



## Physical Distancing: Samples Activities

**Number of Players:** Less Than 10

**Practice Theme:** Various technical drills that maintain physical distancing

**Equipment:** Nets, cone, divider pads, ice marker, pucks, soccer ball

Follow local regulations and CDC guidelines. Remind players to always stay at least 6 feet apart. Only use personal water bottle, do not gather at a white board for instruction or form lines of players. These exercises are not drawn quite to scale, combine activities to fit the available space spreading out as much as possible.

### Skating:

Use divider pads for players to practice pivoting technique. Forward to backwards to forwards transition skating technique. Both left to right and right to left, with and without the puck. Additional maneuvers can be used; opening up for heel to heel turns, figure 8 with a jump over the pads, escape 360 and each end of pad, etc.

### Puck Control:

Create areas of play across from a partner. One player is the lead while their partner attempts to mirror their movement. Face your partner at all times. Players can perform any movements or skating maneuvers they choose handling a puck. Players can even pass back and forth. The goal is to control the puck with their heads up tracking their partner.

### Passing:

**Layers:** Create a small middle zone and two end zones. The end zone players attempt to pass back and forth while the middle zone player attempts to disrupt a pass. If middle player can touch the puck, that player becomes a new passer. The two passers should use deception to look off passes and manipulate the middle player. To increase difficulty all passes must be on the ice and direct (no bank passes)

**2v1 Around the Circle:** Two players outside the circle must stay on their own half using the hash marks as a guide and attempt to make passes through the circle. If middle player can touch the puck, that player becomes a new passer.

**Push of War:** Players are on each side boards with puck, they attempt to pass pucks off of the soccer ball to move it to the opponent's side boards.

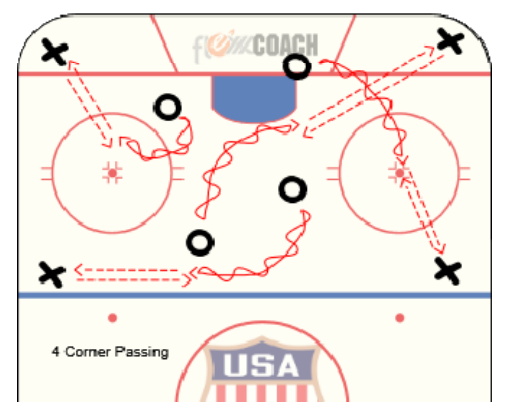
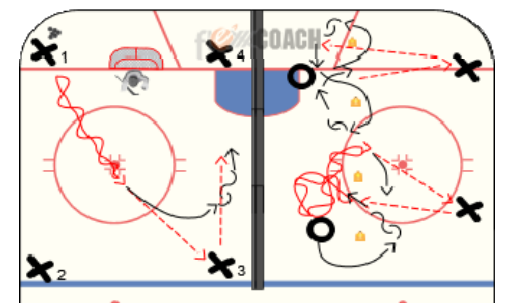
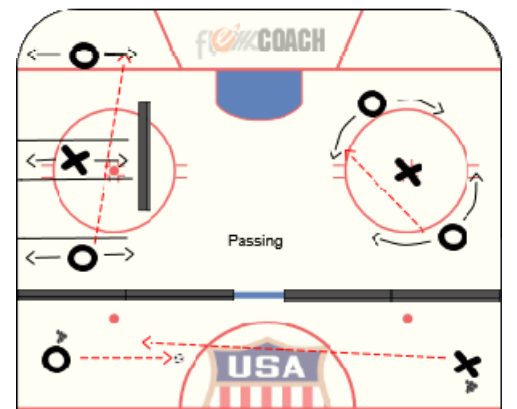
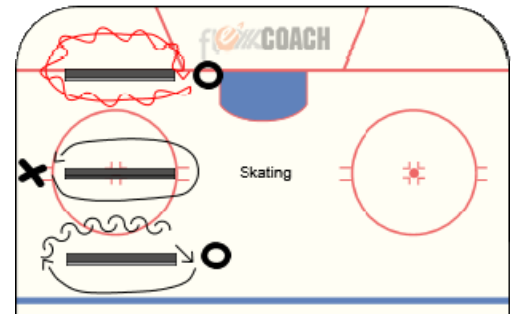
**3 Pass and Shoot:** Players in four corners. X1 is the shooter and X2, X3 & X4 are passers. Shooter make a pass and gets the puck back from each passer in any order they choose, ending with a shot. Players rotate numerically after the shot. Progressions: Can add that passers must move feet and push/pull or pull/push prior to passing puck back.

1. Pass to back hand of player in line player must one touch to forehand to pass back.
2. Escape – players in middle fake pass and escape prior to passing to different line

**Figure 8 Passing:** Set up players in pairs and have players perform skating figure 8 patterns around cones while passing to their teammate:

1. Skate figure 8 while always facing teammate
2. Receive pass in middle, escape and make pass back, skate around cone facing teammate

**4 Corner Passing:** Four players skate in the middle of area using deceptive moves and will give & go with the first player in each of the four corners. Players must communicate both verbally & visually when making passes to any line. Players in the middle must be aware of the other moving players and must stay 6ft away from each other while not passing to the same corner player. Add in additional maneuvers such as upon receiving a return pass; players must do a tight turn, show and receive return pass on backhand, pivot allows facing the corner passer.



## Passing:

**Rise & Shine Passing:** Set up areas around the zone to space players out. Two players start with a puck, one from opposite sides of the ice. They pass to any player they chose and then move to an open spot that is different from the person they passed too. Add in variations: call out the players name before you pass to them, pass to the backhand of the waiting players, pass to a waiting player and get a return pass before moving the puck to the next player that will take your place in the middle. Remind players to take wide routes around any other player that is in the middle area.

## Shooting:

**Tips/Deflections:** One player is stationed net front and two others are shooters. The shooters alternate shots for the net front player to tip out of the air.

**Baseball:** Use hockey tape to mark out a strike zone on the boards. One player is the pitcher and one the batter. The batter starts with the puck, passes to the pitcher who catches the pass and immediately shoots to hit the strike zone. The batter attempts to tip the puck. Hitting the strike zone, counts as a run and a touch on the puck is an out. 3 outs and switch roles.

**UAA Reaction Shooting:** Players run this drill as a pair. O begins by passing the puck off of the divider pad and moving quickly to retrieve it. As O begins to move, X picks one side or the other to skate around the pad and back to O's starting position. Player O reacts to the direction and movement of X and then moves with in the opposite direction around the pad for a quick shot on net. Players then switch starting positions and repeat.

**Bad Pass 1T:** Players go in pairs. Players take turns passing pucks to their partner for 1-Timer. The emphasis is to pass the puck slightly in front or slightly behind your partner so that then must adjust by moving their feet to complete the shot. Not all passes are perfect in the game and its more important to be able to get the shot off vs a perfect shot.

**Underhanding Shooting:** Players carrying the puck around the cones with the puck entirely on their forehands. After players round the last cone, they should attempt to release their shot with their feet moving.

## Games:

**Speed skating:** Two players race each other around separate courses. Run one lap or two laps in both directions, with and without pucks.

**1T:** Three players are on the outside of the circle and one defender in the middle. All three outside players can pass puck but shots can only be taken off of passes between the two side players. If the middle player can touch the puck at any point the player becomes a new shooter.

**Box Pass:** Use cones to create a box around the face-off circle. Outside players count successful passes (only passes to opposite side of box count). If middle player touches the puck they are new passer.

**Note: Maintain physical distancing at all times. Spread out activities as widely as possible.**

**The majority of the listed activities are designed to focus on repetition of various techniques and have minimal read & react components but do meet the current Covid19 response requirements in some areas of the country. As soon as your health authorities allow, USA Hockey recommends returning to 1v1, 2v1, 2v2, 3v2, 3v3 live action, game situational activities that are more highly representative of the game and allow for skill to be developed.**

