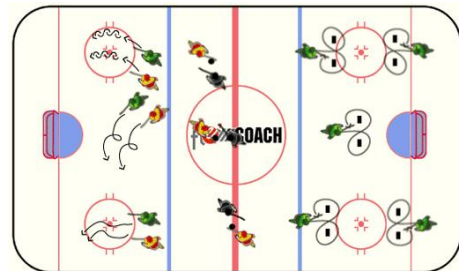


### 1) 3 Zone Warm Up



**DRILL OBJECTIVE:** Warm Up Skating Agility

**9 min.**

**KEY ELEMENTS:**

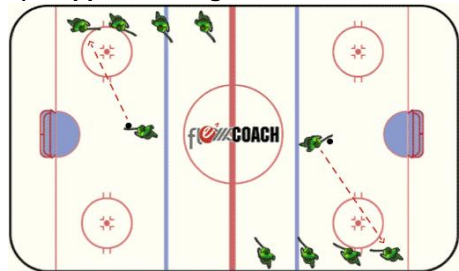
- Skating
- Puckhandling
- Separation Technique
- Skating Agility
- Protecting the puck

**ORGANIZATION:** In the first zone, the players place their gloves 10 feet apart on the ice; this can be done with/without pucks. On the whistle the players are to skate a figure eight around the two gloves. In the neutral zone, two players are positioned together and are to play keep away from another, protecting the puck using their body. In the third zone, players are paired up without pucks. A game of follow the leader with the leader skating various patterns and change of directions, with the other player following his lead.

**VARIATION:**

**GOALIE:** Warm up with a coach.

### 2) Pepper Passing



**DRILL OBJECTIVE:** Passing and Receiving

**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.

**GOALIE:** Coaches work with goalies on skating fundamentals

### 3) 6 Station Give and Go/ Support



**DRILL OBJECTIVE:** Passing and supporting the

**6 min.**

**KEY ELEMENTS:**

- Give and go passes
- Skating into proper receiving angle
- Shooting on the move
- Explosive Skating
- Shooting /Scoring

**ORGANIZATION:** Divide the players into 6 groups. One group in each of the four corners of the rink the other two at the red line facing opposite directions (the corner with the pucks). The pucks in opposite diagonal corners start with a puck at the same time and pass the puck to the player in the opposite corner and skates to the player to support and create a good receiving angle and receives the puck back, then skates toward the player at the red line of the same side he started on, passes the puck to that player in line and receives it back and finishes with a shot on goal, ending up in the line at opposite corner that he started. (the player that receives the puck and after he passes it back is to sprint to the next line.)

**VARIATION:** Can be used as a conditioning drill

**GOALIE:** follow player thru center ice, get feel for the puck and mid ice positioning

### 4) Fundamentals Obstacle Course



**DRILL OBJECTIVE:** Comprehensive fundamental

**8 min.**

**KEY ELEMENTS:**

- Skating
- Passing/Receiving
- Puckhandling
- Shooting

**ORGANIZATION:** Players begin out of opposite corners. The first player in each line skates around the faceoff circle with a puck - they skate out of the circle and head to the neutral zone on their respective sides. A slalom is set up through the neutral zone for the players to skate through. The players come out of the slalom, make a pass to a coach who is standing inside the blueline towards the center of the ice. The player jumps over an obstacle and heads toward the net in front of him. A coach standing beside the net gives him a pass and he shoots to score. The player then proceeds to the back of the line in the opposite corner. (Note: After the player finishes the circle and heads to the neutral zone, the coach can send the next player in line to start the drill for the next player.)

**VARIATION:**

**GOALIE:** Goalies receive a lot of shots.

5) Fundamental Skill Drill

**DRILL OBJECTIVE:** Fundamental Skill

**8 min.**

**KEY ELEMENTS:**

- Skating
- Communication
- Shooting/Scoring
- Crossovers



**ORGANIZATION:** The drill is set up in one quarter of the ice in a corner. One net positioned against the boards in between the blueline and the redline. The other net is on the goal line below the faceoff circle. Two coaches are needed for this drill. Both coaches are positioned left of the goalies, in both nets, with pucks. The line of players line up off the goal line, towards the blueline along the boards. There is an obstacle placed in between the goal line and blueline, toward the middle of the zone. The first player skates in front of the goalie and in front of the coach, to make a turn, and receive a pass for a redirection in tight on net. Continues to make another tight turn and receive another pass for a second redirection in tight on the net. Then, continues out to the obstacle, jumps the obstacle, continues skating forward to in between the blueline and redline where he makes a tight hockey turn to receive another pass from the other coach, positioned to the left of the goalie for a shot on goal.

**VARIATION:**

**GOALIE:** Make save and quickly react to next shot. Mid angles in tight.

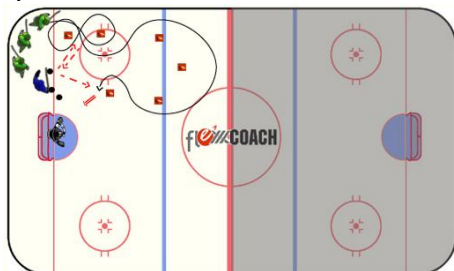
6) 1/2 Peanut

**DRILL OBJECTIVE:** Fundamental skill drill

**8 min.**

**KEY ELEMENTS:**

- Skating
- High speed
- One touch passing
- Quick release on shot



**ORGANIZATION:** player skates tight figure 8 twice through. each time he gets to middle of the "8", Coach gives him a pass - player one touches pas back. Skates out of "8" right into 1/2 Peanut. Receives pass from coach, shoots on goal.

**VARIATION:** Player can carry second pass out of the figure "8" and make a move on coach before he shoots on goal. Replace the last cone of the 1/2 Peanut with the coach for player to make a move on.

**GOALIE:** In the net - Play angle

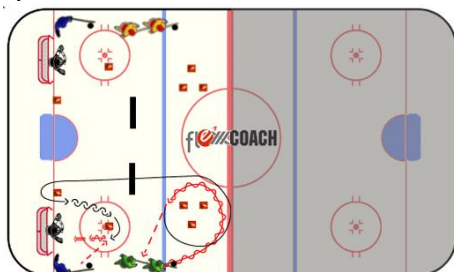
7) Crossovers/Transition

**DRILL OBJECTIVE:** Fundamental skill development

**8 min.**

**KEY ELEMENTS:**

- Crossovers
- Transition
- Puckhandling
- Passing/receiving
- Shooting/Scoring



**ORGANIZATION:** Player carries puck around the circle - pass to the next player in line - continues around the circle. Player skates into zone - goes over jump - executes transition element - receives pass from coach - shoots on net. Next player in line goes once he receives pass from previous player.

**VARIATION:** The transition element can be replaced by 2 tight turns

The player can carry the puck the entire drill. The jump is replaced by a coach and the player is to make a move on the coach and continues the drill.

**GOALIE:** Follow the skater around the last cone adjusting your angles from the passes being made squaring up to the shooter.

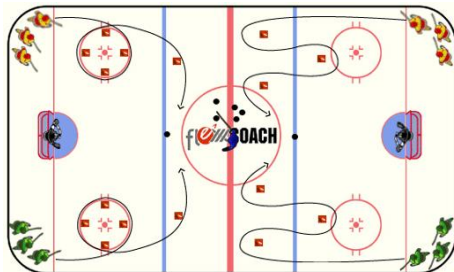
8) Races 1 on 1

**DRILL OBJECTIVE:** Crossovers With speed, Battle 1

**5 min.**

**KEY ELEMENTS:**

- Skating
- Crossovers
- Quick feet
- Overspeed
- Puckhandling/with pressure
- Protecting the puck



**ORGANIZATION:** Half ice drill. Players are divided into equal lines in each corner below the goal line. Four cones are placed around both faceoff circles and one cone placed at the neutral faceoff dot just outside the blueline. On the whistle one player from each corner skates around the cones on the faceoff circle and out around the cone that is outside the blueline, racing the other player for the puck that the coach placed at the blueline. The player that gets to the puck first goes in for a shot on goal and the other player becomes the back checker, and tries to deny the player the shot.

**VARIATION:** The player can make 2 or even 3 circles around the faceoff circle before going around the cone in the neutral zone for the puck.

**GOALIE:** Game like situation, Puck carrier is under alot of pressure.

