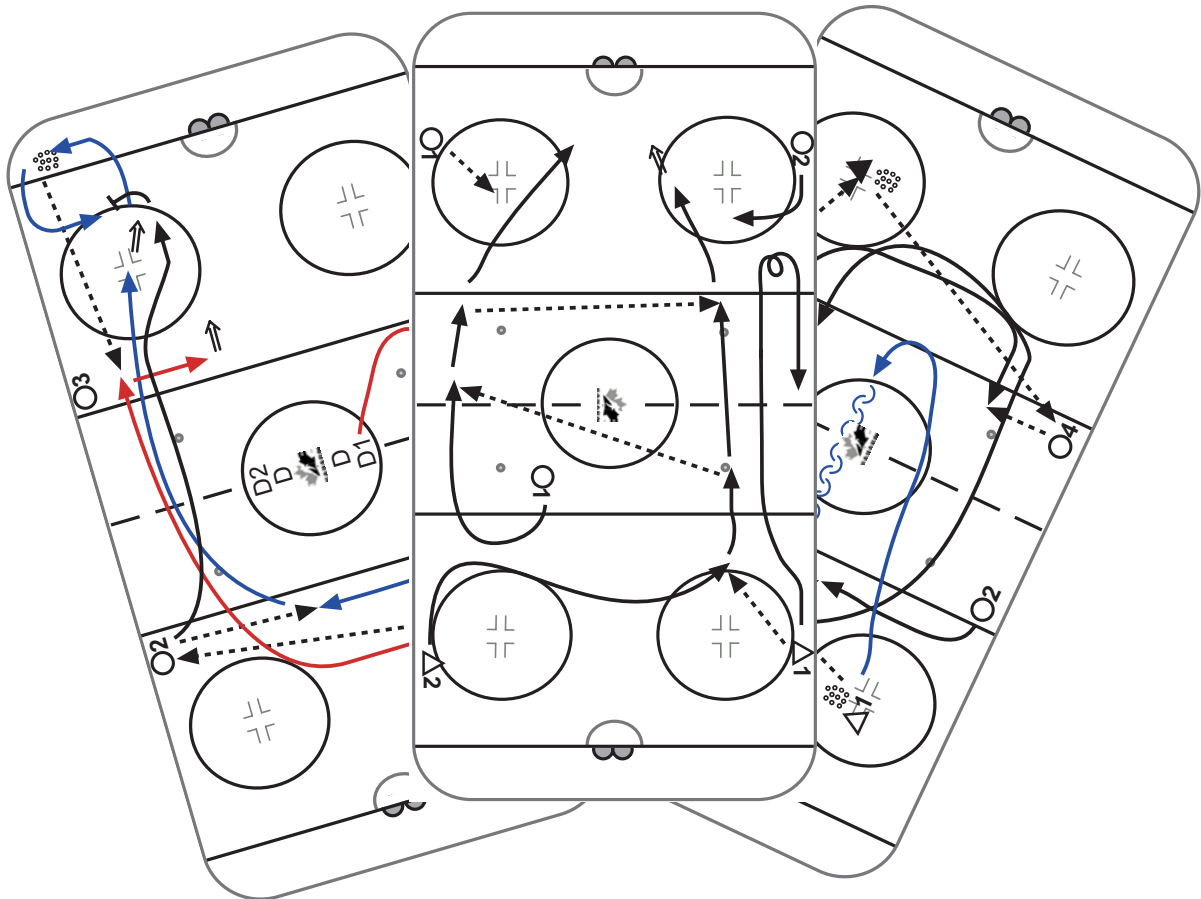




Drill Book

UPDATED JUNE 2008



ONTARIO MINOR HOCKEY ASSOCIATION

Drill Book

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This publication is a project of the Ontario Minor Hockey Association. The OMHA gratefully acknowledges the resources used in compiling this guide including Hockey Canada, BC Hockey, OMHA Development Programs and its various committees.

The OMHA Development Series consists of the following publications:

MINOR HOCKEY ASSOCIATION DEVELOPMENT HANDBOOK
INITIATION PROGRAM IMPLEMENTATION GUIDE
PLAYER DEVELOPMENT HANDBOOK
COACH DEVELOPMENT GUIDE
COACHES' DRILL BOOK
COACH MENTORSHIP HANDBOOK

For more information on the development programs offered by the OMHA, visit the OMHA website at www.omha.net or contact Ian Taylor – Director, Development Programs at ian.taylor@omha.net



Drill Book

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PRACTICE PHILOSOPHY

KEEP THEM MOVING

Whether its practice, clinic, or camp, ice sessions should be designed to engage every participant consistently. Kids don't attend practice to watch others play. Kids enjoy practices when they have fun and they experience an improvement in their overall skills.

EMPHASIZE THE FUNDAMENTALS

Build a foundation that will never crack by properly teaching the basics. Learning the fundamentals and perfecting the same basics at every level of play is essential to having any chance of success.

If one player does not execute the fundamentals of his position correctly, the most sophisticated drill or play in the world will not work. It is unfair and not fun to focus on running plays that will fail 9 out of 10 times. Kid's practices that focus on Team Play over executing fundamentals are cheating every participant out of the chance to learn the game properly.

Do not attempt to replicate plays you see in NHL and Junior games! Every scheme that is attempted in a junior or NHL game is supported by years of training in the fundamentals of the game.

INCORPORATE A PROGRESSION OF SKILL DEVELOPMENT FOR EVERY PARTICIPANT

Regardless of a player's skill level, it is your responsibility as a coach to teach every kid on your team. It is no secret that if kids experience improvement in their skills, no matter what their athletic ability may be, they will continue to participate and return to learn more. Teach the skills in the proper order so you can continue to improve and build on each training session.

CONSIDERATIONS FOR DEVELOPMENT

Following are some general observations of youth sports as stated in the Long Term Athlete Development Plan.

- Young athletes under-train, over-compete; Low training to competition ratios in early years
- Training in early years focuses on outcomes (winning) rather than processes (optimal training)
- Poor training between 6-16 years of age cannot be fully corrected (athletes will never reach genetic potential)
- The best coaches are encouraged to work at elite level;

Basically it takes 10,000 hours or 10,000 repetitions to master a skill. With the ages of 9 - 12 being the most important for skill acquisition it is during this time period that the skills included in the specialty clinics need to be repeated consistently. To that end, the skills were chosen so that a coaching staff can work on these specific skills until a reasonable level of mastery is achieved and then move onto more advanced skills.

The focus of this session is to provide examples of how to introduce drill progressions focusing on skill development and the use of small-sided games to re-enforce and develop player's skills. These drills force the player to think in a game-like situation, fun, competitive environment.



PRACTICE TIPS

There are 10 key ingredients a coach should mix into each practice. Collectively these lead to enjoyment and learning for both players and coaches

1. Coaches should have a minimum of 50 pucks in their bucket.
2. Players must be on time, all the time. Coaches set the standard and lead by example. Parents must be encouraged to buy in.
3. Don't waste ice time stretching. Stretching should be performed in the dressing room prior to the ice time.
4. The use of stations in practices leads to a dynamic practice. Stations keep participants active enabling them to achieve high levels of repetitions. Have players spend 3 - 8 minutes per station before switching. 2 - 3 stations are recommended. (Must be a coach at each station)
5. Basic Skill Development (skating, puck control, passing, shooting) should comprise 90% of your practice time. Remember you can work skills in game-like drills. Skill Development should not be considered boring.
6. Positive and Specific Feedback are imperative. Consider the Head Coach who always stands at center ice and runs drills. How often during the practice is this coach able to effectively teach??? Teaching is done in the trenches (corners, lines).
7. Routines in practice are dangerous. Players will pace themselves and become bored very quickly. Routine practices develop great practice players. Strive to change things up, create an element of surprise, utilize variety, and generate enthusiasm. Players also enjoy time on their own. 2 - 5 minutes per practice should be sufficient. This enables players to be creative and try new things.
8. "Tell me and I'll forget, show me and I might remember, involve me and I'll understand."
9. Practice Execution by coaches is of principle importance. Great drills that aren't executed properly by coaches are useless. Execution involves using all staff on the ice, having pucks spotted in the proper areas, informing players of the whistle sequence (1st whistle begin, 2nd whistle stop, 3rd whistle begins next group) and providing appropriate feedback. To assist in practice execution, name your drills ie. "Killer Bees".
10. Relate what you do in practices to games and vice versa. "Players, we are doing this drill because in our last game we were unable to finish around the net." or "This drill will assist you in keeping your stick and body away from the checker and in an effective scoring position."



SKILL DEVELOPMENT GUIDELINES



INITIATION 85% Technical skills • 15% Individual tactics

NOVICE 75% Technical skills • 15% Individual tactics • 10% • Team tactics

ATOM 50% Technical skills • 20% Individual tactics • 15% • Team tactics • 10 % Team play • 5% Strategy

PEEWEE 45% Technical skills • 20% Individual tactics • 15% • Team tactics • 10 % Team play • 5% Strategy

BANTAM 40% Technical skills • 15% Individual tactics • 20% • Team tactics • 15 % Team play • 10% Strategy

MIDGET 35% Technical skills • 20% Individual tactics • 20% • Team tactics • 15 % Team play • 10% Strategy



PRACTICE PLANNING

Skill Development can be a straightforward task once you have taken the time to develop a practice or seasonal plan. A practice / seasonal plan is made up of a number of important components that should be given strong consideration each time you develop a plan.

1. Practice plan format to record your plan:

- Meets all your needs for information
- Archive your plans for easy reference at a later date.

2. Measurable outcomes for the plan:

- Players of all ages need to know the goals of each practice
- Record information about the execution of the plan

3. Elements of the plan:

- Practices / drills should be more active than passive
- A well balanced practice contains about 5 activities
- Elements of a plan may include warm up, teaching components, technical skill execution, drills under game like conditions, fun elements, competitive activities, and a cool down

4. Assign the coach responsibilities to lead the drill:

- Ensure that all support people understand the purpose of the drills so they can provide appropriate feedback to guide improvement
- All coaches should be engaged in the delivery of each drill
- Coaches may be required to provide stimuli to start or maintain drill focus

5. Clear illustrations:

- Take pride in illustrating good plans
- Make it a habit to use international symbols

6. Descriptions to include:

- Written descriptions should include details of the drill execution, key teaching points, and key execution points
- Plans should note any extraordinary equipment required



CONSIDERATIONS FOR PLAYER DEVELOPMENT

PRACTICE VS. GAMES

One of the biggest issues surrounding the development of hockey players is the number of practices they have compared to the number of games they play. An ideal, realistic ratio is 2 practices for every 1 game played for ages 7 - 13.

While some associations have no problem in meeting the recommended ratio, others have great difficulty in finding enough ice time meet this practice to game ratio.

Are games really necessary, or all they are cracked up to be? Not when you look at the stats below, especially if you are trying to develop skills.

A PRACTICE BY THE NUMBERS

The following facts and figures relate to a 60-minute practice session:

- 1 efficient practice will give a player more skill development than 11 games collectively.
- Each player should have a puck on his or her stick for 8 - 12 minutes.
- Each player should have a minimum of 30 shots on goal.
- Players will miss the net over 30% of the time in a minor hockey practice.
- Coaches should try to run 4 - 5 different drills / games / activities each practice. More is not better; execution of what you do is development.
- No more than 5 minutes should be spent in front of a teaching board each practice.
- If you have 10 players on the ice, strive to keep 4 - 5 players moving at all times.
- If you have 15 players on the ice, strive to keep 9 - 10 players moving at all times.
- If you have 20 players on the ice, strive to keep 14 - 15 players moving at all times.

A GAME BY THE NUMBERS:

The following statistics were recorded during a 60-minute Peewee level hockey game:

- Players will have the puck on their stick for an average of 8 seconds per game.
- Players will take an average of 1 - 2 shots per game.
- 99% of the feedback coaches give players is when they have the puck. Ironically players only have the puck on their stick for 0.2% of the game.
- 1 efficient practice will give a player more skill development than 11 games collectively.

If you look at these stats, how can we expect kids to develop when they are playing more games than practicing? Studies show that the better kids are at something, the more they will enjoy it, and the longer they will play. Many kids quit hockey because they get to the level where they can't compete due to lack of skill - therefore it is no longer fun.

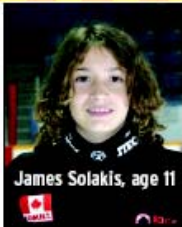
At the ages of 5 - 6 or 5 - 7, the practice to game ratio should be even higher (6: 1) and realistically there is no need for formal games.

HOW TO

By IAN TAYLOR

HOW TO BE SUCCESSFUL IN THE NEW GAME!

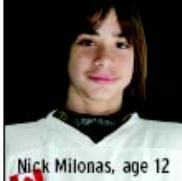
UNDERSTANDING THE NEW STANDARDS OF PLAY AND RULE EMPHASIS



James Solakis, age 11



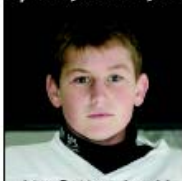
Nic Ranson, age 12



Nick Milonas, age 12



Ryan Migliaccio, age 11



Alex Botten, Age 14

THE PLAYERS

The rules have always been there but now they are being strongly emphasized by officials. Speed, skill and smarts are three important intangibles that a minor hockey player needs to work on under the "new" game. James Solakis, Nic Ranson, Nick Milonas, Ryan Migliaccio and Alex Botten demonstrate five ways to improve your game.



1 KEEP YOUR FEET MOVING

Restraining a fore-checker, back-checker or puck carrier with your stick or free hand is no longer permitted. To avoid using your stick or free hand to impede a players progress, keep your feet moving at all times. This will enable you to gain control of the puck.



2 KEEP YOUR STICK ON THE ICE

Your stick cannot be used to hook, hold or impede an opponent. Stick contact involving any degree of force to the glove, arm, shoulder, back or unprotected area of an opponent will be penalized. To keep yourself from using your stick to slow an opponent's progress, keep your stick on the ice at all times.



3 APPROACH THE PUCK/PLAYER ON AN ANGLE

Avoid dangerous contact at all times. All forceful, intentional or dangerous contact from behind or to the head will be penalized. The onus is on the checker to control angle and speed of approach. Remember, when you see the STOP patch on the back of hockey jersey...STOP!



4 KEEP YOUR HANDS DOWN

Your free arm/hand cannot be used to grab, hold or impede an opponent. Players must use body positioning to move a player. To avoid using your free arm/hand to hold or move an opponent keep it on your stick.



5 DEVELOP YOUR SKILLS

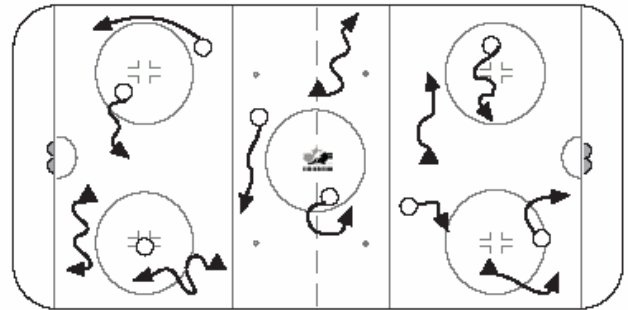
In the new game, practicing your skills is more important than ever before. Take the time to practice your stick handling and skating to excel in the new game. The faster your feet and hands are, the more success you will enjoy.

Photos by OMHA

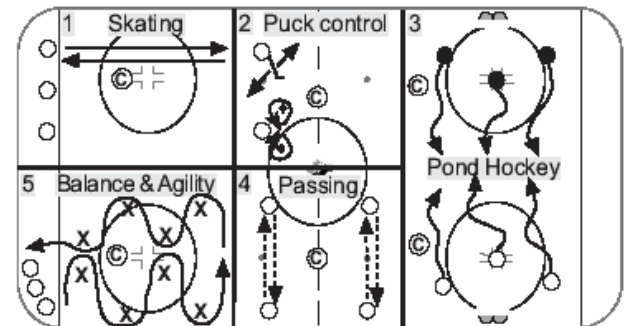


INITIATION LEVEL PRACTICE PLAN

Time	Description	Key Points
5	Chaos – free time	
	<ol style="list-style-type: none"> 1. Players skate all over the ice stickhandling the pucks 2. Coaches interact with the players, pass pucks back and forth. 3. Encourage kids to handle pucks, forehand, backhand, kick puck with skates, no shooting against boards 	



Time	Description	Key Points
50	5 Station Skills Circuit – 10 mins at each station	
	<ol style="list-style-type: none"> 1) Skating <ul style="list-style-type: none"> - fwd stride and bend – stop at blueline - fwd jump stride – stop at blue line - fwd Crossovers - bwd c-cuts - bwd striding - bwd crossovers 1) Puck Control <ul style="list-style-type: none"> -Stationary puck control -Figure 8's -Toe drag -Partner puck control 2) Pond Hockey <ul style="list-style-type: none"> -3 on 3 cross ice 3) Passing <ul style="list-style-type: none"> -stationary forehand passing / rec -stationary backhand passing / rec -telescope passing / rec 4) Balance & Agility <ul style="list-style-type: none"> -stationary balance 1 leg, -stationary deep knee bends -inside / outside edges -gliding on one foot 	

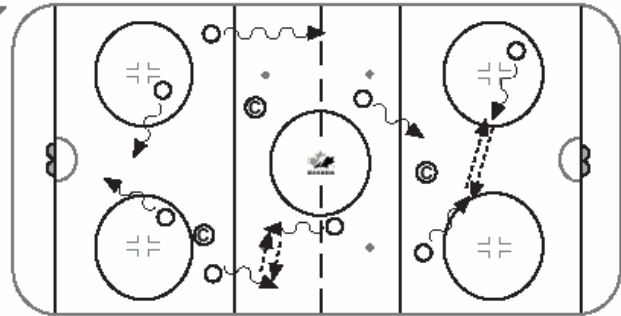


INITIATION LEVEL PRACTICE PLAN

Session Objective(s) Introduce: use of feet to control the puck and puckhandling combinations
 Review: A,B,C's, starting and skating with the puck, open ice carry, weaving with the puck

5 min **FREE SKATE**

- As each skater steps onto the ice they are given either a puck tennis ball, or street hockey ball. Skate in any direction on the ice. On the whistle, the player must exchange for another piece of equipment. No shooting allowed, only puck control.



KEY EXECUTION POINTS

20 min **BALANCE & AGILITY**

Four stations, five minutes at each. Change stations on a determined signal.

Station 1: (One of the end zones)

- 1) Players do crossovers around circle-1 (two and a half times) and then around circle-2 (two times)
- 2) Send 2-3 players at a time.
- 3) Repeat 2-3 times
- 4) Do same as 1, but with pucks.

Station 2: (Between blue line and red line.)

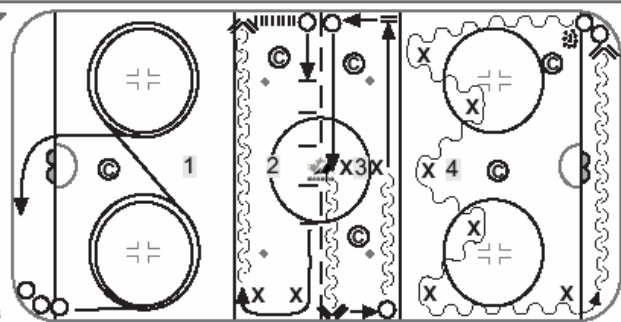
- 1) Players run over agility boards. Execute a glide turn at pylons-1 and skate to pylon-2. Stop using two-foot front stop facing boards. Skate backwards from pylon-2 to pylon-3 and stop. Do lateral crossovers back to original position. Repeat.

Station 3: (Between blue line and red line.)

- 1) Group-1 skates backwards to pylon and pivots backwards to forward, then accelerates out of turn skating forward and execute two-foot stop at boards. Go to end of group-2 line.
- 2) Group-2 skates forward to pylon and pivots forward to backwards. Skating backwards to sideboards and stopping. Go to end of group-1 line.

Station 4: (one of the end zones.)

- 1) Player controls puck while weaving through pylons.
- 2) Player performs glide turn at last pylon, skating forward for ten metres before stopping. Face boards when you stop.
- 3) Skate backwards to opposite side of rink while controlling the puck.



KEY EXECUTION POINTS

15 min **PUCK CONTROL STATIONS**

Three Stations, 5 minutes each, change stations on a determined signal

Station 1: Tight Turn Competition

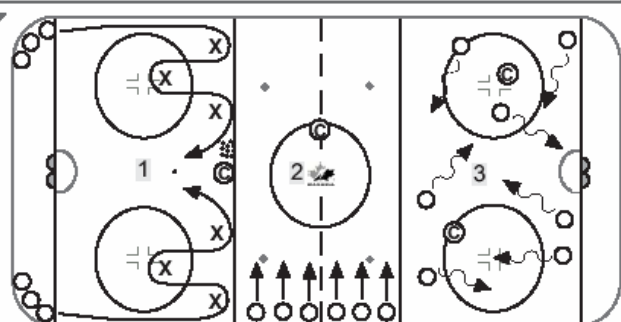
- Arrange players into two groups
- Arrange pylons as shown, and have players race for a spotted puck and finish with a shot on goal (add a second puck for second player if needed)

Station 2: Control Puck with Feet

- Players cross the ice using feet to control puck
- a) Keep puck in feet at all times
- b) Kick puck slightly ahead (1 metre). Alternate skates

Station 3: Chaos

- Have each player skate randomly with a puck throughout the zone
- Coaches add pressure to check and encourage to keep head up



KEY EXECUTION POINTS



INITIATION LEVEL PRACTICE PLAN

Session Objective(s) Introduce: use of feet to control the puck and puckhandling combinations
Review: A,B,C's, starting and skating with the puck, open ice carry, weaving with the puck

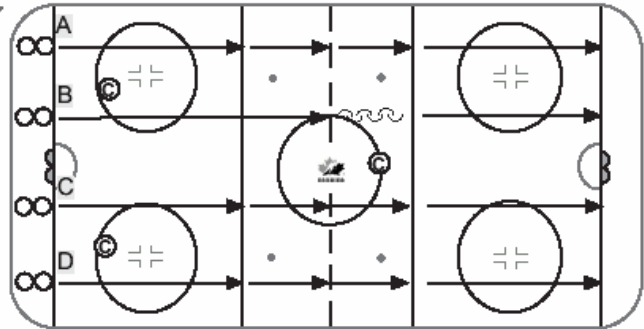
5
min

FUN TIME

Players skate to blue line and:

- Coast on both skates. Jump red line and blue line. Take off on two feet and land on two feet.
- Coast on both skates. Jump red line, turn 180 degrees in air and land backwards. At blue line jump and turn 180 degrees and land going forwards. Always take off on two feet and land on two feet.
- Coast on only one skate. Jump red and blue line on one skate. Don't put other skate down.
- Repeat c. with other leg.

Do these 2-3 times each.

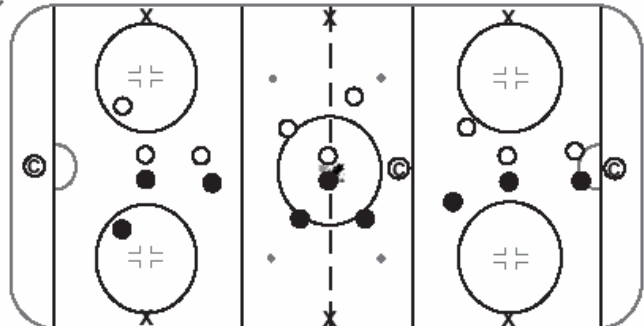


KEY EXECUTION POINTS

5
min

POND HOCKEY

- Use a puck.
- Use three areas and play cross-ice.
- Use pylons as goals.
- To score puck must hit pylon.
- No goalies.



KEY EXECUTION POINTS

INITIATION LEVEL PRACTICE PLAN

Session Objective(s) Review: A,B,C's, starting and skating with the puck, open ice carry, weaving with the puck, passing / receiving

10
min

FREE SKATE

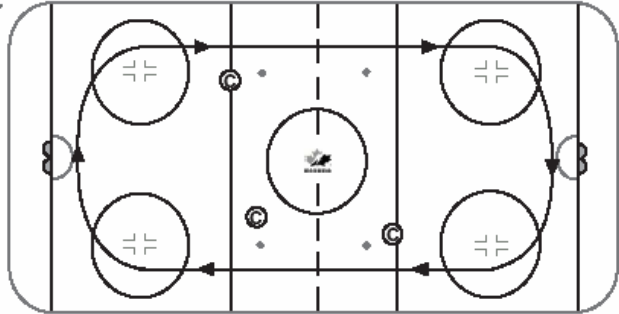
Players skate clockwise around the ice. At the blue line they perform four warm-up exercises.

- a. Touch toes.
- b. Squat low
- c. Pull knee to chest.
- d. Touch one knee to ice.

Between blue lines:

- a. Skates stay on ice at all times spread legs wide to the side and then bring them in together.

Run between blue lines.



KEY EXECUTION POINTS

20
min

BALANCE & AGILITY

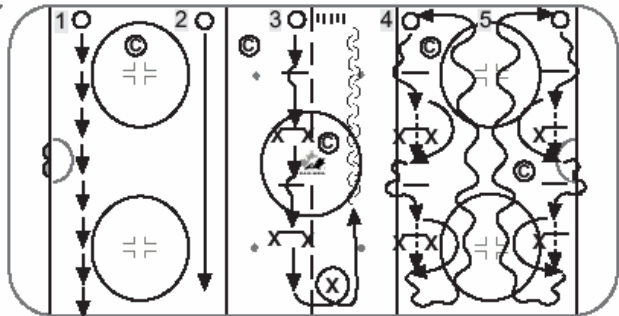
1. Cross ice touching knee on ice after each stride. I.e., drive with left skate, touch left knee to ice and get up. Drive with right skate, touch right knee to ice and get up repeat across ice. Do three times.

2. Cross ice doing forward alternate leg crossovers.

3. Players skate forward and jump over agility board (1). Dive under obstacle (2) set on two high pylons, jump over agility board (3), dive under obstacle (4) on two high pylons. Player gets up and turns 360 degrees around pylon, skates forwards (six metres) pivots forward to backwards and skates backwards to boards. Lateral crossovers back to original position. Repeat.

4. Same set up as 3. Players carry puck with them. Must slide puck under obstacle on pylons, skate around and pick it up. Perform an open ice carry on the return to position.

Repeat using route-2 as players should do on forehand and backhand.



KEY EXECUTION POINTS

10
min

STATIONARY PASSING / RECEIVING & STOPPING W/ PUCK

Review and demonstrate key points.

Players partner off approximately six metres apart.

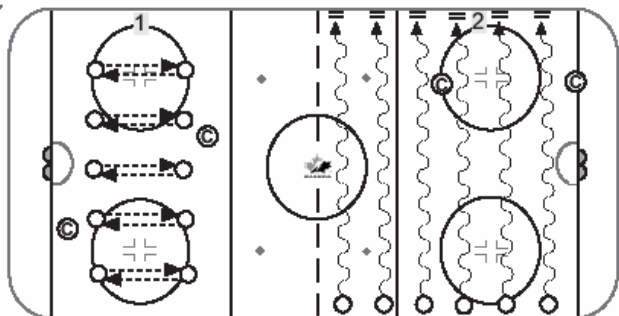
- a. Practice forehand pass and receive.
- b. Practice backhand pass and receive.

Same as 2, but move players ten metres apart.

Review and demonstrate key points.

Players carry puck across ice.

Repeat 6-7 times.

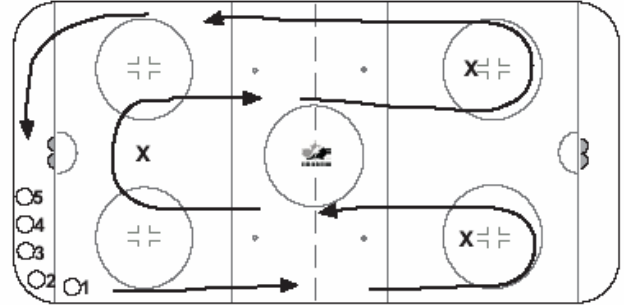


KEY EXECUTION POINTS

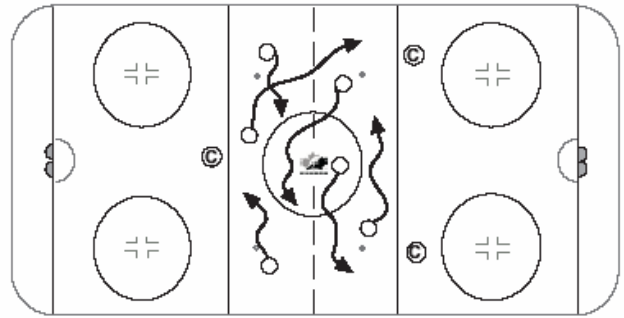


NOVICE LEVEL PRACTICE PLAN

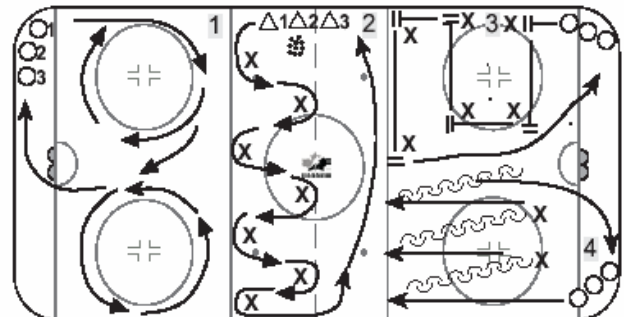
Time	Description	Key Points
5	Back Alley Warm Up	
	<ol style="list-style-type: none"> 1. Players take off one after another 2. Backwards between blue line 3. Two foot jump over each line 4. Groin stretch between blue lines 5. Touch toes, trunk twists, leg kicks 	



Time	Description	Key Points
5	Diminishing Pucks	
	<ol style="list-style-type: none"> 1. Players stickhandle through neutral zone. 2. Try to knock puck off of other players' stick 3. Once puck goes over blue line, it is out of play. 4. Last player with puck wins. 	



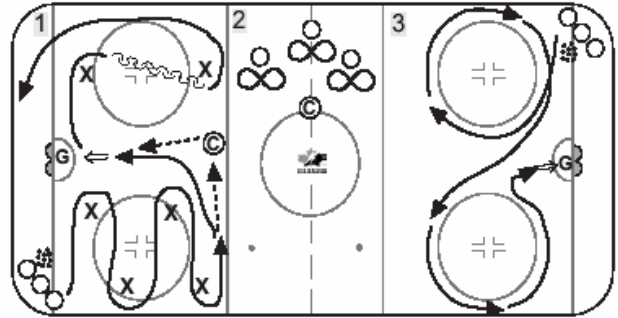
Time	Description	Key Points
20	Skating Evaluation – 5 minutes at each St	
	<ol style="list-style-type: none"> 1. -Player performs x-overs around circle. -Second player goes, once first player passes. -Do backwards on second time through -Do with puck 3rd time through 2. -Player weaves through pylons, and goes back in line. Next player goes, when first gets to 2nd pylon -Second time through, use a puck, 3rd time do 360's around each pylon. 3. -Player skates forward to pylon, performs a two foot stop, then proceeds forward to next pylon. etc -Second time through do backwards. 4. -Player skates forward to blue line, backwards to pylon, forward to blue line again etc. 	



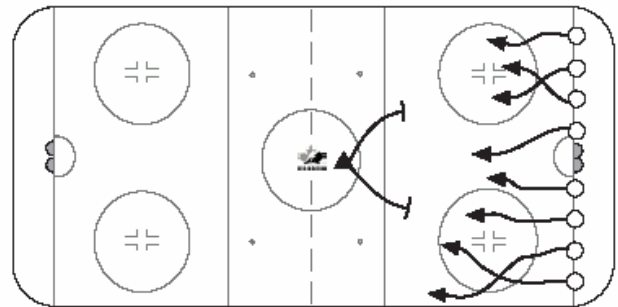


NOVICE LEVEL PRACTICE PLAN

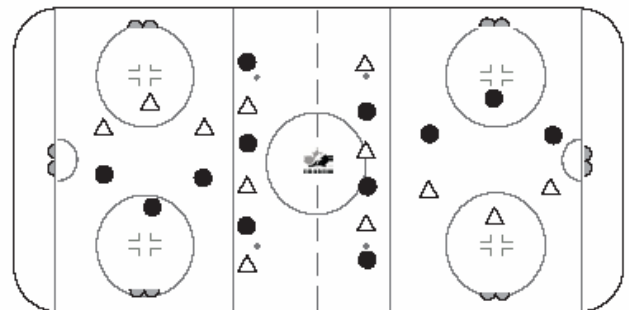
Time	Description	Key Points
15	Puckcontrol Circuit	
	<ol style="list-style-type: none"> -Players weave through pylons with puck -Pass to coach. -Receive pass from coach -Take shot on net -Skate to pylon, pivot, skate backwards to next pylon. -Pivot, skate forwards back to end of line. -Players perform stationary stickhandling moves, ie figure 8's, side stickhandling, through the legs -Player does crossovers around circle with puck. -Next player goes after first player goes by. -Player then proceeds to next circle, does crossovers around circle, and then proceeds to take a shot on net. 	



Time	Description	Key Points
5	British Bulldog	
	<ol style="list-style-type: none"> Players line up on goal line One player at center yells " British Bulldog. " Players then try to skate to other end without being tagged. If a player gets tagged, then that player has to help the person in the middle catch the rest of the skaters. Play until last skater gets caught. 	



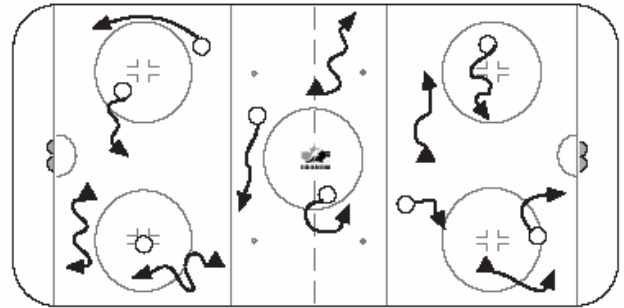
Time	Description	Key Points
10	Pond Hockey	
	<ol style="list-style-type: none"> 2 games of 3 on 3 cross ice On whistle players playing switch with players in neutral zone. Use 1 puck, or 2 pucks, tennis balls, soccer balls etc... 	



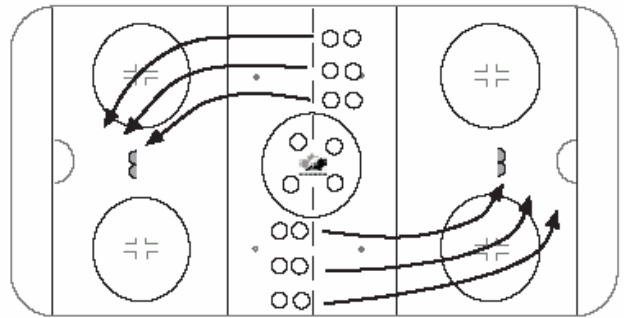


NOVICE LEVEL PRACTICE PLAN

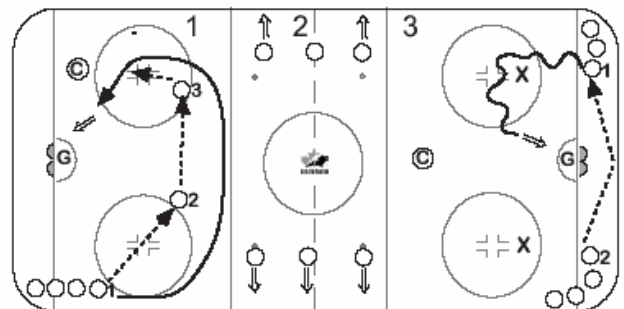
Time	Description	Key Points
5	Chaos	
	<ol style="list-style-type: none"> 1. Players skate all over the ice stickhandling. 2. On whistle, all players move to one half of the ice. 3. On next whistle, all players move inside blueline 4. On next whistle, all players move inside goal line 	



Time	Description	Key Points
5	Indy 500	
	<ol style="list-style-type: none"> 1. Divide players into two groups, half on each side of the red line. Move nets up to hash marks. 2. Players partner up, front player bends down into sitting position, second player pushes from behind. 3. Players start on whistle, doing one full lap of ice, (allowed to bump other teams in corners) 4. Once players get around ice, and back to finish line, next group goes. 	



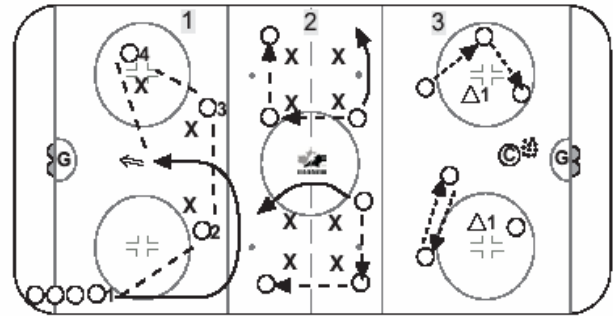
Time	Description	Key Points
15	Shooting Circuit - 5 mins at each station	
	<ol style="list-style-type: none"> 1. -O1 passes to O2. -O2 passes to O3 -O1 skates around O2, and then between O2 and O3, receives pass back from O3. -O1 takes shot on net. -Make sure all players are both skaters, and passers. 2. -Players line up along side boards. -Practice wrist shots, and backhand shots. 3. -O2 passes to O1, who then skates out around pylon, and takes shot on net. -Next player in line behind O1, passes to O2, who then skates out around pylon, for shot on net. 	



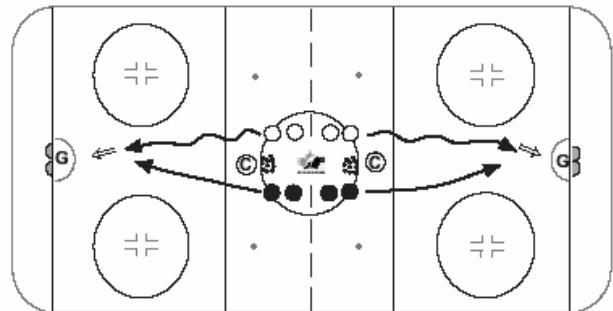


NOVICE LEVEL PRACTICE PLAN

Time	Description	Key Points
20	Passing Circuit – 5mins at each station	
1.	-O1 passes to O2, then begins skating. -O2 passes to O3, O3 passes to O4. O1 skates towards blue line, turns and skates between O2 and O3 to get a pass from O4. -O1 then takes a shot on net. -Make sure all players get to be skaters and passers.	
2.	-3 players for 4 pylons. -As one player passes puck, the player without the puck, must move to open pylon so that the puck is always with the middle person.	
3.	-Pig in the middle – 2 players pass puck to each other, while 3 rd player tries to stop the pass. -If player in the middle stops pass, then he / she switches with player who gave up the puck	
4.	-Coach works with goalies	



Time	Description	Key Points
5	Shootout	
1.	2 lines facing each end of the ice.	
2.	Line on left has players down on one knee	
3.	Line of right is player with puck	
4.	On coach's signal, player with puck skates towards net for shot, player on one knee has to play the back checker, and try and catch puck carrier.	
5.	Switch lines after each attempt	



NOVICE LEVEL PRACTICE PLAN

Session Objective(s)

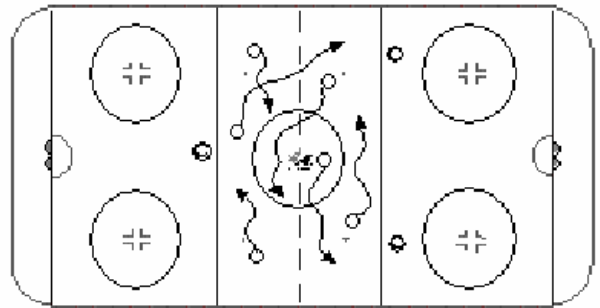
1. Agility
2. Gliding on 1 skate, 2 skates
3. Crossovers

4. Front V-start
5. Stationary Passing
6. Two foot Stop

5
min

DIMINISHING PUCKS

- Players skate around the neutral ice zone each with a puck.
- As players are stickhandling, they try to knock the puck off each others sticks. If a puck goes outside the blue lines into one of the end zones, it is out of play.
- Players that lose their puck have to try and knock pucks off of the sticks of the remaining players.
- Keep going until last puck is knocked out of the zone



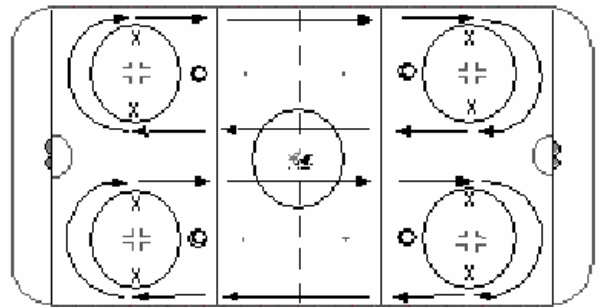
KEY EXECUTION POINTS

- Heads up
- Players must be moving at all times.

5
min

BALANCE AND AGILITY

- Players are divided into two groups, and follow the path as indicated in the diagram.
- Perform following exercises:
 - drop to knees at blue lines
 - dive and roll at red line
 - jump at each line
 - backwards between blue lines
 - glide on one foot between blue lines
 - shoot the duck between blue lines



KEY EXECUTION POINTS

- Change directions after 3 minutes

15
min

SKILLS STATIONS

1. Players weave through pylons

- first time through using one foot, inside edge only.
- second time through using one foot, outside edge only
- third time through using both feet, leading with front foot.
- fourth time through use pucks

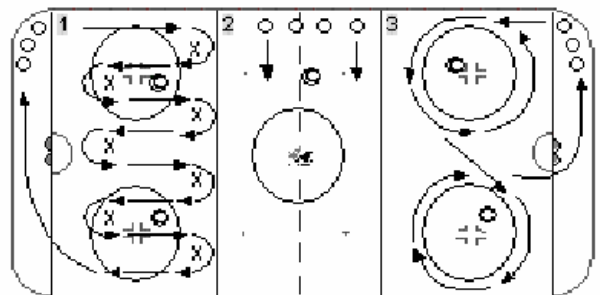
2. Push and Glide

- Players line up along boards, and perform t-pushes across ice, change leg on the way back. Try to do 3-4 t-pushes.

- Players then do the same going backwards, using c-cuts or backward cross over start to begin, and finishing with c-cuts to far boards. Repeat 4 times.

3. Crossovers

- Players begin in one corner and work on crossovers, forwards and backwards. Concentrate on full crossover (outside foot), and cross-under (push through of inside skate for power.)



KEY EXECUTION POINTS

- Change Stations after 5 min

NOVICE LEVEL PRACTICE PLAN

Session Objective(s)

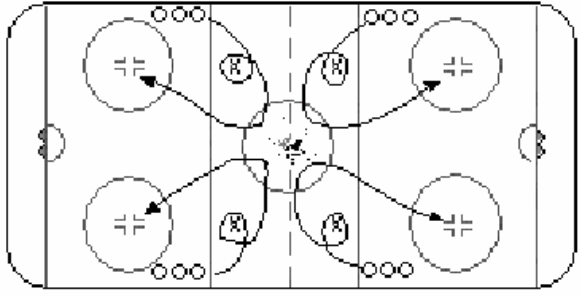
1. Open ice carry
2. Tight turns / Edge control

3. Stationary passing
4. Backwards c-cuts

5
min

MILL DRILL

- Divide players into 4 teams, one team at each blue line as shown.
- Place all of the pucks in the center circle, on whistle first player from each team begins, by doing a 360 around the pylon, then gets a puck, and takes the puck back to the end circle, nearest the team.
- Once puck is in the circle, the next player from that team can go.
- Once all the pucks are gone, each team counts how many are in their circle, team with most wins.
- Can do more than once, change things up, by making players skate backwards to the circle once they get the puck



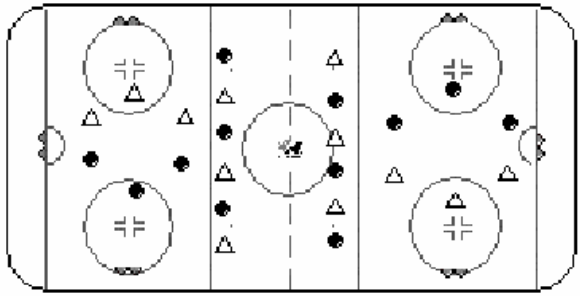
KEY EXECUTION POINTS

- Teams cheer for their players
- Lots of pucks in middle

5
min

SCRIMMAGE – 3 ON 3 CROSS ICE

- Divide players into 2 teams.
- Play 2 games of 3 on 3 cross ice – one in each end zone.
- Spare players line up along blue lines and switch on coach's signal.



KEY EXECUTION POINTS

- Use pucks, tennis balls, hockey balls etc...
- Alternate 1 puck, 2 pucks, 3 pucks.

NOVICE LEVEL PRACTICE PLAN

Session Objective(s)

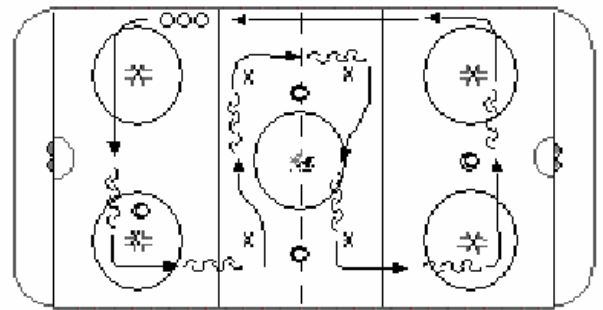
1. Agility Skating
2. Passing and moving
3. One man Drive

4. 2 man drive
5. 3 man drive

15
min

MOE MANIA

- Players line up as shown. Spray paint lines half way between all cones so that players have a mark when to make their pivot.
- Player skates forward toward first cone and at spray paint line pivot to backwards. Continue this the entire way through the set-up. Players should always pivot so that they never lose eye contact with the cone in front of them. Ensure that players lead with their stick to maintain good balance on the pivot.
- Start with no pucks and add in pucks once players are ready.



KEY EXECUTION POINTS

- Correct technique

5
min

3 STATION PASSING

Montreal Drill

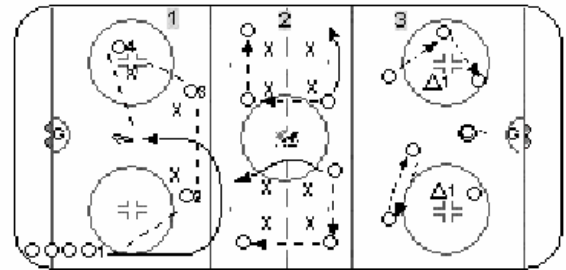
- 01 passes to 02, 02 - 03, 03 - 04, 04 back to 01 in the slot (rotate)

Pass with Accuracy

- Move laterally giving and receiving passes on the outside of the cones

Pig in the Middle

- One checker between 3 players, with players continuously passing the puck until the checker intercepts. Checker then trades places and becomes a passer



KEY EXECUTION POINTS

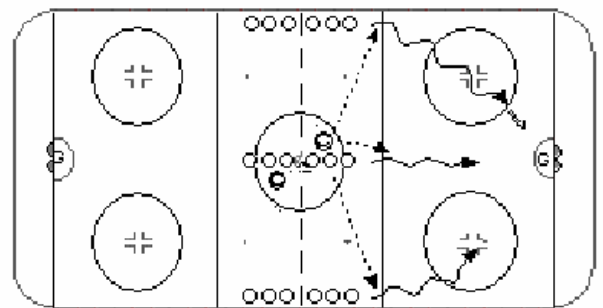
- Change stations after 5 minutes
- Players need to think

10
min

ONE MAN DRIVE

Introduce the one-man drive but focus on the principles that will be important for net drive and triangulation.

- Start with player on the left boards. Player accelerates and receives a pass from the coach in stride. Once the pass has been received the player drives hard to the net, takes a shot from the circle and attacks for the rebound.
- As soon as this player has completed the drill the player from the centre takes a pass and drives straight down the mid-lane to the net, repeat with player off other boards. Continue sequence.
- Run out of both ends of the ice
- Spray paint circles where shown to encourage players to drive the net and attack for rebounds.



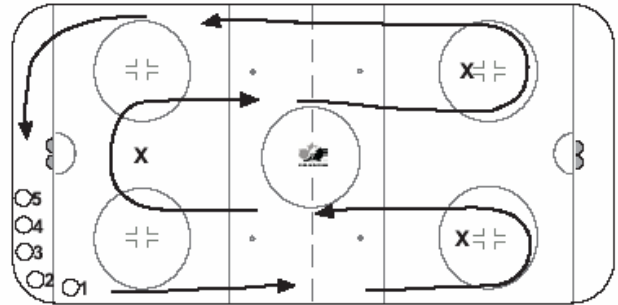
KEY EXECUTION POINTS

- Players must be ready to go
- Keep drill going to keep players moving

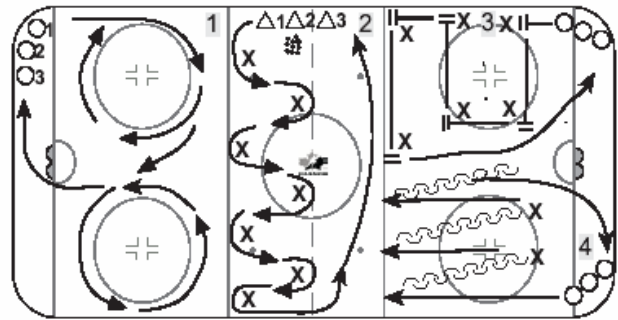


ATOM LEVEL PRACTICE PLAN

Time	Description	Key Points
5	Back Alley Warm-up	
	<ol style="list-style-type: none"> 1. Players take off one after another 2. Backwards between blue lines 3. Two foot jump over each line 4. Groin stretch between blue line 5. Touch toes, trunk twists, leg kicks 	

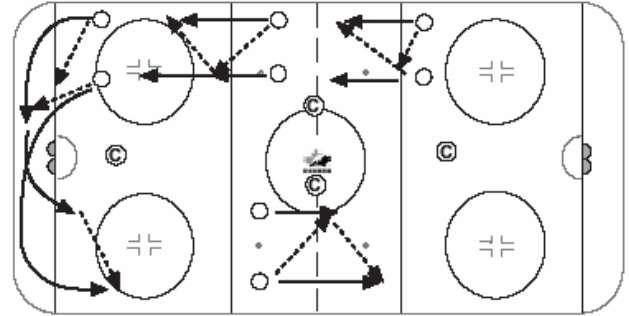


Time	Description	Key Points
20	Skating Evaluation – 5 mins at each Stn.	
	<ol style="list-style-type: none"> 1. Player performs crossovers around circle. -Second player goes, once first player passes. -Do backwards on second time through -Do with puck 3rd time through 2. Player weaves through pylons, and goes back in line. Next player goes, when first gets to 2nd pylon -Second time through, use a puck, 3rd time do 360's around each pylon. 3. Player skates forward to pylon, performs a two foot stop, then proceeds forward to next pylon. etc Second time through do backwards. 4. Player skates forward to blue line, backwards to pylon, forward to blue line again etc. -Second player starts once first player gets to blue line. 	

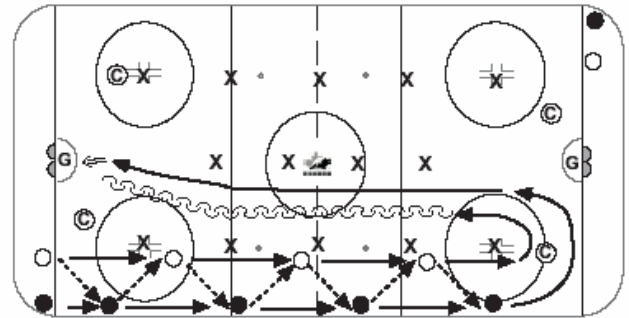


ATOM LEVEL PRACTICE PLAN

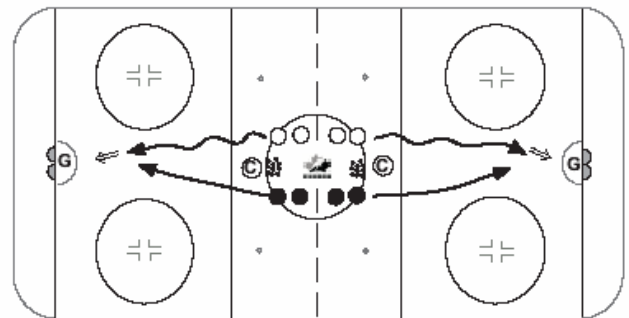
Time	Description	Key Points
5	Pairs Passing	
	<ol style="list-style-type: none"> 1. Players partner up, skate around the ice surface passing back and forth to each other. 2. After a couple laps, change sides, so that both players get to pass on forehand, and backhand 	



Time	Description	Key Points
10	Pairs Passing - 1 on 1	
	<ol style="list-style-type: none"> 1. Players start out of each end, forming 2 lines in the corner 2. Players pair pass back and forth down the ice between boards, and pylons. 3. At the last pylon, the player with the puck is on offence, the player without the puck is on defence, and come back down the middle lane 1 on 1. 4. Put pylons down middle so players don't run into each other 	



Time	Description	Key Points
5	Shootout	
	<ol style="list-style-type: none"> 1. 2 lines facing each end of the ice. 2. Line on left has players down on one knee 3. Line on right is player with puck 4. On coach's signal, player with puck skates towards net for shot, player on one knee has to play the back checker, and try and catch puck carrier. 5. Switch lines after each attempt 	



ATOM LEVEL PRACTICE PLAN

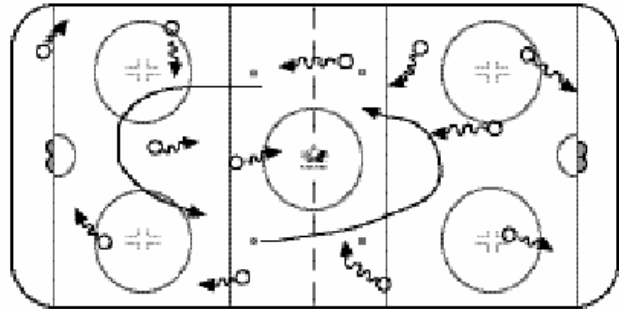
- Session Objective(s)
1. Review stick handling and net drive
 2. Teach checking skills
 3. Assess team tactics

5 min

WARM-UP STICK HANDLE

Razzle Dazzle

- players skate around the ice 1/4 speed
- on whistle, players stay in confined space, moving puck in any direction quickly
- on next whistle, players return to 1/4 speed



KEY EXECUTION POINTS

- quick feet and quick puck movement
- evasive moves
- body, head, shoulder fakes

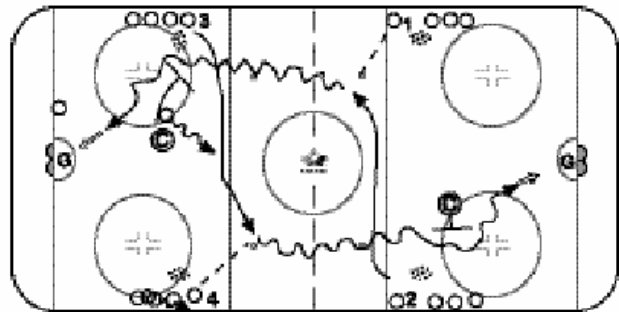
5 min

WARM-UP NET DRIVE

4 Corner Drill

(review net drive skills)

- O2 and O3 receive passes from O1 and O4 in neutral zone. Execute net drives around ©s
- O1 and O4 repeat - receiving passes and executing net drives
- alternate diagonal sides



KEY EXECUTION POINTS

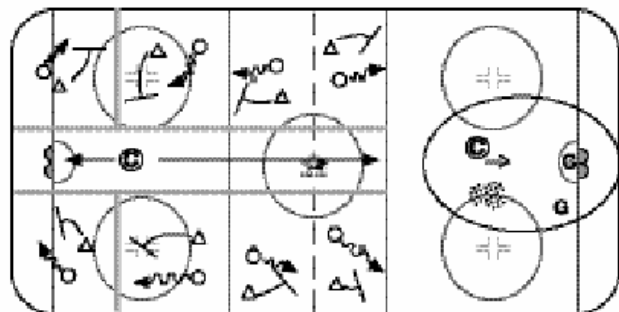
- drive far post
- enter zone with speed
- keep feet moving
- protect the puck

5 min

CHECKING - STICK CHECK

Checking Drill

- demonstrates stick checks (stick lift, press, poke, and sweep check)
- mark 8 zones for 1 on 1's (spray paint)
- players play 1 on 1 keep away with emphasis on checking skills
- Goalie Zone with © •



KEY EXECUTION POINTS

- △ player:
 - quick use of stick, feet, and hands
 - body position
- 30 second intervals

ATOM LEVEL PRACTICE PLAN

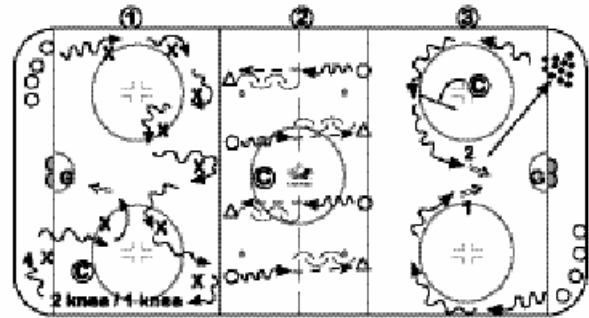
- Session Objective(s)
1. Teach forward and backward striding by progression
 2. Teach forward and backward crossovers by progression
 3. Front V-Start
 3. Assess puck control skills (stick handling, passing, shooting)

105 min

PUCK CONTROL EVALUATION

3 Stations:

1. Stick handling course
2. Forward and backward skating (telescoping) while passing and receiving
3. Shooting (wrist forehand and backhand) add passive defensive side pressure from ©



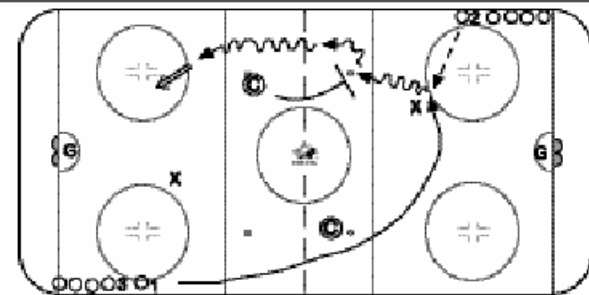
KEY EXECUTION POINTS

- space players
- keep feet moving
- head up
- quick release
- roll wrists

5 min

COMBO SKATE PASS/SHOOT

- O1 skates around pylon and receives pass from O2
- O1 completes evasive move on © in the neutral zone and skates to offensive zone for shot
- O2 repeats in the other direction



KEY EXECUTION POINTS

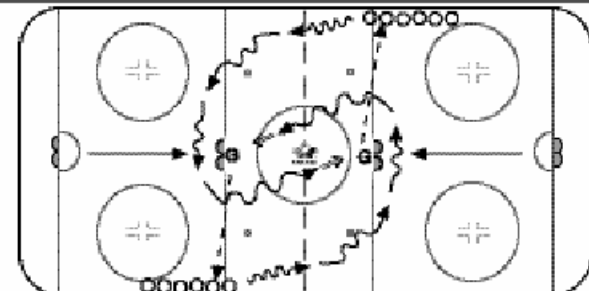
- eye contact
- protect the puck
- quick feet
- quick release
- read defensive positioning

5 min

SHOOT OUT COMPETITION

Team Shoot Out Relay

- move nets to the blue lines
- first team, with all players scoring, is the winner
- after each goal, player scoring passes puck to next player in line
- after making saves, goalie can clear pucks away from shooters



KEY EXECUTION POINTS

- first team with each player scoring wins
- goalie may shoot puck away from net on saves only

ATOM LEVEL PRACTICE PLAN

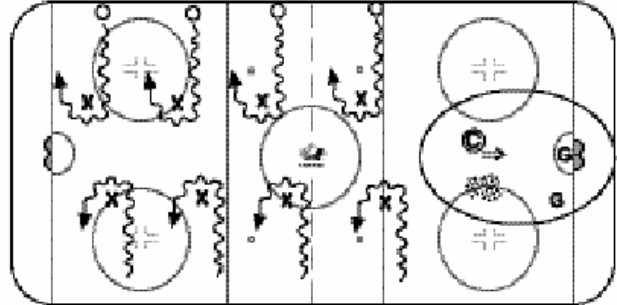
- Session Objective(s)
1. Teach stick handling: stationary control and control with movement
 2. Teach evasive moves: shoulder fakes, head fakes, shooting fakes
 3. Assess checking skills: stick and body positioning
 4. Introduce net drive: 3 part progression

5
min

NET DRIVE PROGRESSION

Technical Level

- Have players skate around pylon protecting the puck
- Goalie Zone with © •



KEY EXECUTION POINTS

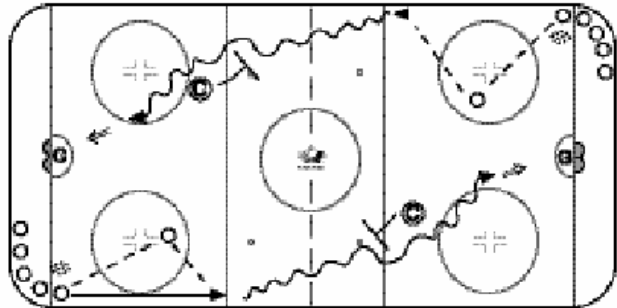
- approach with speed
- build the wall
- keep feet moving
- puck to the outside
- drive for far post

5
min

NET DRIVE

Tactical Level

- Player from corner passes to O for "give and go". Puck carrier drives with speed, executing net drive at the blueline
- © offers passive pressure
- alternate sides



KEY EXECUTION POINTS

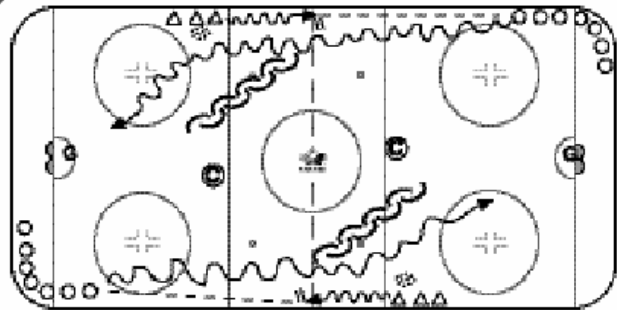
- head up
- quick feet
- accelerate after fake
- weight shift

5
min

NET DRIVE

Efficient Level

- Δ skates to blueline with puck
- passes to O and defends 1 on 1
- O reads gap on Δ. Tight gap - drive outside. Loose gap - drive middle
- alternate sides



KEY EXECUTION POINTS

- head up
- quick feet
- weight shift
- accelerate after fake



ATOM LEVEL PRACTICE PLAN

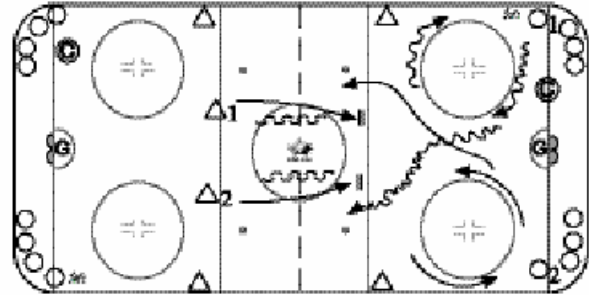
- Session Objective(s)
1. Teach shooting skills - wrist shot, backhand, slap shot
 2. Teach team tactics - give & go, give & follow, cross, headman
 3. Assess team tactic - "1,2,3 Principle of Attack"

5
min

TEAM TACTIC - 2 ON 2

Tactical Level Drill: Cross

- O1 & O2 skate circle clockwise then cross before blueline in high slot
- option to exchange pass
- Δ1 & Δ2 skate forward to blueline, pivot and retreat to defend against 2 on 2



KEY EXECUTION POINTS

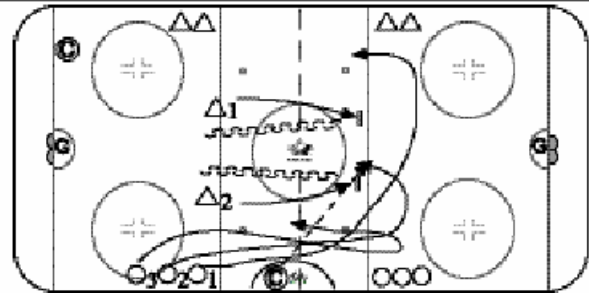
- communicate
- alternate ends
- control skate
- go on whistle
- timing
- stay wide before cross

5
min

1,2,3 PRINCIPLE OF ATTACK

Assess Triangulation

- © passes to O1, O2, or O3
- Δ1 & Δ2 skate to redline, pivot and retreat, defending against 3 on 2



KEY EXECUTION POINTS

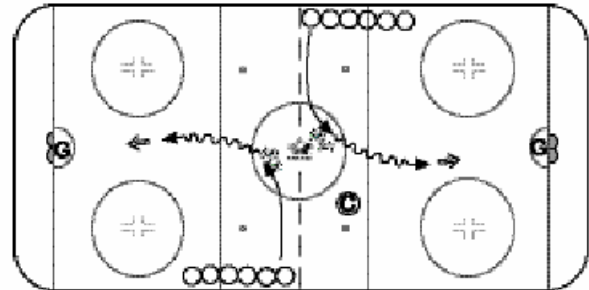
- Offensive:
 - support puck carrier
 - timing
 - fill 3 lanes
- O's must curl below far blueline
- communicate
- alternate sides

10
min

SHOOT OUT COMPETITION

Full Ice Drill

- pucks clustered in center circle
- on whistle, first player on each team picks up puck and goes on breakaway
- play until goal is scored, at which time next player goes
- goalie can clear loose pucks



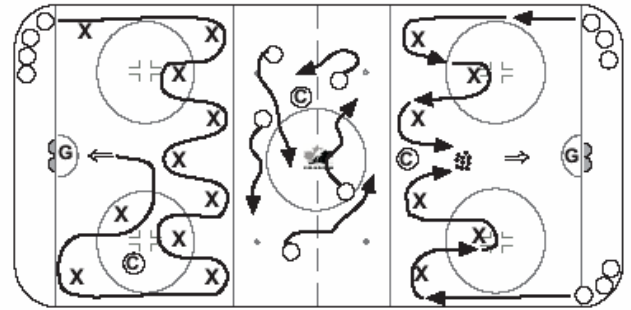
KEY EXECUTION POINTS

- first team finished wins (all players must score)
- play best of 3 if time permits

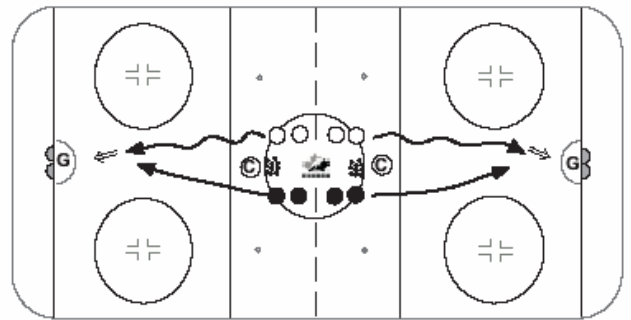


PEEWEE LEVEL PRACTICE PLAN

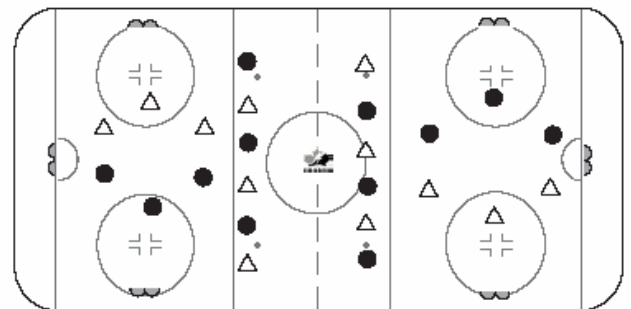
Time	Description	Key Points
15	Puckcontrol	
	<ol style="list-style-type: none"> 1. Players weave through pylons, carrying puck. -Take shot on net 2. Players stickhandle throughout zone, performing different moves 3. On coach's signal, players weave through pylons, racing for puck. -First player takes shot. -Second player tries to prevent shot. 	




Time	Description	Key Points
5	Shootout	
	<ol style="list-style-type: none"> 1) 2 lines facing each end of the ice. 2) Line on left has players down on one knee 3) Line on right is player with puck 4) On coach's signal, player with puck skates towards net for shot, player on one knee has to play the back checker, and try and catch puck carrier. 5) Switch lines after each attempt 	



Time	Description	Key Points
10	Pond Hockey	
	<ol style="list-style-type: none"> 1. 2 games of 3 on 3 cross ice 2. On whistle players playing switch with players in neutral zone. 3. Use 1 puck, or two pucks, tennis balls, soccer balls etc... 	





THE INSTRUCTOR
Steve Serdachny is the Skating & Skills coach for the Edmonton Oilers. He conducts Power Skating and Hockey Schools worldwide. His power skating and advanced skill and scoring systems are highly effective in developing maximum performance on ice. You can see Steve on the national television show "Hockey Academy" on the NHL Network. For more information on camps, schools and DVD's visit www.bitepowerskating.com or call 1-877-30-SKATE

By STEVE SERDACHNY

HOW TO SHOOT TO SCORE!

CHOOSE YOUR SHOOTING LOCATIONS FOR SUCCESS



1 SURVEY
Look at the net and determine where the goalie is positioned. Is he challenging or already down in the butterfly position?



2 SHOT LOCATION
Choose scoring locations for success. Most goalies are butterfly-style goaltenders. Look to shoot thirty to thirty-five centimetres up to either post (just over the pads and under the glove and blocker). Look high to the glove and blocker or just above the shoulders when the tender is down. The "Five Hole" is a great choice prior to the goalie going down. Accuracy and quick release are the keys when going to this location.



3 SHOOT
The shot needs to be accurate and on the net. Players must choose the shot that fits the scoring chance. For example a slapshot would be better suited for the slot and beyond to the blueline but would not be the proper shot for in tight. A snapshot, backhand and flip shot would be good in tight.



4 SPEED
Quick release is everything if you wish to score goals. The quickness of your shot as well as accuracy is more important than how hard your shot is. The quicker the puck is off your stick, the less time the goalie has to get set up.



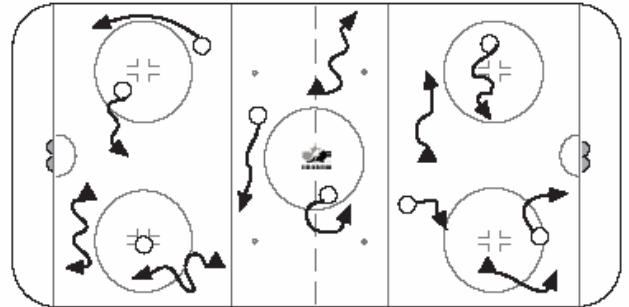
5 SECONDARY CHANCES
Most goals in today's NHL are not first shot goals. In fact most goaltenders stop over ninety percent of first shot opportunities. This is important information for goalscorers. Players must learn to follow the puck to the net and take advantage of the secondary scoring chances. Many quality scoring chances and goals happen off the second, third and fourth opportunities.

Photos by GABA

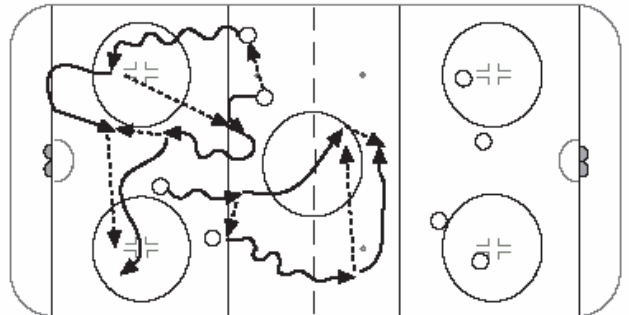


PEEWEE LEVEL PRACTICE PLAN

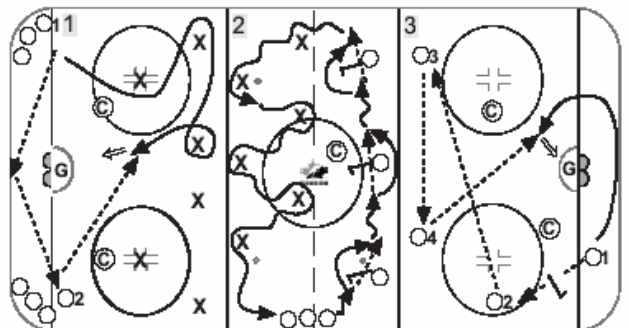
Time	Description	Key Points
5	Chaos	
	<ol style="list-style-type: none"> 1. Players skate all over the ice stickhandling. 2. On whistle, all players move to one half of the ice. 3. On next whistle, all players move inside blueline. 4. On next whistle, all players move inside goal line 	



Time	Description	Key Points
5	Short Pass / Long Pass	
	<ol style="list-style-type: none"> 1. Players partner up. 2. One player has puck. 3. Short pass 4. Long pass 5. Alternate until coach signals drill is over 	

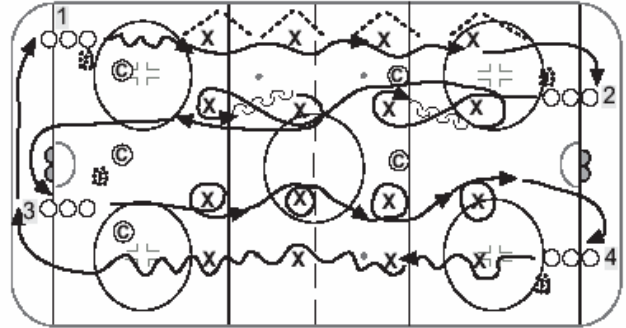


Time	Description	Key Points
20	3 Station Move	
	<ol style="list-style-type: none"> 1. Players start in each corner. <ul style="list-style-type: none"> -O1 makes bank pass off boards to O2 -O1 skates through pylons -O2 hits passer in slot, for shot on net. -Alternate sides 2. Players start on red line, carry puck to first coach / player. <ul style="list-style-type: none"> -Put puck under stick, skate around coach / player to pick up puck again. -Perform same move at next coach / player 3. O1 performs flip pass over stick to O2 <ul style="list-style-type: none"> -O1 then skates behind net. -O2 passes to O3, who passes to O4 -O4 then passes to O1. -O1 shoots on net 	

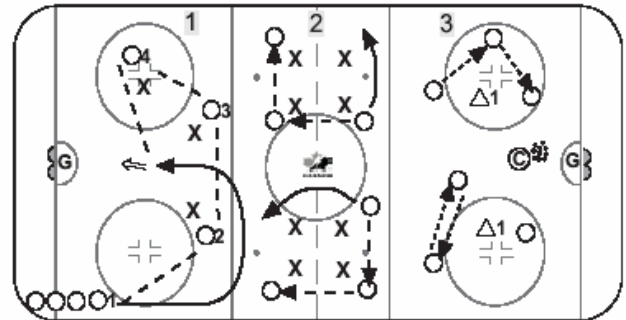


PEEWEE LEVEL PRACTICE PLAN

Time	Description	Key Points
10	4 Line Puckcontrol	
	<ol style="list-style-type: none"> 1. Players make bank pass off boards at each pylon. 2. Players skate to second pylon, -Pivot, skate backwards, to first pylon -Pivot, skate forward to 4th pylon -Pivot, skate backwards to 3rd pylon 3. Skate forward to next line -Skate forward doing 360's around each pylon. 4. Skate forward, make move on each pylon and skate to start line again. 	



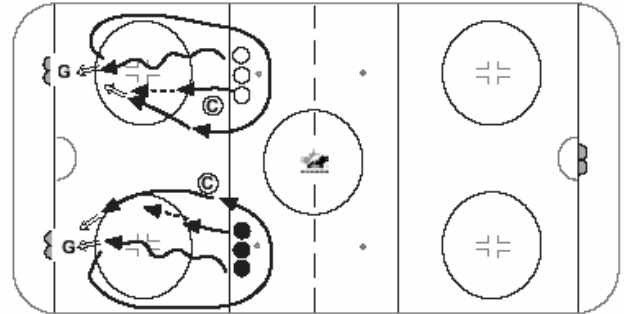
Time	Description	Key Points
15	Pass / Receive Circuit	
	<ol style="list-style-type: none"> 1. O1 passes to O2, then begins skating. -O2 passes to O3, O3 passes to O4. -O1 skates towards blue line, turns and skates between O2 and O3 to get a pass from O4. -O1 then takes a shot on net. -Make sure all players get to be skaters, and passers. 2. 3 players for 4 pylons. As one player passes puck, the player without the puck, must move to open pylon so that the puck is always with the middle person. 3. Pig in the middle – 2 players pass puck to each other, while 3rd player tries to stop the pass. -If player in the middle stops pass, then he / she switches with player who gave up the puck. 4. Coach works with goalies 	





PEEWEE LEVEL PRACTICE PLAN

Time	Description	Key Points
5	1-2-3 on 0	
	<ol style="list-style-type: none"> 1. Move nets to each end, on goal line, below face off dots. 2. Players line up outside blue line each with a puck. 3. 1st player goes in for shot, keeps going until goal is scored. 4. After goal, player skates back outside blue, next player joins in for 2 on 0. 5. 3rd time through, 3 on 0 etc... 	



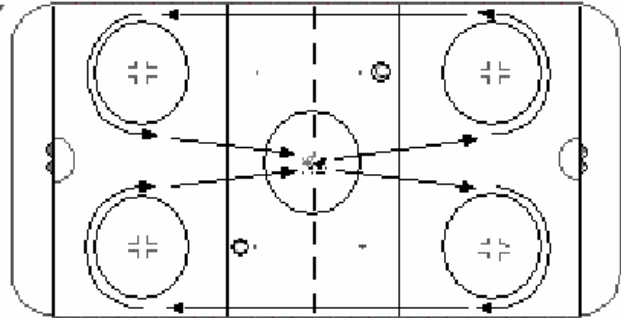
PEEWEE LEVEL PRACTICE PLAN

- Session Objective(s)
1. Assess and improve acceleration
 2. Assess and improve agility
 3. Assess and improve puck control skills: puck handling

8
min

BUTTERFLY WARM-UP

- © demonstrates or calls out skating actions:
- 1 foot/ 2 foot/ squats
- Left/ right/ both knee touches to ice
- Mohawk turns/ 360's
- Backwards
- Sprints
- Dive roll
- 360 spin on knees
- Progress to with pucks



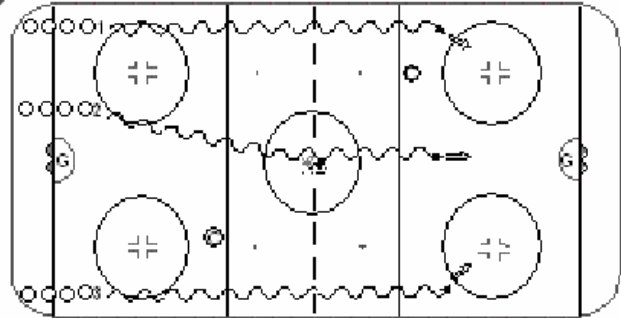
KEY EXECUTION POINTS

- Long strides
- Use of edges
- Acceleration
- Balance
- Agility

10
min

THREE LINE WAVE

- O1 starts the drill, O2 follows, then O3. Continue this rotation until all players have gone. Players carry puck through neutral zone and take shots on goal. Players wait until all have completed, then return in other direction
- Weave – follow your pass
- Weave – drop pass only



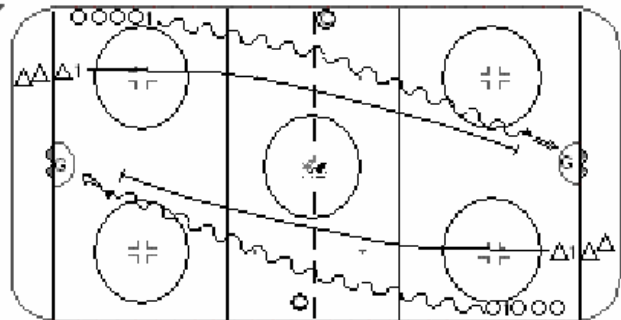
KEY EXECUTION POINTS

- Stay in lanes
- Skate hard
- Goalies work on angles
- Shoot Low
- Timing to allow goalie to recover

8
min

FULL ICE BACKCHECK

- Both ends go on whistle
- O1 on the hash marks, Δ1 has one skate on the goal line
- On the ©'s whistle, Δ1 pursues O1
- At the completion of a repetition, switch lines



KEY EXECUTION POINTS

- Hard pursuit
- Continue working hard the length of the ice
- All checking must be legal

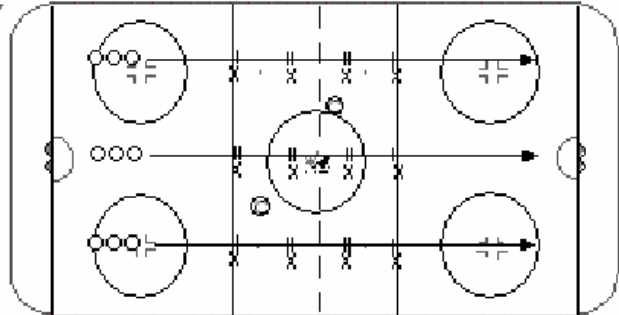
PEEWEE LEVEL PRACTICE PLAN

- Session Objective(s)
1. Teach individual offensive tactic: net drive
 2. Reinforce net drives with 2 man attack option
 3. Refine defensive tactic: defend against mid lane net drive

8
min

3 LINE WARM-UP

- First player in each line skates to the second pylon and performs a two foot stop; skates back to the first pylon and performs another two foot stop, continues on to the fourth and back to the third and finishes at opposite end of ice.
- Second player in line leaves when first player stops for the second time



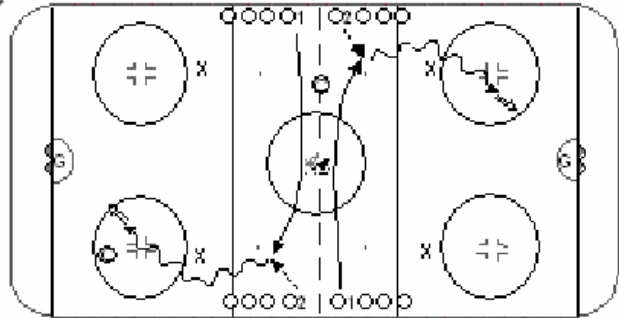
KEY EXECUTION POINTS

- Quick feet out of stop
- Face both directions

8
min

NET DRIVE 1 ON 0

- O1 skates cross ice and receives pass from O2
- O1 executes drive skate by staying wide around pylon before accelerating to the net
- alternate sides go at the same time



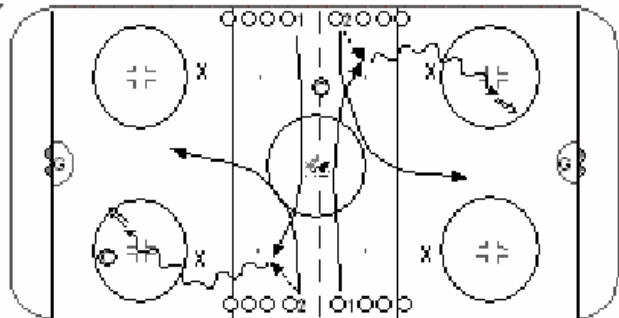
KEY EXECUTION POINTS

- accelerate
- protect the puck
- crossover at the blue line
- skate at the far post

8
min

NET DRIVE 2 ON 0

- O1 skates cross ice and receives pass from O2
- O1 executes drive skate by staying wide around pylon before accelerating to the net
- O2 skates inside and drives to the net for a return pass or a rebound



KEY EXECUTION POINTS

- accelerate
- protect the puck
- crossover at the blue line
- skate at the far post
- O2 drive to the net for rebound

PEEWEE LEVEL PRACTICE PLAN

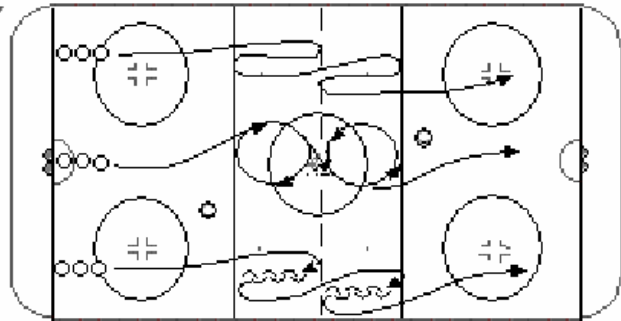
Session Objective(s) 1. Assess checking skills

- angling
- stick checks
- body contact

8
min

3 LINE WARM-UP

- Players line up in 3 groups to allow for 3 wide lanes
- Players execute a series of skating skills without pucks and with pucks
- Forwards and backwards
- Striding and tight turns
- Crossovers
- Transition forward to backward to forwards



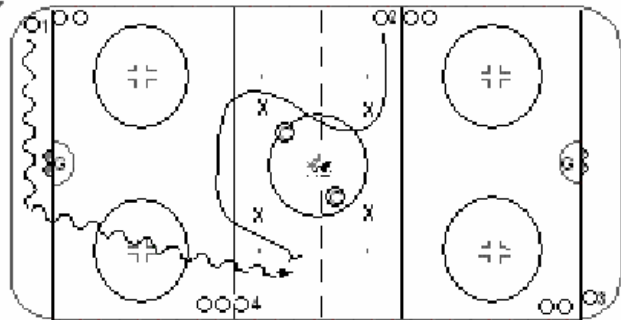
KEY EXECUTION POINTS

- Good knee bend
- Back straight and upright
- Head up, eyes forward

8
min

ANGLING GATE DRILL

- O1 and O2 begin on the whistle
- O1 picks up loose puck and skates behind the net and must skate between the for a shot on goal
- O2 closes the gap, sabling ice in the neutral zone, before angling toward O1
- O2 attempts to force O1 outside the pylons, not giving up the middle lane



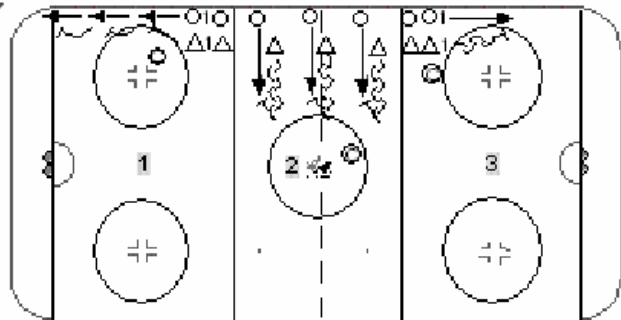
KEY EXECUTION POINTS

- maintain middle lane
- control skating

14
min

CHECKING STATIONS

- 1). Continuous Bumping
 - O1 moves slowly along the boards while _1 angles, closes the gap and pins O1 against boards
 - The two players continue around boards to other side
 - Switch roles the other way
- 2). Open Ice Contact
 - O skates forward as _ skates backwards
 - _ initiates shoulder to chest contact and then continues backwards repeating action across the ice
 - Switch roles on return across ice
- 3). 1 on 1 Angling
 - O1 moves slowly along the boards while _1 angles backwards, closes the gap and pins O1 against boards
 - The two players continue around the boards to other side
 - Switch roles the other way



KEY EXECUTION POINTS

- Speed should be controlled ensuring proper technique
- Use the terms coil/ uncoil as motion description
- Add pucks and increase speed as players become more efficient

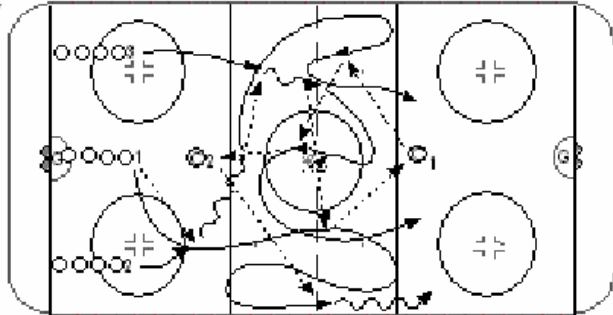
PEEWEE LEVEL PRACTICE PLAN

- Session Objective(s)
1. Refine the ability to read and react to defensive responsibilities
 2. Refine individual defensive tactic: defensive side positioning
 3. Refine team defensive tactics: support through awareness and communication

5
min

THREE MAN WEAVE WITH REGROUPS

- O1 passes to O2 and follows the path of the pass changing lanes
- Passes continue through the neutral zone eventually passing to ©1 for a regroup
- Regroup with ©2 and attack the net



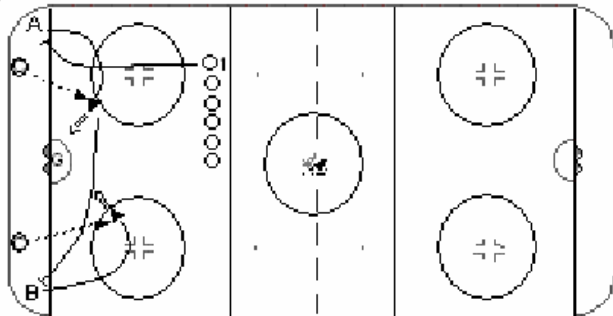
KEY EXECUTION POINTS

- Maintain lanes
- Good passes
- Communicate
- Drive to the goal

8
min

PRESSURE FORECHECK

- O1 drives to the corner and pins an imaginary opponent "A"
- O1 spins off check and goes to the net for a feed from the ©
- after quick shot, O1 moves to the opposite corner and pins opponent "B" and spins for 2nd shot



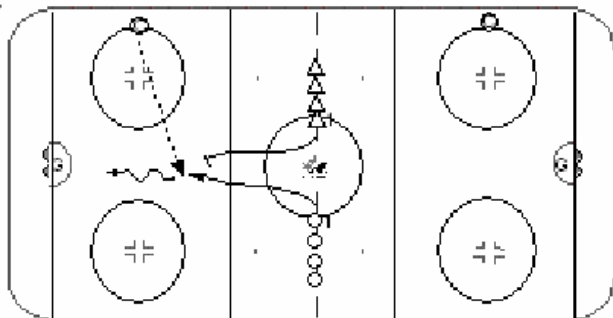
KEY EXECUTION POINTS

- transition
- control
- readiness
- quick shot

6
min

CENTER LINE DRILL

- O1 and Δ1 are facing onxe another
- O1 goes one way or the other and Δ1 must react and cover O1
- © can either pass directly to O1 or shoot on goal with O1 driving for the rebound
- all players play offence and defense

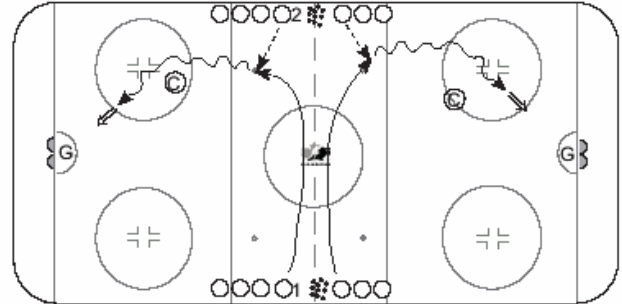


KEY EXECUTION POINTS

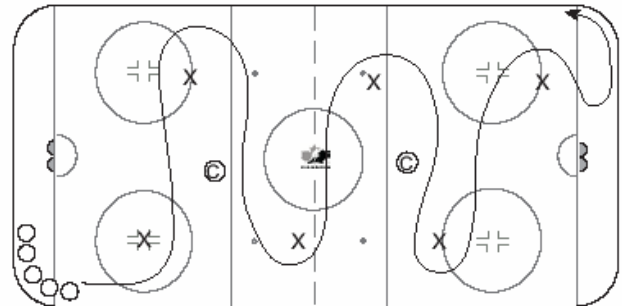
- O's • net drive
- Δ's • head on a swivel
- quick feet
- "D" side coverage
- read and react

BANTAM LEVEL PRACTICE PLAN

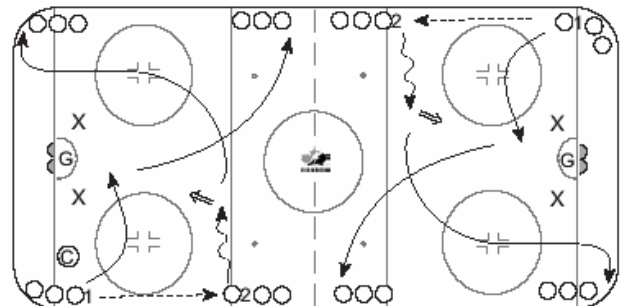
Description	
8	Reverse A-B-C-D Drill
<ol style="list-style-type: none"> 01 Control skates to centre of ice 02 Leads 01 with timing pass 01 Accelerates onto the puck, drives around the pylon to shoot 01 continues in front of the net to opposite line 02 repeats 	



Description	Key Points
6	Crossover Snake
<ol style="list-style-type: none"> Crossovers around pylons Continuous crossovers, no forward striding Add pucks, and repeat the pattern 	



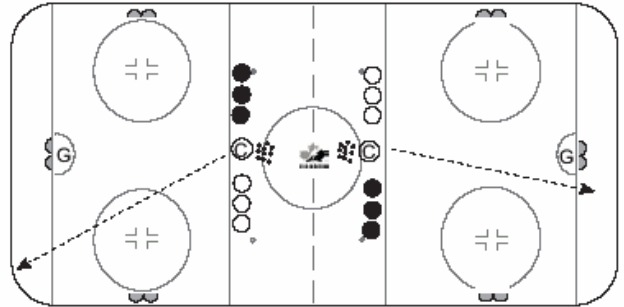
Time	Description
6	Goalie Drill - Telescoping
<ol style="list-style-type: none"> 01 passes to 02 02 drags to the middle, taking a slap shot on goal 01 moves to the net for a rebound. After the play, 01 and 02 race to opposite lines, alternate sides 	



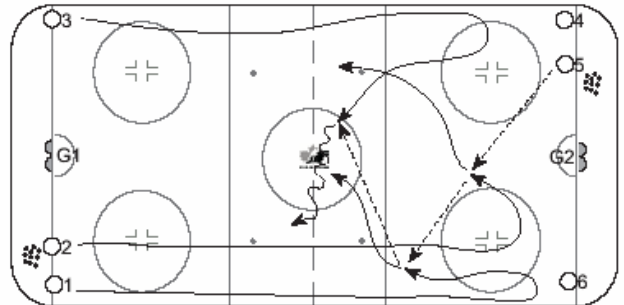


BANTAM LEVEL PRACTICE PLAN

Time	Description
7	Zone Games
	<ol style="list-style-type: none"> 1. © spots a puck and calls 2, 3 or 4 players 2. Players from each team enter for 45 second game 3. © whistles to clear the zone; next group is ready to go



Time	Description
8	Hound Back 3 on 0
	<ol style="list-style-type: none"> 1. 01, 02, 03 'hound back' to defensive zone 2. 04, 05, 06 pass to 01, 02, or 03 3. 01, 02, 03 breakout 3 – on – 0 with speed and variety 4. Variety of team tactics through neutral zone 5. Attack G1 using Principles of Attack

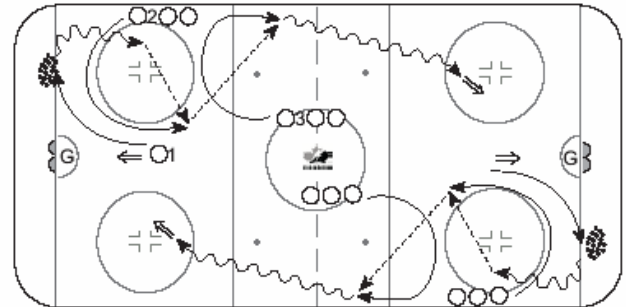


Time	Description
8	4 – Corner Place Your Bet
	<ol style="list-style-type: none"> 1. 1 vs 0 2. Scoring team receives a point 3. Non-scoring team skates over 4. Alternate sides for shooting

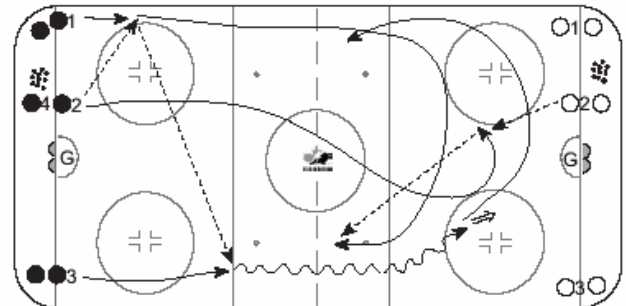


BANTAM LEVEL PRACTICE PLAN

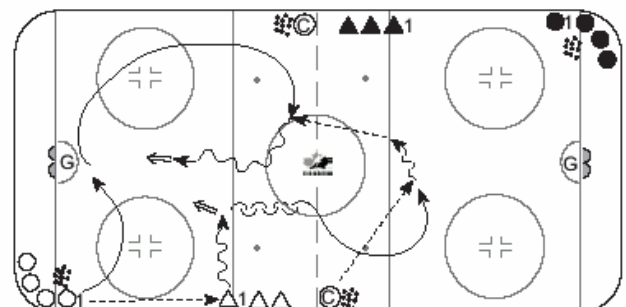
Time	Description
8	Swing Drill
	<ol style="list-style-type: none"> 01 begins the first repetition only, with a shot on goal after the shooter releases, retrieve a loose puck from the corner and pass to 02 swinging below the circle 02 takes 2 or 3 steps and then passes to 03 who swings from mid ice to the outside lane Players advance to the next line



Time	Description
8	3 on 3 / 3 on 1 / 3 on 2
	<ol style="list-style-type: none"> ●1, ●2, ●3 attack 3 on 0 After play, ●'s regroup with pass from 02 and go back 3 on 1 vs Δ1 After the play, ●'s regroup with pass from ●4 and attack 3 on 2 vs Δ2 and 3Δ 01, 02 and 03 go next



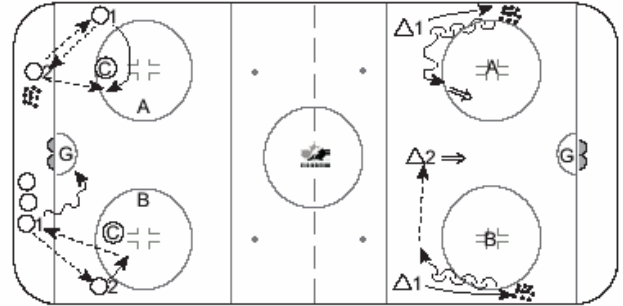
	Description	Key Points
8	1 on 1 Transition Drill	
	<ol style="list-style-type: none"> Δ1 receives pass from 01 Drags to middle & shoots 01 skates to net for screen or deflection © spots a puck in the neutral zone Δ1 retrieves loose puck, passes to 01 for shot on goal Alternate sides at start, then both sides together Add a 2nd Δ to play 1 on 1 low & 1 on 1 attack 	



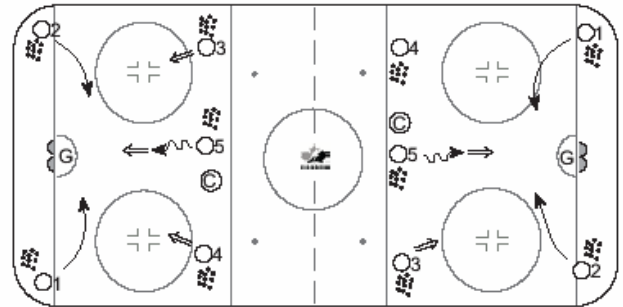


BANTAM LEVEL PRACTICE PLAN

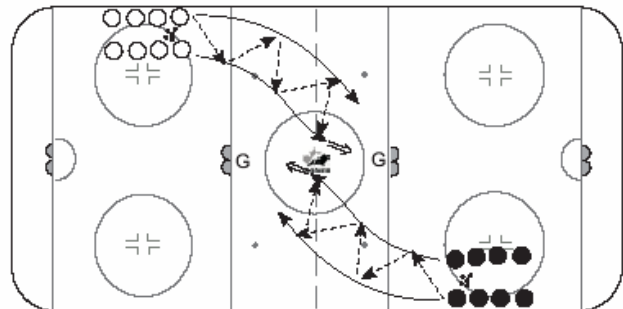
Description	
8	Powerplay Skills Stations
	<ol style="list-style-type: none"> 02 give and go with 01, 02 passes to 01, attack net ●2 executes give and go with ●1, ●2 passes to ●1 for low forward walk-out △1 drags puck to middle and shoots ▲1 retrieves puck, passes to ▲2, shoots on net



Time	Description
7	Goalie Drill – 5 shots
	<ol style="list-style-type: none"> 01 & 02 execute low walk-outs 03 & 04 take slap shots 05 executes in tight breakaway Keep rotating positions



Time	Description
6	2 on 2 Showdown Relay
	<ol style="list-style-type: none"> Forms two teams and have team members pair up On the whistle, the first pair in each team touch passes and skates around the far net attacking the net closest to their team The pair continues until they score, while the goaltender has the option of shooting the puck away After a goal the puck is passé to the next pair



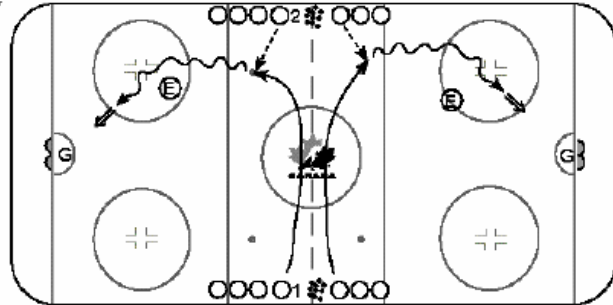
BANTAM LEVEL PRACTICE PLAN

- Session Objective(s)
1. Access and improve passing and puck control skills
 2. Access and improve offensive support
 3. Introduce quiet zones

8
min

REVERSE A•B•C•D DRILL

- O1 Control skates to center of ice
- O2 Leads O1 with timing pass
- O1 Accelerates onto the puck, drives around the pylon to shot
- O1 Continues in front of the net to opposite line
- O2 Repeats



KEY TEACHING POINTS

- Acceleration onto puck and into zone
- Keep feet moving during shooting
- Soft lead pass

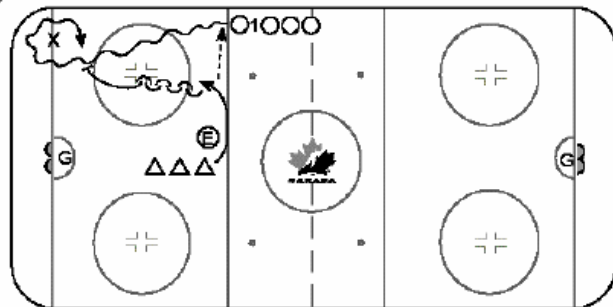
KEY EXECUTION POINTS

- O2 to wait until O1 passes cone before beginning
- Full speed back to line simulating backcheck

16
min

3 STATIONS - STATION 1

- 1 on 1 offensive zone
- Δ1 Skates to center, passes to O1 and pivots
 - O1 Drives to tight turn in corner around pylon
 - O1 vs Δ1 Play 1-on-1 low zone alternate sides



KEY TEACHING POINTS

- O1 to drive full speed to quick tight turn
- Δ1 to read pressure or stall and contain

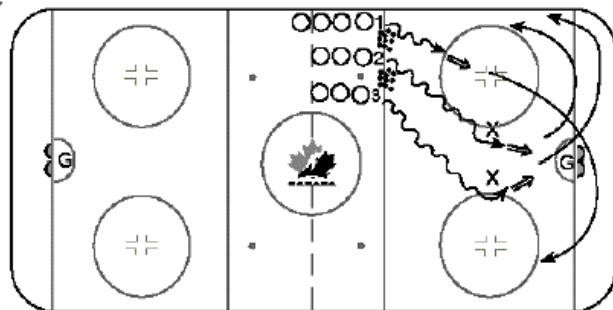
KEY EXECUTION POINTS

- O1 Must remain low in zone
- Δ1 to protect middle
- May add give-and-go option using © as Δ2

min

3 STATIONS - STATION 2

- Three-shot goalie drill
- O1 Strides forward for a slapshot, follows up to the post
 - O2 Skates takes a snap/wrist shot, follows up to post
 - O3 Skates across ice and comes to front of net for a shot



KEY TEACHING POINTS

- Goaltender to respond as if these are rebound shots
- Players play no rebounds

KEY EXECUTION POINTS

- Goalie starts all three players with one nod of the head
- Shooters focus on movement to net after shots

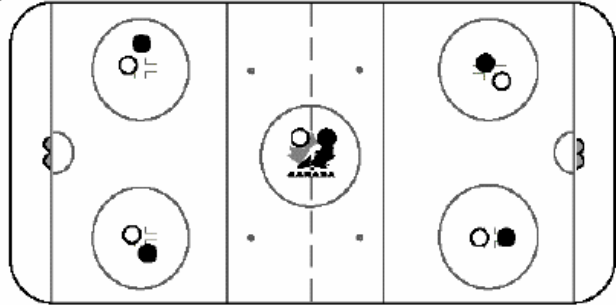
BANTAM LEVEL PRACTICE PLAN

- Session Objective(s)
1. Improve forward crossovers and puck protection
 2. Improve body contact confidence
 3. Introduce net drive
 4. Introduce cycling/quiet zone activity

5
min

GAME: SUMO AGILITY

- Without sticks, players battle 1 on 1 in a circle with arms crossed
- A winner is declared when an opponent leaves circle, falls, or touches the ice with a hand or a knee.



KEY TEACHING POINTS

- Stance
- Contact preparation

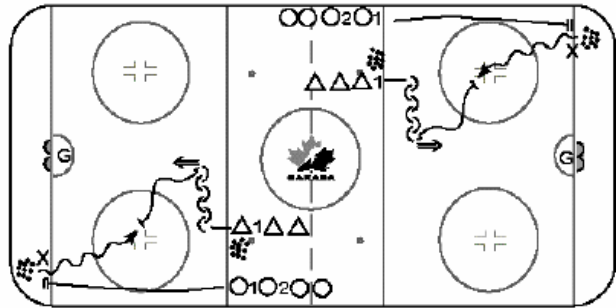
KEY EXECUTION POINTS

- © to monitor safety
- Potential tournament format

10
min

1 ON 1 FROM CORNER WITH HELP

- Δ1 Drags puck to center, shoots on goal
- O1 Skates to the corner and retrieves a loose puck
- O1 Plays 1 on 1 against Δ1
- If O1 cannot penetrate to net, O1 returns puck to corner and calls for "help"
- O2 joins for 2 on 1 play



KEY TEACHING POINTS

- Puck protection
- Penetrate to the net
- Defenders read pressure or stall & contain

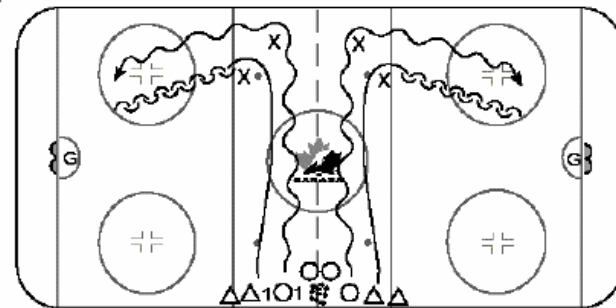
KEY EXECUTION POINTS

- O1 to keep feet moving
- Communication
- O1 Aggressive at attempting to penetrate

7
min

NET DRIVE 1 ON 1

- O1 Carries the puck around both pylons and drives to the net
- Δ1 leaves at the same time and must go between the pylons moving backwards
- O1 must drive to the outside



KEY TEACHING POINTS

- Quick feet
- Crossovers
- Puck protection

KEY EXECUTION POINTS

- Next group leaves as previous group enters the slot
- © reinforces the outside net drive at full speed

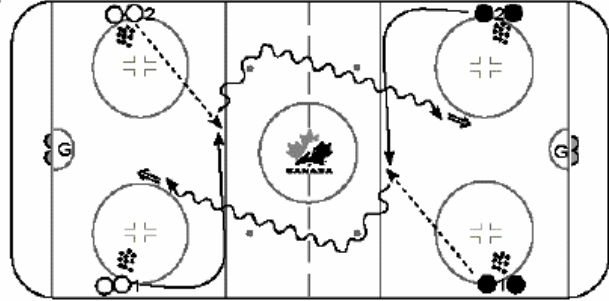
BANTAM LEVEL PRACTICE PLAN

- Session Objective(s)
1. Reinforce the two types of forecheck systems
 2. Introduce forechecking in the neutral zone
 3. Introduce main concepts of penalty killing
 4. Review transition skating while adjusting to puck possession

7
min

FLAT SKATING

- O1 & ●1 flat skate along blue line
- O1 & ●2 receive pass from O2 & ●2
- O1 & ●1 drive wide, shoot on net



KEY TEACHING POINTS

- Low wrist shots
- Accelerate into pass
- Communication to initiate drill & passes

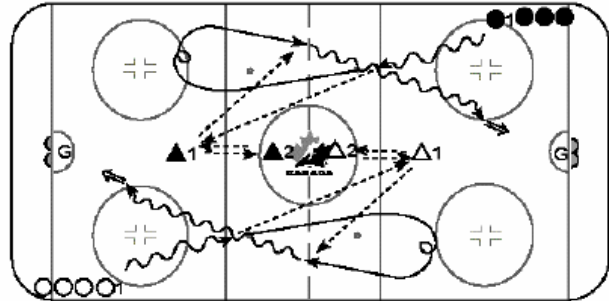
KEY EXECUTION POINTS

- Skaters stay on same side
- Warm up goaltenders

7
min

PLUNGER 1 - TOUCH & UP

- O1 skates through dots, passes to Δ1
- Δ1 passes to Δ2 to Δ1, back to O1
- O1 & ●1 start together



KEY TEACHING POINTS

- Accelerate into pass
- Δ's keep feet moving / one-touch passing
- O's open pivot / close quick support
- Keep eye on passer

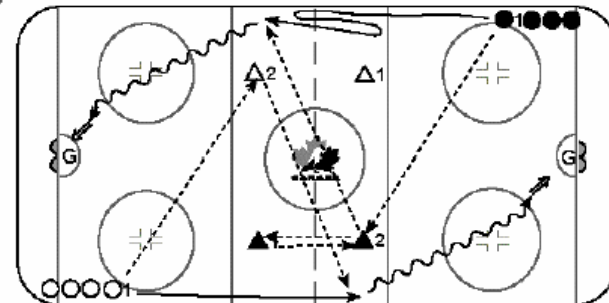
KEY EXECUTION POINTS

- Communication to initiate drill
- Use both sides
- Change defencemen

7
min

TRANSITION DRILL

- O1 passes to Δ1
- Δ1 passes to Δ2 simulating a turnover
- O1 turns to backcheck, Δ2 passes to Δ1
- O1 receives wide pass from Δ1 and drives wide for shot



KEY TEACHING POINTS

- Change of pace skating for O's
- Keep eye on puck
- Δ's pause before passing

KEY EXECUTION POINTS

- Both sides at same time
- Change sides at half-way point
- Option: Δ's give-and-go with O's

BANTAM LEVEL PRACTICE PLAN

- Session Objective(s)**
1. Introduce set plays for winning face-offs in all three zones.
 2. Reinforce skills to stay open for passes.
 3. Refine ability to read and act in defensive situations.
 4. Review goaltending skills; shuffling, angling and challenging shooters.

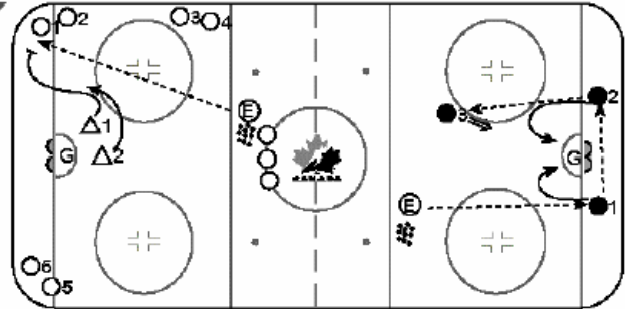
8 min

GOLDEN BEAR 2 ON 2

- Δ1, Δ2 start & return to front of net for each play
- O's pair up in 3 different locations
- © passes to any pair of O's, attack 2-on-2 vs Δ's
- Δ1 & Δ2 play all three 2-on-2's
- G2 plays wrap around & point shots with ●'s

KEY TEACHING POINTS

- Communication between checkers
- Δ's take turns, one pressures while the other supports



KEY EXECUTION POINTS

- Drill controlled by the whistle
- Goalies switch half way

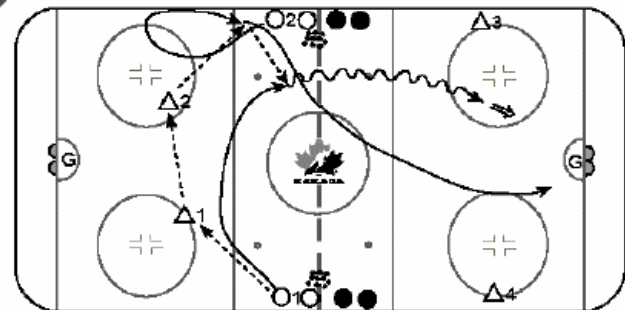
8 min

2 ON 0 NEUTRAL ZONE TRANSITION

- O1 passes to Δ1
- Δ2 staggers & receives pass from Δ1
- O2 supports close on wall, receives pass from Δ2
- O1 mirrors puck and receives pass from O2
- O1 & O2 attack 2-on-0

KEY TEACHING POINTS

- Δ's stagger and support
- Focus on timing - O1 to avoid getting ahead of puck
- Stick to stick passes



KEY EXECUTION POINTS

- Alternate sides
- © to watch the stagger closely

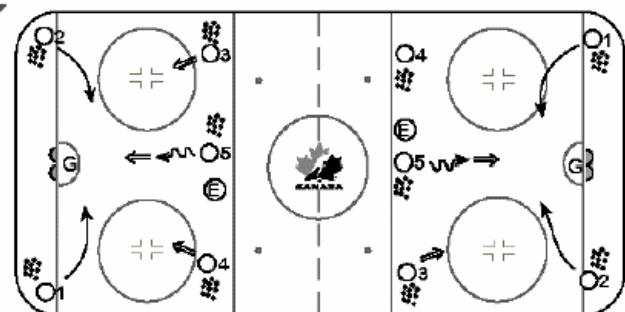
7 min

GOALIE DRILL - 5 SHOTS

- O1 & O2 execute low walk-outs
- O3 & O4 take slap shots
- O5 executes in tight breakaway
- Keep rotating positions

KEY TEACHING POINTS

- Shuffles
- Challenge
- Play angles

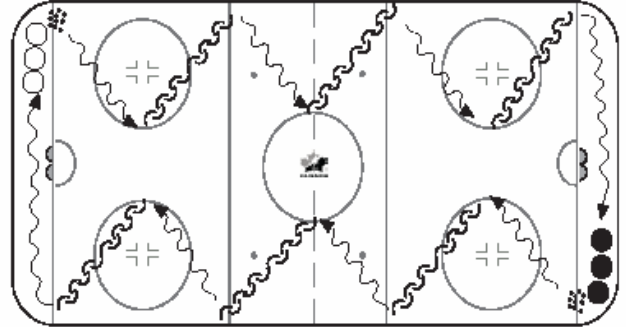


KEY EXECUTION POINTS

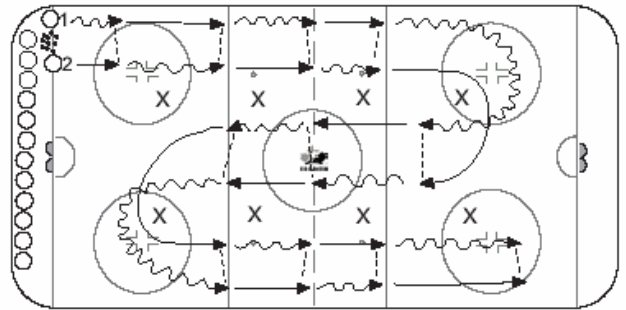
- Allow enough time between shots

MIDGET LEVEL PRACTICE PLAN

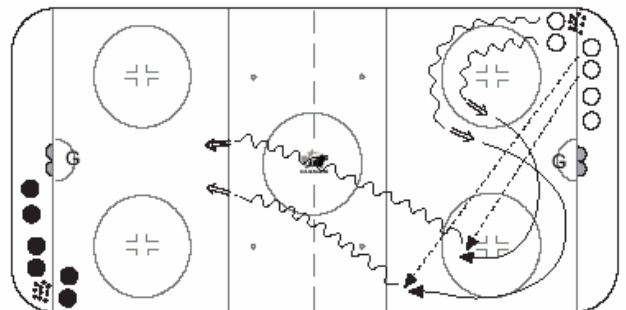
Time	Description
5	Transitional Skate with Puck
	<ol style="list-style-type: none"> 1. Players with pucks at each end start on whistle 2. Forward skate to hashmarks 3. Pivot, backwards skate to blue line 4. Pivot, forward skate to centre circle 5. Pivot, backwards to blue line 6. Forward to hashmarks and backwards to corner



Time	Description
8	Two – Man Touch Pass Sequence
	<ol style="list-style-type: none"> 1. Starting from corner, pairs of players one-touch pass down one wall, up the middle and down the other wall <p>VARIATIONS:</p> <ol style="list-style-type: none"> 2. Both players skate forwards X2 3. Both players skate backwards X2 4. One player forward, one player backwards



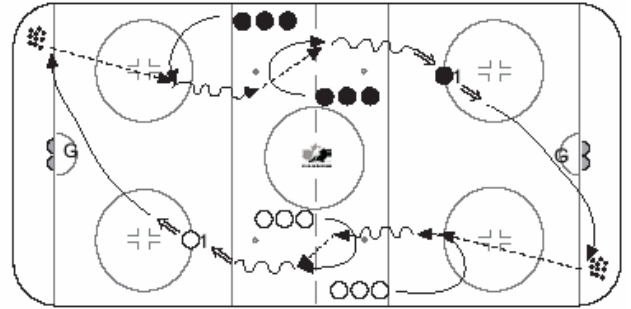
Time	Description
7	Portland Shooting
	<ol style="list-style-type: none"> 1. On the whistle, 2 players from each corner skate around top of circle 2. Take shot on net 3. Players curl around bottom of far circle 4. Receive rink-wide passes from next 2 players in line 5. Players continue down ice for long shot



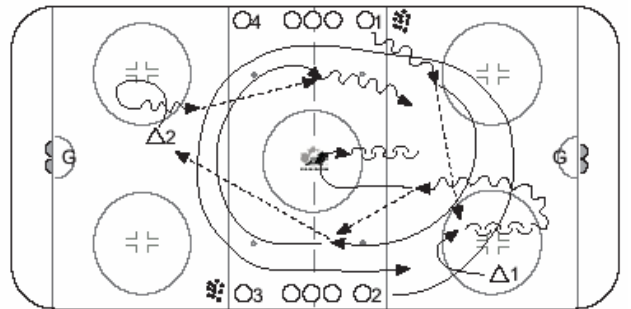


MIDGET LEVEL PRACTICE PLAN

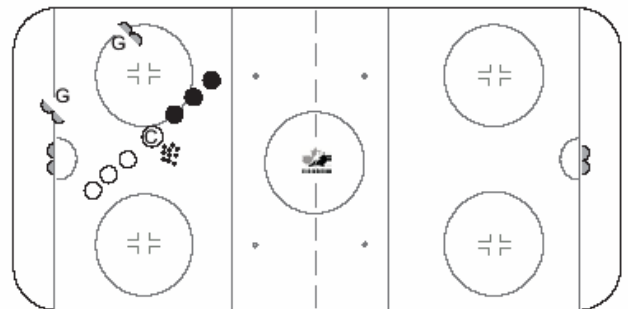
Time	Description
7	Swedish Shooting, Continuous
	<ol style="list-style-type: none"> 1. Position 01 & ●1 at top of the circle, one at each end, divide players evenly into 4 lines 2. 01 & ●1 shoot, pick up pucks; 02 & ●2 from blue lines cut into circles for passes from 01 & ●1 3. 03 & ●3 from centre line cut into zones for passes from 02 & ●2 4. 03 & ●3 shoot from top of circles



Time	Description
10	2 on 1, 2 on 2 Counter Attacks
	<ol style="list-style-type: none"> 1. On whistle, Δ1 to top of circle for pass from 01 2. 01 & 02 skate through circle tops for pass from Δ1 3. 01, 02, & Δ1 skate through NZ, Δ1 back peddles from red line returning to end zone 4. 01 or 02 passes to Δ2, Δ2 executes escape 5. 01 & 02 regroup with Δ2, attack 2-on-1 vs Δ1

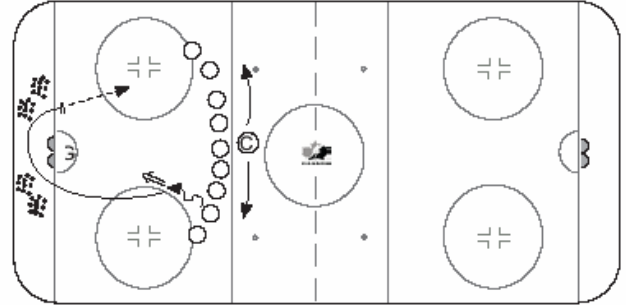


Time	Description
10	Tight Area 2 on 2
	<ol style="list-style-type: none"> 1. Position nets in one corner 2. Play 2-on-2 in tight area 3. Change every 20 – 30 seconds 4. Players must tag up to change

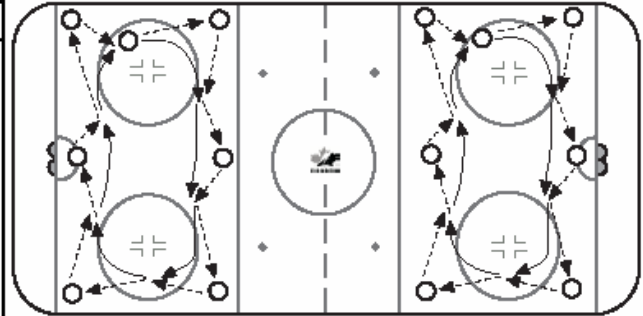


MIDGET LEVEL PRACTICE PLAN

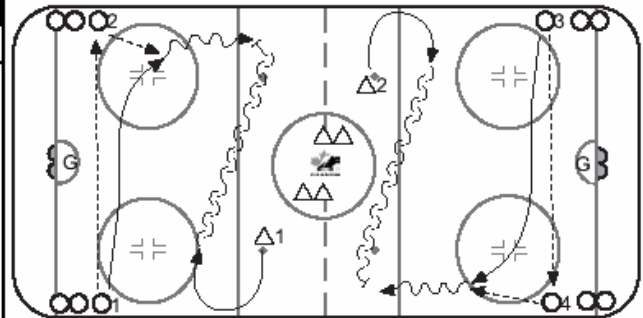
Time	Description
6	Find the Shooter
	<ol style="list-style-type: none"> All players line up with sticks turned over O1 shoots, picks up puck behind net, while © selects next shooter Next shooter must be the only player in line holding stick in an open position O1 identifies and passes to next shooter



Time	Description
6	Warm- up, One-Touch Passing
	<ol style="list-style-type: none"> Players in each zone One player circles zone, one-touch passing to each player including Goaltender Change direction Each player skates both directions 2 or 3 times

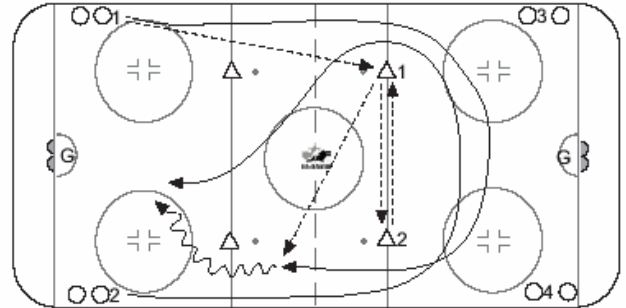


Time	Description
8	Olympic 1 on 1
	<ol style="list-style-type: none"> O1 passes to O2 O1 skates cross ice O2 returns pass to O1 D Pivots backwards, to play 1 on 1 with O1 Both ends at once

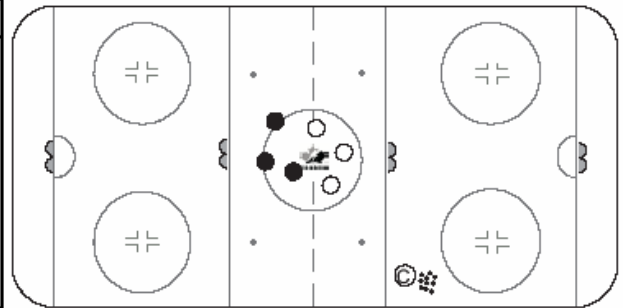


MIDGET LEVEL PRACTICE PLAN

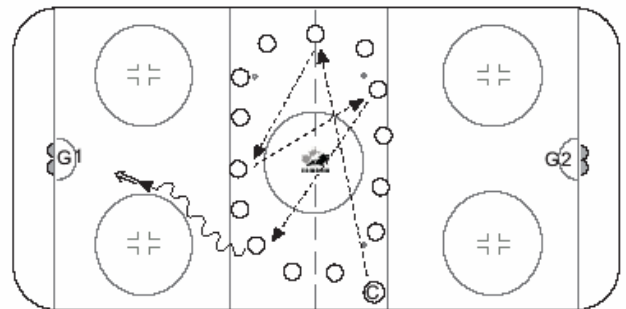
Description	
7	Gordie "O" Net Drive
	<ol style="list-style-type: none"> 01 passes to Δ1 Δ1 one-touch passes back & forth with Δ2 01 & 02 skate around Δ1 & Δ2, crossing in end zone Δ1 passes to 01 for wide drive, 02 supports mid-lane Double drive to net Both ends at once



Time	Description
7	Neutral Zone 3 on 3
	<ol style="list-style-type: none"> Move nets to blue line On whistle, 3 players from each team jump in to get puck Coach spots additional pucks to keep players in middle Change after 30 seconds



Time	Description
6	3 rd Pass Shooter
	<ol style="list-style-type: none"> All players in large circle in NZ © passes to a player, Receiver passes to a 2nd player 2nd Player to a 3rd player 3rd player receives pass and leaves circle for shot Continue until all players have had a shot Use both goaltenders, alternating ends for shots Repeat



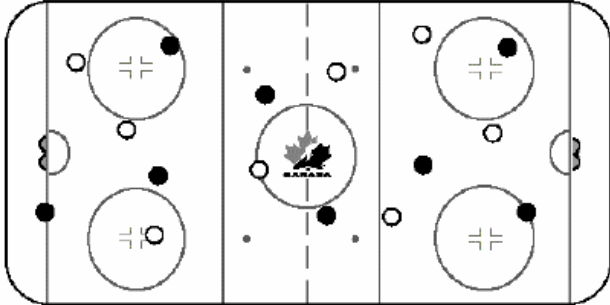
MIDGET LEVEL PRACTICE PLAN

- Session Objective(s)
1. Focus on individual skills and tactics
 2. Puckhandling, acceleration, agility, mobility and transitional skating
 3. Passing & receiving in motion, stick checking, angling and backchecking
 4. Goaltenders - challenging with focus on angles

5 min

TWO-PUCK SCRIMMAGE

- Divide players into 2 teams, 2 pucks in use
- Players continue moving anywhere on ice, but cannot hold the puck more than 3 seconds
- Pucks cannot be shot from one end to the other
- First team to score three goals wins



KEY TEACHING POINTS

- Communication; puckhandling, deking & passing skills
- Awareness; two pucks always moving

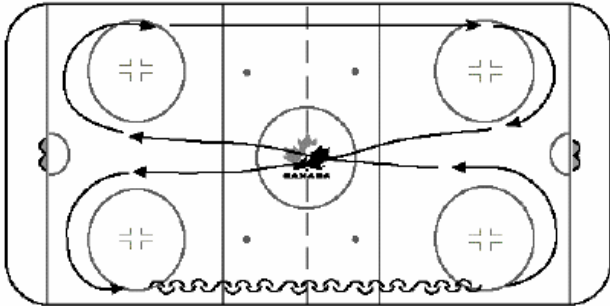
KEY EXECUTION POINTS

- Split Jersey colors
- Do not allow two players to shoot at the goaltender at the same time

8 min

WARM-UP SKATE AND STRETCH

- 4 Minutes: Hard up the center lane, crossovers in end zones and stretch down wall. Stretch backwards between blue lines
- 4 Minutes: Static stretch



KEY TEACHING POINTS

- Quick feet and acceleration down center lane
- Good pivots forward-backward-forward
- Sit tall while moving backwards

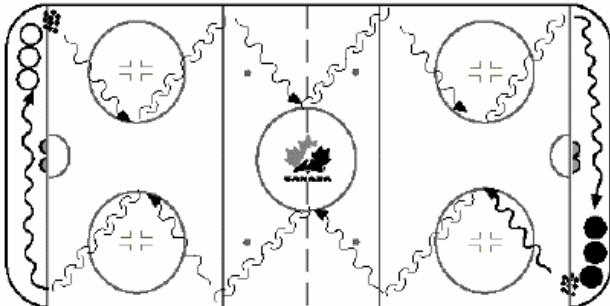
KEY EXECUTION POINTS

- Don't bounce during stretches
- Hold all stretches for 8 count

5 min

TRANSITIONAL SKATE WITH PUCK

- Players with pucks at each end start on whistle
- Forward skate to hashmarks, pivot, backwards skate to blue line, pivot, forward skate to center circle, pivot, backwards to blue line, forward to hashmarks and backwards to corner



KEY TEACHING POINTS

- Full speed
- Heel-to-heel pivots
- Eyes up - use peripheral vision

KEY EXECUTION POINTS

- 2nd player starts as first player reaches hashmarks



MIDGET LEVEL PRACTICE PLAN

- Session Objective(s)
1. Focus on individual skills and tactics
 2. Puckhandling, acceleration, agility, mobility and transitional skating
 3. Passing & receiving in motion, stick checking, angling and backchecking
 4. Goaltenders - challenging with focus on angles

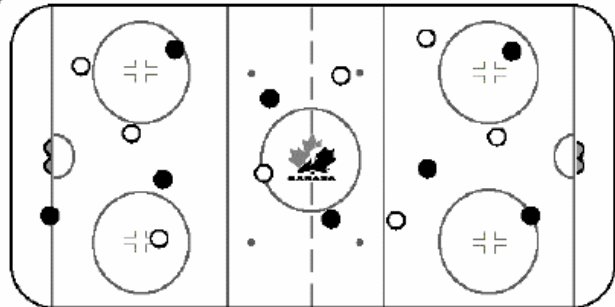
5 min

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- Communication; puckhandling, deking & passing skills
- Awareness; two pucks always moving



KEY EXECUTION POINTS

- Split Jersey colors
- Do not allow two players to shoot at the goaltender at the same time

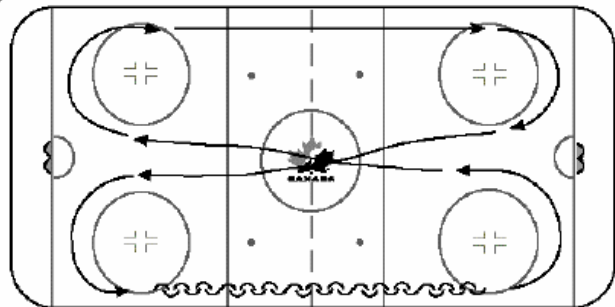
8 min

WARM-UP SKATE AND STRETCH

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- 4 Minutes: Static stretch

KEY TEACHING POINTS

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- Good pivots forward-backward-forward
- Sit tall while moving backwards



KEY EXECUTION POINTS

- Don't bounce during stretches
- Hold all stretches for 8 count

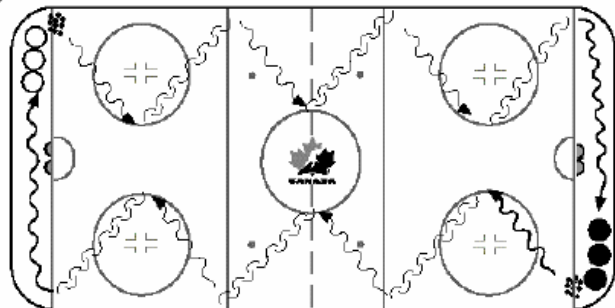
5 min

TRANSITIONAL SKATE WITH PUCK

- Players with pucks at each end start on whistle
- Forward skate to hashmarks, pivot, backwards skate to blue line, pivot, forward skate to center circle, pivot, backwards to blue line, forward to hashmarks and backwards to corner

KEY TEACHING POINTS

- Full speed
- Heel-to-heel pivots
- Eyes up - use peripheral vision



KEY EXECUTION POINTS

- 2nd player starts as first player reaches hashmarks



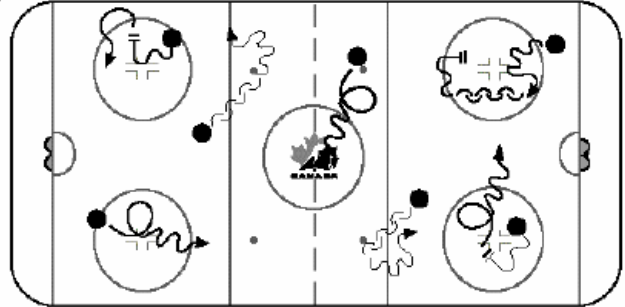
MIDGET LEVEL PRACTICE PLAN

- Session Objective(s)
1. Puck control, accelerating through turns
 2. Refine offensive team tactics, attack with speed, drive the net, I-up, cross drops & delays
 3. Introduction to forechecking, review angling, pressuring and containing

8
min

7-SECOND AGILITY SKATE AND STRETCH

- Players with pucks spread out over ice
- On whistle, break hard; forwards, backwards, stop, start, tight turn, pivot while controlling puck
- Slow down on next whistle
- Stretch while in motion



KEY TEACHING POINTS

- Be creative; get puck in skates, kick to stick, etc.

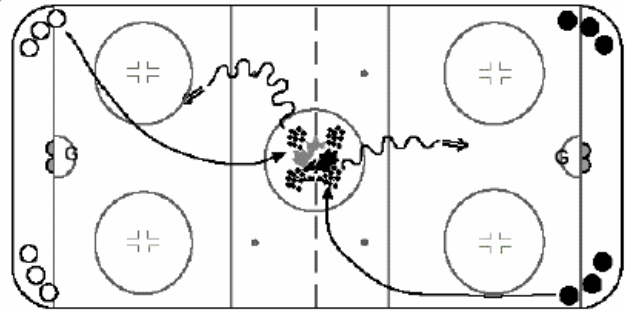
KEY EXECUTION POINTS

- Many short bursts at high intensity

7
min

INSIDE-OUT, OUTSIDE-IN SHOOTING

- Alternate sides on whistle
- A - Inside-Out**
- Full speed from corner to mid-lane, pick up puck, crossovers to outside, drive wide to shot
- B - Outside-In**
- Full speed out of corner along boards, crossovers to pick up puck, attack net from mid-lane



KEY TEACHING POINTS

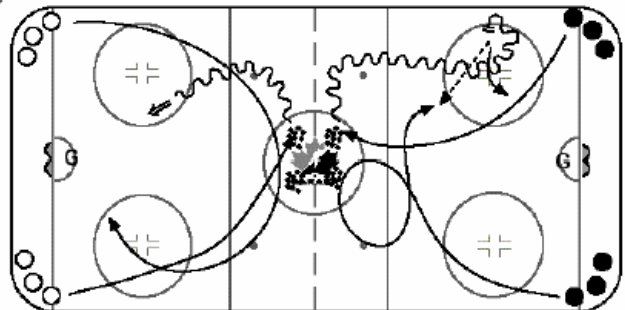
- Full speed
- Longshots for Goaltender warm-up
- Shoot to score

KEY EXECUTION POINTS

7
min

2-ON-0, PART 1

- A - Double Drive** (4 minutes)
- Both Players cross, one picks up puck, the other drives hard to net
- B - Delay/I-Up** (4 minutes)
- Players go inside-out, puck carrier drives wide to hashmarks and delays, other player cuts flat to I-up



KEY TEACHING POINTS

- Communication, keep track of puck
- Net drive, puck protection
- Drive delay

KEY EXECUTION POINTS

- Stay on-side
- Delay/I-up: Puck carrier must get to hashmarks

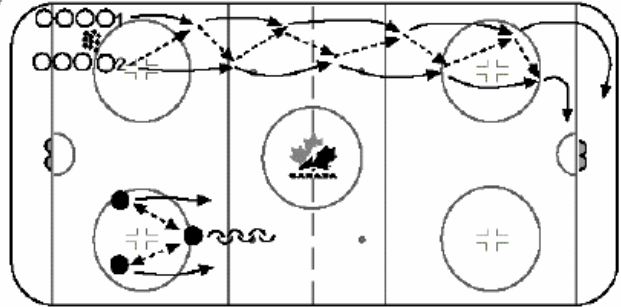
MIDGET LEVEL PRACTICE PLAN

- Session Objective(s)
1. Improve puck handling at high speeds and through tight turns
 2. Refine individual offensive and defensive tactics - 1 on 1
 3. Improve checking skills

6 min

2 & 3-PLAYER PASSING SEQUENCE

- Start with 2 players one-touch passing around rink, side-by-side, forwards and backwards
- Add 3rd player, one player skating backwards



KEY TEACHING POINTS

- Provide a target
- Head up

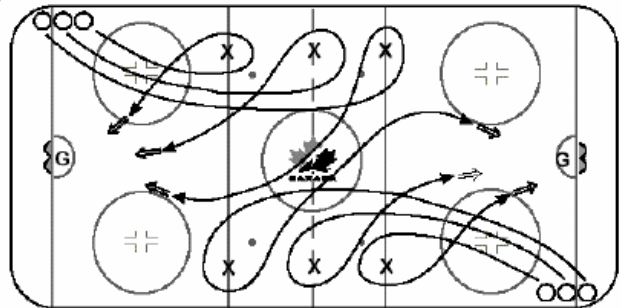
KEY EXECUTION POINTS

- Control pace
- Provide separation between groups
- Go deep into other end

8 min

3-PLAYER 4-CORNER SHOOTING

- Alternate all 4 corners, player to keep switching sides
- Groups of three players tight turn inside out around pylons for shot on net



KEY TEACHING POINTS

- Warm up goaltenders
- Drive out of tight turn with puck

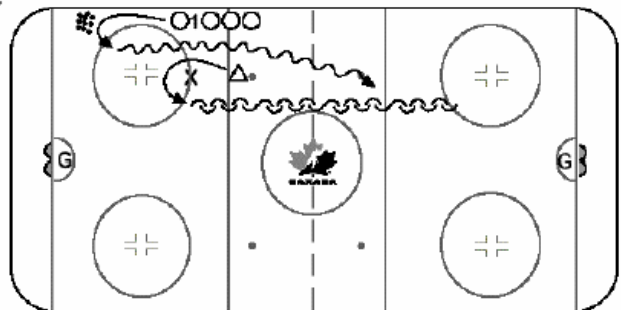
KEY EXECUTION POINTS

- Whistle control or opposite ends communicate

10 min

TRANSITION 1 ON 1

- O1 skates below hashmarks to pick up puck, tight turns inside face-off dot and skates to far end staying between dots and boards until outside blue line
- Δ1 tight turns and pivots around pylon for 1-on-1 vs O1



KEY TEACHING POINTS

- Good pivot turns
- Drive out of pivot
- Close gap early

KEY EXECUTION POINTS

- On whistles
- Allow Δ1 to get set
- Challenge Δ1 to close gap early

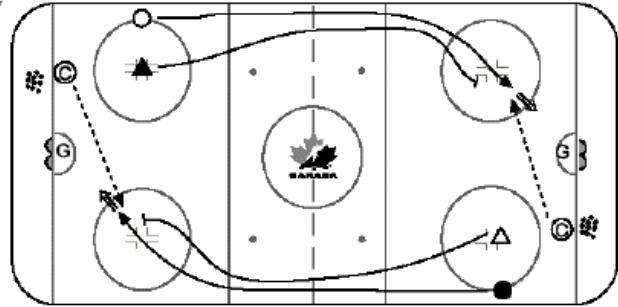
MIDGET LEVEL PRACTICE PLAN

- Session Objective(s)
1. Improve puck handling at high speeds and through tight turns
 2. Refine individual offensive and defensive tactics - 1 on 1
 3. Improve checking skills

10
min

FIND-THE-MAN BACKCHECKING

- O1 drives down wall for pass from ©, Δ1 backchecks
- Δ1 to keep O1 to outside, O1 attempts to score



KEY TEACHING POINTS

- Keep feet moving
- Δ1 to stay between puck and net
- O1 to be aggressive, use change of speed

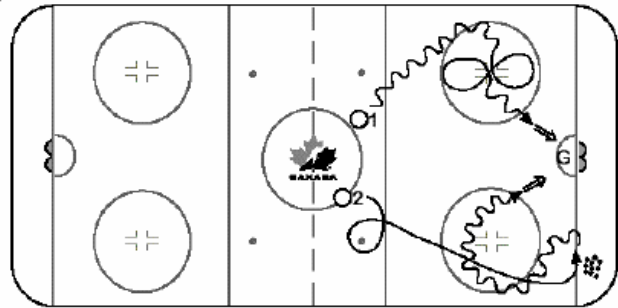
KEY EXECUTION POINTS

- Start on whistle

10
min

PUCK HANDLING & SHOOTING

- O1 & O2 begin at the same time executing different patterns
- O1 carries a puck throughout - executing a figure 8 through the face off circle
- O2 retrieves a loose puck and executes a figure 8 to the top of the face off circle before shooting on goal



KEY TEACHING POINTS

- Competition, excitement & enthusiasm
- Go hard, drive out of turns
- Maintain good puck protection

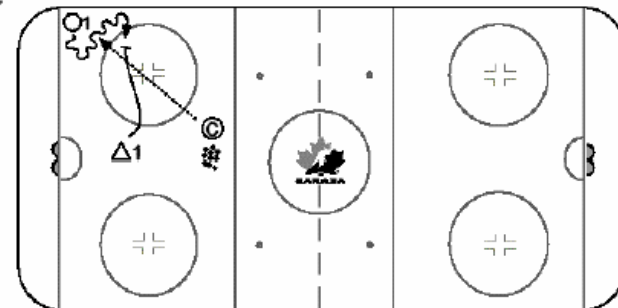
KEY EXECUTION POINTS

- two lines of players
- two players leave at the same time, shots are staggered
- next two leave as O2 arrives at the top of the circle

10
min

1 ON 1 CONTAIN

- © passes to O1
- Δ1 closes gap quickly, contains O1 in quiet zone angling up boards using stick checks & pressure
- No physical contact



KEY TEACHING POINTS

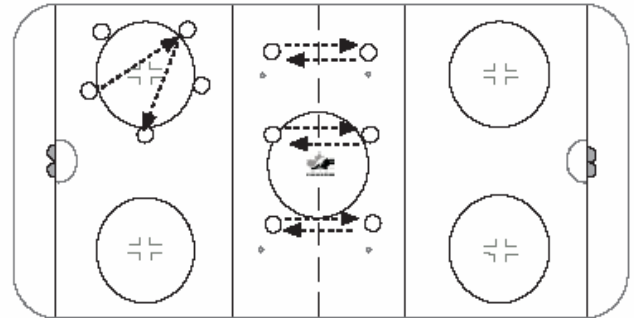
- Δ1 to maintain position between O1 and net
- Use stick to deflect puck

KEY EXECUTION POINTS

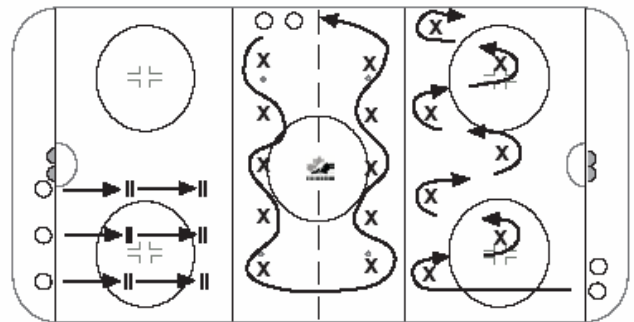
- Players switch to play both O & Δ
- On turnover, Δ1 protects puck in corner

DRILLS FOR IMPROVEMENT

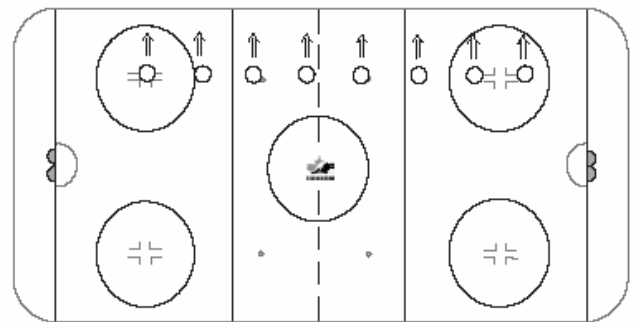
Time	Description	Key Points
8	Passing	
<p>Components (Passing accuracy)</p> <ol style="list-style-type: none"> 1. Players find place on the outside of the circle. Pas puck to each other using forehand and backhand. 2. Players partner up, line up across from each other and pass back and forth using forehand and backhand 		



Time	Description	Key Points
8	Agility Skate	
<p>Components (Quick start / weaving / tight turns)</p> <ol style="list-style-type: none"> 1. Players take three quick strides using the front v start then stop. 2. Players weave through pylons working on edge control. Repeat using pucks 3. Players perform tight turn at each pylon. Repeat using pucks 		

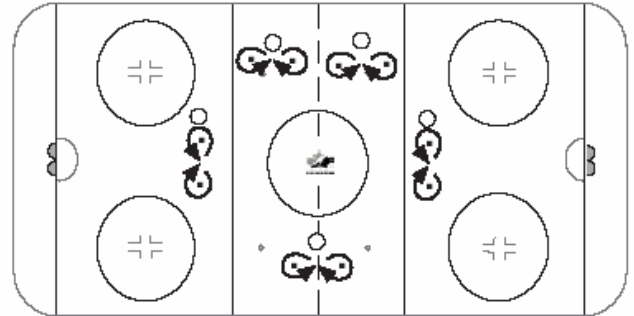


Time	Description	Key Points
8	Shooting	
<p>Components (Wrist shot / Backhand shot)</p> <ol style="list-style-type: none"> 1. Players shoot puck at spot on boards using forehand and backhand 		

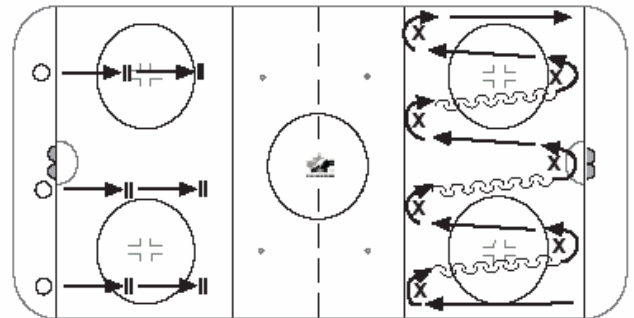


DRILLS FOR IMPROVEMENT

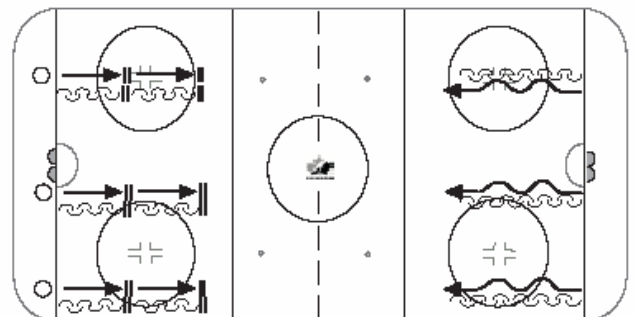
Time	Description	Key Points
8	Figure 8 Puck Control	
<p>Components (Arm / stick motion)</p> <ol style="list-style-type: none"> 1. Players perform figure 8 motion without puck, just following the pattern using arm and stick motion.(horizontal and vertical) 2. Add puck, and also do figure 8 motion in vertical fashion 		



Time	Description	Key Points
8	Transitional Skate	
<p>Components (Quick start / pivots)</p> <ol style="list-style-type: none"> 1. Players take three quick strides using the front v start then stop. 2. Player skates forward to first pylon, does a reverse pivot, skates backwards to next pylon, then does open pivot, skates forward to next. Repeat with puck 		



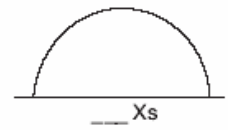
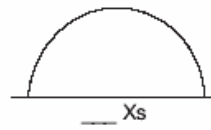
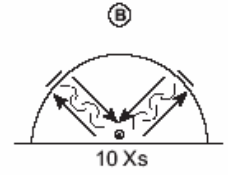
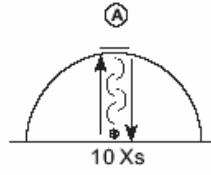
Time	Description	Key Points
8	Forward / Backward Skating	
<p>Components (Quick start / striding)</p> <ol style="list-style-type: none"> 1. Players take three quick strides using the front v start then stop. Repeat 2-3 times then return going backwards 2. Players perform same as above except using a puck as well. 		



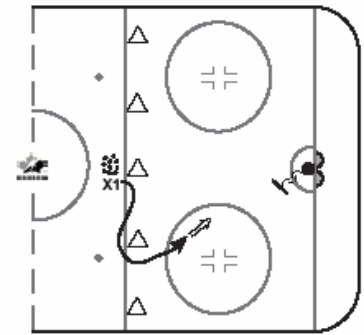


GOALTENDER PRACTICE PLAN – BEGINNER LEVEL

Time	Description	Key Points
10	Movement Warm Up	
	<ol style="list-style-type: none"> 1. Scull out to top of crease 2. Scull back to start line 3. Scull out to glove side crease edge 4. Scull back 5. Scull out to blocker side crease edge 6. Scull back 	



Time	Description	Key Points
5	Primary Drill	
	<ol style="list-style-type: none"> 1. Shoot randomly selects pylon to drive around and takes shot on net 2. Goalie comes out to challenge 3. Repeat using different pylon each time 	



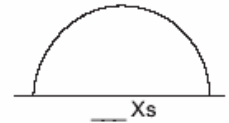
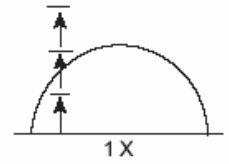
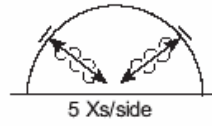
Time	Description	Key Points
10	Secondary Drill	
	<ol style="list-style-type: none"> 1. X1 drives around pylon for shot on net 2. Goalie starts in middle of crease 3. Goalie shuffles to proper position 4. Repeat from opposite sides 	





GOALTENDER PRACTICE PLAN – INTERMEDIATE LEVEL

Time	Description	Key Points
10	Movement Warm Up	
	<ol style="list-style-type: none"> 1. Step out to Glove side 2. Scull back to start position 3. Step out to Blocker side 4. Shuffle forward, stop 5. Shuffle forward, stop 6. Shuffle forward, stop 7. Shuffle forward, pad save upon shot 8. Shuffle forward, pad save upon shot 	



Time	Description	Key Points
5	Primary Drill	
	<ol style="list-style-type: none"> 1. Drive around pylon for shot 2. X2 skates towards pylon, without puck 3. X2 picks up puck, and takes shot 4. Drive around pylon, takes 3rd shot on net. 	



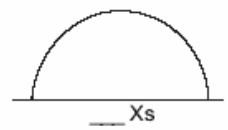
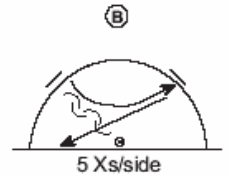
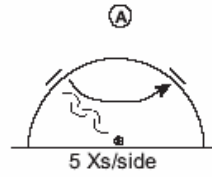
Time	Description	Key Points
10	Secondary Drill	
	<ol style="list-style-type: none"> 1. Shot on net 2. Shot on net 3. Shot on net 	



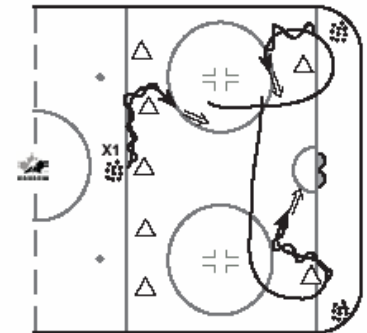


GOALTENDER PRACTICE PLAN – ADVANCED LEVEL

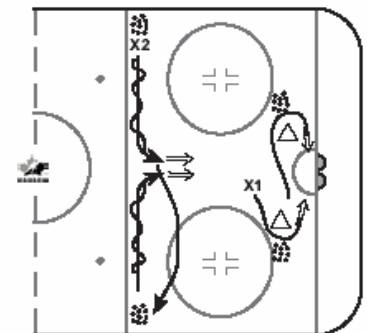
Time	Description	Key Points
10	Movement Warm Up	
	<ol style="list-style-type: none"> 1. Scull out to edge of crease, glove side 2. Stop. Set 3. Step-back, pivot, move to blocker side 4. Do 5 times, alternating sides 5. Lateral slide back across net to original side 6. Do 5 times, alternating sides 	



Time	Description	Key Points
5	Primary Drill	
	<ol style="list-style-type: none"> 1. Drive around pylon, take shot 2. Drive to corner, pick up puck, take second shot. 3. Repeat using different pylons and corner each time 	



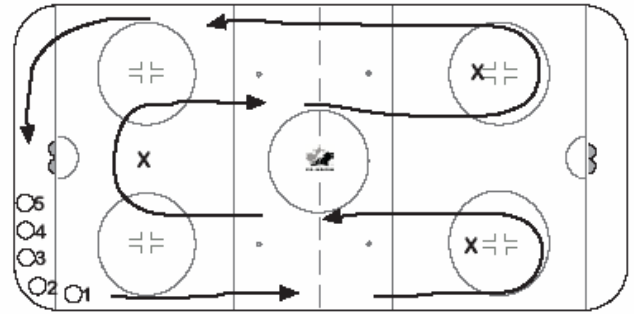
Time	Description	Key Points
10	Secondary Drill	
	<ol style="list-style-type: none"> 1. Drive around pylon 2. Shot on net 3. Drive around second pylon 4. Shot on net 5. Drag puck to middle of ice for shot 6. Drag puck to middle of ice for shot 	



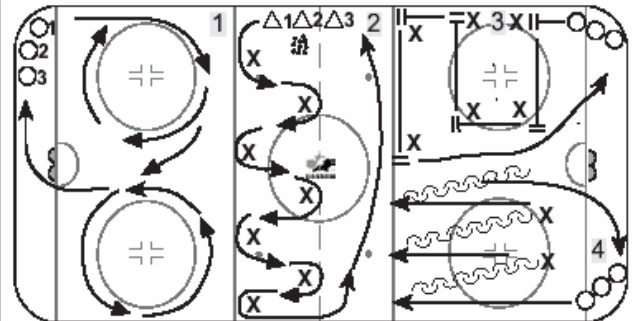


HOCKEY CANADA SKILLS CAMP DRILLS

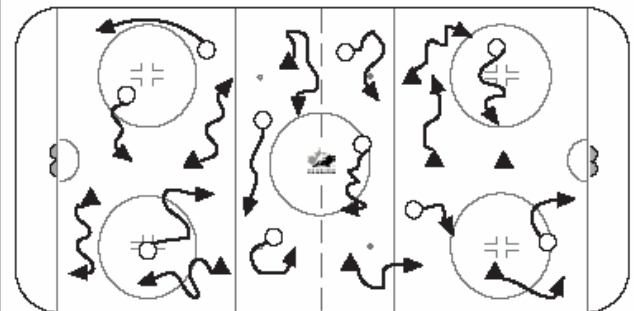
Time	Description	Key Points
5	Back Alley Warm Up	
	<ul style="list-style-type: none"> working on agility & coordination skate course following instructions from © <ol style="list-style-type: none"> forward to backward, backward to forward at each Red Line 2 foot jumps at each line Front dives at the each Red Line <p>* next player goes when 01 is at the Blue Line</p>	<ul style="list-style-type: none"> 1/2 speed balance



Time	Description	Key Points
20	Skating Evaluation	
	<p><u>Stations</u></p> <ol style="list-style-type: none"> Forward and backward crossovers and pivots facing the net (can do with pucks 3rd – 4th time through) Tight turns and 360' turns (can do with pucks 3rd – 4th time through) Forward and backward stops and starts Forward and Backward striding <p><u>Goalies - 1 © for Goalie Zone</u></p> <ol style="list-style-type: none"> T-pushes side to side Movement up and back Mirror Drill Pair Passing 	<ul style="list-style-type: none"> 5 min each station with rotation on the whistle coaches remain with stations balance body position



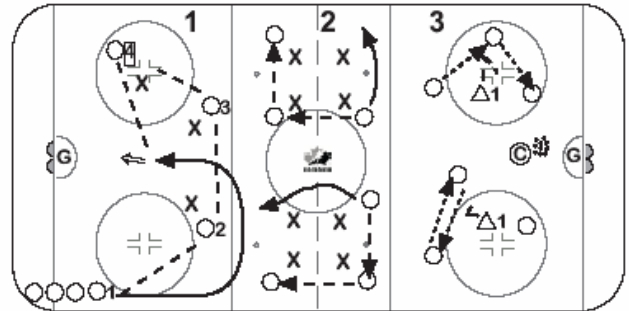
Time	Description	Key Points
5	Chaos	
	<ul style="list-style-type: none"> players stick handle all over the zone on the whistle, © enters the zone and begins checking all the puck carriers, shooting the pucks out of the zone checked players become checkers last player remaining with a puck is the winner <p><u>Goalie Station</u></p> <ul style="list-style-type: none"> stretching activities and stance evaluation 	<ul style="list-style-type: none"> head up protect puck move to open space quick feet quick puck movement



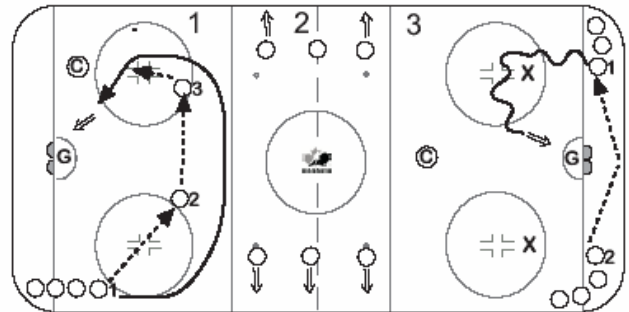


HOCKEY CANADA SKILLS CAMP DRILLS

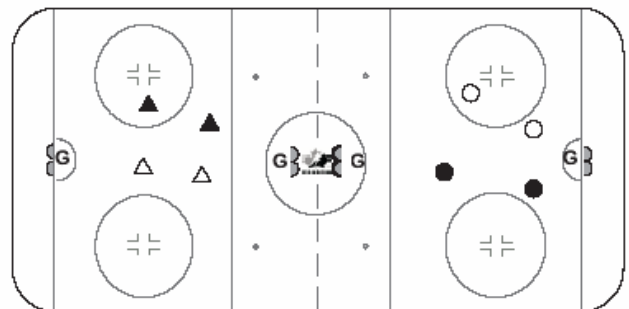
Time	Description	Key Points
20	Passing and Receiving Circuit	
	<p><u>1. Montreal Drill</u></p> <ul style="list-style-type: none"> 04 passes to 01, 01 - 02, 02 - 03, 03 back to 04 in the slot (rotate) <p><u>2. Pass with Accuracy</u></p> <ul style="list-style-type: none"> move laterally giving and receiving passes on the outside of the cones <p><u>3. "Piq in the Middle"</u></p> <ul style="list-style-type: none"> one checker between 3 players, with players continuously passing the puck until the checker intercepts. Checker then trades places and becomes a passer 	<ul style="list-style-type: none"> 5 to 6 minutes per station eyes on the target give target at all times use deception



Time	Description	Key Points
15	Shooting Circuit	
	<p><u>Demonstrate/Teach Shooting Skills</u></p> <p>Circuit: 5 minutes / station</p> <ol style="list-style-type: none"> Wrist shot - pass and follow (alternate sides) Slap shot - stationary O2 bank pass to 01. 01 walks out around the pylon for a backhand shot on goal 	<ul style="list-style-type: none"> eyes on the target follow through to target back to front foot weight transfer quick release



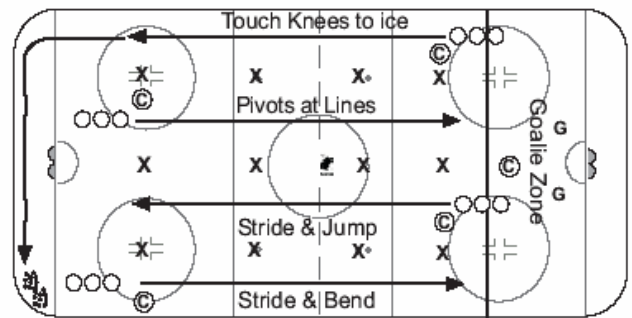
Time	Description	Key Points
10	Double French Scrimmage	
	<ul style="list-style-type: none"> a regular scrimmage with whistles determining the number of players coming on to the ice place all players (2 teams) on each bench to start number of whistles from the © determines number of players called from each bench quick changes on the whistle 	<ul style="list-style-type: none"> continuous play no offsides, no icing, no offside passes 4 nets on the ice (2 back to back at Red Line)



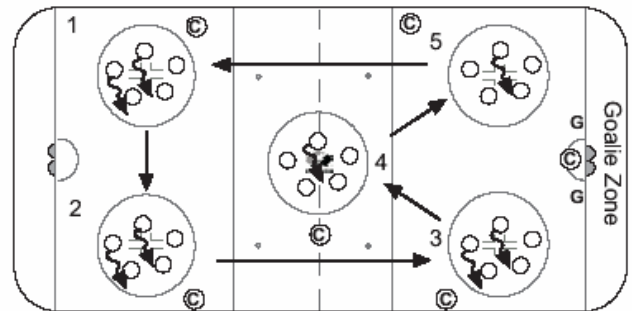


HOCKEY CANADA SKILLS CAMP DRILLS

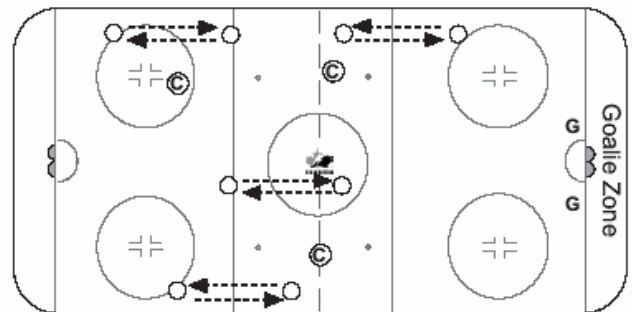
Time	Description	Key Points
10	4 Lane Warm Up	
<u>Skating / puck control warm-up</u>		
Divide players into 4 groups and start at places indicated. Players take off one after another, flow from one line into another.		<ul style="list-style-type: none"> - 1/2 speed - balance - do twice without pucks, and twice with pucks
<ol style="list-style-type: none"> 1. Stride and bend 2. Stride and jump 3. Pivots at each line 4. Drop to knees at each line 		
* Goalie coach can do warm-up work with goalies		



Time	Description	Key Points
10	5 Circle Chaos Drill	
<u>Stickhandling</u>		
Divide players into 5 groups. Players then go to one of 5 circles. Inside each circle is a different stickhandling exercise. Players will stay in each circle for about 2 minutes then on whistle move to next circle		<ul style="list-style-type: none"> • 1-2 min each circle with rotation on the whistle • coaches remain with stations
<ol style="list-style-type: none"> 1. Forehand only 2. Backhand only 3. Partner stickhandle 4. 1 hand stickhandle only 5. Stickhandle between legs, use feet 		
* Goalie coach works with goalies		

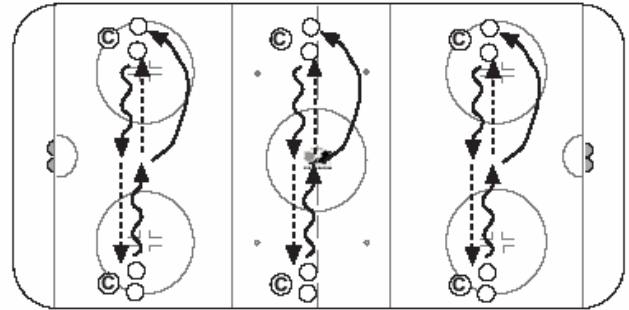


Time	Description	Key Points
12	Pairs Passing	
<u>Partner passing</u>		
Players pair up		<ul style="list-style-type: none"> -2 minutes on each type of passing skill
<ol style="list-style-type: none"> 1. 1 minute – just pass back and forth – no feedback from coaches – 2nd min give feedback 2. Try to pass with no sound – soft hands 3. 20 passes as fast you can – forehand 4. 20 passes as fast you can – backhand 5. Receive pass on forehand, bring across body and pass back on backhand 		<ul style="list-style-type: none"> -head up -quick puck movement -soft hands
* Goalie coach works with goalies		

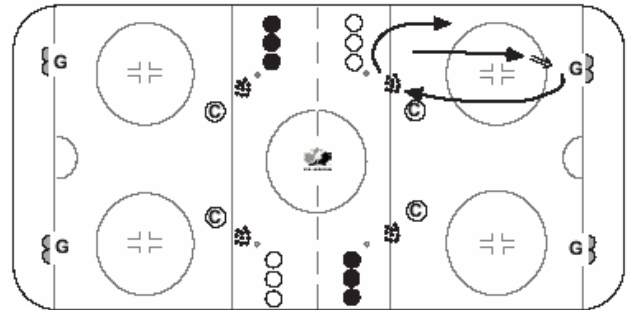


HOCKEY CANADA SKILLS CAMP DRILLS

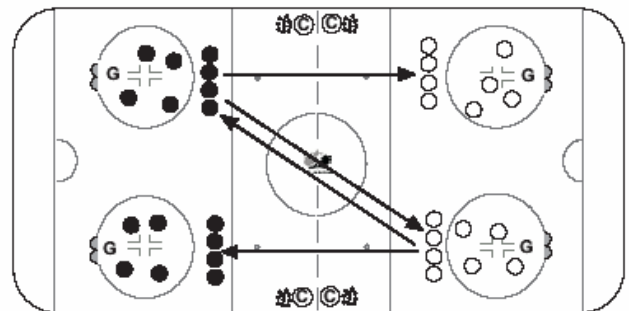
8	Creative Skate / Pass Drill
<u>Creative skate / pass drill</u>	
<p>Players move into 6 or 8 lines down each side of the ice – 2–3 players in each line.</p>	
<ol style="list-style-type: none"> 1. First player in line skates forward, then passes to first player in opposite line once puck carrier gets to center ice 2. Coaches will tell players to do something different each time they come across ice at center ie 360's, spinerama, drop to knees, drop puck in skates etc... 3. Players be creative in what they do, each time do something different 	<ul style="list-style-type: none"> - go at full speed - eyes on the target - give target at all times - use deception



Time	Description	Key Points
15	1,2,3,4 on 0 Drill	
<u>Relay - Passing / Scoring Skills</u>		
<ol style="list-style-type: none"> 1. Divide players into white and Black as indicated 2. On whistle first player in each goes in for shot on net, keep shooting until goal is scored. 3. After goal, player comes outside blue line, picks up another puck and goes in with 2nd player in line for a 2 on 0. 4. Continue 3 on 0, 4 on 0 until all players in line have gone. 5. Relay is won by first team who slides over blue line after last goal is scored. 	<ul style="list-style-type: none"> -shoot to score indicated - each player must touch puck before shot on net follow - goalie can shoot puck away if they stop it 	



Time	Description	Key Points
10	Finnish Scrimmage	
Players are divided into teams as shown.		
<ol style="list-style-type: none"> 1. Players who start in circle are defense, and must stay there, can't move feet - only stick 2. Player who start at top of circle, are offense and must try to score on opposite net. 3. Once goal is scored offensive players must skate back outside blue line and receive pass from coach on side boards and go in for more goals. 4. On whistle (every 1 minute) Offense, and defense exchange roles. D who transition to offense, start by getting pass from coach on side boards. Goalies keep track of goals. 5. Progression can be that Offense can go to either net at opposite end to score, 	<ul style="list-style-type: none"> -continuous play -no offsides, no icing, no offside passes -4 nets on the ice as shown 	



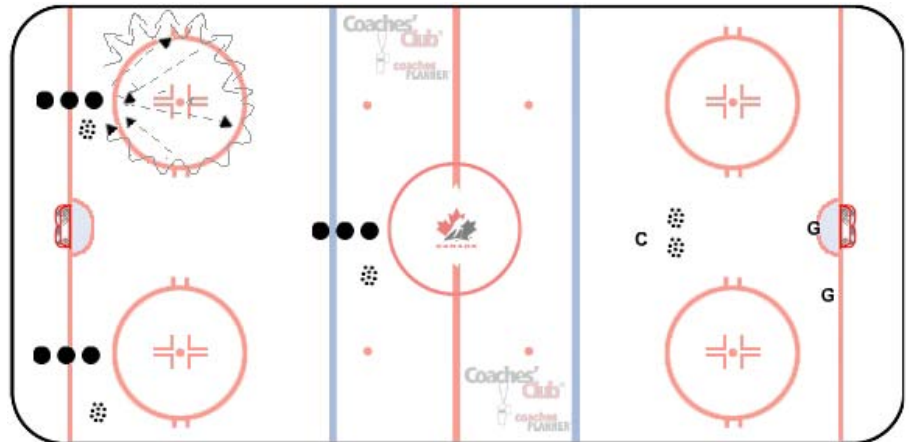
SMALL AREA GAMES PROGRESSION

DRILL 1

1 TOUCH WARM-UP

DRILL DESCRIPTION

- Players line up as shown
- 1st player starts without a puck - must always face the player at the front of the line.
- Skate around the circle giving one-touch passes.
- Stop when completely around circle and repeat in the opposite direction until back at the original position.
- Goaltender Mobility Drills run in opposite end during this drill.



KEY TEACHING POINTS:

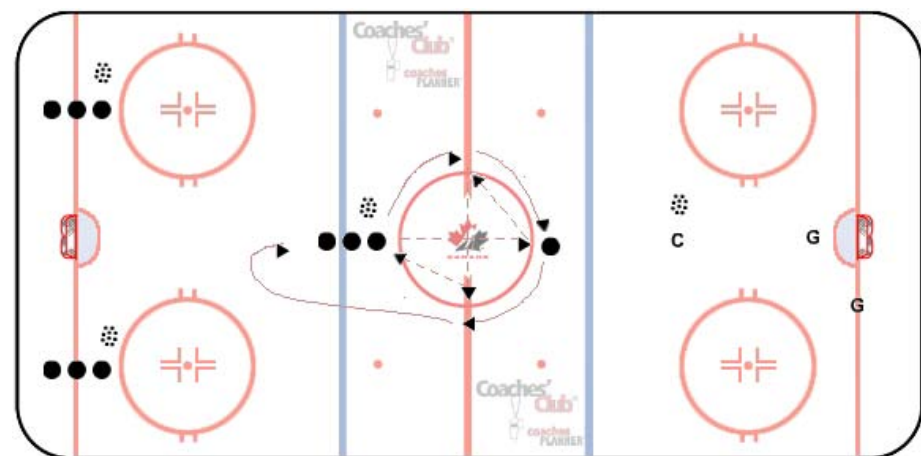
Rapid puck movement Soft hands - eye contact before making return pass / Face the puck - be an option.

DRILL 2

CIRCLE SUPPORT PASS

DRILL DESCRIPTION

- Confined space drill involves a quick series of give & goes.
- It is a continuous drill.
- Line 4-6 skaters off the end of one of the face off circles and start one skater on the circle opposite the line of players.



KEY TEACHING POINTS:

Communication - Eye contact - Verbal - Present the stick as a target.

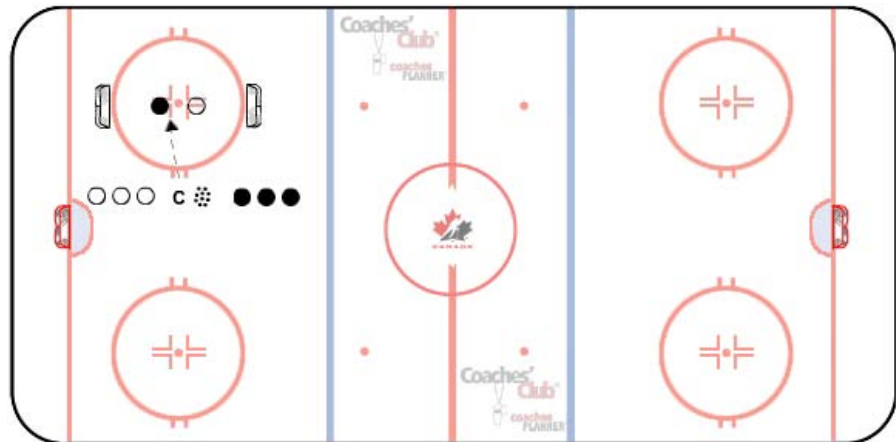
SMALL AREA GAMES PROGRESSION

DRILL 3

1V1 / 2V2 CIRCLE GAME

DRILL DESCRIPTION

- Confined space, game of 1v1 or 2v2, played within the face-off circle.
- When a goal is scored, coach shoots new puck into the circle and players continue to play.
- On whistle, players skate out of circle and new players skate into circle and a new puck is served into zone by coach.



KEY TEACHING POINTS:

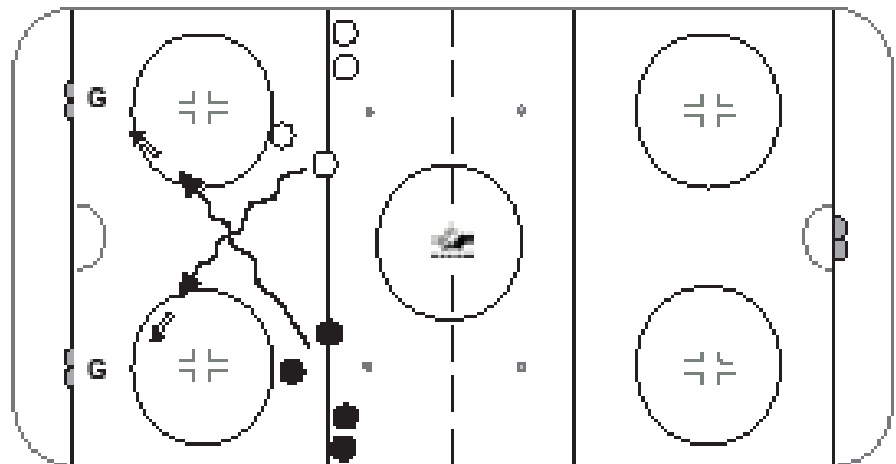
Feet moving / Read & React / Stops & Starts / Game situation & intensity.

DRILL 4

2 ON 2 - STEAL PUCK

DRILL DESCRIPTION

- 2 Players of each color line up at the face off dot outside the blue line.
- When coach says go, they skate cross ice to try and score on the opposite goal.
- If one team scores first they can go try and steal the puck from the other team and score a second goal.
- Can play out of both ends, new players after each rep



KEY TEACHING POINTS

Feet moving / Read & React / Stops & Starts / Game situation & intensity.

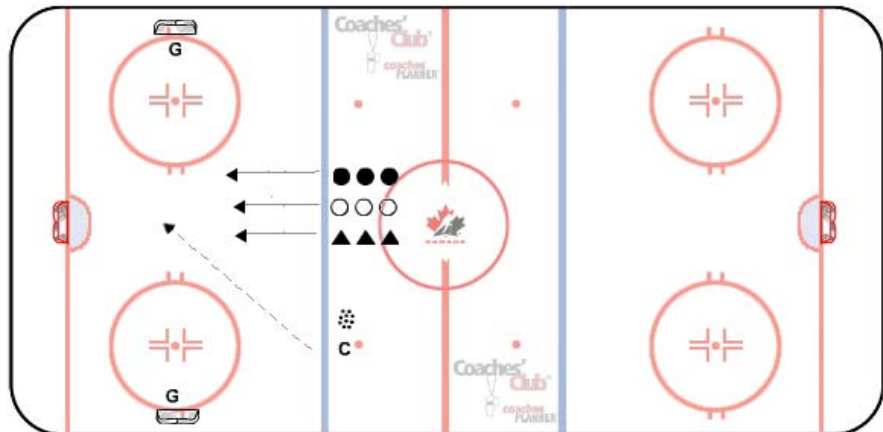
SMALL AREA GAMES PROGRESSION

DRILL 5

CROSS-ICE - 3 PLAYER HOG

DRILL DESCRIPTION

- Players line up outside the blue line on one knee.
- On whistle, coach shoots puck into zone and players attempt to gain possession of the puck and shoot/score on goal.
- When a goal is scored, coach shoots new puck into the zone and players continue to play.
- On whistle, players skate out of zone and 3 new players skate into zone and a new puck is served into zone by coach.



KEY TEACHING POINTS

Feet moving / Read & React / Change of direction / Creativity / Game situation & intensity.



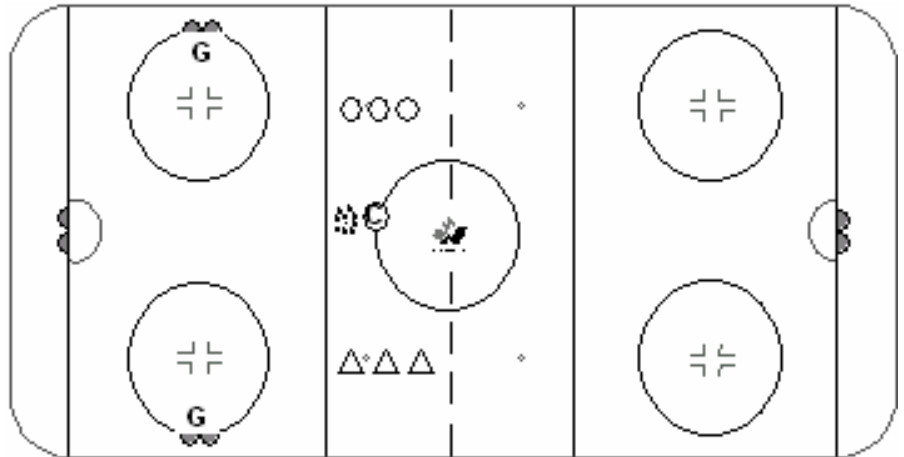
SMALL AREA GAMES PROGRESSION

DRILL 6

CROSS-ICE - 2V2 / 3V3

DRILL DESCRIPTION

- Players are divided into three teams.
- On whistle, coach shoots puck into zone and players play 2V2 or 3V3 cross-ice below the blue line.
- When a goal is scored, coach shoots new puck into the zone and players continue to play.
- On whistle, players skate out of zone and new players skate into zone and a new puck is served into zone by coach.



KEY TEACHING POINTS

Feet moving / Read & React / Stops & Starts / Game situation & intensity.

DRILL OPTIONS:

A. 3V3 - ANY NET

Basic 3 vs. 3 cross ice play with the teams allowed to score on either net. Additional restrictions can be added for example; require a pass to teammate after transition before you can score.

B. 3V3 - OUTLETS

Teams play 3-on-3 cross ice with the option of using the outlet players as passing options. This in effect gives the offensive team a 5-on-3 advantage. The outlet players can move below the goal line and along the blue line. They should look to return the puck to the offensive team as quickly as possible. The outlet players are not allowed to score.

C. BUILD UP GAME

Drill begins from a 2 vs. 2 cross ice format. Each team can activate additional players by passing twice to the first person in their team's line. Once the player in line has received two passes he then activates into the play and the next player in line gets ready as a possible outlet. There are no limits to the number of players a team can build up too during their shift.

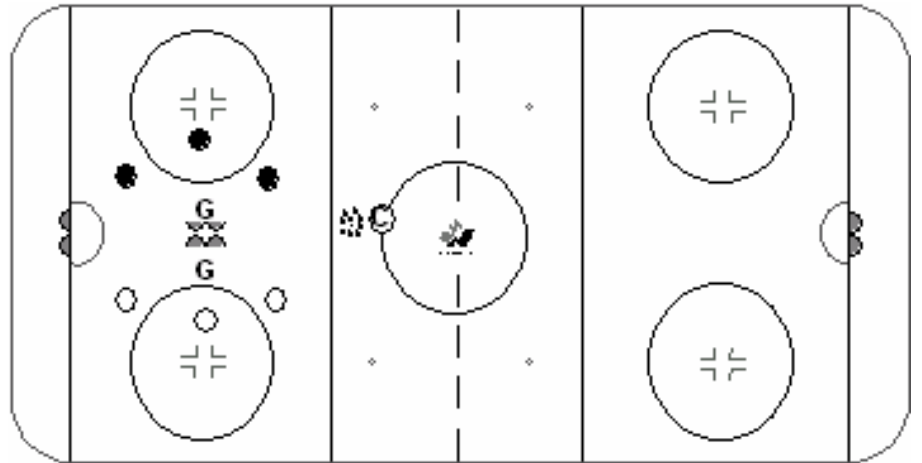
SMALL AREA GAMES PROGRESSION

DRILL 7

BACK TO BACK NETS

DRILL DESCRIPTION

- Nets are placed back to back between the hash marks. 3 X's play 3 O's.
- One O and one X have to stay in contact with the faceoff dot. They are the "slot men".
- Play a 40 second shift - anyone can score.
- A great drill for goalies to follow behind the net play.



KEY TEACHING POINTS

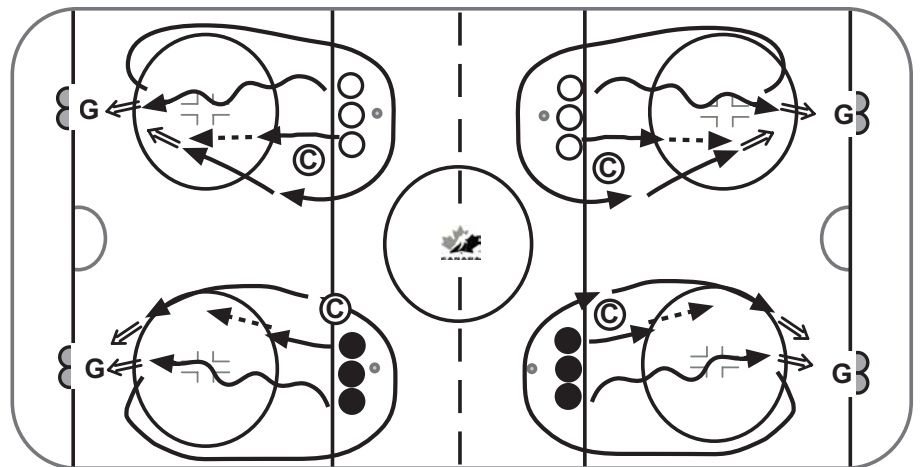
Feet moving / Read & React / Stops & Starts / Game situation & intensity.

DRILL 8

1, 2, 3, 4 ON 0 RELAY

DRILL DESCRIPTION

- Divide players into 2 or 4 groups
- On whistle first player in each line goes in for shot on net; keep shooting until goal is scored.
- After goal, player skates outside blue line, picks up another puck and goes in with 2nd player in line for a 2 on 0.
- Continue 3 on 0, 4 on 0 until all players in line have gone.
- Relay is won by first team who slides over blue line after last goal is scored



KEY TEACHING POINTS

Shoot to score / Each player must touch puck before shot on net follow / Goalie can shoot puck away if they stop it



OMHA UNDER 17 PROGRAM OF EXCELLENCE

DRILL 1

HANDS WARM-UP

4 - minutes

DRILL DESCRIPTION

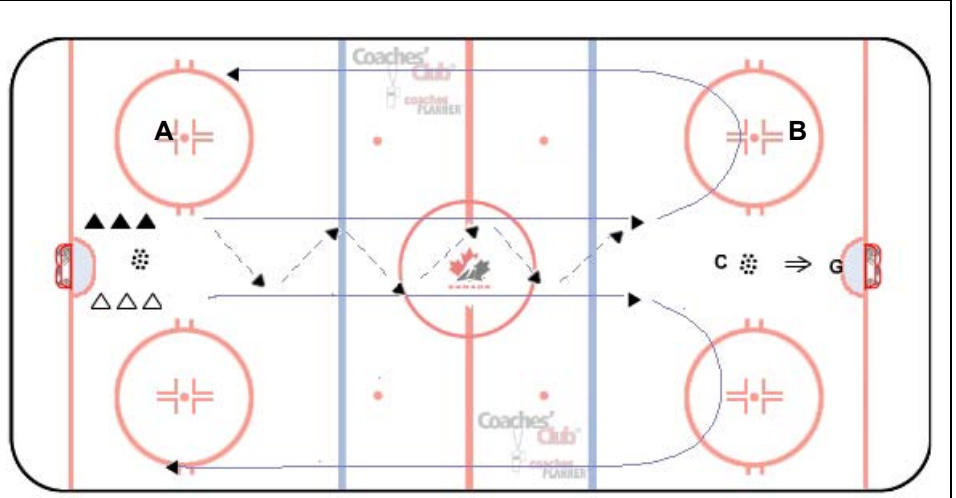
A. Short passes up middle to far blue line and skate back along boards.

Send players forwards and backwards with sprints back along boards.

B. Coach warming up goalies inside blue line

KEY TEACHING POINTS

Quick hands, quick feet, lot of touches.



DRILL 2

NEUTRAL ZONE WHEEL

4 - minutes

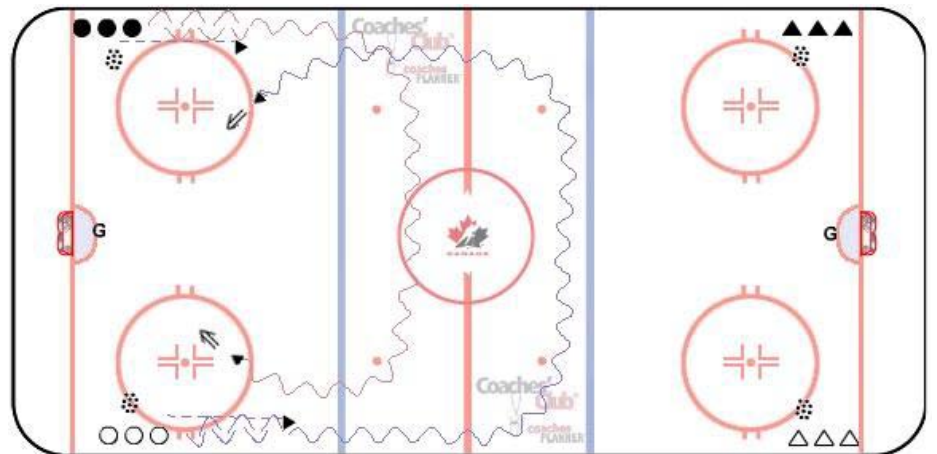
DRILL DESCRIPTION

Pucks & Players in all four corners. All four lines begin on the whistle. The players from opposite corners skate the same route.

● & ▲ carry pucks across near blue line around neutral zone dots and shoot on goalie.

○ & △ carry pucks across to far blue line around neutral zone dots and come back and shoot on goalie.

B. Add progression where each player starts with a puck and pivots to backwards. The players make a pass to their line and get a quick return pass. The players then pivot back to forward and then skate into neutral zone and complete drill as they did previously.



* Only 2 lines shown in picture. All 4 lines would go at same time.

KEY TEACHING POINTS

This is a warm-up drill that gets the players moving, handling the puck and working on high speed skating and puck skills. The goaltenders get staggered long shots and must move side to side in the net. All 4 players go at the same time.

Players should switch lines after each time they perform the drill.



OMHA UNDER 17 PROGRAM OF EXCELLENCE

DRILL 3

2-ON-0 WITH POINT SHOT 7 - minutes

DRILL DESCRIPTION

Pucks in all 4 corners.

Forwards in opposite corners.

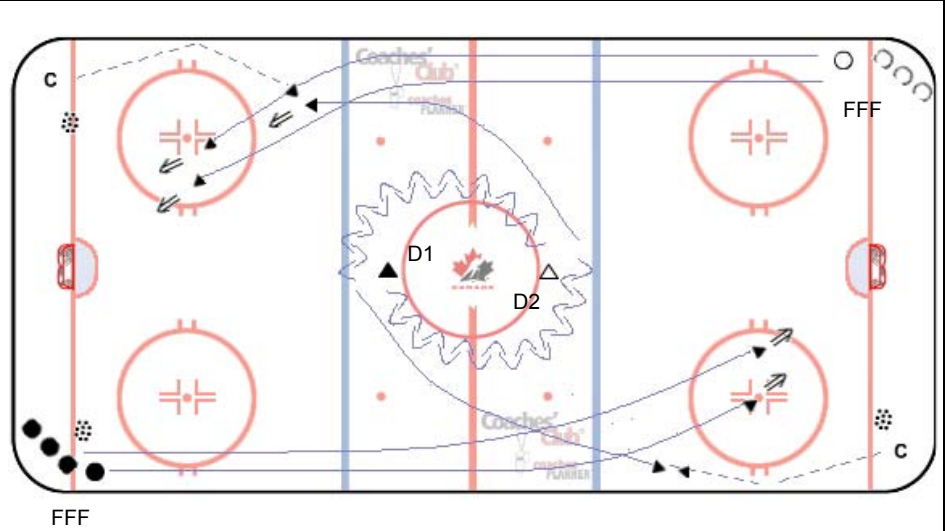
Coach in opposite corners.

On whistle, 2 forwards with pucks skate down the boards, shoot and stay in front of the net.

At the same time, D at centre ice pivots forwards & backwards around circle then skates to blue line to receive puck from Coach and finishes with a shot on net with forwards screening/ deflecting.

KEY TEACHING POINTS

Players from both ends go at the same time on the whistle.



DRILL 4

QUICK UP 2-ON-1 7 - minutes

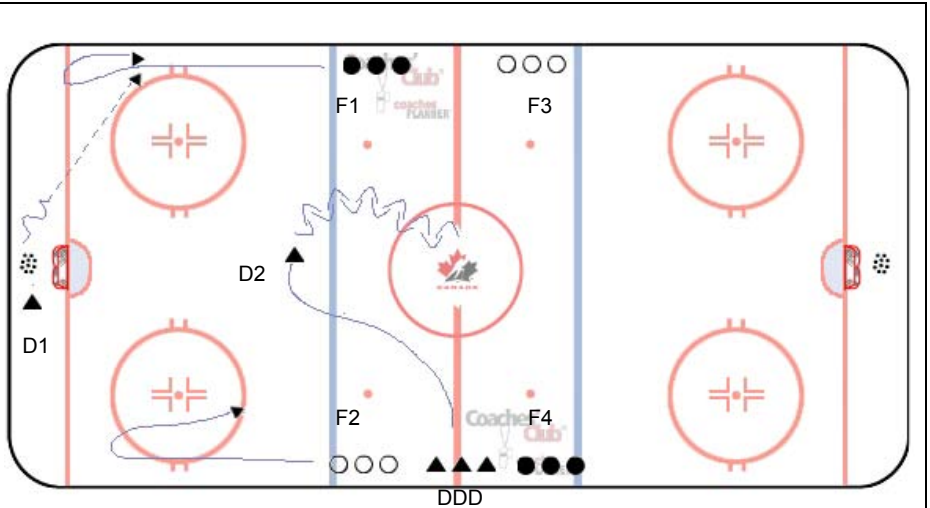
DRILL DESCRIPTION

D1 breakout F1 & F2 2-on-1 versus D2 on whistle.

After play is completed, D2 wheels behind net and initiates breakout to D3 & D4 versus D3.

KEY TEACHING POINTS

Continuous drill.





OMHA UNDER 17 PROGRAM OF EXCELLENCE

DRILL 5

DRIVE 1-0N-1 / 2-0N-1
7 - minutes

DRILL DESCRIPTION

On whistle, F1 attacks D1, 1-on-1.

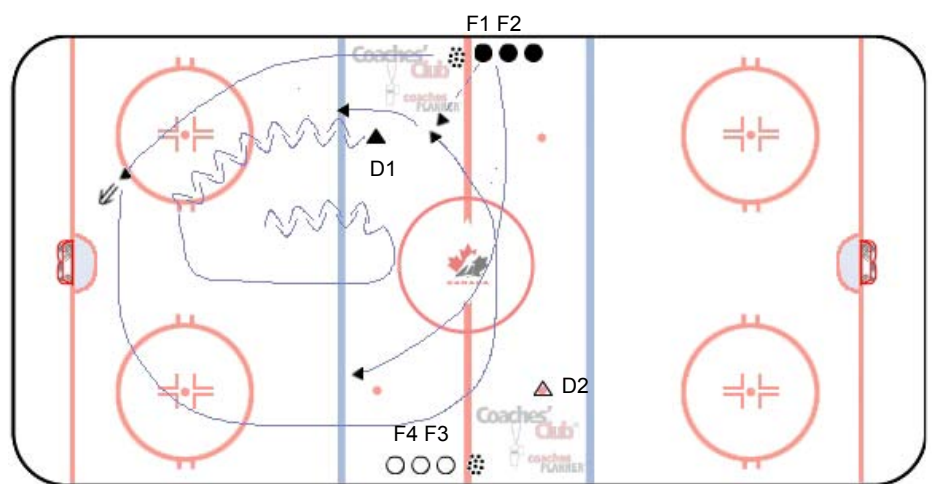
D1 starts on neutral zone dot.

On 2nd whistle, F1 comes back through neutral zone to receive 2nd puck from F2 and re-attack D1, 2-on-1.

KEY TEACHING POINTS

Both sides go at the same time.

Change sides half-way through drill.



DRILL 6

5 SHOOTER 3-0N-2
7 - minutes

DRILL DESCRIPTION

On whistle, F1 attacks net with puck.

2nd whistle – F2 shoots off wall

3rd whistle – F3 shot from slot

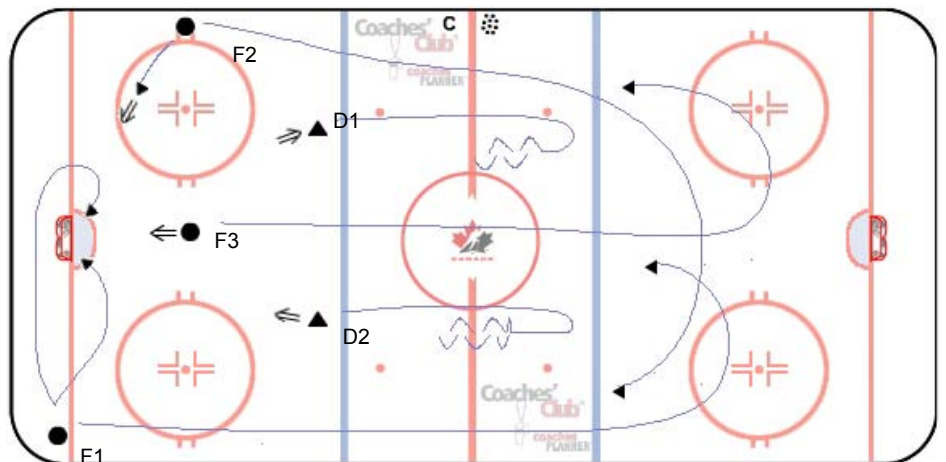
4th whistle – D1 shot from point

5th whistle – D2 shot from point

6th whistle – D1 & D2 skate forward to opposite blue line and pivot backwards. Prepared to take on F1/F2/F3 - 3-on-2.

Coach spots puck inside blue line.

Forwards have to sprint to far blue line on the 6th whistle and attack D1/D2 – 3-on-2.





OMHA UNDER 17 PROGRAM OF EXCELLENCE

DRILL 7

2-ON-0 GAME

7 - minutes

DRILL DESCRIPTION

Both nets at one end at bottom of circles.

Divide into two teams.

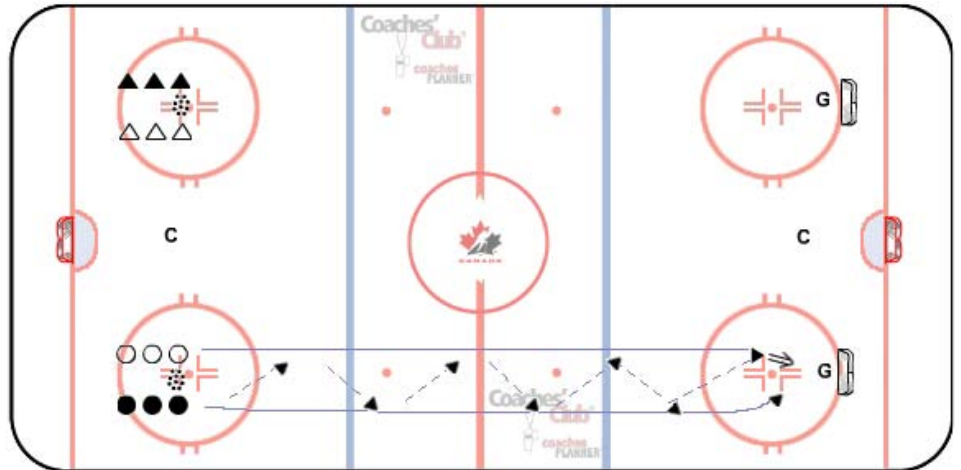
On whistle, team (both sides) attack 2-on-0 on net.

Must score before players can retreat back to line and tag next set of 2 players.

First team to 10 goals wins.

KEY TEACHING POINTS

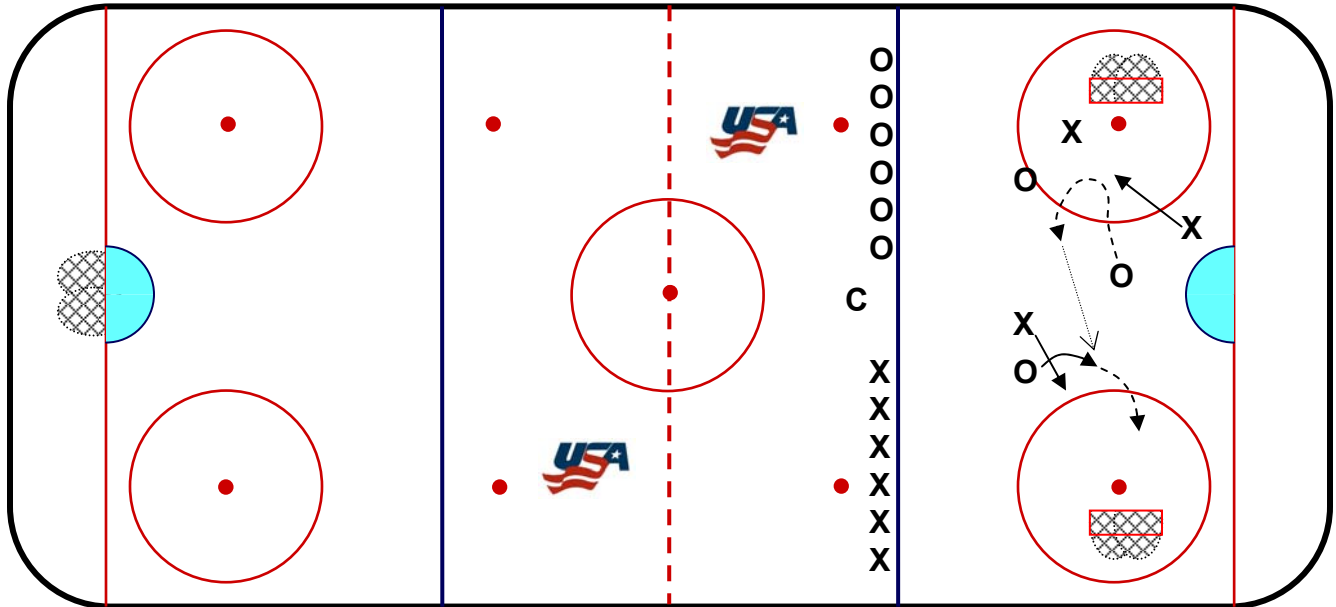
Fun, competitive drill!





CROSS-ICE GAMES

U16 - 3 vs. 3 ANY NET



DRILL MECHANICS:

- Basic 3 vs. 3 cross ice play with the teams allowed to score on either net.
- Additional restrictions can be added for example; require a pass to teammate after transition before you can score.

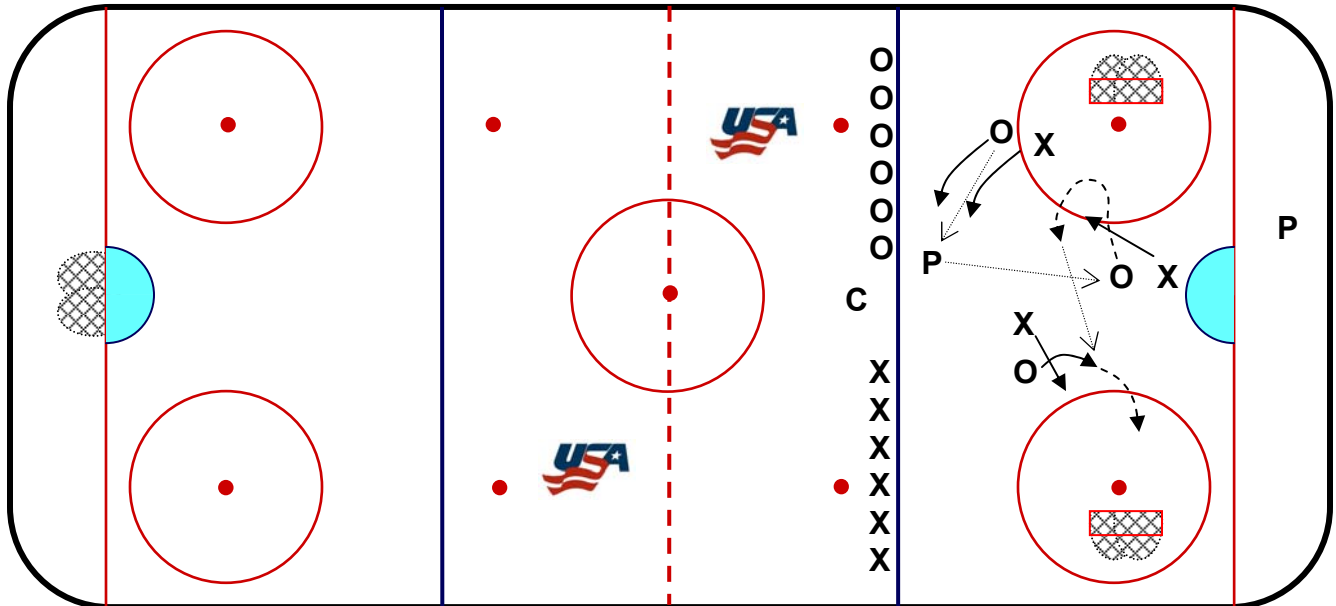
POINTS OF EMPHASIS:

- This offensive game allows players to think outside the box and work on their deception skills.
- Fake in one direction then attack in another to manipulate the defenders.
- Defensively, players must work hard to regain defensive side body position on the attackers as the area being attacked is constantly changing.



CROSS-ICE GAMES

U16 - 3 vs. 3 OUTLETS



DRILL MECHANICS:

- The teams play 3 on 3 cross ice with the option of using the outlet players as passing options. This in effect gives the offensive team a 5 on 3 advantage.
- The outlet players can move below the goal line and along the blue line. They should look to return the puck to the offensive team as quickly as possible.
- The outlet players are not allowed to score.

POINTS OF EMPHASIS:

- Puck movement is the emphasis of the game! The offensive team should under handle the puck as much as possible and attempt to create offense through puck movement.

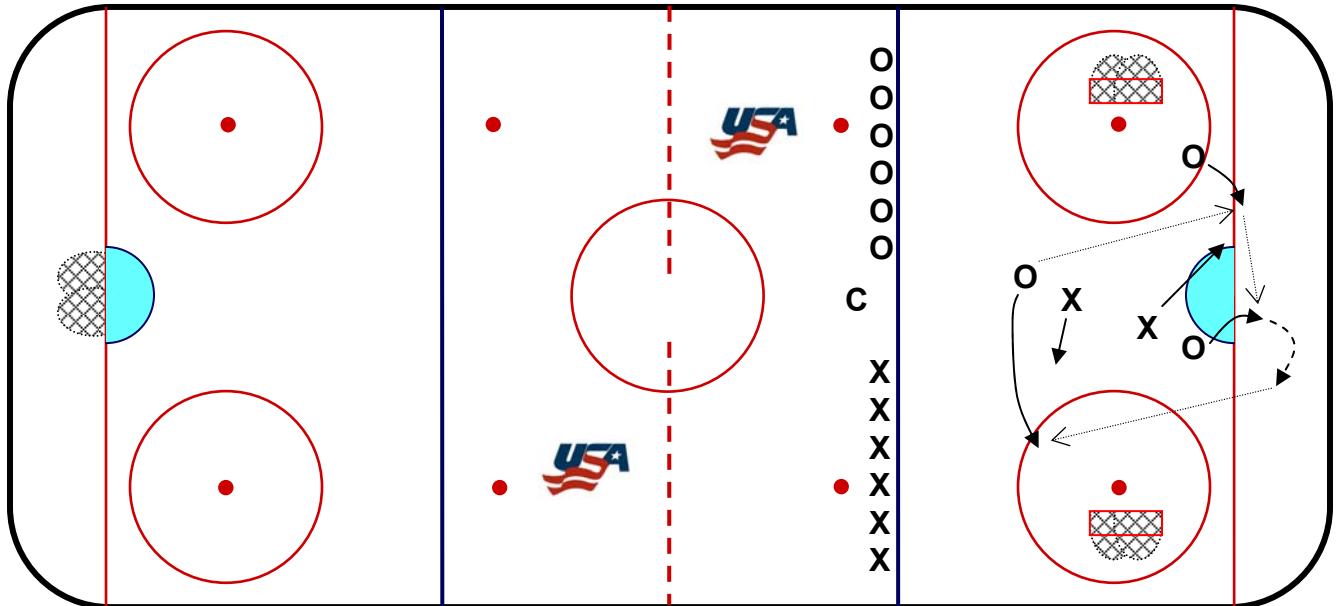
VARIATIONS:

- To force puck movement the offensive team must make one pass to an outlet player prior to attacking the net.
- To force more net front confrontation the outlet players must shoot the puck attempting to create a rebound. This allows the offense to work on scoring in tight, creating screens and the defense to work on net front body positioning.



CROSS-ICE GAMES

U16 - ALTERNATING 3 vs 2



DRILL MECHANICS:

- Three O's begin the cross ice game with a 3 vs. 2 man advantage.
- On the whistle to change the advantage is reversed to the X's.

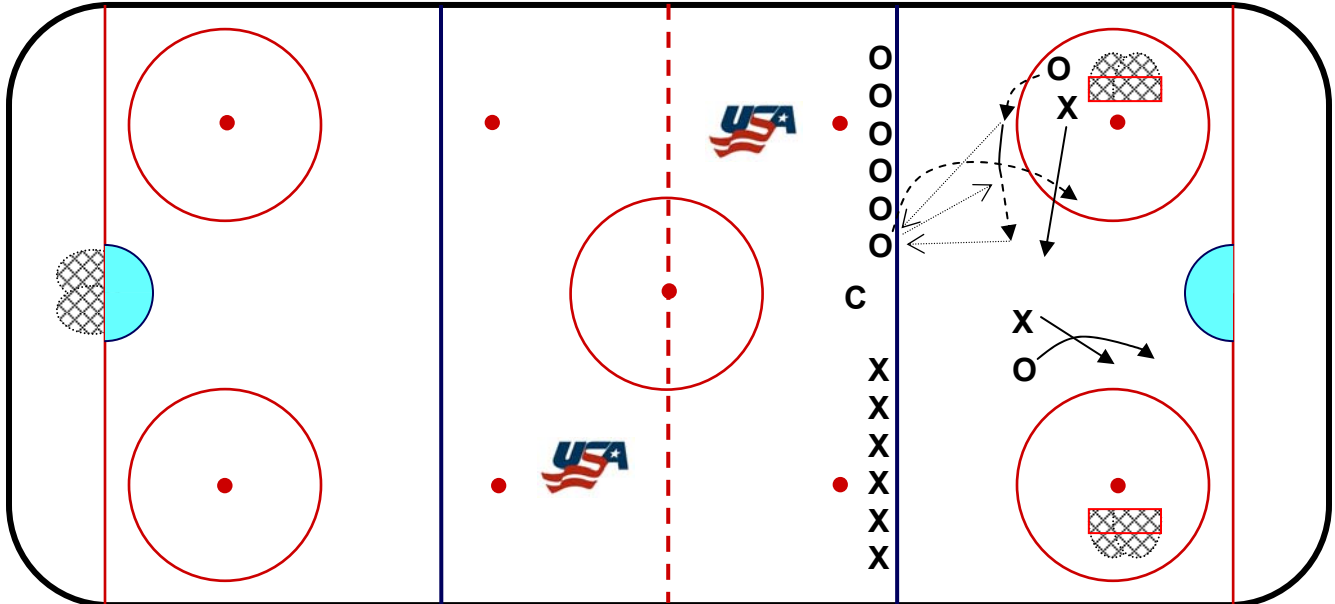
POINTS OF EMPHASIS:

- Offensively players work at passing the puck quickly and skating movement into offensive support positions, creating passing lanes.
- The defensive players must protect their net front area and read the level of control by the offense.
- They must read when to press and when to contain.



CROSS-ICE GAMES

U16 - BUILD UP GAME



DRILL MECHANICS:

- Drill begins from a 2 vs. 2 cross ice format.
- Each team can activate additional players by passing twice to the first person in their team's line.
- Once the player in line has received two passes he then activates into the play and the next player in line gets ready as a possible outlet.
- There are no limits to the number of players a team can build up too during their shift.

POINTS OF EMPHASIS:

- Since the number of players in the game can change, active players must read the odd or even man situations and play accordingly.



HALF-ICE DRILL PACK

Each year one of the most frequent requests we receive is a plea from coaches for more half-ice drills they can use with their teams. With the current premium on ice time many teams, especially at the younger levels are required to practice on half or one-third ice. This should be viewed as an opportunity. Given the proper tools a coach can run a more effective, up-tempo practice with better use of the ice on half-ice than on full ice.

The goal of this Drill-Pack is to give coaches an additional tool to create practices at half ice that are providing the highest level of skill development in young players.

This Drill Pack (4 Drills) will cover the following key drill areas:

- Skating
- Puck Control
- Checking
- Passing
- Shooting
- Offensive Play
- Defensive Play
- Goaltending

At the end of the manual will be a series of practice plans that focus on certain areas of skill development and are aimed at players with a given level of skill to that point.

One of the keys for coaches who consistently find themselves having half-ice practices is to utilize the resources they have at their disposal in the best possible way. Remember for any practice, at any level, you should be prepared with the following equipment:

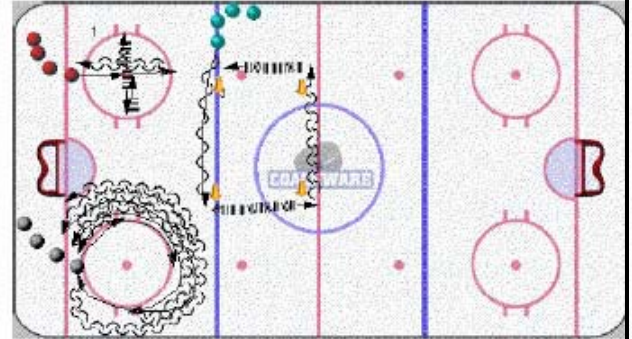
- 15 pylons
- 50 pucks
- Coachmate board to diagram drills
- Water bottles (1 per player)
- Two nets, if available
- First aid supply kit
- Water soluble spray paint
- A plan for the hour



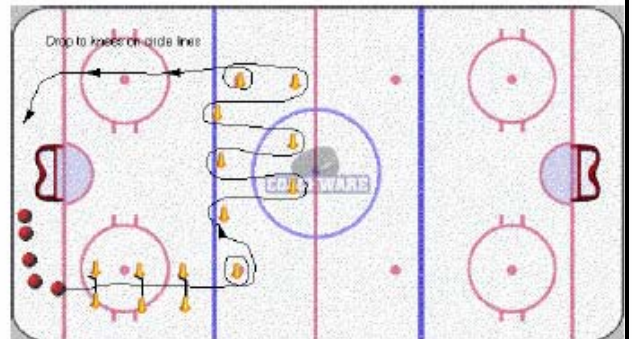
HALF-ICE DRILL PACK

SKATING DRILLS

Drill Name & Description	Key Points
<p>3 Station Agility</p> <ol style="list-style-type: none"> 2 players at a time skate to dot. Complete stop, side step to hash marks in opposite directions. Stop at hash and side steps all the way over to the other hash marks and back to dot. Forward to top of circle, stop and skate backward to bottom of circle. Add pucks to increase the challenge. 4 Cones set up in square. Player with puck skates forward on one side of the box, stops and side steps across box, stops and backwards down 3rd side and finish by side stepping across final side of box Alarm clock. Starting at 12 o'clock players skate to 3, pivot and back to 12, to 6, pivot and back to 12, to 9, pivot and back to 12, all the way to 12, pivot and back to 12. 	<p>Key Execution Points:</p> <p>4-6 players per station 6 minutes per station</p> <p>Key Teaching Points:</p> <p>Quick feet Pivoting in both directions Keep shoulders square</p>



Drill Name & Description	Key Points
<p>Show Jumping</p> <p>Obstacle course. Key for the players is to show quick feet, the ability to turn quickly, agility on the skates and the ability to recover after falling.</p>	<p>Key Execution Points:</p> <p>Next player goes after the first player has reached the top of the circle.</p> <p>Key Teaching Points:</p> <p>Quick feet Balance Using the edges</p>

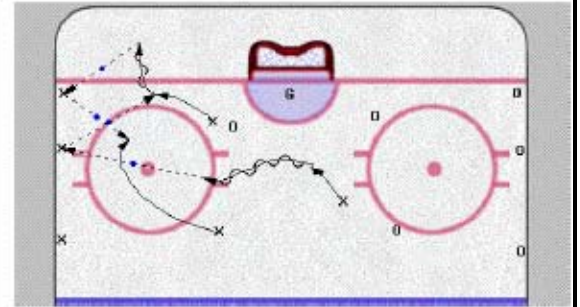




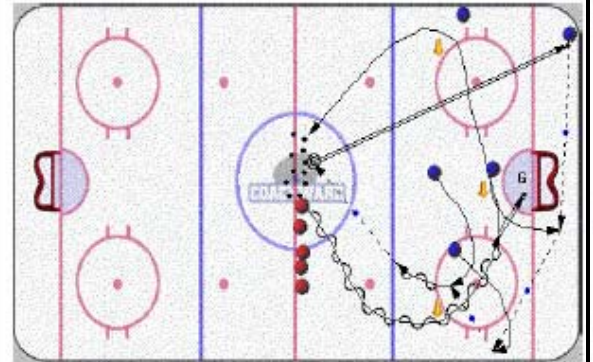
HALF-ICE DRILL PACK

GAMES FOR SKILL DEVELOPMENT

Drill Name & Description	Key Points
3 on 3 Support	
<p>Players are divided into two teams. Team X lines up against one set of boards between the goal line and the blueline, Team O lines up against the other boards between the goal and blueline. On the whistle the first 3 players on either team start to play 3 on 3, shooting on 1 goalie. On any turnover the team that gets the puck must make at least two passes to their teammates who are on the boards.</p>	<p>Key Execution Points Next group goes on whistle Players on boards must keep their butt on the boards 1 puck, add a second to make it really interesting</p> <p>Key Teaching Points: Puck support Finding open ice Moving to take a pass</p>



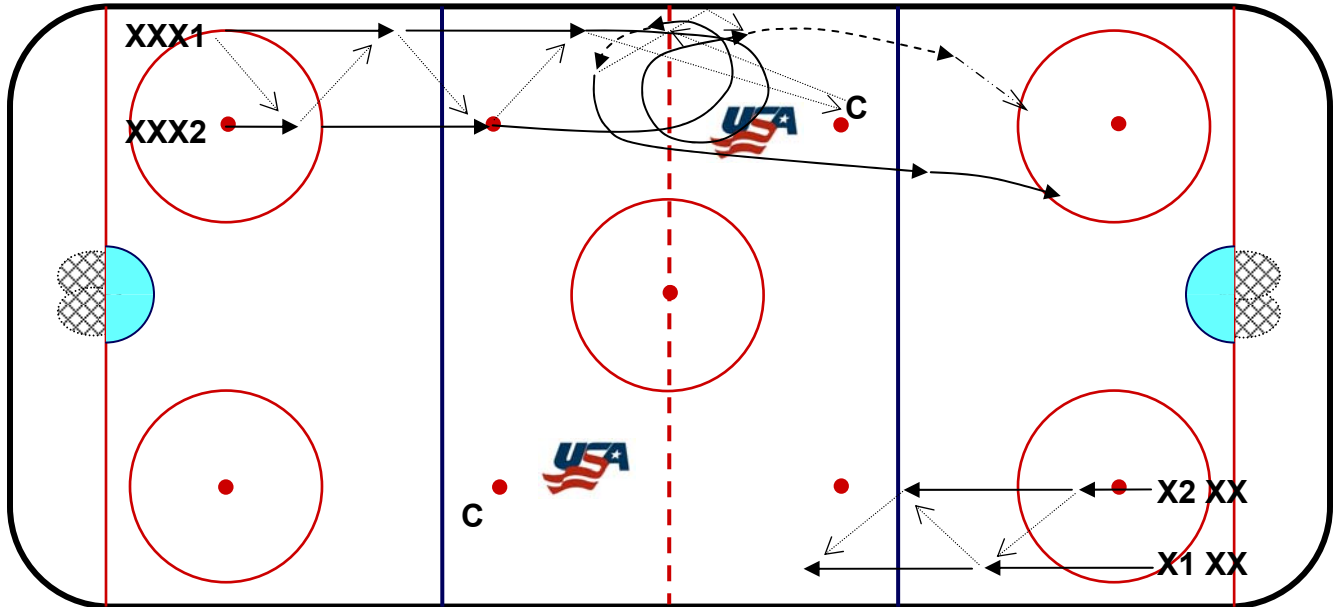
Drill Name & Description	Key Points
Baseball Breakout	
<p>This is a beauty for young kids. Don't tell them you are working on a breakout just concentrate on supporting the puck and giving your teammates passing options. The coach dumps the puck into the corner and the team on defence must retrieve the puck and make three passes before passing it back to the coach. Force the players to make certain types of passes, ie D to D, use the winger on the boards, man curling to take pass etc. The other team that is not on defence are you guessed it, on offence. As soon as the puck is shot in the player races around the pylons (bases) taking a shot on the goalie as he passes second base. A run is scored if the player gets all the way around the bases before the defending team makes the pass back to the coach. Add a wrinkle by putting a forechecker (coach) pressuring the team trying to make the passes</p>	<p>Key Execution Points: Play starts on dumping of puck Pucks at centre Player running the bases has a puck</p> <p>Key Teaching Points: Puck Support Communication Passing options</p>





INTERNATIONAL DRILLS

U18 TEAM - 2 on 0 NZ BUMP DRILL



DRILL MECHANICS:

- X1 and X2 touch pass between each other until they cross the blue line. At that point whoever has the puck passes to the coach.
- Both players skate past the red line and then pivot opening up for a return pass from the coach. X1 pivots toward the middle while X2 pivots to the outside facing the puck.
- The coach passes to the outside player X2. X2 then bumps an indirect pass off the boards into an area for X1. The players finish off the drill with a long shot on goal following the play up for a rebound at the net.

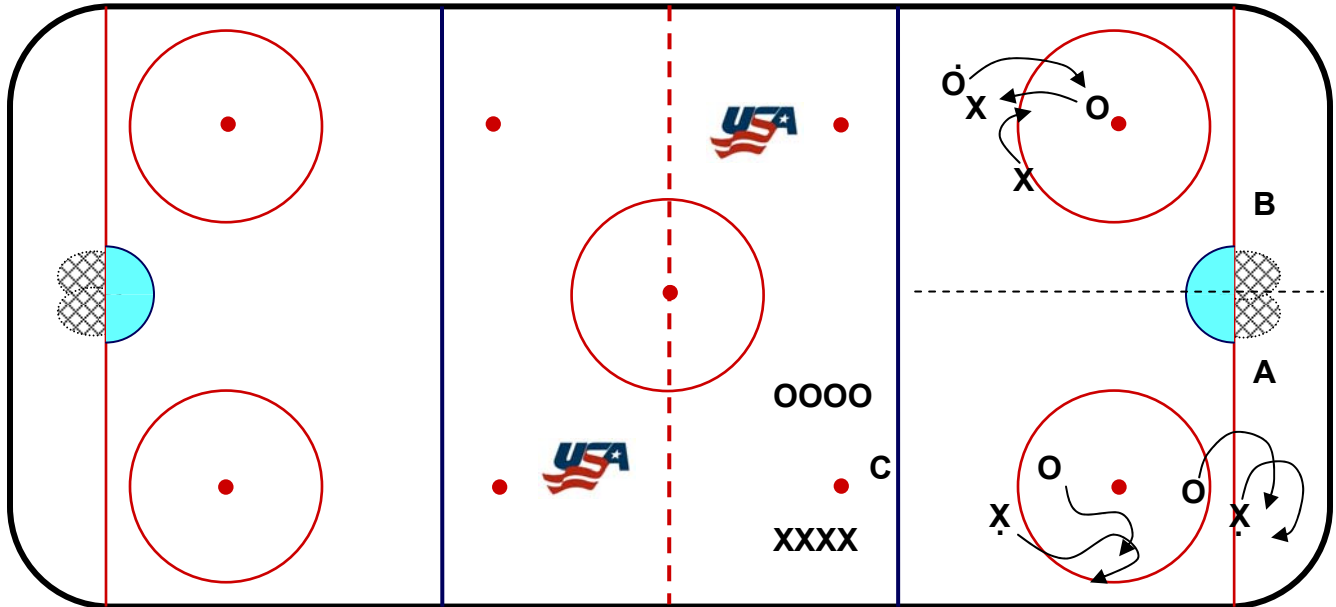
POINTS OF EMPHASIS:

- Emphasis is focused on 1 touch passing with feet moving, transition skating, and indirect passing. The drill helps form good habits with the players always facing the puck ready for a return pass, along with following shots to the net and stopping at the net front scoring area for rebounds.



INTERNATIONAL DRILLS

U18 TEAM - 1V1, 2V2 PUCK PROTECTION WARM-UP



DRILL MECHANICS:

- Two pairs of players begin in zone A. They play 1 vs. 1 puck protection for 20 seconds. On the coach's whistle, two new pairs move into zone A while the original pairs move into zone B and play 2 vs. 2 puck protection for 20 seconds. On the next whistle the original players rotate out and to the back of the lines.

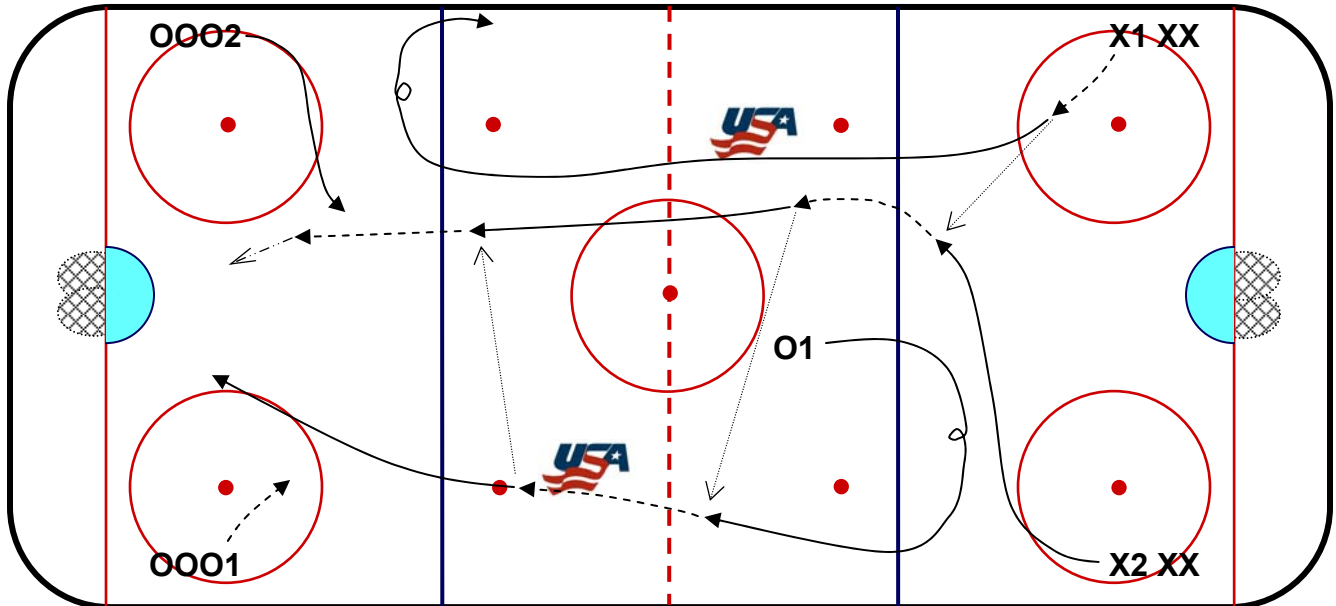
POINTS OF EMPHASIS:

- This is a warm-up drill so full contact should be limited at the beginning.
- In the 1 on 1's the offensive players work on maintaining puck possession by using their bodies to shield the puck from the opponent. This works on their awareness, skating and puck handling skills in a dynamic situation. Defensively players can practice their containment skills as well as defensive stick position playing blade on blade.
- In the 2 vs. 2 situation, players must now work together to maintain puck possession. They need to communicate both offensively and defensively in setting picks or switching coverage.



INTERNATIONAL DRILLS

U18 TEAM - 2 on 0 QUICK HIT DRILL



DRILL MECHANICS:

- O1 begins the drill from center ice. X2 moves across the ice and receives a pass from X1. O1 times his movement coming back inside the blue line, facing the puck. As O1 reads the play he transitions with X2 and attacks up ice at high speed. After X1 passes to X2, he follows the play up timing his movement to join O2 attacking back towards his original end.

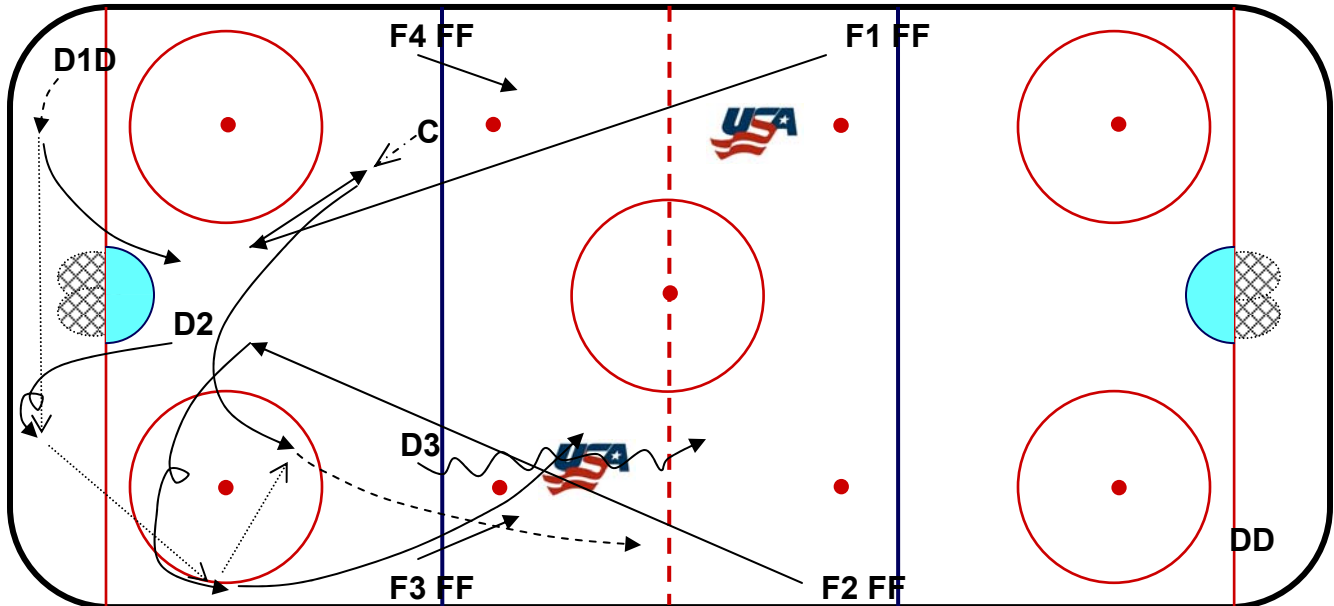
POINTS OF EMPHASIS:

- Focus is on high tempo skating and puck movement with transition and timing by players. An emphasis should be on the players to pass while keeping their feet moving.



INTERNATIONAL DRILLS

U18 TEAM - 2 vs. 1 CONTINUOUS DRILL



DRILL MECHANICS:

- F1 & F2 begin by backchecking into defensive zone coverage position.
- On the 1st whistle, F1 moves out to block a point shot by the coach from his defensive position.
- On the 2nd whistle, D2 releases from the net front position and gets a D to D pass from D1, then advances the puck to the transitioning F1 & F2.
- The two forwards then attack D3, 2 on 1 down the ice. D1 follows the play up to become the next D3.
- As the 2 on 1 passes the red line, F3 & F4 backcheck into defensive zone coverage position and await the next whistle which ends the 2 on 1 and activates the point shot by the coach.

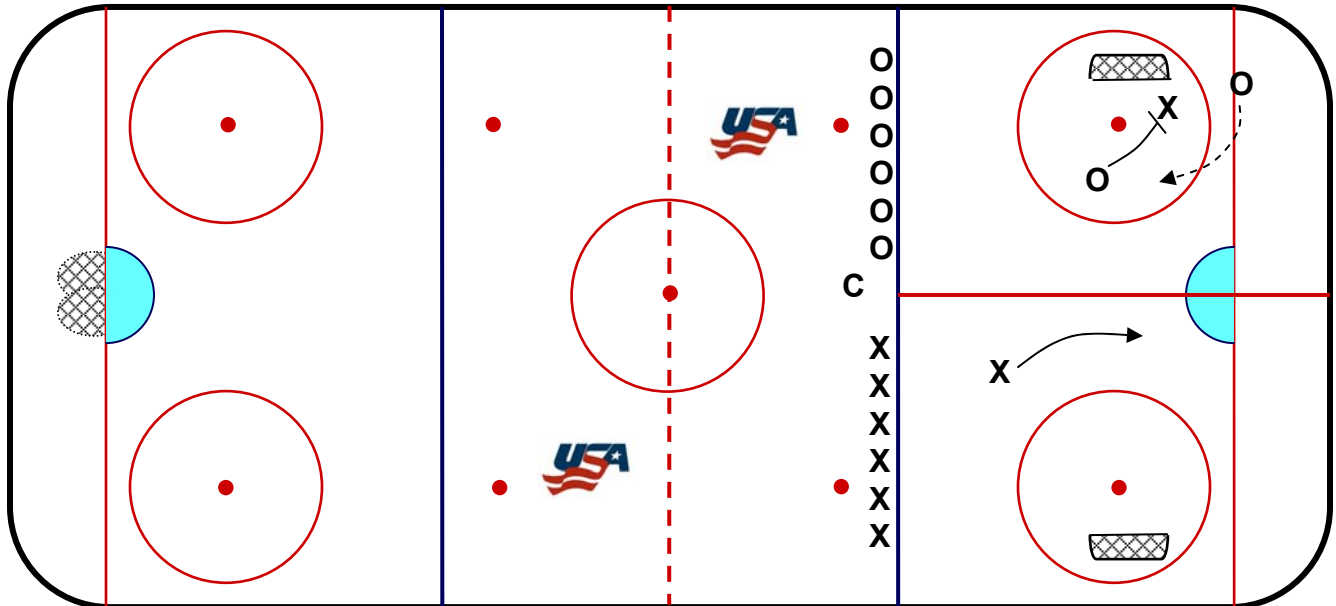
POINTS OF EMPHASIS:

- This drill provides basic repetition in several key areas of the game: breakout skills, blocking shot technique and 2 on 1 play. It also works to emphasize backchecking into the defensive zone.
- Since there is no resistance on the breakout portion of the drill, emphasis is placed on excellent execution of passing skills with speed of transition.



INTERNATIONAL DRILLS

U18 TEAM - 2 VS. 1 TRANSITION GAME



DRILL MECHANICS:

- A line is drawn to divide the zone in half and the goals are set up for cross ice play. This is a 2 vs. 2 game with parameters that create 2 vs. 1 play around the net. Only 1 player is allowed in his defensive zone and the puck must be passed over the center line not carried.
- In this example, the two O's play 2 vs. 1 against the X player until he gains puck possession. The X passes over the center line to his teammate and then joins him in attacking the goal. The closest O to his defensive zone must back check and defend his net.

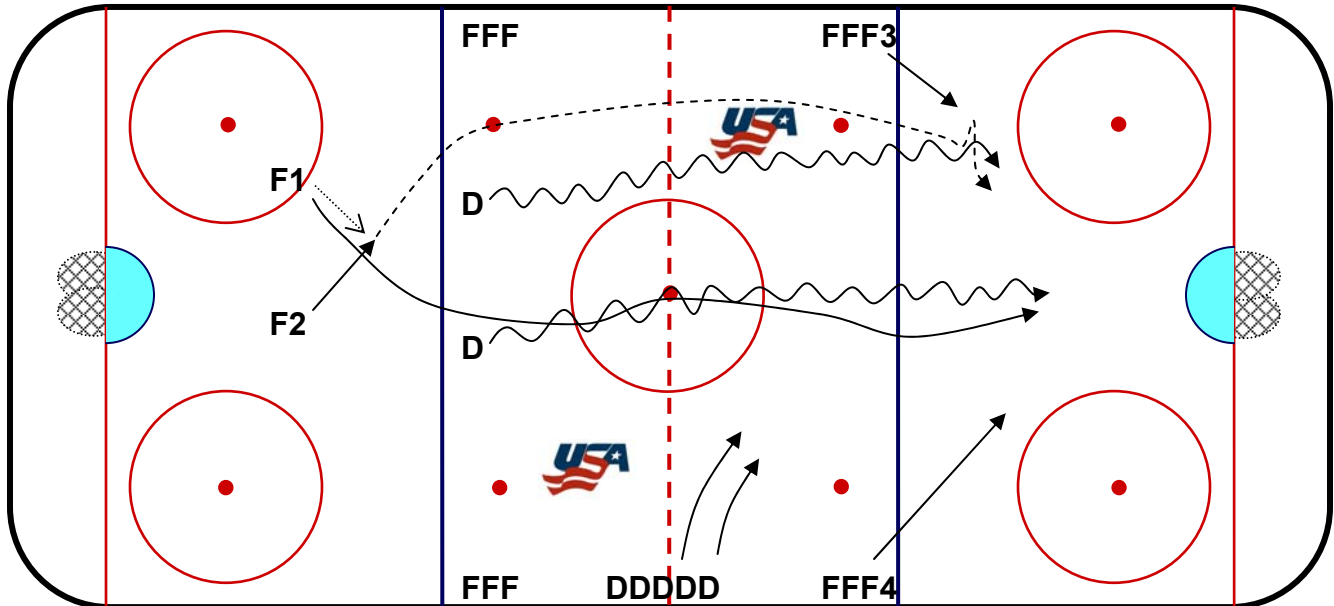
POINTS OF EMPHASIS:

- Offensively this drill creates 2 vs. 1 scoring opportunities around the net. Players should look to attack quickly, setting up 1 time shots and picking to free up the shooter.
- Defensively players must have good body and stick positioning. They must fend off picks and have head on a swivel to read the play, when to force and when to contain.



INTERNATIONAL DRILLS

U18 TEAM - 2 VS. 2 CONTINUOUS



DRILL MECHANICS:

- Opposite sides go together on the whistle.
- D1 gaps up to blue line, pivots to backwards and receives pass from F1 at the red line. D1 stretches with speed to the top of the face-off circle, steps out and passes to F2.
- F1 times his skating to receive a return pass from F2 in the middle of the ice, then gets outside the dots. F1 immediately head mans the puck to F3 for a quick give and go, then shoots on net.
- Once F2 makes his pass to F1 he moves to the middle and provides back pressure on F1.
- After the first shot on goal, F1 retrieves a second puck in the corner and passes to D1 who has followed up the play. D1 quickly moves to the middle and shoots with F1 looking to screen or tip on the play. F2 attempts to box out F1.

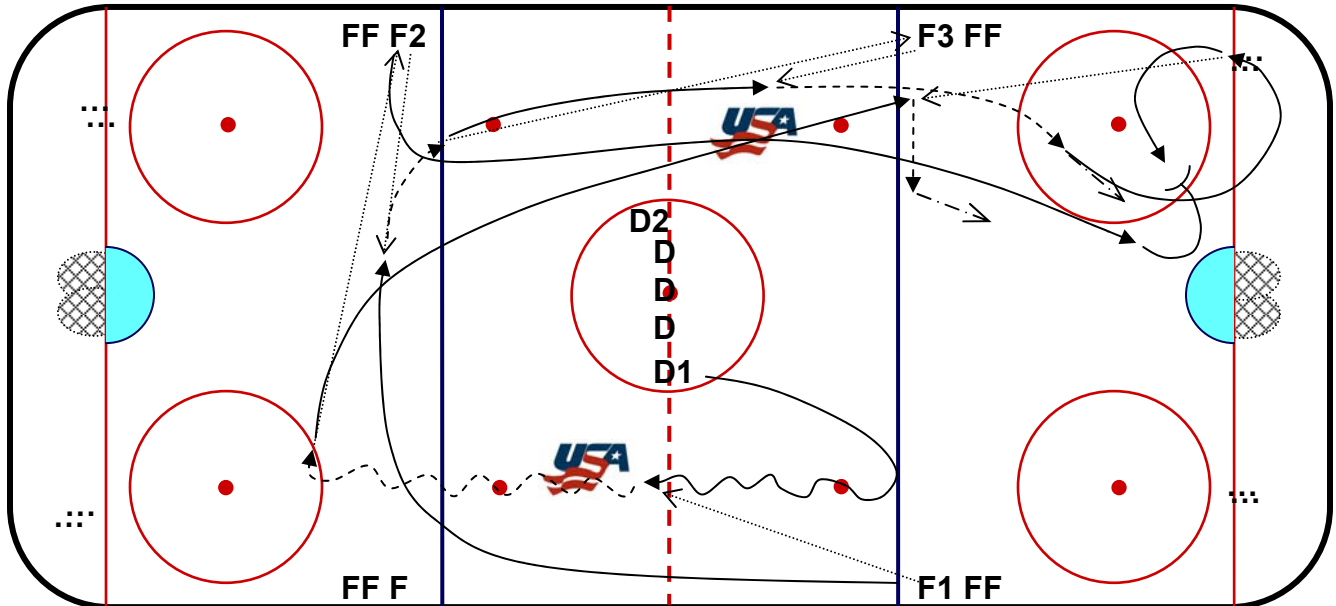
POINTS OF EMPHASIS:

- Players should under handle the puck, eliminating the extra stick handling prior to passing.
- Movement should be timed but with great speed.
- Passes to the point should be done immediately low to high. The D should begin wide and move explosively towards the middle to improve shooting angle.



INTERNATIONAL DRILLS

U17 TEAM - ALL PURPOSE DRILL



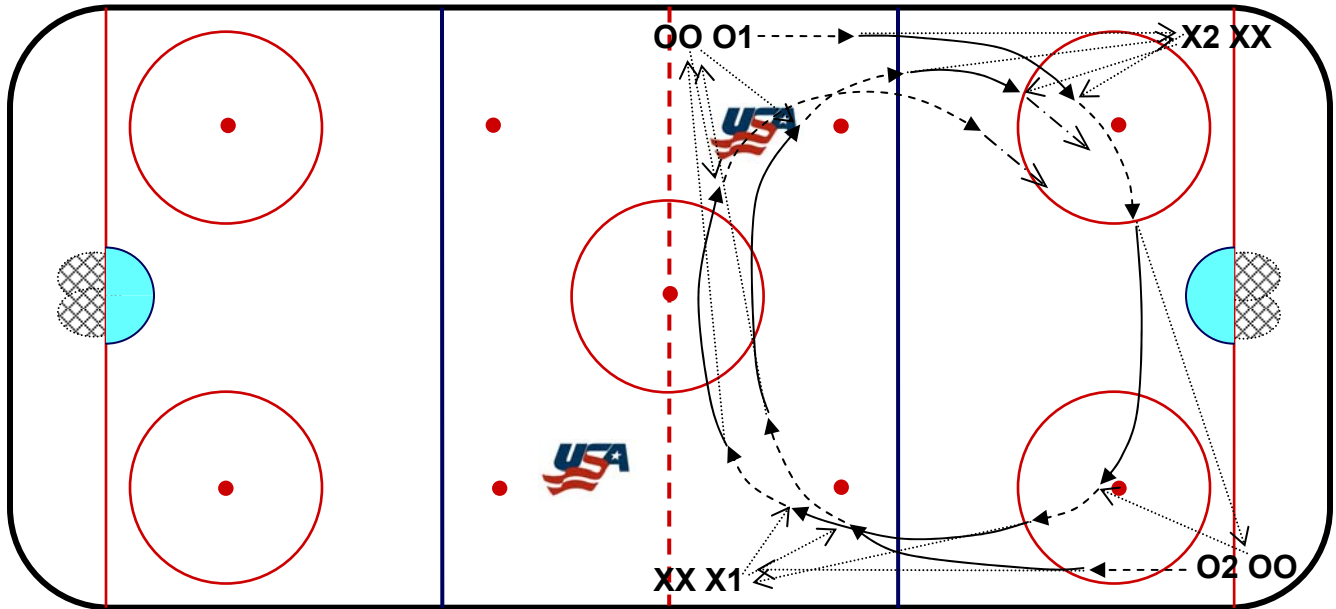
DRILL MECHANICS:

- Opposite sides go together on the whistle.
- D1 gaps up to blue line, pivots to backwards and receives pass from F1 at the red line. D1 stretches with speed to the top of the face-off circle, steps out and passes to F2.
- F1 times his skating to receive a return pass from F2 in the middle of the ice, then gets outside the dots. F1 immediately head mans the puck to F3 for a quick give and go, then shoots on net.
- Once F2 makes his pass to F1 he moves to the middle and provides back pressure on F1.
- After the first shot on goal, F1 retrieves a second puck in the corner and passes to D1 who has followed up the play. D1 quickly moves to the middle and shoots with F1 looking to screen or tip on the play. F2 attempts to box out F1.

POINTS OF EMPHASIS:

- Players should under handle the puck, eliminating the extra stick handling prior to passing.
- Movement should be timed but with great speed.
- Passes to the point should be done immediately low to high. The D should begin wide and move explosively towards the middle to improve shooting angle.

U17 TEAM - HIGH / LOW DRILL



DRILL MECHANICS:

- O1 and O2 start together and go with great speed.
- O1 will pass and receive a return pass from the X2 line, O2 line, X1 line and his original line before finishing with a shot on goal.
- O2 will pass and receive a return pass from X1 line, O1 line and X2 line prior to finishing with a shot on goal.
- After both O1 and O2 shoot, X1 and X2 will begin the drill in the opposite direction on the whistle.

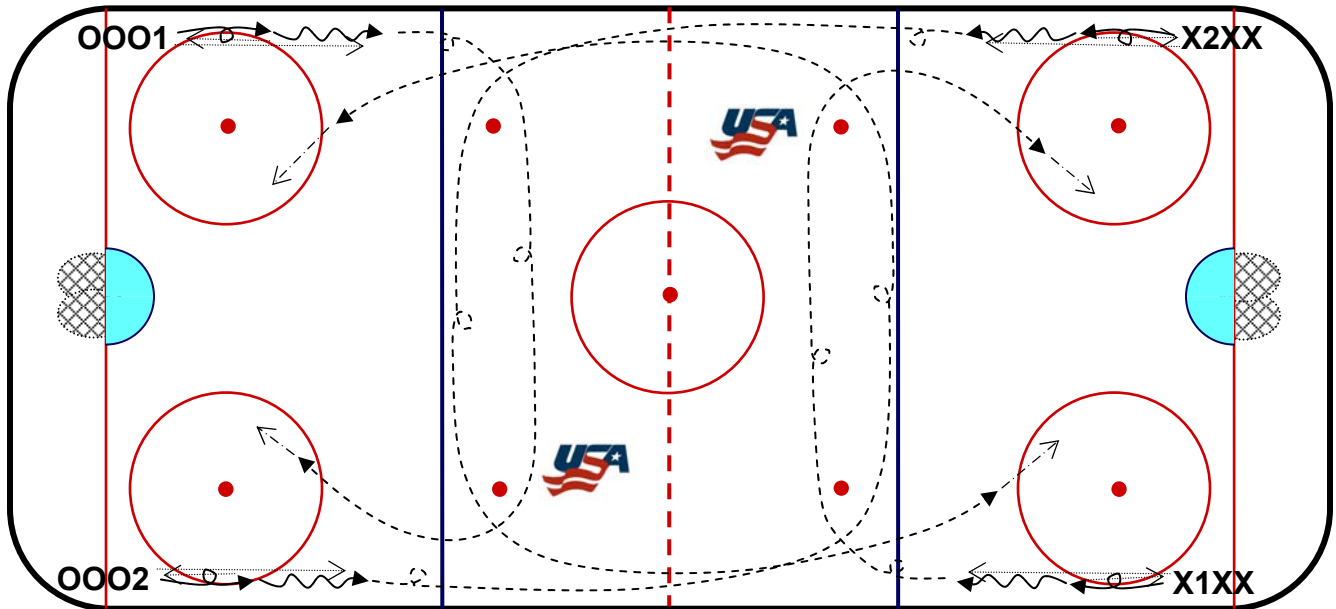
POINTS OF EMPHASIS:

- Players must use the width and depth of the ice while generating speed.
- All players should under handle the puck, making sharp passes as quickly as possible with no stick handling.
- Shots on goal should be released in stride, feet moving, from above the top of the circles.
- This is a difficult drill to execute at high speed, and requires focus and concentration by the two skates and four passers.



INTERNATIONAL DRILLS

U18 TEAM - LONG & SHORT DRILL



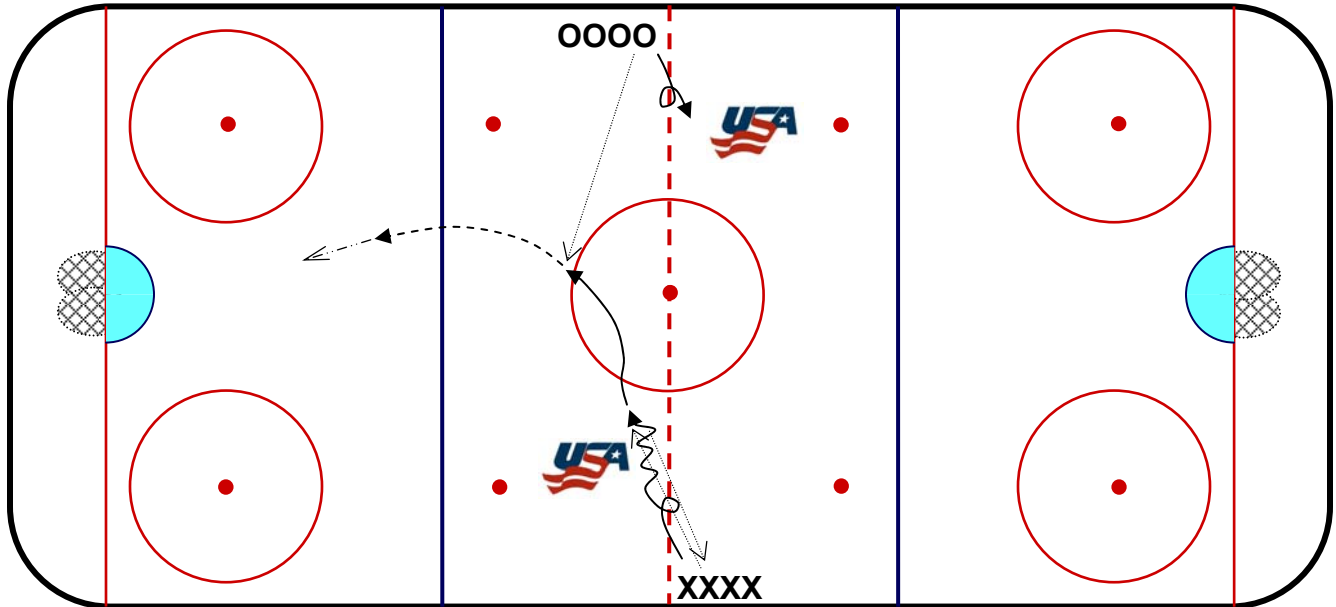
DRILL MECHANICS:

- All four lines begin on the whistle. Each player starts with a puck and pivots to backwards.
- The players make a pass to their line and get a quick return pass.
- The players then pivot back to forward and then skate into neutral zone. The players from opposite corners skate the same route.
- O1 & X1 go short around the near dots and O2 & X2 skate around the far dots before taking a shot on goal. Each player must perform a high speed maneuver in neutral zone.

POINTS OF EMPHASIS:

- This is a warm-up drill that gets the players moving, handling the puck and working on high speed skating and puck skills.
- The goaltenders get staggered long shots and must move side to side in the net.
- The high speed maneuver in neutral zone can begin as a spin move, but can be changed to allow the players to come up with more creative maneuvers; all must be performed at high tempo.

TEAM FINLAND U18 - QUICK HIT WARM-UP



DRILL MECHANICS:

- X pivots to backwards and receives a pass from the next player in line. X immediately 1 touches puck back to passer.
- X then pivots to forward and receives 2nd puck from O. X takes long warm-up shot on goal.
- As soon as O passes to X, he then pivots to backwards and repeats the drill from the opposite side.

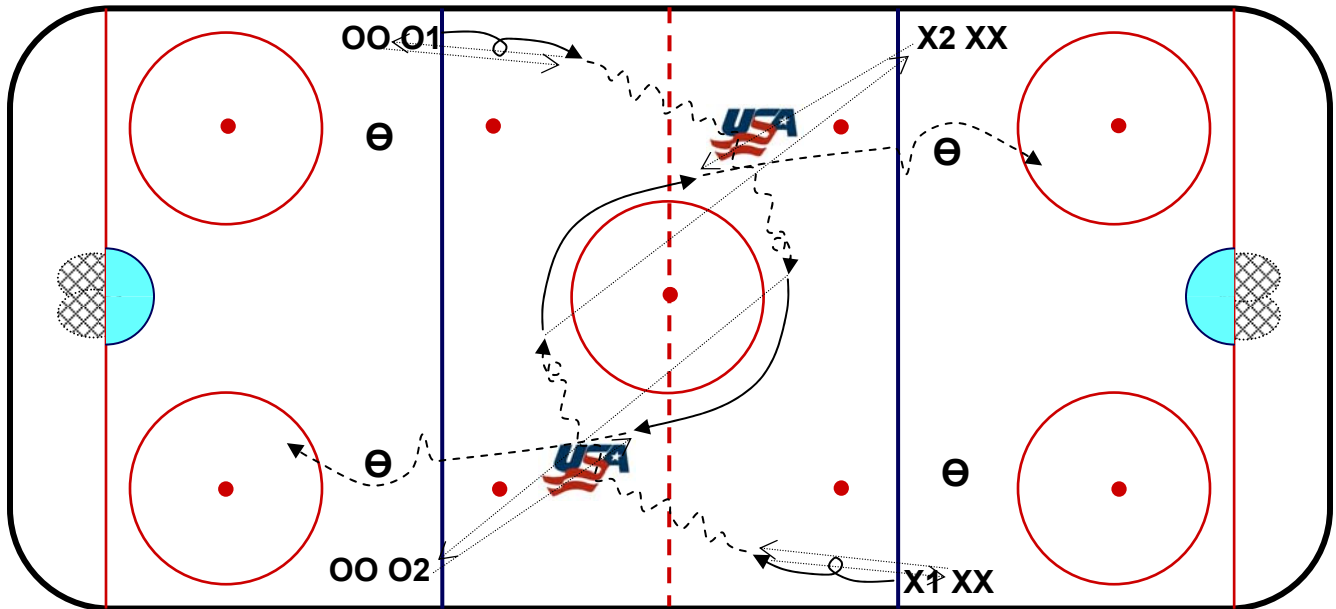
POINTS OF EMPHASIS:

- This is a warm-up drill which incorporates pivoting, passing and receiving while providing long shots for the goaltenders.



INTERNATIONAL DRILLS

U17 TEAM - SLOVAK 1 DRILL



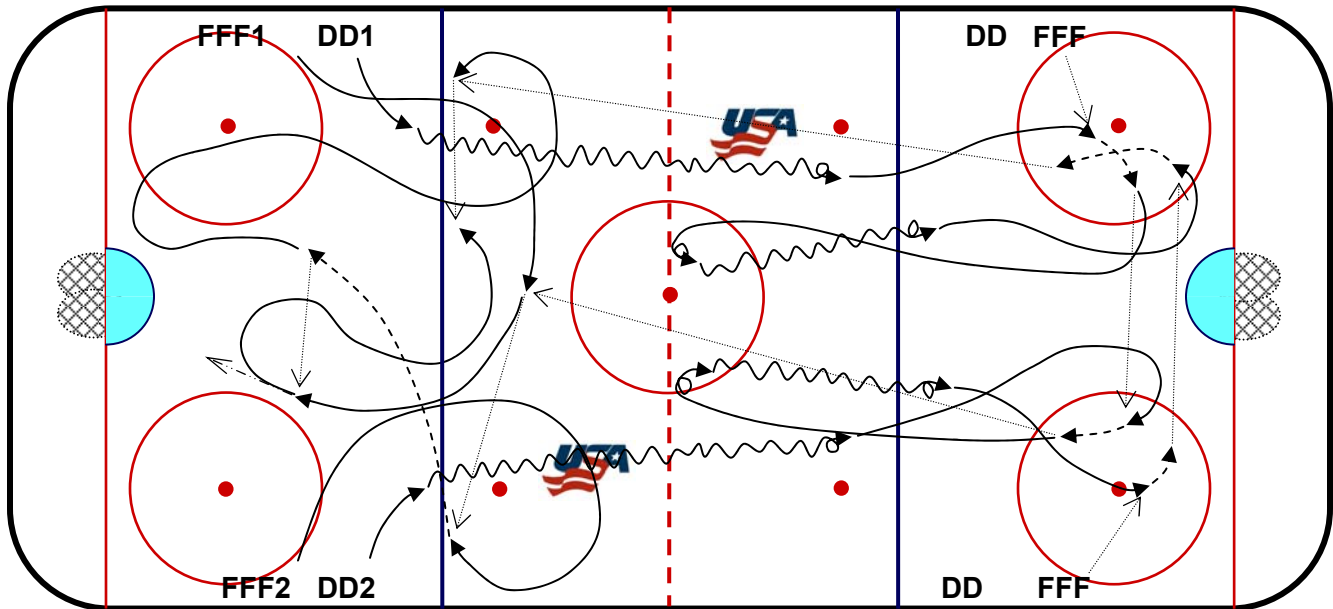
DRILL MECHANICS:

- Opposite lines begin at the same time. O1 starts with the puck, takes a stride, pivots to backwards and then passes back to his original line.
- O1 immediately receives a return pass, and then back skates around the center circle. At the top of the circle, O1 pivots to skate forward and passes to O2.
- O2 one touches the puck back to O1 who then attacks an obstacle with a quick move and shot on goal.

POINTS OF EMPHASIS:

- This skill drill works on passing, receiving, skating and puck handling skills.
- Emphasis is placed performing the puck skills while keeping the feet moving.
- Focus the player's attention on trying to multi-task at a high rate of speed.

TEAM SWEDEN U18 - 2 on 0 STRETCH DRILL



DRILL MECHANICS:

- D1 & D2 begin by skating backwards through neutral zone. A puck is spotted for them to retrieve.
- D1 picks up the puck and rotates it to his supporting partner D2. D1 must now support D2 by moving behind and to the rear.
- F1 & F2 time their movement to provide D2 with a long pass option. The forwards receive the stretch pass from D2 and attack and finish to the net.
- D1 & D2 gap up to the red line and then skate backwards through neutral zone. The defense is spotted a 2nd puck. They make another D to D pass with support and then look for the stretch pass.
- After their play on the net F1 & F2 quickly get back on sides for a 2nd pass from the D and another attack on goal.

POINTS OF EMPHASIS:

- Defensemen work on their puck retrieval skills, partner support and long pass skills.
- The Forwards focus on timing their movement as stretch outlets and quick attack on the goal.
- The first support movement works on timing from a delayed situation while the second movement is from a quick tag up situation with support.



OMHA DEVELOPMENT COACHING PROGRAM

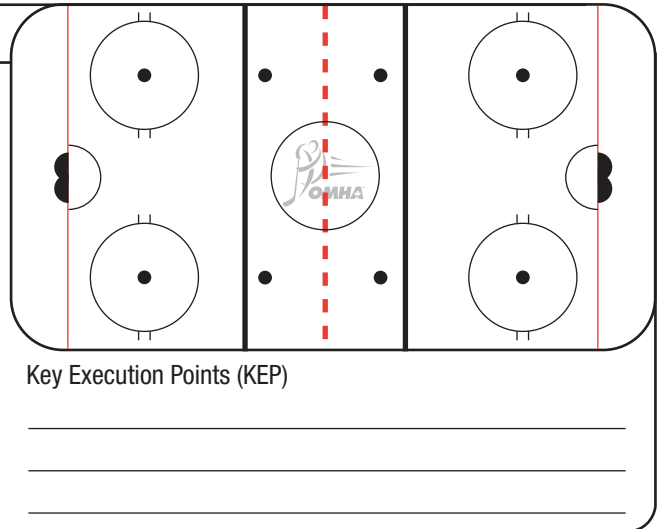
LEGEND

- ⊙ Coach
- Forwards
- △▲ Defenders
- G Goalie
- X Pylon
- Pucks
- Puck Carrying
- ⇒ Shooting
- - - Pass
- ↵ Drop Pass
- ↶ Backward Skate
- ||||| Lateral Movement
- Defensive Pressure

Practice No. _____ Date: _____ Theme: _____ Duration: _____ (mins.)

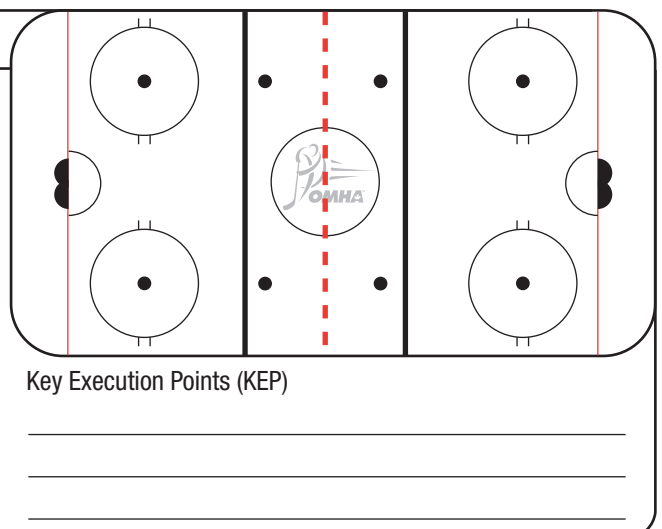
Time: _____ Drill Name: _____

Key Teaching Points (KTP)



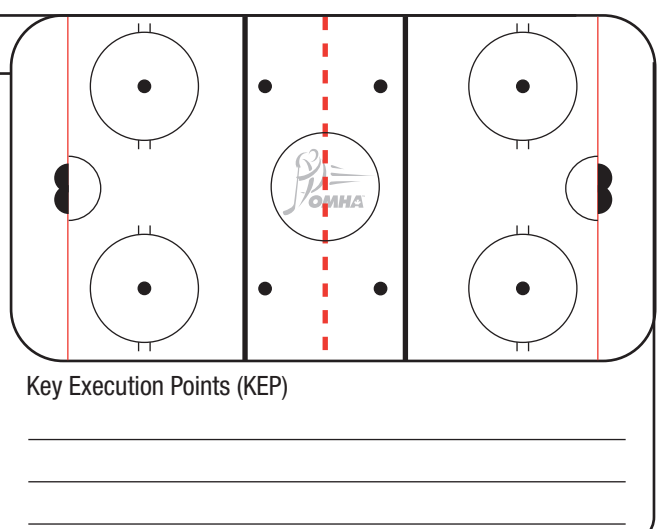
Time: _____ Drill Name: _____

Key Teaching Points (KTP)



Time: _____ Drill Name: _____

Key Teaching Points (KTP)



For additional pads, please contact the OMHA



OMHA DEVELOPMENT COACHING PROGRAM

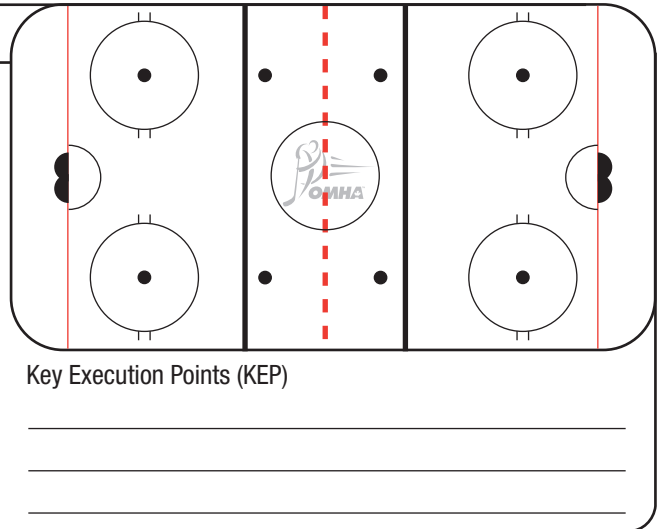
LEGEND

- ⊙ Coach
- Forwards
- △▲ Defenders
- G Goalie
- ||— Stop
- X Pylon
- Pucks
- Puck Carrying
- ⇒ Shooting
- - - - - Pass
- ↘ Drop Pass
- ↶ Backward Skate
- ||||| Lateral Movement
- |— Defensive Pressure

Practice No. _____ Date: _____ Theme: _____ Duration: _____ (mins.)

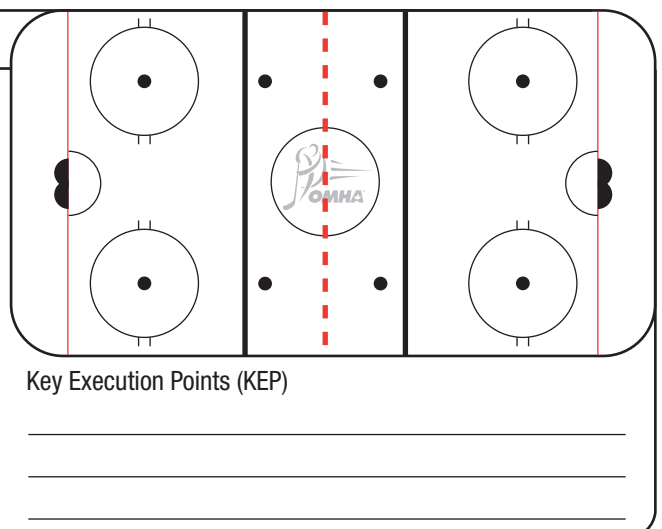
Time: _____ Drill Name: _____

Key Teaching Points (KTP)



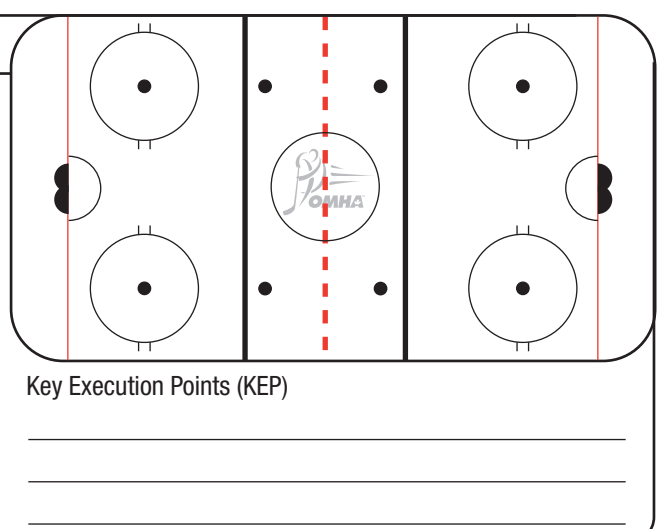
Time: _____ Drill Name: _____

Key Teaching Points (KTP)



Time: _____ Drill Name: _____

Key Teaching Points (KTP)



For additional pads, please contact the OMHA



OMHA DEVELOPMENT COACHING PROGRAM

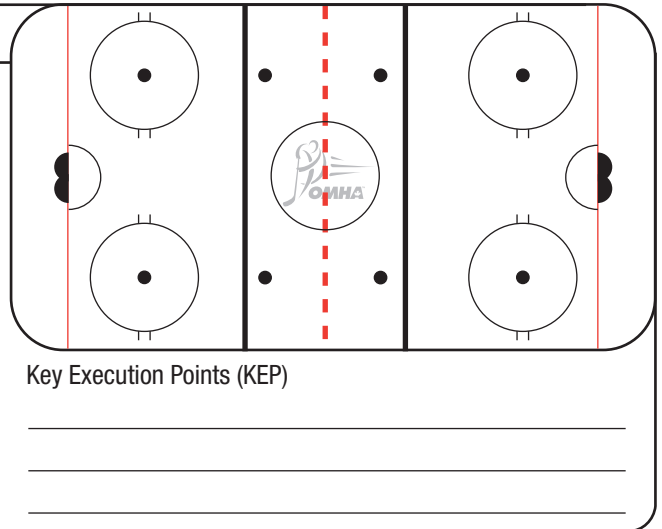
LEGEND

- ⊙ Coach
- Forwards
- △▲ Defenders
- G Goalie
- ||— Stop
- X Pylon
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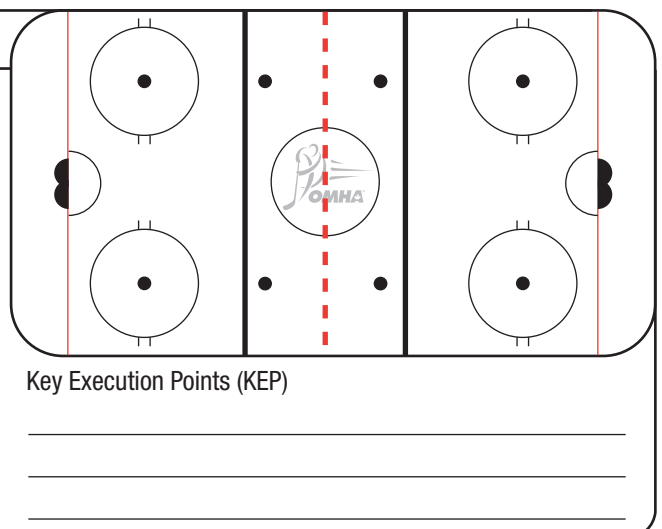
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Key Teaching Points (KTP)



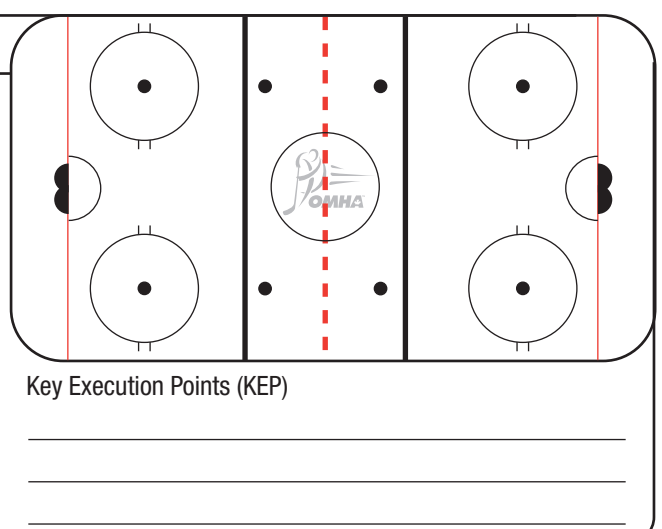
Time: _____ Drill Name: _____

Key Teaching Points (KTP)



Time: _____ Drill Name: _____

Key Teaching Points (KTP)



For additional pads, please contact the OMHA



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It's always fun to do the impossible!

Walt Disney