

Drills - Skating

Standing Balance

Equipment: None

Description: Feet are shoulder width apart and knees are bent. Have the players look straight ahead, then push lightly from behind, side, and front, testing their balance.

Variation Have the players march on the spot with knees touching the stick, which is held horizontally in front. Have them gradually raise the stick higher to test balance while skating around the ice at a moderate speed. When the student comes to the first blue line, have them attempt to balance on their left foot, gliding to next blue line. Have them change feet on the opposite side of the ice.

Line Jumps

Equipment: None

Description: Students line up across the end of the ice, then skate to the first blue line, do a two foot jump and land; skate to and jump the center line; then continue to the next blue line. They then continue to the far end of the ice. Avoid having players jump bulky articles on the ice as this is potentially hazardous. When players jump, have them bend their knees when taking off and landing. Ensure that sticks remain in one hand, touching the ice.

Ice Walk

Purpose: Challenge the player to control their movement

Description: Have the players start from the side boards and walk (do not skate) across the ice.

Variation To make it more difficult have them walk on their toes or heels

Shuttle Skate

Purpose: To increase dexterity, agility and balance

Description: Distribute 30 pucks across one blue line. Players start at one end of the ice, skate to the blue line, and pick up a puck with one hand. They then skate with the puck and place (not drop) it on the second blue line, skate forward to the end. Turn around and go back the other way.

Knee Drop (Learning how to Fall)

Purpose: To increase balance and agility

Description: Make sure everyone has good shin pads with plastic knee cap protectors. Have the players fall to their knees while standing. Important: Remind them to use the hands to break their fall -- knees are too easy to hurt! Have them use the stick for help in getting up. Next have them do this while skating, getting up as quickly as possible.

Snow Man

Purpose: To increase confidence, agility, and balance

Description: Have players skate up the ice from the end line approximately halfway to the other end, dive forward under control, and slide on the stomach with the stick directly out in front. Tell them to concentrate on getting up as quickly as possible.

Variation This is the same as above, except while on the ice, players roll over, keeping the stick straight out in front. They then get up as quickly as possible.

Chair Drill

Purpose: To develop balance and power

Description: Have the players push a chair around the ice. This can be made into a fun relay.

Variation Divide into two groups. Line up as shown with two chairs. On whistle, one player from each line pushes the chair around the free pass circle back to their line where he/she hands off the chair to the next player. Continue until everyone has finished. Last player skates into the middle and sits on their chair. Try to be the first team done.

Stick Drill

Purpose: To improve leg control, strength, and co-ordination

Description: Have the players skate holding their stick in both hands at shoulder height in front of the body. Remind them to try not to move the stick -- the skating action should come from the legs.

Reaction Drill

Purpose: To improve hand-eye coordination, agility, and balance.

Description: This drill is similar to the mirror drill, except that it is done the whole length of the ice. The coach points left, right, up, down, ice, etc. and the players follow directions.

Wide Crossovers

Purpose: To learn how to control inside and outside edges

Description: While skating, have the players lift one leg high to the side, then cross it over the other leg. They then put the first leg on the ice, then lift the inside leg up and repeat.

Variation Backwards

Snaking

Purpose: To develop leg strength

Description: Snaking is skating without taking the feet off the ice. It requires the player to bend the knees more, and push harder, alternating the legs.

Variation Backwards

Beginning V Start

Purpose: To practice leaning forward in the start

Description: Have the players stand about an arm's length away from the boards facing them. They form a V with their skates, and fall against the boards. When the players are comfortable with this have them turn around and skate across the ice.

Pushing Your Partner

Purpose: To increase stroking stride and strength.

Description: Have the player place their hands on the hips of their partner and push them across the ice. The person being pushed does not offer any resistance. Change positions and go the other way.

Beginning Tight Turns

Purpose: To teach the tight turn

Description: Have the players spread out over the ice. Have them try the tight turn by putting one foot in front of the other and leaning in the same direction as the front foot. The body will automatically turn. When everyone is comfortable with this have them take a few strides and turn. Divide the players into groups depending on how well they can do this. Progress to the Dot Drill. Make sure to do both directions.

Inch Worm

Purpose: To develop turning and agility

Description: Have players line up in a single line just more than arms length. The player in the back starts to go through the line skating in and out of each player. When he/she reaches the end, he/she takes up a place in the line. The next player from the back starts. Encourage the line to bend around the ice.

Variation Backwards

Ship Shape

Purpose: Carrying the puck, stopping, starting, and changing directions

Description: Good game for young skaters. Each player should have a stick and puck. Gather them into the center circle and explain the calls.
BOW - One end of the ice
STERN - Opposite end of the ice
PORT - Left side of the ice (facing the bow)
STARBOARD - Right side of the ice (facing the bow)
MAN OVERBOARD - Lie down on the ice, roll over and get up quickly
CAPTIAN ABOARD - Skate to the center circle and salute the coach.
SWAB THE DECK - Down on knees and rub the ice
MUTINY - Chase the coach.

Variation Backwards

Dodge

Purpose: To practice passing accuracy on the ice, as well as to avoid being hit with the puck

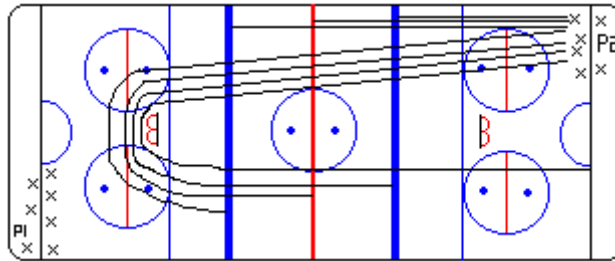
Description: Make a circle of students and put a few players in the middle. Shooters use two pucks - shooting them on the ice while trying to hit the skate blade of the players in the middle. When hit, the skater trades places with the person who hit them.

Peter Zezel Skating Drill (Advanced)

Equipment: None

Description: Divide the two groups in half, one at each corner. Move nets into the hash marks to allow plenty of room. On whistle, P1 skates to the near blue line and back to the start. When they are done, P2 does the same thing from their end. P1 then skates to the red line and back to the start while P2 does the same. Far blue line and back, go around the far net to the far blue line and back, go around the far net to the red line and back, go around the far net to the near blue line and back, and go around the far net to the goal line where you started and back around. This drill is great for endurance and speed bursts because it allows sufficient skating and rest periods. This is a favourite drill of NHL player Peter Zezel.

Variation: Backwards



Glue

Equipment: None

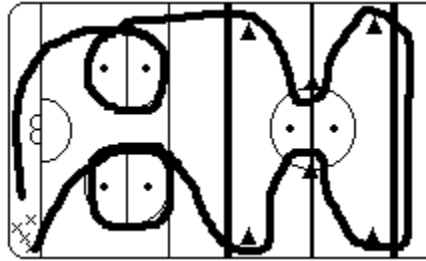
Description: Every player gets a partner. The coach will skate around the rink with a puck. One skater is the Defense and the other is the Forward. The forwards skate to get away from the Defense and the Defense does their best to stick to the forward like GLUE. If a forward is open the coach may pass to them.

Circles and Pylons

Equipment: None

Description: Players start in the corner with a puck. They do crossovers around the first circle as shown, then they go through the first set of 3 pylons. They skate across the far blue line and go through the second set of 3 pylons. Then they do another set of crossovers around the second circle the in the opposite direction of the first circle.

Variation: Backwards



Getting Back

Equipment: 1 Puck per player

Description: Player 1 skates toward opposite net and takes a shot. As soon as Player 1 shoots, Player 2 starts in the other direction and Player 1 must skate hard to catch up. Player 2 takes a shot and Player 3 takes off down the ice with Player 2 chasing.

Variation: Use 2 skaters at a time.

Push/Pull Nets - Older Players

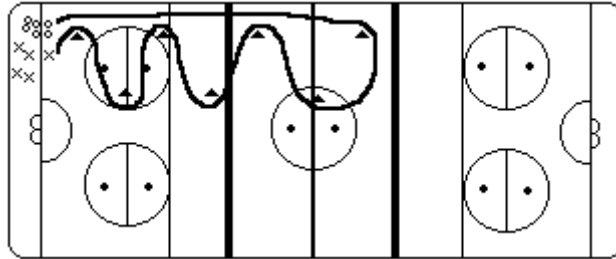
Equipment: 2 nets

Description: Divide the teams into two groups. Put pucks at both nets and put them on the goal line with the opening facing the player. On the whistle, one player (2 if they are younger) push the net down the ice as far as you think is fair. Suggested red line for younger players and length of the ice for older players. On the way back they pull the net skating backwards. This will develop leg strength and power.

Slolam x3

Equipment: Pylons, Pucks

Description: Players skate through the pylons 3 times. #1 forwards, #2 backwards, #3 pick up a puck and go forwards. If possible have two lines going at the same time to prevent players from standing around. All three times through should be continuous.



There and Back Skating - Fun

Equipment: Drill Cards

Description: Place all the following ways to skate there back on cards and put them in a hat.

- Forwards
- Backwards
- Jump each line
- Snowman between blue lines
- Down on knees between blue lines
- 360's on each line
- 180's on each line
- Glide on 2 feet between blue lines
- Glide on left foot there and right foot back
- Log rolls

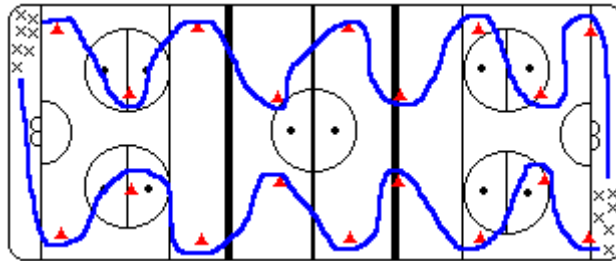
Before each time, pull out a new way to skate there and back so it's different every time. Add new ones to keep the drill fresh. Do 4-5 times.

Pylon Mania

Equipment: Pylons

Description: Continuous circuit, weave in and out of the pylons. Carry a puck

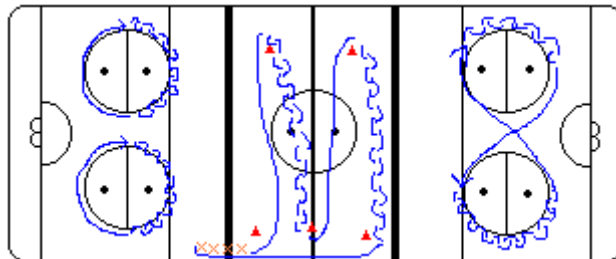
Variation: Backwards, turn 180 on each pylon, go around pylon full circle



Wild Zone

Equipment: Pylons

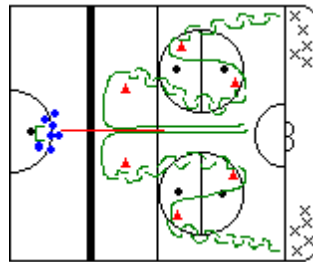
Description: Divide players into three groups (that's if you have the whole ice). Group 1 will skate around circles one way 2-3 times, then change directions. Group 2 works on pivoting backwards. Group 3 does crossovers in a figure 8. Do each station for 5 minutes and switch.



Foot Race

Equipment: Pucks, pylons

Description: On whistle, players skate the pattern forwards and backwards around the pylons. The coach flips the puck down the middle. The first player tries to score and the second player tries to check. Switch lines.



Whistle Stop

Equipment: 1 puck per player

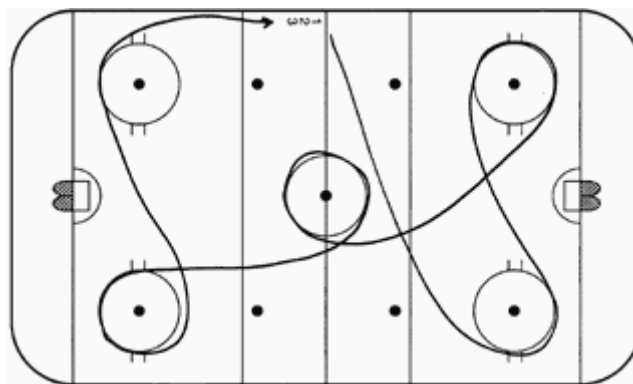
Description: Players skate around the ice slowly.
1st whistle: Skate fast
2nd whistle: stop completely and go the other way fast
3rd whistle: slow
4th whistle: tight turn and go fast
5th whistle: SNOWMAN

4 Circles

Equipment: None

Description: On whistle, first three players accelerate forward, around the circles as shown

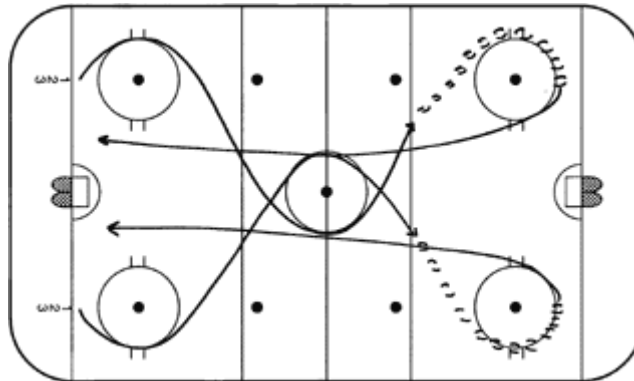
Variation: Backwards



Heads Up!!

Equipment: None

Description: 2 players at a time skate though pattern as shown



SUICIDE

Equipment: None required

Description: Starting at the goal line, skate forward to the near blue line and return to the starting point. Then skate to the center red line and return to the start, then the far blue line and return, finally to the far end and return.

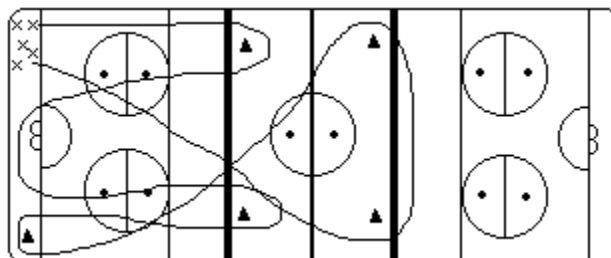
Variation: Use the free play lines as well as the red and blue lines. Consider using backwards skating on the return portions or in both directions. This drill can also be used with sharp turns instead of stops and starts.

Circuit Race

Equipment: 1 or 2 stopwatches, pylons

Description: Pylons are set out as shown. Player skates through pylons full out. Timed.

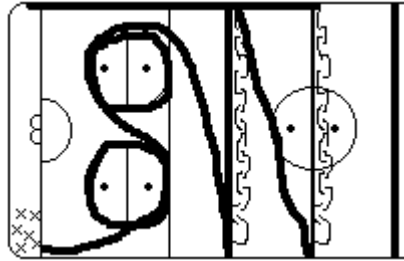
Variation: Backwards



Lines and Circles

Equipment: None

Description: Have players line up in the corner. They do crossovers around the first 2 circles then skate to the opposite blue line, stop and skate backwards across the blue line to the other side boards. Stop and skate to the red line on the opposite side boards, stop and skate backwards to the other side boards. Then skate to opposite corner that you started in.

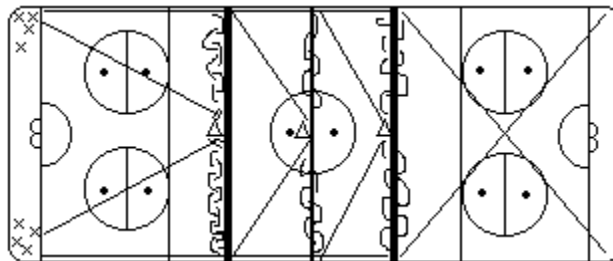


Skating/Stopping/Backwards

Equipment: 3 pylons

Description: Set up each pylon in the middle of each line. One player from each side skates to the first pylon at the near blue line, stops and then skates backwards along the blue line to the boards, stops, then skates forwards to the next pylon at the red line, stops and skates backwards along the red line to the boards. They then skate forwards to the third pylon at the far blue line and stop, pivot and skate backwards along the blue line to the boards. They then skate full out back to their lines, or to the opposite corners if you have full ice.

Variation: Use Pucks



Hockey Drills - GAMES

Puck Gather

Equipment: 5 Pucks per player and 1 Bucket per player, stopwatch

Description: Place pucks in a pile across ice and a bucket beside the player. On whistle player sees how many pucks they can retrieve and put in the bucket in 30 seconds only getting one at a time.

Variation: Add 1 puck to add incentive to get more pucks.

Puck Line Relay

Equipment: 4 Pucks per pair

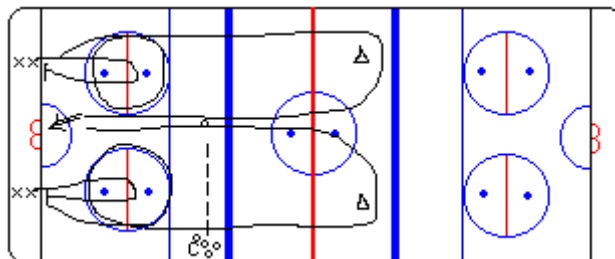
Description: First player grabs with hands a puck and skates to the near free play line and puts it down on the line. Pucks must be on the line to count. The player then skates back to the start, grabs another puck and skates to the near blue line and places puck. Do the same for the red line and far blue line. After all the pucks have been placed, the second player does the same, but in reverse. He/she skates to the free play line and retrieves the puck and bpuks it back and places it on the goal line. He/she then retrieves the other 3 pucks. First pair finished wins.

Variation: Backwards

Puck Race

Equipment: Pucks and 2 pylons

Description: Divide the group in half. Skaters start behind the goal line. They skate up and do a tight turn around the face-off dot, then skate back to the start and stop. They do crossovers around the circle going towards the boards from when they stopped. They then skate up the ice to the far face off dots and do a tight turn around the pylon. The coach throws a puck into the center and the first player to the puck picks it up and tries to score, the second skater checks the puck carrier.

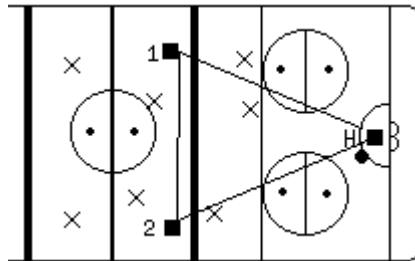


Hockey Baseball

Purpose: Teaches how to kick the puck properly, agility and speed

Description: Use 2 faceoff dots as bases. The fielders have sticks and the baseskaters do not. The first baseskater has the puck at home plate which is in the crease. He/She kicks the puck as hard as he/she can with the side of the skate and then skates to first base. The fielders must pick up the puck and pass it to first base. The player covering first base must pick up the puck and tag the baseskater. This works well with a large group of skaters so there are two teams. Three outs and change positions. Play 2-4 innings.

Variation Only use backhand passes, skating backwards.



Hit the Skate

Purpose: This drill will improve skating skills and heads up play

Equipment: Coaches on boards between the blue lines with a few pucks

Description: This is a simple game, but involves all of the skating skills in the player's repertoire. The players start on the goal line at one end. The coach blows the whistle and they skate as fast as they can down the ice trying not to be hit in the skate by one of the coaches between the blue lines. If you are hit you get 1 point. Leave it up to the kids to keep track of their points. The more coaches trying to hit the skates the more fun the drill is.

Hand Ball

Purpose: Develop edge control, balance and diminishes fear of contact.

Equipment: 4 cones, 1 large ball

Description: Have players put their sticks on the bench. This game is best played on a half sheet, "cones" can be the nets. A soccer ball becomes the "puck" players cannot kick or carry the ball. (You put them in the penalty box if they do!) The object is to hit the ball into the net with their hands. Kids develop great edge control and balance, become fearless in collisions and have a blast!

ZONES

Equipment: 1 Puck

Object: The ice is divided into three zones - the neutral zone and the two zones inside each blue line at both ends. Each team uses all three zones freely. The object of the game is to move the puck quickly, and under control, from zone-to-zone, thereby scoring points.

Description: Start with 3 on 3. The coach throws the puck into the neutral zone. The first team to the puck passes to a teammate in one of the other two zones bordered by the blue line. If the pass is successfully completed that team scores 1 point. If the players receiving the puck holds on to it for more than 3 seconds (the coach can count 1 onethousand....2 onethousand...3 onethousand) before passing it, that team loses the point they just gained. The 3 second rule is critical because it promotes quick thinking, anticipation and the use of open spaces.

To score another point the team with the puck must successfully pass the puck back into the neutral zone. And then it needs to be passed in to the opposite end zone and so on. If the puck goes over both blue lines they do not receive a point, but do not lose possession of the puck.

Switch the players and have 30-60 shifts. The team not in control has to check like mad to get the puck back.

Variation: Optional to use goalies, but not to stop shots. When the team gains the end zone the puck can be passed to the goaltender and he/she has to pass it back to their teammate before it is passed into the neutral zone.

Chair Race

Purpose: To develop balance and power

Description: Have the players push a chair around the ice. This can be made into a fun relay.

Variation Divide into two groups. Line up as shown with two chairs. On whistle, one player from each line pushes the chair around the free pass circle back to their line where they hand off the chair to the next player. Continue until everyone has finished. Last player skates into the middle and sits on their chair. Try to be the first team done.

Everyone Must Score

Equipment: 1 Puck

Description: Scrimmage: the object of the game is to be the first team to have everyone score. This will develop passing and teamwork skills and will also get weaker players involved in the game.

Barrier Scrimmage

Equipment: 4 long Hockey sticks taped together if you don't have a piece of wood, 1 Puck

Description: Place the barriers across the bottom of the nets. Basic scrimmage but to score the puck must be raised off the ice. Good game for younger players to make them lift the puck.

Put the Pucks Away

Equipment: Container you put your pucks in

Description: All players put their sticks in the bench. Make 2 piles of pucks and 2 groups. Place the bucket in the crease at the far end of the ice. Players race to see who can get their pucks into the bucket first. This is a good drill to teach the players to help pack everything up before they leave the ice.

Scoop-puck Relay

Equipment: Pucks, nets, 2 goalies,

Description:

- Pull both nets up to the blue lines.
- Divide your group into two teams. (they line up at the face-off dot in opposite corners of the rink, with pucks.)
- In a relay style, the first player on each line must skate to, and score on the goalie who is facing him at the far blue line. If the goalie stops the attempt, he/she can throw the rebound wherever he/she wants. The skater must retrieve that puck and continue his attempt to score.
- Once he/she scores, he/she returns to their line and tags the next player to begin their attempt. Team that loses skates up and back twice.

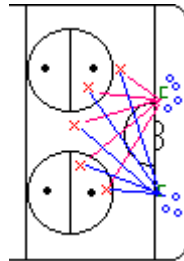
Great Fun ! It's either a confidence builder or a stamina builder for both the goalie and the shooter.

Drills - Goalie Skills

Quick Shot

Equipment: Pucks

Description: Players line up in a semi circle in front of the net. Coaches have 2 piles of pucks on either side of the net. Alternating, the coaches pass to one of the players who takes a shot on goal. The goalie won't know who is getting the pass. Teaches goalies and players to always be ready for a pass or shot from anywhere

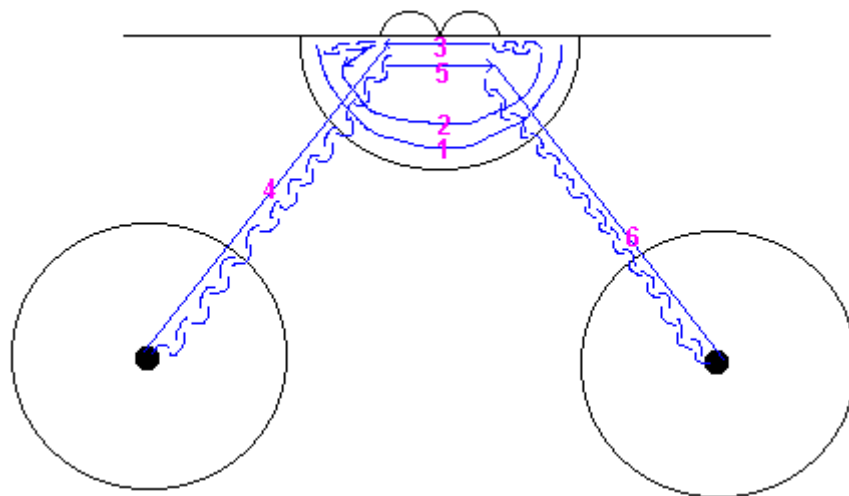


Combo

Equipment: None

Description: The goalkeeper starts the drill hugging the left post. Using shuffle steps, move along the blue crease to the right and hug the right post. Then shuffle along the crease to the left back to the starting position. Then execute a T-push or one shuffle step straight across to the other post. Continue by telescoping forward to the center of the free pass circle on the right and then retreating to the post. Finish by telescoping to the center of the other circle and retreating to the post

Purpose: This will teach your goalies where their posts are without looking. This drill should be done before every practice and as a warmup for goalies for games.



Hop the Rope

Equipment: One skipping rope or long rope for every two goalkeepers

Description: In partners, one goalkeeper is the rope turner, holds on to one end and turns the rope in a circle keeping one end on the ice. (This can be done by turning the whole body or a lasso style to avoid dizziness.) The other goalkeeper hops over the rope as it comes by, landing in a good stance each time. Then the goalkeeper can try one foot hops.

Variation: Once proficient, the skipper can try to drop to their knees and then get back up again between skips

One to One

Equipment: A net or two pylons and five pucks to every goalkeeper are needed.

Description: With one shooter for every goalkeeper, the shooter stands in the slot and shoots the puck at the goalkeeper who practices the following:

- Cushioning: The shot comes at the stick and the goalkeeper cushions the puck to keep it in the crease.
- Deflecting: The shot comes on the ice to either side of the goalkeeper and the stick is used to deflect the puck to the corners.
- Clearing: The shot comes on the ice and the goalkeeper stops it then using the stick to clear it to a specific target.

Frisbee Throw

Equipment: One frisbee for every two goalkeepers is needed

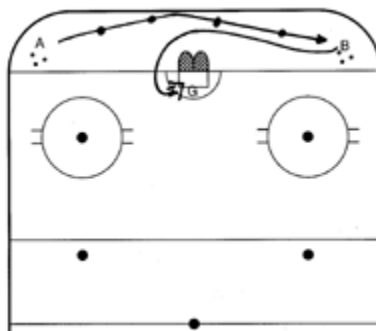
Description: In partners, goalkeepers pass the frisbee back and forth, working on proper throwing technique and accuracy. Then the drill is repeated using pucks in place of frisbees, but following the same technique.

Variation: Goalkeepers throw pucks along the ice to pylons or other targets for accuracy.

Step Out

Equipment: Pucks

Description: Line up in two lines about 6 feet from the corners. A passes off the boards to B who picks up the puck, goes behind the net and makes a quick step out from behind the net on either side. Goalies must keep their eye on the skater to prevent them from scoring. Alternate sides.

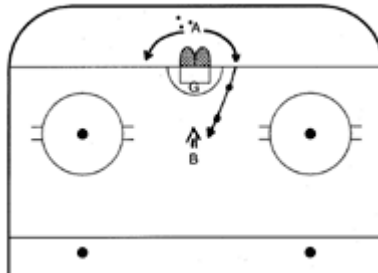


Either Side

Equipment: Pucks

Description: A has 5 pucks behind the net. A passes a puck one at a time to B who takes quick shots.

Variation: Add a defenseman



Drills - Puck Skills

Sweep Pass

Purpose: To learn the proper passing technique

Description: Start in the basic stance. Bring the puck to the forehand side of the body. Using a sweeping motion, propel the puck across the ice. Point the stick where you want the puck to go. Make sure the players are not simply passing wildly. Emphasize control.

Variation Pass to the partner's skates to increase accuracy.

Backhand Pass

Purpose: To learn proper backhand passing

Description: Have players stand in the ready position. Have them bring the puck across their bodies to the opposite side as the sweep pass. They then bring their arms back and propel the puck across the ice. Important: Make sure they do not cross their hands.

Variation Pass to the partner's skates to increase accuracy

Receiving a Pass

Purpose: To learn the proper pass receiving technique

Description: As the puck approaches, the player watches it, "sights" the puck with the stick and follows it to the middle of the puck. Use the skates to catch the puck if it is missed. This is a good skill to learn because they will use it while skating.

Important: Make sure the players have their stick to the side of their bodies to prevent injury from a stick digging into the ice.

Lead Pass

Purpose: To teach players to pass ahead of their partner instead of behind

Description: Use the forehand sweep pass or backhand pass. Two players skate down the ice. First player propels the puck so it goes slightly ahead of their partner so they have to skate to it. The passer must estimate where their partner is going to be. Important: Do not tell them to pass at their partner's skates. By the time the puck gets to their partner, they will have passed the puck.

Board Pass

Purpose: To learn that the boards are like an extra player on the ice

Description: Divide the players into groups of 2 and have them line up around the ice about a stick length from the boards. First player propels the puck using either the forehand or backhand pass against the boards at an angle so it reaches their partner. The players should be able to figure out after a few passes how the puck will come off the boards.

Variation Partners skate around the ice passing the puck off the boards to the partner in front. The front partner drops the puck to the back partner. Repeat. Go the other direction.

Drop Pass

Purpose: To learn how to make a drop pass

Description: While skating, the first player removes their stick from the puck and leaves it for their partner to pick up. It is important not to pass the puck, just leave it for their partner. When the players get more proficient, they can start using the pass.

Sweep Shot (On the ice)

Purpose: To learn how to shoot on goal

Description: Use the basic sweep pass technique, but put three times the power behind it. Be careful not to always use this shot or the opposing goaltender will know where you are going to shoot.

Variation Backhand power shot

Flip Shot (Beginning of the Wrist Shot)

Purpose: To learn the basics of the wrist shot

Description: Place the stick in the puck. Use the stick to draw a letter C on the ice and propel the puck against the boards. While shooting the bottom hand should curl up toward the roof and the top hand should rotate away from you. The corner of the stick should catch the lip of the puck. If players are having trouble with this shot, have them do a warm-up drill in the dressing room before they go on the ice. Use the stick to try and flip the puck over on the floor. Do not shoot against a wall for safety reasons. Flipping the puck over will give them the feel of getting their stick under the lip of the puck. This is good to teach in the dressing room before the practice.

Variation If players get proficient with this, have them try to flip the puck using their backhand.

Wrist Shot

Purpose: To add power and accuracy to the flip shot

Description: Stand in the basic stance, turned to the forehand side. Place the stick in the puck. Put all the weight on the back foot. Begin the shot while transferring weight to the front foot propelling the puck against the boards. Remember to use the same technique as the flip shot and get the corner of the stick under the lip of the puck. Practice accuracy before increasing power.

Variation Place the shooter tutor in the net (if there is one) and have players try to shoot in the top corners.

Backhand Flip Shot

Purpose: To teach the backhand shot

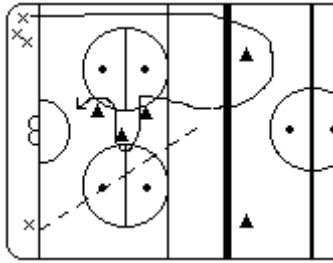
Description: The player draws the puck to the backhand side of the body and with shoveling motion lifts the puck off the ice. Many players make the mistake of trying to let go of the puck too far from the body. The closer the puck is to the skates, the more accurate the shot. Important: Make sure players do not raise their sticks over their shoulders.

Horseshoe Drill with Pylons

Equipment: Pucks/Pylons

Description: All players in one corner, coach in opposite corner with pucks. Player 1 skates up around pylon and receives puck. Then he/she skates through the pylons and takes a shot on goal

Variation: Opposite corner

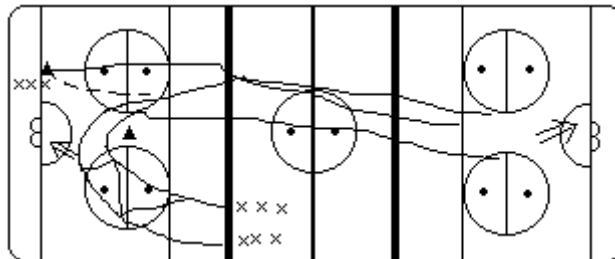


Checker 2 Offense

Equipment: Pucks and pylons

Description: Players line up in two lines at the blue line as shown. One line has pucks. Player 1 and Player 2 pass the puck over the blue line and continue passing and take a shot. As soon as they shoot they make a tight turn and head up the ice. The coach is standing by the free play line on the other side with pucks. The coach passes a puck to Player 1 or 2 and they continue up the ice passing over the blue lines. While all this is going on, Player 3 starts from a line beside the crease and tries to catch up and check or prevent the pass. Next page

Variation: 2 Defense skaters and 3 offense skaters.



Double Shots

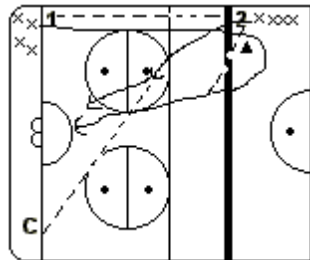
Equipment: Pucks

Description: All players line up in the corner. The coach sets up on the same side beside the net with pucks. The skater skates around the free pass circle and picks up a pass from the coach and takes a quick shot. The skater then pivots backwards and skates backwards around the opposite free pass circle until he/she reaches the top. He/she then pivots frontwards and picks up a pass from the coach and takes a quick shot.

2 Pass Philly Drill

Equipment: Pucks

Description: 2 Groups as illustrated. Player 1 skates up the boards and passes up the boards over the blue line to Player 2. Player 1 skates around the pylon and receives a pass back from Player 2. Player 2 then skates towards the goal and receives a pass from the coach in the corner. After the drill is finished alternate lines.



3 Pucks Score

Equipment: 3 Pucks

Description: Two lines at the blue line. One line is the forward line and the other is the defense line. Three pucks are placed behind the net. On whistle, the forward skates behind the net and picks up a puck, comes out front and takes a shot, if he/she scores, the forward goes back behind the net and picks up another puck. If the defense picks up the puck it must be passed to an opposite corner, not out of the zone. The drill continues till all 3 pucks are in the net. Coaches must make sure players are holding their sticks across their bodies and not straight out in front to prevent the skater from spearing themselves on the boards. Goalies and players will be very active

Variation: 2 forwards and 1 defense, or any other combination.

Pass From Behind Net

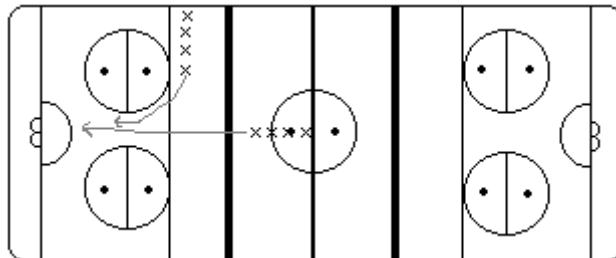
Equipment: 4 Pucks

Description: 4 Pucks are placed behind the net. There are 2 forwards and 1 defense. One defense is behind the net with the pucks and the other is out front of the net with the defense player. On the whistle, the player behind the net tries to pass the puck out from behind the net to the other forward who skates to get open. The defense tries to block the pass or check the ting away.

One on One

Equipment: Pucks

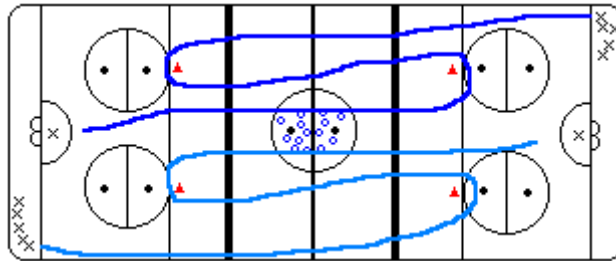
Description: One group lines up behind the blue line with the puck. The second group lines up between the blue line and the free play line. First player skates hard to the net, second player from other line curls in and tries to check the puck carrier or prevent the shot.



Torture Drill

Equipment: Pylons, pucks

Description: Skaters skate hard from both corners around the pylons and pick up a puck to take a shot on goal. Next player starts when the player in front of them hits the first pylon. Change lines.
Variation: Pivot backwards around first pylon

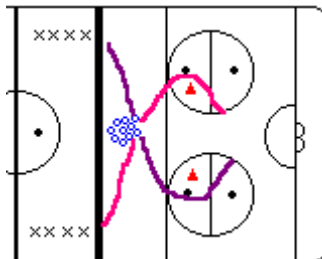


Sully Slide

Equipment: Pylons, pucks

Description: First player skates, picks up a puck, goes around pylon for a shot. Make sure the players are shooting either forehand or backhand and not pulling the puck across their bodies to shoot.

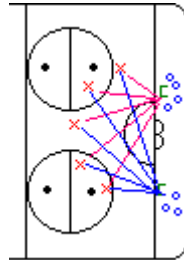
Variation: Both players go at same time, one picks up a puck and then it's a 2 on 0, pass cross crease to score.



Quick Shot

Equipment: Pucks

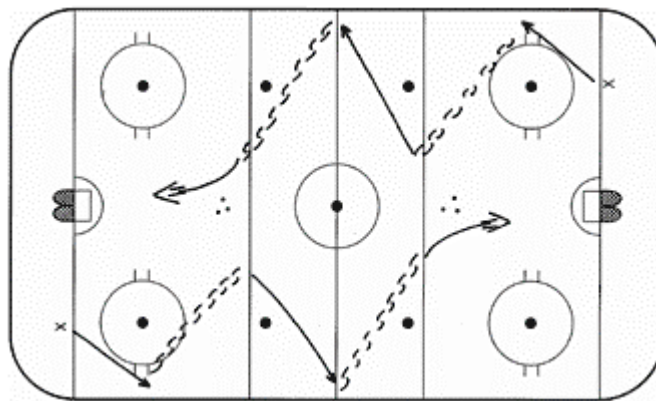
Description: Players line up in a semi circle in front of the net. Coaches have 2 piles of pucks on either side of the net. Alternating, the coaches pass to one of the players who takes a shot on goal. The goalie won't know who is getting the pass. Teaches goalies and players to always be ready for a pass or shot from anywhere



Warm Up In & Out

Equipment: Pucks

Description: Players begin on the whistle. Accelerate forward to the boards near the hash marks, pivot backwards and quickly crossover to the middle of the rink, pivot forward on the blue line and sprint to the red line at the boards, pivot backwards and skate towards the middle of the rink, pivot forwards at the blue line, pick up a puck and take a shot on goal.

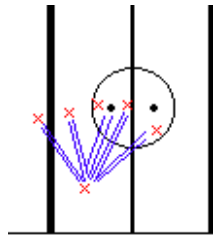


Pepper Passing

Equipment: 1 Puck between 4-6 players

Description: Players line up as illustrated. First player passes to player in middle then he/she passes back. Second player passes to middle and gets back and so on till everyone has passed. Rotate one spot clockwise. This will improve passing skills

Variation: Only use forehand passing or backhand passing.



Pass Around the Circle

Equipment: Pucks are needed

Description: Divide groups into 2 or 3. While skating around the free pass circle, players pass to each other. Players must pass well ahead of the other player receiving the pass.

Variation: Skate around net. Skate around free pass circle backwards

Checking in Confined Area

Equipment: Pucks are needed

Description: Players are paired up and sent to a free pass circle. One player is the puck carrier and the other the checker. Players practice checking each other while staying in the designated area. If puck carrier is forced outside the circle, they lose the puck to the other player.

Variation: Have 2 checkers and 2 puck carriers in once circle. Checkers may check either player. Have 2 checkers and one puck carrier and the confined area is the zone behind the goal.

Chase

Equipment: Pucks

Description: Players form two lines on either side of the crease. Place one puck at center ice. On whistle, Player 1 and Player 2 race to the puck at center ice. Whoever reaches the puck first is the puck carrier. This player continues skating toward the goal to shoot. The other player tries to check the puck carrier. Players return to the beginning along the boards. Players should be travelling in the same direction for safety reasons.

Variation: If only using 1/2 ice have the players skate up the boards and get the puck and turn back and shoot on goal.

"C" Defending

Equipment: Pucks/Pylons are required

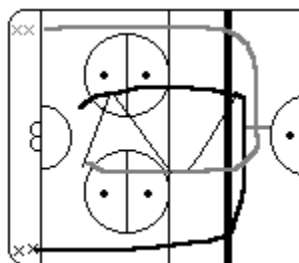
Description: Player 1 and Player 2 start at blue line. On whistle, both players take off and skate around center free pass circle. Coach passes a puck in front of the skaters. First player to puck carries the puck all the way to the goal to take a shot. Second player side checks player. Switch sides.

Variation: 3 players. 2 checkers 1 puck carrier.

2 at a Time Philly

Equipment: Pucks

Description: Line up as you would for the Philly drill (Chicago, Horseshoes, corners). Grey has the puck. One player from each side start skating up the boards around the faceoff dots. Grey drops the puck to black who then passes back to grey over the blue line. Continue to the net passing.

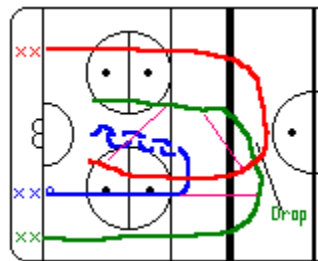


Saskatchewan

Equipment: Pucks

Description: Line up in three lines as shown. Blue line has the puck. One player from each line start skating forward, the blue player passes to the green player and becomes defense. The green player drops the puck outside the blue line to the red player who passes back to the green player over the blue line. Red and green pass back and forth trying to score with the blue player trying to prevent a goal.

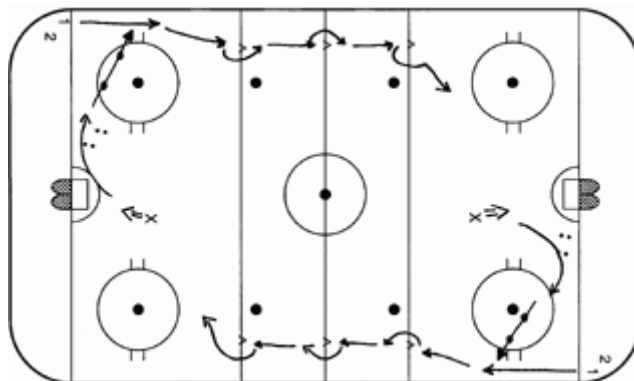
Variation: Switch sides



Up & 3 Dekes

Equipment: Pylons, pucks

Description: X's begin the drill with a shot on goal immediately after shooting, X picks up a loose puck beside the net and passes to 1 moving up the boards 1's must time their movement to receive the pass with speed 1 dekes the first pylon and accelerates out of the move and repeats at second and third pylons after the third deke, 1 gains the blue line with speed, drives into the slot and shoots on the move after shooting, 1 picks up a loose puck beside the net and pass to 2 timing movement up the boards.

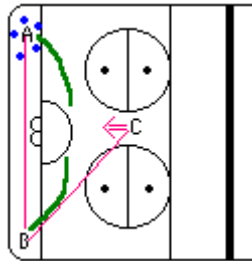


Deflection & Screen

Equipment: Pucks

Description: A passes to B who quickly passes to C. A and B go to the front of the net while C takes a shot. A and B look for rebounds.

Variation: Add a defense

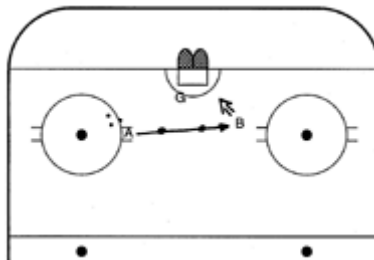


One Timer

Equipment: Pucks

Description: A passes to B who takes a quick shot on goal.

Variation: Switch sides

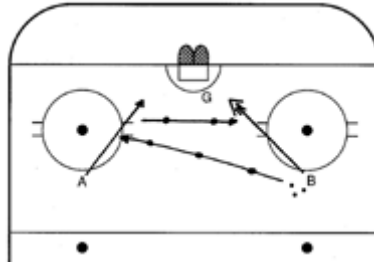


One Pass Across

Equipment: Pucks

Description: B passes to A who passes back to B for a one timed shot

Variation: Switch sides

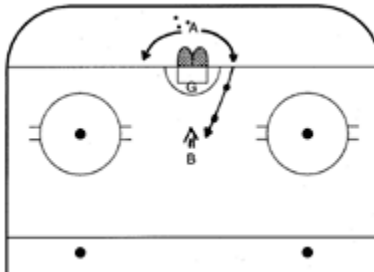


Either Side

Equipment: Pucks

Description: A has 5 pucks behind the net. A passes a puck one at a time to B who takes quick shots.

Variation: Add a defense.



Checking and Keeping Pucks

Equipment: 1 Puck for each player

Description: 4-5 skaters in each circle. Each skater has their own puck. The circle is the boundary. The players skate around inside the circle trying to check the other players while trying to keep their own puck. If you check someone, try to bat it outside the circle while trying to keep your own puck.

Variation: Add or remove players when they are checked

