



Free Skate

5 mins

Skating: Power Turns

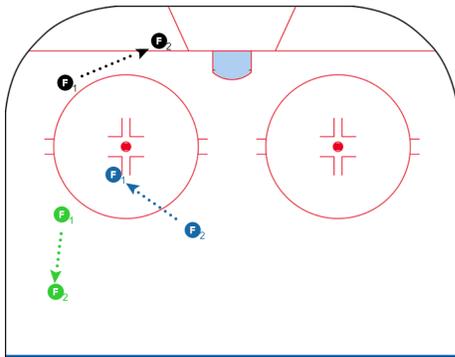
10 mins

ORANGE

0 mins

Partner Passing, 1v1

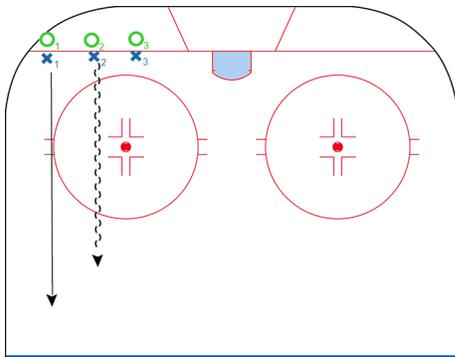
0 mins



Players pair up with a partner. Start with about 20 seconds of partner passing. On whistle, partners play 1v1 keep away for about 20 seconds. Alternate back and forth.

Partner Pulls

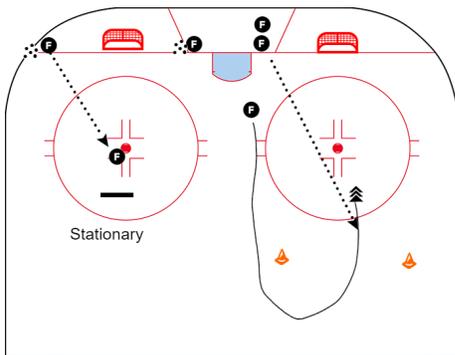
0 mins



Pull your partner. Very good drill to get a powerful push with your edges

Catch & Release Shooting

0 mins



Player receives passes from lines at the goal line. Catch the pass and release as quickly as possible.

Progression (Stationary > Moving > With Pressure)

- Forehand C & R
- Backhand C & R
- Skates C & Forehand R
- Forehand C & Backhand R
- Backhand C & Forehand R

Key Points

- Protect the puck with body turn
- Quick release (shoot by cone)

Goalie Skating

0 mins

3v3 Cross-Ice

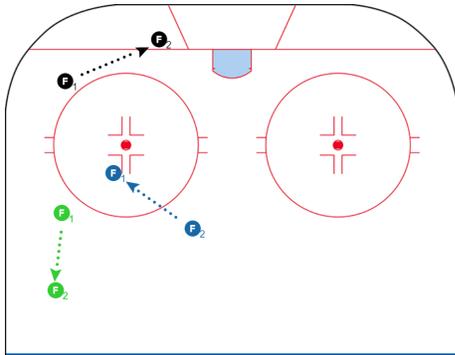
0 mins

BLACK

0 mins

Partner Passing, 1v1

9 mins



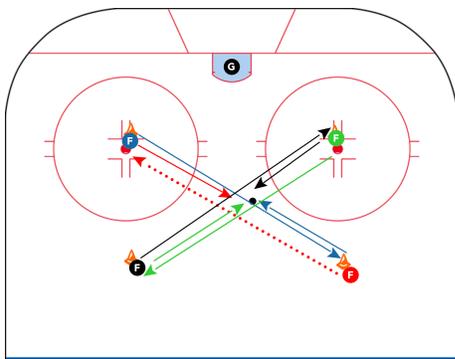
Players pair up with a partner. Start with about 20 seconds of partner passing. On whistle, partners play 1v1 keep away for about 20 seconds. Alternate back and forth.

Goalie Skating

9 mins

Me Against the World

9 mins



Each player starts at a cone. Each player must race diagonally to the cone far cone and touch the cone before racing to the puck. There's no contact until a player touches the puck. All four players battle for control of the puck and try to score.

Adjust the distance of the cones to add a conditioning component.

Variation: Make it into teams of 2v2.

Key Points

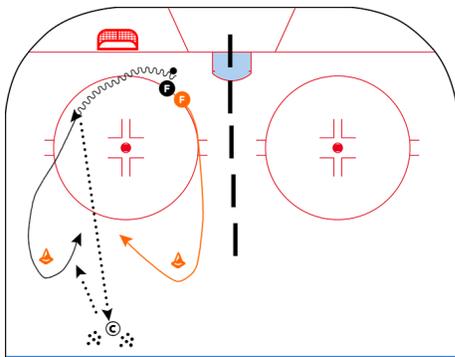
- Head up!
- First to the puck
- Don't pass on your chance to shoot

Own the Middle: 2v2

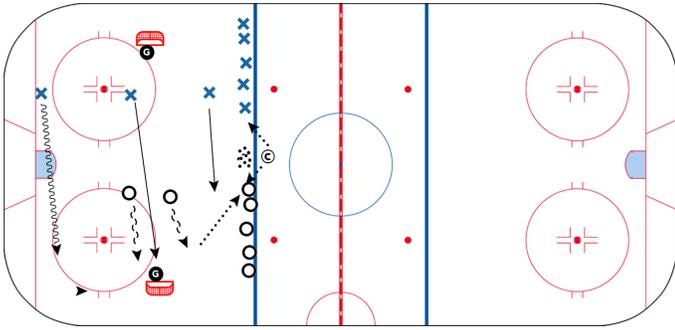
0 mins

Own the Middle

9 mins



Play 1v1 or 2v2. Players race to the puck. Whoever wins possession must pass to the coach to go on offense. Each player/team must go around a cone from outside to inside. Team that won possession gets pass back from coach and attacks the net. Other team defends. On every change of possession, puck goes to the coach and players/teams around the cones.



Transition game is a fast moving game that the coach can control the duration of the shifts depending on the goals of the coach. The game is set up as cross ice in one of the end zones with extra players on the blue line with their teams. The X's try to score off their 3 on 2 The O's are working to steal the puck and pass to the next O in line. Once that pass is completed O's transition as fast as possible to offense and the next two X's come out to become the defensive players trying to break the puck out to their next player in line. The original X's who started on offense sprint out of the zone and back into the end of the line. When on offense the player who gets the pass in line must make one pass before the attacking team can shoot. The coach should have a pile of pucks and when the puck is covered, goes out of play or is starting to get too slow they should blow the whistle and give that player in line a new puck to begin their teams offensive turn.

Variations: Count down from 5 when the offensive team has the puck. They must shoot before the 5 seconds is up or blow the whistle give a puck to the next player in line and have them go on offense the other way.

- Only can shoot one timers or rebounds.

Key Points

Offense: Transition quickly, catch the team on the change. Shoot off the pass. Make sure to have a middle lane drive.

Defense: Active sticks, support each other on possession, be strong on board battles, clear rebounds.