

# OPTIMIZING YOUR PRACTICE



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# ESTABLISH A MINDSET

## Don't Just Play...COMPETE!

- PLAY...exercise or activity for amusement or recreation.
- COMPETE...to strive to excel against another or others to attain a goal.



# Practice With A Purpose!

If you expect your team to play with skill...  
...You must develop the fundamental skills

You must train the mind and body in practice  
as you want both the mind and body to  
compete in competition!



# SETTING THE PRACTICE TONE

## THE FIRST DAY OF PRACTICE

...I'm going this way, I want you to come along.

## NAME DRILLS AND USE OFTEN

...add options, create progressions, combat boredom

## EXPLAIN EACH DRILL TWICE

...ask questions of the players

## CREATE CORE DRILLS

...strive for perfection





# Establishing Good Practice Habits

Be Prepared

*-Determine and plan your goal timeline*

Be Demanding

*-Even the little things are big things*

Be Disciplined


*-Don't overlook any player's actions ever*

Be Relentless

*-Don't ever take a practice off*



# THE BLANK SHEET OF ICE



**YOU GET WHAT YOU  
PREACH!**

**YOU GET WHAT YOU  
PREPARE FOR!**

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# FIVE SIMPLE WAYS TO ATTAIN IMMEDIATE IMPROVEMENT

- Don't allow cheating
  - Start on the line, stop on the line, finish the drill
- Stop in front of the net
  - Stick down, look for rebound, stay for screen/tip
- Call for the pass
  - Drill specific/all the time
- Start explosively
  - Discourage the lazy/rolling start
- Score the goal/finish the play/play till the whistle
  - Give each drill a game situation end



# CREATE HIGH TEMPO

- Every drill
- Every repetition
- Every practice
- It begins with warm-up
  - Practice
  - Pre-game



# THE KEY TO SUCCESSFUL PRACTICES

## Important Player Concepts

- Have fun/Work hard
  - Challenge yourself/Challenge your teammate
- Compete/Respect your teammate
  - Within the rules/Control your actions
- Accountability
  - Improve yourself/teammate/team
- Responsibility
  - Hold each other accountable



# SWISS SWARM (WARM-UP)

On whistle,  $X_1$ ,  $X_2$ ,  $X_3$  skate into NZ performing agility skating manoeuvres (fwds, bkws, tight turns, stops etc.).  
On next whistle, X's return to end and three O's start.

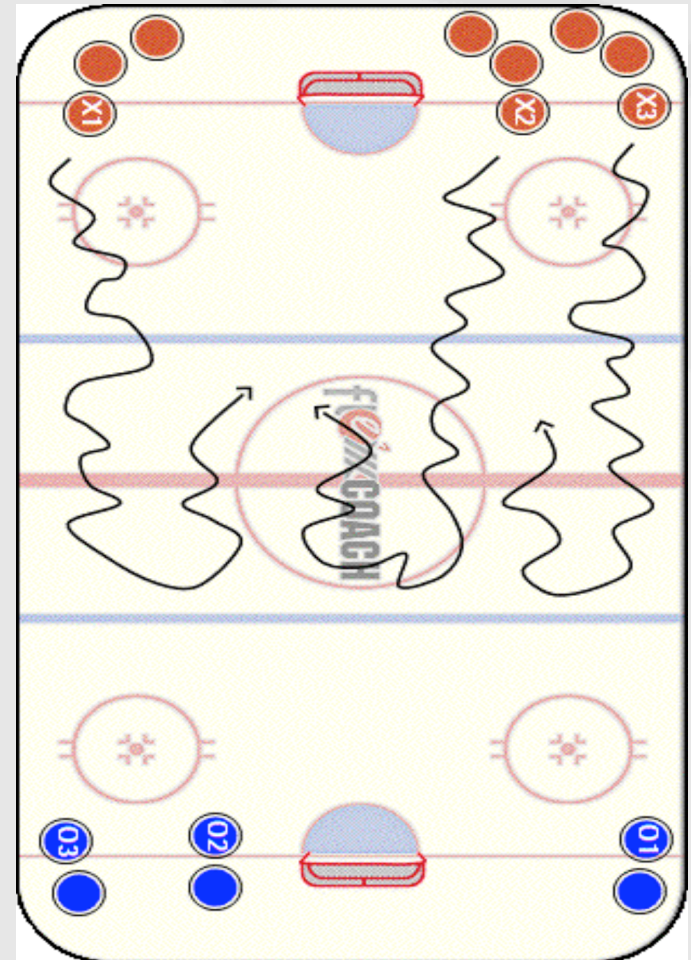
Goalies can be facing shots, stretching, or performing agility crease drills.

## OPTIONS:

- Pass to original line on return
- Both ends at same time
- One puck per group (passing tape to tape)
- Knock pucks off others while protecting your own.
- Players can take shots on goalies on return (timing)

## KEY POINTS:

- Agility, puck-handling and protection in tight spaces.



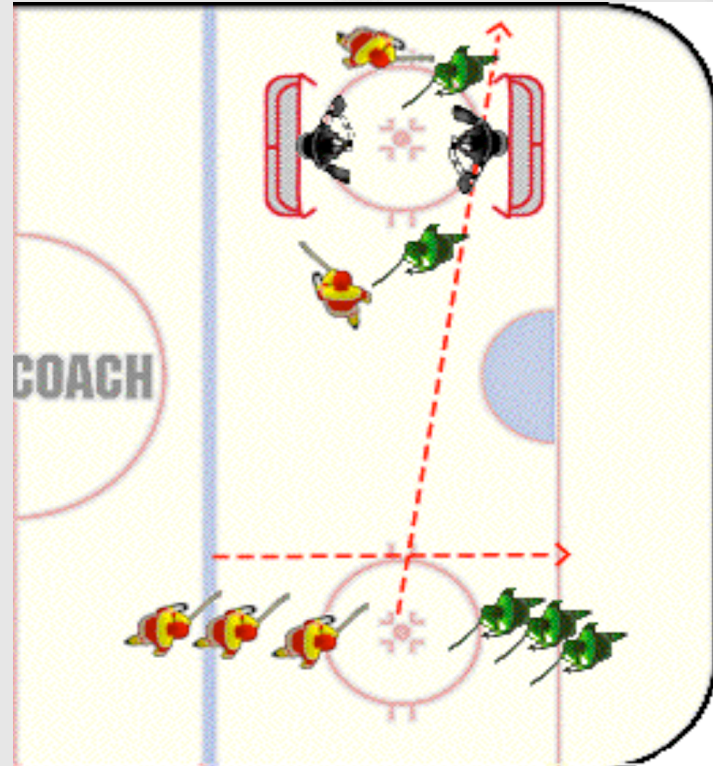


# PIT GAME

X & O scrimmage 2 vs. 2 in a confined area. O introduces new puck after goal or puck leaves area. Change on whistle. Next two players cannot enter pit until team-mates have completely crossed line. Goalies are encouraged to play puck and even score on changeover.

## KEY POINTS:

- Competitiveness
- Puck protection & use of body



# NET FRONT PIT GAME

X's vs. O's in a 2 on 2 game inside the "Key". C introduces a new puck after every goal, clear, or frozen puck.

## KEY POINTS:

Battling for space in front.

D: Body position, tie up stick, clear rebounds, communication.

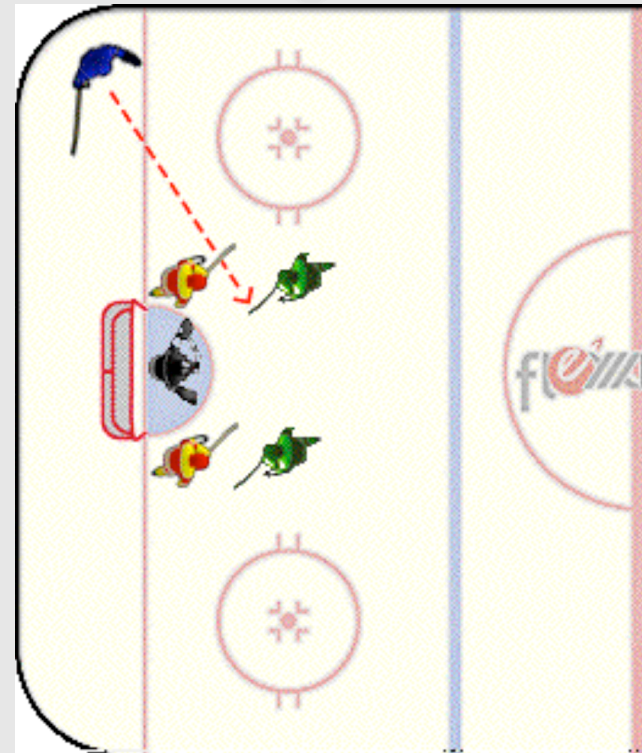
F: Picks and rolls, getting open, quick shot release.

G: Fight through screens, rebound control, body position.

## VARIATIONS:

Change puck entry (coaches position)

Add offensive player below goal line



# Multi task your drills

Accomplish more than just your  
primary purpose



# ADDING FUNDAMENTAL SKILLS TO YOUR DRILLS

## HAVE A SECONDARY PURPOSE

- Add a simple skating maneuver to begin a drill
- Add a puck handling element to begin a drill
- Begin and end a drill repetition with a pass
- Begin and end a drill with an extra shot



# ADDING POSITIONAL TECHNIQUE

- Goaltenders
  - Additional shots, technique, quickness, etc
- Defensemen
  - Transition skating, defending w/body positioning, shooting from the blue line, etc
- Forwards
  - Cutbacks and puck control, tips and rebounds, scoring, etc



## GOALTENDER DRILL

### GLOVE AND TRACKING DRILL 1

#### Drill Description:

1. Shooters S1 and/or S2 are placed inside at the top of the circles in line with the hash mark
2. Passers P1 and/or P2 are below the goal line with pucks.
3. The goaltender begins the drill on the post near P1
4. P1 passes the puck to either S1 or S2

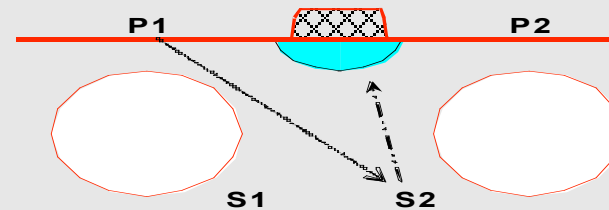
The shooter catches and shoots the puck to score, with the majority of the shots high to test the goaltender's hands.

It is important for the goaltender to explode off the post, moving center to and then setting feet for shot.

Add this drill or similar drill at the end of a warmup or shooting drill

#### Key Teaching Points:

1. The goaltender should move middle out while moving to the top of the crease in order to get 'on angle' quickly
2. The goaltender must gap out as far as possible to the top of the crease. However, the goaltender must set feet before the shot is taken.
3. The goaltender must do a great job tracking the puck off the stick and reacting





# Condition Within your drills

- Tempo! Tempo! Tempo!
- Execute a quick skate before a system drill
  - Creates a more realistic situation
  - Emphasizes quick movements/recovery/transition
- Skate at the end of a system drill
  - Emphasizes transition/work ethic/conditioning
- Change the work/rest ratio
  - changes the purpose of a drill



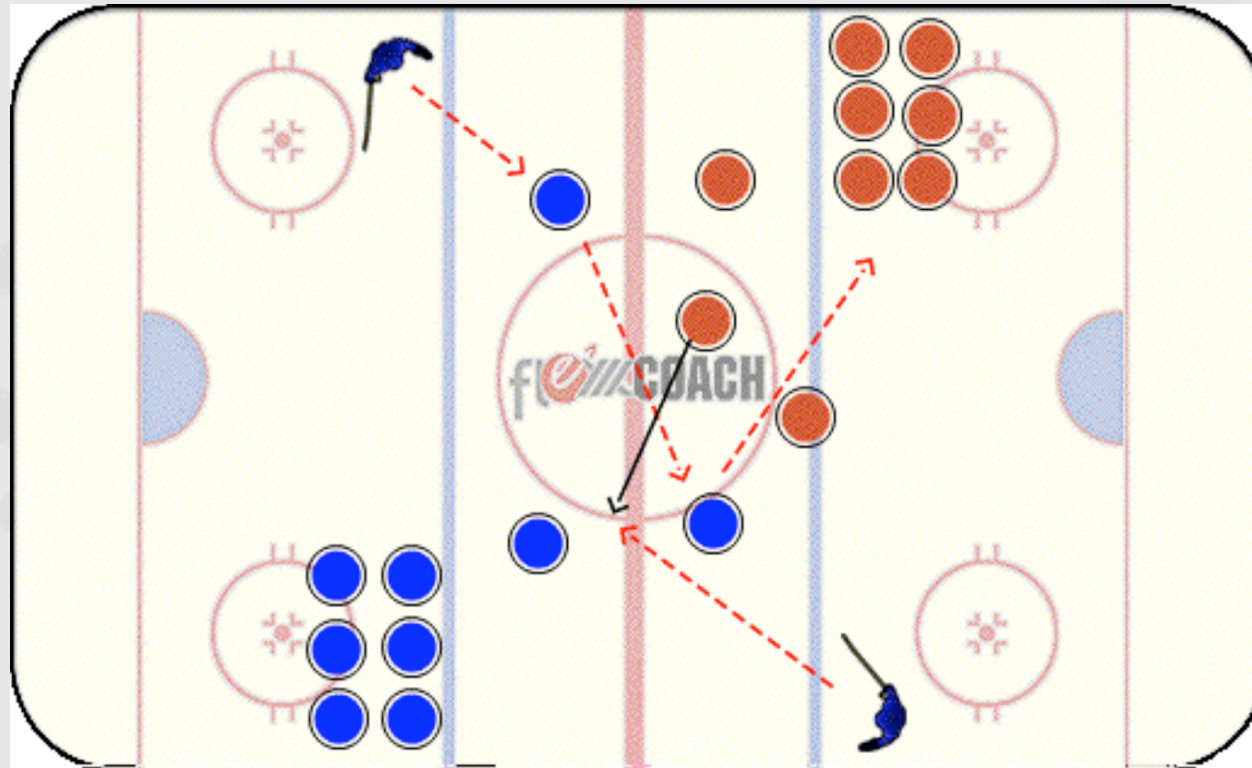
# THE BOTTOM LINE

Only you, the coach,  
can foster, encourage, and  
demand  
a level of competitiveness,  
responsibility and accountability  
that the players come to expect,  
enjoy and embrace!



# BEST DRILL EVER

## 3 vs 3 Transition



**YOU DO NOT RISE TO THE  
OCCASION...**

**YOU FALL TO THE LEVEL OF  
YOUR TRAINING!**



# QUESTIONS and ANSWERS

# THANK YOU

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