



Coaching Packet 2010

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Creating a Practice Plan

Goals:

1. Fun (Make them want to come back to the next PRACTICE)
2. Compete
3. Repetitions, (touches)
4. Adversity, have them use there minds and allow them to fail and learn from it
5. SWEATTY HEADS AND SMILING FACES!!

Keys:

1. Use your practice time efficiently; get as much activity as possible in the allotted time!
2. ALL PRACTICES SHOULD BE SKILL SESSIONS!!!
3. Station work is critical (half of the stations should be a competitive or fun drill)
4. Drills or games should be 10 minutes maximum, keep them moving and guessing what is next
5. Do not be afraid to run the same stations 2 or 3 practices in a row and then change it up
6. Teach Through small games, have a concept or a goal in mind
7. Teach in a progression based on the skill level of your players
8. BE PREPARED TAKE THE EXTRA TIME OFF THE ICE TO MAKE SURE THE ON ICE PORTIION RUNS SMOOTHLY!
9. Bring passion and excitement to the rink, if you are having fun the kids will have fun!
10. HEAD COACHES USE YOUR COACHES LET THEM TEACH AND BE INVOLVED!!



Concepts Rather Than Systems

Mites

1. **PLAY TO LEARN!!**
2. **Fun, Fun, Fun, MAKE SURE THEY WANT TO CONTINUE TO PLAY HOCKEY**
3. **Teach very basic concepts of skills but allow the players to figure something's out for themselves**
4. **Individual skills, rather than team skills**
5. **Compete, have the kids battle**
6. **Good practice habits, pace and execution**
7. **BUILD THE BASE(passion & Energy)**
8. **They will fail and they should feel safe in doing so**

Little Things:

1. **1 hand on the stick unless shooting, passing, receiving a pass or battling for possession**
2. **First touch, get to the puck and possess it**
3. **Do not worry about positional play, BUILD THE BASE**
4. **Play without the puck, be involved**
5. **Agility, balance, ATHLETICISM**



Concepts Rather Than Systems

Squirts:

1. **CONTINUE PLAY TO LEARN**
2. **Fun, Fun, Fun Build their passion**
3. **Individual Skills at a faster pace**
4. **Teach proper skills, skating, passing, shooting, stick handling/ fine tune what they learned in mites**
5. **Ton's of skill repetition (critical age in acquiring skills)**
6. **Battle, Battle, Battle, (COMPETE)**

Little Things:

1. **Support/ both offensively and defensively**
2. **Do not turn your back to the puck**
3. **Beat opponents to the spots**
4. **Head up/ take a look!! (stick handling, shooting , passing)**
5. **They will fail /teach them the right way, but still allow them to make decisions for themselves**
6. **Positional play should be defined as SUPPORT / Do not cover a spot on the ice be a part of the play**
7. **Talk with each other(communicate)**



Concepts Rather Than Systems

Pee-wees & Up: LEARN TO PLAY

D-Zone: (Defensive Concepts)

1. Play from the middle out/ cut the rink in half
2. Man on Man with support/ three men low two up top
3. Out number opponent around the puck
4. Do not let the puck carrier get on the wrong side of you
5. Do not get beat back to the middle(slot)
6. Take away shooting lanes with your body and passing lanes with your stick
7. First touch on all loose pucks
8. Stay loose in the slot do not get tied up away from the puck
9. If trouble then collapse high to low and to the middle
10. Off the puck in support always assess who is more dangerous

Neutral Zone:

1. Back check through the middle
2. D men good gap play your blue-line aggressively
3. Play from the middle out/ cut the rink in half
4. Do not turn your back to the puck
5. Support the puck quickly and transition quickly
6. Attack the offensive blue-line with pace and numbers
7. Try to 2 on 1 opposing team on the attack
8. Do not be afraid to pass to an area/ try not to pass through an opponent
9. Put the puck behind opposing players
10. Change the point of attack, use the weak side if the strong side is not open



Concepts Rather Than Systems

Offensive Zone:

1. Attack the zone with speed and drive the net from the middle
2. Put the puck in behind the defender either by skating it or chipping it
3. Support the puck in the slot, on the strong side
4. Point shots, get the puck past the first guy
5. Find open ice and take it with pace
6. Do not force the puck to the point or the slot
7. **FIRST TOUCH**
8. Off the puck always be an option and ready to shoot
9. Outnumber the opponent around the puck
10. Second chance opportunities

Special teams:

Power Play:

1. **OUTWORK THE PENALTY KILL**
2. Support the puck
3. Second chance opportunities
4. Have a net front presence of some type
5. Change the point of attack strong to weak-side
6. Get shots to the net front
7. Off the puck be an option and ready to shoot
8. **First Touch (GET THE PUCK/KEEP THE PUCK)**



Concepts Rather Than Systems

Penalty kill:

1. Play from the middle out
2. Do not finish your checks
3. Get the puck out when you get the chance
4. **FIRST TOUCH**
5. Sticks in passing lanes bodies in shooting lanes
6. Do not leave your feet if possible
7. Hold the blue-line if possible
8. Weak-side D cheat back for Dump-ins
9. Collapse low and to the middle
10. Do not get tied up in the slot/ stay loose

Face-offs:

1. Get possession of the puck
2. It is 3 to 4 guys helping to win possession not just the center
3. Have a plan or an idea of where the puck is going to go
4. Centers cheat as much as is allowed/ read the other center
5. Face up ice not sideways on the hash marks
6. Defensively assume you are going to loose the draw and get a jump/ middle out
7. Block off and buy time for your team to make a play
8. Beat people to spots do not reach
9. Anticipate the drop by watching the refs hand, get a jump on your opponent
10. Do not stand right on top of your opponent / stay loose



Concepts Rather Than Systems

Odd Man Situations:

1v1

Defensively

1. Good gap/ too much open ice is not good
2. Inside shoulder with opposing players outside shoulder
3. Stick on the ice taking away the middle
4. Force the attacking player to initiate contact do not lunge
5. Play from the middle out/ keep him to the outside
6. Stick to stick/ body on body-do not fish for the puck
7. With good foot work-JUST GET IN THE WAY

Offensively

1. Attack with pace/ change of pace
2. Find open ice/ do not skate into defender
3. Get on the other side of the defender
4. If defender fades take the middle or shoot using the defender as a screen
5. Make the defender move/ do not go straight at the defender
6. If the defender closes gap do not do his job for him by skating into him, find open ice/ speed to the outside or put the puck in behind him
7. Possession of the puck is critical-take it seriously do not just give it away
8. Never be afraid to shoot!!!!!! But get the best shot possible/ the closer to the middle the better the shot
9. Finish at the net front



Concepts Rather Than Systems

2v1

Defensively

1. Play from the middle/ own the middle of the rink
2. Ask yourself "who is more dangerous"
3. Stick in the passing lane
4. Force a bad angle shot or a bad late pass
5. Force puck carrier to the outside
6. Protect the goalies back door
7. Do not back into your goaltender
8. Try not to leave your feet
9. Do not make the first move/
10. Read the play/ read the puck carriers eyes

Offensively

1. Get puck to the middle/ own the middle
2. Do not allow the defender to dictate the shot or the play
3. Pace/ do not allow back checkers back into the play
4. If you are going to pass do not force it and make the play early
5. Off the puck be ready to shoot
6. A good angle shot is never a bad play
7. If you shoot/ HIT THE NET/ second chance opportunities
8. Finish at the net front



A BRIGHTER FUTURE FOR ALL

Concepts Rather Than Systems

3v2

Defensively

1. Strong side D has a 2v1 weak side D has a 1v1
2. Weak side D is always a step deeper and to the middle supporting his partner
3. Good gap do not give up ice
4. Protect the middle/ keep the puck to the outside
5. D partners communicate with each other who has what and who
6. Keep sticks on the ice and take away shooting and passing lanes
7. Buy time for teammates to get back into the play
8. Force a bad pass or a bad angle shot
9. Protect the goaltenders back door

Offensively

1. Middle forward Drive the net/ bring the weak side D with you to open up the middle
2. Weak side forward come across to the middle to support the puck
3. If D goes with middle forward then get the puck to the middle/ if he stays high then put the puck to the net front
4. Do not settle for a forced pass or bad angle shot
5. If you shoot HIT THE NET
6. If you are going to pass make the play early in open ice
7. Attack with pace/ create open space
8. Finish at the net front



Date: _____ Practice Theme / Goals: _____

Equipment Required / Set-up: _____

Station 1:

Station 2:

Station 3:

Station 4:

Station 1

Station 2

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Station 3

Station 4

Center Ice Game:



Date: 21,22 NOV 09 for 50 Miles **6 Stations @ 8 minutes each**
Practice Theme / Goals: Motor Coordination/Athleticism/ Puck skills
Equipment Required / Set-up: 2 Nets/Pucks/Cones

Station 1: Figure 8 Skate fwds/ bkwns

Players skate a figure 8 pattern around the two cones directly in front of them. Then get back in the same line. Have the players do figure 8, then complete 360 power turns around both cones going opposite ways on each cone, then have them skate backwards around the cones in a figure 8. Have the first guy in one of vertical and horizontal lines go at the same time. Make sure to tell the players to keep their heads up in the middle so they do not collide.

Station 2: Acceleration Puck Toss/ Starts

Have two groups on each side of the zone. Have a coach in front of each line with a bunch of pucks. Have the players put their sticks down and out of the way. The coach kneels at the front of the line and has the first player get in a good forward starting position. The coach throws the puck out in front of the player (in the air) forcing the player to stay low and reach out and catch the puck with quick feet. Have skate to the tops of the circle then turn to the outside and return to the line. Really focus on good fast low starts.

Station 3: 1v1 battle for puck and score (Pit Hockey)

Split the group into two teams and set up a small target for each team (a tire or two cones so the puck stays in play). Put a puck in the middle and have the first two players in each line battle to score as many goals as they can in about 30 seconds. Coach throws new pucks into drill after every goal or if a puck leaves the playing area. Have the player's battle for possession in a small area.

Station 4: Backwards frozen tag

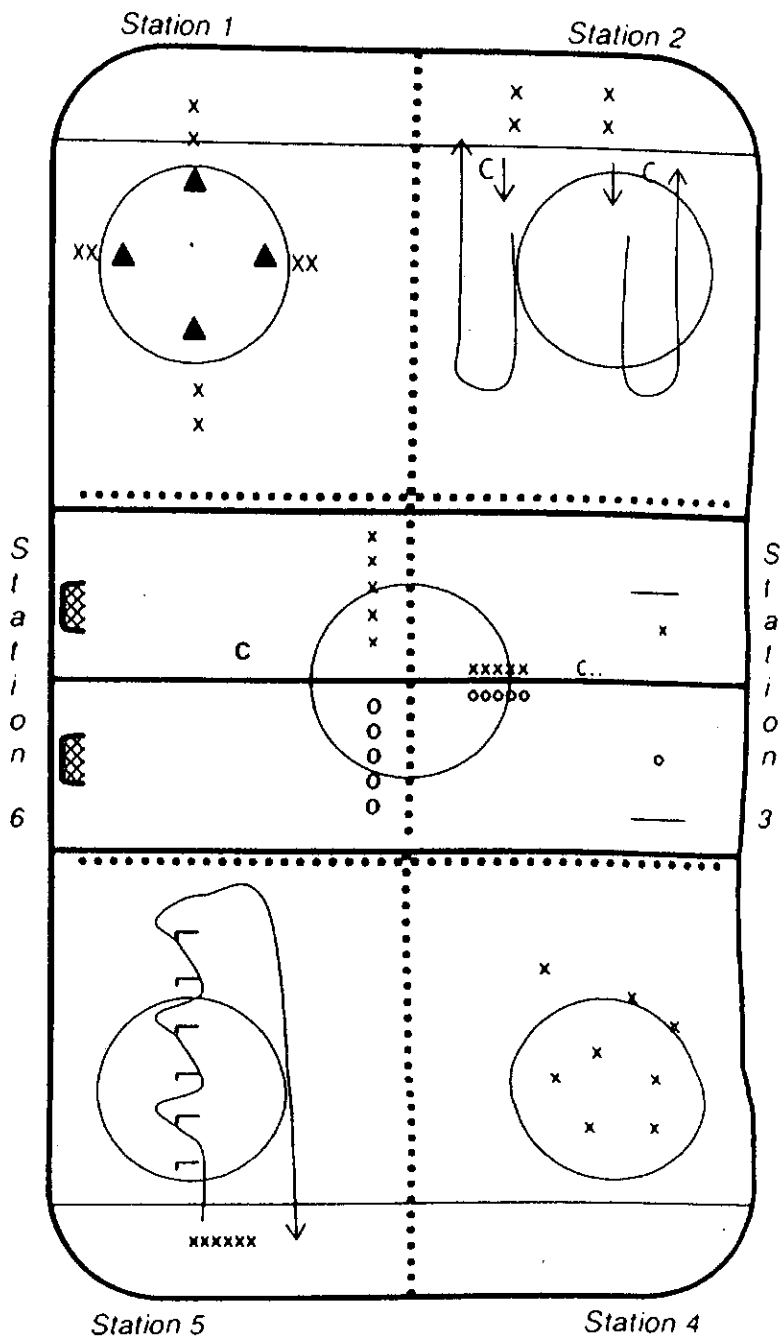
Coach explains good backwards skating stance and C start. Then he has all the players in his zone skating backwards while looking to make sure they do not crash into each other. The coach then chases the players and tags them. Once they are tagged then they must freeze in that spot. Once they are tagged by another player they can begin skating backwards again with a good C start and proper backwards stance. If coach tags all the players then the coach wins. Make sure they stay in their playing area.

Station 5: Agility Skate (ladder skate)

Have players place their sticks on the ice in a ladder pattern. Have them perform the following agility skating skills either over or around the sticks. Do each skill 3 times

1. Two foot jumps over each stick
2. Running over sticks as fast as possible
3. Two touches between each stick
4. Skate around the sticks without taking skates off the ice (scooting)

* IF YOU HAVE 8-10 PLAYERS THEN SET UP TWO LINES!



Station 6: Double net support

Play 2v2 or 1v1 depending on the number of players. X's are trying to score on one net and O's are trying to score on the other. Before the players shoot to score they must give and go with the coach. Keep a pile of pucks near the lines to keep the game going if the pucks leave the playing area. Make sure to keep the players in the neutral zone playing area.



Date: Pee-wees and Bantams **6 Stations @ 8 minutes each**
Practice Theme / Goals: Motor Coordination/Athleticism/ Puck skills
Equipment Required / Set-up: 2 Nets/Pucks/Cones

Station 1: Figure 8 Skate fwds/ bkwns

Players skate a figure 8 pattern around the two cones directly in front of them. Then get back in the same line. Have the players do figure 8, then complete 360 power turns around both cones going opposite ways on each cone, then have them skate backwards around the cones in a figure 8. Have the first guy in one of vertical and horizontal lines go at the same time. Make sure to tell the players to keep their heads up in the middle so they do not collide.

Station 2: Passing Series

Put the players in either two or four lines depending on the number of kids. Have them perform the following passing skills.

1. Give and go 1 touch while moving towards the line. As many passes as they can.
2. Forwards to backwards give and go, 1 touch.
3. Catch the puck on the backhand and move it to the forehand.
4. Catch the puck on the forehand and move it to the backhand.

Station 3: 1v1 battle for puck and score (Pit Hockey)

Split the group into two teams and set up a small target for each team (a tire or two cones so the puck stays in play). Put a puck in the middle and have the first two players in each line battle to score as many goals as they can in about 30 seconds. Coach throws new pucks into drill after every goal or if a puck leaves the playing area. Have the player's battle for possession in a small area.

Station 4: In the box Battle

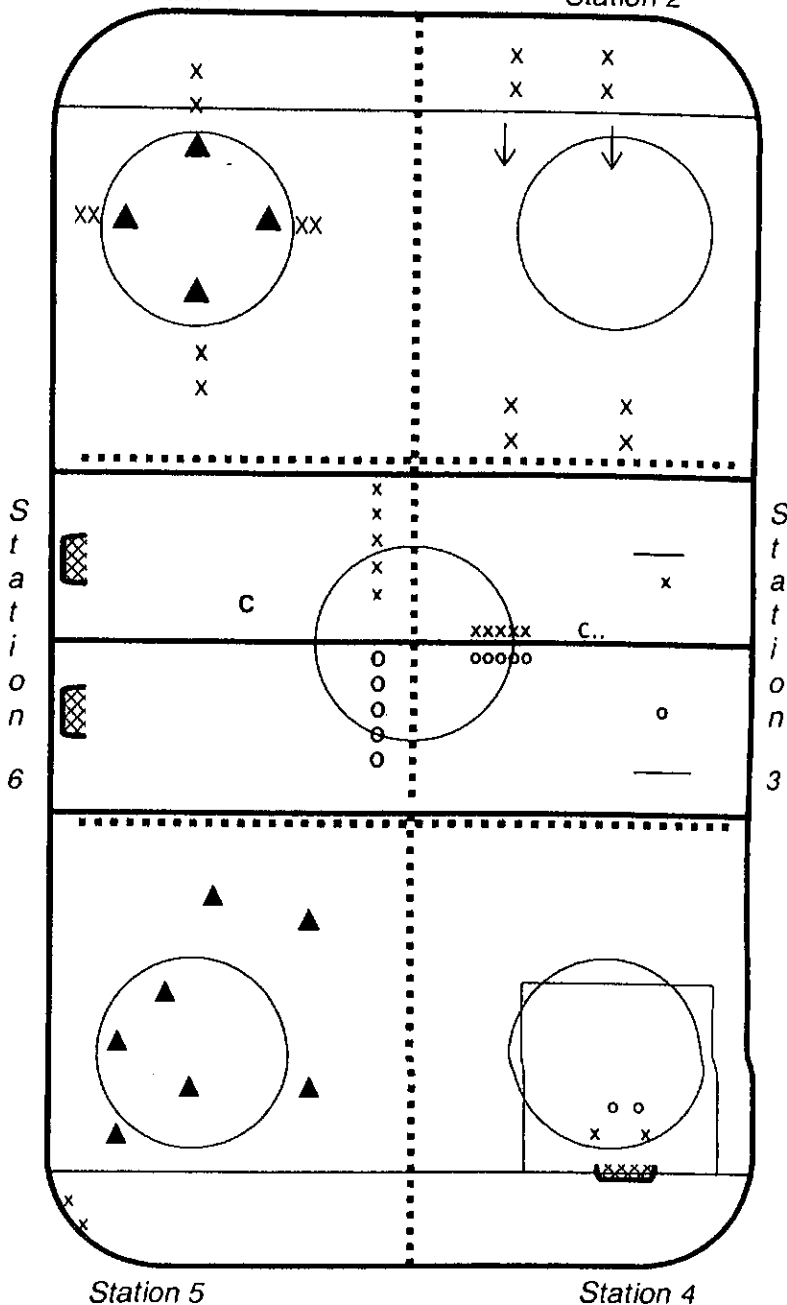
Draw a box with a marker to simulate a slot area. Put two offensive players and two defensive players in the box. The offensive group gets 5 passes from the coach to see how many goals they can score out of the 5 pucks. The defenders have to play man on man and clear loose pucks out of the box. Once the puck is cleared or scored or covered by the goalie the coach puts the next puck in the box. The offensive twosome should be working hard to get open and ready to shoot the puck. Have every player play both offensively and defensively.

Station 5: Agility Skate (Obstacle Course)

Have players skate in a pattern from the left side of the zone to the right side around the cones as fast as they can. As soon as the first player in line get two cones into the course send the next player. Have them go first without a puck then with a puck and have them do a complete power turn around the last cone. Encourage the players to go outside their comfort zone

Station 1

Station 2



Station 5

Station 4

Station 6: Double net support

Play 2v2 or 1v1 depending on the number of players. X's are trying to score on one net and O's are trying to score on the other. Before the players shoot to score they must give and go with the coach. Keep a pile of pucks near the lines to keep the game going if the pucks leave the playing area. Make sure to keep the players in the neutral zone playing area.

Set-up: Split the kids into 6 groups evenly. If possible do it by jersey colors so when they are at center ice or competing they have different colors on. Each station will be 8-10 minutes based on the allotted time. Have the players rotate clockwise on the whistle. When the two teams meet in center ice they play against each other. The first time in the middle play game 1 the second time stay with game 1 or switch to game 2.
HAVE ONE COACH BE IN CHARGE OF TIME.

Station 1: Theme : Passing and cross-over's
Baseball: Split the group into two teams. One team is in the corner the other team is spread out in the zone. The first player on team x dumps a puck in the zone and skates a pattern around the cones and races to get to the goal-line. The o's have to get the puck and pass the puck to every teammate and put it into the net before the x player skates the pattern and gets to the goal-line. Keep score and three outs and rotate from the field to batting. **HAVE THE BETTER PLAYERS PASS ONLY BACKHAND AND SKATE BACKWARDS.** (10 MN)

Station 2: Theme: Stick handling & wrist shot

First player in line skates a pattern around the cones then attacks the net and takes a good wrist shot on net. Have the first shooter stay in front of the net to try and score off of a rebound.

2nd Part: Skate the same pattern then give and go around far cone with coach and head to the net for a quick shot. Get players to make a good pass to the coach then get themselves into a good scoring position. (10 MN)

Station 3: Theme: Agility skate

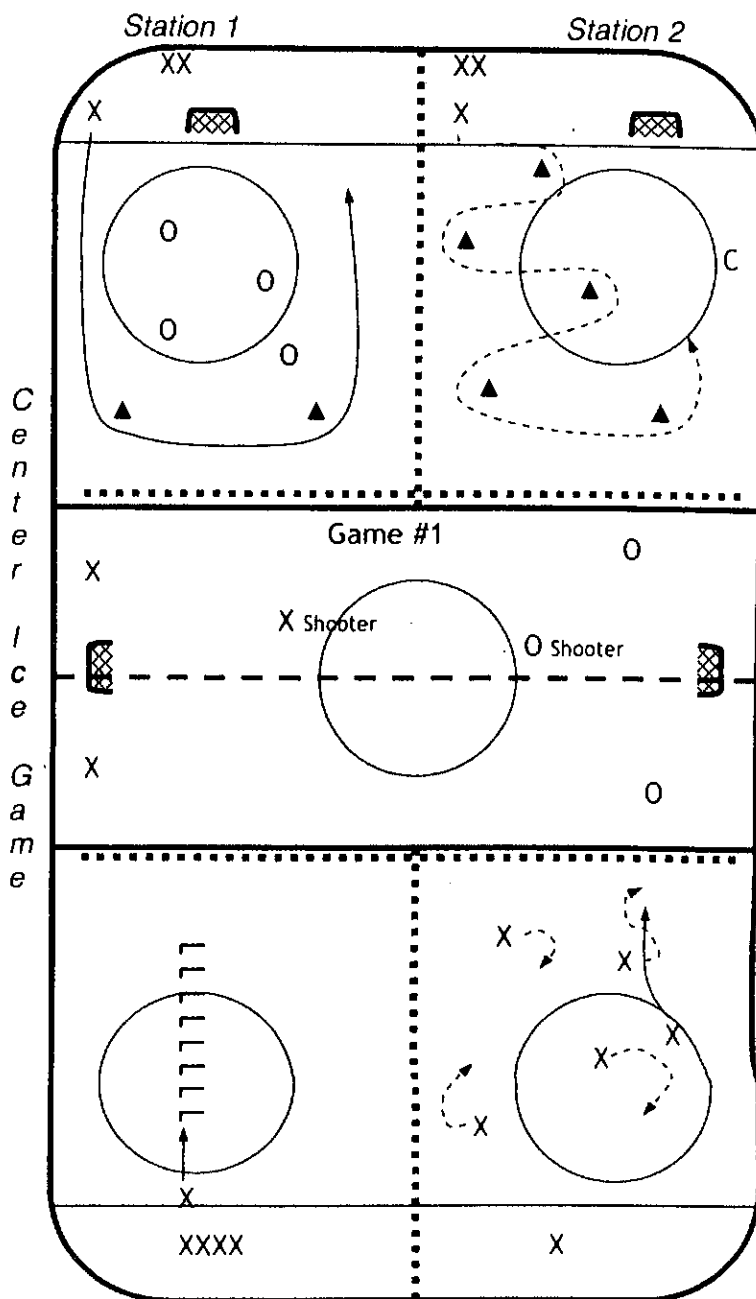
Have players place their sticks on the ice in a ladder pattern. Have them perform the following agility skating skills either over or around the sticks. Do each skill 3 times

1. Two foot jumps over each stick
2. Running over sticks as fast as possible
3. Two touches between each stick
4. Skate around the sticks without taking skates off the ice (scooting)

(10 MN)

Station 4: Theme: Puck possession/ protection

Musical pucks: Put all the players in the zone, put out 1 less puck than players. Let them battle in the zone for about 20 seconds. The player without a puck is out of the game. Work down to a champion just like musical chairs. Tell the players they must stay in their zone and if a puck goes out of the zone then that is one less puck in the game. Explain to players how to protect the puck and use their bodies. (10 MN)



Station 3

Station 4

Center Ice Game: Theme: Shooting/ Passing

Game 1: Designated shooter : Play 2v2 with a third player in the slot in his/her teams offensive half. The 2 players must work the puck to the designated shooter who cannot be pressured for the initial shot on net. Play for about 50 seconds and switch. The first shot of every possession must come from the shooter rebounds and second catches the two other players are able to score.

Game 2: Two touch: Play 2v2 or 3v3 depending on the number of players. Before a team can attempt a shot on net they must make two passes. This forces players to work hard without the puck to support. It also forces players to defend man on man. Also encourage players to talk with each other. (10 MN each game)

Set-up: Split the kids into 6 groups evenly. If possible do it by jersey colors so when they are at center ice or competing they have different colors on. Each station will be 8-10 minutes based on the allotted time. Have the players rotate clockwise on the whistle. When the two teams meet in center ice they play against each other. The first time in the middle play game 1 the second time stay with game 1 or switch to game 2. **HAVE ONE COACH BE IN CHARGE OF TIME.**

Station 1: Foot quickness/ pivoting/ speed (10 MN)

Make two lines. Have three cones in a straight line in front of each line about 5 feet apart. The first players skate up to the first cone and pivot around it with their feet moving and transitioning from forwards to backwards then back to forwards again as quickly as possible. Have them go to the right of each cone three times, then to the left of each cone three times. Then have them alternate each cone. **Make sure they are moving and transitioning quickly!!! Make sure their heads are up and looking forward. Also move the cones periodically for fresh ice.**

Station 2: Stick handling Moves (10 MN)

Have each player partner up with another player. Have them spread out all over the zone. Have one player attack another player at $\frac{3}{4}$ speed with the defender standing still with his stick extended out in front like a defender. Have the attacking player perform the following moves. Have each player perform each move four times then switch.

1. Backhand wide/ fake to the forehand side
2. Forehand wide/ fake to the backhand
3. Push to the forehand/ body fakes to the backhand, stick and puck go forehand
4. Put puck between stick and feet/ both ways
5. If time have them make up their own move

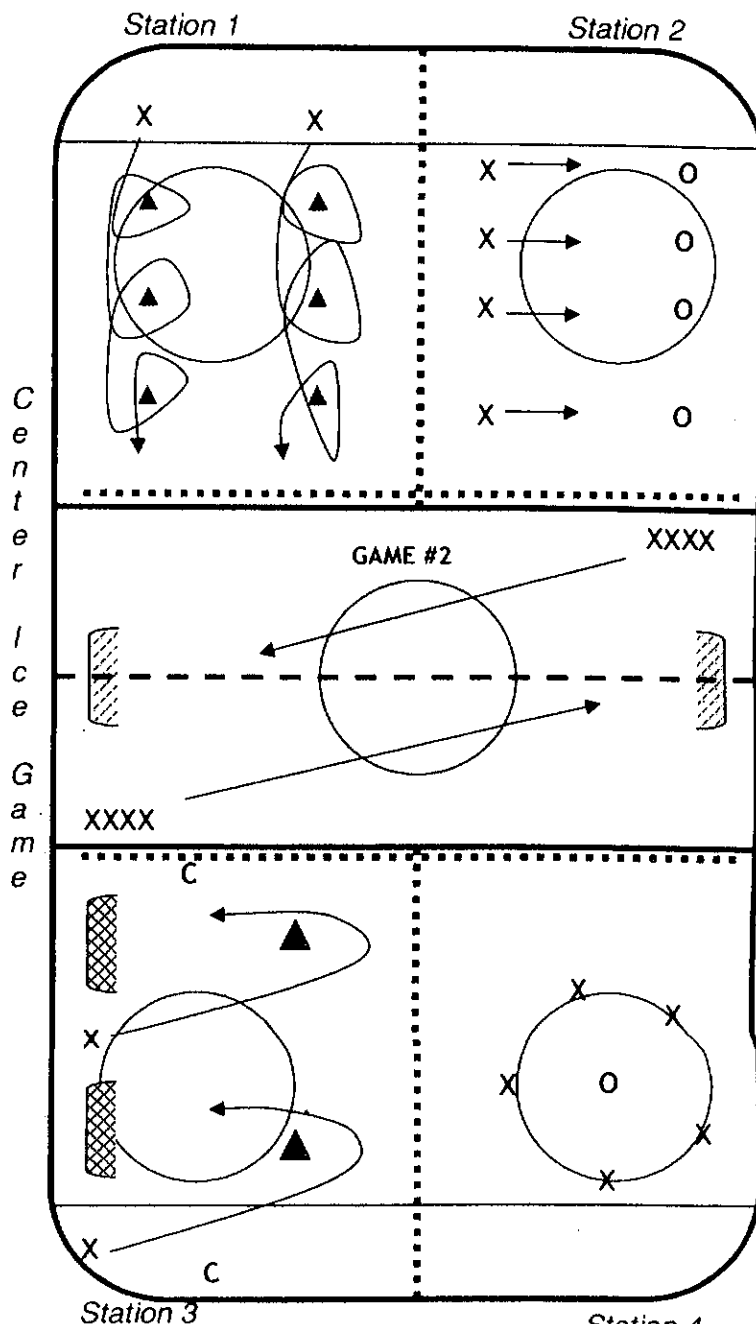
Focus on heads up and good speed!

Station 3: Shooting/ forehand, backhand, off of a pass (10 MN)

Have players attack around the cone with a puck and shoot on net. Have them go both on the forehand and the backhand side. Then have a coach or the next player in line give the player a pass and have them shoot off the pass. You can also have the player back peddle backwards always facing the net and shoot after pivoting around the cone. They can also shoot off the pass going backwards. **Make sure to have the players look up before they shoot. If no goalies have them pick spots in the net. Always attack with speed and finish at the net!**

Station 4: Monkey in the middle keep away (10 MN)

Have all but one player around the face-off circle and one player in the middle of the circle. Have the players move the puck to each other trying to keep the puck away from the defending player in the middle. If the middle player gets the puck the last player on the outside to touch it now moves into the middle. After the players get good at it have them try their back-hand passes, or have them try two pucks. **Focus on quality passes, communication and players on the outside moving slightly to support the passer.**



Station 3

Station 4

Center Ice Game: skating/ fun/ compete

Game 1: Power turns: Play 2v2, 3v3 or 4v4 depending on the number of kids in each group. On every possession the puck carrier must make a power turn before making a play or attacking the net. Forces the player to protect the puck and work on the skill of a power turn with speed to escape while controlling the puck.

Game 2: Breakaway relay race: Split the two teams and line them up along the blue-line. Each player has a puck each player must attack the other end and try to score on a breakaway. Each goal is worth one point for your team. The team that their last player comes back to his end and touches the boards gets the extra point. It is a race so once the player shoots he must stop and touch the boards at the end that he left, before the next player can attack. **Make sure to go from both sides so the goalies work both posts.**

Equipment Required / Set-up: _____ Borders, Four Nets, Cones, Tires

Free Puck Time: 5 mins – players are free to do what they want for the first five minutes.

Warm Up: 5min- Puckhandling...players skate around the rink handling a puck. On whistle, they jump into the nearest circle and stickhandle, exit on next whistle.

Stations: 5 Stations x 8 minutes

Players do 5 somersaults before changing stations

Station 1: skating lane

Have players line up in three lines on the goal line and work on skating fundamentals. Focus on stride and recover, edges, and agility/balance work (i.e. rolls, knee drops, etc...) works on skating, edges, and agility.

Station 2: catch and shoot

Players line up facing the net. Coach is off to the side of the net. Coach passes to player who catches and shoots on net. Have them switch lines so they get passes from both sides of their bodies. Works on passing, receiving, shooting, scoring, team play, release, and footwork.

Station 3: pass and follow (progression)

Two lines opposite each other. X passes to O and sprints to back of O line. O then passes to next X, sprints to X line...add variations in (i.e. catch on forehand, pass on back hand, etc...) Works on passing, receiving, skating, and team play.

Station 4: russian shadows (follow the leader)

Two players go together and play follow the leader. Encourage them to be creative with their movements. Can carry pucks as well and can have multiple groups going at once. Works on skating, edges, agility, coordination, and balance.

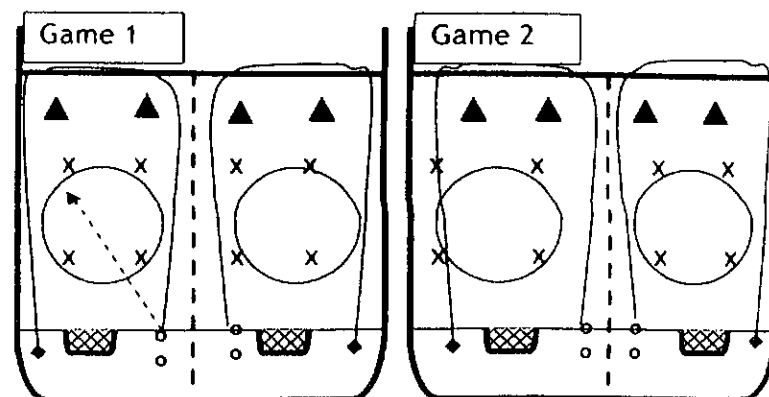
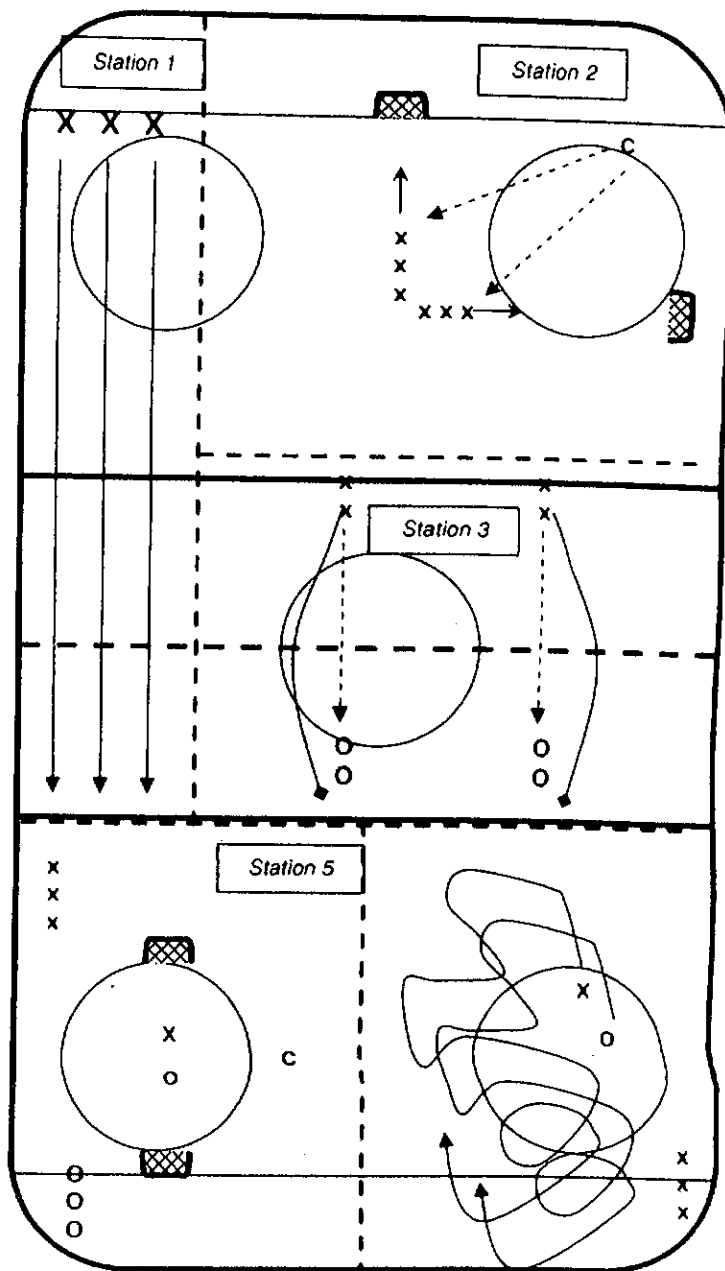
Station 5: 2v2 tight area with coach support (3vs2)

Players play 2v2 in a tight area (can use borders as well). They can use the coach to create a 3v2 situation anytime they want to. Shoot at opposite net. Works on skating, passing, receiving, team play, hockey sense, scoring, and competing.

Games: 10 minutes

Game 1: baseball in each corner

O passes to an X. All of the X's must make passes so that each one of them touches the puck. Once they have all touched the puck, they must attempt to score and get the runner out. While the X's are trying to score, O skates up and around the tires back to the goalline. If O hits the goalline before a goal is scored, he is safe. If X's score first, O is out. Works on passing, receiving, skating, puckhandling, shooting, team play, and scoring.



Equipment Required / Set-up: Borders, Three Nets

Warm Up: 5 minutes

Players skate around rink with a puck, on whistle players enter the nearest circle and stickhandle within the circle. Players exit the circle on next whistle.

Stations: 8 minutes x 4 Stations

Station 1: Skating

Work on proper stride and mechanics.

- Starts
- Forward Stride-full stride and recovery
- Agility, Balance, and Coordination

Station 2: Stickhandling/Shooting

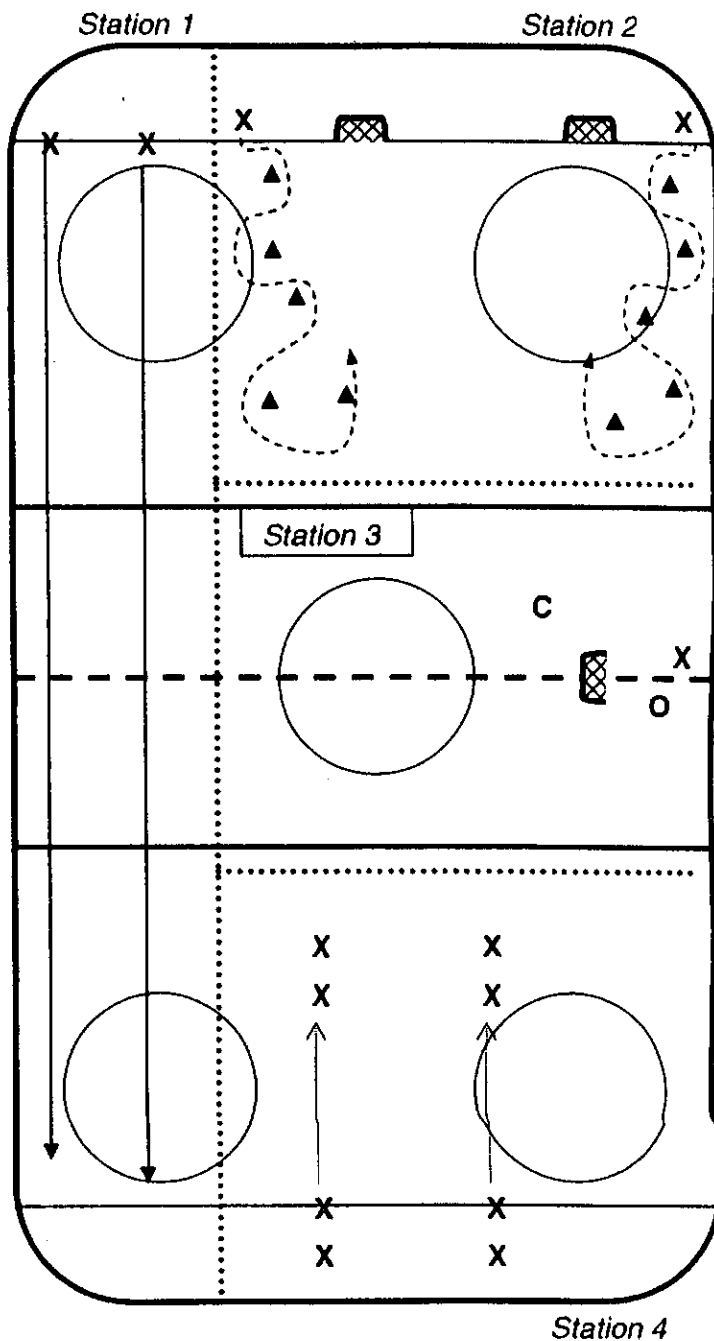
Players stickhandle through obstacle course and finish with a shot on net.

Station 3: Game

Tight Area 1v1, clear to the coach to get on offense.

Station 4: Passing

Two lines opposite each other work together. Make proper pass and skate to opposite line. Be good receivers.



Games: 10 Minutes each

Game 1: Cross Ice 3v3, players can use coaches as support to outnumber other team.

Game 2: Two separate half ice games, from red line to goal line.

Equipment Required / Set-up: Borders, Four Nets, Soccer Balls

Warm Up: Agility Puckhandling 5 mins

Players skate around rink with a puck, on whistle players perform agility moves as instructed by coach. Examples, somersaults, one foot jumps, etc...

Stations: 8 minutes x 4 Stations

Station 1: Skating

Work on proper stride and mechanics.

- C Cuts
- Stride and Recover
- Agility, Balance, and Coordination

Station 2: Stickhandling/Shooting

Players stickhandle through obstacle course and finish with a shot on net.

Station 3: Passing

Two lines opposite each other. X passes to O and sprints to back of O line. O then passes to next X, sprints to X line...

Game: Knock the soccer ball to the other side of the zone

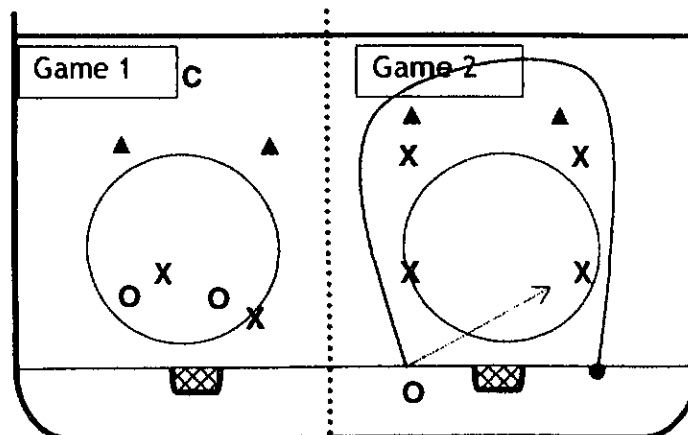
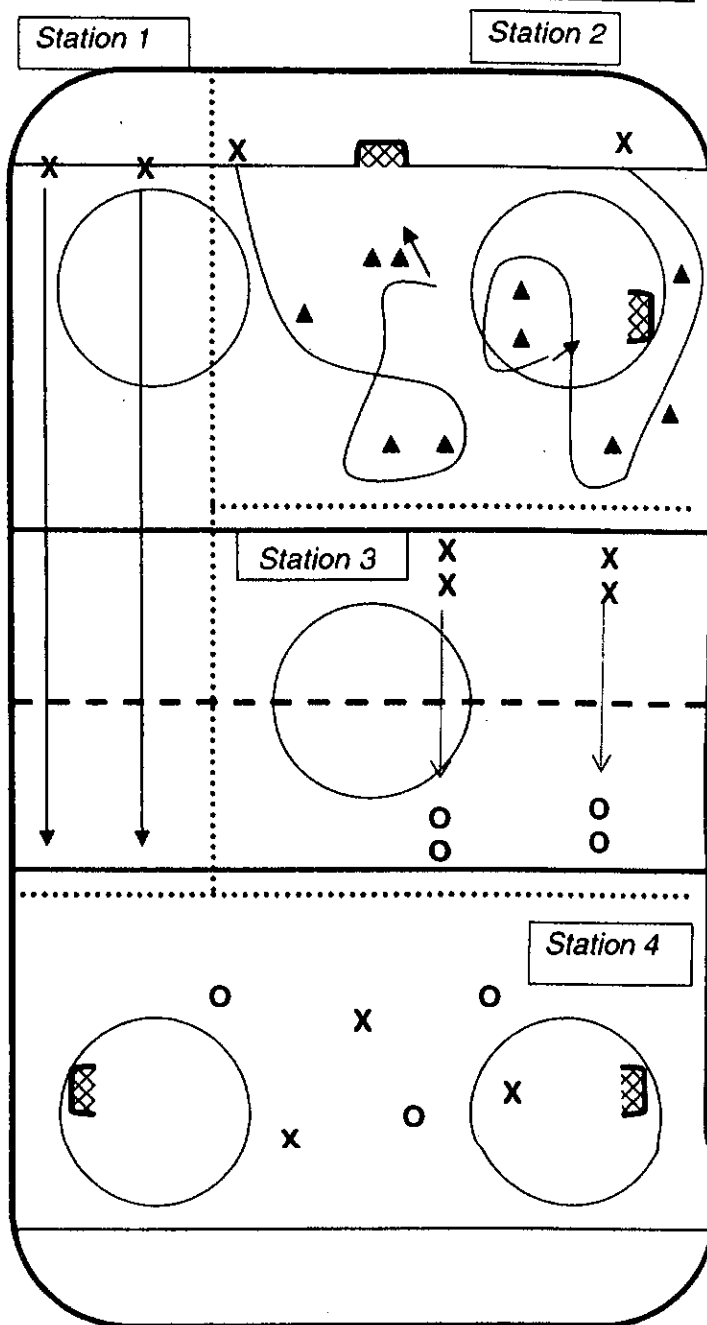
Station 4: Game-Soccer 2 ways

Players have no sticks and ball must stay on the ice. Players play soccer first using only their hands, second using only their feet.

Games: 8 Minutes each at all four corners

Game 1: 2v2 Clear to Coach- X's and O's play 2v2. To transition to offense, team passes to coach and comes out around cones to support the puck. Coach can't pass to players until they both come out around cones.

Game 2: Baseball- O passes to an X. All four X's must pass to each other before they can score. The X that received the original pass can move into scoring position to take the first shot. O skates around cones back to goal line. If O crosses goal line before X's score, O scores a run.



Equipment Required / Set-up: Borders, Four Nets, Tires, Cones

Warm Up: Agility Puckhandling 5 mins

Players skate around rink with a puck, on whistle players perform agility moves as instructed by coach. Examples, somersaults, one foot jumps, etc...

Stations: 8 minutes x 4 Stations

Station 1: Skating-Striding/Gliding/Sprints

Stride-full extension, full recovery, proper glide
Gliding-2 ft squats, proper knee and ankle bend
Sprints-a) 2 man race/sprint to puck, race to far end and score **b)** short relay race, 2 lines, quick, explosive starts

Station 2: Stickhandling/Shooting

Players stickhandle through obstacle course and finish with a shot on net.

Station 3: Passing

Two lines opposite each other. X passes to O and sprints to back of O line. O then passes to next X, sprints to X line...

Game: Team scores point by passing to each other through cones.

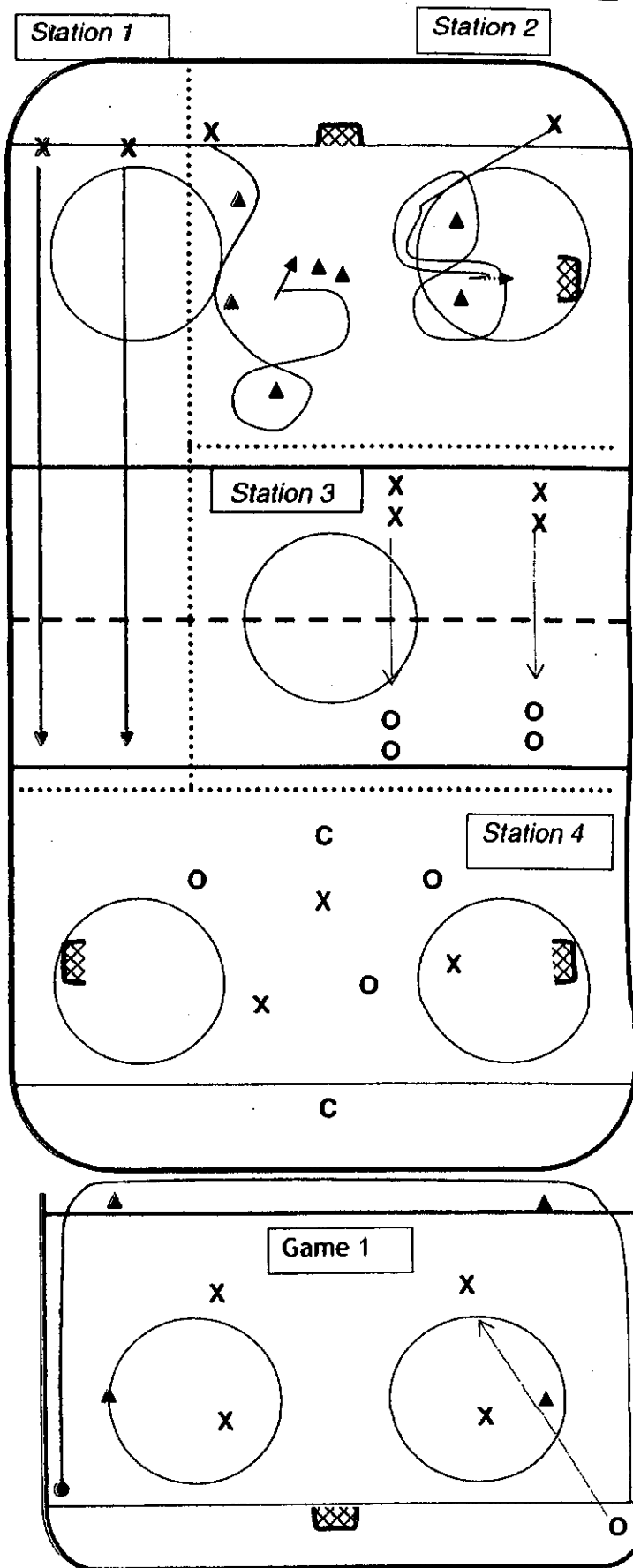
Station 4: Game-Cross Ice w/ Support

Players play cross ice and have to pass to a coach for support before being able to shoot on net.

Games: 8 Minutes each

Game 1: Baseball- O passes to an X. All four X's must pass to each other before they can score. The X that received the original pass has to take the first shot. After making their passes, X's can move into scoring position. O skates around cones back to goal line. If O crosses goal line before X's score, O scores a run.

Game 2: Full Ice Scrimmage



Equipment Required / Set-up: Borders, Four Nets, Cones, Tires

Warm Up: Agility Skating 5 mins

Players skate around rink. Coach yells out a different agility move to perform between blue lines or at the blue lines.
Ex. Spins, jumps, etc...

Stations: 8 minutes x 4 Stations

Station 1: Skating

Work on proper stride and mechanics, edges, and ABC's

Station 2: Passing/Shooting

Player takes a shot, skates to pucks and passes to next players in line, who repeats the action.

Station 3: Stickhandling/Agility

Russian Shadows. X skates with puck with O following him mimicking his actions. Encourage creativeness, going in and out of cones, etc...20 sec reps

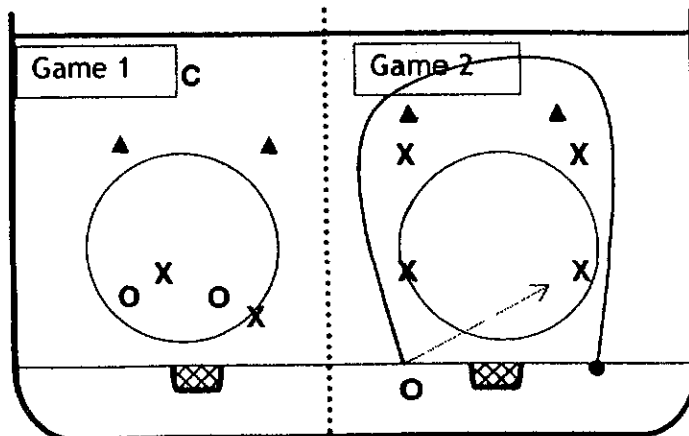
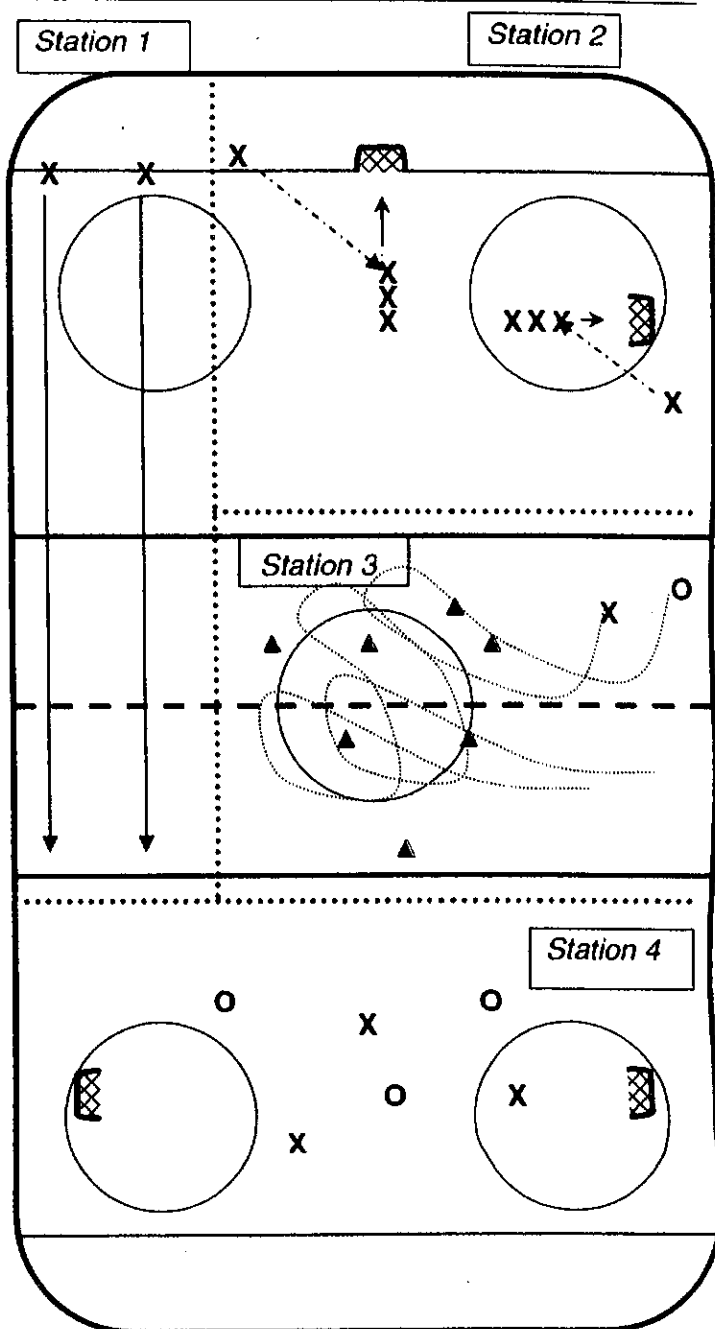
Station 4: Game-3 v 3 Cross Ice

Players play 3 v3 cross ice. The condition to score is that you must make at least one pass to a teammate before you can shoot the puck.

Games: 8 Minutes each at all four corners

Game 1: 2v2 Clear to Coach- X's and O's play 2v2. To transition to offense, team passes to coach and comes out around cones to support the puck. Coach can't pass to players until they both come out around cones.

Game 2: Baseball- O passes to an X. All four X's must pass to each other before they can score. The X that received the original pass can move into scoring position to take the first shot. O skates around cones back to goal line. If O crosses goal line before X's score, O scores a run.



Equipment Required / Set-up: Borders, Four Nets, Cones, Tires

Warm Up: Agility Skating 5 mins

Players skate around rink. Coach yells out a different agility move to perform between blue lines or at the blue lines. Ex. Spins, jumps, etc...

Stations: 8 minutes x 4 Stations

Station 1: Skating

Work on proper stride and mechanics, edges, and ABC's

Station 2: Passing/ Shooting

Player takes a shot, skates to pucks and passes to next players in line, who repeats the action.

Station 3: 1 v 1 Pit game

Players compete 1 v 1 in a tight area. Coach keeps them in a confined area and controls player changes. 20-30 sec. reps. Must deke to score

Station 4: Game-3 v 3 Pass to Score

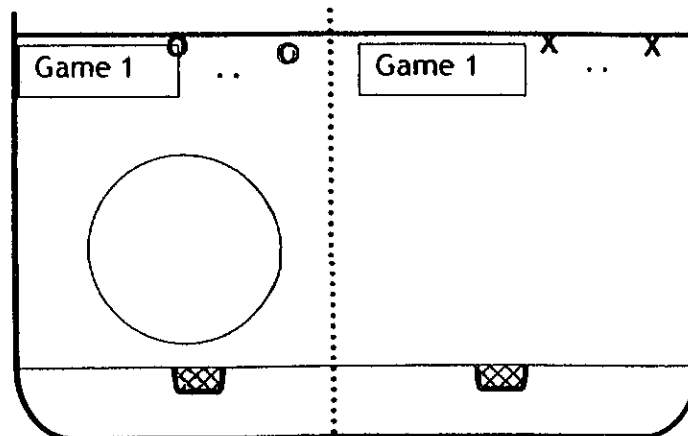
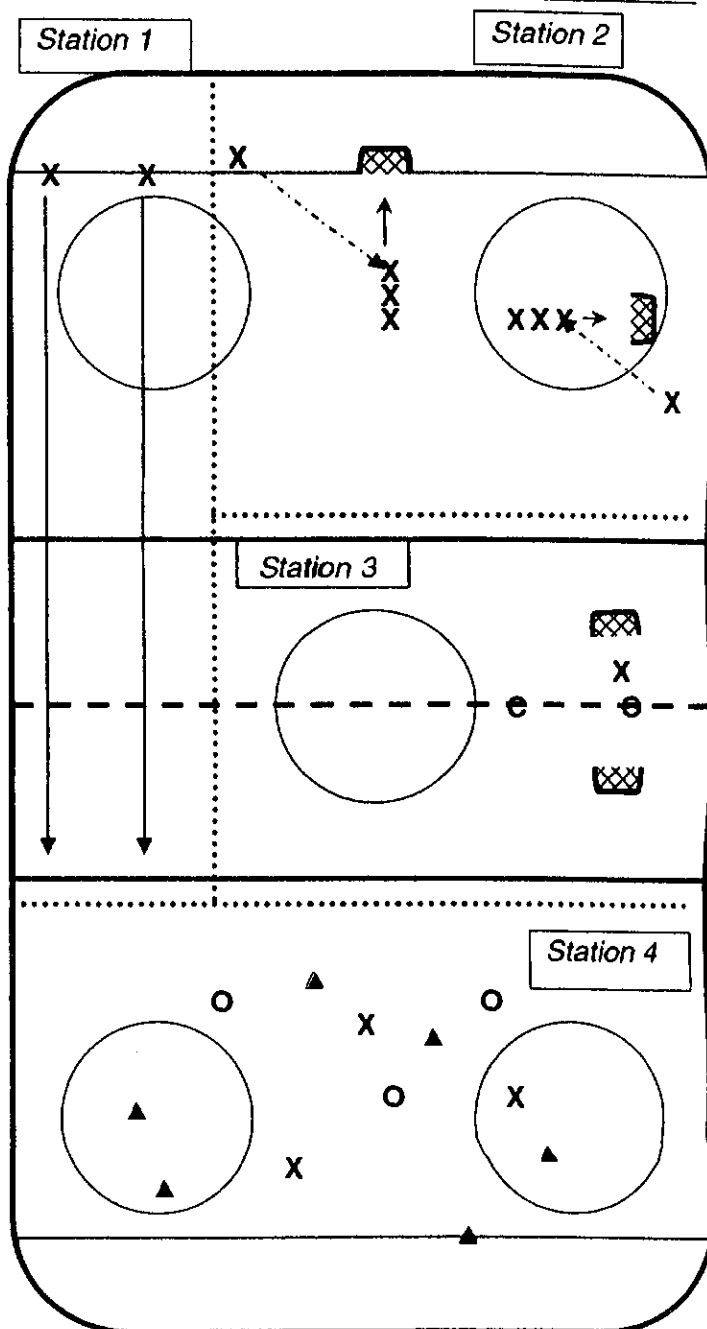
Players play 3 v 3 cross ice. The condition to score points is that you complete a pass through the cones teammate. Can pass any direction.

Games: 8 Minutes each at all four corners

Game 1: Quick Scoring

Five pucks are put on blue line. Players attack 2 v 0 and both have to touch puck before they shoot. Once they score, players sprint back to blue line, Next two players go when the blue line is crossed. Team that scores all their pucks first wins.

Game 2: Half Ice Scrimmage



Equipment Required / Set-up: Borders, Four Nets, Cones, Tires, Soccer Balls

Free Puck Time: 5 mins – players are free to do what they want for the first five minutes.

Warm Up: In-circle stickhandling – players skate around with puck, on whistle they jump into the closest circle and stickhandle within it.

Stations: 3 x10 Minutes each

Game 1: Pass to score

Players play 3 v3 cross ice. The condition to score points is that you complete a pass through the cones to a teammate. Can pass any direction and as many times as possible.

Station 2: Team Handball

Players play with no sticks, cross ice, with a soccer ball. Goal is to not let ball hit the ice and to throw it into the opponents net. Players are not to take more than 3 strides with the ball.

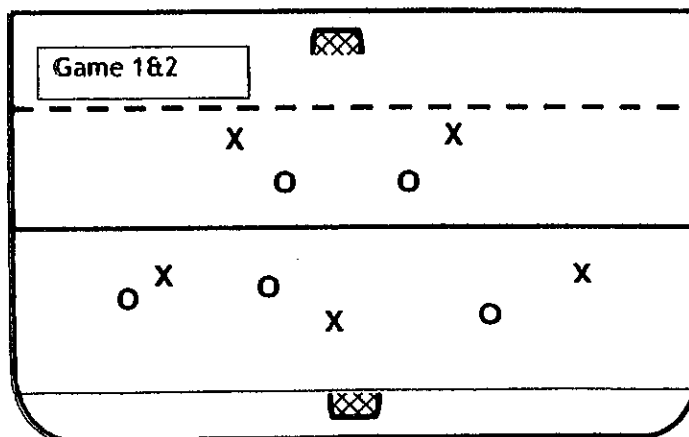
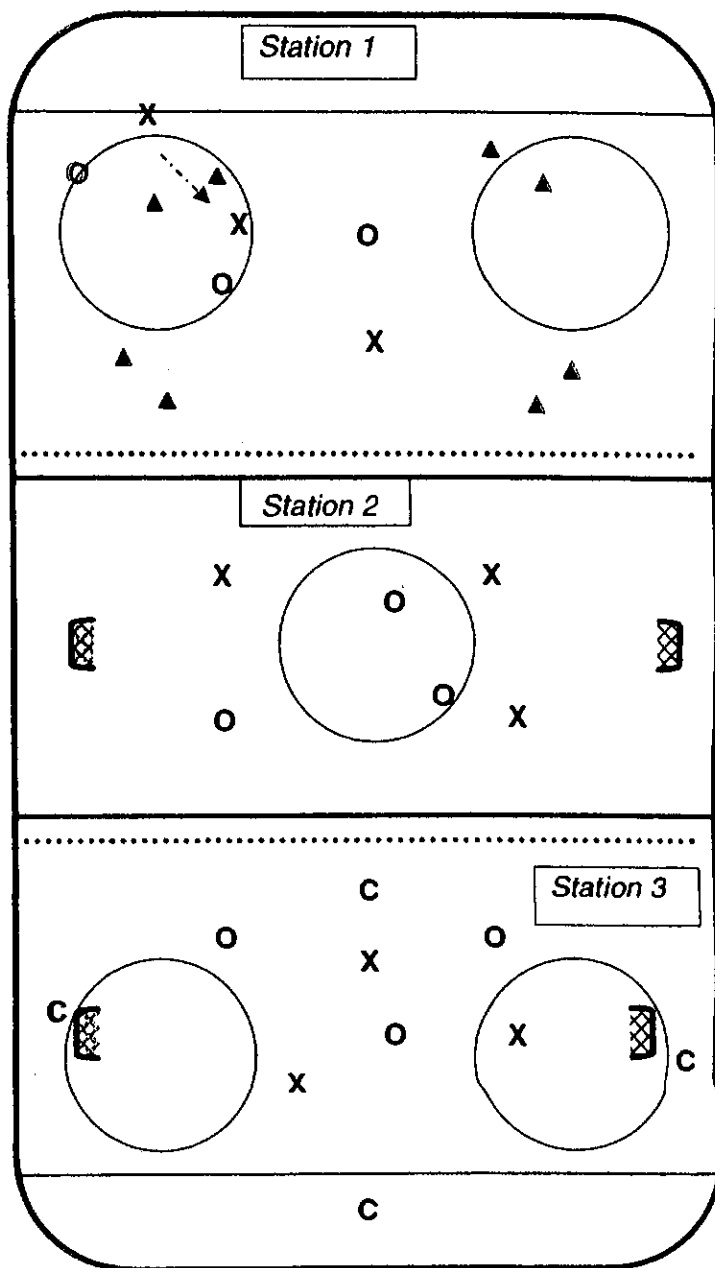
Station 3: 3 v3 Cross Ice w/ Support

A 3 v 3 cross ice game where there are four coaches around the outside for support. Players must pass to a coach before attempting a shot on net. Encourage puck support and outnumbering opponent.

Games: 10 Minutes Each

Game 1: $\frac{3}{4}$ Ice 5 v 5. – Set borders out on one blue line. A full 5 v5 game is played in the remaining $\frac{3}{4}$ ice. Encourage players not on the ice to use the remaining $\frac{1}{4}$ to work on stickhandling while they wait their turn.

Game 2: $\frac{3}{4}$ Ice Score-o – Everyone on the ice with multiple pucks. Try to keep 3-5 pucks going at once.



Equipment Required / Set-up: Borders, Four Nets, Cones, Tires

Free Puck Time: 5 mins – players are free to do what they want for the first five minutes.

Warm Up: 5 mins- In-circle stickhandling – players skate around with puck, on whistle they jump into the closest circle and stickhandle within it.

Stations: 8 minutes x 4 Stations

Station 1: Skating

Work on proper mechanics.

Starts/sprints

2 foot turns/edges

Race to puck

Station 2: Receiving / Shooting

Coach makes passes to player who receives pass and takes shot on net. Change angles, sides, add one timers, etc...

-Can add players pass to coach first, etc...

Station 3: Chaos Stickhandling

-Players stickhandle in a tight area with obstacles laying around them. 20 sec on, 20 sec off.

Encourage them to move feet while handling puck. Everyone goes at once.

-Keep away, same drill less pucks than players

Station 4: Passing / Shooting

Players go around cones and get open for a pass. Next player in line makes the pass to them.

When pass is caught, attack net deke at cone and finish with a wrist shot.

-add in jump over stick before cone or spin, etc.

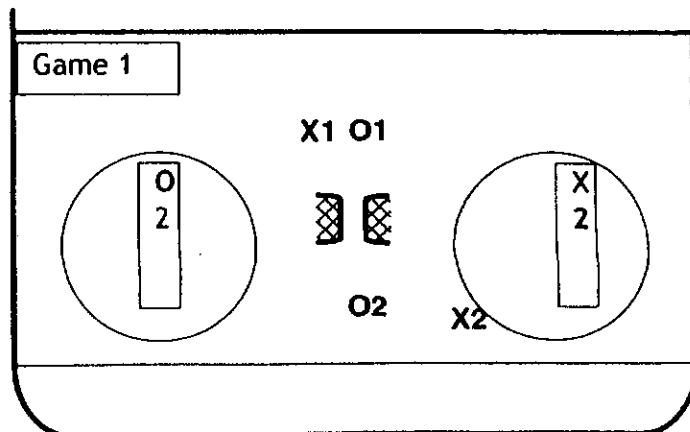
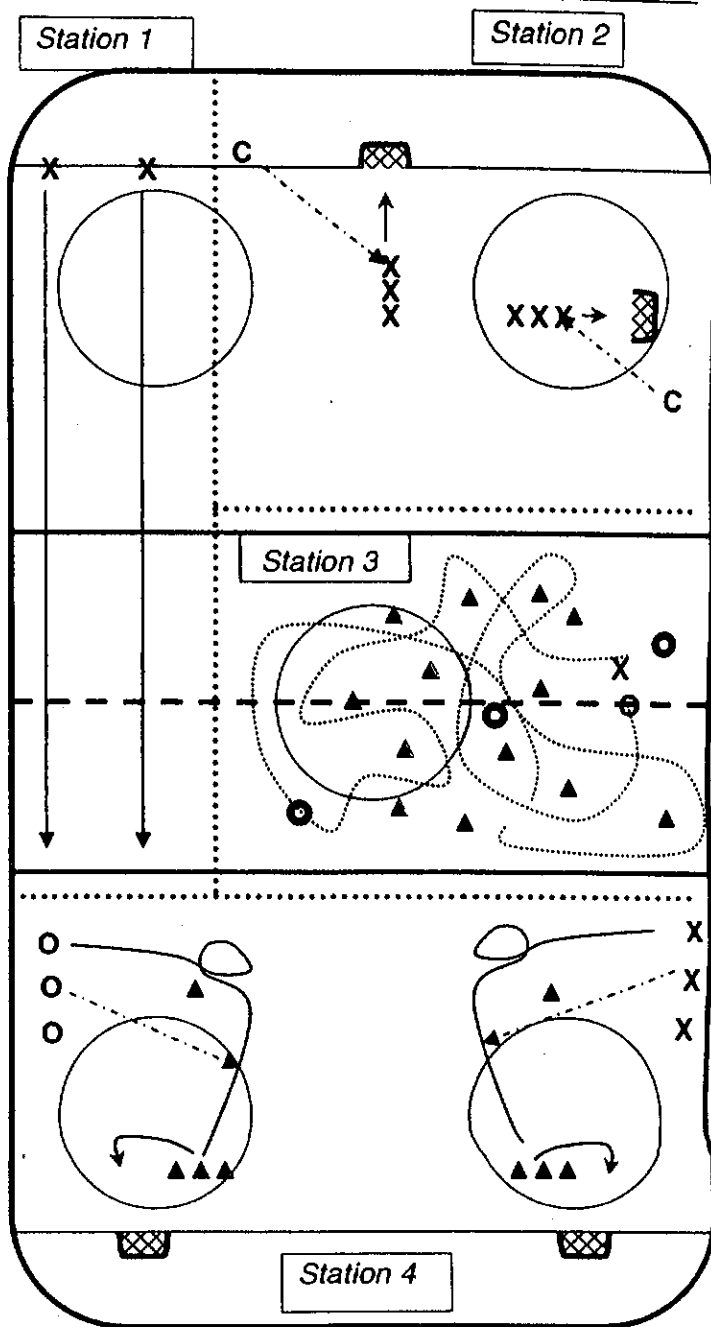
Games: 8 Minutes each

Game 1: Piggy Back with Shooter

Nets are piggy backed. 3 v 3, one player is a designated shooter who stays in his box. Other two players must pass to shooter for shot. After initial shot, other players can score on rebound. Rotation should be X1 to X2 (shooter) to X3 to back in line.

Game 2: Breakaways (use 4 nets)

Players go in on 3 breakaways. They have to shoot once on their forehand, once on their backhand, and deke once. They can pick any order they want.



Equipment Required / Set-up: Borders, Four Nets, Cones, Tires

Free Puck Time: 5 mins – players are free to do what they want for the first five minutes.

Warm Up: 5 mins- Passing with Coaches – Players skate around perimeter of the rink with puck and make passes to any coach who is stationed along on each side of the rink.

Stations: 8 minutes x 4 Stations

Station 1: Underhandle / Shooting

Player skates through cones with puck on stick, keeping the puck on the forehand at all times. After the last cone, take a wrist shot on net.

Station 2: Passing

A-Two lines opposite each other. X passes to O and sprints to back of O line. O then passes to next X, sprints to X line...

B-Game: Team scores point by passing to each other through tires

Station 3: Skating

Work on proper mechanics.

- * Glide turns
- * Forward cross overs

Station 4: Dodgeball

Players play dodgeball with tennis balls. Designate goal line as the center line. Rules of regular dodgeball apply.

Games: 8 Minutes each

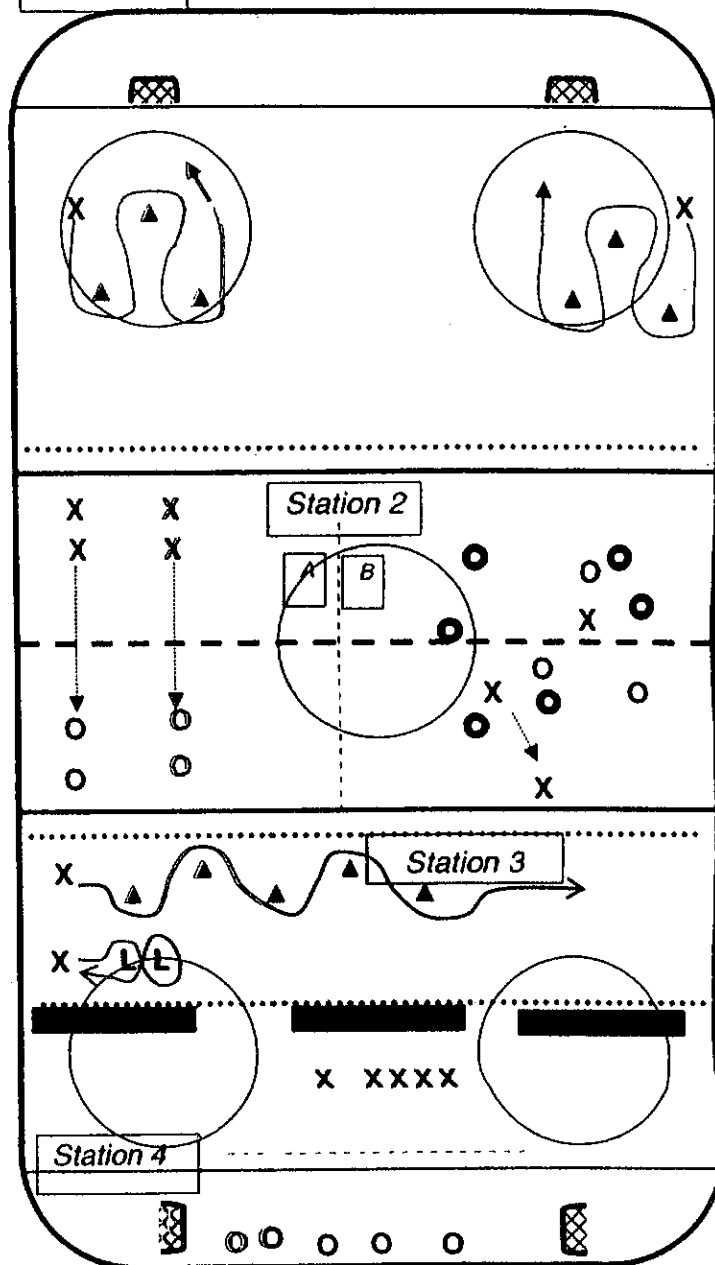
Game 1: Always on PP

3 v 3 game where there is a designated center line. One player from each team (predetermine) must always stay on the offensive side of the line. Therefore one team will always have a 3 v 2 situation. Work on outnumbering the puck.

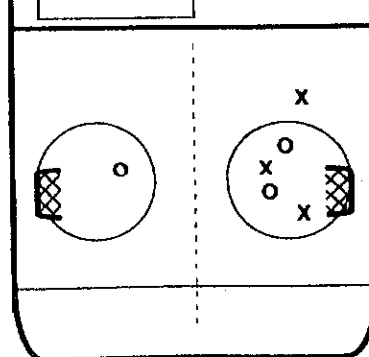
Game 2: Half court with support

3 v 3 or 4 v 4 from blue line in. Four coaches are in zone for support. Team must pass to a coach to go on offense. Can use the coaches as often as they want. Teach and emphasize outnumbering the opposition.

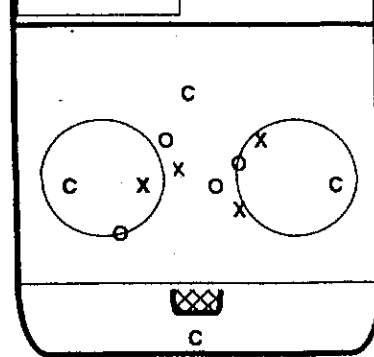
Station 1



Game 1



Game 2



Equipment Required / Set-up: Borders, Four Nets, Cones, Tires

Free Puck Time: 5 mins – players are free to do what they want for the first five minutes.

Warm Up: 10 mins- 3 Zone soccer...see reverse for details.

Stations: 4 Stations x 10 minutes

Station 1: Underhandle / Shooting

Player receives pass from coach, then skates through cones with puck on stick, keeping the puck on the forehand at all times. After the last cone, take a wrist shot on net.

Station 2: Skating

- 2 foot glides
- 1 foot glides
- Cross overs

Station 3: Stickhandling

-Players stickhandle in a tight area with obstacles laying around them. 20 sec on, 20 sec off.
Encourage them to move feet while handling puck. Everyone goes at once.
-Keep away, same drill less pucks than players

Station 4: Passing

Players play 3 v3 cross ice. The condition to score points is that you complete a pass through the cones to a teammate. Can pass any direction and as many times as possible.

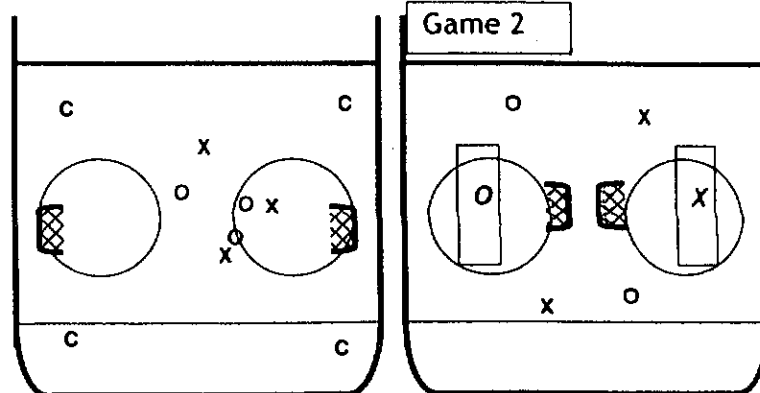
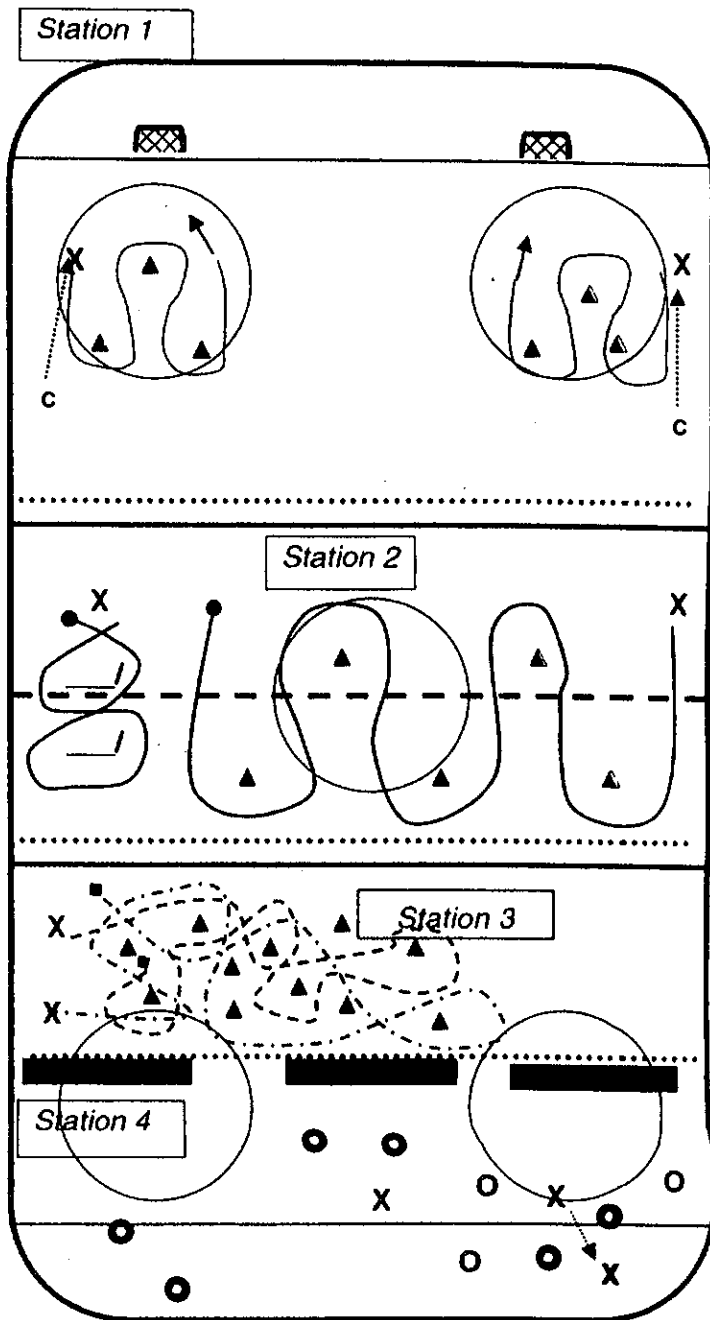
Games: 8 Minutes each

Game 1: Cross Ice with support

A 3 v 3 cross ice game where there are four coaches around the outside for support. Players must pass to a coach before attempting a shot on net. Encourage puck support and outnumbering opponent.

Game 2: Man in the Box

Nets are piggy backed. 3 v 3, one player is a designated shooter who stays in his box. Other two players must pass to shooter for shot. After initial shot, other players can score on rebound.



Equipment Required / Set-up: Borders, Four Nets, Cones, Tires

Free Puck Time: 5 mins – players are free to do what they want for the first five minutes.

Warm Up: 5 mins- Passing with Coaches – Players skate around perimeter of the rink with puck and make passes to any coach who is stationed along on each side of the rink.

Stations: 8 minutes x 4 Stations

Station 1: Drive/Escape/Attack Seam

Player skates a course through the cones and stops in the slot to get a pass. After receiving the pass, player takes a shot on net then continues to pile of pucks to make a pass to next player. After making the pass, player then skates through middle slalom with a puck and ends up in other line.

Station 2: Backward Skating

1. 2 lines going in opposite directions. A-1 ft 'c' cuts across ice. B-2 ft 'c' cuts-hold glide for one second (emphasize deep knee bend; head & chest up, full extension & recovery).
2. Bumper butts-backward skating while trying to run into opposite player and knock them down with your butt. (in a tight confined area).

Station 3: 1 vs 1 Pit Game (Dekes Only)

Players play a 1 v 1 game vs each other in a small area. Reps should be no more than 30 seconds at a time. Players are only allowed to try to score via a deke move, i.e. no long shots. Emphasize quick hands and feet with limited time and space.

Station 4: Dodgeball

Players play dodgeball with tennis balls. Designate goal line as the center line. Rules of regular dodgeball apply.

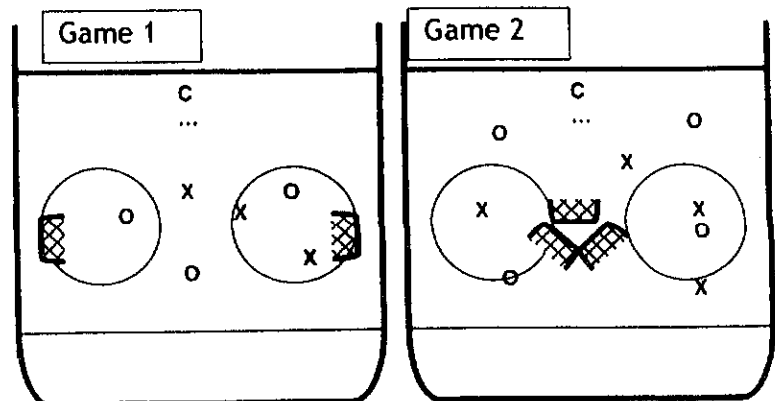
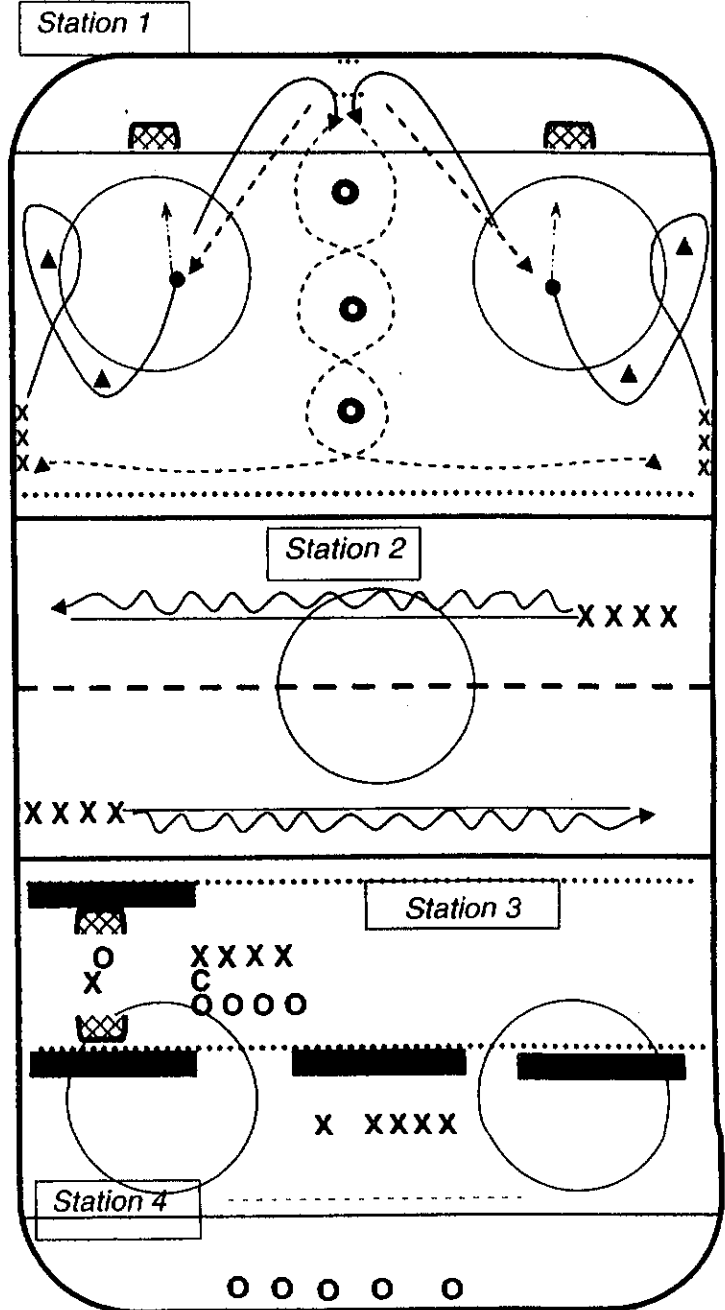
Games: 8 Minutes each

Game 1: 3v3 Any net

3 v 3 game where players can score on either of the two nets. Teach transition skills, alertness, hockey sense, and puck tenacity. On coaches whistle all players change but make the players change 1 for 1 like changing on the fly in a game.

Game 2: Three net piggy back

4 v 4 from blue line in with three nets piggy backed against each other. Teams can score at any of the three nets. Encourage creativeness. Teach puck tenacity, alertness, and sense. If you only have two goalies, make them cover all three nets...great skating work for them.



Equipment Required / Set-up: Borders, Four Nets, Cones, Tires

Free Puck Time: 5 mins – players are free to do what they want for the first five minutes.

Warm Up: 5 mins- 3 Zone Soccer

Stations: 8 minutes x 4 Stations

Station 1: Give and Go Behind Net

X passes to Z who skates puck behind the net. X moves into the slot for a return pass from Z. X catches the pass and shoots on net. Z then skates to the line and becomes X. The next player in line (y) becomes Z...continual rotation.

Station 2: Backward Skating

- 2 lines going in opposite directions. A-1 ft 'c' cuts across ice. B-2 ft 'c' cuts-hold glide for one second (emphasize deep knee bend; head & chest up, full extension & recovery).
- Bumper butts-backward skating while trying to run into opposite player and knock them down with your butt. (in a tight confined area).

Station 3: 1 vs 1 Pit Game (Dekes Only)

Players play a 1 v 1 game vs each other in a small area. Reps should be no more than 30 seconds at a time. Players are only allowed to try to score via a deke move, i.e. no long shots. Emphasize quick hands and feet with limited time and space.

Station 4: Dodgeball

Players play dodgeball with tennis balls. Designate goal line as the center line. Rules of regular dodgeball apply.

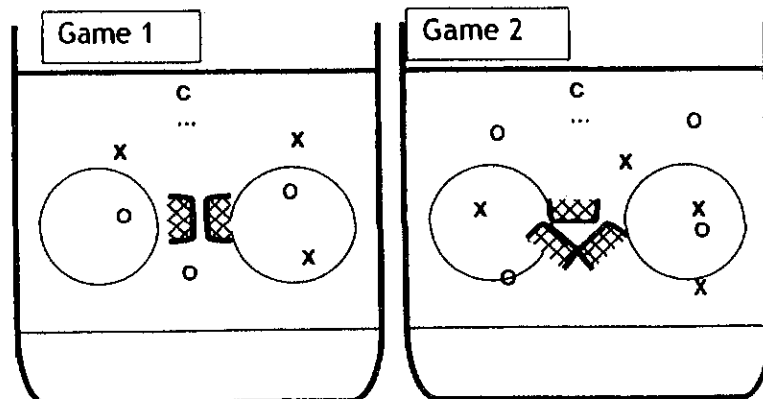
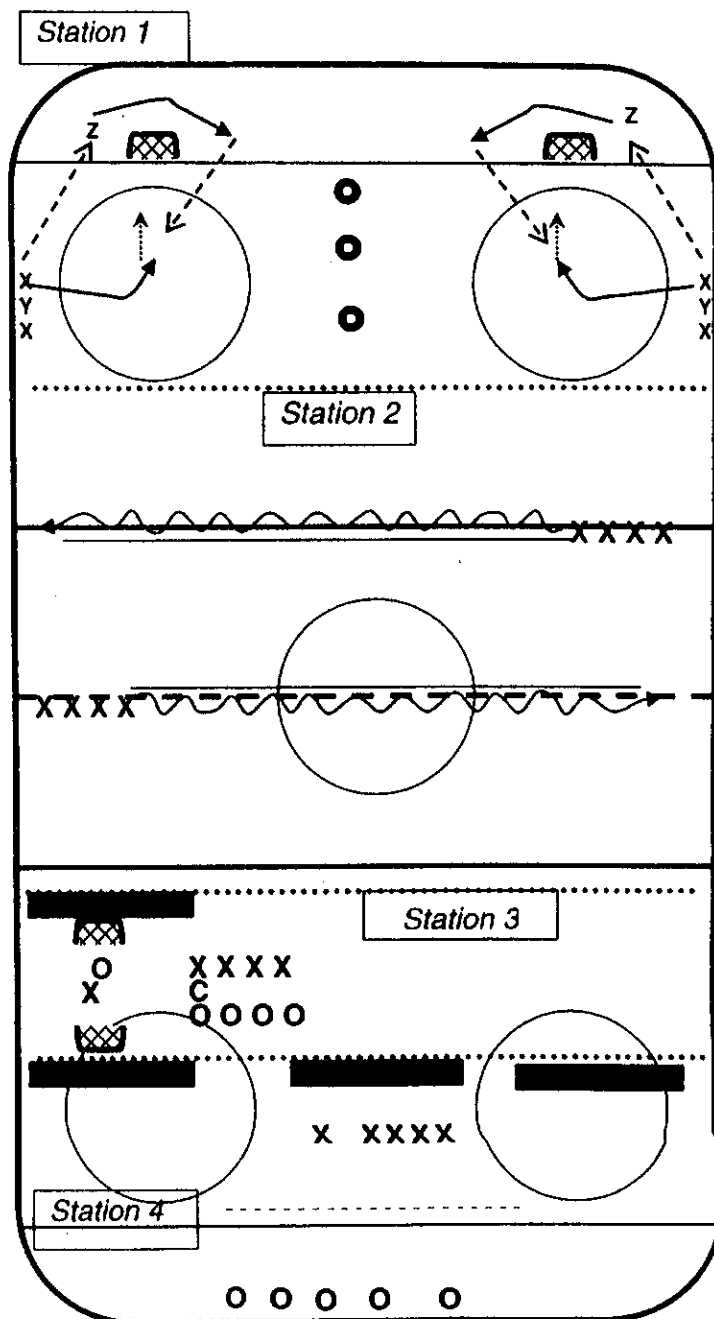
Games: 8 Minutes each

Game 1: 3v3 Any net –piggy back

3 v 3 game where players can score on either of the two nets. Teach transition skills, alertness, hockey sense, and puck tenacity. On coaches whistle all players change but make the players change 1 for 1 like changing on the fly in a game.

Game 2: Three net piggy back

4 v 4 from blue line in with three nets piggy backed against each other. Teams can score at any of the three nets. Encourage creativity. Teach puck tenacity, alertness, and sense. If you only have two goalies, make them cover all three nets...great skating work for them.



Equipment Required / Set-up: Borders, Four Nets, Cones, Tires, Tennis Balls

Free Puck Time: 4 mins – players are free to do what they want for the first five minutes.

Warm Up: 8 mins- 3 Zone Soccer Game
Rotate zones every two minutes

Stations: 8 minutes x 4 Stations

Station 1: Skating

All done squeezing ball behind knee

- A. right ft fwd stride length of ice
- B. left ft fwd stride length of ice
- C. right ft backwards 'c' cuts length of ice
- D. left ft backwards 'c' cuts length of ice
- E. 1v1 sprints to puck w/ shot at end

Station 2: Puck handling/Protection

two 1v1 cross-ice battles - hit the tire (or trash can) on each end to score: (competing, stickhandling, puck protection, defense, stick on puck) start first 1v1 then next group starts after 30 seconds - then next group starts after each goal.

Station 3: Passing / Receiving

- A. each player with one partner (groups on 2's) - moving randomly around the zone passing.
- B. 'Odd number keep-away' (7 v 3, 6 v 2, etc.)

Station 4: Cross Ice w/ support

play 2v2 cross-ice with goalies, but must pass to one of coaches before players can attempt to score

Games: 8 Minutes each

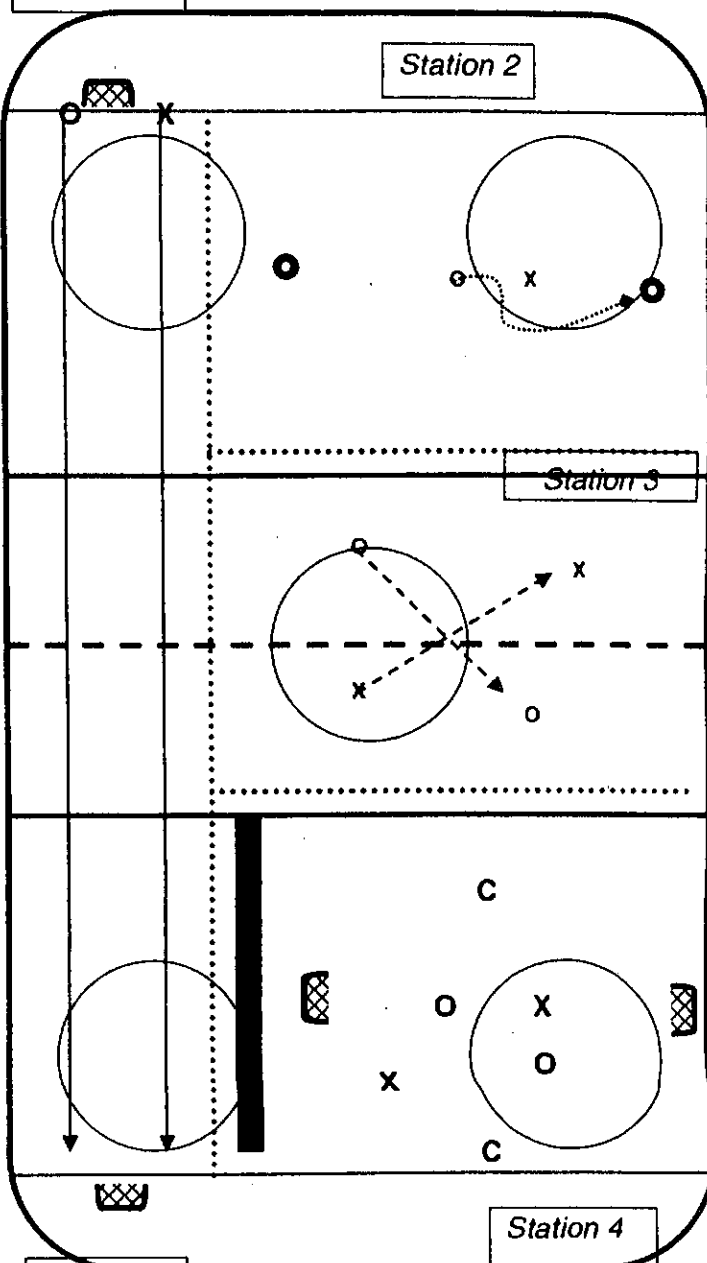
Game 1: Russian Scrimmage

players line-up by color on boards in front of scorekeepers bench - coach dumps a puck to start players - multiple 1v1's, 2v2's, etc.; four or five battles going at same time...full-ice and can score on any of three nets/ goalies

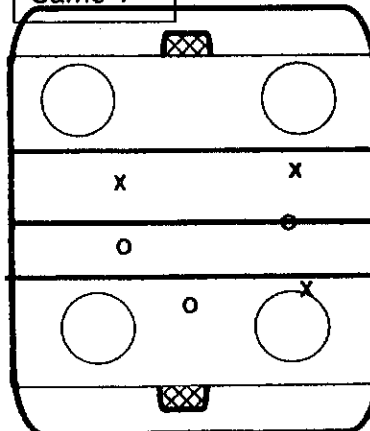
Game 2: Showdown

Players try to score on breakaways.

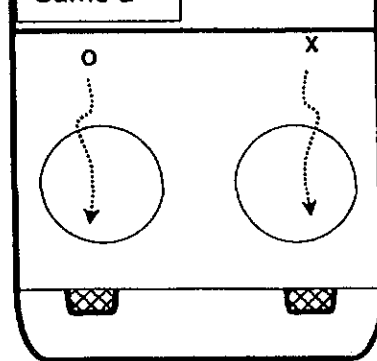
Station 1



Game 1



Game 2



Equipment Required / Set-up: Borders, Four Nets, Cones, Tires

Free Puck Time: 5 mins – players are free to do what they want for the first five minutes.

Warm Up: 5 mins- Breakaways – Players go three times each. Have to shoot on forehand once, backhand once, and deke once...order is up to them.

Stations: 8 minutes x 4 Stations

Station 1: Puckhandling/Passing/Shooting

Player stickhandles through tires and makes a pass to coach. After making the pass player goes to scoring area and gets return pass from coach. Player catches pass and puts a wrist shot on net.

Station 2: Competition/Passing

1 v1 in tight area...when waiting in line, pass back and forth with the player in the opposite line.

Station 3: Skating

- A. C cuts – one legged, alternate legs
- B. Edge work – inside and outside edges

Station 4: Team Pictures

Smile for the camera!!!!

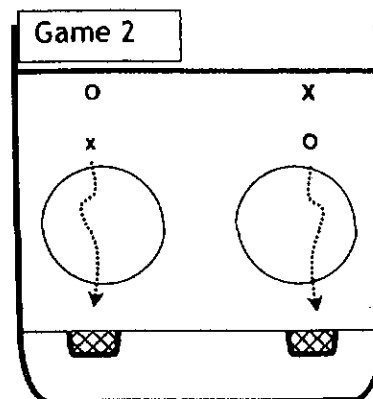
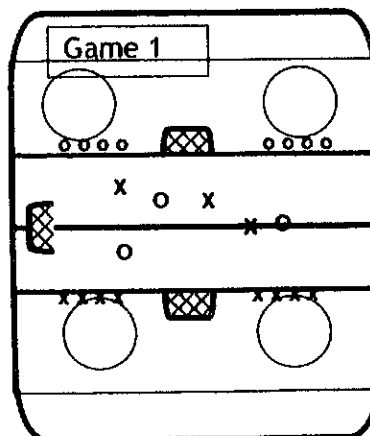
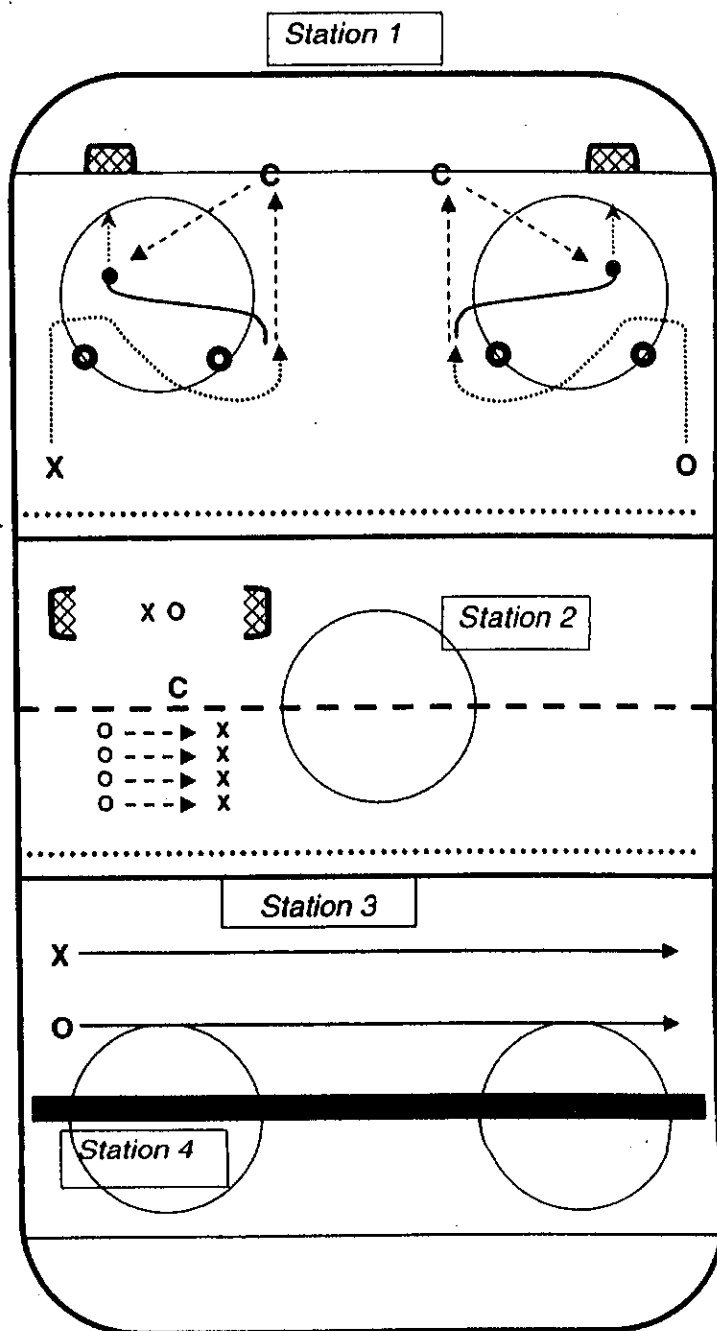
Games: 8 Minutes each

Game 1: Neutral Zone Support Game

Players line up by color on the blue lines. Teams can shoot at the net nearest to them and the net on the red line. 3 v3 game where players must pass to a teammate along the blue line before they can shoot.

Game 2: Pressured Shooting

Players try to score on breakaways while being chased by another player. Player chasing starts on knees.





Date: 11/15/09 Practice Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, Four Nets, Cones, Tires

Free Puck Time: 5 mins – players are free to do what they want for the first five minutes.

Warm Up: 5 mins- Shooting against the boards – players get a puck and spread out around the rink and shoot at the boards. Encourage proper wrist shot technique.

Stations: 8 minutes x 4 Stations

Station 1: Agility Skate/Receive and Shoot
Player skates through obstacles (working on edges) and then has to jump over a border. After jumping border, player stops in the scoring area, receives a pass from coach and takes a wrist shot on net.

Station 2: Passing

Two lines opposite each other. X passes to O and sprints to back of O line. O then passes to next X, sprints to X line... forehand passes first then progress to back hand passes. Add in receiving on the backhand as well.

Station 3: Chaos Puckhandling (:20on/:20off)
Players stickhandle in and around objects littered in the small area. All players are going at the same time. Emphasize keeping their eyes up. After half way through time wise, take away a few pucks so players have to either protect their puck or try to steal one from another.

Station 4: 2 v 2 Tight Area Game

Players play 2 v 2 in a very tight area. Emphasize moving the feet in small spaces and competing for loose pucks.

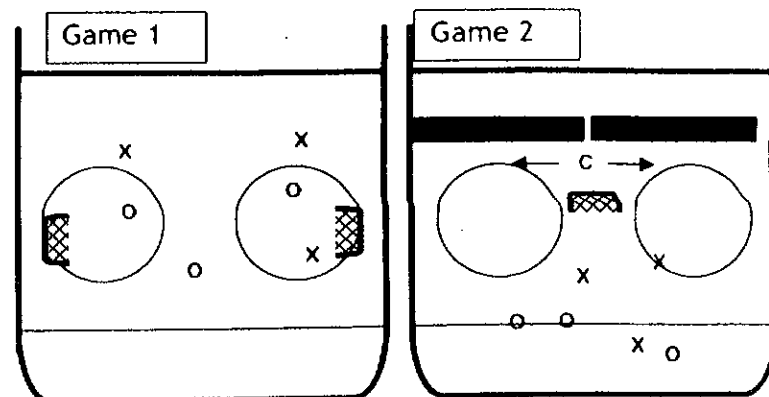
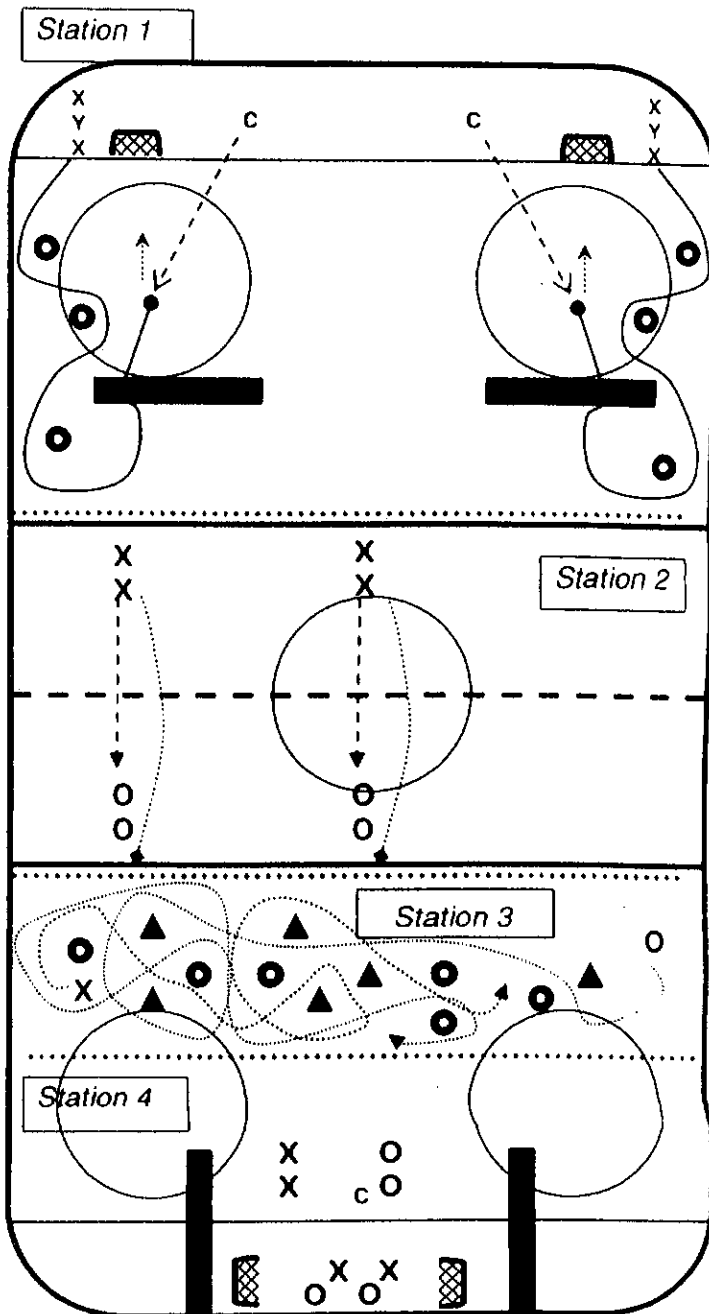
Games: 8 Minutes each

Game 1: 3v3 Forehand Only

3 v 3 game where players can only touch the puck with the forehand of their blades. Get them to be thinking ahead of time and how they will be able to surround the puck to keep it on their forehand.

Game 2: 3 v 3 Gretzky

3 v 3 from top of circles down with net turned around. To get on offense, team has to pass to Gretzky (coach) behind the net before attacking. Emphasize moving to get open. Gretzky can move laterally but must remain behind the net.



Equipment Required / Set-up: Borders, Four Nets, Cones, Tires, Tennis Balls

Free Puck Time: 4 mins – players are free to do what they want for the first five minutes.

Warm Up: 8 mins- 3 Zone Odd Man Keep Away – players play keep away in an odd man situation in their zone by passing and moving to open space.

Stations: 8 minutes x 4 Stations

Station 1: Skating

Backward skating / Backward Crossovers with guest instructor

Station 2: 1 v 1 Pit Game

1 v1 in tight area, must deke to score. When waiting in line, pass back and forth with the player in the opposite line.

Station 3: Puckhandling

- A. Players partner up. Player 1 stickhandles around player 2 (in and out of the triangle)
- B. Players straddle cones and stickhandle through them
- C. Players skate down middle of cones and wide dribble around cones.

Station 4: Cross Ice w/ tennis ball

Play 3v3 cross-ice with a tennis ball instead of a puck.

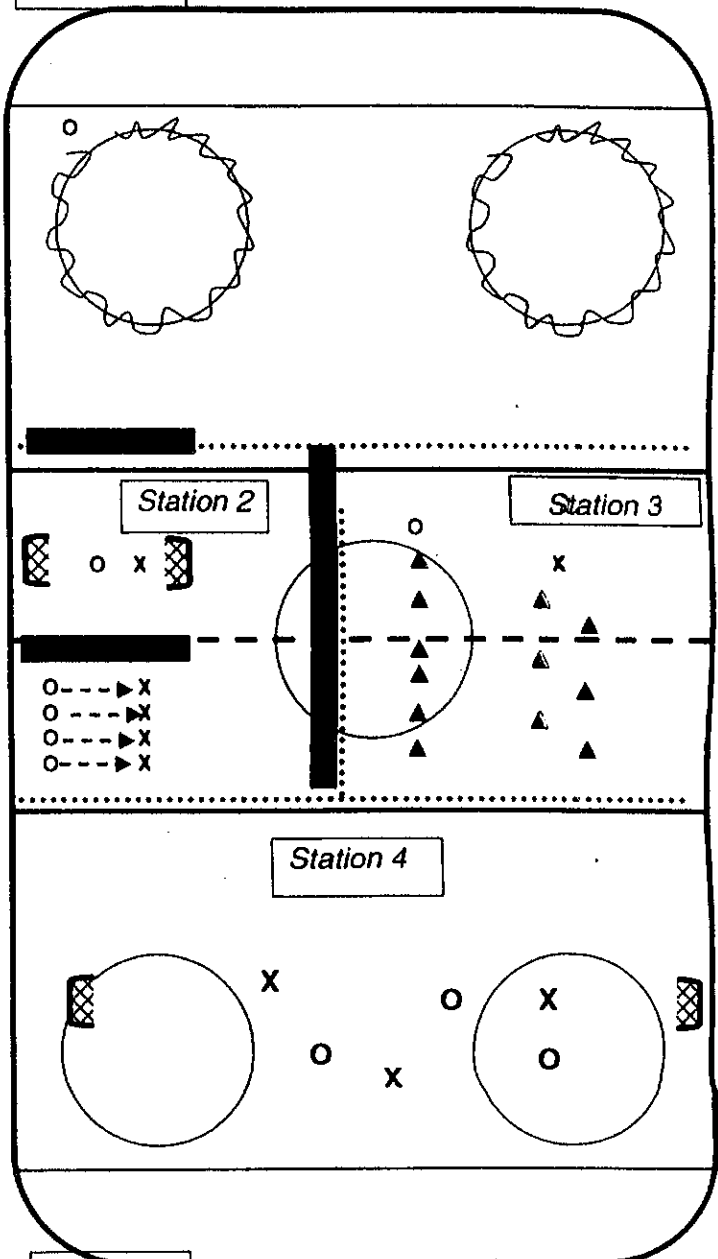
Games: 8 Minutes each

Game 1: Russian Scrimmage

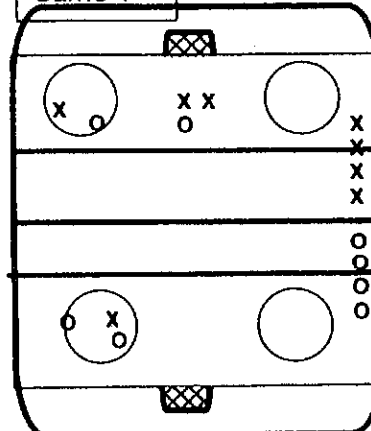
players line-up by color on boards in front of scorekeepers bench - coach dumps a puck to start players - multiple 1v1's, 2v2's, etc.; four or five battles going at same time...full-ice and can score on any of three nets/ goalies

Game 2: Showdown (if time)
Players try to score on breakaways.

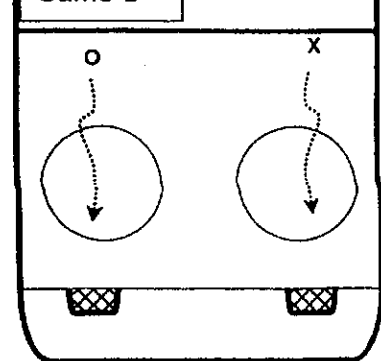
Station 1



Game 1



Game 2



Equipment Required / Set-up: Borders, Four Nets, Cones, Tires, Tennis Balls, Soccer Balls

Free Puck Time: 5 mins – players are free to do what they want for the first five minutes.

Stations: 14 minutes x 3 Stations

Station 1: Skating-

- **Chariot Races** – this drill works on forward striding of the 'puller' and good glide position of the 'rider'...divide players into two teams; players pair-up with a teammate; first player holds both sticks by the butt-end; second player holds both sticks by the blade end and maintains good glide / ready position w/ knees bent and head up; first player pulls partner in a straight line up and around a cone and back to the goal line...all players on both teams must go as a 'puller'...
- **Duck, Duck, Goose** - Players are in groups of about 6...each sits on the edge of the circle except one player who is 'it'... 'it' skates around the circle touching each player on the head and saying 'DUCK' on each touch. He eventually touches one person to whom he says 'GOOSE'. This child rises and must chase 'IT' once around the circle and touch him before 'IT' can return to the touched player's spot. If the 'IT' child is touched he continues to be 'IT'...if not the new player is 'IT'. ...Make sure the different players are touched...and make them skate different directions.
- **Bumper Butts** – players skate backwards inside a circle and try to knock-out the other players by forcing them out of the circle or falling down...the last player standing is the winner

Station 2: Passing, Puck Skills

- **Kill the Ball** – (need lots of pucks) – two teams are formed and each is lined up across the zone from each other...place a ball at center ice between the two teams...players try to shoot pucks at the ball trying to knock it towards the other team with their pucks...no one is allowed to leave their spots to move closer toward the ball...the team that knocks the ball the furthest toward the other team is the winner...let the game run for about 2 minutes then start again...
- **Baseball** - Defensive team is positioned anywhere in 'the field'...the 'batter' shoots the puck anywhere inside the zone, the defensive players retrieve the puck and must pass to each other until each has touched it once – they then can try to score on goal before the batter crosses the goal line...after shooting the puck, the 'batter' must sprint and make a full 360 degree circle around cones placed as 'first', 'second' and 'third' base...the batter is out if the defensive team scores before he crosses the goal line...the batting team bats through their line-up and then the defensive team gets a turn to bat.

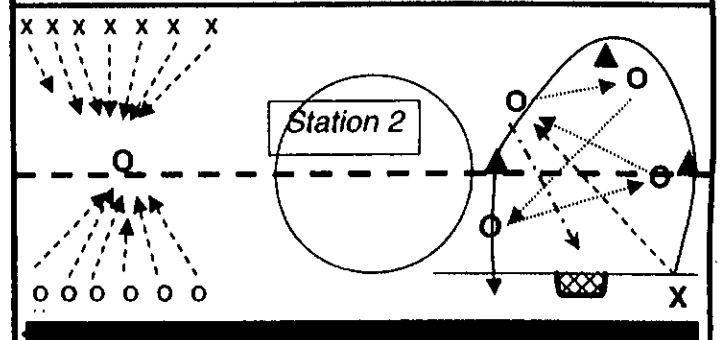
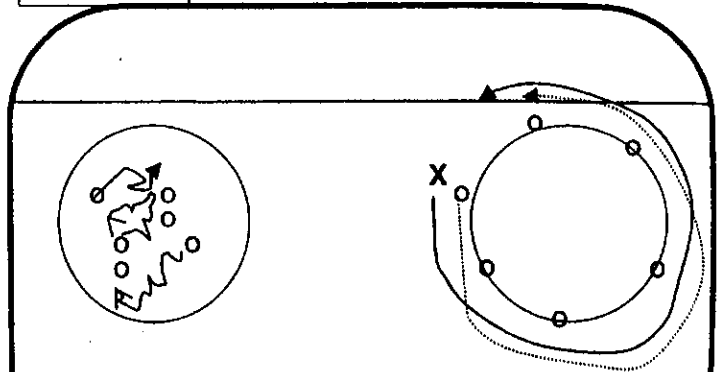
Station 3: Competitive Game

3 Net Piggy Back – 3 nets, 3 goalies; 2 v 2 v 2 – each team is assigned to score on a certain net and defend the other two...

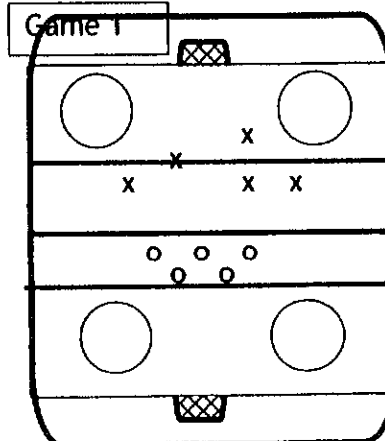
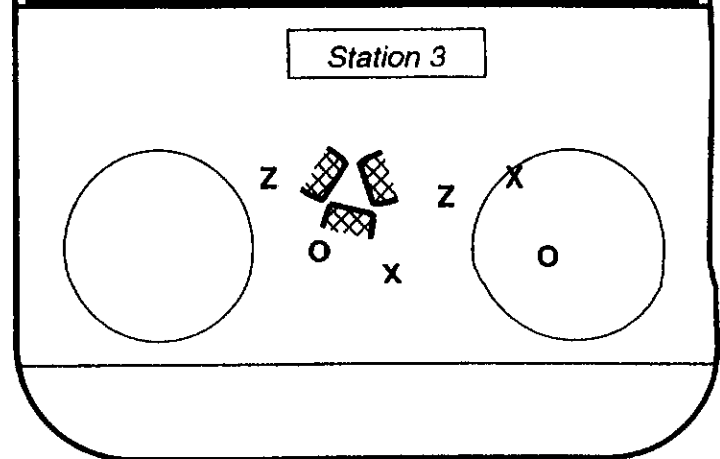
Game: 10 Minutes

Game 1: Scrimmage
Full Ice Scrimmage...

Station 1



Station 3



Equipment Required / Set-up: Borders, Four Nets, Cones, Tires, Soccer Ball

Free Puck Time: 5 mins – players are free to do what they want for the first five minutes.

Warm Up: 5 mins- Shooting against the boards – players get a puck and spread out around the rink and shoot at the boards. Encourage proper wrist shot technique.

Stations: 8 minutes x 4 Stations

Station 1: Skating

***Starts/Sprints-** Players pair up and hold sticks upside down (knob on ice). When coach says go, they sprint to catch partners stick before it falls.
***Edges-** Players zig zag through tires with a puck.

Station 2: Stickhandling (:20 on/:20 off)

Players pair up. Player X starts with puck, player O stands still with stick extended. X can stickhandle in and around O anyway he chooses. After 20 seconds, have players switch. Encourage them to go in and out of feet and under the stick as much as possible.

Station 3: Passing / Shooting

First person in line passes to the person across from him. Each X continues to pass to the next one until it reaches the last X who receives the pass and shoots. After each X makes a pass, X skates to the spot where the pass went. After shooting, get back in line.

Station 4: 2 1v1 Tight Area Games

Players play 1 v 1 in a very tight area. After playing in game withing borders, have them move to the corner to play a second 1 v1 with different parameters. Emphasize puck battles and scoring goals.

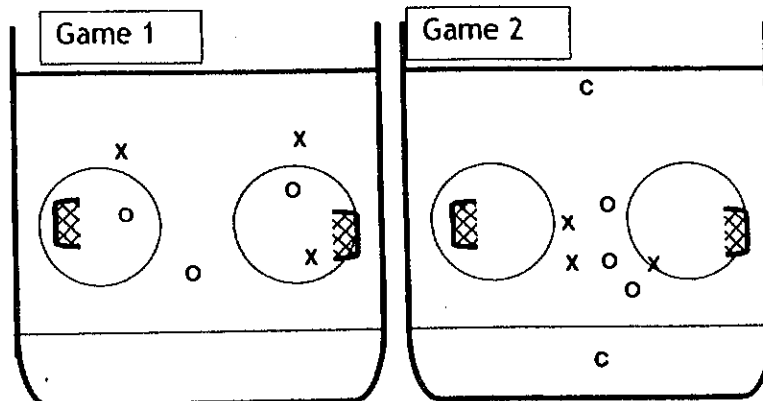
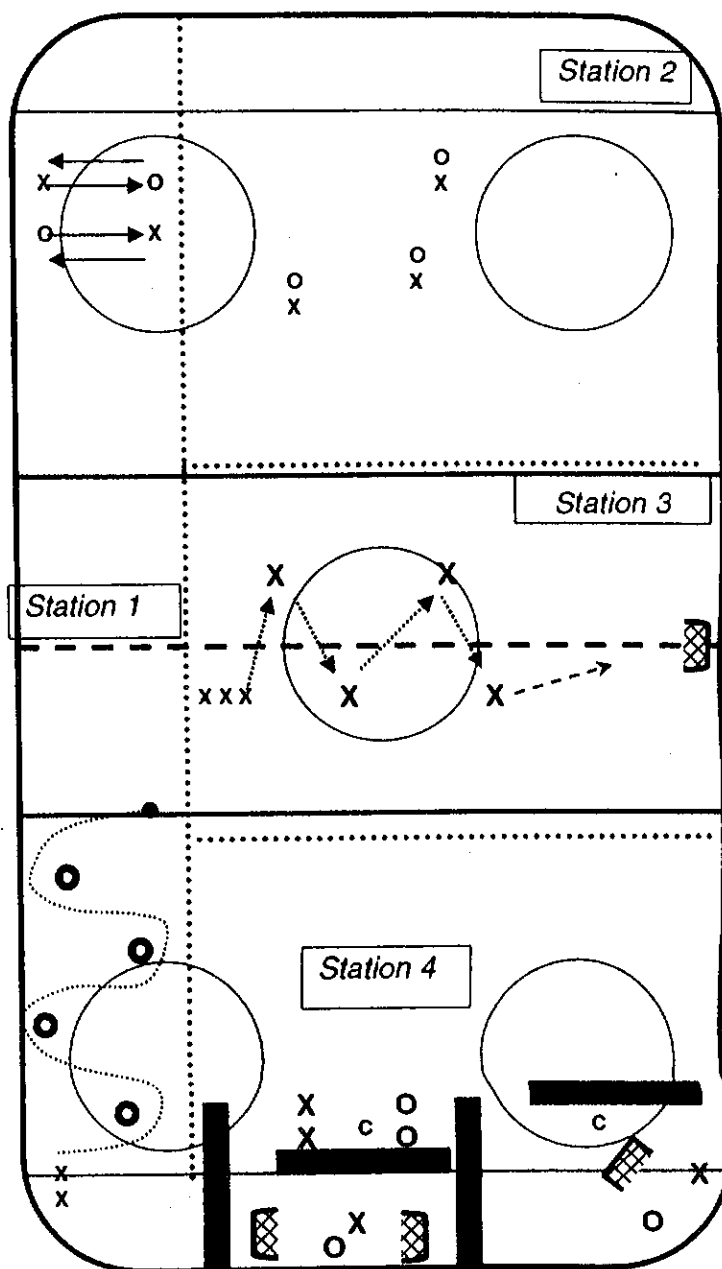
Games: 8 Minutes each

Game 1: 3v3 Soccer

3 v 3 game where players play with a soccer ball. Have them only kick the ball for first four minutes, then for last four minutes have them keep the ball on the ice but use their hands to bat it around.

Game 2: 3 v 3 w/Coach Support

3 v 3 where players can score at either net, but in order to transition from defense to offense, they have to pass to a coach first. Encourage players to get close to the puck to battle for it as opposed to drifting away from the puck thinking they are open.





Date: 11/30/09 Practice Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, Four Nets, Cones, Tires,

Free Puck Time: 5 mins – players are free to do what they want for the first five minutes.

Warm Up: 5 mins- Passing with coaches.
Coaches line up and down the boards on both sides of the ice. Players skate around and make passes with coaches.

Stations: 8 minutes x 4 Stations

Station 1: Skating-Loose puck races
Players skate slalom course then race for loose puck for a chance to score. Works on edge control, starts, puck battles, and scoring.

Station 2: Passing / Shooting
First person in line passes to the person across from him. Each X continues to pass to the next one until it reaches the last X who receives the pass and shoots. After each X makes a pass, X skates to the spot where the pass went. After shooting, get back in line. Works on passing, receiving, skating, stops/starts, shooting.

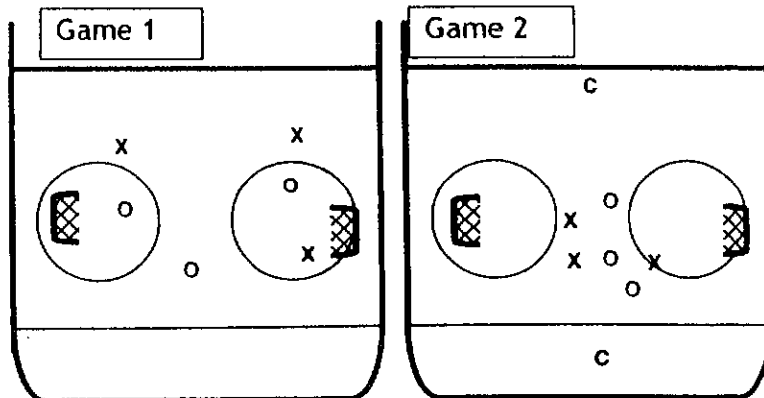
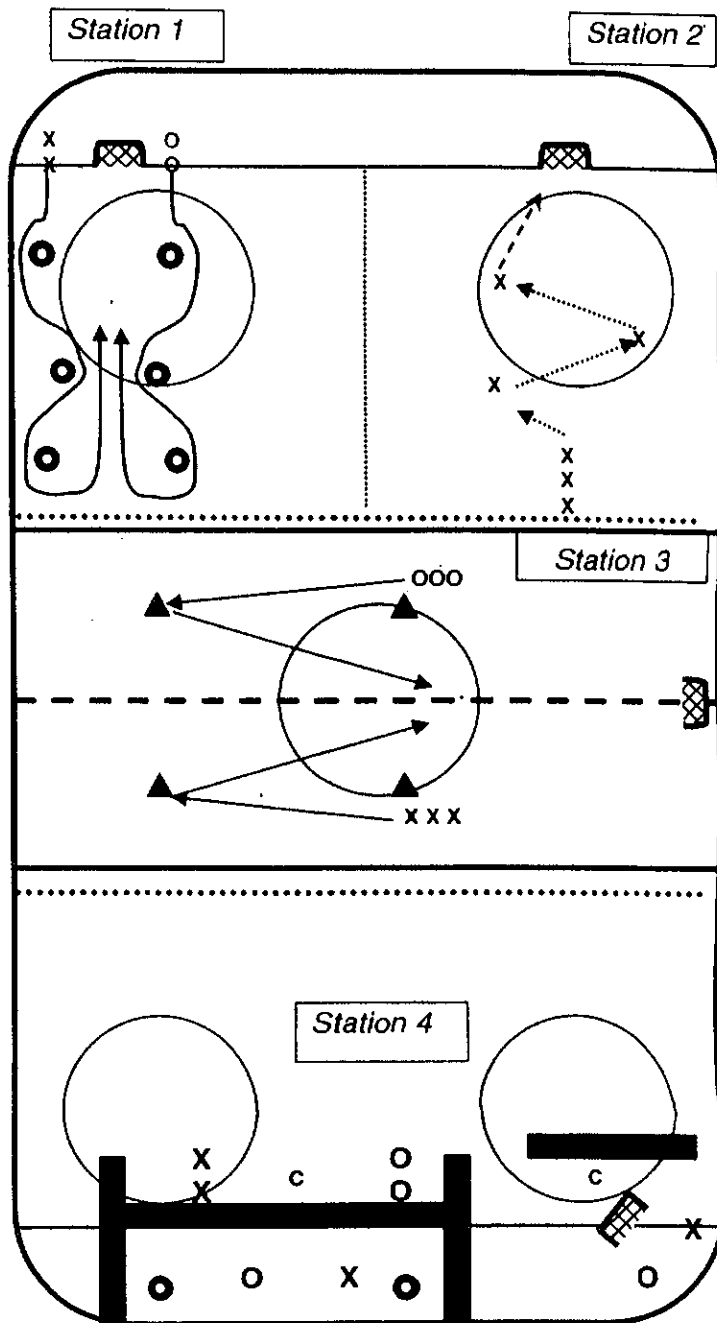
Station 3: Skating-Loose puck races
Players start at cone and sprint to another cone where they stop and come back to a loose puck for a chance to score. Works on starts, stops, puck battles, puck handling, shooting and scoring.

Station 4: 2 1v1 Tight Area Games
Players play 1 v 1 in a very tight area. After playing in game withing borders, have them move to the corner to play a second 1 v 1 with different parameters. At the game within the borders, players score by skating the puck to the tire (not shooting it). Works on battling, skating, baolance, puckhandling, competing.

Games: 8 Minutes each

Game 1: 3v3 Forehand Only
3 v 3 game where players can only touch the puck with the forehand of their blades. Works on hockey sense, puckhandling, puck support, skating, team play.

Game 2: 3 v 3 w/Coach Support
3 v 3 where players can score at either net, but in order to transition from defense to offense, they have to pass to a coach first. Encourage players to get close to the puck to battle for it as opposed to drifting away from the puck thinking they are open. Works on passing, receiving, hockey sense, skating, scoring, battling.



Puck handling: Team Knockout

In the neutral zone, . Split the group into two teams. Have one team with pucks and the other without pucks. Use a net or a line as the place for the pucks to go. The objective is for the team without the pucks to knock the pucks off the sticks of the puck carriers or put them in a net or target as soon as possible. The coach counts out loud to see how long it takes to knock all the pucks out of the game. Then the roles reverse and the group that keeps the pucks alive the longest wins. Encourage the puck carriers to use each other after they loose their puck so passing and support can come into play. Have them do this a couple of times and turn it into a best out 3 or 5. if 1 group is struggling to keep control of the pucks then step in and talk about puck protection and finding open ice.

This forces kids to keep their head up and find open ice and protect their puck. The competitive nature pucks extra emphasis and intensity on the skills needed to be successful.

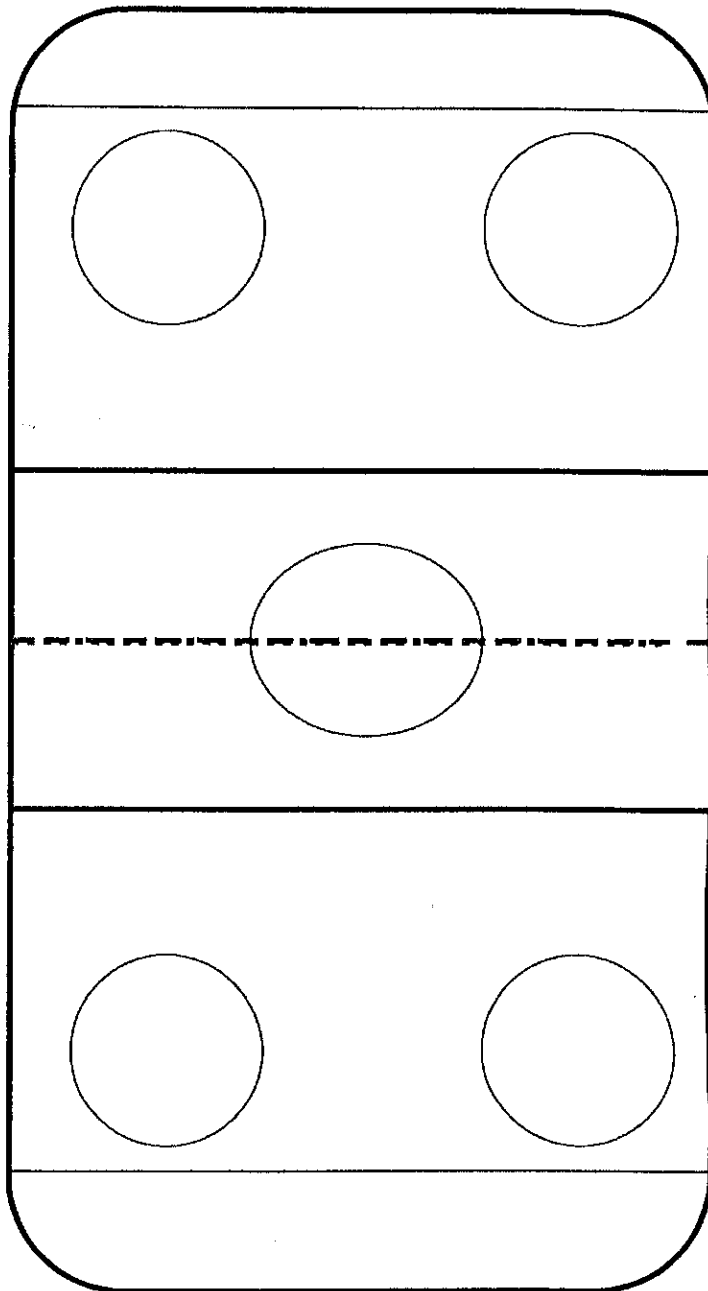
FOCUS ON THE GOALIES AND THEIR INVOLVMENT IN THE DRILL!!!!

Circle give and go

Have four lines one at each face-off dot in the neutral zone facing in the zone. On the whistle the first player in line back peddles and skates a big circle give and going with the puck with the next player in line. The player doing the drill skates a big circle pattern in the zone and then skates to the red line with speed and quality passes. Have the players go to their left then after awhile have them go to their left.

FOCUS ON THE GOALTENDERS DOING THE DRILL!!!

THESE TWO DRILLS ARE FOR MY PRESENTATION ON CREATING AN ENVIRONEMNT FOR GOALTENDERS.



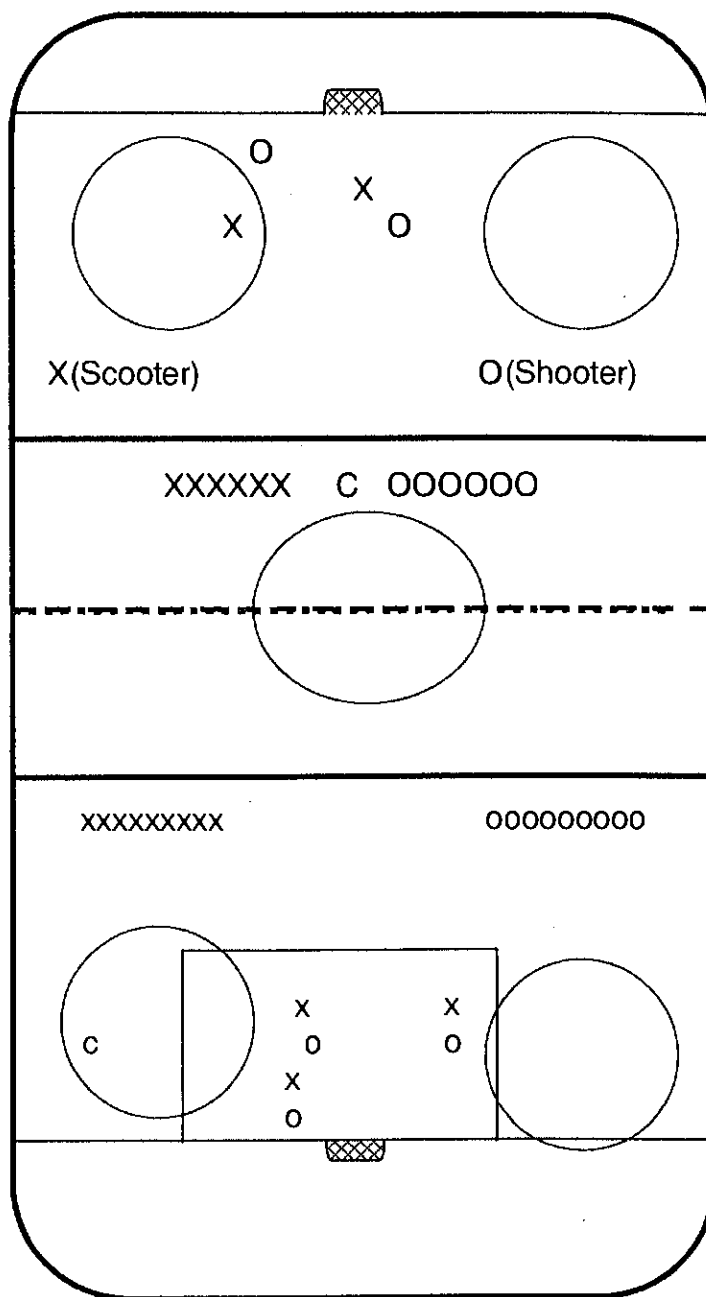
2v2 with a designated shooter

Split the group into two teams send two players from each team into the zone with a third player being a designated shooter. On possession of the puck the team must pass the puck to their shooter (who cannot be pressured) has to shoot with his teammates going to the net for screens and rebounds. The two defending players are forced to play man on man to defend the offensive players from scoring. Encourage the shooters to shoot a 1 time shot if the pass is good enough.

THIS GAME IS FOR BOTH OF MY PRESENTATIONS SO SOME REALLY GOOD FOOTAGE ON BOTH THE GOALTENDERS AND THE PLAYERS , ESPECIALLY SHOOTERS WOULD BE BENEFICIAL.

3v3 Defense vs offense in the scoring area

Split the group into two teams. With a large sharpie pen draw a box in the zone in the slot area. Put three players from each team in the box. Designate 1 team offense and one team defense. The offensive team gets 5 pucks passed into the box. Their job is to get open and position themselves for quick shots or scoring opportunities. The defensive 3 players are trying to cover the three offensive players man on man and clear the pucks out of the box. The puck is live if it is in the box. Once the puck is outside the box it is dead and the next puck comes in from the coach. After the 5 pucks the roles switch and keep score on how many goals are scored off of the 5 opportunities. After both teams get a chance to be on offense and defense then bring in the next 6 players. The skills reinforced with this game on the offensive side are, positioning , getting open, being ready with stick down for a quick shot, following the puck to the net for a rebound chance. The two players off the puck get open for support and get to the front of the net to get second chances. Get separation from defenders. Puck support with the coach. Battle for possession if the puck is in the box. Learn how to score in various ways. The defensive skills. Man on man, tie up sticks, clear pucks from scoring area, support teammates defensively, block shots, get in scoring lanes and passing lanes. MAKE SURE THE COACH SWITCHES SIDES OF THE BOX SO THE GOALIE AND PLAYERS ARE LOOKING FOR THE PUCK FROM BOTH SIDES.

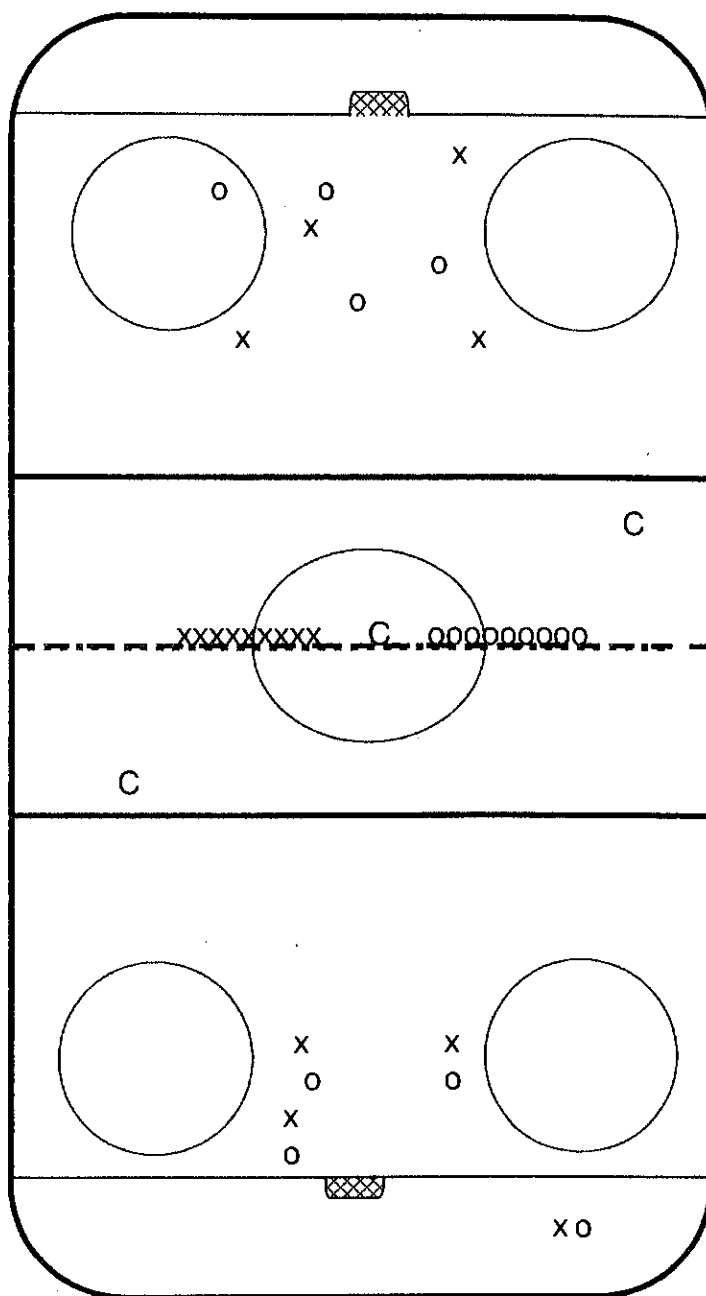


End zone 3v3 or 4v4

Take all the kids you have in practice and split them into two teams. Have them line up along the red line one team on each side of the center face-off dot. Have a coach with pucks on the center face-off dot and a coach at each blue-line. The coach at the center face-off dot has a bunch of pucks. Decide weather to go 3v3 or 4v4 based on the number of kids at the practice. Designate one end as the offensive and defensive end zones for each team. The coach then dumps a puck into one end and the first 3 or 4 players from each line jump jumps into the zone and either tries to score or defend the end depending on which zone it is for their team. The coach then dumps a puck into the other end and the next 3 or 4 players enter and play their roles. The offensive team is trying to possess the puck and score and the defending team is trying to break the puck out and get it to the coach at their end that is moving along the blue-line to support the puck. As soon as the puck is broken out to the coach at the blue-line or the offensive group scores or the goalie freezes the puck, all the players sprint out of the zone and the coach throws a new puck in that half and the next players race in to control the puck. The coach with the pucks should try to be cognizant of what the groups of players did the last time they went so that the players get a chance to both be on offense and to defend. Do not allow the defenders to chip the puck out they must use each other and make a good outlet pass to their coach. Force them to get their heads up and make a good play.

Skills:

Working on end zone offense and defense, support of the puck both offensively and defensively. Emphasizing first touch and puck possession. Battling and competing, man on man defense. 12to 16 kids going at a time.



Skating: Agility skate around and over a stick.

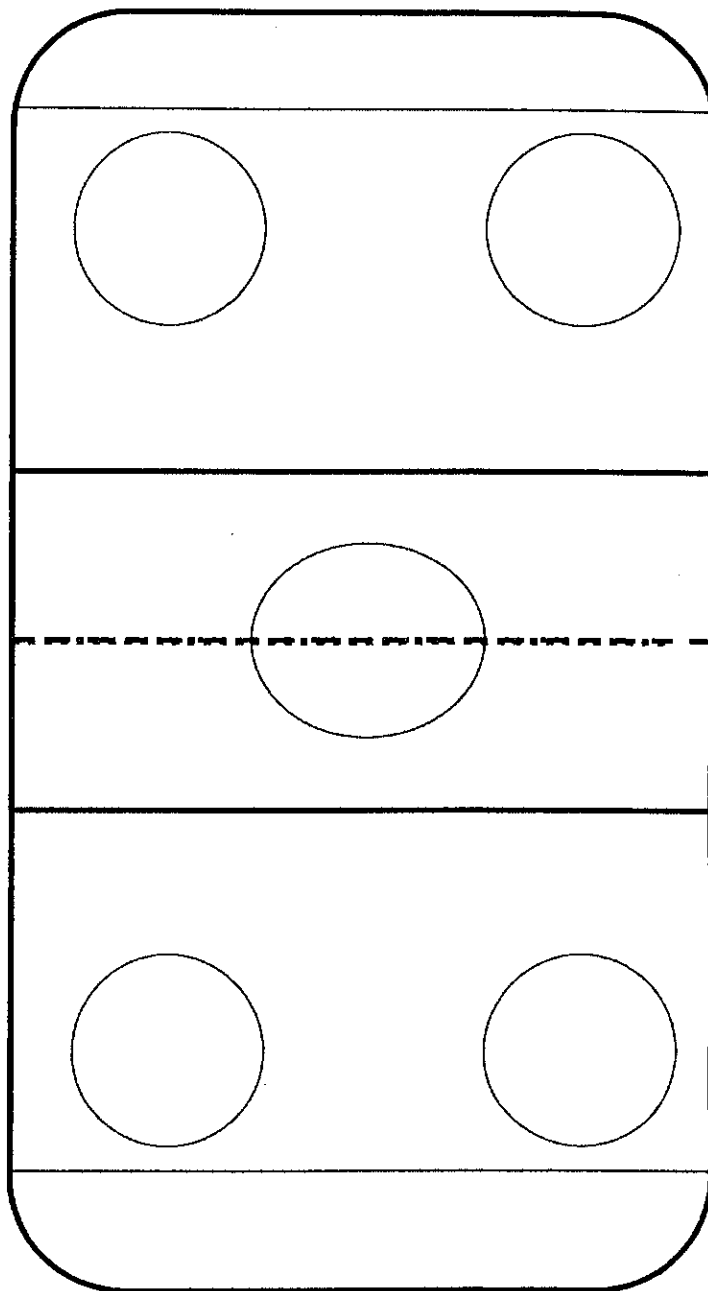
Spread players around the ice space and have them drop their stick to the ice. Then have them perform the following agility and skating drills. Have them do each drill both ways and for about 15 seconds in length. Have them stay as tight to the stick as possible, using their edges and turning in small space.

- 1.) Forward scooting around the stick pushing with the left leg only then turn and do the right leg only.
- 2.) Same as above but backwards.
- 3.) Have players skate forwards on one side of the stick and backwards on the other side of the stick making pivots at the ends of the stick.
- 4.) Two foot over and back sideways jumps over the stick and many as possible in 15 seconds. Have them do this twice with a rest in between each set.

Puck handling: Team Knockout

In a small space, depending on the number of players. Split the group into two teams. Have one team with pucks and the other without pucks. Use a net or a line as the place for the pucks to go. The objective is for the team without the pucks to knock the pucks off the sticks of the puck carriers or put them in a net or target as soon as possible. The coach counts out loud to see how long it takes to knock all the pucks out of the game. Then the roles reverse and the group that keeps the pucks alive the longest wins. Encourage the puck carriers to use each other after they lose their puck so passing and support can come into play. Have them do this a couple of times and turn it into a best out 3 or 5. If 1 group is struggling to keep control of the pucks then step in and talk about puck protection and finding open ice.

This forces kids to keep their head up and find open ice and protect their puck. The competitive nature puts extra emphasis and intensity on the skills needed to be successful.



Skating: Box skate

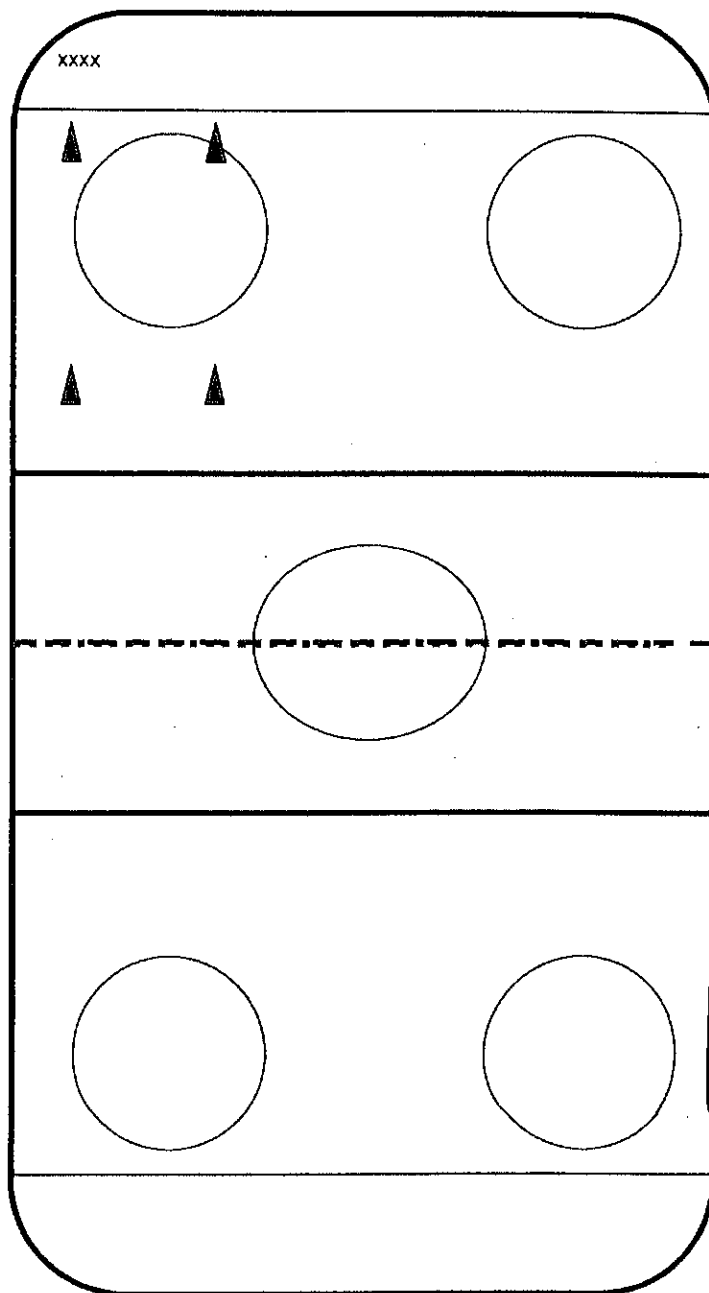
Set-up a box of cones in the zone. The players will skate the box performing the following skating skills. Make sure to have the players skate around the box in both directions.

1. Skate around the outside of the box, both directions working on cross-overs.
2. backwards around the box both directions.
3. forwards up and across the box, pivot and go backwards down the box. Both directions
4. power turns around each cone alternating every other cone the opposite direction.
5. stop and start at each cone.

Every drill encourage the players to go as fast as possible. Get them to get out of their comfort zone.

Puck Handling: 1v1 puck possession

Split the group into two lines. The coach throws a puck into the corner or area of the zone. The two players battle for possession of the puck. They have to control the puck and skate it to a target. The target can be a cone, or a box drawn on the ice with a marker or simply to the stick of the coach who is moving to different areas of the zone. This forces the player to work hard to gain possession and then keep possession of the puck until getting the puck to a target. The player that gets the puck to the target gets a point. As soon as this happens the next two players go.

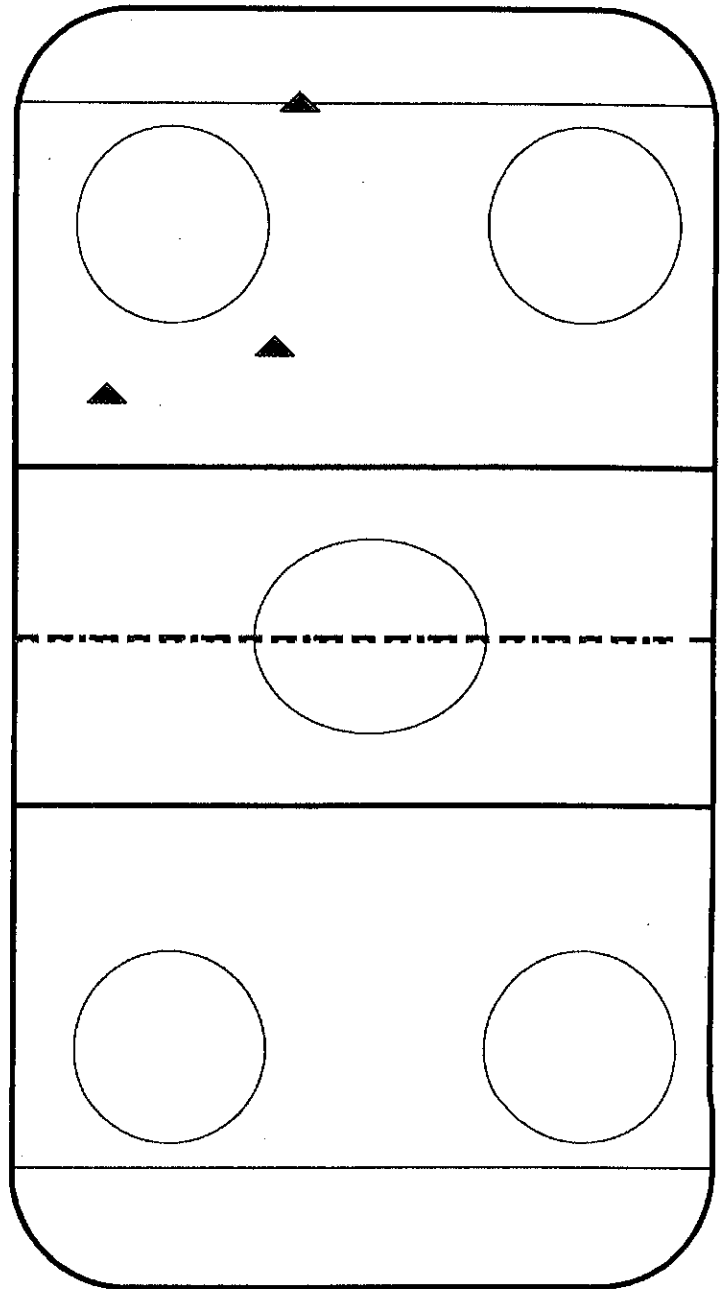


Skating-Save the planet

Have all the players in the group put their stick in a pile along the boards. Take three cones and place them spread out in the zone with a puck sitting on top of each cone. Tell the players that the pucks are power pills and that they have 2 minutes to get the three power pills (pucks) off the top of the cones and place them on top of each other on one of the face-off dots (planet earth) in the zone. As they are skating around trying to grab the pucks off the tops of the cones the coach is tagging kids with his stick these players must stand on the boards until he frees them by blowing his whistle and allowing them back into the game. The coach should eventually allow the players to be successful if they are skating hard. Play the game a number of times. Do not allow the kids to throw the puck or take their gloves off to grab the puck. If they are tagged with the puck in their hand then they must put it back on top of the cone. The only place that is safe from being tagged is if they are in the face-off circle (planet Earth). This tag game forces the kids to skate with their heads up and uses agility to avoid being tagged. It also has teamwork involved in trying to get the pucks stacked up on the face-off dot.

Stickhandling-1v1 keep away

Take the group and have them grab a partner. Each group of two has 1 puck. They stand about 10 feet apart from each other, facing each other. On the whistle they pass to each other good forehand back and forth passes. On second whistle they play keep away/puck protection in their small area. Do not allow the puck carrier to skate all over the zone. They are working on puck protection, possession and battling to win the puck back in a small area of the zone. On next whistle they go back to passing. Do this a few times. You can progress this into setting the players up into triangles (groups of three) have them pass to all three players, then on second whistle they play 1v1v1 keep away in small area. You can even progress this into 2v2 keep away and all the way up till you use the entire group passing then playing against each other for possession of 1 puck.



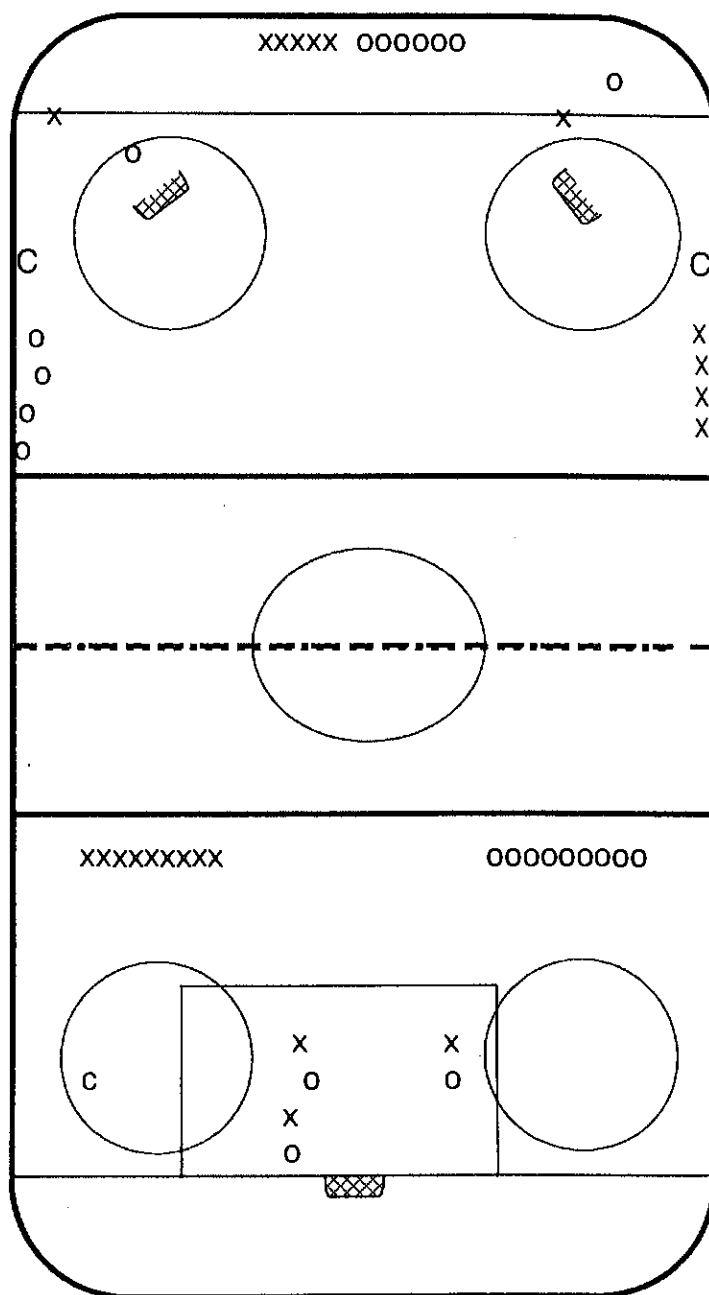


1v1 in the corner game

Put the nets in the face-off circles facing the corners. Have the players in four groups two at each net. Have the players come into the area in the corner from their lines. The coach throws a puck into play and the two players battle for possession and try to score if the puck leaves the scoring area or the puck goes into the net or the goalie freezes the puck the coach throws a new puck into play. Have the players go for about 30 seconds and switch to two new players. The coach should throw the puck into the corner to make it a neutral puck to force players to battle for possession. This setup should force players to see the boards and learn how to protect the puck and use their body to get into a good scoring position. Defensively it forces players to learn how to keep themselves between the puck and their net. IF ENOUGH PLAYERS GO TO 2V2 TO FORCE PLAYERS TO USE THE BOARDS TO CYCLE THE PUCK TO EACH OTHER AND SUPPORT EACH OTHER BOTH OFFENSIVELY AND DEFENSIVELY. MAKE SURE THE COACH SWITCHES SIDES SO THE GOALIE AND PLAYERS ARE LOOKING FOR THE PUCK FROM BOTH SIDES AND FROM DIFFERENT ANGLES.

3v3 Defense vs offense in the scoring area

Split the group into two teams. With a large sharpie pen draw a box in the zone in the slot area. Put three players from each team in the box. Designate 1 team offense and one team defense. The offensive team gets 5 pucks passed into the box. Their job is to get open and position themselves for quick shots or scoring opportunities. The defensive 3 players are trying to cover the three offensive players man on man and clear the pucks out of the box. The puck is live if it is in the box. Once the puck is outside the box it is dead and the next puck comes in from the coach. After the 5 pucks the roles switch and keep score on how many goals are scored off of the 5 opportunities. After both teams get a chance to be on offense and defense then bring in the next 6 players. The skills reinforced with this game on the offensive side are, positioning, getting open, being ready with stick down for a quick shot, following the puck to the net for a rebound chance. The two players off the puck get open for support and get to the front of the net to get second chances. Get separation from defenders. Puck support with the coach. Battle for possession if the puck is in the box. Learn how to score in various ways. The defensive skills. Man on man, tie up sticks, clear pucks from scoring area, support teammates defensively, block shots, get in scoring lanes and passing lanes. MAKE SURE THE COACH SWITCHES SIDES OF THE BOX SO THE GOALIE AND PLAYERS ARE LOOKING FOR THE PUCK FROM BOTH SIDES.



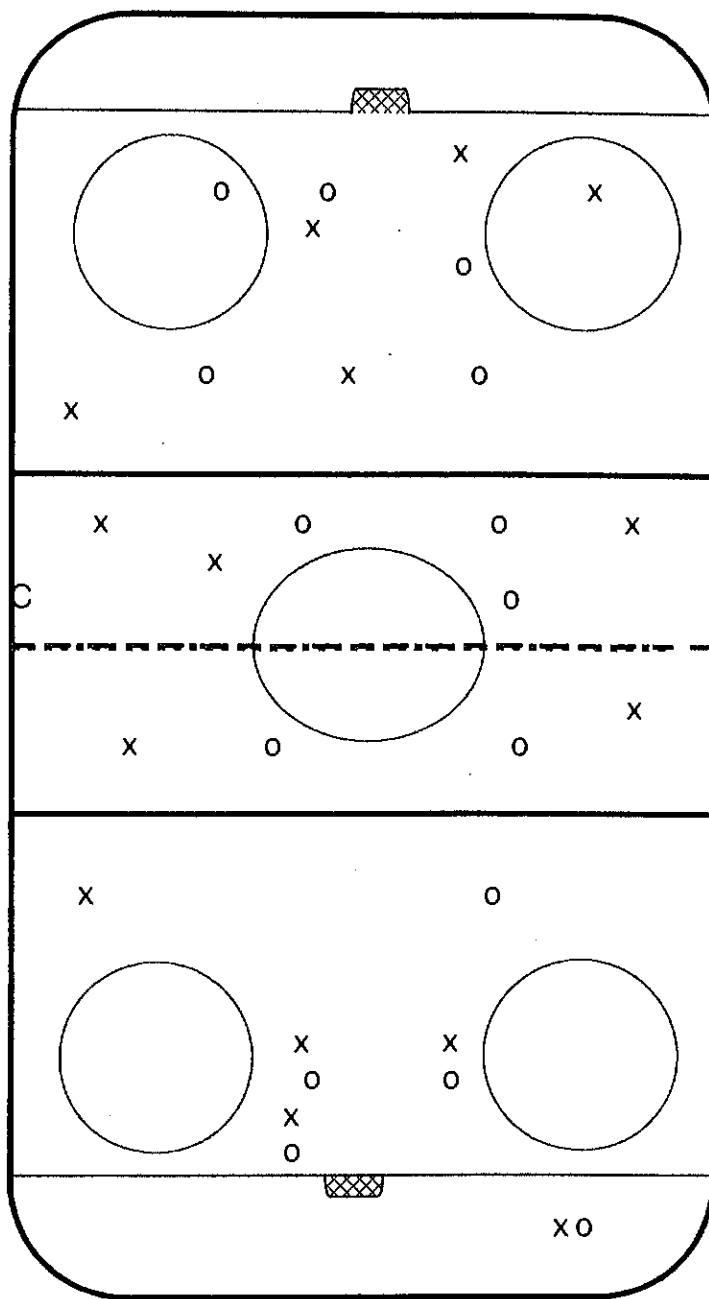
3 zone game

Take all the kids in practice and put them on two teams. Put an equal number of each team in all three zones. Have one team trying to score at one end and the other team trying to score at the other end. The coach then throws at least three pucks into play 1 in each zone. The puck can only move 1 zone at a time. The defenders have to move the puck to the neutral to a teammate then the neutral zone player must move the puck to a teammate in the offensive zone. The puck cannot move more than 1 zone at a time. Do not allow the players to just throw the puck they must move it to a player that is getting open for them. Because of the multiple pucks tell the offensive players that they cannot shoot unless they are inside the hash marks. Any extra goalies should play in the game as a player. If the puck is scored leave the puck in the net the coach at center ice will throw a new puck or two into play. After 3 minutes have the kids rotate zones so everybody plays in the defensive, offensive and neutral zones. Keep score so the kids know how many goals they need to score or how hard they need to defend to win after all three rotations are done. The players cannot leave their zones until the coach switches them. Encourage the kids to talk to each other so they know where the pucks are coming from.

Skills:

Puck possession, passing, support, teamwork, battle and competing.

REALLY FORCE THE KIDS TO MOVE THE PUCK WISELY AND NOT TO JUST DUMP OR CHIP THE PUCK!!

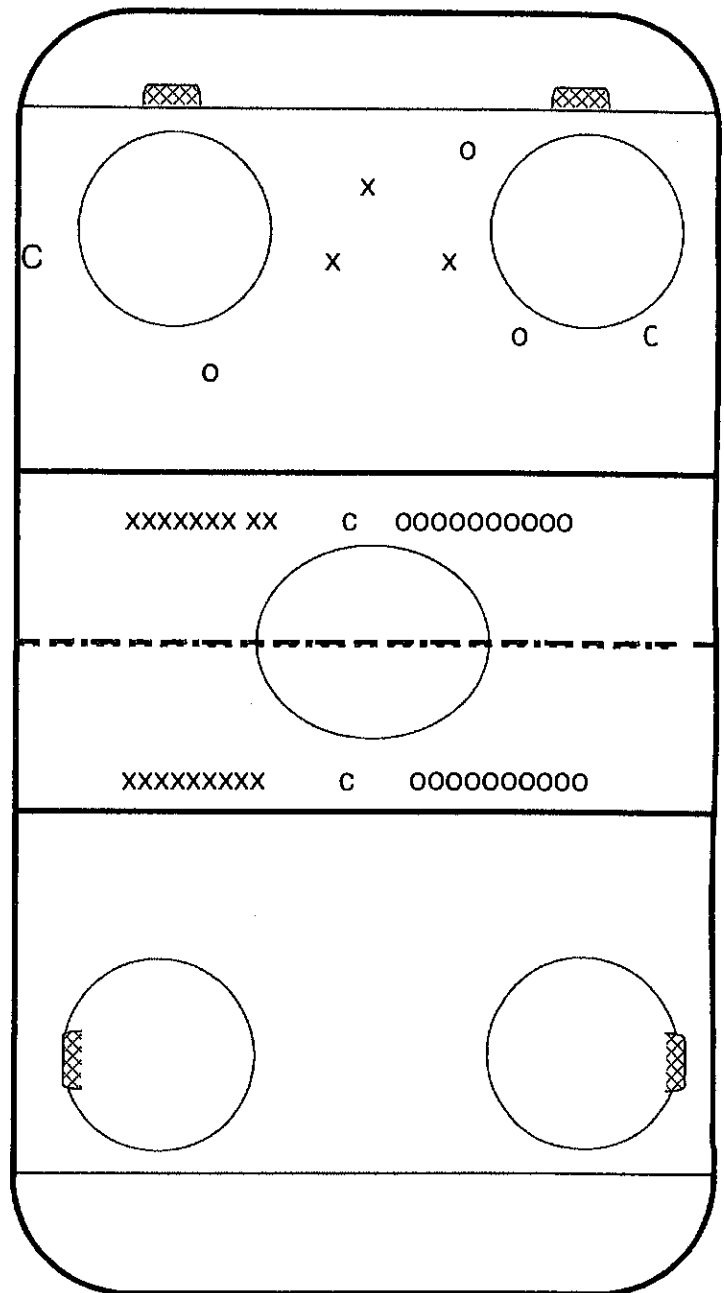


Double net support game

Play 3v3 or 4v4 based on the number of players. Play from the blue-line in. set up two nets or two targets (cone, tire) on the goal-line below the face-off dots. Have two coaches be support players one for each team. They can position themselves in the slot or along the boards in their half of the zone. Split the group of players into two teams. The teams defend one net and try to score on the other net. Put 3 or 4 players in the zone and put a puck in. Once a team gets possession of the puck they must get the puck to their coach (support player) and get it back before they can attempt a shot on net. On every transition of the puck they must use their support coach before attempting to score. This forces the players to get their heads up, make a good pass and move to get open off the puck in order to score. Defensively it forces the players to play man on man and protect their net or target. The support players(coaches) cannot be pressured. If the players do a poor job of getting open then dump the puck back into play. The support coach cannot shoot he must pass the puck back to his team. Have the shifts go about 1mn and change all six players. After each goal or if the puck goes out of the zone or out of play or if there are goalies and they freeze the puck the coach out at the blue-line throws a new puck into play.

1v1,2v1,2v2,3v2,3v3 Staggered numbers game:

Setup nets or targets(cone, tire) in a cross-ice format. Split the group into two teams. Have them across the blue line with the coach in the middle with a pile of pucks. Put a puck into the zone and have the first player in each line jump in and play 1v1 for possession of the puck the team that gets possession gets the second player for 5 seconds then the coach sends the 2nd player in from the team who is down a man, continue this process giving each team a short opportunity for a quick odd man situation until they finish 3v3. The progression goes 1v1, then 2v1 then 2v2 then 3v2 then 3v3. One team gets the 2v1 then the other gets the 3v2 for only about 5-8 seconds then it evens up for about 10 seconds the shifts should be about 1 minute long then start again at 1v1. On the next shift rotate the odd man advantages the other way so the team that had the 2v1 gets the 3v2 the next shift. Get the players to realize that they have a very short period of time with the extra man so they should use them quickly and appropriately! This should get the kids to move the puck and use each other with the extra man, it should also create a lot of transition play! After every goal or if the puck is frozen or the puck goes out of play the coach throws another puck in play.



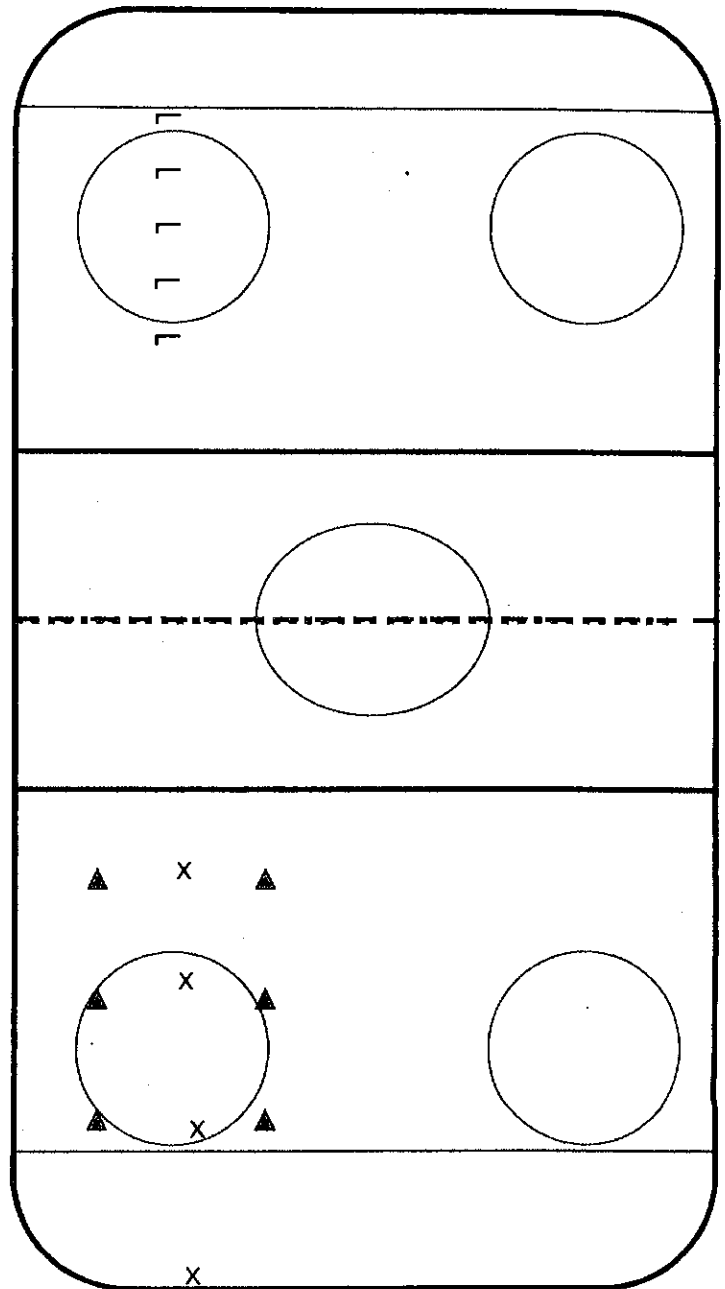
Station 5: Agility Skate (ladder skate)

Have players place their sticks on the ice in a ladder pattern. Have them perform the following agility skating skills either over or around the sticks. Do each skill 3 times

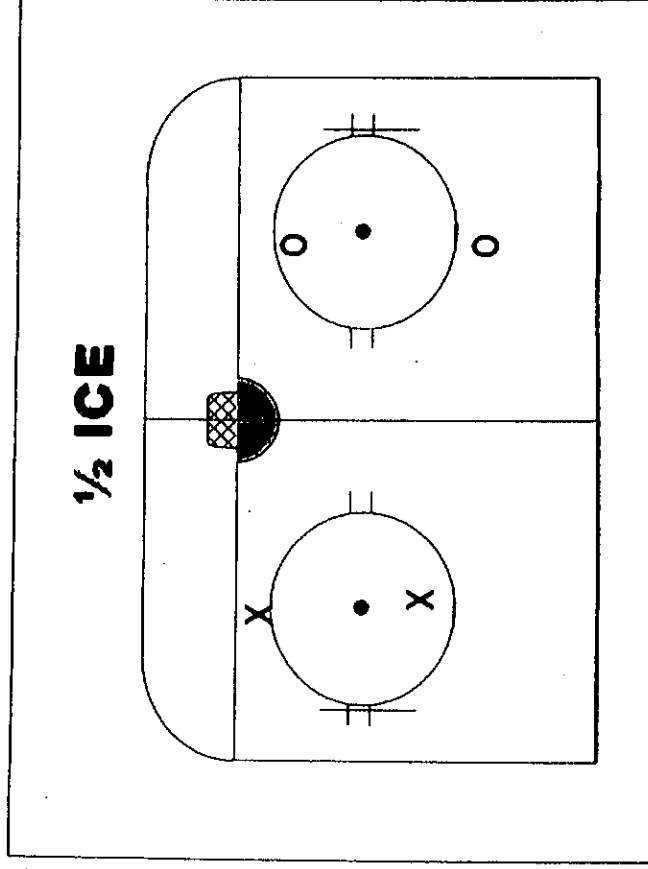
1. Two foot jumps over each stick
 2. Running over sticks as fast as possible
 3. Two touches between each stick
 4. Skate around the sticks without taking skates off the ice (scooting)
- **IF YOU HAVE 8-10 PLAYERS THEN SET UP TWO LINES!**

Puck-handling-1v1 puck protection progression

Have six cones set up like the diagram to the right. About 12-15 feet apart. Put a defender between the cones. The defender can only move laterally they cannot go forwards or backwards they can only defend their area cone to cone. The puck carrier attacks each defender 1v1 and tries to get through each station with control of the puck. This forces the puck carrier to find open ice and gets them away from trying to go through the defender. After the player attacks they take the first defenders position and the 1st defender becomes the 2nd, the 2nd becomes the 3rd and the third gets in line to attack. This also works on kids moving their feet to defend and take space away from the offensive player. Encourage the attacker to use speed and their body to protect the puck for success!



Cross-ice Breakout game



- Start 2v2 with half zones. When x gets control of the puck they must first make a pass to their partner in their half before they can attack o's half of the zone.
- To make sure the game starts with success have the two that is transitioning from offense to defense either change for two new players or retreat back over their half before they can fore-check the puck or do not allow any fore-check or puck pressure until the puck comes over the half line.
- Goal: to have the defending player who does not have possession of the puck get into a position of support to work the puck out of the defending half. You can make the first pass be behind the net or at a minimum in the half the players are in.
- Progression/ go to 3v3, 4v4. Have 1 player fore-check to put pressure on the breakout. The possibilities are unlimited!