



Training Camp - Session 1

Duration: 75 mins

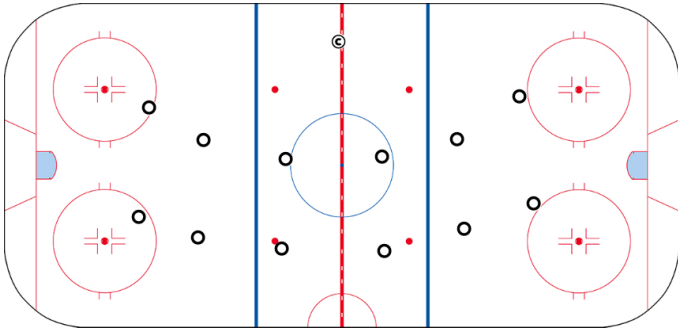
Chalk talk video: Goals 1 - Read & React

Forward Skating Progression, Inside Edges, 5-step Crossovers

20 mins

Stationary Stickhandling

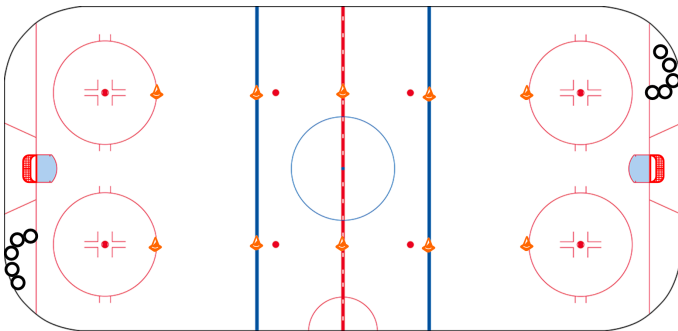
15 mins



- Narrow stickhandling in front
- Narrow stickhandling to Left Side
- Narrow stickhandling to Right Side
- Wide stickhandling in front
- Dekes:
 - 1,2,3 wide to forehand
 - 1,2,3 wide to backhand (release bottom hand)
 - 1,2,3, wide, wide
- Coach calls it with stick, left, right, dekes, and stick tap (drop on knees and get up fast)

Full Ice Stickhandling Progression

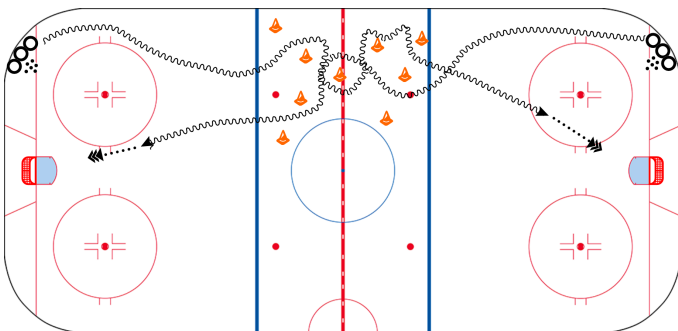
15 mins



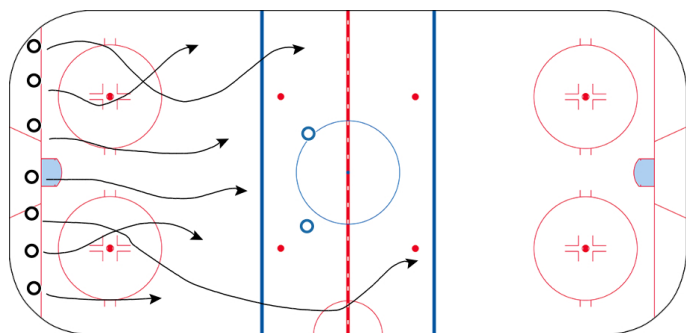
- Deke to forehand on each cone
- Deke to backhand on each cone
- Big inside edge, and deke at each cone
- Put a cone between each cone, wide dip between each gap

Full Ice Chaos Drill

15 mins



- Players line up in corners across from each other
- On whistle, players skate full speed through the cones, and shoot



- Skate from one end to the other without getting touched
- If you get touched, you join the "bull dogs" in the middle
- Add pucks as kids progress



Training Camp - Session 2

Duration: 75 mins

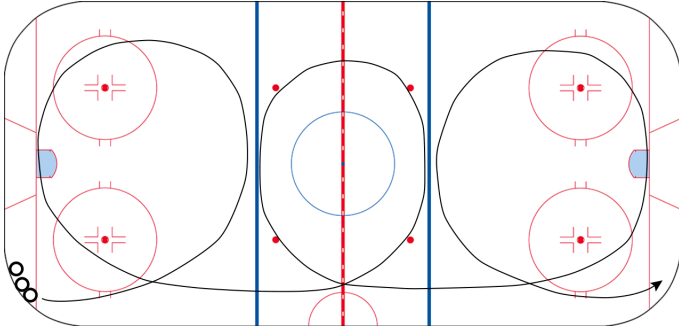
Chalk talk video: Goals 2 - Offensive Support

Inside Edges, 5-Step Crossovers

5 mins

3 Large Circles

5 mins



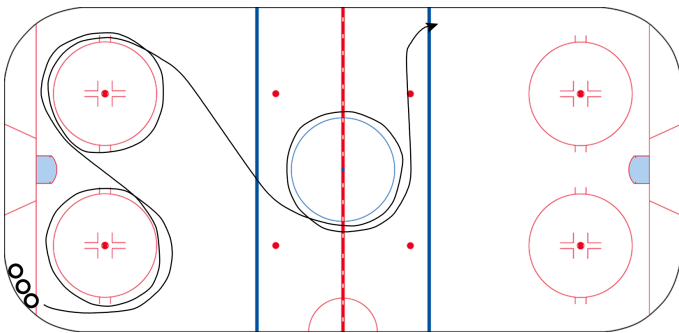
- Players line up in corner
- Going 3 at a time, players skate 3 large circles filling the space in each zone
- The objective is to go fast while staying smooth (think short track speed skating)
- To add an extra element of excitement, have the players over-exaggerate the deep knee bend, and lean hard into the turn, touching their inside hand down to the ice like the short track speed skaters do.
- Line up in far corner, then repeat coming back the other way.

Key Points

- Push the comfort level, and find the breaking point at which you slide out
- Low, smooth, powerful speed

Mohawk 3 Regular Circles

3 mins



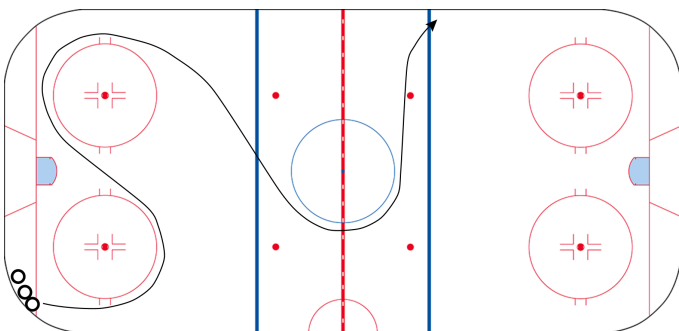
- Players start in the corner and skate circles in groups of 3
- Skate with smooth, powerful mohawks
- Only skate 3 circles. Form usually deteriorates after the 3rd circle
- Add a puck when appropriate.

Key Points

- Low, smooth, powerful mohawks
- Focus on form

3 Snake Circles

2 mins



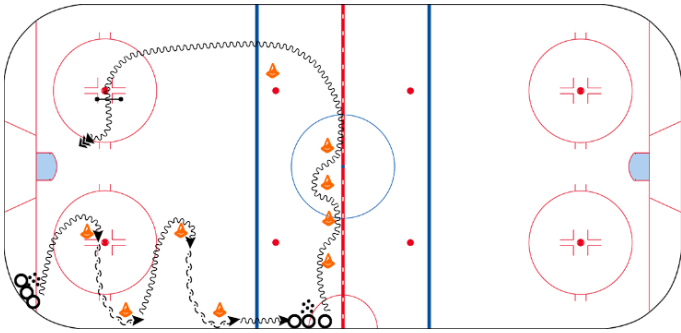
- Players skate 3 half circles as shown
- Full speed, aggressive crossovers.
- After the 3rd circle, line up at the far blue line

Key Points

- Be explosive. Don't worry about staying smooth on this one.

Inside Edges with Drive Skate and Agility Skating

12 mins



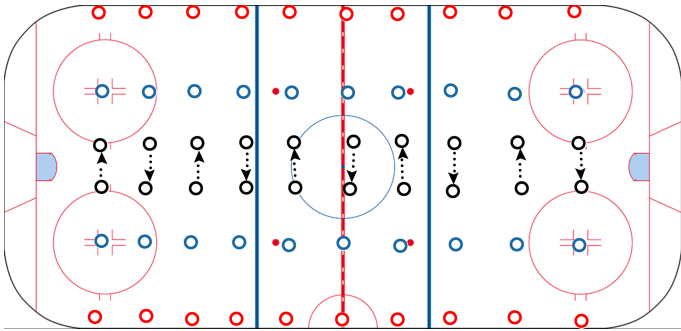
- Players execute inside edges through the cones
- Drive skate using 5-step crossovers
- Shot on net
- Run an agility drill simultaneously to limit wait time in line

Key Points

- Knees bent, puck away from body
- After the fourth cone, explosive speed all the way to the net (no slowing down!)

Stationary Passing

10 mins



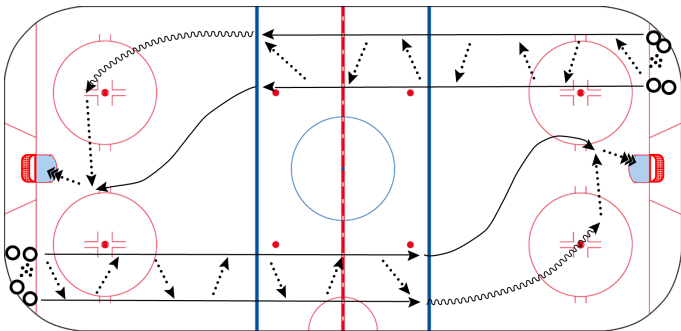
- Players go in pairings
- Select the pass type you want to focus on (Cushion & Sweep, Touch Pass, Saucer, or Backhand)
- Start players close together, work on the passing fundamentals
- Then stop them, and run a race; first pairing to 10 perfect passes wins
- Players take a knee as soon as they're done
- Back everyone up to the dots and repeat
- Back everyone up to the boards and repeat

Key Points

- Focus on technique

Synchronized Passing w/Shot

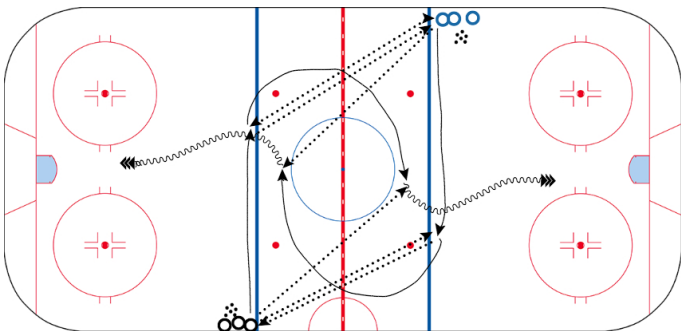
10 mins



- Players pass back and forth in stride to far blue line
- At the far blue line they attack 2 on 0
- Each player should switch spots in line to work on both forehand and backhand passing

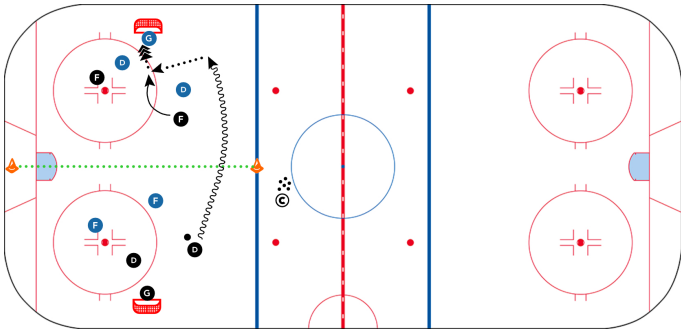
3 Pass and Shot

13 mins



Cross Ice - Breakout Forecheck 3 on 2

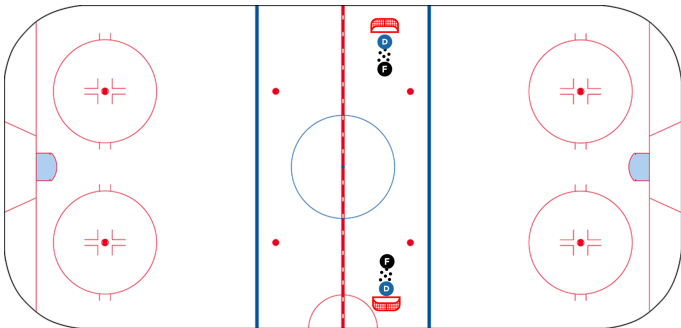
15 mins



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.

NZ Sweep the Porch

0 mins



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

Key Points

- Body positioning
- Neutralize the opponent's stick



Training Camp - Session 3

Duration: 75 mins

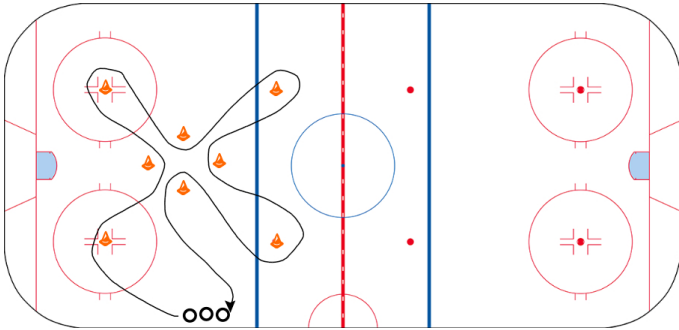
Chalk talk video: Goals 3 - Puck Protection

Inside Edges, 5-Step Crossovers (with pucks)

5 mins

Mohawk Amoeba

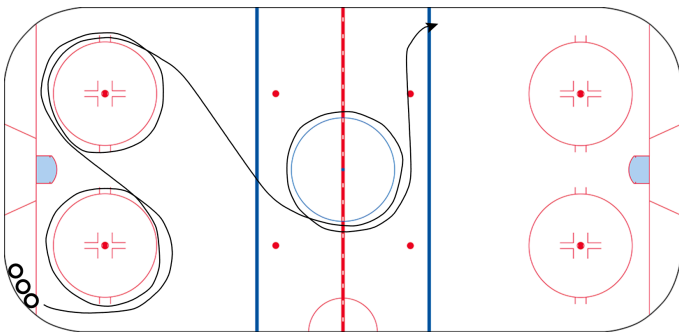
10 mins



- Skate the pattern shown, mohawking at each turn
- Add a puck for more difficulty

Mohawk 3 Regular Circles

5 mins



- Players start in the corner and skate circles in groups of 3
- Skate with smooth, powerful mohawks
- Only skate 3 circles. Form usually deteriorates after the 3rd circle
- Add a puck when appropriate.

Key Points

- Low, smooth, powerful mohawks
- Focus on form

Winnipeg Puck Protection Series

40 mins



- 1) Puck protection X 1 protects the puck using his body from O 1.
- 2) My puck- Players face away from the coach and coach spots a puck behind them. When coach say's GO they try to gain POSITION so they gain possession.
- 3) O shuffles back and forth and on the coaches command X engages him and tries to pry the puck away. Focus on puck protection and stick on puck on defense, containment
- 4) Wraps- Players face away from the net. Coach shoots a puck in for a race. First to puck tries to score, other player defends and tries to get it back. Play till the whistle. Go both directions



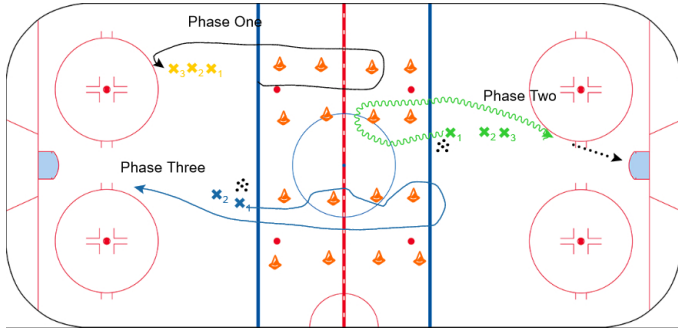
Training Camp - Session 4

Duration: 75 mins

Chalk talk video: Goals 4 - Timing

Inside edges, 5-step crossovers, one-foot stop, hockey stop, crossover start, V start 10 mins

Power Turn Progression 15 mins

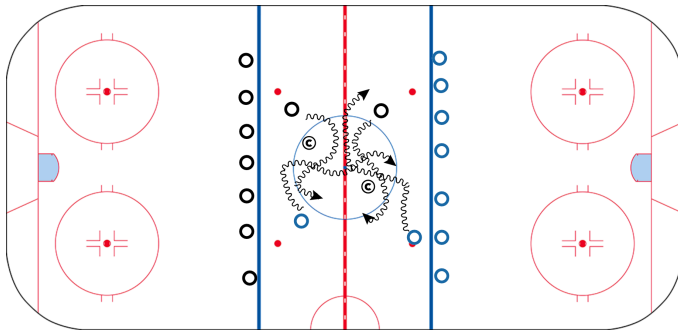


Phase 1: Player skates out to the cone, power turns, and explodes back to the line. Run each player through 3-4 times, then switch the direction of the turn.

Phase 2: Same as phase 1, but with the puck. Add a shot.

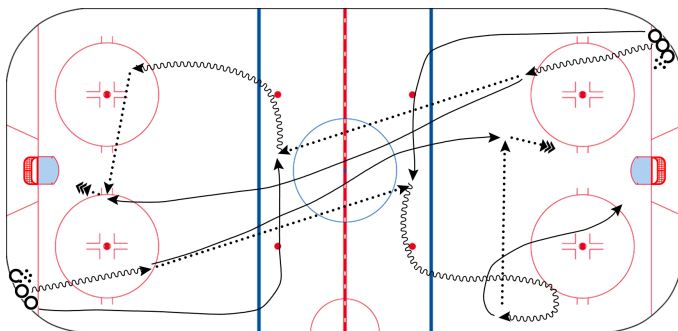
Phase 3: Inside edges through the cones, power turn out, and explode in for the shot. Run each player through 3-4 times, then switch the direction of the turn.

Sabres Confined Space Stickhandling 15 mins



- 4 players skate in the NZ inside the dots
- Coaches try to take the puck off them
- On the whistle, each player passes to a new player on the perimeter
- Players who receive the pass now enter into the NZ, and continue the drill
- Go in 30-45 second rotations

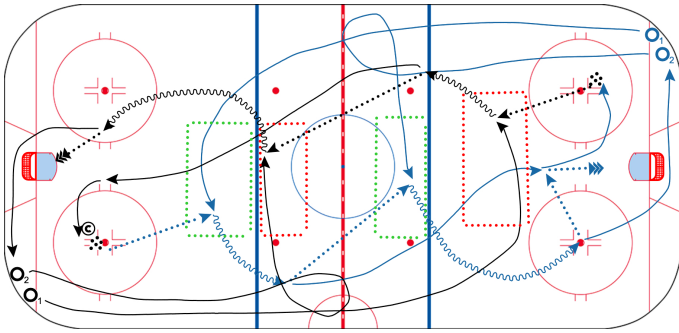
Center Lag Timing 10 mins



- Two players leave from each corner
 - First player skates out and cuts across the blue line with no puck
 - Second player steps out and makes a hard pass to the first player of the opposite line
 - Receiver turns back into the zone and drives wide
 - Passer becomes F2 for the player he/she passed to
- Variation: Add a quick turn back and hit F2 coming in as a trailer

3 Zone Timing

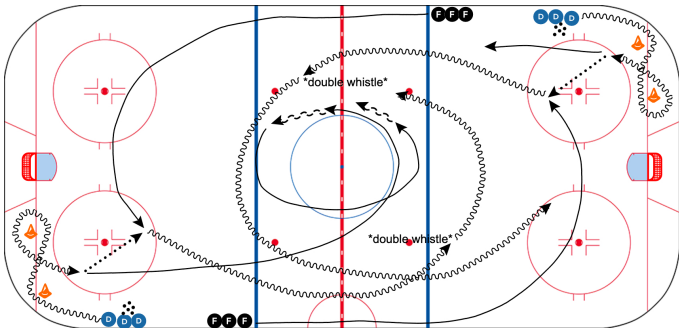
10 mins



- Drill starts with a passer © in the circle
- First player swings low, inside the blue line, and receives the pass in the first green receiving zone
- Receiver controls puck, then hits the second player in the second green receiving zone
- 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.
- Drill continues perpetually.

Michigan Tech 1v1

15 mins



- Defensemen skate a figure 8 through cones, then hit the Forward swinging low for the pass
- Forward receives pass and turns up ice, playing a 1v1 with the opposing Defenseman, who has closed the gap
- If the coach gives a double whistle Forwards have to change direction and attack the opposite net; Defensemen have to re-close the gap on the other Forward, and play the 1v1
- Coach can give a double whistle a few times

Key Points

- Gap control
- Angling



Training Camp - Session 5

Duration: 75 mins

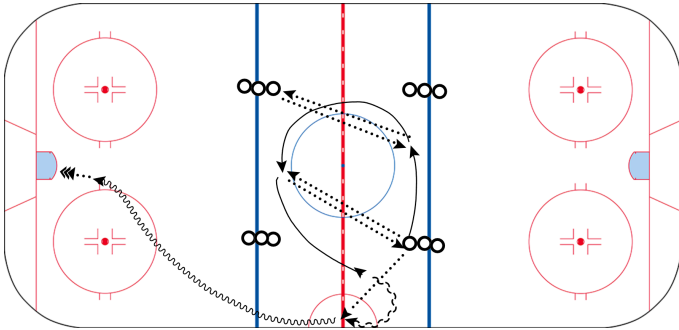
Chalk talk video: Goals 5 - Read & React for Defensemen

Inside Edges, 5-Step Crossovers, Backward Skating Progression

20 mins

Swedish 5 Pass

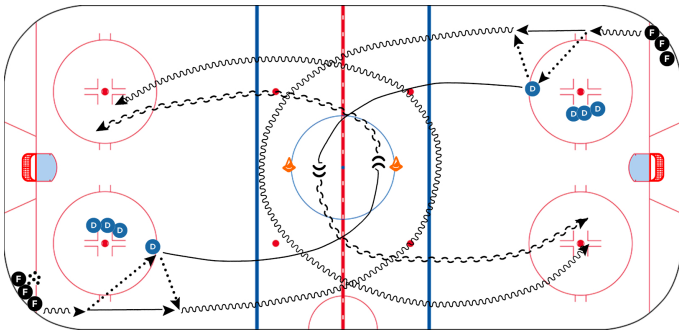
10 mins



- Two players leave at the same time from diagonal lines
- Skate route as shown, giving and receiving passes
- Pivot open to receive final pass
- Drive net for a shot

Give & Go 1 on 1

15 mins



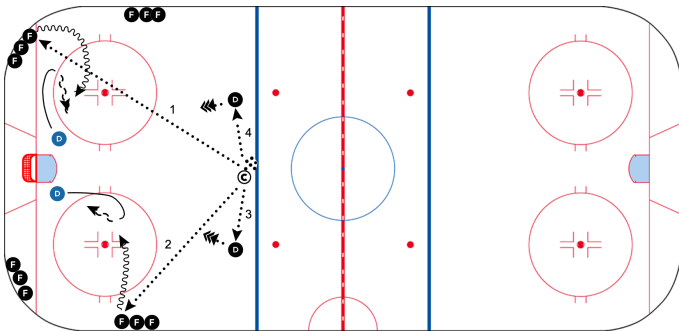
- Forward makes a give & go pass with defenseman
- Forward drives wide around the cone
- Defenseman manages the gap, and plays the 1 on 1

Key Points

- Gap management

Force vs Contain 1v1, 2v2, Net-Front Battle

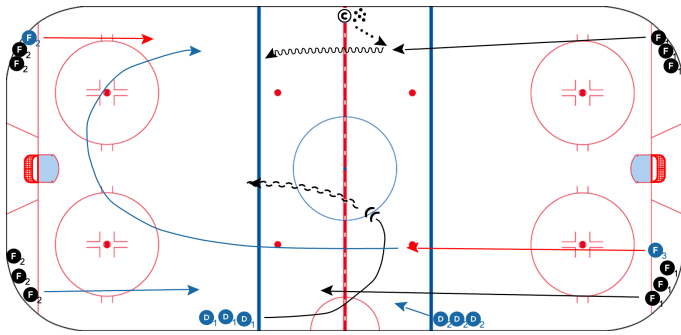
15 mins



- Coach passes to one of the Forwards
- 1v1
- Coach passes to another Forward
- 2v2
- Coach passes to a Defenseman
- Point shot with battles in front
- Coach passes to the other Defenseman
- Point shot with battles in front

2 on 1 Perpetual Backcheck

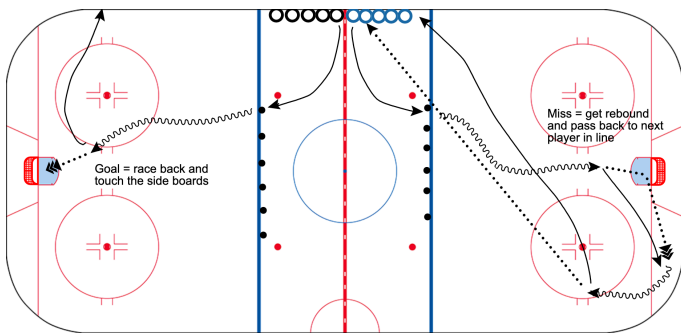
10 mins



- On whistle, two forwards (F1) leave from one end, with a backchecker (F3) chasing (designate a backchecker to start the drill)
- Coach passes to either forward
- Defenseman from far blue line (D1) steps out to play 2 on 1 with backchecker
- After the attack, the backchecker swings to one side or the other, becoming one of the forwards on the next 2 on 1
- The forward on the same side the backchecker swings to becomes the next backchecker
- Drill repeats going the other direction

6 Puck Shootout

5 mins



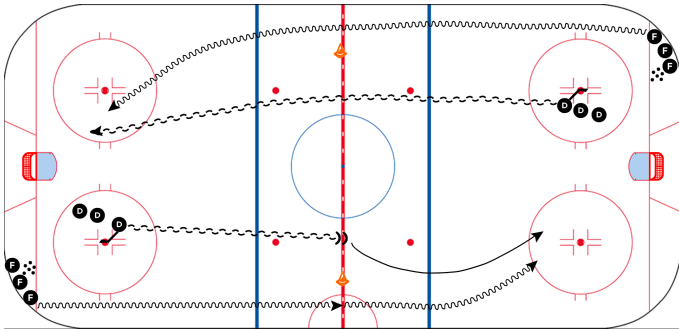
- Players split into two teams.
- Relay race to score all 6 pucks.
- If a player scores, he or she races back to the boards. Shooter has to touch the boards before the next player can leave the line.
- If a player misses, he or she needs to get to the rebound and pass it back to the next player in line.
- First team to score all 6 pucks wins, losing team does 10 push-ups.

Duration: 75 mins

Chalk talk: Defensive Zone Coverage. The positional drills in this practice plan are designed for teams who are sharing ice (DZ walkthrough in each end with cross-ice shooting in the middle). Feel free to make adjustments as needed.

Inside Edges, 5-Step Crossovers, 3-Step Crossunders (add pucks), Backward Stops & Starts 20 mins

Man in the Box 15 mins

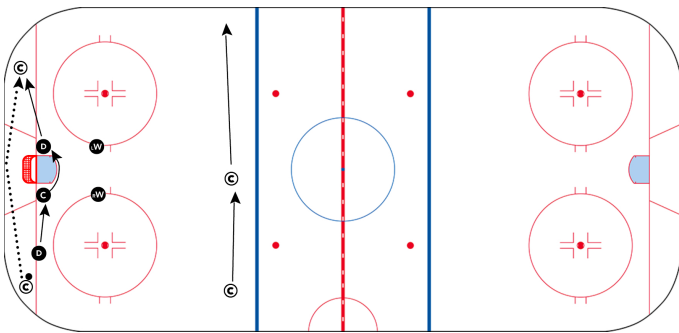


- Forwards in the corner, Defensemen in the Circles
- Forwards start with a puck, one skate behind the goal line
- Defensemen start with their stick in the dot (make this harder or easier by changing starting location of defenseman)
- On the whistle, it's a race to the red line
- Forward can't cut inside, defenseman can't play the forward or pivot, until after the red line
- After the red line, anything goes

Key Points

- Speed and explosive skating for both forwards and defensemen
- Defensemen learn to protect the lane to the net

D-Zone Coverage Walkthrough 25 mins

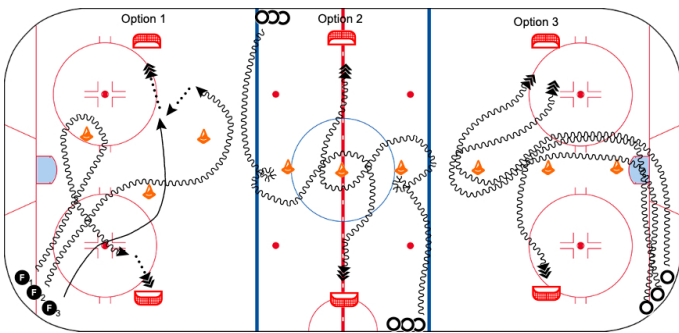


- Walkthrough positional shifts and transitions in the defensive zone
- Start with coaches as opposition. Go to position and stop.
- Build to a 5 on 5 with defenders holding sticks upside down

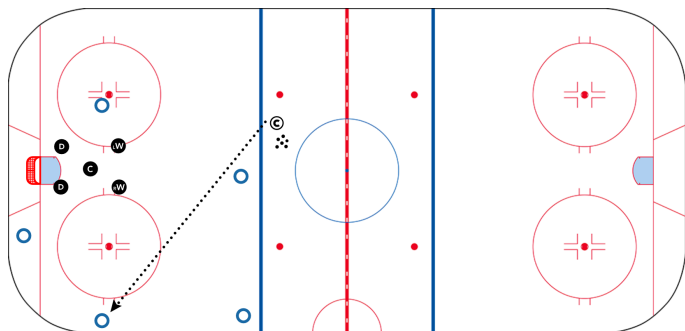
Key Points

- Make sure positions are correct.
- Blow the whistle if anyone is out of position. Make corrections.

Cross-Ice Shooting (options 1-3) 0 mins



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



- Defending team starts in "5-card" formation
- Offensive team starts roughly positioned in the zone
- Coach dumps it in
- Offensive team tries to score, defensive team defends using assigned d-zone coverage setup

NOTE: To force players to rely on proper body positioning rather than fancy stickwork, make defenders have no sticks at first, then sticks upside down, then sticks right-side up.



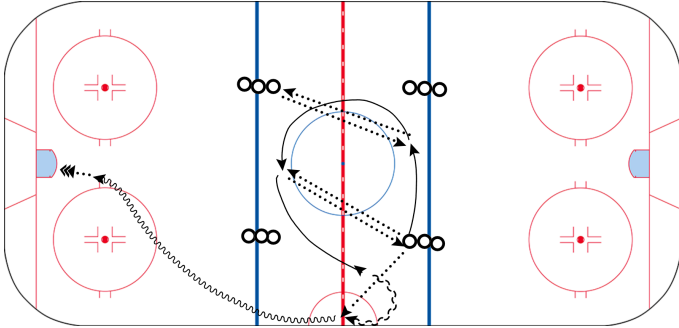
Training Camp - Session 7

Duration: 75 mins

Chalk talk: Breakouts

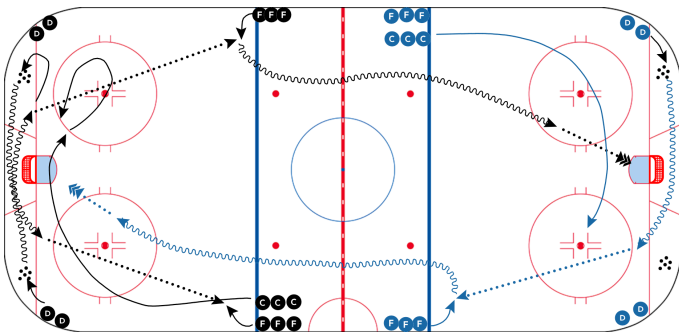
Inside Edges, 5-step crossovers, 3-step crossunders (add stickhandle between blues), Pivots 20 mins

Swedish 5 Pass 10 mins



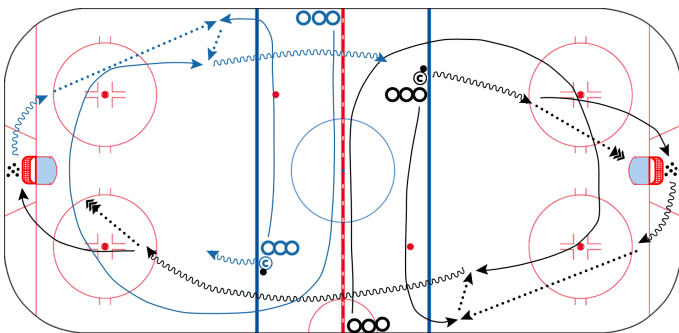
- Two players leave at the same time from diagonal lines
- Skate route as shown, giving and receiving passes
- Pivot open to receive final pass
- Drive net for a shot

Top Down Breakout Progression - Two Teams Sharing Ice 20 mins



- Designed for two teams to work on a "top down" breakout together
- Defenseman picks up puck and wheels behind the net.
- Breakout pass to wing - wing shoots
- Breakout pass to other wing - wing shoots
- Breakout pass to center in the middle - center shoots
- Breakout pass to wing, touch back to defenseman - defenseman shoots
- Next defenseman starts drill from the other side.

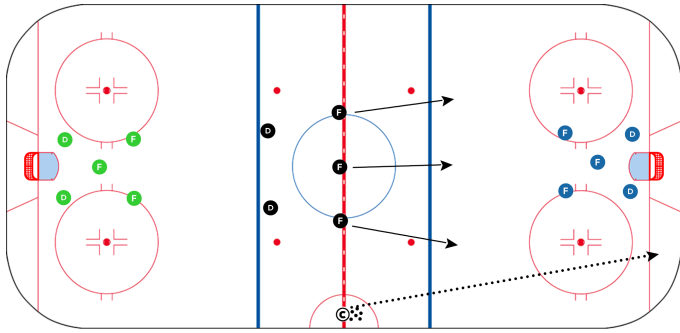
Patrick Perpetual Breakout 15 mins



- Just to start the drill, coaches skate in from blue line, shoot, then pick up a new puck behind the net and make a breakout pass to the player who has skated across the blue line and is dropping in for a "top down" breakout
- Player at blue line makes a touch pass to his/her partner, who has swung a loop in the zone, and is accelerating into the receiving area
- After receiving the touch pass, the receiver drives the zone, shoots, and picks up a puck behind the net to start the next rotation
- Players rotate from blue line group to center line group after each rotation

Key Points

- Timing works best if the receivers leave as their respective puck carriers skate pass them
- You can run this as a "top down" breakout, as shown here. Or you can run it as a "bottom up" breakout if that's what your team uses.



- 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, the attackers are done and 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



Training Camp - Session 8

Duration: 75 mins

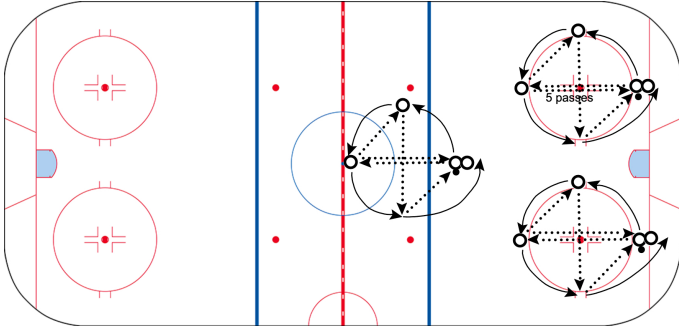
Chalk talk: Regroups

Inside Edges, 5-Step Crossovers, Russian Circles w/Pucks

10 mins

Quad Pass

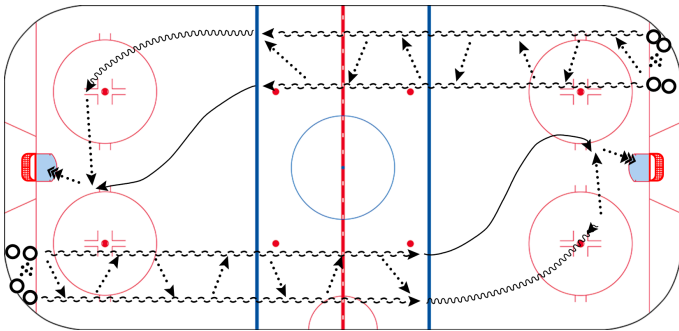
10 mins



- Players across from each other make 5 passes (cushion & sweep)
- After the 5th pass, player touch passes to the 3rd player, receives a touch pass, and touch passes to the next player in line
- Players rotate positions as shown

Backward Synchronized Passing w/Shot

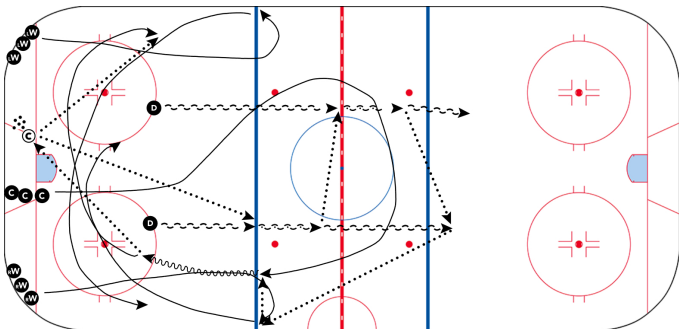
10 mins



- Players pass back and forth in stride to far blue line
- At the far blue line they attack 2 on 0
- Each player should switch spots in line to work on both forehand and backhand passing

Coach Regroup 3 on 2

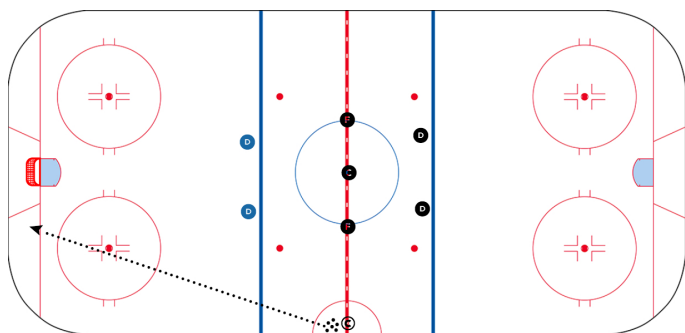
20 mins



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

Breakout, Regroup, 3 on 2

15 mins



- Players line up as shown
- Coach dumps puck in
- Forwards run a breakout with blue defensemen
- After the breakout, forwards run a regroup with black defensemen
- Forwards attack 3 on 2 vs blue defensemen

Key Points

- Black defensemen follow up play
- Well-executed passes

Full Ice Scrimmage 5v5

10 mins



Training Camp - Session 9

Duration: 75 mins

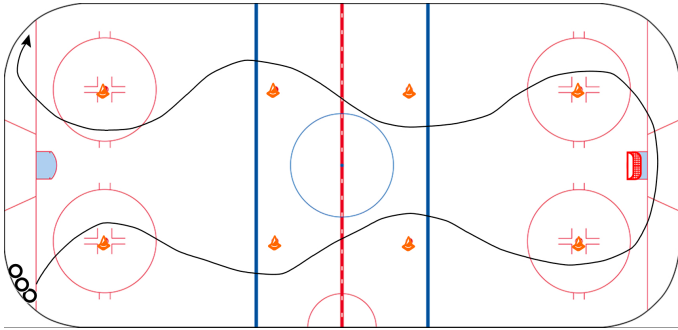
Chalk talk: Offensive Attack Options

Inside Edges, 5-Step Crossovers, Outside Edge Stops & Starts, Crossover Stops

10 mins

Mohawk Snake - Full Ice

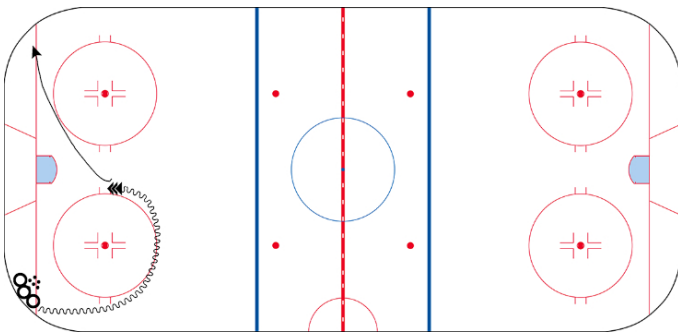
10 mins



- Players line up in the corner
- Skate the route as shown, doing a mohawk at each cone
- Hold the mohawk behind the net, pumping legs to increase speed through the turn
- Finish in other corner
- Add pucks and toe drags as skills improve

Snake Shooting Drill

10 mins



- Players start in corner as shown
- Attack seam
- Shoot in Stride

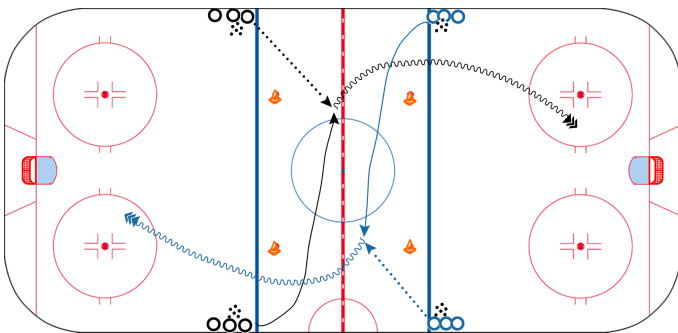
Variation: Designate which shot type - use mohawks, backhands, snap shots, etc.

Key Points

- Full speed
- Shoot in stride

Attack Triangle Phase 1

5 mins



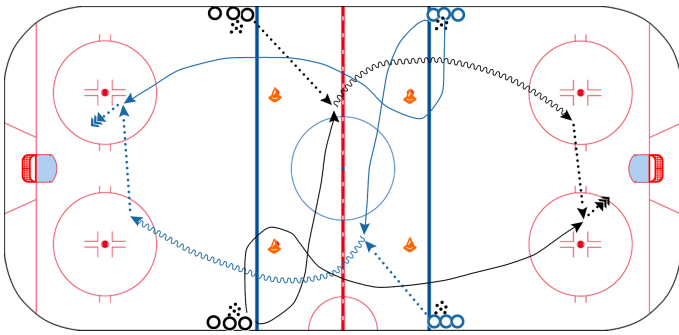
- Player skates across middle
- Receives pass from opposite line
- Attacks wide and shoots

Key Points

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

Attack Triangle Phase 2

5 mins



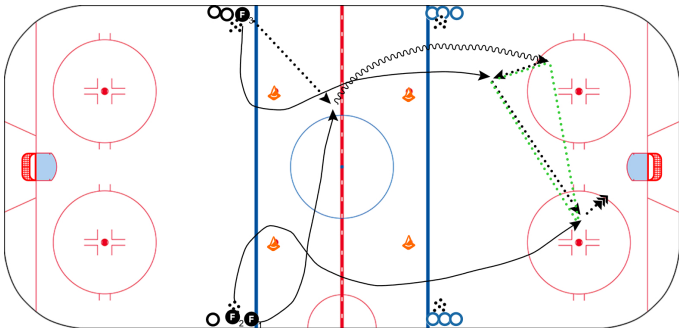
- F1 skates across middle
- F1 Receives pass from opposite line
- F1 Attacks wide
- F2 loops around first cone, then drives wide (staying onside)
- Pass across & Shot

Key Points

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

Attack Triangle Phase 3

10 mins



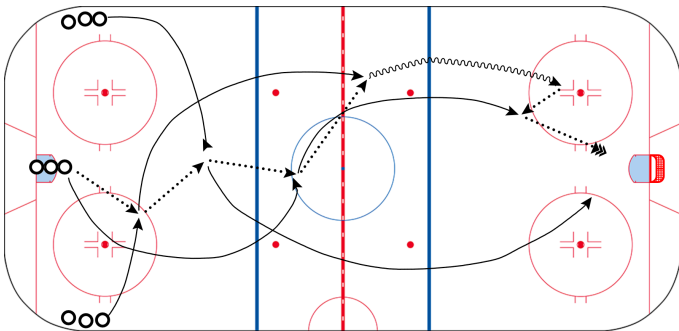
- F1 skates across middle
- F1 Receives pass from opposite line
- F1 Attacks wide
- F2 loops around close cone, then drives wide (staying onside)
- F3 Loops around close cone and follows puck carrier as "Trailer Man"
- Drop pass, pass across, shot (or any variation you choose)

Key Points

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

3-Man Weave

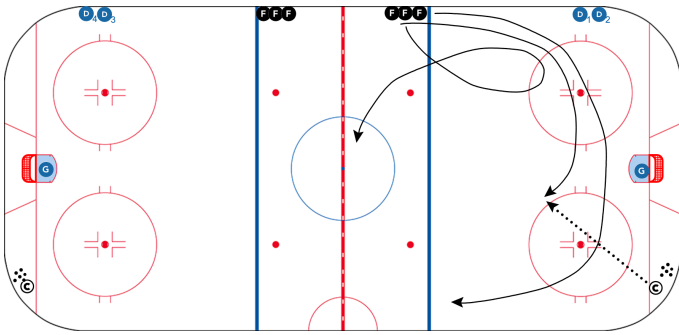
10 mins



- Players go in groups of 3
- Headman the puck, then swing behind your receiver for backside support
- After providing backside support, explode up ice to get ahead of the puck carrier as front-side support
- Attack in a triangle and shoot

Key Points

- Insist on precision
- Good teams should be able to make at least 3 perfect passes before the far blue line



- Players line up as shown
- On whistle, 3 forwards swing low and pick up a breakout pass from the coach
- Forwards attack 3 on 0, then swing open and receive a breakout pass from the other coach
- The forwards attack the opposite end, with D1 closing the gap and playing the 3 on 1
- After the shot, the forwards swing open again and receive the final breakout pass
- Forwards attack 3 on 2 against D3 and D4

Key Points

- Full speed
- Utilize your team's attack formations



Training Camp - Session 10

Duration: 75 mins

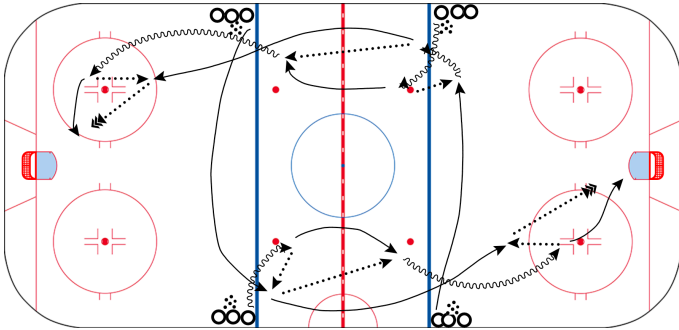
Chalk talk: Defensive Zone Faceoffs

Inside Edges, 5-Step Crossovers, Pivots, R-knee L-knee Both

15 mins

Double Drop Pass & Shot

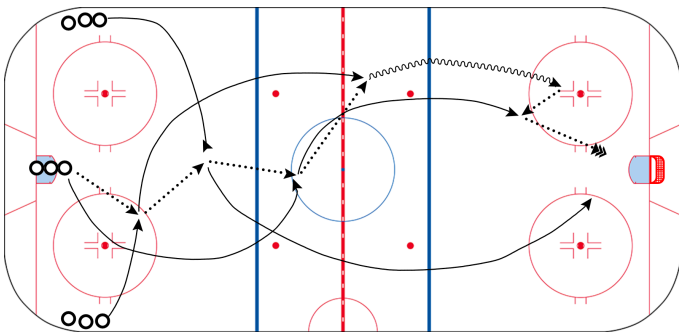
10 mins



- First players from diagonal lines skate across the ice and receive a drop pass from the first players in the opposite lines
- After making the drop pass, the passer curls up ice at full speed, becoming available for a stretch pass before the far blue line
- Puck carrier drives deep and makes a second drop pass inside the zone
- Shot and rebound

3-Man Weave

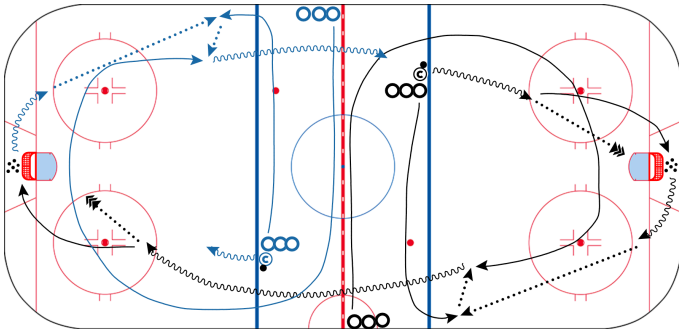
10 mins



- Players go in groups of 3
- Headman the puck, then swing behind your receiver for backside support
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- Attack in a triangle and shoot

Key Points

- Insist on precision
- Good teams should be able to make at least 3 perfect passes before the far blue line



- Just to start the drill, coaches skate in from blue line, shoot, then pick up a new puck behind the net and make a breakout pass to the player who has skated across the blue line and is dropping in for a "top down" breakout
- Player at blue line makes a touch pass to his/her partner, who has swung a loop in the zone, and is accelerating into the receiving area
- After receiving the touch pass, the receiver drives the zone, shoots, and picks up a puck behind the net to start the next rotation
- Players rotate from blue line group to center line group after each rotation

Key Points

- Timing works best if the receivers leave as their respective puck carriers skate past them
- You can run this as a "top down" breakout, as shown here. Or you can run it as a "bottom up" breakout if that's what your team uses.



Training Camp - Session 11

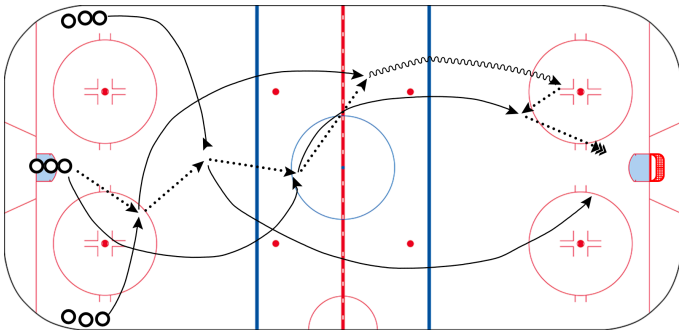
Duration: 75 mins

Chalk talk: Forechecking

Inside Edges, 5-Step Crossovers, Heel Edges between blues, Heel edges with a deke at each line, Heel edges with two pucks 15 mins

3-Man Weave

10 mins



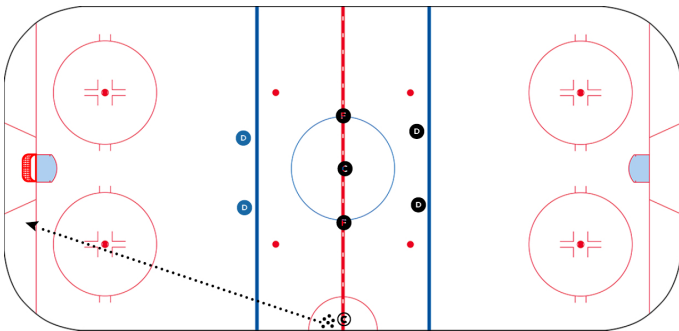
- Players go in groups of 3
- Headman the puck, then swing behind your receiver for backside support
- After providing backside support, explode up ice to get ahead of the puck carrier as front-side support
- Attack in a triangle and shoot

Key Points

- Insist on precision
- Good teams should be able to make at least 3 perfect passes before the far blue line

Breakout, Regroup, 3 on 2

10 mins



- Players line up as shown
- Coach dumps puck in
- Forwards run a breakout with blue defensemen
- After the breakout, forwards run a regroup with black defensemen
- Forwards attack 3 on 2 vs blue defensemen

Key Points

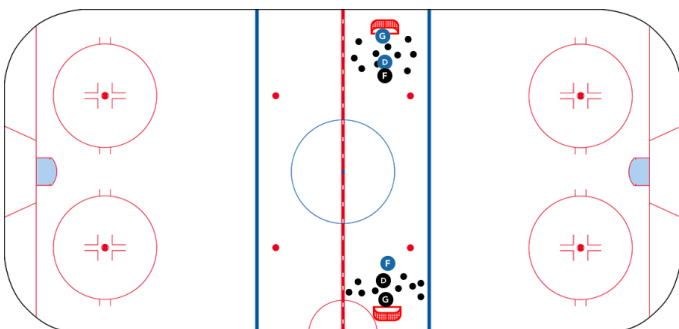
- Black defensemen follow up play
- Well-executed passes

Forecheck Walkthrough in Both Ends - NZ Battle and Bubble Hockey in the Middle

25 mins

NZ - Battle Shootout

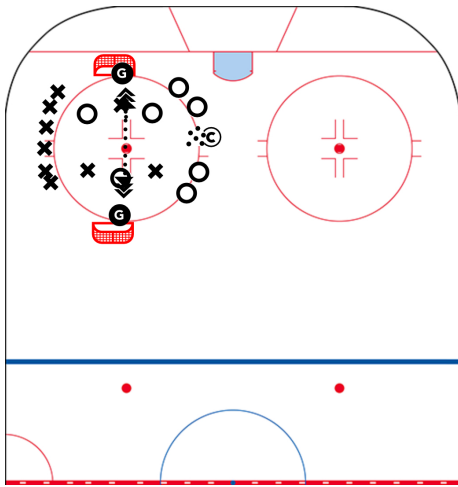
0 mins



- Scatter pucks in front
- Defender has no stick
- Forward tries to score as many goals as possible in 15 seconds
- Defender can check, and knock the Forward down
- Be aggressive!

Bubble Hockey

0 mins



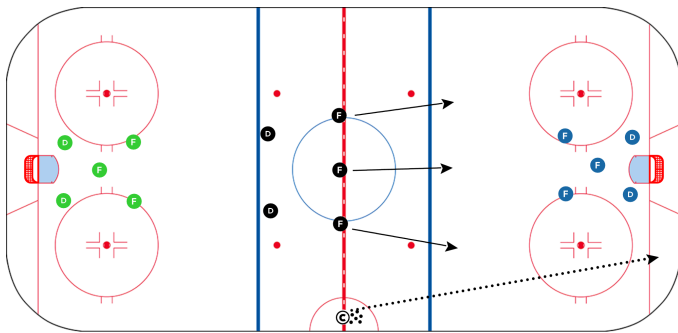
Set up two goals on opposite ends of a face-off circle. One goalie in each net. 3 v 3 in the circle. Each team puts one player in front of the goalie his/her team is trying to score on. Each team puts two players on other end of circle, acting as "point" people.

Just like real bubble hockey, players cannot move from their positions. They must battle and try to score the most goals, while also staying in their starting positions.

This drill works on hand-eye coordination, compete-level, communication, and quick reaction skills.

Perpetual Breakout & Forecheck

15 mins



- 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, the attackers are done and 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



Training Camp - Session 12

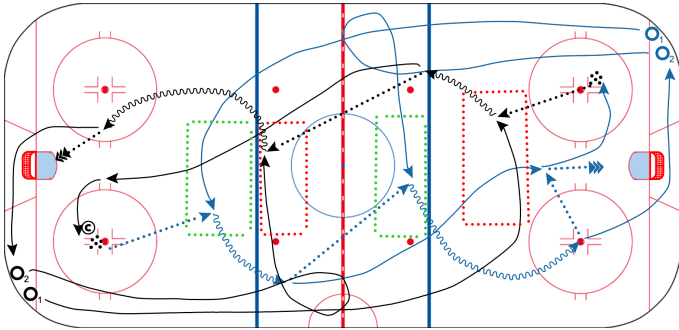
Duration: 75 mins

Chalk talk: Written test to review everything covered in previous sessions.

Inside Edges, 5-Step Crossovers, Slow to Blue & Explode, Pivots, Russian Red-Blue-Blue-Goal Line 15 mins

3 Zone Timing

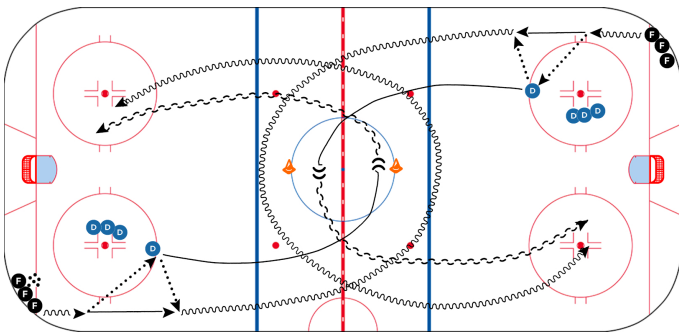
10 mins



- Drill starts with a passer © in the circle
- First player swings low, inside the blue line, and receives the pass in the first green receiving zone
- Receiver controls puck, then hits the second player in the second green receiving zone
- 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.
- Drill continues perpetually.

Give & Go 1 on 1

10 mins



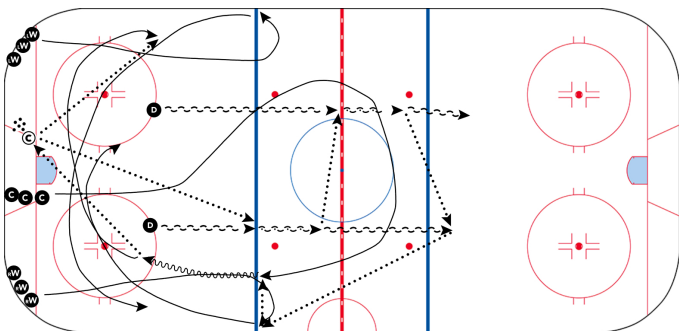
- Forward makes a give & go pass with defenseman
- Forward drives wide around the cone
- Defenseman manages the gap, and plays the 1 on 1

Key Points

- Gap management

Coach Regroup 3 on 2

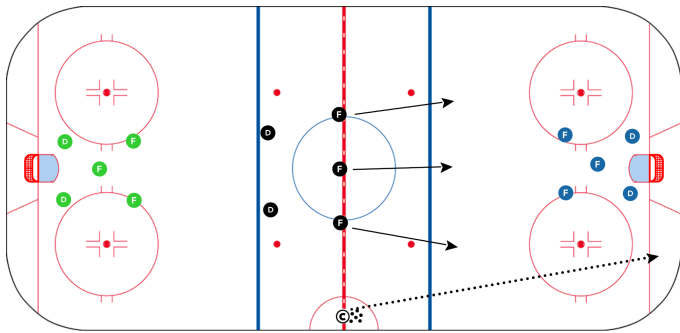
10 mins



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

Perpetual Breakout & Forecheck

15 mins



- 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, the attackers are done and 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

5v5 Full-Ice Scrimmage Starting from DZ Faceoffs

15 mins