

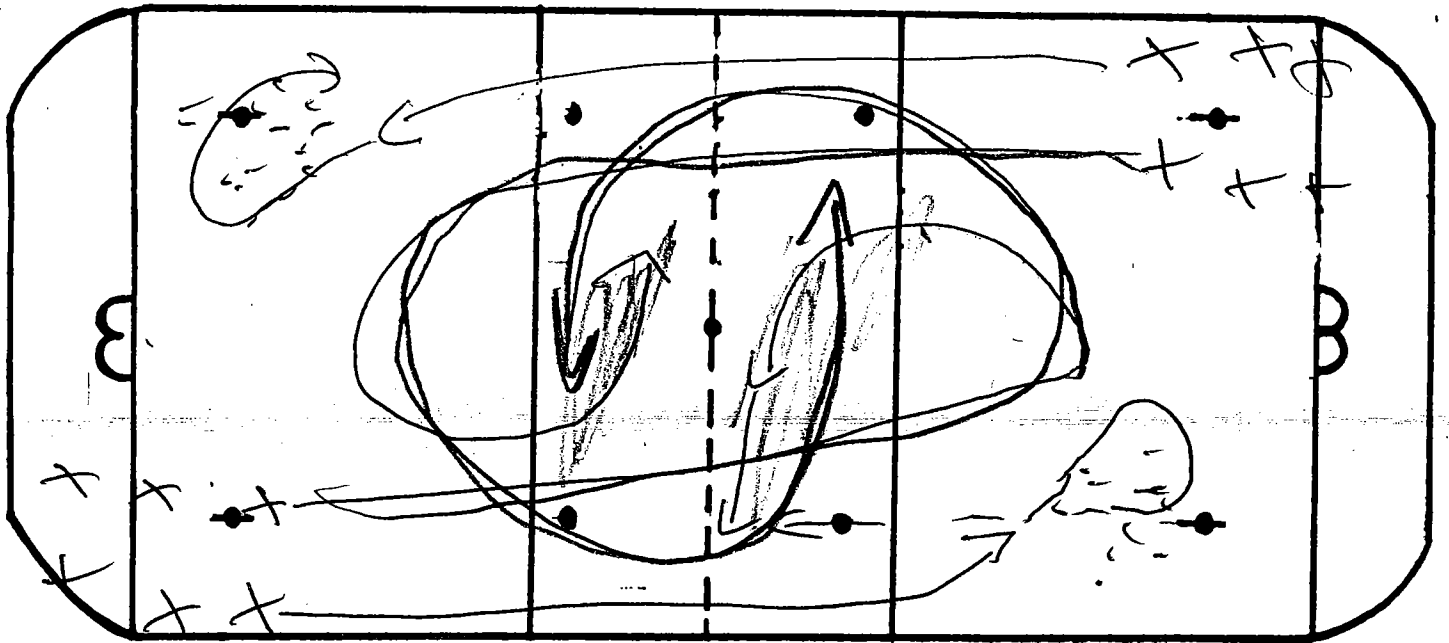
2.014.0

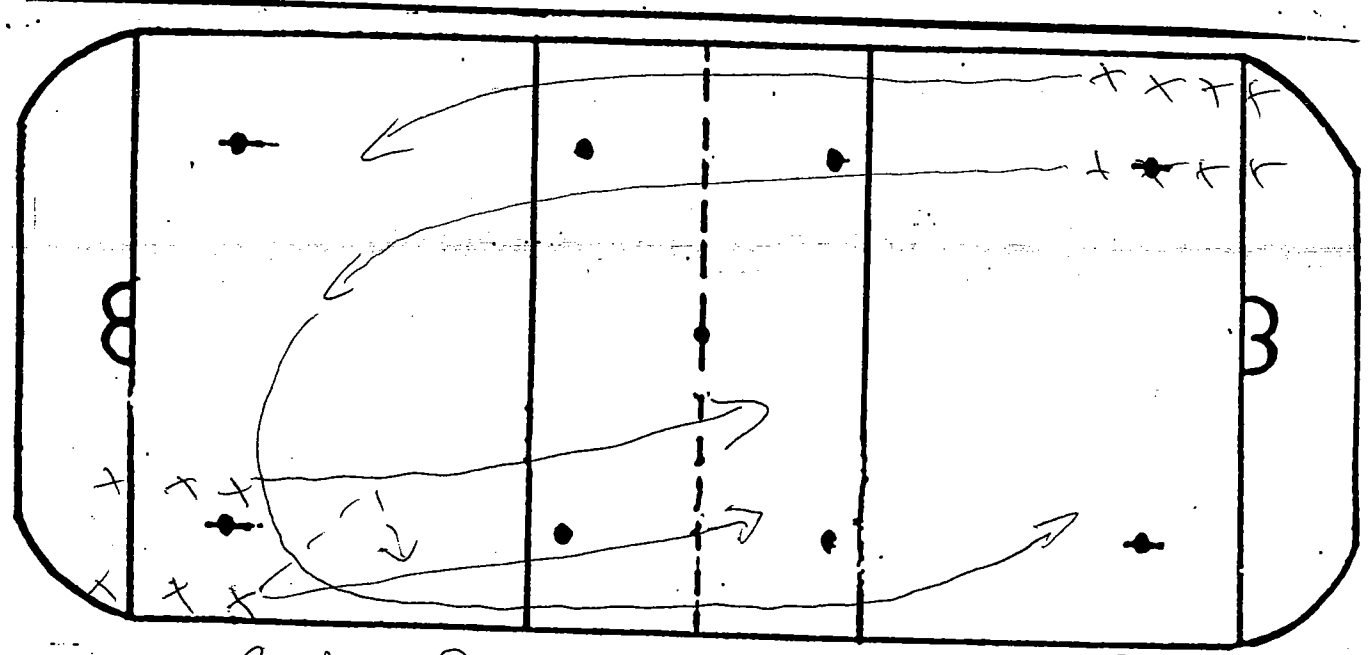
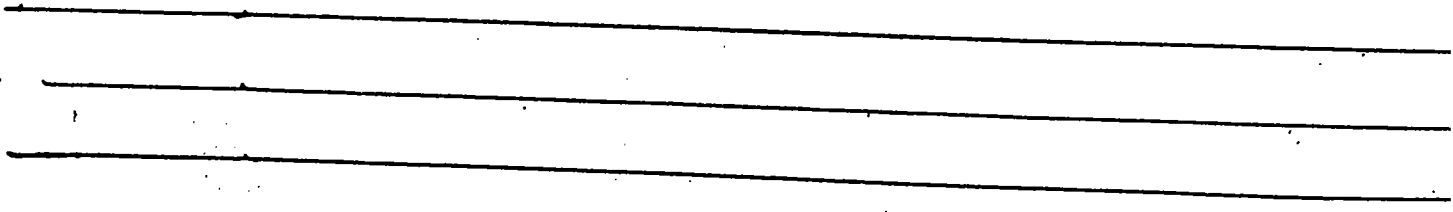
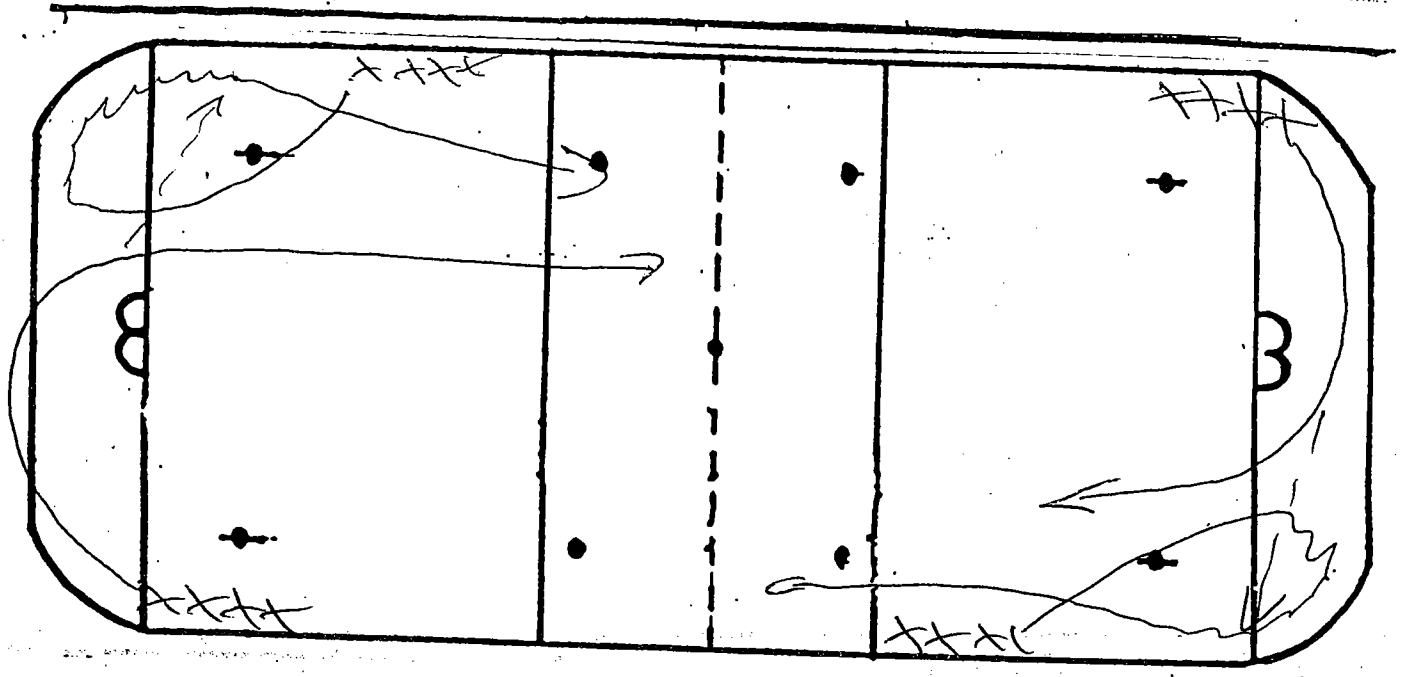
Name of Drill:

Description: Same Time Both Ends

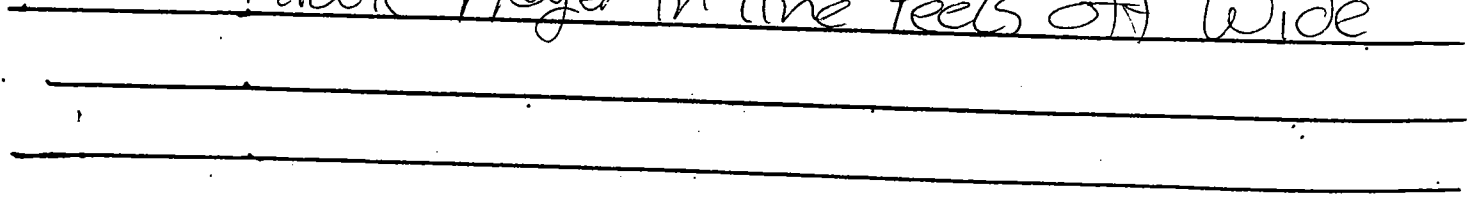
Board Player Brings Puck into Zone - Shoots

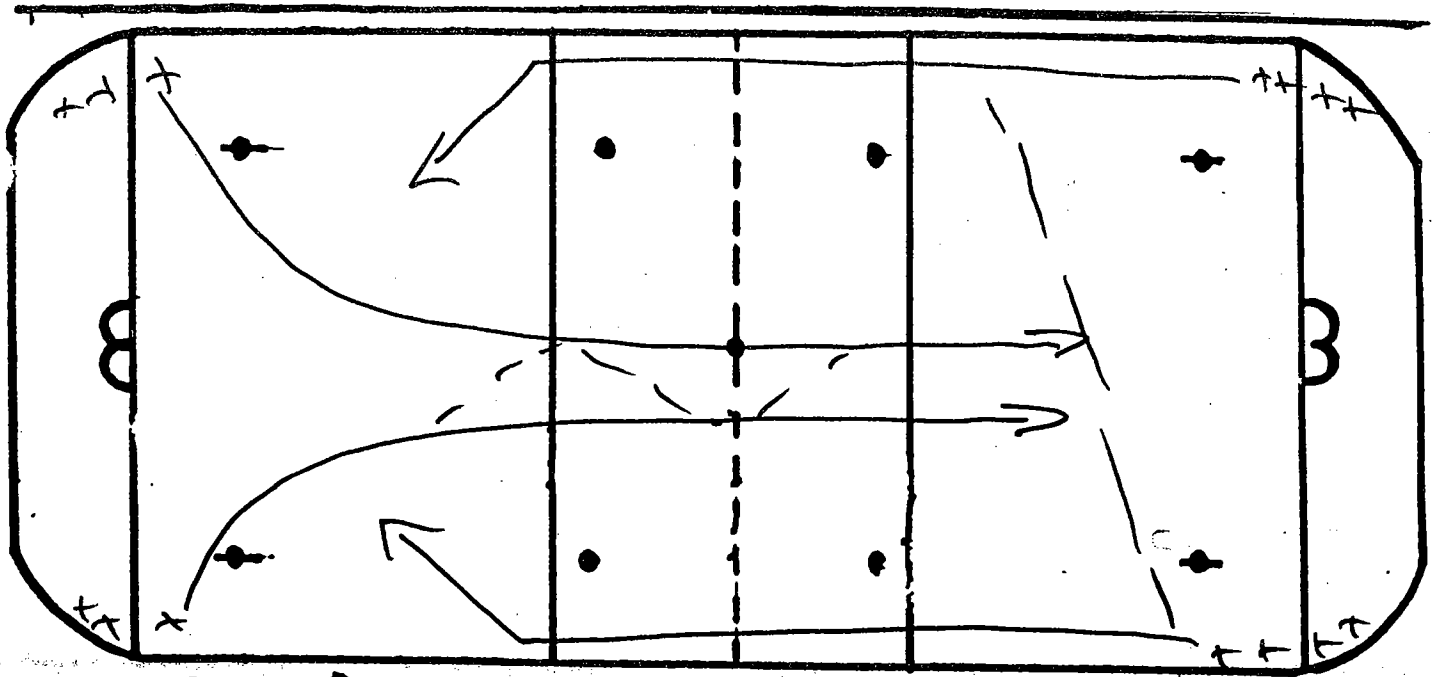
Swing pick up puck - Pass to middle guy
who is Stretch

**Comments:**



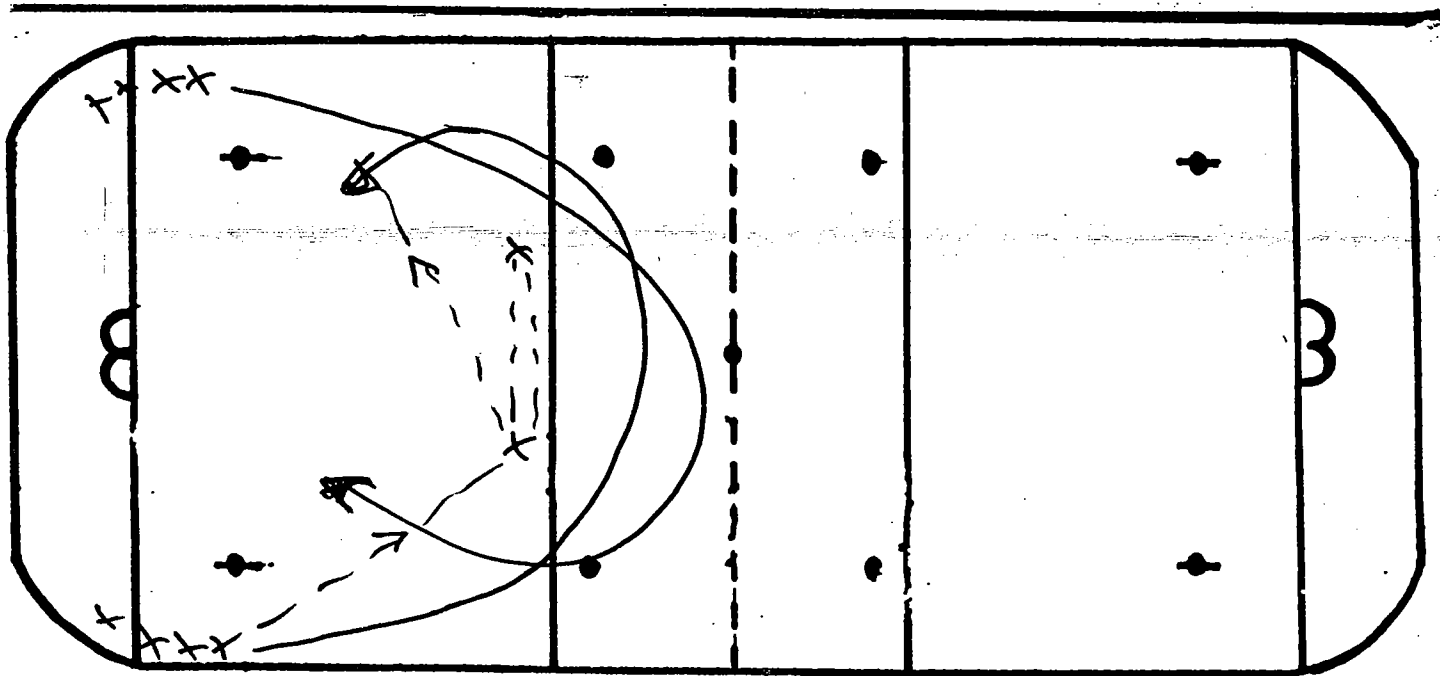
Middle Player in line peels off wide





Zero Narrow & Wide

Same time

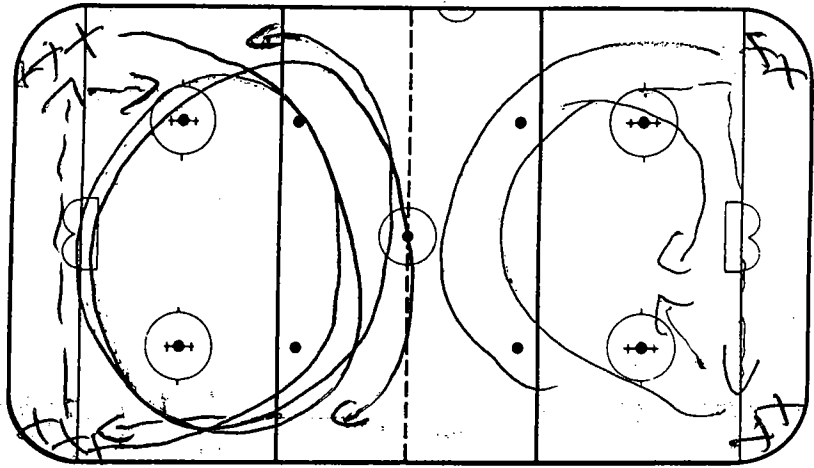


① Swing behind D after passing to them.

D makes as many passes as possible

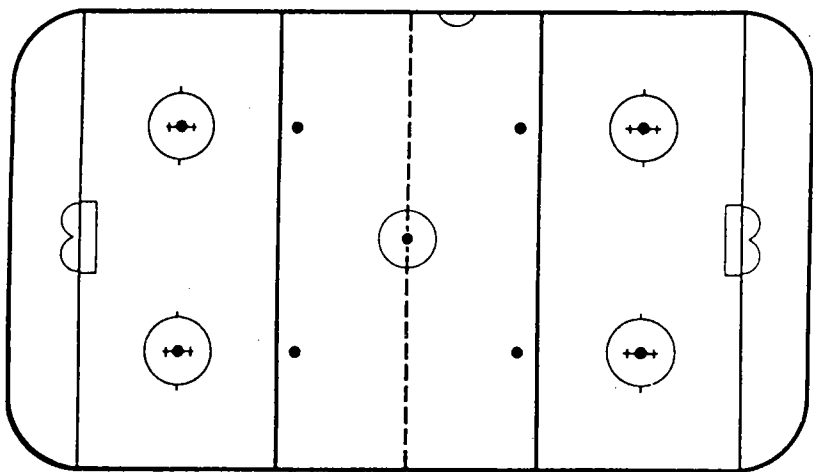
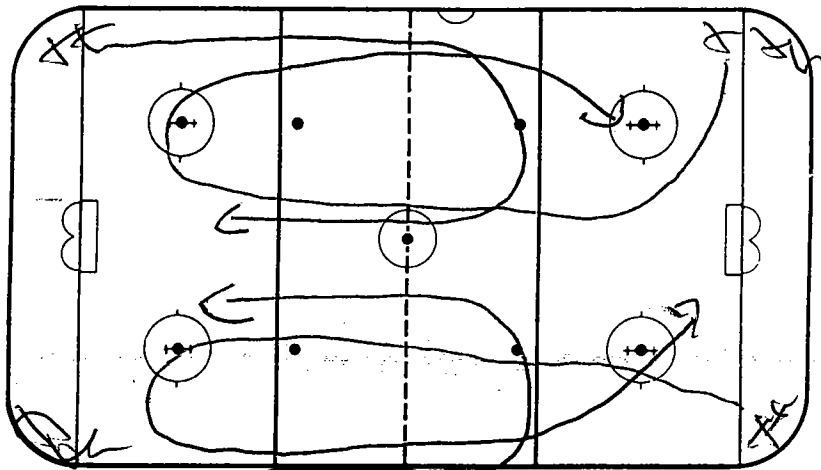
1/2 Ice 2-0

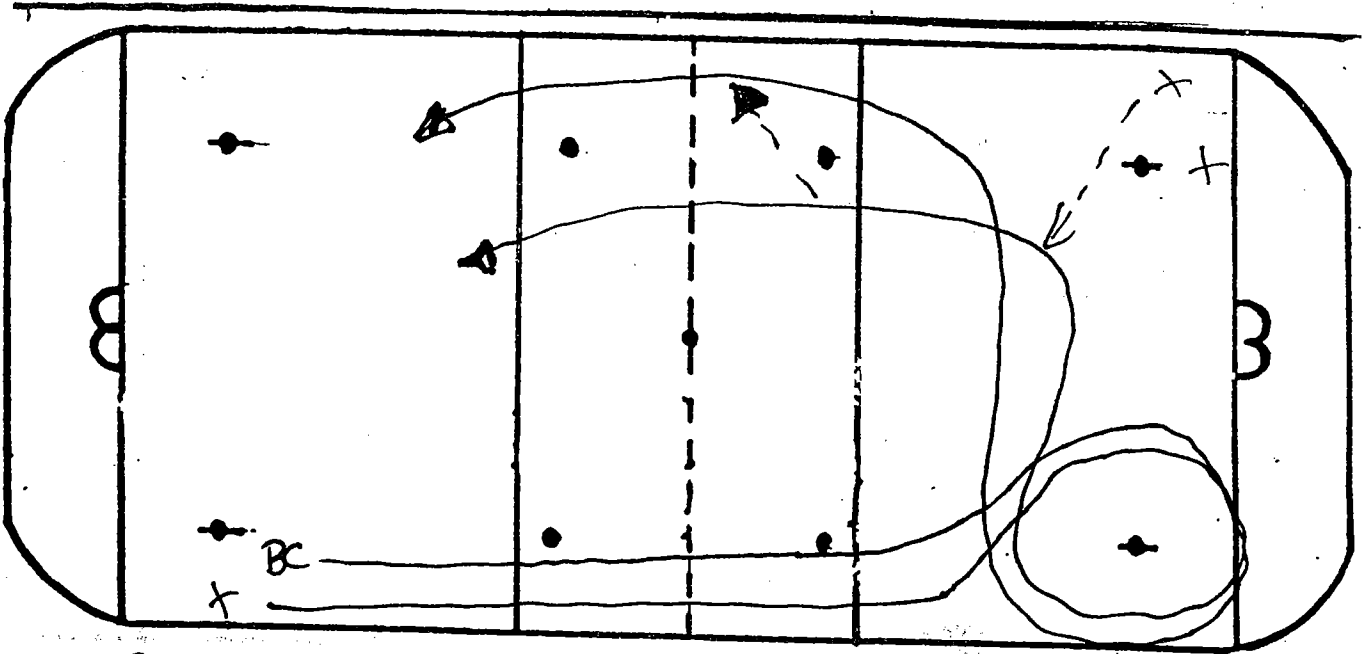
2-0 out to Blue
w/ Pick
In-Pass to 1st Guy in
Line
HE CAN Pass across
to Next 2 Guy in line
& Back to 2-0 Guys



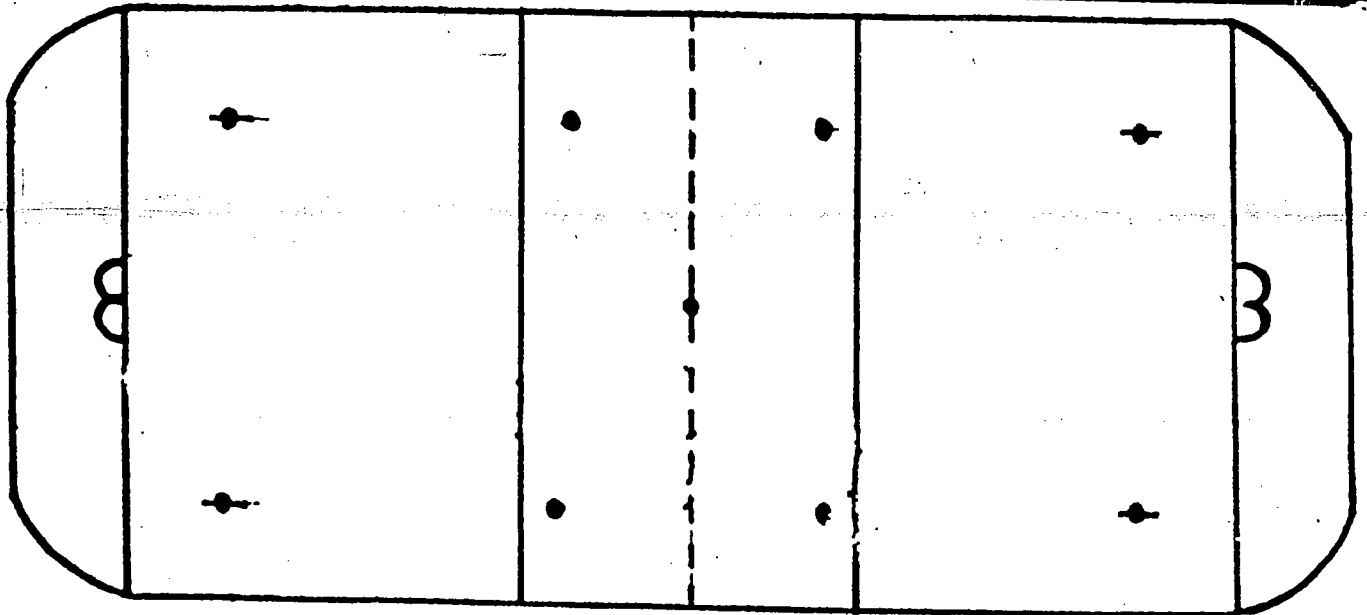
2-0 Narrow
Wide

Attack same end
2-0 started

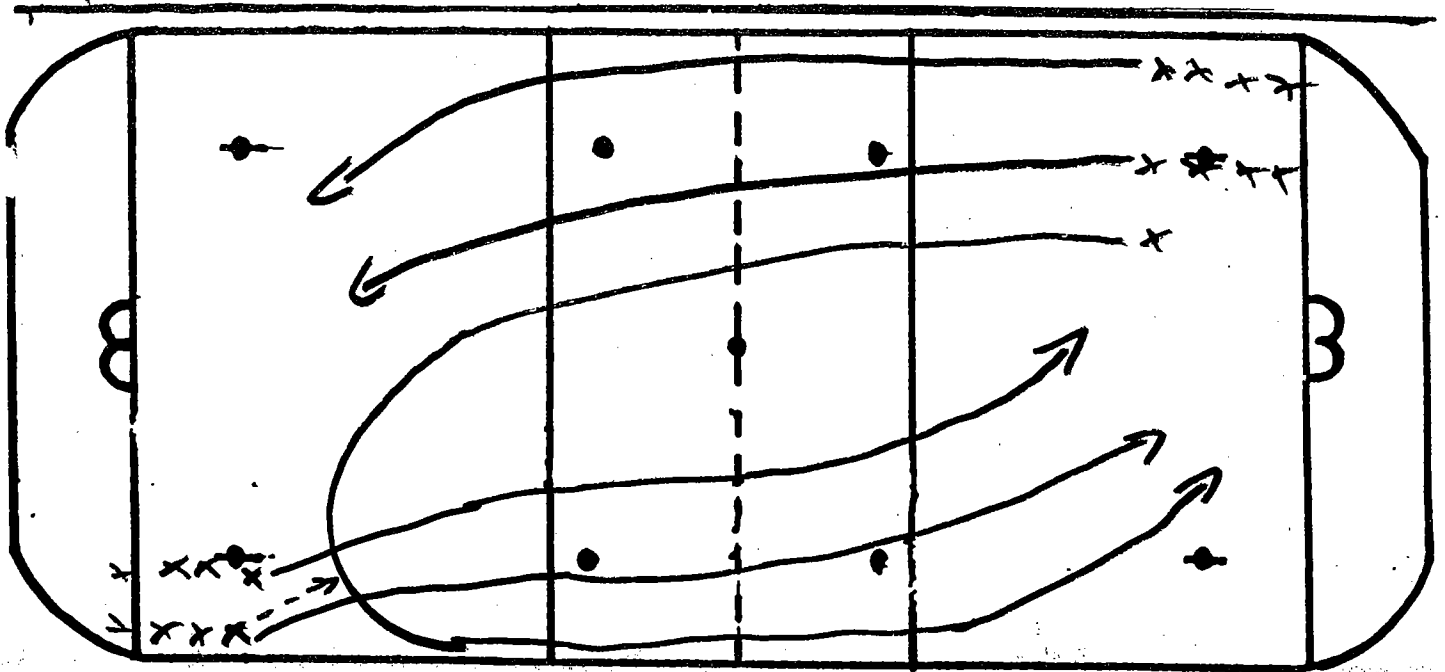




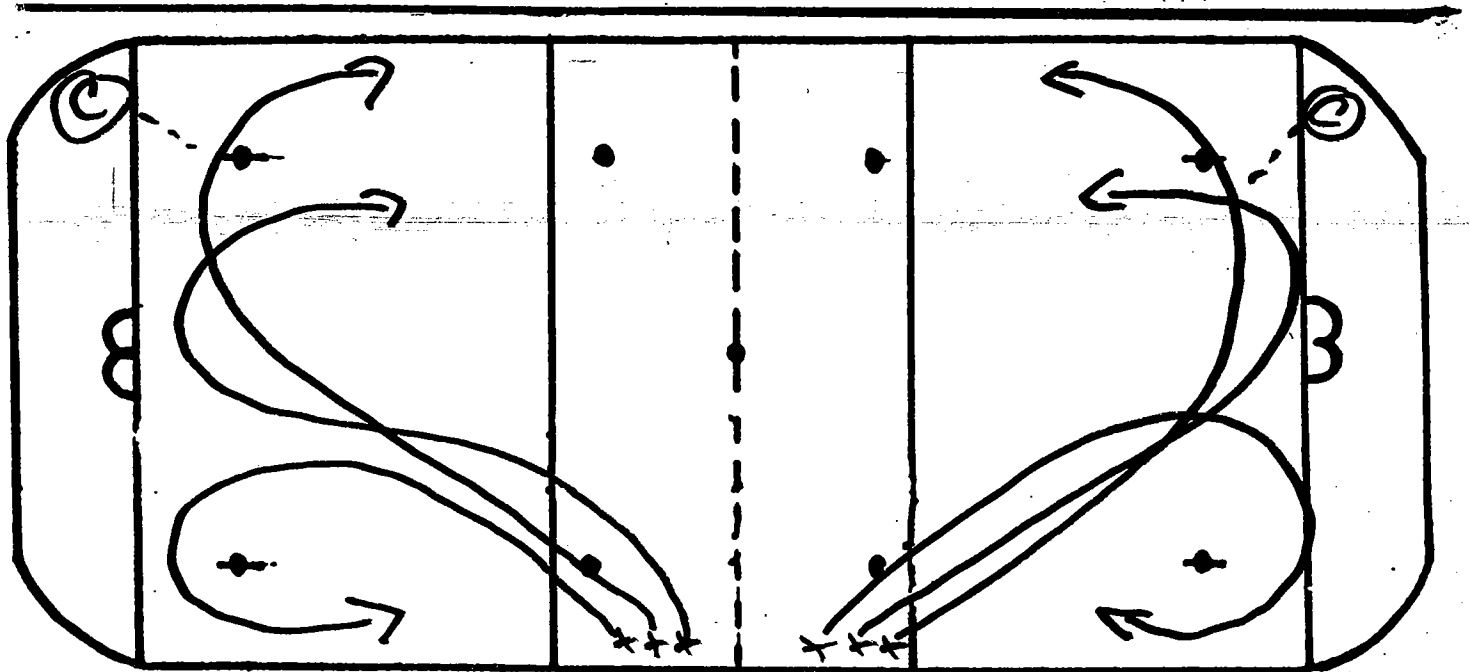
Both ways - BC keeps x to outside - when they get to far end Skate Circle - Catch Pass from Next line
 2-0 Rush up Ice!



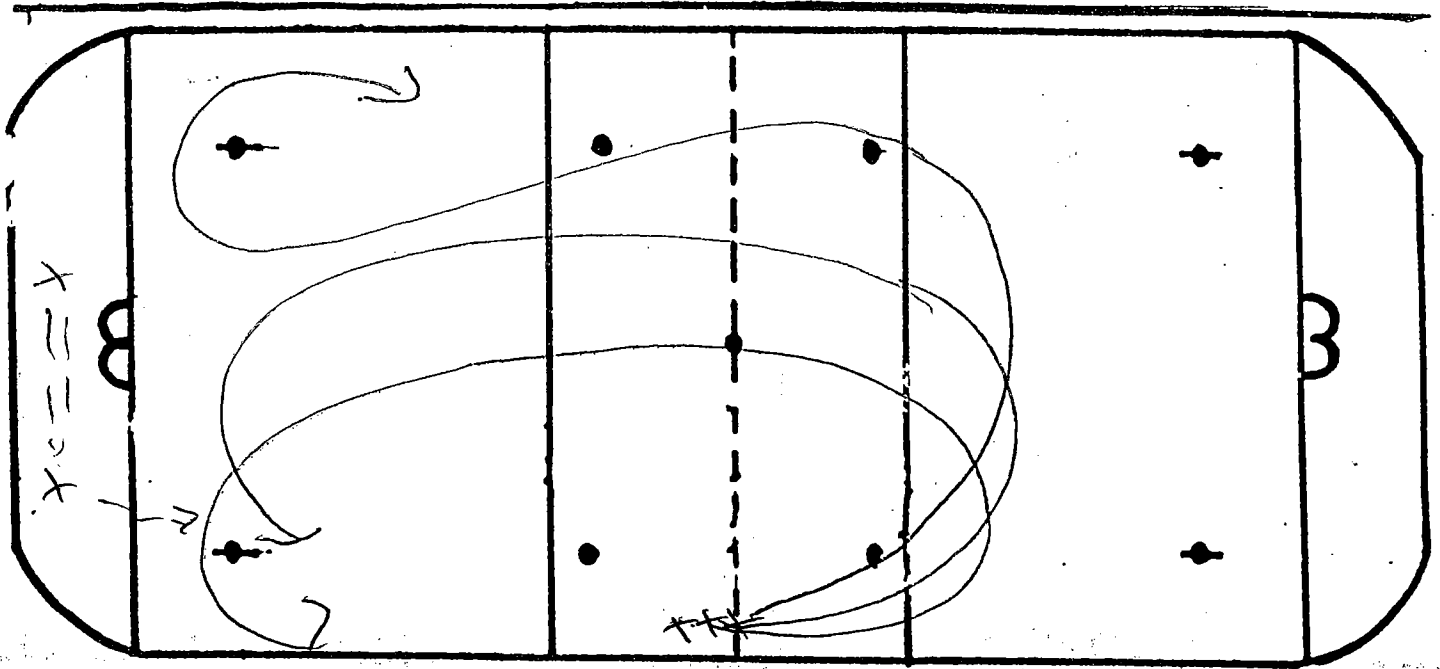
3-02-0



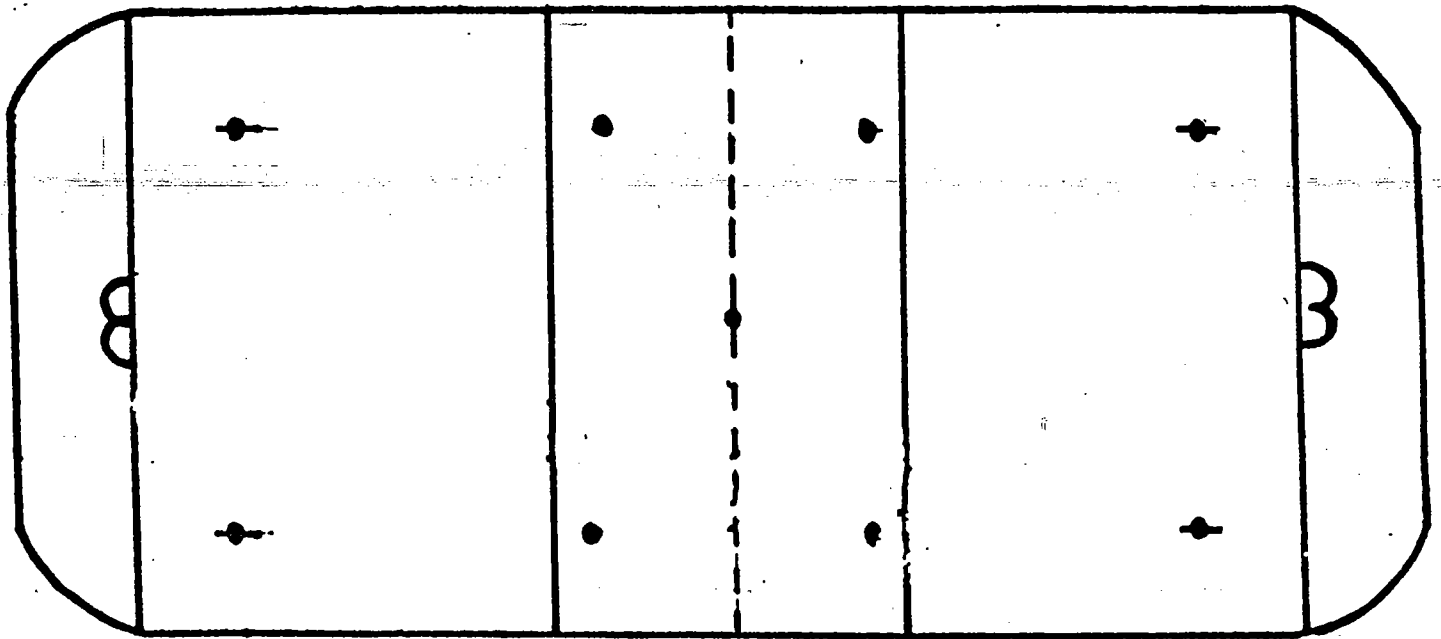
2-0 - The inside guy always swings to the outside on the far end.

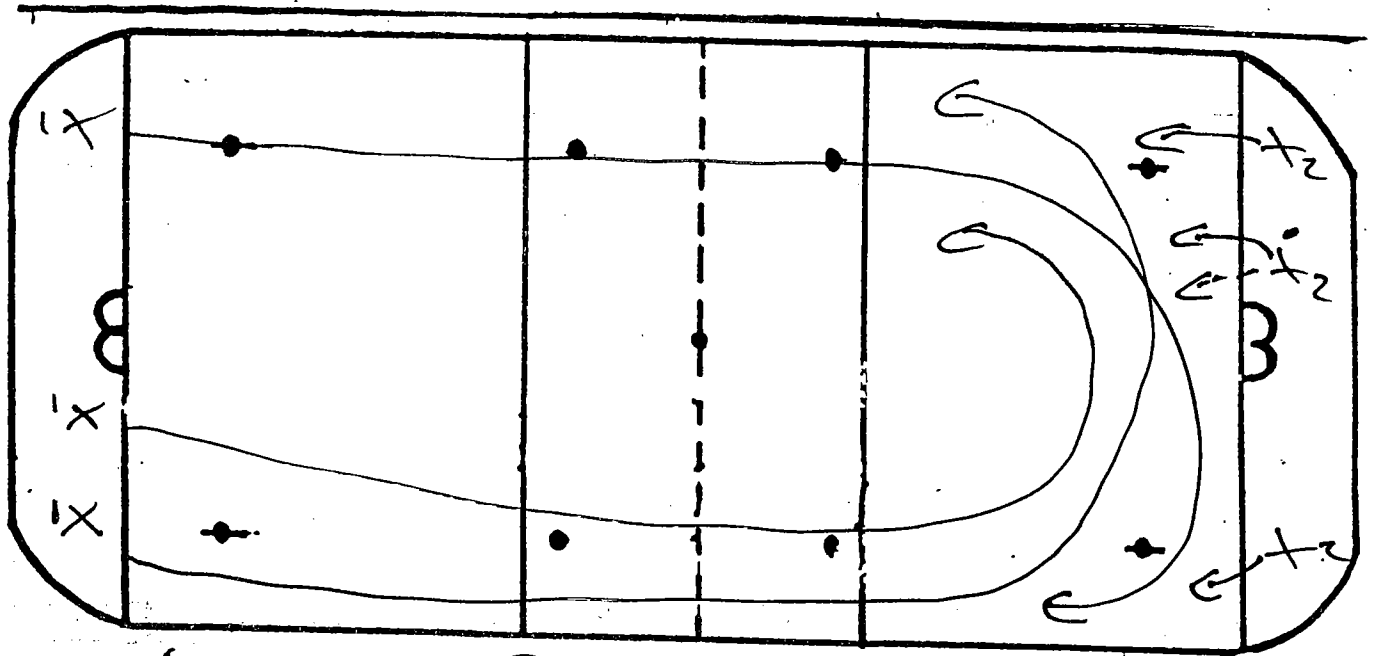


3-0 Heads up! Swing into zone catch pass from coach - attack far end.

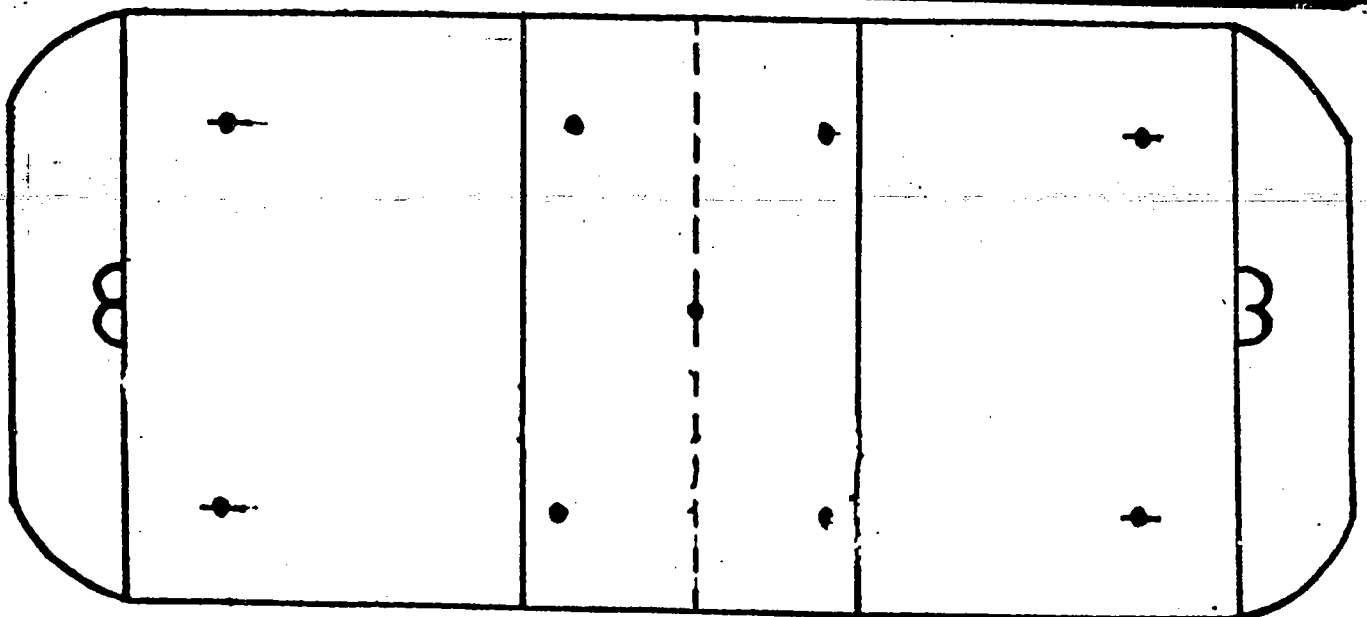


3-0 → Touch one Zone / Breakout of other
 After Rush Go Behind Net Make Passes &
 Breakout next 3.





X^1 take off Regroup Deep in far zone - X^2 s
 Pass to X^1 & Backchecker (or pressure) then down
 the ice. X^2 then Regroups - Backfurther 3-0



5-000-0

Name of Drill: **5-0 Bout Thru**
 The Team as Cones!

Description: 4 Lines or 3

X - Just made rush and offense. Stay in OZ.

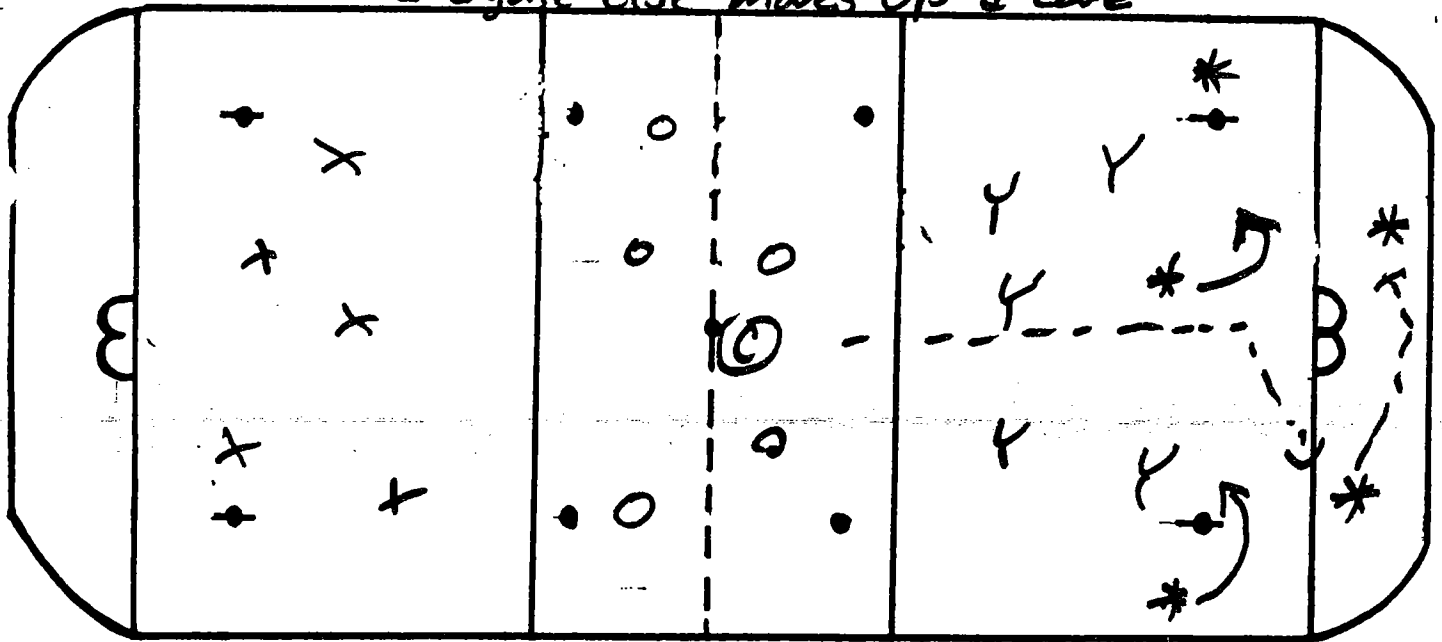
O - Stand in NZ

Y - Stand in DZ

* - Break out thru everyone & Run offense in OZ.

- after rush * Stay in OZ -

Everyone else moves up 2 zone

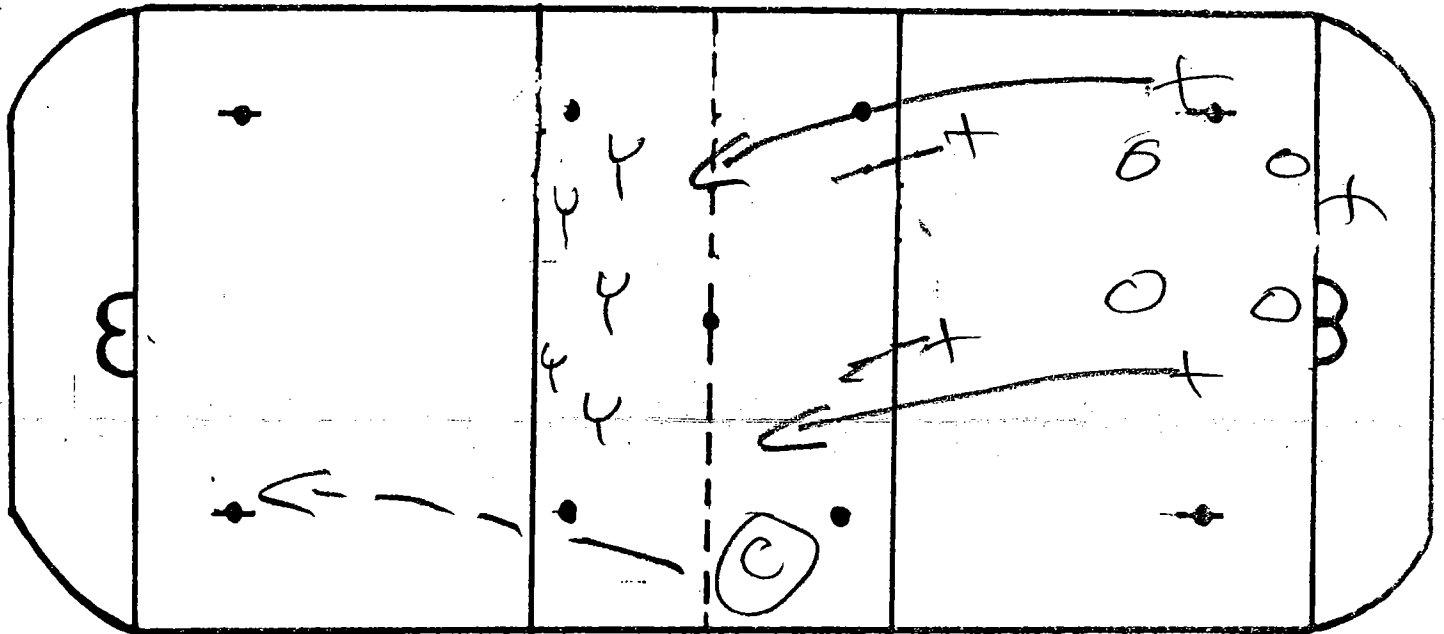
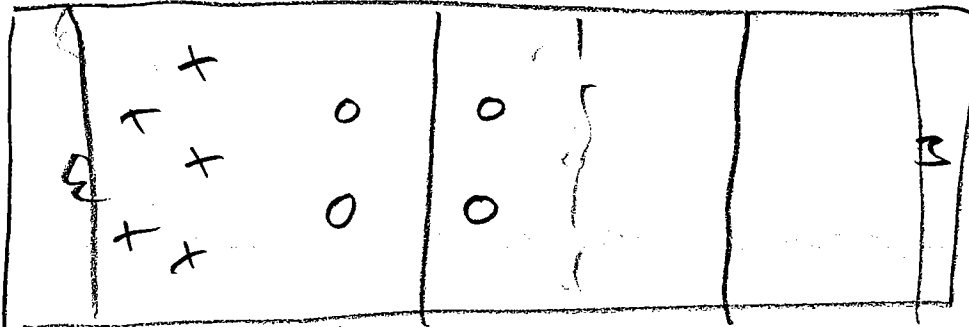


Comments: Line that is breaking out sprint out past coach - then "coach" dumps

- Obstacle Players can move their sticks. that's all.

Name of Drill: Breakout vs Pressure

Description: X's B-out vs 4 O's 2F 2D

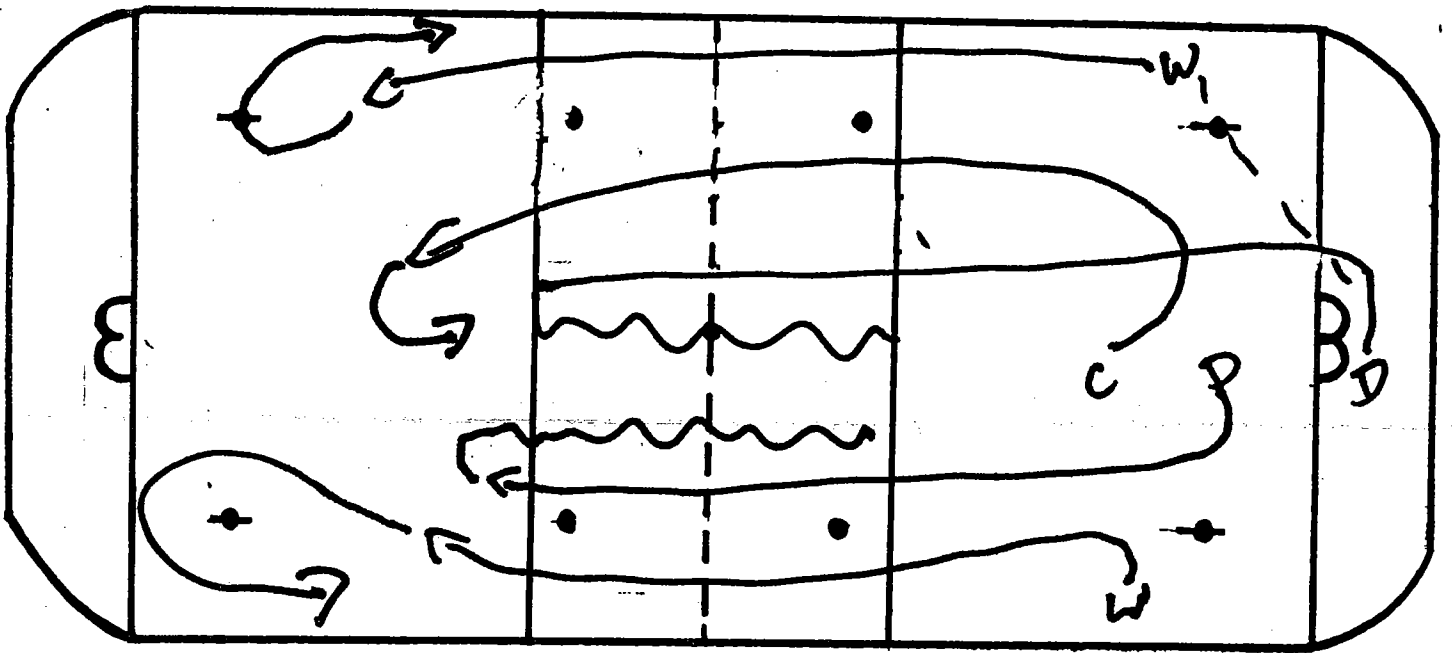


Comments: ON Whistle Y's B-out vs

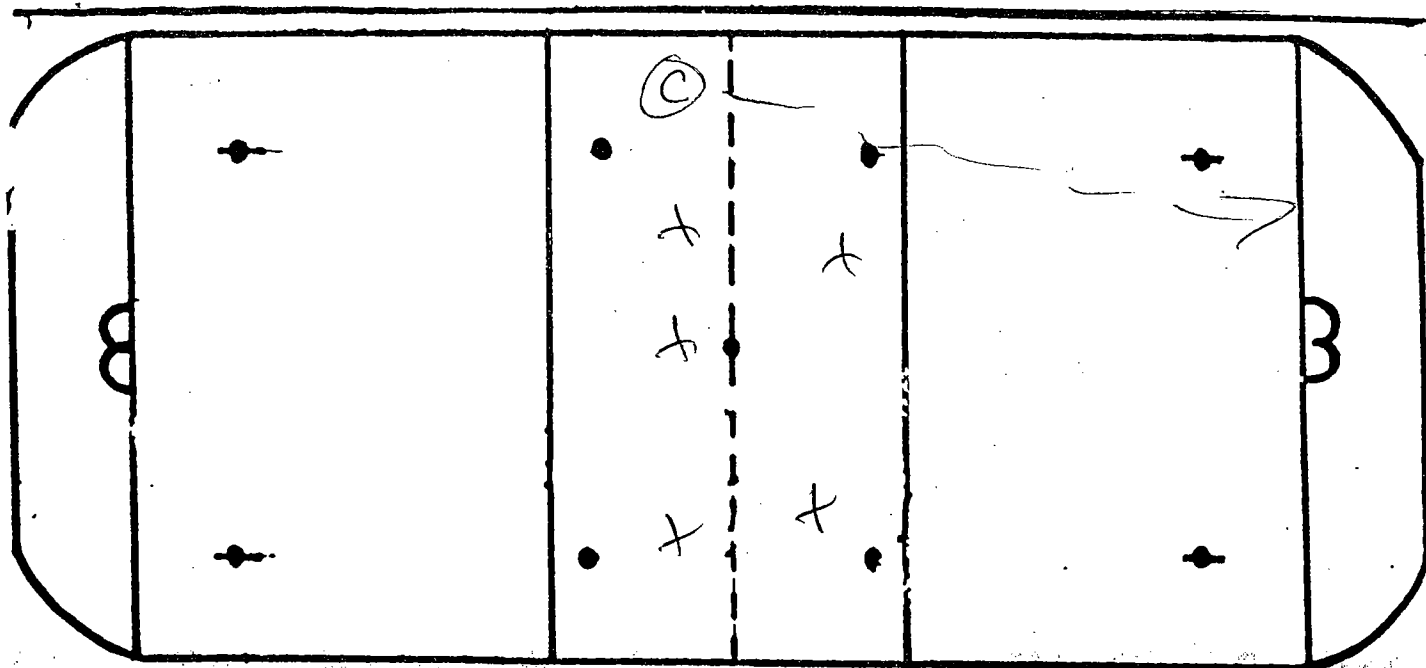
2 X D's & 1st 2 X F out of zone

Name of Drill: 5-0 - Backcheck Drill | 0

Description: B-OUT
5-0 Attack (Regroup if you want)
on Whistle Backcheck in Lanes

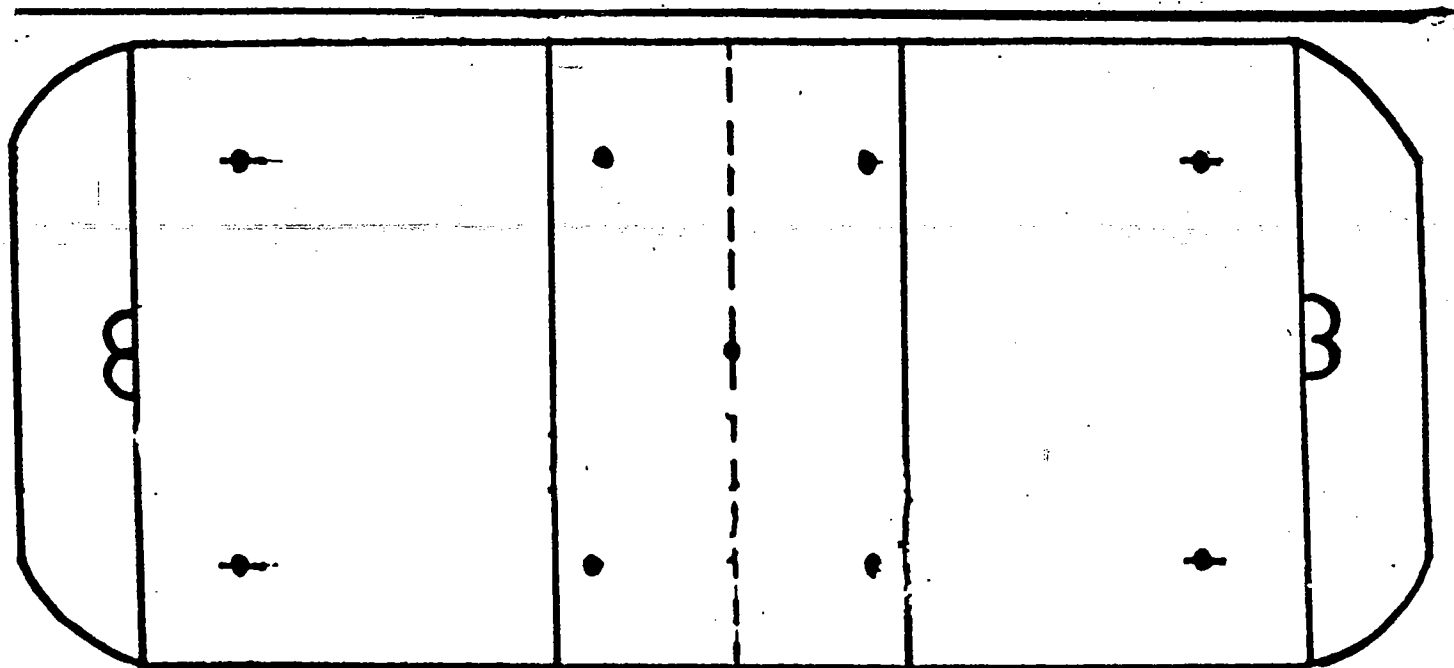


Comments:



5-0 Line Change Drill

Conditioning



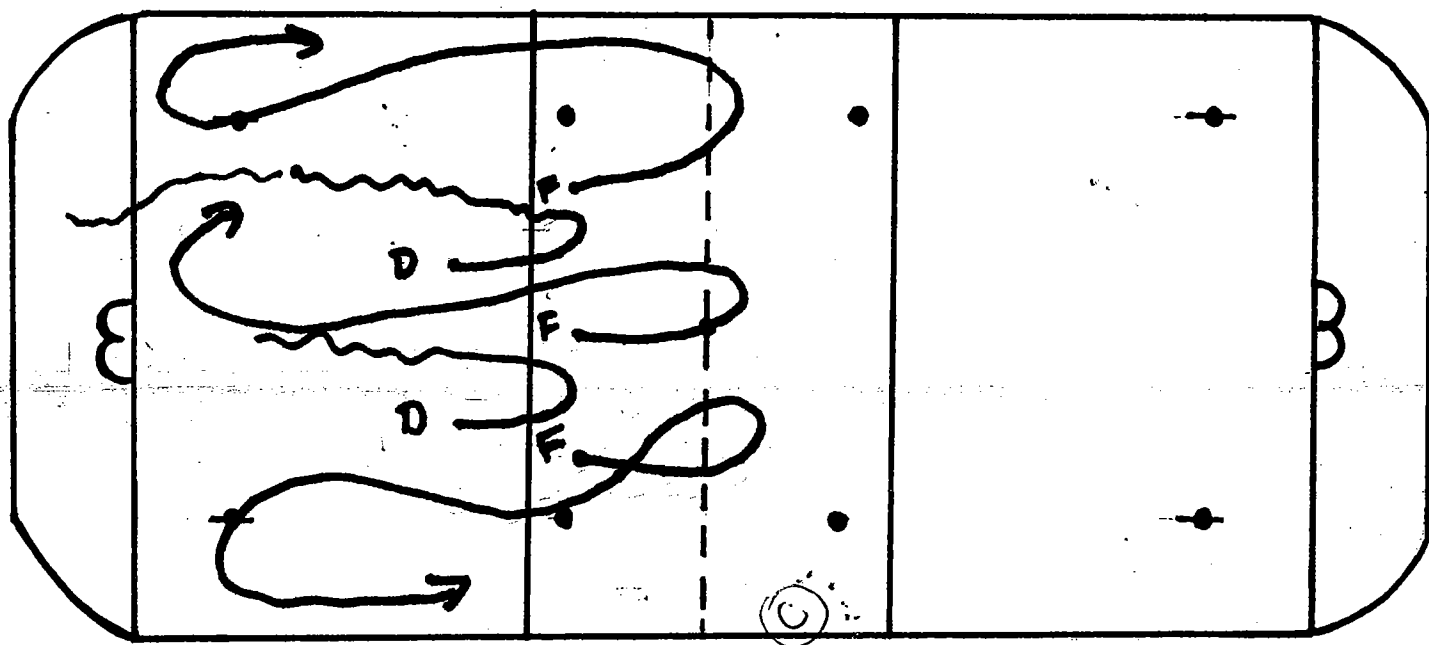
Breakout 5-0 on (1-Whistle) New Puck (go get it)

2-Whistles line change next opp. Dump Deep & change next line chases that puck!

Name of Drill: 5on0 Attack-Regroup w/ Extra Puck.

Description:

Do 5on0 ~~the~~ Breakout & Attack Far end,
When Coach wants to throw out New Puck
at Center Ice & ReGroup & Attack again.

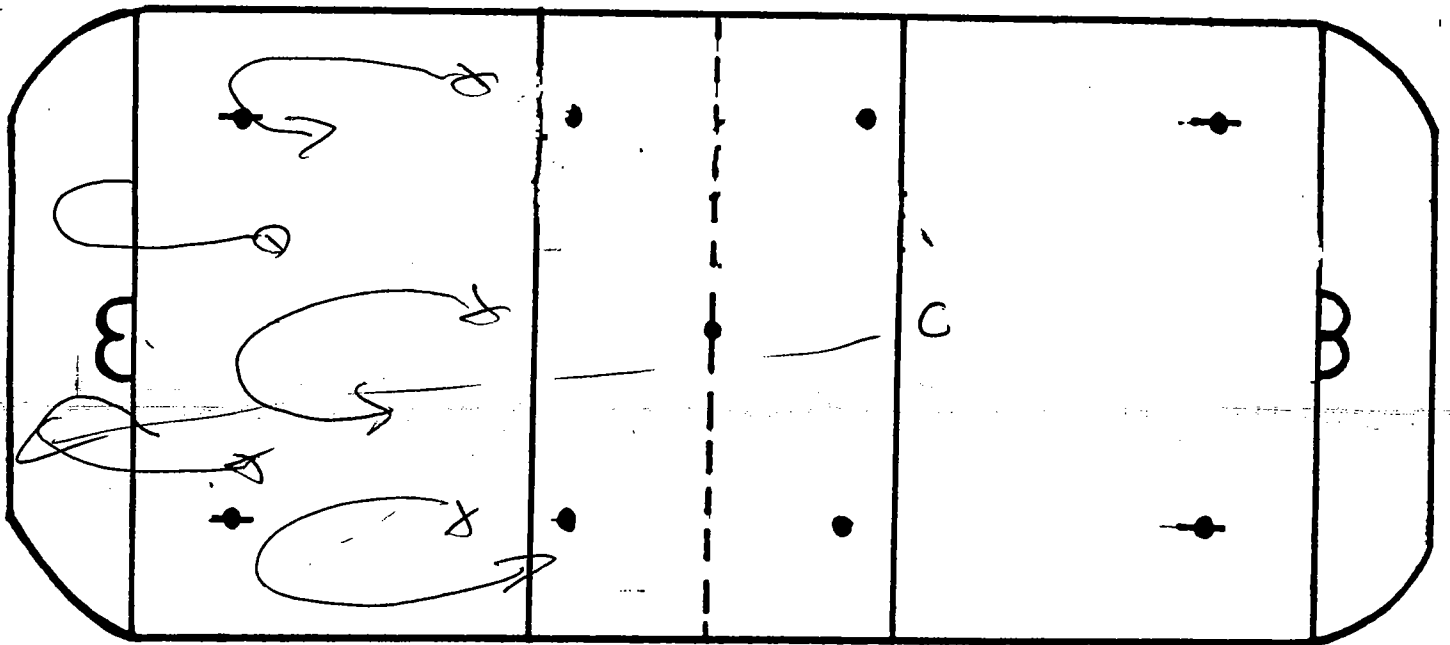


Comments:

5-0 Bat

Name of Drill: Continuous 5-0 Regroup/Bat

Description: Bat 5-0 Pass to Coach
Coach Passes to D - Regroup - Dump -
Next Line Breakout



Comments:

Flow

Name of Drill:

MARTY'S

2-0

2-1

3-2

2-0

Description:

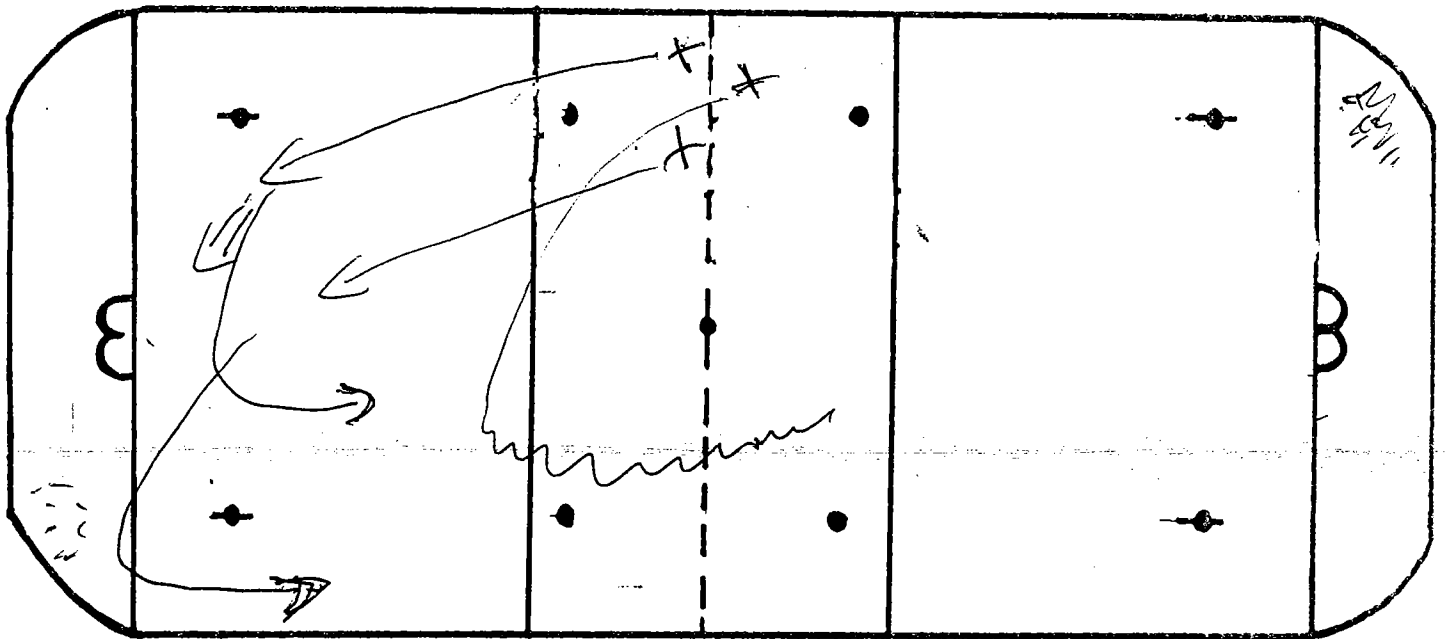
No Forwards or D - Everyone Plays everything

2-0 Shoot get puck

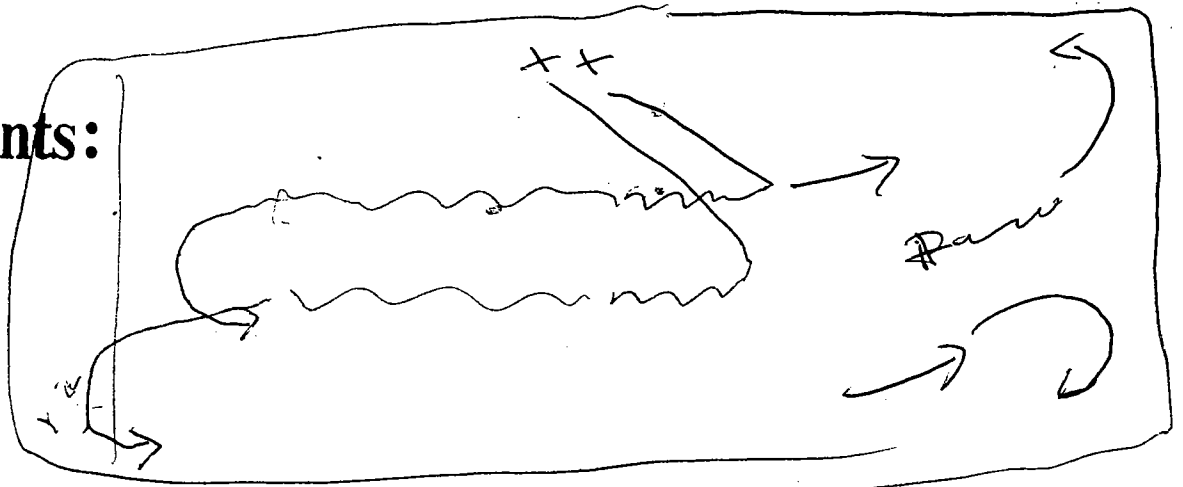
New guy out 2-1 - Shoot Those 3 get puck

2 New guys out 3vs2 Shoot

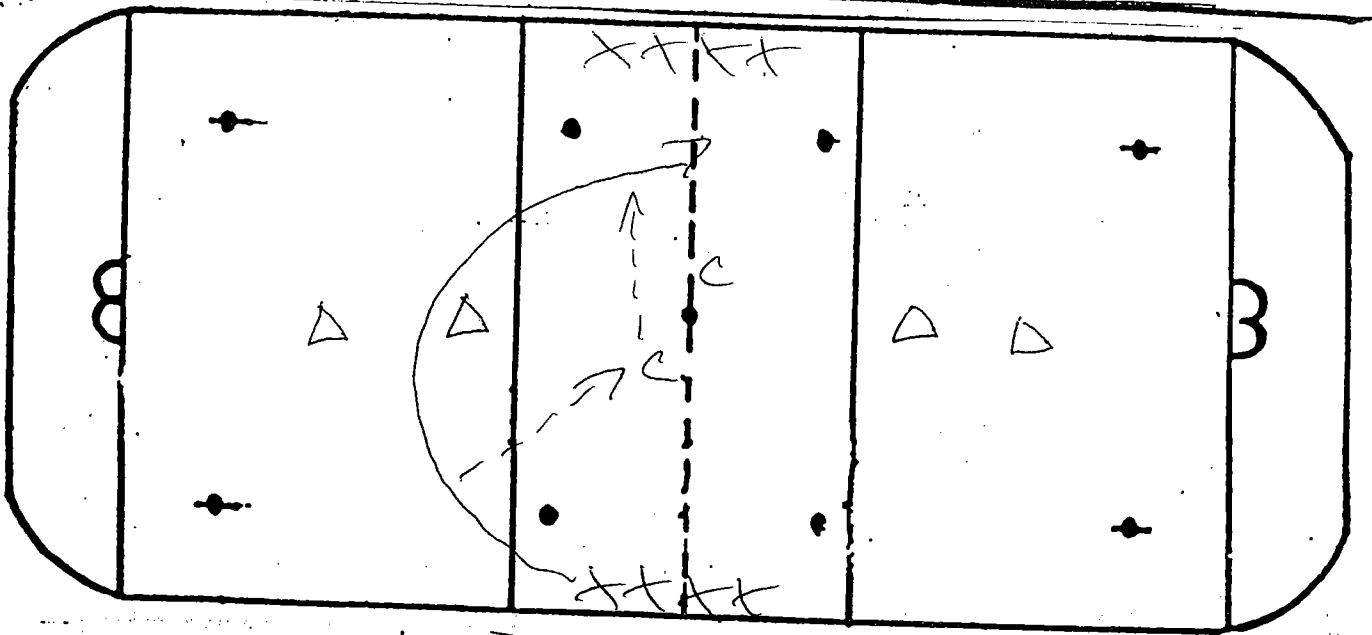
2-0 guys get puck 2-0 starts over ↓



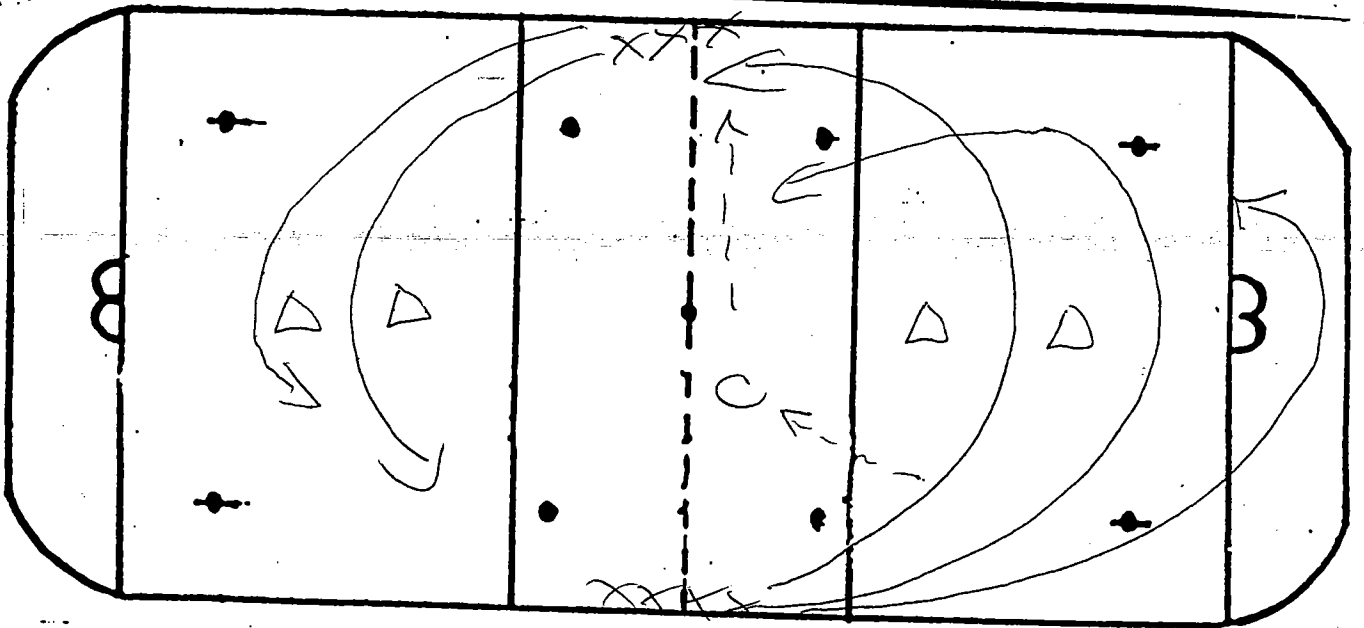
Comments:



Flow 1-0 2-0 3-0



1-0



2-0

3-0 Escape

1- Check over Shoulder

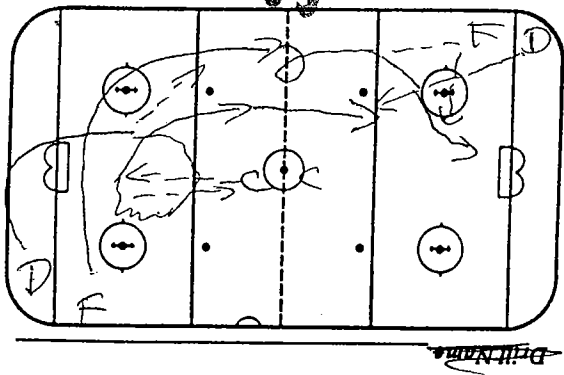
Drive Wide

1st Player Escape

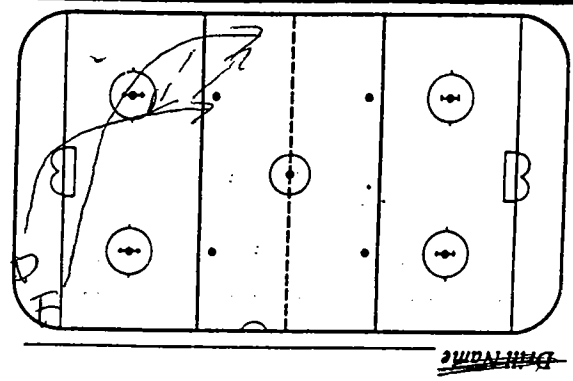
2nd Net

3rd Late for Shot!

Stagger 1-0 2-0 3-0 3-1

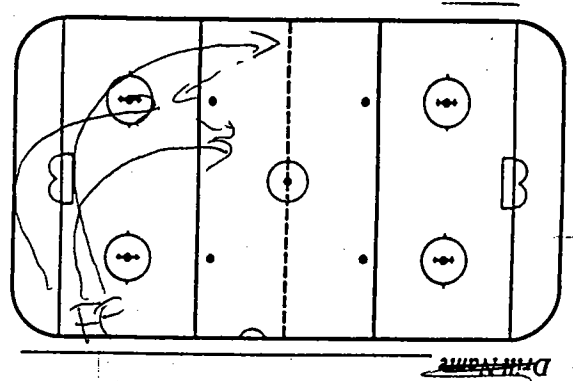


D- BOUT F
 F- Skill at Center
 F- Pass low & Get Return
 F- Shoot thru Screen
 D- Circle Play Catch w/ coach
 D- To Blue - Stop catch Pass from Come

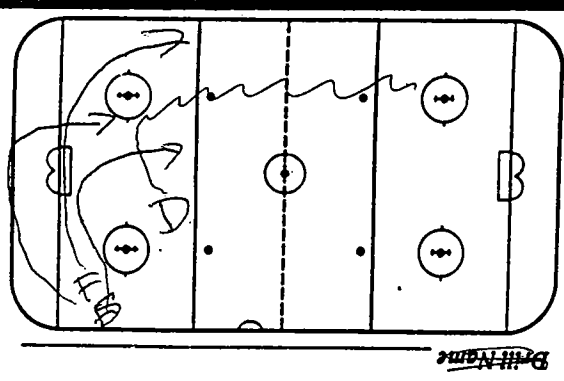


1-0 2-0 3-0 Stagger
 w/ D

Come up Staggered

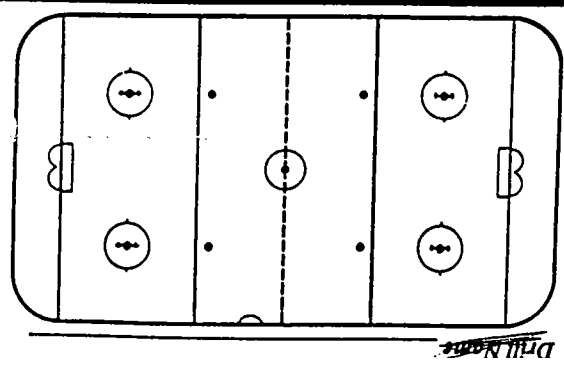


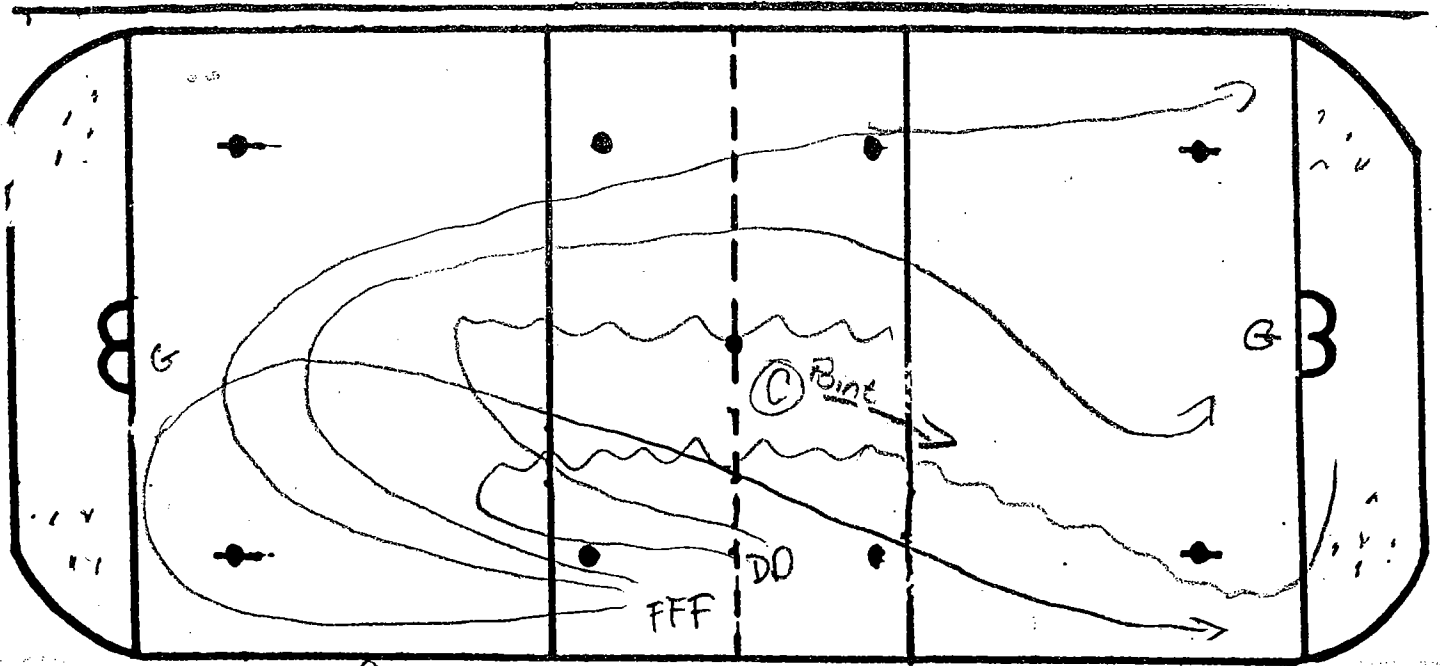
2-0 w/



3-1

All 4 Play catch until
~~Red~~ Red
 Then 3-1

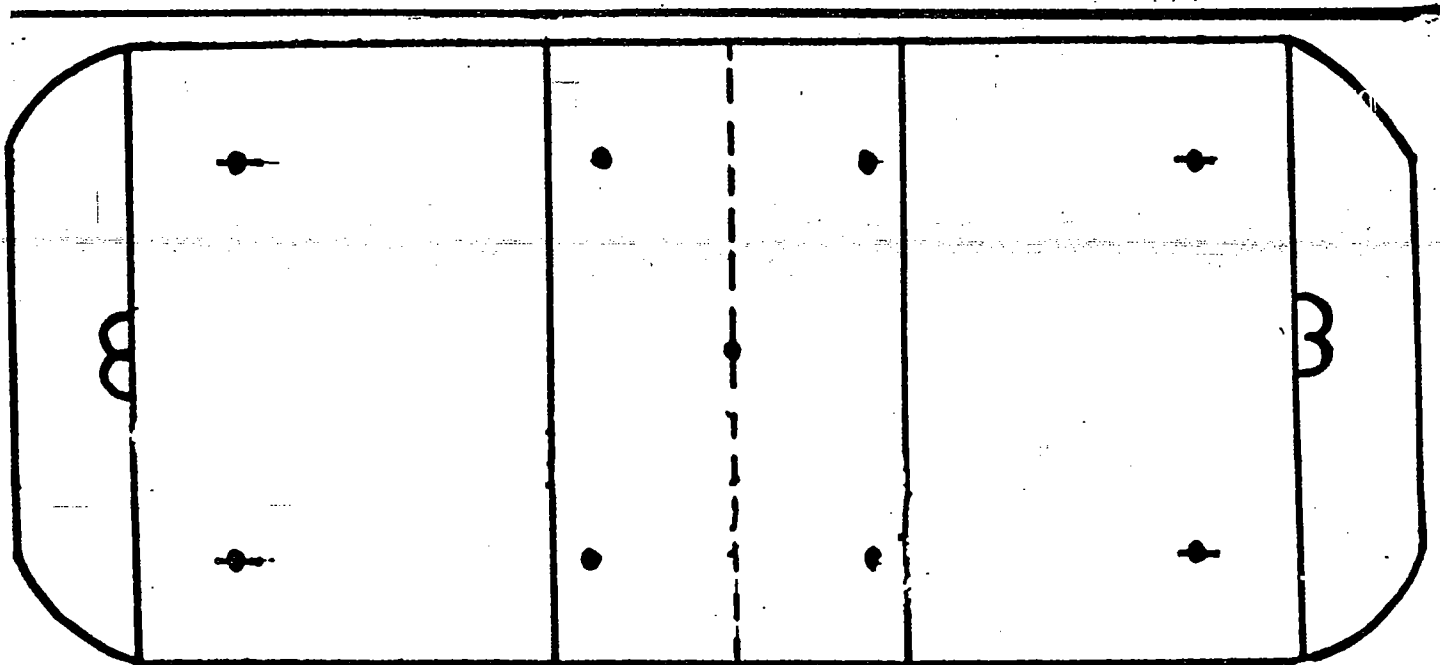


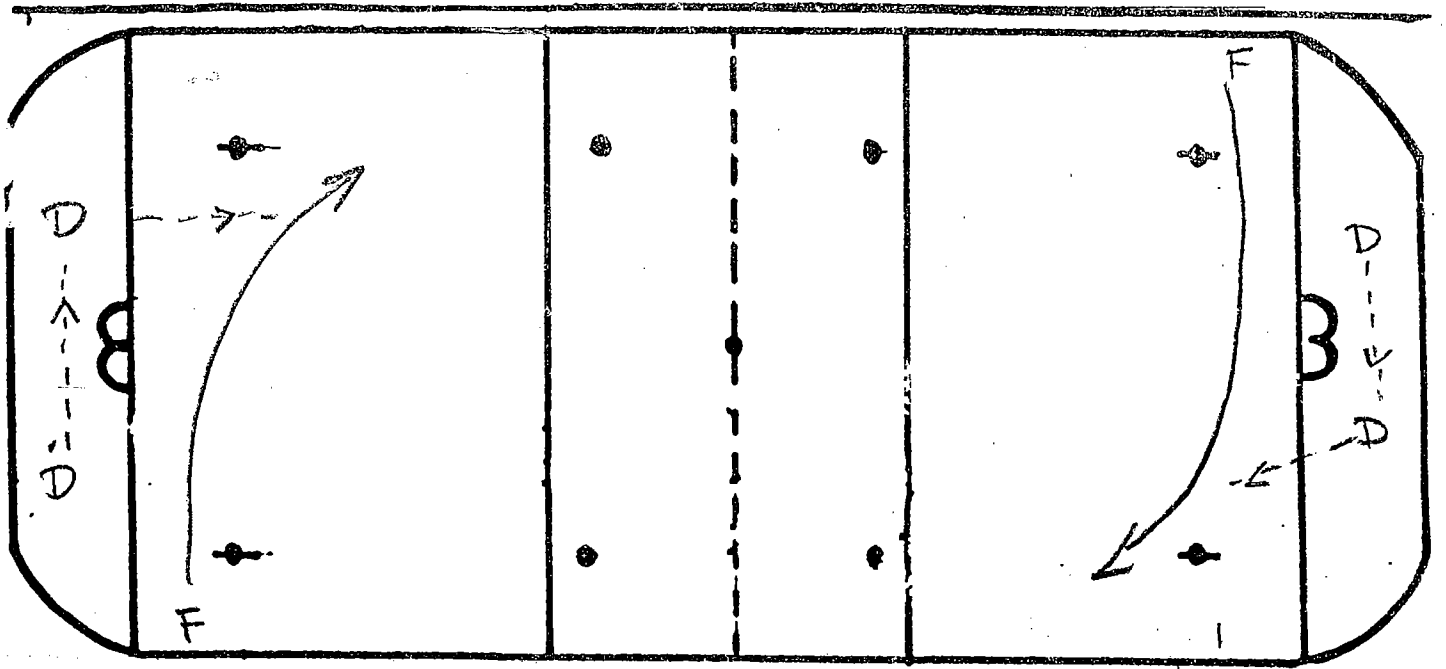


400 ft flw

~~300~~ 5-0 then 5-0 Regrap 5-1 5-2

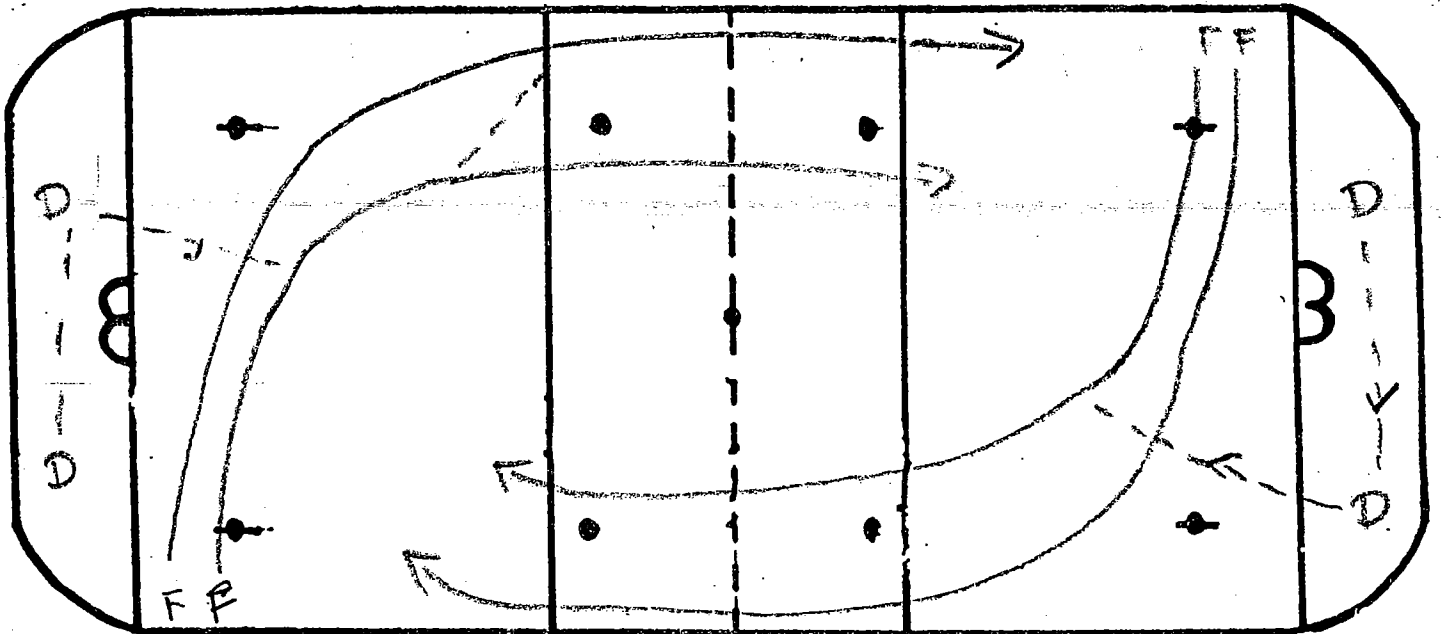
5-4 (20) Excellent Good Conditioning too!

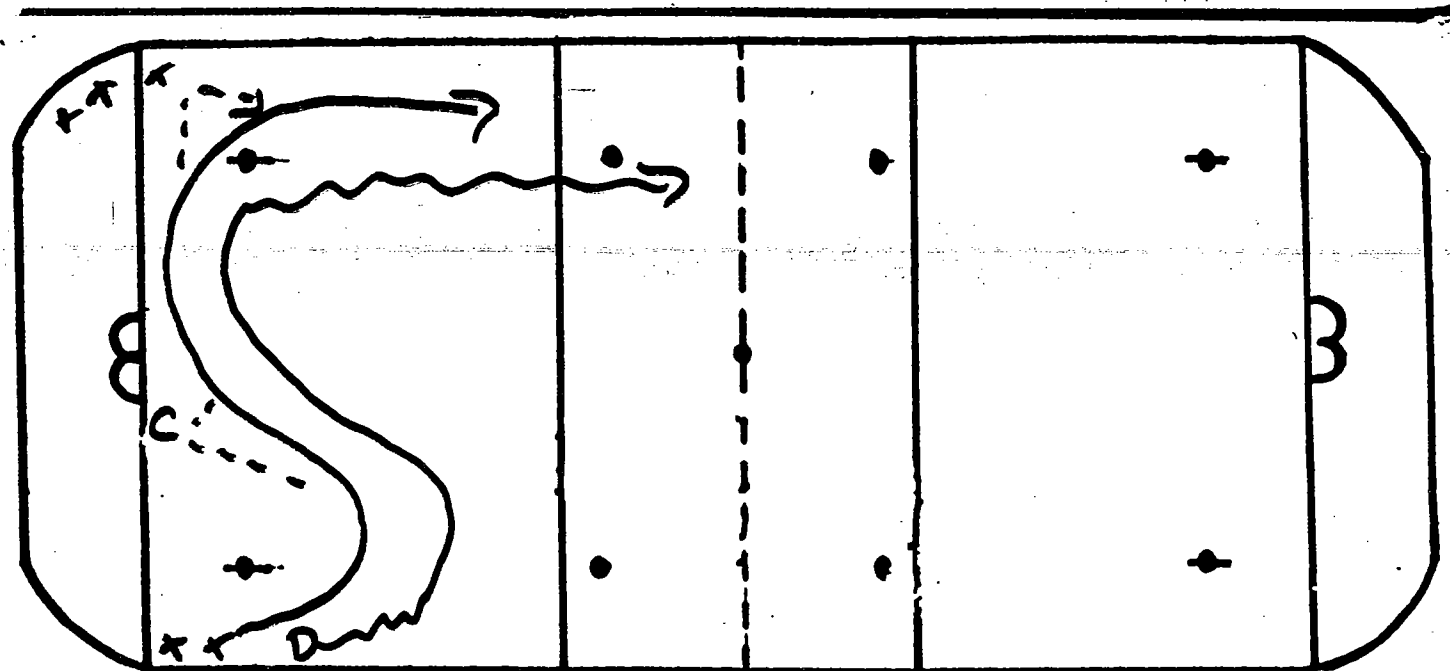
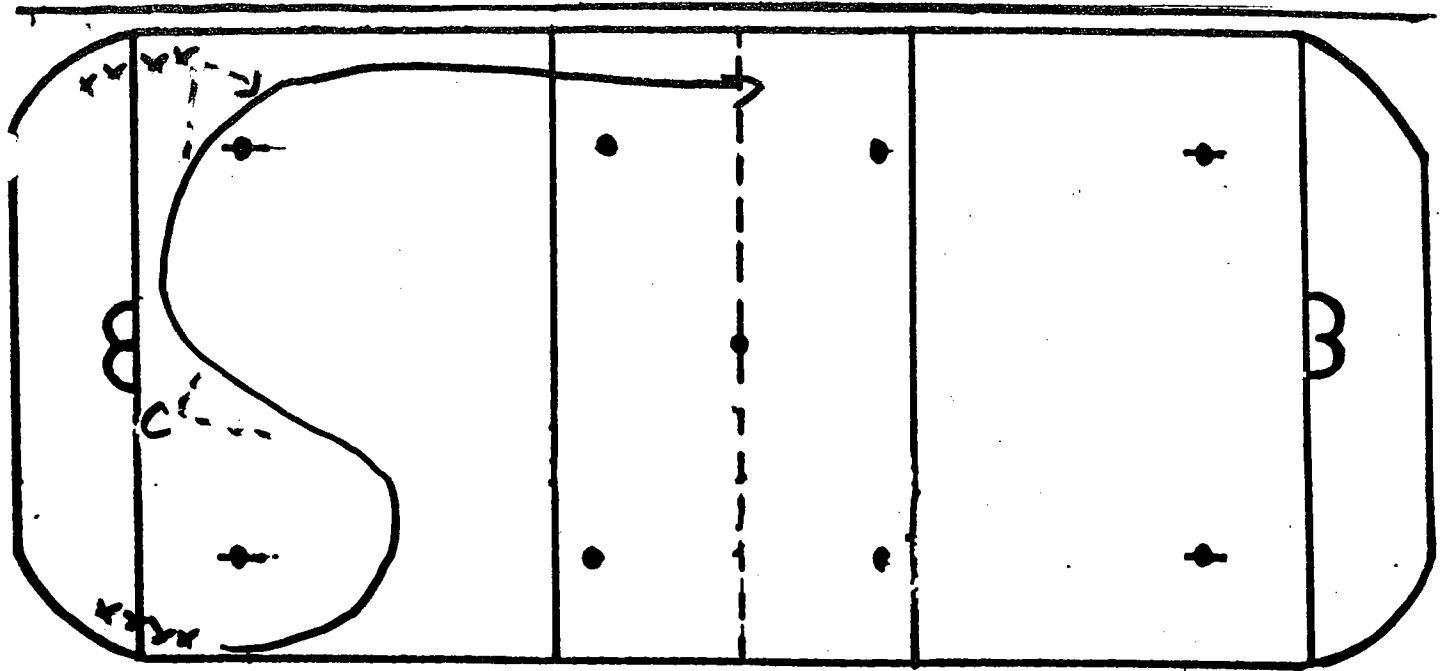


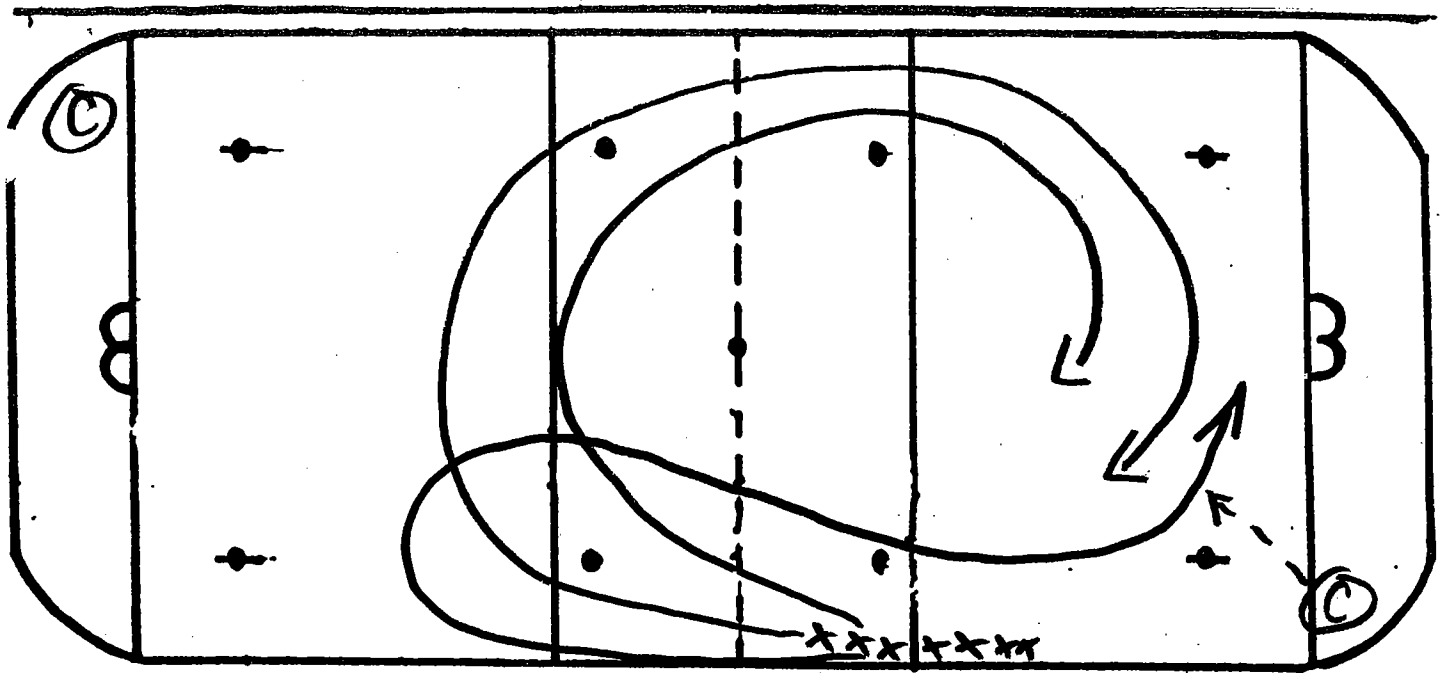


1-0 2-0

Work on Pink Support

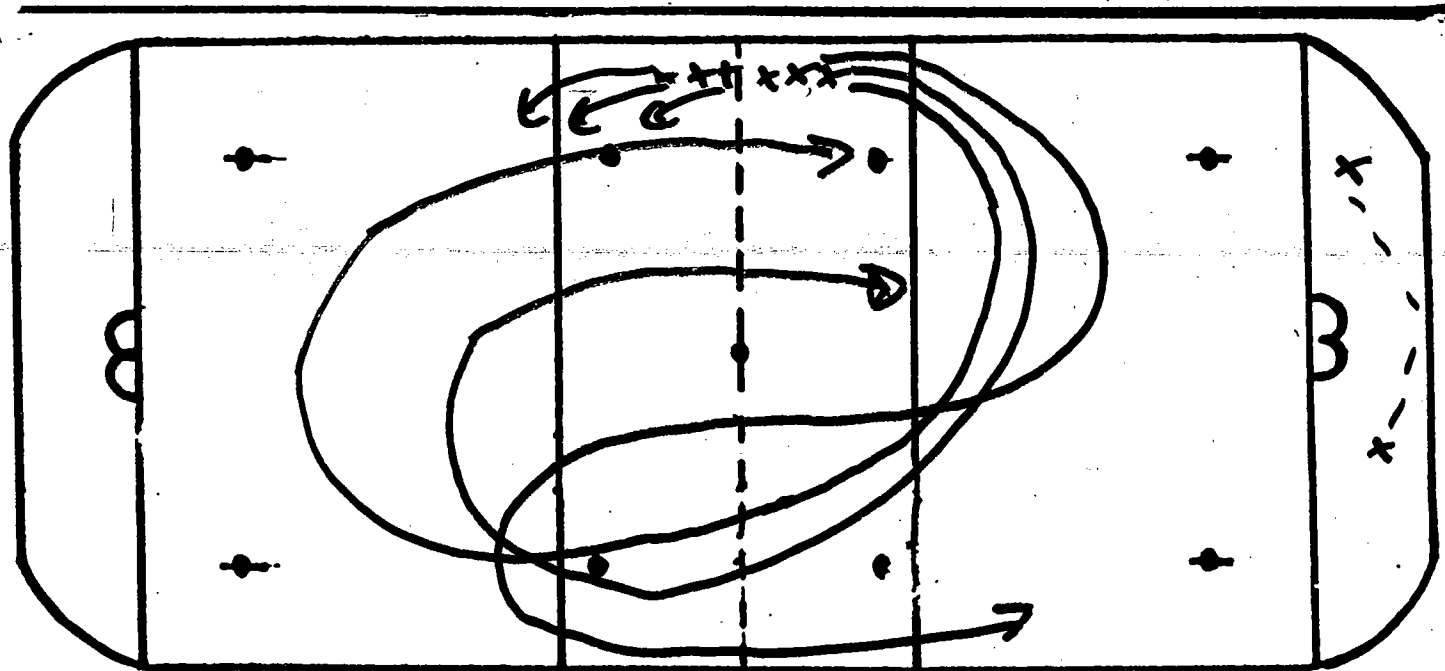






2-0 3-0 4-0 5-0 Flow Conditioning

Swing into far zone, back to other zone
 catch pass from Coach, Next line goes opposite way.

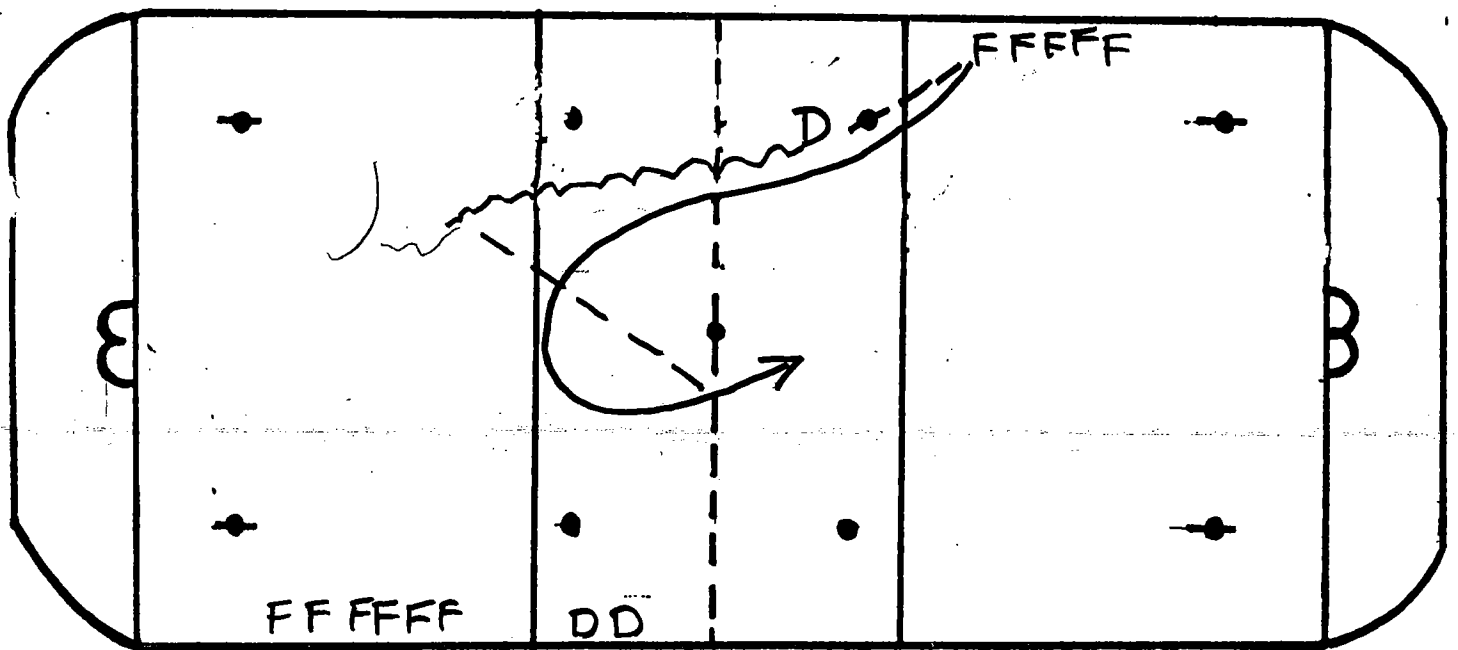


3-0 - on After Rush listen for whistle on
 whistle 2-players do Slides behind the net & break
 out the next line.

Name of Drill: 1 on 0 UDFM

Progress to 2-0, 3-0, 4-0, 5-0.

Description: Pass to D. D backs up Passes to forward swinging

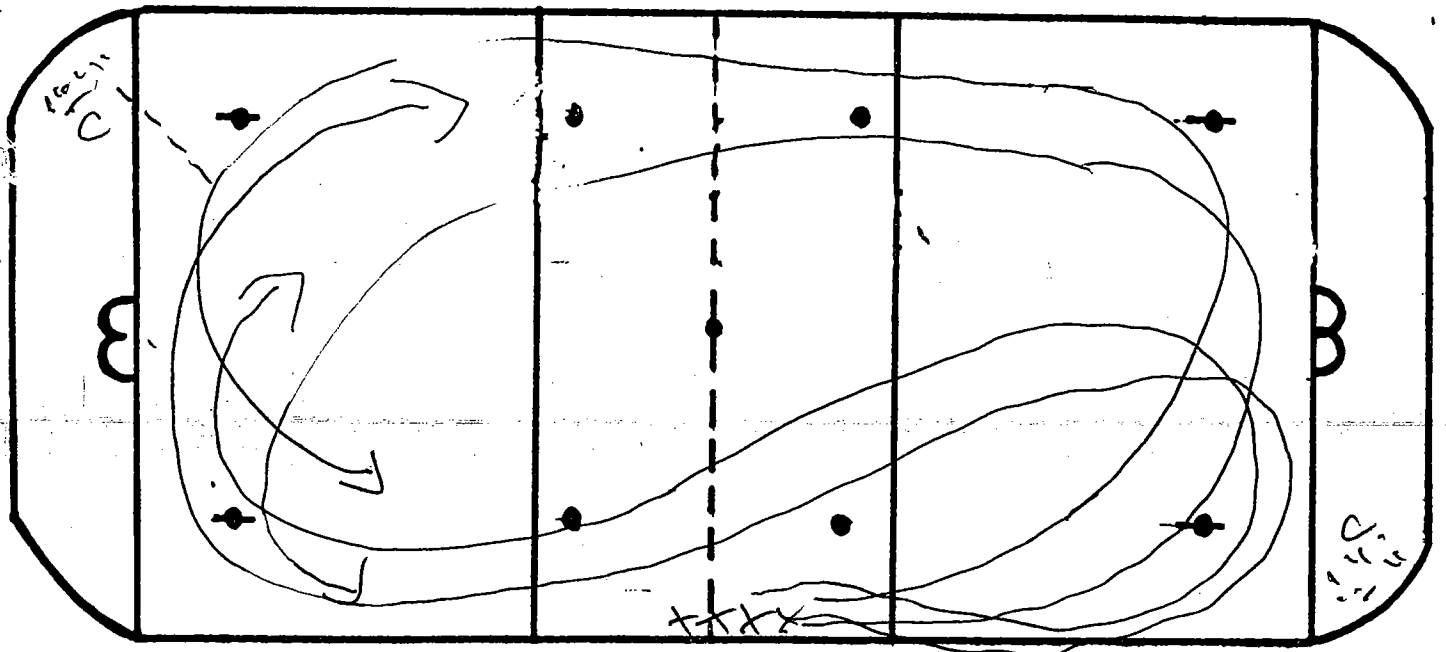


Comments:

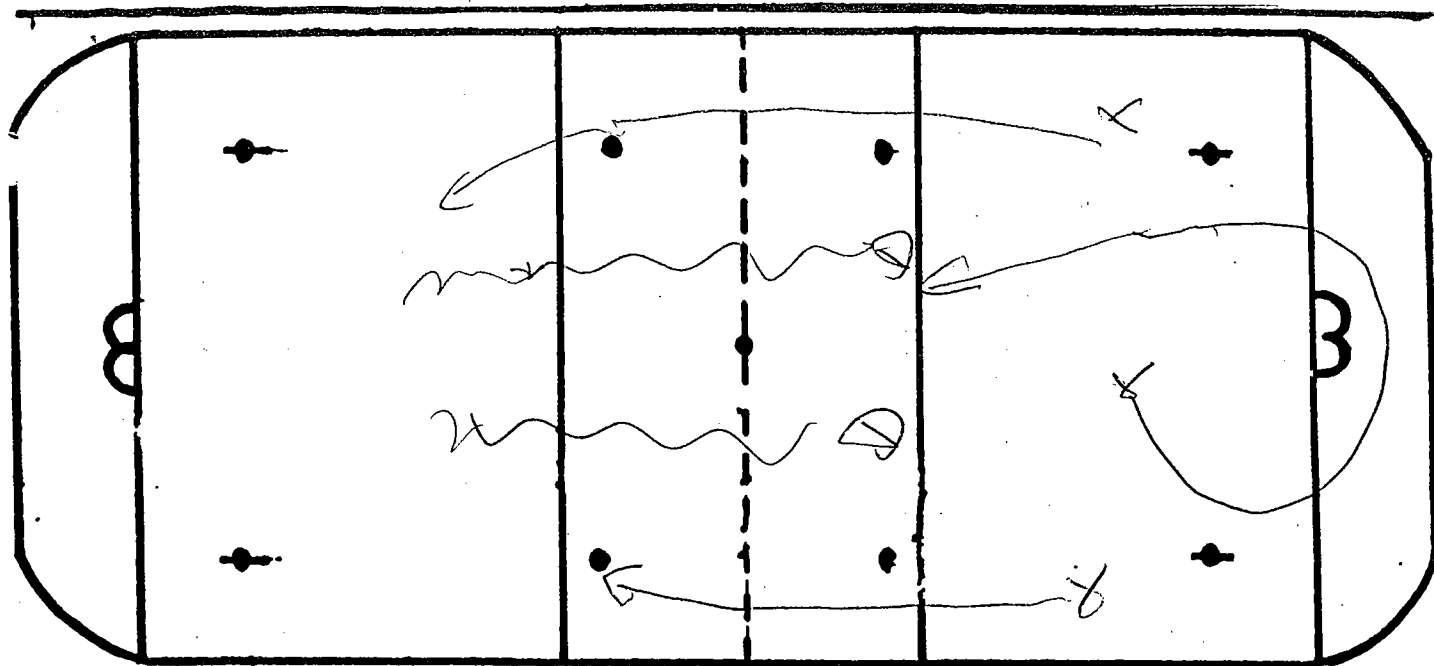
Name of Drill: 2-0 3-0 4-0 5-0 Flow

Description: Swing below dots & Full Speed into other zone, catch Pass & Attack other end.

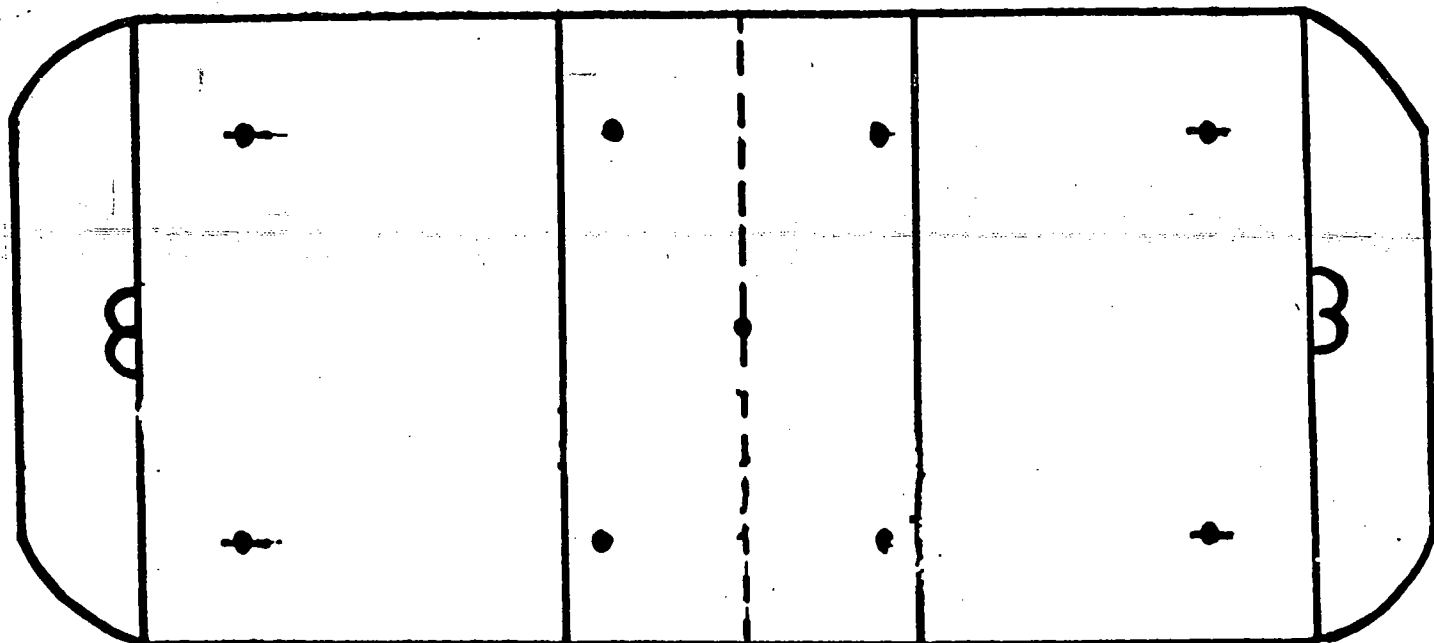
3-0 to 2-1 2-0 to 1-1
4-0 to 3-1 5-0 to 3-2 } }

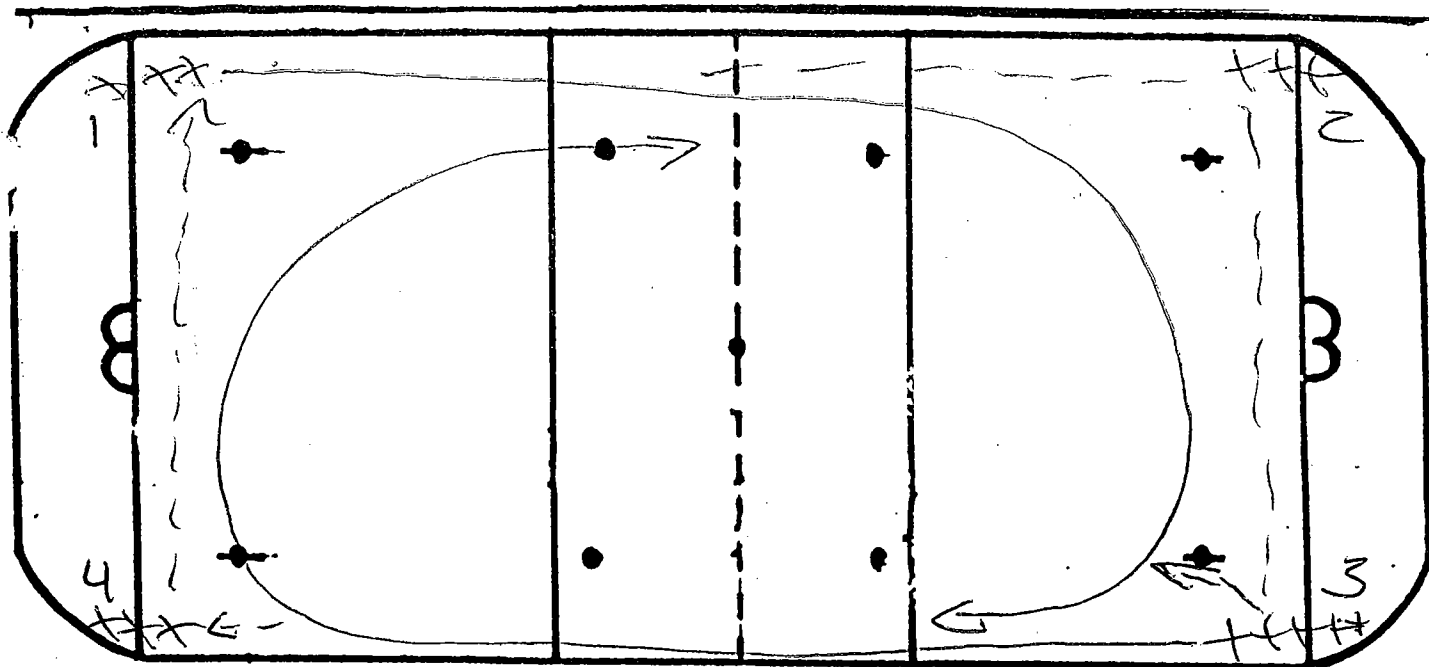


Comments: Skate Hard!
x Good work out



3-2 Down - 5-0 out - Regroup in N on Whistle.

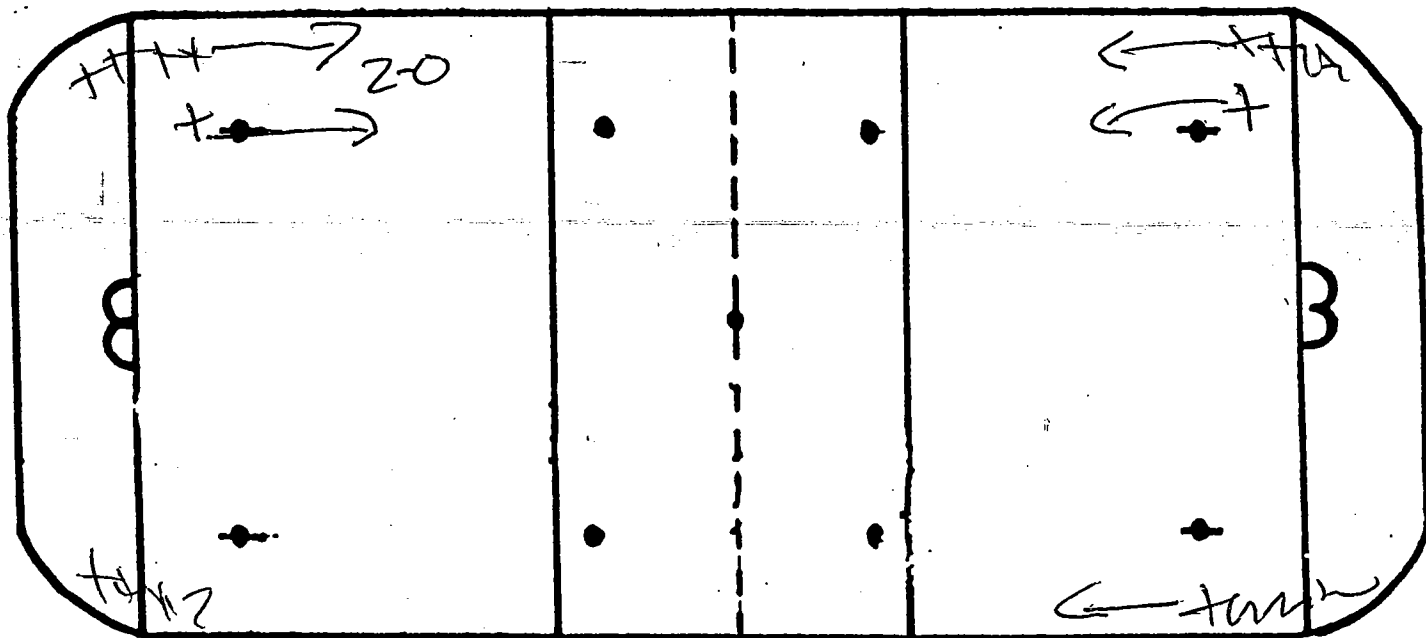




1 passes to 2 / 2 to 3 / 3 back to 1 (1 & 3 go together)

1 on 0 to 2 on 0 to 1 on 1 / 3 on 0 to 2-1

4 on 0 to 2 on 2 FUN!



2-0 ↵

3-0 ↵

FORWARDS

Name of Drill:

Cycle Passing

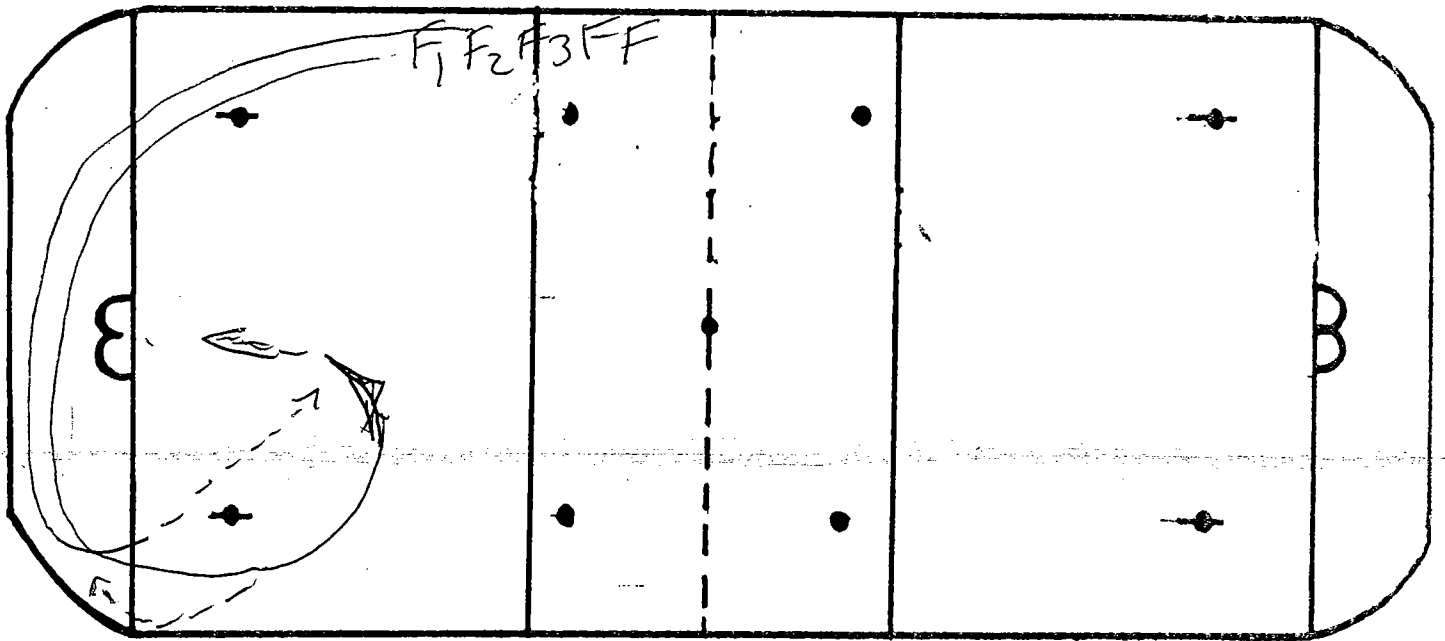
Description:

F1 Down F2 Trails - Backpass to F2

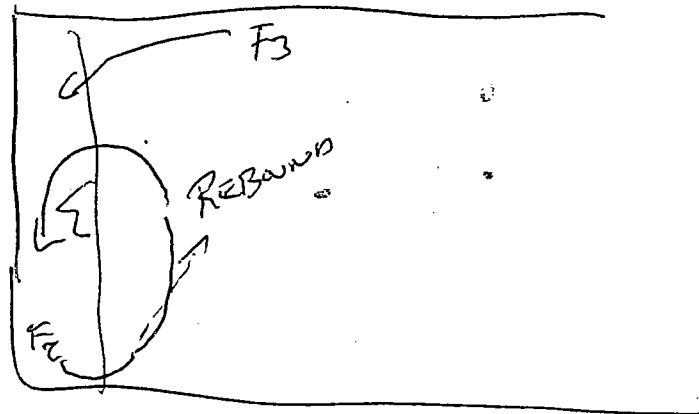
F2 Passes to F1 / F1 Shoots F2 Rebounds

After shot F2 goes behind F3 Follows

F2 Backpass to F3

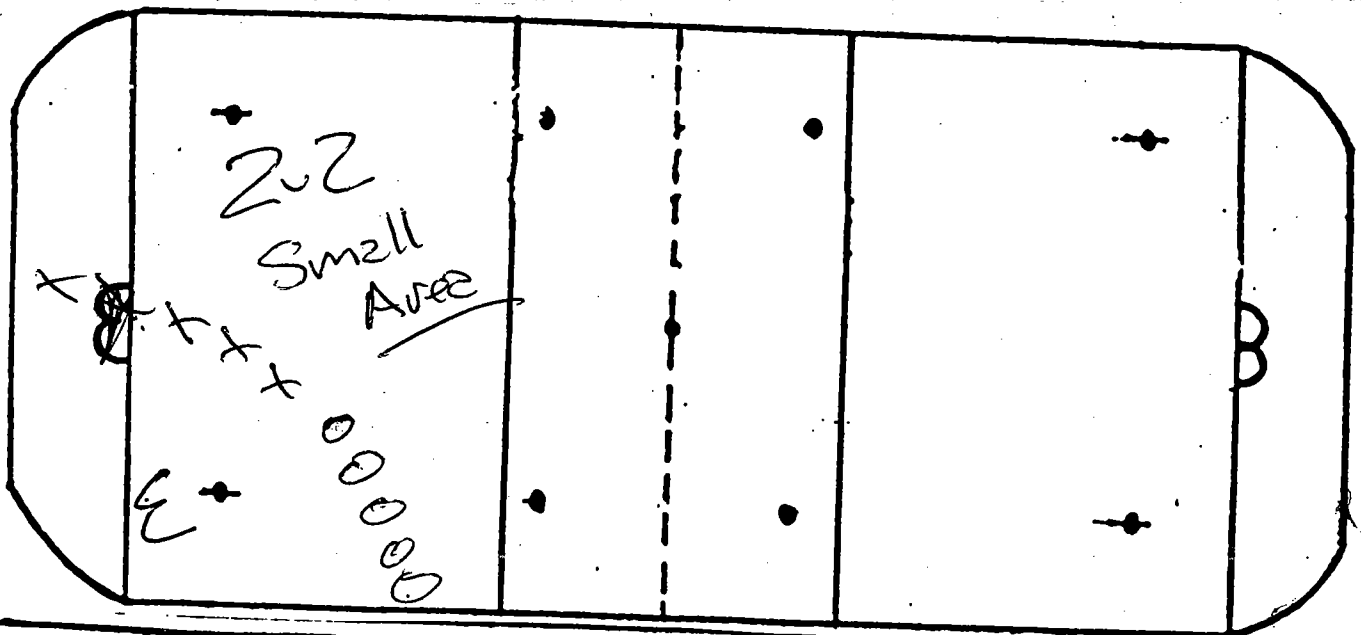
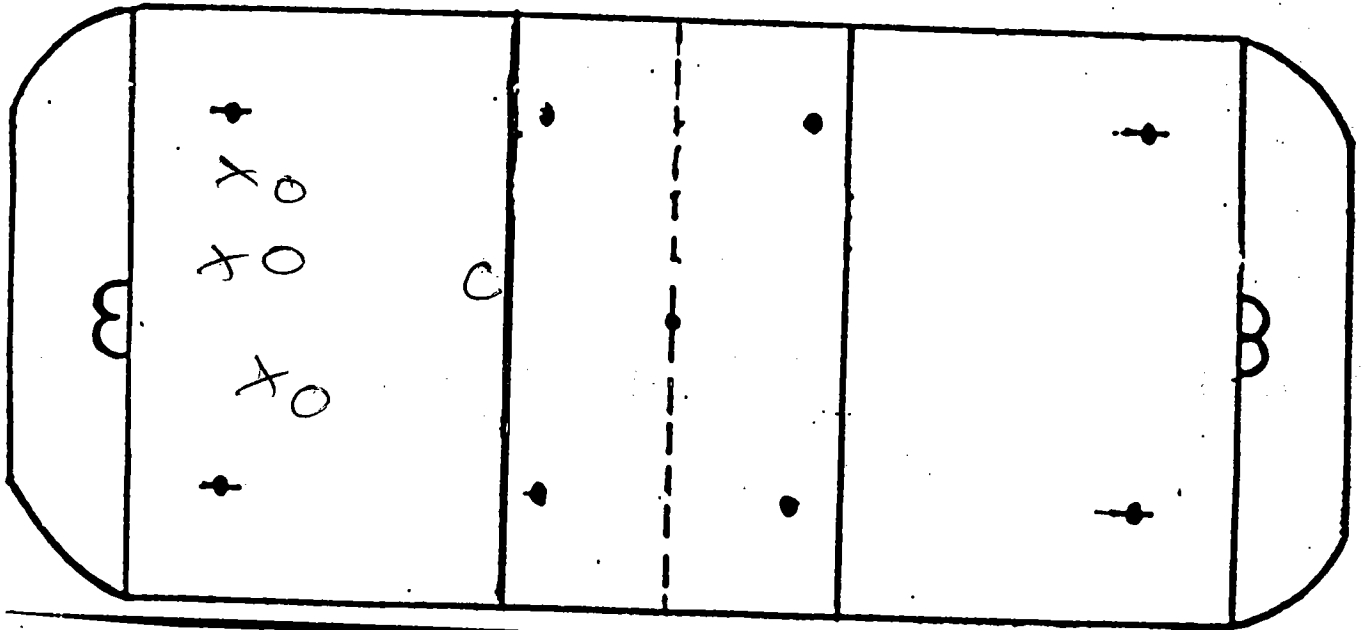


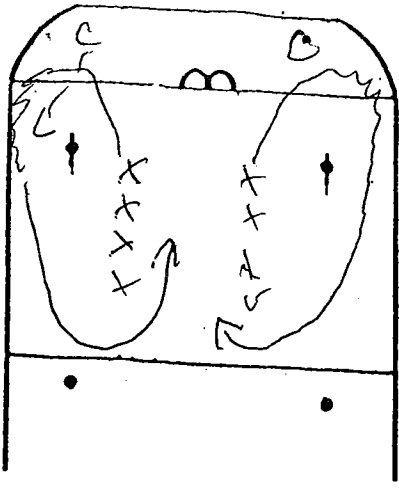
Comments:



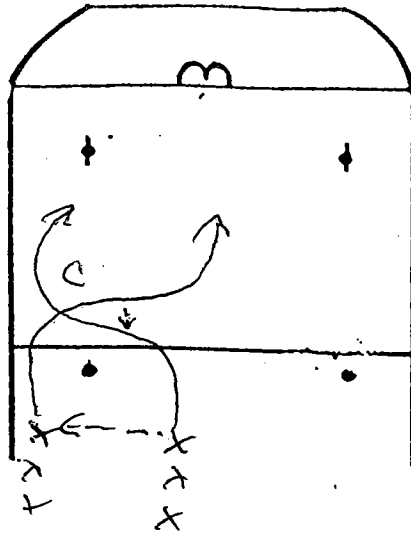
Forwards

3v3 when your team gets puck it must pass to coach on Blue line

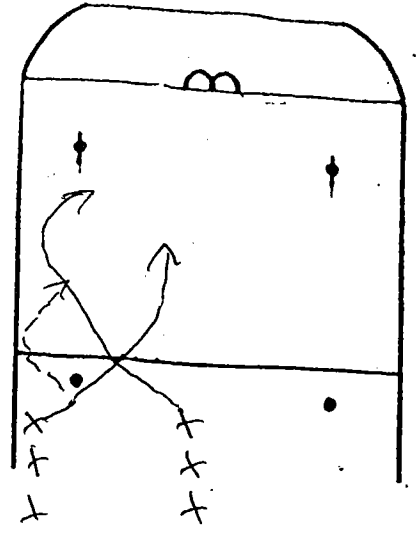




Forwards

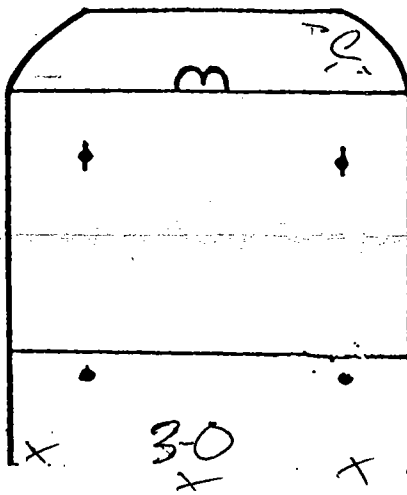
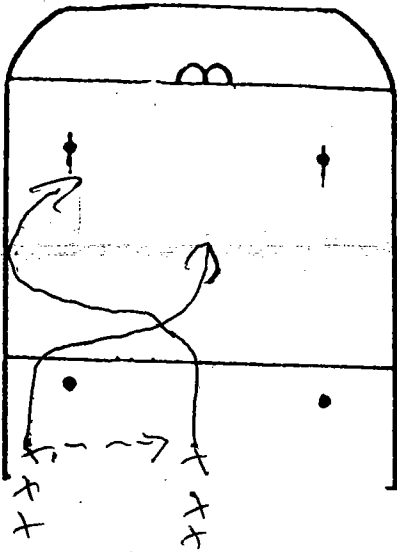


Cross



Soft Dump

Breakout Progression

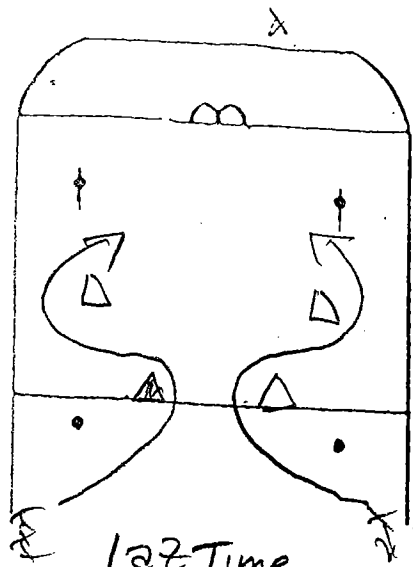


3-0 Down

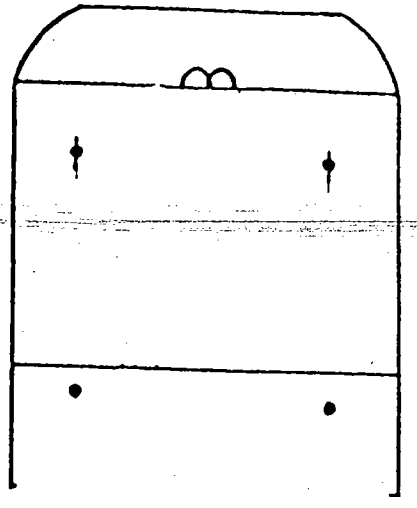
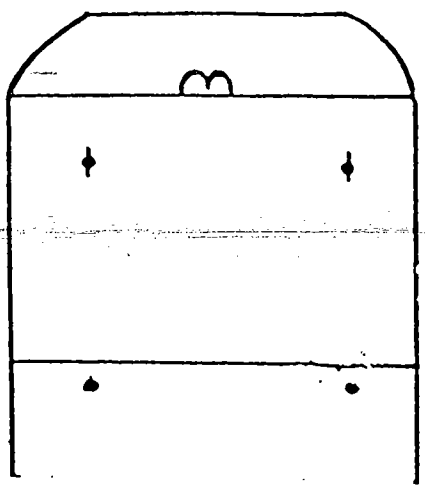
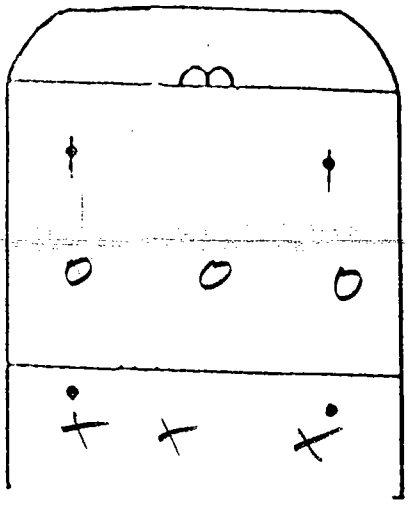
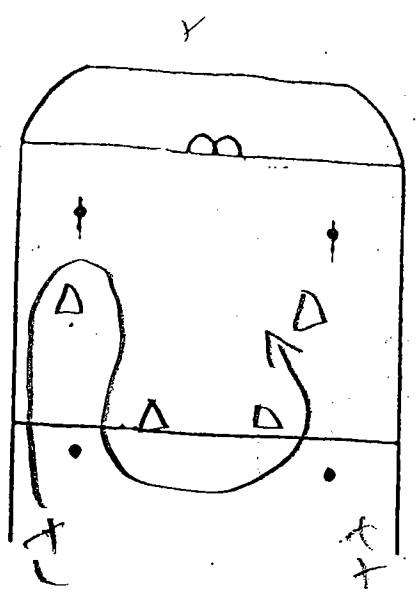
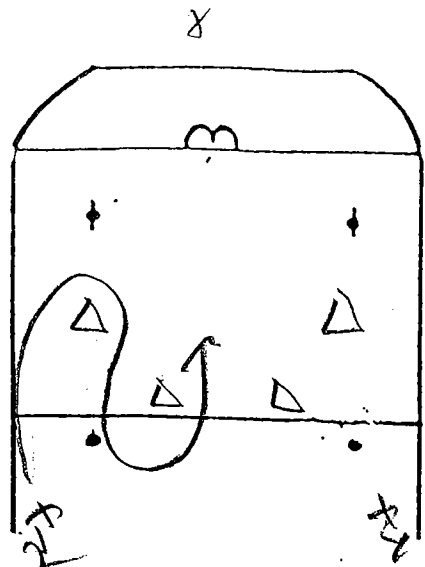
Pass from Coach

Regroup Blue Line

Attack 3-0 Again



128 Time
Forwards



Bus 3

0's try to Beat
x's Forecheck

99-00 Coaches

Minnesota Gophers

TIME:

Appert / Guentzel

DAY:

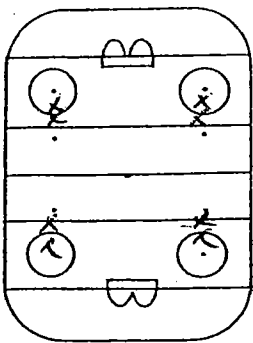
D. Lucia
M. Guentzel
J. Hill

LOCATION:

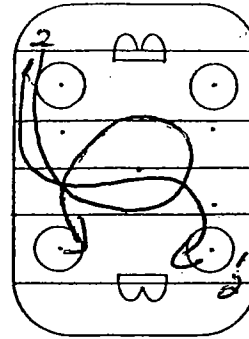
DATE:

NEXT OPPONENTS:

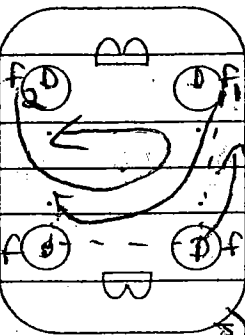
WARM-UP SHOOT



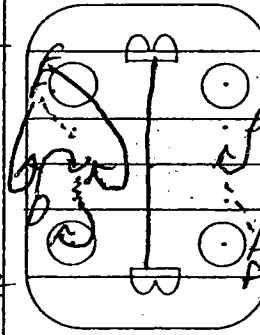
- ① Shuttle Passing Warm-up
- 1) Pass to line across from you - or touch back for shot
 - 2) Pass to line across - hand off over fed line receive pass to shoot @ end goal



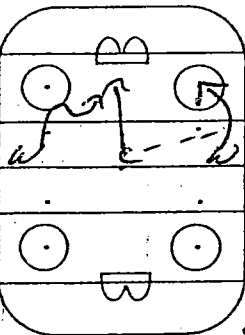
- ② Both sides Same Time
- #1 weaves through to shot @ far end
 - #2 does quick feet to 1/2 for shot @ far end



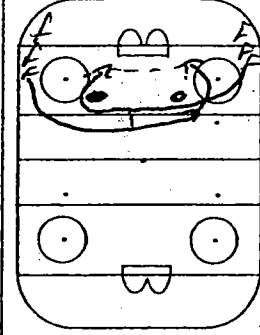
- ③ Defense Activation
- one end at a time
- F1 passes to D1 @ other end whizzes D to D back to F1 - F1 has 3 options
 - 1) hit F2 stretching
 - 2) cut off F2 back to defense
 - 3) hit D jumping up weak side



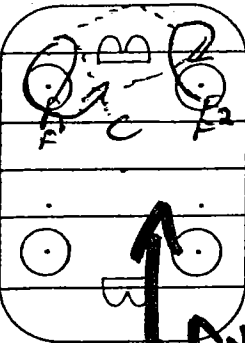
- ④ Defense Regroup
- D gets to fed line & rec pass from F D back to blue & does escape move & headman's put for 2/0 up / follow up point shot



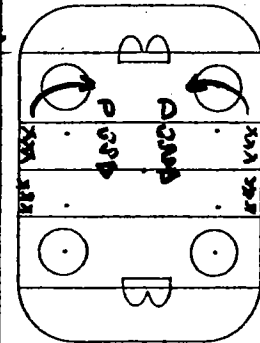
- ⑤ SPLIT ICE feeds
- Line Rush Sequence
- 1) Pass wide for shot w/ driving net
 - 2) Pass wide & hit C for Redirect
 - 3) Pass wide to escape man & hit Trailer in High Slot



- ⑥ Forwards Exchange
- put cutting above T in front of net & partner driving net to either or redirect on goal

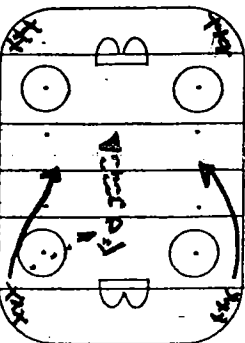


- ⑦ Dump Puck in corner F1 picks up & cycles to backside
- F2 moves his feet & drives high above top of circles to receive pass from F2 for shot - both men go for Rebound

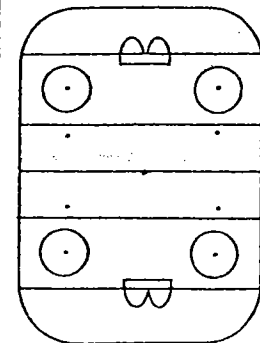


- ⑧ 2v2 1-Puck Str
- 3v2 1-Puck Str
- Forwards attack vs D. A guards move in Pandey to receive puck from D as they receive strip puck away from attacking forwards

Cycle Drill out 0



- ⑨ 2v1
- Pass to D for point shot. F takes 2nd puck and immediately starts 2v1 rush vs. D. D must shoot quickly and backslide to receive 2v1 rush



- ⑩ 1/2 ICE BREAK

- ⑪ 3v3 Low Play

- ⑫ 5v5 SCRIMMAGE

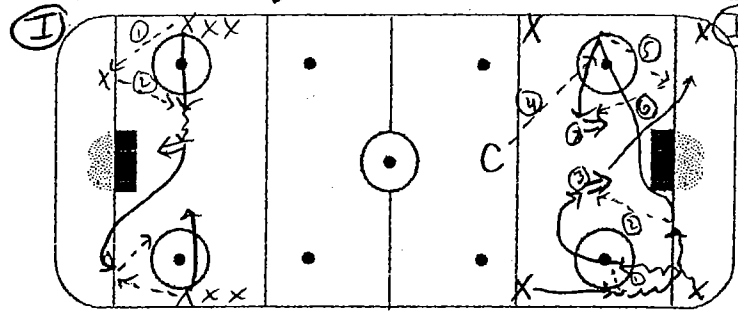
POSITION SPLITS:

FORWARDS: CYCLING/ATTACKING THE SLOT SKILLS

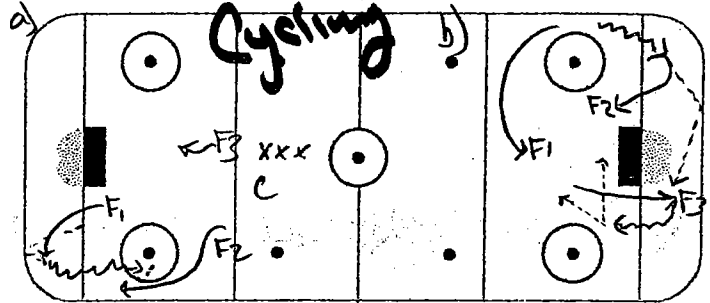
Scissors

Drill 1: Attack the Slot (Continuous)
 Split players on wide hash marks
 Make give/go with player on goalline/attack for shot
 Follow shot to opposite goalline to make next give/go pass

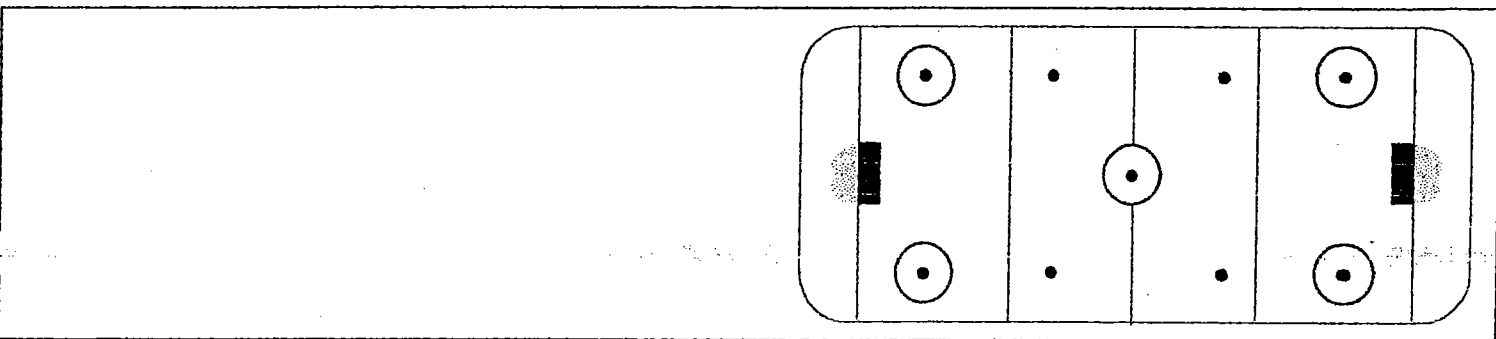
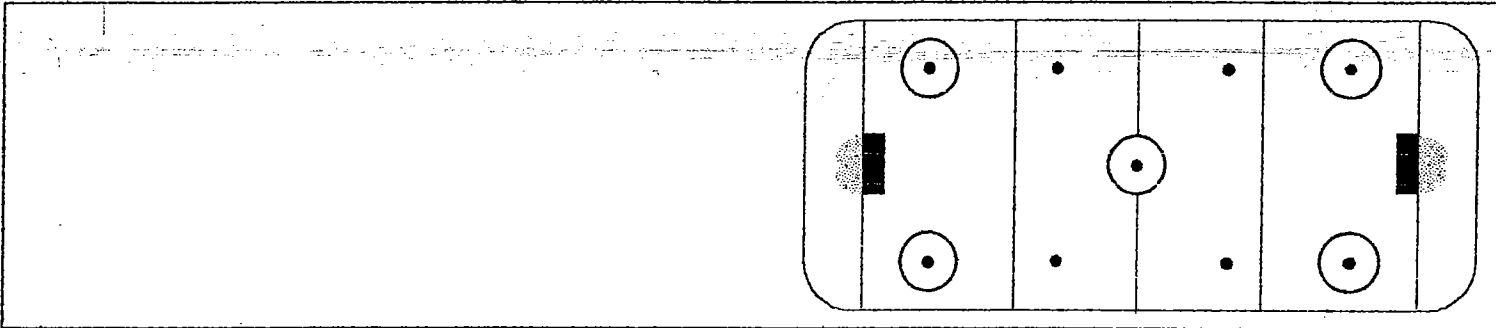
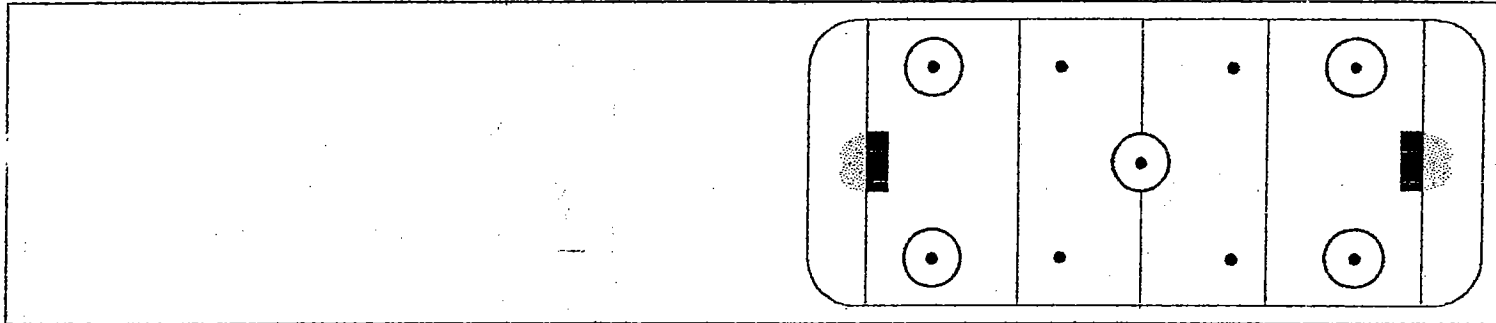
Drill 2: 1/2 Board Scissors
 Players at 4 corners of zone, pucks start in corner
 Make scissor exchange, attack net
 Coach give quick counter second puck for give and go



Drill 3: Cycling off Forecheck/Use Space behind Net
 F1 and F2 make scissors play from puck dumped in corner
 F3 delays, then drives to net and off far post behind net
 F2 gives puck to F3 behind net, F1 rolls across high slot
 F3 has several options to attack net
 After shot/rebound, unit loops into high slot and coach dumps puck in second corner – work cycles from both corners
 Can use 2nd goalie, coach, or another player as resistance



DEFENSEMEN:



FINISH WITH SMALL GAME: 3ON3 CROSS ZONE – 1) SCORE ON OPP. NET, 2) SCORE ON EITHER NET

2003 Rocky Mountain District

ADVANCED CLINIC
Salt Lake City, Utah

Coach: Evan GAVRILLES

Team / Level: Pee-wee

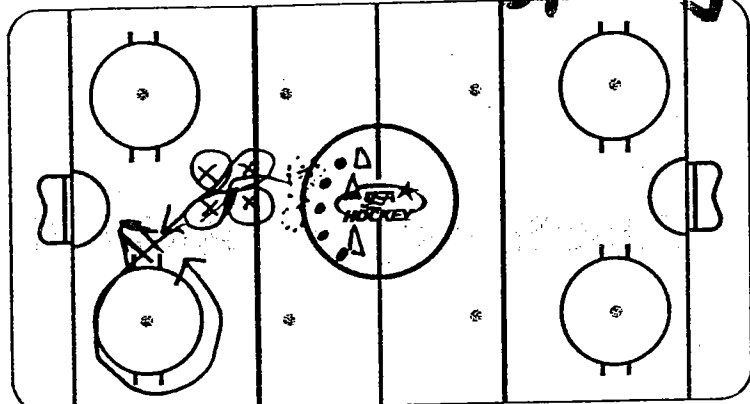
State: Arizona

Drill Category: Agility

Drill Name:

Sparring - Puck Skill

LEGEND			
⊙	Coach	~>	Puck Carrying
○ ●	Forwards	⇒	Shooting
△ ▲	Defenders	--->	Pass
G	Goalie	⇄	Drop Pass
—	Stop	~>	Backward Skate
X	Pylon		Lateral Movement
⋯	Pucks	—	Defensive Pressure



KEY TEACHING POINTS:

KEY EXECUTION POINTS:

Puck Control Around
Cones.

DRILL PURPOSE:

DRILL PROCEDURE:

- 1) First Player takes Puck Around 4 Cones Zig Zags Between Cones until Coach Blows Whistle.
- 2) On whistle the Player that was Zig-Zag thru Cones takes off Around circle for shot. next Player jumps in to do the Cones.
- 3) After shot get Back In Line.

DRILL PROGRESSIONS:

- 1) Have shooter go to opposite corner to pick up another puck & shoot



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www.espritdesport.com

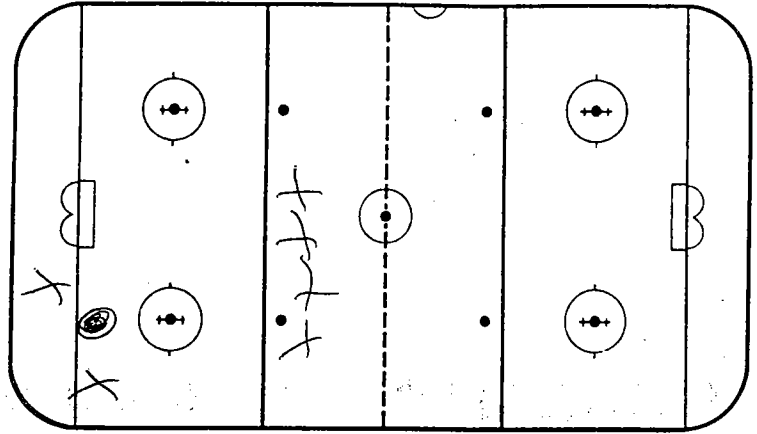


Forwards Yes Feet Protect

Drill Form

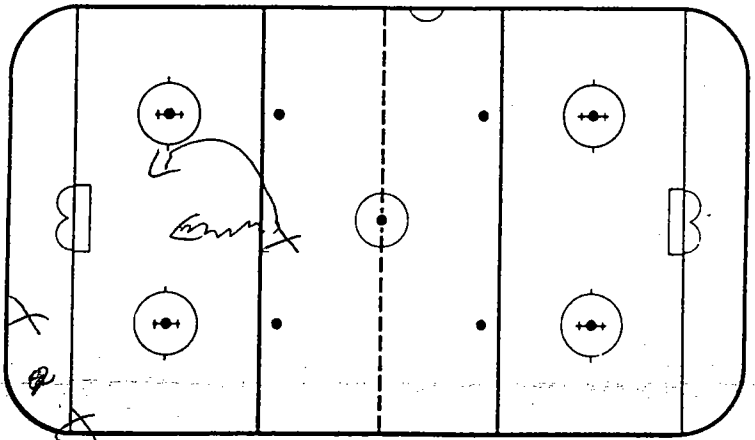
Drill Name _____

2-1 Keep away
Keep Away from
⊙ in Corner or
Behind Net -
on Whistle Attack
No Goalie!



Drill Name _____

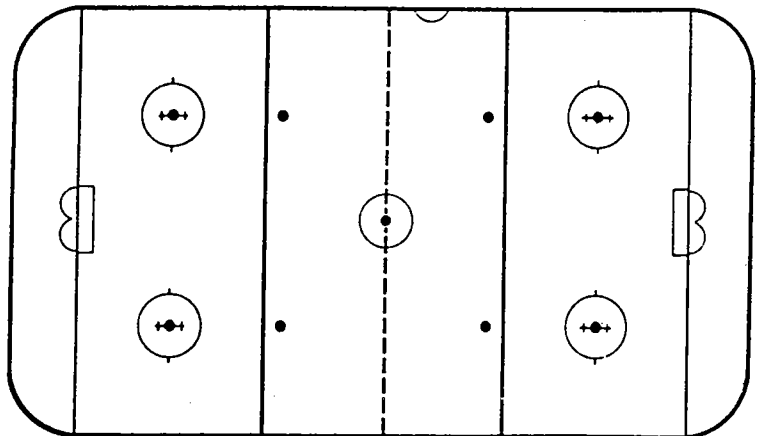
Send in late F
"High on Whistle"



Also

Drill Name _____

3-2



2003 Rocky Mountain District

ADVANCED CLINIC
Salt Lake City, Utah

Coach: Josh Brooks

Team / Level: Pee-Wee + Up.

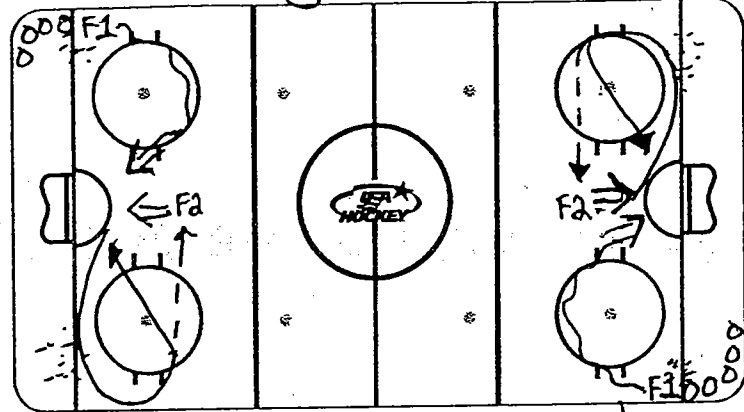
State: Arizona

Drill Category: Shooting

Drill Name: Inga

LEGEND			
⊙	Coach	~	Puck Carrying
○ ●	Forwards	⇒	Shooting
△ ▲	Defenders	---→	Pass
G	Goalie	⇄	Drop Pass
—	Stop	~	Backward Skate
X	Pylon		Lateral Movement
⋯	Pucks	—	Defensive Pressure

Forwards Shooting



KEY TEACHING POINTS:
Quick shot, passing, attacking net for rebound.

KEY EXECUTION POINTS:
Good shot, good pass, go to the net.

DRILL PURPOSE: To get a quick shot down low, make a good pass, to open man, and go to the net for a rebound.

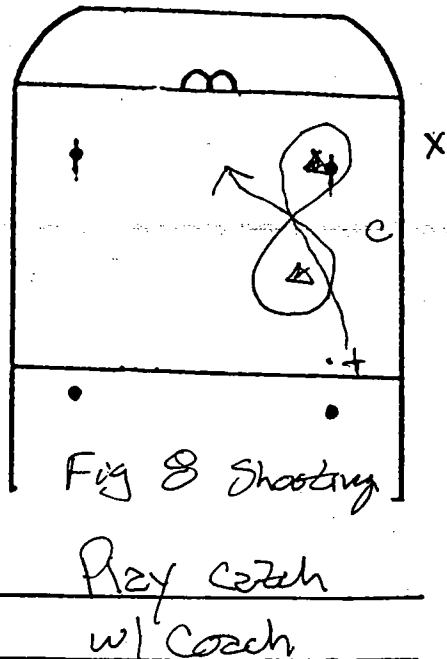
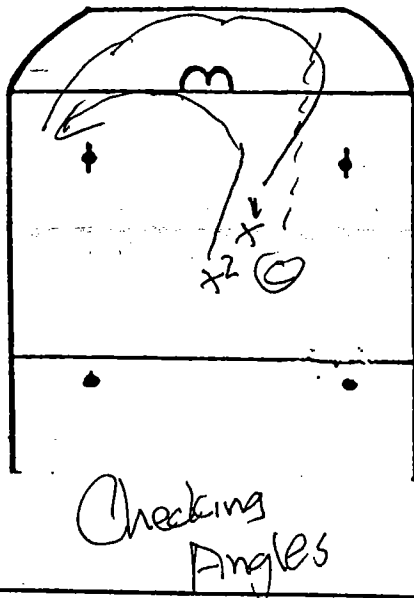
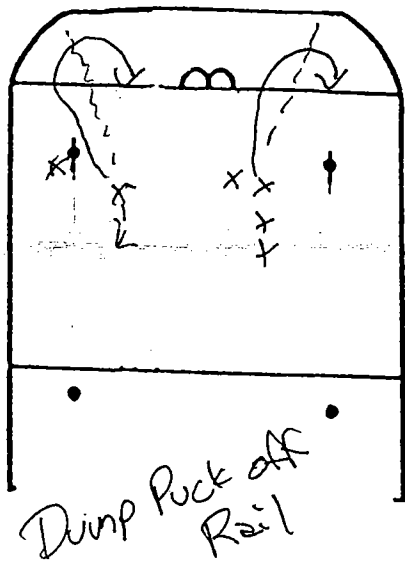
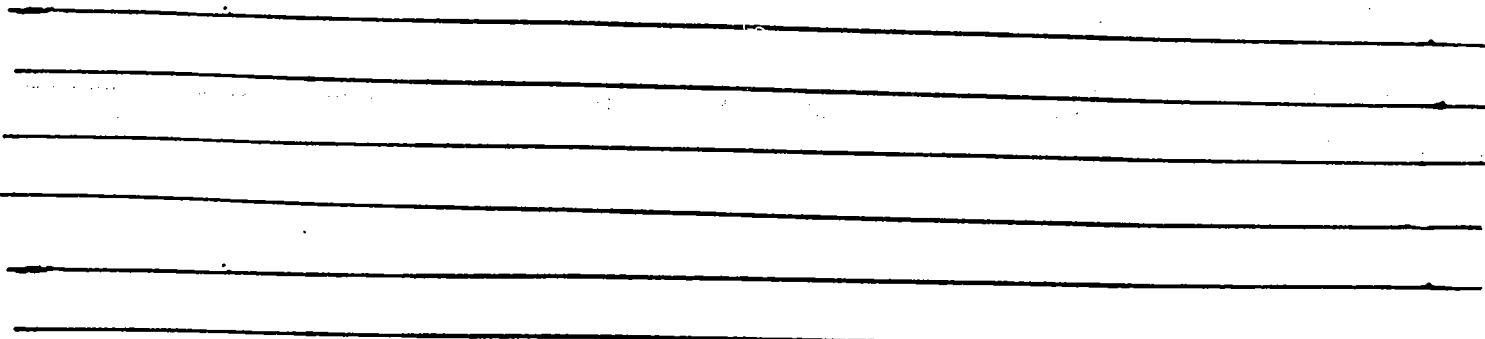
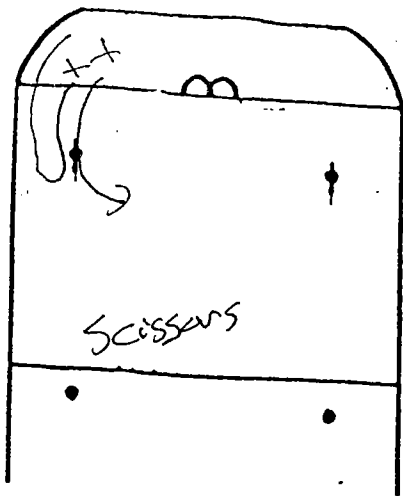
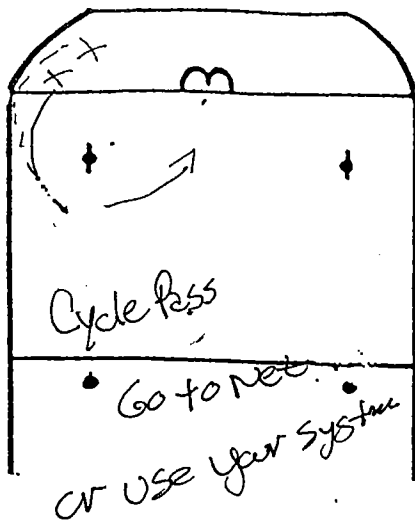
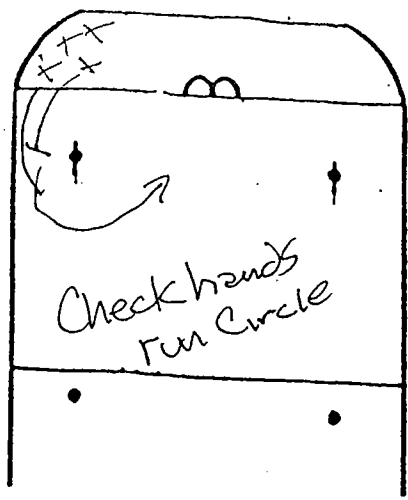
DRILL PROCEDURE: Player skates around top of circle gets a quick shot on net, skates to opposite corner picks up a loose puck and makes a good clean, solid pass to man in slot for a one-timer or quick shot. Player that made the pass goes to net for a rebound. At the end of the drill F1 beams and F2 goes to the end of line.

DRILL PROGRESSIONS:



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www.espritsport.com





1-Guy Follows

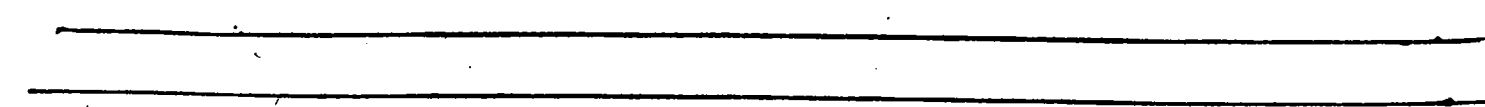
x¹ tries to Bar

Ray catch w/ Coach

Feel pressure escape

x² Angles

Go to net

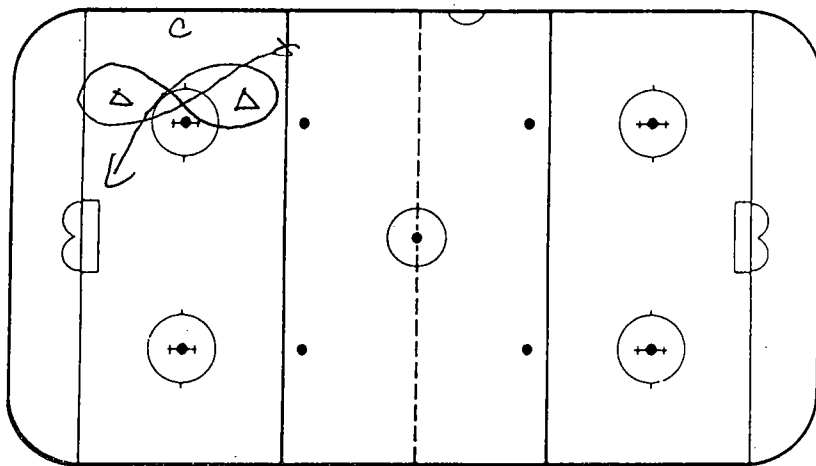


Drill Form

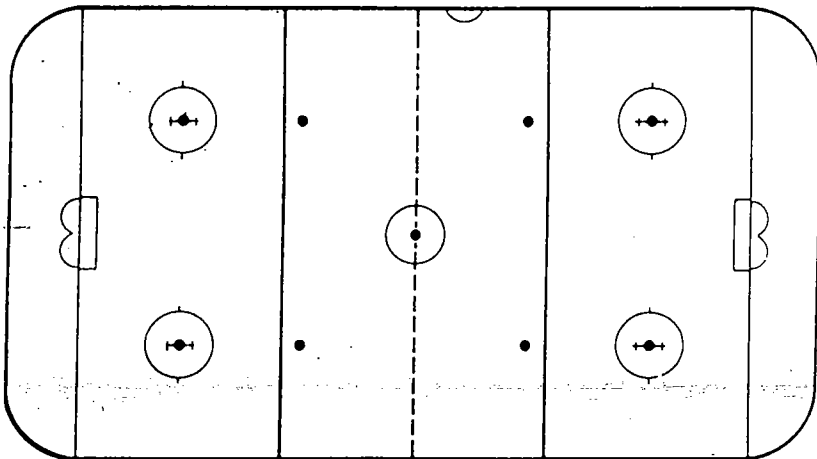
Fig 8 Shooting

Play Catch w/ coach

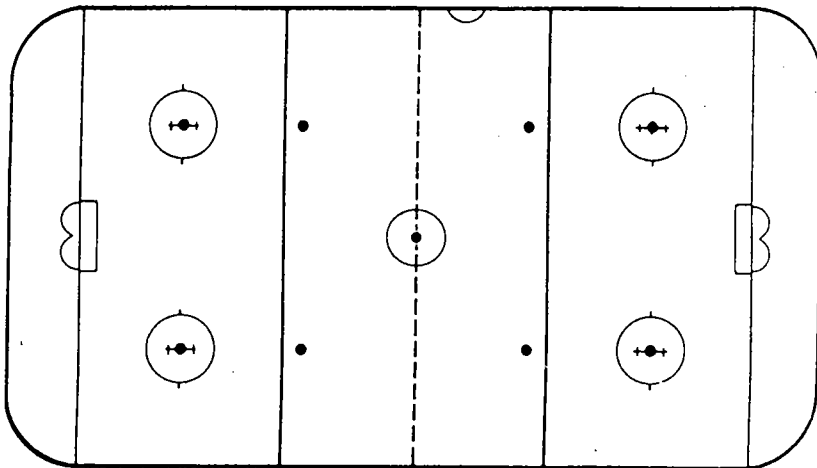
Drill Name _____



Drill Name _____

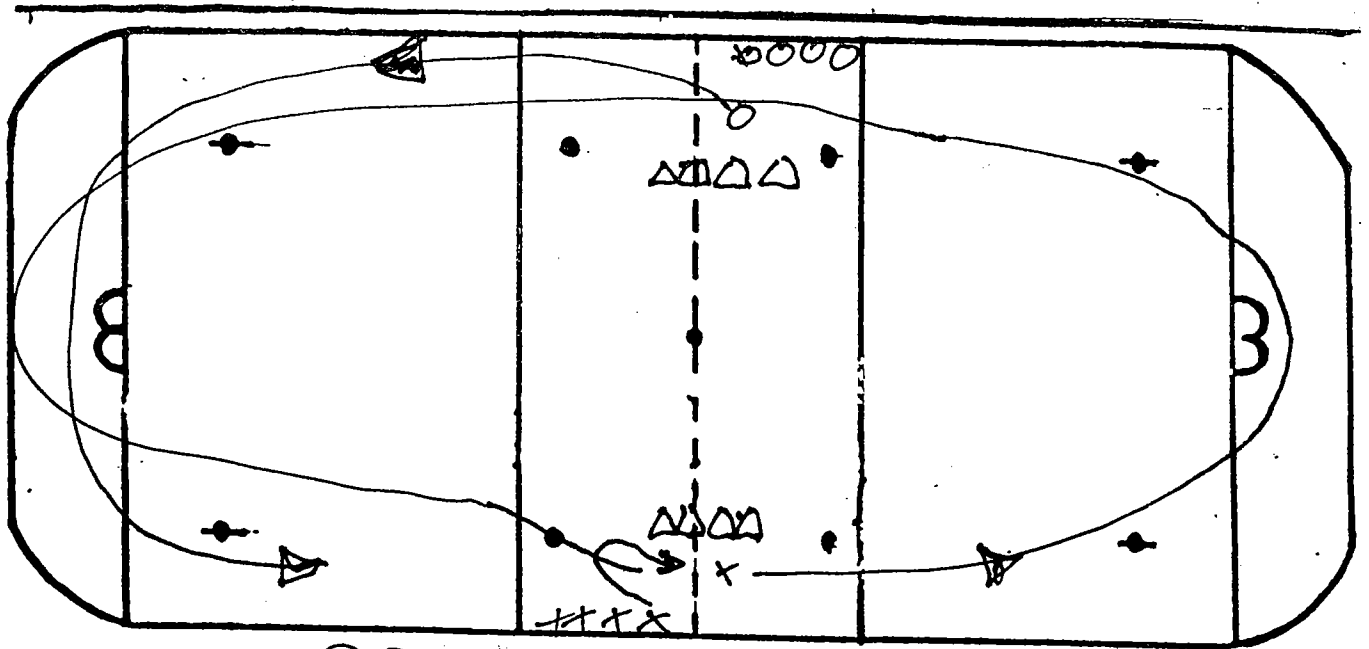


Drill Name _____

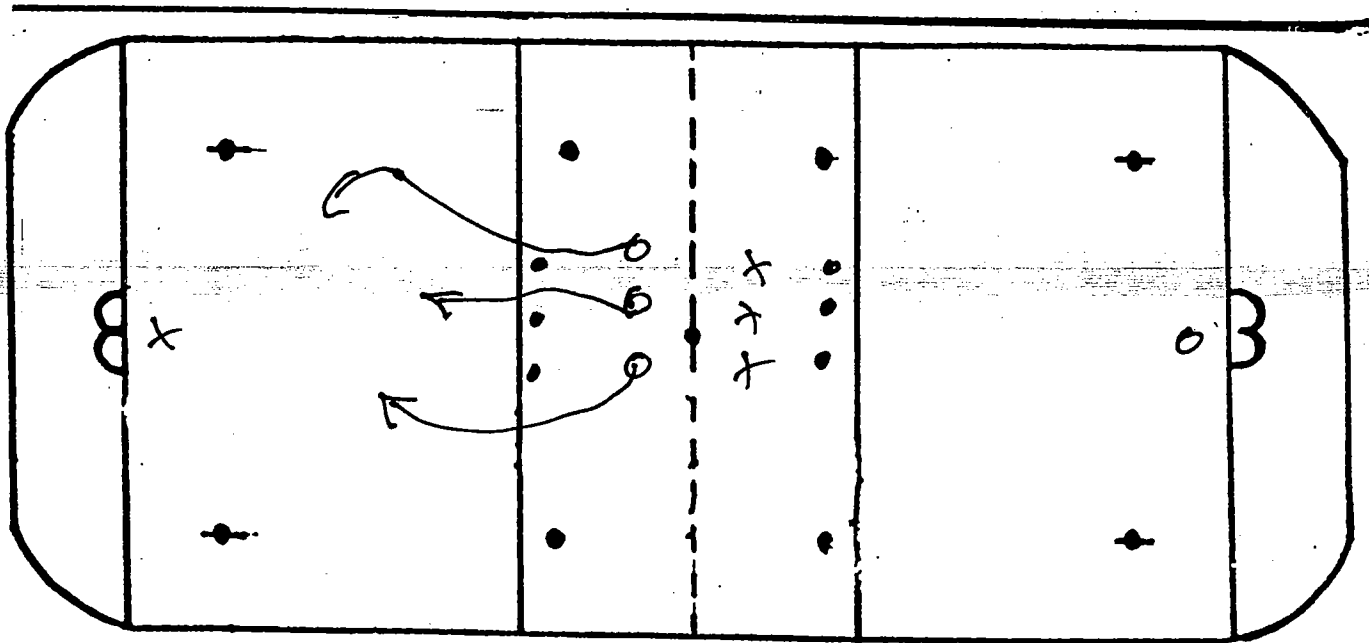


FORM

FOW



Skate Relay - Goalies First - Hand off
Goalie Stick

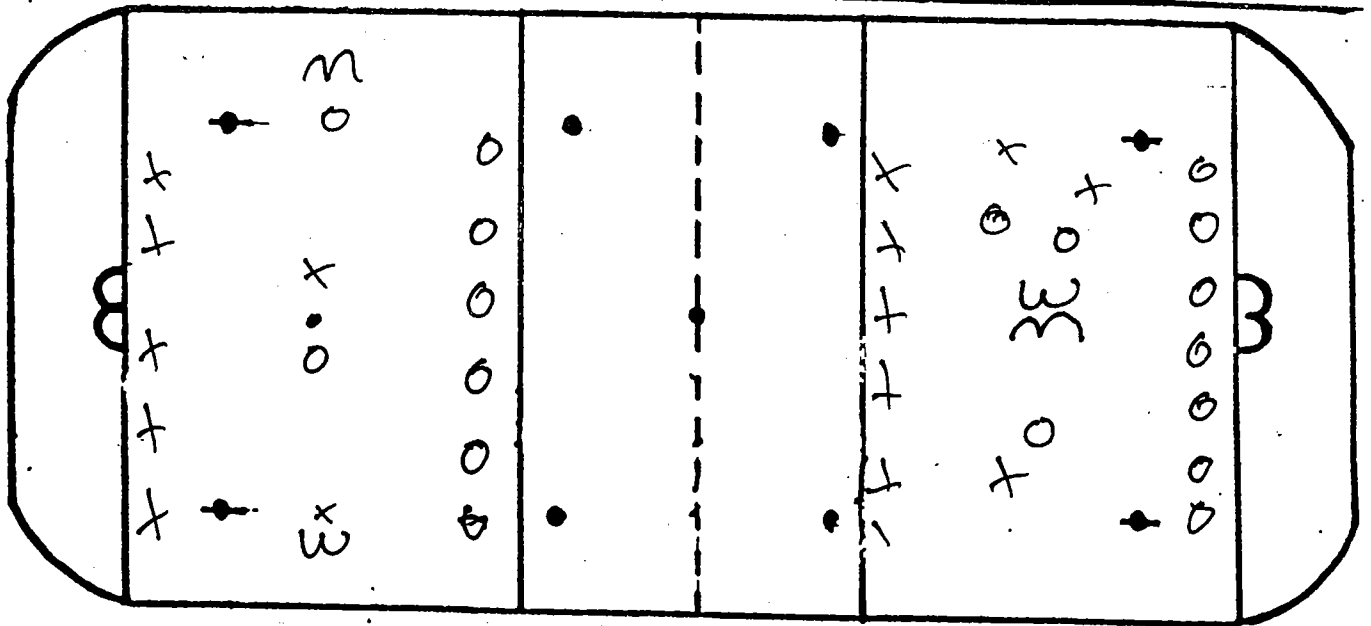


Scoring Relay - Score 3 Goals

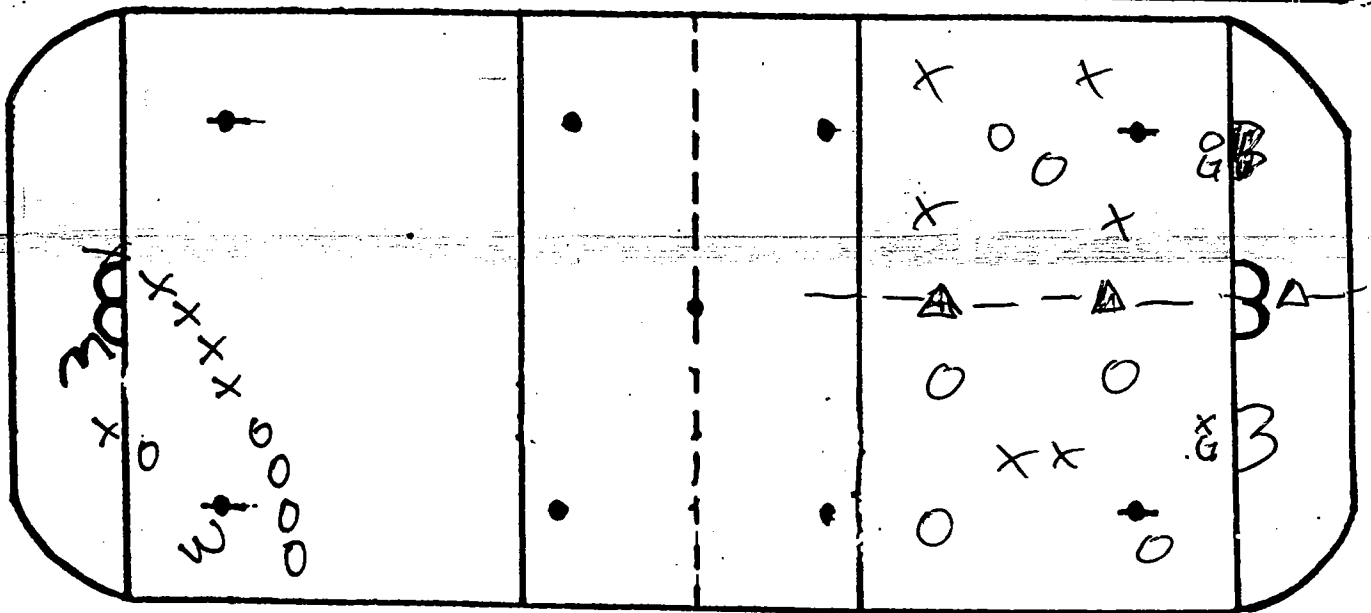
After Goal All 3 Players must sprint out
But Blue Pick up Next Puck - Goalie can not shot
Puck over Blue (Goal if he Does)

Small Games

FW 50ft



1-1 or 2-2 X's can Pass to X's on side (Goal line) They have 3secs to either Pass back or Shoot (cannot Pass to another Player in Line)



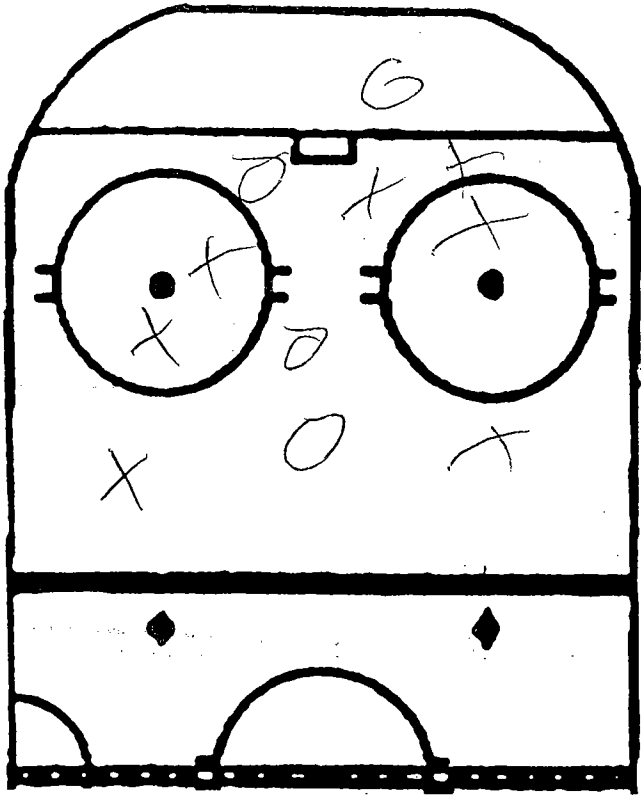
1-1 2-2

Power Play Small Game

X's try to Score on OG

O's try to Score on XG

You must stay on your side of the ice - 1-Puck!



Fun Freeze Tag

X's vs O's

If X tags O, O must freeze & spread legs (stay away from board!!)

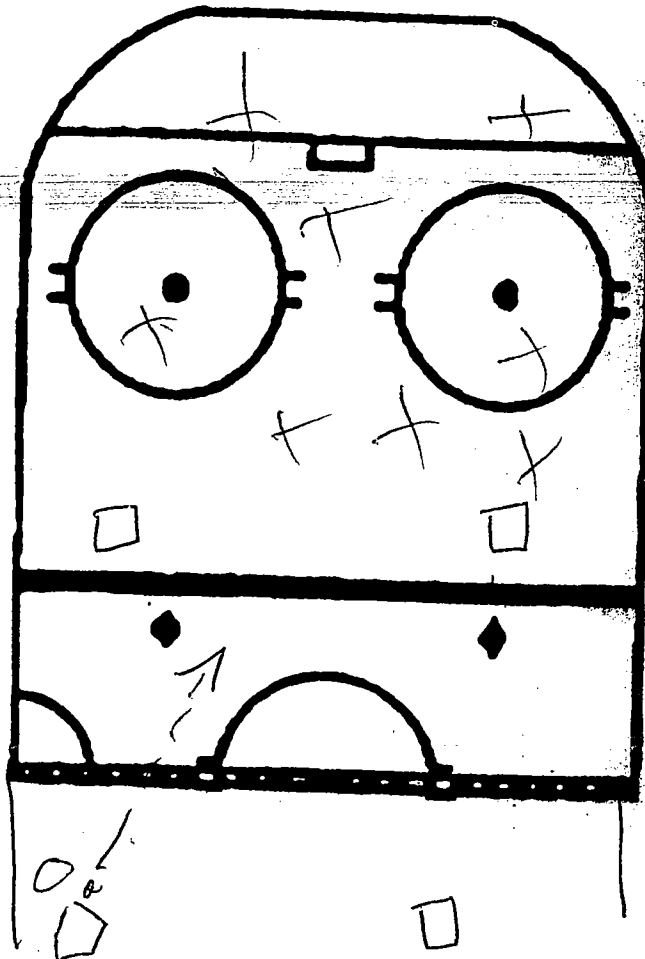
Another O must dive ^{to} between O's legs to free him

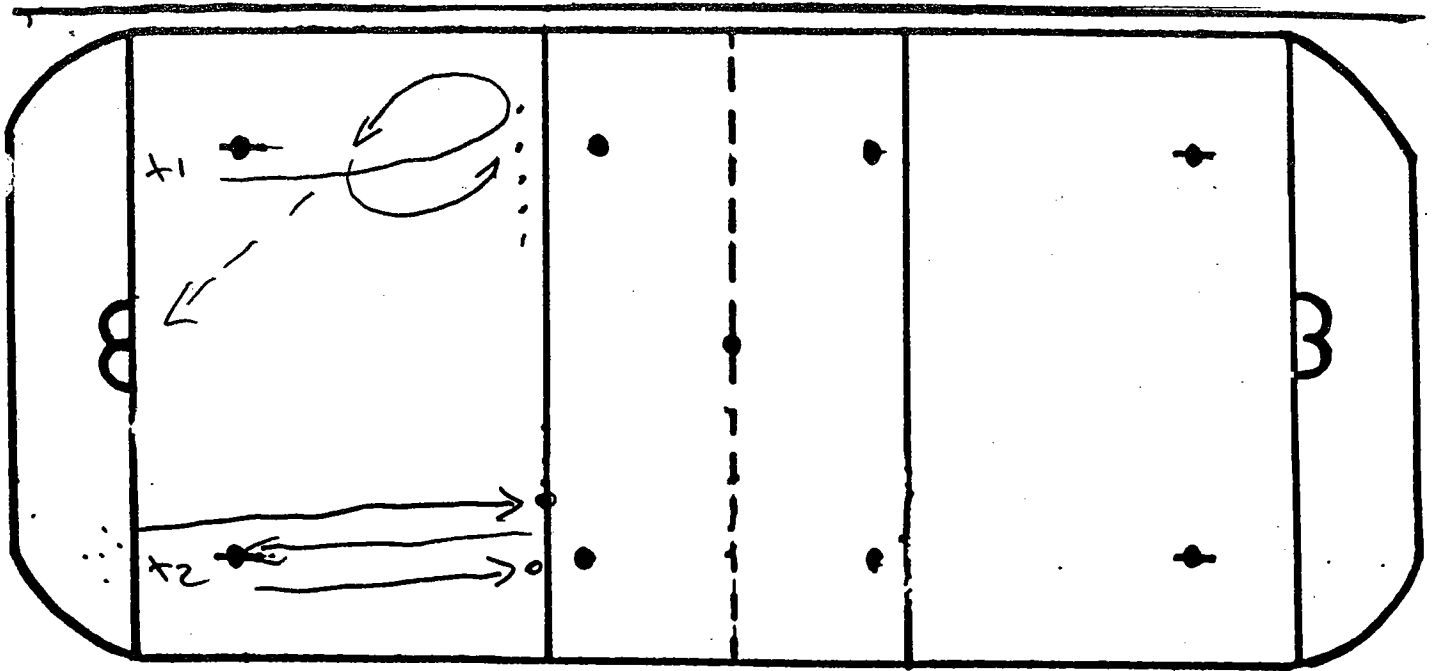
Baseball

O starts pitch in fair territory

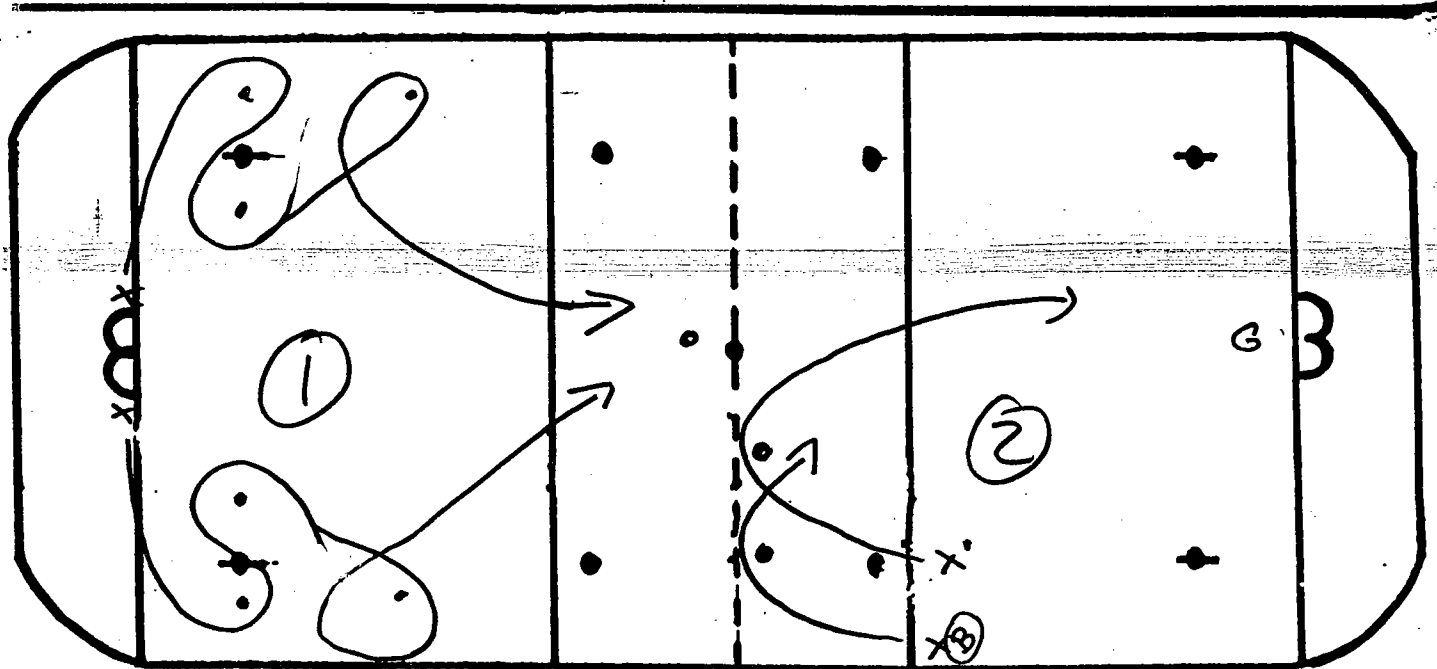
X's must make 3 passes & score before O runs all bases and scores

FW





Relay X1 Races out gets puck skates inside top of circle & shoots. (5 times) X2 must skate 5 pucks out to blue line & place on line.



① Relay - Skate course winner to puck tries to score - loser backchecks

② X1 is on offense X3 is Backchecker

HOCKEY COACH

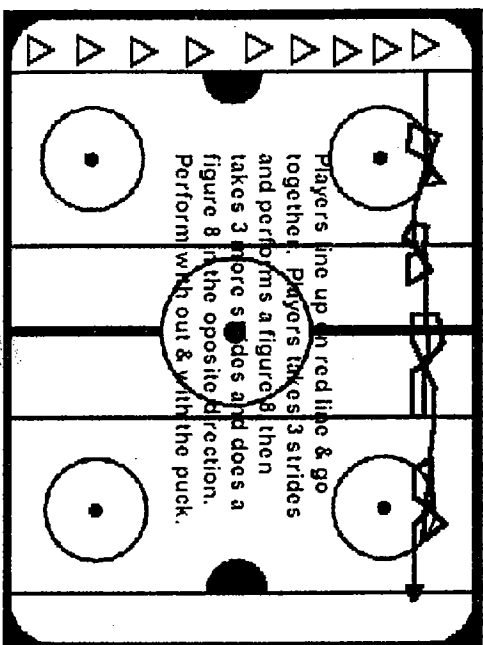
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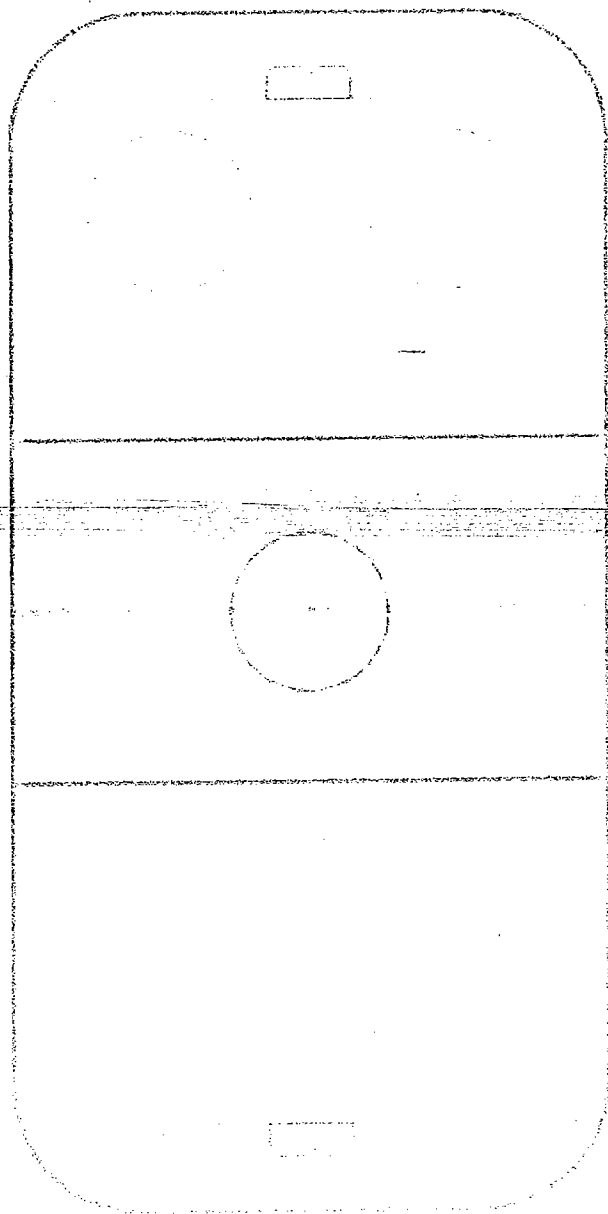
LONG ICE FIGURE 8'S Stick Handling Drills



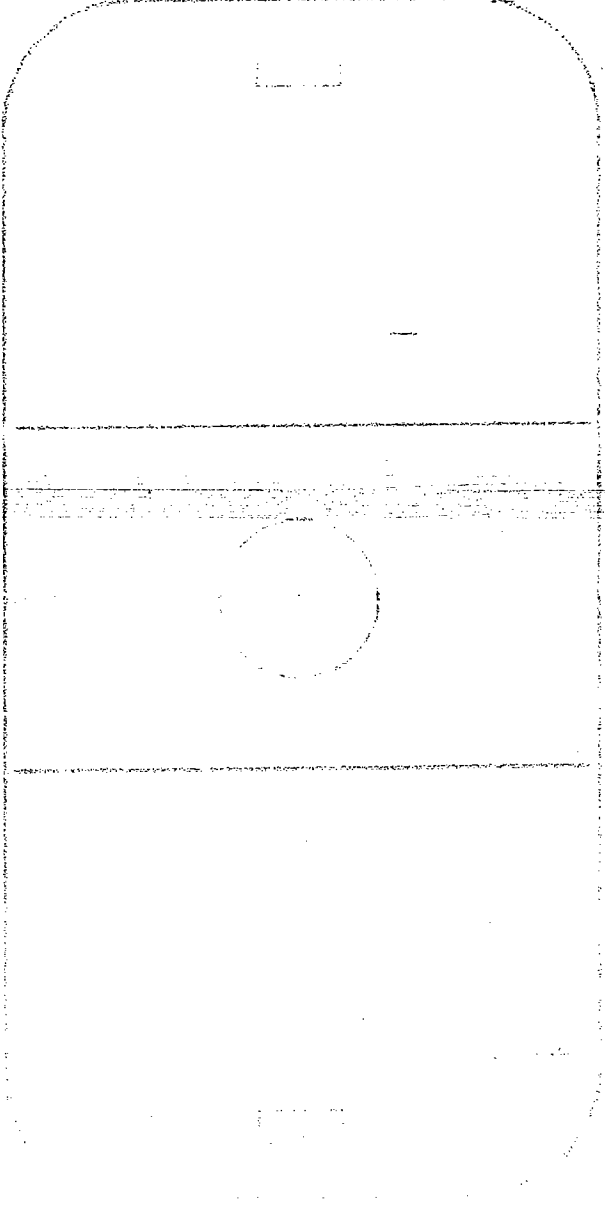
[Print this lesson..]

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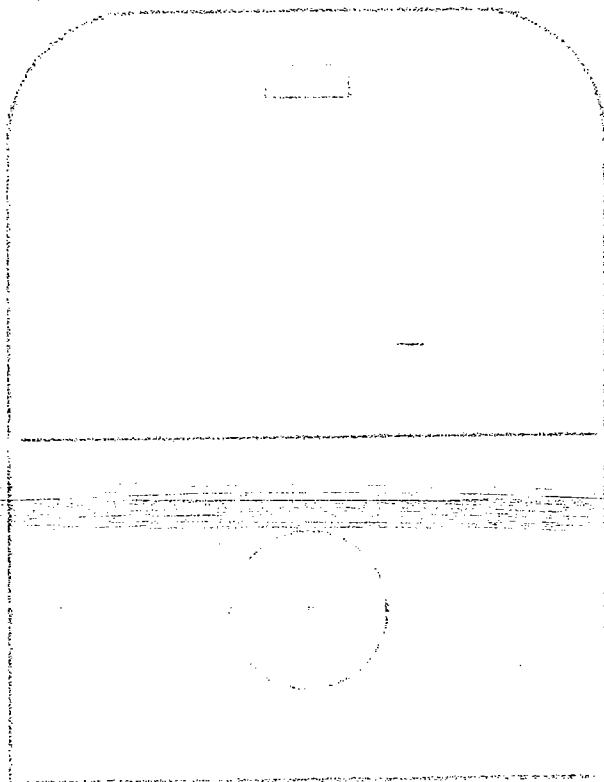
Full Rink
Blank Rink Diagrams



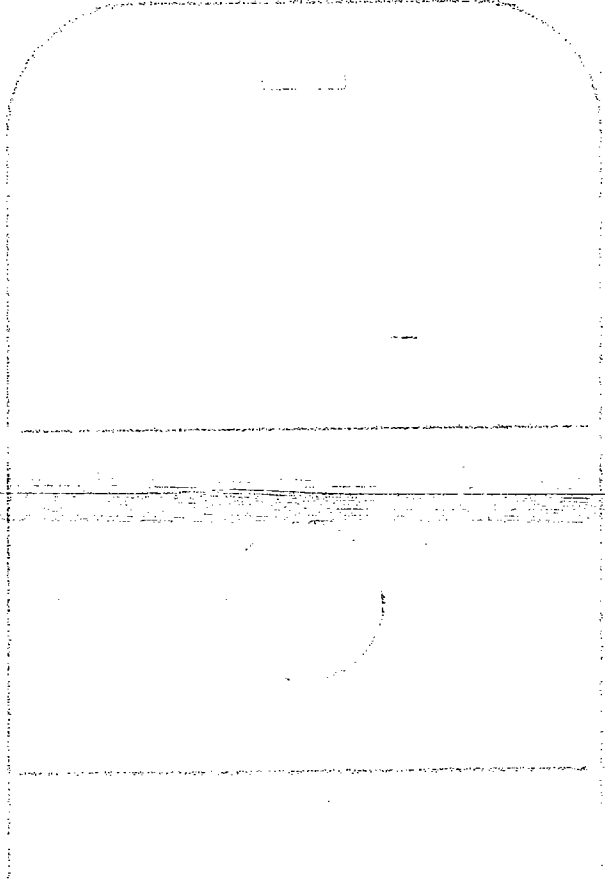
Full Rink
Blank Rink Diagrams



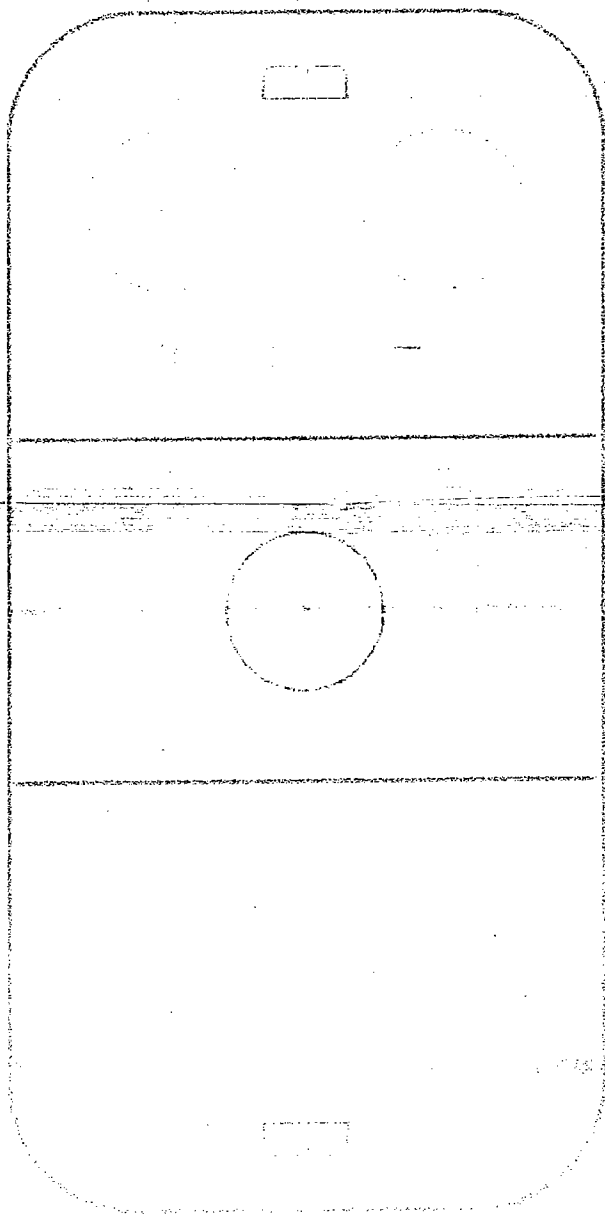
Full Rink
Blank Rink Diagrams



Full Rink
Blank Rink Diagrams



Full Rink
Blank Rink Diagrams



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STICK HANDLE, DROP TO KNEES

[Stick Handling Drills](#)

STICK HANDLE, DROP TO KNEES - Stick handle to the blue line, drop to your knees while controlling the puck, get back up and continue stick handling.

[\[Print this lesson..\]](#)

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Hockeycoach.com 4-station cycle passing

[Passing Drills](#)

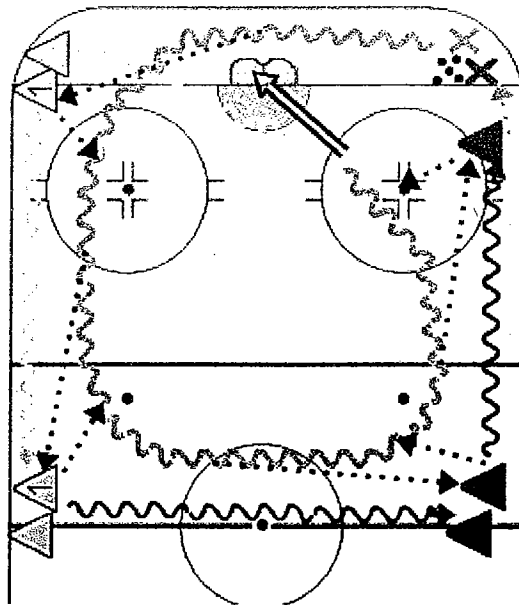
Title : 4 Station Cycle Pass Flow

Category #1 : Flow Drills

Category #2 : Passing & Shooting

Description

X initiates drill and skates behind net and passes to Δ, who returns the pass to X, Δ after returning the pass hustles as if back checking to the next station Δ. This continues as X gives and receives passes to Δ who backchecks a fills line at ▲, then to ▲ who backchecks to ▲ then ▲ who goes to back of line X. When X receives the puck from ▲ and shoots (can work on Wrist shots or Slide to far side for One-Time) on net and fills station Δ.



Long Pass / Short Pass	Pass to forehand
Formation tight to Board	Full Speed

Key points:

[\[Print this lesson..\]](#)

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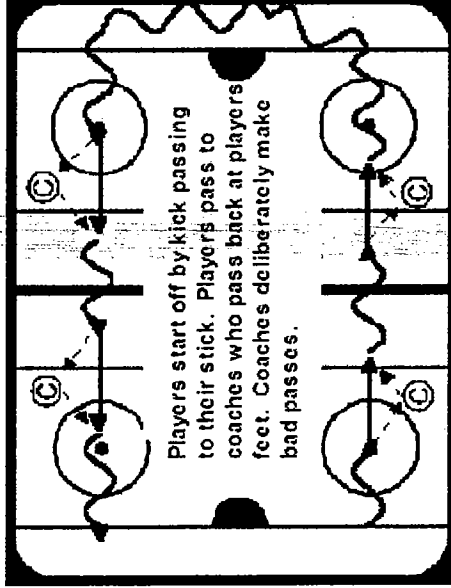
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FULL ICE FEET PASS

Feet & Puck Drills



Players start off by kick passing to their stick. Players pass to coaches who pass back at players feet. Coaches deliberately make bad passes.

[Print this lesson..]

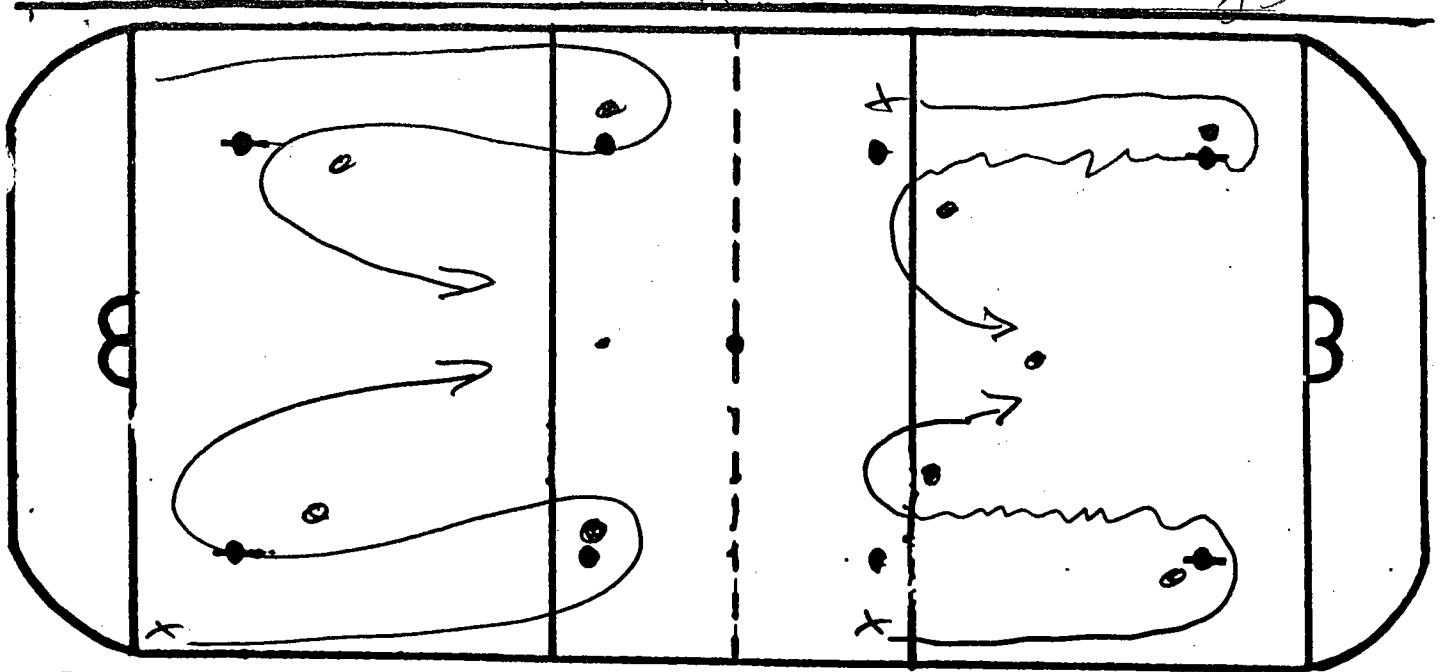
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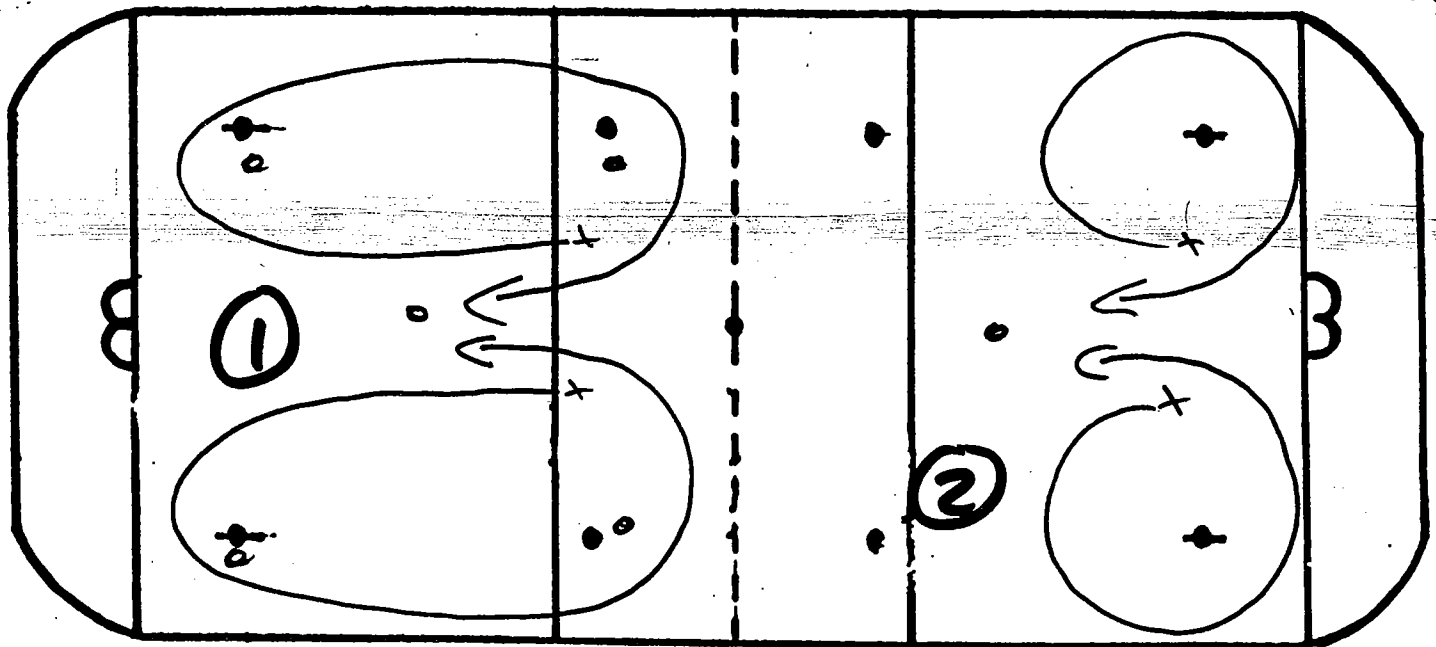
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Races - (conditioning)



① Relay - Race around course for Puck. Winner is on Breakaway Loser is Backchecker.

② Skate Forward to cone pivot backward go around next cone race to puck.

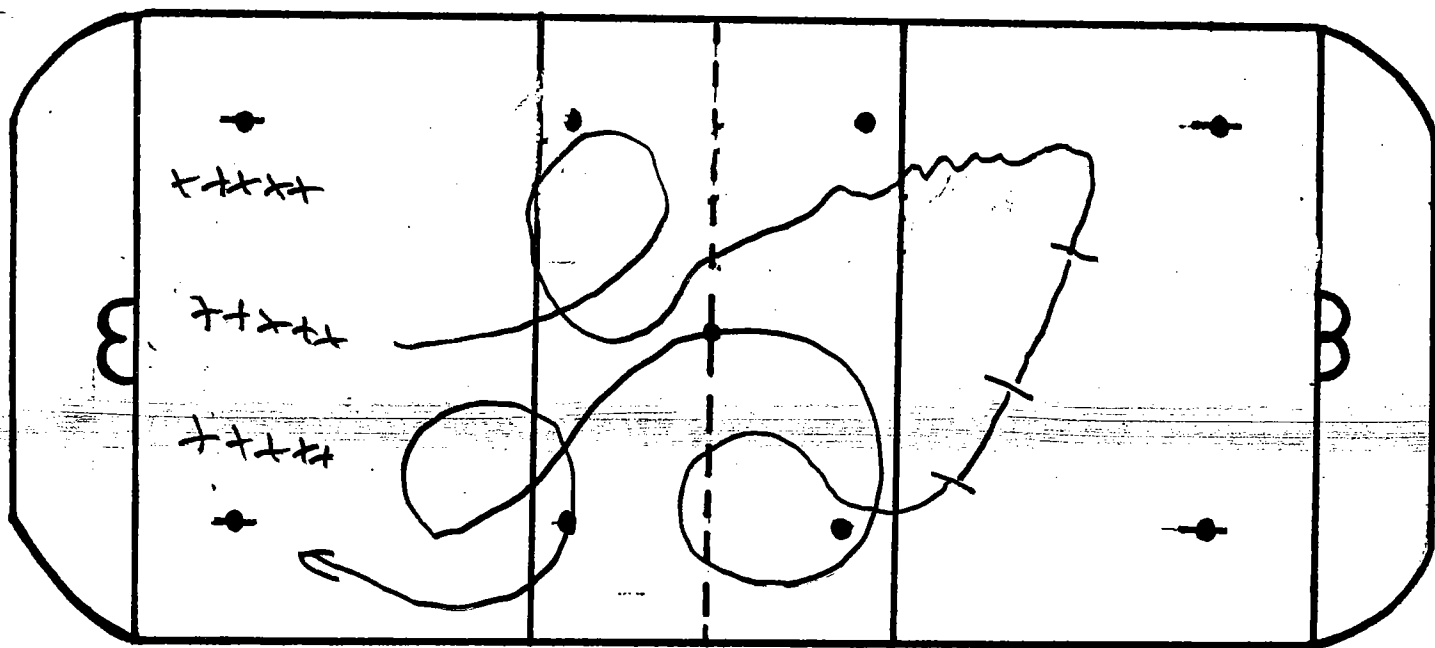


① Relay - All Forward around cones, race to puck

② Skate circle race for puck

Name of Drill: Follow the leader

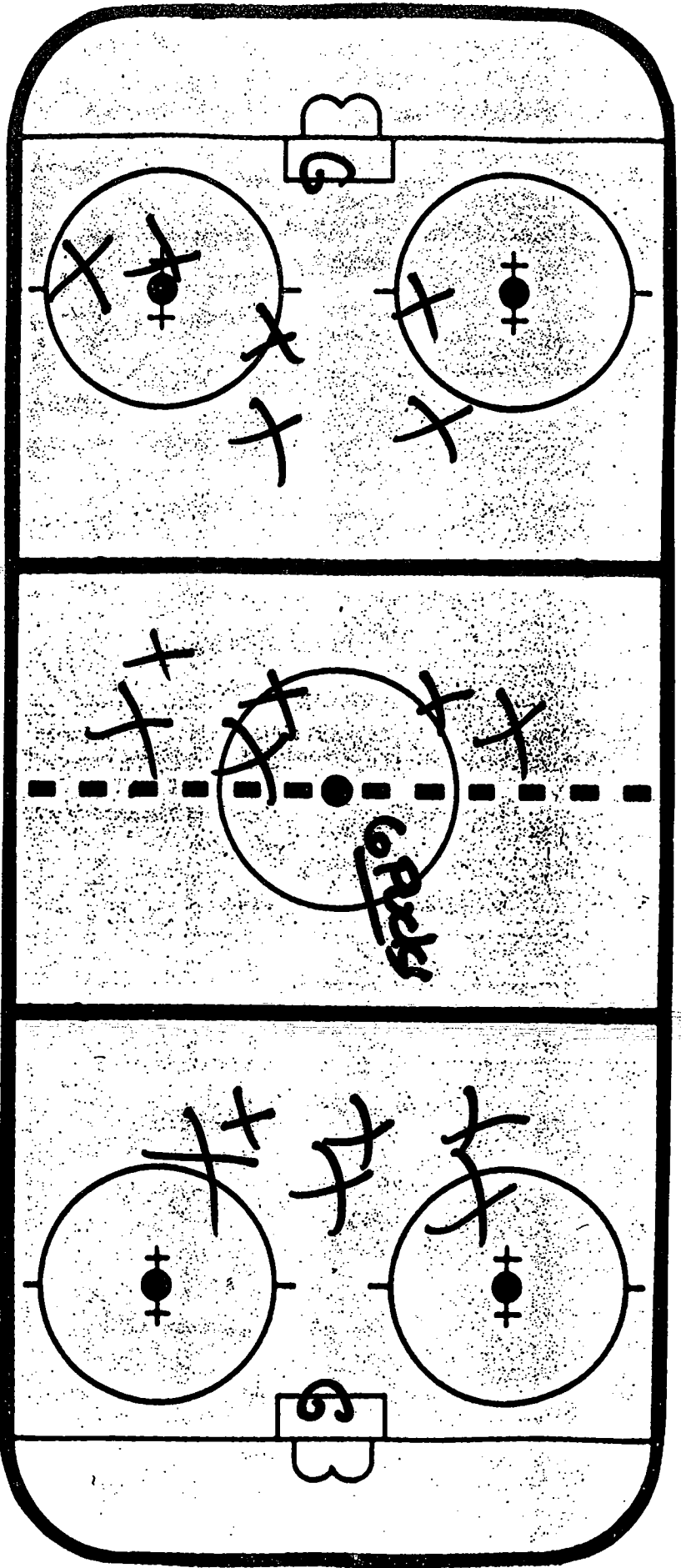
Description: (2 or 3 groups) 1 group at a time, stay close. Do whatever the leader does.



Comments:

Red →

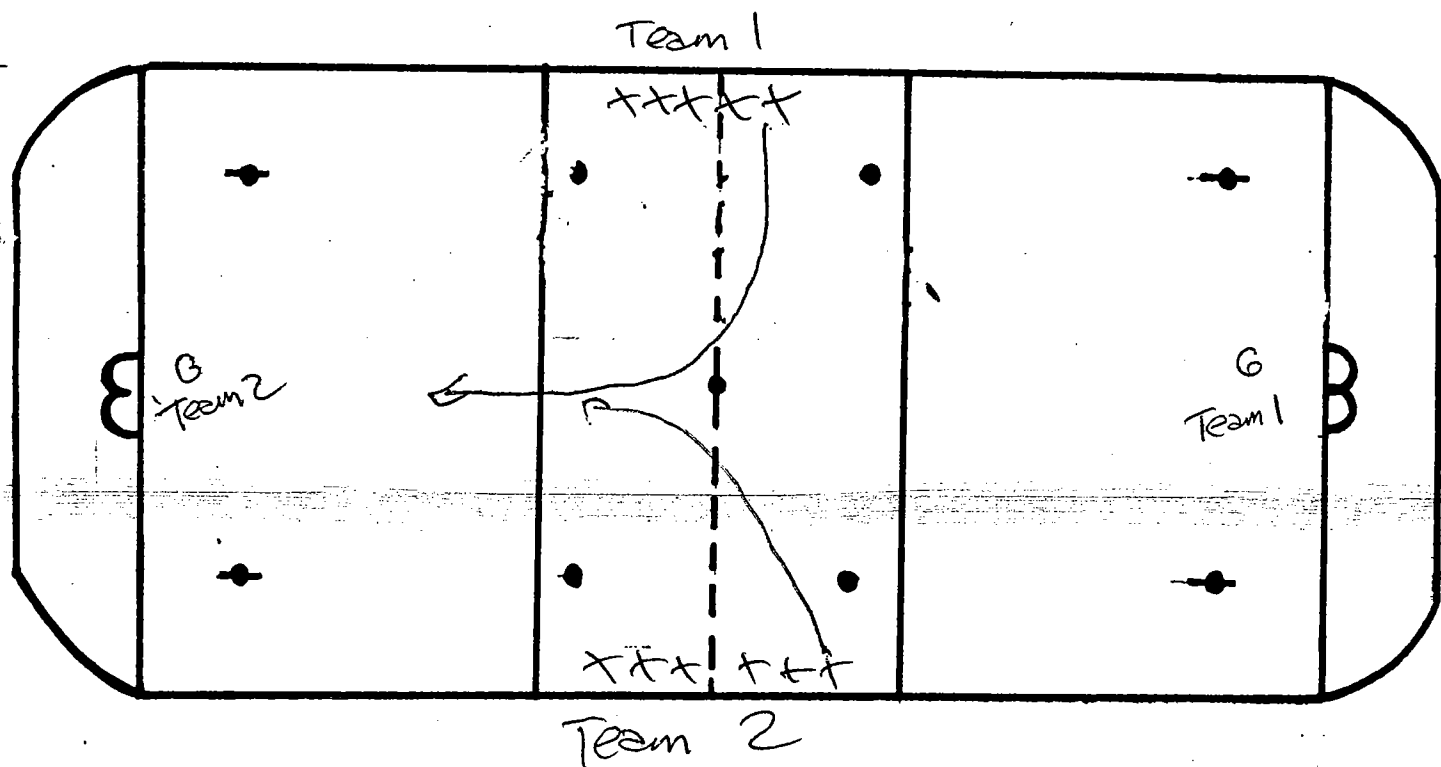
← Blue



Must stay in zone

Name of Drill: Indian

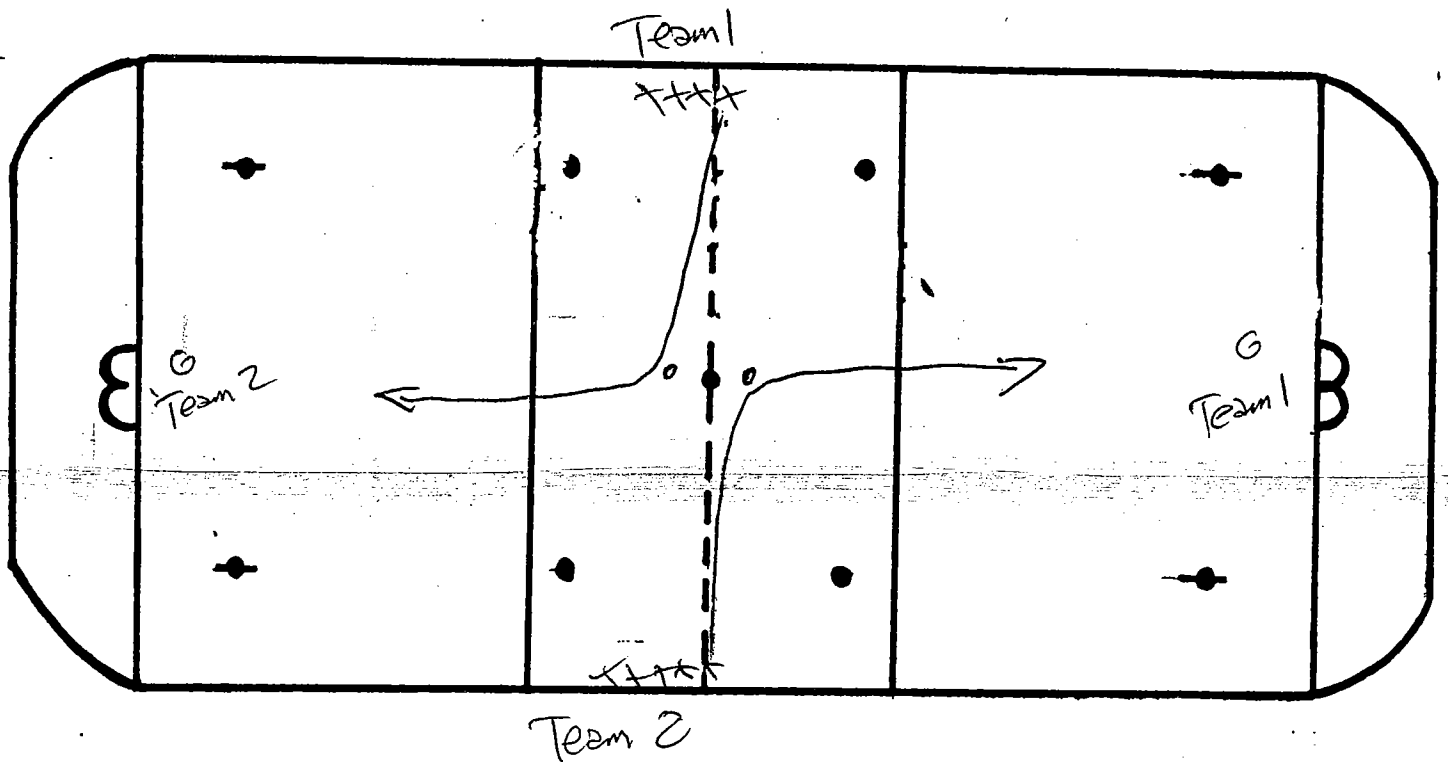
Description: 1-1 2-2 3-3 4-4
7-7 Battle until goal is
Scored - No Rules!



Comments:

Name of Drill: Goal Scoring Contest

Description: 1-1 on whistle - Breakaways - first one to score wins! (if goalie saves it he may only throw it behind the goal line)

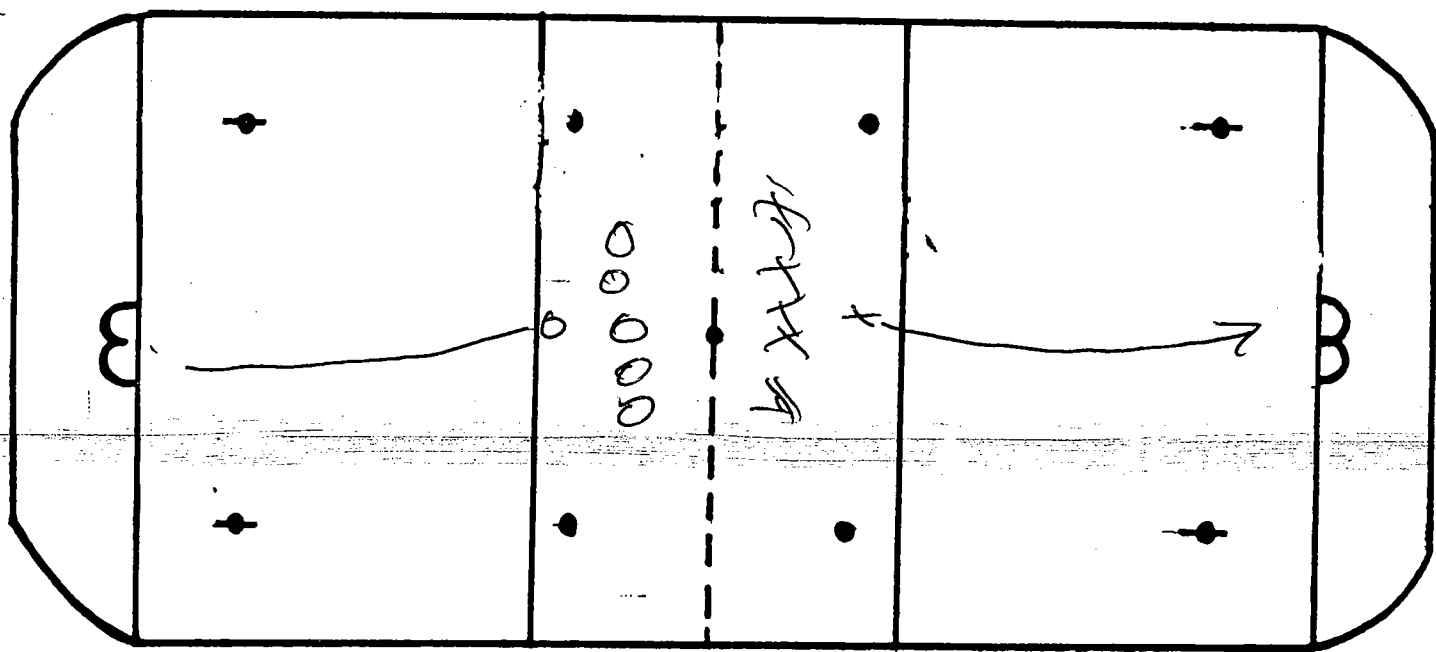


Comments:

Name of Drill: Breakaway Contest

Description:

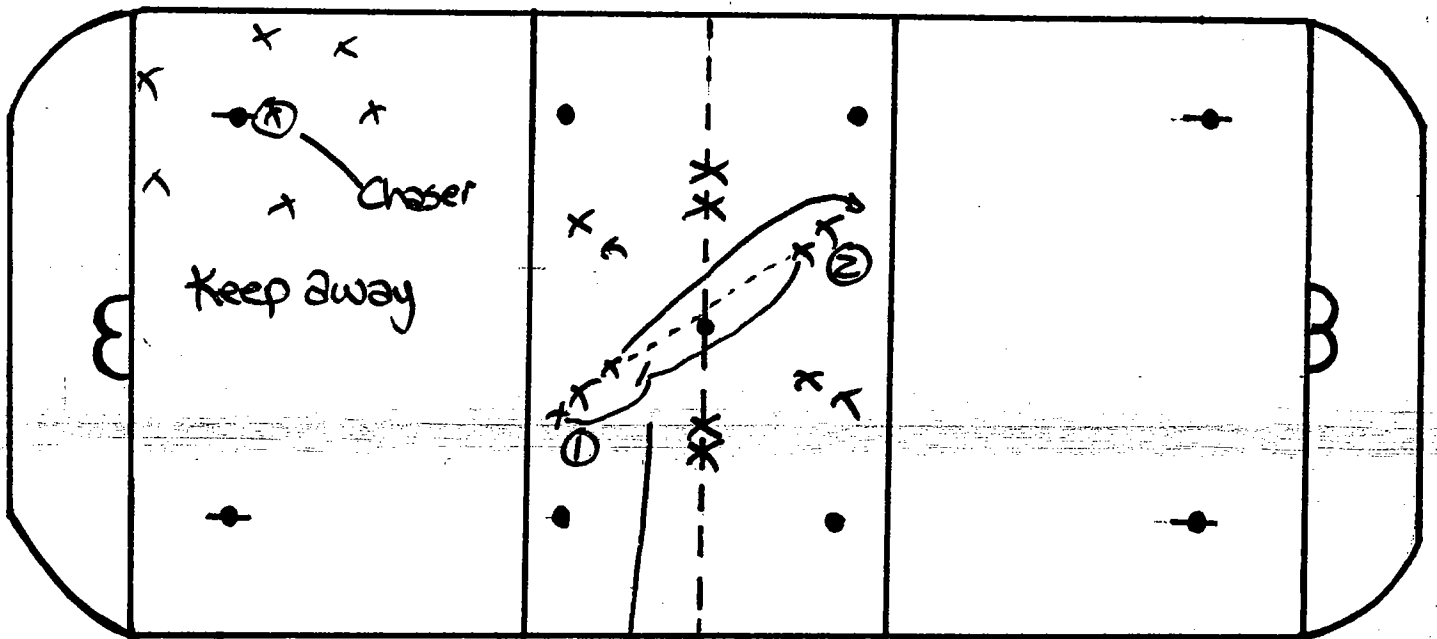
1-0 Breakaway - If you miss you must get your puck
 skate it past blue line and give to next guy in line - He goes.
 If You Score - Skate past Blue line next guy goes 2-0 w/y.
 If the 2 score then 3 go ... If 3 score back to 1.



Comments:

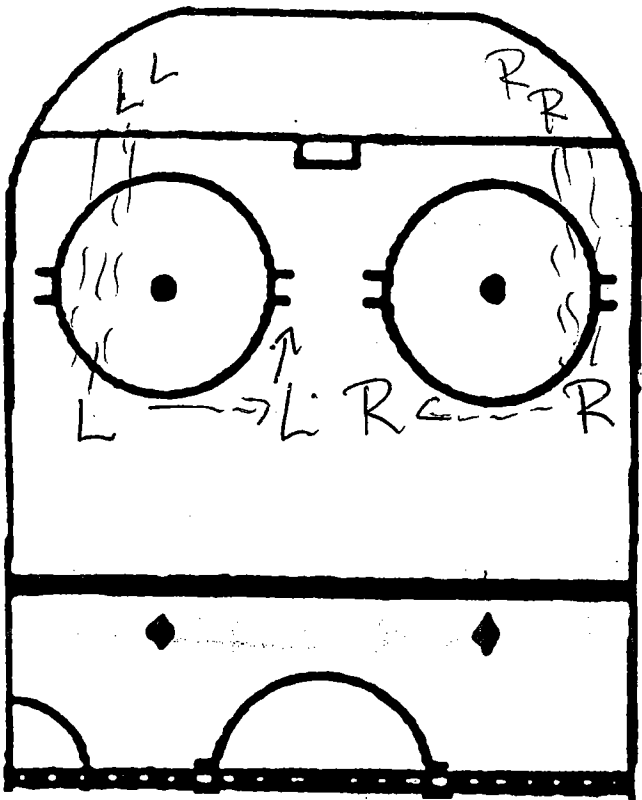
Name of Drill: Passing Drills

Description:



Comments: Player one passes and skates to the end of #2 line. #2 man catches pass, skates with it and leaves it for the 1st guy in #1 line. (Do this with line across from you!)

Great Heads up passing Drill.

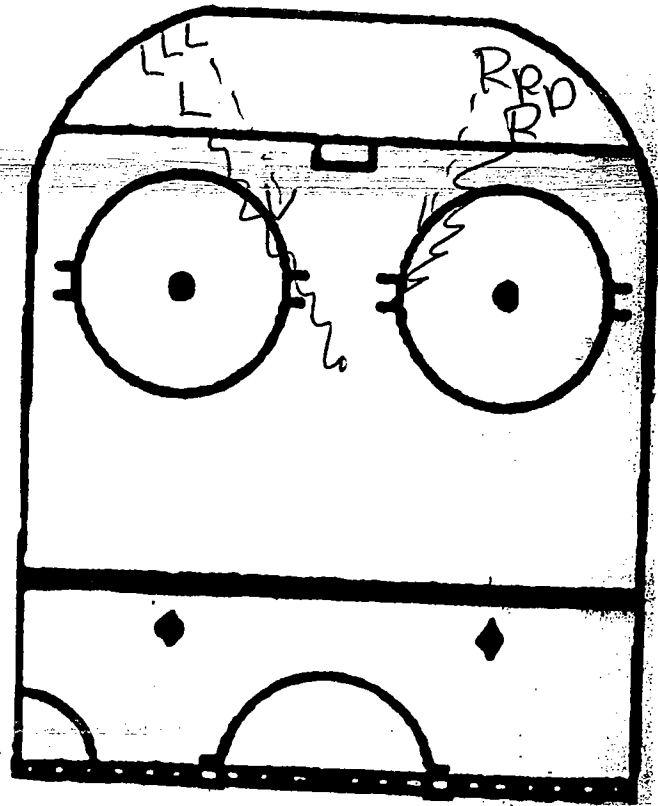


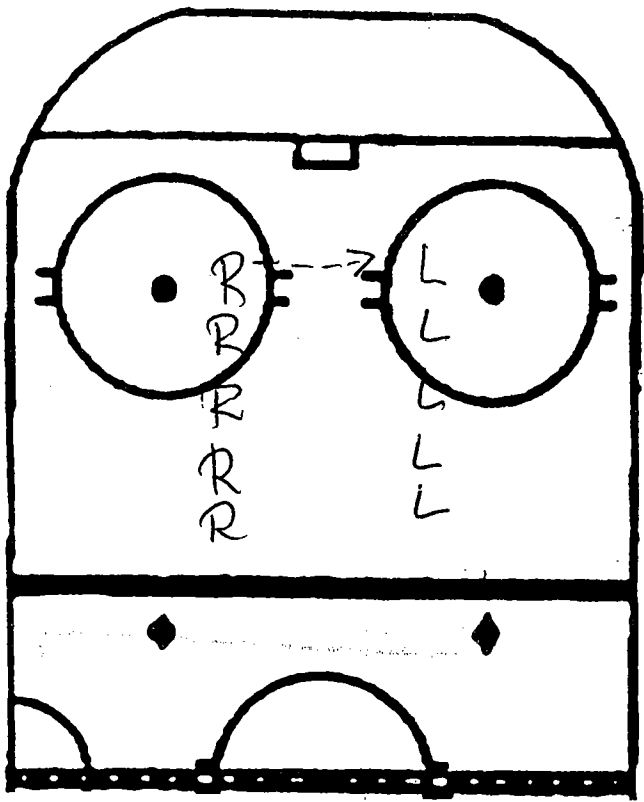
Lefties one side
Righties other

Pass back & forth
Corner & 1/2 Bars

Then Pass to slot
One timer

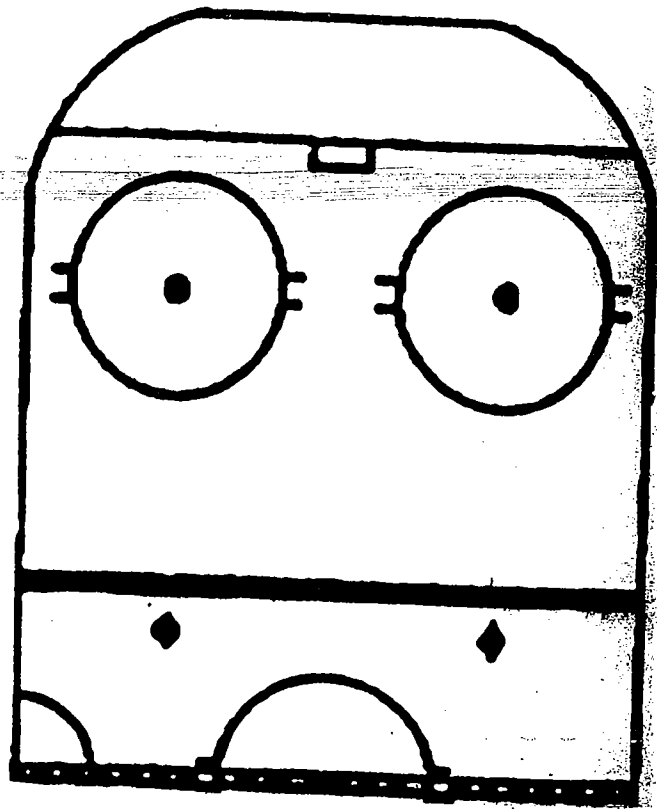
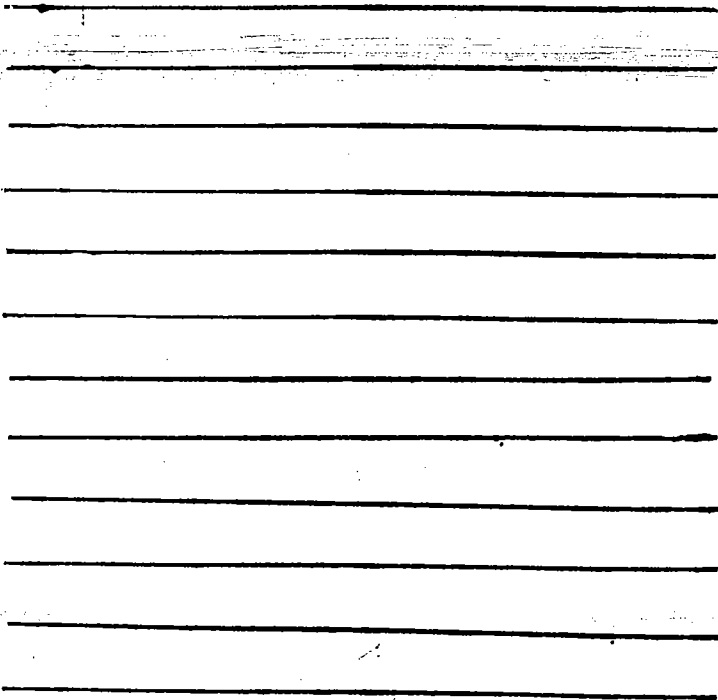
Back out of Corner
1 timer





One Timers

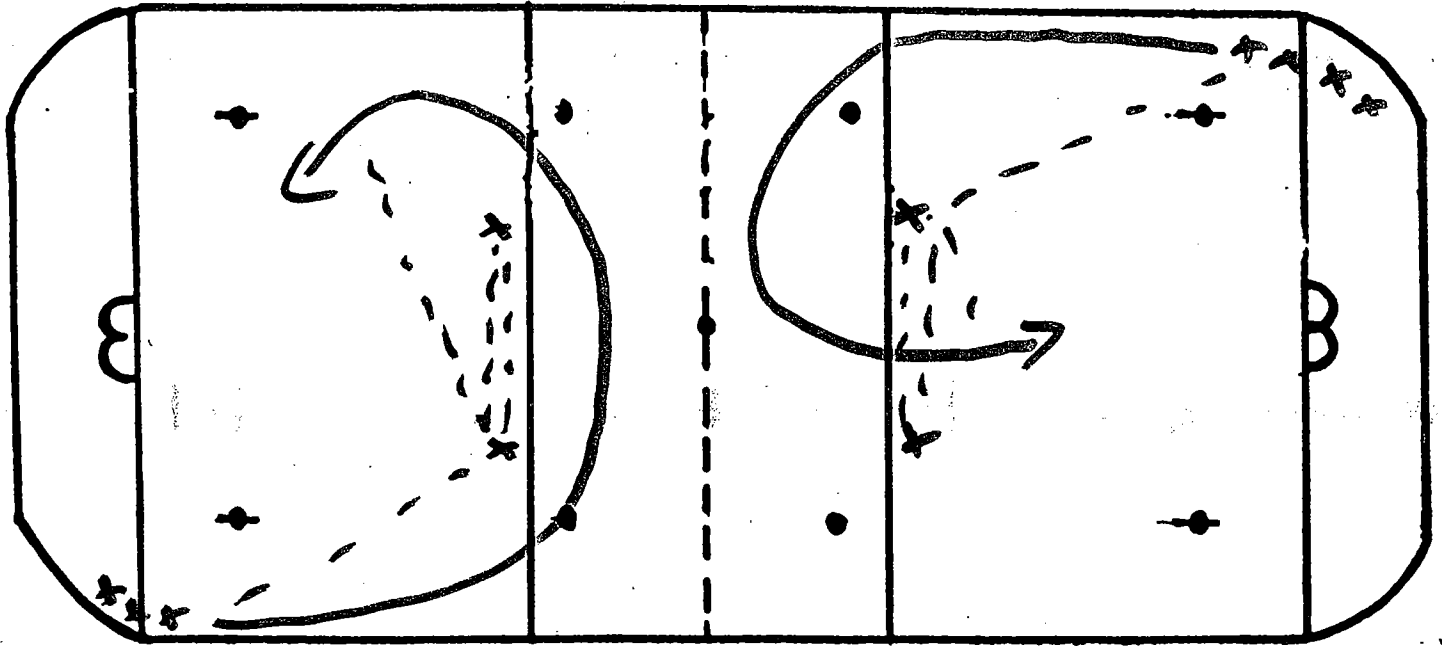
go to Back of line
after shot



Edina Iono 1/2 Ice

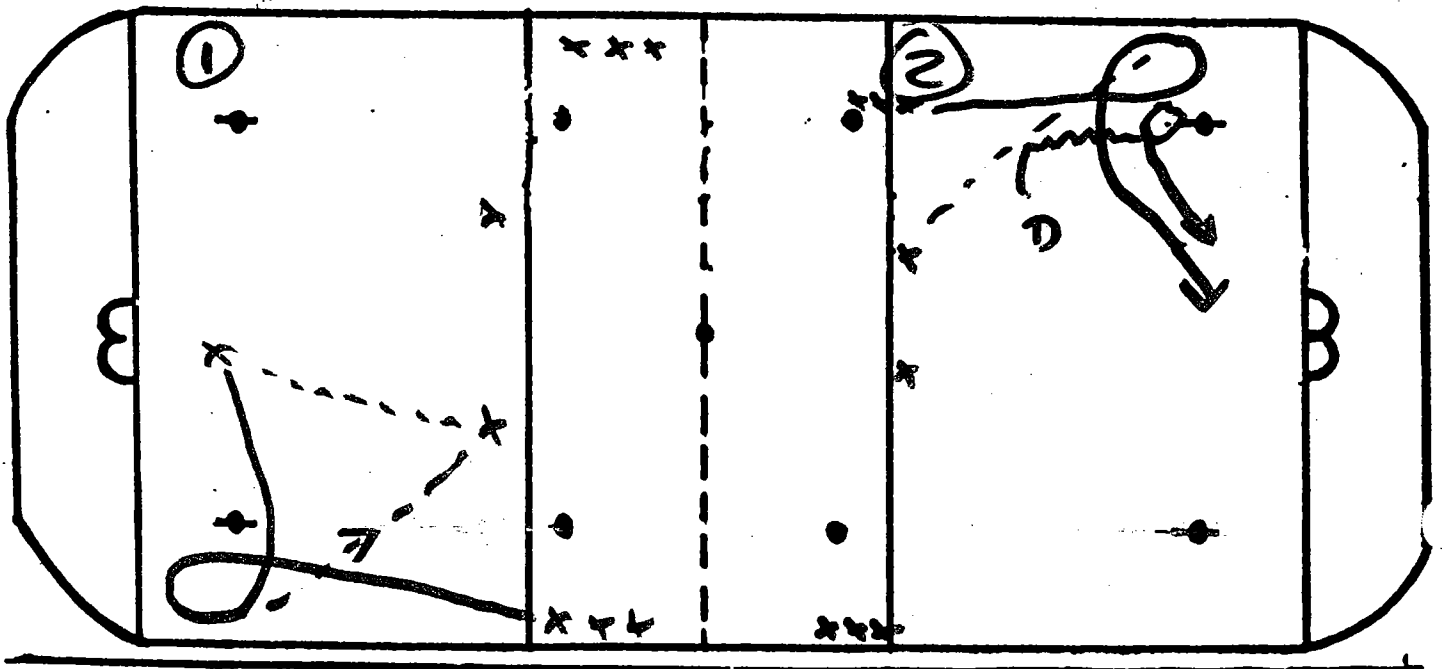
Fast Passes

1/2 Ice

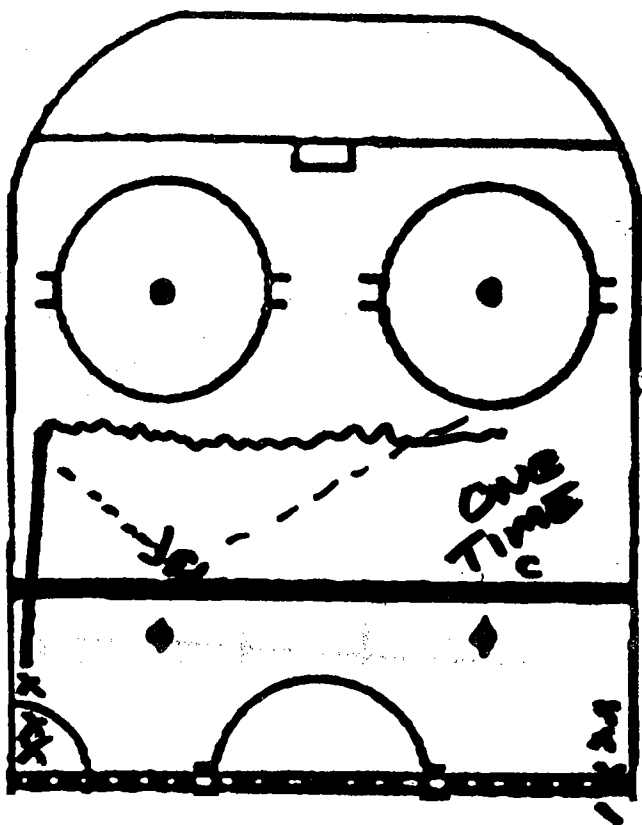


① Escape & Pass to D. 1st D can shoot or go D to D.

② Don't F pressure in front of net.



1/2 Ice

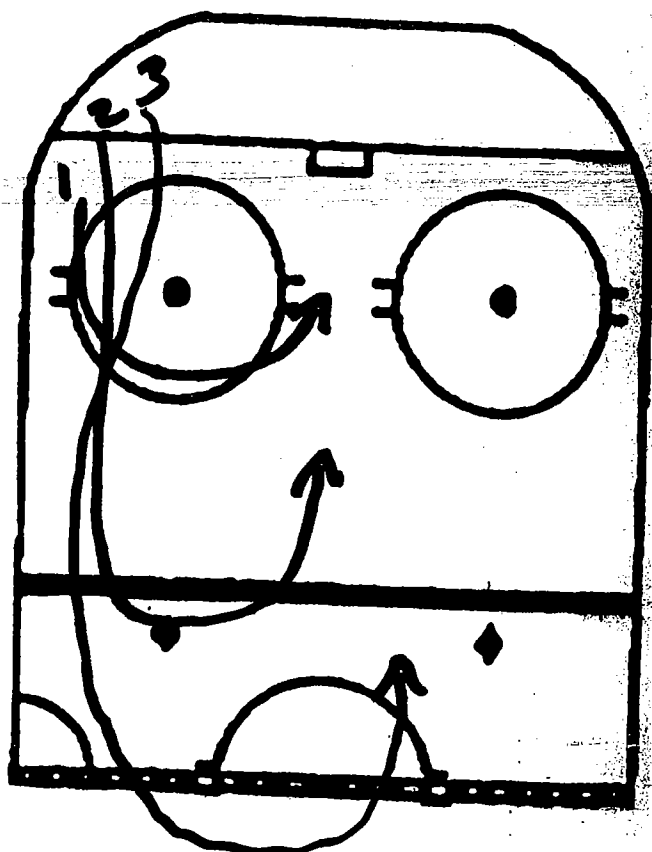


X - gives C a touch pass (can be inside blue)

Skate backward after pass - One Time pass from Coach

Shooting

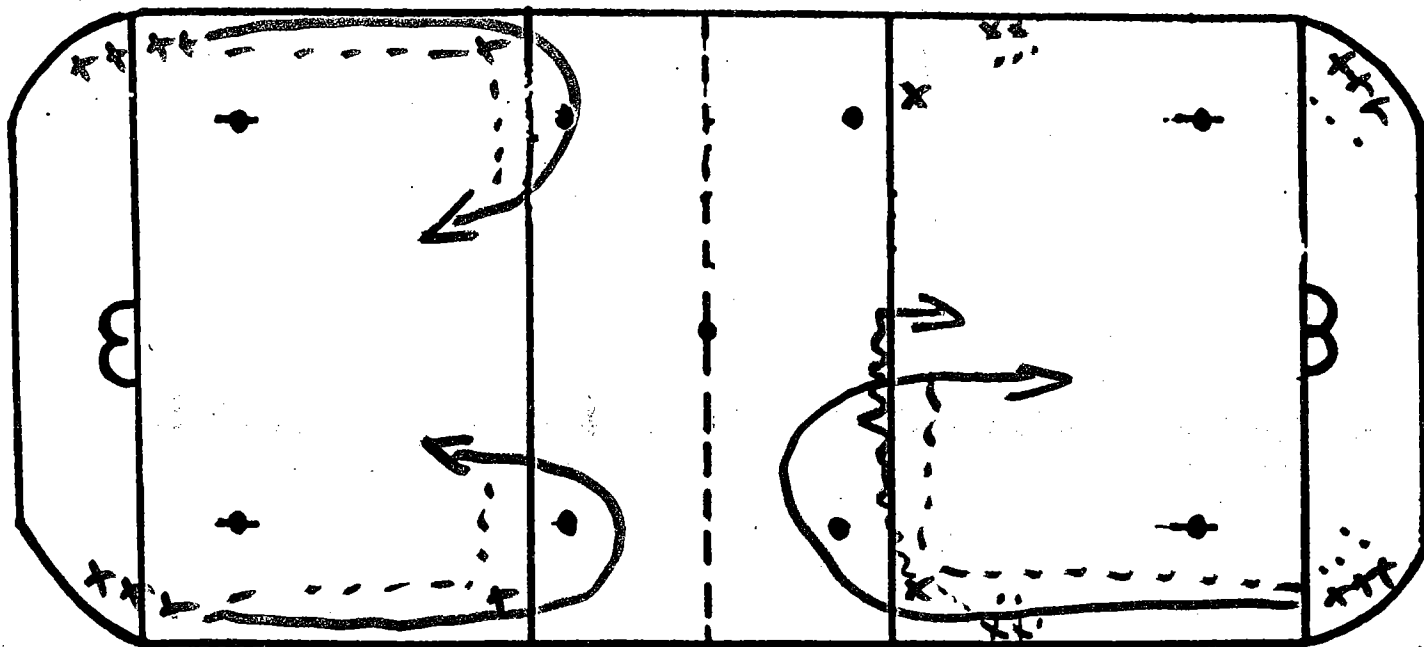
- 1 - Skate Circle
- 2 - Touch Blue
- 3 - Skate Center circle



Loop Pass

Loop Pass w/ Drag & Shot

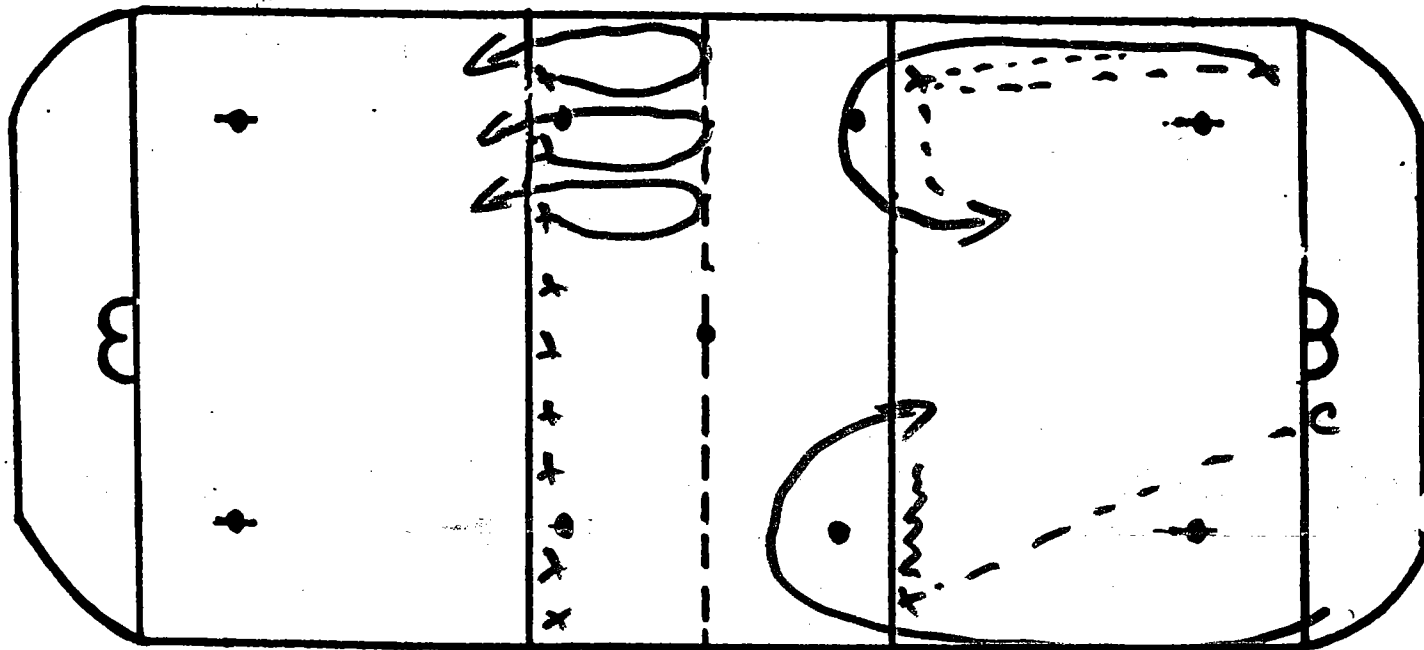
1/2 Ice



Power Turn Shooting Shot in Lane

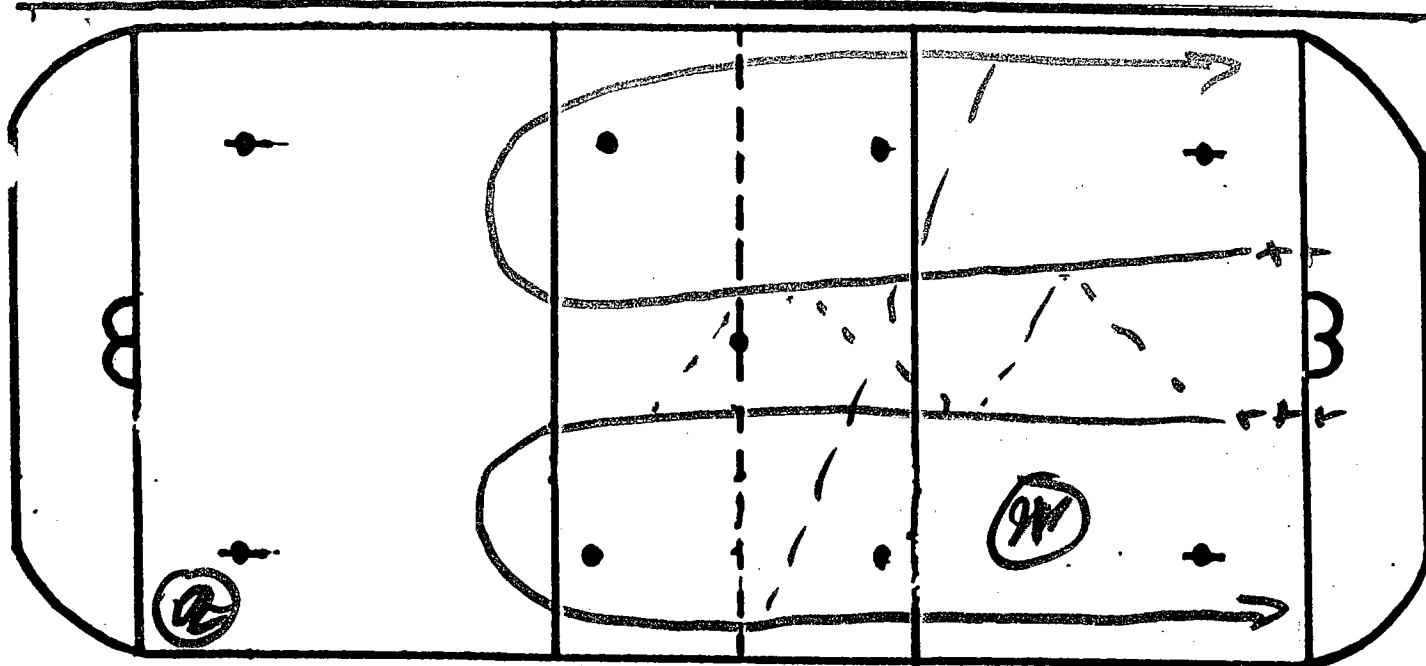
Yackel Passing

Make as many passes as possible skating at D.

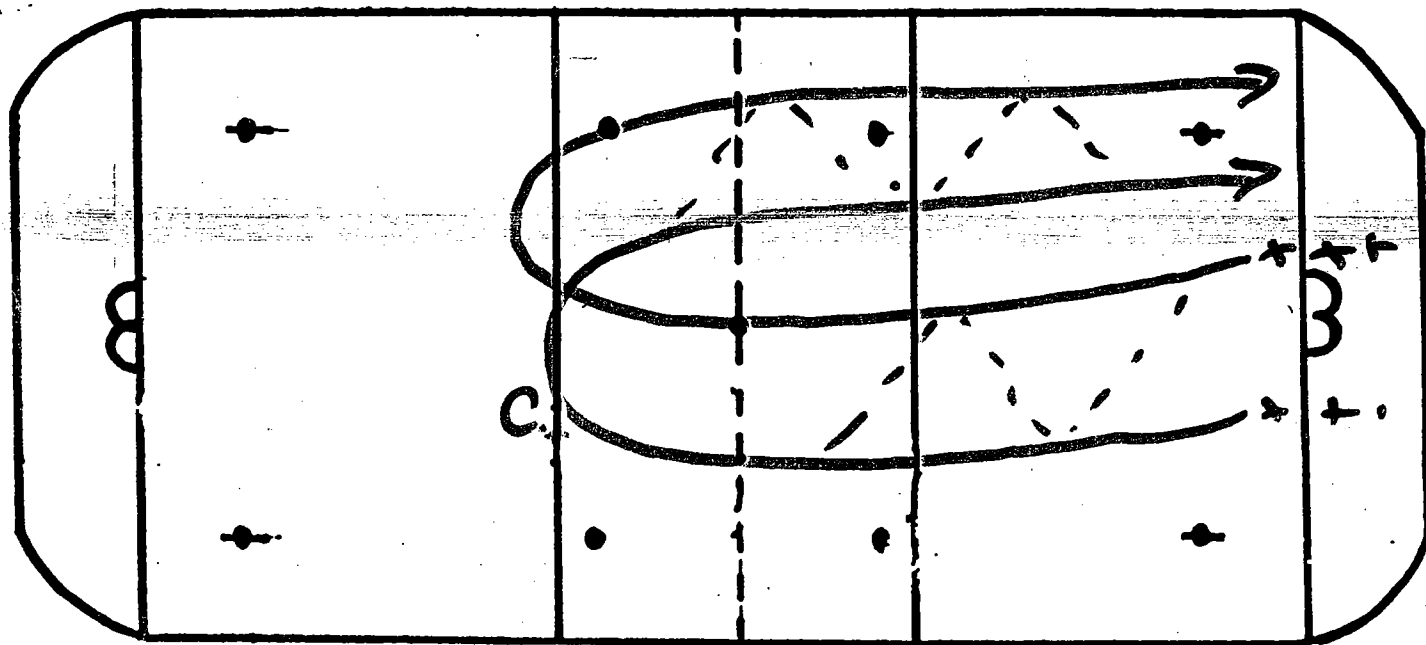


* Same thing only coach pass to D. D Drag & Shots

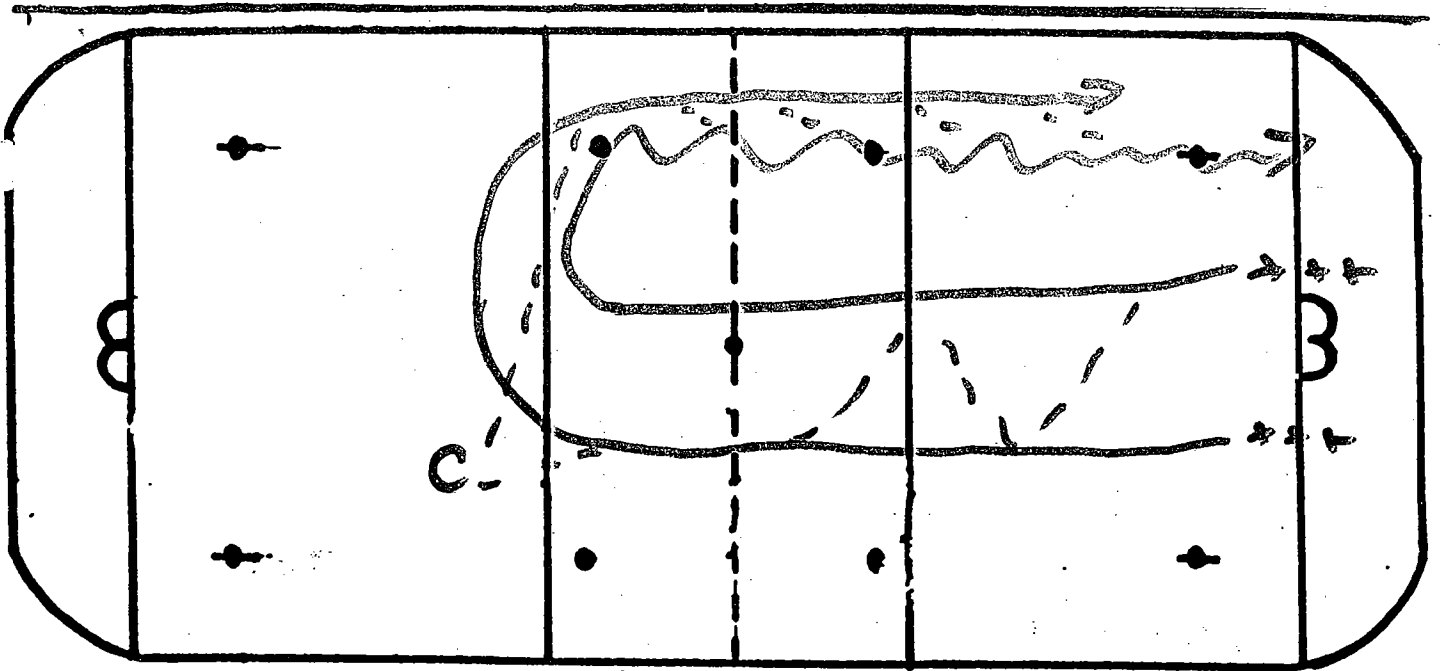
1/2 ICE



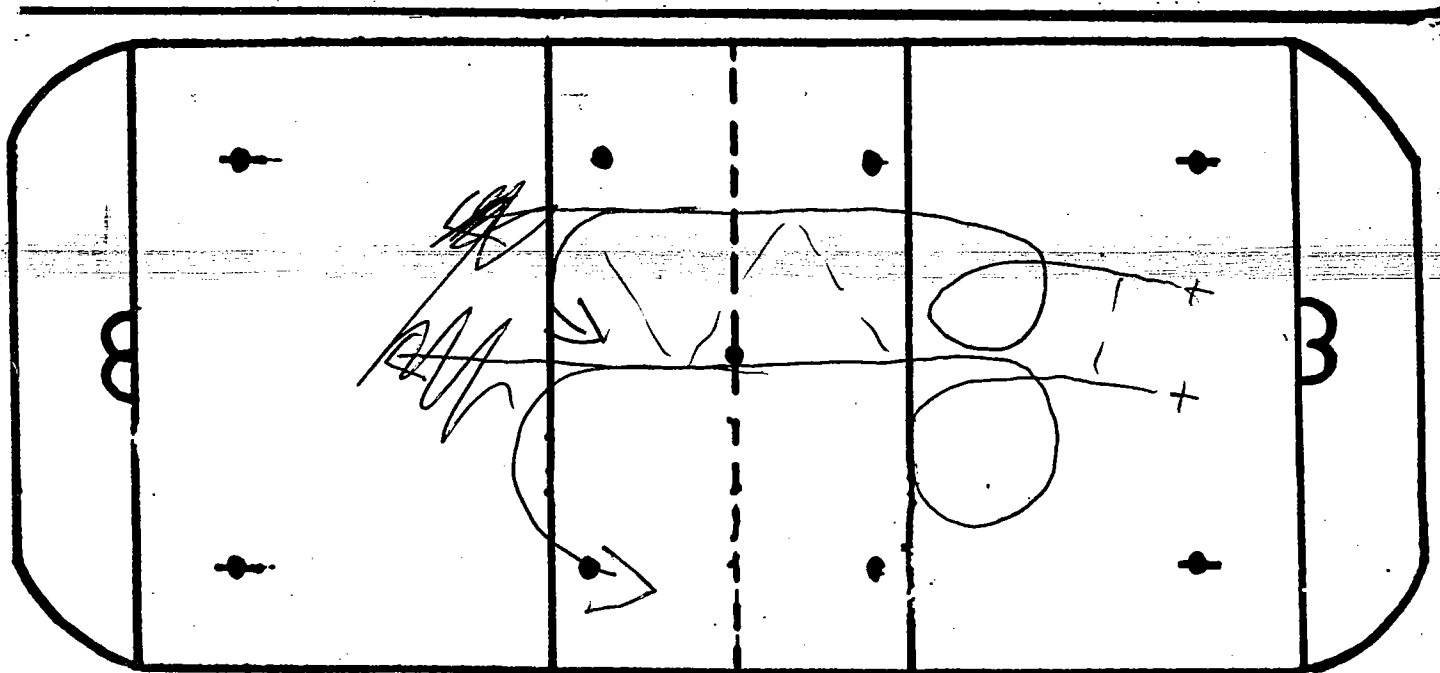
2-0 Flare - Narrow & Wide



2-0 Together - pass to coach then turn
up ice



2-0 Forward & 1 backward coming back



2-0 Loop together