



FUN & GAMES

HOCKEY CANADA DRILL MANUAL - VOL. 1

HOCKEYCANADA.CA



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INTRODUCTION

"We should never lose sight of the fact that the primary reason children play games at all is to have fun," - Terry Orlick

There is a lot of hockey played in Canada each winter and why not – it's FUN! Along with all that hockey there is sure to be lots of interesting games and activities used by instructors everywhere to help keep the game fun while teaching the basic skills. The problem is that great ideas for fun and games are not available to other instructors.

The National Initiation Program (IP) Committee recognized this fact and put the call out for instructors to share their favorite games. There were over 160 submissions from all across Canada. These were promptly sorted, catalogued, and organized into this book, the first book of fun and games for Canadian IP Instructors.

The purpose of this book is to help instructors everywhere add variety and fun to their programs, practices, and scrimmages. By sharing we are working together to build a better program for the kids! Anything instructors can do to add fun to the game, develop basic skills, and build a player's confidence will contribute to that player going on to enjoy hockey for many years.

ACKNOWLEDGEMENTS

FIRST EDITION

Alberta – Todd Hass, Scott Robinson, Tom Gooding, Melody Davidson, Kevin Simmill, Cole Landers

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SAFETY

Virtually all injuries sustained by Minor Hockey participants will be caused by lack of skill and will be minor in nature. As an instructor, you should strive to minimize the chance of injury occurring, particularly injuries that could be caused by faulty equipment, unsafe facilities and certainly unsafe activities.

During ice sessions you have a responsibility as an instructor to be prevention minded about injuries. The following safety precautions should be observed:

Teach players the proper techniques for falling and getting up.

Ensure players stop at least 5-10 feet from the boards when performing drills or skills.

Ensure properly fitting protective equipment is worn at all times.

It is suggested that the instructor wear a helmet while on the ice.

Do not permit any *horseplay*.

Care should be taken to ensure that shooting drills are conducted in as safe a manner as possible (i.e. players not permitted near or

behind goal, no more than one puck shot at a time, goalie has time to recover before next shot, etc.).

Remove immediately any foreign materials on the ice.

Remove any equipment not being used for the drill or activity.

Ensure all doors to the ice surface are closed prior to player starting any drills.

Do not use dangerous materials to divide up the ice surface, i.e. a bare rope stretched across the ice.

Do not permit players on the ice until after the ice cleaning machine is off the ice and the doors are closed.

Do not permit players on ice that is not safe, i.e. cement showing, melting ice, ruts, etc.

Instructor must be on the ice with the players at all times.

Take time to read Hockey Canada's booklet, *Safety Requires Teamwork*, and the *Principles of Safety* in the Initiation Program's Instructor's Manual.

USING GAMES

The best ice sessions at any level of hockey are both educational and fun. One effective way to add fun is through playing games other than the customary hockey. They don't have to be the last activity of the ice session; games can be used as a warm up, to rejuvenate players whose interest is fading, as well as enhancing the teaching segment of the lesson. If used for warm up, select a game low in intensity with plenty of movement, i.e. "Neutral Zone Scramble".

The games are catalogued by skill, so, if passing is being taught, then the lesson plan could be augmented with a game from the passing section. Try beginning and ending a practice with a game. Also, try letting the players decide which game they would like to play. When players' interest seems to be waning, try changing the pace with a high intensity game, rather than a punishing skate, change the pace to an unstructured game of tag.

Each game is tagged with a recommended age level. These are only recommendations. The user's discretion is best. Likewise, game descriptions are kept to a minimum so instructors can modify to fit the needs of their kids. Remember, the goal is to have FUN!

To evaluate which games the players like you can carefully watch them and listen closely to their chatter. Questions to keep in mind

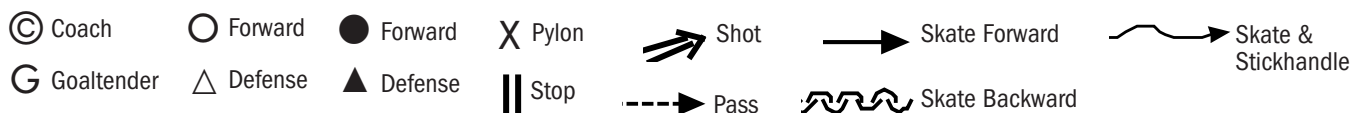
when observing include: Do the players understand how the game is supposed to be played? Is the challenge appropriate for their age, skill and interest? Is everyone involved in the action? Are the kids having fun? Do they ask you to play the game(s)?

Also, try asking them by using open-ended questions used either in a questionnaire or in an interview. Open-ended questions usually begin with What or How. Be careful when asking the entire group because you will hear from the more aggressive or assertive kids the most and they may or may not give you a good read on the entire group.

The wonderful thing about games, especially one that the children invent themselves, is that they stimulate the imagination and remove many of the inhibitions and fears that the child might have. Children with a reluctance to try different skills, often, will naturally perform them when they play. They will stop, turn, fall, and get up during a game of tag without hesitation.

Games are also excellent reinforcement for team work, cooperation and respect that our sport is ultimately there to develop. The instructor can purposely modify the practice plans to emphasize these social skills through games. It is with this intent that the Initiation Program has built this resource.

SYMBOLS



A WORD ABOUT RELAYS

There are endless variations on the relay theme. Because relays have common elements, not all relays were listed individually. The following description of the common elements should help you incorporate any skill in relay games.

1. Method of Travel

How the skill(s) is(are) incorporated singly or in combination, i.e. skating, stick handling, passing, shooting, changing direction.

2. Formations Used

Single file, down and back. Next person goes when tagged, object is passes, etc.

Single file, down and back. Next person goes when person in front passes a certain point or marker so that more than one person is moving.

Shuttle. Run to a teammate in another line, who then skates back to the starting line.

Circle. Relay is around the outside of the circle.

Single file. After each repetition another player joins in until whole team is involved. Can reverse.

3. Equipment Used

Restricted only by your imagination and availability. For example, balls (any size), pucks, hoops, hats, pylons to go around.

4. Relationship with Others

Cooperation. Work with a group or partner to achieve a task.

Competition. Create teams and teams compete to see who can finish first or get the best results, i.e. goals scored.

LISTING OF GAMES BY SKILL

Games are listed in alphabetical order under EACH skill they employ. Where more than one skill applies, all skills are listed. Games are described only under the primary skill. A listing of age group for each game is provided so that games can be identified by skill and age level. For example, if you wanted to look up a game that involves shooting for seven year olds, look under **shooting** for games recommended for seven year olds.

DRILL NAME	AGE RANGE	PAGE #
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Agility, Balance & Coordination

Battleship.	11 & under	7
Bean Bag Skate	11 & under	7
Cat & Mouse Tag (Checking, Skating, ABC's)	8 & under	14
Coach Says	11 & under	7
Crows & Cranes (Skating, ABC's)	9 & under	8
Follow the Leader	7 & under	8
Hockey Gladiators.	11 & under	8
Impact Pylons.	11 & under	9
Ninja Turtles (Checking, Skating, ABC's)	9 & under	14
Pirates' Gold (Checking, ABC's)	10-13	9
Prisoner's Base (Checking, Skating, ABC's)	9 & under	15
Relay Races-1	9 & under	9
Stick Switch	13 & under	10
Trolls in the Hole.	9 & under	10
Turn Around	13 & under	10
Who Can Glide the Farthest?	8 & under	11
Winnipeg Bull Dog (Checking, Skating, ABC's)	5 & up	15

All Skills

Cross Ice Scrimmage	11 & under	12
Mini Games	All ages	12
Multiple Puck Scrimmage	All ages	13
Three Zone Scrimmage	8 & up	13

Checking

Cat & Mouse Tag (Checking, Skating, ABC's)	8 & under	14
Circle Keep Away (Checking (angling), Passing)	11 & under	16
Ninja Turtles (Checking, Skating, ABC's)	9 & under	14
Pin Game	9 & up	14
Pirates' Gold (Checking, ABC's)	10-13	9
Prisoner's Base (Checking, Skating, ABC's)	9 & under	15
Raptors (Checking, Skating, Puck Control)	All ages	15
Winnipeg Bull Dog (Checking, Skating, ABC's)	5 & up	15

Passing

Bombardment (Shooting, Passing)	13 & under	19
Circle Keep Away (Checking (angling), Passing)	11 & under	16
Pylon Hockey (Shooting, Passing)	11 & under	19

Puck Control

Easter Egg Hunt	7 & under	17
Heads Up.	9 & under	17
Neutral Zone Scramble	7 & up	17

DRILL NAME	AGE RANGE	PAGE #
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Raptors (Checking, Skating, Puck Control)	All ages	15
Tennis Ball Tussle (Skating, Shooting, Puck Control)	8-11	20
Terminator (Shooting, Puck Control).	9 & under	18

Shooting

Bombardment (Shooting, Passing)	13 & under	19
Fill the Net	11 & under	19
Pylon Hockey (Shooting, Passing)	11 & under	19
Pylon Race (Skating, Shooting)	All ages	20
Tennis Ball Tussle (Skating, Shooting Puck Control)	8-11	20
Terminator (Shooting, Puck Control).	9 & under	18

Skating

Attention	8 & under	21
Cat & Mouse Tag (Checking, Skating, ABC's)	8 & under	14
Crows & Cranes (Skating, ABC's)	9 & under	8
Duck & Goose	8 & under	21
Ninja Turtles (Checking, Skating, ABC's)	9 & under	14
Prisoner's Base (Checking, Skating, ABC's)	9 & under	15
Raptors (Checking, Skating, Puck Control)	All ages	15
Red Light - Green Light.	8 & under	21
Tennis Ball Tussle (Skating, Shooting, Puck Control)	9-11	20
What Time Is It Mr. Wolf?	8 & under	22
Winnipeg Bull Dog (Checking, Skating, ABC's)	5 & up	15

Small Area Games

10 Puck Showdown	All ages	24
2-1 Corner Drill	9 & up	27
2-2 / 3-3	All ages	23
2-2 Cross Ice Outlet	9 & up	25
3-0 Scoring Drill	11 & up	29
3-3 Cross Ice Quick Change	9 & up	26
Back to Back Nets	9 & up	24
Corner Drill.	7 & up	24
Evasion 1-1	11 & up	27
French Scrimmage	All ages	30
Goalie Fire	9 & up	27
Half Ice 3 on 0	9 & up	23
Odd Man Scrimmage	11 & up	30
One Goaltender 2-2	7 & up	26
Pioneer Goalie Drill	11 & up	28
Puck Battles Low	9 & up	28
Quick Up Scrimmage	11 & up	29
Rebound Rapid Fire	11 & up	28
Shootout 3-1	11 & up	30
Side-By-Side Shootout	9 & up	25
Two Goal Neutral Zone Shootout	9 & up	29
Two Puck Scrimmage	All ages	26
Yes-No Showdown	All ages	25



KNOWING THE RULES

RESPECT

IT ALL LEADS TO INJURY PREVENTION

PLAY SAFE, PLAY SMART

“LEARN MORE ABOUT THE HEAD CONTACT RULE”

We all have a responsibility - lets work together to keep hockey safe!

hockeycanada.ca/headcontactrule

- Resources to understand the head contact rule including great videos
- Coach tools to support pre-season parent and team meetings
- Concussion resources including responsible “return to play guidelines”

READ IT • RESPECT IT • PASS IT ON

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AGILITY, BALANCE & COORDINATION

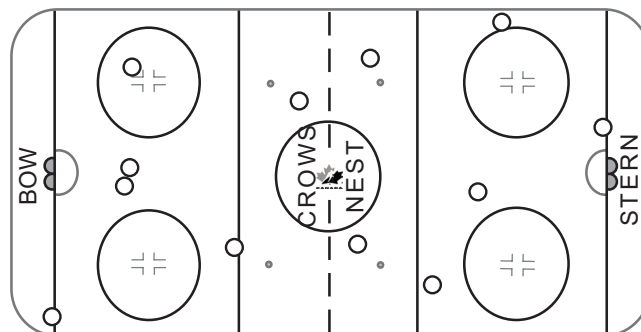
1

BATTLESHIP

10 min

The rink becomes a battleship. One end is the **bow** the other end the **stern**. The centre circle is the **crow's nest**. The players are the **crew** and spread out around the battleship. Coach calls commands, crew reacts. Include as many commands as players are capable of remembering and executing. Commands may include (add your own):

- **Bow, Stern, Crow's nest** – crew goes to the designated area;
- **Torpedoes** – crew slides face own on the ice;
- **Submarines** – crew roles on back and sticks one leg up in the air;
- **Shark Attack** – crew swims for shore (simulate swimming on their stomach);
- **Man Overboard** – crew forms groups of 4-6 row to shore (simulate rowing while sitting down).



EQUIPMENT

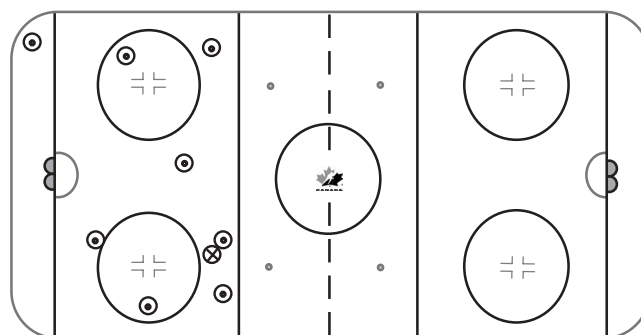
None

2

BEAN BAG SKATE

10 min

All players place a bean bag on their helmet and skate around the rink. If the bean bag falls off she/he is frozen and must stand still. They can be unfrozen by another player or the instructor tagging them. Once tagged they replace the bean bag on their helmet and continue skating.



EQUIPMENT

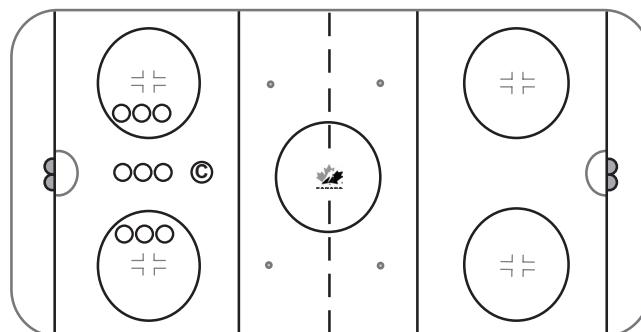
One bean bag per player...may use any object that does not easily slide off the player's helmet. ie. puck

3

COACH SAYS

10 min

Coach calls out commands preceded with **Coach Says** or not. Commands could relate to the material covered in practice. Players can move only if the command has been preceded by the words, **Coach Says**. Players moving without the proper command are given one penalty point. Each player counts his/her points and the player with the least amount of points wins.



EQUIPMENT

None

FUN & GAMES

4

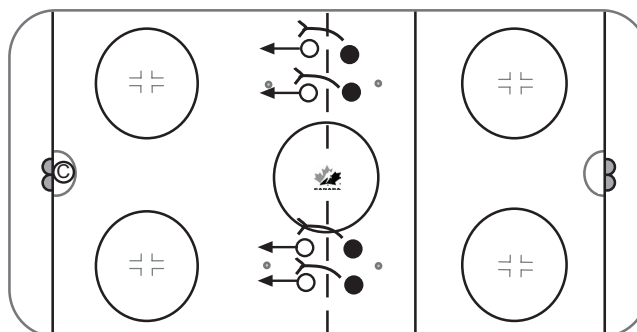
CROWS & CRANES

10 min

One player is a Crow and a partner is the Crane. Crows & Cranes lay on their stomach (or backs) with their skates on the centre redline and touching. Coach calls *crow* or *crane*. Both players get up and whoever is called chases their partner toward their blueline. Return and repeat as often as you like.

CAUTION

Players must have well developed skating skills (i.e. stopping).



EQUIPMENT

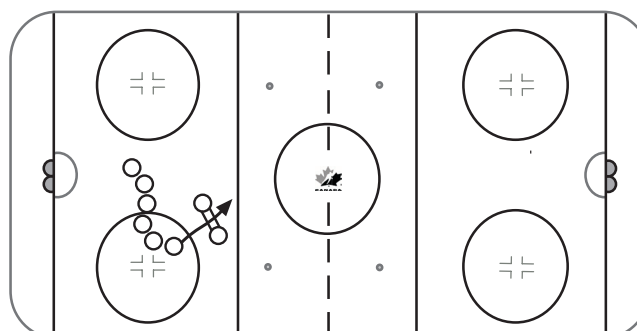
None

5

FOLLOW THE LEADER

10 min

Two skaters stand facing each other and join hands to form a bridge. Other skaters form a line and skate a figure '8'. Each time they come to the bridge, they lower their body and glide on two skates underneath the bridge. The last two skaters in the line take the place of the two players forming the bridge.



EQUIPMENT

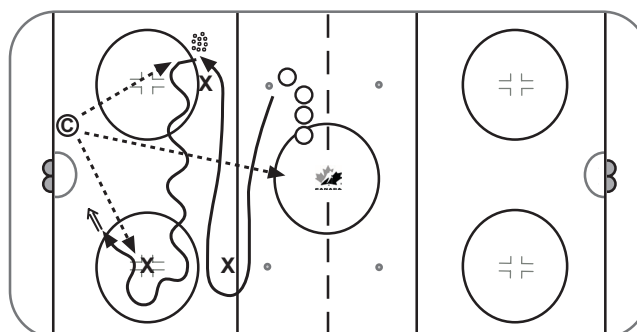
None

6

HOCKEY GLADIATORS

10 min

One player at a time tries to skate around pylons, pick up a puck and get a shot on goal within a limited amount of time, e.g. 20 seconds. Coach tries to hit player with tennis balls. Player's turn ends when hit or shoots on goal. Points for each pylon passed, shot on goal, goal scored. With or without goalies.



EQUIPMENT

A dozen tennis balls or similar soft item; pucks; 3 pylons; one goal net

7

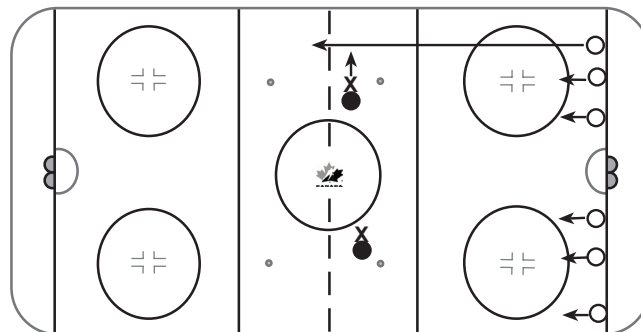
IMPACT PYLONS

10 min

Coaches (2 or 3 players) spread out around the rink, each with a pylon. Players attempt to skate from one end of the rink to the other without being hit with a pylon. Coaches or players slide the pylon on the ice and try to hit the skaters. Once hit the skater gets a pylon and tries to hit other skaters. Those sliding the pylons remain stationary. Full equipment at all times, including gloves.

VARIATIONS

(1) Use medium sized soft balls instead of pylons and hit the skaters. (2) Sliders can move in restricted area, e.g. neutral zone.



EQUIPMENT

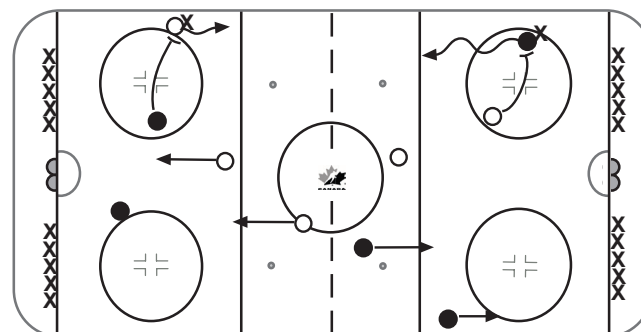
Lots of small pylons

8

PIRATES' GOLD

10 min

The rink is divided into two ships by the centre line. Half the gold, i.e. pylons, are placed on each goal line. Pirates skate over the center line onto the other ship to try and bring back their gold. If tagged with one hand above the waist while on the enemy's ship they become a prisoner and must go to the enemy's jail behind the goal line. If a pirate is carrying gold at the time, s/he must return it to the goal line on the way to jail. A prisoner can be rescued by one of his/her teammates who grab onto his/her hand. They then raise their hands in the air and return to their mother ship uninterrupted. Once there, they are free to loot again. A pirate is only allowed one prisoner or one bag of gold, not both and cannot drop his/her gold to rescue a prisoner. Play until one side loots all the other pirates' gold or time runs out. Team with the most gold wins.



EQUIPMENT

20-30 small pylons

9

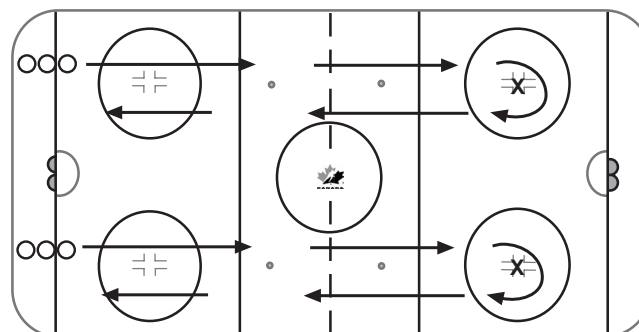
RELAY RACES-1

10 min

Refer to A WORD ABOUT RELAYS in the preface. Squats, shoot-the-duck, and ride the broom (stick) are all used in various races. They are done after the skill is taught and practiced properly. Players are encouraged to do the skill properly and even though a race is involved, they soon realize that proper execution is more important than speed.

Relay examples (used alone or in combinations):

- gliding on one skate (change skates half way or on the way back);
- slide on your belly, get up & skate, slide on your seat;
- obstacle course (diving under, jumping over, squatting, etc.);
- batting a balloon in the air.



EQUIPMENT

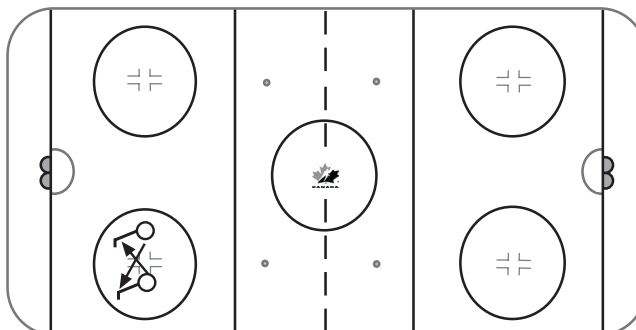
Varies according to the relay, usually pylons

10

STICK SWITCH

10 min

Partners stand facing each other one meter apart with the butt end of their stick on the ice beside them. When they are ready they both let go of their sticks and race to catch their partner's stick. Increase the distance to make it more challenging.



EQUIPMENT

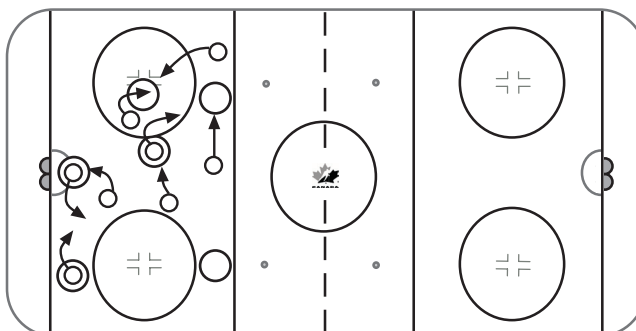
None

11

TROLLS IN THE HOLE

10 min

Instructor A watches the players skate from one hole (hoop) to next, kneeling down on two knees inside the hole. Instructor B (or player) periodically blows the whistle (they cannot be watching the players). Players inside the hole when the whistle blows are caught and must leave the game. To make sure players don't avoid the holes, make a rule that they must go into at least one hole before the next whistle. If they don't they are out. Team with the most players remaining wins.



EQUIPMENT

Hoola hoops - spray paint circles.

VARIATION

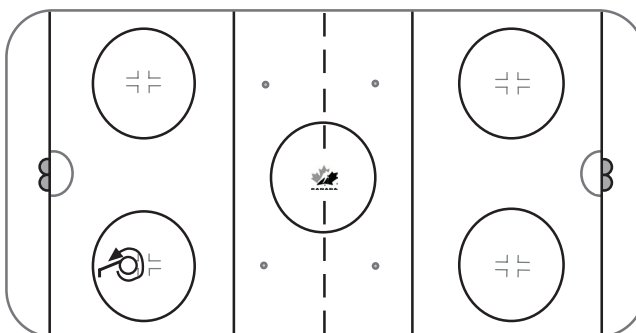
Players perform some other exercise while in the hole.

12

TURN AROUND

10 min

Players hold their stick in front of them with the butt end on the ice. They let go, turn 360°, and try to catch their stick before it falls.



EQUIPMENT

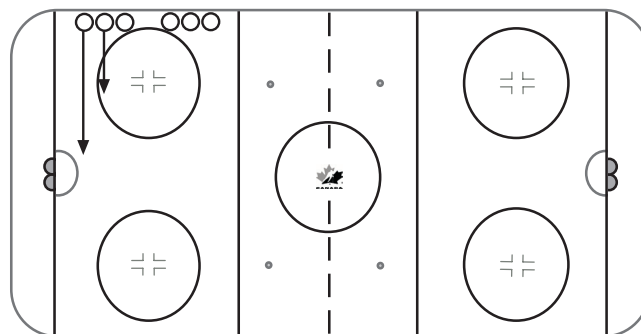
None

13**WHO CAN GLIDE THE
FARTHEST?****10 min**

Skaters line up at the side of the rink, take a few steps before the starting line and then glide on one skate as far as possible across the rink.

VARIATION

Change the skating skill, e.g. 2 legs, backwards, squatting, pushed by a partner, zig zag through pylon course, etc.

**EQUIPMENT**

None

ALL SKILLS

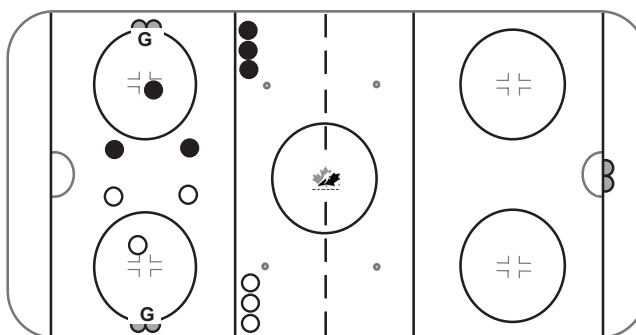
14

CROSS ICE
SCRIMMAGE

10 min

Scrimmage cross ice with the following variations (change players, including goaltenders, every 30-40 seconds):

- A) no stick, move the puck with gloves;
- B) no stick, move the puck with skates;
- C) use the butt end of the stick only;
- D) sticks right side up;
- E) use more than one puck;
- F) skating backwards only;
- G) X number of passes must be completed before shooting;
- H) every player must touch the puck before shooting;
- I) every player must score;
- J) players can only stay in a confined area, i.e. they must pass the puck. Change positions often;
- K) hold stick in opposite direction, i.e. left hand shots would play right handed;
- L) Use pylon as goal posts and have two or more games going on at one time.



EQUIPMENT

Two nets per game; pucks

15

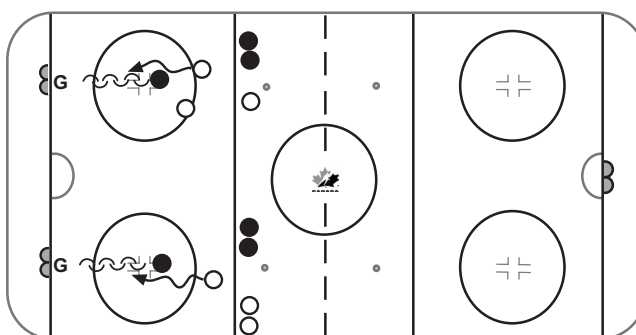
MINI GAMES

10 min

Team with the puck must start outside the ringette line, i.e. above circle. Turnovers must gain the ringette line before attacking. Play 1vs1, 2vs1, 2vs2, 3vs2, or 3vs3. Change players every 30-40 seconds. In the case of odd number situations, alternate who has the advantage. First team to 5 wins or most goals wins.

VARIATION

Play a mini-tournament.

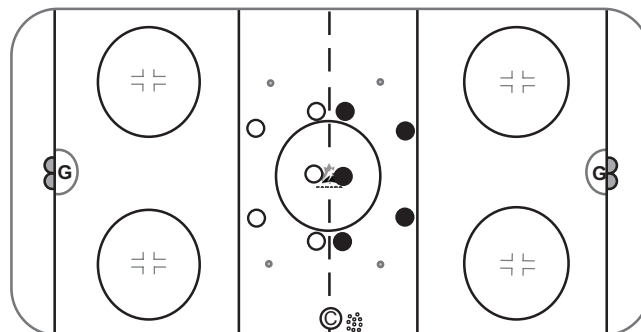


EQUIPMENT

One net for each game; enough pylons to divide end zone(s) in half.

16**MULTIPLE PUCK
SCRIMMAGE****10 min**

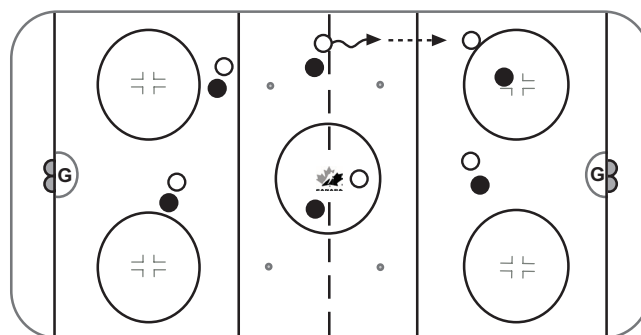
Scrimmage full ice or cross ice. Every 30 seconds add an additional puck. After 3-4 minutes start taking pucks away. If a goal is scored replace with another puck. Caution players against shooting more than one puck at a time at the goalie.

**EQUIPMENT**

Two goal nets, or use pylons; pucks

17**THREE ZONE
SCRIMMAGE****10 min**

Divide each team into 3 groups — one for each zone. Each group must remain in their zone. The puck is advanced from zone to zone by passing to a teammate in the adjacent zone. A turnover and the puck goes in the other direction. Rotate zones after each goal. To make more challenging, offensive team must make one pass within the zone before passing to a teammate in the adjacent zone. Likewise, one pass must be made before being allowed to shoot on goal. Try introducing a second puck.

**EQUIPMENT**

Two nets; one puck

CHECKING

18

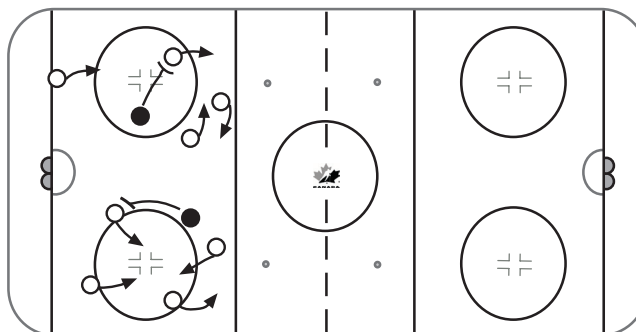
CAT & MOUSE TAG

10 min

Cats are It. Up to 3 Cats to start. All other players are Mice. Cats catch Mice by tagging them. To be safe from the Cat a Mouse must be between the legs of another Mouse (both Mice are safe). Once caught, a Mouse becomes a Cat. Last Mouse wins.

VARIATION

When a Mouse is caught s/he stands still with legs spread until another **active** Mouse dives between his/her legs. Change the Cats periodically.



EQUIPMENT

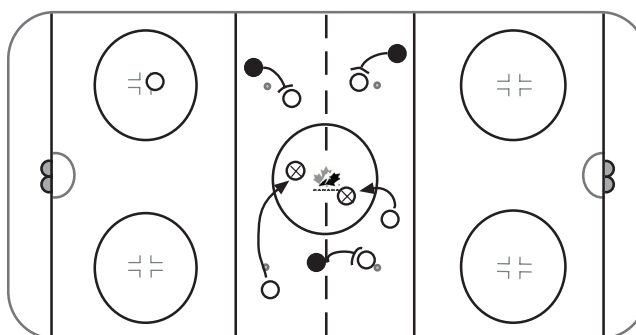
None

19

NINJA TURTLES

10 min

Players scatter between bluelines. Three players act as Ninja Turtles and go after the other turtles. Tagged turtles go into the middle circle and get down on their knees. They can be freed by being tagged by another turtle. Last turtle caught wins. Change Ninja Turtles periodically.



EQUIPMENT

None

20

PIN GAME

10 min

Good warm up game, both teams drill.

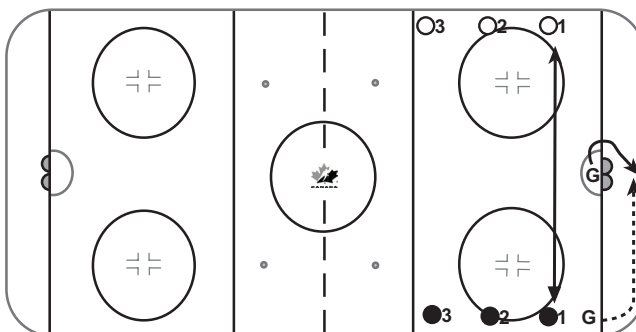
Everyone will play 1-1 cross ice.

Divide players into the three zones and they play 1-1.

To score a point, a player must press the puck on the boards with their stick, you get three points if you hold it for three seconds.

Play for 2-4 minutes.

Can also cut in half if coaches want.

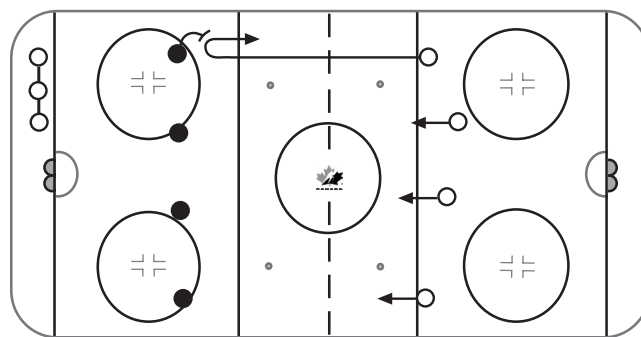


EQUIPMENT

None

21**PRISONER'S BASE****10 min**

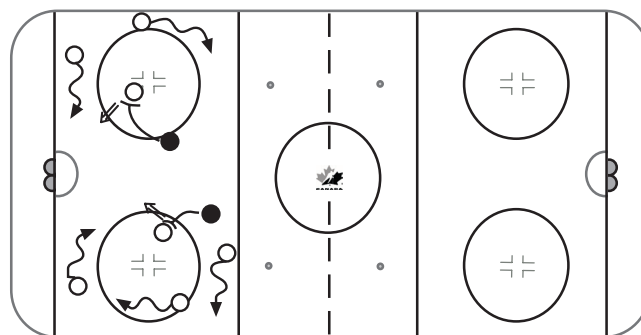
One team moves toward the other. On a given signal and when the team is relatively close, the opposite team gives chase. Players cannot be captured after they cross their blue line, i.e. home base. Prisoners are brought back and lined up along the goal line with arms linked. The next time their team approaches, if one prisoner is touched they are all freed. Alternate team approaches.

**EQUIPMENT**

None

22**RAPTORS****10 min**

Game is played from the blue line in. Two players are designated as Raptors. They check one puck carrier at a time and shoot the puck into the goal (NO GOALIES – too dangerous). Players who lose their puck to a Raptor can try to get it back but only until a goal is scored. Once the goal is scored, the player who lost the puck becomes a Raptor. Last player with a puck is the winner. Try with two nets to increase speed.

**EQUIPMENT**

One goal net per game; puck for each player

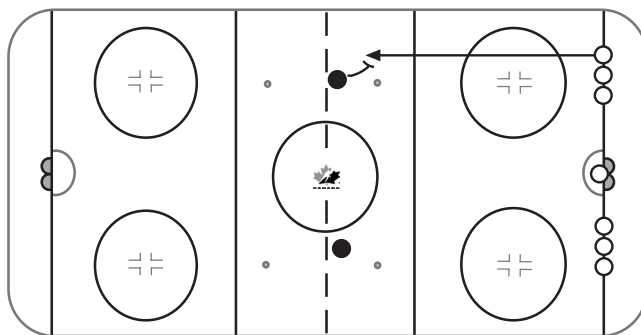
23**WINNIPEG BULL DOG****10 min**

(Use your own city name!)

One or two players act as Checkers and stand at centre ice, all other players start on one goal line. Checkers call out, "WINNIPEG Bull Dog" and the players skate to the other end. Any player who is tagged by one hand above the waist joins the Checkers at centre ice. Repeat until only one player remains.

VARIATION

Have players carry a puck and checkers stick check puck.

**EQUIPMENT**

None

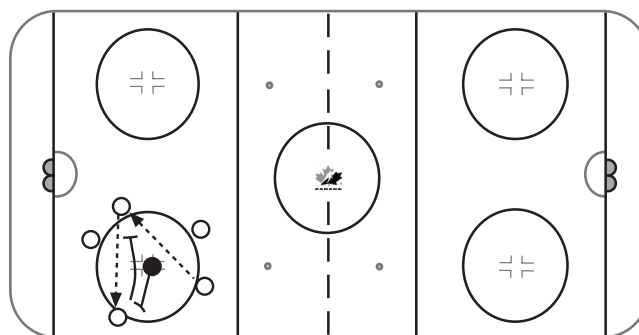
PASSING

24**CIRCLE KEEP AWAY****10 min**

Players around the outside of the circle pass the puck to keep it away from the one player in the middle. If a player's pass is intercepted, that player trades places with the player in the middle and the drill continues.

VARIATION

Only certain kinds of passes are allowed or all sticks are taken away and kick passes only are permitted.

**EQUIPMENT**

Pucks

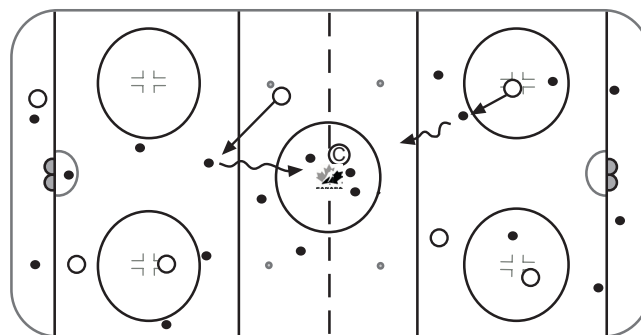
PUCK CONTROL

25

EASTER EGG HUNT

10 min

Pucks are spread all over the ice surface. On the whistle players scatter and stick handle a puck back to the Coach who is standing at centre ice. Meanwhile, an assistant secretly places a puck behind one of the nets. When it appears that all the pucks have been gathered up, the Coach tells that players there is a puck behind one of the nets. Everyone goes to find it and bring it back. Repeat as often as you like. Get players to count how many pucks they found.



EQUIPMENT

Pucks; nets

26

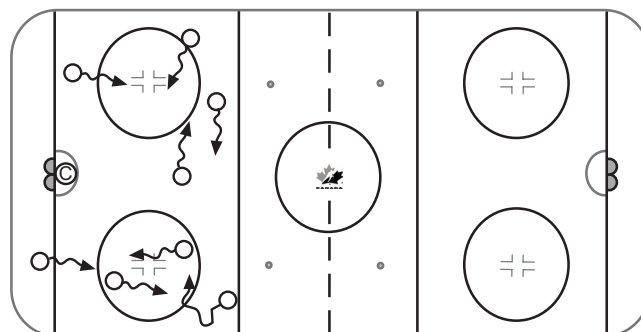
HEADS UP

10 min

All players with pucks stickhandle anywhere from the blueline in. On the whistle they skate into the circle as indicated by the Coach and stickhandle inside the circle. On the next whistle they again skate randomly throughout the zone.

VARIATION

Divide the team into two groups. Each group starts inside an end face-off circle. On the coach's signal groups change circles.



EQUIPMENT

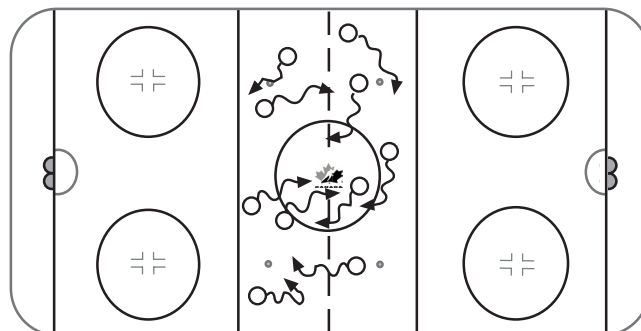
One puck for each player

27

NEUTRAL ZONE SCRAMBLE

10 min

All players skate randomly between the bluelines. They try to knock another player's puck outside the zone while keeping control of their own puck. Last player remaining is the winner. To keep the eliminated players busy have them join others around a face off circle and pass a puck between them.



EQUIPMENT

One puck per player

28

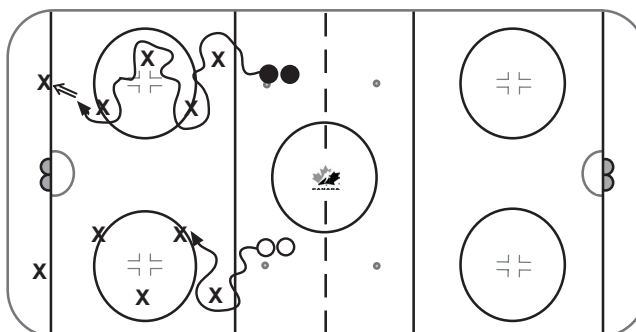
TERMINATOR

10 min

First player in line for each team skates around the pylons and ends with a shot at the last pylon. Pylon must be knocked off the goal line before the player returns to the end of his/her line. Coach resets the pylon. Next player in line goes after first player crosses the blueline or tags next player. (Coach's choice)

VARIATION

While returning to their line, have player skate backwards.



EQUIPMENT

Pucks; 10 small-medium sized pylons

SHOOTING

29

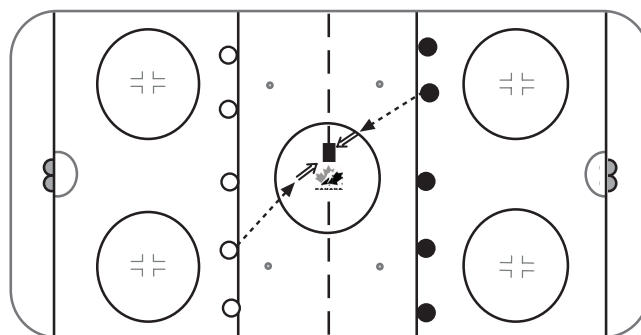
BOMBARDMENT

10 min

Players pass/shoot pucks (no slapshots) from BEHIND their blueline at the Can trying to knock it out of the centre circle on the opposition's side – score one point each time this occurs. Players retrieve loose pucks in the end zone and stickhandle back to the blueline. Vary the type of shot allowed.

VARIATION

(1) Use two cans. Teams try to knock each other's Can out of the circle while knocking theirs back in. (2) Have some players play behind the shooters in order to retrieve loose pucks.



EQUIPMENT

Pucks; 1 or 2 pylons or half inflated soccer ball, paint can, etc.

30

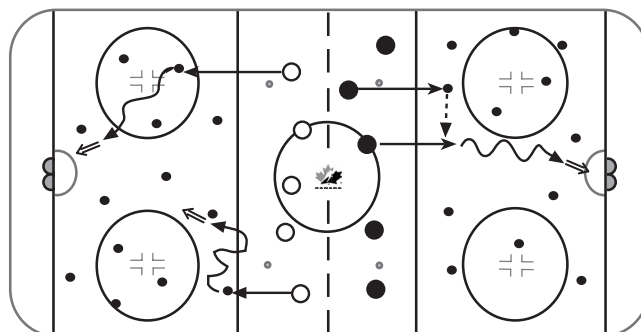
FILL THE NET

10 min

An equal number of pucks are randomly placed in each end zone. On the Coach's signal, players begin shooting the pucks into their net. Pucks must stay in the net. First team to run out of pucks wins. To add more challenge, players must skate the puck over the blueline and return to the end zone before shooting.

VARIATION

Players work in pairs and must pass to their partner before shooting the puck into the net. Alternate shooters.



EQUIPMENT

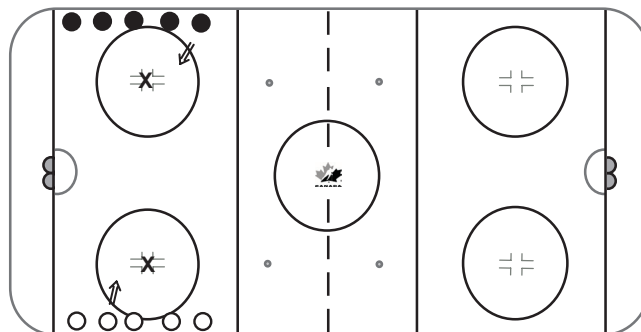
Pucks; 2 nets

31

PYLON HOCKEY

10 min

Players pass/shoot trying to be the first to hit the other team's pylon – score one point for your team. Players must remain behind their own pylon. Start with one puck on each team and add more pucks to speed the game up. To make the game more challenging score one point for a pylon knocked out of the circle.



EQUIPMENT

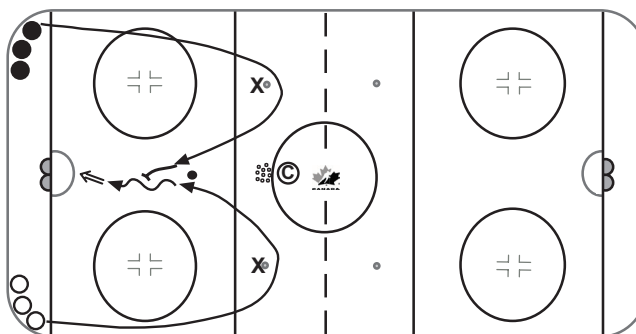
Pucks; 2 small pylons per game

32

PYLON RACE

10 min

On the whistle the first player in each line races out around the pylon to the puck. First player to the puck becomes the shooter and the second is the checker. Change the skating pattern to suit your needs. Keep score – the player with the most wins/goals is the winner.



EQUIPMENT

Pucks; nets (2 if using both ends)

33

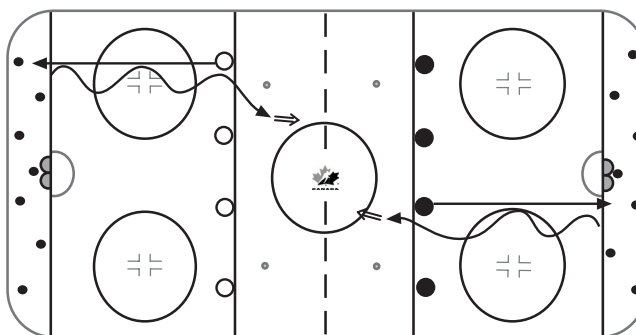
TENNIS BALL TUSSLE

10 min

Tennis balls are evenly divided and placed behind the goal line at each end. On the Coach's signal, players skate up to, but not over, the centre line and shoot at the opposition net (no slapshots). Players retreat, retrieve another tennis ball and shoot again until all the tennis balls are in the net. Tennis balls in the net stay in the net. Team with the fewest tennis balls left after time is up (2-3 minutes) wins. Repeat as desired.

VARIATION

Have players skate backwards with the tennis ball; turn in the neutral zone before shooting.



EQUIPMENT

Tennis balls or pucks; two nets

SKATING

34

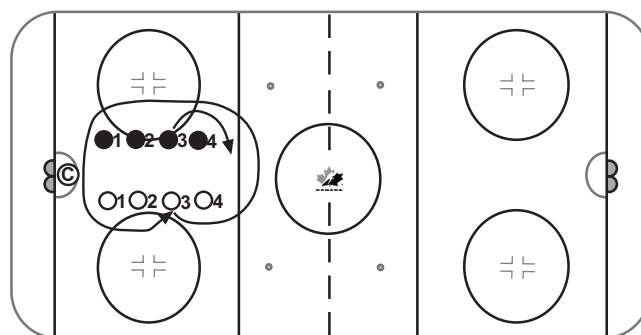
ATTENTION

10 min

Players number off so that there is one of the same number on each team. Coach calls out a number and those two players race around the other players. First player back scores one point for their team. Team with the most pints wins.

VARIATION

Line the players up around half a circle. Vary the skating skill. Vary the starting position, e.g. on one knee, both knees, stomach, etc.



EQUIPMENT

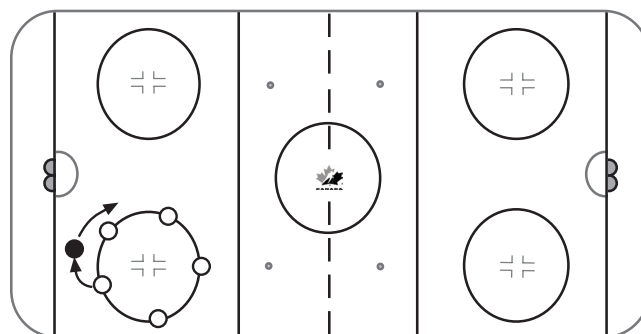
None

35

DUCK & GOOSE

10 min

One player begins as the Duck. The Duck skates around the circle behind the other players, taps each player and says, **Duck**. When the Duck taps a player and says, **Goose** that player becomes the Goose and races the Duck around the circle for the empty spot. The player without a spot becomes the new Duck.



EQUIPMENT

None

36

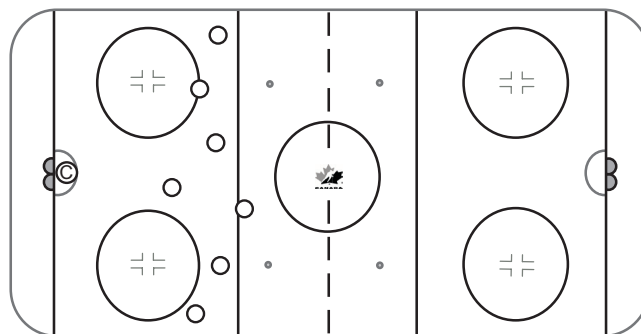
RED LIGHT - GREEN LIGHT

10 min

Players skate towards the Policeman (Coach) when s/he says, **Green light** and must stop when Policeman says, **Red light**. If caught moving or falling down on a red light, offender returns to the start. First player to Policeman's side is the winner.

VARIATION

Use a stick in the air to signal **Green light** and stick on the ice for **Red light**.



EQUIPMENT

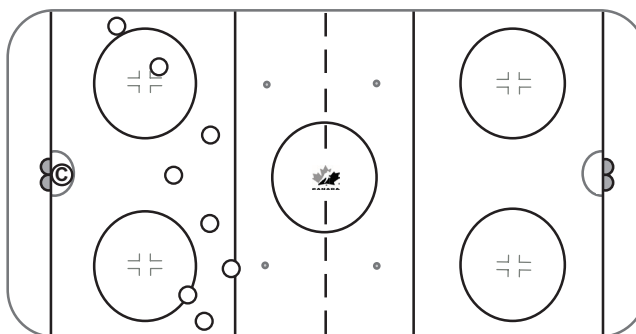
None

37

WHAT TIME IS IT MR. WOLF?

10 min

Players move closer to Mr. Wolf, whose back is turned, while repeatedly asking, “*What time is it Mr. Wolf.*” When Mr. Wolf wishes to chase the players, s/he replies, “*Dinner time.*” The first person caught is the new Mr. Wolf.



EQUIPMENT

None

SMALL AREA GAMES

38

HALF ICE 3 ON 0

10 min

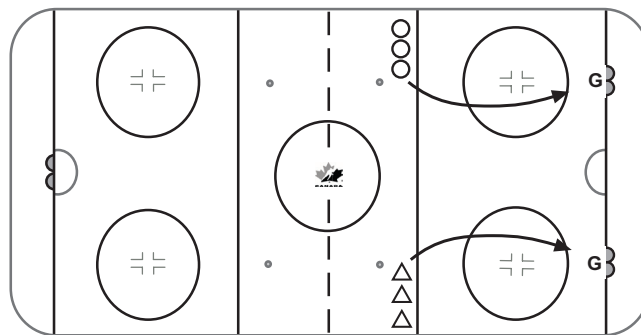
Three players go and shoot 3-0.

They all clear zone and get a pass from coach; back for second 3-0.

Next time clear the zone and go back 2-1.

Fourth time go back 1-2.

The three players decide who d-man is and the d-man gets to be the rusher on the 1-2.



EQUIPMENT

None

39

2-2 / 3-3

10 min

Coach has pucks in the zone, nets at the bluelines.

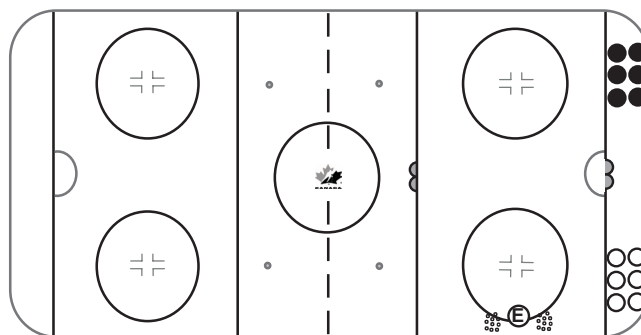
On whistle two black and two white players jump in the zone and play a 2-2 game.

If one team scores, coach chips in a new puck and play continues.

To change, blow whistle, players leave the puck and four new players jump in.

Players not playing can stretch if drill is at end or start of practice.

Shifts should be game-like; 40 seconds.



EQUIPMENT

Pucks; nets

40

BACK TO BACK NETS

10 min

Half ice drill.

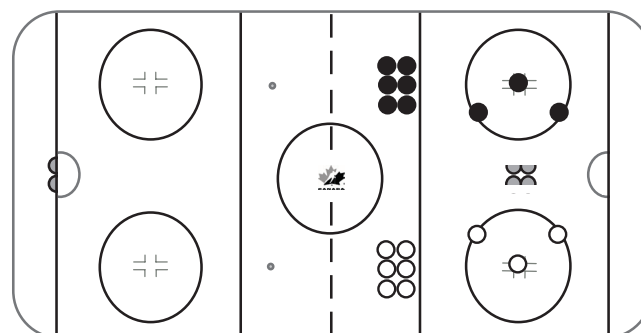
Nets are placed back to back between the hash marks.

Three coloured jerseys play three white jerseys.

One colour and one white have to stay in contact with the face-off 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.



EQUIPMENT

Pucks; nets

41

CORNER DRILL

10 min

Half or quarter ice drill.

Place nets close together on an angle.

Two coloured jerseys play two white jerseys.

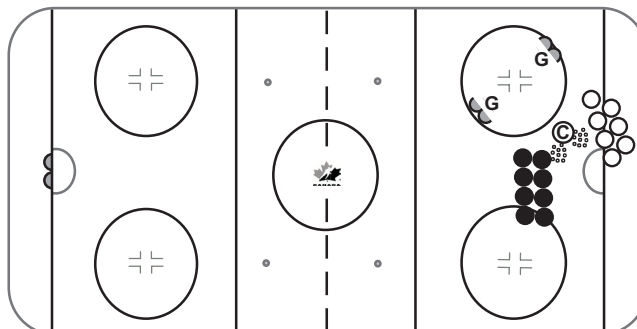
Any puck out of play or if a goal is scored, Coach chips in a new puck and keep going.

Whistle changes players.

Play to nine goals.

Can allow $\frac{3}{4}$ ice for other team.

If $\frac{1}{4}$ ice have second group in neutral zone, i.e. agility skate.



EQUIPMENT

Pucks; nets

42

10 PUCK SHOWDOWN

10 min

Could do half ice or competition for fun between two teams.

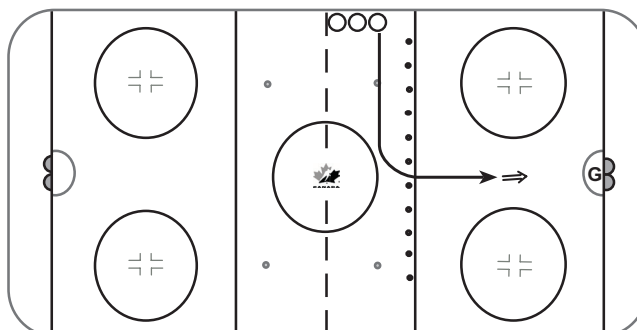
Place 10 pucks on each blue line, black versus white.

A player has a breakaway, if he scores, the next guy goes.

If he misses, he retrieves the puck, sets it back on the blueline and goes to the back of the line.

First team to empty the blueline wins.

Have proper goalie with same age shooter.



EQUIPMENT

Pucks; nets

43

YES-NO SHOWDOWN

10 min

Half ice, or do as a group.

Cool down.

G's at one end.

A player stands at center ice ready for a breakaway.

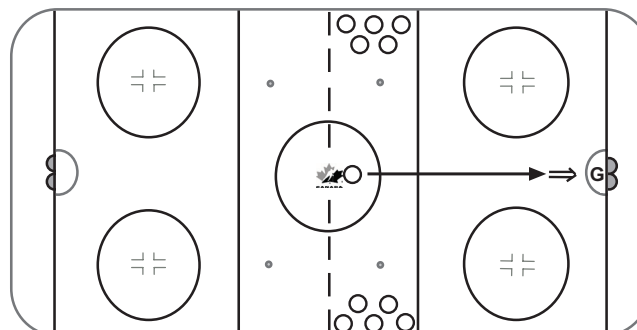
Teammates must predict if he will score or not.

One side of the ice is *no*, the other side is *yes*.

If you predict correctly, there is no task; if wrong, you must do one hard wall to wall sprint.

Go until everyone shoots.

G's skate if scored upon.



EQUIPMENT

Pucks; nets

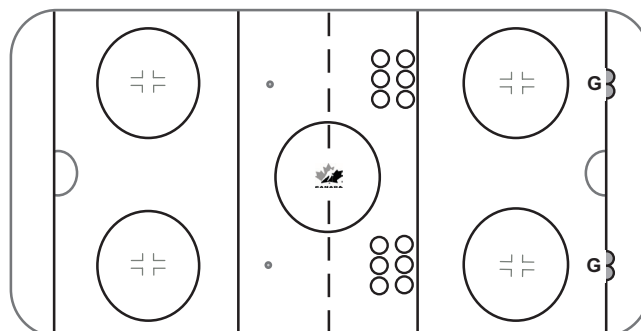
44 SIDE-BY-SIDE SHOOTOUT

10 min

Place net at one end on the goal line.

Have a shootout to seven goals – first to score seven wins.

The next shooter cannot go until the previous shooter clears the zone across the blueline.



EQUIPMENT

Pucks; nets

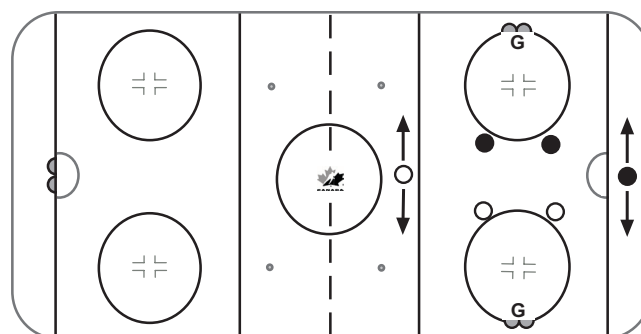
45 2-2 CROSS ICE OUTLET

10 min

Put nets at the side boards and play a 2-2 cross ice game.

However, each team has a player that must stay outside the blueline or below the goal line.

These players can be used as outlet people but they cannot shoot or score.



EQUIPMENT

Pucks; nets

46 ONE GOALTENDER 2-2

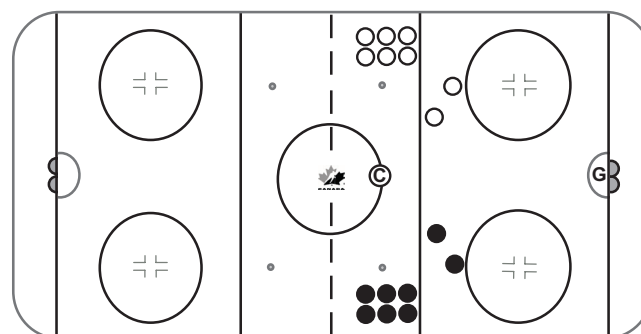
10 min

If you only have one G or you want to go ½ ice, this is a good drill.

Coach dumps in a puck, the first team to touch it is offense and tries to score.

The other side tries to turn it over.

To be on the offense, they must regroup with the coach; this reverses the role of the players.



EQUIPMENT

Pucks; nets

47

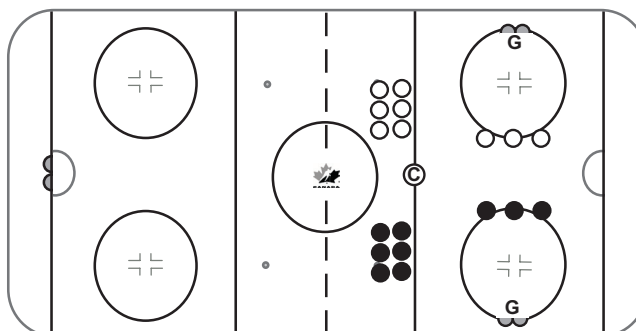
3-3 CROSS ICE QUICK CHANGE

10 min

Cross ice scrimmage.

Coach has pucks and throws new puck in if there is a goal or it leaves the zone.

On the whistle, players leave the puck and new players jump in to play only after the three teammates clear the zone.



EQUIPMENT

Pucks; nets

48

TWO PUCK SCRIMMAGE

10 min

Full ice with two same age teams.

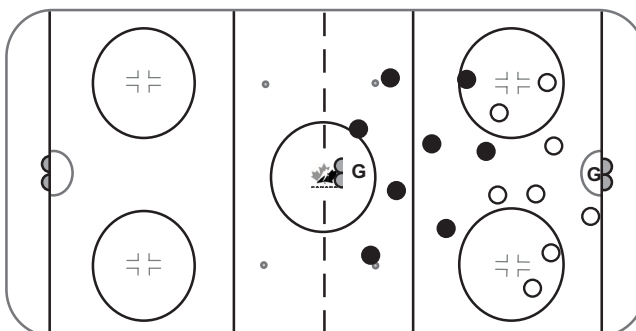
Coach introduces two pucks and play a game.

The only rules are: that only one puck is allowed below the ringette line at a time and the G must be ready for the shot.

Or

Half ice with one G.

Have to bank puck off boards to be offense.



EQUIPMENT

Pucks; nets

49

EVASION 1-1

10 min

¼ Ice drill.

Divide the ice into four areas inside the blue line.

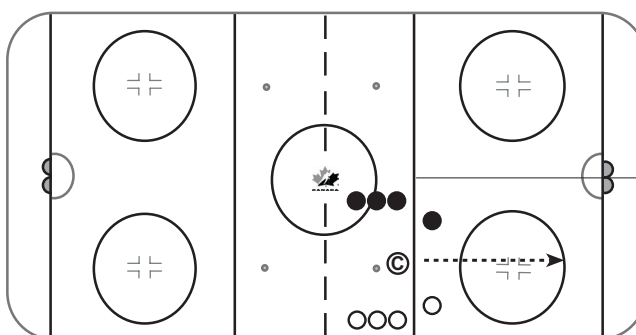
Use pylons or sticks to keep the area limited.

Coach dumps in a puck and one coloured jersey and one white jersey race for it.

The first player to carry the puck over the blue line, in control, gets a point for their team.

Switch groups competing.

Can do all over ¼ ice, or can do a station approach.



EQUIPMENT

Pucks; nets

50

GOALIE FIRE

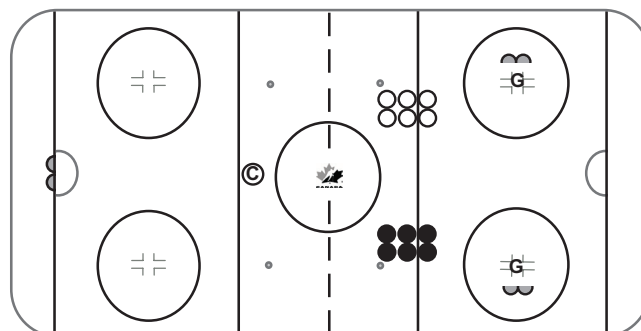
10 min

Place the nets facing each other about 40 feet apart.

Coach dumps in a puck and white plays black.

Players can score on either net to get goals so goaltenders need to be alert.

Whistle changes the attackers and new players cannot enter the zone until their players have cleared the zone.



EQUIPMENT

Pucks; nets

51

2-1 CORNER DRILL

10 min

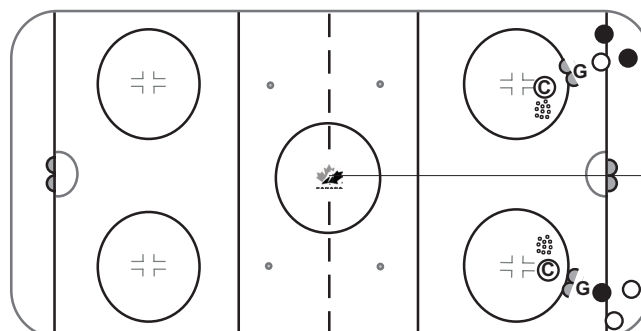
Line nets up in the corners facing the boards.

Coach is behind the net with pucks.

Two attackers try to score on one defender.

If goal is scored or puck leaves the zone area, coach fires in a new puck.

Neutral zone you can do another activity.



EQUIPMENT

Pucks; nets

52

REBOUND RAPID FIRE

10 min

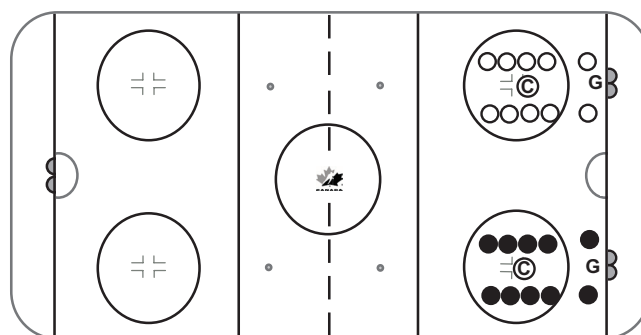
In this game, the first team to score 10 goals wins.

A shooter (coach or player) fires pucks from about 20 feet out.

Two players, one from each side of the shooter will go for the rebound and can try to score until puck is cleared, covered or a goal is scored.

Coach shoots again, etc.

Can play a game – ¼ ice competes against other ¼ ice.



EQUIPMENT

Pucks; nets

53

PUCK BATTLES LOW

10 min

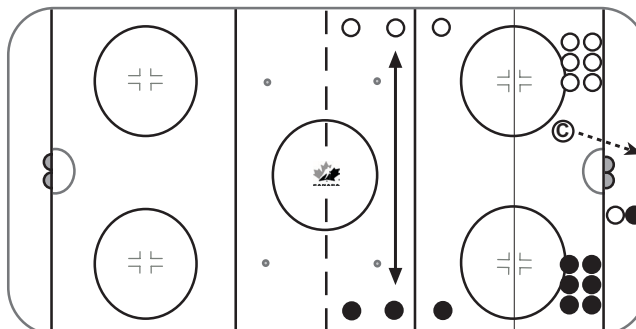
Coach dumps in a puck and players battle for possession.

They must stay below the goal line.

On the coach's whistle, the player with the puck tries to get to the net and score.

First player to score wins, if the puck is cleared or covered, next pair will begin.

Also frees up neutral zone area for other activities/drills or use one end and have the other team access 7/8 ice.



EQUIPMENT

Pucks; nets

54

PIONEER GOALIE DRILL

10 min

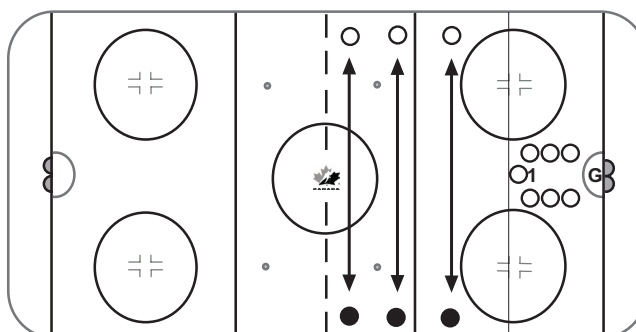
The game starts with a shot from player1 and all others are ready to put in the rebound.

Players get a point for every goal.

Goalie gets a point if they smoother the puck or if the puck hits the glass or boards.

Play to nine points.

Players in Neutral Zone can play 1 on 1 cross ice while waiting.



EQUIPMENT

Pucks; nets

55

3-0 SCORING DRILL

10 min

Team black versus team white.

Three players leave from each team on the whistle.

They go 3-0 on goalie and have one shot/one rebound chance to score.

They clear the zone, stay on side, get a pass from coach and attack again.

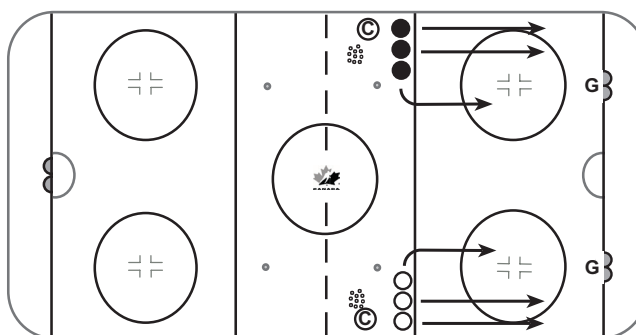
Do this three times total.

Whoever scores the most gets one point.

If it is a tie the first team finished the drill gets the point.

Next two groups go.

Play to seven.



EQUIPMENT

Pucks; nets

56**TWO GOAL NEUTRAL ZONE SHOOTOUT****10 min**

Move nets to 1/3 ice and play blueline in.

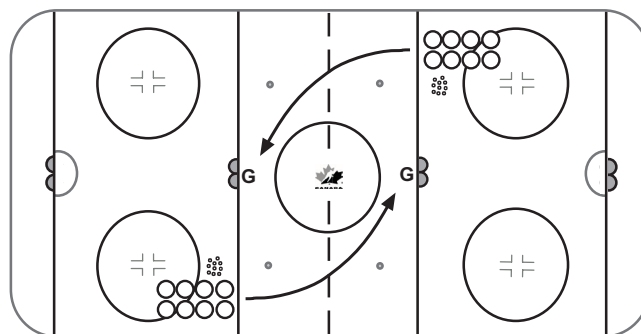
Two groups, black and white, line up on the blueline.

On the whistle, the teams attack the goal and try to score.

If they score, one player must go back, get a second puck and the two attack again.

The first team to score two goals wins and gets one point.

Play to nine points.

**EQUIPMENT**

Pucks; nets

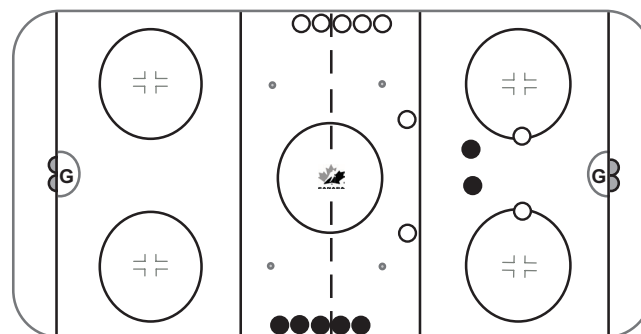
57**QUICK UP SCRIMMAGE****10 min**

The scrimmage starts off with a 2-2 or 3-3 in one end of the ice with black team trying to score and white team defending.

If white turns the puck over, they pass it to the three white players at the blueline who go to the far end where three black are inside the zone.

Here, white tries to score, black tries to turn it up to three black players on the blueline; continue.

Works best with two teams, same age group or similar skills.

**EQUIPMENT**

Pucks; nets

58**FRENCH SCRIMMAGE****10 min**

Two teams, full ice.

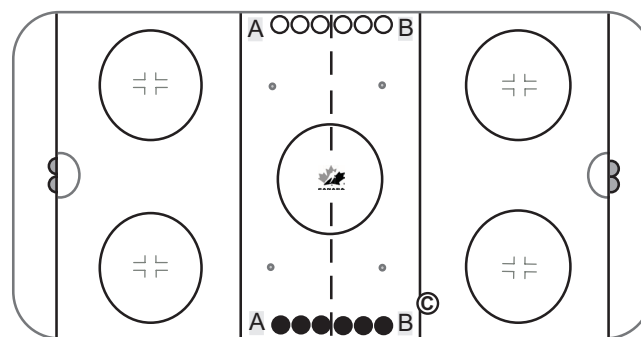
A normal scrimmage but the coach determines how many players are on the ice by how many times he blows the whistle for a change.

Could be 1on1, 2on2, 3on3, etc.

Play either cross ice or full ice.

Be sure only same age players are on at once.

Have PeeWee out door A and Bantam out door B.

**EQUIPMENT**

Pucks; nets

59

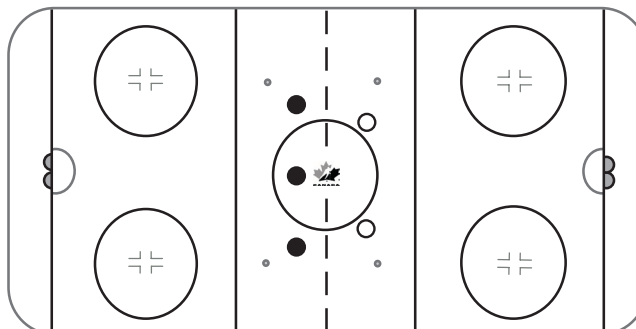
ODD MAN SCRIMMAGE 10 min

Two teams, full ice.

To practice specialty teams or odd man situations, have every scrimmage a 2-1, 3-2, 5-4, etc.

Simply let teams know on the bench before the whistle, how many will be going on next shift.

Safety: make sure PeeWees on ice at same time.



EQUIPMENT

Pucks; nets

60

SHOOTOUT 3-1 10 min

Can also be 2-1, 2-0, 3-0.

Teams are divided in two and are in the neutral zone.

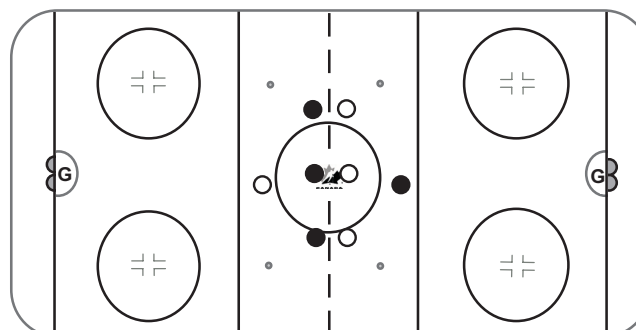
On whistle, 3 black jerseys go 3-1 on a white jersey; at the other end, 3 white jerseys go 3-1 on a black jersey.

If a goal is scored, they must get a new puck in the neutral zone, stay on side and attack again.

To win, the team must score two goals.

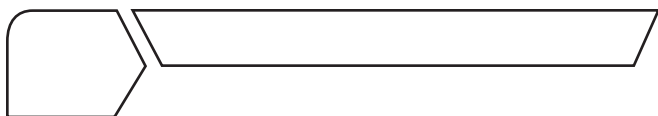
Give a point for the first team to score two goals and play to seven.

Can do separate or play a game versus each other; if together, need same age groups.

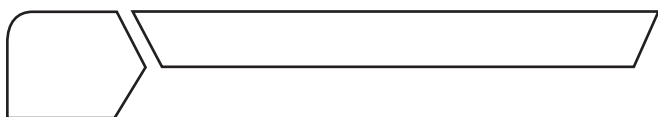


EQUIPMENT

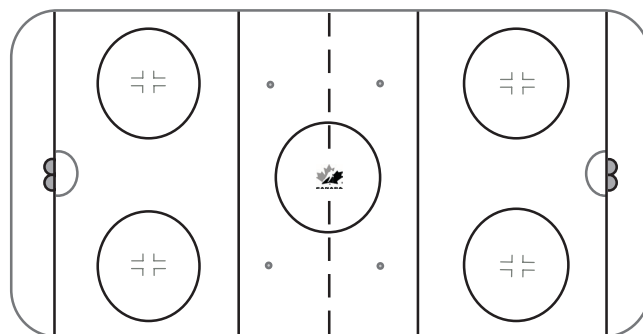
Pucks; nets



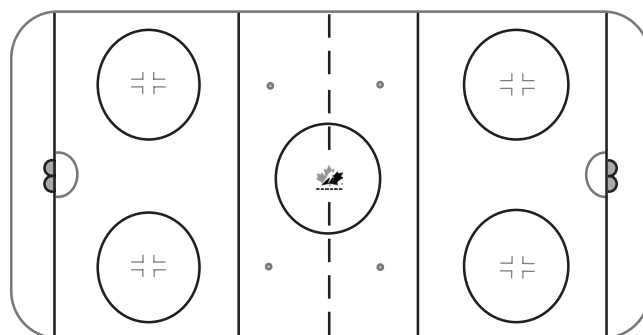
VARIATION



VARIATION

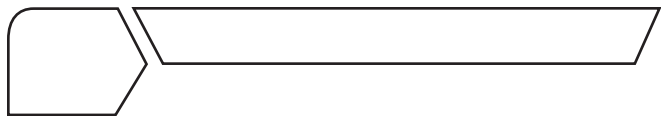


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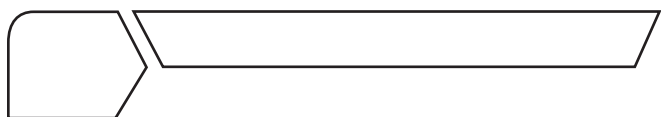


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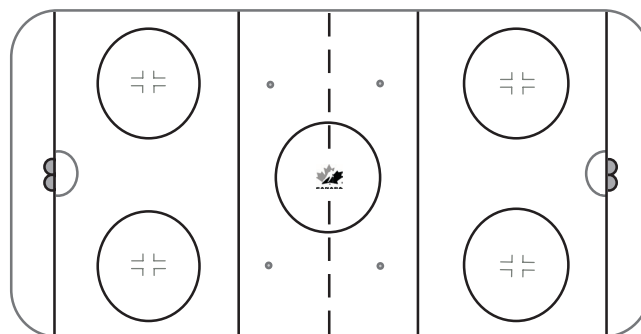
FUN & GAMES



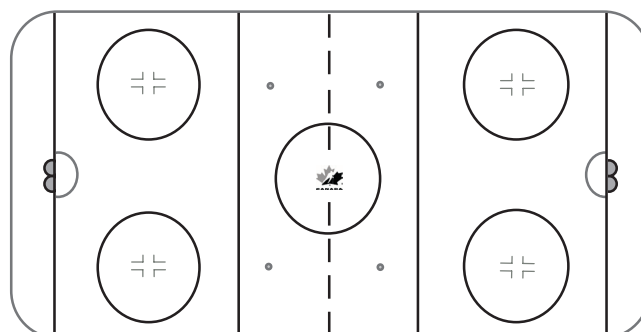
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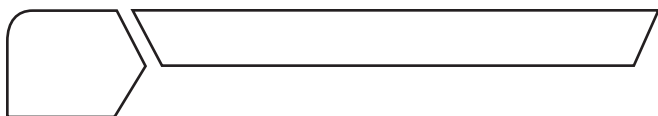
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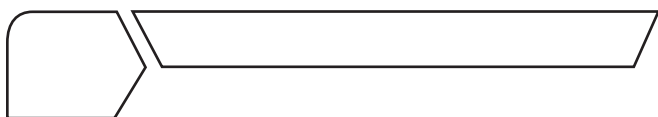
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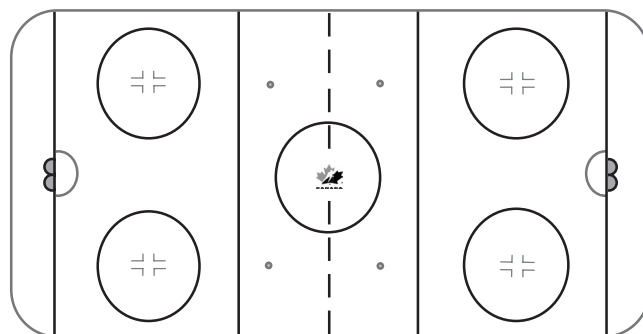
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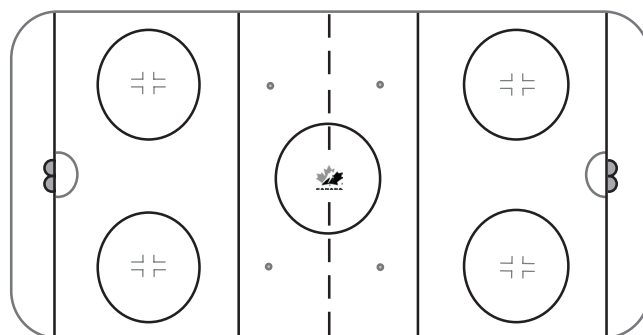
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VARIATION



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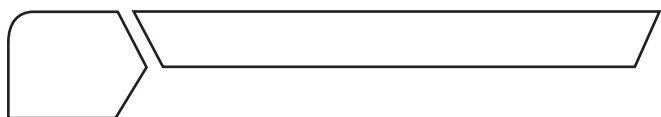


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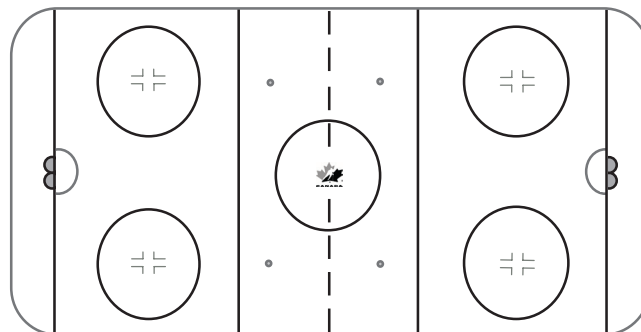
FUN & GAMES



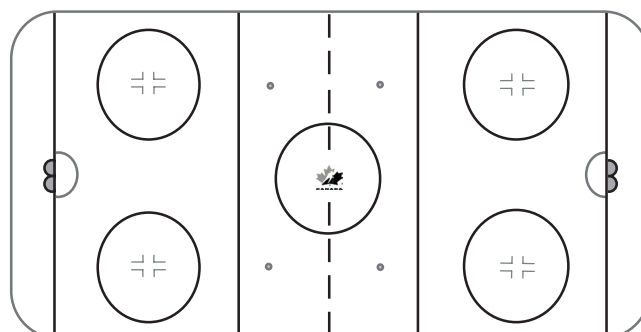
VARIATION



VARIATION



EQUIPMENT



EQUIPMENT

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