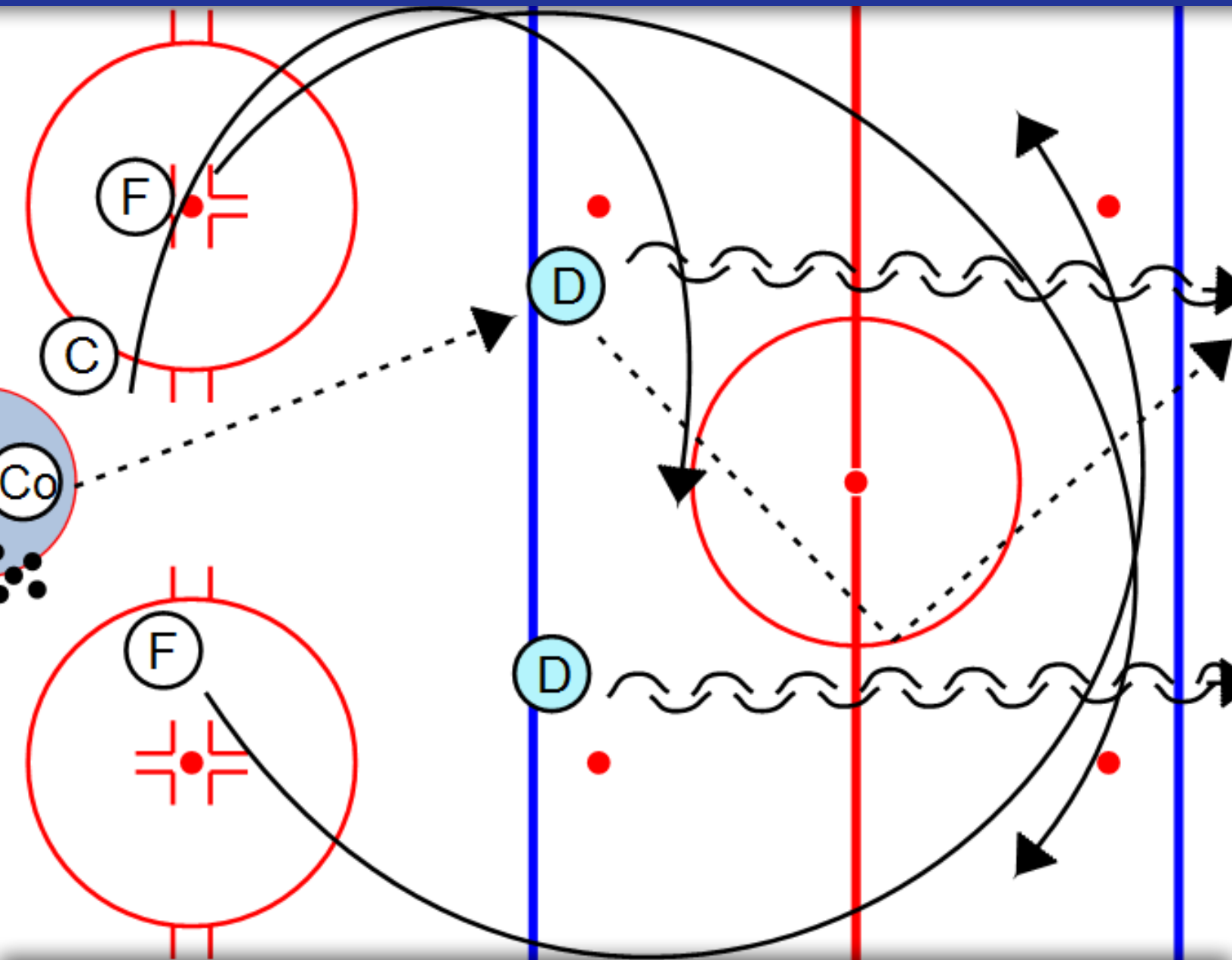


WEISS TECH HOCKEY ADVANCED DRILL BOOK

Volume 1



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



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

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

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

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

The drills contained in this book are literally a world-wide compilation. Some are drills I picked up as a player, 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

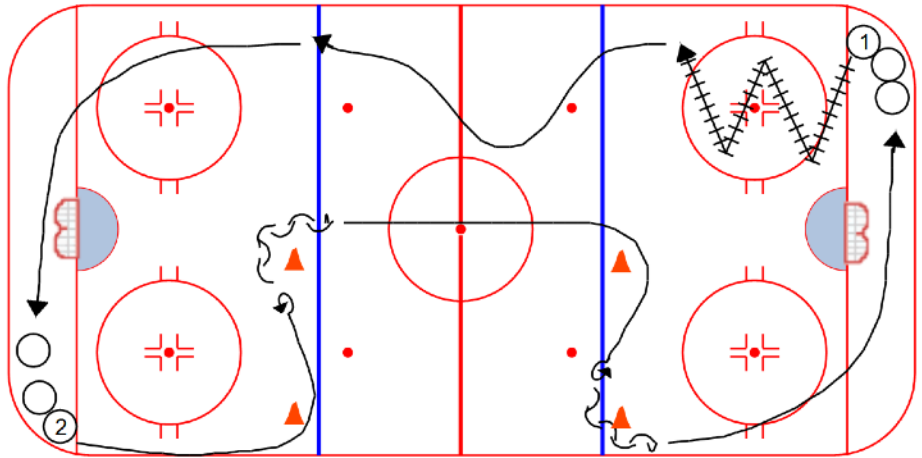
AGILITY



Agility Circuit:

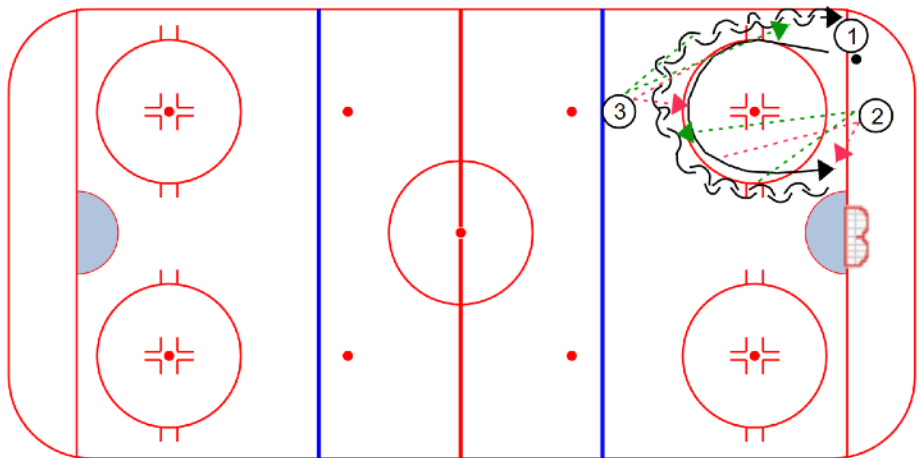
1. Players start in opposite corners
2. Line 1 does quick, side-step crossovers, 5 steps at a time to the top of the circle, then explodes into full-speed 5 step crossovers (drive skating) through the neutral zone and gets in the back of line 2
3. Line 2 does power turns and pivots through the cones as shown

Note: Drill can be done with or without pucks



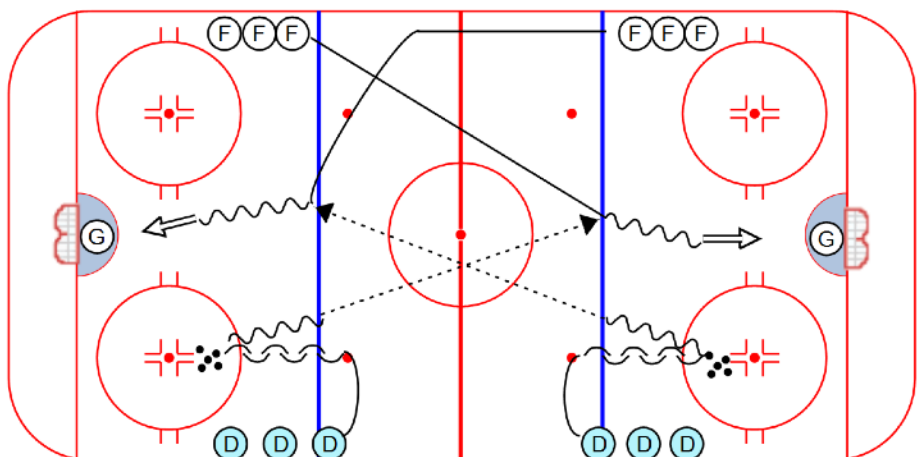
Agility Passing:

1. Player 1 starts with a puck and skates around the circle.
2. 1 passes to 3, gets a pass back
3. 1 passes to 2 and gets a pass back.
4. When 1 reaches the goal line, he/she pivots backwards and returns around the circle passing to both 2 and 3 on the way back.



D - Agility Breakaway Pass:

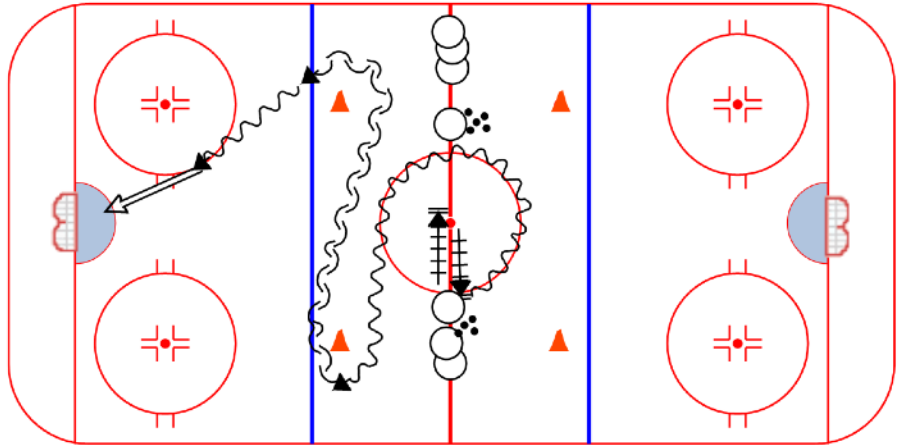
1. Drill starts on the whistle. Both ends at the same time.
2. On the whistle, the D skates around the NZ face-off dot and retrieves a puck.
3. One F skates a direct pattern and one F skates a stretch pattern. The D make along pass to the F for a shot on the G.



Overspeed Agility:

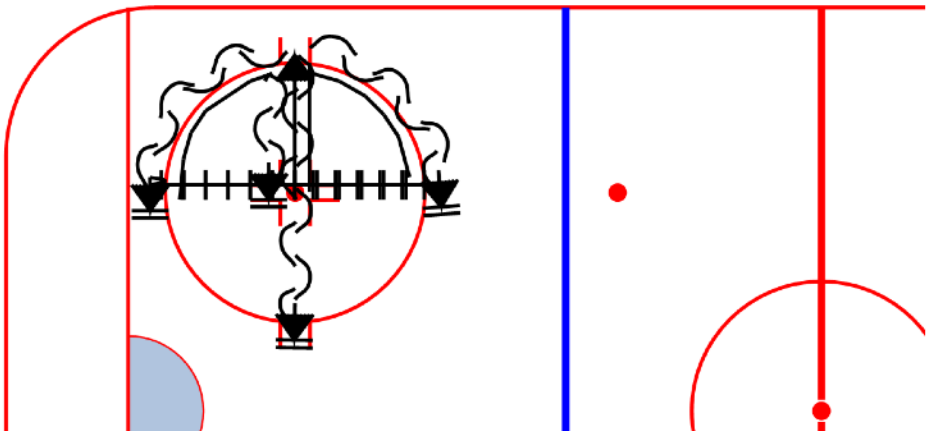
First players from each line go at the same time

1. Player starts at the edge of the circle and side steps to the center ice faceoff dot.
2. Player stops at the dot, then sidesteps back to the edge where he/she started and quickly crosses over around the circle (feet moving quickly - focus on overspeed here).
3. Player continues around the circle, then skates out to the neutral zone faceoff dot, pivots and skates backwards to the opposite faceoff dot.
4. Player pivots forward and takes a shot on net.



Circle Agility Drill:

1. Player starts on the face off dot.
2. On the whistle he explodes to the edge of the circle, pivots and skates backward along the LEFT side of the circle to about the middle of the circle, and stops.
3. Player then skates forward along the same edge of the circle until he comes back to the top of the circle again, then pivots and skates backward to the dot, and stops.
4. Player executes side-step-crossovers to the left edge of the circle, stops, side-step-crossovers all the way back across to the far right edge of the circle, stops, then side-step-crossovers back to the dot, and stops.
5. Player again explodes to the top of the circle, pivots and skates backward along the RIGHT side of the circle to about the middle of the circle, and stops.
6. Player then skates forward along the same edge of the circle until he comes back to the top of the circle again, then pivots and skates backward all the way to the bottom edge of the circle.



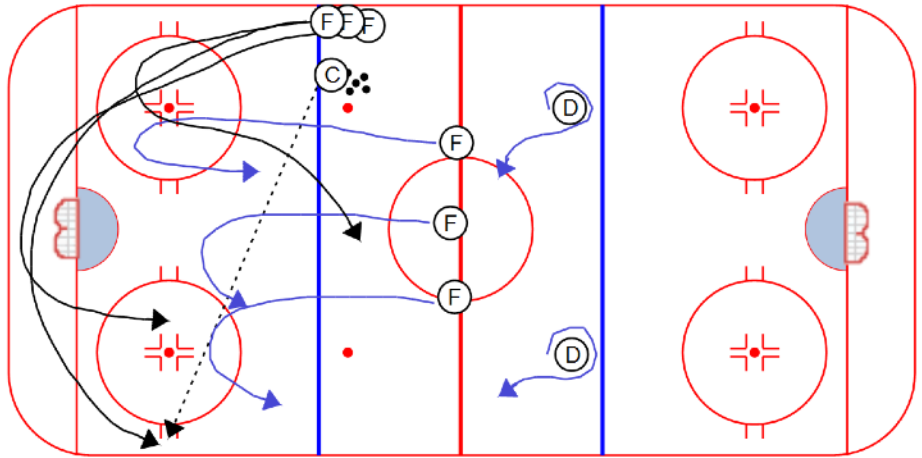
Notes: Try putting 3-4 players per circle, and rotate through until each player has completed the drill 3 times. As players' skating skills improve, add a puck.

ANGLING



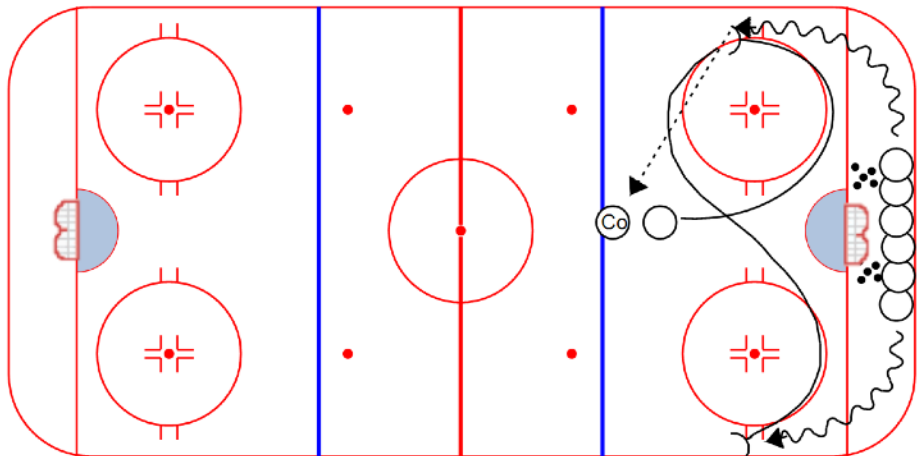
3 on 3 Angle:

1. 3 forwards swing low then attempt a breakout
2. 3 forechecking forwards angle
3. If forecheckers force a turnover before the blue line, they can attack
4. If turnover happens after the blue line, give it to the defensemen for a quick D-to-D pass
5. If forwards successfully breakout, they can attack



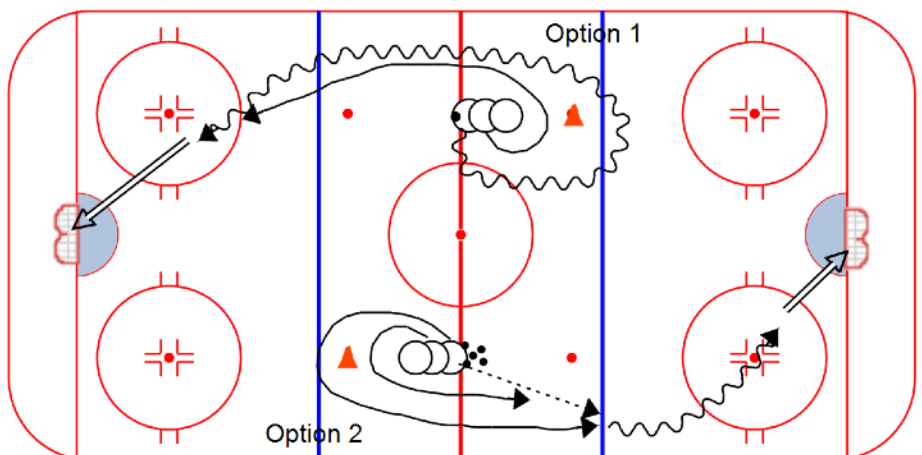
Angle Checking:

1. Players line up behind the net, as shown
2. First player in line skates the puck up the boards
3. Forechecker angles, squeezes him off, makes the hit, then passes back to the coach
4. Player who just took the hit becomes the new forechecker going the other way
5. New puck carrier can't leave until the forechecker passes coach



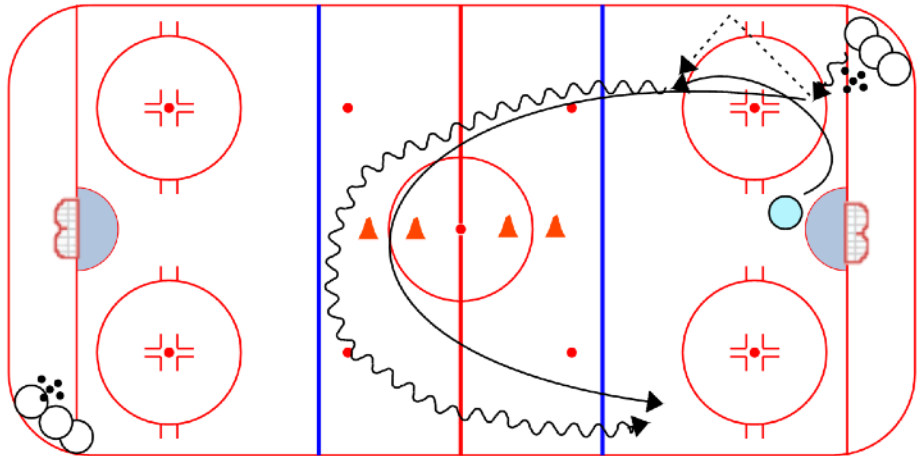
Around the Line:

1. Option 1 - player starts with a puck, skates around the cone. Second player in line backchecks, only has to go around the line.
2. Option 2 - player starts without a puck, skates around the cone. receives a pass from the line. Second player in line backchecks, only has to go around the line.



Chip & Chase Angling:

1. One player starts in front of the net and swings through to pick up a chip pass from the first player in line
2. After picking up the puck, he carries it up around the far cone, then drives to the net for a scoring attempt
3. The player who made the chip pass skates around the middle cone as shown, then backchecks, angling the puck carrier to the boards
4. Backcheck becomes the new receiver on the chip pass, drill repeats

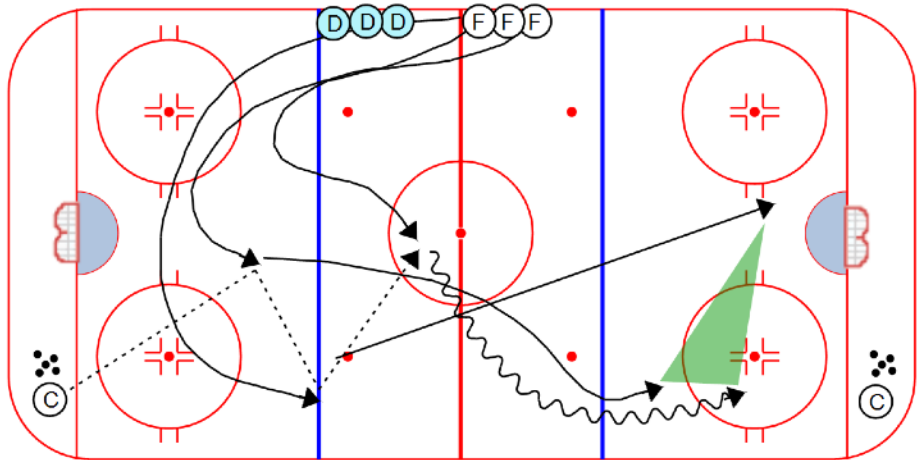


COMPETITION



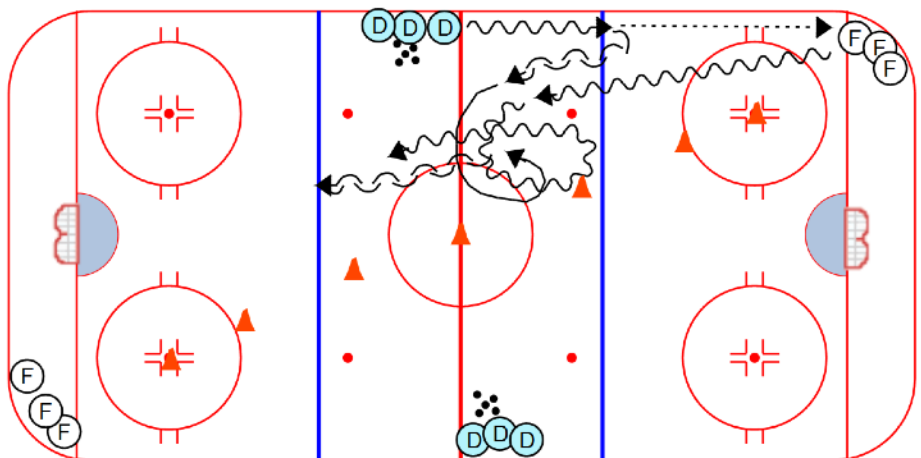
3 on 0, 3 on 1, 3 on 2

1. Forwards in one bench, Defensemen in the other
2. On whistle, 3 Forwards swing low and receive a breakout pass from the Coach, then attack 3 on 0
3. After a quick attack, the same 3 Forwards swing to present themselves again for a breakout, while a Defenseman closes the gap.
4. Coach initiates breakout and Forwards attack 3 on 1.
5. After the 3 on 1, the same Forwards will swing again, receive a third breakout pass, then attack 3 on 2.



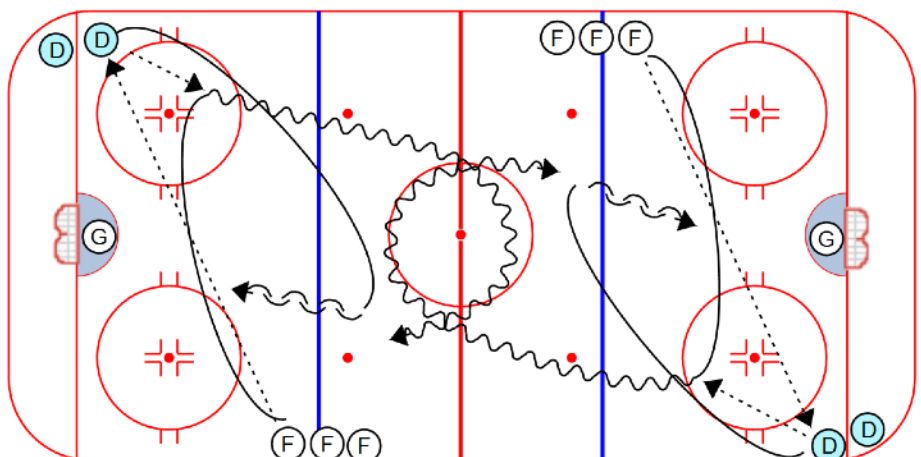
1 on 1 Gap Control:

1. D carries puck inside blue line, passes to F, then backs up playing a tight gap
2. F attacks 1 on 1
3. Whenever Coach blows the whistle, F executes a quick turn back, D keeps gap tight by mirroring F, then the 1 on 1 continues
4. Coach may blow the whistle as many times as he/she wants



1 on 1 Swedish Overspeed Drill (phase 1):

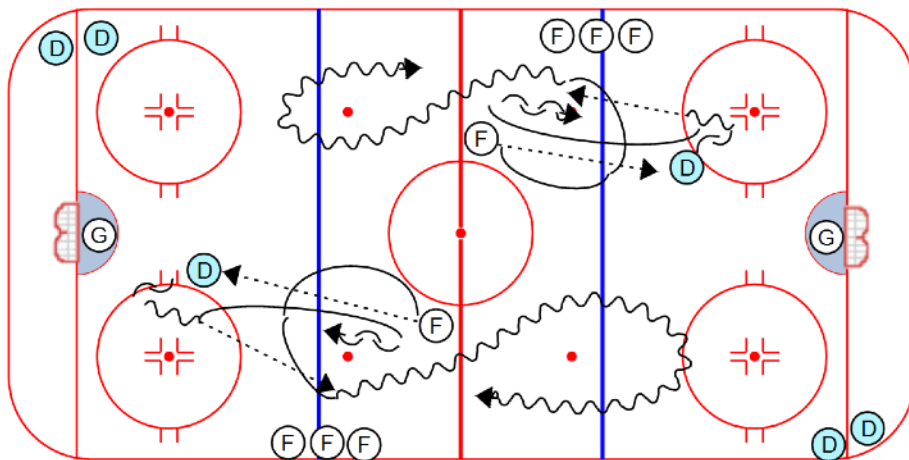
1. On the whistle, the F makes a pass to the D.
2. The F skates across the ice and receives a return pass.
3. The D follows up the ice.
4. The F skates around the centre ice circle and goes 1 on 1 with the D, who has closed the gap for the 1 on 1.



1 on 1 Swedish Overspeed Drill (phase 2):

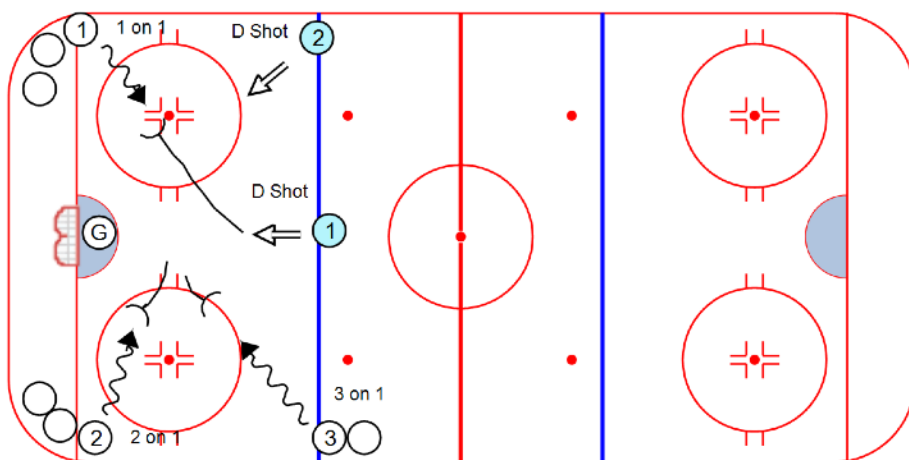
Double re-group:

1. After the F skates around the centre ice circle, the F makes a pass to the D, and turns to the boards.
2. The D makes a board pass and closes the gap in the neutral zone. The F turns back for a 1 on 1.



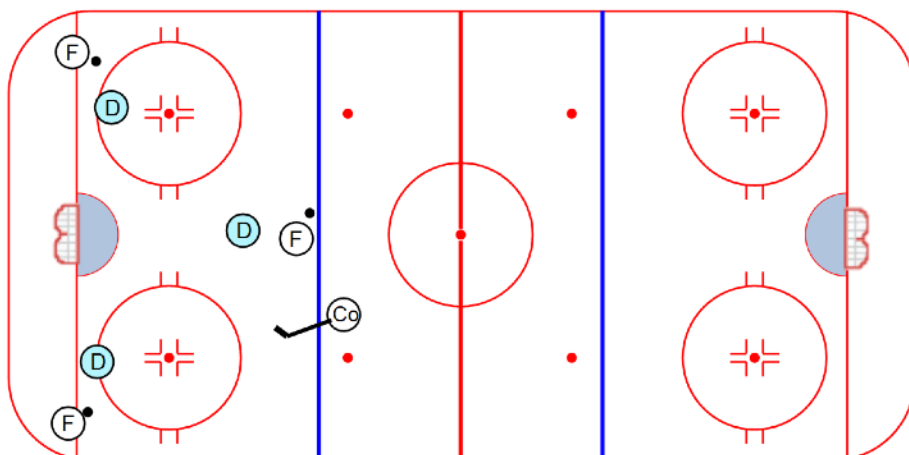
1 on 1, 2 on 1, 3 on 1, D Shot:

1. D1 starts the drill with a shot on goal.
2. After the shot, D1 meets F1 in the corner for a 1 on 1.
3. After the 1 on 1, D1 meets F2 in the opposite corner for a 2 on 1.
4. F2 works with F1 who stays in front of the net.
5. After the 2 on 1, F3 skates in from the blue line to start a 3 on 1. F1 and F2 stay in front of the net for the 3 on 1.
6. After the 3 on 1, D2 takes a shot on goal with F1, F2, & F3 in front, trying to screen or deflect.
7. D1 tries to box out the forwards.



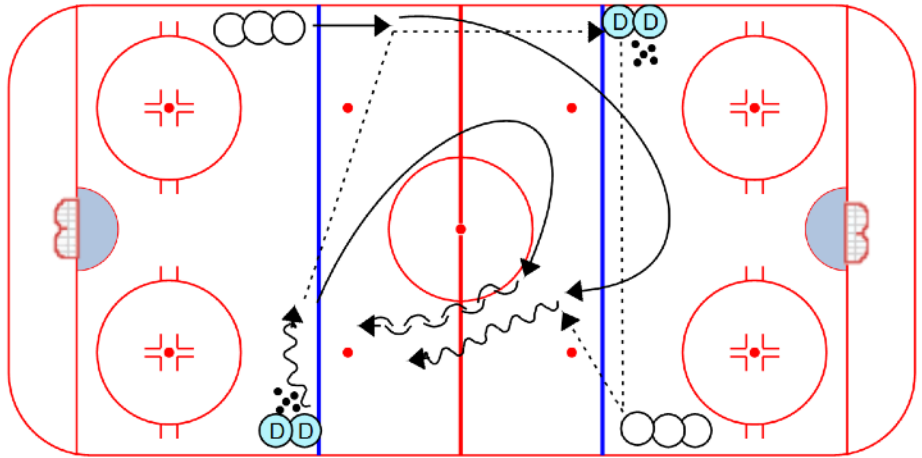
1 on 1, 2 on 2, 3 on 3:

1. Set up players as shown. Low pairings start tight, right in the corner to force a battle along the boards, low Defensemen close to the Forwards, on one knee
2. On whistle, Coach designates a pairing by pointing with the stick
3. Designated pairing plays a 1 on 1 battle until the next whistle
4. On next whistle, Coach designates another pairing to go
5. The first pairing stays in the play, play becomes a 2 on 2.
6. On the next whistle, the last pairing goes, with the first two pairings staying in. Play becomes a 3 on 3.



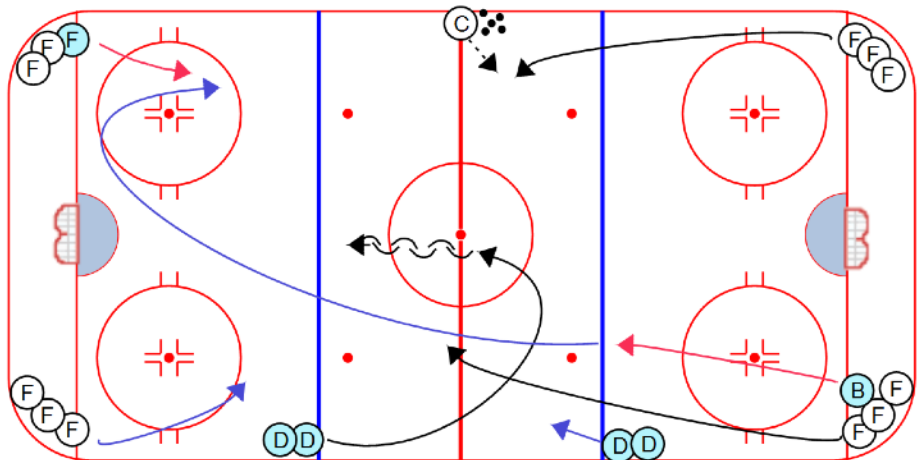
4 Blue Lines 1 on 1:

1. D steps out and passes to F on the fly.
2. F touch passes to the D in the other line.
3. D fires pass across to forward in the other line, who touch passes back to the F swinging through.
4. The original D closes the gap and plays the 1 on 1



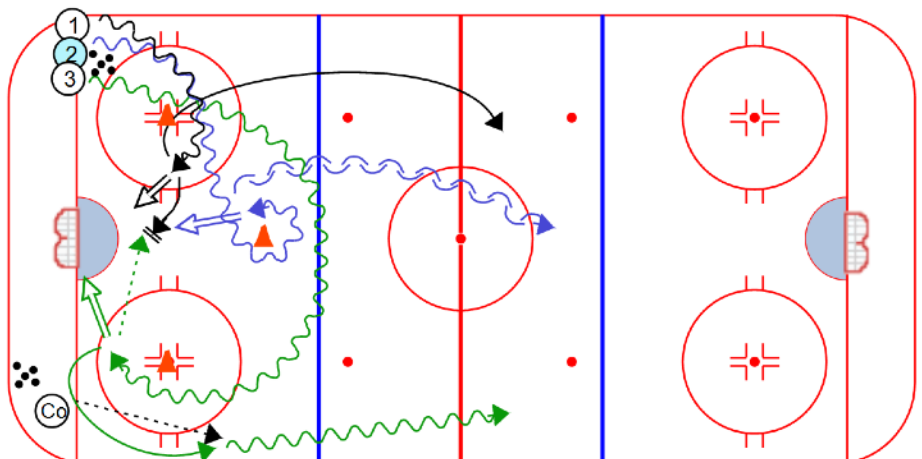
2 on 1 Perpetual Backcheck:

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



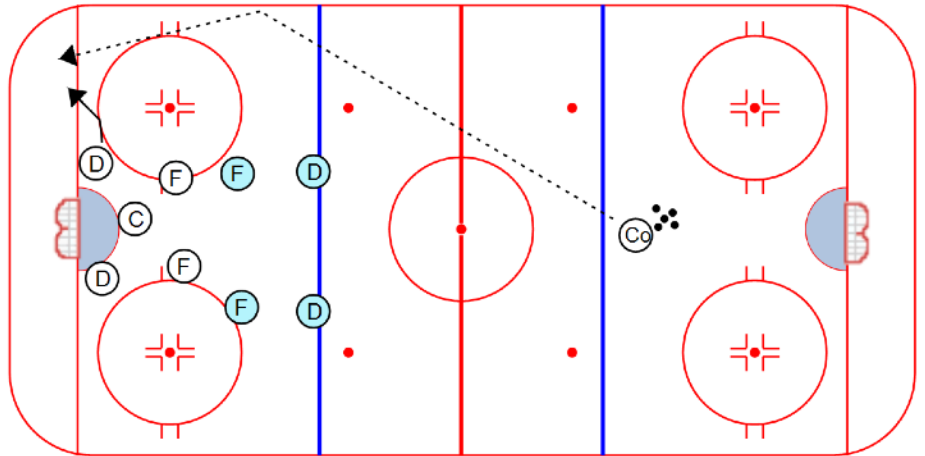
3 Shot Attack 2 on 1:

1. O1 skates around first cone, shoots and continues to front of net for screen or tip in from O2's shot.
2. After O2's shot, O1 then drifts to the back post for a possible pass from O3.
3. O2 skates around first cone and tight turns the second cone for a point shot with O1's screen or tip in.
4. O3 skates around the outside of all 3 cones and either shoots, or passes to O1 on the back post.
5. After all 3 shots, O1 and O3 curl out of the zone and breakout against a now defensive O2 (who plays the 2 on 1)
6. Coach makes a pass to O3 up the boards.



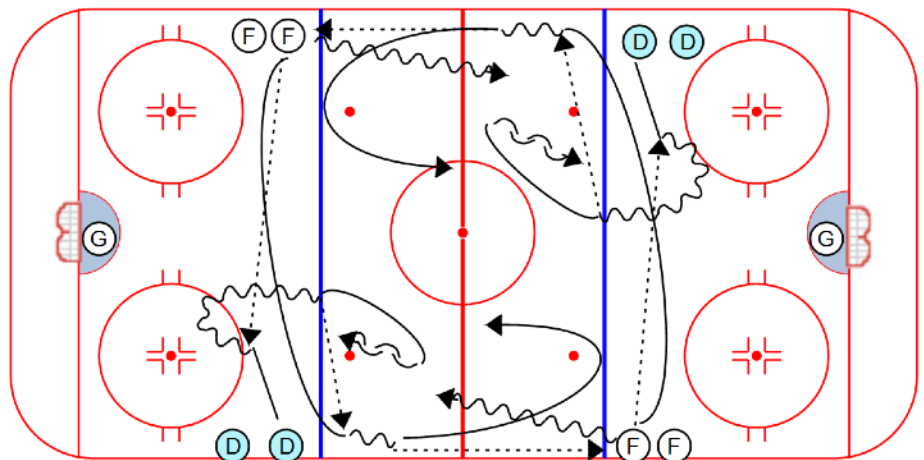
5 on 4 Breakout, Regroup, Attack:

1. Players line up as shown
2. Coach dumps puck into corner
3. Offensive team forechecks, defensive team breaks out
4. After the breakout, forecheckers peel off, breakout forwards swing through for a regroup with the coach
5. As forwards are regrouping, defensemen close the gap
6. Forwards attack 3 on 2



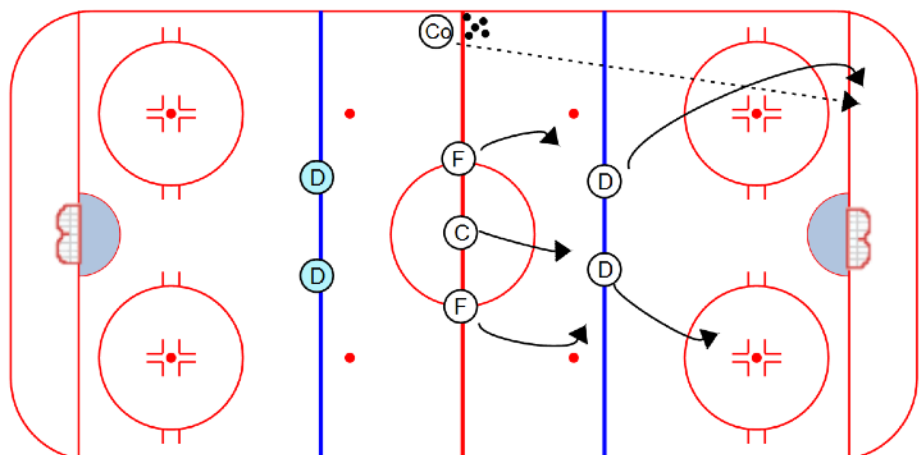
Anaheim 2 on 1:

1. On the whistle, the F makes a pass to the D
2. The D makes a return pass to the F
3. The F makes a pass to the second F
4. 2 on 1 back.



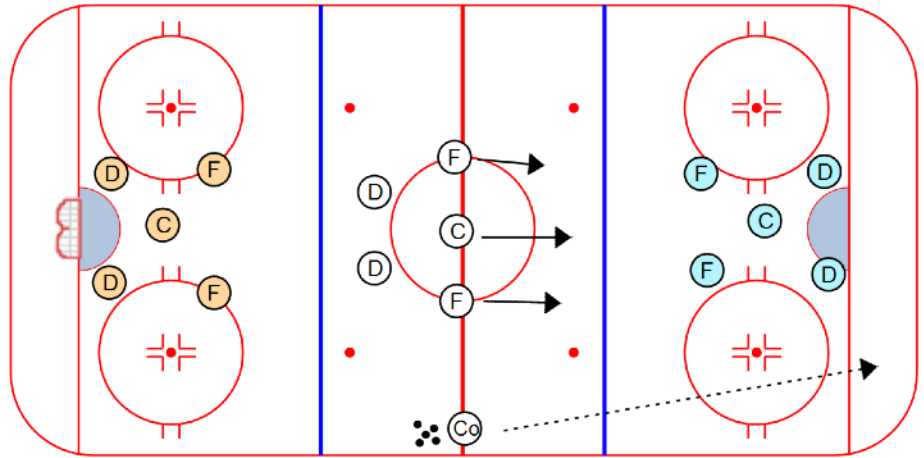
Breakout, Regroup, Regroup, Attack:

1. Coach dumps puck in to one end, forwards execute a breakout
2. After breakout, forwards perform a regroup with the far defensemen, then regroup with the first set of defensemen (same ones they broke out with)
3. After second regroup, forwards and defensemen attack 3 on 2



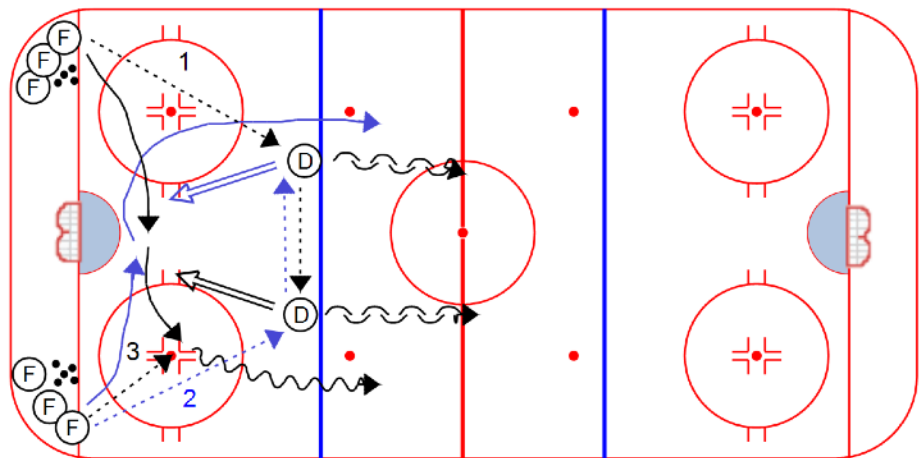
Perpetual Breakout/Forecheck:

- 5 defenders start in "5 card" formation
- Coach dumps the puck in
- 5 attackers forecheck using a specified forechecking system
- 5 defenders play DZC until they are able to execute a breakout
- After the defenders break out of the zone, attackers peel off to the bench
- 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
- The 5 who dumped it in become the new forecheckers



Burkart 2 on 2 Deflection:

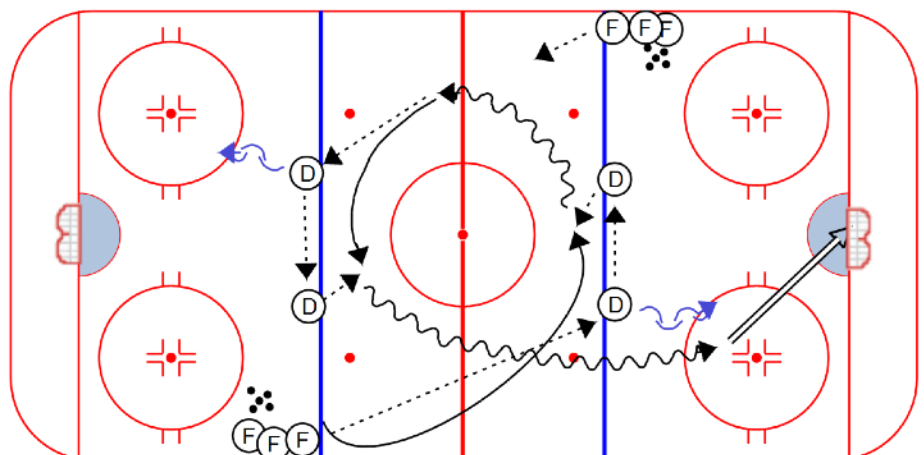
- F passes to D then drives net
- D to D pass and shot
- F deflects, then stays in front
- Other corner passes out to D then drives net
- D to D pass and shot
- Other F deflects
- F's swing for a breakout pass then attack 2 on 2
- After second shot, D's back up 2 on 2



Burkart Regroup:

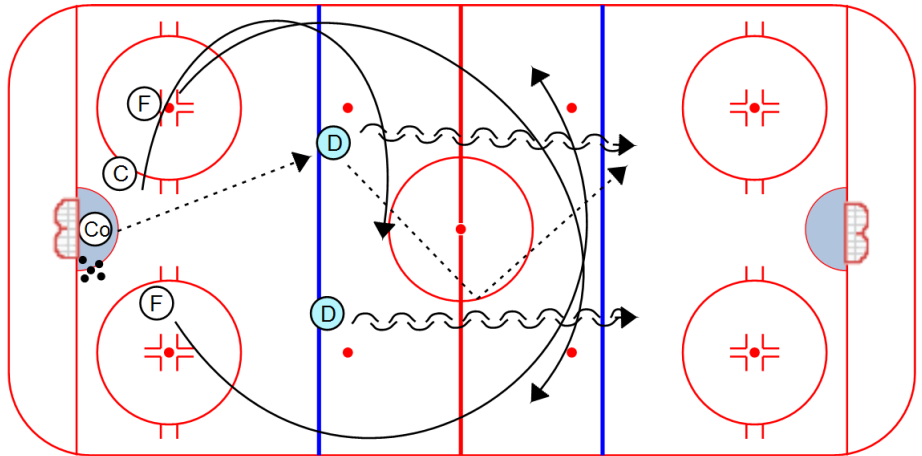
- F passes to D and swings
- D to D pass, then pass back to the Forward
- F receives pass, then executes another regroup with the other set of defensemen
- F attacks 1 on 0

VARIATION: have the D play the 1 on 1

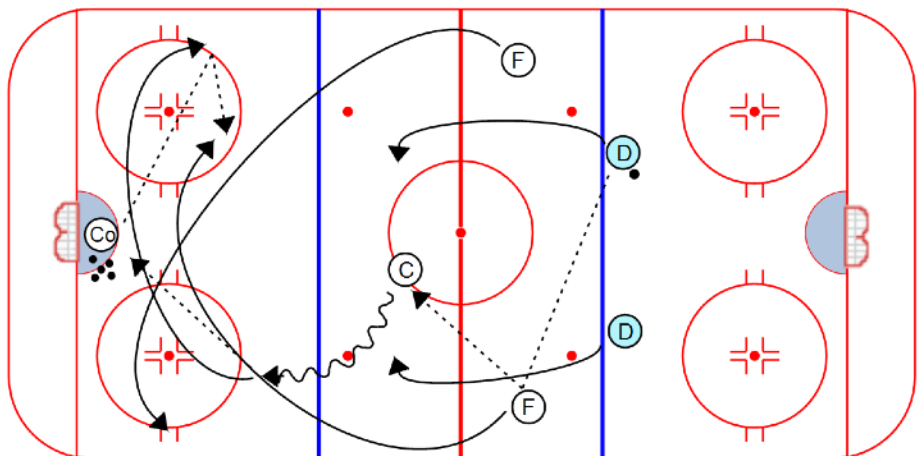


Coach Regroup 3 on 2:

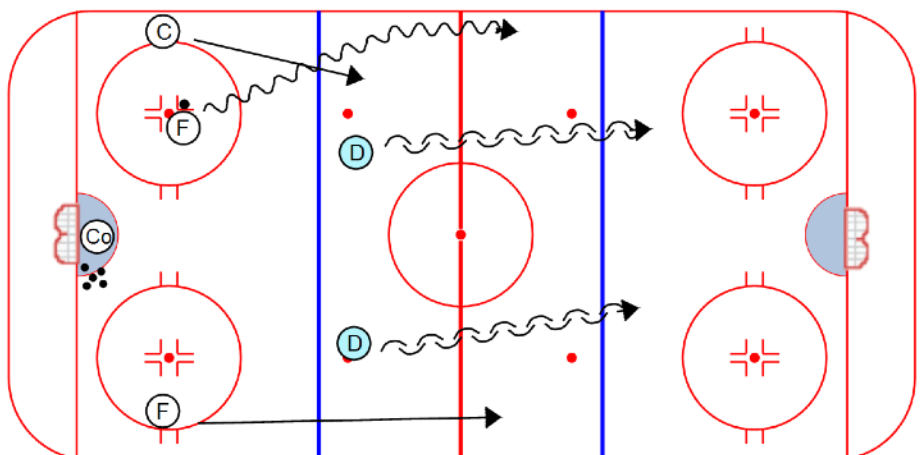
1. Co passes to D to start the drill
2. Both D back up, passing back and forth
3. F's swing through for a regroup
4. After the regroup, the forwards pass to the coach, and swing again.
5. D close the gap and defend 3 on 2 against the forwards



Coach Regroup 3 on 2 (phase 2):



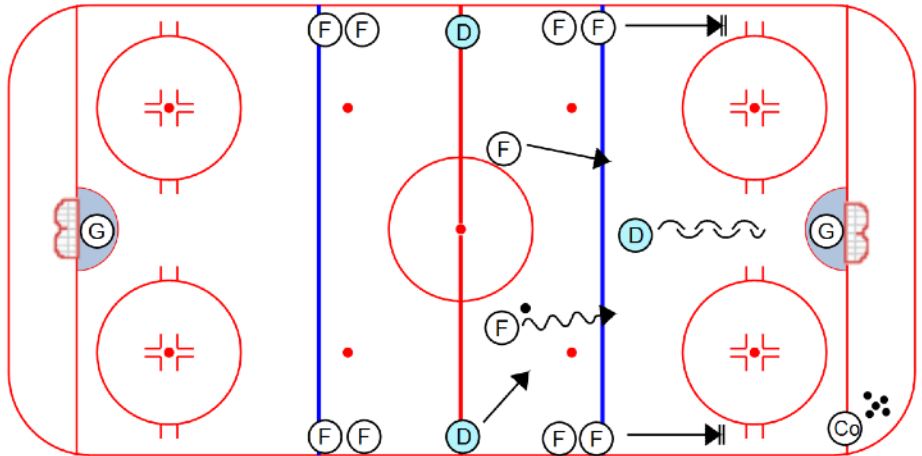
Coach Regroup 3 on 2 (phase 2):



Continuous Odd-Man Rushes:

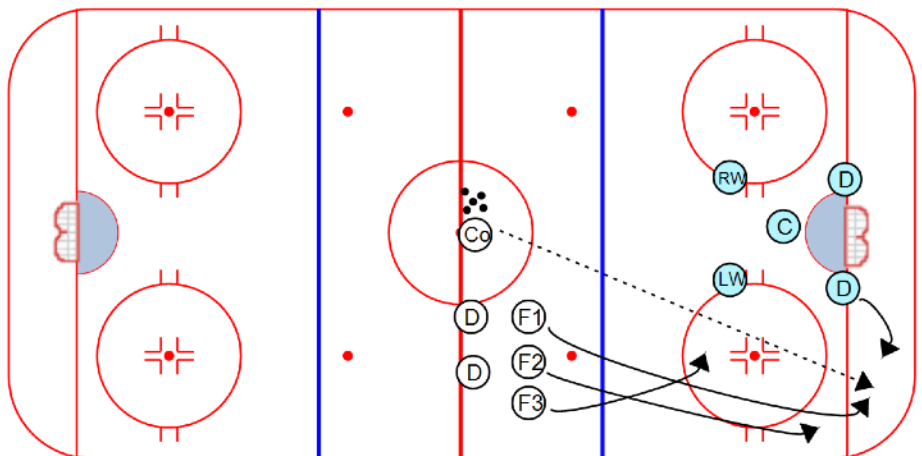
1. On the whistle, two F's go 2 on 1 with the D.
2. The F's shoot until they score or until the D breaks up the play and makes a pass to two new F's providing wall support.
3. A new D steps out to play the 2 on 1 the other way.
4. If the F's score, the coach makes a pass to the next group.

VARIATIONS: Use all different combinations. 1 on 1, 2 on 1, 2 on 2, and 3 on 2.



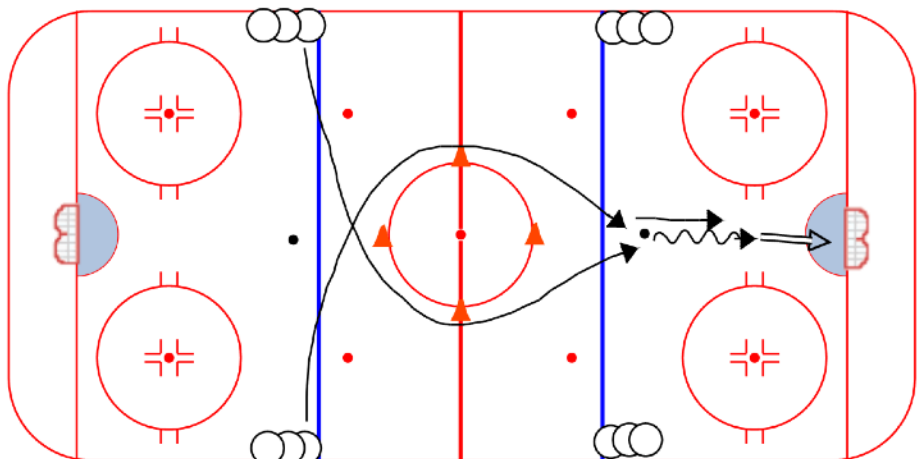
Controlled 5 on 5 Forecheck:

1. 5-man forechecking unit starts in the neutral zone
2. 5-man breakout unit starts in defensive zone
3. Coach dumps puck in, breakout unit attempts to breakout, forechecking unit attacks
4. Controlled "scrimmage" using a designated forechecking set-up (coach blows play dead if anyone is out of position)
5. When breakout unit gets the puck out, coach dumps a new puck in, forechecking unit clears the zone and attacks again



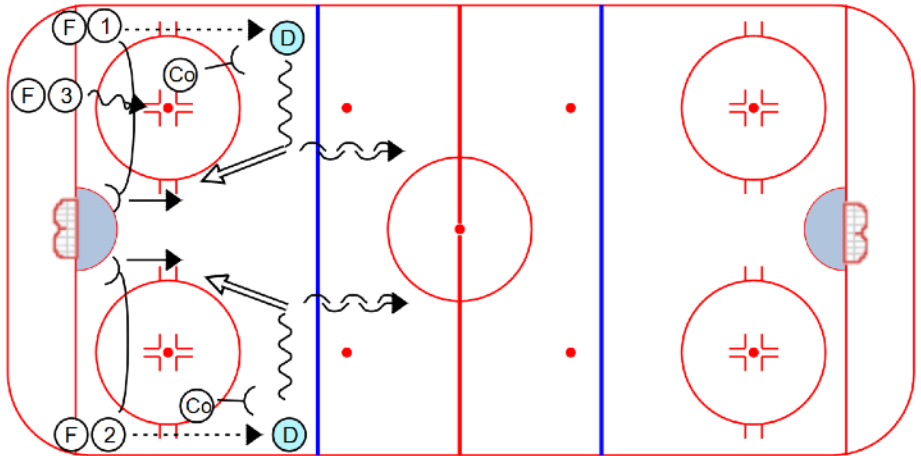
Czech Race:

1. Players line up at the blue lines on the boards
2. On the whistle, two players across from each other race to the puck
3. The player who gets to the puck first shoots, other player backchecks
4. On the next whistle the other two players go the other way



D Pressure Shooting - 3 on 2:

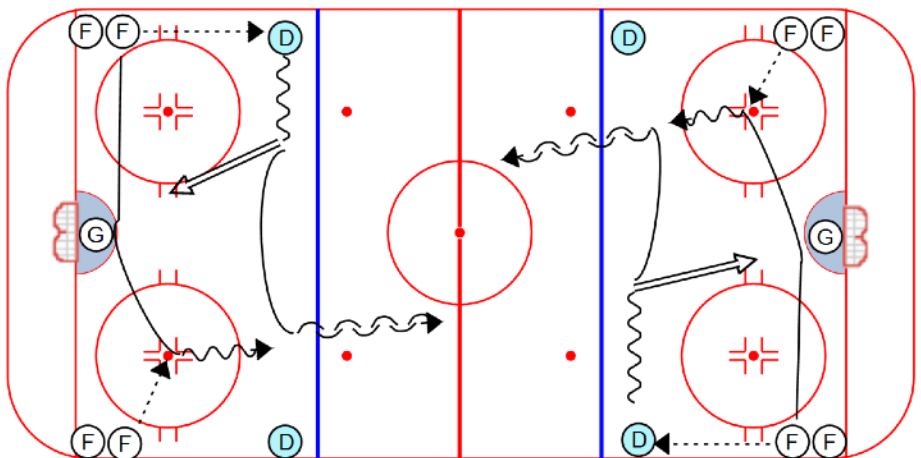
1. On the whistle, F1 makes a pass to the D and goes to the net to screen/deflect.
2. The D walks across the blue line and takes a shot on the net.
3. Then F2 makes a pass to the D and goes to the net.
4. The D walks across the middle and takes a shot on the net.
5. F1 and F2 screen/deflect.
6. After the shot, F3 skates up the ice with a puck. The F's attack, 3 on 2.



D Shot - 1 on 1:

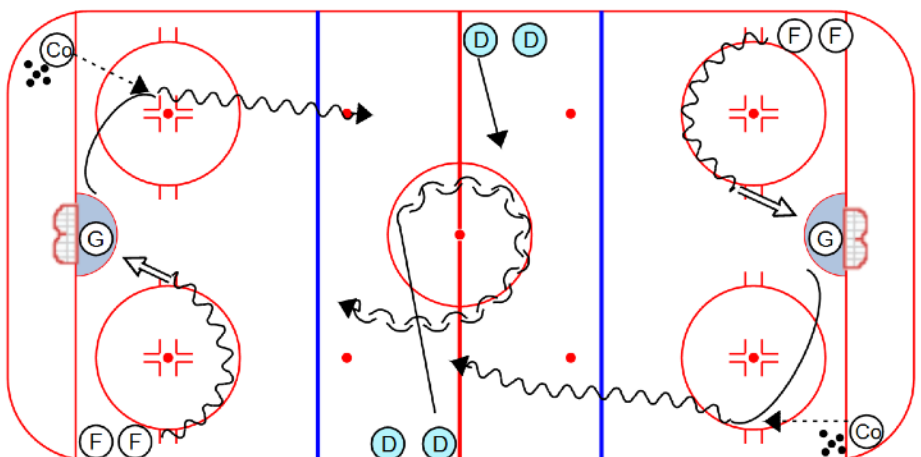
1. On the whistle, the F passes a puck to the D and goes to the net.
2. The D walks across the blue line and takes a shot on goal.
3. The F tries to deflect/screen, then receives a new puck for a 1 on 1 with the D.

VARIATION: The F who makes the pass can join the rush for a 2 on 1.



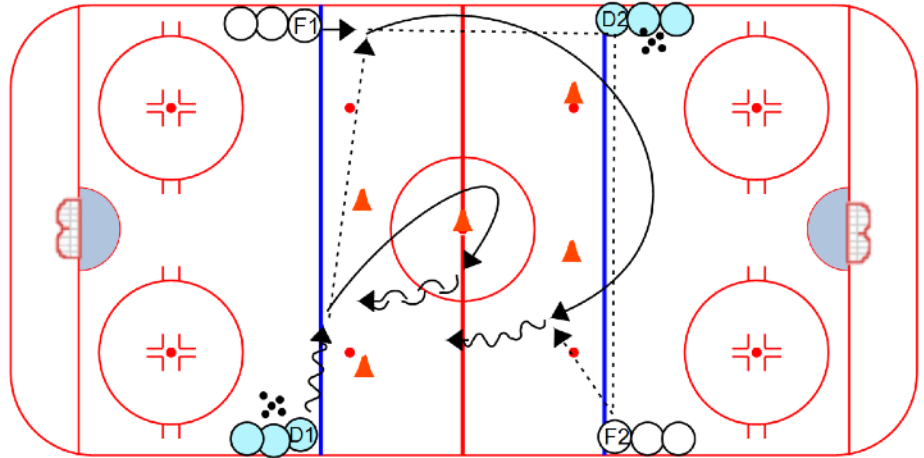
D Skate 1 on 1:

1. On the whistle, the D skate to the centre ice circle and pivot to backwards.
2. As the D skate around the circle, the F's skate a puck along the top of the circle, take a shot, and receive a pass from the coach.
3. The F goes 1 on 1 against the D.



Square 1 on 1:

1. D2 takes a few steps and passes to F1 on the fly, then loops around the middle cone to play the 1 on 1.
2. He will then tip the pass to D2 who passes to F2.
3. F2 gives it back to F1 who attacks 1 on 1
4. Both sides run at the same time.

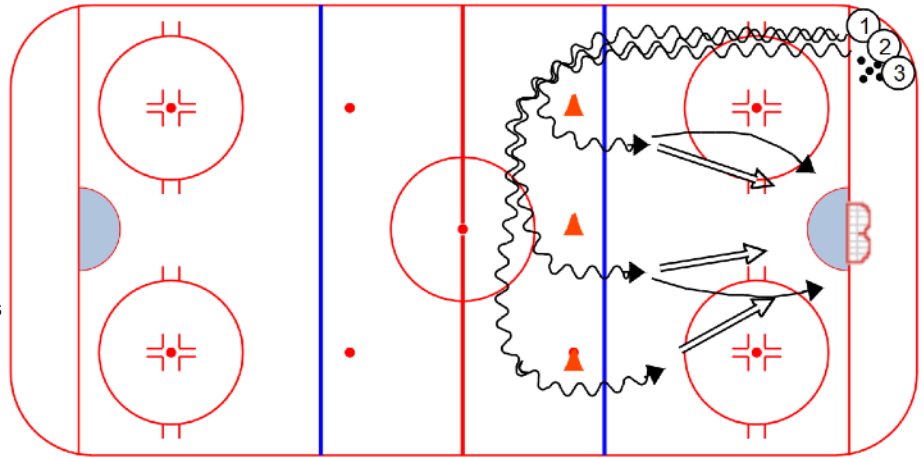


Goalie



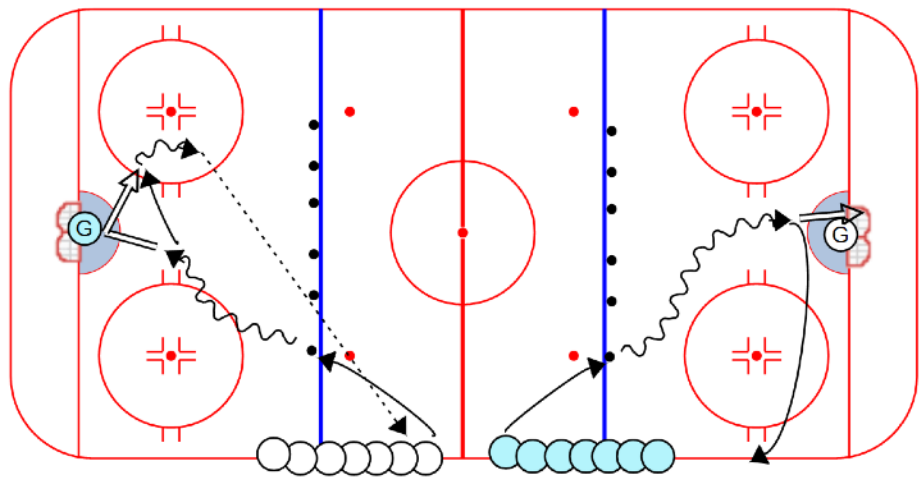
3 Cone Rebound:

1. 3 players leave at the same time from the same line
2. Player 1 skates puck around near cone, shoots from above the circles, and stays at the net for the rebound on the next shot—Goalie tracks, squares up, and fields shot
3. Player 2 skates puck around the middle cone, shoots from above the circles, and stays at the net for the rebound on the next shot—Goalie tracks, squares up, and fields shot - controlling the rebound!
4. Player 3 skates puck around the far cone, shoots from above the circles, then drives for his or her own rebound—Goalie tracks, squares up, and fields shot - controlling the rebound!



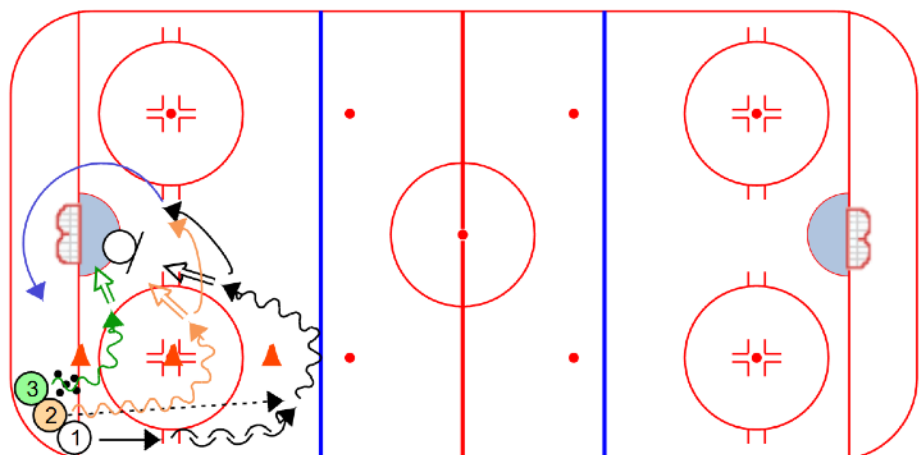
6 Puck Shootout:

1. Team splits into two groups, players sit on the bench while waiting for their turn
2. Six pucks are set up on each blue line
3. If a player misses his/her shot, he/she must get the rebound the pass it to the next player in line
4. If a player scores, he/she must race back and touch the boards before the next player in line can go
5. First team to score all six pucks wins



Post Awareness:

1. Goalie starts on the post. Player 1 leaves without puck, pivots from forward to backward at about the hashmarks, and receives a pass from Player 2
2. After receiving the pass, Player 1 pivots and skates forward around the far cone, then drives to the high slot for a shot
3. Goalie follows the puck, square to the shot
4. After the shot, Player 1 positions himself for a rebound. Goalie gets back to the post
5. Player 2 drives around the middle cone (with puck), and takes shot. Player 1 jumps on the rebound
6. After Player 2's shot and rebound, Player 1 gets back in line. Player two positions himself for Player 3's rebound. Goalie returns to post
7. Player 3 drives around the low cone and shoots. Player 2 rebounds. Player 3 positions himself for a rebound. Repeat.

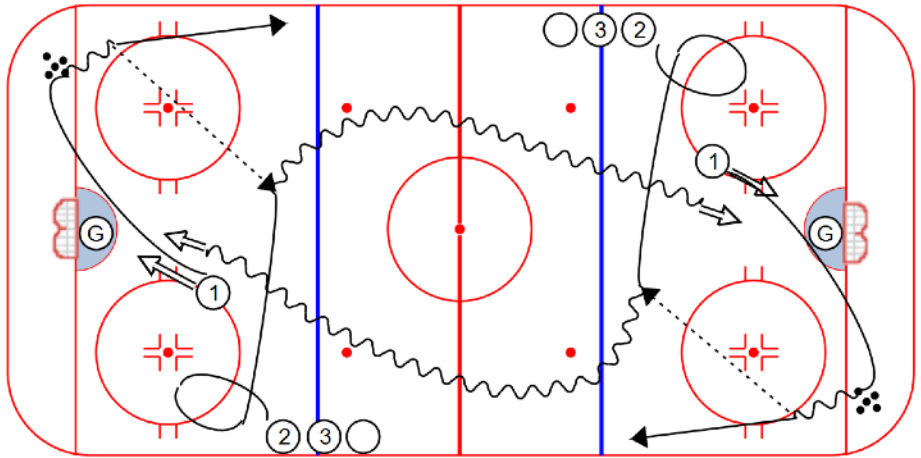


PASSING



1 on 0 Quick-Up Timing:

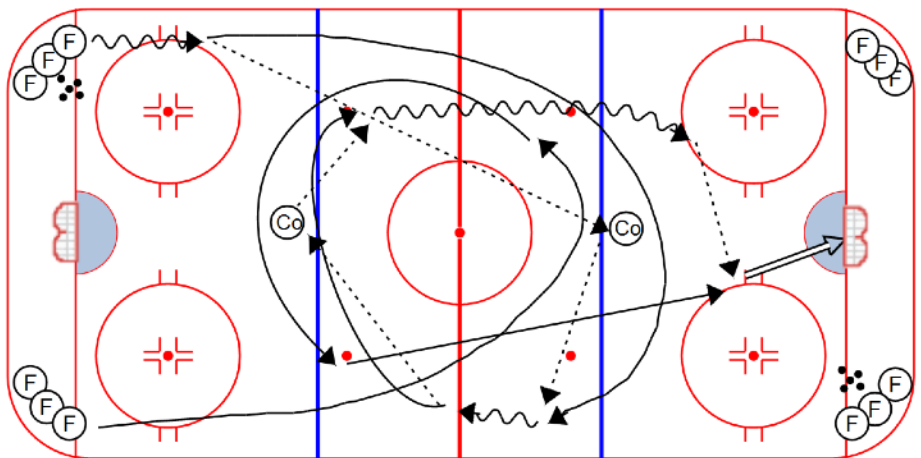
1. On the whistle, Player 1 takes a shot on the G.
2. Player 2 does a mohawk turn to the boards as Player 1 picks up a new puck in the corner.
3. Player 1 makes a pass to Player 2 for a shot on the G.
4. The drill continues with Player 2 picking up a new puck in the corner and making a pass to Player 3.



2 Man Coach Regroup:

1. Forwards in each of the corners, one Coach or Defenseman on each blue line.
2. Forward steps out, passes to far Coach.
3. Both forwards from that line swing through for a regroup pass.
4. After receiving the return pass, forwards regroup with other Coach, then return 2 on 0.

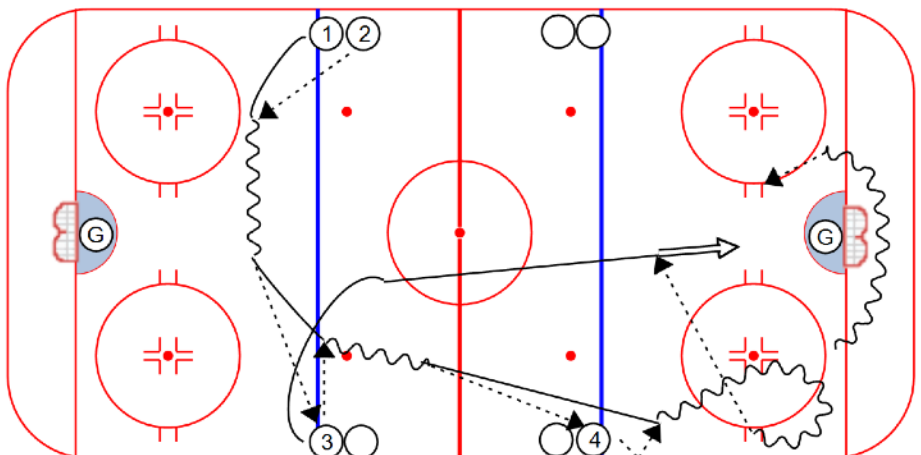
VARIATION: start simple with one side at a time, progress to both sides simultaneously, then to a 2 on 1.



2 on 0 Chip Pass & Delay

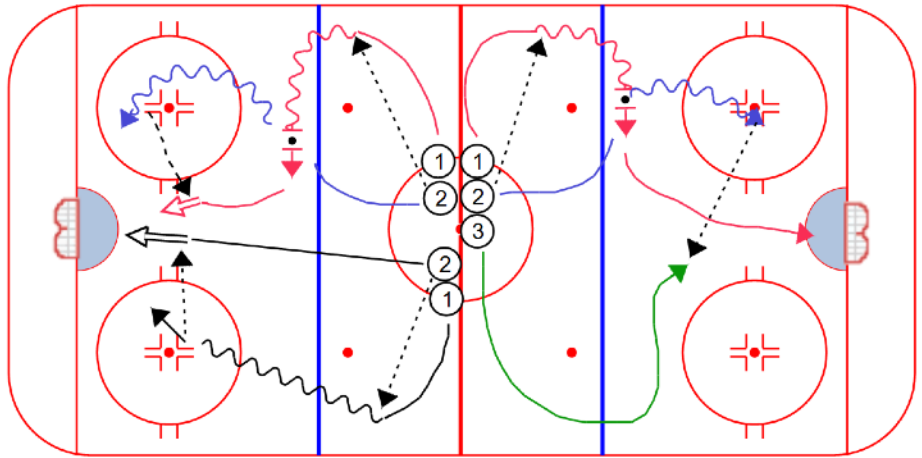
1. On the whistle, Player 1 steps out and receives a pass from Player 2.
2. Player 1 makes a pass to Player 3. Quick pass back.
3. Player 1 makes a pass to Player 4 who banks it off the boards.
4. Player 1 picks up the puck and delays in the corner.
5. Player 3 follows up the ice and receives a pass from Player 1, and shoots

VARIATION: Player 1 can skate behind the net and make a pass to Player 3.



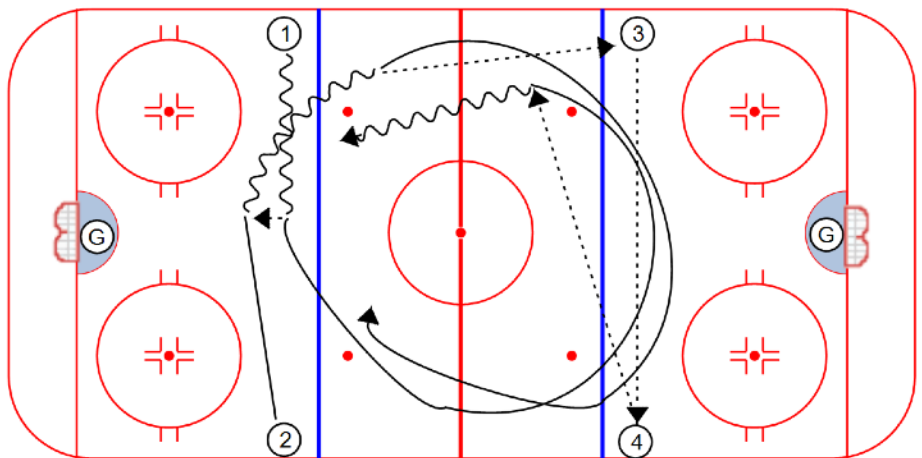
2 on 0 Drills:

1. Double Drive- Player 1 skates to the boards, receives a pass from Player 2 . Both players drive the net.
2. Drop pass- Player 1 skates to the boards, receives a pass from Player 2. Player 1 drops puck for Player 2.
3. 3 on 0 Triangle- Drop pass with Player 3 in the high slot.



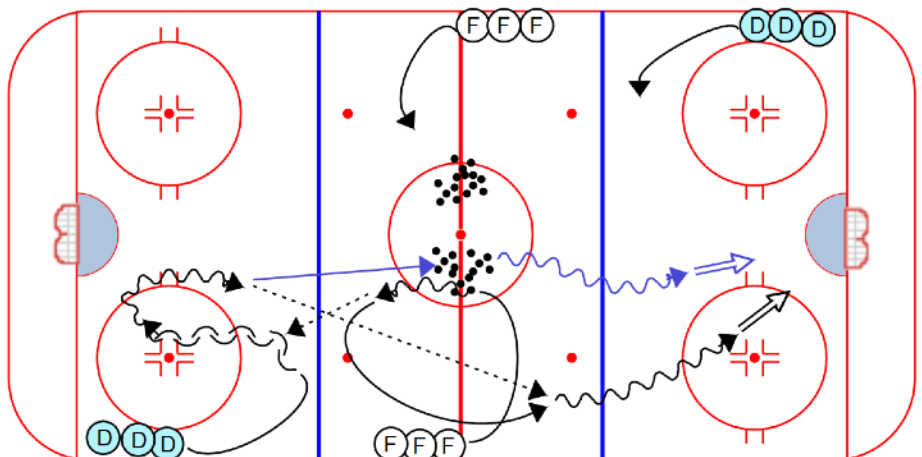
2 on 0 Drop Pass:

1. On the whistle, Player 1 steps out with a puck and makes a drop pass to Player 2.
2. Player 2 makes a long pass to Player 3 on the opposite blue line.
3. Player 3 and 4 make as many passes as possible before making a return pass to Player 1 or 2.
4. 2 on 0 for a shot on the G. Then, on the next whistle, Players 3 and 4 go.



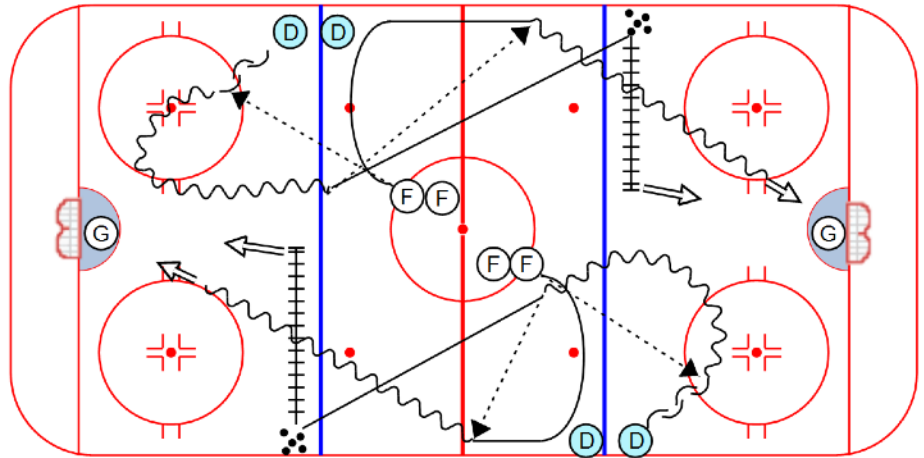
2 Pass, 2 Shot:

1. Forward picks up a puck and passes to the Defenseman
2. Defenseman picks up the pass and pivots backward, opens up, and hits the Forward for a stretch pass
3. Forward shoots, Defenseman picks up a puck from the center circle and shoots



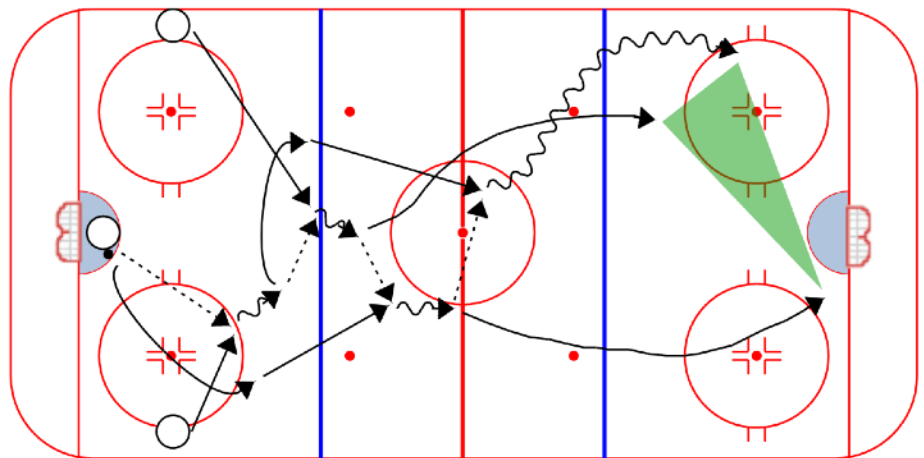
2 Shot - NZ Regroup:

1. On the whistle, the D steps out and receives a pass from the F.
2. The F skates out to the boards as the D pivots forward.
3. The F receives a pass from the D for a shot on the G.
4. The D follows up and picks up a new puck, then drags/carries the puck along the blue line for a shot on goal.
5. Forward stays at the net for the deflection/rebound



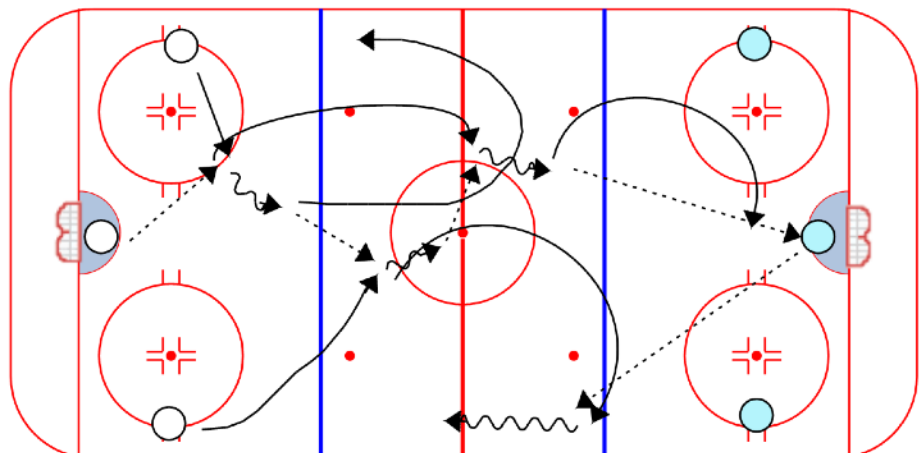
3 Man Weave:

1. Forwards headman the puck, then follow the pass
2. Backside support, then then explode up ice to become front-side support for the next pass
3. Enter the zone using the attack triangle
4. Aim for 3 passes before the blue line



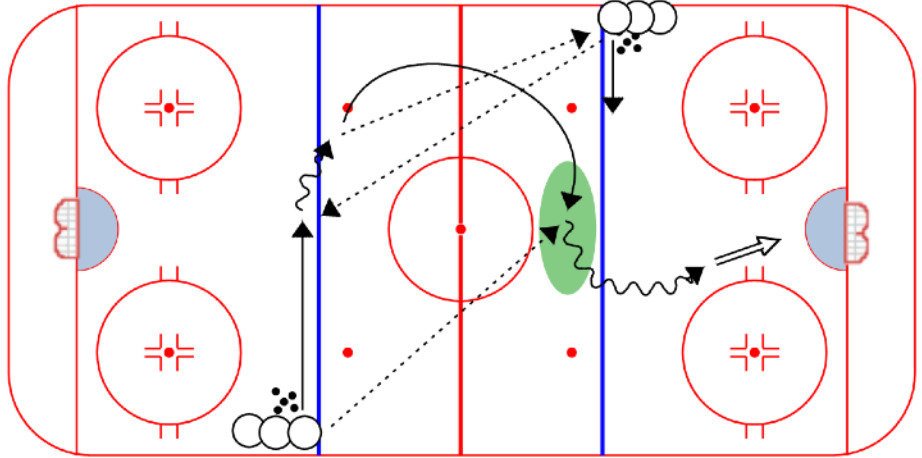
3 Man Weave Regroup:

1. 3 Fs leave and execute a 3-man weave down the ice.
2. At the far end they pass to one of the Fs and regroup
3. The first 3 Fs attack 3 on 0 at the same end they left from
4. After making the regroup pass the Fs at the far end leave and start the 3-man weave in the other direction.



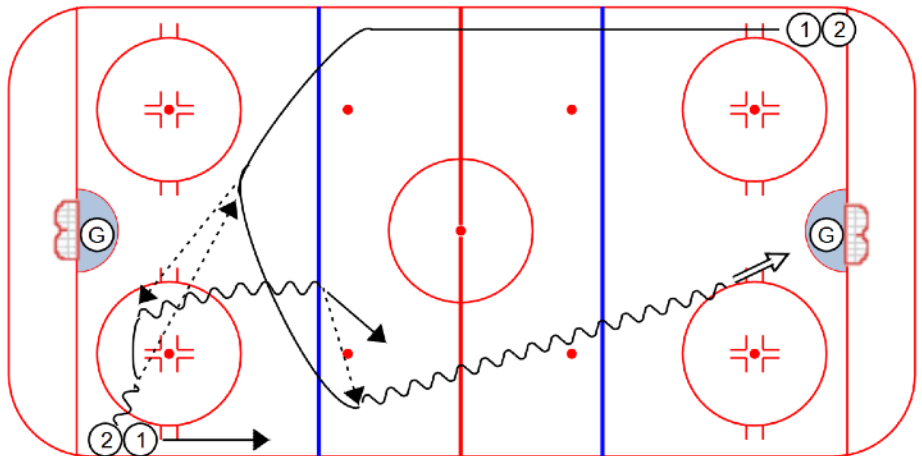
3 Pass & Shot:

1. Players line up in two lines, at the blue lines
2. On the whistle, the first player from each line skates across the blue line and receives a pass from the opposite line
3. The receiver controls the pass and gives a pass back to the player who passed to him
4. After giving the return pass, the player circles around, presenting himself as an option in the receiving zone, where he receives a pass from the line he originally left from
5. Receiver turns up ice and takes a shot, then skates to the back of the other line



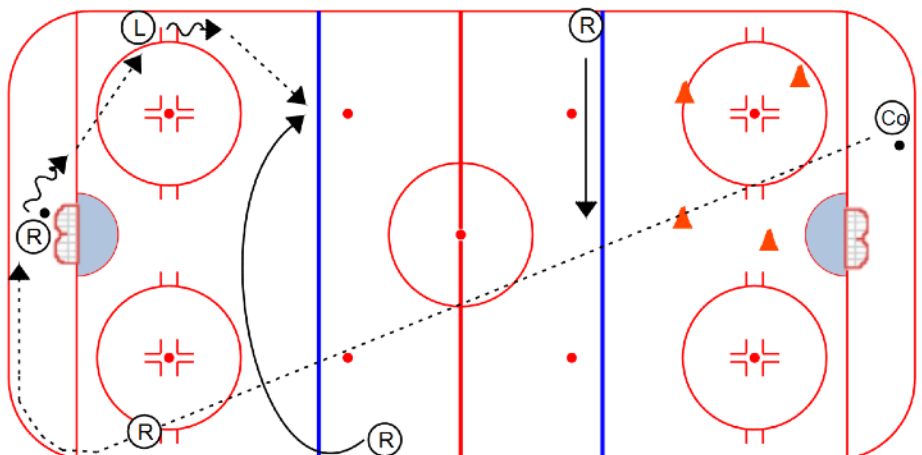
Full Ice Horseshoe:

1. Only one side is shown. The drill is continuous.
2. On the whistle, Player 1 skates up the ice and receives a pass from Player 2 in the high slot.
3. Player 1 makes a touch pass back to Player 2 who has stepped out to the middle.
4. Player 1 continues to the boards and receives a return pass from Player 2 for a shot on net.
5. Player 2 skates to the boards and starts the drill from the other side



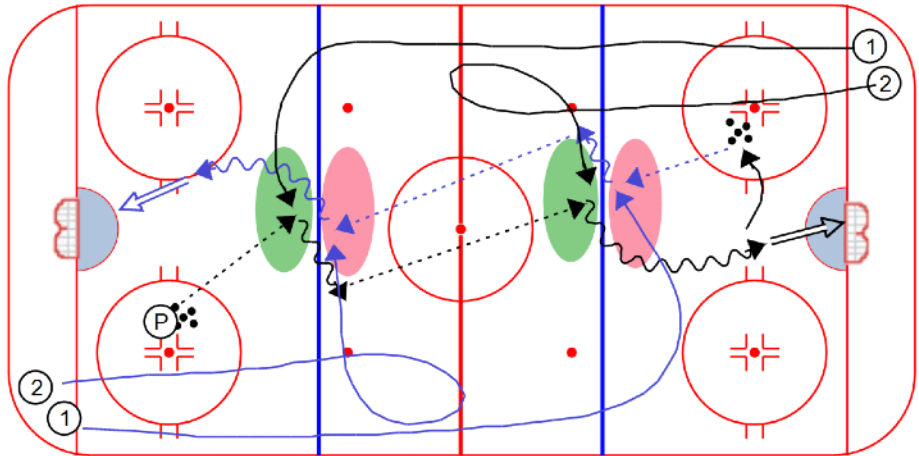
3 PP Breakout Attack:

1. Coach dumps puck in for a PP breakout
2. Players run Option 1, break in, set-up, then pass back to coach.
3. Coach dumps it again, players repeat, but with option 2.
4. Coach dumps it again, players repeat, but with option 3.
5. After the 3rd breakout and break-in, players set-up the PP for a shot on goal
6. Cones are set up to provide "token" obstacles



3 Zone Timing Drill:

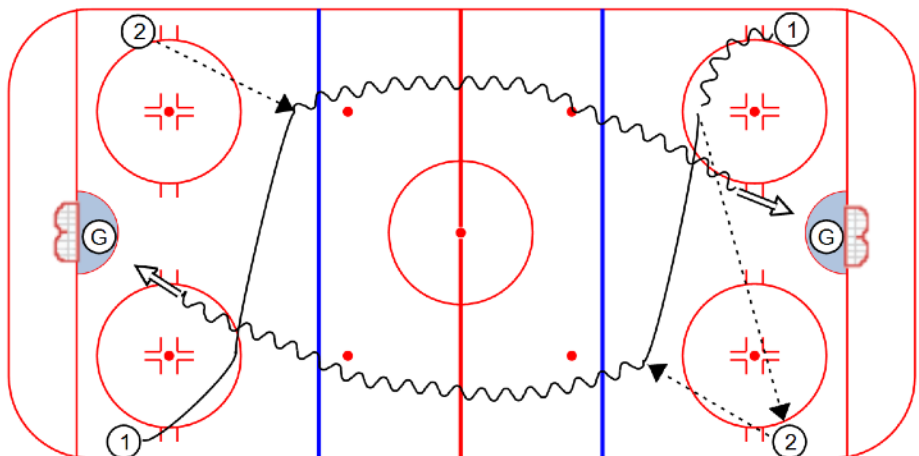
1. Drill starts with a passer (P) in the circle
2. First player swings low, inside the blue line, and receives the pass in the first green receiving zone
3. Receiver controls puck, then hits the second player in the second green receiving zone
4. Receiver takes a shot, picks up a puck from the circle,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



4 Corner Passing:

1. On the whistle, Player 1 skates up and across the ice and receives a pass from Player 2.
2. Player 1 skates down the ice for a shot on net.

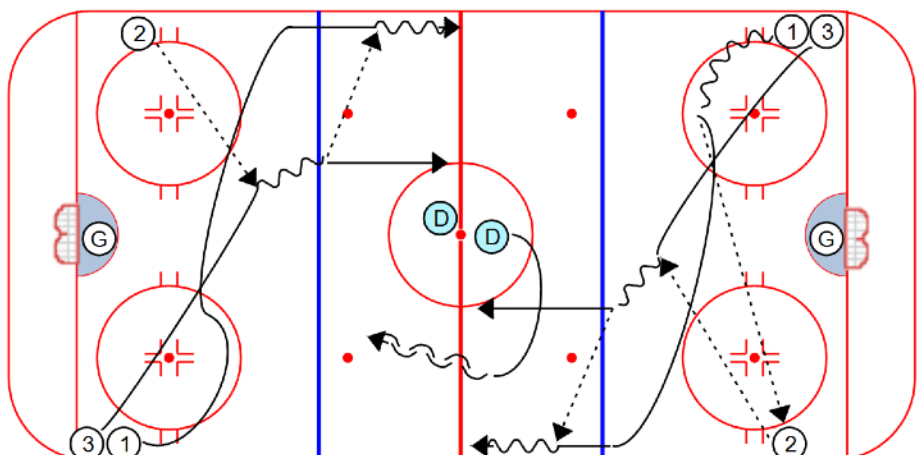
VARIATION: 2 Pass - Player 1 makes a pass to Player 2 to start the drill. See Seq. # 2 for the 2 on 0 option



4 Corner Passing (sequence 2):

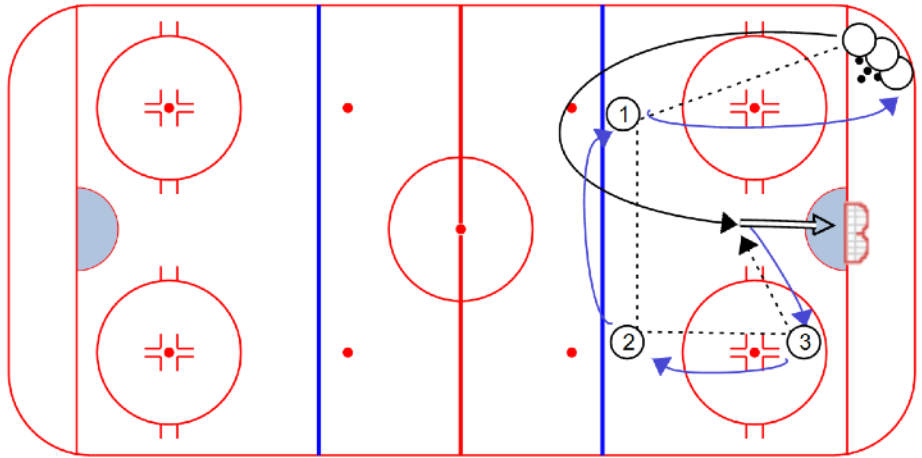
1. On the whistle, Player 1 skates up and across the ice and Player 3 follows.
2. Player 3 receives a pass from Player 2.
3. Players 1 & 3 attack 2 on 0.

VARIATION: 2 on 1 - D steps out for a 2 on 1.



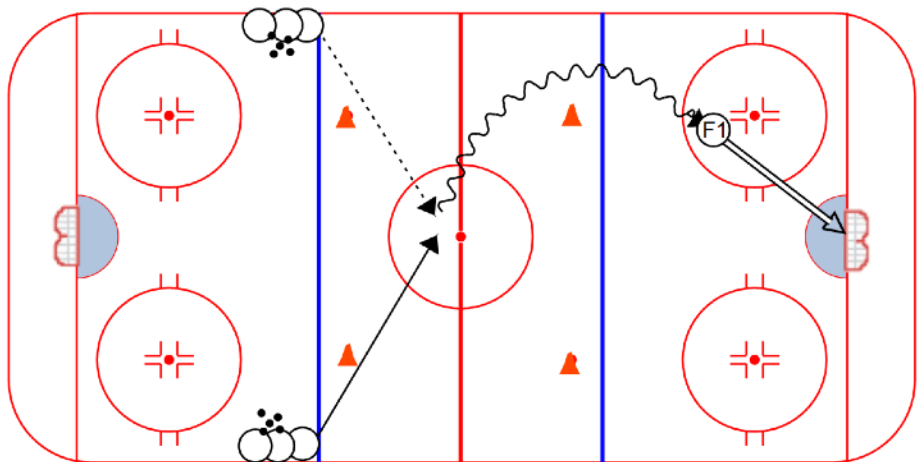
4 Pass One Timer:

1. First player in line passes out to Player 1, then skates out to the NZ, then re-enters the zone, timing his/her arrival to the slot
2. Puck is passed from 1 to 2 to 3, then back to the slot for a one-time shot
3. Shooter becomes Player 3, 3 becomes 2, 2 becomes 1, and 1 gets back in line.



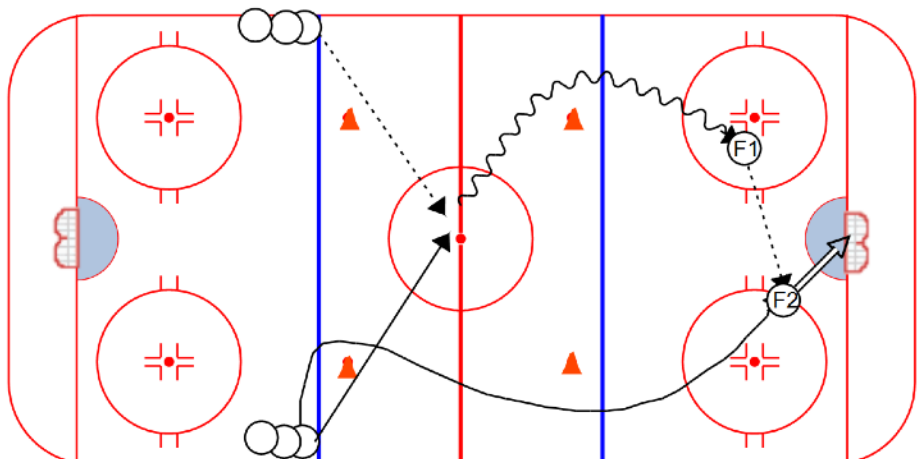
Attack Triangle Sequence (phase 1):

1. Player (F1) leaves without puck, cuts across neutral zone
2. F1 receives pass in stride, then drives wide and shoots
3. After making the pass, first player in other line does the same thing



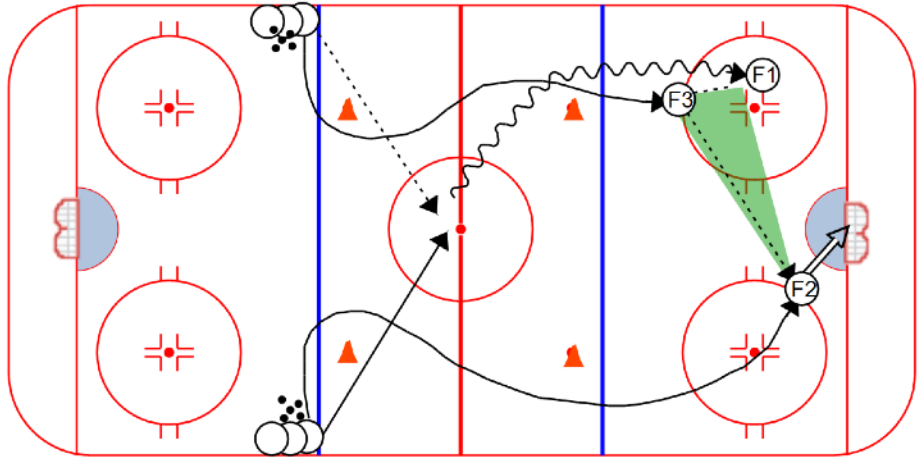
Attack Triangle Sequence (phase 2):

1. First player (F1) does same thing as in phase 1.
2. Second player in same line becomes F2. cuts inside first cone, then drives wide and cuts to the net for a 1-timer



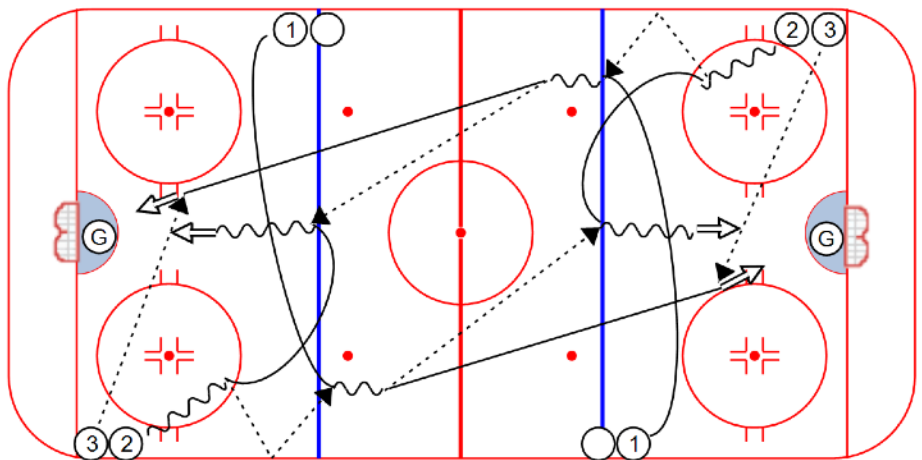
Attack Triangle Sequence (phase 3):

1. F1 and F2 do the same thing as in phase 2
2. Player who makes pass becomes F3 and follows up the puck carrier to form an attack triangle
3. Work whatever options you need



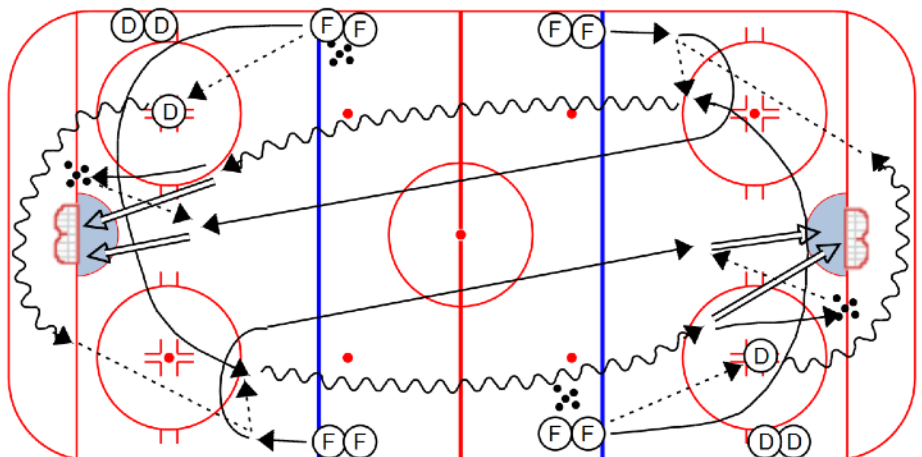
Bank Pass Timing:

1. On the whistle, Player 1 skates across the ice.
2. Player 2 steps up with a puck and banks a pass off the boards.
3. Player 1 skates to the puck and makes a stretch pass to Player 2 on the opposite blue line for a shot on goal.
4. Player 1 continues and receives a pass in the slot for a shot on goal.



Breakout 2 on 0:

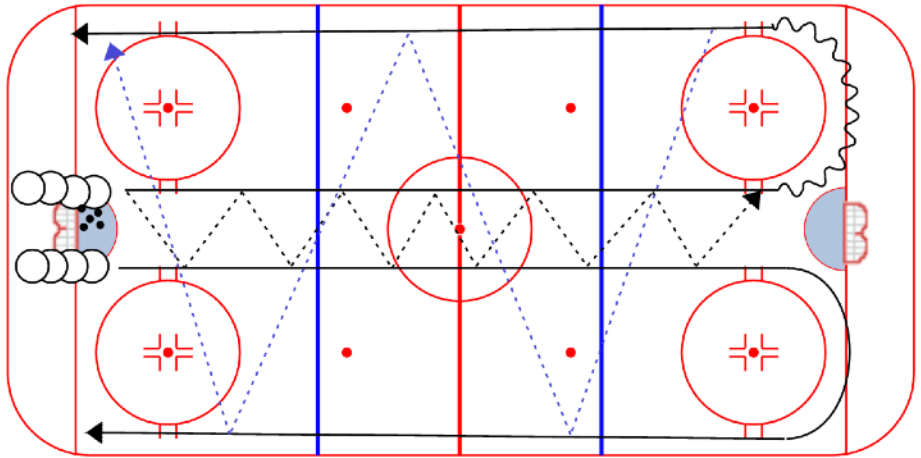
1. Forward passes to the defenseman, then supports in the role of the centerman
2. Defenseman skates the puck behind the net, then passes to the first forward in the other line
3. Forward touch passes to the first forward swinging through, who takes it down the ice and shoots
4. After shooting, the first forward picks up a puck and hits the second forward, who is coming in as a "trailer man," for a one-time shot



Butterfly Passing:

1. Two lines at one end, the width of the goal posts
2. Players skate in pairings all the way down the ice, passing back and forth while maintaining stride
3. At far end, players peel off, around the bottom of each's respective circle, then skate back making cross-ice passes back into the zone they started from

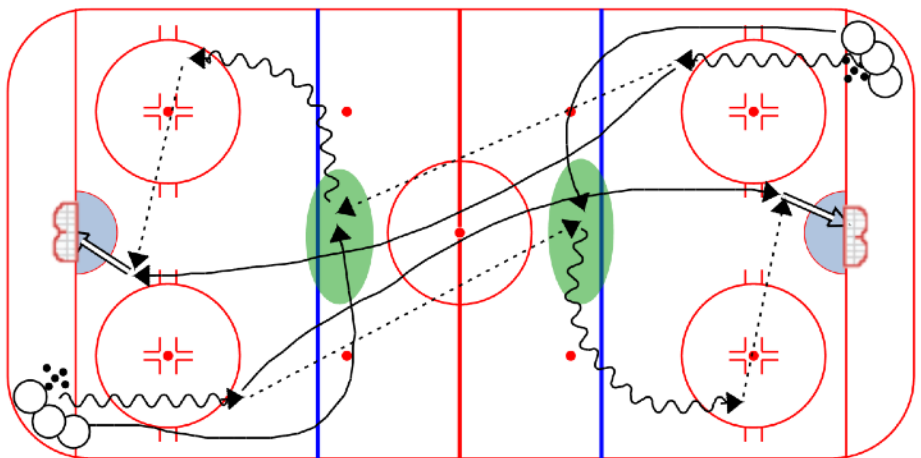
VARIATION: Have d-men skate backward



Center Lag Timing:

1. Players line up in opposite corners
2. On whistle, 2 players leave from each line
3. First player from each line leaves without puck, skates up to the blue line and cuts across (staying on side)
4. Second player from each line leaves with puck, skates up and hits the first player of the opposite line in receiving zone
5. Receiver takes puck wide, passer drives the net
6. After driving wide, first player passes across to the second player for the one-timer

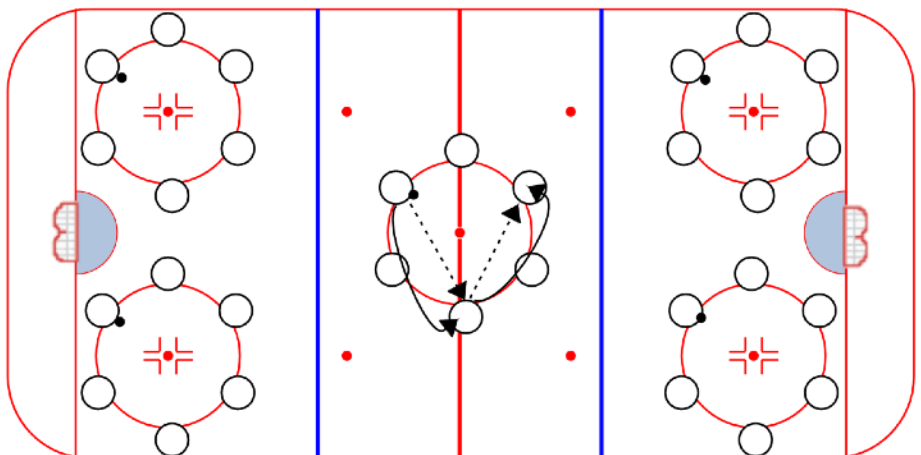
VARIATION: Add 3rd player as a defenseman for a 2 on 1



Circle Passing:

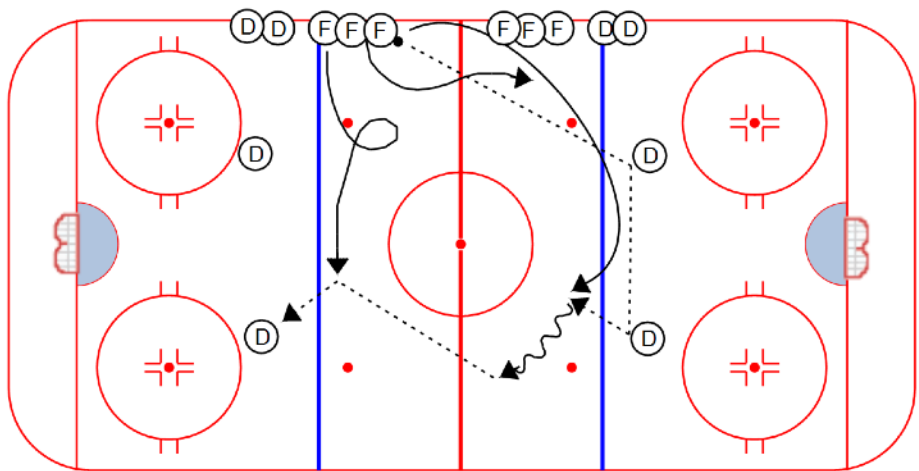
1. Line up 6 players per circle (if you don't need all 5 circles, use the extra space for goalie work)
2. Players pass around the circle, skipping a player, and following the pass.
3. As long as there's an even number at the circle, it'll work out. With an odd number, players will have to stay stationary
4. Each passer will always receive from the same player, and pass to the same player

VARIATIONS: Clockwise, counter clockwise, forehand, backhand, touch passes, saucer passes.



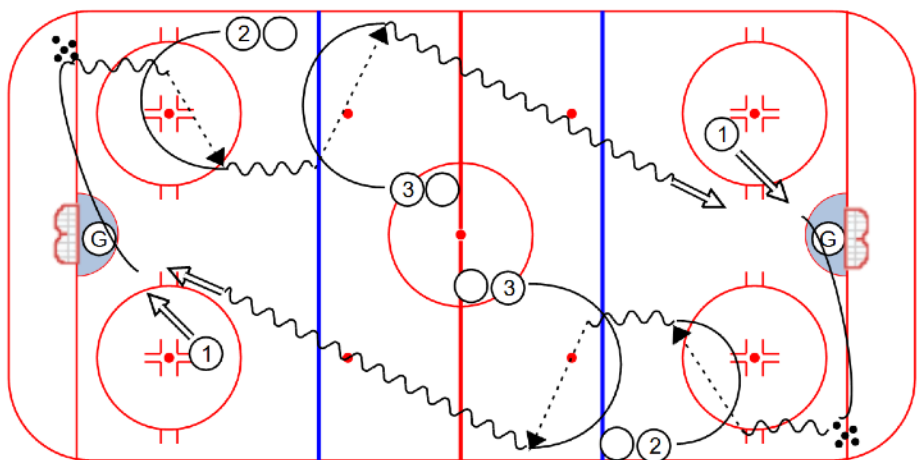
Continuous Regroup:

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.



Coquahalla Swing:

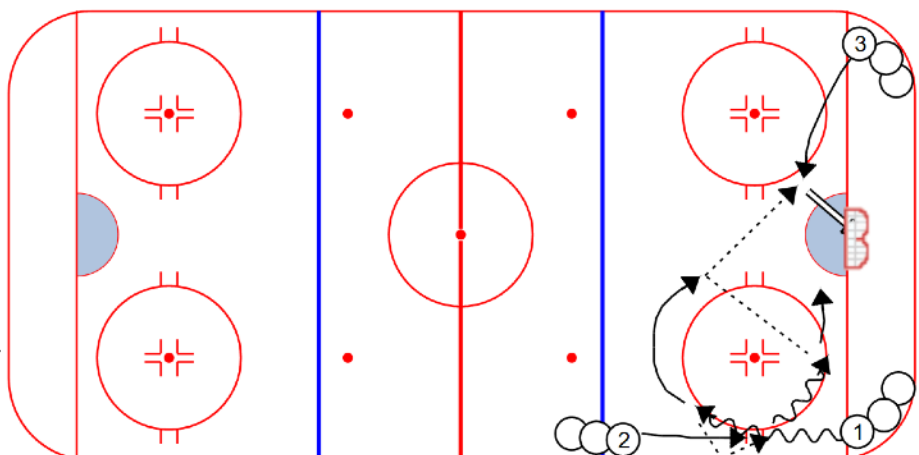
1. On the whistle, Player 1 takes a shot on goal and picks up a new puck in the corner.
2. Both Players 2 and 3 swing out.
3. Player 1 makes a pass to 2, then 2 makes a pass to 3.
4. Player 3 takes a shot on goal and continues to the corner.
5. The drill is continuous.



Cycle Give and Go:

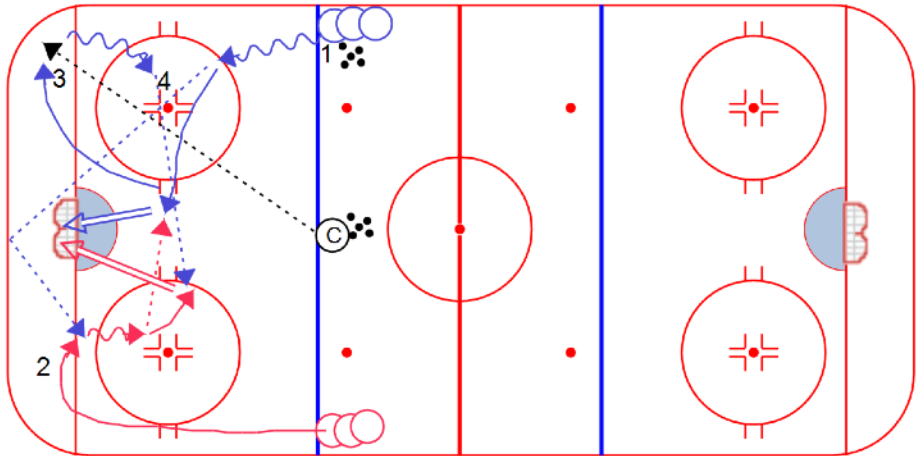
1. Player 1 leaves with the puck and walks up the boards
2. He/she cycles back to Player 2, who is dropping down for back-side support
3. Player 1 drives through the seam for a give and go pass from the corner, receives the pass from Player 2, then one-touches to Player 3 or 2 for a one-timer

VARIATIONS: As players progress, allow Player 1 to either shoot, pass to Player 3, or pass to Player 2. This flexibility will keep the goalie from cheating on the play



Czech 1-Timer

1. Player 1 walks in and fires a hard bank pass into the quiet zone (area behind the net)
2. Player 2 picks it up then hits player 1 for a one-time shot
3. Coach fires a puck into the corner as the shot is being taken
4. After shooting, the player 1 peels off into the corner to pick up the dump in, then steps out and hits player 2, who has taken back some ice, for a one-time shot



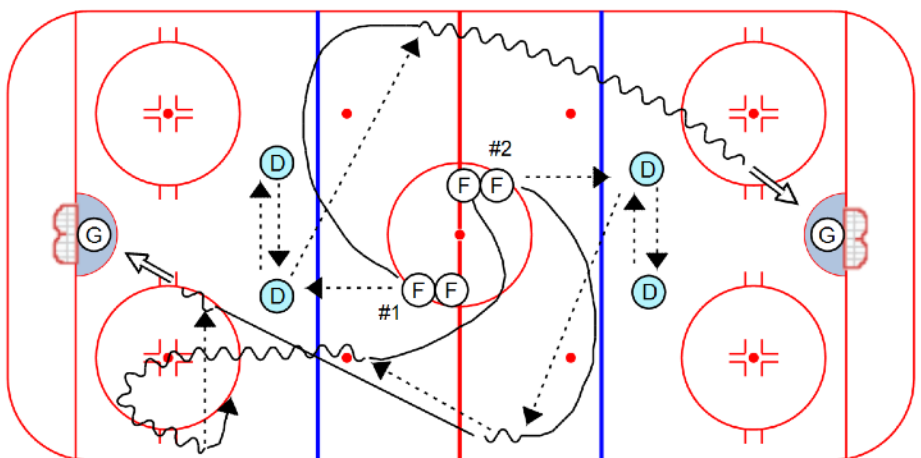
D to D Quick Pass Re-group:

Option 1:

1. Forward passes to defenseman
2. D to D pass, then hit forward looping out wide
3. 1 on 0 shot on goal

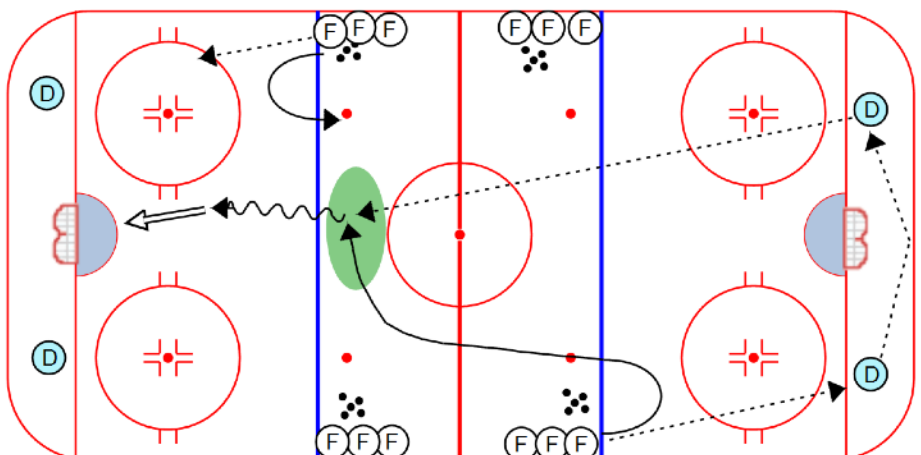
Option 2:

1. Forward passes to defenseman
2. D to D pass, then hit forward looping out wide
3. Headman to stretch man
4. Stretch man delays and hits the other forward coming in late



Cycle Give and Go:

1. Forwards in four lines, two defensemen in each end zone
2. On whistle, first forward of each diagonal line passes down to the close defenseman who makes a D to D pass then hits the forward who has become the stretch man.
3. Forward shoots, then the opposite forward lines go.



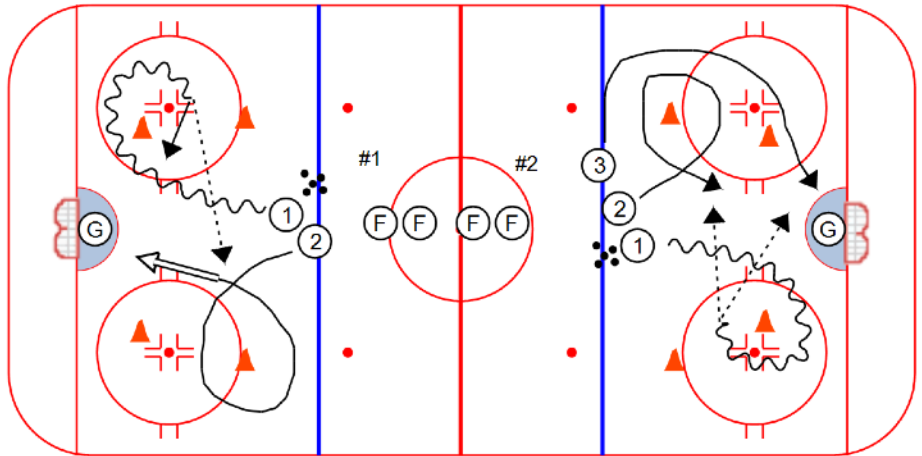
Delay Drill:

Option 1:

1. Player 1 skates with a puck around the low pylon.
2. Player 2 skates around the high pylon.
3. Player 1 makes a pass to player 2 for a shot on goal.
4. Play the rebounds. Switch sides.

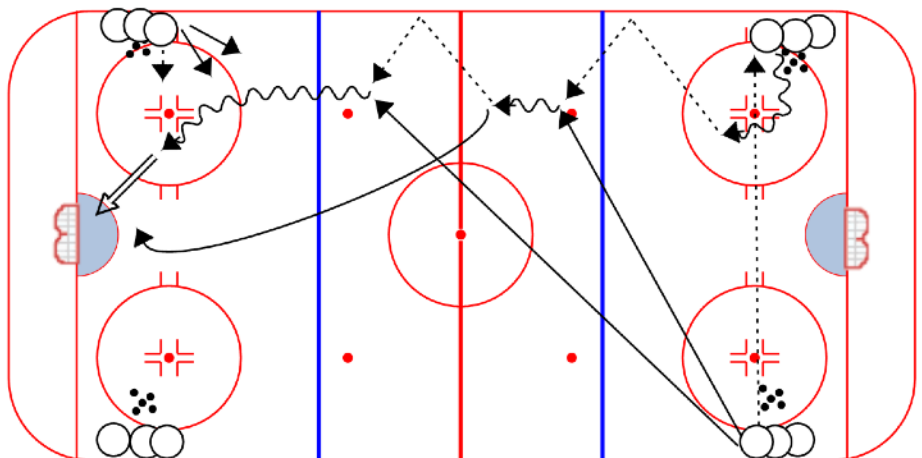
Option 2:

1. Player 1 skates with a puck around the low pylon.
2. Player 2 skates around the high pylon.
3. Player 3 skates wide to the far post.
4. Player 1 passes to 2 or 3 for a shot.



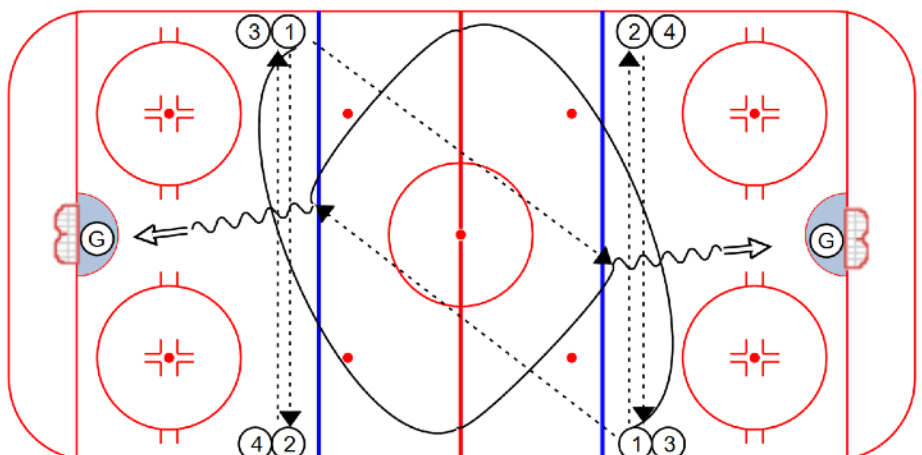
Double Bank Pass:

1. 4 lines, each with pucks
2. On whistle, two players leave from diagonally opposite lines.
3. The first player fires a cross-ice pass to the opposite line, then skates up ice to receive the first bank pass.
4. Receiver steps out to create a good passing angle, then executes a bank pass to the player who passed to him.
5. The second player skates further up ice, timing it to be ready to receive the second bank pass from the first player in his line.
6. Both players attack 2 on 0.



Farjestad 3 Pass (phase 1):

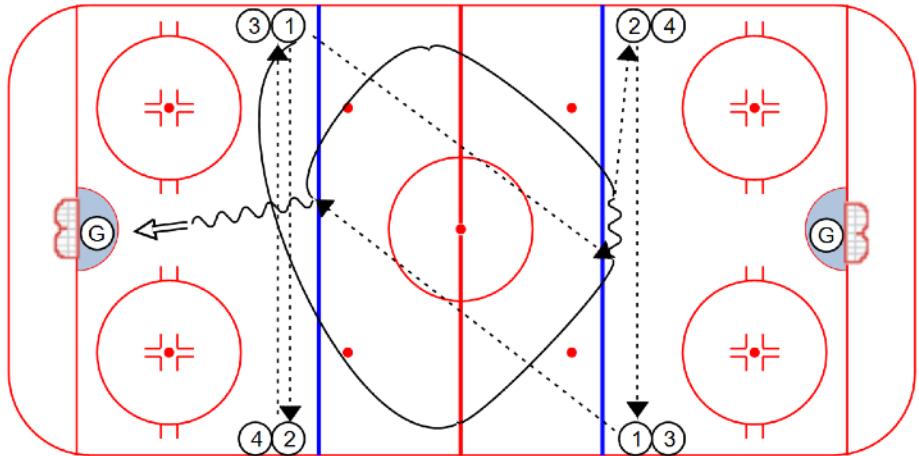
1. On the whistle, Player 1 makes a cross-ice pass to Player 2 and follows the pass.
2. Player 2 makes a cross-ice pass to Player 3.
3. Player 1 continues to the far blue line and receives a stretch pass from Player 3 for a shot on goal.



Farjestad 3 Pass (phase 2):

Double Stretch Pass:

1. On the whistle, Player 1 makes a cross-ice pass to Player 2 and follows the pass.
2. Player 2 makes a cross-ice pass to Player 3.
3. Player 1 continues to the far blue line and receives a stretch pass from Player 3.
4. Player 1 makes a quick pass to the other Player 2, then loops to the other blue line.
5. Player 2 makes a cross-ice pass to the other Player 1, who makes a stretch pass to Player 1 for a shot on goal.

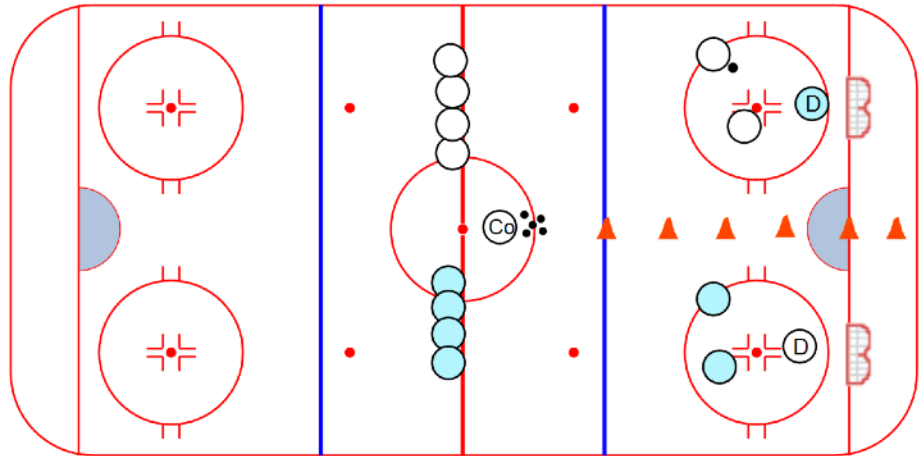


SMALL AREA GAMES



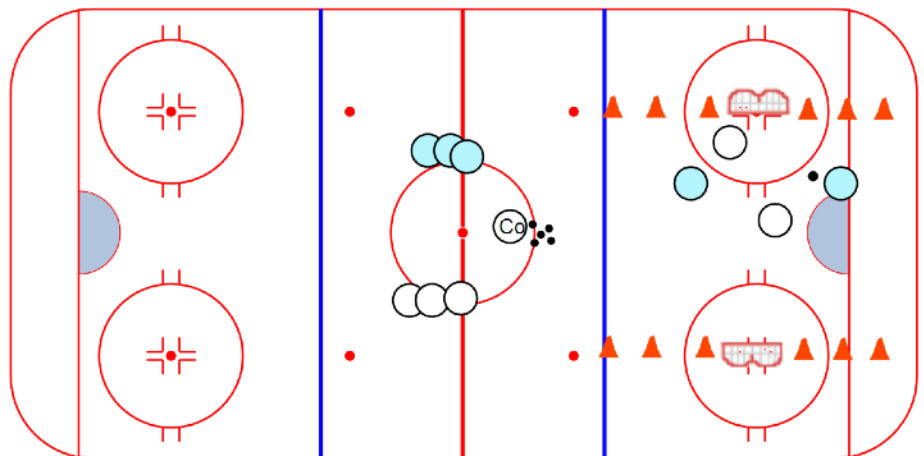
2 on 1 Side-by-Side:

1. 2 on 1 on each net
2. White forwards are on the same team as the white defenseman, blue forwards are on the same team as the blue defenseman.
3. Players can pass the puck between the cones, but nobody can cross the cones.
4. Winning team stays.



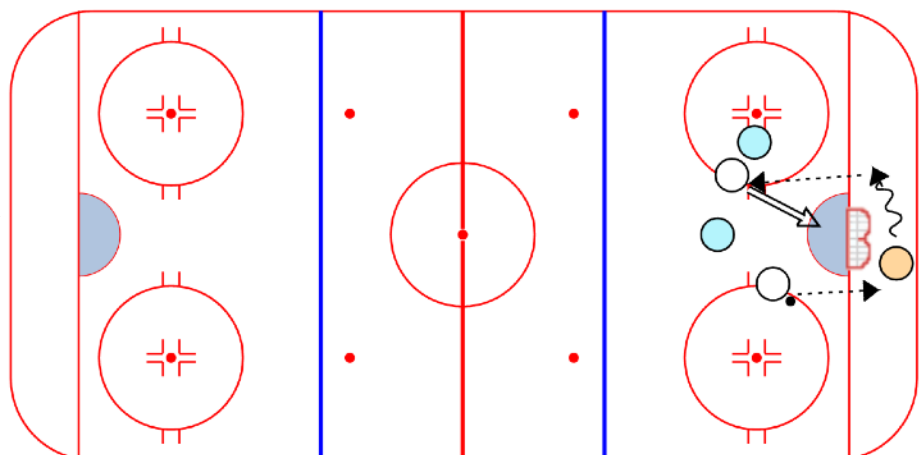
2 on 2 in the Box:

1. 2 on 2 within the "box."
2. If a puck leaves the box, coach throws in a new one.



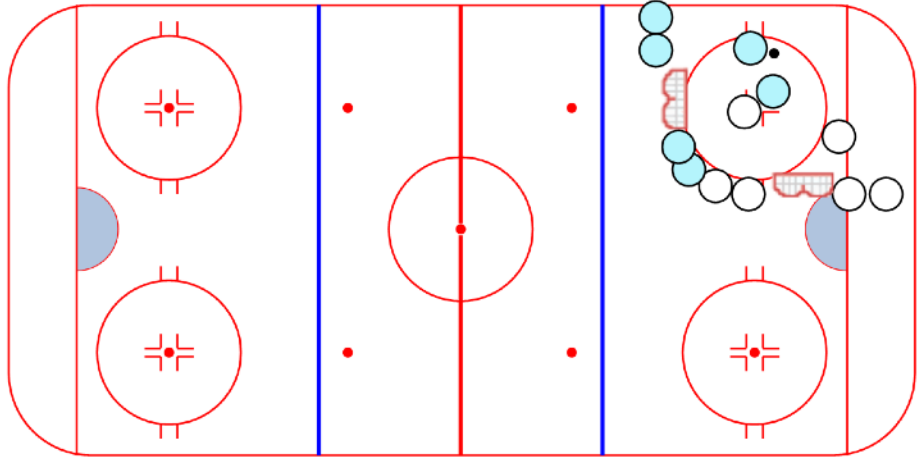
2 on 2 with "Rover" Behind the Net:

1. Players play 2 on 2, or 3 on 3, in front of the net.
2. The "rover" stays behind the net and is on whichever team has the puck.
3. If there's a turnover, the team with the puck must pass to the rover before they can try to score.
4. Players stay in front of the goal line, rover stays behind the goal line.



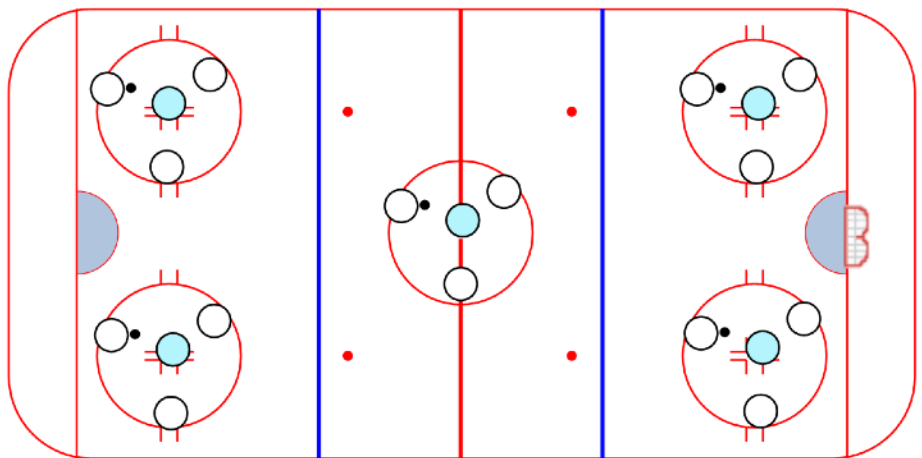
3 on 2, 3 on 3 Corner Game:

1. 2 on 2 or 3 on 3 in the corner.
2. Players not playing surround the area to keep pucks in.
3. Keep shifts short, and after a while change rules and allow both teams to score on either goal.



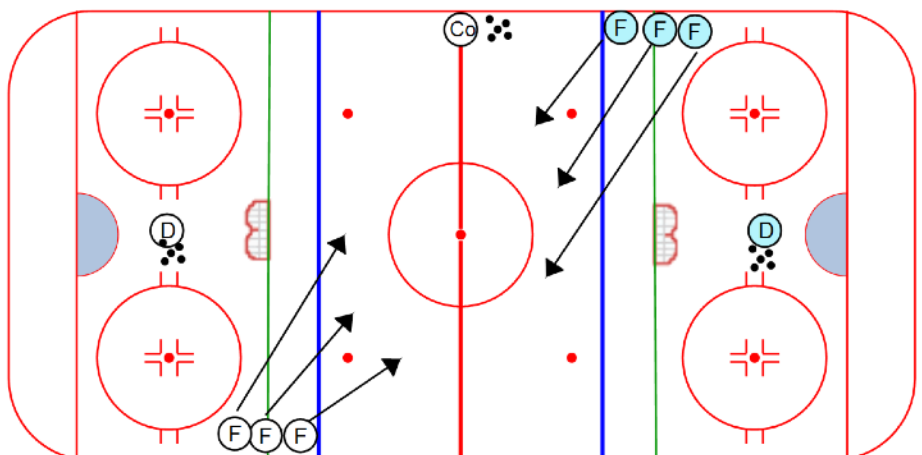
3 on 1 Keep-Away:

1. 3 on 1, passers have to stay within the circles and make touch passes.
2. Whoever makes an intercepted pass is in the middle.
3. Constant movement!



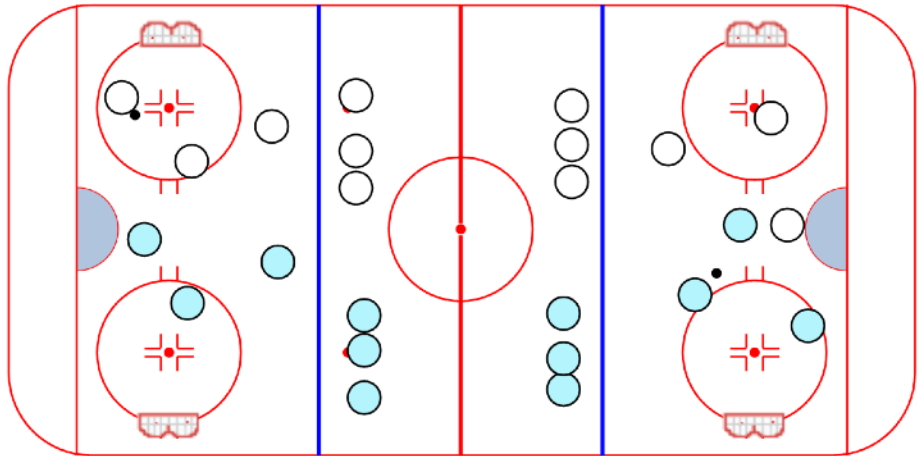
3 on 3 D Support

1. Forwards battle 3 on 3 in NZ, but can't pass imaginary goal line.
2. If puck passes goal line, respective defenseman must break it out (he can grab a new puck to keep up the pace).
3. Forwards must swing to get open. Opposing forwards can pressure Defenseman, but can't cross line.
4. Defenseman can't cross line either.



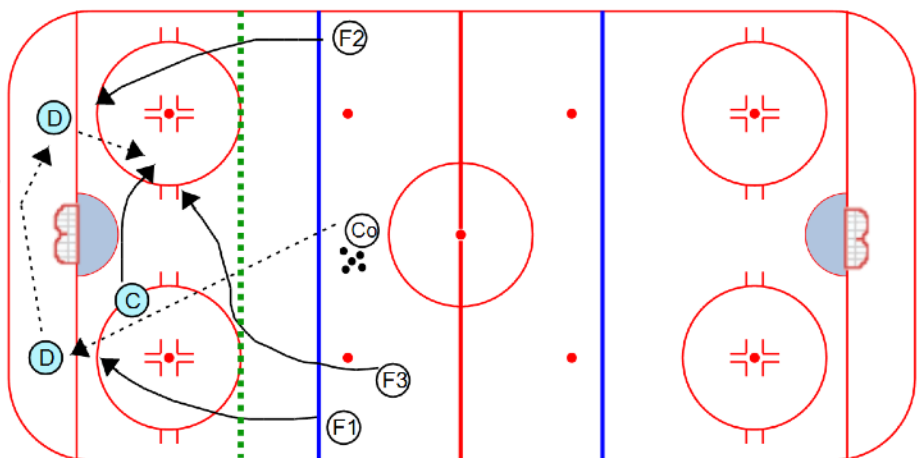
3 on 3 Cross-Ice 2-Pass:

1. 3 on 3 across the width of the ice
2. After a turn-over, there must be 2 passes before a shot can be taken.
3. High tempo, quick rotations
4. Players not in the game can wait in the NZ



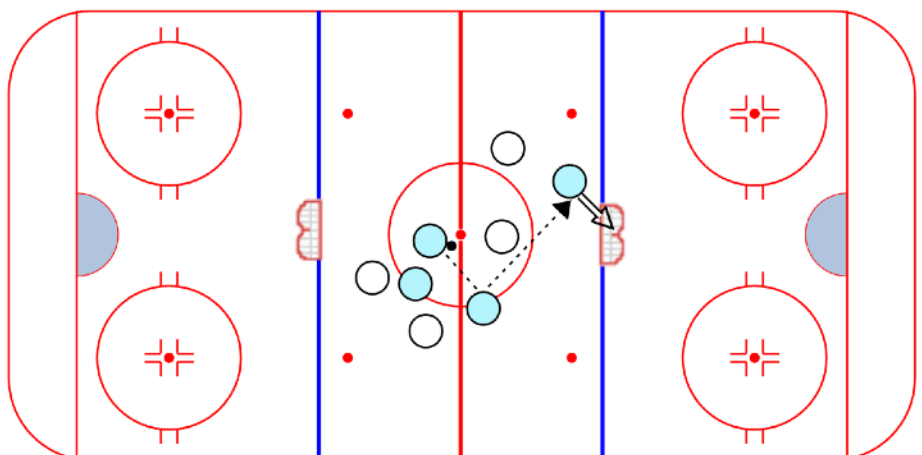
3 on 3 Controlled Keep-Away

1. Coach dumps puck to either D
2. Ds and C play "keep-away" from the forecheckers, while executing "mock" breakouts (they can't break out past the top of the circles)
3. Forecheckers execute a designated forecheck until they gain possession, then attack the net.
4. If the forecheckers take too long to regain possession, Coach blows the whistle, and forecheckers do push-ups.



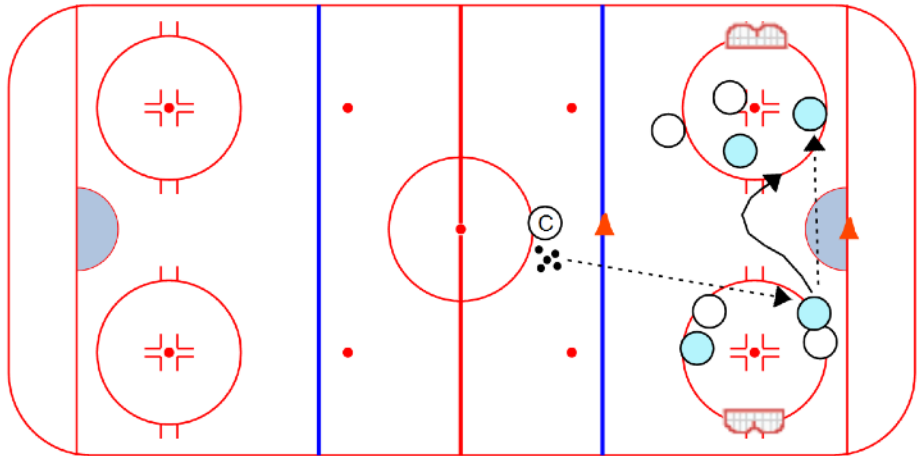
NZ 4 on 4 2-Pass

1. 4 on 4 in neutral zone.
2. Players must make at least 2 passes before shooting.
3. Change rules so that players aren't allowed to hold the puck - all passes must be touch-passes.



Breakout Forecheck 3 on 2:

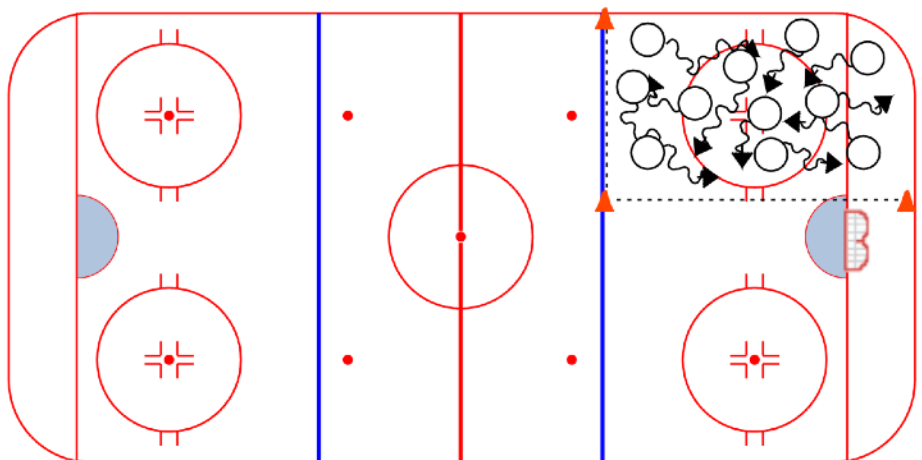
1. Divide players into two teams.
2. Game starts with a 2 on 2 going in each zone (8 players total).
3. Coach dumps the puck in and they battle 2 on 2.
4. Once the defensive team gets it, the player with the puck can skate it out, or pass to the other side and follow up the play to create a 3 on 2.
5. After a 3 on 2 turnover, player who crossed over must backcheck hard to avoid a 3 on 1 the other way.



Confined Space Stickhandling:

Designate a confined space players have to stay in. Work through a progression of "games"

1. Full speed "3 strides and power turn." Players must go full speed. Players must keep their heads up!
2. Keep away. Designate 2 players as "it." They have to take the puck off another player and keep it.
3. Every player has a puck and is trying to knock each other's puck out of the rectangle while keeping their own puck. Last man standing wins.

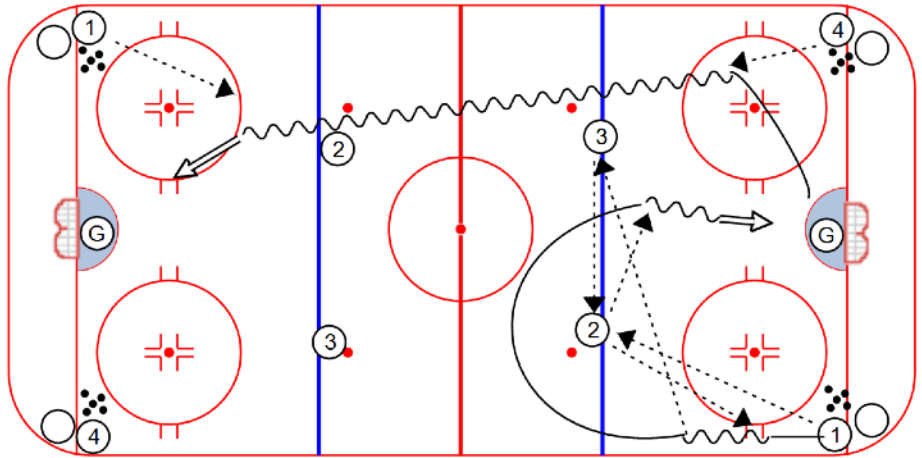


SHOOTING



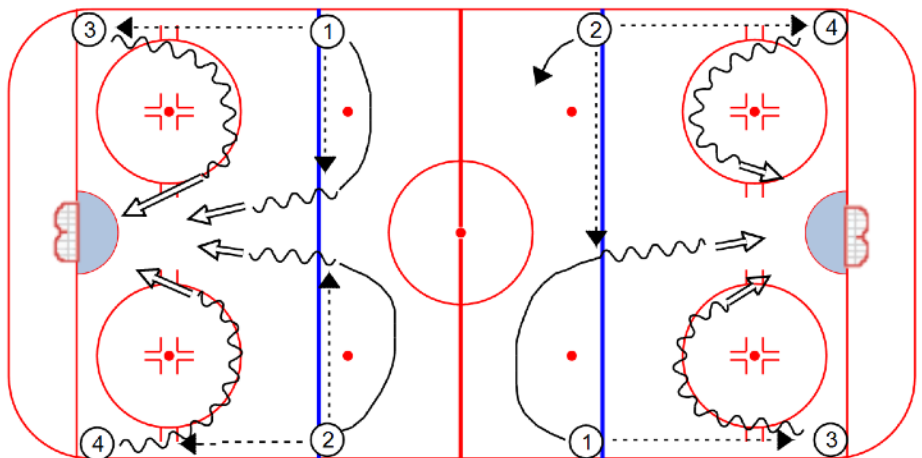
2 Shot Quick Pass:

1. On the whistle, Player 1 makes a pass to 2.
2. Quick return pass to Player 1.
3. Player 1 makes a cross-ice pass to 3 and continues to skate to the neutral zone.
4. Player 3 makes a pass to 2 and 2 returns the puck to 1 for a shot goal.
5. After the shot, Player 1 receives pass from 4 for a shot on goal at the opposite end.



4 Shot Drill:

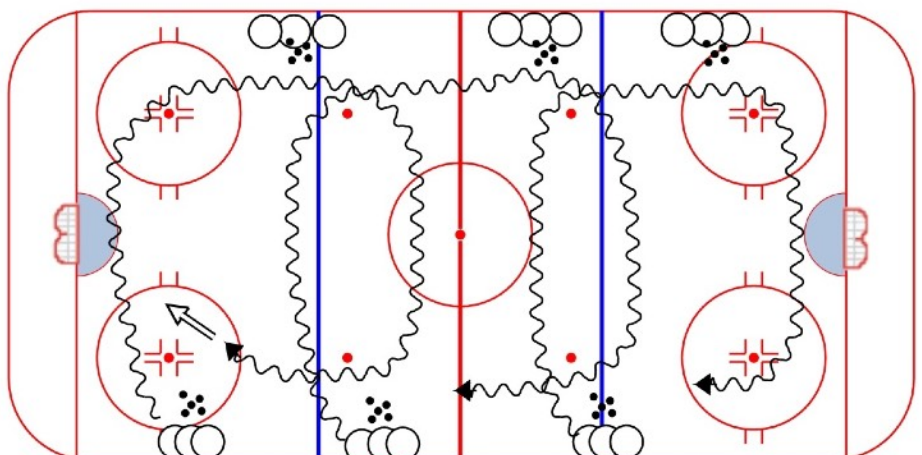
1. Player 1 passes a puck down to 3.
2. Player 3 skates around the top of the circle and shoots.
3. Player 1 skates up through the neutral zone, receives a pass from own line and shoots.
4. Player 2 passes down to 4.
5. Player 4 skates around the top of the circle and shoots.
6. Player 2 skates through neutral zone, receives a pass from own line and shoots.



VARIATIONS: Change passing patterns. Player 1 receives a cross-ice pass from 2. Then Player 2 passes a puck down to 4.

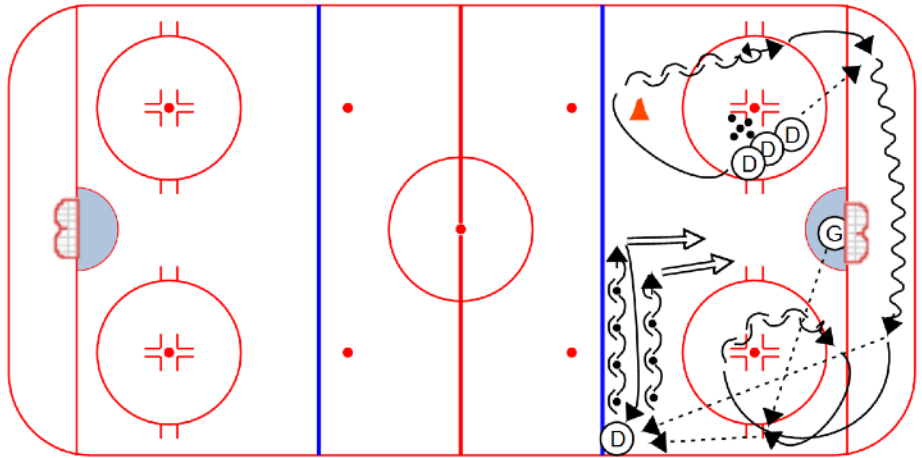
6 Man Shooting:

1. 6 lines of players set up on the hash marks and on the boards in line with the neutral zone dots, as shown.
2. On the whistle, the first players from all 6 lines go (in the same direction)
3. Each player skates a "square" around the 4 dots closest to him or her, full speed, using crossovers
4. After rounding the final turn, each player should explode to the net, and shoot in stride from the top of the circle



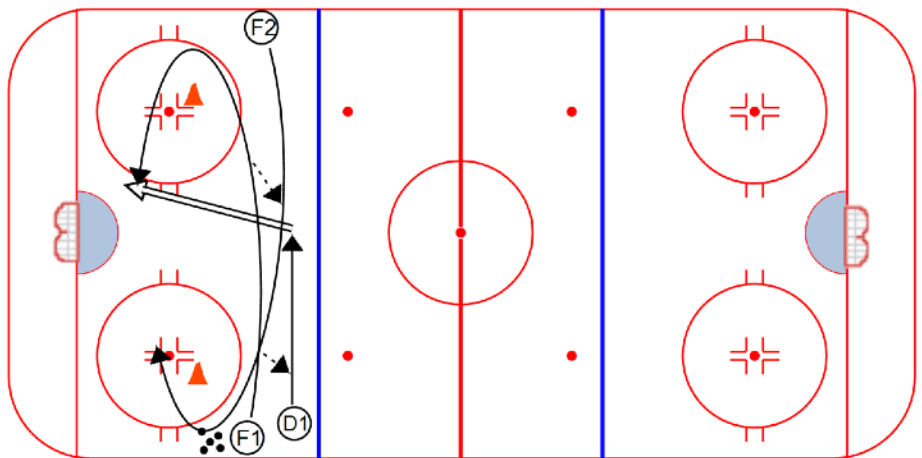
Calgary Defense Drill:

1. First D in line skates up and around the cone, pivots backward, then turns and picks up dumped in puck in the corner
2. Puck-carrying D skates puck behind the net, then hits D at blue line, who drag skates puck across the line and lets a shot go, then busts back to the boards
3. Goalie controls shot, and makes a breakout pass to the first D
4. After receiving the breakout pass, first D passes up to the blue line defenseman again, who drag skates across for a second shot on net, then joins line of defensemen
5. First defenseman becomes blue line defenseman



Criss Cross Tip:

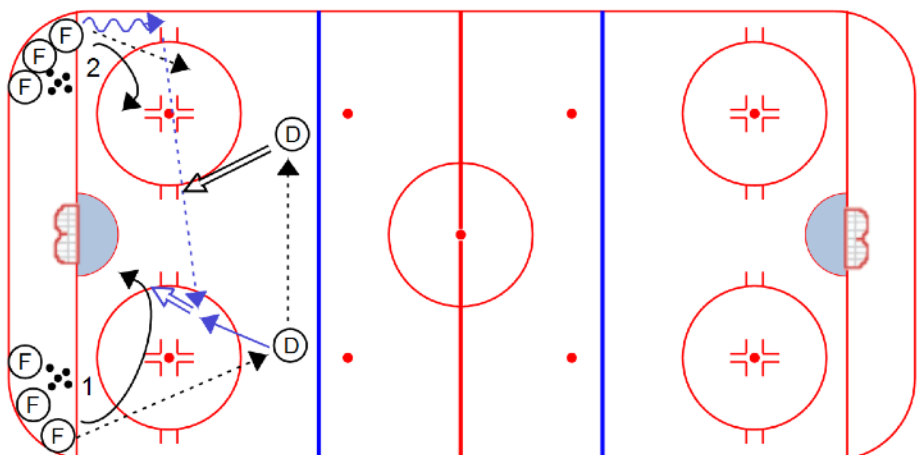
1. F1 leaves with a puck and leaves a drop pass for F2 while criss-crossing.
2. F2 leaves a drop pass for D1 who moves laterally across the blue line.
3. F1 & F2 drive the net around the cones. D1 looks for a deflectable shot to F1 or F2.



D to D Shooting & Deflecting:

1. Start two D at the points.
2. Pass comes out from corner 1. D to D pass, and shot on goal. F drives to the net for REBOUND, then stays there.
3. Same thing from line 2
4. Next man in line 2 passes out to far side D who has slid in for a one-time.
5. F's in front try to deflect.
6. Next rotation starts from the opposite corner

VARIATION: Add a Defenseman in front of the net to guard against Forwards



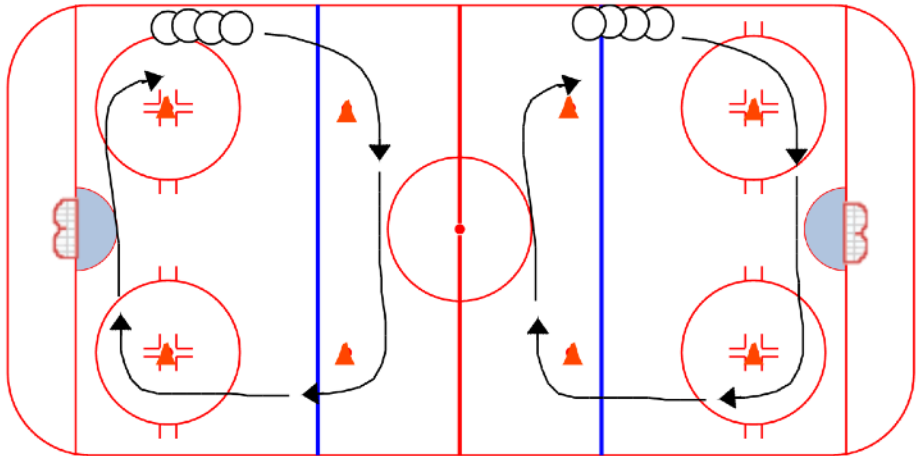
SKATING



Mohawk Square:

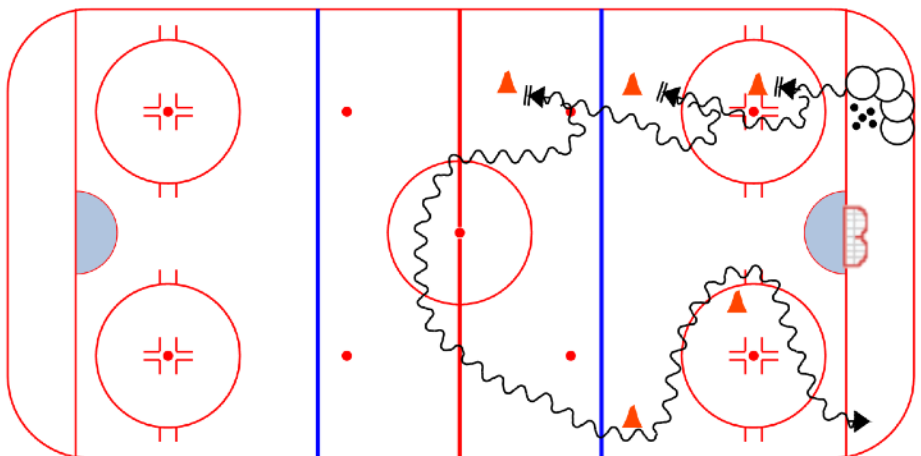
1. Players start on the boards, about half way between the two cones
2. On the whistle, players skate around the square, executing a mohawk around each cone
3. After a few times through, go the other direction

VARIATION: Once the players can execute the move well, put a puck on their sticks and have them do a toe drag with their mohawk at each cone.



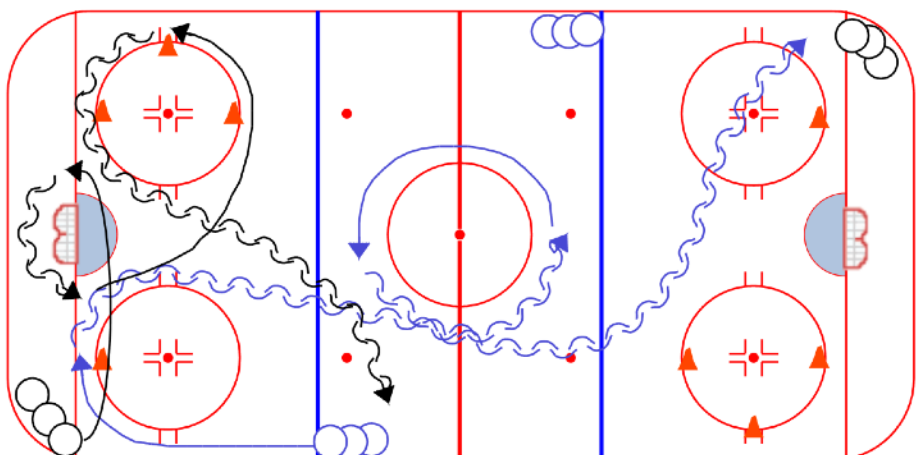
Power Turn Escape:

1. Players line up in the corner with pucks
2. Players execute an escape move at each cone, then loop up around the center dot (full speed), and finish the drill by executing power turns around the last two cones
3. Make sure to run the drill a few minutes each direction so players develop their escape move both ways



Pivot Agility Skating:

1. Players set up in four lines, as shown
2. Corner lines must keep facing the opposite side-boards
3. NZ lines must keep facing the opposite end-boards.
4. Players skate through sequence at full speed
5. Add pucks to increase difficulty
6. Run all 4 lines simultaneously



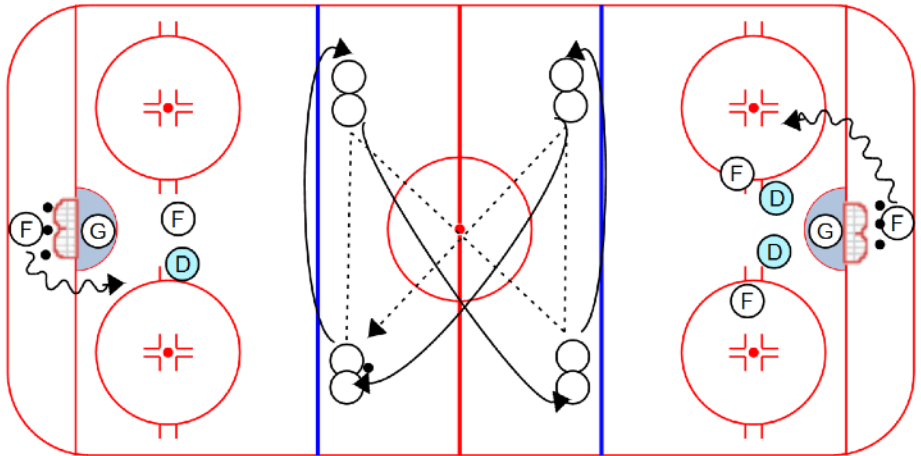
STATIONS



3 Pucks Low & Square Passing:

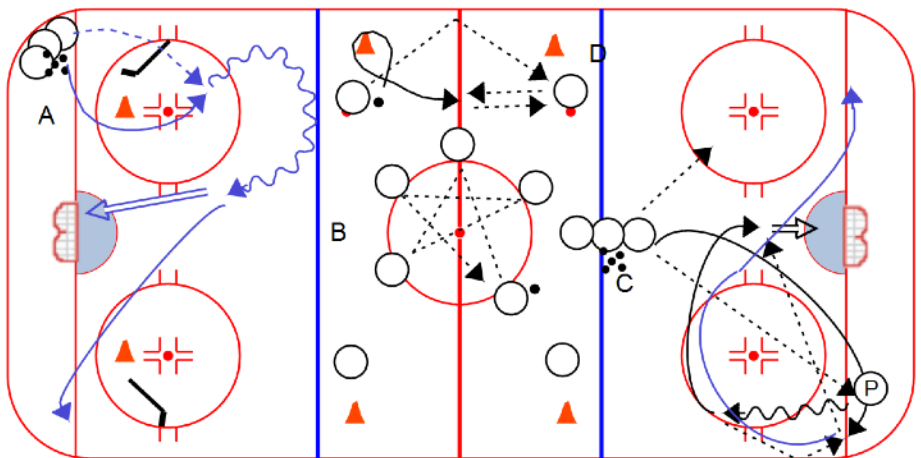
This drill is a competition between the forwards and the defense.

1. Each drill has three pucks, the forwards try to score as many times as possible and the defense try to stop them.
2. On the whistle, the F comes out from behind the net with the puck.
3. The D and F battle in front of the net for position.
4. The F in front of the tries to get open for a pass or set a pick/screen.
5. Option: 3 on 2.
6. Square Passing in the middle



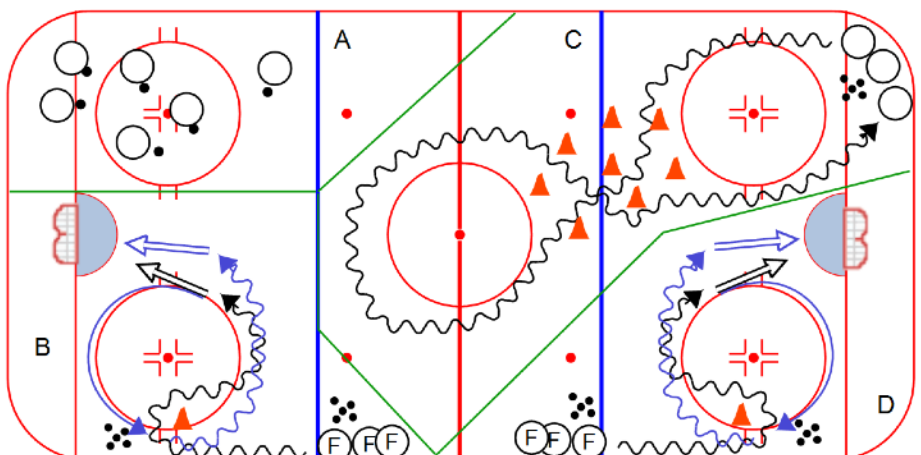
Passing Stations 1:

1. Station A: Saucer Passing - short pass is a saucer over the stick
2. Station B: Circle Passing
3. Station C: Perpetual Cycle
4. Station D: Bank Pass Shuttle



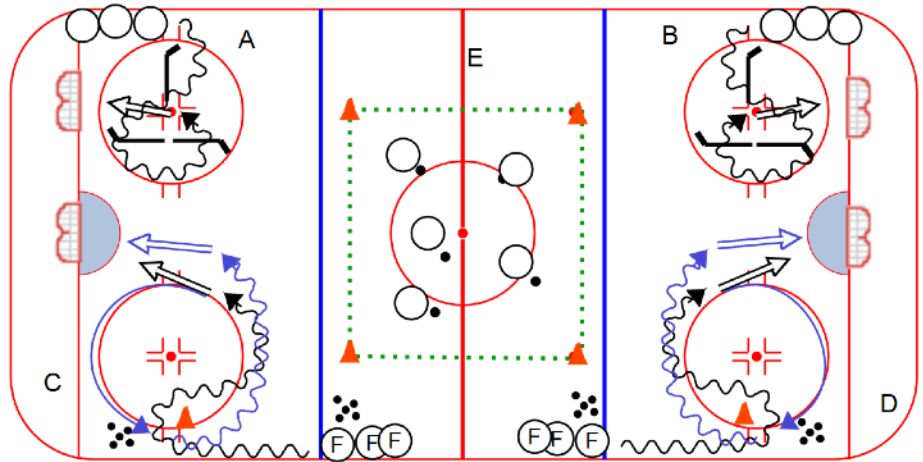
Stickhandling Stations 1:

1. Station A: Confined-space stickhandling
 1. Full speed within confined space
 2. Knock each other's pucks off (elimination)
 3. "Tag" - one player is "it" without a puck, he tries to steal the puck from someone else
2. Station B & D: Cut & Shoot - Circle Drive
3. Station C: Figure 8 Chaos



Stickhandling Stations 2:

1. Station A & B: Figure 8 Stickhandling (using "Attack Triangles" or other training obstacles)
2. Station C & D: Cut & Shoot - Circle Drive
3. Station E: Confined Space Keep-away



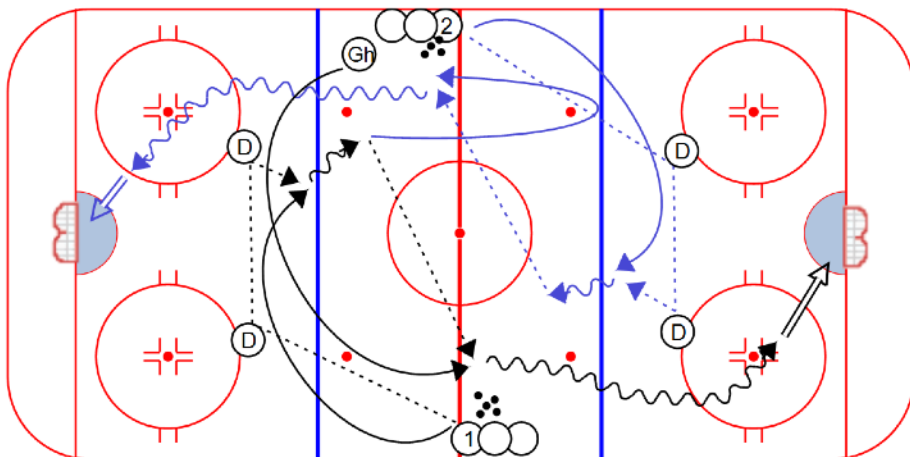
WARM-UP



1 on 0 Headman:

1. On the whistle, (1) passes to the (D).
2. D to D pass, then a return pass to (1).
3. (1) receives the puck and makes a stretch pass to the "Ghost Man" (Gh), who has skated across the neutral zone.
4. (Gh) takes a shot.
5. (2) passes a puck to the (D).
6. D to D pass, then a return pass to (2).
7. (2) hits (1), who has turned back up ice.
8. (1) shoots, and (2) becomes the next "Stretch Man"

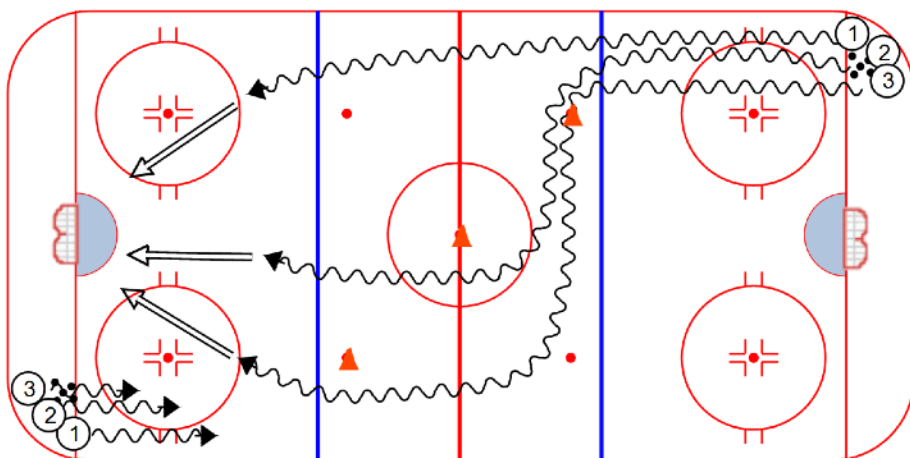
The drill is continuous with (1) making the next pass to the (D) and the stretch pass to (2).



3 Shot Warm-up:

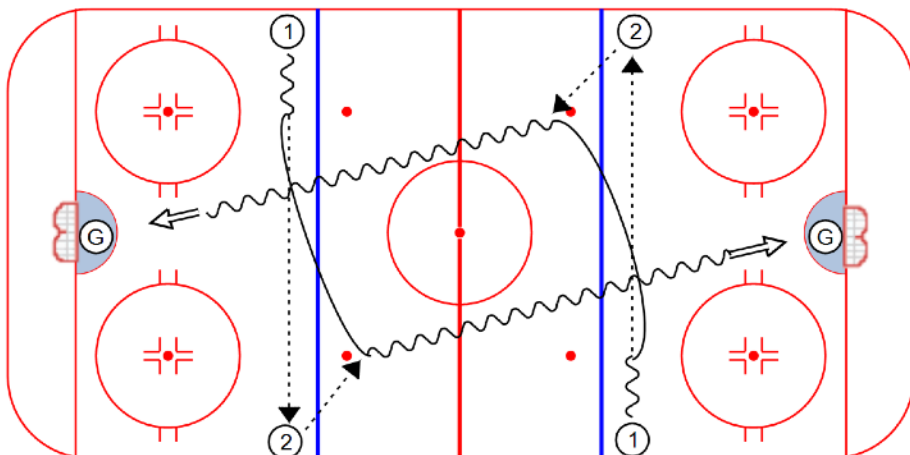
1. Players line up in diagonal corners
2. On whistle, 3 players from each line leave together
3. Player 1 drives wide and shoots
4. Player 2 cuts around the 1st and 2nd cones and shoots from the middle
5. Player 3 cuts around the 1st and 3rd cones and shoots from the far side
6. All shots should be from tops of the circles

VARIATIONS: designate different shot types



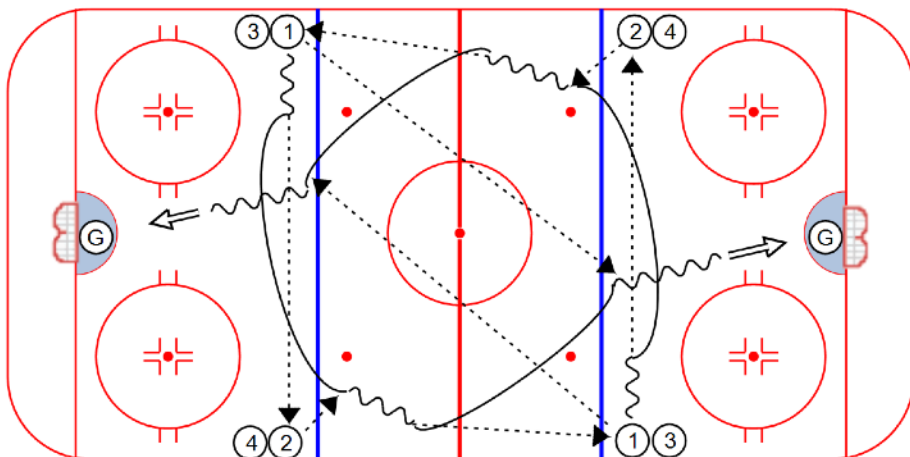
4 Blue Lines Warm-up (phase 1):

1. On the whistle, (1) skates across the blue line and makes a pass to (2).
2. Return pass to (1) for a shot on the (G).



4 Blue Lines Warm-up (phase 2):

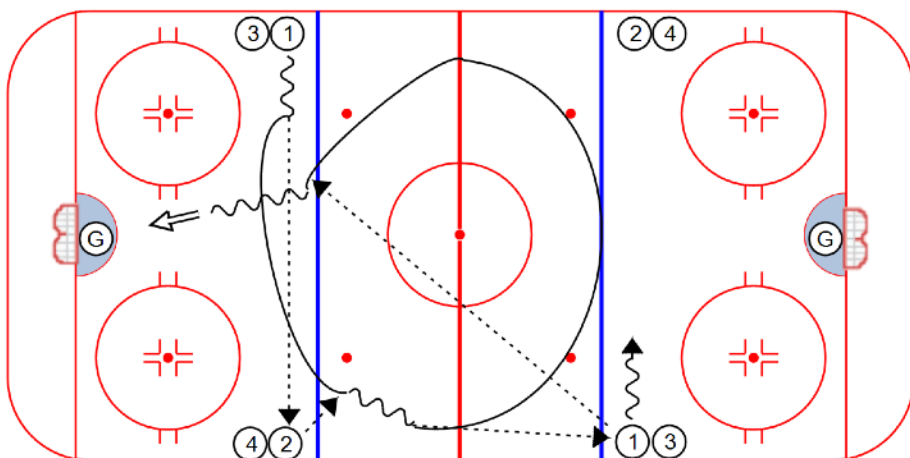
1. On the whistle, (1) skates across the blue line and makes a pass to (2).
2. Return pass to (1).
3. (1) makes a pass to (3) and continues to the blue line.
4. (3) makes a stretch pass to (1) on the opposite blue line for a shot on the (G).



4 Blue Lines Warm-up (phase 3):

Full-circle Stretch Pass: (only one side shown)

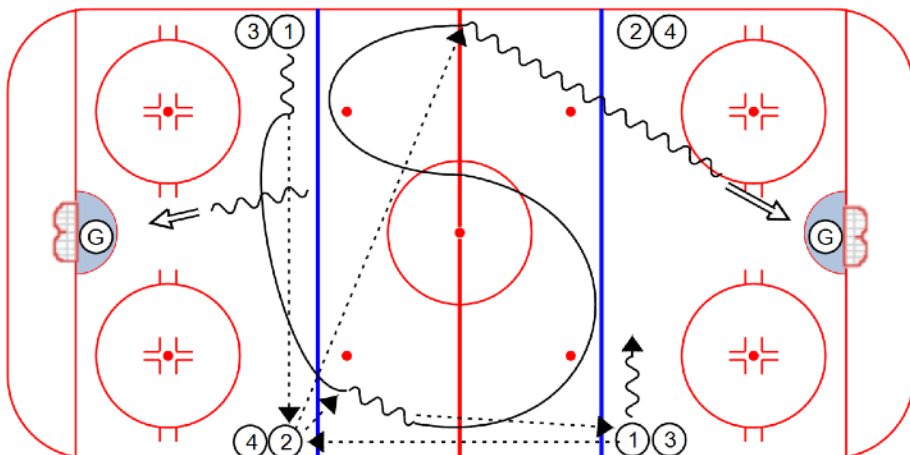
1. On the whistle, (1) skates across the blue line and makes a pass to (2).
2. Return pass to (1).
3. (1) makes a pass to (3) and continues full-circle to the opposite blue line.
4. (3) makes a stretch pass to (1) on the opposite blue line for a shot on the (G).



4 Blue Lines Warm-up (phase 4):

Double Regroup Stretch Pass: (only one side shown)

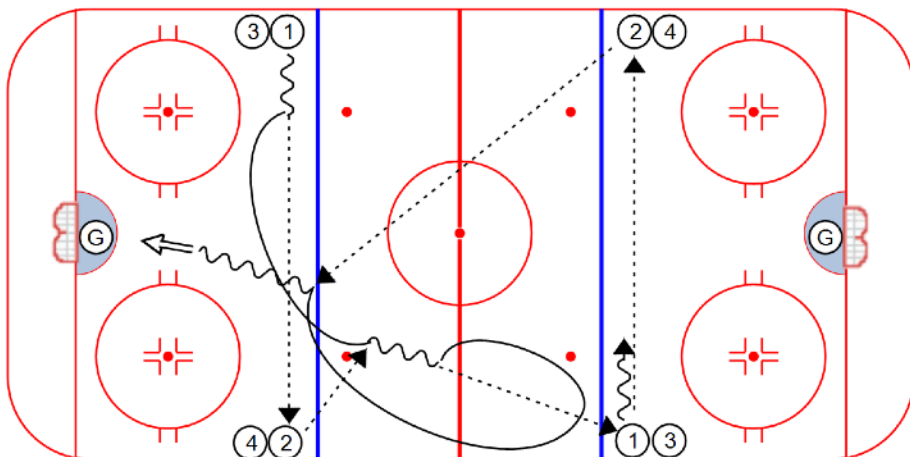
1. On the whistle, (1) skates across the blue line and makes a pass to (2).
2. Return pass to (1).
3. (1) makes a pass to (3) and continues in an "S" pattern to the far boards.
4. (3) passes back to (2), who makes a cross-ice stretch pass to (1) for a shot on the (G).



4 Blue Lines Warm-up (phase 5):

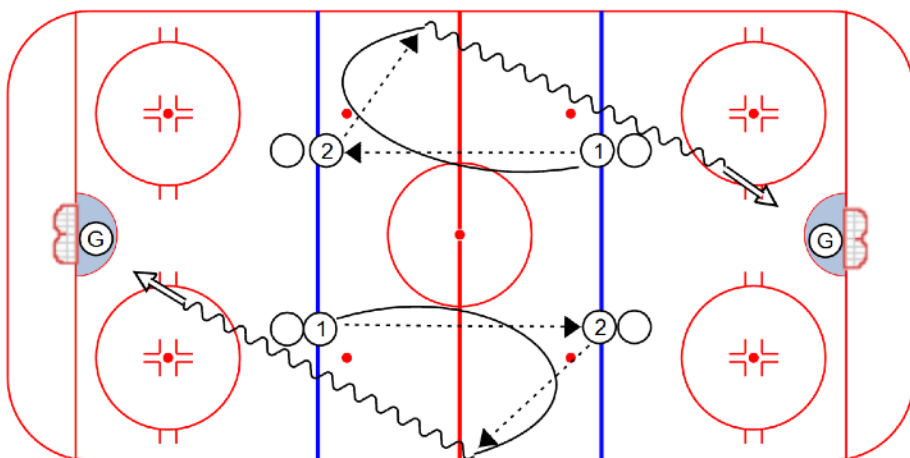
Mohawk Turn Stretch Pass : (only one side shown)

1. On the whistle, (1) skates across the blue line and makes a pass to (2).
2. Return pass to (1).
3. (1) makes a pass to (3) and makes a mohawk turn to the boards.
4. (3) makes a cross-ice pass to (2).
5. (2) makes a stretch pass to (1) on the opposite blue line for a shot on the (G).



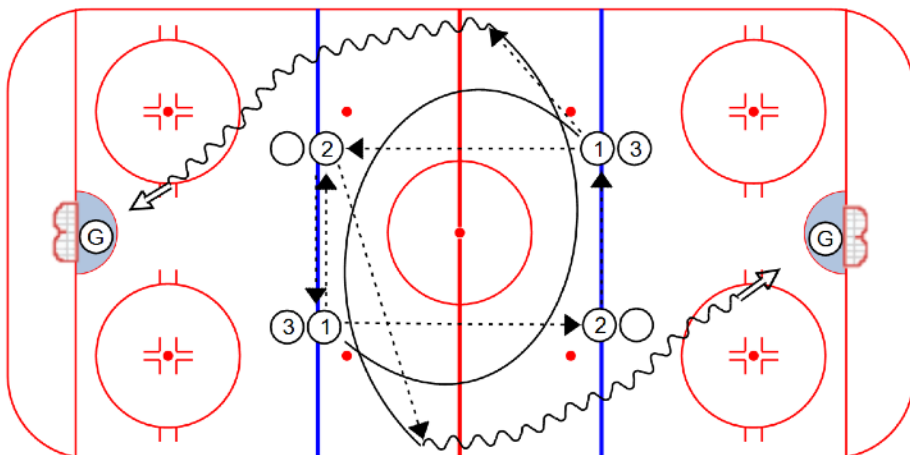
4 Squares Warm-up (phase 1):

1. On the whistle, (1) makes a pass to (2) and swings out to the boards.
2. (2) makes a return pass to (1) for a shot on the (G).
3. Drill repeats with (2) passing to the next player in the (1) line



4 Squares Warm-up (phase 2):

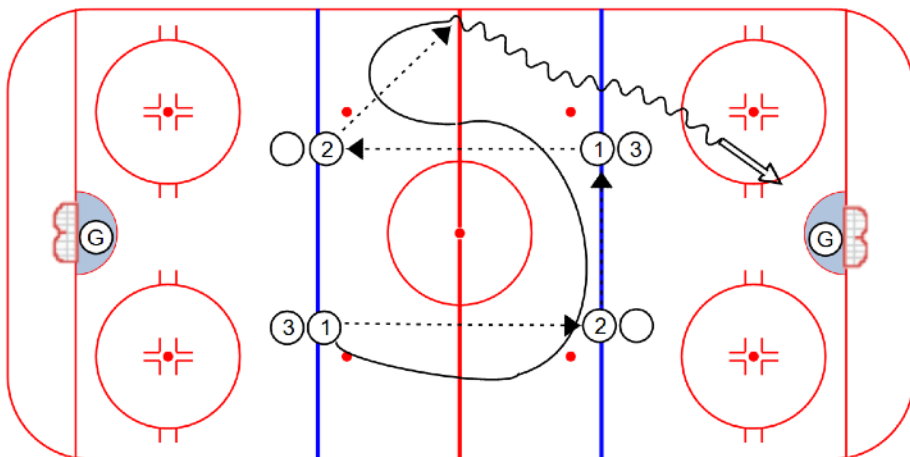
1. On the whistle, (1) makes a pass to (2) and swings around to the far boards.
2. (2) and (3) pass back and forth.
3. (2) makes a return pass to (1) for a shot on the (G).
4. On the next whistle (2) goes.



4 Squares Warm-up (phase 3):

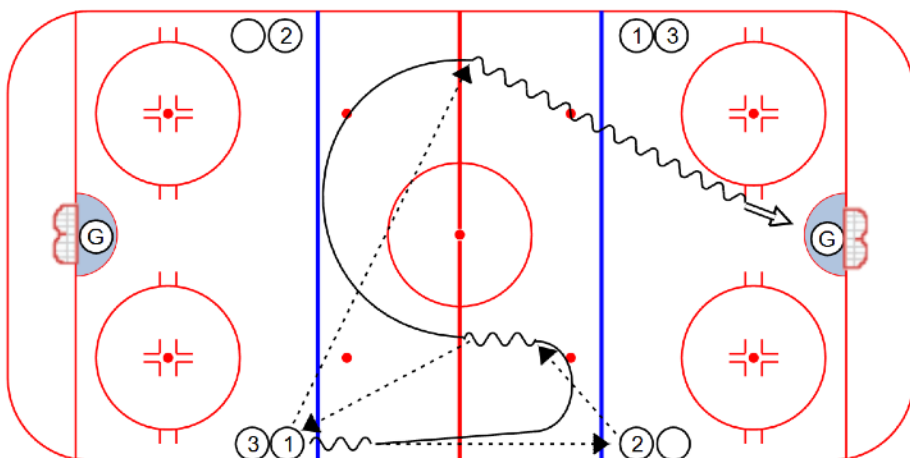
Note: only one side is shown.

1. On the whistle, (1) makes a pass to (2) and swings around to the far boards.
2. (2) makes a pass to (3).
3. (3) makes a cross-ice pass to the opposite (2).
4. (2) makes a return pass to (1) for a shot on the (G).
5. On the next whistle (2) goes.



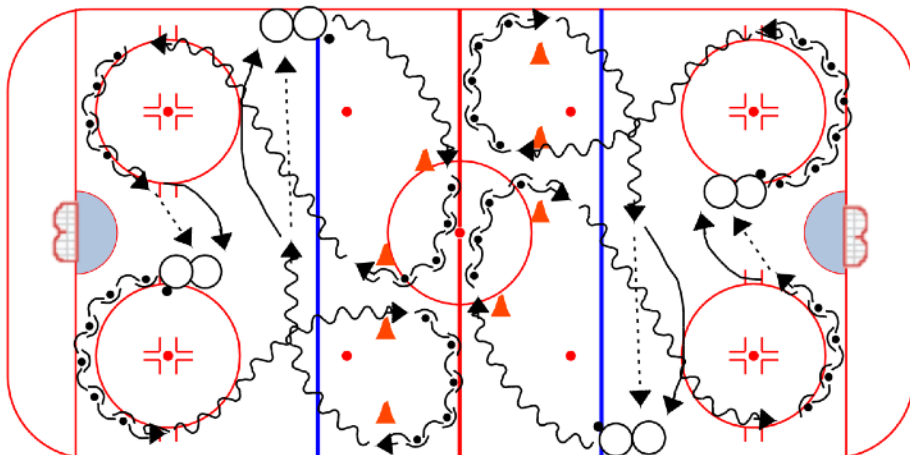
4 Pass Warm-up:

1. On the whistle, (1) skates forward with a puck and makes a pass to (2).
2. (1) turns back and receives a return pass from (2).
3. (1) makes a pass to (3) and swings out to the far boards.
4. (3) makes a return pass to (1) for a shot on the (G).



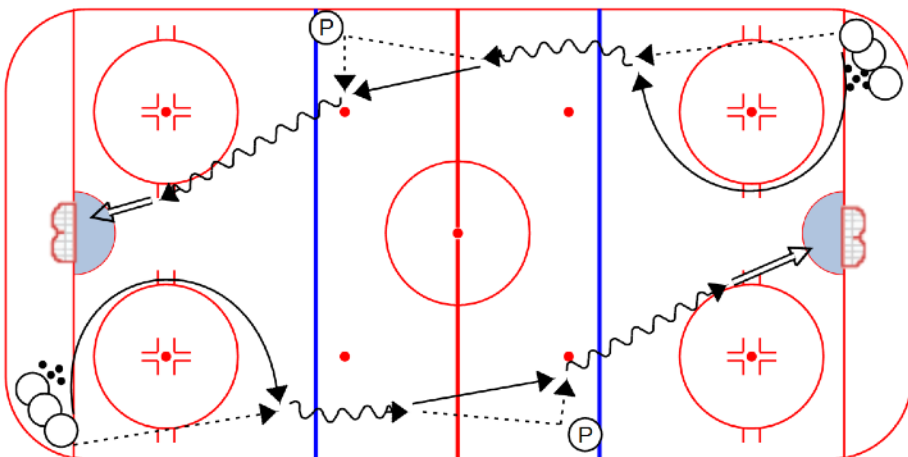
Bednár Skating Warm-up:

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



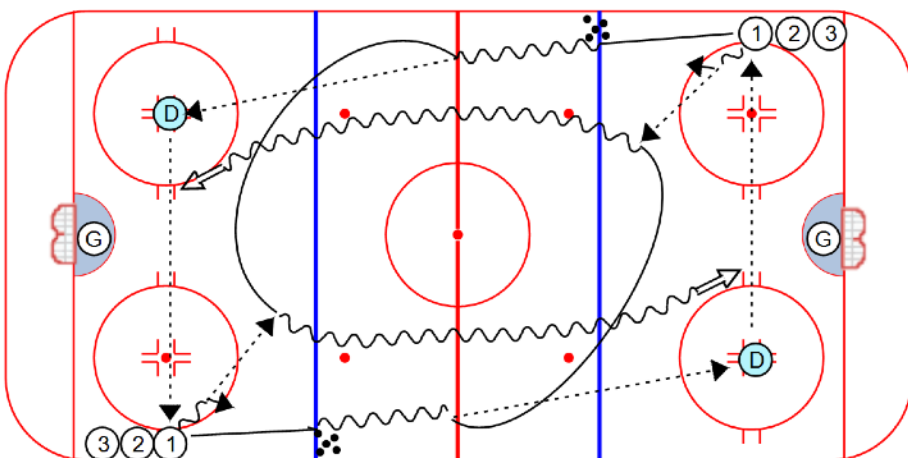
C-pass Give and Go:

1. First player in each line leaves without a puck, skates the "C," then receives a pass from the next player in line at about the top of the circle.
2. After receiving the pass, the puck carrier skates into the neutral zone and executes a give and go pass with (P).
3. After picking up the return pass, the puck carrier steps into the high slot and lets a shot go.



D Pass Horseshoe (phase 1):

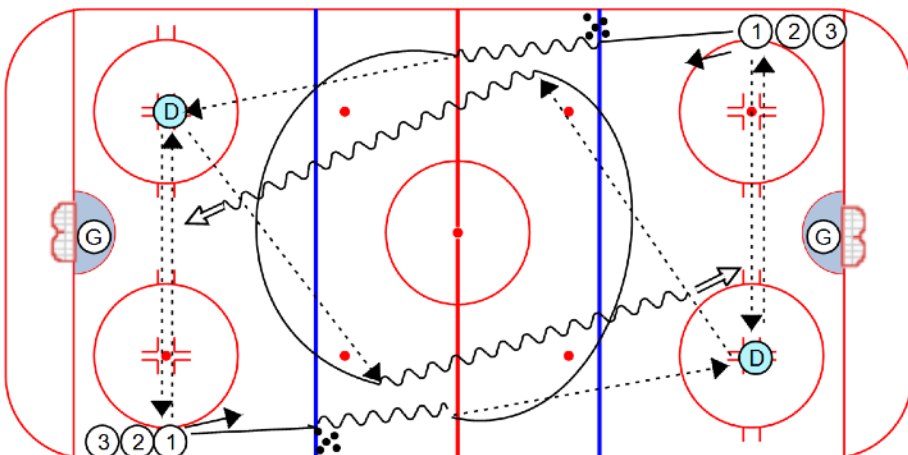
1. On the whistle, (1) skates to the blue line, picks up a puck and makes a pass to the (D).
2. The (D) makes a pass across to (2).
3. (1) mirrors the pass across and receives a pass back from (2) for a shot on the (G).
4. Drill continues with (2) picking up a new puck on the next whistle/



D Pass Horseshoe (phase 2):

D Cross-ice pass:

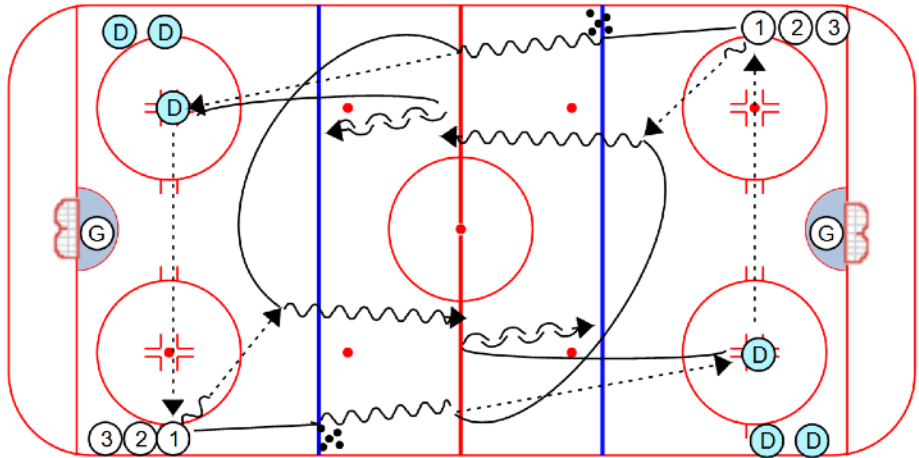
1. (2) makes a pass back to the (D).
2. The (D) makes a long, cross-ice pass to (1) for a shot on the (G).



D Pass Horseshoe (phase 3):

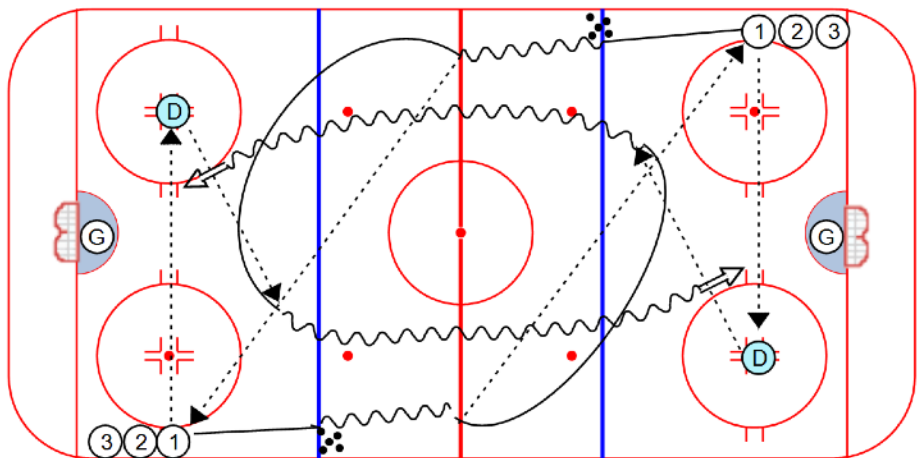
1 on 1:

1. On the whistle, (1) skates to the blue line, picks up a puck and makes a pass to the (D).
2. The (D) makes a pass across to (2).
3. (1) mirrors the pass across and receives a pass back from (2) for a 1 on 1 with the (D), who closes the gap in the neutral zone.
4. On the next whistle, (2) continues by picking up a new puck.



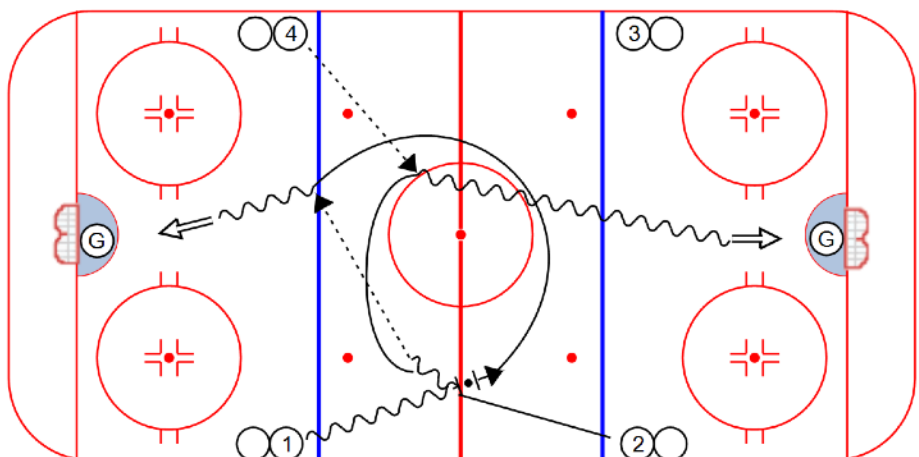
D Pass Horseshoe (phase 4):

1. On the whistle, (1) skates to the blue line, picks up a puck and makes a pass to the opposite (2).
2. (2) makes a pass across to the (D).
3. (1) receives a pass back from the (D) for a shot on the G.
4. On the next whistle, (2) continues drill by picking up a new puck.



Drop and Go Warm-up (phase 1):

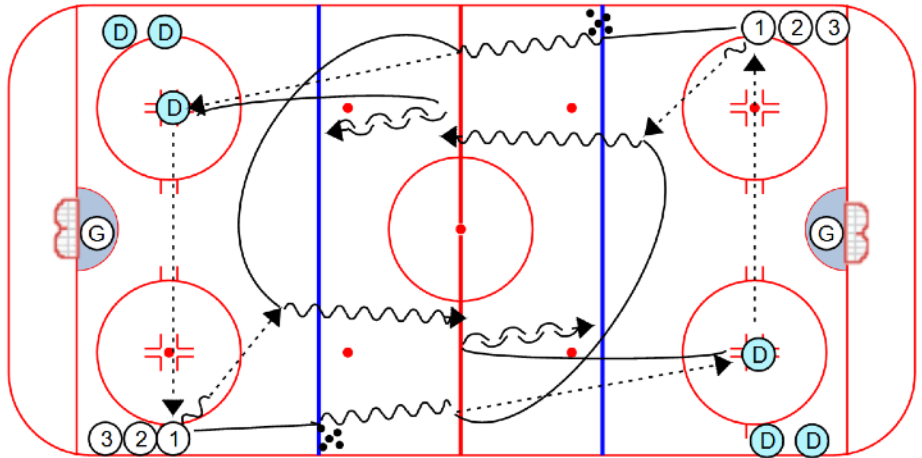
1. On the whistle, (1) skates to the neutral zone with a puck and drops it on the center line.
2. (2) waits until (1) turns back then picks up the puck to make a pass to (1) on the blue line for a shot.
3. (2) turns back and receives a pass from (4) for a shot on the (G).
4. (3) goes on the next whistle.
5. (1) and (2) alternate turns leaving with the puck as do (3) and (4).



D Pass Horseshoe (phase 3):

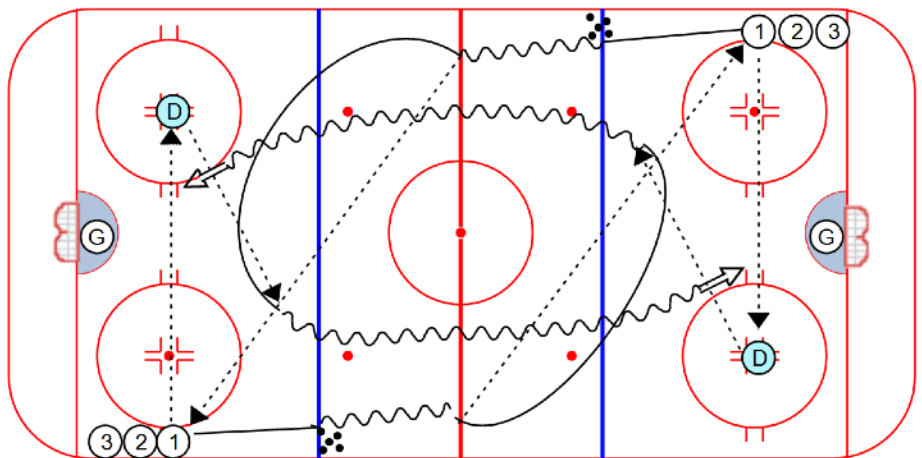
1 on 1:

1. On the whistle, (1) skates to the blue line, picks up a puck and makes a pass to the (D).
2. The (D) makes a pass across to (2).
3. (1) mirrors the pass across and receives a pass back from (2) for a 1 on 1 with the (D), who closes the gap in the neutral zone.
4. On the next whistle, (2) continues by picking up a new puck.



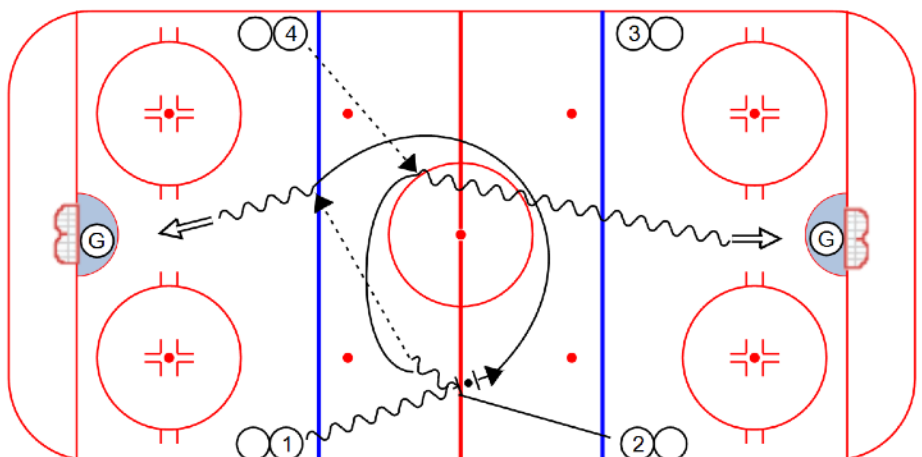
D Pass Horseshoe (phase 4):

1. On the whistle, (1) skates to the blue line, picks up a puck and makes a pass to the opposite (2).
2. (2) makes a pass across to the (D).
3. (1) receives a pass back from the (D) for a shot on the G.
4. On the next whistle, (2) continues drill by picking up a new puck.



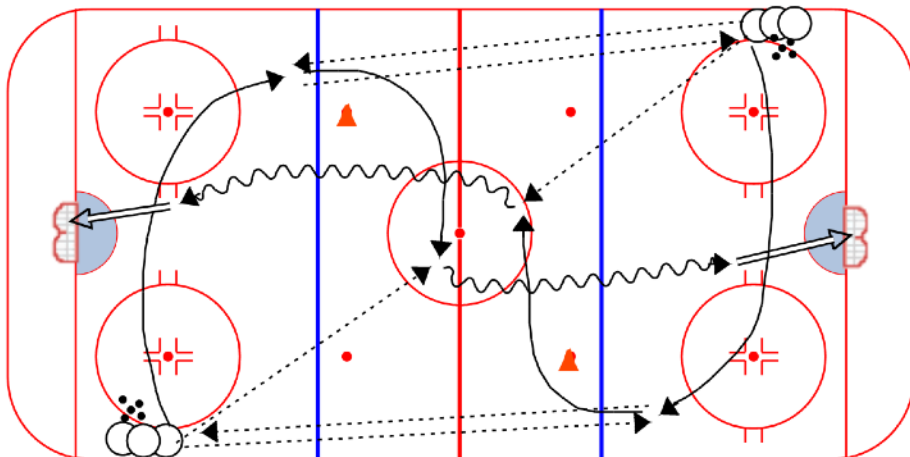
Drop and Go Warm-up (phase 1):

1. On the whistle, (1) skates to the neutral zone with a puck and drops it on the center line.
2. (2) waits until (1) turns back then picks up the puck to make a pass to (1) on the blue line for a shot.
3. (2) turns back and receives a pass from (4) for a shot on the (G).
4. (3) goes on the next whistle.
5. (1) and (2) alternate turns leaving with the puck as do (3) and (4).



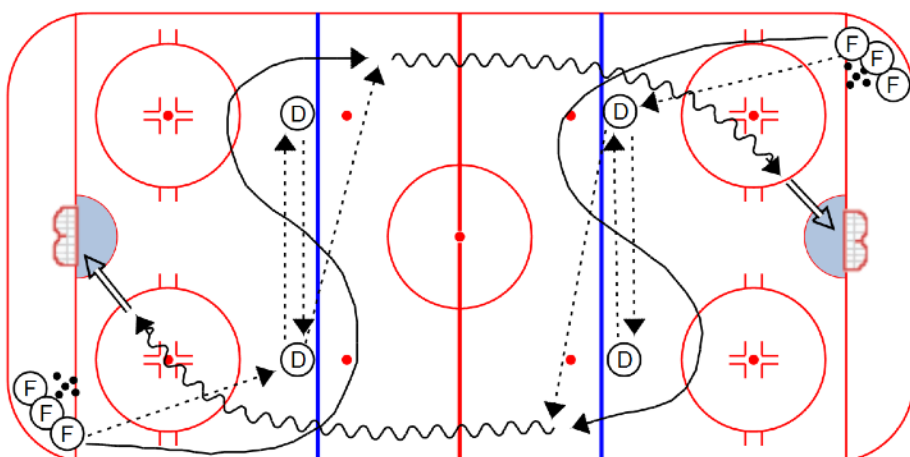
Full Ice 3-Pass & Shot:

1. Players leave respective lines and skate across the ice
2. Receive a pass from next player in line, and quickly return the pass
3. Loop to receive the final pass from the same line they each player left from - receive the puck IN FRONT of the red line
4. Cut up ice and take a shot



"S" Warm-up:

1. Forwards line up in the corner, two defensemen on each blue line
2. On whistle, first forward in each line passes out to the near defenseman
3. Defensemen execute D to D passes while forward skates the "S"
4. Cross-ice pass to the forward, who attacks 1 on 0



Warm-up with Puck Exchange:

1. Players line up in opposite corners, with pucks
2. Players skate the diagrammed route, pivoting backwards between the blue lines
3. Players exchange pucks in neutral ice, then step in and shoot.
4. Make sure to run from both sides so players work on pivoting both directions

