

SHIFTS and LINE CHANGES



SHIFTS: 45 SECONDS at Most!!!

45 Seconds of hard, focused hockey

A regulation Squirt game is 3 periods of 12 minutes each. 36 minutes of hockey.

3 lines and 3 sets of defense means 12 MINUTES of hockey each (2 lines and 2 sets of defense equals 18 minutes of hockey).

So, on average, you will see 16 shifts of 45 seconds each.

MAKE THE MOST OF THOSE 12 MINUTES!

Skating longer than 45 seconds will put your team at a disadvantage. A tired player out on the ice is similar to skating shorthanded. Several tired skaters means trouble.

Skating longer than 45 seconds short shifts your teammate on the next line or "D".

SKATING LONG SHIFTS IS NOT TEAM HOCKEY!!! IT IS SELFISH HOCKEY!!!

LINE CHANGES

Line changes will be made at stoppages of play or on the fly.

Stoppage of Play Line Changes.

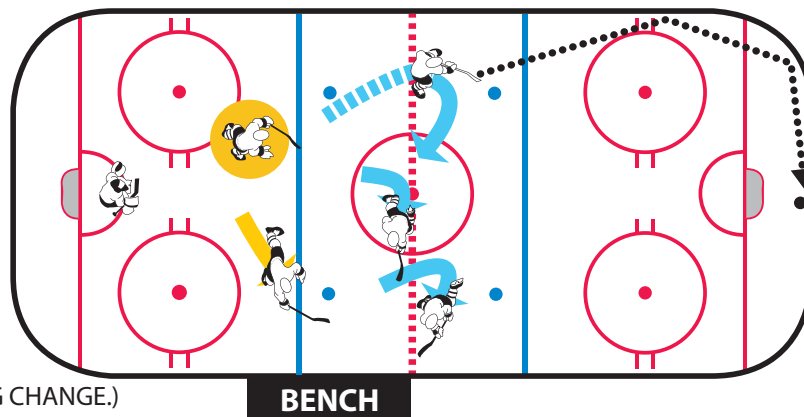
- A line change will be made as close to 45 seconds as possible when a stoppage of play occurs.
- A stoppage of play should be made if a shift is out longer than the 45 seconds and are bottled up in defensive half of the rink.
 - ICE THE PUCK (Whip the puck out. Do not flip it out!)
 - GOALIE COVER PUCK

On the Fly Line Changes.

- Line changes on the fly should be made at FULL speed, off the ice and on to the ice. DO NOT HESITATE!
- Players off the bench out the door first.
- Puck needs to be as deep as possible in opposition's zone.

Dumping the Puck In.

- Player with puck crosses center ice and SHOOTs the puck into the deepest area of the opposition's zone.
- All player look to see that puck goes deep into zone.
- Turn and go at FULL speed to bench.
- Far side Defense plays "safety" for several seconds to make sure puck does not get turned around quickly by opposition or that opposition is using a "floater". (ESPECIALLY IMPORTANT WHEN TEAM HAS LONG CHANGE.)



Control Puck into Zone.

- Take puck wide and deep. DO NOT FORCE A PLAY TO THE MIDDLE. A PUCK TURNED OVER AT THE BLUELINE WILL CATCH TEAM IN MIDDLE OF LINE CHANGE.
- Control puck to allow 4 players to change.
- Make a play toward the net (1) or move the puck area to where support is moving towards (2).
- Turn and go hard to the bench to get 5th player on the ice.

