

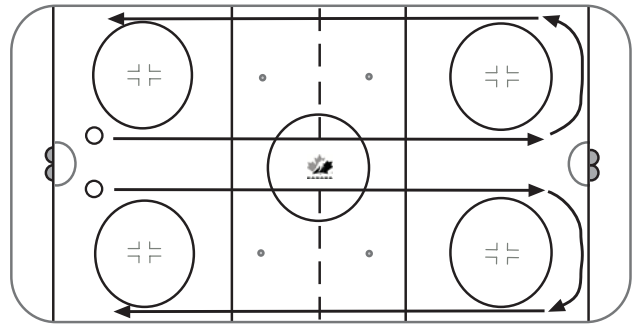


Practice 1

Drill Name & Description
Skating Warm – Up 1
 Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards.

- 1) Stride and Bend
- 2) Jump Stride
- 3) Scissors – fwd / bwd / reverse
- 4) Crossovers

Utilize a variety of skating skills. Also use each of them in between drills as technical laps.



Drill Name & Description
Skills Stations 1

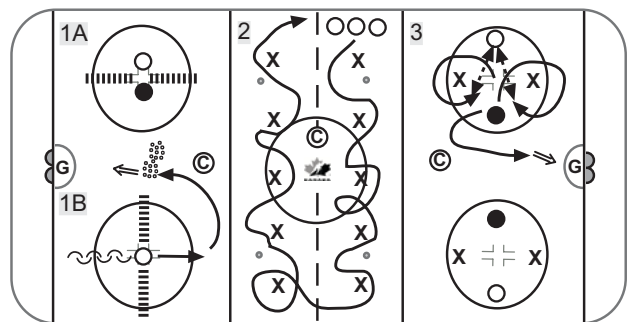
1a) Mirror Agility
 Players start facing each other. One player is the leader the other has to follow to keep up and copy each of the movements of the other.

1b) Iron Cross
 Player starts on the dot, and skates the “ Cross “ pattern, fwsd / bwsd / stepovers / karioka

2) Puckhandling Agility
 Place pylons in the neutral zone and have the players work on various moves, toe drags, backhand toe drags, deception and creativity.

3) Figure 8 Passing
 Place two pylons within the circle, have a passer stand stationary with back to the boards. Skater has to skate in a figure 8 pattern passing and receiving.

- a) all forwards
- b) transition
- c) 1 touch
- d) double pass

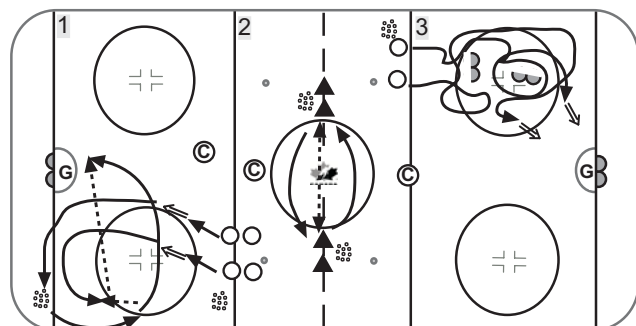


Drill Name & Description
Skills Stations 2

1) Shooting / Scoring – Double Shot Corner Drop
 Start with two lines at the blue line – each player goes in and shoots. First player skates to corner to retrieve puck. Second player supports, receives a drop pass from the first player who then heads to the net to get a pass back door. Do from both sides

2) Quick Sprint Pass
 Have players line up in 2 lines opposite each other on the circle. Players 1 touch pass and receive and skate to back of opposite line. Keep going until pass is missed then start over.

3) Agility Nets
 Place two nets randomly in the corner and have players handle the puck around the nets in random fashion before taking a shot on net. Encourage deception, fast feet and fast hands. Can add give and go with second player



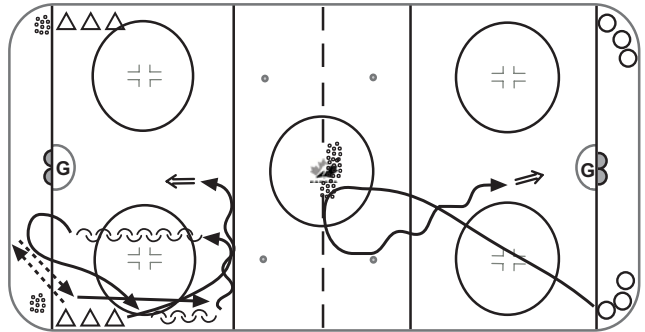
Drill Name & Description
Split Groups - D – Quick Up Option / Fwds – Net Drive

Defense

- 1) “UP” option x 2 D1 skates up and cuts blue line, back peddles to top of circles, pivots and retrieves the puck.
- 2) D turns puck up and passes to first Defense in line who spots it in the corner again.
- 3) D1 repeats the “UP” and skates to blue line, receives a pass, drags it across blue line for a shot.
- 4) Back quickly to pucks / Approach puck on an angle.
- 5) Check your shoulder for pressure and outlet.

Forwards

- 1) Place pucks in centre ice, with forwards in each corner.
- 2) Sprint out of corner to centre pick up puck and drive the net.
- 3) Coach can act as static D for passive pressure



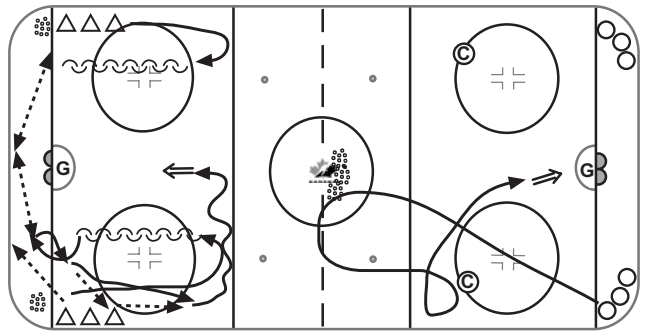
Drill Name & Description
Split Groups - D “Over “ Option x 2 / Fwds – High Delay

Defense

- 1) Same sequence as above except 2 D touch up, over puck, touch up, over the other way, skate up to blue aligned with dots, receive pass and shoot puck or pass to partner for shot.
- 2) Back quickly, check shoulder / Communicate outlet.
- 3) “OVER” the puck so it is off the boards and less difficult to play.

Forwards

- 1) Same sequence as above but delay coming across Blue line then drive the net

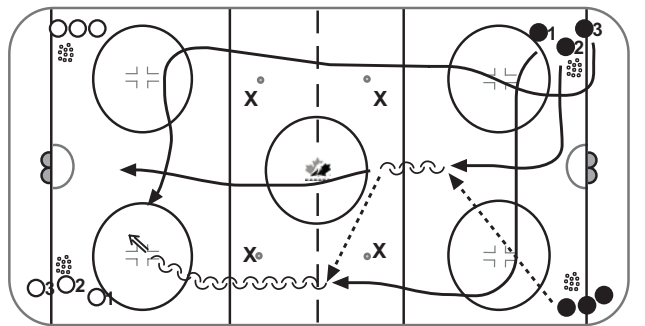


Drill Name & Description
3-0 Mid Lane Drive

- 1) Forwards and Defense line up in the corners.
- 2) 3 players leave from one side and receives pass from other side.
- 3) Make pass to middle attacker, get puck wide.
- 4) Second attacker drives mid-lane and third attacker stays high.
- 5) Get shot on net.
- 6) Opposite corner at other end leaves once attacking team crosses blueline.

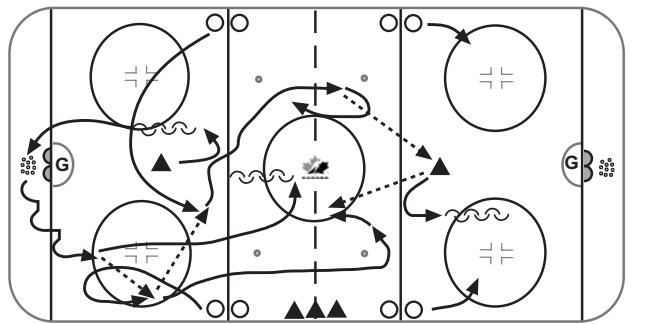
Key Teaching Points

- Read and react with mid-lane.



Drill Name & Description
Continuous 2 on 1

- 1) D picks up puck behind net, passes to forward on the wall, other forward takes off far wall at the same time.
- 2) Fwds, support puck and skate up ice 2 on 1
- 3) Fwd with puck passes to far D, fwds then re-group – 1 stretch, 1 low, D can pass to either to go back on original D 2 on 1.
- 4) D who started regroup then retreats to own end to start sequence from the other end

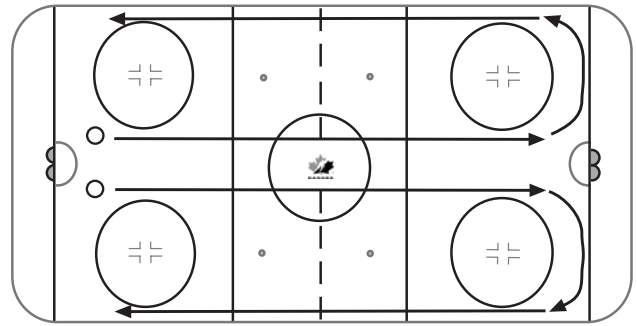


Practice 2

Drill Name & Description
Puck Control Warm – Up 1
 Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards.

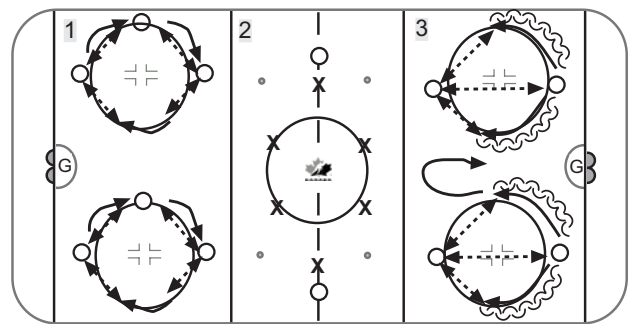
- 1) Quick Hands
- 2) Forehand / Backhand only
- 3) Scissors – fwd / bwd with puck
- 4) Toe Drags
- 5) Puck / Stick through legs

Utilize a variety puck control skills



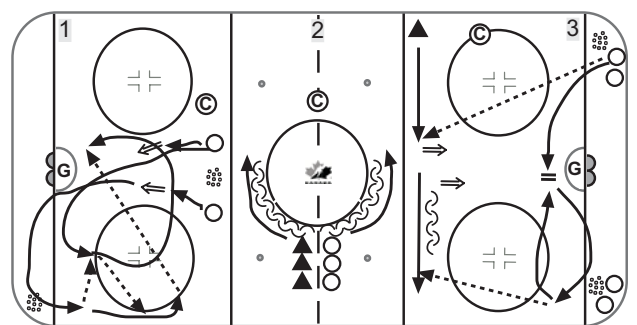
Drill Name & Description
Skills Stations 1
 Organize into 3 groups, each groups starts at a station and rotates after 5 minutes

- 1) 1 Touch Face the Passer**
 Place two passers on the outside of the circle. Skater skates around the circle giving and receiving a pass to each of the passers while never turning his back on the passer. Always face the passer by pivoting. Add 1 touch or double pass to make it harder.
- 2) Mirror Skating and Passing**
 Place 6 pylons as shown in the centre circle. One player is the leader the other has to follow the pattern skated by the leader who is trying to lose the other. Always face each other. Add puck, add a pass.
- 3) 1 Touch Pass and Move**
 Place a stationary passer at the top of the circle. Skater starts on bottom and basically “ give and go’s “ with stationary passer. Sprint forward to hash mark - give and go – backwards to bottom of circle – give and go etc. On signal player at top of circle goes in for shot on net – rotate players through each side



Drill Name & Description
Skills Stations 2
 Organize into 3 groups, each groups starts at a station and rotates after 5 minutes

- 1) Shooting / Scoring – Double Shot Corner Drop**
 Start with two lines near blue line. Each player goes in for shot. 1st player goes to corner to retrieve puck, and passes to 2nd player who comes in for support. 2nd player gives it back and heads to net for backdoor pass.
- 2) Alarm Clock**
 Start with 2 players beside each other on circle, on signal they race forward to middle of circle, backwards to bottom, then forward to top of circle and backward back to bottom. Can also do with pucks
- 3) Screens and Tips – D Double Shot**
 Fwds in corner D on blue line, fwd passes to D who skates across blue line and shoots on net, fwd goes for tip, then skates to opposite corner picks up a puck and passes to same D who drags puck to middle for 2nd shot. Alt sides



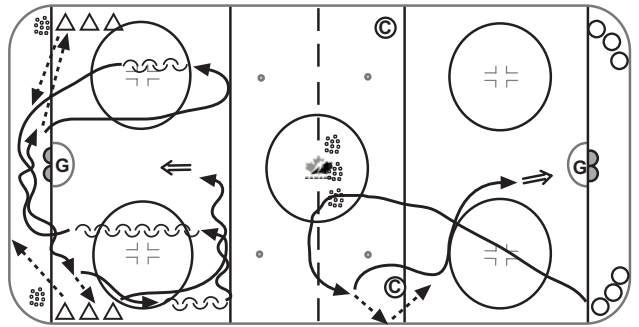
Drill Name & Description
Split Groups - "Wheel" Option x 2 / Fwds Chip and Chase

Defense

- 1) D begins same as previous practice
- 2) Retrieves puck and wheels net to outlet to D on hash who spots puck to the corner.
- 3) D touches up at blueline and completes same sequence on the other side finishing with shot on net.
- 4) Back to puck quickly / Check shoulder for pressure and outlet / Move puck quickly.

Forwards

- 1) Place pucks in centre ice, with forwards in each corner.
- 2) Sprint out of corner to centre pick up puck and chip off of boards to gain zone entry. Coach can act as static D for passive pressure



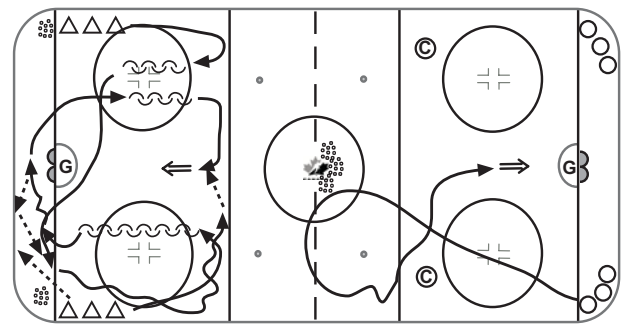
Drill Name & Description
Split Groups - D - "Reverse" Option x 2 / FWD 2 Man Cross

Defense

- 1) Same sequence as above.
- 2) Back quickly / Protect the front of the net, communicate outlet, puck is reversed off the boards and behind pressure.
- 3) Skate into puck. Finish with shot on net

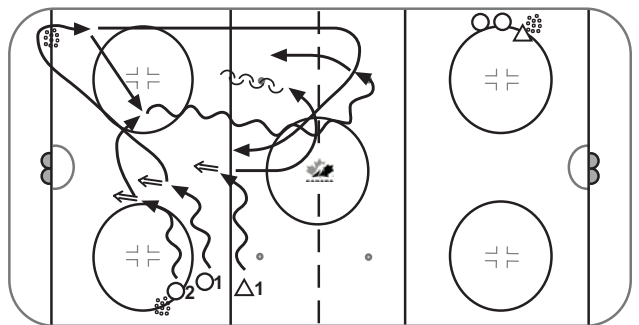
Forwards

- 1) Place pucks in centre ice, with forwards in each corner.
- 2) Sprint out of corner to centre pick up puck and fake outside move then cross into middle ice to gain zone entry.
- 3) Coach can act as static D for passive pressure



Drill Name & Description
3-0 Attack 2-1

- 1) O1 drives and takes shot.
- 2) O2 follow up behind with shot.
- 3) O1 proceeds to go get puck from opposite corner, passes to O2.
- 4) O1 and O2 go to NZ and regroup. D1 slides across blueline and takes shot.
- 5) D Reads and takes up gap and takes 2-1 back to same end.

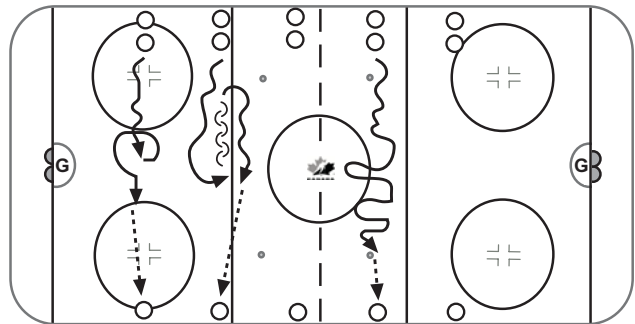


Practice 3

Drill Name & Description
Cross Ice Skills – Warm - Up
 Form lines along the boards down the ice. On whistle, players from one side perform skill across ice and end up in line on opposite side of ice. Repeat

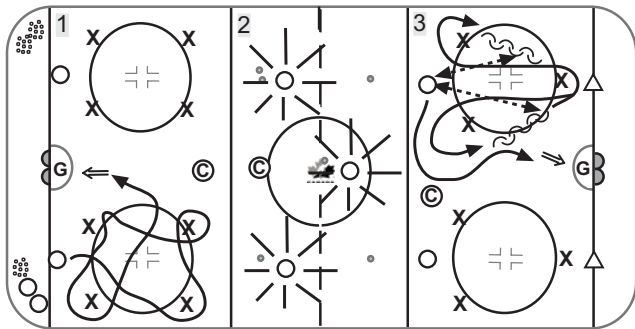
- 1) Transition skating
- 2) Tight turns
- 3) Pivots
- 4) Puck Moves
- 5) Creativity

Be creative / fast hands / fast feet



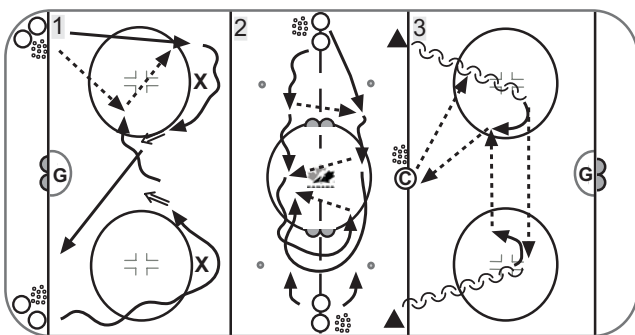
Drill Name & Description
Skills Stations 1

- 1) 4 Pylon Agility**
 Place 4 pylons on the circle and have players skate random pattern around the pylons working on quick feet and agility. Add pucks, add second player
- 2) Stationary Toe Drags / Circle Toe Drags**
 Players are spread out in Centre ice working on stationary puck control, toe drags etc... challenge each other 1 on 1 for progression
- 3) Triangle Agility Passing**
 Place pylons as shown with a stationary passer at the top of the circle. Skater skates fwd transitions at each of the top pylons while passing and receiving. On signal passer goes in for shot, skater replaces passer and next player jumps in.



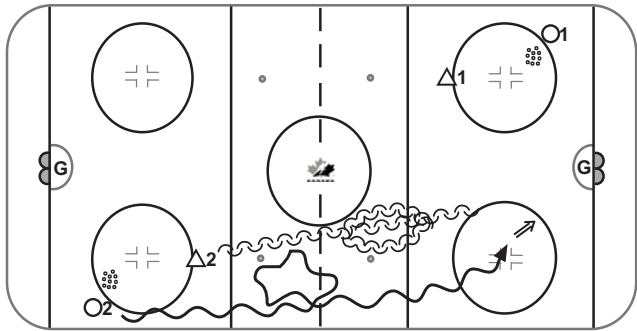
Drill Name & Description
Skills Stations 2

- 1) Butterfly Give and Go**
 Players start in each corner, skate around pylon take a shot on net. Receive pass from opposite corner and one touch it back to passer.
- 2) Agility Nets – Pairs Passing**
 Place 2 nets in centre ice. Players line up on both sides of the ice. On signal players pairs pass around the nets and avoiding the other players
- 3) D Man Mobility – D to D Pass**
 D start on blue line. Bwds into zone, receive pass from coach, D to D, D to D and back to coach who then passes back to opposite D to start again. Each pair goes 2-3 times then spring out of zone.



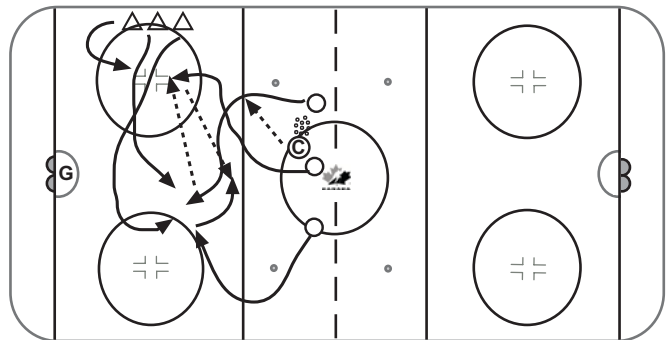
Drill Name & Description
1 on 1 Oiler

- 1) Opposite corners go at the same time.
- 2) Fwd skates to NZ, delays to boards, to create space, turns back up ice to attack 1-1.
- 3) D skates backwards, pivots to close gap on forward, pivots backwards and plays the 1 on 1
- 4) Forward use speed to drive puck wide, D take away middle ice.
- 5) D skate figure 8 pattern
- 6) Fwds are doing oval and turn towards the boards



Drill Name & Description
3 on 3 Pick A Man

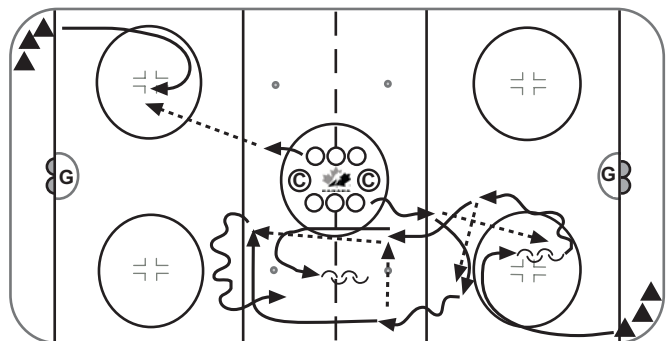
- 1) D on boards at blue line, fwd in 3 lines at centre.
- 2) On signal fwd take off, and D have to react to each of the 3 fwds and take a man
- 3) If play gets broken up right away, coach dumps in new puck to continue.
- 4) Players must battle hard.



Drill Name & Description
Transition Regroup 1 on 1

Both sides at the same time.

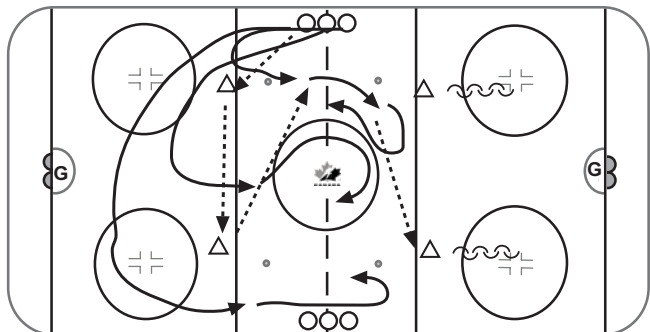
- 1) Forwards start on centre circle / D start in corners
- 2) On whistle D steps up, receives pass from fwd, skates bwds and pivots toward middle of ice
- 3) Fwd skates towards boards to receive return pass from D – sets the puck at the dot and then sprints to stretch to far blue line to receive stretch pass from D
- 4) D once again follows pass up ice, closes gap and plays the 1 on 1 coming back



Drill Name & Description
NZ Regroup on Whistle

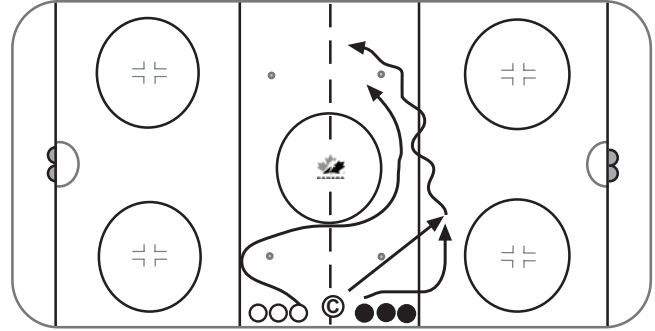
- 1) Fwds start on boards at red line, D on blue line
- 2) On whistle, first three Fwds start with first in line passing one of the D, who then makes a D to D pass to partner.
- 3) 3 Fwds then fill lanes going up ice, receive pass from D and attack 3 on 2. If coach blows whistle, then fwds pass to opposing D, regroup and attack 3 on 2 back the other way.

Every time, whistle is blown, a regroup is performed, finish with 5 on 2. Alternate sides.





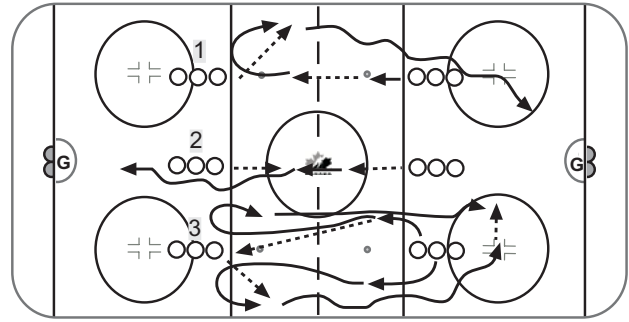
Drill Name & Description
Angling Gate Drill
<ol style="list-style-type: none">1) Coach at center ice with pucks, spots a puck to either line.2) Players react to spot.3) Player on puck side retrieves puck and attempts to come up ice.4) Other player touches up at his blue line and closes the gap to angle outside.
Key Teaching Points
<ul style="list-style-type: none">▪ Move up quickly to close gap and establish appropriate angle.▪ Good stick placement.



Practice 4

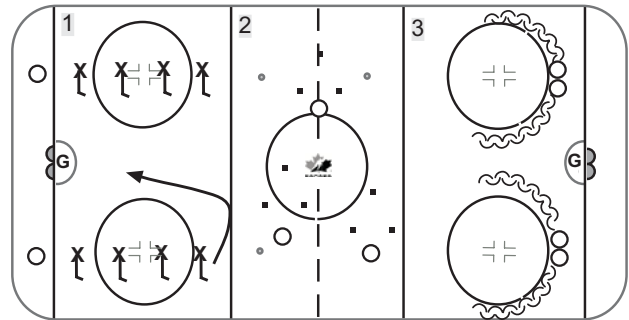
Drill Name & Description
Spokane Warm Up

- 1) 2 lines at each blueline in line with the dots
- 2) #1 – O1 goes down ice with puck one touches to D1. O1 goes to back of opposite line and Δ1 then one touches to O1.
- 3) #2 – O1 starts backwards passes to O2 going forwards to other blue line. O1 peels off and then goes to the back of the line and Δ1 goes.
- 4) #3 – Same as #2 only both go forward and outside guy goes to back of line and Δ3 joins attack.



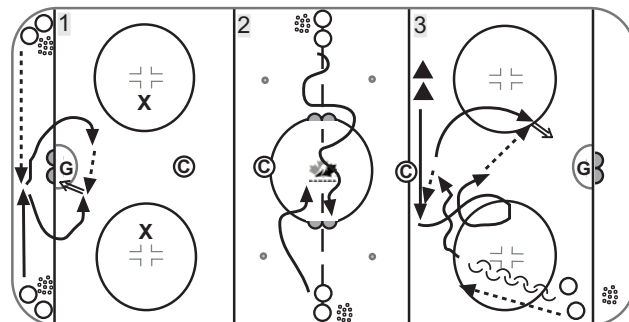
Drill Name & Description
Skills Stations 1

- 1) Agility Sticks**
Place sticks on top of pylons in a straight line and have players skate through them performing different moves with the puck working on quickness, later puck movement and creativity.
- 2) 3 Puck Stickhandling**
Players in neutral zone, place 3 pucks in a triangle and work on fast hands, and puck movement.
- 3) Alarm Clock**
Players line up beside each other on bottom of circle and race forwards to hashmarks, back to bottom of circle, forward to top of circle and backward to bottom. Add pucks



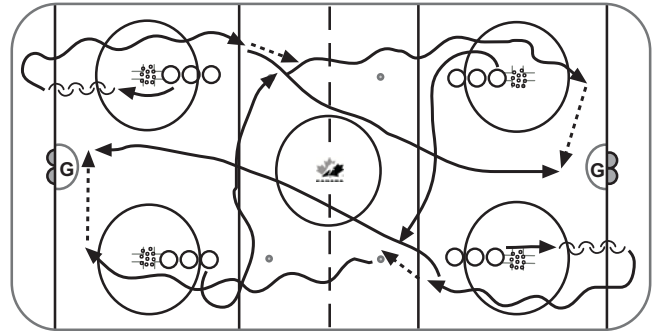
Drill Name & Description
Skills Stations 2

- 1) Shooting / Scoring – Down Low Exchange**
Players start in both corners, on whistle skate towards each other exchange puck behind net and walk out front for shot or pass to score.
- 2) Agility Nets – NZ Puck Control – Finish With Shot**
Place 2 nets in centre have players start at same time from the opposite side of the ice working on quick feet, quick hands, faking out each net and each other.
- 3) D Man Mobility – D Activate**
D starts in corner skates backwards gets pass from corner, skates towards middle of ice, drops puck to other D skating along the line, who then moves towards the net, delays then passes to the original D going to the net for a shot.



Drill Name & Description
Entries - Middle Drive

- 1) F1 and F2 leave on whistle.
- 2) F1 takes puck around the cone and up the boards while F2 cuts hash marks and sprints over to support.
- 3) F2 receives pass and drives wide while F1 goes to the middle driving mid lane directly to far post.
- 4) Keep feet driving through hash marks / Drive to par post / F2 go to the net after the pass.

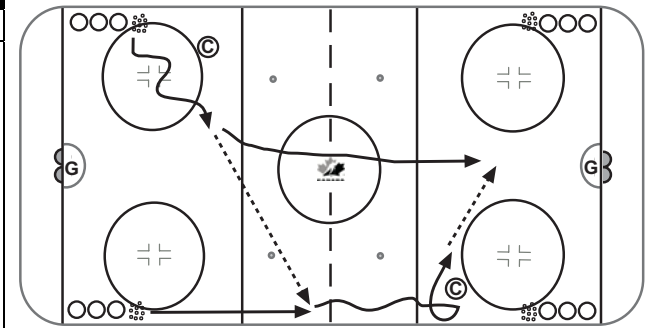


Drill Name & Description
Entries - Delay

- 1) Same drill as above
- 2) F1 saves his ice in neutral zone to ensure he is an option.
- 3) F2 looks for F1, then fills in as a high man.

Key Teaching Points

- 1) F2 drives deep and off the boards to create space.
- 2) Protect puck on the delay.
- 3) F1 save ice for timing purposes.
- 4) F2 fill in as high man.

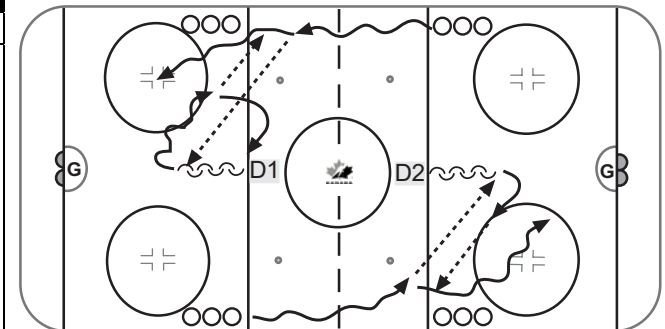


Drill Name & Description
NZ Up – 1 on 0

- 1) D1 and D2 on blue line in middle.
- 2) D receives pass from forward skating toward them.
- 3) Fwd then skates to support for return pass, then skates down for shot – STOP AT NET AFTER SHOT
- 4) D gets back to middle and looks for pass from other side.

Key Teaching Points

- Players sprint to puck in straight line.
- Stop and quickly go back.

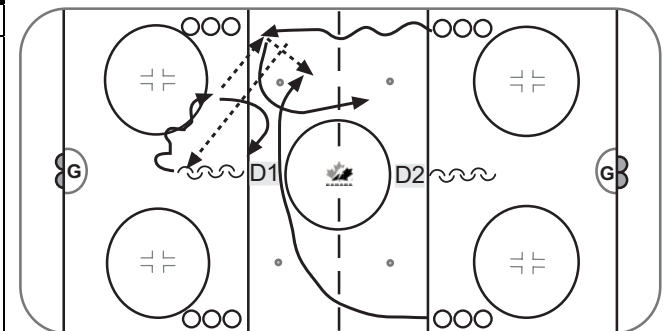


Drill Name & Description
NZ Up – 2 on 1

- 1) Same as above except 2 fws skate toward D.
- 2) F1 moves puck to D1 and gets return pass.
- 3) F2 provides middle support to D1 and low support, with speed, to F1.
- 4) F1 can chip puck to F2 or give a direct pass.
- 5) F's go down 2 vs 0 while 2 F's leave from the other blue lines.

Key Teaching Points

- D move your feet.
- F2 get over to provide middle support below F1.





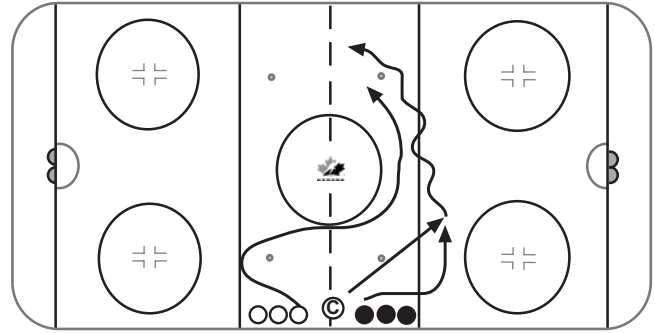
Drill Name & Description

Angling Gate Drill

- 1) Coach at center ice with pucks spots a puck to either line.
- 2) Players react to spot.
- 3) Player on puck side retrieves puck and attempts to come up ice.
- 4) Other player touches up at his blue line and closes the gap to angle outside. 2 on 2 to add progression

Key Teaching Points

- Move up quickly to close gap and establish appropriate angle.
- Good stick placement.



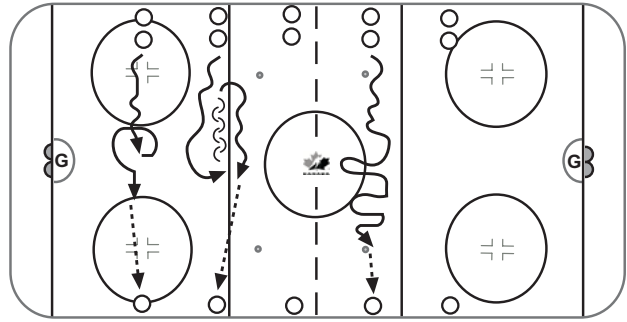


Practice 5

Drill Name & Description
Cross Ice Skills Warm - Up
 Form lines along the boards down the ice. On whistle, players from one side perform skill across ice and end up in line on opposite side of ice. Repeat

- 1) Transition skating
- 2) Tight turns
- 3) Pivots
- 4) Puck Moves
- 5) Creativity

Be creative, encourage deception

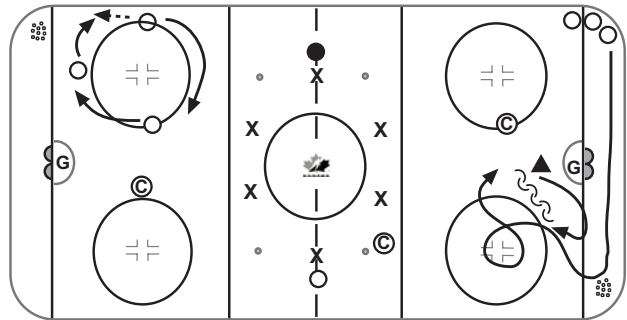


Drill Name & Description
Skills Stations 1

1) 3 Man Cycle
 3 Players in corner work on cycling the puck back down the boards. On signal make pass to net front for shot.

2) Mirror Skating and Passing
 Place 6 pylons as shown in the centre circle. One player is the leader the other has to follow the pattern skated by the leader who is trying to lose the other. Always face each other. Add puck, add a pass.

3) Shooting / Scoring – Corner Contain
 D starts net front, Fwd in corner. Skate behind net to opposite corner pick up puck and try to attack net front. D tries to contain. Encourage battle

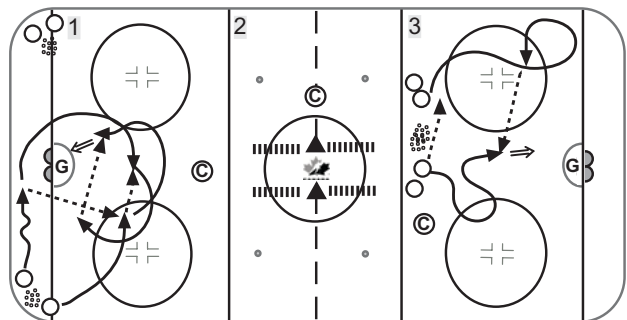


Drill Name & Description
Skills Stations 2

1) Shooting / Scoring – Short Side Pass / Drop option
 Players in each corner. Puck carrier has option
 a) carry behind or pass short side.
 b) carry behind net pass cross crease
 c) pass short side, go behind net receive back door pass carry into slot, make 3rd pass for shot.

2) Mirror Drill
 Players face other in centre circle, one is the leader and the other has to imitate / mirror the leader. Add pucks as well.

3) Shooting / Scoring – Delay – 1 Timer
 Two lines near blue line. Pass is made to player who skates towards net, delays and then hits the original passer for a 1 timer from slot. Go from both sides, add D to make more difficult



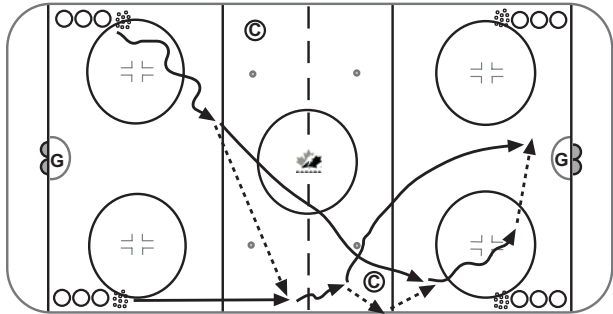
Drill Name & Description

Entries - Chip

- 1) F1 and F2 leave on whistle.
- 2) F1 takes puck and feeds F2 going up the boards then skates to support.
- 3) F2 draws coach to him and chips puck to open space for F1 to skate into it.
- 4) F2 rejoins F1 on the rush.
- 5) Both ends same time.

Key Teaching Points

- F1 works to support.
- F2 waits for coach to commit then moves puck to open space.



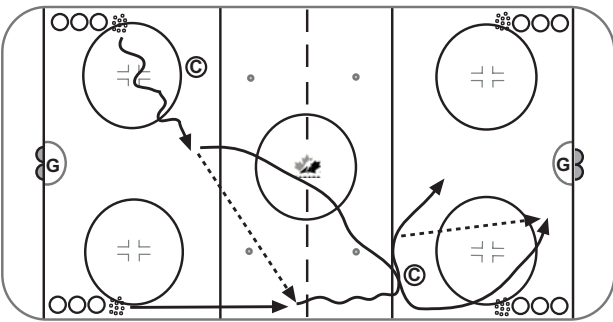
Drill Name & Description

Entries - Cross

- 1) Same as above, except F1 and F2 execute an offensive cross at the blue line.
- 2) Can be a drop pass for F1 with drive or F2 can keep and drive or keep and feed to F1.

Key Teaching Points

- Play without puck support from behind on cross.
- There must be a net drive after the cross.



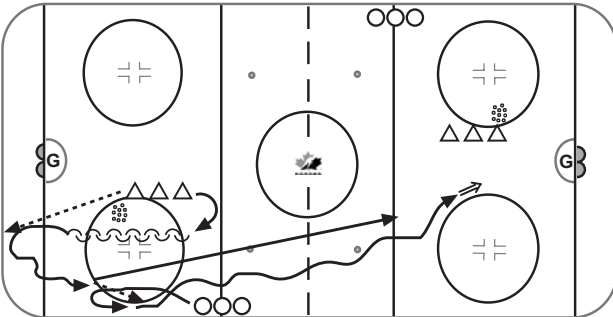
Drill Name & Description

Breakout – Quick Up Progression

- 1) “UP” D, quick feet to top of circle down through dot
- 2) Retrieve puck and up to forward who drops to hash mark.
- 3) Forward goes down for shot and D joins
- 4) Can exchange puck while going down ice.
- 5) Go on whistle.

Key Teaching Points

- Quick feet, check shoulder, communicate, move puck quickly.
- D joins for support and to close gap.



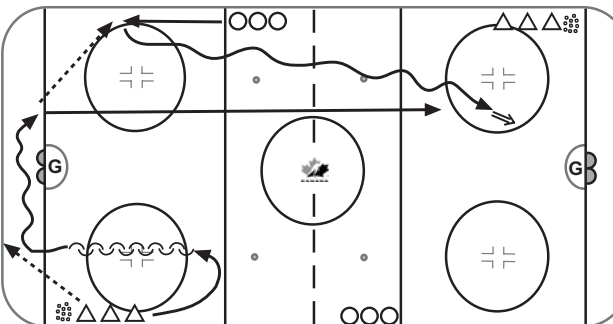
Drill Name & Description

Breakout – Wheel Progression

- 1) D Skates forward to top of circle, pivots, skates bwd to retrieve puck.
- 2) Wheels behind net to pass to fwd who comes down wall to receive outlet pass.
- 3) Both players skate up ice for shot at far end.
- 4) Both ends – opposite corners go at same time

Key Teaching Points

- Move puck at second post when behind net
- D Joins rush through dots





Drill Name & Description

Continuous 2 on 1

- 1) D picks up puck behind net, passes to forward on the wall, other forward takes off far wall at the same time.
- 2) Fwds, support puck and skate up ice 2 on 0
- 3) Fwd with puck passes to far D, fwds then re-group – 1 stretch, 1 low, D can pass to either to go back on original D 2 on 1.
- 4) D who started regroup then retreats to own end to start sequence from the other end

