



Half Ice Skating and Speed

Date 9/21/2011

Objectives

Line Up

Left Wing	Center	Right Wing

Left Defense	Right Defense

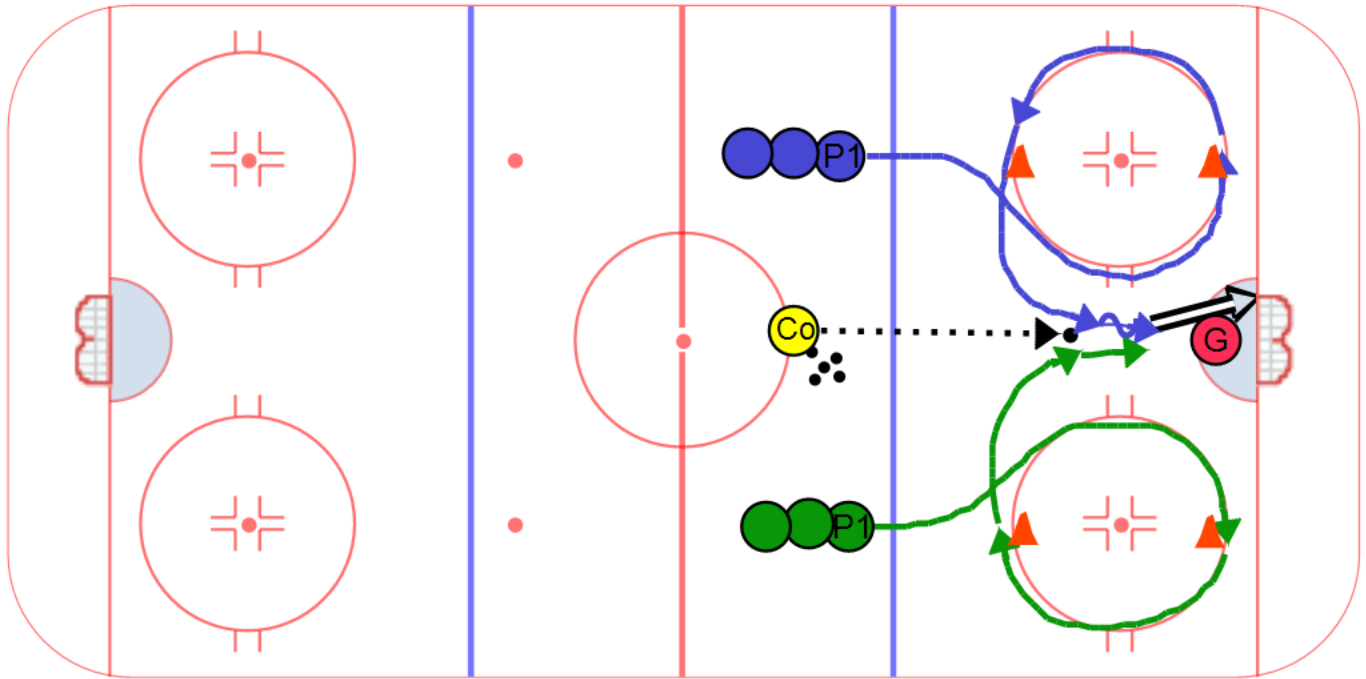
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Title : Forward Overspeed Competition

Category #2 :

Content elements : _____ Components: _____



Key points :

Description

This drill is simply geared towards overspeed for forwards in the offensive zone. To set up, the coach gathers the pucks in the middle of the ice just outside the blue line. Divide players into two teams and line them up starting on the off sides face off dots. To minimize the cheating place a couple of cones at the top and bottom of the offensive zone face off circle. On the whistle the players have to skate around the circle, staying to the outside of the cones. The coach will play a puck into the high slot. The first player to get to the puck is rewarded with a scoring chance. You can even make it more challenging by making them go around the circle 2 or even 3 times. If you go more than three you start to lose the overspeed effect.

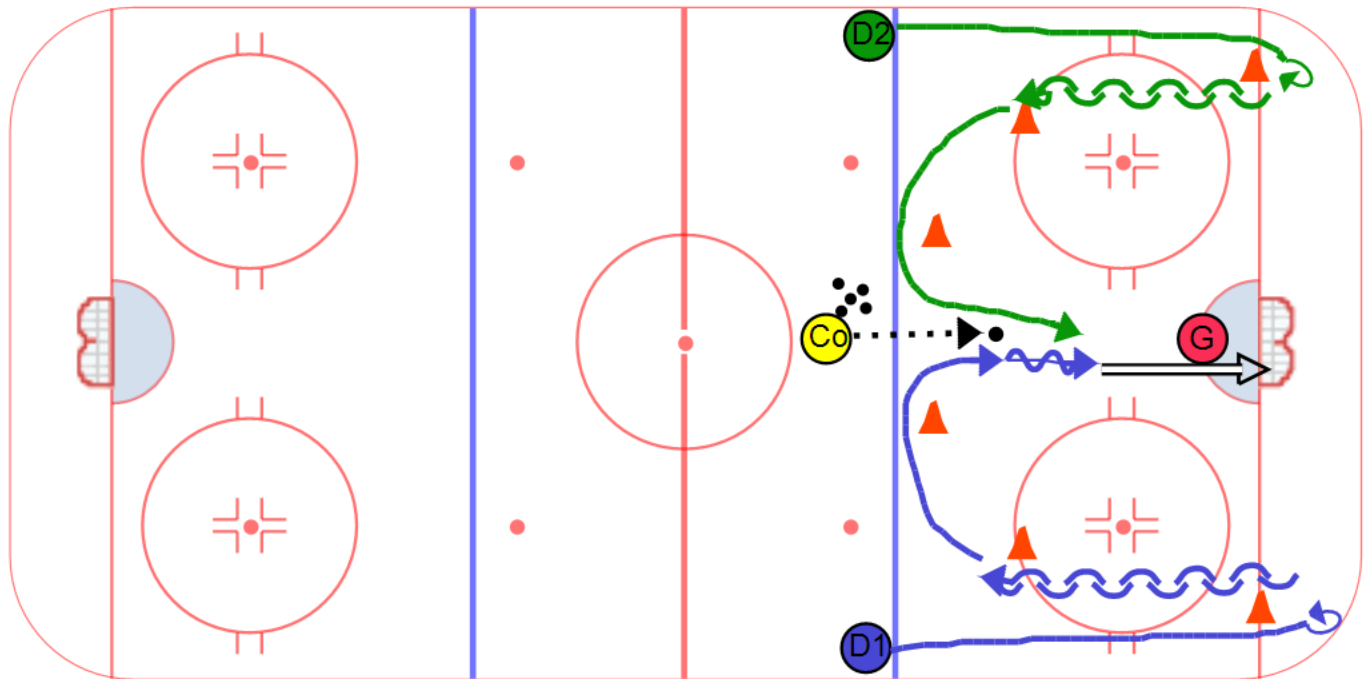
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Title : Defensive Pivot Races

Category #2 :

Content elements : _____ Components: _____



Key points :

Description

We have numerous overpeed races geared towards forwards so here is one that focuses on footwork for defense. Similar to the previous drill, the coach will have the pucks at center ice just outside the blue line. Set up cones or discs as shown in the diagram. Two lines of players are required, each along the boards at the blue lines. On the whistle the players skate forward and transition towards the middle of the ice around the cone on the goal line. They skate backwards as fast as they can to the cone at the top of the circle. At the cone they open up their hips and pivot forwards to skat around the cone in the middle. Emphasize no cross-overs. In fact you can make a rule that a player is disqualified if they use cross-overs to transition to forwards. The players then race to the puck that is placed in the slot by the coach. This forces players to move their feet faster than what is comfortable.

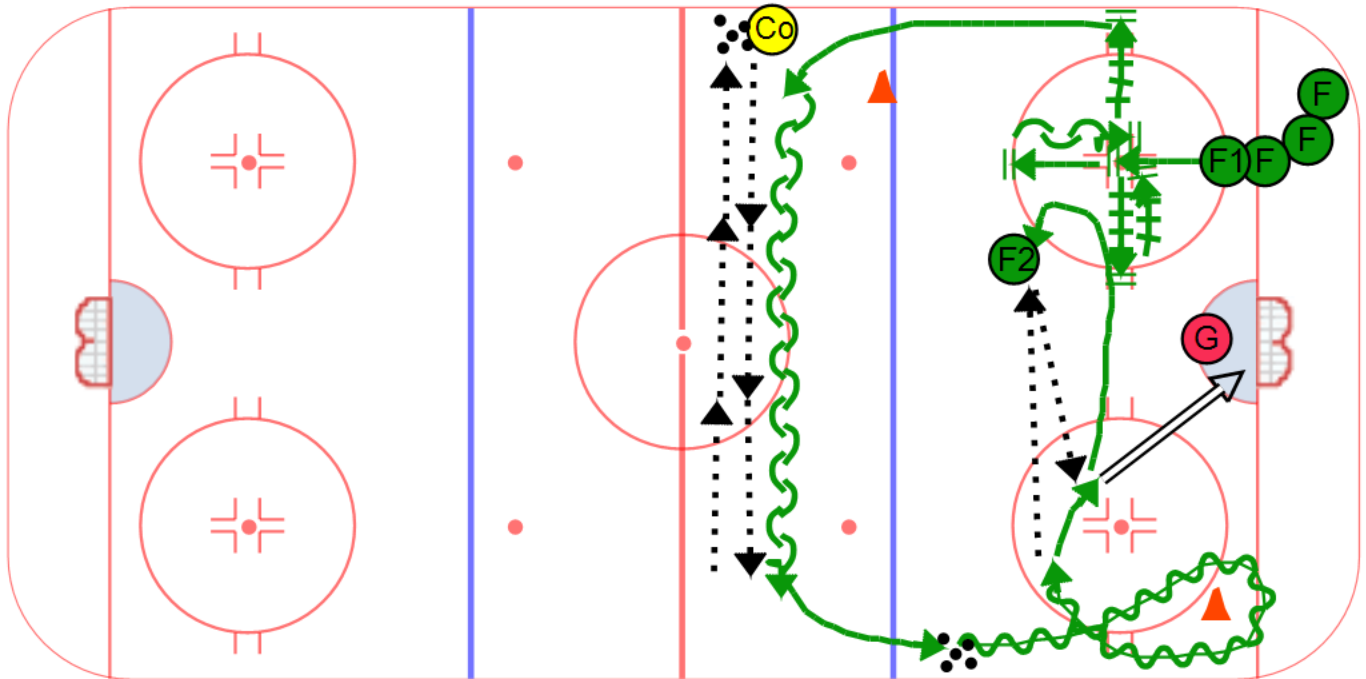
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Title : Golden Cross _____

Category #2 :

Content elements : _____ Components: _____



Key points :

Description

Here is a half ice hockey drill that works the players hard, involves lots of footwork, incorporates puck touches, and finishes with a give & go for a shot. Have the players line up starting at the bottom of one of the face off circles. Make sure the line curls away from the net so no one is hit with a shot. One player needs to stand near the top of the circle as shown in the diagram. The first player starts by doing an Iron Cross. They finish the Iron Cross by stopping at the hash marks along the boards. Then they sprint up towards the coach who is at center ice along the boards and pivot backwards. The coach will make as many passes to them as possible as they skate backwards to the opposite side. When they get to the opposite side they transition forwards, pick up a puck along the boards and make a power turn around the cone. Then they explode off the wall while contolling the puck and make a give and go with the player at the top of the face off circle before taking a quick shot on net. After the shot that player becomes the passer for the player coming behind them.

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

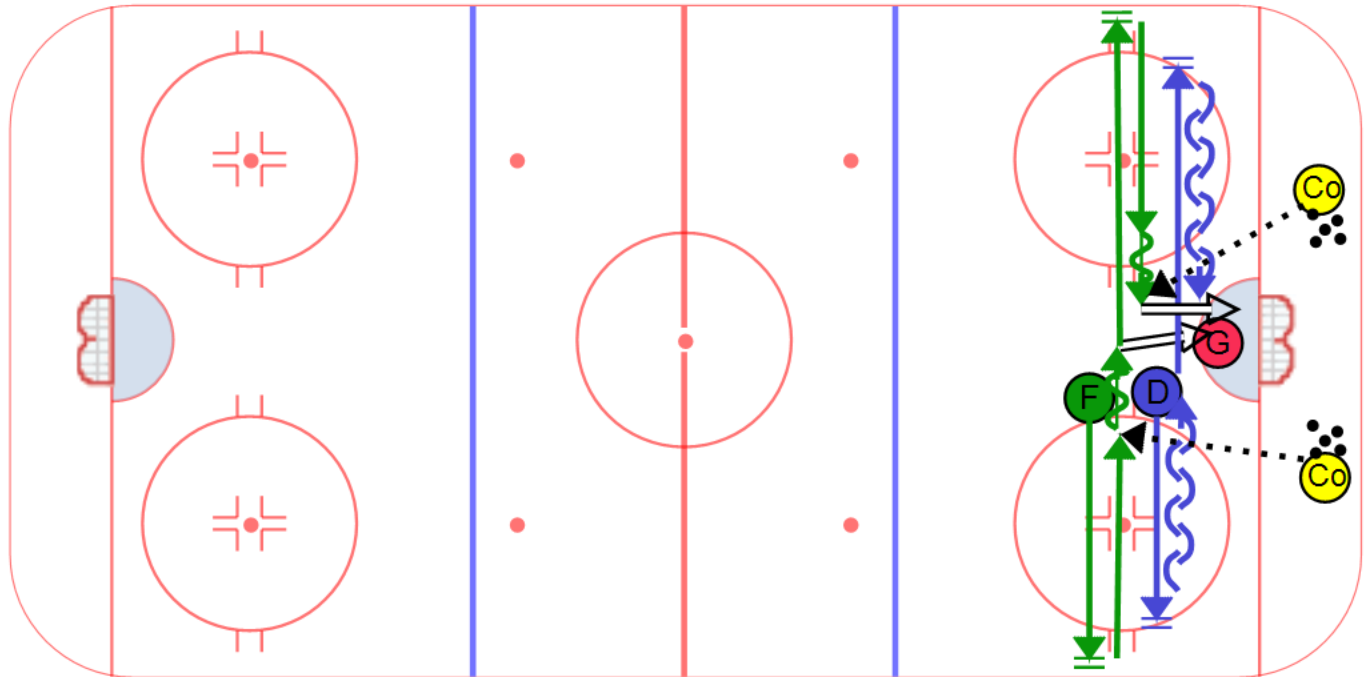
Category #1 :

Title : Off the Wall 1 on 1

Category #2 :

Content elements : _____

Components: _____



Key points :

Description

Great drill for defense in the defensive zone. The focus for defensive players should be to keep their heels to the net and not let the forwards to beat them off the wall back to the scoring area. Forwards are trying to explode off the wall and get open for a pass and scoring chance. Goalies are also challenged to cover the post quickly after each play as the coach may try to score from behind the goal line.

To set up the drill two coaches (or players) have the pucks below the goal line, one on each side of the net. A defensive player and forward line up on the inside hash marks as shown in the diagram. On the whistle both players sprint to the boards as though competing for a loose puck. The forwards have to touch the boards with their hands, the defense has to touch the boards with their stick. This forces the defense to stay in a good position between the forward and the net. The coach then tries to give the forward a pass as they skate back to the net. After the first play the players continue the drill to the other side. The drill repeats two more times so the players have three repetitions total. It is a great conditioning drill as well. View the animation for complete details.

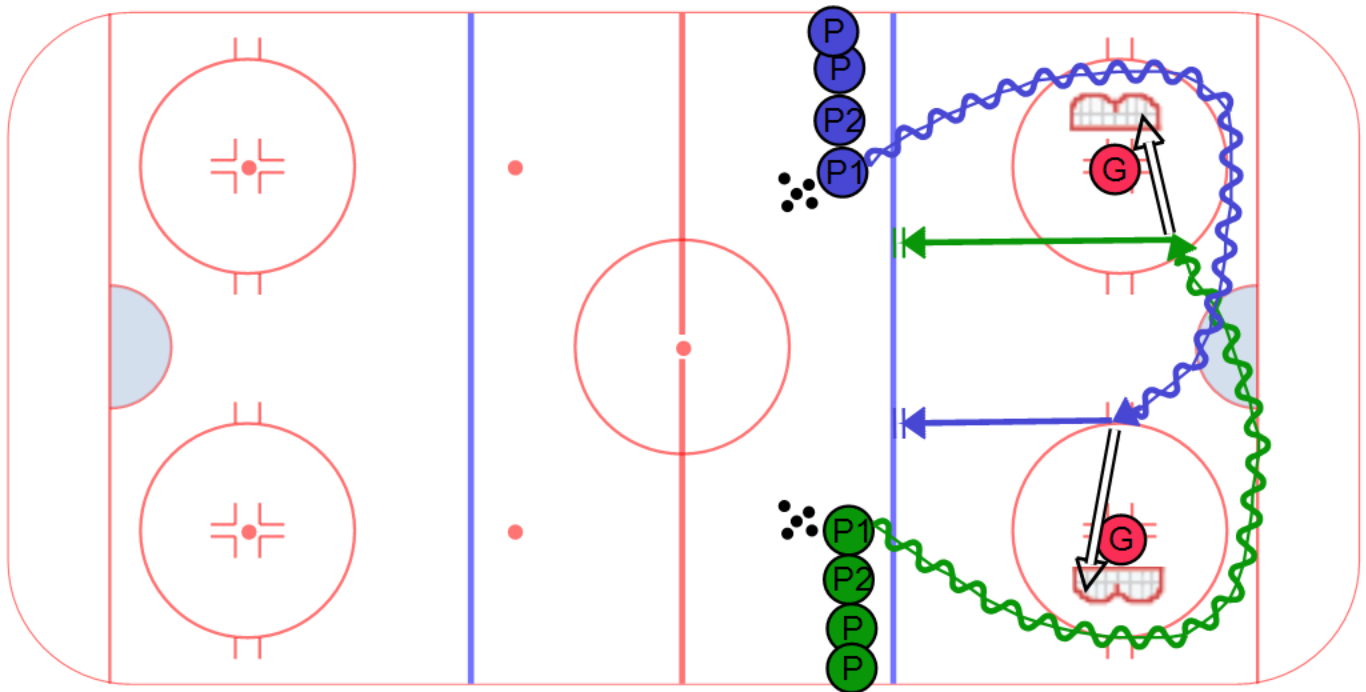
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Title : Sweetheart Relay Race

Category #2 :

Content elements : _____ Components: _____



Key points :

Description

Here is a hockey drill the young ones will LOVE! It works for half ice as long as you have two nets. Split the players into two teams and have them line up along the blue line so the first player is even with the face off dots. The objective is to be the first team stopped along the blue line and in good hockey position. On the whistle the first player from each line takes a puck and crosses over behind their own net and then goes down on the other goalie in a 1 on 0. Players need to keep their head up because there is another player coming the other way. The player has to score on the other team's goalie and then skate to the blue line, stop, and stay in good hockey position. Once the player stops, the next player on their team can go. The first team to get all of their player in good hockey position along the blue line wins.