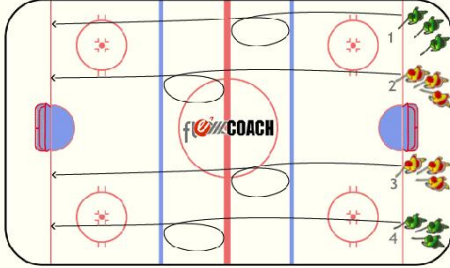


1) Czech Skating



DRILL OBJECTIVE: Edge control drill maintain

8 min.

KEY ELEMENTS:
• Skating

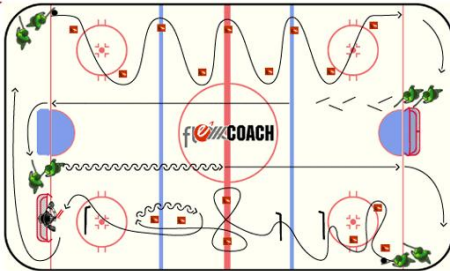
- Edge Control
- Circle with speed
- both ways
- Acceleration out of a turn
- Can be used as conditioning drill

ORGANIZATION: Four equally divided lines of players all at one end of the ice behind the goal line. On the whistle the first player in each line starts and skates to the neutral zone area. Lines one and three execute their circles before the red line, and lines two and four do so after. Maintaining good balance and edge control while maintaining their speed through the turn and accelerating out of the turn all the way to the tops of the circle at the other end.

VARIATION: add pucks, or perform backwards, or stagger players and turn it into a shooting drill for the goalie, can also be used as a race

GOALIE: Participate with the players working on skating.

2) 4 Skating Stations



DRILL OBJECTIVE: Fundamental Skill

20 min.

KEY ELEMENTS:
• Skating

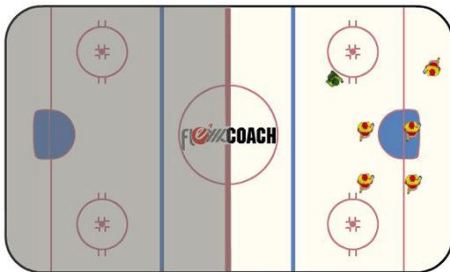
- Puck handling
- Pivots
- Agility

ORGANIZATION: Divide players into 4 equal groups positioned as shown in the diagram. Station #1: Skate through the cones with good puck control with your head up to the goal line, stop using a hockey stop, facing the middle of the ice. Station #2: From a starting position, explosive quick start to the redline, continue long strides down to the far goal line with a hockey stop, facing the middle of the ice. Station #3: Backwards start, skate backwards to the redline, pivot, open up towards the boards, skate forward to the corner of the net. Station #4: Obstacle course; stickhandle through the cones first, make a move right or left of the stick on the ice, jump over the next obstacle, skate a figure 8 between the next two cones and skate forward to the far cone, backward around the next cone, down the ice to make a move around the last object or coach for a shot on goal.

VARIATION: Stations #2 and #3 can add pucks.

GOALIE: Goalies can take shots at the end of Station #1 and at the end of Station #4, or participate in all the skating drills.

3) Freeze Tag



DRILL OBJECTIVE: Work on Skating Agility

5 min.

KEY ELEMENTS:
• Skating

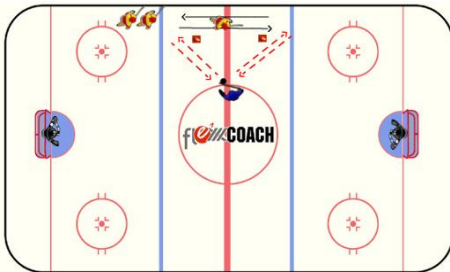
- Balance
- Agility
- Teamwork
- Communication

ORGANIZATION: Spread players out across one third of the ice surface. Denote either a coach or a player as "it." All other players skate within the area avoiding the tag. If they get tagged, they are frozen until another player frees them by tagging them. The game is over when all players are frozen.

VARIATION:

GOALIE: Participate in the drill with all players

4) Stop and Start, Give and Go



DRILL OBJECTIVE: Creating a good passing angle

10 min.

KEY ELEMENTS:
• Stops and Starts

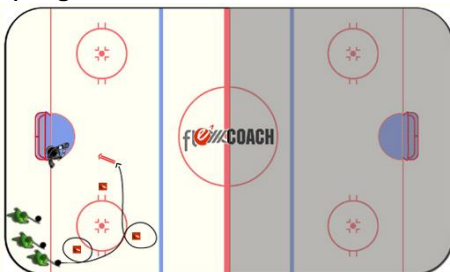
- Create passing angles
- Quick feet Explosiveness
- Receiver gets into good positioning
- Conditioning

ORGANIZATION: Place two cones anywhere on the ice surface 20 feet apart, the coach in between the two cones about 20 feet away, the player facing the coach on the other side of the two cones. on the direction of the coach the player starts out by skating to the outside of one of the cones to get into a good passing angle to receive a pass from the coach and to pass the puck right back to the coach and exclerate to the other cone to receive another pass from the coach and pass the puck back to the coach and continue this back and forth for 20 seconds.

VARIATION:

GOALIE: Not applicable, Work with a coach on fundamentals.

5) Tight Turns with a Shot



DRILL OBJECTIVE: Accelerate out of a turn with

12 min.

KEY ELEMENTS:
• Tight turns

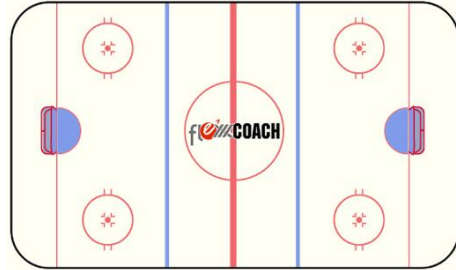
- edge control
- Move feet after taking your shot
- Protecting the puck
- Puck Control
- Balance and agility

ORGANIZATION: Position players below the goal line in the corner. Three cones; One positioned on the outside of the faceoff circle near the boards, the other cone between the top of the faceoff circle and the blueline and the other cone positioned towards the middle of the ice hashmarks outside the circle. The player starts the drill with the puck, skates up to the first cone and make a tight turn to the middle of the ice around the cone, skates to the next cone and goes in the opposite direction from the inside to the outside, and continues around the last cone for a shot on goal.

VARIATION:

GOALIE: follow the whole sequence to include skating, get a feel for the puck and your positioning on off angle shots.

6) Blank Rink



DRILL OBJECTIVE:
KEY ELEMENTS:

ORGANIZATION:
VARIATION:
GOALIE:

8 min.

7) Chaos Drill 2



DRILL OBJECTIVE: teach skating and puckhandling

5 min.

KEY ELEMENTS:
• Puck Handling

ORGANIZATION: Divide the players into two groups. Begin each group of players with pucks in a face-off circle. The players can skate in any direction, keeping their heads up and staying inside the circle. After a few minutes place all the players in one circle and repeat the drill.

- Puck Protection
- Skating Balance and agility

VARIATION:
GOALIE: Participate in the drill with all players

8) Tight Area Horseshoe



DRILL OBJECTIVE: Fundamental Skill Drill

10 min.

KEY ELEMENTS:
• Puck position - out in front

ORGANIZATION: 2 lines on opposite sides. First player in each line carries puck in and around cones. On the whistle, they leave their pucks, explode out of the area and around the horseshoe-receive pass from coach-shot on goal.

- Quick feet
- Explosion
- Crossovers/Crossunders
- Quick release on shot

VARIATION:
GOALIE: In the nets for shots

9) Blank Rink



DRILL OBJECTIVE:
KEY ELEMENTS:

ORGANIZATION:
VARIATION:
GOALIE:

10 min.

Post-Practice Comments:
