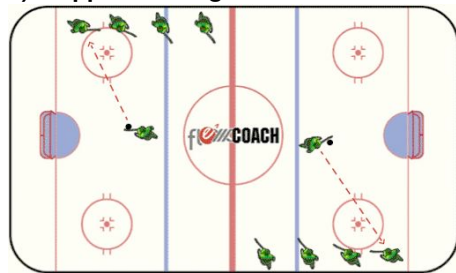


1) Pepper Passing



DRILL OBJECTIVE: Passing and Receiving

6:00P - 6:06P(6) min

KEY ELEMENTS:

- Head up
- Eye contact with passer
- Quick hands
- Hands in front of body
- Weight transfer

ORGANIZATION: Players line up around the ice in groups of 5 or 6 as illustrated. Player 0 faces the X's and passes the puck to each player up and down the line. Switch X with 0 periodically. Making sure the players are using the proper weight transfer getting the puck behind their back foot to get good velocity and follow through on the pass making it tape to tape.

VARIATION: Use different types of passes. Use multiple pucks.

GOALIES: Coaches work with goalies on skating fundamentals

2) Pass Ready Position



DRILL OBJECTIVE: Puck in the pass ready position

6:06P - 6:12P(6) min

KEY ELEMENTS:

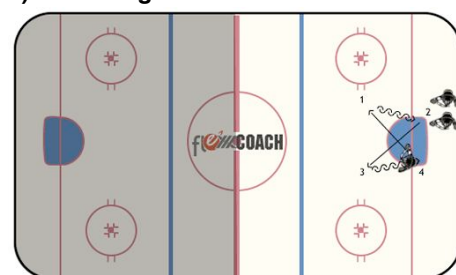
- Passing/Receiving
- Passing While in Motion
- Keeping the puck on forehand
- Communication

ORGANIZATION: 8-10 players are positioned in the center of the ice in an oval shaped circle, facing each other. One player starts with a puck and skates toward another player in the circle keeping the puck on his forehand in the pass-ready position and passes to a player and continues to skate and replaces the position of the player he passes the puck to. The player that receives the puck continues the drill pattern.

VARIATION: An added element can be that the player that passes the puck to a player across the circle from him, gets the pass back and one touches it back to the same player to continue the drill. (give and go, 1-touching the puck)

GOALIES: Not involved with this drill but can be working in both nets on skating fundamentals

3) X Skating Drill



DRILL OBJECTIVE: Goalie Skating Fundamentals

6:12P - 6:12P(0) min

KEY ELEMENTS:

- Transition Skating
- Body Control
- T-glide
- Set and square body to the puck
- Conditioning

ORGANIZATION: Start on one post T-Glide out to far opposite side of the crease to get set. Then shuffle back to the near post. continue to do the same on the opposite side.

VARIATION:

GOALIES: See organization of the drill

4) 3 Puck Zig Zag Skate



DRILL OBJECTIVE: Goalie Skating Fundamentals

6:12P - 6:12P(0) min

KEY ELEMENTS:

- Transition Skating
- Body Control
- T-glide
- Set and square body to the puck

ORGANIZATION: Start in the middle of the net. Telescope out to the top post; set and get square to the puck (as if your setting on the rush). Quickly turn under control and T-Glide to the right (simulating a pass from the middle of the ice to the outside) stop and get set and get square to the puck. then T-Glide back to the far post. Repeat doing the same thing on the opposite side.

VARIATION:

GOALIES: See organization of the drill

5) Goal Line Shuffle



DRILL OBJECTIVE: Improve lateral movement,

6:12P - 6:12P(0) min

KEY ELEMENTS:

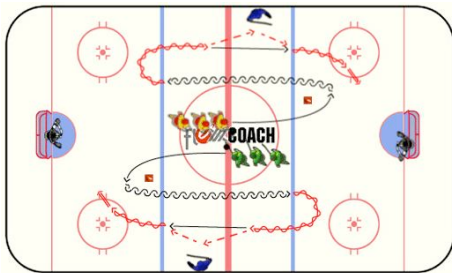
- Skating Lateral movement
- Maintaining proper goalie position
- Build endurance

ORGANIZATION: Goalie starts in the corner of the rink facing the end boards. (Facing the glass so they can watch their movement) Stay in the proper position. (Stick on the ice, eyes up, chest up.) The goalie uses shuffle movement across the goal line to the opposite corner. Goalie returns to starting corner using the same technique.

VARIATION: Repete using T-glide technique

GOALIES: Goalie drill

6) All Elements Fundamentals



DRILL OBJECTIVE: Comprehensive Fundamental

6:12P - 6:22P(10) min

KEY ELEMENTS:

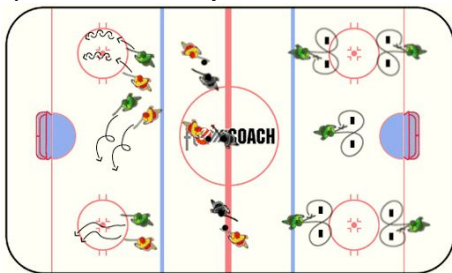
- Skating
- Transition
- Puck Handling
- Passing/Receiving
- Shooting

ORGANIZATION: Two groups of players positioned at center ice both groups facing opposite directions with pucks, two coaches positioned just outside the blue line diagonally across from each other. Two cones placed just inside the blue line in front of each line of players. The first player in each line starts out by skating with a puck forward around the cone pivoting backwards straight back to inside the blue line pivot forward accelerate through the neutral zone pass to the coach just outside the blue line, receive the puck back and finish with a shot on goal.

VARIATION:

GOALIES: follow the play across the blueline, angle awareness.

7) 3 Zone Warm Up



DRILL OBJECTIVE: Warm Up Skating Agility

6:22P - 6:34P(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:

GOALIES: Warm up with a coach.

8) Crossover Course



DRILL OBJECTIVE: Skating Skills

6:34P - 6:44P(10) min

KEY ELEMENTS:

- Skating
- Balance/Agility
- Puck Handling
- Receiving passes
- Shooting /Scoring

ORGANIZATION: The nets are placed on opposite sides of the rink in between the blueline and redline, the players are divided into two groups in opposite diagonal corners of the rink at the same side that there net is on.

The player starts with crossovers around the four cones placed on that side of the rink and continue skating in behind the goal line, jumps over the obstacle, skates around the cone in the corner receives a pass from the coach skates around the cone placed in the neutral zone between the blueline and redline, makes a move around the other coach at the bottom of the center ice face off circle and finishes with a shot on goal.

VARIATION:

GOALIES: In the net working on the 1 on 0's

9) 2 on 1 on Coach



DRILL OBJECTIVE: 2 on 1 read and react to make a

6:44P - 6:50P(6) min

KEY ELEMENTS:

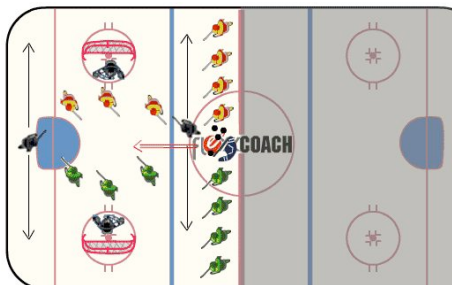
- Awareness
- Head up to read the play
- Puck Control
- Passing
- Shooting

ORGANIZATION: The drill begins by forming 2 lines against the side boards in one zone, 1 line just inside the blue line and 1 line right at the goal line. Several cones are knocked on their sides from the goal line to the blue line. On the whistle, the first player in each line carries a puck in and around the cones and themselves. On the next whistle, they leave their pucks and head across the zone where a net is facing them. The coach stands at the inside hash marks of the faceoff circle where the cones are knocked on their sides. He gives one of the players a pass and backs off to play the 2 on 1. The coach is to play the 2 on 1 in different ways in order to force the players to read and react.(e.g. Go right at the puck carrier, forcing him to pass.)

VARIATION:

GOALIES: 2 vs. 1 situational awareness

10) 3 on 3 Support



DRILL OBJECTIVE: Puck movement is the emphasis

6:50P - 7:00P(10) min

KEY ELEMENTS:

- Passing/Receiving
- Give and go passing quick puck movement
- Shooting/Scoring
- Defensive coverage
- Communication

ORGANIZATION: The team's play 3 on 3 cross ice with the option of using the outlet players as passing options. This in effect gives the offensive team a 5 on 3 advantages. The outlet players can move below the goal line and along the blueline. They should look to return the puck to the offensive team as quickly as possible. The outlet players are not allowed to score, and the defensive players cannot check or defend the outlet players.

VARIATION: To force puck movement the offensive team must make one pass to an outlet player prior to attacking the net.

To force more net front confrontation the outlet players must shoot the puck attempting to create a rebound. This allows the offense to work on scoring in tight, creating screens and the defense to work on net front body positioning.

GOALIES: Develop awareness to various situations. Quickness, agility, balance. Quick reaction to a lot of shots.

