



Physical Distancing: Grid Hockey **Number of Players:** Less Than 10

Practice Theme: Various technical drills that maintain physical distancing

Equipment: Nets, cones, ice marker, pucks

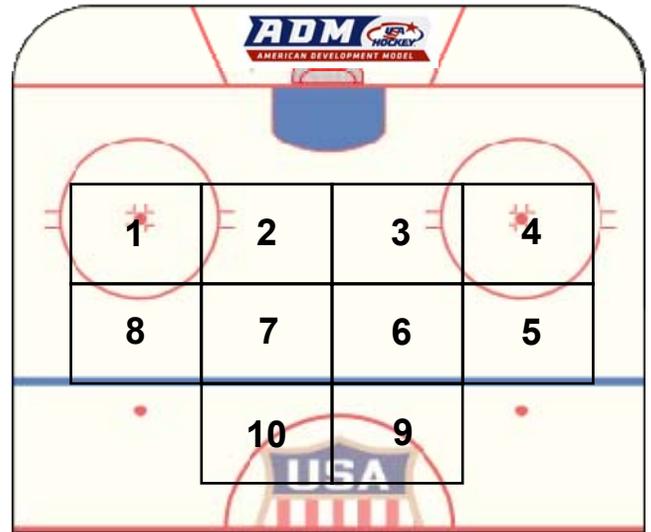
Follow local regulations and CDC guidelines. Remind players to always stay at least 6 feet apart. Only use personal water bottle, do not gather at a white board for instruction or form lines of players. These exercises are not drawn quite to scale, combine activities to fit the available space spreading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

Grid Hockey:

This series of drills keeps players apart but also works on techniques while reading space and making reads off of other players. It's also a format to get players to work together. This example is a 9 player grid with 10 spaces so that if you have a goalie they can do the skating drills at the net.

Basic Rules:

Players must stay a good distance apart by reading the spacing of the players in the grid next to them. If the players are changing grids off of a command by the coach, they must adjust proper spacing with only one player per grid. Each grid will be numbered as in the diagram.



Drills/Games:

Odd to Even/Even to Odd: On the go players must switch from odd to even or even to odd numbered grid but not the one directly next to them, while still keeping proper distancing. So reading all the other players and their decisions and movement is key here. Can be done both with and without a puck.

Passing Groups Race: Two pucks and the odds must pass to odds and the evens to the evens. The puck must go to each player twice before the other group finishes the series, so its a race odd numbers vs even numbered grids. Different types of passes can be incorporated as well.

Plus or Minus: Coach yells out a number the players must either add or subtract that number from their grid number to find the number of the grid they need to move to. So if coach yells 2 all players must move two grids up or down from the number you are at. With and without pucks. If two players head to the same grid, the first one there gets to stay and the other player must find an open grid.

Numbers Shoot and Attack: Two numbers three numbers, four numbers. If the coach yells 8,2 then the player in grid 8 shoots and the player in grid 2 attacks the net for rebound or retrieval. The players in the other grids must make sure they are not in the shooting lane. So all players have a puck in their grid ready to go off the vocal command by the coach. If the coach yells 7, 3,1. Then 7 passes to 3 who shoots while 1 attacks the net for the rebound and retrieval. If the coach yells 4,8,6,2 then 4 passes to 8 who passes to 6 who shoots while 2 heads to the net for high screen and rebound and retrieval.

The key is get players to become aware of the spacing around them and to read off of not just one player, but all the players in the grids. Players must communicate and work with each other to solve problems while working towards success. These are just 4 examples of drills or games that can be used in this format but as a coach using your creativity the options are limitless. Even without the possible need for on ice physical distancing, there are some really good aspects of having fun and forcing good reading and spacing habits that translate to the game of hockey through this format.

Note: Maintain physical distancing at all times.

The listed activities are designed to focus on some repetition at various techniques and have some read & react components while attempting to meet the current Covid19 response requirements in some areas of the country. As soon as your health authorities allow, USA Hockey does recommend returning to 1v1, 2v1, 2v2, 3v2, 3v3 live action, game-like situational activities that are more highly representative of the sport and allow for better skill to be developed.