

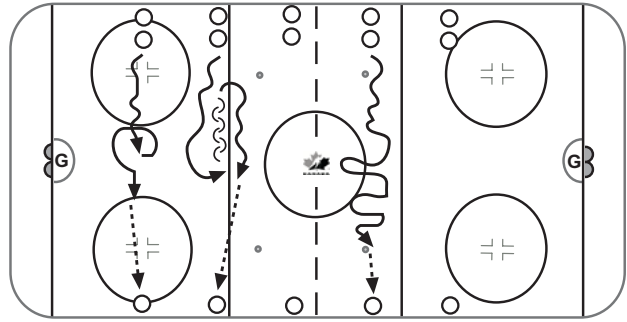


Practice 5

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, encourage deception

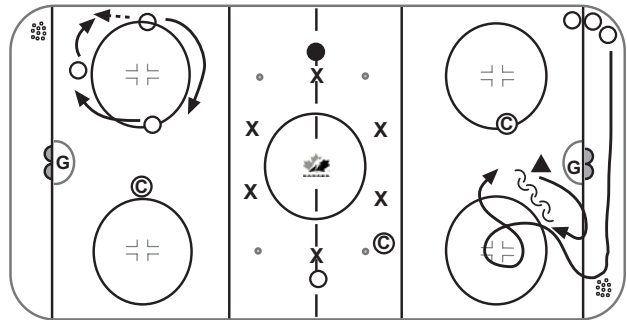


Drill Name & Description
Skills Stations 1

1) 3 Man Cycle
 3 Players in corner work on cycling the puck back down the boards. On signal make pass to net front for shot.

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) Shooting / Scoring – Corner Contain
 D starts net front, Fwd in corner. Skate behind net to opposite corner pick up puck and try to attack net front. D tries to contain. Encourage battle

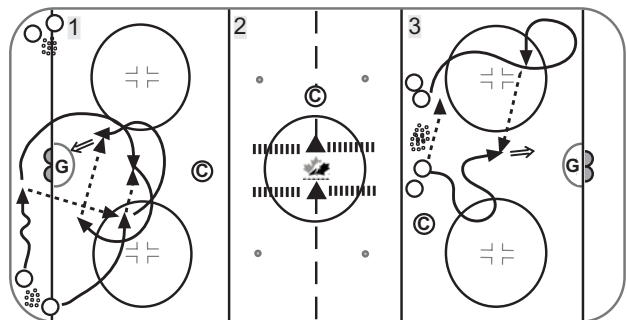


Drill Name & Description
Skills Stations 2

1) Shooting / Scoring – Short Side Pass / Drop option
 Players in each corner. Puck carrier has option
 a) carry behind or pass short side.
 b) carry behind net pass cross crease
 c) pass short side, go behind net receive back door pass carry into slot, make 3rd pass for shot.

2) Mirror Drill
 Players face other in centre circle, one is the leader and the other has to imitate / mirror the leader. Add pucks as well.

3) Shooting / Scoring – Delay – 1 Timer
 Two lines near blue line. Pass is made to player who skates towards net, delays and then hits the original passer for a 1 timer from slot. Go from both sides, add D to make more difficult



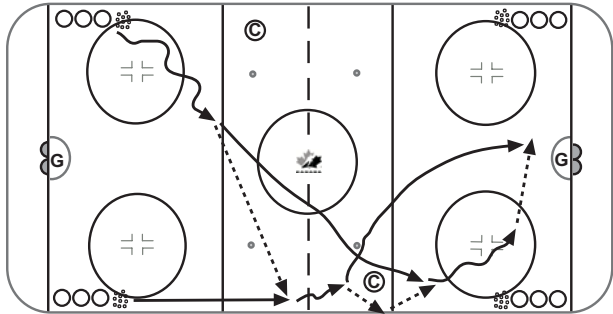
Drill Name & Description

Entries - Chip

- 1) F1 and F2 leave on whistle.
- 2) F1 takes puck and feeds F2 going up the boards then skates to support.
- 3) F2 draws coach to him and chips puck to open space for F1 to skate into it.
- 4) F2 rejoins F1 on the rush.
- 5) Both ends same time.

Key Teaching Points

- F1 works to support.
- F2 waits for coach to commit then moves puck to open space.



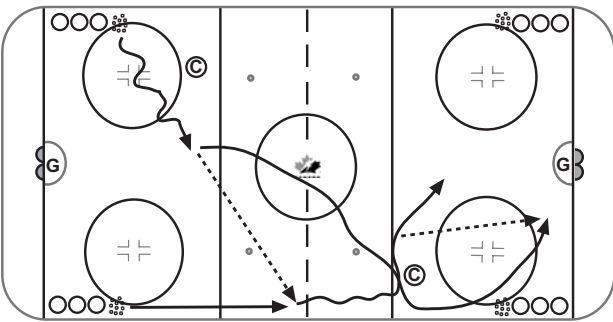
Drill Name & Description

Entries - Cross

- 1) Same as above, except F1 and F2 execute an offensive cross at the blue line.
- 2) Can be a drop pass for F1 with drive or F2 can keep and drive or keep and feed to F1.

Key Teaching Points

- Play without puck support from behind on cross.
- There must be a net drive after the cross.



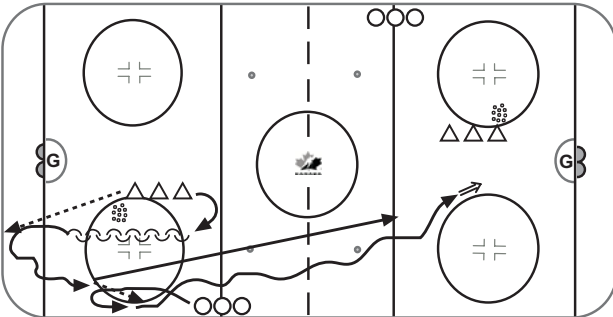
Drill Name & Description

Breakout – Quick Up Progression

- 1) “UP” D, quick feet to top of circle down through dot
- 2) Retrieve puck and up to forward who drops to hash mark.
- 3) Forward goes down for shot and D joins
- 4) Can exchange puck while going down ice.
- 5) Go on whistle.

Key Teaching Points

- Quick feet, check shoulder, communicate, move puck quickly.
- D joins for support and to close gap.



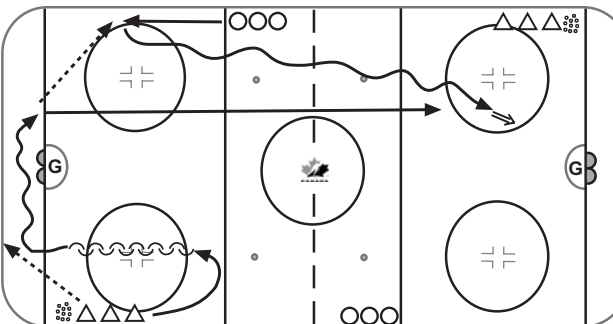
Drill Name & Description

Breakout – Wheel Progression

- 1) D Skates forward to top of circle, pivots, skates bwd to retrieve puck.
- 2) Wheels behind net to pass to fwd who comes down wall to receive outlet pass.
- 3) Both players skate up ice for shot at far end.
- 4) Both ends – opposite corners go at same time

Key Teaching Points

- Move puck at second post when behind net
- D Joins rush through dots





Drill Name & Description

Continuous 2 on 1

- 1) D picks up puck behind net, passes to forward on the wall, other forward takes off far wall at the same time.
- 2) Fwds, support puck and skate up ice 2 on 0
- 3) Fwd with puck passes to far D, fwds then re-group – 1 stretch, 1 low, D can pass to either to go back on original D 2 on 1.
- 4) D who started regroup then retreats to own end to start sequence from the other end

