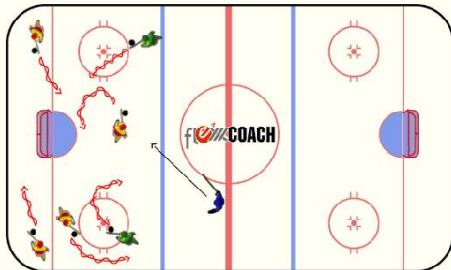


1) Chaos



DRILL OBJECTIVE: Puck Control skills

6:00P - 6:05P(5) min

KEY ELEMENTS:

- Head up
- Protect the puck
- Move to open space
- Quick feet
- Deception

ORGANIZATION: Players stickhandle all over the zone.

On the whistle, the coach enters the zone and begins checking all the puckcarriers, shooting pucks out of the zone.

Checked players become checkers. Last player with puck is winner.

VARIATION:

GOALIES: Stretching activities Or skill development.

2) Center Ice Shooting 1



DRILL OBJECTIVE: Goalie warm up

6:05P - 6:09P(4) min

KEY ELEMENTS:

- Passing/Receiving
- Shooting/Scoring
- Skating
- Shooting while in Motion

ORGANIZATION: Divide the players into four equal groups

positioned inside the bluelines along the sideboards with pucks. Opposite diagonal lines start at the same time. The first player in each diagonal line skates out around the center ice faceoff circle and gets a pass from the opposite diagonal line, skates with the puck until the redline and passes to the first player in line at the far blueline and receives the puck and goes in for a shot on goal. Now the opposite diagonal line starts and continues the same pattern, opposite direction.

VARIATION:

GOALIES: Follow the sequence to include skating with warm up shot, angle awareness.

3) Center Ice Shooting 2



DRILL OBJECTIVE: Warm Up Passing/Shooting

6:09P - 6:13P(4) min

KEY ELEMENTS:

- Proper angling
- Passing/ Receiving
- Quick feet /explosiveness
- Goalie warm up Shots
- Puck support

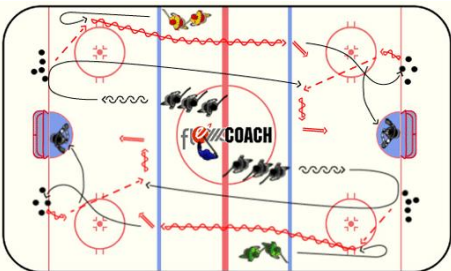
ORGANIZATION: Divide the players into four equal groups

positioned inside the bluelines along the sideboards with pucks. Opposite diagonal lines start at the same time. The first player in each diagonal line skates with the puck to the redline and passes to the first player in line at the opposite blueline, that player pulls the puck across the blueline, the player that passed it to him opens up and gets available for a return pass from that player. That player carries the puck down the boards and takes a long shot on the goalie. Now the opposite diagonal line starts the same pattern.

VARIATION:

GOALIES: Follow the sequence to include skating with warm up shot.

4) Defense Quick Up Shooting



DRILL OBJECTIVE: Break out Concepts

6:13P - 6:23P(10) min

KEY ELEMENTS:

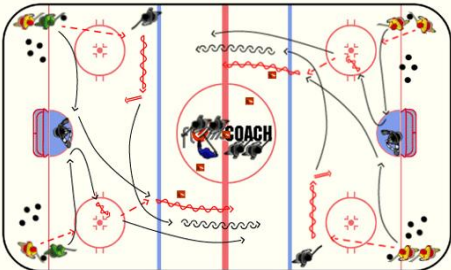
- Defenseman agility
- Passing/ Receiving
- Shooting/Scoring
- Receiver gets into good positioning

ORGANIZATION: Forwards are positioned outside opposite diagonal bluelines along the sideboards facing the goals. Defense are positioned the same opposite diagonal bluelines inside the neutral zone faceoff circle, pucks are on each side of the net and positioned between the goal and the corner on the goal line. On the whistle the defenseman skates backwards into the zone, pivots back, picks up the puck and hits the forward that is coming down the boards in the breakout position. Forward carries the puck up the ice for a long shot on goal. The forward quickly finds the second puck along the goal line and passes it to the defenseman that is following the play up for a second shot with a tip and screen.

VARIATION:

GOALIES: Good drill for getting the feel of the puck and rink awareness in terms of angles, possible tip situation.

5) Point Shot 2 on 1



DRILL OBJECTIVE: Create scoring chances 2 on 1

6:23P - 6:33P(10) min

KEY ELEMENTS:

- Skating
- Shooting/Scoring
- Passing/Receiving
- Create scoring chances
- Speed on the attack

ORGANIZATION: Forwards divided equally in all four corners of the ice at the goal line. Defenseman positioned in the middle of the ice at the face off dot. Pucks in all four corners. Five cones diagonally placed in the neutral zone. One defenseman on each side at the blueline along the boards. On the whistle the forward passes to the defense on the point, the defense pulls the puck across the blueline, the forward goes to the high slot for a tip. The forward positioned directly across goes low to the net. The defense then shoots, and after the shot the forwards get a pass from the other corner and attacks the other defenseman 2 on 1 at the other end of the rink. Both ways, same time. Change sides half-way through.

VARIATION:

GOALIES: game like situation, must be focused on puck carrier, yet be prepared with a response to a quick pass to open man. rebound control, possible tip situation.

6:33P - 6:43P(10) min

- Passing/Receiving

- Passing/Receiving
- Timing
- Proper Receiving Angle
- Regrouping
- Transition

ORGANIZATION: All players on the bench except the group of five breaking out and the two defenseman. Coach dumps the puck in and the unit of 5 retrieves and breaks out attacking the other end 5 on 2, for a shot on goal. On the whistle the coach spots a second puck just inside the far blueline and the unit regroup and attacks again 5 on 2. On the second whistle, the coach spots a third puck in the neutral zone, the unit again regroup with the forwards having to get back on side very quickly, for a quick counterattack, 5 on 2 again. Next unit of 5 begins at the other end.

GOALIES: Read the rush, puck carrier has several options, can also get involved in starting the breakout.

6:43P - 6:53P(10) min

- Defensive awareness

- Defensive awareness
- Communication
- Read and analyze the situation
- Positioning
- Drive the center lane

ORGANIZATION: Position 10 players in one zone; 3 backcheckers along the goal line, 2 defenseman out on the blueline, the unit of 5 offensive players are all positioned from the top of the crease to the faceoff dots. On the whistle the center passes the puck to the wing, they attack 5 on 2 with the 3 backcheckers on the goal line, backchecking all the way to the defensive zone to play a live 5 on 5 at the far end. Sort out on the backcheck and work on defensive zone coverage.

GOALIES: Game like situation, communicate with your defenseman, read and react to all situations.

6:53P - 7:00P(7) min

- Shooting while in motion

- Shooting while in
- Goalie Warm up
- Quick release

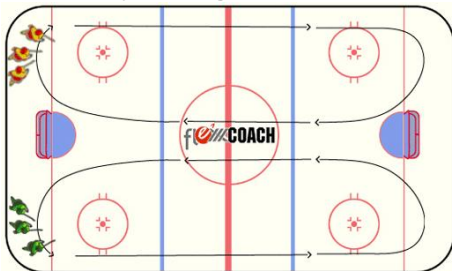
ORGANIZATION: The players divided into 6 groups at center ice, 3 groups going each direction. First player in each line goes at the same time. First player in first line takes a long slap shot at the blueline, first player in the second line takes a wrist shot in the high slot, the first player in the third line skates in to deke the goalie and continue with the next group of three players.

GOALIES: Good drill for getting feel of the puck and rink awareness in terms of angles.

Post-Practice Comments:

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

1) Butterfly Skating Warm Up



DRILL OBJECTIVE: Warm Up Skating Agility

6:00P - 6:05P(5) min

KEY ELEMENTS:

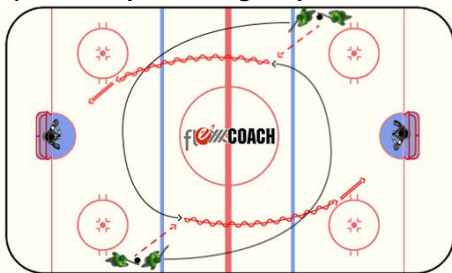
- Skating
- Edge control
- Overspeed
- Crossovers

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

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

GOALIES: can skate with all players.

2) Warm Up Shooting Sequence 1



DRILL OBJECTIVE: Goalie warm up

6:05P - 6:08P(3) min

KEY ELEMENTS:

- Skating
- Passing/ Receiving
- Proper Receiving Angle
- Shooting

ORGANIZATION: Players are positioned inside the bluelines in four equal groups with pucks. The first two players at opposite diagonal blueline start skating without a puck to inside the far blueline, creating a proper angle to receive the puck from the next player in line at the opposite diagonal blueline continue down the ice for a shot on goal. The opposite players at the bluelines now begin alternating every shot.

VARIATION: Players can start out backwards with a touch pass with the next player in line pivot open up then receive a pass.

GOALIES: Warm up shots, angle awareness

3) Warm Up Shooting Sequence 3



DRILL OBJECTIVE: Warm Up Passing

6:08P - 6:11P(3) min

KEY ELEMENTS:

- Skating
- Passing/ Receiving
- Puck Support
- Pivots
- Shooting

ORGANIZATION: Divide the players into four equal groups, in the four corners at the hash marks. Opposite diagonal players start without a puck, skating across the top of the circles in the zone, to create a proper angle to receive a puck from the opposite side, continue down the ice with speed for a shot on goal. The opposite diagonal players begin. Continuous drill.

VARIATION: Can add a cone or a coach inside the bluelines for the players to make a move around.

GOALIES: follow shooter across the zone, get a feel for the puck and positioning on off angle shots.

4) Warm Up Shooting Sequence 4



DRILL OBJECTIVE: Warm Up Passing/Shooting

6:11P - 6:14P(3) min

KEY ELEMENTS:

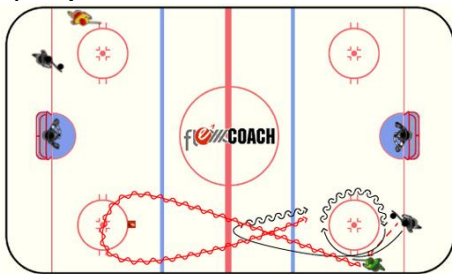
- Skating
- Passing/ Receiving
- Proper Receiving Angle
- Shooting
- Timing/Support

ORGANIZATION: Divide the players into four equal groups, in the four corners at the hash marks. Two players at the same end start with a puck, passing it 2 on 0 up the ice, passing it to one of the two players at the opposite end. Receive the puck back and continue down 2 on 0 for a shot on goal. After the opposite side regroup, the two players then start the next 2 on 0 regroup.

VARIATION:

GOALIES: Must be focused on the puck carrier, yet be prepared with a response to a quick pass to open man.

5) Gap 1 on 1



DRILL OBJECTIVE: Proper Angling Separate Man

6:14P - 6:24P(10) min

KEY ELEMENTS:

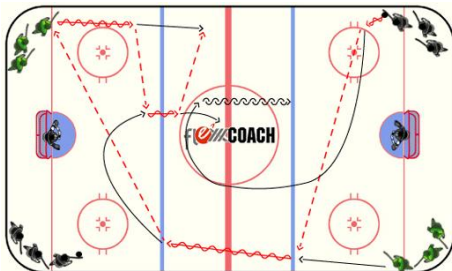
- Skating
- Defensive Positioning
- Quick feet Explosiveness
- Transition skating
- Puckhandling

ORGANIZATION: One line of defensemen and one line of forwards in opposite diagonal corners. On the whistle both ends start at the same time, the defenseman starts the drill with a pass to the forward, skates around the near faceoff circle, always facing up ice, skates out of the circle to the redline in the neutral zone to take the forward 1 on 1. The forward sprints with the puck up towards the cone placed at the top of the faceoff circle at the other end. Makes a turn towards the boards and attacks the defense 1 on 1.

VARIATION: Switch sides, can also vary the point of turn/attack in the neutral zone and also vary the direction of the turn of the forward.

GOALIES: Game like situation, play the 1 on 1 situation, Fight through screen, Rebound control.

6) Loop 2 on 1



DRILL OBJECTIVE: Gap Control, Create a Scoring

6:24P - 6:34P(10) min

KEY ELEMENTS:

- Skating/Gap control
- Defensive Positioning
- Shooting/Scoring
- Receiver creates good angle
- Passing While in Motion

ORGANIZATION: Forwards in two line in opposite diagonal corners. Defenseman in two lines in the other opposite corners. Defense starts the drill by making a pass to the forward on the far boards, this defenseman gaps up past the redline to take the rush back 2 on 1, the forward that receives the pass from the defenseman skates up the far boards, and passes to the next forward in line at the opposite diagonal corner. That forward that receives the puck starts skating out of the corner and passes back to the forward that passed it to him and continues up the ice 2 on 1 against the defenseman that has gapped up in the neutral zone. After they cross the redline, the next group at the opposite end starts, with the defenseman making the wide pass to the next forward in line on the far boards. A continuous drill.

VARIATION:

GOALIES: game like situation, must be focused on puck carrier, yet be prepared with a response to a quick pass to open man. rebound control, possible tip situation.

7) Breakout, 5 on 0, Regroup



DRILL OBJECTIVE: Team Breakouts

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

KEY ELEMENTS:

- Passing/Receiving
- Receiver creates good angle
- Puck Support
- Positioning
- Timing/Support

ORGANIZATION: All players are on the bench except the five that are breaking the puck and two other defensemen. Coach dumps the puck in; the unit of five retrieves the puck and breaks out. The coach designates the breakout. All players touch the puck, passing it through the neutral zone to regroup with the opposite defenseman and then quickly regrouping with the defense that broke that out and attack the other end 5 on 0. After the initial shot the coach will pass a second puck to the defenseman for a defense to defense point shot. All units of five break out of the same end.

VARIATION:

GOALIES: Read the rush, puck carrier has several options, can also get involved in starting the breakout. Communicate with the defenseman.

8) 3 on 3 Defensive Zone Coverage



DRILL OBJECTIVE: Proper Positioning, Defensive

6:44P - 6:54P(10) min

KEY ELEMENTS:

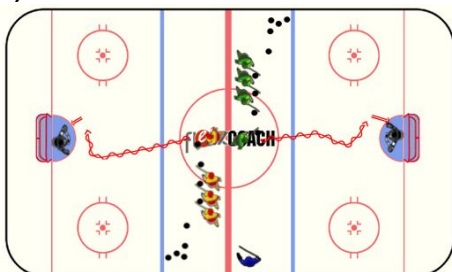
- Defensive awareness
- Battling 1 on 1
- Net Front Coverage
- Create scoring chances
- Communication

ORGANIZATION: Divide players equally into two groups along the blue line. Two defensemen and one forward defend against three forwards below the tops of the circles. 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:

GOALIES: Game like situation, communicate with your defenseman, read and react to all situations.

9) Showdown



DRILL OBJECTIVE: 1 on 0 Breakaways

6:54P - 7:00P(6) min

KEY ELEMENTS:

- Puckhandling
- Shooting/Scoring
- Practicing different moves
- Puck Control

ORGANIZATION: Split the players into two teams. Goalies positioned in each net. Players at center faceoff dot, performing breakaways on the goalie. If a player misses or a goalie makes a save, they are considered out of the drill. The goal scorers continue until a winner is determined. If the final two shooters or more are stopped by the goaltenders, the goaltenders are the winners!

VARIATION:

GOALIES: Breakaways, middle angles

Post-Practice Comments:

1) Pepper Passing



DRILL OBJECTIVE: Passing and Receiving

6:00P - 6:05P(5) 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) Center Ice Shooting 1



DRILL OBJECTIVE: Goalie warm up

6:05P - 6:12P(7) min

KEY ELEMENTS:

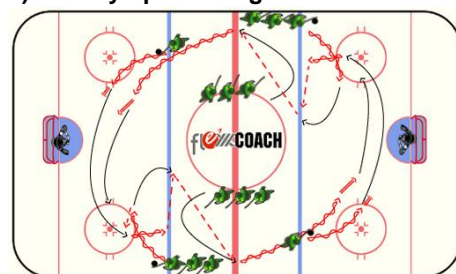
- Passing/Receiving
- Shooting/Scoring
- Skating
- Shooting while in Motion

ORGANIZATION: Divide the players into four equal groups positioned inside the bluelines along the sideboards with pucks. Opposite diagonal lines start at the same time. The first player in each diagonal line skates out around the center ice faceoff circle and gets a pass from the opposite diagonal line, skates with the puck until the redline and passes to the first player in line at the far blueline and receives the puck and goes in for a shot on goal. Now the opposite diagonal line starts and continues the same pattern, opposite direction.

VARIATION:

GOALIES: Follow the sequence to include skating with warm up shot, angle awareness.

3) US Olympic Timing Drill



DRILL OBJECTIVE: Proper timing to receive pass

6:12P - 6:19P(7) min

KEY ELEMENTS:

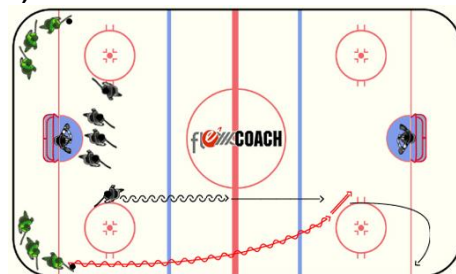
- Proper timing-receive with speed
- Proper routes to receive pass
- Passing/receiving
- Shoot to score
- Awareness

ORGANIZATION: 2 lines against side boards on opposite blue lines - 2 lines on outside of center circle facing the line against boards. A player placed on opposite sides at blue line at each end with a puck to start drill. On whistle, those 2 players skate towards goals and shoot to score. First players (player 1) continue their skating by curling up ice. First player in line against side boards(players 2) skates outside-in pattern and drops puck to player 1. Player 1 receives drop pass, allows player 2 to skate pattern-passes back to player 2. First player in line from center lines(players 3) skates inside-out pattern-opens up along boards to receive pass from player 2. Player 3 skates into zone and shoots to score. Progression continues. Player 3 becomes player 1. Player 1 skates to back of player 2 line. Player 2 skates to back of player 3 line.

VARIATION: Can put the pucks in opposite corners, after taking the shot, pick up the puck and skate up the boards to pass to player two.

GOALIES: In the nets - alot of shots.

4) 1 on 1 Out of the Box



DRILL OBJECTIVE: Proper Angling Separate Man

6:19P - 6:24P(5) min

KEY ELEMENTS:

- Proper angling
- Separation technique
- Body contact
- Puck handling
- Skating

ORGANIZATION: Forwards positioned at one end of the rink behind the goal line, defenseman at the face off hash marks Infront of the net at the same end. On the whistle the forward skates full speed down the ice 1 on 1 on the defenseman that starts backward and can't turn until the red line with a proper pivot.

VARIATION:

GOALIES: Game like situation, play the 1 on 1 situation, Fight through screen, Rebound control

5) 5 on 0 Breakout /Forecheckers



DRILL OBJECTIVE: Read and React to Different

6:24P - 6:32P(8) min

KEY ELEMENTS:

- Various breakout patterns
- Communication
- Blocking out for defenseman
- Puck Support/Positioning
- Passing and Receiving

ORGANIZATION: Five players positioned in the neutral zone, between the redline and the blue line of the end of the breakout. Coach is positioned along the sideboards and the far blue line with 3 forwards of the next line that will breakout. The coach tells the three forecheckers how many will go on the forecheck; 1, 2, or 3. On the whistle the coach dumps the puck in and the five players in the neutral zone go back to break the puck out. The forecheckers apply pressure to the breakout, and can aggressively pursue the puck from the top of the circles down. Once the five breakout players, break the puck out beyond the top of the circles the forecheckers are completed with the drill; the forecheckers now become the next forwards on the breakout. The five players that broke the puck out continue down the ice 5 on 0 for a shot on goal.

VARIATION: Can also place a coach in the corners with pucks for additional shots.

GOALIES: Communication with the defenseman on the breakouts, Shots on the opposite end. can also get involved in starting the breakout.

6) Breakout, Regroup, Attack 3on2



DRILL OBJECTIVE: Crisp breakouts, regroup

6:32P - 6:40P(8) min

KEY ELEMENTS:

- Various breakout patterns
- Regroup patterns
- Attack offense
- Rush defense
- Numerous passes

ORGANIZATION: all players and pucks at center ice close to boards. A unit of 5 steps out and the coach throws a puck into one end, the 5 break out 5 on 2, at the top of the far circles the forwards pass to the defending defense and regroup to attack the breakout defense 3on2. regrouping defense follow play to center ice then coach throws next puck into their end where they break out the next group of forwards. The drill continues back and forth in this fashion.

VARIATION: Unlimited variations, can add backcheckers, play it live in zone, second and third pucks.

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

7) Board Pass



DRILL OBJECTIVE: Indirect-board pass

6:40P - 6:47P(7) min

KEY ELEMENTS:

- Timing
- Indirect passes off the boards
- Puck Support
- Communication
- Passing/Receiving

ORGANIZATION: Line players up as indicated-two groups of forwards-one group of defensemen. One cone deep in the corner. The defenseman starts by skating backwards-the next defenseman dumps the puck into the corner-D1 pivots forward and picks up puck turning around the cone. F1 skates to the "hash marks" and receives pass from D1-F2 loops to the boards and receives an indirect pass off the boards from F1-both forwards continue 2 on 0 down the ice for a shot on goal.

VARIATION:

GOALIES: Adjust your angles based on the passes made, squaring to the puck with the proper depth

8) Goalie Dual Angle Drill



DRILL OBJECTIVE: Adjust lateral angle from high

6:47P - 6:51P(4) min

KEY ELEMENTS:

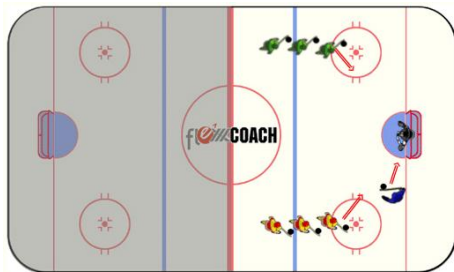
- Goalie positioning
- Transition skating
- Shooting on the move
- Shuffle skate

ORGANIZATION: half ice drill. two lines of players with pucks, one in left corner, the other on opposite blue line, place a pylon to the right of the goalie about 2 feet above the goal line extended. this is a two shot drill. x1 comes high out of corner around faceoff circle and shoots, immediately after goalie picks up x2 who breaks down

VARIATION:

GOALIES: Difficult drill if done correctly. Center on the puck and continually adjust your depth.

9) Goalie 3 Shot



DRILL OBJECTIVE: Quick reaction and recovery to

6:51P - 6:55P(4) min

KEY ELEMENTS:

- Positioning for original shot
- Recovery
- Push with opposite leg
- Squaring up to additional shots

ORGANIZATION: Two lines of shooters, one at the top of each face off circle with pucks. The coach is positioned to the left of the goalie with pucks. The forward on the same side as the coach takes the first shot, giving the goalie time to recover the opposite line shoots and then the coach shoots the third shot from in tight.

VARIATION: Make sure to do this drill from both sides

GOALIES: Force yourself to react quickly after original save and get into position for next shot, Angle awareness.

KEY ELEMENTS:

- Puck Support

- Timing

- Shooting /Scoring

ORGANIZATION: Forwards at opposite blue lines, Defense on the boards at center red line, Two defenseman in the neutral zone at the blue lines. F1 and F2 from one blue line will start the drill, F1 passes to D1, Receives it back, and passes it back to D1, F1 continues to skate a full circle around the neutral zone, D1 passes to F2 receives it back and then passes it to D2, F2 continues to skate a full circle around the neutral zone. D2 can make a pass to either F1 or F2 to attack D1 2 on 1. A new defenseman replaces D1 and two forwards from the opposite blue line begin the drill in the opposite direction.

GOALIES: game like situation, must be focused on puck carrier, yet be prepared with a response to a quick pass to open man. rebound control.

[illegible]

Board pass with puck support and speed.
Drills 10,11 will be going on at the other end at the same time of drill 9.

1) Neutral Zone Transition



DRILL OBJECTIVE: Goalie warm up, Transition

6:00P - 6:05P(5) min

KEY ELEMENTS:

- Skating
- Passing/ Receiving
- Shooting
- Goalie warm up Shots
- Drive the center lane

ORGANIZATION: Players positioned as Shown. Defenseman starts backward and receives the puck from the forward at the blue line pivots forward allows time for the forward to get into a good support position Inside the blue line. Forward then drives with speed wide for a shot on goal and stop in front of the net. defenseman then continues up ice for good support, then picks up puck inside the offensive zone along the boards skates backward to the blue line and accross the line for a second shot.

VARIATION:

GOALIES: Good drill for getting the feel of the puck, rink awareness in terms of angles, Handles the first shot, fights through screen for second shot, possible tip situation, rebound also.

2) US Olympic Timing Drill



DRILL OBJECTIVE: Proper timing to receive pass

6:05P - 6:12P(7) min

KEY ELEMENTS:

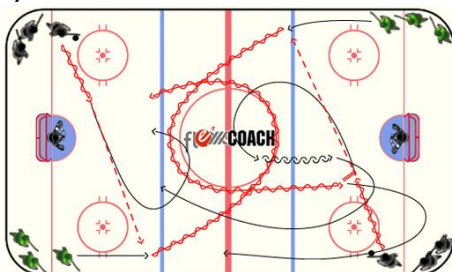
- Proper timing-receive with speed
- Proper routes to receive pass
- Passing/receiving
- Shoot to score
- Awareness

ORGANIZATION: 2 lines against side boards on opposite blue lines - 2 lines on outside of center circle facing the line against boards. A player placed on opposite sides at blue line at each end with a puck to start drill. On whistle, those 2 players skate towards goals and shoot to score. First players (player 1) continue their skating by curling up ice. First player in line against side boards(players 2) skates outside-in pattern and drops puck to player 1. Player 1 receives drop pass, allows player 2 to skate pattern-passes back to player 2. First player in line from center lines(players 3) skates inside-out pattern-opens up along boards to receive pass from player 2. Player 3 skates into zone and shoots to score. Progression continues.Player 3 becomes player 1. Player 1 skates to back of player 2 line. Player 2 skates to back of player 3 line.

VARIATION: Can put the pucks in opposite corners, after taking the shot,pick up the puck and skate up the boards to pass to player two.

GOALIES: In the nets - alot of shots.

3) 2 on 2 Read The Rush



DRILL OBJECTIVE: Reading the rush

6:12P - 6:19P(7) min

KEY ELEMENTS:

- Defensive awareness
- Communication
- Offensive awareness
- Reading the rush
- Gap control

ORGANIZATION: 2 lines of forwards in diagonal corners of rink and 2 lines of defensemen in the opposite diagonal corners of the rink. On whistle, one end starts by the defenseman skating towards middle of ice and passing to forward skating up boards. Forward skates around center circle and comes back against defenseman 1 on 1. On next whistle, other end begins same sequence. At same time, the defenseman who just played the 1 on 1 tries to join the rush and make a play with forward from the opposite end. The original forward has to backcheck. The drill is continuous with whistle starting the alternate end.

VARIATION:

GOALIES: Situational awareness; communicate with the defenseman

4) Board Pass



DRILL OBJECTIVE: Indirect-board pass

6:19P - 6:26P(7) min

KEY ELEMENTS:

- Timing
- Indirect passes off the boards
- Puck Support
- Communication
- Passing/Receiving

ORGANIZATION: Line players up as indicated-two groups of forwards-one group of defensemen. One cone deep in the corner. The defeseeman starts by skating backwards-the next defenseman dumps the puck into the corner-D1 pivots forward and picks up puck turning around the cone. F1 skates to the "hash marks" and receives pass from D1-F2 loops to the boards and receives an indirect pass off the boards from F1-both forwards continue 2 on 0 down the ice for a shot on goal.

VARIATION:

GOALIES: Adjust your angles based on the passes made, squaring to the puck with the proper depth

5) Angle Open Ice



DRILL OBJECTIVE: Read and React, Angling take

6:26P - 6:31P(5) min

KEY ELEMENTS:

- Angling
- Skating speed
- Body Positioning
- Read and Reacting
- Proper checking angle

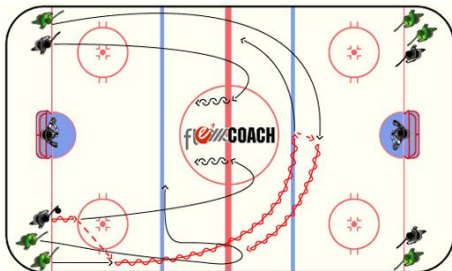
ORGANIZATION: Coach is positioned at the redline along the side boards with pucks. Players are divided into two equal groups, with one group on each side of the coach. On the whistle the first two players in line next to the coach, start and skate down the boards to the blueline. The coach passes the puck to one of the players, the other player needs to read and re-act to the situation and angle the puck carrier to the middle and continues pursuit to force the player outside.

VARIATION:

GOALIES: Follow the sequence across the zone, Game like situation, play the 1 on 1 situation, Fight through screen, Rebound control.

Board pass with puck support and speed.
Drills 10,11 will be going on at the other end at the same time of drill 9.

6) 3 on 2 Czech Drill



DRILL OBJECTIVE: Offensive Zone entry 3 on 2,

6:31P - 6:38P(7) 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 blueline, 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.

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

7) Breakout, Regroup, Attack 3on2



DRILL OBJECTIVE: Crisp breakouts, regroup

6:38P - 6:48P(10) min

KEY ELEMENTS:

- Various breakout patterns
- Regroup patterns
- Attack offense
- Rush defense
- Numerous passes

ORGANIZATION: all players and pucks at center ice close to boards. A unit of 5 steps out and the coach throws a puck into one end, the 5 break out 5 on 2, at the top of the far circles the forwards pass to the defending defense and regroup to attack the breakout defense 3on2. regrouping defense follow play to center ice then coach throws next puck into their end where they break out the next group of forwards. The drill continues back and forth in this fashion.

VARIATION: Unlimited variations, can add backcheckers, play it live in zone, second and third pucks.

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

8) 2 on 1 with Point Shot



DRILL OBJECTIVE: 2 on 1 tactics both offensively

6:48P - 6:55P(7) min

KEY ELEMENTS:

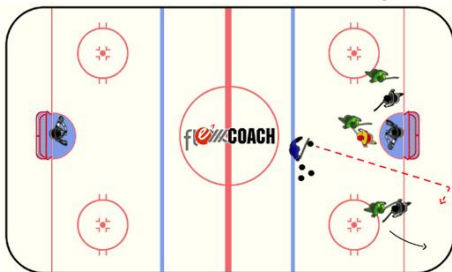
- Speed
- Passing
- Scoring
- 2 on 1 Tactics

ORGANIZATION: forwards are divided into 4 lines, one on each corner of the blue lines. The defenseman start in opposite corners of the rink, with 1 defenseman in the neutral zone to start the drill. On the whistle, 2 forwards (1 from each line 1 and line 2 begin the drill. One forward(F1) carries the puck a few strides and makes a pass to the other forward(F2) skating towards him. Upon receiving that pass,F2 passes the puck to a defenseman joining the rush from the corner. The 2 forwards criss-cross, simulating a regroup, and receive a pass back from the defenseman who was joining the play. The 2 forwards go down the ice and execute a 2 vs. 1 on the defenseman who was in the neutral zone to begin the drill. The offensive defenseman follows up the play and stops on the blue line. Upon completion of the 2 vs. 1, the offensive defenseman receives a pass from a coach and takes a shot from the blue line, with the 2 forwards and the defensemen in front of the net. On the next whistle, the drill continues with 2 new forwards from lines 3 and 4 from the other end and the defenseman who just took the point shot now backing off to defend the ensuing 2 vs. 1. The drill continues back and forth.

VARIATION:

GOALIES: Game like situation, must be focused on puck carrier, yet be prepared with a response to a quick pass to open man. rebound control. the goalies also work on point shots with traffic in front, and playing the rebound situation.

9) 3 on 3 Defensive Zone Coverage



DRILL OBJECTIVE: Proper Positioning, Defensive

6:55P - 7:05P(10) min

KEY ELEMENTS:

- Defensive awareness
- Battling 1 on 1
- Net Front Coverage
- Create scoring chances
- Communication

ORGANIZATION: Divide players equally into two groups along the blueline. Two defenseman and one forward defend against three forwards below the tops of the circles. 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.

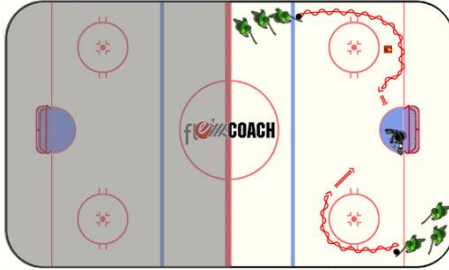
VARIATION:

GOALIES: Game like situation, communicate with your defenseman, read and react to all situations.

Board pass with puck support and speed.

Drills 10,11 will be going on at the other end at the same time of drill 9.

10) Goalie Dual Angle Drill



DRILL OBJECTIVE: Adjust lateral angle from high

7:05P - 7:10P(5) min

KEY ELEMENTS:

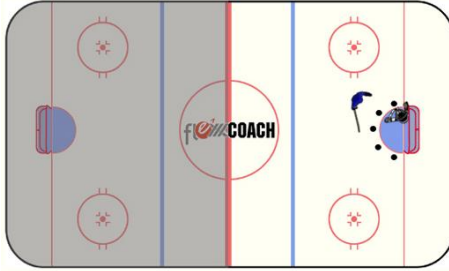
- Goalie positioning
- Transition skating
- Shooting on the move
- Shuffle skate
- T-Glide

ORGANIZATION: half ice drill. two lines of players with pucks, one in left corner, the other on opposite blue line, place a pylon to the right of the goalie about 2 feet above the goal line extended. this is a two shot drill. x1 comes high out of corner around faceoff circle and shoots, immediately after goalie picks up x2 who breaks down the boards cuts inside the pylon and attacks the goal.

VARIATION:

GOALIES: Difficult drill if done correctly. Center on the puck and continually adjust your depth.

11) Five Puck Goalie Skate



DRILL OBJECTIVE: Control skating in the crease,

7:10P - 7:15P(5) min

KEY ELEMENTS:

- Shuffle skate
- T-glide
- Body control
- Transition skating

ORGANIZATION: Place five pucks in an arc just outside the crease. Goalie skates in the arc stopping and centering on each puck, using a controlled shuffle skate, for about 20 seconds. On coaches whistle the goalie now skates from one puck to the other, using a t-glide. The coach decides which puck the goalie moves to always changing the goalies course, always stopping to be centered and square on the puck.

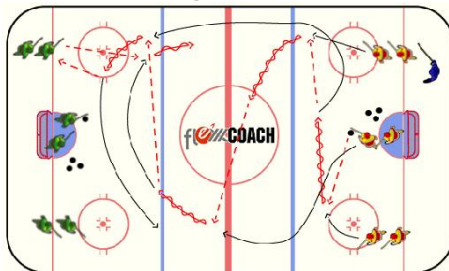
VARIATION: At the end of 20 seconds the goalie starts at one post and comes out to poke check the pucks one at a time returning to the post each time until all but one puck remains on the final puck the goalie must cover the puck for whistle.

GOALS: See organization of the drill.

Post-Practice Comments:

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

1) 3 on 0 Passing, Weave, Flow



DRILL OBJECTIVE: Passing warm up, multiple

6:00P - 6:05P(5) min

KEY ELEMENTS:

- Passing/Receiving
- Puck support
- Skating
- Positioning with Good Support/Target
- Timing

ORGANIZATION: Players at both ends in three lines. Three players leave from one end passing the puck and following their passes up the ice, they pass to the first in line at the other end and regroup passing and weaving up the ice as they return to their own end. Once passing at the other end the next three players begin their trip up ice.

VARIATION:

GOALIES: Warm up with one coach at one end.

2) Center Ice Shooting 1



DRILL OBJECTIVE: Goalie warm up

6:05P - 6:10P(5) min

KEY ELEMENTS:

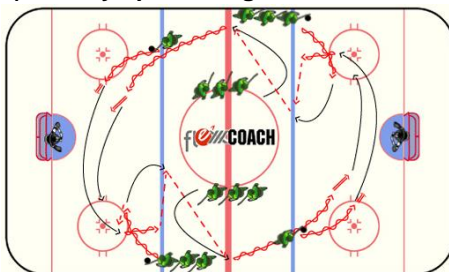
- Passing/Receiving
- Shooting/Scoring
- Skating
- Shooting while in Motion

ORGANIZATION: Divide the players into four equal groups positioned inside the bluelines along the sideboards with pucks. Opposite diagonal lines start at the same time. The first player in each diagonal line skates out around the center ice faceoff circle and gets a pass from the opposite diagonal line, skates with the puck until the redline and passes to the first player in line at the far blueline and receives the puck and goes in for a shot on goal. Now the opposite diagonal line starts and continues the same pattern, opposite direction.

VARIATION:

GOALIES: Follow the sequence to include skating with warm up shot, angle awareness.

3) US Olympic Timing Drill



DRILL OBJECTIVE: Proper timing to receive pass

6:10P - 6:18P(8) min

KEY ELEMENTS:

- Proper timing-receive with speed
- Proper routes to receive pass
- Passing/receiving
- Shoot to score
- Awareness

ORGANIZATION: 2 lines against side boards on opposite blue lines - 2 lines on outside of center circle facing the line against boards. A player placed on opposite sides at blue line at each end with a puck to start drill. On whistle, those 2 players skate towards goals and shoot to score. First players (player 1) continue their skating by curling up ice. First player in line against side boards (players 2) skates outside-in pattern and drops puck to player 1. Player 1 receives drop pass, allows player 2 to skate pattern-passes back to player 2. First player in line from center lines (players 3) skates inside-out pattern-opens up along boards to receive pass from player 2. Player 3 skates into zone and shoots to score. Progression continues. Player 3 becomes player 1. Player 1 skates to back of player 2 line. Player 2 skates to back of player 3 line.

VARIATION: Can put the pucks in opposite corners, after taking the shot, pick up the puck and skate up the boards to pass to player two.

GOALIES: In the nets - alot of shots.

4) 1 on 1 Out of the Box



DRILL OBJECTIVE: Proper Angling Separate Man

6:18P - 6:23P(5) min

KEY ELEMENTS:

- Proper angling
- Separation technique
- Body contact
- Puck handling

ORGANIZATION: Forwards positioned at one end of the rink behind the goal line, defenseman at the face off hash marks Infront of the net at the same end. On the whistle the forward skates full speed down the ice 1 on 1 on the defenseman that starts backward

VARIATION:

GOALIES: Game like situation, play the 1 on 1 situation, Fight through screen, Rebound control

5) Breakout, Regroup, Attack 3on2



DRILL OBJECTIVE: Crisp breakouts, regroup

6:23P - 6:30P(7) min

KEY ELEMENTS:

- Various breakout patterns
- Regroup patterns
- Attack offense
- Rush defense
- Numerous passes

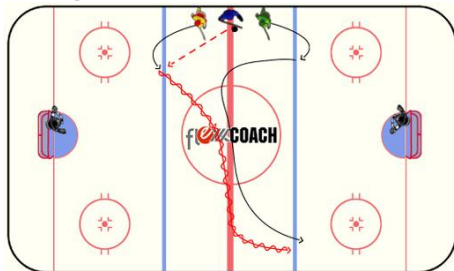
ORGANIZATION: all players and pucks at center ice close to boards. A unit of 5 steps out and the coach throws a puck into one end, the 5 break out 5 on 2, at the top of the far circles the forwards pass to the defending defense and regroup to attack the breakout defense 3on2. regrouping defense follow play to center ice then coach throws next puck into their end where they break out the next group of forwards. The drill continues back and forth in this fashion.

VARIATION: Unlimited variations, can add backcheckers, play it live in zone, second and third pucks.

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

High Tempo, Skill and Fundamental Development
Drill 7,8 divide players into two equal groups of forwards and defenseman, 5 minutes at each end.

6) Angle Open Ice



DRILL OBJECTIVE: Read and React, Angling take

6:30P - 6:37P(7) min

KEY ELEMENTS:

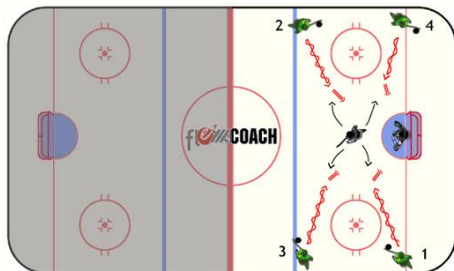
- Angling
- Skating speed
- Body Positioning
- Read and Reacting
- Proper checking angle

ORGANIZATION: Coach is positioned at the redline along the side boards with pucks. Players are divided into two equal groups, with one group on each side of the coach. On the whistle the first two players in line next to the coach, start and skate down the boards to the blueline. The coach passes the puck to one of the players, the other player needs to read and re-act to the situation and angle the puck carrier to the middle and continues pursuit to force the player outside.

VARIATION:

GOALIES: Follow the sequence across the zone, Game like situation, play the 1 on 1 situation, Fight through screen, Rebound control.

7) 4 Spot 1 on 1



DRILL OBJECTIVE: Defense footwork, stickwork,

6:37P - 6:41P(4) min

KEY ELEMENTS:

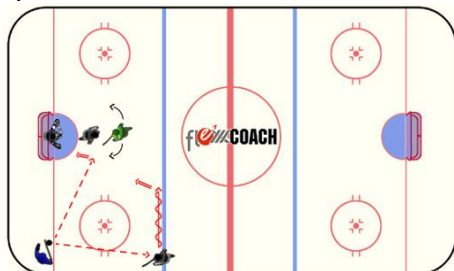
- Quick feet drill for defenseman
- Offensive skill work for frwds
- Game situation for goalies
- One on one tactics for both f + d
- Conditioning for defenseman

ORGANIZATION: four forwards get into position as shown defenceman gets into middle of the zone. on coaches whistle f1 attacks goal, as d steps out to challenge him, after attack coach blows whistle and f2 attacks as defense adjusts to play him each defenseman plays all four forwards then change the defense.

VARIATION:

GOALIES: Quick attacks from diferent angles, with help from def. read, support and position yourself accordingly.

8) 1 on 1 Confrontations Pt. Shot



DRILL OBJECTIVE: Proper Positioning, Eliminate

6:41P - 6:45P(4) min

KEY ELEMENTS:

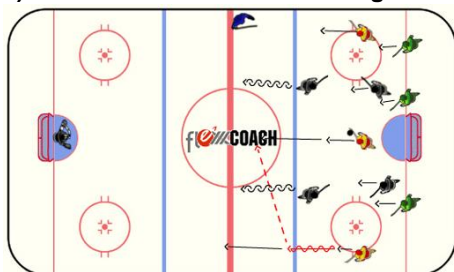
- Defensive Positioning
- Compete, Battling 1 on 1
- Quick feet /explosiveness
- Legal use of hands and body
- Tipping/ Screening

ORGANIZATION: Forward-starts the drill in high slot. Defenseman-starts without a stick in front of the forward Another defenseman is positioned at the blueline. The coach is in the corner with pucks. The first pass is made to the defenseman on the blueline. The defenseman walks the puck across the blueline for a shot at the net. The forward in front of the net tries to get in position for a tip or a screen as the defenseman is positioning himself on the defensive side of the forward, trying to clear him from the front of the net. After the shot, on the whistle, forward tries to skate around the defenseman in front of the net to get himself in a position for a goalmouth pass from the coach. Whistle stops drill.

VARIATION: A stick can be added to the defenseman in front.

GOALIES: game like situation, must be focused on coach in corner, yet be prepared with a response to a quick pass to open man. rebound control. Fight through screens. possible tip situation.

9) Backcheck to D-Zone Coverage



DRILL OBJECTIVE: Defensive Awareness,

6:45P - 6:53P(8) min

KEY ELEMENTS:

- Defensive awareness
- Communication
- Read and analyze the situation
- Positioning
- Drive the center lane

ORGANIZATION: Position 10 players in one zone; 3 backcheckers along the goal line, 2 defenseman out on the blueline, the unit of 5 offensive players are all positioned from the top of the crease to the faceoff dots. On the whistle the center passes the puck to the wing, they attack 5 on 2 with the 3 backcheckers on the goal line, backchecking all the way to the defensive zone to play a live 5 on 5 at the far end. Sort out on the backcheck and work on defensive zone coverage.

VARIATION:

GOALIES: Game like situation, communicate with your defenseman, read and react to all situations.

[illegible]

KEY ELEMENTS:

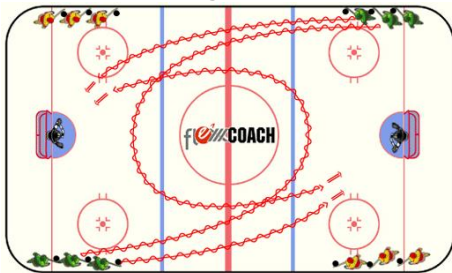
- Speed
- Passing
- Scoring
- 2 on 1 Tactics

ORGANIZATION: forwards are divided into 4 lines, one on each corner of the blue lines. The defenseman start in opposite corners of the rink, with 1 defenseman in the neutral zone to start the drill. On the whistle, 2 forwards (1 from each line 1 and line 2 begin the drill. One forward(F1) carries the puck a few strides and makes a pass to the other forward(F2) skating towards him. Upon receiving that pass,F2 passes the puck to a defenseman joining the rush from the corner. The 2 forwards criss-cross, simulating a regroup, and receive a pass back from the defenseman who was joining the play. The 2 forwards go down the ice and execute a 2 vs. 1 on the defenseman who was in the neutral zone to begin the drill. The offensive defenseman follows up the play and stops on the blue line. Upon completion of the 2 vs. 1, the offensive defenseman receives a pass from a coach and takes a shot from the blue line, with the 2 forwards and the defensemen in front of the net. On the next whistle, the drill continues with 2 new forwards from lines 3 and 4 from the other end and the defenseman who just took the point shot now backing off to defend the ensuing 2 vs. 1. The drill continues back and forth.

GOALIES: Game like situation, must be focused on puck carrier, yet be prepared with a response to a quick pass to open man. rebound control. the goalies also work on point shots with traffic in front, and playing the rebound situation.

[illegible]

1) 4 Shot Shooting Warm Up



DRILL OBJECTIVE: Goalie warm up, Two shots from

6:00P - 6:05P(5) min

KEY ELEMENTS:

- Skating
- Shooting
- Move feet after taking shot

ORGANIZATION: Players and pucks in all four corners. Opposite corners start, alternating sides, first two players in line start out at the same time, The first player skates straight down and takes an angle shot, the second player Skates around the center ice face off circle just touching the blue line skating down the far side for a second shot.

VARIATION: Can add a pivot with second player at the blue line.

GOALIES: Two shots from same angle

2) Center Ice Shooting 1



DRILL OBJECTIVE: Goalie warm up

6:05P - 6:10P(5) min

KEY ELEMENTS:

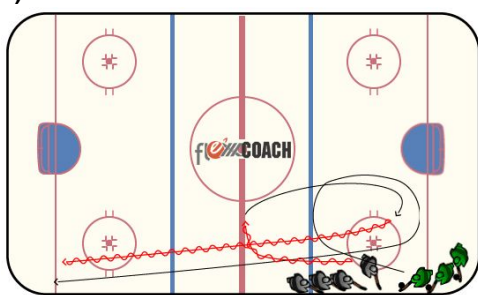
- Passing/Receiving
- Shooting/Scoring
- Skating
- Shooting while in Motion

ORGANIZATION: Divide the players into four equal groups positioned inside the bluelines along the sideboards with pucks. Opposite diagonal lines start at the same time. The first player in each diagonal line skates out around the center ice faceoff circle and gets a pass from the opposite diagonal line, skates with the puck until the redline and passes to the first player in line at the far blueline and receives the puck and goes in for a shot on goal. Now the opposite diagonal line starts and continues the same pattern, opposite direction.

VARIATION:

GOALIES: Follow the sequence to include skating with warm up shot, angle awareness.

3) Mirror 1 on 1



DRILL OBJECTIVE: Have players elevate their

6:10P - 6:13P(3) min

KEY ELEMENTS:

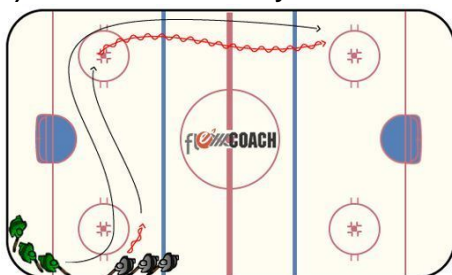
- Skating agility foot work
- Pivoting forward to backward
- Pivoting backward to forward
- Accelerating out of a turn
- Body position

ORGANIZATION: The forwards are positioned at the boards on the goal line. the defenseman at the same side of the rink are positioned at the hash marks on the faceoff circle. One forward and one defenseman start at the same time. The forward skates forward the whole time while the defenseman starts out backward and is mirroring the forward pivoting backward to forward and forward to backward as the forward skates to the near blue line turning and skating back to the goal line turning and skating down the boards to the other end. This is a competitive drill where the defenseman attempts to mirror the forward, staying as close as possible keeping good body position with the forward.

VARIATION: Change sides of the rink.

GOALIES: Game like situation, play the 1 on 1 situation, Fight through screen, Rebound control

4) Mirror Lateral Mobility 1 on 1



DRILL OBJECTIVE: Elevate players comfort zone

6:13P - 6:16P(3) min

KEY ELEMENTS:

- Skating agility foot work
- Pivoting forward to backward
- Pivoting backward to forward
- Acceleration out of a turn
- Body position

ORGANIZATION: The forwards are positioned at the boards on the goal line. the defenseman at the same side of the rink are positioned at the hash marks on the faceoff circle. One forward and one defenseman start at the same time. The forward skates forward the whole time while the defenseman is mirroring the forward pivoting forward to backward and backward to forward as the forward skates around the face off dot over to and around the opposite face off circle ending up skating all the way down the far boards to the other end. This is a competitive drill where the defenseman attempts to mirror the forward, staying as close as possible keeping good body position with the forward.

VARIATION:

GOALIES: Game like situation, play the 1 on 1 situation, Fight through screen, Rebound control

5) US Olympic Timing Drill



DRILL OBJECTIVE: Proper timing to receive pass

6:16P - 6:22P(6) min

KEY ELEMENTS:

- Proper timing-receive with speed
- Proper routes to receive pass
- Passing/receiving
- Shoot to score
- Awareness

ORGANIZATION: 2 lines against side boards on opposite blue lines - 2 lines on outside of center circle facing the line against boards. A player placed on opposite sides at blue line at each end with a puck to start drill. On whistle, those 2 players skate towards goals and shoot to score. First players (player 1) continue their skating by curling up ice. First player in line against side boards(players 2) skates outside-in pattern and drops puck to player 1. Player 1 receives drop pass, allows player 2 to skate pattern-passes back to player 2. First player in line from center lines(players 3) skates inside-out pattern-opens up along boards to receive pass from player 2. Player 3 skates into zone and shoots to score. Progression continues.Player 3 becomes player 1. Player 1 skates to back of player 2 line. Player 2 skates to back of player 3 line.

VARIATION: Can put the pucks in opposite corners, after taking the shot,pick up the puck and skate up the boards to pass to player two.

GOALIES: In the nets - alot of shots.

6) 1 on 1 Out of the Box



DRILL OBJECTIVE: Proper Angling Separate Man

6:22P - 6:26P(4) min

KEY ELEMENTS:

- Proper angling
- Separation technique
- Body contact
- Puck handling
- Skating

ORGANIZATION: Forwards positioned at one end of the rink behind the goal line, defenseman at the face off hash marks Infront of the net at the same end. On the whistle the forward skates full speed down the ice 1 on 1 on the defenseman that starts backward and can't turn until the red line with a proper pivot.

VARIATION:

GOALIES: Game like situation, play the 1 on 1 situation, Fight through screen, Rebound control

7) One Puck Continous Drill 2on2



DRILL OBJECTIVE: Game Simulation 2 on 2, 3 on 2

6:26P - 6:33P(7) min

KEY ELEMENTS:

- Puck Support/Move puck quickly
- Attack w/speed and at 1 defenseman
- Use of open space and indirects
- Gap control / defense on a hinge
- Outlet pass under pressure

ORGANIZATION: Four even groups of forwards positioned at the bluelines, two defenseman starts at one blueline. the goalie starts with a puck on the whistle two forwards at the same end on the blueline as the defenseman skate into position on the half boards to receive the outlet pass from the goalie. the two forwards attack the defenseman 2 on 2 down the ice to the other end as they enter the zone the two forwards at this blue line skate into position along with the next defenseman that will play the following 2 on 2 back the other way.

1. Goalie can make the outlet pass.

2. Loose puck can be taken by waiting forwards

3. Offensive forwards pressure the puck or continue play until puck clears the blueline.

4. if a goal is scored the puck is retrieved by the defenseman and is to break out the forwards that are on the half boards in position.

VARIATION: Add 3 forwards to create 3 on 2 situations

GOALIES: Game like situation 2 on 2, Goalie can make the out let pass to the forwards.

8) Breakout, Regroup, Attack 5on2



DRILL OBJECTIVE: Team Concepts, Good Puck

6:33P - 6:40P(7) min

KEY ELEMENTS:

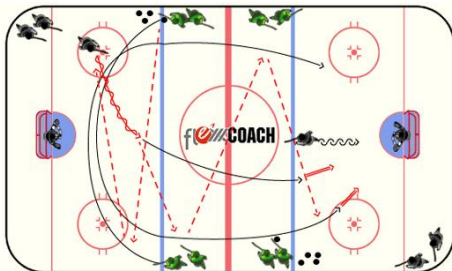
- Passing/Receiving
- Timing
- Proper Receiving Angle
- Regrouping
- Transition

ORGANIZATION: All players on the bench except the group of five breaking out and the two defenseman. Coach dumps the puck in and the unit of 5 retrieves and breaks out attacking the other end 5 on 2, for a shot on goal. On the whistle the coach spots a second puck just inside the far blueline and the unit regroup and attacks again 5 on 2. On the second whistle, the coach spots a third puck in the neutral zone, the unit again regroup with the forwards having to get back on side very quickly, for a quick counterattack, 5 on 2 again. Next unit of 5 begins at the other end.

VARIATION:

GOALIES: Read the rush, puck carrier has several options, can also get involved in starting the breakout.

9) 2 on 1 with Point Shot



DRILL OBJECTIVE: 2 on 1 tactics both offensively

6:40P - 6:46P(6) min

KEY ELEMENTS:

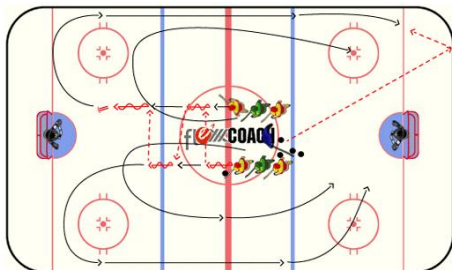
- Speed
- Passing
- Scoring
- 2 on 1 Tactics

ORGANIZATION: forwards are divided into 4 lines, one on each corner of the blue lines. The defenseman start in opposite corners of the rink, with 1 defenseman in the neutral zone to start the drill. On the whistle, 2 forwards (1 from each line 1 and line 2 begin the drill. One forward(F1) carries the puck a few strides and makes a pass to the other forward(F2) skating towards him. Upon receiving that pass,F2 passes the puck to a defenseman joining the rush from the corner. The 2 forwards criss-cross, simulating a regroup, and receive a pass back from the defenseman who was joining the play. The 2 forwards go down the ice and execute a 2 vs. 1 on the defenseman who was in the neutral zone to begin the drill. The offensive defenseman follows up the play and stops on the blue line. Upon completion of the 2 vs. 1, the offensive defenseman receives a pass from a coach and takes a shot from the blue line, with the 2 forwards and the defensemen in front of the net. On the next whistle, the drill continues with 2 new forwards from lines 3 and 4 from the other end and the defenseman who just took the point shot now backing off to defend the ensuing 2 vs. 1. The drill continues back and forth.

VARIATION:

GOALIES: Game like situation, must be focused on puck carrier, yet be prepared with a response to a quick pass to open man. rebound control. the goalies also work on point shots with traffic in front, and playing the rebound situation.

10) Backcheck, 2 on 2



DRILL OBJECTIVE: Defensive Awareness,

6:46P - 6:52P(6) min

KEY ELEMENTS:

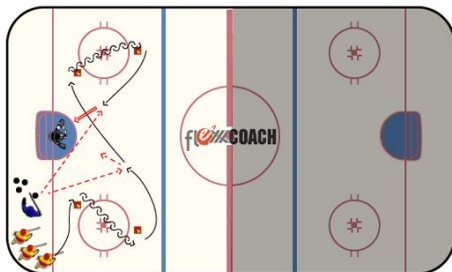
- Skating
- Defensive Positioning
- Compete, Battle 2 on 2
- Skating Speed, Angling
- Protecting the puck

ORGANIZATION: Two lines of players at the red line facing the same direction, pucks at one of the lines and also at the opposite blueline with the coach. the first two players in each line start by passing the puck two on 0 down the ice toward the goal for a shot on net, both players turn to the boards skating down to the other end. the next two players in line follow the first two players to just inside the blue line then pick up the first players on a backcheck down the ice. as the first two players enter the zone the coach throws the puck into one of the corners for the first two players to retrieve the puck and and try to score vs the two backchecking players two on two in the zone

VARIATION: If a goal is scored quickly the coach can add a second puck

GOALIES: 2 on 0 at one end and game like situation 2 on 2 at the other end. Switch goalies half way through the drill.

11) Box Drill 2



DRILL OBJECTIVE: To emphasize foot work and

6:52P - 7:00P(8) min

KEY ELEMENTS:

- Skating agility foot work
- Shooting/Scoring one timing the puck
- Passing/Receiveing
- Presentation and timing
- Passing Angles

ORGANIZATION: All the players are positioned in one corner of the ice. The coach is positioned off the side of the net with pucks. Four tires or cones positioned as shown on the diagram. (Opposite sides of face-off circle) First player in line skates to the 1st tire/cone pivots backwards, skates backwards up to the 2nd tire/cone on the top of the circle and does a reverse pivot to open up for a one-time shot from a pass, from the coach; continues to other tire/cone at the opposite side/bottom of the circle; pivots backwards to go around the tire/cone on the other side. Once again reverse pivoting and opening up for a second one-time shot from a pass from the coach.

VARIATION: This drill can be done with 2 players skating out of the corner together allowing enough spacing for the goaltender to adjust his positioning for the 2nd shot on goal.

GOALIES: Adjust your angles based on the passes being made react to quick releases to the net

12) 3 on 3 Defensive Zone Coverage



DRILL OBJECTIVE: Proper Positioning, Defensive

7:00P - 7:00P(0) min

KEY ELEMENTS:

- Defensive awareness
- Battling 1 on 1
- Net Front Coverage
- Create scoring chances
- Communication

ORGANIZATION: Divide players equally into two groups along the blueline. Two defenseman and one forward defend against three forwards below the tops of the circles. 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:

GOALIES: Game like situation, communicate with your defenseman, read and react to all situations.

Post-Practice Comments:

- Session Objective(s)
1. Improve one-touch passing and refine puck movement
 2. Power play options
 3. Improve speed on transitions and defensive zone work
 4. Improve communication in offensive zone

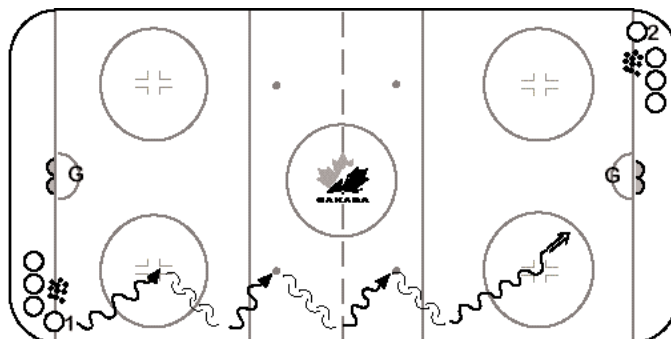
10 min

WARM-UP, BASKETBALL PIVOTS

- On whistle, O1 skates to dot with puck.
- O1 pivots at dot, skates backwards to boards.
- O1 continues down ice, pivoting forwards to dots, backwards to boards.
- Shot on goal from last face-off dot.

KEY TEACHING POINTS

- Quick feet
- Head up
- Acceleration



KEY EXECUTION POINTS

- Next player starts as previous player reaches red line
- Warm up Goaltender with low shots only

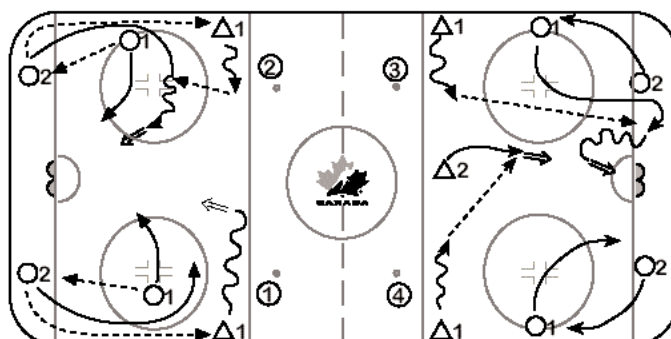
10 min

POWER PLAY OVERLOAD OPTIONS

- O1 passes to O2, O2 to Δ1 and drags to middle.
- Options:
 - a) Δ1 point shot
 - b) Δ1 passes to O2 for drive & shoot
 - c) Δ1 passes to O2, O2 to O1 for low walk
 - d) Δ1 to O2 to O1 to Δ
 - e) Δ1 to O2 to Δ1 point shot

KEY TEACHING POINTS

- Support
- Quick puck movement
- Tape-to-tape
- Stick on ice
- Be a threat
- Drive lanes, attack net



KEY EXECUTION POINTS

- Both ends simultaneously, one side at a time
- Each option, 2 minutes

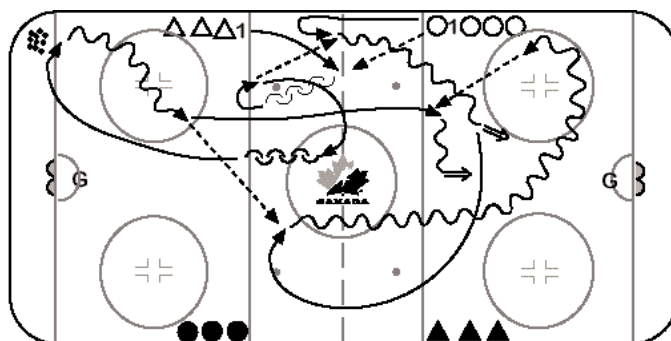
10 min

SALT LAKE OFFENSE/DEFENCE

- Δ1 skates to red line, pivots & backpeddles for pass from O1, O1 to wall support.
- Δ1 pivots at b. line, pass to O1, O1 drives wide, shoots.
- Δ1 skates to red line, backpeddles to blue line, pivots, picks up puck in corner. passes to O1.
- O1 delays, passes to Δ1 for point shot.

KEY TEACHING POINTS

- Quick feet; timing; speed
- Close support
- Shoulder check



KEY EXECUTION POINTS

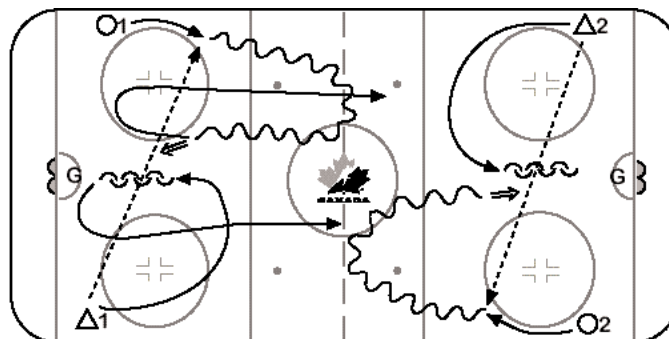
- Start on whistle
- One side at a time

- Session Objective(s)
1. Improve one-touch passing and refine puck movement
 2. Power play options
 3. Improve speed on transitions and defensive zone work
 4. Improve communication in offensive zone

10 min

2-ON-2 STAGGERED

- On whistle, Δ1 passes to O1, O1 skates to red line.
- Δ1 closes gap, O1 turns and attacks vs Δ1.
- Next whistle, Δ2 & O2 repeat.
- O1 & Δ1 jump in for full-ice 2-on-2 live play.
- Next whistle, repeat .

**KEY TEACHING POINTS**

- Read rush
- Identify player
- Gap control
- Communicate
- Battle
- Body position

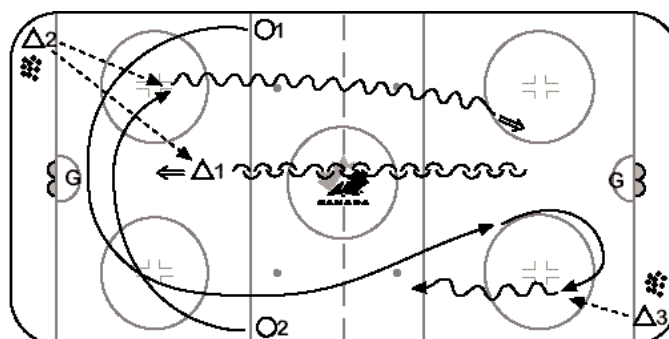
KEY EXECUTION POINTS

- Wait for whistles
- Play 2-on-2 until goal or whistle
- Intensity

10 min

D-3 PASS

- Δ2 to Δ1 for point shot, Δ1 backpeddles to far end.
- O1 & O2 skate into end zone, Δ2 passes to O2.
- O1 & O2 attack 2-on-1 vs Δ1.
- O1 swings to corner for pass from Δ3 and attacks back on breakaway as O2 & Δ1 battle at net.
- Δ3 passes to Δ2 for point shot, as O2 and Δ1 battle.

**KEY TEACHING POINTS**

- Drive skate
- Battle
- Low shots
- Communication
- Body position

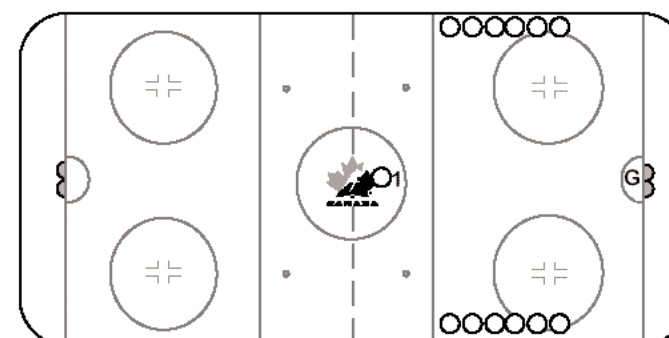
KEY EXECUTION POINTS

- Δ2 follows up 2-on-1
- Start on whistle

10 min

LAS VEGAS SHOWDOWN

- Players bet on either the shooter or the goaltender by skating to the designated side of ice.
- Every player gets one shot.
- Losing side skates over and back 2x.
- Goaltender skates if goal is scored.

**KEY TEACHING POINTS**

- Fun
- Work Hard
- Team Work

KEY EXECUTION POINTS

1) The Donsk"OV" Warm-up



DRILL OBJECTIVE: Dynamic Warm-up

8:00A - 8:10A(10) min

KEY ELEMENTS:

- Technical Skills/Dynamic Stretch

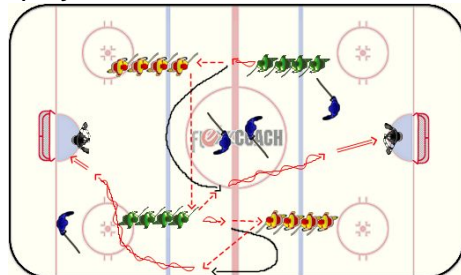
- Tempo
- Passion
- Intensity
- FUN

ORGANIZATION: Two groups of players (whites and blacks) make two easy laps around the ice clockwise and counter clockwise -- following lead of instructor. Players then break off into ovals as depicted. The coach (Misha, Anth, Matty) in the NZ will go thru a series of stretches and technical skating maneuvers (i.e., dynamic stretches, skating, agility, etc.) -- players on both ovals will follow lead. End with 30-40 second sprints fw/bw.

VARIATION: Add pucks, Increase tempo, sprints

GOALIES: All goalies active

2) Dynamic Flow Pass/Shoot in NZ1



DRILL OBJECTIVE: Flow

8:10A - 8:25A(15) min

KEY ELEMENTS:

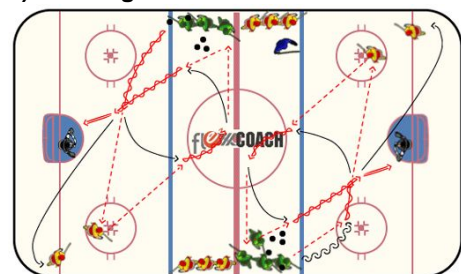
- Head up
- Know your role
- COMMUNICATE
- Shoot to score
- Drive net

ORGANIZATION: Players organized as depicted. On coaches whistle players work off opposite corners.

VARIATION: Curl deep, 3 pass

GOALIES: Active

3) Passing 1



DRILL OBJECTIVE: Passing and puck support with

8:25A - 8:35A(10) min

KEY ELEMENTS:

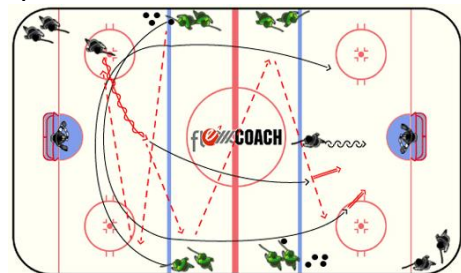
- Passing/Receiving
- Skating
- Puck Support
- Shooting/Scoring
- Goalie warm-up

ORGANIZATION: Players are positioned on opposite diagonal bluelines with one player positioned at the opposite face-off circle in each end. On the whistle the players at the blueline start with a puck, skating toward the player positioned at the face-off dot and passes it to that player and supports the pass to receive the pass back. Skating up thru the neutral zone with the puck, passing the puck to the last player in the line of where he started. The player now receives the puck back and finishes with an angle shot on goal.

VARIATION: The player at the beginning can start backwards, receiving a pass from the next player in line, pivoting to begin the same sequence.

GOALIES: Follow player thru center ice, get feel for the puck and mid ice positioning; adjusting his angles based on the players skating movement for an angle shot.

4) 2 on 1 with Point Shot



DRILL OBJECTIVE: 2 on 1 tactics both offensively

8:35A - 8:50A(15) min

KEY ELEMENTS:

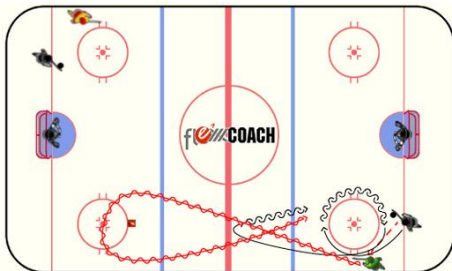
- Speed
- Passing
- Scoring
- 2 on 1 Tactics

ORGANIZATION: forwards are divided into 4 lines, one on each corner of the blue lines. The defenseman start in opposite corners of the rink, with 1 defenseman in the neutral zone to start the drill. On the whistle, 2 forwards (1 from each line 1 and line 2 begin the drill. One forward(F1) carries the puck a few strides and makes a pass to the other forward(F2) skating towards him. Upon receiving that pass,F2 passes the puck to a defenseman joining the rush from the corner. The 2 forwards criss-cross, simulating a regroup, and receive a pass back from the defenseman who was joining the play. The 2 forwards go down the ice and execute a 2 vs. 1 on the defenseman who was in the neutral zone to begin the drill. The offensive defenseman follows up the play and stops on the blue line. Upon completion of the 2 vs. 1, the offensive defenseman receives a pass from a coach and takes a shot from the blue line, with the 2 forwards and the defensemen in front of the net. On the next whistle, the drill continues with 2 new forwards from lines 3 and 4 from the other end and the defenseman who just took the point shot now backing off to defend the ensuing 2 vs. 1. The drill continues back and forth.

VARIATION:

GOALIES: Game like situation, must be focused on puck carrier, yet be prepared with a response to a quick pass to open man. rebound control. the goalies also work on point shots with traffic in front, and playing the rebound situation.

5) Gap 1 on 1



DRILL OBJECTIVE: Proper Angling Separate Man

8:50A - 9:00A(10) min

KEY ELEMENTS:

- Skating
- Defensive Positioning
- Quick feet Explosiveness
- Transition skating
- Puckhandling

ORGANIZATION: One line of defenseman and one line of forwards in opposite diagonal corners. On the whistle both ends start at the same time, the defenseman starts the drill with a pass to the forward, skates around the near faceoff circle, always facing up ice, skates out of the circle to the redline in the neutral zone to take the forward 1 on 1. The forward sprints with the puck up towards the cone placed at the top of the faceoff circle at the other end. Makes a turn towards the boards and attacks the defense 1 on 1.

VARIATION: Switch sides, can also vary the point of turn/attack in the neutral zone and also vary the direction of the turn of the forward.

GOALIES: Game like situation, play the 1 on 1 situation, Fight through screen, Rebound control.

6) Race for the Puck



DRILL OBJECTIVE: Skating/Overspeed

9:00A - 9:10A(10) min

KEY ELEMENTS:

- Skating
- Competition
- 1 on 1 battle to score

ORGANIZATION: The drill begins by dividing the players into 2 lines against the boards in one zone(any zone works). The objective is to design an obstacle course for the players to skate through, and the drill ends with a race for a puck to score a goal. The first obstacle is a tight figure 8. The players skate out of the figure 8, go over a jump placed in front of them, and immediately have to execute a transition component, having to go from forward skating-backwards-forwards. The drill is completed with a 1 vs. 1 battle to score a goal.

VARIATION: Each of these various obstacle components can be replaced with others. For example, the tight figure 8 can be replaced with a circle. The jump can be replaced with a 360 degree turn. The transition component can be replaced with 2 tight hockey turns.

The order of the components can be changed, as well.

GOALIES: The goalie gets to play a 1 vs. 1 situation with rebounds.

7) 4 Spot 1 on 1, 2 on 1



DRILL OBJECTIVE: Competition, Create Scoring

9:10A - 9:20A(10) min

KEY ELEMENTS:

- Quick feet drill for defenseman
- Offensive tactics 1 on 1, 2 on 1
- Proper body position
- Competition Battling
- Strong with your stick, Take away the passing lanes

ORGANIZATION: 1 on 1, four forwards get into position as shown. f1 Passes to the defenseman and the defenseman passes it right back and the two play it 1 on 1. each defenseman plays all four forwards then change the defenseman.

2 on 1, four forwards get into position as shown. f1 Passes to the defenseman and the defenseman passes it right back and the two forwards skate off the boards to attack the defenseman 2 on 1. each defenseman plays all four 2 on 1's then change the defenseman.

VARIATION:

GOALIES: Game like situation, fight to find the puck thru traffic, Screen shots. Quick attacks from different angles, read, support and position your self accordingly.

8) 3 on 3 Game Rover



DRILL OBJECTIVE: Transition the puck to Create

9:20A - 9:30A(10) min

KEY ELEMENTS:

- Skating
- Communication
- Protecting the puck
- Create scoring chances
- Give and go tight area situations

ORGANIZATION: 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. Both teams have a defender, offender and a rover. The defender stays on the defensive half of the rink. The offender stays on the offensive half of the rink. the rover can go on both halves of the rink.

VARIATION: Can also play this game with one player being the rover going both ways but he can't shoot just has to be a passer.

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

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

GOALIES: Active

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This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.