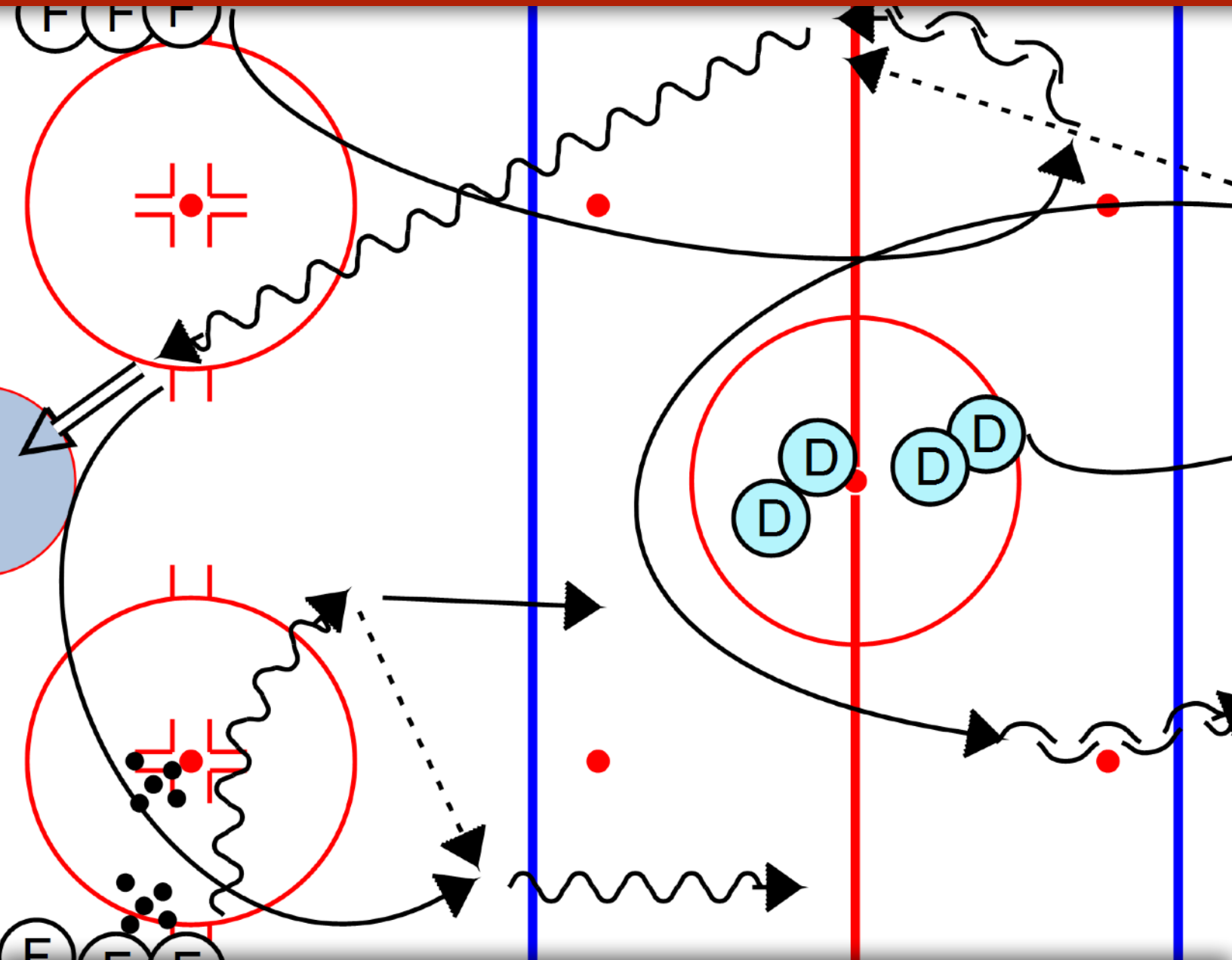


# WEISS TECH HOCKEY ADVANCED DRILL BOOK

## Volume 2



101 Hockey Drills for Advanced Players  
By Jeremy Weiss  
<http://weisstechhockey.com>



# WEISS TECH HOCKEY ADVANCED DRILL BOOK

By Jeremy Weiss



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, 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



## KEY TO DIAGRAMS:

 ..... Player

 ..... Opposing Player

 ..... Pass

 ..... Forward Skating without Puck

 ..... Forward Skating with Puck

 ..... Backward Skating without Puck

 ..... Backward Skating with Puck

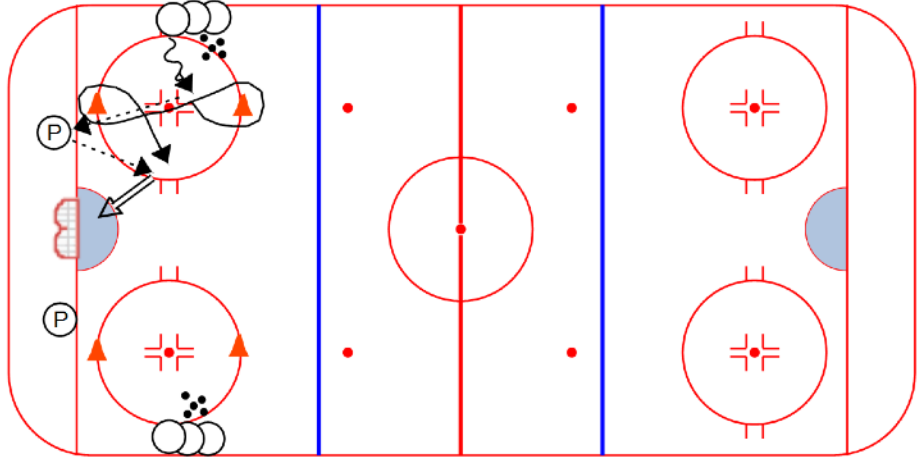
 ..... Shot

# AGILITY



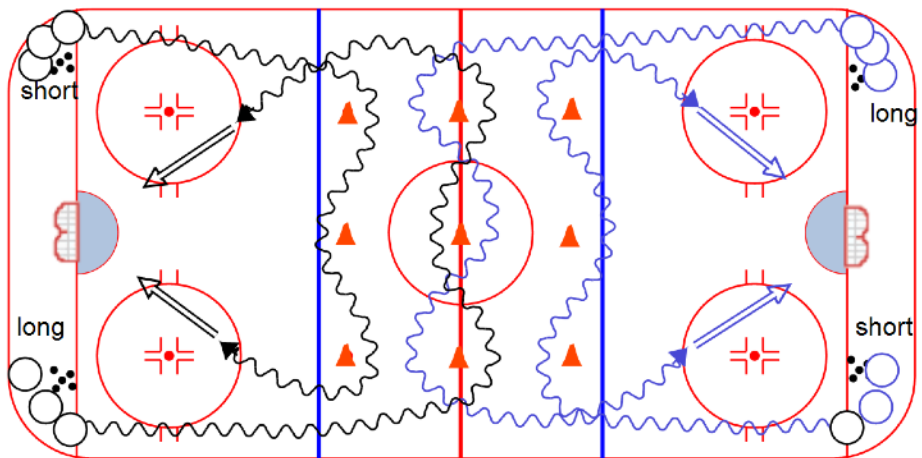
**Figure 8 Pepper Shot:**

1. Players line up on hash marks with pucks, with a passer on the goal line
2. Player steps out, passes to the passer, then skates the figure 8 as shown
3. After finishing the figure 8, player gets a return pass, for a one-time shot
4. Stagger the start of each line go the goalie is moving side-to-side on the shots



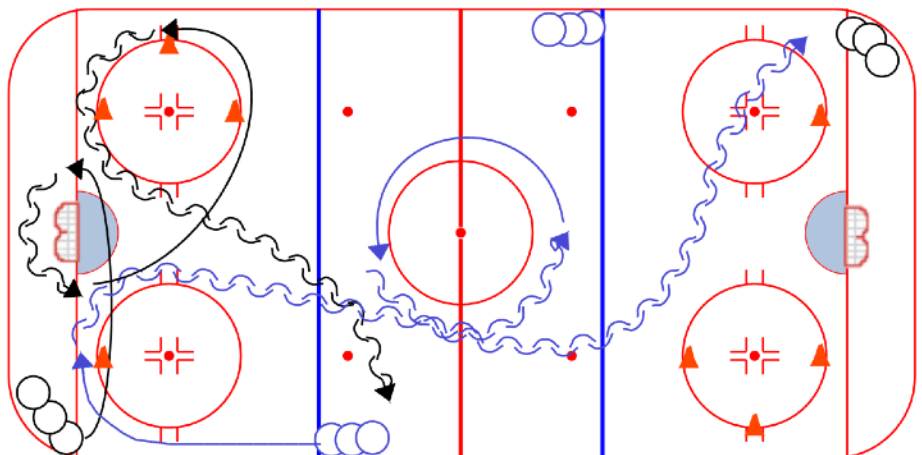
**High-Low Shooting:**

1. Players are divided into 4 corners with pucks.
2. All 4 lines leave at the same time on the whistle.
3. Short lines go to first set of cones.
4. Long lines go to middle set of cones.
5. Players skate full speed through the cones, drive wide, and take a shot while keeping feet moving.
6. Players alternate lines each time.



**Pivot Agility Skating:**

1. Lines on blues and in corners, as shown
2. Corner lines must keep facing the opposite side-boards, while the NZ lines must keep facing the opposite end-boards.
3. Run all 4 lines simultaneously.
4. Drill is to be done full speed



# ANGLING

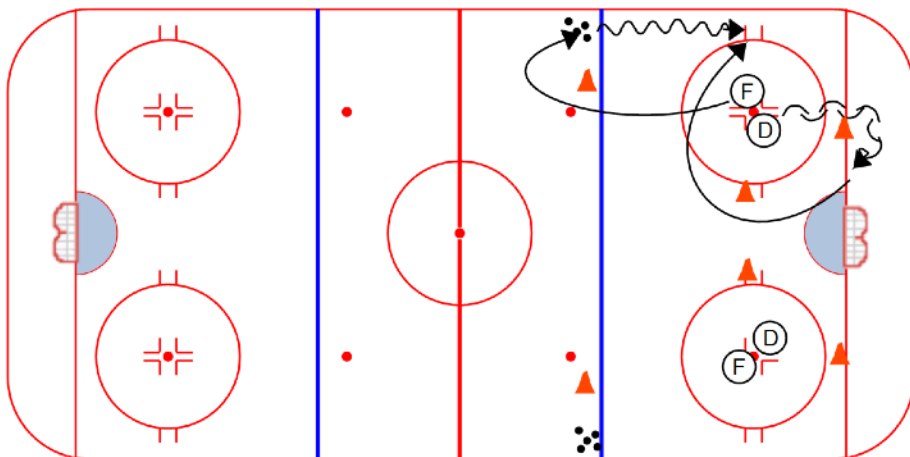




## Figure 8 Angling:

1. Players start facing each other on dot
2. Forward skates around the high cone, picks up a puck and drives wide
3. Defenseman skates backward around bottom cone, pivots forward, then skates around middle cone and angles
4. Forward has to drive around lower cone before cutting to the net

Variations: (a) take out the cone at hashmarks  
(b) allow forward to cut inside earlier

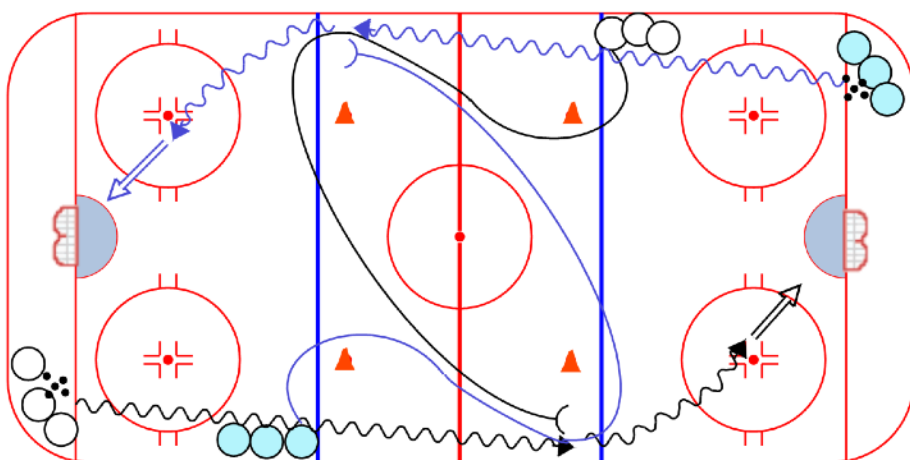


## Full Ice Angling:

In the diagram, blue goes against blue, white against white.

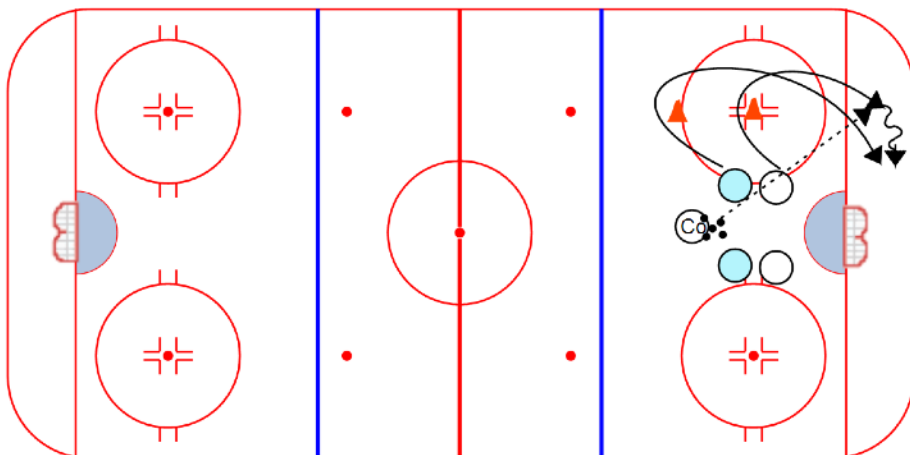
1. On whistle, the first player from each corner line skates full speed down the boards, with a puck
2. First player from each NZ line leaves and skates the route shown, attempting to cut off the puck carrier's lane to the net, at or before the far blue line
3. If the puck carrier makes it to the blue line, he or she can cut to the net

Notes: start with a rule that the puck carrier can't cut inside until after the blue line. As players improve, remove that rule.



## Hashmark Angling:

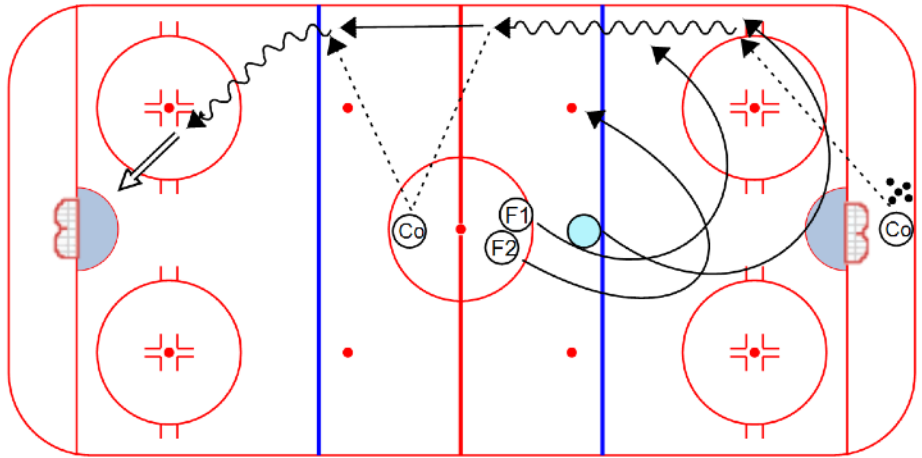
1. One offensive player and one defensive player line up on each side of the hashmarks
2. Coach dumps puck in the corner
3. Offensive player must go around low cone, get the puck, and attack the net
4. Defensive player must go around high cone, angle player, and finish check
5. Stagger the starts and run two lines simultaneously



## PK Forecheck Angling:

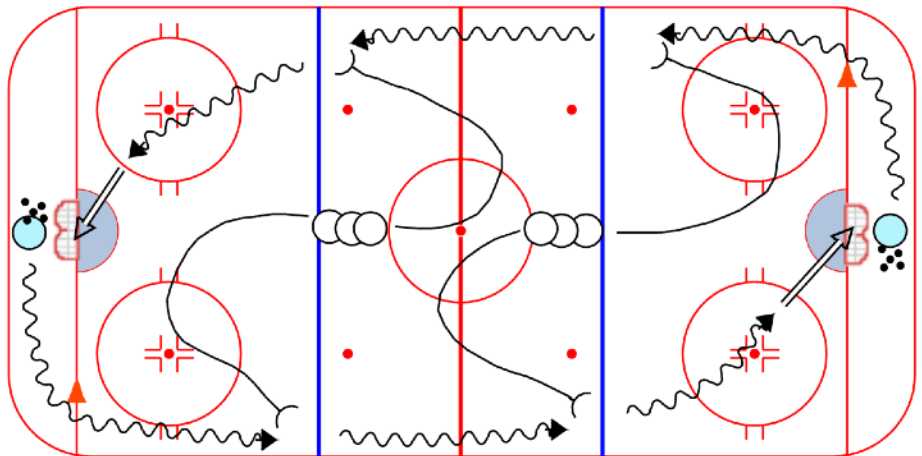
1. Breakout man skates in, and opens up to either side for a breakout pass from the coach
2. F1 and F2 angle to take away the skating lane and passing lanes, respectively
3. If F1 and F2 fail to eliminate the breakout, the breakout man passes to the NZ coach for a give and go, and a shot on net

Note: This drill can be run as a 2/3 ice drill by eliminating the option for a shot on goal. Play would end with the pass back to the NZ coach



## Stanley Angle:

1. One player starts behind each net
2. Other players are on blue lines, ready to angle
3. On whistle, puck carrier drives up the boards
4. Player on close blue line angles and hits before the blue line
5. Puck carrier continues, and player from far blue line angles and hits before the next blue line
6. Puck carrier continues and takes a shot

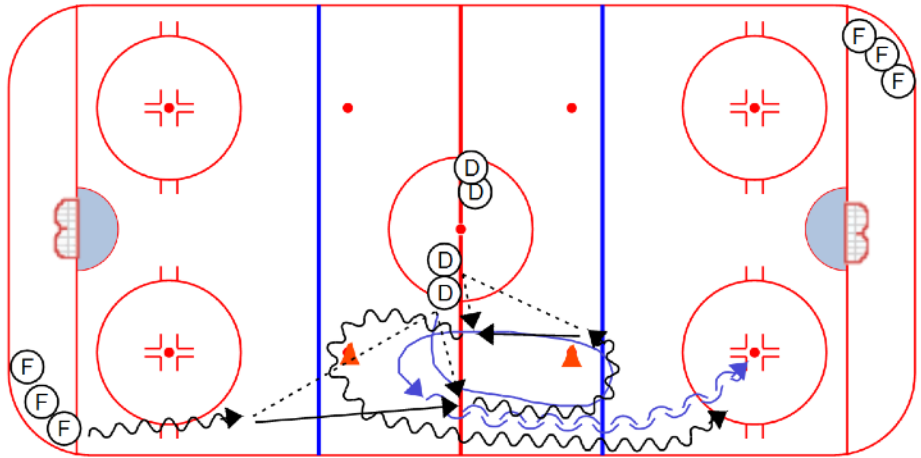


# COMPETITION



## Double Give & Go 1 on 1:

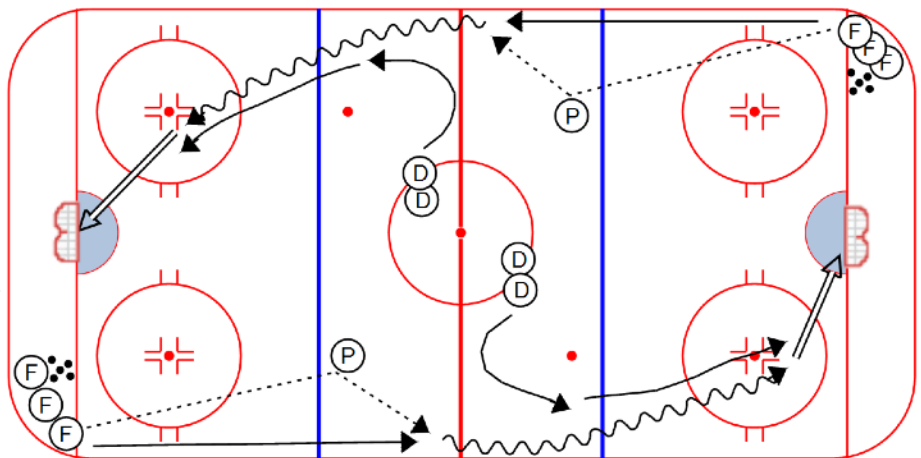
1. Forward steps out of corner and executes a give and go with first Defenseman in line.
2. After receiving the pass back, Forward skates around the far cone, then executes a give and go with the next Defenseman in line.
3. After receiving the second give and go, Forward curls around the other cone, then plays a 1 on 1 with the first Defenseman, who has followed him around the first cone, then closed the gap to the inside of the second cone.



## Drive Drill Race:

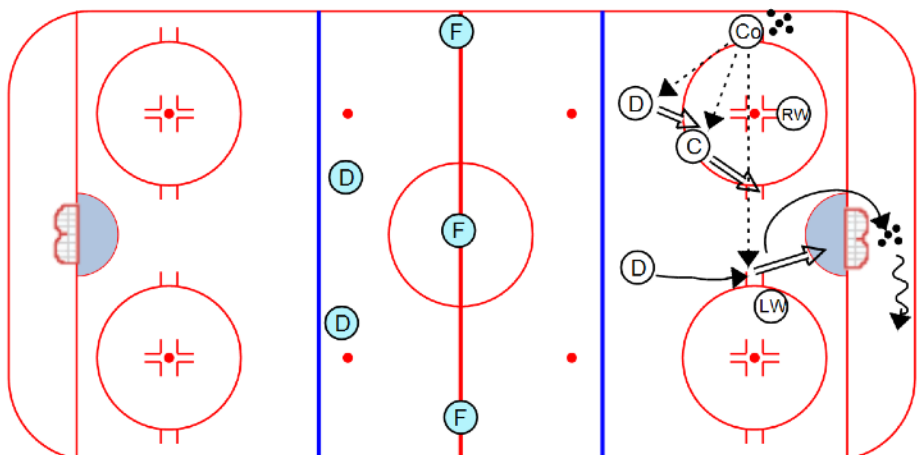
1. Forward runs a give and go with the Passer
2. Defenseman can't leave until Forward has received the return pass
3. 1 on 1 to the net

Notes: Passer (P) can control how much time to give the (D) by making the return pass earlier or later in the play.



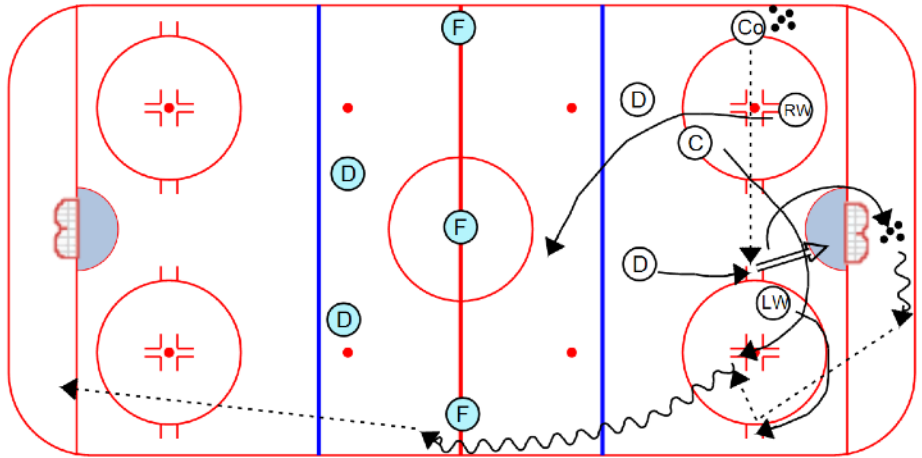
## Flow Forecheck (part 1):

1. Coach passes out to strong-side Defenseman for a shot on goal (forwards deflect and rebound)
2. Coach passes out to Center in high slot for a shot on goal (wingers deflect and rebound)
3. Coach passes out to weak-side Defenseman, who is sneaking into the low slot for a shot on goal (forwards deflect and rebound)
4. After 3rd shot, weak-side Defenseman swings in behind the net and picks up a puck to initiate the breakout (see next diagram)



## Flow Forecheck (part 2):

- After the 3rd shot, the forwards open up into breakout formation
- Forwards execute a breakout, step over the center line, and dump it in.
- The 5-man unit in the NZ attempts to break out of the far end, while forwards who dumped it in forecheck
- Once the 5-man unit makes it out of the zone, they attack 5 on 0, then stay in the zone for the passes from the coach.
- Forechecking unit is done, 5 new players come into the NZ



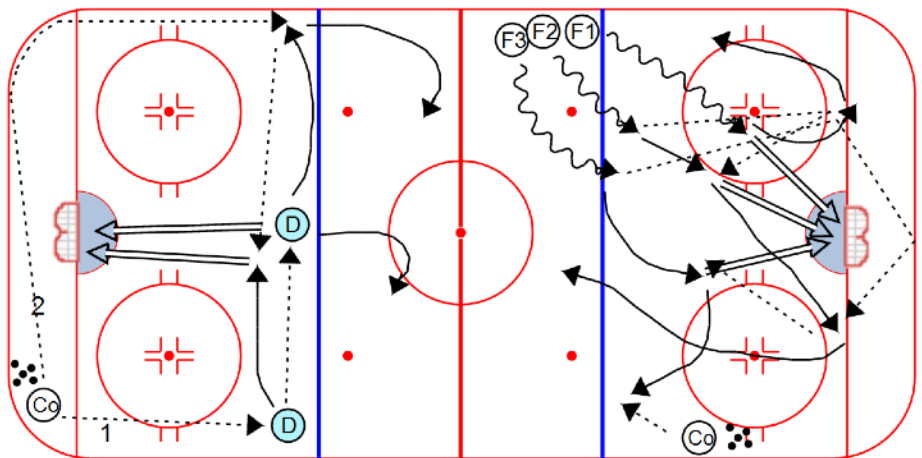
## Full Ice 3 on 2:

### Defensemen:

- Coach passes to the close Defenseman, D to D pass, and shot.
- Coach rings a puck to the far blue line, both D shift, D to D pass, and shot.
- Defensemen close the gap in the NZ and play the 3 on 2

### Forwards:

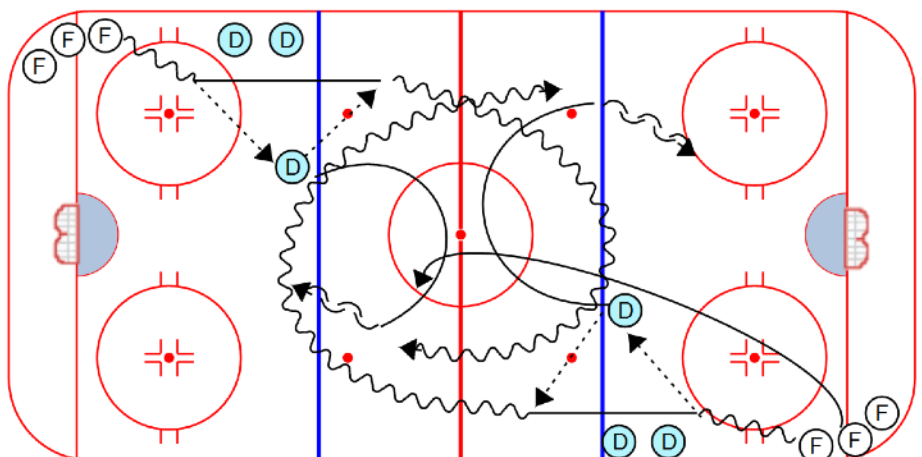
- F1 steps in and shoots, then peels off to the bottom of the circle.
- F2 steps in, passes to F1, receives a return pass, and shoots, then peels off to the bottom of the other circle.
- F3 steps in, passes to F1, who banks it off the boards to F2, who centers it back to F3 for a shot.
- Forwards swing open, receive a pass from the coach, and attack 3 on 2.



## Give & Go 1 on 1:

- On the whistle, the Forward makes a pass to the Defenseman.
- Return pass to the Forward.
- The Forward carries the puck under the blue line for a 1 on 1 on the opposite side.
- Defenseman manages the gap, and plays the 1 on 1

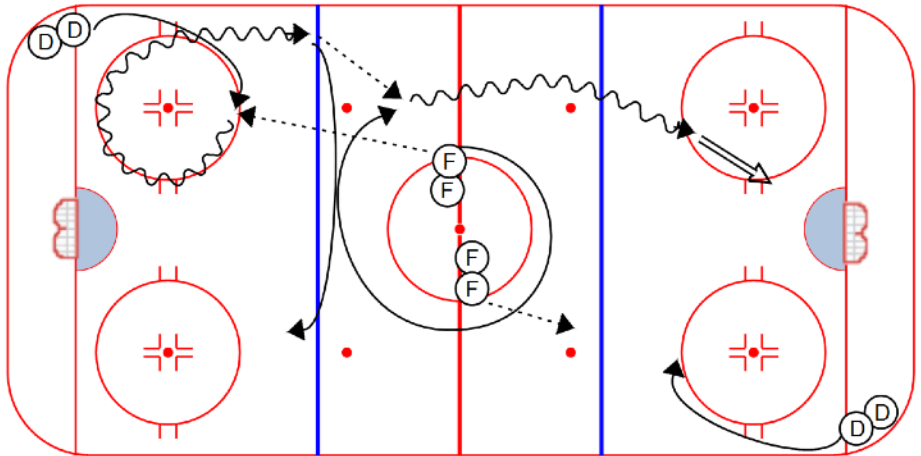
Variation: A second Forward joins the play as the first Forward skates under the blue line.



## Give & Go Timing 1 on 1:

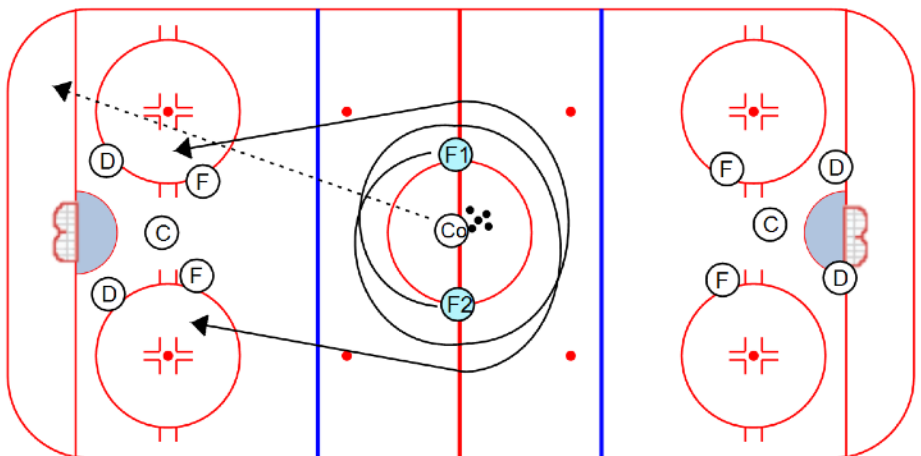
Both ends go at the same time

1. Defenseman steps out of the corner and receives pass from Forward.
2. After receiving the pass, the defenseman skates the circle with the puck.
3. Forward skates the center circle and receives a return pass from the defenseman, and plays the 1 on 1 with the defenseman from the other line
4. After making the pass, then defenseman closes the gap with the forward from the other line, and plays the 1 on 1



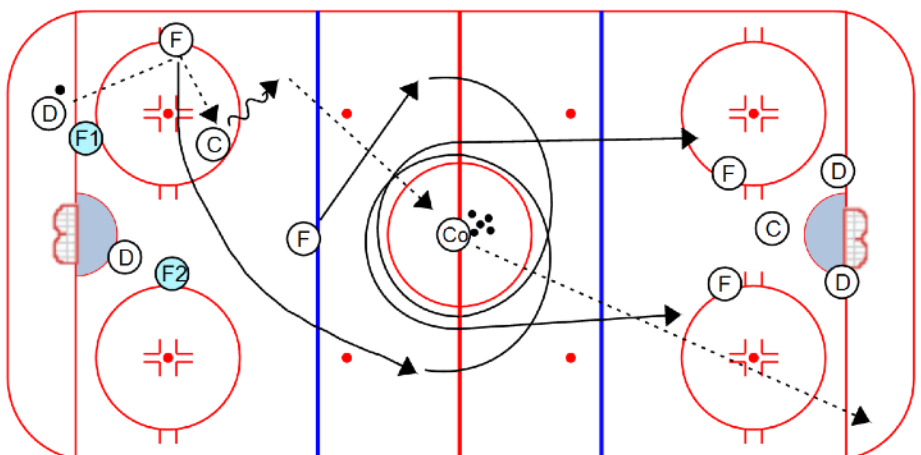
## MacDonald Forecheck (part 1):

1. On whistle, forecheckers take a lap around the center circle
2. As the forecheckers finish their lap, coach dumps the puck in
3. Forecheckers attack, 5-man unit breaks out (see next diagram)



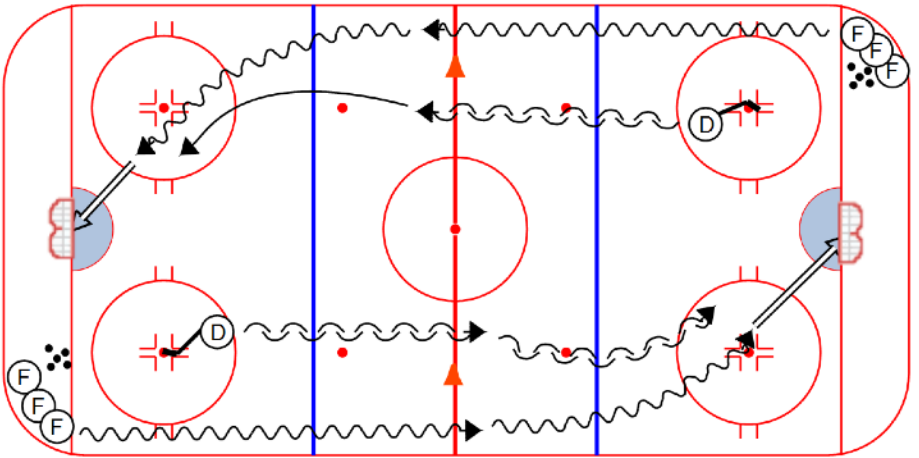
## MacDonald Forecheck (part 2):

4. After the breakout occurs, puck is passed back to the coach
5. 2 of the 3 forwards peel out to take a lap around the middle circle, becoming the new forecheckers (forwards must communicate who goes!)
6. As forecheckers finish the turn, coach dumps the puck in for a breakout from the far end
7. New 5-man unit moves into the end that just broke out



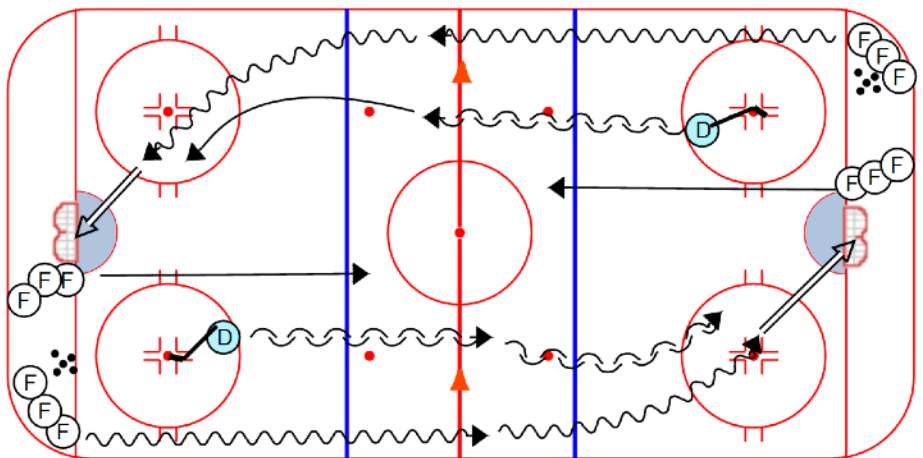
## Man in the Box 1 on 1:

1. Forward starts in corner with puck - one skate behind the line!
2. Defenseman starts in face-off circle with stick in the dot (as speed improves, move closer and closer)
3. On whistle, forward and defenseman race to the red line, staying on their own respective sides of the cone
4. The forward can't cut inside and the defenseman can't begin to angle until AFTER they've passed the cone
5. After the cone they can play a 1 on 1



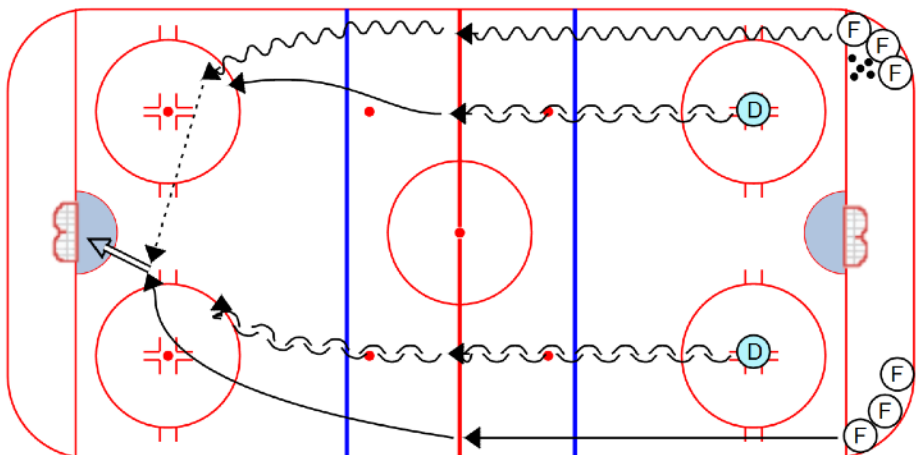
## Man in the Box 2 on 1:

1. Same as man in the Box 1 on 1, but add a forward to make it a 2 on 1



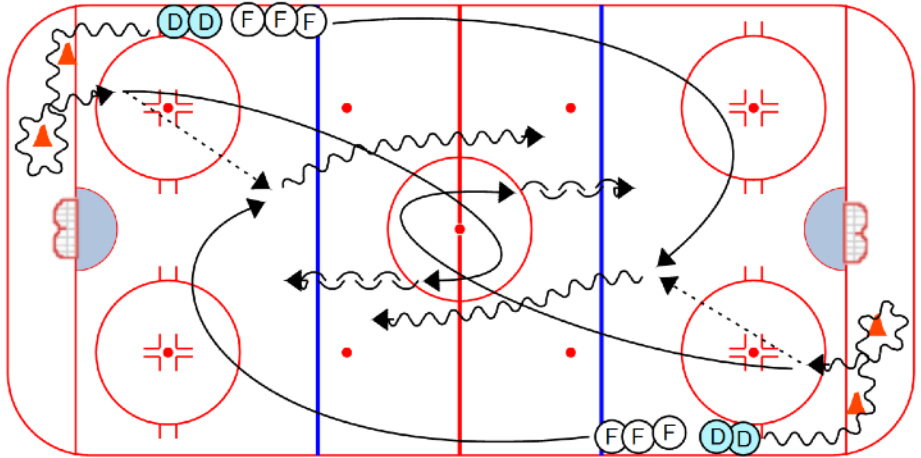
## Man in the Box 2 on 2:

1. Forwards start in the corners, defensemen on the dots
2. On the whistle, the forwards and defensemen race straight to the red line
3. Forwards can't cut inside, and defensemen can't angle or pivot forward until AFTER the red line.
4. After the red line, forwards and defensemen play it like a regular 2 on 2.



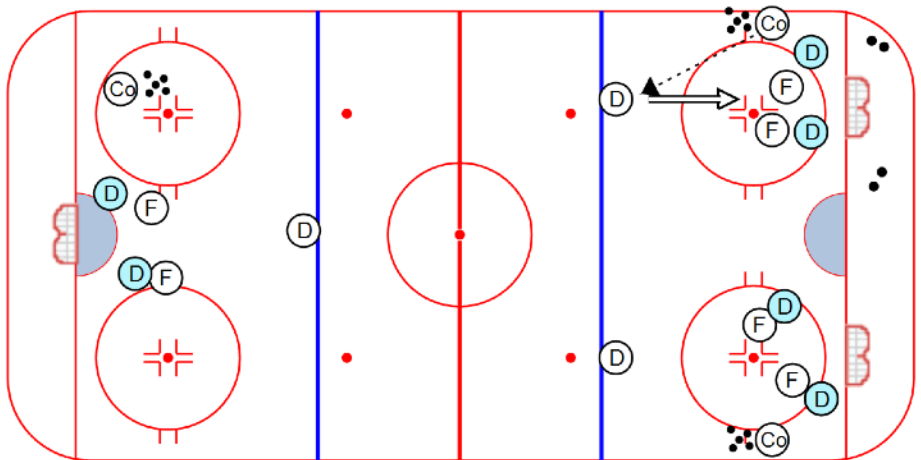
## Michigan Tech 1 on 1:

1. On whistle, 2 forwards and 2 defensemen leave
2. Defensemen do a figure 8 around the cones, then make a breakout pass to the forward swinging through from the far end
3. After making the pass, defensemen close the gap on the forward who left from their same side
4. If coach blows the whistle twice, the forwards change direction and play the 1 on 1 with the other defensemen
5. Coach can blow the whistle multiple times during the same turn. Defensemen must continue to close the gap with each switch.



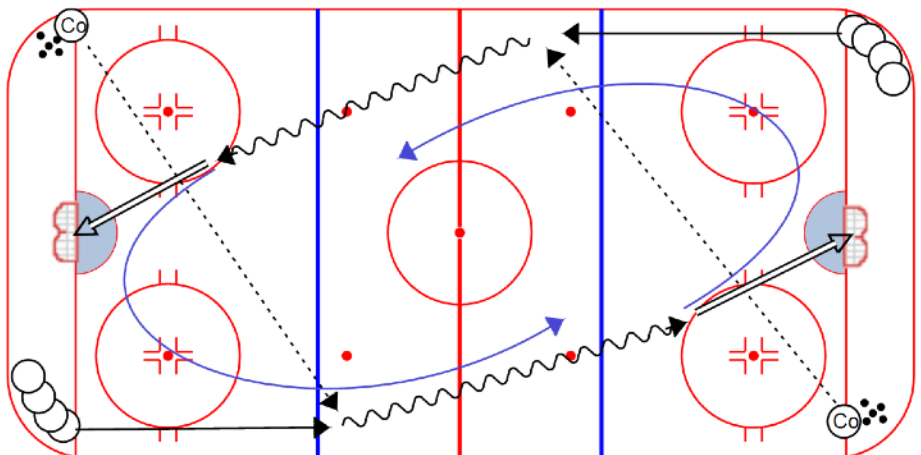
## Net-Front Battles

1. 2 on 2 in front of the net
2. Coach feeds puck back to D. D shoots
3. Play is live until either the forwards score, or defensemen clear the puck into the corner, or goalie freezes it
4. Whoever "wins" the battle gets a point, first team to five points wins, and the losers do push-ups
5. Should be a quick-paced drill



## Perpetual Backcheck:

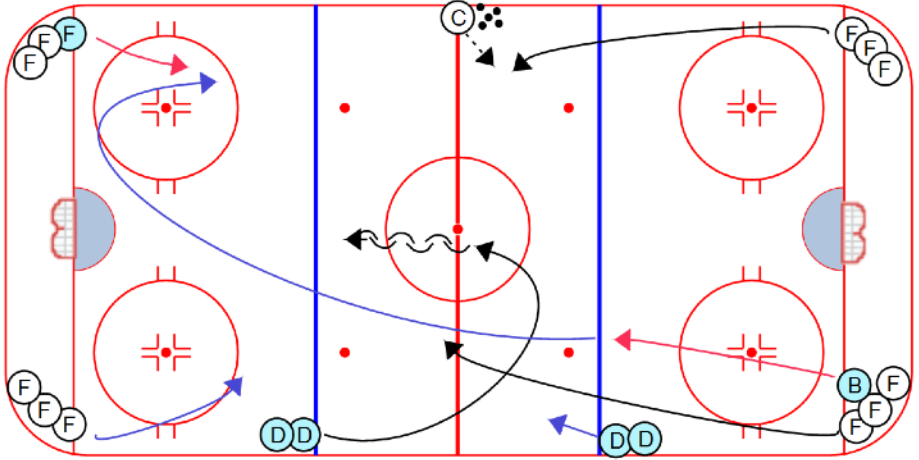
1. First player in each line leaves and receives a pass from the coach.
2. Each player skates full speed down the ice and takes a shot.
3. Next player in line can't leave until the shot has been taken.
4. After the shot, the shooter will peel off and backcheck the next player in line.
5. Drill continues perpetually.





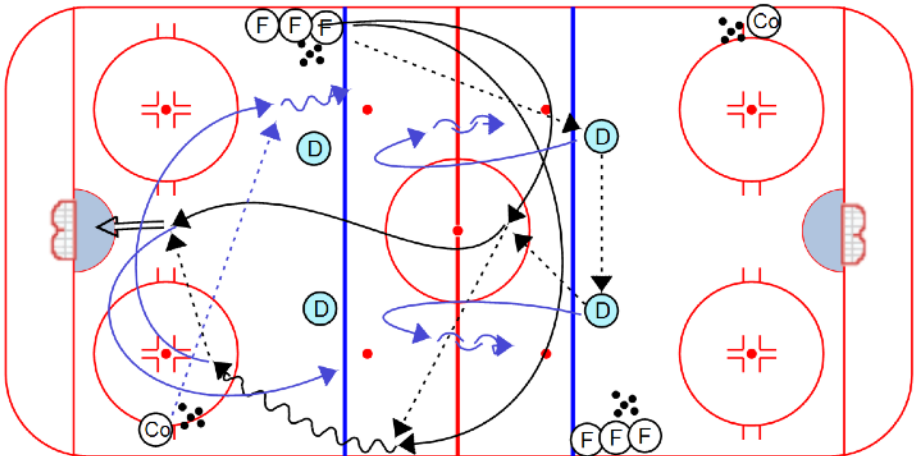
## 2 on 1 Perpetual Backcheck:

1. On whistle, two forwards leave from one end, with a backchecker chasing (designate a backchecker to start the drill)
2. Coach passes to either forward
3. Defenseman from far blue line steps out to play 2 on 1 with backchecker
4. After the attack, the backchecker swings to one side or the other, becoming one of the forwards on the next 2 on 1
5. The forward on the same side the backchecker swings to becomes the next backchecker
6. Drill repeats going the other direction



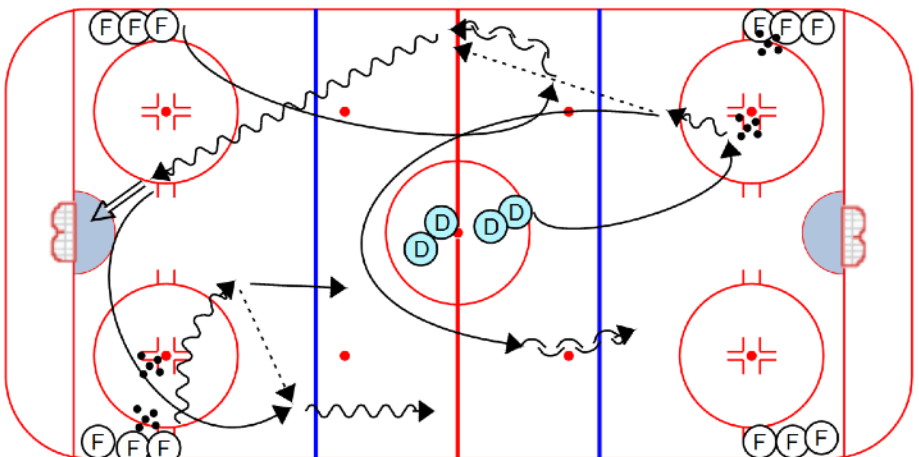
## Regroup 2 on 0, 2 on 2:

1. Forwards make a pass to the defensemen, then regroup and attack 2 on 0
2. After the 2 on 0 attack, both forwards swing open and receive a breakout pass from the coach
3. Defensemen close the gap, and forwards breakout 2 on 2
4. Run both sides simultaneously to force heads up play in the neutral zone.



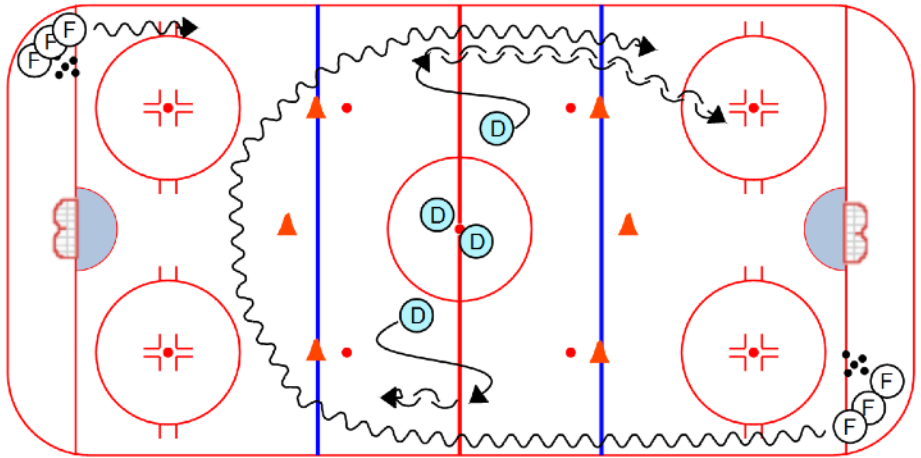
## Regroup, Shot, 2 on 1:

1. Forwards start in corners at the hash marks, with Defensemen in the center circle
2. On whistle, defenseman swings down and picks up a puck from the dot and makes a stretch pass to the forward on that side
3. Forward attacks 1 on 1, then swings to the boards for a "criss-cross" pass from the other forward
4. Defenseman closes gap, and forwards attack 2 on 1
5. Run from both sides simultaneously.



## Spice Gap Control:

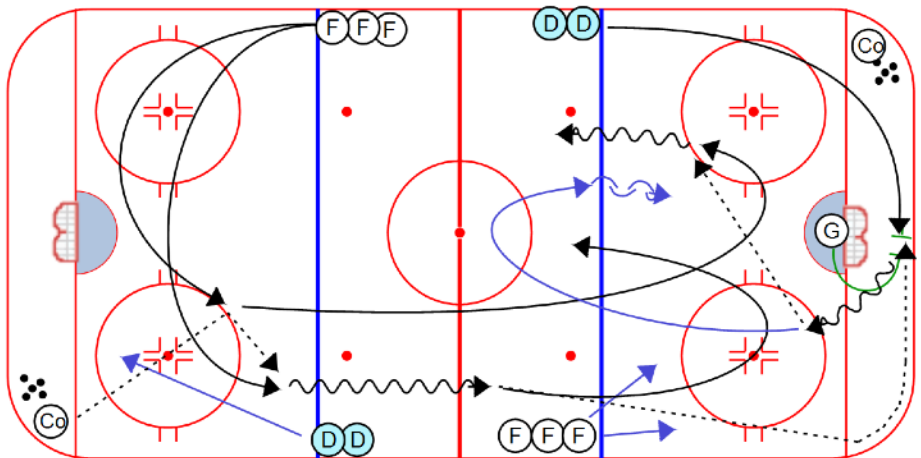
1. On whistle, the first forward from each line skates full speed around the cones, and attacks 1 on 1
2. Defensemen in the middle need to read the speed of the forward, close the gap, and manage the 1 on 1



## Tom Renney Warm-up:

Both sides go at the same time. After the dump in and breakout, both defensemen play 2 on 1 against the other line's forwards.

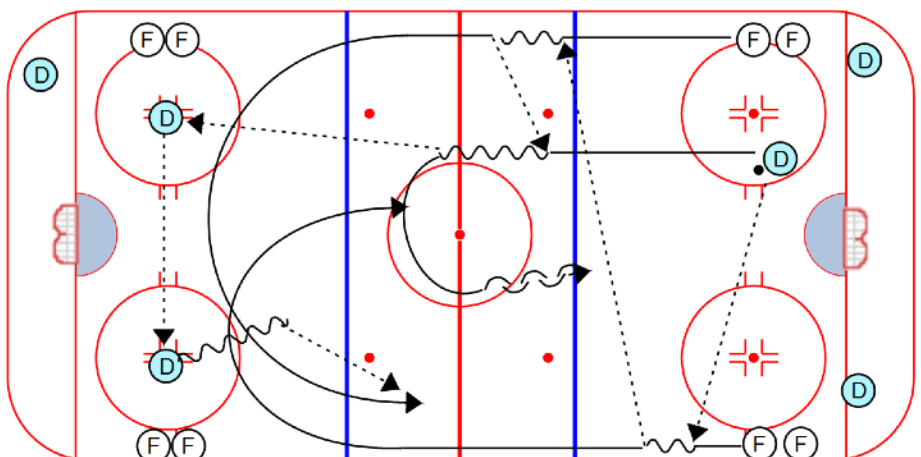
1. Two forwards swing low and receive a pass from the coach, then step over the center line and dump it in.
2. Goalie stops the puck for the defenseman, who initiates the breakout, then plays 2 on 1 against forwards from the other line.
3. Forwards attack 2 on 1 against the defenseman from the other line



## Full Ice Regroup 2 on 1:

Drill starts on the whistle. One end, then the other.

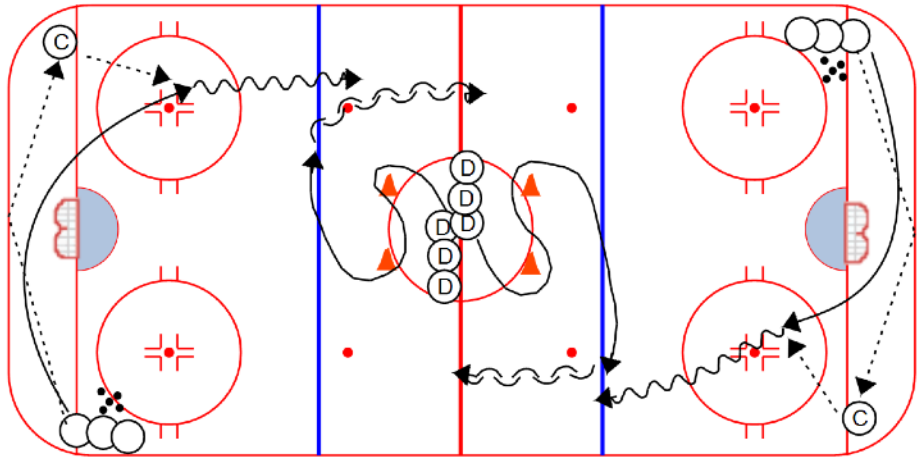
1. On the whistle, a defenseman makes a pass to the forward.
2. Long, cross-ice pass to the second forward
3. Quick back pass to the defenseman.
4. Defenseman makes a long pass to the opposite defensemen for a re-group.
5. 2 on 1 back.



## Bank Pass 1 on 1:

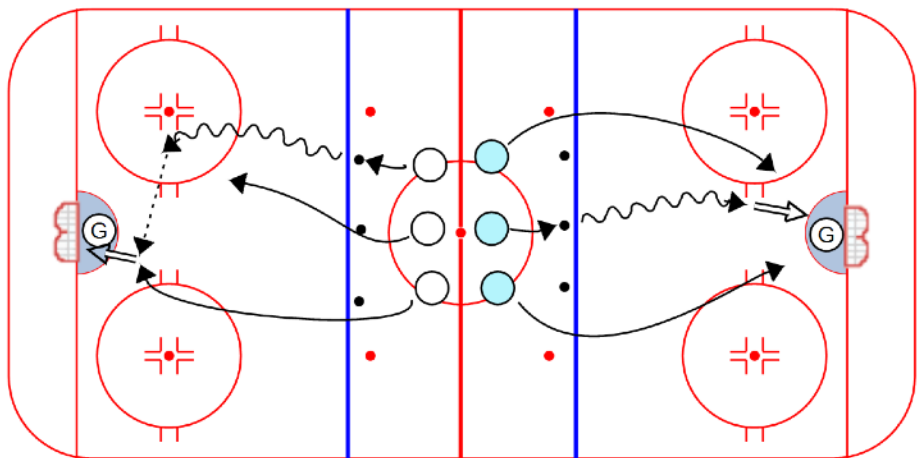
1. Forwards start with pucks in opposite corners
2. Bank pass to coach for a give and go
3. D perform some agility skating, then pick up the forward for a 1 on 1.

Note: works well with large groups because the middle is left open. Put enough D in the middle to run it quickly.



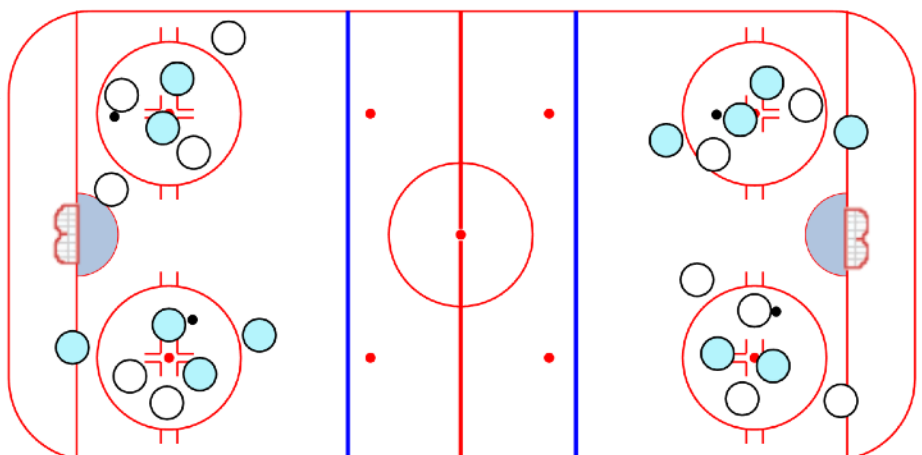
## 3 Puck Scoring Race:

1. Coaches place 3 pucks on each blue line
2. Teams of 3 race each other to score the 3 pucks first
3. All three players must clear the zone after each goal
4. Set up a tournament, winners player winners until a champion is declared



## Puck Protection in the Circles:

1. Two players with sticks try to keep the puck inside the circle
2. Two other players without sticks are trying to get the puck outside of the circle
3. Two extra players are waiting outside the circle for rotations
4. No holding or wrestling!



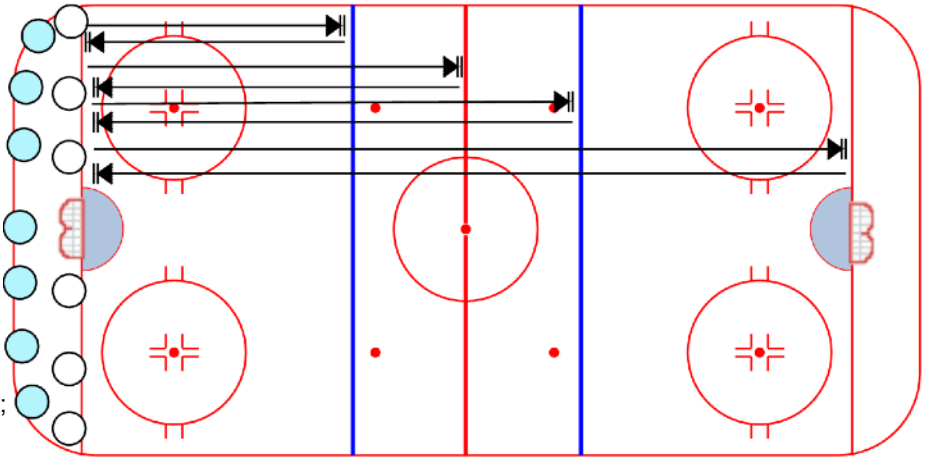
# CONDITIONING



## 60 Second Drill:

1. Divide team into two groups
2. Players skate a ladder as shown - make sure each stop is facing the same direction. (5 push-ups per infraction)
3. Run it on a stop watch, if anyone in the group doesn't make it under 60 seconds, the group goes again, this time they have to make it under 65 seconds. Keep adding 5 seconds, and making them go again until everyone finishes within the time limit

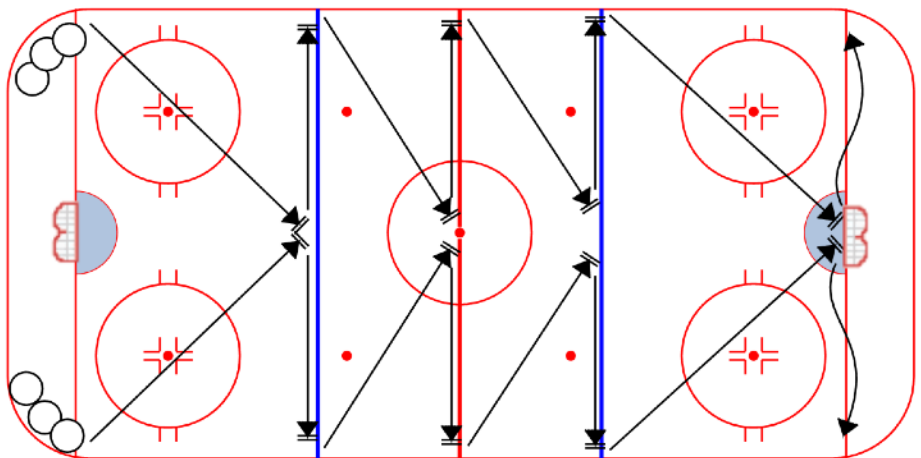
Variation: Lower time to 55 seconds; add pucks; make defensemen skate backward; make defensemen face up ice the entire drill.



## Christmas Tree Conditioning:

1. Players line up in the corners
2. On whistle, a player from each corner skates the pattern as shown.
3. Drill is to be executed at full speed

Variations: Add pucks; pivot from forward to backward; etc.

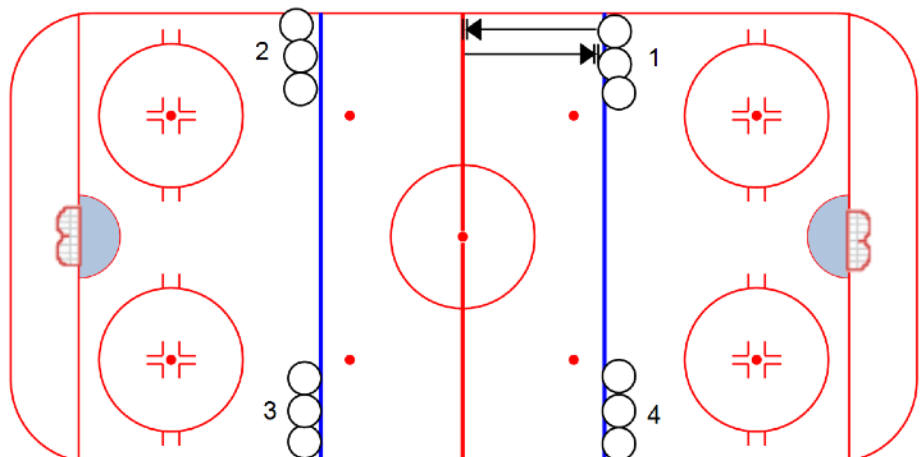


## Michigan Mile:

Four groups, on blues, facing each other. As soon as group 1 finishes, group 2 goes. Then 3, then 4, then back to 1.

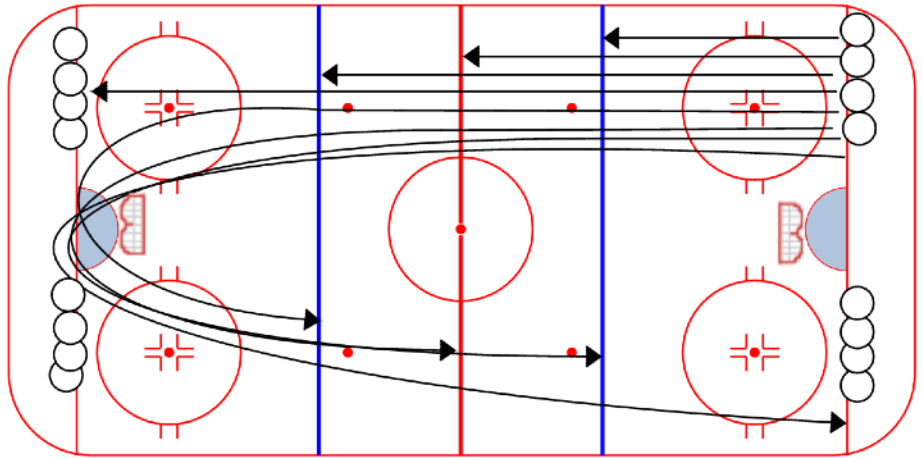
1. red line and back - 5 push-ups
2. far blue line and back - 5 push-ups
3. red, back, far blue, back - 5 push-ups
4. far blue, red, far blue, back - 5 push-ups
5. red, back, far blue, back - 5 push-ups
6. far blue line and back - 5 push-ups
7. red line and back - 5 push-ups

Variations: Sit-ups instead of push-ups; down on knees at each stop; add pucks; etc.



## Minnesota Mile:

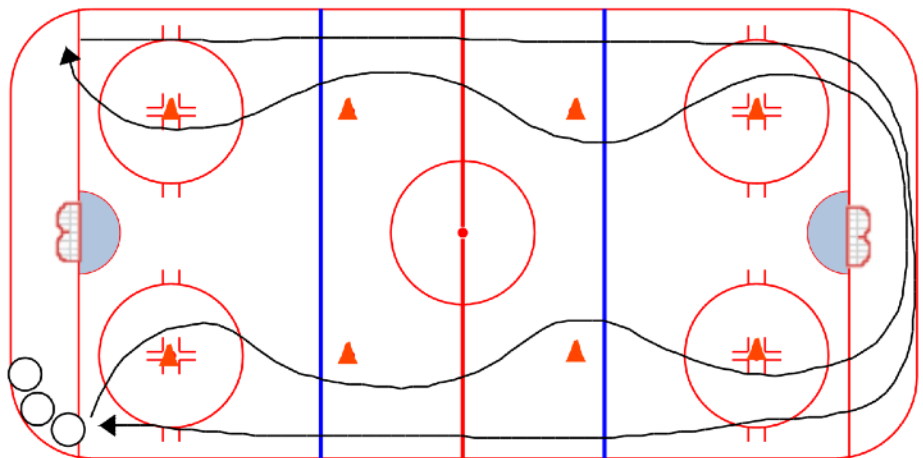
1. Go through the diagrammed routes (over and back)
2. One route at a time, one group at a time.
3. After you get through the end, work your way back to the beginning.



## Weave Conditioning:

Run the following sequence:

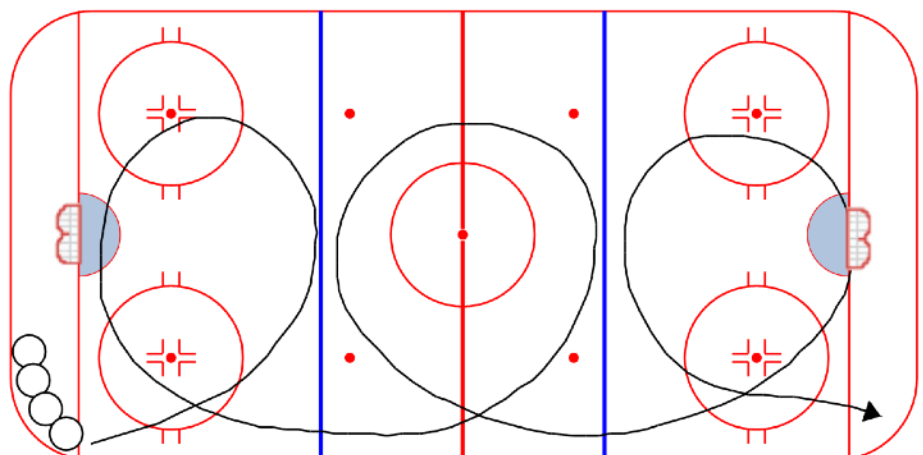
1. 5-step crossovers (quick crossovers through cones)
2. Power Turns around each cone (alternate direction at each cone)
3. Russian circle around each cone (always facing up ice)
4. Backward crossovers through cones
5. Full Lap



## 3 Large Circles:

Run 3 players at a time

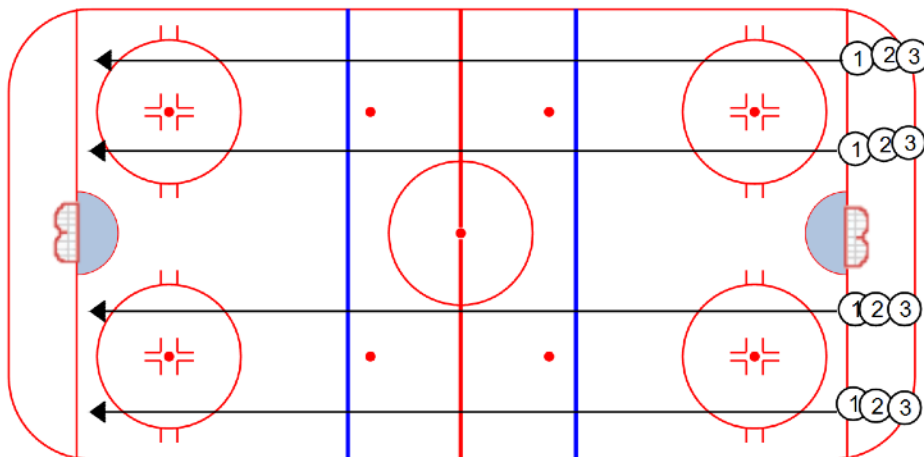
1. Players skate three slow, powerful circles, using up as much space in each zone as possible
2. Focus on staying low, with strong, rhythmic stride
3. Technique should mimic "short track speed skating"



## Burkett Agility Conditioning:

Run 3 or 4 groups. 5 push-ups after each stop. Next group leaves when group ahead gets to far blue line. After the last group finishes, repeat the same thing coming back. Use the following sequence or make up your own:

1. Sprint to far end.
2. Sprint to far end using 5-step crossovers.
3. Sprint to far end, dropping to right knee at the blue line, left knee at the red line, both knees at the far blue line.
4. Sprint to far end, superman dives on each blue.
5. Sprint to far end, barrel rolls on each blue.
6. Sprint to far end, high tuck jumps over the blues.
7. Sprint to end boards and back.



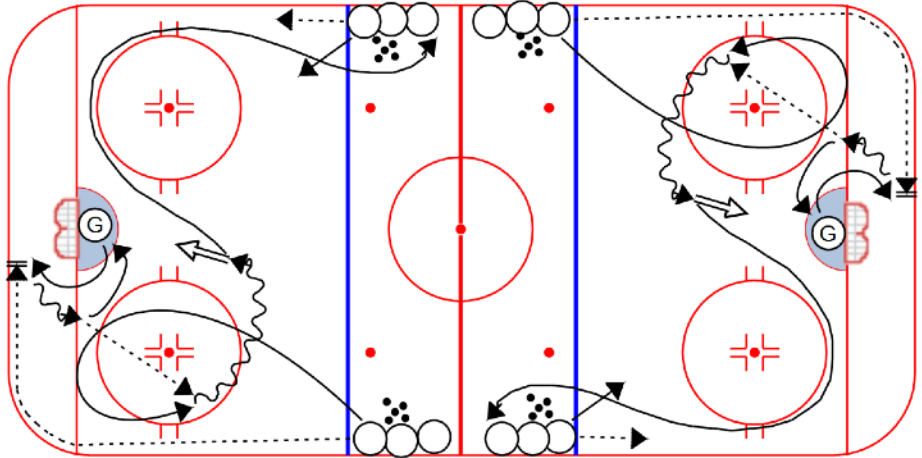
# GOALIE





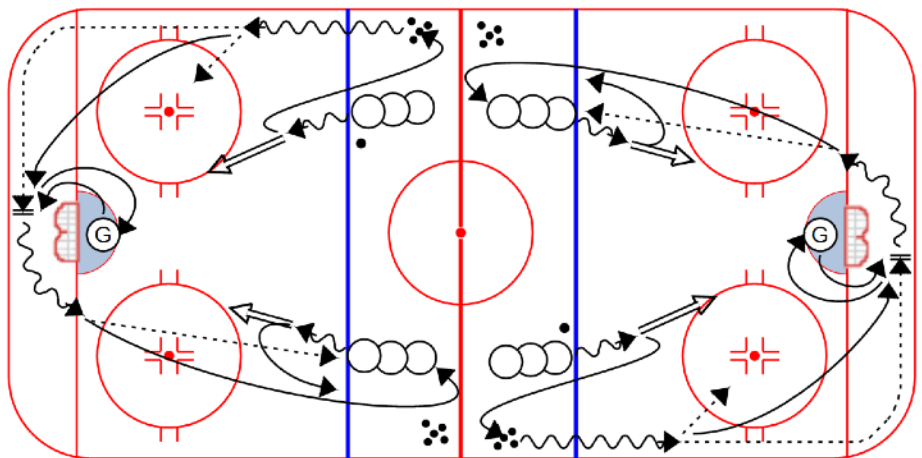
## Goalie Puck Control:

1. Player rings the puck in from the blue line, then swings open for a breakout pass
2. Goalie stops the puck behind the net, then makes the breakout pass to the player who ringed it
3. Player attacks the seam, goalie gets back to the front for the shot
4. On next whistle the other line goes



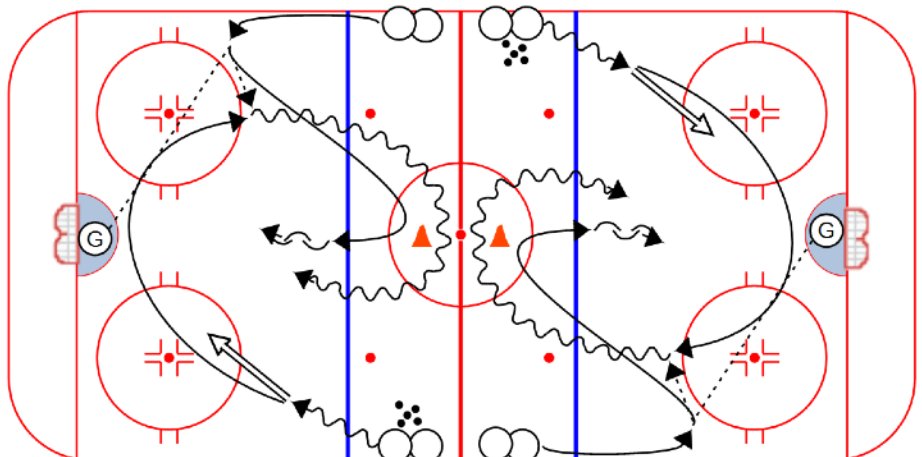
## Shot & Breakout Pass:

1. Player shoots from just inside blue line, then swings out and picks up a new puck on the boards
2. Puck carrier steps inside the zone, and either dumps it on net or rings it behind the net
3. Goalie sets up the puck for the player, then gets back to the front of the net
4. Player swings in behind the net, picks up the puck, and passes to the first player in the other line
5. Drill repeats from the other side



## Goalie Breakout 1 on 1:

1. Player steps in and shoots
2. Goalie makes the save, then makes a hard breakout pass to the opposite side
3. Touch pass to the player who shot
4. Puck carrier loops outside the zone and attacks 1 on 1 with the player who made the breakout pass

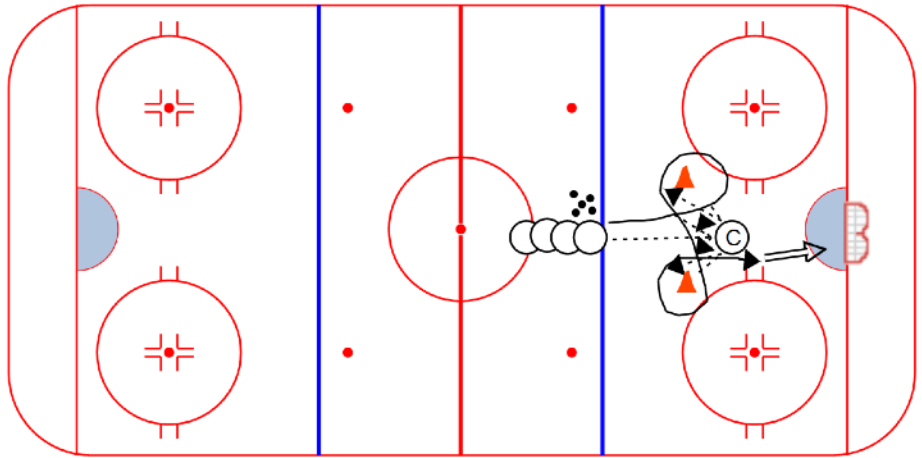


# PASSING



**Figure 8 Multi Pass and Shot:**

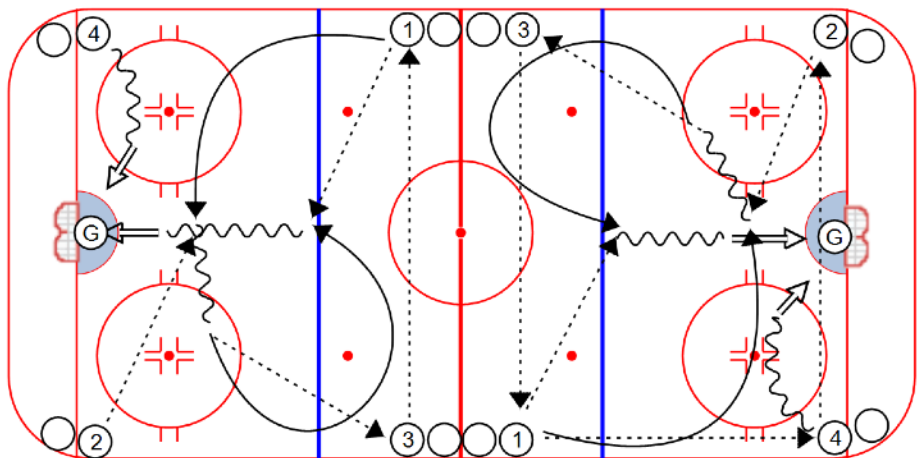
1. Give and receive touch passes with the coach while skating full speed through the figure 8
2. After the final touch pass, let a quick shot go
3. Drill should be run at a quick tempo to minimize wait time. Also works well in station practices.



**Finesse Hockey Passing Drill:**

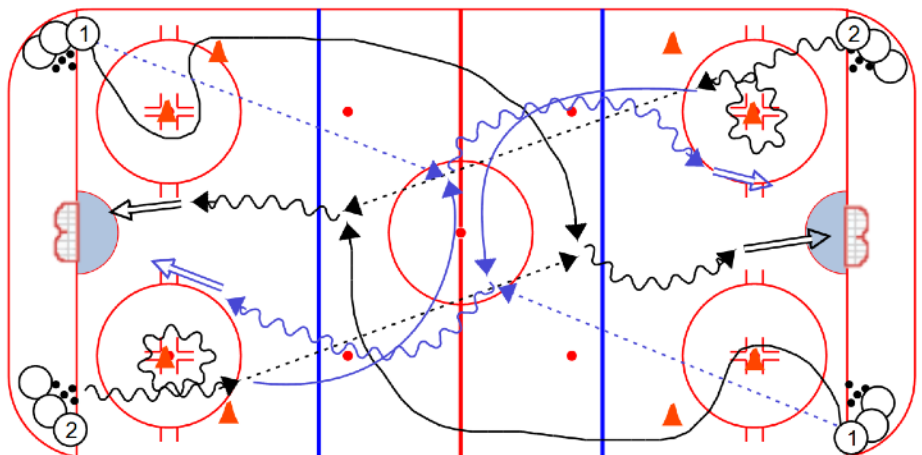
1. Player 1 skates through the slot and receives a pass from 2.
2. As 1 skates through the slot, player 4 skates out with a puck and goes to the net for a shot.
3. 1 makes a pass to 3 and continues to skate through the neutral zone.
4. 3 makes a pass to the 1 line.
5. 1 receives a pass back from the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



**2 on 0 Chip Pass & Delay**

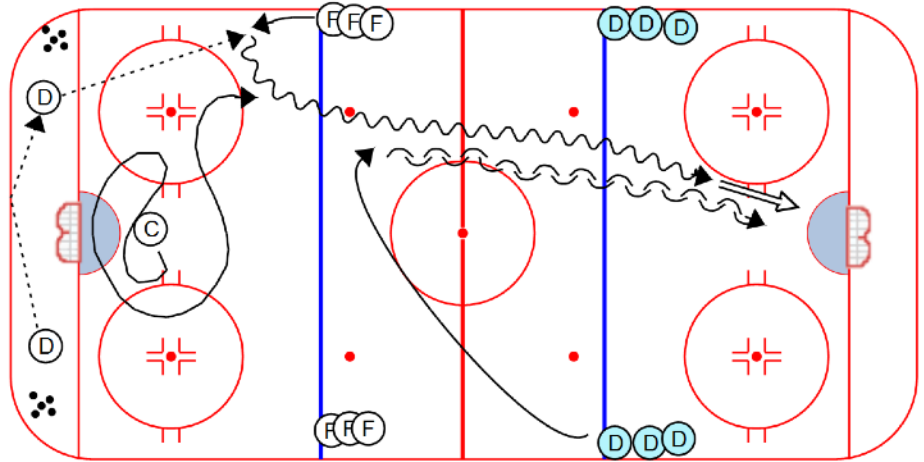
1. Players line up in each corner, with pucks.
2. On whistle, player 1 skates the "S" then breaks up ice, receives a stretch pass from 2, and shoots
3. While 1 skates the "S", 2 does a 360 degree power turn around the cone, then makes the stretch pass to 1.
4. After making the pass, 2 breaks for a mid-distance stretch pass from the next player in line 1, then shoots
5. Drill repeats, alternating which line skates the "S"



## Full Speed Breakout Formation (seq. 1):

1. D to D to Wing
2. D to D to Wing
3. D to D to Wing, one-touch to Center
4. D to D to Wing, one-touch to D who follows up play
5. Start again from the other side

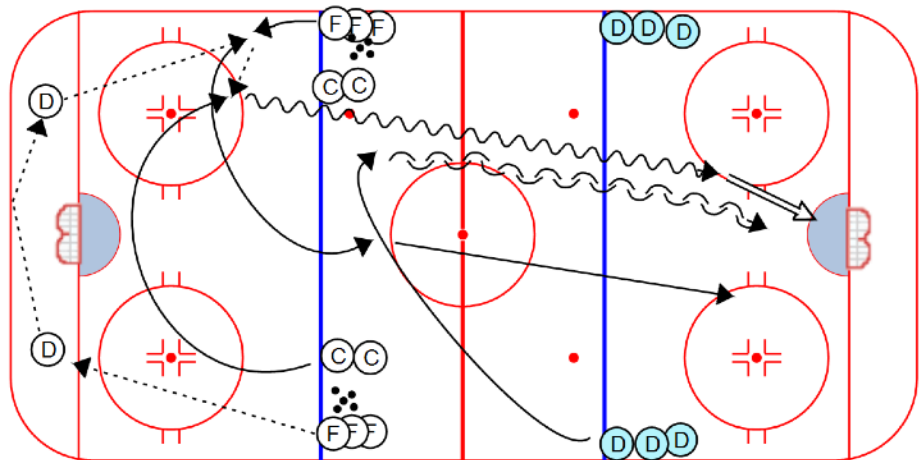
Variation: Put defensemen on far blue line for a 1 on 1.



## Full Speed Breakout Formation (seq. 2):

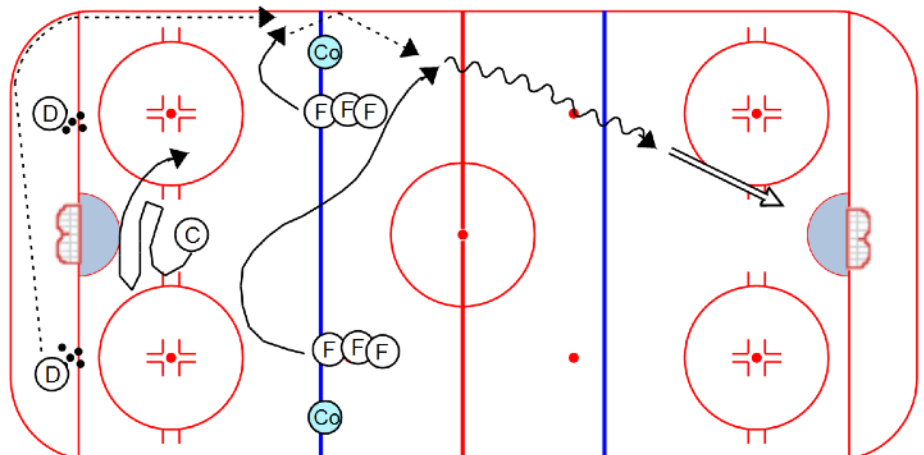
2 on 1 Option

1. F to D
2. D to D Pass
3. Board-side breakout to C swinging through
4. F loops in behind C for a 2 on 1



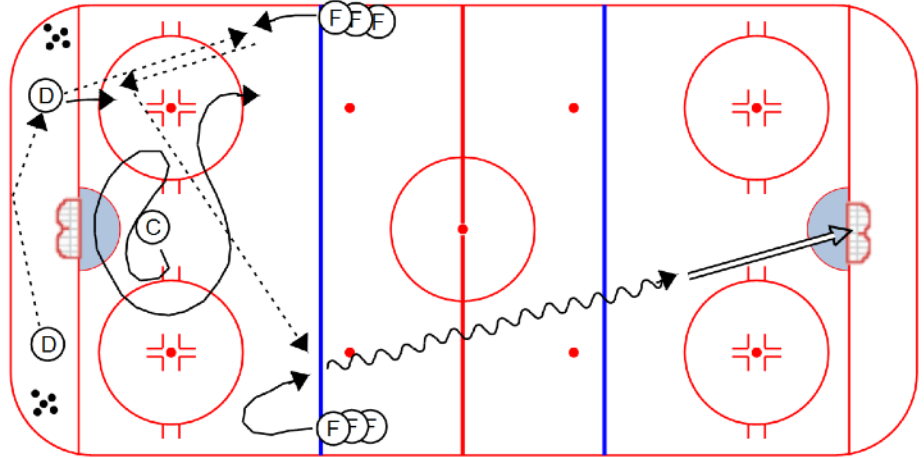
## Full Speed Breakout Formation (seq. 3):

1. Ring to chip
2. Ring to chip
3. D to D to Center (chip around coach)
4. D to D, pivot toward boards and Walk (chip around coach)



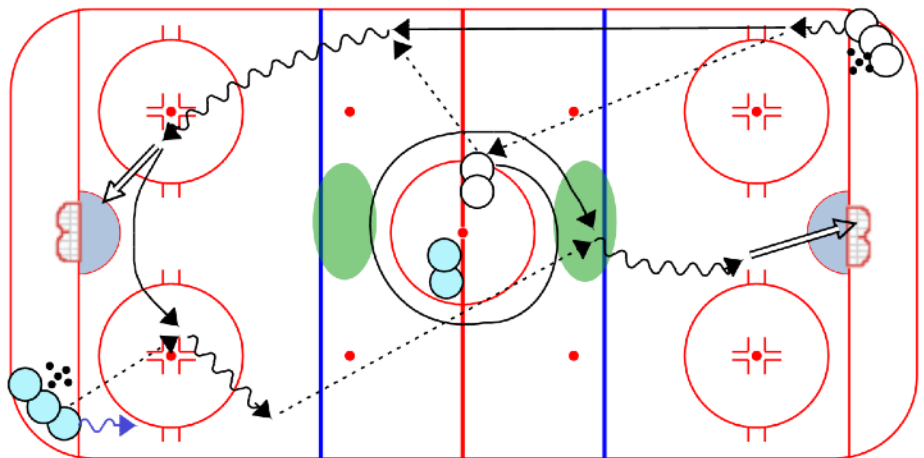
## Full Speed Breakout Formation (seq. 4):

1. D to D to F to D to Weak-side F
2. Same thing other way
3. D to D to C (direct pass)
4. D to D, skate behind net, cut tight and walk



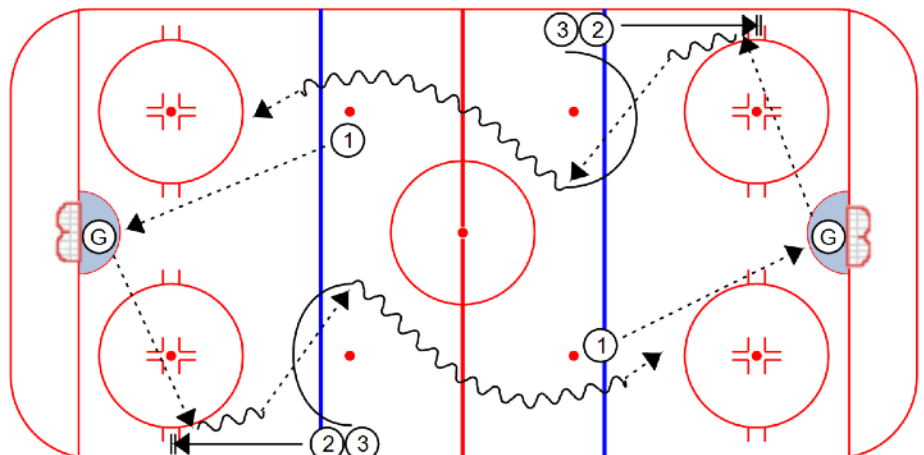
## Give & Go Timing:

1. Players leave corners at same time on whistle and perform give and go with player at center line
2. After receiving the give and go pass, players who left corners will take a shot, then swing to pick up a pass from the next player in line
3. After completing the give and go pass, the player at center ice will skate around the circle TOWARD the passing corner (clockwise in this example), and time it to receive a pass in his or her receiving zone
4. After picking up the pass from the next player in line, the player who took the first shot will control the puck then hit his give and go partner for a breakaway pass.



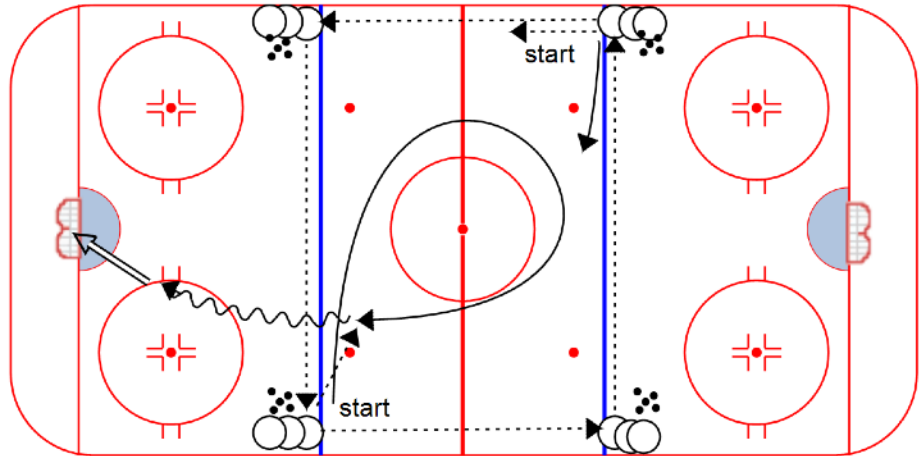
## Goalie Headman Drill:

1. On the whistle, player 1 dumps a puck on the G.
2. The G makes a pass to 2.
3. 3 steps out and receives a pass from 2.
4. 3 skates up the ice and dumps the puck on the G.
5. No shots.



## Hymas Square Passing:

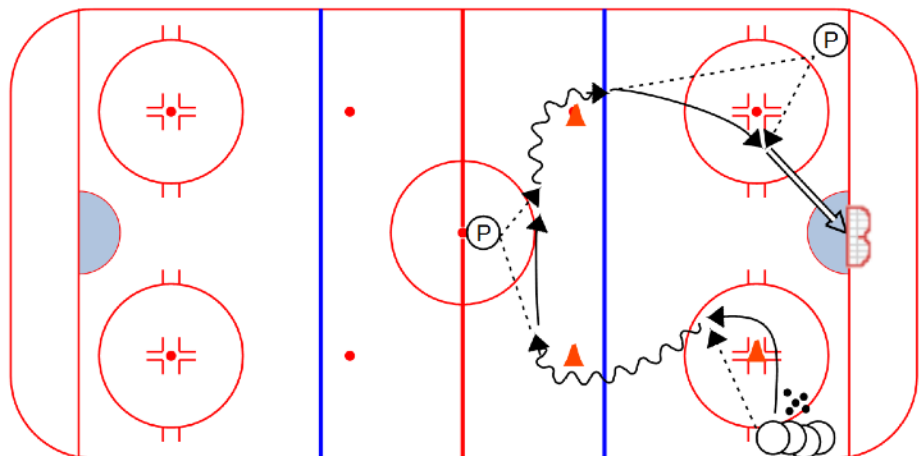
1. Players in opposite corners pass straight ahead
2. Passes go around the square
3. Players who started the drill skate around the circle and receive pass back from the same line they left from



## Larsen Give & Go:

1. First player leaves hash mark, turns the corner and receives a pass from the next player in line.
2. He then carries the puck around the next cone, and does a give and go with the passer at the red line.
3. After receiving the pass back from P, he does another give and go with the P in the corner, then fires a one-timer on net.

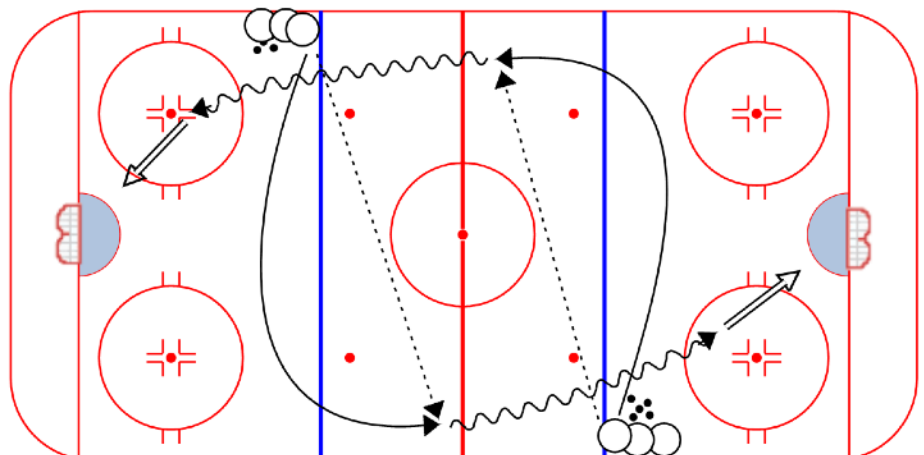
Variation: have your players use the inside mohawk to round the turns.



## Long/Short Passing (seq. 1):

Long Pass:

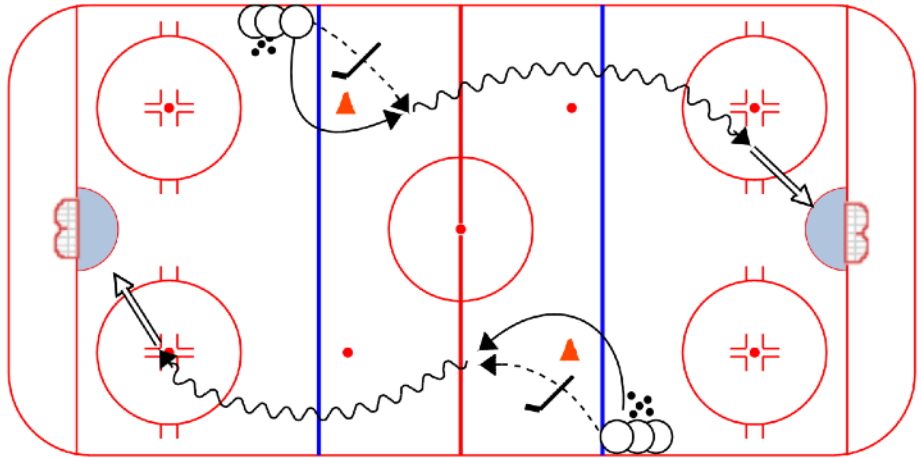
1. On whistle, first player breaks wide, cuts up ice, and receives a pass from the next player in line
2. After receiving the pass, player attacks the net hard for a shot



## Long/Short Passing (seq. 2):

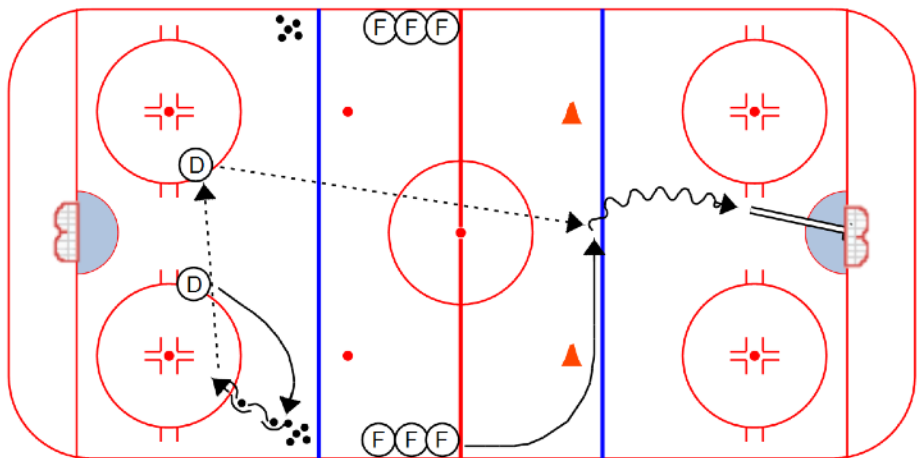
### Short Pass:

1. On whistle, first player in line cuts around the cone and receives a saucer pass from the next player in line
2. After receiving the pass, the player attacks the net hard for a shot.



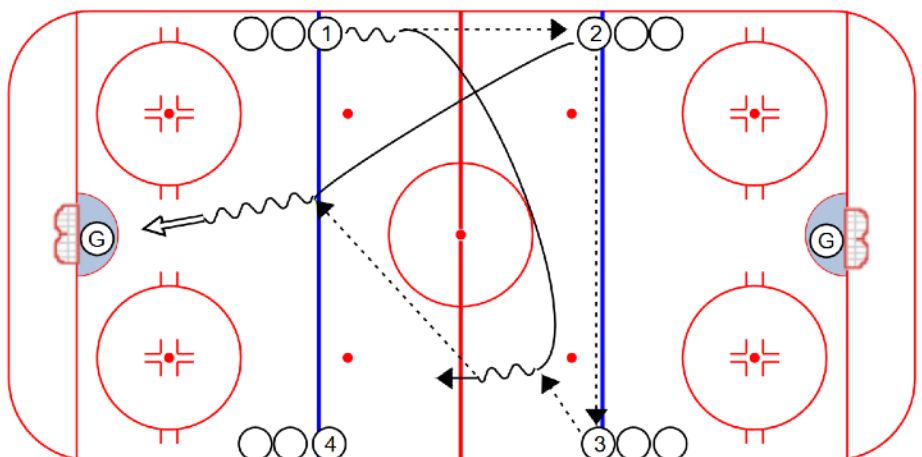
## Newton Drag Skate Regroup:

1. D picks up a puck and drag skates back toward the middle (keep chest open and square)
2. D to D pass then breakaway pass to F
3. Other D picks up a puck, starts the same thing the other way.



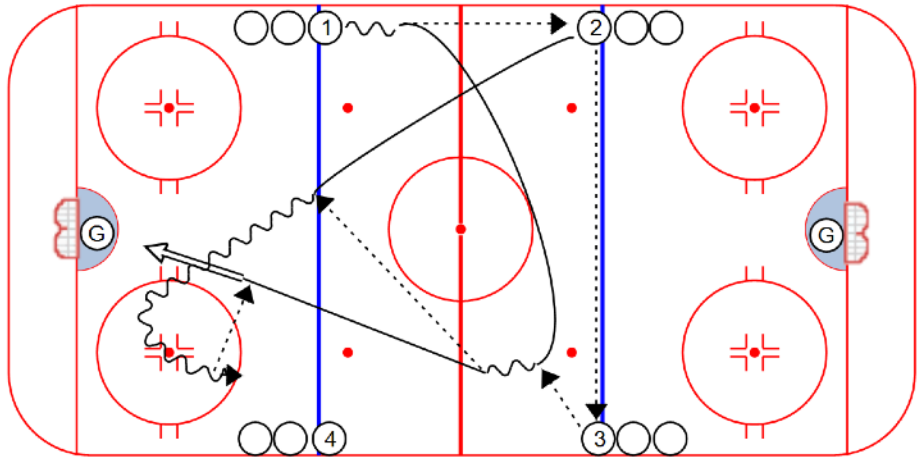
## NZ Timing (seq. 1):

1. On the whistle, player 1 makes a pass to 2.
2. 2 makes a cross-ice pass to 3 and then skates up the ice.
3. 1 mirrors the puck and receives a pass from 3.
4. Stretch pass to 2 for a shot on the G.



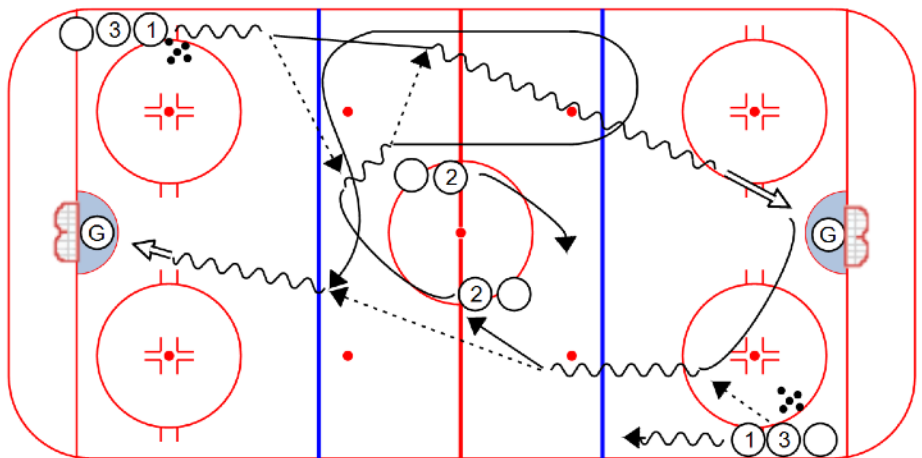
## NZ Timing (seq. 2):

1. On the whistle, player 1 makes a pass to 2.
2. 2 makes a cross-ice pass to 3, and then skates up the ice.
3. 1 mirrors the puck and receives a pass from 3.
4. Stretch pass to 2.
5. 2 delays in the corner and makes a pass to 1 for a shot on the G.



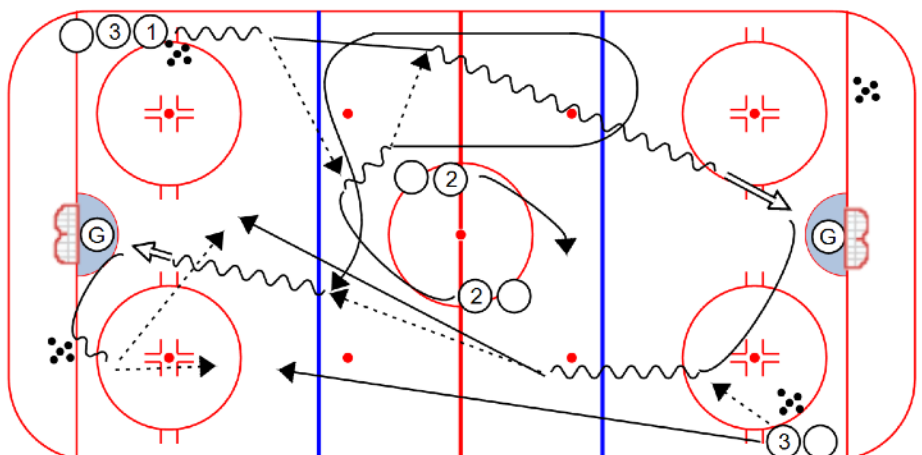
## NZ Timing & Support (seq. 1)

1. On the whistle, player 1 skates up with a puck and makes a pass to 2, who provides support in the neutral zone.
2. 2 makes a return pass to 1 and follows up the ice.
3. 1 takes a shot on the G as 2 turns back up the ice and across the blue line.
4. After the shot, 1 turns to 3 and receives a pass.
5. 1 makes a long pass to 2.
6. Shot on goal.



## NZ Timing & Support (seq. 2)

1. Same set-up as sequence 1, but 2 picks up a puck in the corner and makes a pass to either 1 or 3 for a third shot.

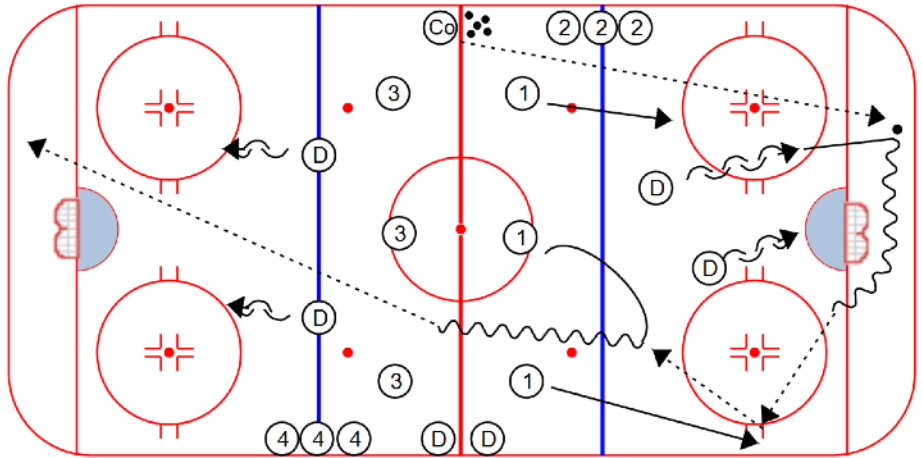




## Oilers Continuous Breakout:

1. The Coach starts the drill by dumping a puck in the corner.
2. The D retrieves the puck, and breaks out with the 1's.
3. Bring the puck 5 on 0 to the neutral zone, then dump the puck in, and the 3's breakout, 5 on 0, from the other end.
4. 2's breakout next, then the 4's

Use different breakouts each time. Quick up, D to D, D Reverse, D to C, D to W. Breakout from one end then the other. The drill only uses one puck.

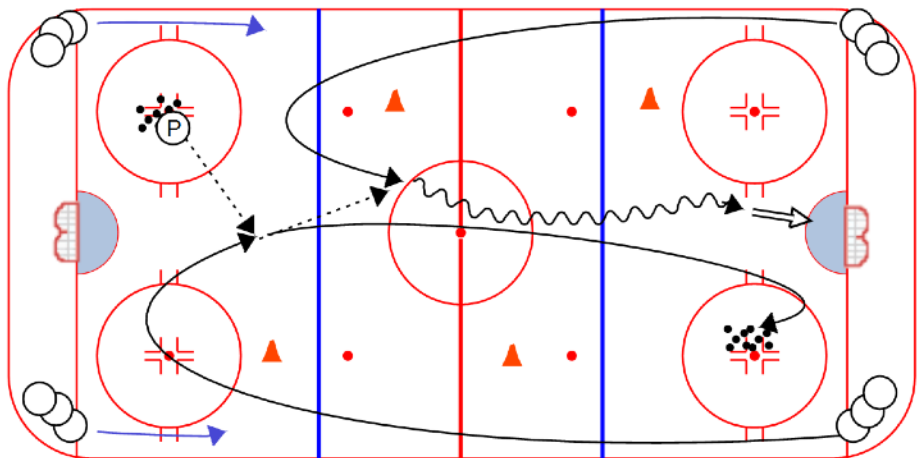


## One-Touch Timing:

Designate a Passer for the first time, just to start the drill.

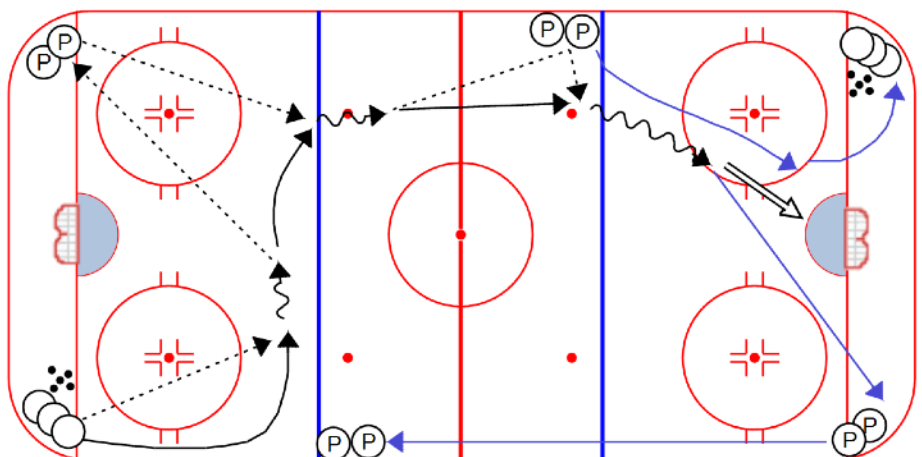
1. First player from each line at one side of the ice leave together
2. Low man swings to receive the pass, then touch passes to his partner swinging through at mid-ice.
3. Receiver shoots, passer picks up a puck and passes to the low man of the other line
4. Drill is perpetual

Note: this is a GREAT precursor to the 3-zone timing drill, found in Volume 1



## Passing Medley:

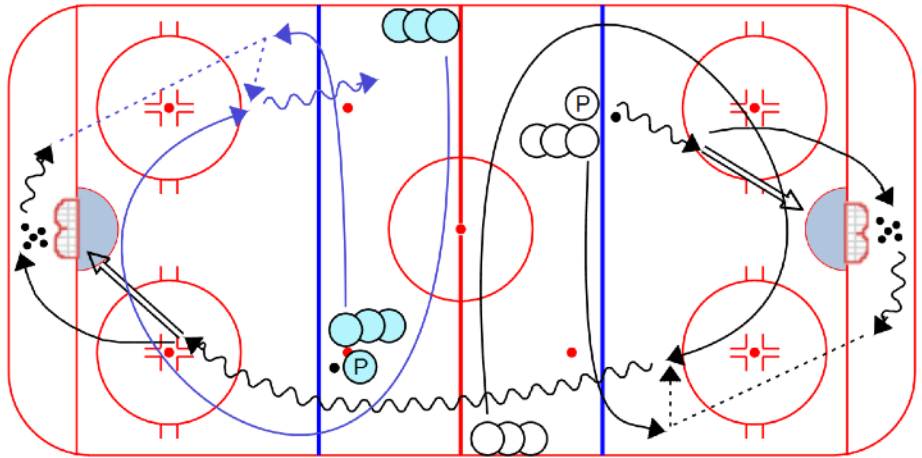
1. Player leaves corner and picks up pass from his line
2. After receiving the pass, he passes to P in the corner and gets it back
3. Executes give and go with P on the blue line, then shoots
4. Players rotate as shown



## Patrick Perpetual Breakout:

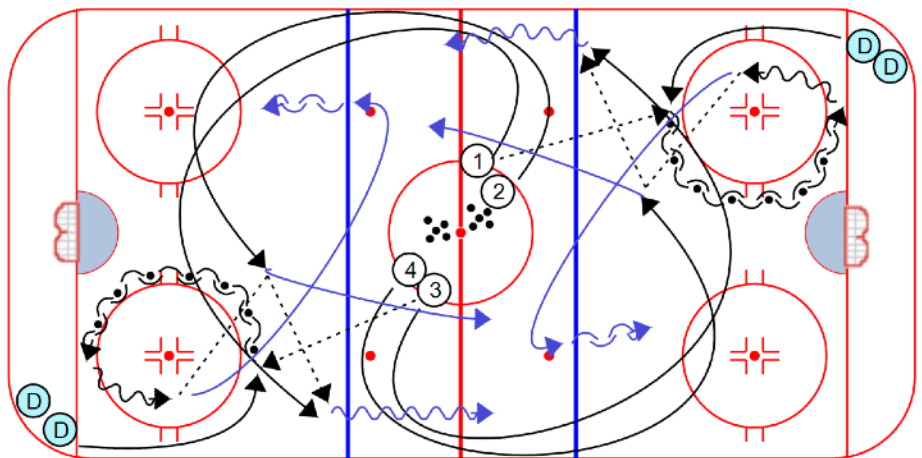
1. Passers start the drill by shooting then picking up a puck behind the net to initiate the breakout
2. Low forward simulates winger, and swings in to pick up board-side breakout pass
3. High forward swings through and acts as the centerman providing middle support
4. Winger one-touches to center, who attacks and shoots, then initiates breakout in far zone
5. Winger moves to middle line.

Note: winger can swing from top down, or from bottom up, depending on your team's breakout set up.



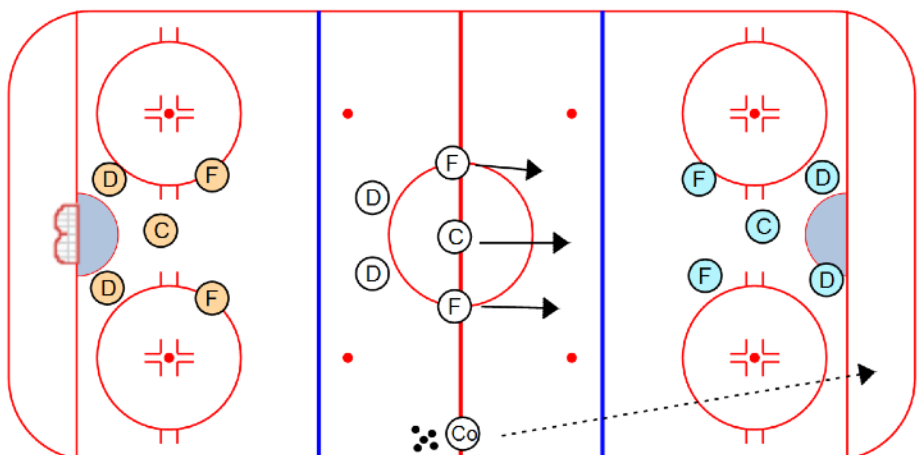
## Low Regroup, 2 on 1:

1. Players 1, 2, 3, & 4 all start on whistle
2. Defenseman skates to the top of the circle, receives a pass from 1 or 3, then skates the circle, pivoting to stay facing up ice
3. 1, 2, 3, & 4, all loop and receive a return pass from the opposite defenseman
4. After receiving the return pass, 1 & 2 and 3 & 4 attack 2 on 1 against the D they started the drill with
5. Defensemen close gap



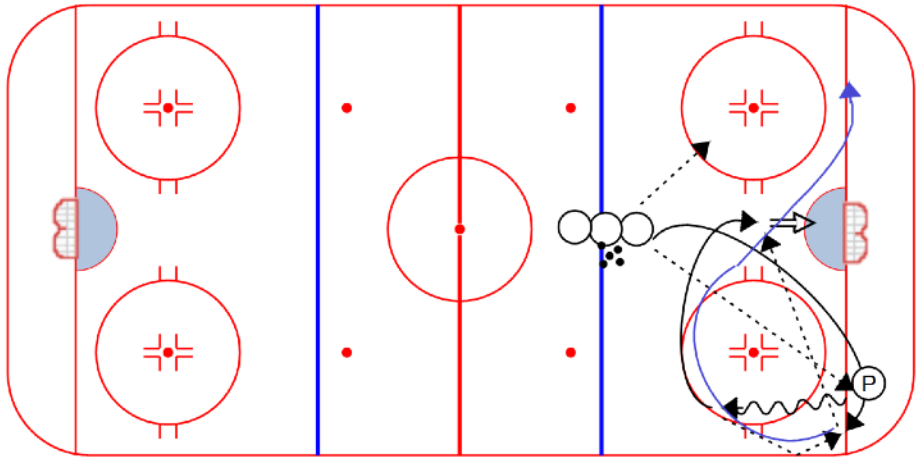
## Perpetual Breakout/Forecheck:

1. 5 defenders start in "5 card" formation
2. Coach dumps the puck in
3. 5 attackers forecheck using a specified forechecking system
4. 5 defenders play DZC until they are able to execute a breakout
5. After the defenders break out of the zone, the attackers are done and peel off to the bench
6. After breaking out, the defenders cross the center line, and dump the puck in for the 5 new defenders who have lined up in "5 card" formation
7. The 5 who dumped it in become the new forecheckers



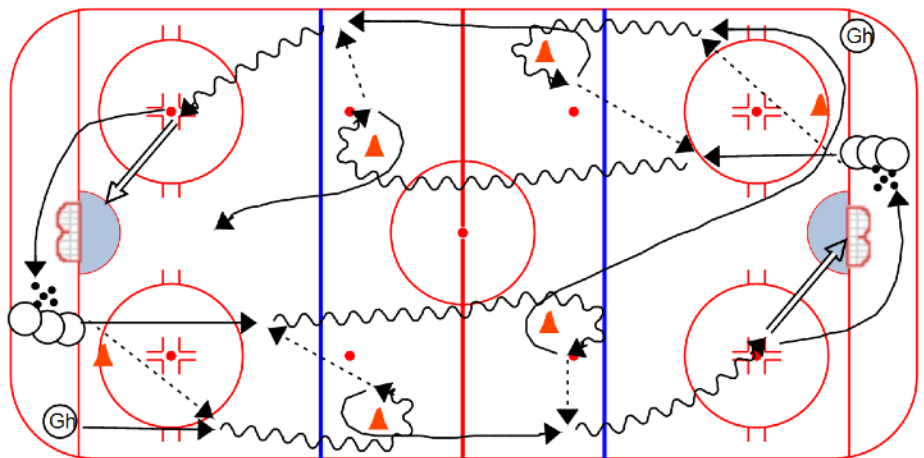
## Perpetual Cycle:

1. Coach dumps a puck in - first player goes into corner, picks up the puck, and cycles it
2. Second player follows & picks up the cycle.
3. After cycling it back, the first player cuts across the top of the circle and drives the net - second player passes for a one-timer
4. After the pass is made, the next player in line dumps it in the other corner.
5. Player who just made the pass continues up around the top of the circle, then drives into the corner to pick up the dump.
6. He cycles back, and the player who dumped it in supports to pick up the cycle. Same thing happens again.
7. Drill continues perpetually.



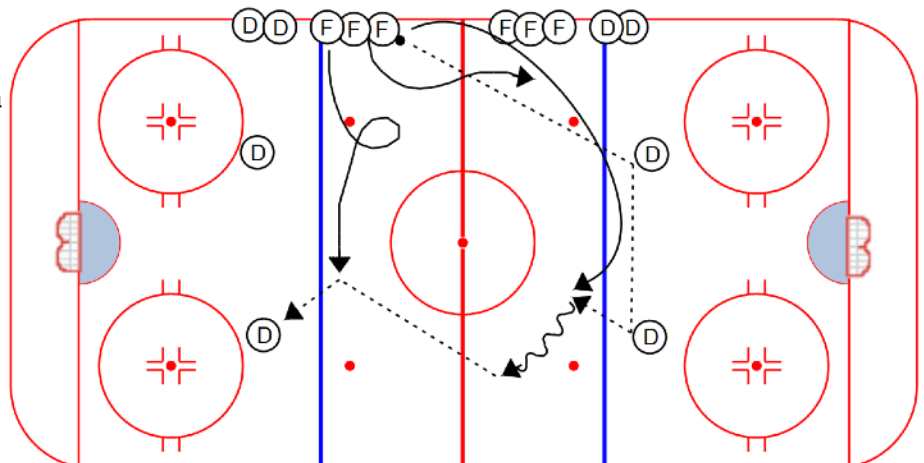
## Perpetual Pass w/Power Turns:

1. Run both sides at the same time
2. Drill starts with a "ghost man" (Gh) in each corner. After the first rotation the Gh isn't needed anymore
3. Players follow the sequence executing power turns and passes as shown
4. After the last turn, the outside man drives wide and shoots
5. Inside man starts the drill going the opposite direction as the wide man



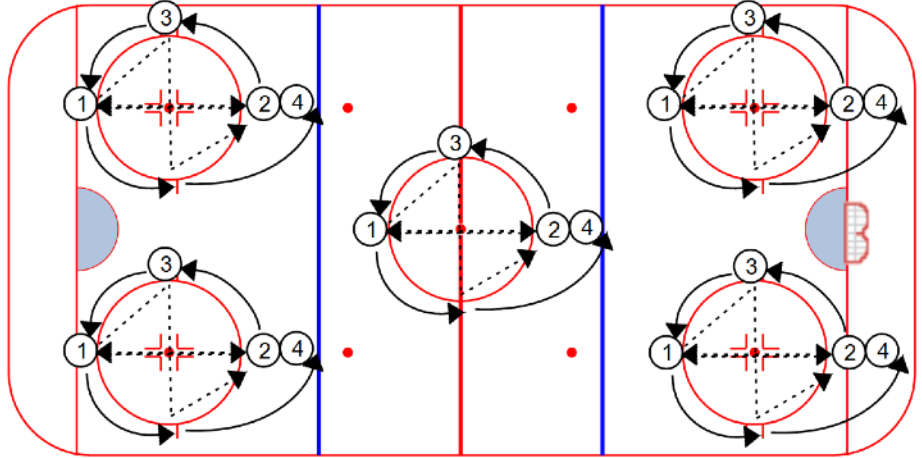
## Perpetual Regroup:

1. Players line up in each bench and go 3 at a time (extra defensemen on the bench too)
2. Forwards pass out to the defensemen, then execute a regroup with the first set of defensemen, then another group with the second set of defensemen
3. After the second regroup, the forwards get off the ice, and the next set of forwards start the drill the other direction
4. This is designed to be a quick-paced drill, constantly rotating new forwards and defensemen in and out.



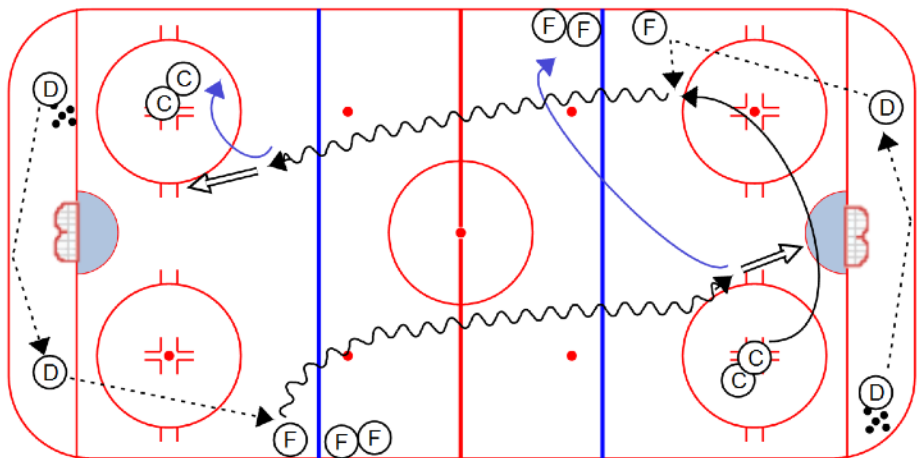
## Quad Passing:

1. Players 1 and 2 execute five passes between themselves
2. After the fifth pass, player 1 does a give and go with player 3, combined with a one-touch pass to player 4.
3. All players rotate as shown.



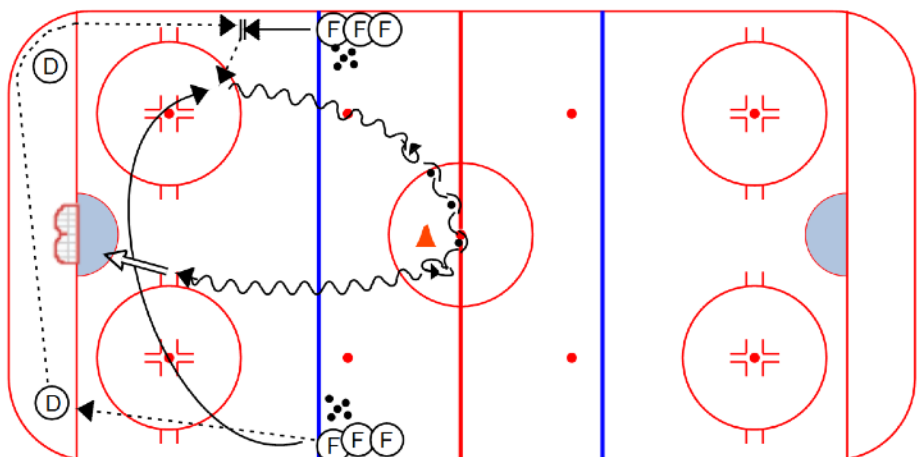
## Rapid Fire Breakout:

1. Drill is to be done full speed. Defensemen don't move, just stand feeding breakout passes
2. First round is D to D to F to C. Center attacks. Forward stays for the next round.
3. Next round is D to D to F. Forward attacks.
4. Lines rotate as shown.



## Ring Breakout:

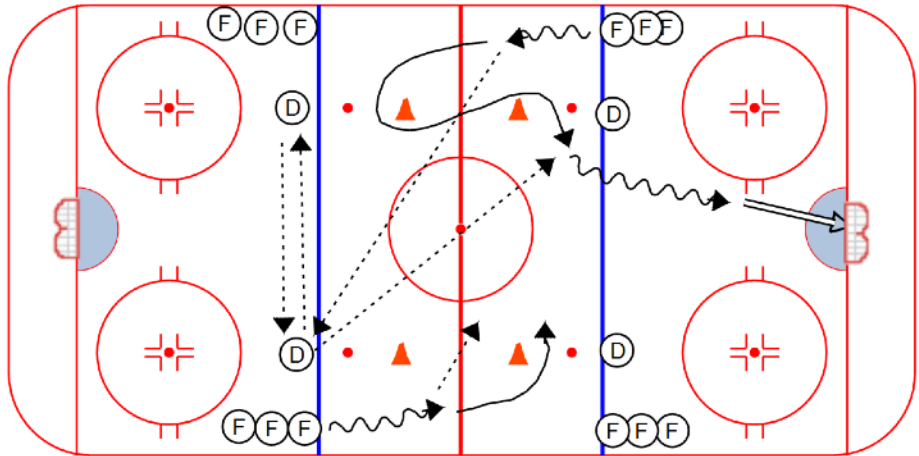
1. The purpose of this drill is to work on controlling the ring breakout.
2. Forward passes down to the D, then swings through to become the passing option on the far side
3. D rings it to the far-side winger, who touch passes to the other forward
4. Forward skates up around the cone, pivots, then attacks 1 on 0
5. After the far-side winger redirects the ring, he passes to the D, and the drill repeats in the opposite direction.



Note: Run it half ice, or full ice

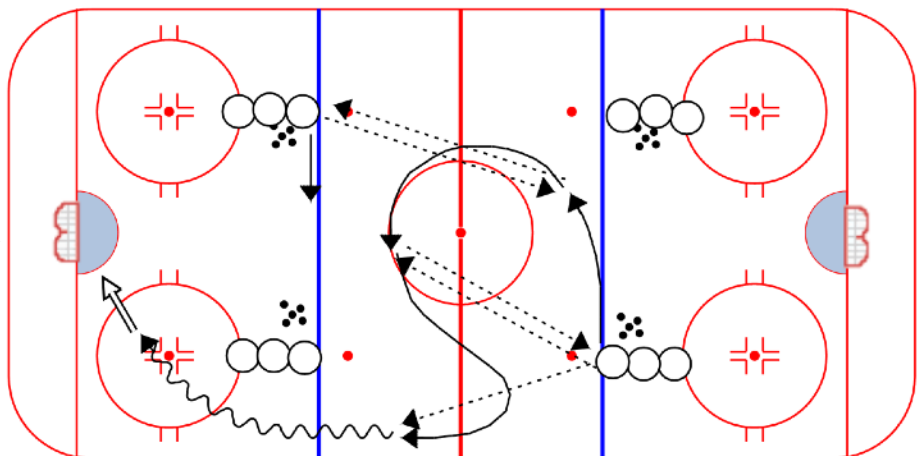
## Spice Figure 8 Passing:

1. On the whistle, one F from each line diagonally across from each other goes.
2. Each F takes a few steps forward, then passes to the far D.
3. These defensemen make a few "D to D" passes, then hit the F as he power turns around the far cone.
4. After skating the figure 8 as shown in the diagram, F picks up the puck, splits the defensemen, and enters the zone for a shot on net.



## Swedish 5 Pass & Shot:

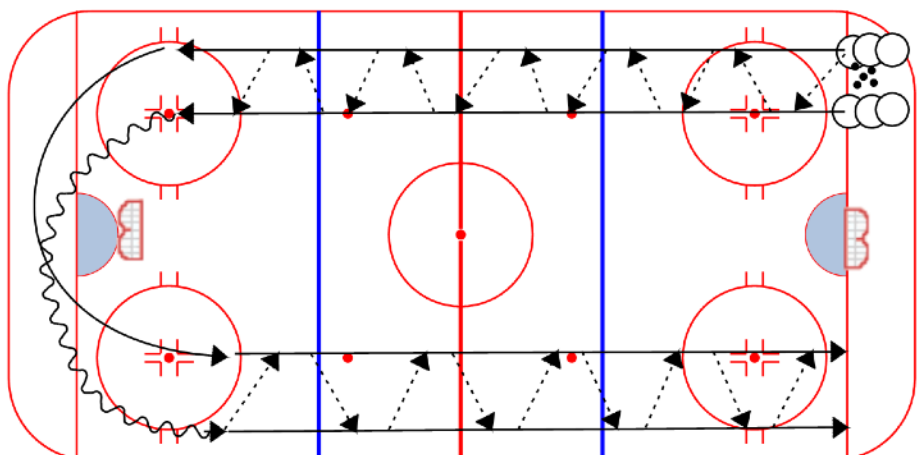
1. On whistle, first player from each diagonal line leaves without a puck (only one line shown here to keep the diagram simple)
2. First player skates across the blue line, receives a pass from the second player of the opposite line, then touch-passes it back
3. After passing it back, he or she loops around the top of the center-ice circle, receives a pass from the same line he or she left from, then touch-passes it back
4. After the second touch pass, player loops out wide, opens up as an outlet pass, receives another pass from the same line he/she left from, and attacks 1 on 0



## Synchronized Passing:

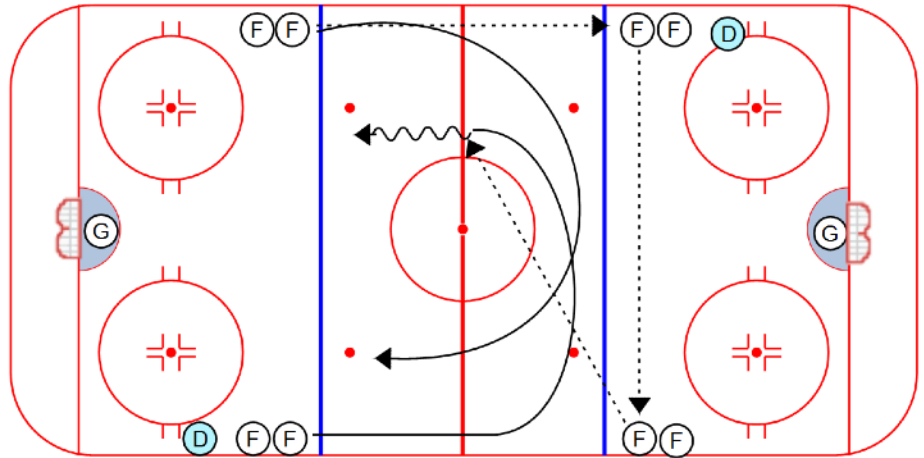
1. Players line up about 2 stick-lengths apart in corner
2. Players skate down the ice, passing back and forth (cushioning while receiving, sweeping while giving)
3. At the far end, players criss-cross (move the net forward if you need more room), and come back passing back and forth

Notes: Encourage players to incorporate the weight transfer into their stride while giving and receiving the passes. Giving a proper "sweep" pass, will put the player in the right position to execute a proper "cushion" when the return pass comes. As players' ability improves, have them skate faster, and increase the distance between them.



## Vasby 2 on 0:

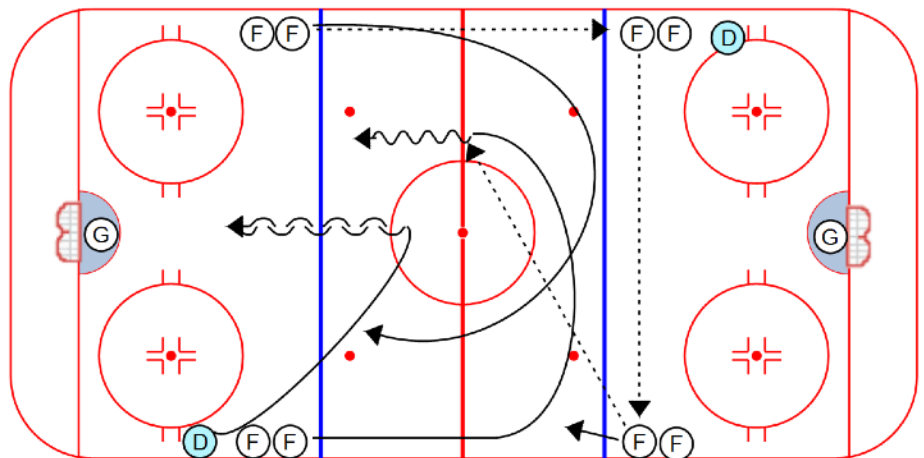
1. Drill starts on the whistle. One end, then the other.
2. F makes a pass to the opposite line.
3. Pass across the blue line.
4. A cross-ice return pass to the F's.
5. 2 on 0.



## Vasby 2 on 1:

1. Drill starts on the whistle. One end, then the other.
2. F makes a pass to the opposite line.
3. Pass across the blue line.
4. A cross-ice return pass to the F's.
5. D steps out for a 2 on 1.

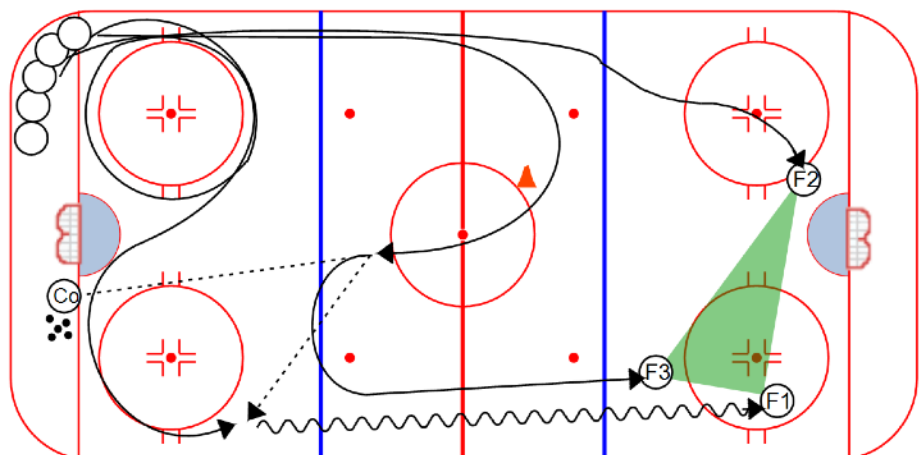
Variation: 3 on 1- The player who makes the cross-ice pass joins for a 3 on 1 or a 3 on 2.



## Wiseman Drill:

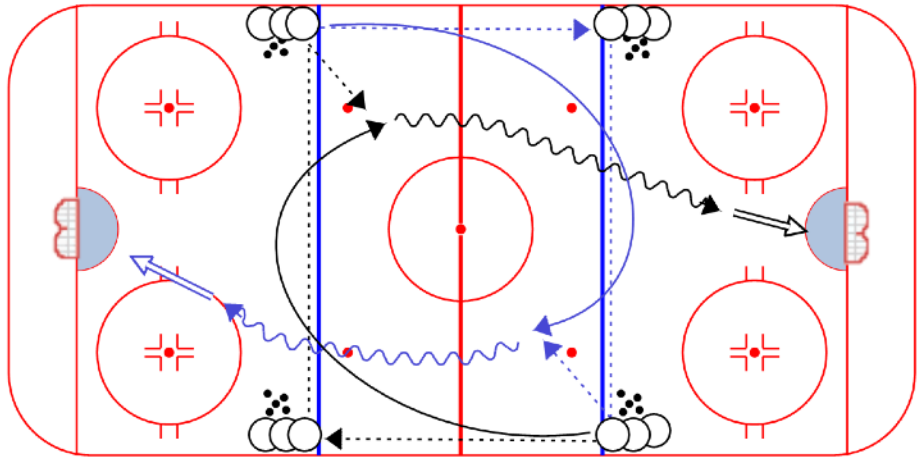
1. On whistle, player 1 skates up around the cone, 2 skates the "S", 3 skates the circle
2. Coach passes to 1, who touch passes to either 2 or 3
3. Whichever player receives the pass becomes F1, the far-side forward becomes F2, and player 1 becomes F3

Notes: As players become better at executing the drill as explained above, have the coach use the wingers as passing options too. If a winger receives the breakout pass, the middle man must swing IN FRONT of the puck carrier to provide front-side support and become the "breakaway man." Eventually, you will be able to add defensemen to create a 3 on 1 or a 3 on 2 simulation.



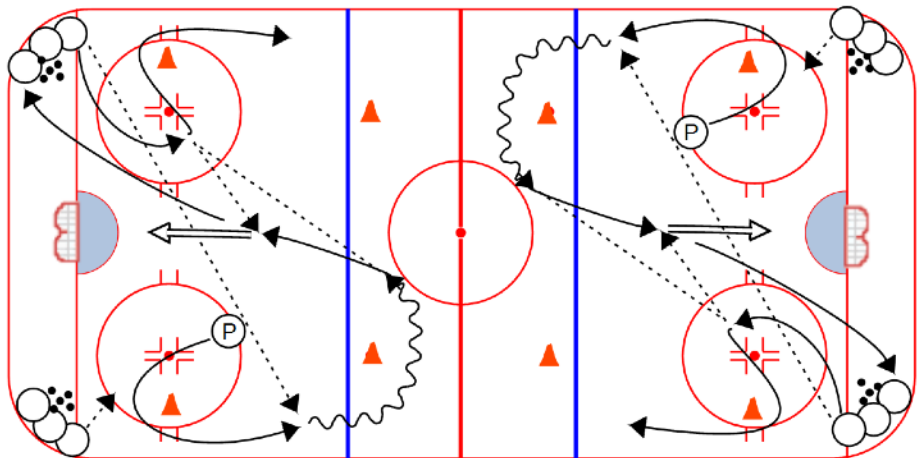
## NZ Basic Square:

1. One line at each blue line, on the boards
2. On the whistle, players from diagonal lines pass to the line straight ahead of them, then skate the route as shown, timing their skating to arrive on time, with speed.
3. Puck is received, then fired across to the next player in the starting lines
4. Touch pass to player who started the drill
5. Attack 1 on 0 at each end
6. On the next whistle, the opposite two lines go



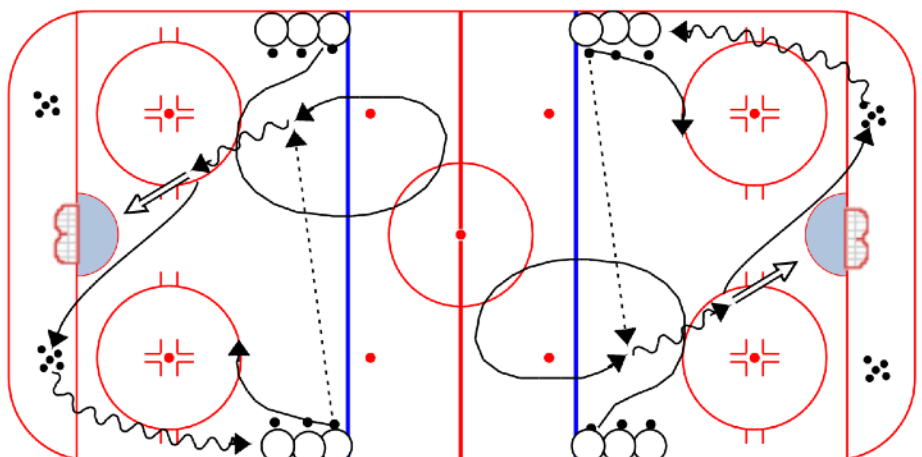
## Cross-Ice Pass, One Time Shots:

1. Drill starts with a passer on the circle, just for the first rotation
2. Passer swings low around the cone, and receives a pass from the first person in the far line
3. After receiving the pass, the puck carrier skates outside the zone, then reenters the zone, running a give and go one timer with the player who made the pass
4. After making the first pass, the player from the other line skates out for the give and go, then circles below the cone to receive the cross-ice pass from the far line
5. Drill continues perpetually



## Wide Crossovers, Angle Shot:

1. First player skates a loop as shown
2. Receives pass from the other line, and shoots 1 on 0
3. Picks up a puck in the corner, and gets back in line
4. After making the pass, passer begins drill from the other side



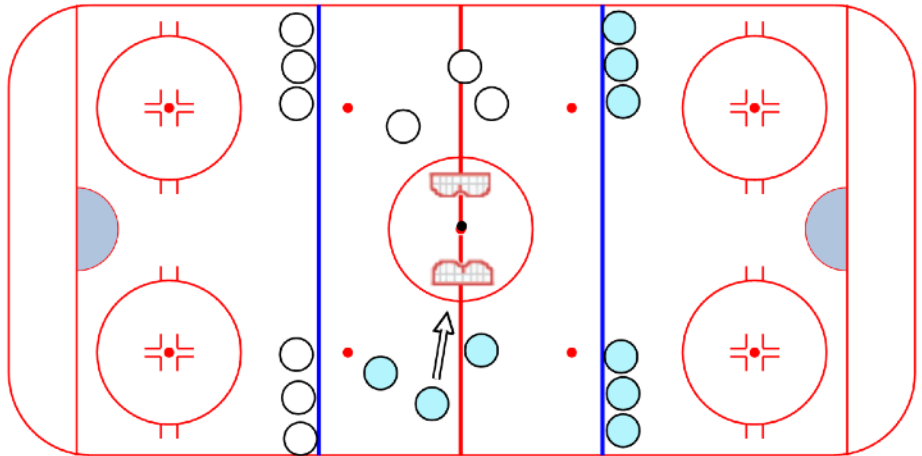
# SMALL AREA GAMES





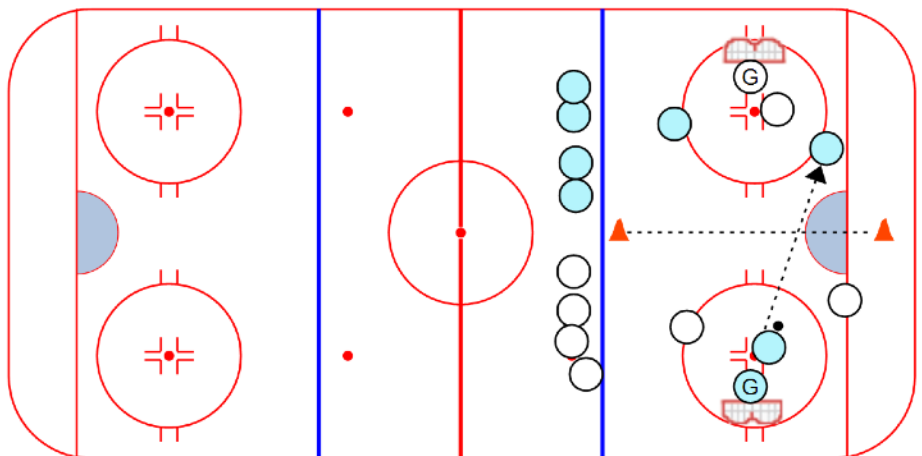
## Back to Back 3 on 3:

1. Teams score on the opposite net from where they are standing.
2. Start with puck in between the nets.
3. 3 players from each team leave from the line on the whistle.



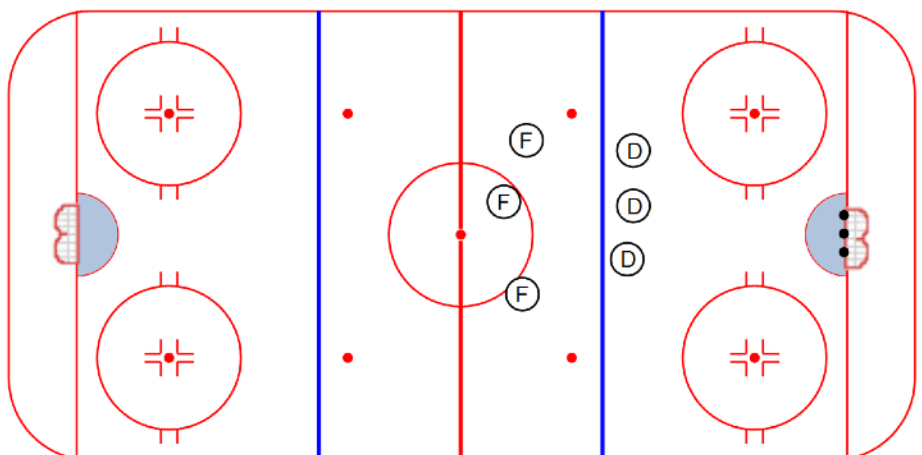
## Center Line Boundary 2 on 1:

1. Set up a 2 on 1 in each side.
2. Nobody can cross the center line.
3. When the defender gets the puck back, he/she must pass the puck across the line to the forwards on the other side.
4. Start with 2 on 1, work up to 3 on 2.



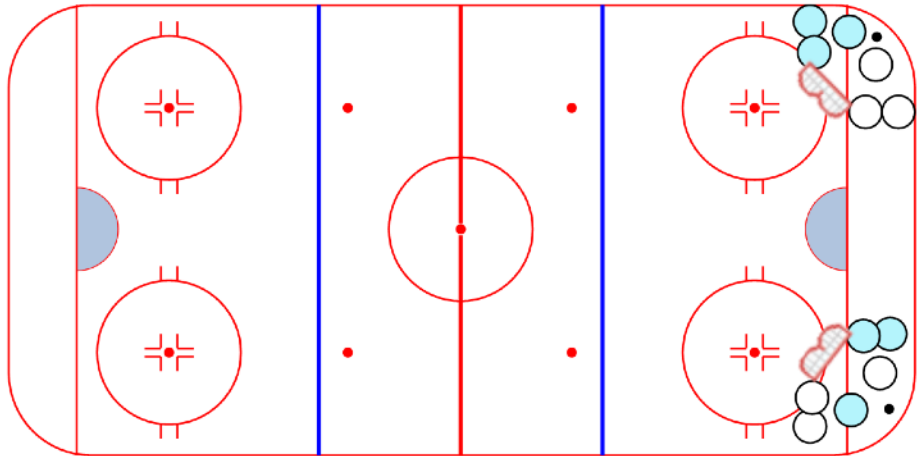
## Burkett 3 on 3:

1. No Sticks
2. Forwards try to get to the net and knock a puck in with their hand
3. Defensemen try to stop them
4. Forwards must clear zone after each goal



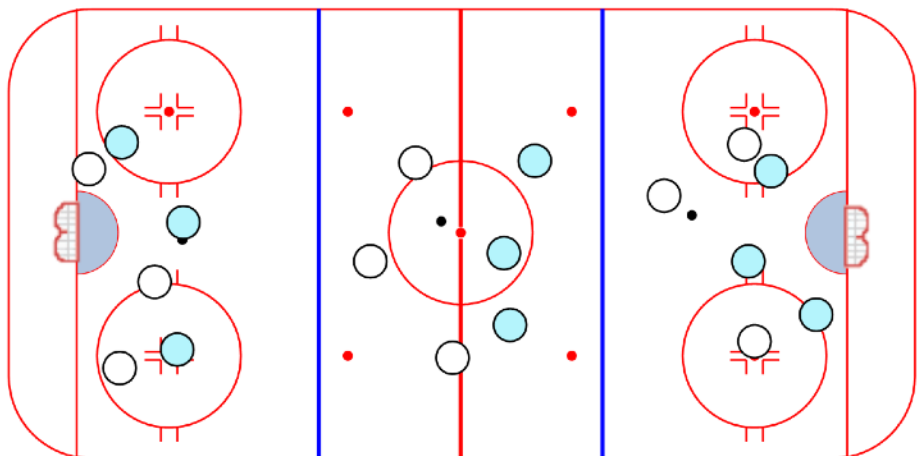
## Corner Rebound Activation:

1. Players battle 1 on 1 until a shot on net
2. After a team gets a shot, he can activate another player by passing to next guy in line (player closest to boards)
3. Build up to 2 on 2



## Full-ice Team Zone Scrimmage:

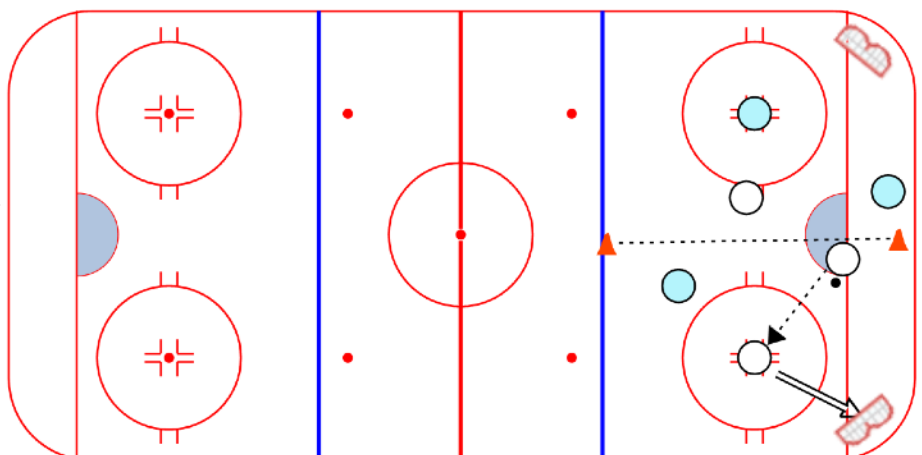
1. Each team tries to work the puck zone to zone into the offensive zone and score.
2. Puck must be passed, no slap-ins or slap-outs.
3. No skipping zones!



## On the Dot 3 on 2:

1. 2 on 2 plus 1. Players on dots can pass or shoot, but can't leave the dots.
2. Make it 3 on 3 plus 1 after a while

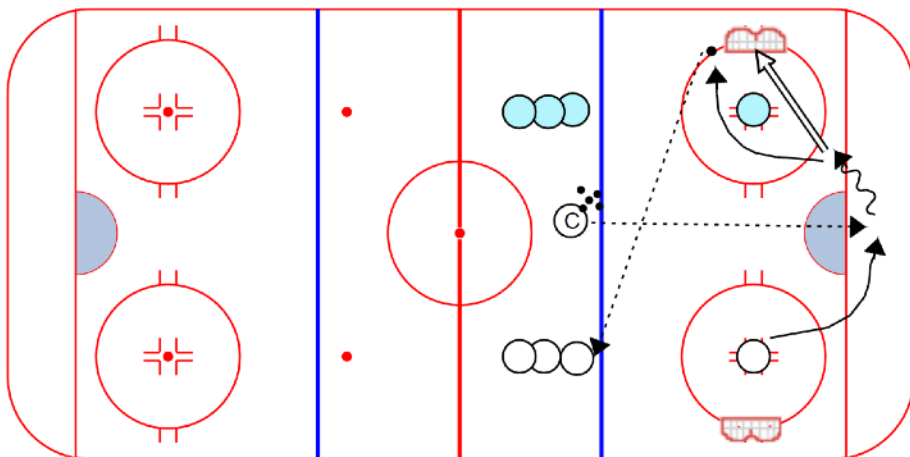
Note: With certain teams the drill may run better by letting the "dot men" move anywhere within their half, so it becomes a true 3 on 2 in each zone (notice added cones)



## Spice Rebound Activation:

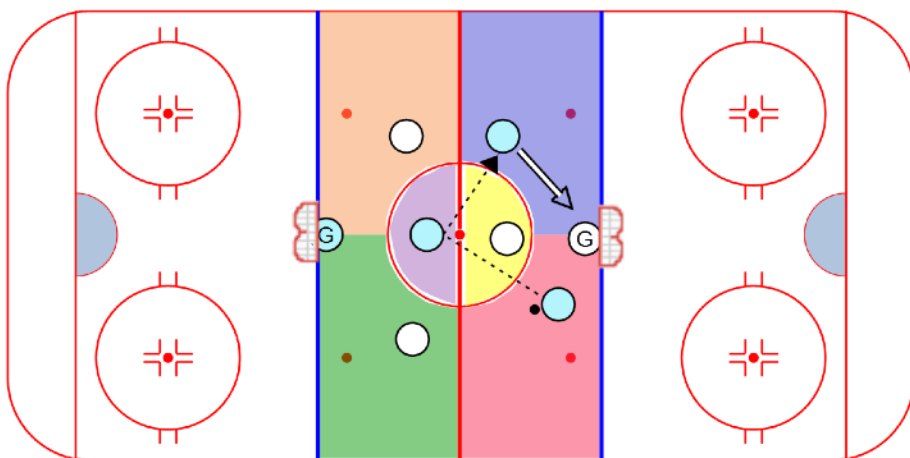
1. One player from each team starts on the dots across from each other
2. Coach dumps puck in for a 1 on 1 battle.
3. As soon as a player gets a shot on net, another man from his team may be activated.
4. Player must pass back to next man in line in order to activate the player.
5. Activate up to 3 players - play continues until a goal is scored.

Variation: Try this full ice -- start with 3 on 3 then activate up to 5 players.



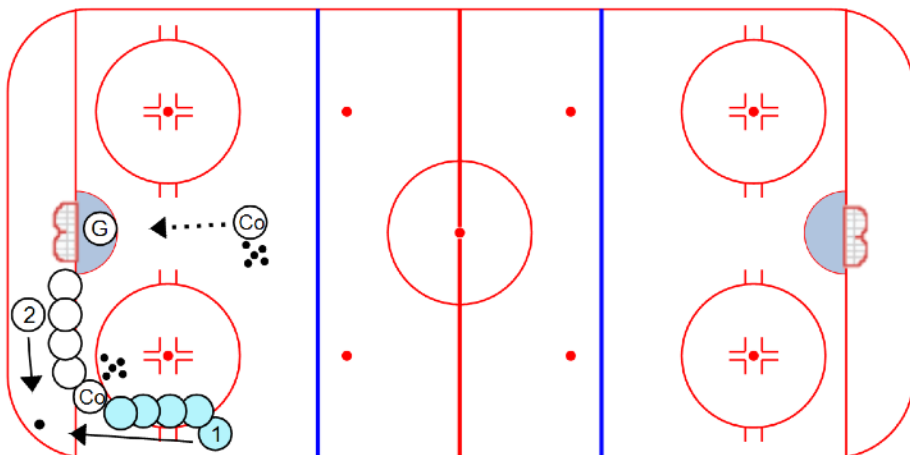
## Triangle One-Timer:

1. Players are confined within the lines of their areas.
2. Focus on quick puck movement.
3. Touch passes and One-timers.



## Corner Combat Drill:

1. Place players as shown.
2. This will produce a wall of player to limit the movement of players within the corner.
3. The coach places puck within the corner.
4. On coaches whistle, one player on each side, moves into the corner at full speed.
5. Player that controls the puck and moves out of the corner wins.
6. Then send the next two players in to battle.

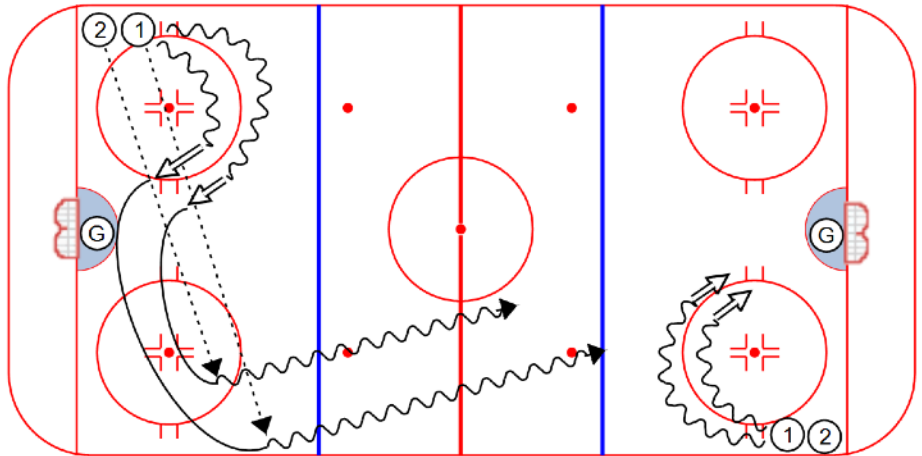


# SHOOTING



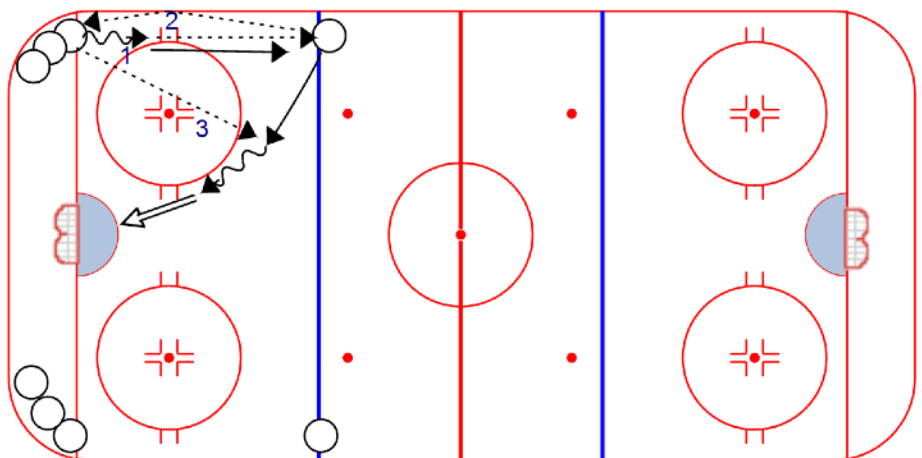
## Double 2 Shot Drill:

1. On the whistle, Player 1 skates with a puck around the circle and shoots.
2. 2 follows and does the same.
3. Both 1 and 2 receive cross-ice passes from the same line and go for a shot on the G at the opposite end.



## Give & Go Shooting:

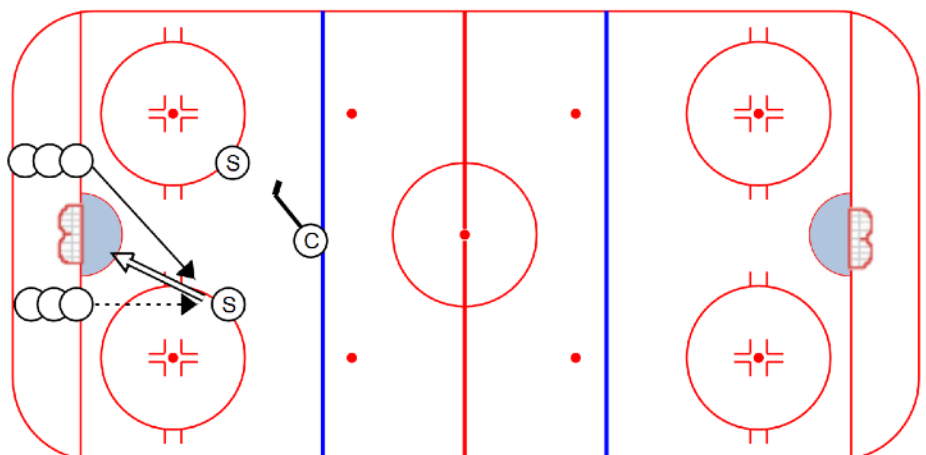
1. First player passes out to point man - then attacks
2. Point man bank passes back to next player in line
3. Receiver executes a give and go with point man
4. Point man shoots
5. Player who attacked becomes new point man
6. Run out of both corners, and stagger the starts



## Quick Pass & Shot:

1. Passes come out from alternating sides, coach indicates which line attacks shooter with his stick.

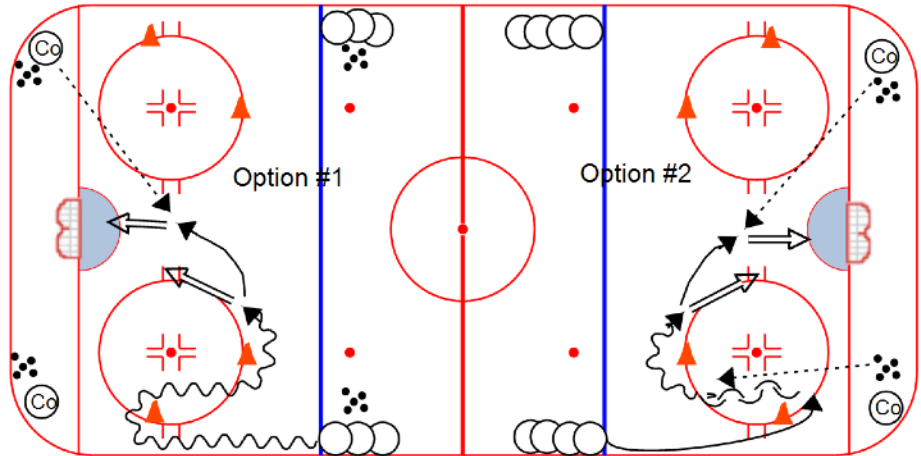
Variation: Players attack the shooter on their own side regardless of whether he has the puck. Puck-carrying shooter must read and react to either shoot or pass.



## Seam One-Timers:

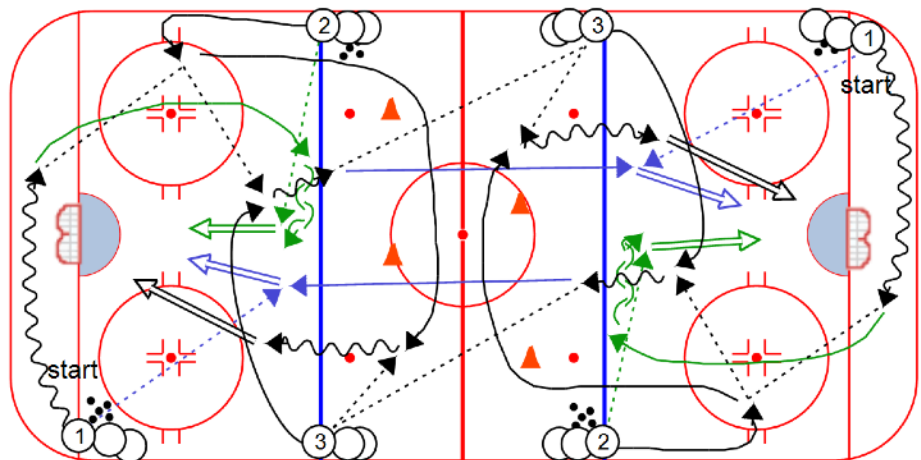
1. Players line up as shown
2. On the whistle, first player in line skates through the cones, using power turns, cuts through the seam, and shoots
3. After the shot he or she drives the net to receive a pass and a one-time shot from the coach in the opposite corner
4. On the next whistle the other line goes

Variation: Player executes an inside reverse pivot, then receives first pass from the close coach



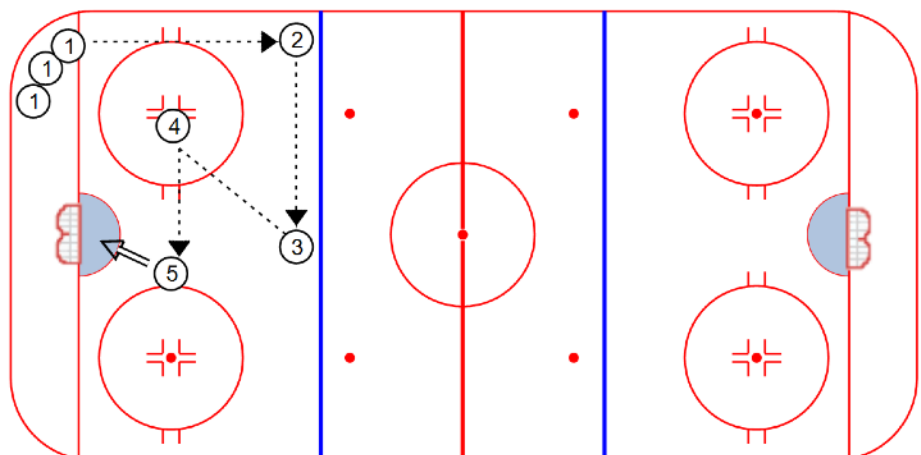
## Slovakian 3 Shot:

1. Player 1 skates behind the net, and passes to 2 on the boards, who touch passes to 3 swinging through
2. After the touch pass, 2 swings out, cuts through the neutral zone, and receives a pass from the 3 line, and attacks 2 on 1 with the other 3
3. 3 steps out, fires a long pass to the other 3 line, who touch passes to 2 from the other side
4. 3 attacks 2 on 1 with the other 2
5. After the initial pass, player 1 from each side closes the gap and plays the 2 on 1



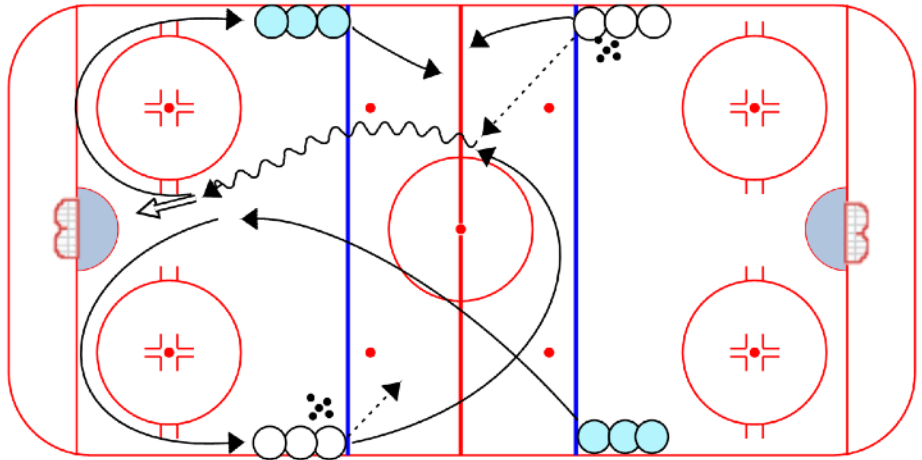
## Touch Pass, One Timer:

1. Passing sequence
2. Pass, then follow your pass
3. Full speed on the rotation



## Breakaway with Pressure:

1. Players from the breakaway lines swing and pick up passes, then attack 1 on 0
2. Players from the backchecking lines leave when the pass is made, and pressure the breakaway players
3. Switch lines after the drill so everyone gets a chance to play both



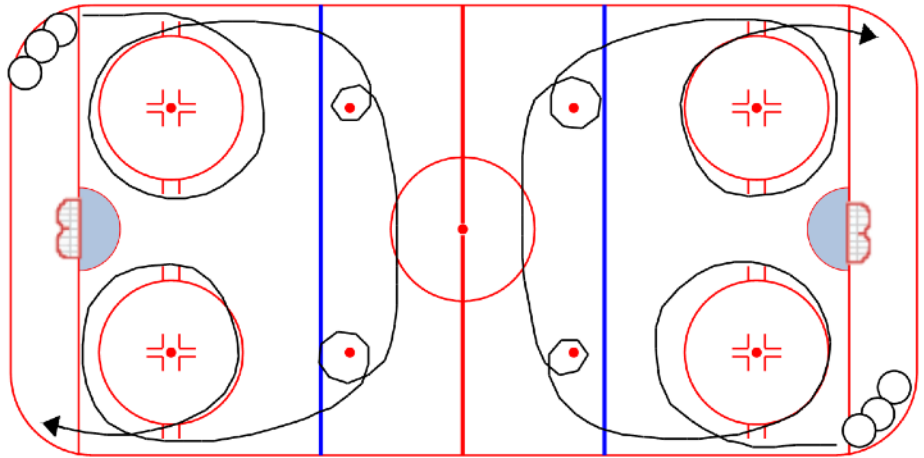
# SKATING





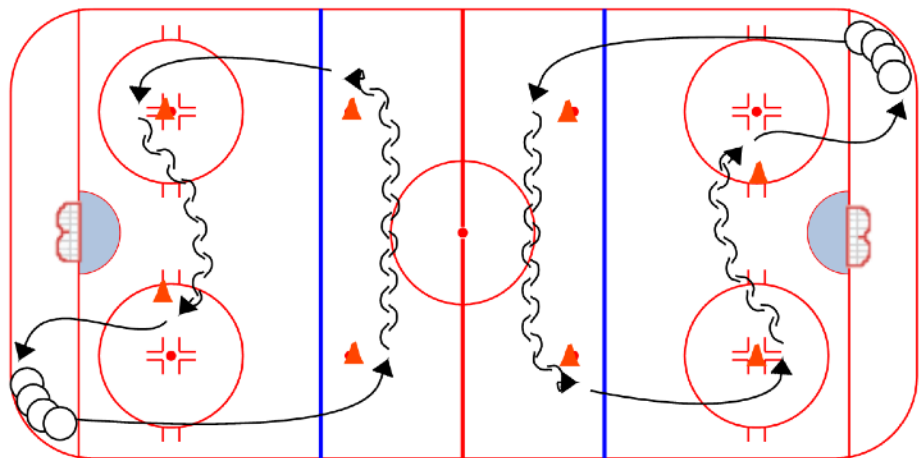
## Circle Power Turns:

1. Skate the route shown, full speed
2. Add pucks to increase difficulty



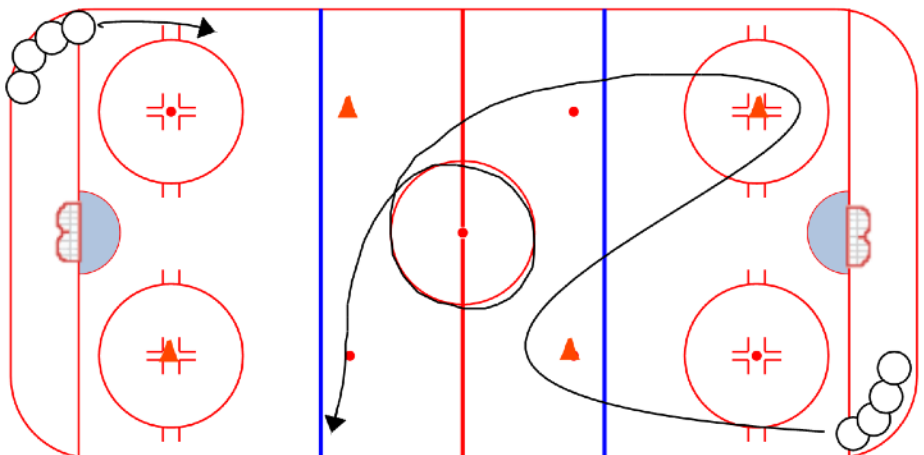
## Half-Ice Pivots:

1. Skate pattern as shown, pivoting around cones
2. Drill should be done at full speed
3. Add pucks to increase difficulty



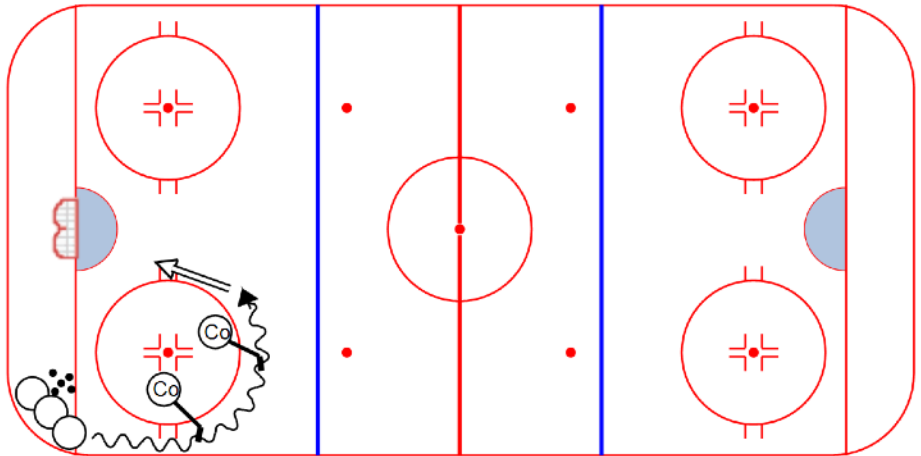
## Power Turns and Crossovers:

1. Run drill out of both sides
2. Skate routes as shown
3. Add pucks or pivots for variety



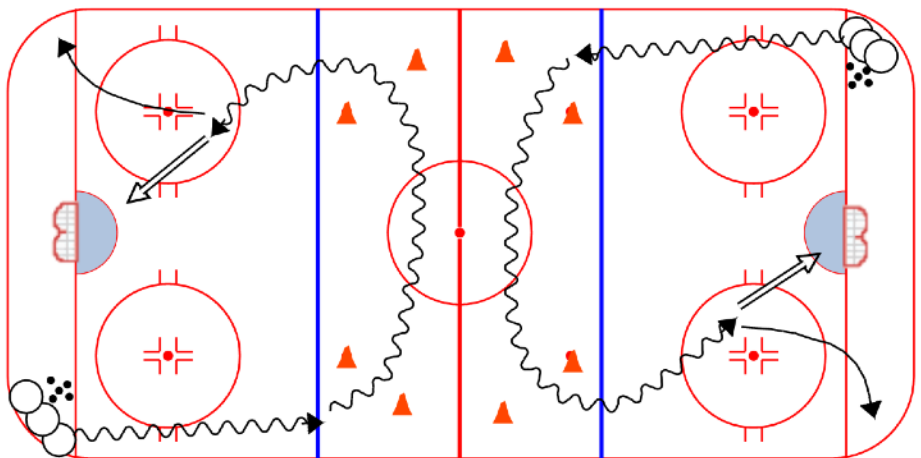
## Puck Protection Snake:

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



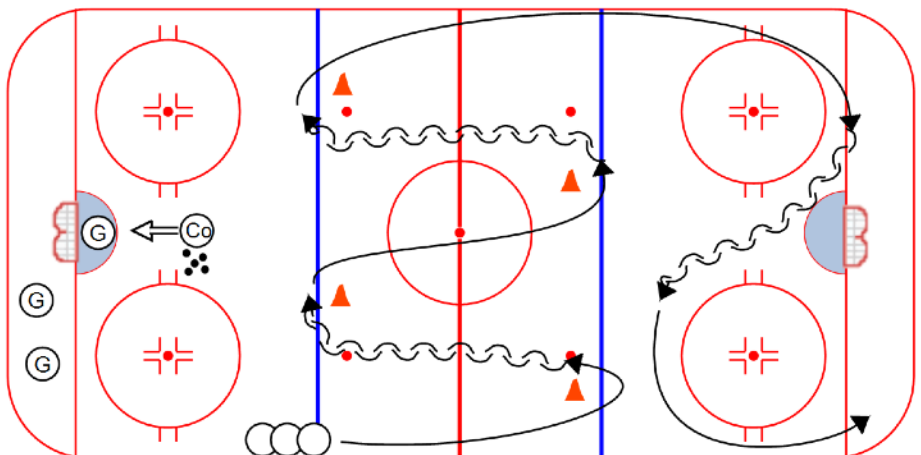
## Window Drill:

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



## Pivot Circuit:

1. Players skate path as shown, facing up ice throughout the route
2. After finishing, players line up in the corner
3. Once everyone finishes, run the drill back through the same route, still facing the same direction, and end on the blue line
4. Add a puck for a variation

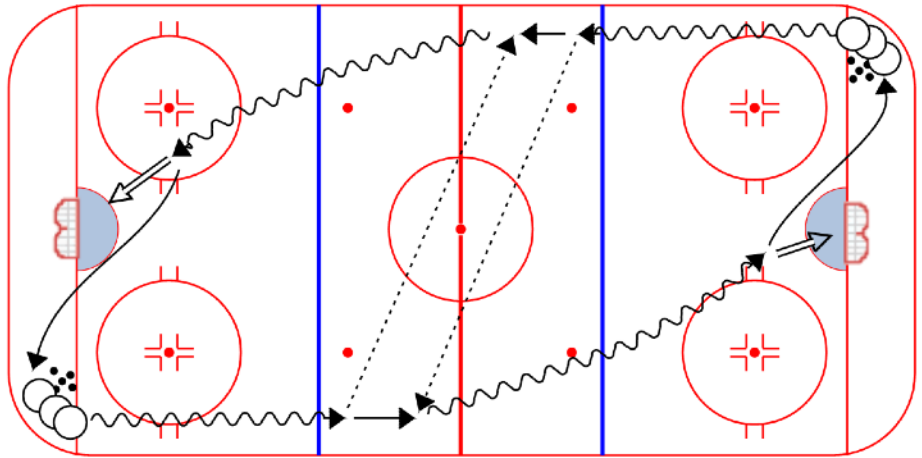


# WARM-UP



## Warm-up Pass & Shoot:

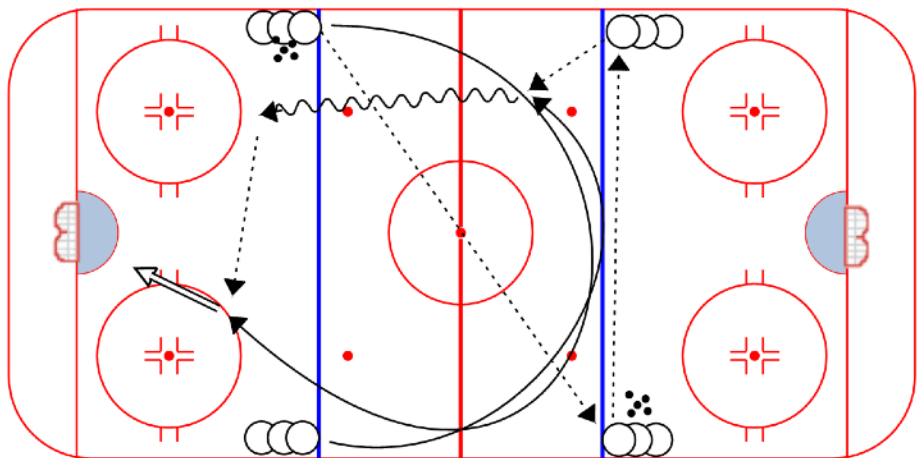
1. Players start in opposite corners
2. On whistle, players skate up ice with a puck and exchange pucks with a cross-ice pass
3. After receiving the pass, both players shoot 1 on 0



## Hymas 2 on 0:

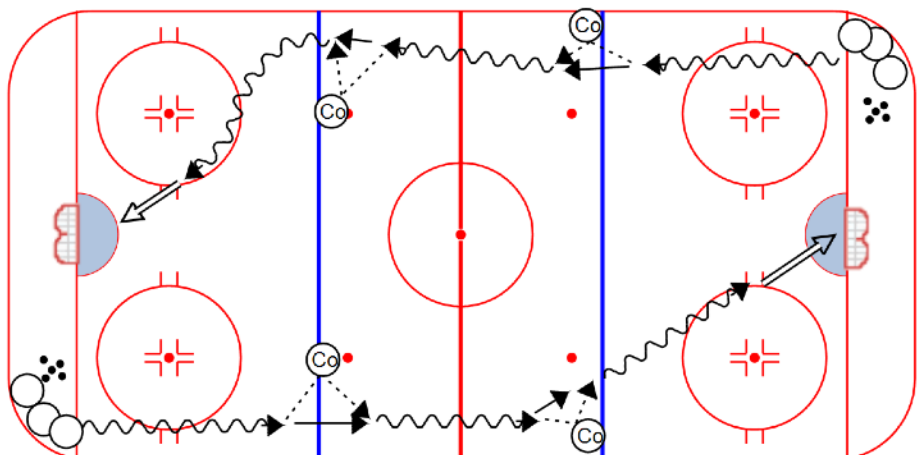
1. Hard diagonal pass to opposite corner
2. Pass across
3. Both players swing
4. Receiver gets pass and attacks 2 on 0

Note: Start by running one side at a time as shown. Once your players understand the drill, run both sides simultaneously



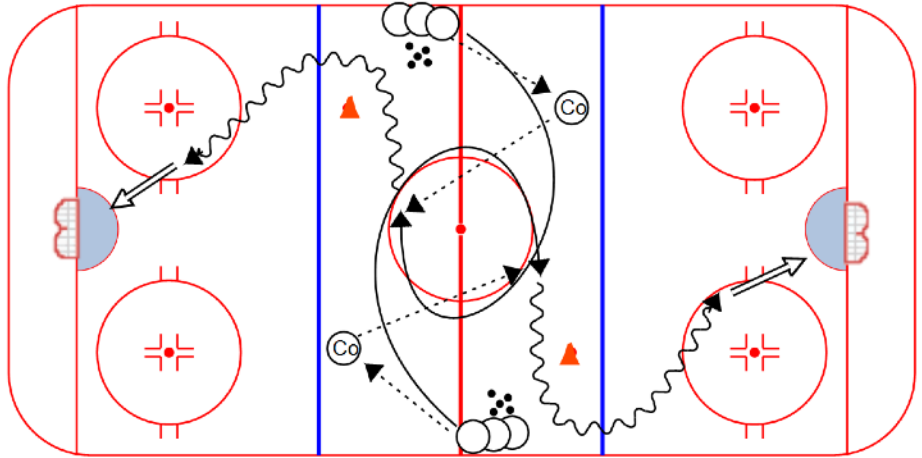
## 2 Give & Go and Shot:

1. Players line up in opposite corners
2. On whistle, first player in each line skates up and runs a give and go with each coach
3. 1 on 0 shot
4. Stagger the coaches as shown so that players are using both forehand and backhand



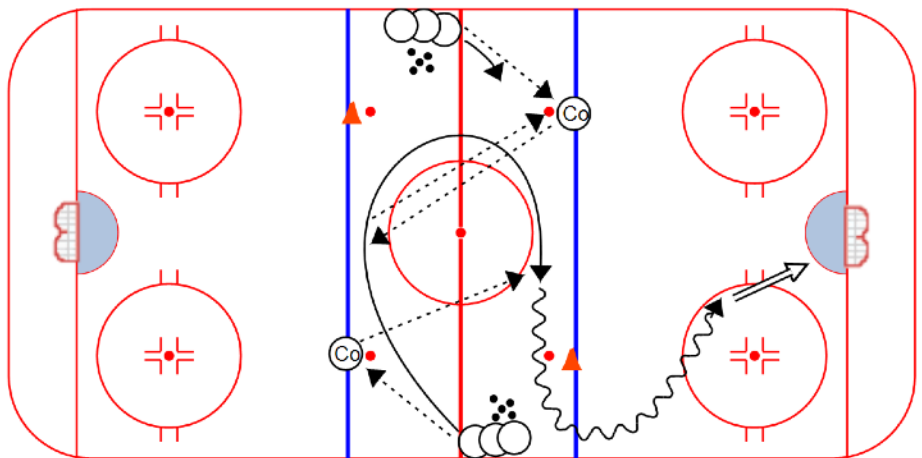
## Circle 2-Pass (phase 1):

1. Both lines leave at the same time
2. First player passes to the coach, then skates the circle and receives a return pass from the coach he passed to
3. Player drives wide around the cone, and attacks 1 on 0



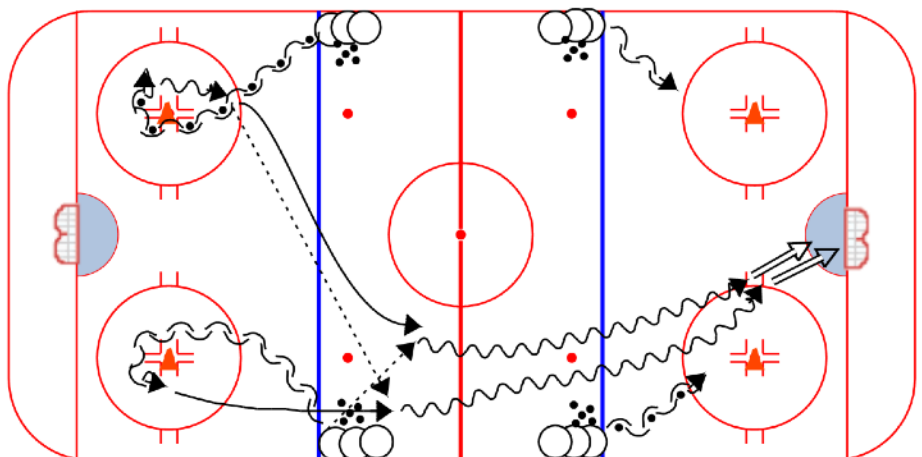
## Circle 2-Pass (phase 2):

1. Both lines leave at the same time (only one line is draw to keep the diagram clean)
2. First player passes to the coach, then swings and runs a quick give and go with the other coach
3. After the give and go, the player swings to present himself for a return pass from the coach he passed to at the beginning
4. Player drives wide around the cone and attacks 1 on 0



## Spice 2-shot warm-up:

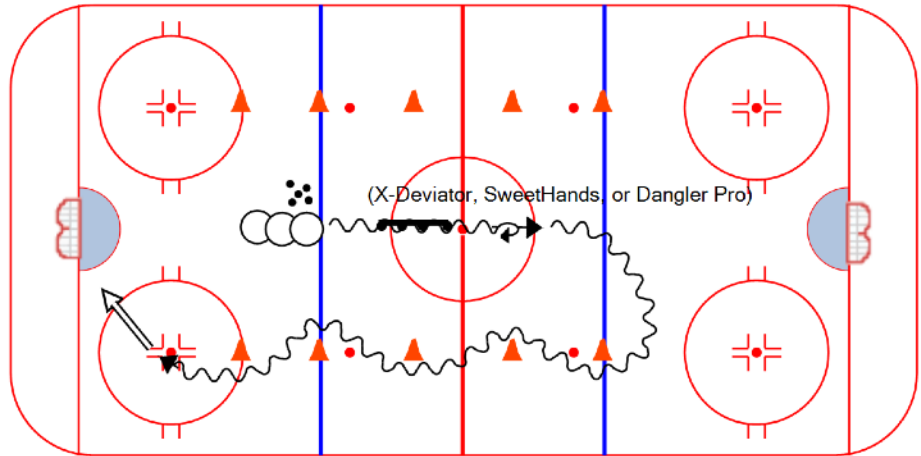
1. Run both ends at the same time
2. Two players start at the same time, one with puck, one without - both skating backwards
3. Backwards inside reverse pivot around the cone (inside out)
4. Player with puck fires a cross-ice pass to player without, then follows up his pass and receives a pass from the other line
5. Both players shoot



## X-Deviator Drive:

1. Players line up at blueline with pucks
2. On whistle, one player at a time skates full speed with the puck, stickhandles through the x-deviator, then executes an escape move (360 degrees), then skates through the cones as diagrammed
3. Shot is taken from a wide angle, use backhand on the backhand side, forehand on the forhand side (pick upper corners, close side)
4. Players alternate sides

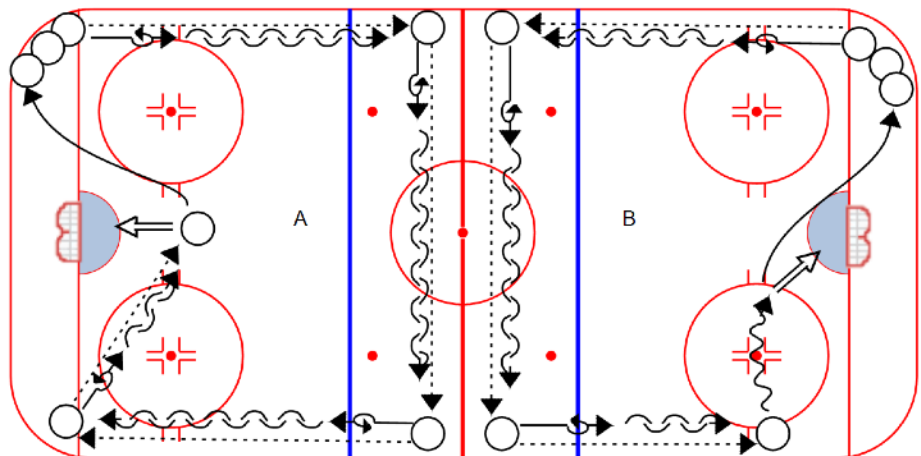
Note: Drill should be done at full-speed, keeping feet in motion the entire time.



## Half-Ice "Short Passing Course":

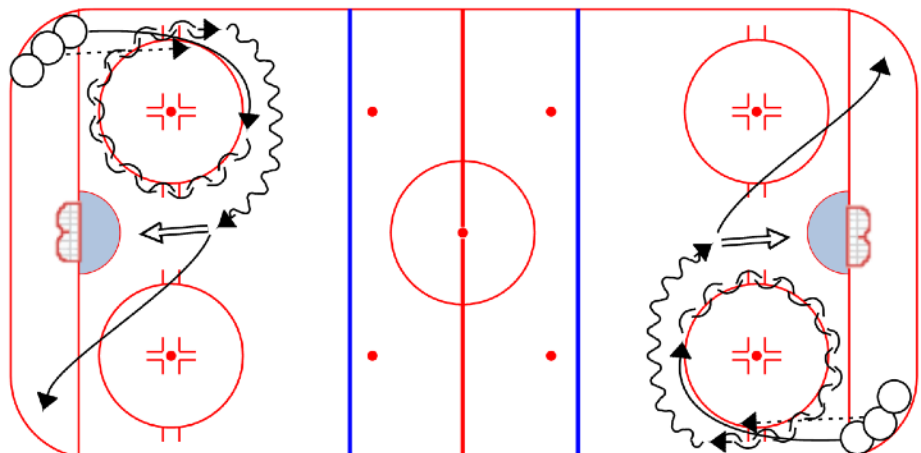
A = One-time shots; B = Attack seam and shoot in stride

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



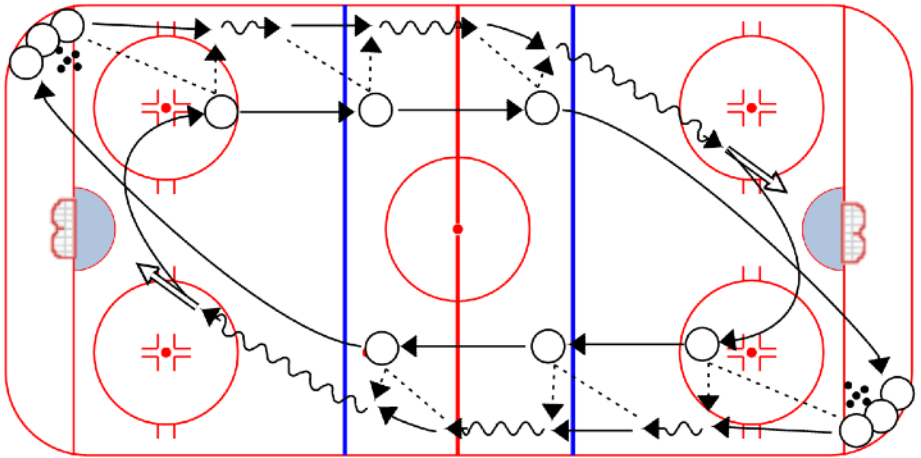
## Backward Circle & Shot:

1. Player explodes out of the line, then pivots backward at the top of the circle
2. After skating the circle backward, the skater receives a pass from the next player in line
3. Player pivots forward, attacks the seam and shoots in stride



### 3 Stationary Passers:

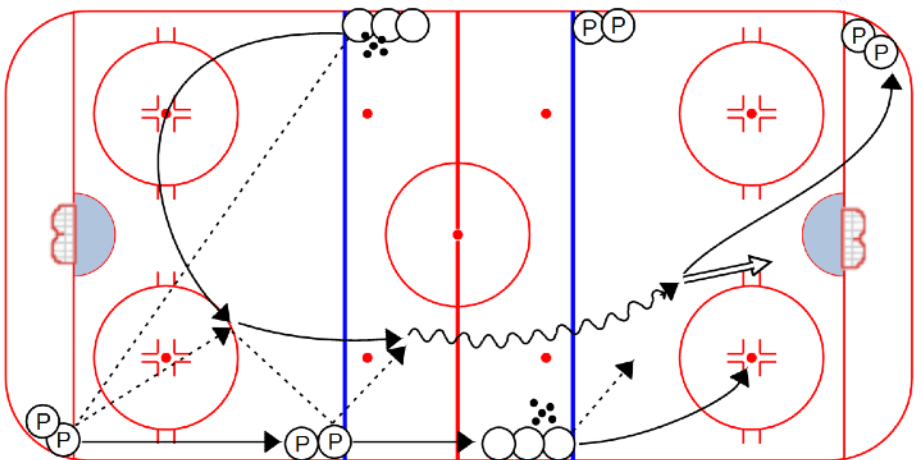
1. Puck carrier executes 3 give and go passes, then shoots
2. After the shot, puck carrier becomes the first passer on the way back
3. Players rotate (full speed) as shown in the diagram



### Skating Deep in the Zone - Touch Pass:

On whistle, both ends go at the same time.

1. First player passes to the corner, then swings in for a return pass
2. Upon receiving the return pass from the corner, the receiver touch passes to the passer at the blue line, who executes a return give and go touch pass to the player skating through
3. Receiver picks up the pass and attacks 1 on 0
4. After the shot, player joins the passers in the corner.
5. Passers rotate as shown



### Czech Break-In:

1. Corner player power turns through the cones, then hits stretch man at the far blue line
2. Stretch man swings low, then breaks to receive the long pass
3. Shot 1 on 0

