



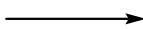





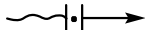
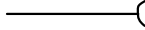
DRILLS

DRILLS TECHNICAL

In this Chapter there are a number of drills that will help in the teaching of the Technical skills which have been described in the previous chapters

International Symbols

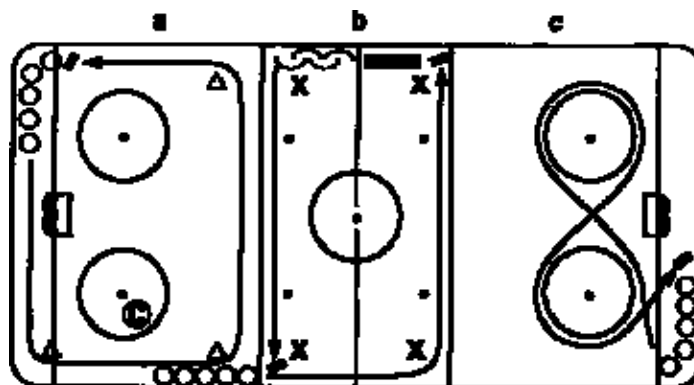
Throughout this chapter, rink diagrams are used to illustrate drills or concepts. These symbols are used on these diagrams.

Δ O	PLAYERS
G	GOALTENDER
©	COACH
●	PUCK
X	PYLON
	FORWARD SKATING
	BACKWARD SKATING
	STOP
	PIVOT
	STICKHANDLE
	SHOOT
	PASS
	DROP PASS
	SCREENING

Skating Drills

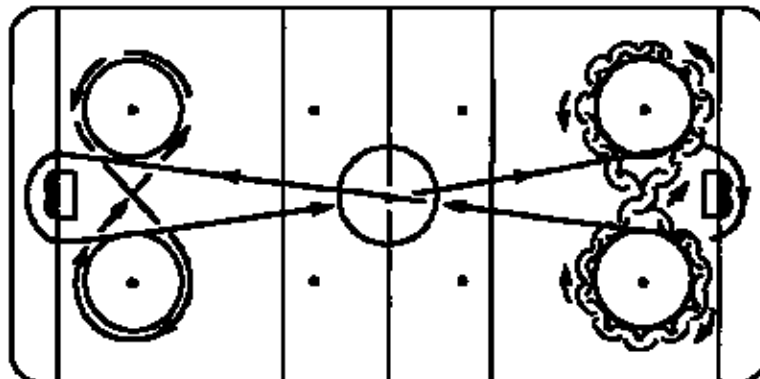
DRILL 1

- Name: Circle Square
- Purpose: To develop basic skating skills
- Description::
- a) Tight arc around pylons
 - b) Tight turn – stop – crossover steps – backward skating –pivot to forward and return
 - c) Crossovers around circles
- Variation: Add pucks



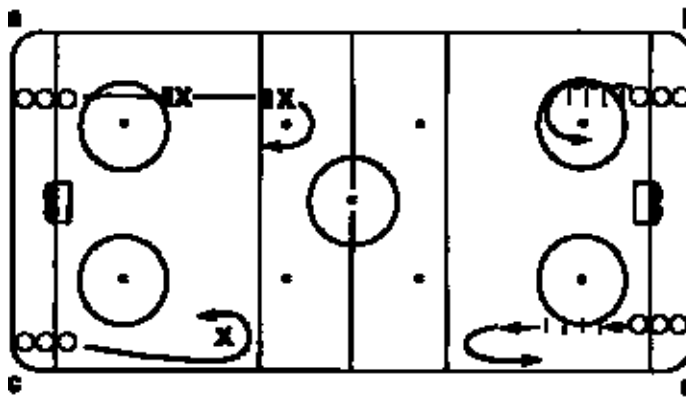
DRILL 2

- Name: The Figure 8
- Purpose: Forward and backward crossovers, backward skating
- Description:: Players form a figure 8 while skating the full length of the rink
- Variation: Same as above skating the width of the rink, skating backwards, stick handling with a puck using feet to control puck.



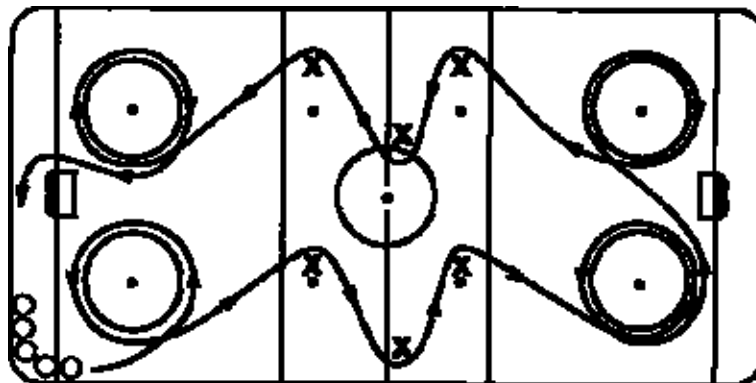
DRILL 3

- Name: Four Corner Skating Skills
- Purpose: To develop basic skating skills
- Description::
- Players in four corners
 - May have same drill in all corners or use station format
 - a) Player stops at each pylon
 - b) Player performs crossover start through sticks
 - c) Player performs tight turn at pylon
 - d) Player performs V-start through sticks
- Variation: Alternate sides
Add pucks



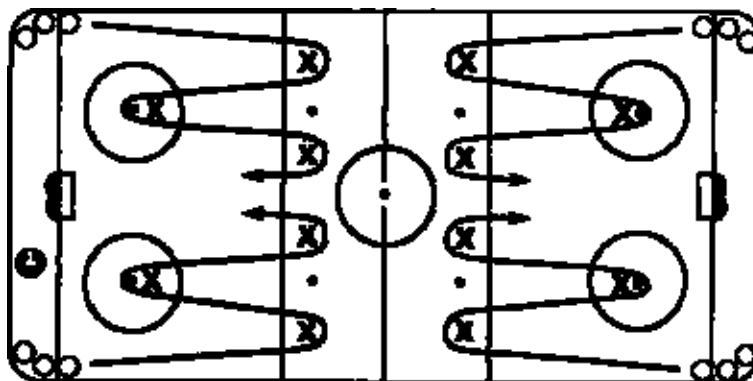
DRILL 4

- Name: Skate the Circles
- Purpose: To develop agility skating
- Description::
- Players all start in one corner with three players (slightly spaced) skating together
- Variation: Perform while skating backwards
Add pucks
Add shot on goal



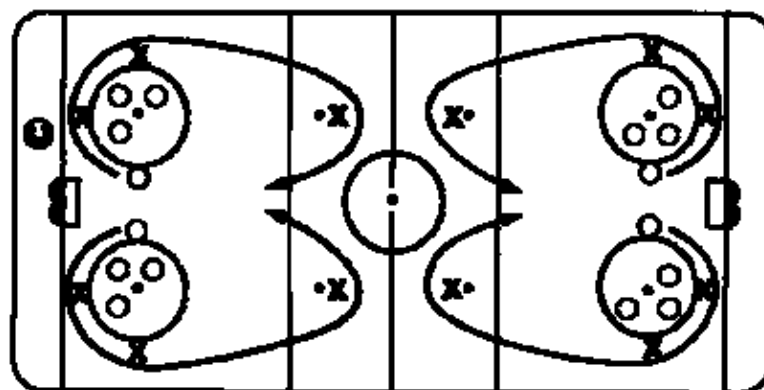
DRILL 5

- Name: Tight Turn Puck Races
- Purpose: To develop tight turn skating skills
- Description:: Players in adjacent corners
On whistle players race around pylons
- Variation: Race backwards with forward pivot at last pylon



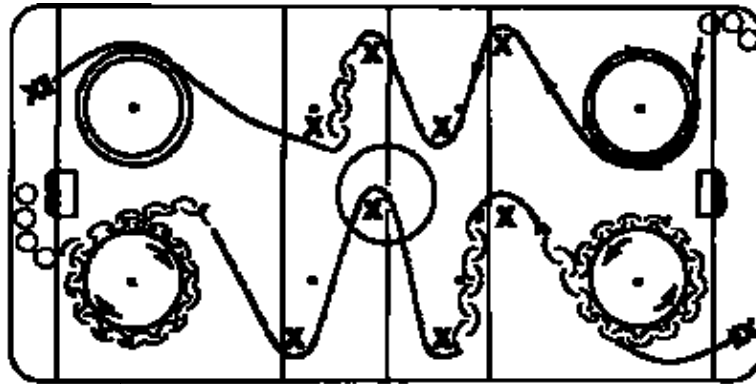
DRILL 6

- Name: Crossover Puck Races
- Purpose: To develop crossover skating skills
- Description::
 - Players in diagonal corners
 - On whistle race around pylons for shot
- Variation: Race backwards with pivot at last pylon



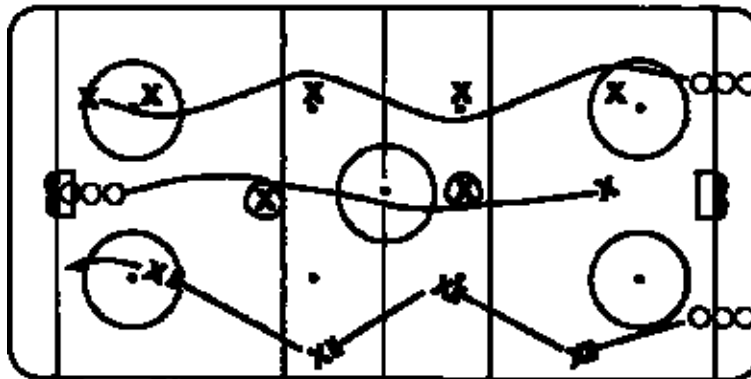
DRILL 7

- Name: Full Ice Obstacle Course
- Purpose: To develop skating agility skills
- Description::
- Players in diagonal corners
 - Players perform as per diagram executing crossovers (forward and backwards), tight turns (forward and backwards), forward to backward pivoting, backward to forward pivots, stopping
- Variation: Add pucks



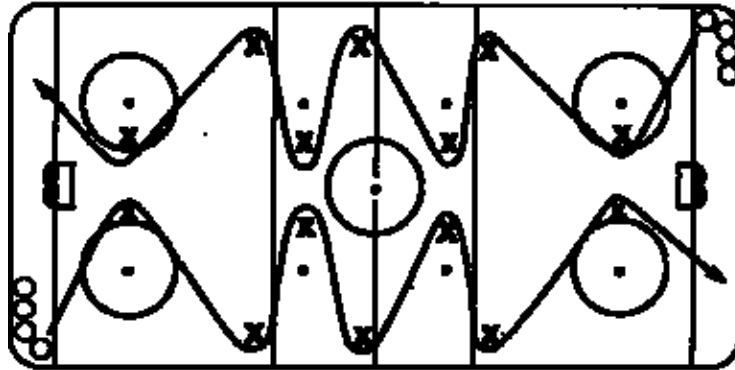
DRILL 8

- Name: Three Lane Skills
- Purpose: To develop skating skills
- Description::
- Players aligned as per diagram
 - Slalom weave through cone, 360 degree turns at each pylon, stops at each pylon
 - backward pivoting, backward to forward pivots, stopping
- Variation: Add pucks
Perform skills while skating backwards



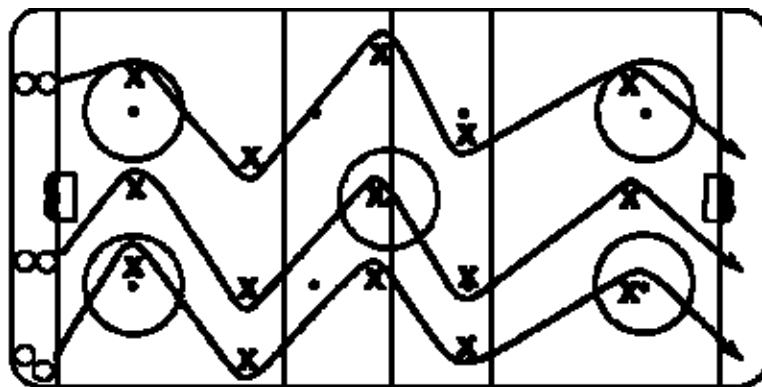
DRILL 9

- Name: Tight Turns
- Purpose: To develop tight turns
- Description::
- Players in alternate corners as per diagram
 - On command players skate pylon course
- Variation:
- Perform skating backwards
 - Add pucks
 - Add shot on goal



DRILL 10

- Name: Cross-Ice Stroking
- Purpose: Agility Skating
- Description::
- Players in three lines at end of ice surface
 - Players places as shown in diagram
 - Players weave forward through pylons upon command
- Variation:
- Skating backwards
 - Add pucks
 - Remove pylons and mirror a partner down ice



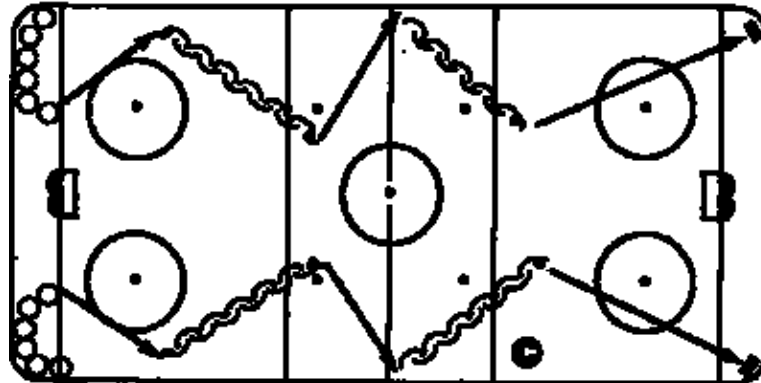
DRILL 11

Name: Back Skating

Purpose: To develop backward skating skills

Description::
– Players in both corners
– Skaters follow pattern as per diagram emphasizing good pivots

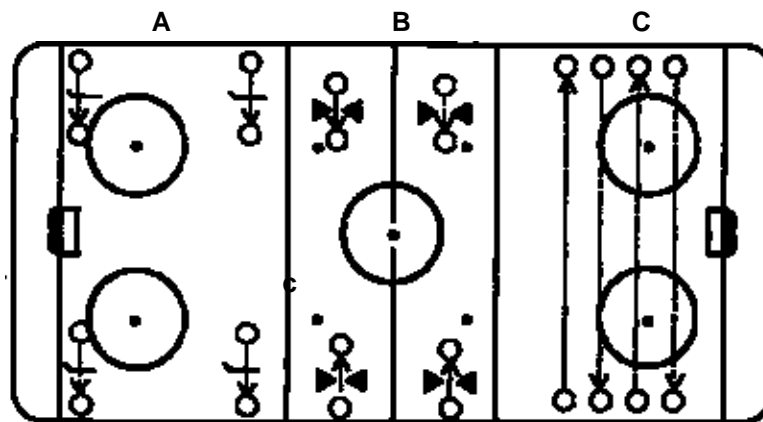
Variation: Add pucks



Puck Handling and Passing

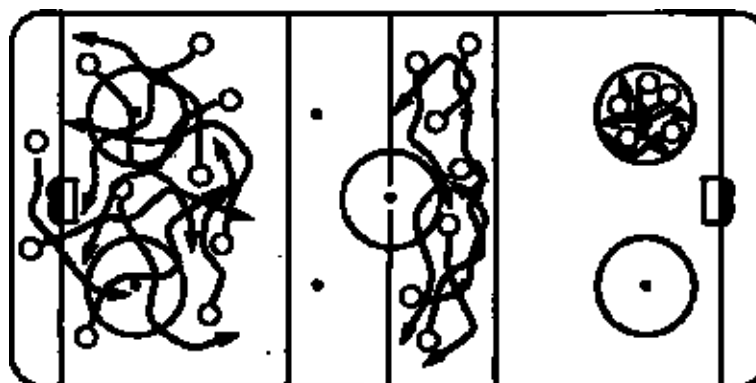
DRILL 1

- Name: Stationary Passes
- Purpose: To develop passing
- Description:: Divide players into pairs.
 (a) Players pass the puck over a stick.
 (b) Players pass the puck between two objects (gloves, pylons).
 (c) Players pass the puck from one side of the ice to the other
- Variation:
 – Same drills on the back hand.
 – Increase distance with every ten good passes.
 – Maximum passes in 30 seconds.
 – Players pass while moving forward and backward.



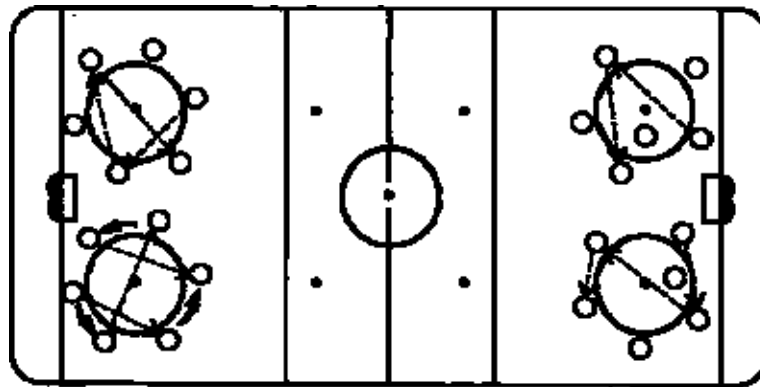
DRILL 2

- Name: Chaos Drill
- Purpose: To develop stickhandling with head up
- Description::
 – Each player with a puck stickhandles (zig zag) in a limited space.
 – Reduce space and increase obstacle (drop all gloves on the ice) according to the skills and number of players
- Variation: Add pucks



DRILL 3

- Name: Man in the Middle Drill
- Purpose: Develop passing
- Description:: Use six players per face-off circles, five players pass the puck back and forth through the circle and the checker in the middle tries to intercept.
- Variation:
- Add rules (e.g. cannot pass to player next to you, pass to player at least one player away.
 - Same drill, players skate clockwise or counter clockwise with no checker involved
 - Use a second puck



DRILL 4

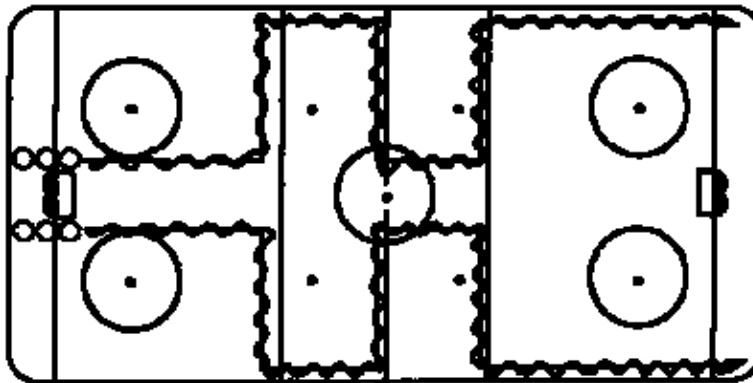
Name: Scenic Drill

Purpose: Stick handling

Description::

- Players in two lines on icing line, goalkeepers at back of line
- Players skate diagrammed route while carrying a puck
- At the end of the route they wait in line behind goal line

Variation: Same route while skating backwards



Key Teaching Points: (drill 4)

Hands approximately 18-20 cm
Arms and shoulders relaxed
Head up

DRILL 5

Name: 2 vs 0 Passing

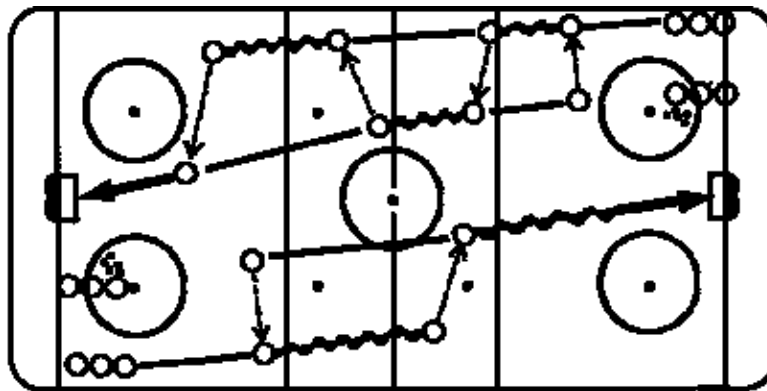
Purpose: Passing movement

Description::

- Players paired up in diagonal corners.
- Players exchange passes and finish with a shot on goal.
- After the shot, they line-up behind the other players in the

Variation:

- Players weave up ice exchanging positions.
- One player skates forward, one skates backward while passing.
- Players perform flip passes
- Players use two pucks simultaneously



Key Teaching Points

Same as Drill 4 (passer and receiver)

Hand in same position as for stickhandling

Eyes fixed on the target (passer)

Blade on the ice perpendicular to the direction of the oncoming puck

DRILL 6

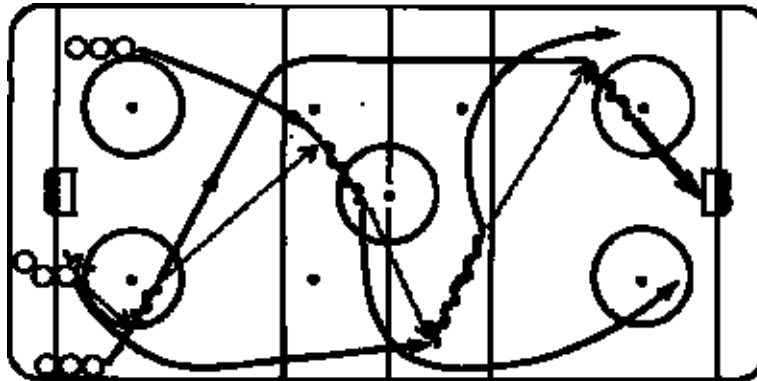
Name: 3 Player Weave

Purpose: Passing and pass and follow

Description::

- Players in units of three.
- Players weave up ice exchanging passes.
- Following a pass, each player "cuts" behind the player they pass to.
- Finish with shot on goal

Variation: Add pucks



Key Teaching Points - Same as Drill 4 and Drill 5

DRILL 7

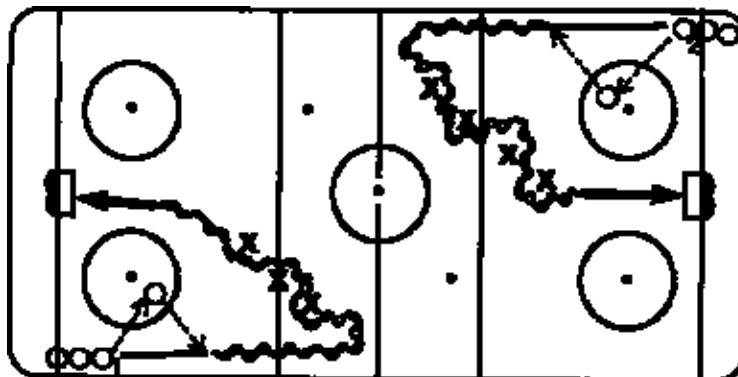
Name: Give and Go Pylons

Purpose: Stickhandling and shooting

Description::

- Players in diagonal corners.
- After give and go, 1 weaves through pylons for a shot.
- 2 is performing same task, coming from the opposite direction

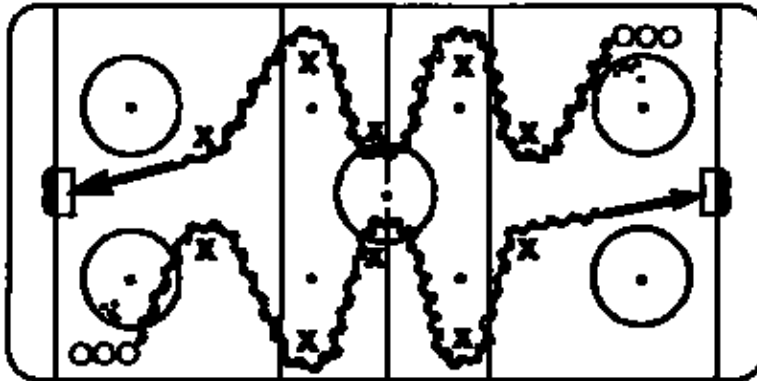
Variation: Addition of backchecker
Replace cones by defenseman (create 1 vs 0)



Key Teaching Points: Same as Drill 4 and Drill 5

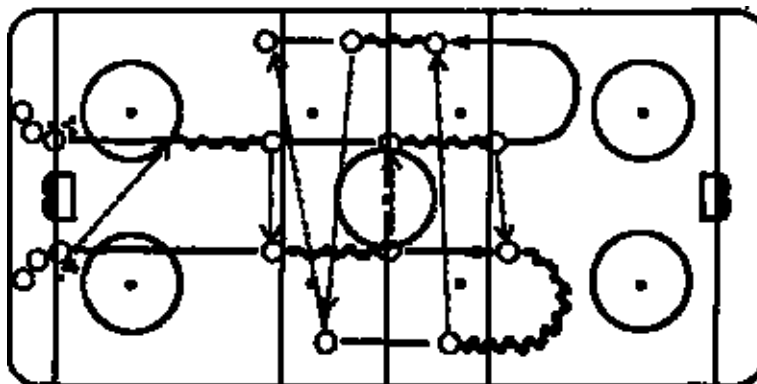
DRILL 8

- Name: Pylon Course
- Purpose: Stickhandling
- Description:: Players in diagonal corners weave through designated pylon course.
- Variation: Perform pylon course while skating backwards
Addition of backchecker from red line



DRILL 9

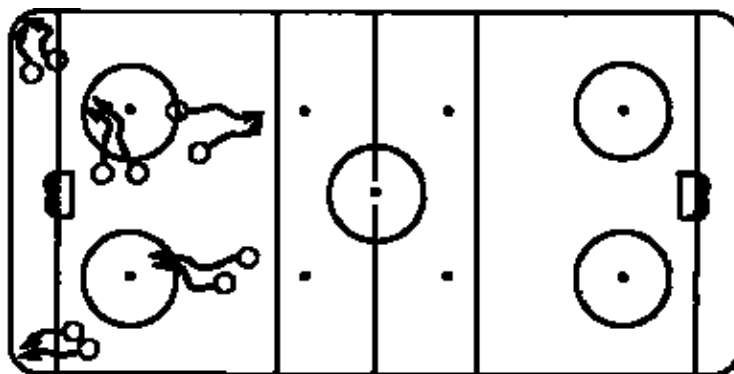
- Name: Down Centre Passing
- Purpose: Short and long passes
- Description::
- Players in two lines beside each post.
 - In pairs, players exchange passes, turning at far face-off circle and returning wide along the boards.
 - Players attempt to make rink-wide passes on the way back
- Variation:
- Flip passes
 - Younger players perform 360 degree pivots on each line while returning (instead of wide pass)



Key Teaching Points: Head up, Eyes on the target, Blade perpendicular to oncoming pass

DRILL 10

Name: 5 x One-on-One Simultaneously
 Purpose: Puck Protection – puck handling
 Description: Five one-on-one keep ways, all inside the blue line
 Variation: One-on-one face –off circles



Key Teaching Points: Place the body between the puck and the opponent

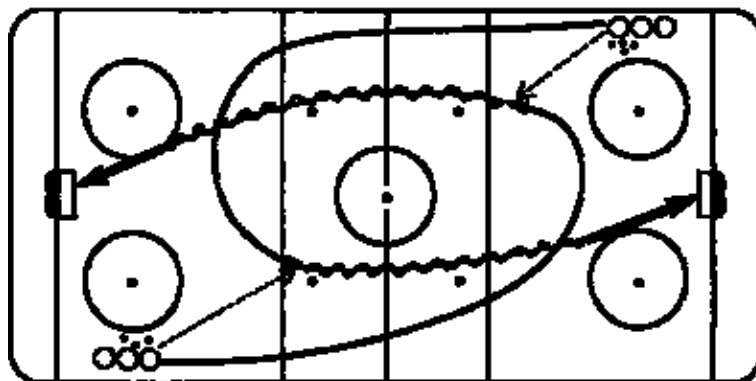
DRILL 11

Name: Horseshoe 1 vs 0
 Purpose: Passing and stickhandling
 Description:

- Players in diagonal corners
- Players skate below pylon to receive pass and continue for shot.

 Variation:

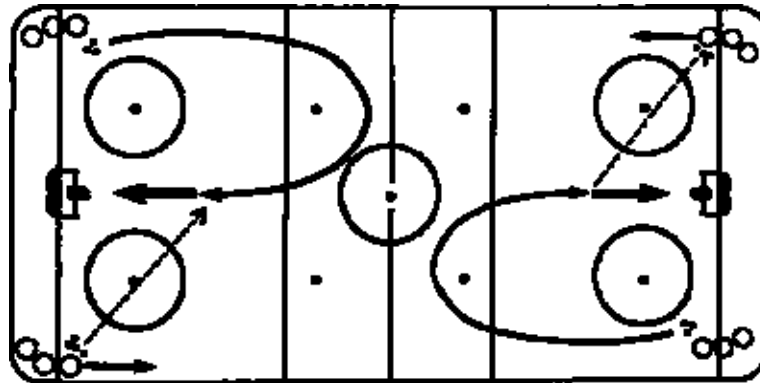
- Flip passes
- Send two or three players to create 2 vs 0, 2 vs 1, 1 vs 1.
- Player placed in corner for additional give and go



Key Teaching Points: Head up, eyes on the target, blade perpendicular to oncoming pass

DRILL 12

- Name: Small Horseshoe
- Purpose: Good pass reception and reaction
- Description::
- Players in both corners with pucks
 - Players around face-off spot, receive pass, and shoot immediately.
- Variation: Players skate backwards to blue line, pivot to forward then receive pass



Key Teaching Points

- Eyes on the target
- Stick blade perpendicular to oncoming pass

DRILL 13

Name: Double Give and Go

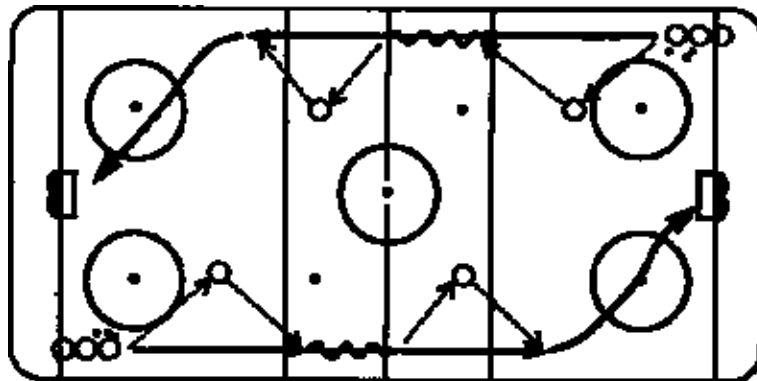
Purpose: Passing and receiving

Description::

- Players in diagonal corners.
- Players perform give and go pass from designated passers.

Variation:

- Shoot at blue line and receive second puck from corner.
- 1st passer move back towards line after pass, 2nd passer takes 1st passers place and Shooter takes 2nd passers place after shot



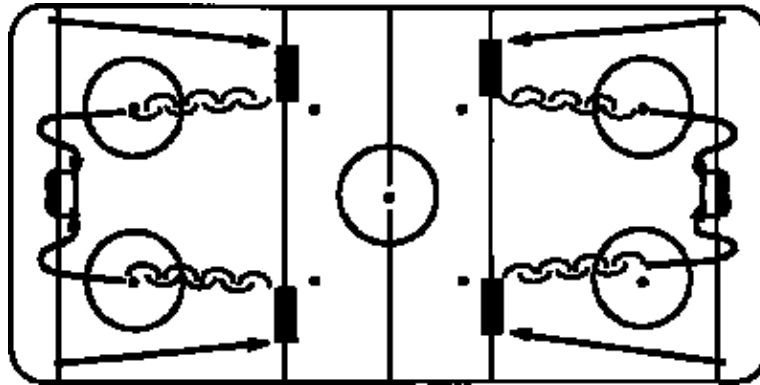
Key Teaching Points:

Eyes on target
Stick blade perpendicular to oncoming pass

Checking Drills

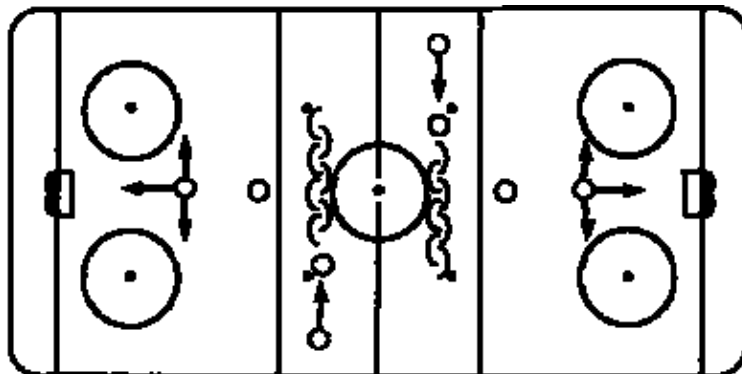
DRILL 1

- Name: The square
- Purpose: Develop the skating agility in a confined area
- Description::
- Skate forward from the goal line to the blue line.
 - Lateral crossovers halfway across the blue line.
 - Skate backward to the outside and skate deep into the corner.
 - Make a sharp turn and return to the front of the net



DRILL 2

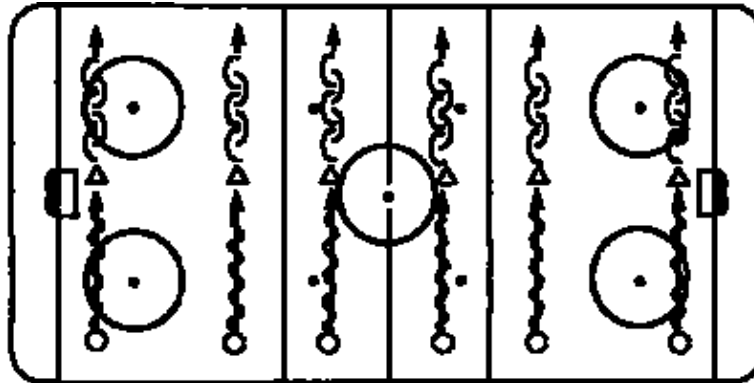
- Name: Shadow Drill
- Purpose: Developing skating ability
- Description::
- One-on-one
 - Attacker starts without puck and weaves from side to side
 - Defender shows movement of attacker while maintaining a gap of 2.5/3 m
 - Then have attacker carry puck
- Variation:
- Offensive player carries puck
 - Defensive player without stick



Key Teaching Points: Use lateral, forward and backward crossovers, stay in confined area

DRILL 3

Name: One-on-One Cross Ice
 Purpose: Body position (defensive player).
 Description:: Δ skates backwards maintaining proper body position on O



Key Teaching Points:

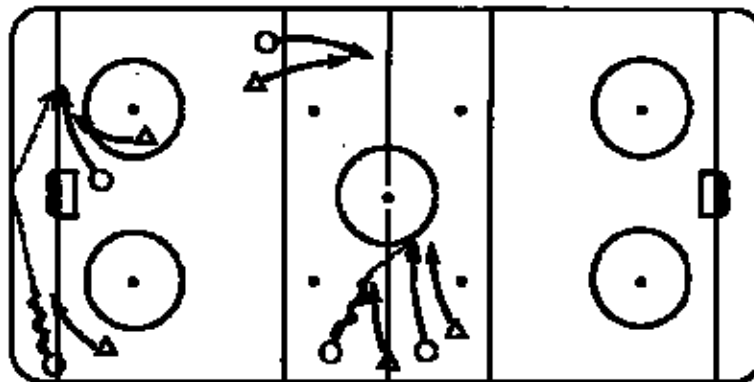
Maintain proper body position and alignment
 Gradually decrease the gap
 Establish stick check position and body (shoulder) check position

DRILL 4

Name: Team Shadowing Two-on-Two
 Purpose: Develop skating ability and opponent coverage
 Description::

- Divide ice into sections and divide players into teams
- The team with the puck uses sticks and must stay in their own zone and attempt to control the puck.
- Checkers with sticks upside down must shadow their respective checks and cut off passing lanes.

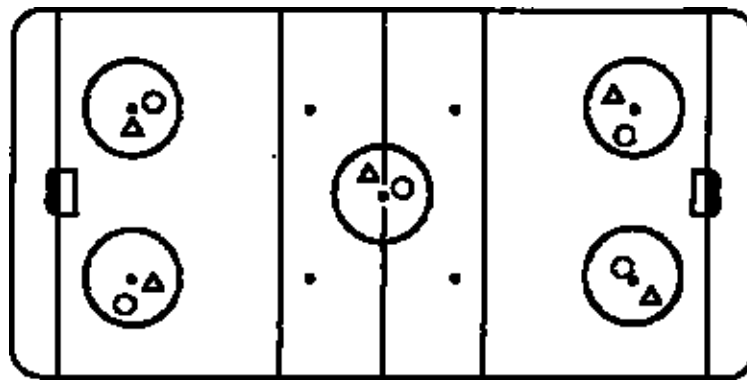
 Variation: Three-on-three



Key Teaching Points: Angling, body position, Stick position, Body position

DRILL 5

- Name: Introduction to Body Contact
- Purpose: Body checking progression
- Description:: Two step drill:
 A. Pairs bumping – have players pair off and practice shoulder bumps stationary
 B. Bull in the ring – puck carrier and checker in circle together
- Variation:
 – Checker has no stick
 – On, signal, checker tries to move puck carrier out of circle



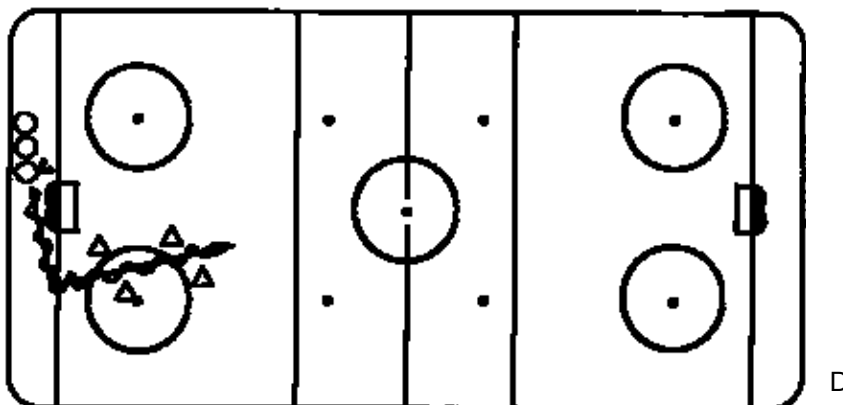
Key Teaching Points:

If face to face – check through the chest

If face to back – check through the hips

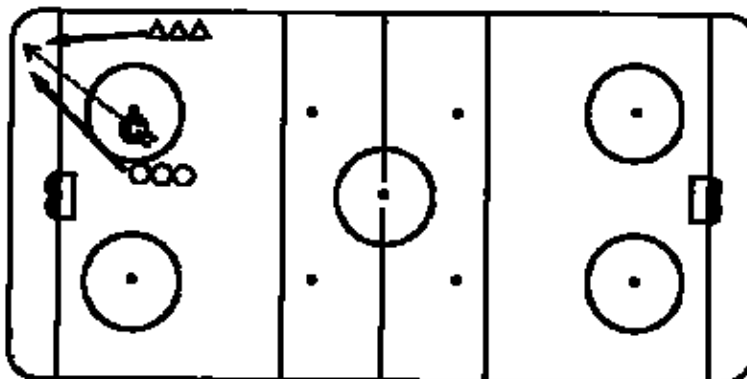
C Gauntlet

- Checkers have no sticks.
- Checkers try to push and bump the puck carrier.
- Exercise legal use of hands.



Corner competi

- The puck is dumped into corner.
- Two players bump as they try to get possession of the puck.
- Once you have the puck, go to the net while second man tries to defend.

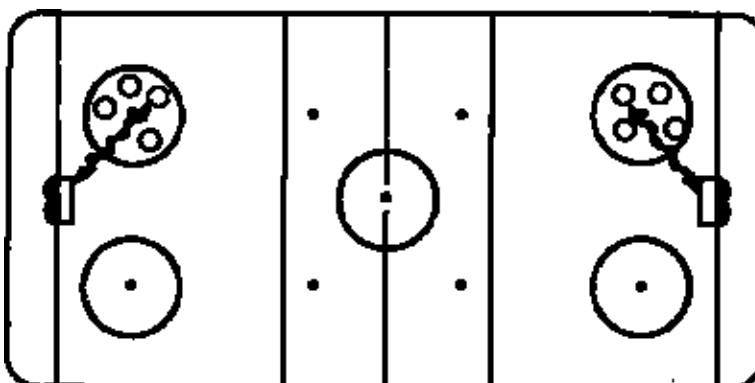


Key Teaching Points

- Primary vision on the opponent
- Hit opponent's chest
- Assume solid base of support
- Extend the leg when finishing check

DRILL 6

- Name: Three-on-One In Circle
- Purpose: Body contact
- Description::
- Groups of four (three defensive, one offensive).
 - Puck carrier skates through circle to try to get shot on net
 - Defender (without sticks) try to check puck carrier out of the circle
- Variation: Three-on-three

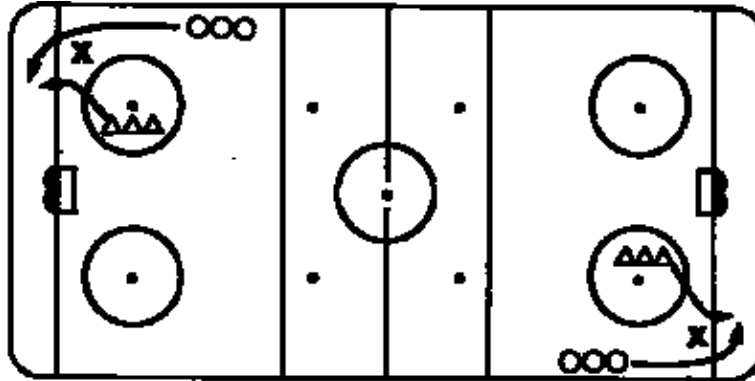


Key Teaching Points

Discourage use of hands for grabbing and pushing and the legs for tripping

DRILL 7

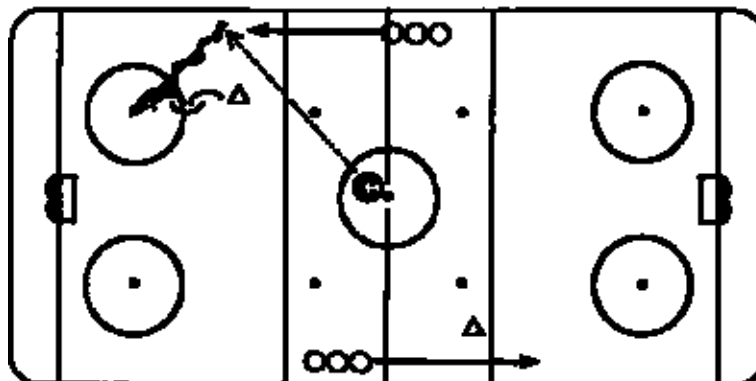
- Name: Angling
- Purpose: Directing the puck carrier
- Description::
- Players are divided into two groups
 - O tries to go to the net after going around pylon.
 - Δ angles toward O , inviting O to go in the direction he wants O to go.
- Variation: Three-on-three



Key Teaching Points: Controlled skating, Stick position, Body position

DRILL 8

- Name: One-on-One Wide
- Purpose: Body position and gap control
- Description::
- Coach passes to attacker O
 - Once puck is passed, Δ starts to skate backward to play one-on-one, pivot at the top of circle



Key Teaching Points:

- Δ - β body position to force or angle attacker outside
- Protection against the drive

DRILL 9

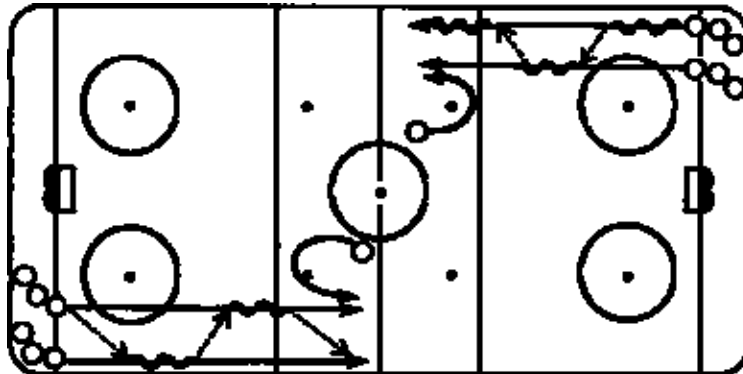
Name: Two-on-One with one Backchecker

Purpose: Pressure

Description::

- The players are divided in three groups (two attacking groups and one backchecking group).
- The attacking group starts at their goal line and pass or carry the puck to the opposing zone.
- The backchecker stands near the blue line and swings out to defend and put pressure on the forwards.
- The backchecker cannot turn and skate backwards.

Variation: Add a defenseman to make a two-on-two



Key Teaching Points: Body position of backchecker

DRILL 10

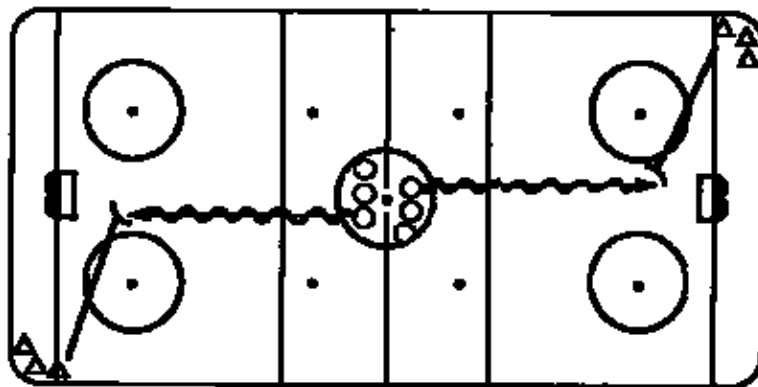
Name: Checking in the Slot

Purpose: Checking in the slot

Description::

- Puck carrier moves through the slot to the front of the net
- Checker moves into the slot from the corner.
- Checker applies coverage and puck carrier attempts to get a shot.

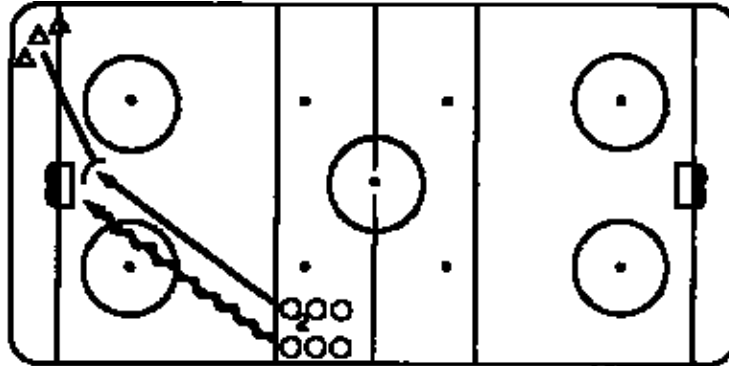
Variation: Checker approaches from various angles



Key Teaching Points: Reach to establish stick check position

DRILL 11

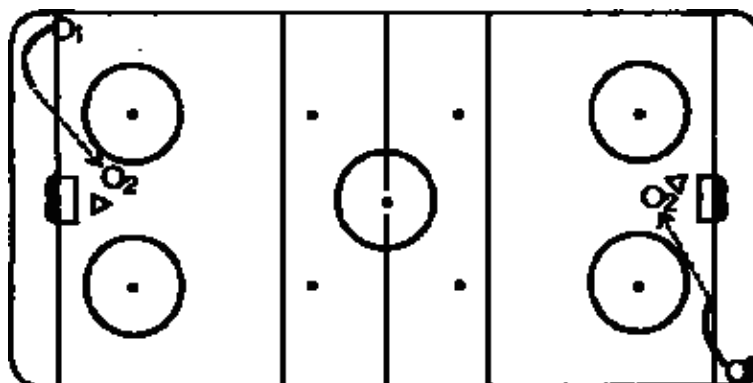
- Name: Two-on-One in the Slot
- Purpose: Checking in the slot
- Description::
- Two attackers start outside the blue line
 - Puck carrier drives to the net
 - Second forward breaks to the net attempting to deflect a shot or receive a pass from the puck carrier
 - Δ moves to slot to cover 2 at the same time



Key Teaching Points: Keep aware of net and puck carrier as you cover 2

DRILL 12

- Name: Stick Checks
- Purpose: Stick lift or stick press
- Description::
- Player 1 passes to 2 who receives the pass with his skates and tries to shoot at the net
 - Δ tries to prevent 2 from shooting by using a stick lift or stick press



Key Teaching Points: Lift near the heel, Press below the bottom hand of receiver

DRILL 13

Name: Forechecking in Corner

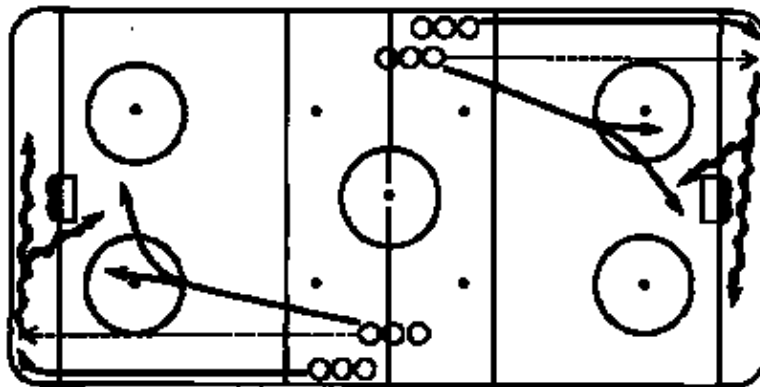
Purpose: Angling and body checking

Description::

- The puck is dumped into the corner by the checker at centre ice
- The player at the blue line skates into the corner to pick up the puck and tries to come out over the blue line with possession of the puck
- The forechecker tries to make the check in the corner where the puck is shot

Variation:

- Checker applies coverage and puck carrier attempts to get a shot.
- Forechecker with stick upside down
- The skater is confined to certain areas
- Two forecheckers



Key Teaching Points:

Controlled skating as approach puck carrier

Body position – to face outside

Stick position – to prevent cutting up the middle

Finish check

DRILL 14

Name: Mid Ice Angling

Purpose: Mid ice angling technique

Description::

- Attacker carries the puck out of the corner and along the boards
- Checker \square angles the puck carrier and tries to gently rub him out along the boards.



Key Teaching Points:

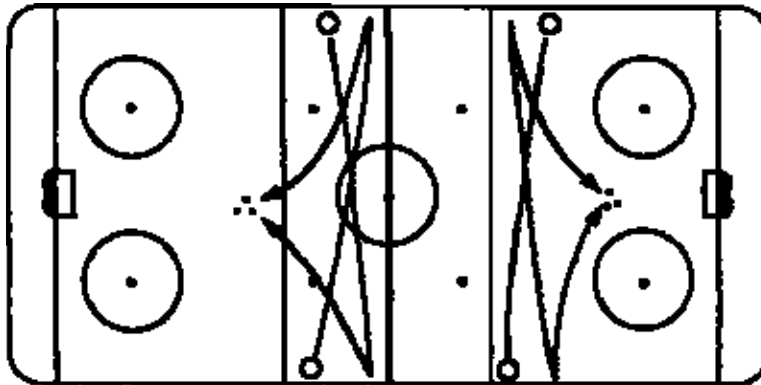
Δ approaches from inside out

Maintain defensive position when finish check

Competitive Evaluation Drills

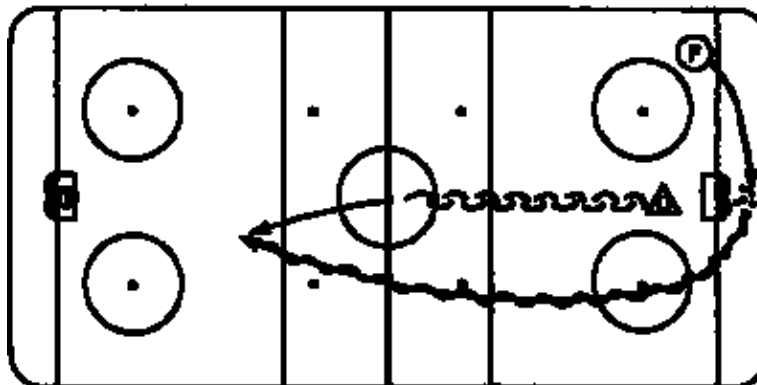
DRILL 1

- Name: Acceleration Assessment
- Purpose: Skating to evaluate acceleration
- Description::
- Both skaters face end boards with stick touching side boards
 - Both skate across ice and touch opposite boards before racing for puck
 - Switch sides after each race.
- Variation:
- Standing start
 - Kneeling start



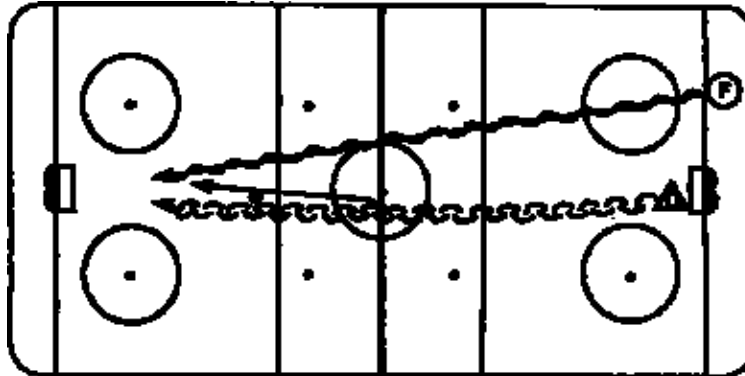
DRILL 2

- Name: Full Length One-on-One Skating Race
- Purpose: To evaluate forwards and defencemens skating ability
- Description::
- Forward picks up puck behind net and accelerates up ice.
 - Δ cannot leave until O touches puck
 - Δ faces end boards in square stance
 - Δ must skate backwards until red line
 - One-on-one race to far goal

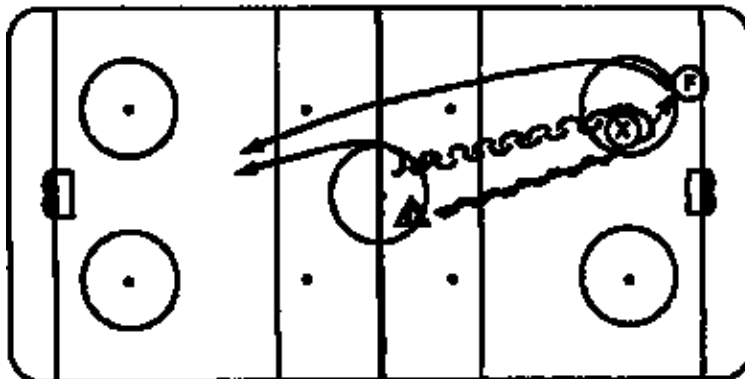


- Variation: A:
- Run out of both ends simultaneously.
 - Vary position of pucks from near side to behind net to far side to present increasing difficulty to defencemen.

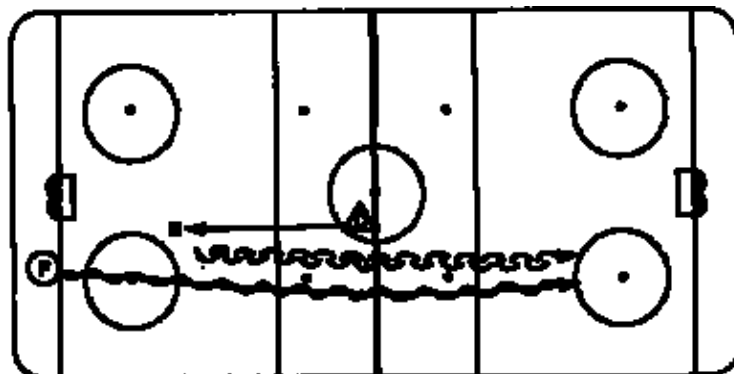
- Variation: B: - O begins from standing start with puck



- Variation: C:
- Δ carries puck until he is even with pylon X, makes pass to F and skates backward at least until red line.
 - F receives pass from D and carries puck to make play on goal.



- Variation: D:
- Δ moves forward with forward skating on first whistle by coach
 - Δ skates backward at least to red line
 - O starts to carry puck on second whistle by coach
 - Coach varies first whistle to increase or decrease pressure on Δ



DRILL 3

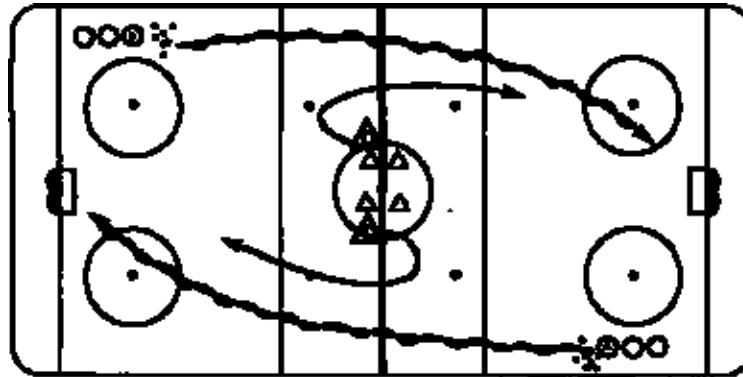
Name: Drive Drill

Purpose: To develop technique of driving to net

Description::

- Δ is in a square stance at red line facing the O .
- O with puck drive skates to make play on goal.
- Δ chases O as soon as O crosses red line
- Drill can be organized going both directions simultaneously

Variation: O leaves corner without puck and receives pass before red line, then drives to goal



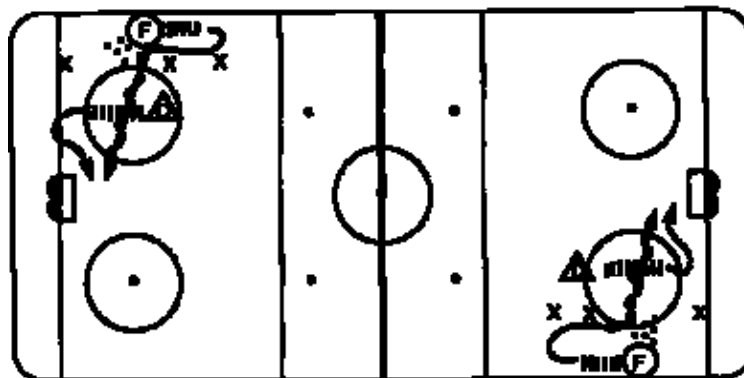
DRILL 4

Name: Lateral Skating/Quickness Assessment

Purpose: To evaluate specific skating skills

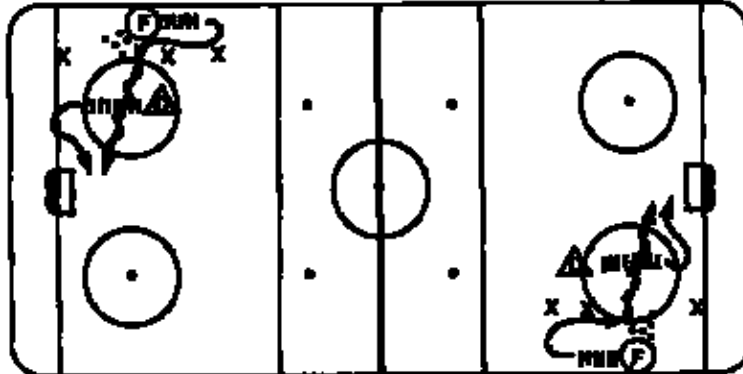
Description::

- Three pylons (X's) placed so that \square has further to lateral skate than O
- On command, both players move opposite directions with lateral skating, Δ towards goal line, O towards blue line
- O returns to pick up puck and make play on goal
- Δ returns to prevent play on goal by O



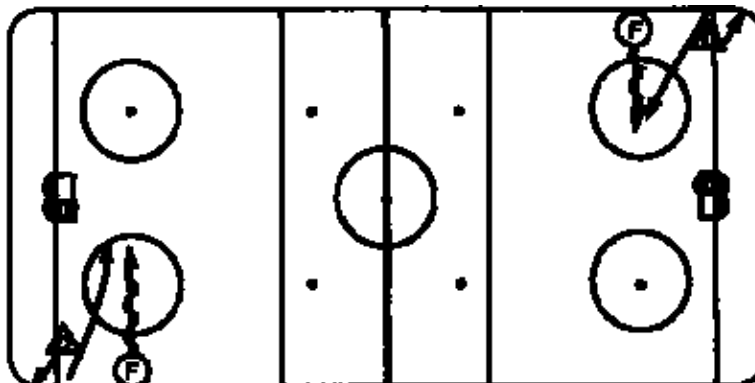
DRILL 5

- Name: Acceleration and Drive Skating
- Purpose: Skating assessment
- Description::
- Both O and Δ start on command.
 - O skates forward to net
 - Δ skates backward to prevent □ from going to net..
- Variation: Switch sides



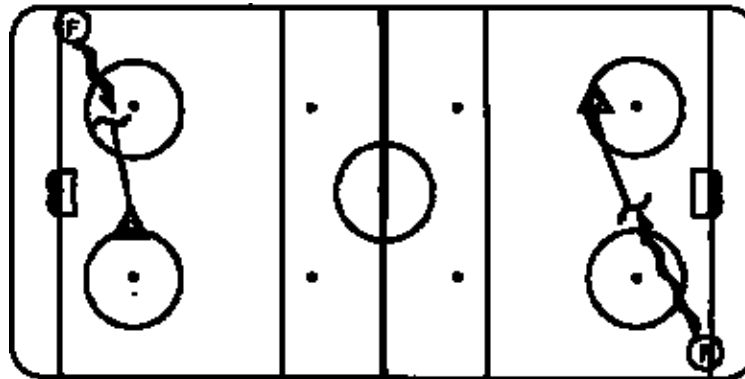
DRILL 6

- Name: One-on-One Quickness Out of Corner
- Purpose: Agility and quickness assessment
- Description::
- O attempts to get the shot or play on goal as soon as possible
 - Δ attempts to prevent shot or play on goal.
- Variation: Standing with Δ facing corner 360 degree pivot before going to net.



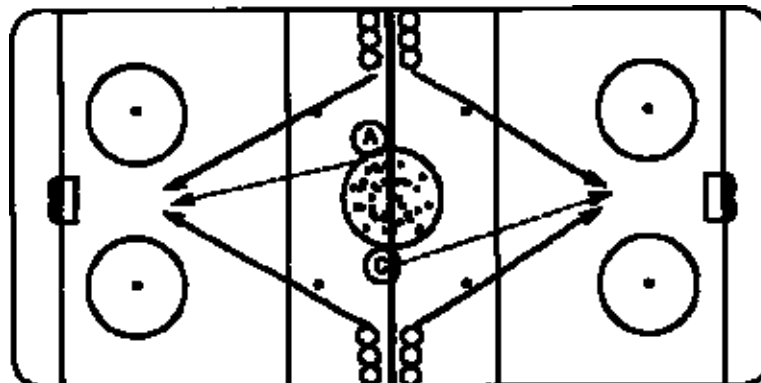
DRILL 7

- Name: One-on-One Agility/Checking Out of Corner
- Purpose: Agility assessment
- Description::
- Δ starts when O starts moving towards goal area
 - Δ advances quickly to check one-on-one.
- Variation:
- O attempts to make play on goal in confined area below dots of
 - face-off circles
 - top of circles



DRILL 8

- Name: One-on-One Race to Puck
- Purpose: Skating/puck handling assessment.
- Description::
- Race for puck control and play on goal is initiated by C, passing puck forward to free area.
 - Players leave when pass is made.
- Variation: Players start skating backward and pivot at blue line to pursue puck



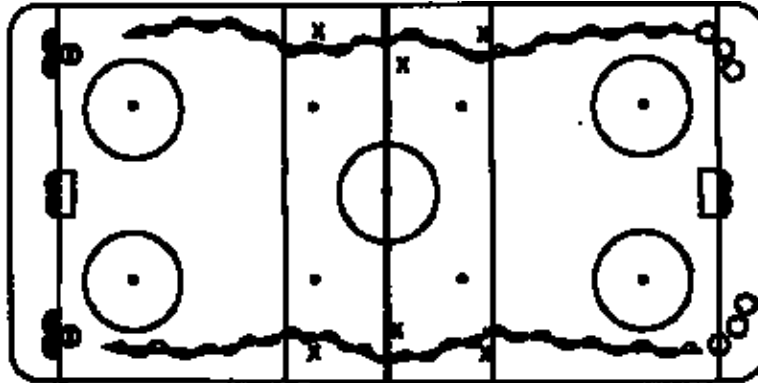
DRILL 9

Name: Skating Races with Puck Control

Purpose: Skating and puck control assessment

Description:

- Weave through three pylons; race only to far blue line
- Players proceed in for shot on goal
- Coach set rules for shot/deke.



Variation: A: Weave through pylons backwards, pivoting to forward after last pylon.

Variation: B: 360 degree turn at each pylon

