

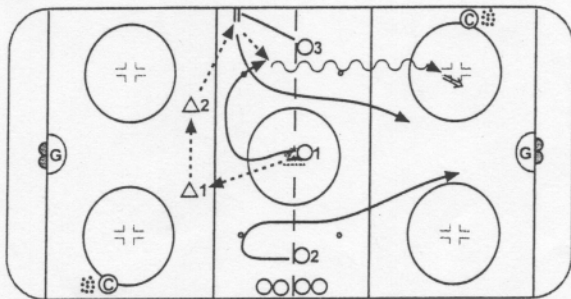
## HOW TO CONVERT FULL ICE TO HALF ICE

From time to time coaches will find themselves in a situation where they have prepared for a full ice practice but find themselves with only a half ice option. Converting a drill from full ice to half ice is a simple task provided that the coach ensures that:

- The objective of the drill is being maintained
- The work to rest ratio (the amount of time the players are active) remains consistent so that the drill maintains the same physical stress
- The key teaching points can be re-enforced by the coach based on the objectives of the drill

Depending upon the above 3 bullets a coach should select which half-ice set-up (as outlined in section 6) is most appropriate for teaching the skills. In certain situations a coach may not have an option on which set-up to use.

The following example is a drill taken from the Pee wee skills manual.

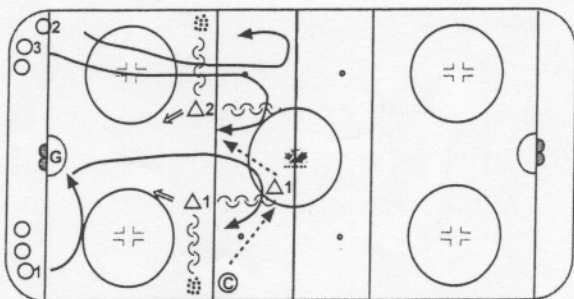


- On coach's whistle, O1 passes to Δ1, Δ1 passes to Δ2 at the far blueline
- O1, O2, O3 regroup with Δ1 and Δ2
- O3 anchors for Δ2, while O1 supports O3 closely and O2 supports through the middle lane
- O1, O2 and O3 attack 3 on 0
- Coach spots the puck and O1, O2, O3 attack Δ1 and Δ2 3 on 2.

### Summary of Drill Objectives:

- Close support of the puck
- Timing to support and present an available target for the pass
- Attack with speed
- Attack options off 3 on 0 and adding defensive resistance with 2nd repetition

Taking these objectives as the basis of drill design the following half ice option has been devised.

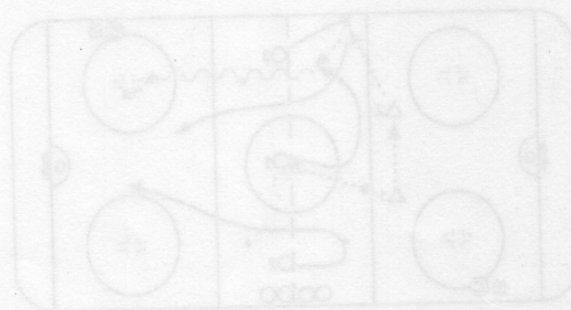


## Half Ice at the Red Line

Δ1 drags and shoots – O1 moves from the corner for a tip or deflection. Δ2 drags and shoots – O2 and O3 move from the corner for a tip or deflection. Coach spots a puck in the neutral zone and defensemen move to retrieve the puck and the 3 forwards regroup to attack 3 on 0 off a pass from the Δ. If the goalie makes the save he plays the puck to the neutral zone and the 3 forwards retrieve the puck and regroup to attack the original 2 defensemen 3 on 2. If the save is not made by the goalie the coach spots an additional puck to the neutral zone. Play the 3 on 2 until the defensemen clear the puck or a goal is scored.

- The objective of the drill is being maintained.
  - The work to rest ratio (the amount of time the players are active) remains consistent so that the drill maintains the same physical stress.
  - The key teaching points can be re-enforced by the coach based on the objectives of the drill.
- Depending upon the above 3 bullets a coach should select which half-ice set-up (as outlined in section 6) is most appropriate for teaching the skills. In certain situations a coach may not have an option on which set-up to use.

The following example is a drill taken from the Power Skills manual.



- On coach's whistle, D1 passes to Δ1, Δ1 passes to Δ2 at the far blue line.
- O1, O2, O3 regroup with Δ1 and Δ2.
- O3 anchors for Δ2, while O1 supports O2 closely and O2 supports through the middle lane.
- O1, O2 and O3 attack 3 on 0.
- Coach spots the puck and O1, O2, O3 attack Δ1 and Δ2 3 on 2.

### Summary of Drill Objectives:

- Close support of the puck.
  - Timing to support and present an available target for the pass.
  - Attack with speed.
  - Attack options off 3 on 0 and adding defensive resistance with 3rd repetition.
- Taking these objectives as the basis of drill design the following half ice option has been devised.

