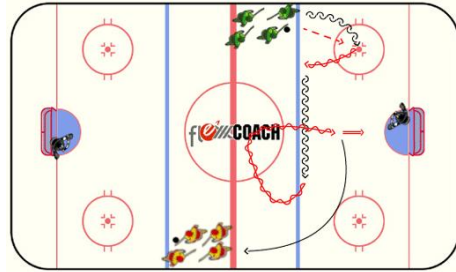


1) Agility Skate Shooting Warm Up



DRILL OBJECTIVE: change directions, control puck

10 min.

KEY ELEMENTS:

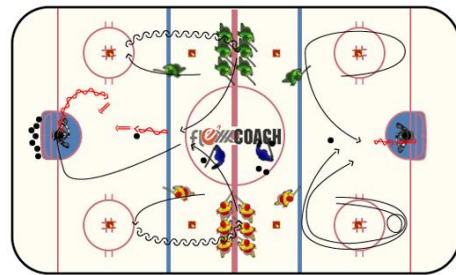
- edge control
- separate hands from feet
- shoot off a move
- goalie warm up

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 receives 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

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 blue line 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 blue line. The 1st player that retrieves the puck takes a shot on goal, the 2nd player becomes the backchecker.

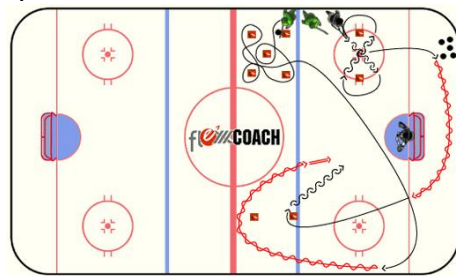
VARIATION: The players can also skate a 360 degree circle around the 1st cone.

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) Half Ice 1 on 1 Drill



DRILL OBJECTIVE: Skating Agility, Gap Control,

10 min.

KEY ELEMENTS:

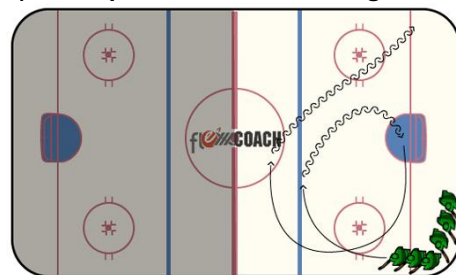
- 1 on 1 Tactics
- Receiver creates good angle
- Skating
- Gap Control
- Passing/Receiving

ORGANIZATION: The drill begins by forming 2 lines against the side boards in one zone, 1 line just inside the blue line and 1 line right at the hash marks of the faceoff circle. On the whistle, forward carries the puck in and around the cones knocked down in between the blue line and red line. The defenseman, at the same time negotiates a tight figure 8 at the faceoff circle around two cones always facing up ice. On the next whistle forward continues skating below bottom of opposite circle in a breakout position and turns up boards- D-Man comes out of figure 8 with puck- skates in the corner picks up a puck, continues behind the net and passes to the forward. Forward carries puck around high cone outside the zone- comes back on D-Man 1 vs. 1. D-Man has to skate up around low cone and transition backwards to play 1 on 1.

VARIATION:

GOALIE: Game like situation, play the 1 on 1 situation, Fight through screen, Rebound control, Communicate with defenseman.

4) Overspeed Transition Skating



DRILL OBJECTIVE: Have players elevate their

10 min.

KEY ELEMENTS:

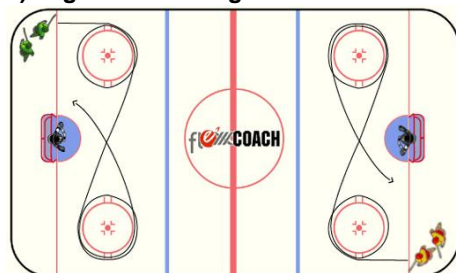
- Skating Agility
- Improved Speed
- Quickness
- Pivoting
- Conditioning/Endurance

ORGANIZATION: Line a group of players at the goal line at one end of the rink. Three players start all at the same time following one another skating forward out toward the blue line pivoting backward always facing the direction that they came from. Pivoting backward to forward in front of the goal crease accelerating out to the neutral zone again pivoting backward down to the opposite corner of the end you started in.

VARIATION:

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

5) 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.

