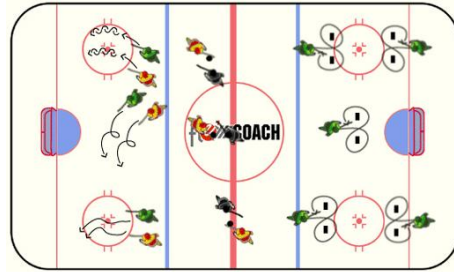


1) 3 Zone Warm Up



**DRILL OBJECTIVE:** Warm Up Skating Agility

9 min.

**KEY ELEMENTS:**

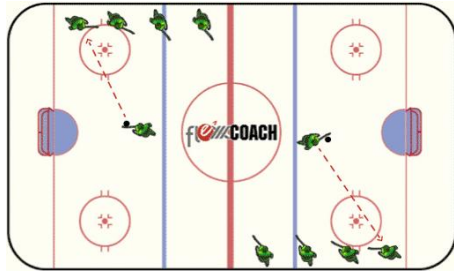
- Skating
- Puckhandling
- Separation Technique
- Skating Agility
- Protecting the puck

**ORGANIZATION:** In the first zone, the players place their gloves 10 feet apart on the ice; this can be done with/without pucks. On the whistle the players are to skate a figure eight around the two gloves. In the neutral zone, two players are positioned together and are to play keep away from another, protecting the puck using their body. In the third zone, players are paired up without pucks. A game of follow the leader with the leader skating various patterns and change of directions, with the other player following his lead.

**VARIATION:**

**GOALIE:** Warm up with a coach.

2) Pepper Passing



**DRILL OBJECTIVE:** Passing and Receiving

5 min.

**KEY ELEMENTS:**

- Head up
- Eye contact with passer
- Quick hands
- Hands in front of body
- Weight transfer

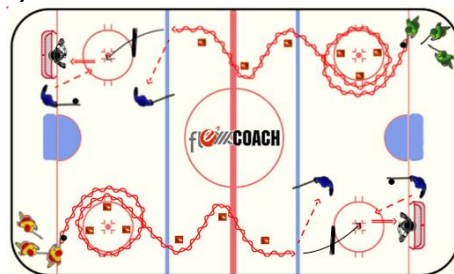
**ORGANIZATION:** Players line up around the ice in groups of 5 or 6 as illustrated. Player 0 faces the X's and passes the puck to each player up and down the line. Switch X with 0 periodically. Making sure the players are using the proper weight transfer getting the puck behind their back foot to get good velocity and follow through on the pass making it tape to tape.

**VARIATION:** Use different types of passes.

Use multiple pucks.

**GOALIE:** Coaches work with goalies on skating fundamentals

3) Fundamentals Obstacle Course



**DRILL OBJECTIVE:** Comprehensive fundamental

8 min.

**KEY ELEMENTS:**

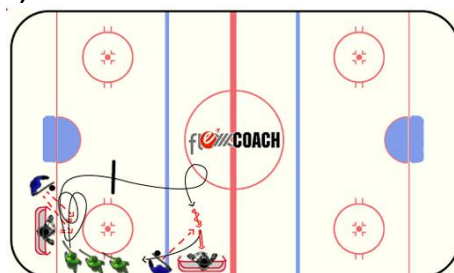
- Skating
- Passing/Receiving
- Puckhandling
- Shooting

**ORGANIZATION:** Players begin out of opposite corners. The first player in each line skates around the faceoff circle with a puck - they skate out of the circle and head to the neutral zone on their respective sides. A slalom is set up through the neutral zone for the players to skate through. The players come out of the slalom, make a pass to a coach who is standing inside the blueline towards the center of the ice. The player jumps over an obstacle and heads toward the net in front of him. A coach standing beside the net gives him a pass and he shoots to score. The player then proceeds to the back of the line in the opposite corner. (Note: After the player finishes the circle and heads to the neutral zone, the coach can send the next player in line to start the drill for the next player.)

**VARIATION:**

**GOALIE:** Goalies receive a lot of shots.

4) Fundamental Skill Drill



**DRILL OBJECTIVE:** Fundamental Skill

8 min.

**KEY ELEMENTS:**

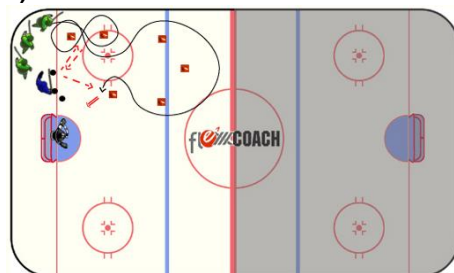
- Skating
- Communication
- Shooting/Scoring
- Crossovers

**ORGANIZATION:** The drill is set up in one quarter of the ice in a corner. One net positioned against the boards in between the blueline and the redline. The other net is on the goal line below the faceoff circle. Two coaches are needed for this drill. Both coaches are positioned left of the goalies, in both nets, with pucks. The line of players line up off the goal line, towards the blueline along the boards. There is an obstacle placed in between the goal line and blueline, toward the middle of the zone. The first player skates in front of the goalie and in front of the coach, to make a turn, and receive a pass for a redirection in tight on net. Continues to make another tight turn and receive another pass for a second redirection in tight on the net. Then, continues out to the obstacle, jumps the obstacle, continues skating forward to in between the blueline and redline where he makes a tight hockey turn to receive another pass from the other coach, positioned to the left of the goalie for a shot on goal.

**VARIATION:**

**GOALIE:** Make save and quickly react to next shot. Mid angles in tight.

5) 1/2 Peanut



**DRILL OBJECTIVE:** Fundamental skill drill

8 min.

**KEY ELEMENTS:**

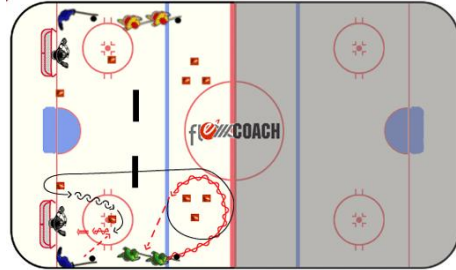
- Skating
- High speed
- One touch passing
- Quick release on shot

**ORGANIZATION:** player skates tight figure 8 twice through. each time he gets to middle of the "8", Coach gives him a pass - player one touches pas back. Skates out of "8" right into 1/2 Peanut. Receives pass from coach, shoots on goal.

**VARIATION:** Player can carry second pass out of the figure "8" and make a move on coach before he shoots on goal. Replace the last cone of the 1/2 Peanut with the coach for player to make a move on.

**GOALIE:** In the net - Play angle

6) Crossovers/Transition



**DRILL OBJECTIVE:** Fundamental skill development

**8 min.**

- KEY ELEMENTS:**
- Crossovers
  - Transition
  - Puckhandling
  - Passing/receiving
  - Shooting/Scoring

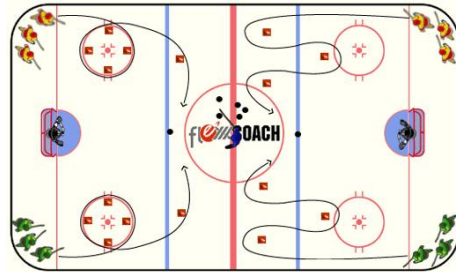
**ORGANIZATION:** Player carries puck around the circle - pass to the next player in line - continues around the circle. Player skates into zone - goes over jump - executes transition element - receives pass from coach - shoots on net. Next player in line goes once he receives pass from previous player.

**VARIATION:** The transition element can be replaced by 2 tight turns

The player can carry the puck the entire drill. The jump is replaced by a coach and the player is to make a move on the coach and continues the drill.

**GOALIE:** Follow the skater around the last cone adjusting your angles from the passes being made squaring up to the shooter.

7) Races 1 on 1



**DRILL OBJECTIVE:** Crossovers With speed, Battle 1

**5 min.**

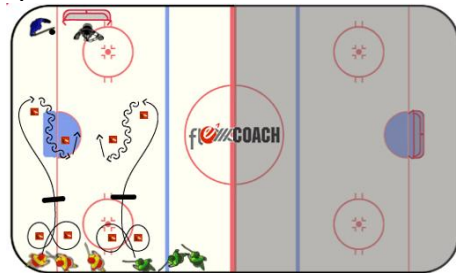
- KEY ELEMENTS:**
- Skating
  - Crossovers
  - Quick feet
  - Overspeed
  - Puckhandling/with pressure
  - Protecting the puck

**ORGANIZATION:** Half ice drill. Players are divided into equal lines in each corner below the goal line. Four cones are placed around both faceoff circles and one cone placed at the neutral faceoff dot just outside the blueline. On the whistle one player from each corner skates around the cones on the faceoff circle and out around the cone that is outside the blueline, racing the other player for the puck that the coach placed at the blueline. The player that gets to the puck first goes in for a shot on goal and the other player becomes the back checker, and tries to deny the player the shot.

**VARIATION:** The player can make 2 or even 3 circles around the faceoff circle before going around the cone in the neutral zone for the puck.

**GOALIE:** Game like situation, Puck carrier is under alot of pressure.

8) Race for the Puck



**DRILL OBJECTIVE:** Skating/Overspeed

**5 min.**

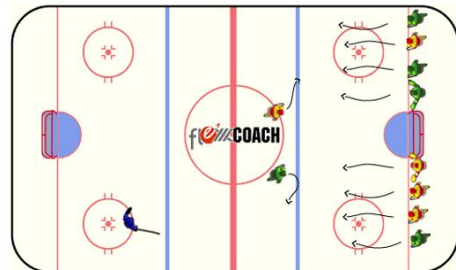
- KEY ELEMENTS:**
- Skating
  - Competition
  - 1 on 1 battle to score

**ORGANIZATION:** The drill begins by dividing the players into 2 lines against the boards in one zone(any zone works). The objective is to design an obstacle course for the players to skate through, and the drill ends with a race for a puck to score a goal. The first obstacle is a tight figure 8. The players skate out of the figure 8, go over a jump placed in front of them, and immediately have to execute a transition component, having to go from forward skating-backwards-forwards. The drill is completed with a 1 vs. 1 battle to score a goal.

**VARIATION:** Each of these various obstacle components can be replaced with others. For example, the tight figure 8 can be replaced with a circle. The jump can be replaced with a 360 degree turn. The transition component can be replaced with 2 tight hockey turns.

The order of the components can be changed, as well.  
**GOALIE:** The goalie gets to play a 1 vs. 1 situation with rebounds.

9) British Bulldog-Tag



**DRILL OBJECTIVE:** Skating agility and quickness

**4 min.**

- KEY ELEMENTS:**
- Sticks on bench
  - Agility & balance
  - Speed & acceleration
  - Quick feet

**ORGANIZATION:** All players spread out at the end of the rink. Start with 2 players at center ice. Players must skate through the neutral zone without being tagged. Tagged players join defending players for next round. Each round begins on coaches whistle.

**VARIATION:** 1. Skate backwards  
2. Frozen Tag as the players are tag they freeze in that spot until another player tags them again. to join back in they have to preform the proper start or any other skill element.

**GOALIE:** Participate in drill.

Post-Practice Comments:

---



---



---



---