

**Practice 3**

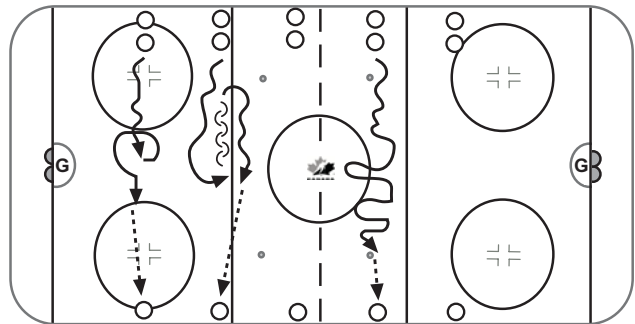
**Drill Name & Description**

**Cross Ice Skills – Warm - Up**

Form lines along the boards down the ice. On whistle, players from one side perform skill across ice and end up in line on opposite side of ice. Repeat

- 1) Transition skating
- 2) Tight turns
- 3) Pivots
- 4) Puck Moves
- 5) Creativity

Be creative / fast hands / fast feet



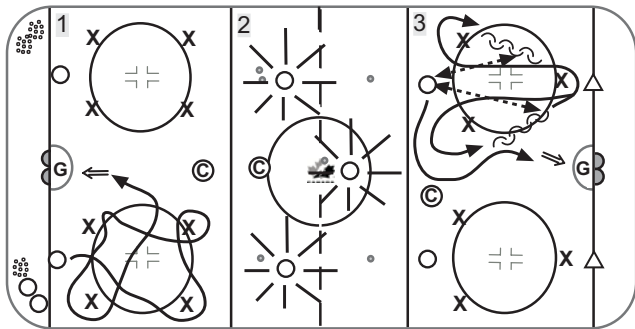
**Drill Name & Description**

**Skills Stations 1**

**1) 4 Pylon Agility**  
Place 4 pylons on the circle and have players skate random pattern around the pylons working on quick feet and agility. Add pucks, add second player

**2) Stationary Toe Drags / Circle Toe Drags**  
Players are spread out in Centre ice working on stationary puck control, toe drags etc... challenge each other 1 on 1 for progression

**3) Triangle Agility Passing**  
Place pylons as shown with a stationary passer at the top of the circle. Skater skates fwd transitions at each of the top pylons while passing and receiving. On signal passer goes in for shot, skater replaces passer and next player jumps in.



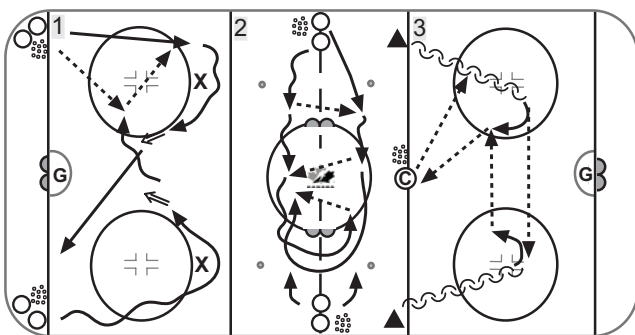
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**Skills Stations 2**

**1) Butterfly Give and Go**  
Players start in each corner, skate around pylon take a shot on net. Receive pass from opposite corner and one touch it back to passer.

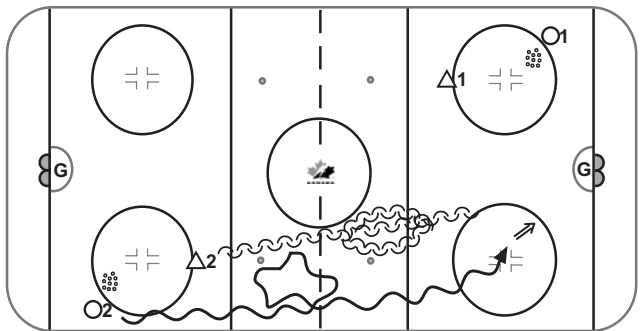
**2) Agility Nets – Pairs Passing**  
Place 2 nets in centre ice. Players line up on both sides of the ice. On signal players pairs pass around the nets and avoiding the other players

**3) D Man Mobility – D to D Pass**  
D start on blue line. Bwds into zone, receive pass from coach, D to D, D to D and back to coach who then passes back to opposite D to start again. Each pair goes 2-3 times then spring out of zone.



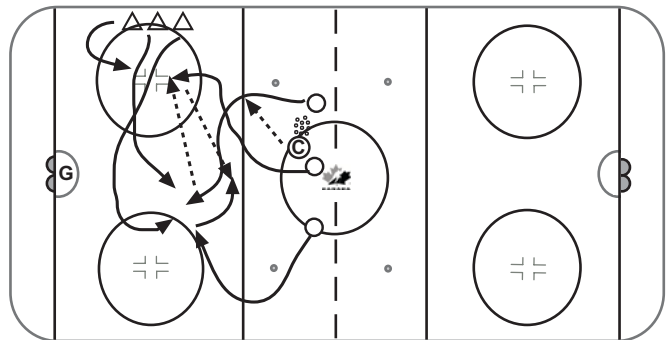
**Drill Name & Description**  
**1 on 1 Oiler**

- 1) Opposite corners go at the same time.
- 2) Fwd skates to NZ, delays to boards, to create space, turns back up ice to attack 1-1.
- 3) D skates backwards, pivots to close gap on forward, pivots backwards and plays the 1 on 1
- 4) Forward use speed to drive puck wide, D take away middle ice.
- 5) D skate figure 8 pattern
- 6) Fwds are doing oval and turn towards the boards



**Drill Name & Description**  
**3 on 3 Pick A Man**

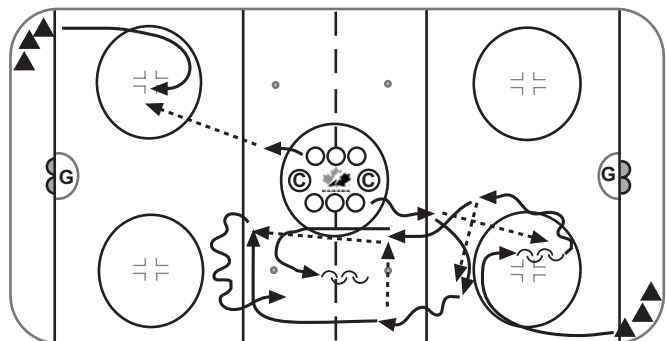
- 1) D on boards at blue line, fwd in 3 lines at centre.
- 2) On signal fwd take off, and D have to react to each of the 3 fwds and take a man
- 3) If play gets broken up right away, coach dumps in new puck to continue.
- 4) Players must battle hard.



**Drill Name & Description**  
**Transition Regroup 1 on 1**

Both sides at the same time.

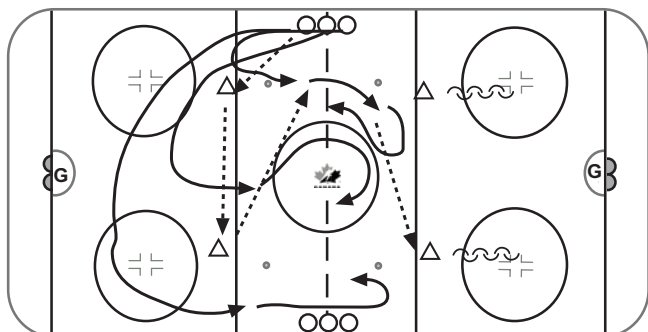
- 1) Forwards start on centre circle / D start in corners
- 2) On whistle D steps up, receives pass from fwd, skates bwds and pivots toward middle of ice
- 3) Fwd skates towards boards to receive return pass from D – sets the puck at the dot and then sprints to stretch to far blue line to receive stretch pass from D
- 4) D once again follows pass up ice, closes gap and plays the 1 on 1 coming back



**Drill Name & Description**  
**NZ Regroup on Whistle**

- 1) Fwds start on boards at red line, D on blue line
- 2) On whistle, first three Fwds start with first in line passing one of the D, who then makes a D to D pass to partner.
- 3) 3 Fwds then fill lanes going up ice, receive pass from D and attack 3 on 2. If coach blows whistle, then fwds pass to opposing D, regroup and attack 3 on 2 back the other way.

Every time, whistle is blown, a regroup is performed, finish with 5 on 2. Alternate sides.





<b>Drill Name &amp; Description</b>
<b>Angling Gate Drill</b>
<ol style="list-style-type: none"><li>1) Coach at center ice with pucks, spots a puck to either line.</li><li>2) Players react to spot.</li><li>3) Player on puck side retrieves puck and attempts to come up ice.</li><li>4) Other player touches up at his blue line and closes the gap to angle outside.</li></ol>
<b>Key Teaching Points</b>
<ul style="list-style-type: none"><li>▪ Move up quickly to close gap and establish appropriate angle.</li><li>▪ Good stick placement.</li></ul>

