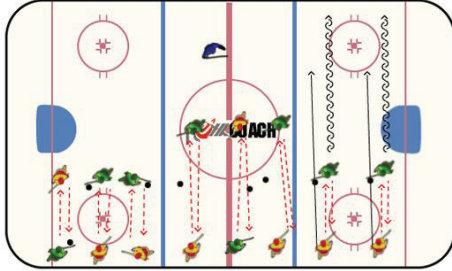


### 1) Stationary Passing Progression



**DRILL OBJECTIVE:** Concentrate on good weight

**6:00P - 6:04P(4) min**

**KEY ELEMENTS:**

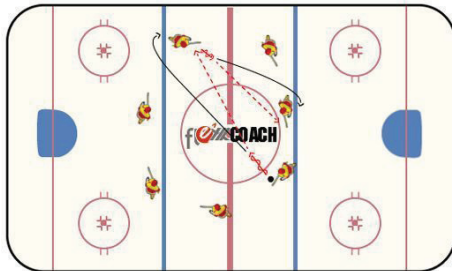
- Passing/Receiving
- Weight Transfer
- Head up looking at target
- Follow through to your target

**ORGANIZATION:** This is a progression drill That starts with the players getting a partner and line up facing each other the full length of the ice with a puck. The players start close to one another to develop good passing and receiving fundamentals with proper weight transfer and follow through for hard flat and controlled passes tape to tape. As the players get more comfortable and their execution is good start to have them get a little farther apart. Then finally add movement with a skill move to make it more difficult as they progress.

**VARIATION:** Coaches can add different skill elements to make it more difficult as the players master others.

**GOALIES:** Goalies can participate in this drill or you can have them warmed up from shots from the other coaches.

### 2) Pass Ready Position



**DRILL OBJECTIVE:** Puck in the pass ready position

**6:04P - 6:08P(4) min**

**KEY ELEMENTS:**

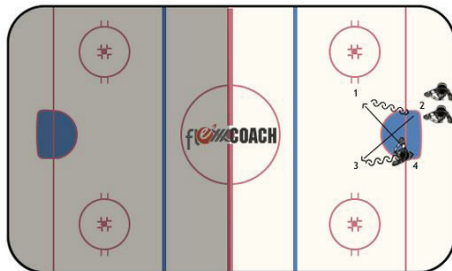
- Passing/Receiving
- Passing While in Motion
- Keeping the puck on forehand
- Communication

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

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

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

### 3) X Skating Drill



**DRILL OBJECTIVE:** Goalie Skating Fundamentals

**6:08P - 6:08P(0) min**

**KEY ELEMENTS:**

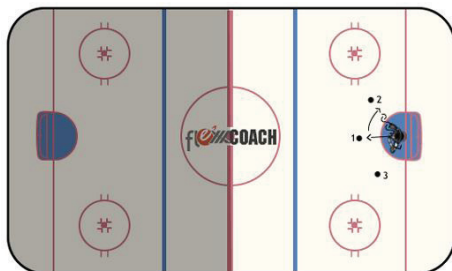
- Transition Skating
- Body Control
- T-glide
- Set and square body to the puck
- Conditioning

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

**VARIATION:**

**GOALIES:** See organization of the drill

### 4) 3 Puck Zig Zag Skate



**DRILL OBJECTIVE:** Goalie Skating Fundamentals

**6:08P - 6:08P(0) min**

**KEY ELEMENTS:**

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

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

**VARIATION:**

**GOALIES:** See organization of the drill

### 5) Skate the Cross



**DRILL OBJECTIVE:** Improve goalie specific skating

**6:08P - 6:08P(0) min**

**KEY ELEMENTS:**

- Improve Skating techniques
- Develop shuffle movement
- Build endurance
- work on recovering to ready position

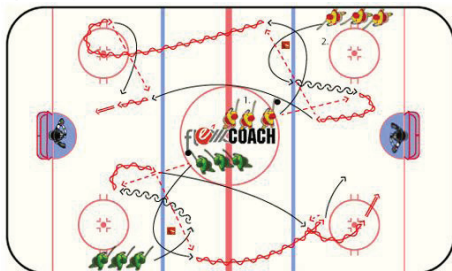
**ORGANIZATION:** Goalie starts at the bottom of the face-off circle. In the goalie position skates to the face-off dot, drops to knees recovers back up. Shuffles right to the edge of the circle and back to the dot and drops to the knees and recovers back up. Skate to the top of the circle using C-cuts and backwards to the dot again dropping to the knees and recovers back up. Then shuffling to the left edge of the face-off circle and back to the dot drops to the knees and recovers back up. Skate backward to the bottom of the circle to complete the drill.

**VARIATION:** Use the T-glide Technique instead of shuffles.

Do half butterfly, full butterfly or stack the pad saves at the dot instead of dropping to knees.

**GOALIES:**

## 6) Regroup Misdirection



**DRILL OBJECTIVE:** Proper Positioning, Support on

**6:08P - 6:13P(5) min**

**KEY ELEMENTS:**

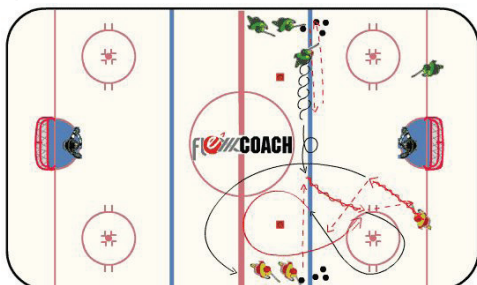
- Passing/ Receiving
- Skating
- Proper Receiving Angle
- Communication
- Passing While in Motion

**ORGANIZATION:** Players are divided into four equal groups. Two groups are positioned at opposite diagonal ends at the hash marks of each faceoff circle. The other two groups are positioned at the opposite diagonal sides of the center ice faceoff circle with pucks. On the whistle the first two players in line at the opposite diagonal hash marks, skate up around the neutral zone faceoff dot, positioned just outside the blueline, pivots and skates backwards and receives a pass from the line of players positioned on the center ice faceoff circle. After receiving the pass the player pivots, opens up the middle of the ice and passes it to the player that passed him the puck and has skated to a good lateral position to receive the puck back near the boards. He then skates the puck wide down the ice to the blueline and cuts to the middle of the ice dropping the puck for a misdirection at the top of the circles to the player that passed him the puck on the regroup continues to the front of the net for a rebound created from the shot from the player he dropped it to.

**VARIATION:** The player that receives the puck driving wide can execute an escape move to the boards and passing it to the player coming down the slot for a shot on goal.

**GOALIES:**

## 7) Macparland Agility Quick Pass 1 on 0



**DRILL OBJECTIVE:** Agility Skating 1 on 0 Shooting

**6:13P - 6:19P(6) min**

**KEY ELEMENTS:**

- Passing/Receiving
- Pivoting/Opening up
- One touch passing tape to tape
- Quick feet
- Shooting/Scoring Quick Release

**ORGANIZATION:** This drill starts with players positioned just outside all four bluelines. on the whistle the first players in line at opposite diagonal bluelines start skating backward with out a puck and receive a pass from the next player in line and one touches it right back. Then pivots and receives a pass from the first player in the opposite blueline. Then he passes it to the player standing at the goal line. The player at the goal line then passes it back to him who has pivoted at the hash marks. Then he continues to skate out of the zone and tight turns inside out at the neutral zone face-off dot and drives down the wall for a shot on goal, go to the front of the net for a rebound and stay in front of the net for the next rebound from the other side. Then replace the player at the goal line that passed him the puck. The player at the goal line just follows the player out of the zone to get back in line after passing the puck. Alternate sides.

**VARIATION:** can have the player that passes the puck from the goal line gap up to a pylon position at the blue line and skate back to apply pressure to the shooter.

**GOALIES:** Make save, quickly react to the next shooter, Rink awareness in terms of angles. control rebounds.

## 8) Center Ice Shooting 1



**DRILL OBJECTIVE:** Goalie warm up

**6:19P - 6:25P(6) min**

**KEY ELEMENTS:**

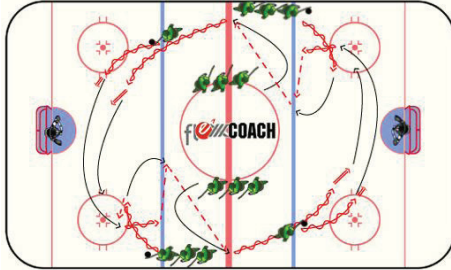
- Passing/Receiving
- Shooting/Scoring
- Skating
- Shooting while in Motion

**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.

### 9) US Olympic Timing Drill



**DRILL OBJECTIVE:** Proper timing to receive pass

**6:25P - 6:31P(6) min**

**KEY ELEMENTS:**

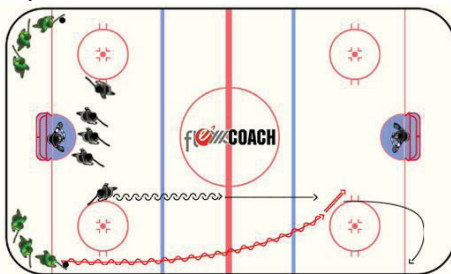
- Proper timing-receive with speed
- Proper routes to receive pass
- Passing/receiving
- Shoot to score
- Awareness

**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.

### 10) 1 on 1 Out of the Box



**DRILL OBJECTIVE:** Proper Angling Separate Man

**6:31P - 6:35P(4) min**

**KEY ELEMENTS:**

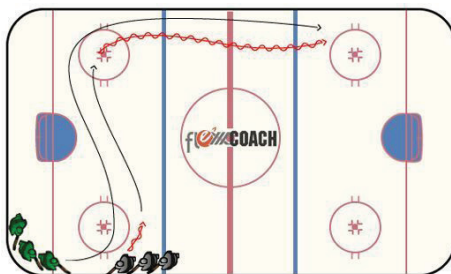
- Proper angling
- Separation technique
- Body contact
- Puck handling
- Skating

**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

### 11) Mirror Lateral Mobility 1 on 1



**DRILL OBJECTIVE:** Elevate players comfort zone

**6:35P - 6:39P(4) 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

### 12) One Puck Continous Drill 2on2



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

**6:39P - 6:46P(7) min**

**KEY ELEMENTS:**

- Puck Support/Move puck quickley
- 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 recieve 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.

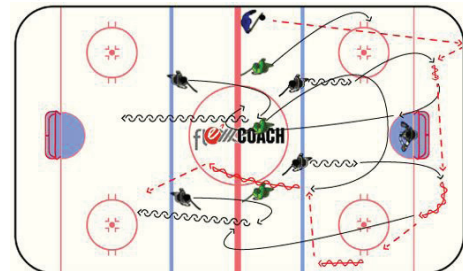
**VARIATION:** Add 3 forwards to create 3 on 2 situations

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



This Mid Season Practice plan is to return to Fundamental Skill Development. This plan is designed as an effective and efficient Practice Plan for the athlete's skill development.

### 13) Breakout, Regroup, Attack 3on2



**DRILL OBJECTIVE:** Crisp breakouts, regroup

**6:46P - 6:54P(8) min**

**KEY ELEMENTS:**

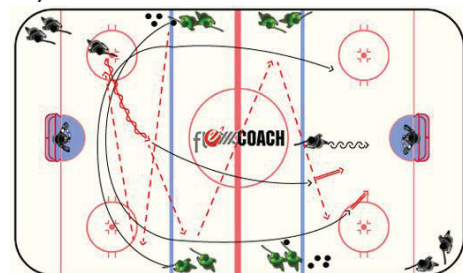
- Various breakout patterns
- Regroup patterns
- Attack offense
- Rush defense
- Numerous passes

**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.

### 14) 2 on 1 with Point Shot



**DRILL OBJECTIVE:** 2 on 1 tactics both offensively

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

**KEY ELEMENTS:**

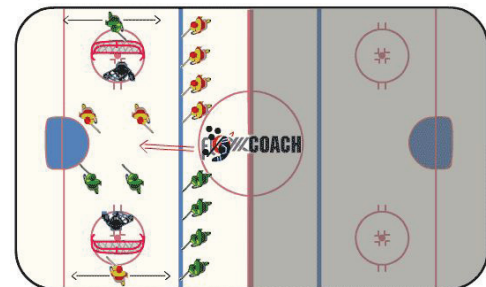
- Speed
- Passing
- Scoring
- 2 on 1 Tactics

**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.

### 15) 3 on 2 Offensive



**DRILL OBJECTIVE:** Offensively players work at

**7:00P - 7:15P(15) min**

**KEY ELEMENTS:**

- Offensive support positioning
- Defensive positioning/coverage's
- Confined space development
- Passing/Receiving
- Shooting/Scoring

**ORGANIZATION:** This is a 2 on 2 confined area game. with a player positioned behind the net as a offensive support player that has to stay behind and can not be checked by the other players.

**VARIATION:**

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

Add your team line up and add post practice comments!

## Running an Efficient Practice

The coach's goals for every practice:

- Well organized time efficient environment where players can improve their fundamental skills
  - Be challenged with game situations
- (Replicate the Game)
- Provide read and react moments
  - Try and create high tempo drills for short duration and high number of repetitions
  - Ice utilization in conjunction with number of players and coaches
  - Drill progressions for practice
  - Skill progression from practice to practice
  - Have FUN – create team unity through practice

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