



Passing & Puck Control #1

Date

Objectives

Line Up

Left Wing	Center	Right Wing

Left Defense	Right Defense

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

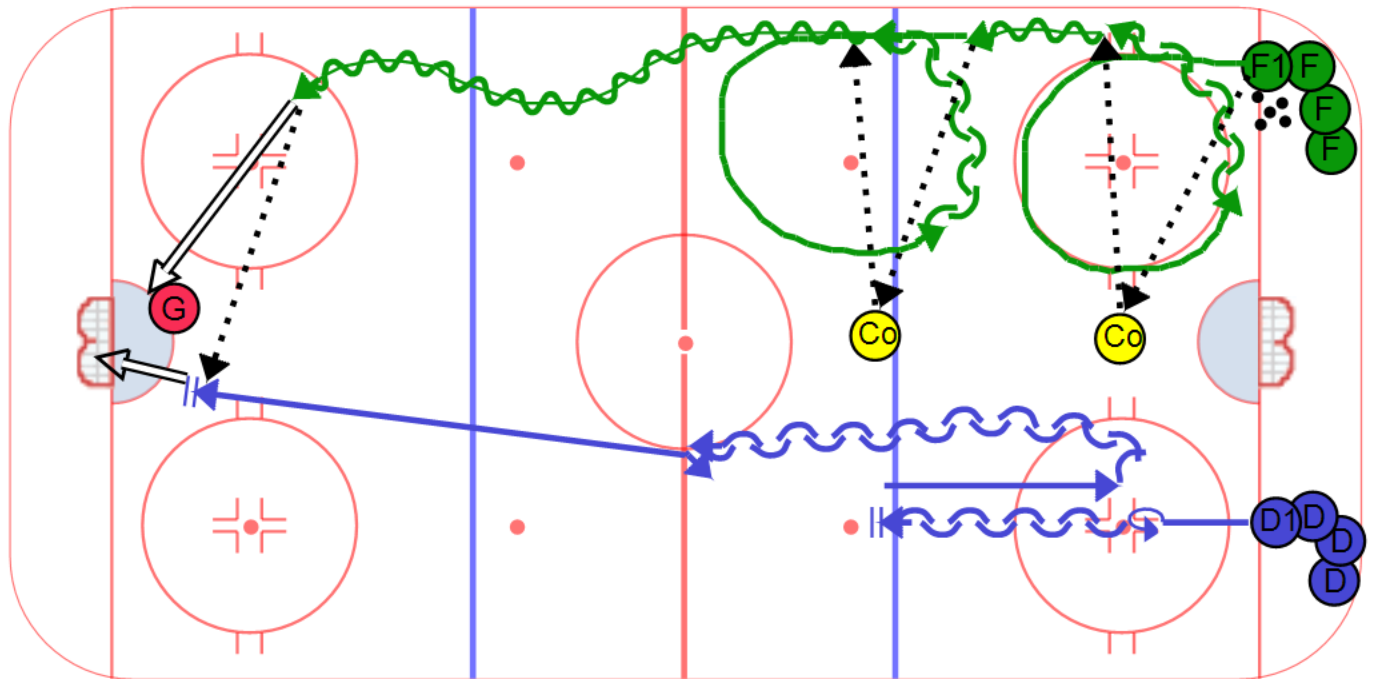
Category #1 :

Title : Panther Warm Up Skate

Category #2 :

Content elements : _____

Components: _____

Key points :

Description

This skating drill is a good way to start of practice with some skating fundamentals specific to forwards and defense. Two coaches or extra players are required for passers. Set up the forwards and defense on one end of the ice, each forming a line on their own side of the ice as shown in the diagram. The forwards will start with a pass to the first passer and skate forwards out around the top of the circle. As they circle the bottom of the circle they transition backwards so they are always facing the puck. The passer will make a pass back to the forward as they turn up ice. This is repeated once more in the neutral zone with the second passer. After receiving the second pass they attack the blue line inside out while keeping their feet moving. The forward continues to drive to the net and has two options. They can either shoot, or make a pass to the defense, who is driving the net.

At the same time the defense starts by taking a few hard strides to the face off dot and transitioning backwards to the blue line. At the blue line they stop and skate hard forwards back to the goal line, transition to the middle of the ice and skate hard backwards to center ice. At center ice they open up (without crossing over) and drive to the far post.

After the second pass is made to the forward the next pair starts.

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

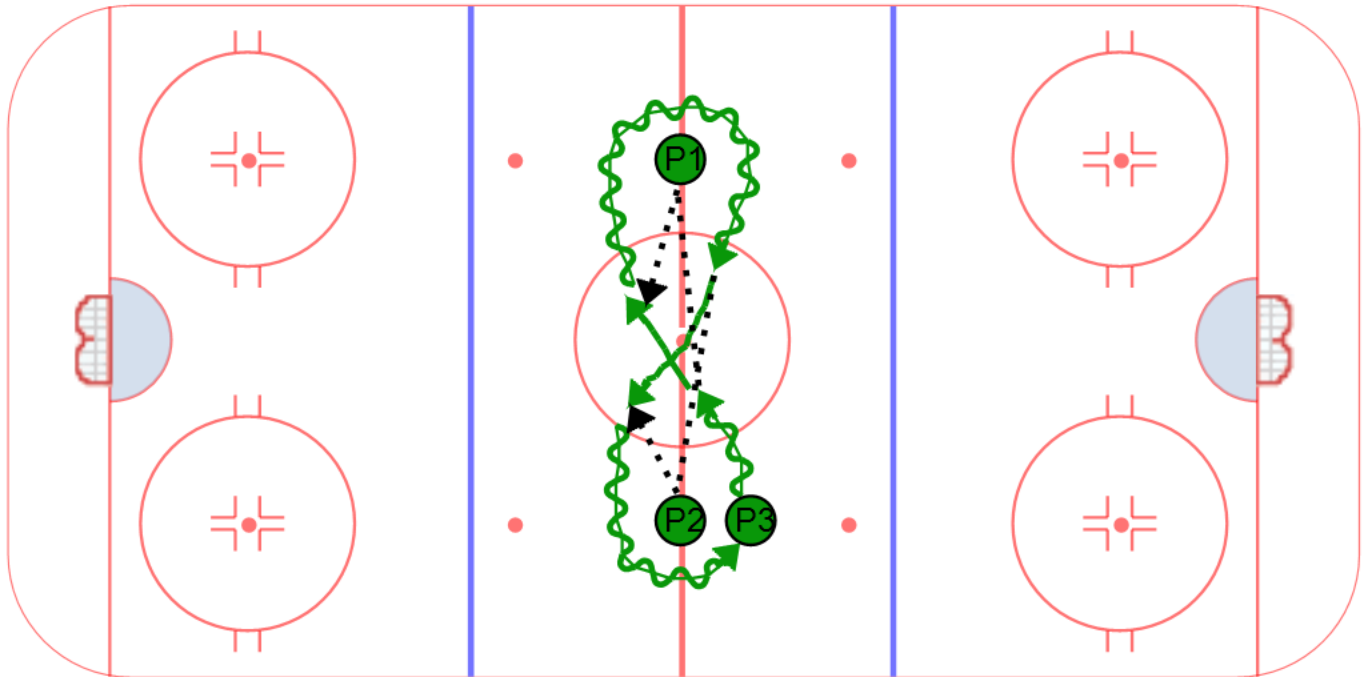
Category #1 :

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.

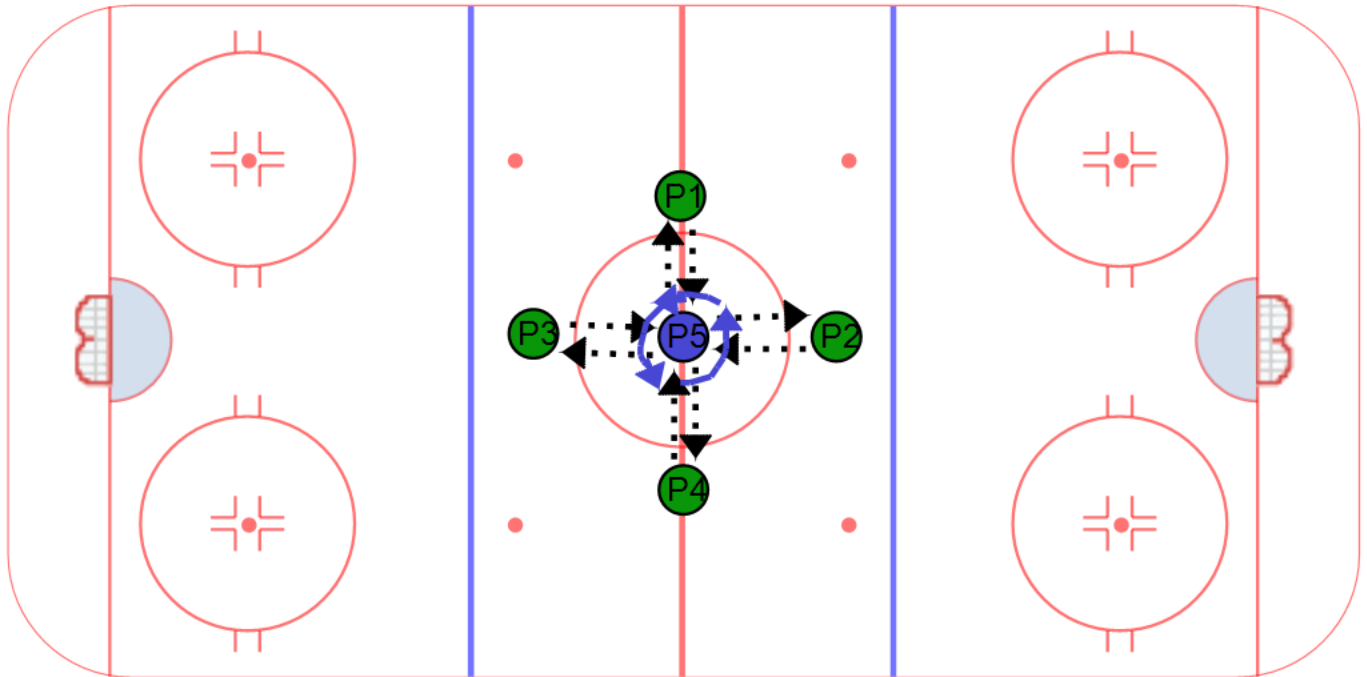
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Category #2 :

Title : Here you go! There you go!

Content elements : _____ Components: _____



Key points :

Description

This is a one touch passing hockey drill. You can have anywhere from 4 - 7 players in each group with one puck. One player is designated as the passer and is in the center. The other players form a circle about the size of the face-off circles around the player in the middle. The drill should be done in sets of 30 -45 seconds. To start, the player in the middle faces one of the players on the outside and calls for the puck. Only after they call for the puck will they receive a pass from that player. The player in the middle receives the puck and passes back to the same player, then turns to a different player of their choice and calls for the pass. This repeats for 30 - 45 seconds and then players switch roles.

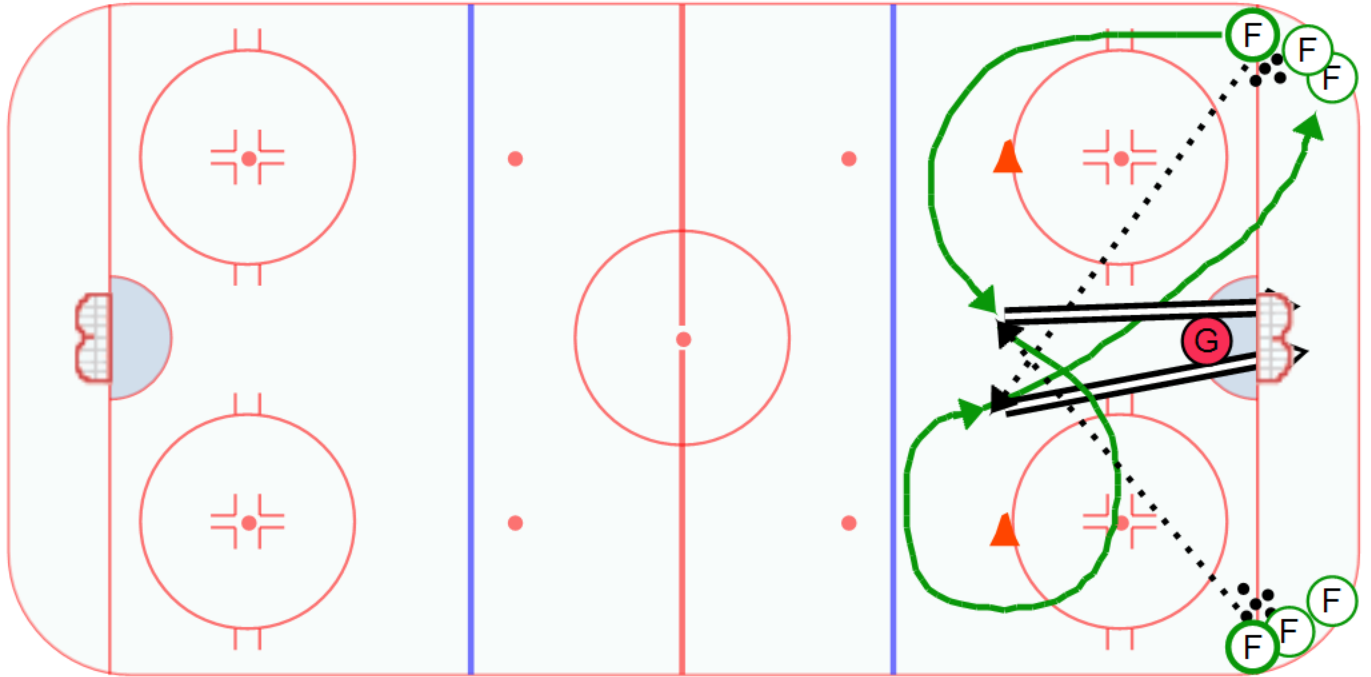
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Category #2 :

Title : Coyote Shooting Drill

Content elements : _____ Components: _____



Key points :

Description

This ice hockey drill is also a great Warm-Up drill. Again the key is to get players feet moving while receiving and releasing a shot as quick as possible. An interesting variety to this drill is to give the player bad passes on purpose to make them adjust and get off a shot.

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

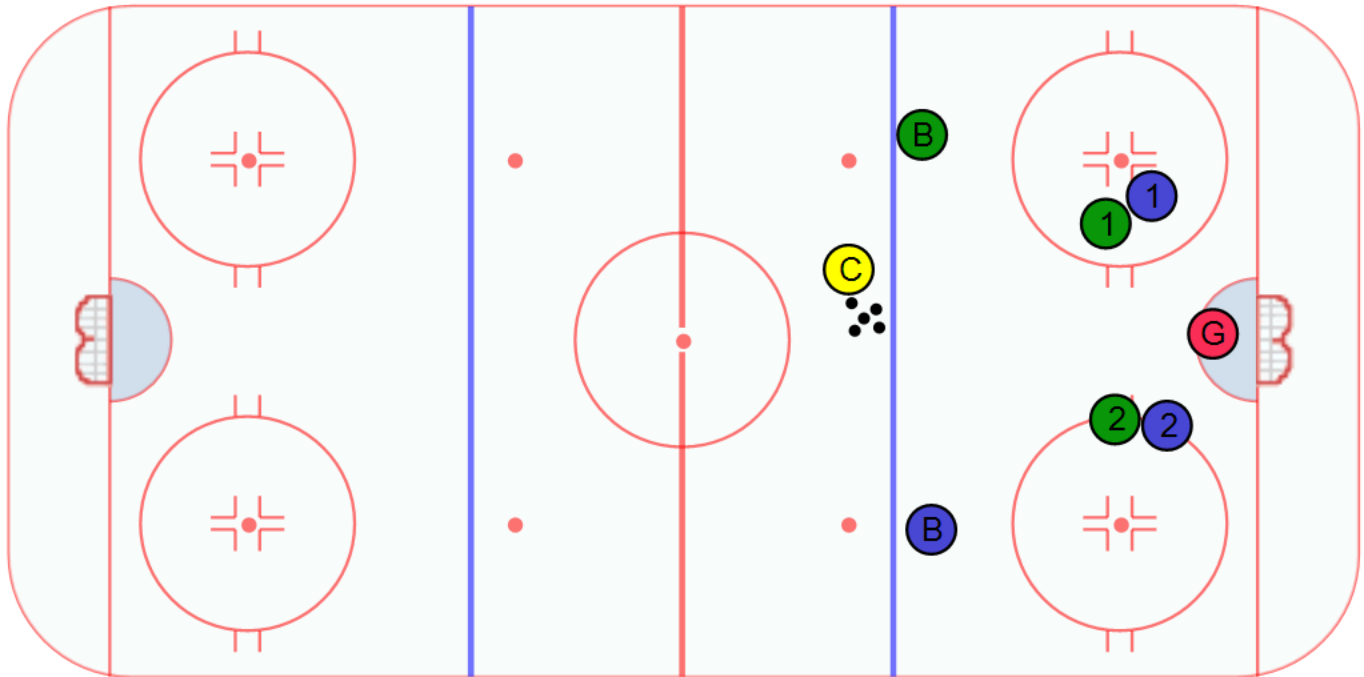
Category #1 :

Title : 3 on 3 with Bumpers

Category #2 :

Content elements : _____

Components: _____



Key points :

Description

This game is 3 on 3, but really turns into a 3 on 2 down low drill. In each zone there are two teams of three players. On each team there is a designated "bumper". The Bumper can come to life when one of their teammates passes them the puck.

To start the drill, the coach throws a puck deep into the zone. The players goal is to score, however, their Bumper must be activated in order to score. So when a player gets control of the puck, their first action should be to get the puck to their bumper. The bumpers cannot move until they receive a pass from their teammate. Once the bumper receives a pass it is then a 3 on 2 down low. The bumper is de-activated when the other team gains control of the puck.

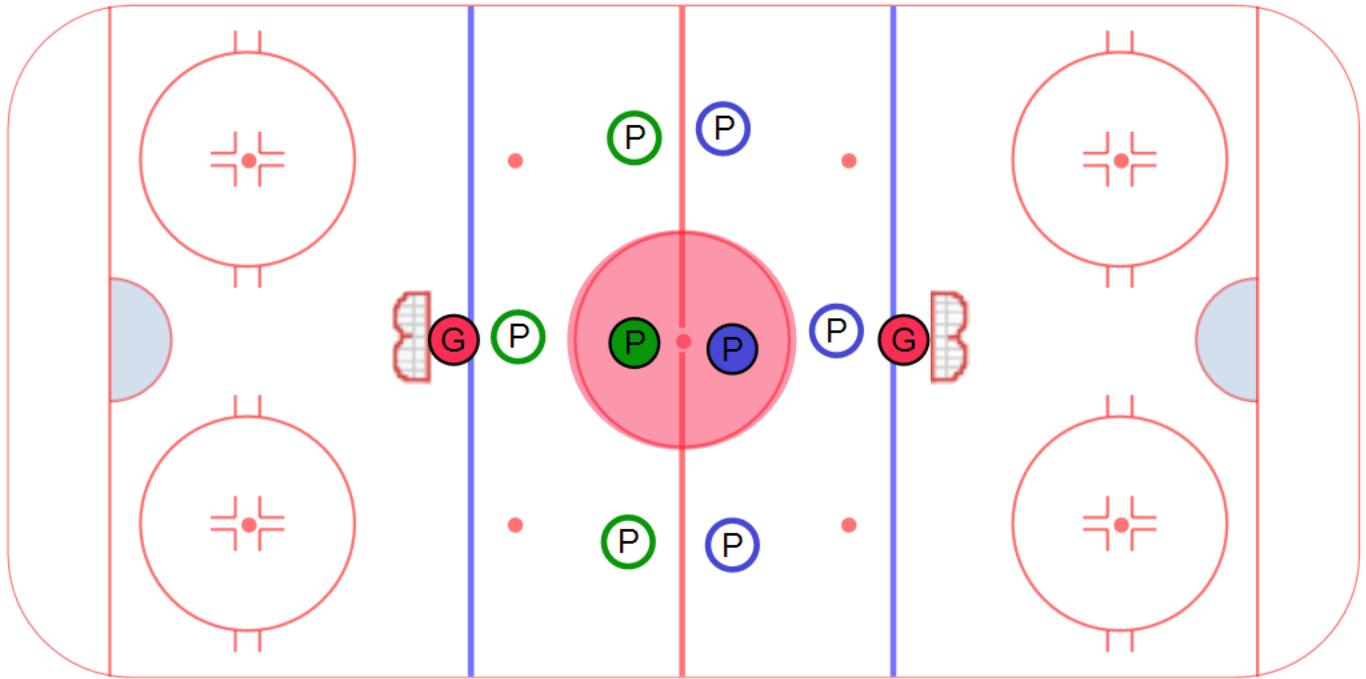
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Title : Middle Man

Category #2 :

Content elements : _____ Components: _____



Key points :

Description

This is a fun small area hockey game that can be played either 4 vs. 4 or 5 vs. 5. Each team designates one player that must stay within the center ice circle, the "Middle Man". In order for a team to score a goal, the team must use their "Middle Man" after a turnover at least once. The "Middle Man" may also score without passing the puck as long as they stay within the circle. This forces the both "Middle Men" to play defense and try to get open in a tight space. By having to make a pass to the "Middle Man" it places a great emphasis on passing.