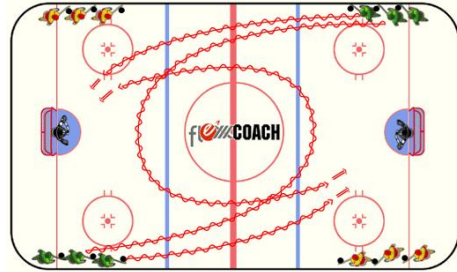


1) 4 Shot Shooting Warm Up



DRILL OBJECTIVE: Goalie warm up, Two shots from

6 min.

KEY ELEMENTS:

- Skating
- Shooting
- Move feet after taking shot

ORGANIZATION: Players and pucks in all four corners. Opposite corners start, alternating sides, first two players in line start out at the same time, The first player skates straight down and takes an angle shot, the second player Skates around the center ice face off circle just touching the blue line skating down the far side for a second shot.

VARIATION: Can add a pivot with second player at the blue line.
GOALIE: Two shots from same angle

2) Center Ice Shooting 1



DRILL OBJECTIVE: Goalie warm up

5 min.

KEY ELEMENTS:

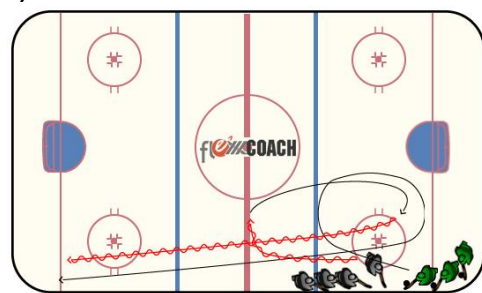
- Passing/Receiving
- Shooting/Scoring
- Skating
- Shooting while in Motion

ORGANIZATION: Divide the players into four equal groups positioned inside the blue lines along the sideboards with pucks. Opposite diagonal lines start at the same time. The first player in each diagonal line skates out around the center ice faceoff circle and gets a pass from the opposite diagonal line, skates with the puck until the red line and passes to the first player in line at the far blue line and receives the puck and goes in for a shot on goal. Now the opposite diagonal line starts and continues the same pattern, opposite direction.

VARIATION:

GOALIE: Follow the sequence to include skating with warm up shot, angle awareness.

3) Mirror 1 on 1



DRILL OBJECTIVE: Have players elevate their

3 min.

KEY ELEMENTS:

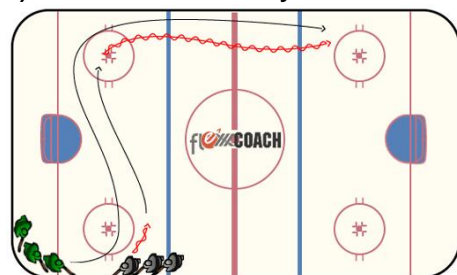
- Skating agility foot work
- Pivoting forward to backward
- Pivoting backward to forward
- Accelerating out of a turn
- Body position

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 while the defenseman starts out backward and is mirroring the forward pivoting backward to forward and forward to backward as the forward skates to the near blue line turning and skating back to the goal line turning and skating down the 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: Change sides of the rink.

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

4) Mirror Lateral Mobility 1 on 1



DRILL OBJECTIVE: Elevate players comfort zone

3 min.

KEY ELEMENTS:

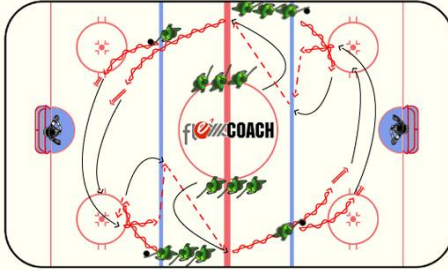
- Skating agility foot work
- Pivoting forward to backward
- Pivoting backward to forward
- Acceleration out of a turn
- Body position

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 while 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) US Olympic Timing Drill



DRILL OBJECTIVE: Proper timing to receive pass

6 min.

KEY ELEMENTS:

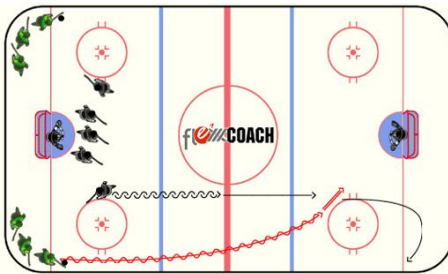
- Proper timing-receive with speed
- Proper routes to receive pass
- Passing/receiving
- Shoot to score
- Awareness

ORGANIZATION: 2 lines against side boards on opposite blue lines - 2 lines on outside of center circle facing the line against boards. A player placed on opposite sides at blue line at each end with a puck to start drill. On whistle, those 2 players skate towards goals and shoot to score. First players (player 1) continue their skating by curling up ice. First player in line against side boards (players 2) skates outside-in pattern and drops puck to player 1. Player 1 receives drop pass, allows player 2 to skate pattern-passes back to player 2. First player in line from center lines (players 3) skates inside-out pattern-opens up along boards to receive pass from player 2. Player 3 skates into zone and shoots to score. Progression continues. Player 3 becomes player 1. Player 1 skates to back of player 2 line. Player 2 skates to back of player 3 line.

VARIATION: Can put the pucks in opposite corners, after taking the shot, pick up the puck and skate up the boards to pass to player two.

GOALIE: In the nets - a lot of shots.

6) 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

7) 2 on 1 Dump and Tip Shots



DRILL OBJECTIVE: Goalie setting the puck, 2 on 1

7 min.

KEY ELEMENTS:

- Create Scoring Chances
- Defensive Positioning
- Fighting to find the puck thru traffic
- Balance & Strength
- Creating screens and tips

ORGANIZATION: Forwards divided into four equal groups, positioned at each blueline along the boards. The defenseman divided up positioned at the redline. Coaches with pucks at opposite diagonal corners. The first defenseman skates off the board to the blueline and receives a pass from the coach. The defenseman dumps the puck around the boards for the goaltender to set the puck behind the net; to the first two players in line at the bluelines. One of the forwards picks up the puck in behind and continues down on that defenseman 2 on 1 for a shot at the opposite end. As the 2 on 1 goes by the defenseman at the neutral zone, another defenseman follows the play to receive a pass from the coach at the opposite end and takes a shot on net, where the two forwards and the defenseman are battling for position in front of the goaltender. After the shot the coach passes another puck to the same defenseman that shot to start the drill once again by dumping the puck for the goaltender to play.

VARIATION: Can include two defenseman to create 2 on 2's or three forwards to create 3 on 1's or 3 on 2's.

GOALIE: Stop and set the puck up behind the net quickly, Read the rush, Positioning fighting thru traffic to see the puck. Control rebounds

8) 1 on 1 Circle Drill



DRILL OBJECTIVE: Good pivots, Skating

6 min.

KEY ELEMENTS:

- Pivots
- Forward to Backward
- Skating speed
- Separation Technique
- Puckhandling
- Proper angling

ORGANIZATION: Forwards at opposite corners, defenseman in the middle of the ice positioned at the red line on the outside of the face off circle. On the Whistle both defenseman pass the puck to forwards they are facing, then skate the other direction around the cone pivot and take the other forward 1 on 1 down the other side of the rink.

VARIATION: Add cones in between face off circles, On second whistle defense regap up ice, Forwards continue around cone 1 on 1 down the other side against the regapping defenseman

GOALIE: Game like situation, play the 1 on 1 situation, Fight through screen to see the puck, Rebound control

9) Breakout, Regroup, Attack 5on2



DRILL OBJECTIVE: Team Concepts, Good Puck

8 min.

KEY ELEMENTS:

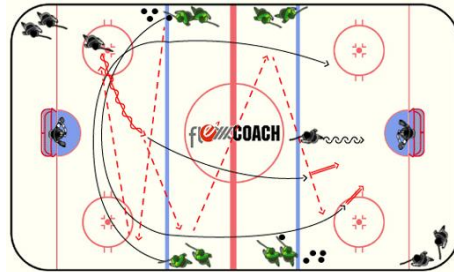
- Passing/Receiving
- Timing
- Proper Receiving Angle
- Regrouping
- Transition

ORGANIZATION: All players on the bench except the group of five breaking out and the two defenseman. Coach dumps the puck in and the unit of 5 retrieves and breaks out attacking the other end 5 on 2, for a shot on goal. On the whistle the coach spots a second puck just inside the far blue line and the unit regroup and attacks again 5 on 2. On the second whistle, the coach spots a third puck in the neutral zone, the unit again regroup with the forwards having to get back on side very quickly, for a quick counterattack, 5 on 2 again. Next unit of 5 begins at the other end.

VARIATION:

GOALIE: Read the rush, puck carrier has several options, can also get involved in starting the breakout.

10) 2 on 1 with Point Shot



DRILL OBJECTIVE: 2 on 1 tactics both offensively

6 min.

KEY ELEMENTS:

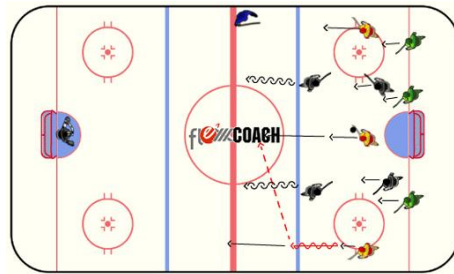
- Speed
- Passing
- Scoring
- 2 on 1 Tactics

ORGANIZATION: forwards are divided into 4 lines, one on each corner of the blue lines. The defenseman start in opposite corners of the rink, with 1 defenseman in the neutral zone to start the drill. On the whistle, 2 forwards (1 from each line 1 and line 2) begin the drill. One forward (F1) carries the puck a few strides and makes a pass to the other forward (F2) skating towards him. Upon receiving that pass, F2 passes the puck to a defenseman joining the rush from the corner. The 2 forwards criss-cross, simulating a regroup, and receive a pass back from the defenseman who was joining the play. The 2 forwards go down the ice and execute a 2 vs. 1 on the defenseman who was in the neutral zone to begin the drill. The offensive defenseman follows up the play and stops on the blue line. Upon completion of the 2 vs. 1, the offensive defenseman receives a pass from a coach and takes a shot from the blue line, with the 2 forwards and the defensemen in front of the net. On the next whistle, the drill continues with 2 new forwards from lines 3 and 4 from the other end and the defenseman who just took the point shot now backing off to defend the ensuing 2 vs. 1. The drill continues back and forth.

VARIATION:

GOALIE: Game like situation, must be focused on puck carrier, yet be prepared with a response to a quick pass to open man. rebound control. the goalies also work on point shots with traffic in front, and playing the rebound situation.

11) Backcheck to D-Zone Coverage



DRILL OBJECTIVE: Defensive Awareness,

6 min.

KEY ELEMENTS:

- Defensive awareness
- Communication
- Read and analyze the situation
- Positioning
- Drive the center lane

ORGANIZATION: Position 10 players in one zone; 3 backcheckers along the goal line, 2 defenseman out on the blue line, the unit of 5 offensive players are all positioned from the top of the crease to the faceoff dots. On the whistle the center passes the puck to the wing, they attack 5 on 2 with the 3 backcheckers on the goal line, backchecking all the way to the defensive zone to play a live 5 on 5 at the far end. Sort out on the backcheck and work on defensive zone coverage.

VARIATION:

GOALIE: Game like situation, communicate with your defenseman, read and react to all situations.

12) 3 on 3 Defensive Zone Coverage



DRILL OBJECTIVE: Proper Positioning, Defensive

9 min.

KEY ELEMENTS:

- Defensive awareness
- Battling 1 on 1
- Net Front Coverage
- Create scoring chances
- Communication

ORGANIZATION: Divide players equally into two groups along the blue line. Two defenseman and one forward defend against three forwards below the tops of the circles. If the puck comes out of the zone or a goal is scored quickly, the coach can add another puck. Shifts should last 30 seconds.

VARIATION:

GOALIE: Game like situation, communicate with your defenseman, read and react to all situations.

