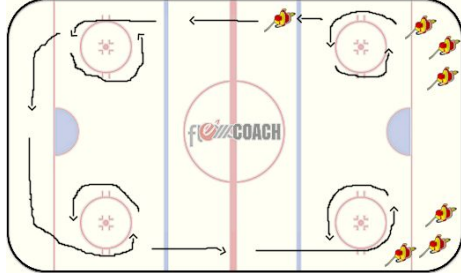


**1) Front Cross-overs Left and Right**



**DRILL OBJECTIVE:** Edge work

**4 min.**

**KEY ELEMENTS:**

**ORGANIZATION:** Players line up in the corner of the rink. On the whistle, two players do a three step start and skate around the first circle crossing over to the left. After completing the first circle players skate the full length of the ice to the second circle and cross over to the left skating around the outside of the entire circle. Next the players will skate to the third circle and cross over to the left around the complete circle. After the third circle is complete players skate the full length of the ice to the fourth circle. Once at the fourth circle players cross over to the left around the entire circle and line up in the corner.

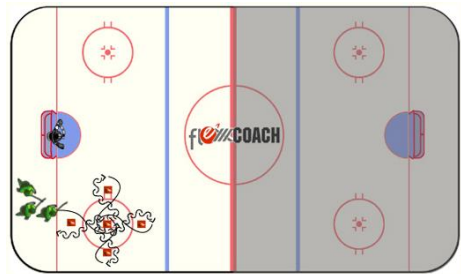
**VARIATION:** Crossovers to the right

Backward Crossovers Left and Right

With Puck

**GOALIE:** With Goalie Coach

**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:**

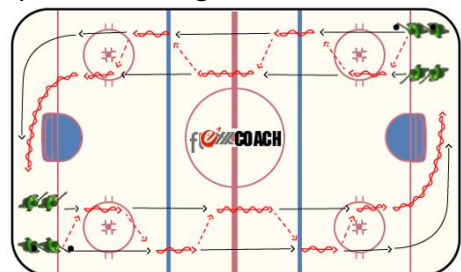
- Passing/Receiving
- Communication
- Skating
- Positioning with Good Support/Target
- Passing while in motion

**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:**

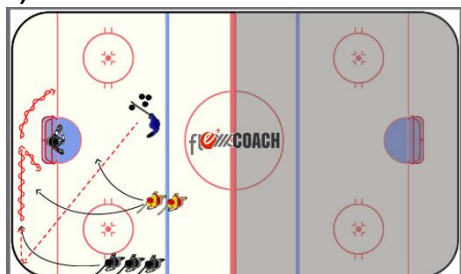
- Passing/Receiving
- Skating
- Weight Transfer
- Puck behind back foot
- Head chest up stick on the ice for a good target

**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) Breakout with Pressure**



**DRILL OBJECTIVE:** Defense using the net on the

**6 min.**

**KEY ELEMENTS:**

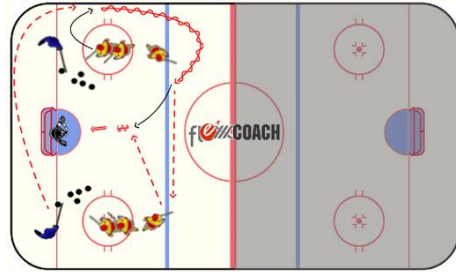
- Skating
- Proper Body Positioning
- Using the Net to your advantage
- Proper Angles
- Stops and Starts

**ORGANIZATION:** A line of defenseman positioned along the boards at the faceoff circle hash marks, forwards in between the blueline and the top of the circle toward the middle of the ice. the coach in the middle of the ice at the same position with the forwards. the coach dumps the puck in the corner of the defenseman, at the same time both players start. The defenseman retrieving the puck using the net to try and skate the puck out past the top of the circles. the forward using proper angles to pressure and prevent the defenseman to beat him up the ice.

**VARIATION:** Break out of both sides.

**GOALIE:** Great drill to develop good communication between the defenseman and goalie.

**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 on 2 Puck Protection**



**DRILL OBJECTIVE:** To maintain control of the puck

**6 min.**

**KEY ELEMENTS:**

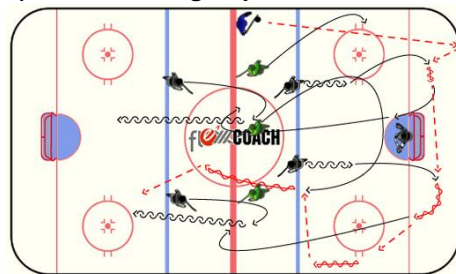
- Protect the puck
- Mobility /foot work
- Beat pressure
- Create Scoring Chances
- Give and Go passing

**ORGANIZATION:** Place four players in any small area on the ice, with a net; using a border patrol pad or barrier of some sort; closing off a tight area. The four players are to battle 2 on 2 trying to maintain control of the puck while trying to create scoring chances on the goalie in the net.

**VARIATION:** Can use this as a 1 on 1 to get your players to compete in a tight area

**GOALIE:** A lot of scoring chances, quick reactions by the goalie. low coverage, competitive, rebound control. Encourage the goalie to play the puck and keep the play moving.

**8) Breakout, Regroup, Attack 3on2**



**DRILL OBJECTIVE:** Crisp breakouts, regroup

**9 min.**

**KEY ELEMENTS:**

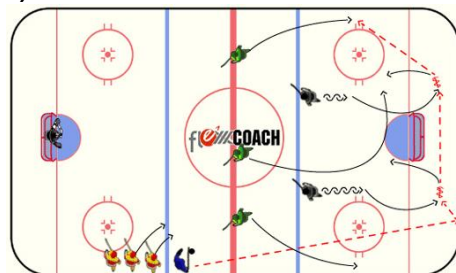
- Various breakout patterns
- Regroup patterns
- Attack offense
- Rush defense
- Numerous passes

**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) 5 on 0 Breakout /Forecheckers**



**DRILL OBJECTIVE:** Read and React to Different

**9 min.**

**KEY ELEMENTS:**

- Various breakout patterns
- Communication
- Blocking out for defenseman
- Puck Support/Positioning
- Passing and Receiving

**ORGANIZATION:** Five players positioned in the neutral zone, between the redline and the blue line of the end of the breakout. Coach is positioned along the sideboards and the far blue line with 3 forwards of the next line that will breakout. The coach tells the three forecheckers how many will go on the forecheck; 1, 2, or 3.

On the whistle the coach dumps the puck in and the five players in the neutral zone go back to break the puck out. The forecheckers apply pressure to the breakout, and can aggressively pursue the puck from the top of the circles down. Once the five breakout players, break the puck out beyond the top of the circles the forecheckers are completed with the drill; the forecheckers now become the next forwards on the breakout. The five players that broke the puck out continue down the ice 5 on 0 for a shot on goal.

**VARIATION:** Can also place a coach in the corners with pucks for additional shots.

**GOALIE:** Communication with the defenseman on the breakouts, Shots on the opposite end. can also get involved in starting the breakout.

Post-Practice Comments:

Have Fun and Work Hard!!

---



---