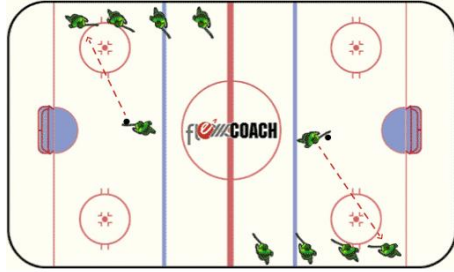


1) Pepper Passing



DRILL OBJECTIVE: Passing and Receiving

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

KEY ELEMENTS:

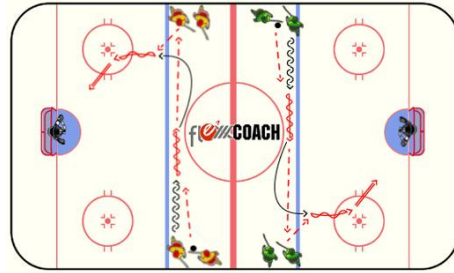
- Head up
- Eye contact with passer
- Quick hands
- Hands in front of body
- Weight transfer

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) Swedish Shooting Warm Up #2



DRILL OBJECTIVE: Quick hard passes, puck control

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

KEY ELEMENTS:

- Give and go passing
- Tight turns, backward to forward
- Off angle shot for goalie warm up

ORGANIZATION: Players and pucks as shown on four blue lines. begin both ends diagonally opposite blue lines. x1 leaves skating backward across blue line at mid ice he gets pass from own line, turns and passes to other line, player in other line catches pass and gives puck right back to x1 who enters zone down boards and takes a warm up shot on the goalie.

VARIATION:

GOALIES: Follow play across blue line, angle awareness

3) Individual Coverage



DRILL OBJECTIVE: Defensive positioning to deny

6:10P - 6:16P(6) min

KEY ELEMENTS:

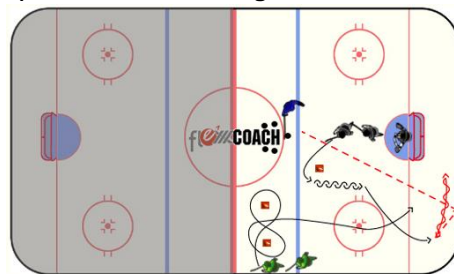
- Body contact
- Defensive positioning(body & stick)
- Defensive awareness
- Skating
- Shooting

ORGANIZATION: 2 lines, a line of forwards against side boards at hash marks in one zone and a line of defensemen against opposite side boards just inside red line. On whistle, forward carries puck around top of faceoff circle and shoots-continues skating below opposite faceoff circle and up side boards heading into neutral zone. Meanwhile, defenseman executes a transition element in the neutral zone. The D-Man receives a pass at the blue line from coach-shoots-and turns to pick up forward who has skated into the neutral zone,turning back and heading to net. D-Man has to use body position and stick position to deny forward a pass from coach. The pass can take place anywhere between top of circles and crease.

VARIATION: During the coverage component of the drill,the forward can execute a stop-up move to receive the pass from the coach somewhere in the slot, forcing the defenseman to react, take his ice back, and deny either the pass or a shot on goal.

GOALIES: In the net.

4) Individual Checking



DRILL OBJECTIVE: Angling to create separation

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

KEY ELEMENTS:

- Skating
- Puckhandling
- Puck protection
- Checking

ORGANIZATION: Forwards line up against side boards at blue line-Defensemen line up in slot. On the whistle, D-Man executes transition element,pivoting at hash marks to go back and retrieve a puck that coach dumped in corner. Forward skates a tight figure 8 at blue line-pursues D-Man retrieving the dump-in. D-Man has to skate puck out of zone(not shooting it out, but carrying the puck out) against resistance of forechecker.

VARIATION:

GOALIES: In the net

5) 1 on 1 Checking Skills



DRILL OBJECTIVE: Developing checking skills with

6:22P - 6:27P(5) min

KEY ELEMENTS:

- Angling
- Protecting the puck
- Proper use of sticks and body
- Compete
- Balance and agility

ORGANIZATION: Designate an area of the ice from one blue line to center line, boards to faceoff dots. A puck is flipped in and the players try to maintain control while the player without the puck uses stick checks, angling and possible body checks to gain possession of the puck.

VARIATION: For younger players create a playing area away from the boards.

GOALIES: Can work with a coach on fundamentals.

6) 2 on 2 Checking Skills



DRILL OBJECTIVE: Developing checking skills with

6:27P - 6:32P(5) min

KEY ELEMENTS:

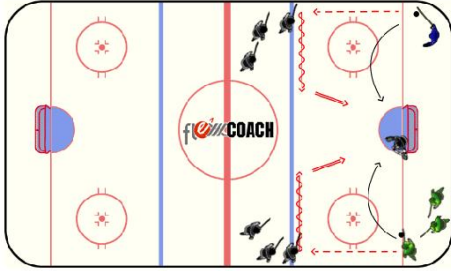
- Angling
- Puck Support
- Proper use of sticks and body
- Puckhandling/with pressure
- Communication

ORGANIZATION: Designate an area of the ice between the two bluelines and from the boards to the faceoff dots. The coach flips the puck in and the two players try to maintain control of the puck while their opponents try to use their skills, stick checks, angling, and possible body checks. The players have to decide to support their partner in gaining control of the puck.

VARIATION: For younger players create a playing area away from the boards.

GOALIES: Can work with a coach on fundamentals.

7) Receive-Step Out & Shoot



DRILL OBJECTIVE: Shooting while moving laterally

6:32P - 6:38P(6) min

KEY ELEMENTS:

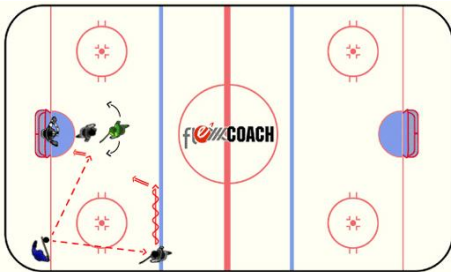
- Lateral movement with puck
- Shoot while moving laterally
- Shot on goal-low & hard

ORGANIZATION: Defensemen in two lines at the blueline as indicated. Coach or players in each corner-make pass to defenseman who steps out moving laterally to middle of ice. Shoot quickly.

VARIATION: Players in corner are forwards-after making pass they go to front of net for tip-in.

GOALIES: In the net

8) 1 on 1 Confrontations Pt. Shot



DRILL OBJECTIVE: Proper Positioning, Eliminate

6:38P - 6:44P(6) min

KEY ELEMENTS:

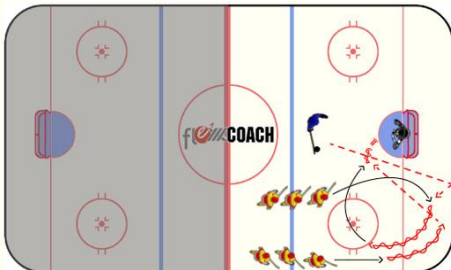
- Defensive Positioning
- Compete, Battling 1 on 1
- Quick feet /explosiveness
- Legal use of hands and body
- Tipping/ Screening

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) High Roll / Misdirection



DRILL OBJECTIVE: Using misdirection to creat

6:44P - 6:49P(5) min

KEY ELEMENTS:

- Quick feet
- Timing
- Utilizing space behind puck carrier
- Utilizing misdirection
- Quick release on shot

ORGANIZATION: line 1 at top of circles in slot. Line 2 against boards at top of circles. Coach dumps puck in corner, player 1 retrieves dump- rolls up boards- leaves puck for player 2 coming down boards. Player 1 rolls around circle-goes to net for return pass from player 1 who carries puck down into the corner

VARIATION: Coach can provide resistance on the puck carrier Coach can resist player going to net, forcing him to fight through the check

GOALIES: Play shot off of the cycle. Rebound Control.

10) 2 Man Cycle



DRILL OBJECTIVE: Cycle Puck UtilizingSpace

6:49P - 6:55P(6) min

KEY ELEMENTS:

- Quick feet
- Utilize space behind puck carrier
- Receive pass-quick release
- Shoot to score

ORGANIZATION: 2 lines in high slot above top of circles. Coach throws puck in corner-first player in each line skate to retrieve-player 1 skates up boards with puck-cycles down to player 2-heads to net to receive return pass from player 2. Player 2 skates into opposite corner- retrieves new puck that coach shoots in-cycles down to next player in line who joins the play. Drill is continuous.

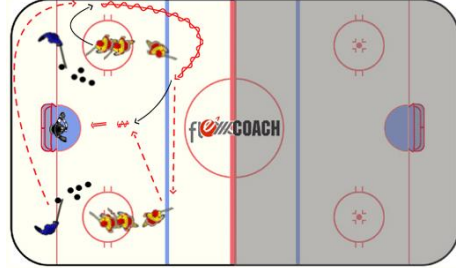
VARIATION: A coach can provide pressure on the player 1 who retrieves the puck and cycles down.

Coach can resist player going to the net. Make him fight through the resistance.

A third player can be added to the cycle, just add another cycle down pass

GOALIES: -Play quick shot coming off cycle -rebound Control

11) Wrap-Around/Give-n-Go



DRILL OBJECTIVE: Handling a wrap-around

6:55P - 7:00P(5) min

KEY ELEMENTS:

- Inside-out to receive the wrap
- Quick feet
- Passing/receiving
- Shoot to score

ORGANIZATION: 2 lines of forwards on faceoff dots in each circle of zone. Coach stands on goal line in corner with pucks. Coach rims puck around boards. First player in line has to get to boards to handle wraparound - gain control - Carries around Neutral zone faceoff dot - Loops back into zone - give-n-go play with the last player in line on opposite side of ice - Shot on goal. Drill continues - alternating sides

VARIATION: After handling the wrap-around, the player can make a pass to the coach standing on the center faceoff dot in the neutral zone. The player then skates an inside out route, opening up along the boards to receive the pass back from the coach. He completes the drill by taking a shot off the angle, instead of coming down the middle of the ice, as the drill started. (Note: The lines on the faceoff dots may have to be moved closer to the goal lines in order to make room for the players shooting off of the angle.)

GOALIES: In the net

Post-Practice Comments:
