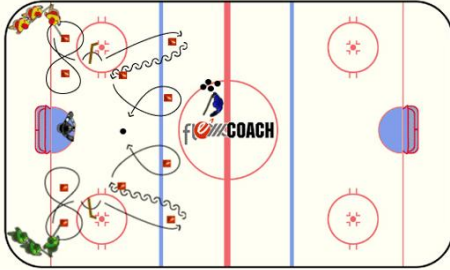


### 1) Agility Races



**DRILL OBJECTIVE:** Fundamental Skill

**10 min.**

**KEY ELEMENTS:**

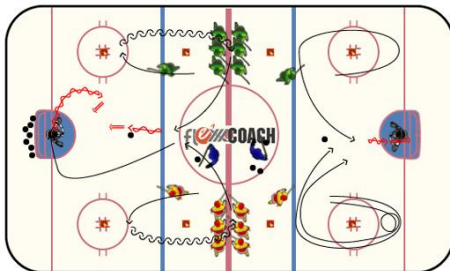
- Skating
- Compete
- Battling 1 on 1
- Pivots
- Shooting while in Motion W/Pressure
- Balance and agility

**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.

### 2) Agility Races 2



**DRILL OBJECTIVE:** Accelerating out of a

**10 min.**

**KEY ELEMENTS:**

- Skating
- Crossovers/Acceleration
- Overspeed
- Puckhandling with pressure
- Puck protection

**ORGANIZATION:** 4 cones positioned on one half of the ice at the 4 face off dots. Coach positioned at the center ice with pucks. 2 lines of players on each side of the coach. A player from each line starts on the blueline facing the goal. On the whistle the 2 players take off skating inside to outside the 2 cones and race to retrieve the puck that the coach positioned just inside the blueline. The 1st player that retrieves the puck takes a shot on goal, the 2nd player becomes the backchecker.

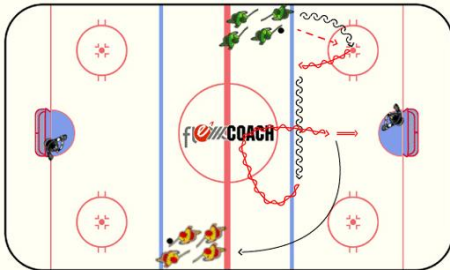
**VARIATION:** The players can also skate a 360 degree circle around the 1st cone.

The players can also skate forward to the 1st cone, pivot and skate backward to the cone in the neutral zone, pivot forward and race for the puck.

The player that does not get the puck can pick up a 2nd puck behind the net for a 2nd shot on goal with a wrap-around.

**GOALIE:** 1 on 1 Game like situation, puck carrier is under alot of pressure

### 3) Agility Skate Shooting Warm Up



**DRILL OBJECTIVE:** change directions, control puck

**10 min.**

**KEY ELEMENTS:**

- edge control
- seperate hands from feet
- shoot off a move
- goalie warm up

**ORGANIZATION:** players at diagonally opposite blue lines with pucks in each line. x1 leaves and skates backward toward in zone face off dot, at dot he recieves a pass from x2 and turns to skate fwd to blue line, at blue pivot and skate backward across blue till you get past the far post, turn into the n zone and cut down middle for warm up shot on the goalie.

**VARIATION:**

**GOALIE:** follow skater thru drill, good warm up drill

### 4) Mirror Lateral Mobility 1 on 1



**DRILL OBJECTIVE:** Elevate players comfort zone

**10 min.**

**KEY ELEMENTS:**

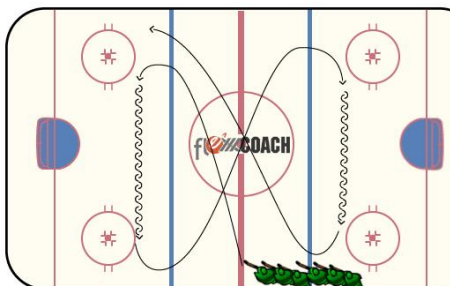
- Skating agility foot work
- Pivoting forward to backward
- Pivoting backward to forward
- Acceleration out of a turn
- Body position

**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

### 5) Overspeed Pivots forward to



**DRILL OBJECTIVE:** Elevate players comfort zone

**10 min.**

**KEY ELEMENTS:**

- Skating Agility
- Pivoting forward to backward
- Pivoting backward to forward
- Accelerating out of a turn
- Hockey endurance

**ORGANIZATION:** Line a group of players at the blueline. Three players start all at the same time following one another skating forward out toward the opposite diagonal blueline pivoting backward and skating backward to the opposite side of the rink pivoting forward and skating through the neutral zone diagonally to the opposite blueline. Continue doing the same thing ending the drill at the opposite diagonal blueline that you started from.

**VARIATION:**

**GOALIE:** Have the goalies do movement drills, skating drills or handling pucks.

