



# Hockey Alberta

No. 1, 7875 - 48th Avenue, Red Deer, Alberta T4P 2K1

Phone: (403) 342-6777 Fax: (403) 346-4277

Website: www.hockeyalberta.ca

<b>LEGEND</b>	⊙	Coach	→	Puck Carrying
	○ ●	Forwards	⇒	Shooting
	△ ▲	Defenders	⋯	Pass
	G	Goalie	→	Drop Pass
	— —	Stop	~	Backward Skate
	x	Pylon		Lateral Movement
	⊛	Pucks	— —	Defensive Pressure

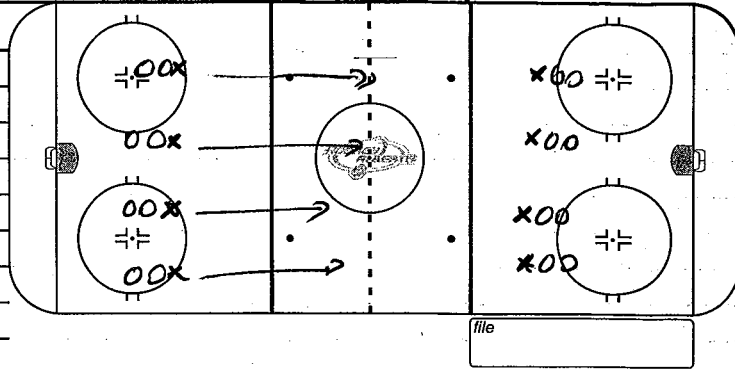


Date: \_\_\_\_\_ Duration: \_\_\_\_\_ (minutes)

## ATOM

Time: \_\_\_\_\_ Drill Name: Skating/Puck handling.

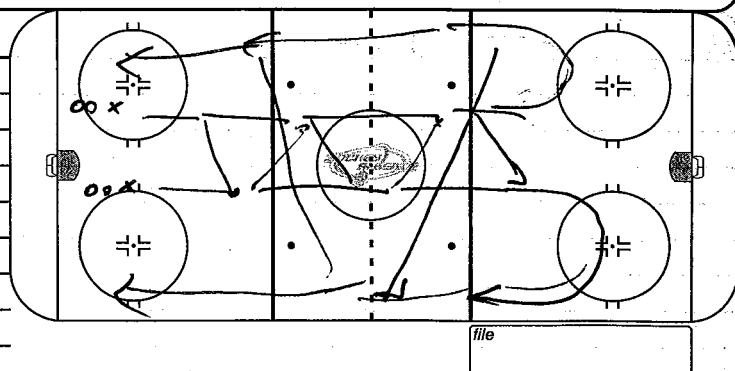
- Striding
- stickhandling
- Forwards to pucks & pass to player across.
- C-Cuts



Key Teaching Points (KTP)

Key Execution Points (KEP)

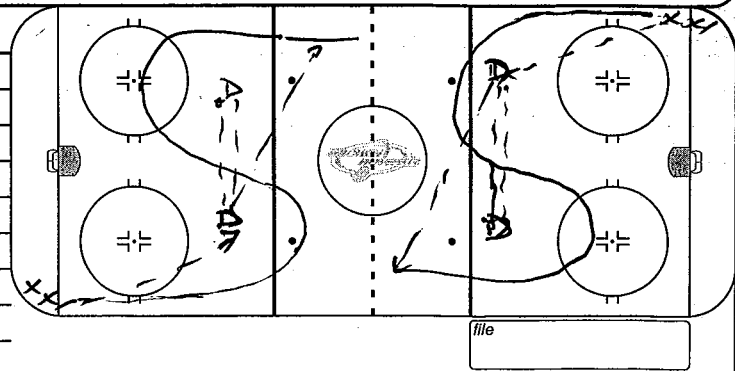
Time: \_\_\_\_\_ Drill Name: Narrow/Wide Pass.



Key Teaching Points (KTP)

Key Execution Points (KEP)

Time: \_\_\_\_\_ Drill Name: DtoD/Stretch Pass.



Key Teaching Points (KTP)

Key Execution Points (KEP)



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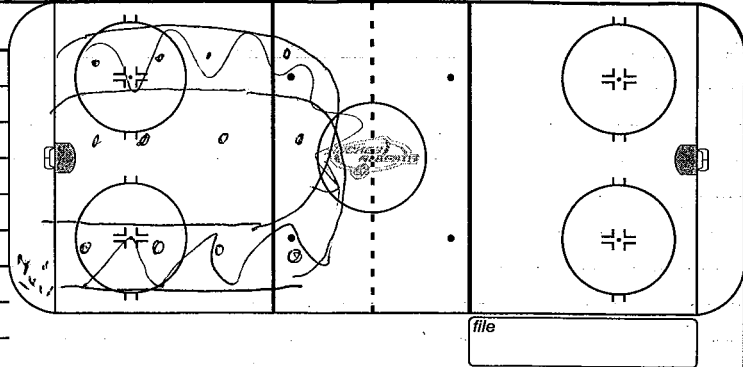


Date: \_\_\_\_\_ Duration: \_\_\_\_\_ (minutes)

## ATOM

Time: 3-5 Drill Name: warm up

Players warm up by skating passing pucks back and forth warms up hands, mind



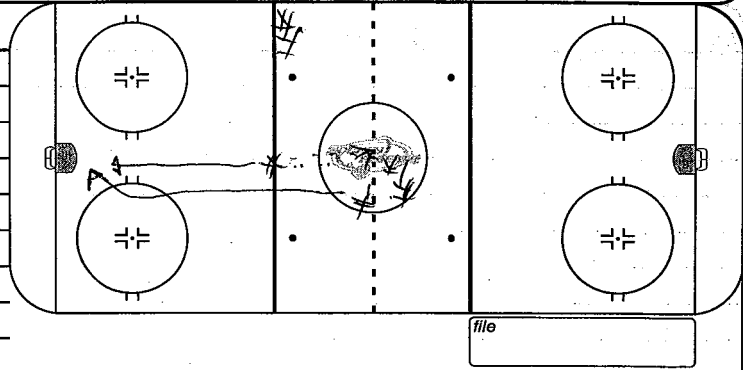
Key Teaching Points (KTP)

Key Execution Points (KEP)

Pass to partner, lead ahead with the pass + player skates in to pass

Time: 8-10 Drill Name: 1 on 1

Start at centre and pass to D + back to centre. D skates backwards while forward skates in to shoot on net. D tries to skate backwards and force player wide



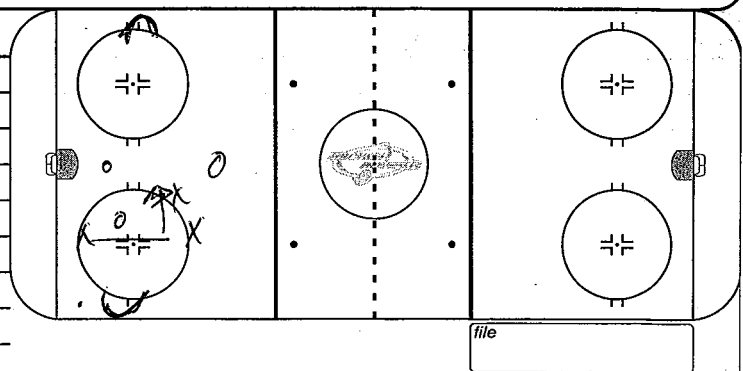
Key Teaching Points (KTP)

Key Execution Points (KEP)

Passing to each other and skate wide and fast

Time: 8-10 Drill Name: 3 on 3

3 on 3 - have to pass 2 times each change in control before shooting on net



Key Teaching Points (KTP)

Key Execution Points (KEP)

works on passes, kids have to skate to get open



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	●	Pucks	—	Defensive Pressure



Date: \_\_\_\_\_ Duration: \_\_\_\_\_ (minutes)

## ATOM

Time: \_\_\_\_\_ Drill Name: SKATING

① Edges  
② Skate progression  
③ Balance

file

Key Teaching Points (KTP) \_\_\_\_\_

Key Execution Points (KEP) \_\_\_\_\_

Time: \_\_\_\_\_ Drill Name: PASSING

① Stationary  
② Groups of 3 - pass & follow  
③ Groups of 3 - posts

file

Key Teaching Points (KTP) \_\_\_\_\_

Key Execution Points (KEP) \_\_\_\_\_

Time: \_\_\_\_\_ Drill Name: \_\_\_\_\_

file

Key Teaching Points (KTP) \_\_\_\_\_

Key Execution Points (KEP) \_\_\_\_\_

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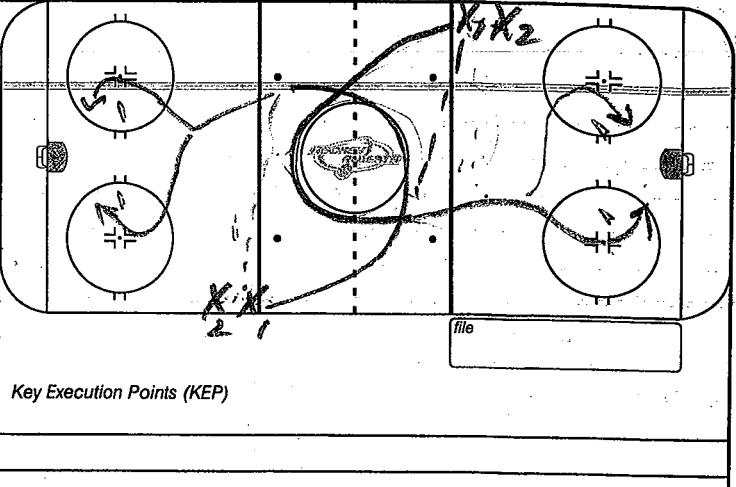


Date: NOVA Duration: \_\_\_\_\_ (minutes)

Time: \_\_\_\_\_ Drill Name: Passing

K<sub>1</sub> - heads around circle & receives pass from next in line (K<sub>2</sub>)  
- pylons in front → player must choose to go to one side

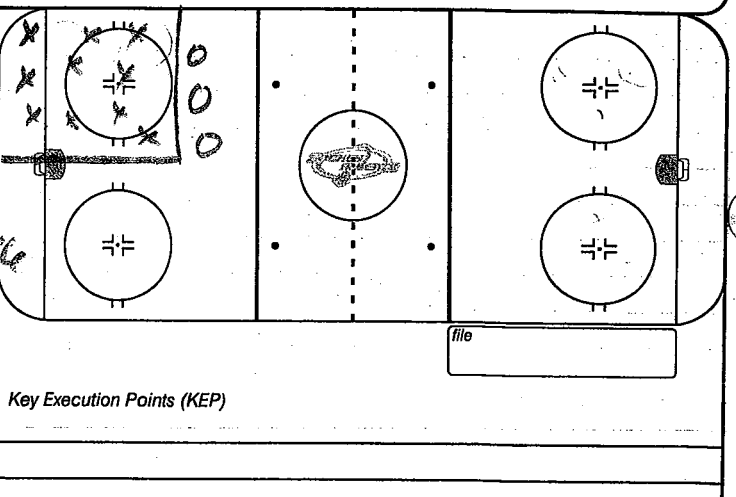
Key Teaching Points (KTP)



Time: \_\_\_\_\_ Drill Name: Welcome to "The Jungle"

X - players in small area on knees  
O - have puck → need to stick handle through all the others - if they lose puck to player on knees, they take place

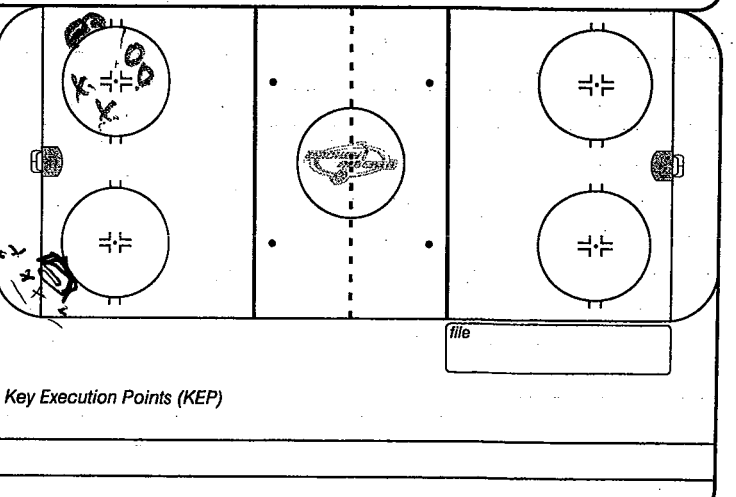
Key Teaching Points (KTP)



Time: \_\_\_\_\_ Drill Name: 2vs2 w/pass

X's start w/puck - must make a pass before shooting  
O's - try to steal puck - must make one pass before shooting

Key Teaching Points (KTP)



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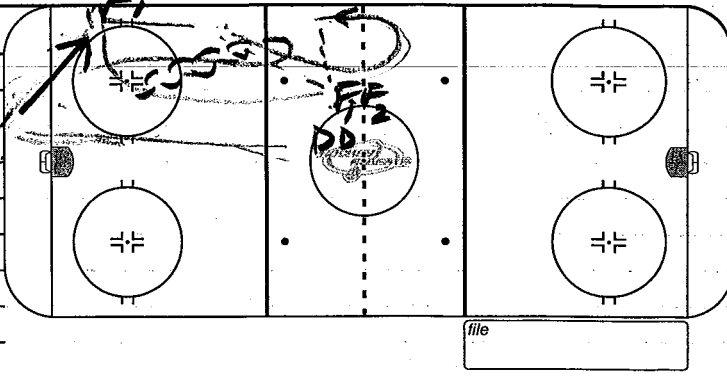
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Date: \_\_\_\_\_ Duration: \_\_\_\_\_ (minutes)

Time: \_\_\_\_\_ Drill Name: **Breakout Pass**

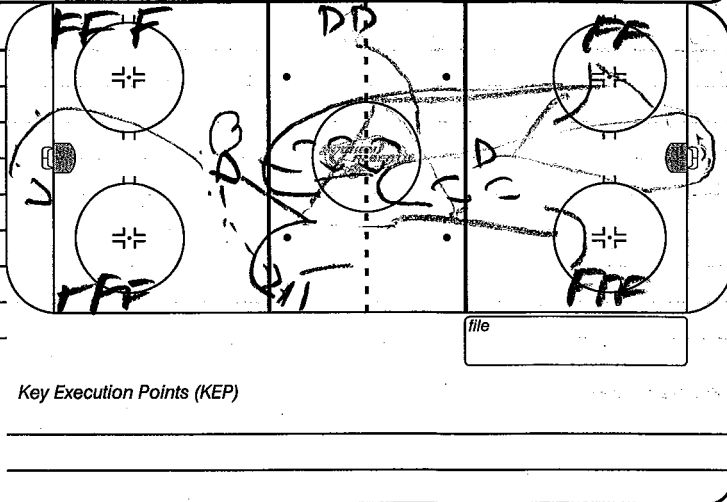
- Coach spots Puck in zone
- D break out Pass to F<sub>1</sub>
- F<sub>1</sub> passes to F<sub>2</sub>, regroup
- D transition skate (gap)



Key Teaching Points (KTP)

Key Execution Points (KEP)

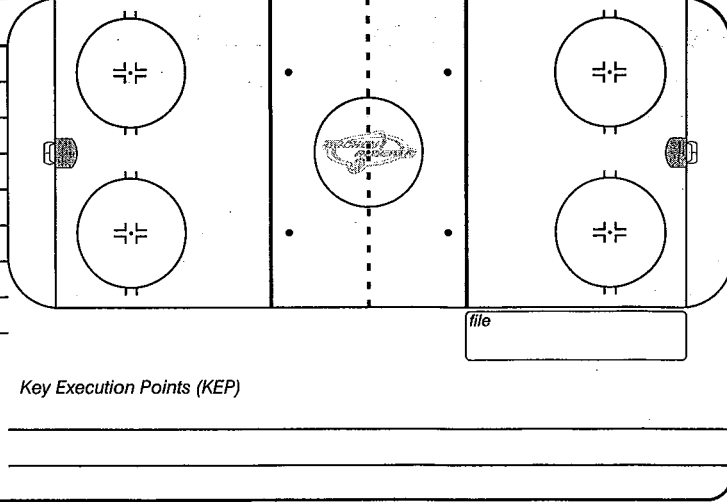
Time: \_\_\_\_\_ Drill Name: \_\_\_\_\_



Key Teaching Points (KTP)

Key Execution Points (KEP)

Time: \_\_\_\_\_ Drill Name: \_\_\_\_\_



Key Teaching Points (KTP)

Key Execution Points (KEP)