

1) 4 Pass Warm-Up



DRILL OBJECTIVE: Warm up passing/Breakout

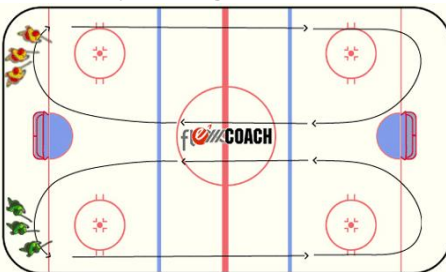
5 min.

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 oppsite side from the one they started from. this is a continous drill.
VARIATION: You can add slightly different variation sas 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 fowards 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

2) 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.

3) 2 on 1 Gap Control



DRILL OBJECTIVE: 2 vs.1 tactics/Gap Control

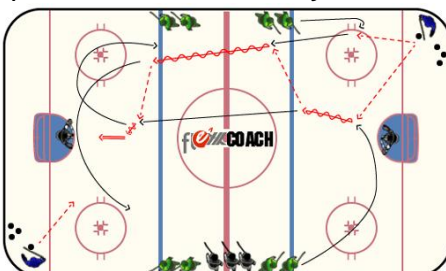
8 min.

KEY ELEMENTS:

- Breakout -forwards skate inside-out
- Weakside forward support Breakout
- Gap Control
- Shoot to score
- Passing/Receiving

ORGANIZATION: 4 forward lines on the blue lines. 2 Lines of Defenseman in opposite corners. on whistle, 1 Defenseman from each end skate behind net and breakout 2 forwards who come down from the neutral zone. Weakside forward comes across ice to offer support for breakout. 2 forwards go down ice on their half of ice and execute 2 on 1 on the defenseman from other end.
VARIATION:
GOALIE: -Play 2 on 1 with Defenseman
 -Awareness
 -Communication

4) 2 on 0, 2 on 1, Breakaway



DRILL OBJECTIVE: Rushes to Create Scoring

8 min.

KEY ELEMENTS:

- Passing/Receiving
- Shooting/Scoring
- Give and Go Passing/Puck Support
- Attack options
- Create Scoring Chances

ORGANIZATION: Divide the forwards into four equal groups and position them outside the blue lines along the boards. The defenseman are positioned along the boards at the center redline. Coaches are in opposite diagonal corners with pucks. The drill starts at one end with a forward in each line. The forward nearest the coach skates down the wall into position to receive a pass from the center. The other forward skates through the middle of the ice and can also receive the puck from the center. Those two players exchange the puck down the ice 2 on 0 for a shot on goal. They regroup with the coach at the other end receiving another pass, at this point a defenseman jumps up into the play to the near blue line and plays the players 2 on 1 down to the other end. The player that does not shoot the puck on the 2 on 1 receives a 3rd puck and skates to the opposite goaltender on a break-away. After the break-away the player approaches the top of the circle, the next two forwards at that end start the sequence all over again.
VARIATION: Can add extra forwards and/or defenseman to create different rush situations.
GOALIE: Get set and square on the rush adjust to the pass moving quickly but under control, must reading the different rush situations

5) 3 on 2 Backchecker



DRILL OBJECTIVE: Create scoring chances 3 on 2

8 min.

KEY ELEMENTS:

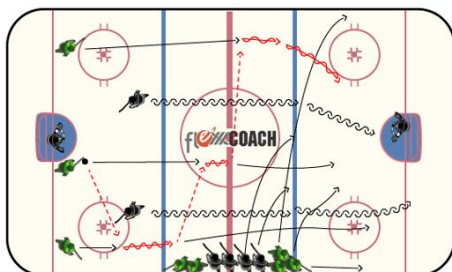
- Create width and depth to attack
- Drive center lane
- 3rd man high as a trailer
- Shooting/scoring
- Game like situation for goalie

ORGANIZATION: Two lines start at the center red line facing opposite directions against 2 defenseman that are positioned at each blue line. Pucks are at the center. Both centers have one puck. On the whistle the designated three forwards attack the 2 defenseman 3 on 2 trying to create a scoring chance until a whistle. On the whistle the 3rd man high in the zone becomes a backchecker against the next 3 forwards at the center red line attacking the opposite 2 defenseman, 3 on 2, the backchecker can make it a 3 on 3. Play it until a whistle and 3rd man high becomes the next backchecker against 5 new players who have come off the bench. This is a continuous drill.

VARIATION: The other 2 forwards can backcheck to the center red line.

GOALIE: Game like situations; 3 on 2 and 3 on 3. Communicate with your defenseman.

6) 3 on 2 Continuous



DRILL OBJECTIVE: Transition the puck quickly

8 min.

KEY ELEMENTS:

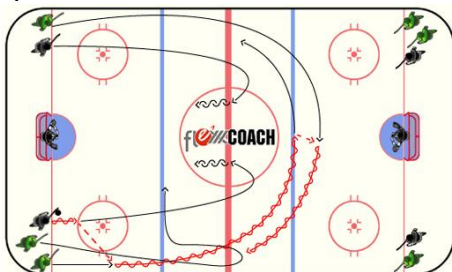
- Transition
- Puck Support/Quick Puck Movement
- Use of open space and indirects
- Gap Control
- Outlet pass under pressure

ORGANIZATION: Forwards and defense are positioned on one side of the ice between the bluelines along the boards. The drill starts with 3 forwards positioned just above the goal line v.s. 2 defenseman positioned just inside the blue line. On the whistle the 3 forwards skate the full length of the ice v.s. the 2 defenseman to create a scoring chance. As they pass the attacking blue line the next 3 forwards and 2 defenseman skate in position, the 3 forwards in a breakout position and the 2 defenseman just inside the blue line. The first 3 forwards and the 2 defenseman play it out for 5-10 sec. until the coach's whistle. On the coach's whistle, the defenseman defending the original 3 on 2 rush tries to gain control of the puck to break out the next 3 forwards that skated in position v.s. the next 2 defenseman

VARIATION:

GOALIE: Game like situation 3 on 2, Goalie can make the outlet pass to the forwards.

7) 3 on 2 Czech Drill



DRILL OBJECTIVE: Offensive Zone entry 3 on 2,

8 min.

KEY ELEMENTS:

- Center lane drive
- Receiver creates good angle
- Puck Support
- Gap Control
- Zone Entry
- Attack Options

ORGANIZATION: Alternating Ends. Forwards in all four corners, defenseman in both ends as pairs, (one on each side of net). Defenseman passes to forward, two forwards leave from one corner, one forward from the other corner. Two of the forwards make a scissors exchange inside far blue line, two defenseman gap up to redline and take the rush, the third forward skates to redline and then chooses neutral zone option.

VARIATION: Third forward can stay posted on near redline for quick up and gain redline become a stretch man behind defenseman, support through middle lane. Creativity and challenge the defenseman.

GOALIE: Read rush, game like situation, puckcarrier has several options and is under pressure.

