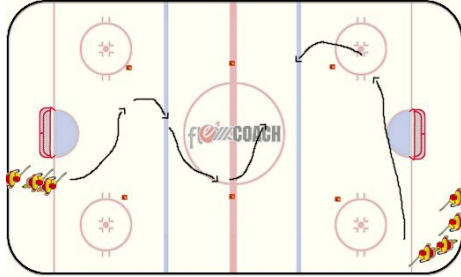


1) Skating Fundamentals Day 1



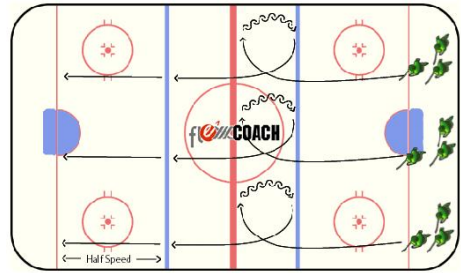
DRILL OBJECTIVE: Skating balance Fundamentals

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) Top Speed-Pivot Turns



DRILL OBJECTIVE: Acceleration

4 min.

KEY ELEMENTS:
• Crossunders

ORGANIZATION: Form 3 lines at the goal line. Players start skating forward and skate to the red line, they pivot backwards and skate towards the blue line using crossunders-step out forward at the blue line and accelerate using crossunders to the far blue line.
VARIATION: Can start out backwards to forward and With or without pucks.
GOALIE: Participate in drill

• Keep feet moving
• Backward pivot turn
• Backward-Forward step out

3) Sprint Intervals-Loop



DRILL OBJECTIVE: Overspeed Skating Drill

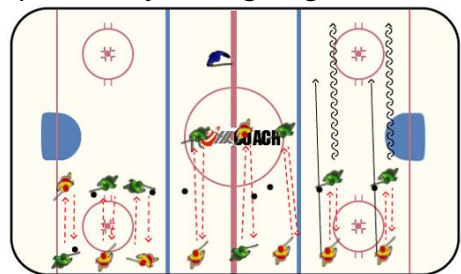
0 min.

KEY ELEMENTS:
• Full speed

ORGANIZATION: Form three lines at the goal line. Set-up cones inside each blue line 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

• Crossunders on turn
• Keep feet moving
• Skate outside your comfort zone

4) Stationary Passing Progression



DRILL OBJECTIVE: Concentrate on good weight

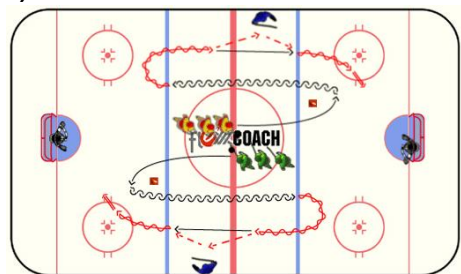
6 min.

KEY ELEMENTS:
• Passing/Receiving

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.

• Weight Transfer
• Head up looking at target
• Follow through to your target

5) All Elements Fundamentals



DRILL OBJECTIVE: Comprehensive Fundametal

7 min.

KEY ELEMENTS:
• Skating

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 exceleerate 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 blue line, angle awareness.

• Transition
• Puck Handling
• Passing/Receiving
• Shooting

6) Puckhandling Slalom



DRILL OBJECTIVE: Puck Control with different

6 min.

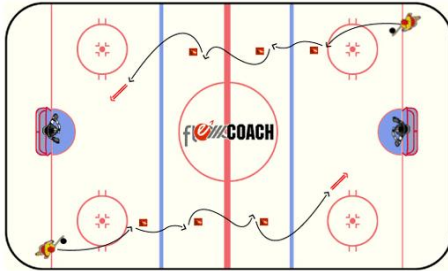
KEY ELEMENTS:

- Skating
- Agility
- Puck Handling
- Shooting while in Motion
- Keeping your head up

ORGANIZATION: Two lines in opposite diagonal corners of the rink. Place 8-10 cones spaced evenly down each side of the rink. On the one side have the players skate around the cones keeping the puck in the middle of the cones stickhandling up the ice, finish with a shot on goal. On the other side have the players skate straight up the middle of the cones stick handling the puck around the outside of the cones, finish with a shot on goal.

VARIATION: Backward skating
GOALIE: Working on angle shots

7) Puckhandling 3 Fakes



DRILL OBJECTIVE: Offensive creativity with the

5 min.

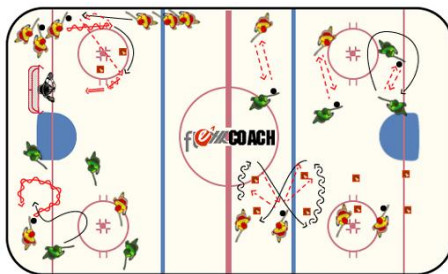
KEY ELEMENTS:

- Creative puck control
- Stick handling
- Skating/Acceleration
- Protecting the puck
- Creativity

ORGANIZATION: Players in opposite diagonal corners. Three cones placed evenly up the ice from the top of the faceoff circle to just outside the far blueline on the both sides of the rink. The first player starts skating up to the first cone makes a move to deke around the cone to the next cone, repeating the move or another creative move around the remaining cones. After going around the final cone finish with a shot on goal.

VARIATION:
GOALIE: One on 0 shooting, control rebounds and coverup loose pucks.

8) 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.

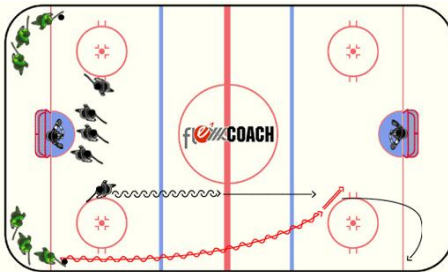
Station 2 consists of puck control in a 1 on 1 situation in a tight area to teach the players to use your body to shield the puck using good positioning, balance and strength.

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.

9) 1 on 1 Out of the Box



DRILL OBJECTIVE: Proper Angling Separate Man

4 min.

KEY ELEMENTS:

- Proper angling
- Separation technique
- Body contact
- Puck handling
- Skating

ORGANIZATION: Forwards positioned at one end of the rink behind the goal line, defenseman at the face off hash marks in front of the net at the same end. On the whistle the forward skates full speed down the ice 1 on 1 on the defenseman that starts backward and can't turn until the red line with a proper pivot.

VARIATION:
GOALIE: Game like situation, play the 1 on 1 situation, Fight through screen, Rebound control

10) Tug of War



DRILL OBJECTIVE: Ready Position, Use body and

0 min.

KEY ELEMENTS:

- Wide and Low Stance
- Drive with Legs
- Short and powerful strides
- Balance

ORGANIZATION: Players are paired up and positioned along each blueline. Each pair will have one player on each side the blueline. The players will either hold one stick or two in their hands and on the whistle each player tries to pull their opponent over the blueline.

VARIATION: Stick wrestling: One stick is used between each pair of players. On the whistle the players wrestle to throw their opponent off balance.

GOALIE: Both goalies can go together.

Post-Practice Comments: