**ADVANCED SKILLS CAMP ICE-PLAN**

**Drill Name & Description**

**Skating Warm – Up 1**

Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards.

1) Stride and Bend
2) Jump Stride
3) Scissors – fwd / bwd / reverse
4) Crossovers
5) Knee Drops

Utilize all the skating skills from the Skating Specialty Clinic

**Drill Name & Description**

**Skills Stations 1**

Split into 5 groups, rotate through the stations after 2 -3 minutes

1) 1 touch face the passer
2) Mirror skating / passing
3) Figure 8 passing agility
4) 1 touch pass and move
5) 4 pylon agility

**Drill Name & Description**

**D Man Mobility Warm-up**

Go both ends at same time, Sequence is Pass Left, Pass Right, Skate

1) Players start on 4 corners of Blue lines
2) All the pucks are in the center circle.
3) D start inside blueline in centre of ice
4) D picks up puck, backpeddles, F from left side skates down, curls to middle, get pass from D, D then touches up to blue line, skates forward, get another puck, backpeddles to blue line and hits F from the right side with pass, touches up to blueline, picks up third puck and goes in for shot on net.

Progression – Split the D side to side, so they alternate retrieving puck and make a D to D pass
**Drill Name & Description**

**Penetrating Pass**

1) On coaches whistle F1 passes to D1 who slides along blue line and shoots on goal. F1 goes to net for a screen or tip.

2) F1 then skates out side zone, while D backpeddles, opens up and receives pass from coach as he skates forward, and hits F1 with pass up the middle.

3) Run out of both ends at the same time.

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**Drill Name & Description**

**Olympic 1 on 1 / 2 on 2**

Forwards in all 4 corners, D at centre ice. On whistle D skates to side boards, touches with stick, lateral crossovers back to centre to play oncoming forward back 1 on 1.

- Defense must move feet quick.
- Forwards must attack with speed.

Turn into 2 on 2 each direction by adding second forward and second D.
Drill Name & Description
Puck Control – Warm - Up 1

Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards.

1) Quick Hands
2) Forehand / Backhand only
3) Scissors – fwd / bwd with puck
4) Toe Drags
5) Puck / Stick through legs

Utilize all the puck control skills from the Puck Control Specialty Clinic

Drill Name & Description
5 Station Skills

Organize into 5 groups, each groups starts at a station and rotates after 2-3 minutes

1) Fast Hands – triangle stickhandling
2) Agility nets
3) Fast hands passing
4) Alarm Clock agility skate race
5) Creative moves – fast hands / feet

Drill Name & Description
Continuous Timing

1) Start on boards at 4 blue lines.
2) On whistle, first person from opposite ends starts by shooting on net.
3) After shot, retrieve puck from behind net, next person on opposite blue line has to time the skate to get a pass in full stride, next person at the next blue line on the same side has to do the same.
4) Can always circle towards the boards, or always circle towards middle
**Drill Name & Description**

### Triple Shot Backdoor / Breakout X 4

**A)**
1) Two lines near blue line, both begin with shot on net, person on left, skates to retrieve puck.
2) Second shooter follows behind and gets in position to receive pass, once pass is received, drops back to passer and head to net for a play trying to go back door.

**B)**
1) Breakout 4 times end with 3 on 2
2) Quick up – Wheel – Over – Reverse.

Coach dumps puck in, D retrieve and breakout with fwds, regroup with pass to coach who dumps puck in again

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**Drill Name & Description**

### Double Regroup

**1)** D starts with shot on net, goalie spots puck to corner, D then breaks out 2 on 1, fwds regroup to far D, come back towards original end, regroups with original D and then attack 2 on 1.

**2)** Go both sides at the same time. Can also add shot from D man to end sequence with fwds in front of the net.

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**Drill Name & Description**

### 2 Shot Regroup – 2 on 1

**1)** Forward begins by corner driving to the net for shot, second forward passes to d man, then also goes to net.

**2)** D sprints / or drags puck to middle for shot on net. After shot, D retreats back to pick up spotted puck.

**3)** Fwds leave zone to get pass from d and then go back in 2 on 0, D follows up for second shot.

Make sure players communicate, D must shoulder check, retrieve puck with speed, and follow forwards to enter zone with speed.