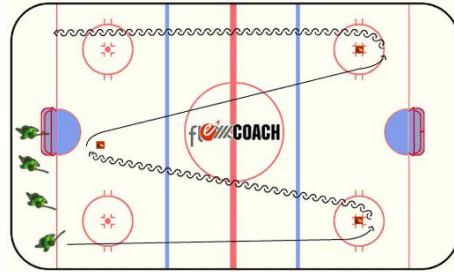


1) Skating Warmup



DRILL OBJECTIVE: Skating

4 min.

KEY ELEMENTS:

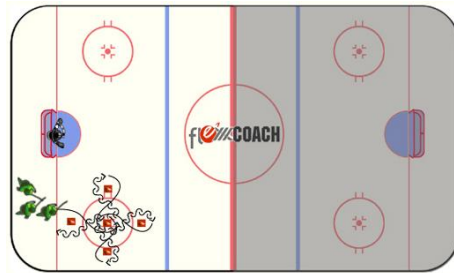
- 3/4 speed
- Proper technique
- Balance and agility

ORGANIZATION: Working on skating skills and agility, skate the course as indicated working on skills as suggested:
1. Forward to backward & backward to forward at each center line.
2. 2 foot jumps at each blueline.
3. Stomach dives at center red line.

VARIATION: Use different skating techniques and drills - be creative.

GOALIE: Goalies skate

2) Forward - Backwards Pivots



DRILL OBJECTIVE: Transition skating

4 min.

KEY ELEMENTS:

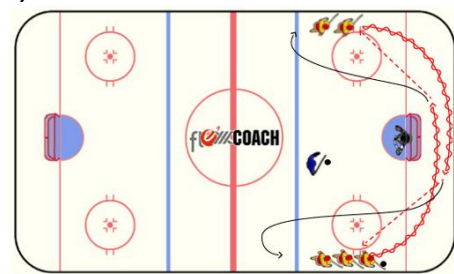
- Skating
- Agility
- Puck Control
- Proper pivots Forward to Backwards
- Transition Backwards to Forward

ORGANIZATION: 5 cones are placed in one circle. 1 on the faceoff dot and the other 4 positioned placed equal distance from each other. One player at a time skates forward into the circle around the cone, backwards out around the next cone to their left, back in forward around the middle cone, pivots backward out to next cone to their left and this continues until they have gone completely around the circle.

VARIATION: This drill can be done with pucks, also switch directions so when they go in forward they continue out backwards to the cone on their right.

GOALIE: Can do the skating in this drill.

3) Breakout Pass Drill



DRILL OBJECTIVE: Tape to Tape Passes on the

6 min.

KEY ELEMENTS:

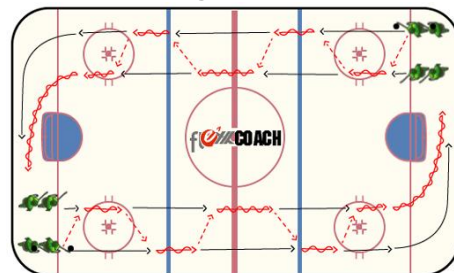
- Passing/Receiving
- Communication
- Skating
- Positioning with Good Support/Target
- Passing while in motion

ORGANIZATION: this can be used as a full ice or half ice drill. In each end two groups of players in line between the hash marks and the goal line with pucks. one side starts with the first player skating with a puck behind the net to make a tape to tape pass to the first player in the opposite line on the other side. as that player receives the puck he takes off skating to the back of the net to make the same pass to the next player on the opposite side as this is a continuous drill.

VARIATION: You can tweek the drill with a slightly different variation as the season progress just to keep it fresh. Some days the passes have to be tape to tape and some times flip passes, board passes or rims for the wings to work on taking the puck off the boards. Lots of variations to keep the players interested.

GOALIE:

4) 2 on 0 Passing



DRILL OBJECTIVE: To pass and receive the pass

6 min.

KEY ELEMENTS:

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

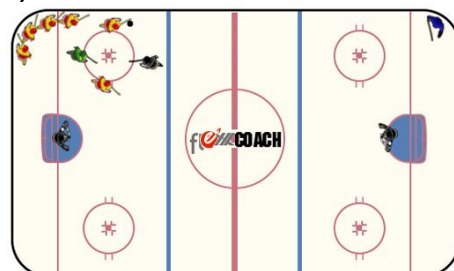
ORGANIZATION: On the whistle, the first two players from each opposite diagonal side start with one puck. The players pass the puck 2 on 0 the length of the ice trying to get in as many good tape to tape passes that they can get in the full length of the ice.

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 blueline.

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) 2 on 1 with a backchecker



DRILL OBJECTIVE: Read the Rush, Force the puck

6 min.

KEY ELEMENTS:

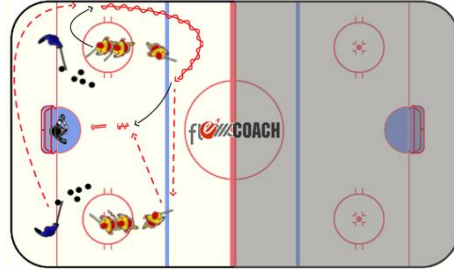
- Gap Control
- Positioning
- Stick Position
- Center lane drive
- Create Scoring Chances with odd man

ORGANIZATION: Two groups of forwards at opposite diagonal corners and the defenseman at the same opposite diagonal corners. Three forwards start two positioned at the faceoff hash marks with one puck and one as the Backchecker at the bottom of the circle against one defenseman at the top of the circle. On the whistle the two forwards take off and attack the defenseman 2 on 1. the forward at the bottom of the circle is the backchecker and leaves at the same time and tries to catch up communicating with and helping the defenseman.

VARIATION:

GOALIE: Game like situation 2 on1, Read the rush adjust position accordingly

6) Wrap-Around/Give-n-Go



DRILL OBJECTIVE: Handling a wrap-around

6 min.

KEY ELEMENTS:

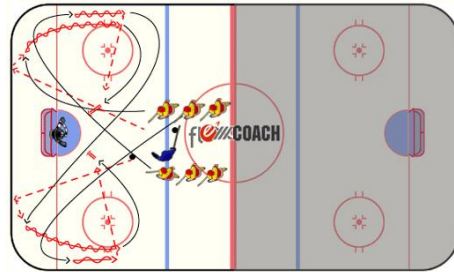
- Inside-out to receive the wrap
- Quick feet
- Passing/receiving
- Shoot to score

ORGANIZATION: 2 lines of forwards on faceoff dots in each circle of zone. Coach stands on goal line in corner with pucks. Coach rims puck around boards. First player in line has to get to boards to handle wraparound - gain control - Carries around Neutral zone faceoff dot- Loops back into zone - give-n-go play with the last player in line on opposite side of ice - Shot on goal. Drill continues - alternating sides

VARIATION: After handling the wrap-around, the player can make a pass to the coach standing on the center faceoff dot in the neutral zone. The player then skates an inside out route, opening up along the boards to receive the pass back from the coach. He completes the drill by taking a shot off the angle, instead of coming down the middle of the ice, as the drill started. (Note: The lines on the faceoff dots may have to be moved closer to the goal lines in order to make room for the players shooting off of the angle.)

GOALIE: In the net

7) 2 Man Cycle



DRILL OBJECTIVE: Cycle Puck UtilizingSpace

6 min.

KEY ELEMENTS:

- Quick feet
- Utilize space behind puck carrier
- Receive pass-quick release
- Shoot to score

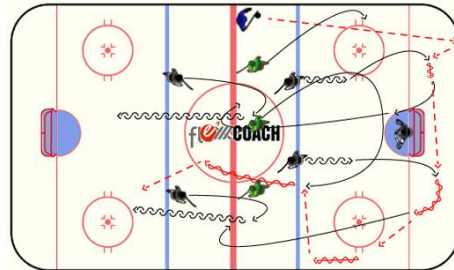
ORGANIZATION: 2 lines in high slot above top of circles. Coach throws puck in corner-first player in each line skate to retrieve-player 1 skates up boards with puck-cycles down to player 2-heads to net to receive return pass from player 2. Player 2 skates into opposite corner- retrieves new puck that coach shoots in-cycles down to next player in line who joins the play. Drill is continuous.

VARIATION: A coach can provide pressure on the player 1 who retrieves the puck and cycles down. Coach can resist player going to the net. Make him fight through the resistance.

A third player can be added to the cycle, just add another cycle down pass

GOALIE: -Play quick shot coming off cycle
-rebound Control

8) Breakout, Regroup, Attack 3on2



DRILL OBJECTIVE: Crisp breakouts, regroup

9 min.

KEY ELEMENTS:

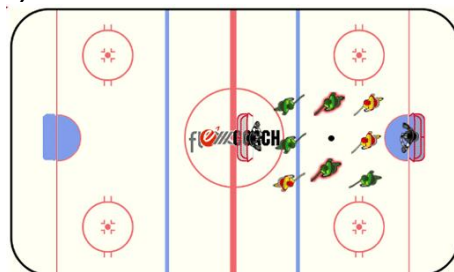
- Various breakout patterns
- Regroup patterns
- Attack offense
- Rush defense
- Numerous passes

ORGANIZATION: all players and pucks at center ice closest to boards. A unit of 5 steps out and the coach throws a puck into one end, the 5 break out 5 on 2, at the top of the far circles the forwards pass to the defending defense and regroup to attack the breakout defense 3on2. regrouping defense follow play to center ice then coach throws next puck into their end where they break out the next group of forwards. The drill continues back and forth in this fashion.

VARIATION: Unlimited variations, can add backcheckers, play it live in zone, second and third pucks.

GOALIE: Read rush, game like situation, puckcarrier has several options and is under pressure.

9) 3 on 3 Half Ice Game



DRILL OBJECTIVE: Exploit the odd man situation

6 min.

KEY ELEMENTS:

- Passing/Receiving
- Defensive Positioning
- Communication
- Transition/ Puck support

ORGANIZATION: Half ice drill; two nets - one in the standard position the other near the center faceoff dot. Players are divided into two equal teams. Three players from each team start the drill. In addition there are two players that are always on offense (rovers) and can score on both goals. The team of three players that gains possession of the puck can use the two roving offensive players to help exploit the odd man situation to score. On the change of possession the two offensive roving players change direction to help exploit the odd man situation the other direction.

VARIATION:

GOALIE: Read rush, game like situation, puck carrier has several options and is under pressure.

Post-Practice Comments:

Have Fun and Work Hard!!
