



Fun in tight spaces

Date 9/6/2011

Objectives

Line Up

Left Wing	Center	Right Wing

Left Defense	Right Defense

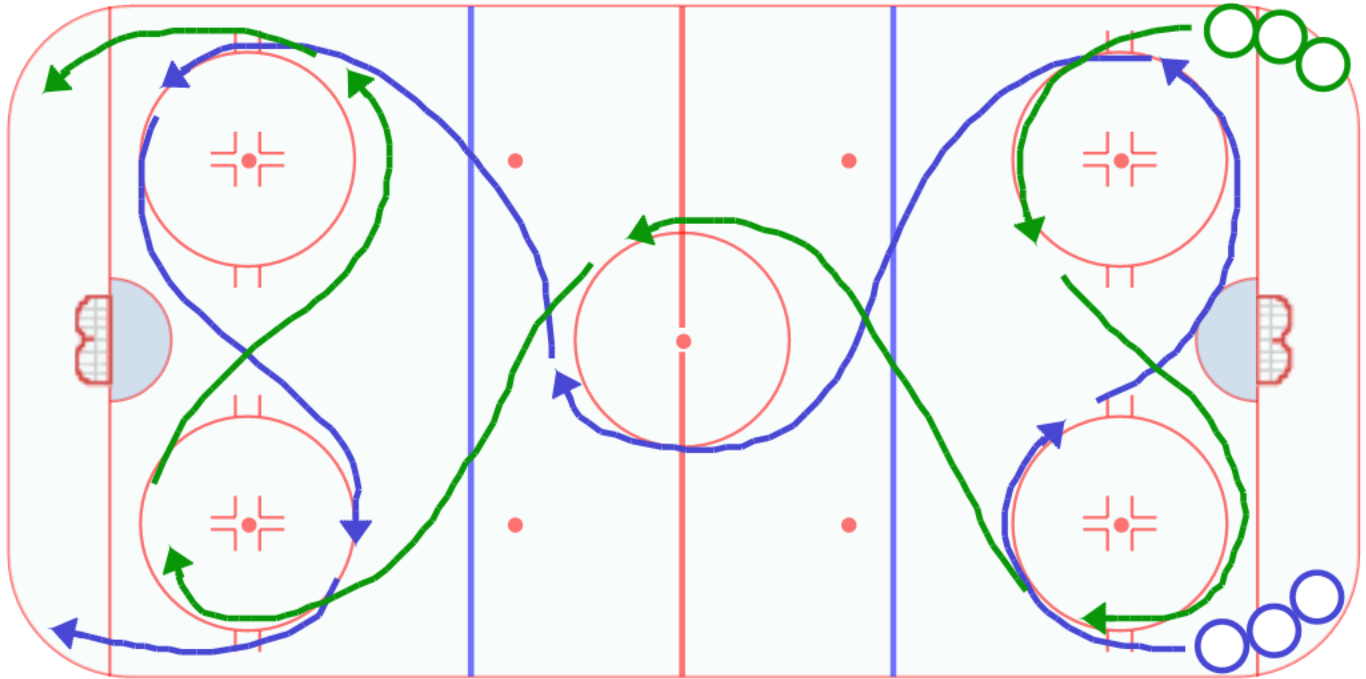
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Title : Russian Circles _____

Category #2 :

Content elements : _____ Components: _____



Key points :

Description

This is a good a good way to end a practice. Most coaches would consider this a warm up drill, however, I favor this drill at the end of practice. This drill promotes foot speed. When you do this drill at the end of practice, then the muscels have this as the most recent memory.

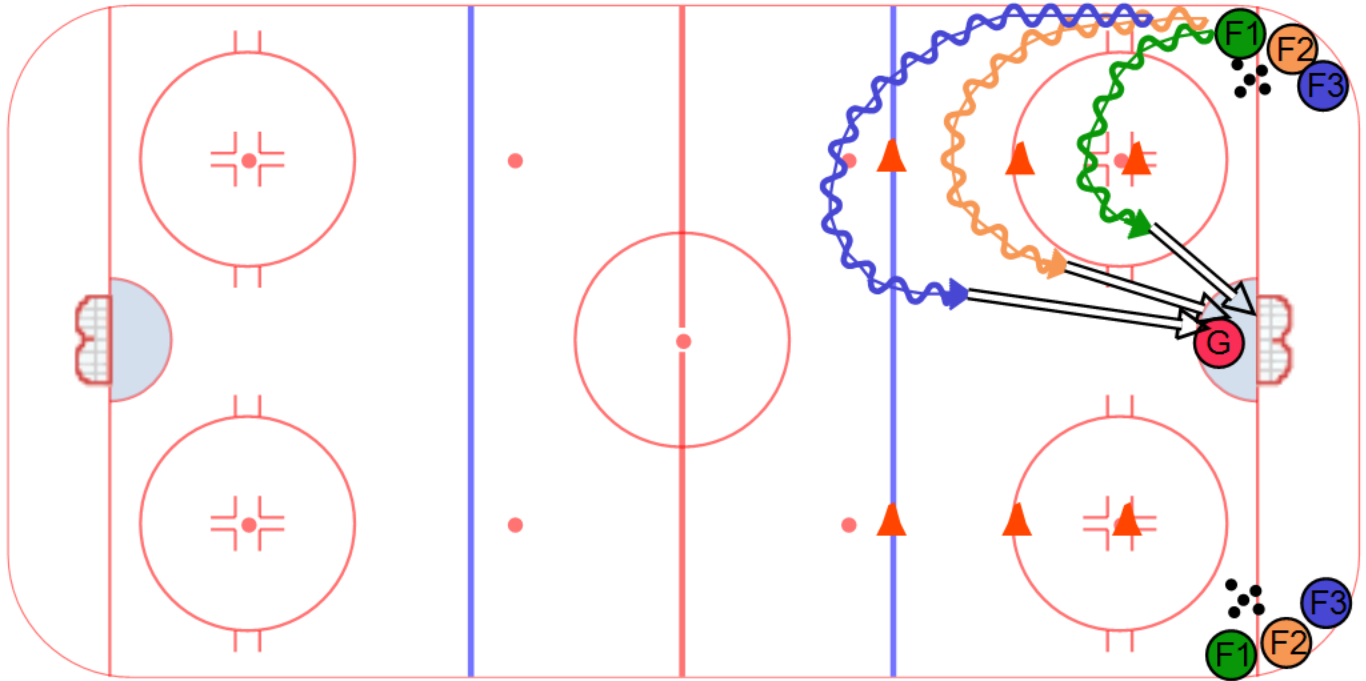
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Title : 3 Level 1 on 0

Category #2 :

Content elements : _____ Components: _____



Key points :

Description

A simple half ice shooting drill that works well for a half ice warm up. It is a drill that works fine for squirts and up. Divide the players into the two corners with pucks. Three players from each corner go at the same time. The first player carries the puck around the first cone and takes a shot from close range, the second player goes around the second cone and takes a shot, and the third player goes around the third cone and shoots. This is as much a warm up drill for the goalies as well as the players so make sure players are hitting the net. It is also important for players to keep their head up and make sure the goalie is ready before shooting.

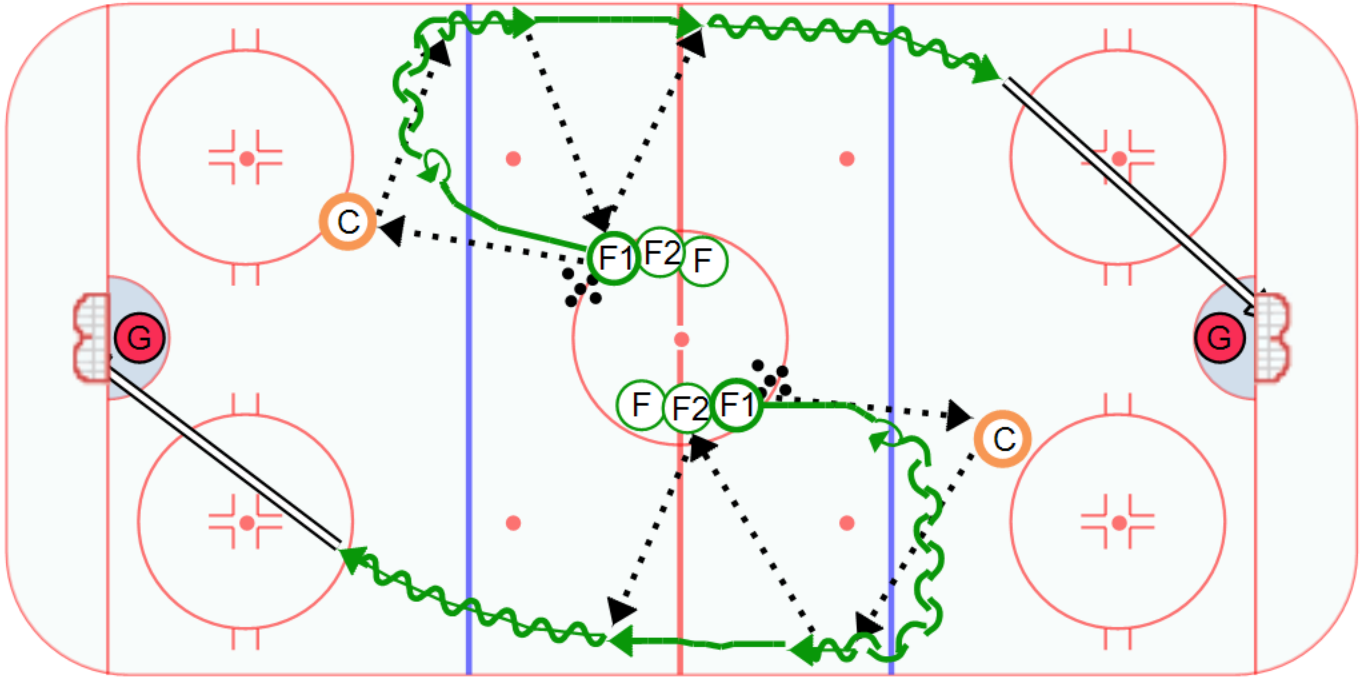
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Title : Pivot Give & Go Drill

Category #2 :

Content elements : _____ Components: _____



Key points :

Description

This drill simulates the path that wingers will often take in the neutral zone. F1 starts with a puck and passes to a coach or defensive player at about the top of the circles. F1 skates at the coach and pivots backwards so they are always facing the puck as they swing to the boards. They will receive a pass just as they start to head up ice. Once they receive the pass, they perform a give and go with F2 (the next player in line) and go in for a long shot on net. The focus of this drill is to get forwards in the habit of always facing the puck in the neutral zone as they open up and make themselves available for a pass from the defense.

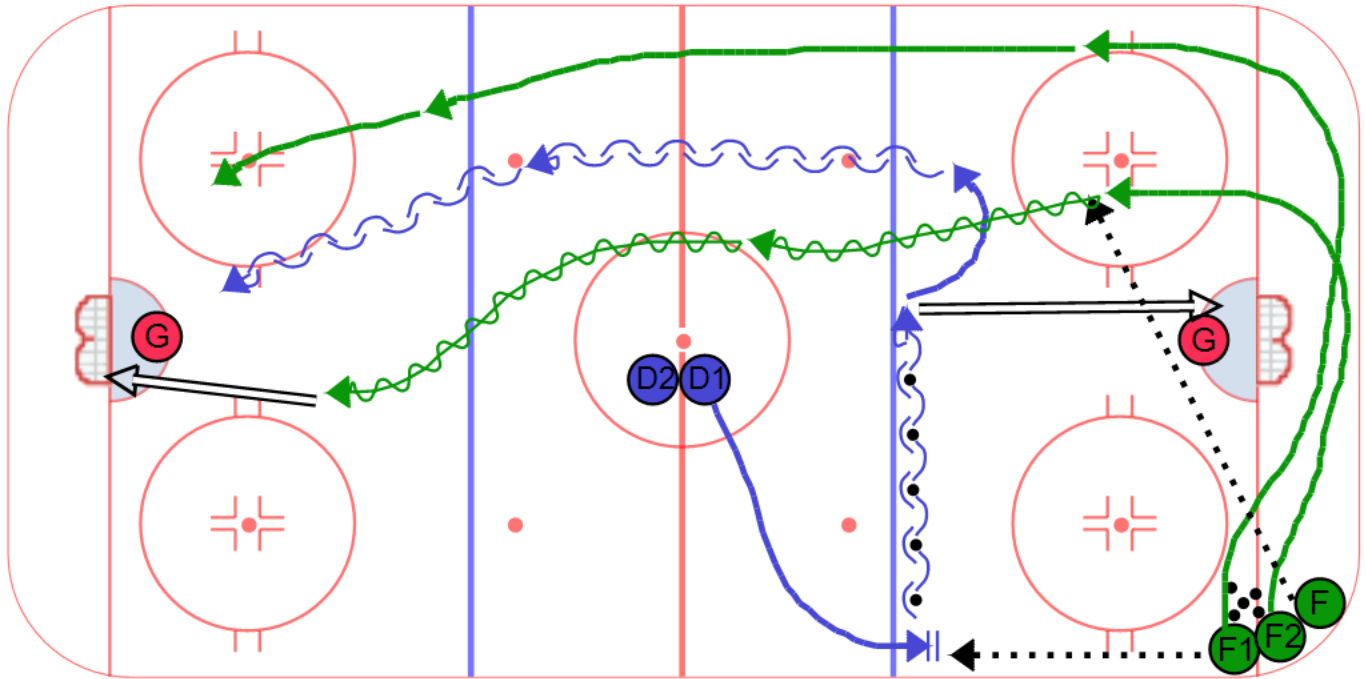
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Title : Quick Transition 2 on 1

Category #2 :

Content elements : _____ Components: _____



Key points :

Description

This is a good 2 on 1 drill for defense. To set up, place all pucks in the corner with the forwards and get all defense at center ice. On the whistle, D1 skates hard to the blue line and receives a pass from F1. D1 walks the puck to the middle and shoots on net. F1 and F2 then skate around the net and receive a pass from the next forward in line. F1 and F2 then take on D1 in a 2 on 1 situation.

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

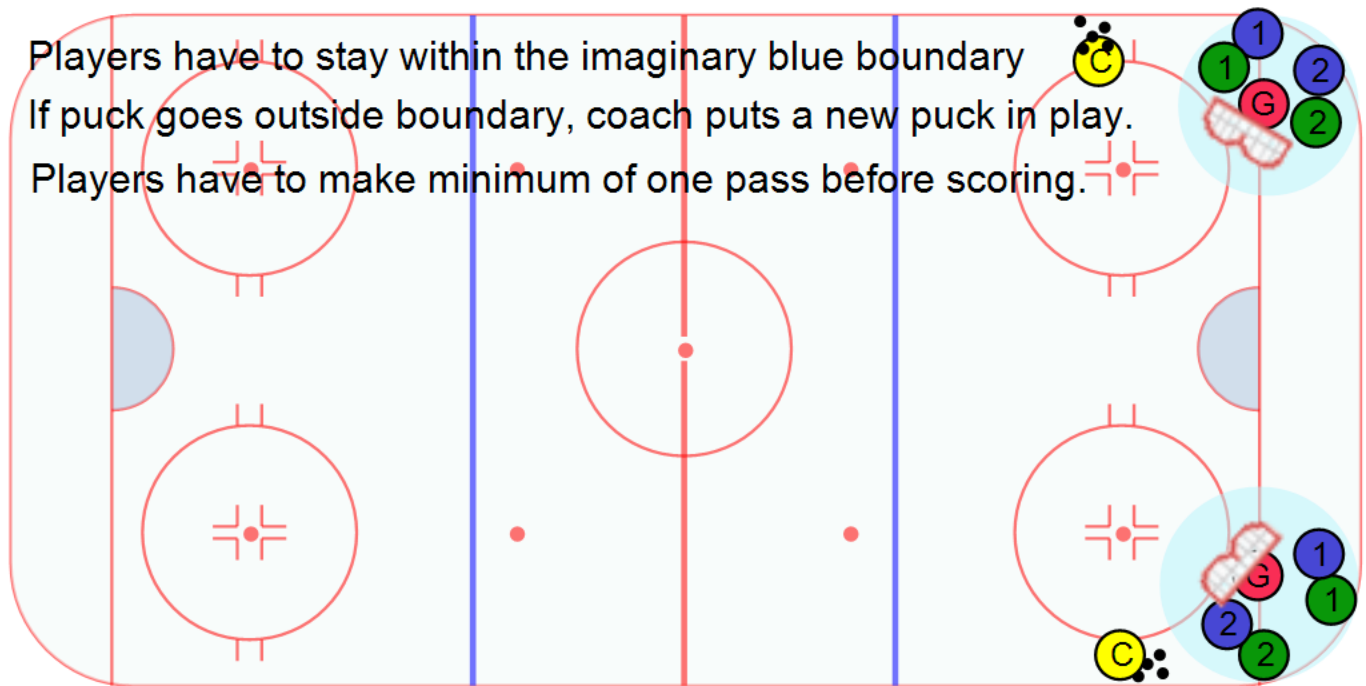
Category #1 :

Title : 2 on 2 in the Corner

Category #2 :

Content elements : _____

Components: _____



Key points :

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Description

This is 2 on 2 game played in tight quarters. It is actually a great game for working on defensive coverage in front of your own net. The only rules are that players must stay within the boundaries which are approximately shown in the diagrams and there must be at least one pass made between teammates before scoring. The puck is in play until the puck exits the boundary or is in the net. Both teams are trying to score.

Teach the players that when they are on defense their goal is to keep themselves between the offensive players and the net. On offense, creativity is the goal.

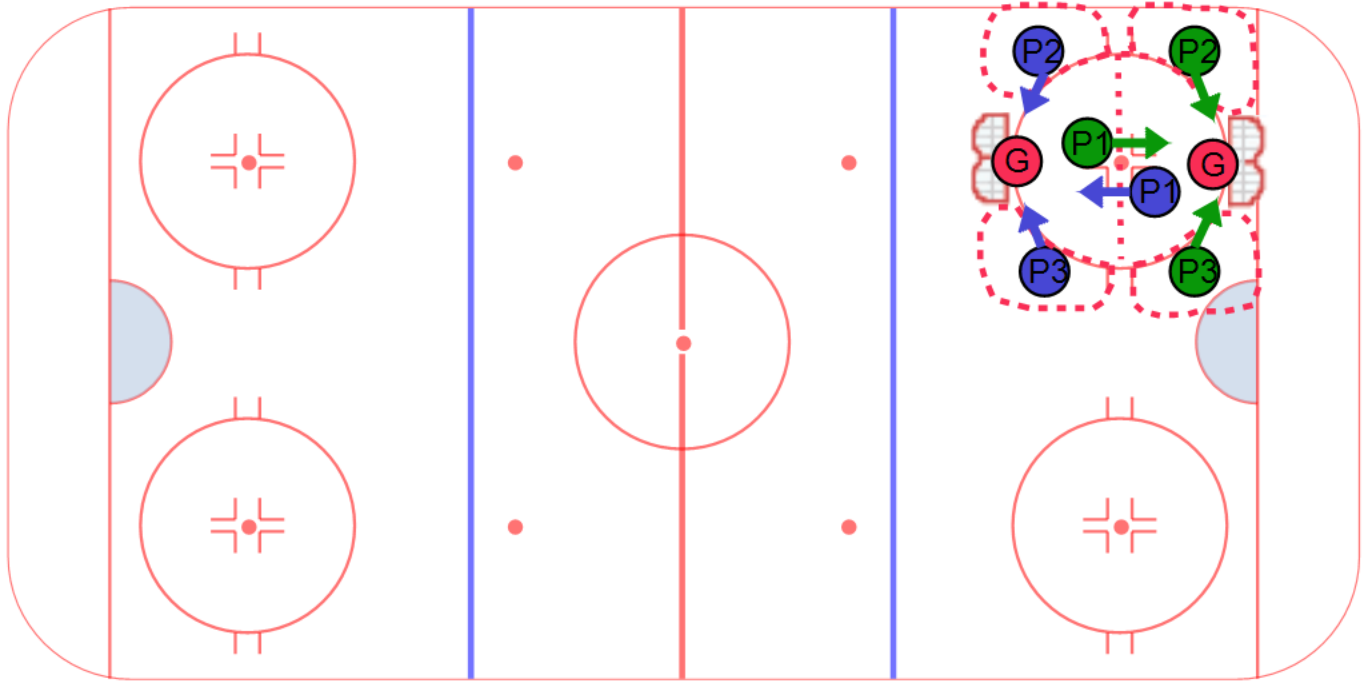
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Title : quarter ice 3 on 3

Category #2 :

Content elements : _____ Components: _____



Key points :

Description

Players and goalies tend to love this game. It is a 3 on 3 game played in a very small area and therefore players create lots of scoring chances and goalies are very active. The game is played using two nets, one on each end of the face off circle. One player from each team is allowed inside the circle and is only allowed on the defensive half. The other two players are on the offensive side of the circle but cannot go inside the circle. Allow players to play for 45 seconds and then either switch out players or offer a rest to keep the pace of play high.