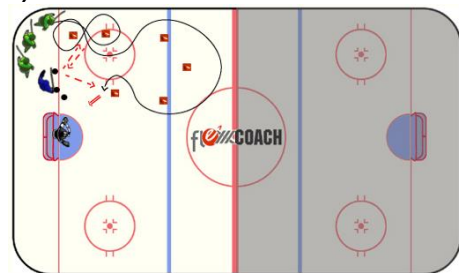


1) 1/2 Peanut



DRILL OBJECTIVE: Fundamental skill drill

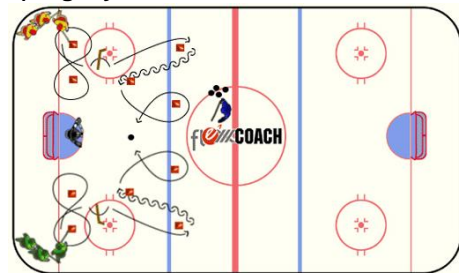
10 min.

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

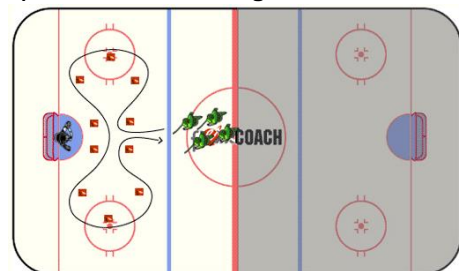
10 min.

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) Full Peanut Skating



DRILL OBJECTIVE: Skating agility and quickness

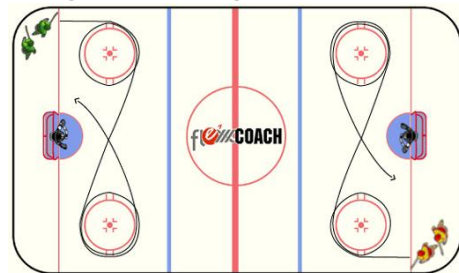
10 min.

KEY ELEMENTS:

- Keep feet moving
- Crossunders pushing through / under
- Push through to full extension

ORGANIZATION: Set up cones as indicated in diagram(shape of peanut). Players skate around cones using crossunders and accelerating through turns.
VARIATION: Add:
Pivot turns
Forward and Backwards Skating
Pucks
Use a "half" peanut
GOALIE: Working on skating skills

4) Figure 8 - Skating



DRILL OBJECTIVE: Crossunder skating

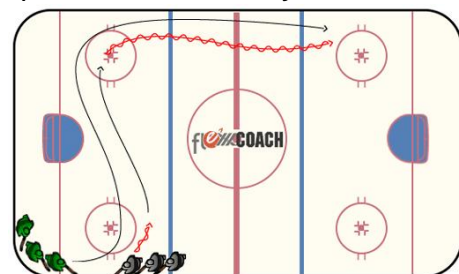
5 min.

KEY ELEMENTS:

- Keep feet moving
- Crossunders pushing through / under
- Push through to full extension

ORGANIZATION: Players skate around face-off circles using crossunders in order to accelerate through the turns.
VARIATION: Use cones in tight circles. Use gloves in tight circles - Can use a control / tight turn and accelerate out of circle using a crossunder.
Add Pucks
GOALIE: Work on skating skills.

5) Mirror Lateral Mobility 1 on 1



DRILL OBJECTIVE: Elevate players comfort zone

5 min.

KEY ELEMENTS:

- Skating agility foot work
- Pivoting forward to backward
- Pivoting backward to forward
- Acceleration out of a turn
- Body position

ORGANIZATION: The forwards are positioned at the boards on the goal line. the defenseman at the same side of the rink are positioned at the hash marks on the faceoff circle. One forward and one defenseman start at the same time. The forward skates forward the whole time whlie the defenseman is mirroring the forward pivoting forward to backward and backward to forward as the forward skates around the face off dot over to and around the opposite face off circle ending up skating all the way down the far boards to the other end. This is a competitive drill where the defenseman attempts to mirror the forward, staying as close as possible keeping good body position with the forward.
VARIATION:
GOALIE: Game like situation, play the 1 on 1 situation, Fight through screen, Rebound control

