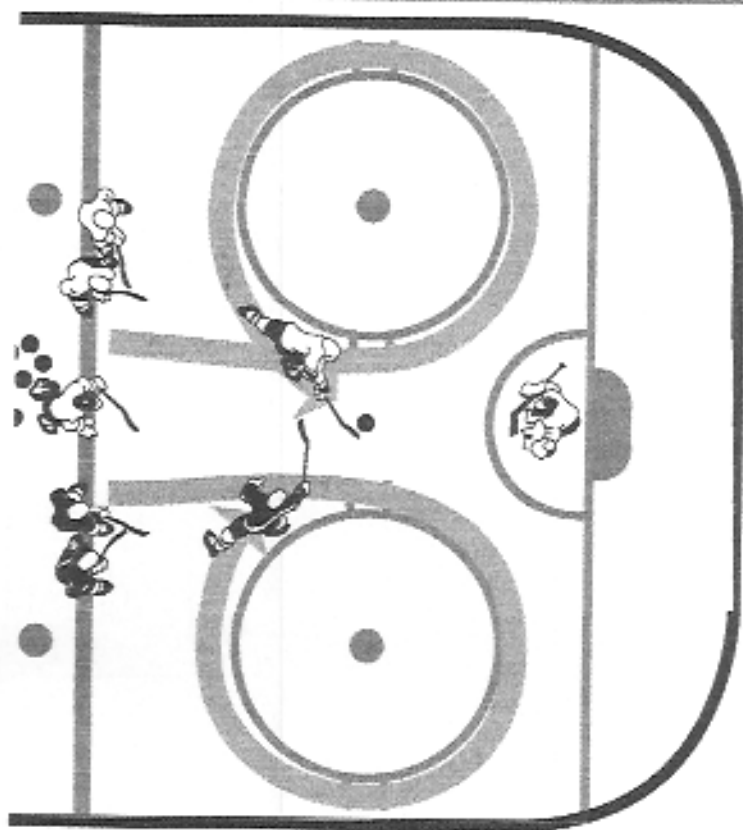


Rebound Game

Place five or more players around the net and crease area and one player at the top (between the hash marks and the top of the circles). The player at the top is the shooter. The shooter tries to score while the others try to score on the rebound, if any. The game is played to 10. If the goalie covers the puck or the puck goes wide and past the goal line, the goalie gets a point. Each time the goalie earns a point, the players rotate around the crease area.

NOTES/COMMENTS

Fun way to end practice at one or both ends.

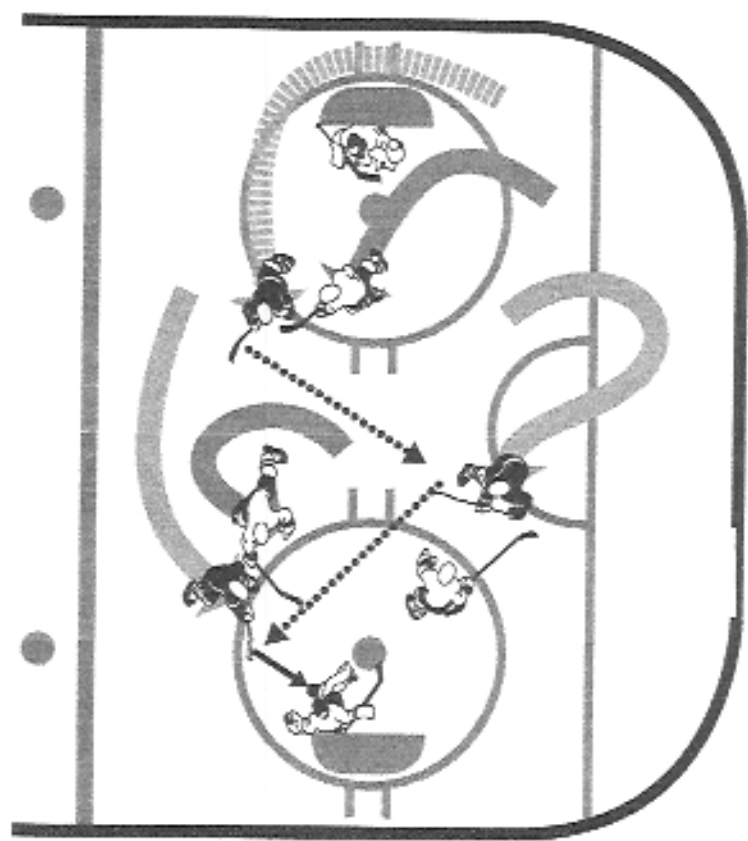


Crossover Relay Race

Designate two teams. On the whistle, a player from each team skates using crossovers around the circle one complete time and race for the open puck. The first player to the puck tries to score. The other player back checks, trying to prevent a score. Whichever team scores five times first wins. A new puck is placed in the middle each time.

NOTES/COMMENTS

Develops crossovers at a high tempo.

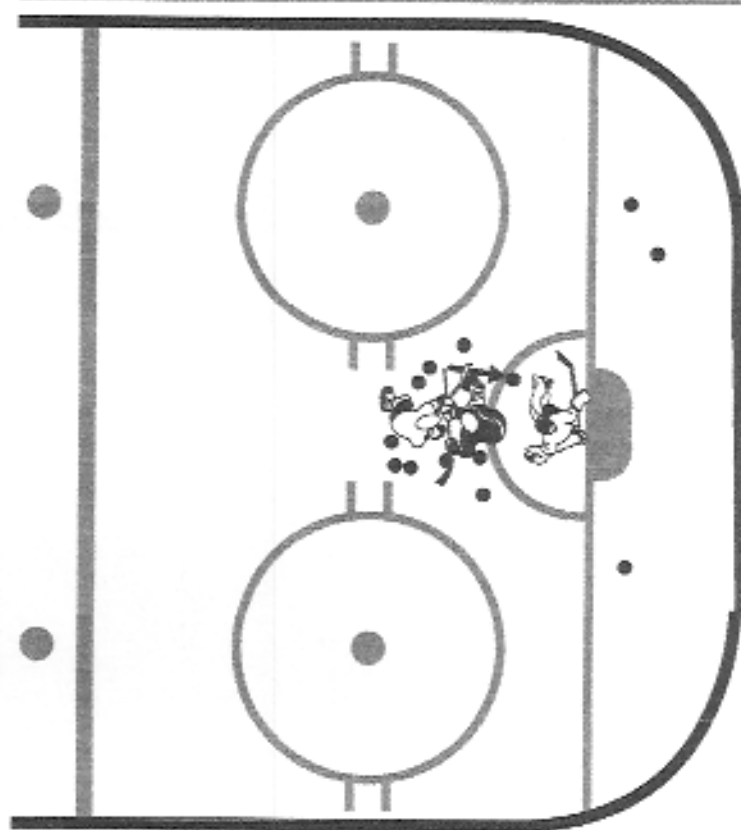


Decision Maker

Playing 3-on-3 at one end, the coach is responsible for constantly changing the game. The first game requires that teams must complete two passes before shooting. In the next game, teams can only make backhand passes and backhand shots. The third game requires that teams can only make indirect off the boards passes, etc. Be creative with the game requirements. Also alternate the number of players.

NOTES/COMMENTS

Develops quick thinking
anticipation skills.

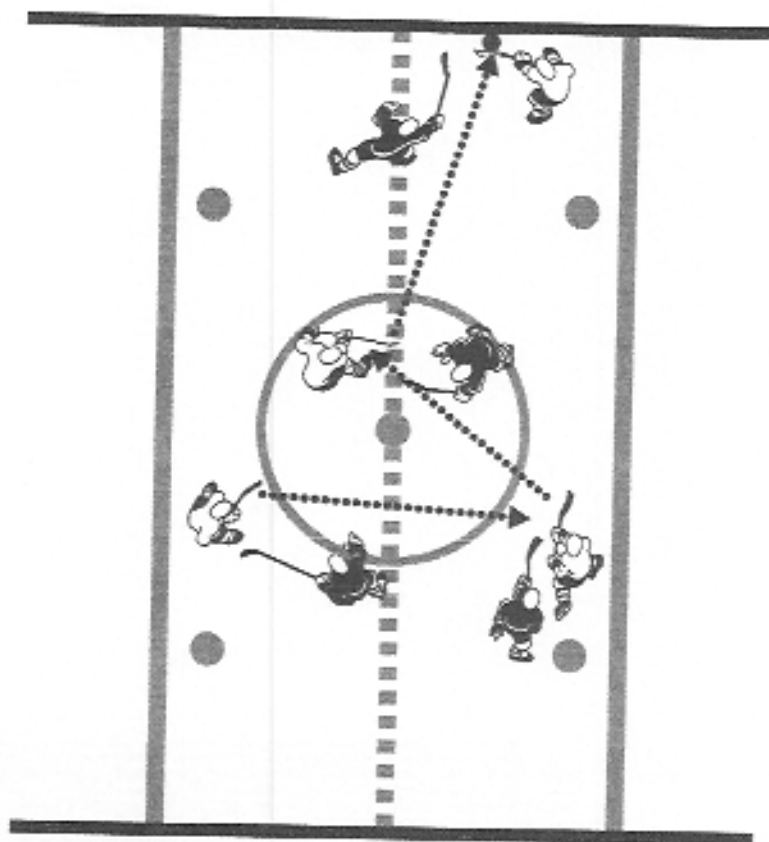


1-on-1 Sweep The Porch

Place a handful of pucks in front of the net. The defenseman turns his/her stick over so the butt end is on the ice. The forward tries to shoot the pucks into the net one at a time while the defenseman tries to stop him. The game ends when all the pucks have been used.

NOTES/COMMENTS

Develops solid 1-on-1 play.

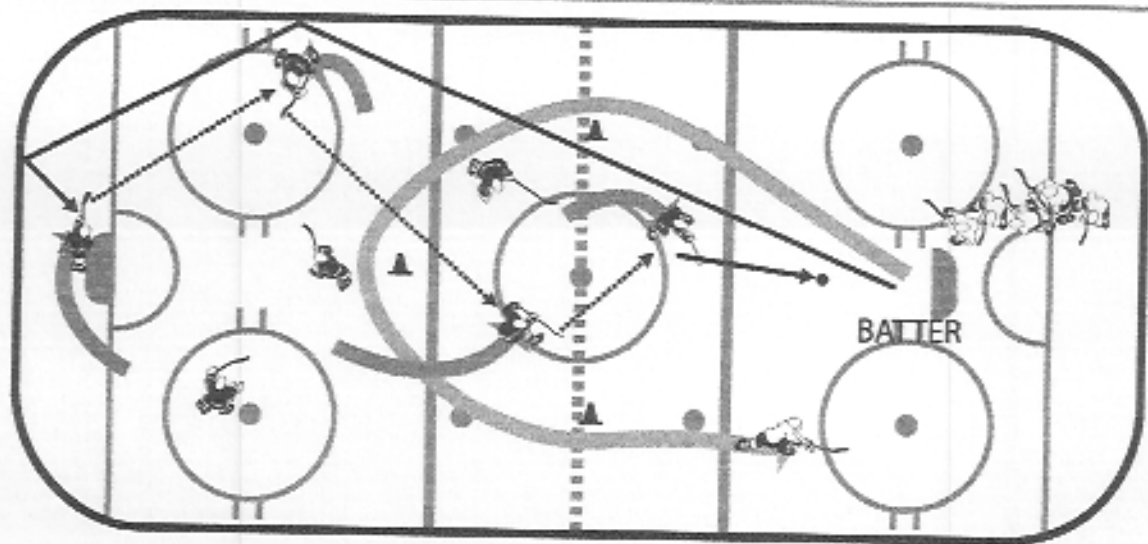


Cross-Ice Board Scrimmage

Using the neutral zone, divide the players into two teams of 3, 4 or 5. The boards between the blue lines are the goals. The players must complete three passes before scoring. The only way to score is to have the blade of the stick holding the puck against the boards. Players cannot shoot.

NOTES/COMMENTS

Good option while players are doing other drills on each end of the ice.

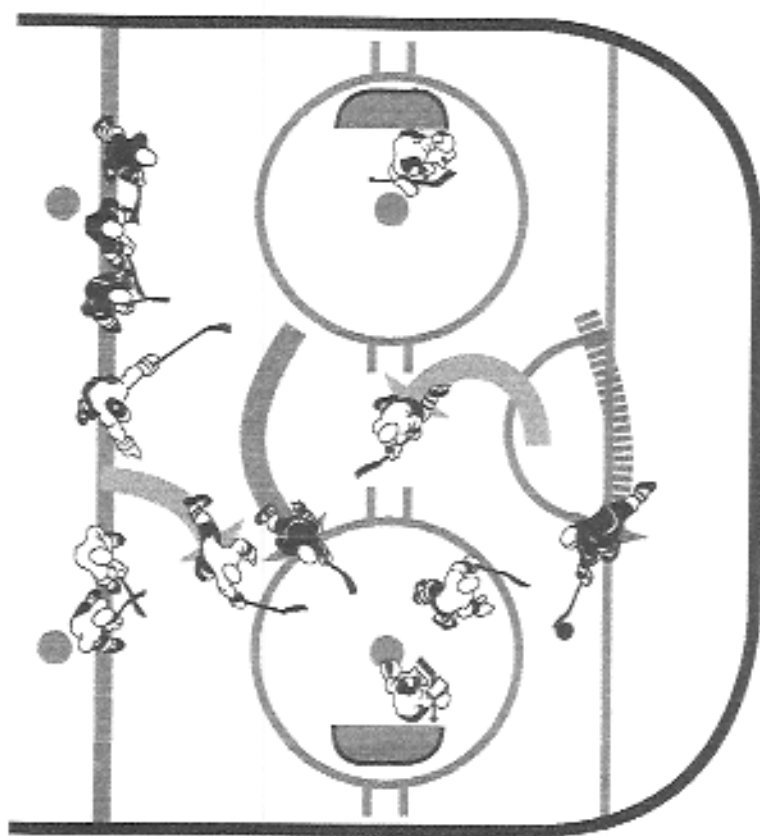


Baseball

Using three cones and the hash marks at one end, set up a baseball diamond. Divide the players into two teams. The batter takes the puck and shoots it down to the far end. The spread out outfielders have to make three passes and shoot into the open net before the hitter rounds all the bases and passes over the home plate hash marks for an out. Change sides after three outs.

NOTES/COMMENTS

Creates fun and teamwork.

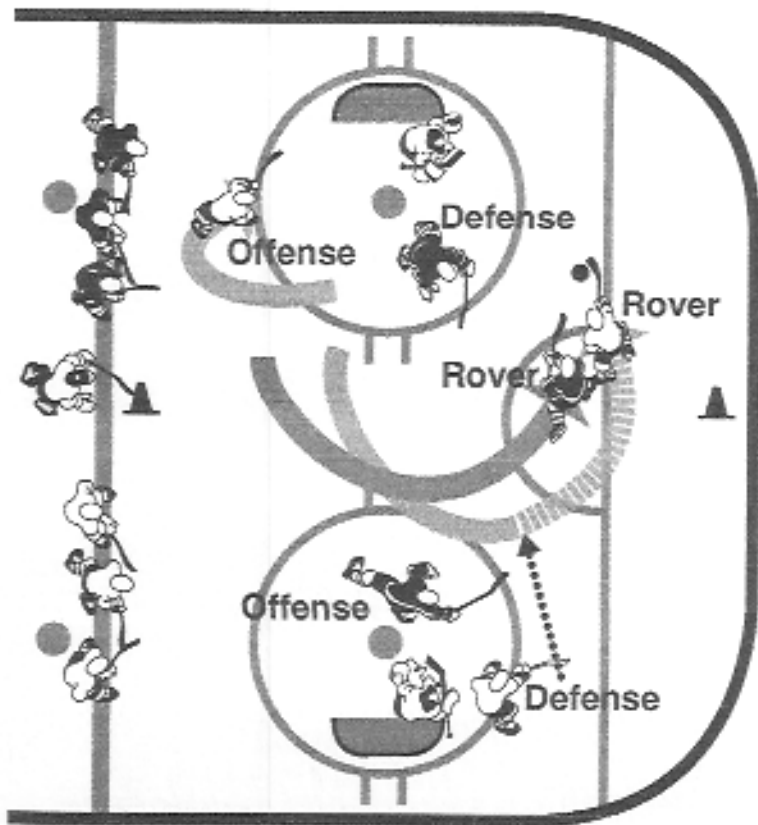


Odd/Even Game

Start the drill as a 1-on-1. Then add a player to make it a 2-on-1. Continue adding one player at a time, alternately giving each team the player advantage. Continue the drill until you have reached 5-on-5.

NOTES/COMMENTS

Develops vision when passing.

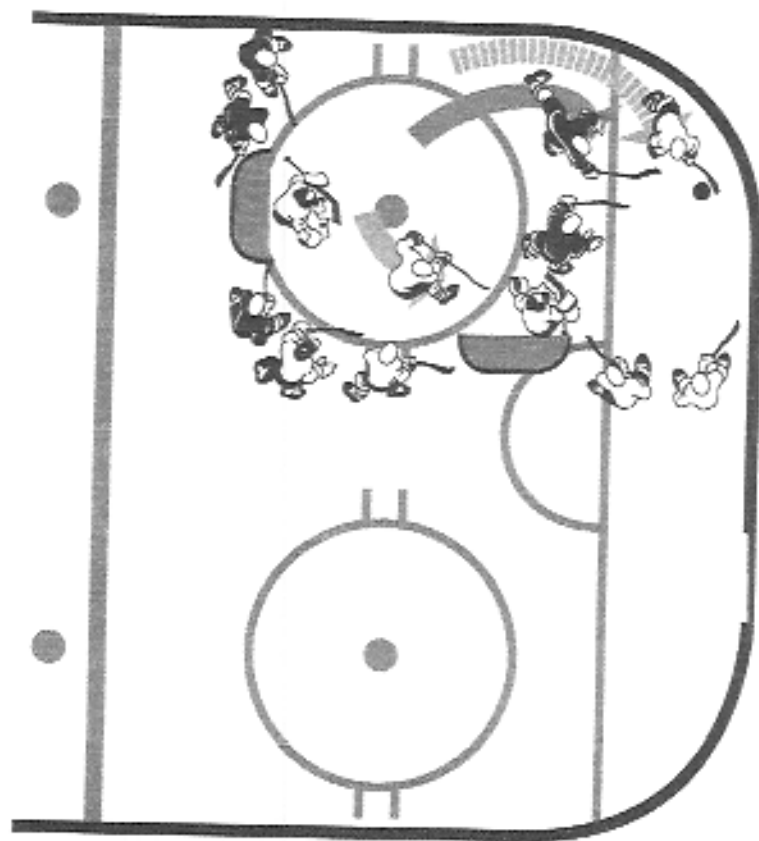


Rover Transition Game

Each team starts out with one designated defensive and offensive player who must remain on their respective side of the center line. (Use cones to mark the center line.) The third player on each team is a rover who can play on either side of the center line. The game is a continuous 2-on-2. Create a variation by taking out one rover and creating a 2-on-1 allowing the remaining rover to play on offense for both teams.

NOTES/COMMENTS

Develops quick transition and thinking skills.

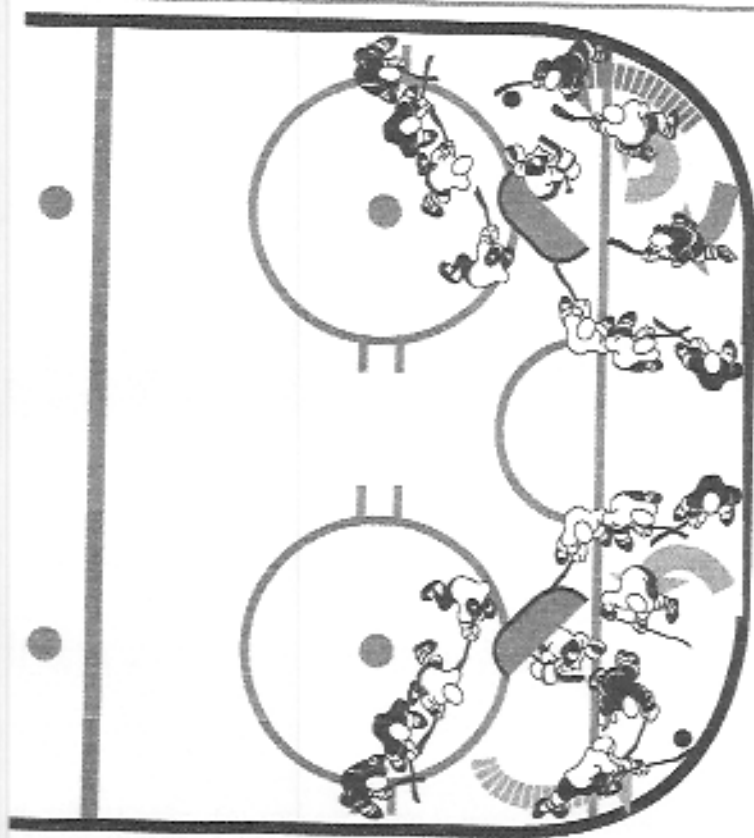


2-on-2/3-on-3 Corner Game

Place the nets in the corner face-off area. Players play 2-on-2 and/or 3-on-3. Players not actively in the game surround the nets and keep the puck in play. Keep the shifts 30-40 seconds just like in a real game. After a while change the rules and allow both teams to score on either net.

NOTES/COMMENTS

Creates quick thinking and quick plays.

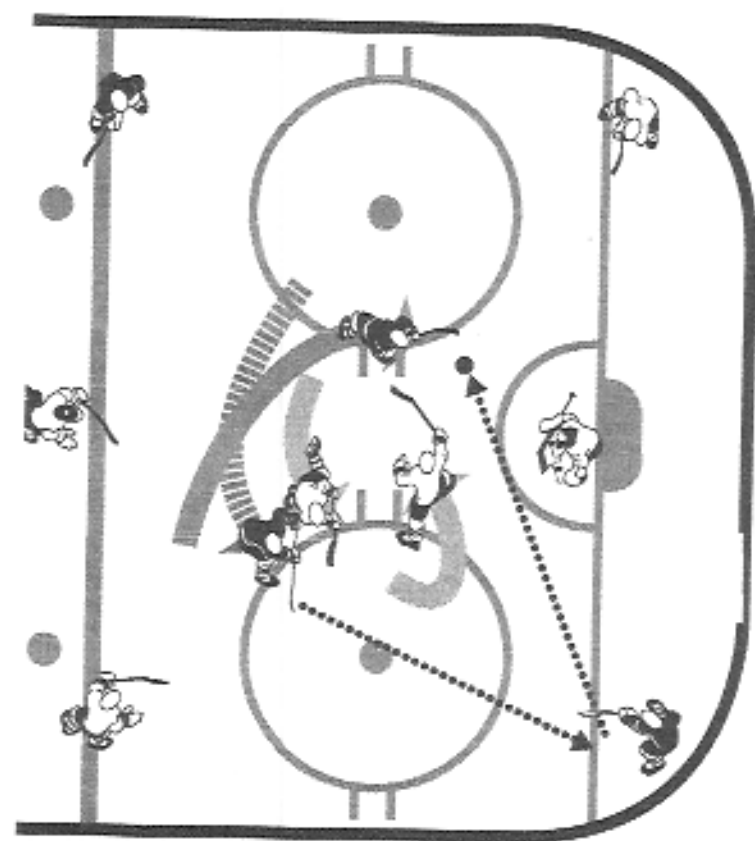


2-on-1 Corner Drill

Using both corners play a 2-on-1. The players not actively in the game surround the nets and keep the puck in play. The coach dumps a new puck in when the original puck is either shot in the net or goes out of play. The forwards try to score as many times as they can in the time allowed while the defenseman tries to stop them. Change every 30-40 seconds.

NOTES/COMMENTS

Develops close, quick passing.

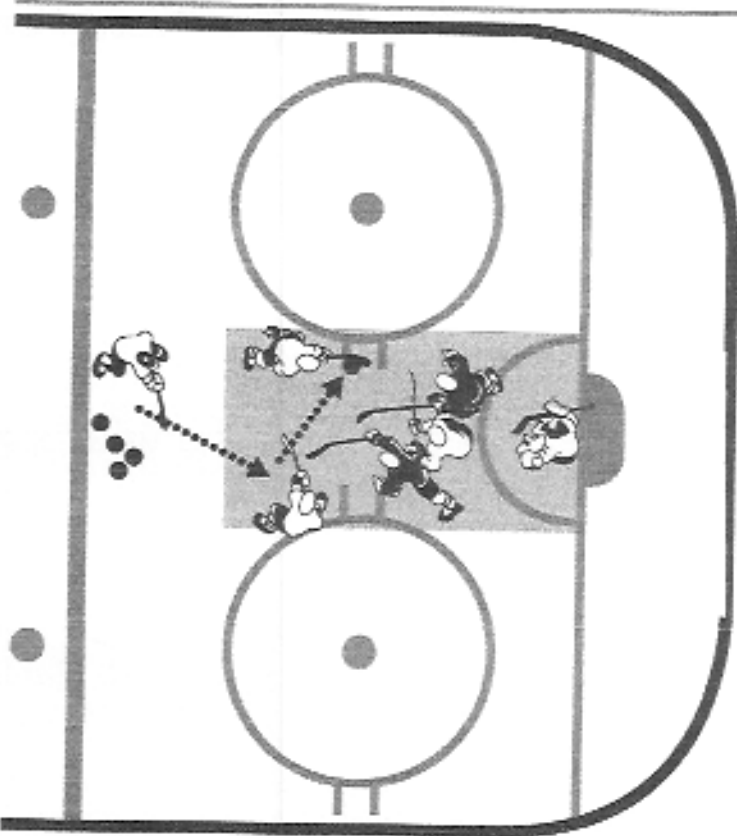


4 Corner Support Drill

Place two players from each team, one at the blue line and one in the opposite corner. Start the game playing 2-on-2. Players must pass to one support player before they can go on offense. After awhile play 3-on-3 or 4-on-4. Change the players every 30-40 seconds. The players can pass to either support player at any time. As a variation, let the players pass to any support player and get it back.

NOTES/COMMENTS

Develops passing lanes and quick thinking.

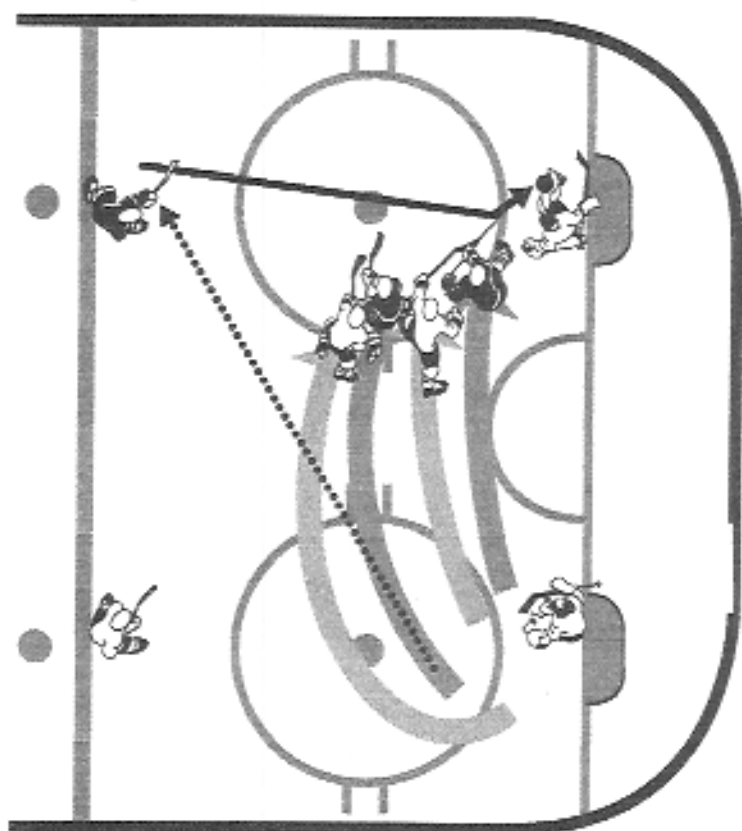


Between the Circles 3-on-2

Place the net in its regular crease area. Place three offensive players between the circles and two defensemen. The offensive players try to score with quick puck movement while the defenders try to stop them. After a goal or a puck clearing a new puck is passed in by the coach to the offensive players. Change players after five pucks have been used.

NOTES/COMMENTS

Develops close, quick passing.

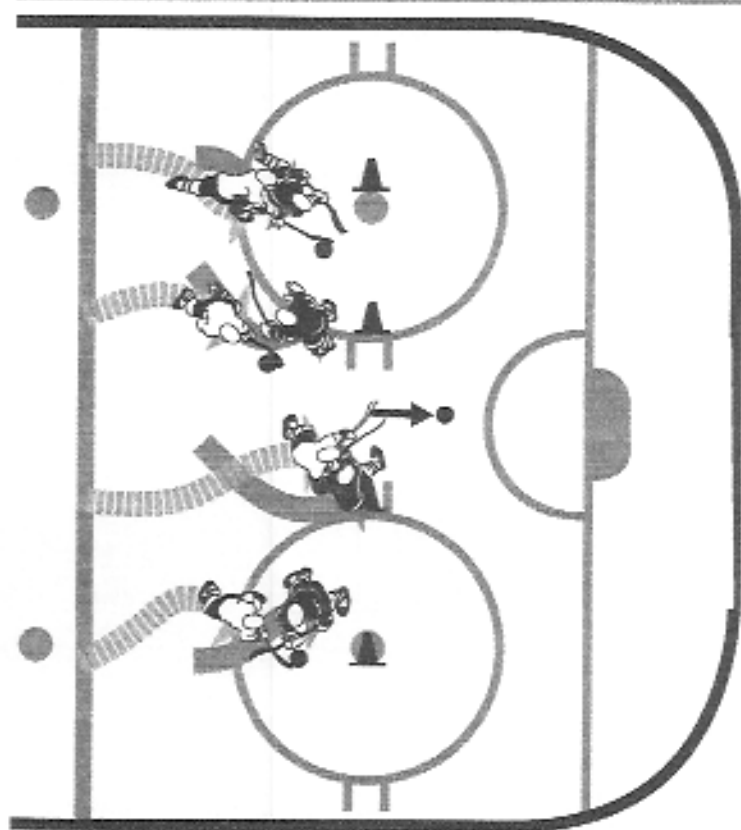


High/Low 2-on-2 Tip-Ins

Divide the players into two teams and place one player per team at the blue line. Using two nets, players play a 2-on-2 in front. When the top player has the puck, they wait for a teammate to get in front for a tip-in. Goals only count if they are tipped-in. After each goal, the team that scores keeps possession of the puck. Players hustle from side to side playing offense or defense depending which point player has the puck. Change every 40 seconds.

NOTES/COMMENTS

Teaches deflections under game conditions.

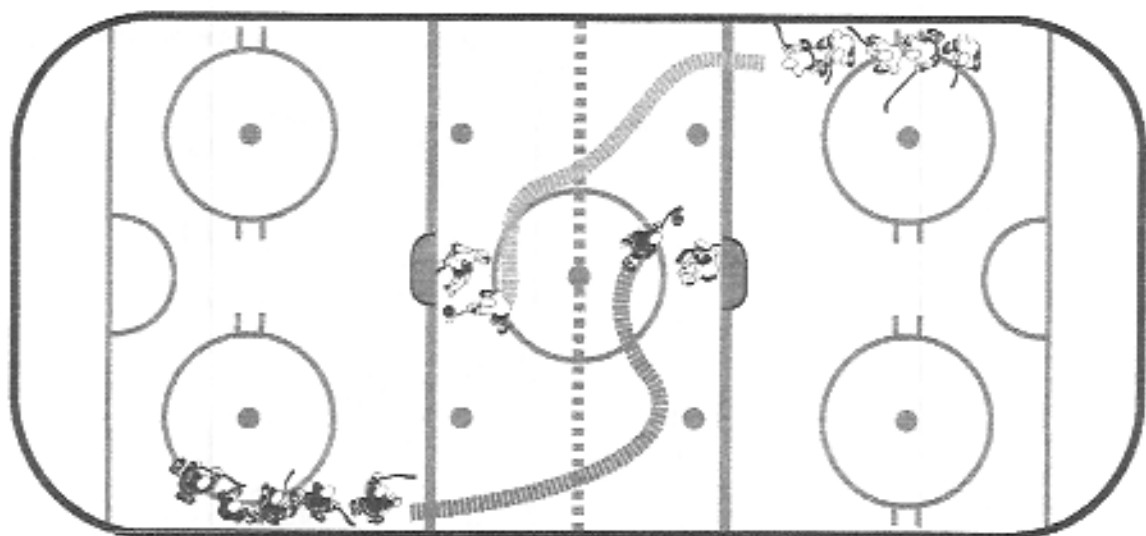


1-on-1 Empty Net Game

Place four cones on the ice. Four forwards line up across the blue line with a puck. 10 feet away and facing them are four defensemen. The object is to get to the cones before you can shoot on the empty net while being defended. The first puck in the net gets the point. The game is over when a forward scores three points. Everyone changes positions after three goals so they each work on both offensive and defensive play.

NOTES/COMMENTS

A fun way to teach 1-on-1 play.

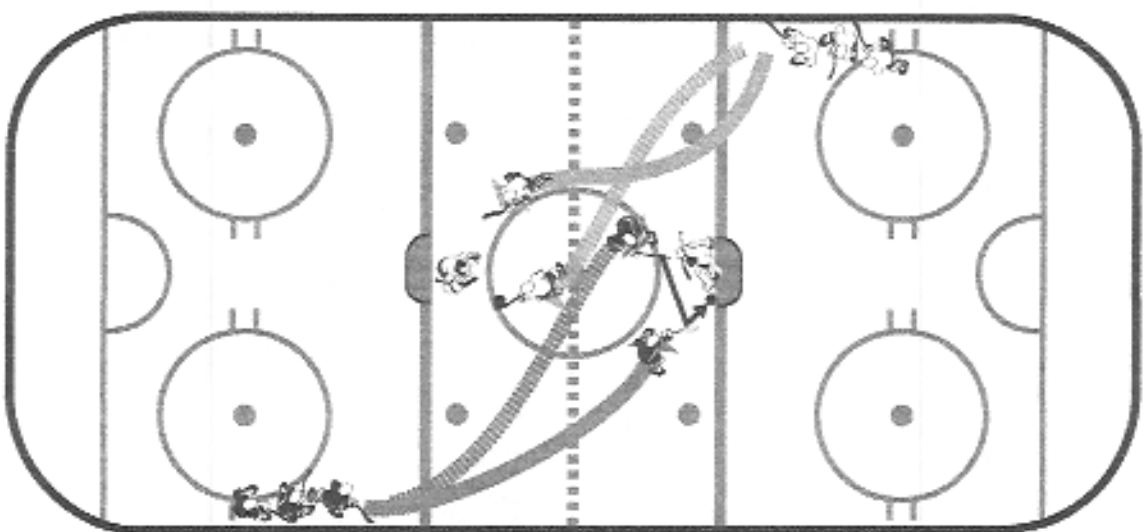


Breakaway Relay Game

Place two nets in the neutral zone. Two teams are divided up and placed on the boards. The first player in line goes on the whistle. The second player can't go until the first player scores and skates back past the front of the line. After saves, goalies can shoot the puck anywhere they want. The game ends when one team's players have all scored. The losing team does three laps around the nets.

NOTES/COMMENTS

Develops scoring intensity around the net.



Breakaway Build-Up Relay

Place two nets in the neutral zone. Two teams are divided up and placed on the boards. The first player in line goes on the whistle. He/She must go until he/she scores. After the player gets back to the line two players go, when they score, three players go. After three players have scored, start back with one player. The game ends when one team uses up all its players and has scored. The losing team does three laps around the nets.

NOTES/COMMENTS

A competitive and fun drill to end practice with.