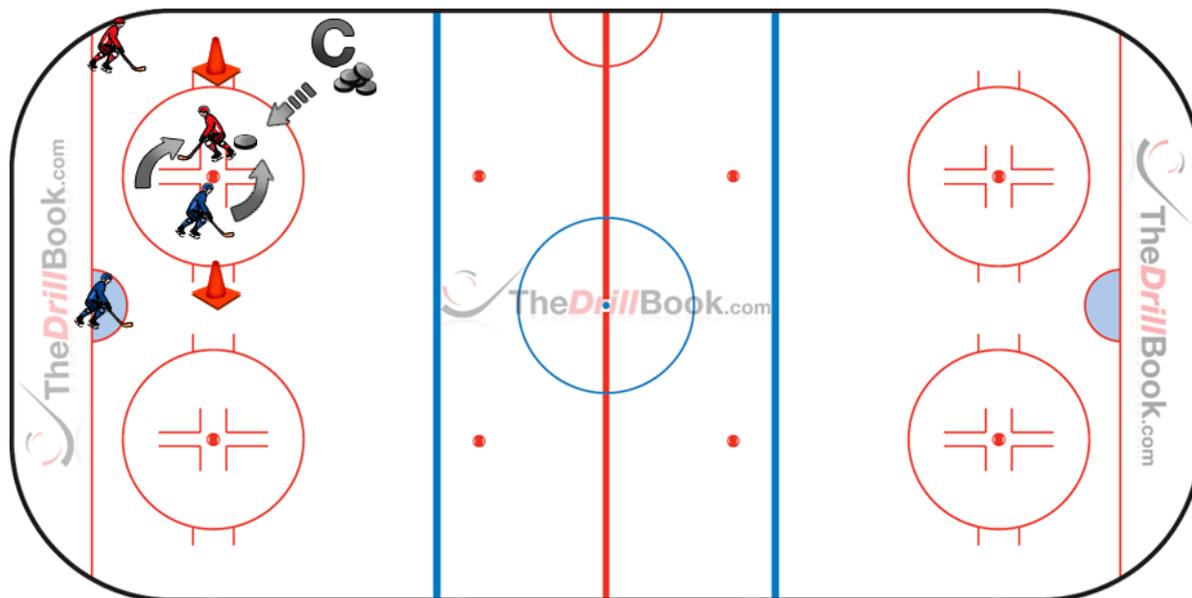


Mini Rinks



Description

"Mini Rinks" is a 1 vs 1 game with cones serving as the nets. Each player has a cone to defend and an opponent to try and score on. Goals are scored by shooting the puck against the opponent's cone. Players must stay within the area of their mini rink to avoid collisions with other games. Coaches or players who are resting during this game can spot new pucks into play. This drill isolates the concept of risk and reward in one on one game play.

Teaching Points

Offensive: Attack outside the defensive triangle (feet and stick), build walls and utilize the body to shield the puck from the opponents stick. Creative moves and attacking from forehand and backhand side are encouraged. **Defensive:** Defensive side body position between the opponent and the cone, skating and body control versus lunging at puck carrier.