

Keys to a Great and Productive Practice

Always start with a warmup and some free play, this lets the kids have fun and interact with teammates. This also allows kids to get used to the ball, how it moves, bounces, and feels.

After 5 mins of free play make the team run; either lines or around half rink or full rink if you have it. This gets them ready to listen and puts their mind on the practice after the free play.

Once the run is done, call the team together to have a quick chat and explain the next drill. Do not take too long with the team chats as floor time is always a premium. Also, you want to keep the players' attention. If players have questions, tell them to go to the back of the line and watch those who know what to do.

Practices work best when players burn their energy early and then you can slow it down and focus on strategy drills towards the end of practice.

Keep the practice up tempo and move quickly through drills. Have assistant coaches move balls and cones between drills, while you explain the next drill. Use your assistant coaches as much as you can to correct and keep drills moving.

Using Practice Plans

Practice plans are sorted into warm up, skill improvement, and strategy. Each week the practice should progress into more complicated systems. Some drills are a progression from the previous week. They do not need to be done in order, if your team is struggling in a certain facet of the game then feel free to use that drill. Drills can also be tweaked based on team needs and skill level

Warm Up Drills

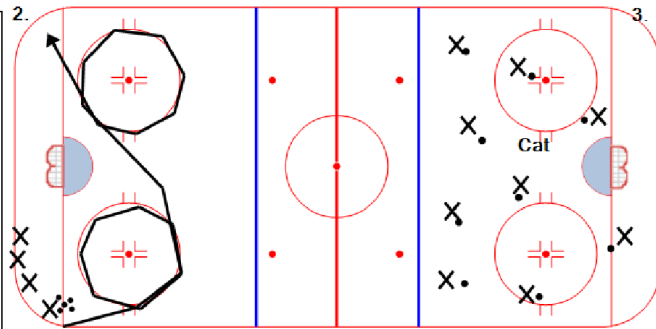
Title : Warm up

Content elements: 15 mins

Components :

Description

1. Free play. Let players play with ball; shoot, pass, stick handle etc
2. Run around circles. Send three players at the time with ball. Watch for things to correct; hands on stick, head up, etc
3. Cat & mouse. Everyone player has ball they are mouse. Coach is cat and tries to take ball away, if ball is taken away then mouse beacome cate. Last player with ball wins. Keep them in the blueline in



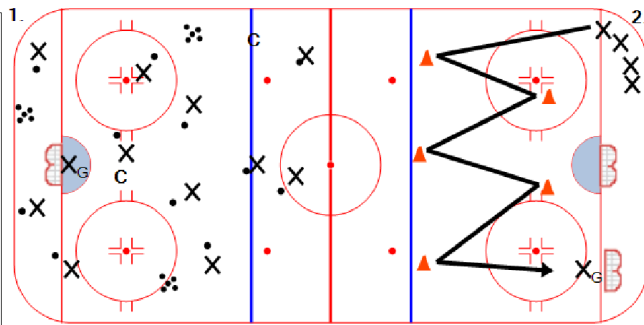
Title : Running and Shooting

Content elements: 15 minutes

Components :

Description

1. Free play. Let players play with ball. Pass, shoot, stick handle, etc. Only rule is the must be moving
2. Stops and starts. Players start in corner with ball and run to each cone stop and the explode off the start. go to each cone then have shot on net



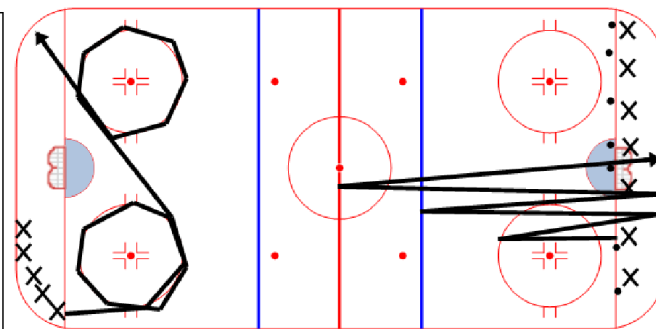
Title : Free Play and Running

Content elements: 15 minutes

Components :

Description

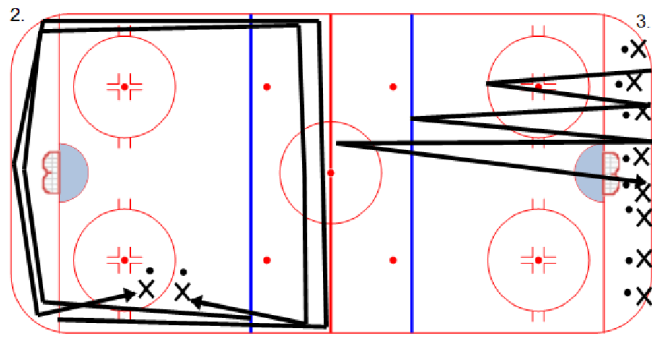
1. Free play. Let players play with ball; shoot, pass, stickhandle, etc. Only rule is they are moving.
2. Run circles with ball x2
3. Run lines with ball x2



Title : Running with Ball **Content elements:** _____ **Components :** _____

Description

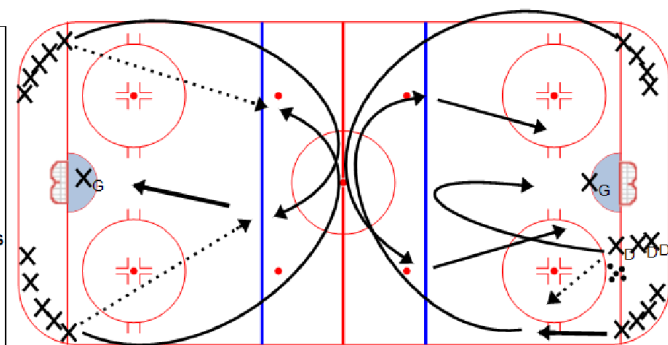
1. Free play. Let players play with balls; shoot, pass, stick handle, etc. Only rule is they must be moving
2. Running half court with ball. Two laps in one direction, two laps in other
3. Running lines x2



Title : Warm Up **Content elements:** 15 mins **Components :** _____

Description

1. Free play
2. St. Louis drill. Players start in opposite corners, first player goes and receives pass from opposite line. As soon as player makes the 1st pass then they go
3. 2 on 1. Defence starts with balls beside net, two lines of forwards in corners. D passes to near wall, forward run with ball past blueline, other forward leaves at same time and cross each other. Forwards pass between each other while defence tries to stop. Forwards to be creative

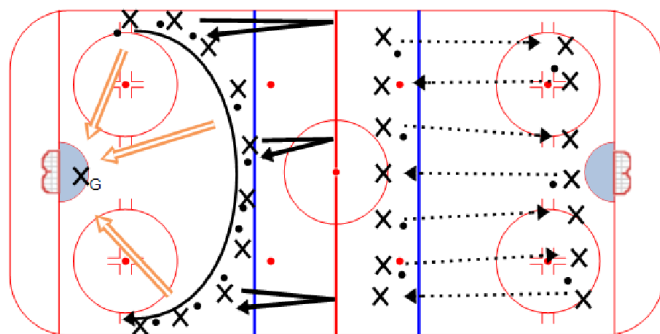


Title : Shooting and Passing **Content elements:** 10 mins **Components :** _____

Description

Players form a semi circle from boards to boards and from top of faceoff dot to blueline, each with a ball. Player shoots the ball then sprints to the blueline and back. Once first player shoots, then next one and so on

Players partner up and line up across from each other, one near goal line other player just pass blueline, each with a ball. Players passes back and forth. After a few times passing players then run forward and backward while passing the ball. Practice saucer passing the ball



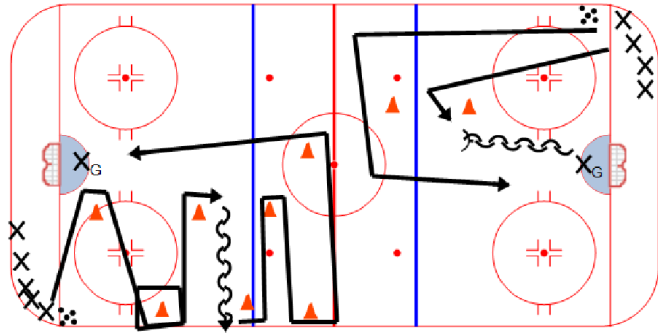
Skills

Title : Skills **Content elements:** 20 Mins, switch after 10 min **Components :**

Description

Line up in corner, set up cones and run obstacle course with balls. Be creative, can do 360's around cones, transitions, etc. Go in and shoot on goalie

1 on 1. Line up in corner, two guys go on whistle, first player has ball and runs around furthest cone. Second player without ball runs around nearest cone. First player tries to shoot and score, second is defence

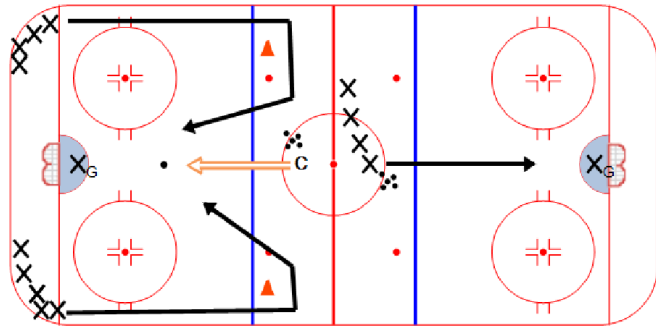


Title : Battle Drill/Shoot out **Content elements:** 20 minutes **Components :**

Description

Two lines line up at each corner. Coach is at centre with balls. On whistle player from each corner runs around cone and coach puts ball in the middle. Battle to shoot and score. Tip: try and pair up like skilled players

Shoot out. Line up at centre, deke or shoot

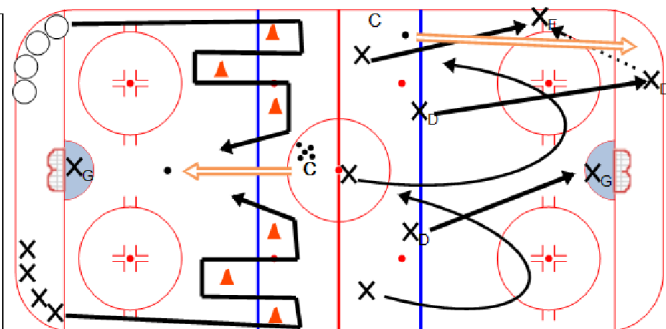


Title : Ball battles **Content elements:** 20 mins **Components :**

Description

Two lines in each corner. Coach lines up at centre with balls. On whistle a player from each corner goes and runs through cones. Coach puts the ball in the middle and players battle for it to shoot and score. Tip: line up like skilled/speed players

Mini breakout. Coach shoots ball into corner, one defense to corner to retrieve, other defense to front of net. Winger to hash marks and receives pass from defense, winger then passes to centre. Break out of zone and then back into zone for a 3 on 2



Title : Run and shoot

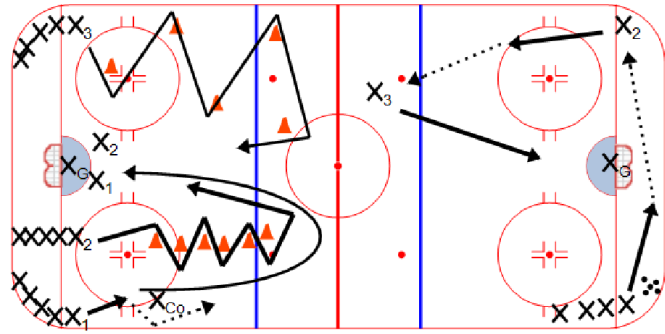
Content elements: 20 mins

Components :

Description

1. Three lines all with balls, all three lines go at same time
2. Line 1 chips ball pass coach run around faceoff dot shoots and stops in front of net. Line 2 dekes through cones then shoots on net while other player screens goalie and goes for rebound. Line 3 dekes through cones then has a shot while player 1 and 2 go for screens and rebounds. Switch lines

1. Players line up in corner facing boards, with balls. Player runs behind net and passes to player 2, player 2 runs towards blueline then passes to player 3. Player 3 goes in on breakaway. Player 1 takes player 2 spot, player 2 takes player 3, player 3 goes to back of line.



Title : Retrieve Ball and Pass

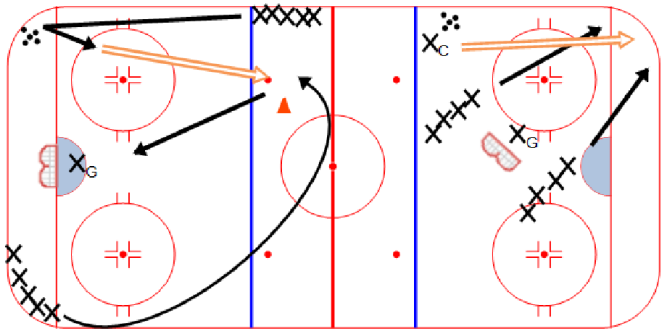
Content elements: 10 mins x2

Components :

Description

1. Split team up in two lines, balls in far corner
2. Player from each line goes on whistle, Player 1 runs around cone, player 2 runs to corner retrieves ball and passes to player 2
3. Player 2 goes in for shot on goalie, switch lines after
4. After 5 mins switch sides

1. Turn net towards corner
2. Form a line on each side of net, coach off to side with balls.
3. Coach shoots ball into corner, 1 player from each line goes and battles for ball and tries to score.
4. Progression, to 2 on 2 or 3 on 3



Title : Mini Breakout

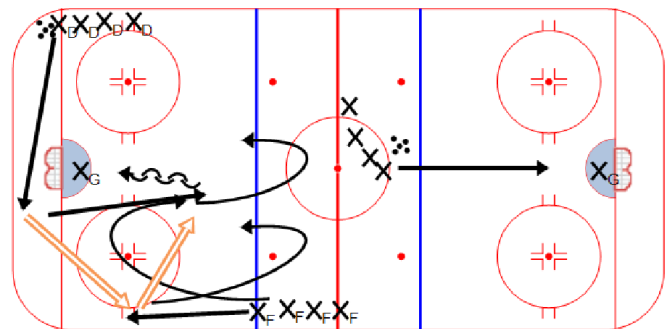
Content elements: 20 mins

Components :

Description

1. Mini breakout. Defense line up in far corner, with balls. Forward line up outside blueline. On whistle, defense runs behind net with ball, two forwards run, first goes to hash marks and stops, second runs low and turns. Defense passes to forward at hash marks who then passes to next forward. Forwards leave blueline then come back in on a 2 on 1.

2. Shoot out



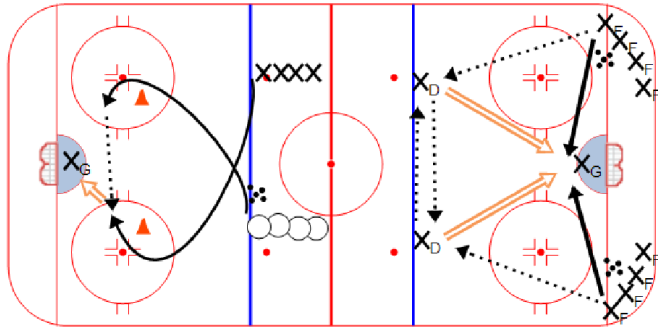
Title : Cross Floor Pass and Shoot Content elements: 20 mins

Components :

Description

Player ○ runs around cone with ball
 Player X runs around other cone
 Player ○ passes across net to player X who takes a one timer. Player then switch lines
 Switch lines with ball after a few minutes

 F passes to D then drives net
 D to D pass and shoot
 F deflects shot and stays in front
 Other side F passes to D and then drives net
 D to D pass and shoot
 Other F then deflects



Strategy

Title : Up Breakout Content elements: 20 mins

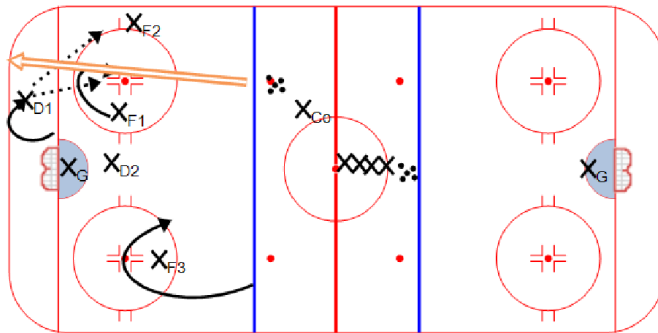
Content elements: 20 mins

Components :

Description

1. Coach has ball up by center, shoots ball into corner.
2. D1 goes into corner to retrieve ball and turns it up on near side
3. D2 stays in front of net, screens and protects
4. F2 stops at hash marks and is option 1
5. F1 cycles and supports low and is an option
6. F3 is an option to suport or stretch pass
7. Forwards break out of zone past blueline and then come in on defence 3 on 2

Finish practice with shoot out



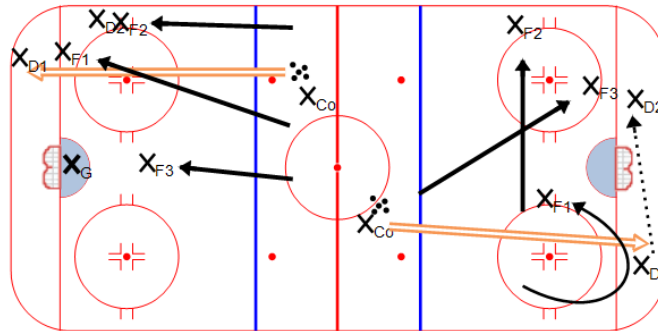
Title : Two option offensive forech Content elements: 25 mins

Components :

Description

1. Coach shoots the ball in, D1 one goes to retrieve ball, D2 goes to half wall for option
2. F1 pressures hard, cuts the floor in half and makes contact
3. F2 reads play and stays above D2 ready to support F1 and force team over
4. F3 stays high and in the middle

1. Coach shoots the ball in, D1 one goes to retrieve ball, D2 goes behind net for option
2. F1 one goes hard to ball then cuts back through middle
3. F3 reads pass and aggressively jumps to D2
4. F2 sprints across to take away board side wing



Title : Power Play 1

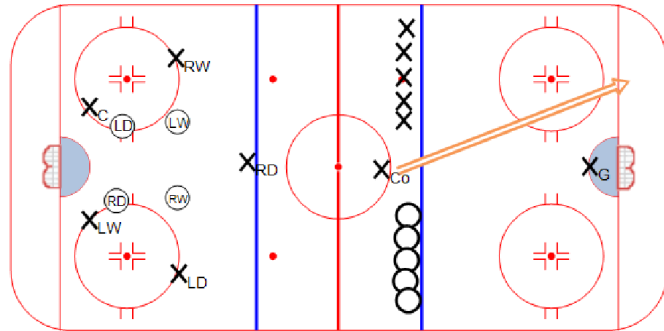
Content elements: 25 mins

Components :

Description

1. Two forwards (LW and C) are deep. Third forward (RW) and a defenceman (LD) are the second pair and are near face-off circles. The RD is only one at blueline, usually your best shooter
2. The defensive team typically counters with a box, which leaves the RD open for a clear shot
3. Pass ball around and create shooting lanes, once ball is shot C and LW collapse to net for deflection/rebound

Finish practice with Russian scrimmage. Players on different teams line up at bluelines. Coach blows whistle for how many players go at a time



Title : Over Breakout/Wheel Break

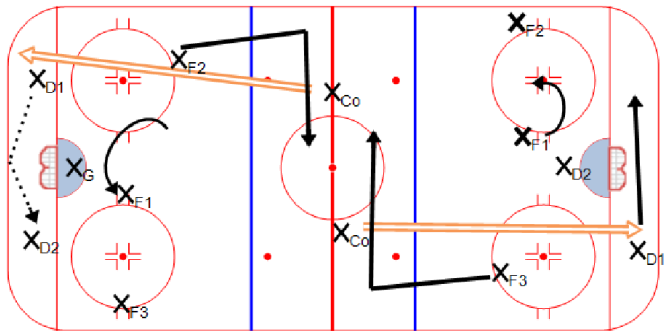
Content elements: 20 mins

Components :

Description

1. Coach shoots ball into corner, D1 retrieves ball and passes behind net to D2, who releases from front of the net
2. F3 opens up and anchors on wall and is an option
3. F1 supports and is an option over the middle
4. F2 is an option to support or stretch across the middle

1. Coach shoots ball into corner, D1 retrieves and wheels behind net. D2 holds at net
2. F2 anchors the wall and is an option
3. F1 supports through middle and is an option
4. F3 is an option to support or stretch across the middle



Title : Penalty Kill 1

Content elements: 15-20 mins

Components :

Description

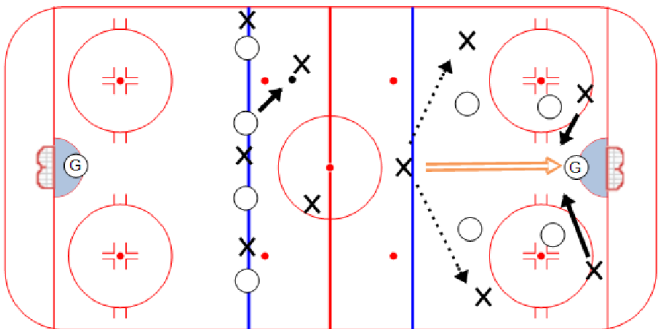
Line 4 O players on blueline showing where to line up as defence.

Have 5 X line up as offence, 3 players on blueline, 2 back, one of them with the ball.

Player nearest the ball carrier goes attack, X's try and gain the zone.

Once in the zone have X's form umbrella and O's form box.

Simulate powerplay, O's try and keep ball on outside and get ball out of the zone



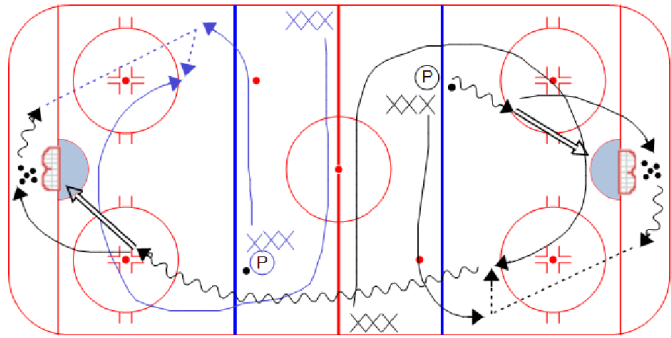
Title : Jan 5, 2016 (seq 2)

Category #1 : 1-2-2 forcheck

Category #2 : filling lanes

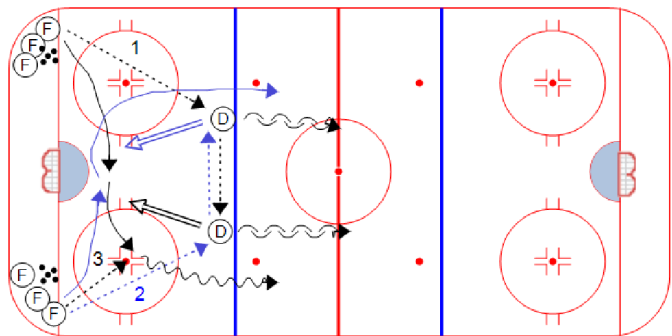
Description

1. "Ghost man" passers start the drill by shooting then picking up a puck behind the net to initiate the breakout
2. Low forward simulates winger, and swings in to pick up board-side breakout pass
3. High forward swings through and acts as the centerman providing middle support
4. winger one-touches to center, who attacks and shoots, then initiates breakout in far zone
5. winger moves to middle line.



Description

1. F passes to D then drives net
2. D to D pass and shot
3. F deflects, then stays in front
4. Other corner passes out to D then drives net
5. D to D pass and shot
6. Other F deflects
7. F's swing for a breakout pass then attack 2 on 2
8. After second shot, D's back up 2 on 2



Title : Full Floor Over Breakout

Content elements: 20 mins

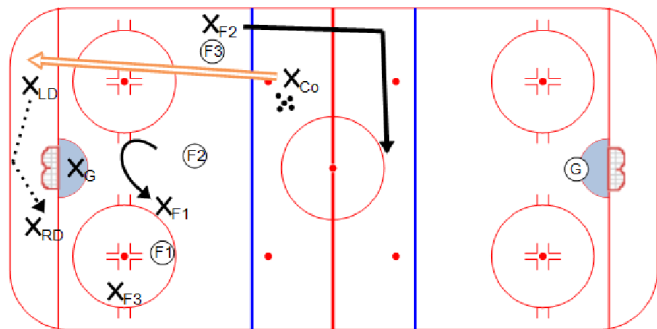
Components :

Description

Coach shoots ball into corner, D goes to retrieve ball and passes behind net to D2
 F3 anchors wall and is an option
 F1 supports D and is an option in the middle
 F2 is an option to support across or for a stretch pass

- (F1) pressures ball and forces pass
- (F2) reads play and supports F1
- (F3) reads play and follows F2

Offence breaks out of zone and goes in for a 5 on 3 and tries to score on goalie



Full Floor Drills

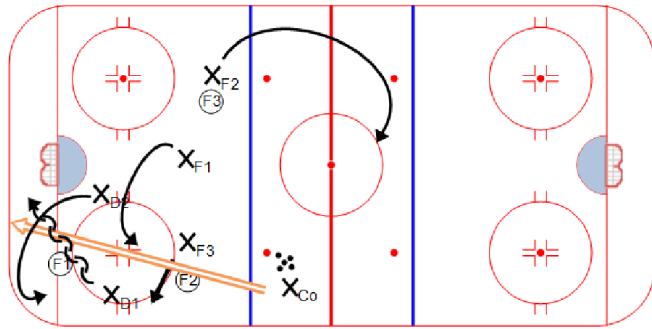
Title : Reverse Strong Side

Content elements: 20 mins

Components :

Description

D1 retrieves ball and begins to wheel behind net
D2 holds front of net and calls reverse, then leaves to get the ball
D1 reverses ball to D2 using boards, then returns to front of net
F3 anchors as F1 and F2 support, F2 has option to go for stretch pass
Ⓡ1 puts pressure on ball and forces pass
Ⓡ2 supports Ⓡ1
Ⓡ3 support and watches F2
Offence breakout and goes for 5 on 3 and tries to score



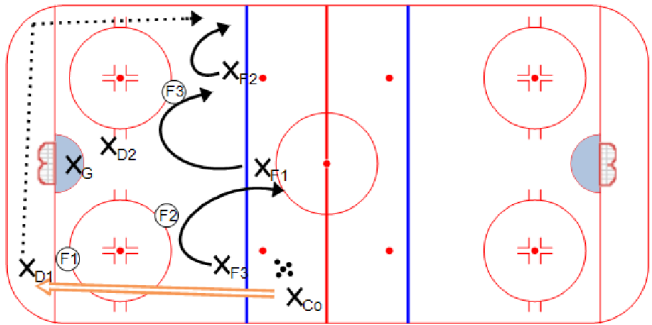
Title : Reverse Weakside Breakout

Content elements: 20 mins

Components :

Description

D1 retrieves ball and reads pressure from Ⓡ1
D2 holds front of net and protects middle
F2 reads rim and cuts off to support to go to blue line for ball
F1 supports below ball
F3 come hard across and stretches
Ⓡ1 goes hard and puts pressure on ball
Ⓡ2 and Ⓡ3 support and watch middle
Offence breakout and goes for 5 on 3, tries to score



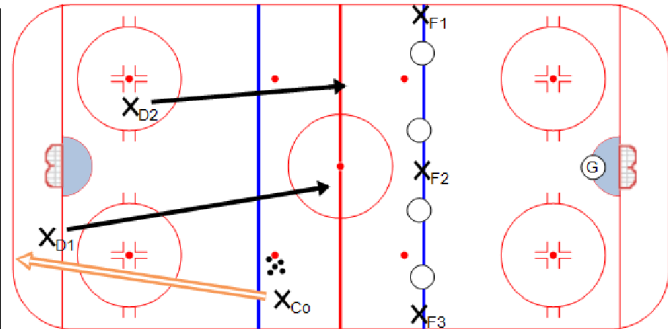
Title : Power Play Entry

Content elements:

Components :

Description

D1 goes to retrieve ball and runs out of zone
D2 runs alongside and is support for D1
F1, F2, F3 all spread out along blue line, anticipating pass
Ⓡ1 is defense, players spread along blue line to protect entry into zone
D1 has option to pass to a F or run ball into zone
Once offence gains entry they set up in umbrella while defense boxes out.
Offence tries to score



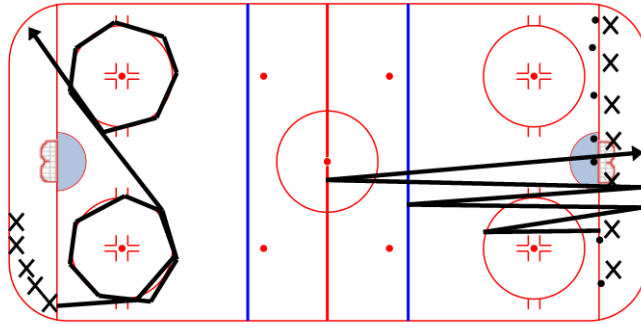
Title : Free Play and Running

Content elements: 15 minutes

Components :

Description

1. Free play. Let players play with ball; shoot, pass, stickhandle, etc. Only rule is they are moving.
2. Run circles with ball x2
3. Run lines with ball x2



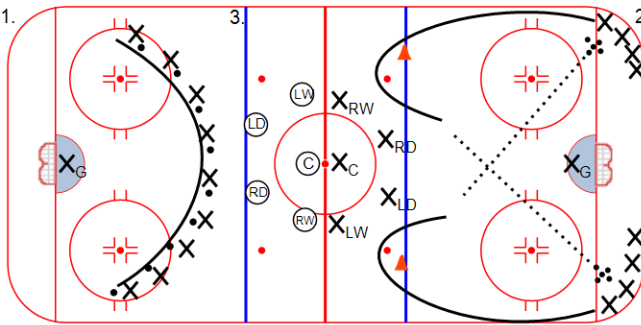
Title : Game warm up/Game play

Content elements: 20 mins

Components :

Description

1. Players form a half circle and take turns shooting at goalie, once they shoot player runs to centre line and back. Do this twice
2. St Louis drill. Players into either corner each side with balls. First player goes without ball around cone and receives pass from other corner. As soon as player passes ball they run around cone and receive pass, and so on
3. Take a faceoff dot and show players where to line up. Drop ball and have mini game, offence tries to score, defense tries to get ball out of zone up the boards. Those not involved line up at blueline



Title : Cross court game

Content elements: 20 mins

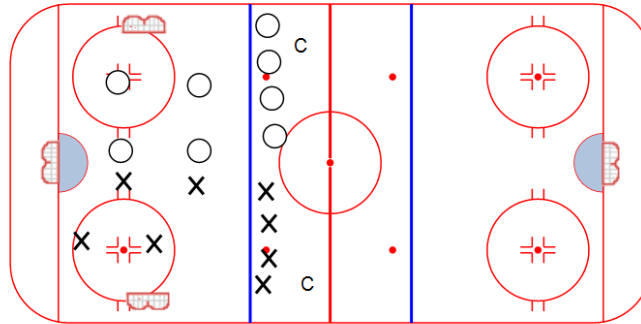
Components :

Description

Put net on either side of boards, can also use cone to play hit and score. 4 on 4 mini game, those not starting taking knee at blueline. Have players play a mini game, work on game play, passing, using boards. Also, work on changing on the fly. Use whistle if need to slow things down.

Option to play full court game with other team. Again working on changing on the fly

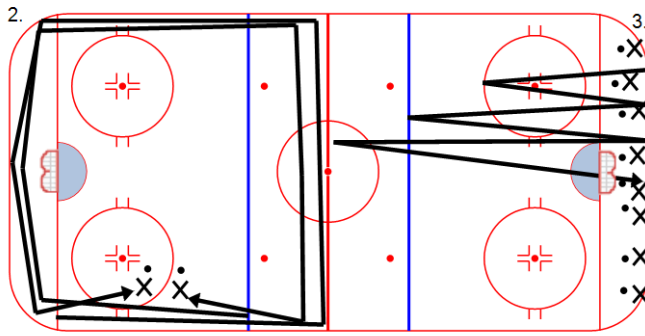
Go over offsides



Title : Running with Ball **Content elements:** 15 mins **Components :**

Description

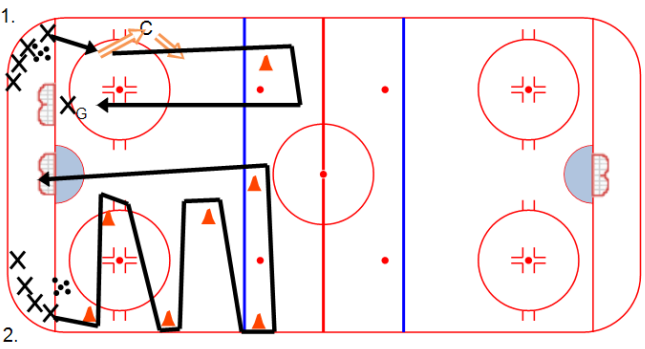
1. Free play. Let players play with balls; shoot, pass, stick handle, etc. Only rule is they must be moving
2. Running half court with ball. Two laps in one direction, two laps in other
3. Running lines x2



Title : Split Up Pup **Content elements:** 20 mins, switch after 10 mins **Components :**

Description

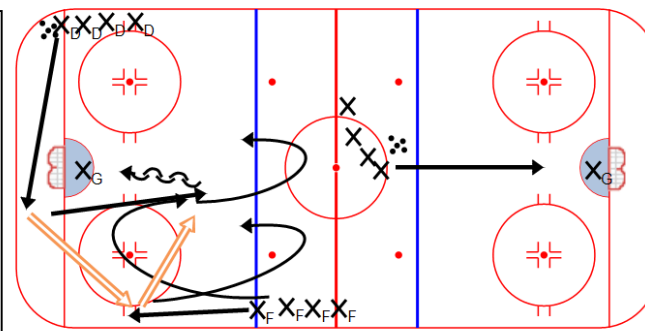
- Split into two groups, switch after 10 mins
1. Players line up in corner with balls, coach is at hash marks. Player runs with ball, passes to coach and then coach passes back. Player runs around cone and goes for shot on goalie
 2. Players line up in corner with balls, stick handle around cones



Title : Mini Breakout **Content elements:** 20 mins **Components :**

Description

1. Mini breakout. Defense line up in far corner, with balls. Forward line up outside blue line. On whistle, defense runs behind net with ball, two forwards run, first goes to hash marks and stops, second runs low and turns. Defense passes to forward at hash marks who then passes to next forward. Forwards leave blue line then come back in on a 2 on 1.
2. Shoot out



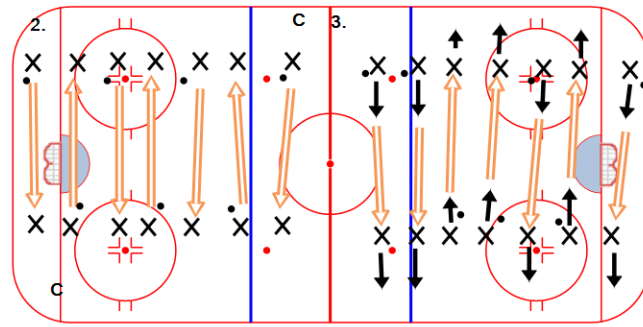
Title : Warm up3

Content elements: 15 minutes

Components :

Description

1. Free play. Let players play with balls; shoot, pass, stick handles, only rule is the must be moving.
 2. Players find a partner and line up across from each other with one ball. Practice passing back and forth
 3. Progress passing drill with movement. One walks forward, other walks backwards. once ball is passed, switch.
- Watch for position of hands on stick, cradle ball when receiving pass, give a target



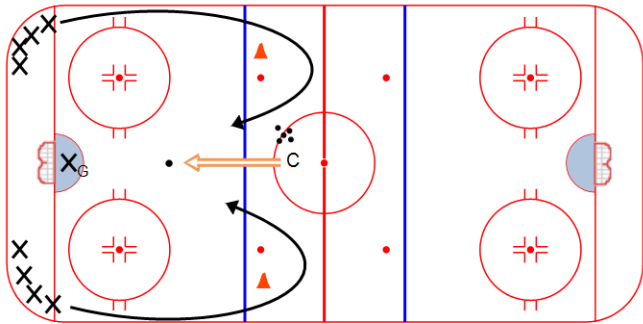
Title : Ball Race

Content elements: 20 mins

Components :

Description

Ball race. Players in each corner, coach at centre ice with balls. On whistle player from each corner runs around cone, coach puts ball down the middle and players battle for it to shoot and score



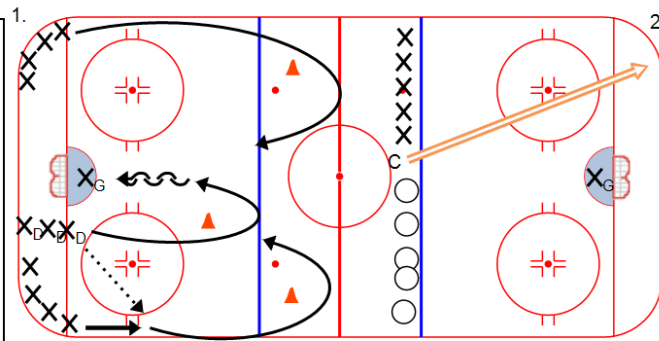
Title : Mini Breakout 2

Content elements: 20 mins

Components :

Description

1. Mini Breakout/ 2 on 1. Forwards line up in either corner, defense lines up beside net with balls. On whistle Forwards starting running, defense passes ball. Forward run around cones pass blue line, defense runs pass cone before blue line. Go in on a 2 on 1
2. Mini game. Players into two teams, how many times coach blows whistle is how many players from each team go. Coach shoots ball in, players play mini game trying to score



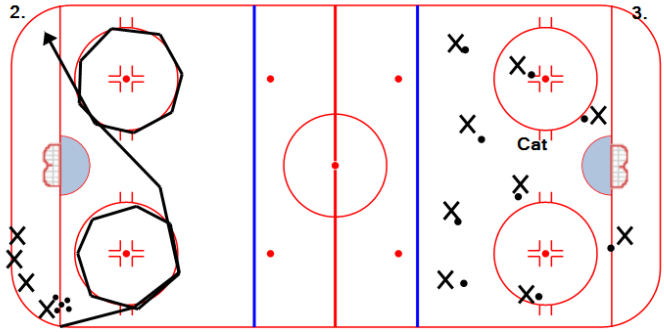
Title : Warm up 15 mins

Content elements:

Components :

Description

1. Free play. Let players play with ball; shoot, pass, stick handle etc
2. Run around circles. Send three players at the time with ball. Watch for things to correct; hands on stick, head up, etc
3. Cat & mouse. Everyone player has ball they are mouse. Coach is cat and tries to take ball away, if ball is taken away then mouse beacome cate. Last player with ball wins. Keep them in the blueline in



Title : Skills

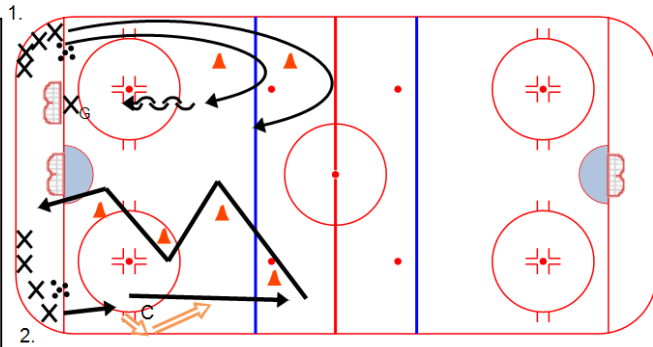
Content elements: 20 mins

Components :

Description

Split into two groups.

1. 1 on 1. Players go into corner with balls. On whistle two players go, first player with ball goes around far cone, second player goes around nearest cone and plays defense
2. Players into corner with balls. Coach at hash marks, players chips ball pass coach and gets ball. Player then goes around cone and stick handles through cones back



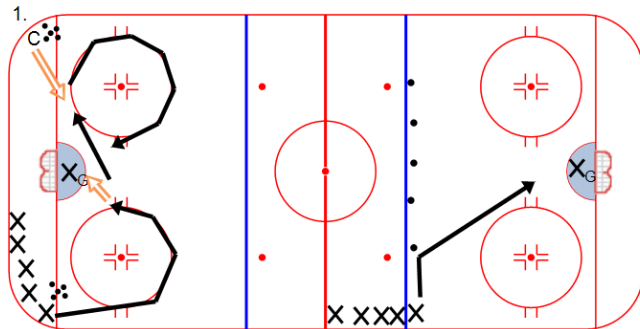
Title : Shoot and Pass

Content elements: 20 mins

Components :

Description

1. Players start in corner with balls, run around top of circle and take shot on net. After shot, coach passes ball from corner and player runs around top of circle and has another shot.
2. Shoot out. Line 5 balls at blueline, players on the bench. First player gets ball and goes in and shoots on goalie. If player scores then next player gets a ball, if goalie stops it then player passes to next player in line. Go until all balls are scored



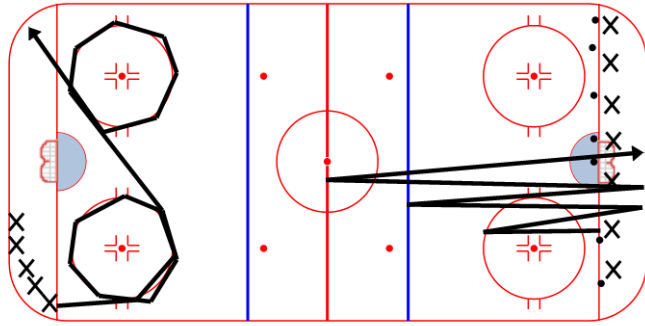
Title : Free Play and Running

Content elements: 15 minutes

Components :

Description

- 1. Free play. Let players play with ball; shoot, pass, stickhandle, etc. Only rule is they are moving.
- 2. Run circles with ball x2
- 3. Run lines with ball x2



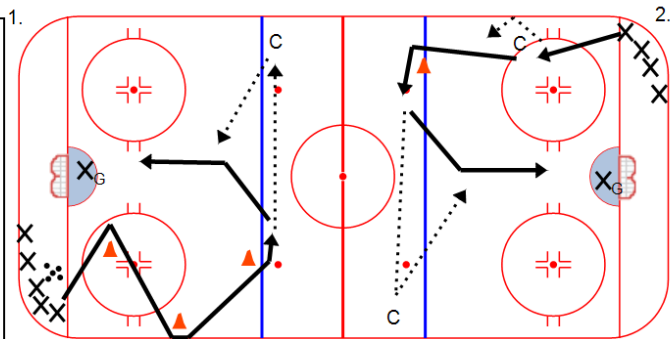
Title : Progression

Content elements: 20 minutes

Components :

Description

- 1. Players start in corner with balls, on whistle one starts and dekes around cones, when they get to blueline the pass to coach who is at the far boards. Player keeps running towards coach who passes ball back. Player goes in for a shot on net
- 2. Player in corner with balls, one coach on boards by hash marks. On whistle player goes with ball and chips ball by coach. Player runs by cone and passes to second coach who is at far boards, coach passes back and player goes for shot on net



Title : Breakout

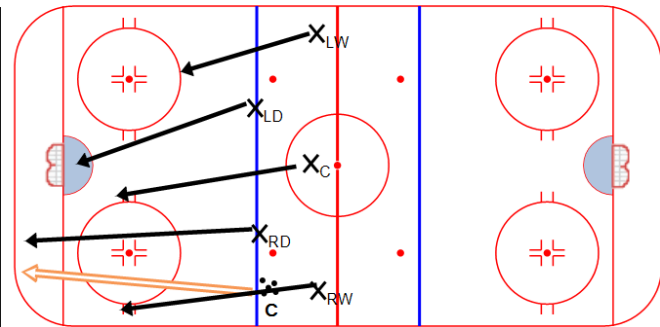
Content elements: 20 mins

Components :

Description

Players line up like in diagram, the remaining player go to the bench coach shoots ball in. Defense retrieves ball and passes to winger, winger then either chips it up boards or passes to centre. Leave defensive end and stops in neutral zone. Next line comes off of bench

After a few successful attempts you can have the players regroup in neutral zone and go in on a 3 on 2



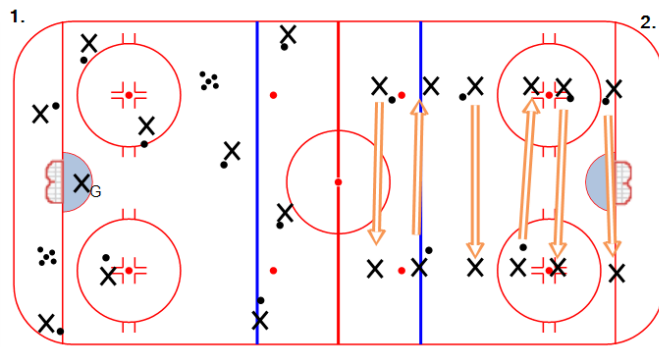
Title : Pass and Battle

Content elements: 15 mins

Components :

Description

- 1. Free play. Let players play with ball; shoot, pass, stickhandle, etc. Only rule is they are moving.
- 2. Pass and battle. Players find a partner and line up across from each other and pass ball back and forth. On whistle who ever doesn't have ball tries to get the ball and players battle back and forth. On whistler players go pack to passing



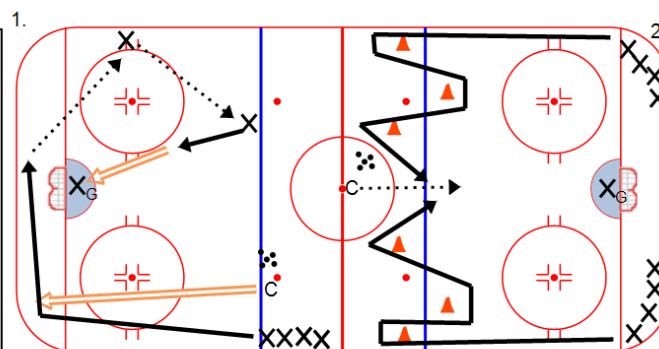
Title : Battles

Content elements: 20 mins, switch after 10 mins

Components :

Description

- 1. Players line up at blueline. One player at far hash mark, one at the blueline. Coach shoots the ball in and the player and blueline goes gets it, Coach calls Wheelhouse and player takes ball around net and passes to player at hash marks, who then passes to player and blueline. That player then walks in and shoots on goal. Players then rotate, 1st player to hash marks, hash marks to blueline, blueline to end of line.
- 2. Ball battle. Players line up in either corner, coach has ball at centre ice. On whistle players run through cones, coach puts ball in middle, players battle to shoot and score.



Title : Breakout

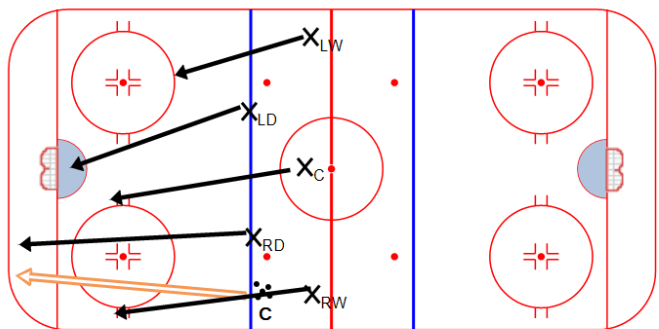
Content elements: 20 mins

Components :

Description

Players line up like in diagram, the remaining player go to the bench coach shoots ball in. Defense retrieves ball and passes to winger, winger then either chips it up boards or passes to centre. Leave defensive end and stops in neutral zone. Next line comes off of bench

After a few successful attempts you can have the players regroup in neutral zone and go in on a 3 on 2



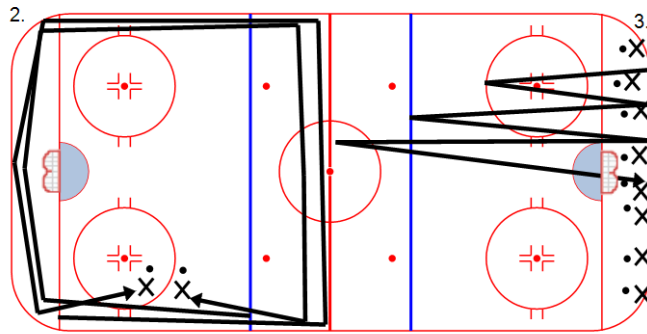
Title : Running with Ball

Content elements: 15 mins

Components :

Description

- 1. Free play. Let players play with balls; shoot, pass, stick handle, etc. Only rule is they must be moving
- 2. Running half court with ball. Two laps in one direction, two laps in other
- 3. Running lines x2



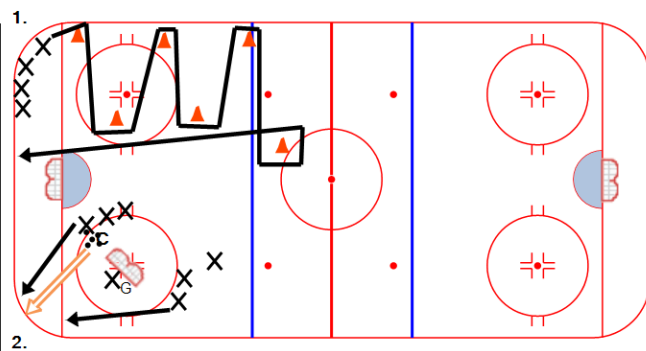
Title : Puck battles3

Content elements: 20 minutes, switch after 10

Components :

Description

- Split into two groups
- 1. Obstacle course. Kids line up in corner, run through cones with ball practice different ball contro and feet skills
- 2. Battle drill. Turn net towards corner, have two lines on each side of net. Coach shoot ball into corner a player from each line will go into corner and will battle to shoot and score



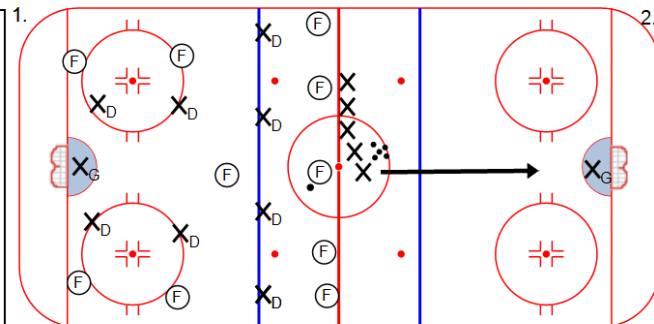
Title : Special Teams

Content elements: 20 mins

Components :

Description

- 1. Line up 4 players on blueline, they are the short handed team. Have five players lineup at red line with ball, they are power play team. Have the pp team try and gain the blueline, remind them about the floating blueline. Once in th zone, show the horsehoe for the powerply team and the box for th defensive team.
- 2. Shootout, 5 mins. Lineup at red line and go on breakaway on goalie



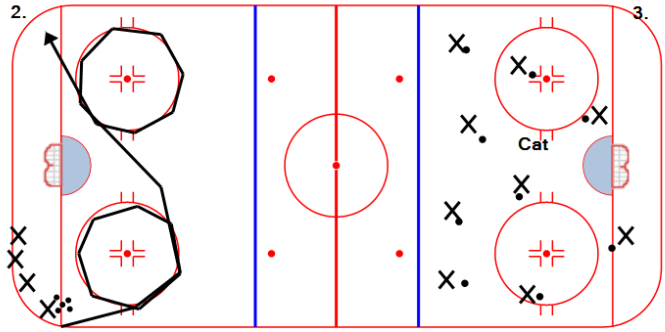
Title : Warm up 15 mins

Content elements:

Components :

Description

1. Free play. Let players play with ball; shoot, pass, stick handle etc
2. Run around circles. Send three players at the time with ball. Watch for things to correct; hands on stick, head up, etc
3. Cat & mouse. Everyone player has ball they are mouse. Coach is cat and tries to take ball away, if ball is taken away then mouse beacome cate. Last player with ball wins. Keep them in the blueline in



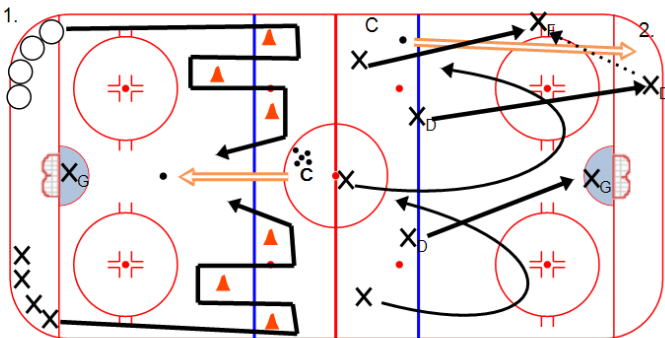
Title : Ball battles

Content elements: 15 mins

Components :

Description

1. Two lines in each corner. Coach lines up at centre with balls. On whistle a player from each corner goes and runs through cones. Coach puts the ball in the middle and players battle for it to shoot and score. Tip: line up like skilled/speed players
2. Mini breakout. Coach shoots ball into corner, once defense to corner to retrieve, other defense to front of net. Winger to hash marks and receives pass from defense, winger then passes to centre. Break out of zone and then back into zone for a 3 on 2



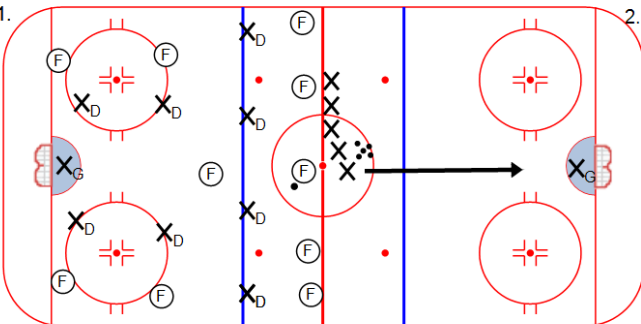
Title : Special Teams

Content elements: 20 mins

Components :

Description

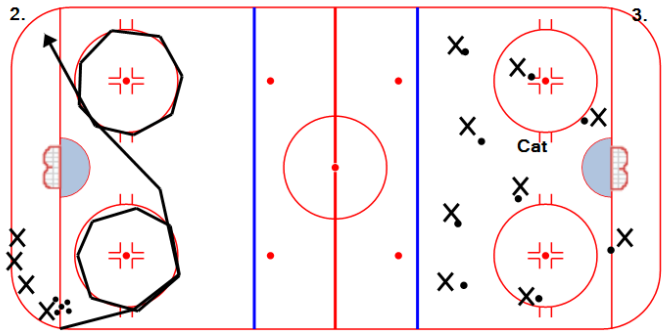
1. Line up 4 players on blueline, they are the short handed team. Have five players line up at red line with ball, they are power play team. Have the pp team try and gain the blueline, remind them about the floating blueline. Once in the zone, show the horseshoe for the powerplay team and the box for the defensive team.
2. Shootout, 5 mins. Lineup at red line and go on breakaway on goalie



Title : Warm up 15 mins Content elements: _____ Components : _____

Description

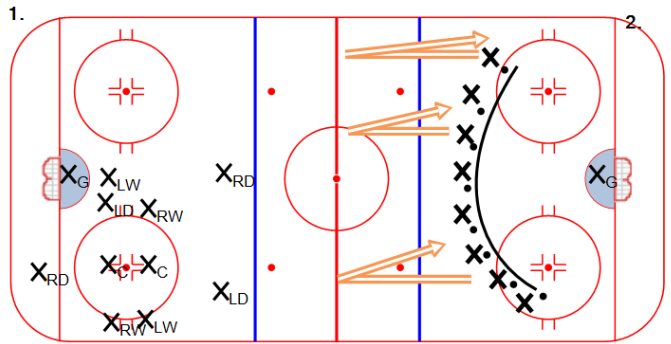
1. Free play. Let players play with ball; shoot, pass, stick handle etc
2. Run around circles. Send three players at the time with ball. Watch for things to correct; hands on stick, head up, etc
3. Cat & mouse. Everyone player has ball they are mouse. Coach is cat and tries to take ball away, if ball is taken away then mouse beacome cate. Last player with ball wins. Keep them in the blueline in



Title : Basic Strategy 20 mins Category #1 : Strategy Category #2 : Game play1

Description

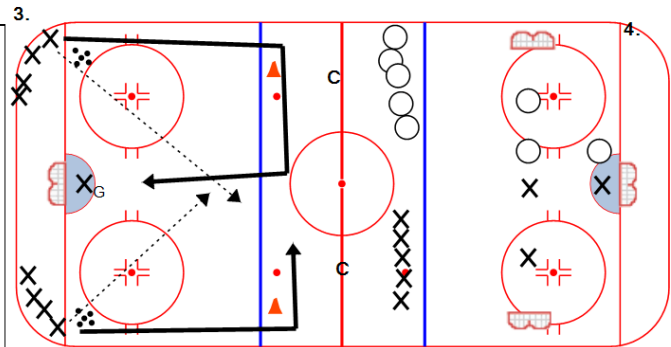
1. Go over faceoff set up. Where to line up; forwards and defence. Make sure to switch players around. Once they get used to where to lin up drop the ball and have a mini game. Offence get balls to net, defence get ball out using boards.
2. Practice a warmup. Line up in horseshoe with ball and shot at goalie, after shot run to red line and back. Do it twice then show St. Louis drill



Title : Game play2 20 mins Category #1 : Strategy Category #2 : Game play2

Description

3. Do St. Louis drill as part of warmup. Players in each corner with balls, player 1 runs around cone without ball, as soon and player passes cone player on other side passes ball. Player 1 goes in a shoots on goalie. Once ball passed that players runs without ball around cone and continues on
4. Mini game, cross court. Can use cones instead of goalie, you most hit cone to score. 3 on 3 those who are not playing line up and blue line, get used to calling people off/changing on the fly
5. If you have time go over offsides



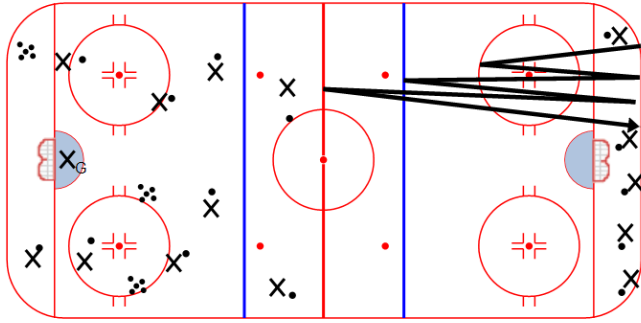
Title : Warm up2

Content elements: 15 |Minutes

Components :

Description

- 1. Free play. Let players play with the balls; shhot, pass, stick handle. Only rule everyone must be moving
- 2. Running with ball.
 - Two laps in one direction, two laps in other
 - Lines, start at boards run to ringette line and back, blueline and back, centre and back x2



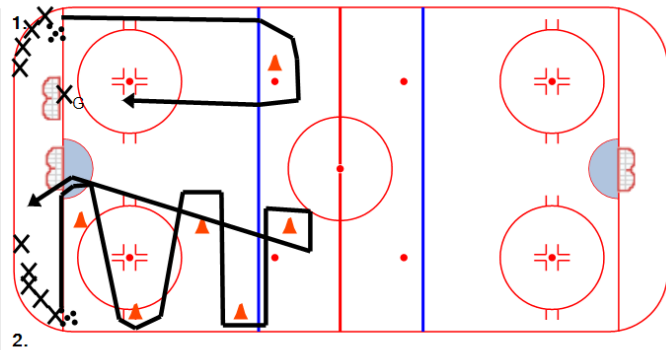
Title : Skills

Content elements: 20 mins, switch after 10 mins

Components :

Description

- Split up into 2 groups
- 1. Line up in corner with ball, run around cone go in and shoot
- 2. Line up corner with ball, set up cones. Run through cones with ball
 - watch hand position on stick, correct as they go



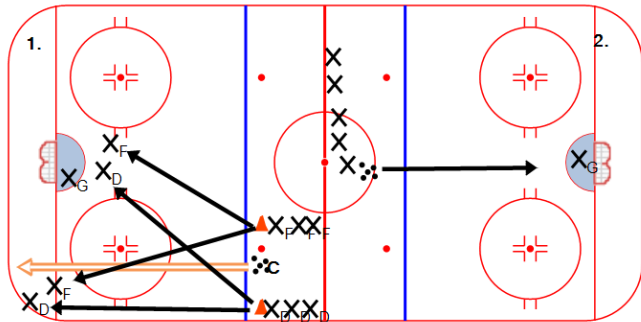
Title : Strategy2

Content elements: 20 minutes

Components :

Description

- 1. 2 on 2. Set up one line of defence, and one line of forwards. Coach shoots ball in corner, one forward and one defence battle for ball in corner. One forward and one defence goes to front of net. Forwards try and score, defence trys to get ball back to coach by shooting up the boards.
- 2. Shoot out. Have soem fun let the kids line up at centre with balls. Go in and shoot or deke on net.



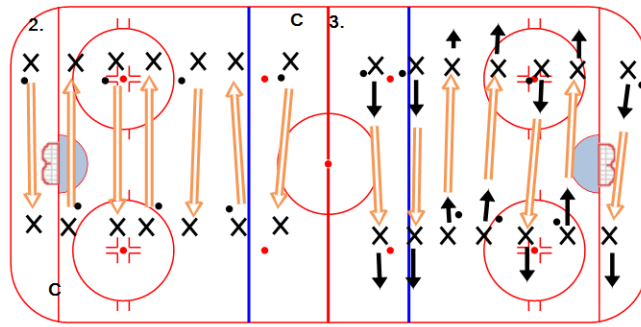
Title : Warm up3

Content elements: 15 minutes

Components :

Description

- 1. Free play. Let players play with balls; shoot, pass, stick handles, only rule is the must be moving.
 - 2. Players find a partner and line up across from each other with one ball. Practice passing back and forth
 - 3. Progress passing drill with movement. One walks forward, other walks backwards. once ball is passed, switch.
- Watch for position of hands on stick, cradle ball when receiving pass, give a target



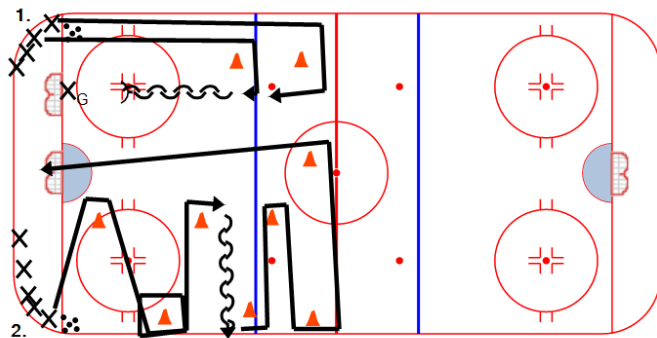
Title : Skills3

Content elements: 20 Mins, switch after 10 mins

Components :

Description

- Split into two groups
- 1. 1 on 1. Line up in corner, two guys go on whistle, first player has ball and runs around furthest cone. Second player without ball runs around nearest cone. First player tries to shoot and score, second is defence
 - 2. Line up in corner, set up cones and run obstacle course with balls. Be creative, can do 360's around cones, transitions, etc



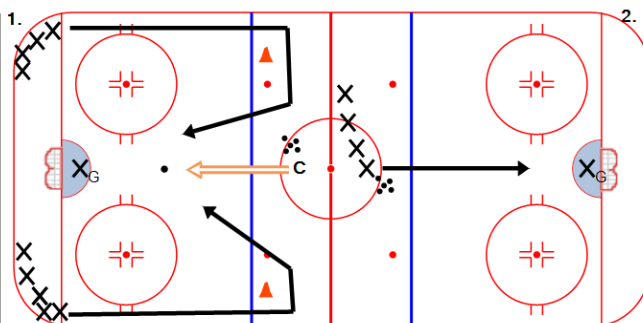
Title : Battle Drill/Shoot out

Content elements: 20 minutes

Components :

Description

- 1. Two lines line up at each corner. Coach is at centre with balls. On whistle player from each corner runs around cone and coach puts ball in teh middle. Battle to shoot and score. Tip: try and apir up like skilled players
- 2. Shoot out, line up at centre deke or shoot



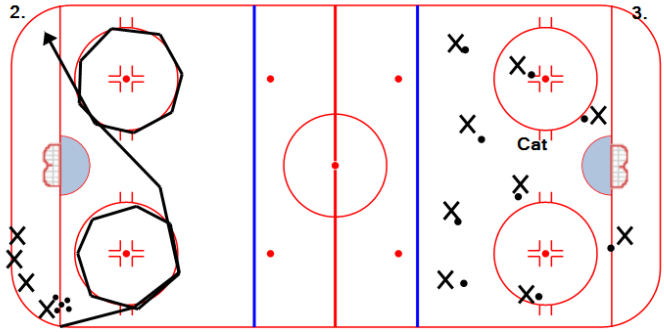
Title : Warm up 15 mins

Content elements:

Components :

Description

1. Free play. Let players play with ball; shoot, pass, stick handle etc
2. Run around circles. Send three players at the time with ball. Watch for things to correct; hands on stick, head up, etc
3. Cat & mouse. Everyone player has ball they are mouse. Coach is cat and tries to take ball away, if ball is taken away then mouse beacome cate. Last player with ball wins. Keep them in the blueline in



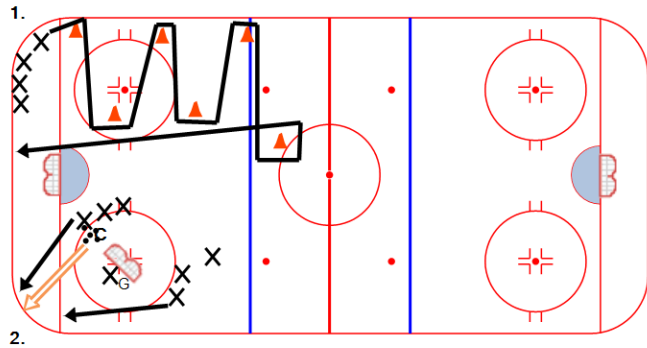
Title : Puck battles3

Content elements: 20 minutes, switch after 10

Components :

Description

- Split into two groups
1. Obstacle course. Kids line up in corner, run through cones with ball practice different ball contro and feet skills
 2. Battle drill. Turn net towards corner, have two lines on each side of net. Coach shoot ball into corner a player from each line will go into corner and will battle to shoot and score



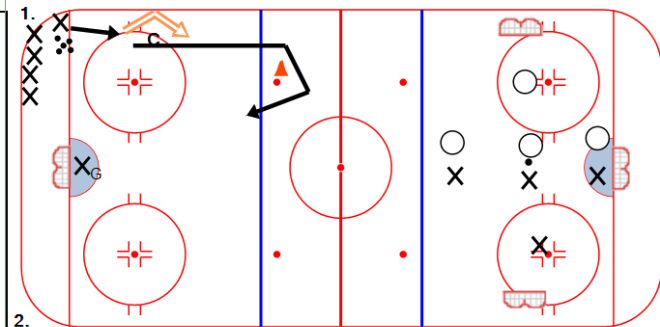
Title : Startegy

Content elements: 20 minutes

Components :

Description

1. Chip in chase. Have kids line up in corner, must chip ball past coach get ball and run back through cones.
2. Mini game, cross court 4 on 4



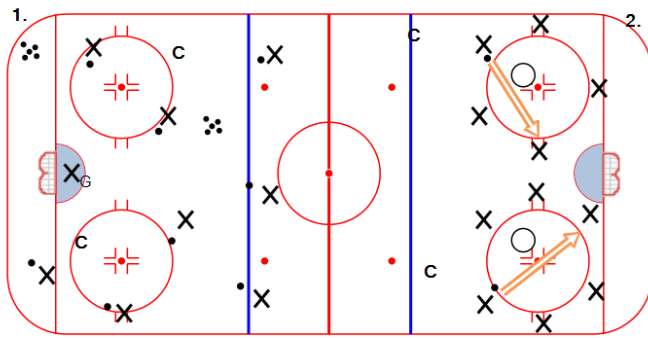
Title : Keep Away

Content elements: 15 minutes

Components : _____

Description

1. Free play. Let players play with ball; shoot, stick handles, pass, etc. Only rule is everyone is moving
2. Keep away. Two groups of players line up around each faceoff circle. One player in the middle tries to intercept the pass. Whoever loses the middle then goes in the middle



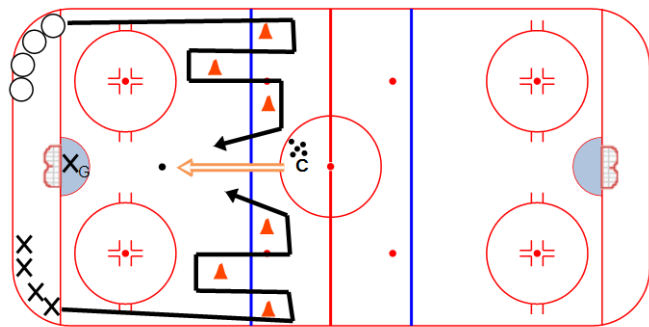
Title : Ball battles

Content elements: 15 mins

Components : _____

Description

1. Two lines in each corner. Coach lines up at centre with balls. On whistle a player from each corner goes and runs through cones. Coach puts the ball in the middle and players battle for it to shoot and score. Tip: line up like skilled/speed players



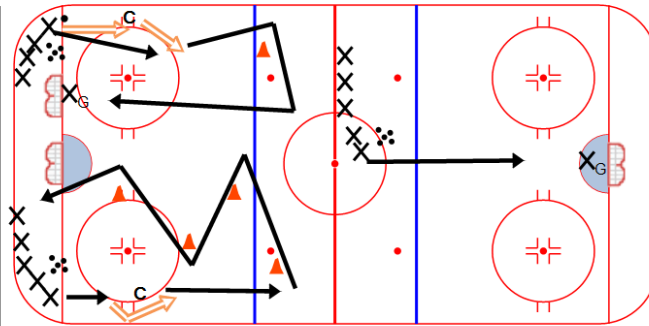
Title : Skills4

Content elements: 25 mins, switch after 10 mins

Components : _____

Description

1. Passing and shooting. Players line up in corner with balls, coach stands by boards around hash marks. Players pass to coach and runs, coach passes back, player runs around cone and goes shoot on goalie
2. Chip and chase. Players line up in corner with balls, coach lines up around hash marks. Players run with ball, bounce ball off boards and gets it, then runs through cones
3. Shootout out. 5 mins

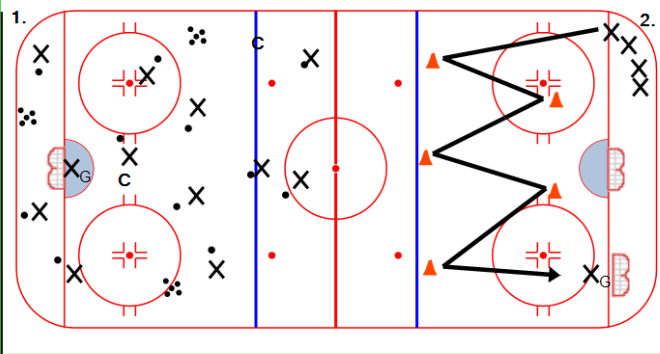


Title : Running and Shooting **Content elements:** 15 minutes **Components :** _____

Description

1. Free play. Let players play with ball. Pass, shoot, stick handle, etc. Only rule is the must be moving

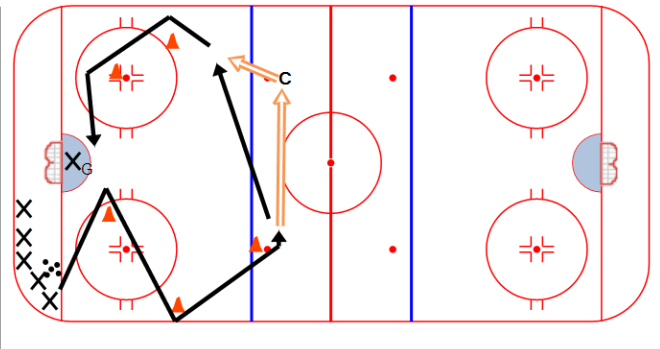
2. Stops and starts. Players start in corner with ball and run to each cone stop and the explode off the start. go to each cone then have shot on net



Title : Running, passing, shooting **Content elements:** 20 minutes **Components :** _____

Description

Players line up in corner with balls. Coach lines up on far faceoff dot. Players run with ball, stick handling through cones, passes to coach who the passes back. Player then drives around cones and goes hard to net

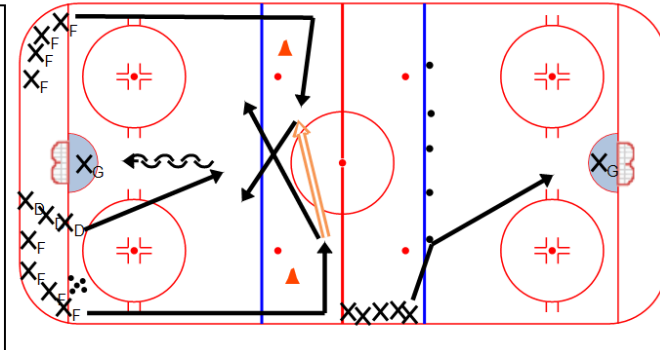


Title : 2 on 1 **Content elements:** 20 minutes **Components :** _____

Description

1. Two lines of forward line up in corners one side starts with balls, defence lines up to side of net. On whistle a forward from each line goes and one defence goes. Forwards run around cones, defence runs to blueline and backs up and goes 2 on 1.

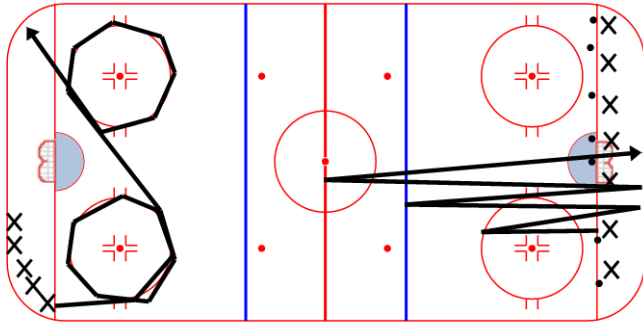
2. Shootout. Line 5 balls up at blueline, players on bench. First player goes get ball and tries to score on goalie, if he scores next player gets ball at blueline, if goalie stops it, player passes back to next player in line. Goes until all balls are gone



Title : Free Play and Running **Content elements:** 15 minutes **Components :**

Description

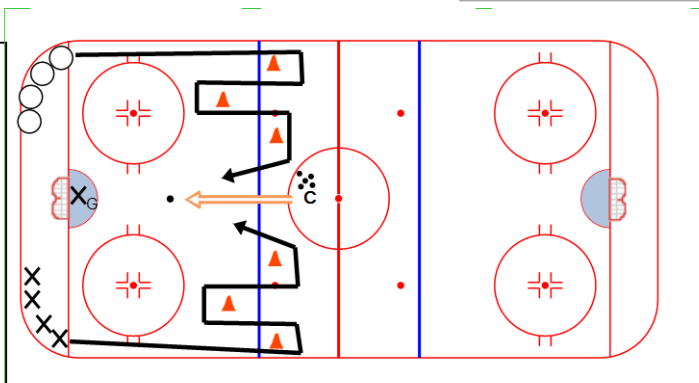
1. Free play. Let players play with ball; shoot, pass, stickhandle, etc. Only rule is they are moving.
2. Run circles with ball x2
3. Run lines with ball x2



Title : Ball battles **Content elements:** 15 mins **Components :**

Description

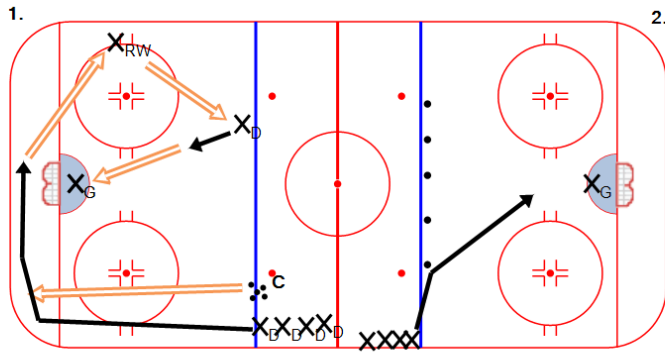
1. Two lines in each corner. Coach lines up at centre with balls. On whistle a player from each corner goes and runs through cones. Coach puts the ball in the middle and players battle for it to shoot and score. Tip: line up like skilled/speed players



Title : Wheelhouse **Content elements:** 30 mins **Components :**

Description

1. Players line up at blueline, one player lined up at far hash marks, one defence at blueline. Coach shoots ball in and player runs into corner to get it, coach yells wheelhouse, player take ball behind net and passes to winger lined up at hash marks. Player at hash marks then passes to player at blueline, who walks it in and shoots. Players then rotate.
2. Shootout. Line 5 balls up at blueline, players on bench. First player goes get ball and tries to score on goalie, if he scores next player gets ball at blueline, if goalie stops it, player passes back to next player in line. Goes until all balls are gone



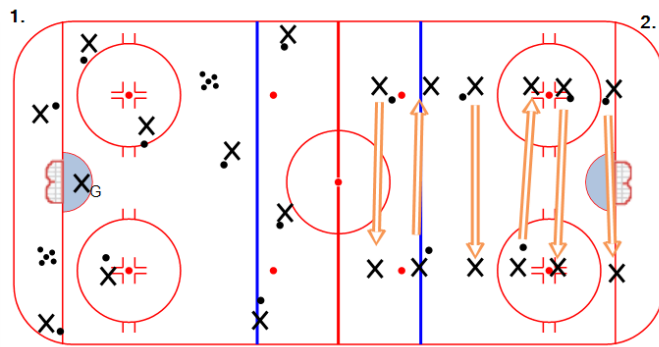
Title : Pass and Battle

Content elements: 15 mins

Components :

Description

1. Free play. Let players play with ball; shoot, pass, stickhandle, etc. Only rule is they are moving.
2. Pass and battle. Players find a partner and line up across from each other and pass ball back and forth. On whistle who ever doesn't have ball tries to get the ball and players battle back and forth. On whistler players go pack to passing



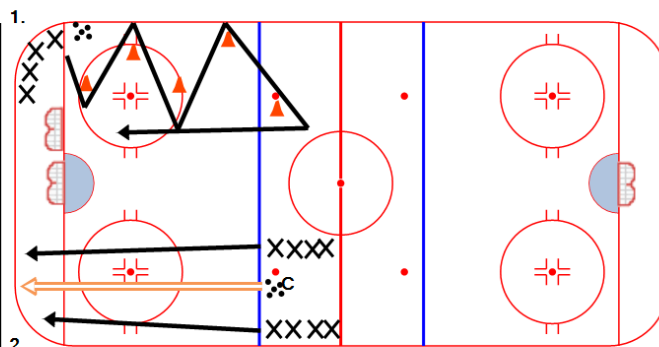
Title : Split up

Content elements: 20 mins

Components :

Description

- Split up into two groups, switch after 10 mins
1. Players line up in corner with balls, stick handle through cones then go shoot on net
 2. Ball battles. Two lines at blueline, coach shoots ball into corner. A player from each line goes into corner and battle for ball possession until coach blues whistle



Title : Breakout

Content elements: 20 mins

Components :

Description

- Players line up like in diagram, the remaining player go to the bench coach shoots ball in. Defense retrieves ball and passes to winger, winger then either chips it up boards or passes to centre. Leave defensive end and stops in neutral zone. Next line comes off of bench
- After a few successful attempts you can have the players regroup in neutral zone and go in on a 3 on 2

