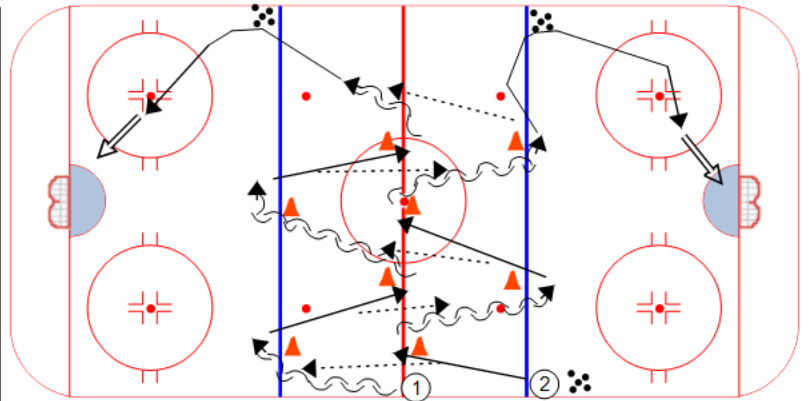


Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Yo-Yo Passing Content elements: _____ Components : _____

Description

This ice hockey drill focuses on passing and footwork. Primarily for defense, but never hurts to get forwards involved as well. Follow the animation and diagram for the timing of this drill. Players need to keep their heads up and make at least one pass in between each set of cones. The more passes the better. When the players reach the far side of the ice, the player that receives the last pass pivots forward and goes in for a shot on net. The other player pivots forward, picks up a loose puck near the blue line and takes a shot on net.



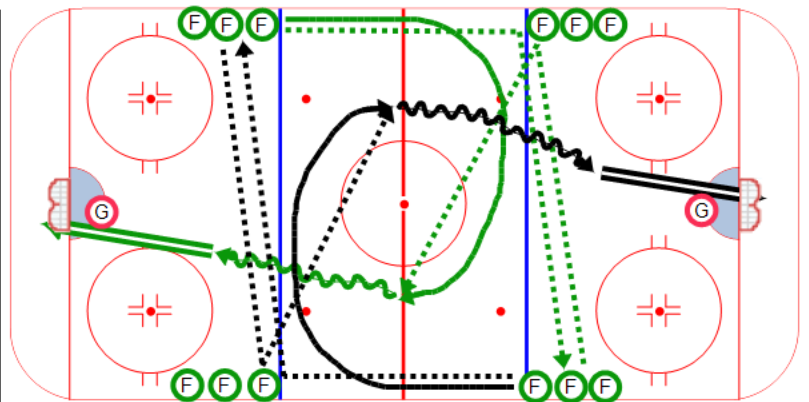
Key Points : Transitions Passing Agility

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

Title : 4 Corner Criss-Cross Passi Content elements: _____ Components : _____

Description

This Warm Up Ice Hockey drill is another variation of the other 4 Lines Drills. The same principles apply, it is most important for players to pay attention so they know where to pass the puck to and where to receive a pass from. In this variation, players receiving the pass in neutral ice need to attack the blue line with speed and shoot with their feet moving.



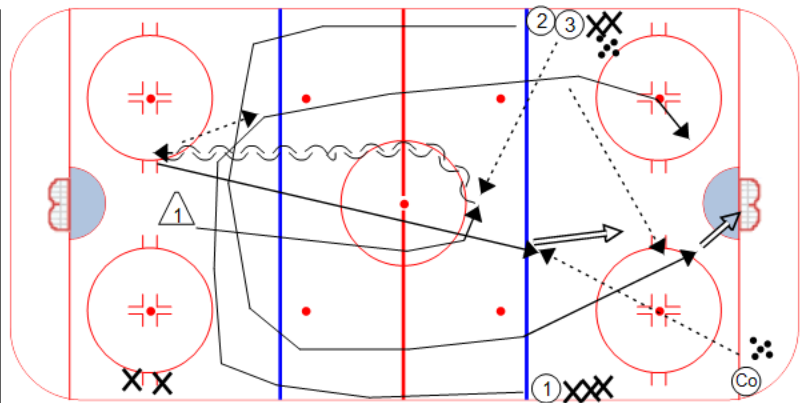
Key Points : Passing Feet Moving Warmup

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

Title : Regroup Flow Content elements: _____ Components : _____

Description

D1 skates up ice and pivots around the center circle. F3 gives a pass to D1. F1 and F2 curl low into the far zone as D1 skates backward with the puck (facing up ice the whole time). D1 passes to F1 or F2 as they criss-cross. F1 & F2 skate up ice 2 on 0 and shoot / play their rebound. D1 follows the play up and receives a pass from Co and takes a quick shot on net.



Key Points : Regroup NZ Movement Flow Point Shots

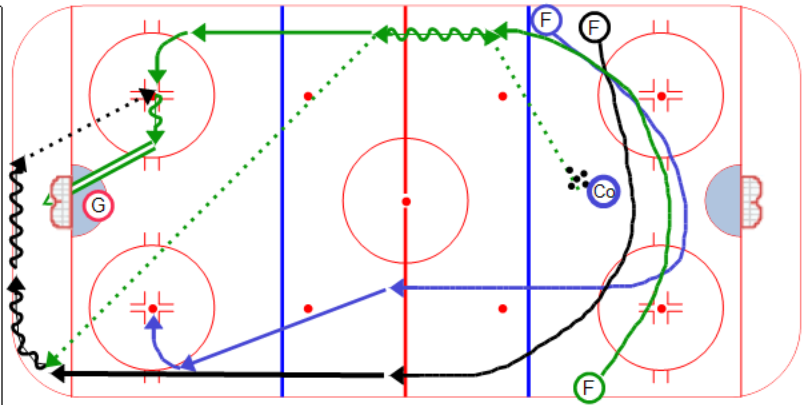
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Dump In Timing (2) Content elements: _____ Components : _____

Description

This forechecking drill focuses on timing. The dump-in is a very important part of setting up a good forecheck. In this drill the goal is to dump the puck in to the opposite corner and time it so that your players are going full speed crossing the blue line. This gives a huge advantage to the forecheckers.

It is best to run this drill in lines. The drill starts on the whistle. The forwards circle behind the coach and the right winger (in this diagram) receives the pass from the coach. As the puck



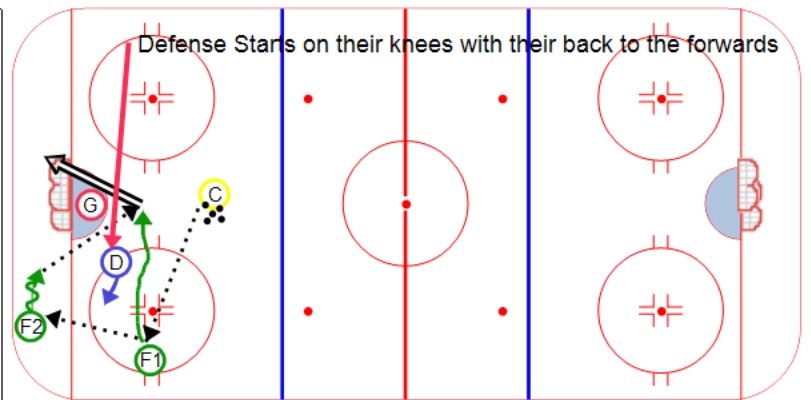
Key Points :

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

Title : 2 on 1 Down Low (2) Content elements: _____ Components : _____

Description

To start this drill, the defensive player starts on their knees with their back to the forwards. On the whistle, the coach passes the puck to either forward and they then take on the defense 2 on 1.



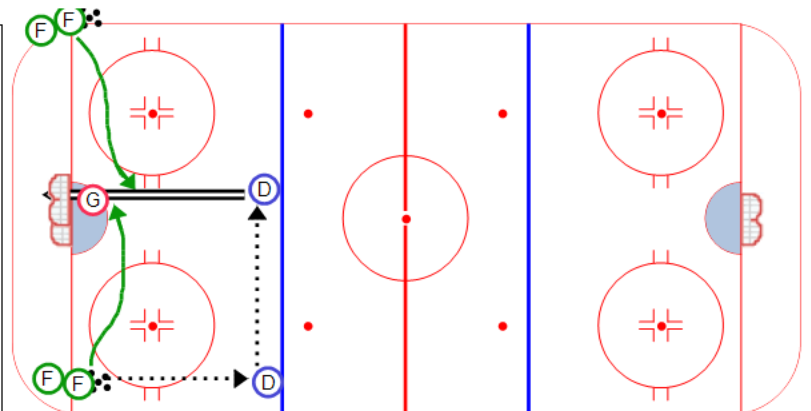
Key Points :

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

Title : Tip Drill (2) Content elements: _____ Components : _____

Description

This is a good drill for "power play" practices. The player in the corner passes to the defenseman at the point, who passes to his defenseman partner in the middle of the ice. The most important part of this drill is the shot coming from the point. First of all it needs to hit the net, and secondly it has to be low and give the forwards a chance to tip. Forwards need to be prepared for a rebound as well. A good variation is to add defensemen down low. Their job is to try and tie up the sticks and make sure the goalie has a clean view of the incoming shot.



Key Points :

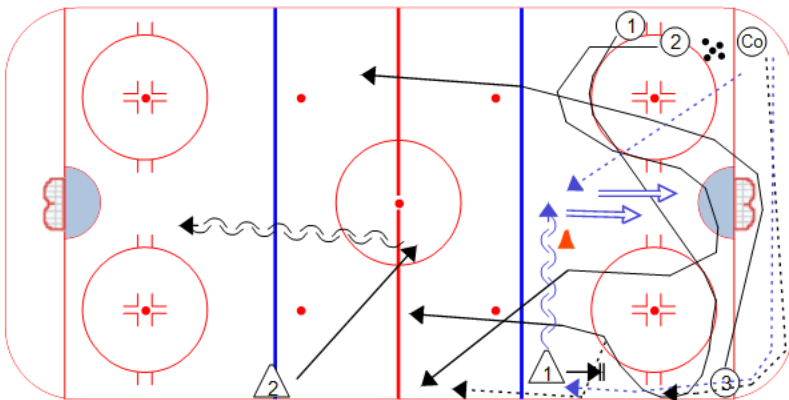
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Get the Puck Out Board Wr Content elements: _____ Components : _____

Description

1 & 2 skate tops of the circles, 3 skates behind the net and up the ice. Co wraps the puck around the wall, 1 picks up off wall, D1 pressures F1...F1 steps out and chips puck off the wall to F2. D2 closes gap and plays 3 on 1 rush back.

Co wraps another puck hard around to D1. D1 controls and walks to the middle for a shot. Co then passes another puck to D1 for another quick shot on net.



Key Points :

Breakouts

Indirect Passing

3 on 1

D Agility / Shooting