

APRIL 27 - BASIC BREAKOUTS



April 26, 2021

Practice Notes

Practice URL: <https://www.icehockeysystems.com/share/practice/409236>

Drills

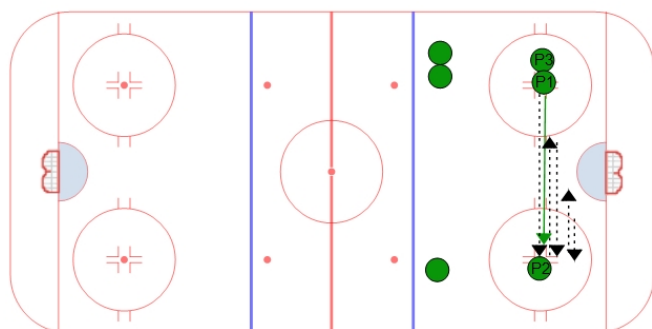
- 3 Player Passing Series Station
- Butterfly Drill # 1
- Stick Save Drill # 1
- Glove Save Drill # 1
- Continuous One Touch Shooting Drill
- 7 Pass Transition Shooting Drill
- Pop Warm Up Drill

3 PLAYER PASSING SERIES STATION



Station #:

Time: 15 mins



My Notes

Description

Set Up

Place players into groups of three. They can be lined up all the way down the length of the ice using the dots as a guide. Two of the players from each group can be on one side and one player straight across lined up with the dots on the other side. The first player on the side with two players will start with the puck. There are three variations to this passing station as follows:

Variation #1

Players skate at the player in front of them making one-time passes to each other for a total of 3 passes. After the 3rd pass the next player does the same thing towards the player on the other side. Encourage players to not slap at the puck but have soft hand and receive and pass.

Variation #2

This variation begins the same way with the moving player making three one touch passes with the player in the line straight across from them. This time they do a control turn around the player, receive the puck back and then do the same series of passes back towards the line they started in. They do one more control turn in the opposite direction, receive the puck back, and do another 3 one touch passes back towards the other line. Now the player from the other line begins the same routine.

Variation #3

The third variation has the players make a pass, skate towards the player that receives the pass, and then transition backwards then pivot to forwards back towards the line they started. This will receive the pass back after they are headed back towards their line. Therefore they will always be facing the puck and never have their back turned to it. They do this 3 times so they end up in the opposite side. After 3 repetitions the player from the opposite side does the same thing.

BUTTERFLY DRILL # 1



Station #:

Time: 5mins

Description

- Butterfly
- Back up
- T-push to one side
- Butterfly
- Back up
- T-push back to starting position
- Repeat

My Notes

STICK SAVE DRILL # 1



Station #:

Time: 5mins

Description

- On the ice blocker side
- Deflect puck to corner

My Notes

GLOVE SAVE DRILL # 1



Station #:

Time: 5 mins

Description

- Start in butterfly at the top middle of crease
- Catch every shot in the glove

My Notes

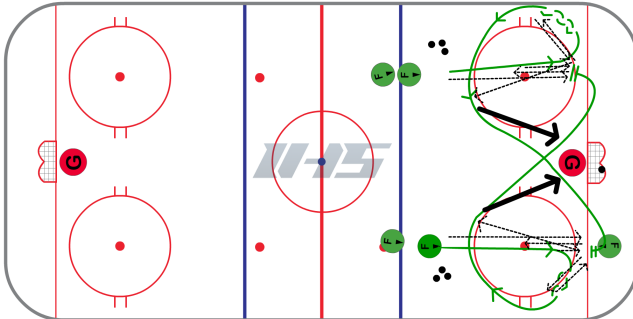
CONTINUOUS ONE TOUCH SHOOTING DRILL



Station #:

Time:

My Notes



Description

This is a good half ice hockey drill that works on one-touch passing, transitions, quick shots, and following shots to the net. To set up the drill place one player along the goal line in-line with the dots. Place two lines just inside the blue line also in-line with the dots, these two lines have the pucks. The first player (Player 1) in line will make a pass to the player on the goal line (Player 2) and skate directly at them. The two players on-touch the puck back and forth as many times as possible. Once Player 1 gets below the dot they transition towards the wall and facing Player 2. The players continue to one-touch the puck as Player 1 skates up the wall, around the top of the circle, and into the slot. When Player 1 receives the puck in the slot they take a quick shot and follow their shot to the net. After the last pass Player 2 will also go to the net looking for a rebound. Player 1 then continues to the other side along the goal line and becomes Player 2 as the drill now starts from the other side. The original Player 2 now goes to the end of the line.

Coaching Points

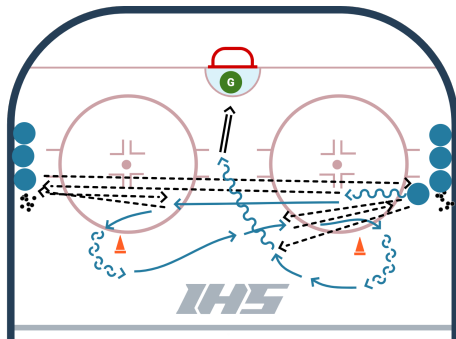
- Players should make flat passes with soft hands.
- Slapping the puck results in in-accurate passes and wobly pucks.
- Players should transition while facing the puck at all times.
- Receive and shoot in one motion when in the slot.
- Make sure both players follow shots to the net.

7 PASS TRANSITION SHOOTING DRILL



Station #:

Time: 15 mins



My Notes

Description

A high tempo hockey drill that works on one-touch passing, transitions, shooting off the pass with quick shots, and following shots to the net. This drill can be setup as a cross-ice drill inside of the blueline (like it is shown in the video above), or set up as a station for shorter passes.

DRILL SETUP

- Can be set up as half ice or as a station (view how it would look as a station at the bottom of this post). A smaller space will provide the opportunity for shorter, quicker passes.
- Players: place players at both sides of the ice on the hash marks of the face-off circle.
- Cones: Place two cones on the top of the face-off circle that players will transition around.
- **The 7 Passes:** The first player (Player 1) in line will start the drill off by making a pass to the player (Player 2) that is waiting in line on the other side of the ice. Player 1 will skate directly at Player 2, present a target and receive a pass back from Player 2. Player 1 will one touch the pass back to Player 2 and transition around the cone. Player 2 then passes to Player 3 (who was waiting in line behind Player 1) on the other side of the ice. Player 1 will skate directly at Player 3 to receive a pass, and then pass back to player 3. Player 1 transitions around the second cone, receives a pass from Player 3 and looks to get a quick shot on net.
- Variations: Add obstacles that players must shoot around after they receive the 7th pass.

COACHING POINTS

- Players should make flat passes with soft hands. Slapping the puck results in in-accurate passes and wobbly pucks.
- Players should transition while facing the puck at all times.
- Receive and shoot the puck quickly after the 7th pass.
 - Quickly shooting in stride or changing the shot angle can help to surprise the goalie.
- Make sure the player follows to the net to look for rebounds.

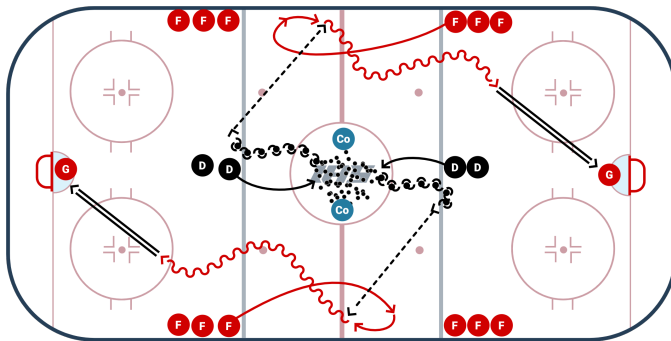
Below is an overhead view of how the drill looks like when set up in a smaller station space.

POP WARM UP DRILL



Station #:

Time: 15 mins



My Notes

Description

The Pop Warm Up Drill is a drill from Topher Scott that is excellent for helping players warm up in the beginning of practice. It helps to get the hands and feet going while also working on transitions, passing, shooting and screens.

Setup:

- This is a full ice drill that goes out of both ends.
- Have a bunch of pucks in the neutral zone circle.
- Forwards are lined up against the boards on each of the blue lines. Defense are lined up in the middle of the ice facing the neutral zone circle
- On the whistle, the defenseman picks up a puck from the neutral zone, and hits a forward with a pass on their left side, who goes down the ice to take a shot. The defenseman picks up a second puck at neutral ice and hits the forward on their right side, who goes down and takes a shot. Then the defenseman picks up one last puck from the neutral zone circle, performs an escape and then skates down the ice to take a shot on net. The two forwards who took a shot can stay in front of the net to try to tip the puck.

Coaching Points:

- Communicate verbally and non-verbally (have stick on ice where you want the pass).
- Head up: both forwards and defencemen should practice keeping their head up during the drill and being aware of their surroundings.
- Skating: when skating up ice with the puck work on cross-overs and stickhandling with headup.
- Shooting: players can work on shooting in stride, or changing their shot angle when shooting the puck.

Variations:

- Coaches can be in the neutral zone so defencemen and forwards have an object they need to pass & skate around.
- Players can work on different shooting techniques.
- Defenceman can work on different escapes.