

## D1 Game Using Different Balls, Rings, Pucks

### Key Points:

This is a nervous system overload situation where the player must adapt to the weight, bounce, feel, size of different objects and because there are multiple pucks, balls and rings he/she must also develop split vision.

### Description:

1. Play a game with everyone on the ice at the same time.
2. Have multiple pucks or a combination of pucks, balls and rings.
3. If there is a soccer ball then only the feet can be used.
4. With a ring the player turns the stick upside down.
5. Only one player at a time can shoot, so the goalie must see and react to the shooter.
6. Leave the puck, ball, ring in the net after a goal and count the objects when all are in the net.
7. Use multiple nets if it is a large group with more than two goalies.

*\*The big guy in white and red is Dany Heatley when he was playing for Wisconsin. He came to my camps and trained with summer teams I coached from age 5.*

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