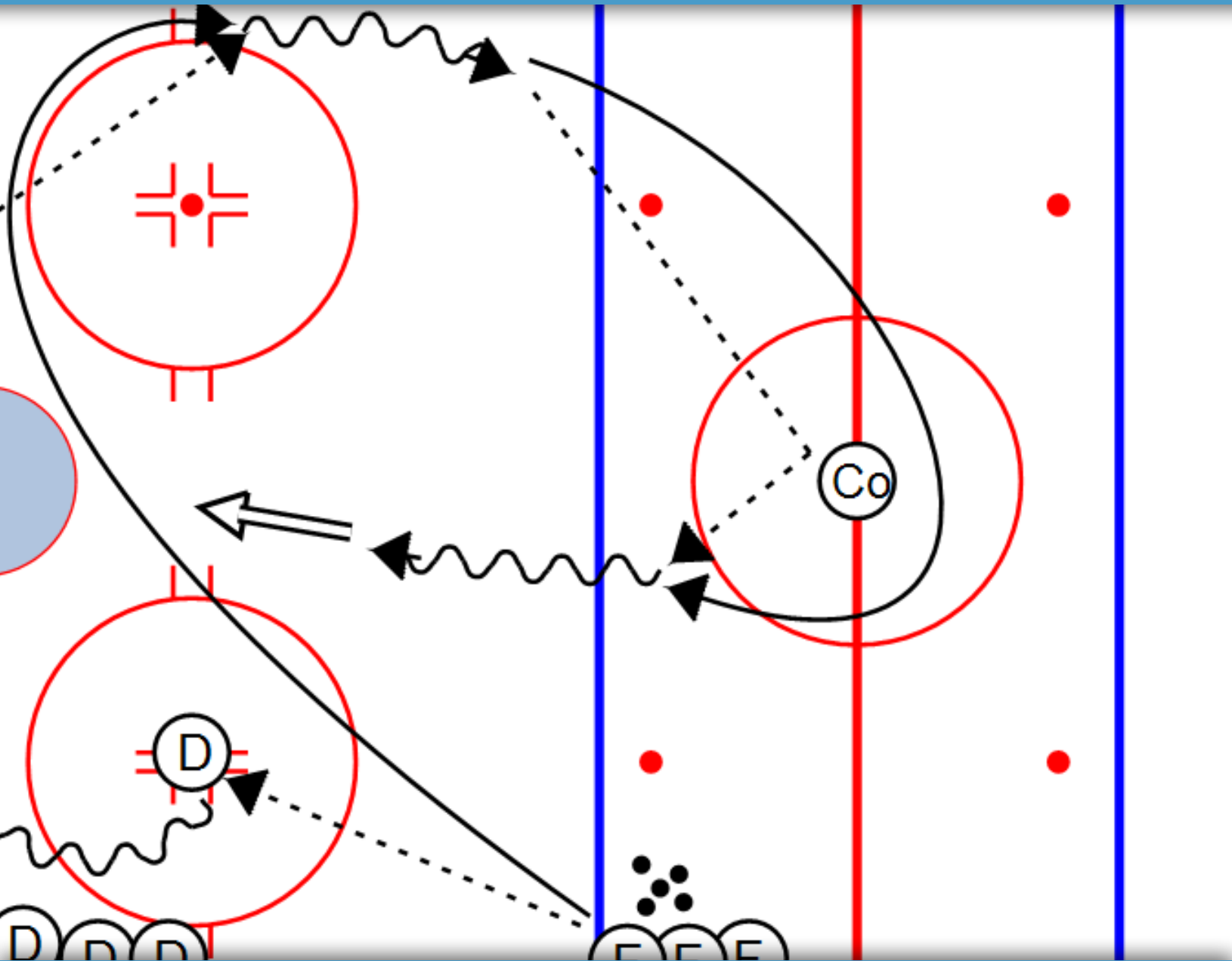


WEISS TECH HOCKEY 101 HALF-ICE DRILLS

Volume 1



101 Half-Ice Hockey Drills

By Jeremy Weiss

<http://weisstechhockey.com>



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More Drills and Skills at <http://weisstechhockey.com>

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In 2008 I started my drills and skills blog at <http://weisstechhockey.com>. Initially, my objective was to provide a hockey resource to help local coaches plan their practices. One thing led to another, and before long I was in contact with coaches from all over the world!

Since then I've had the opportunity to rub shoulders with thousands of coaches from many different countries. Although I'm often playing the role of "teacher," I find I learn something from almost every coach I ever talk to.

I'm a firm believer in life-long learning, and my web endeavors have allowed me to glean knowledge from people who I would have never met otherwise. For this I am truly thankful.

The drills contained in this book are literally a world-wide compilation. Some are drills I picked up as a player, or made up myself as a coach. Some are drills I've come across from books and other resources. Many are drills that have been sent to me from friends, coaches, and acquaintances I've met online.

With the advent of the internet, and the capability to connect with coaches from around the world, it's an exciting time for hockey development! This book is a product of our current technological age, and I'm excited to be able to present it to you.

Enjoy!



Jeremy Weiss

Founder

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KEY TO DIAGRAMS:

 Player

 Opposing Player

 Pass

 Forward Skating without Puck

 Forward Skating with Puck

 Backward Skating without Puck

 Backward Skating with Puck

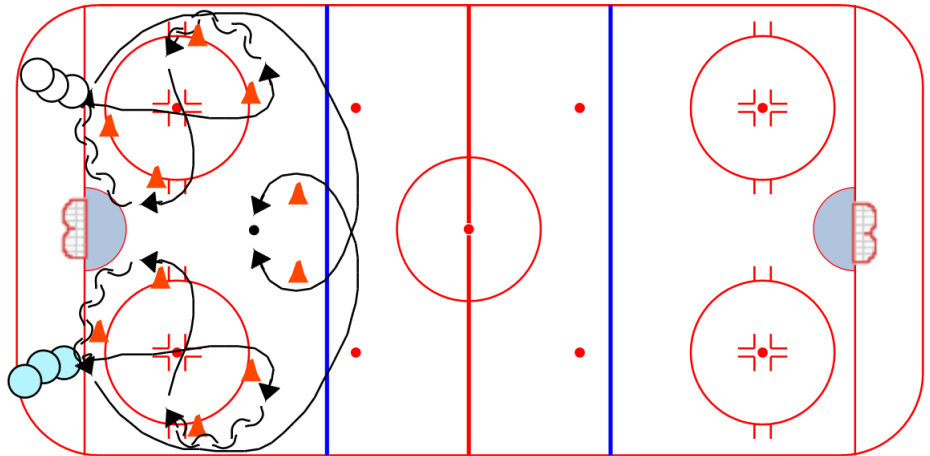
 Shot

COMPETITION



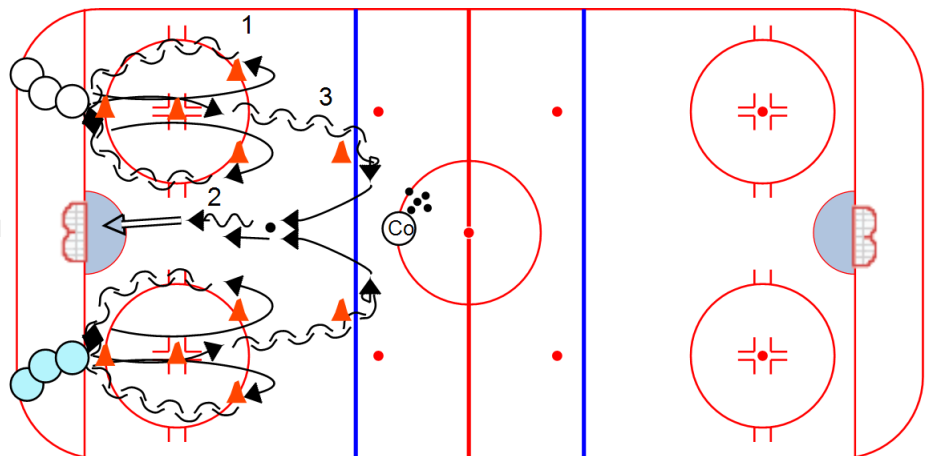
Slovakian Agility Race:

1. Player from each line skates through the cones as shown
2. Pivot at each turn
3. Winner takes the puck and tries to score
4. Loser backchecks
5. Change lines



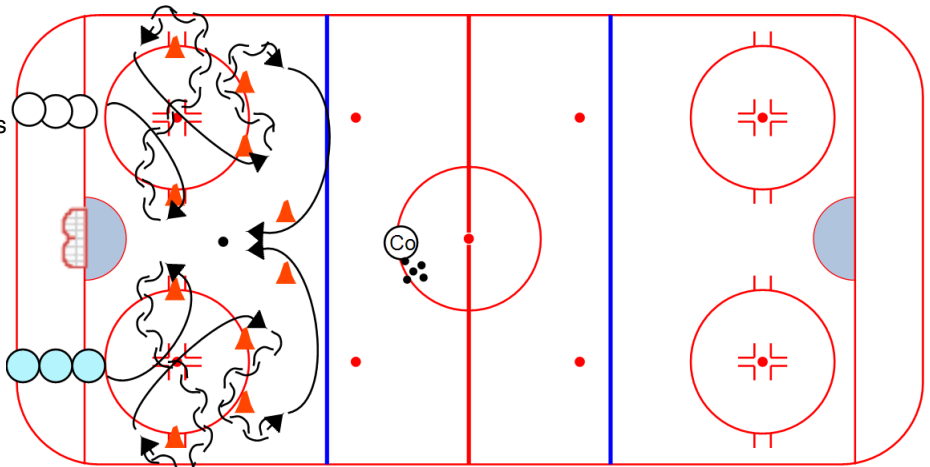
Pivot Race:

1. On the whistle, 2 players race.
2. Player skates up to the outer cone (1), pivots, and skates backward to the low cone
3. At the low cone, player opens up and skates up to the inner cone (2), pivots, and skates backward to the low cone
4. At the low cone, player pivots backward (facing middle), skates backward to the high cone (3), opens up and races to the puck
5. Player who gets to the puck first shoots, other player backchecks
6. Change lines



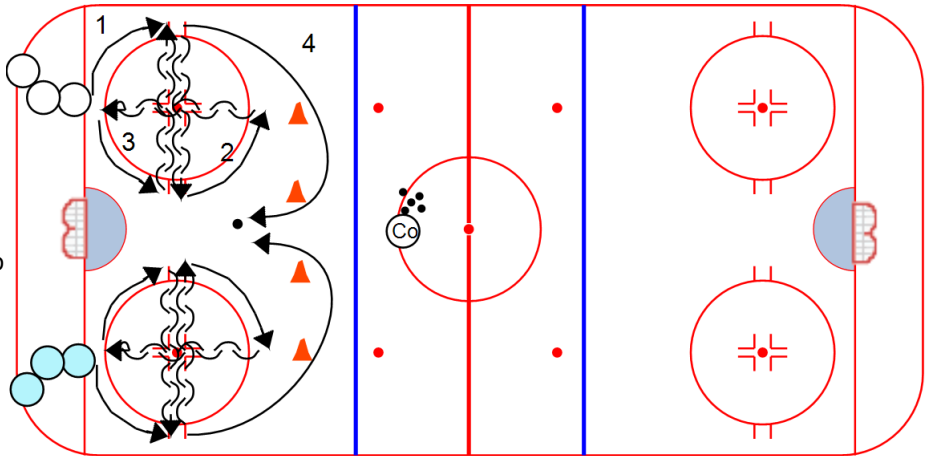
Slovakian Pivot Race:

1. Players line up as shown
2. On whistle, first player from each line races through the cones as shown, executing pivots at full speed
3. Coach throws a puck out, first player that wins race picks it up and shoots, other player backchecks
4. Change lines



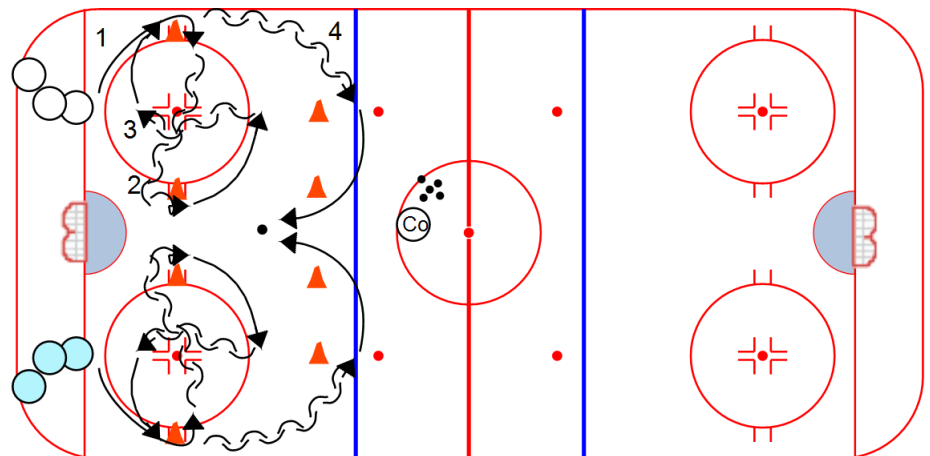
Iron Cross Race:

1. Player skates forward around the edge of the circle to the hash mark (1), pivots, and skates backward through the circle
2. At the hash mark, player opens up, skates forward to the top of the circle (2), pivots, and skates backward through the circle
3. At the bottom of the circle, player opens up and skates to the hash mark (3), pivots, and skates backward through the circle
4. At the hash mark, player opens up and skates around the two cones to the puck
5. First player shoots, second player backchecks
6. Change lines



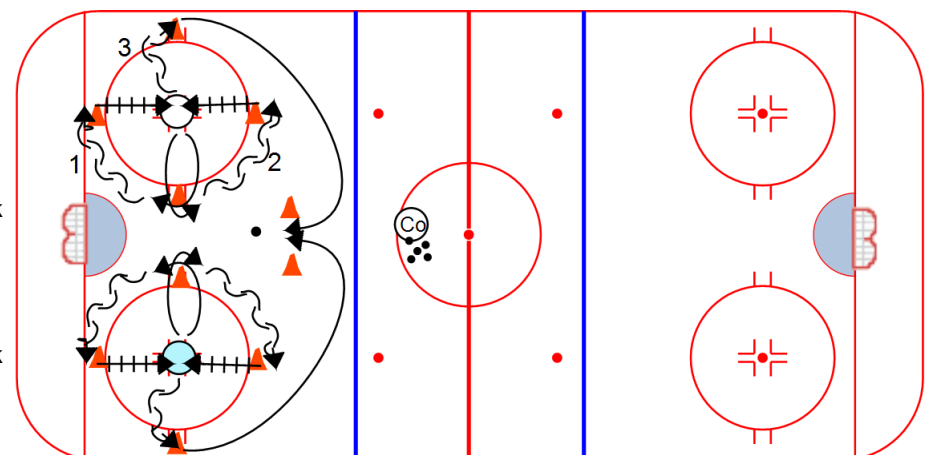
Circle Agility Race:

1. Player skates around the first cone (1), pivots, and skates backward through the circle
2. Player skates around the second cone (2), opens up, and skates to the top of the circle
3. Player pivots, and skates backward to the dot (3), opens up, and skates out to the first cone
4. Player pivots backward, skates out to the high cones (4), opens and races to the puck
5. First player shoots, second backchecks
6. Change lines



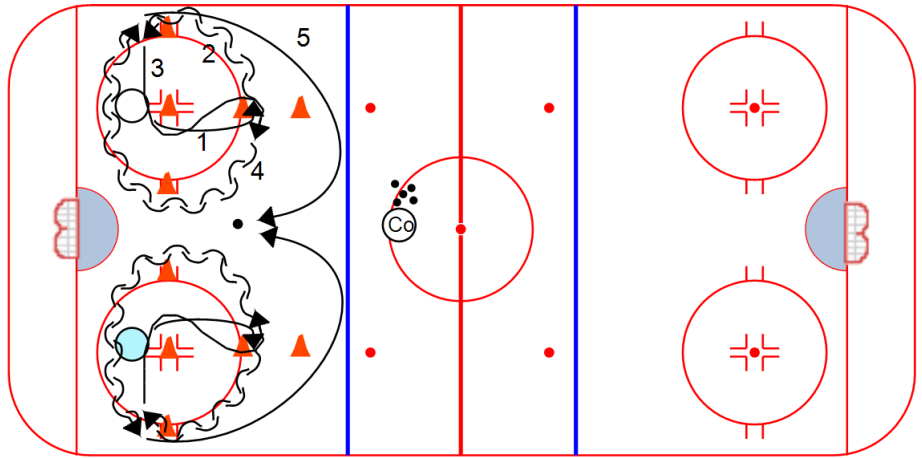
Circle Agility Race 2:

1. Players start on dots facing each other
2. On whistle, player skates forward to the inner cone, pivots and skates backward to the bottom cone (1)
3. Player performs side-step-crossovers back to middle dot
4. Player skates forward to inner cone, pivots the other way and skates backward to the top cone (2)
5. Player performs side-step-crossovers back to middle dot
6. Player skates backward to the outer cone (3), opens up and races to the puck
7. First player shoots, second backchecks
8. Change lines



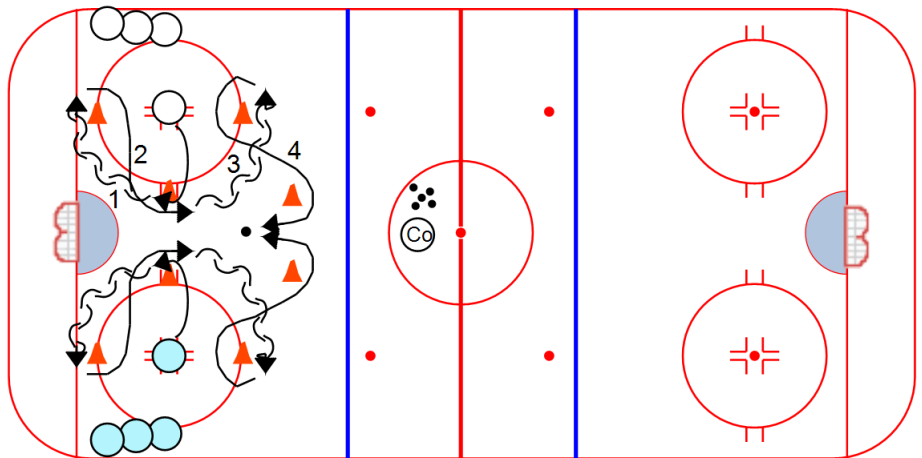
Backward Agility Race:

1. Players start behind the middle cone, facing up ice
2. On whistle, players skate to the top cone, pivot, and skate backward to the outer cone (2)
3. Open up, and skate forward back to the middle cone (3)
4. Power turn around middle cone and skate up to top cone
5. Backward (4) all the way around to the outer cone
6. Open up and race to the puck (5)
7. First player shoots, second backchecks
8. Change lines



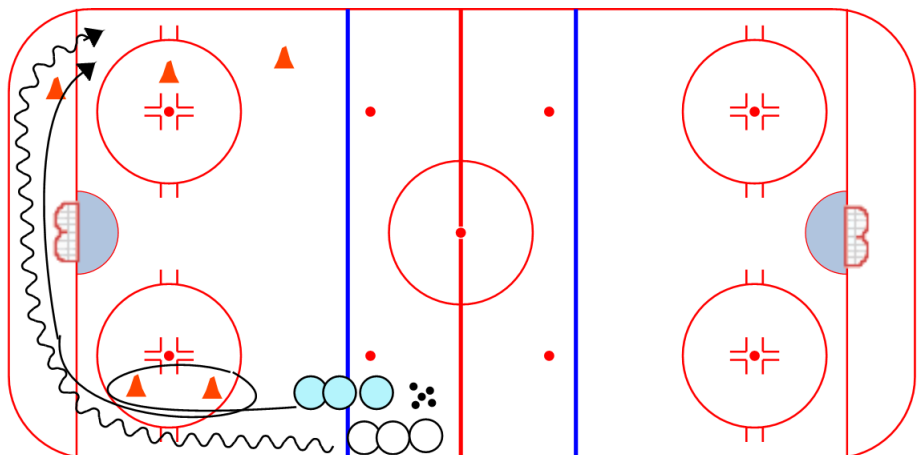
Pivot Agility Race:

1. Players start facing each other
2. On whistle, player skates up to inner cone, pivots, and skates backward (1) to bottom cone
3. Opens up (2), and skates back to inner cone
4. Pivots backward (3), and skates around top cone
5. Races to the puck (4)
6. First player shoots, second backchecks
7. Change lines



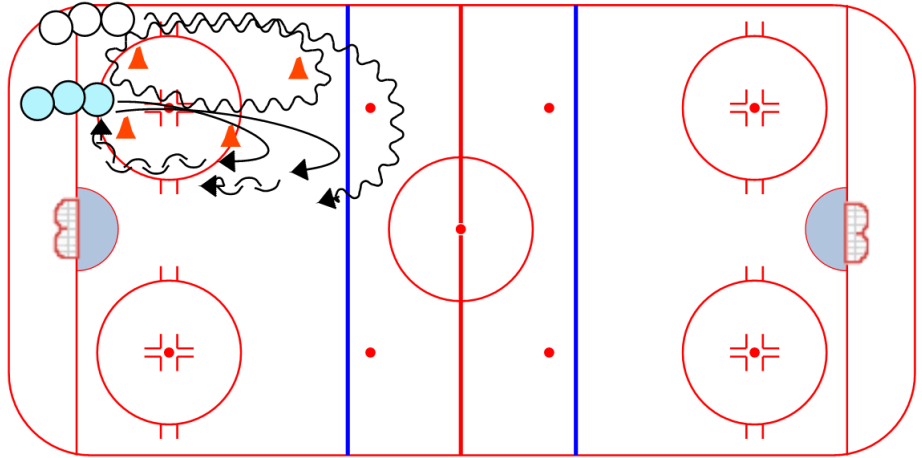
1 on 1 Big Loop Two Cone Chaser Angling:

1. Outside player starts with a puck
2. Puck carrier must skate along the boards, then outside the far cones, trying to get to the far blue line without losing the puck
3. Chaser must power turn around both cones, then try to angle the puck carrier
4. Older players body check, younger players stick check
5. Encourage hard, aggressive skating



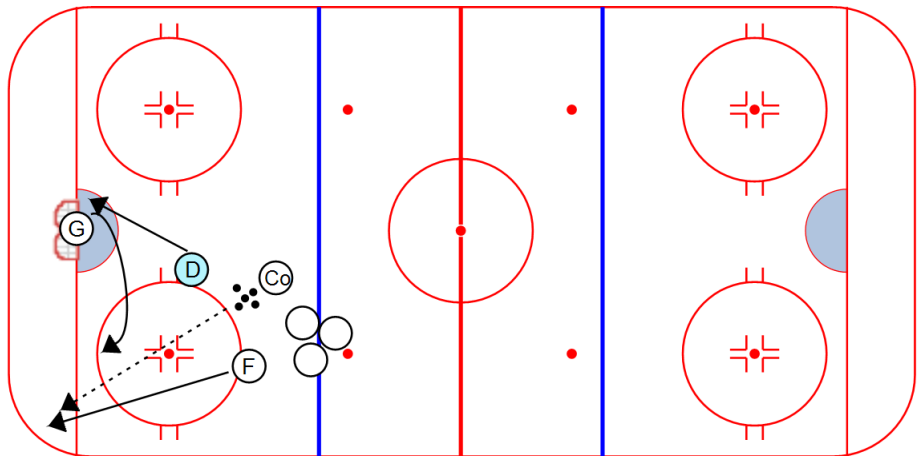
1 on 1 Circle the Cones:

1. Forwards and defensemen line up as shown
2. Each player skates around their set of cones
3. Defenseman pivots to stay facing up ice
4. Forward swings out around the dot and attacks
5. Defenseman closes the gap and plays the 1 on 1



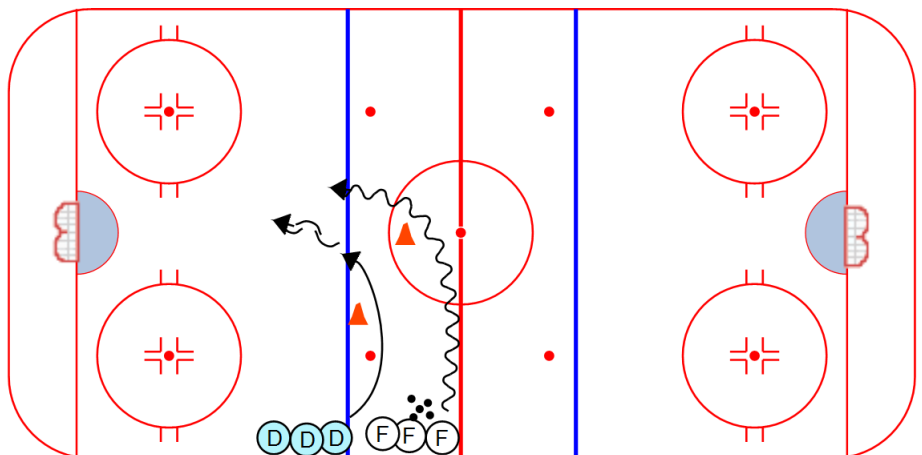
1 on 1 Defense Half Ice:

1. Coach dumps puck in corner
2. Defenseman starts on knee, forward starts standing
3. Defenseman goes to far post, taps post with stick then plays the forward 1 on 1
4. Forward protects puck and looks for a chance to attack
5. If defenseman steals the puck he can go in and shoot
6. Defenseman should maintain a tight gap



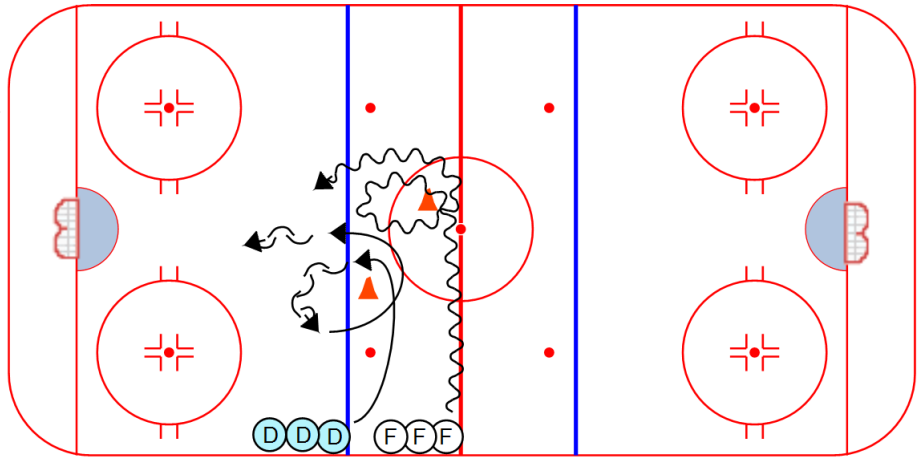
1 on 1 from the Side:

1. Forwards and defensemen line up as shown
2. On whistle, forward skates around the far cone
3. Defenseman skates out around the close cone, pivots, and plays the 1 on 1



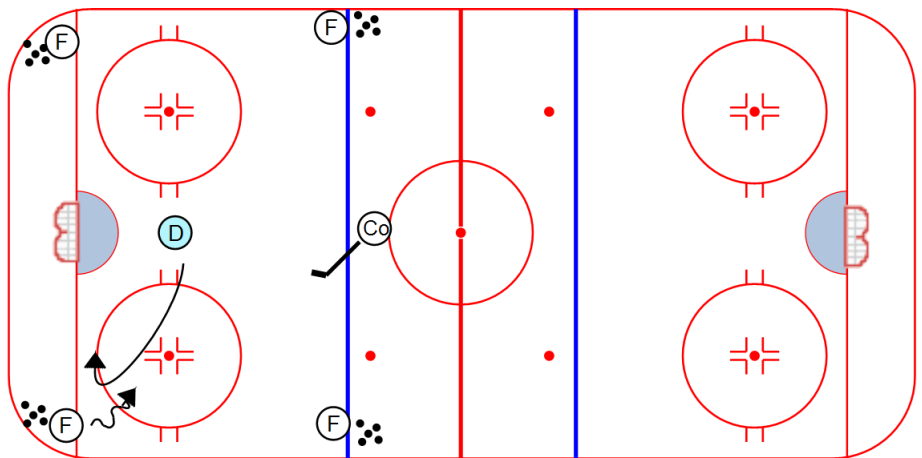
1 on 1 from the Side with a Loop:

1. Players line up as shown
2. On whistle, each player skates around their respective cones, defensemen pivot to stay facing up ice
3. Players enter the zone, playing the 1 on 1
4. If coach blows the whistle, players must skate around their cones again before playing the 1 on 1



1 on 1 x 4:

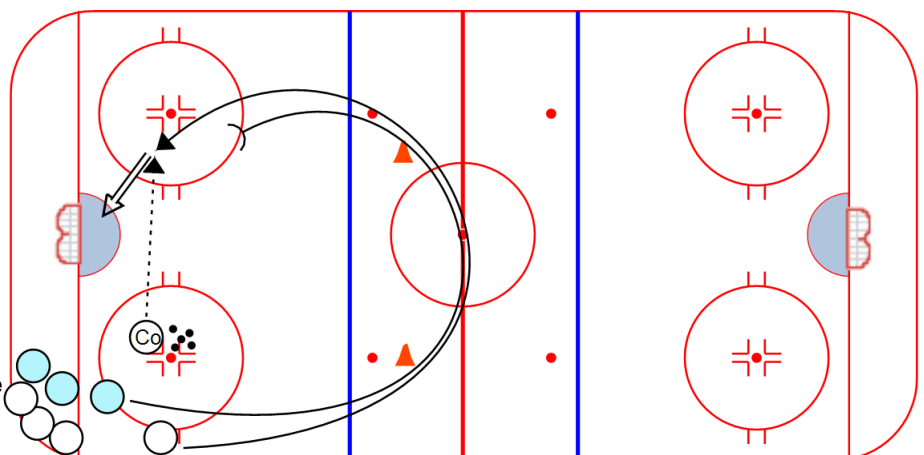
1. One forward starts in each corner, on a knee, with a puck
2. Defenseman starts in the middle
3. Coach blows whistle, and points to one of the four forwards
4. Defenseman closes the gap, and plays the 1 on 1 out of the corner, deciding between "force" vs "contain"
5. After a few seconds, coach blows the whistle, and points to a second forward
6. Defenseman closes the gap on the new forward
7. Drill continues until all 4 forwards have gone, then switch everyone out



1 on 1 Big Arc Backchecking:

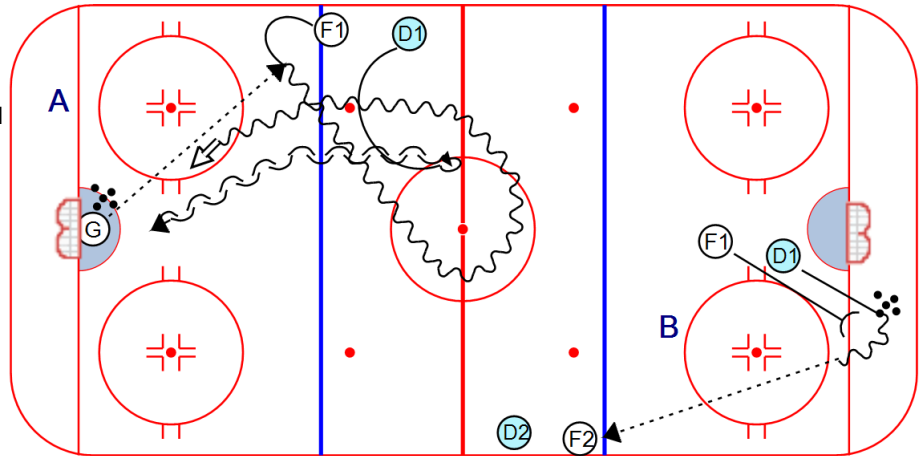
1. Players line up as shown, offensive player starts slightly in front of the backchecker
2. On the whistle, both players skate the arc, looping around both cones
3. Offensive player tries to gain positioning and open up to receive a pass from the coach
4. Defensive player tries to keep the other player from receiving the pass

Variation: Send two offensive and two defensive players together



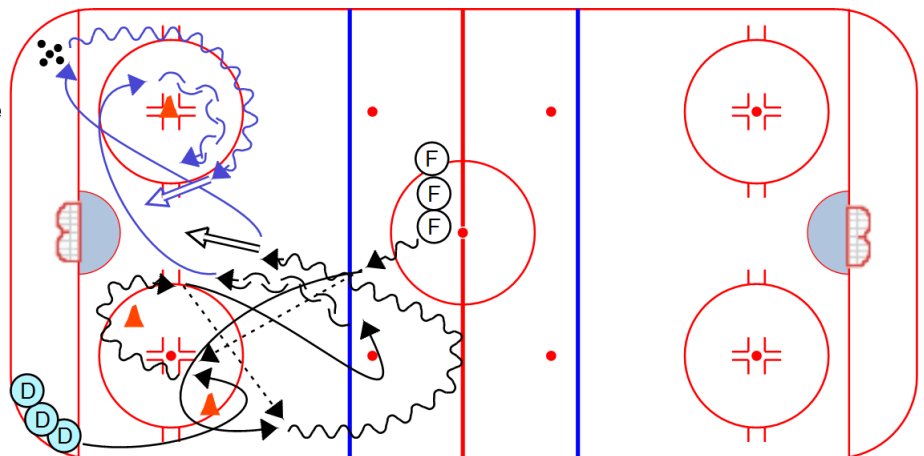
1 on 1 Transition on Half-ice:

1. Form a group of forwards and a group of defensemen. They are positioned in neutral zone, along the boards.
2. A) Goalie passes to F1 who skates in neutral zone, then attacks 1-on-1 against D1.
3. B) After a goal, the goalie freezing the puck, or the defenseman getting the puck back, the defenseman returns the puck to F2 who repeats the sequence against D2, and so on.



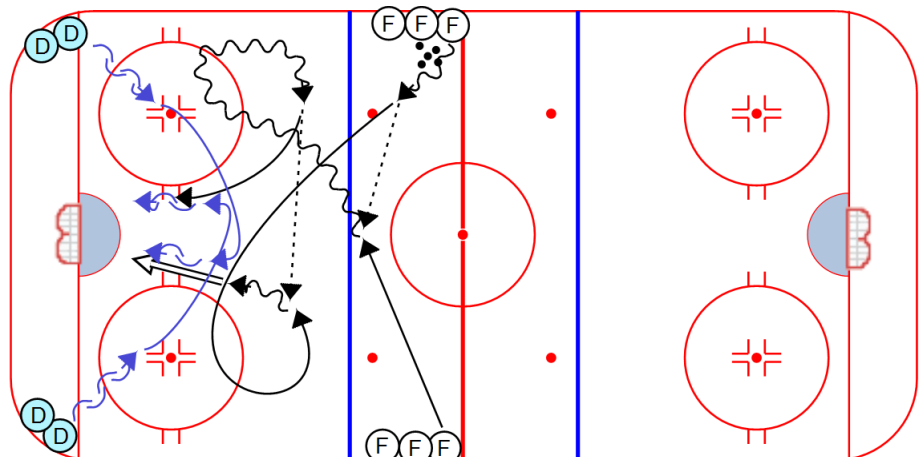
Breakout 1 on 1 x 2:

1. Forwards and defensemen start as shown
2. On whistle, forward takes a step toward the defenseman, and passes to the defenseman turning around the cone
3. Defenseman cuts down around the low cone, then hits the forward as he/she opens up for a pass
4. Both players loop out into the neutral zone, then play a 1 on 1
5. After the 1 on 1, the forward swings into the corner, picks up a puck, and attacks the seam
6. Defenseman closes the gap and plays a second 1 on 1 out of the corner



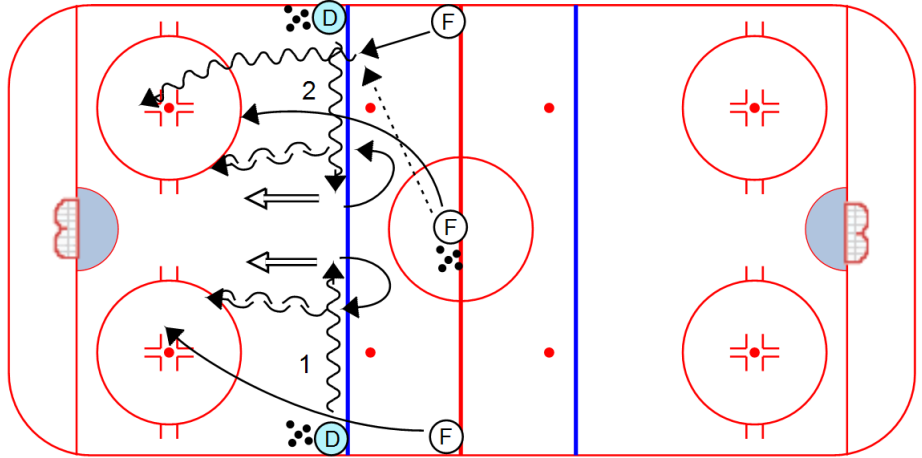
2 on 2 Agility:

1. Forwards criss cross, then attack the zone using a delay tactic
2. Defensemen start backward for a few strides, then pivot forward, criss cross, and close the gap on the 2 on 2



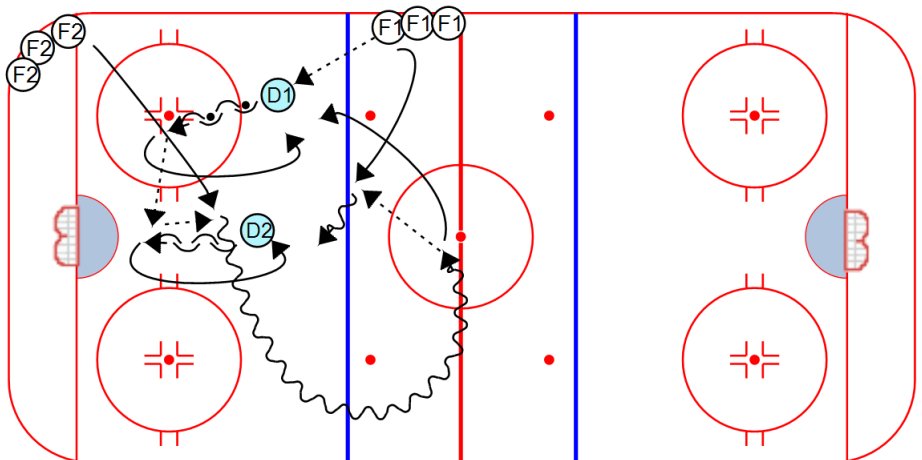
2 Shot 3 on 2:

1. Drill starts with each defenseman dragging the puck across the blue line then shooting (1) & (2)
2. After the second shot, the forwards attack using the triangle formation
3. Defensemen close the gap and play the 3 on 2



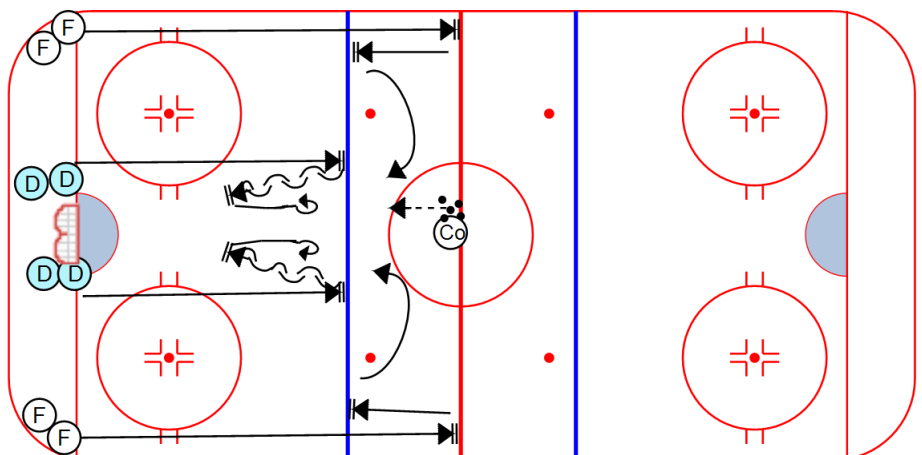
2 on 2 Half-Ice Drill:

1. F1 passes to D1
2. D1 and D2 back up pass D to D, then up to F2 swinging through
3. F2 carries the puck out into the neutral zone, then hits F1 and attacks 2 on 2
4. Defensemen close the gap, and play the 2 on 2



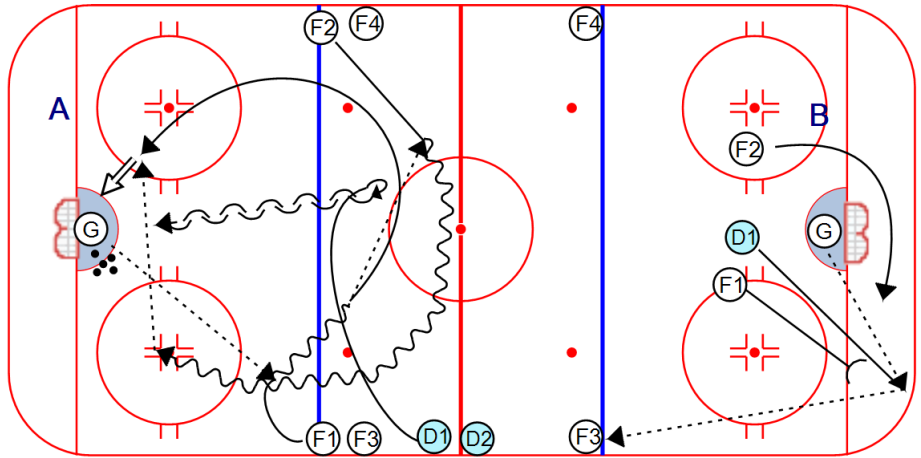
2 vs 2 Race:

1. Four skaters go at a time. Two defensemen line up on each side of net. Two forwards come out of corners
2. On whistle, defensemen skate to blue line, pivot, and skate backward to the top of circles
3. Defensemen then close the gap and play the forwards 2 on 2
4. Forwards skate to redline, stop, back to the blue line, stop, then pick up a puck put in the middle by a coach.



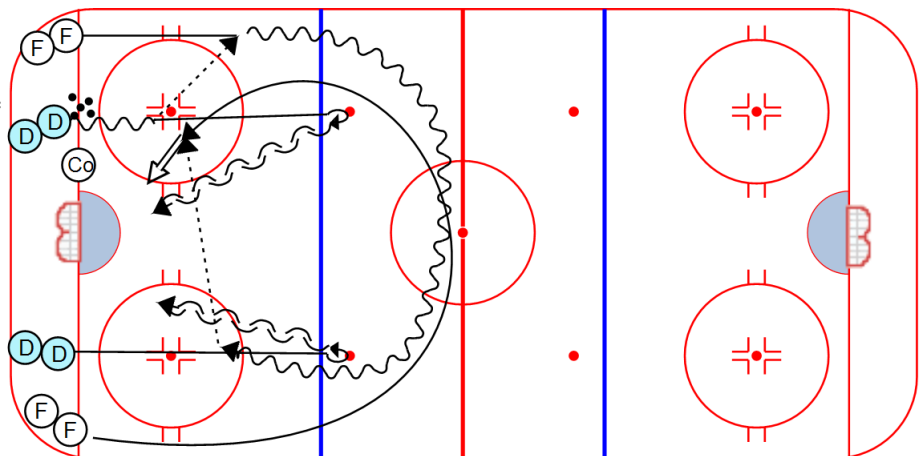
2 on 1 Transition on Half-Ice:

1. Form 2 groups of forwards and 1 group of defensemen.
2. A) G passes to F1. F1 and F2 exchange the puck in the neutral zone and play 2-on-1 against D1.
3. B) F1 and F2 try to score a goal and forecheck if they lose the puck. D1 tries to prevent the goal and passes to F3 or F4 who repeat the drill against D2. Continue. If a goal is scored or the goalie freezes the puck, D1 passes back to F3 or F4 for the 2-on-1 against D2.
4. Change defensemen regularly.



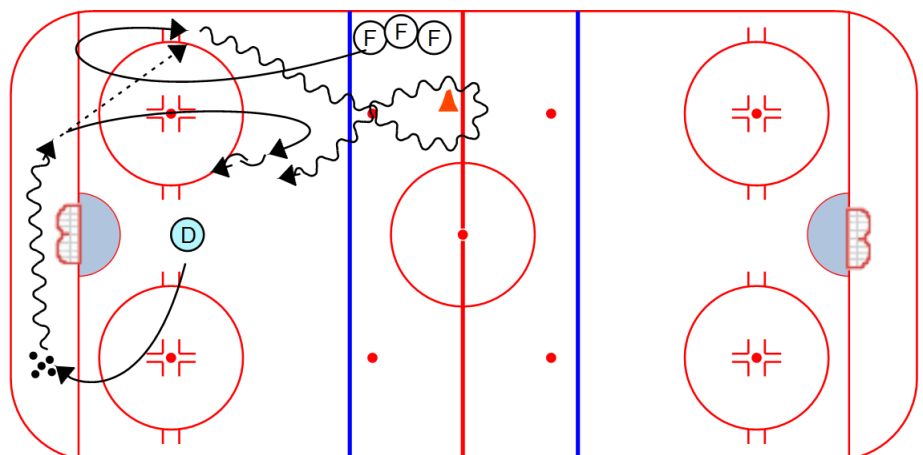
2 on 2 Defensive (Half-ice):

1. Form 4 groups: one group of forwards and one group of defensemen in each corner of the defensive zone.
2. At the coach's signal, one D passes to one F.
3. Both forwards regroup in neutral zone and attack both defensemen (2 on 2).



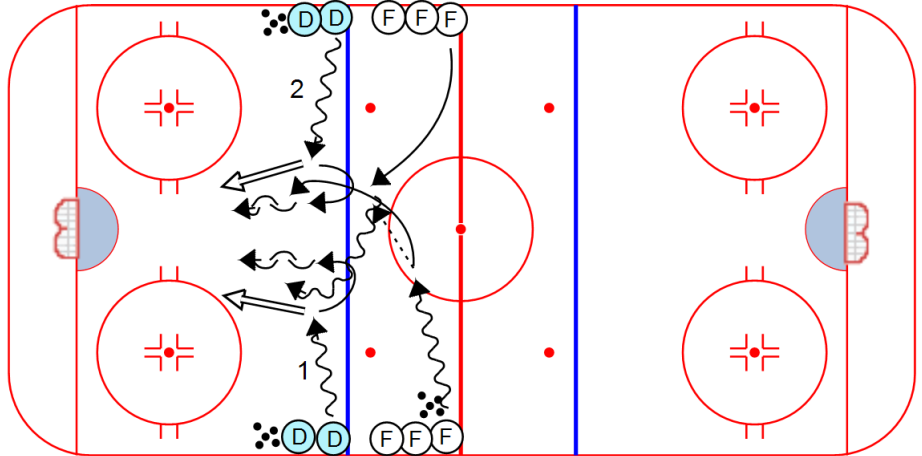
Breakout 1 on 1:

1. Players set up as shown
2. On whistle, defenseman skates to the corner, picks up a puck, and makes a breakout pass
3. Forward picks up the puck, loops around the cone, and attacks 1 on 1
4. After making the pass, the defenseman closes gap and plays the 1 on 1



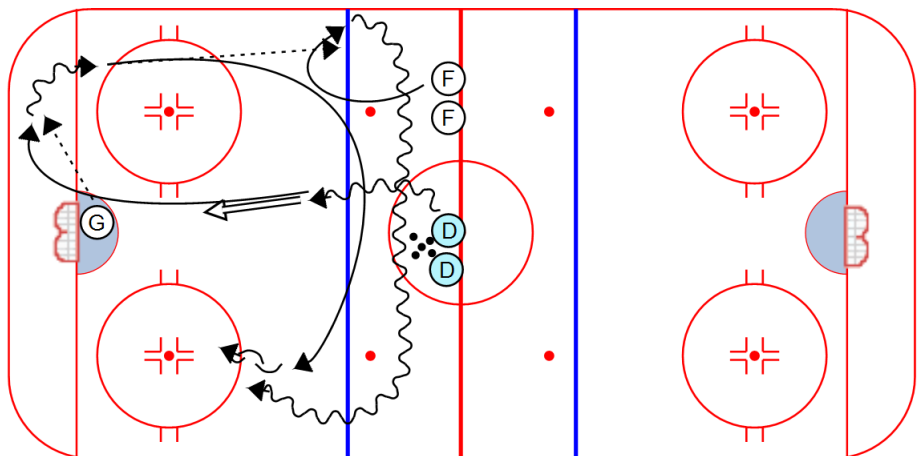
2 Shot 2 on 2:

1. Defensemen "drag skate" across the blue line and shoot (1) & (2)
2. After second shot, forwards criss cross and attack 2 on 2
3. Defensemen close the gap and play the 2 on 2



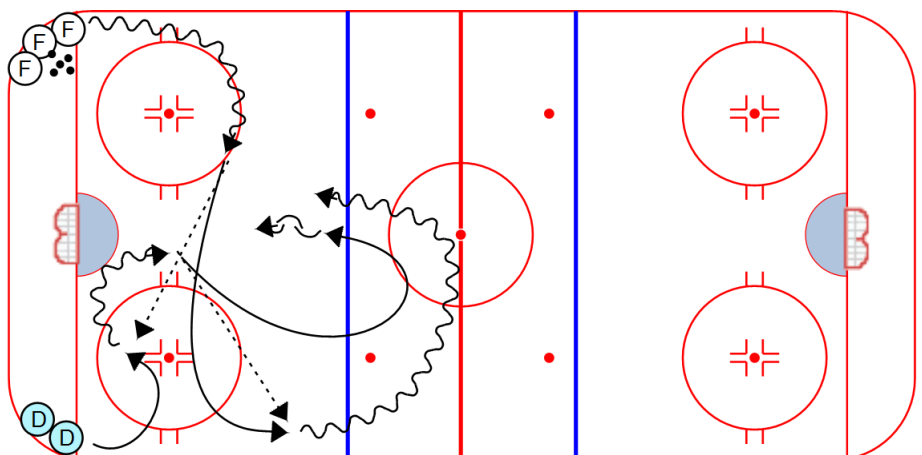
Shot, Breakout, 1 on 1:

1. Defenseman steps into the zone and takes a shot
2. Goalie redirects puck into the corner
3. Defenseman follows up the puck and initiates the breakout
4. Forward receives breakout pass, swings through the neutral zone, and attacks
5. Defenseman closes the gap, and plays the 1 on 1



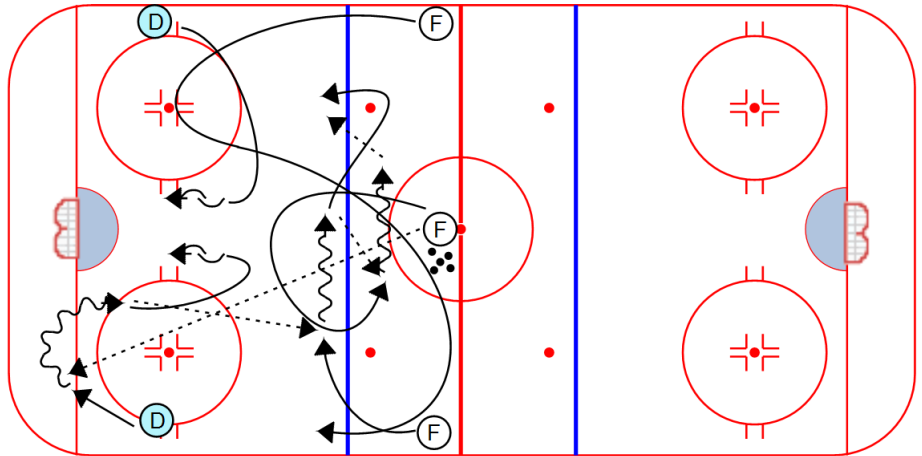
Criss Cross 1 on 1:

1. Forward cuts through the seam with the puck, then passes to the defenseman
2. After making the pass, the forward swings across to the far boards, opens up and receives the pass
3. Defenseman loops open and passes up to the forward
4. Forward loops out into the neutral zone then attacks 1 on 1
5. Defenseman closes the gap and plays 1 on 1



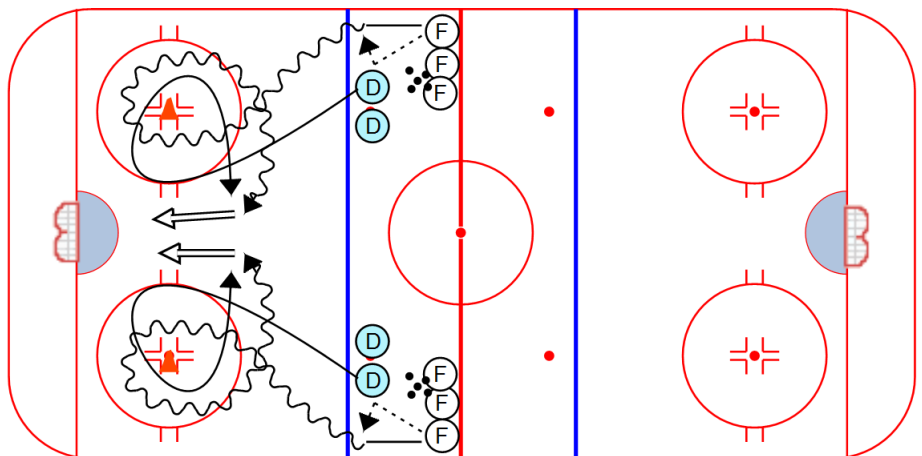
Breakout, Swing, 3 on 2:

1. Forward dumps puck into either corner
2. Defenseman picks up the puck and makes a breakout pass to the strong side winger
3. Forwards swing through the neutral zone, criss crossing with a drop pass (be creative), then enter the zone (on side) for a 3 on 2
4. Defensemen close the gap, then play the 3 on 2



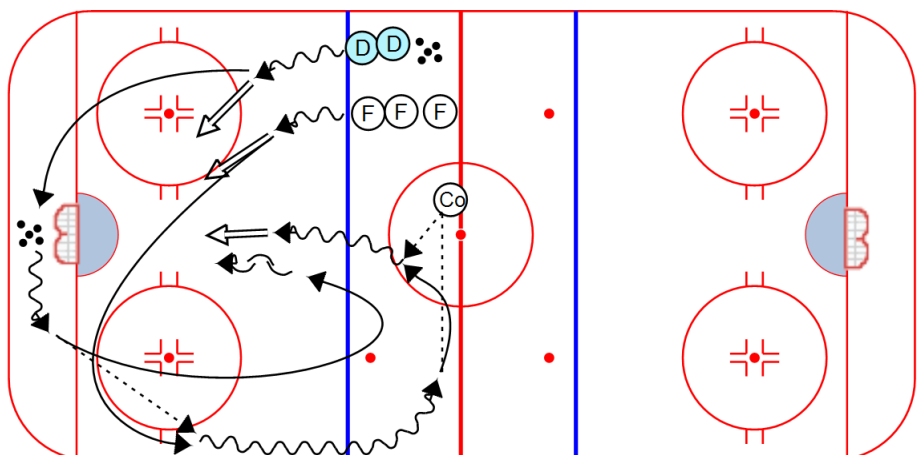
Give & Go Backcheck Angling:

1. Forward runs a give and go with the defenseman
2. Forward drives the zone, curls around the cone, and attacks the seam
3. Defenseman pivots and shadows the forward, cutting off the shot
4. Consider running from both sides, staggering the starts, or add a second net if you have two goalies



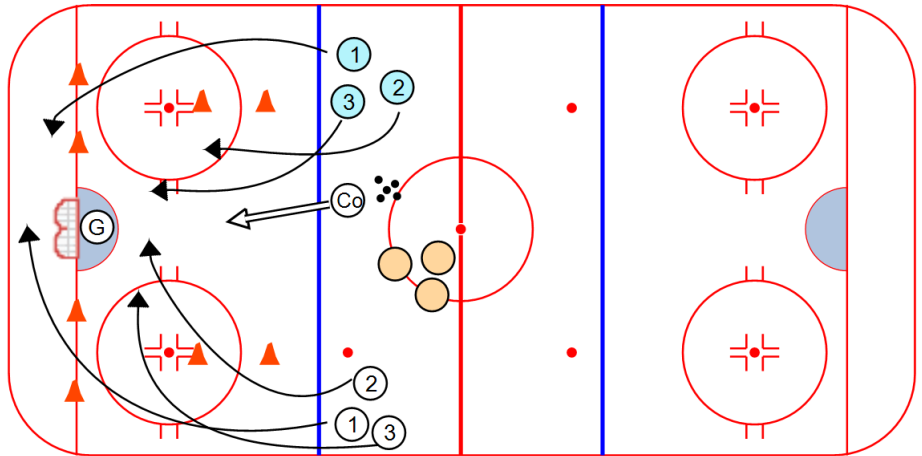
2 Shot Breakout 1 on 1:

1. Drill starts with two shots
2. Defenseman shoots first, then swings in behind the net, picks up a puck, and initiates a breakout
3. Forward shoots right after the defenseman, then swings open to receive the breakout pass
4. After the breakout pass, the forward skates out to the neutral zone, runs a give and go with the coach, then attacks 1 on 1
5. The defenseman closes the gap, and plays the 1 on 1



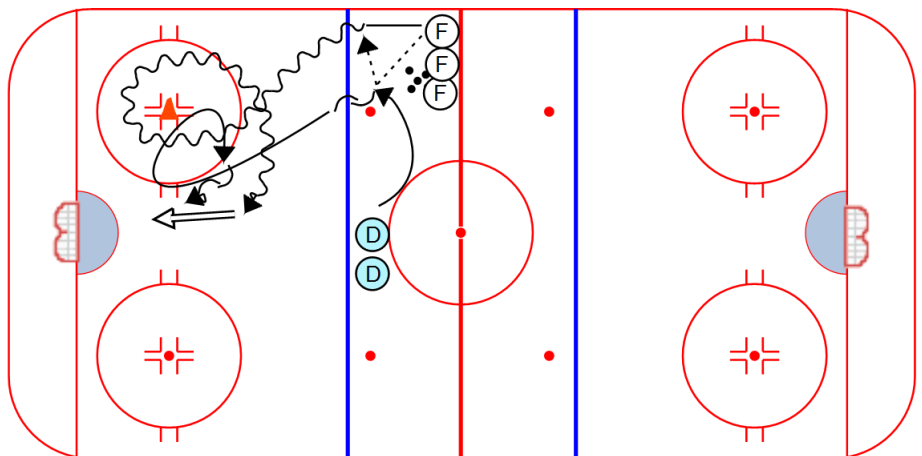
3 on 3 Half Ice:

1. 3 on 3
2. Coach shoots puck, goalie redirects puck into the corner
3. Must make 3 passes between the cones before you can score



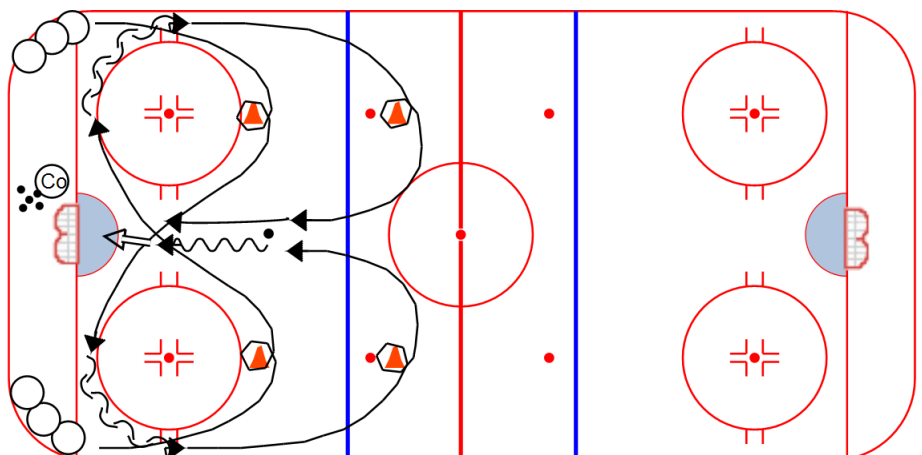
Give & Go Corner 1 on 1:

1. Forward runs a give and go with the defenseman
2. Forward drives the zone, curls around the cone, and attacks the seam
3. Defenseman closes the gap low, and pivots backward to play the 1 on 1



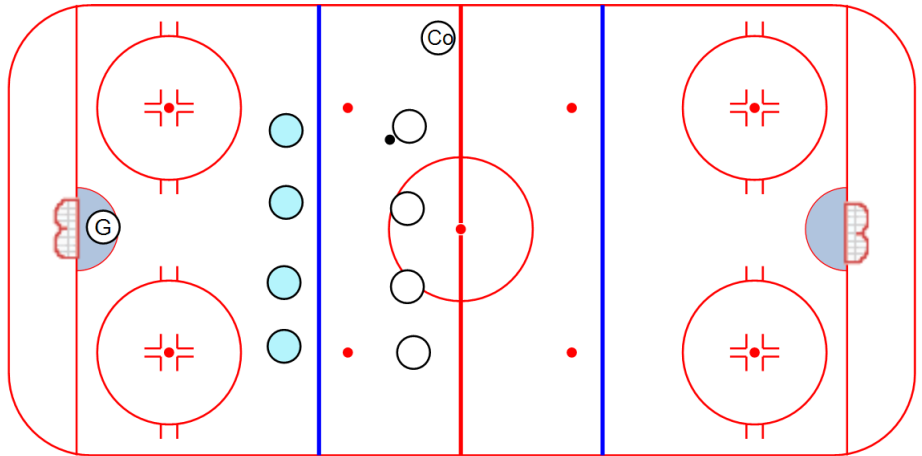
Bednar Escape Race:

1. On whistle, first player from each corner leaves and skates the route shown
2. Full power turns around each cone, pivot backwards around the bottom quarter of the circle
3. Race to the puck, player who gets there first shoots, other player backchecks



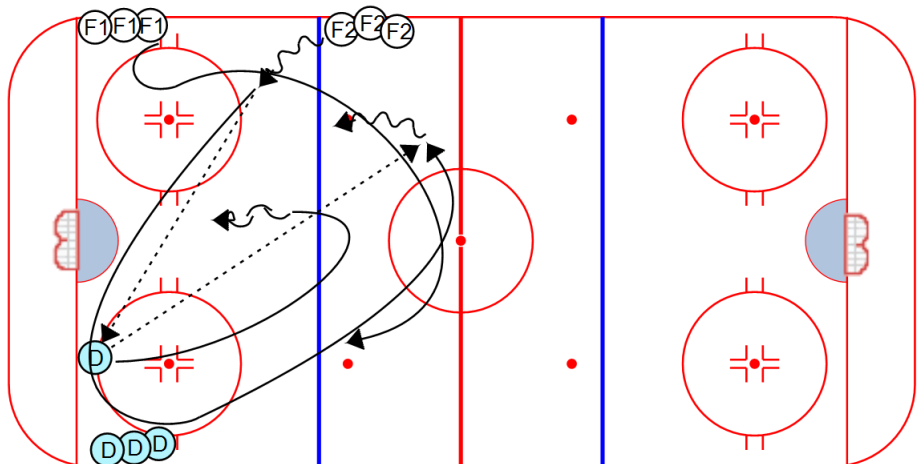
Covering 4 on 4 on Half-Ice:

1. Form groups of 4 and use half-ice
2. Allow 3 attacks per team, 4-on-4
3. An attack is over when a goal is scored, if the goalie is immobilized, or if there is a breakout
4. Each defender must cover an opponent (man-to-man)
5. The offensive players must move to get open



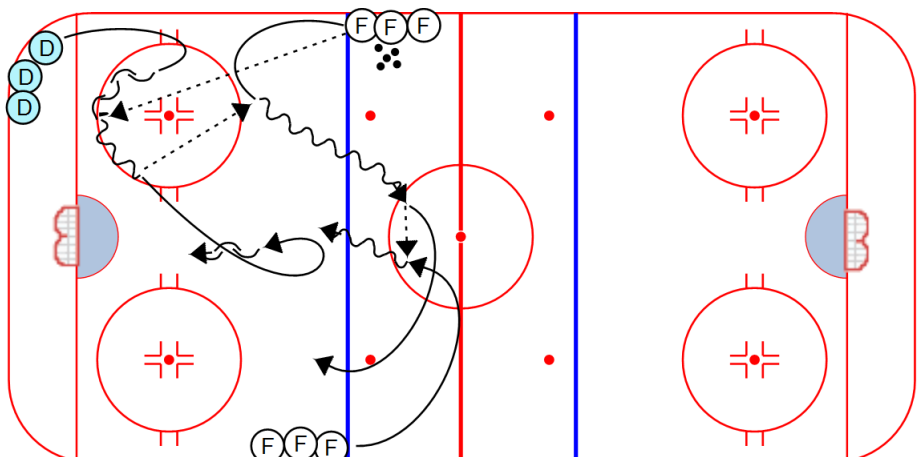
Half Ice 2 on 1:

1. F2 starts drill with pass to D.
2. F2 comes low and F1 times his skate so both players are skating out of the zone in tandem.
3. D makes an outlet pass to F1 or F2.
4. F1 and F2 skate through the neutral zone and exchange pass.
5. D closes the gap and plays the 2 on 1 back into the zone.



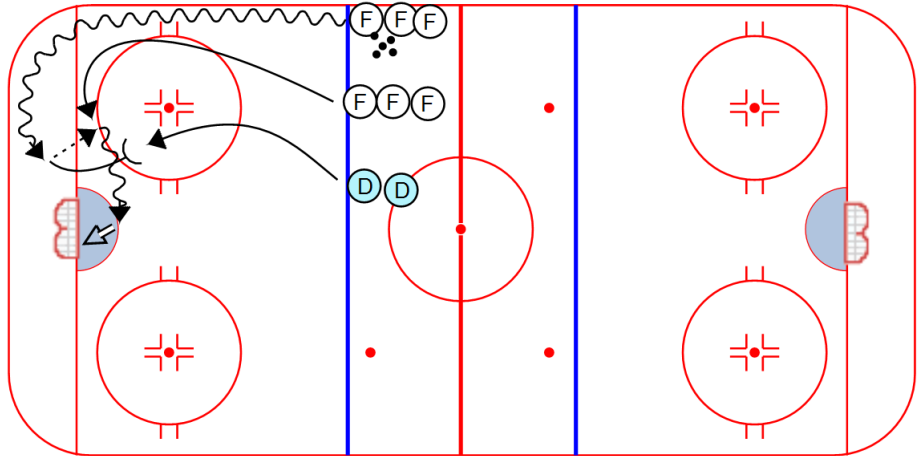
Breakout Give & Go 2 on 1:

1. Forward passes to the defenseman, then loops open for a breakout pass
2. Defenseman makes breakout pass, then closes gap for a 2 on 1
3. Forwards criss cross in the neutral zone, and attack 2 on 1



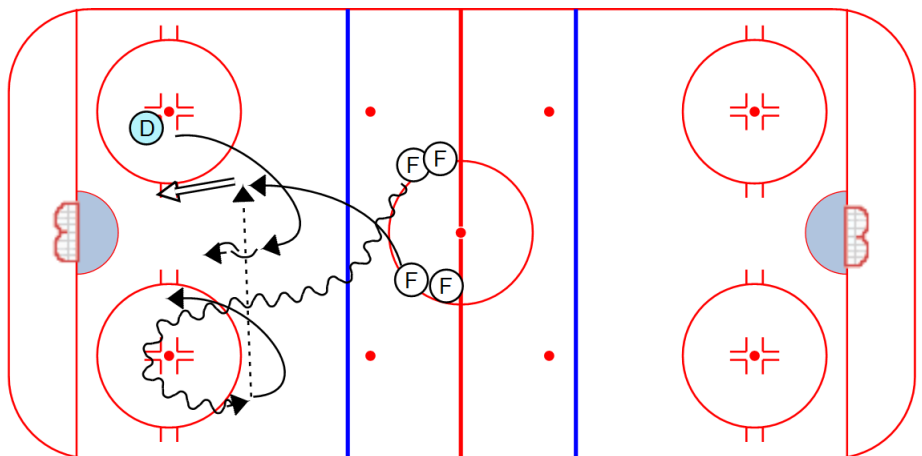
"Legal Pick" 2 on 1:

1. Forward drives deep into the zone, then hits the partner with a pass
2. Partner drives the net, forward sets a "legal pick" against the defenseman
3. Play with the timing of each player's departure to make this work



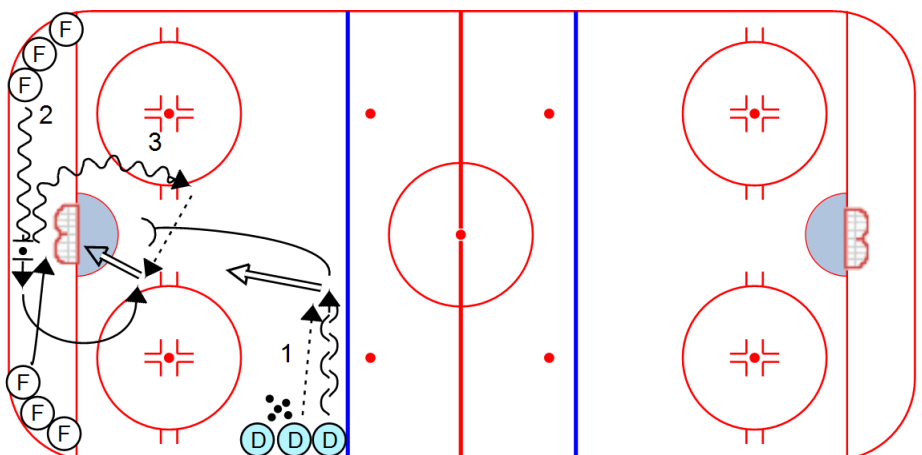
Drive Delay 2 on 1:

1. Puck carrier drives deep and turns back, passing to the "trailer man" coming in late
2. Defenseman closes the gap and plays the 2 on 1



Low 2 on 1:

1. Defenseman opens up backward, receives a pass from the next player in line, and shoots (1)
2. As this happens, the forwards criss cross behind the net (2), making a drop pass before opening up to front of the net (3)
3. After defenseman shoots, he/she gets down to the front of the net to play the 2 on 1
4. Forwards read the coverage, and either shoot, or pass across for the one-timer.

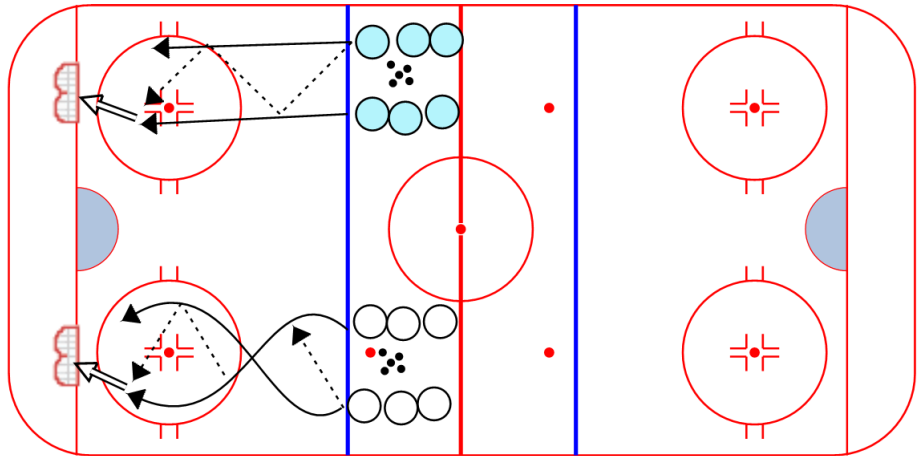


FUN DRILLS



2 on 0 Race:

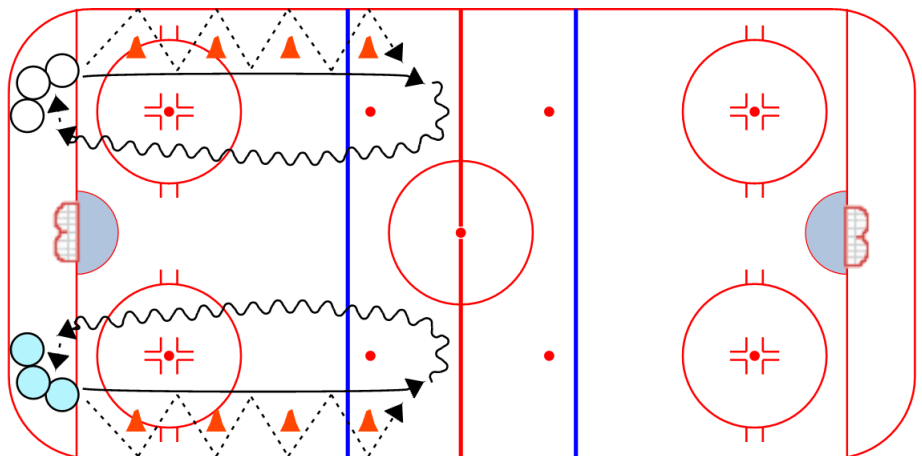
1. Players are divided into two groups
2. Two nets and goalies are placed as shown
3. On the whistle, players try to score in pairings on their respective nets. Require 3 passes before a shot can be taken
4. Each pair cannot return to the line until they've scored
5. After a goal is scored, next pairing can't start until the previous pairing has passed the blue line
6. Play for 2-3 minute intervals. Team with most goals wins



Variations: Require players to perform the drill skating backward

Board Pass Relay:

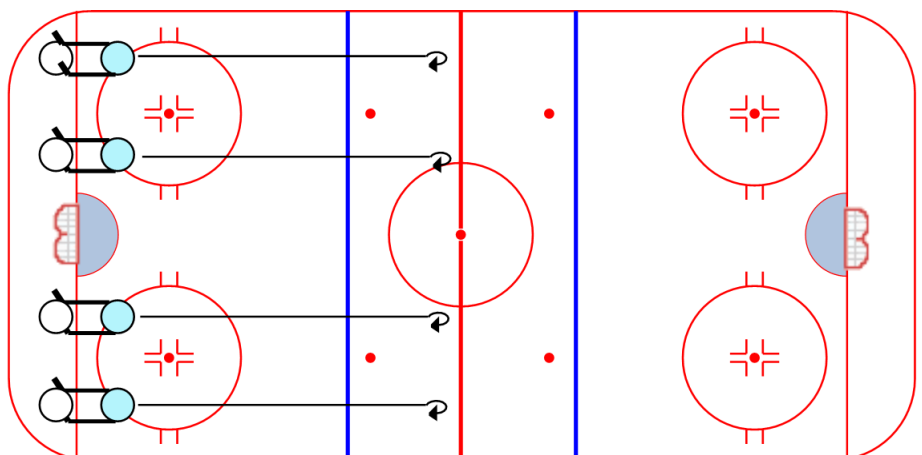
1. Line up players in two teams
2. On the whistle, the first player in each line skates up the boards, making a bank pass around each cone
3. After the final cone, the player skates back to the line and dishes the puck off to the next player in line
4. Puck carrier must cross goal line before making the pass to next player
5. First team to finish wins
6. Make sure all players get to execute on both forehand and backhand sides



Key points: Find Proper Passing Angles; Hit the Dasher Board

Dog Sled Races:

1. Divide the team into pairings of players about the same size
2. Player in front holds the buttend of both sticks
3. Player behind sits back on his or her knees, holding the blade end of both sticks
4. On the whistle, players race to the center line, player in front pulling the player in back
5. At the center line they switch places and race back

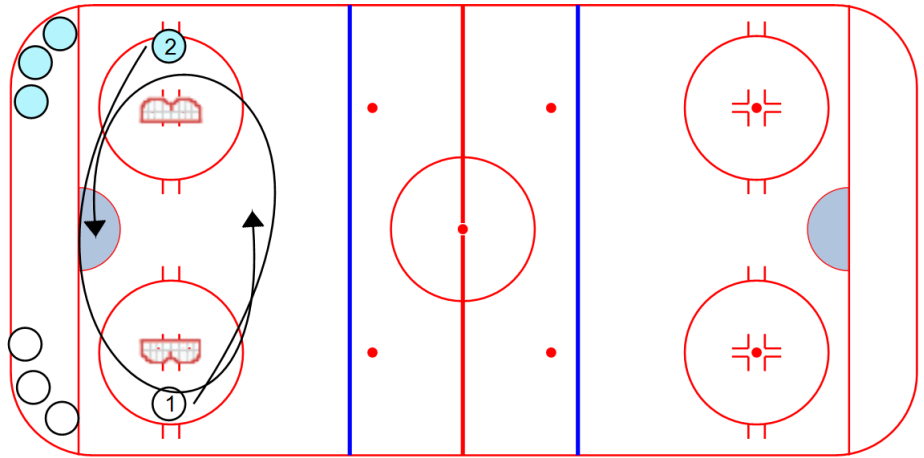


Variations: For younger players, you might have two players pull one; or have the player in back stay on his or her skates

Fox and Hound:

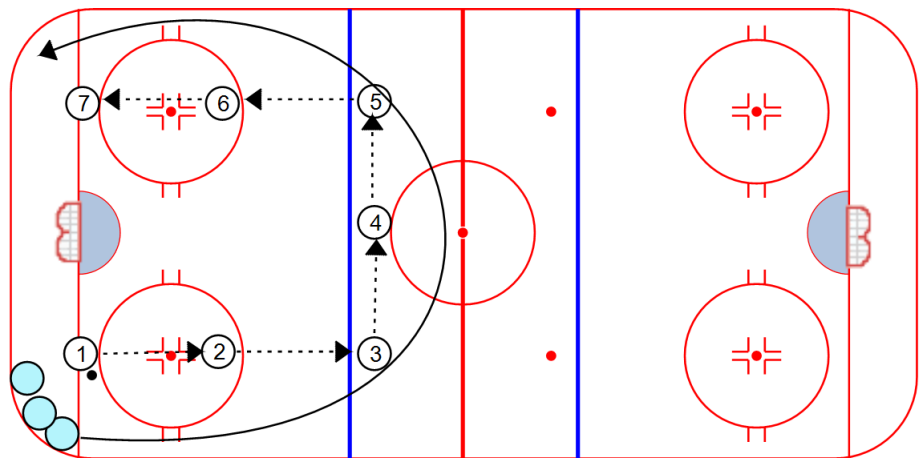
1. Line up players 1 and 2 as shown
2. On the whistle, players 1 and 2 race around the nets, trying to be the first one to circle the nets twice
3. Emphasize aggressive skating and keeping feet moving
4. Make sure to have players skate each direction

Variations: Start players from different spots; Add a puck on each player's stick; Run it skating backward



Race the Puck:

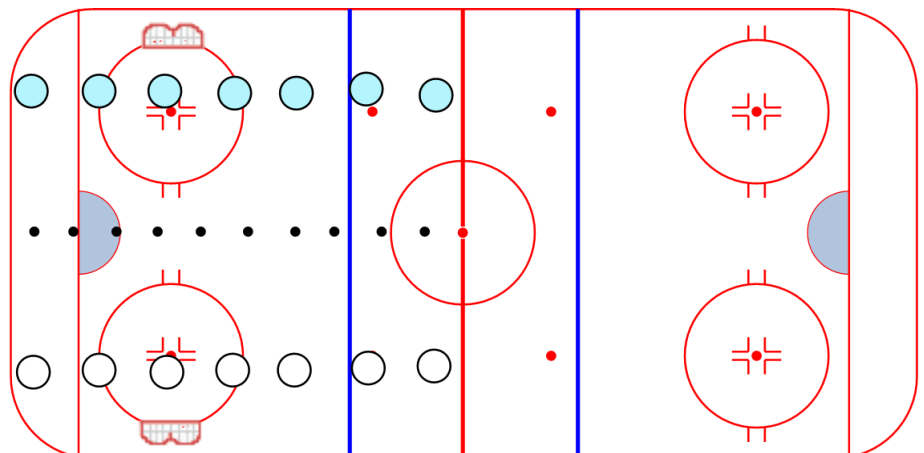
1. Line up players 1-7 as shown
2. Remaining players line up in the corner
3. Players 1-7 must complete passes to each other before the skater reaches the goal line on the opposite side
4. Emphasize crisp, accurate passes, and incorporate giving and receiving passes while mohawking to increase efficiency
5. Skaters should keep feet moving and adjust route to minimize gliding



SCORO:

1. Divide team into two evenly skilled groups
2. Line up 10-20 pucks down the middle of the ice and place two nets as shown (no goalies)
3. On the whistle, each team tries to score goals in the other team's net
4. Team with the most goals in the other team's net when all the pucks have been scored, wins
5. Encourage aggressive play

Variations: Move nets to different locations, possibly back-to-back in the middle

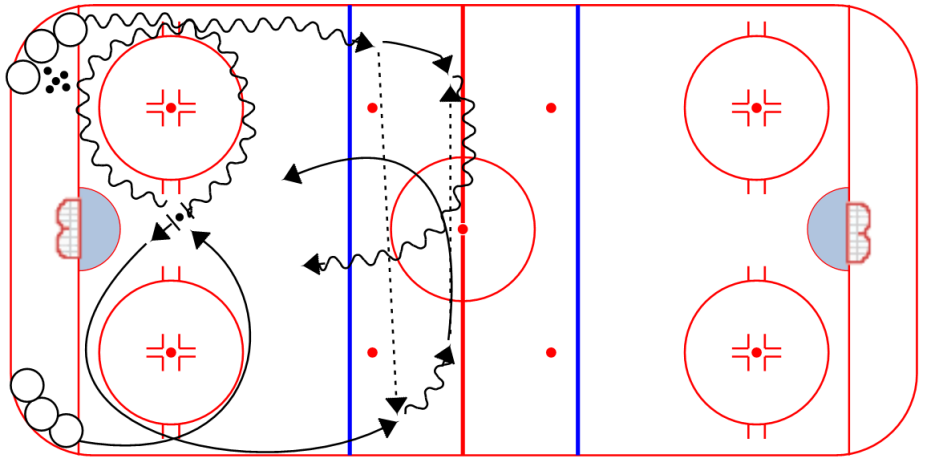


PASSING



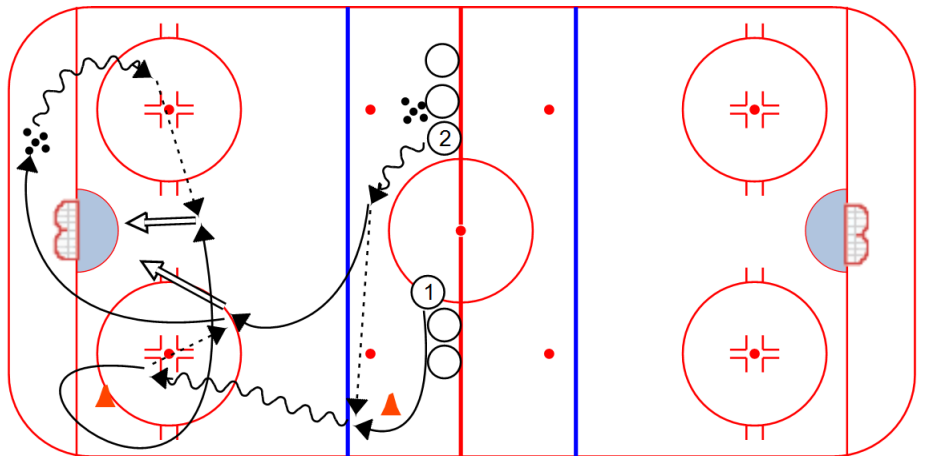
2 on 0 From Circle Drop Pass:

1. Players line up in both corners
2. On whistle, the first player from each line skates up around the top of the circle, then criss cross through the middle
3. Puck carrier leaves a drop pass for his or her partner
4. Players loop around the bottom of the circle and up into the neutral zone
5. Execute two passes in the neutral zone and re-enter 2 on 0 for a shot



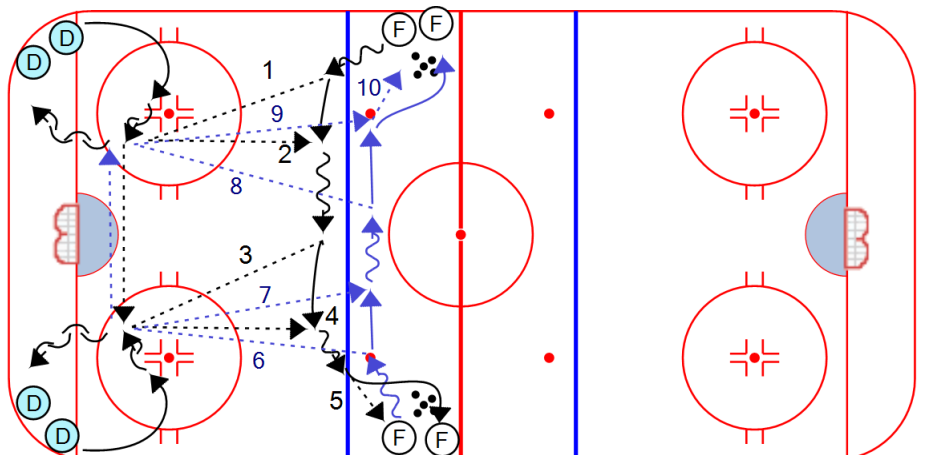
2 on 0 with Follow:

1. Players line up as shown
2. On whistle, player 1 breaks wide and receives a pass from player two
3. Player 1 drives deep, then executes a drop pass to player 2
4. Player 2 shoots, then swings in behind the net, picks up a puck, and steps out for a pass to player 1
5. After the drop pass, player one power turns around the low cone, and drives the seam for a pass and shot from player 2



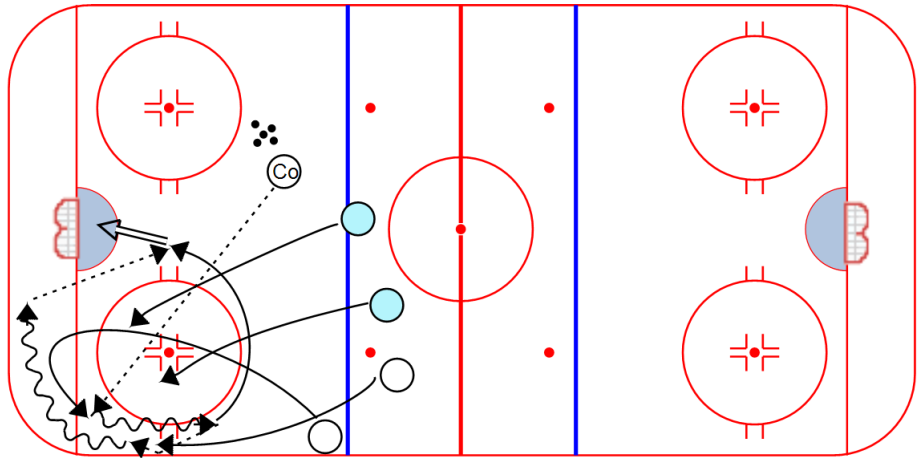
Czech Perpetual 5-Pass:

1. Forwards and Defensemen line up as shown
2. First forward leaves with a puck and passes to near defenseman (1)
3. Defenseman opens up, receives pass, and touch passes it back (2)
4. Forward receives the return pass, passes it down to the second defenseman (3)
5. Defenseman touch passes it back to the forward (4)
6. Forward touch passes it to the next player in the other line (5), then gets back in line
7. Drill repeats going the other direction (6-10). Defensemen stay in line for two forwards, then switch



Cycle 2 on 2:

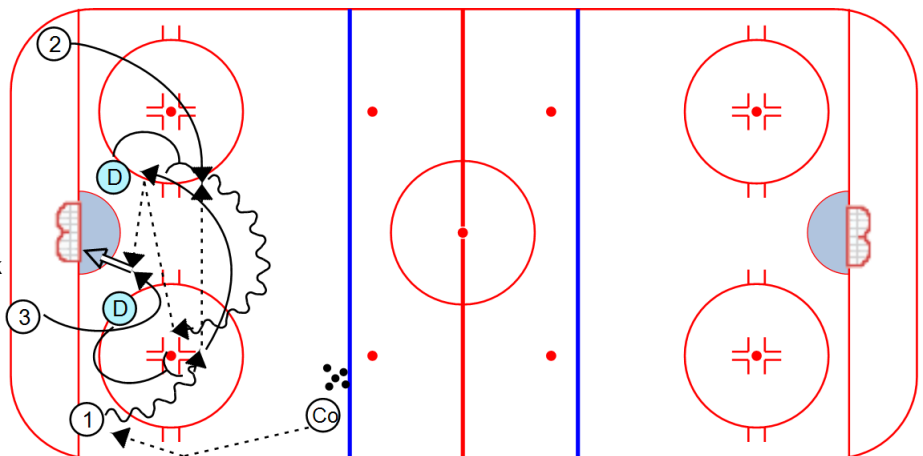
1. Coach dumps puck into the corner
2. One forward picks up the puck, walks up the boards, then cycles the puck low to the other forward
3. After cycling the puck, the first forward drives through the seam and receives a return pass
4. The other forward swings low into the corner, then centers the puck to his or her partner for a shot
5. The two defenders try to break up the play
6. Encourage read & react and offensive creativity



3 on 2 Attack:

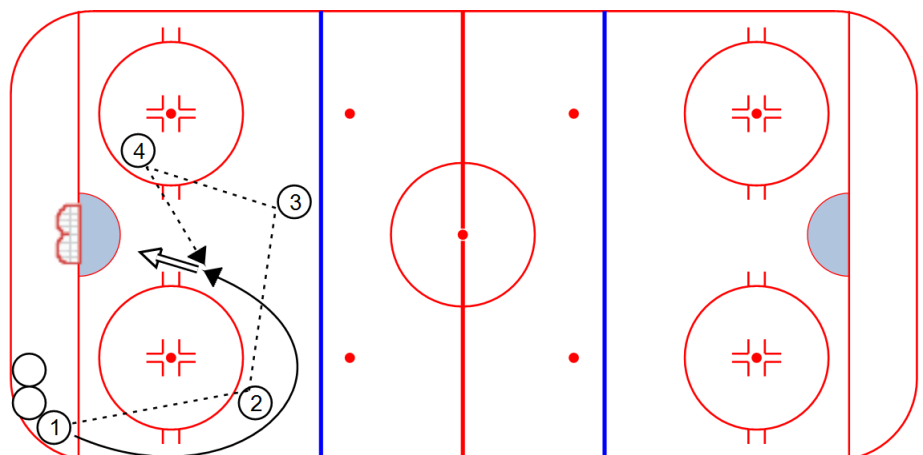
1. Three forwards start as shown
2. Defensemen start on a knee, near the net
3. Coach passes to one of the forwards, and the forwards attack, defensemen get up and defend
4. Encourage support and creativity among the forwards; criss crosses and lateral puck movement

Variations: Start with no defensemen, then add 1, then add 2



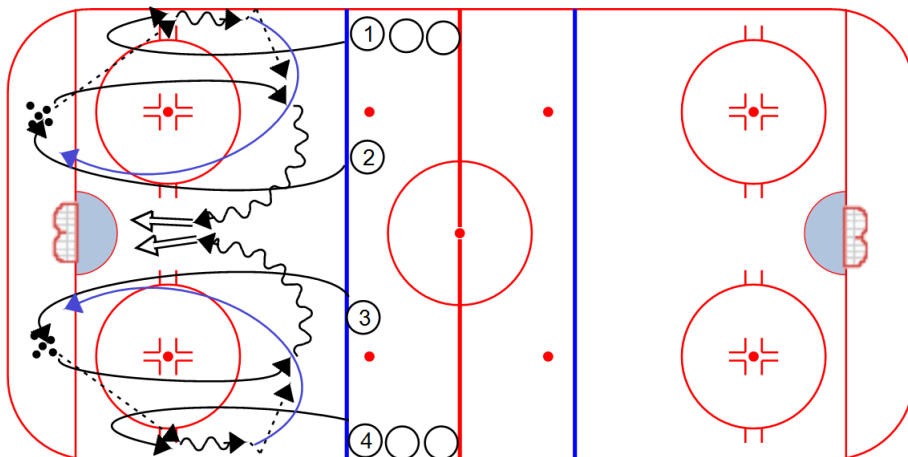
4 Man Passing, Half-Ice:

1. Player 1 passes to 2, 2 to 3, 3 to 4, and 4 back to 1
2. Player 1 shoots in stride
3. After the shot, player 1 replaces 4, 4 replaces 3, 3 replaces 2, and 2 returns to the line



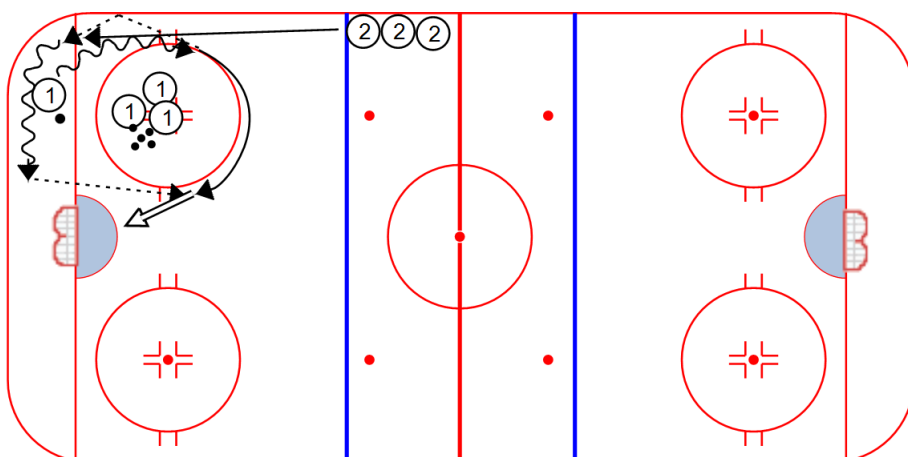
Breakout Pass with a Board Pass (Perpetual):

1. Drill sets up as shown, coach alternates start times so the goalie can play both sides
2. Player 2 swings in and picks up a puck from the corner
3. Player 2 makes a breakout pass to player 1, who makes a bank pass back to player 2
4. Player 2 cuts to the net and shoots
5. Player 1 swings low and picks up a puck for the next breakout, and starts the drill again, passing to the next player in line
6. Drill repeats perpetually



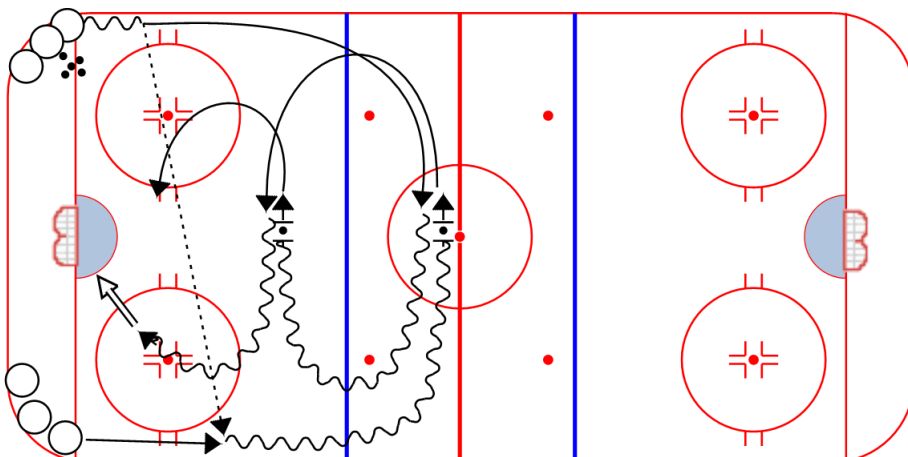
Cycling Drill:

1. Players line up as shown
2. The first 1 skates up the boards, and cycles the puck back toward the corner
3. Player 2 swings low, picks up the puck and continues down into the corner before centering the puck to the front of the net
4. After cycling the puck, player 1 drives the net through the seam, and shoots



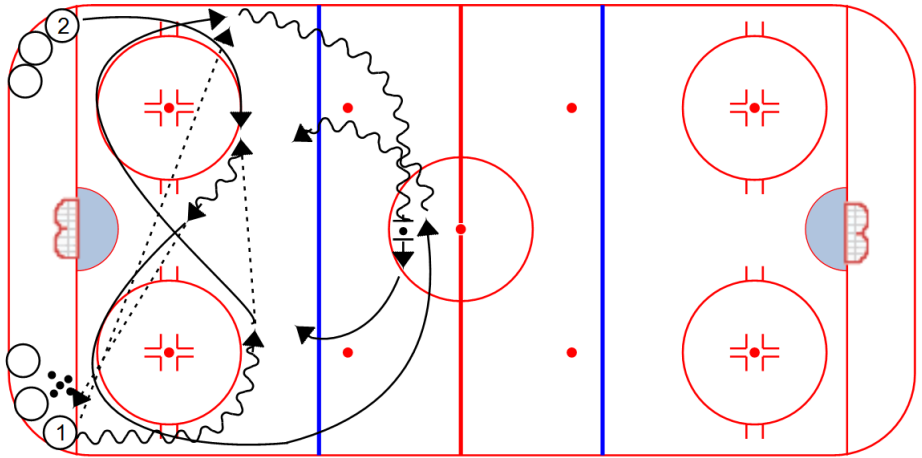
Double Drop Pass Drill:

1. Players line up as shown
2. Drill starts with a cross-ice pass
3. Players swing wide, and criss cross twice, executing a drop pass each time, then attack the net for a shot
4. Make sure to call off-sides infractions



Breakout Pass with a Board Pass (Perpetual):

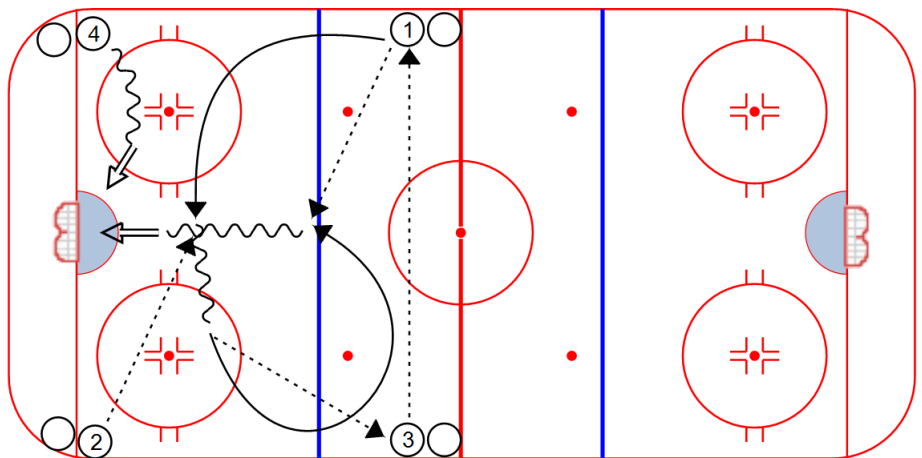
1. Drill sets up as shown, coach alternates start times so the goalie can play both sides
2. Player 2 swings in and picks up a puck from the corner
3. Player 2 makes a breakout pass to player 1, who makes a bank pass back to player 2
4. Player 2 cuts to the net and shoots
5. Player 1 swings low and picks up a puck for the next breakout, and starts the drill again, passing to the next player in line
6. Drill repeats perpetually



Finesse Hockey Passing Drill:

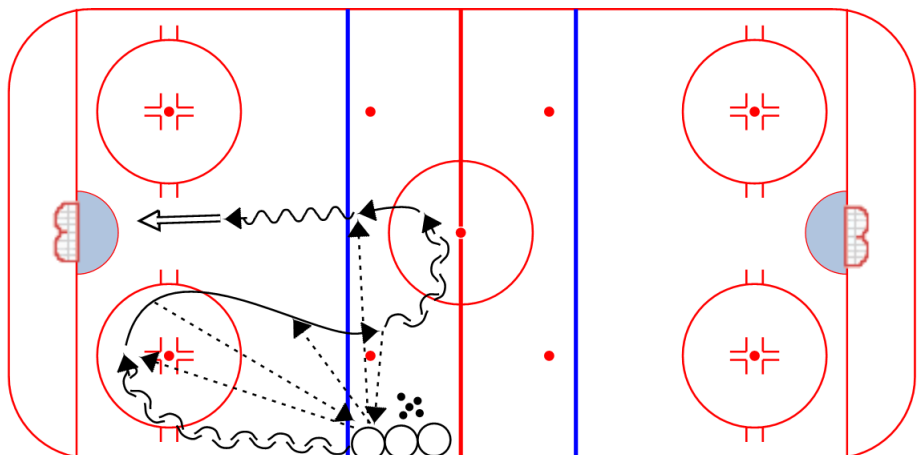
1. Player 1 skates through the slot and receives a pass from 2.
2. As 1 skates through the slot, player 4 skates out with a puck and goes to the net for a shot.
3. 1 makes a pass to 3 and continues to skate through the neutral zone.
4. 3 makes a pass to the 1 line.
5. 1 receives a pass back from the 1 line and shoots on the net.

Variation: 1 starts the drill with a pass down to 4. 4 passes across to 2, and then 4 takes a puck to the net for a shot. 2 passes to 1 in the slot.



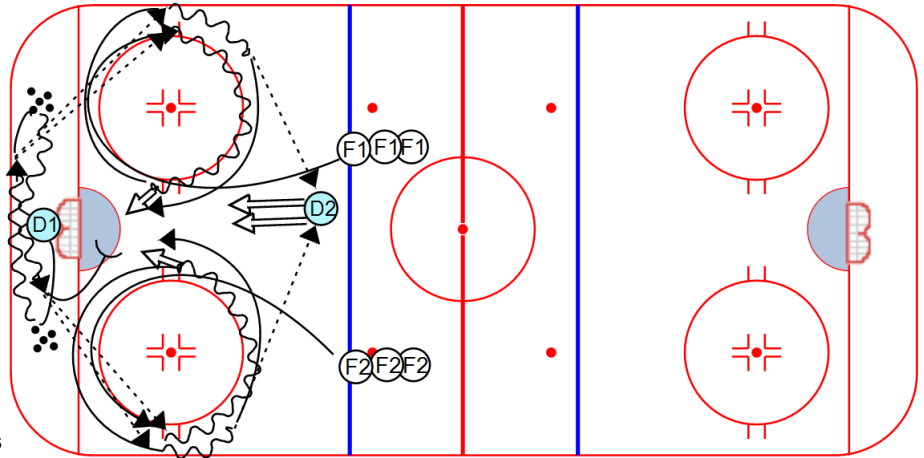
Give & Go with a Pivot:

1. Players skate route as shown, giving and receiving passes from the next player in line
2. Skater should pivot as to not take his or her eyes off passer
3. Stay on side!



Gophers 4 Shot:

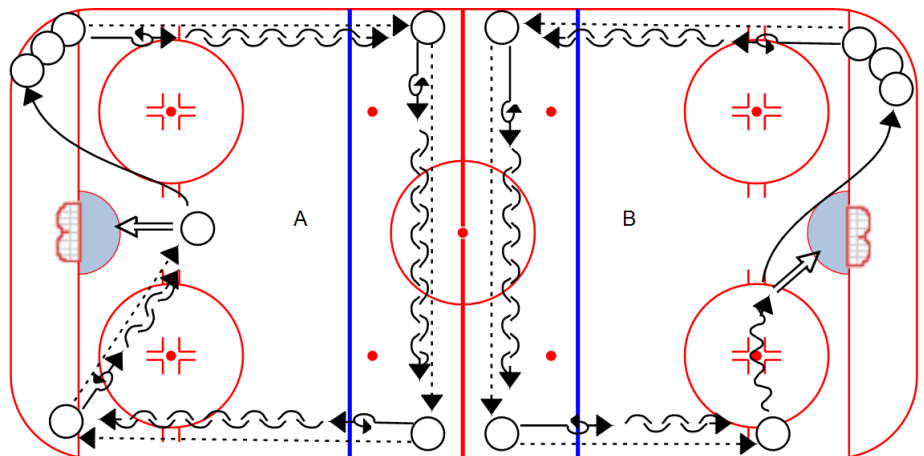
1. Defenseman starts below goal line, Forwards in two lines on blue.
2. F1 skates down around bottom of circle.
3. F2 delays, then skates in, also looping below the circle.
4. Defenseman skates to opposite side of net of F1, gets a puck, skates back to pass to F1 in breakout position.
5. F1 skates around top of circle and shoots.
6. F2 does same thing on other side.
7. F1 again circles low for another puck, then circles again to pass out to D2 for a shot.
8. F2 does the same. After 4 passes, D1 goes to front of net to clear forwards



Half-Ice "Short Passing Course":

A = One-time shots; B = Attack seam and shoot in stride

1. After passing, player follows his pass; quick burst of speed (12-15 feet), then turn backwards
2. Receive pass and pass it immediately, with limited stickhandling



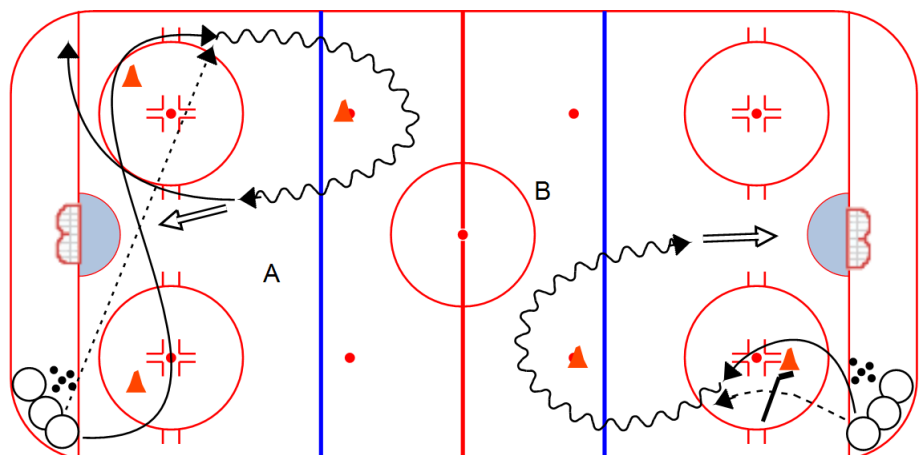
Half-Ice Long/Short Passing:

A - Long Pass:

1. First player leaves line and skates through the cones as shown.
2. Next player in line fires a hard, stick-to-stick, cross-ice pass.
3. First player receives pass, skates up around the NZ cone, and fires a shot on net.

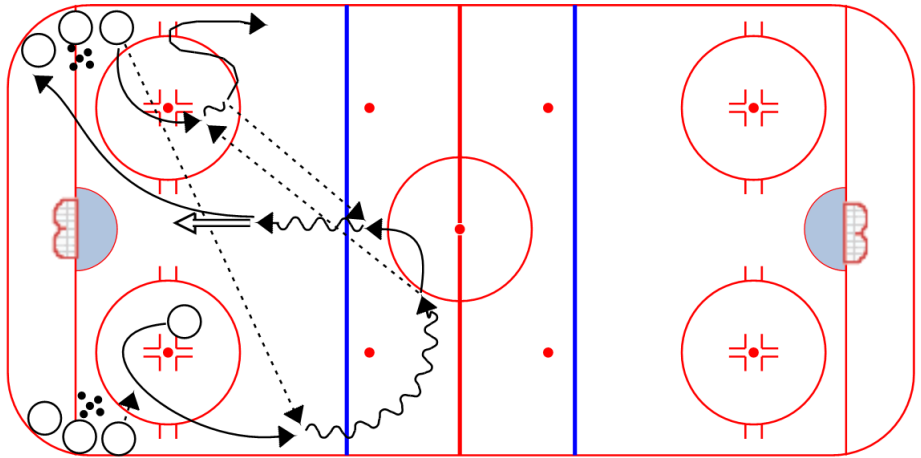
B - Short Pass:

1. First player leaves and does a tight turn around the first cone.
2. Next player in line floats a "saucer pass" over the stick and onto the stick of the receiver.
3. First player skates up around the NZ cone, and fires a hard shot on net.



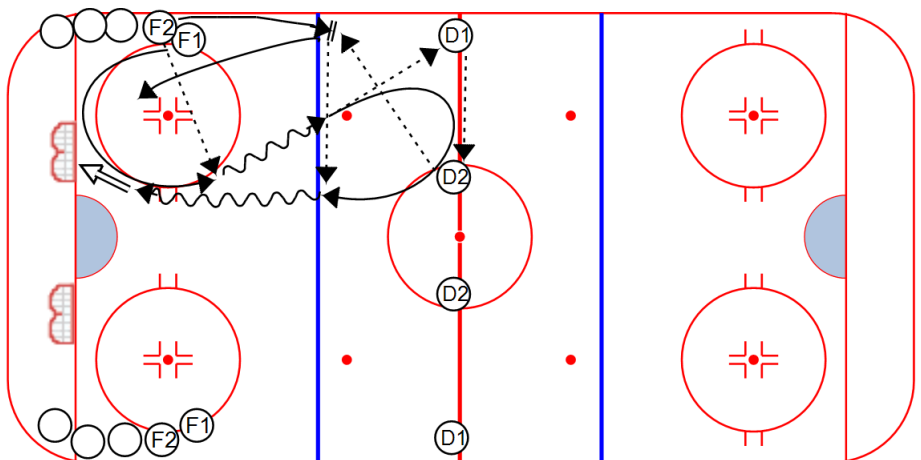
Long Give & Go Pass:

1. Drill starts with one player in the circle.
2. After the first rotation it's perpetual
3. Player in circle swings open to receive a cross-ice pass from the other line
4. Receiver skates out into the neutral zone, then does a long give and go with the passer
5. After receiving the return pass, player shoots
6. After running the give and go, the passer loops low, opens up, and receives a pass from the opposite line
6. Drill repeats



Post Up 5 Pass Drill:

1. Drill starts with F1 skating around the bottom of the circle and receiving a pass from F2.
2. F1 carries puck to blue line, passes to D1.
3. F2 posts up at the blue line along the wall.
4. D to D Pass
5. F1 loops between the D and back toward the blue line.
6. D2 passes to F2, who touch passes to F1.
7. F1 goes in for a shot.
8. F2 skates back down around the circle, becoming the new F1. Drill is continuous.

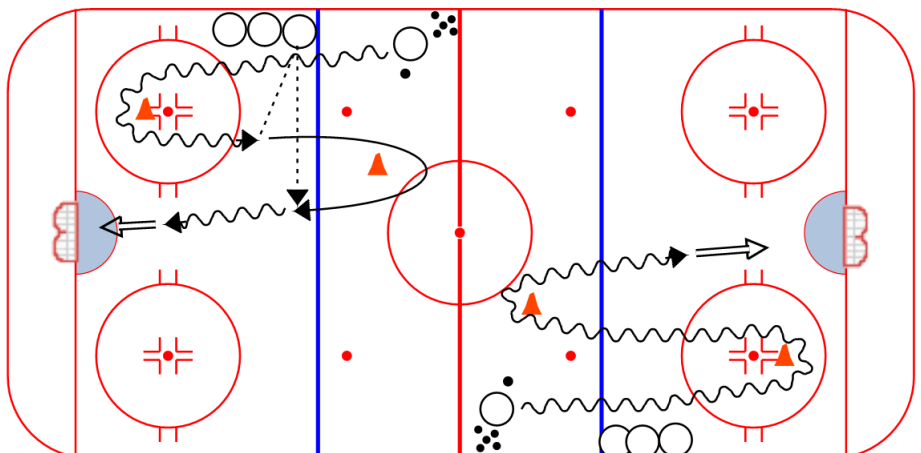


Note: Drill can be run from both sides at the same time if you stagger the start a little.

Serpentine Drill:

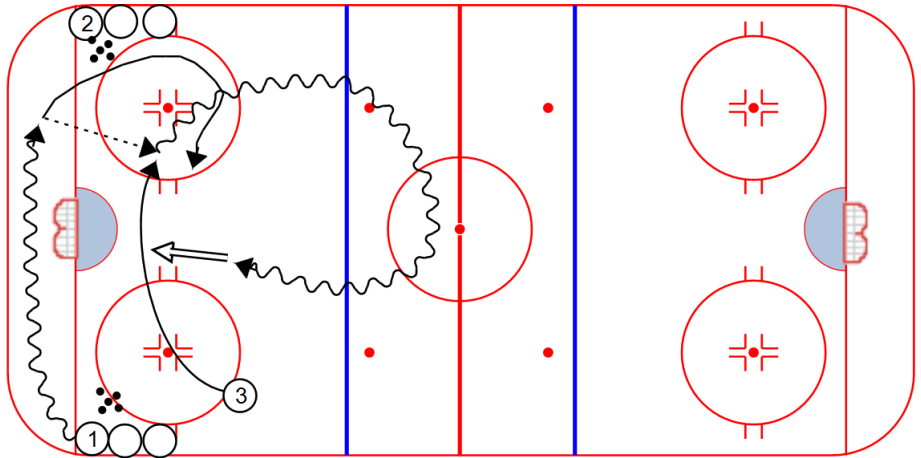
1. Players line up as shown
2. Puck carrier drives deep, power turns around the low cone, and explodes up ice
3. Puck carrier passes to next player in line, then loops around the high cone
4. Next player passes back to the receiver, then skates up to the center line, picks up a puck, and starts the drill over

Simplified Version: Eliminate the pass



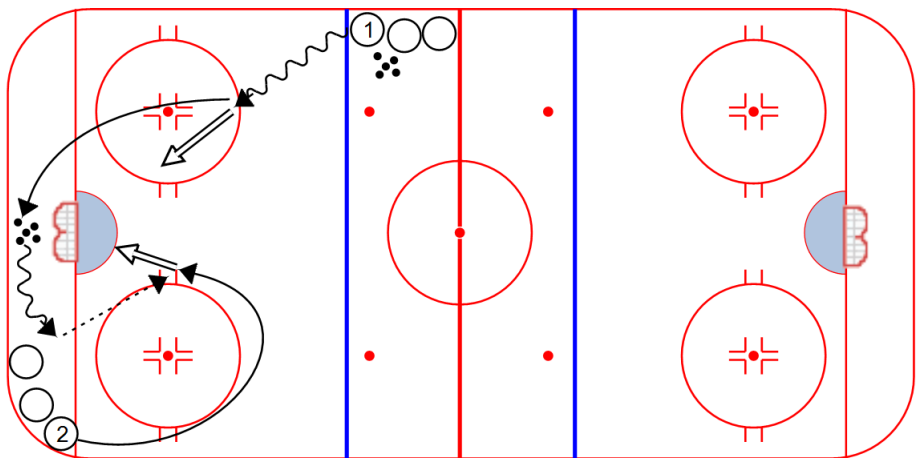
Time the Pass:

1. Players line up as shown, with player 3 in position to start the drill (after the first rotation the drill is perpetual)
2. Player 1 carries the puck behind the net, player 3 shadows on the front-side of the net
3. After clearing the net, player 1 passes to 3, who loops out into the neutral zone, and re-enters for a shot
4. Player 1 loops out to the top of the circle, then shadows player 2, who skates the puck behind the net going the other direction
5. Drill repeats



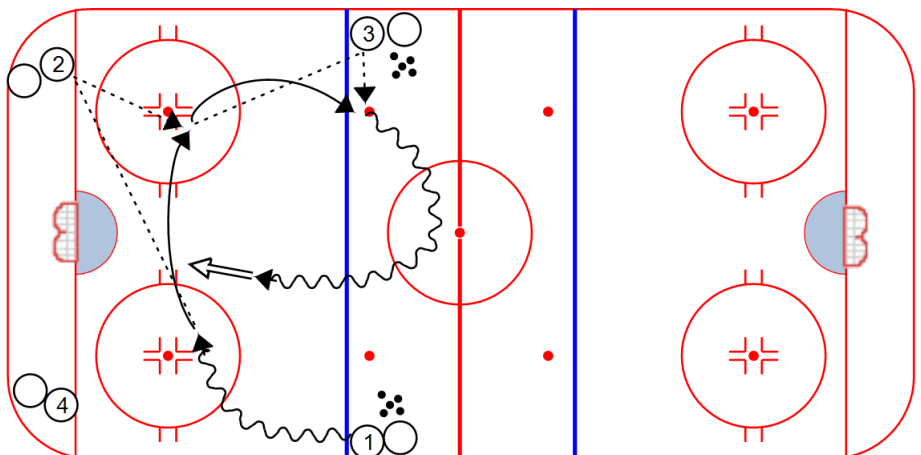
Two-Man Pass and Shoot:

1. Player 1 walks in with a puck, shoots, then skates behind the net to pick up a new puck
2. Player 1 walks out the far side of the net, and passes to player 2, who has driven the seam
3. Player 2 does a one-timer.
4. Players switch lines and quickly move out of the way for the next pairing



Two Pass and Curl:

1. Players line up in 4 lines as shown
2. Player 1 skates toward line 2, and runs a give and go with player 2
3. After receiving the return pass, player 1 turns up ice and runs a give and go with player 3
4. Player one receives the return pass, loops out into the neutral zone, then attacks and shoots
5. Player 3 runs the drill next, with players 4 and 1
6. Rotate the lines as follows: 1 to 2, 2 to 3, 3 to 4, 4 to 1



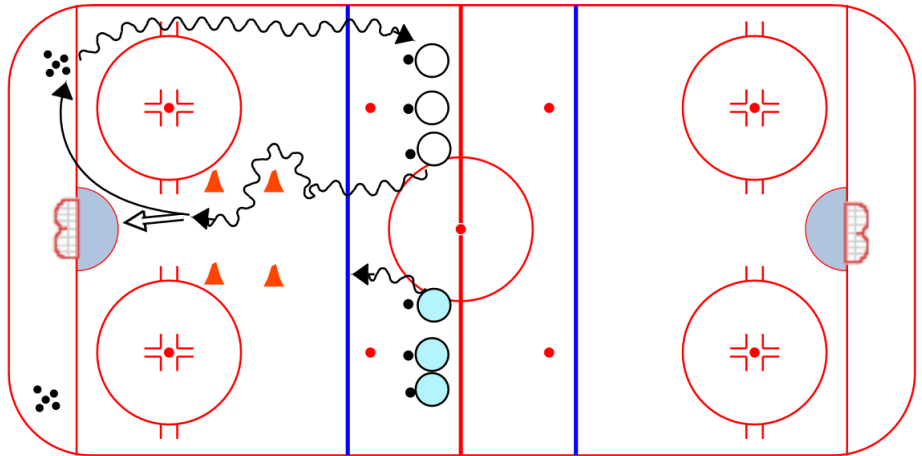
SHOOTING



Deke, Shoot, Skate:

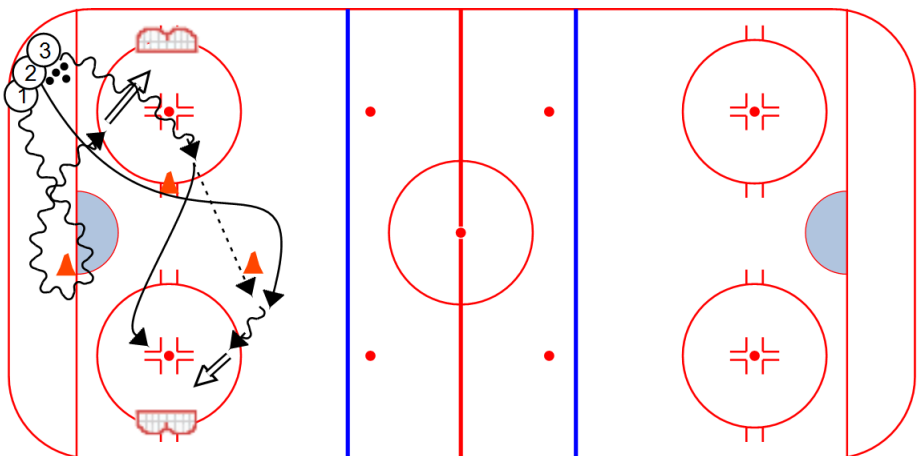
1. Players line up as shown. Stagger starts between the lines
2. Player skates in, dekes to the outside, pulls the puck back between the cones, and shoots
3. After the shot, player loops into the corner, picks up a puck, and sprints back to the line
4. Change lines half-way through so players get equal time dekeing both directions

Variations: Switch out cones for other obstacles such as Attack Triangles, SweetHands, Dangers, Power Edge Pros, etc.



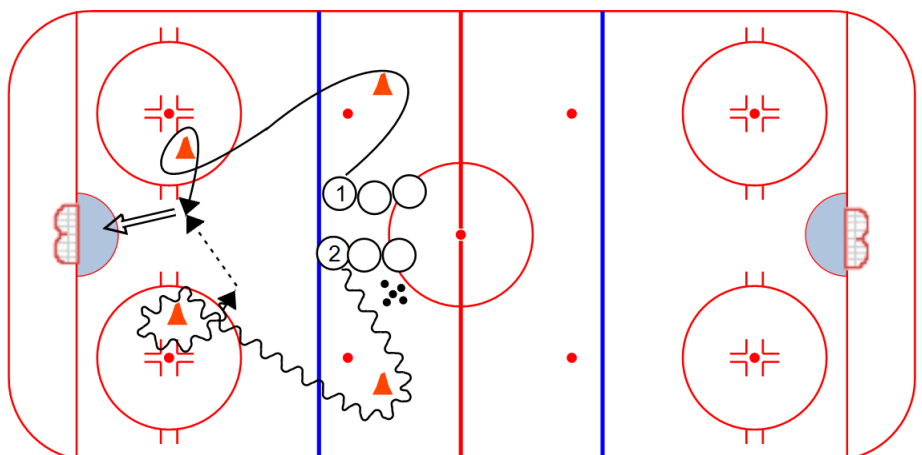
Cross-Ice 1 on 0, 2 on 0:

1. Player 1 skates around the close cone and shoots
2. Player 2 weaves, receives a pass from Player 3, and attacks 2 on 0 with Player 3



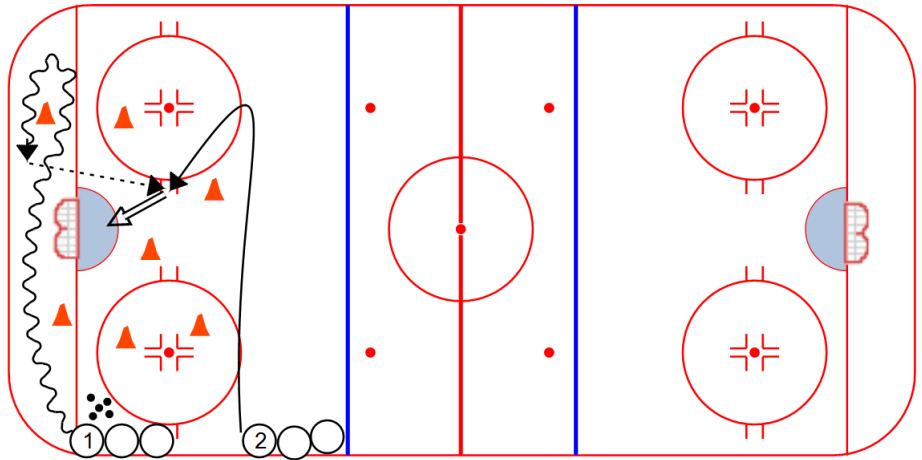
Delayed One Timer Half Ice:

1. Players start at the same time, skating the routes as shown; player 2 with a puck, player 1 without a puck
2. At the low cone, both players power turn away from the middle
3. Player 2 passes to player 1 for a one-time shot



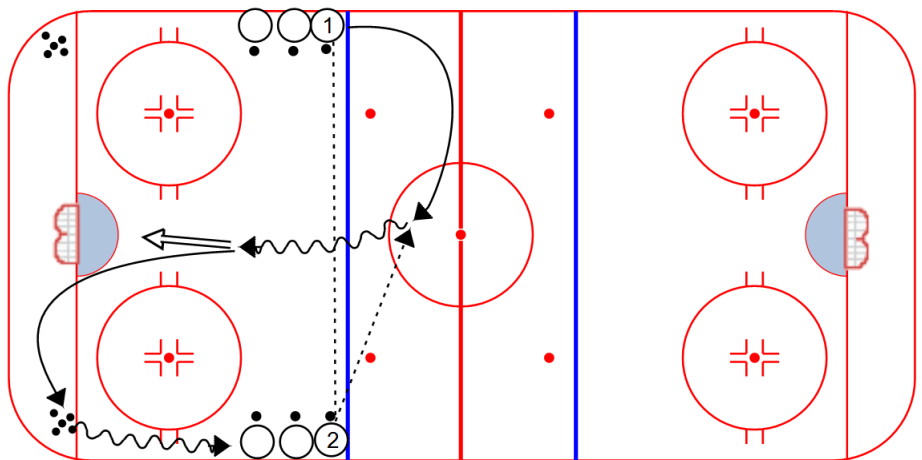
Find an Open Lane:

1. Drill starts with two lines, with cones scattered randomly, as shown
2. Player 1 skates puck behind the net, while player 2 shadows in front of the net
3. Player 1 can pass at any point during the drill, the objective is to find an open passing lane through the cones, so that player 2 can receive the pass and shoot



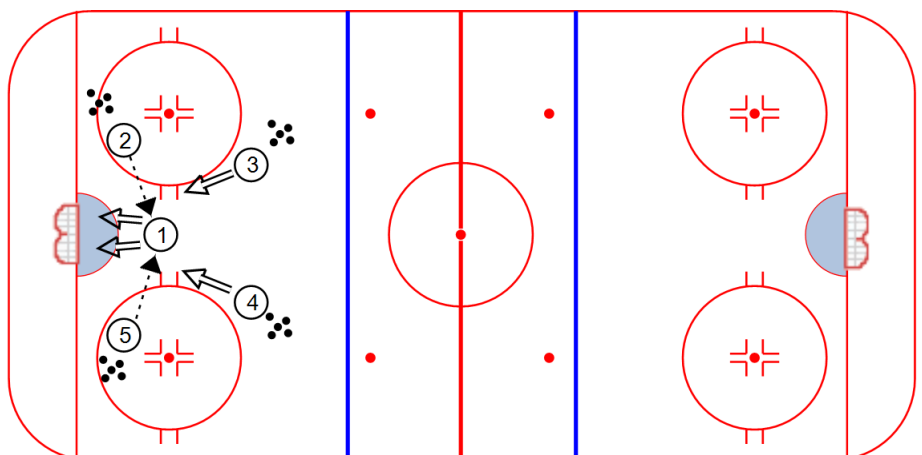
Long Pass Arc and Shoot:

1. Players are divided into two lines, as shown
2. On whistle, player 1 fires a hard, cross-ice pass to player 2, then loops out into the neutral zone
3. Player 2 sends a return pass to player 1, who enters the zone for a shot
4. After the shot, player 1 picks up a puck from the corner, and sprints back to line 2
5. On the next whistle, player 2 starts by making a pass to the first player in line 1
6. Drill repeats



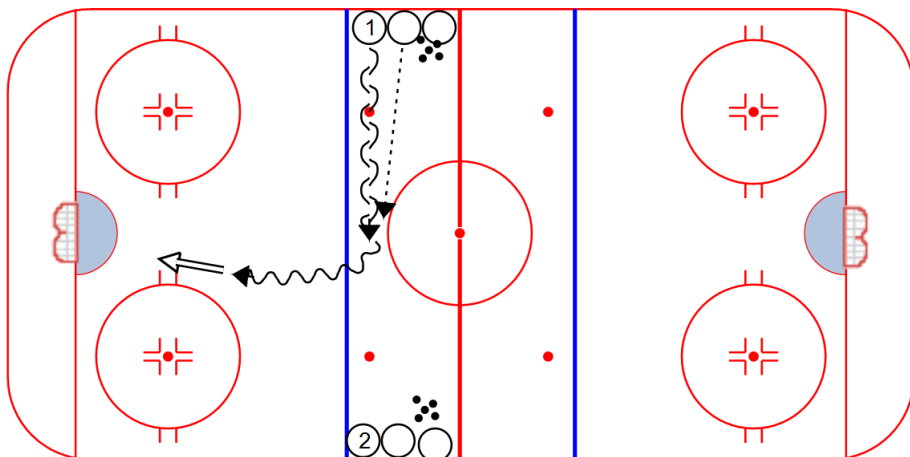
Mancini:

1. Players line up as shown, with pucks
2. Work through passing and shooting in the following order:
3. 2 passes to 1, 1 shoots
4. 3 shoots, 1 deflects
5. 4 shoots, 1 deflects
6. 5 passes to 1, 1 shoots
7. After the last shot, players rotate positions, then resume the drill
8. Focus on making good passes, shooting for openings, and jumping on rebounds



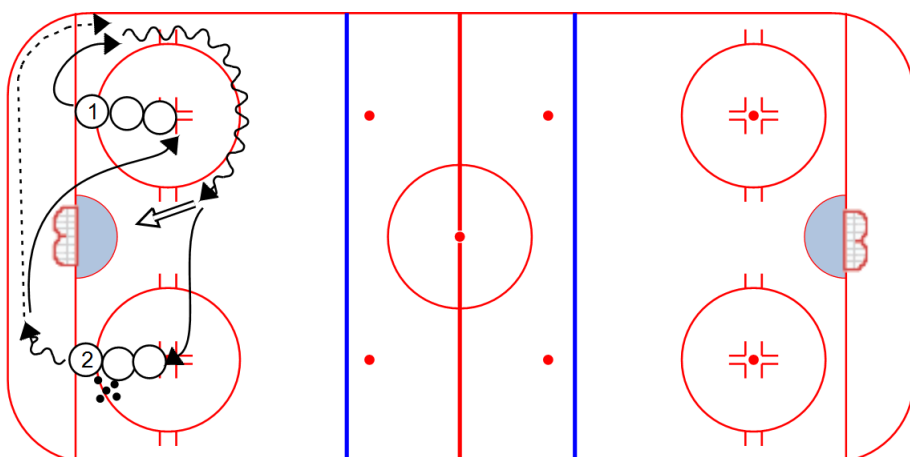
Pivot and Shoot:

1. Players line up as shown
2. On the whistle, player 1 leaves the line, skating backwards
3. Player 1 calls for the puck when ready to receive it
4. Next player in line passes to player 1, who pivots open and attacks the zone for a shot
5. On the next whistle, player 2 goes
6. If there are too many players, use two nets and run both lines simultaneously



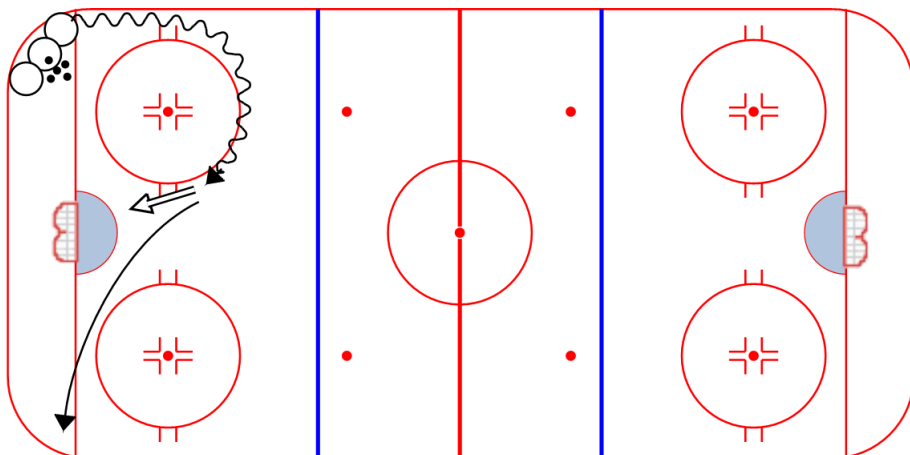
Rap Pass and Shoot:

1. Players line up as shown
2. On whistle, player 2 raps (rings) puck around toward player 1
3. Player 1 swings in, picks up the puck moving up ice, and attacks the seam for a shot
4. Players switch lines
5. Focus on hard, powerful ring passes, and point out the angles of the boards
6. Let the receivers get the feel for picking up a pass along the boards



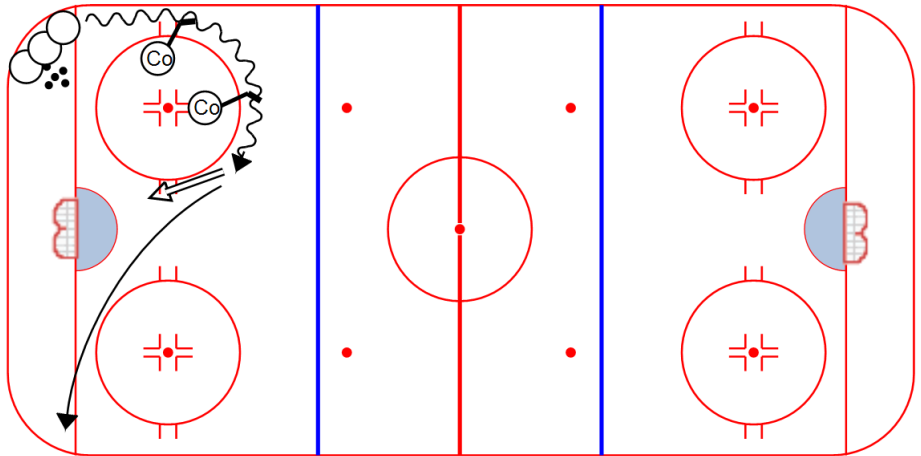
Snake Drill (seq. 1):

1. Players start in corner with pucks
2. On whistle, player skates around the top of the circle with speed, and shoots with feet moving
3. Shoot in stride on forehand, use the Inside Mohawk on backhand



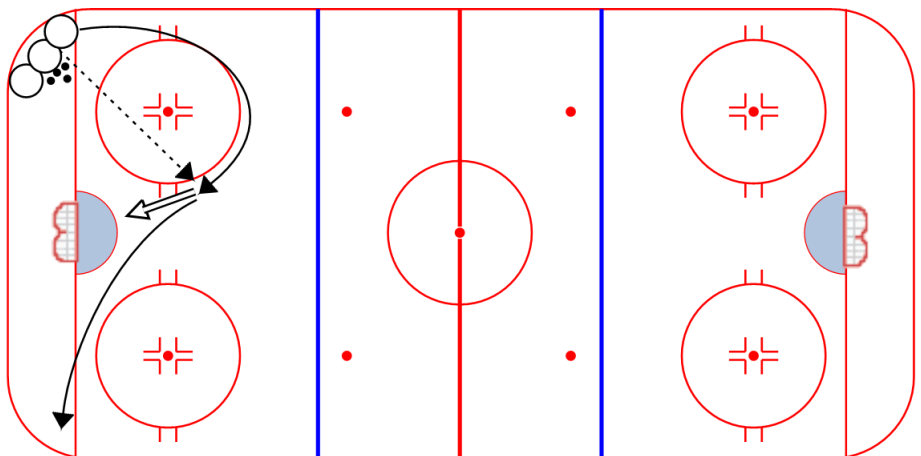
Snake Drill (seq. 2):

1. Basic snake - add coaches for "token" resistance
2. Start by drive skating through the coaches, using puck protection
3. Then switch to an outward facing inside mohawk as the protection move at each coach



Snake Drill (seq. 3):

1. First player leaves without a puck
2. Next player in line passes out for a one-time shot
3. Use Mohawk if on backhand

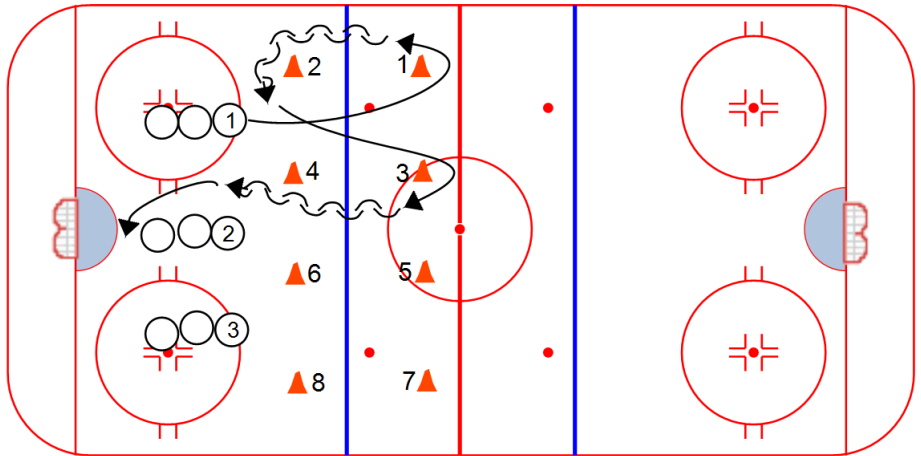


SKATING



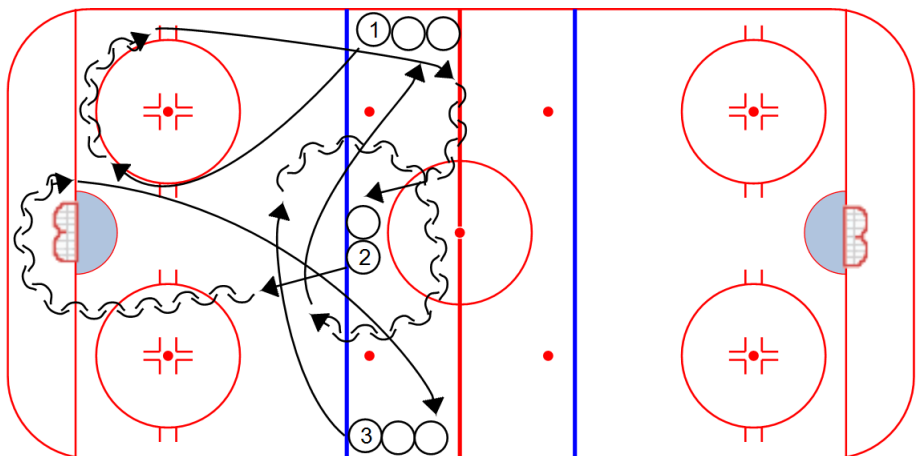
Criss Cross Pivots:

1. Set up 8 cones, and 3 lines as shown
2. First 3 players go at the same time
3. Player 1 skates around cones 1, 2, 3, 4, always facing up ice, then gets back into line 2
4. Player 2 skates the same pattern, but with cones 3, 4, 5, 6, then gets back into line 3
5. Player 3 skates the same pattern, but with cones 5, 6, 7, 8, then gets back into line 1
6. Make sure to change direction half way through. Line 1's pattern would become 3, 4, 1, 2. Lines 2 and 3 follow the same pattern
7. Add pucks as players progress



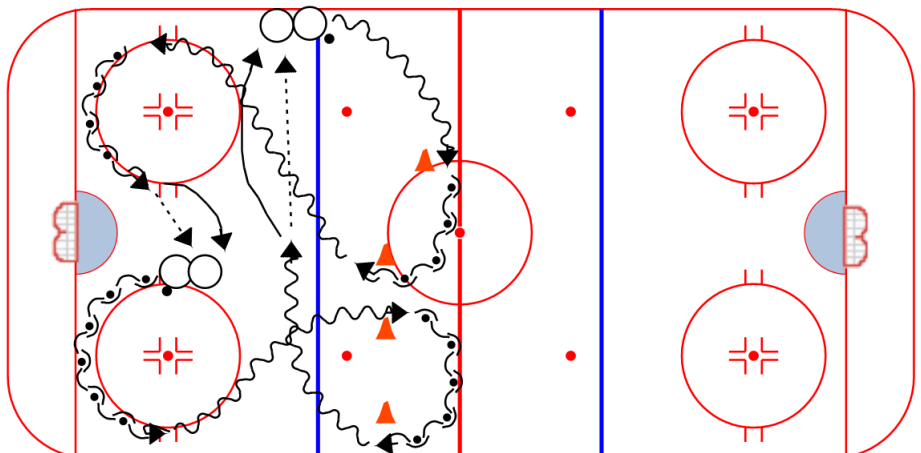
Skating & Pivot Flow:

1. Players line up as shown, three players go on whistle
2. Player 1 skates low, pivots backward below the circle, explodes up to the center line, pivots again, and joins line 2
3. Player 2 skates forward to the top of the circle, pivots and skates backward around the net, opens up and explodes to join line 3
4. Player 3 skates forward toward line 2, pivots backward and skates around line 2, then opens up and explodes to join line 1
5. Add a puck for increased difficulty



Bednar Skating Warm-up:

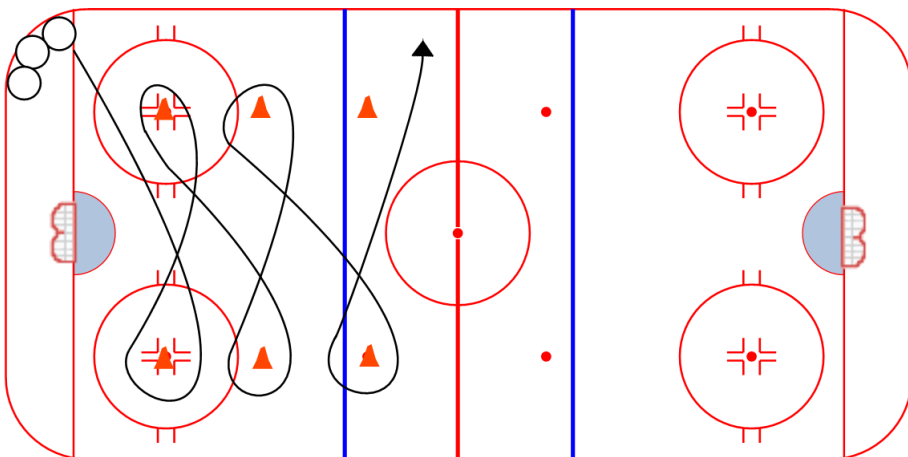
1. Players skate the patterns, with pucks, as diagrammed.
2. First player of each line goes at the same time.
3. The next player goes once he or she receives the pass from the first player of the other line.
4. Drill is perpetual.



Button Hook the Dots and Cones:

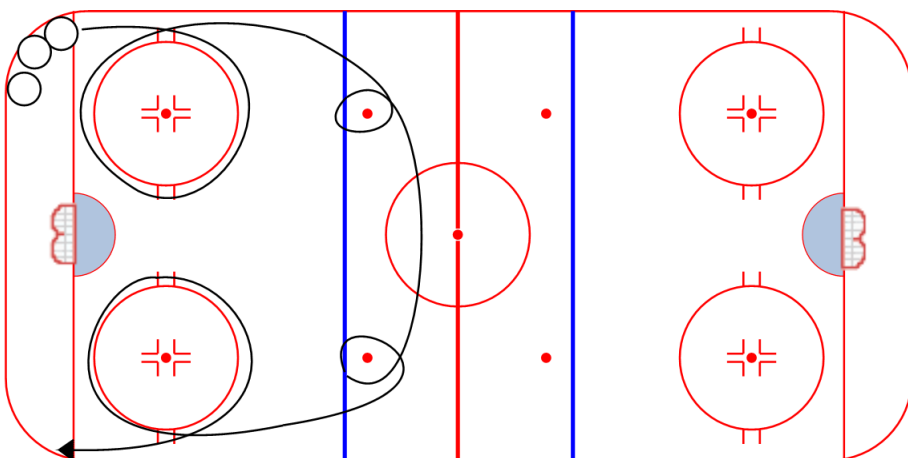
1. Place cones on the dots and between the dots
2. Players start in the corner as shown
3. On whistle, each player power turns through the cones, then lines up on the center line to wait for the next round of the drill

Variations: Add puck; add pivots; perform drill backwards; perform drill with mohawks



Circles & Dots:

1. Players line up in corner, and skate through the route as shown
2. Players do crossovers around the circles, power turns around the dots
3. Make sure to run the drill in both directions



Corner Pass/Shoot:

1. Players line up as shown. Alternate corners
2. First player skates out and power turns around the first cone
3. He or she receives a pass from next player in line
4. Player then pivots backward around the cone, then passes back to the next player in line
5. Player skates backward to the third cone, opens up, receives another pass, and shoots

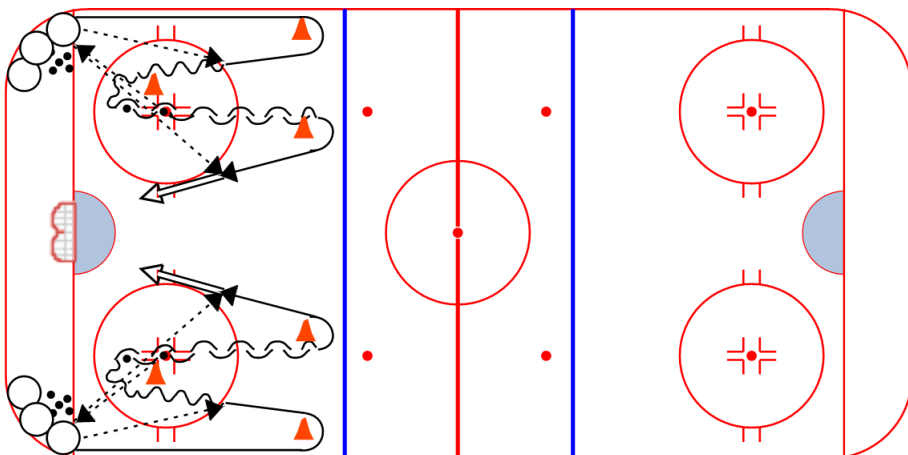
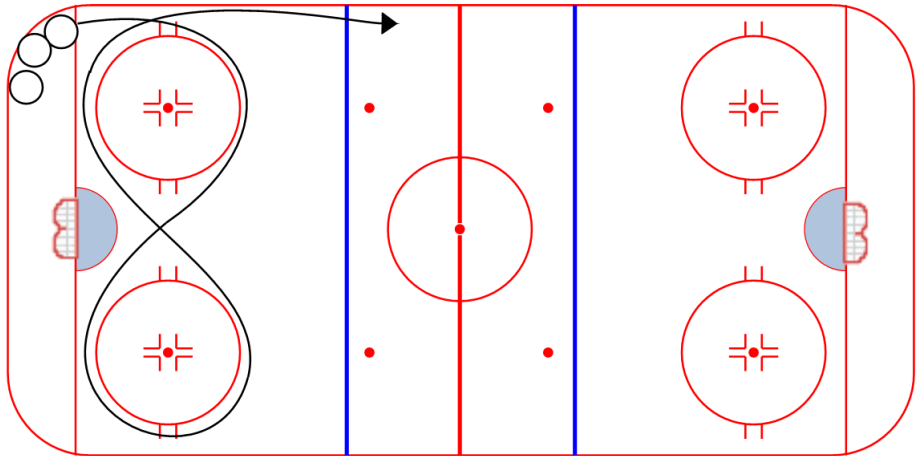


Figure 8's:

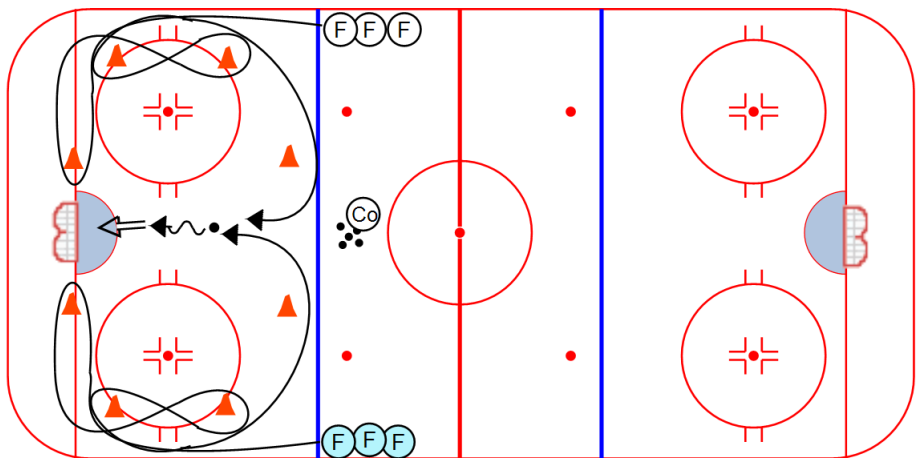
1. Players line up as shown
2. On the whistle, each player skates the figure 8
3. Finish in the neutral zone and line up at the blue line

Variations: Add puck; skate backwards; execute pivots to face up ice the entire drill



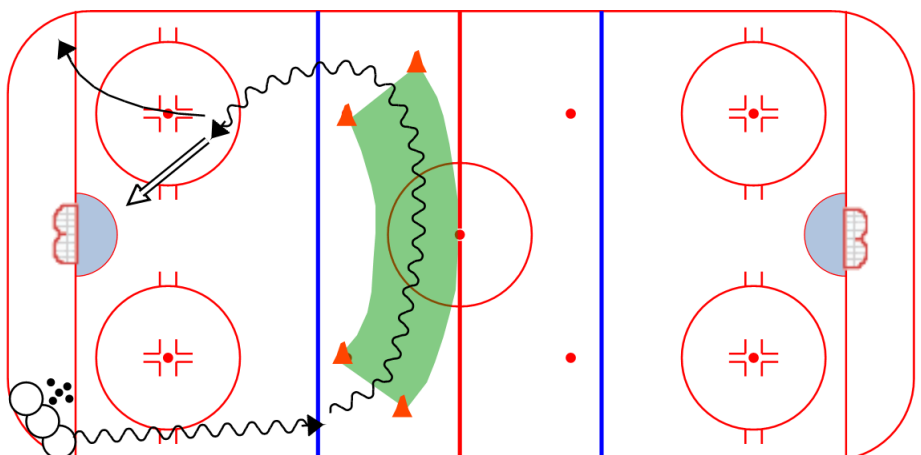
Half-Ice Speed Competition:

1. Players line up in two lines
2. On whistle, players skate routes as shown
3. Player who gets to the puck first shoots, other player backchecks
4. Switch lines after each turn



Window Drill:

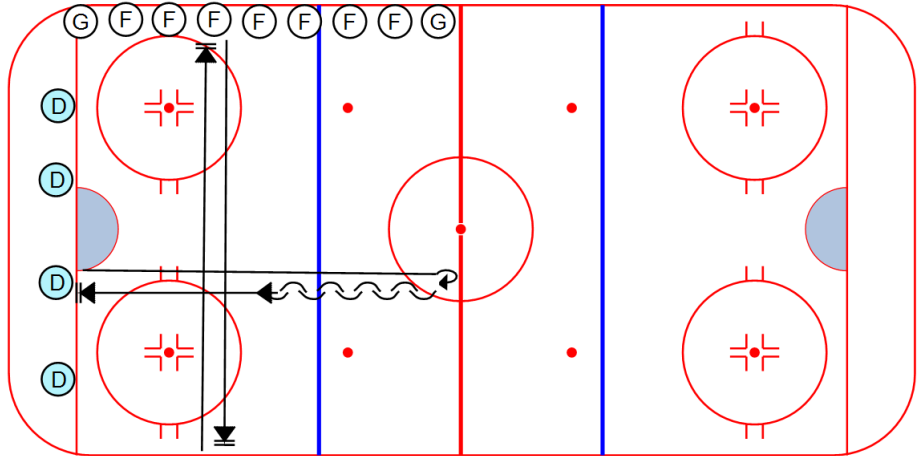
1. On whistle, first player from each line explodes full speed to the blue line
2. At the blue line, players enter into the "window" zone - and maintains crossovers through the entire window
3. After exiting window, player shoots with head up and feet moving



Skating Half Ice 1:

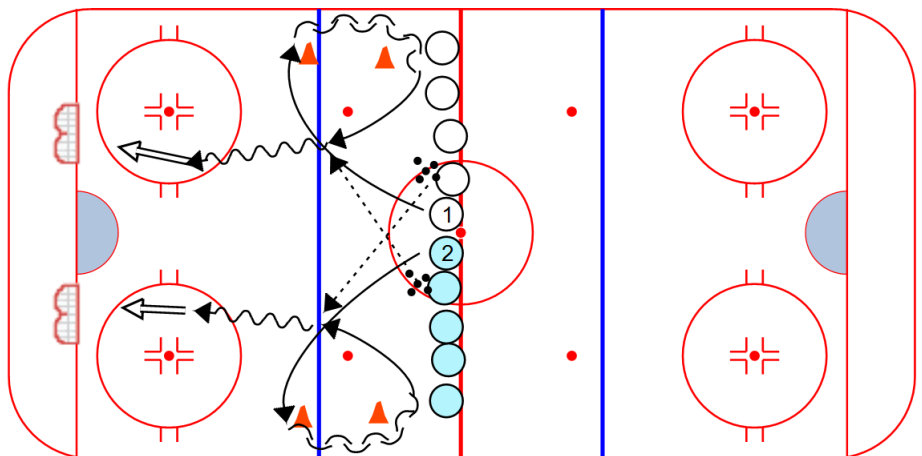
1. Players line up as shown; forwards and goalies one wall, defensemen along the goal line
2. On the first whistle, forwards sprint to the far boards and back
3. On the next whistle, defensemen sprint to the center line and back executing pivots as shown
4. Make sure players stop facing the same way each time

Variations: Add push-ups, sit-ups, burpees, air squats, or squat jumps between turns. Have players drop to knees or stomach at every stop.



Skating Half Ice 2:

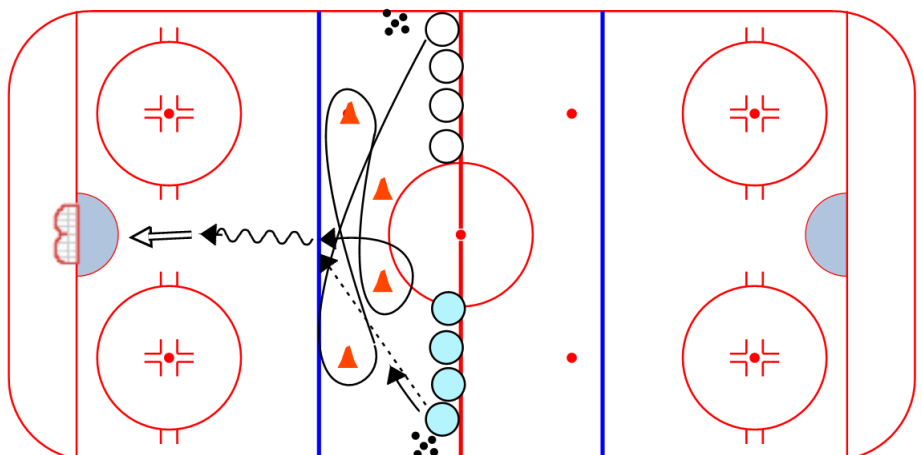
1. Set up drill as shown, with two nets and two lines
2. On whistle, players 1 and 2 perform the drill at the same time
3. Players skate down to the low cone, pivot backwards, come up around the high cone, and receive a pass before entering the zone for a shot
4. Line 1 receives pass from next player in line 2. Line 2 receives pass from next player in line 1



Skating Half Ice 3:

1. Players start at the center line, on the boards
2. On the whistle, player skates through route as shown, executing power turns at each cone
3. After final turn, player receives a pass from the first player in the other line, then enters the zone for a shot

Variations: Do entire drill facing the opposite line (using pivots at each cone); do mohawks at each cone



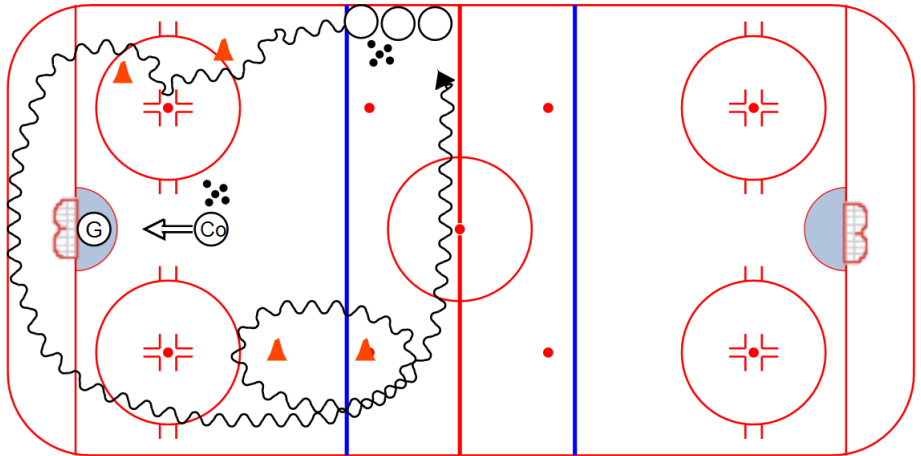
STICKHANDLING



Dekes with a Loop:

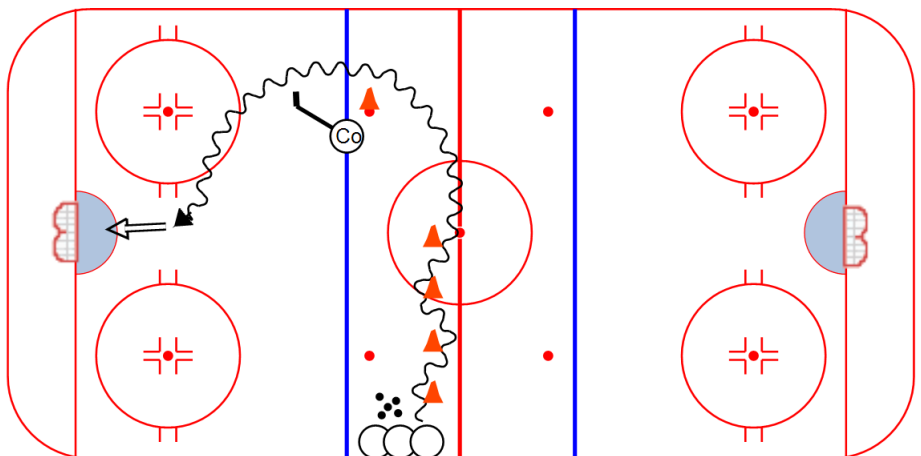
1. Players line up as shown. A coach can warm up the goalie while players skate the drill
2. On the whistle, a player leaves with the puck
3. Player dekes both cones then accelerates behind the net
4. Player skates up and loops around the two high cones, then sprints back to the line

Variations: Use other obstacles instead of cones (attack triangles, sweet hands, dangles, etc.); mohawks or pivots around the loop



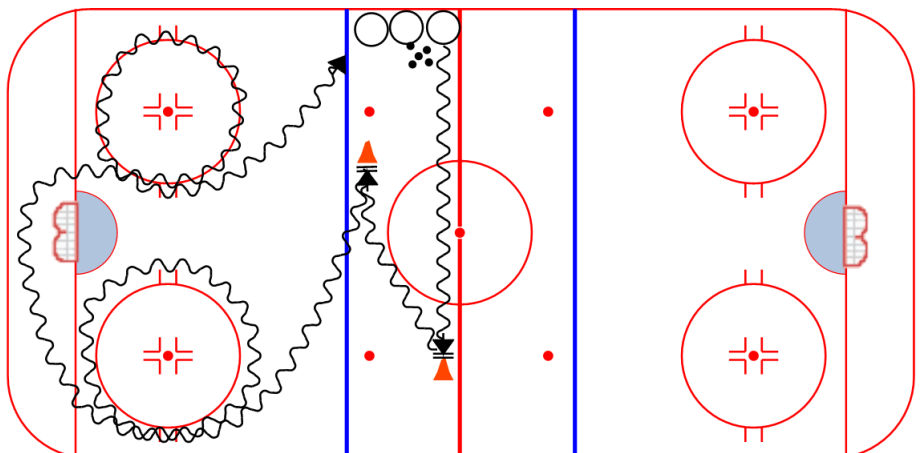
Inside Edges w/Drive:

1. Players skate through the cones using inside edges
2. After the 4th cone, they drive skate around the last cone, and cut to the net
3. Coach provides token pressure, forcing players to use puck protection
4. Make sure players drive to the front of the net before shooting



Stops and Crossovers:

1. Players line up as shown
2. On whistle, with a puck, players skate to each cone and stop facing the net
3. After the second cone, players skate around the first circle clockwise, then skate behind the net and skate around the second circle counter-clockwise
4. Players get back in line



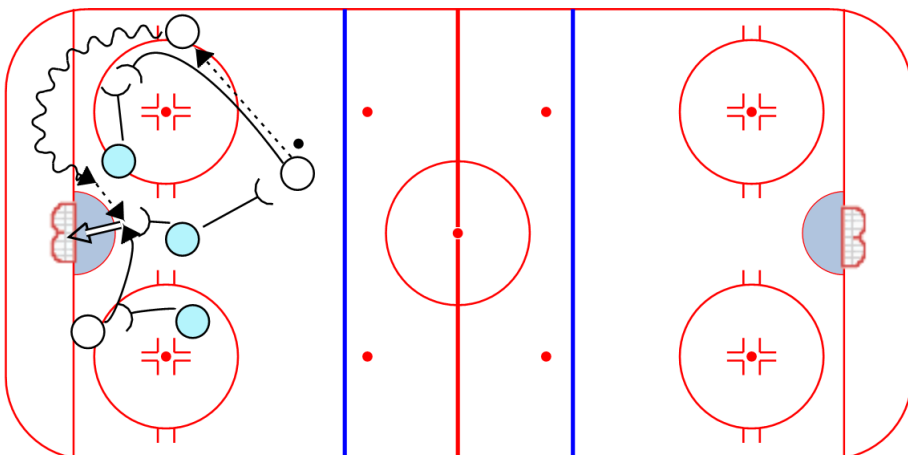
SYSTEMS



3 on 3 "Legal Picks":

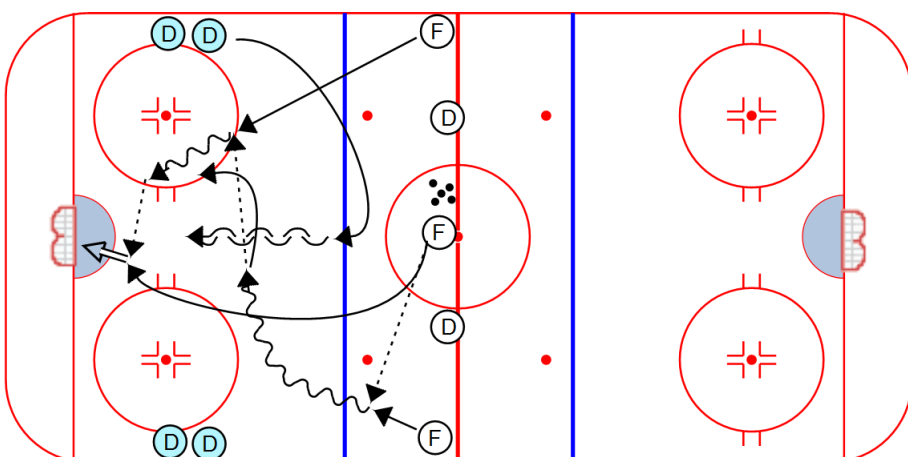
1. Set up a 3 on 3 as shown
2. On the whistle, offensive team (white) tries to score, defensive team (blue) tries to defend
3. Both teams attempt to gain position over opponent with criss crosses and legal picks

Variations: Defenders play without sticks; defenders turn sticks upside down



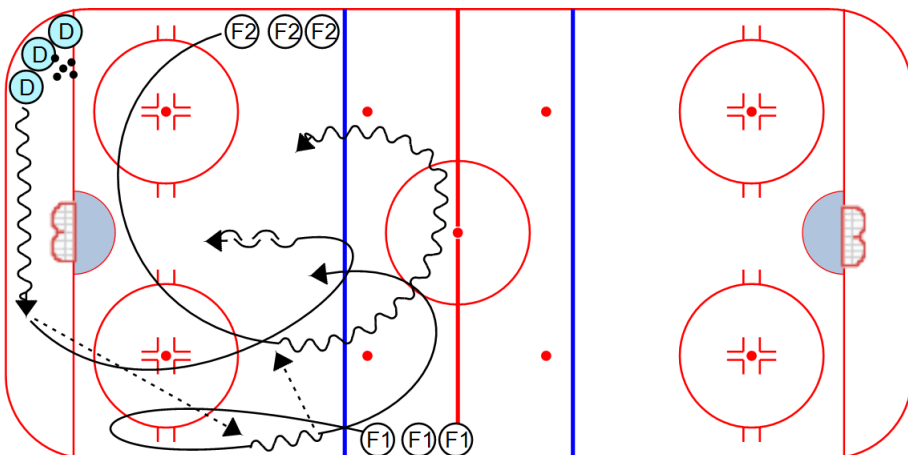
Criss Cross 3 on 1:

1. Forwards and defensemen set up as shown
2. On the whistle, center passes to either winger
3. All three forwards attack 3 on 1 against the defenseman, criss crossing and supporting in the process
4. Add a second defenseman for a 3 on 2
5. Add offensive defensemen for a 5 on 2 and use the points



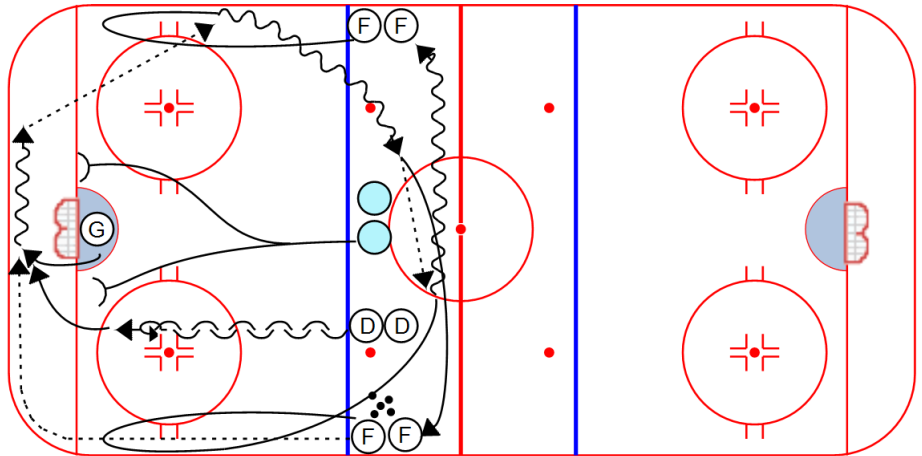
2 on 1 from a Breakout Pass:

1. Defenseman skates puck behind the net, initiates a breakout, then closes the gap and plays the 2 on 1
2. F1 swings in, receives the breakout pass, then redirects puck to F2 swinging through for support
3. F2 swings low, shadowing the puck. He or she receives the pass from F1
4. F1 and F2 swing out into the neutral zone, then attack 2 on 1



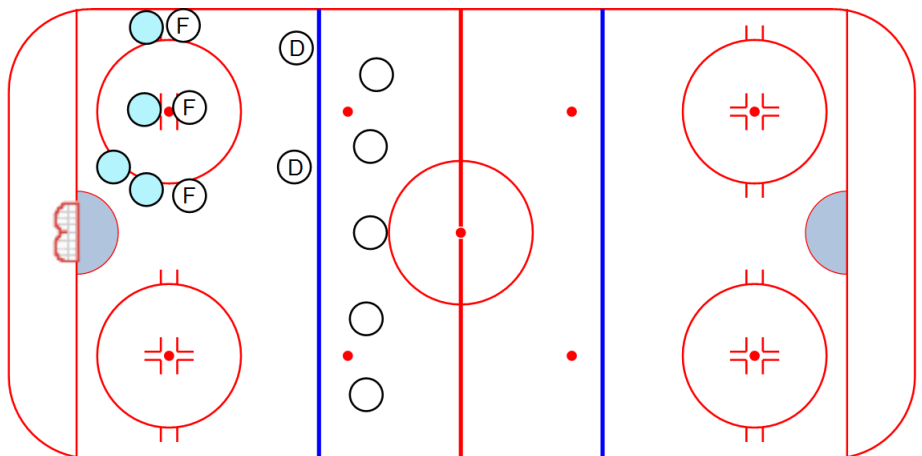
Read & React Breakout:

1. One forward dumps the puck in, goalie stops puck behind the net, then gets out of the way
2. Defenseman starts backward, then swings in behind the net and initiates the breakout, reading the forechecking pressure and reacting appropriately
3. Forwards swing low, receive breakout pass, then execute a criss cross pass in the neutral zone, getting back into opposite lines



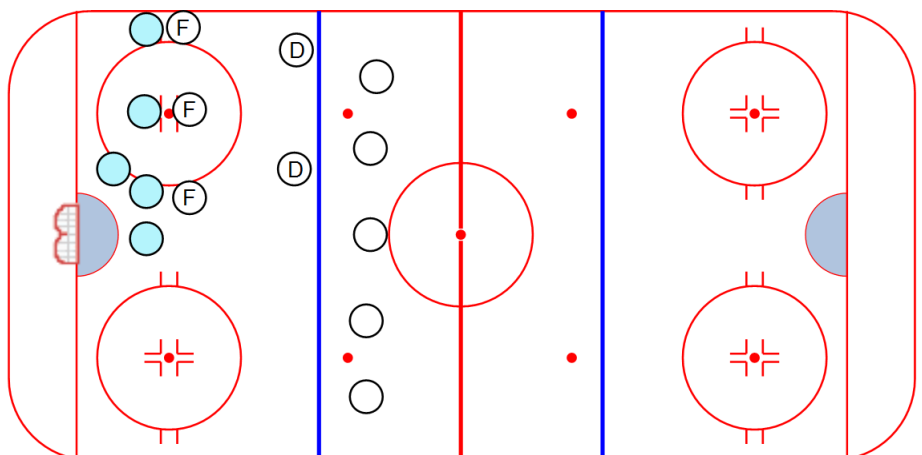
5 on 4 Half Ice:

1. Start with a faceoff
2. Players play 5 on 4 until a whistle
3. Work on power play and penalty kill concepts
4. Everyone else waits on a knee



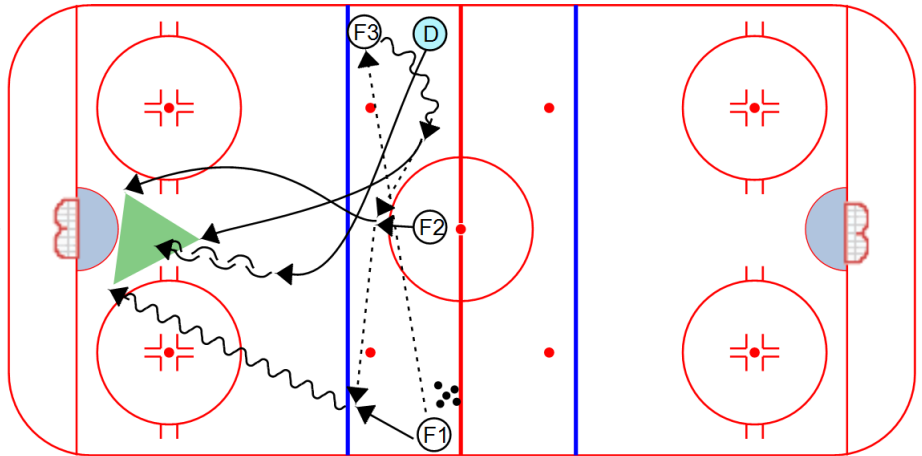
5 on 5 Half Ice:

1. Start with a faceoff
2. Players play 5 on 5 until a whistle
3. Work on D-Zone coverage and Offensive Setup
4. Everyone else waits on a knee



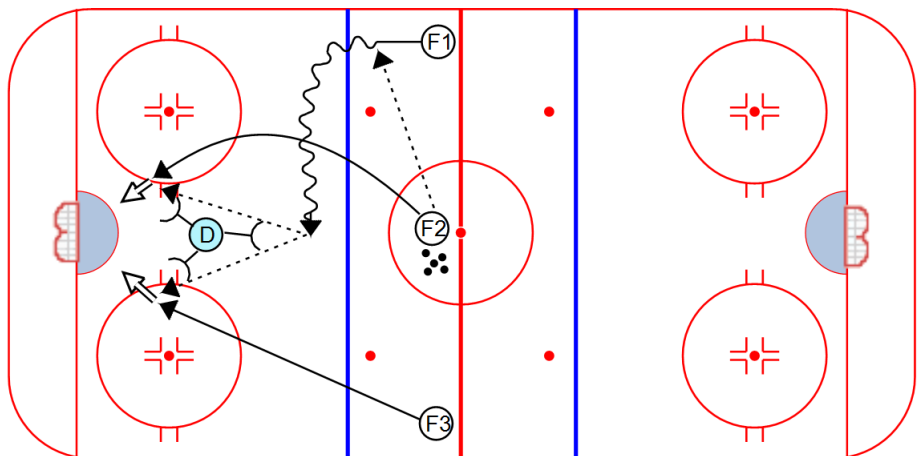
Attack Triangle 3 on 1:

1. F1 passes to F3
2. F3 loops up, then passes to F2, who executes a quick lateral pass to F1
3. F1 drives the net, F2 attacks wide, F3 becomes the "trailer man"
4. After F3 skates past the defenseman, he or she enters the play, managing the gap and playing the 3 on 1



Read and React 3 on 1:

1. This drill is designed to let forwards experiment with different attack patterns
2. In this example, F1 receives a pass from F2, then cuts high instead of driving deep
3. F2 and F3 read and react from F1's decision and drive the net
4. If F1 drives deep, F2 or F3 becomes the trailer
5. Remind players to stay on side
6. Defenseman is positioned to provide token resistance. Players should read and react off him or her as well



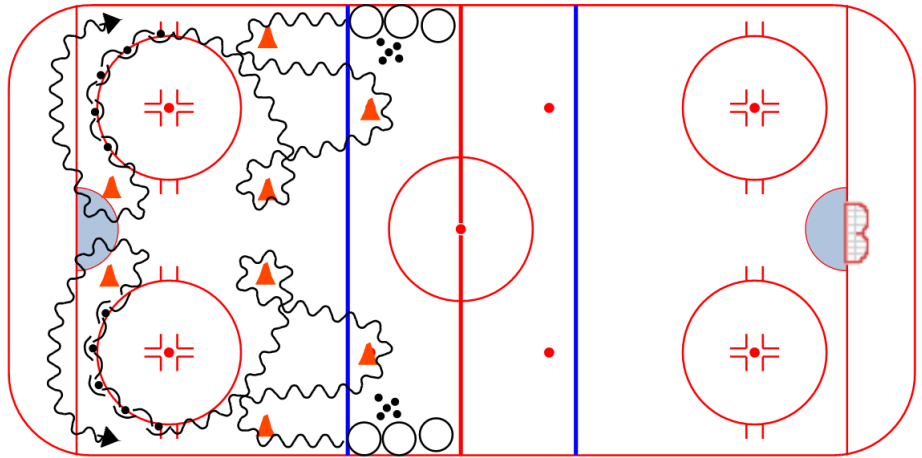
WARM-UP



Slovakian Power Turns & Pivots:

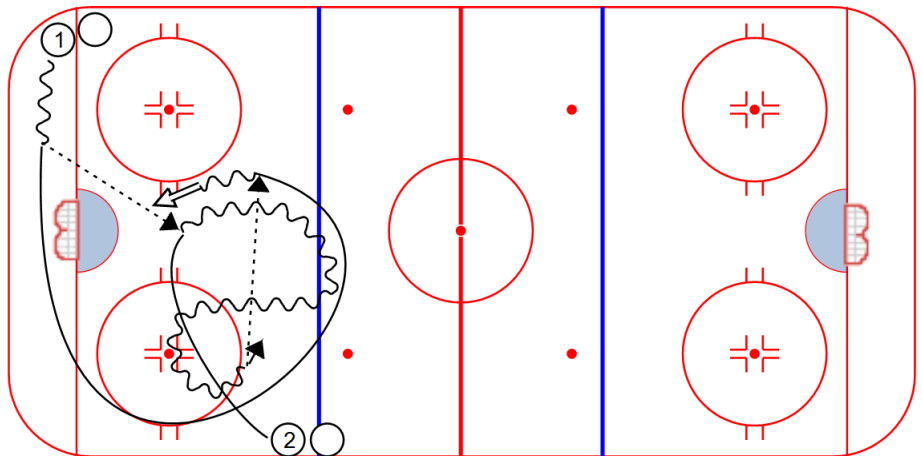
1. Split team into two lines as shown
2. Players skate the route with pucks, pivoting backward around the bottom of the circle
3. Accelerate back to the line

Variations: Add pushups for losing the puck



Half Ice 2 on 0 Delay:

1. On the whistle, player 2 skates down through the high slot
2. Player 1 starts to skate behind the net with a puck and makes a pass to player 2
3. Player 3 continues up to the neutral zone as does player 2 with the puck
4. Player 2 re-enters the zone, delays in the corner, and makes a pass to player 1 for a shot on goal



Half Ice 3 Shot:

1. On the whistle, player 1 makes a pass to player 2
2. Return pass to player 1.
3. Player 1 makes a pass to player 3
4. Player 3 makes a pass to player 4
5. Player 1 turns back in the neutral zone and receives a return pass from player 4 for a shot on goal
6. After the shot, player 4 skates in with a puck for a long shot
7. Then player 3 skates in for a breakaway
8. Then player 5 goes

