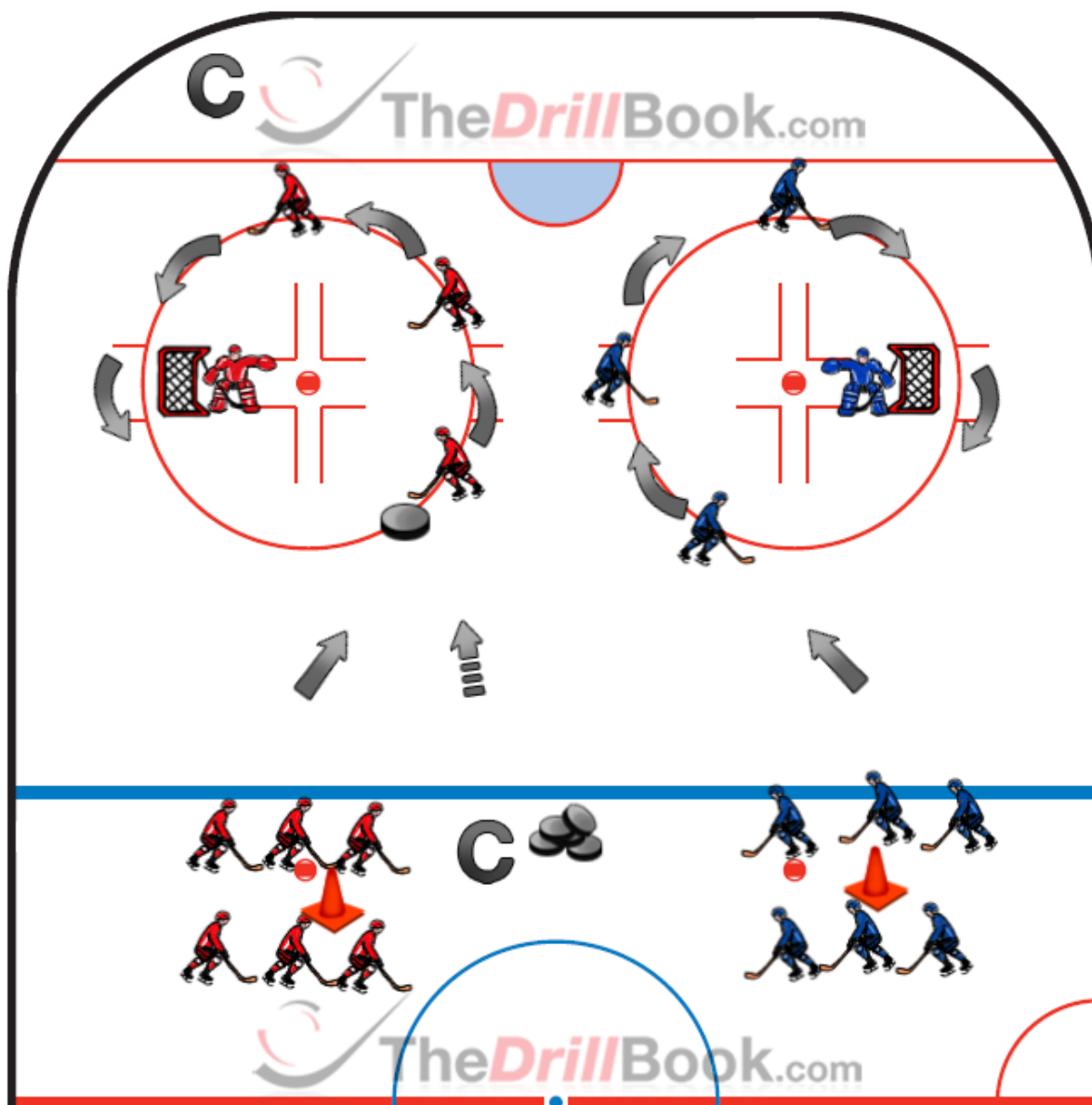


Cross-Ice Ferris Wheel



Description

"Cross-Ice Ferris Wheel" encourages explosive skating and agility and incorporates those skills into the game setting. The game is played 2vs2 or 3vs3. On the whistle, both teams explode around their respective circles and continue until the coach blows the whistle. On the whistle, the coach simultaneously passes the puck into the team that was moving fastest on the circle revolutions. Allow for 1-2 revolutions each time. Teams then play out the battle for approximately 30 seconds. Coaches are free to change the skating skills around the circle as a progression.

Teaching Points

Skating: Encourage players to go as hard as they can on the crossover around the circle. You can change the skating skill around the circle to Backwards, heel to heel pivots.....3vs3: Play for puck possession. Support in front of and behind the puck. Use the net to deflect pressure and create time and space. Goaltenders are encourage to play the puck and get out of their net.