



Half Ice Skills #1

Date

Objectives

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Line Up

Left Wing	Center	Right Wing

Left Defense	Right Defense

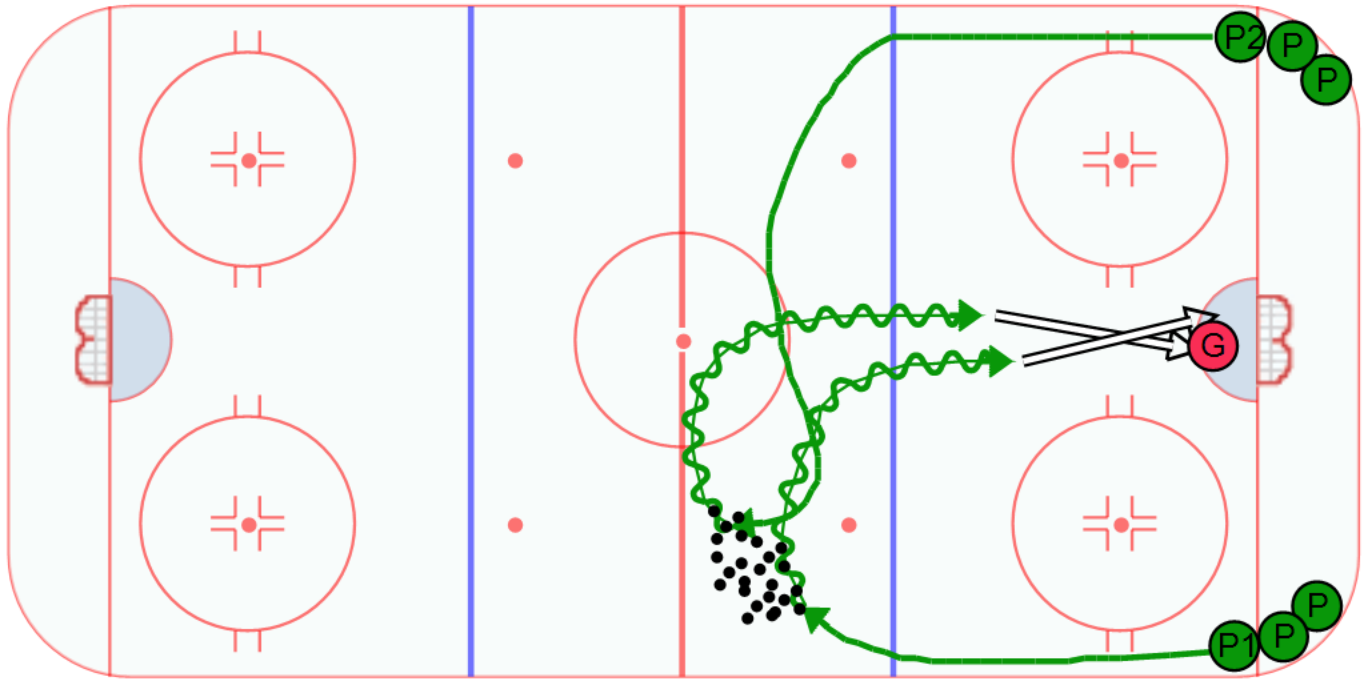
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Title : Swoop Warm Up

Category #2 :

Content elements : _____ Components: _____



Key points :

Description

This drill is extremely simple but can be a good use of time for a quick warm up on a half sheet of ice. To set up, divide players into two lines in the corners and scatter pucks on one side of the ice between the red and blue lines. P1 and P2 go at the same time. P1 skates out to the mess of pucks, picks one up and "swoops" back in the zone for a shot on net. P2 skates out to past the blue line as shown in the diagram, picks up a puck on the far side of the ice and circles back out towards center ice before "swooping" into the zone for a shot. The timing should be just enough for the goalie to set up between shots.

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

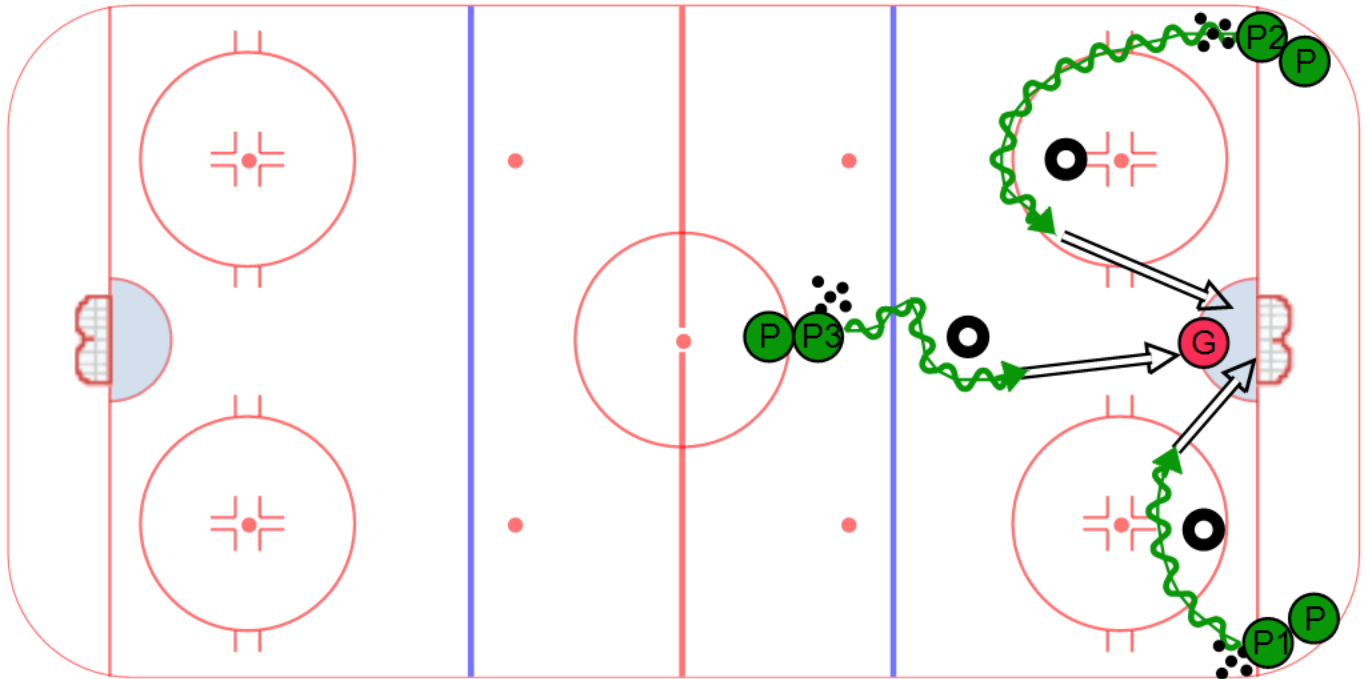
Category #1 :

Title : 3 Prong Warm Up

Category #2 :

Content elements : _____

Components: _____



Key points :

Description

This half ice warm up drill gives the goalies three type of shots and angles, and the players also get to work on 3 types of shots. P1 starts the drill by coming out of the corner with a puck around the tire and shooting from below the face off circle. After the shot P1 stays in front of the net and P2 starts their portion of the drill. P2 must keep their feet moving and skate out around the tire. Their goal is to get a shot off as quickly as possible while moving their feet and driving to the net. Try to teach players to keep shots low and shoot for rebounds. After P2 shoots P3 begins. P3 takes a puck and makes a move on the tire before taking a quick shot on net. Again, try to get players to make a move and get a quick shot on net.

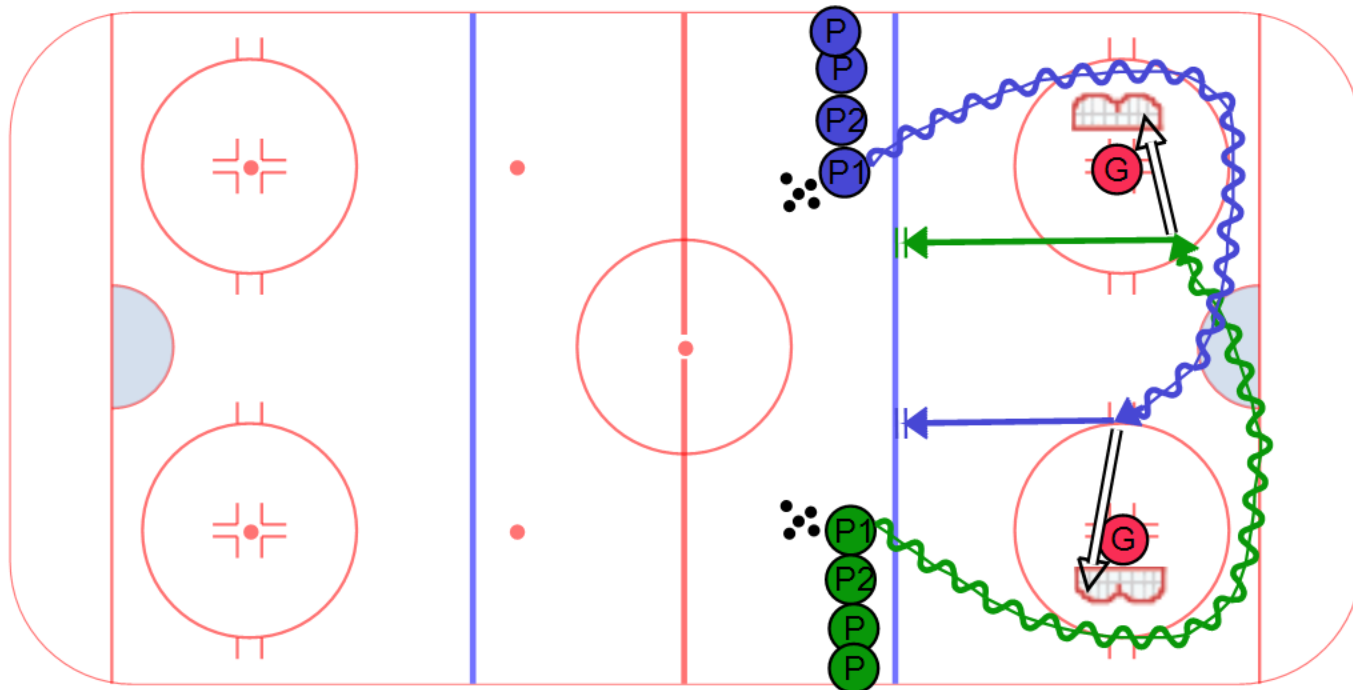
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Category #2 :

Title : Sweetheart Relay Race

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.