

CANADA

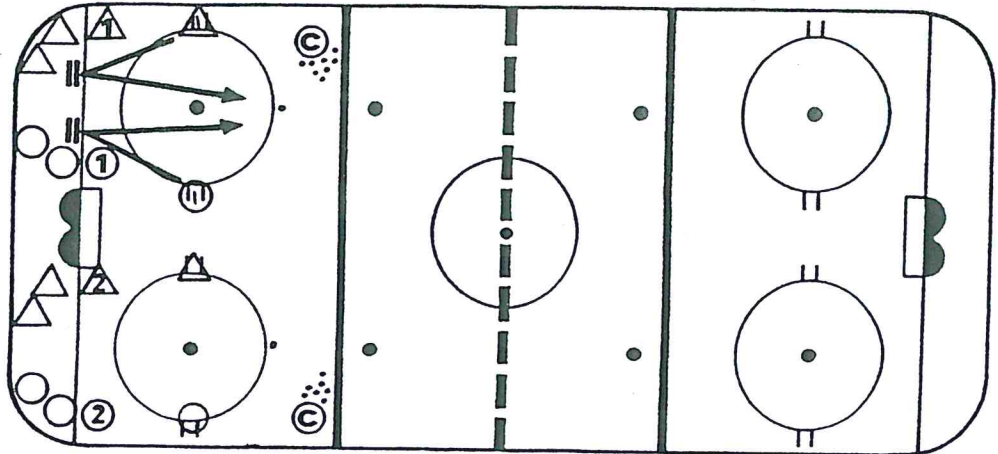


CANADA: ACCELERATION DRILL

1. BURST RACES

Purpose:

- develop acceleration
- teach puck protection
- competition.



Description:

- two lines of defenders and two lines of offensive players as shown
- on signal defensive players $\triangle 1$ $\triangle 2$ and offensive players $\textcircled{1}$ $\textcircled{2}$ race from hash marks to the goal line
- they race for the puck spotted by the coach
- winner goes to the net 1 vs 1
- return to appropriate lines
- use both ends.

Key Teaching Points:

- short, quick strides
- body position as you approach the puck.

Progressions

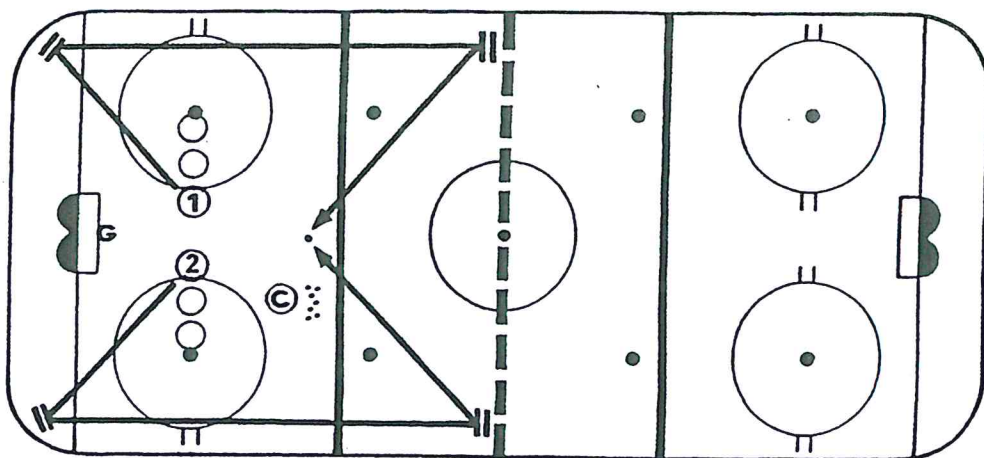
- forward or backward skating.

CANADA: ACCELERATION DRILL

2. ACCELERATION RACES

Purpose:

- develop quick starts
- evaluate competitiveness.



Description:

- players assemble in the face-off circles in one end
- on signal ① and ② race from the hash mark to the corner to the red line
- race for a puck spotted by ©
- winner drives the net
- next in line are ready on the hash marks
- switch sides after your turn
- use both ends.

Key Teaching Points:

- quick short strides
- mobile stops
- body position with the puck.

Progressions:

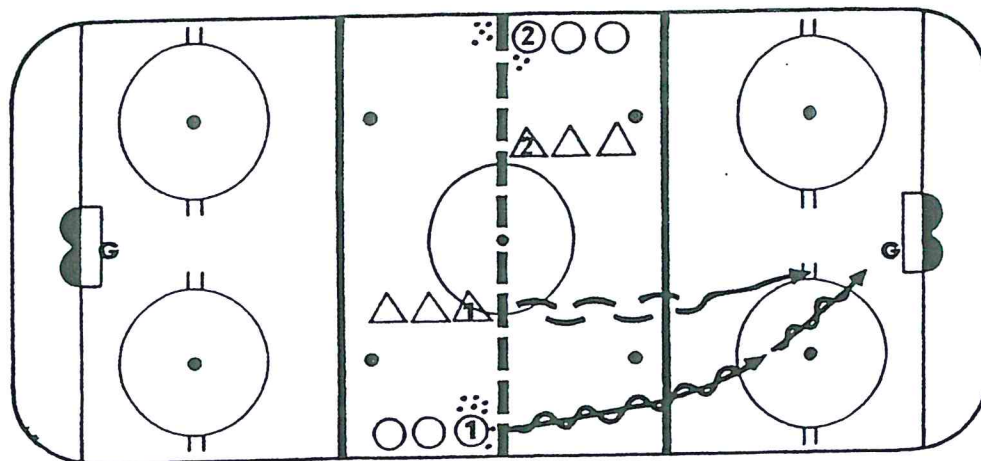
- add turns
- differ skating instructions.

CANADA: ACCELERATION DRILL

3. DRIVE RACES

Purpose:

- develop acceleration
- develop drive skating
- backward acceleration.



Description:

- make two lines of offensive and two of defensive players as shown
- ① with a puck tries to outside drive the defender who skates backwards to the blue line
- ② does the same with ② the other way at the same time
- switch sides.

Key Teaching Points:

- stress acceleration skills
- drive the net
- body positioning
- backward acceleration and strong pivot.

Progressions:

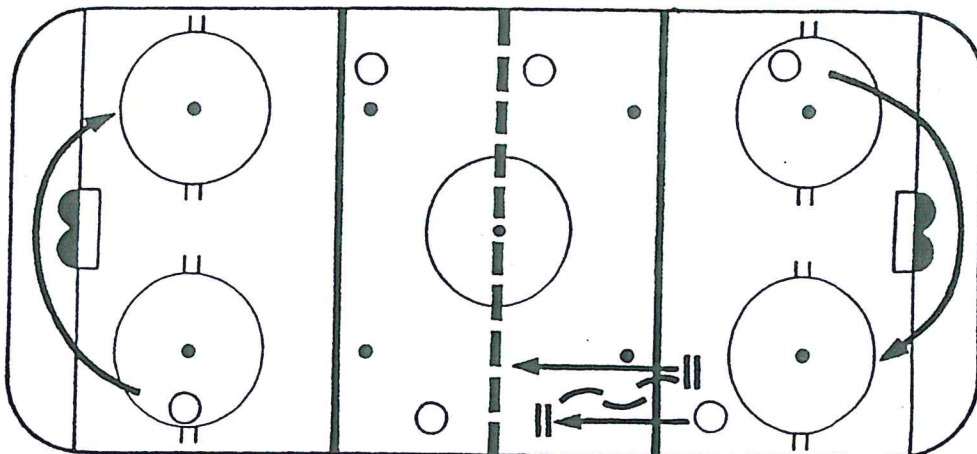
- modify routes
- modify skating instructions.

CANADA: ACCELERATION DRILL

4. THREE/THREE/THREE

Purpose:

- acceleration development.



Description:

- all players skate around the rink in the same direction
- on the whistle take three quick strides forward and stop, three steps backward and stop, three strides forward
- skate easy until the next whistle.

Key Teaching Points:

- quick feet
- hard work.

Progressions:

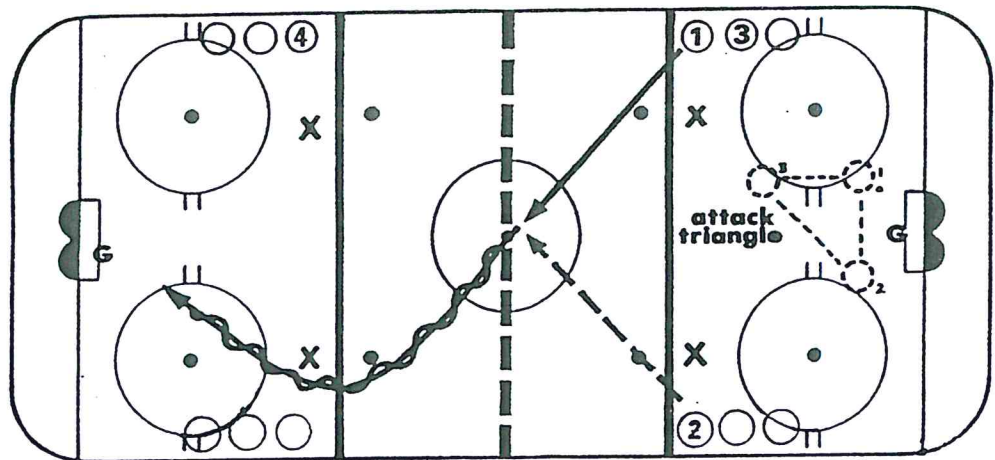
- four/four/four
- do it with a puck.

CANADA: 3 VS 2 ATTACK DRILL

5. FOUR CORNER DRILL

Purpose:

- teach attack skills
- triangulation.



Description:

- make four lines as shown or deeper in the corners
- the X's are pylons
- ① drives on an angle and takes a pass from ②. ① cuts around the pylon to the net
- ② cuts across the ice and takes a pass from ③. ② cuts around the pylon and to the net
- once ② is clear, ④ starts the same action in the other direction
- continuous.

Key Teaching Points

- acceleration and driving
- attack triangles on the progressions.

Progressions:

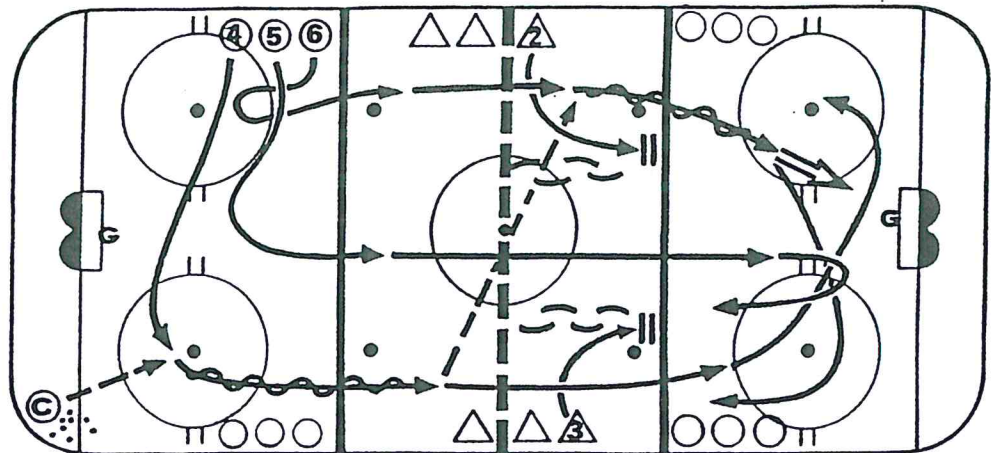
- go in two's (the first drives while the second trails)
- go in three's (the first drives, second drives or trails, the third reads).

CANADA: 3 VS 2 ATTACK DRILL

6. 3 VS 0/3 VS 2

Purpose:

- develop 1-2-3 principle of attack
- stress attack triangle.



Description:

- forwards line up on the boards inside the blue lines on both sides
- defence line up along the boards near the red line on both sides
- note ©
- ④, ⑤ and ⑥ break 3 vs 0 taking a pass from the © as shown
- after a shot ④, ⑤ and ⑥ regroup and come back 3 vs 2 against ② and ③, then retire to the boards
- next group goes.

Key Teaching Points:

- speed to attack
- movement in the neutral zone.

Progressions:

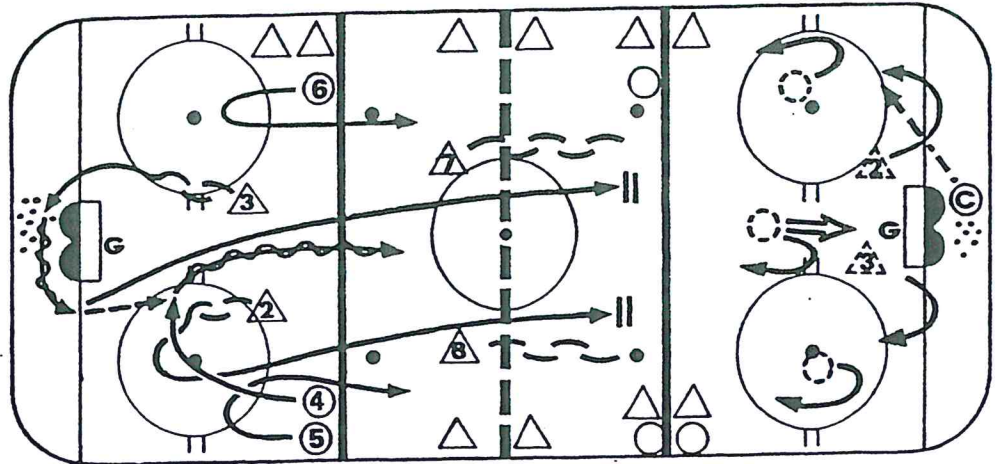
- none.

CANADA: 3 VS 2 ATTACK DRILL

7. CONTINUOUS 3 VS 2

Purpose:

- develop the triangle
- defenders play the 3 vs 2.



Description:

- line up four defenders as shown
- line forwards along boards on both sides of the ice at both ends
- 3 retreats and retrieves the puck spotted behind the net
- 2 supports
- 4, 5 and 6 curl low as shown with 4 receiving a pass
- 4, 5 and 6 break up-ice in a 3 vs 2 against 7 and 8
- 2 and 3 follow to defend the return attack launched by 7 and 8 with a new group of forwards
- continuous.

Key Teaching Points:

- defence defend the breakout
- stress speed on attack
- fill three lanes.

Progressions:

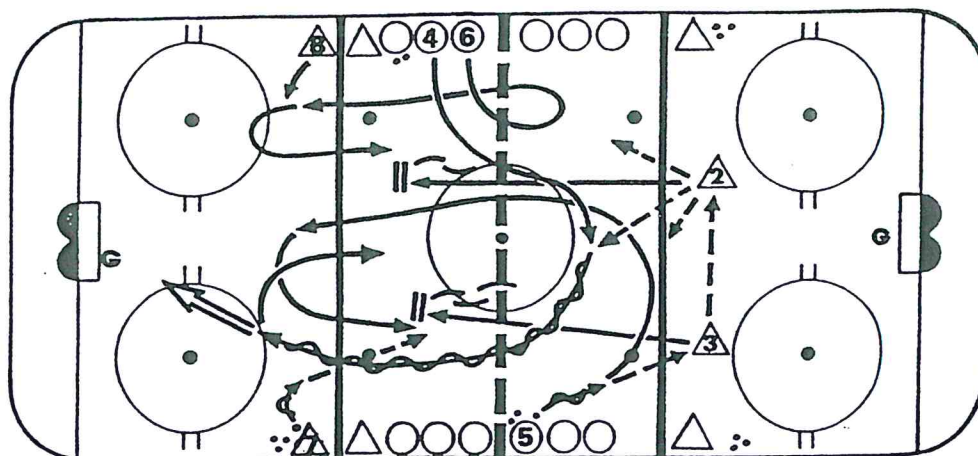
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CANADA: 3 VS 2 ATTACK DRILL

8. 3 VS 2 FROM REGROUP

Purpose:

- develop regroup and 1-2-3 principle of attack.



Description:

- position all players along the boards on both sides, with the offensive players near centre and the checkers on the blue lines
- put $\triangle 2$ and $\triangle 3$ on the blue line
- $\odot 5$ initiates play with a pass to $\triangle 3$
- $\triangle 3$ passes to $\triangle 2$
- $\triangle 2$ passes to $\odot 4$, $\odot 5$, or $\odot 6$ as they cross in front
- $\odot 4$, $\odot 5$, and $\odot 6$ attack 3 vs 0 for a shot as $\triangle 2$ and $\triangle 3$ follow
- $\odot 4$, $\odot 5$, and $\odot 6$ regroup after the shot and attack 3 vs 2 against $\triangle 2$ and $\triangle 3$ on a pass from $\triangle 7$
- $\triangle 7$ and $\triangle 8$ position on the blue line for a play from a new set of offensive players.

Key Teaching Points:

- regroup principles
- attack triangles.

Progressions:

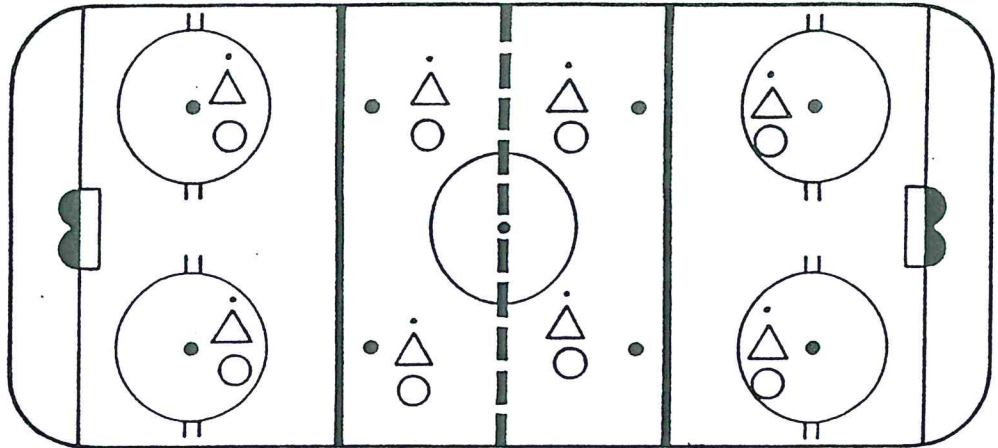
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CANADA: PUCK CONTROL DRILL

9. 1 VS 1 PROTECT

Purpose:

- develop balance
- protect the puck
- use of skates.



Description:

- pair offensive and defensive players as shown
- defensive players have no stick
- spot the puck immediately behind each defender
- on command the offensive players try to get around the defenders and retrieve the puck
- defenders protect the puck with the body.

Key Teaching Points:

- 10 seconds work/rest ratio
- set a good "wall"
- good posture for balance.

Progressions:

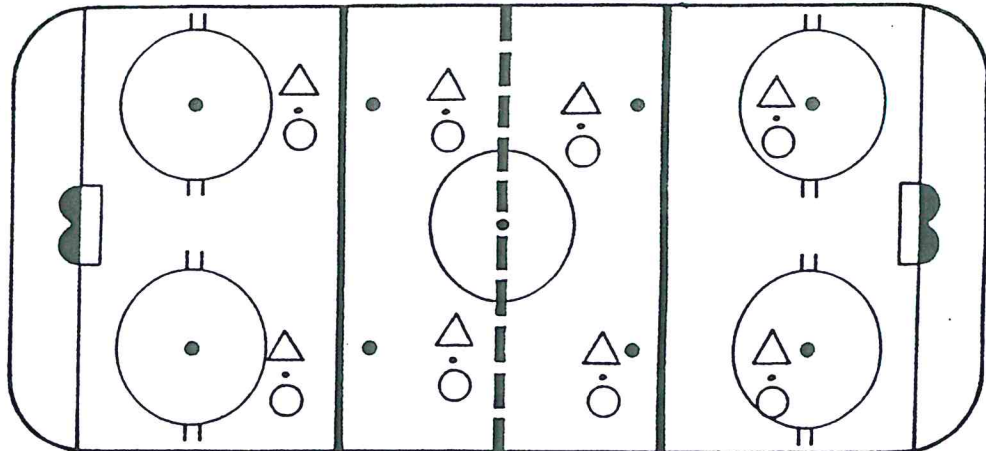
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CANADA: PUCK CONTROL DRILL

10. 1 VS 1 KEEP AWAY

Purpose:

- develop puck protection
- develop checking skills.



Description:

- position pairs of offensive and defensive players as shown
- all take face-off positions around the spotted pucks
- on the whistle each pair plays keep-away in a small but clearly defined space
- stop on the whistle
- repeat or change partners.

Key Teaching Points:

- body use
- check through the hips.

Progressions:

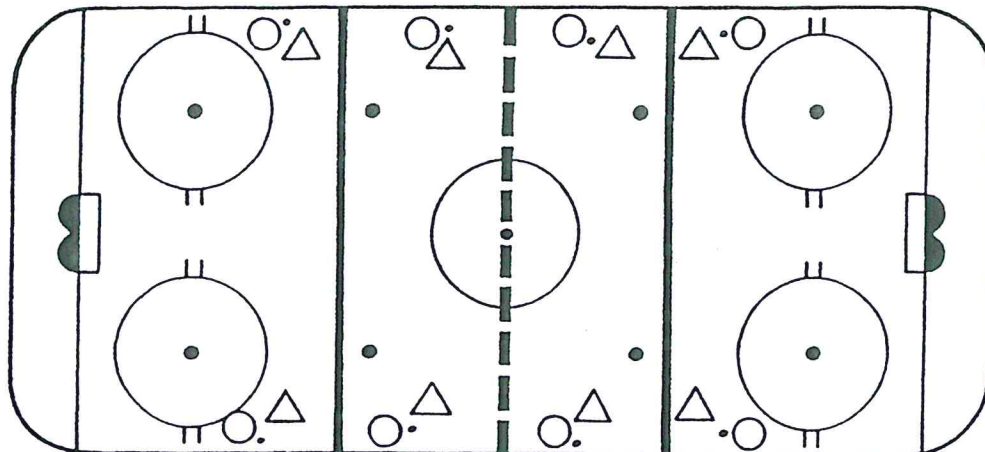
- none.

CANADA: PUCK CONTROL DRILL

11. BOARDS KEEP AWAY

Purpose:

- body use for puck protection
- checking along the boards.



Description:

- pair the offensive and defensive players as shown
- on the whistle all pairs play keep-away along the boards
- stop on the whistle
- repeat or change partners.

Key Teaching Points:

- check through the hips
- body use.

Progressions:

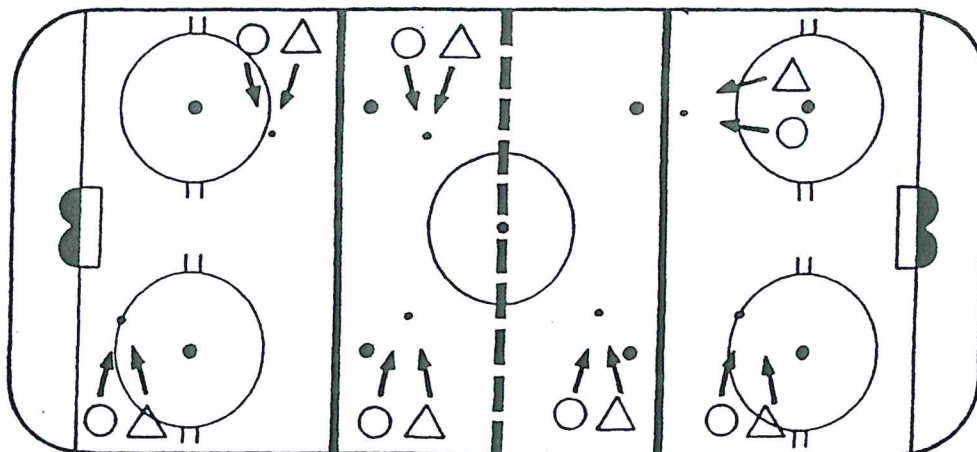
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CANADA: PUCK CONTROL DRILL

12. 1 VS 1 RACE

Purpose:

- acceleration
- puck protection
- competitiveness.



Description:

- pair the offensive and defensive players as shown
- spot a puck for each pair about 20 feet away
- on the whistle, each pair will race to the puck and play keep-away in a defined space
- stop on the whistle
- repeat or change partners.

Key Teaching Points:

- take the opponents' ice before they take yours
- quick starts.

Progressions:

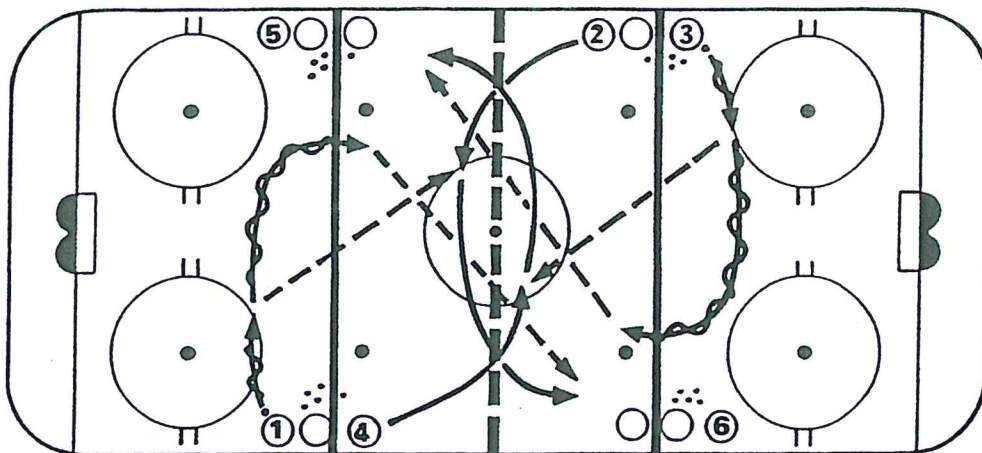
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CANADA: REGROUP DRILL

13. OPTION MORE THAN ONCE

Purpose:

- warm-up
- continuity.



Description:

- position players in four groups along the boards on both sides as shown
- ① breaks across the ice looking for ②
- ① passes to ② either early or after ② has turned
- they attack 2 vs 0
- ③ then starts a new action with ④
- ⑤ and ⑥ start when appropriate and so on.

Key Teaching Points:

- make eye contact
- control skating speed
- stick position at ready
- be an option more than once.

Progressions:

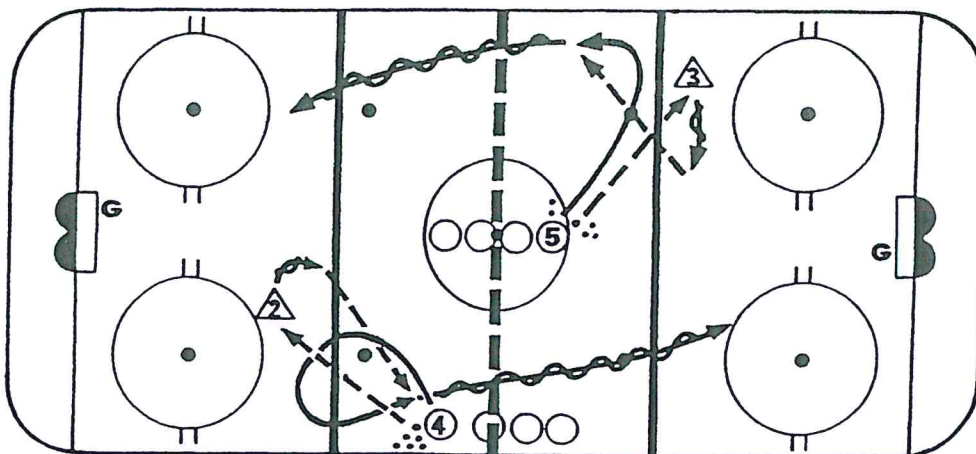
- none.

CANADA: REGROUP DRILL

14. 2 PLAYER REGROUP

Purpose:

- illustrate various skating patterns
- improve receiving angles.



Description:

- set players into two lines along the boards and at centre ice as shown
- pre-set two defence $\triangle 2$ and $\triangle 3$
- $\textcircled{4}$ passes to $\triangle 2$ then swings outside-in
- $\triangle 2$ receives then feeds $\textcircled{4}$ for a drive to the net, at the same time $\textcircled{5}$ feeds $\triangle 3$ then swings inside-out for a return pass. drive to the net
- players return to the same line
- later switch sides.

Key Teaching Points:

- eye contact
- head movement
- give a good target.

Progressions:

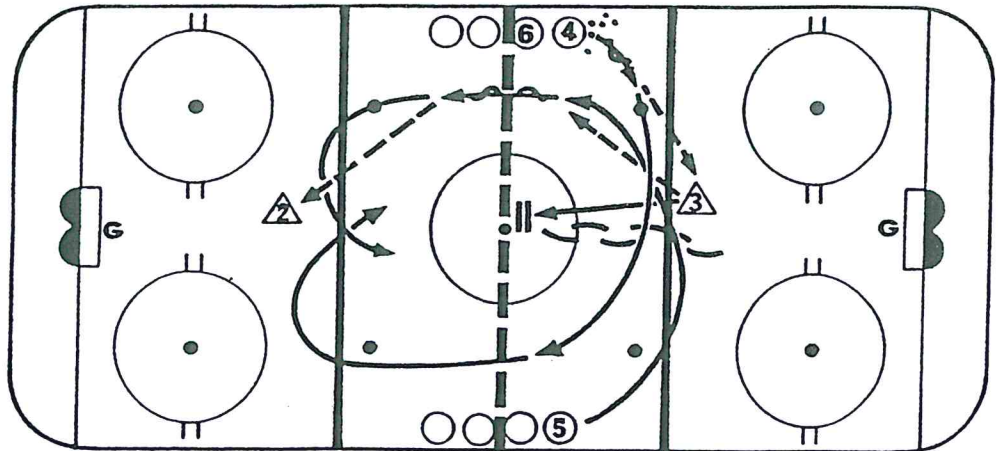
- none.

CANADA: REGROUP DRILL

15. REGROUP 2 VS 1

Purpose:

- develop regroup tactics
- develop 2 vs 1 tactics.



Description:

- position players on both boards as shown
- preset two defence ② and ③
- ④ begins action with a pass to ③
- ③ passes to ⑤ who has crossed with ④
- once over the centre line ⑤ feeds ② then crosses with ④ again
- ② feeds ④ or ⑤
- ④ and ⑤ attack 2 vs 1 against ③
- ⑥ then starts a new action.

Key Teaching Points:

- co-ordinated effort
- speed of attack.

Progressions:

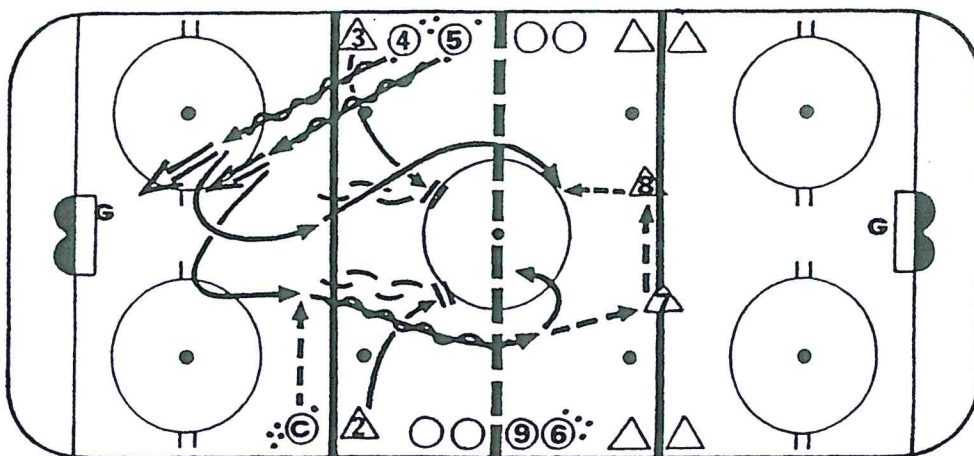
- 2 vs 2
- 3 vs 2

CANADA: REGROUP DRILL

16. 2 SHOT DRILL

Purpose:

- good goaltender warm-up
- regroup tactics
- 2 vs 2 tactics.



Description:

- position all players along the boards at centre ice on either side
- preset defence $\triangle 7$ and $\triangle 8$ as shown
- note $\odot C$
- $\odot 4$ and $\odot 5$ drive for a shot then turn to go the other way
- $\odot C$ feeds $\odot 5$ who breaks down the ice with $\odot 4$
- $\triangle 2$ and $\triangle 3$ follow
- $\odot 5$ feeds $\triangle 7$ who passes to $\triangle 8$
- $\triangle 8$ feeds $\odot 4$ or $\odot 5$ who have turned to attack $\triangle 2$ and $\triangle 3$ for a 2 vs 2
- $\odot 6$ and $\odot 9$ can then start a new action.

Key Teaching Points:

- co-ordinated movement
- offensive and defensive switching.

Progressions:

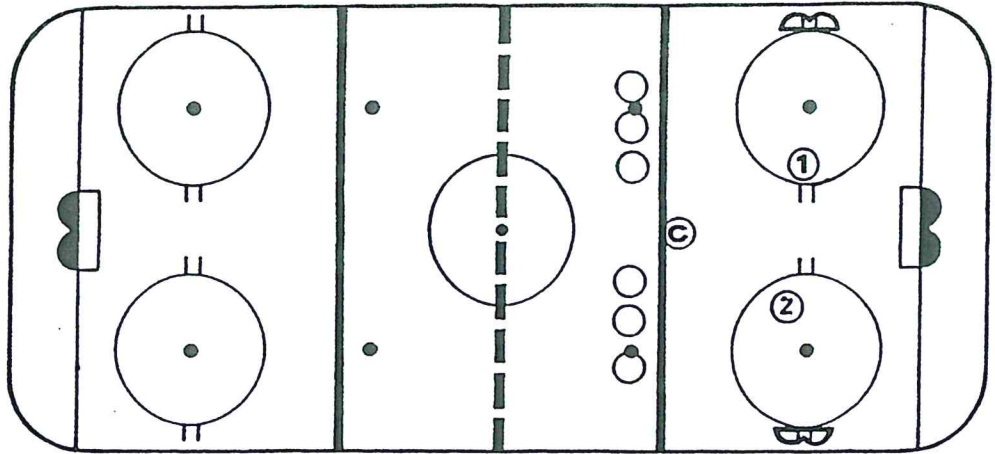
- none.

CANADA: FUN DRILL

17. CROSS ICE GAMES

Purpose:

- competition
- fun.



Description:

- set nets cross-ice in one zone
- all players line up along appropriate blue line
- coach calls out ① and ② and starts a 1 vs 1
- every 20 seconds switch players.

Key Teaching Points:

- checking techniques
- going to the net.

Progressions:

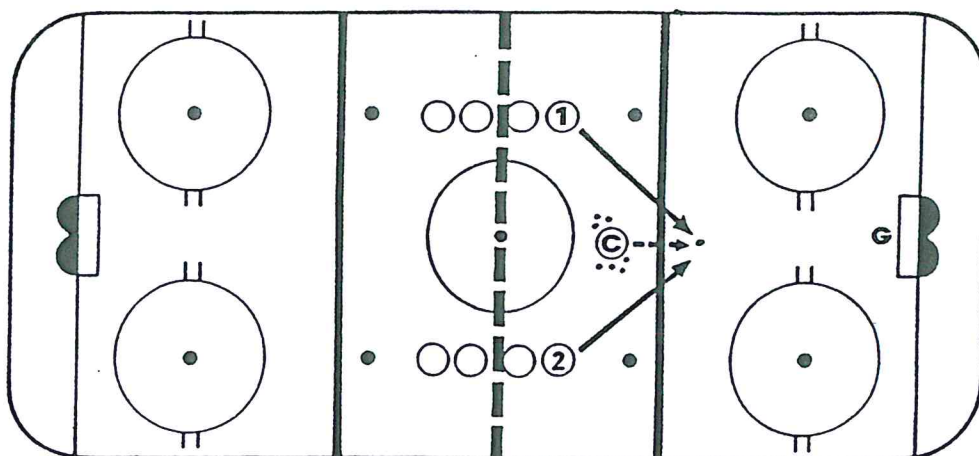
- 2 vs 2
- 3 vs 2

CANADA: FUN DRILL

18. SCORING UNDER PRESSURE

Purpose:

- acceleration
- fun.



Description:

- make two lines of players at the centre line facing one net
- © will spot pucks and on the whistle ① and ② will race with the winner driving the net
- on whistle next pair goes
- players return to opposite line via the boards
- go both ways.

Key Teaching Points:

- acceleration skills
- puck protection
- determination.

Progressions:

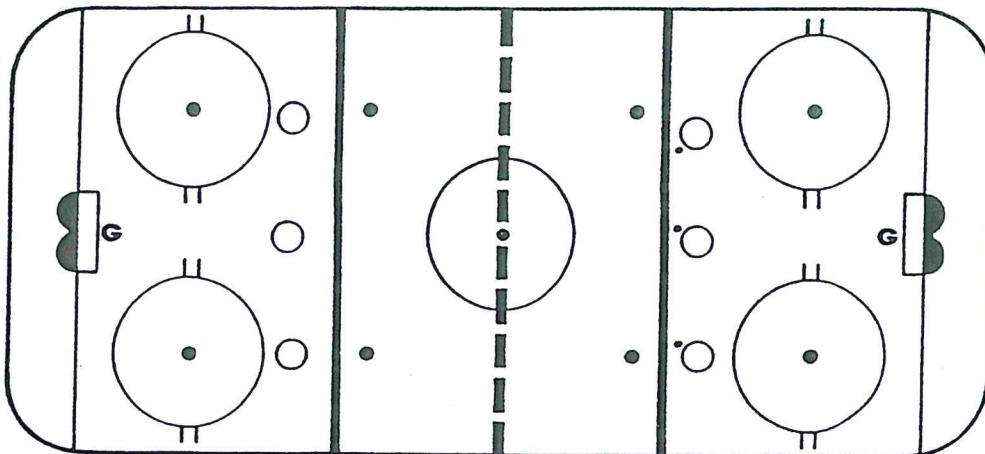
- none.

CANADA: FUN DRILL

19. 3 VS 3 FULL ICE

Purpose:

- awareness
- communication
- fun.



Description

- all players retire to boards or to the bench
- coach calls out two teams of three
- three pucks are used
- a 3 vs 3 starts on the whistle
- game ends when all three pucks are in the net
- call out two more teams.

Key Teaching Points:

- goaltender concentration
- awareness and support.

Progressions:

- none.