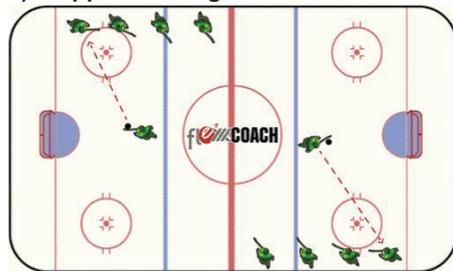


1) Pepper Passing



DRILL OBJECTIVE: Passing and Receiving

6:00P - 6:05P(5) min

KEY ELEMENTS:

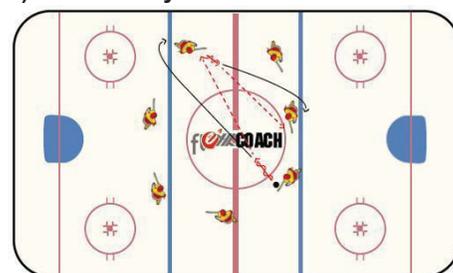
- Head up
- Eye contact with passer
- Quick hands
- Hands in front of body
- Weight transfer

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.

GOALIES: Coaches work with goalies on skating fundamentals

2) Pass Ready Position



DRILL OBJECTIVE: Puck in the pass ready position

6:05P - 6:05P(0) min

KEY ELEMENTS:

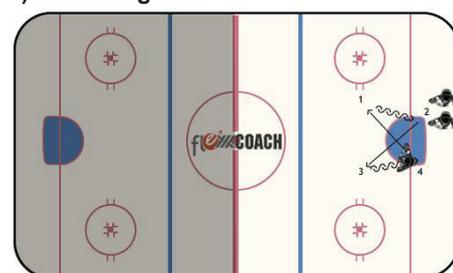
- Passing/Receiving
- Passing While in Motion
- Keeping the puck on forehand
- Communication

ORGANIZATION: 8-10 players are positioned in the center of the ice in an oval shaped circle, facing each other. One player starts with a puck and skates toward another player in the circle keeping the puck on his forehand in the pass-ready position and passes to a player and continues to skate and replaces the position of the player he passes the puck to. The player that receives the puck continues the drill pattern.

VARIATION: An added element can be that the player that passes the puck to a player across the circle from him, gets the pass back and one touches it back to the same player to continue the drill. (give and go, 1-touching the puck)

GOALIES: Not involved with this drill but can be working in both nets on skating fundamentals

3) X Skating Drill



DRILL OBJECTIVE: Goalie Skating Fundamentals

6:05P - 6:05P(0) min

KEY ELEMENTS:

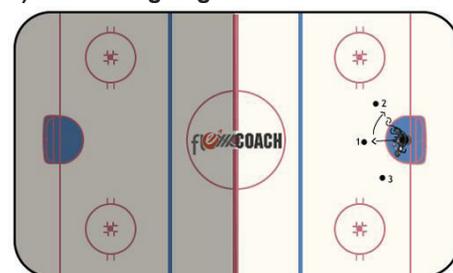
- Transition Skating
- Body Control
- T-glide
- Set and square body to the puck
- Conditioning

ORGANIZATION: Start on one post T-Glide out to far opposite side of the crease to get set. Then shuffle back to the near post. continue to do the same on the opposite side.

VARIATION:

GOALIES: See organization of the drill

4) 3 Puck Zig Zag Skate



DRILL OBJECTIVE: Goalie Skating Fundamentals

6:05P - 6:05P(0) min

KEY ELEMENTS:

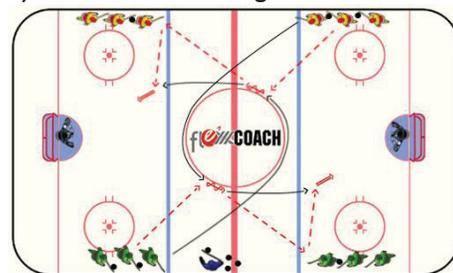
- Transition Skating
- Body Control
- T-glide
- Set and square body to the puck

ORGANIZATION: Start in the middle of the net. Telescope out to the top puck; set and get square to the puck (as if your setting on the rush). Quickly turn under control and T-Glide to the puck to the right (simulating a pass from the middle of the ice to the outside) stop and get set and get square to the puck. then T-Glide back to the far post. Repeat doing the same thing on the opposite side.

VARIATION:

GOALIES: See organization of the drill

5) Center Ice Shooting 1



DRILL OBJECTIVE: Goalie warm up

6:05P - 6:11P(6) min

KEY ELEMENTS:

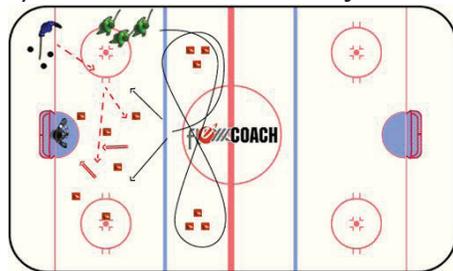
- Passing/Receiving
- Shooting/Scoring
- Skating
- Shooting while in Motion

ORGANIZATION: Divide the players into four equal groups positioned inside the bluelines along the sideboards with pucks. Opposite diagonal lines start at the same time. The first player in each diagonal line skates out around the center ice faceoff circle and gets a pass from the opposite diagonal line, skates with the puck until the redline and passes to the first player in line at the far blueline and receives the puck and goes in for a shot on goal. Now the opposite diagonal line starts and continues the same pattern, opposite direction.

VARIATION:

GOALIES: Follow the sequence to include skating with warm up shot, angle awareness.

6) 3 Man Offensive Zone Entry



DRILL OBJECTIVE: Offensive zone entry

6:11P - 6:18P(7) min

KEY ELEMENTS:

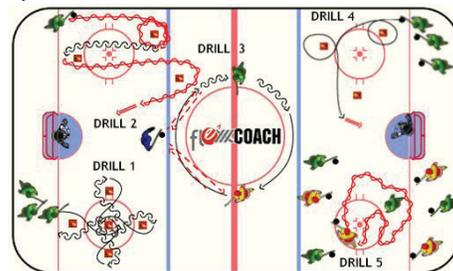
- Width and depth to the attack
- Passing
- Finding passing lanes
- Skating
- Shooting

ORGANIZATION: The drill begins with the players lined up against the boards just inside the blue line, facing towards the neutral zone. A figure 8 is formed using cones between the redline and the blueline in the neutral zone. On the whistle, three players skate around the figure 8 as fast as they can, one behind the other. when they get all the way around they skate out of the figure 8 through the middle, heading into the offensive zone. The coach passes a puck to the first player skating out of the figure 8. He become F1 and takes the puck wide one way or the other in order to spread out the attack. the second player out of the figure 8 enters the zone as F2 and heads toward the net. The third player out of the figure 8 skates into the zone as F3 and controls his speed to become the trailer. The three forwards attack the net in triangular formation, creating width and depth to the attack. Cones are spread out through the scoring area to force the players to find passing lanes through the obstacles. One or two passes are made and the drill is completed with a shot on goal.

VARIATION: The figure 8 in the neutral zone can be replaced with a number of different options. The three players could pass one puck amongst themselves, teaching them to skate off of the puck. On the whistle, the players leave the puck and head into the offensive zone. The coach passes a puck to the first forward entering the zone, F1, and the other two players have to decide who is F2 and F3 to form the triangular formation. The rest of the drill remains the same.

GOALIES: The goalie plays the attack and has to adjust his angles based on passes being made.

7) Ice Utilization 5



DRILL OBJECTIVE: Maximizing the time and space

6:18P - 6:36P(18) min

KEY ELEMENTS:

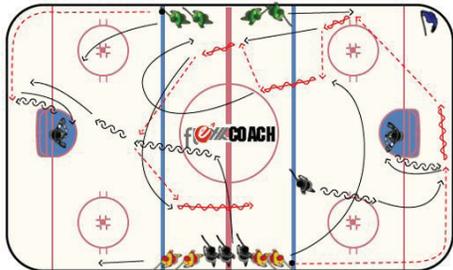
- Fundamental skill development
- Puckhandling/Protection
- Compete, Battle 1 on 1
- Timing
- Passing While in Motion

ORGANIZATION: Divide players up into Five equal groups. Drill 1, Forward Backward Pivots Skating. 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. Drill 2, Tight Turn Backward to Forward. the first player in line starts out skating forward to the 1st cone inside the blueline skates 1 1/2 times around, pivots backward to the 2nd cone between the faceoff circle and the goal line, transition forward to the 3rd cone on the neutral zone faceoff dot around that final cone and finish with a shot on goal. Drill 3, Timing Pivots Passing. The first player to the right of the coach gets a pass from the coach and passes directly back to the coach before he pivots back, as he pivots the coach passes it right back to him and he one-touches it right back to the coach. The other player that started on the other side should be in position with the correct timing to where the first player had began. This player continues in the same pattern as the other player. This drill is continuous in the same direction for 30 seconds. Drill 4, Tight Turns with a Shot. The player starts the drill with the puck, skates up to the first cone and make a tight turn to the middle of the ice around the cone, skates to the next cone and goes in the opposite direction from the inside to the outside, and continues around the last cone for a shot on goal. Drill 5, Bull in the ring. Player 1 with a puck and player 2 without a stick placed inside a faceoff circle. on whistle, player 2 tries to push player 1 out of the faceoff circle. Player 1 uses body position to protect puck and roll off check to stay inside circle.

VARIATION:

GOALIES: In both nets at each end, taking shots from drill 2 and drill 4.

8) Cunny Continuous 2 on 1 Regroup



DRILL OBJECTIVE: Create Good Scoring Chances,

6:36P - 6:44P(8) min

KEY ELEMENTS:

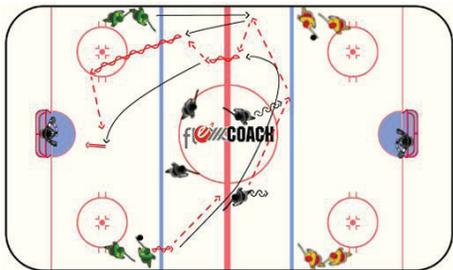
- Puck Possession/support
- Gap control
- Read the rush
- Positioning with Good Support
- Transition

ORGANIZATION: Forwards and defensemen are positioned in the area between the blue lines. Drill begins with a forward throwing the puck around the boards so that the goalie can trap the puck. One defenseman retrieves the puck from goalie and makes a breakout pass to one of two forwards who has come down from the neutral zone to support. Pass is made from the defenseman to the forward posted on the wall. The other forward comes across to support and both forwards move ahead through the neutral zone making passes. As they cross the red line they make a pass to a 2nd defenseman who has moved to a position at the far blue line. The two forwards then regroup on that defenseman, get the puck back and attack the same end they broke out from against the defenseman who made the first breakout pass. Meanwhile at the other end a new puck has been slid behind the net for the goalie to trap and the defenseman who made the regroup pass for the first two forwards now retrieves the puck and starts to new forwards on a breakout.

VARIATION:

GOALIES: Game like situation 2 on 1, Goalie can make outlet pass to the forward.

9) 2 on 0 Regroup 1



DRILL OBJECTIVE: Proper Positioning, Support on

6:44P - 6:48P(4) min

KEY ELEMENTS:

- Passing/ Receiving
- 2 on 0 offensive concepts
- Proper Receiving Angle
- Encourage shots off the pass
- Regroup

ORGANIZATION: The forwards are positioned inside the bluelines in four equal groups along the side boards, opposite diagonal lines with pucks. Four defenseman positioned in the neutral zone, the strong side defenseman on both sides positioned just over the redline on the side the forwards have the puck, the other defenseman in the middle of the ice in a good support position on a hinge. On the whistle the side the coach designates to start the drill, the forward with the puck passes it to the nearest defenseman, the forward directly across the ice skates down the boards into a good regroup position. The defense pass it defense to defense to the wing along the boards, the forwards pass the puck up the ice 2 on 0 for a shot on goal. The next opposite diagonal line starts.

VARIATION: Switch puck to the otherside where the pass is made. Both sides can go at the same time not recommended for the younger players.

GOALIES: Must be focused on puck carrier, yet be prepared with a response to a quick pass to open man. rebound control.

10) 2 on 0 Regroup 2



DRILL OBJECTIVE: Proper Puck Support

6:48P - 6:52P(4) min

KEY ELEMENTS:

- Passing/ Receiving
- Reciever creates good angle
- Give and Go passes
- Regrouping
- Passing While in Motion

ORGANIZATION: The forwards are positioned inside the bluelines in four equal groups along the side boards, opposite diagonal lines with pucks. Four defenseman positioned in the neutral zone, the strong side defenseman on both sides positioned just over the redline on the side the forwards have the puck, the other defenseman in the middle of the ice in a good support position on a hinge. On the whistle the side the coach designates to start the drill, the forward with the puck passes it to the nearest defenseman, the defenseman passes right back to that same forward and that forward passes the puck to the other defenseman and receives the pass back. Now the same forward outlets the puck to the winger that has skated down the boards in good position for the regroup. They continue up the ice 2 on 0 for a shot on goal. The opposite diagonal line starts the other side.

VARIATION: Can use one touch passes.

Switch sides with the pucks.

Can also go both sides at the same time.

GOALIES: Must be focused on puck carrier, yet be prepared with a response to a quick pass to open man. rebound control.

11) Mid Zone Game



DRILL OBJECTIVE: Create Good Scoring Chances

6:52P - 7:00P(8) min

KEY ELEMENTS:

- Passing/Receiving
- Defensive Positioning
- Transition
- Puck support
- Creating space for your teammate

ORGANIZATION: Mid-ice drill; two nets positioned at each blueline - Players are divided into two equal teams. Three players from each team start the drill 3 on 3. Coaches positioned as shown in the diagram. 3 on 3 game; the coaches are stationary but can be used by the team that has puck possession.

VARIATION: The Coach can speed the game up by using one touch passes. 2 passes have to be made before passing to the Coach.

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

