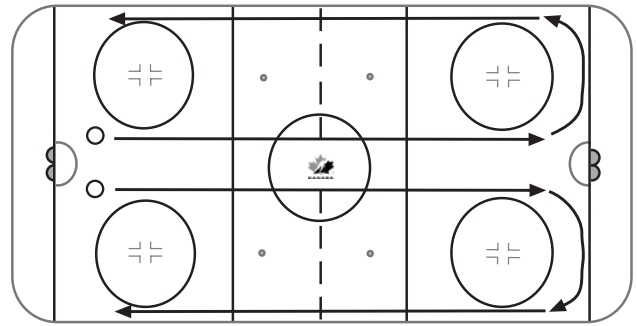


**Practice 2**

**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 a variety puck control skills

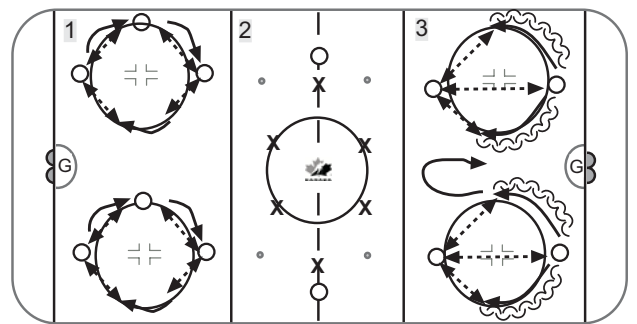


**Drill Name & Description**  
**Skills Stations 1**  
 Organize into 3 groups, each groups starts at a station and rotates after 5 minutes

**1) 1 Touch Face the Passer**  
 Place two passers on the outside of the circle. Skater skates around the circle giving and receiving a pass to each of the passers while never turning his back on the passer. Always face the passer by pivoting. Add 1 touch or double pass to make it harder.

**2) Mirror Skating and Passing**  
 Place 6 pylons as shown in the centre circle. One player is the leader the other has to follow the pattern skated by the leader who is trying to lose the other. Always face each other. Add puck, add a pass.

**3) 1 Touch Pass and Move**  
 Place a stationary passer at the top of the circle. Skater starts on bottom and basically “ give and go’s “ with stationary passer. Sprint forward to hash mark - give and go – backwards to bottom of circle – give and go etc. On signal player at top of circle goes in for shot on net – rotate players through each side

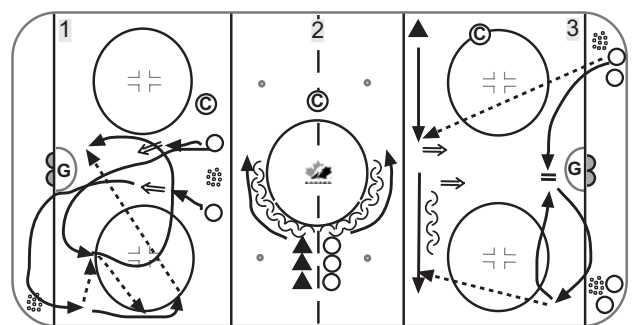


**Drill Name & Description**  
**Skills Stations 2**  
 Organize into 3 groups, each groups starts at a station and rotates after 5 minutes

**1) Shooting / Scoring – Double Shot Corner Drop**  
 Start with two lines near blue line. Each player goes in for shot. 1<sup>st</sup> player goes to corner to retrieve puck, and passes to 2<sup>nd</sup> player who comes in for support. 2<sup>nd</sup> player gives it back and heads to net for backdoor pass.

**2) Alarm Clock**  
 Start with 2 players beside each other on circle, on signal they race forward to middle of circle, backwards to bottom, then forward to top of circle and backward back to bottom. Can also do with pucks

**3) Screens and Tips – D Double Shot**  
 Fwds in corner D on blue line, fwd passes to D who skates across blue line and shoots on net, fwd goes for tip, then skates to opposite corner picks up a puck and passes to same D who drags puck to middle for 2<sup>nd</sup> shot. Alt sides



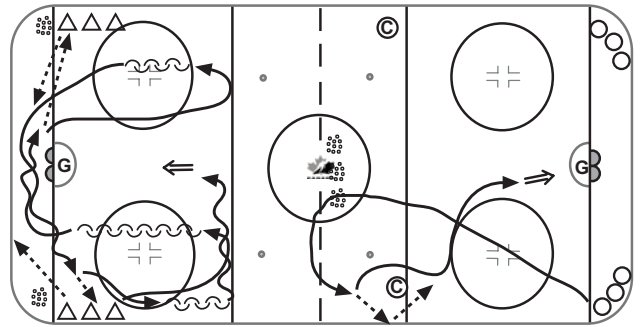
**Drill Name & Description**  
**Split Groups - "Wheel" Option x 2 / Fwds Chip and Chase**

**Defense**

- 1) D begins same as previous practice
- 2) Retrieves puck and wheels net to outlet to D on hash who spots puck to the corner.
- 3) D touches up at blueline and completes same sequence on the other side finishing with shot on net.
- 4) Back to puck quickly / Check shoulder for pressure and outlet / Move puck quickly.

**Forwards**

- 1) Place pucks in centre ice, with forwards in each corner.
- 2) Sprint out of corner to centre pick up puck and chip off of boards to gain zone entry. Coach can act as static D for passive pressure



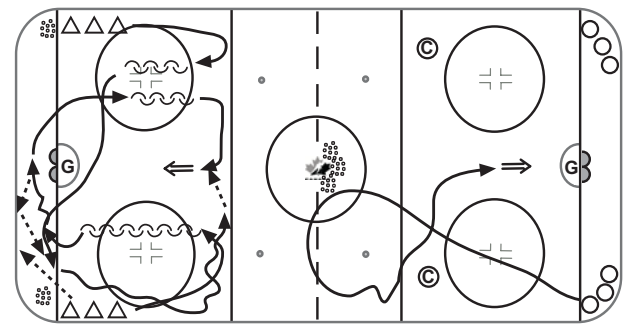
**Drill Name & Description**  
**Split Groups - D - "Reverse" Option x 2 / FWD 2 Man Cross**

**Defense**

- 1) Same sequence as above.
- 2) Back quickly / Protect the front of the net, communicate outlet, puck is reversed off the boards and behind pressure.
- 3) Skate into puck. Finish with shot on net

**Forwards**

- 1) Place pucks in centre ice, with forwards in each corner.
- 2) Sprint out of corner to centre pick up puck and fake outside move then cross into middle ice to gain zone entry.
- 3) Coach can act as static D for passive pressure



**Drill Name & Description**  
**3-0 Attack 2-1**

- 1) O1 drives and takes shot.
- 2) O2 follow up behind with shot.
- 3) O1 proceeds to go get puck from opposite corner, passes to O2.
- 4) O1 and O2 go to NZ and regroup. D1 slides across blueline and takes shot.
- 5) D Reads and takes up gap and takes 2-1 back to same end.

