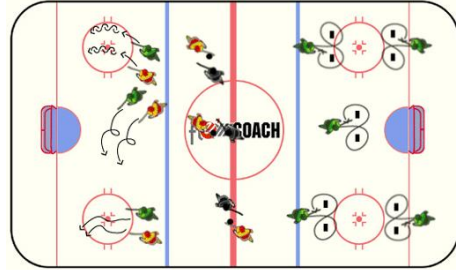


1) 3 Zone Warm Up



DRILL OBJECTIVE: Warm Up Skating Agility

12 min.

KEY ELEMENTS:

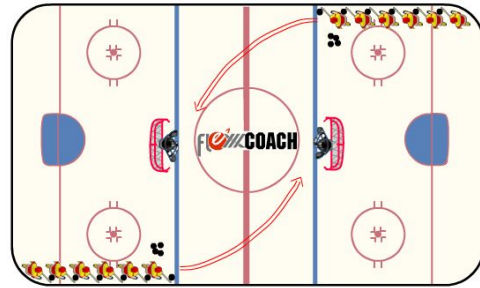
- Skating
- Puckhandling
- Separation Technique
- Skating Agility
- Protecting the puck

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) Breakaway Build-up Relay Game



DRILL OBJECTIVE: Competitive fun drill to teach

8 min.

KEY ELEMENTS:

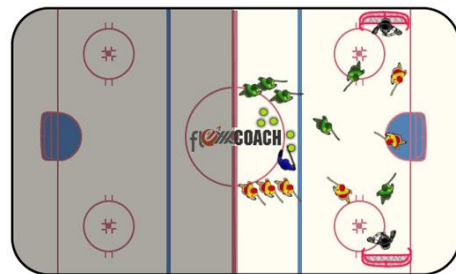
- Skating
- Shooting/Scoring
- Puck Movement
- Stick and Puck Skills
- Rebounding

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

VARIATION:

GOALIE: Make save, quickly react to the next shooters, Quickness, agility, balance. Quick reaction to alot of shots.

3) Cross Ice Mini Game



DRILL OBJECTIVE: Warm Up To Start Practice -

8 min.

KEY ELEMENTS:

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

ORGANIZATION: Players divided into 2 teams. The players are positioned outside the blueline. 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 blueline 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,

4) Stations - Mini Games



DRILL OBJECTIVE: Puck Control / Individual Tactics

12 min.

KEY ELEMENTS:

- Eye contact & verbal communication
- Quick Feet and quick hands
- Timing into open space
- Intensity

ORGANIZATION: #1 - 1 on 1: One on One with the objective to get and make contact with designated pylon.

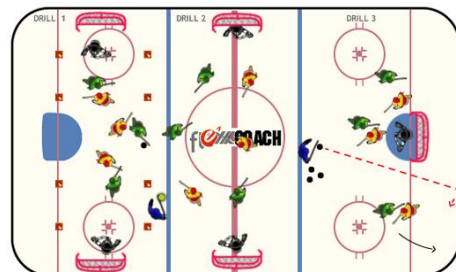
#2 - 2 on 1: Partners play two on one with the objective to take puck to and make contact with the designated pylon.

#3 - 3 on 3 Below the Dots: Coach dumps puck to corner and players play 3 on 3 below dots. Play continues until goal is scored or puck is skated out of zone. Repeat.

VARIATION:

GOALIE: Rotate in at station #3

5) Ice Utilization 6



DRILL OBJECTIVE: Utilize the ice surface efficiently

12 min.

KEY ELEMENTS:

- Create Scoring Chances in small area
- Read and react to whats available
- Proper Positioning for good puck support
- use of your body to create space for your teammates
- Strong on your stick

ORGANIZATION: Drill 1: Nets are placed along the boards in the end zone. 8 cones are placed evenly; 4 at the goal line and 4 at the top of the circles. 3 on 3 drill; after making a pass the player must skate to the nearest cone and perform a skill element; in this case it is a tight turn around the cone before the player makes themselves again an available pass receiver.

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

Drill 3: Divide players equally into two groups along the blueline. 3 on 3 attack the same net. The players must exchange the puck with the coach on a change of possession. If the puck comes out of the zone or a goal is scored quickly, the coach can add another puck. Shifts should last 30 seconds.

VARIATION:

GOALIE: Up to five goalies can participate in this drill. in addition you can also use shooter tutors, Foam pads covering low part of the net or empty nets.

