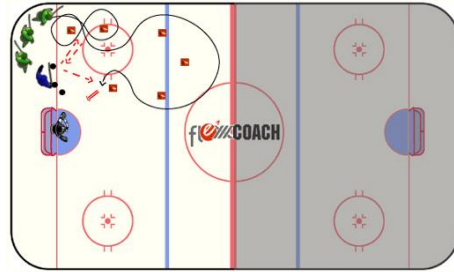


**1) 1/2 Peanut**



**DRILL OBJECTIVE:** Fundamental skill drill

**10 min.**

**KEY ELEMENTS:**

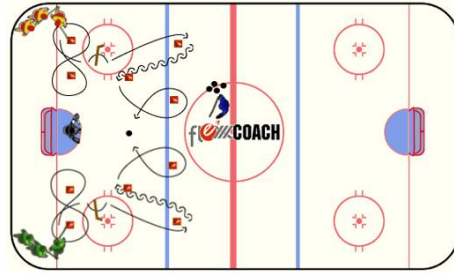
- Skating
- High speed
- One touch passing
- Quick release on shot

**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

**2) Agility Races**



**DRILL OBJECTIVE:** Fundamental Skill

**10 min.**

**KEY ELEMENTS:**

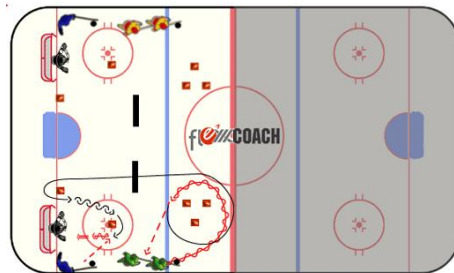
- Skating
- Compete
- Battling 1 on 1
- Pivots
- Shooting while in Motion W/Pressure
- Balance and agility

**ORGANIZATION:** Divide the players into two teams and position them in opposite corners. place the cones on the ice as shown in the diagram. On the whistle the first two players in each line Skate a figure 8 around the two cone just above the goal line skate out and jump the stick and continue to the cone just outside the blue line pivot forward to backward around the cone to the next cone placed on the hash marks inside the faceoff circle, pivot backward to forward and race to the next cone skating from inside to outside around the last cone racing to the puck placed in the middle of the neutral for a 1 on 1 battle and to get a scoring chance under pressure or no pressure if one of the players wins it clean.

**VARIATION:**

**GOALIE:** follow skater thru drill, Will see alot of different shooting situations.

**3) Crossovers/Transition**



**DRILL OBJECTIVE:** Fundamental skill development

**10 min.**

**KEY ELEMENTS:**

- Crossovers
- Transition
- Puckhandling
- Passing/receiving
- Shooting/Scoring

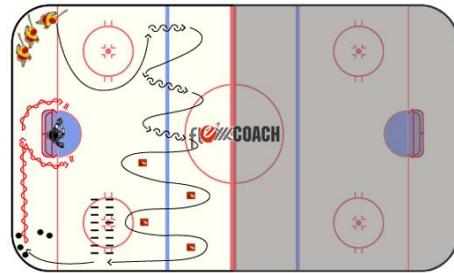
**ORGANIZATION:** Player carries puck around the circle - pass to the next player in line - continues around the circle. Player skates into zone - goes over jump - executes transition element - receives pass from coach - shoots on net. Next player in line goes once he receives pass from previous player.

**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.

**4) Skating Fundamentals**



**DRILL OBJECTIVE:** Skating Skills

**10 min.**

**KEY ELEMENTS:**

- Skating
- Crossunders
- Pivots
- Balance and Agility
- Transition Backwards to Forward

**ORGANIZATION:** The players are in one corner, the pucks are in the other. Four cones are placed at the same side of the rink as the pucks, evenly placed just inside and outside of the blueline. The players start by skating a half circle around the inside of the faceoff circle, the player then pivots backwards facing the middle of the rink and skates backwards toward the redline, pivots from backwards to forward and repeats 3 times. Now the player skates forward around each cone making tight turns and accelerating out of the turn to the next cone. After going around the last cone the player accelerates down to the hash marks on the outside of the faceoff circle. Lateral cross-overs, (left over right and right over left on the return), across the faceoff dot. The player then picks up the puck in the corner and skates to the back of the net, either continuing around for a shot on goal or stopping and coming back to try to stuff it on the goaltender.

**VARIATION:** The players can start by making one full circle around the faceoff circle or two full circles to work on crossunders.

**GOALIE:**

