

1) small ice 1 on 1 Tight Area Game



DRILL OBJECTIVE: 1 on 1 Tight Area Skills

0 min.

KEY ELEMENTS:

- Skating
- Puck Protection
- Confrontation
- Shooting

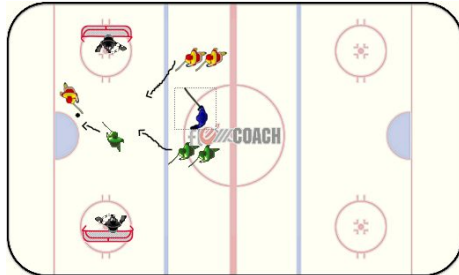
ORGANIZATION: Two Lines: Line 1 behind a cone just inside the blue line--Line 2 behind a cone along the goal line. Coach stands in slot area with pucks. On whistle, first player in each line executes two tight turns and ends up coming together at the inside hash marks of the face-off circle. When the players come together, the coach shoots a puck off the side boards. The players race to the puck and play 1 on 1 to score a goal on the net.

This can be done with two nets on each side, getting more players involved at a time. (See right side of diagram).

VARIATION: The skating skills (tight turns) can be replaced with a transition skating skill (forward to backward to forward).

GOALIE: 1 vs. 1 situation. Rebound control.

2) small ice 1 v 1 Progressive



DRILL OBJECTIVE: hockey sense

0 min.

KEY ELEMENTS:

ORGANIZATION: Typical small ice set-up with goals at opposite ends. Drill starts out as a 1 vs. 1. After 30 seconds, coach sends in two more players for a 2 vs. 2. After another 30 seconds, coach sends in final two players for 3 vs. 3. Coach can stagger player entry to create odd man situations. After 30 seconds of 3 v 3, coach sends off first pair, leaving a 2 vs. 2. Then, after 30 seconds, sends off second pair, leaving a 1 vs. 1 for final 30 seconds.

VARIATION:

GOALIE:

3) small ice 1v1--2v2 Safehouse



DRILL OBJECTIVE: Passing and transition from

0 min.

KEY ELEMENTS:

- Passing and Receiving
- Transition to offense

ORGANIZATION: Divide players into two teams with coach in middle. One player from each team is placed in the opposing corners. These players are safe and can handle the puck without being pressured or checked. The coach calls out 1 v 1 or 2 v 2, etc. The players must pass to their corner teammate first, then receive a pass back to be able to play offense and score. Every change of possession of the puck the players must first pass to the corner before shooting.

VARIATION:

GOALIE: Will see a lot of shots

4) small ice 2 on 2 double support



DRILL OBJECTIVE: Give-and-go passing, Special

0 min.

KEY ELEMENTS:

- Give-and-go passing
- Special teams concepts

ORGANIZATION: Nets on face-off circles. Two support players are placed in the offensive zone. One support player stays below the goal line and one remains above the top of the face-off circles. They cannot pass these boundaries. Two players from each team enter the zone. Coach begins play by passing to one team. Both support players are on offense and play for the team in control of the puck. This will create a 4 on 2 situation. With every turnover, the support players will change teams and remain on offense. Support players are not allowed to pass to each other.

VARIATION: Allow support players to shoot or force support players to pass rather than shoot. Tell players they can shoot on any goal after receiving pass from support player.

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

5) small ice 2 v 1 corner drill



DRILL OBJECTIVE: defensive concepts, shooting,

0 min.

KEY ELEMENTS:

- Defensive positioning
- Quick shot release
- Puck handling in tight areas
- Passing in tight areas

ORGANIZATION: Using both corners play 2 v 1. The players not actively in the game surround the nets and keep the puck in play. The coach dumps a new puck in when the original puck is either shot in the net or goes out of play. The forwards try to score as many times as they can in the time allowed, while the defenseman tries to stop them. Change every 30 - 40 seconds.

VARIATION:

GOALIE: Goalie must move quickly across net and control rebounds.

