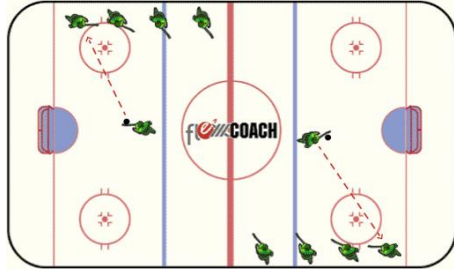


1) Pepper Passing



DRILL OBJECTIVE: Passing and Receiving

5 min.

KEY ELEMENTS:

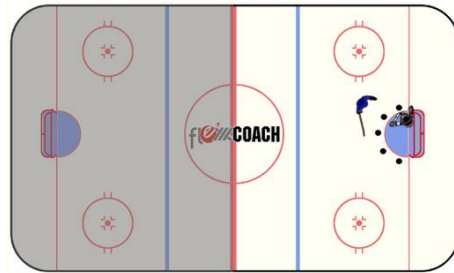
- Head up
- Eye contact with passer
- Quick hands
- Hands in front of body
- Weight transfer

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) Five Puck Goalie Skate



DRILL OBJECTIVE: Control skating in the crease,

0 min.

KEY ELEMENTS:

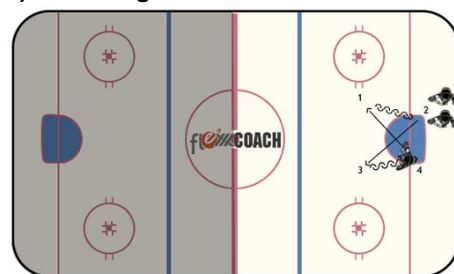
- Shuffle skate
- T-glide
- Body control
- Transition skating

ORGANIZATION: Place five pucks in an arc just outside the crease. Goalie skates in the arc stopping and centering on each puck, using a controlled shuffle skate, for about 20 seconds. On coaches whistle the goalie now skates from one puck to the other, using a t-glide. The coach decides which puck the goalie moves to always changing the goalies course, always stopping to be centered and square on the puck.

VARIATION: At the end of 20 seconds the goalie starts at one post and comes out to poke check the pucks one at a time returning to the post each time until all but one puck remains on the final puck the goalie must cover the puck for whistle.

GOALIE: See organization of the drill.

3) X Skating Drill



DRILL OBJECTIVE: Goalie Skating Fundamentals

0 min.

KEY ELEMENTS:

- Transition Skating
- Body Control
- T-glide
- Set and square body to the puck
- Conditioning

ORGANIZATION: Start on one post T-Glide out to far opposite side of the crease to get set. Then shuffle back to the near post. continue to do the same on the opposite side.

VARIATION:

GOALIE: See organization of the drill

4) Center Ice Shooting 1



DRILL OBJECTIVE: Goalie warm up

5 min.

KEY ELEMENTS:

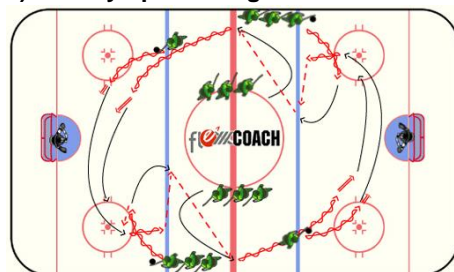
- Passing/Receiving
- Shooting/Scoring
- Skating
- Shooting while in Motion

ORGANIZATION: Divide the players into four equal groups positioned inside the bluelines along the sideboards with pucks. Opposite diagonal lines start at the same time. The first player in each diagonal line skates out around the center ice faceoff circle and gets a pass from the opposite diagonal line, skates with the puck until the redline and passes to the first player in line at the far blue line and receives the puck and goes in for a shot on goal. Now the opposite diagonal line starts and continues the same pattern, opposite direction.

VARIATION:

GOALIE: Follow the sequence to include skating with warm up shot, angle awareness.

5) US Olympic Timing Drill



DRILL OBJECTIVE: Proper timing to receive pass

6 min.

KEY ELEMENTS:

- Proper timing-receive with speed
- Proper routes to receive pass
- Passing/receiving
- Shoot to score
- Awareness

ORGANIZATION: 2 lines against side boards on opposite blue lines - 2 lines on outside of center circle facing the line against boards. A player placed on opposite sides at blue line at each end with a puck to start drill. On whistle, those 2 players skate towards goals and shoot to score. First players (player 1) continue their skating by curling up ice. First player in line against side boards (players 2) skates outside-in pattern and drops puck to player 1. Player 1 receives drop pass, allows player 2 to skate pattern-passes back to player 2. First player in line from center lines (players 3) skates inside-out pattern-opens up along boards to receive pass from player 2. Player 3 skates into zone and shoots to score. Progression continues. Player 3 becomes player 1. Player 1 skates to back of player 2 line. Player 2 skates to back of player 3 line.

VARIATION: Can put the pucks in opposite corners, after taking the shot, pick up the puck and skate up the boards to pass to player two.

GOALIE: In the nets - alot of shots.

6) Regroup Misdirection



DRILL OBJECTIVE: Proper Positioning, Support on

6 min.

KEY ELEMENTS:

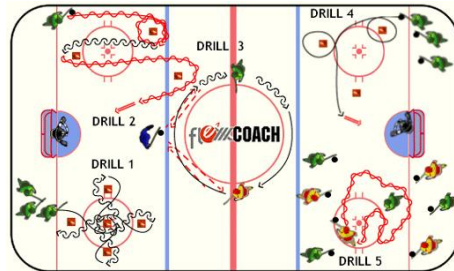
- Passing/ Receiving
- Skating
- Proper Receiving Angle
- Communication
- Passing While in Motion

ORGANIZATION: Players are divided into four equal groups. Two groups are positioned at opposite diagonal ends at the hash marks of each faceoff circle. The other two groups are positioned at the opposite diagonal sides of the center ice faceoff circle with pucks. On the whistle the first two players in line at the opposite diagonal hash marks, skate up around the neutral zone faceoff dot, positioned just outside the blueline, pivots and skates backwards and receives a pass from the line of players positioned on the center ice faceoff circle. After receiving the pass the player pivots, opens up the middle of the ice and passes it to the player that passed him the puck and has skated to a good lateral position to receive the puck back near the boards. He then skates the puck wide down the ice to the blueline and cuts to the middle of the ice dropping the puck for a misdirection at the top of the circles to the player that passed him the puck on the regroup continues to the front of the net for a rebound created from the shot from the player he dropped it to.

VARIATION: The player that receives the puck driving wide can execute an escape move to the boards and passing it to the player coming down the slot for a shot on goal.

GOALIE:

7) Ice Utilization 5



DRILL OBJECTIVE: Maximizing the time and space

18 min.

KEY ELEMENTS:

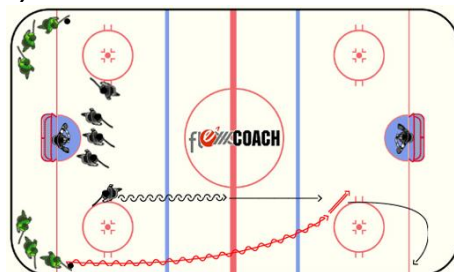
- Fundamental skill development
- Puckhandling/Protection
- Compete
- Battle 1 on 1
- Timing
- Passing While in Motion

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.

8) 1 on 1 Out of the Box



DRILL OBJECTIVE: Proper Angling Separate Man

4 min.

KEY ELEMENTS:

- Proper angling
- Separation technique
- Body contact
- Puck handling
- Skating

ORGANIZATION: Forwards positioned at one end of the rink behind the goal line, defenseman at the face off hash marks Infront of the net at the same end. On the whistle the forward skates full speed down the ice 1 on 1 on the defenseman that starts backward and can't turn until the red line with a proper pivot.

VARIATION:

GOALIE: Game like situation, play the 1 on 1 situation, Fight through screen, Rebound control

