

Coaching Resources

Coaching & Mentoring Tools

[Planning a Practice](#)
[Practice-Key Instructional Points](#)
[Practice Plan Sheet](#)
[Practice Plan Stations](#)
[Practice Observation 1](#)
[Practice Observation 2](#)
[Coaches Game Card](#)
[Coach Evaluation Template](#)
[Coach Observation Form](#)
[Game Observation Form](#)
[Game Card 1](#)
[Game Card 2](#)
[Shot Chart \(Zones\)](#)

Yearly Planning

[Yearly Planning Basics](#)
[Hockey Season Planning-HEO](#)
[The Art and Science of Yearly Planning-Pod cast](#)
[Planning Your Season.pdf](#)

Hockey Canada

[Hockey Canada](#)
[NCCP-Coach Cert Program](#)
[LTPD Manual](#)
[LTPD Pyramid](#)
[LTPD PP](#)
[Skills Checklist](#)
[IP Core Skills](#)
[Novice Core Skills](#)
[Atom Core Skills](#)
[Peewee Core Skills](#)
[Bantam Core Skills](#)
[Midget Core Skills](#)
[IP Skills Evaluation](#)
[Novice Skills Evaluation](#)
[Atom Skills Evaluation](#)
[Peewee Player Evaluation](#)
[Bantam Player Evaluation](#)
[Midget Player Evaluation](#)
[Player Evaluation & Selection](#)
[Offensive Tactics/Skills Checklist](#)
[Defensive Tactics/Skills Checklist](#)

Coach Resources

[Hockey Canada –Home -ca](#)
[Hockey Canada-Coaching Essentials-Downloads](#)
[OWHA-Home Page](#)
[OWHA development-1](#)
[OWHA – 2015/2016 Handbook.pdf](#)
[ONT Hockey Federation - 2015 Handbook pdf](#)

[Hockey Development Centre for Ontario \(HDCO\)](#)
[Trainer Certification & Recertification](#)
[HEO Coaching Resources](#)
[HEO Coach Seminar Archives](#)
[Effective Team Meetings](#)
[Bench Management](#)
[Coaching Leadership](#)
[HEO Drill Archive](#)
[IIHF Level 1 Offensive Tactics](#)
[Shared Ice Practice Plans](#)
[Hockey Skills](#)
[Team Snap - skills-drills](#)

Coach Development Clinic Plans

[Strictly Scoring](#)
[Strictly Scoring Add-on #1](#)
[Scoring Clinic 2015](#)
[Defence Matters Power point](#)
[Defence Matters](#)
[Silky Mitts](#)

Speciality Clinics

[Developing Defensemen](#)
[Skating](#)
[Puck Control](#)
[Creating Offense](#)

Helpful Web Sites

[Hockey Canada](#)
[Coaching Association of Canada](#)
[Coaches Association of Ontario](#)
[Hockey Development Center Ontario](#)
[Canadian Center for Ethics in Sports](#)
[Positive Coaching Alliance](#)
[International Council for Coach Education](#)
[IIHF](#)
[USA Hockey](#)
[SIRC-Sports research](#)
[Arena Maps](#)

Player Development

[Hockey Canada Player Development Essentials](#)
[The Player Development Pyramid](#)
[Hockey Canada Skills Check List](#)
[Minor Hockey Development Guide](#)
[Hockey Player Developer.html](#)
[OWHA Players Development](#)
[Player Handbook NGHA](#)

General Drill Sites

[OMHA Drill Book - V3.pdf](#)
[Hockey Canada Drill Hub](#)
[Weiss Tech Hockey Free Drill Database](#)
[Coach Neilson's Hockey Drills](#)
[Hockey Share Free Drill Database](#)

[I Train Hockey](#)
[How to Hockey](#)
[Just for Coaches](#)
[Ice Hockey Systems](#)
[Swedish Junior Hockey Drills](#)
[Swedish Drills Part 1](#)
[Swedish Drills Part 2](#)
[Halifax Hawks Drills](#)
[USA Hockey Practice Plans](#)
[Puckmasters Drill Page](#)
[Jes Hockey \(animated drills\)](#)
[Shared Ice Drills](#)
[Checking Drills](#)
[Checking Skills](#)

Drill Creation Sites

[Drill Draw](#)
[Hockey Share](#)
[IHS- Ice Hockey Systems](#)

Skill Development Videos

[Hockey Canada Drills on You tube](#)
[Prodigy Hockey -Skill Development Videos](#)
[HEO-Drill Instructions](#)
[HEO - Decision Training](#)
[Hockey Share Training Videos](#)
[Backwards Skating and Transitions](#)
[Advanced Skating and Puck Protection](#)
[Stick Skills for Young Players](#)
[Hockey Coaches ABC's -videos](#)
[Games to Teach the Game](#)
[Hockey Canada- Drills-video](#)
[Development skills - you tube](#)

Small Area Games

[SAG OMHA](#)
[SAG manual](#)
[SAG 1](#)
[Small Area Game Practice Plans](#)
[Touch Passing](#)
[2 vs 2 Plus 2](#)
[3 Team game](#)
[3 vs 3](#)
[4 vs 4 Keep Away](#)
[4 vs 4](#)
[3 vs 2 Either Way](#)
[Attack the Goal](#)
[Complete Mix](#)
[Puck Tag](#)
[Read and React](#)
[Short-Short-Long](#)
[Team Knockout](#)
[Touch the Cone](#)
[Transition](#)
[Various Passing Grids](#)
[Small Area Games](#)

Minnesota Hockey Small Area Games
AMHL-Half Ice Drills

SKATING DRILLS

Agility Skate
Backward Figure Eights
Backward Skate
Bowman Skating Drill
Combo Skating
Crossover Snake
Figure Eight Course
Forward Backward Skating 1
Forward Backward Skating 2
Half Ice Skating 1
Half Ice Skating 2
Long Turn Skating
Pivot Circles
Round the Block
Slalom Skating
Stopping Course
Transitional Skating

PUCK-HANDLING DRILLS

1on1 Puck Control

4 Lane Drill
4 Line Puck Control
Agility Carry
Barteaux Skills
Control The Puck
Figure Eight
Giant J
Larue Warm Up
Parallel Loops
Slap Stick
Transition Skate

SHOOTING DRILLS

3 Line Shooting
4 Corner Drill
Anchor Shooting
Calgary Shooting
Find the Shooter
Finnish Shooter
North Yarmouth Shooter
Portland Shooter
Shooting Warm Up
Slammers Shooting
Sniper Drill
Swedish Continuous Shooting

FLOW DRILLS

1 on 1 Transition Drill

2 on 2 Counter Attacks

2 on 0 Regroup

2 on 0 with Point Shot

2 on 1 Neutral Zone Regroup

2 Shot Regroup

3 on 0 Regroup

4 Line Double Regroup

Alberta Regroup

Double Regroup Drill

Drive the Seam Give and Go

4 Points of Attack

Gordie O Net Drive

Halifax Drill

Hound Back 3 on 0

Miami Breakout Break In

No Dust Pass

Michigan State Counter Gap

Notre Dame Stretch 2 on 1

Rangers Regroup

Regroup Drill

Regroup x 2

Russian Transition

Tight Area 2 on 2

UNB Transition

Winnipeg Regroup

Wooley One Up

OFFENSIVE ENTRY DRILLS

1 2 3 Attack

2 on 0 Delay

2 on 1

3 on 0 3 on 1 3 on 2

5 Shooter 3 on 2

Clarkson Drop Pass

Continuous Cycle Drill

Cycling 2 on 0

Drive 1 on 1 2 on 1

Fighter Squadron

Flames 2 on 0

Maine Black Bear 2 on 1

Miami 2 on 0

Miami Drill Give and Go

Czech 2 on 1

Notre Dame Flying Wing 3 on 0

Ohio State 2 on 1

Timing Delay 2 on 1

Triangle Power

Wallys 2 on 1 2 on 2

STATIONS DRILLS

Passing Circuit
Puck control Circuit
Shooting Stations 1
Skating Circuit
Skill Stations
Skill Stations 1
Skill Stations 2
Skill Stations 3
Skill Stations 4
Skill Stations 5
3 Stations Move
Passing Stations

PASSING DRILLS

2 Man Touch Pass Sequence
2s Passing
Anchor Passing 2
Anchor Passing 3
Anchor Passing 4
Black Bear Drill
Circle Support Pass
Cross Ice Pass and Shoot
Defence Passing
Delay Cycle Drill
Down Center Passing
Down Side Passing
Flyer Passing
Follow Your Pass
Swiss National Team Curl
Timing and Quick Passes
Vancouver Swing Drill
Give and Go Passing
Globe Passing
Greyhound Stretch Drill
Michigan State 4 Corner Reverse
OSU Pass to Breaking D

Pairs Passing
Pass and Return
Passing 1
Passing 2
Passing Pairs
Passing Swing Drill
Red Devil High Low
Return Home Passing
Short Pass Long Pass
Soo Timing
Static Passing
Stretch Passing
Support Drill
Swing Low Warm-Up

FUN DRILLS

1 2 3 4 on 0 Relay Race

2 on 0 Game

2 on 0 Relay Showdown

2 on 2 Steal the Puck

Flames 3 Zone Hockey 2 Puck

Hands Warm-Up

Indy 500

Place Your Bet

Small Games 2 on 1 3 on 1

Small Games 3 on 3

WARM-UP DRILLS

3 Pass Shooter

Hockey Canada 4 Lane Warm Up

Hockey Canada Warm Up

One Touch Warm Up 1

One Touch Warm Up 2

Warm Up Skating

Reverse ABCD

1 ON 1 DRILLS

Plunger One Touch and Up

Czech Transition 1 on 1

Defense 1 on 1

1 on 1 Quick Feet

Bearcat 1 on 1

1 on 1

Olympic 1 on 1 2 on 2

McCourt 1 on 1

Closing the Gap

1 on 1 with Tip

1 on 1 Surprise

1 on 1 Pass and Pivot

1 on 1 Hi Lo Give and Go

1 on 1 3 Corner

NOVICE DRILLS

2 on 1

3 on 0

Backward Tag

British Bulldog

Circles

Crazy Eights

[Diminishing Pucks](#)
[Double Pass](#)
[Fake the Cones](#)
[Freeze Tag](#)
[Giant J](#)

[Lateral Crossover](#)
[Offensive Drives](#)

[Passing Stations](#)
[Pivot Skating](#)
[Puck Handling Course](#)

[Quarter Ice Shots](#)

[Scenic Drill](#)

[Shooting Stations](#)

[Skill Course](#)
[Skill Stations 2](#)
[Skill Stations 3](#)

[Skill Stations 4](#)
[Skill Stations 5](#)

[Slalom Skating](#)
[Stopping Course](#)

[Zig Zag Skating](#)

Goalie Resources

[Goalie Coaches' Handbook](#)
[Goaltender Mobility](#)
[Goaltender Beginners](#)
[Goaltender Intermediate](#)
[Goaltender Advanced](#)
[You tube Goalies](#)
[Complete Goalie Development](#)
[In Goal Magazine \(Tons of Learning\)](#)
[USA Hockey Goalie Page](#)
[Coach Nielsen's Goalie Page](#)
[Hockey Calgary Goalie Site](#)
[Goaltender Drills](#)
[Goalie Dojo](#)

CHIP (Initiation Program)

[Hockey Canada- Initiation Program \(CHIP\)](#)

OMHA

[OMHA Home](#)
[OMHA Team Manager Overview](#)
[OMHA Team Manager Manual](#)
[OMHA Age Specific Player Development](#)

[OMHA Coach and Player Resources](#)
[Coaching Drills \(OMHA site\)](#)
[Clinics Overview-OMHA](#)
[OMHA COACHES DRILL BOOK -V3.pdf](#)

Hockey Practice Plans-USA

[USA Hockey - Novice/Atom/Peewee Station Based Plans](#)
[USA Hockey Novice Full Ice Practices](#)
[USA Hockey Atom Full Ice Practices](#)
[USA Hockey Peewee Full Ice Practices](#)
[USA Hockey Bantam/Midget Full Ice Practice Plans](#)

Off- Ice Training

[Hockey Dryland Training](#)
[Off Ice Training](#)

General Links

[Concussion Awareness and Information](#)
[Concussions - A Head Game-Trainer manual](#)

Blogs

[Get Sport IQ](#)
[Deflections](#)
[When in Doubt, Glass and Out](#)
[Jack Blatherwick](#)

Articles

[Hockey Canada- Equipment Tips](#)
[Coaching Female Athletes - USA Hockey](#)
[OMHA Think Small for Big Gains in Learning Hockey](#)
[Coach Seminar Document Archive](#)
[Don't Be That Coach!](#)
[Proper Hockey Stick Length](#)
[Nightmare Sports Parent](#)
[10 Pre-Game Mistakes](#)
[Tips for Playing Solid Defence](#)
[Being Ready For the Big Game](#)
[OHF Know the Unknowns](#)
[A Gauge for Measuring Effective Practice](#)
[10 Pre-Game Mistakes](#)
[Sports Coach](#)

[BROKEN LINK? REPORT IT HERE!](#)