



Hockey Alberta

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

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

Website: www.hockeyalberta.ca

LEGEND

Ⓢ	Coach	→	Puck Carrying
○ ●	Forwards	⇒	Shooting
△ ▲	Defenders	⋯	Pass
G	Goalie	↘ ↗	Drop Pass
—	Stop	↔	Backward Skate
x	Pylon		Lateral Movement
⊗	Pucks	—	Defensive Pressure



Date: _____ Duration: _____ (minutes)

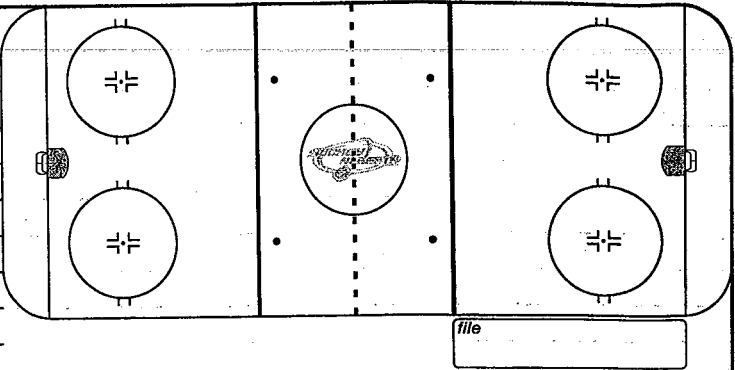
NOVICE

Time: 5:00 Drill Name: WARM UP

THROW PUCKS OUT - FREE TIME

OTHER EQUIPMENT - BALLS
- RINGS

Key Teaching Points (KTP)



Key Execution Points (KEP)

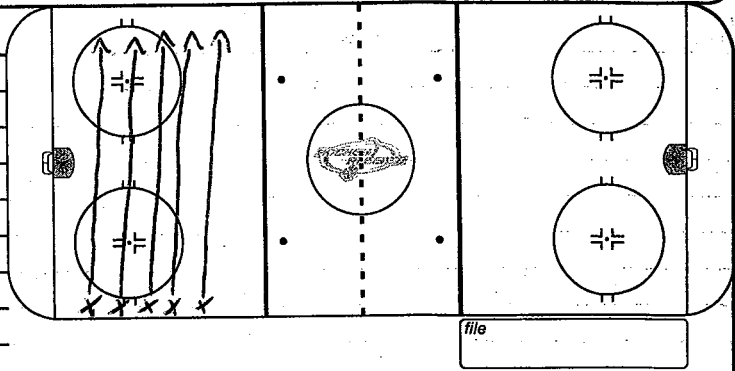
Time: 10:00 Drill Name: SKATING

1. BACKWARDS
2. T-RUSHES
3. ONE KNEE DOWN
4. OTHER KNEE DOWN
5. BOTH KNEES
6. SUPERMAN
7. SUPERMAN W/ ROLL

Key Teaching Points (KTP)

TEACHES BALANCE

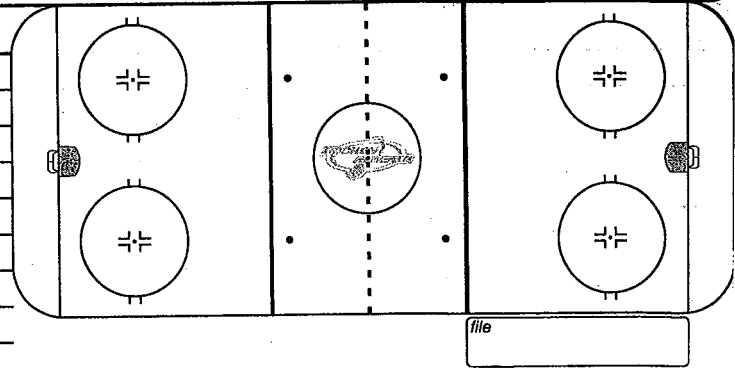
TEACHES THE PROGRESSION OF GETTING UP.



Key Execution Points (KEP)

Time: 5:00 Drill Name: BRITISH BULLDOG

Key Teaching Points (KTP)



Key Execution Points (KEP)

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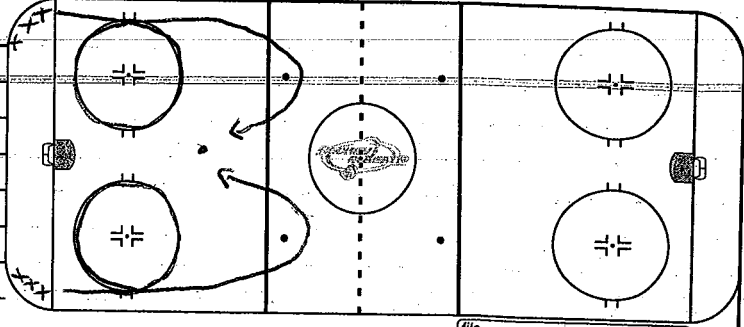
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	X	Pylon		Lateral Movement
	●	Pucks	—	Defensive Pressure



Date: **3/1/04** Duration: _____ (minutes)

Time: **10:00** Drill Name: **CIRCLE RACE**

ON WHISTLE PLAYER FROM EACH CORNER RACE AROUND THE CIRCLE AND THEN AROUND Pylon. PUCK WAITING IN MIDDLE. FIRST PLAYER GETS TO SHOOT ON NET.



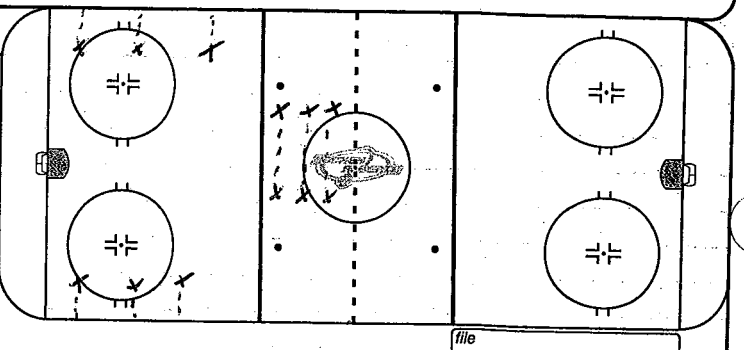
Key Teaching Points (KTP)

Key Execution Points (KEP)

Time: **2 x 5:00** Drill Name: **PASSING / SHOOTING**

1ST GROUP SHOOTING AGAINST BOARD
 - LOOK WHERE YOU WANT IT TO GO
 - WEIGHT TRANSFER

2ND GROUP - PASSING
 - LOOK WHERE YOU WANT IT TO GO
 - CRADLE PUCK WHEN RECEIVING

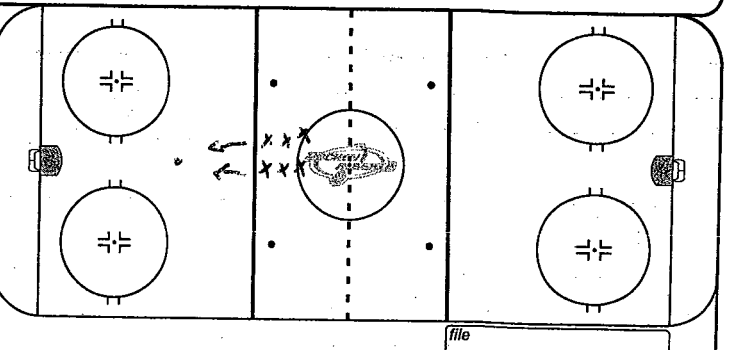


Key Teaching Points (KTP)

Key Execution Points (KEP)

Time: **10:00** Drill Name: **CHASE**

PLAYERS BESIDE EACH OTHER
 ONE PLAYER ON ONE KNEE
 RACE FOR PUCK ON WHISTLE



Key Teaching Points (KTP)
 PLAYER ON KNEE IS AT DISADVANTAGE
 TEACHES HARD BACKCHECKING. DON'T GIVE UP

Key Execution Points (KEP)



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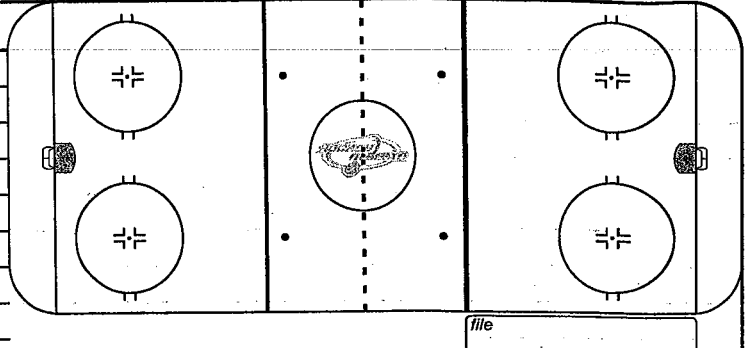


Date: _____ Duration: _____ (minutes)

NOVICE

Time: 5 min Drill Name: Puck free time

Be creative with puck or other implements on the ice.



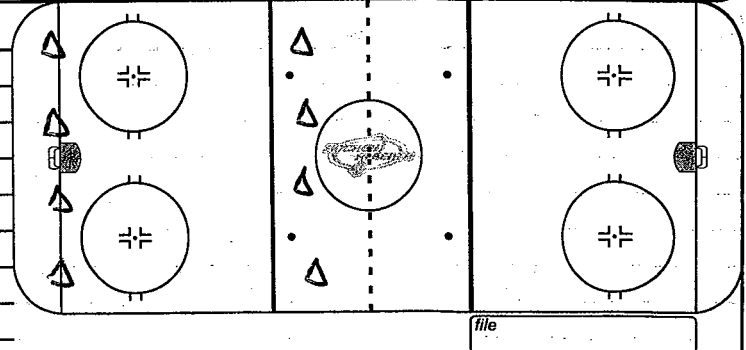
Key Teaching Points (KTP)

Key Execution Points (KEP)

Time: 15 min Drill Name: Skating

4 lines

- glides, balance on 1 foot
- long strides
- train (with partner)
- bear crawl
- backward c-cuts
- jumps
- slides
- 360° on knees



Key Teaching Points (KTP)

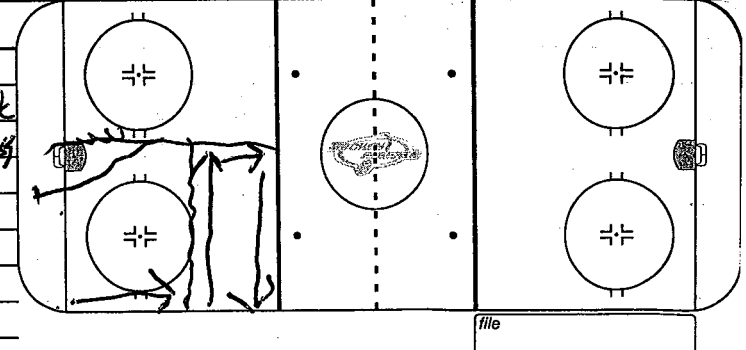
Key Execution Points (KEP)

Time: 5-6 min Drill Name: Cross over (Station 1)

- Start on goal line up to center line or walk across. Skate up to blue line & walk across

- Progress to around circle - both ways

- In to puck around circle



Key Teaching Points (KTP)

Key Execution Points (KEP)

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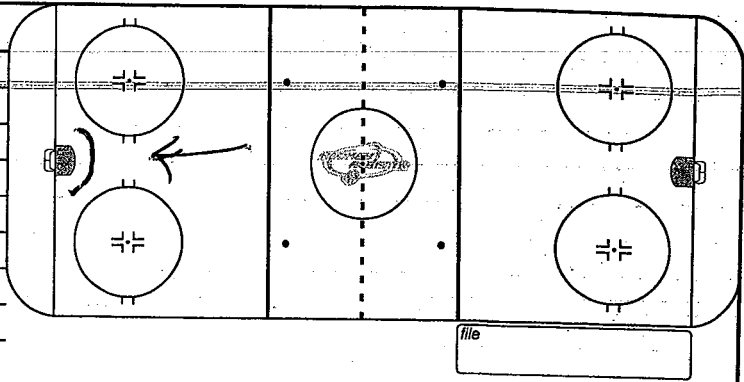
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	—	Stop	~>	Backward Skate
	X	Pylon		Lateral Movement
	⊙	Pucks	—	Defensive Pressure



Date: Nov 11 Duration: _____ (minutes)

Time: 5-6 min Drill Name: Shooting (Station 2)

- small semi-circle in front of goalie
- Then walk up to blue line & go in for shot (moving)
- checker breakaway

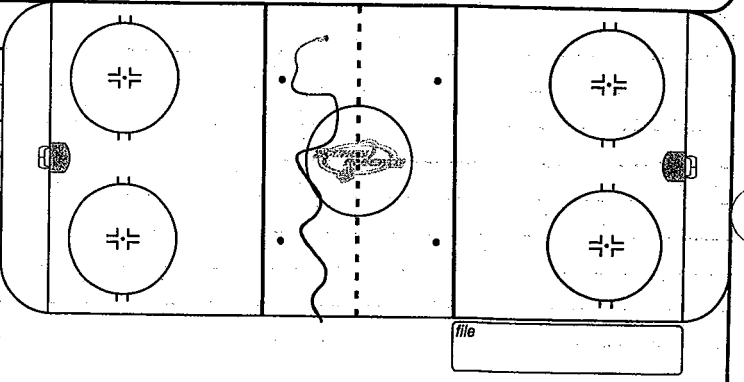


Key Teaching Points (KTP)

Key Execution Points (KEP)

Time: 5-6 min Drill Name: Passing (Station 3)

- stationary with partner
- across ice, over blue line
- in a box/circle with coach in middle

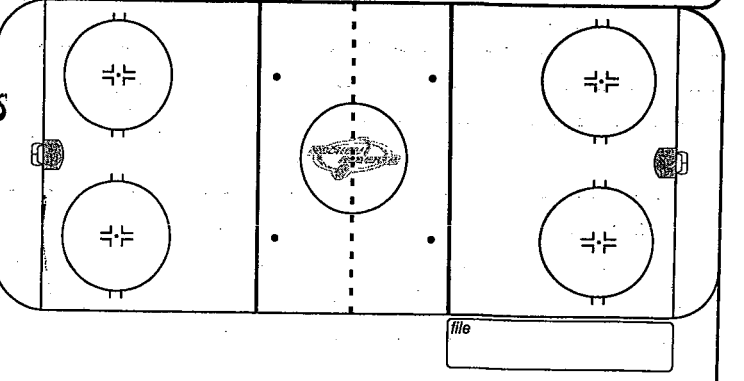


Key Teaching Points (KTP)

Key Execution Points (KEP)

Time: 6 min Drill Name: Game

Sharks & Minnows or Pirates or Astroids



Key Teaching Points (KTP)

Key Execution Points (KEP)



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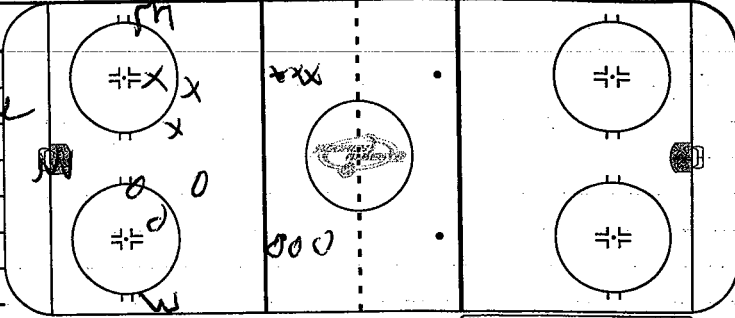
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	⊕	Pucks	—	Defensive Pressure



Date: _____ Duration: _____ (minutes)

Time: 10 min Drill Name: 3on3

- 3on3 - extras wait in neutral zone
 - keep it quick & intense
 - Blow whistle & switch

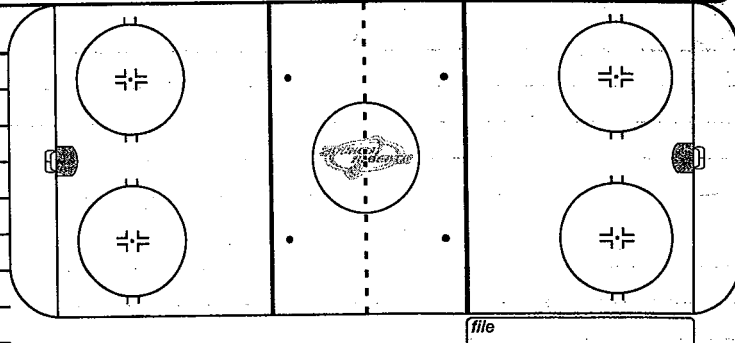


Key Teaching Points (KTP)

Key Execution Points (KEP)

Time: 5 min Drill Name: Soccer with Hands

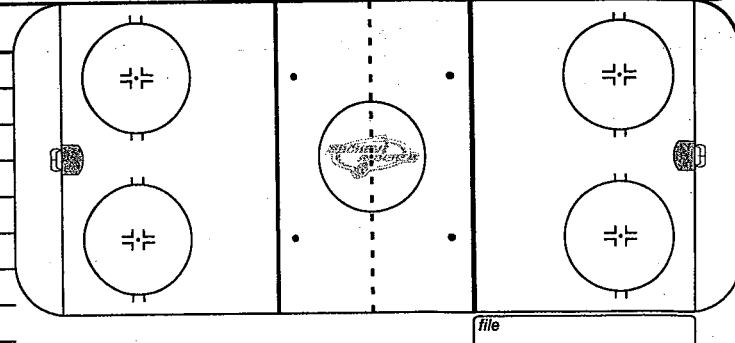
- cross ice
 - bend knees
 - head up!
 - 23 balls



Key Teaching Points (KTP)

Key Execution Points (KEP)

Time: _____ Drill Name: _____



Key Teaching Points (KTP)

Key Execution Points (KEP)

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Date: _____ Duration: _____ (minutes)

Time: _____	Drill Name: _____	
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>		<p>file</p>

Key Teaching Points (KTP)

Key Execution Points (KEP)

Time: _____	Drill Name: _____	
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>		<p>file</p>

Key Teaching Points (KTP)

Key Execution Points (KEP)

Time: _____	Drill Name: _____	
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>		<p>file</p>

Key Teaching Points (KTP)

Key Execution Points (KEP)



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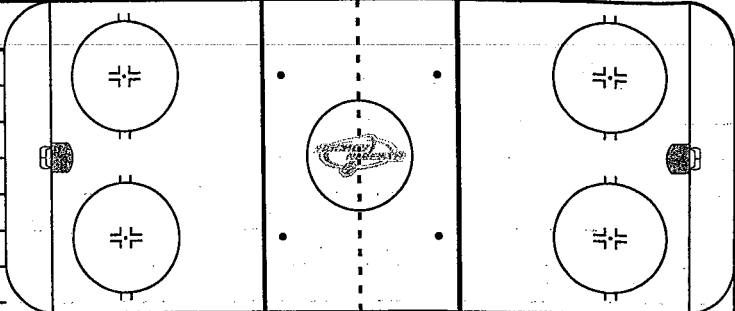
Date: _____ Duration: _____ (minutes)

NOVICE

Time: _____ Drill Name: _____

Warm up ideas:

- 5 minutes free time with pucks
- 5 minutes free time share 5 pucks
- couple pucks with coaches. kids chase
- light skating and stretching.



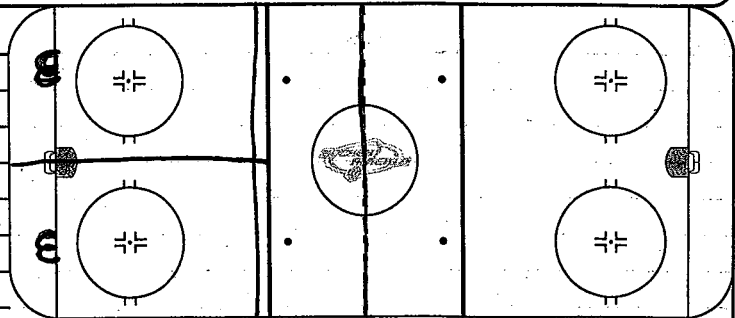
Key Teaching Points (KTP)

Key Execution Points (KEP)

Time: _____ Drill Name: _____

Stations:

- small area battles 1on1 2on2
- stickhandling around pylons
- obstacle course
- pirates - all with pucks except 2.
- dump in 1on1



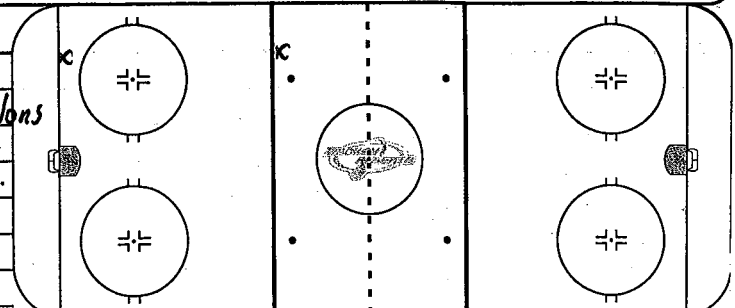
Key Teaching Points (KTP)

Key Execution Points (KEP)

Time: _____ Drill Name: _____

Skating:

- 4 lanes - continuous between pylons
- 4 lanes between 2 pylons
- butterfly - choose left or right.



Key Teaching Points (KTP)

Key Execution Points (KEP)

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	X	Pylon		Lateral Movement
	⊙	Pucks	—	Defensive Pressure



Date: **VOICE** Duration: _____ (minutes)

Time: _____ Drill Name: _____

Stations:

- forwards to backwards
- crossovers
balance
outside pushes
roll
- forwards to backwards - straight line.

Key Teaching Points (KTP) _____

Key Execution Points (KEP) _____

Time: _____ Drill Name: _____

Stations

- passing - bring all in tight together stationary to moving.
- One/One out of corner
- two lane passing.

Key Teaching Points (KTP) _____

Key Execution Points (KEP) _____

Time: _____ Drill Name: _____

Fun Games:

- scrimmage
- british bulldog with and without pucks
- relay race - pucks in the middle
- soccer

Key Teaching Points (KTP) _____

Key Execution Points (KEP) _____



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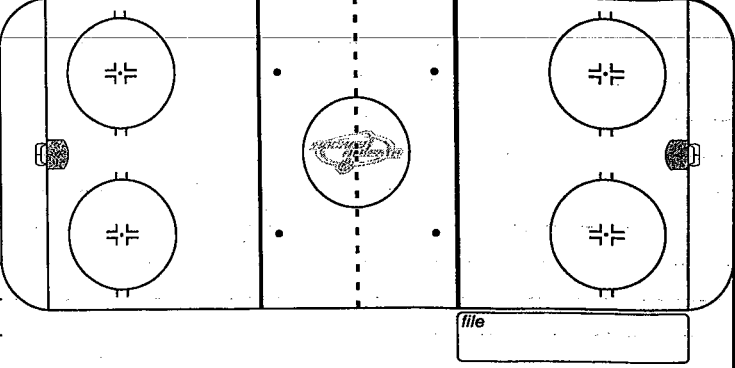
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	✿	Pucks	—	Defensive Pressure



Date: _____ Duration: 1 HR (minutes)

NOVICE

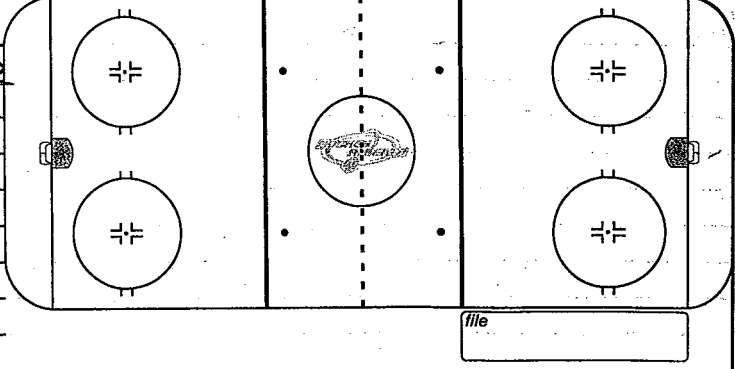
Time: 5 mins Drill Name: Misc
 - Rings, pucks, balls + misc to let kids feel around + have fun + get things started



Key Teaching Points (KTP)
 Skating, Kicking, whatever activity they choose

Key Execution Points (KEP)

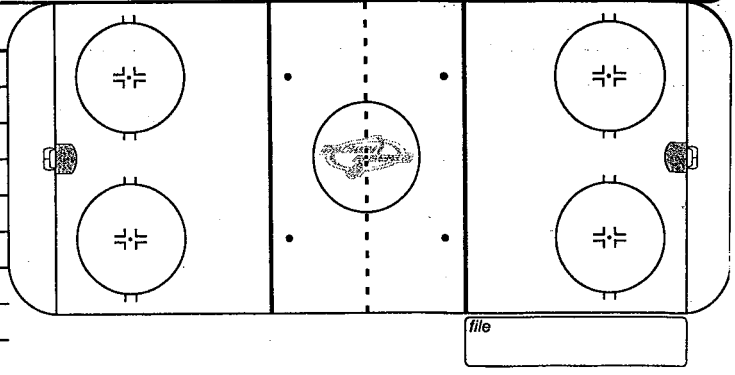
Time: 5 mins Drill Name: Skating
 - skating down on one knee
 - stomach + up quick
 - roller



Key Teaching Points (KTP)

Key Execution Points (KEP)

Time: 5 mins Drill Name: Circles
 skate circles
 - forwards + backwards
 - forward 1/2 circle, backwards 1/2 circle



Key Teaching Points (KTP)

Key Execution Points (KEP)

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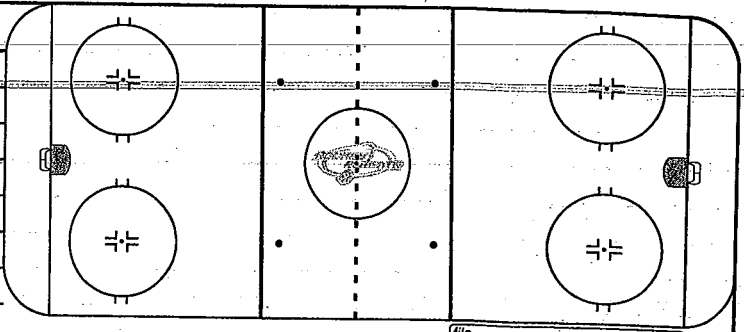
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	⊙	Pucks	—	Defensive Pressure



Date: NOV 11 Duration: _____ (minutes)

Time: 5 mins Drill Name: Stops / Starts

- stop starts
 - stop turning to boards each way
 - chariot racing - pulling each kids

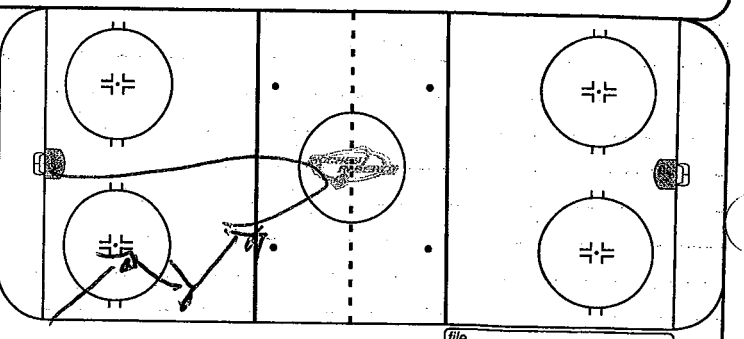


Key Teaching Points (KTP)

Key Execution Points (KEP)

Time: 5 mins Drill Name: Stops / Starts

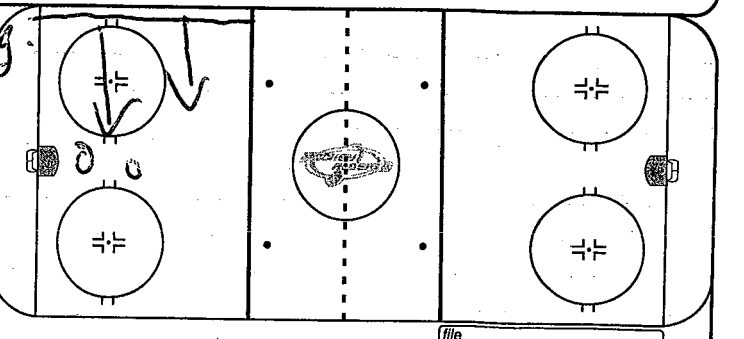
- skate to pylon - stops
 - start - skate to pylons



Key Teaching Points (KTP)

Key Execution Points (KEP)

Time: 5 mins Drill Name: British Bulldog



Key Teaching Points (KTP)

Key Execution Points (KEP)

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	●	Pucks	— —	Defensive Pressure



Date: _____ Duration: _____ (minutes)

Time: 5 mins Drill Name: Passing

Get a partner.
-10ft passes.

Key Teaching Points (KTP)

Key Execution Points (KEP)

Time: 5 mins Drill Name: _____

-stick handling
around pylon - get a shot

Key Teaching Points (KTP)

Key Execution Points (KEP)

Time: 5 mins Drill Name: _____

player
pass to coach
-player skates around pylon
coach gives player a pass.

Key Teaching Points (KTP)

Key Execution Points (KEP)

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X	Pylon		Lateral Movement
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Date: _____ Duration: _____ (minutes)

Time: 5 mins Drill Name: _____

stick handle around pylons
take a shot on net.

Key Teaching Points (KTP)

Key Execution Points (KEP)

Time: 10 min Drill Name: Scrimmage

Game - Hockey
- Soccer

Key Teaching Points (KTP)

Key Execution Points (KEP)

Time: _____ Drill Name: _____

Key Teaching Points (KTP)

Key Execution Points (KEP)

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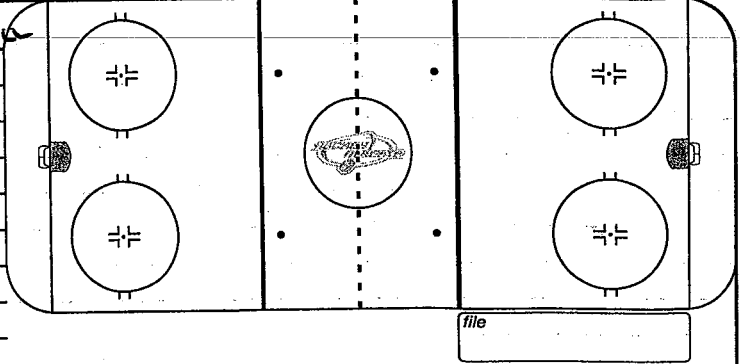
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Date: _____ Duration: 60 (minutes)

NOVICE

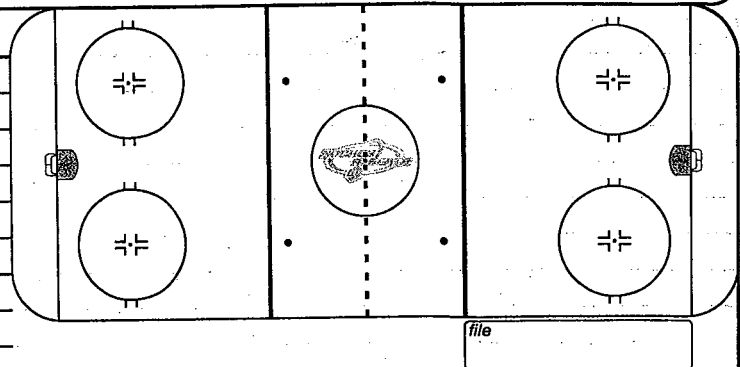
Time: 5-10 min Drill Name: FREE FOR "SOFT" BALL
- 3-4 SOFT BALLS OUT FOR PLAYERS TO CHASE WARM UP



Key Teaching Points (KTP)

Key Execution Points (KEP)

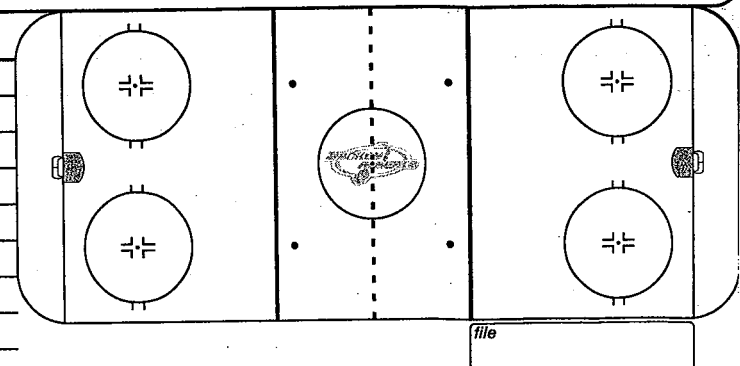
Time: 7-10 min Drill Name: UP/DOWN
- LINE UP ON GOAL LINE.
- SKATE ON WHISTLE TO RINGETTE LINE, DROP TO ONE KNEE AND UP TWO KNEES BELLY, ETC. TO RED LINE. REPEAT BACK THE OTHER WAY.



Key Teaching Points (KTP)

Key Execution Points (KEP)

Time: 5 MIN Drill Name: CHARIOTS
BOARD TO BOARD CHARIOTS.
PLAYERS PULL EACH OTHER STANDING, THEN KNEES



Key Teaching Points (KTP)

Key Execution Points (KEP)

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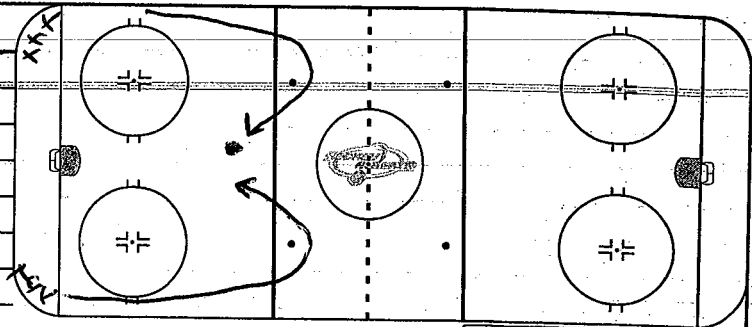
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Date: **NOV 11** Duration: _____ (minutes)

Time: **10 min** Drill Name: **race to puck**

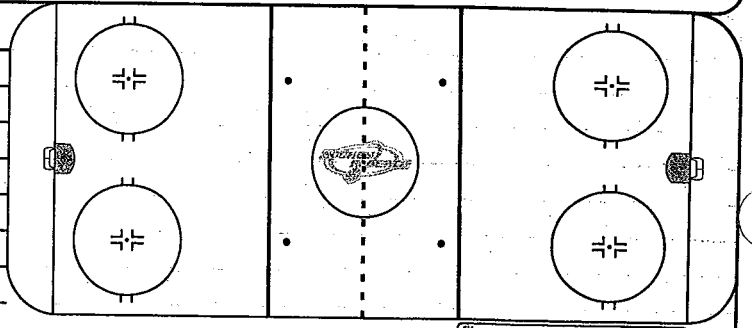
players from each corner race to puck touch the trailer to not give back check



Key Teaching Points (KTP)

Key Execution Points (KEP)

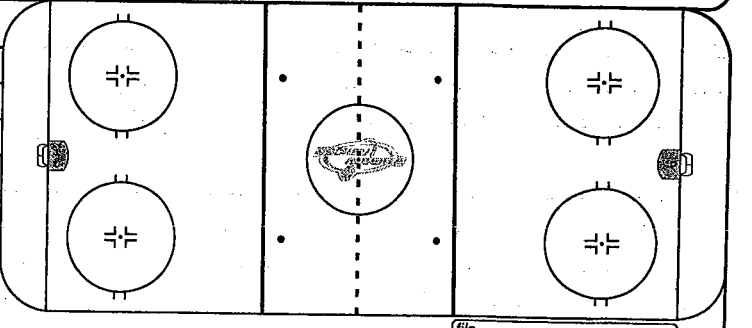
Time: _____ Drill Name: _____



Key Teaching Points (KTP)

Key Execution Points (KEP)

Time: _____ Drill Name: _____



Key Teaching Points (KTP)

Key Execution Points (KEP)



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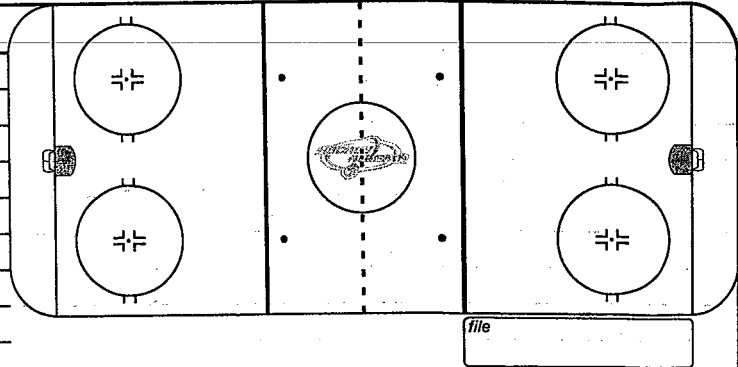
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Date: _____ Duration: 60 (minutes)

NOVICE

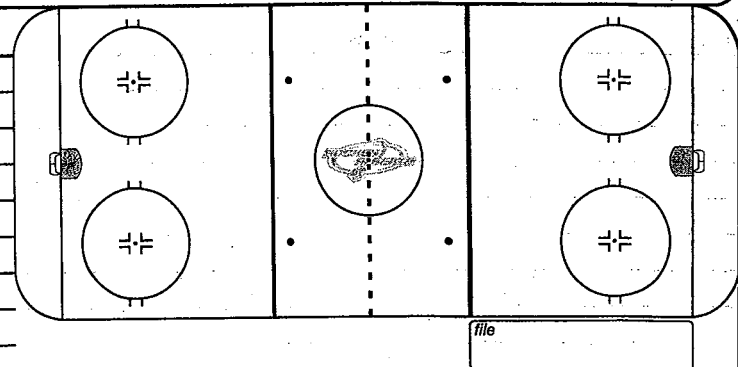
Time: 5-16 MIN. Drill Name: WARM UP.
 LET KIDS SKATE AROUND CHASING PUCKS AND SUCH, SPEED UP ON WHISTLE.



Key Teaching Points (KTP)
CONTROL OF PUCK AND SUCH AND AVOIDING OTHER PLAYERS

Key Execution Points (KEP)

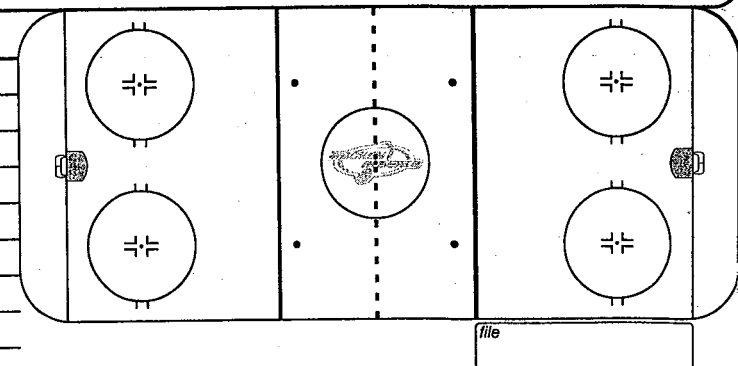
Time: 10-15 Drill Name: _____
CIRCLES FORWARDS - WITH PUCK. FORWARDS WITH OUT BACKWARDS WITH OUT. FORWARDS TO BACKWARDS ON HASH MARKS.



Key Teaching Points (KTP)
CROSSOVERS AND PUCK CONTROL.

Key Execution Points (KEP)

Time: 5-10 Drill Name: CHARIOT PULL
CHARIOT PULL. - HALF ICE BOARD TO BOARD ON KNEES AND STANDING.



Key Teaching Points (KTP)
PROPER STRIDE TO GET MOVING,

Key Execution Points (KEP)

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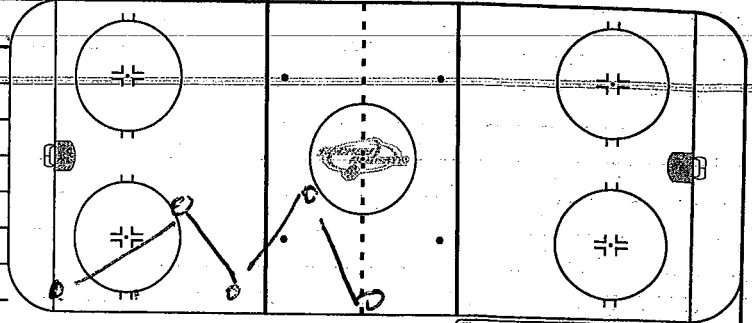
LEGEND	⊙	Coach	~~~~~	Puck Carrying
	○ ●	Forwards	⇒	Shooting
	△ ▲	Defenders	⋯→	Pass
	G	Goalie	⇄	Drop Pass
	—	Stop	~~~~~	Backward Skate
	X	Pylon		Lateral Movement
	⊕	Pucks	—	Defensive Pressure



Date: **NOV 10** Duration: _____ (minutes)

Time: **5-10** Drill Name: **STOP + STARTS**

STOP + STARTS
SPRAY SNOW ON PYLON -
ALWAYS STOPPING FACING SAME
WAY.

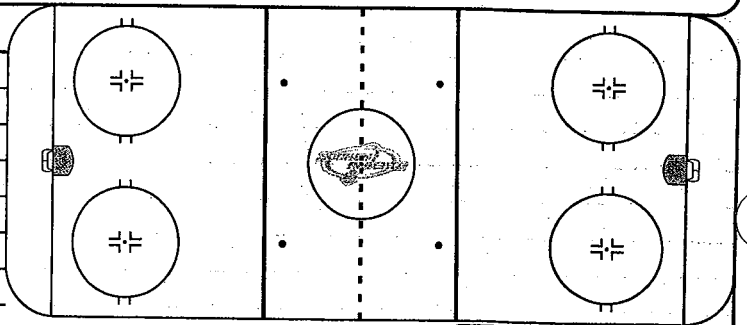


Key Teaching Points (KTP)
STOP AND START BOTH DIRECTION.

Key Execution Points (KEP)

Time: **5-10** Drill Name: **BRITISH BULLDOG**

START ON BEARDS COACH
CALL BRITISH BULLDOG. ALL
THAT GET TAGGED HELP NEXT
CALL.

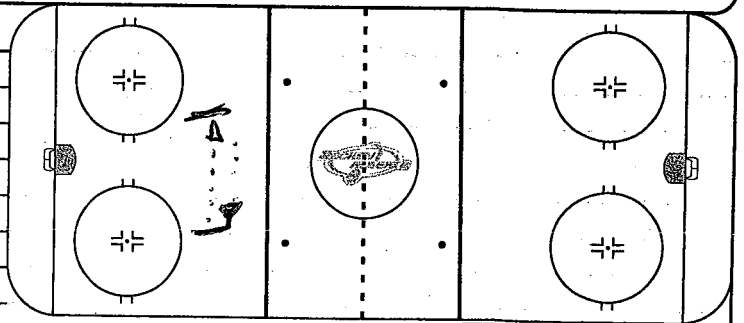


Key Teaching Points (KTP)
MOBILITY AND SPEED.

Key Execution Points (KEP)

Time: **5-** Drill Name: **PASS PUCK**

PAIR UP AND PASS BACK AND
FORTH. TAPE TO TAPE. CRADLING
TO RECEIVE.



Key Teaching Points (KTP)
TO MAKE A PASS AND RECEIVE.

Key Execution Points (KEP)



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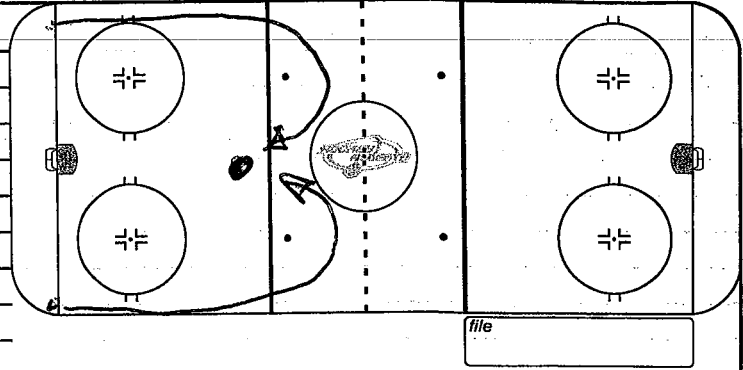
LEGEND	⊙	Coach	→	Puck Carrying
	○ ●	Forwards	⇒	Shooting
	△ ▲	Defenders	⋯→	Pass
	⊙	Goalie	↘→	Drop Pass
	—	Stop	↔	Backward Skate
	x	Pylon		Lateral Movement
	⊙	Pucks	—	Defensive Pressure



Date: _____ Duration: _____ (minutes)

Time: 10 MIN Drill Name: CHASE FOR PUCKS

START IN CORNER KIDS RACE FOR ONE PUCK - FIRST ONE CAN GO SHOOT ON NET WHILE OTHER BACKCHECKS TO GET PUCK.

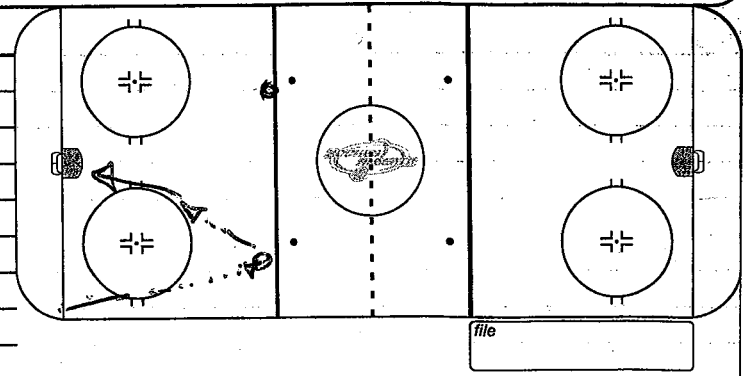


Key Teaching Points (KTP)

Key Execution Points (KEP)

Time: 5 MIN Drill Name: GIVE AND GO

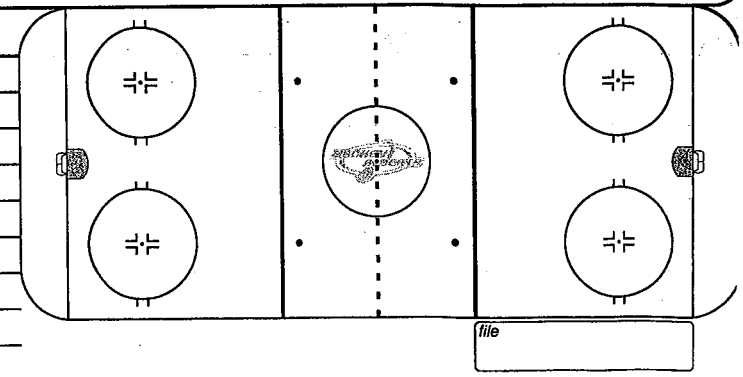
COACHES ON OFF SIDE CIRCLE PASS FROM CORNER TO COACH. SKATE AROUND COACH THEN GET RETURN PASS.



Key Teaching Points (KTP)

Key Execution Points (KEP)

Time: _____ Drill Name: _____



Key Teaching Points (KTP)

Key Execution Points (KEP)

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LEGEND			
⊙	Coach		Puck Carrying
○ ●	Forwards		Shooting
△ ▲	Defenders		Pass
G	Goalie		Drop Pass
—	Stop		Backward Skate
X	Pylon		Lateral Movement
	Pucks		Defensive Pressure



Date: _____ Duration: _____ (minutes)

Time: _____	Drill Name: _____		<div style="border: 1px solid black; width: 100px; height: 30px; margin-top: 10px;">file</div>
_____	_____		
_____	_____		
_____	_____		
_____	_____		
Key Teaching Points (KTP)		Key Execution Points (KEP)	
_____		_____	

Time: _____	Drill Name: _____		<div style="border: 1px solid black; width: 100px; height: 30px; margin-top: 10px;">file</div>
_____	_____		
_____	_____		
_____	_____		
_____	_____		
Key Teaching Points (KTP)		Key Execution Points (KEP)	
_____		_____	

Time: _____	Drill Name: _____		<div style="border: 1px solid black; width: 100px; height: 30px; margin-top: 10px;">file</div>
_____	_____		
_____	_____		
_____	_____		
_____	_____		
Key Teaching Points (KTP)		Key Execution Points (KEP)	
_____		_____	