

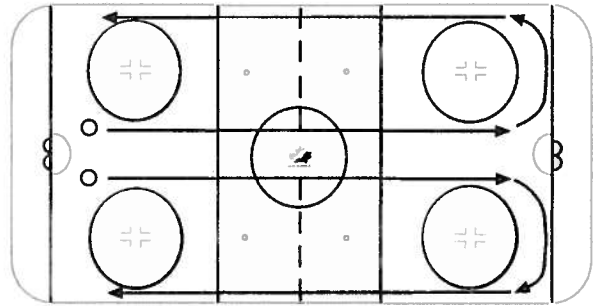


Practice 1

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

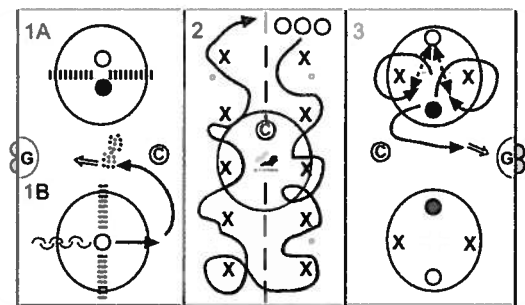
1a) Mirror Agility
 Players start facing each other. One player is the leader the other has to follow to keep up and copy each of the movements of the other.

1b) Iron Cross
 Player starts on the dot, and skates the "Cross" pattern, fws / bws / 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

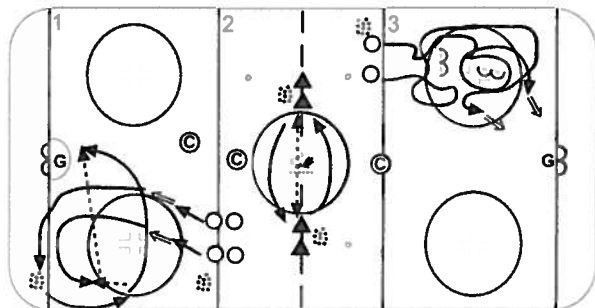


Drill Name & Description
Skills Stations 2

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

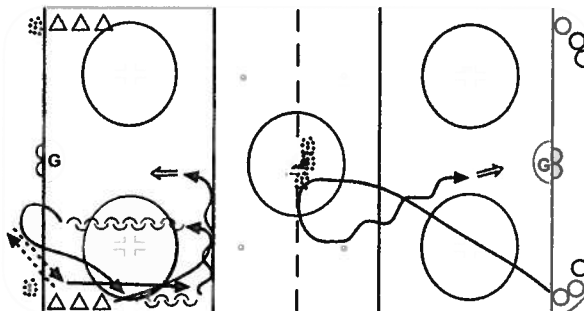
Split Groups - D – Quick Up Option / Fwds – Net Drive

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

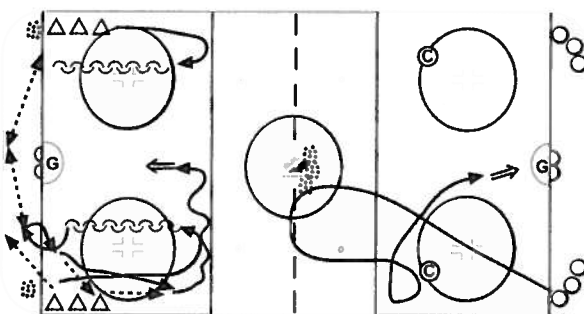
Split Groups - D "Over " Option x 2 / Fwds – High Delay

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 Blueline then drive the net



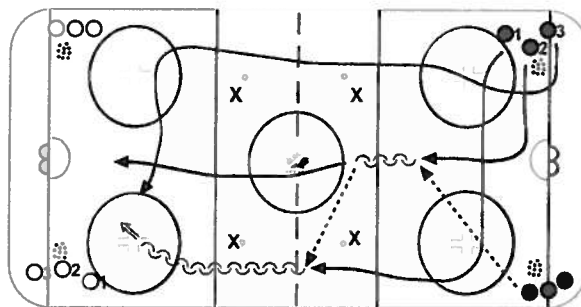
Drill Name & Description

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

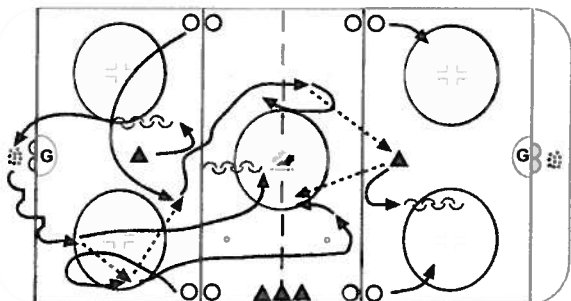
- Read and react with mid-lane.



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 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



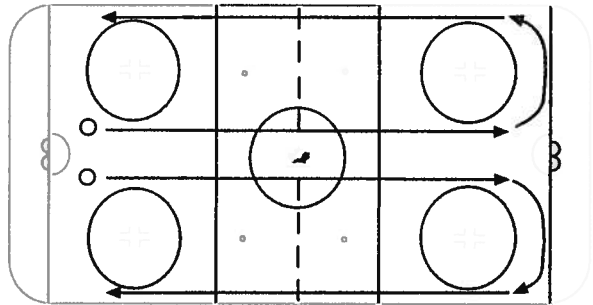


Practice 2

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.

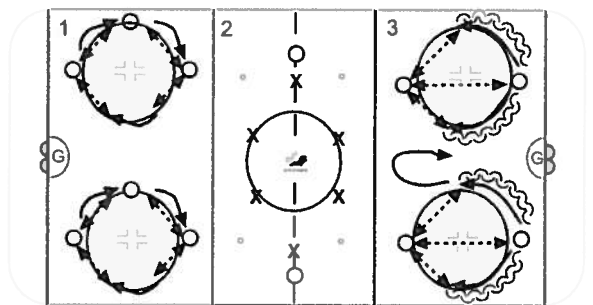
- 1) Quick Hands
- 2) Forehand / Backhand only
- 3) Scissors – fwd / bwd with puck
- 4) Toe Drags
- 5) Puck / Stick through legs

Utilize a variety puck control skills



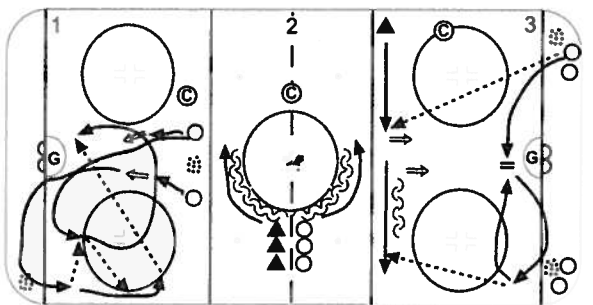
Drill Name & Description
Skills Stations 1
 Organize into 3 groups, each groups starts at a station and rotates after 5 minutes

- 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 blueline. 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





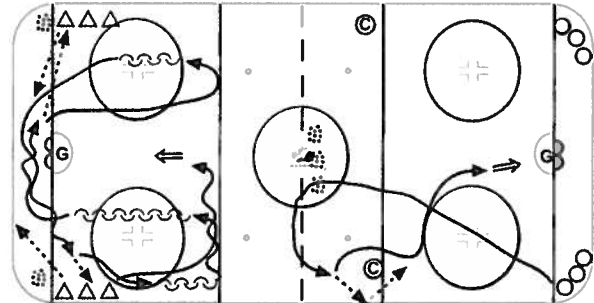
Drill Name & Description
Split Groups - "Wheel" Option x 2 / Fwds Chip and Chase

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



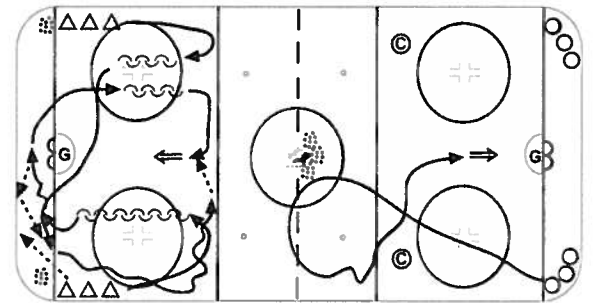
Drill Name & Description
Split Groups - D - "Reverse" Option x 2 / FWD 2 Man Cross

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

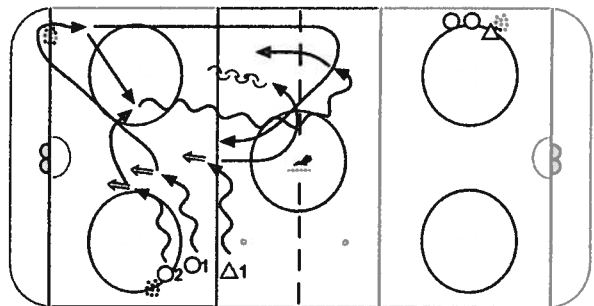
Forwards

- 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.



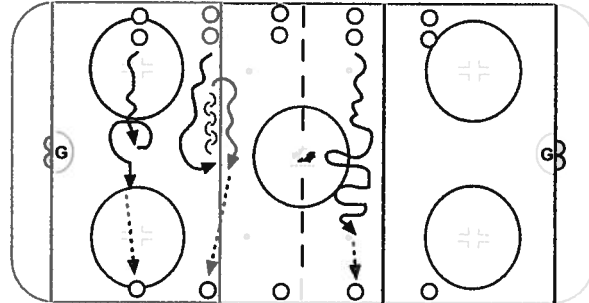


Practice 3

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

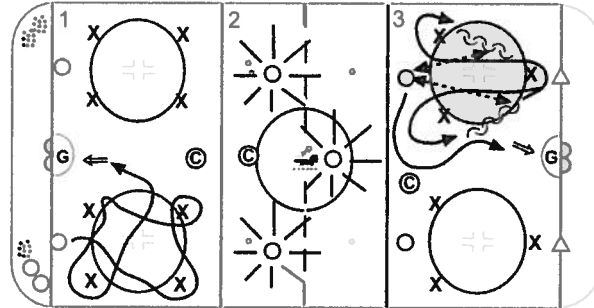
- 1) Transition skating
- 2) Tight turns
- 3) Pivots
- 4) Puck Moves
- 5) Creativity

Be creative / fast hands / fast feet



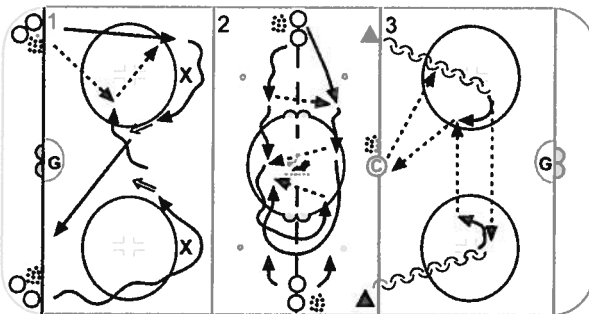
Drill Name & Description
Skills Stations 1

- 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, toes 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

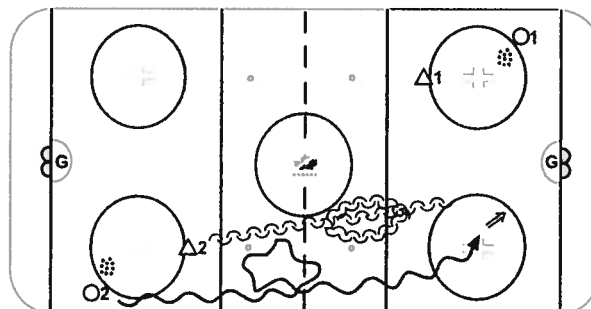
- 1) Butterfly Give and Go**
 Players start in each corner, skate around pylon take a shot on net. Receive pass from opposite corner and one touch it back to passer.
- 2) Agility Nets – Pairs Passing**
 Place 2 nets in centre ice. Players line up on both sides of the ice. On signal players pairs pass 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





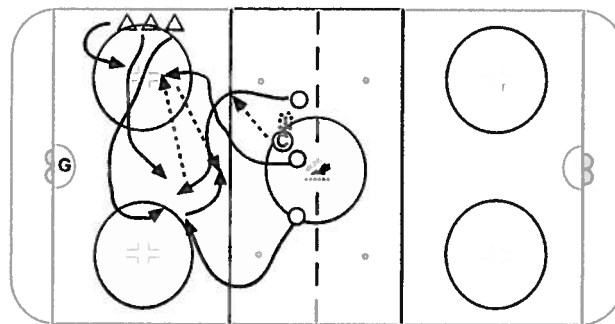
Drill Name & Description
1 on 1 Oiler

- 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

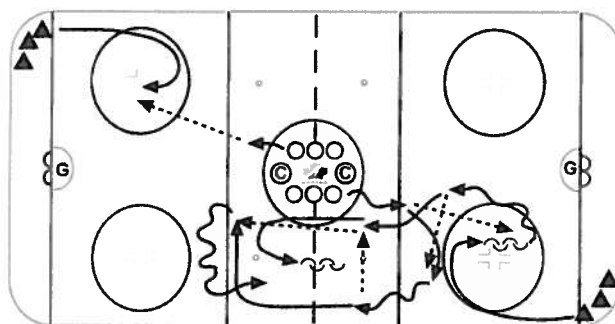
- 1) D on boards at blue line, fwd in 3 lines at centre.
- 2) On signal fwd take off, and D have to react to each of the 3 fwds and take a man
- 3) If play gets broken up right away, coach dumps in new puck to continue.
- 4) Players must battle hard.



Drill Name & Description
Transition Regroup 1 on 1

Both sides at the same time.

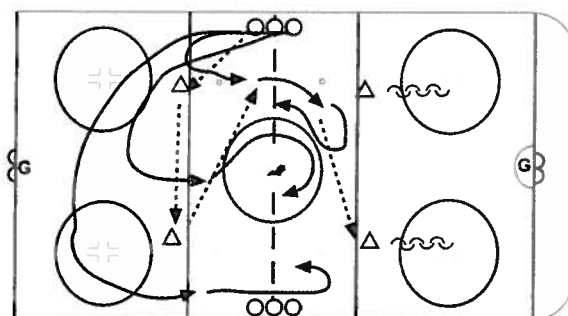
- 1) Forwards start on centre circle / D start in corners
- 2) On whistle D steps up, receives pass from fwd, skates bwd and pivots toward middle of ice
- 3) Fwd skates towards boards to receive return pass from D – sets the puck at the dot and then sprints to stretch to far blue line to receive stretch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





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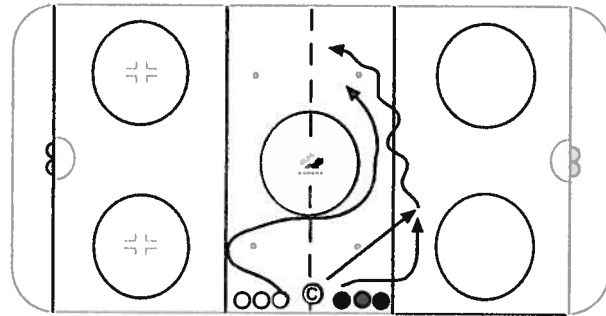
Drill Name & Description

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.

Key Teaching Points

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

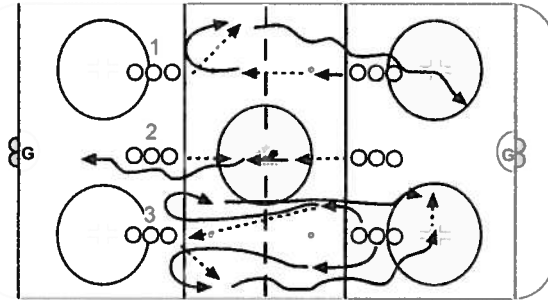




Practice 4

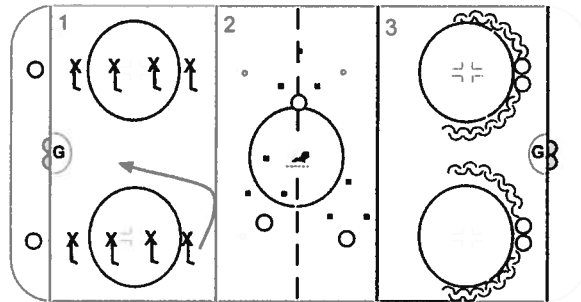
Drill Name & Description
Spokane Warm Up

- 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.



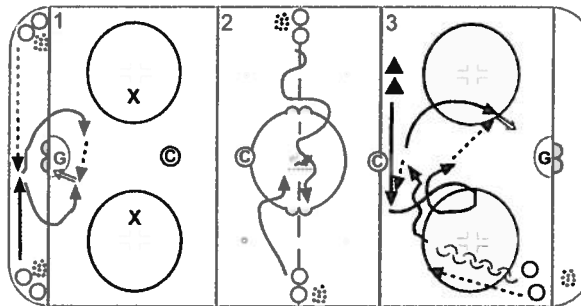
Drill Name & Description
Skills Stations 1

- 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 fwrds to hashmarks, back to bottom of circle, fwd to top of circle and bwd 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 bwrds gets pass from corner, skates towards middle of ice, drops puck to other D skating towards middle of ice, who then moves towards the net, delays then passes to the original D going to the net for a shot.



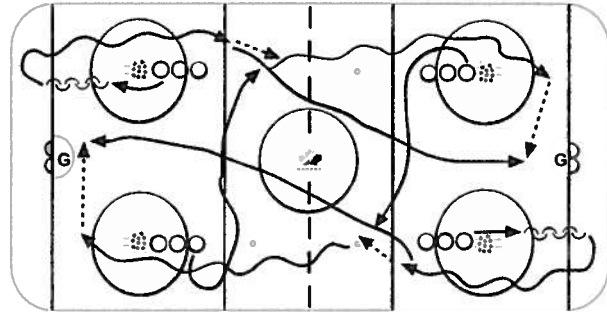


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Drill Name & Description

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.



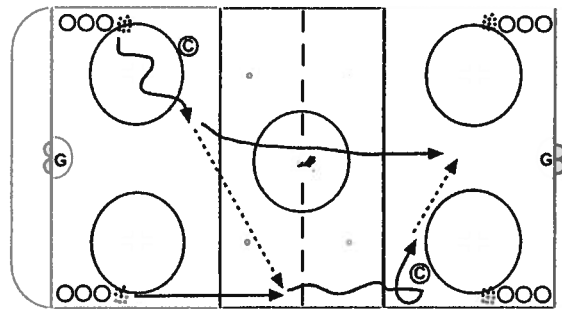
Drill Name & Description

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.



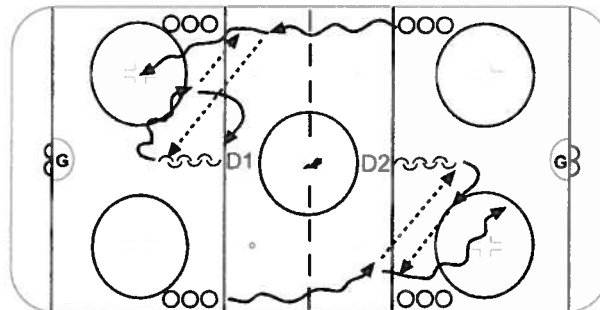
Drill Name & Description

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.



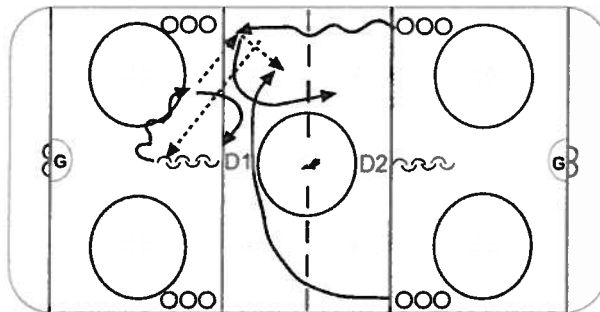
Drill Name & Description

NZ Up - 2 on 1

- 1) Same as above except 2 fwsd 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.





High Performance Haute Performance

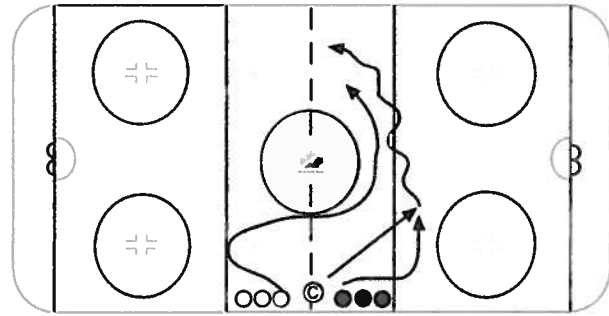
Drill Name & Description

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.



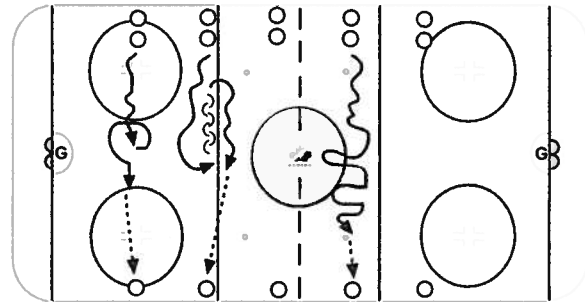


Practice 5

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

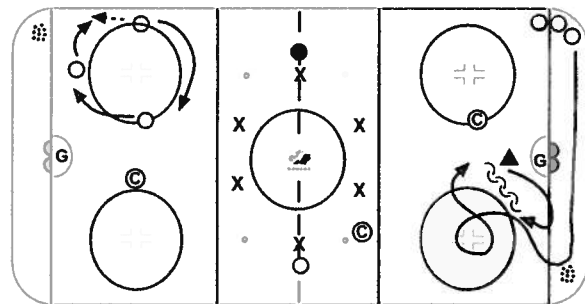
- 1) Transition skating
- 2) Tight turns
- 3) Pivots
- 4) Puck Moves
- 5) Creativity

Be creative, encourage deception



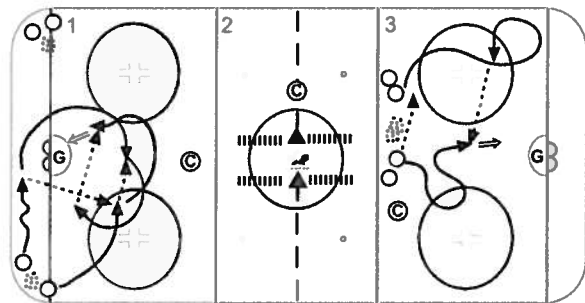
Drill Name & Description
Skills Stations 1

- 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





High Performance Haute Performance

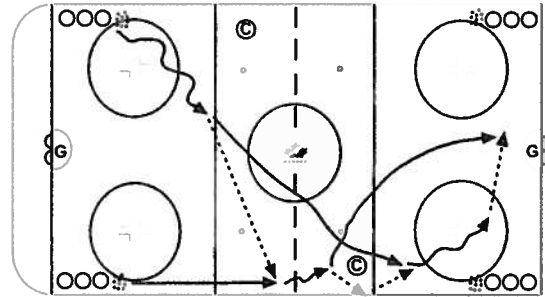
Drill Name & Description

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.



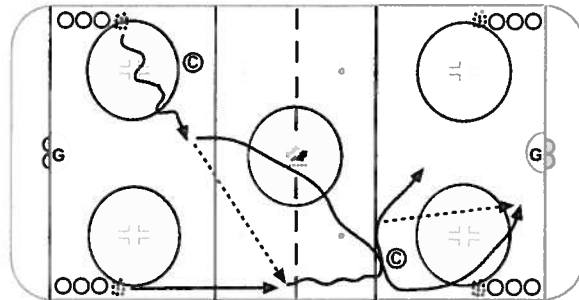
Drill Name & Description

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.



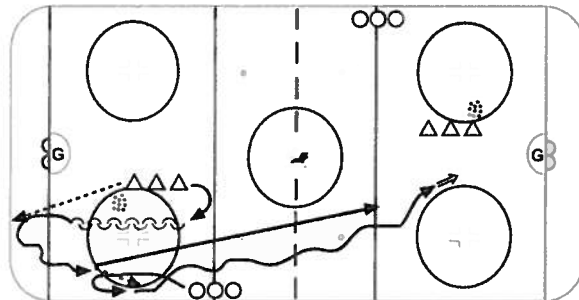
Drill Name & Description

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.



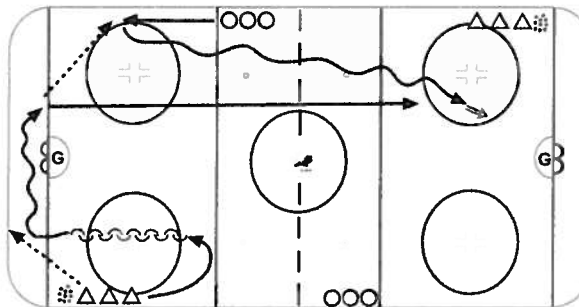
Drill Name & Description

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



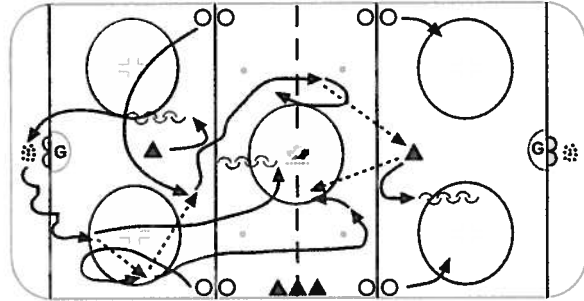


High Performance Haute Performance

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



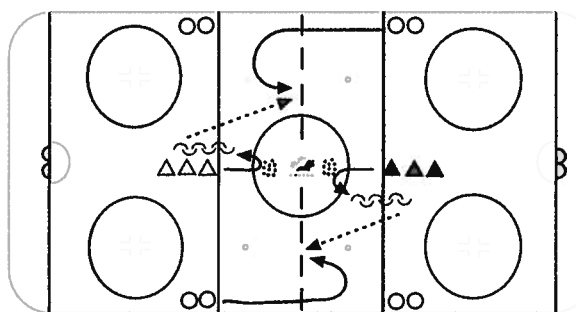


Practice 6

Drill Name & Description
D Man Mobility Warm – Up 1
 Go both ends at same time, Sequence is Pass Left, Pass Right, D Skate

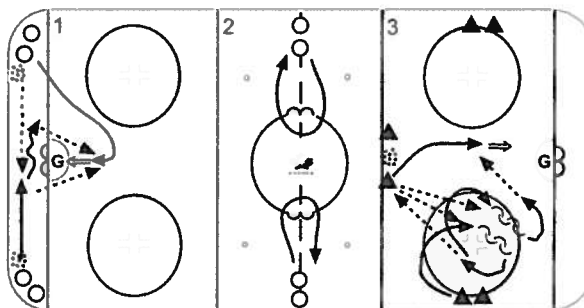
- 1) Players start on 4 corners of Blue lines
- 2) All the pucks are in the center circle.
- 3) D start inside blue line in centre of ice
- 4) D picks up puck, back peddles, F from left side skates down, curls to middle, get pass from D, D then touches up to blue line, skates forward, get another puck, back peddles to blue line and hits F from the right side with pass, touches up to blue line, picks up third puck and goes in for shot on net.

Progression – Split the D side to side, so they alternate retrieving puck and make a D to D pass



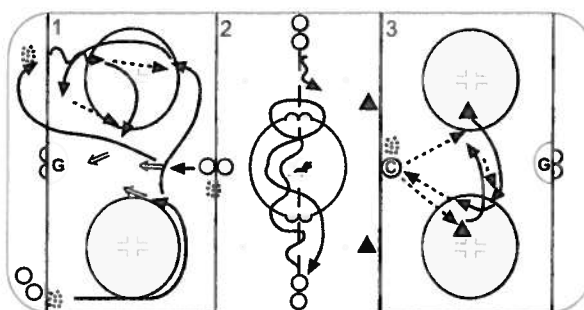
Drill Name & Description
Skills Stations 1

- 1) **Shooting / Scoring – Behind Net Pass Out**
 Player sin opposite corner, pass is made behind net passer heads to net front for pass from behind net near side or far side.
- 2) **Agility Nets – NZ Skating**
 Place 2 nets in the neutral zone, players from each side work on quick, feet pivots etc going around the nets. Add pucks.
- 3) **D Man Mobility – Transition Footwork**
 D start on boards, skate fwd to coach, pivot, skate bwd receive a pass, perform an escape move, skates fwd, passes back to coach gets pass back and spins out the opposite way and receives final pass back from coach and finishes with shot on net.



Drill Name & Description
Skills Stations 2

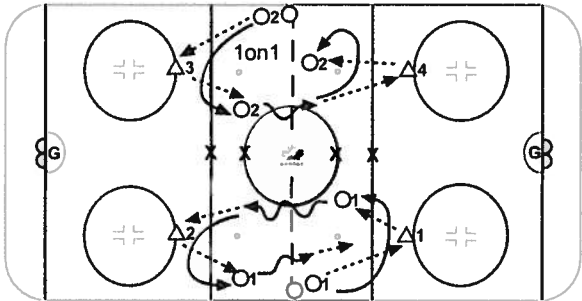
- 1) **Shooting / Scoring – 3 Shot Corner Cycle**
 D start in middle of ice just inside blue line, Fwds in corners. On whistle, D starts play with shot on net, Fwd follows from corner with 2nd shot. D then retrieves puck from corner, skates up ice and drops to Fwd who skates around top of opposite circle after shot. D heads to net to get backdoor pass from fwd. Alternate sides.
- 1) **Agility Nets – NZ Puck Control – Finish With Shot**
 Place 2 nets in neutral zone, players from opposite sides perform various skating/ puck control moves working on quick feet and hands
- 2) **D Man Mobility – Transition Reverse**
 2 D start in zone, D1 receives pass from coach and skates to middle of ice, D2 skates below D1 to get a drop pass (Reverse) then passes back to coach and then start the sequence again. 3 – 4 reps then switch D





Drill Name & Description
1 on 1 Transition

- 1) D Start at top of circles at both ends and on both sides of the ice.
- 2) Fwds on wall at centre
- 3) First fwd passes to D swings across in front of D, opens up gets pass from D, Fwd then skates toward D at other end, gives pass, opens up and gets pass back.
- 4) Fwd then attacks original D 1 on 1. Same sequence then goes the other way, both sides at same time, start in opposite directions.

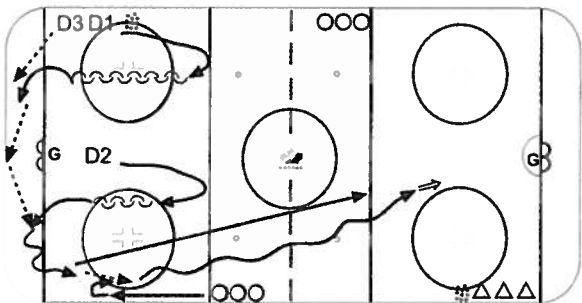


Drill Name & Description
Breakout – Over Progression

- 1) Same drill as above except now 2 D involved for the over.
- 2) D2 joins rush, then goes to hash mark on the wall.
- 3) D1 fills in for D2.
- 4) Drill goes on Coach's command.

Key Teaching Points

- Quick feet, check shoulder, D2 feet pointed up ice to identify outlet, communicate, move puck, move feet.

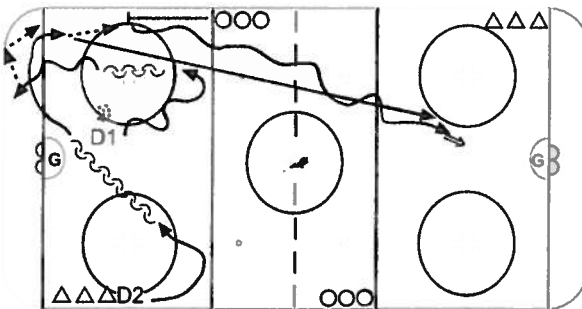


Drill Name & Description
Breakout – Reverse Progression

- 1) D1 spots puck for himself.
- 2) D1 reverses to D2 who moves puck to forward.
- 3) D2 joins play and fills in on middle hash mark.
- 4) D1 reverses puck then joins line on hash marks on the wall.

Key Teaching Points

- Quick feet, protect net front, communicate.

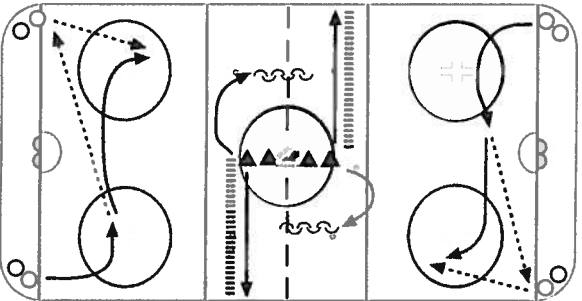


Drill Name & Description
Olympic 1 on 1 / 2 on 1

Forwards in all 4 corners, D at centre ice. On whistle D skates to side boards, touches with stick, lateral crossovers (or bwds) back to centre to play oncoming forward back 1 on 1.

- Defense must move feet quick.
- Forwards must attack with speed.

Turn into 2 on 1 or 2 on 2 from each direction by adding second forward and / or second D.

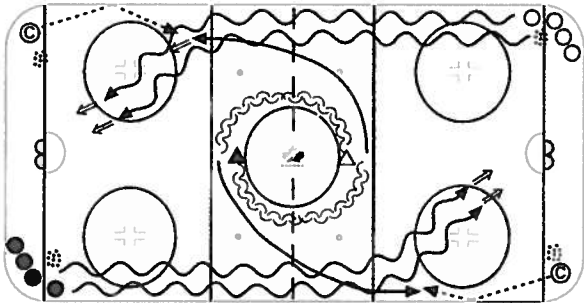




Practice 7

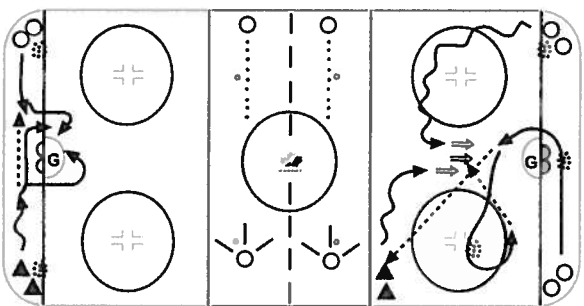
Drill Name & Description
2 on 0 with Point Shot

- 1) Pucks in all 4 corners.
- 2) Forwards in opposite corners.
- 3) Coach in opposite corners.
- 4) On whistle, 2 forwards with pucks skate down the boards, shoot and stay in front of the net.
- 5) At the same time Δ at centre ice pivots forwards and backwards around circle then skates to blue line to receive puck from coach and finishes with a shot on net with forwards screening / deflecting.
- 6) Players from both ends go at the same time on the whistle.



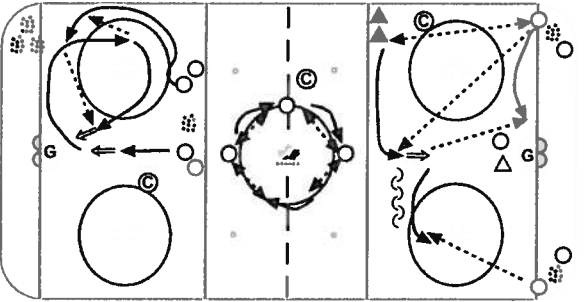
Drill Name & Description
Skills Stations 1

- 1) Shooting / Scoring – Walk Out 1 on 1**
Players in each corner, pass is made behind to opposite side. Person who made the pass is then on Defense and has to try and stop the offensive player. Alternate sides
- 2) Stationary Puck Handling – Puck Dots / Stationary Toe Drags**
Place pucks in a straight line, 12 – 16 inches apart and have players work on quick hands moving the puck in and out of the row of pucks. When done with puck dots, work on stationary toe drags forehand and backhand
- 3) Shooting / Scoring - 3 Shot Quick Release**
Fwds in Corners, D at blue line. F1 skates behind net picks up puck, walks around net and passes to D1 for shot. F2 then leaves out of corner, walks around top of circle for shot on net. F1 then picks up second puck and passes to either F2 or D1 for third shot.



Drill Name & Description
Skills Stations 2

- 1) Shooting / Scoring – Down the Wall Cycle**
2 lines near blue line. Middle line shoots on net, then skates to corner to retrieve puck. Line closest to boards skates down wall, to pick up cycle pass from first forward, who then goes to the net for a return pass.
- 2) 1 Touch Face the Passer**
2 stationary passers on outside of circle. Skaters skate around the circle always facing the passers performing give and go. a) 1 Touch b) double pass c) add second skater
- 3) Shooting / Scoring – Screens and Tips - Shot Pass**
Fwds in corners, D on wall at blue line. Fwd and D play give and go, D then skates to middle of ice, gets pass from F and performs shot pass wide of net so F can come out of corner to deflect. Perform the same from other side.





High Performance Haute Performance

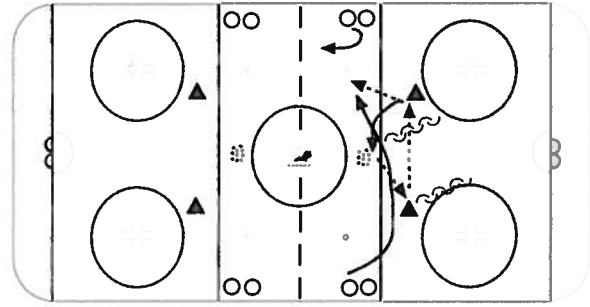
Drill Name & Description

D Man Mobility Warm – Up 2

Go both ends at same time, Sequence is Pass Left, Pass Right, D Skate

- 1) Players start on 4 corners of Blue lines
- 2) All the pucks are in the center circle.
- 3) D start inside blueline in centre of ice
- 4) D picks up puck, backpeddles, F from left side skates down, curls to middle, get pass from D, D then touches up to blue line, skates forward, get another puck, backpeddles to blue line and hits F from the right side with pass, touches up to blueline, picks up third puck and goes in for shot on net.

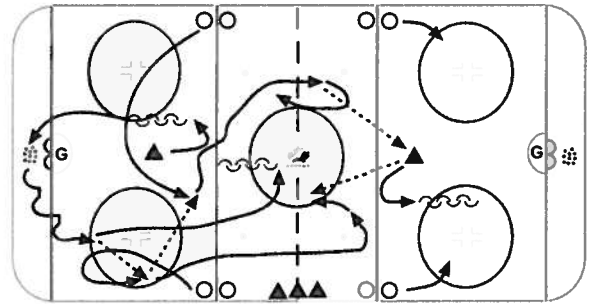
Progression from D Man Mobility 1 – Split the D side to side, so they alternate retrieving puck and make a D to D pass



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.



Drill Name & Description

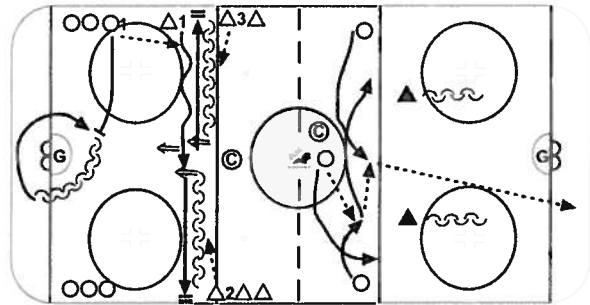
Wheel House Spring and Shoot – 4 x Breakout

A) Wheelhouse Sprint and Shoot

- 1) O1 passes to Δ1.
- 2) Δ1 sprints to mid-ice and shoots with O1 screening or deflecting.
- 3) Δ1 touches the far boards, backwards to center, receives a pass from Δ2 and shoots.
- 4) Δ1 touches the boards again at the starting point, receives a pass from Δ3, moves to the middle and shoots.
- 5) Every time Δ1 touches the boards, O1 goes bwd to fwd around the net and gets ready for a deflection or screen.

B) 4 x Breakout

- 1) Breakout 4 times end with 3 on 2
- 2) Quick up – Wheel – Over – Reverse.
- 3) Coach dumps puck in, D retrieve and breakout with fwds, re-group with pass to coach who dumps puck in again



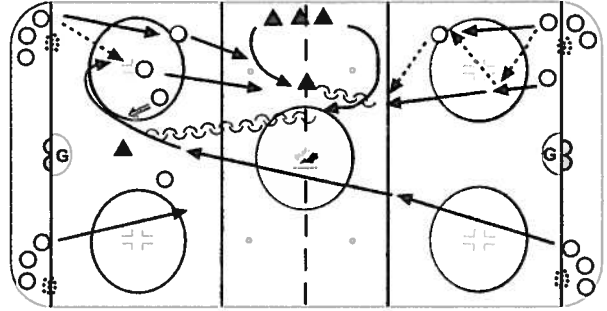


High Performance Haute Performance

Drill Name & Description

Full Ice Backcheck

- 1) Forwards in all 4 Corners, D at red line
- 2) 2 or 3 forwards start passing to each other, D jumps out from centre line to play 3 on 1.
- 3) Backchecker waits until the 2 or 3 fws get to ringette, then back checks. Once backchecker gets to far end they then go to whichever corner is calling the loudest and goes back down 2 or 3 on 1.



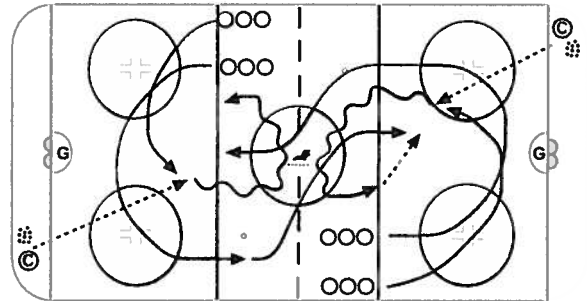


Practice 8

Drill Name & Description

Warm – Up with Support - A

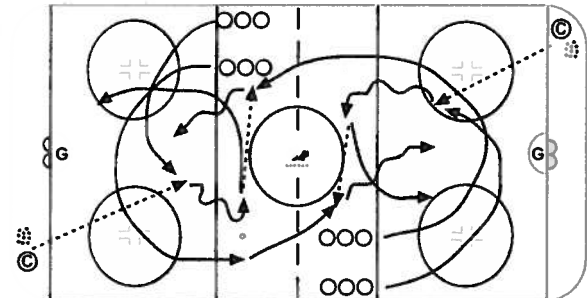
- 1) Players form 2 lines at the bluelines on opposite sides of the rink. Coaches in corners with pucks at opposite ends of the rink
- 2) On whistle, first 2 players from each line skate toward the coach. Coach passes to player on the inside who receives pass, then regroups to attack net at same end 2 on 0 with player from opposite end who didn't receive pass.
- 3) Player on outside who does not receive pass, must time the skating route to attack 2 on 0.
- 4) Call for passes, stop at net after shot, go on the whistle.



Drill Name & Description

Warm – Up with Support - B

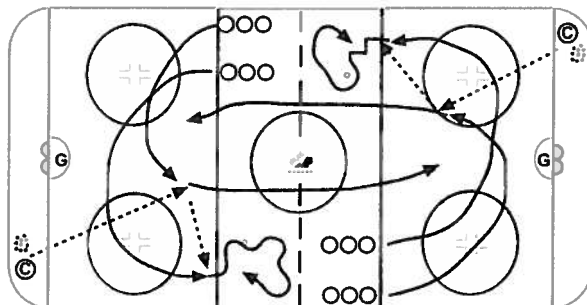
- 1) Players form 2 lines at the bluelines on opposite sides of the rink. Coaches in corners with pucks at opposite ends of the rink
- 2) On whistle, first two players from each line skate towards coach. Coach passes to player on the inside who receives pass, and immediately passes to player coming from the other end who should get puck in full stride. Attack the net 2 on 0.
- 3) Player on outside who does not receive pass, must time the skating route to attack 2 on 0.
- 4) Call for passes, stop at net after shot, go on the whistle.



Drill Name & Description

Warm – Up with Support - C

- 1) Players form 2 lines at the bluelines on opposite sides of the rink. Coaches in corners with pucks at opposite ends of the rink
- 2) Coach passes to player on the inside, who then passes to player on the outside.
- 3) Player on the outside then delays, regroups and attacks the net 2 on 0 with player from other end.
- 4) Call for passes, stop at net after shot, go on the whistle.





Drill Name & Description

Skills Stations

1) Shooting / Scoring – Double Shot Corner Drop

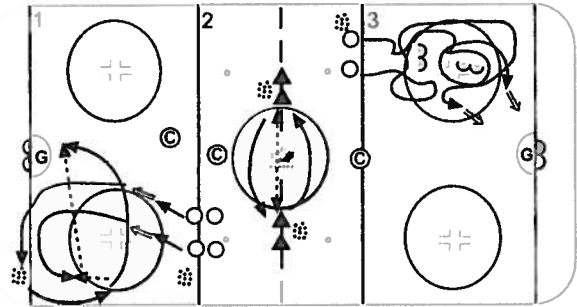
Start with two lines at the blue line – each player goes in and shoots. First player skates to corner to retrieve puck. Second player supports, receives a drop pass from the first player who then heads to the net to get a pass back door. Do from both sides

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 – End Zone 1 on 0

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



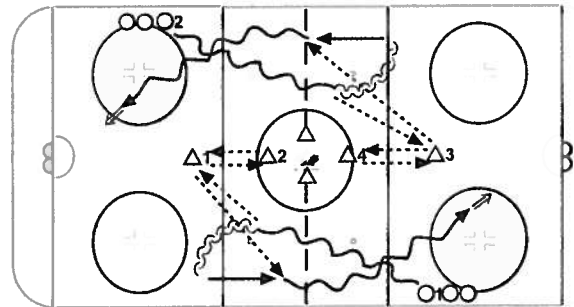
Drill Name & Description

Plunger 1 Touch and Up - A

- 1) O1 passes to Δ1 and skates toward the far blueline pivoting backward to forward, keeping eye contact with Δ1.
- 2) Δ1 passes to Δ2 then back to Δ1.
- 3) Δ1 passes to O1 who uses an open pivot to receive the pass up the boards.
- 4) O2 goes at the same time passing to Δ3.

Key Teaching Points

- Pass with feet moving
- Call for the puck
- Stop at net after shot



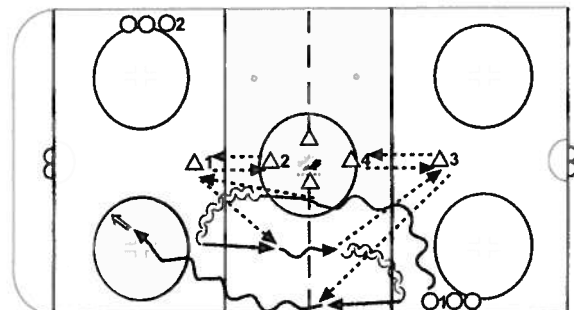
Drill Name & Description

Plunger 1 Touch and Up - B

- 1) O1 passes to Δ1 and skates toward the far blueline pivoting backward to forward, keeping eye contact with Δ1.
- 2) Δ1 passes to Δ2 then back to Δ1.
- 3) Δ1 passes to O1 who uses an open pivot to receive the pass up the boards. O1 then skates toward Δ3 makes a pass, opens up, receives return pass and then skates for opposite net for shot.
- 4) O2 performs the same pattern on the opposite side

Key Teaching Points:

- Eye on the passer.
- Use open Mohawk pivoting technique to present a good target or a tight turn with head on a swivel.
- Encourage one-touch passing between defensemen while their feet are moving. Accelerate into the pass.

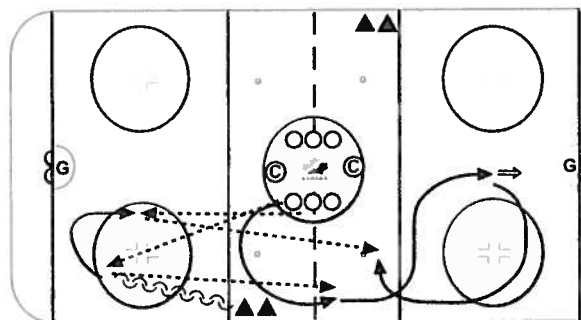




Drill Name & Description

NZ Double Stretch

- 1) Fwds in the centre circle, D on the wall at opposite bluelines.
- 2) Drill starts, on whistle, with D skating bwds off of boards back towards end dot.
- 3) Fwd hits D with pass, then curls up ice to receive stretch pass. D must get feet going up ice before making pass. Fwd goes in for shot.
- 4) 2nd fwd in line then hits D with 2nd pass who must transition back toward own end and then move up ice to hit original fwd with 2nd stretch pass. D follow pass up ice for rebound



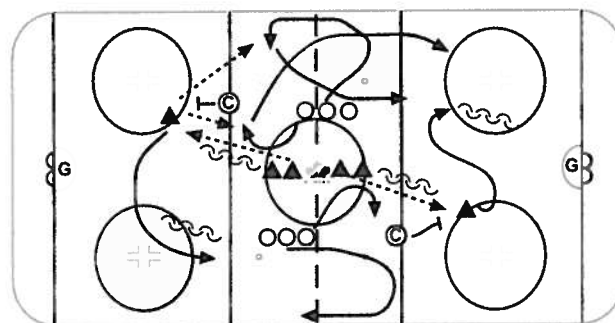
Drill Name & Description

NZ Regroup 2 on 1 – With Pressure

- 1) First D releases and gets pass from next D in line
- 2) F1 releases and stretches as far as possible staying on side
- 3) F2 supports low in the middle
- 4) Depending on Coaches position D passes to F1 or F2
- 5) First option is F1

Key Points

- D stay off boards to provide an angle for indirect pass
- F1 stay about stick length off boards to protect puck
- F2 save ice for support through middle and go with speed on stretch pass



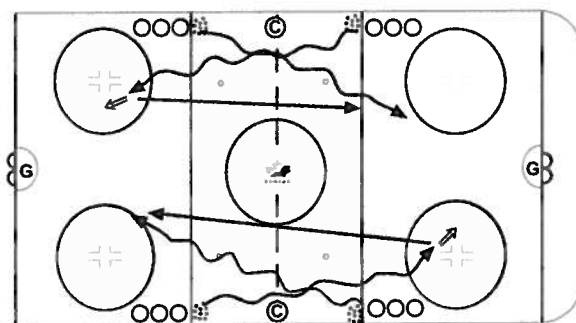
Drill Name & Description

Tracking

- 1) O1 and O3 leave at same time, drive wide and shoot.
- 2) They recover with 5 hard strides to track thru middle and put backside pressure on O2 and O4 respectively.
- 3) Drill moves from end to end continuously

Key Teaching Points

- Recover on transition with 5 hard driving strides.
- Track back between dots.
- Stick on ice.



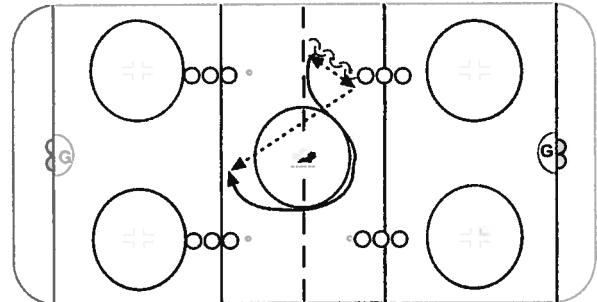


Practice 9

Drill Name & Description

NZ Support Warm – Up (A)

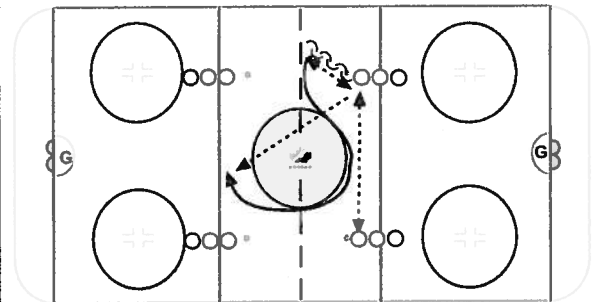
- 1) Line up at each of the 4 dots in the neutral zone
- 2) On whistle, first person in line from opposite corners back peddles, receives pass from next person in line, then 1 touches it back.
- 3) Original skater then skates around bottom of circle towards far blue line to receive pass.
- 4) On whistle skaters from opposite dots go.



Drill Name & Description

NZ Support Warm – Up (B)

- 1) Line up at each of the 4 dots in the neutral zone
- 2) On whistle, first person in line from opposite corners backpeddles, receives pass from next person in line, then 1 touches it back.
- 3) Person in line then passes along blueline to first person in adjacent line, who then gives it back.
- 4) Original person skates across ice, below the centre circle, and cuts into the middle of the ice to receive pass from the original line in which they started. Accelerate once pass is received and go for shot on net.



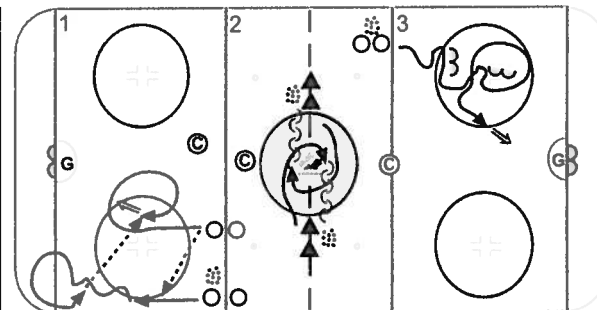
Drill Name & Description

Skills Stations 1

1) Shooting / Scoring – Delay 1 Timer
Two lines just inside blueline. Player closest to middle of ice, passes to player along wall who drives hard to corner with puck. Delays and then passes to player in middle for 1 timer. Inside player may have to delay as well to get in best shooting angle. Change sides

2) Pairs Agility
D faces each other in neutral zone. Skate toward each other, pivot around each other and return to original place. Next rep, do the same except pivot opposite directions. Add 1 puck / then add pass / then add 2 pucks / 2 passes.

3) Agility Nets – End Zone 1 on 0
Place two nets in corner as shown. Start with 1 player performing various moves around net to go in for shot. Add second player each with 1 puck, then 2 players 1 puck for give and go's.





Drill Name & Description

Skills Stations 2

1) Screens and Tips

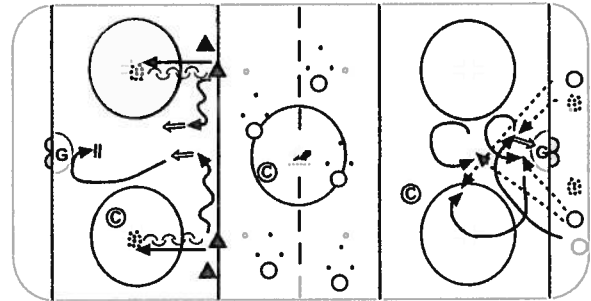
Pucks on dots in end zone circles. D lines up at blue line. On whistle, D skate up to dot, pick up a puck, backpeddle to blue line, and either drag across blue line or sprint to middle for shot on net. After shot, follow to net for rebound, and or tip for player from other side doing same thing. Switch sides for each shot.

2) 3 Puck Stickhandle

Place 3 pucks in a triangle, stickhandle 4th puck in and around the 3 stationary pucks keeping feet stationary. Progress to skating in and around pucks while stickhandling

3) Shooting – 4 Shot Drill

Place a passer on each side of the net, below the goal line. Shooter can start from either side and skates to slot for pass from either side. Skater must get 2 passes from each side, for a total of 4 shots. Must keep feet moving and always face the passers. Can add defender to make more difficult



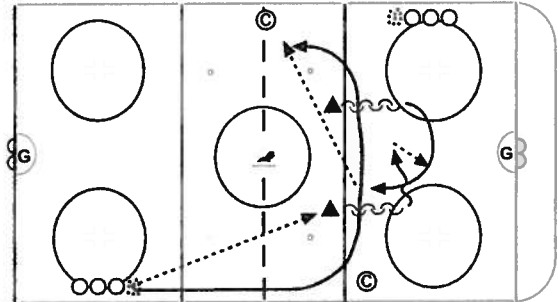
Drill Name & Description

NZ D to D Reverse

- 1) Drill begins out of opposite corners, carries puck to 1st blue line and moves it to D1 who back peddles and carries puck across as if to draw an opposing player.
- 2) D2 supports below and moves toward middle receiving pass from D1.
- 3) D2 steps up and passes to O who has skated across ice, O then goes down for a shot.
- 4) D2 support from below puck.

Key Teaching Points

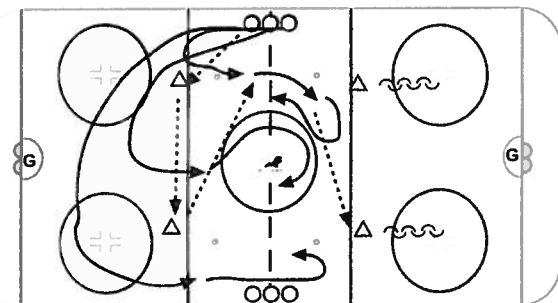
- Protect puck and draw coverage.
- D2 communicate, receive pass, step up.



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





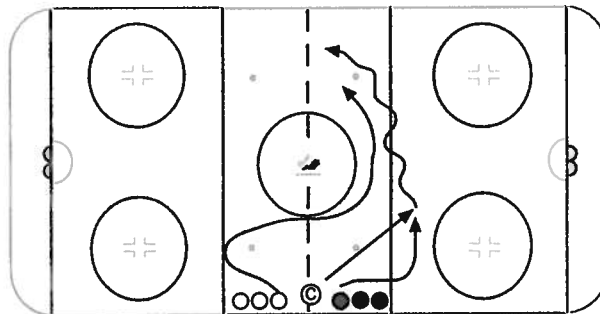
Drill Name & Description

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 blue line and closes the gap to angle outside.
- 5) As soon as first two players get past centre, Coach spots puck to other side
- 6) Repeat – can add 2nd player from each side to go 2 on 2

Key Teaching Points

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



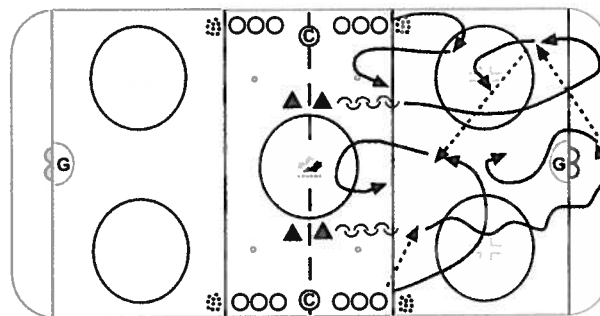
Drill Name & Description

Montreal 2 on 1 / 3 on 2

- 1) Fwds on wall at blueline, D in middle of ice at centre red line.
- 2) D backpeddles towards own zone, Fwd passes puck to D who goes behind own net makes breakout pass to 1 of 2 forwards who then regroup to attack 2 on 1.
- 3) Add 2nd D and 3rd fwd to make 3 on 2.
- 4) Both ends at same time

Key Teaching Points

- Communication and good support on breakout.
- Crisp outlet passes / timing on regroup
- Low support



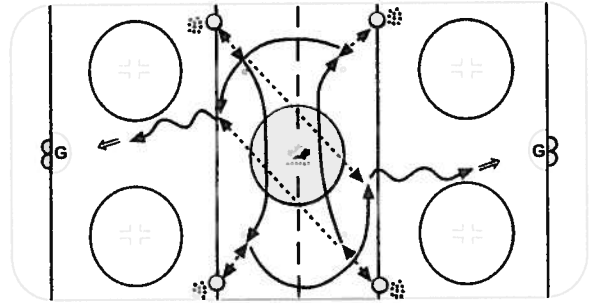


Practice 10

Drill Name & Description

Czech Passing

- 1) Players divide at the blue line in 4 groups along the boards.
- 2) Opposite sides go at the same time.
- 3) Player begins backwards facing his line.
- 4) He receives a pass then gives it back, he pivots then skates towards the next line straight across from him.
- 5) He receives a pass from that line then gives it back.
- 6) Player now skates straight down the boards and then cuts right across the blueline and receives a stretch pass from his original line that he started at. Skate in on net for shot. Stop at net after shot
- 7) Opposite sides go on next whistle.



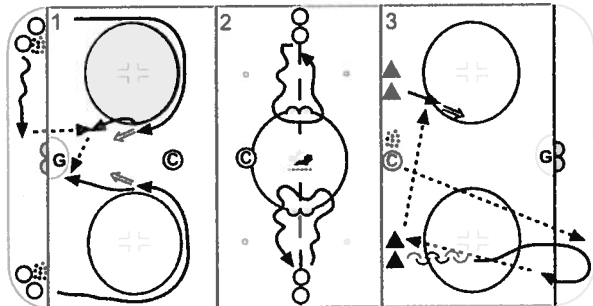
Drill Name & Description

Skills Stations 1

1) Shooting / Scoring – Double Corner Walk Out
Players in opposite corners with pucks. On whistle player from top corner skates around top of circle and shoots in stride. When player gets to top of circle, player from opposite corner skates around top of circle and shoots in stride. As soon as shot is taken, second player from original corner skates behind net, passes to either player in front of net.

2) Agility Nets – NZ Puck Control - Freestyle
Place 2 nets on both sides of the centre circle. Players line up on boards on opposite sides. On whistle, first player from each line skates around nets performing various skating moves. Add pucks and / or second player as progression

3) D Man Mobility – D to D 1 Timer
D line up just inside blue line. Coach dumps puck into corner, D retrieves, passes back to second D in line who then passes D to D for shot on net. Original player go to net for tip or rebound.





Drill Name & Description

Skills Stations 2

1) D Man Mobility – D Activate

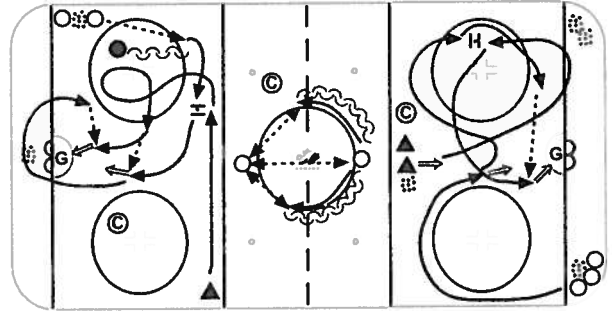
Players in corner with pucks. D just inside blueline on far side. On whistle, 1st fwd from corner, skates bwd and receives pass from 2nd player in line. D skates across blueline, receives drop pass from 1st fwd. 1st fwd moves toward the net, while D delays and then makes a backdoor pass to 1st fwd. After shot, 1st fwd skates behind net, picks up a puck and passes to D for 2nd shot

2) 1 Touch Pass and Move

One skater at top of circle, acts as passer. Skater starts at bottom of circle. On whistle, skater must skate to either side of the circle pass to receiver, get puck back and then skate to bottom of circle, pass / receive and then to opposite side and pass / receive

3) Shooting / Scoring – 3 Shot Corner Cycle

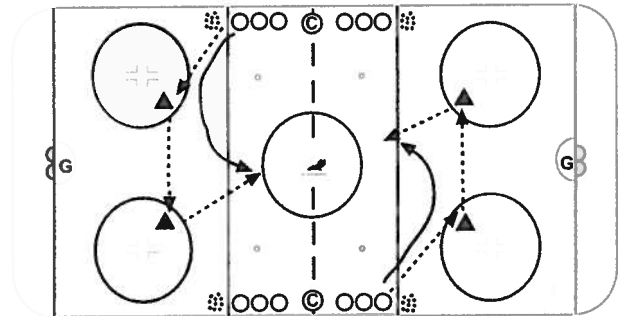
D start in middle of ice just inside blueline, Fwds in corners. On whistle, D starts play with shot on net, Fwd follows from corner with 2nd shot. D then retrieves puck from corner, skates up ice and drops to Fwd who skates around top of opposite circle after shot. D heads to net to get backdoor pass from fwd. Alternate sides.



Drill Name & Description

D to D Timing 1 on 0

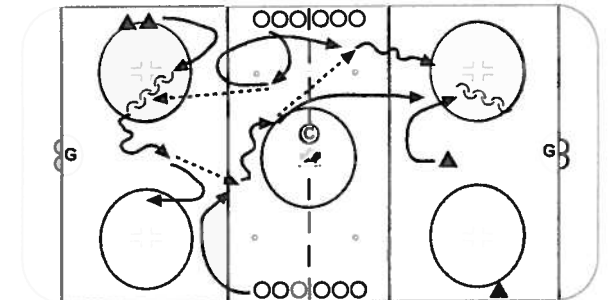
- 1) Fwds on each of the 4 blue lines along boards. 2 D in middle of the ice near top of circles.
- 2) On whistle, fwd from opposite sides, both pass pucks to near side D. D then makes D to D pass, and fwd times skating pattern to receive pass from far side D in full stride to go in for shot. Stop at net after shot.
- 3) Alternate sides on each whistle. D can go Double D to D for progression.



Drill Name & Description

Transition Stretch Pass 1 on 1

- 1) Run out of both ends at the same time. D on boards by hash marks, forwards on both sides of centre ice.
- 2) D skates out from boards, transitions backwards and receives pass from first fwd in line who then control skates and heads toward far blue line. Fwd from far side comes across for outlet pass to centre and quickly passes up to far fwd.
- 3) D then plays 2 on 1 from the other end. Coach can add resistance to D making the pass.



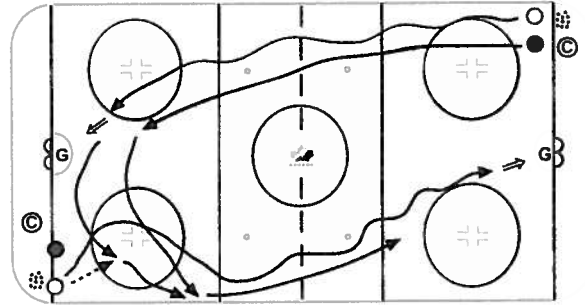


High Performance Haute Performance

Drill Name & Description

Tracking with Support

- 1) Players in opposite ends in corners
- 2) Player 1 with puck skates to far end, player 2 backchecks
- 3) After shot, player 1 gets pass from corner, player 2 pinches player 1 off on wall
- 4) Passer from corner follows play and gets loose puck and goes down to far end for shot. Backchecker follows.
- 5) Keep sequence going continuously





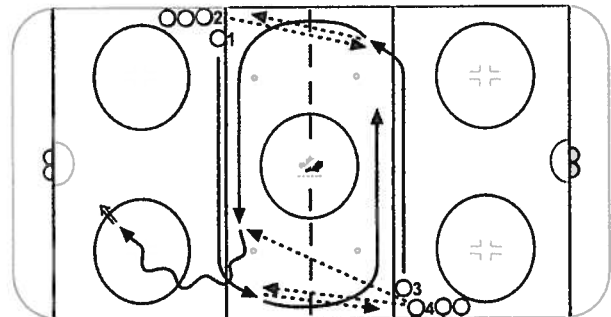
Practice 11

Drill Name & Description
Greyhound

- 1) O1 and O3 skate wide across the blueline.
- 2) O2 passes to O3 and O3 returns the pass.
- 3) O4 passes to O1 and O1 returns the pass.
- 4) O1 and O3 stay wide then accelerate into mid-ice for a pass from their original line (O4 to O3; O2 to O1).
- 5) Drive wide for a shot.

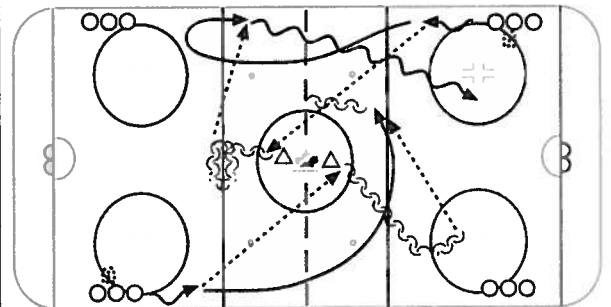
Key Points:

- One-touch passing.
- Show a target while moving to mid-ice.
- Skaters must save their ice and look back to their original line before accelerating with timing to receive the final pass.
- The passer must lead the receiver with the pass.



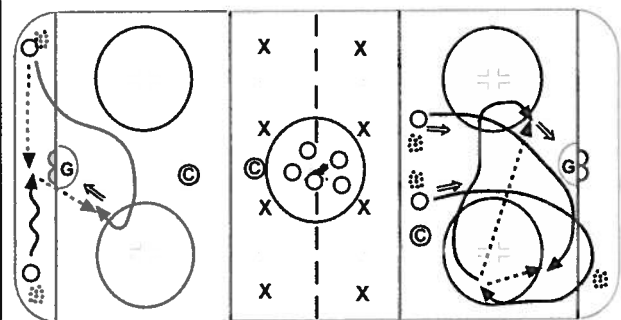
Drill Name & Description
NZ Up and Wheel

- 1) Fwds on the wall at the hash marks in both ends. D in the centre circle.
- 2) Progression 1 – On whistle, Fwd skates with puck towards D who starts skating bwds, makes pass, D transitions fwds and makes pass to Fwd who turns towards wall and then skates in for shot on net.
- 3) Progression 2 – Fwd make pass to stationary D right away, D skates bwd with puck to own ends saving ice until Fwd is open to pick up miss in full stride in middle of the ice.
- 4) Stop at net after shot. Both sides go at same time, can have D turn and play 1 on 1 coming from the other end.



Drill Name & Description
Skills Stations 1

- 1) **Shooting / Scoring – Behind The Net Pass Out**
Players in opposite corners with pucks. On whistle, both players skates towards the back of net, player with puck, makes pass, then moves to net front. Other player then has to make pass from behind net.
- 2) **Puckcontrol Agility**
Place pylons in a straight line as shown. Players get pucks and randomly make moves around each pylon. Encourage, quickness, agility and deception
- 3) **Shooting / Scoring – Double Shot Corner Drop**
2 lines in middle of ice, just inside blueline. Each player goes in for shot on net, player closest to boards, skates to corner, picks up a puck, and drops it to the 2nd player who follows for support. 2nd player then passes to first player for a backdoor play

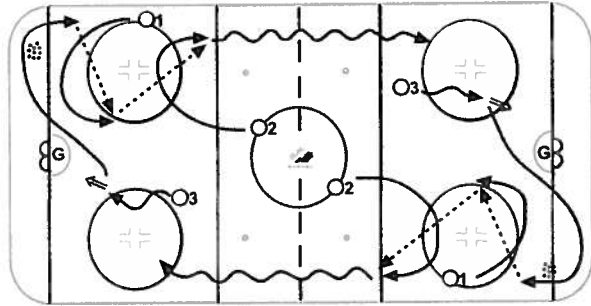




Drill Name & Description

Ladder Drill

- 1) 1 shooter at each clue line ready to go in and shoot on net.
- 2) O1 at hash mark at opposite ends.
- 3) O2 at bottom of center ice circle on both sides.
- 4) Shooter goes in and shoots on net then goes to corner to pick up puck.
- 5) O1 times his skate and curls to mid ice for a pass from the shooter.
- 6) O2 is also timing his skate and is coming down to top of circle and curling towards the boards for a pass from O1.
- 7) Both ends at the same time.

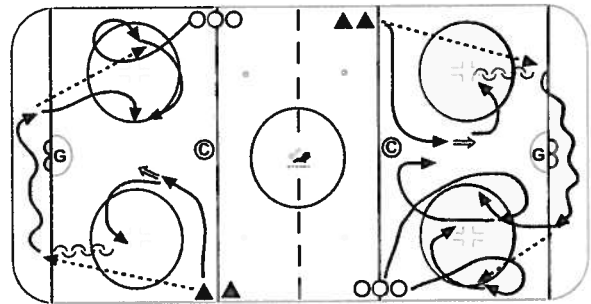


Drill Name & Description

D Shot 1 on 1 / D Shot 2 on 1

Both sides at the same time.

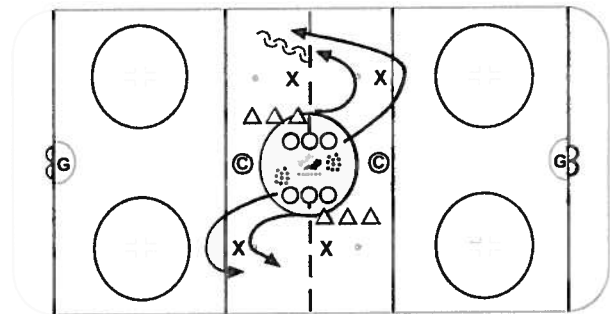
- 1) Forwards start on centre circle / D start in corners
- 2) On whistle D step up, receive pass from fwd, skates to boards for flat pass, in good support position. D receives pass, saves ice to give fwd time to get in position.
- 3) Steps up passes to forward and follows play up ice, and then receives return pass from fwd who 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

1 on 1 Angling

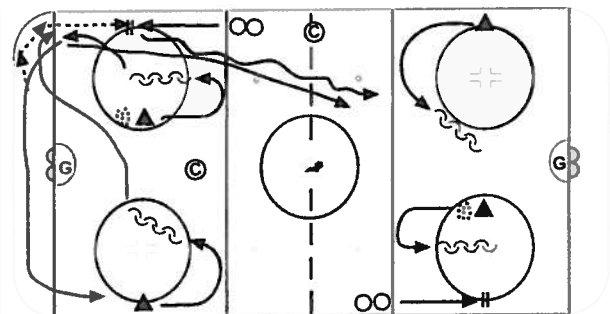
- 1) D starts with shot on net, goalie spots puck to corner, D then breaks out 2 on 1, fwds regroup to far D, come back towards original end, regroup with original D and then attack 2 on 1.
- 2) Go both sides at the same time. Can also add shot from D man to end sequence with fwds in front of the net.



Drill Name & Description

Corner Reverse D Man Rush

- 1) Fwds on wall at blue line on opposite sides and ends. D on wall at hashmarks on opposite sides and ends.
- 2) First D starts with puck, skates towards corner then wheels behind the net. D from far side skates in front of net, calls for the reverse, receives pass, then passes to fwd who skates down wall to get outlet pass.
- 3) Fwd then skates towards far end with D trailing play.
- 4) Both ends at the same time.



Practice 12

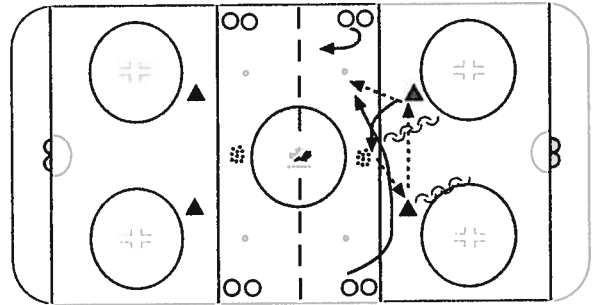
Drill Name & Description

D Man Mobility Warm – Up 2

Go both ends at same time, Sequence is Pass Left, Pass Right, D Skate

- 1) Players start on 4 corners of Blue lines
- 2) All the pucks are in the center circle.
- 3) D start inside blueline in centre of ice
- 4) D picks up puck, backpeddles, F from left side skates down, curls to middle, get pass from D, D then touches up to blue line, skates forward, get another puck, backpeddles to blue line and hits F from the right side with pass, touches up to blueline, picks up third puck and goes in for shot on net.

Progression from D Man Mobility 1 – Split the D side to side, so they alternate retrieving puck and make a D to D pass



Drill Name & Description

Skills Stations

1) Shooting / Scoring – 3 Shot Screen

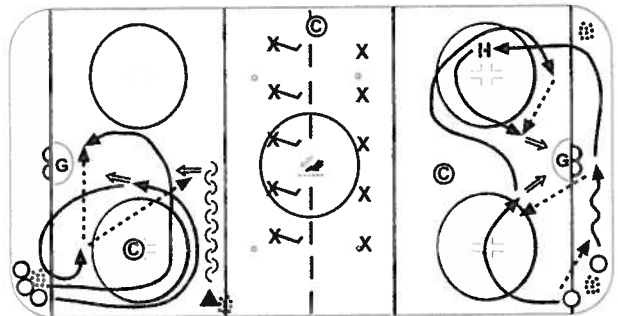
Fwds in corner with puck – D along boards at blueline with pucks. Fwd skates along top of circle, takes shot on net – stays net front. D walks along blueline and shoots when in the middle of the ice. 2nd fwd leaves corner and goes to net front, 1st forward leaves net front, picks up second puck and passes to either the fwd in net front of to D at point.

2) Puckhandling – Agility Sticks

Place pylons or sticks on pylons in NZ and have the players work on quick hands / moves / deception

3) Shooting / Scoring – 3 Shot Corner Cycle

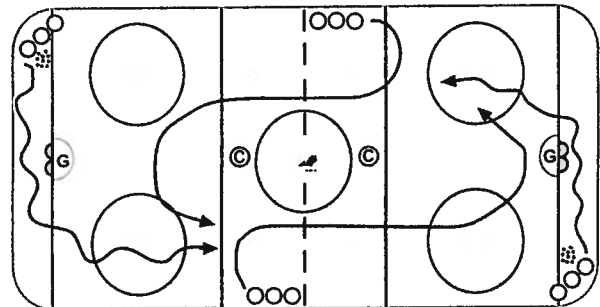
All fwds in same corner, pucks in both corners. 1st fwd walks up wall with puck, passes down low to 2nd fwd who skates behind net can pass out short side or carry around and pass from far side. After 1st shot, low fwd picks up puck from far corner, walks up wall and drops puck to 1st fwd who slides over to support then receives pass back for 2nd shot on net.



Drill Name & Description

1 Man Forecheck

- 1) Players in corner with pucks and players on the same side boards at far blueline. Same thing on other side.
- 2) On whistle, skater from corner takes off with puck around net and tries to get to far end for shot on net.
- 3) Skater from blueline, must angle puck carrier in open ice and force wide to prevent scoring chance.
- 4) If defender gets puck, then try to score original offensive player then has to defend.

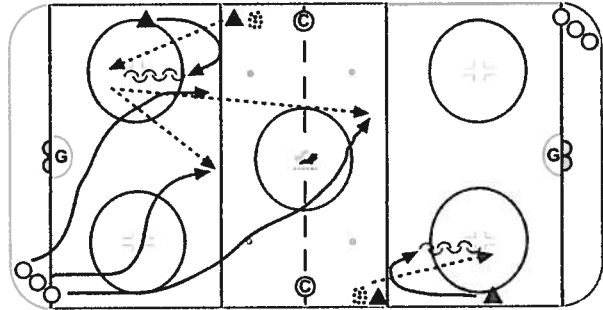




Drill Name & Description

D Transition – 3 Man Rush

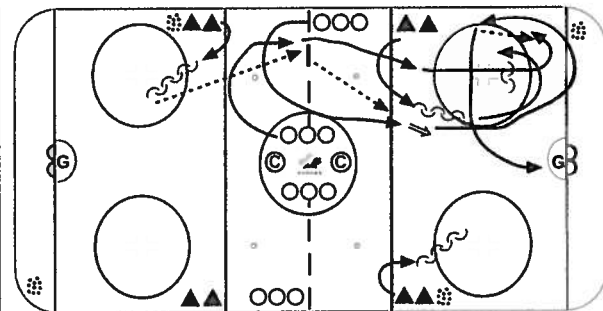
- 1) D starts on hash marks, tags up to blue line and then transitions backwards to receive pass from D on blue line.
- 2) 3 fwds from same end, opposite corner then take off filling lanes to get pass from original D.
- 3) Both ends go at same time. After D make breakout pass, join rush up ice, pivot and retreat to play 3 on 1 from other end.
- 4) Fwds stay on same half of ice until red line, then spread out.



Drill Name & Description

Neutral Zone Support – D Follow

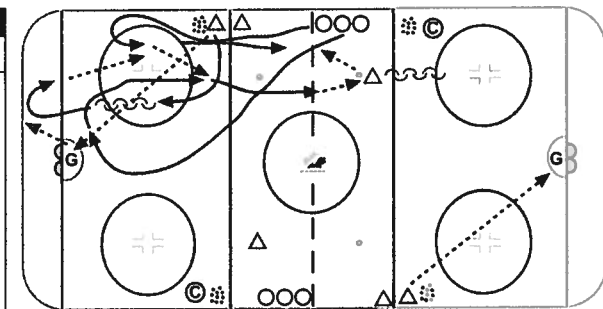
- 1) D on wall at blue lines. Fwds make 2 lines – 1 at centre ice, other on the wall at centre red line.
- 2) On whistle, D carries puck, tag up at blueline, then skates to middle to pass to one of the fwds.
- 3) Fwd from middle, swings towards wall, wall fwd stretches to far blue line. D passes to wall side fwd who then 1 touches it to stretch fwd to go in 2 on 1 against D from far blue line who jumps in to play the 2 on 1. Offensive D follows up play into offensive zone.
- 4) After original shot, 1 fwd skates to corner to pick up 2nd puck, 2nd fwd follows for cycle play who can then pass back to original fwd that is going to the net, or hit trailing D with pass for shot on net.



Drill Name & Description

Double Regroup

- 1) D starts with shot on net, goalie spots puck to corner, D then breaks out 2 on 1, fwds regroup to far D, come back towards original end, regroup with original D and then attack 2 on 1.
- 2) Go both sides at the same time.
- 3) Can also add shot from D man to end sequence with fwds in front of the net.





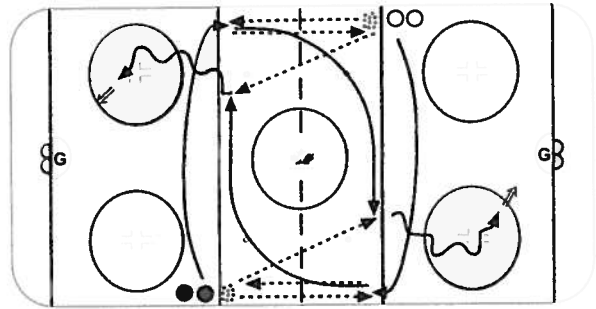
Practice 13

Drill Name & Description
Quick Hit Warm Up

- 1) Player O1 pivots to backwards and receives a pass from the next player in line.
- 2) Player O1 immediately one-touches puck back to passer.
- 3) Player O1 then pivots to forward and receives 2nd puck from ● 1 on opposite side.
- 4) Player O1 takes long warm-up shot on goal.
- 5) As soon as 2nd pass is initiated, player ● 1 on opposite side pivots to backwards and repeats the drill from the opposite side.

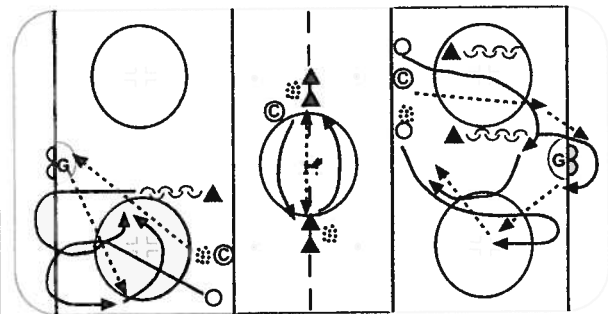
Key Teaching Points

- Rapid puck movement, soft hands, every contact before making returns pass, face the puck – be an option.



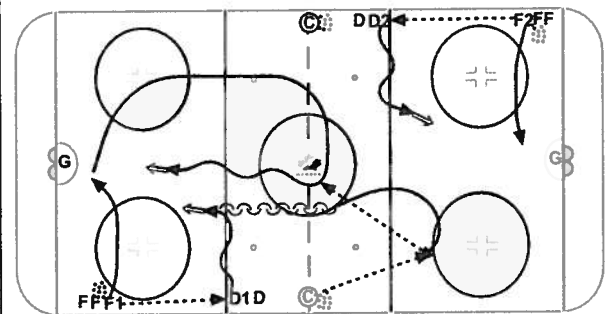
Drill Name & Description
Skills Stations

- 1) **Goalie Outlet 1 on 1**
 Coach shoots puck on goal. Fwd along wall, swings down low to receive outlet pass from goalie. D retreats to play 1 on 1 from fwd who regroups after outlet pass.
- 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) **2 on 2 Goalie Set Puck**
 Coach sets puck behind net for D to retrieve puck and make outlet pass to one of the 2 fws. Fws regroup and attack 2 on 2



Drill Name & Description
Penetrating Pass

- 1) On coaches whistle F1 passes to D1 who slides along blue line and shoots on goal. F1 goes to net for a screen or tip.
- 2) F1 then skates out side zone, while D backpeddles, opens up and receives pass from coach as he skates forward, and hits F1 with pass up the middle.
- 3) Run out of both ends at the same time.

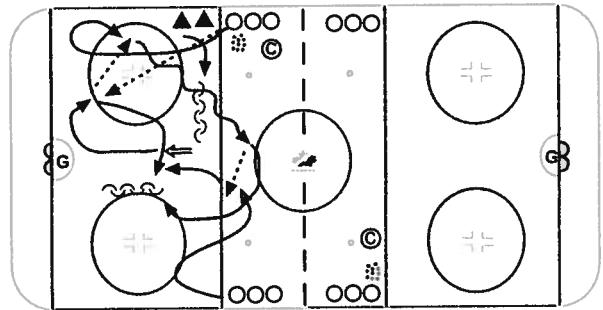




Drill Name & Description

Half Ice Regroup – 2 on 1

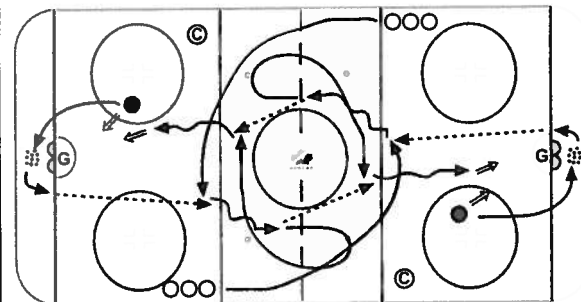
- 1) D on the wall just inside the blue line. Fwds on wall just outside blue line on both sides of the ice.
- 2) D starts by skating to middle of the ice and takes shot on net. After shot, D skates toward bottom of circle and get pass from 1st fwd in line, D return pass to fwd who skates down wall to anchor for breakout pass.
- 3) Fwd then skates outside zone, passes to fwd from opposite side of ice, both fwds regroup and attack D 2 on 1



Drill Name & Description

Neutral Zone Exchange – Timing 1 on 0

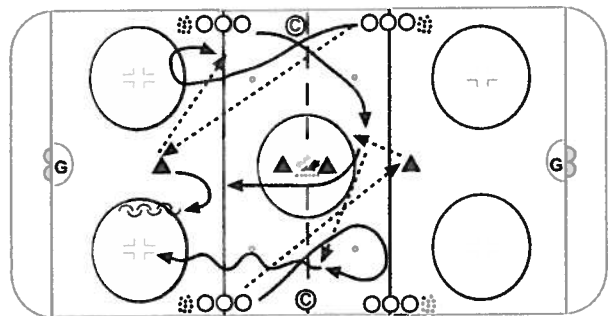
- 1) Skaters on wall at blue line on opposite sides and opposite ends. Skater to start drill starts near dot in end circle. Both ends at the same time.
- 2) On whistle, skater takes shot on net, skates behind net to pick up puck and makes pass to fwd who joins play from same side far blue line. After making pass, join nline on near side blue line.
- 3) After receiving pass, both skaters delay and then exchange passes with each other in the NZ to go in for shot on net.



Drill Name & Description

Neutral Zone Transition – Regroup 1 on 1 / 2 on 1

- A) 1 on 1**
- 1) Defense starts in middle of ice, just inside the blue line. Fwds on wall at each of the 4 blue lines.
 - 2) On whistle, fwd skates towards D makes a pass, then opens up to receive return pass from D. Both ends at the same time.
 - 3) After making pass, D must transition to play the fwd coming from the other side on a 1 on 1.
- B) 2 on 1**
- 1) Drill begins same as 1 on 1 except, when original fwd makes the first pass, a second fwd from the opposite side – far blue line jumps in the receive pass, from D then makes quick 1 touch to original fwd and joins rush for 2 on 1 to opposite end.
 - 2) Both ends at same time



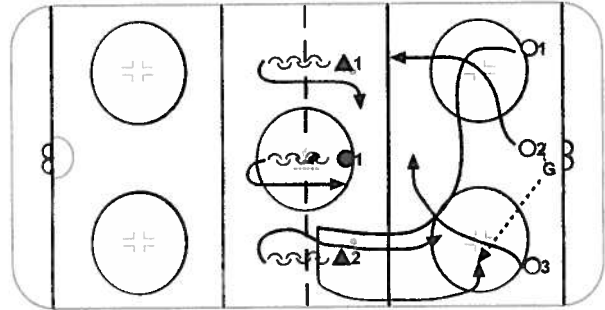


**High Performance
Haute Performance**

Drill Name & Description

3 on 3 Communication

- 1) Place offensive players in 3 lines as shown.
- 2) Place 3 defensive players as shown in the Neutral Zone.
- 3) On whistle, offensive player skate around at random, on whistle, goaltender plays puck to one of the forwards who then attack far net.
- 4) Defenders have to communicate and support each other defensively in order to stop the attack.

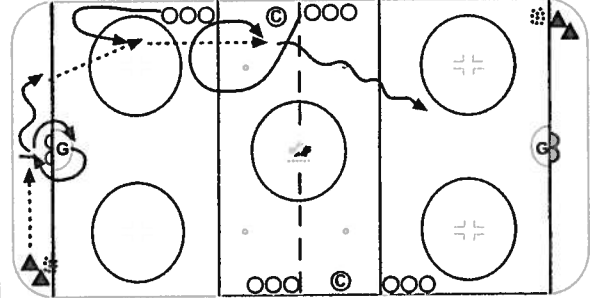




Practice 14

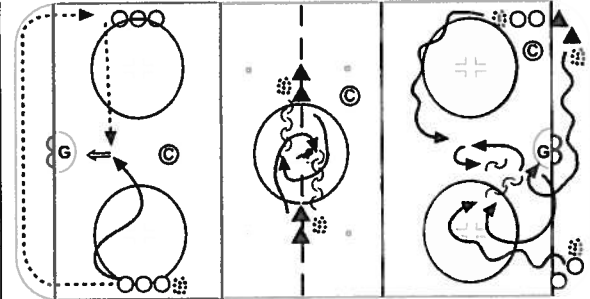
Drill Name & Description
Timing – Goalie Set Puck - Outlet

- 1) D in corner spots puck behind net for goalie. Goalie sets puck for D who picks it up behind net and outlets to forward on wall.
- 2) Second fwd from line at centre times skating route to receive pass in full stride and goes in for shot on net.
- 3) 1st forward then goes to back of line at centre. Fwd that shoots stays at net for tip or rebound. Then goes to 1st line on opposite side.
- 4) D follows play up ice, then transitions to play 1 on 1 coming back to original end



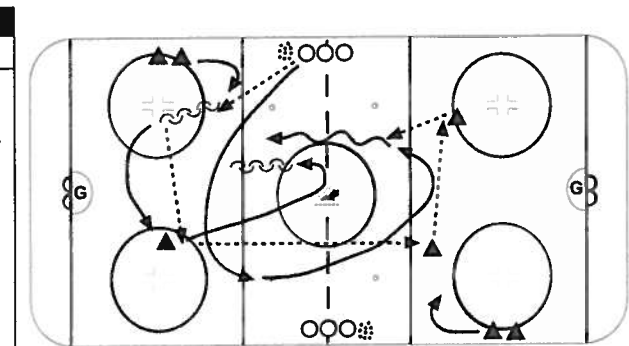
Drill Name & Description
Skills Stations

- 1) **Shooting and Scoring – Offensive Rim – 1 Timer**
 Fwds on wall at hash marks on both sides of ice. Near side fwd rims puck to far side and heads to middle of ice for pass and shot on net. Passer heads to net for rebound.
- 2) **Pairs Agility**
 D faces each other in neutral zone. Skate toward each other, pivot around each other and return to original place. Next rep do the same except pivot opposite directions. Add 1 puck / then add pass / then add 2 pucks / 2 passes.
- 3) **Shooting and Scoring – 3 Shot Traffic**
 Fwds in corners, D in one corner as well. D starts play by skating behind net and tries wrap around on goalie. After 1st shot, fwd from opposite corner attacks D 1 on 1. Then fwd from corner where D started attacks same D for 2 on 1



Drill Name & Description
Transition Counter Attack

- 1) D1 receives puck from regrouping fwd, makes pass to D2 – D 2 passes to D3.
- 2) D2 has to follow F1 and close gap to play the 1 on 1 coming back
- 3) D3 passes to original fwd who skates around centre circle to receive pass and go in for 1 on 1 against D2

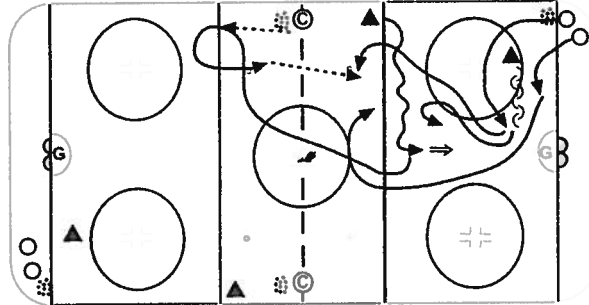




Drill Name & Description

2 on 1 Regroup

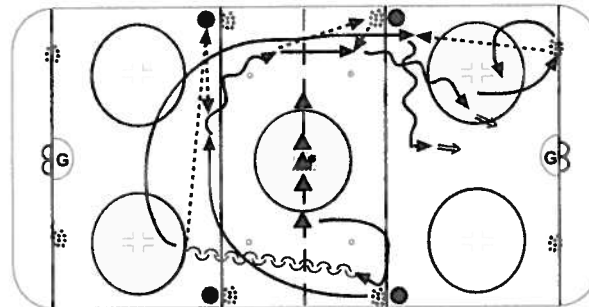
- 1) Fwds in Corner D at bottom of circle, and D outside blueline.
- 2) D outside blue line starts play by moving to middle of ice for shot on net. 2 fwds from corner go to net, with defensive D trying to block them out and clear any loose pucks from point shot.
- 3) After shot, offensive D retreats to pick up puck spotted by coach. 2 net front forwards, clear zone to receive pass and then attack 2 on 1 against net front D
- 4) Both ends at same time



Drill Name & Description

All Purpose Drill

- 1) Opposite sides go together on the whistle. D gaps up to blue line, pivots to backwards and receives pass from O1 in line at near side blue line.
- 2) D backpeddles with speed to the top of the face-off circle, steps out and passes to O2
- 3) O1 times his skating to receive a return pass from O2 in the middle of the ice, then gets outside the dots. O1 immediately head mans the puck to O3 for a quick give and go, then shoots on net.
- 4) Once O2 makes his pass to O1 he moves to the middle and provides backpressure on O1.
- 5) After the first shot on goal, O1 retrieves a second puck in the corner and passes to D who has followed up the play.
- 6) D quickly moves to the middle and shoots with O1 looking to screen or tip on the play.
- 7) O2 attempts to box out O1.



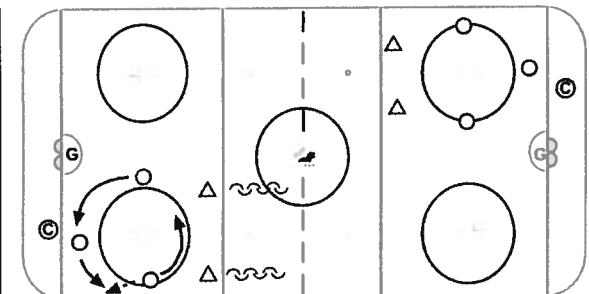
Key Teaching Points

- Players should under handle the puck, eliminating the extra stick handling prior to passing.
- Movement should be timed, but with great speed.
- Passes to the point should be done immediately low to high.
- The D should begin wide and move explosively towards the middle to improve shooting angle.

Drill Name & Description

Cycle Attack – 3 on 2

- 1) 3 fwds start around circle, 2 D just inside blue line.
- 2) On whistle, 3 fwds cycle puck, on coaches signal, they attack net, then pick up second puck and attack 3 on 2 to far end.
- 3) Both ends at same time, must stay on own half of ice until centre rd line, then can spread out.

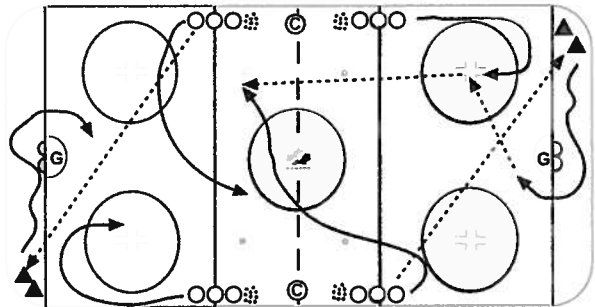




Practice 15

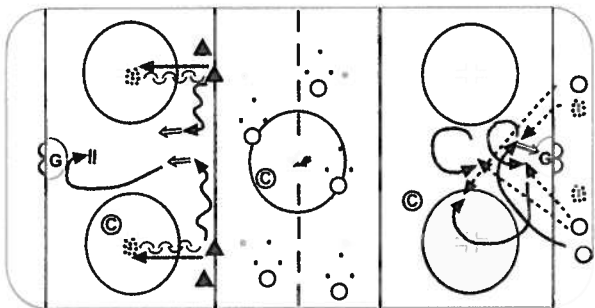
Drill Name & Description
Timing – Support and Stretch

- 1) D in opposite corners at opposite ends of ice. Fwds on wall at all four blue lines.
- 2) On whistle, Far side fwd passes cross ice to D in corner, who then skates behind net. At same time, near side fwd skates down from blue line, and skates into position to support D with puck.
- 3) D makes pass to near side fwd who then stretch passes to far original fwd who started play at the far dot, and skates hard to join rush.
- 4) D must gap up to play fwd who received stretch pass. Both ends go at the same time.



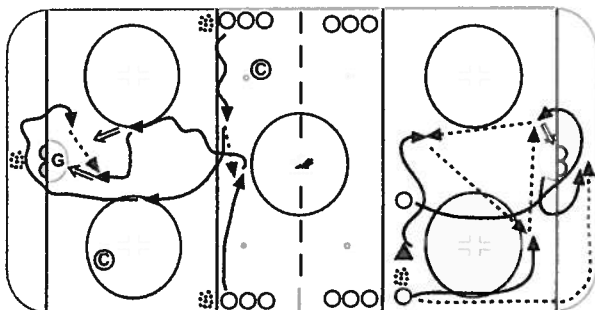
Drill Name & Description
Skills Stations

- 1) **Shooting / Scoring – Screens and Tips**
 Place pucks on dots inside circles. D at blue line. On whistle D skate fwd to retrieve puck, skate bwds to blueline, then sprint or drag puck to middle for shot on net. After shot, follow to net for rebound and tip or deflect next shot.
- 2) **Puck Control - 3 Puck Stickhandle**
 Place 3 pucks in a triangle, and keeping feet stationary, work on quick hands. Can progress to skating while stickhandling around the 3 pucks
- 3) **Shooting / Scoring - 4 Shot Drill**
 Place 2 passers on either side of the net. Shooter skates from corner and receives total of 4 passes, 2 from each side alternating. After each shot, shooter must transition and skate away from net to get in position for next pass. Always face the passers.



Drill Name & Description
2 Station Scoring – Half Ice

- 1) **2 on 0 Cross – Give and Go**
 Fwds on wall at blue line on opposite sides of ice. On whistle, fwd skate towards each other, make pass and cross outside blue line. Player with puck now shoots, second player drives behind net, picks up second puck and makes pass out front.
- 2) **G Set Puck – D Man Activate**
 D rims puck around boards to behind net. Forward races in to retrieve puck. Fwd can wrap or pass out to D.

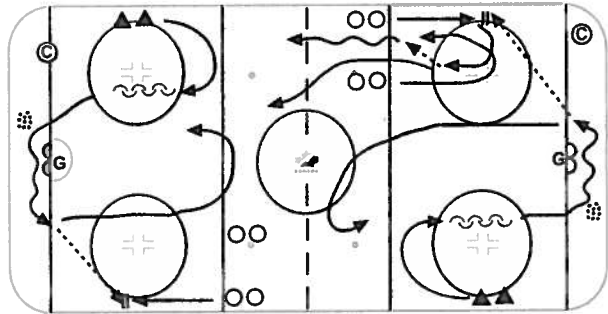




Drill Name & Description

2 on 1 Long

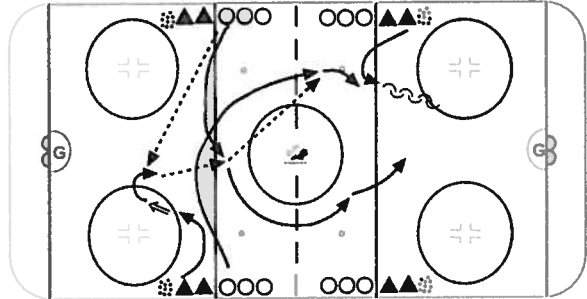
- 1) D on hash marks in end zone, at opposite ends and opposite sides of ice. Fwd in two lines just outside blue line.
- 2) On whistle, D gap up to blue line, turn and skates below goal line to retrieve puck.
- 3) Fwds then skate towards goal line to support D on outlet pass, swing to change lanes, receive pass and attack far end.
- 4) After making outlet, pass, D must gap up to play 2 on 1 coming back. Both ends go at same time.



Drill Name & Description

Transition 2 on 1 Continuous

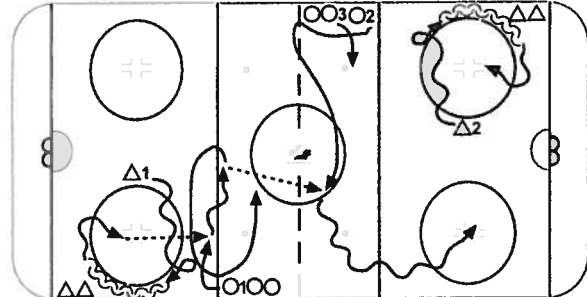
- 1) D on wall just inside each of the 4 blue lines. Fwds on wall just outside each of the 4 blue lines.
- 2) On whistle, D jumps out with puck gaps up to blue line, pivots and takes shot on net. Fwd from opposite side, then passes to D who 1 touches it back. Fwd from near side, joins play by swinging through NZ zone to get pass from O2. D3 jumps out to play 2 on 1.
- 3) On each whistle, plays starts from a different blue line and rotates clockwise.



Drill Name & Description

Signal Hill Timing

- 1) D1 skates forward to backward around the circle with a puck, skating up ice at the bottom of the circle.
- 2) D1 passes to O1 who jumps off the boards into the opening.
- 3) O2 accelerates into mid-ice receiving a pass from O1 and drives wide for a shot on goal.
- 4) O1 curls back to the original line and, while moving, prepares to receive a pass from O3 who is repeating the drill with D2 on the other side.
- 5) This drill is continuous.



KTP:

- Defensemen work on transition-skating and passing quickly after pivoting from backward to forward.
- Control skating for the forwards as they prepare to accelerate through the neutral zone.