

ADVANCED STAGE SUMMARY

In the Advanced stage, the IIHF recommends to use the full-ice game format during practice, but to also utilize different game formats, such as 4-on-4, 3-on-3 and 2-on-2, on half-ice, cross-ice and other ice surfaces sizes. It is also recommended to use station-based practice when and where appropriate.

Through a continuous use of different game formats during practice the players decision-making, stickhandling, game sense, change of direction, change of speed, and hockey sense skills will continuously improve and develop as they experience increased puck touches and repetitions.

During this stage, depending on the level of play, travel to games will be considerable. Practice to game ration depends on the game schedule whereas it is recommended to use at least one day out of seven as a recovery day.

Emphasis in this phase is on physical off-ice, on-ice and skills development, while promoting rest, recovery, well-being and a healthy lifestyle.