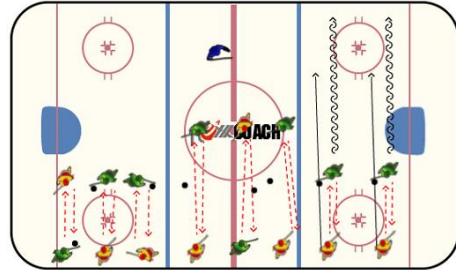


1) Stationary Passing Progression



DRILL OBJECTIVE: Concentrate on good weight

6 min.

KEY ELEMENTS:

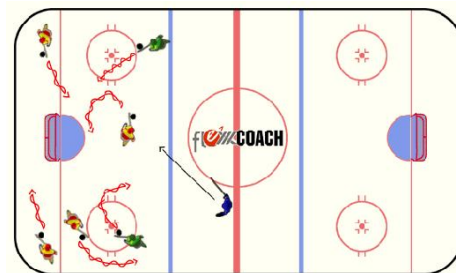
- Passing/Receiving
- Weight Transfer
- Head up looking at target
- Follow through to your target

ORGANIZATION: This is a progression drill That starts with the players getting a partner and line up facing each other the full length of the ice with a puck. The players start close to one another to develop good passing and receiving fundamentals with proper weight transfer and follow through for hard flat and controlled passes tape to tape. As the players get more comfortable and their execution is good start to have them get a little farther apart. Then finally add movement with a skill move to make it more difficult as they progress.

VARIATION: Coaches can add different skill elements to make it more difficult as the players master others.

GOALIE: Goalies can participate in this drill or you can have them warmed up from shots from the other coaches.

2) Chaos



DRILL OBJECTIVE: Puck Control skills

10 min.

KEY ELEMENTS:

- Head up
- Protect the puck
- Move to open space
- Quick feet
- Deception

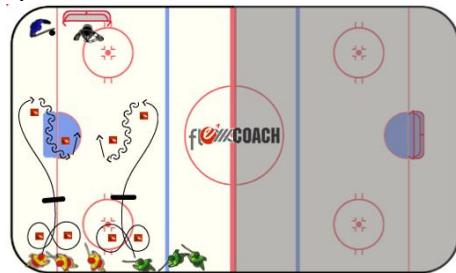
ORGANIZATION: Players stickhandle all over the zone.

On the whistle, the coach enters the zone and begins checking all the puckcarriers, shooting pucks out of the zone. Checked players become checkers. Last player with puck is winner.

VARIATION:

GOALIE: Stretching activities Or skill development.

3) Race for the Puck



DRILL OBJECTIVE: Skating/Overspeed

0 min.

KEY ELEMENTS:

- Skating
- Competition
- 1 on 1 battle to score

ORGANIZATION: The drill begins by dividing the players into 2 lines against the boards in one zone(any zone works). The objective is to design an obstacle course for the players to skate through, and the drill ends with a race for a puck to score a goal. The first obstacle is a tight figure 8. The players skate out of the figure 8, go over a jump placed in front of them, and immediately have to execute a transition component, having to go from forward skating-backwards-forwards. The drill is completed with a 1 vs. 1 battle to score a goal.

VARIATION: Each of these various obstacle components can be replaced with others. For example, the tight figure 8 can be replaced with a circle. The jump can be replaced with a 360 degree turn. The transition component can be replaced with 2 tight hockey turns.

The order of the components can be changed, as well.

GOALIE: The goalie gets to play a 1 vs. 1 situation with rebounds.

4) Stations - Mini Games



DRILL OBJECTIVE: Puck Control / Individual Tactics

15 min.

KEY ELEMENTS:

- Eye contact & verbal communication
- Quick Feet and quick hands
- Timing into open space

ORGANIZATION: #1 - 1 on 1: One on One with the objective to get and make contact with designated pylon.

#2 - 2 on 1: Partners play two on one with the objective to take puck to and make contact with the designated pylon.

#3 - 3 on 3 Below the Dots: Coach dumps puck to corner and players play 3 on 3 below dots. Play continues until goal is scored

VARIATION:

GOALIE: Rotate in at station #3

5) Fundamentals Obstacle Course



DRILL OBJECTIVE: Comprehensive fundamental

8 min.

KEY ELEMENTS:

- Skating
- Passing/Receiving
- Puckhandling
- Shooting

ORGANIZATION: Players begin out of opposite corners. The first player in each line skates around the faceoff circle with a puck - they skate out of the circle and head to the neutral zone on their respective sides. A slalom is set up through the neutral zone for the players to skate through. The players come out of the slalom, make a pass to a coach who is standing inside the blueline towards the center of the ice. The player jumps over an obstacle and heads toward the net in front of him. A coach standing beside the net gives him a pass and he shoots to score. The player then proceeds to the back of the line in the opposite corner. (Note: After the player finishes the circle and heads to the neutral zone, the coach can send the next player in line to start the drill for the next player.)

VARIATION:

GOALIE: Goalies receive a lot of shots.

