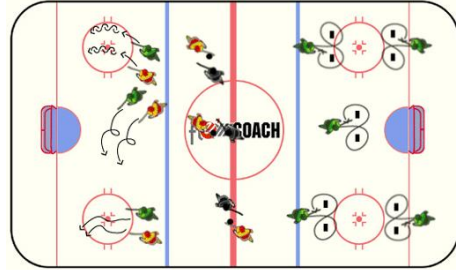


1) 3 Zone Warm Up



DRILL OBJECTIVE: Warm Up Skating Agility

5 min.

KEY ELEMENTS:

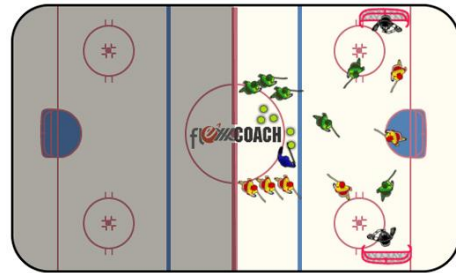
- Skating
- Puckhandling
- Separation Technique
- Skating Agility
- Protecting the puck

ORGANIZATION: In the first zone, the players place their gloves 10 feet apart on the ice; this can be done with/without pucks. On the whistle the players are to skate a figure eight around the two gloves. In the neutral zone, two players are positioned together and are to play keep away from another, protecting the puck using their body. In the third zone, players are paired up without pucks. A game of follow the leader with the leader skating various patterns and change of directions, with the other player following his lead.

VARIATION:

GOALIE: Warm up with a coach.

2) Cross Ice Mini Game



DRILL OBJECTIVE: Warm Up To Start Practice -

6 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,

3) Crossovers/Transition



DRILL OBJECTIVE: Fundamental skill development

8 min.

KEY ELEMENTS:

- Crossovers
- Transition
- Puckhandling
- Passing/receiving
- Shooting/Scoring

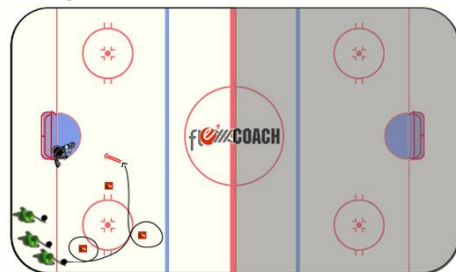
ORGANIZATION: Player carries puck around the circle - pass to the next player in line - continues around the circle. Player skates into zone - goes over jump - executes transition element - receives pass from coach - shoots on net. Next player in line goes once he receives pass from previous player.

VARIATION: The transition element can be replaced by 2 tight turns

The player can carry the puck the entire drill. The jump is replaced by a coach and the player is to make a move on the coach and continues the drill.

GOALIE: Follow the skater around the last cone adjusting your angles from the passes being made squaring up to the shooter.

4) Tight Turns with a Shot



DRILL OBJECTIVE: Accelerate out of a turn with

8 min.

KEY ELEMENTS:

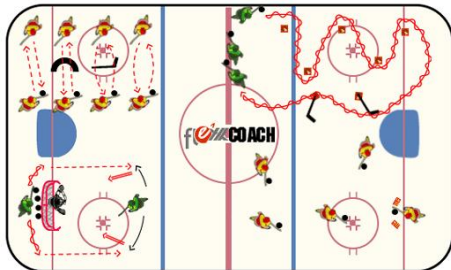
- Tight turns
- edge control
- Move feet after taking your shot
- Protecting the puck
- Puck Control
- Balance and agility

ORGANIZATION: Position players below the goal line in the corner. Three cones; One positioned on the outside of the faceoff circle near the boards, the other cone between the top of the faceoff circle and the blue line and the other cone positioned towards the middle of the ice hashmarks outside the circle. The player starts the drill with the puck, skates up to the first cone and make a tight turn to the middle of the ice around the cone, skates to the next cone and goes in the opposite direction from the inside to the outside, and continues around the last cone for a shot on goal.

VARIATION:

GOALIE: follow the whole sequence to include skating, get a feel for the puck and your positioning on off angle shots.

5) 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.

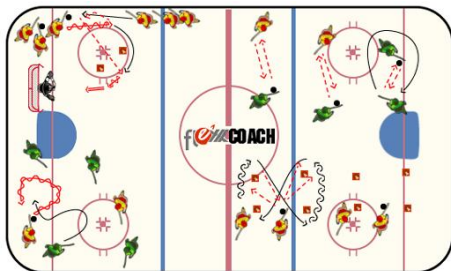
Station 4. Stationary Puckhandling

- 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.

6) 4 Skill Stations 2



DRILL OBJECTIVE: Skill and Fundamental

20 min.

KEY ELEMENTS:

- Passing/Receiving
- Skating Agility
- Puck protection
- Utilizing misdirection/Cycling

ORGANIZATION: Divide the rink up into 4 stations and divide the players evenly.

Station 1 consists of Cycling with a high roll misdirect to create a scoring chance utilizing the space behind the puck carrier.

Station 2 consists of puck control in a 1 on 1 situation in a tight area to teach the players to use your body to shield the puck using good positioning, balance and strength.

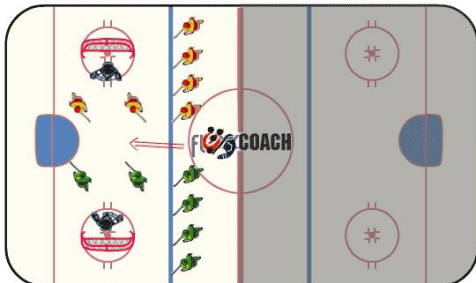
Station 3 is a to develop good passing and receiving fundamentals with proper weight transfer for hard flat and controlled passes tape to tape.

Station 4 is an excellent Skating Agility drill that focuses on transition skating with proper pivots from forward to backward and backward to forward while maintaining control and passing of the puck while in motion.

VARIATION:

GOALIE: Goalies will be needed in the station one drill and the other goalie can be working on the five puck goalie skate or the X skating drill and switch half way through the drill.

7) 2 on 2 Activation



DRILL OBJECTIVE: Read and react to different

8 min.

KEY ELEMENTS:

- Passing/Receiving
- Good Support option coming to the puck
- Give and go plays
- Communication
- Quick puck movement

ORGANIZATION: Drill begins form a 2 vs 2 cross ice format.

Each team can activate additional players by passing to the first person in their team's line and receiving the puck back with good possession. Once the player on the ice in play has received the pass back that player in line then activates into the play and the next player in line gets ready as a possible outlet. There are no limits to the number of players a team can build up too during their shift.

VARIATION: Each team can activate additional players by passing twice to the first person in their team's line. Once the player in line has received two passes he then activates into the play and the next player in line gets ready as a possible outlet.

GOALIE: Develop awareness to various situations. Quickness, agility, balance. Quick reaction to alot of shots.

Post-Practice Comments:
