

WEISS TECH HOCKEY U10 SEASON PLAN

35 Half-Ice & Station-Based Practices
By Jeremy Weiss





Over the years Weiss Tech Hockey has helped thousands of coaches bring their teams to new heights with our eBooks and course material.

I have often received emails asking if I'd consider making my own practice plans available, so that coaches could see what our theories would look like in action.

I have gone back and forth on whether I wanted to make my plans available. On one hand, I believe that every team is different, and that coaches need to learn the needs of their teams, and create practice plans around those needs. On the other hand, I recognize that this type of material can be invaluable as a springboard to a new coach.

So, after much deliberation, I present to you our U10 Season Plan.

These 35 half-ice & station-based practices are taken straight from my own practice archives. I built and used these practice plans with my own program over the course of a season, start to finish. In these plans you'll see how we teach basic positioning patterns, with the raw skills to support them; typical of the Weiss Tech methodology.

Our organization has three U10 teams all sharing ice together. We divide the ice in different ways at different points in the season (which you'll see in these practice plans), but usually we run two quarter-ice stations and one half-ice station. Each team spends 20 minutes at each station, and we rotate which team starts where.

I recommend using these practice plans as a reference, or even a starting point. But make sure you adjust your own plans to the needs of your players as you make your way through the season.

Enjoy!



Jeremy Weiss

Founder


Weiss Tech Hockey

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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

U10 Practice 1

Evaluations

Duration: 60 min

Full-Ice Forward Skating Progression

20 mins

Evaluation Stations

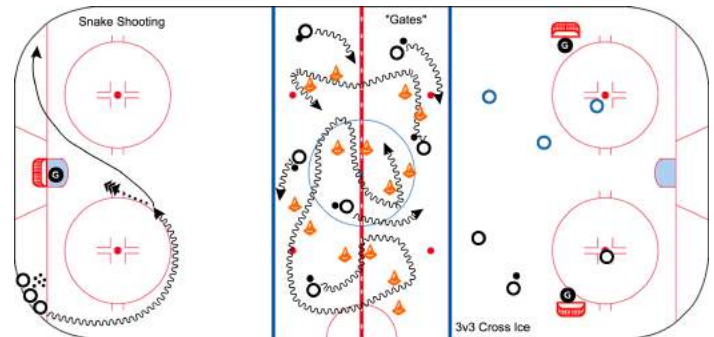
30 mins

Description

Station 1: Snake Shooting

Station 2: "Gates" - players skate through as many gates as possible in 30 seconds. Variations: pivot backwards through the gates; pass through the gates with a partner; toe drag through the gates.

Station 3: 3v3 Cross Ice



Full-Ice Scrimmage

10 mins

U10 Practice 2

Evaluations

Duration: 60 min

Backward Skating Progression

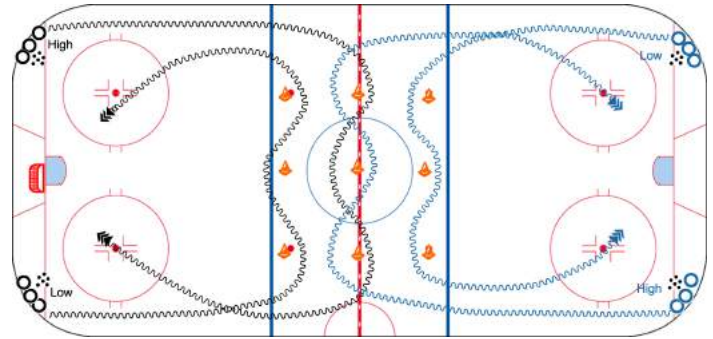
20 mins

Full-Ice High-Low Shooting

10 mins

Description

1. Players line up as shown
2. On whistle, "high" line goes to the far cones, "low" line goes to the near cones
3. Skate through the route full speed, then shoot in stride
4. Switch lines



5 on 5 Scrimmage

30 mins

U10 Practice 3

Evaluations

Duration: 60 min

Inside Edges, 5-Step Crossovers, Pivots, Russian Circles

20 mins

3 Shot Warm-Up

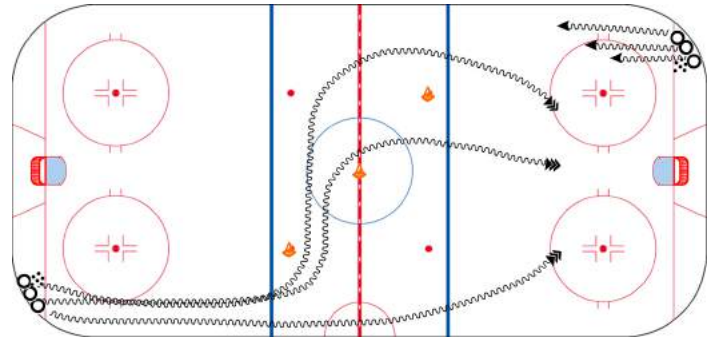
10 mins

Key Points:

- Full speed!
- Head up in the middle

Description

1. Three players leave from each corner (both ends go together)
2. Player 1 drives straight down the boards and shoots
3. Player 2 cuts around the 1st cone, then around the 2nd cone and shoots
4. Player 3 cuts around the 1st cone, then around the 3rd cone and shoots



Cross-Ice 3 on 3

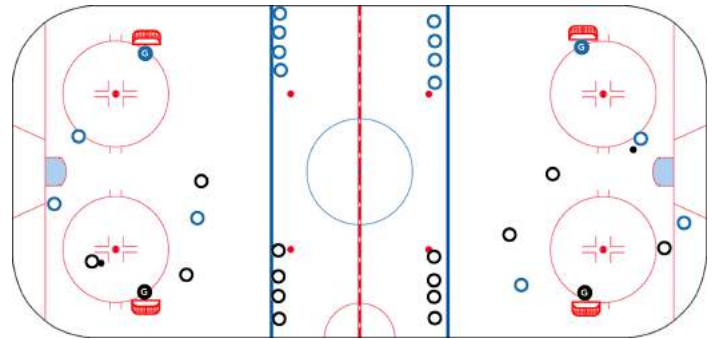
30 mins

Key Points:

- Full speed
- Quick touch passes and one-timers
- Quick rotations

Description

- 3 on 3 cross-ice games
- Set up a double elimination tournament if you want - first goal wins
- Keep the games quick





U10 Practice 4

Evaluations

Duration: 60 min

Half Ice Scrimmage

60 mins

Inside Edges, 5-Step Crossovers, 3 Step Crossunders

20 mins

3 Station Passing, Timing, Small Game

40 mins

Description

Station A:

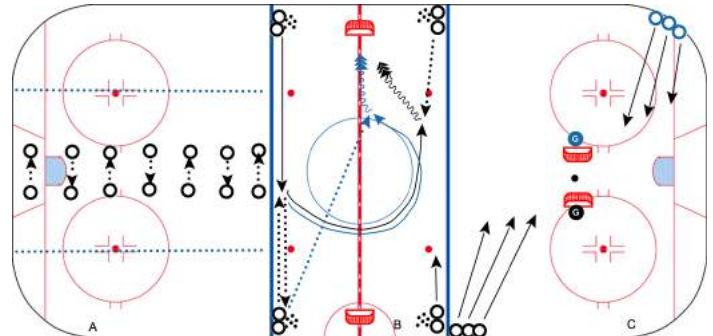
- Stationary Passing - working on fundamentals (cushion and sweep)
- Start close - hashmark-width apart. Then back up to the Dots. Then back up to the boards.

Station B:

- 3-Pass & Shot - cross ice.
- Run as shown
- Switch to blue variation if it's going well

Station C:

- Cross-ice scrimmage, net's back to back in middle
- Starts with a race to the puck, as shown



Quarter Ice - Stationary Stickhandling

20 mins

Quarter-Ice Stickhandling Progression

20 mins

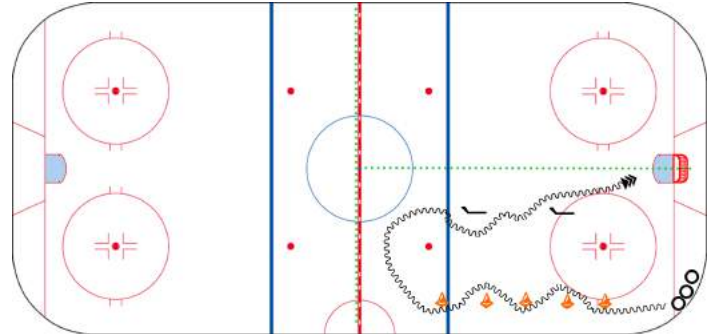
Key Points:

- Keep puck out away from body
- Work on the hands, don't go too fast

Description

Multiple Variations:

1. Inside edges through cones, deke Attack Triangles
2. Deke cones, deke attack triangles
3. Push puck between each set of cones, then pull out, deke Attack Triangles
4. Flip drill, have them deke Attack Triangles driving wide, then cut hard to the net



Half-Ice Breakout Progression 1

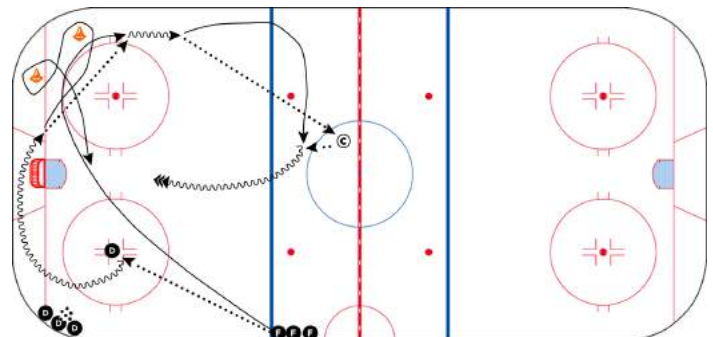
10 mins

Key Points:

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- Make sure to run it from both sides

Description

1. Forwards and Defensemen line up as shown
2. Forward passes to the Defenseman, then loops full speed to the boards
3. Defenseman swings behind the net, then passes to the Forward
4. Forward takes two steps then makes give & go pass to coach while defenseman does agility skating then drives net for screens and tips
5. Forward shoots



Half-Ice Breakout Progression 2

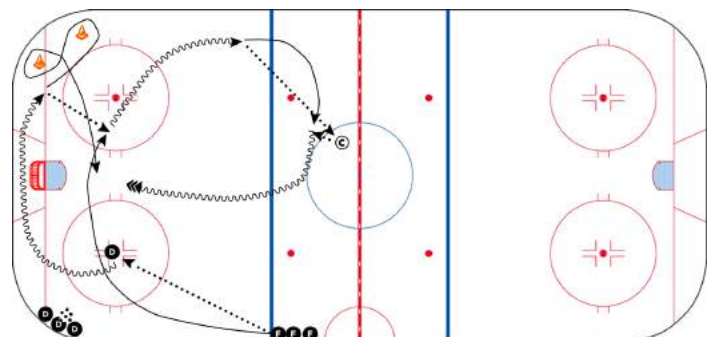
10 mins

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Quarter Ice - Stops & Starts (2-foot inside edges - add pucks)

20 mins

Quarter-Ice Power Turn Progression

20 mins

Description

Option A:

1. Power turns around attack triangles
2. Pop the puck through the "triangle" at each turn

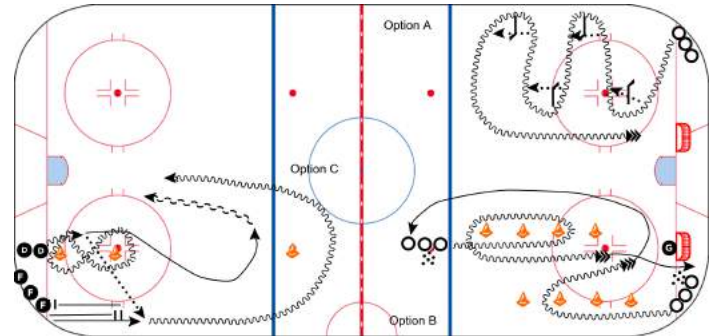
Option B:

1. First player in each line goes at once
2. Power turns as shown
3. Shoot

Option C:

1. Defensemen and Forwards line up as shown, D have pucks
2. On whistle, D-man skates a figure 8 through the cones (with the puck)
3. Forward skates to hash mark, makes a quick stop, then explodes back to the goal line, makes a quick stop, then heads up ice for a pass
4. After skating the figure 8, the defenseman hits the forward for a pass, then gets out and closes the gap
5. Forward picks up the pass, and skates out around the cone and plays the 1 on 1

NOTE: Run the drill out of both corners to reduce "line time"



Half-Ice Breakout Progression 1

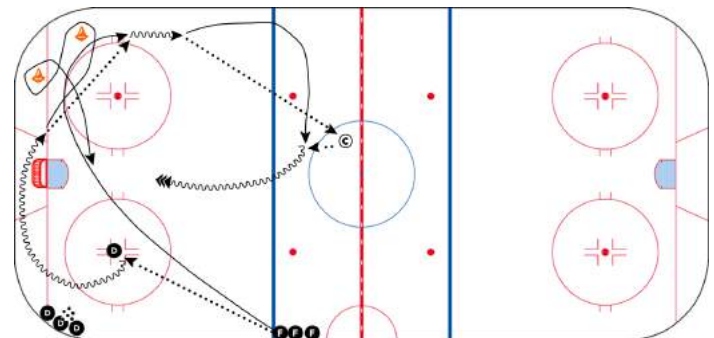
10 mins

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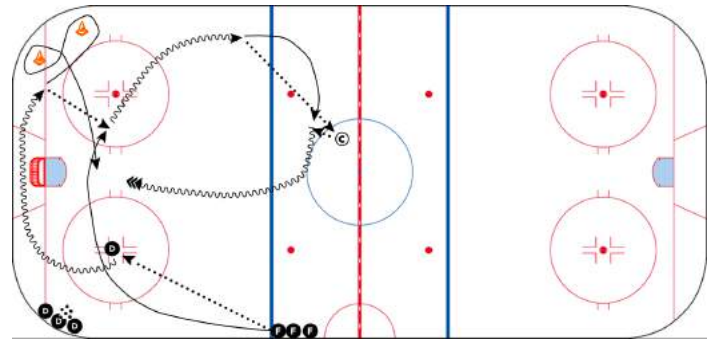


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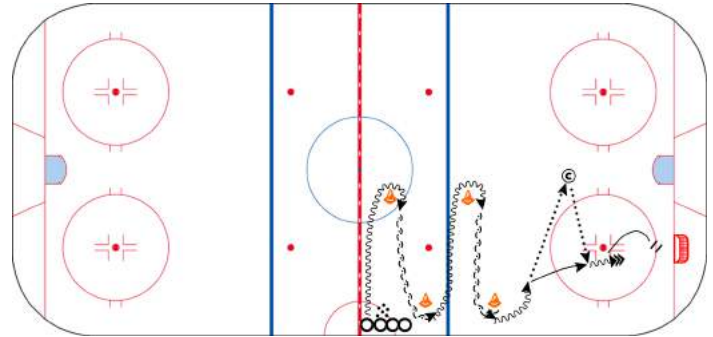
Stops & Starts - Hockey Stop (add pucks)	10 mins
Backward Stops & Starts (add pucks)	10 mins
Pivot Give & Go	10 mins

Key Points:

- Full speed
- Explosive transitions after pivots

Description

1. Player skates route as shown, with puck
2. Give & go with coach after final turn
3. Shot
4. Stay at front of net for screens and tips



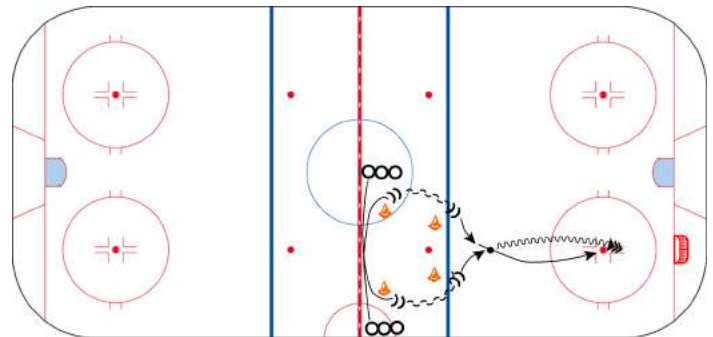
Full-Speed Pivot Race **10 mins**

Key Points:

- Full speed

Description

1. Players line up and race as shown, executing pivots
2. First player to puck attacks, second player backchecks
3. Switch lines



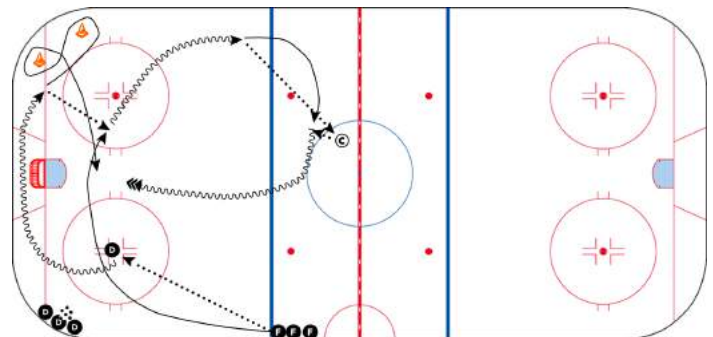
Half-Ice Breakout Progression 2 **10 mins**

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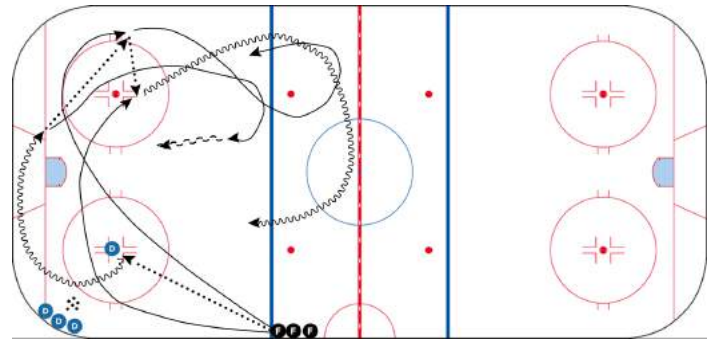


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3. Defenseman swings behind the net, then makes a board-side breakout
4. Forward touch passes to centerman, swinging through
5. Forwards loop out and attack 2 on 1



Inside Edges, 5-Step Crossovers, Backward Stops & Starts

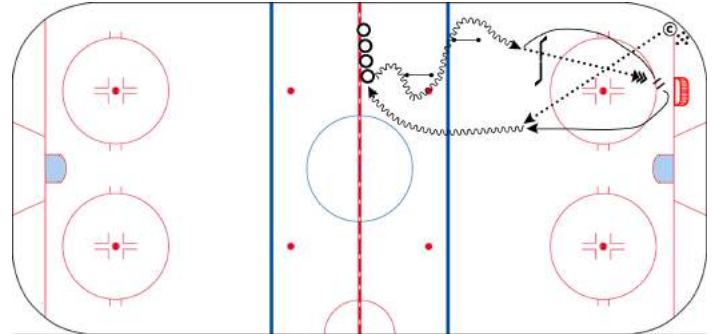
20 mins

Deke, Deke, Shoot the Gap

20 mins

Description

1. Deke right, pull left
2. Drive skate and shoot through the "triangle"
3. Stay at net for tips, screens, and rebounds on next shooter
4. Receive a breakout pass from coach, and get back in line



Half-Ice Breakout Progression 2

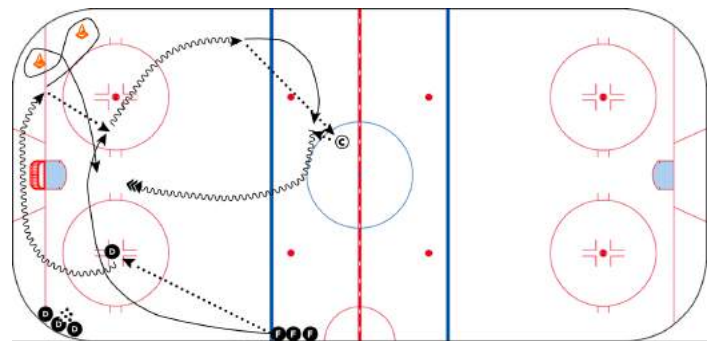
10 mins

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Half-Ice Breakout Progression 3

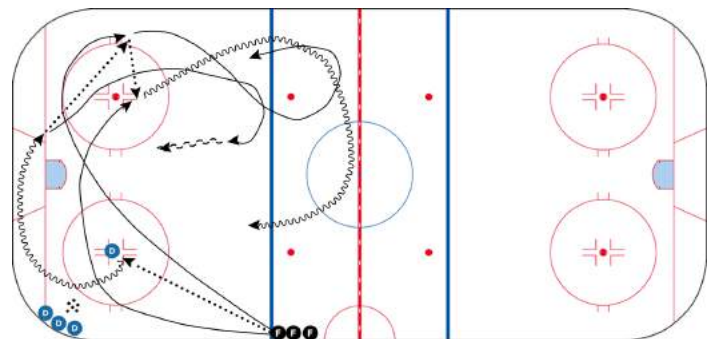
10 mins

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Inside Edges, 5-Step Crossovers, Backward Stops & Starts

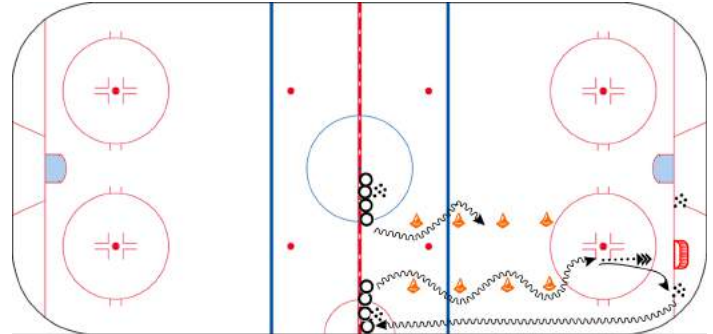
20 mins

Russian Stickhandling Progression - Quarter Ice

20 mins

Description

1. Zig zag with puck - then knees coming back
2. Puck on one side, feet on the other - wide stickhandling coming back
3. Fake left, pull right - front and forehand side coming back
4. Fake right, pull left - front and backhand side coming back
5. Wide inside edges - fake forehand and pull across
6. 3-step crossovers - backward C-cuts with quick hands coming back
7. Pump stride with quick stickhandle - foot dribble coming back
8. Toe drag, pull, and cut back to the middle (inside foot comes forward) - push puck forward, toe it back coming back
9. Toe, pull, cut back INSIDE with inside edge, then step wide - creative stickhandling coming back
10. Fake, power turn, pivot & turn - 360° turns, with puck release on the way back
11. Zig zag through, power turn around the last cone, zig zag back through. Send next player so they have to keep heads up on the way back.



Half-Ice Breakout Progression 2

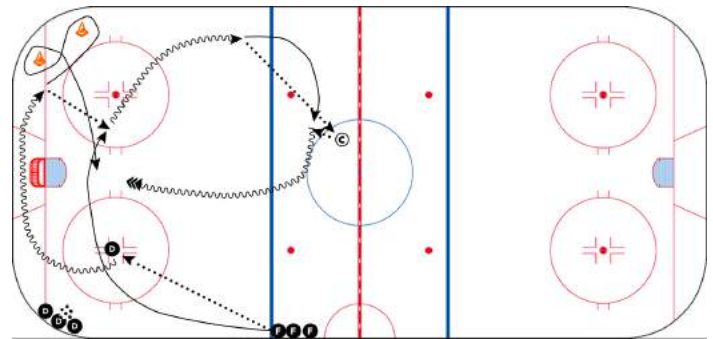
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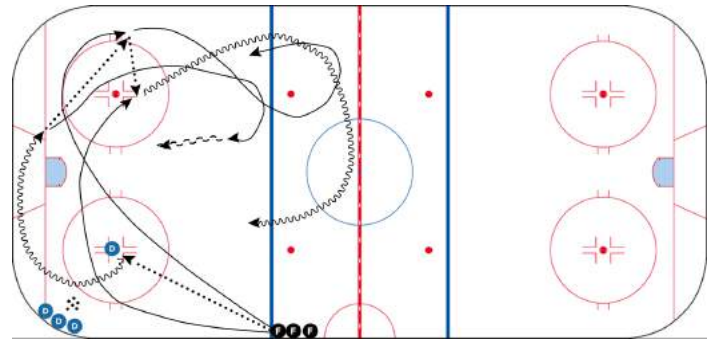


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Inside Edges, 5-Step Crossovers, Hockey Stops & Starts with Pucks

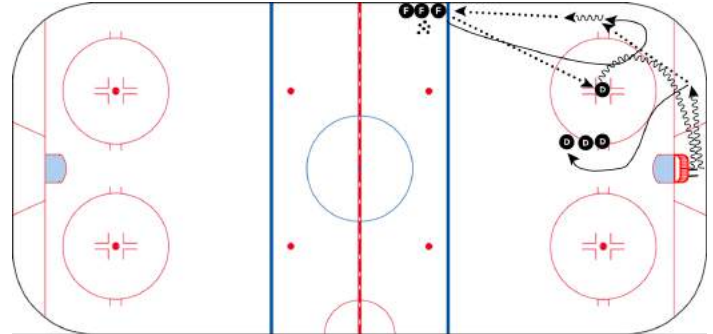
10 mins

Quarter-Ice Breakout - Progression 1

10 mins

Description

1. Forward passes to defenseman
2. Defenseman skates behind the net, stops facing the boards, and turns back strong side
3. Winger positions him or herself on boards, pivoting to keep eyes on puck
4. Breakout pass
5. Return pass to next player in line
6. Drill repeats

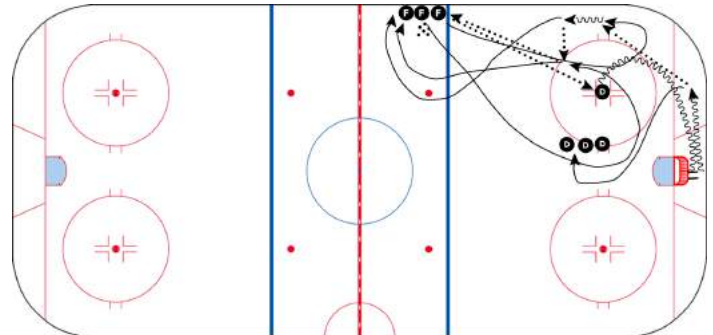


Quarter-Ice Breakout - Progression 2

10 mins

Description

1. Forward passes to defenseman
2. Defenseman skates behind the net, stops facing the boards, and turns back strong side
3. Winger positions him or herself on boards, pivoting to keep eyes on puck
4. Breakout pass
5. Touch pass to Center
6. Return pass to next player in line
7. Drill repeats

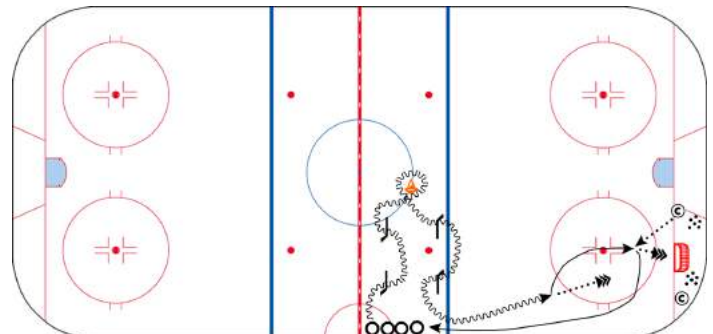


Attack Triangle Stickhandling

10 mins

Description

1. Player makes a move at each of the first 2 Attack Triangles and cuts back to the middle after each deke
2. Power turn around cone
3. Shot then drive net and receive a pass from coach for a second shot



Half-Ice Breakout Progression 2

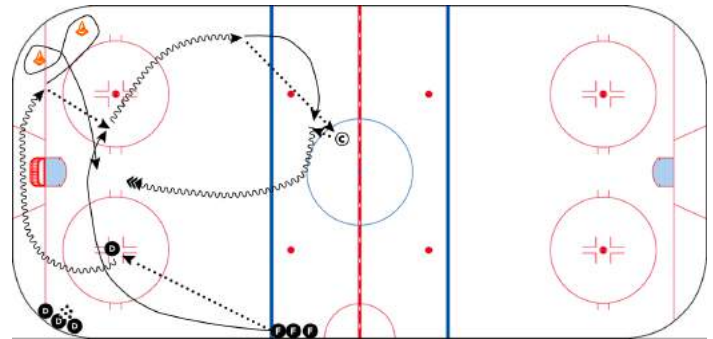
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Half-Ice Breakout Progression 3

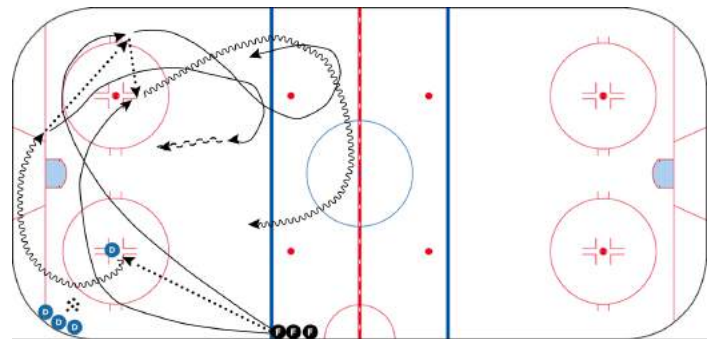
10 mins

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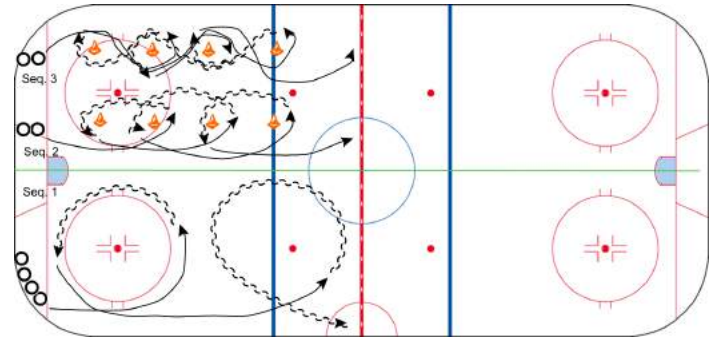


Inside Reverse Pivot Sequence

20 mins

Description

1. Skate 2 circles, one with pivots, one without
2. Skate cones as shown
3. Skate cones as shown, figure 8 weaves all the way through
4. Add pucks as competence improves



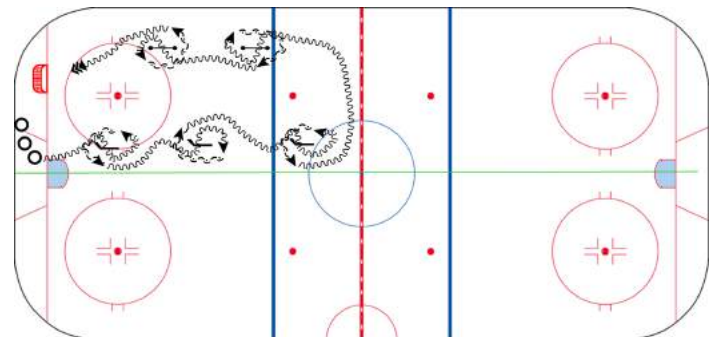
Stickhandling & Pivots

10 mins

Description

1. Skate route as shown
2. Deke, cut, pivot toward obstacle
3. Open up and move to next obstacle
4. Mohawk at far end
5. Come back through and finish with a shot

This drill is for detail work. Don't speed up until players reach proficiency doing it slowly



Quarter-Ice 1 on 1

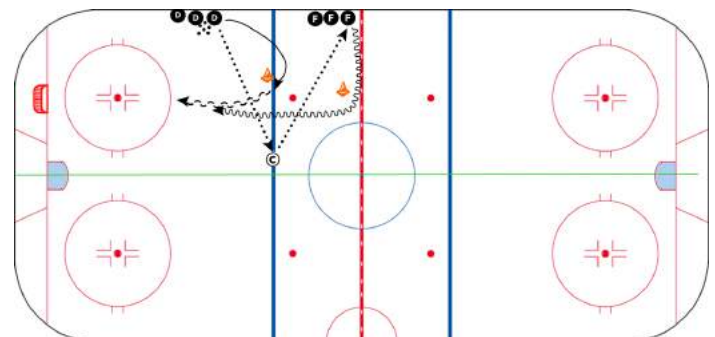
10 mins

Key Points:

- Tight gap
- Stick positioning

Description

1. Defenseman passes to coach, who passes to forward
2. Defenseman and forward skate routes as shown
3. Attack 1 on 1



Warm-up practice, and Dump in, Breakout, 3 on 2

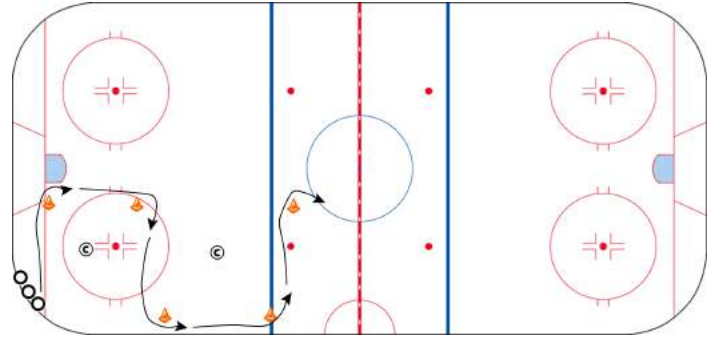
20 mins

Mohawk Snake - Quarter Ice

10 mins

Description

1. Mohawk around turns as shown
2. Add puck as players improve
3. Add passes to coaches



Attack Triangle Agility in NZ

20 mins

DZ Faceoffs

20 mins

Quarter Ice 2 vs 2 Point Shot Small Area Game

10 mins

Key Points:

- Defenders should pressure opponents quickly with good sticks to win back possession.
- No turning back to the play or overplaying the opposition point man.
- 60-90 second rotations - high tempo!

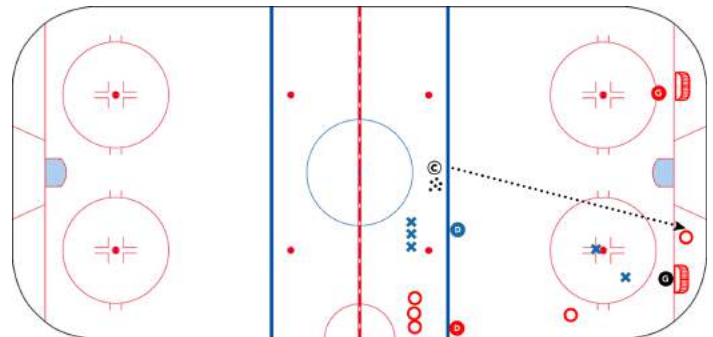
Description

Emphasizes Offensive and Defensive Net Front Play

Version 1

Begins with two players from each team inside the end zone, neutral goaltender and a point man from each team near the blue line.

On a change of possession, each team must pass the puck to their point man before they can score. The point man can shoot or pass but must advance the puck quickly. When the puck is moved out to the opponents point man, the defenders must identify and open opponent and defend the net front.



NZ Quick Feet Crossovers

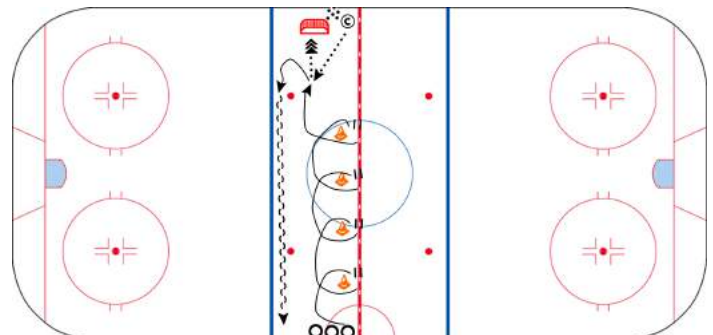
20 mins

Key Points:

- Speed
- Feet moving throughout the entire drill
- Stay low

Description

1. Players skate route as shown, some sort of agility skating on the way back
2. Add the following elements
 1. Forward without puck
 2. Forward with puck
 3. Add a pivot (always facing up ice now)
 4. Add a pivot & a puck (always facing up ice)



Mohawk Circles - add pucks

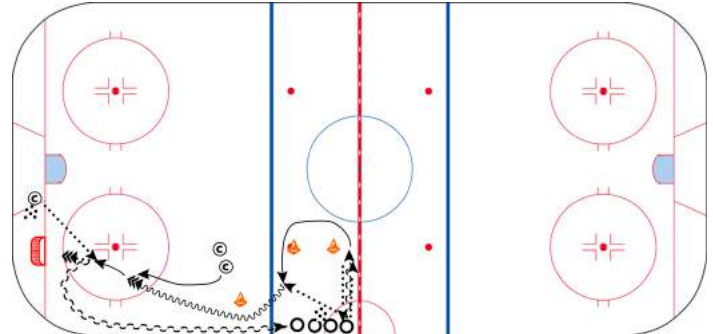
10 mins

Quarter Ice Agility Skate & Pass with Shot

20 mins

Description

1. Players skate route as shown
2. Coaches provide token pressure
3. Puck protection
4. Drive net for a second shot



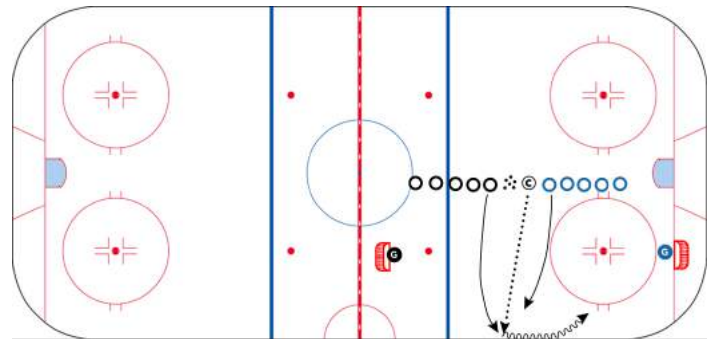
Quarter Ice 1v1, 2v2, 3v3 Scrimmage

10 mins

Description

1. Coach designates whether it'll be a 1v1, 2v2, or 3v3
2. Coach dumps puck across
3. Players race and battle
4. Send multiple battles at once

Variation: Send all players at once, keep adding pucks until all pucks have been scored. Count pucks in each net to determine the winner



DZC 5 on 5 starting with faceoffs

20 mins

NZ Sweep the Porch

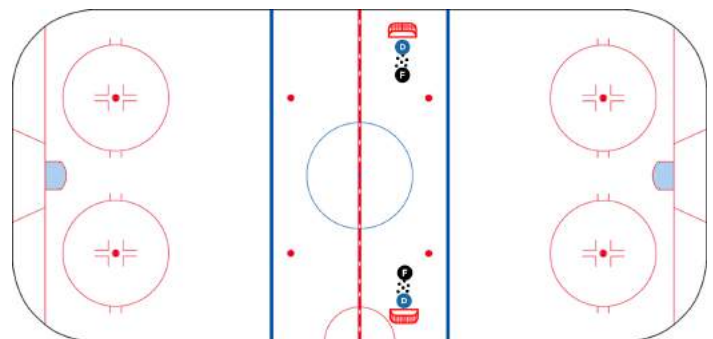
20 mins

Key Points:

- Body positioning
- Neutralize the opponent's stick

Description

1. Place a handful of pucks in front of the net
2. Defenseman turns his/her stick upside down
3. Forward tries to shoot all the pucks into the net one at a time
4. Defenseman tries to stop him
5. Game ends when all pucks have been used

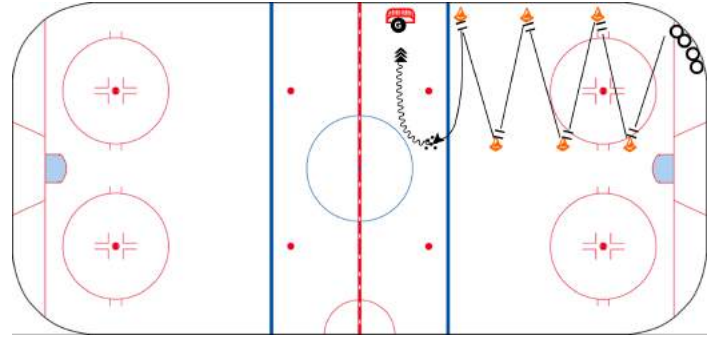


Quarter Ice - Stops & Starts with Shot

10 mins

Description

1. Work on various stop types:
 1. Hockey stop
 2. Inside edge stop
 3. Outside edge stop
 4. Etc.
2. Add a shot for fun

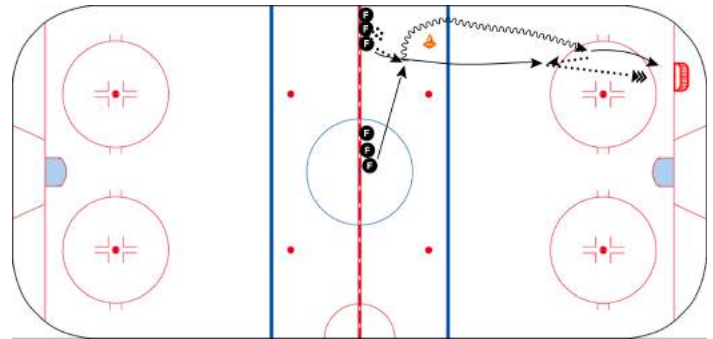


Quarter Ice - Drive Wide, Drop and Shoot

20 mins

Description

1. Player drives wide, receives a pass, enters zone
2. Passer follows up for drop pass
3. Drop pass and shot



Quarter Ice 1v1, 2v2, 3v3 Scrimmage

10 mins

Description

1. Coach designates whether it'll be a 1v1, 2v2, or 3v3
2. Coach dumps puck across
3. Players race and battle
4. Send multiple battles at once

Variation: Send all players at once, keep adding pucks until all pucks have been scored. Count pucks in each net to determine the winner

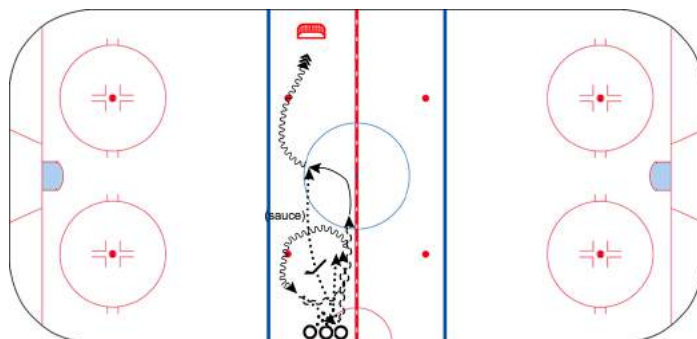


DZ 5v5

20 mins

Description

1. Player skates out backward receives a pass
2. Loops around the stick and passes back
3. Opens up for a "stretch" saucer pass
4. Shot



Half-Ice Michigan Mile

10 mins

Key Points:

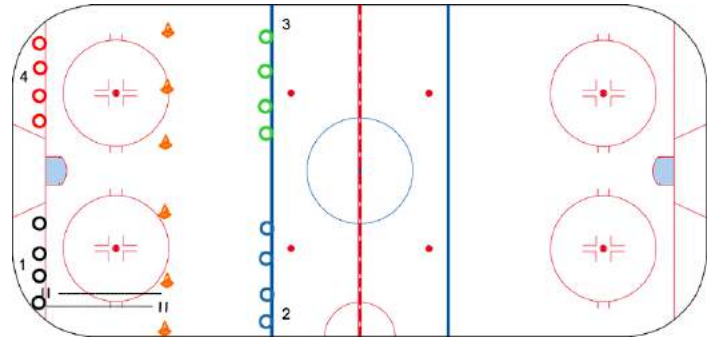
- Run various types of starts and stops
- Full speed at all times
- Stop & start facing the middle each time

Description

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. cones and back - 5 push-ups
2. far line and back - 5 push-ups
3. cones, back, far line, back - 5 push-ups
4. far line, cones, far line, back - 5 push-ups
5. cones, back, far line, back - 5 push-ups
6. far line and back - 5 push-ups
7. cones and back - 5 push-ups

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

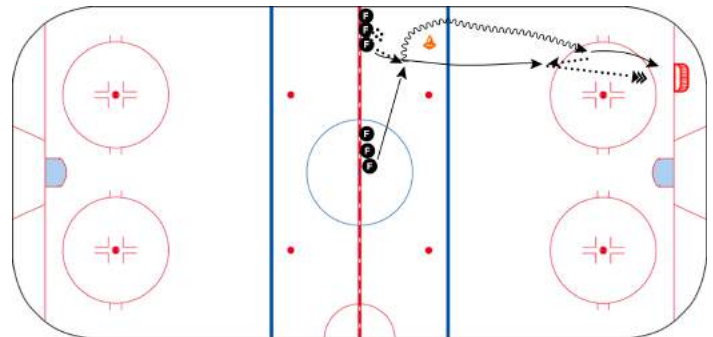


Quarter Ice - Drive Wide, Drop and Shoot

20 mins

Description

1. Player drives wide, receives a pass, enters zone
2. Passer follows up for drop pass
3. Drop pass and shot



Goal Scoring Game

10 mins

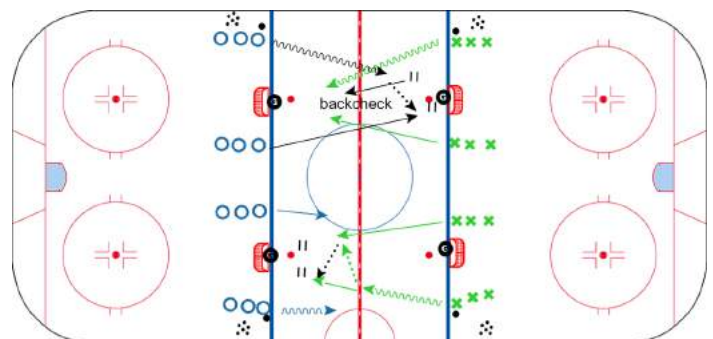
Key Points:

Teach attack, goal scoring, passing options.

Description

Put nets on blue line opposite each other. Have 4 lines around the net. Place puck in 2 lines only. Have 2X players attack net and STOP. O Players in opposite line are ready with puck. Once the puck:

- Hits goalie
- Scores
- Passes blue line on wide shot The opposite O players attack in opposite direction. One X player must back check hard to apply pressure.



DZ 5v5

20 mins

Inside Edges, 5-step crossovers, Backward circles, 3-step crossunders

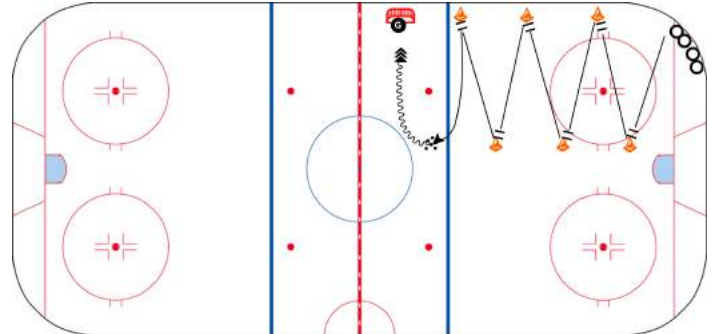
10 mins

Quarter Ice - Stops & Starts with Shot

10 mins

Description

1. Work on various stop types:
 1. Hockey stop
 2. Inside edge stop
 3. Outside edge stop
 4. Etc.
2. Add a shot for fun

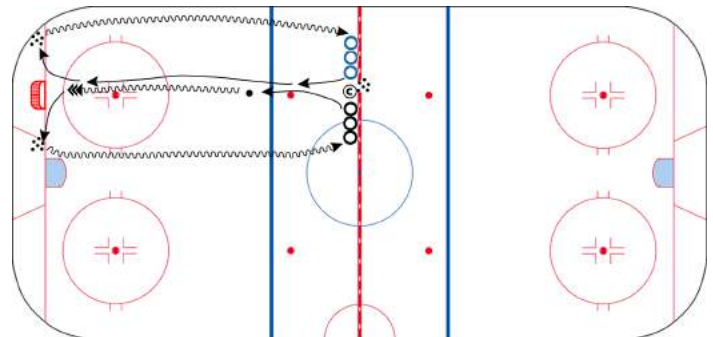


Quarter Ice Butterfly Race

10 mins

Description

1. Players set up as shown
2. Race to the puck - coach designates the type of start used (V, crossover, etc.)
3. On whistle, play is dead, players peel off and pick up a puck from the corner
4. Work on stickhandling moves on the way back

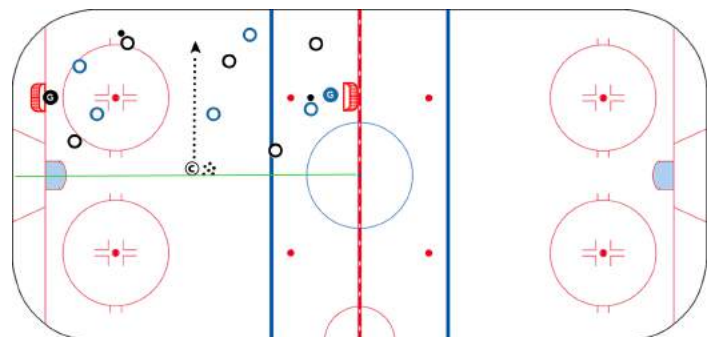


Quarter Ice - Race to Score Scrimmage

10 mins

Description

1. Whole team is divided into two groups
2. Everyone plays at the same time
3. Coach starts with 15-20 pucks, and puts them in play a few at a time
4. Once a puck is scored, it stays in the net
5. Play until all pucks have been scored, then count how many each team scored. Losing team does push-ups
6. Players need to find a balance between offense and defense



1-2-2 walkthrough

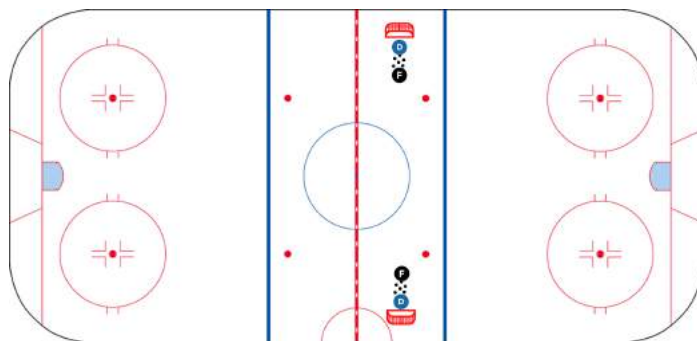
20 mins

Key Points:

- Body positioning
- Neutralize the opponent's stick

Description

1. Place a handful of pucks in front of the net
2. Defenseman turns his/her stick upside down
3. Forward tries to shoot all the pucks into the net one at a time
4. Defenseman tries to stop him
5. Game ends when all pucks have been used



Outside Edges, 5-Step Crossovers, Backward Circles, 3-Step Crossunders

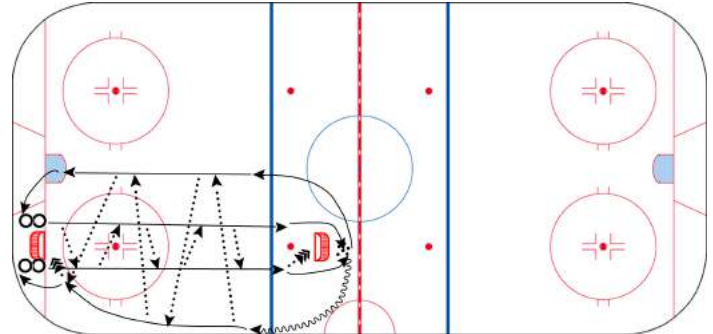
10 mins

Quarter Ice - Butterfly Passing

10 mins

Description

1. Skate route as shown, giving and receiving passes with partner
2. Short passes on the way down, long passes on the way back
3. Increase speed as proficiency improves

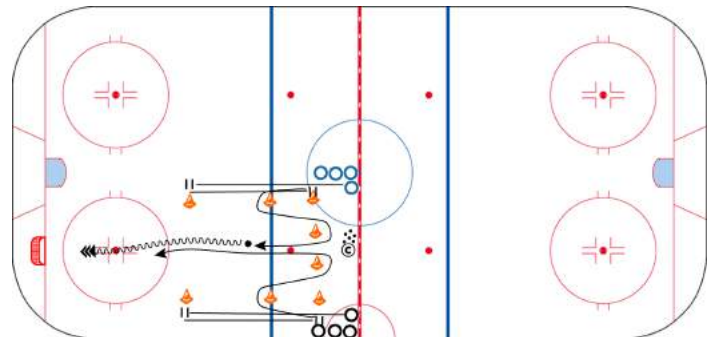


Quarter Ice - Stop & Start Race

10 mins

Description

1. Players start as shown
2. Race through sequence as shown. Coach mandates which type of stop to work on.
3. Race to the lane to the puck
4. Puck protection and back checking



Quarter Ice - Scoring Under Pressure

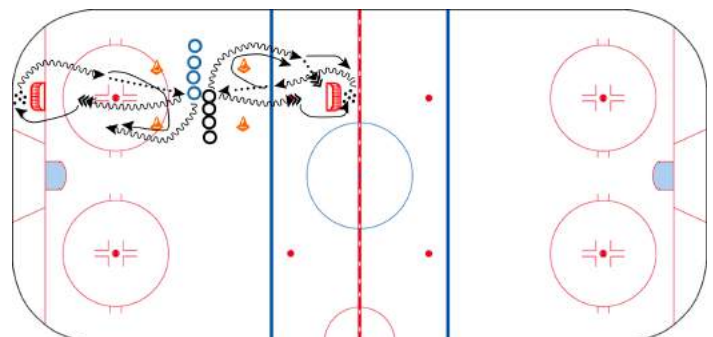
10 mins

Key Points:

1. This version is run in a small space. Split team to minimize waiting in line

Description

1. First player goes in and shoots, then loops in behind the net and picks up a puck
2. Pass to next player in line
3. Receiver has to go wide around one cone or the other
4. Passer follows receiver around the cone and backchecks
5. After the shot, shooter picks up a puck and passes to the next player in line
6. Drill repeats



1-2-2 walkthrough

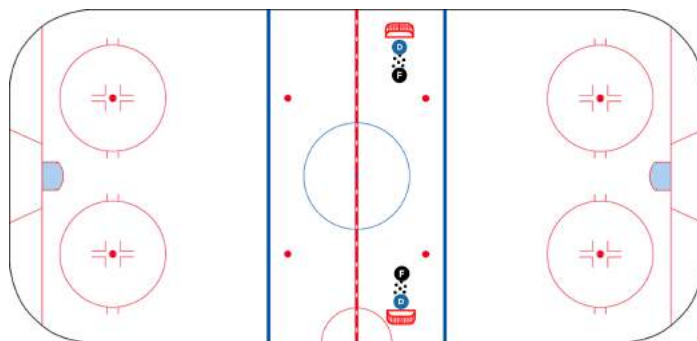
20 mins

Key Points:

- Body positioning
- Neutralize the opponent's stick

Description

1. Place a handful of pucks in front of the net
2. Defenseman turns his/her stick upside down
3. Forward tries to shoot all the pucks into the net one at a time
4. Defenseman tries to stop him
5. Game ends when all pucks have been used



Inside Edges, 5-Step Crossovers, Ladders w/Crossover Stops

10 mins

Quarter Ice - C-Pass Give & Go with Tips

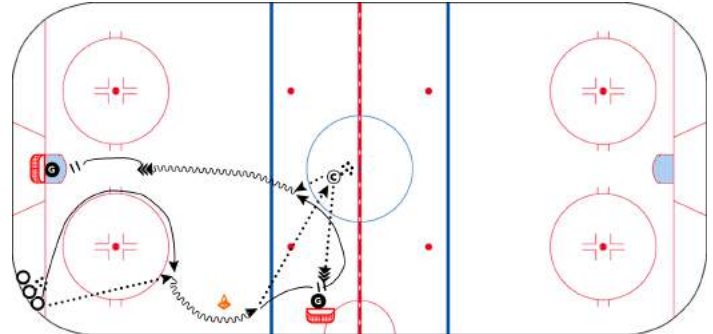
10 mins

Key Points:

- Keep feet moving
- Shoot and Crash!

Description

1. Player skates a C and receives an "area pass" across the top of the circle
2. Drive wide, then cut around the cone and pass to coach
3. Coach shoots, player tips and screens
4. Coach gives an "area pass" to the player after the first shot
5. Drive the other net for another shot
6. Stay in front for screens, tips, and rebounds for the next shooter



Quarter Ice - Scoring Under Pressure

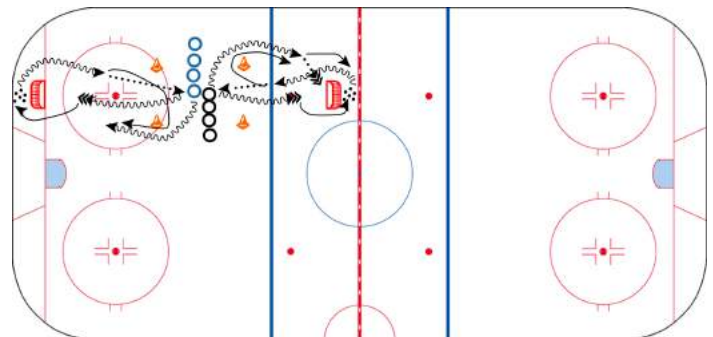
10 mins

Key Points:

1. This version is run in a small space. Split team to minimize waiting in line

Description

1. First player goes in and shoots, then loops in behind the net and picks up a puck
2. Pass to next player in line
3. Receiver has to go wide around one cone or the other
4. Passer follows receiver around the cone and backchecks
5. After the shot, shooter picks up a puck and passes to the next player in line
6. Drill repeats

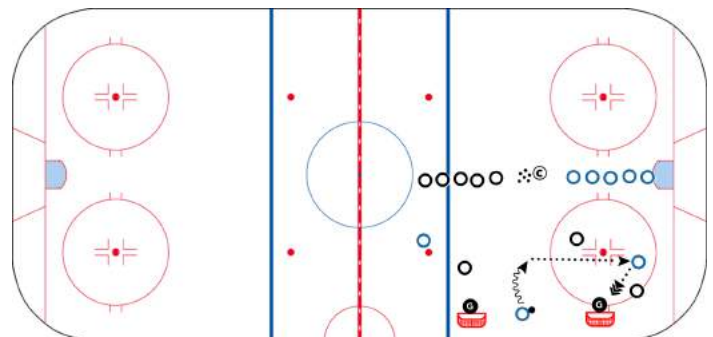


Quarter Ice - Any net one-timer game

10 mins

Description

3 on 3 game that focuses on getting shots off quickly. Every shot must be a one timer but can come from anywhere on the ice and the kids can shoot on any goalie they want.



1-2-2 walkthrough

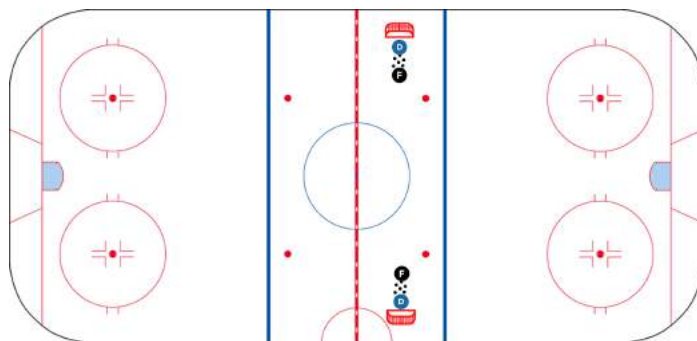
20 mins

Key Points:

- Body positioning
- Neutralize the opponent's stick

Description

1. Place a handful of pucks in front of the net
2. Defenseman turns his/her stick upside down
3. Forward tries to shoot all the pucks into the net one at a time
4. Defenseman tries to stop him
5. Game ends when all pucks have been used



Wrist Shot Fundamentals

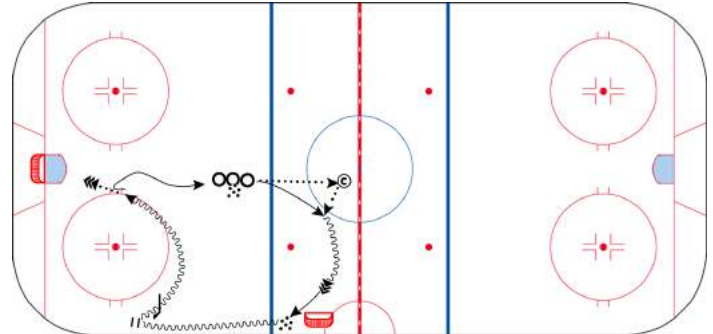
10 mins

Quarter Ice - 2 Shot Seam Attack

20 mins

Description

1. Players line up as shown
2. Give & Go pass with coach, take shot
3. Pick up new puck and drive wide
4. Hit the breaks and attack the seam, putting a move on the attack triangle
5. Second shot, then return to line

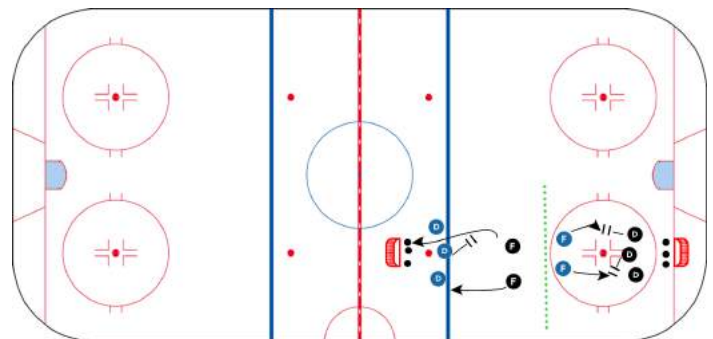


Quarter Ice 3-Puck Battle - 2 v 3

10 mins

Description

1. Players line up as shown, no sticks
2. Run as a 2v3 or 3v3 for more advanced players
3. Forwards have to get through the defensemen and push a puck into the net with their hand (one puck at a time)
4. Defensemen have to square up and use body positioning, agility skating, and angling to keep forwards outside the "danger zone" in front of the net
5. After a goal is scored, the forwards must clear the zone TOGETHER, then come back in. You can draw a line on the ice, where the green dots, are for reference



1-2-2 vs Breakout 5v5

20 mins

Inside Edges, 5-Step Crossovers, Pivots, Pivot Ladders

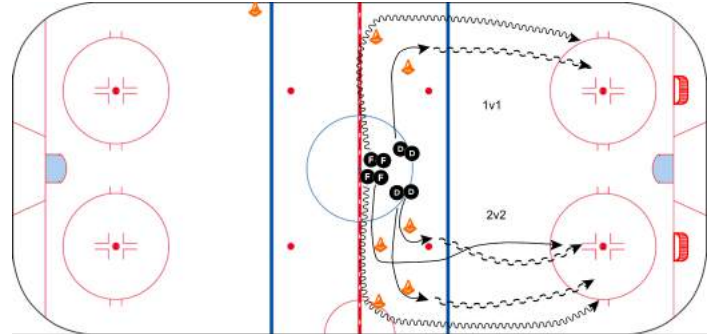
10 mins

Quarter Ice - Hadden 1v1 & 2v2

20 mins

Description

1. Players work through angle 1v1 and 2v2 as shown

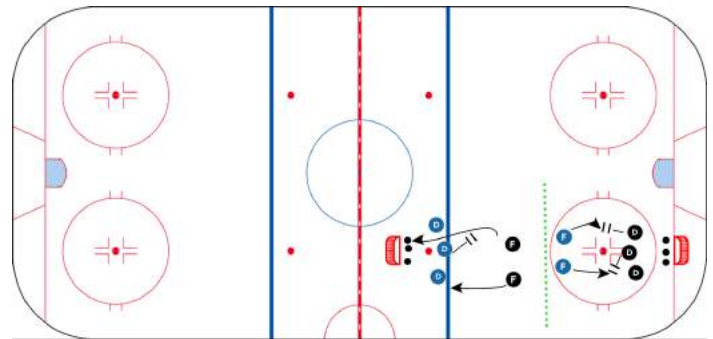


Quarter Ice 3-Puck Battle - 2 v 3

10 mins

Description

1. Players line up as shown, no sticks
2. Run as a 2v3 or 3v3 for more advanced players
3. Forwards have to get through the defensemen and push a puck into the net with their hand (one puck at a time)
4. Defensemen have to square up and use body positioning, agility skating, and angling to keep forwards outside the "danger zone" in front of the net
5. After a goal is scored, the forwards must clear the zone TOGETHER, then come back in. You can draw a line on the ice, where the green dots, are for reference



1 on 1 x 4

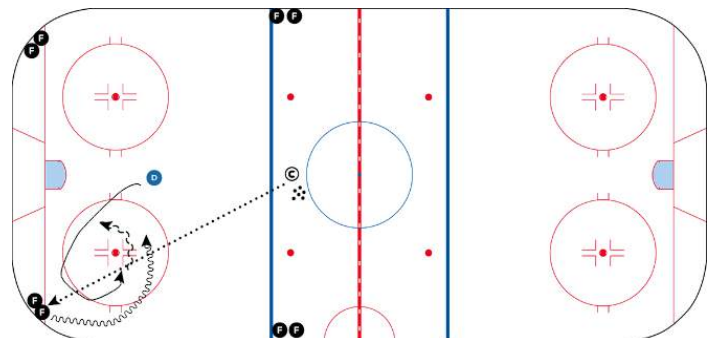
15 mins

Key Points:

- Make sure forwards are changing lines
- Teach Force vs Contain

Description

1. Forwards line up as shown
2. One defenseman in the middle
3. Coach passes to any forward
4. Defenseman closes the gap with that forward and plays a 1 on 1
5. After a few seconds, coach blows the whistle and passes to a different forward
6. Defenseman closes the gap on the new forward
7. Drill repeats until 4 forwards have gone
8. Switch defenseman and repeat



British Bulldog

5 mins

Inside Edges, 5-Step Crossovers, Pivots, Pivot Ladders

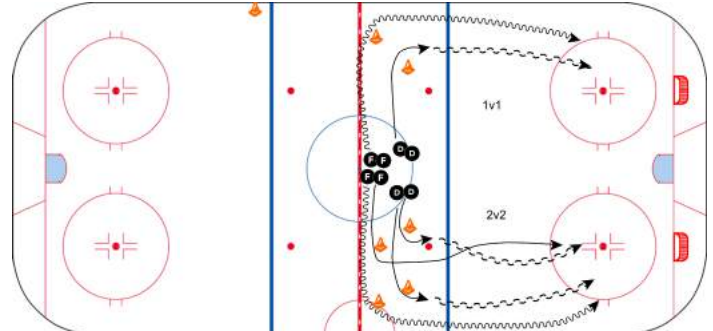
10 mins

Quarter Ice - Hadden 1v1 & 2v2

20 mins

Description

1. Players work through angle 1v1 and 2v2 as shown

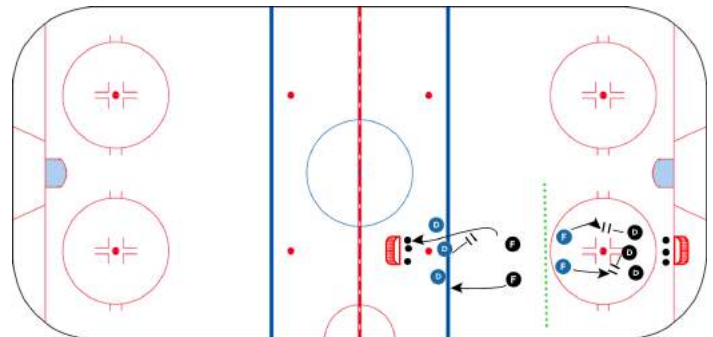


Quarter Ice 3-Puck Battle - 2 v 3

10 mins

Description

1. Players line up as shown, no sticks
2. Run as a 2v3 or 3v3 for more advanced players
3. Forwards have to get through the defensemen and push a puck into the net with their hand (one puck at a time)
4. Defensemen have to square up and use body positioning, agility skating, and angling to keep forwards outside the "danger zone" in front of the net
5. After a goal is scored, the forwards must clear the zone TOGETHER, then come back in. You can draw a line on the ice, where the green dots, are for reference



Half-Ice Give & Go 1 on 1

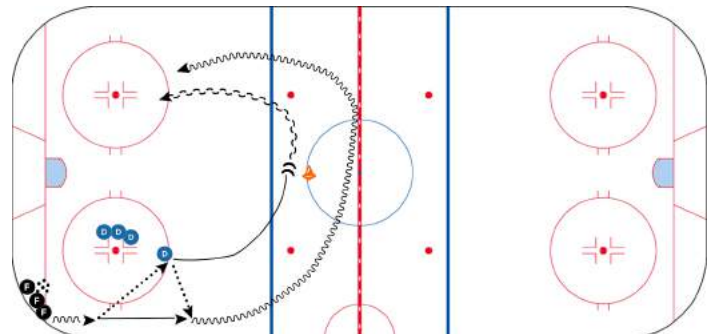
15 mins

Key Points:

- Gap management

Description

1. Forward makes a give & go pass with defenseman
2. Forward drives wide around the cone
3. Defenseman manages the gap, and plays the 1 on 1



British Bulldog

5 mins

Inside Edges, 5-Step Crossovers, Pivots, Pivot Ladders

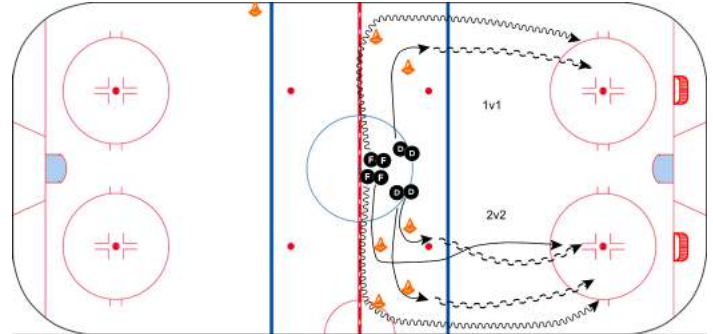
10 mins

Quarter Ice - Hadden 1v1 & 2v2

20 mins

Description

1. Players work through angle 1v1 and 2v2 as shown

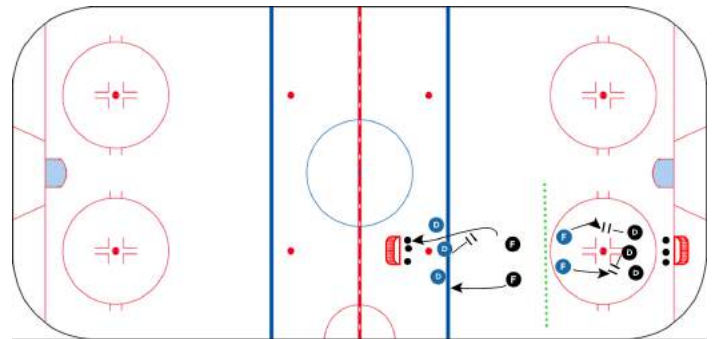


Quarter Ice 3-Puck Battle - 2 v 3

10 mins

Description

1. Players line up as shown, no sticks
2. Run as a 2v3 or 3v3 for more advanced players
3. Forwards have to get through the defensemen and push a puck into the net with their hand (one puck at a time)
4. Defensemen have to square up and use body positioning, agility skating, and angling to keep forwards outside the "danger zone" in front of the net
5. After a goal is scored, the forwards must clear the zone TOGETHER, then come back in. You can draw a line on the ice, where the green dots, are for reference



Attack Triangle Phase 1

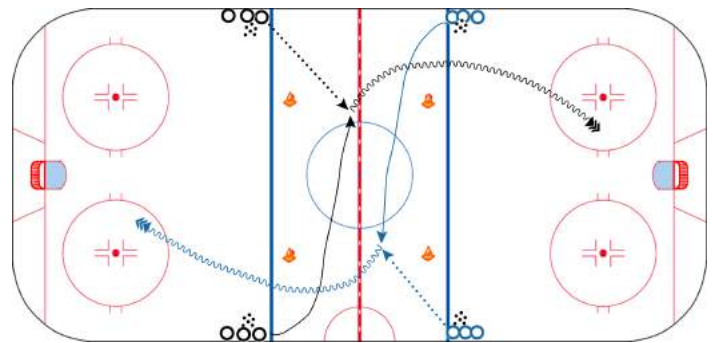
10 mins

Key Points:

- Full speed
- Receive all passes IN FRONT OF YOUR BODY

Description

1. Player skates across middle
2. Receives pass from opposite line
3. Attacks wide and shoots

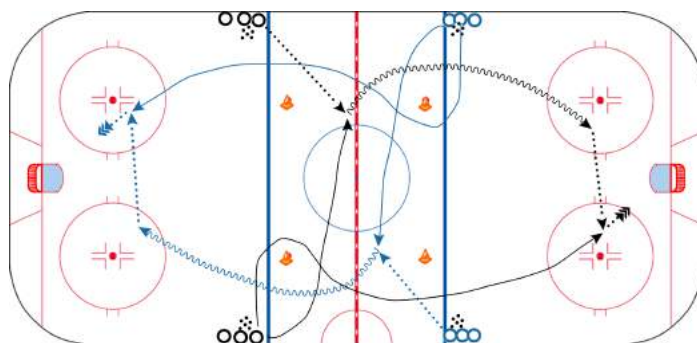


Key Points:

- Full speed
- Receive all passes IN FRONT OF YOUR BODY

Description

1. F1 skates across middle
2. F1 Receives pass from opposite line
3. F1 Attacks wide
4. F2 loops around first cone, then drives wide (staying onside)
5. Pass across & Shot



Touch Pass Fundamentals

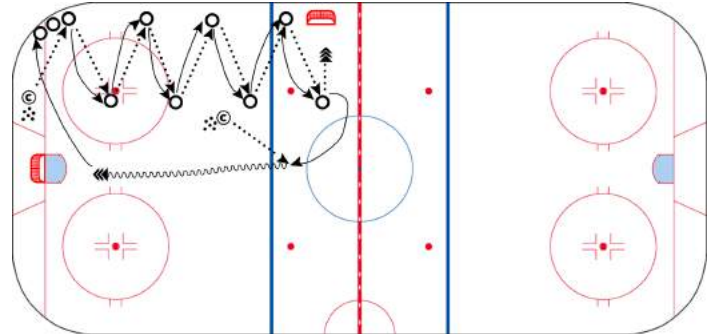
10 mins

Quarter Ice - Touch Pass Zigzag Shuttle with One-Timer and Breakaway

10 mins

Description

1. Coach starts the sequence
2. Touch pass and follow your pass
3. Last player shoots and peels out for a breakaway



Quarter Ice - Backward Synchronized Passing with Shot

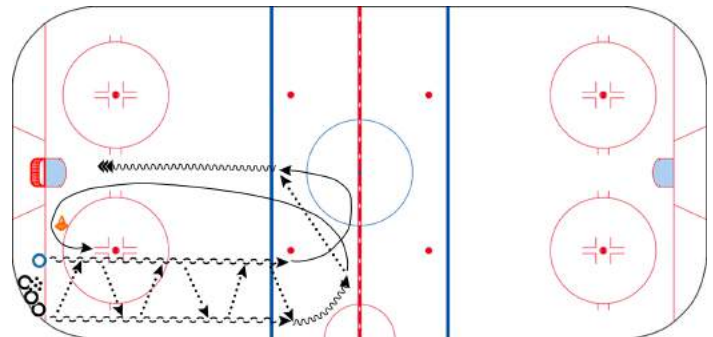
10 mins

Key Points:

- If you're running full ice, go with two lines in opposite corners, and players go to the far blue line

Description

1. Players start as shown, with a passer in place (○) just to start the drill
2. Players skate backward, giving and receiving passes until the blue line
3. At blue line, both players open up and transition from backward to forward, player closest to the boards hits the middle player for a stretch pass
4. Middle player shoots
5. Player closest to the boards follows up the play, then becomes the next middle player



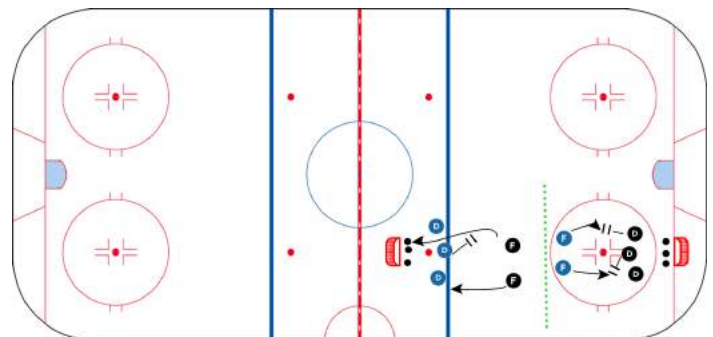
NOTES: Designate shot type you'd like to see.

Quarter Ice 3-Puck Battle - 2 v 3

10 mins

Description

1. Players line up as shown, no sticks
2. Run as a 2v3 or 3v3 for more advanced players
3. Forwards have to get through the defensemen and push a puck into the net with their hand (one puck at a time)
4. Defensemen have to square up and use body positioning, agility skating, and angling to keep forwards outside the "danger zone" in front of the net
5. After a goal is scored, the forwards must clear the zone TOGETHER, then come back in. You can draw a line on the ice, where the green dots, are for reference



Attack Triangle Phase 2

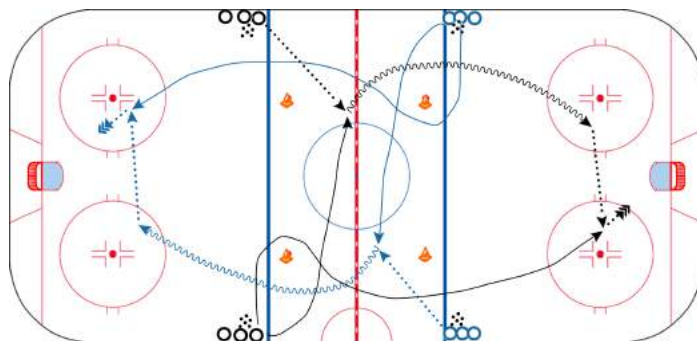
10 mins

Key Points:

- Full speed
- Receive all passes IN FRONT OF YOUR BODY

Description

1. F1 skates across middle
2. F1 Receives pass from opposite line
3. F1 Attacks wide
4. F2 loops around first cone, then drives wide (staying outside)
5. Pass across & Shot



Attack Triangle Phase 3

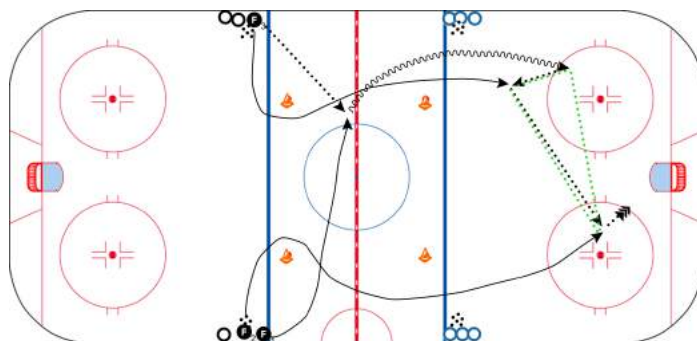
10 mins

Key Points:

- Full speed
- Receive all passes IN FRONT OF YOUR BODY

Description

1. F1 skates across middle
2. F1 Receives pass from opposite line
3. F1 Attacks wide
4. F2 loops around close cone, then drives wide (staying outside)
5. F3 Loops around close cone and follows puck carrier as "Trailer Man"
6. Drop pass, pass across, shot (or any variation you choose)

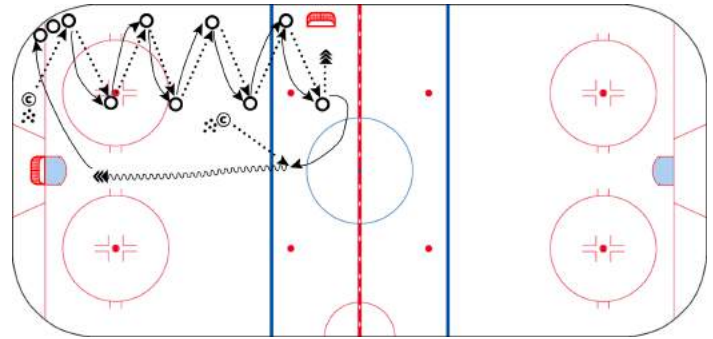


Quarter Ice - Touch Pass Zigzag Shuttle with One-Timer and Breakaway

10 mins

Description

1. Coach starts the sequence
2. Touch pass and follow your pass
3. Last player shoots and peels out for a breakaway

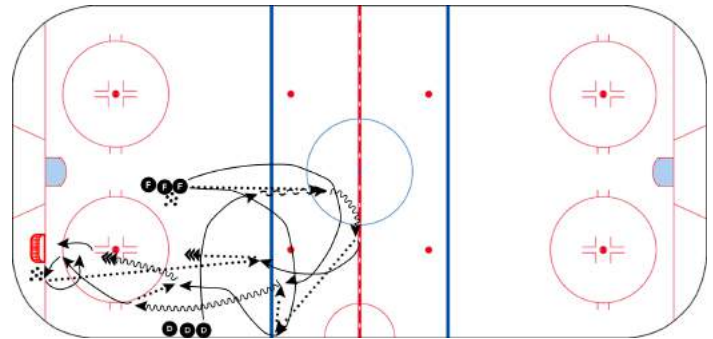


Quarter Ice - 3-Man Regroup

20 mins

Description

1. D swings, opens up backward, and receives a pass from the F
2. F's swing into regroup position and execute a portion of the post-up regroup
3. F's attack and shoot, then pick up a new puck and pass back to the D for a shot & tip

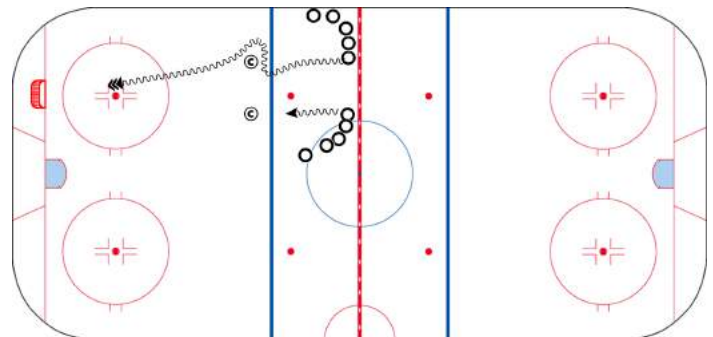


Quarter Ice - Fake & Cut

10 mins

Description

1. Two lines, staggered starts (or set up a second net if you have two goalies)
2. Player skates toward coach, fakes inside, pulls wide, then cuts hard back to take away the skating lane
3. Finish hard with a shot



Attack Triangle Phase 2

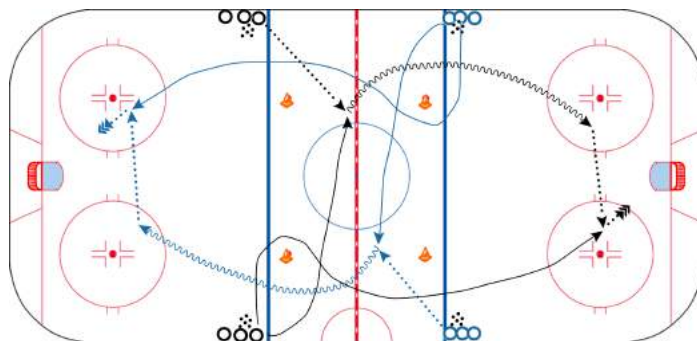
10 mins

Key Points:

- Full speed
- Receive all passes IN FRONT OF YOUR BODY

Description

1. F1 skates across middle
2. F1 Receives pass from opposite line
3. F1 Attacks wide
4. F2 loops around first cone, then drives wide (staying outside)
5. Pass across & Shot



Attack Triangle Phase 3

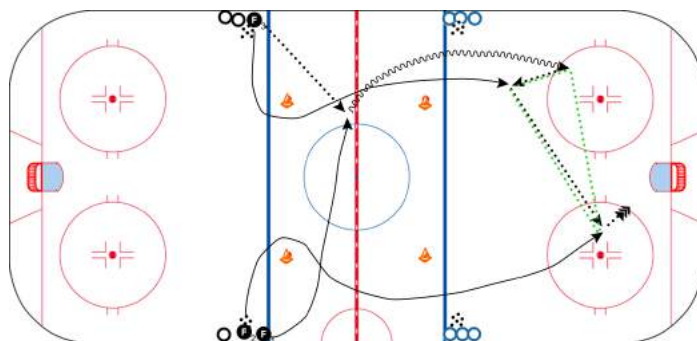
10 mins

Key Points:

- Full speed
- Receive all passes IN FRONT OF YOUR BODY

Description

1. F1 skates across middle
2. F1 Receives pass from opposite line
3. F1 Attacks wide
4. F2 loops around close cone, then drives wide (staying outside)
5. F3 Loops around close cone and follows puck carrier as "Trailer Man"
6. Drop pass, pass across, shot (or any variation you choose)




Quarter Ice - Backward Synchronized Passing with Shot

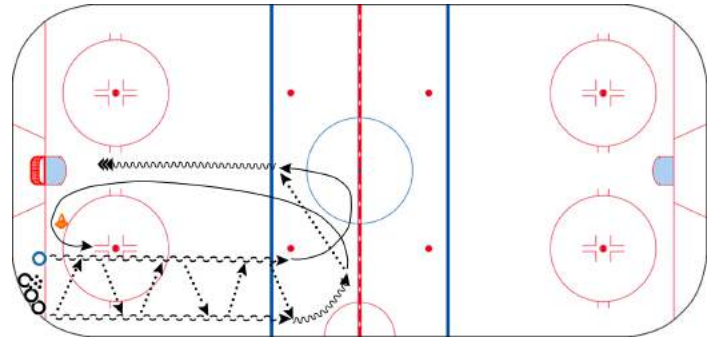
20 mins

Key Points:

- If you're running full ice, go with two lines in opposite corners, and players go to the far blue line

Description

1. Players start as shown, with a passer in place () just to start the drill
2. Players skate backward, giving and receiving passes until the blue line
3. At blue line, both players open up and transition from backward to forward, player closest to the boards hits the middle player for a stretch pass
4. Middle player shoots
5. Player closest to the boards follows up the play, then becomes the next middle player



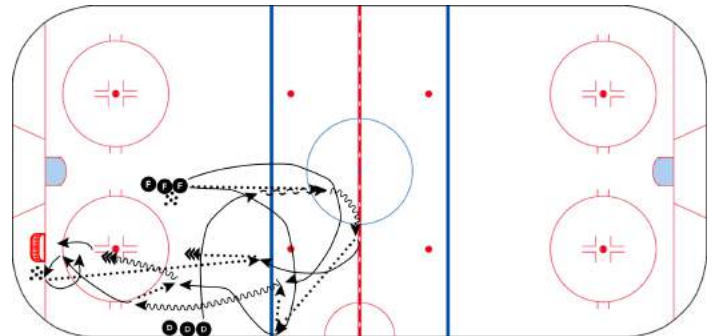
NOTES: Designate shot type you'd like to see.

Quarter Ice - 3-Man Regroup

20 mins

Description

1. D swings, opens up backward, and receives a pass from the F
2. F's swing into regroup position and execute a portion of the post-up regroup
3. F's attack and shoot, then pick up a new puck and pass back to the D for a shot & tip



Attack Triangle Phase 3

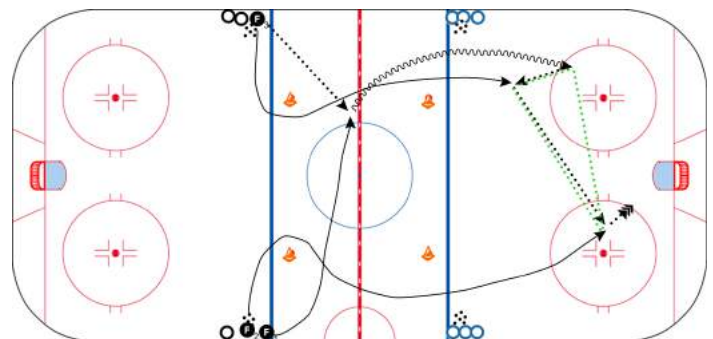
10 mins

Key Points:

- Full speed
- Receive all passes IN FRONT OF YOUR BODY

Description

1. F1 skates across middle
2. F1 Receives pass from opposite line
3. F1 Attacks wide
4. F2 loops around close cone, then drives wide (staying outside)
5. F3 Loops around close cone and follows puck carrier as "Trailer Man"
6. Drop pass, pass across, shot (or any variation you choose)

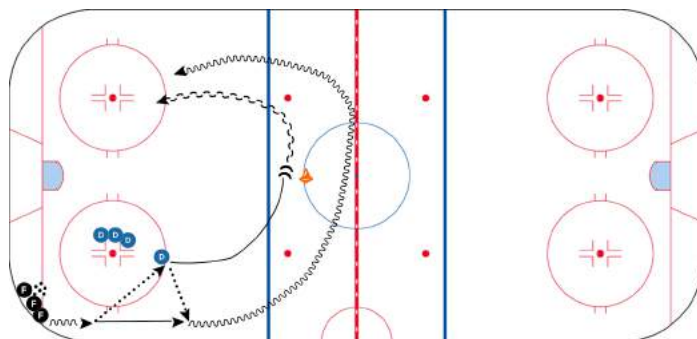


Key Points:

- Gap management

Description

1. Forward makes a give & go pass with defenseman
2. Forward drives wide around the cone
3. Defenseman manages the gap, and plays the 1 on 1



Inside Edges, 5-Step Crossovers, Slow & Explode

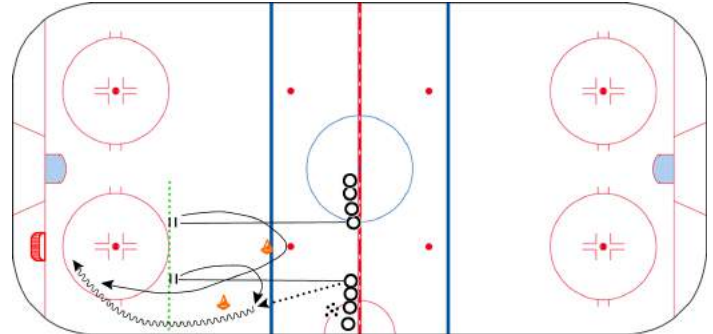
10 mins

Quarter Ice - Stop & Start Angling

20 mins

Description

1. Players race 1v1
2. From center ice, down to the top of the circle, stop facing each other
3. Race up around respective cones
4. Player closest to the boards receives a pass from the next player in line, then drives the net
5. Backchecker angles

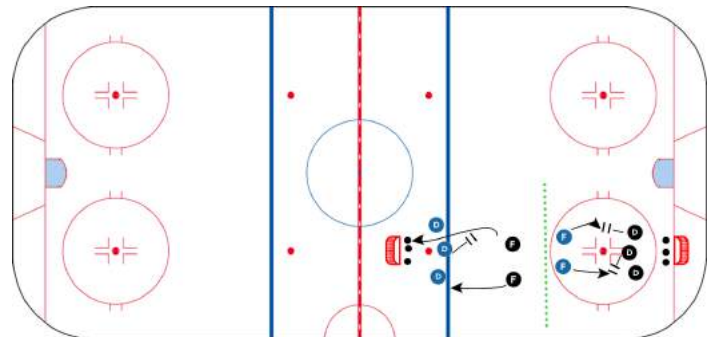


Quarter Ice 3-Puck Battle - 2 v 3

10 mins

Description

1. Players line up as shown, no sticks
2. Run as a 2v3 or 3v3 for more advanced players
3. Forwards have to get through the defensemen and push a puck into the net with their hand (one puck at a time)
4. Defensemen have to square up and use body positioning, agility skating, and angling to keep forwards outside the "danger zone" in front of the net
5. After a goal is scored, the forwards must clear the zone TOGETHER, then come back in. You can draw a line on the ice, where the green dots, are for reference



Dump in, Breakout, 3v2

10 mins

Dead Rat Shootout

10 mins

Inside Edges, 5-Step Crossovers, 3-step crossovers and explode

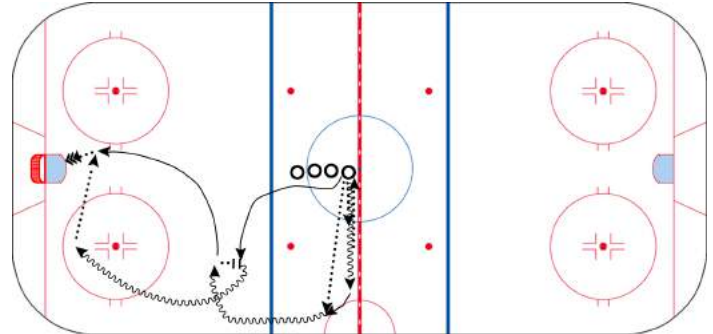
10 mins

Quarter Ice - Criss Cross Drop

20 mins

Description

1. Player leaves line, receives a pass skating backward
2. Open up and attack wide
3. Cut to the middle and do a criss cross drop pass
4. Attack 2 on 0

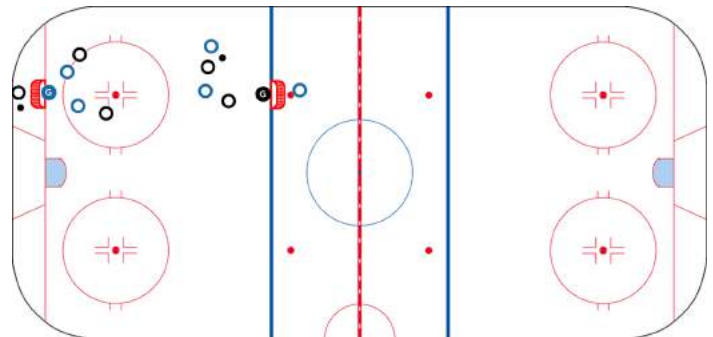


Quarter Ice - Gretzky 3v2

10 mins

Description

1. 3v2 - one player has to stay behind the net
2. If the player behind the net comes out, another player has to go behind the net
3. Other players battle 2v2 in front

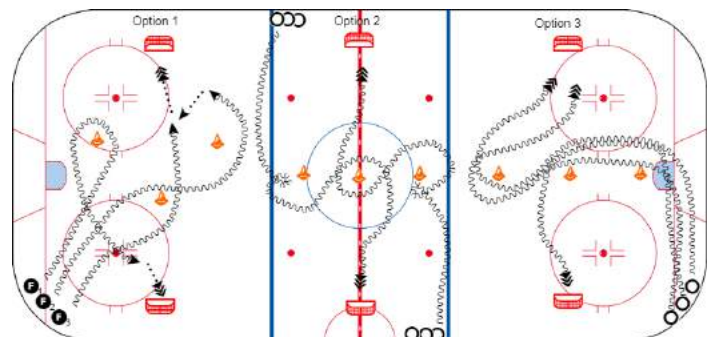


Cross-Ice Shooting (options 1-3)

20 mins

Description

1. Option 1: Stagger cones. F1 shoots 1v0, F2 and F3 shoot 2v0
2. Option 2: Escape move, then tight cut up the middle
3. Option 3: F1 shoots on one net, F2 shoots on the other net, F3 chooses either net

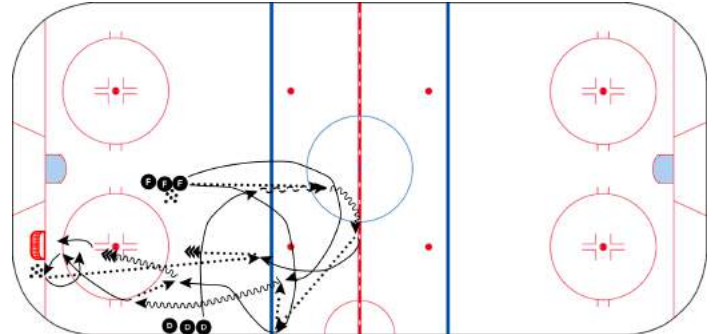


Inside Edges, 5-Step Crossovers, Pivots 10 mins

Quarter Ice - 3-Man Regroup 20 mins

Description

1. D swings, opens up backward, and receives a pass from the F
2. F's swing into regroup position and execute a portion of the post-up regroup
3. F's attack and shoot, then pick up a new puck and pass back to the D for a shot & tip

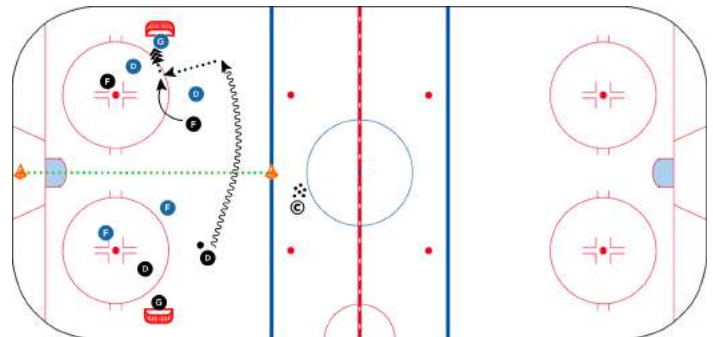


Cross Ice - Breakout Forecheck 3 on 2 10 mins

Description

Divide players into two teams. Game starts with a 2 on 2 going in each zone (8 players total). Coach dumps the puck in and they battle 2 on 2. Once the defensive team gets it, the player with the puck can skate it out, or pass to the other side and follow up the play to create a 3 on 2.

After a 3 on 2 turnover, player who crossed over must backcheck hard to avoid a 3 on 1 the other way.



Breakout, Coach Regroup, Attack 3 on 2 10 mins

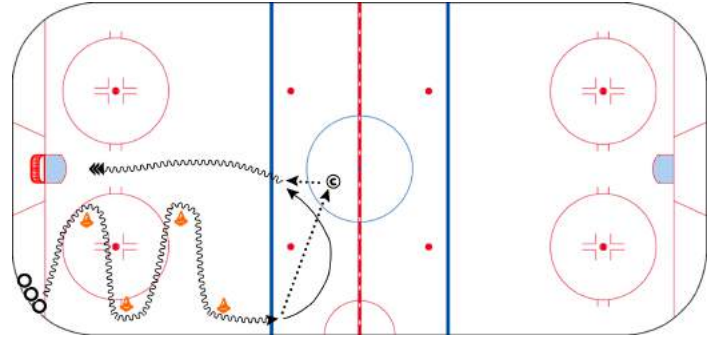
Dead Rat Shootout 10 mins

Quarter Ice - Power Turns: Forward, Backward, Pivots

10 mins

Description

1. Skate through cones as shown
2. Go forward, backward, or with pivots
3. Pass out to the coach for a give & go
4. Shot

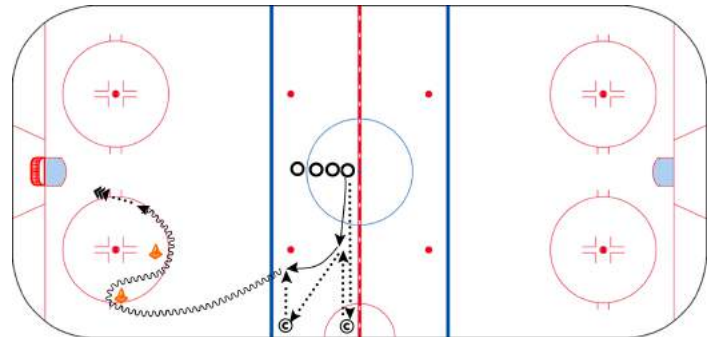


Quarter Ice - Touch, Touch, Drive & Shoot

20 mins

Description

1. Pass to coach, touch back
2. Touch to other coach, touch back
3. Drive wide
4. Power turns and attack

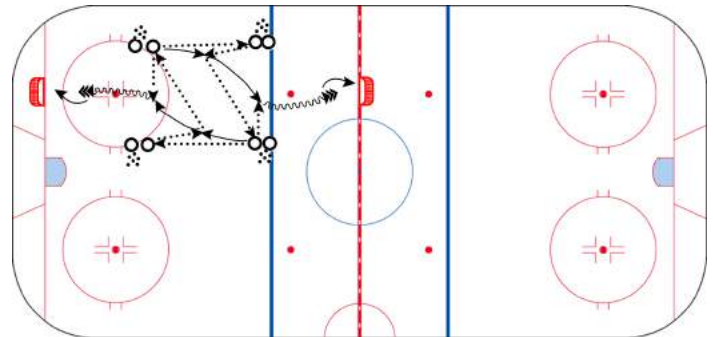


Quarter Ice - Arno One Touch D

10 mins

Description

1. Pass out, touch back
2. Pass across, touch back
3. Attack 1v0 for shot
4. Stay at net for rebound from next player

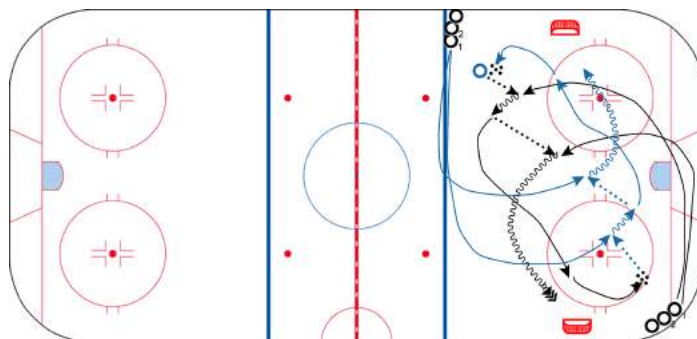


Cross Ice - 3 Zone Timing

10 mins

Description

1. Two players swing as shown
2. Receive a pass from the passer to start the drill
3. Player 1 headmans to Player 2
4. Player 2 shoots, Player 1 picks up a new puck and moves it up ice to the new Player 1
5. Drill is continuous



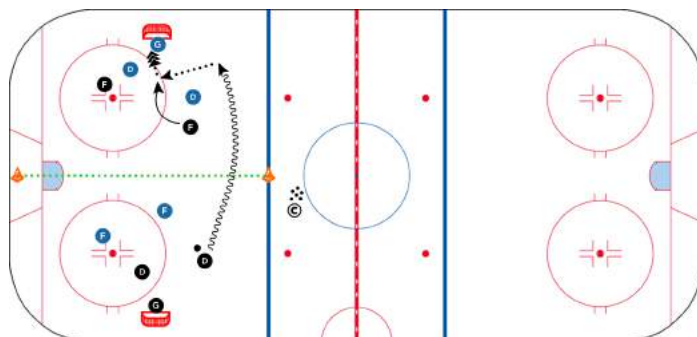
Cross Ice - Breakout Forecheck 3 on 2

10 mins

Description

Divide players into two teams. Game starts with a 2 on 2 going in each zone (8 players total). Coach dumps the puck in and they battle 2 on 2. Once the defensive team gets it, the player with the puck can skate it out, or pass to the other side and follow up the play to create a 3 on 2.

After a 3 on 2 turnover, player who crossed over must backcheck hard to avoid a 3 on 1 the other way.



Inside Edges, 5-Step Crossovers, Power Turns

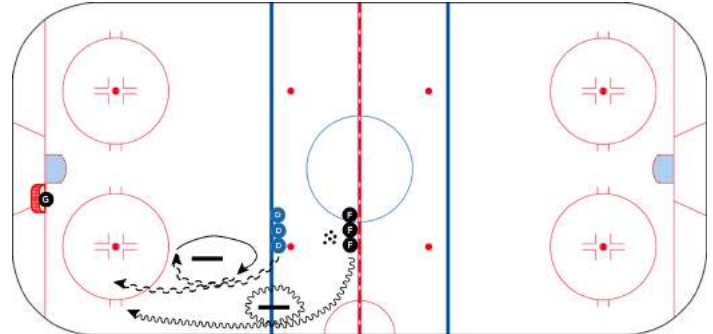
10 mins

Quarter Ice - Heath Gap-Up 1v1

20 mins

Description

1. Players skate routes as shown
2. 1v1 Attack

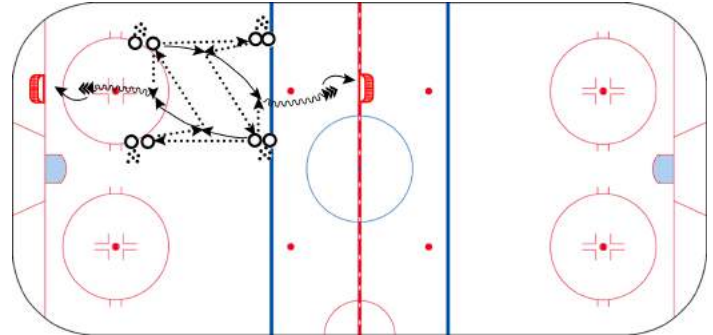


Quarter Ice - Arno One Touch D

10 mins

Description

1. Pass out, touch back
2. Pass across, touch back
3. Attack 1v0 for shot
4. Stay at net for rebound from next player

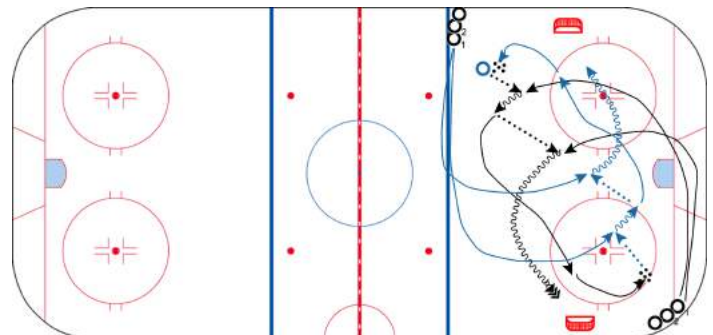


Cross Ice - 3 Zone Timing

10 mins

Description

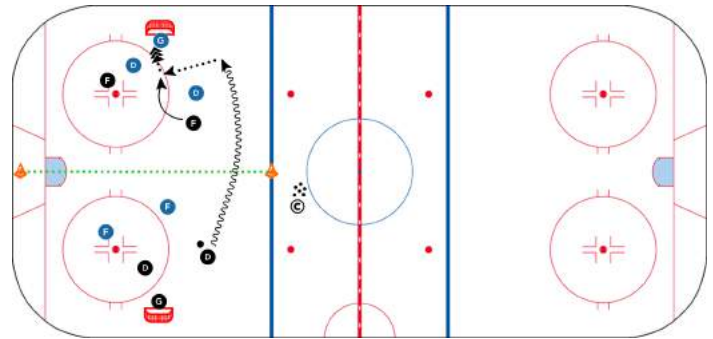
1. Two players swing as shown
2. Receive a pass from the passer to start the drill
3. Player 1 headmans to Player 2
4. Player 2 shoots, Player 1 picks up a new puck and moves it up ice to the new Player 1
5. Drill is continuous



Description

Divide players into two teams. Game starts with a 2 on 2 going in each zone (8 players total). Coach dumps the puck in and they battle 2 on 2. Once the defensive team gets it, the player with the puck can skate it out, or pass to the other side and follow up the play to create a 3 on 2.

After a 3 on 2 turnover, player who crossed over must backcheck hard to avoid a 3 on 1 the other way.



Inside Edges, 5 Step Crossovers

5 mins

Quarter Ice - Power Turn Shooting

5 mins

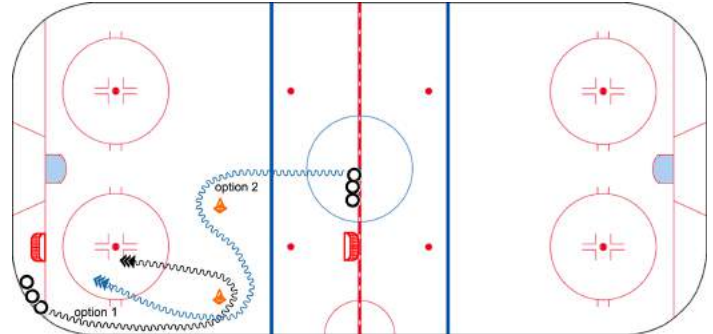
Description

Option 1:

1. Power turn and shoot
2. Run both sides on same whistle

Option 2:

1. Two power turns and shoot
2. Run both sides on same whistle

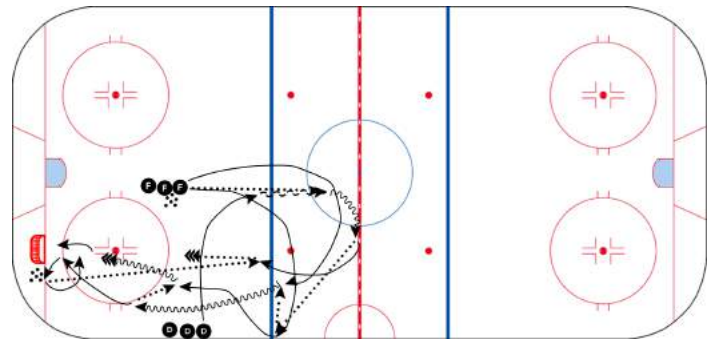


Quarter Ice - 3-Man Regroup

20 mins

Description

1. D swings, opens up backward, and receives a pass from the F
2. F's swing into regroup position and execute a portion of the post-up regroup
3. F's attack and shoot, then pick up a new puck and pass back to the D for a shot & tip

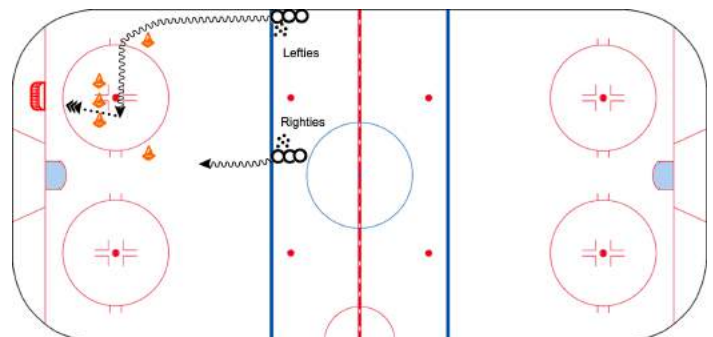


Quarter Ice - Double Clutch Shooting

10 mins

Description

1. Lefties on the right side, righties on the left
2. Drive in and cut to the net
3. Fake a shot through the first gap, shoot through the second gap



Half-Ice Give & Go 1 on 1

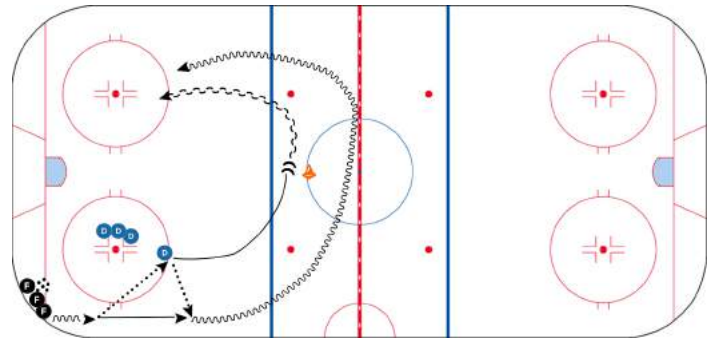
10 mins

Key Points:

- Gap management

Description

1. Forward makes a give & go pass with defenseman
2. Forward drives wide around the cone
3. Defenseman manages the gap, and plays the 1 on 1



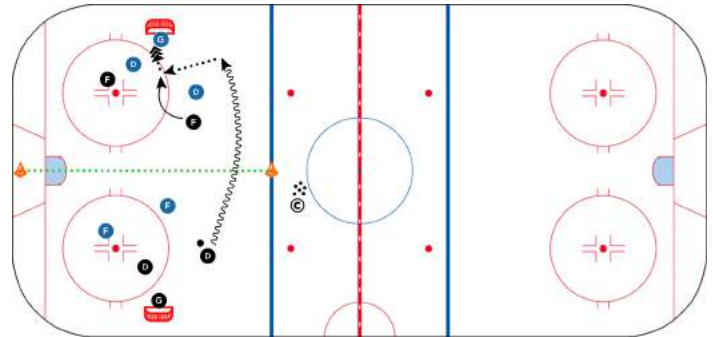
Cross Ice - Breakout Forecheck 3 on 2

10 mins

Description

Divide players into two teams. Game starts with a 2 on 2 going in each zone (8 players total). Coach dumps the puck in and they battle 2 on 2. Once the defensive team gets it, the player with the puck can skate it out, or pass to the other side and follow up the play to create a 3 on 2.

After a 3 on 2 turnover, player who crossed over must backcheck hard to avoid a 3 on 1 the other way.



40 minutes of NZ shooting drills

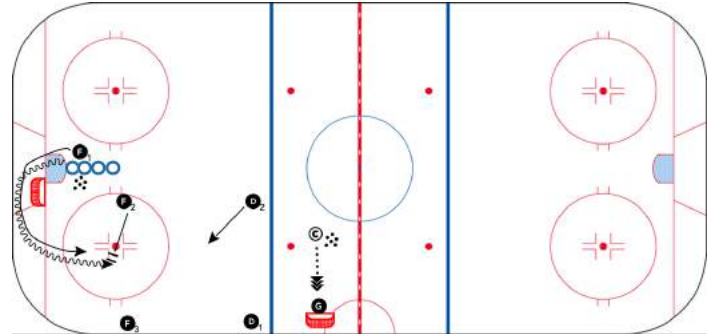
40 mins

Quarter Ice - 1-2-2 "Middle Stuff"

40 mins

Description

1. Go as lines
2. Blue player tries to skate the puck up the middle
3. Forecheckers "stuff" him
4. F2 and D2 have primary responsibility here
5. Work both sides



Half-Ice Macdonald Forecheck

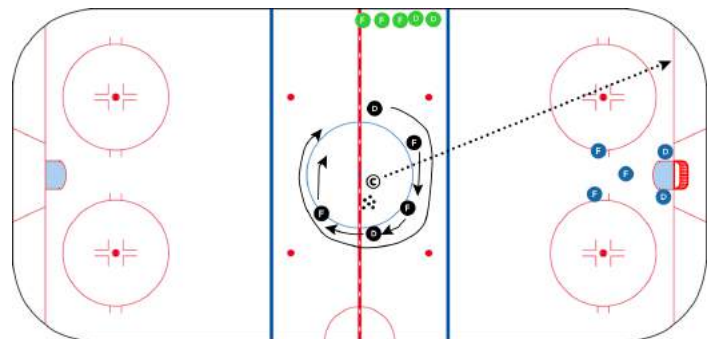
20 mins

Key Points:

- Designate which type of forecheck you want to use
- Designate any specific breakout patterns you want to see

Description

1. Breakout team (blue) starts in 5-card formation
2. Forecheck team (black) skates around center circle waiting for the dump in (sticks upside down)
3. On deck team (green) waits to the side
4. Coach dumps puck in
5. Forecheckers forecheck, Breakout team tries to break out
6. Once the breakout team succeeds, they pass back to the coach and skate the circle (and flips their sticks upside down) while the on deck team gets into 5-card
7. Black team gets out of the way and becomes the new on-deck team
8. Coach dumps a new puck in. This time blue forechecks, and green breaks out
9. Drill continues perpetually



Inside Edges, 5-Step Crossovers, Footwork

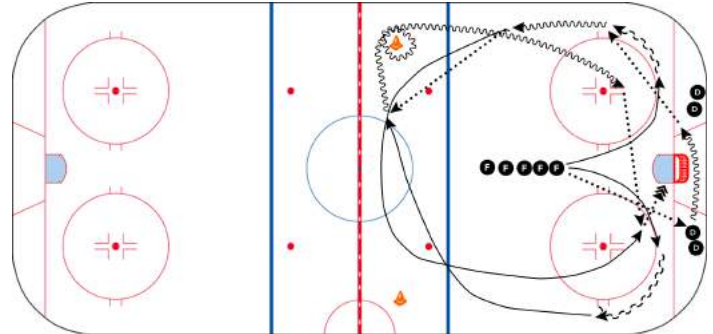
10 mins

Half-Ice Swing Breakout

15 mins

Description

1. Forwards line up in the middle, Defensemen behind the net
2. Forward passes to a defenseman, then opens up for a breakout pass
3. Defenseman wheels behind the net, then passes to the forward
4. Weak-side forward cuts across for a breakaway pass
5. Forwards skate routes as shown then enter into the zone 2 on 0



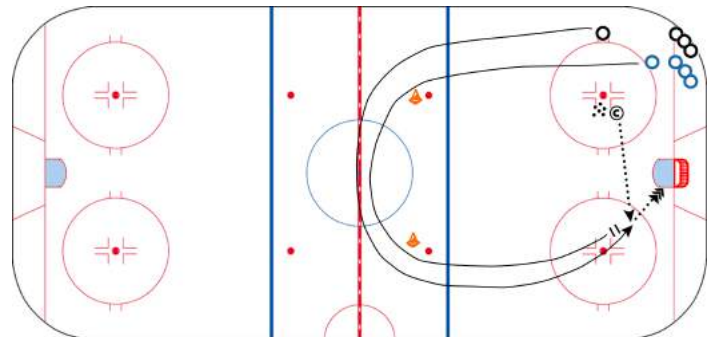
1 on 1 Big Arc Backchecking

15 mins

Description

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

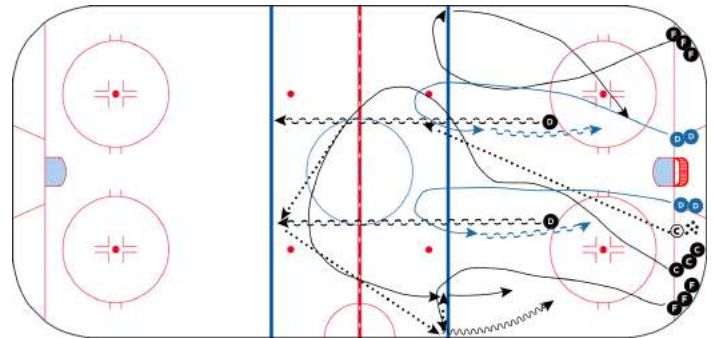


Coach Regroup - 2/3 Ice

10 mins

Description

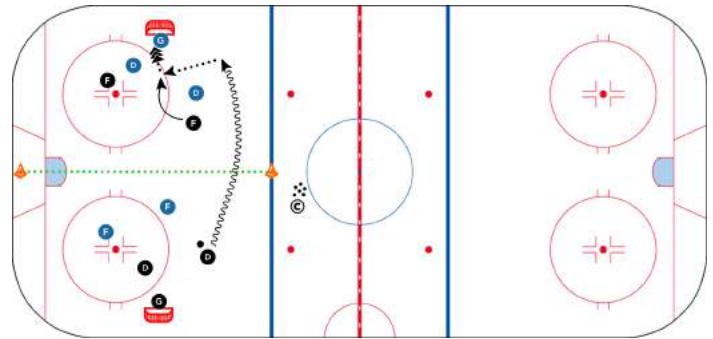
1. Coach passes out to D
2. 5-man regroup
3. Attack 5 on 2



Description

Divide players into two teams. Game starts with a 2 on 2 going in each zone (8 players total). Coach dumps the puck in and they battle 2 on 2. Once the defensive team gets it, the player with the puck can skate it out, or pass to the other side and follow up the play to create a 3 on 2.

After a 3 on 2 turnover, player who crossed over must backcheck hard to avoid a 3 on 1 the other way.



60 Second Drill

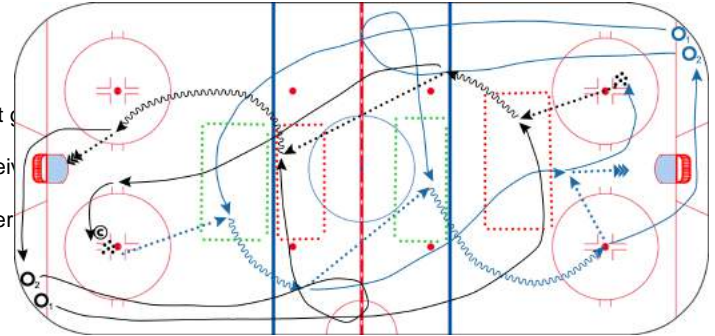
10 mins

3 Zone Timing

15 mins

Description

1. Drill starts with a passer (C) in the circle
2. First player swings low, inside the blue line, and receives the pass in the first green zone
3. Receiver controls puck, then hits the second player in the second green zone
4. Receiver takes a shot, picks up a puck from the circle, and hits the first player
5. Drill continues perpetually.



Wiseman Drill

15 mins

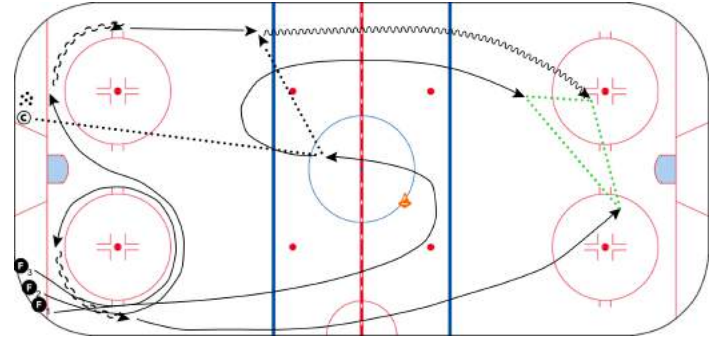
Key Points:

Variation:

- Coach passes to any of the 3 forwards
- If it goes to F2 or F3, F1 swings toward that player and presents himself as the stretch option

Description

1. F1 skates around the far cone, then back toward the coach
2. F2 skates the "S"
3. F3 skates the circle
4. Coach passes to F1
5. Touch pass to F2 or F3, who drives wide
6. F1 loops in behind puck carrier to become the "trailer man" in the attack triangle

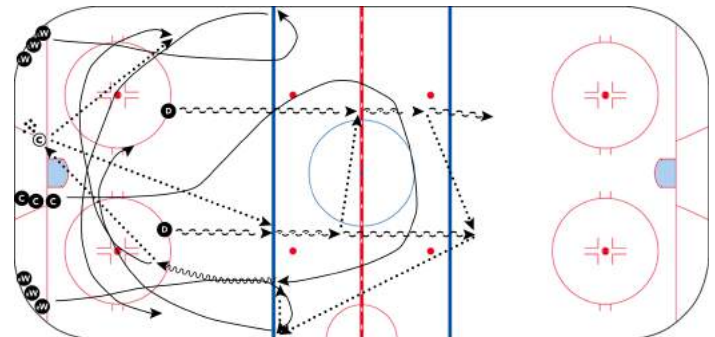


Coach Regroup 3 on 2

15 mins

Description

1. Players line up as shown
2. Coach passes out to defensemen
3. Regroup
4. Pass back to the coach and swing for a low regroup/breakout
5. Defensemen close the gap
6. 3 on 2



6 Puck Shootout

5 mins