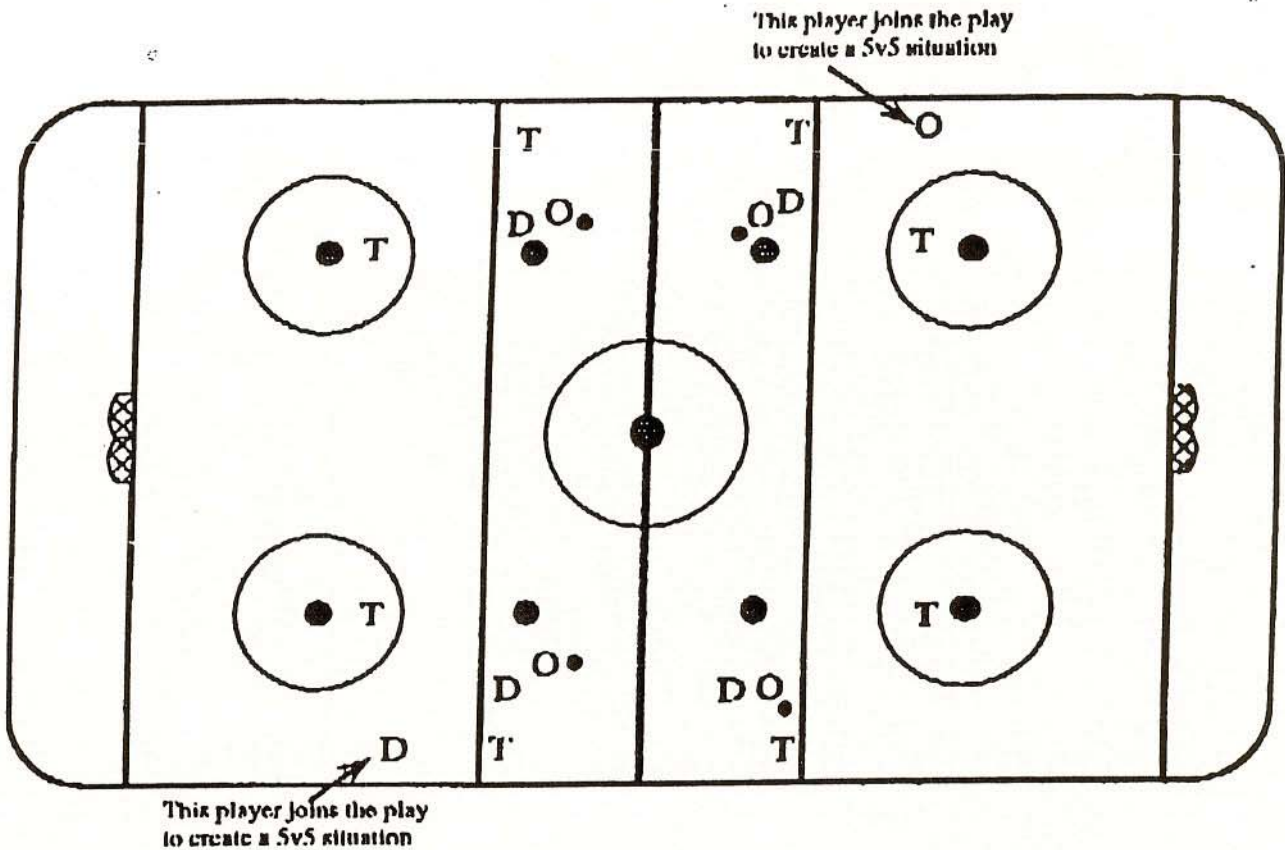


Complete Mix



Organization: Begin with a series of 4 (1v1) confrontations. (Players must stay in their area). As each defender wins the puck from the puckcarrier, he feeds one of his target players (T) to put the puck out of play. The offense tries to regain control before the puck is played to the T. If puck gets to T, both the O and D go support another 1v1 situation, turning it into a 2v2. This continues until there is one puck and a 4v4. Then, the target players move out of the way and the 4v4 is played to the goal. Or you can have the targets support the offensive team. You can also add an extra O and D at the 4v4 stage to progress to a 5v5 situation.

Purpose: This activity is set up to help players improve puck skills and increase awareness. This game yields many of the situations that we all want to duplicate in our practices. You can add your own conditions.

Notes: Some variations: play cross ice, or full ice with the whole team of 20. The 10 target players alternate with the players in the 1v1 situations to restart the game.