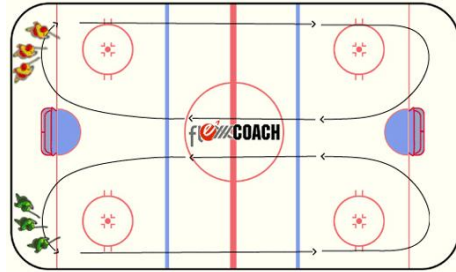


1) Butterfly Skating Warm Up



DRILL OBJECTIVE: Warm Up Skating Agility

5 min.

KEY ELEMENTS:

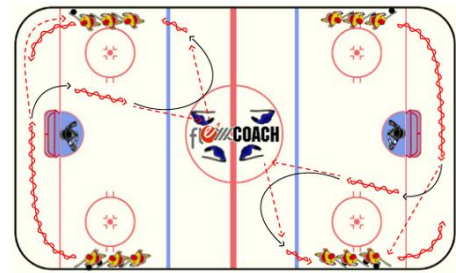
- Skating
- Edge control
- Overspeed
- Crossovers

ORGANIZATION: Two large oval circles, created between the goal lines, skating through the middle of the ice. 1. From blue line to blue line increase the speed 2. Backwards between the blue lines 3. 360 degree spins at the blue lines 4. Quick crossover, both left and right strides in neutral zones

VARIATION: Stick handle through obstacles through the middle. Drop to knees at lines.

GOALIE: can skate with all players.

2) 4 Pass Warm-Up



DRILL OBJECTIVE: Warm up passing/Breakout

5 min.

KEY ELEMENTS:

- Passing/Receiving
- Passing While in Motion
- Skating
- Pivots with proper Turning to the puck
- Positioning with Good Support/Target

ORGANIZATION: this can be used as a full ice or half ice drill. In each end two groups of players in line between the hash marks and the goal line with pucks. Coaches at center ice, one side starts with the first player skating with a puck behind the net to make a tape to tape pass to the first player in the opposite line on the other side. that player receives the puck and passes it right back to the player that continued their skating to support the puck, gets another puck and starts toward the back of the net to continue the drill. The player that started the drill after receiving the puck back skates toward the blue line and passes the puck to the coach at center ice, pivots with a proper mohawk turn facing the coach to receive the puck back and skate to the end of the line at the opposite side from the one they started from. this is a continuous drill.

VARIATION: You can add slightly different variation as the season progress just to keep it fresh. Some days the pass have to be tape to tape and some times flip passes, board passes or rims to have the forwards work on picking the puck off the boards. Lots of variations to keep the players interested. This is a very versatile and useful drill. An imaginative coach can add cut backs, circles etc to make this drill fresh and interesting. Be creative! Let the players add the variations. They know what they need to work on.

GOALIE: Goalie can follow the passes or work on another drill like the Five Puck Goalie skate

3) 2 on 0 Shooting Warm Up



DRILL OBJECTIVE: Create scoring chances on rush

5 min.

KEY ELEMENTS:

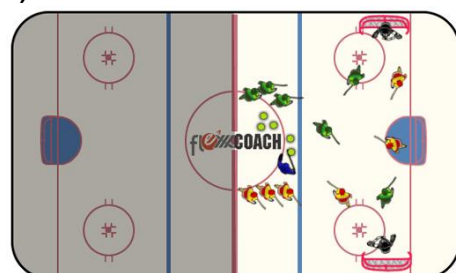
- Give and go pass
- 2 on 0 offensive concepts
- Shot off the pass
- Attack net for rebound

ORGANIZATION: players lined up at red line on opposite sides of the face off circle. pucks at top of circle in offensive zone as shown. both sides go at the same time. x1 leaves, picks up a puck and turns back toward center ice, he then passes to x2 who quickly passes back and then joins x1 on the rush. execute cross and drop pass, or deep penetration and curl.

VARIATION: Coach can use any attack option he wants to work on

GOALIE: Read the rush and control the rebound

4) Cross Ice Mini Game



DRILL OBJECTIVE: Warm Up To Start Practice -

10 min.

KEY ELEMENTS:

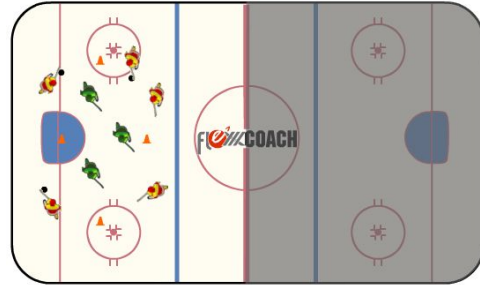
- Skating
- Passing/Receiving
- Communication
- Creativity
- Fun

ORGANIZATION: Players divided into 2 teams. The players are positioned outside the blue line. Start with 3 players from each team in the zone with 2 nets positioned at the side boards. The coach is standing just outside the blue line with tennis balls. The coach throws in a ball and the players play a regular 3 on 3 game.

VARIATION:

GOALIE: Read the rush, Quickness, Body control, rebound control,

5) 5 on 3 Man in the Middle



DRILL OBJECTIVE: Develop heads up passing and

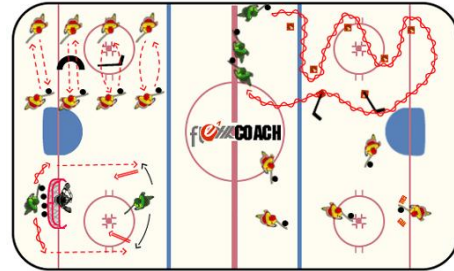
10 min.

KEY ELEMENTS:

- Skating Agility
- Passing/Receiving
- Puck Movement
- Stick and Puck Skills
- Communication

ORGANIZATION: Set up four cones in a diamond formation. Three defensive players start in the middle and five offensive players surround the cones. The object is to move the puck around passing through the coned-off areas and through the defenders to a teammate. Change the game up using only on-ice passes and then only flip or saucer passes. After three pucks have been cleared (one at a time) change it up.
VARIATION: Change the game up using only on-ice passes and then only flip or saucer passes.
GOALIE:

6) 4 Skill Stations 1



DRILL OBJECTIVE: To Develop Offensive Skills and

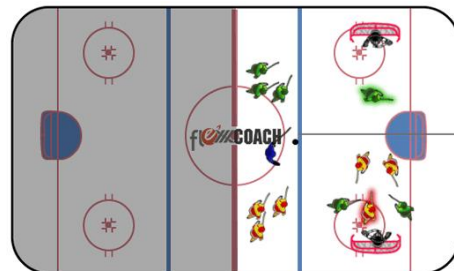
20 min.

KEY ELEMENTS:

- Passing/Receiving
- Shooting/Scoring
- Stickhandling keeping your head up
- Stickhandling/Puck control
- Skating

ORGANIZATION: Divide the rink up into 4 stations and divide the players evenly.
Station 1. is a to develop good passing and receiving fundamentals with proper weight transfer for hard flat and controlled passes tape to tape.
A. Direct C. Over Sticks
B. Thru Tires D. Saucer Pass
Station 2. Shooting Drill
A. Receiving passes from behind the net
B. Make Sticks Available Allow Skaters to pass to stick angles
C. Create a scoring chance utilizing the space behind the puck carrier.
Station 3. Puck Control Stick Handling is an excellent Skating Agility drill that focuses on tight turn skating maintaining control of the puck while in motion.
A. Skating with the puck tight turns making a move thru the stick and cone.
Station 4. Stationary Puckhandling
A. Stickhandling with head up puck out in front or at either side
B. Spinning with the puck
C. Stickhandling in a figure 8 thru the gloves
VARIATION: Can use any combination of the four drills depending on the amount of players and coaches on the ice
GOALIE: In one net against the shooters in drill 2 working on awareness of the passer behind the net covering the post to eliminate any stuff opportunities and the shooter in front that is getting into good receiving position for a shot on goal. Adjusting your angles to the pass and challenging the shooter cutting down the angle. Eliminate any rebound opportunities.

7) 3 on 2 Small Game



DRILL OBJECTIVE: Create Good Scoring Chances,

5 min.

KEY ELEMENTS:

- Transition
- Create odd man rushes/scoring chances
- Creativity
- Defensive Positioning
- Competitive

ORGANIZATION: Position both nets in the end zone along the boards, dividing the ice into half with an imaginary line or with paint on the ice. 3 players on each team. A puck is dumped in by the coach, the team that gains possession goes on the offense. One of the defending players cannot cross mid-ice, however, on the change of possession his teammates can use him for a transition break toward the other net. While the opposite team must keep on defender on the other side of mid-ice.
VARIATION: This drill can also be a 2 on 2 to create 2 on 1's one player has to stay on his half of the ice.
GOALIE: Read the rush, low net coverage, transition the puck, rebound control, Game like situation

Post-Practice Comments:
