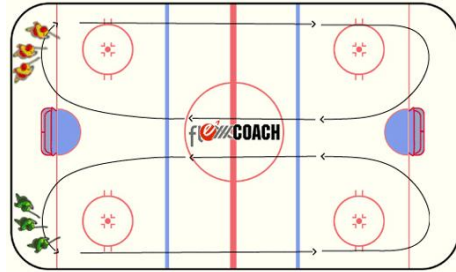


1) Butterfly Skating Warm Up



DRILL OBJECTIVE: Warm Up Skating Agility

8 min.

KEY ELEMENTS:

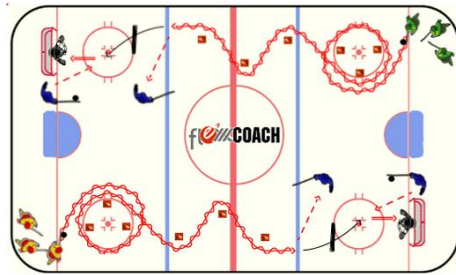
- Skating
- Edge control
- Overspeed
- Crossovers

ORGANIZATION: Two large oval circles, created between the goal lines, skating through the middle of the ice. 1. From blue line to blue line increase the speed 2. Backwards between the blue lines 3. 360 degree spins at the blue lines 4. Quick crossover, both left and right strides in neutral zones

VARIATION: Stick handle through obstacles through the middle. Drop to knees at lines.

GOALIE: can skate with all players.

2) Fundamentals Obstacle Course



DRILL OBJECTIVE: Comprehensive fundamental

15 min.

KEY ELEMENTS:

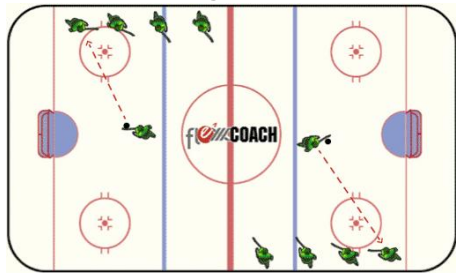
- Skating
- Passing/Receiving
- Puckhandling
- Shooting

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 blue line 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.

3) Pepper Passing



DRILL OBJECTIVE: Passing and Receiving

10 min.

KEY ELEMENTS:

- Head up
- Eye contact with passer
- Quick hands
- Hands in front of body
- Weight transfer

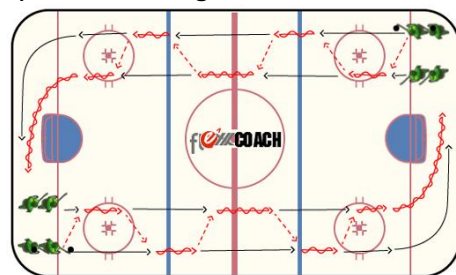
ORGANIZATION: Players line up around the ice in groups of 5 or 6 as illustrated. Player 0 faces the X's and passes the puck to each player up and down the line. Switch X with 0 periodically. Making sure the players are using the proper weight transfer getting the puck behind their back foot to get good velocity and follow through on the pass making it tape to tape.

VARIATION: Use different types of passes.

Use multiple pucks.

GOALIE: Coaches work with goalies on skating fundamentals

4) 2 on 0 Passing



DRILL OBJECTIVE: To pass and receive the pass

10 min.

KEY ELEMENTS:

- Passing/Receiving
- Skating
- Weight Transfer
- Puck behind back foot
- Head chest up stick on the ice for a good target

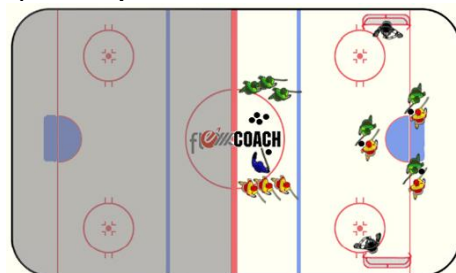
ORGANIZATION: On the whistle, the first two players from each opposite diagonal side start with one puck. The players pass the puck 2 on 0 the length of the ice trying to get in as many good tape to tape passes that they can get in the full length of the ice.

Working on getting good weight transfer and follow through for hard flat and controlled passes tape to tape while skating with good posture with head up and chest out. The next two players start when the two players in front of them get to the first blue line.

VARIATION: Players work on both forehand and backhand passes. Also, the Coach can have one player skate backward and one forward passing the puck together down the ice.

GOALIE: Goalies can participate in this drill, or the other coaches can warm the goalies up.

5) 3 Group 1 on 1



DRILL OBJECTIVE: Create scoring chances 1 on 1

15 min.

KEY ELEMENTS:

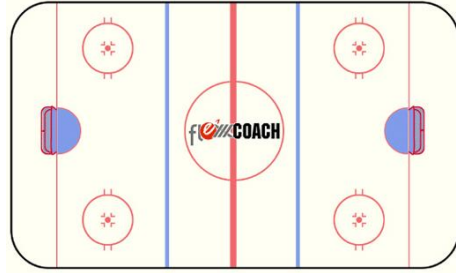
- Skating
- Puckhandling/Protection
- Body Positioning
- Compete
- Proper angling

ORGANIZATION: 3 pairs of players play 1 on 1 in the end zone with two nets positioned at the side boards. 3, 1 on 1 games at the same time if a goal is scored, two new players join in to continue the drill.

VARIATION:

GOALIE: Develop awareness to various situations. Quickness, agility, balance. Quick reaction to a lot of shots.

6) Blank Rink

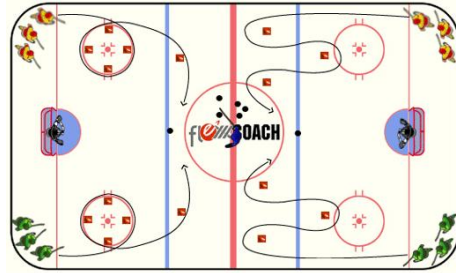


DRILL OBJECTIVE:
KEY ELEMENTS:

ORGANIZATION:
VARIATION:
GOALIE:

5 min.

7) Races 1 on 1



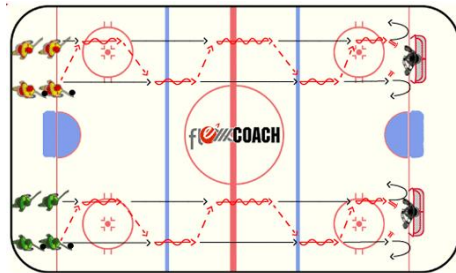
DRILL OBJECTIVE: Crossovers With speed, Battle 1

12 min.

- KEY ELEMENTS:**
- Skating
 - Crossovers
 - Quick feet
 - Overspeed
 - Puckhandling/with pressure
 - Protecting the puck

ORGANIZATION: Half ice drill. Players are divided into equal lines in each corner below the goal line. Four cones are placed around both faceoff circles and one cone placed at the neutral faceoff dot just outside the blueline. On the whistle one player from each corner skates around the cones on the faceoff circle and out around the cone that is outside the blueline, racing the other player for the puck that the coach placed at the blueline. The player that gets to the puck first goes in for a shot on goal and the other player becomes the back checker, and tries to deny the player the shot.
VARIATION: The player can make 2 or even 3 circles around the faceoff circle before going around the cone in the neutral zone for the puck.
GOALIE: Game like situation, Puck carrier is under alot of pressure.

8) 2 on 0 Competition 1



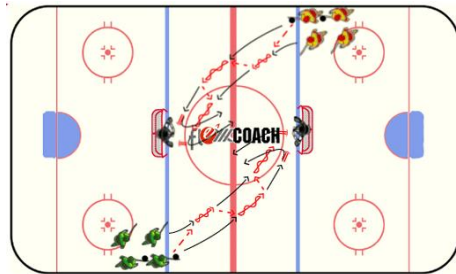
DRILL OBJECTIVE: 2 on 0 Relay Races, Score

5 min.

- KEY ELEMENTS:**
- Skating
 - Passing/ Receiving
 - Shooting/Scoring
 - Competitive Fun Drill

ORGANIZATION: Place both nets at one end of the rink. Divide the players into two equal teams and group is positioned in the opposite corners of the ice. On the whistle, the first two players from each side start with one puck and pass the puck 2 on 0, down the length of the ice to score on the net directly in front of them. Play the 2 on 0 until a goal is scored. After the goal is scored, both players race back to the goal line, once both players cross the goal line, the next two players begin the same sequence for this relay race. A winner is determined after the last group scores and cross the goal line.
VARIATION:
GOALIE: Make save and clear the puck quick. Can't freeze the puck, game like situation, must be focused on puck carrier, yet be prepared with a response to a quick pass to open man. rebound control.

9) 2 on 0 Competition 2



DRILL OBJECTIVE: 2 on 0 Relay Races, Score

8 min.

- KEY ELEMENTS:**
- Passing/ Receiving
 - 2 on 0 offensive concepts
 - Attack rebounds
 - Competitive Fun Drill
 - Shooting /Scoring

ORGANIZATION: Nets are positioned in the middle of the ice at each blueline. The players are divided into two equal groups. The groups are positioned on opposite diagonal bluelines. On the whistle, the first two players from each side start with one puck and pass the puck 2 on 0, and score on the net on the opposite blueline. Play the 2 on 0 until a goal is scored. After the goal is scored, both players race back to their blueline, once both players cross the blueline, the next two players begin the same sequence for this relay race. A winner is determined after the last group scores and cross the blueline.
VARIATION:
GOALIE: Make save and clear the puck quick. Can't freeze the puck, game like situation, must be focused on puck carrier, yet be prepared with a response to a quick pass to open man. rebound control.

Post-Practice Comments:

Weekend of December 8th-9th
