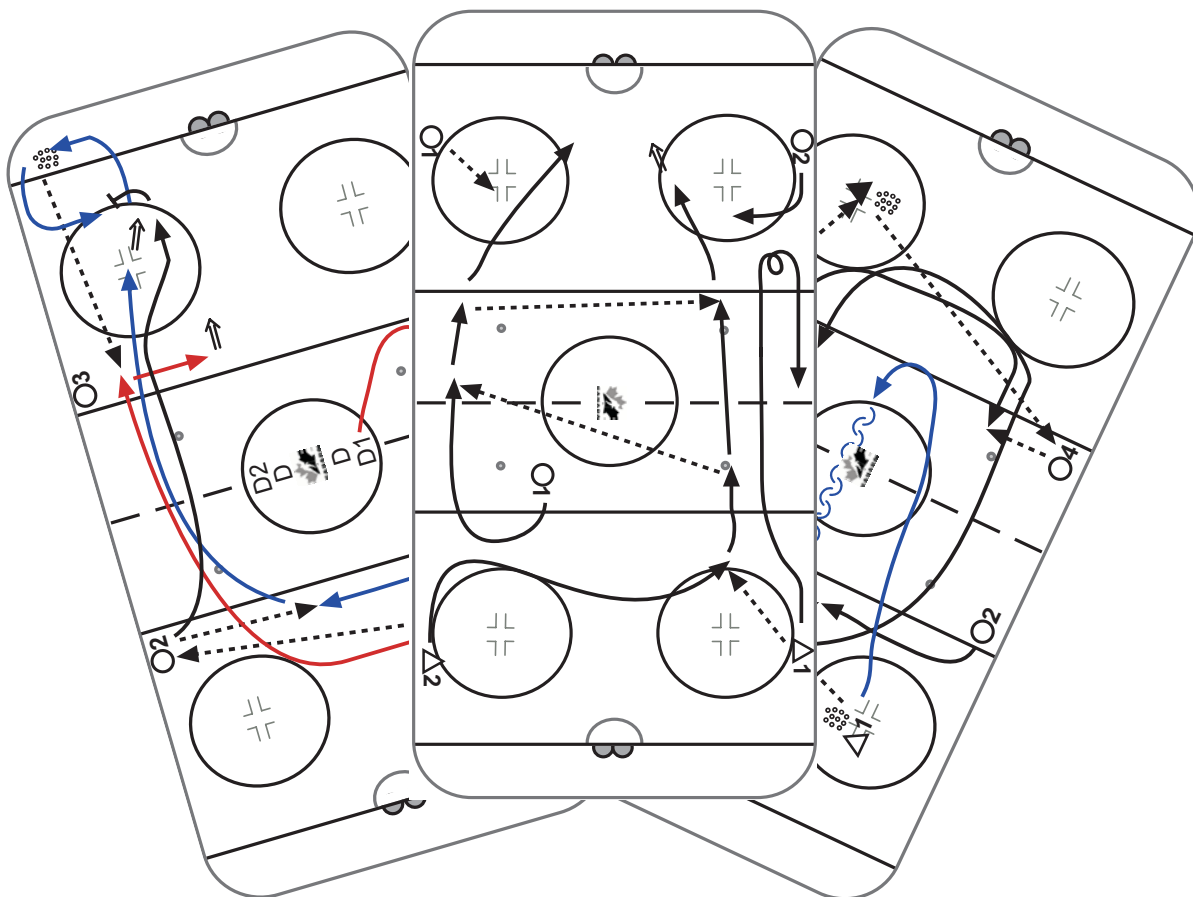




Drill Book

VERSION 2 • UPDATED JUNE 2009



ONTARIO MINOR HOCKEY ASSOCIATION

Drill Book

Ontario Minor Hockey Association
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This publication is a project of the Ontario Minor Hockey Association. The OMHA gratefully acknowledges the resources used in compiling this guide including Hockey Canada, Atlantic Centre of Excellence, BC Hockey, OMHA Development Programs and its various committees.

The OMHA Development Series consists of the following publications:

DEVELOPMENT HANDBOOK
INITIATION PROGRAM IMPLEMENTATION GUIDE
PLAYER DEVELOPMENT HANDBOOK
COACH DEVELOPMENT GUIDE
DRILL BOOK
HOCKEY CANADA PLAYER EVALUATION & SELECTION GUIDE
HOCKEY CANADA TEAM MANAGER'S MANUAL

For more information on the development programs offered by the OMHA, visit the OMHA website at www.omha.net or contact Ian Taylor – Director, Development Programs at ian.taylor@omha.net



Coaches Drill Book

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INTERNATIONAL DRILLS



OMHA DEVELOPMENT

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Under 17 Program of Excellence • Continuing Education Program (CEP)



Challenge · Learn · Improve

Practice Philosophy



Emphasize the Fundamentals

Build a foundation that will never crack by properly teaching the basics. Learning the fundamentals and perfecting the same basics at every level of play is essential to having any chance of success.

If one player does not execute the fundamentals of his position correctly, the most sophisticated drill or play in the world will not work. It is unfair and not fun to focus on running plays that will fail 9 out of 10 times. Kid's practices that focus on Team Play over executing fundamentals are cheating every participant out of the chance to learn the game properly.

Do not attempt to replicate plays you see in NHL and Junior games! Every scheme that is attempted in a junior or NHL game is supported by years of training in the fundamentals of the game.

Keep Them Moving

Whether its practice, clinic, or camp, ice sessions should be designed to engage every participant consistently. Kids don't attend practice to watch others play. Kids enjoy practices when they have fun and they experience an improvement in their overall skills.

Incorporate A Progression Of Skill Development For Every Participant

Regardless of a player's skill level, it is your responsibility as a coach to teach every kid on your team. It is no secret that if kids experience improvement in their skills, no matter what their athletic ability may be, they will continue to participate and return to learn more. Teach the skills in the proper order so you can continue to improve and build on each training session.



Considerations for Development

Following are some general observations of youth sports as stated in the Long Term Athlete Development Plan:

- Young athletes under-train, over-compete; Low training to competition ratios in early years
- Training in early years focuses on outcomes (winning) rather than processes (optimal training)
- Poor training between 6-16 years of age cannot be fully corrected (athletes will never reach genetic potential)
- The best coaches are encouraged to work at elite level;

Basically it takes 10,000 hours or 10,000 repetitions to master a skill. With the ages of 9 – 12 being the most important for skill acquisition it is during this time period that the skills included in the specialty clinics need to be repeated consistently. To that end, the skills were chosen so that a coaching staff can work on these specific skills until a reasonable level of mastery is achieved and then move onto more advanced skills.

The focus of this session is to provide examples of how to introduce drill progressions focusing on skill development and the use of small-sided games to re-enforce and develop player's skills. These drills force the player to think in a game-like situation, fun, competitive environment.



Player Development Guidelines



INITIATION	85% Technical skills · 15% Individual tactics
NOVICE	75% Technical skills · 15% Individual tactics · 10% Team tactics
ATOM	50% Technical skills · 20% Individual tactics · 15% Team tactics · 10% Team play · 5% Strategy
PEEWEE	45% Technical skills · 20% Individual tactics · 15% Team tactics · 10% Team play · 5% Strategy
BANTAM	40% Technical skills · 15% Individual tactics · 20% Team tactics · 15% Team play · 10% Strategy
MIDGET	35% Technical skills · 20% Individual tactics · 20% Team tactics · 15% Team play · 10% Strategy

Pyramidal Definition of Terms

Strategy

The selection of team play systems in order to impose upon the opposition, the style of play and tactics which will build on the coach's, team's strengths and neutralize those of the opponent while at the same time taking advantage of the opponent's weaknesses. For example: when opponent's defensive players have weak puck handling skills, the strategy might be to shoot the puck in and use a 2-1-2 aggressive forechecking system.

Team Play System

A pattern of play in which the movement of all players is integrated in a coordinated fashion in order to accomplish an offensive or defensive objective. (i.e. 2-1-2 forechecking system).

Team Tactic

A collective action of two or more players using technical skills and / or individual tactics in order to create an advantage or take away the advantage of an opponent. (i.e. 2 vs. 1, 3 vs. 2).

Individual Tactic

Action by one player using one or a combination of technical skills in order to create an advantage or to take away the advantage of an opponent. A tactic may be classified as offensive or defensive. (i.e. 1-on-1 offensive fake and driving to the net).

Technical Skills

The fundamental skills that are required to play the game. (i.e. skating, shooting, passing and checking).

Practice Tips

There are 10 key ingredients a coach should mix into each practice. Collectively these lead to enjoyment and learning for both players and coaches

1. Coaches should have a minimum of 50 pucks in their bucket.
2. Players must be on time, all the time. Coaches set the standard and lead by example. Parents must be encouraged to buy in.
3. Don't waste ice time stretching. Stretching should be performed in the dressing room prior to the ice time.
4. The use of stations in practices leads to a dynamic practice. Stations keep participants active enabling them to achieve high levels of repetitions. Have players spend 3 - 8 minutes per station before switching. 2 - 3 stations are recommended. (Must be a coach at each station)
5. Basic Skill Development (skating, puck control, passing, shooting) should comprise 90% of your practice time. Remember you can work skills in game-like drills. Skill Development should not be considered boring.
6. Positive and Specific Feedback are imperative. Consider the Head Coach who always stands at center ice and runs drills. How often during the practice is this coach able to effectively teach??? Teaching is done in the trenches (corners, lines).
7. Routines in practice are dangerous. Players will pace themselves and become bored very quickly. Routine practices develop great practice players. Strive to change things up, create an element of surprise, utilize variety, and generate enthusiasm. Players also enjoy time on their own. 2 - 5 minutes per practice should be sufficient. This enables players to be creative and try new things.
8. "Tell me and I'll forget, show me and I might remember, involve me and I'll understand."
9. Practice Execution by coaches is of principle importance. Great drills that aren't executed properly by coaches are useless. Execution involves using all staff on the ice, having pucks spotted in the proper areas, informing players of the whistle sequence (1st whistle begin, 2nd whistle stop, 3rd whistle begins next group) and providing appropriate feedback. To assist in practice execution, name your drills ie. "Killer Bees".
10. Relate what you do in practices to games and vice versa. "Players, we are doing this drill because in our last game we were unable to finish around the net." or "This drill will assist you in keeping your stick and body away from the checker and in an effective scoring position."

Practice Planning

Skill Development can be a straightforward task once you have taken the time to develop a practice or seasonal plan.

A practice / seasonal plan is made up of a number of important components that should be given strong consideration each time you develop a plan.

Practice plan format to record your plan:

- Meets all your needs for information
- Archive your plans for easy reference at a later date.

Measurable outcomes for the plan:

- Players of all ages need to know the goals of each practice
- Record information about the execution of the plan

Elements of the plan:

- Practices / drills should be more active than passive
- A well balanced practice contains about 5 activities
- Elements of a plan may include warm up, teaching components, technical skill execution, drills under game like conditions, fun elements, competitive activities, and a cool down

Assign the coach responsibilities to lead the drill:

- Ensure that all support people understand the purpose of the drills so they can provide appropriate feedback to guide improvement
- All coaches should be engaged in the delivery of each drill
- Coaches may be required to provide stimuli to start or maintain drill focus

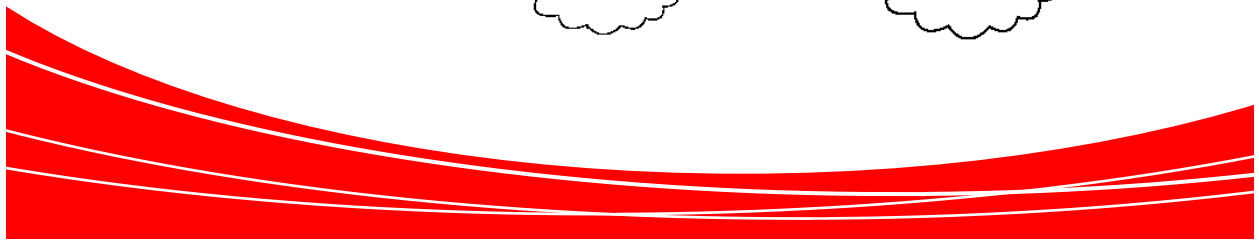
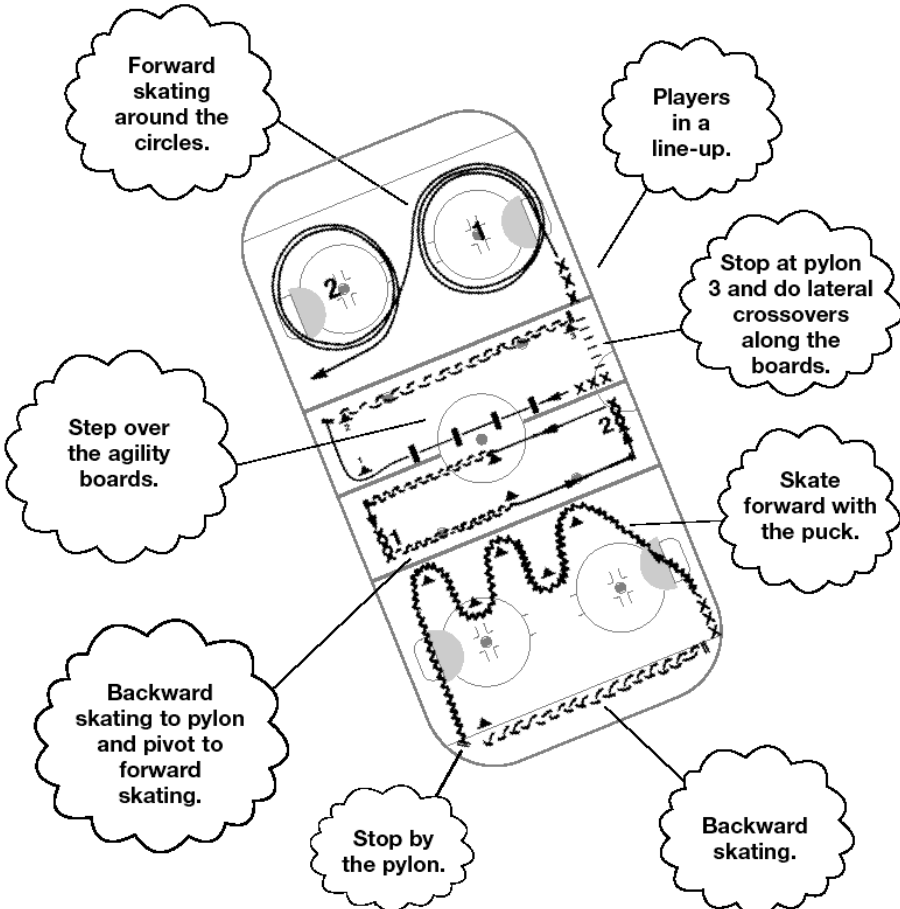
Clear Illustrations:

- Take pride in illustrating good plans
- Make it a habit to use international symbols

Descriptions to include:

- Written descriptions should include details of the drill execution, key teaching points, and key execution points
- Plans should note any extraordinary equipment required

Practice Plans



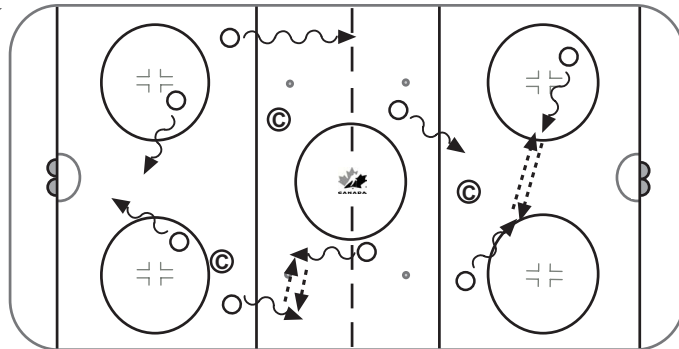
INITIATION LEVEL PRACTICE PLAN

Session Objective(s) Introduce: use of feet to control the puck and puckhandling combinations
Review: A,B,C's, starting and skating with the puck, open ice carry, weaving with the puck

5 min

FREE SKATE

- As each skater steps onto the ice they are given either a puck tennis ball, or street hockey ball. Skate in any direction on the ice. On the whistle, the player must exchange for another piece of equipment. No shooting allowed, only puck control.



KEY EXECUTION POINTS

20 min

BALANCE & AGILITY

Four stations, five minutes at each. Change stations on a determined signal.

Station 1: (One of the end zones)

- 1) Players do crossovers around circle-1 (two and a half times) and then around circle-2 (two times)
- 2) Send 2-3 players at a time.
- 3) Repeat 2-3 times
- 4) Do same as 1, but with pucks.

Station 2: (Between blue line and red line.)

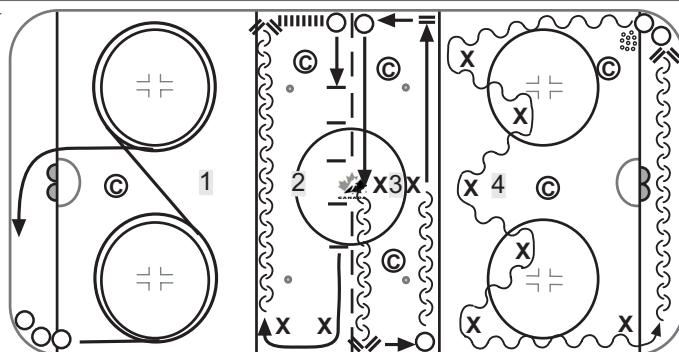
- 1) Players run over agility boards. Execute a glide turn at pylons-1 and skate to pylone-2. Stop using two-foot front stop facing boards. Skate backwards from pylon-2 to pylon-3 and stop. Do lateral crossovers back to original position. Repeat.

Station 3: (Between blue line and red line.)

- 1) Group1 skates backwards to pylon and pivots backwards to forward, then accelerates out of turn skating forward and execute two-foot stop at boards. Go to end of group-2 line.
- 2) Group-2 skates forward to pylon and pivots forward to backwards. Skating backwards to sideboards and stopping. Go to end of group-1 line.

Station 4: (one of the end zones.)

- 1) Player controls puck while weaving through pylons.
- 2) Player performs glide turn at last pylon, skating forward for ten metres before stopping. Face boards when you stop.
- 3) Skate backwards to opposite side of rink while controlling the puck.



KEY EXECUTION POINTS

15 min

PUCK CONTROL STATIONS

Three Stations, 5 minutes each, change stations on a determined signal

Station 1: Tight Turn Competition

- Arrange players into two groups
- Arrange pylons as shown, and have players race for a spotted puck and finish with a shot on goal (add a second puck for second player if needed)

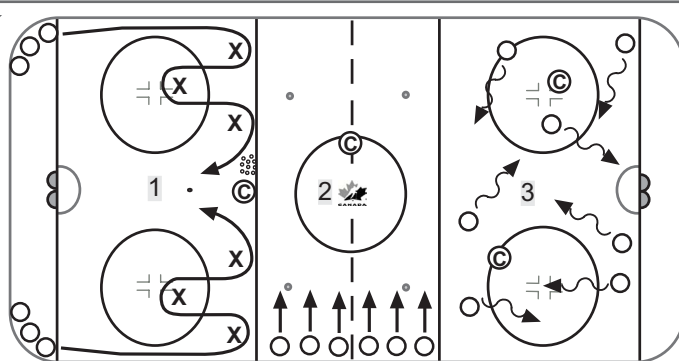
Station 2: Control Puck with Feet

- Players cross the ice using feet to control puck

- Keep puck in feet at all times
- Kick puck slightly ahead (1 metre). Alternate skates

Station 3: Chaos

- Have each player skate randomly with a puck throughout the zone
- Coaches add pressure to check and encourage to keep head up



KEY EXECUTION POINTS

INITIATION LEVEL PRACTICE PLAN

Session Objective(s) Introduce: use of feet to control the puck and puckhandling combinations
Review: A,B,C's, starting and skating with the puck, open ice carry, weaving with the puck

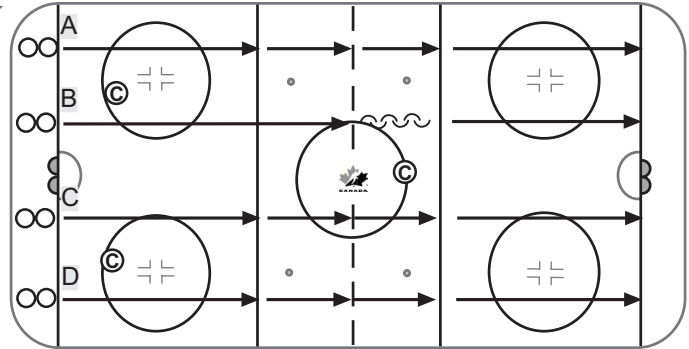
5 min

FUN TIME

Players skate to blue line and:

- Coast on both skates. Jump red line and blue line. Take off on two feet and land on two feet.
- Coast on both skates. Jump red line, turn 180 degrees in air and land backwards. At blue line jump and turn 180 degrees and land going forwards. Always take off on two feet and land on two feet.
- Coast on only one skate. Jump red and blue line on one skate. Don't put other skate down.
- Repeat c. with other leg.

Do these 2-3 times each.

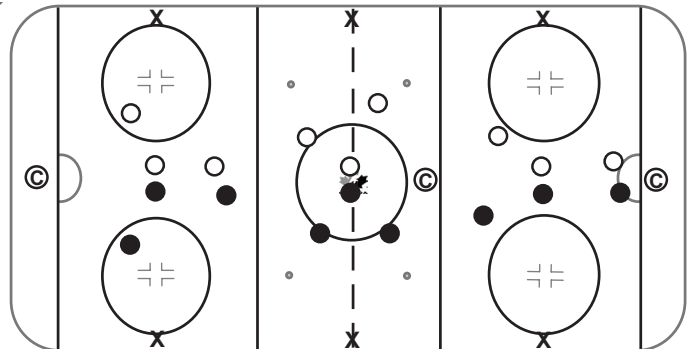


KEY EXECUTION POINTS

5 min

POND HOCKEY

- Use a puck.
- Use three areas and play cross-ice.
- Use pylons as goals.
- To score puck must hit pylon.
- No goalies.



KEY EXECUTION POINTS

INITIATION LEVEL PRACTICE PLAN

Session Objective(s) Review: A,B,C's, starting and skating with the puck, open ice carry, weaving with the puck, passing / receiving

10 min

FREE SKATE

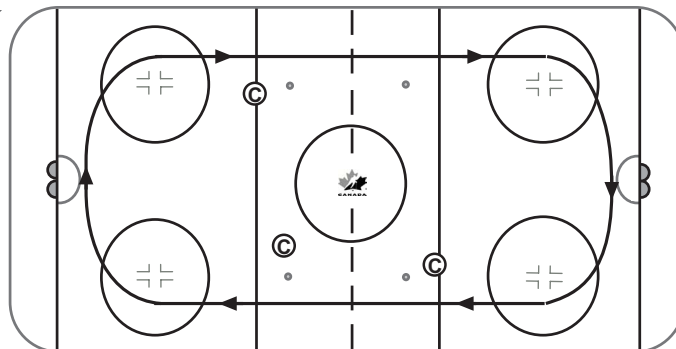
Players skate clockwise around the ice. At the blue line they perform four warm-up exercises.

- a. Touch toes.
- b. Squat low
- c. Pull knee to chest.
- d. Touch one knee to ice.

Between blue lines:

- a. Skates stay on ice at all times spread legs wide to the side and then bring them in together.

Run between blue lines.

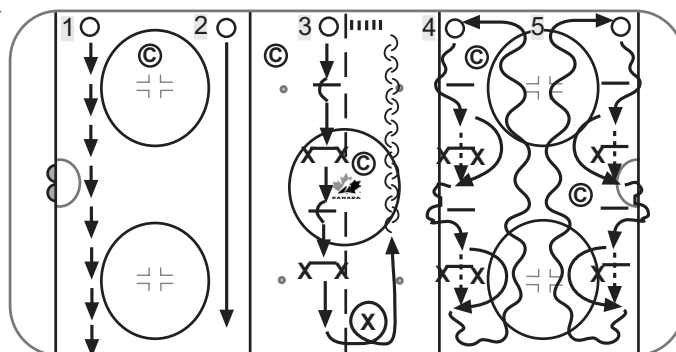


KEY EXECUTION POINTS

20 min

BALANCE & AGILITY

1. Cross ice touching knee on ice after each stride. I.e., drive with left skate, touch left knee to ice and get up. Drive with right skate, touch right knee to ice and get up repeat across ice. Do three times.
2. Cross ice doing forward alternate leg crossovers.
3. Players skate forward and jump over agility board (1). Dive under obstacle (2) set on two high pylons, jump over agility board (3), dive under obstacle (4) on two high pylons. Player gets up and turns 360 degrees around pylon, skates forwards (six metres) pivots forward to backwards and skates backwards to boards. Lateral crossovers back to original position. Repeat.
4. Same set up as 3. Players carry puck with them. Must slide puck under obstacle on pylons, skate around and pick it up. Perform an open ice carry on the return to position. Repeat using route-2 as players should do on forehand and backhand.



KEY EXECUTION POINTS

10 min

STATIONARY PASSING / RECEIVING & STOPPING W/ PUCK

Review and demonstrate key points.

Players partner off approximately six metres apart.

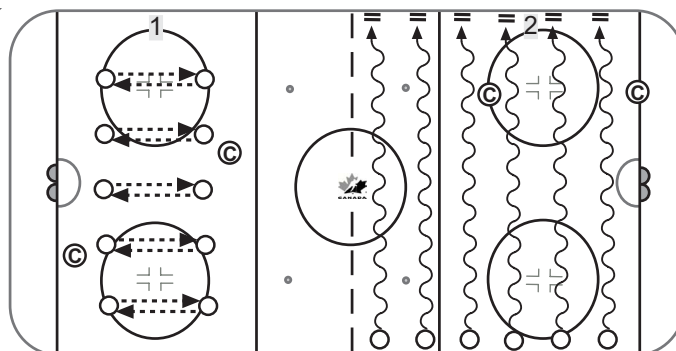
- a. Practice forehand pass and receive.
- b. Practice backhand pass and receive.

Same as 2, but move players ten metres apart.

Review and demonstrate key points.

Players carry puck across ice.

Repeat 6-7 times.



KEY EXECUTION POINTS

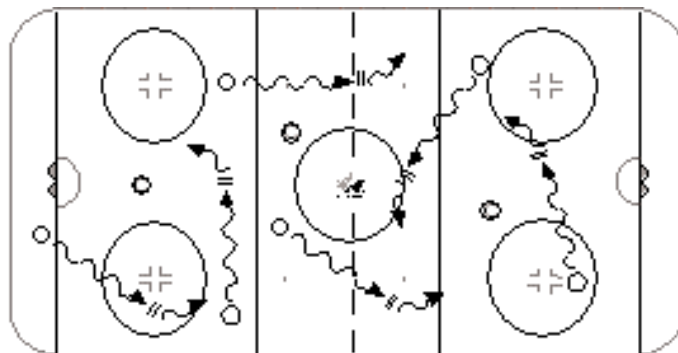
Session Objective(s)

Review: A,B,C's, starting and skating with the puck, open ice carry, weaving with the puck, passing / receiving

5 min

FREE SKATE

Players skate freely executing stops and starts while maintaining control of the puck. The players can also incorporate puck control with the stick and feet.



KEY EXECUTION POINTS

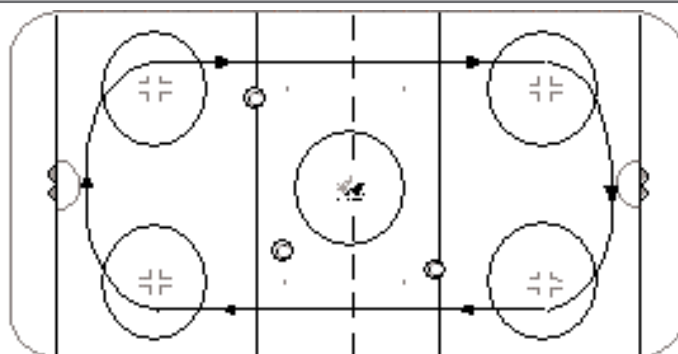
15 min

BALANCE & AGILITY

Players skate clockwise around the ice:

- Shoulder kick: Hold hands straight outward from the shoulders. Cross first with the left hand out and swing left foot up to touch the hand. Return, using right foot and right hand. Repeat twice with each hand.
- Knee lift: Lift knee up to waist and give a pull with stick. Return with opposite leg.
- Squat position: same on return.
- Toe in: Do with both feet two times.
- Toe out: Do with both feet two times.
- Skate with both feet on the ice. Do two times
- Skate across backwards. Execute a two-foot stop and a running front start. Skate forward to other side and execute a forward two-foot stop. Repeat sequence three times.

Obstacles (pylons, chairs, sticks and gloves) are arranged so as to form a course to be followed by the players. The instructor shows the course to be followed and the players follow in single file. Arrange course so the players have to make a series of zig zag turns.

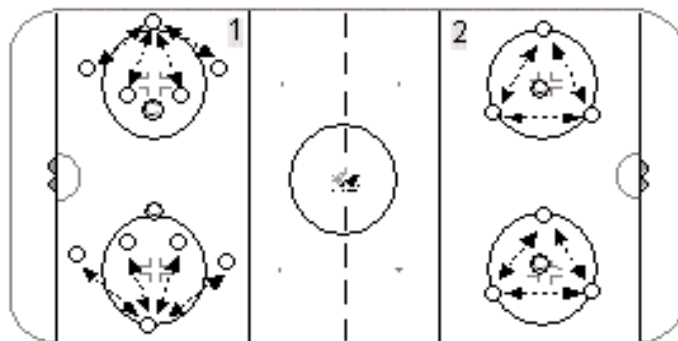


KEY EXECUTION POINTS

5 min

STATIONARY PASSING

- Players in groups of 4-5.
 - One player faces others who are fanned out facing him.
 - Passes made back and forth.
 - Change leader regularly.
- Players in groups of three.
 - Player receives a pass, performs a turn, kneels down, gets up and passes to one of his partners.



KEY EXECUTION POINTS

Session Objective(s)

Review: A,B,C's, starting and skating with the puck, open ice carry, weaving with the puck, passing / receiving

8 min

SKATING & PASSING

1. Shuttle passing:
 - a. Two lines facing each other about 20 metres part. Mark a passing spot with spray paint (about 4 metres out from lines)
 - b. The lead player in line-A carries the puck out to the passing spot and passes the puck to the lead man in line-B. He then continues skating to the end of line-B. The player in line-B receives the pass and then repeats the drill in the opposite direction.
2. Set pylons across rink about three metres apart. Arrange players in two rows — one on each side of the pylons. Players then return to end of opposite lines.

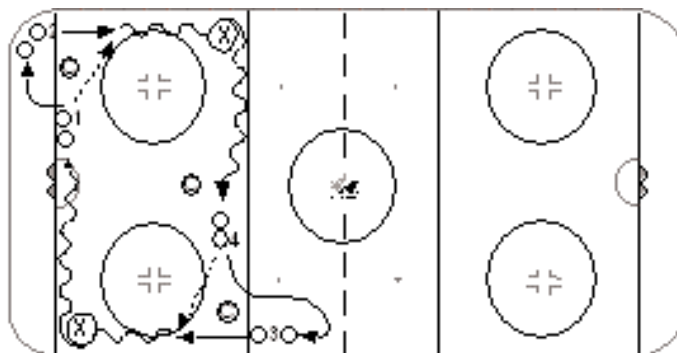


KEY EXECUTION POINTS

8 min

LEAD PASS

- Review and demonstrate key instructional points. Set up course as diagrammed.
- a. On signal players O2 and O3 start out skating with stick on ice ready to receive a pass.
 - b. O1 and O4 try to pass them the puck so they receive it about five metres out from start of line.
- O2 skates down around pylon in control of puck and goes to end of O4 line. O1 goes to end of O2 line. O3 goes to O1.

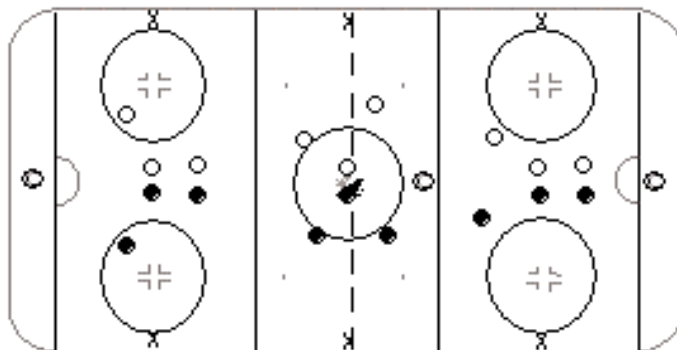


KEY EXECUTION POINTS

10 min

POND HOCKEY

- a. Use a puck.
 - b. Use three areas and play across the ice.
 - c. Use pylons as goals.
 - d. Puck must hit pylon to score.
 - e. Must complete three passes before you can score.
- No goalie.



KEY EXECUTION POINTS

NOVICE LEVEL PRACTICE PLAN

Session Objective(s)

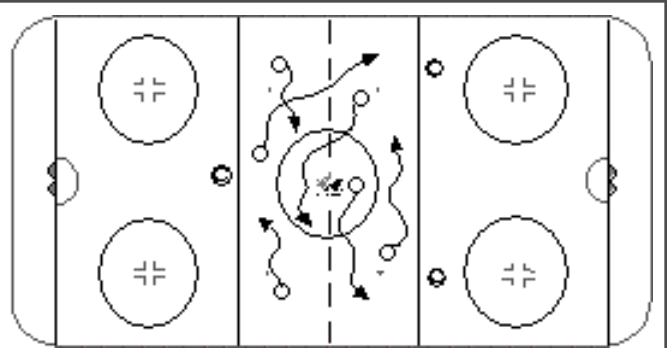
1. Agility
2. Gliding on 1 skate, 2 skates
3. Crossovers

4. Front V-start
5. Stationary Passing
6. Two foot Stop

5 min

DIMINISHING PUCKS

- Players skate around the neutral ice zone each with a puck.
- As players are stickhandling, they try to knock the puck off each others sticks. If a puck goes outside the blue lines into one of the end zones, it is out of play.
- Players that lose their puck have to try and knock pucks off of the sticks of the remaining players.
- Keep going until last puck is knocked out of the zone



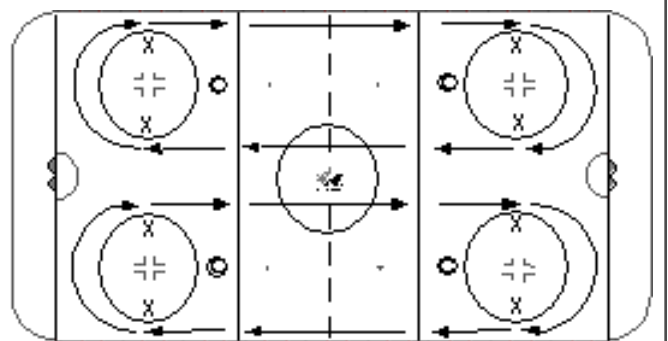
KEY EXECUTION POINTS

- Heads up
- Players must be moving at all times.

5 min

BALANCE AND AGILITY

- Players are divided into two groups, and follow the path as indicated in the diagram.
- Perform following exercises:
 - drop to knees at blue lines
 - dive and roll at red line
 - jump at each line
 - backwards between blue lines
 - glide on one foot between blue lines
 - shoot the duck between blue lines



KEY EXECUTION POINTS

- Change directions after 3 minutes

15 min

SKILLS STATIONS

1. Players weave through pylons

- first time through using one foot, inside edge only.
- second time through using one foot, outside edge only
- third time through using both feet, leading with front foot.
- fourth time through use pucks

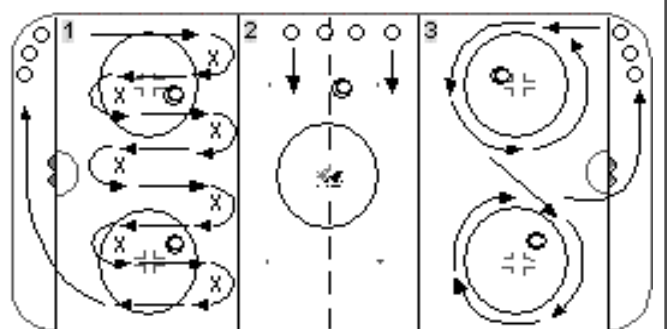
2. Push and Glide

- Players line up along boards, and perform t-pushes across ice, change leg on the way back. Try to do 3-4 t-pushes.

- Players then do the same going backwards, using c-cuts or backward cross over start to begin, and finishing with c-cuts to far boards. Repeat 4 times.

3. Crossovers

- Players begin in one corner and work on crossovers, forwards and backwards. Concentrate on full crossover (outside foot), and cross-under (push through of inside skate for power)



KEY EXECUTION POINTS

- Change Stations after 5 min

Session Objective(s)

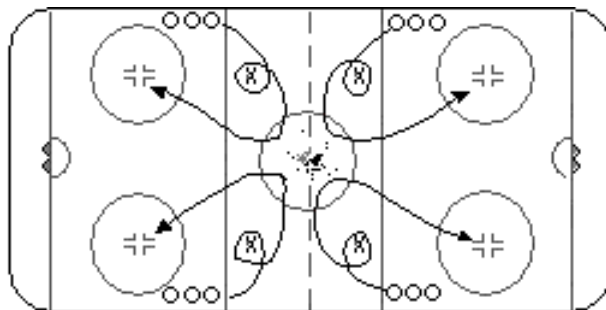
1. Open ice carry
2. Tight turns / Edge control

3. Stationary passing
4. Backwards c-cuts

5 min

MILL DRILL

- Divide players into 4 teams, one team at each blue line as shown.
- Place all of the pucks in the center circle, on whistle first player from each team begins, by doing a 360 around the pylon, then gets a puck, and takes the puck back to the end circle, nearest the team.
- Once puck is in the circle, the next player from that team can go.
- Once all the pucks are gone, each team counts how many are in their circle, team with most wins.
- Can do more than once, change things up, by making players skate backwards to the circle once they get the puck



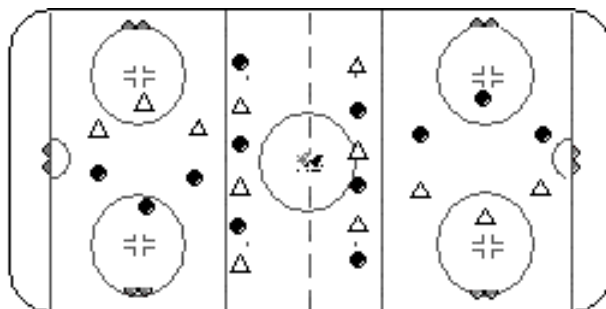
KEY EXECUTION POINTS

- Teams cheer for their players
- Lots of pucks in middle

5 min

SCRIMMAGE – 3 ON 3 CROSS ICE

- Divide players into 2 teams.
- Play 2 games of 3 on 3 cross ice – one in each end zone.
- Spare players line up along blue lines and switch on coach's signal.



KEY EXECUTION POINTS

- Use pucks, tennis balls, hockey balls etc...
- Alternate 1 puck, 2 pucks, 3 pucks.

Session Objective(s)

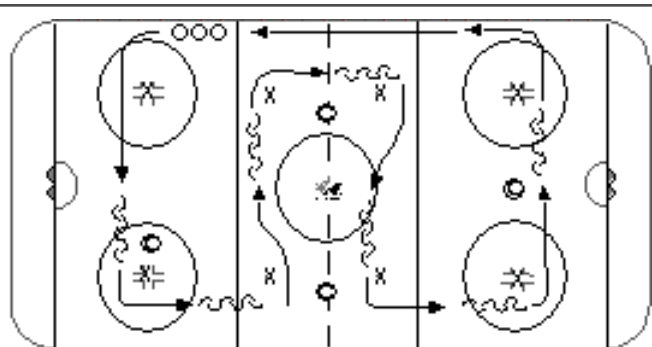
1. Agility Skating
2. Passing and moving
3. One man Drive

4. 2 man drive
5. 3 man drive

15
min

MOE MANIA

- Players line up as shown. Spray paint lines half way between all cones so that players have a mark when to make their pivot.
- Player skates forward toward first cone and at spray paint line pivot to backwards. Continue this the entire way through the set-up. Players should always pivot so that they never lose eye contact with the cone in front of them. Ensure that players lead with their stick to maintain good balance on the pivot.
- Start with no pucks and add in pucks once players are ready.



KEY EXECUTION POINTS

- Correct technique

5
min

3 STATION PASSING

Montreal Drill

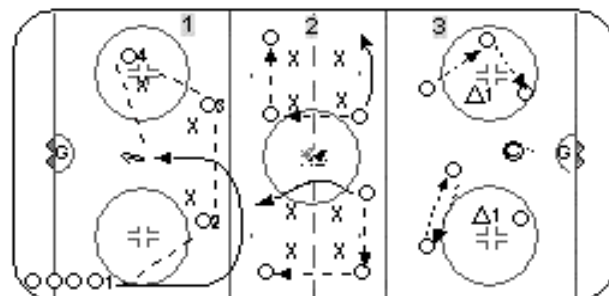
- 01 passes to 02, 02 - 03, 03 - 04, 04 back to 01 in the slot (rotate)

Pass with Accuracy

- Move laterally giving and receiving passes on the outside of the cones

Pig in the Middle

- One checker between 3 players, with players continuously passing the puck until the checker intercepts. Checker then trades places and becomes a passer



KEY EXECUTION POINTS

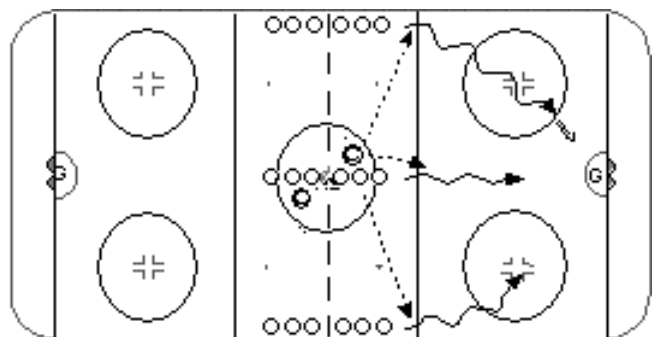
- Change stations after 5 minutes
- Players need to think

10
min

ONE MAN DRIVE

Introduce the one-man drive but focus on the principles that will be important for net drive and triangulation.

- Start with player on the left boards. Player accelerates and receives a pass from the coach in stride. Once the pass has been received the player drives hard to the net, takes a shot from the circle and attacks for the rebound.
- As soon as this player has completed the drill the player from the centre takes a pass and drives straight down the mid-lane to the net, repeat with player off other boards. Continue sequence.
- Run out of both ends of the ice
- Spray paint circles where shown to encourage players to drive the net and attack for rebounds.



KEY EXECUTION POINTS

- Players must be ready to go
- Keep drill going to keep players moving

Session Objective(s)

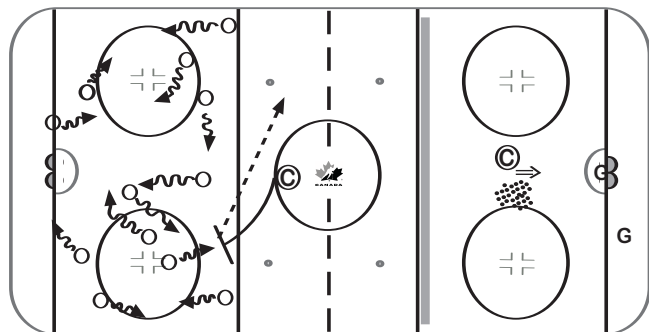
1. Review forward and backward striding with progressions
2. Review forward and backward crossovers with progression
3. Assess puck control skills (stick handling, passing and shooting)

5 min

PUCK CONTROL WARM-UP

"Chaos"

- Players stick handle all over zone.
- On whistle, © skates into zone and checks players - shooting pucks out of the zone.
- Checked players become checkers.
- Last puck carrier - wins.
- Goalie Zone with ©.



KEY EXECUTION POINTS

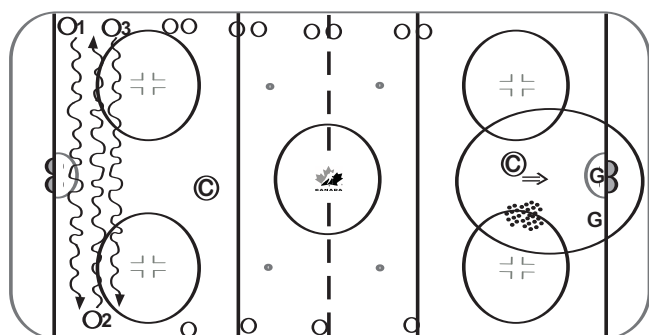
- Head up o quick feet
- Protect puck
- Quick puck movement
- Move to open space

10 min

OFFENSIVE FAKES 1

©Demonstrates

- players practice shoulder, head, and shooting fakes
- O1 carries puck across ice and drops to O2. O2 carries across and drops to O3 - repeat
- Goalie Zone with ©



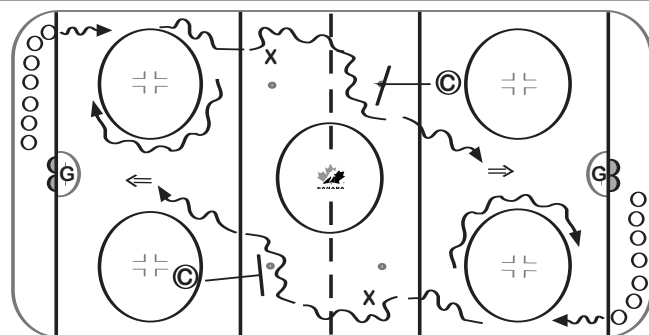
KEY EXECUTION POINTS

- Head up
- Quick feet
- Accelerate after fake
- Weight shift

10 min

OFFENSIVE FAKES #2

- Player skates around the circle once, makes choice of fake at pylon and at the ©.
- Player skates in on goal for shot on net.



KEY EXECUTION POINTS

- Quick feet
- 3 players go at a time
- Stick on ice
- Head up

Session Objective(s)

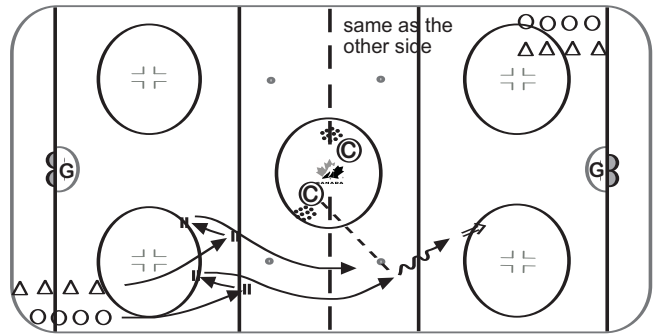
1. Review forward and backward striding with progressions
2. Review forward and backward crossovers with progression
3. Assess puck control skills (stick handling, passing and shooting)

8
min

ASSESS CHECKING SKILLS

1 on 0 with Backchecker

- O and D stand a stick length apart.
- © blows whistle - O & D race to the blueline, to top of circle, and O receives lead pass from ©.
- D stays close to O and checks if possible.



KEY EXECUTION POINTS

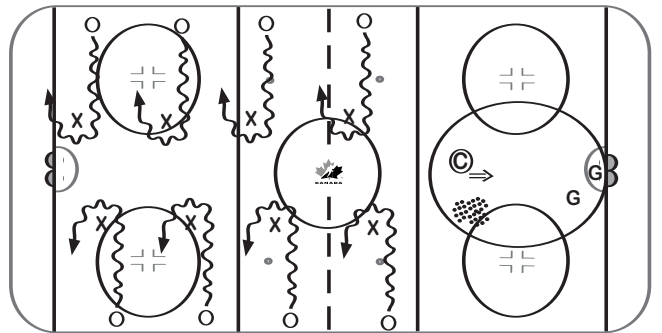
- Defensive side positioning
- Stops and starts
- Use stick checks
- Quick feet

7
min

NET DRIVE PROGRESSION

Technical Level

- Have players skate around pylon protecting the puck.
- Goalie Zone with ©.



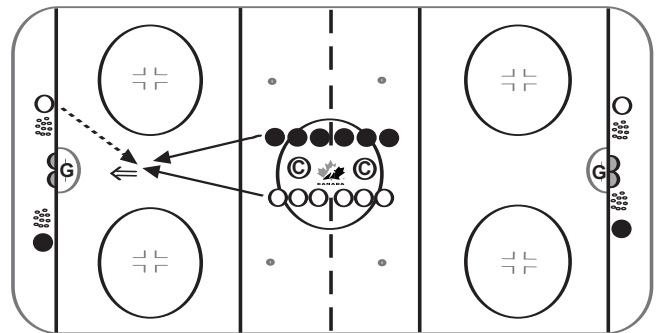
KEY EXECUTION POINTS

- Approach with speed
- Puck to the outside
- Build the wall
- Drive for far post
- Keep feet moving

10
min

1 ON 1 BODY POSITION SHOOTOUT

- Players line up in two lines at center.
- On whistle players race towards the goal and try to get body position on the opponent to receive pass and take shot on goal.
- Alternate who is on defence and offense.



KEY EXECUTION POINTS

- Quick start
- Offensive player use body and block defensive player
- Stick on ice, ready for quick shot

ATOM LEVEL PRACTICE PLAN

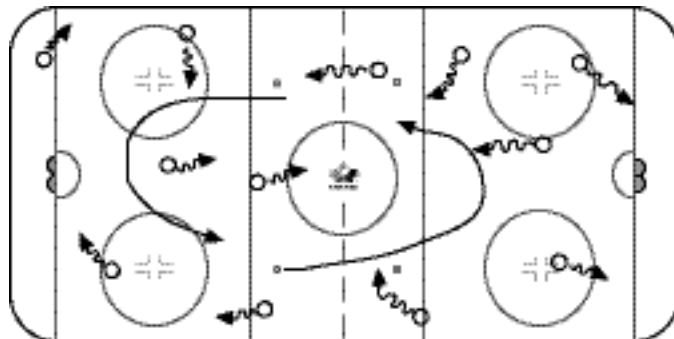
- Session Objective(s)**
1. Review stick handling and net drive
 2. Teach checking skills
 3. Assess team tactics

5 min

WARM-UP STICK HANDLE

Razzle Dazzle

- players skate around the ice 1/4 speed
- on whistle, players stay in confined space, moving puck in any direction quickly
- on next whistle, players return to 1/4 speed



KEY EXECUTION POINTS

- quick feet and quick puck movement
- evasive moves
- body, head, shoulder fakes

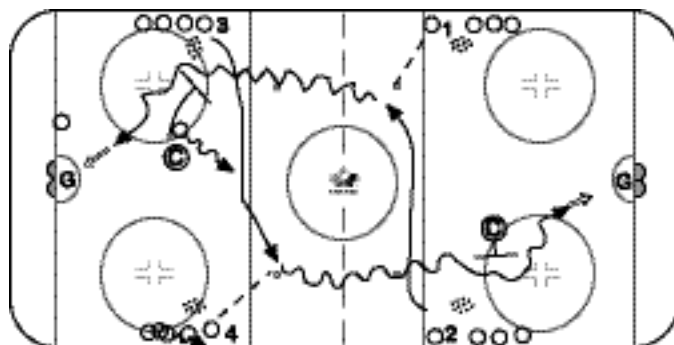
5 min

WARM-UP NET DRIVE

4 Corner Drill

(review net drive skills)

- O2 and O3 receive passes from O1 and O4 in neutral zone. Execute net drives around ©s
- O1 and O4 repeat - receiving passes and executing net drives
- alternate diagonal sides



KEY EXECUTION POINTS

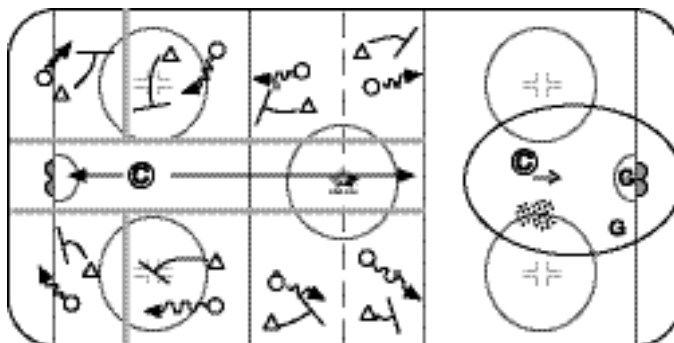
- drive far post
- enter zone with speed
- keep feet moving
- protect the puck

5 min

CHECKING - STICK CHECK

Checking Drill

- demonstrates stick checks (stick lift, press, poke, and sweep check)
- mark 8 zones for 1 on 1's (spray paint)
- players play 1 on 1 keep away with emphasis on checking skills
- Goalie Zone with ©



KEY EXECUTION POINTS

- player:
 - quick use of stick, feet, and hands
 - 30 second intervals
- body position

ATOM LEVEL PRACTICE PLAN

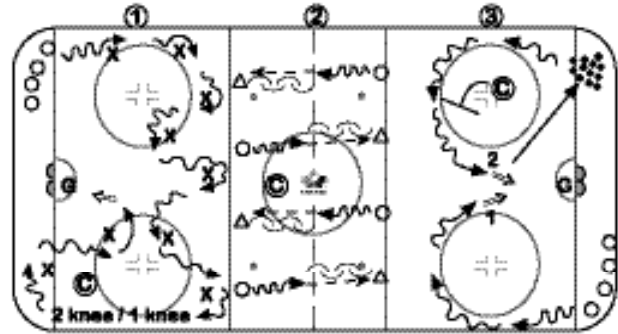
- Session Objective(s)**
1. Teach forward and backward striding by progression
 2. Teach forward and backward crossovers by progression
 3. Front V-Start
 3. Assess puck control skills (stick handling, passing, shooting)

105 min

PUCK CONTROL EVALUATION

3 Stations:

1. Stick handling course
2. Forward and backward skating (telescoping) while passing and receiving
3. Shooting (wrist forehand and backhand) add passive defensive side pressure from ©



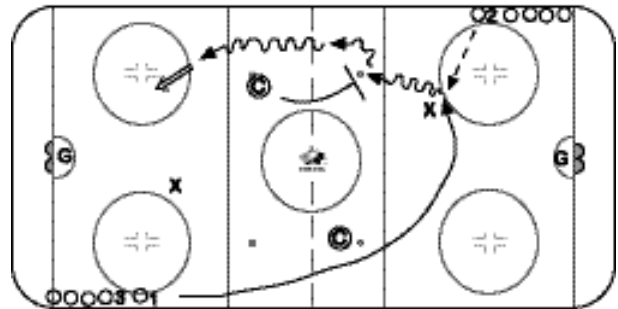
KEY EXECUTION POINTS

- space players
- keep feet moving
- head up
- quick release
- roll wrists

5 min

COMBO SKATE PASS/SHOOT

- O1 skates around pylon and receives pass from O2
- O1 completes evasive move on © in the neutral zone and skates to offensive zone for shot
- O2 repeats in the other direction



KEY EXECUTION POINTS

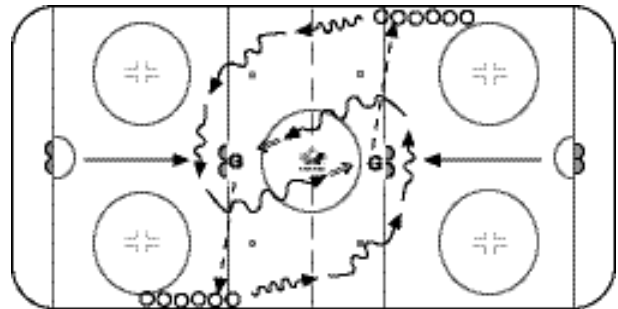
- eye contact
- protect the puck
- quick feet
- quick release
- read defensive positioning

5 min

SHOOT OUT COMPETITION

Team Shoot Out Relay

- move nets to the blue lines
- first team, with all players scoring, is the winner
- after each goal, player scoring passes puck to next player in line
- after making saves, goalie can clear pucks away from shooters



KEY EXECUTION POINTS

- first team with each player scoring wins
- goalie may shoot puck away from net on saves only

ATOM LEVEL PRACTICE PLAN

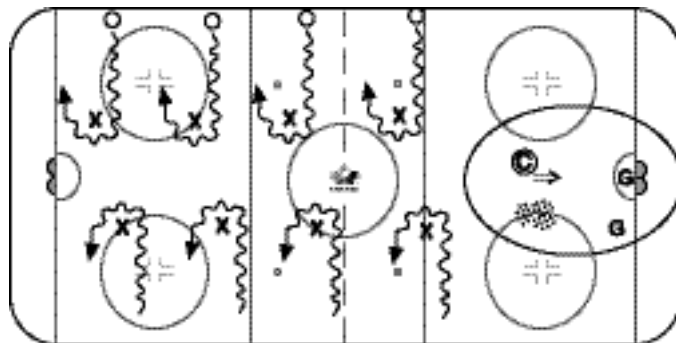
- Session Objective(s)**
1. Teach stick handling: stationary control and control with movement
 2. Teach evasive moves: shoulder fakes, head fakes, shooting fakes
 3. Assess checking skills: stick and body positioning
 4. Introduce net drive: 3 part progression

5 min

NET DRIVE PROGRESSION

Technical Level

- Have players skate around pylon protecting the puck
- Goalie Zone with © •



KEY EXECUTION POINTS

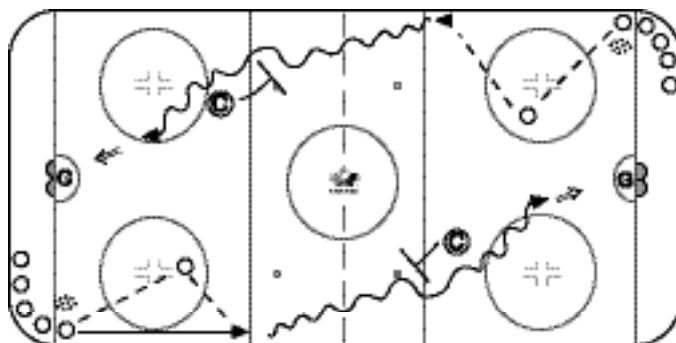
- approach with speed
- build the wall
- keep feet moving
- puck to the outside
- drive for far post

5 min

NET DRIVE

Tactical Level

- Player from corner passes to O for "give and go". Puck carrier drives with speed, executing net drive at the blueline
- © offers passive pressure
- alternate sides



KEY EXECUTION POINTS

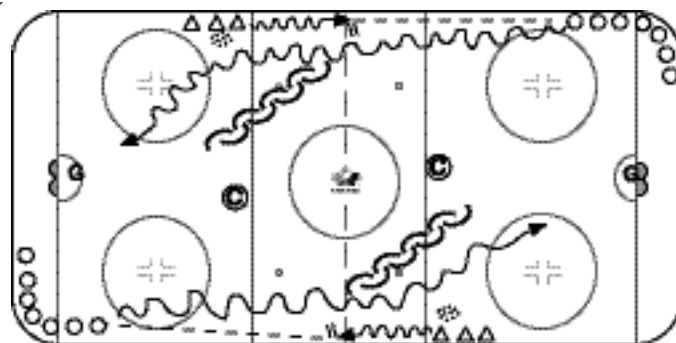
- head up
- quick feet
- accelerate after fake
- weight shift

5 min

NET DRIVE

Efficient Level

- skates to blueline with puck
- passes to O and defends 1 on 1
- O reads gap on . Tight gap - drive outside. Loose gap - drive middle
- alternate sides



KEY EXECUTION POINTS

- head up
- quick feet
- weight shift
- accelerate after fake

ATOM LEVEL PRACTICE PLAN

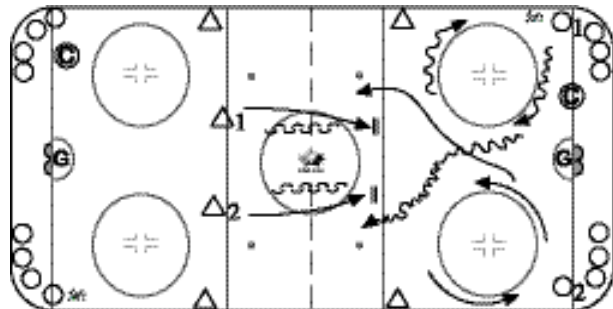
- Session Objective(s)**
1. Teach shooting skills - wrist shot, backhand, slap shot
 2. Teach team tactics - give & go, give & follow, cross, headman
 3. Assess team tactic - "1,2,3 Principle of Attack"

5 min

TEAM TACTIC – 2 ON 2

Tactical Level Drill: Cross

- O1 & O2 skate circle clockwise then cross before blueline in high slot
- option to exchange pass
- 1 & 2 skate forward to blueline, pivot and retreat to defend against 2 on 2



KEY EXECUTION POINTS

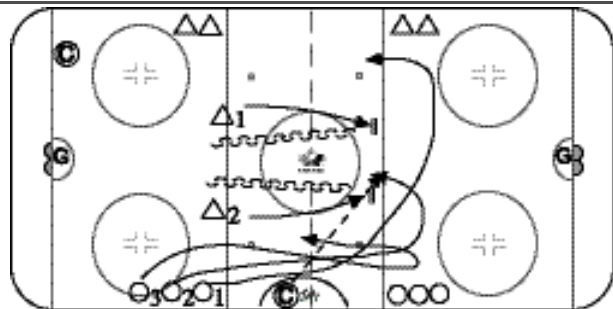
- communicate
- alternate ends
- control skate
- go on whistle
- timing
- stay wide before cross

5 min

1,2,3 PRINCIPLE OF ATTACK

Assess Triangulation

- © passes to O1, O2, or O3
- 1 & 2 skate to redline, pivot and retreat, defending against 3 on 2



KEY EXECUTION POINTS

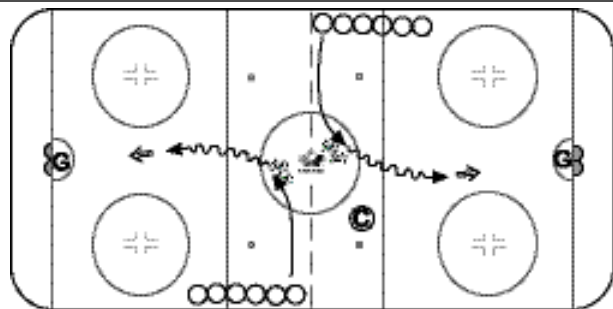
- Offensive:
- support puck carrier
 - timing
 - fill 3 lanes
 - O's must curl below far blueline
 - communicate
 - alternate sides

10 min

SHOOT OUT COMPETITION

Full Ice Drill

- pucks clustered in center circle
- on whistle, first player on each team picks up puck and goes on breakaway
- play until goal is scored, at which time next player goes
- goalie can clear loose pucks



KEY EXECUTION POINTS

- first team finished wins (all players must score)
- play best of 3 if time permits

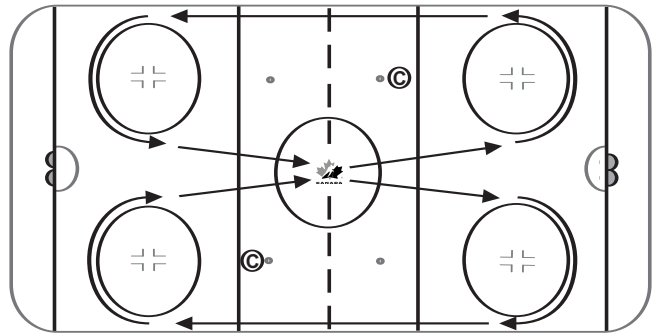
- Session Objective(s)
1. Puck control agility
 2. Passing / receiving
 3. Bank passes
 4. Passing while moving

10 min

PUCK CONTROL CIRCUIT

Players follow pattern performing puckhandling moves:

- Narrow.
- Wide.
- Front toe drags.
- Side toe drags.
- Puck in feet.
- Drop to knees on lines.
- 3 crossovers one way, 3 crossovers the other.



KEY EXECUTION POINTS

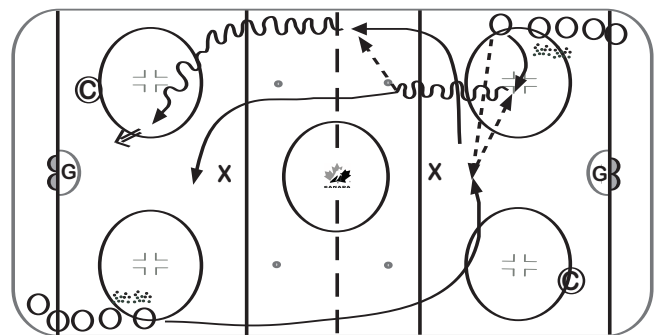
- Do different skill down each lane
- Do circuit 4 times

5 min

SKATE / SHOOT COMBO

Emphasis on "give & go" and "quick pass"

- O receives and gives back pass quickly while approaching the pylon.
- O receives return pass at center line and drives for a shot on goal.



KEY EXECUTION POINTS

- Alternate sides
- Provide close support
- Control skate
- Eye contact
- Give target

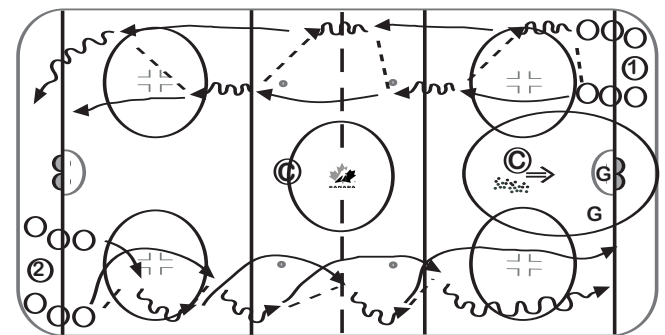
10 min

PASSING - TECHNIQUE

- Review passing and receiving skills

Run players through:

- 1) Partner pass forehand & back-hand (switching sides).
- 2) 2 man weave.



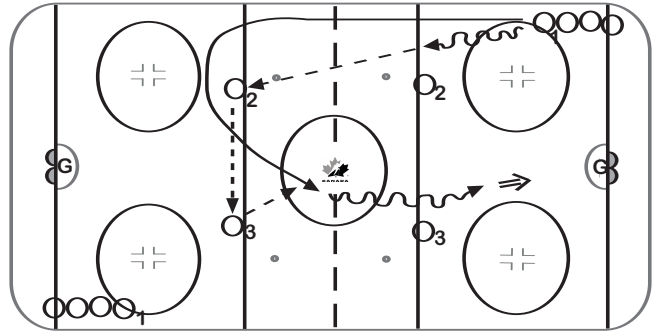
KEY EXECUTION POINTS

- Follow through to target when passing
- Give target - blade square to passer
- Cushion pass

- Session Objective(s)
1. Puck control agility
 2. Passing / receiving
 3. Bank passes
 4. Passing while moving

10
min**PASSING - TIMING**

- Both ends at the same time.
- O1 passes to O2 (stationary at the blue line), O2 passes to O3. O1 time skates through seam for return pass at centre ice.

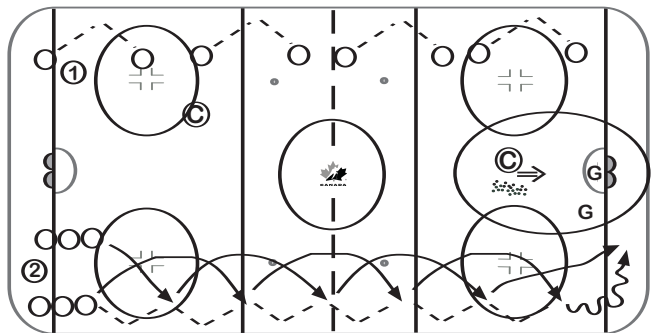
**KEY EXECUTION POINTS**

- Rotate players through positions
- Control skate
- Eye contact
- Hard and accurate passes
- Give target with stick

10
min**BOARD PASS #1**

© Demos and explains angles:

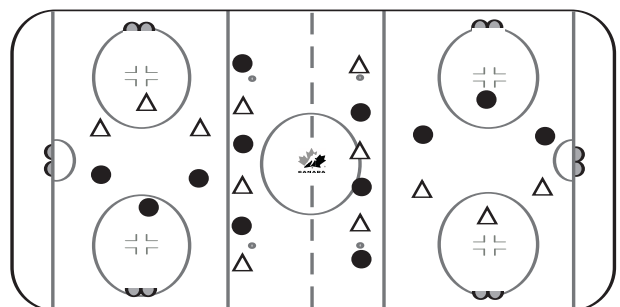
- 1) Stationary board passes - practice and understand different angles of the boards.
 - 2) Moving board passes - skating onto the puck.
- Goalie Zone with ©.

**KEY EXECUTION POINTS**

- Hard low passes
- Angle choice - position of player read

5
min**SCRIMMAGE - 3 ON 3 CROSS ICE**

- Divide players into 2 teams.
- Play 2 games of 3 on 3 cross ice – one in each end zone.
- Spare players line up along blue lines and switch on coach's signal.

**KEY EXECUTION POINTS**

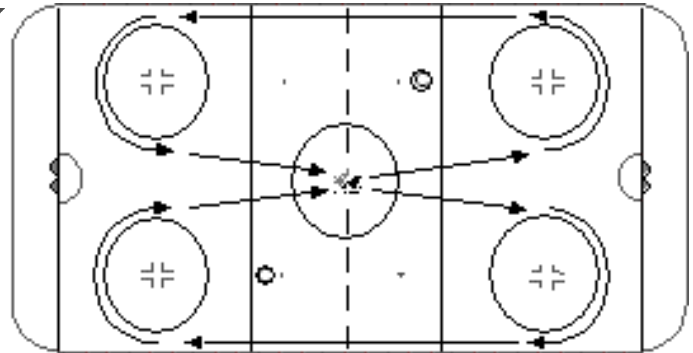
- Use pucks, tennis balls, hockey balls etc...
- Alternate 1 puck, 2 pucks, 3 pucks

- Session Objective(s)**
1. Assess and improve acceleration
 2. Assess and improve agility
 3. Assess and improve puck control skills: puck handling

8 min

BUTTERFLY WARM-UP

- © demonstrates or calls out skating actions:
- 1 foot/ 2 foot/ squats
- Left/ right/ both knee touches to ice
- Mohawk turns/ 360's
- Backwards
- Sprints
- Dive roll
- 360 spin on knees
- Progress to with pucks



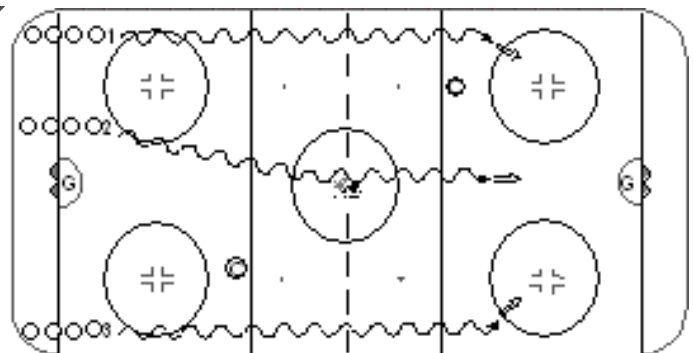
KEY EXECUTION POINTS

- Long strides
- Use of edges
- Acceleration
- Balance
- Agility

10 min

THREE LINE WAVE

- O1 starts the drill, O2 follows, then O3. Continue this rotation until all players have gone. Players carry puck through neutral zone and take shots on goal. Players wait until all have completed, then return in other direction
- Weave – follow your pass
- Weave – drop pass only



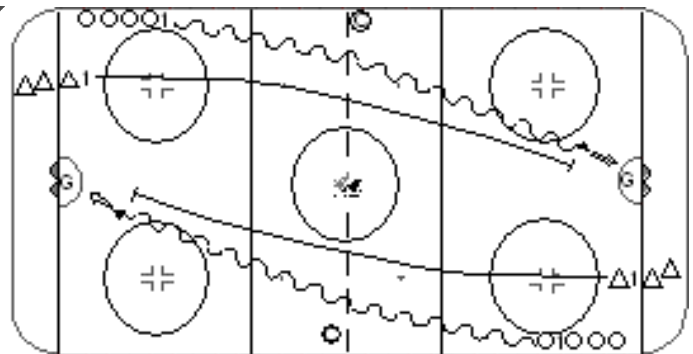
KEY EXECUTION POINTS

- Stay in lanes
- Skate hard
- Goalies work on angles
- Shoot Low
- Timing to allow goalie to recover

8 min

FULL ICE BACKCHECK

- Both ends go on whistle
- O1 on the hash marks, 1 has one skate on the goal line
- On the ©'s whistle, 1 pursues O1
- At the completion of a repetition, switch lines



KEY EXECUTION POINTS

- Hard pursuit
- Continue working hard the length of the ice
- All checking must be legal

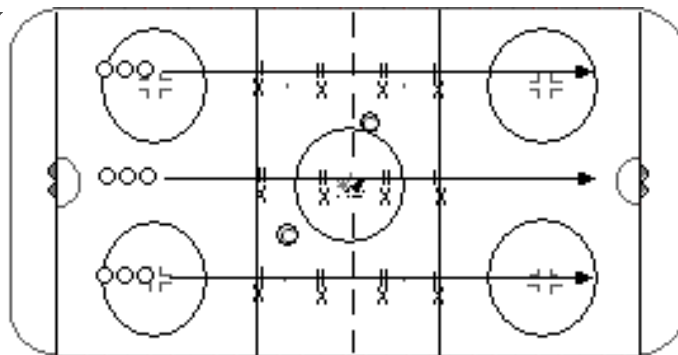
PEE WEE LEVEL PRACTICE PLAN

- Session Objective(s)**
1. Teach individual offensive tactic: net drive
 2. Reinforce net drives with 2 man attack option
 3. Refine defensive tactic: defend against mid lane net drive

8 min

3 LINE WARM-UP

- First player in each line skates to the second pylon and performs a two foot stop; skates back to the first pylon and performs another two foot stop, continues on to the fourth and back to the third and finishes at opposite end of ice.
- Second player in line leaves when first player stops for the second time



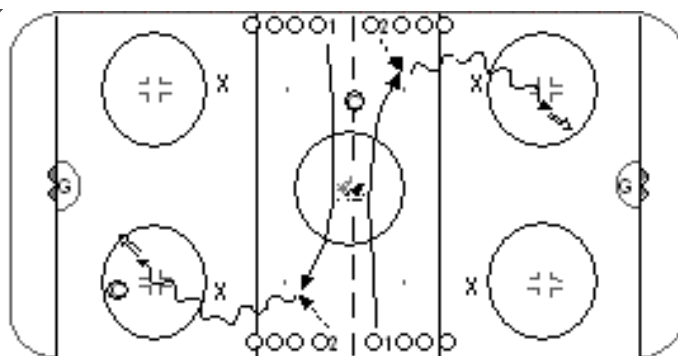
KEY EXECUTION POINTS

- Quick feet out of stop
- Face both directions

8 min

NET DRIVE 1 ON 0

- O1 skates cross ice and receives pass from O2
- O1 executes drive skate by staying wide around pylon before accelerating to the net
- alternate sides go at the same time



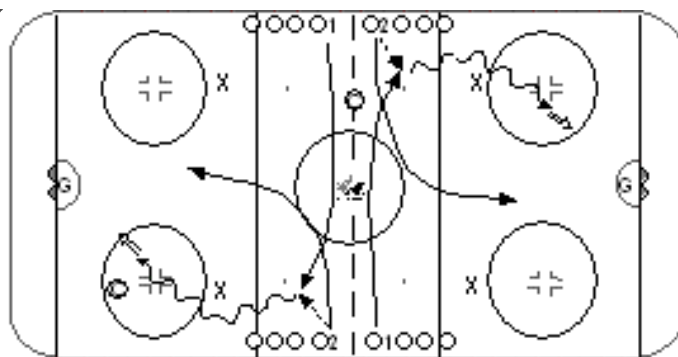
KEY EXECUTION POINTS

- accelerate
- protect the puck
- crossover at the blue line
- skate at the far post

8 min

NET DRIVE 2 ON 0

- O1 skates cross ice and receives pass from O2
- O1 executes drive skate by staying wide around pylon before accelerating to the net
- O2 skates inside and drives to the net for a return pass or a rebound



KEY EXECUTION POINTS

- accelerate
- protect the puck
- crossover at the blue line
- skate at the far post
- O2 drive to the net for rebound

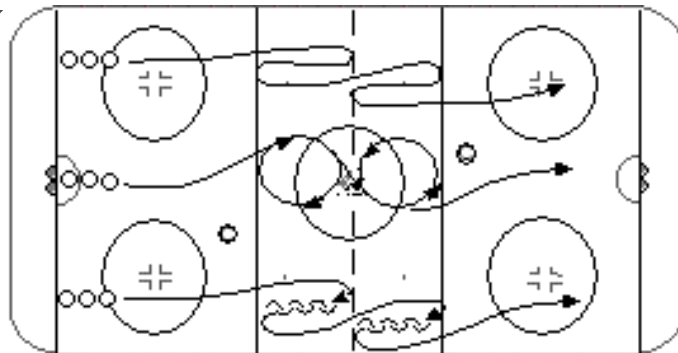
Session Objective(s) 1. Assess checking skills

- angling
- stick checks
- body contact

8 min

3 LINE WARM-UP

- Players line up in 3 groups to allow for 3 wide lanes
- Players execute a series of skating skills without pucks and with pucks
- Forwards and backwards
- Striding and tight turns
- Crossovers
- Transition forward to backward to forwards



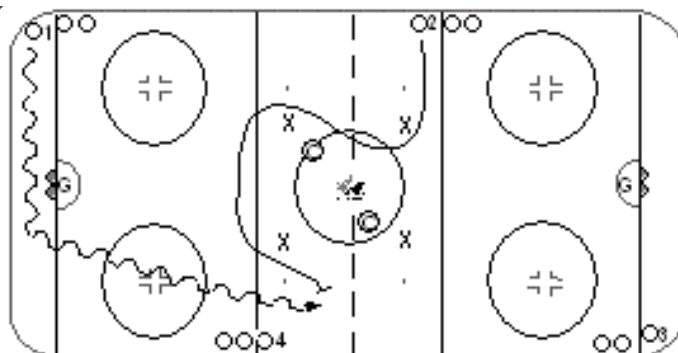
KEY EXECUTION POINTS

- Good knee bend
- Back straight and upright
- Head up, eyes forward

8 min

ANGLING GATE DRILL

- O1 and O2 begin on the whistle
- O1 picks up loose puck and skates behind the net and must skate between the for a shot on goal
- O2 closes the gap, sabling ice in the neutral zone, before angling toward O1
- O2 attempts to force O1 outside the pylons, not giving up the middle lane



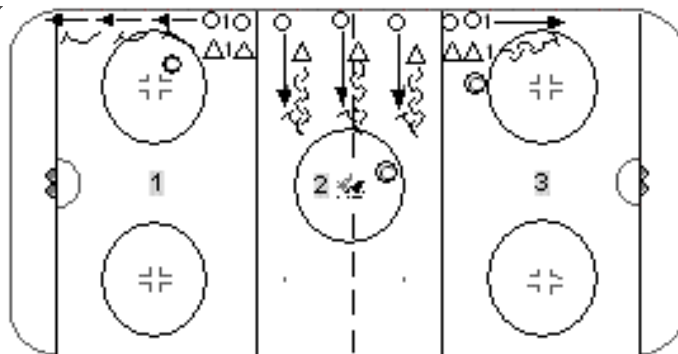
KEY EXECUTION POINTS

- maintain middle lane
- control skating

14 min

CHECKING STATIONS

- 1). Continuous Bumping
 - O1 moves slowly along the boards while _1 angles, closes the gap and pins O1 against boards
 - The two players continue around boards to other side
 - Switch roles the other way
- 2). Open Ice Contact
 - O skates forward as _ skates backwards
 - _ initiates shoulder to chest contact and then continues backwards repeating action across the ice
 - Switch roles on return across ice
- 3). 1 on 1 Angling
 - O1 moves slowly along the boards while _1 angles backwards, closes the gap and pins O1 against boards
 - The two players continue around the boards to other side
 - Switch roles the other way



KEY EXECUTION POINTS

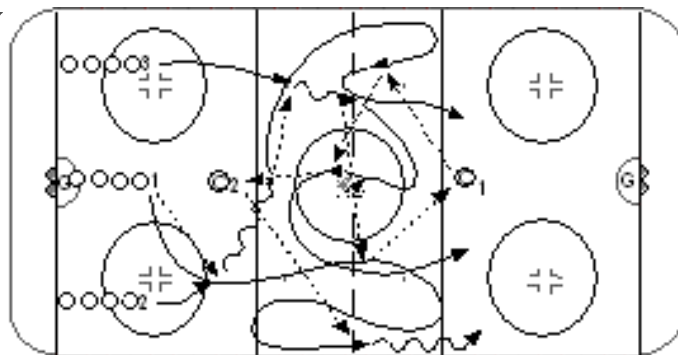
- Speed should be controlled ensuring proper technique
- Use the terms coil/ uncoil as motion description
- Add pucks and increase speed as players become more efficient

- Session Objective(s)**
1. Refine the ability to read and react to defensive responsibilities
 2. Refine individual defensive tactic: defensive side positioning
 3. Refine team defensive tactics: support through awareness and communication

5 min

THREE MAN WEAVE WITH REGROUPS

- O1 passes to O2 and follows the path of the pass changing lanes
- Passes continue through the neutral zone eventually passing to ©1 for a regroup
- Regroup with ©2 and attack the net



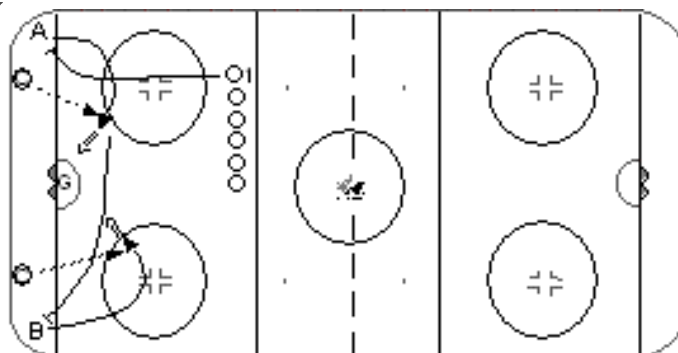
KEY EXECUTION POINTS

- Maintain lanes
- Good passes
- Communicate
- Drive to the goal

8 min

PRESSURE FORECHECK

- O1 drives to the corner and pins an imaginary opponent "A"
- O1 spins off check and goes to the net for a feed from the ©
- after quick shot, O1 moves to the opposite corner and pins opponent "B" and spins for 2nd shot



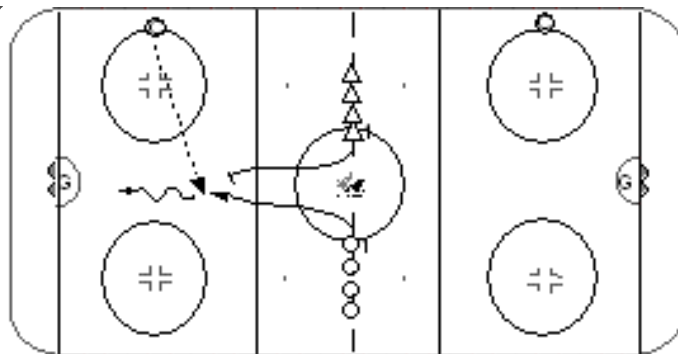
KEY EXECUTION POINTS

- transition
- control
- readiness
- quick shot

6 min

CENTER LINE DRILL

- O1 and ©1 are facing on one another
- O1 goes one way or the other and ©1 must react and cover O1
- © can either pass directly to O1 or shoot on goal with O1 driving for the rebound
- all players play offence and defense



KEY EXECUTION POINTS

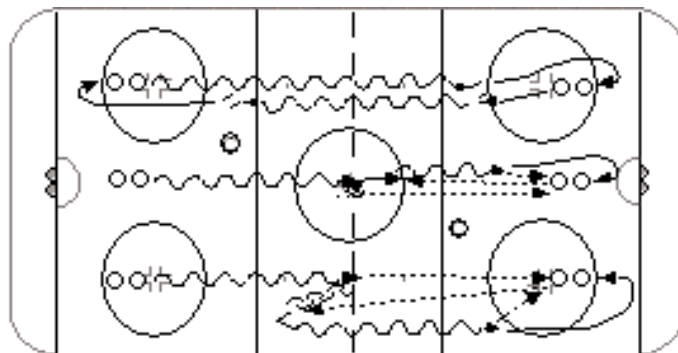
- net drive
- head on a swivel
- quick feet
- "D" side coverage
- read and react

- Session Objective(s)
1. Refine skating & puck control skills
 2. Refine principles of offensive attack
 3. Review and refine offensive tactics

8 min

3 LINE WARM-UP

- Players line up in 3 groups to allow for 3 wide lanes.
- Players execute a series of puck control / passing / receiving skills.
- Spotting a puck.
- Passing give and go from a stationary partner.
- Passing give and go with a transition skate, receiving the pass while skating backwards.



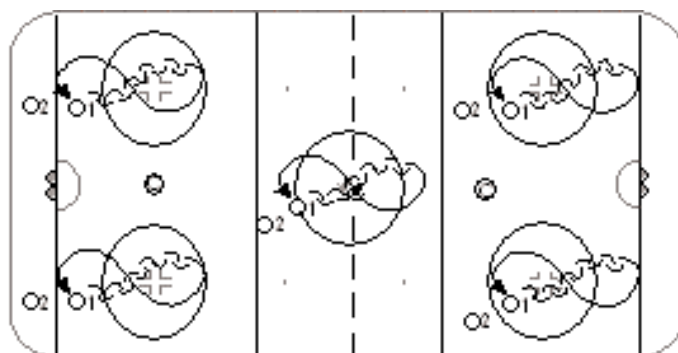
KEY EXECUTION POINTS

- Puck control with head up and two hands on stick
- Eye contact between passer and receiver
- Communication
- Receiver presents a target
- Spot pass to be motionless

8 min

AGILITY 8'S EXCHANGE

- O1 skates a figure 8 twice, keeping square to O2. O2 repeats when O1 is finished (2 reps each).
- Add a puck for each pair and repeat the sequence using a short pass from O1 to O2 at the bottom of the figure 8.
- Goalies execute this drill too.



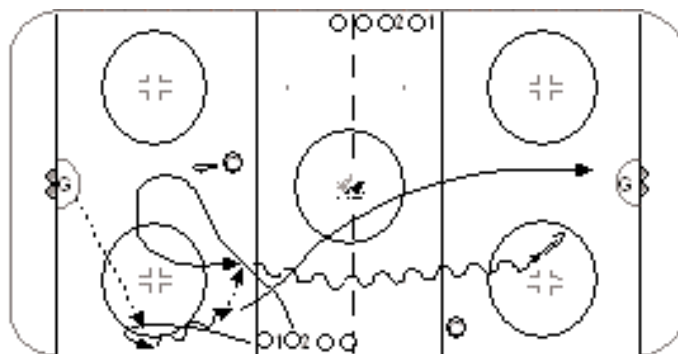
KEY EXECUTION POINTS

- Quick feet
- Puck control
- Head up
- Coordination

8 min

2 ON 0 ATTACK

- © initiates with a shot on goal (a puck the goalie can handle).
- O1 and O2 jump into the zone to support the goalie who passes to the outlet man on the boards.
- O1 and O2 attack 2 on 0.
- Vary the drill by adding a forward or one or two defenders.



KEY EXECUTION POINTS

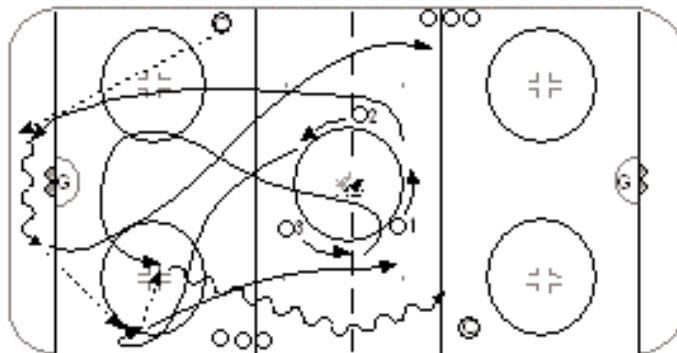
- Communicate
- Attack with speed
- Timing
- Patience
- Execute net drives

- Session Objective(s)
1. Refine skating & puck control skills
 2. Refine principles of offensive attack
 3. Review and refine offensive tactics

10 min

DOUBLE 3 ON 0 TRANSITION

- 3 players skate the center circle until © spots a puck.
- 3 O's retrieve the puck and breakout, attacking 3 on 0.
- After a shot on goal, © spots a 2nd puck and 3 O's breakout and attack 3 on 0 back the other way.
- 3 new O's ready on the circle.



KEY EXECUTION POINTS

- Awareness
- Support
- Speed
- attack options
- Communicate

8 min

BREAKOUT / REGROUP 2 ON 1

- On ©'s whistle, Δ1 retreats to either corner for a loose puck. O1 and O2 react according to Δ1
- O1 and O2 regroup with Δ2 and attack 2 on 1 against Δ1
- After Δ2 passes up to O1 and O2, Δ2 retreats for loose puck and O3 and O4 join the drill



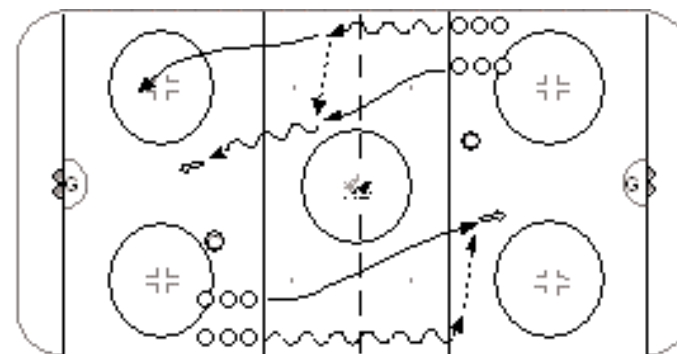
KEY EXECUTION POINTS

- | | | | |
|-----|-----------------------|-----|-----------------------|
| O's | • Quick puck movement | Δ's | • Take back ice |
| | • Read and react | | • Tight gap on attack |
| | • Net drives | | |
| | • Close support | | |

8 min

PARTNER SHOWDOWN

- 2 players attack the goalie 2 on 0.
- When the 2 players score, they feed the next pair in line.
- 1st team with all players back in the corner on one knee wins.



KEY EXECUTION POINTS

- Have fun
- Compete
- Shot selection

BANTAM LEVEL PRACTICE PLAN

- Session Objective(s)**
1. Access and improve passing and puck control skills
 2. Access and improve offensive support
 3. Introduce quiet zones

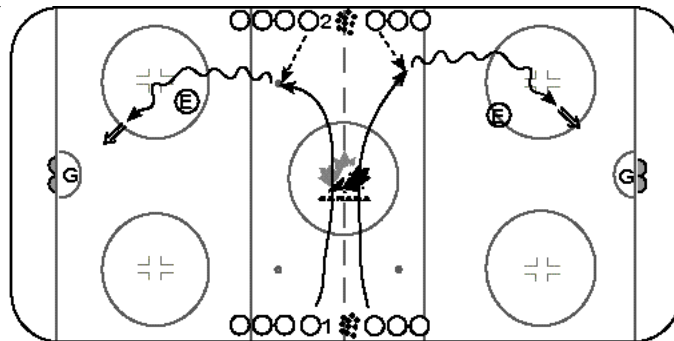
8 min

REVERSE A•B•C•D DRILL

- O1 Control skates to center of ice
- O2 Leads O1 with timing pass
- O1 Accelerates onto the puck, drives around the pylon to shot
- O1 Continues in front of the net to opposite line
- O2 Repeats

KEY TEACHING POINTS

- Acceleration onto puck and into zone
- Keep feet moving during shooting
- Soft lead pass



KEY EXECUTION POINTS

- O2 to wait until O1 passes cone before beginning
- Full speed back to line simulating backcheck

16 min

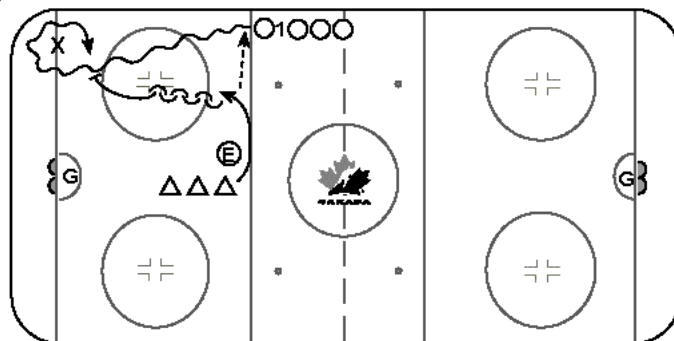
3 STATIONS – STATION 1

1 on 1 offensive zone

- 1 Skates to center, passes to O1 and pivots
- O1 Drives to tight turn in corner around pylon
- O1 vs 1 Play 1-on-1 low zone alternate sides

KEY TEACHING POINTS

- O1 to drive full speed to quick tight turn
- 1 to read pressure or stall and contain



KEY EXECUTION POINTS

- O1 Must remain low in zone
- 1 to protect middle
- May add give-and-go option using © as 2

min

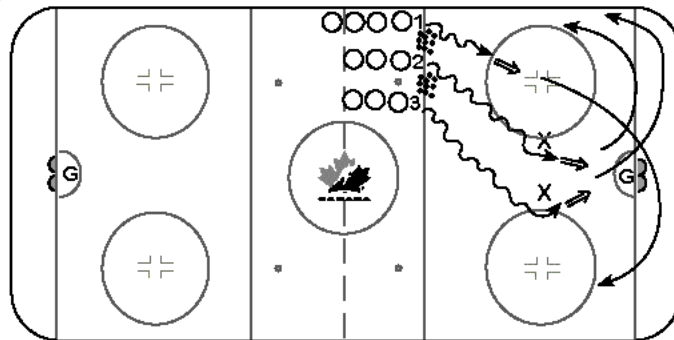
3 STATIONS – STATION 2

Three-shot goalie drill

- O1 Strides forward for a slapshot, follows up to the post
- O2 Skates takes a snap/wrist shot, follows up to post
- O3 Skates across ice and comes to front of net for a shot

KEY TEACHING POINTS

- Goaltender to respond as if these are rebound shots
- Players play no rebounds



KEY EXECUTION POINTS

- Goaltender starts all three players with one nod of the head
- Shooters focus on movement to net after shots

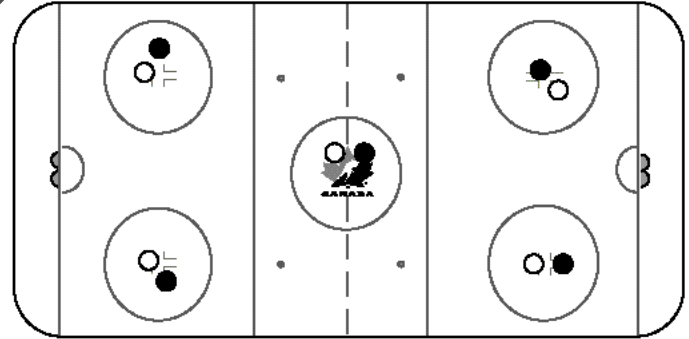
BANTAM LEVEL PRACTICE PLAN

- Session Objective(s)**
1. Improve forward crossovers and puck protection
 2. Improve body contact confidence
 3. Introduce net drive
 4. Introduce cycling/quiet zone activity

5 min

GAME: SUMO AGILITY

- Without sticks, players battle 1 on 1 in a circle with arms crossed
- A winner is declared when an opponent leaves circle, falls, or touches the ice with a hand or a knee.



KEY TEACHING POINTS

- Stance
- Contact preparation

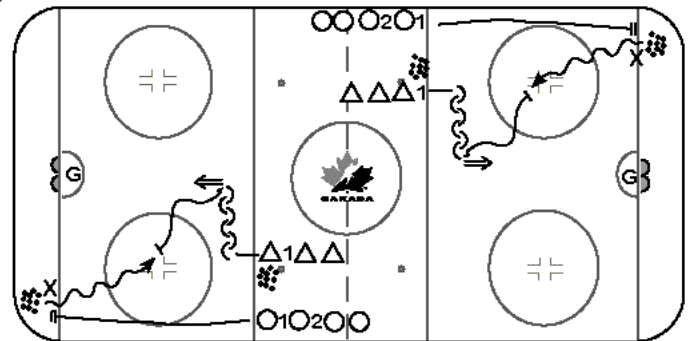
KEY EXECUTION POINTS

- © to monitor safety
- Potential tournament format

10 min

1 ON 1 FROM CORNER WITH HELP

- 1 Drags puck to center, shoots on goal
- O1 Skates to the corner and retrieves a loose puck
- O1 Plays 1 on 1 against 1
- If O1 cannot penetrate to net, O1 returns puck to corner and calls for "help"
- O2 joins for 2 on 1 play



KEY TEACHING POINTS

- Puck protection
- Penetrate to the net
- Defenders read pressure or stall & contain

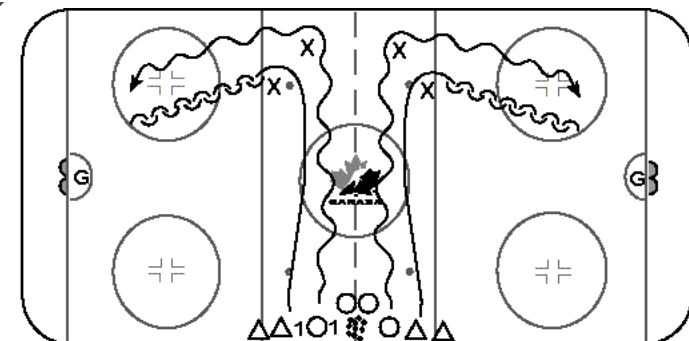
KEY EXECUTION POINTS

- O1 to keep feet moving
- Communication
- O1 Aggressive at attempting to penetrate

7 min

NET DRIVE 1 ON 1

- O1 Carries the puck around both pylons and drives to the net
- 1 leaves at the same time and must go between the pylons moving backwards
- O1 must drive to the outside



KEY TEACHING POINTS

- Quick feet
- Crossovers
- Puck protection

KEY EXECUTION POINTS

- Next group leaves as previous group enters the slot
- © reinforces the outside net drive at full speed

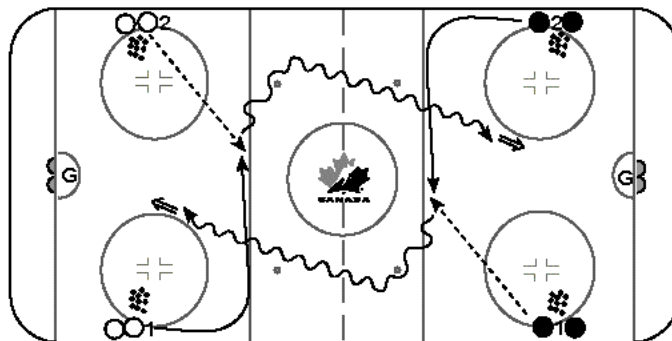
BANTAM LEVEL PRACTICE PLAN

- Session Objective(s)**
1. Reinforce the two types of forecheck systems
 2. Introduce forechecking in the neutral zone
 3. Introduce main concepts of penalty killing
 4. Review transition skating while adjusting to puck possession

7 min

FLAT SKATING

- O1 & ●1 flat skate along blue line
- O1 & ●2 receive pass from O2 & ●2
- O1 & ●1 drive wide, shoot on net



KEY TEACHING POINTS

- Low wrist shots
- Accelerate into pass
- Communication to initiate drill & passes

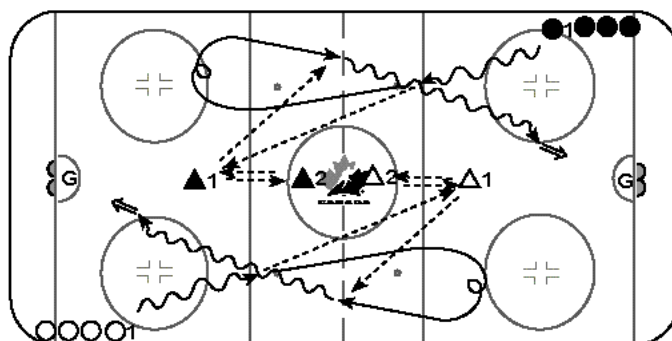
KEY EXECUTION POINTS

- Skaters stay on same side
- Warm up goaltenders

7 min

PLUNGER 1 – TOUCH & UP

- O1 skates through dots, passes to 1
- 1 passes to 2 to 1, back to O1
- O1 & ●1 start together



KEY TEACHING POINTS

- Accelerate into pass
- Keep eye on passer
- 's keep feet moving / one-touch passing
- O's open pivot / close quick support

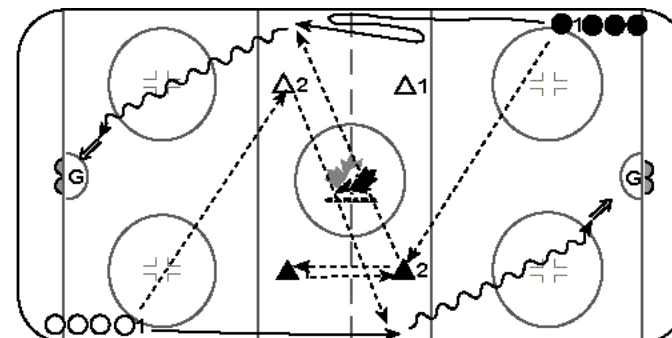
KEY EXECUTION POINTS

- Communication to initiate drill
- Use both sides
- Change defencemen

7 min

TRANSITION DRILL

- O1 passes to 1
- 1 passes to 2 simulating a turnover
- O1 turns to backcheck, 2 passes to 1
- O1 receives wide pass from 1 and drives wide for shot



KEY TEACHING POINTS

- Change of pace skating for O's
- Keep eye on puck
- 's pause before passing

KEY EXECUTION POINTS

- Both sides at same time
- Change sides at half-way point
- Option: 's give-and-go with O's

BANTAM LEVEL PRACTICE PLAN

- Session Objective(s)**
1. Introduce set plays for winning face-offs in all three zones.
 2. Reinforce skills to stay open for passes.
 3. Refine ability to read and act in defensive situations.
 4. Review goaltending skills; shuffling, angling and challenging shooters.

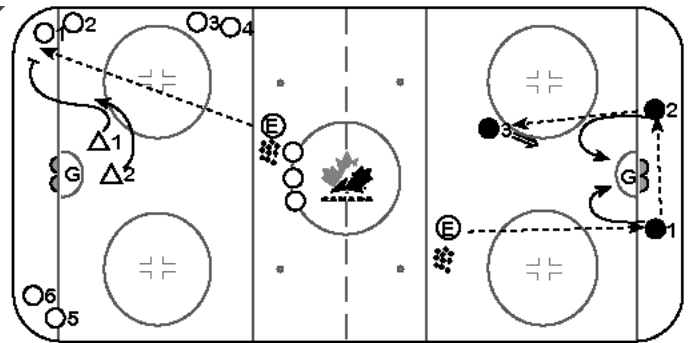
8 min

GOLDEN BEAR 2 ON 2

- 1, 2 start & return to front of net for each play
- O's pair up in 3 different locations
- © passes to any pair of O's, attack 2-on-2 vs 's
- 1 & 2 play all three 2-on-2's
- G2 plays wrap around & point shots with ●'s

KEY TEACHING POINTS

- Communication between checkers
- 's take turns, one pressures while the other supports



KEY EXECUTION POINTS

- Drill controlled by the whistle
- Goalies switch half way

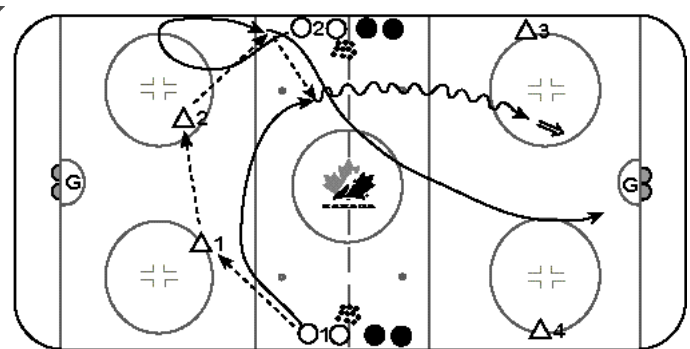
8 min

2 ON 0 NEUTRAL ZONE TRANSITION

- O1 passes to 1
- 2 staggers & receives pass from 1
- O2 supports close on wall, receives pass from 2
- O1 mirrors puck and receives pass from O2
- O1 & O2 attack 2-on-0

KEY TEACHING POINTS

- 's stagger and support
- Focus on timing - O1 to avoid getting ahead of puck
- Stick to stick passes



KEY EXECUTION POINTS

- Alternate sides
- © to watch the stagger closely

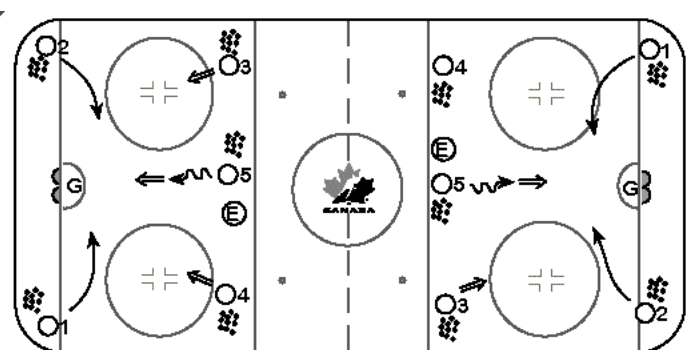
7 min

GOALIE DRILL - 5 SHOTS

- O1 & O2 execute low walk-outs
- O3 & O4 take slap shots
- O5 executes in tight breakaway
- Keep rotating positions

KEY TEACHING POINTS

- Shuffles
- Challenge
- Play angles



KEY EXECUTION POINTS

- Allow enough time between shots

- Session Objective(s)
1. Demonstrate Individual Offensive Tactics
 2. Demonstrate Puck Protection Tactics
 3. Demonstrate Team Offensive Tactics

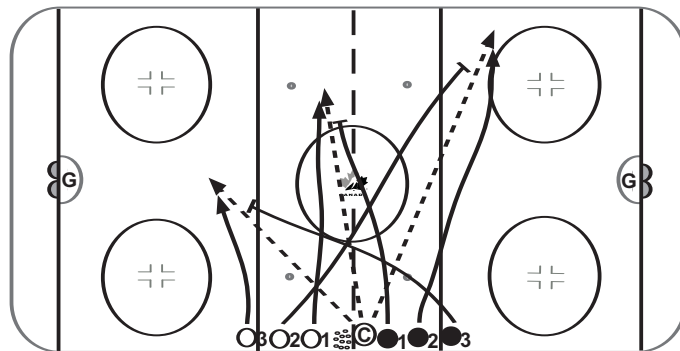
10 min

MULTIPLE 1 ON 1 BATTLES

- © spots puck anywhere on ice.
- O1 & ●1 begin 1-on-1 play, then O2 & ●2, etc.
- Up to 5 pairs at a time.
- Play continues until goal is scored.

KEY TEACHING POINTS

- Fun & Competition
- Goalie must maintain focus on all possibilities



KEY EXECUTION POINTS

- Keep heads up, maintain overall awareness

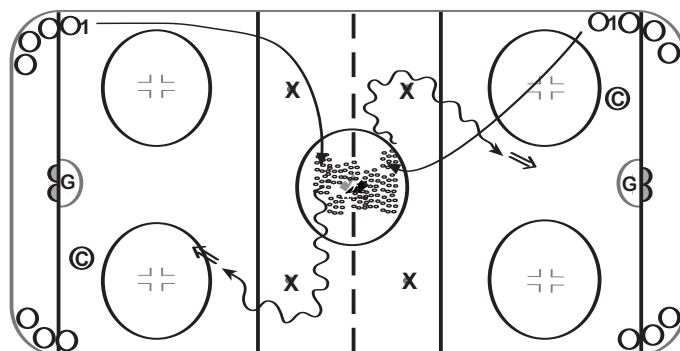
10 min

INSIDE-OUT / OUTSIDE-OUTSIDE

- O1 accelerates through center circle, picks up puck and drives outside lane for shot on net.
- Inside-out: O1 picks up puck in NZ, turns toward near side, accelerating to outside drive for shot.

KEY TEACHING POINTS

- Full speed puck carrying on cross-over strides
- Tight turn and acceleration on inside-out



KEY EXECUTION POINTS

- As player takes puck in NZ, next player begins
- Exit tight turns with short, quick strides

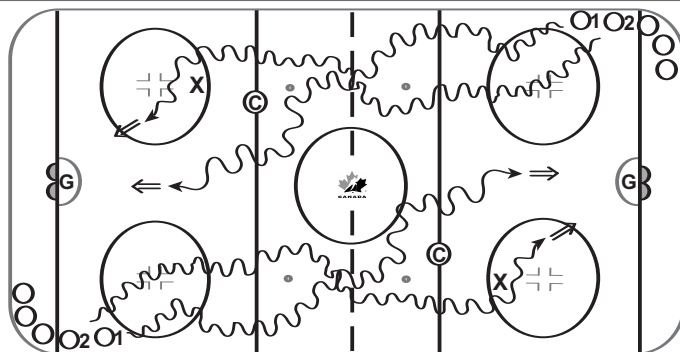
10 min

OILER DRIVE DRILL 1-ON-0

- Pairs of O's control skate to center line and accelerate to offensive blue line.
- O1 fakes, then drive skates outside pylon for shot.
- O2 drives inside pylon, down mid land for shot.
- Next 2 begin as previous pair reaches the far blue line.

KEY TEACHING POINTS

- Shoot in stride
- Keep the head up while protecting puck
- Stop in the slot for rebounds



KEY EXECUTION POINTS

- No deking - shoot from drive skate
- After shot, O1 stops and faces O2
- O's should be finishing towards goal

- Session Objective(s)
1. Demonstrate Individual Offensive Tactics
 2. Demonstrate Puck Protection Tactics
 3. Demonstrate Team Offensive Tactics

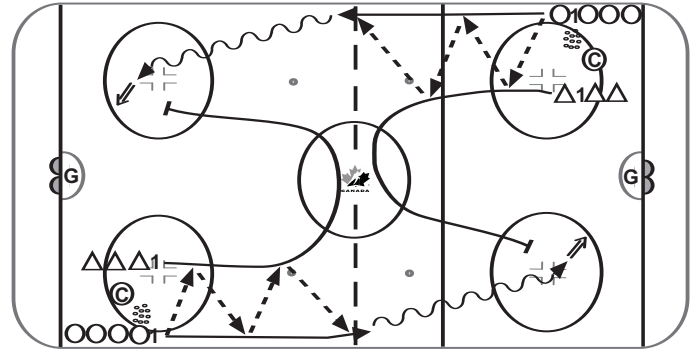
10 min

OUTSIDE DRIVE DRILL 1-ON-1

- O1 & D1 touch pass to center line.
- O1 drives on goal, D2 angles from inside.
- The next group begins on the whistle.
- Switch sides half way through drill.

KEY TEACHING POINTS

- O's to accelerate to maintain the advantage
- Puck protection while reading G's

**KEY EXECUTION POINTS**

- Begin on the whistle to ensure timing
- Progression: a) D's shadow only, no contact
b) add limited contact

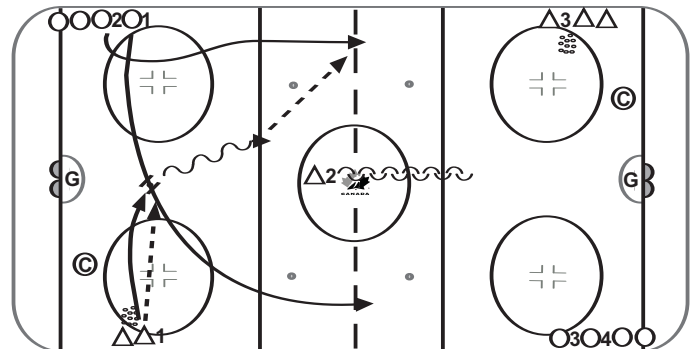
10 min

SPEED 2-ON-1

- O1 receives pass from D1.
- O1 touches puck back to D1 & control skates wide.
- D1 passes to O1 or O2 for 2-on-1 play.
- O2 wide attack, drive delay.
- O1 mid-lane drive support.
- Attack G2.

KEY TEACHING POINTS

- Drive puck to net until forced by D
- Accelerate into O2

**KEY EXECUTION POINTS**

- Begin on the whistle
- Progression: add a regroup with D1 before the 2-on-1

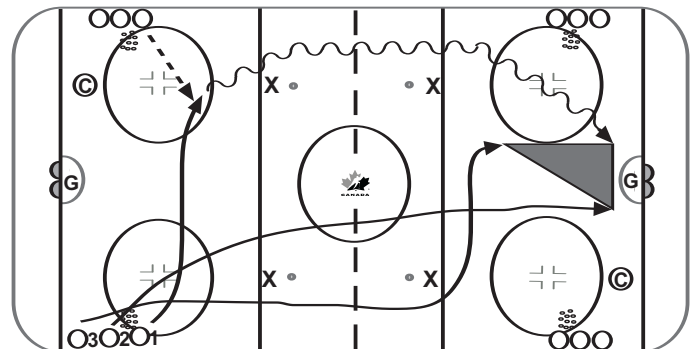
10 min

1-2-3 OFFENSIVE ATTACK DRILL

- Combine outside net drive, mid lane drive & I-up support to create offensive attack triangle.
- Progression:
 - a) O1 receives pass, drives net 1-on-0.
 - b) add O2 supporting with middle lane for 2-on-0.
 - c) add O3 on puck-side with I-up support, 3-on-0.

KEY TEACHING POINTS

- Maintain good net drive habits
- Timing - accelerate to net, stick on the ice
- Timing - support behind puck

**KEY EXECUTION POINTS**

- 1-on-0 & 2-on-0: opposite corners on the whistle
- © feedback to each group in line
- 3-on-0: alternate ends or both ends on whistle

MIDGET LEVEL PRACTICE PLAN

- Session Objective(s)**
1. Focus on individual skills and tactics
 2. Puckhandling, acceleration, agility, mobility and transitional skating
 3. Passing & receiving in motion, stick checking, angling and backchecking
 4. Goaltenders - challenging with focus on angles

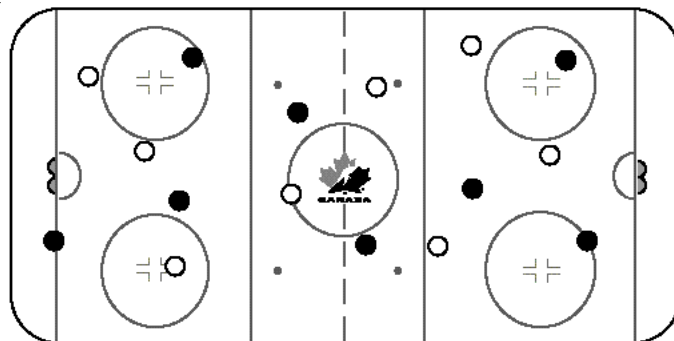
5 min

TWO-PUCK SCRIMMAGE

- Divide players into 2 teams, 2 pucks in use
- Players continue moving anywhere on ice, but cannot hold the puck more than 3 seconds
- Pucks cannot be shot from one end to the other
- First team to score three goals wins

KEY TEACHING POINTS

- Communication; puckhandling, deking & passing skills
- Awareness; two pucks always moving



KEY EXECUTION POINTS

- Split Jersey colors
- Do not allow two players to shoot at the goaltender at the same time

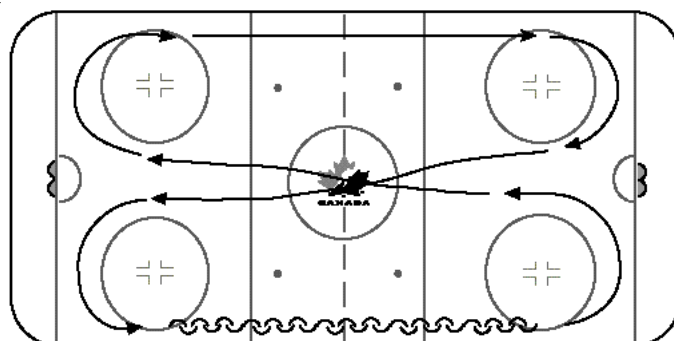
8 min

WARM-UP SKATE AND STRETCH

- 4 Minutes: Hard up the center lane, crossovers in end zones and stretch down wall. Stretch backwards between blue lines
- 4 Minutes: Static stretch

KEY TEACHING POINTS

- Quick feet and acceleration down center lane
- Good pivots forward-backward-forward
- Sit tall while moving backwards



KEY EXECUTION POINTS

- Don't bounce during stretches
- Hold all stretches for 8 count

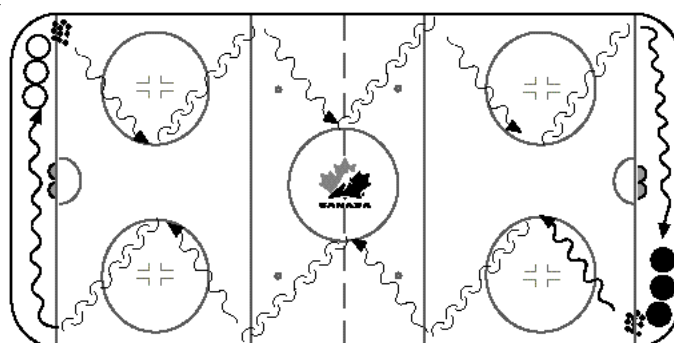
5 min

TRANSITIONAL SKATE WITH PUCK

- Players with pucks at each end start on whistle
- Forward skate to hashmarks, pivot, backwards skate to blue line, pivot, forward skate to center circle, pivot, backwards to blue line, forward to hashmarks and backwards to corner

KEY TEACHING POINTS

- Full speed
- Heel-to-heel pivots
- Eyes up - use peripheral vision



KEY EXECUTION POINTS

- 2nd player starts as first player reaches hashmarks

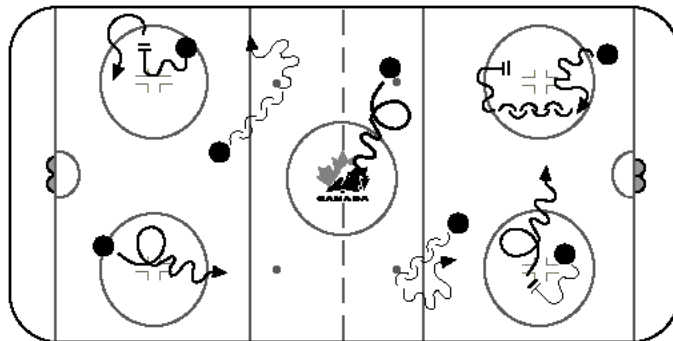
MIDGET LEVEL PRACTICE PLAN

- Session Objective(s)**
1. Puck control, accelerating through turns
 2. Refine offensive team tactics, attack with speed, drive the net, I-up, cross drops & delays
 3. Introduction to forechecking, review angling, pressuring and containing

8 min

7-SECOND AGILITY SKATE AND STRETCH

- Players with pucks spread out over ice
- On whistle, break hard; forwards, backwards, stop, start, tight turn, pivot while controlling puck
- Slow down on next whistle
- Stretch while in motion



KEY TEACHING POINTS

- Be creative; get puck in skates, kick to stick, etc.

KEY EXECUTION POINTS

- Many short bursts at high intensity

7 min

INSIDE-OUT, OUTSIDE-IN SHOOTING

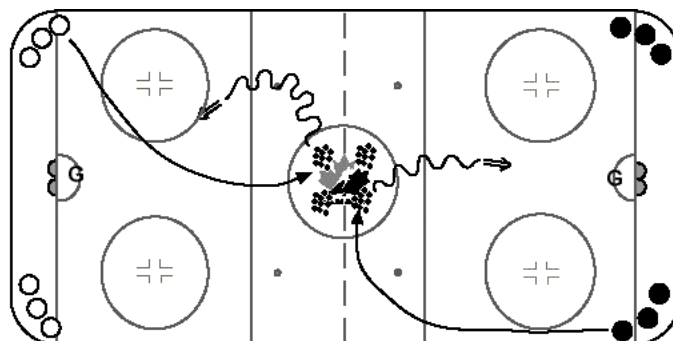
- Alternate sides on whistle

A - Inside-Out

- Full speed from corner to mid-lane, pick up puck, crossovers to outside, drive wide to shot

B - Outside-In

- Full speed out of corner along boards, crossovers to pick up puck, attack net from mid-lane



KEY TEACHING POINTS

- Full speed
- Longshots for Goaltender warm-up
- Shoot to score

KEY EXECUTION POINTS

7 min

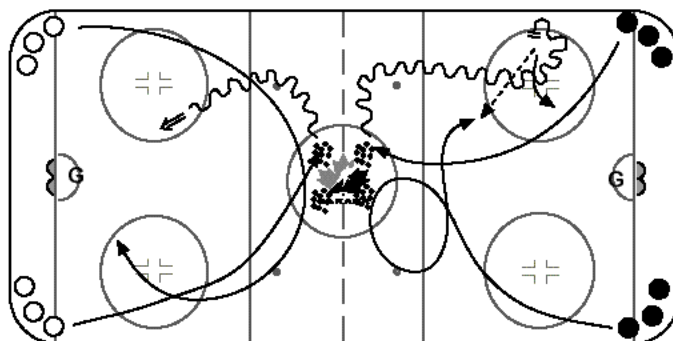
2-ON-0, PART 1

A - Double Drive (4 minutes)

- Both Players cross, one picks up puck, the other drives hard to net

B - Delay/I-Up (4 minutes)

- Players go inside-out, puck carrier drives wide to hashmarks and delays, other player cuts flat to I-up



KEY TEACHING POINTS

- Communication, keep track of puck
- Net drive, puck protection
- Drive delay

KEY EXECUTION POINTS

- Stay on-side
- Delay/I-up: Puck carrier must get to hashmarks

MIDGET LEVEL PRACTICE PLAN

- Session Objective(s)**
1. Improve puck handling at high speeds and through tight turns
 2. Refine individual offensive and defensive tactics - 1 on 1
 3. Improve checking skills

6 min

2 & 3-PLAYER PASSING SEQUENCE

- Start with 2 players one-touch passing around rink, side-by-side, forwards and backwards
- Add 3rd player, one player skating backwards

KEY TEACHING POINTS

- Provide a target
- Head up

KEY EXECUTION POINTS

- Control pace
- Provide separation between groups
- Go deep into other end

8 min

3-PLAYER 4-CORNER SHOOTING

- Alternate all 4 corners, player to keep switching sides
- Groups of three players tight turn inside out around pylons for shot on net

KEY TEACHING POINTS

- Warm up goaltenders
- Drive out of tight turn with puck

KEY EXECUTION POINTS

- Whistle control or opposite ends communicate

10 min

TRANSITION 1 ON 1

- O1 skates below hashmarks to pick up puck, tight turns inside face-off dot and skates to far end staying between dots and boards until outside blue line
- 1 tight turns and pivots around pylon for 1-on-1 vs O1

KEY TEACHING POINTS

- Good pivot turns
- Drive out of pivot
- Close gap early

KEY EXECUTION POINTS

- On whistles
- Allow 1 to get set
- Challenge 1 to close gap early

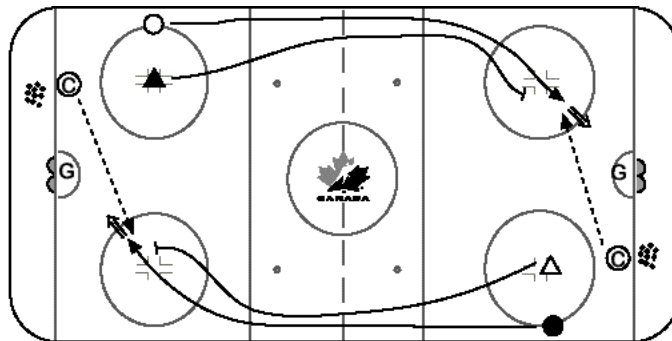
MIDGET LEVEL PRACTICE PLAN

- Session Objective(s)**
1. Improve puck handling at high speeds and through tight turns
 2. Refine individual offensive and defensive tactics - 1 on 1
 3. Improve checking skills

10 min

FIND-THE-MAN BACKCHECKING

- O1 drives down wall for pass from ©, 1 backchecks
- 1 to keep O1 to outside, O1 attempts to score



KEY TEACHING POINTS

- Keep feet moving
- 1 to stay between puck and net
- O1 to be aggressive, use change of speed

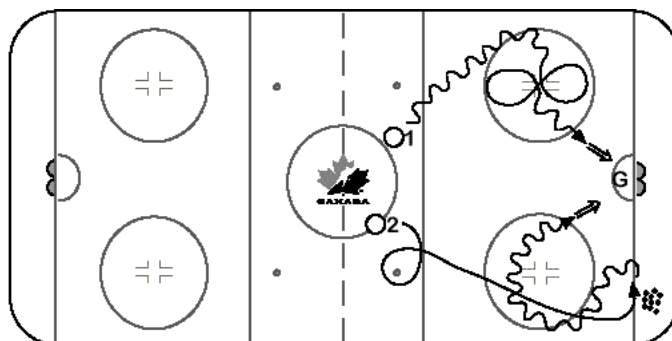
KEY EXECUTION POINTS

- Start on whistle

10 min

PUCK HANDLING & SHOOTING

- O1 & O2 begin at the same time executing different patterns
- O1 carries a puck throughout - executing a figure 8 through the face off circle
- O2 retrieves a loose puck and executes a figure 8 to the top off the face off circle before shooting on goal



KEY TEACHING POINTS

- Competition, excitement & enthusiasm
- Go hard, drive out of turns
- Maintain good puck protection

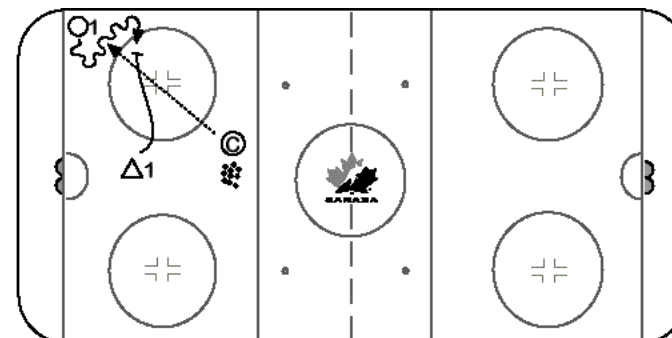
KEY EXECUTION POINTS

- two lines of players
- two players leave at the same time, shots are staggered
- next two leave as O2 arrives at the top of the circle

10 min

1 ON 1 CONTAIN

- © passes to O1
- 1 closes gap quickly, contains O1 in quiet zone angling up boards using stick checks & pressure
- No physical contact



KEY TEACHING POINTS

- 1 to maintain position between O1 and net
- Use stick to deflect puck

KEY EXECUTION POINTS

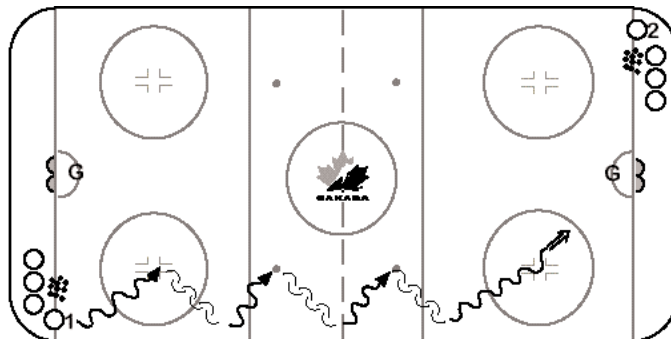
- Players switch to play both O &
- On turnover, 1 protects puck in corner

- Session Objective(s)
1. Improve one-touch passing and refine puck movement
 2. Power play options
 3. Improve speed on transitions and defensive zone work
 4. Improve communication in offensive zone

10 min

WARM-UP, BASKETBALL PIVOTS

- On whistle, O1 skates to dot with puck.
- O1 pivots at dot, skates backwards to boards.
- O1 continues down ice, pivoting forwards to dots, backwards to boards.
- Shot on goal from last face-off dot.



KEY TEACHING POINTS

- Quick feet
- Head up
- Acceleration

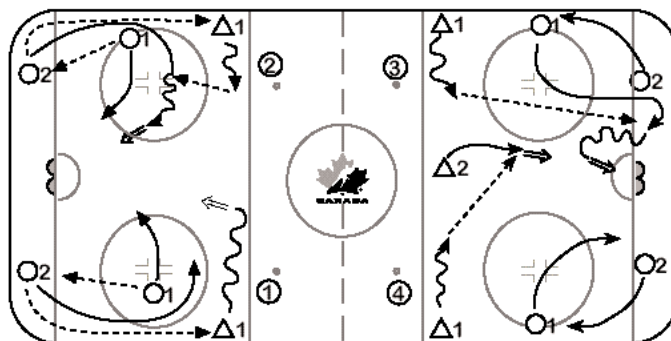
KEY EXECUTION POINTS

- Next player starts as previous player reaches red line
- Warm up Goaltender with low shots only

10 min

POWER PLAY OVERLOAD OPTIONS

- O1 passes to O2, O2 to Δ1 and drags to middle.
- Options: a) Δ1 point shot
b) Δ1 passes to O2 for drive & shoot
c) Δ1 passes to O2, O2 to O1 for low walk
d) Δ1 to O2 to O1 to Δ
f) Δ1 to O2 to Δ1 point shot



KEY TEACHING POINTS

- Support
- Quick puck movement
- Tape-to-tape
- Stick on ice
- Be a threat
- Drive lanes, attack net

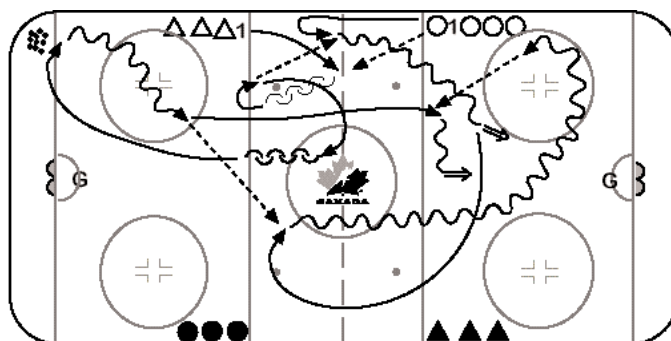
KEY EXECUTION POINTS

- Both ends simultaneously, one side at a time
- Each option, 2 minutes

10 min

SALT LAKE OFFENSE/DEFENCE

- Δ1 skates to red line, pivots & backpeddles for pass from O1, O1 to wall support.
- Δ1 pivots at b. line, pass to O1, O1 drives wide, shoots.
- Δ1 skates to red line, backpeddles to blue line, pivots, picks up puck in corner. passes to O1.
- O1 delays, passes to Δ1 for point shot.



KEY TEACHING POINTS

- Quick feet; timing; speed
- Close support
- Shoulder check

KEY EXECUTION POINTS

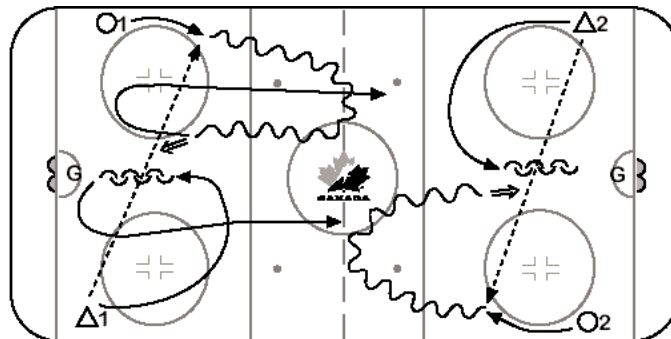
- Start on whistle
- One side at a time

- Session Objective(s)
1. Improve one-touch passing and refine puck movement
 2. Power play options
 3. Improve speed on transitions and defensive zone work
 4. Improve communication in offensive zone

10 min

2-ON-2 STAGGERED

- On whistle, Δ1 passes to O1, O1 skates to red line.
- Δ1 closes gap, O1 turns and attacks vs Δ1.
- Next whistle, Δ2 & O2 repeat.
- O1 & Δ1 jump in for full-ice 2-on-2 live play.
- Next whistle, repeat .



KEY TEACHING POINTS

- Read rush
- Identify player
- Gap control
- Communicate
- Battle
- Body position

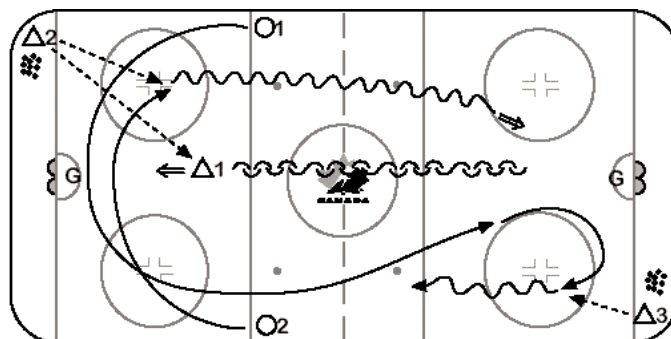
KEY EXECUTION POINTS

- Wait for whistles
- Play 2-on-2 until goal or whistle
- Intensity

10 min

D-3 PASS

- Δ2 to Δ1 for point shot, Δ1 backpeddles to far end.
- O1 & O2 skate into end zone, Δ2 passes to O2.
- O1 & O2 attack 2-on-1 vs Δ1.
- O1 swings to corner for pass from Δ3 and attacks back on breakaway as O2 & Δ1 battle at net.
- Δ3 passes to Δ2 for point shot, as O2 and Δ1 battle.



KEY TEACHING POINTS

- Drive skate
- Battle
- Low shots
- Communication
- Body position

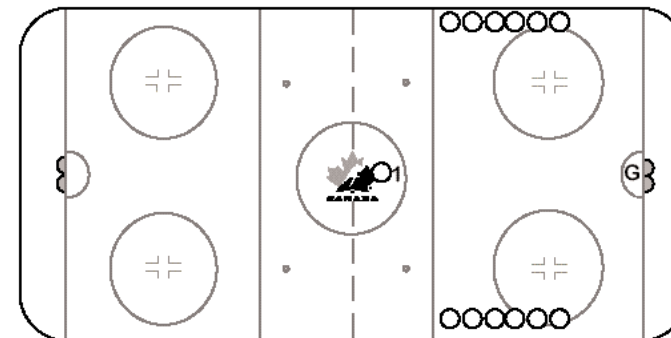
KEY EXECUTION POINTS

- Δ2 follows up 2-on-1
- Start on whistle

10 min

LAS VEGAS SHOWDOWN

- Players bet on either the shooter or the goaltender by skating to the designated side of ice.
- Every player gets one shot.
- Losing side skates over and back 2x.
- Goaltender skates if goal is scored.



KEY TEACHING POINTS

- Fun
- Work Hard
- Team Work

KEY EXECUTION POINTS



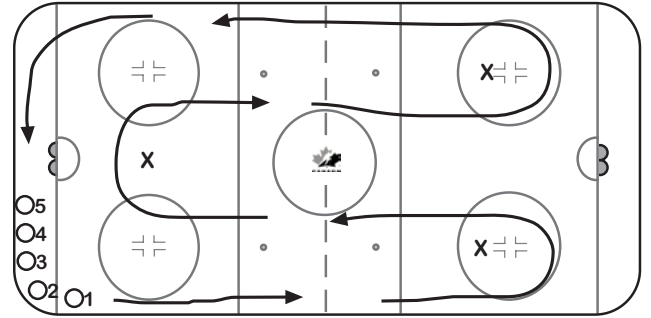
Hockey Canada Skills Development Camp

Ice Session One

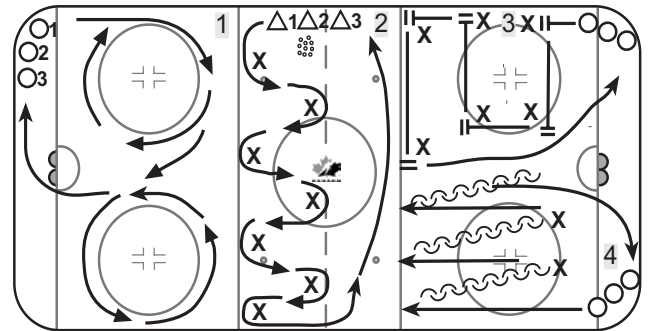
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Ice Session Focus: Skating, Puckhandling and Passing

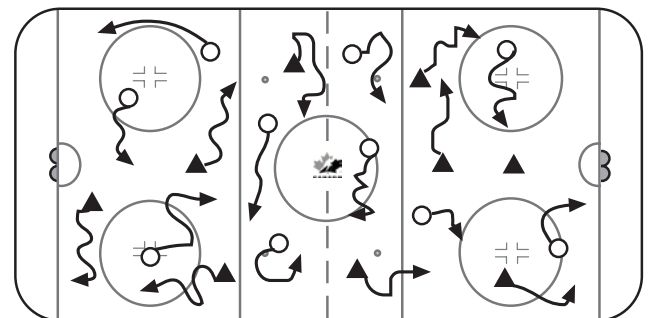
Time	Description	Key Points
5	Back Alley Warm Up	
	<ul style="list-style-type: none"> working on agility & coordination skate course following instructions from © <ol style="list-style-type: none"> forward to backward, backward to forward at each Red Line 2 foot jumps at each line Front dives at the each Red Line <p>* next player goes when 01 is at the Blue Line</p>	<ul style="list-style-type: none"> 1/2 speed balance



Time	Description	Key Points
20	Skating Evaluation	
	<p><u>Stations</u></p> <ol style="list-style-type: none"> Forward and backward crossovers and pivots facing the net (can do with pucks 3rd – 4th time through) Tight turns and 360° turns (can do with pucks 3rd – 4th time through) Forward and backward stops and starts Forward and Backward striding <p><u>Goalies - 1 © for Goalie Zone</u></p> <ol style="list-style-type: none"> T-pushes side to side Movement up and back Mirror Drill Pair Passing 	<ul style="list-style-type: none"> 5 min each station with rotation on the whistle coaches remain with stations balance body position



Time	Description	Key Points
5	Chaos	
	<ul style="list-style-type: none"> players stick handle all over the zone on the whistle, © enters the zone and begins checking all the puck carriers, shooting the pucks out of the zone checked players become checkers last player remaining with a puck is the winner <p><u>Goalie Station</u></p> <ul style="list-style-type: none"> stretching activities and stance evaluation 	<ul style="list-style-type: none"> head up protect puck move to open space quick feet quick puck movement





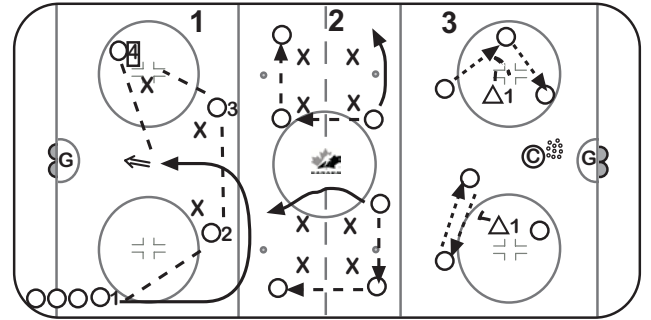
Hockey Canada Skills Development Camp

Ice Session One

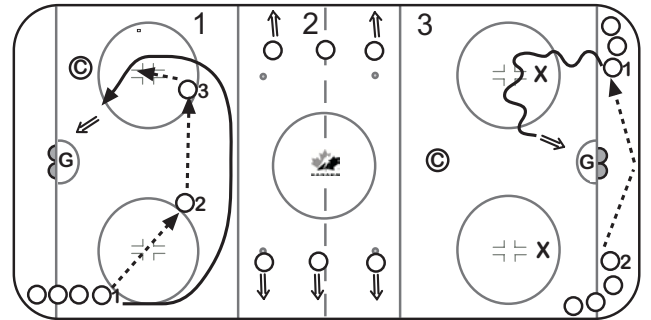
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Ice Session Focus: Skating, Puckhandling and Passing

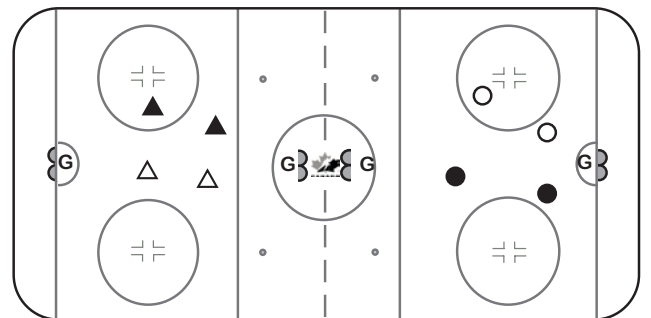
Time	Description	Key Points
20	Passing and Receiving Circuit	
<p>1. Montreal Drill</p> <ul style="list-style-type: none"> 04 passes to 01, 01 - 02, 02 - 03, 03 back to 04 in the slot (rotate) <p>2. Pass with Accuracy</p> <ul style="list-style-type: none"> move laterally giving and receiving passes on the outside of the cones <p>3. "Pig in the Middle"</p> <ul style="list-style-type: none"> one checker between 3 players, with players continuously passing the puck until the checker intercepts. Checker then trades places and becomes a passer 		<ul style="list-style-type: none"> 5 to 6 minutes per station eyes on the target give target at all times use deception



Time	Description	Key Points
15	Shooting Circuit	
<p>Demonstrate/Teach Shooting Skills</p> <p>Circuit: 5 minutes / station</p> <ol style="list-style-type: none"> Wrist shot - pass and follow (alternate sides) Slap shot - stationary O2 bank pass to O1. O1 walks out around the pylon for a backhand shot on goal 		<ul style="list-style-type: none"> eyes on the target follow through to target back to front foot weight transfer quick release



Time	Description	Key Points
10	Double French Scrimmage	
<ul style="list-style-type: none"> a regular scrimmage with whistles determining the number of players coming on to the ice place all players (2 teams) on each bench to start number of whistles from the © determines number of players called from each bench quick changes on the whistle 		<ul style="list-style-type: none"> continuous play no offsides, no icing, no offside passes 4 nets on the ice (2 back to back at Red Line)





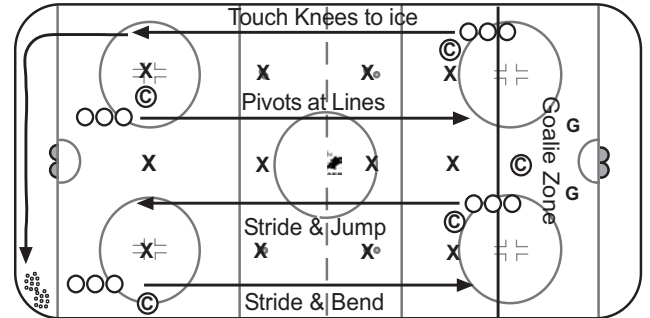
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Ice Session Two

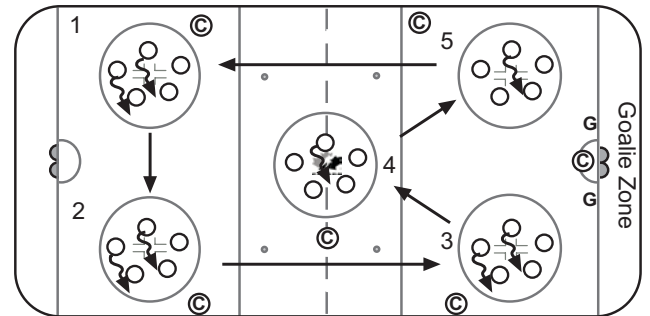
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Ice Session Focus: Skating, Puckhandling and Passing

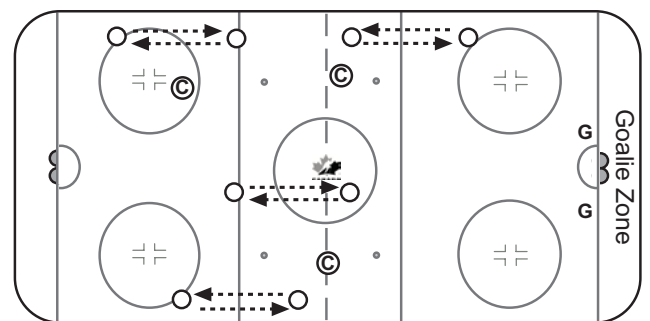
Time	Description	Key Points
10	4 Lane Warm Up	
<u>Skating / puck control warm-up</u>		
Divide players into 4 groups and start at places indicated. Players take off one after another, flow from one line into another.		<ul style="list-style-type: none"> - 1/2 speed - balance - do twice without pucks, and twice with pucks
<ol style="list-style-type: none"> 1. Stride and bend 2. Stride and jump 3. Pivots at each line 4. Drop to knees at each line 		
* Goalie coach can do warm-up work with goalies		



Time	Description	Key Points
10	5 Circle Chaos Drill	
<u>Stickhandling</u>		
Divide players into 5 groups. Players then go to one of 5 circles. Inside each circle is a different stickhandling exercise. Players will stay in each circle for about 2 minutes then on whistle move to next circle		<ul style="list-style-type: none"> • 1-2 min each circle with rotation on the whistle • coaches remain with stations
<ol style="list-style-type: none"> 1. Forehand only 2. Backhand only 3. Partner stickhandle 4. 1 hand stickhandle only 5. Stickhandle between legs, use feet 		
* Goalie coach works with goalies		



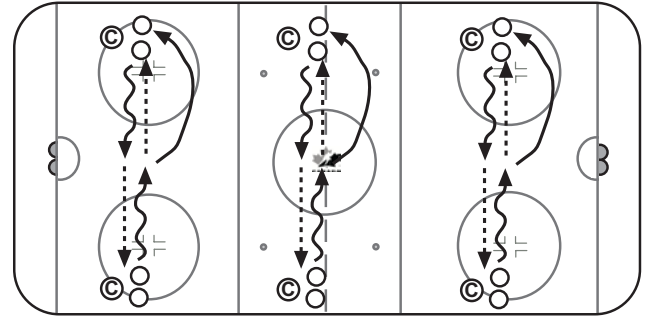
Time	Description	Key Points
12	Pairs Passing	
<u>Partner passing</u>		
Players pair up		<ul style="list-style-type: none"> -2 minutes on each type of passing skill
<ol style="list-style-type: none"> 1. 1 minute – just pass back and forth – no feedback from coaches – 2nd min give feedback 2. Try to pass with no sound – soft hands 3. 20 passes as fast you can – forehand 4. 20 passes as fast you can – backhand 5. Receive pass on forehand, bring across body and pass back on backhand 		<ul style="list-style-type: none"> -head up -quick puck movement -soft hands
* Goalie coach works with goalies		



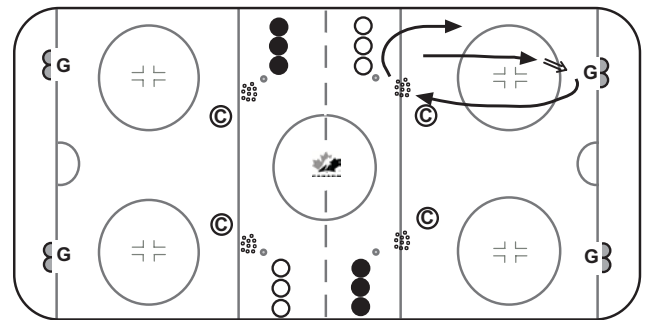
Time	Description	Key Points
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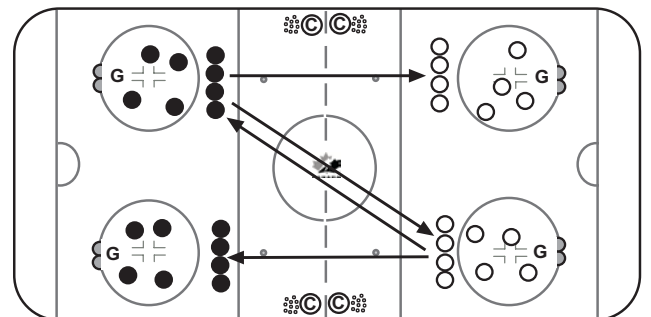
8	Creative Skate / Pass Drill	
<u>Creative skate / pass drill</u>		
<p>Players move into 6 or 8 lines down each side of the ice – 2 –3 players in each line.</p>		
<ol style="list-style-type: none"> 1. First player in line skates forward, then passes to first player in opposite line once puck carrier gets to center ice 2. Coaches will tell players to do something different each time they come across ice at center ie 360's, spinerama, drop to knees, drop puck in skates etc... 3. Players be creative in what they do, each time do something different 	<ul style="list-style-type: none"> - go at full speed - eyes on the target - give target at all times - use deception 	



Time	Description	Key Points
15	1,2,3,4 on 0 Drill	
<u>Relay - Passing / Scoring Skills</u>		
<ol style="list-style-type: none"> 1. Divide players into white and Black as indicated 2. On whistle first player in each goes in for shot on net, keep shooting until goal is scored. 3. After goal, player comes outside blue line, picks up another puck and goes in with 2nd player in line for a 2 on 0. 4. Continue 3 on 0, 4 on 0 until all players in line have gone. 5. Relay is won by first team who slides over blue line after last goal is scored. 	<ul style="list-style-type: none"> -shoot to score indicated - each player must touch puck before shot on net follow - goalie can shoot puck away if they stop it 	



Time	Description	Key Points
10	Finnish Scrimmage	
<p>Players are divided into teams as shown.</p>		
<ol style="list-style-type: none"> 1. Players who start in circle are defense, and must stay there, can't move feet - only stick 2. Player who start at top of circle, are offense and must try to score on opposite net. 3. Once goal is scored offensive players must skate back outside blue line and receive pass from coach on side boards and go in for more goals. 4. On whistle (every 1 minute) Offense, and defense exchange roles. D who transition to offense, start by getting pass from coach on side boards. Goalies keep track of goals. 5. Progression can be that Offense can go to either net at opposite end to score, 	<ul style="list-style-type: none"> -continuous play -no offsides, no icing, no offside passes -4 nets on the ice as shown 	





2008-2009

ADVANCED SKILLS CAMP ICE-PLAN

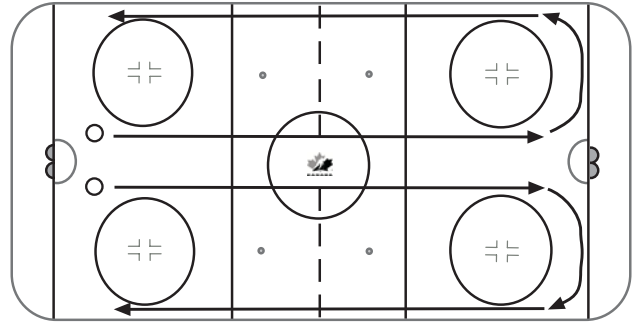
Drill Name & Description

Skating Warm – Up 1

Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards.

- 1) Stride and Bend
- 2) Jump Stride
- 3) Scissors – fwd / bwd / reverse
- 4) Crossovers
- 5) Knee Drops

Utilize all the skating skills from the Skating Specialty Clinic

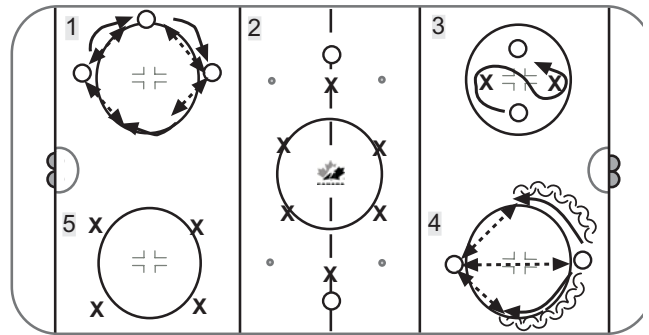


Drill Name & Description

Skills Stations 1

Split into 5 groups, rotate through the stations after 2 -3 minutes

- 1) 1 touch face the passer
- 2) Mirror skating / passing
- 3) Figure 8 passing agility
- 4) 1 touch pass and move
- 5) 4 pylon agility



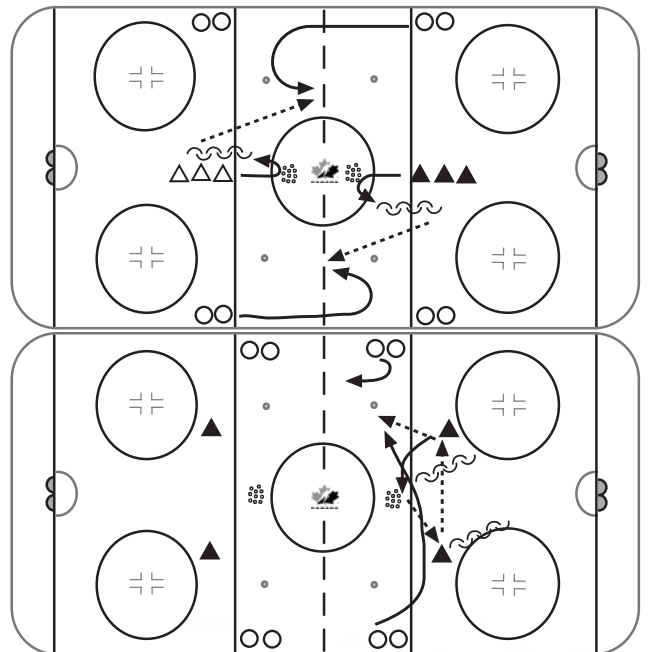
Drill Name & Description

D Man Mobility Warm-up

Go both ends at same time, Sequence is Pass Left, Pass Right, Skate

- 1) Players start on 4 corners of Blue lines
- 2) All the pucks are in the center circle.
- 3) D start inside blue line in centre of ice
- 4) D picks up puck, backpeddles, F from left side skates down, curls to middle, get pass from D, D then touches up to blue line, skates forward, get another puck, backpeddles to blue line and hits F from the right side with pass, touches up to blue line, picks up third puck and goes in for shot on net.

Progression – Split the D side to side, so they alternate retrieving puck and make a D to D pass





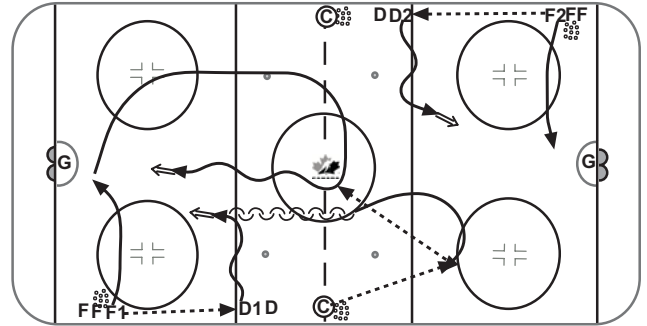
ADVANCED SKILLS CAMP ICE-PLAN

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Drill Name & Description

Penetrating Pass

- 1) On coaches whistle F1 passes to D1 who slides along blue line and shoots on goal. F1 goes to net for a screen or tip.
- 2) F1 then skates out side zone, while D backpeddles, opens up and receives pass from coach as he skates forward, and hits F1 with pass up the middle.
- 3) Run out of both ends at the same time.



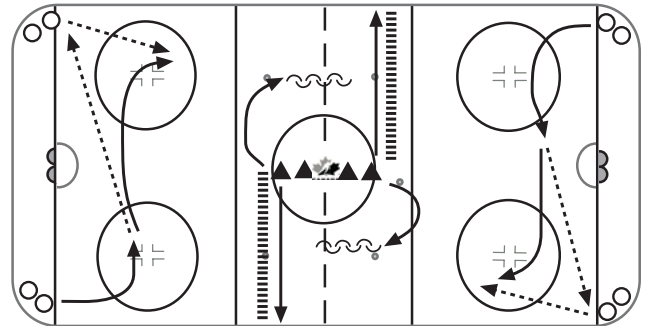
Drill Name & Description

Olympic 1 on 1 / 2 on 2

Forwards in all 4 corners, D at centre ice. On whistle D skates to side boards, touches with stick, lateral crossovers back to centre to play oncoming forward back 1 on 1.

- Defense must move feet quick.
- Forwards must attack with speed.

Turn into 2 on 2 each direction by adding second forward and second D.





ADVANCED SKILLS CAMP ICE-PLAN

2008-2009

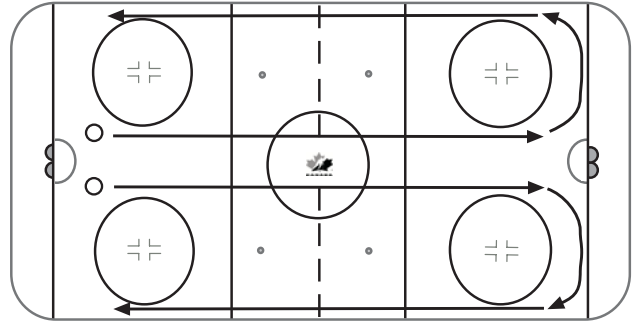
Drill Name & Description

Puck Control – Warm - Up 1

Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards.

- 1) Quick Hands
- 2) Forehand / Backhand only
- 3) Scissors – fwd / bwd with puck
- 4) Toe Drags
- 5) Puck / Stick through legs

Utilize all the puck control skills from the Puck Control Specialty Clinic

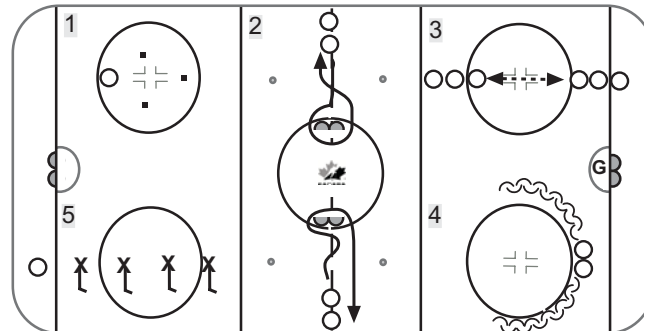


Drill Name & Description

5 Station Skills

Organize into 5 groups, each group starts at a station and rotates after 2-3 minutes

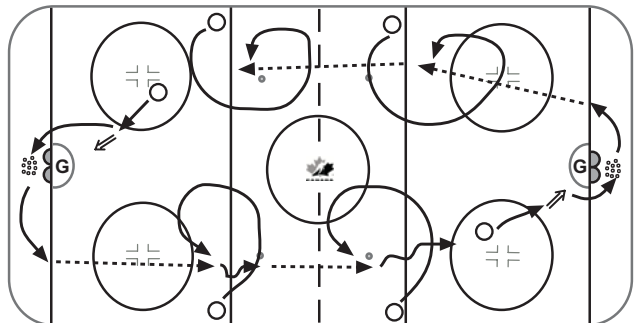
- 1) Fast Hands – triangle stickhandling
- 2) Agility nets
- 3) Fast hands passing
- 4) Alarm Clock agility skate race
- 5) Creative moves – fast hands / feet



Drill Name & Description

Continuous Timing

- 1) Start on boards at 4 blue lines.
- 2) On whistle, first person from opposite ends starts by shooting on net.
- 3) After shot, retrieve puck from behind net, next person on opposite blue line has to time the skate to get a pass in full stride, next person at the next blue line on the same side has to do the same.
- 4) Can always circle towards the boards, or always circle towards middle





ADVANCED SKILLS CAMP ICE-PLAN

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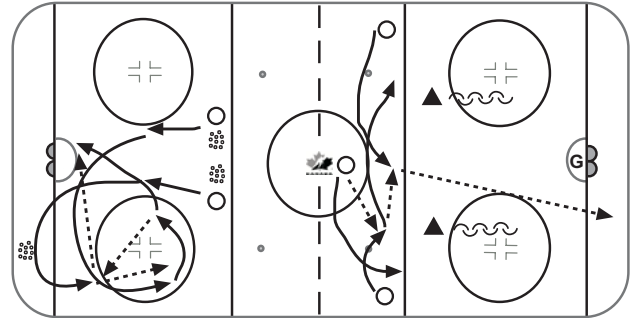
Drill Name & Description

Triple Shot Backdoor / Breakout X 4

- A)
- 1) Two lines near blue line, both begin with shot on net, person on left, skates to retrieve puck.
 - 2) Second shooter follows behind and gets in position to receive pass, once pass is received, drops back to passer and head to net for a play trying to go back door.

- B)
- 1) Breakout 4 times end with 3 on 2
 - 2) Quick up – Wheel – Over – Reverse.

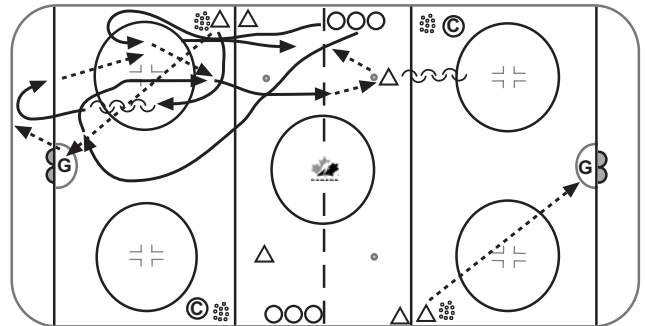
Coach dumps puck in, D retrieve and breakout with fwds, regroup with pass to coach who dumps puck in again



Drill Name & Description

Double Regroup

- 1) D starts with shot on net, goalie spots puck to corner, D then breaks out 2 on 1, fwds regroup to far D, come back towards original end, regroups with original D and then attack 2 on 1.
- 2) Go both sides at the same time. Can also add shot from D man to end sequence with fwds in front of the net.

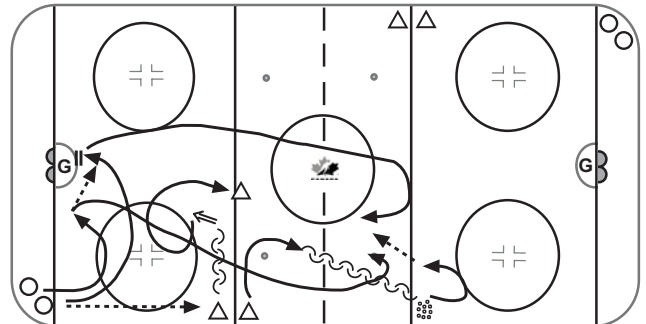


Drill Name & Description

2 Shot regroup – 2 on 1

- 1) Forward begins by corner driving to the net for shot, second forward passes to d man, then also goes to net.
- 2) D sprints / or drags puck to middle for shot on net. After shot, D retreats back to pick up spotted puck.
- 3) Fwds leave zone to get pass from d and then go back in 2 on 0, D follows up for second shot.

Make sure players communicate, D must shoulder check, retrieve puck with speed, and follow forwards to enter zone with speed.

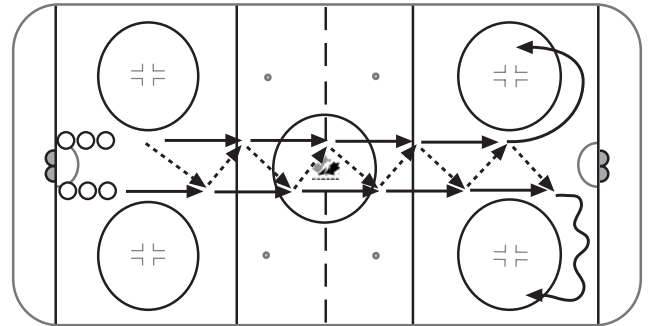




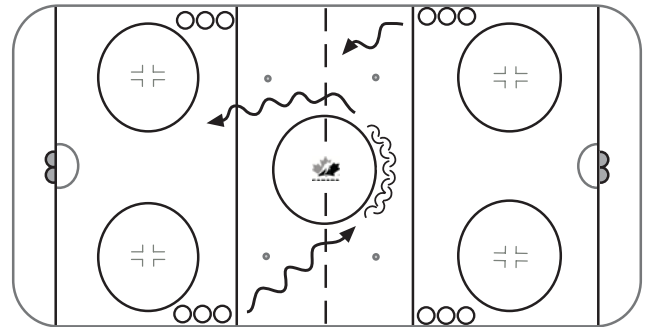
U17 Provincial Camp Practice Plans

Practice #1 **Focus: SSP / Flow** **Theme: Relax and Play**

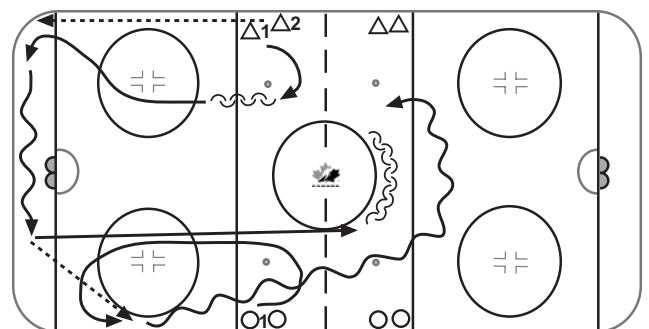
Time	Drill Name & Description
10	Warm-Up – One Touch
Passing Options: <ul style="list-style-type: none"> • One touch • Fwd / bwd • 1 Up Vary skating patterns up wall: <ul style="list-style-type: none"> • Fwd / bwd / fwd • Knee touches • Jumps turns • 360 pivots Key Teaching Points <ul style="list-style-type: none"> • Call for pass • Tape to tape • One touch passes • Goalies included 	



Time	Drill Name & Description
10	Warm-Up – Fwd / Bwd / Fwd
<ul style="list-style-type: none"> • Communicate to start • Forward to redline, backwards around circle, forward at redline, drive and shoot Options: <ul style="list-style-type: none"> • Fwd, bwd, fwd • Fwd, bwd, T turn drive up ice • Exchange pucks Key Teaching Points <ul style="list-style-type: none"> • Quick feet • Shoot in stride • Hit net • Switch lines 	



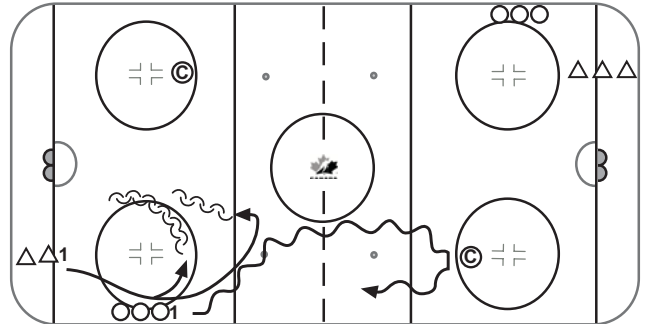
Time	Drill Name & Description
10	Tempo 1 vs 1
<ul style="list-style-type: none"> • Δ2 spot puck into corner • Δ1 around dot and retrieve • O1 around dot and anchor on wall • O1 double touch blueline • Δ1 around center circle • 1 vs 1 Key Teaching Points <ul style="list-style-type: none"> • Explode on start • Both ends at once 	



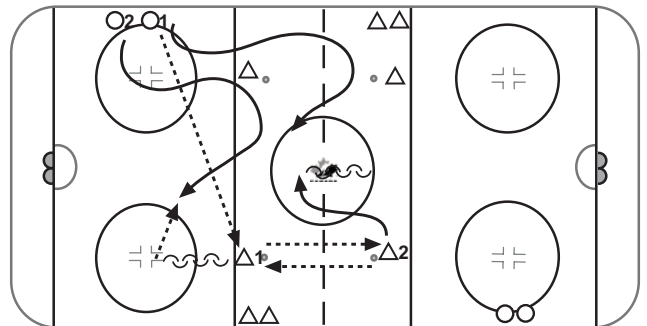


U17 Provincial Camp Practice Plans

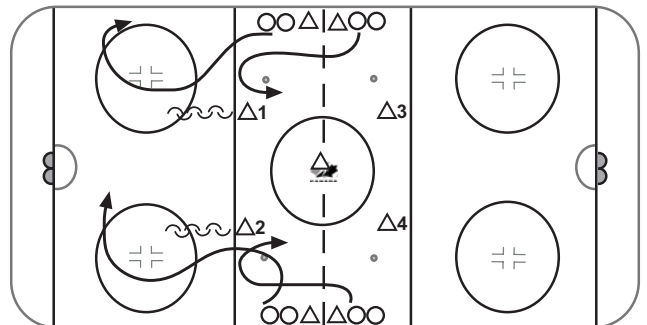
Time	Drill Name & Description
10	Agility 1 vs 1
	<ul style="list-style-type: none"> • Δ1 and O1 start on whistle • Δ1 around circle and double touch blueline • O1 around far dot • Attack 1 vs 1 <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Quick feet • Puck protection • Gap control



Time	Drill Name & Description
10	Rusty 2 vs 1
	<ul style="list-style-type: none"> • O1 to Δ1 • Δ1 to Δ2 • Δ2 to Δ1 who retreats into the zone • O1 open pivot at redline • O2 open pivot at blueline both supporting Δ1 • Δ1 to O1 or O2 attack Δ2 2 vs 1 <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Keep feet moving • Support / timing • Communicate • Good decisions



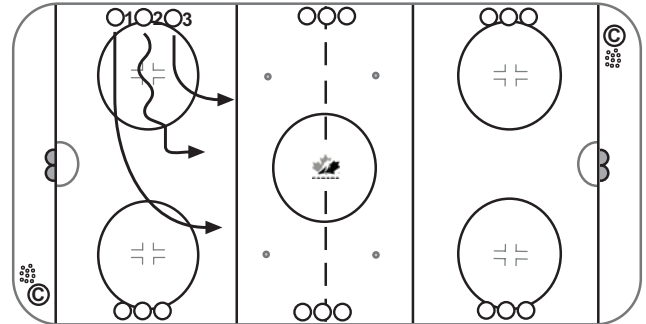
Time	Drill Name & Description
10	Track 2 vs 2
	<ul style="list-style-type: none"> • Coach dump puck to start • Δ1 and Δ2 breakout O1 and O2 • O1 and O2 attack Δ3 and Δ4 • O3 and O4 jump around far dots and track back between dots • Play goes live until a direct pass to O3 and O4 starts 2 vs 2 the other way <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Track back between dots • Read and act • Battle



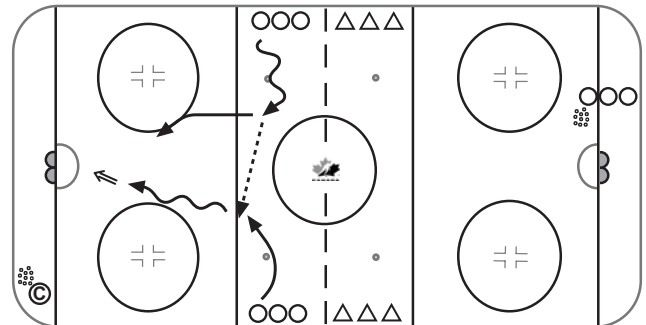


U17 Provincial Camp Practice Plans

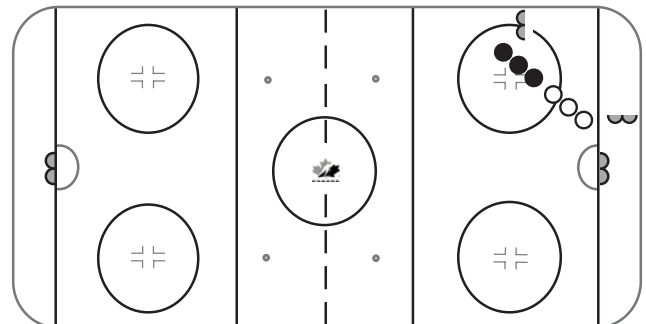
Time	Drill Name & Description
10	3 vs 0 – 1 – 2 Shoot Out
<ul style="list-style-type: none"> • O1, O2, O3 hard down to other end, shoot • Receive pass, attack 3 vs 1 • Fill lanes • Form attack triangle • After shot, regroup and attack 3 vs 2 opposite way • Execute entries <p>Options:</p> <ul style="list-style-type: none"> • Chip • Delay • Cross • Mid-lane drive • 1 up <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Call for pass • Fill lanes • One touch passes • Drive net 	



Time	Drill Name & Description
10	2 on 0, 2 on 1, 3 on 2 Breakaway Challenge
<ul style="list-style-type: none"> • Wings off wall make pass and shoot • Regroup with coach in corner and attack 2 vs 1 • After shot regroup with center and attack 3 vs 2 • On whistle center gets puck at blueline • One Δ at top of circle • On whistle breakaway with pressure <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Use attack options • Communicate • Hard to Net • Speed 	



Time	Drill Name & Description
10	Corner Battle
<ul style="list-style-type: none"> • Nets against wall • 2 vs 2 down low • 30 second intervals • Coach replace puck when out of area <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Battle • Tight area competition 	



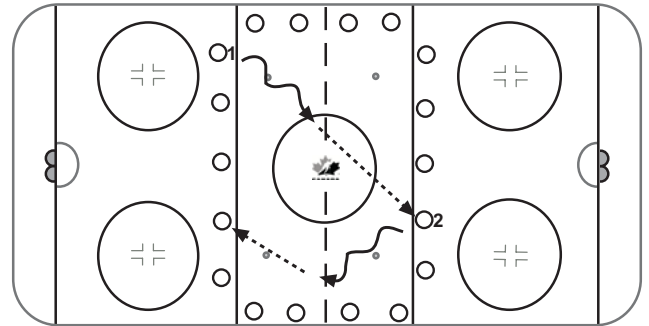


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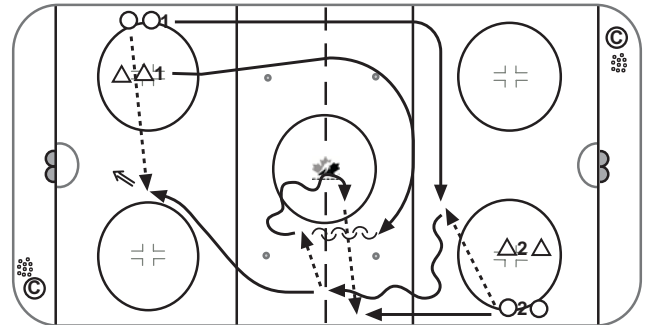
Practice #2 Focus: DZ Concepts / Angling

Theme: Grit

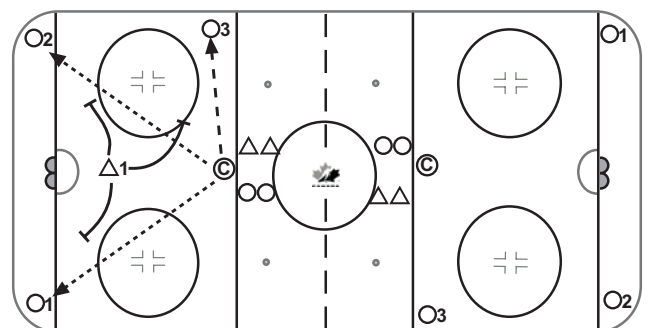
Time	Drill Name & Description
8	Warm-Up – Pass and Replace
	<ul style="list-style-type: none"> • Players do two hard laps • Line up on blueline and wall • O1 skates with puck and calls players name and passes to O2 • O2 jumps out and repeats while O1 fills O2's spot • Progression: add second and third puck <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Hard passes • Speed • Tape to tape • Communicate



Time	Drill Name & Description
8	Warm-Up – Holly Transition
	<ul style="list-style-type: none"> • O1 up to blueline • Flat across ice to support O2 • Δ1 mirror keeping close gap • O2 to O1 • O1 to Δ1 • O1 then drives by and receives a pass from last player in line and shoots • Δ1 performs an evasive move and transitions forward passing to O2 and then jump into play and receives pass from coach for shot at opposite end • O2 and Δ2 repeat • Continuous <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Quick passes • Communicate • Good targets • Be ready in line to pass



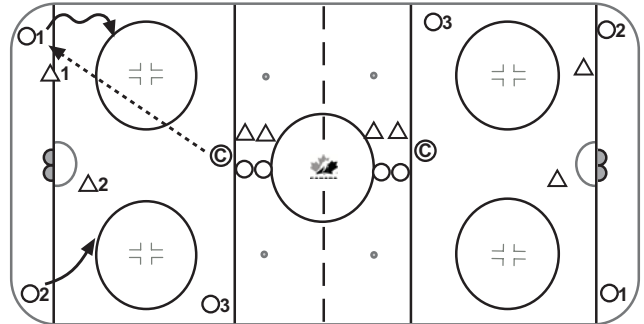
Time	Drill Name & Description
10	Golden Bear 1 vs 1
	<ul style="list-style-type: none"> • O1, O2 and O3 set up in designated areas • Δ1 starts in front of net and returns after each whistle • Coach may pass to any of the offensive players; once the pass is made, Δ1 leaves net front and plays the 1 vs 1 • Coach may vary drill by giving a direct or indirect pass to the offensive players • Δ1 plays all three 1 on 1's and then switches out • Return to net front after each 1 vs 1 battle • Forward hold position until pass is received • Both ends <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Angle, pressure / contain • One hand on stick • Read and act • Quick on loose pucks



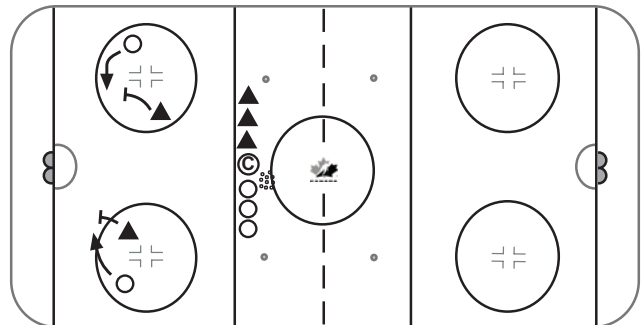


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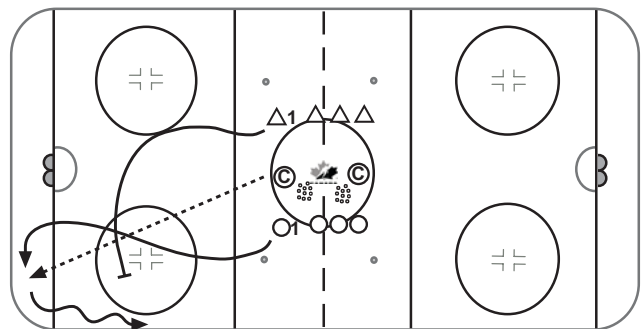
Time	Drill Name & Description
10	Golden Bear 2 vs 2
	<ul style="list-style-type: none"> • Same as above, but add second Δ • Coach identifies which two forwards are going • Δ1 start in corner • Δ2 start net front • 3 reps <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Read and act • Take away time and space • Quick pressure • Communicate



Time	Drill Name & Description
10	Split Zone 2 on 2
	<ul style="list-style-type: none"> • Divide ice into two zones below the circle • One attacker and one defender in each zone • Coach spots puck • Play one on one within the zone • Attacker on other side provides support but cannot leave the zone • 20-30 seconds <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Inside out position • Communication • Good body position



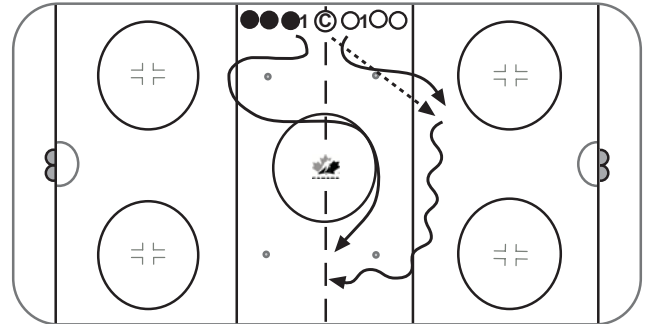
Time	Drill Name & Description
10	1/2 Ice Angling
	<ul style="list-style-type: none"> • O1 picks up puck • To start, O1 must turn up same side as puck • Progress so O1 can go behind net to gain blueline • Δ1 angle cutting the ice in half • Steer to wall • Finish check before blueline • Take away time and space quickly <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Cut ice in half • Good stick position • Inside out • Speed



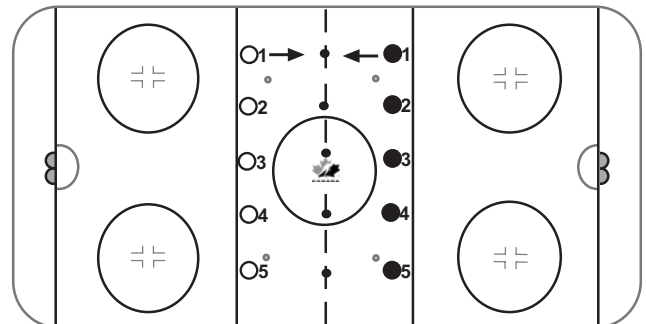


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Time	Drill Name & Description
10	NZ Angling
	<ul style="list-style-type: none"> • Players at center facing opposite directions • O1 and ●1 start together • Coach spots puck inside blueline and O1 retrieves and attacks opposite end • ●1 skate below dot and pressure inside out steering to outside and hitting and pinning • Opposite direction continuous <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Inside out body position • Communicate • Good sticks • Win battles



Time	Drill Name & Description
9	Countdown / Cool Down
	<ul style="list-style-type: none"> • 5 O's and 5 ●'s across bluelines facing each other • 5 pucks spaced on redline • On whistle, O1 and ●1 race to puck and go 1 vs 1 trying to score • As soon as ●1 or O1 touches the puck, ●2 and O2 go, continues on with ●3 and O3 • There will be five 1 vs 1's going simultaneously • When a goal is scored those two players assist their teammates • Eventually it will be 5 vs 5 with 1 puck • Go until last goal or until players are too tired • Eye contact with G before shooting <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Battle • Shoot to score • Compete • Eye contact with G



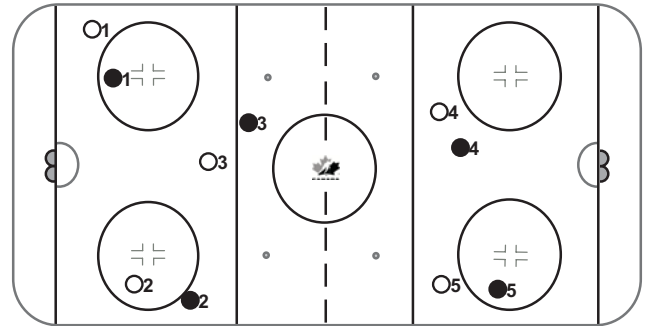


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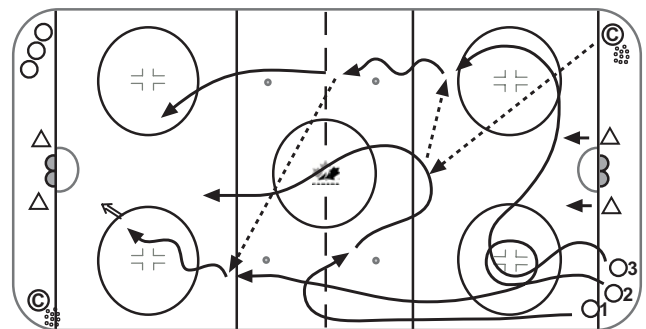
Practice #3 Focus: Breakouts / Transitions

Theme: Speed

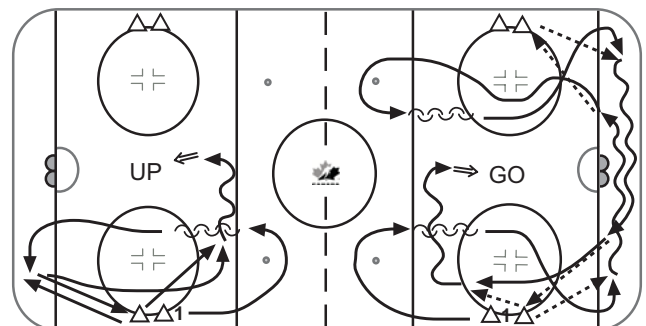
Time	Drill Name & Description
8	Warm-Up - Energizer
<ul style="list-style-type: none"> • Pairs passing • On whistle keep away • Next whistle passing <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Quick feet • One time passes • Communicate • Puck protection 	



Time	Drill Name & Description
8	Warm-Up – 5 Man Superior
<ul style="list-style-type: none"> • O1 hard to redline, turn back to support coach who passes puck • O1 to O2 • O2 to O3 • All attack for shot on goal • As Δ1 and Δ2 one touch puck down ice for shot • Coach makes pass to Δ for third shot • Stay in corners <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Quick feet • Hit net • Communicate • Switch lines 	



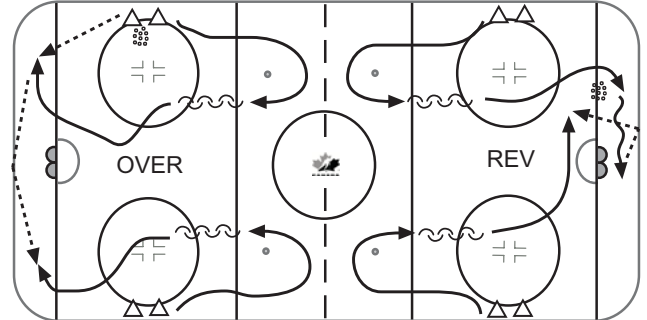
Time	Drill Name & Description
20	BO Options ½ Ice Forwards & Defense
<p>Defense Options:</p> <p>UP:</p> <ul style="list-style-type: none"> • Δ1 double touch blueline; back peddle to top of circle • Pivot and retrieve puck spotted by next Δ in line • Δ1 turns up and passes to first Δ in line who spots in back in the corner • Δ1 repeats “up”, then skates to blueline • Receives pass, drags and shoots <p>GO:</p> <ul style="list-style-type: none"> • Δ1 starts same as above • Picks up puck and goes behind net • Pass to first Δ who spots it back to corner • Δ double touch blueline and repeat • Finish with drag and shoot <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Quick to pucks • Shoulder check • Approach on angle • Alternate sides 	



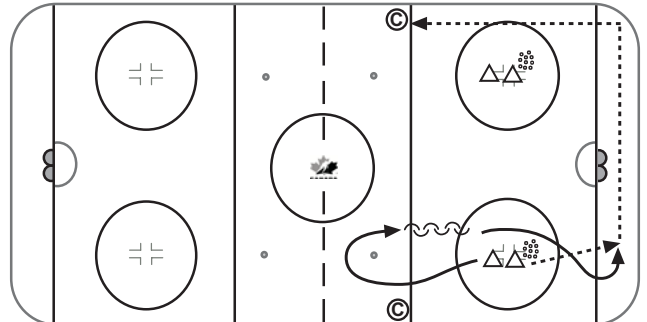


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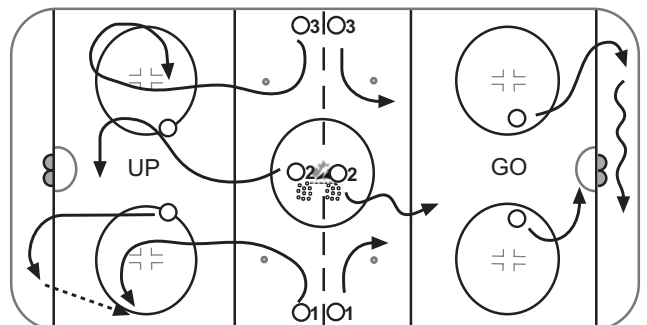
Time	Drill Name & Description
	BO Options ½ Ice Forwards & Defense ctd.
Defense Options Continued: OVER: <ul style="list-style-type: none"> • Same start as previous except two Δ go at once • Double touch blueline • Over pass, touch up, over pass other way • Skate to blueline get pass • Shot or pass to partner for shot REVERSE: <ul style="list-style-type: none"> • Same sequence as above only reverse puck 	
Key Teaching Points <ul style="list-style-type: none"> • Call for pass • Tape to tape • One touch passes • Goalies included 	



Time	Drill Name & Description
	BO Options ½ Ice Forwards & Defense ctd.
Defense Options Continued: WRAP: <ul style="list-style-type: none"> • Same as above • Coach at blueline to retrieve pucks 	
Key Teaching Points <ul style="list-style-type: none"> • Quick feet • Power on wrap 	



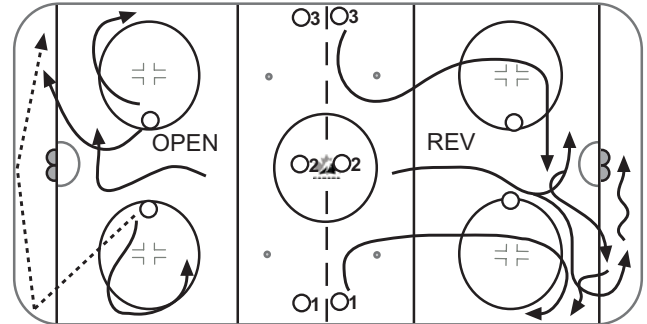
Time	Drill Name & Description
	BO Options ½ ice Forwards & Defense ctd.
Forward Options: UP: <ul style="list-style-type: none"> • O's breakout • O1 anchor, O2 support, O3 stretch • Give to next center in NZ • Center dumps into opposite corner • Repeat BO • Regroup in NZ and attack • Clear zone quickly GO: <ul style="list-style-type: none"> • Same as above only "go" behind net • O1 becomes stretch must get there quickly • O2 support low, behind puck and mirror • O3 anchor 	
Key Teaching Points <ul style="list-style-type: none"> • Quick close support • Open pivots • Stay behind puck • Good passes 	



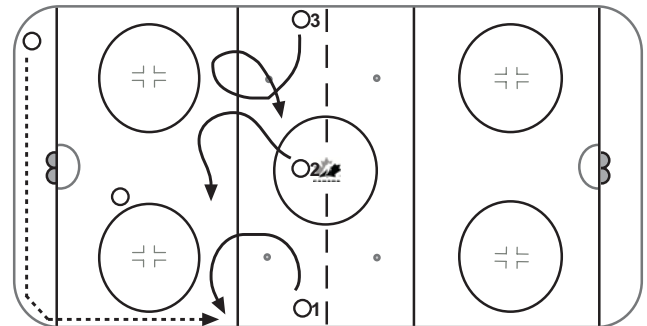


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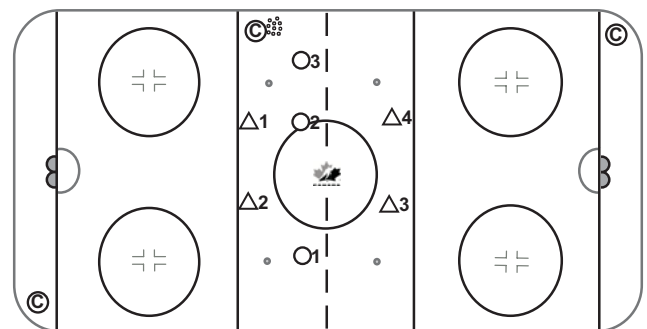
Time	Drill Name & Description
	BO Options ½ ice Forwards & Defense ctd.
<p>Forwards Options Continued: OVER:</p> <ul style="list-style-type: none"> • Same as above • O1 becomes stretch, get there quickly • O2 support low, behind puck and mirror • O3 anchor <p>REVERSE:</p> <ul style="list-style-type: none"> • Same as above • O1 reads reverse and anchors on wall • O2 mirrors the “go” • O3 quick across to support O1 <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Quick close support • Weak side quick support • Communicate 	



Time	Drill Name & Description
	BO Options ½ ice Forwards & Defense ctd.
<p>Forwards Options Continued: WRAP:</p> <ul style="list-style-type: none"> • Same sequence as above • O1 anchor high on wall • O2 supports chip or pass • O3 mid-lane stretch, support <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Quick stretch • Weak side quick support • Communicate • Read and act 	



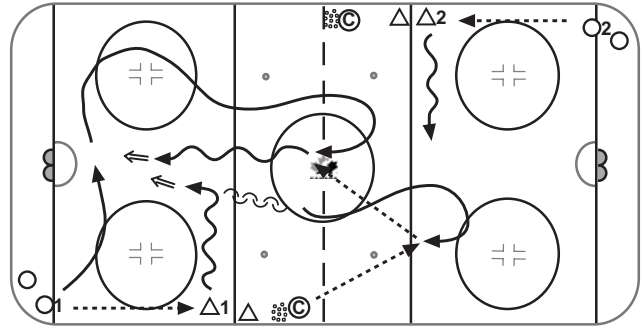
Time	Drill Name & Description
10	Double BO / Attack
<ul style="list-style-type: none"> • Break up into lines on benches • 5 man unit milling in NZ with 2 Δ's • Coach dumps puck and O1, O2 and O3 and Δ1 and Δ2 breakout using BO options • Give to coach in NZ who dump puck back into zone • BO again and attack Δ3 and Δ4 in NZ who have stepped up • Δ3 and Δ4 other end on start drag and shoot and then receive attack <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Quick transitions • Stay on own half of ice • Attack with speed 	



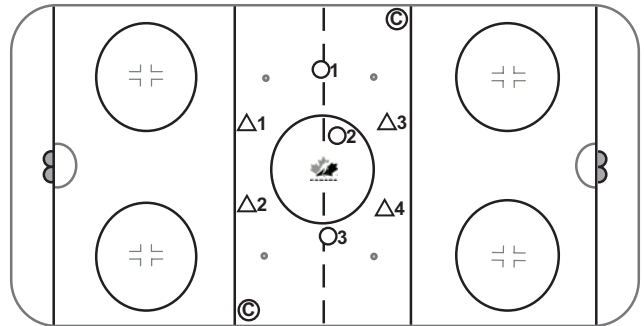


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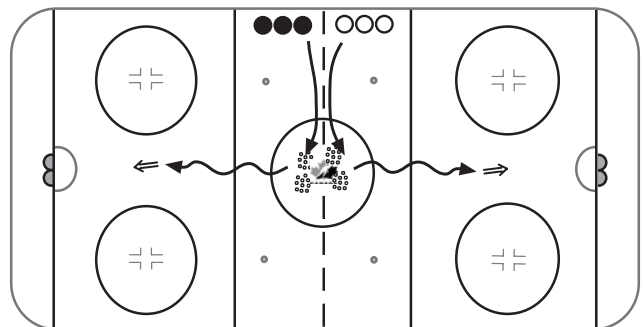
Time	Drill Name & Description
10	Penetrating Pass
	<ul style="list-style-type: none"> • O1 to Δ1 • Δ1 slide across blueline and shoot • O1 to net for screen • After shot coach spots puck in opposite zone (top of circle) • Δ1 retrieve puck • O1 support and stretch • Δ1 quick penetrating pass to O1 • Both ends at once <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Communication • Hard accurate passes • Timing • Quick feet



Time	Drill Name & Description
10	Breakout Transition 5 vs 2 / Tracking
	<ul style="list-style-type: none"> • Break up into lines on benches • 5 man unit milling in NZ with 2 Δ • Coach dumps puck and O1, O2 and O3 and Δ1 and Δ2 breakout using BO options • Attack Δ3 and Δ4 and try to score • On whistle, coach spots puck and group transitions with Δ1 and Δ2 using hard track options • Attack 3 vs 2 again <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Timing • Communication • Attack net • Read and act



Time	Drill Name & Description
9	1-2-3 Score / Cool Down
	<ul style="list-style-type: none"> • Players are divided onto benches • First player steps out of bench and goes 1 on 1 with goalie • If he scores two players leave the benches and pick up a puck at center and try to score • If they score, three players repeat • If any group misses go back to one player • First team to score with 1, 2 and 3 players is awarded a point, and a new game is started <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Net drive • Speed • Quick shots • Attack principles



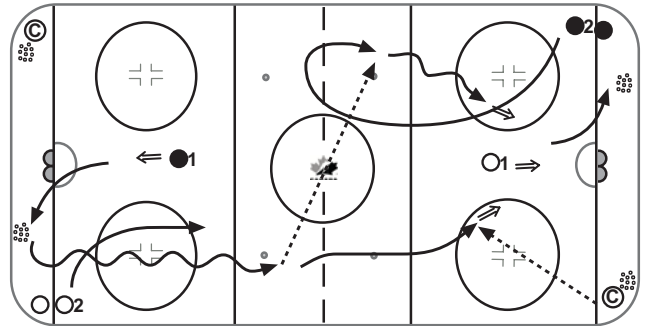


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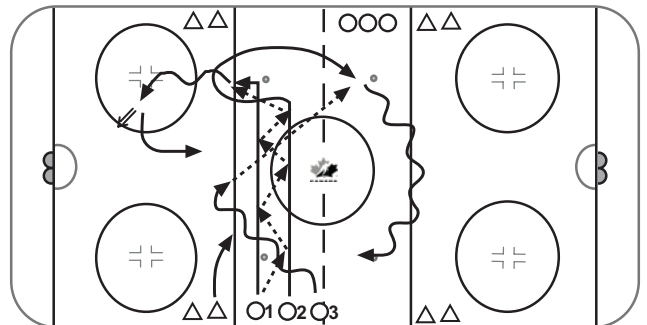
Practice #4 Focus: Forecheck / Tracking

Theme: Smart

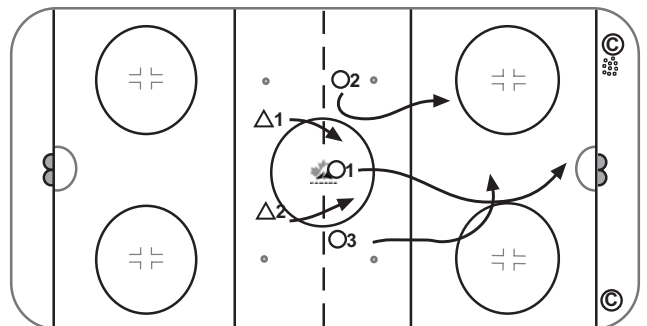
Time	Drill Name & Description
8	Warm-Up – NZ Transition 2 nd Shot
	<ul style="list-style-type: none"> ● 1 and O1 initiate with shots on goal ● 1 and O1 retrieve puck; turn up and gain blueline ● 2 and O2 perform open pivot in NZ and receive pass from ● 1 and O1 ● 2, O2 net drive for shot on goal and repeat drill ● 1 and O1 follow up play for 2nd shot on pass from coach Continuous, switch sides <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Hit net • Accelerate to blueline • Timing



Time	Drill Name & Description
8	Warm-Up – Renney One Touch
	<ul style="list-style-type: none"> • O1, O2 pop off wall to touch pass toward opposite side • At dot low man gets puck, drives and shoots • O2 supports then turns back to receive pass from O3 who jumps off wall to support • O1 comes out to support • Progression: O1 comes out of zone to support attack 3 vs 0 / 3 vs 1 / 3 vs 2 <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Communication • Good passes • Attack with speed



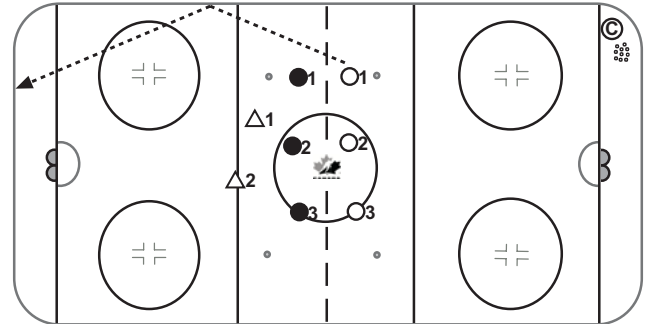
Time	Drill Name & Description
10	1-2-2 Half Ice Walk Through
	<ul style="list-style-type: none"> • 5 man units milling in NZ • Coach 1 dumps puck to coach 2 in the corner • Player react and set up FC • O1 pressure, cut ice in half, steer up wall • O2 takes away wall, uses the dots as a guide • O2 high folding into middle • Δ1 strong side wall • Δ2 mid-lane, aware of stretch • Rotation, on signal clear zone and repeat • Different puck position, correct position <p>Options:</p> <ul style="list-style-type: none"> • 1 – Contact • 2 – Early pass • 3 – Late pass (reverse) • 4 – Δ carries • 5 – Rim <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Use dots as a guide • 3 man race to circles read and act • Inside out positioning



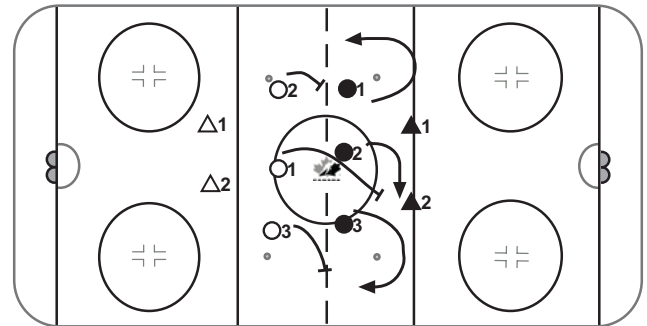


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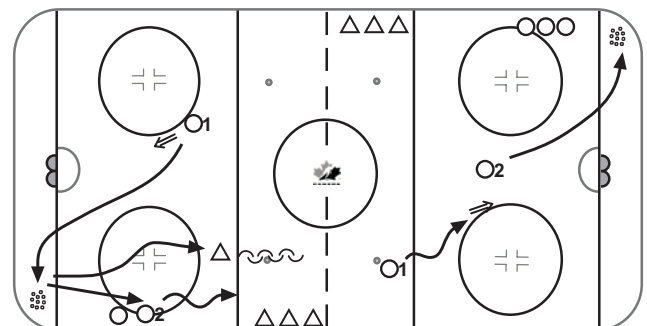
Time	Drill Name & Description
10	Continuous Forecheck
	<ul style="list-style-type: none"> O1, O2, O3 dump puck and FC 1-2-2 After ●'s breakout O1, O2, O3, Δ1 and Δ2 are done 1st attacking forward shoots on goal 2nd forward receives pass from coach and shoots 3rd attacking forward receives pass from coach turns and heads up ice with line mates At redline dump puck and FC new 5 man unit Progression: Add Δ to FC
	Key Teaching Points <ul style="list-style-type: none"> Communication Read and act Speed Inside out



Time	Drill Name & Description
10	NZ Forecheck
	<ul style="list-style-type: none"> 5 man unit BO In NZ give puck to opposing D-men Δ3 and Δ4 regroup with ●'s O's, Δ1 and Δ2 execute NZ FC using 1-2-2 principle O1 inside out pressure taking away Δ to Δ pass O2 read and act, pressuring pass O3 takes away middle and is in good position to transition O's force turnover and attack the net Passive to start ●'s and Δ cannot make Δ to Δ pass until later Good position then 100%
	Key Teaching Points <ul style="list-style-type: none"> Inside out positioning Read and act Quick pressure Communicate



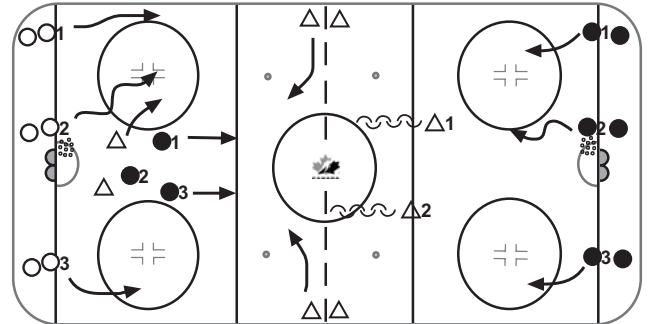
Time	Drill Name & Description
10	Track / Support 1 vs 1
	<ul style="list-style-type: none"> O1 starts drill with a shot Retrieve puck from corner O1 to O2 O2 attack 1 vs 1 on Δ1 O1 track back forcing O2 to outside and into Δ1 forcing a turnover O1 shoots on goal O2 picks up puck and starts drill opposite way Continuous
	Key Teaching Points <ul style="list-style-type: none"> Communication Speed / pressure Inside out



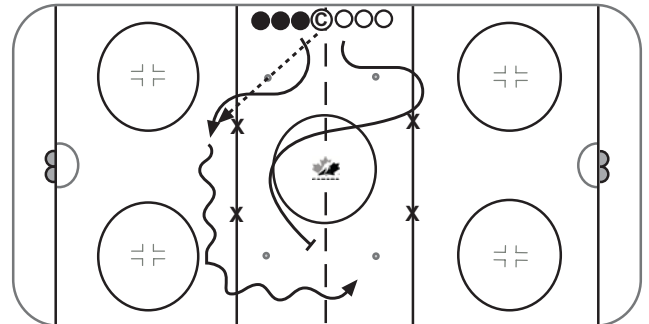


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Time	Drill Name & Description
10	Oiler 4x4
	<ul style="list-style-type: none"> • O1, O2 and O3 attack Δ1 and Δ2, 3 vs 2 • Upon completion or coach's whistle ●1, ●2 and ●3 attack two new Δ, 3 vs 2 • 2 forwards from previous rush now track back to help new Δ • One Δ from initial rush jumps up with ●'s to make it 4 vs 4 • Continuous, each rush starts on whistle <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Communication • Read and act • Keep players below goal line



Time	Drill Name & Description
9	Gate Drill NZ Angling
	<ul style="list-style-type: none"> • Cones set up at each blueline forms gate • One end at a time, offensive player tries to get through gate • Δ player using angling to prevent entry • Point awarded for going through gate <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Compete • Timing • Inside out • Body / stick position



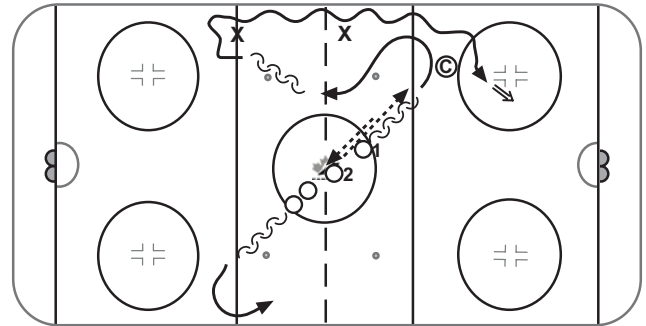


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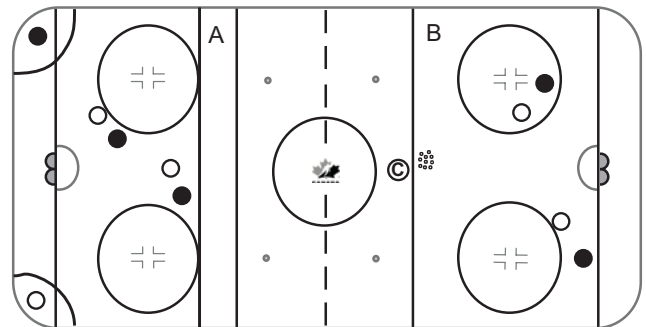
Practice #5 Focus: Specialty Teams

Theme: Detail

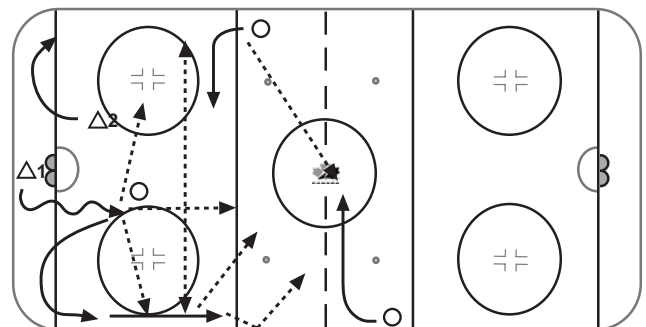
Time	Drill Name & Description
8	Warm-Up – One Touch and Drive
	<ul style="list-style-type: none"> O1 starts backward to blueline always one touching puck with O2 At blueline O1 pivots forward to redline, backward to blueline Pivot forward and drive wide down the wall and around coach for a shot <p>Key Teaching Points</p> <ul style="list-style-type: none"> One touch passes Shoot in stride Protect puck Double touch both bluelines



Time	Drill Name & Description
8	Warm-Up – Safe Zone
	<p>A.</p> <ul style="list-style-type: none"> 2 vs 2 below top of circles Each team has one player in corner who is safe (cannot be checked) Players use safe zone and partner to try and score <p>B.</p> <ul style="list-style-type: none"> Same as above, only coach is safe player <p>Key Teaching Points</p> <ul style="list-style-type: none"> Communication Generate chances Find open ice



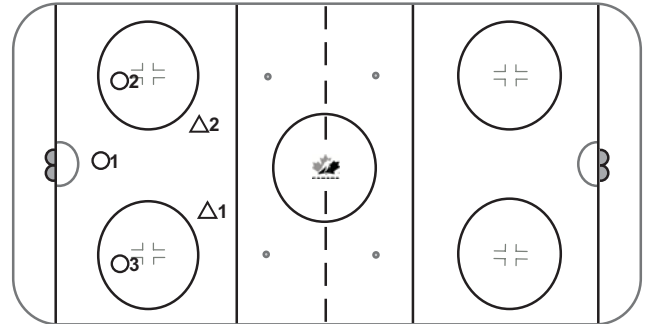
Time	Drill Name & Description
10	PP Break Out
	<p>Double Swing</p> <ol style="list-style-type: none"> <ul style="list-style-type: none"> Center (C) always swings to weak side Δ1 steps out and passes to one of three options (C, Δ2 or LW) <ul style="list-style-type: none"> Pass to Δ2 or center Δ2 passes cross-ice to C or C passes cross-ice to Δ2 Δ2 can pass or chip to RW support C can pass or chip to LW for support <ul style="list-style-type: none"> Δ1 pass to LW, carries up right side to enter zone with C support or back passes to Δ2 coming up wall or RW swinging cross ice <p>Drills: set up PP 5 vs 0 in NZ coach dumps puck into OZ, PK ice puck, PP breakout, repeat two times</p> <p>Key Teaching Points</p> <ul style="list-style-type: none"> Timing 5 man BO Eye contact



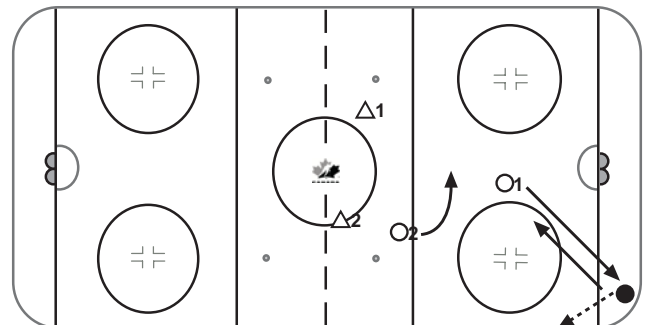


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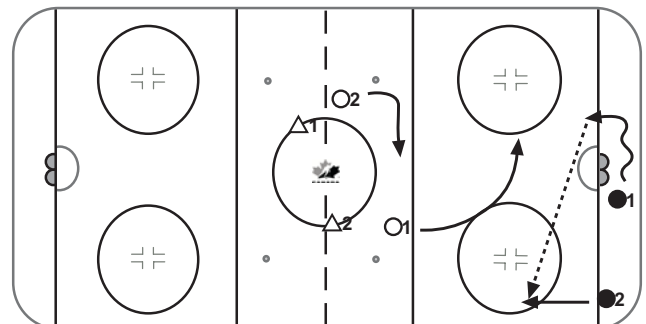
Time	Drill Name & Description
10	PP OZ Options
	<ul style="list-style-type: none"> • 2-3 spread • Walk through options passive PK • One minute shifts rotate through quickly <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Quick puck movement • Eye contact • Good passes • Read and act



Time	Drill Name & Description
10	PK Forecheck / 4 vs 5
	<p>Aggressive FC</p> <ul style="list-style-type: none"> • O1 identifies he can get good pressure on the puck and attacks down ice • O2 holds the middle and reads play • Δ1 and Δ2 keep everyone in front of them with a tight gap • If O1 loses pressure, he comes back hard through the middle (possibly a long change) • O2 fills wide lane • Δ1 and Δ2 fill middle and strong side <p>Drill: Same as PP breakout, start in NZ, on whistle PP dumps puck, PK ices and initiates PK, FC on PP, breakout</p> <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Quick puck movement • Eye contact • Good passes • Read and act



Time	Drill Name & Description
	PK Forecheck / 4 vs 5 ctd.
	<p>Double Swing</p> <ul style="list-style-type: none"> • O1 takes wide angle and swings in an attempt to force ● 1 to move the puck into O2's lane • He does not sacrifice speed or position to do this • If O1 is beaten with a pass or move, O2 takes a wide angle to push puck to the wall • He can take a deeper angle • O1 fills lane vacated by O2 • O's need good angles and active sticks <p>Drill: Same as PP breakout, start in NZ, on whistle PP dumps puck, PK ices and initiates PK, FC on PP, breakout</p> <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Correct angles protect mid-lane • Track back hard looking to steer and support • 4 on 4 at far blue line



Time	Drill Name & Description
10	PK DZ Aggressive Box



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- Δ1 anticipates the play to the hash marks and attack son the pass with his stick on the ice pushing the play up
- Δ2 shades to the near post anticipating the low pass
- O1 attacks the strong side ● at the blue line inside out
- O2 read play and is available to cover net front when Δ2 goes or to other point
- Everything is off Δ1
- All four player have to commit to a “one goes, all go” mentality
- Control net front and take away 2nd shots
- Change 2 or 3 on the way down and 1 on the way back

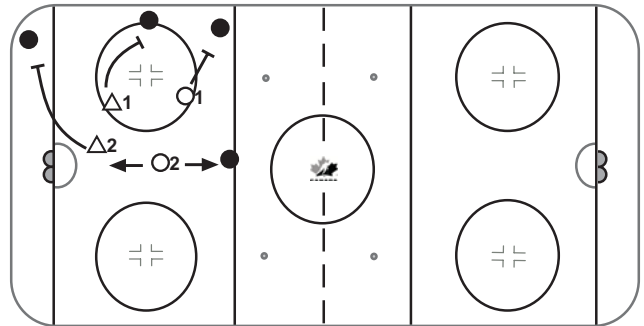
Drill:

A. (5 min) players set up in DZ position 5 on 4, coach rotates box by instructing where puck is (high, low, middle, over). Correct as needed.

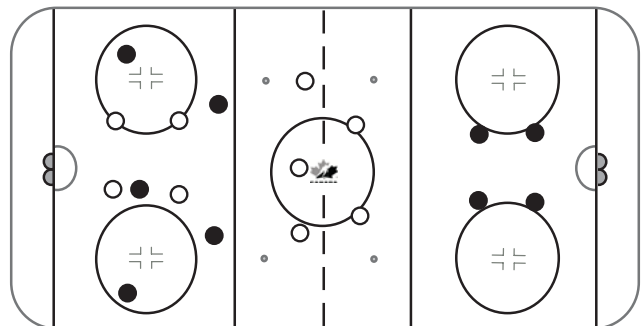
B. (5 min) add PP and move puck having PK adjust using aggressive box. Increase intensity as necessary.

Key Teaching Points

- Active sticks
- Stop and go skating
- Stay in shooting lanes
- Head on a swivel
- Communicate
- One touch clearing



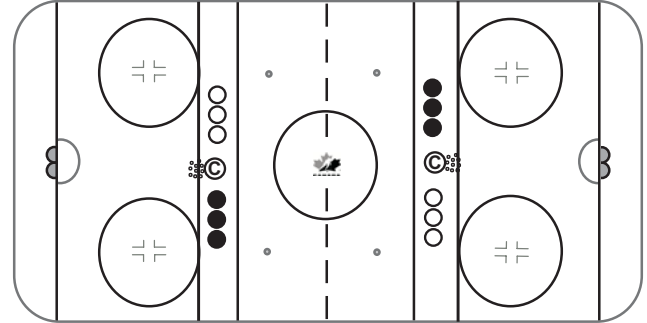
Time	Drill Name & Description
10	PP Game
	<ul style="list-style-type: none"> • All players on ice • PP and PK unit in each zone • On dump out PP picks up puck and attacks PK unit • Keep score • Alternate PP and PK <h3>Key Teaching Points</h3> <ul style="list-style-type: none"> • Quick puck movement • Eye contact • Good passes • Read and act





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Time	Drill Name & Description
9	3 on 3 Low
	<ul style="list-style-type: none">• Players play 3 on 3 below tops of circles• Quick high tempo shifts <p>Key Teaching Points</p> <ul style="list-style-type: none">• Battle• Communicate

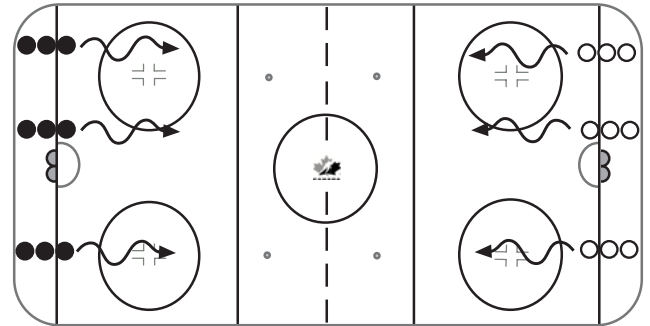




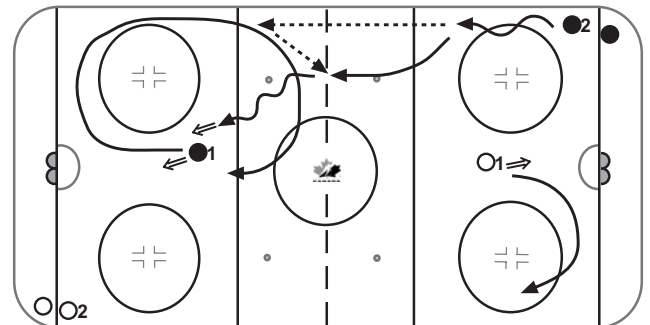
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Practice #6 Focus: Battle Theme: Determination Day

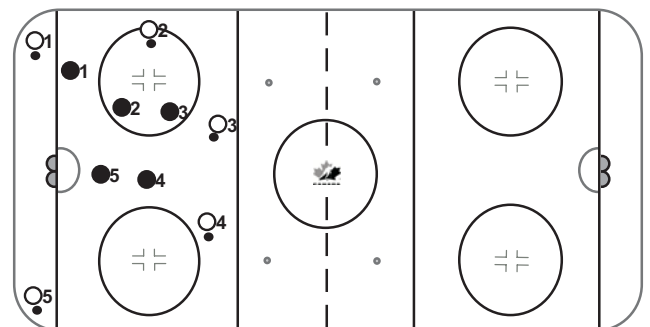
Time	Drill Name & Description
5	Warm-Up – NZ Chaos
	<ul style="list-style-type: none"> • 3 players from each end leave at the same time with pucks • In NZ evasive moves at high tempo • On coach's signal communicate to identify 1st, 2nd and 3rd shooter • Try and shoot from different lanes • Progression: pass pucks in NZ
	Key Teaching Points <ul style="list-style-type: none"> • Timing • Speed • Communication • Shoot to score



Time	Drill Name & Description
8	Warm-Up – Plunger 1 Touch
	<ul style="list-style-type: none"> • ●1 and O1 start drill with shot • Hard back up ice and done touch pass give and go with ●2 and O2 who have humped into play • Follow up on play for rebound
	Key Teaching Points <ul style="list-style-type: none"> • Speed • Communicate • 2 quick steps towards puck



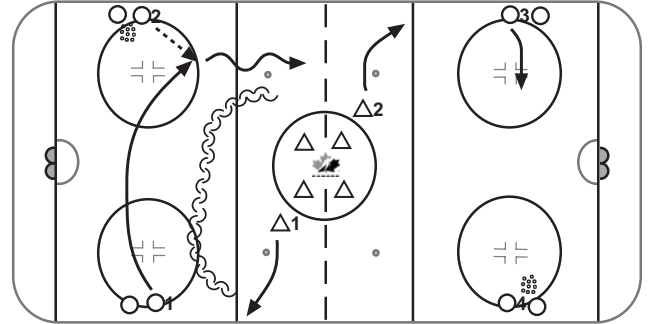
Time	Drill Name & Description
9	DZ Battle 1 to 5
	<ul style="list-style-type: none"> • O's on offense spread around DZ with pucks • ●'s set up in DZ coverage • On whistle O1 attack ●1 • On whistle leave puck and join O2 attacking ●2 creating 2 vs 2 • Drill continuous until 5 vs 5
	Key Teaching Points <ul style="list-style-type: none"> • Good inside out position • Communicate • Win battles • Take time and space



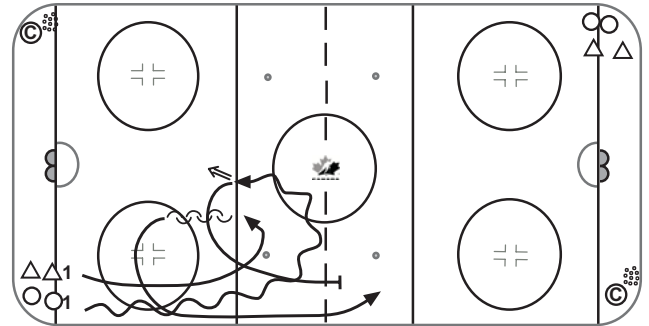


U17 Provincial Camp Practice Plans

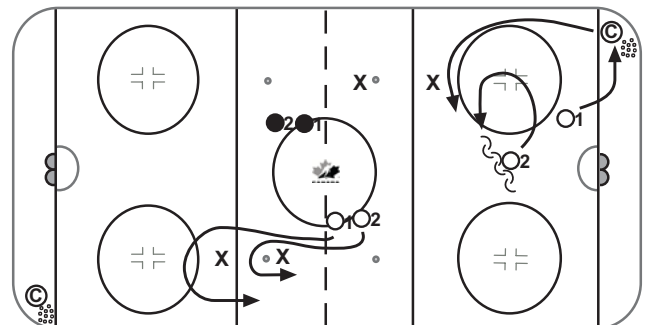
Time	Drill Name & Description
9	Olympic 1 vs 1
	<ul style="list-style-type: none"> O1 and O3 start on hash marks tight to boards Δ1 and Δ2 start on face-off dots On whistle, O1 and O3 skate straight across the ice through the opposite face-off dot and receive a pass from O2 and O4 Δ1 and Δ2 touch the boards and skate backwards around outside of circle Δ1 plays O1 and Δ2 plays O3 O1 and O3 stay wide along boards until center, then cut in and attack net for a shot <p>Key Teaching Points</p> <ul style="list-style-type: none"> Quick lateral movement Tight gap outside shoulder to O inside shoulder Read and act



Time	Drill Name & Description
9	Defense to Offense Transition
	<ul style="list-style-type: none"> Δ1 and O1 start in corner O1 starts with puck skating out and around dot attacking Δ1 1 vs 1 After play on goal Δ1 transition to offense as O1 becomes checker Δ1 gets open for pass from coach and makes play on opposite goal Stay on own side of ice Both ends, start on whistle <p>Key Teaching Points</p> <ul style="list-style-type: none"> Quick transitions Tight gap



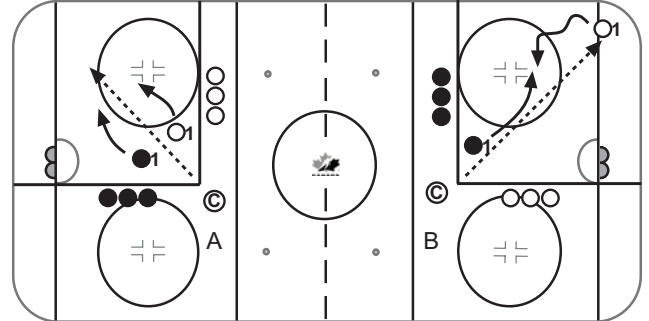
Time	Drill Name & Description
10	St. Lawrence Double Check
	<ul style="list-style-type: none"> O1 skates around the 2nd pylon and wide down the boards O2 is the backchecker and skates around the 1st pylon to cover O1 O1 must stay on the boards until the far blueline O2 uses body position to prevent O1 from cutting to the inside At blueline O1 tries to get open for a pass from the coach After first puck, O1 comes up and gets a second puck from the pile O2 close gap and take 1 vs 1 back to the net Change pylons if necessary to get timing right <p>Key Teaching Points</p> <ul style="list-style-type: none"> Protect mid-lane Coach move around zone to make pass Pucks at top of circle



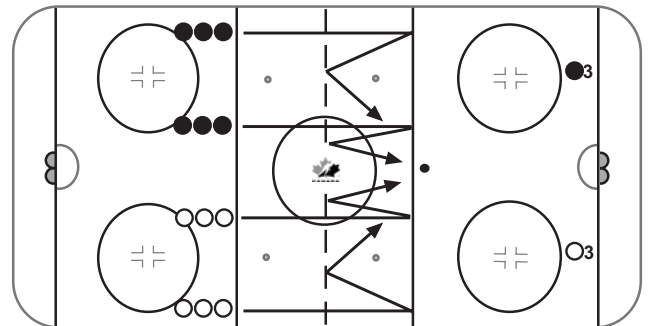


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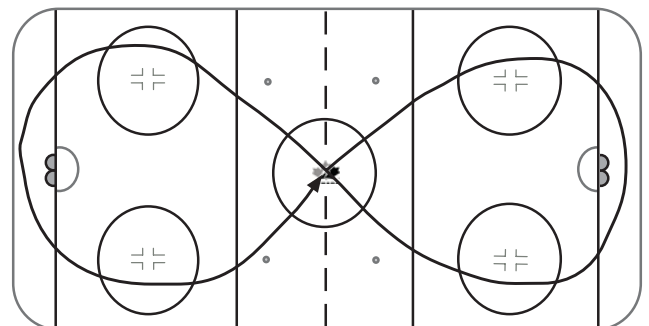
Time	Drill Name & Description
10	Down Low Battles 1 vs 1 / 2 vs 2
A.	<ul style="list-style-type: none"> Coach spots puck in corner O1 and ● 1 pursue and play 1 on 1 out of the corner Player with possession tries to score, other player defends
B.	<ul style="list-style-type: none"> Coach passes puck to player in corner O1 closes gap and contains ● 1 who attacks out of corner Play must take place below top of circle and on one side Progression: same as above only 2 vs 2
Key Teaching Points	
<ul style="list-style-type: none"> Inside out body position Communication Use stick 	



Time	Drill Name & Description
10	2 vs 2 Battle Drill / Cool Down
<ul style="list-style-type: none"> Equal groups at far blue line On whistle two players from each line race to the far blue line, stop, race to the red line, stop and race for puck that has been spotted just inside blue line by coach The team that reaches the puck first attempts to score on the opposition goaltender The other team defends Let battles go for a max of 30 sec. On whistle, players BC to their lines One point awarded for each goal, first team to seven wins G can become third player to create 3 vs 2 Lose a point for not backchecking hard 	
Key Teaching Points	
<ul style="list-style-type: none"> Battle, intensity Good support Inside out body position 	



Time	Drill Name & Description
5	Cool Down



GOALTENDER BEGINNER LEVEL PLAN

- Session Objective(s)**
1. Continue development of forward/backward movement, shuffle and stance
 2. Continue emphasis on basic depth
 3. Introduce horizontal angles

10 min

MOVEMENT WARM UP

A. Forward/Backward Step Outs – Straight
G starts in the middle of the goal line. On “Go” G sculls out to the top of the crease and sets. On “Go” G sculls backwards to the start point.

B. Forward/Backward Step Outs – Angle
G starts in the middle of the goal line. On “Go” G sculls out to the top of the crease facing the glove-side dot and sets. On “Go” G sculls backwards to the start point. On “Go” G sculls out to face the opposite dot. Then returns.

KEY EXECUTION POINTS

- As improvement is made additional emphasis on body and stick control should be applied
- When doing step outs, alternate starting and stopping feet
- When stopping, G should use a single-edge rotation

5 min

PRIMARY DRILL

Angle Introduction

- Pucks start outside the blue line
- Pylons are placed across the rink, slightly inside the blue line
- G starts on the goal line
- X1 picks up a puck and randomly selects a pylon to drive around
- Once G recognizes which pylon has been selected, G steps out on angle with the attacker
- Once around the pylon, X1 takes a few strides towards the net and releases a shot

KEY EXECUTION POINTS

- In this introductory drill, G stays deep in the middle of the net until the pylon has been selected
- This allows G to gain a familiarity with proper angle positioning
- G should attempt to step out to the FSP on each sequence, before the shot is released

5 min

SECONDARY DRILL

Angle + Depth Work

- Pucks are placed outside the blue line on each side as indicated
- Pylons are placed at the top of the circles as indicated
- X1 picks up a puck and skates into the zone
- G starts at the top of the crease in the middle
- As soon as X1 begins to drive, G should shuffle to gain an on-angle position
- Notice the difference in this drill vs. the similar drill in the last session – here, G shuffles into an angle position as opposed to stepping out from a middle-net position

KEY EXECUTION POINTS

- G should work on controlled but quick shuffle steps to get into an on-angle position
- Once G gets to the first position, G may have to make more minor shuffle adjustments to keep a strong angle
- Do not allow G to fade back during the attack

5 min

POST-PRACTICE DISCUSSION

1. Review progress on shuffle movement and stance positioning
2. Review goaltender’s understanding of the FSP and its importance
3. Introduce the importance of the three positional ingredients: stance, angle and depth

Session Objective(s)

1. Review of fundamental skill groups
2. For players graduating from the Beginner series, this session can be used to evaluate current skill level
3. For players entering the system at this stage, having bypassed the beginner level, coaches can use this session as further development evidence.

5 min

MOVEMENT REVIEW

A. Forward/Backward Step Outs – Angle

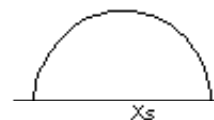
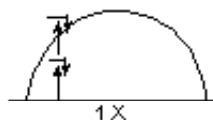
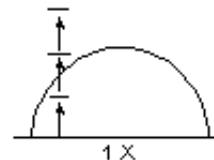
Step outs from a mid goal line position alternating sides. Use face-off dots as angle targets. All movements triggered by C's "Go".

B. Shuffle – Starts and Stops

Starts and stops facing the same boards between the goal line and blue line. Distance between starts and stops should vary. All movements triggered by C's "Go".

C. Shuffle – Starts and Stops W Save

As above but at each stop G should execute a pad save in the opposite direction of the shuffle direction.



KEY EXECUTION POINTS

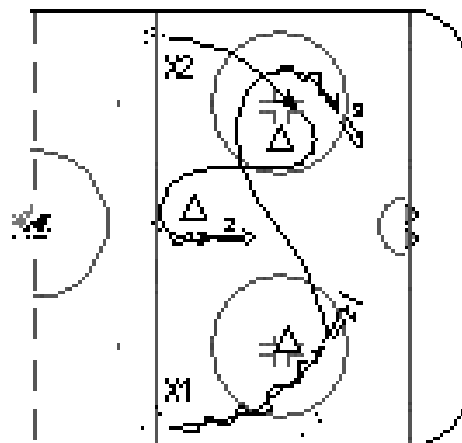
- Reiterate the importance of PSM
- G should understand that PSM is the foundation of all further skill development (i.e. positional play, save movement, rebound control, etc.)
- Discuss and review the importance of inside-edge usage
- Ensure stability in the upper body and stick positioning

10 min

PRIMARY DRILL

Positional Assessment

- Pucks start at the point on the boards and on the hash marks
- X1 drives down the boards and around the indicated pylon to release a shot
- X2 meanwhile mirrors this movement on the other side (without puck)
- As X2 comes around the cone, the player will hustle back out to the middle point pylon, drive around it and release a 2nd shot on net
- After taking this shot X2 can drive down the slot or stay high
- X1 meanwhile buys time and then drives around the opposite-side pylon and releases the 3rd shot



KEY EXECUTION POINTS

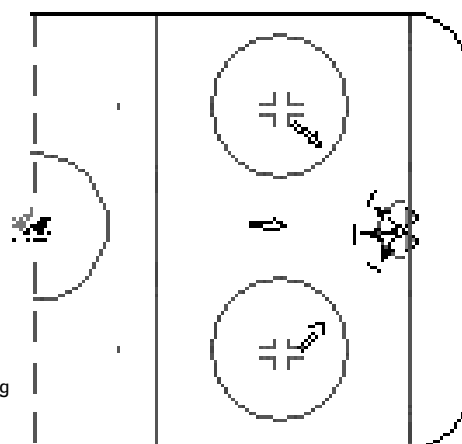
- On the first shot G should be conservative due to the weak-side threat
- On the 2nd shot, G should play more aggressive due to the lack of a weak-side threat
- On the 3rd shot, position will be determined by X2's response (i.e. net drive or stay high), so awareness is important.

10 min

SECONDARY DRILL

Save Assessment

- Use the slot position to take stationary shots for the purpose of limb-based saves (i.e. pad extensions, glove and blocker saves)
- Use the face-off dot positions to evaluate body usage and save compactness
- Both positions can be used to assess stick usage



KEY EXECUTION POINTS

- Upper-body save fundamentals include: good stance, direct paths to puck, visual tracking and neutral save movements
- Lower-body save fundamentals include: good stance, no flinching, proper selection between extensions and 1/2 butterflies and compactness of thighs, arms to body and pads/stick to ice

5 min

POST-PRACTICE DISCUSSION

1. Review G's fundamental progress
2. Reiterate the role of fundamentals in further progress
3. Highlight key elements of the Intermediate Program

- Session Objective(s)**
1. Assess G's overall positional game
 2. Refine areas of weakness within this positional realm

5 min

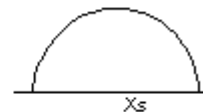
MOVEMENT WARM UP

A. Stepback Pivots

G starts in middle of goal line. G sculls out to face the glove-side dot. Stop, set. G, then, stepback pivots and steps out to face the blocker-side dot. G returns to start position and repeats in opposite direction.

B. Stepback Pivots with Lateral-Slide Comeback

As above except after each stepback pivot, G will execute a lateral slide back across the net to the original side. Recover. Return to start position. Repeat in opposite direction.



KEY EXECUTION POINTS

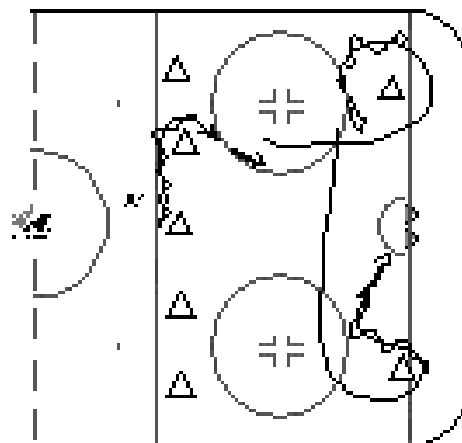
- Quick
- Precise
- Controlled
- These should now be the attributes of all of G's positional adjustment

10 min

PRIMARY DRILLS

Multi-Position Assessment

- Pucks are positioned at the mid point and in each corner
- 7 pylons are positioned as indicated (5 near point and 1 in each corner)
- X1 starts by randomly selecting a pylon to drive around and release a shot
- X1 will then randomly select a corner
- In the 1st corner, X1 will go around the pylon inside/out and release an angle shot
- Then, X1 will cross the ice and around the final pylon outside/in and release the 3rd, final shot



KEY EXECUTION POINTS

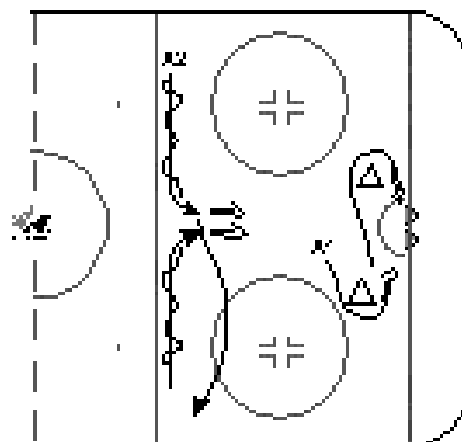
- G should initially be relaxed and make a strong controlled 1st save
- G should track X1's entire movement pattern
- G should be reading releases effectively and making logical positional adjustments
- Depending on the shot location, G may opt for a reaction or a block

5 min

SECONDARY DRILL

Figure-8 with Point Releases

- Pucks are positioned outside 2 indicated pylons and at the points
- X1 starts in the slot and quickly hustles around 1st pylon and releases an outside shot
- X1 then hustles back through the slot and around the 2nd pylon and releases a 2nd outside shot
- On C's "Go", X2 will drag a puck across the point and release a low shot with X1 creating traffic
- X2 will then hustle to the other point, pick up a 2nd puck, drag it to the middle and release another low shot (X1 should vacate the front of the net and allow G to handle the shot without complication)



KEY EXECUTION POINTS

- As above
- G should be seeking strong position on the first 2 shots so that blocking is appropriate and effective
- G should be seeking strong position on the point shots so that the longer, reaction saves are made with control and strong rebound-control attributes

5 min

POST-PRACTICE DISCUSSION

1. Review G's overall progress
2. Congratulate G on completing the entire Skills Goaltending Module

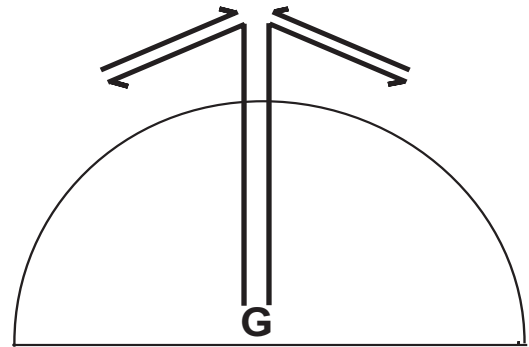
Drill Name & Description

Letter Drills "T"

- Goaltender starts in middle of the net
- T-push to just above the crease, stop.
- T-push to outside, stop, and back.
- Emphasize stopping with outside foot to create proper transition

Key Teaching Points

- Knee bend
- Outside leg stop
- Balance



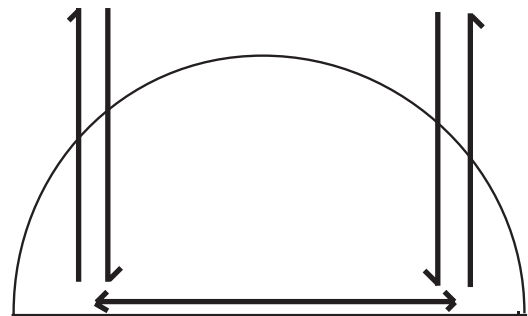
Drill Name & Description

Letter Drills "U"

- Goaltender starts at top of the crease, t-push to post
- Shuffle post to post
- Forward t-push to top
- Repeat
- Variation can include butterfly slide post to post

Key Teaching Points

- Staying in stance
- Hands in front of body
- Proper use of c-cuts



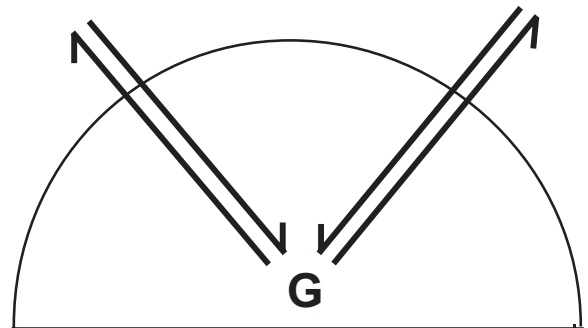
Drill Name & Description

Letter Drills "V"

- Goaltender starts in the middle of the net
- T-push at about 45 degrees to top of the crease
- Stop with outside leg
- Turn and T-push back to middle, reposition and repeat to other side

Key Teaching Points

- Lead movement with hands, keep head up
- Stopping with proper leg, body rotation



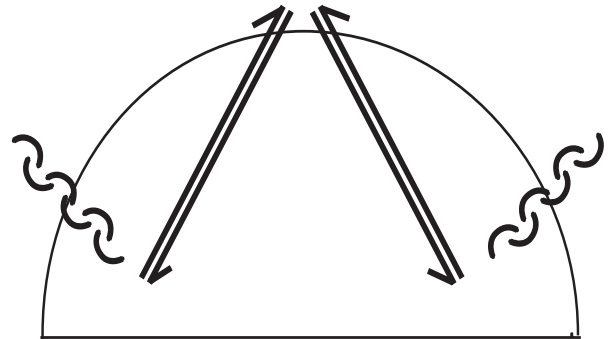
Drill Name & Description

Letter Drills "W"

- Goaltender starts outside of left side of crease
- Backward c-cut to post
- T-push to middle
- T-push to post
- Forward c-cut out
- Repeat back

Key Teaching Points

- Lead with stick
- Keep square position
- Head leads all movement



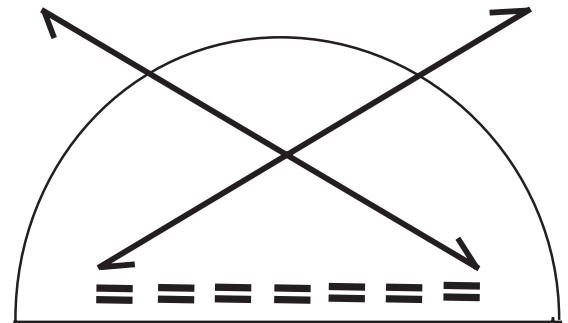
Drill Name & Description

Letter Drills "X"

- Goaltender begins on post
- Shuffle post to post
- T-push across crease and stop with inside leg
- Rotate and T-push back to previous post
- Repeat

Key Teaching Points

- Must stop with outside foot at all times
- Lead with hands
- Look at target position
- Always top on leg that is closest to middle of net to maximize coverage



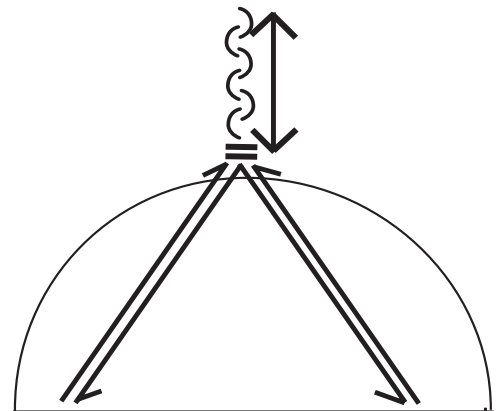
Drill Name & Description

Letter Drills "Y"

- Goaltender begins at post, T-pushes to top of crease, stops
- Goaltender c-cuts forward two strides, stops
- C-cut back two strides and open pivot to shuffle back to other post
- Variations will have shot coming from either side during shuffle to post

Key Teaching Points

- Rigid starts and stops
- Proper pivots
- C-cuts must be quick



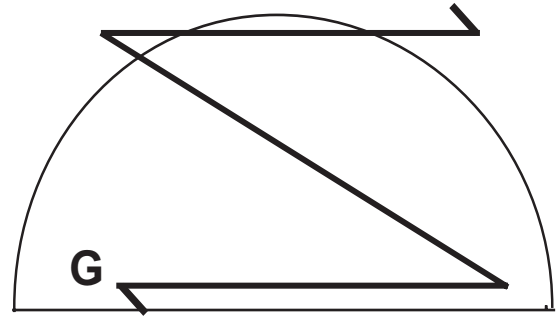
Drill Name & Description

Letter Drills "Z"

- Goaltender starts on either post
- Shuffle post to post
- T-push across crease and stop with inside leg
- Shuffle across top of crease and then continue in reverse

Key Teaching Points

- Be sure goaltender shuffles across
- Locate target before moving
- Hard pushes and strong stops



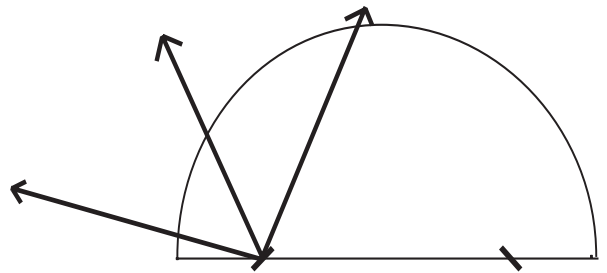
Drill Name & Description

Half Net 3 Position Drill

- Goaltender starts on post
- Steps out to all three positions and back to post in 1,2,3,2,1 order
- Repeat three times per goaltender

Key Teaching Points

- Back up from positions 1 and 2
- T-push back from 3



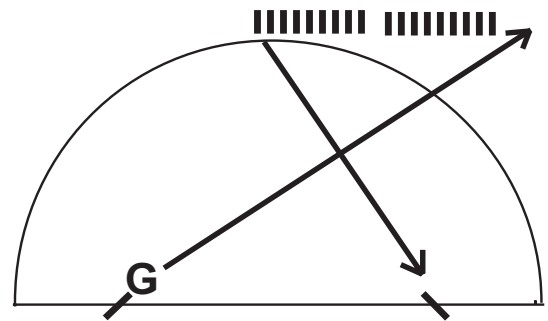
Drill Name & Description

T-Push / Butterfly Slide Drill

- Goaltender starts on post, T-push across crease and stop with inside foot
- Butterfly slide to middle and recover
- Pivot and T-Push to opposite post and repeat other direction

Key Teaching Points

- Stop with inside leg
- Butterfly slide must be quick to middle
- Deep knee bend



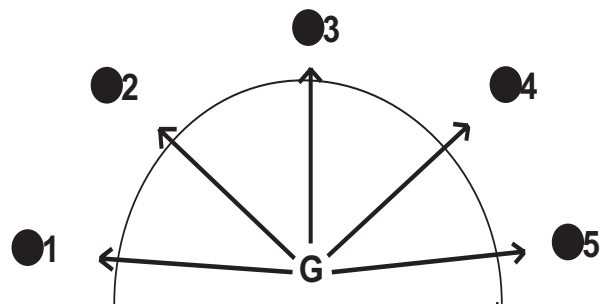
Drill Name & Description

5 Puck Movement Drill

- Goaltender starts in the middle of the net
- Does the five points in order first time through
- Second time through a coach will call out the numbers to goaltender
- Goaltender will do drill twice

Key Teaching Points

- Always start in the middle of the net
- Eyes on the target
- Deep knee bend
- Quick feet



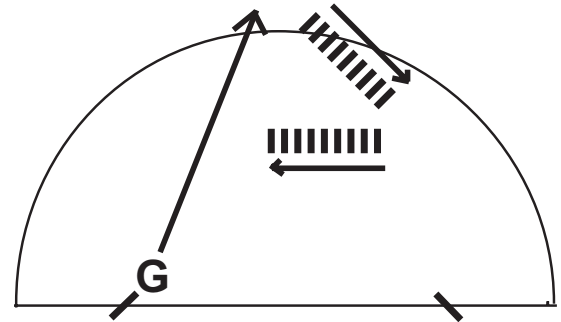
Drill Name & Description

Butterfly Slide Transition

- Goaltender starts on post
- T-Push to top middle of crease
- Butterfly slide back diagonally
- Push outside leg up quickly and butterfly slide to middle of net
- Inside knee should not leave the ice

Key Teaching Points

- Be sure to hold butterfly position throughout
- Do not lift inside leg
- Timing



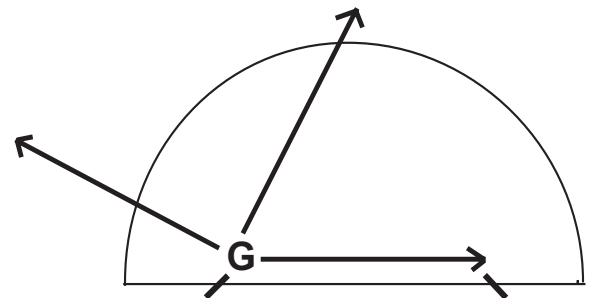
Drill Name & Description

3 Position T-Push

- Goaltender starts on post
- Push out to position 1, stop with outside leg and c-cut back
- T-Push to top of crease and T-push back
- Shuffle to far post and back

Key Teaching Points

- Proper stance position
- Looking at target



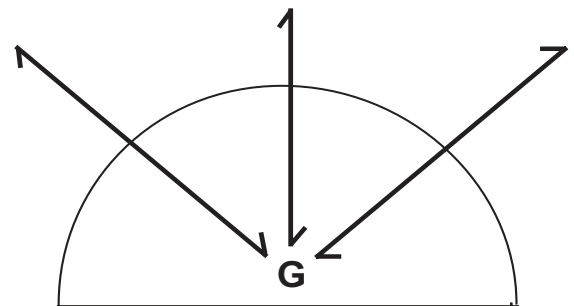
Drill Name & Description

3 Position Full Net

- Goaltender starts in middle of net for each position
- T-push out and back to positions 1 and 3
- C-cut out and back for position 2

Key Teaching Points

- Proper stance position
- Looking at target, quick feet



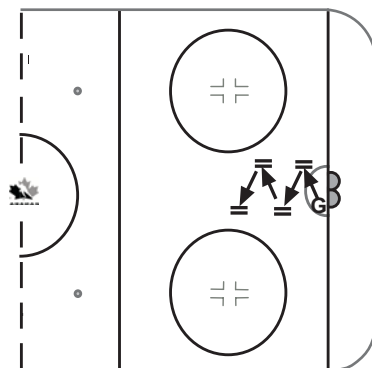
Drill Name & Description

Skating Drill – Zig-Zag

- G starts at post
- Line up staggered cones at least 3-4 feet apart
- Does zig-zag forwards to cones, then backwards by using t-push, shuffle, or powerslide maneuver

Key Teaching Points

- When doing drills using T-push or shuffle there should be no head bobbing up and down
- Smooth lines with hard pushes



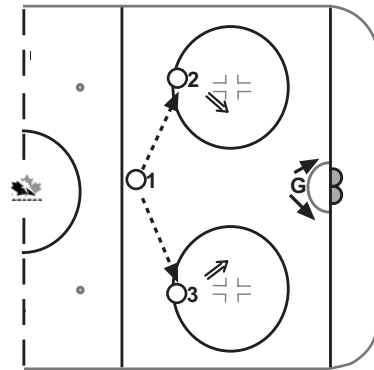
Drill Name & Description

Butterfly Drill

- Pucks in middle, G fronts player from top of crease in middle
- Pass to players at tops of circles
- No one timers-stop pass and shoot low shots
- G butterfly save

Key Teaching Points:

- G must shuffle or T-push to get to shooter
- Good hip rotation with strong push
- Follow rebound
- Idea is to get goalie set in stance for shot



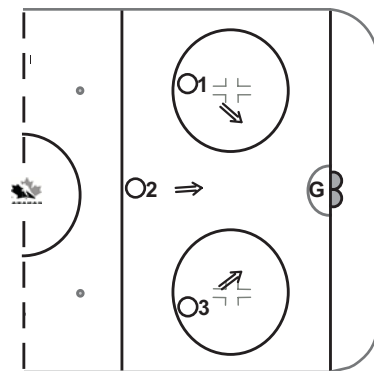
Drill Name & Description

Butterfly Drill with Movement

- G starts on post
- T-push to top of crease
- Shot from angle
- Do each post and go corner / middle / far side
- Do one area at a time, 10 shots each area, 10 pushes

Key Teaching Points

- Strong pushes
- Get to top of crease and set
- Good butterfly, chest up, stick on ice, follow rebound



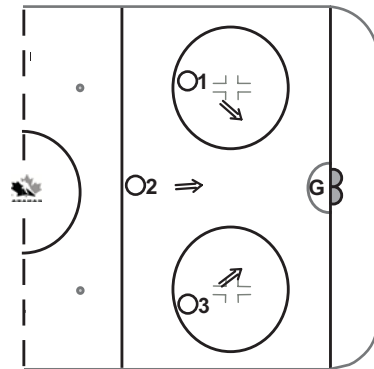
Drill Name & Description

Simple Butterfly Drill (follow rebound-warm-up)

- Shots from all angles on ice (one area at a time, one shot at a time)
- G butterflies to make save
- Minimum 10 shots from every angle
- Goalie follows their rebound and resets
- Goalie starts from stationary position

Key Teaching Points

- Proper butterfly
- Chest up
- Following rebound



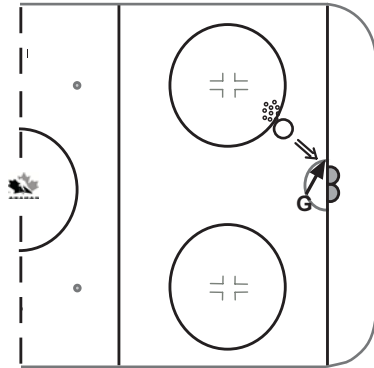
Drill Name & Description

Butterfly Slide Development

- G starts on top of crease facing dot
- G will execute five sets of five butterfly slides
- Set 1: One ice lead pad
- Set 2: Into body as body comes through space
- Set 3: Quick jam with spread off of slide
- Set 4: Slide with comeback and spread opposite way
- Set 5: Butterfly slide into anything (jam, spread, reaction, etc)

Key Teaching Points

- The objective of this drill is to allow G to work on butterfly slide mechanics, understand that the slide is a lateral move and not a save movement
- Mechanics must be rock solid...this is not about speed
- Butterfly slides require an opening to the new puck position – as always this is accomplished with a visual lead
- Like the backside push, butterfly slide mechanics include: visual lead, rotation, gather and extend



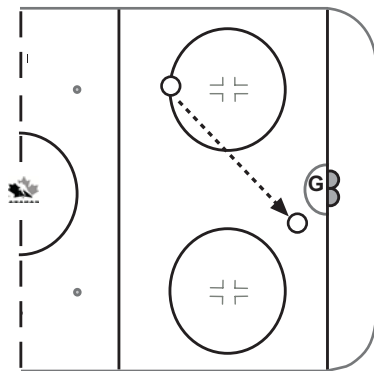
Drill Name & Description

Lateral Feeds #1

- G starts facing high
- Pass to low backdoor
- G must rotate and T-push into a butterfly slide
- Change sides

Key Teaching Points

- G must be aware of the dangerous player
- Goalie should start with toes at top of crease
- Goalie will retreat to a Lower depth position backing off slightly



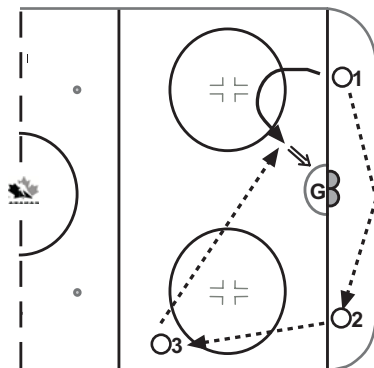
Drill Name & Description

Lateral Feeds #2

- O1 passes to O2 behind net
- O2 passes to O3 at the top of circle
- G must get off post and front O3 with toes at a minimum top of the crease
- O3 passes down low to O1 who is at back door
- Goalie moves to lower depth position and have slight backwards flow
- Goalie uses butterfly slide to make save

Key Teaching Points

- Goalie must be careful not to over slide
- Goalie must keep stick between five hole not creating an opening
- Goalie must have a strong push to get across



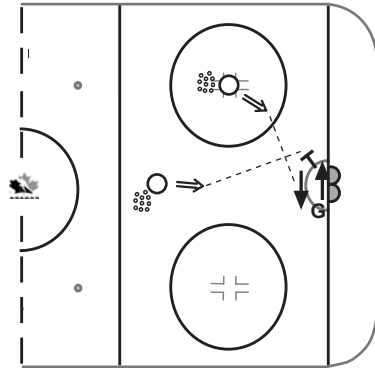
Drill Name & Description

Post Save Up

- On "Go", low shot far side and G drops into butterfly
- G power slide in butterfly to middle and G gains feet
- Shot back to same side low
- G makes save, follows rebound using slide back into starting position and regains feet

Key Teaching Points

- Goalie must learn to recover properly
- Goalie must move efficiently in a scramble



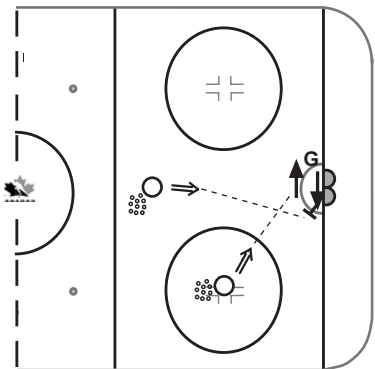
Drill Name & Description

Post Save Down

- G starts on feet
- Shot to far post
- G power slides to middle and gains feet
- Low shot back to side he came from
- Power slide back to initial position
- 3rd shot look to score

Key Teaching Points

- Proper recovery
- Always staying forward never falling backwards



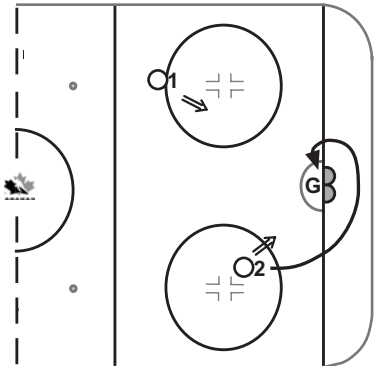
Drill Name & Description

Scramble Tactics & Rebound

- O1 shoots low far side
- O2 shoots then shoots a set rebound
- O2 skates behind net after shooting, picks up set puck and tries stuff play on the other side of net
- After O1 shoots G has to either use powerslide, or get up on feet to get from shooter O1 to shooter O2 then has to scramble back to post for stuff play

Key Teaching Points

- Low ice coverage
- Strong pushes
- Leading with hands



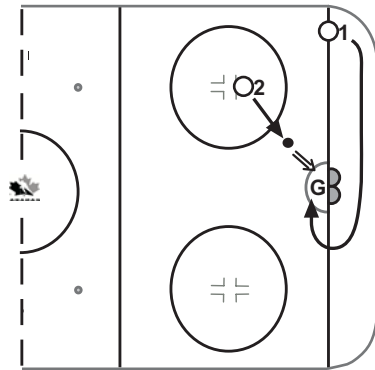
Drill Name & Description

Wrap-Rebound

- G starts at same post as shooter O1 and follows wrap attempt from beginning
- O1 wraps, O2 skates into set puck and shoots
- G can use VH or paddle down on wrap attempt
- G must use scramble tactics to get to second shooter

Key Teaching Points

- Good low coverage
- Strong push and hip rotation



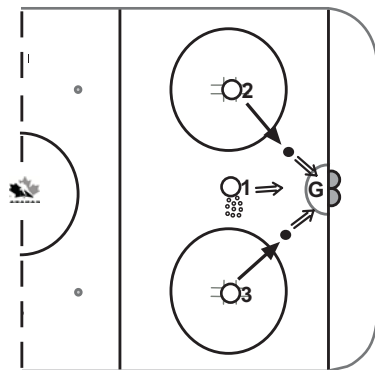
Drill Name & Description

Double Rebound

- Shooter shoots low shot from slot at the goalies right foot
- O2 who is on the right side skates into set puck and shoots
- G must use power slide to get to shooter O2
- After O2 shoots, G must use power slide to get to O3 who skates into set puck to shoot

Key Teaching Points

- Lead with hands
- Good low ice coverage
- Strong pushes
- Battle mindset



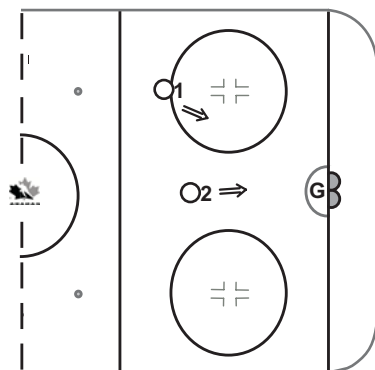
Drill Name & Description

Scramble Tactics & Rebound

- O1 shoots low farside
- O2 shoots set puck rebound from middle
- G saves first shot in butterfly, then power slides across to make rebound save
- Phase 2: put O2 rebound shooter towards back post making the goalie have to move further for rebound shot

Key Teaching Points

- Good hip rotation
- Lead with glove and stick
- Need proper spacing between shots



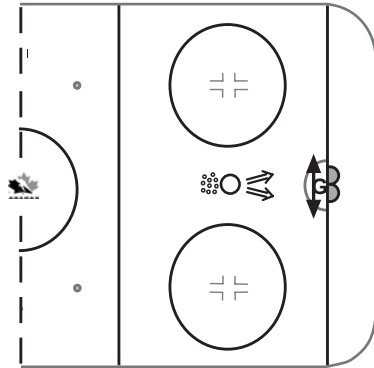
Drill Name & Description

Side to Side Slide

- Continual shorts from slot on ice at posts
- G moves side to side in butterfly position using backside slide move
- Do approx. 5-10 reps per side
- G must never stop moving or come off knees

Key Teaching Points

- Strong pushes
- Low on-ice coverage
- Leading with hands-with good hip rotation



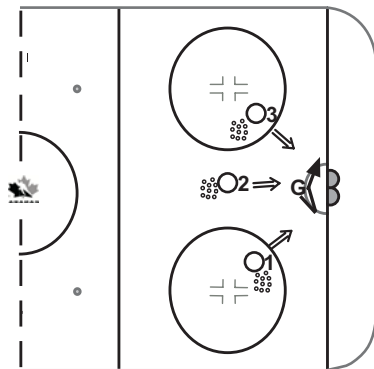
Drill Name & Description

Power slide or Backside Push Development

- G starts on top of the crease and on "Go" will rotate and drive laterally towards O1
- Once G makes initial save, G will rotate and come back to the center to face a shot from O2
- Once G makes second save on O2, G will rotate a third time and push to the far side to face a shot from O3
- O1, O2 and O3 should allow G to come into the space each repetition and time their shots so that G is entering the space at the same time as the puck (mix up shots low to the pads and up on the body)

Key Teaching Points

- The backside push requires a visual lead, correct rotation, and a strong push
- Regardless of distance, G should have proper backside push mechanics
- Flawed mechanics will result in G coming up short
- Once extended, G should bring themselves back together
- Head and eyes should be controlled and balanced throughout the backside push execution



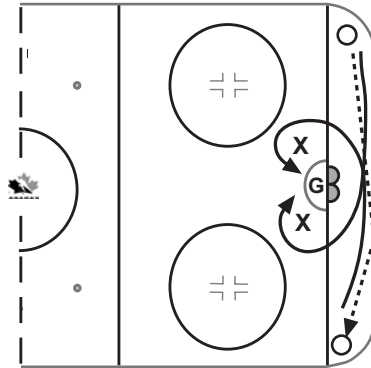
Drill Name & Description

High Wrap Drill, Step Out

- Player passes behind net to opposite player who takes pass and goes around behind net
- He then steps out from behind net and goes around cone to shoot
- G must follow player and get off post

Key Teaching Points

- G must have good initial low coverage
- G must get off of post and adjust their depth so as to not lose coverage for the top of the net
- G should avoid drifting at shooter
- Should be push off post and stop at top of crease



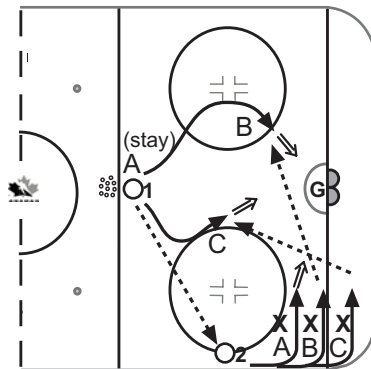
Drill Name & Description

Zone Awareness

- O1 starts drill by passing to O2 on the half wall
- O2 begins to walk low in to the zone towards the pylons – O1 is patient up top during O2's selection
- O2 has three lane options (low slot – cut under first pylon, goal line – cut under second pylon, board – cut under third pylon) and selects one of them
- If O2 selects a low slot lane, he drives the net and makes a play on the net; if O2 selects a goal line lane then O1 reads this and jumps backdoor (O2 can pass or shoot); if O2 selects a board lane then O1 jumps down on the nearside and looks for a pass from either side of the net
- Repeat on both sides

Key Teaching Points

- Zone awareness provides the goaltender with simple rules of thumb for their post positioning
- When the goal line is attacked by a puck carrier, VH is the preferred method
- When the board lane is attacked, G must stay on their feet to track the puck effectively
- When the low slot line is attacked, G will tend to separate from the post and square up before responding to the play
- Nearside passouts will be handled with a depth move by getting off the post .
- All plays, regardless of type or position, require a visual lead



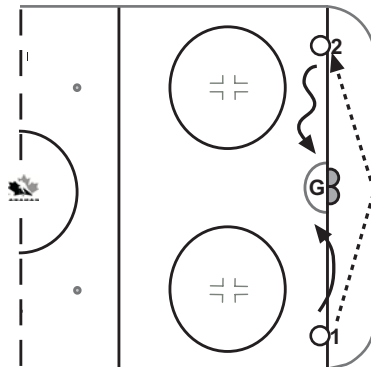
Drill Name & Description

Net Tactics #1

- Pass behind net O1 to O2
- O2 walks to nearside post
- G drops into VH as O2 tries to stuff nearside
- Switch sides

Key Teaching Points

- Stay low,
- don't drop into VH too early
- low ice coverage is essential



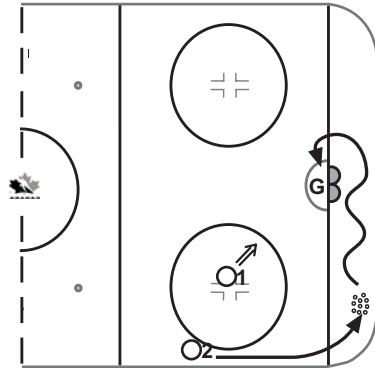
Drill Name & Description

Net Tactics #2

- Far side wraps, O1 shoots short side shot
- O2 picks up puck, skates around behind net, wraps puck
- Repeat Same drill, but player can take 1 step above goal line or wrap

Key Teaching Points

- Goalie must push hard to get to post
- Low ice coverage is essential
- Getting up quickly is crucial



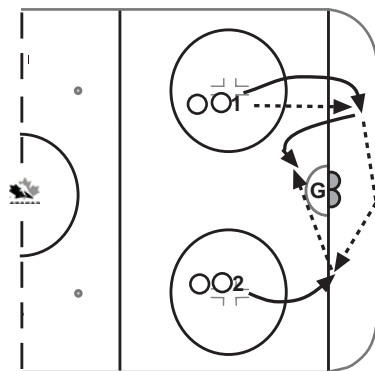
Drill Name & Description

Net Tactics #3

- O1 dumps, gets his own dump, and passes behind net to O2
- O1 comes back to front of net and gets pass from O2
- Goalie uses butterfly slide tactic to make save
- Repeat

Key Teaching Points

- Strong post to post pushes
- Good-low on ice coverage
- Good stick position preventing pass through crease



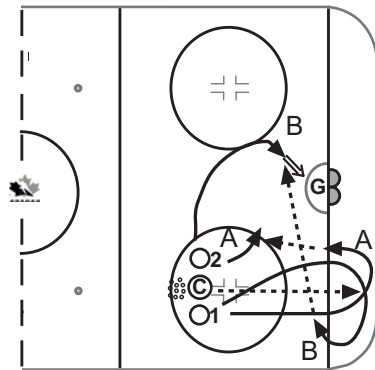
Drill Name & Description

Pass out Tactics

- Coach dumps puck into the corner and O1 retrieves
- O1 on retrieval has two options, to swing towards the net or to swing towards the corner
- O2 delays and reads O1's directions, if O1 swings to the net O2 stays on the nearside and receives the pass; if O1 swings to the corner O2 jumps to the back door and receives the pass
- Phase 1: no one timed attempts
- Phase 2: one timed shot attempts allowed
- Rebound is played live

Key Teaching Points

- G must have excellent ice awareness and anticipation skills
- When the passout occurs on the nearside, G should have a depth focus and get off their post
- When the passout occurs on the far side, G should have an angle focus to their positioning
- When the passout occurs to the mid slot, G should get off post and not drift toward shooter
- Regardless of passout type, a visual lead is vital
- G should look to set up whenever possible to maximize control



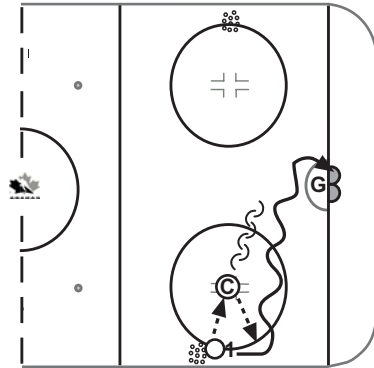
Drill Name & Description

Developing a Battle Mindset

- O1 will make a pass to coach, who will then make a return pass back
- After making the return pass, coach will skate backwards, giving O1 a low lane to the net
- O1 will take the puck to the net and try to beat G low to the farside of the net (i.e. net drive across the front and tuck the puck into the farside)
- All rebound are live and will continuously be put on net. All shots, including the initial one will all be along the ice and released in tight to the net – there is no raising of the puck but players may make as many dekes as they like
- G will track all pucks properly and must refrain from using their sick on these plays

Key Teaching Points

- To begin, G must have the mindset to battle
- G must try to stay centered in the net without straying too far out or too far right or left
- G should focus on complete low coverage first by having a deep crouch
- Visual contact with the puck at all times is key regardless of body distortion
- Goalie must have good backwards flow with shooter and not be stationary



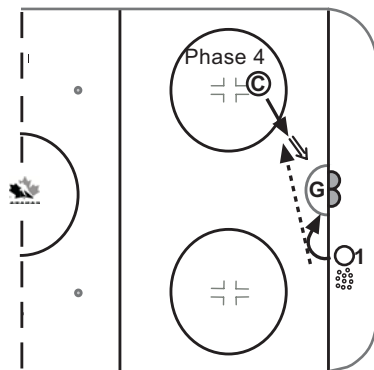
Drill Name & Description

VH

- This is a multi-phase drill to ensure that G's VH mechanics are sound
- Phase 1: G will simply come to the post, from a mid goal line position and settle in to their VH position. Repeat 10 times to each side
- Phase 2: O1 and pucks situated as indicated – on coach's "Go", O1 will step and jam the puck into G's positioning. Repeat 10 times to each side
- Phase 3: O1 and pucks situated as indicated – on coach's "Go", O1 will step and shoot the puck into G's positioning. Repeat 10 times to each side
- Phase 4: O1, coach and pucks situated as indicated – on coach's "Go", O1 will step and jam or shoot the puck into G's positioning OR if coach walks to the net from the far dot, O1 has the option of passing backdoor to coach. Repeat 5 times to each side

Key Teaching Points

- This is a progressive drill to ensure mechanics are built soundly
- Post leg remains vertical (V) while backside remains horizontal (H)
- Post skate should not over rotate – indeed, this skate must stay almost 90 degrees
- Backside ankle stays near the goal line
- Stick protects the seam between V and H on both sides
- Glove side – glove remains high
- Blocker side – glove supports stick for jam or can cover five hole if necessary



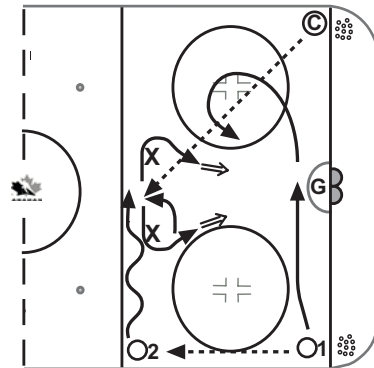
Drill Name & Description

Gap Control and Traffic Management

- O1 passes to O2 at the point, O2 will drag the puck towards the center of the blue line before using some deception and stepping around either pylon
- In no circumstance, should O2 shoot before there is a confrontation at the net between O1 and G
- O2's shots should be wrist shots
- Once the shot is taken and G either covers the puck up or tracks it, coach will hit O2 with a second puck (O2 will be standing at the blue line in the middle of the two pylons to receive the pass)
- O1, meanwhile, will arc away from the net and then, with good timing, come back towards the net for a tip or rebound on the second puck

Key Teaching Points

- G should have quick-to-position movement in order to establish his position – making O1 form to G's position not vice versa
- G maintains the strength of this position without getting excessively tangled up with O1
- G can use the gloves to find a sight line or look above the traffic using partial flexion
- G must keep battling for vision in this traffic instance
- For the second puck, again, G must move into position with speed and must now anticipate the upcoming play
- If it is likely deflection then G may have to slide towards the new trajectory and also be prepared to react if necessary



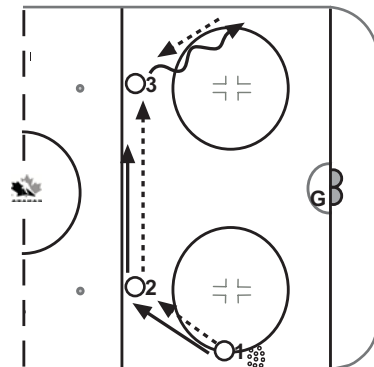
Drill Name & Description

Proper Flexion

- O1 will start with the puck, on the half boards, and make a pass to O2, who will proceed to make a pass to O3 – in each of these cases, the passing player will follow their pass and fill the spot vacated by the previous player
- O3, after receiving the puck, will slide down to the half wall on the opposite side
- O1, O2 and O3 will continue to move the puck around the perimeter (no cross-ice passes) until "shot" is called
- One "shot" is called, the last player to receive the puck will release it on net
- G will track the puck in a relaxed fashion and settle into a more set position once "shot" is called
- To make it harder you can put players in front of goalie creating a screen

Key Teaching Points

- G will establish partial flexion to preserve mobility – due to the obvious read, G's desire is to maintain mobility given the likelihood of additional adjustments
- G should use positional speed moving position to position
- Major adjustments will use a T-push while minor adjustments will invoke a shuffle
- By using partial flexion, G will be lighter on their feet, more aware, quicker to position
- Once "shot" is called, G should be fully aware of ice



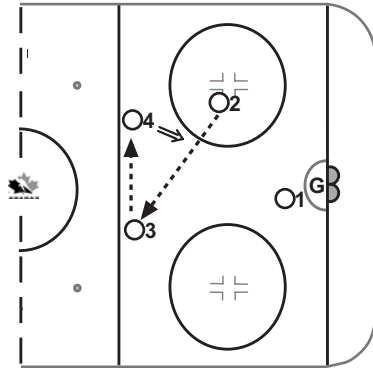
Drill Name & Description

Traffic

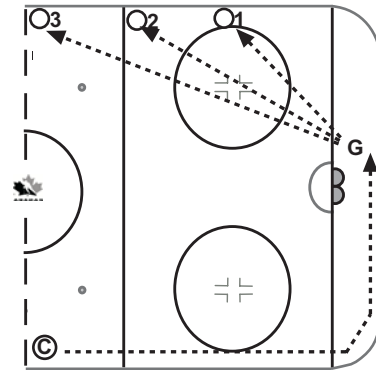
- O1 starts in front, and screens G
- O2 passes cross ice to O3
- O3 passes to O4 who shoots on G
- G must find and follow puck
- O2 crashes net after initial pass and goes for rebound

Key Teaching Points

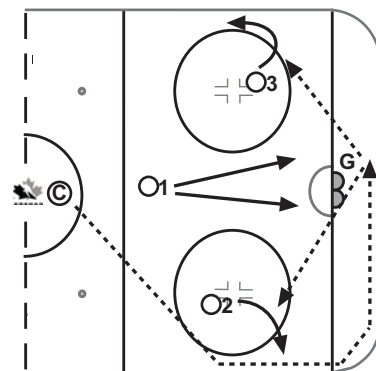
- Battle to look for puck while moving
- Look over top and around player
- Butterfly save will be best choice with a tight compact position



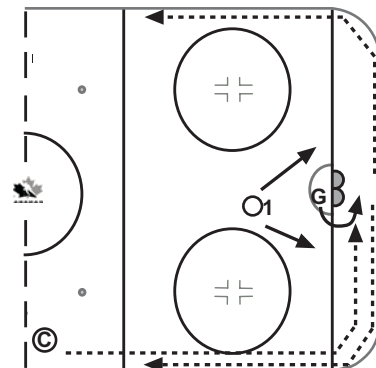
Drill Name & Description
Playing the Puck (time)
<ul style="list-style-type: none"> • Coaches with pucks at redline hard rim puck • G stops hard rim, turns and gives outlet pass to O1 • Repeat hard rim • G gives outlet pass to O2 • Repeat rim • G gives stretch pass to O3 • Do 3-5 reps for each pass • Do both sides
Key Teaching Points <ul style="list-style-type: none"> • Stopping hard rim, turning and looking up ice • Hard tape to tape passes • Checking shoulders before going behind net



Drill Name & Description
Playing the Puck (with pressure)
<ul style="list-style-type: none"> • Hard rim or soft dump on G • O1 forechecks • O2 and O3 move to wall for outlet pass
Key Teaching Points <ul style="list-style-type: none"> • G must look • Hard pass tape to tape • Shoulder check



Drill Name & Description
Playing the Puck (no time)
<ul style="list-style-type: none"> • Hard rim • G stops puck • Clears every time high on glass • O1 pressures G to put rim high • Can do from both sides • 5-10 reps
Key Teaching Points <ul style="list-style-type: none"> • When giving up puck, make sure high on glass • Turning and taking a look up ice • Taking a look before going to get puck



*Goaltender playing the puck can be substituted for any breakout drill. Hard rim to goaltender or soft dump and allow goaltender to start breakout by making an outlet pass or leaving the puck for defenseman.

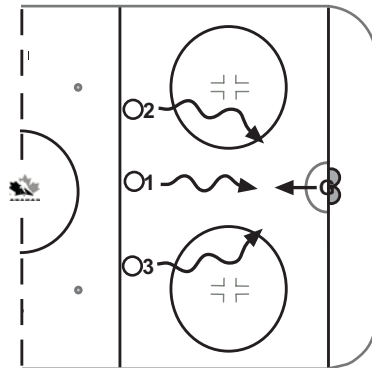
Drill Name & Description

Breakaways

- Pucks at blueline
- O1 comes in on breakaway
- G must start on goal line and get up and out on shooter
- O2 then goes on angle breakaway
- O3 then goes on angle breakaway

Key Teaching Points

- Proper spacing between shots
- Get up and out on shooter
- Force them to deke
- Patience



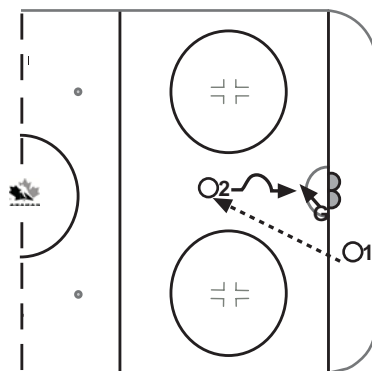
Drill Name & Description

Behind Net (Patience, Stay on Feet)

- O1 off to side behind net with pucks
- O2 in front of net gets pass from behind net into low slot
- O2 has short breakaway on G in tight
- G must stay on feet and get to top of crease as fast as he can
- G start on post
- No one timers

Key Teaching Points

- Patience, out wait shooter
- Strong push to get off post



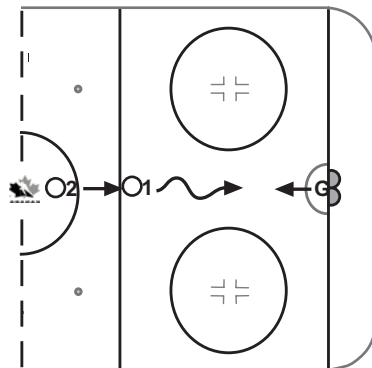
Drill Name & Description

Breakaways with Trailer

- Breakaway for O1
- O2 does everything to distract O1 by making it difficult to let him shoot
- G must start on goal line, get up on shooter

Key Teaching Points

- G must stay patient knowing shooter will not get a clear shot off
- Speed for G while player is distracted
- O2 must let O1 get shot off, but must have made it difficult for him



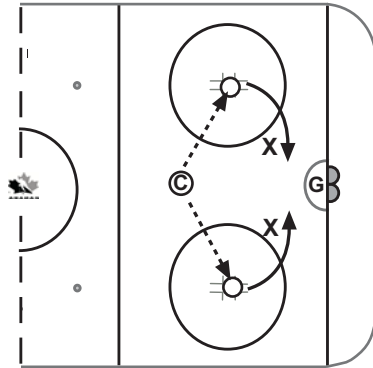
Drill Name & Description

Tight Angle Breakaway

- Pass from coach down low to player who cuts to net for side angle breakaway
- Ability to move cones higher and do same drill giving more or less room
- G starts by fronting coach

Key Teaching Points

- G must adjust depth by backing off slowly
- G must get good momentum with strong hip rotation
- G will need to have patience and stay on their feet
- G will need to make quick lateral adjustment
- G cannot use VH



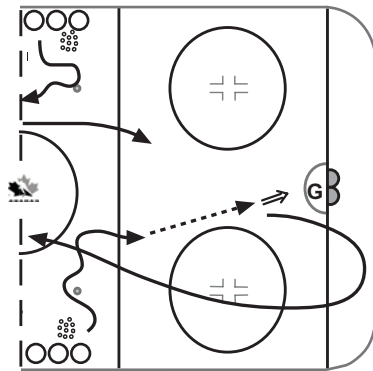
Drill Name & Description

Shootout

- Pucks at center
- Players divided into two teams
- Coach blows whistle and player from each team goes on breakaway against opposite goalies
- After initial breakaway player skates back to center ice and takes breakaway on opposite goalie

Key Teaching Points

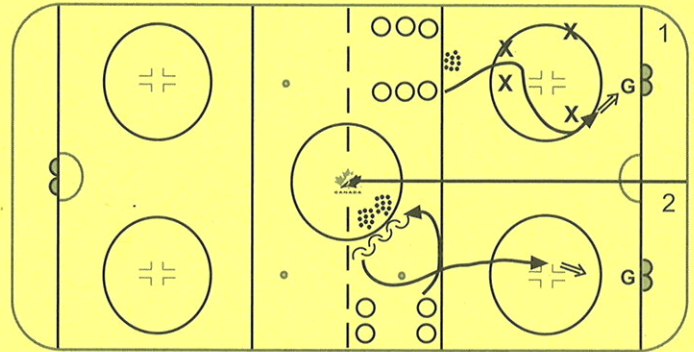
- Breakaway with shootout mentality
- Goalie gets two breakaways instead of one



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

10 min **SKATE AND SHOOT STATIONS**

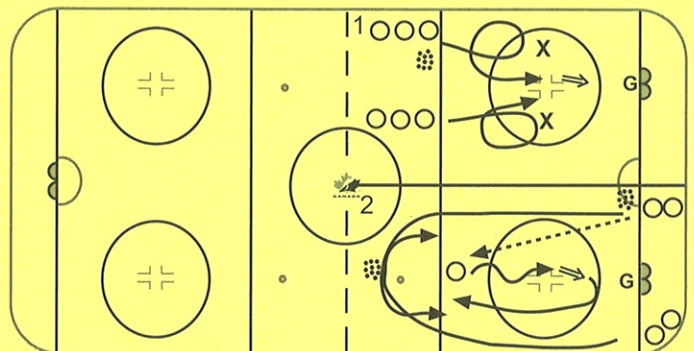
1. Players in two lines, take puck and skate through the first two pylons, drive towards the next pylon, protect puck and go in for shot on net.
 - Alternate sides. Can also use coaches or players to replace pylons to make more game like.
2. Players start on side boards, skate towards centre ice, pick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

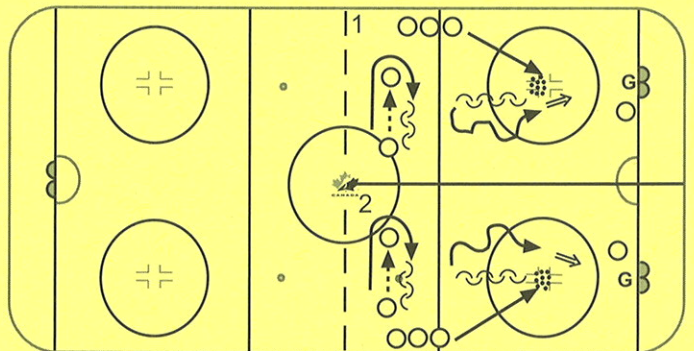
1. Players start in two lines, carry puck towards pylon, delay and then drive towards net for shot. Alternate lines.
2. Player start in two lines below the goal line, with another line near the blue line. Player at blue line goes in for shot on net, then circle back towards the blue line. At same time,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

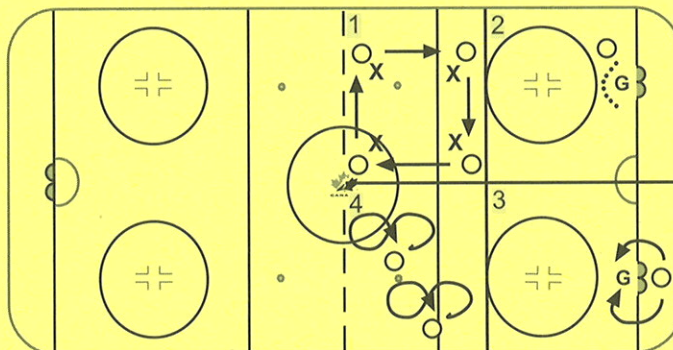


KEY EXECUTION POINTS

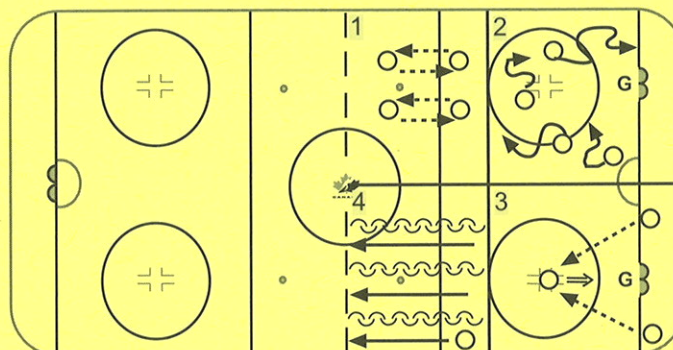
- Session Objective(s)
1. Skills Stations
 2. Passing / Shooting
 3. Puck Control / Scoring

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

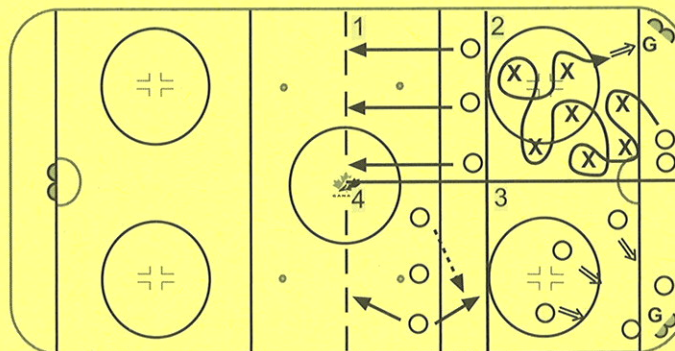
1. Skate and chase. On signal 4 player chase each other around the pylons, stop once a player gets caught from behind. Go both directions.
2. Quick release shooting drill. Place 10 pucks in a semi circle and work on shooting the puck high and quick using a flip shot.
3. Wraparounds from behind the net.
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**

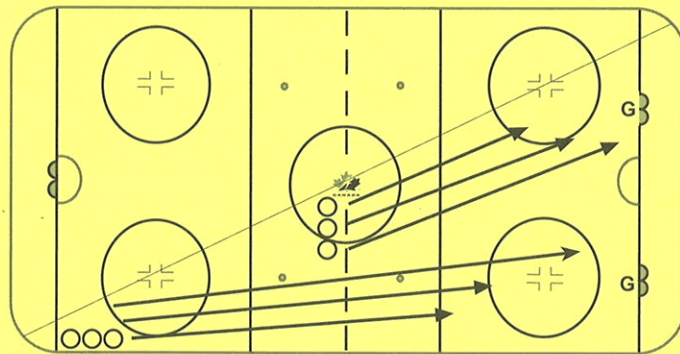
- Session Objective(s)**
1. Shooting
 2. Skate and Pass
 3. Backchecking

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.



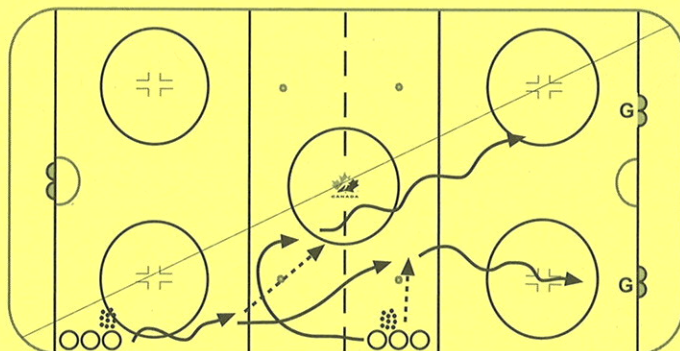
KEY EXECUTION POINTS

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

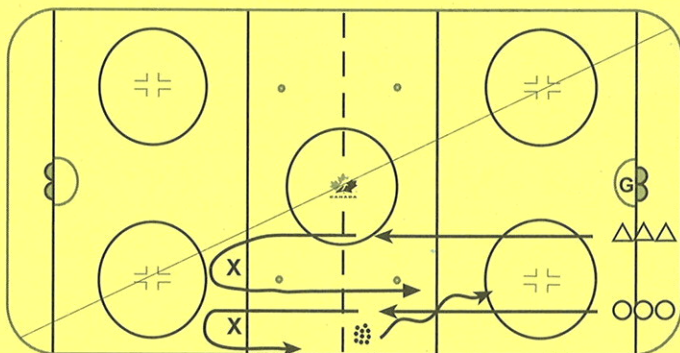
10 min

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.

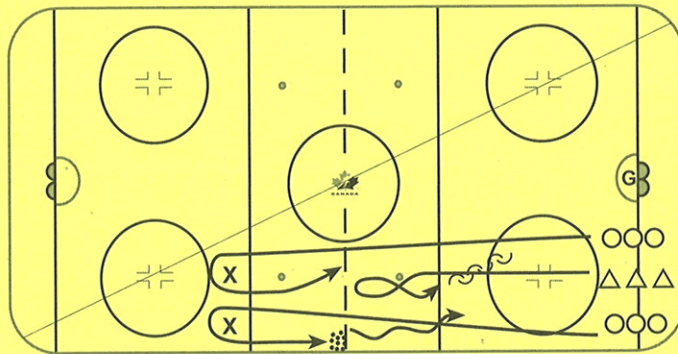


KEY EXECUTION POINTS

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

10 min
2 ON 1

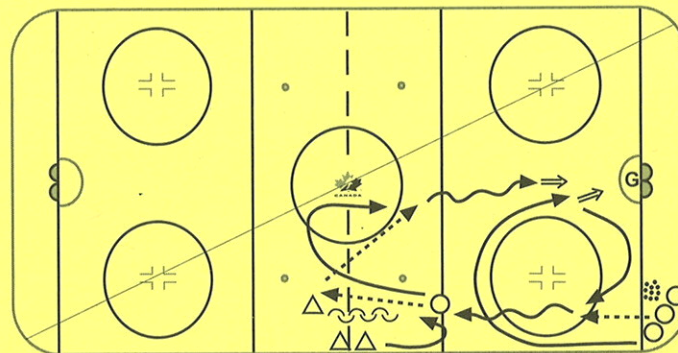
- Two lines of forwards, 1 line of defence.
- Forwards and defense go together at same time, skating hard up ice.
- Forwards retrieve puck and go in on net for 2 on 1. Defense plays good gap.



KEY EXECUTION POINTS

10 min
2 SHOT TRANSITION DRILL

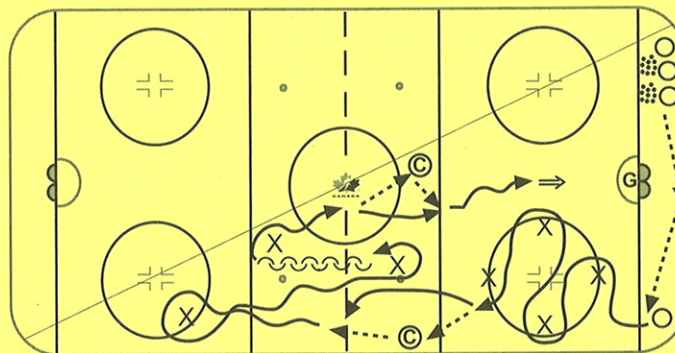
- Forwards start in corner with puck, defense out by red line.
- Forward skates around top of circle for shot on net.
 - Continue around circle to receive a pass from second player in line. Skate toward centre, pass to defense who skates backwards, forward curls to receive transition pass and takes second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

- Session Objective(s)**
1. Circle Drills
 2. Neutral Zone Shootout
 3. Back to Back Nets

20 min

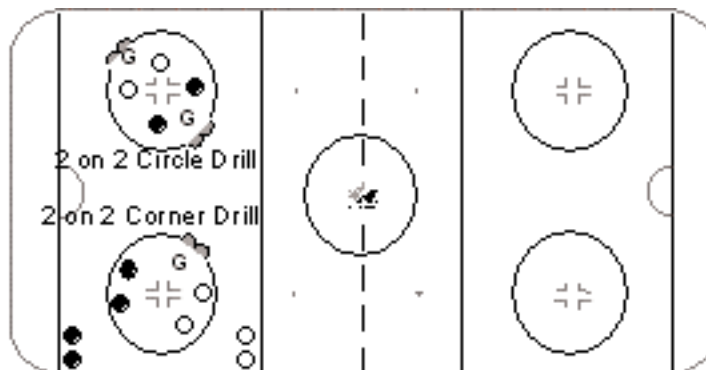
CIRCLE DRILLS

2 on 2 Circle Drill

- Place nets close together on an angle.
- 2 x's play 2 o's.
- 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 9 goals.

2 on 2 Corner Drill

- Place one net on the edge of the circle, facing the boards.
- Players play 2 on 2 both trying to score on the same net.
- If puck goes out of play, coach spots new on in.
- Switch players every minute, first team to 5 wins.

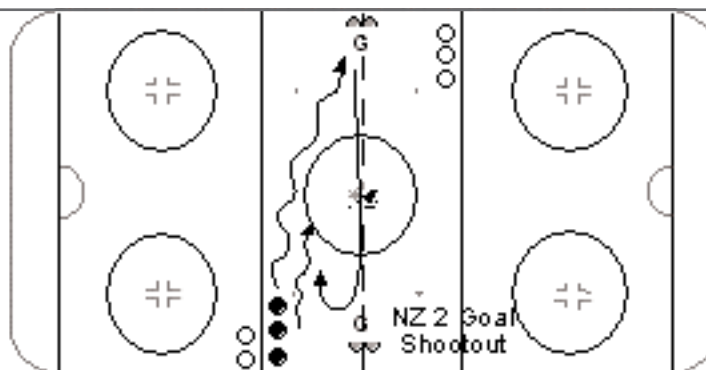


KEY EXECUTION POINTS

20 min

NEUTRAL ZONE 2 GOAL SHOOTOUT

- Two groups, x's and o's line up on the blueline.
- On the whistle, the teams attack the goal and try to score.
- If they score, one player must go back, get a second puck and the 2 attack again.
- The first team to score 2 goals wins and gets one point.
- Play to 9 goals.

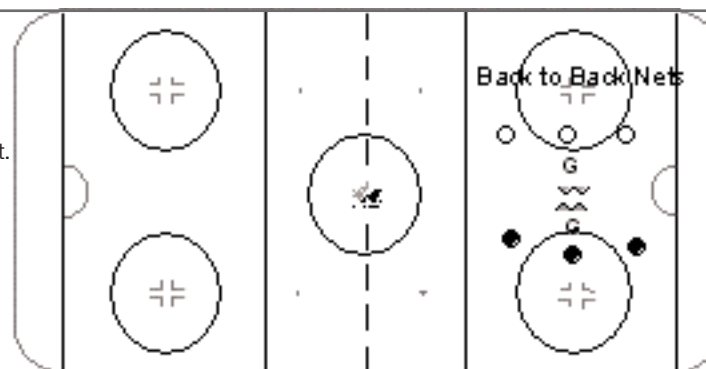


KEY EXECUTION POINTS

20 min

BACK TO BACK NETS

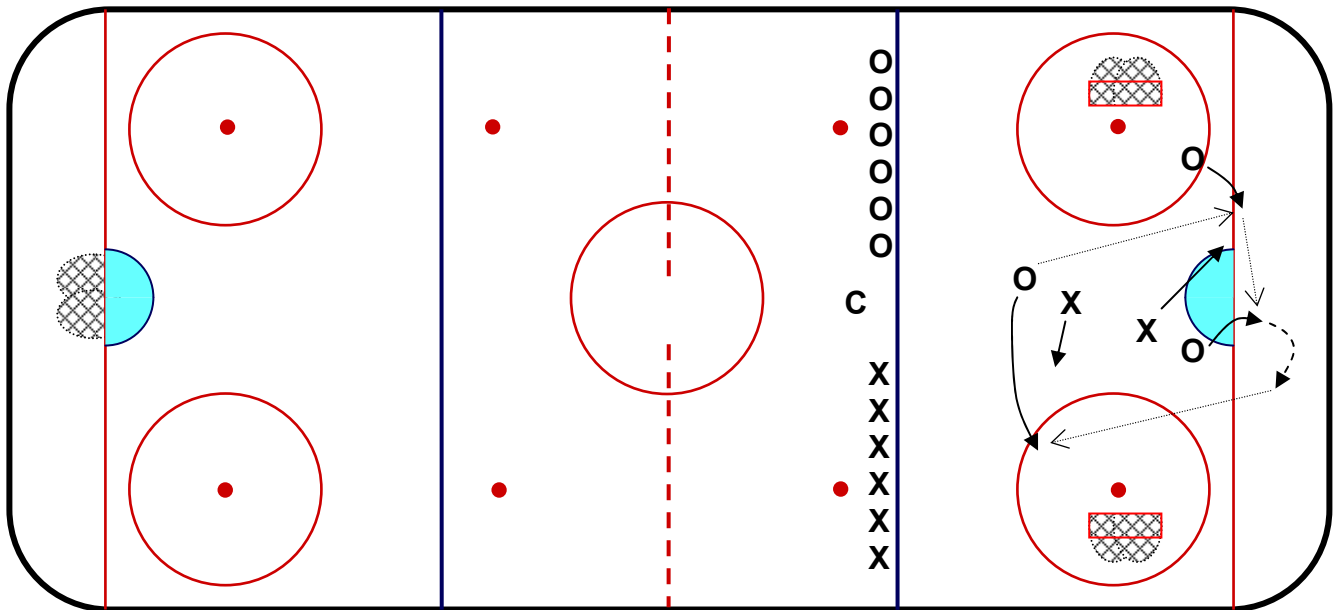
- Nets are placed back to back between the hash marks.
- 3 x's play 3 o's.
- One o and one x have to stay in contact with the faceoff dot. They are the "slot men".
- Play a 40 second shift....anyone can score.
- A great drill for goalies to follow behind the net play.



KEY EXECUTION POINTS

CROSS-ICE GAMES

U16 – ALTERNATING 3V2



Drill Mechanics:

Three O's begin the cross ice game with a 3 vs. 2 man advantage. On the whistle to change the advantage is reversed to the X's.

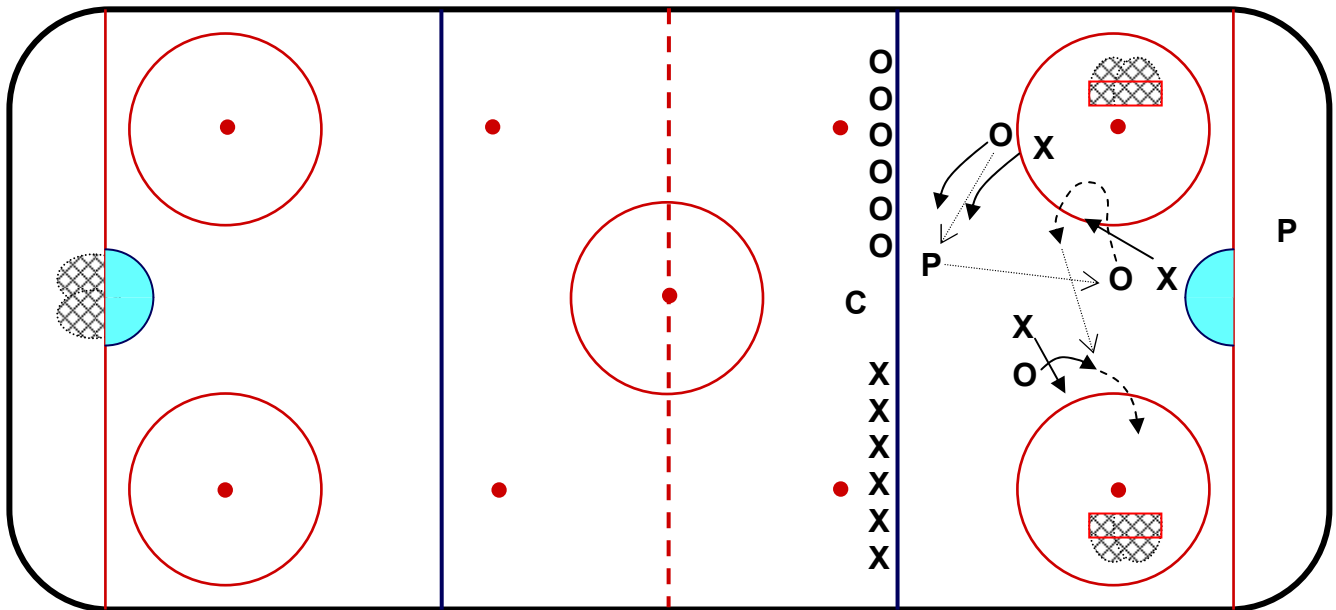
Points of Emphasis:

Offensively players work at passing the puck quickly and skating movement into offensive support positions, creating passing lanes.

The defensive players must protect their net front area and read the level of control by the offense. They must read when to press and when to contain.

CROSS-ICE GAMES

U16 – 3V3 OUTLETS



Drill Mechanics:

The teams play 3 on 3 cross ice with the option of using the outlet players as passing options. This in effect gives the offensive team a 5 on 3 advantage. The outlet players can move below the goal line and along the blueline. They should look to return the puck to the offensive team as quickly as possible. The outlet players are not allowed to score.

Points of Emphasis:

Puck movement is the emphasis of the game! The offensive team should under handle the puck as much as possible and attempt to create offense through puck movement.

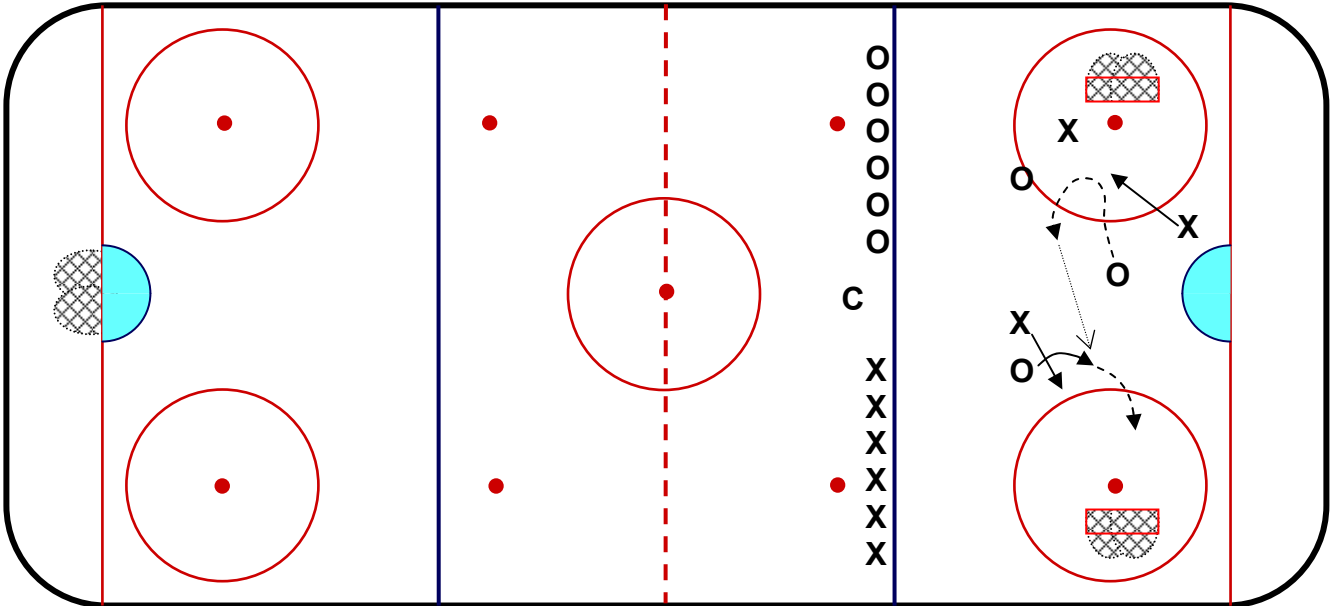
Variations:

To force puck movement the offensive team must make one pass to an outlet player prior to attacking the net.

To force more net front confrontation the outlet players must shoot the puck attempting to create a rebound. This allows the offense to work on scoring in tight, creating screens and the defense to work on net front body positioning.

CROSS-ICE GAMES

U16 – 3V3 ANY NET



Drill Mechanics:

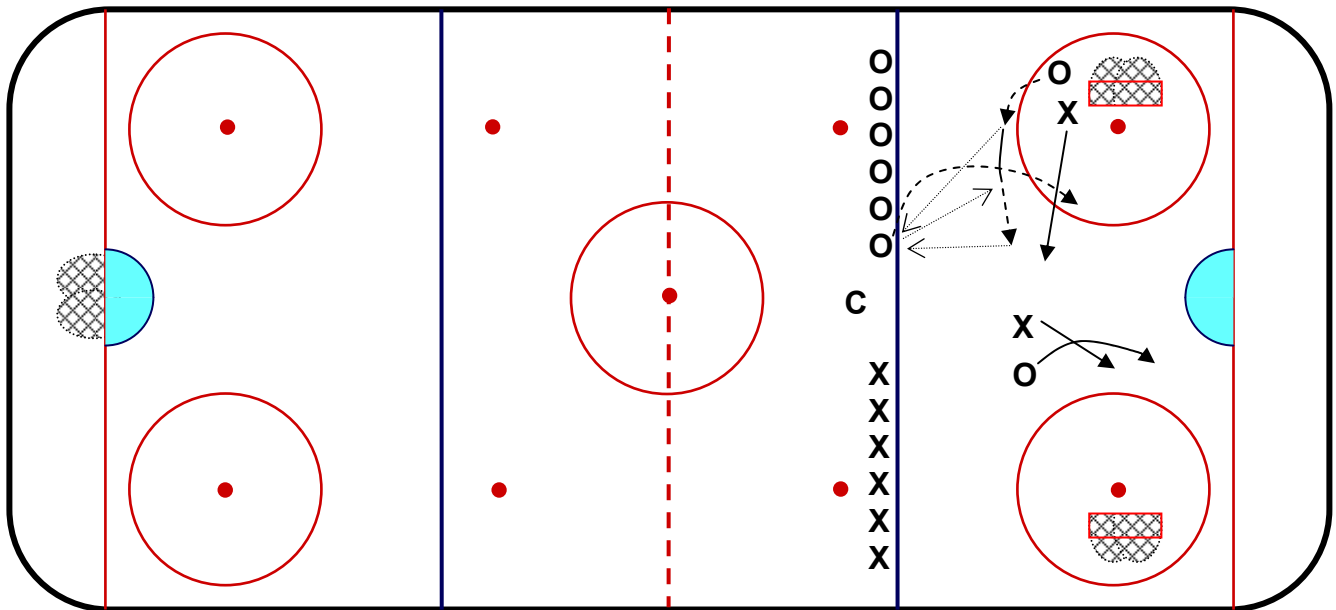
Basic 3 vs. 3 cross ice play with the teams allowed to score on either net. Additional restrictions can be added for example; require a pass to teammate after transition before you can score.

Points of Emphasis:

This offensive game allows players to think outside the box and work on their deception skills. Fake in one direction then attack in another to manipulate the defenders. Defensively, players must work hard to regain defensive side body position on the attackers as the area being attacked is constantly changing.

CROSS-ICE GAMES

U16 – Build Up Game



Drill Mechanics:

Drill begins from a 2 vs. 2 cross ice format. Each team can activate additional players by passing twice to the first person in their team's line. Once the player in line has received two passes he then activates into the play and the next player in line gets ready as a possible outlet. There are no limits to the number of players a team can build up too during their shift.

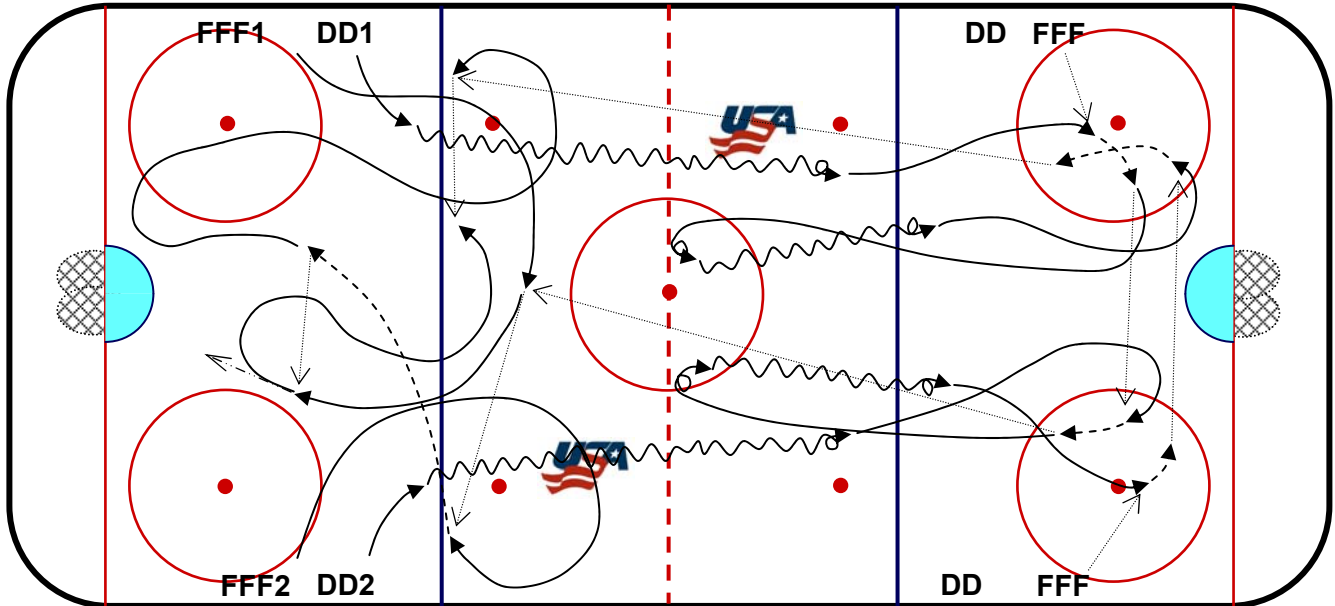
Points of Emphasis:

Since the number of players in the game can change, active players must read the odd or even man situations and play accordingly.



NATIONAL TEAM DEVELOPMENT PROGRAM COMPUWARE 4 NATIONS CUP

TEAM SWEDEN U18 – 2 on 0 STRETCH DRILL



Drill Mechanics:

D1 & D2 begin by skating backwards through neutral zone. A puck is spotted for them to retrieve. D1 picks up the puck and rotates it to his supporting partner D2. D1 must now support D2 by moving behind and to the rear. F1 & F2 time their movement to provide D2 with a long pass option. The forwards receive the stretch pass from D2 and attack and finish to the net.

D1 & D2 gap up to the red line and then skate backwards through neutral zone. The defense is spotted a 2nd puck. They make another D to D pass with support and then look for the stretch pass. After their play on the net F1 & F2 quickly get back on sides for a 2nd pass from the D and another attack on goal.

Points of Emphasis:

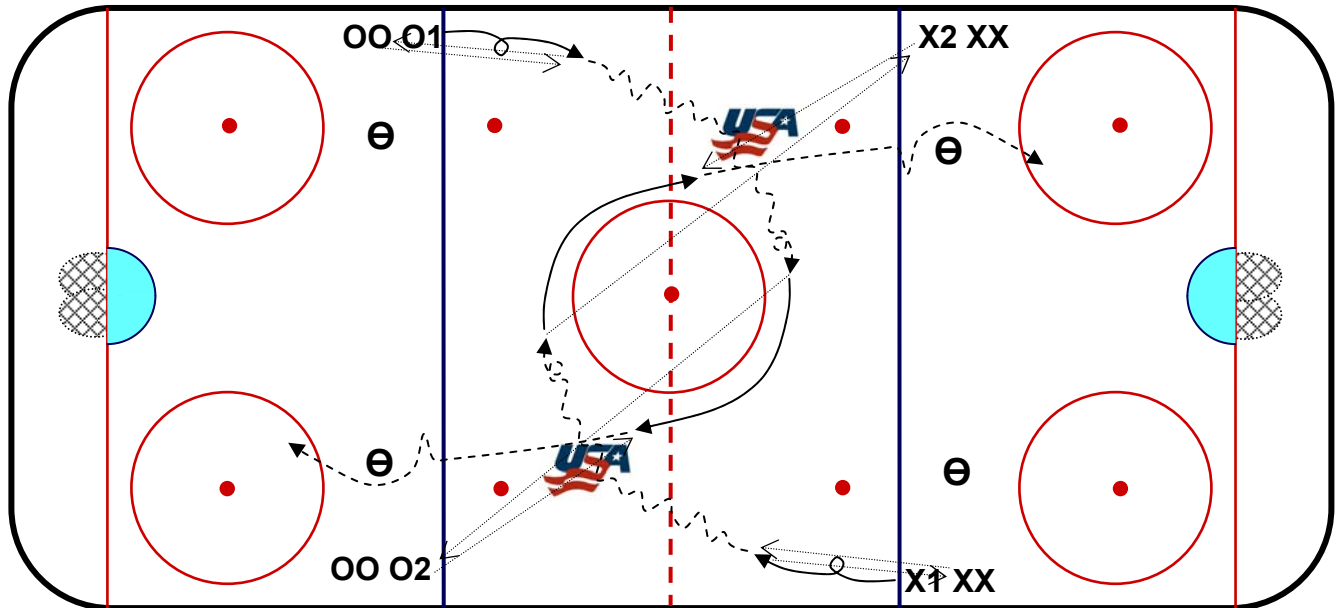
Defensemen work on their puck retrieval skills, partner support and long pass skills. The Forwards focus on timing their movement as stretch outlets and quick attack on the goal. The first support movement works on timing from a delayed situation while the second movement is from a quick tag up situation with support.





NATIONAL TEAM DEVELOPMENT PROGRAM DRILL OF THE WEEK

U17 TEAM – SLOVAK 1 DRILL



Drill Mechanics:

Opposite lines begin at the same time. O1 starts with the puck, takes a stride, pivots to backwards and then passes back to his original line. O1 immediately receives a return pass, then back skates around the center circle. At the top of the circle, O1 pivots to skate forward and passes to O2. O2 one touches the puck back to O1 who then attacks an obstacle with a quick move and shot on goal.

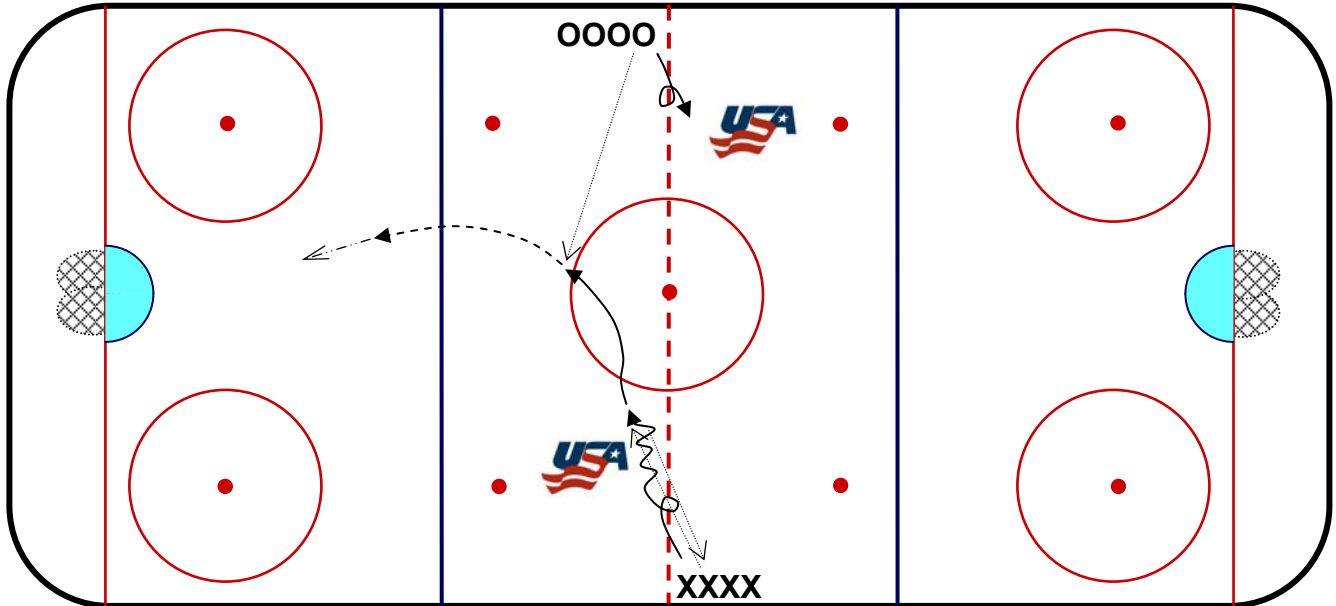
Points of Emphasis:

This skill drill works on passing, receiving, skating and puck handling skills. Emphasis is placed performing the puck skills while keeping the feet moving. Focus the player's attention on trying to multi-task at a high rate of speed.



NATIONAL TEAM DEVELOPMENT PROGRAM COMPUWARE 4 NATIONS CUP

TEAM FINLAND U18 – QUICK HIT WARM-UP



Drill Mechanics:

X pivots to backwards and receives a pass from the next player in line. X immediately 1 touches puck back to passer. X then pivots to forward and receives 2nd puck from O. X takes long warm-up shot on goal. As soon as O passes to X, he then pivots to backwards and repeats the drill from the opposite side.

Points of Emphasis:

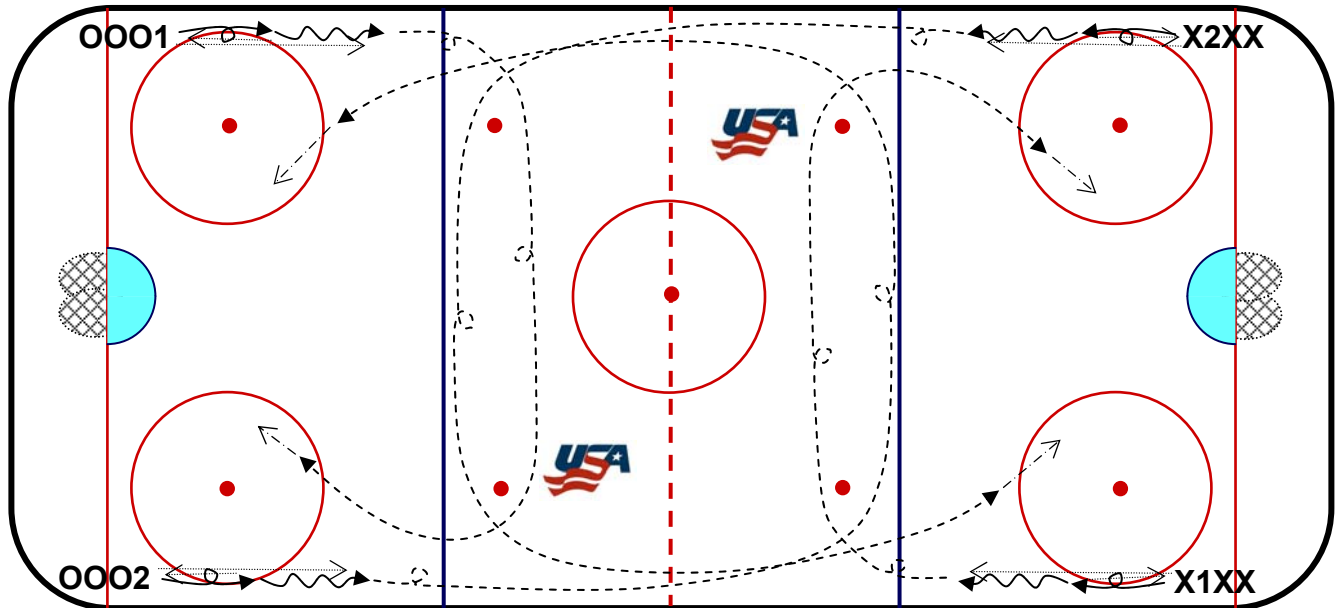
This is a warm-up drill which incorporates pivoting, passing and receiving while providing long shots for the goaltenders.





NATIONAL TEAM DEVELOPMENT PROGRAM DRILL OF THE WEEK

U18 TEAM – LONG & SHORT DRILL



Drill Mechanics:

All four lines begin on the whistle. Each player starts with a puck and pivots to backwards. The players make a pass to their line and get a quick return pass. The players then pivot back to forward and then skate into neutral zone. The players from opposite corners skate the same route. O1 & X1 go short around the near dots and O2 & X2 skate around the far dots before taking a shot on goal. Each player must perform a high speed maneuver in neutral zone.

Points of Emphasis:

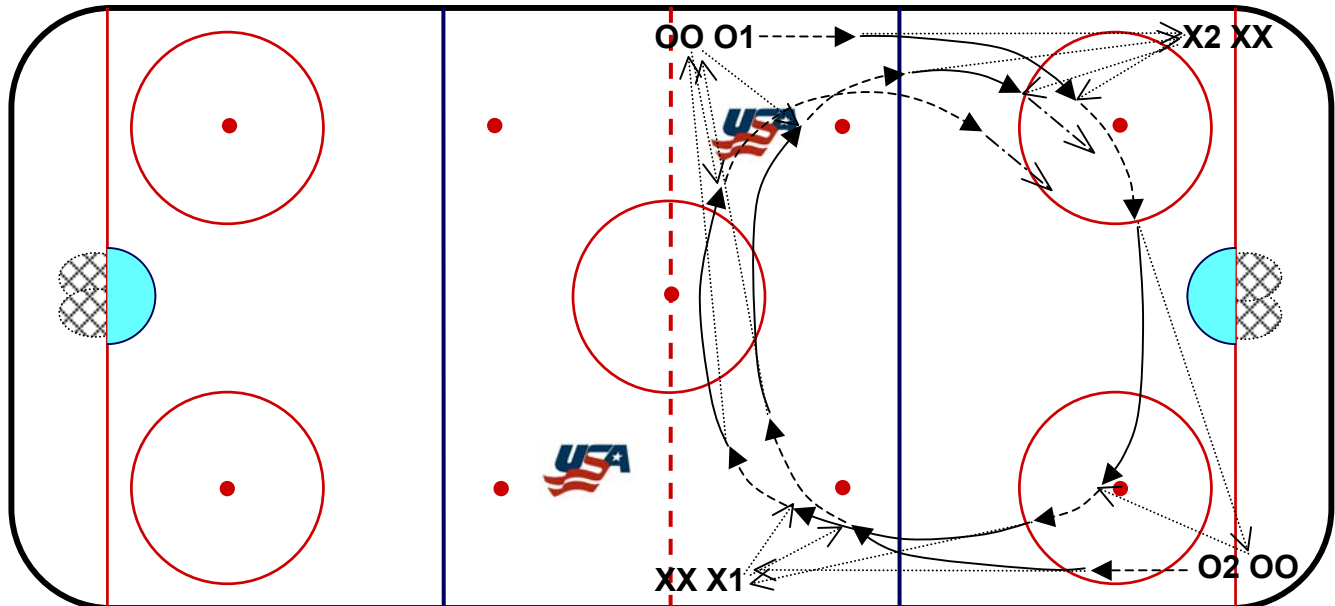
This is a warm-up drill that gets the players moving, handling the puck and working on high speed skating and puck skills. The goaltenders get staggered long shots and must move side to side in the net.

The high speed maneuver in neutral zone can begin as a spin move, but can be changed to allow the players to come up with more creative maneuvers, all must be performed at high tempo.



NATIONAL TEAM DEVELOPMENT PROGRAM DRILL OF THE WEEK

U17 TEAM – HIGH / LOW DRILL



Drill Mechanics:

O1 and O2 start together and go with great speed.

O1 will pass and receive a return pass from the X2 line, O2 line, X1 line and his original line before finishing with a shot on goal.

O2 will pass and receive a return pass from X1 line, O1 line and X2 line prior to finishing with a shot on goal.

After both O1 and O2 shoot, X1 and X2 will begin the drill in the opposite direction on the whistle.

Points of Emphasis:

Players must use the width and depth of the ice while generating speed.

All players should under handle the puck, making sharp passes as quickly as possible with no stickhandling.

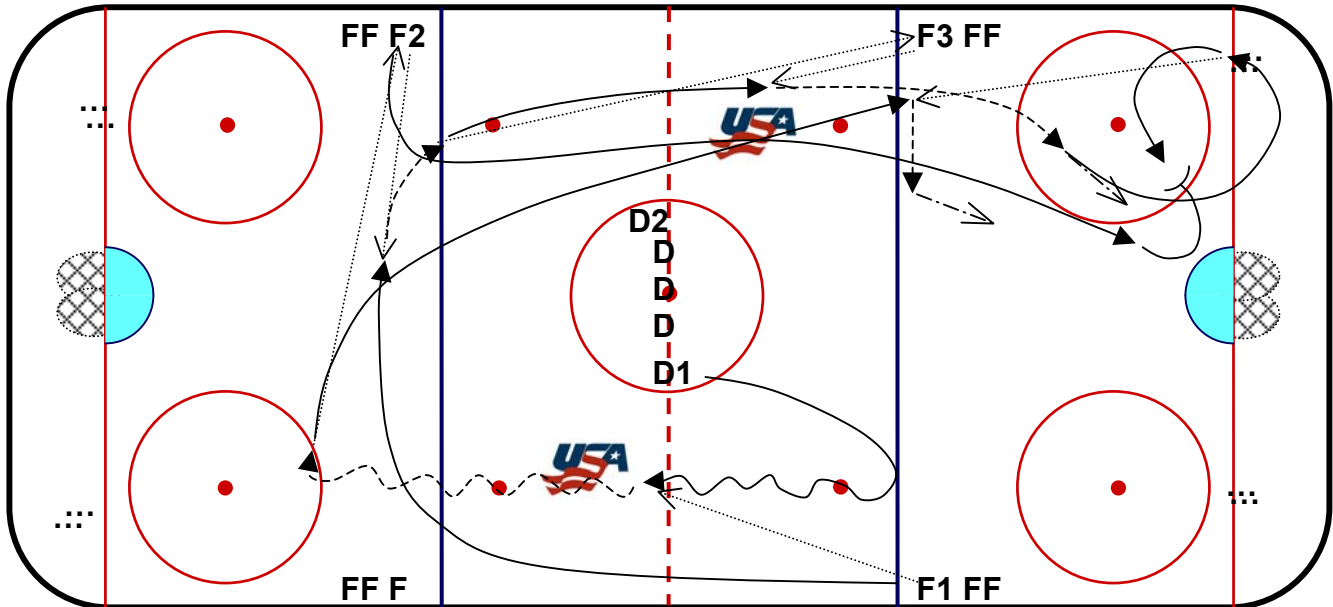
Shots on goal should be released in stride, feet moving, from above the top of the circles.

This is a difficult drill to execute at high speed, and requires focus and concentration by the two skates and four passers.



NATIONAL TEAM DEVELOPMENT PROGRAM DRILL OF THE WEEK

U17 TEAM – ALL PURPOSE DRILL



Drill Mechanics:

Opposite sides go together on the whistle.

D1 gaps up to blueline, pivots to backwards and receives pass from F1 at the red line. D1 stretches with speed to the top of the face-off circle, steps out and passes to F2.

F1 times his skating to receive a return pass from F2 in the middle of the ice, then gets outside the dots. F1 immediately head mans the puck to F3 for a quick give and go, then shoots on net.

Once F2 makes his pass to F1 he moves to the middle and provides back pressure on F1.

After the first shot on goal, F1 retrieves a second puck in the corner and passes to D1 who has followed up the play. D1 quickly moves to the middle and shoots with F1 looking to screen or tip on the play. F2 attempts to box out F1.

Points of Emphasis:

Players should under handle the puck, eliminating the extra stickhandling prior to passing.

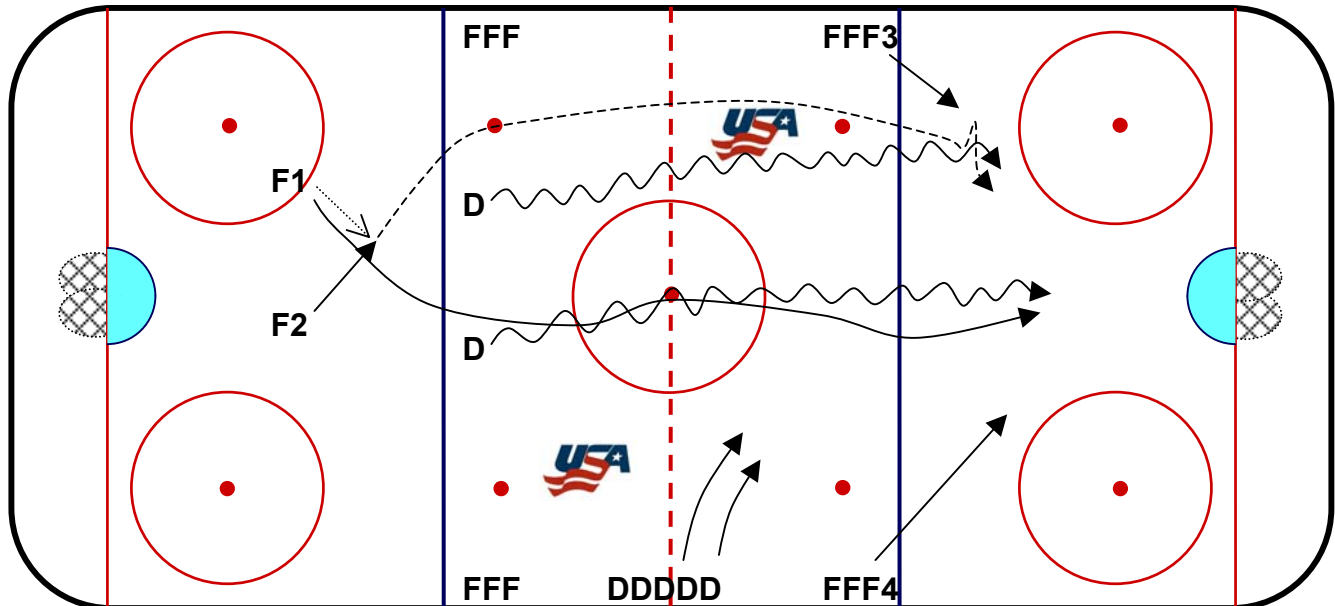
Movement should be timed but with great speed.

Passes to the point should be done immediately low to high. The D should begin wide and move explosively towards the middle to improve shooting angle.



NATIONAL TEAM DEVELOPMENT PROGRAM DRILL OF THE WEEK

U18 TEAM – 2 vs. 2 Continuous



Drill Mechanics:

F1 & F2 attack two defensemen in a 2v2 line rush situation. After they enter the offensive zone two new forwards F3 & F4 move into defensive coverage position but do not interfere with the play. F1 & F2 continue the play until the defenders steal the puck and make a breakout pass to F3 & F4. F3 & F4 then attack two new defensemen and the drill continues.

Points of Emphasis:

This is a game situation drill that has many of the elements found in the average hockey shift (line rush for, line rush against, defensive zone coverage, in zone offense and breakouts). There is a lot of hockey being played!

Defensemen can work on gapping skills, 1v1 coverage skills, breakouts and communication with their partner.

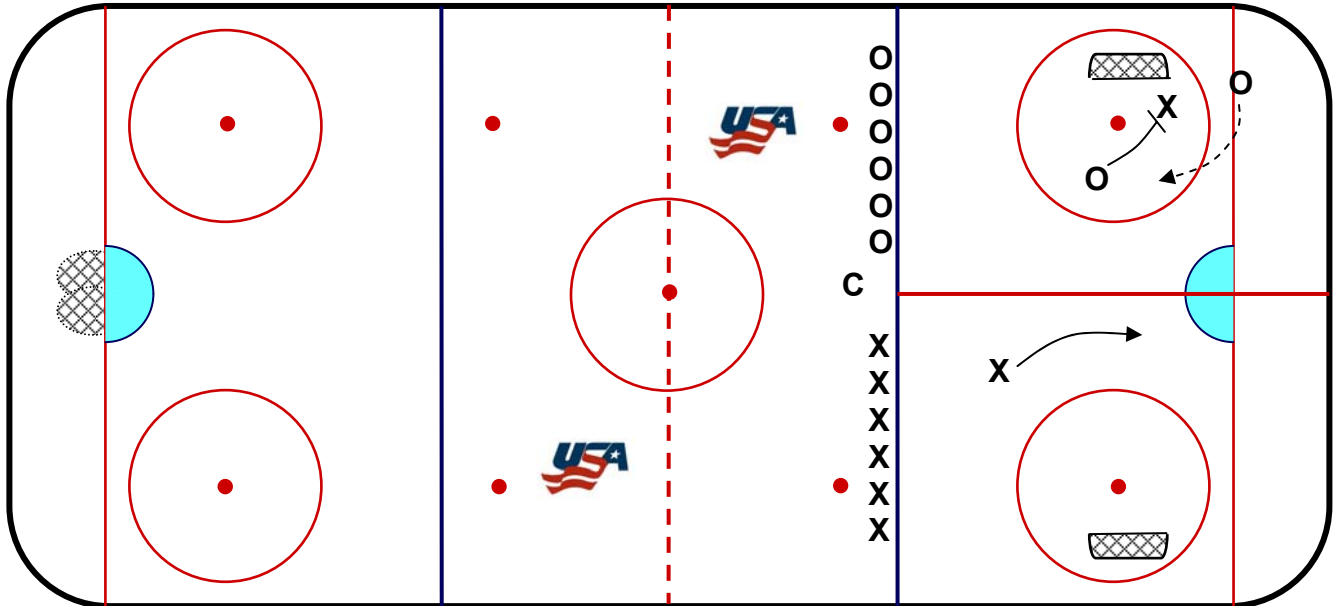
Forwards can focus on line rush attack skills, reading the defensive gap, offensive zone play, puck protection, cycling, support, pick plays and breakout transition.

Coaches can stress different points each time the drill is performed.



NATIONAL TEAM DEVELOPMENT PROGRAM DRILL OF THE WEEK

U18 TEAM – 2 vs. 1 Transition Game



Drill Mechanics:

A line is drawn to divide the zone in half and the goals are set up for cross ice play. This is a 2 vs. 2 game with parameters that create 2 vs. 1 play around the net. Only 1 player is allowed in his defensive zone and the puck must be passed over the center line not carried.

In this example, the two O's play 2 vs. 1 against the X player until he gains puck possession. The X passes over the center line to his teammate and then joins him in attacking the goal. The closest O to his defensive zone must back check and defend his net.

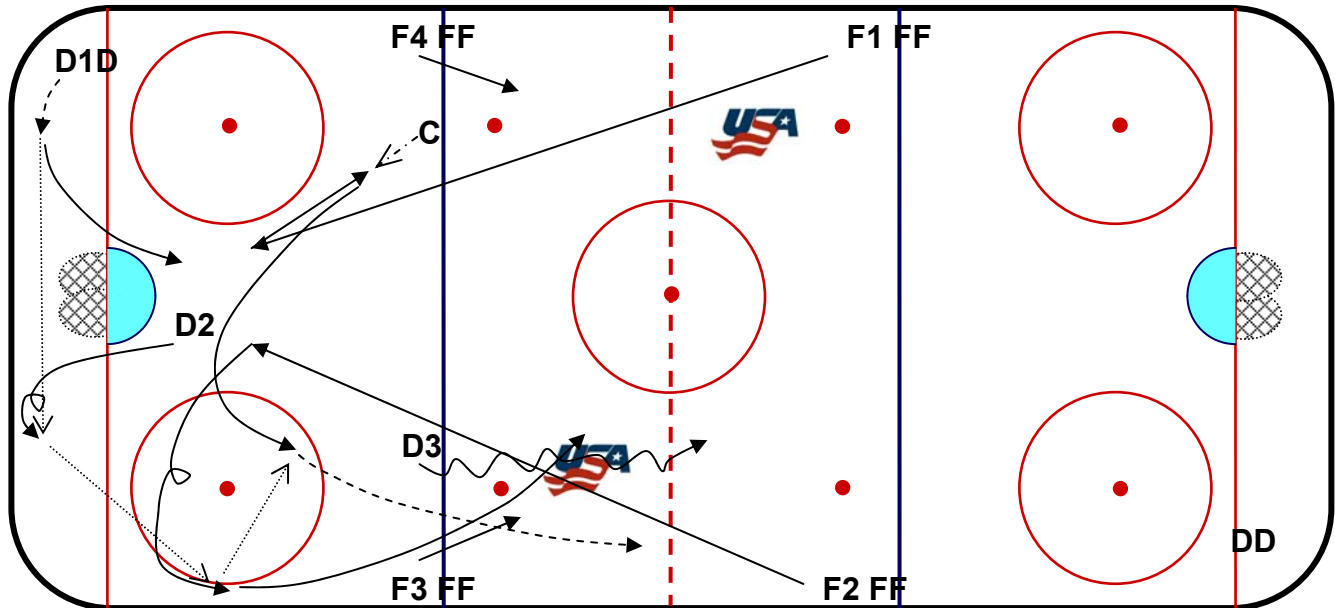
Points of Emphasis:

Offensively this drill creates 2 vs. 1 scoring opportunities around the net. Players should look to attack quickly, setting up 1 time shots and picking to free up the shooter. Defensively players must have good body and stick positioning. They must fend off picks and have head on a swivel to read the play, when to force and when to contain.



NATIONAL TEAM DEVELOPMENT PROGRAM DRILL OF THE WEEK

U18 TEAM – 2 vs. 1 CONTINUOUS DRILL



Drill Mechanics:

F1 & F2 begin by backchecking into defensive zone coverage position. On the 1st whistle, F1 moves out to block a point shot by the coach from his defensive position. On the 2nd whistle, D2 releases from the net front position and gets a D to D pass from D1, then advances the puck to the transitioning F1 & F2. The two forwards then attack D3, 2 on 1 down the ice. D1 follows the play up to become the next D3. As the 2 on 1 passes the red line, F3 & F4 backcheck into defensive zone coverage position and await the next whistle which ends the 2 on 1 and activates the point shot by the coach.

Points of Emphasis:

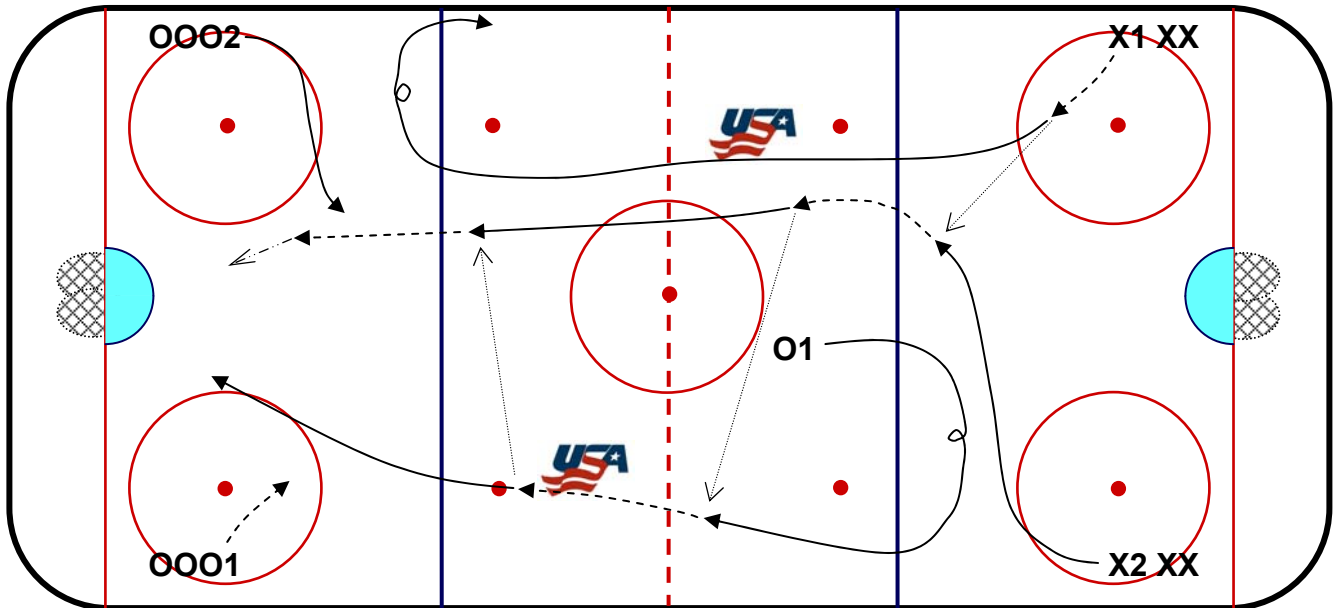
This drill provides basic repetition in several key areas of the game: breakout skills, blocking shot technique and 2 on 1 play. It also works to emphasize backchecking into the defensive zone.

Since there is no resistance on the breakout portion of the drill, emphasis is placed on excellent execution of passing skills with speed of transition.



NATIONAL TEAM DEVELOPMENT PROGRAM DRILL OF THE WEEK

U18 TEAM – 2 on 0 QUICK HIT DRILL



Drill Mechanics:

O1 begins the drill from center ice. X2 moves across the ice and receives a pass from X1. O1 times his movement coming back inside the blue line, facing the puck. As O1 reads the play he transitions with X2 and attacks up ice at high speed. After X1 passes to X2, he follows the play up timing his movement to join O2 attacking back towards his original end.

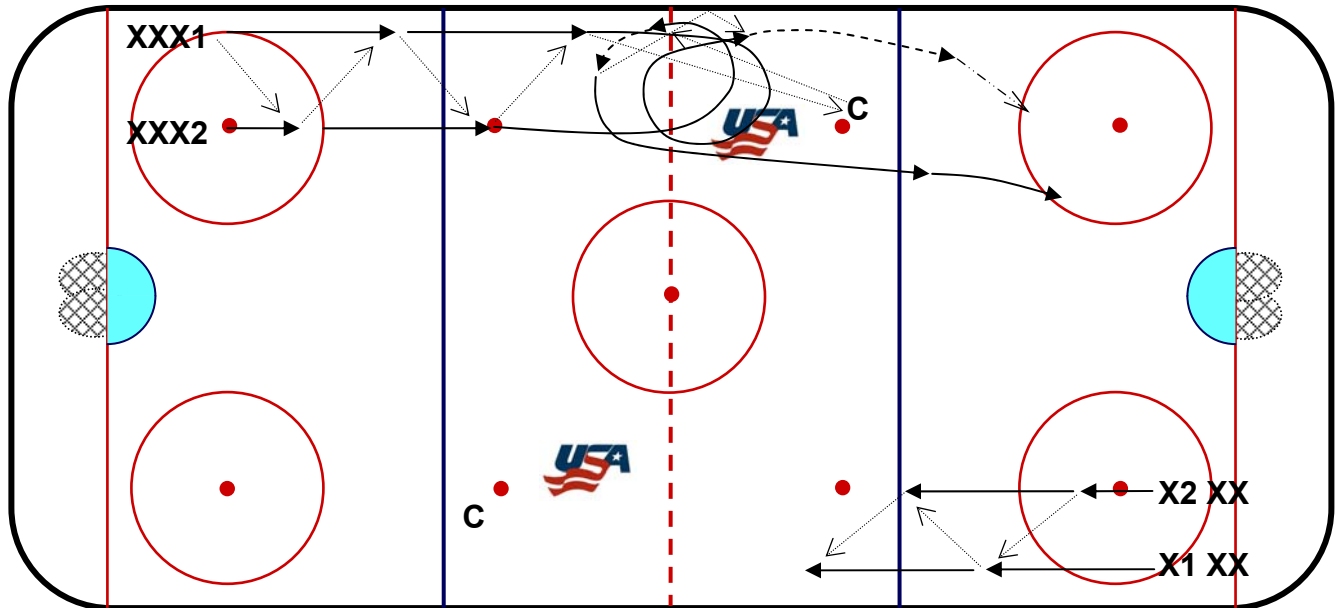
Points of Emphasis:

Focus is on high tempo skating and puck movement with transition and timing by players. An emphasis should be on the players to pass while keeping their feet moving.



NATIONAL TEAM DEVELOPMENT PROGRAM DRILL OF THE WEEK

U18 TEAM – 2 on 0 NZ BUMP DRILL



Drill Mechanics:

X1 and X2 touch pass between each other until they cross the blue line. At that point whoever has the puck passes to the coach. Both players skate past the red line and then pivot opening up for a return pass from the coach. X1 pivots toward the middle while X2 pivots to the outside facing the puck. The coach passes to the outside player X2. X2 then bumps an indirect pass off the boards into an area for X1. The players finish off the drill with a long shot on goal following the play up for a rebound at the net.

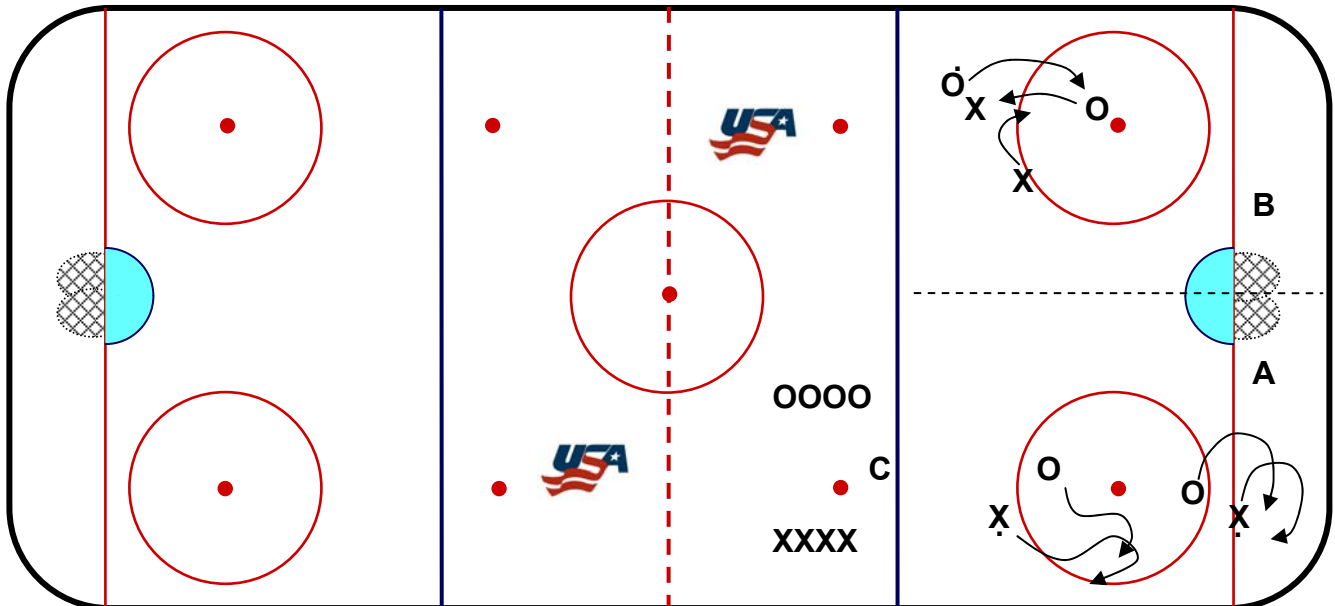
Points of Emphasis:

Emphasis is focused on 1 touch passing with feet moving, transition skating, and indirect passing. The drill helps form good habits with the players always facing the puck ready for a return pass, along with following shots to the net and stopping at the net front scoring area for rebounds.



NATIONAL TEAM DEVELOPMENT PROGRAM DRILL OF THE WEEK

U18 TEAM – 1v1, 2v2 Puck Protection Warm-Up



Drill Mechanics:

Two pairs of players begin in zone A. They play 1 vs. 1 puck protection for 20 seconds. On the coach's whistle, two new pairs move into zone A while the original pairs move into zone B and play 2 vs. 2 puck protection for 20 seconds. On the next whistle the original players rotate out and to the back of the lines.

Points of Emphasis:

This is a warm-up drill so full contact should be limited at the beginning.

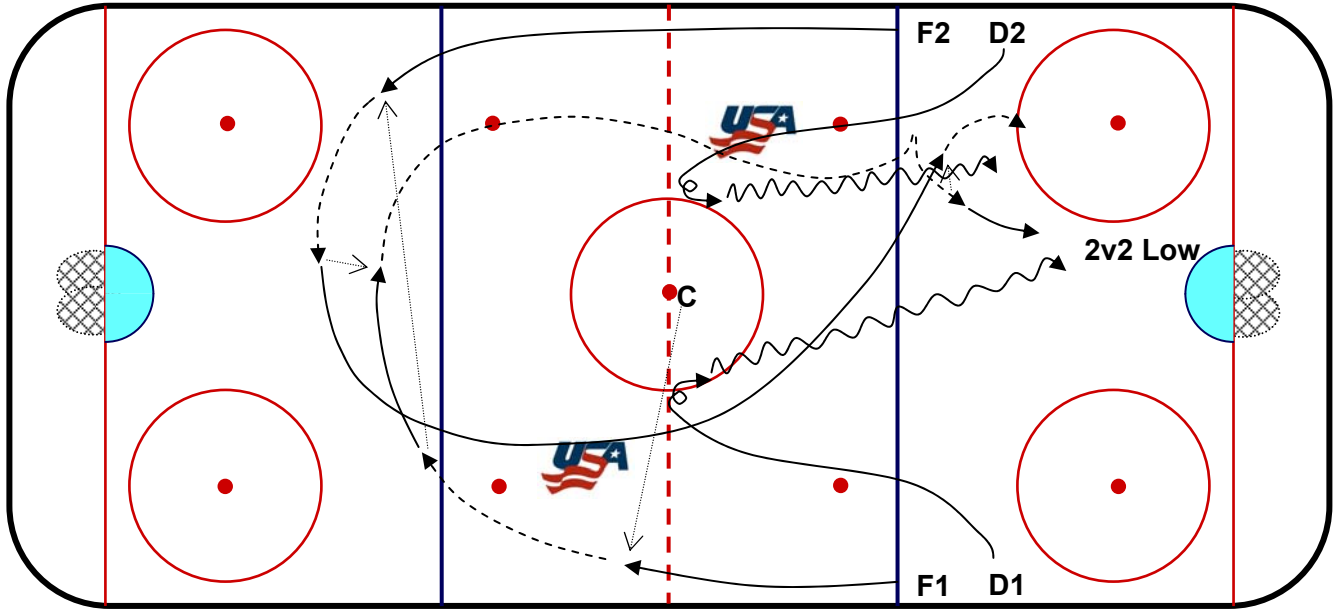
In the 1 on 1's the offensive players work on maintaining puck possession by using their bodies to shield the puck from the opponent. This works on their awareness, skating and puck handling skills in a dynamic situation. Defensively players can practice their containment skills as well as defensive stick position playing blade on blade.

In the 2 vs. 2 situation, players must now work together to maintain puck possession. They need to communicate both offensively and defensively in setting picks or switching coverage.



NATIONAL TEAM DEVELOPMENT PROGRAM COMPUWARE 4 NATIONS CUP

TEAM SWEDEN U18 – 2 vs. 2 – 1 PUCK



Drill Mechanics:

F1 & F2 Loop back through the neutral zone, generate speed and receive a puck from the coach. D1 & D2 gap up in the neutral zone to play the oncoming attack by F1 & F2. If the initial attack is unsuccessful, play will continue until the defenders gain puck possession and make a pass back to the coach at center ice. This activates the next 2 forwards and 2 defensemen to begin the drill again.

Points of Emphasis:

Forwards work on their line rush attack skills with a focus on isolating a defenseman and creating 2 v 1 situation. After the initial attack the forwards gain experience developing their offensive zone attack skills. They must utilize all manors of puck protection, puck possession and offensive support skills to generate a quality scoring chance and a goal.

The defensemen work on their gapping skills through the neutral zone, defense against a line rush attack and defensive zone play skills. On change of puck possession, the defenders are challenged to complete a long quick transition pass while under duress.

Drill Variation: 3 vs. 2 – 1 Puck



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