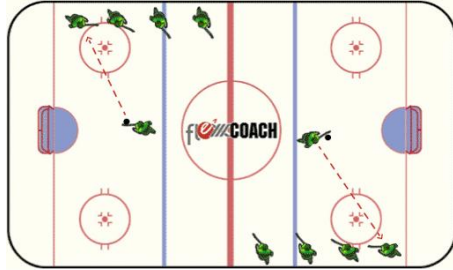


**1) Pepper Passing**



**DRILL OBJECTIVE:** Passing and Receiving

**5 min.**

**KEY ELEMENTS:**

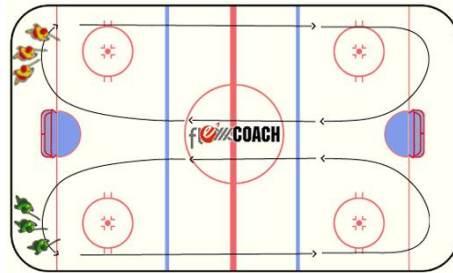
- Head up
- Eye contact with passer
- Quick hands
- Hands in front of body
- Weight transfer

**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

**2) Butterfly Skating Warm Up**



**DRILL OBJECTIVE:** Warm Up Skating Agility

**5 min.**

**KEY ELEMENTS:**

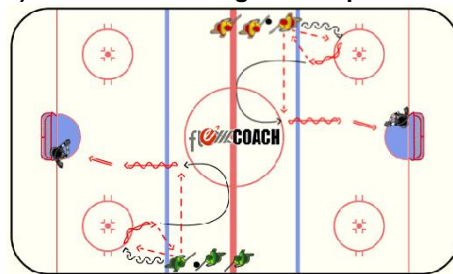
- Skating
- Edge control
- Overspeed
- Crossovers

**ORGANIZATION:** Two large oval circles, created between the goal lines, skating through the middle of the ice. 1. From blueline to blueline increase the speed 2. Backwards between the bluelines 3. 360 degree spins at the bluelines 4. Quick crossover, both left and right strides in neutral zones

**VARIATION:** Stick handle through obstacles through the middle. Drop to knees at lines.

**GOALIE:** can skate with all players.

**3) Swedish Shooting Warm Up**



**DRILL OBJECTIVE:** Numerous passes while

**6 min.**

**KEY ELEMENTS:**

- Give and go passes
- Edge control
- Opening up to be available for pass
- Goalie warm up shots

**ORGANIZATION:** pucks and players at the four blue lines as shown. start at both ends diagonally opposite blue lines. x1 leaves line without puck skating backward into zone, after skating about 20 feet he gets pass from next in line, receives pass and passes back, he then skates frwd and again receives pass and passes back, he is now in the n zone makes a half circle towards middle of the ice and receives another pass he collects puck and shoots from the middle just inside blue line.

**VARIATION:**

**GOALIE:** follow whole sequence to include skating with warm up shooting

**4) 3 Man Offensive Zone Entry**



**DRILL OBJECTIVE:** Offensive zone entry

**7 min.**

**KEY ELEMENTS:**

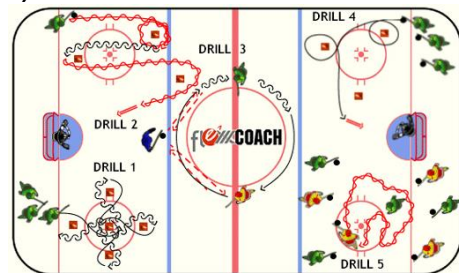
- Width and depth to the attack
- Passing
- Finding passing lanes
- Skating
- Shooting

**ORGANIZATION:** The drill begins with the players lined up against the boards just inside the blue line, facing towards the neutral zone. A figure 8 is formed using cones between the redline and the blueline in the neutral zone. On the whistle, three players skate around the figure 8 as fast as they can, one behind the other. when they get all the way around they skate out of the figure 8 through the middle, heading into the offensive zone. The coach passes a puck to the first player skating out of the figure 8. He become F1 and takes the puck wide one way or the other in order to spread out the attack. the second player out of the figure 8 enters the zone as F2 and heads toward the net. The third player out of the figure 8 skates into the zone as F3 and controls his speed to become the trailer. The three forwards attack the net in triangular formation, creating width and depth to the attack. Cones are spread out through the scoring area to force the players to find passing lanes through the obstacles. One or two passes are made and the drill is completed with a shot on goal.

**VARIATION:** The figure 8 in the neutral zone can be replaced with a number of different options. The three players could pass one puck amongst themselves, teaching them to skate off of the puck. On the whistle, the players leave the puck and head into the offensive zone. The coach passes a puck to the first forward entering the zone, F1, and the other two players have to decide who is F2 and F3 to form the triangular formation. The rest of the drill remains the same.

**GOALIE:** The goalie plays the attack and has to adjust his angles based on passes being made.

### 5) Ice Utilization 5



**DRILL OBJECTIVE:** Maximizing the time and space

**18 min.**

**KEY ELEMENTS:**

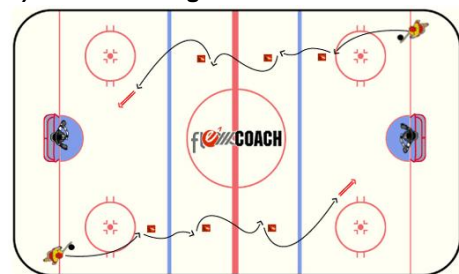
- Fundamental skill development
- Puckhandling/Protection
- Compete
- Battle 1 on 1
- Timing
- Passing While in Motion

**ORGANIZATION:** Divide players up into Five equal groups. Drill 1, Forward Backward Pivots Skating. One player at a time skates forward into the circle around the cone, backwards out around the next cone to their left, back in forward around the middle cone, pivots backward out to next cone to their left and this continues until they have gone completely around the circle. Drill 2, Tight Turn Backward to Forward. the first player in line starts out skating forward to the 1st cone inside the blueline skates 1 1/2 times around, pivots backward to the 2nd cone between the faceoff circle and the goal line, transition forward to the 3rd cone on the neutral zone faceoff dot around that final cone and finish with a shot on goal. Drill 3, Timing Pivots Passing. The first player to the right of the coach gets a pass from the coach and passes directly back to the coach before he pivots back, as he pivots the coach passes it right back to him and he one-touches it right back to the coach. The other player that started on the other side should be in position with the correct timing to where the first player had began. This player continues in the same pattern as the other player. This drill is continuous in the same direction for 30 seconds. Drill 4, Tight Turns with a Shot. The player starts the drill with the puck, skates up to the first cone and make a tight turn to the middle of the ice around the cone, skates to the next cone and goes in the opposite direction from the inside to the outside, and continues around the last cone for a shot on goal. Drill 5, Bull in the ring. Player 1 with a puck and player 2 without a stick placed inside a faceoff circle. on whistle, player 2 tries to push player 1 out of the faceoff circle. Player 1 uses body position to protect puck and roll off check to stay inside circle.

**VARIATION:**

**GOALIE:** In both nets at each end, taking shots from drill 2 and drill 4.

### 6) Puckhandling 3 Fakes



**DRILL OBJECTIVE:** Offensive creativity with the

**6 min.**

**KEY ELEMENTS:**

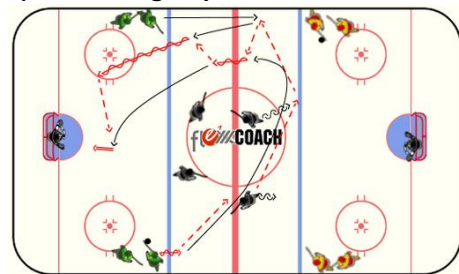
- Creative puck control
- Stick handling
- Skating/Acceleration
- Protecting the puck
- Creativity

**ORGANIZATION:** Players in opposite diagonal corners. Three cones placed evenly up the ice from the top of the faceoff circle to just outside the far blueline on the both sides of the rink. The first player starts skating up to the first cone makes a move to deke around the cone to the next cone, repeating the move or another creative move around the remaining cones. After going around the final cone finish with a shot on goal.

**VARIATION:**

**GOALIE:** One on 0 shooting, control rebounds and coverup loose pucks.

### 7) 2 on 0 Regroup 1



**DRILL OBJECTIVE:** Proper Positioning, Support on

**4 min.**

**KEY ELEMENTS:**

- Passing/ Receiving
- 2 on 0 offensive concepts
- Proper Receiving Angle
- Encourage shots off the pass

**ORGANIZATION:** The forwards are positioned inside the bluelines in four equal groups along the side boards, opposite diagonal lines with pucks. Four defenseman positioned in the neutral zone, the strong side defenseman on both sides positioned just over the redline on the side the forwards have the puck, the other defenseman in the middle of the ice in a good support position on a hinge. On the whistle the side the coach designates to start the drill, the forward with the puck passes it to the nearest defenseman, the forward directly across the ice skates down the boards into a good regroup position. The defense pass it defense to defense to the wing along the boards, the forwards pass the puck up the ice 2 on 0 for a shot on goal. The next opposite

**VARIATION:** Switch puck to the otherside where the pass is made. Both sides can go at the same time not recommended for the younger players.

**GOALIE:** Must be focused on puck carrier, yet be prepared with a response to a quick pass to open man. rebound control.

