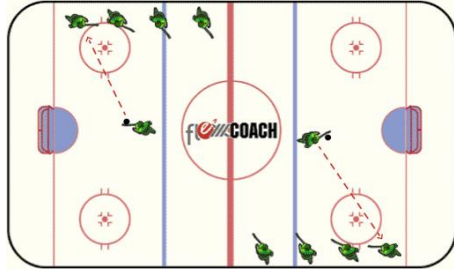


**1) Pepper Passing**



**DRILL OBJECTIVE:** Passing and Receiving

**7 min.**

**KEY ELEMENTS:**

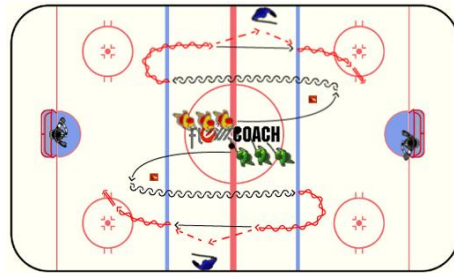
- Head up
- Eye contact with passer
- Quick hands
- Hands in front of body
- Weight transfer

**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

**2) All Elements Fundamentals**



**DRILL OBJECTIVE:** Comprehensive Fundamental

**7 min.**

**KEY ELEMENTS:**

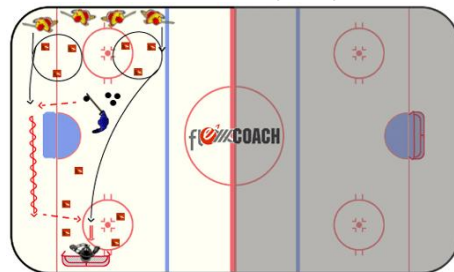
- Skating
- Transition
- Puck Handling
- Passing/Receiving
- Shooting

**ORGANIZATION:** Two groups of players positioned at center ice both groups facing opposite directions with pucks, two coaches positioned just outside the blue line diagonally across from each other. Two cones place just inside the blue line in front of each line of players. The first player in each line starts out by skating with a puck forward around the cone pivoting backwards straight back to inside the blue line pivot forward accelerate through the neutral zone pass to the coach just outside the blue line, receive the puck back and finish with a shot on goal.

**VARIATION:**

**GOALIE:** follow the play across the blueline, angle awareness.

**3) 2 on 0 Make a Hockey Play**



**DRILL OBJECTIVE:** Fundamental skill drill

**8 min.**

**KEY ELEMENTS:**

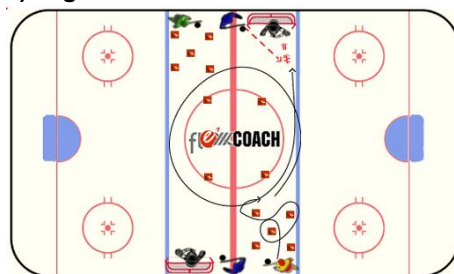
- Skating
- Passing / Receiving
- Shooting
- Passing lanes/Skating proper routes

**ORGANIZATION:** 2 lines against side boards in one zone. On whistle, the first player in each line skates around circle, one complete circle. players then skate out of their circle and head towards net. The coach gives one of the players a pass and 2 players head to net 2 on 0. One pass and finish with a shot on goal.

**VARIATION:** The players can skate around the circle, pivoting forwards and backwards on the coaches whistle. When the players hear a double whistle, they skate out of their respective circle and execute the 2 on 0.

**GOALIE:** React to the pass. Rebound control

**4) Tight Area Horseshoe**



**DRILL OBJECTIVE:** Fundamental Skill Drill

**8 min.**

**KEY ELEMENTS:**

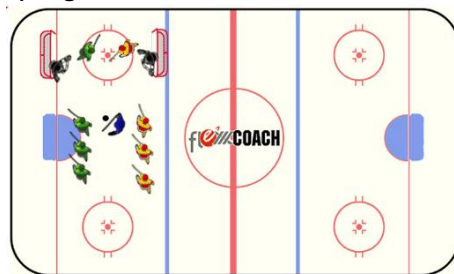
- Puck position - out in front
- Quick feet
- Explosion
- Crossovers/Crossunders
- Quick release on shot

**ORGANIZATION:** 2 lines on opposite sides. First player in each line carries puck in and around cones. On the whistle, they leave their pucks, explode out of the area and around the horseshoe-receive pass from coach-shot on goal.

**VARIATION:**

**GOALIE:** In the nets for shots

**5) Tight Area Game**



**DRILL OBJECTIVE:** Teach players to make plays

**8 min.**

**KEY ELEMENTS:**

- Puckhandling
- Using the boards
- Puck Support
- Passing/Receiving
- Shooting /Scoring

**ORGANIZATION:** The game is played in the corner of the rink, one net at the goal line, and the other net directly across from it, (just above the top of the circle) both nets facing each other. Teams stand in line next to coach. The coach sets up different scenarios example: 1 on 1, 2 on 1, 2 on 2, 3 on 2, 3 on 1. The coach then calls out the different scenario, and the players get in position and the coach dumps the puck in off the boards. The players read and react to the situation and try to score at the opposite net. When a goal is scored or the puck leaves the playing area, the coach can add more pucks to the drill to keep it going. 20-30-seconds

**VARIATION:** This drill can be done without Goalies and use just cones to force the players to pass the puck through the two cones at each end 2 on 2 to develop good offensive instincts.

**GOALIE:** Read rush, game like situation, puckcarrier has several options and is under pressure. Goalies will see a lot of action, quick reaction

