

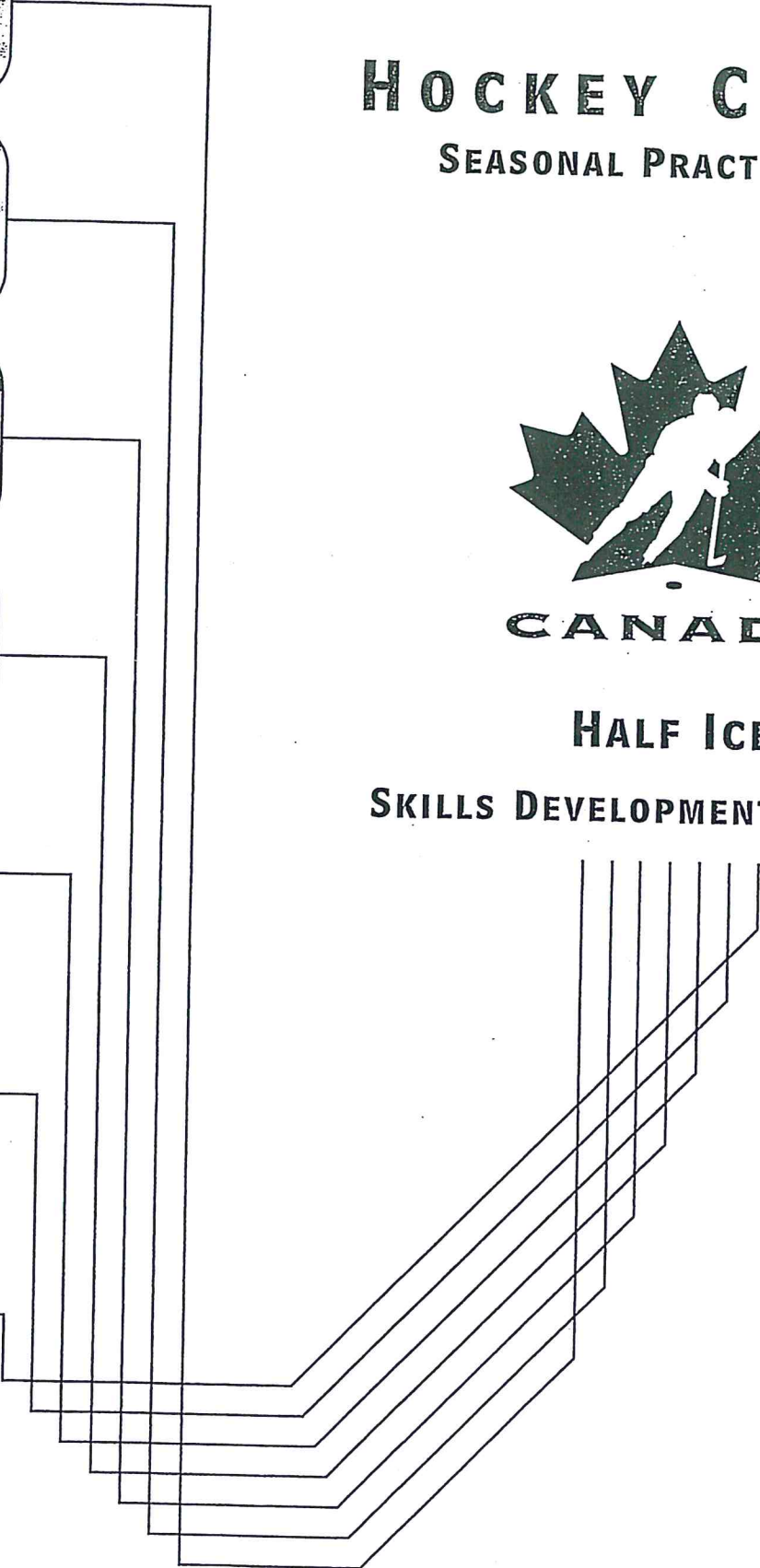
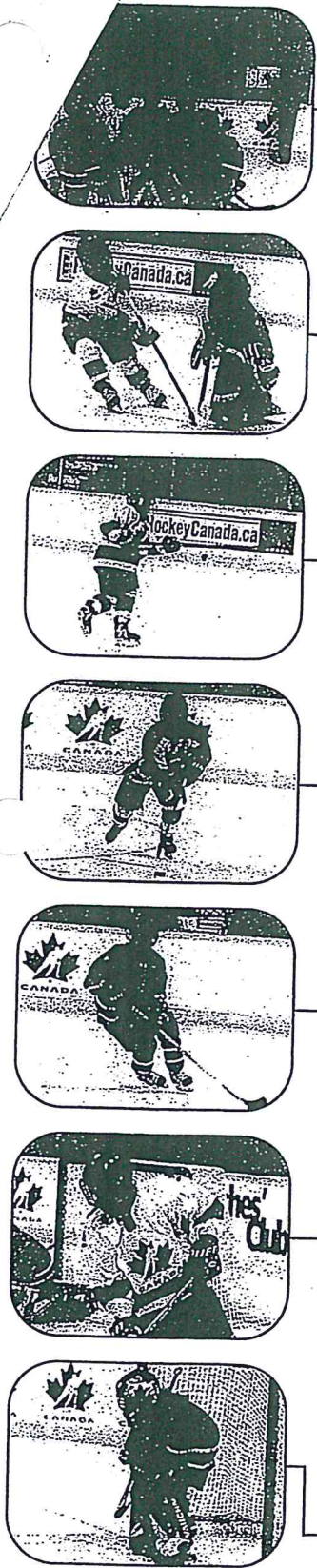
# HOCKEY CANADA

## SEASONAL PRACTICE PLAN



### HALF ICE

### SKILLS DEVELOPMENT PROGRAM



# HALF-ICE SESSIONS

**PHASE 1**

PHASE 2

PHASE 3

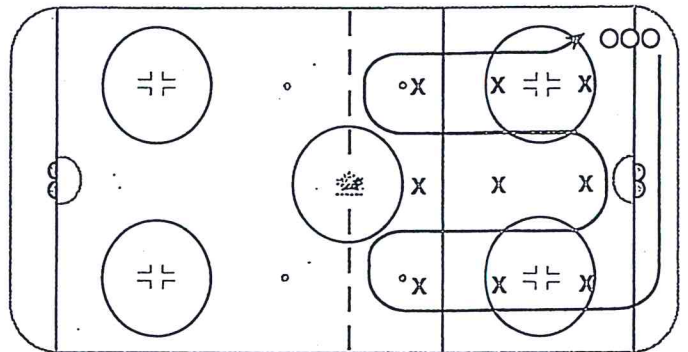


**CANADA**

- Session Objective(s)
1. Skating Warm-up
  2. Moving Puck Control
  3. Stationary Passing

**10 min** SKATING WARM-UP

- Skate the pattern as shown performing different skating skills each time through.
- Skating can also be done going across the ice towards the side boards each time.
- Can also be done with pucks.



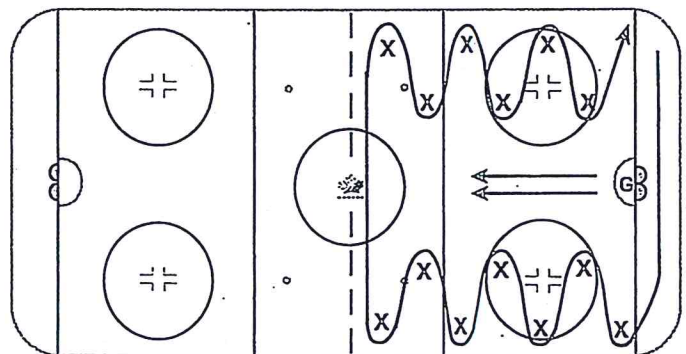
KEY EXECUTION POINTS

**10 min** MOVING PUCK CONTROL

With a puck skate the pattern as shown performing different puck control skills each time through.

- Toe drags.
- Tuck puck inside pylon.
- Tight turns.
- 360's.

Goalies work on skating and movement patterns utilizing the middle of the ice.



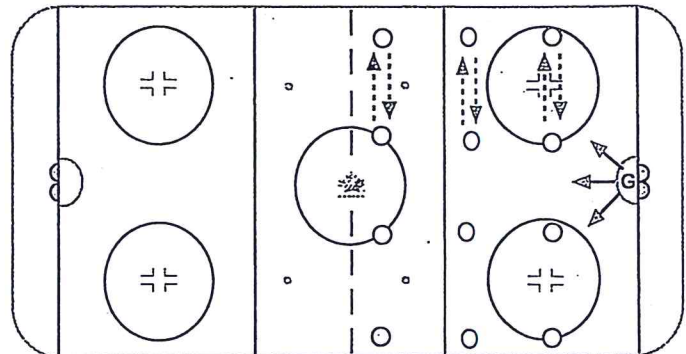
KEY EXECUTION POINTS

**20 min** PAIRS PASSING

Players pair off and work on stationary passing.

- Forehand.
- Backhand.
- Receive forehand and return pass on backhand.

Goalies can also work on passing or movement skills.



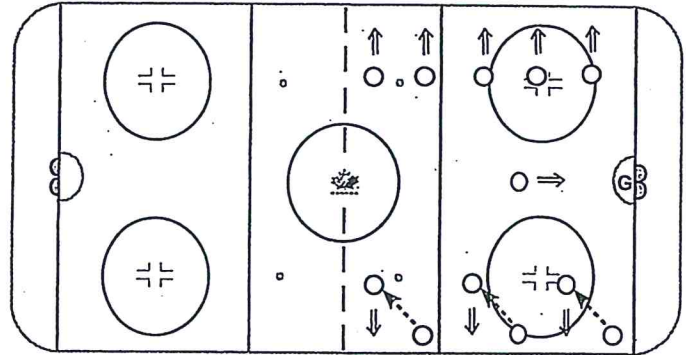
KEY EXECUTION POINTS

- Session Objective(s)
1. Stationary Shooting
  2. Puck Control Circuit
  3. Skills In Combination Circuit

**10 min** STATIONARY SHOOTING

Players line up along the boards and work on forehand and backhand shooting.

Can also add a pass to work on pass reception before shooting.

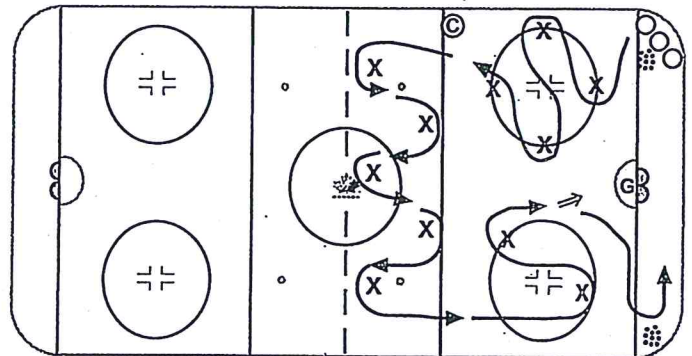


KEY EXECUTION POINTS

**10 min** PUCK CONTROL CIRCUIT

Players follow circuit as shown. Add pivots at random points to make circuit more difficult.

Repeat 4 times.

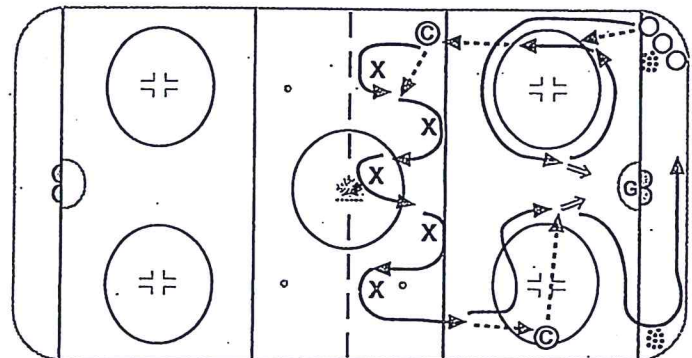


KEY EXECUTION POINTS

**10 min** SKILLS IN COMBINATION CIRCUIT

Follow circuit as shown. Add obstacles, passes or defenders at random points to make circuit more difficult.

Repeat 4 times.



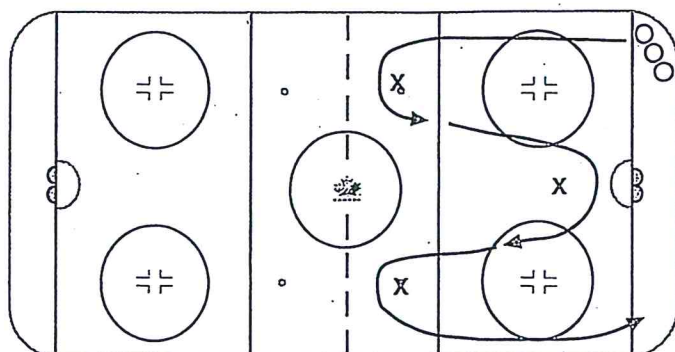
KEY EXECUTION POINTS

- Session Objective(s)**
1. Skating
  2. Passing
  3. Puck Control

## SKATING WARM-UP

Follow pattern as shown.

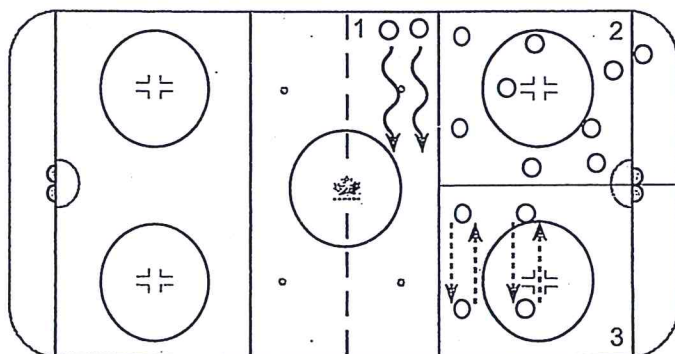
- Perform different skating skills down each lane or each time through the circuit.
- Goalies can skate too or perform goalie specific skating skills.



### KEY EXECUTION POINTS

## SKILLS STATIONS

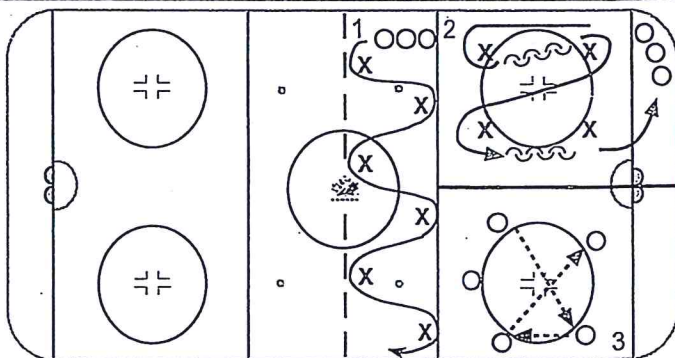
1. Moving Puck Control
  - Open ice carry on forehand and backhand.
2. Stationary Puck Control
  - Work on various puck control moves while stationary.
3. Stationary Passing
  - Forehand and backhand.



### KEY EXECUTION POINTS

## SKILLS STATIONS 2

1. Moving Puck Control
  - Perform various puck control skills around the pylons.
2. Transition Skating
  - Players start at the pylon closest to the goal line, skate forward to the far pylon, pivot and skate backwards to the pylon they started at.
  - This can also be a relay race.
3. Stationary Passing
  - Players line up around the circle, and pass to another player by calling their name. Progress to one touch passing.

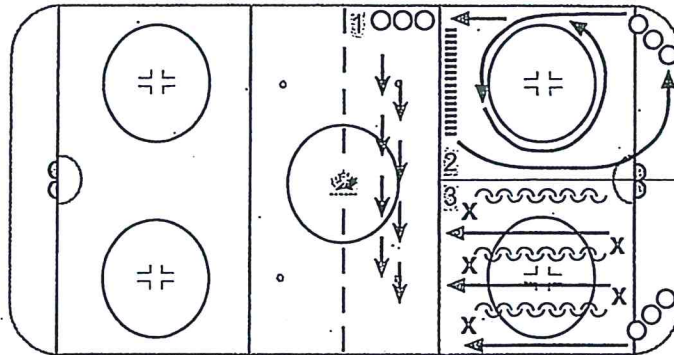


### KEY EXECUTION POINTS

- Session Objective(s)**
1. Skating
  2. Shooting
  3. Passing
  4. Scoring

**15 min SKILLS STATIONS 3**

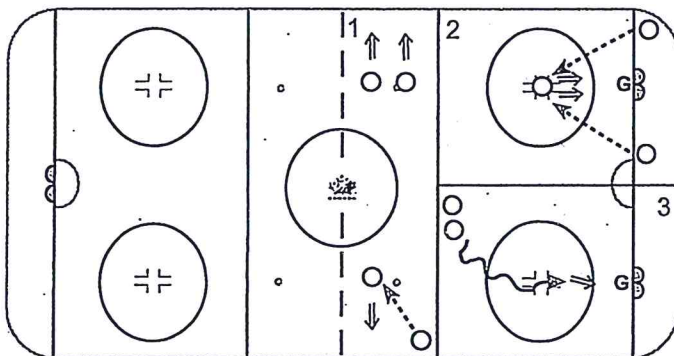
1. Forward Striding
  - Work on quick start, and skating stride.
2. Crossovers
  - Players start in corner, do crossovers around the circle, skate up to blue line and perform lateral crossovers across blue line. Go both ways around the circle, forwards and backwards.
3. Transition Skating
  - Players start in corner, skate forward to pylon perform reverse pivot around pylon and skate backwards to bottom pylon and perform an open pivot. Add pucks third time through.



**KEY EXECUTION POINTS**

**15 min SHOOTING**

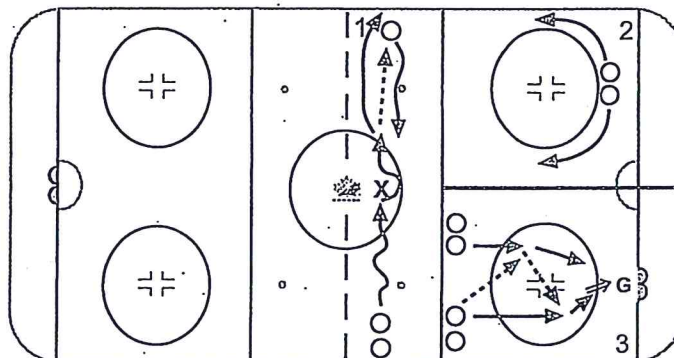
1. Wrist shots / Backhands. Pass can be added to work on shot off of pass.
2. Player in slot receives passes from each side of the net working on quick release.
3. Players start at blue line, skate towards net and work on quick shot. Shoot high and hard.



**KEY EXECUTION POINTS**

**15 min PASSING / SKATING / SCORING STATIONS**

1. Place pylon in middle of ice, with two players on one side of the boards and one player on the other. Puck starts on side with two players. Skate forward to pylon and perform creative move around pylon and pass to player on the boards and take then take their position.
2. Alarm Clock Relay – Players start at bottom of the circle, when coach says go, they skate forwards ? way around circle, stop with toes pointing at dot, and then skate backwards to starting point. Then skate forwards ? way around circle to the top of the circle and then skate backwards to bottom of circle.
3. 2 on 0 on goaltender.



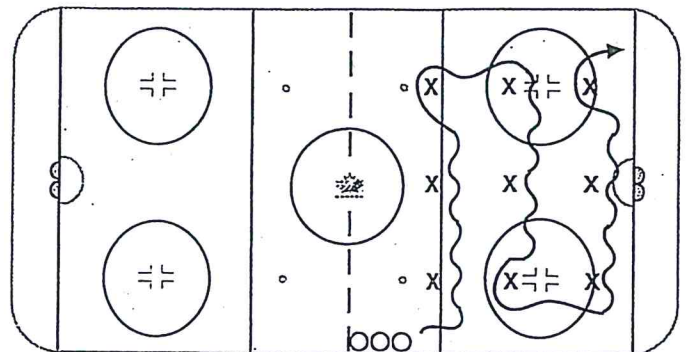
**KEY EXECUTION POINTS**

- Session Objective(s)**
1. Puck Control
  2. Skating Stations
  3. Moving Puck Control

## 20 min PUCK CONTROL WARM-UP

Players skate through the 3 lanes performing a different puck control skill down each lane or at each pylon.

- Work on increasing the speed each time through.



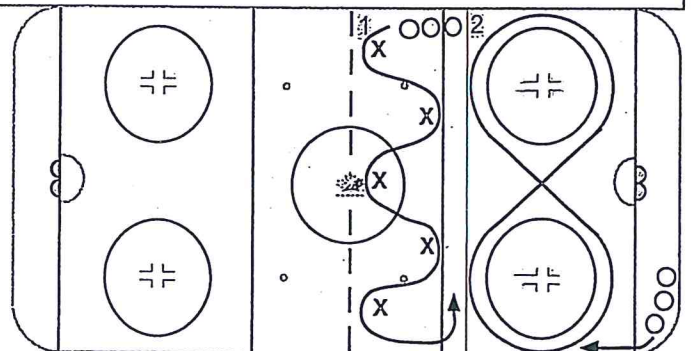
### KEY EXECUTION POINTS

## 10 min SKATING STATIONS

1. Players skate through the pylon circuit performing tight turns, pivots, 360's etc. around each cone.

- Use puck 3rd and 4th time through.

2. Players start in corner and work on Crossovers around the circles. Go forward, backward, pivots etc. Use a puck 3rd and 4th time through.

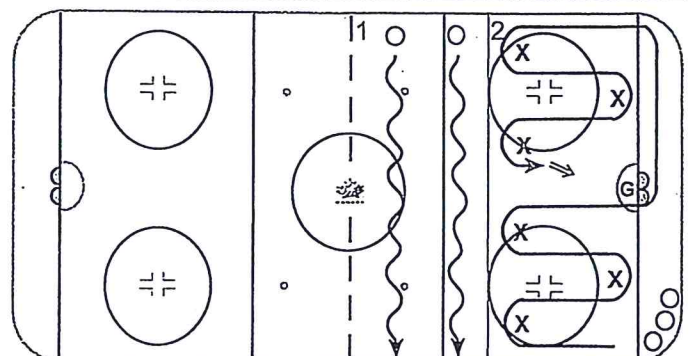


### KEY EXECUTION POINTS

## 10 min MOVING PUCK CONTROL

1. Players work on open ice carry on both forehand and backhand. Can also go backwards.

2. Players perform tight turns around each pylon, working puck protection, finishing with a shot on net.



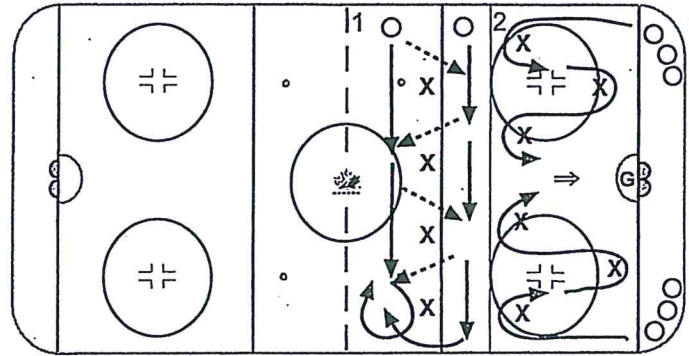
### KEY EXECUTION POINTS

- Session Objective(s)
1. Passing
  2. Puck Control
  3. Shooting

10 min

## FORWARDS / DEFENCE STATIONS

1. Players pairs pass in between the pylons. Should be done on both forehand and backhand. Players can also execute pass and follow or cross and drop repetitions as well.
2. Coach spots puck in middle of the ice. On coaches whistle, players race through the pylons to get the puck and take a shot on net.

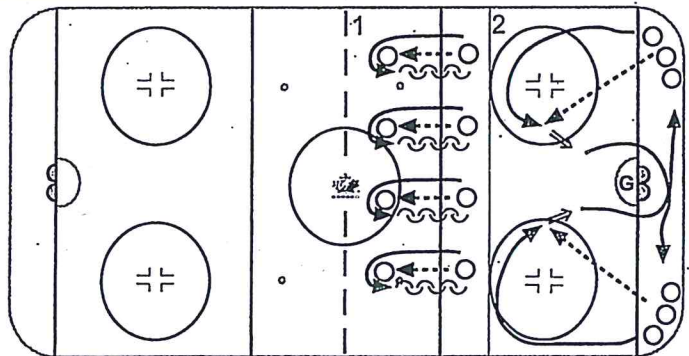


## KEY EXECUTION POINTS

10 min

## PASSING / SHOOTING STATIONS

1. Players partner up, pass puck and skate forward toward partner, perform a reverse pivot around partner and skate backwards to starting position. Other partner then goes. Change up the passes and direction around partner.
2. Players start in corner, first player skates around top of circle, and receives pass from next player in line to take a shot on net. Alternate sides and keep the pace up.

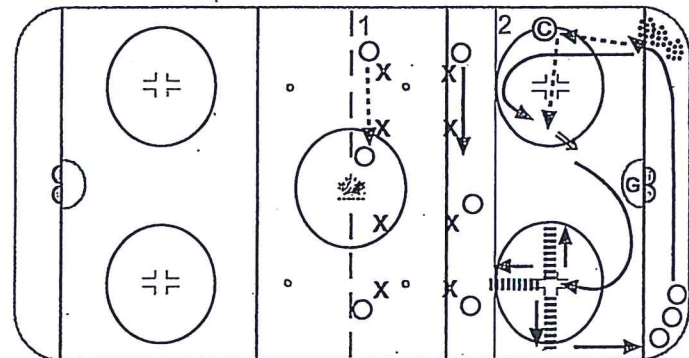


## KEY EXECUTION POINTS

10 min

## PASSING / CIRCUIT STATIONS

1. Passing Support Drill. Place 4 pylons in a square with 3 players. Puck must start with middle player who can pass to player on either side, other player must move to support so the puck is always in the middle. Can not pass through square.
2. Skills in combination circuit. Players start in one corner, skate to opposite corner to pick up puck and follow circuit as diagrammed.



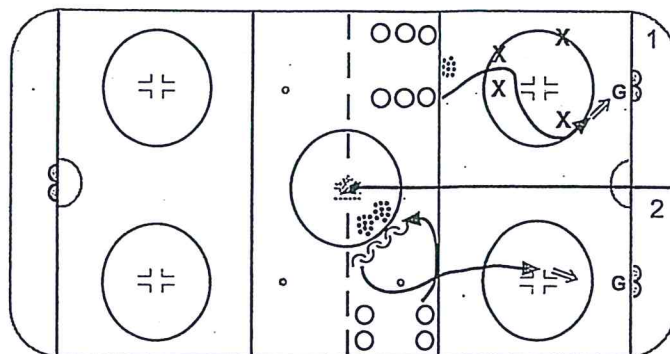
## KEY EXECUTION POINTS



**Session Objective(s)**  
**1. Skate and Shoot Stations**  
**2. Offensive Defensemen Skills**

**10 min** **SKATE AND SHOOT STATIONS**

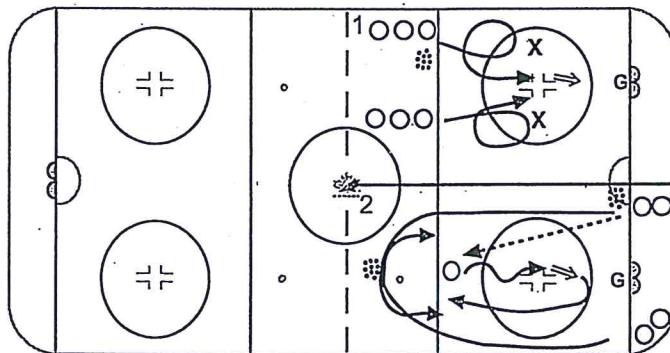
1. Players in two lines, take puck and skate through the first two pylons, drive towards the next pylon, protect puck and go in for shot on net.
  - Alternate sides. Can also use coaches or players to replace pylons to make more game like.
2. Players start on side boards, skate towards centre ice, pick up puck, pivot to skate 3-4 strides backwards then go in for shot on net.



**KEY EXECUTION POINTS**

**10 min** **SKATE AND SHOOT STATIONS # 2**

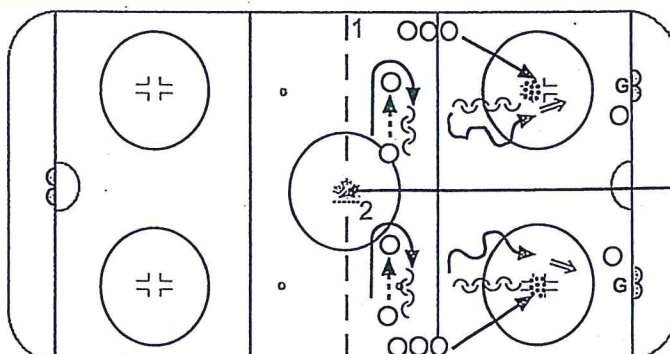
1. Players start in two lines, carry puck towards pylon, delay and then drive towards net for shot. Alternate lines.
2. Player start in two lines below the goal line, with another line near the blue line. Player at blue line goes in for shot on net, then circle back towards the blue line. At same time, two players leave the other lines pick up puck outside blue line and go in on a 2 on 1.



**KEY EXECUTION POINTS**

**10 min** **OFFENSIVE DEFENSEMEN SKILLS**

- Same drill both sides.
- Players skate towards dot in circle, retrieve puck, skates backwards to blue line and then go in for shot on net. After shot, player can wait for next player to shoot to try and tip it or go for the rebound.
  - Player waiting for their turn can pairs pass back and forth in neutral zone.

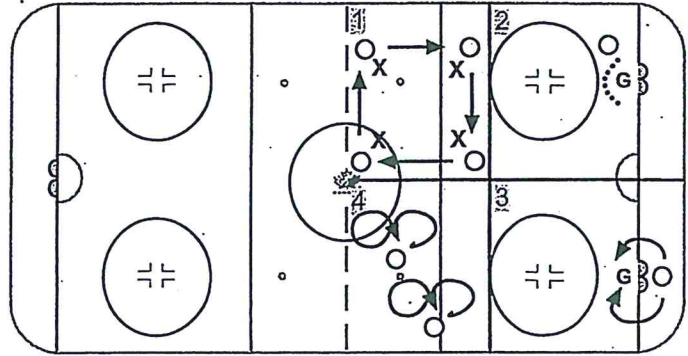


**KEY EXECUTION POINTS**

- Session Objective(s)**
1. Skills Stations
  2. Passing / Shooting
  3. Puck Control / Scoring

**10 min** **4 STATION SKILLS SET UP #1**

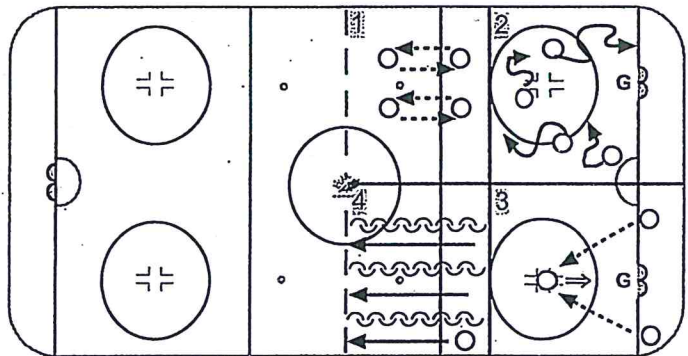
1. Skate and chase. On signal 4 player chase each other around the pylons, stop once a player gets caught from behind. Go both directions.
2. Quick release shooting drill. Place 10 pucks in a semi circle and work on shooting the puck high and quick using a flip shot.
3. Wraparounds from behind the net.
4. Puck control skills. Perform various stationary puck control skills / figure 8's etc...



**KEY EXECUTION POINTS**

**10 min** **4 STATION SKILLS SET UP #2**

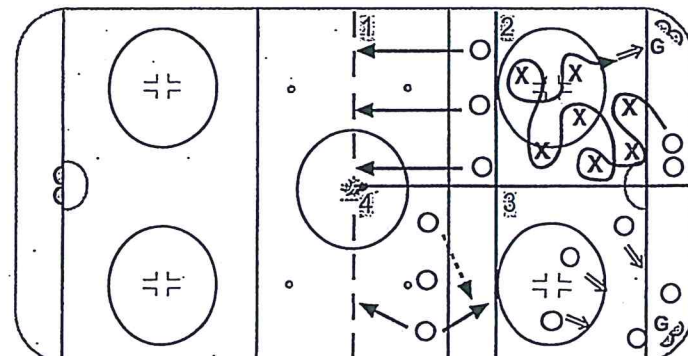
1. Pairs Passing.
2. Moving Puck Control. Players skate around when coach call out name, that player goes in for a shot on net.
3. One Time shooting.
4. Transition Skating – do without and with pucks.



**KEY EXECUTION POINTS**

**10 min** **4 STATION SKILLS SET UP #3**

1. Quick Starts.
2. Puck control maze finish with shot on net.
3. Tips and deflections.
4. Pig in the middle.

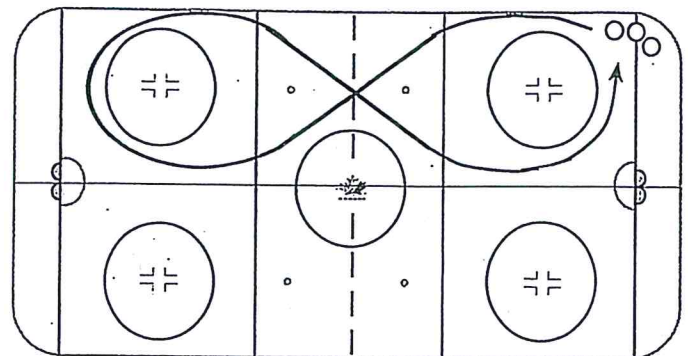


**KEY EXECUTION POINTS**

- Session Objective(s)**
1. Skating
  2. Striding
  3. Offensive Skills Stations

## 8 min SKATING WARM-UP

Players skate in Figure 8 pattern, stretching and performing different skating skills.

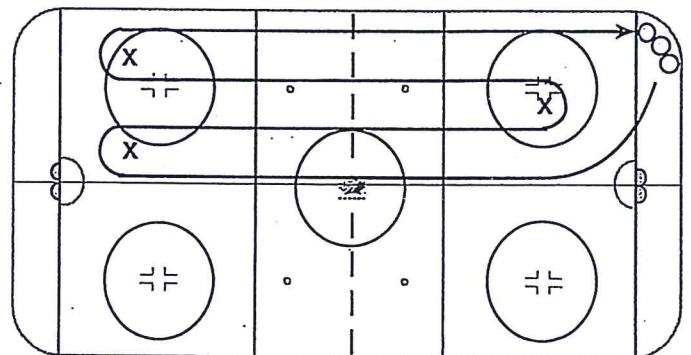


### KEY EXECUTION POINTS

## 10 min STRIDING

Players skate pattern as shown working on different skating skills down each lane.

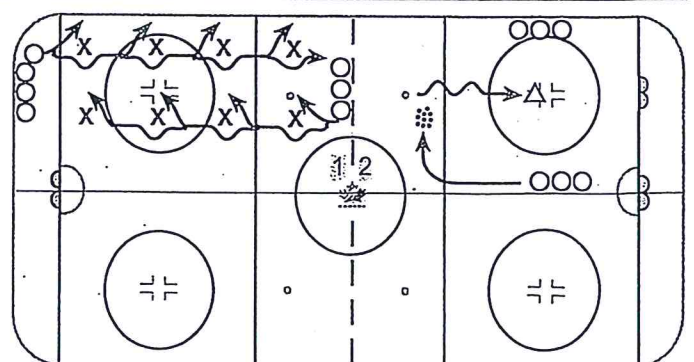
Skate forwards and backwards and perform with pucks as well.



### KEY EXECUTION POINTS

## 10 min OFFENSIVE SKILLS STATIONS

1. Skating / Body / Puck fakes at each pylon. Start without pucks then use pucks to work on deception.
2. Shooting fakes and passing fakes. Begin with 1 on 0 to work on shooting fakes, then add second player for 2 on 0 to work on passing fakes, can also add a defender to make it more game like.

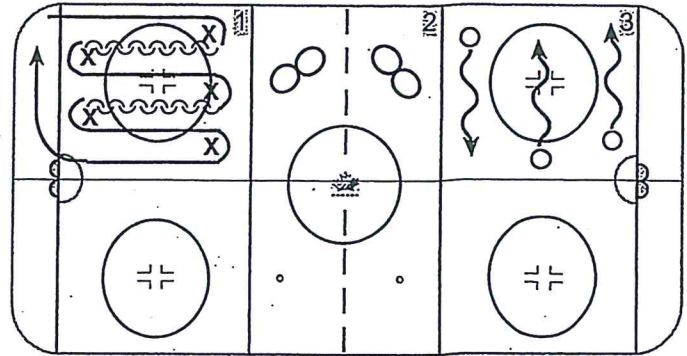


### KEY EXECUTION POINTS

- Session Objective(s)**
1. Review Checking Skills
  2. Puck Protection
  3. Timing / Passing

**10 min** SKILLS STATIONS

1. Transition Skating
  - Players perform reverse and open pivots around the pylons. Add pucks.
2. Stationary Puck Control
  - Players perform various stickhandling moves while stationary.
3. Moving Puck Control
  - Players perform stickhandling moves while moving.

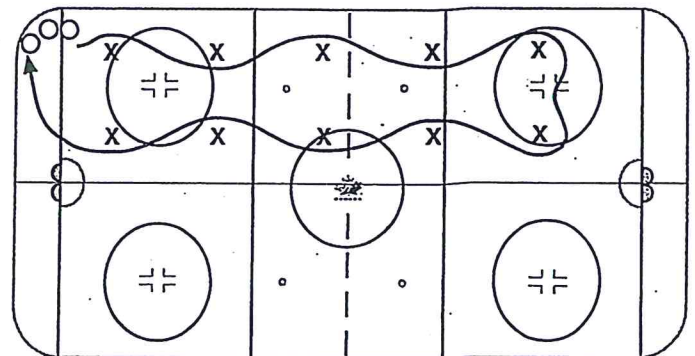


KEY EXECUTION POINTS

**12 min** MOVING PUCK CONTROL

Players start in corner and carry a puck through the pylons, performing different moves at every pylon.

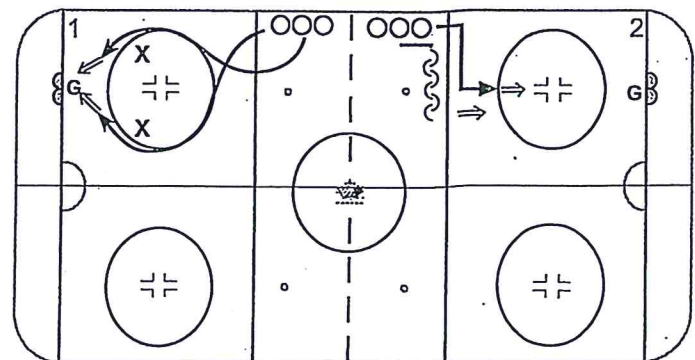
Keep the pace high with lots of repetitions.



KEY EXECUTION POINTS

**10 min** SKATE AND SHOOT STATIONS

1. Players start on side boards, skate hard with puck towards pylon and drive wide around the pylon protecting the puck to take a shot on net.
  - Alternate pylons each time through. Can also add a player or coach to make the net drive more game like.
2. Players on forehand sprint to middle of ice and then shoot, players on backhand drag puck to middle of the ice and shoot.
  - Change line to start from centre of ice so all players get opportunity for both types of shots.



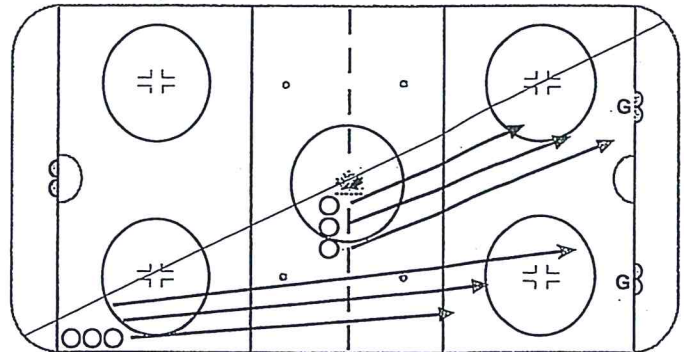
KEY EXECUTION POINTS

- Session Objective(s)**
1. Shooting
  2. Skate and Pass
  3. Backchecking

**10 min SHOOTING WARM-UP**

Start with lines in two places. On whistle 3 players from each line go in for warm-up shots on goal-tenders.

- Give goalie time to recover before next shot.

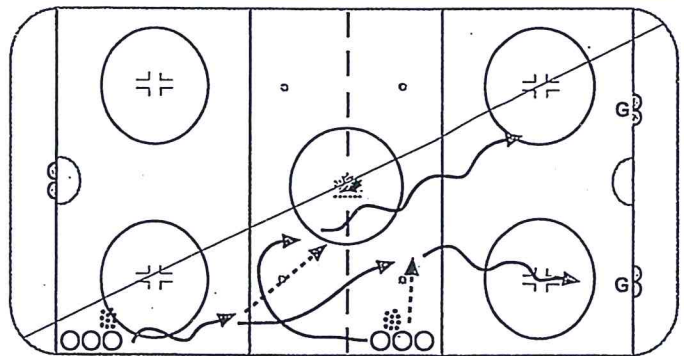


**KEY EXECUTION POINTS**

**10 min SKATE AND PASS**

Start with two lines as shown, players from corner skate towards the blue line, players from centre curl down towards blue line, turn up ice and receive pass to go in for shot on net.

- After making first pass, player from corner line skate to receive pass from second player in centre ice line.
- Continuous skate and pass, alternate lines.



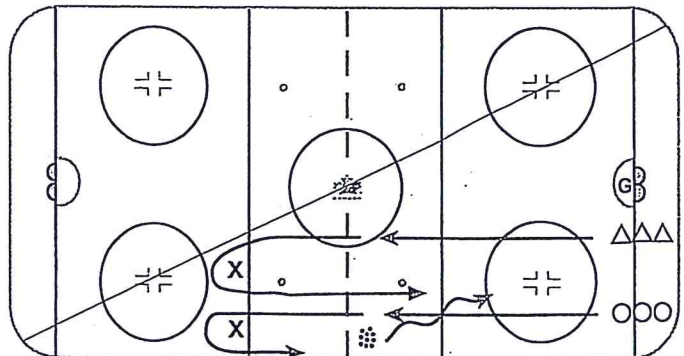
**KEY EXECUTION POINTS**

**10 min BACKCHECKING**

Two lines, offensive players and defensive players.

Players take off at same time, curl around pylons, offensive player picks up puck and goes in for shot on net, while the other player backchecks.

- Alternate lines.

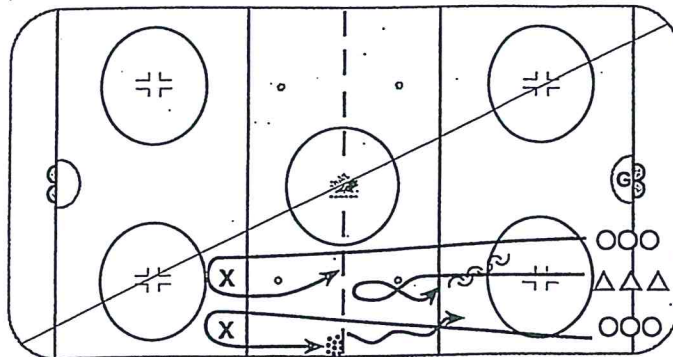


**KEY EXECUTION POINTS**

Session Objective(s) 1. 2 on 1  
2. Skills Circuit  
3. Transition

10 min 2 ON 1

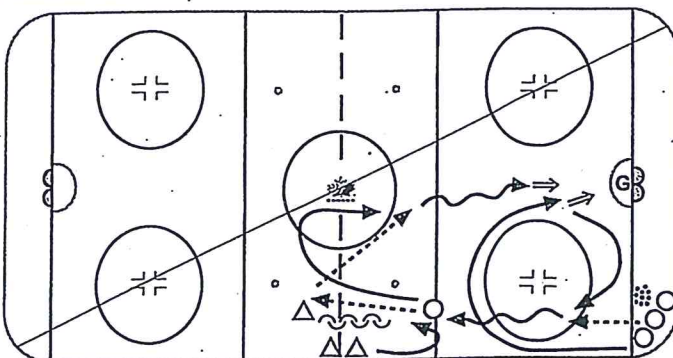
- Two lines of forwards, 1 line of defence.
- Forwards and defense go together at same time, skating hard up ice.
- Forwards retrieve puck and go in on net for 2 on 1. Defense plays good gap.



KEY EXECUTION POINTS

10 min 2-SHOT TRANSITION DRILL

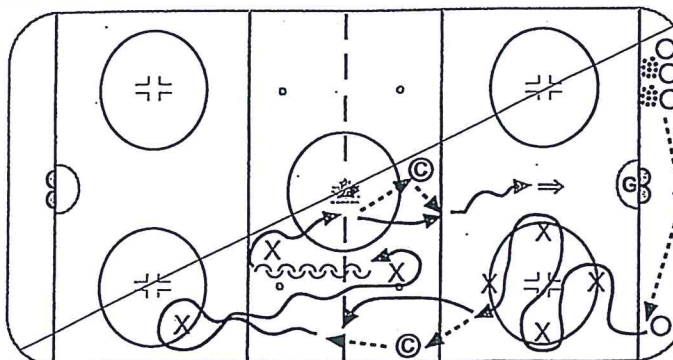
- Forwards start in corner with puck, defense out by red line.
- Forward skates around top of circle for shot on net.
  - Continue around circle to receive a pass from second player in line. Skate toward centre, pass to defense who skates backwards, forward curls to receive transition pass and takes second shot on net.
  - Second player in line goes after making pass.



KEY EXECUTION POINTS

10 min SKILLS CIRCUIT

- Start with one player in bottom corner, the rest in opposite corner. Begin with bank pass to player in corner, then follow pass and wait for bank pass from next player in line.
- After receiving bank pass follow circuit as shown.



KEY EXECUTION POINTS

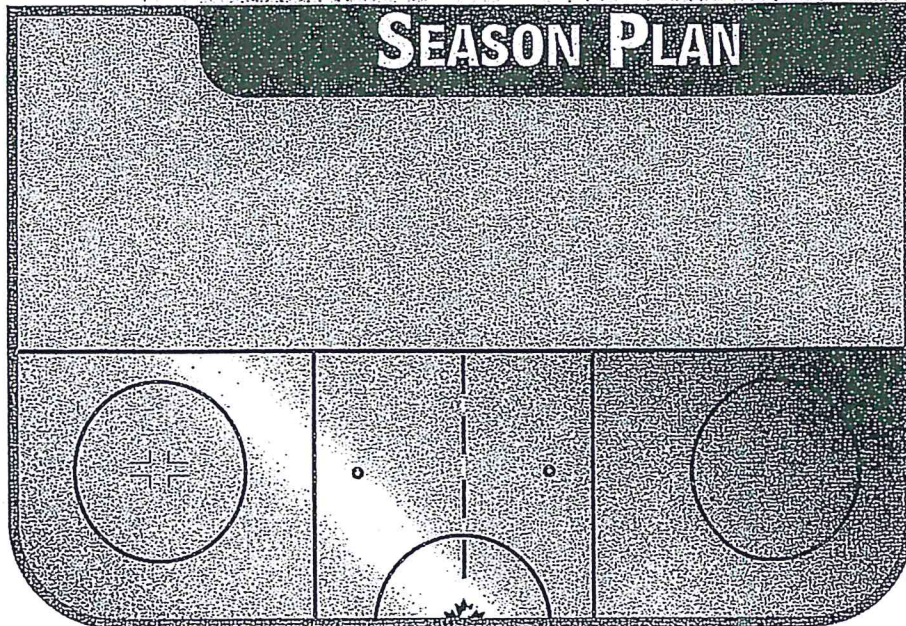
# HALF-ICE SESSIONS

## HALF-ICE SEASON PLAN

PHASE 1

PHASE 2

PHASE 3

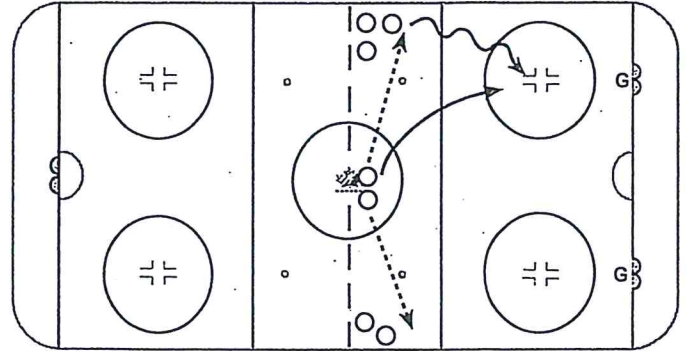


CANADA

- Session Objective(s)**
1. Pass and Follow
  2. Cross and Carry
  3. Cross and Drop

**10 min** **2 ON 0 / 2 ON 1 PASS AND FOLLOW**

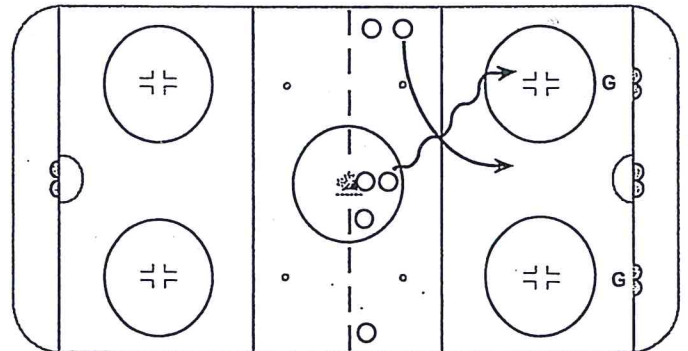
- Go from both sides at the same time.
- Add a defender to make it more difficult.



**KEY EXECUTION POINTS**

**10 min** **2 ON 0 / 2 ON 1 CROSS AND CARRY**

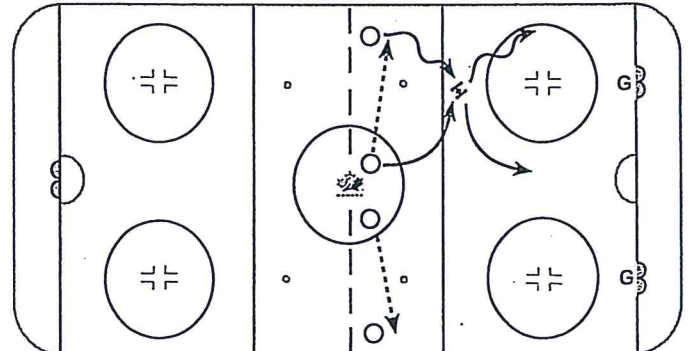
- Go from both sides at the same time. Cross and carry, fake drop pass etc...
- Add a defender to make it more difficult.



**KEY EXECUTION POINTS**

**10 min** **CROSS AND DROP**

- Go from both sides at the same time. Drop pass just inside blue line.
- Add a defender to make it more difficult.



**KEY EXECUTION POINTS**



Session Objective(s) **1. Fakes**  
**2. Puck Protection**

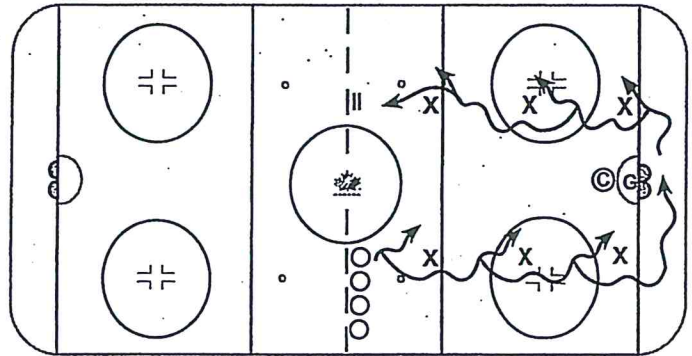
10 min **FAKES**

1. Stationary Fakes

- How to fake in place (learning: body fakes, shooting fakes, fake pass).
- Attack triangle: in place with partner just stick handling "in the triangle." Practice while waiting to go for moving fakes.

2. Moving Fakes

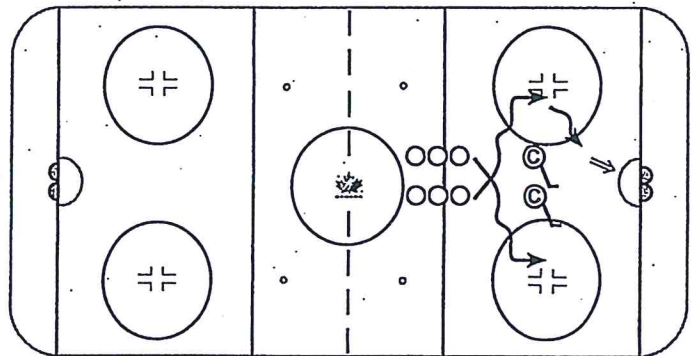
- In movement with cones as shown.



KEY EXECUTION POINTS

10 min **PUCK PROTECTION 1**

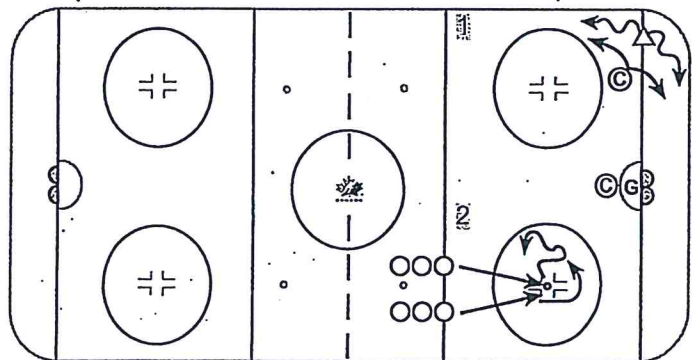
- Two coaches at hash mark.
- Two columns.
- Diagonally player goes around coach, protects puck and drives to net.



KEY EXECUTION POINTS

10 min **PUCK PROTECTION 2**

1. Puck protection by D in corner along the boards while coach adds pressure forcing D to react.
2. Race for the Puck.
  - Two columns of F's.
  - Coach places a puck in the circle.
  - At whistle, first two players race for possession.
  - Player in possession protects puck under heavy pressure from other player (time: 6-8 seconds).



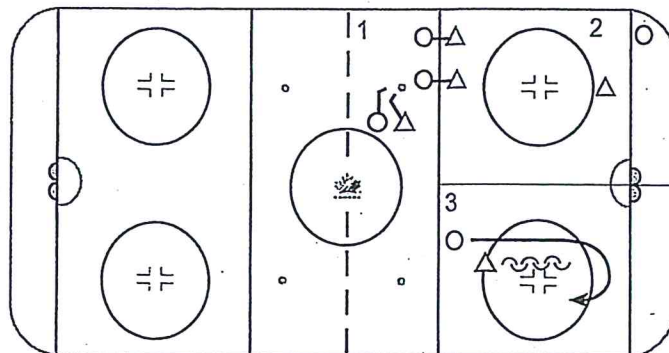
KEY EXECUTION POINTS

## Session Objective(s)

1. Checking Skills
2. Angling
3. Containing

### 15 min CHECKING SKILLS

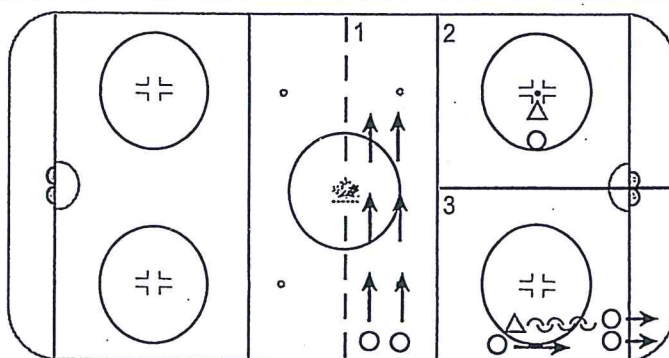
1. Tug of war / stick checks
2. Containing
  - Defender tries to contain forward in the corner.
3. Defense escape moves
  - Defense carries puck backwards and performs escape moves to get away from the forechecking forward.



#### KEY EXECUTION POINTS

### 15 min CHECKING SKILLS 2

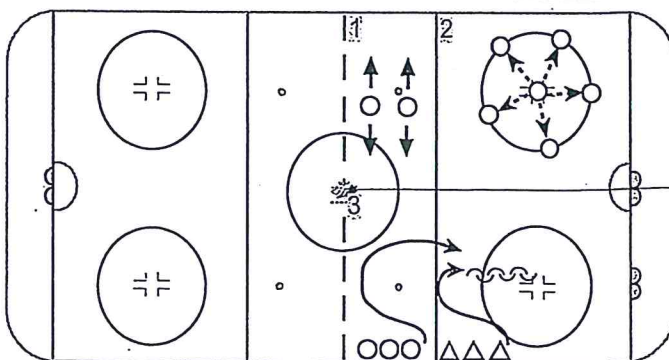
1. Partner bumping
  - Player pairs up and bump shoulder to shoulder across ice, working on good checking posture.
2. Protect the dot
  - Defender tries to prevent the forward from getting the puck on the face off dot.
3. 1 on 1 angling
  - Forward carries puck along boards while defender tries to take ice away by angling and finishing with a pin.



#### KEY EXECUTION POINTS

### 15 min CHECKING SKILLS 3

1. Mirror Drill
  - One player moves either way and the defender has to mirror the pattern.
2. Circle Bump
  - Players on outside of circle place one foot on the line and get in good hit reception stance. Player in middle picks players at random to move out them to knock them off the circle.
3. Angling
  - Forward starts with by carrying puck to the middle of the ice, defender has to jump out and take away lane to net.



#### KEY EXECUTION POINTS

**Session Objective(s)**

1. Checking Skills
2. 1 on 1's
3. Puck Protection

**15 min** **CHECKING SKILLS 4**

**1. Partner Bumping**

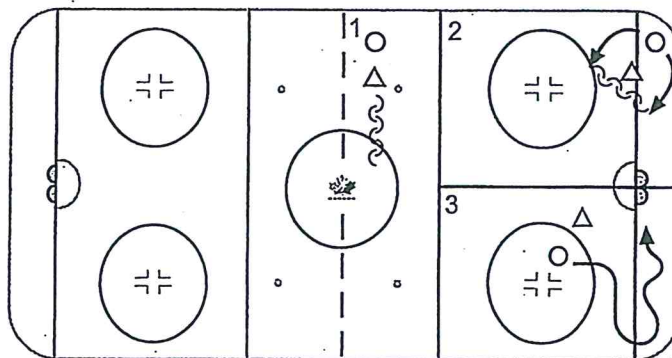
- Players partner up, one player skates backwards, while the other skates forward and bump should to shoulder working on open ice hits and hit reception.

**2. Corner Contain**

- Defender contains forward in the corner and prevents walk out.

**3. 1 on 1**

- Forward starts at dot, defender at net front and prevents forward from getting to the net.



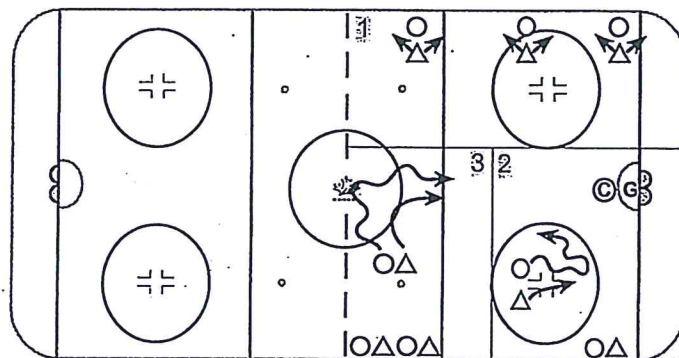
**KEY EXECUTION POINTS**

**15 min** **PUCK PROTECTION**

**1. Stationary puck protection.**

**2. Moving puck protection, 1-1 in circle.**

**3. 1-1 between red line and top of circle.**



**KEY EXECUTION POINTS**

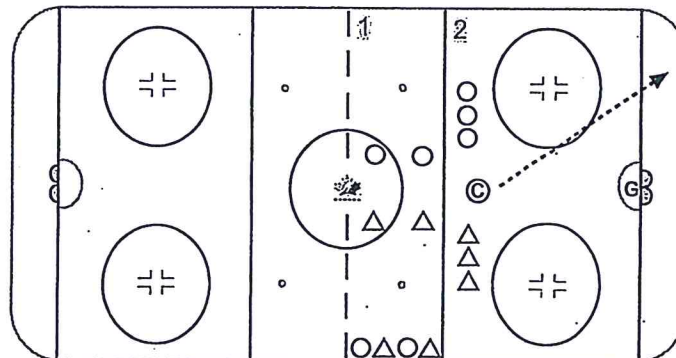
**15 min** **CHECKING GAMES**

**1. 1 on 1 across ice**

- Players play 1 on 1 across ice, goal is scored by pinning the puck on the boards.

**2. 3 on 3**

- Coach dumps puck in, defender play with sticks turned over to concentrate on good positioning and foot work.



**KEY EXECUTION POINTS**

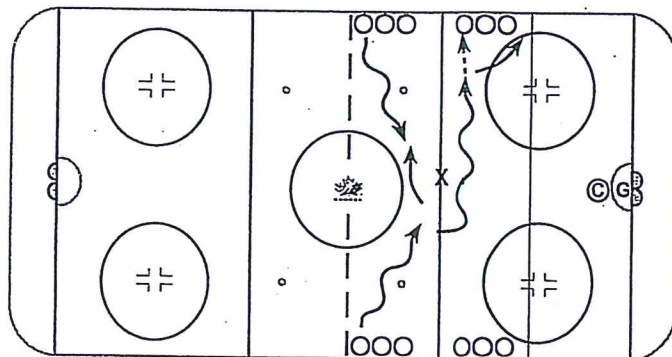
**Session Objective(s)**

1. Fakes
2. Defensemen Agility
3. Shooting

**15 min** **FAKES 1**

Choice: body fake, shooting fake, fake pass.

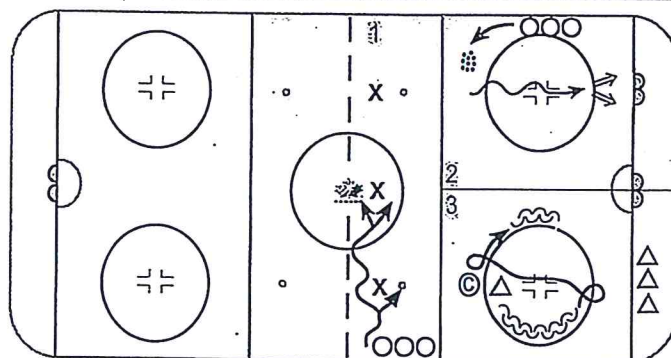
- Four lines.
  - Cone in middle.
  - One at a time, players fake to cone and pass after fake.
- Coach works with goalies on movement.



**KEY EXECUTION POINTS**

**15 min** **FAKES 2**

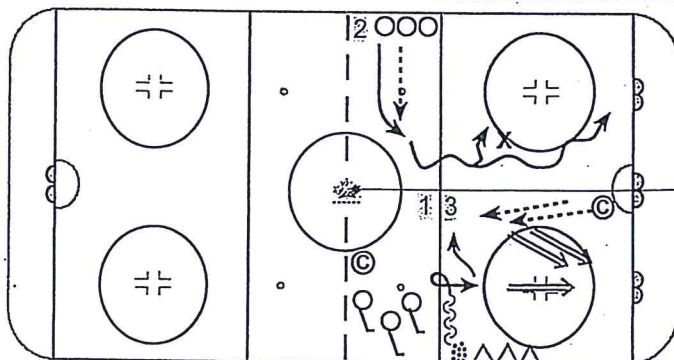
1. Skating / Body Fake
  2. Fake Shot
  3. Defensemen Agility
- Skating without puck and with puck.



**KEY EXECUTION POINTS**

**15 min** **FAKES 3**

1. Stationary fakes
  - Head, shoulders, arms, stick, body weight – all moving on one side to give the impression of going to that side followed with a quick move on the opposite side.
  - Practice on both sides.
2. Player receives pass, drive to the net and fake goalie
3. D three shots.
  - D backward skate on blue line with puck and shoot.
  - Coach makes two passes for two shots.



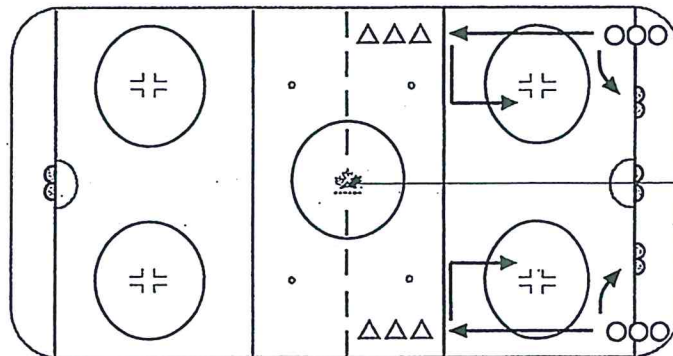
**KEY EXECUTION POINTS**

- Session Objective(s)
1. Attack Options From the point
  2. One-Timers
  3. Offensive Tactics

10 min

## ATTACK OPTIONS FROM THE POINT

1. Drag and shoot.
  - F1 pass to D.
  - F1 go to net, D drag and shoot.
  - Run both sides simultaneously.
2. Sprint and shoot

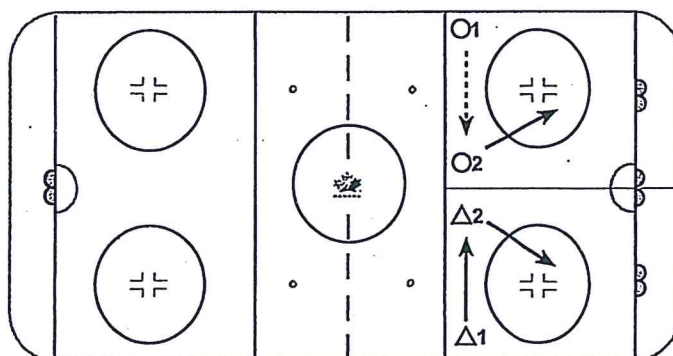


## KEY EXECUTION POINTS

10 min

## ONE-TIMERS

- Player 1 pass to player 2 for one-timer.
- Use both sides of zone, two nets.
- Forwards and Defense are involved.
- Option to put F in front for screen/tip.
- Use neutral zone for technical skills stations.

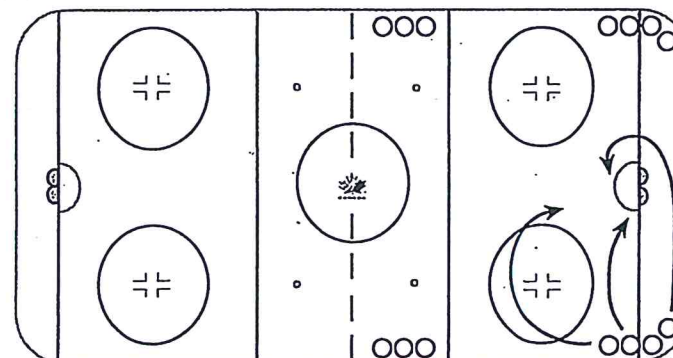


## KEY EXECUTION POINTS

10 min

## OFFENSIVE TACTICS

- Secondary Options.
- High and low walkout.
  - Wrap around.
  - Give and go.
  - Fake wrap.
  - Use neutral zone area for other drill (i.e. Skating, puck control, etc.).

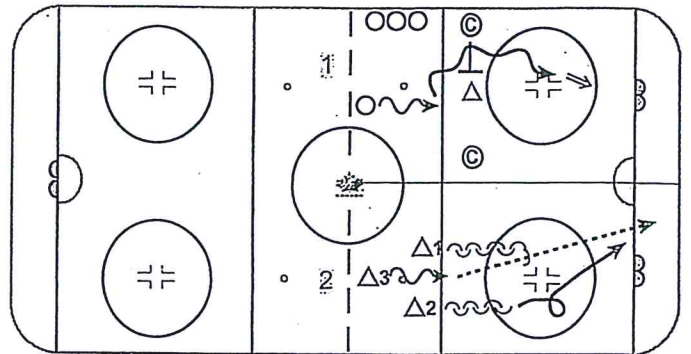


## KEY EXECUTION POINTS

## Session Objective(s) 1. Pick Plays 2. Cycling

### 10 min PICKS

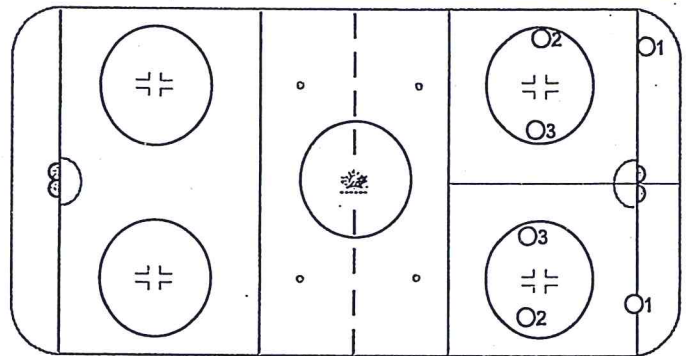
- Picks
  - Two coaches position as shown.
  - One D in the middle as defensive player.
  - On signal, puck carrier starts moving and one of the coaches moves for a pick on the D.
  - Puck carrier reads the pick and reacts by skating "behind" the pick and shoots.
- Picks
  - D1 and D2 backward skating.
  - D3 skates with puck and dumps it in.
  - D1 applies the pick while D2 retrieves the puck.



### KEY EXECUTION POINTS

### 10 min CYCLING

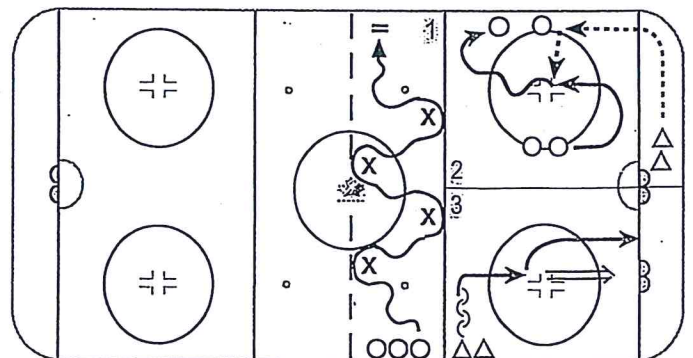
- Use both corners for cycling drill with no shots.
- Low and high cycle
- Use neutral zone for individual skill work for D and G.



### KEY EXECUTION POINTS

### 15 min CYCLING-2

- Moving puck control / fakes / skill work
  - Players work on fakes and puck control moves.
- Rim Pass reception
  - D rims puck, forwards work on receiving pass off the wall.
- Puck Retrievals
  - Forwards dumps in puck, Defense work on retrievals.

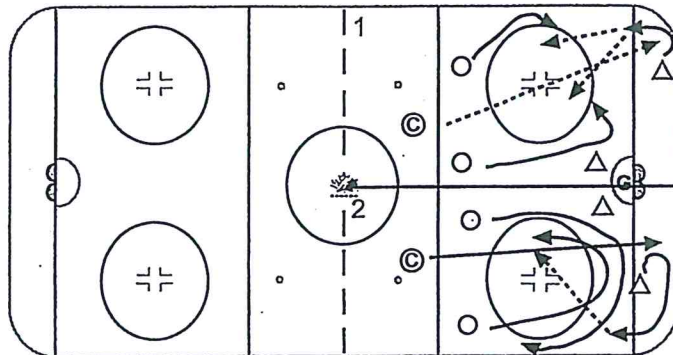


### KEY EXECUTION POINTS

Session Objective(s) 1. Breakouts

10 min **BREAKOUTS**

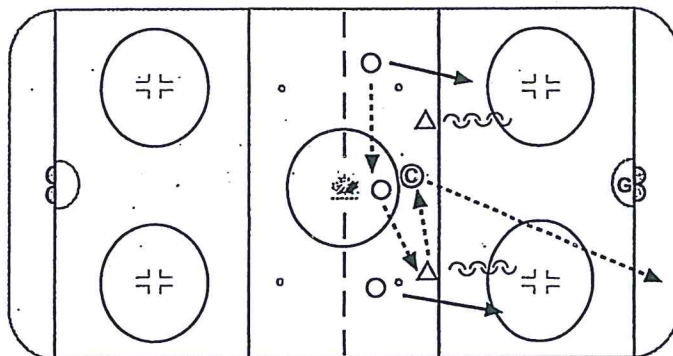
- Divide players into two groups, and work on basic breakout positioning and passing on each side of the ice.
- Start with Defense stationary and deep, so they have time to gain control of the shoot in and decide what to do.
- Work on all breakout options – wheel, reverse, turn back, quick up.



**KEY EXECUTION POINTS**

10 min **BREAKOUTS-2**

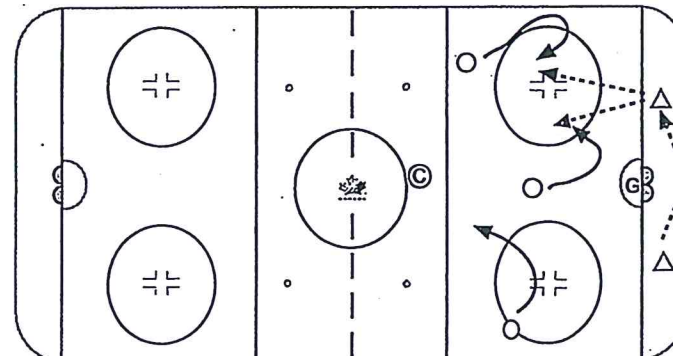
- All breakout options.
- 5 players start by passing puck around in neutral zone, once puck is passed to coach, coach dumps it in and player go into zone for breakout.
- Regroup with coach back in zone to attack offensively 3-2.



**KEY EXECUTION POINTS**

10 min **BREAKOUT - OVER PASS**

- 5 players start by passing puck around in neutral zone, once puck is passed to coach, coach dumps it in and player go into zone for breakout.
- Regroup with coach back in zone to attack offensively 3-2.



**KEY EXECUTION POINTS**

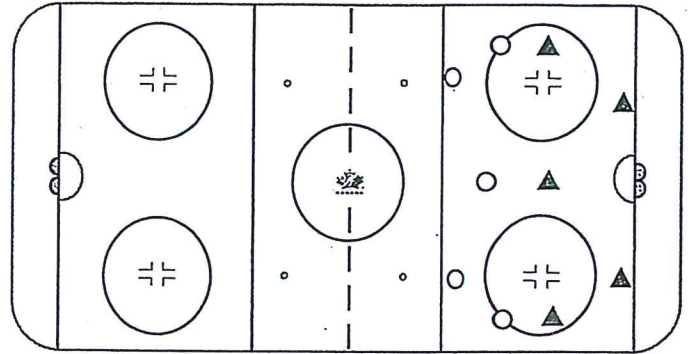
## Session Objective(s)

1. D-Zone Situations
2. D-Zone Coverage

### 10 min D-ZONE SITUATIONS

Use entire end zone to teach defensive responsibilities and situations.

- Puck carrier behind net.
- Defending the cycle.
- Active D.
- Rotation.
- Players not immediately involved are in neutral zone watching or doing technical skill work.

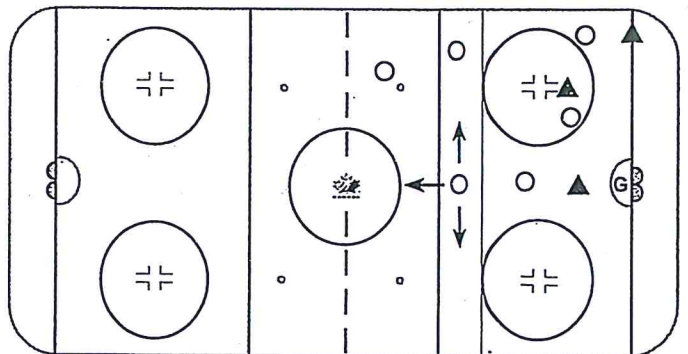


#### KEY EXECUTION POINTS

### 10 min D-ZONE COVERAGE

3-3 down low.

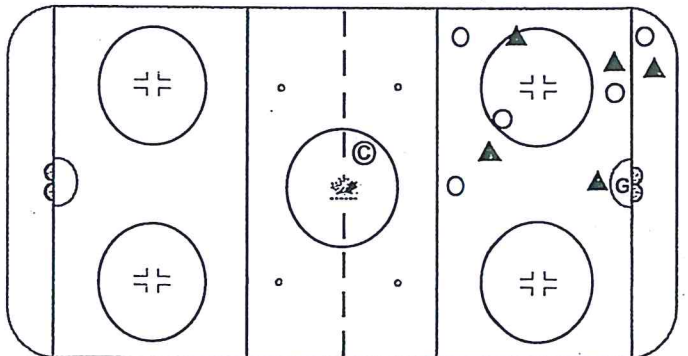
- 3-3 play below ringette line.
- Teach coverage, communication, etc.
- Roles of all players involved.
- Players not involved are in neutral zone doing technical skill work.



#### KEY EXECUTION POINTS

### 10 min D-ZONE COVERAGE

- Coach dumps puck in.
- Players set up in proper D-zone system as instructed by coach.
- Coach moves puck to opposite corner to allow players to transfer set-up.
- Coach can get defensive players to turn sticks over and play 5-5, working on positioning.



#### KEY EXECUTION POINTS



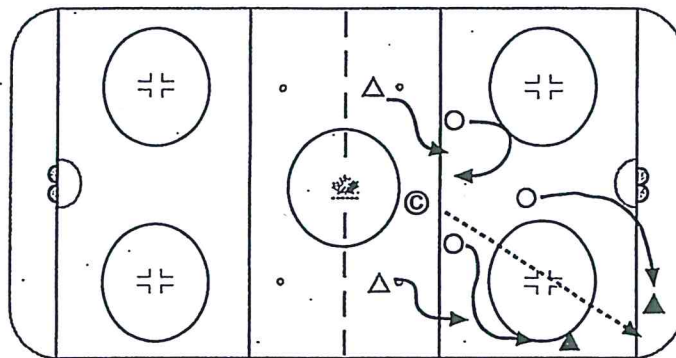
Session Objective(s) **1. Forechecking**  
**2. Neutral Zone Forecheck**

10  
min**FORECHECKING**

- Coach dumps puck in.
- D's forecheck on F's.
- Execute system, ie 1-2-2 then 2-1-2 on second run.

If D get puck out, pass to coach who dumps backing for second forecheck.

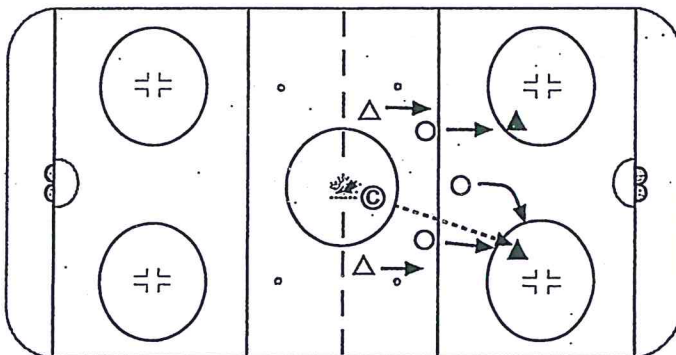
If forecheckers get puck, bring out side blue line pass to coach and regroup to go in for second time.

**KEY EXECUTION POINTS**10  
min**NEUTRAL ZONE FORECHECK 1 - 2 - 2**

- Coach moves puck to either D.
- D looks to move up ice with the puck.
- F's forecheck/pressure/angle D.
- Execute 1-2-2 forecheck system as outlined by coach.

If D get puck out, pass to coach who dumps backing for second forecheck.

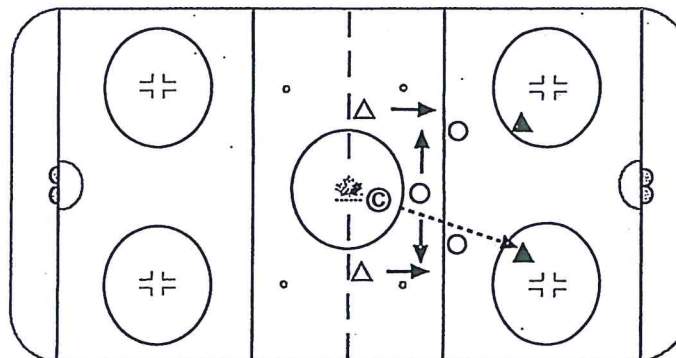
If forecheckers get puck, bring out side blue line pass to coach and regroup to go in for second time.

**KEY EXECUTION POINTS**10  
min**NEUTRAL ZONE FORECHECK 2 - 1 - 2**

- Coach moves puck to either D.
- D looks to move up ice with the puck.
- F's forecheck/pressure/angle D.
- Execute 2-1-2 forecheck system as outlined by coach.

If D get puck out, pass to coach who dumps backing for second forecheck.

If forecheckers get puck, bring out side blue line pass to coach and regroup to go in for second time.

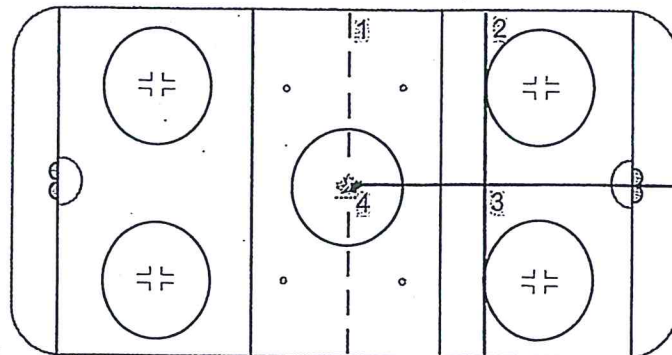
**KEY EXECUTION POINTS**

## Session Objective(s)

### 10 min FACE-OFF TECHNIQUES

- Each of the areas is a location for players to practice techniques.
- Each zone can also be used to work on other technical skills.

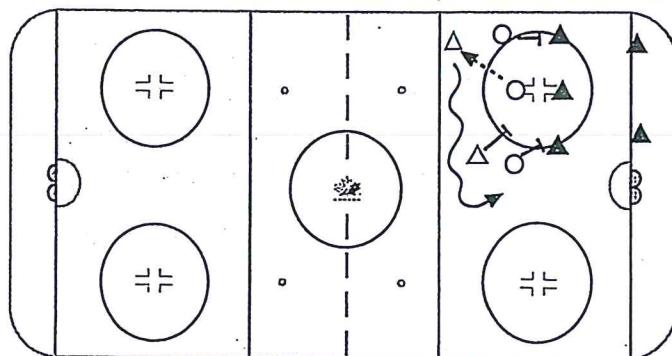
1. Draw back to D
2. Push Forward
3. Tie up
4. Draw to boards



### KEY EXECUTION POINTS

### 10 min FACE-OFF TECHNIQUES

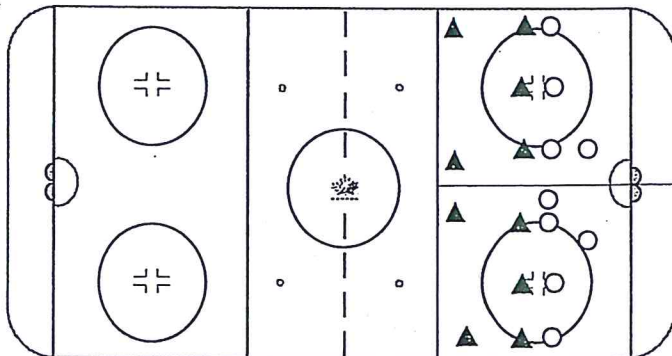
- Each of the areas is a location for players to practice techniques.
- Each zone can also be used to work on other technical skills.



### KEY EXECUTION POINTS

### 10 min FACE-OFFS ALIGNMENT AND RESPONSIBILITY

- Use both circles to teach set-up and alignment.
- Various situations: D-zone, O-zone, PP, PK.
- Techniques.

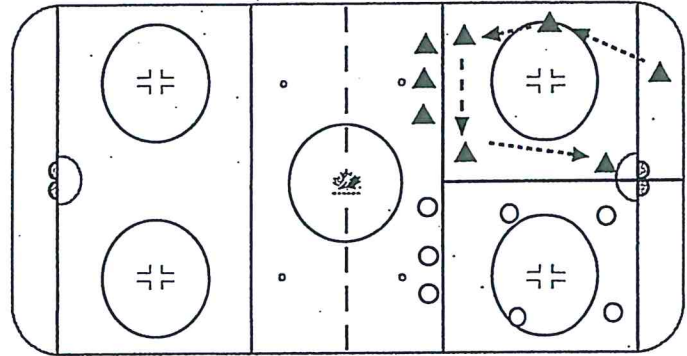


### KEY EXECUTION POINTS

Session Objective(s)  
 1. Penalty Kill  
 2. Power Play

10 min  
**POWER PLAY AND PK**

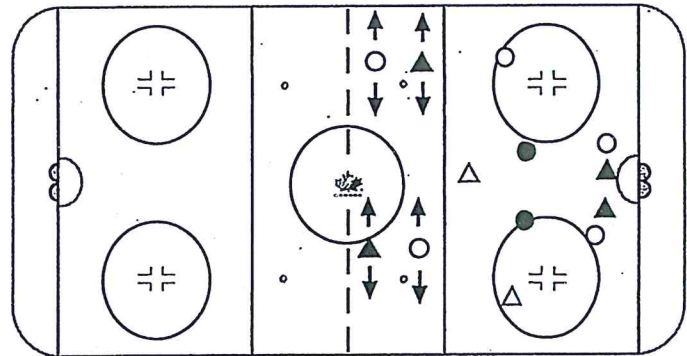
- Start with PP and PK separate so they get used to the movement patterns and assignments.
- Extra players in neutral zone watching or doing technical skill development.
- Both zones can be simulated for work on offensive and defensive purposes.



**KEY EXECUTION POINTS**

10 min  
**POWER PLAY**

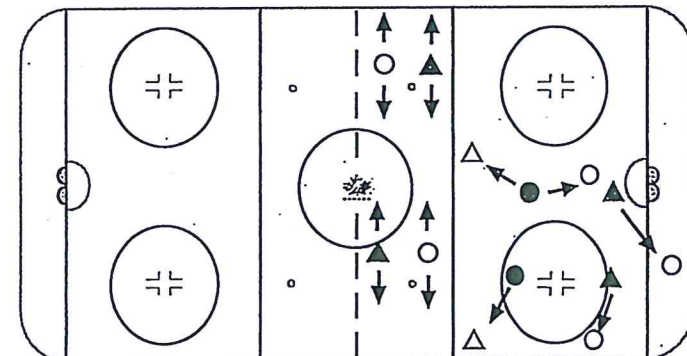
- Umbrella set up.
- Extra players in neutral zone watching or doing technical skill development.
- Can be simulated for work on offensive and defensive purposes.



**KEY EXECUTION POINTS**

10 min  
**PENALTY KILL**

- Aggressive box set up.
- Extra players in neutral zone watching or doing technical skill development.
- Can be simulated for work on offensive and defensive purposes.



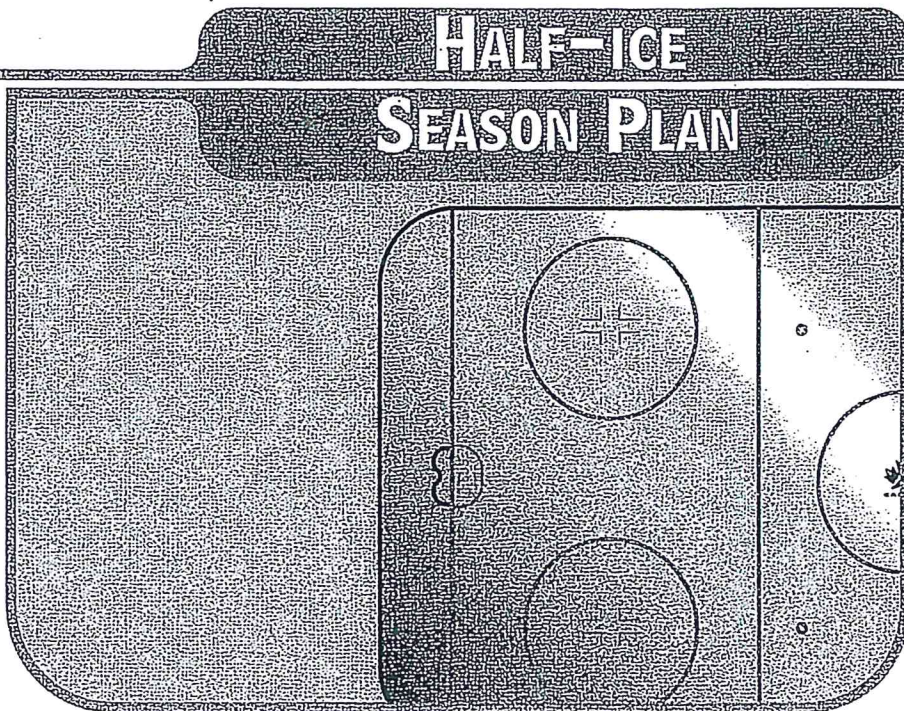
**KEY EXECUTION POINTS**

# HALF-ICE SESSIONS

PHASE 1

PHASE 2

PHASE 3

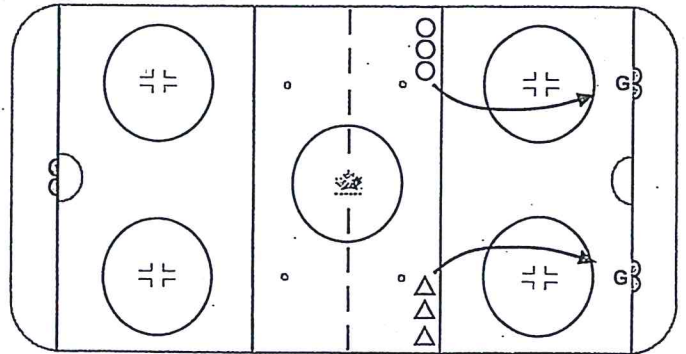


CANADA

## Session Objective(s)

### 10 min HALF ICE 3-ON-0

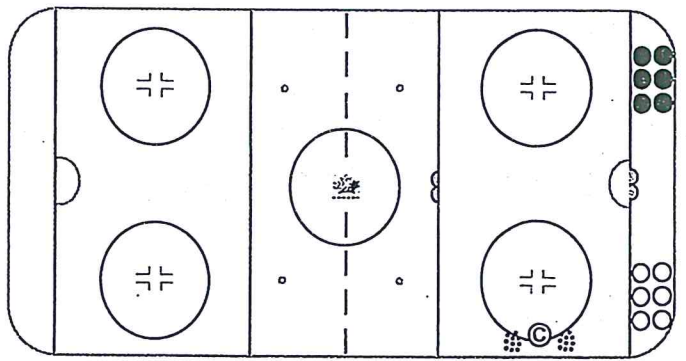
1. Three F's go and shoot- a 3-0.
  2. They all clear zone and get a pass from coach; back for second 3-0.
  3. Next time clear the zone and go back 2-1.
  4. Fourth time go back 1-2.
- The three players decide who D-man is and the D-man get to be the rusher on the 1-2.



### KEY EXECUTION POINTS

### 10 min 2-2/3-3

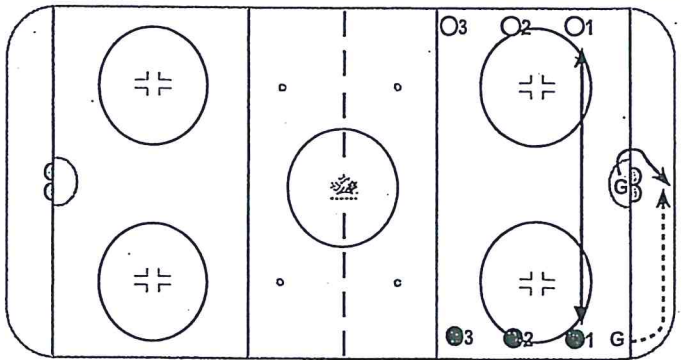
- Coach has pucks in the zone, nets at the bluelines.
- On whistle two black and two white players jump in the zone and play a 2-2 game.
- If one team scores, coach ships in a new puck and play continues.
- To change, blow whistle, players leave the puck and four new players jump in.
- Players not playing can stretch if drill is at end or start of practice.
- Shifts should be game-like; 40 seconds.



### KEY EXECUTION POINTS

### 10 min PIV GAME

- 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 two-four minutes.
- Can also cut in half if coaches want.

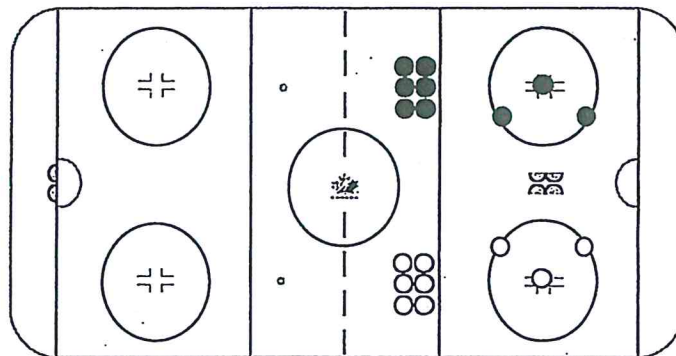


### KEY EXECUTION POINTS

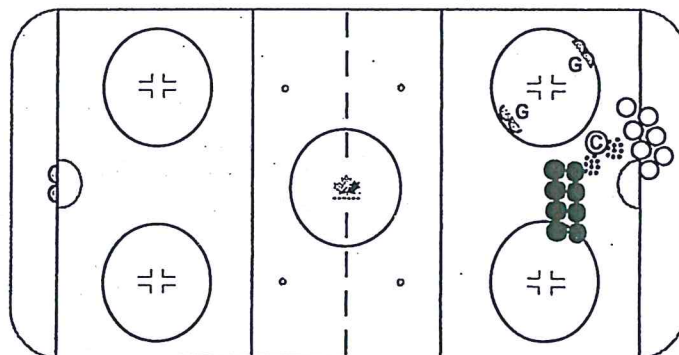
## Session Objective(s)

10  
min**BACK-TO-BACK NETS**

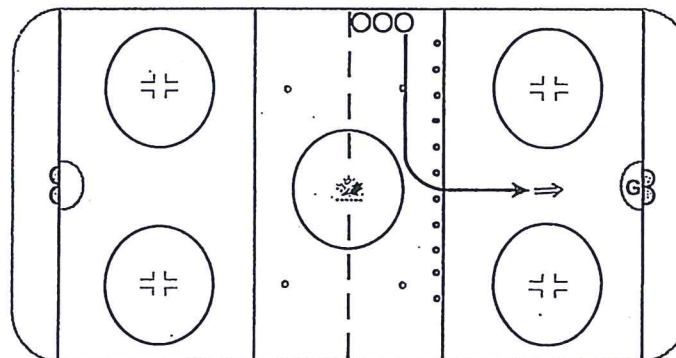
- Half ice drill.
- Nets are placed back to back between the hash marks.
- Three black play three white players.
- One black and one white have to stay in contact with the face-off dot; they are the "slot men".
- Play a 40 second shift, anyone can score.
- A great drill for goalies to follow behind the net play.

**KEY EXECUTION POINTS**10  
min**CORNER DRILL**

- Half or quarter ice drill.
- Place nets close together on an angle.
- Two black play 2 white players.
- 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 3/4 ice for other team.
- If 1/4 ice have second group in neutral zone, i.e. agility skate.

**KEY EXECUTION POINTS**10  
min**10 PUCK SHOWDOWN**

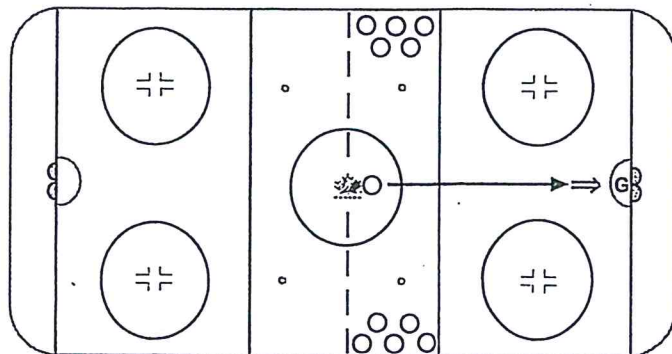
- Could do half ice or competition for fun between two teams.
- Place 10 pucks on each blue line, black versus white.
- A player has a breakaway, if he scores, the next guy goes.
- If he misses, he retrieves the puck, sets it back on the blueline and goes to the back of the line.
- First team to empty the blueline win.
- Have proper goalie with same age shooter.

**KEY EXECUTION POINTS**

## Session Objective(s)

### 10 min YES-NO SHOWDOWN

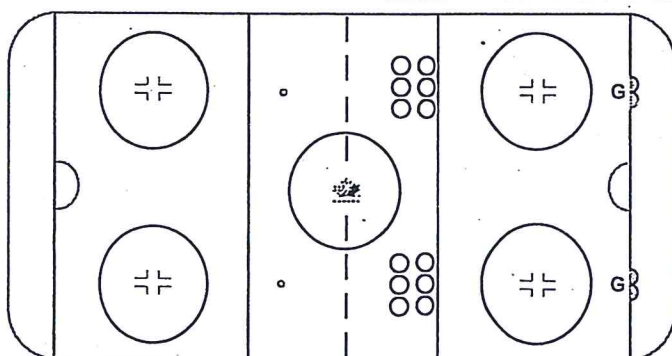
- Half ice, or do as a group.
- Cool down.
- G's at one end.
- A player stands at center ice ready for a breakaway.
- Teammates must predict if he will score or not.
- One side of the ice is "no", the other side is "yes".
- If you predict correctly, there is no task; if wrong, you must do on e hard wall to wall sprint.
- Go until everyone shoots.
- G's skate if scored upon.



### KEY EXECUTION POINTS

### 10 min SIDE-BY-SIDE SHOOTOUT

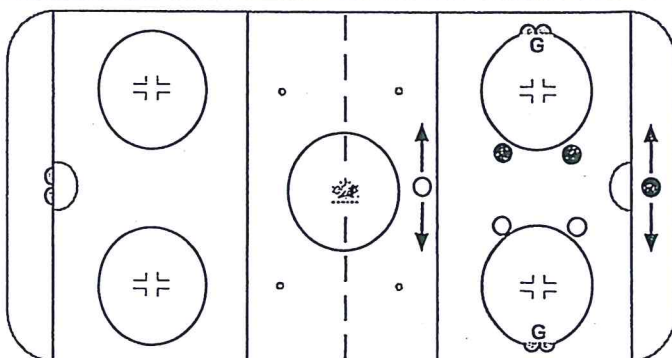
- Place net at one end on the goal line.
- Have a shootout to seven goals – first to score seven wins.
- The next shooter cannot go until the previous shooter clears the zone across the blueline.



### KEY EXECUTION POINTS

### 10 min 2-2 CROSS ICE OUTLET

- 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.



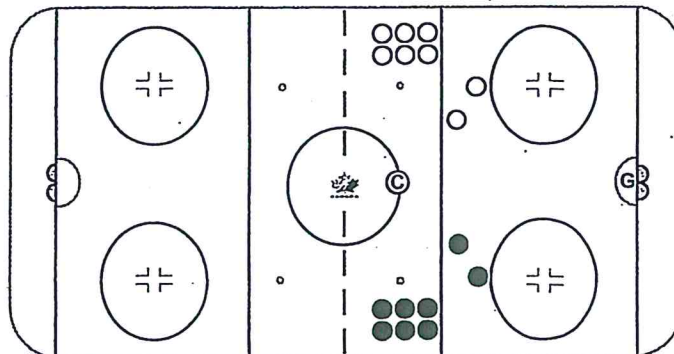
### KEY EXECUTION POINTS

## Session Objective(s)

10  
min

## ONE GOALTENDER 2-2

- If you only have one G or you want to go 1/2 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 offence, they must regroup with the coach; this reverses the role of the players.

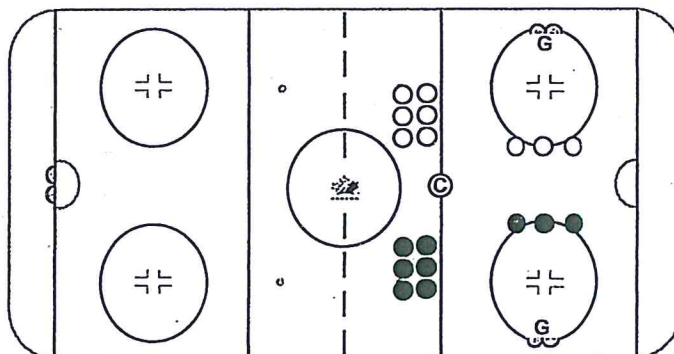


## KEY EXECUTION POINTS

10  
min

## 3-3 CROSS-ICE QUICK CHANGE

- 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.

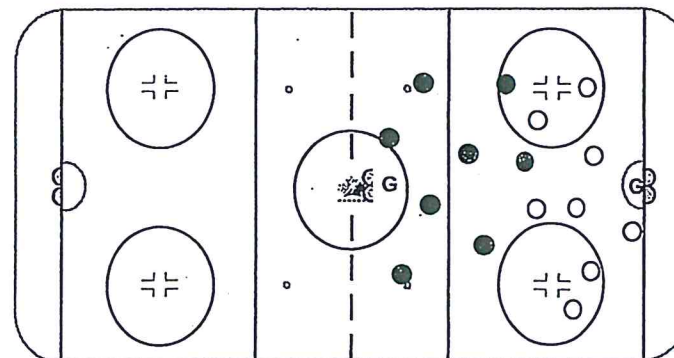


## KEY EXECUTION POINTS

10  
min

## TWO PUCK SCRIMMAGE

- Full ice with two same age teams.
  - Coach introduces two pucks and play a game.
  - The only rules is 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.



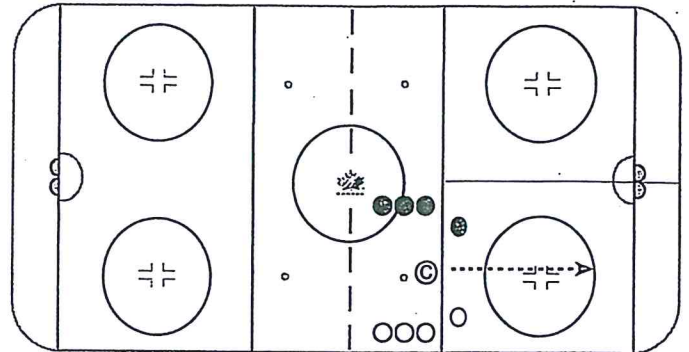
## KEY EXECUTION POINTS



## Session Objective(s)

### 10 min EVASION 1-1

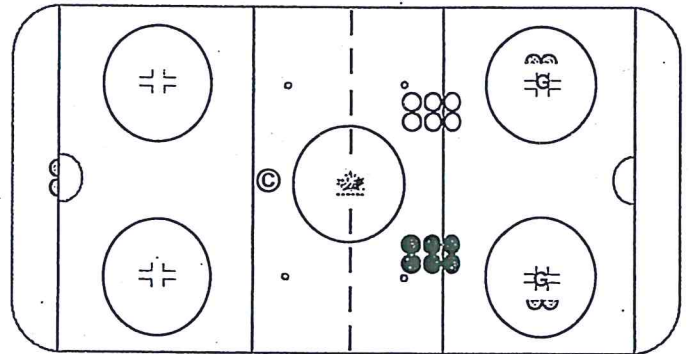
- 1/4 ice drill
- Divide the ice into four areas inside the blue line
- Use pylons or sticks to keep the area limited
- Coach dumps in a puck and one black and one white player race for it
- The first player to carry the puck over the blue line, in control, gets a point for their team
- Switch groups competing
- Can do all over 1/4 ice, or can do a station approach



#### KEY EXECUTION POINTS

### 10 min GOALIE FIRE

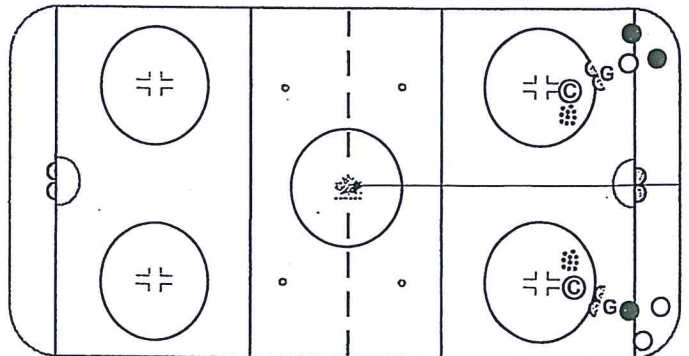
- Place the nets facing each other about 40 feet apart.
- Coach dumps in a puck and white plays black.
- Players can score on either net to get goals so goaltenders need to be alert.
- Whistle changes the attackers and new players cannot enter the zone until their players have cleared the zone.



#### KEY EXECUTION POINTS

### 10 min 2-1 CORNER DRILL

- 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.



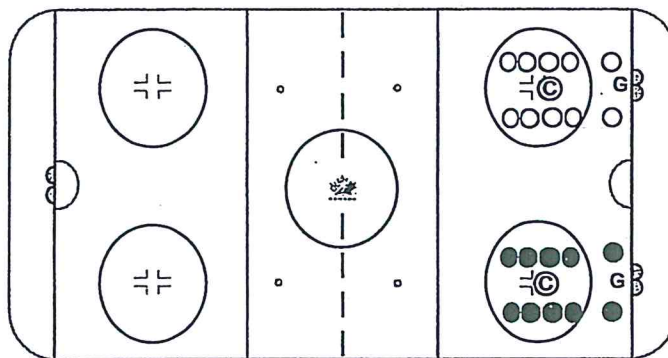
#### KEY EXECUTION POINTS

## Session Objective(s)

10  
min

## REBOUND RAPID FIRE

- 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 – 1/4 ice competes against other 1/4 ice.

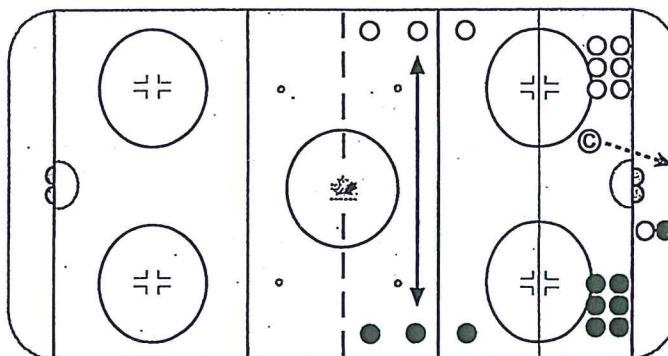


## KEY EXECUTION POINTS

10  
min

## PUCK BATTLES LOW

- 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.



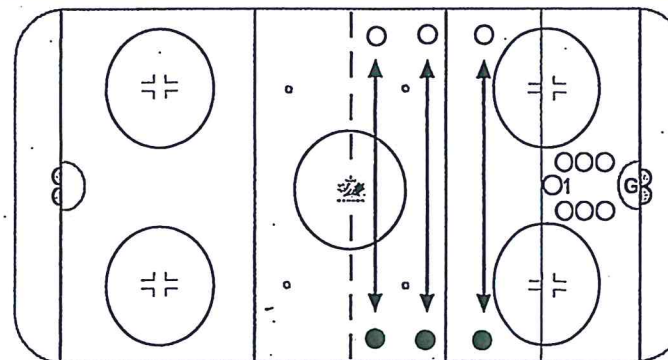
## KEY EXECUTION POINTS

10  
min

## PIONEER GOALIE DRILL

- The game starts with a shot from player 1 and all others are ready to put in the rebound.
- Players get a point for every goal.
- Goalie gets a point if they smother 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.

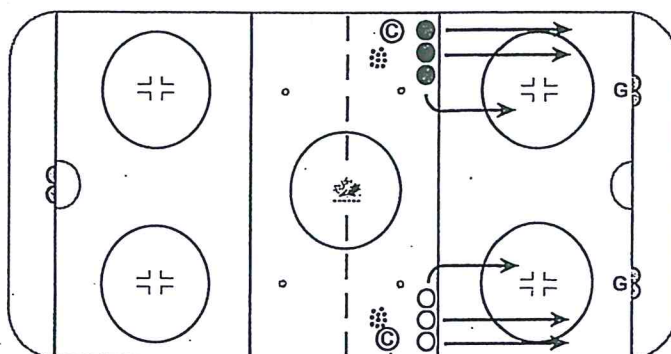


## KEY EXECUTION POINTS

## Session Objective(s)

### 10 min 3-0 SCORING DRILL

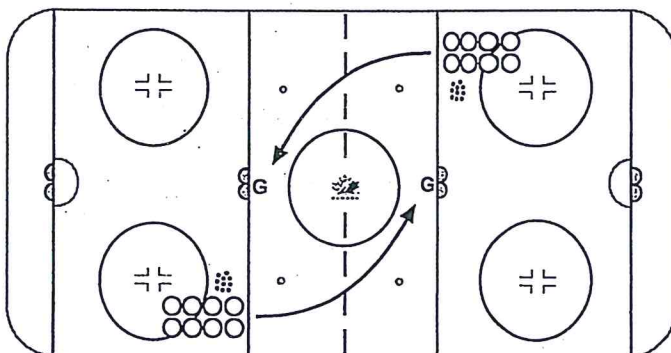
- Team black versus team white.
- Three players leave from each team on the whistle.
- They go 3-0 on goalie and have on shot/one rebound chance to score.
- They clear the zone, stay on side, get a pass from coach and attack again.
- Do this three times total.
- Whoever scores the most gets one point.
- If it is a tie the first team finished the drill gets the point.
- Next two groups go.
- Play to seven.



#### KEY EXECUTION POINTS

### 10 min TWO GOAL NEUTRAL-ZONE SHOOTOUT

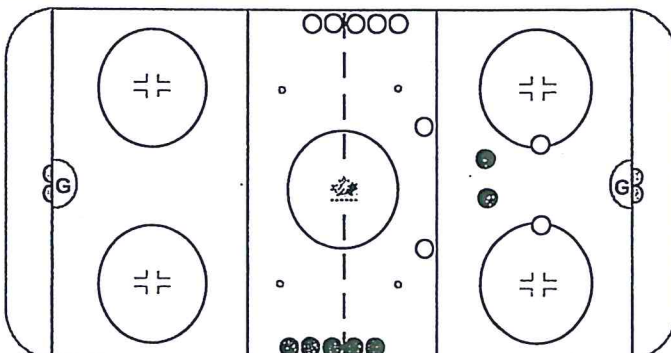
- Move nets to 1/3 ice and play blueline in.
- Two groups, black and white, line up on the blueline.
- On the whistle, the teams attack the goal and try to score.
- If they score, on player must go back, get a second puck and the two attack again.
- The first team to score two goals wins and gets one point.
- Play to nine points.



#### KEY EXECUTION POINTS

### 10 min QUICK UP SCRIMMAGE

- 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.



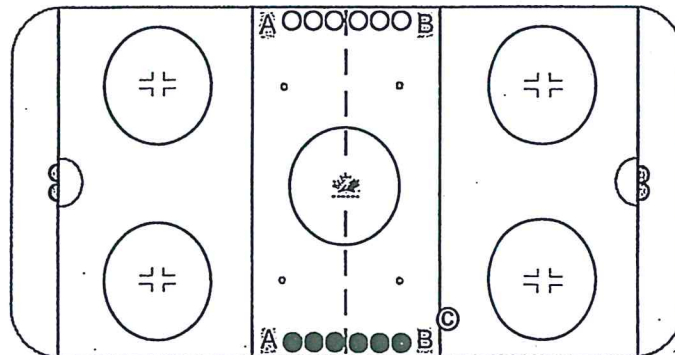
#### KEY EXECUTION POINTS

## Session Objective(s)

10  
min

## FRENCH SCRIMMAGE

- 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 1-1, 2-2, 3-3, 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.

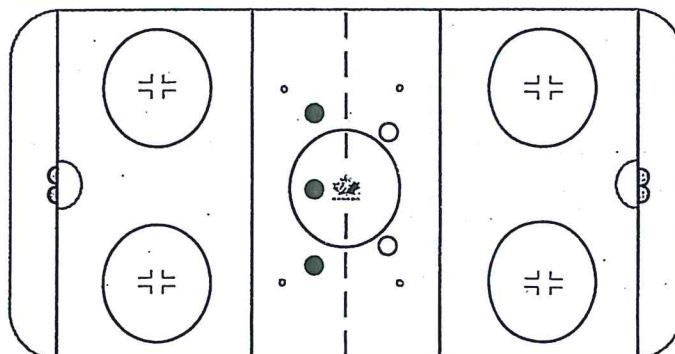


## KEY EXECUTION POINTS

10  
min

## ODD-MAN SCRIMMAGE

- 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.

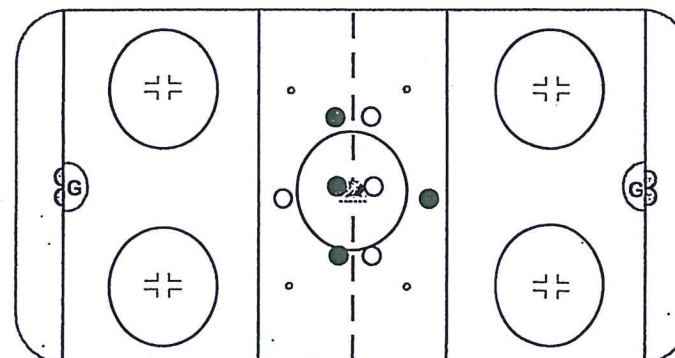


## KEY EXECUTION POINTS

10  
min

## SHOOTOUT 3-1

- Can also be 2-1, 2-0, 3-0.
- Teams are divided in two and are in the neutral zone.
- On whistle, 3 black players go 3-1 on a white player; at the other end, 3 white players go 3-1 on a black player.
- 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.



## KEY EXECUTION POINTS