



Half Ice #1

Date 9/9/2011

Objectives

Line Up

Left Wing	Center	Right Wing

Left Defense	Right Defense

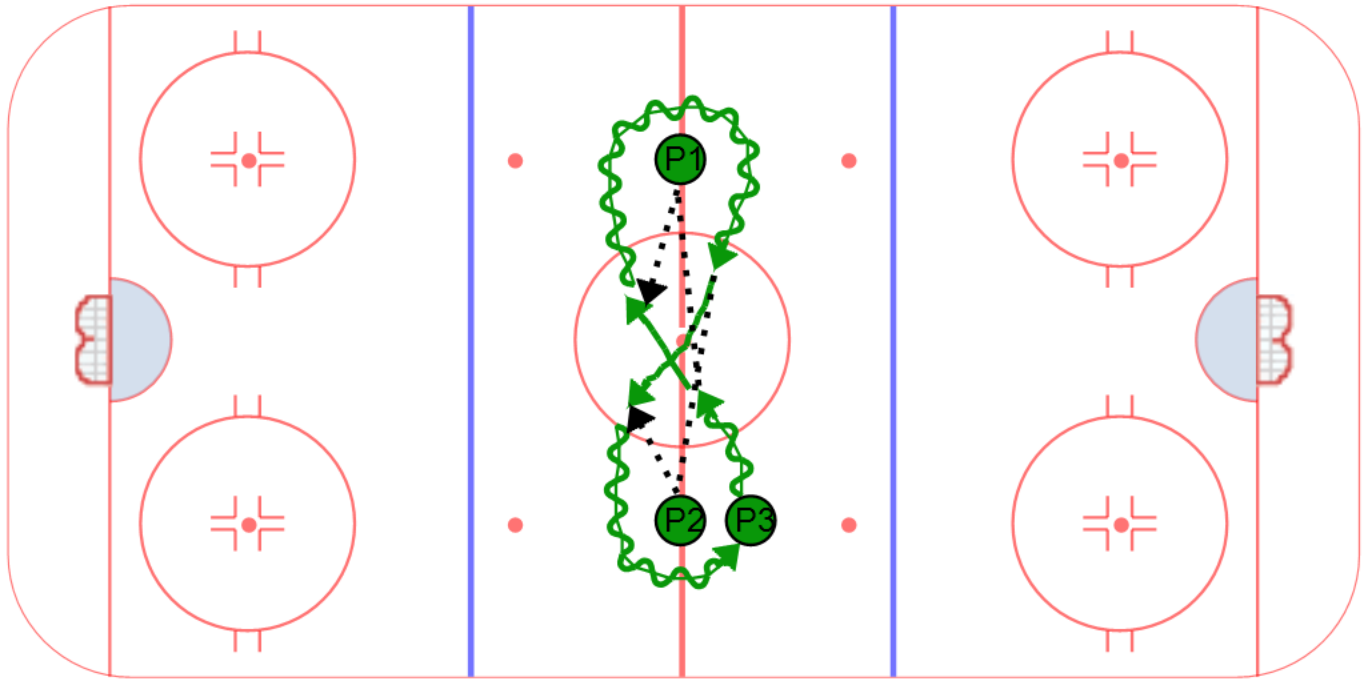
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Title : Power Turn Passing Drill

Category #2 :

Content elements : _____ Components: _____



Key points :

Description

This drill is a quick warm up that gets the players blood flowing and allows them to get a feel for the puck. Have players get into groups of 3. Two players should be place about even with the face off dots, the third player will start with the puck next to either one of the other players as shown on the diagram. On the whistle, P3 skates towards P1 with the puck and makes a pass to P1. P1 makes a one-time pass back to P3 and P3 then makes a power turn around P1 and skates back towards P2 to do the same thing. P3 should alternate making the power turn on their forehand and backhand sides. Allow the players about 30 seconds and then rotate so that all players have a turn at each position.

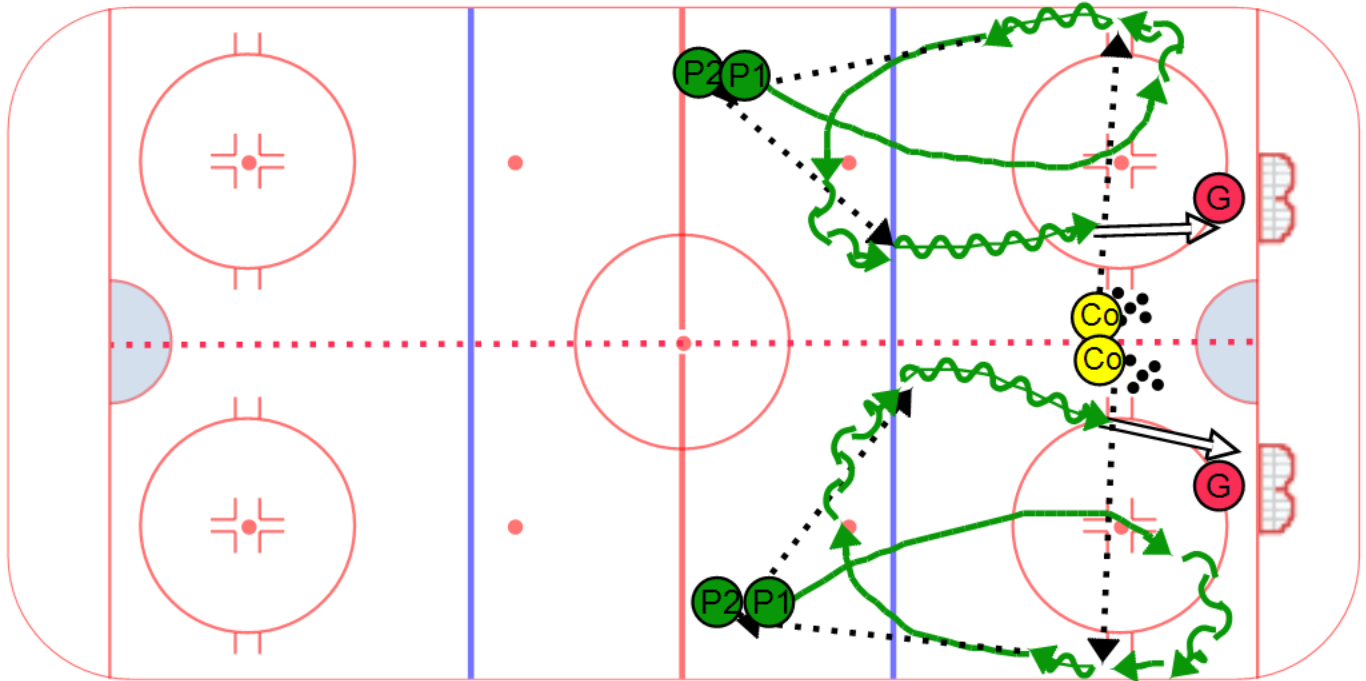
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Title : One Man Transition Drill

Category #2 :

Content elements : _____ Components: _____



Key points :

Description

This is a good drill for half ice practices. It is geared towards for forwards but is not bad for defencemen either. Place the two nest on the same goal line as shown in the diagram. The coaches or extra players gather the pucks in the center of the zone. Players line up just inside the red line about 10' off of the boards. On the whistle P1 skates down inside the zone around the face off dot and transitions backwards to the boards to receive a pass from the coach. P1 controls the puck for a few strides as they skate up the wall and then they make a pass to P2 (the second player in line). P1 continues forwards outside the blue line and then transitions backwards again to face P2 and receive the pass from P2. P1 then skates in for a shot on net. It is important that P1 moves their feet throughtout the drill.

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

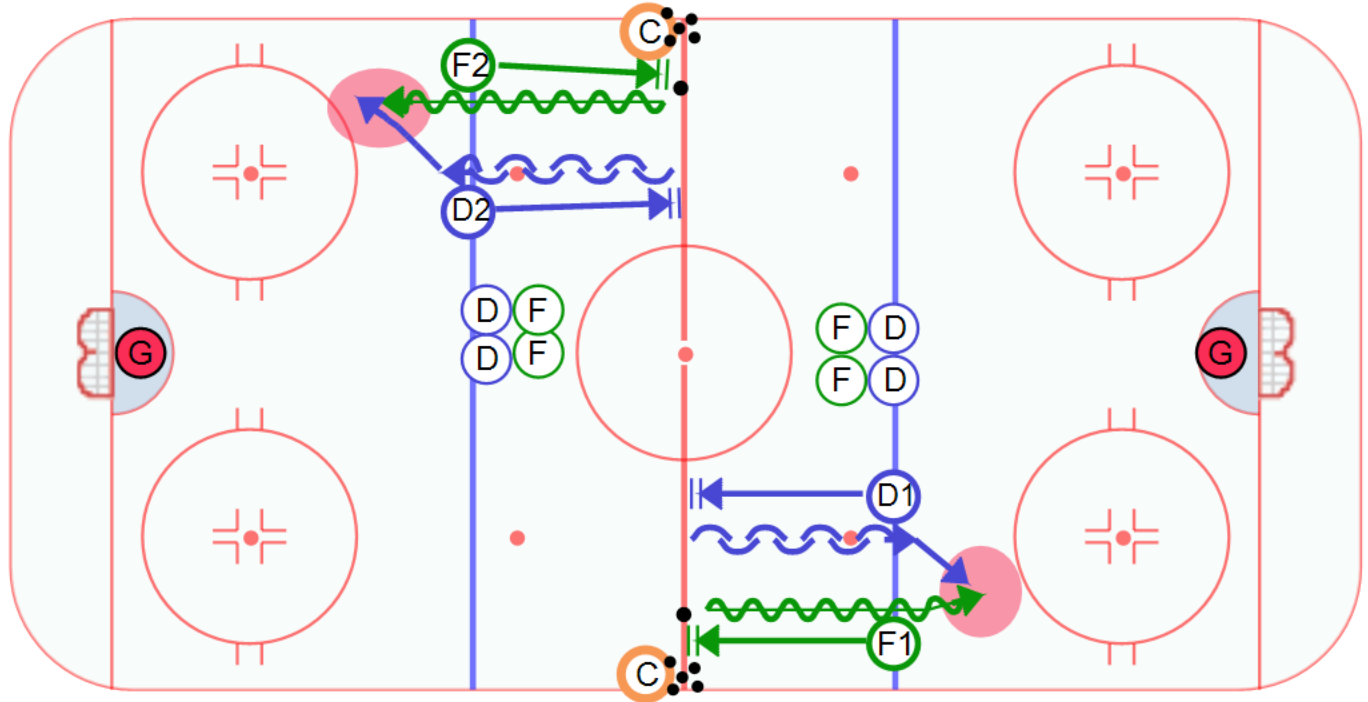
Category #1 :

Title : Tight Transition 1 on 1

Category #2 :

Content elements : _____

Components: _____



Key points :

forwards - backwards
transition

Description

This drill will challenge even your best defensive players. To start the drill, a defense and forward step out to the blue line. The Forward on the outside a few feet off the boards, and the defense just inside the faceoff dot. The coach has the pucks along the boards at the red line. On the whistle, both players skate to the red line and stop. The forward picks up the puck set out by the coach and carries it back towards the net. The defense skates out to the red line, stops, and skates backwards in an attempt to keep F1 to the outside. The defense has to skate backward at least to the blue line. The defense should work on opening up and either taking forcing the Forward to the outside. In most cases the defense will get beat and need to open up and drive to the near post to try and cut off F1's path to the net.

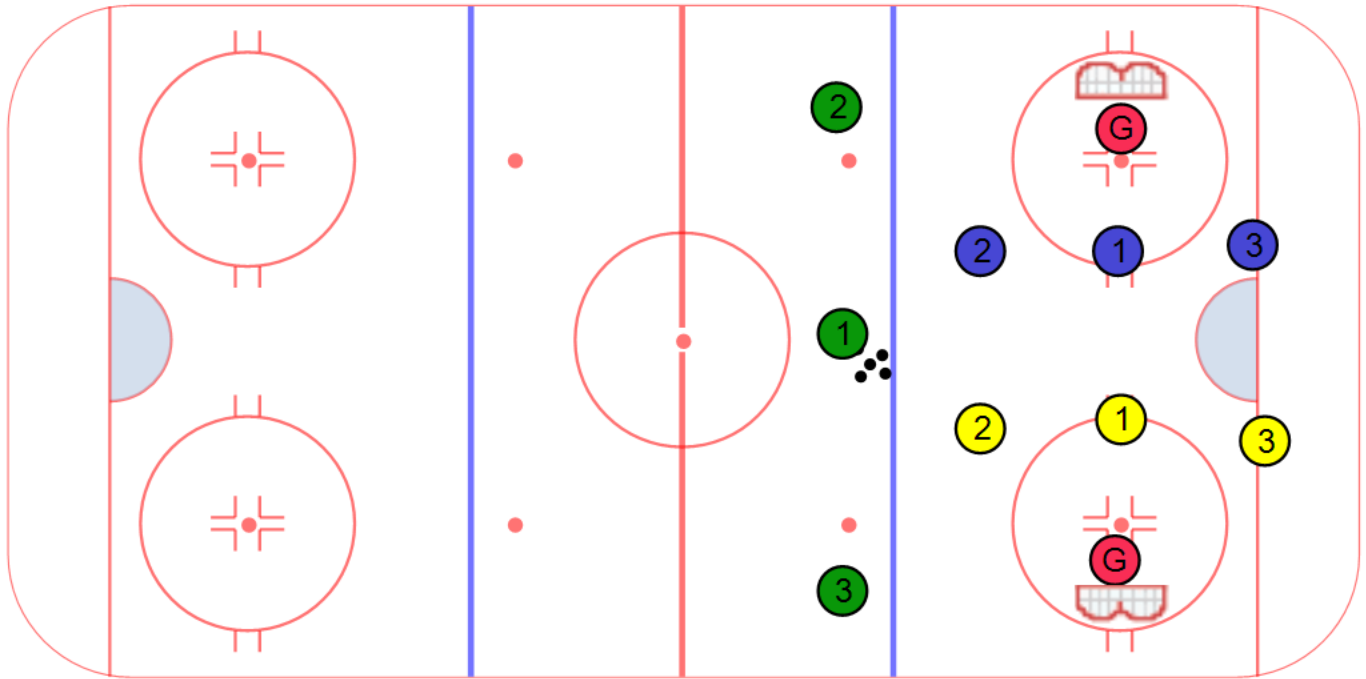
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Title : Westminster 3 on 3

Category #2 :

Content elements : _____ Components: _____



Key points :

Description

This is a fun 3 on 3 game that works well if you have 9-12 players (not including goalies) . For younger teams you could make this a 4 on 4 game as well. It is a typical 3 on 3 game where the teams play until there is a goal. The team that scores stays in the game and the losing team is replaced by the bumpers that are aligned on the blue line. The new team is the only team allowed to use the bumpers, therefore giving the new team a distinct advantage over the winning team. The idea is to move the puck to your advantage when the bumpers are available. It also levels the field of play so that one team is not always staying in the game.

In the diagram, if the yellow team scores then the green team will replace the blue team. The blue team then lines up on the blue line and are available for passes from the green team.