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.

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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: \textbf{Tight Turn Puck Races}
Purpose: To develop tight turn skating skills
Description:: Players in adjacent corners
\hspace{1cm} On whistle players race around pylons
Variation: Race backwards with forward pivot at last pylon

DRILL 6
Name: \textbf{Crossover Puck Races}
Purpose: To develop crossover skating skills
Description::
\hspace{1cm} Players in diagonal corners
\hspace{1cm} 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:
(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.

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, 1weaves 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.
– 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.
- \(\Delta\) 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, \(\Delta\) starts to skate backward to play one-on-one, pivot at the top of circle

Key Teaching Points:
\(\Delta\) – \(\beta\) 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
– Checker applies coverage and puck carrier attempts to get a shot.
Variation:
– 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 . angles the puck carrier and tries to gently rub him out along the boards.

Key Teaching Points:
\( \Delta \) 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 defencemen's 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 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 Ω and Δ start on command.
- Ω 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:
- Ω 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:
- △ starts when ○ starts moving towards goal area
- △ advances quickly to check one-on-one.
Variation:
- ○ 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 sets rules for shot/deke.

Variation: A: Weave through pylons backwards, pivoting to forward after last pylon.
Variation: B: 360 degree turn at each pylon