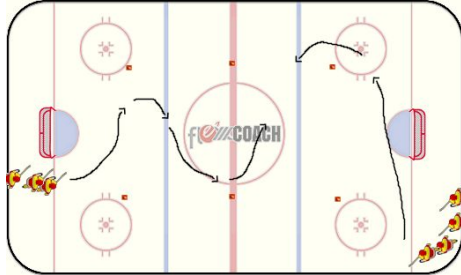


1) Skating Fundamentals Day 1



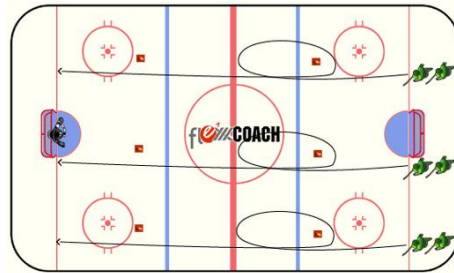
DRILL OBJECTIVE: Skating balance Fundamentals

12 min.

KEY ELEMENTS:
• Skating

ORGANIZATION: 1. Balance Inside Edge
Outside Edge
2. 10-2 With and without Pucks
3. Balance Crossovers Forward and Backward
VARIATION:
GOALIE:

2) Sprint Intervals-Loop



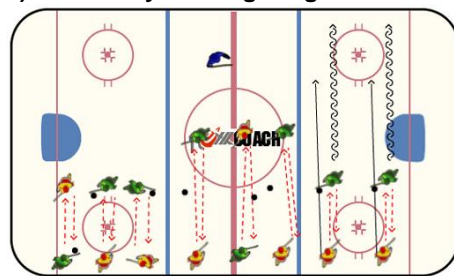
DRILL OBJECTIVE: Overspeed Skating Drill

4 min.

KEY ELEMENTS:
• Full speed
• Crossunders on turn
• Keep feet moving
• Skate outside your comfort zone

ORGANIZATION: Form three lines at the goal line. Set-up cones inside each blueline per diagram. Players skate at full speed to the center red line and skate a large circle in a clockwise direction at top speed-no gliding-always keeping their feet moving- and sprint to the far end of the rink.
VARIATION: With pucks
GOALIE: Working on skating skills

3) Stationary Passing Progression



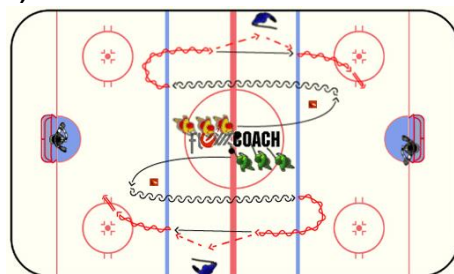
DRILL OBJECTIVE: Concentrate on good weight

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.

4) All Elements Fundamentals



DRILL OBJECTIVE: Comprehensive Fundametal

7 min.

KEY ELEMENTS:
• Skating
• Transition
• Puck Handling
• Passing/Receiving
• Shooting

ORGANIZATION: Two groups of players positioned at center ice both groups facing opposite directions with pucks, two coaches positioned just outside the blue line diagonally across from each other. Two cones place just inside the blue line in front of each line of players. The first player in each line starts out by skating with a puck forward around the cone pivoting backwards straight back to inside the blue line pivot forward excelebrate through the neutral zone pass to the coach just outside the blue line, receive the puck back and finish with a shot on goal.
VARIATION:
GOALIE: follow the play across the blueline, angle awareness.

5) 4 Skill Stations 2



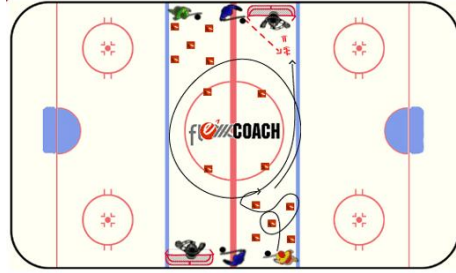
DRILL OBJECTIVE: Skill and Fundamental

16 min.

KEY ELEMENTS:
• Passing/Receiving
• Skating Agility
• Puck protection
• Utilizing misdirection/Cycling

ORGANIZATION: Divide the rink up into 4 stations and divide the players evenly.
Station 1 consists of Cycling with a high roll misdirect to create a scoring chance utilizing the space behind the puck carrier.
Station 2 consists of puck control in a 1 on 1 situation in a tight area to teach the players to use your body to shield the puck using good positioning, balance and strength.
Station 3 is a to develop good passing and receiving fundamentals with proper weight transfer for hard flat and controlled passes tape to tape.
Station 4 is an excellent Skating Agility drill that focuses on transition skating with proper pivots from forward to backward and backward to forward while maintaining control and passing of the puck while in motion.
VARIATION:
GOALIE: Goalies will be needed in the station one drill and the other goalie can be working on the five puck goalie skate or the X skating drill and switch half way through the drill.

6) Tight Area Horseshoe



DRILL OBJECTIVE: Fundamental Skill Drill

12 min.

KEY ELEMENTS:

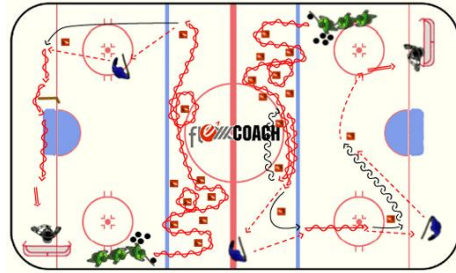
- Puck position - out in front
- Quick feet
- Explosion
- Crossovers/Crossunders
- Quick release on shot

ORGANIZATION: 2 lines on opposite sides. First player in each line carries puck in and around cones. On the whistle, they leave their pucks, explode out of the area and around the horseshoe-receive pass from coach-shot on goal.

VARIATION:

GOALIE: In the nets for shots

7) Puckhandling/Agility



DRILL OBJECTIVE: Fundamental Skill

0 min.

KEY ELEMENTS:

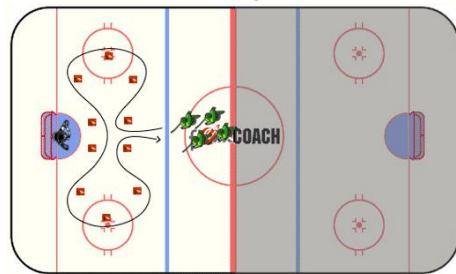
- Skating
- Balance/Agility
- Passing/Receiving
- Pivots
- Shooting /Scoring

ORGANIZATION: This drill is a great example of our multi-tasking initiative. Divide the players into two groups positioned at opposite diagonal bluelines with pucks. Place the cones thur- out the neutral zone as shown on the diagram please note the two variations and the coach or coaches positioning. The players start stickhandling the puck in and out of the cones, skate out of the cones to the next cone make a tight turn around the cone and skate around the far cone in the neutral zone, pass the puck to the coach in between the top of the circle and the blue line, skate around the cone just above the goal line and recieve the puck back from the coach, Jump the stick and finish with a shot on goal. the next players starts when the first skates out of the fist set of cones and is approaching the next cone or cones,

VARIATION: Can add two coaches and two cones to preform a transition element forward to backward around the cones. also add a pivot move forward to backward recieve a pass pivot backward to forward and finish with a shot on goal.

GOALIE: follow skater around the last cone.

8) Full Peanut Skating



DRILL OBJECTIVE: Skating agility and quickness

0 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

9) British Bulldog-Tag



DRILL OBJECTIVE: Skating agility and quickness

3 min.

KEY ELEMENTS:

- Sticks on bench
- Agility & balance
- Speed & acceleration
- Quick feet

ORGANIZATION: All players spread out at the end of the rink. Start with 2 players at center ice. Players must skate through the neutral zone without being tagged.

Tagged players join defending players for next round.

Each round begins on coaches whistle.

VARIATION: 1. Skate backwards

2. Frozen Tag as the players are tag they freeze in that spot until another player tags them again. to join back in they have to preform the proper start or any other skill element.

GOALIE: Participate in drill.

Post-Practice Comments:
