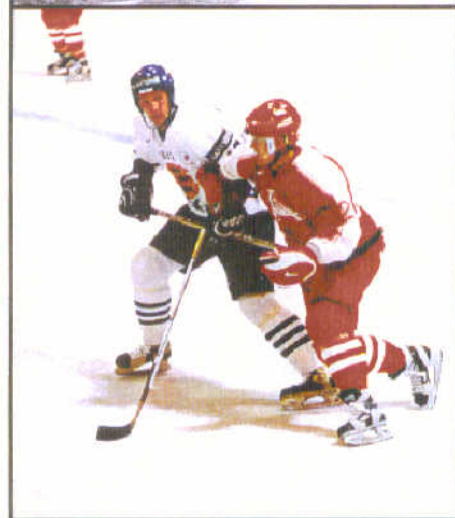




**Juhani
Wahlsten**

**Tom
Molloy**



Das **ABC** des internationalen Eishockey



Objectives:

- Improve the skaters' balance and confidence on the ice
- Introduce the use of all the skate edges
- Progress to moving and regaining the balance position

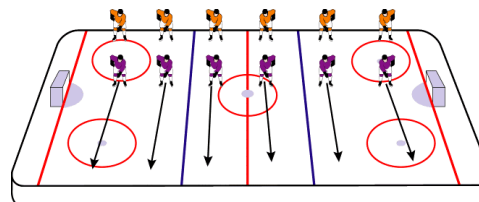
CARD 1 – A1 BASIC FORMATION

Description:

The players are lined up along the sideboards. The exercises are done with either one or two groups.

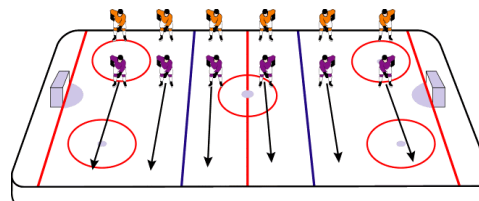
Teaching points:

A1 is the most basic of all the formations, and is the used first in the teaching system, because the skating distance is short. Divide the players into small groups according to the colours of their jersey or simply number the players so that they have room to maneuver without colliding with another player. When the first group has reached the opposite boards, then the next group leaves. Repeat the same methods back the other way.



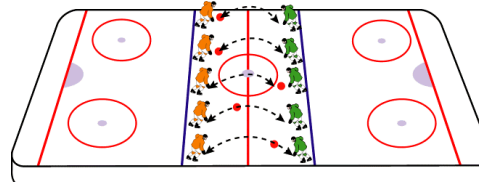
CARD 1b – INTRODUCTION TO SKATING

- Skating posture in forward skating. Knees bent over toes, back upright, head on top of shoulders and not hanging over the ice.
- Stand on the inside edge of the skates.
- Stand on the outside edge of the skates.
- Stand on one skate.
- Stand on one skate and kick back and forth.
- Stand on one skate and kick side to side across the body
- Push a chair or large pylon.
- Walk on ice.



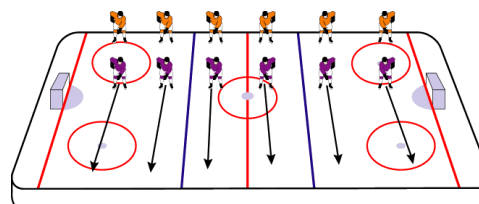
CARD 7 – CATCH WITH A PARTNER

Play a game of catch with a partner. Use a ball and stand about 3-5 meters apart. This will stress balance on the skates.



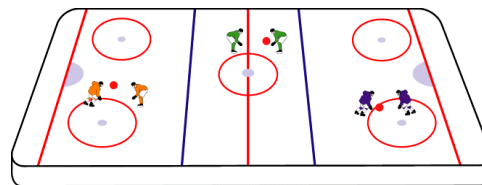
CARD 4b - INCREASING BALANCE

- Walk across the ice
- While standing on the same spot, try and bend the body in all possible positions.
- Walk to a puck, bend over, pick up the puck, return to starting point and repeat.
- While standing try to stand on one foot, then the other.
- Walk and then glide on two feet.
- Take a puck in the hand and throw it ahead of you, go to it, pick it up and repeat the exercise until you have crossed the width of the rink.



CARD 7b – CATCH WITH A PARTNER WHILE MOVING

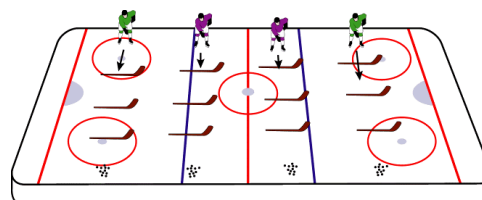
Using formation B500, play a game of catch while moving around a small area of the ice. Partners can move anywhere on the ice while throwing and catching the ball. Groups larger than two can be used. This game helps in balance, using the edges, turning, and stopping.



CARD 5 – AVOIDING OBSTACLES

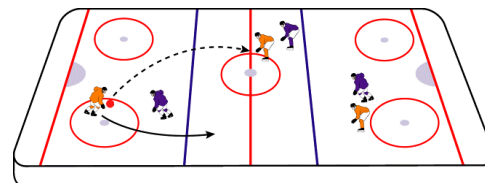
These skating exercises are performed individually using formation A1:

- Walk on ice.
- The coach spreads pucks all around on the other side of the ice. Walk to where the pucks are by stepping over the sticks laid on the ice. See how many pucks you can collect.
- Put hurdles on the ice (60-70 cm in height). Get the skaters to pass under them to go and collect the pucks. (This forces them to bend their knees).
- Combine the going over the sticks and under the hurdles to provide a new challenge.
- Introduce the tennis ball. Start by passing the ball from one hand to the other while walking across the width of the arena.
- Try to do the same thing while skating backwards.



CARD 8 – KEEP AWAY WITH BALL

Players will work in small teams (2 on 2, 3 on 3, etc.) to throw and catch a ball keeping it away from another team. Players may use the entire ice surface. Make sure all players are wearing their gloves so their hands are protected from the skate blades. This game works all of the skating skills and helps the players develop split vision.



Notes:

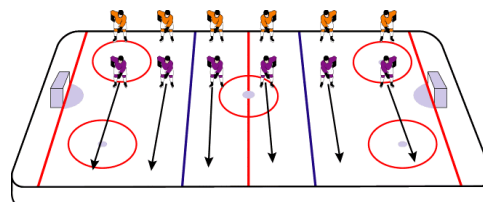
Objectives:

- In this practice we continue working on balance and moving in all directions.
- The snowplow stop is introduced.
- Games are played that require the students to skate and catch, throw or kick a ball. This enhances on ice mobility and coordination.

CARD 2 – GAINING CONFIDENCE ON THE ICE

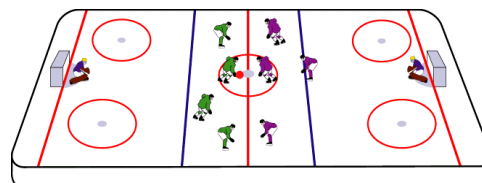
These skating exercises are performed individually using formation A1:

- Walk on ice.
- Walk and glide on two skates.
- Walk and glide on two skates with knees bent over toes.
- Stationary jumps on two skates.
- Snowplough skate by toeing out and then toeing in with both skates at once.
- Snowplough-stop by sitting low and pushing the inner skate edges into the ice.
- Run on ice and snowplough-stop.
- Toe in toe out skate using the right skate to cut a "C" into the ice and the left leg to steer.
- Toe in toe out skate using the left skate to cut a "C" into the ice and the right leg to steer.
- Toe in toe out skate alternating feet, the sequence is stroke - glide, stroke with other skate - glide.
- Flat-footed, toe in toe out skate and then glide on one foot.
- T-push followed by glide.



CARD 8b – GAME OF HANDBALL ON ICE

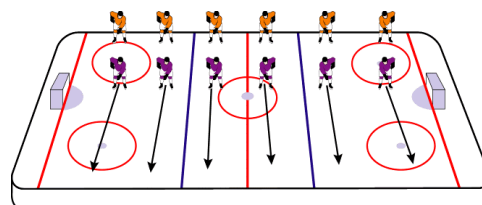
Using regular size nets and any of the D formations, players play games of Handball on ice. If the ball hits the ice, the other team gets possession. Rules may be modified to encourage skating, passing, teamwork, etc. For example: all players must handle the ball before a goal is counted. If available, use the ringette crease with only the goalie allowed in the crease. This game works all of the skating skills and helps the players develop split vision.



CARD 2b – IMPROVING SKATING TECHNIQUE

These skating exercises are performed individually using formation A1:

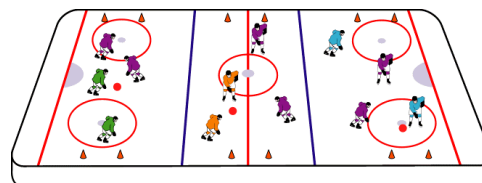
- T-push start followed by glide
- "Duck walk".
- Glide on one foot.
- Glide on one foot with the other knee held up.
- Push a partner down the ice from behind.
- So 3-5 half squats while skating down the ice.
- Fast snow plough skating.



LEVEL 0 – PRACTICE TWO

CARD 9 – MULTIPLE GOAL SOCCER

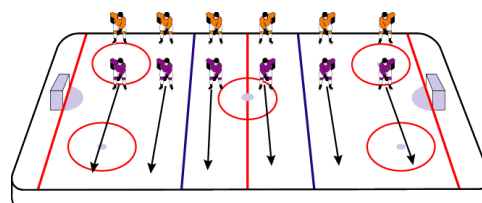
Each player has a pylon and sets them up as goals all over the ice. A player dribbles the ball with her feet and scores at as many pylons as possible in one minute. The coach times the activity and has 5-7 games of one minute. After each game the coach asks who scored the most goals. Game skills are introduced in this game. Coordination on the ice is the focus.



CARD 3 – IMPROVING BALANCE

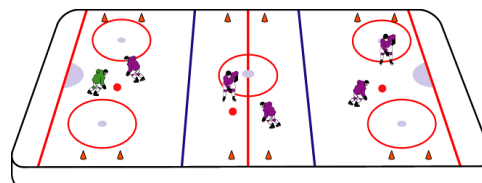
These skating exercises are performed individually using formation A1:

- Fast snow plough skating.
- "Slalom skating".
- Snowplough stop while skating forward. Start with the toes pointed in and then lower the seat while pushing out with the inside skate edges.
- Skate forward with both skates on ice, "flat footed skating"
- Follow the coach who skates slowly around the rink with knees bent and long strides.



CARD 9b – 1 on 1 CROSS-ICE SOCCER

Players will work in small teams (2 on 2, 3 on 3, etc.) to throw and catch a ball keeping it away from another team. Players may use the entire ice surface. Make sure all players are wearing their gloves so their hands are protected from the skate blades. This game works all of the skating skills and helps the players develop split vision.



Notes:

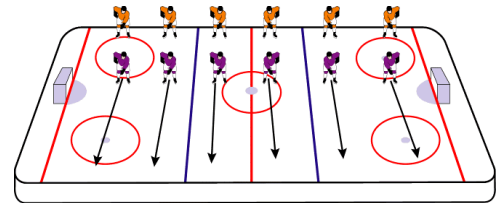
Objectives:

- Backward skating and the backward snowplow are introduced.
- We do many balance exercises on one skate.
- The concepts of stride and glide are introduced.
- Games are used that require the students to move all over the ice with agility.

CARD 3b – BACKWARDS SKATING

These skating exercises are performed individually using formation A1:

- "Backward skating posture"; seat down, back upright, knees bent, head on top of shoulders.
- Push off from the boards and glide with two skates.
- Half squats while gliding backwards.
- "Duck walk" walk with toes in.
- Swivel hips from side to side and slalom backwards across the ice.
- Backward snowplough-stop. Sit low and push out with the inside edges of the skates.
- Skate backwards by sitting low and bending the knees past the toes, back up and head on top of shoulders. Make a C cut starting with the right toe facing in, now glide and do the same C cut using the left skate. Skate across the ice with the rhythm of: right stride-glide-left stride-glide.
- Pull a partner with one stick in each hand while skating backwards. Stress bent knees and toeing in then out using the inside edges of the blade.



CARD 10 – 2 on 2 CROSS-ICE SOCCER

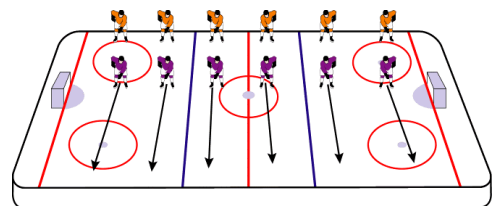
Using five or six modified rinks with pylons as goals. Play a cross-ice game with the players in teams of 2. Score by kicking the ball and hitting the pylon. One pass must be made. Offensive and defensive principles are learned, as well as change of pace skating.



CARD 4 – THE HOCKEY STOP

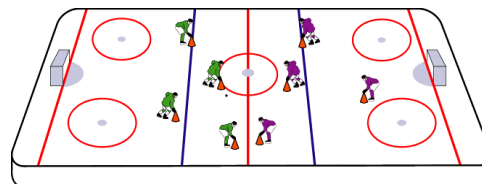
These skating exercises are performed individually using formation A1:

- Glide on one foot while the other knee is held up.
- T-push start with glide.
- Push a partner down the ice.
- "Flat-footed skating" skating forward with both skates on ice.
- Glide on one skate.
- Glide on one skate with the other knee raised.
- Thrust and push with one skate while gliding on the other.
- Skate forward and do a one-foot gliding stop by extending one skate in front and sitting low with knees bent. Scrape the ice in front by turning the blade towards the middle so the inside edge is pushing against the ice.
- Skate backwards and do a one foot stop by extending one skate behind and sitting low with knees bent. Scrape the ice behind by turning the blade towards the outside so the inside edge is pushing against the ice.



CARD 10b – PYLON HOCKEY

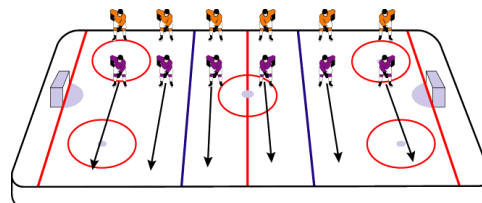
Use a large pylon instead of a stick. In this full-ice game (D1 formation), a goal is scored by pushing the puck over the other team's goal line with the pylon. This game practices keeping the knees bent and head up while skating.



CARD 5b – IMPROVING CONTROL

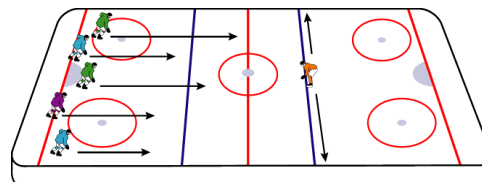
These skating exercises are performed individually using formation A1:

- Develop the glide by trying to pass the ball from one hand to the other as you stride.
- Introduce the bouncing of the ball while walking or gliding across the ice.
- Skate across the ice, moving under and over hurdles of different height ranging from 70 cm -10 cm.
- Skate backward by passing the ball from hand to hand.
- Skate backward by trying to move a puck between your feet.
- Skate forward by passing a puck between your feet.
- Skate forward passing the puck between the feet and the ball from one hand to the next.



CARD 11 – BRITISH BULLDOG

This game has the players line up at the end of the rink in the A2 formation. One player (who is 'it') is at the blue line and calls out 'British Bulldog'. The players try to skate to the other end without being touched by the player at the blue line. If you are touched, you join the player who is calling British Bulldog. To be good at this game the player must turn quickly, change speeds, and be agile.



Notes:

LEVEL 0 – PRACTICE FOUR

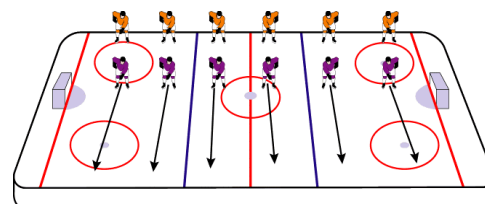
Objectives:

- To develop a skating rhythm.
- Review the balance position by requiring the students to jump and turn while doing tasks with a ball and skate.
- To introduce players to stickhandling and puck control. This is the first practice that requires the players to use their sticks.

CARD 6 – HAND and FOOT COORDINATION

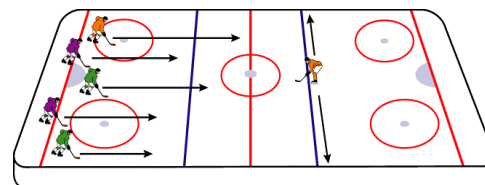
These skating exercises are performed individually using formation A1:

- Skate while passing the puck from one foot to the other.
- Skate while bouncing the ball from one hand to the other in the same time as you move from one foot to the other.
- Skate passing the ball from one hand to the other as you skate from one foot to the other.
- Skate passing the puck between the feet and the ball from hand to hand while skating forward.
- Same exercise as above but backward.
- Put some hurdles on the ice and try to jump over some (10cm) and slide under others (40cm).
- To increase the level of difficulty, add low hurdles and ask the skaters to first step over while bouncing the ball on the ice.
- Spread pucks around the ice and the players move around the ice and pick up the pucks by bending their knees and keeping a straight back. They then put the pucks into the puck bag. This activity works on the proper skating posture and balance.



CARD 11b – BRITISH PUCK DOG

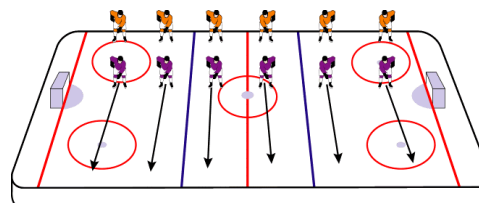
This game has the players line up at the end of the rink in the A2 formation. Each player has a puck. One player (who is 'it') is at the blue line and calls out 'British Puck-dog.' The players stickhandle the puck, trying to get to the end, without being checked. If a player loses the puck, she becomes 'it' and is in the middle checking. The last player with a puck wins.



CARD 6b – INCREASING MANOEUVRABILITY

These skating exercises are performed individually using formation A1:

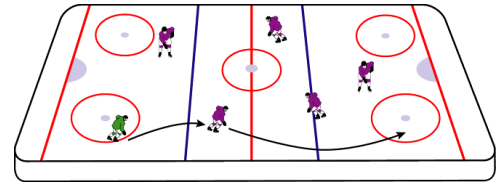
- Skate forward and hop over a low hurdle then as quickly as possible turn around and catch the ball thrown by a teammate or a coaching assistant.
- Same as above, but upon landing turn around the opposite direction.
- Skate forward and hop over the hurdle, then fall in a roll and get up turn around catch the ball.
- Same exercise, but the other direction (turning around the other way).
- Jump over a hurdle, crouch under the next one then do a slalom around five pylons on one foot then jump over the last hurdle and catch the ball as you jump.
- Repeat the same exercise, but doing the slalom on the opposite foot.
- Skate forward stop and as you stop, you will catch the ball thrown to you at the same time as the stop command.
- Skate backward and then at the command, turn around as your partner throws the ball for you to catch.
- Same exercise but turn around the other way.



LEVEL 0 – PRACTICE FOUR

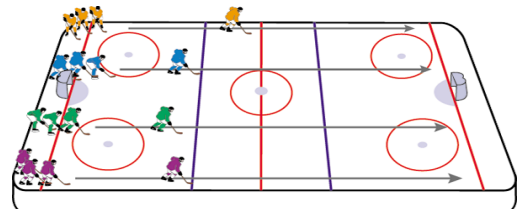
CARD 12 – FREEZE TAG

Players may use the entire ice surface (or a smaller area) to skate freely. One person is it and will attempt to tag the other skaters. When a player is tagged, they must stay (freeze) where they were touched. To be freed, another free player must slide on her stomach between the frozen players legs. Players should not slide from behind a frozen player, as this may lead to serious injury. Make sure all players are wearing their hockey gloves. This game uses all skating skills, especially agility on skates.



CARD 13 – A2 BASIC FORMATION

The players are lined up at one end of the rink and divided into four groups. This allows the players to recover their energy between skating exercises and it also makes it easier for the coach to watch the players. Most of the exercises and tasks are done between the blue lines.

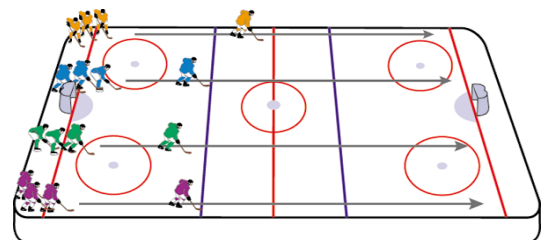


Organization: The coach organizes the players into four groups. The first group leaves on the whistle. The next groups leave when the group ahead of them reaches the first blue line. The players stop at the end of the rink. These exercises are done lengthwise.

CARD 13b - BALANCE

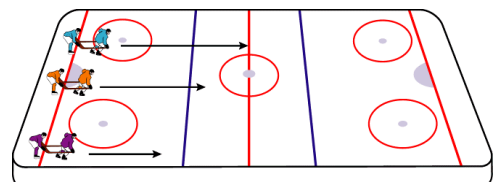
Have all players perform the following skating exercises using formation A2:

- Group skating from one end to another, using long strides.
- Group skating knee up between the blue lines.
- Group skating and doing squats between the blue lines.
- Group skating and doing the squats on the lines
- Jumping the lines while skating down the ice.
- Alternating front and back kicks between the blue lines.
- "Shoot the duck" between the blue lines by squatting low on one leg while extending the other leg forward.
- Toe-in, toe-out skate and glide between the blue lines.



CARD 12b – PULL KNEELING PARTNER RACE

Using formation A2 players get in partners at one end of the ice. The players hold one stick in each hand and pull a partner one length of the ice. At the other end, the partner pulls the first skater back. Stress bending knees and toeing out. This activity causes the skater to toe out, using more of the skate blade and a longer stride.



LEVEL 1 – PRACTICE FIVE

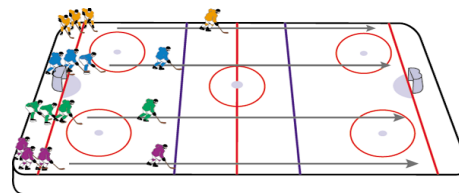
Objectives:

- To develop player's skating ability, now using the full length of the ice.
- To introduce the hockey stop.
- The players start to play various hockey games that teach the coach and players the game formations and work on skills.
- Shooting techniques are introduced to enhance their enjoyment of the games.
- Multi puck games are used to develop split vision and create a lot of puck handling opportunities.

CARD 14 – BALANCE CONTINUED

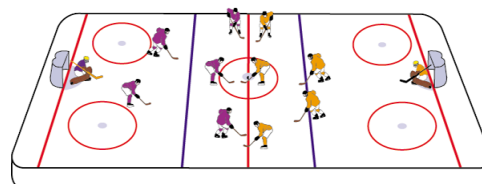
Players perform the following skating exercises using formation A2:

- Toe-in, toe out gliding between the blue lines.
- Group skating knee up between the blue lines.
- Group skating and doing squats between the blue lines.
- Group skating and doing squats on the lines.
- Jump the lines while skating down the ice.
- Swing one leg forward and back as high as possible between the blue lines.
- "Shoot the duck" between the blue lines by squatting low on one leg while extending the other leg in forward.
- Deep squat between the blue lines.



CARD 19 – D1 BASIC FORMATION

D-coded exercises are the most important part of the teaching system, because they involve the game itself. The other exercises all lead up to the D exercises acting as building blocks for learning how to play in game-like situations.



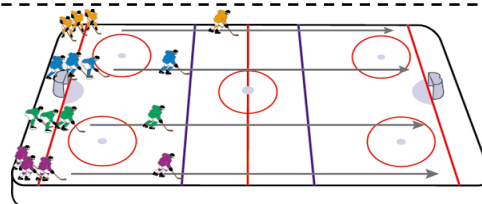
Teaching points: D1 uses the whole ice with two nets. The model used is the traditional and natural way of learning by playing using "scrimmages", but rule variations enable the coach to use the ice more effectively.

Activity: Play a game of shinny or soccer with all of the players on the ice at once. They score by putting the puck or ball into the net.

CARD 14b – THE HOCKEY STOP

The following exercises are performed using formation A2:

- Skate forward and hockey stop by sitting low with the knees bent, then extend the right leg forward and turn the toe in 90 degrees and start scrapping the ice. At the same time turn the right shoulder towards the skating direction and then the right hip. This causes the other skate to be parallel to the forward skate. Now scrape the ice with the outside edge of the trailing skate. Do this at each line.
- Do the hockey stop at each line and cross-over start in the same direction by lifting the trailing skate over the lead skate and then pushing with the outside edge of the lead skate and striding using the inside edge of the other skate.
- Do the hockey stop at each line and use a running start by facing forward with the toes out and taking four to six quick strides. Stop at the next line.

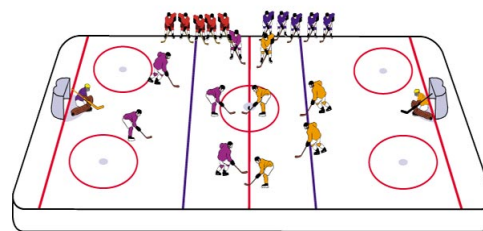


LEVEL 1 – PRACTICE FIVE

CARD 19b – D100 VARIATION

D100 formation is another formation that uses the whole ice with two nets, however the extra players are lined up along the boards in the neutral zone.

Activity: Play a full ice game with 60-second shifts. On the whistle indicating a shift change the player with the puck passes to a teammate coming into play from the line-up on the boards.



CARD 18 – B1 BASIC FORMATION

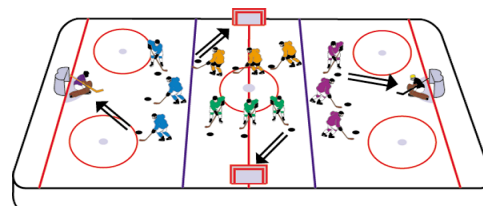
This is the basic formation used in teaching shooting techniques. The players have pucks and line up within shooting distance from the board and the nets. The players will either shoot at the boards or the net.

Teaching points:

Practice a particular type of shot for a given number of repetitions. For example say: "practice 50 slap shots." The coaches should skate around so they can watch each player shoot and give each player feedback. Observe if the players are using the four phases of shooting:

(1) Wind-up, (2) Weight transfer to produce force, (3) Release, and (4) Follow through at the target.

* This is also a good time to watch the goalie's basic stance and positioning. *



CARD 18b – INTRODUCTION TO SHOOTING

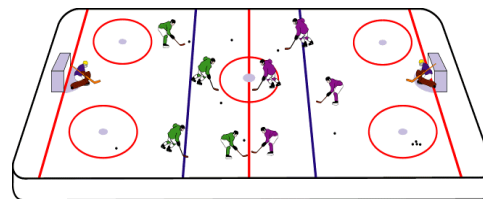
This drill uses formation B1, the basic set up for shooting exercises.

- Stationary shooting at the boards or net using the sweep shot
- Stationary shooting at target on boards using a backhand shot.
- Stationary shooting at the boards or net using the wrist shot.



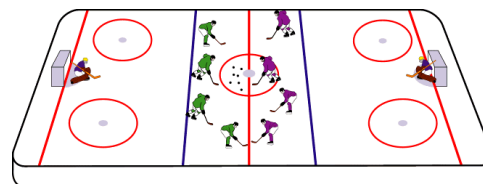
CARD 24 – PLAYING WITH MULTIPLE PUCKS

Playing with more pucks enables the coach to increase the amount of activity on the ice. More game-like situations are created for the players to solve. To keep the game safe, there can be no hitting or slap shots. All players should keep track of their goals. For beginners you can use many pucks and ask them to score as many goals as possible. After a while you ask how many goals each player scored, if the goalie is making a save the puck carrier must protect the puck and wait for the goalie to be ready before shooting.



CARD 24b – PLAYING WITH 7 PUCKS

Two teams gather at center and the coach drops 7 pucks. If the goalie is making a save, the puck carrier must wait for the goalie to be ready before shooting (the shooter and the goalie should have eye contact). The first team to score 4 goals wins, and another game begins. Make sure that there are only 7 pucks and the pucks are left in the net after a goal.



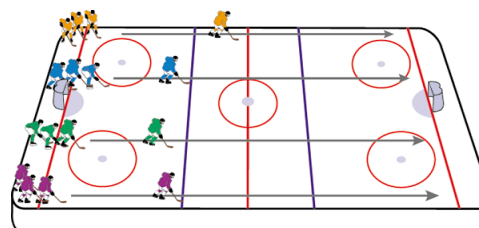
Objectives:

- To continue to develop skating skills and concentrate on front and back cross over turning using a number of flat-footed skating exercises.
- Multi puck games give the players a chance to play and practice the various skills they have learned to this point.

CARD 15 – BACKWARDS SKATING

Have all players perform the following skating exercises using formation A2:

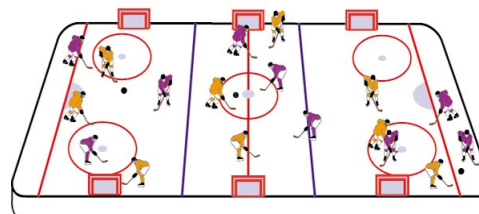
- Forward skating with extra long strides.
- Backward skating one length of the ice.
- Alternate front and back kicks between blue lines while skating backwards.
- Swivel hips while skating backwards both feet on ice.
- Two backward figure eights using toe out, toe in flat footed skating.
- Four backward figure eights using toe out, toe in flat footed skating.
- Skate backwards and glide between the blue lines, emphasize good posture; knees bent, seat down, head on top of shoulders and not hanging over the ice.
- Skate backwards and concentrate on toeing in and toeing out, cutting half circles with each stride.



CARD 20 – D2 BASIC FORMATION

Games are played cross-ice with nets, pylons, lines on boards, etc. as the goals. Special rules allow the players to practice individual or team play skills in this smaller area. In this formation many game understanding, reading and reacting skills will naturally be developed. This formation encourages creativity and split vision in more realistic situations.

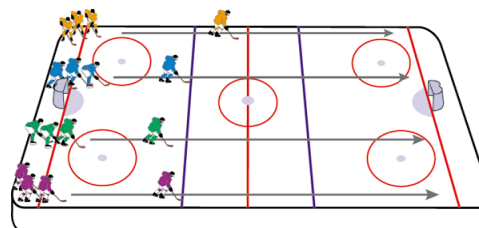
Activity: Play cross-ice games to experiment with the formation. Add rules about skating, like: only backward skating allowed, or any other skill that has been practiced so far.



CARD 15b - TURNING

Have all players perform the following skating exercises using formation A2:

- Toe in and toe out skate and glide between the blue lines.
- Skate forward with extra long strides.
- Skate forward and do multiple deep squats between the blue lines.
- Skate forward using flat-footed toe in toe out skating.
- Two small figure eights while flat footed skating. Stress turning the inside shoulder at the start of the turn. Push with the inside edge of the outside skate and glide with the outside edge of the inside skate.
- Four small figure eights while flat footed skating. Stress turning the inside shoulder at the start of the turn. Push with the inside edge of the outside skate and glide with the outside edge of the inside skate.
- Skate one length of the ice backward. Seat down, knees bent, head up and long strides.
- Skate one length backward with deep squats between the blue lines.

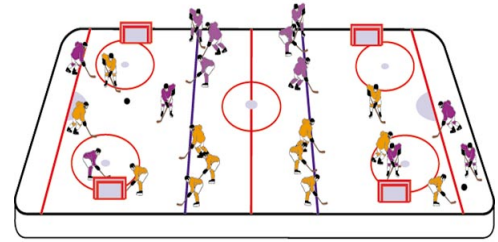


LEVEL 1 – PRACTICE SIX

CARD 20b – D200 VARIATION

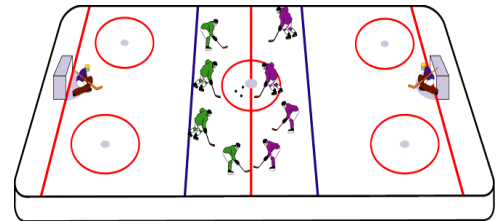
D200 formation is similar to D2 basic formation except the extra players line up along the blue line.

Activity: Play cross-ice games to experiment with the formation. Play with 60 second shifts; on the sound of the whistle the player with the puck passes to one of their teammates coming into play from the blue line. Add rules about skating; like only backward skating allowed, or any other skill that has been practiced so far.



CARD 25 – PLAYING WITH 3 PUCKS

Playing with 3 pucks causes some things to naturally happen. The players must look around with their heads on a swivel so they know what is happening behind them. Some methods are; everyone on the ice, 5-5 with line changes. Keep score and the team that scores twice wins. Next game, start with two pucks, and then one. In order to avoid confusion, only have three pucks on the ice at one time, the extra pucks can be on top of the nets. Another idea is a timed game where the goalie puts the puck back into play after a goal.



NOTES:

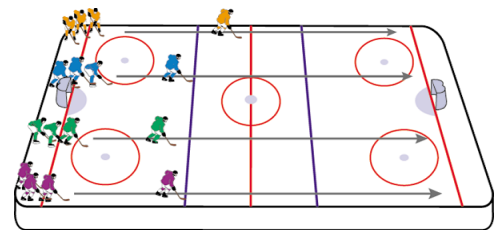
Objectives:

- To develop the skater's ability to perform front and back crossover turns.
- To familiarize coaches and players with the various on-ice formations, through the use of many games.
- In these games the coach can require them to do skating exercises like: only backward or flat footed skating are allowed or they must perform a tight turn when they get the puck. This gives the players the opportunity to do the skills under game pressure.

CARD 16b – BACKWARD BALANCE

Have all players perform the following skating exercises using formation A2:

- Forward skate with extra long strides. Knees bent, back slightly forward, head on top of shoulders.
- Backward skate one length of the ice. Seat down, knees bent, head up and long strides.
- Backward skating one knee up between the blue lines.
- Backward skating with deep squats between blue lines.
- Backward skating with a deep squat at each line.
- Skate forward and make a high two footed jump over each line.



CARD 25b – PLAYING WITH 2 PUCKS

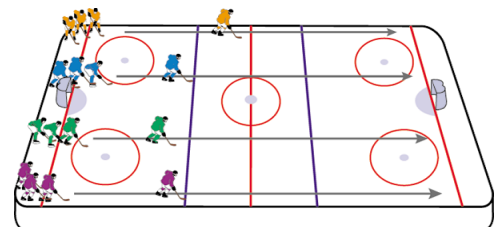
Playing with 2 pucks has the same basic purpose in the system as all multi-puck games. The goalie puts the puck back into play after a goal. A good technique is to give a point to the team that scores two goals. Playing with two pucks at more advanced levels is a good read and react exercise when you play situations such as 3-on-3.



CARD 17 - MANEUVERABILITY

Have all players perform the following skating exercises using formation A2:

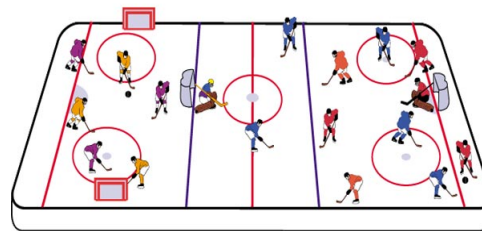
- Spread out around the ice and walk around a partner one way and then the other.
- Skate around the same partner by using crossovers. These are done by sitting low and turning the shoulder first. The outside leg steps over the inside leg and lands on the inside edge. The inside skate pushes under with the outside edge causing the skater to lean into the turn.
- Circle a partner one way and then the other.
- Return to the A2 position on the goal line and skate to the other end in groups. Turn a big circle in each zone, first one way and then the other. Keep the head up to avoid running into other skaters.
- Skate forward doing a figure eight in the neutral zone.
- Skate forward doing a figure eight on each side of the red line.



LEVEL 1 – PRACTICE SEVEN

CARD 21 – D3 BASIC FORMATION

In the D3 formation, the ice surface is divided into a full ice game across two zones and a cross-ice game at one end. This formation is very useful if the skill levels or size of the players vary. More advanced players can use D1, while the others play in D2 formation. This formation is very helpful when one end is needed to practice skills that don't have much movement. The game can go on in two zones, techniques can be taught in the third zone.

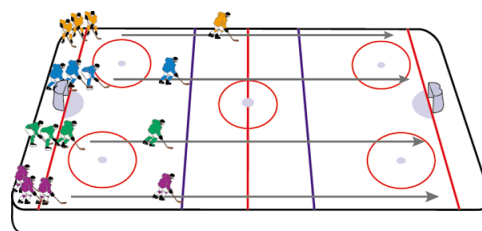


Activity: Teach the formation by playing two games using the D3 formation. Have the players rotate and play in the different areas.

CARD 17b – CROSSOVERS

Have all players perform the following skating exercises using formation A2:

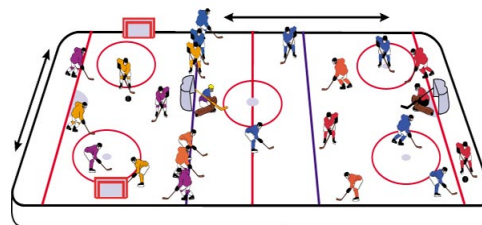
- Spread around the ice and walk around a partner backwards one way, and then the other.
- Skate around the same partner. Glide on the outside skate with the weight on the inside edge. With the inside skate reach and plant the blade on the ice and then pull in using the outside edge. The outside skate stays on the ice and the inside skate does a series of plant and pull.
- Skate fast down the ice using back crossovers. Start with the toes in and make a stride under to the inside with one skate, reach over this skate with the other skate and make a stride. Do three of these strides and then reach under to the inside with the other skate. These crossovers are used for quick acceleration.
- Skate backwards down the ice using crossovers for the first six strides and then making alternating C cuts with bent knees, back straight and seat down. Push using the middle of the skate blade.
- Skate backwards down the ice doing a figure eight in the neutral zone.
- Skate backwards down the ice with the stick held over the head in order to practice skating with the back and head up.
- Skate backwards the length of the ice with a figure eight on each side of the red line. By doing this in a group it forces the player to keep her head up so she won't collide with another skater.



CARD 21b – D300 VARIATION

D300 formation is similar to D1 and D2 formations except the extra players are lined up either on the boards or the blue line.

Activity: Use the D300 formation and time shifts of 60 seconds. When the coach blows their whistle for a shift change the player with the puck should pass to a teammate coming into the play.



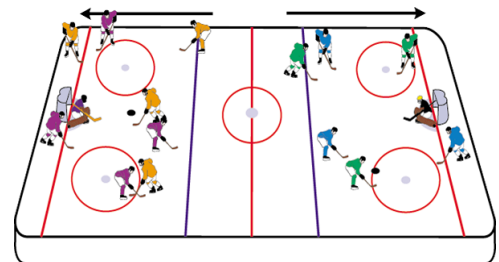
LEVEL 1 – PRACTICE EIGHT

Objectives:

- To continue the development of backward skating.
- To teach the coach how to use tournaments to practice skills. The coach can add a modified rule for each game. There is a half ice tournament with everyone playing and another tournament with extra players who rotate in.
- To introduce the shootout format.

CARD 22 – D4 BASIC FORMATION

In the D4 formation the players either use one third or one half of the rink and both teams shoot on the same net as in half court basketball. In order to go onto offence the defense must carry the puck over the blue line and then turn back into the zone. If half of the rink is available the defense must carry the puck as far as the red line before turning back and attacking. All players must get on-side in these games, this rule promotes skating and much more realistic playing situations.



Activity:

20 minutes. Play a 4 team tournament using the D4 formation. Each team plays three five-minute games.

Game One

1 vs 4

2 vs 3

Game Two

2 vs 4

1 vs 3

Game Three

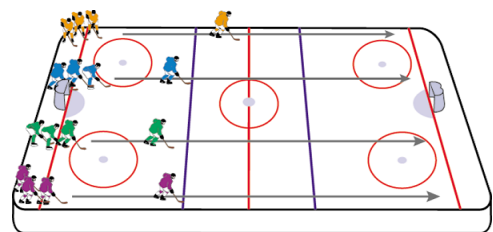
3 vs 4

1 vs 2

CARD 15 – BACKWARDS SKATING

Have all players perform the following skating exercises using formation A2:

- Forward skating with extra long strides.
- Backward skating one length of the ice.
- Alternate front and back kicks between blue lines while skating backwards.
- Swivel hips while skating backwards both feet on ice.
- Two backward figure eights using toe out, toe in flat footed skating.
- Four backward figure eights using toe out, toe in flat footed skating.
- Skate backwards and glide between the blue lines, emphasize good posture; knees bent, seat down, head on top of shoulders and not hanging over the ice.
- Skate backwards and concentrate on toeing in and toeing out, cutting half circles with each stride.



LEVEL 1 – PRACTICE EIGHT

CARD 22b – D400 VARIATION

In the D4 formation the players either use one third or one half of the rink and both teams shoot on the same net as in half court basketball. In order to go onto offence the defense must carry the puck over the blue line and then turn back into the zone. If half of the rink is available, the defense must carry the puck as far as the red line before turning back and attacking. All players must get on-side in these games; this rule promotes skating and much more realistic playing situations.



Activity: 20 minutes.

Play a 4 team tournament using the D400 formation. Each team plays three six-minute games. Time shifts of 60 seconds.

Game One

1 vs 4

2 vs 3

Game Two

2 vs 4

1 vs 3

Game Three

3 vs 4

1 vs 2

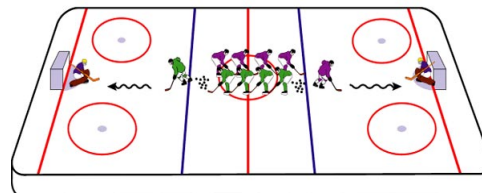
CARD 26 – E1 BASIC FORMATION

E1 Exercises are meant to give the team a good way to finish the practice. Every player gets one shot at each net:

- Score two goals - practice is over, hit the showers.
- Score one goal - skate one lap, and go off the ice.
- No goals, skate two laps.

Players can compete against each other or against the goalies.

The goalies can also compete against each other.



Teaching points: Team contests like a shootout, where players take penalty shots are fun for the shooters and the goalies.

NOTES:

LEVEL 1 – PRACTICE NINE

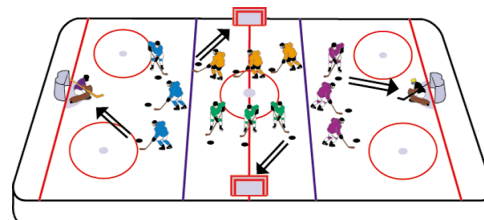
Objectives:

In practice nine the players warm up with shooting exercises and then play two six team tournaments using the D5 and D500 formations. The coach can use any skill learned so far as a modified rule in the game. For example, the player must skate backward when he gets the puck, or take five hard strides, etc.

CARD 18b – INTRODUCTION TO SHOOTING

This drill uses formation B1, the basic set up for shooting exercises.

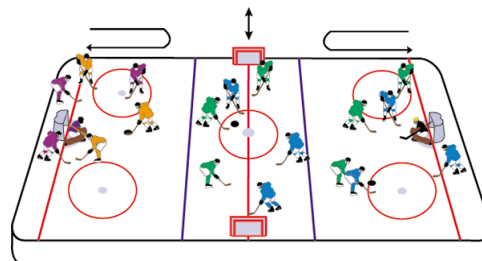
- Stationary shooting at the boards or net using the sweep shot
- Stationary shooting at target on boards using a backhand shot.
- Stationary shooting at the boards or net using the wrist shot.



CARD 23 – D5 BASIC FORMATION

D5 formation is the combination of D4 and D2. Two zones are used for playing half ice games where the players must touch the blue line with their skates before going on offence. The neutral zone is used for a cross-ice game.

Activity: Divide the players into six teams and play five, three-minute games. Make sure every team plays in the middle and at one end rink.

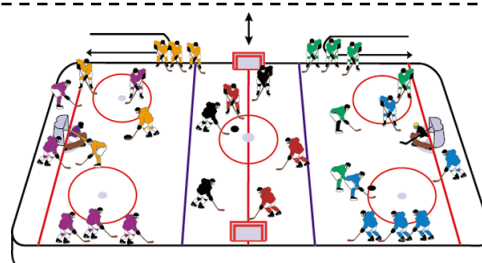


Rink	Game One	Game Two	Game Three	Game Four	Game Five
End 1	1 vs 6	3 vs 6	5 vs 6	1 vs 4	2 vs 3
Middle	2 vs 5	4 vs 5	1 vs 3	3 vs 5	4 vs 6
End 2	3 vs 4	1 vs 2	2 vs 4	2 vs 6	1 vs 5

CARD 23b – D500 VARIATION

D500 Formation is similar to D5 except the extra players are lined up along the boards near the blue lines.

Activity: Divide the players into six teams and play five four-minute games. Have 60-second shifts, when the coach blows their whistle for a shift change the player with the puck passes to a teammate entering the play.



Rink	Game One	Game Two	Game Three	Game Four	Game Five
End 1	1 vs 6	3 vs 6	5 vs 6	1 vs 4	2 vs 3
Middle	2 vs 5	4 vs 5	1 vs 3	3 vs 5	4 vs 6
End 2	3 vs 4	1 vs 2	2 vs 4	2 vs 6	1 vs 5

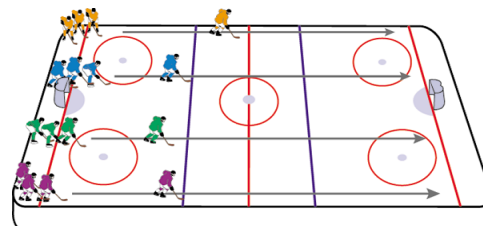
Objectives:

- In practice ten the players warm up with skating and shooting exercises and then play a six team cross-ice tournament.
- The coach should add rule modifications to each game so the players focus on one of the skills they have learned in previous practices.
- They finish the practice with a shootout.

CARD 16b – BACKWARD BALANCE

Have all players perform the following skating exercises using formation A2:

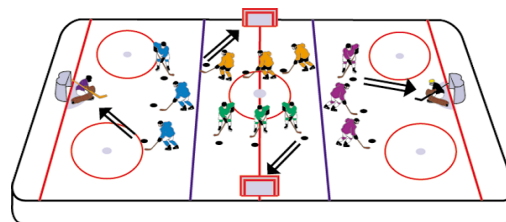
- Forward skate with extra long strides. Knees bent, back slightly forward, head on top of shoulders.
- Backward skate one length of the ice. Seat down, knees bent, head up and long strides.
- Backward skating one knee up between the blue lines.
- Backward skating with deep squats between blue lines.
- Backward skating with a deep squat at each line.
- Skate forward and make a high two footed jump over each line.



CARD 18b – INTRODUCTION TO SHOOTING

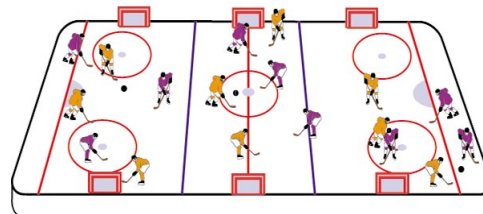
This drill uses formation B1, the basic set up for shooting exercises.

- Stationary shooting at the boards or net using the sweep shot
- Stationary shooting at target on boards using a backhand shot.
- Stationary shooting at the boards or net using the wrist shot.



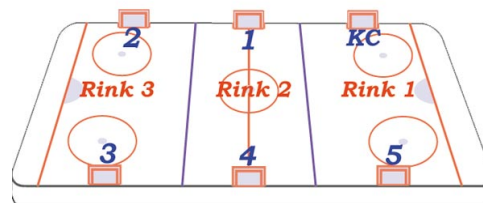
CARD 20 – D2 BASIC FORMATION

Games are played cross-ice with nets, pylons, lines on boards, etc. as the goals. Special rules allow the players to practice individual or team play skills in this smaller area. In this formation many game understanding, reading and reacting skills will naturally be developed. This formation encourages creativity and split vision in more realistic situations.



Activity – King’s Court Tournament:

In a King’s Court Tournament a number of games are played to determine which team is “King”. Use the D2 Formation with six teams playing cross-ice games. (Special rules may be used to emphasize skills covered so far.) Play 5 games of five minutes. At the end of each game have the all the winning teams (from Rinks 1, 2 and 3) go to the same side of the ice, thus occupying areas 2, 1, and KC. While the team in the King’s Court (KC) area does not move, the other teams make a clockwise rotation. The team in area 1 goes to 5, 5 to 4, 4 to 3, 3 to 2, and 2 to 1. Thus teams must win two games in a row before they are able to challenge the team occupying the King’s Court (KC).



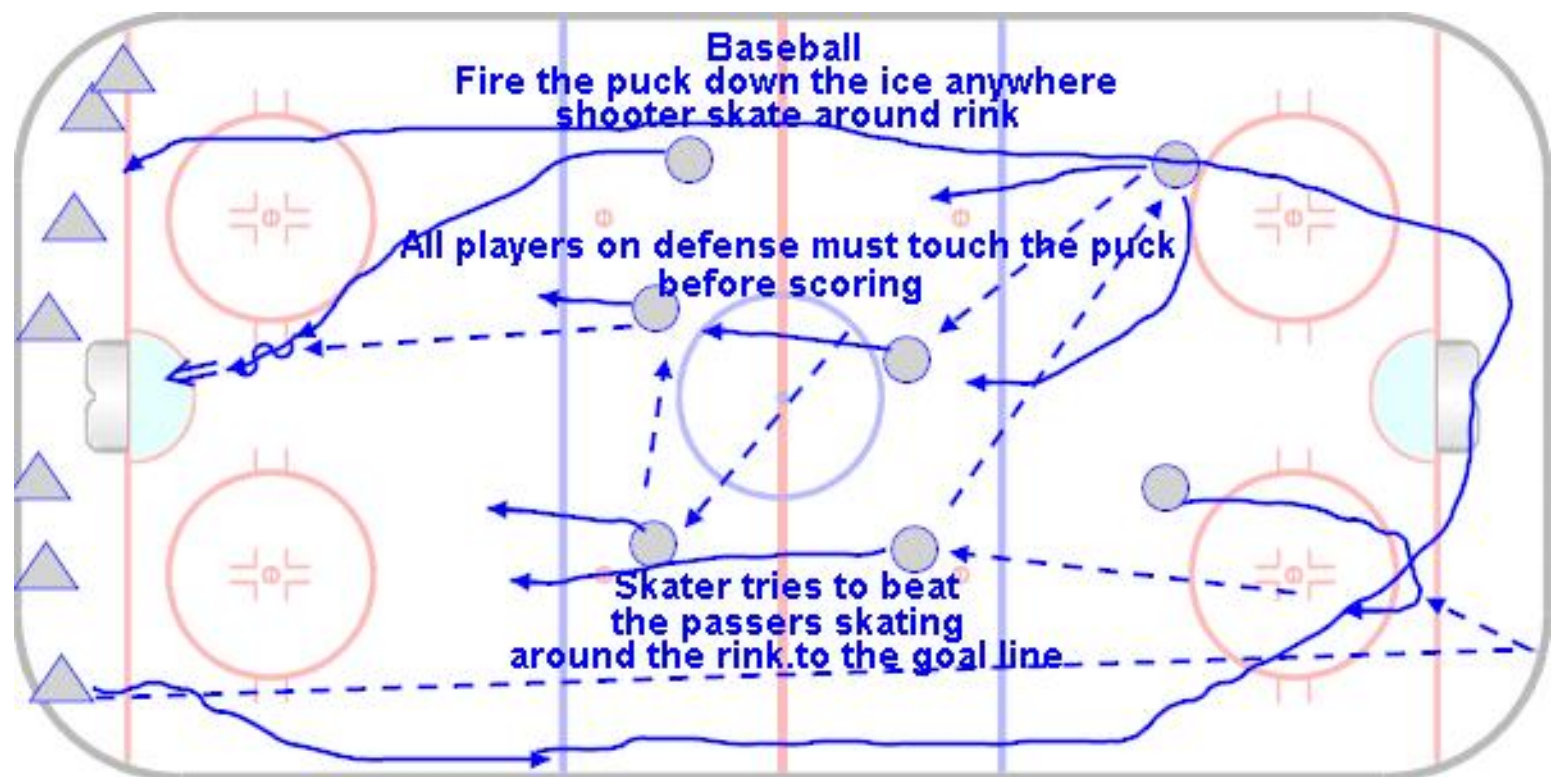
A2 Baseball

Key Points:

Players must figure out the quickest way to pass the puck around the ice and give close support. Young players love this game.

Description:

1. Half the players are on one team below the goal line and half are in the field scattered around the ice.
2. A player on the team below the goal line fires the puck anywhere.
3. The player who shot the puck now skates as fast as he can around the rink and must cross his goal line before the defending team score.
4. All the players on the defending team must touch the puck and the last player score a goal before the skating player gets over the goal line.
5. Three outs and the other team goes into the field.



A2 Russian Puck-Handling Warm-up with Shots

Key Points:

This can be done every time players go on the ice to expand their muscle memory. The point of these exercises is to increase the size of the reach with the stickhandling moves, and to separate the upper and lower body.

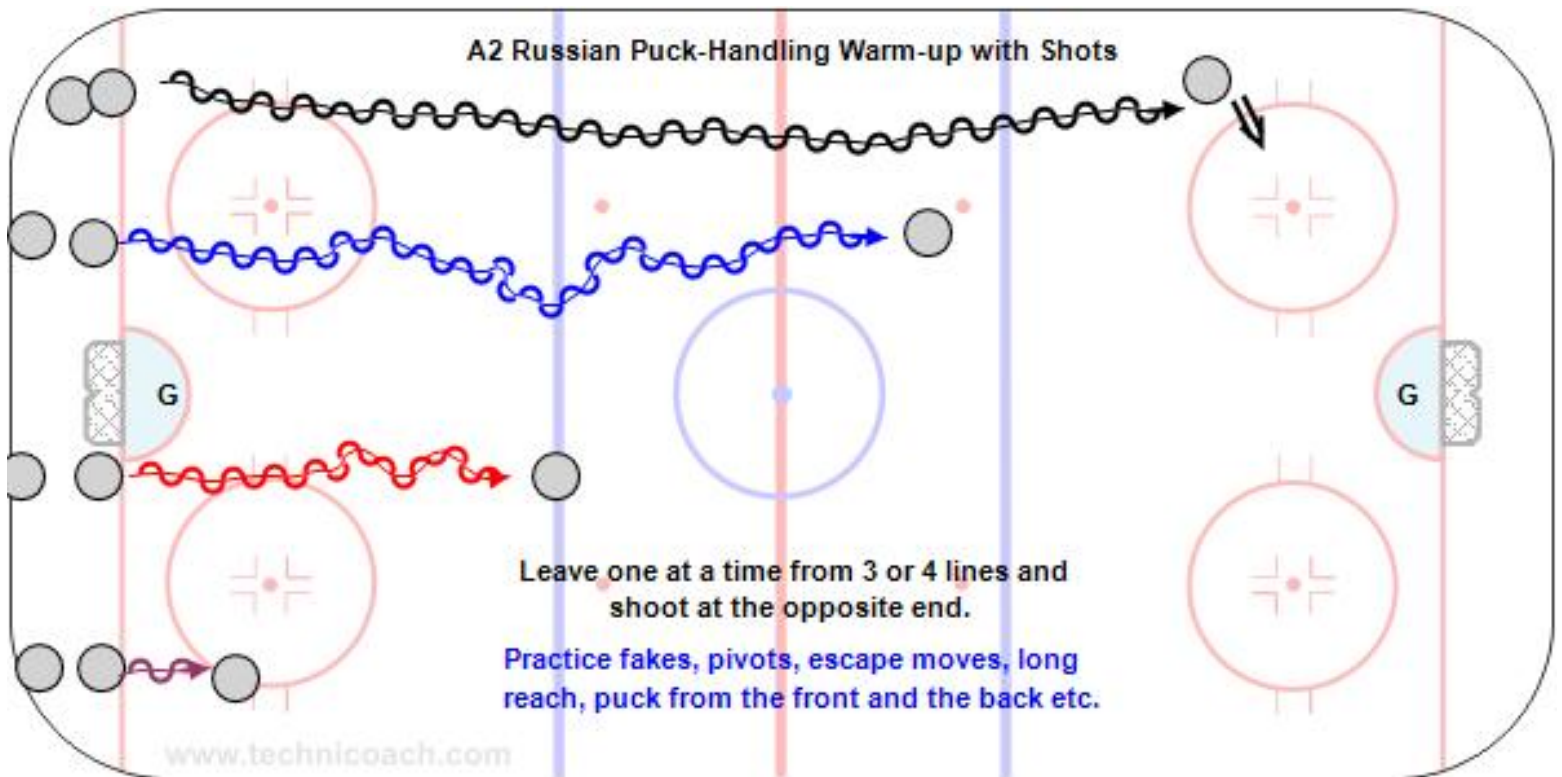
This is one of the most important exercises a player can do to develop puck handling skills. All the moves can also be practice off ice with various kinds of balls and pucks.

Description:

- From the A2 formation, players skate down the ice in 3 or 4 groups; practice big moves with the puck. One player leave and the next player go when he/she gets past the top of the circle. Finish with a shot from your lane no closer than the hash marks.
- . Go one way then the other and do a different skill each time.
- Reach forward while down on 1 knee, reach back as far as you can.
- Give the puck forward and take it back with the toe of the stick.
- Place hands close together and reach sideways each way as far as possible.
- Practice head fakes and shoulder drops, and move the puck quickly to the other side of your body.
- Do high step-overs, when you step with your right foot to the left, reach as far as possible to the right with the puck, step with the left foot to the right and reach as far as possible to the left with the puck.
- Reach back as far as you can with the puck, turning the upper body so you are looking behind you as you skate in the opposite direction. Do the same the other way.
- Do 3 or 4 crossovers to the left and reach as far as possible to the right with the puck, then cross over to the right and reach as far as possible to the left with the puck. Reach back as far as you can with the puck, turning the upper body so you are looking behind you as you skate in the opposite direction.
- Single fake by practicing a small fake one way, then quickly pull the puck across your body to the other side.

- Double fake by giving a small fake one way, then quickly pull the puck across your body to the other side. Immediately bring it back.
- Put the puck behind you and pass it up into your skates from 1 side, then the other.
- Have the puck in front of you and pass it back to your skates and up to your stick, then off the outside of each skate and to your stick.
- Reach back on the forehand, then quickly pull the puck across your body.
- Skate backwards with the puck after pivoting to the right and do the same after pivoting left.
- Slide sideways, pushing about 4 or 5 times with the inside skate and gliding on the outside skate. Fake passes and shots while skating like this.
- Pivot a complete circle to the left and then to the right.
- . Fake a slapshot and go around opponent on the backhand side.
- . Fake a slapshot and go around opponent on the forehand side.
- . Fake a slapshot and then do a backhand tight turn around opponent.
- . Fake a slapshot and reach out like you are going around the opponent on your forehand and then pull the puck quickly to your backhand and go around opponent.

*All of these fakes are demonstrated in the <http://hockeycoachingabcs.com> video section on puck handling.
(Vladimir Jursinov)



A2-A200 Puck Handling and Skating Practice from Finland

Description:

This is a video on the ABC site uner Puck Handling

1. A200 formation and Yashin leads the big moves warm demonstrating the skill and the kid's follow.
2. A2 skating drills for balance and edge control.
3. A200 Russian Big Moves exercises. Pro player demonstrate the big moves and the players follow.

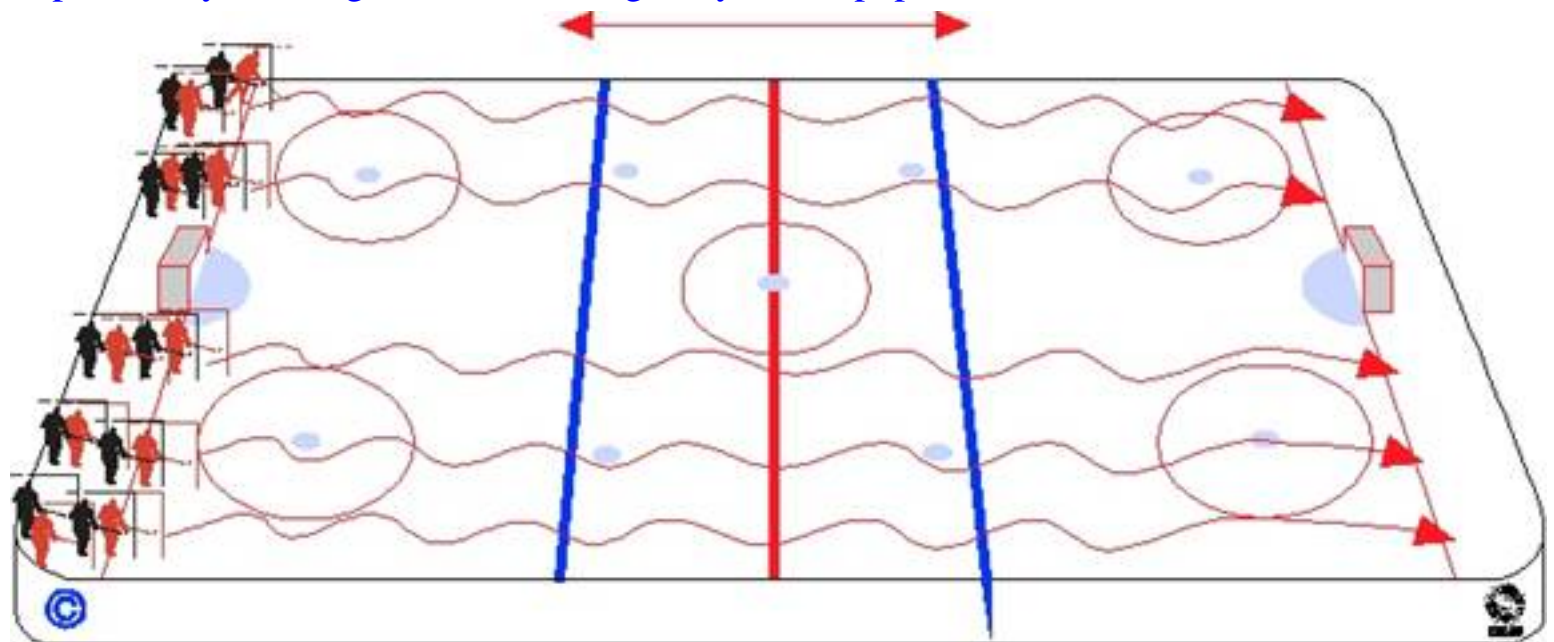
Key Points:

This practice was done at Juhani's hockey school in Mikkeli, Finland. It is beautiful lake country where he has his summer place. The focus is on Big Moves with Good Hard Fakes when puck handling. Many pro's including Yashin helped with his camps. Juhani is in the IIHF Hockey Hall of Fame and is a legend in Finland.

Another IIHF hall of famer Vladimir Yursinov is the one who developed this big moves warm up. He is a Russian hockey legend as a player and coach. Between them they have developed about 70 NHL players.

In my coaching experience these puck handling exercises are the most effective way for players to develop good hands. They can be done off ice as well. Big moves and handling the puck all around the body with big fakes and protecting the puck with the body are the essentials to being a good offensive player.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080722140651119>



A3 Backward Crossovers in 5 Circles

Key Points:

Back is upright, stride out with the toes pointed a little in. Transfer weight one side to the other. Skate one direction and then the other.

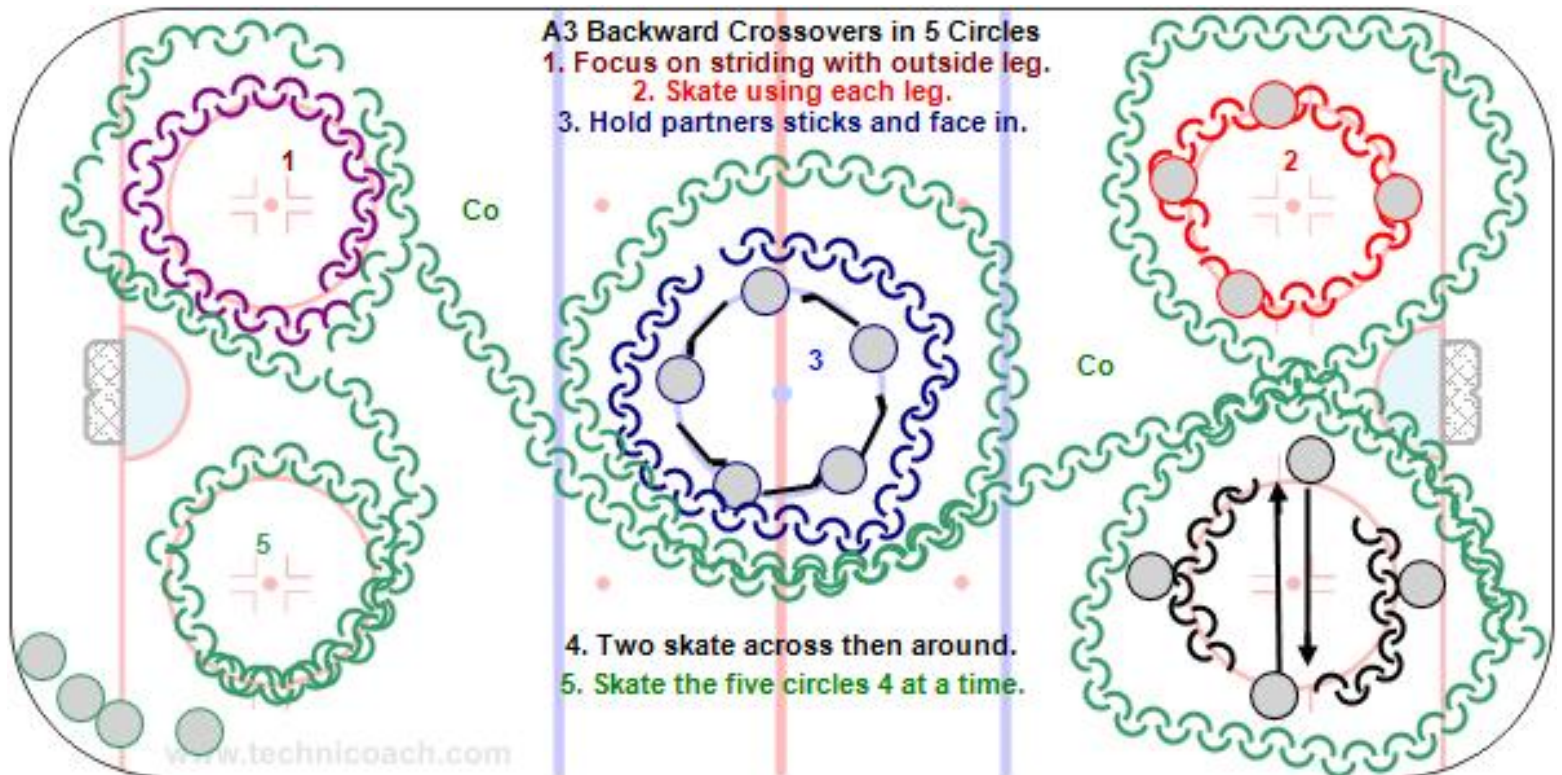
A great explanation on technique is in Gaston Schaeffer's video's in the skating section.

<http://hockeycoachingabcs.com>

Description:

1. Focus on striding with outside leg.
2. Skate using each leg.
3. Hold partners sticks and face in.
4. Two skate across then around.
5. Skate the five circles 4 at a time.

Video of this circuit: <http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2010040408031239>



A3 Backward to Forward Pivots and Starts

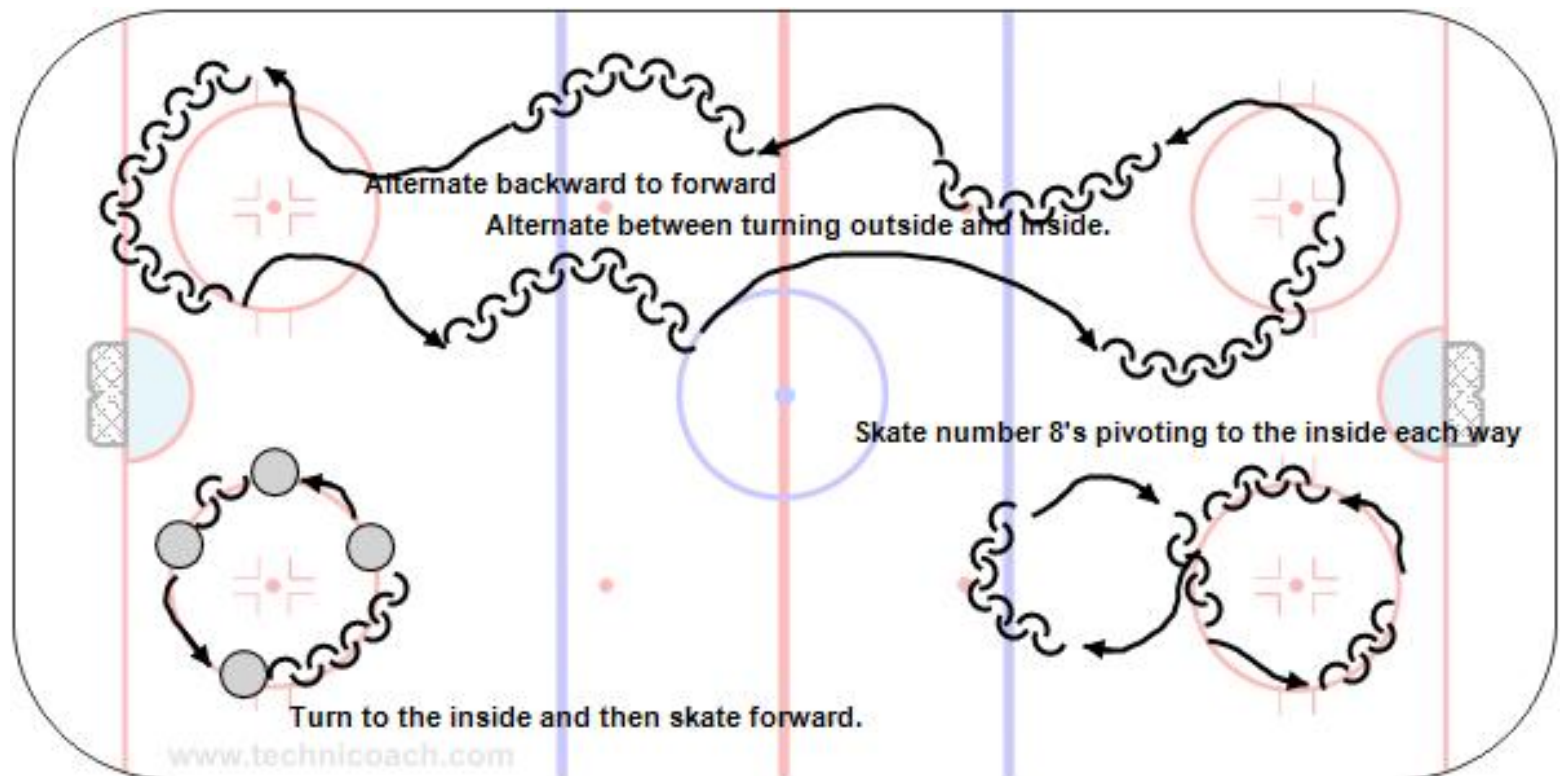
Key Points:

Knees must be bent and the hip open for the turn. Practice in both directions.

Description:

1. Start skating backwards with a few crossovers before striding.
2. Skate the full length of the ice alternating back to forward.
3. Skate figure 8's going sideways to forward.
4. Skate circles forward to facing the inside. Switch directions.
5. Skate the 5 circles.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100405064612224> is a video of this skill.



A3 Forward and Backward Striding

Key Points:

Players work on the forward and backward skating stride. Maintain good body position with the knees bent and weight transfer from side to side.

The toes are pointing out a little in the forward stride and in while striding backward.

Gaston Schaeffer's two skating videos give a great explanation and demonstration of the proper mechanics in English.

Description:

1. One leg push to the side with good posture and finish with a push. Do this when practicing both the forward and backward stride.
2. Long strides forward with good weight transfer, then long strides backward.

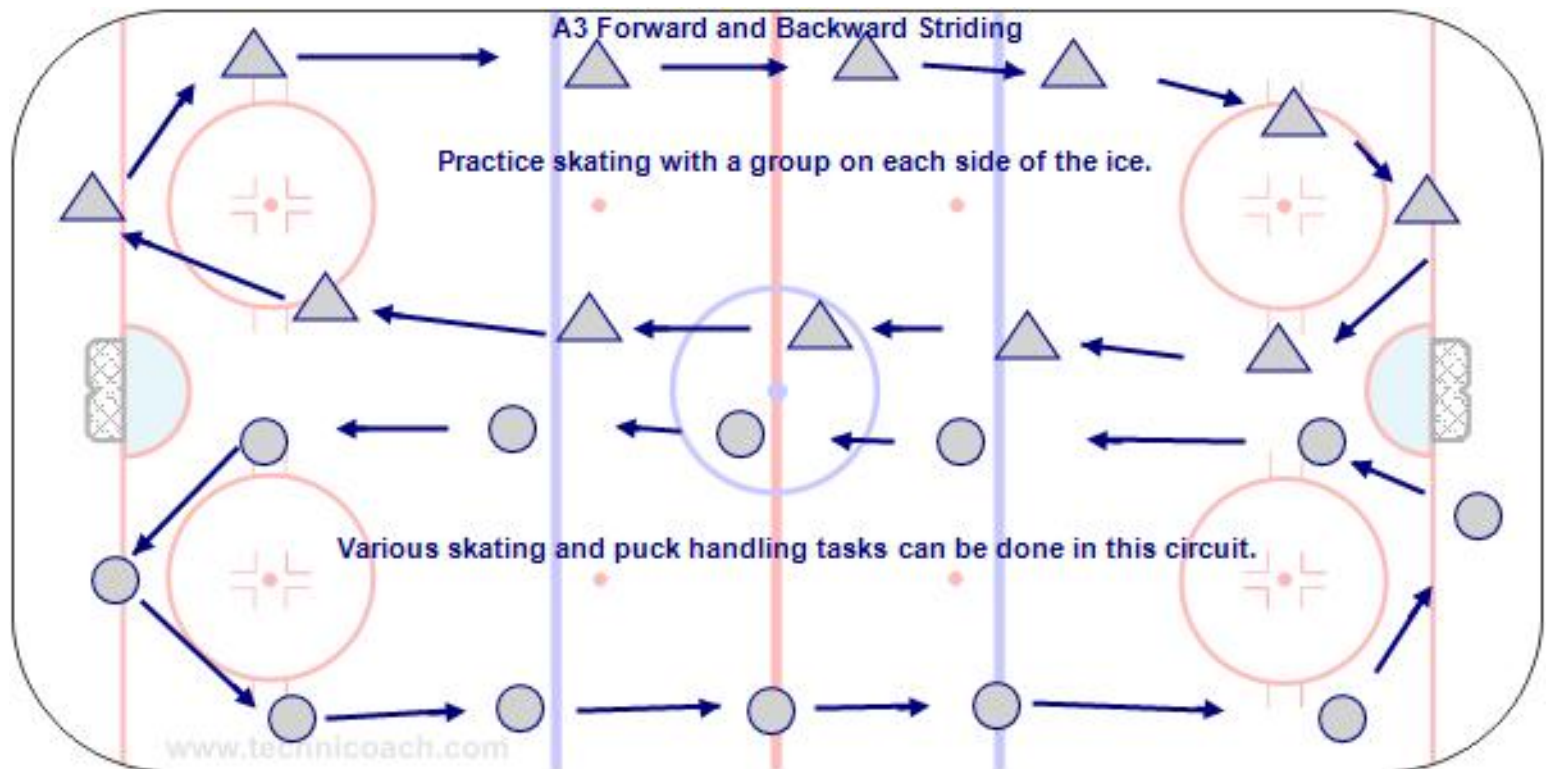
*The video section has many other exercises that can be done using this circuit. The ABC cards, the Minnesota and other video's have many balance and agility exercises.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100403075259345>

for the video of the forward stride.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100403075402691>

for video of the backward stride.



A3 Puck Handling Moves With a Shot

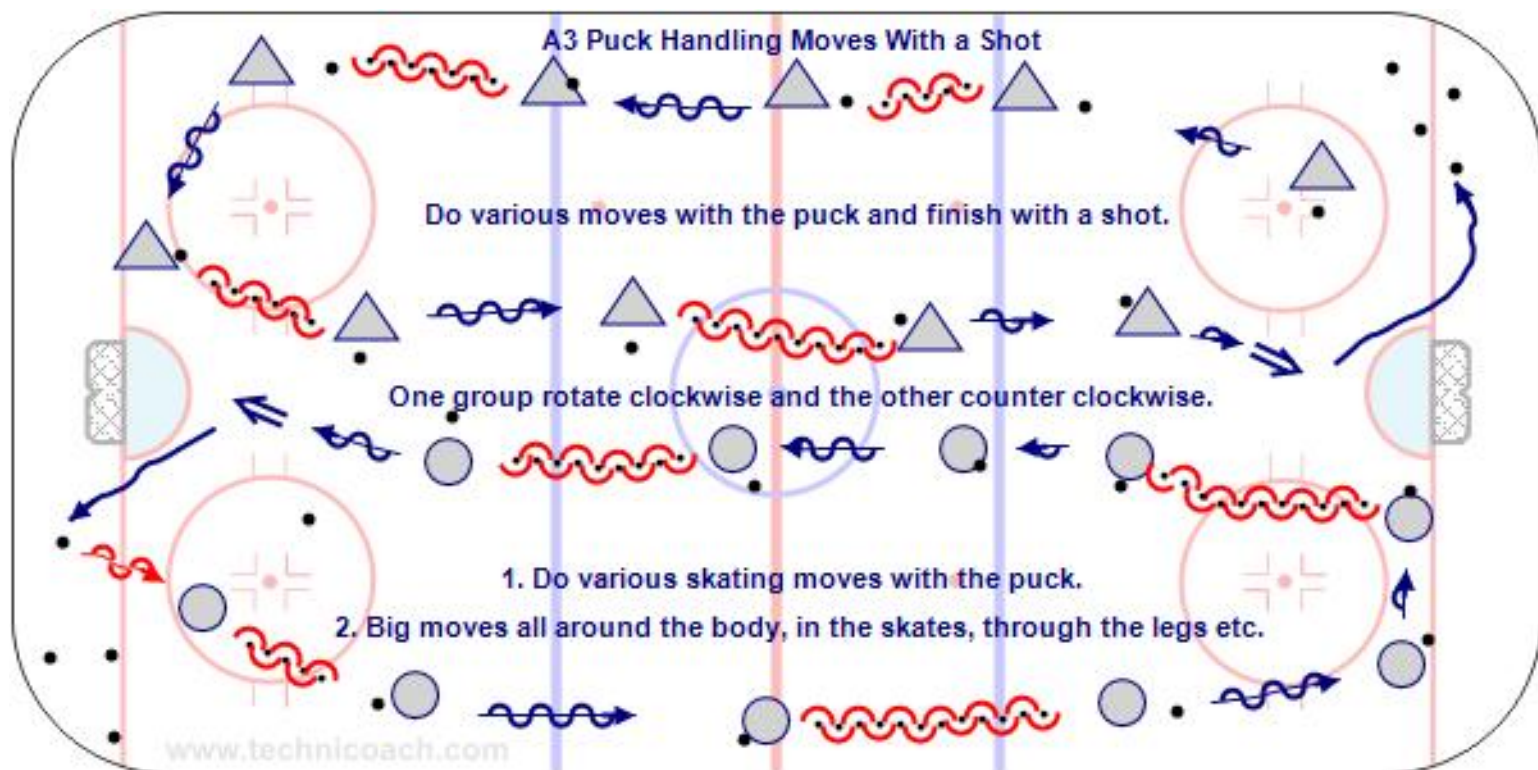
Key Points:

Do various moves with the puck and finish with a shot.

Description:

One group rotate clockwise and the other counter clockwise.

1. Do various skating moves with the puck.
2. Big moves all around the body, in the skates, through the legs etc.



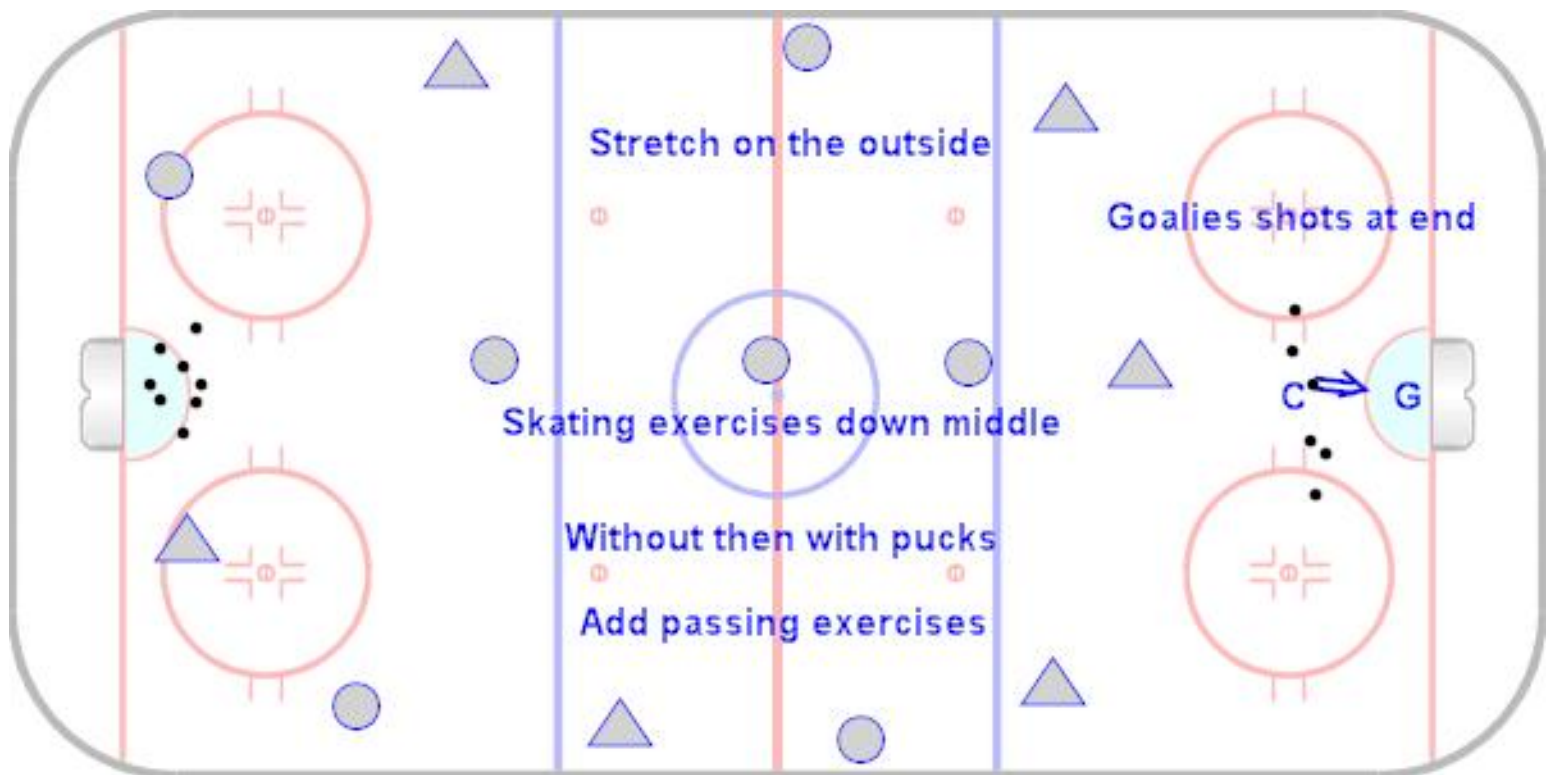
A3 Skills Warm Up

Key Points:

Start practice with mild skating using long strides to dynamically warm up the muscles. Follow with puck and passing skills. Allow the goalie to do crease skating and take some shots to areas before shooting to score. This is a common warm up routine for high level teams.

Description:

1. Skate and stretch in the outside lanes followed by puck skills.
2. Partner passing or puckhandling down the centre. Progress to finishing with a shot.
3. Progress to hard on one side only so there is recovery.



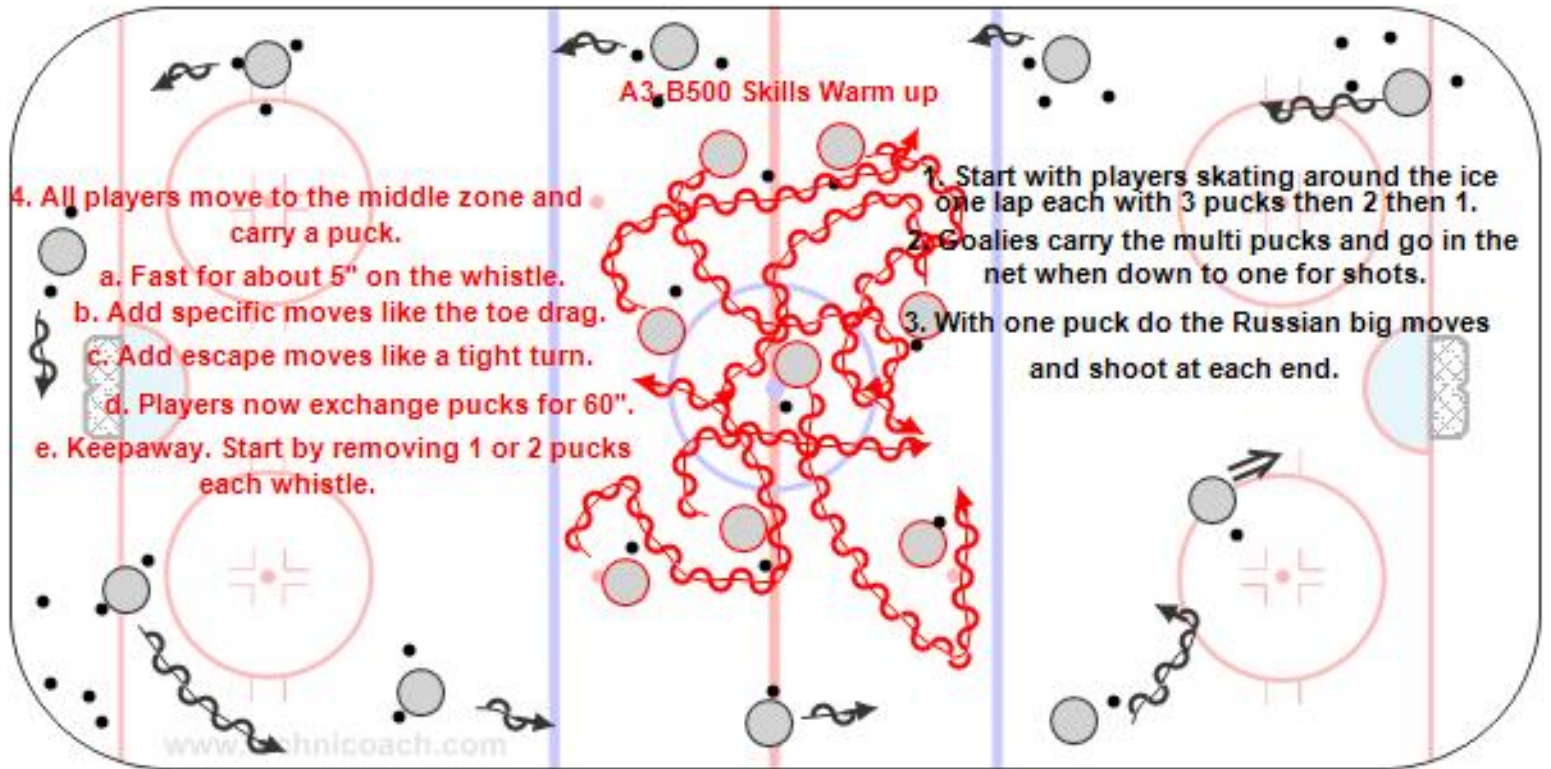
A3-B500 Skills Warm up Routine

Key Points:

It is important for all players to have a puck on their stick. Multi pucks overload the nervous system. Split vision is developed as a tacit skill in crowded situations. Develop routines to minimize talking time and maximize puck time.

Description:

1. Start with players skating around the ice one lap each with 3 pucks then 2 then 1.
2. Goalies carry the multi pucks and go in the net when down to one for shots.
3. With one puck do the Russian big moves and shoot at each end.
4. All players move to the middle zone and carry a puck.
5. Partner pass with two pucks, parallel and one fwd one bkwd. Partners work 1-1 skills skating around each other.
 - a. Fast for about 5" on the whistle.
 - b. Add specific moves like the toe drag.
 - c. Add escape moves like a tight turn.
 - d. Players now exchange pucks for 60".
 - e. Keepaway-start by removing 1 or 2 pucks each whistle.



A200 Puck Handling Circuit

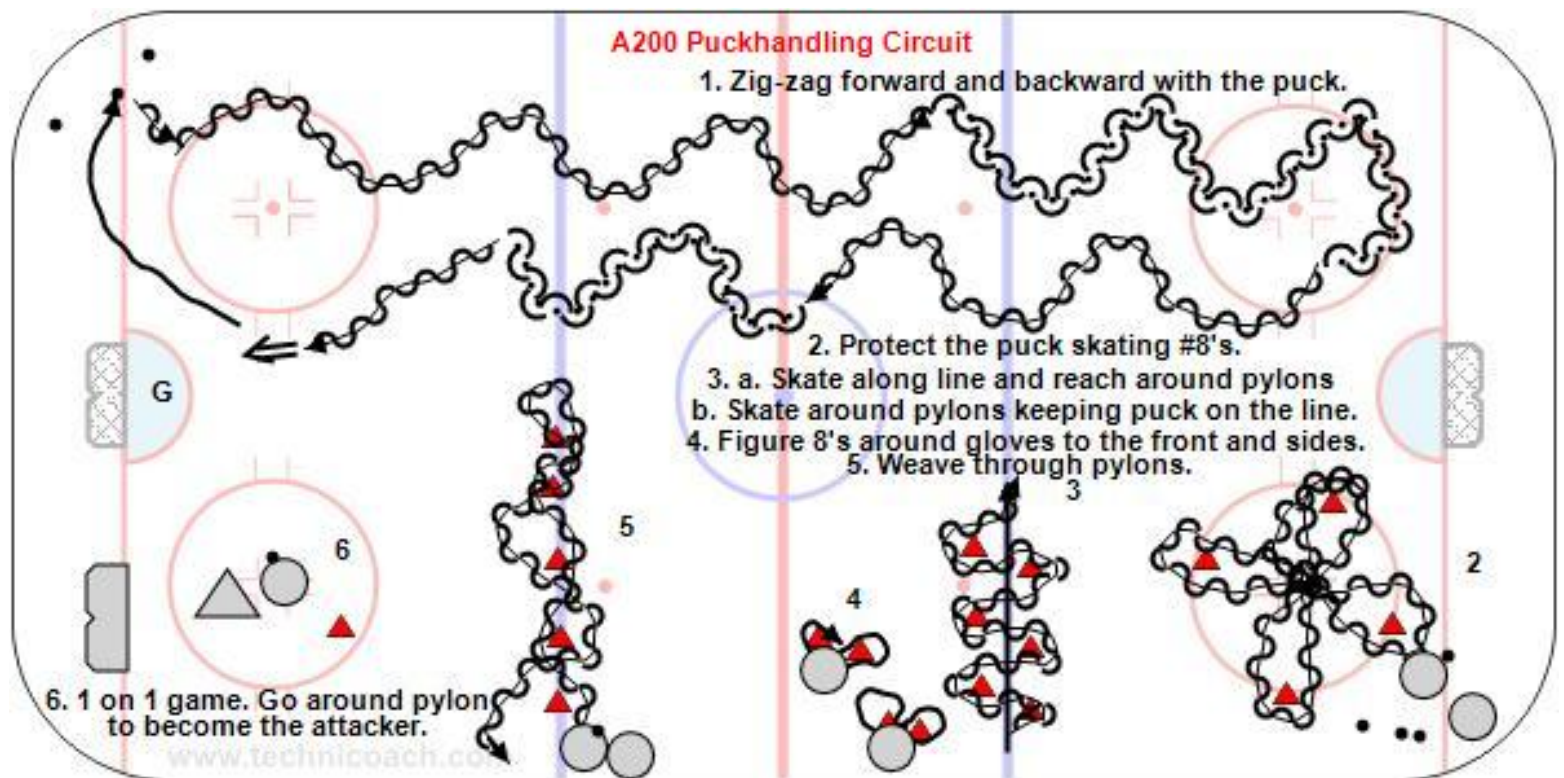
Key Points:

Protect the puck with the body. Develop big moves all around the body and thru the legs to shield the puck. Learn to pivot and make quick turns and backward escapes.

Description:

1. Zig-zag forward and backward with the puck.
2. Protect the puck skating #8's.
3. a. Skate along line and reach around pylons.
b. Skate around pylons keeping puck on the line.
4. Figure 8's around gloves to the front and sides.
5. Weave through pylons.
6. 1 on 1 game. Go around pylon to become the attacker.
7. Partners work inside the circle and protect the puck from each other for 10".

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A200 Puck Protection Circuit

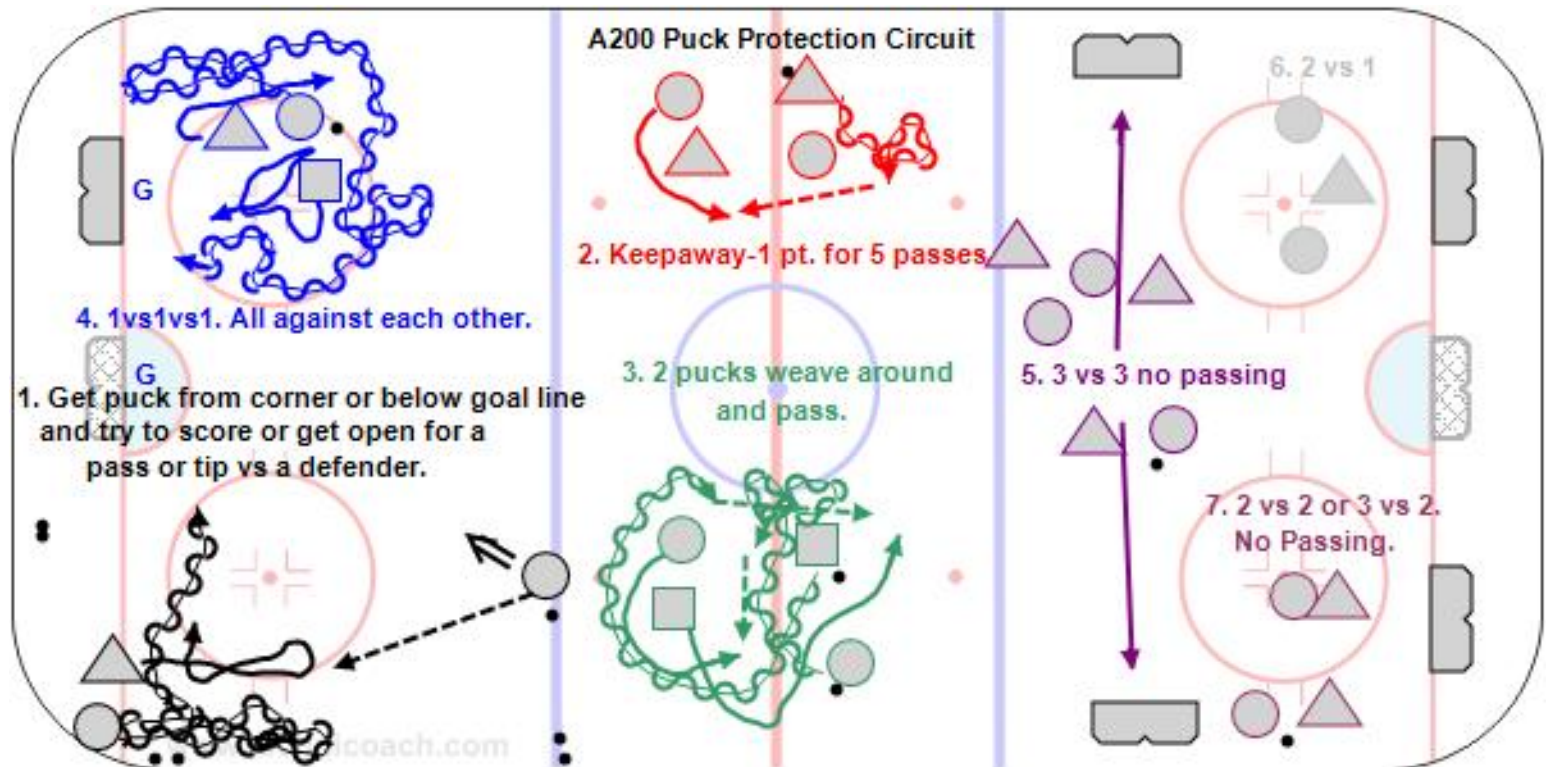
Key Points:

Shield the puck with the body. Use quick turns, head and body fakes, pivots, escape moves to gain the offensive side and score. Keep the stick free to receive passes and tip shots.

Description:

1. Get puck from corner or below goal line and try to score or get open for a pass or tip vs a defender.
2. Keepaway-1 pt. for 5 passes.
3. 2 pucks weave around and pass. No Passing.
4. 1vs1vs1. All against each other.
5. 3 vs 3 no passing.
6. 2 vs 1
7. 2 vs 2 or 3 vs 2.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100411083310556>



A300 Multiple Puck, Ball Nervous System Overload

Key Points:

Use two or more balls, pucks of different sizes, weights, bouncyness to overload the nervous system.

Description:

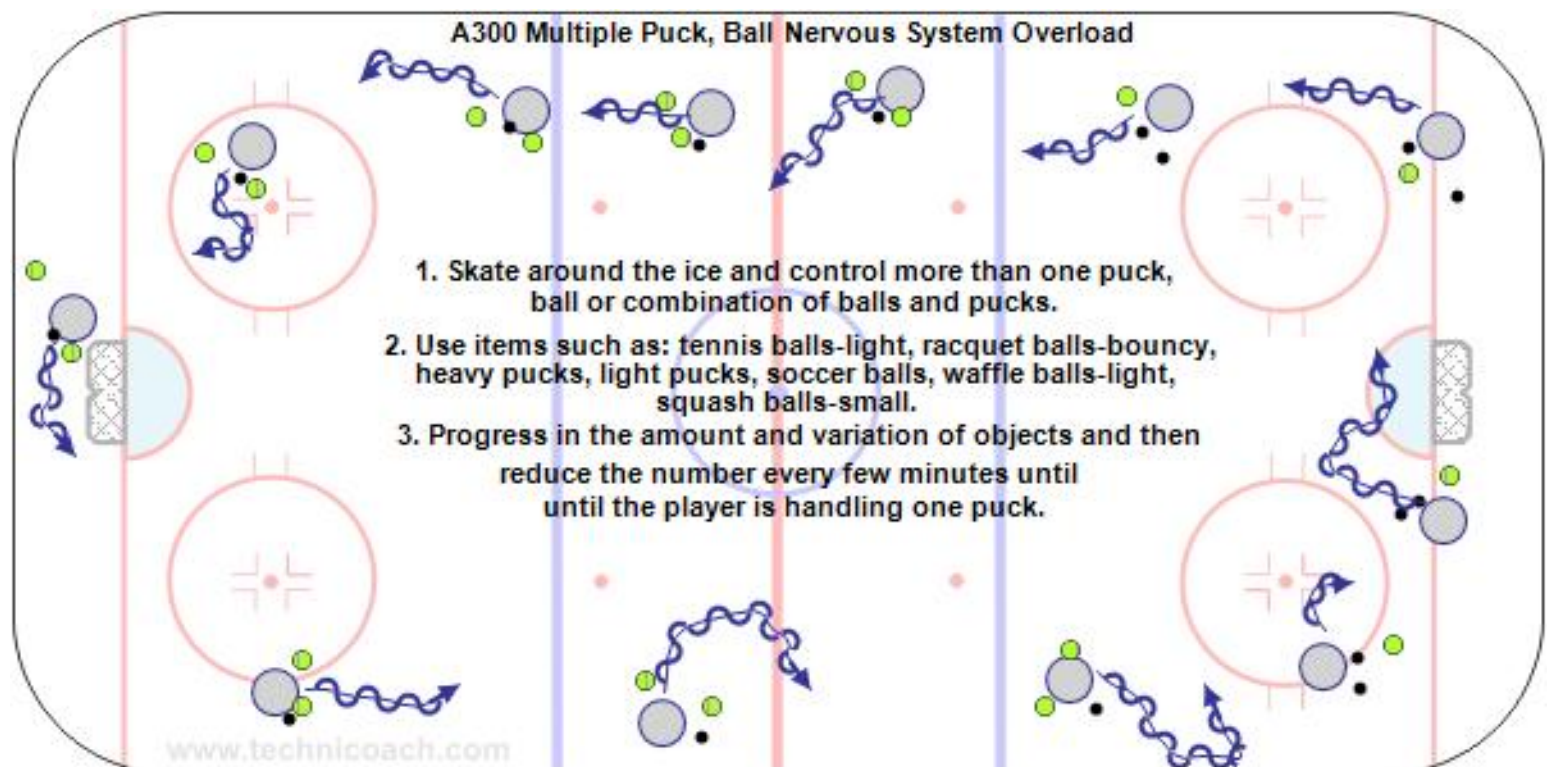
1. Skate around the ice and control more than one puck, ball or combination of balls and pucks.
2. Use items such as: tennis balls-light, racquet balls-bouncy, heavy pucks, light pucks, soccer balls, waffle balls-light, squash balls-small. The nervous system has to adjust to each weight and size and control the amount of pressure applied on each object.
3. Progress in the amount and variation of objects and then reduce the number every few minutes until the player is handling one puck.

-A routine I have a pro player do is; skate around the ice with a tennis, racquet and hockey ball. After one lap I take away the hockey ball and replace it with a puck, another lap and I replace the tennis ball with another puck, third lap I take away the racquet ball and now he has 3 pucks. After a lap two pucks putting them back to the skates and on the stick. Then one puck doing the Russian big moves all around and thru the body.

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A300 Tight Turn Circuit

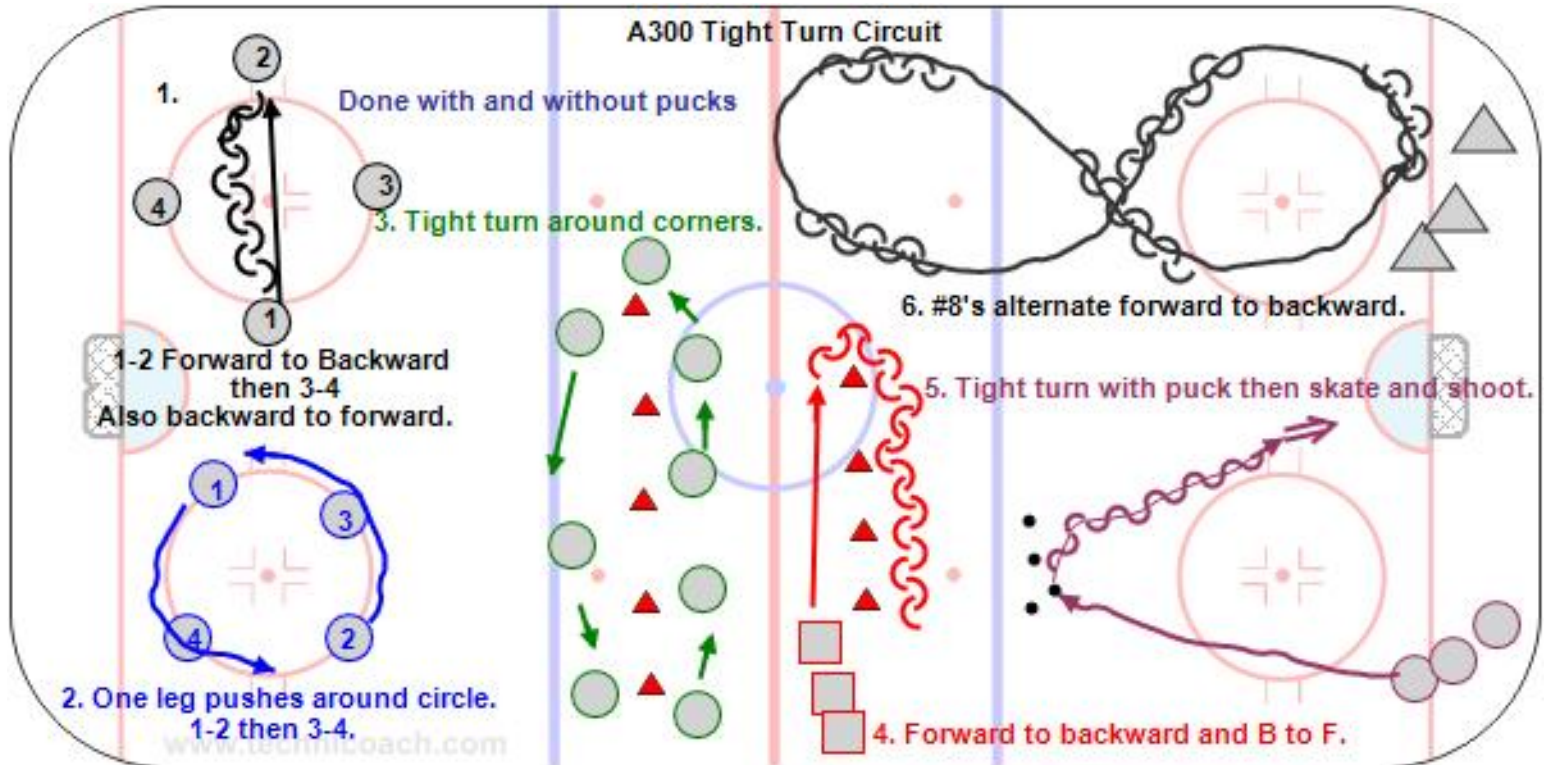
Key Points:

Use all of the edges with a good knee bend to change directions. Shoulders lead the turn. Start without pucks and then add pucks.

Description:

1. 1-2 forward to backward then 3-4. Also backward to forward.
2. One leg pushes around circle. 1-2 then 3-4.
3. Tight turn around corners.
4. Forward to backward and B to F.
5. Tight turn with puck then skate and shoot.
6. #8's alternate forward to backward.

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A300 Toe Drag and Finish with a Shot

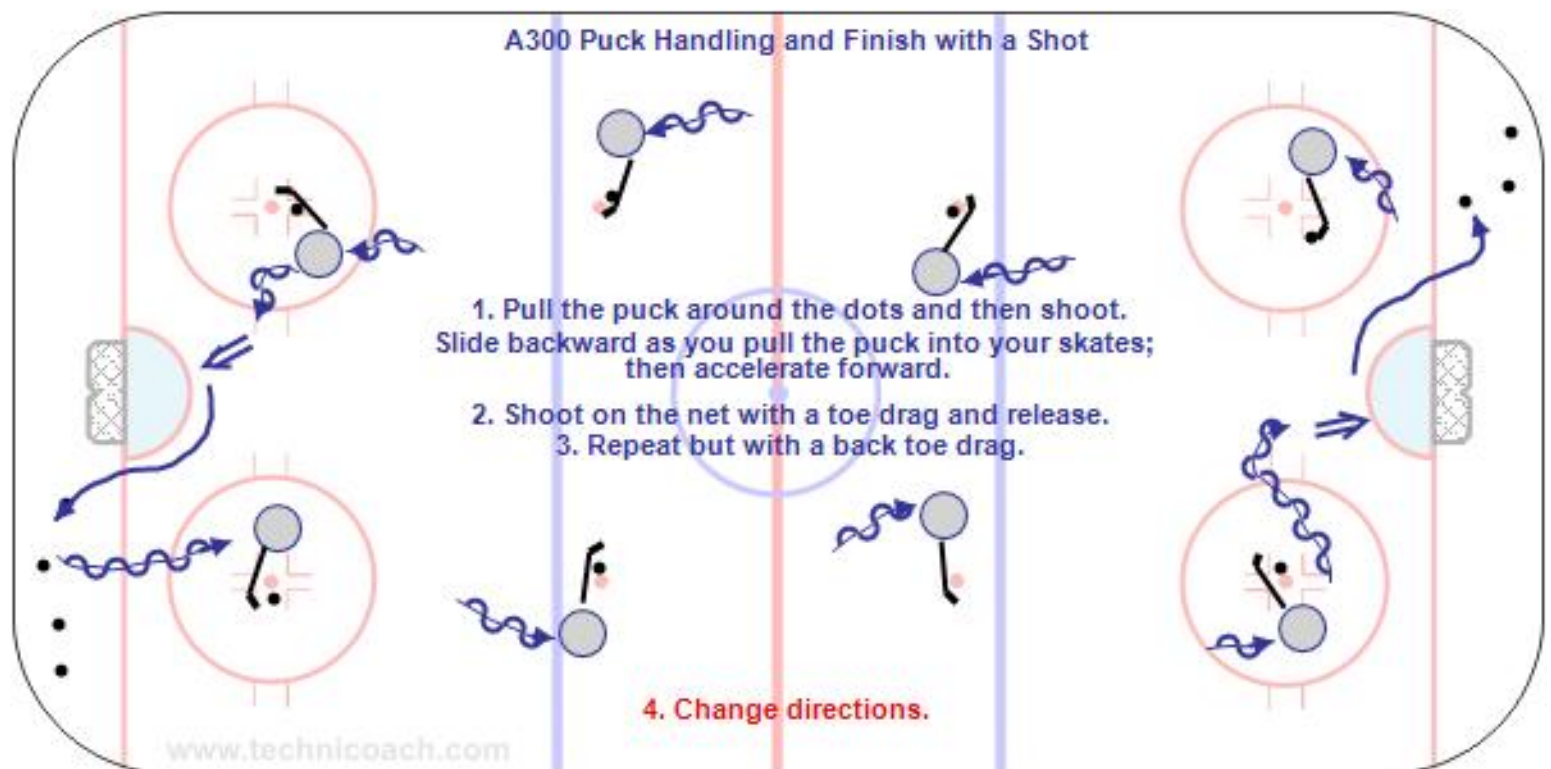
Key Points:

Keep your hands away from the body. Roll the wrists especially with the top hand and slide the bottom hand up the stick. Give a hard fake to the inside to lure the defender then pull the puck across while you slide away and around him.

Description:

1. Pull the puck around the dots and then shoot. Slide backward as you pull the puck into your skates; then accelerate forward.
2. Shoot on the net with a toe drag and release.
3. Repeat but with a back toe drag.
4. Change directions.

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Puck Handling and Passing Skills Practice Using a A-B-B-B-D Sequence

College women puck handling and passing practice Tracey Luhowy.

This practice focuses on handling the puck all around the body in drills and then in game situation.

1. Nervous system overload A300 stickhandling both a puck and tennis ball at the same time, then one with the stick on one with the skates.
2. B500 Chaos stickhandling in the nzone with a tennis ball with speed intervals.
3. B202 passing and puckhandiling tasks.
4. B5 pass and shooting from 3 lanes.
5. D400 games in each half of Perry Pearn 2 on 2.

The photo was taken at Lake Louise after our mountain retreat at a hostel to develop a Team Covenant.

It is in the video section under Puck Handling

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080721043951794>



B Anaerobic Skills Practice

You can do this using a few activities at a time as a circuit or do one activity at a time with a small group.

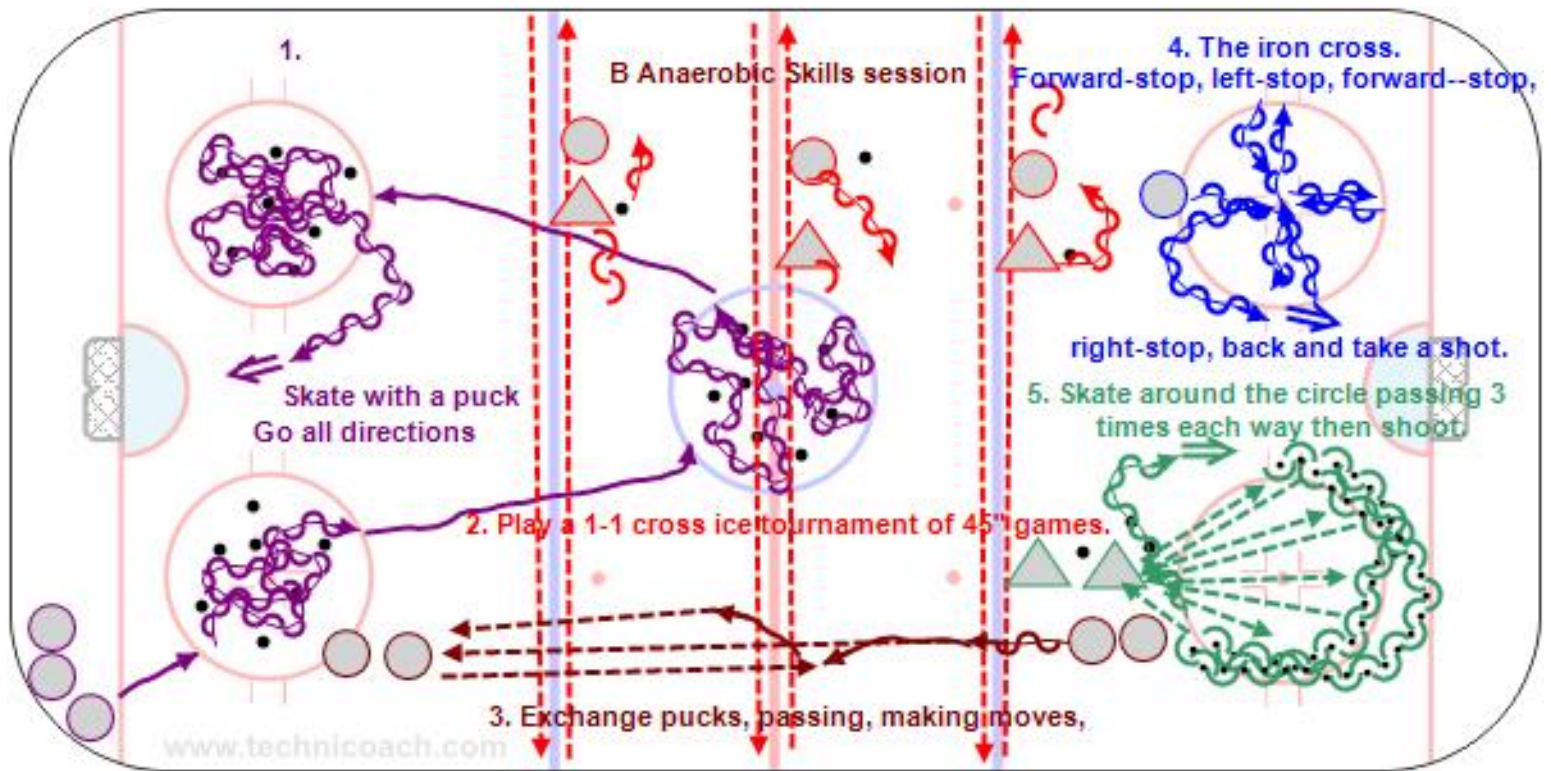
Key Points:

Players skate hard in all activities. Quick feet, no gliding.

Description:

Small Group Anaerobic Skills Practice

1. Skate with the puck avoiding pucks and making many direction changes. Finish with a shot after doing each circle. 5" between whistles.
2. Play a 1-1 cross ice tournament of 45" games. Lines on the boards are the goals.
3. Exchange pucks, passing, making moves, touch knees, 1 puck, 2 pucks, pivot, etc.
4. The iron cross. Forward-stop, left-stop, forward--stop, right-stop, back and take a shot.
5. Skate around the circle passing 3 times each way then shoot.
6. This is a practice I ran the other night with a small group. I don't have room on the diagram but we had 5 skaters and finished with a game of 2 on 2 in one zone and the extra player was a joker. When you regained the puck you have to regroup with the joker before scoring. Players rotate as the joker for a rest.



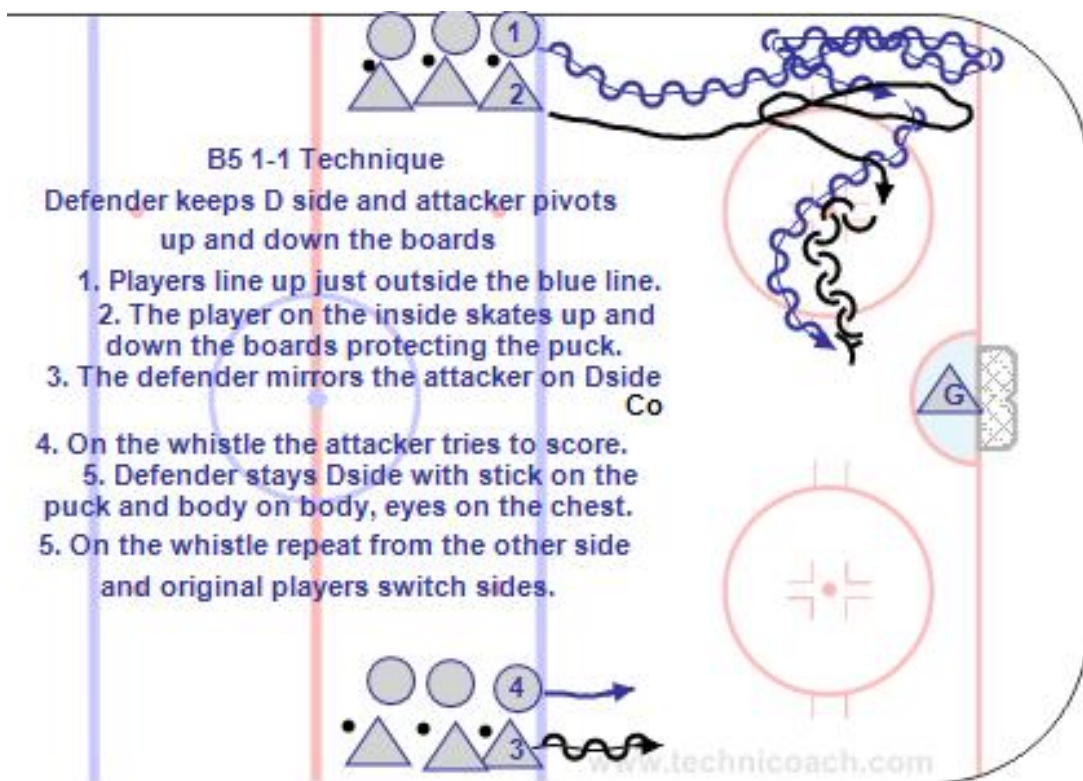
B5 1-1 Defensive Technique

Key Points:

Defender keeps D side and attacker pivots up and down the boards

Description:

1. Players line up just outside the blue line.
2. The player on the inside skates up and down the boards protecting the puck
3. The defender mirrors the attacker on Dside.
5. Defender stays Dside with stick on the puck and body on body, eyes on the chest.
4. On the whistle the attacker tries to score.
5. On the whistle repeat from the other side and original players switch sides.

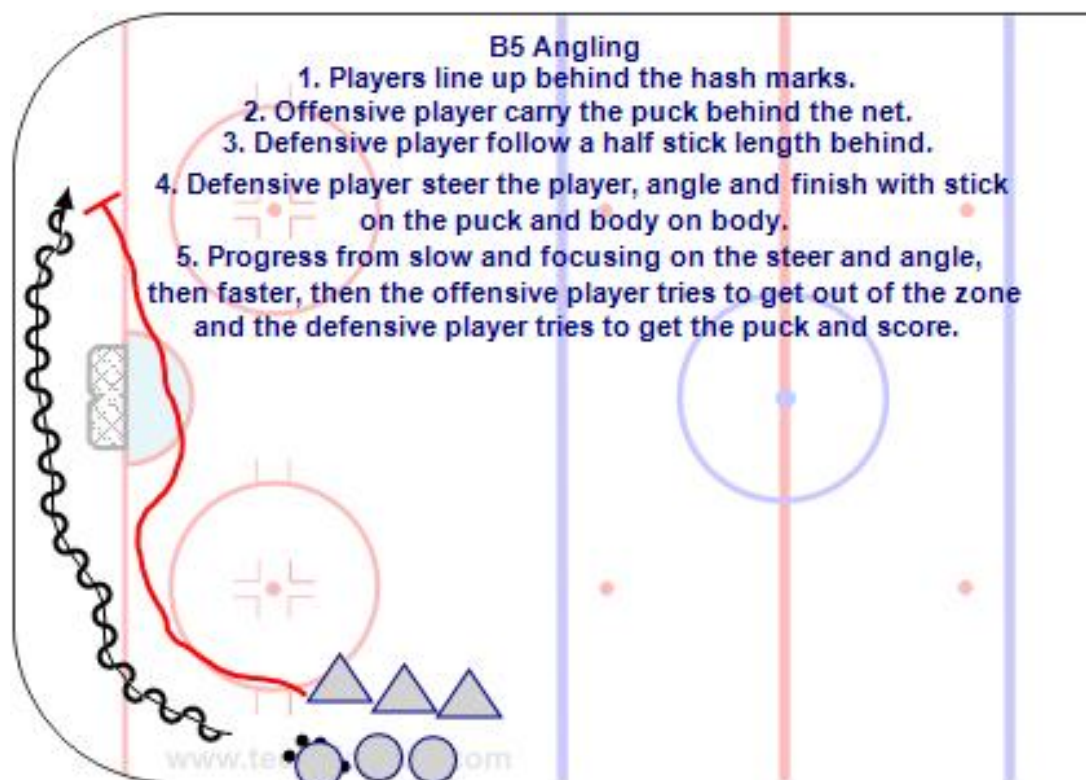


B5 Angling

Checker approach at the back shoulder. Body on body and stick on the puck. Follow from about a half stick length.

B5 Angling

1. Players line up behind the hash marks.
2. Offensive player carry the puck behind the net.
3. Defensive player follow a half stick length behind.
4. Defensive player steer the player, angle and finish with stick on the puck and body on body.
5. Progress from slow and focusing on the steer and angle, then faster, then the offensive player tries to get out of the zone and the defensive player tries to get the puck and score.
6. Practice from each side.



B5 B600 1-1, 2-1

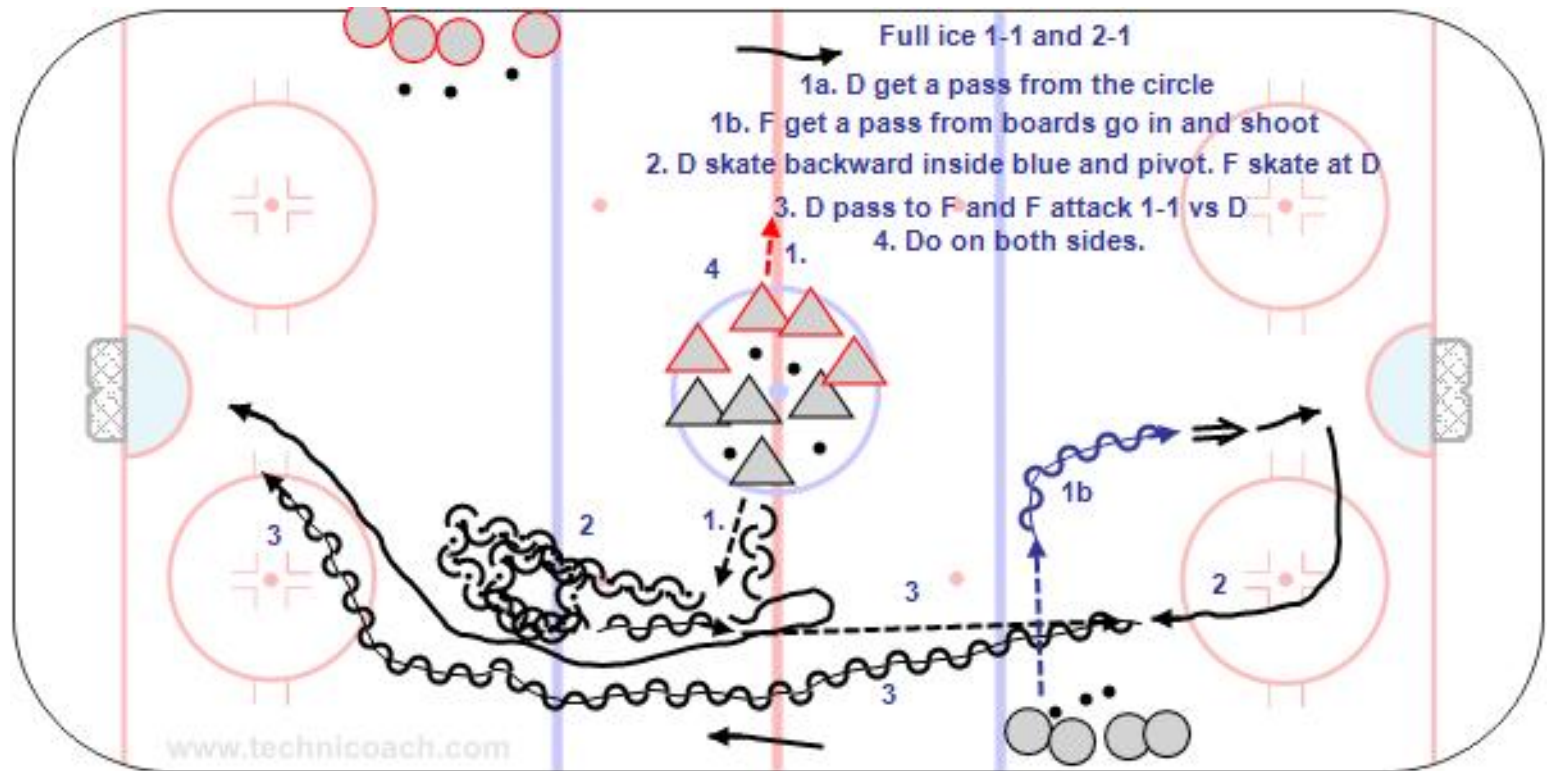
Key Points:

Quick feet for both the F and D. Forwards face the puck, give a target and skate into the pass.

Description:

Full ice 1-1 and 2-1

- 1a. D get a pass from the circle.
- 1b. F get a pass from the boards and shoot then rebound.
2. D skate backward inside blue and pivot. F skate at D.
3. D pass to F and F attack 1-1 vs D
4. Do on both sides.
5. You can also do a 2-1.



B5 Breakout 5-0 with Point Shot

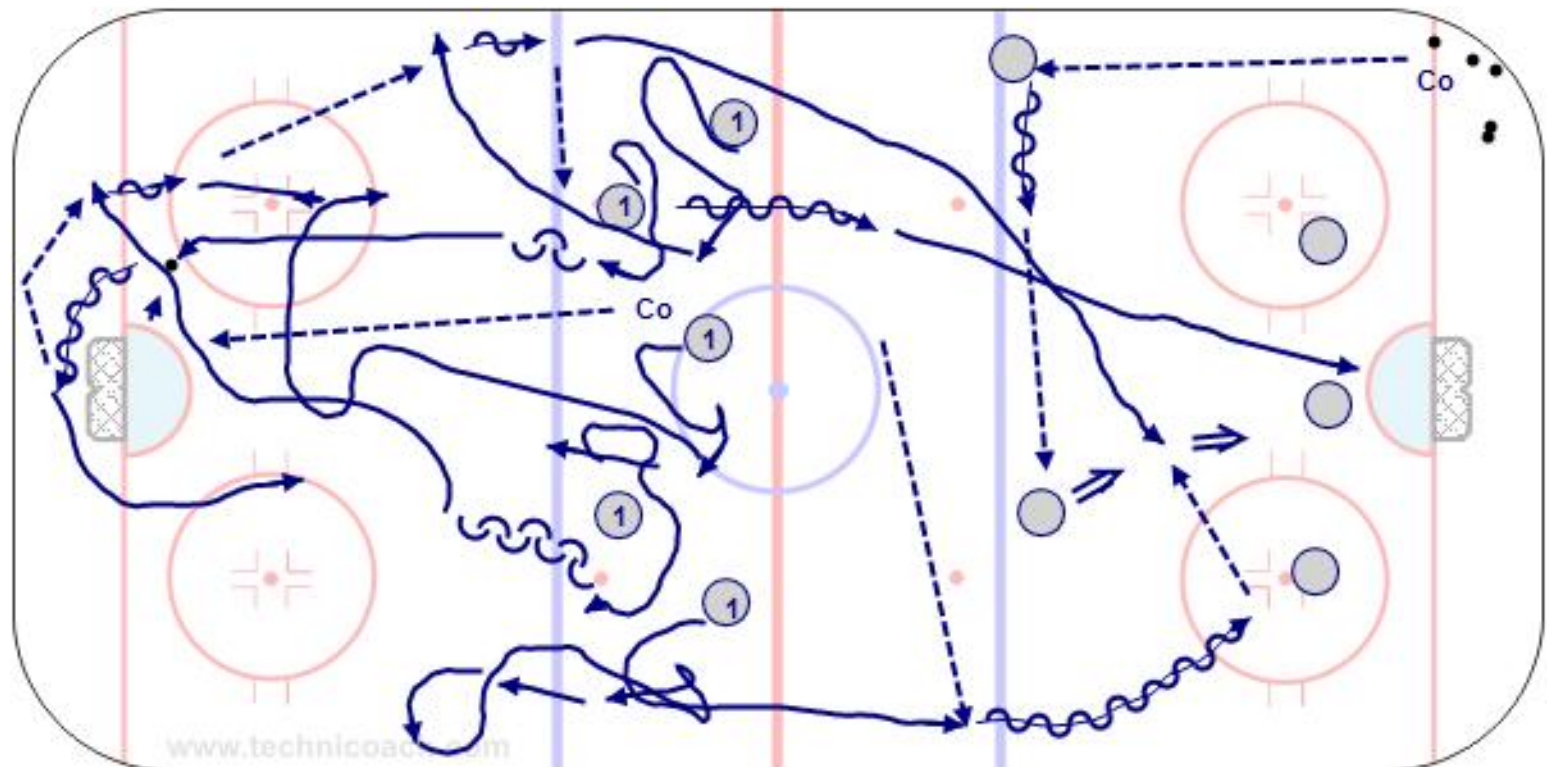
Key Points:

Coach calls the various options, up, across, wheel, reverse.

Each line go one direction then dump into the other end or alternate ends.

Description:

1. Players skate in nzone then coach dump in
2. D make a D to D or D to F pass and follow the play.
3. All forwards touch the puck on the rush and shoot. then screen, tip and one timer position.
4. Coach pass to D who skate across line and pass to partner who shoots or shot pass.



B5 Cross and Drop Sequence

Key Points:

Players are inside the middle circle. Two players skate around and cross and drop then 2 from the other group leave.

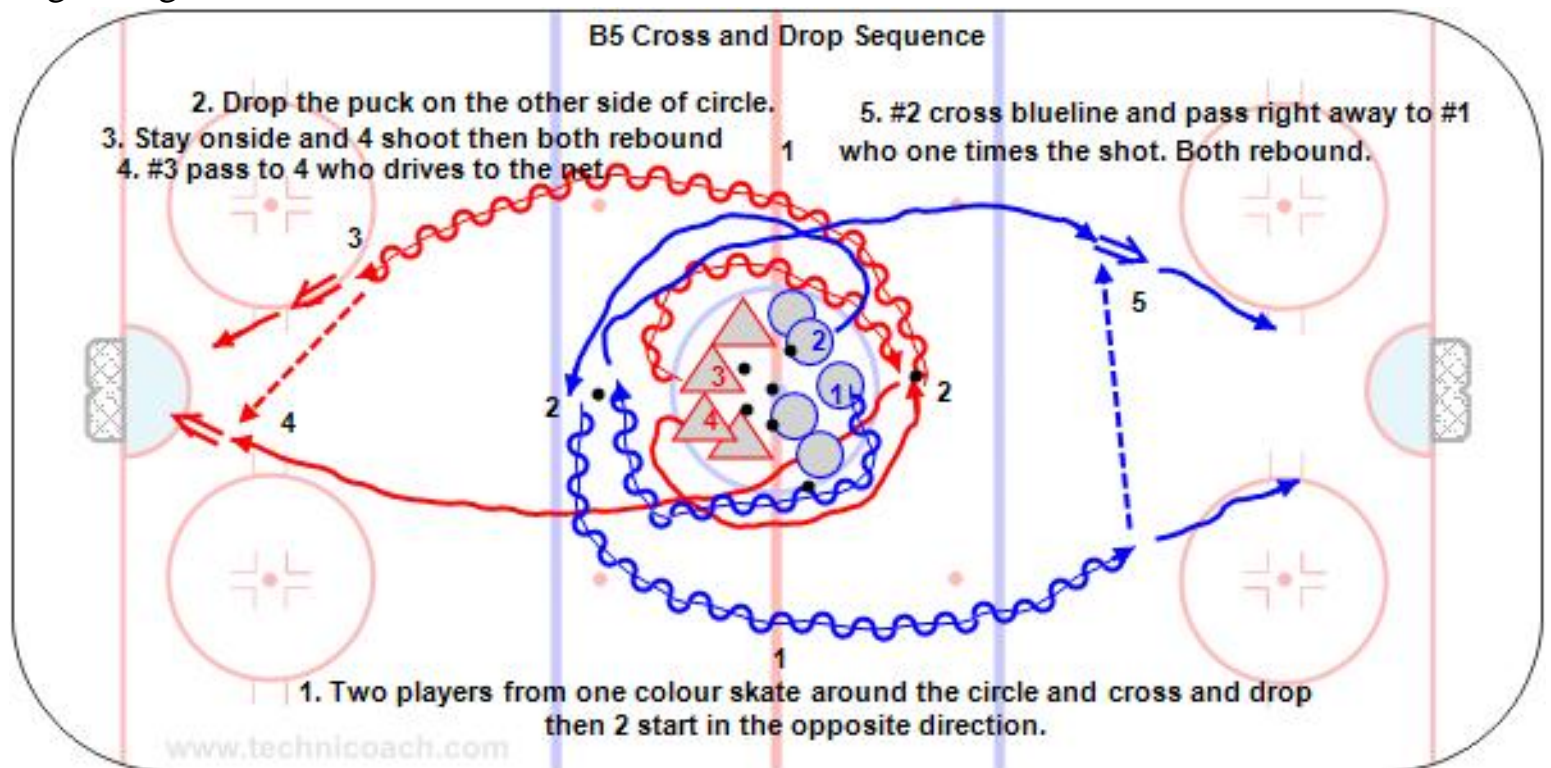
Leave the puck when dropping and the second player skate behind. Return to line from the wide lanes to avoid collisions.

Description:

1. Two players from one colour skate around the circle and cross and drop then 2 start in the opposite direction.
2. Drop the puck on the other side of circle.
3. Stay onside and 4 shoot then both rebound.
4. #3 pass to 4 who drives to the net.
5. #2 cross blueline and pass right away to #1 who one times the shot. Both rebound.

Options:

- a. one, two or three players leave at a time.
- b. after shooting one or two players defend the next rush, 1-1, 2-1, 2-2, 3-2, 3-3.
- c. give + go with last shooters. Etc.



B5 Cross and Drop Sequence

Key Points:

Players are inside the middle circle. Two players skate around and cross and drop then 2 from the other group leave.

Leave the puck when dropping and the second player skate behind. Return to line from the wide lanes to avoid collisions.

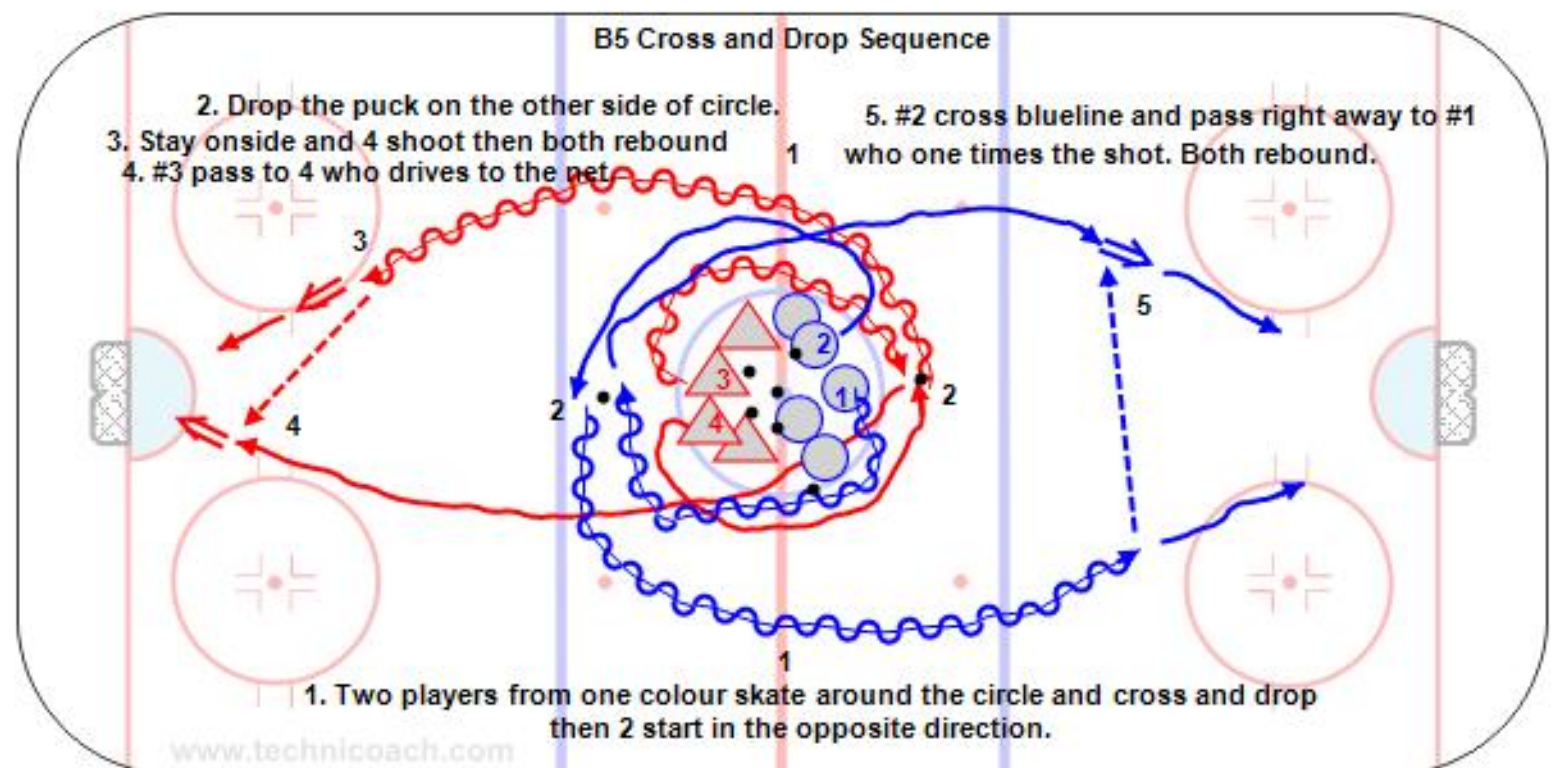
Description:

1. Two players from one colour skate around the circle and cross and drop then 2 start in the opposite direction.
2. Drop the puck on the other side of circle.
3. Stay onside and 4 shoot then both rebound.
4. #3 pass to 4 who drives to the net.
5. #2 cross blueline and pass right away to #1 who one times the shot. Both rebound.

Options:

- a: one, two or three players leave at a time.
- b. after shooting one or two players defend the next rush, 1-1, 2-1, 2-2, 3-2, 3-3.
- c. give + go with last shooters. etc

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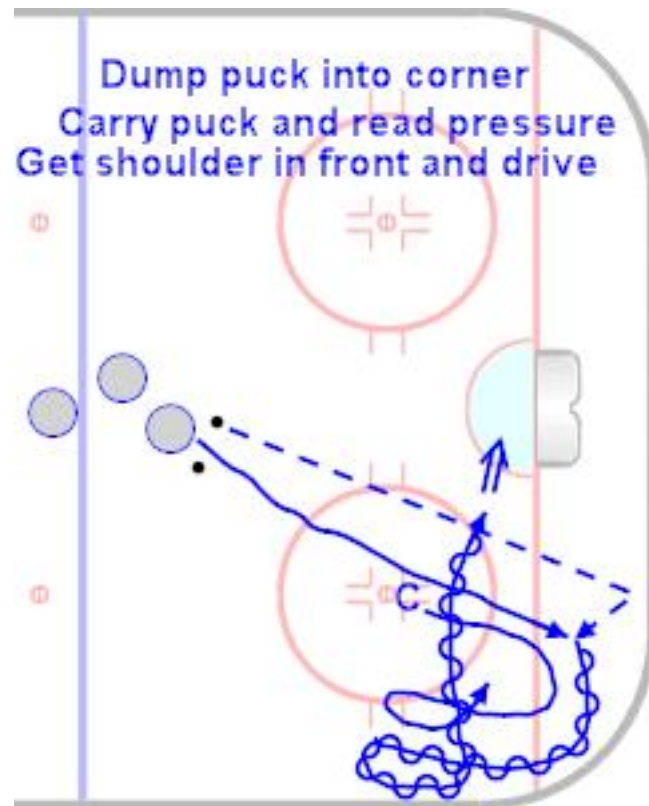
T1 B5 Driving the Net from the Corner

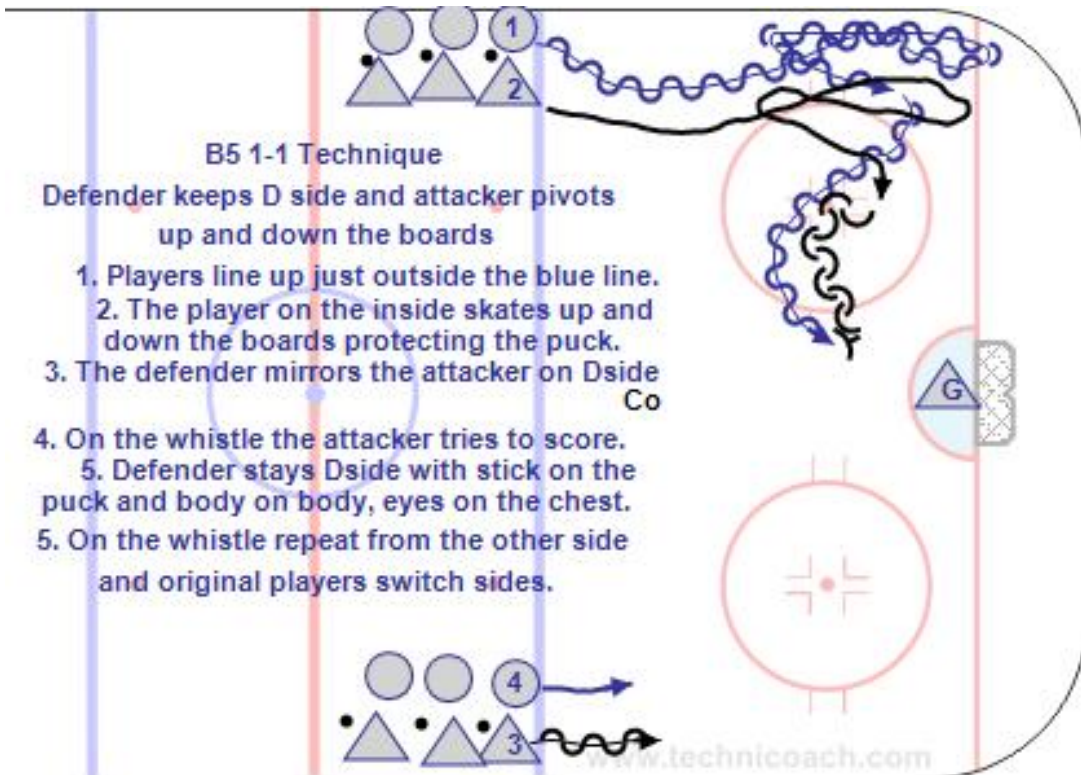
Key Points:

Protect the puck with your body and turn away from pressure toward the boards. This is a drill the Flames coaches used a lot to practice going to the net.

Description:

1. The player shoots a puck into the corner and protects it vs. pressure from the coach.
2. After about 5" the player gets his shoulder in front to protect the puck and cuts to the net to score.
3. The progression is to add a defensive player.





B5 Loose Puck Battles

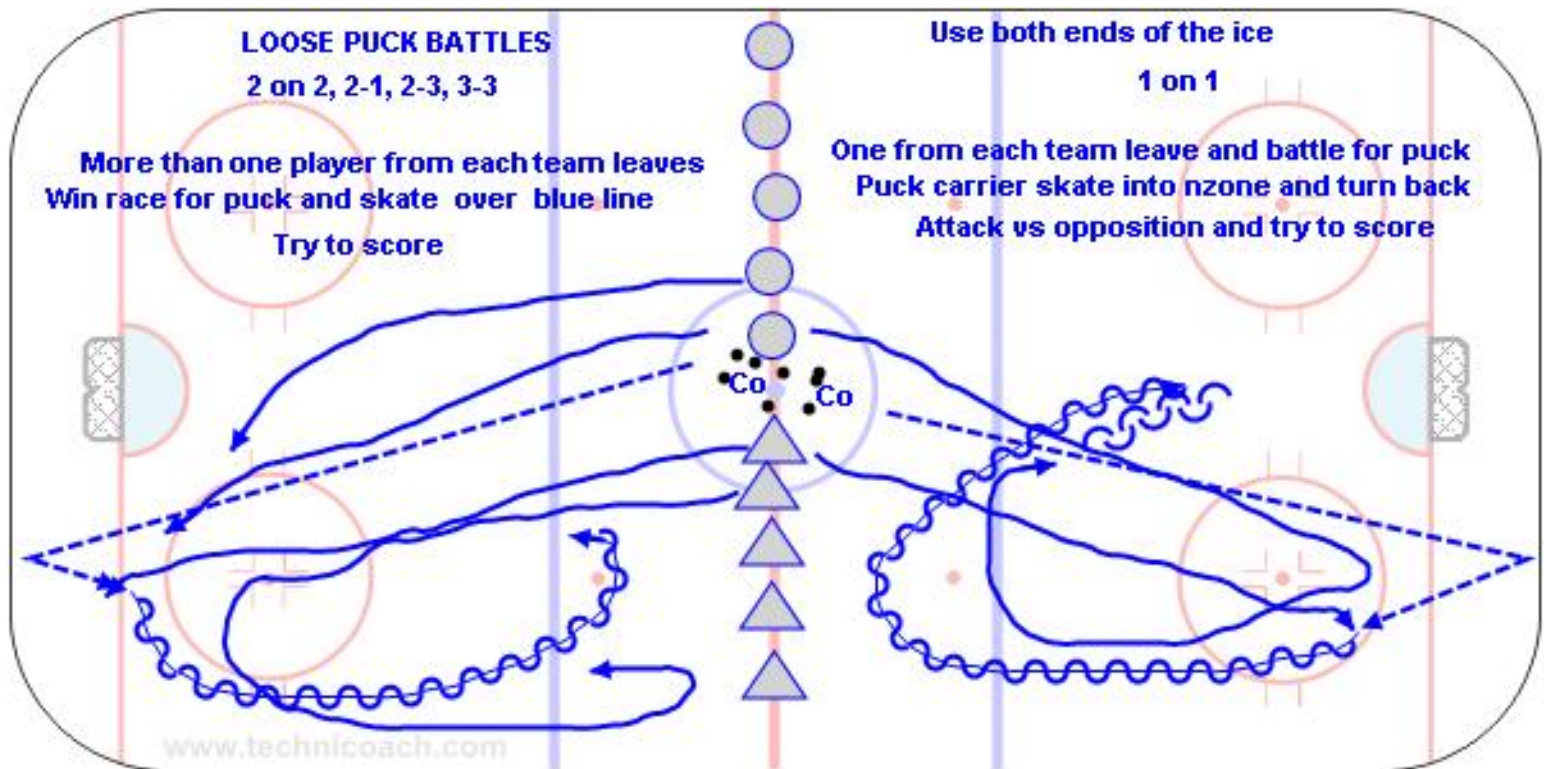
Key Points:

- Players should protect themselves while going into the corners. Don't skate straight in toward the boards.
- Contact each other before getting the puck to gain position.
- Protect the puck with the body and use quick strides to escape.
- Attack with a good move and defend with tight gaps.

Description:

Players are lined up across the red line and the coach or coaches in the middle with pucks. One team to each side of the coach.

1. The coach dumps the puck into the corner and the first player on each line races to get the puck, then the coach dumps a puck into the other corner and the next players race to the puck.
2. Whichever player wins the battle in the corner skates out over the blueline and thru the middle circle then attacks the original end while the other player defends. This happens at both ends of the ice.
3. As soon as the rush is over another puck is dumped into the corner.
4. Situations like 2-1, 2-2, 3-2, 3-3 can also be used.



B5 Murdoch Breakout Routine A and B

Key Points:

This is a good routine to use at the start of practice instead of just skating around the ice aimlessly.

- Work for 5-10 min. and get in a lot of reps.
- D shoulder check on the way to the puck.
- Forwards funnel through middle lane and watch puck before swinging up the boards.

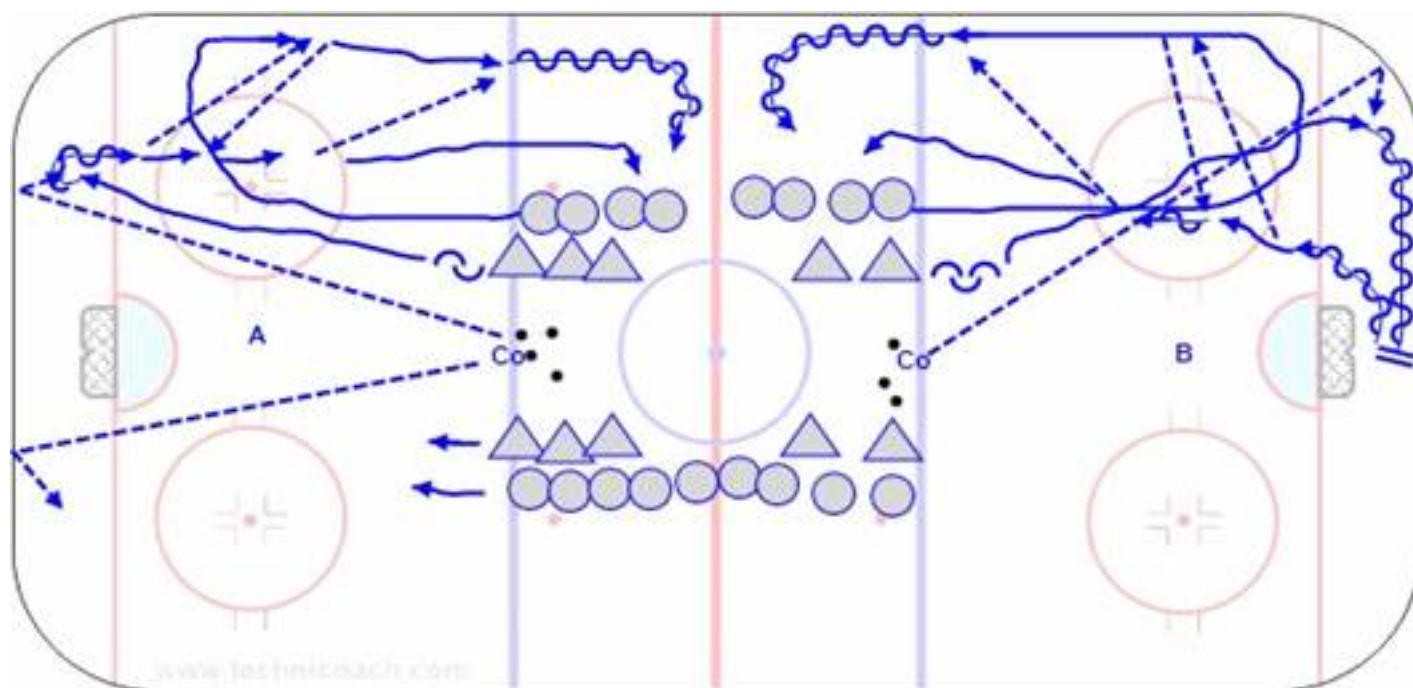
Description:

Wings and Defense

A. Coach shoots puck in and D gets the puck and passes to the wing who times his skating from inside to outside. D to W back to D and up to wing. Then repeat on the other side. All forwards take turns getting the pass on the wing.

B. Coach shoots the puck in and D skates back to get in while the wing times his skating from the middle to the outside lane.

The D drives the back of the net and stops and goes out the same direction making a counter pass to the wing, who returns the pass and gets another pass. Repeat on the other side.



B5 Murdoch Breakout Routine C and D

Key Points:

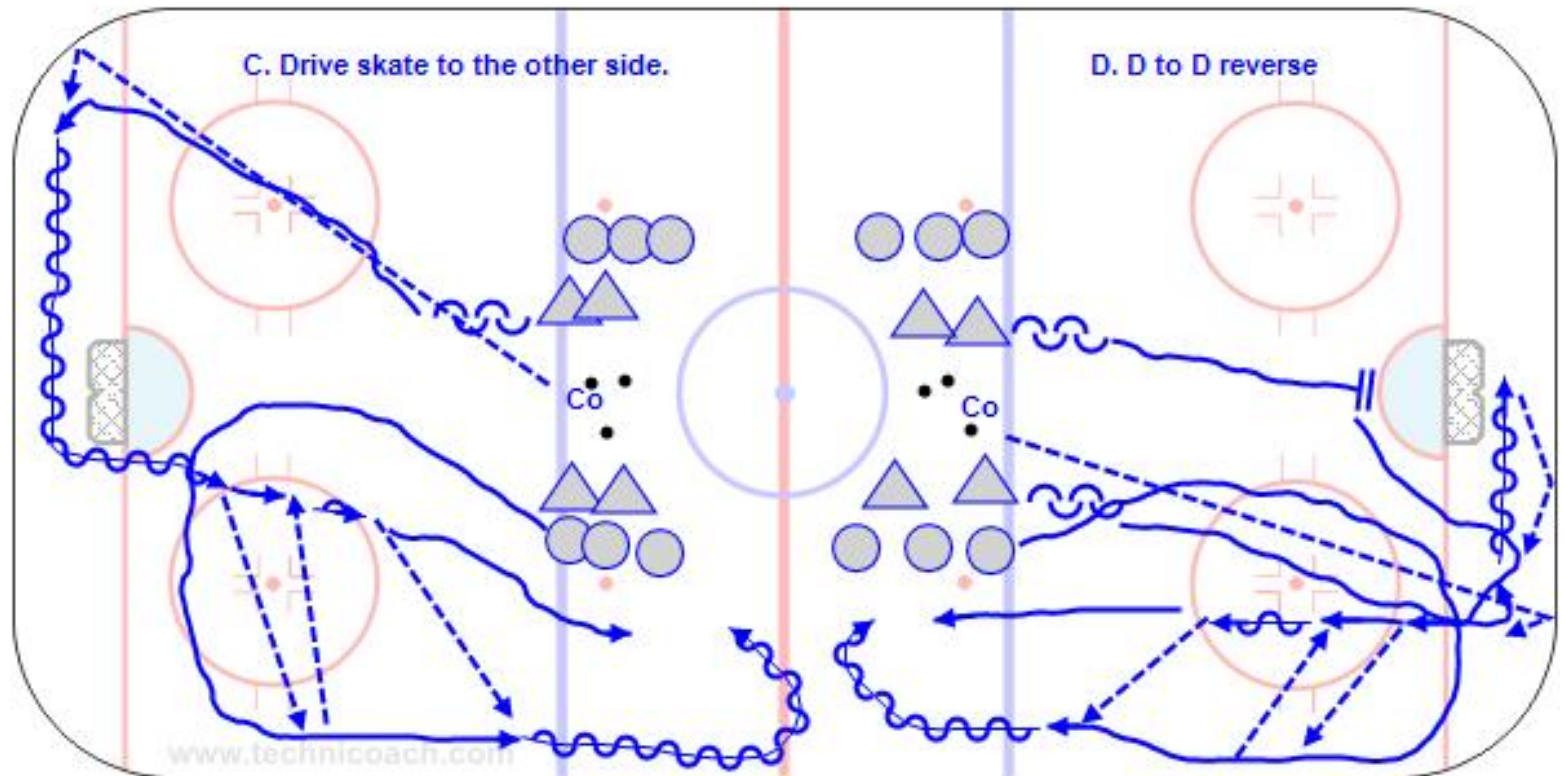
Defenseman Shoulder check on the way to read the forechecking pressure.

Forwards read the play from the middle lane and time it so they are skating up the boards for the pass. If the forechecker follows you behind use the reverse.

Description:

C. Coach dumps the puck in and the D gets in and drive skates hard to the back of the net and up the ice between the dots. Pass D to W to D to W.

D. Coach dumps the puck in and the D gets it and drive skates to the back of the net to draw the forechecker then passes back off the boards to the other D who has called reverse from the front of the net. D2 passes to W to D2 to W and out.



B5 Murdoch Breakout Routine E and F

Key Points:

On all of these both wingers can go and time their skating to be available for the pass. Add the centreman to do 5-0 full ice reps.

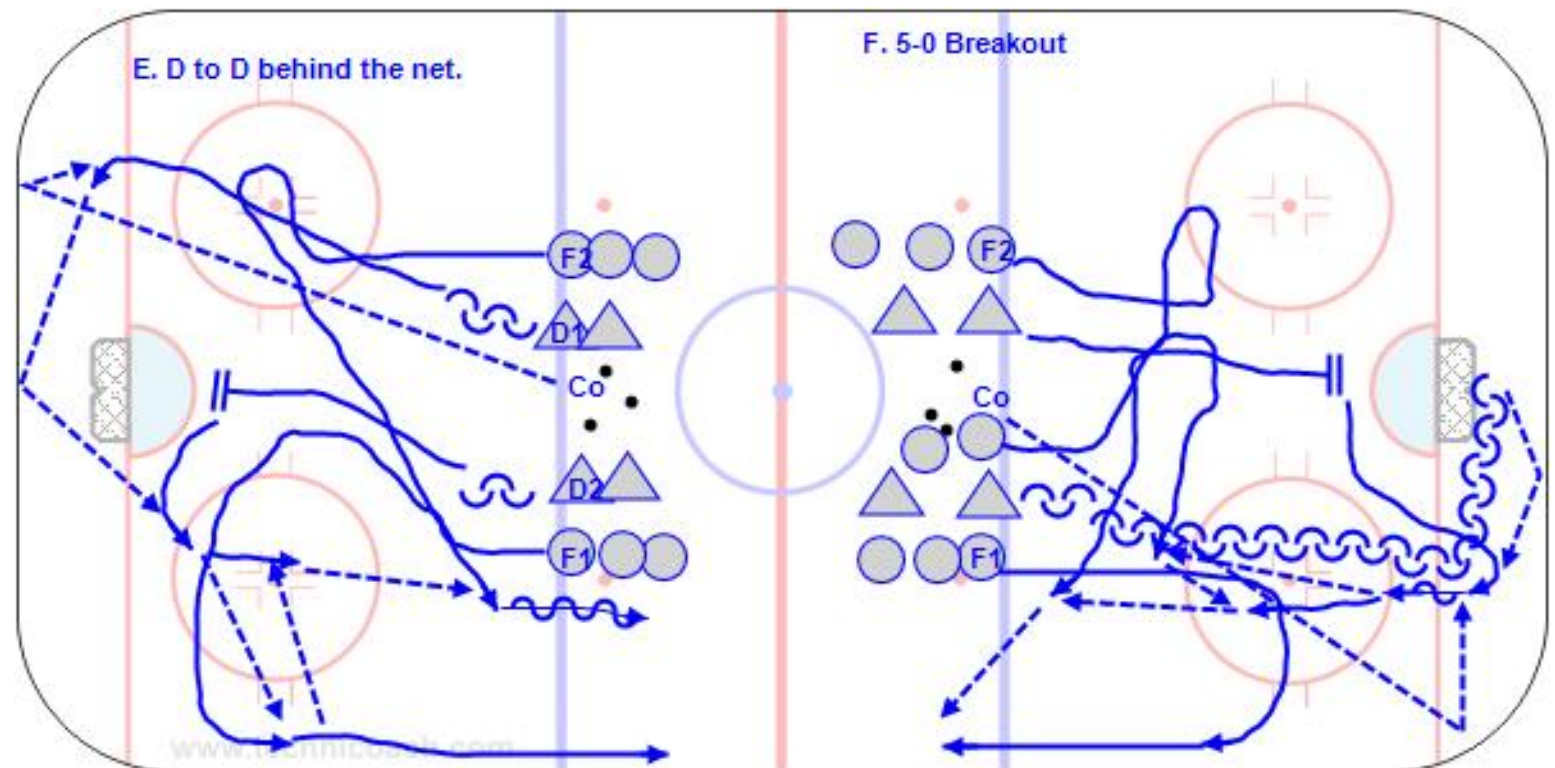
Description:

E. Coach dumps the puck in D1 gets it, D2 skates to the front of the net and calls for the pass D to D. Both wings watch the puck from the middle zone and time their skating to be available for the pass. D1 behind to D2 to F1 to D2 to F2 and out. try to pass to all three forwards and back to D twice. i.e. D to C to D to F2 to F1.

F. Coach calls the breakout (i.e. reverse) and all 5 breakout and try to score at the other end. Practice all of the options doing about 2 reps each line of 5.

Example:

At my last nights practice I had groups of 5 in the middle and they did from A-F as a 5-0, I dumped the puck in one side and then the other and they passed back to me when they got over the blueline. My asst did the same thing on the other side of the redline.



B5 Nzone Overspeed

Key Points:

It is important to do some overspeed training where players skate and do all the skills at a top speed. Go as fast as you can or faster. If no players fall down it means they aren't pushing the envelope. If they all fall down then they aren't good skaters.

Description:

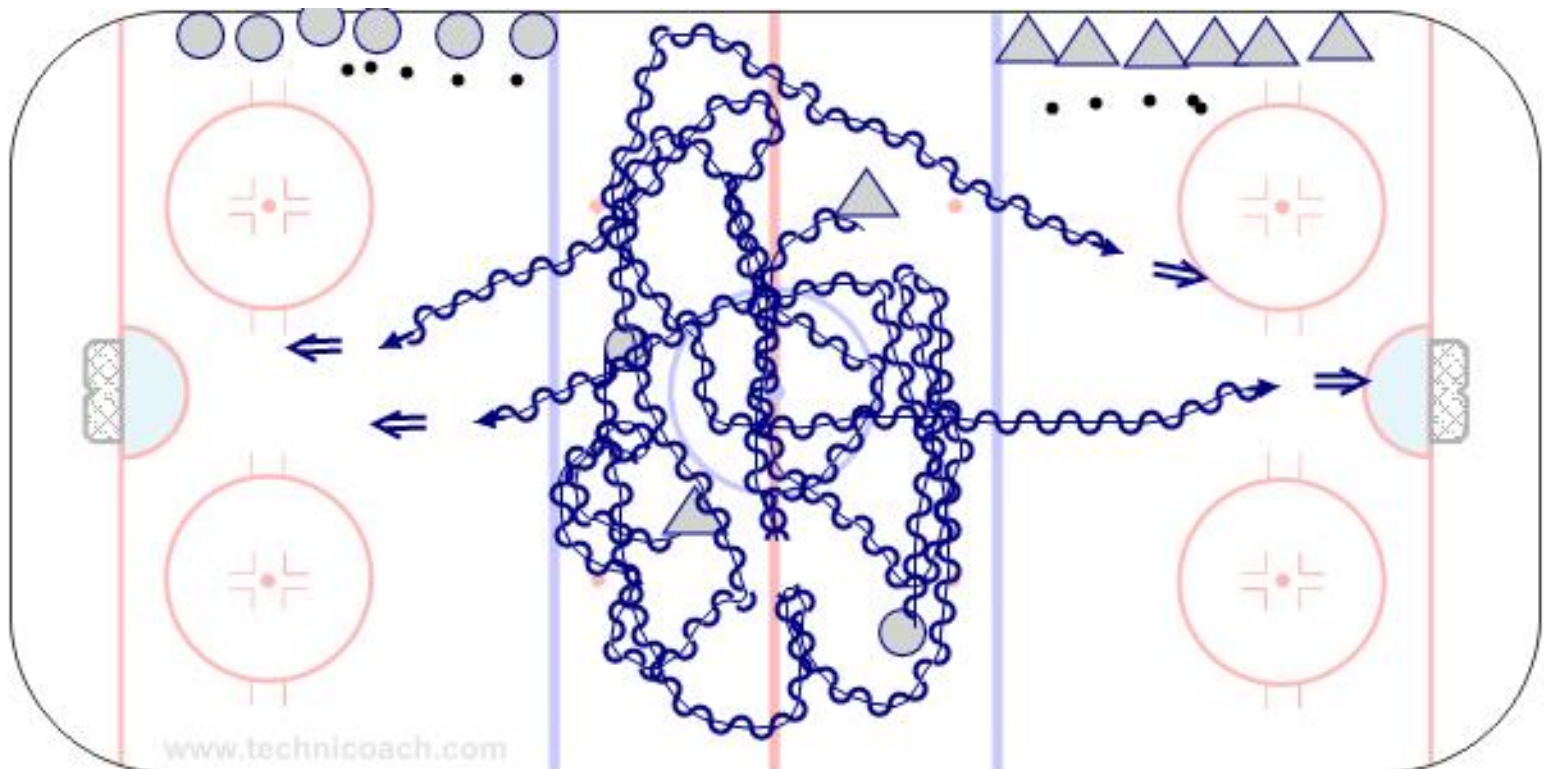
Players wait outside the neutral zone against the boards.

On the whistle two players from each line carry the puck doing moves for 8" and on the next whistle skate hard to take a shot on net. Stress that they shoot while skating at top speed like Ovechkin.

While the first group leaves the second group skates with a puck in the middle.

Follow the shot, look for rebounds.

You could add a give and go with the group ahead and a one timer or other situation at full speed. Whistle every 8 seconds.



B5 Options Using ¼ Ice

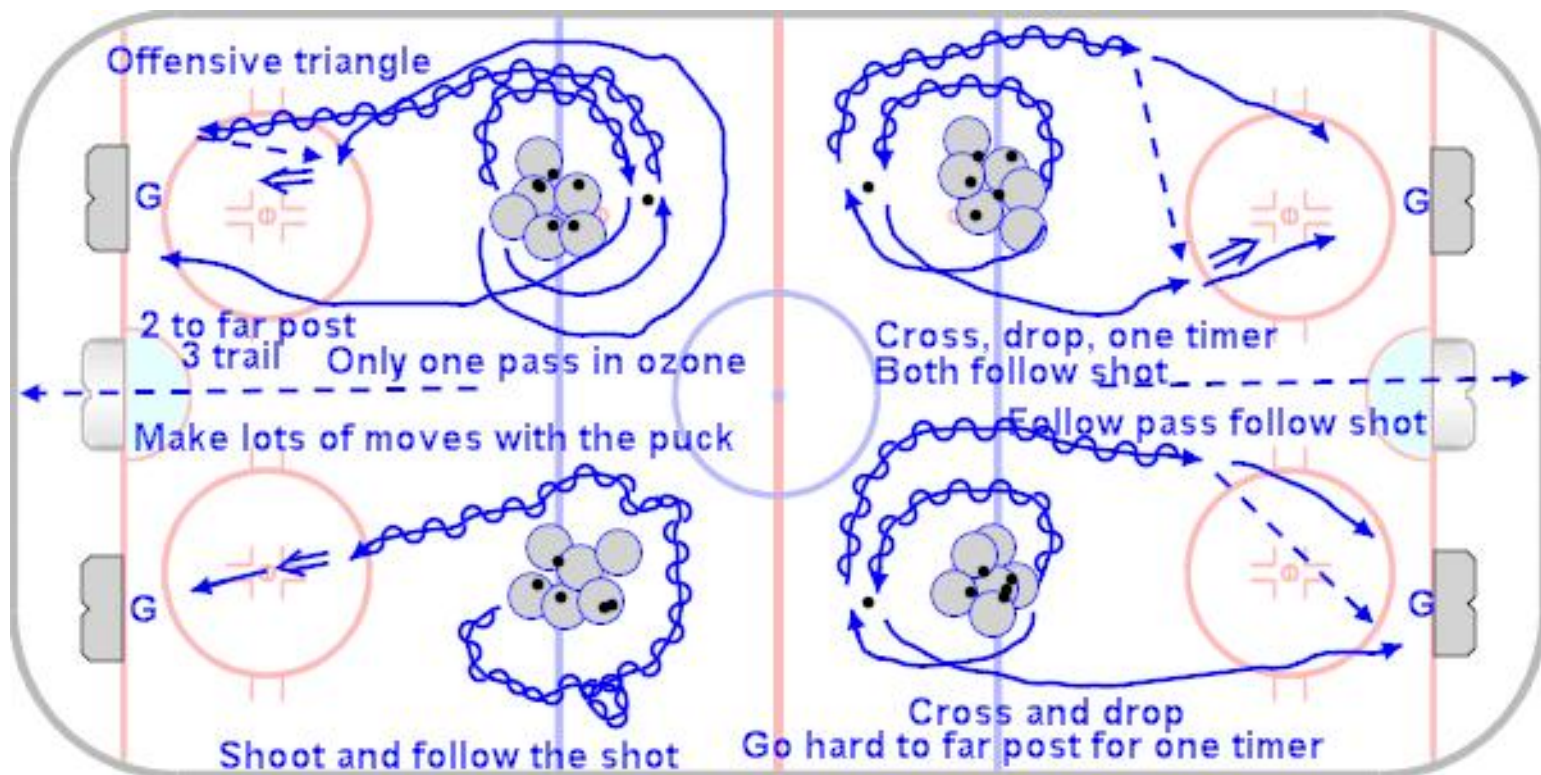
Key Points:

When you have large groups and many goalies it is easy to divide the ice and do skills and games in smaller areas. Skating around the circle adds crossovers as well as drop pass options.

Description:

Players line up just outside of the blue line and circle the group skating and doing skills. 1-0, 2-0, 3-0 individual and partner skills can be practiced as well as situations like a 1-1, 2-1, 2-2 are created by having the players go to defense after they have attacked.

The coach can move from doing drills and then use this D7 Formation for small area games. It is helpful but not necessary to use rink dividers like a 4x4 board, pads, hose.



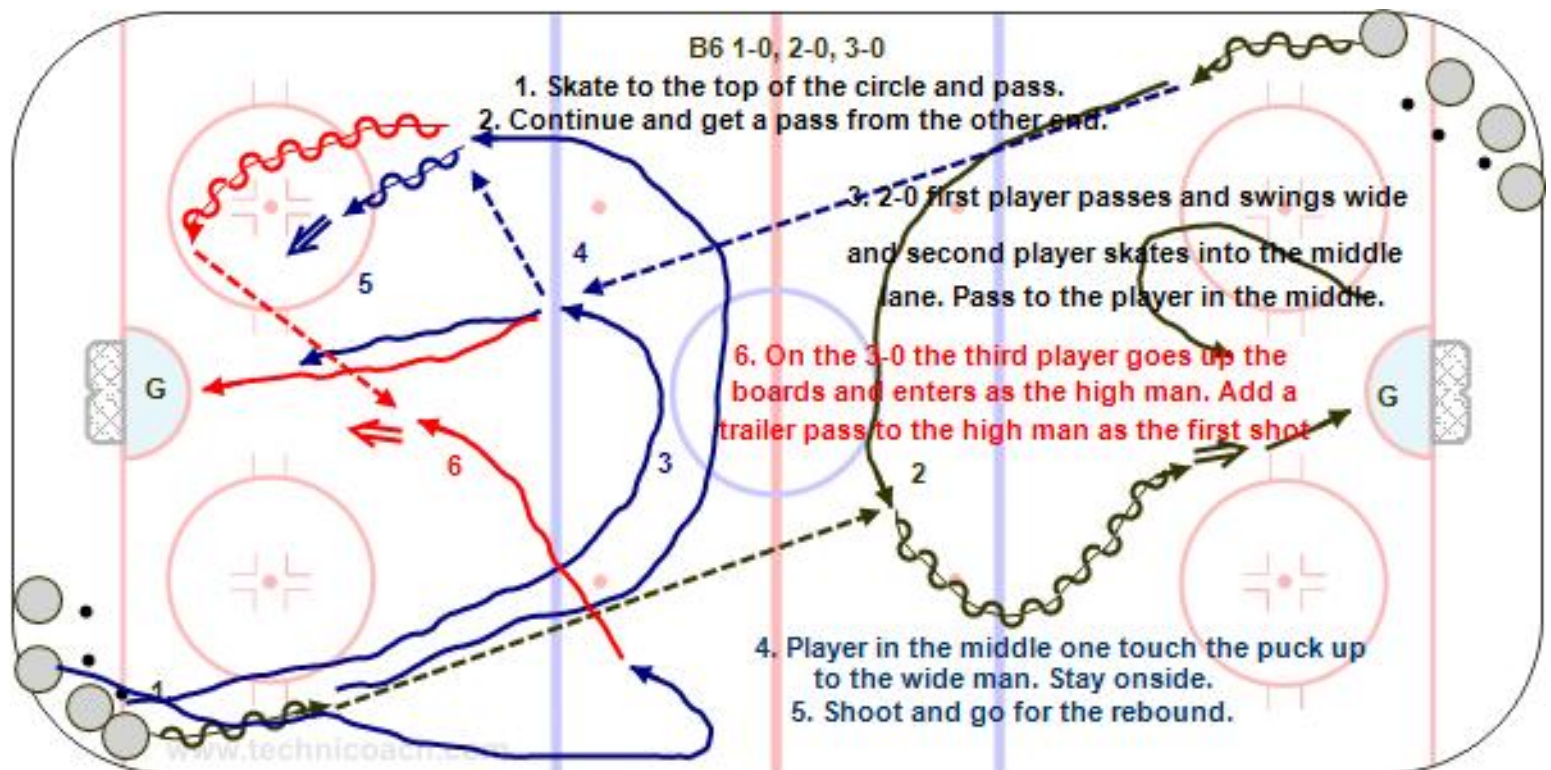
B6 1-0, 2-0, 3-0 Small Horseshoe

Key Points:

This is a great timing drill with good flow for early in the practice. Pass hard and get your top hand away from your body. Call for the pass. Give your stick and skates as a target.

Description:

1. Skate to the top of the circle and pass.
2. Continue and get a pass from the other end.
3. 2-0 first player passes and swings wide and second player skates into the middle lane. Pass to the player in the middle.
4. Player in the middle one touch the puck up to the wide man. Stay outside.
5. Shoot and go for the rebound.
6. On the 3-0 the third player goes up the boards and enters as the high man. Add a trailer pass to the high man as the first shot.



B6 3-0 Horseshoe

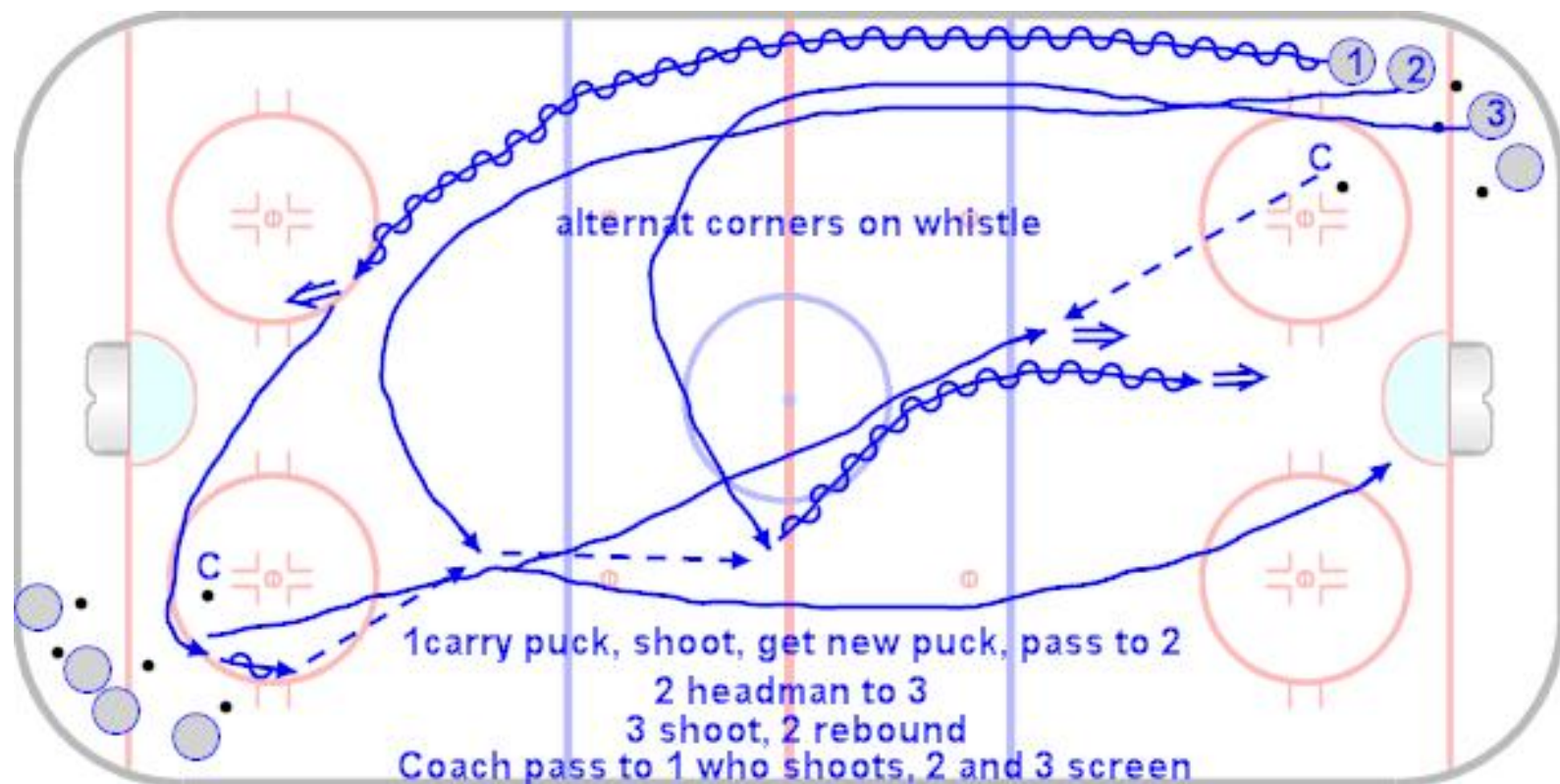
Key Points:

This is a timing drill where the players must face the puck and give the stick and skates as a target. Give hard firm passes. Do the drill from both sides.

Description:

1. #1 carry the puck down the ice and shoot - rebound. 2 and 3 follow and time their support.
2. #1 get a new puck (or a pass from the line) and pass to #2 and follow the pass.
3. #2 pass to #3 and follow the pass.
4. #3 shoot and both 2 and 3 rebound.
5. Coach (or first player in line) pass to 1 while 2 and 3 screen.

*you can add give and goes with the far corner or other passes.



B6 3-0 Weave With D Regroup

Key Points:

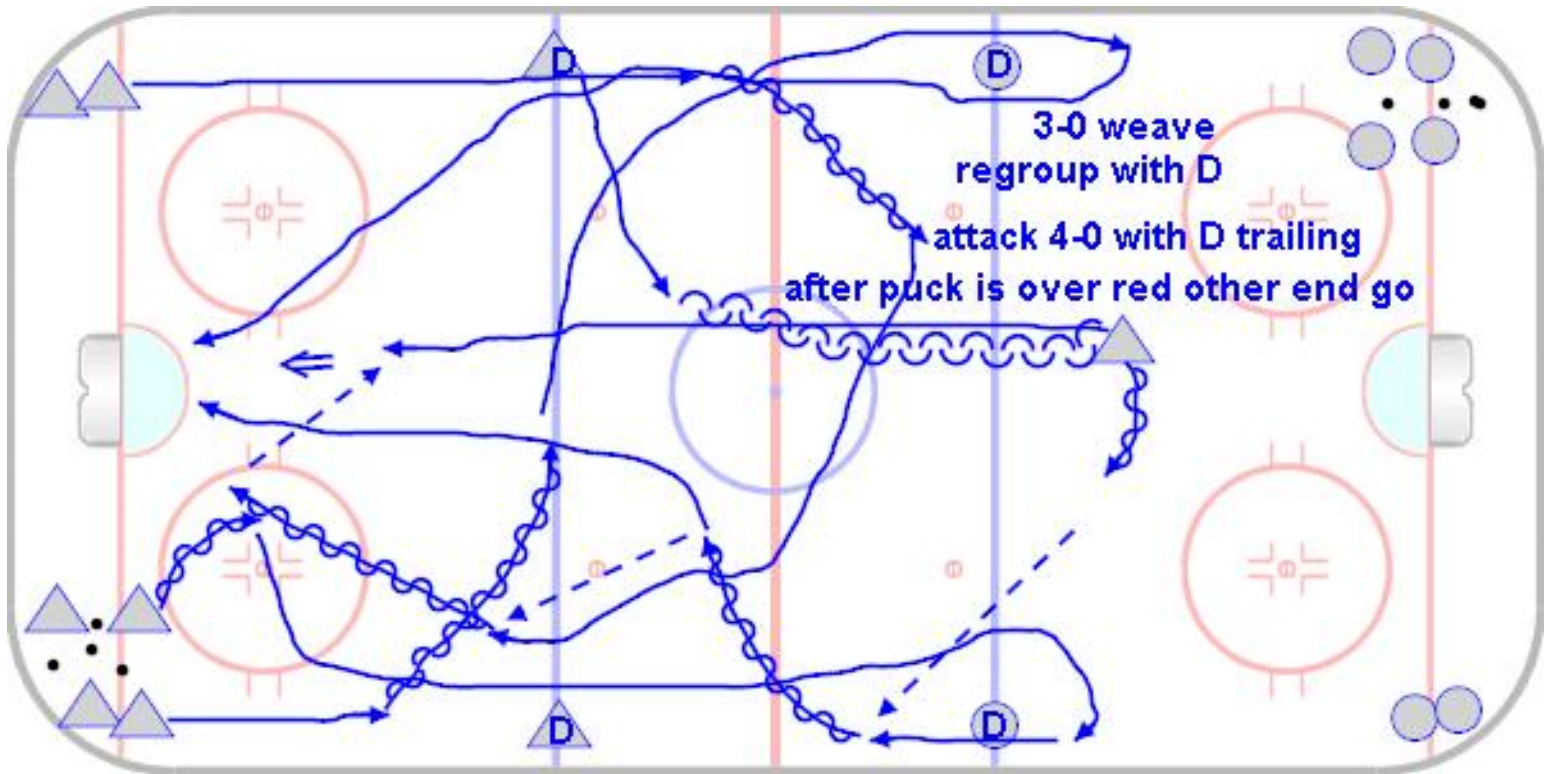
- Skate with the puck to the big ice between the dots and then pass.
- Pass and follow your pass.
- Stay wide until you get the pass.

Description:

1. Half the forwards at each end in three lines behind the goal line with the D waiting at the bluelines. Whites at one end and Blues at the other.
2. Middle player start by skating toward the strong side and pass to the wing and follow the pass skating behind the new puck carrier.
3. Wing skate to the big ice between the dots and pass to the far wing then follow the pass.
4. Wide wing skate to the big ice and pass to the original centre who is now in the opposite wide lane.
5. The D is skating backwards thru the middle zone and the puck is passed back to him for a regroup the other direction.
6. On regroup one player supports on the strong side boards, one mirrors the puck in the middle lane and one is in the wide lane.
7. D makes the pass and follow the attack into the zone.
8. The group at the other end leaves after the D passes up ice.

Options.

- a. Add another D.
- b. Add a second regroup.
- c. Add a pass to the D for a point shot after the original rush.
- d. When 2 D are used you can use 2 pucks to create and overload situation and have the forwards take a shot followed by the D shooting the other puck.



B6 3-0 With Multiple Pucks

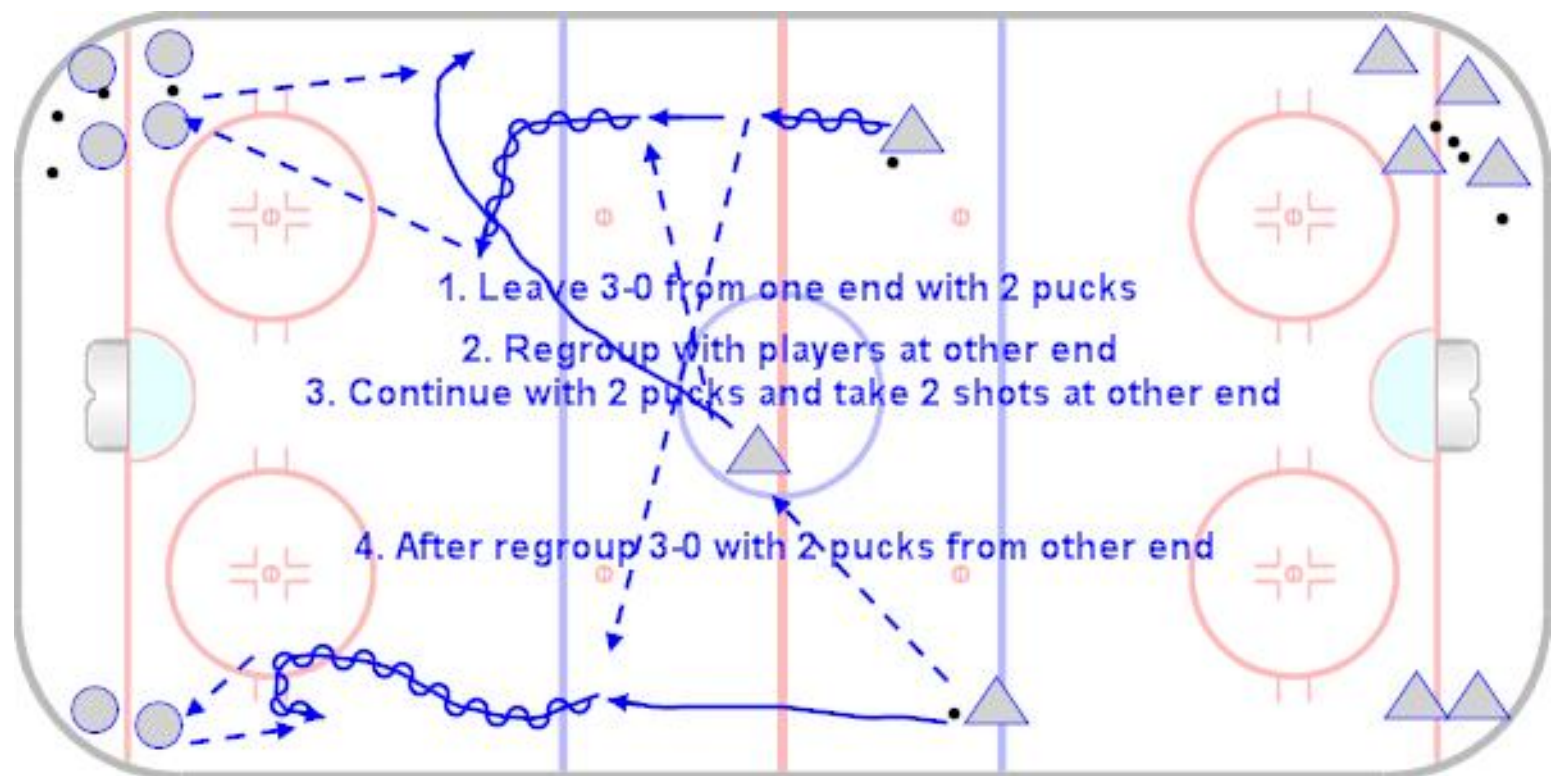
Key Points:

This is an exercise to overload the nervous system.

Make eye contact before passing and make good firm passes.

Description:

1. Players are in 3 lines below the goal lines in each end.
 2. Pass 2 pucks while filling the 3 lanes and then regroup with players at the far end and pass the 2 pucks back to the original end and then shoot both on the net, allowing the goalie to get set between shots.
 3. Group at the opposite end leave after they have passed to the original group.
 4. When the players are good with 2 pucks progress to passing 3 pucks.
- * A good routine is to pass 3 pucks the first turn, then 2 pucks, then a 3 man weave with one puck, then add one defense and regroup with him, then add 2 defense and regroup with them and then add another regroup passing first time to one of the D and second time to the other.



B6 – 3 Shots, 3 Zig zags, 3 Shots

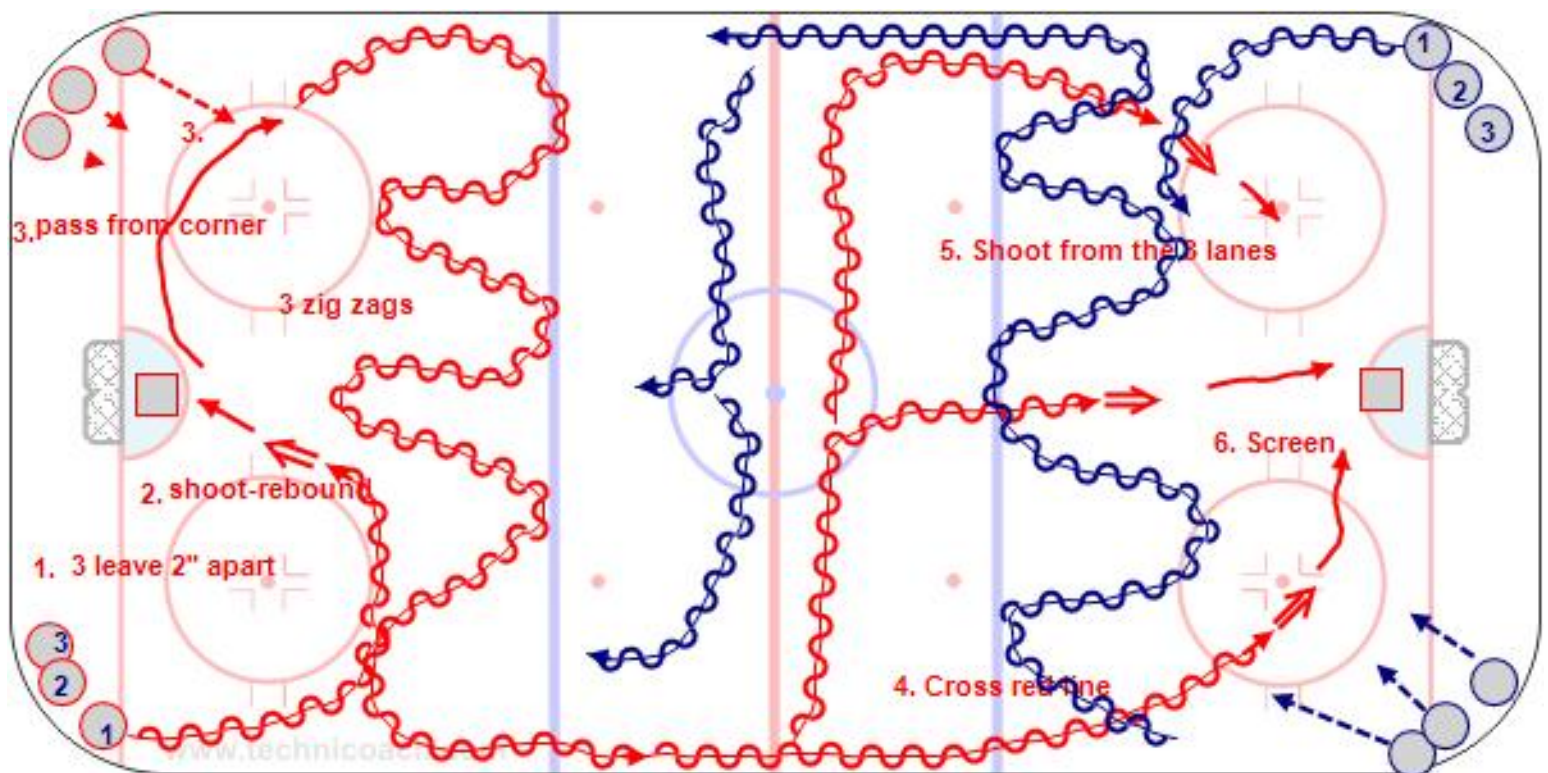
Key Points:

3 Leave from diagonal corners about 2" apart, skate around circle then shoot, get a pass from the other corner, skate 3 zig zags between the blue line and the top of the circles the fill the 3 lanes and shoot.

Description:

1. Make sure to leave about 2 seconds between shooters so the goalie has time to get set.
2. Follow the shot for a rebound before getting the pass.
3. Do skills while zig zagging 3 times such as;
 - a. carry the puck with the hands and feet moving all the time.
 - b. carry the puck only using the forehand side of the stick.
 - c. only use the backhand side of the stick.
 - d. transition skate facing the far end forward to backward to forward.
 - e. skate backward.
 - f. 360 degree turns.

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B6 Big Horeshoe 2-0

Key Points:

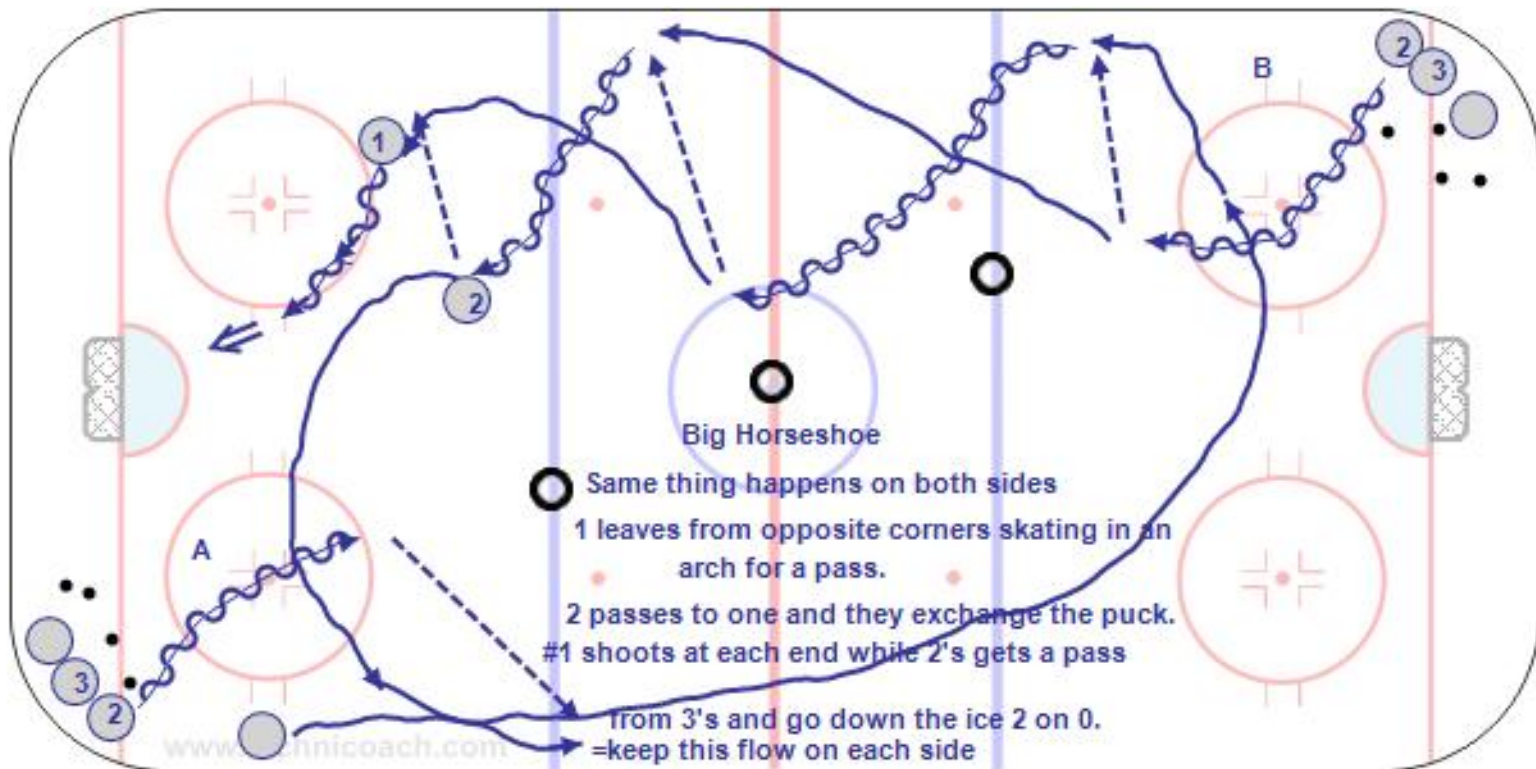
Skate in archs to gain speed. Give a target and call for the pass.

Description:

Big Horseshoe

Same thing happens on both sides

- 1's leaves from opposite corners skating in an arch for a pass.
- 2 passes to one and they exchange the puck.
- 1' shoots at each end while 2's gets a pass from 3's and go down the ice 2 on 0.
- keep this flow on each side.



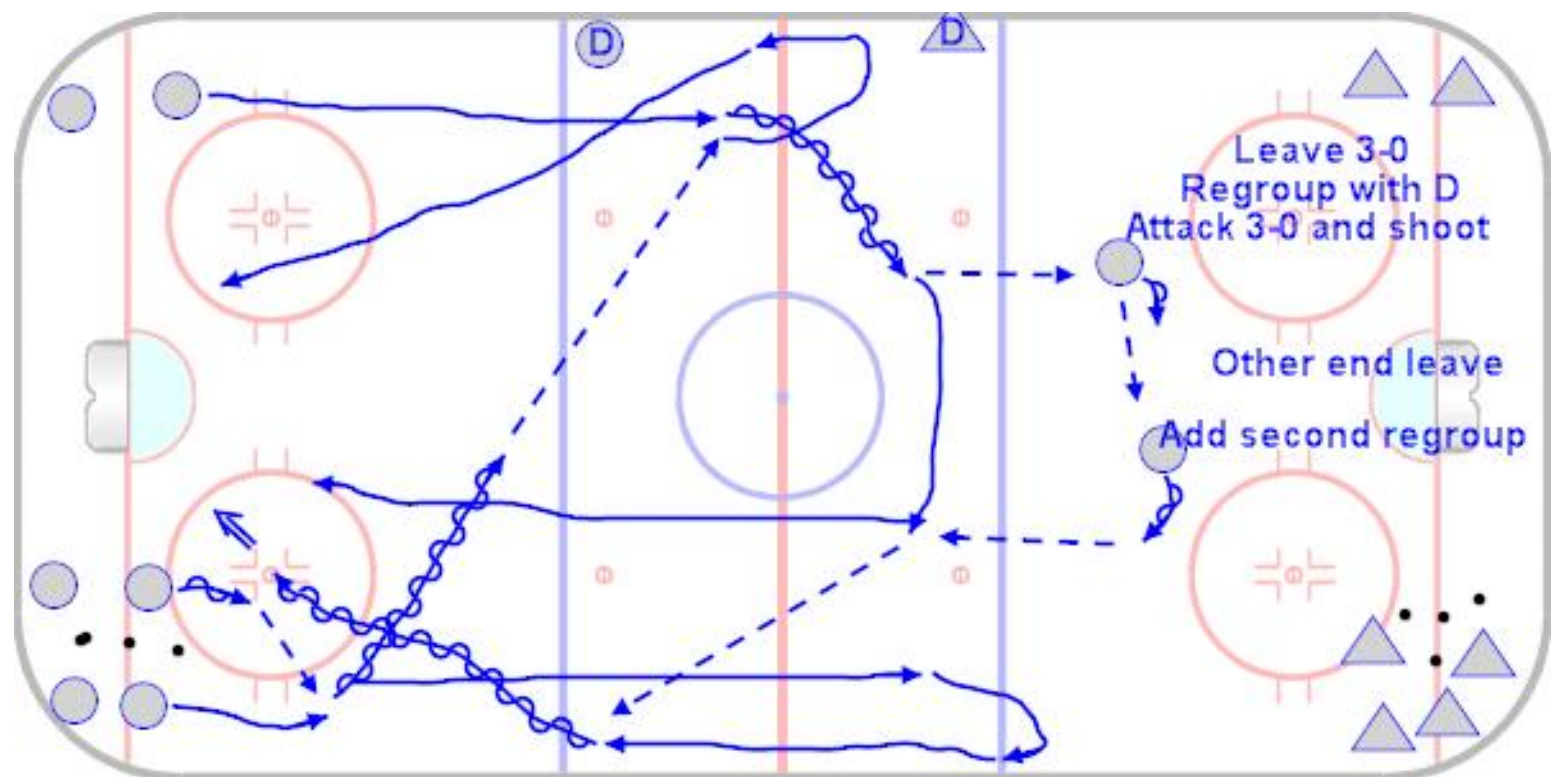
B6 Breakout and Regroup with Defense

Key Points:

Have the Defense practice tight turns or the hinge by skating wide then passing back to the middle. Forwards must face the puck and fill the 3 lanes.

Description:

1. Players are in 3 lines at opposite ends of the ice.
2. Three players weave down the ice and regroup with the defense.
3. Defense can pass right up or go D to D. The forwards face the puck and fill 3 lanes for a regroup pass.
4. One player must give an outlet on the strong side boards and doesn't leave unless he is replaced. One player in the middle and one wide. Wide player decide a. stay wide, b. cut across middle lane, c. stretch behind the D.



B6 Defense Drag and Shoot Drills

Key Points:

Defense must skate quickly from the boards to between the dots when they get the puck.
Forwards should bounce the puck off the boards when passing to the D in this drill. Alternate sides.

Forwards in the corners and defense on the point. You could have everyone practice all positions so that forwards can play the point on pplays and be comfortable while covering the point.

Description:

1. Pass from the corner to the point then screen for the shooter who skates to the inside and shoots. Low shots are easier to tip and produce more rebounds.
2. Low players rotate from being the screener to moving across to the wide dot for a shot pass and staying at that dot for a one timer when the puck goes to the original point. All 3 forwards collapse and look for a rebound after the shot.
3. Practice movement by dragging the puck each way around the ref circle in the neutral zone. (skating forward is quicker that backward with the puck.)



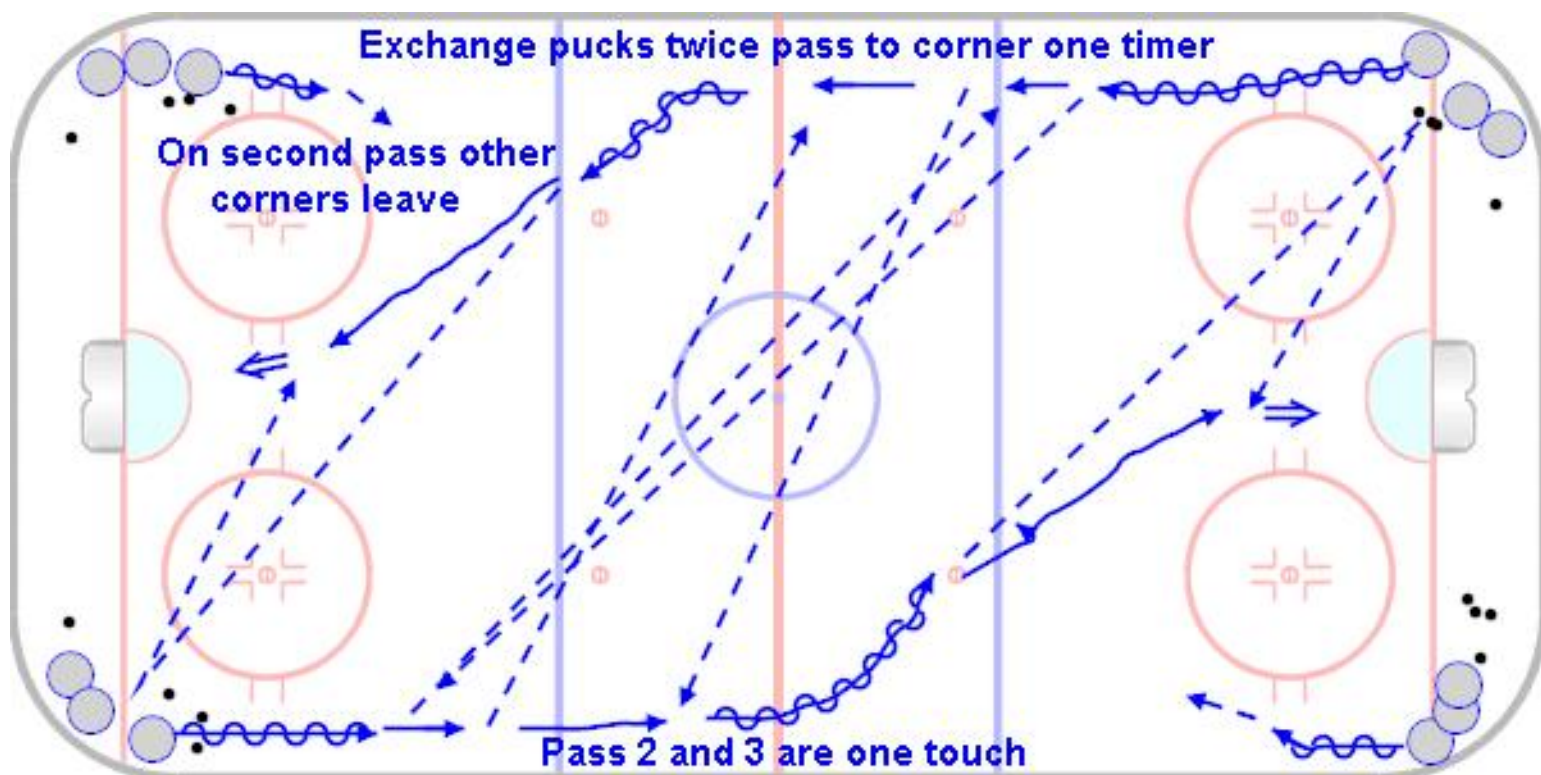
B6 Exchange Pucks Passing

Key Points:

Passes must be hard and for advanced groups saucer passes should be used whenever passing all the way across the ice.

Description:

1. Players are in all 4 corners and diagonal corners leave when the shot is taken.
2. Players leave from the diagonal corners and pass the puck twice to each other and the third pass is to the player in the corner who passes back for a one timer shot from the slot.



B6 Five Circle Skill Circuit

Key Points:

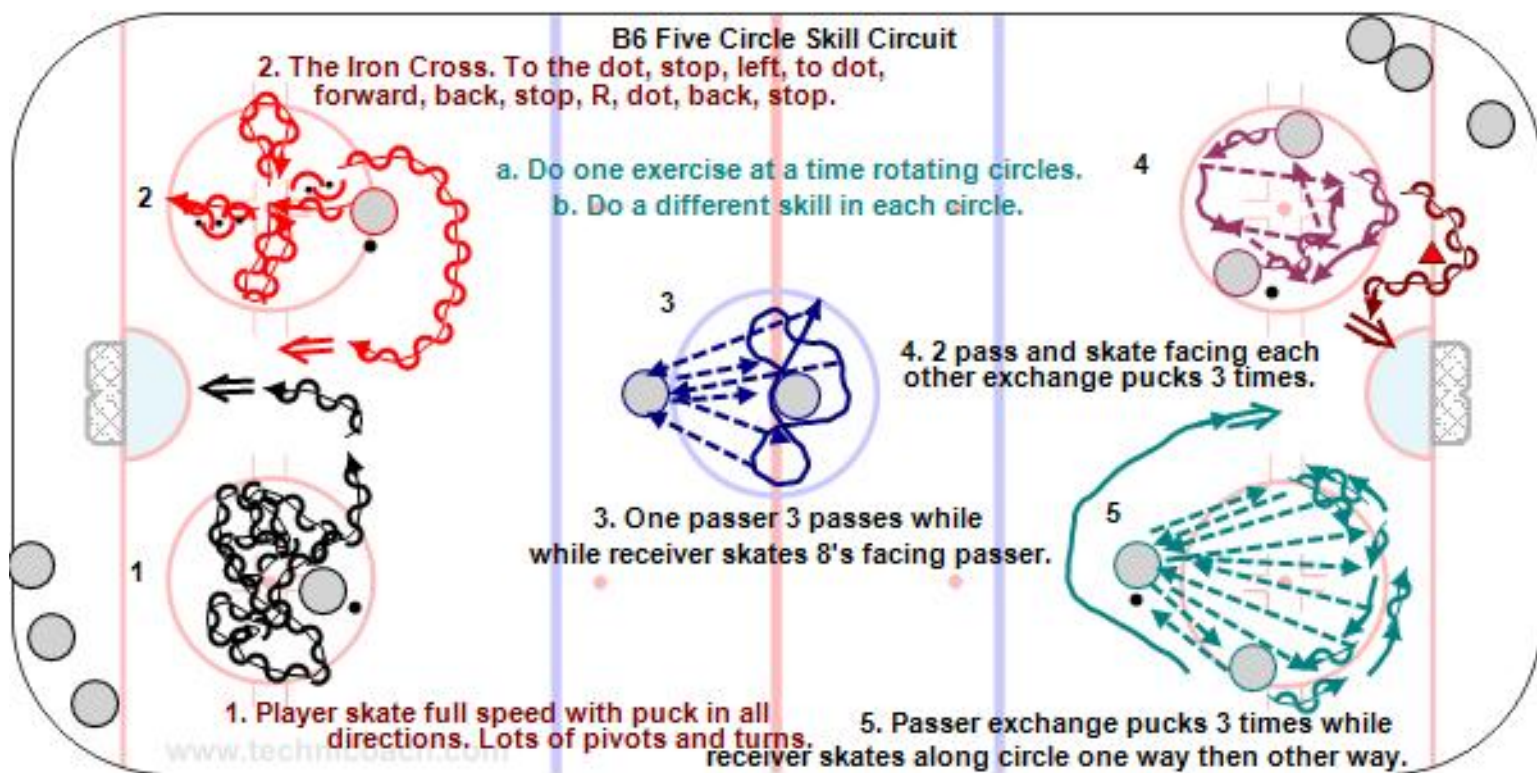
- Rotate from one circle to the other.
- Do skills at top speed and with good habits.
- You can have #1 and #4 going on in opposite directions at the same time.
- Vary where the shots come from.

Description:

1. Player skate full speed with puck in all directions. Lots of pivots and turns.
2. The Iron Cross. To the dot, stop, left, to dot, forward, back, stop, R, dot, back, stop.
3. One passer 3 passes while receiver skates 8's facing passer.
4. 2 pass and skate facing each other exchange pucks 3 times.
5. Passer exchange pucks 3 times while receiver skates along circle one way then other way.

Options:

- a. Do one exercise at a time rotating circles.
- b. Do a different skill in each circle.



B6 1-1's from the Corner

Key Points:

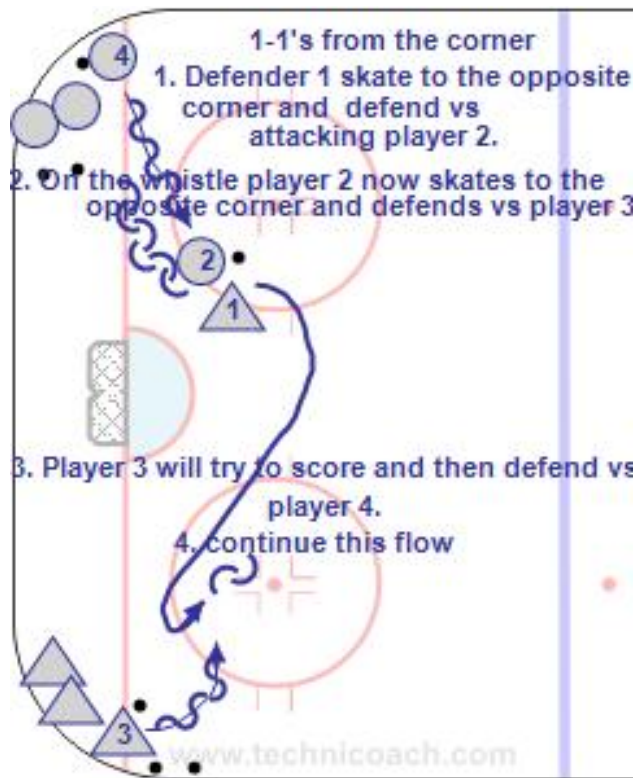
This is a drill the Russian Jursinov used. You can do 2-1 and 2-2 as well.

Stay D side stick on the puck, body on body and keep a tight gap with a stick length.

Description:

1-1's from the corner

1. Defender 1 skate to the opposite corner and defend vs attacking player 2.
2. On the whistle player 2 now skates to the opposite corner and defends vs player 3.
3. Player 3 will try to score and then defend vs player 4 and continue this flow.



B6 Neutral Zone Skate and Shoot

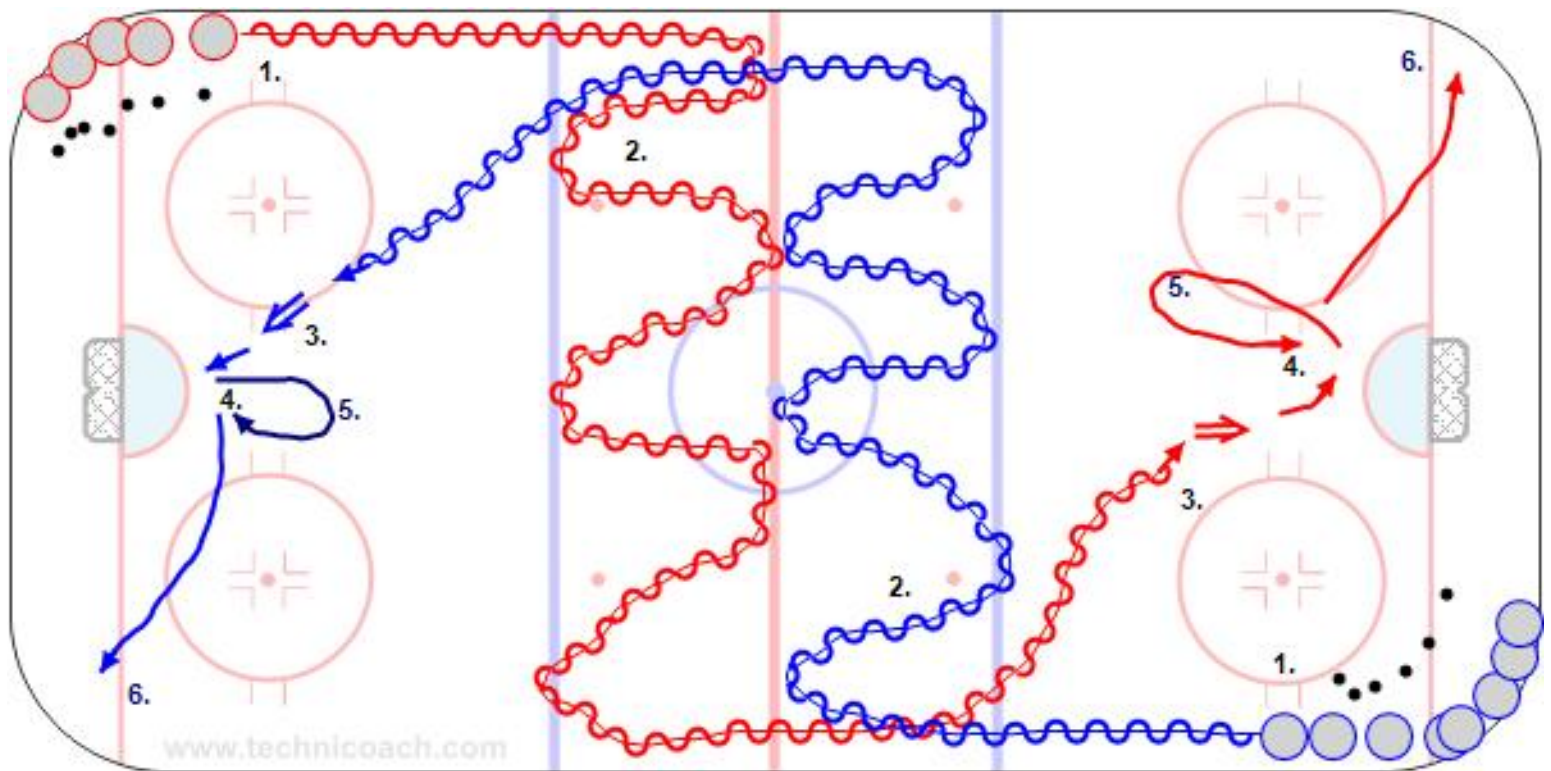
Key Points:

Carry the puck 3 times between blue and red lines.

Description:

1. Half the team in diagonal corners and not behind the net. Leave when the first player gets to the blue line.
2. Pivot 3 times between the red and blue, vary the type of skating and puck handling.
3. Skate in and shoot hard.
4. Follow the shot for a rebound.
5. Circle back and go for a rebound on next shot.
6. Go to the open corner.

*Add variations like carry puck only on forehand or backhand, face one way and only, pivot at each line, backwards etc. You could also start with a pass from second in line.



B4 Crossover Skating and Skills

Key Points:

This is a great skating and puck handling warm up drill. Many variations can be used with the puck or in skating tasks.

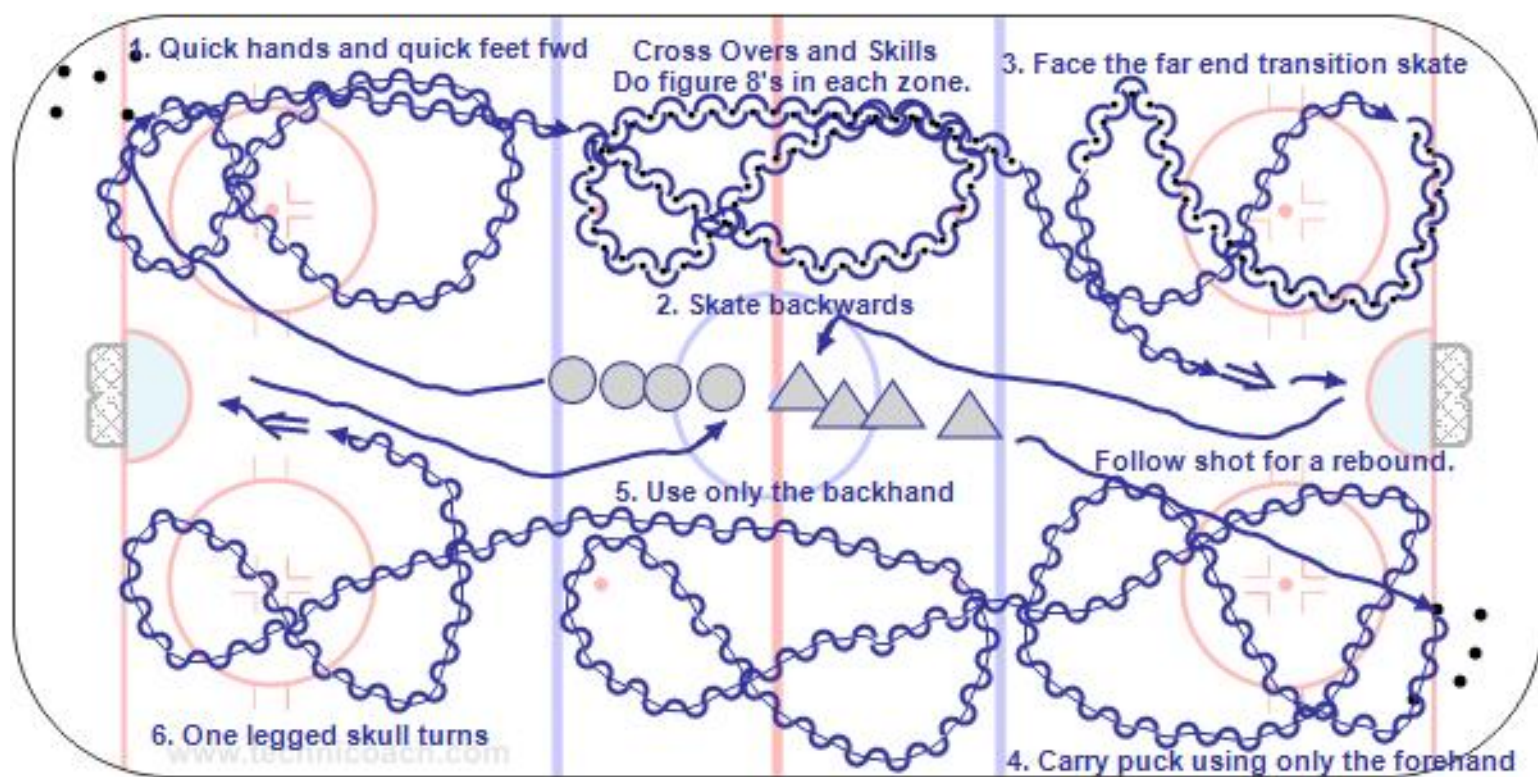
Do a different skill in each zone. Keep the feet moving it is crossover in large #8's and not tight turns. You can also do as a B6 and start out of opposite corners.

Description:

Cross Overs and Skills

Do figure 8's in each zone.

1. Quick hands and quick feet fwd
2. Skate backwards
3. Face the far end transition skate
4. Carry puck using only the forehand
5. Use only the backhand. Follow shot for a rebound.
6. One legged skull turns



B6 Pass, Agility Skate, Shoot, Rebound

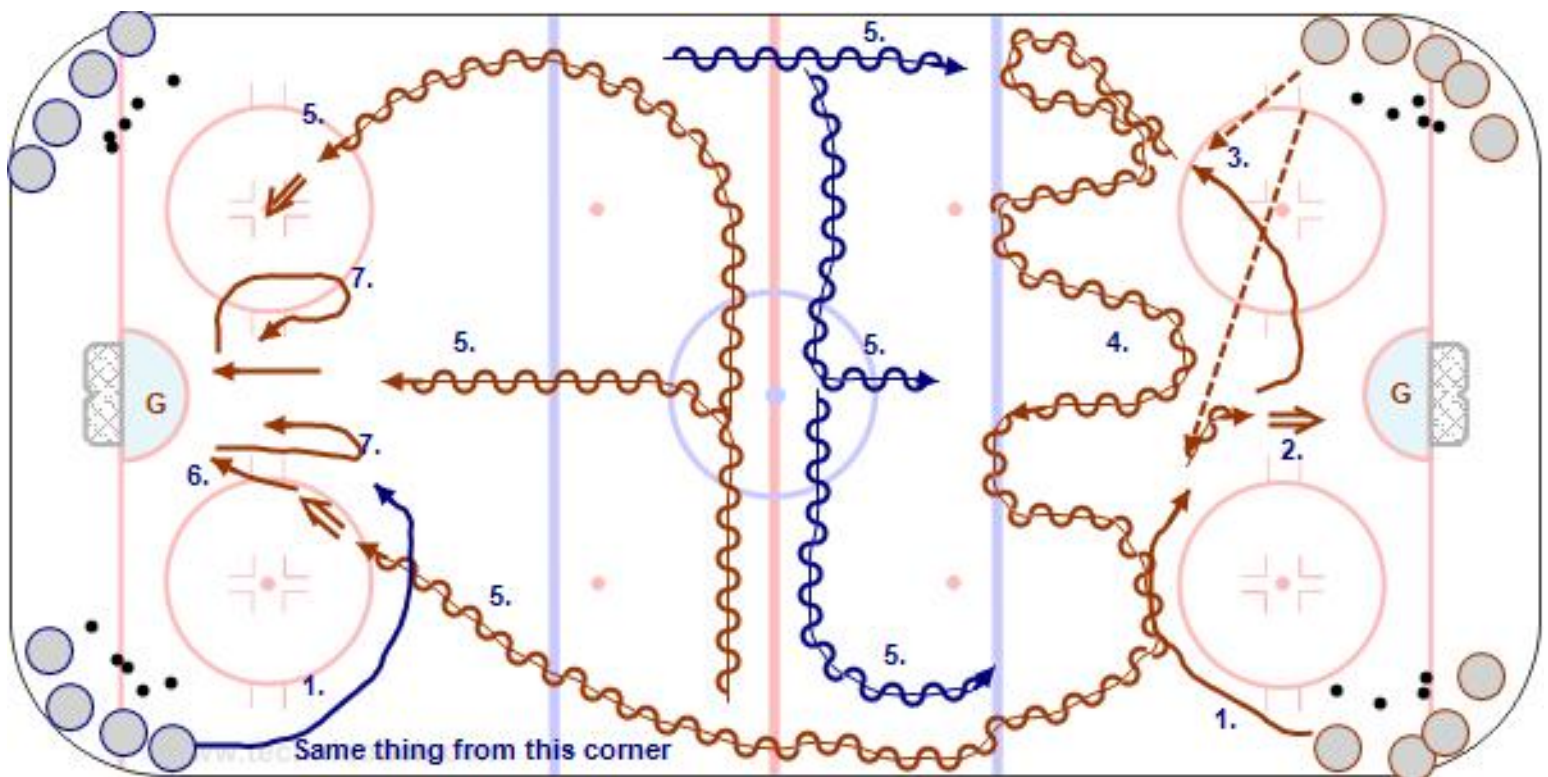
Key Points:

Groups of 3 leave from diagonal corners, switch corners each time so the skating direction varies.

Description:

1. One player from each corner leaves.
2. Take a pass from the far corner and shoot and follow the shot for a rebound.
3. Get another pass.
4. Weave 3 times from blue to top of circles
5. Fill near, middle and wide lanes after crossing red line with the puck.
6. Shoot and follow the shot for a rebound.
7. Circle back and go in with next shooter and rebound.

Vary the kind of weave skating, Call for passes, Do one rep in overspeed. Can start with only skate and shoot.



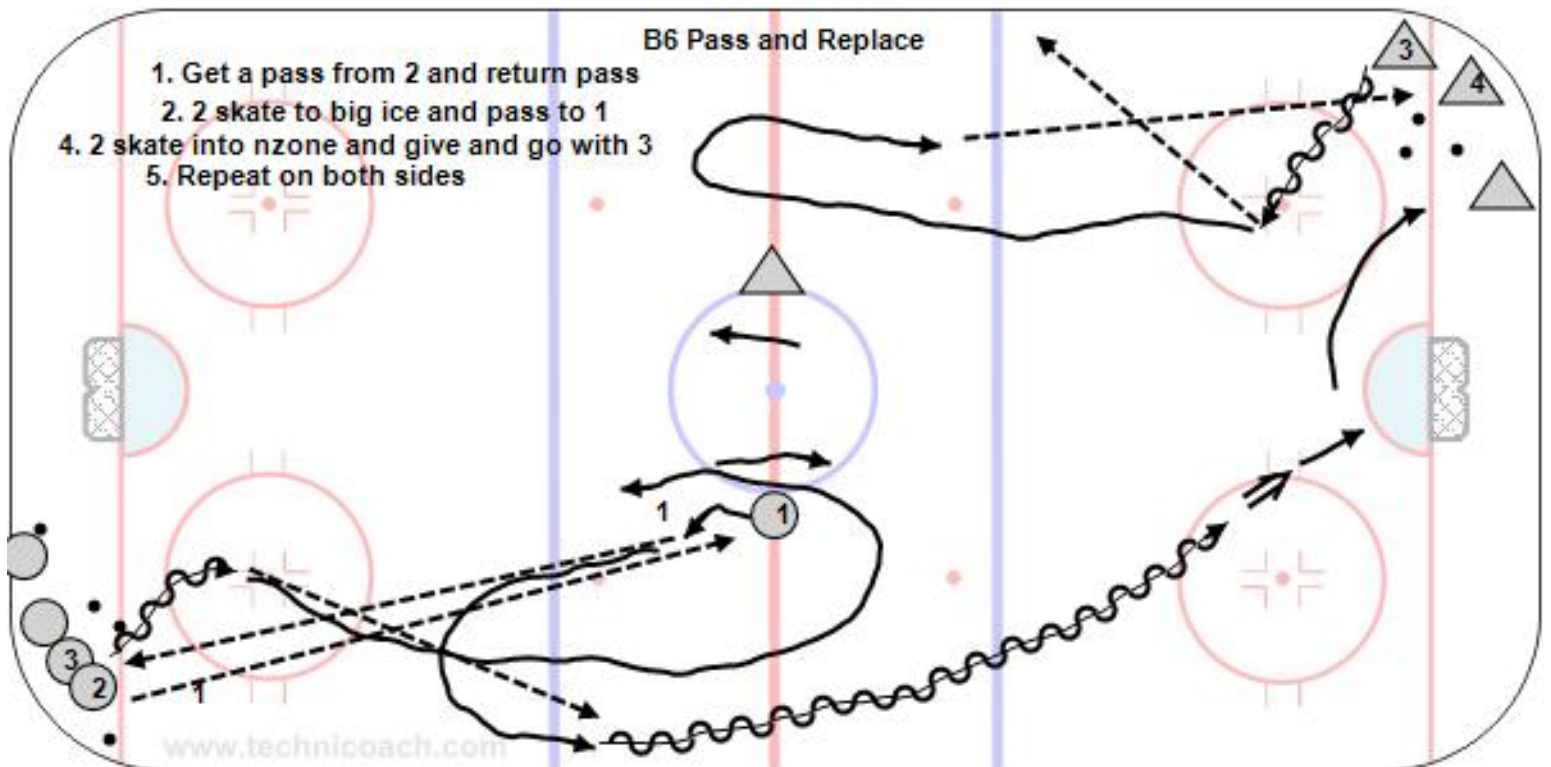
B6 Pass and Replace Flow

Key Points:

Pass hard, face the puck, move your feet, call for the pass, give a target.

Description:

1. Get a pass from 2 and return pass
2. 2 skate to big ice and pass to 1
3. 1 skate down, shoot and follow the shot
4. 2 skate into nzone and give and go with 3
5. Repeat on both sides



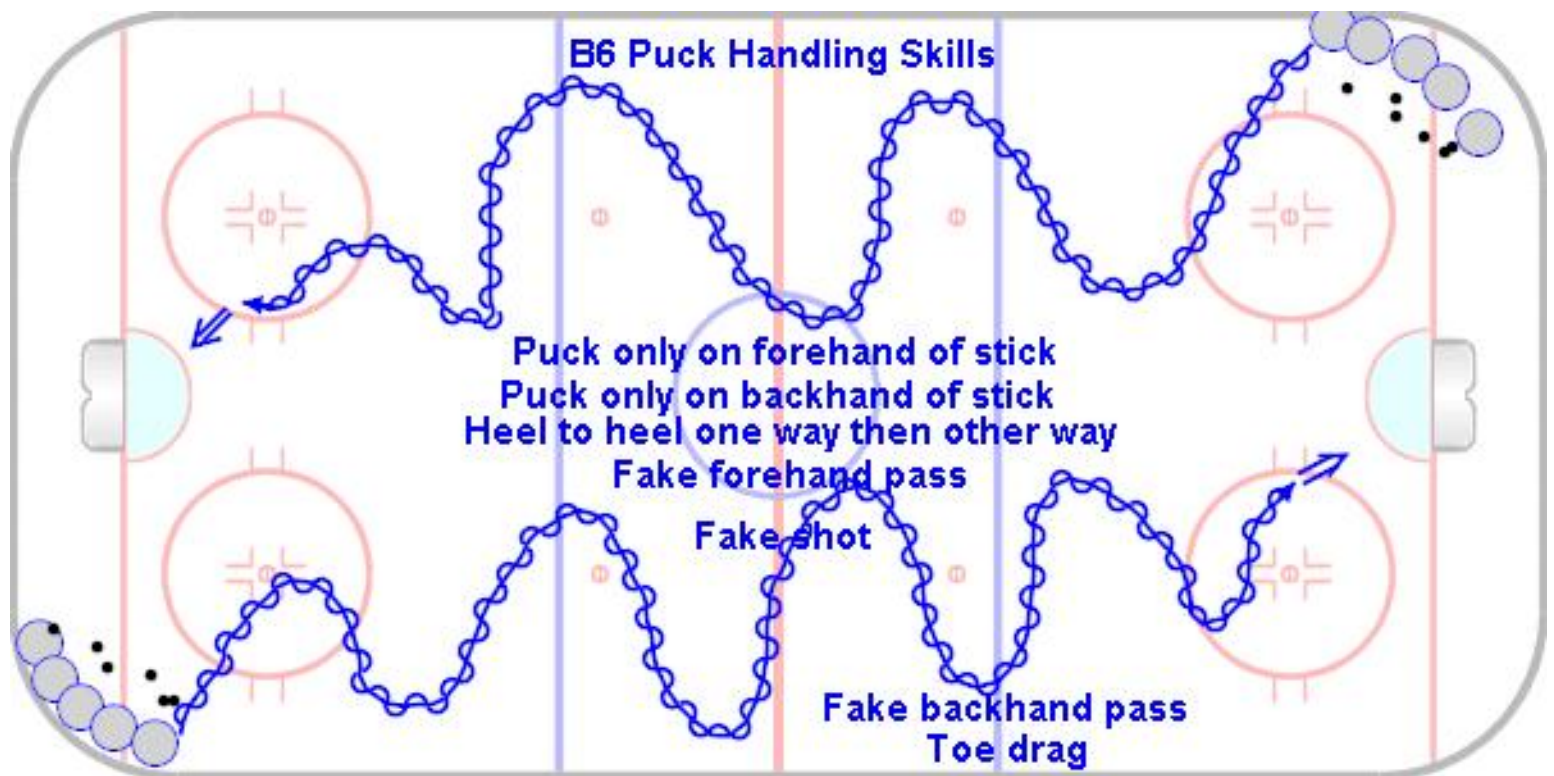
B6 Puck Handling Skills

Key Points:

Separate the movement of the upper and lower body by doing these exercises to loosen the shoulders.

Description:

1. Players line up in diagonal corners in the B6 Formation.
2. Skate in big arcs down the ice and perform different tasks with the puck.
 - a. Keep the hands and feet moving quickly.
 - b. Skate arcs with the puck only on the forehand side of the blade.
 - c. Skate arcs with the puck only on the backhand side of the blade.
 - d. Do heel to heel glides one way then the other.
 - e. Fake passes then protect the puck.
 - g. Fake shots.



B6 Shooting from 3 Lanes Progression

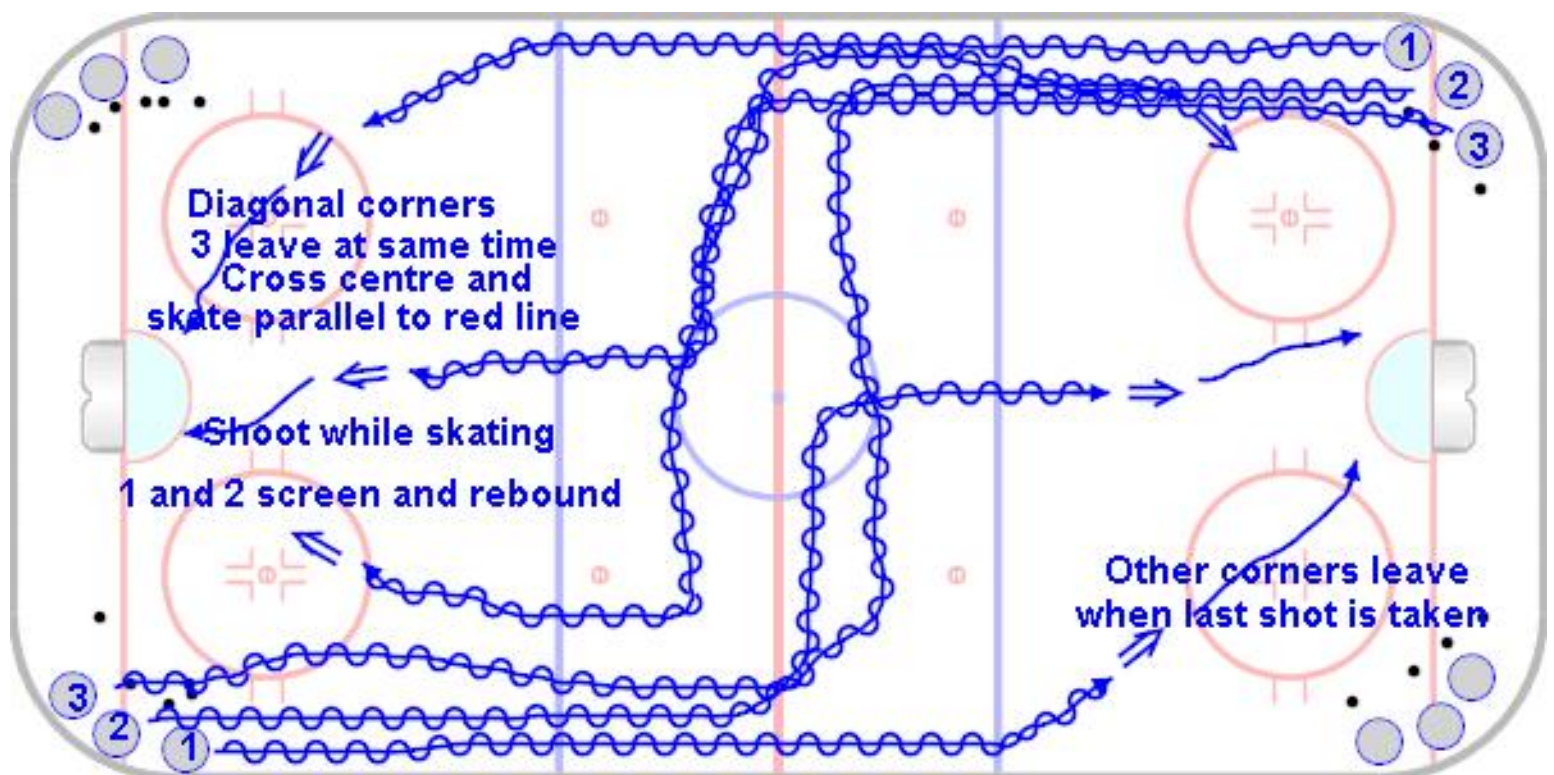
Key Points:

Make sure the players cross the red line before turning or there will be collisions. Also skate along the red line before turning so the goalie has time for the next shot. Hit the net.

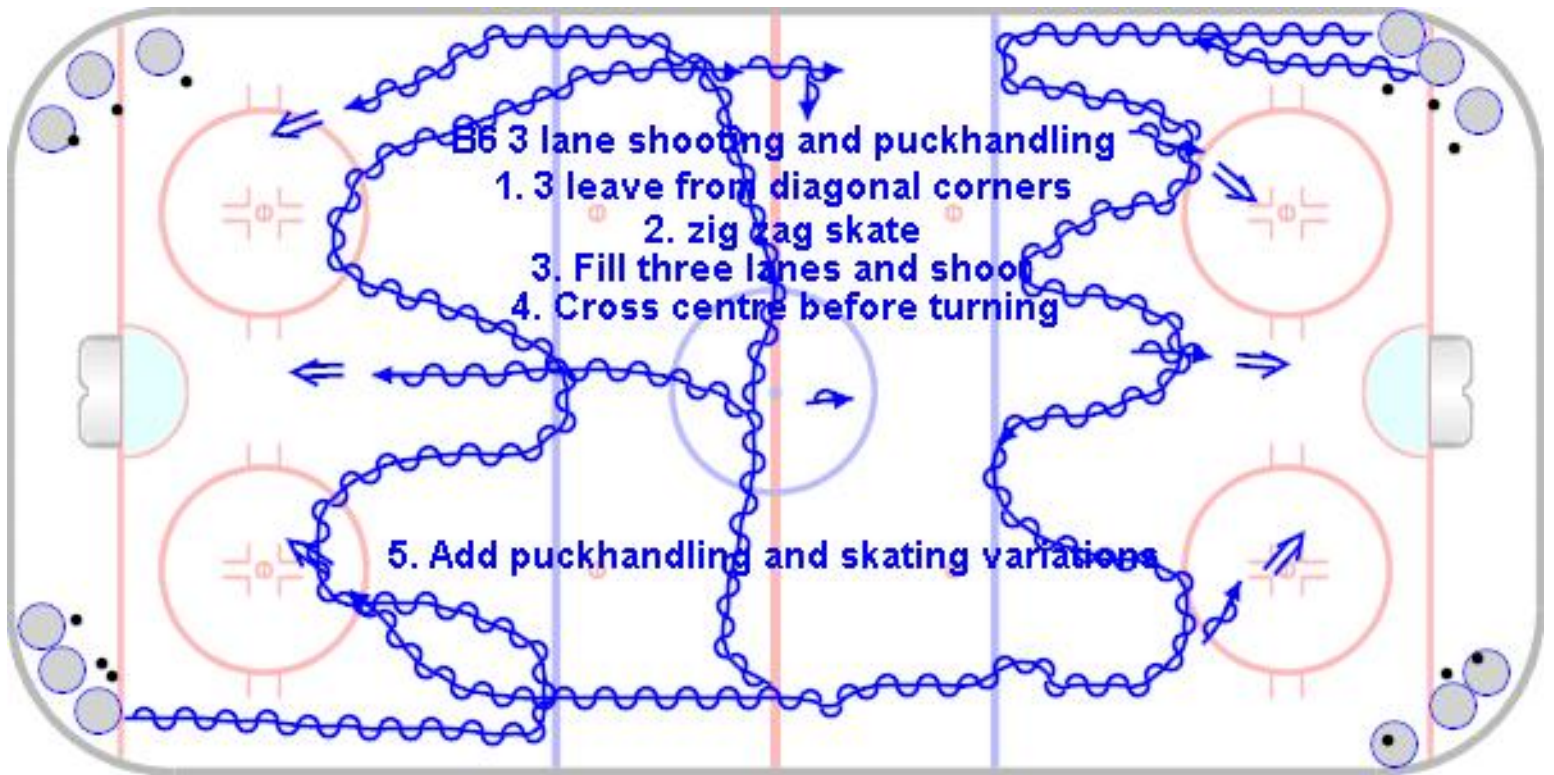
Description:

A. Players are in all 4 corners of the rink.

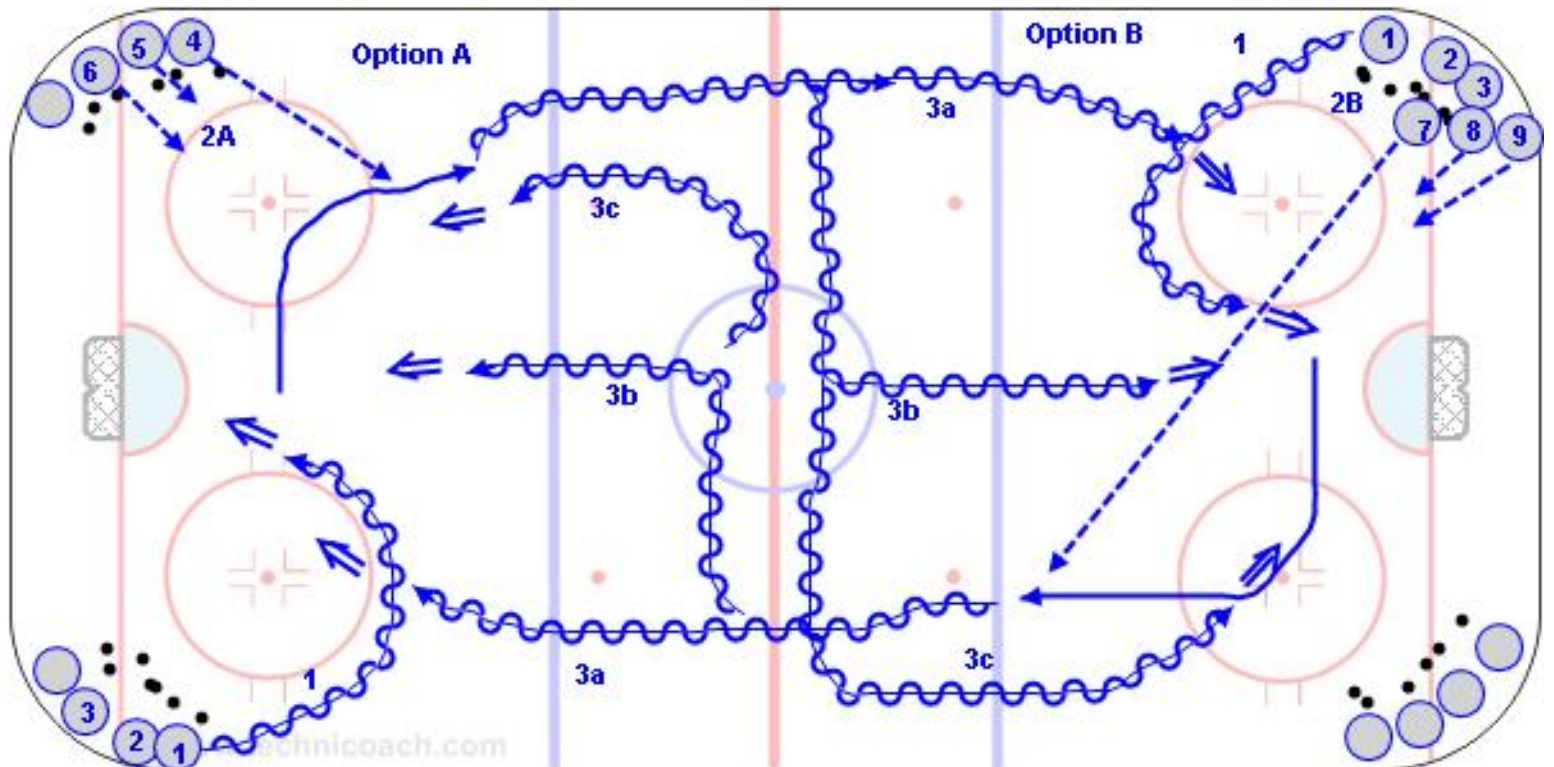
1. 3 players from diagonal corners leave on the coaches whistle.
2. Skate along the boards and cross the red line.
3. First player go straight and shoot from the lane. Second player skate parallel to the red line and turn into the centre lane and shoot from just over the blueline. Third player skate to the far lane before turning and taking a shot.
4. Follow the shot and screen or tip from the front of the net.



B. Once the players have the routine and aren't crashing into each other add zig zags between the top of the circles and blue lines. I do 3 reps and require different puck handling skills each time. i.e. 1st time, keep the hands and feet moving all the time. 2nd time only carry the puck using the forehand part of the stick. 3rd time face the far end always skating forward and then transition skate to backward. Other options: only the back hand part of the stick, backward skating, stick to feet, etc.



C. 3 shot, 3 zig zags, 3 passes, 3 shots. 1. Start with 3 players skating from the corner and shooting 2 " apart. 2. each player gets a pass from the opposite corner. 3. Do 3 zig-zags between the top of the circle and blue line. 4. Fill the 3 lanes and shoot at the far end and rebound.

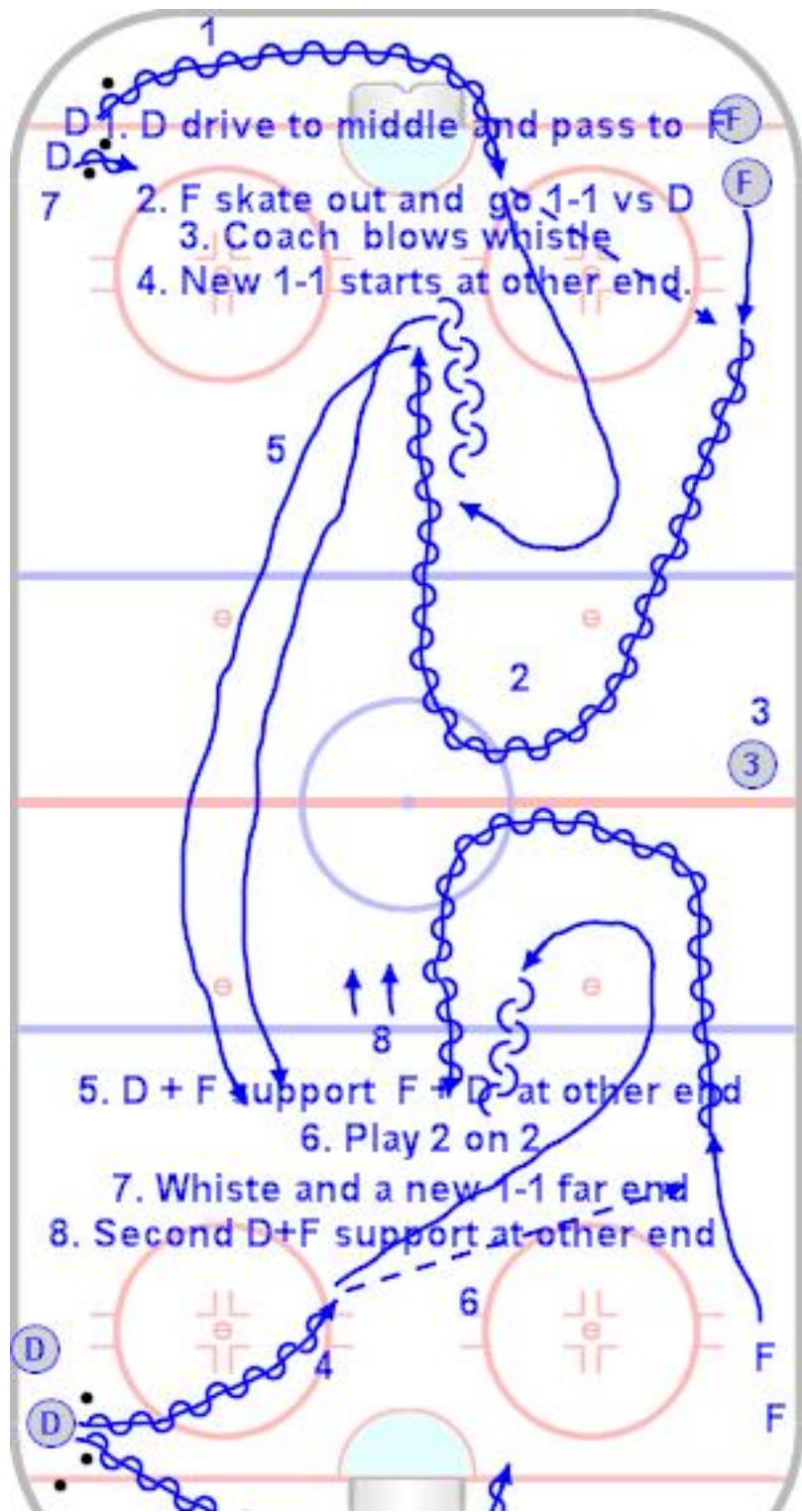


B6 1 on 1 to 2 on 2 with Both Offensive and Defensive Support

There is a 1-1 at one end and on the whistle there is another 1-1 at the far end. The D jumps up to support the attacker and the F must backcheck. It becomes a 2-2.

Progress to a 2-1 which becomes a 3-3, a 3-1 or 2-2 which become 4-4 and a 3-2 which becomes a 5-5.

This is a great situational drill.



B200 Scoring Circuit

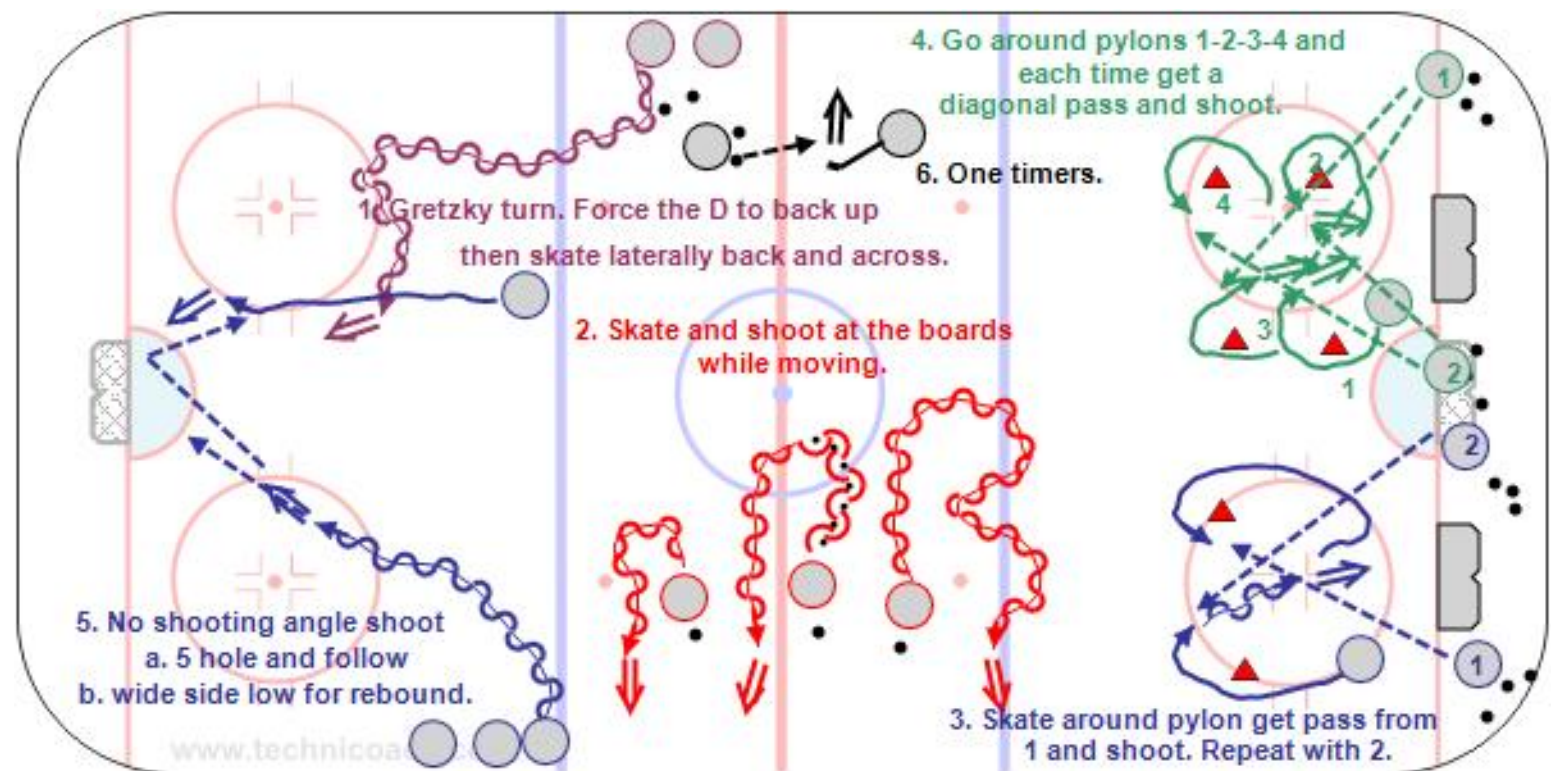
Key Points:

Make quick moves and shoot while skating. Sell a fake shot and shoot where the goalie CAME FROM not where he is GOING.

Description:

1. Gretzky turn. Force the D to back up then skate laterally back and across.
2. Skate and shoot at the boards while moving.
3. Skate around pylon get pass from 1 and shoot. Repeat with 2.
4. Go around pylons 1-2-3-4 and each time get a diagonal pass and shoot.
5. No shooting angle shoot 5 hole and follow or far post low for a rebound.
6. One timers.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100412125453157>



B202 Breakout Pass and Shooting Warm up

Key Points:

Make hard passes and the forward give a target.

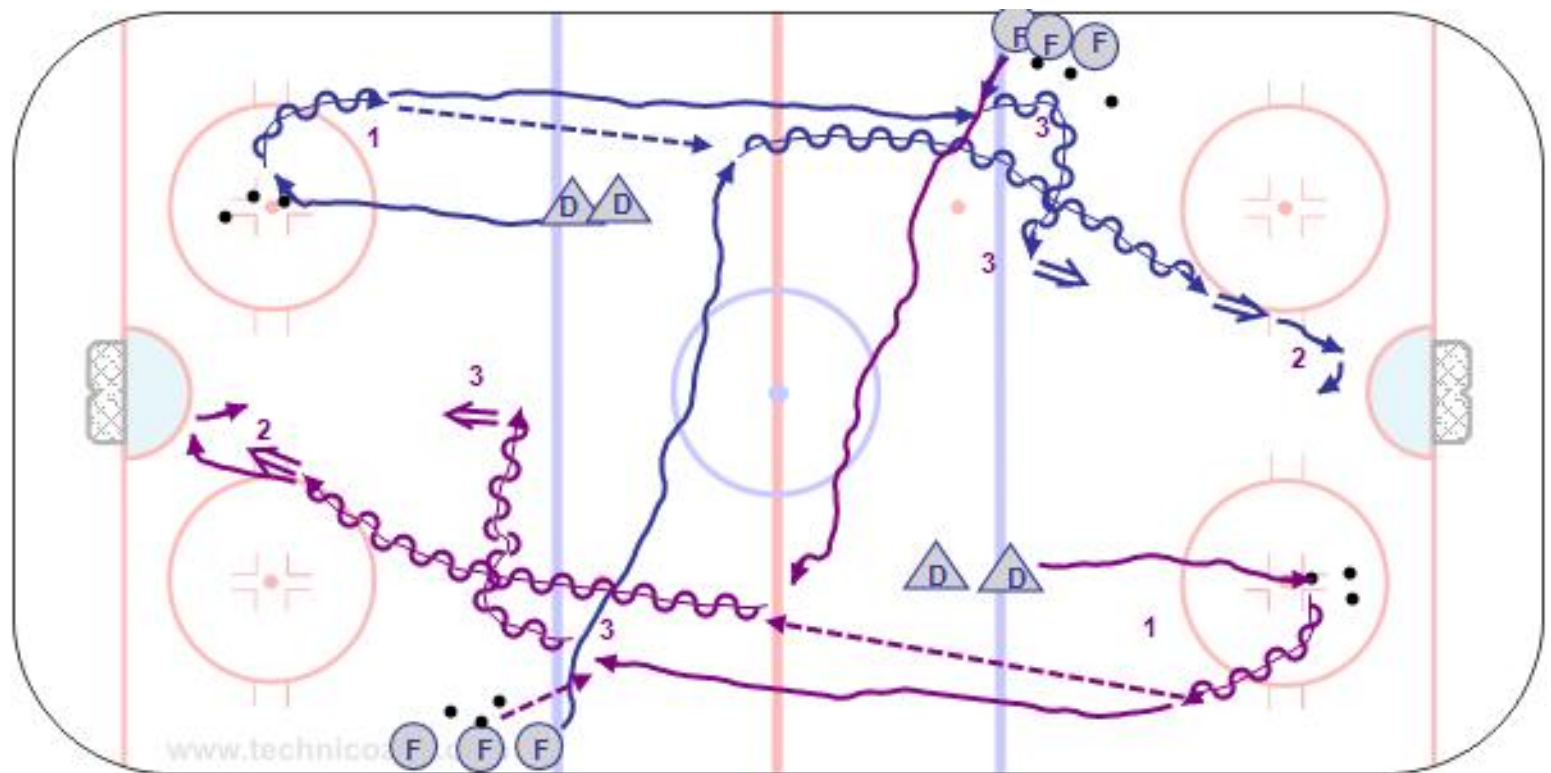
Options: The forward could give and go with the D after the initial pass. F could also rush the D so he has to shoot by the defender.

Description:

Done on both sides of the ice at the same time on the coaches whistle.

1. The D's pass to a F's cutting across the ice.
2. The F attacks and shoots then rebounds then screen for the point shot.
3. The D follows the play gets a pass from the forward and shoots.

Video: <http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090901074924530>



B202 Lohowy Puckhandling and Passing Circuit

Key Points:

Control the puck and “lock and load” when you carry the puck; meaning move it from in front to your side. Keep a strong skating position with the knees bent and head up.

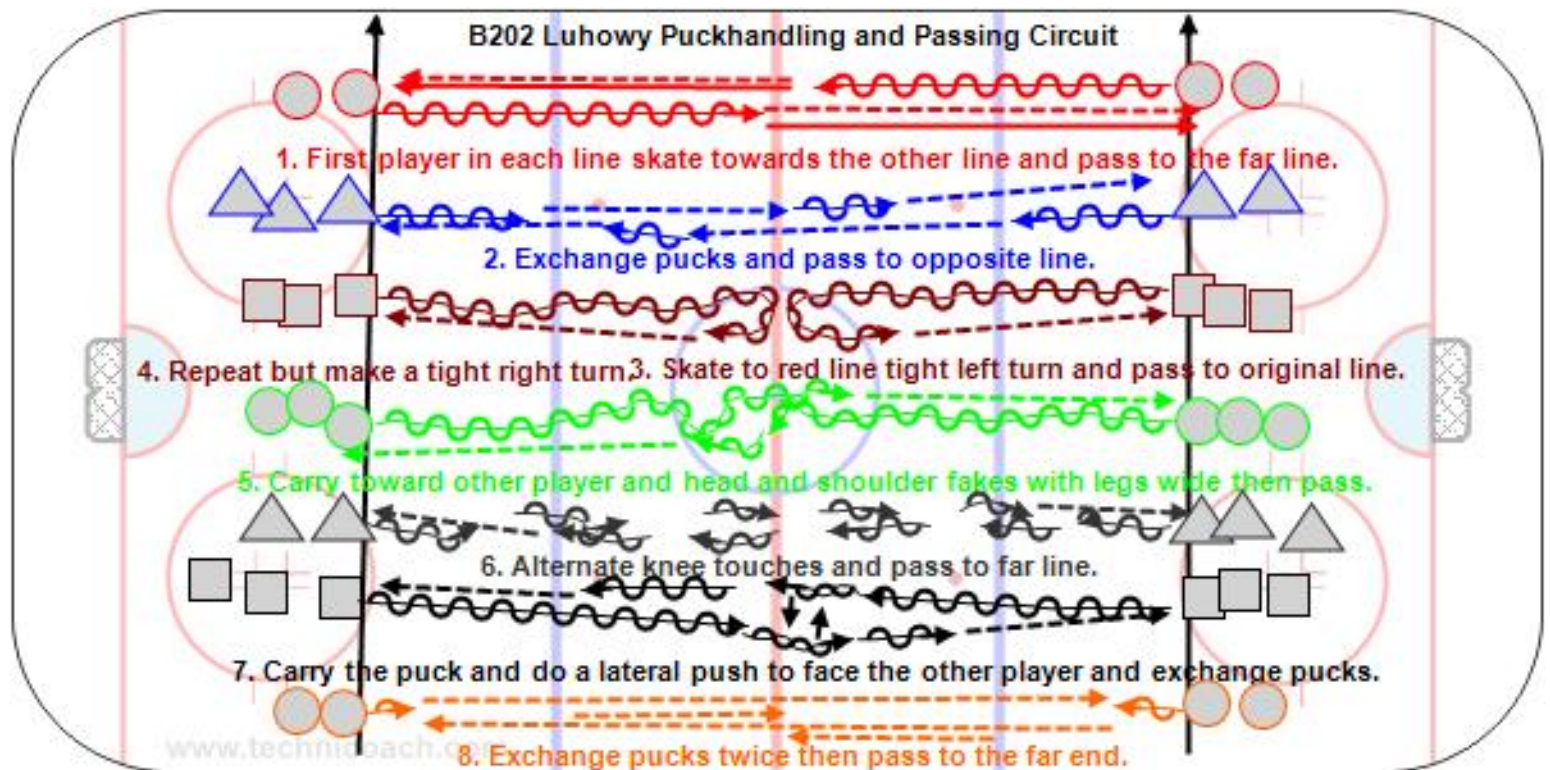
Description:

Line up behind the top of the circle with 2 or 3 players facing 2 or 3 players at the other end. Have between 2 and 4 groups depending on the number of players. A group of 4 is the smallest.

1. First player in each line skate towards the other line and pass to the far line.
2. Exchange pucks and pass to opposite line.
3. Skate to red line tight left turn and pass to original line.
4. Repeat but make a tight right turn.
5. Carry toward other player and head and shoulder fakes with legs wide then pass.
6. Alternate knee touches and pass to far line.
7. Carry the puck and do a lateral push to face the other player and exchange pucks.
8. Exchange pucks twice then pass to the far end.

*Other passes like backhands, saucer or moves like in the feet, toe drag can be added.

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B202 Nzone Regroup 1-0 and 2-0

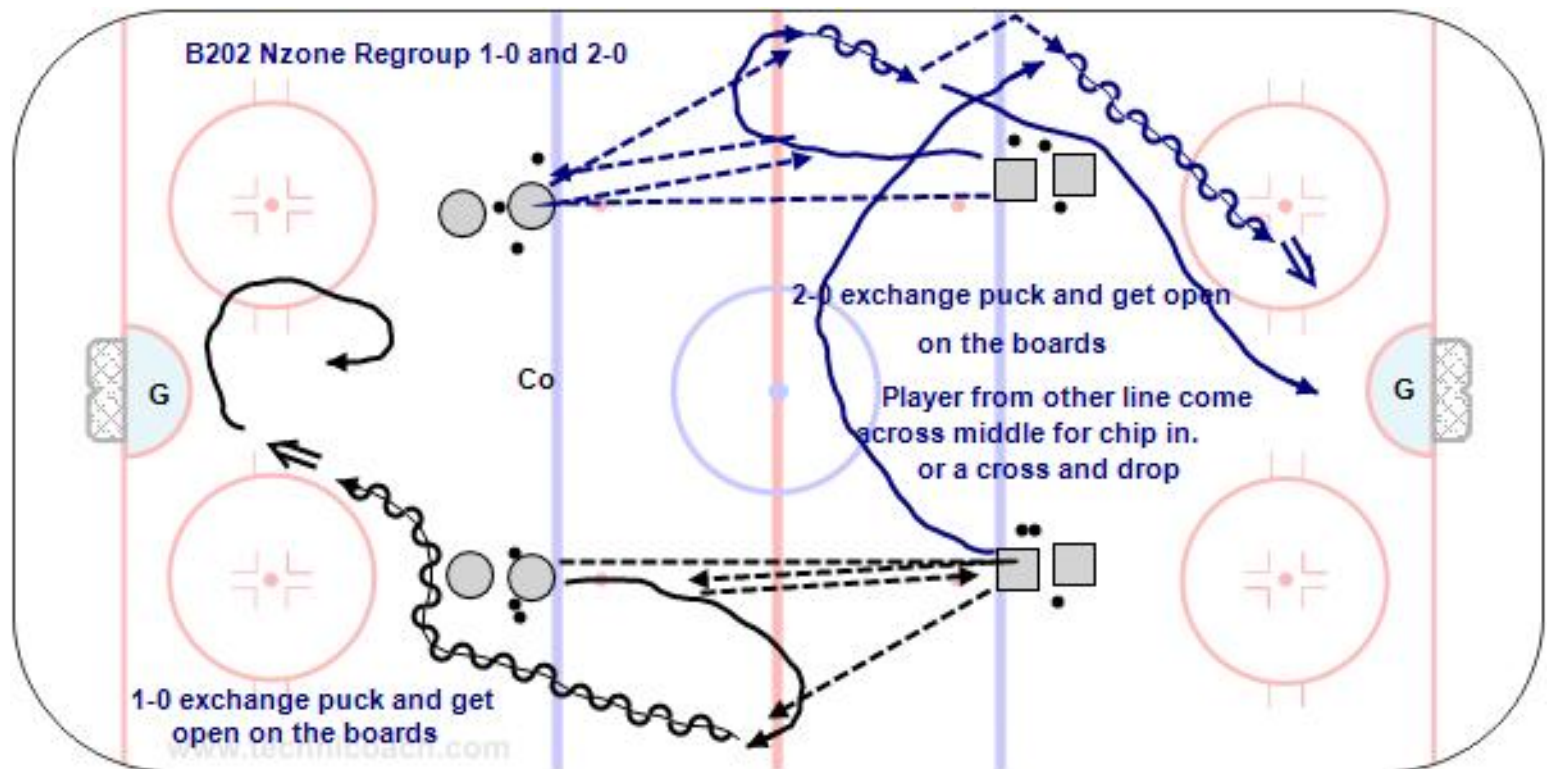
Key Points:

Start by exchanging the puck and always face the puck when pivoting for the return.

Description:

1. Players face each other and regroup in the neutral zone 1-0 then 2-0 and then attack. Start with exchanging the puck and then the breakout pass.
2. On the 2-0 practice chipping by the D to enter the zone or simply enter 2-0 with crosses.
3. You can add defense by having the shooter go out and defend the next attack. 4. When just shooting follow the rebound then circle back for the rebound from the next shooter.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090813080849924>



B500 Agility Skating

Key Points:

Keep the feet moving in a good balance position.

Description:

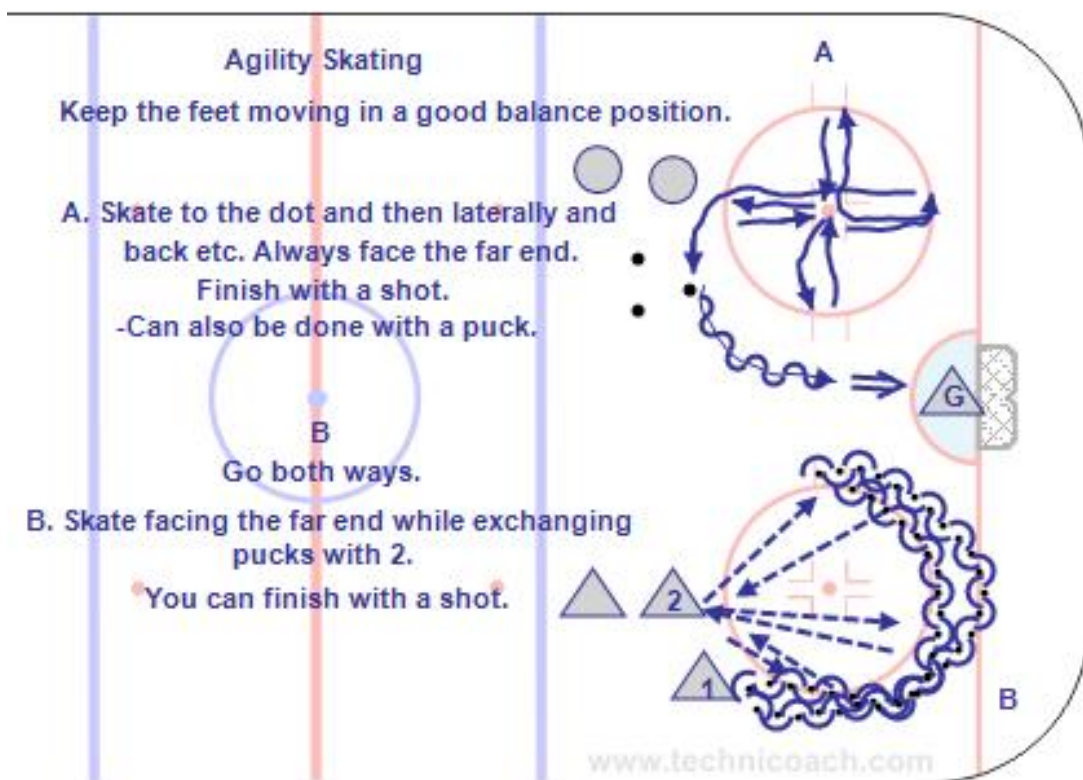
A. Skate to the dot and then laterally and back etc. Always face the far end. Finish with a shot.

-Can also be done with a puck.

B. Skate facing the far end while exchanging pucks with 2.

Go both ways.

You can finish with a shot.



B500 One Touch and Face Puck

Key Points:

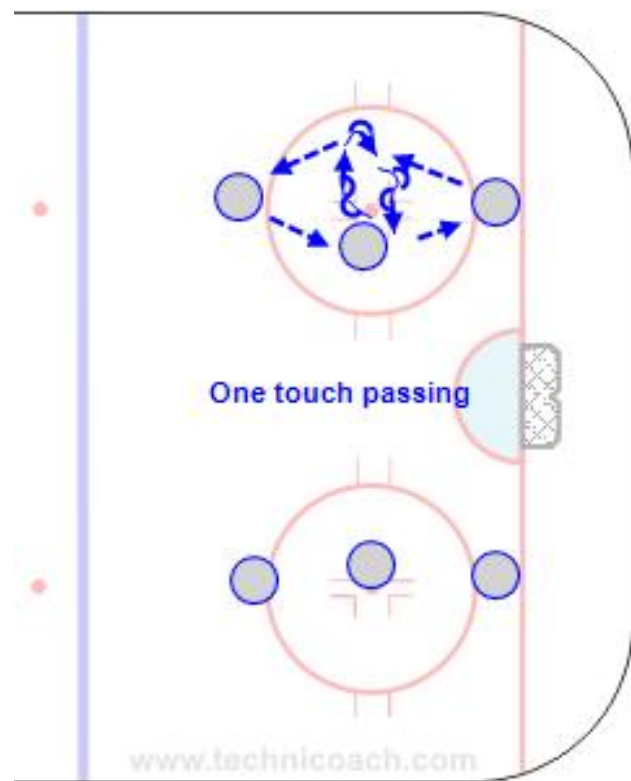
One touch. Make sure the top hand follows the pass and isn't locked against the body.

Description:

-One passer on opposite sides. Middle player one touch facing the puck give and go then give and go with other passer.

-Rotate the middle player every 10".

-Add tasks like tight turns, fakes etc.



B500 Passing Circuit

Key Points:

Make wrist and snap passes.

4 Passing phases.

1. Wind up
2. Produce forward force.
3. Release
4. Follow through at the target.

Description:

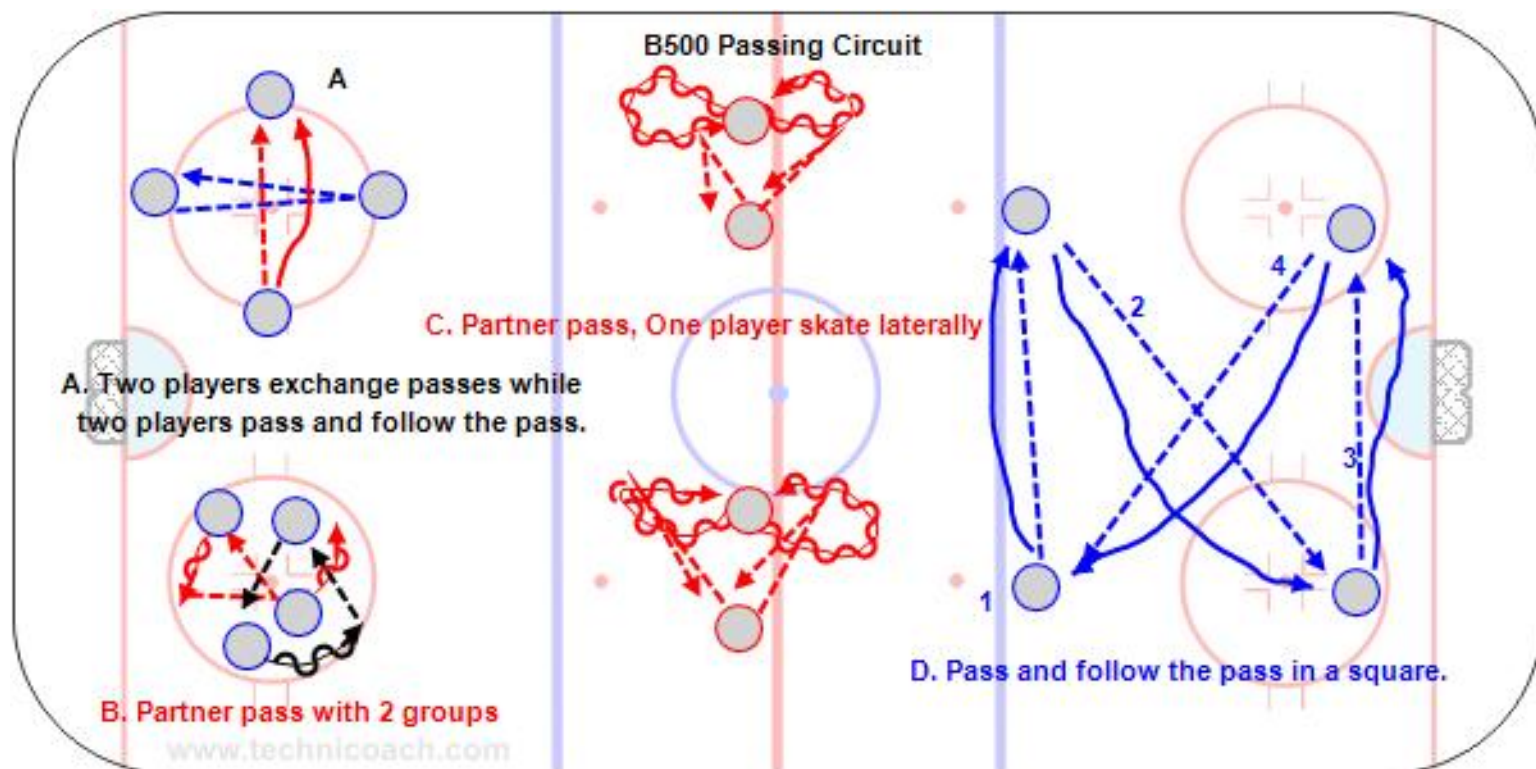
A. Two players exchange passes while two players pass and follow the pass.

B. Partner pass with 2 groups at once inside the circle.

C. Partner pass, One player skate laterally while the other is stationary. Rotate. Could be more than one stationary player.

D. Pass and follow the pass in a square.

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B500 Passing Technique from Sweden

Key Points:

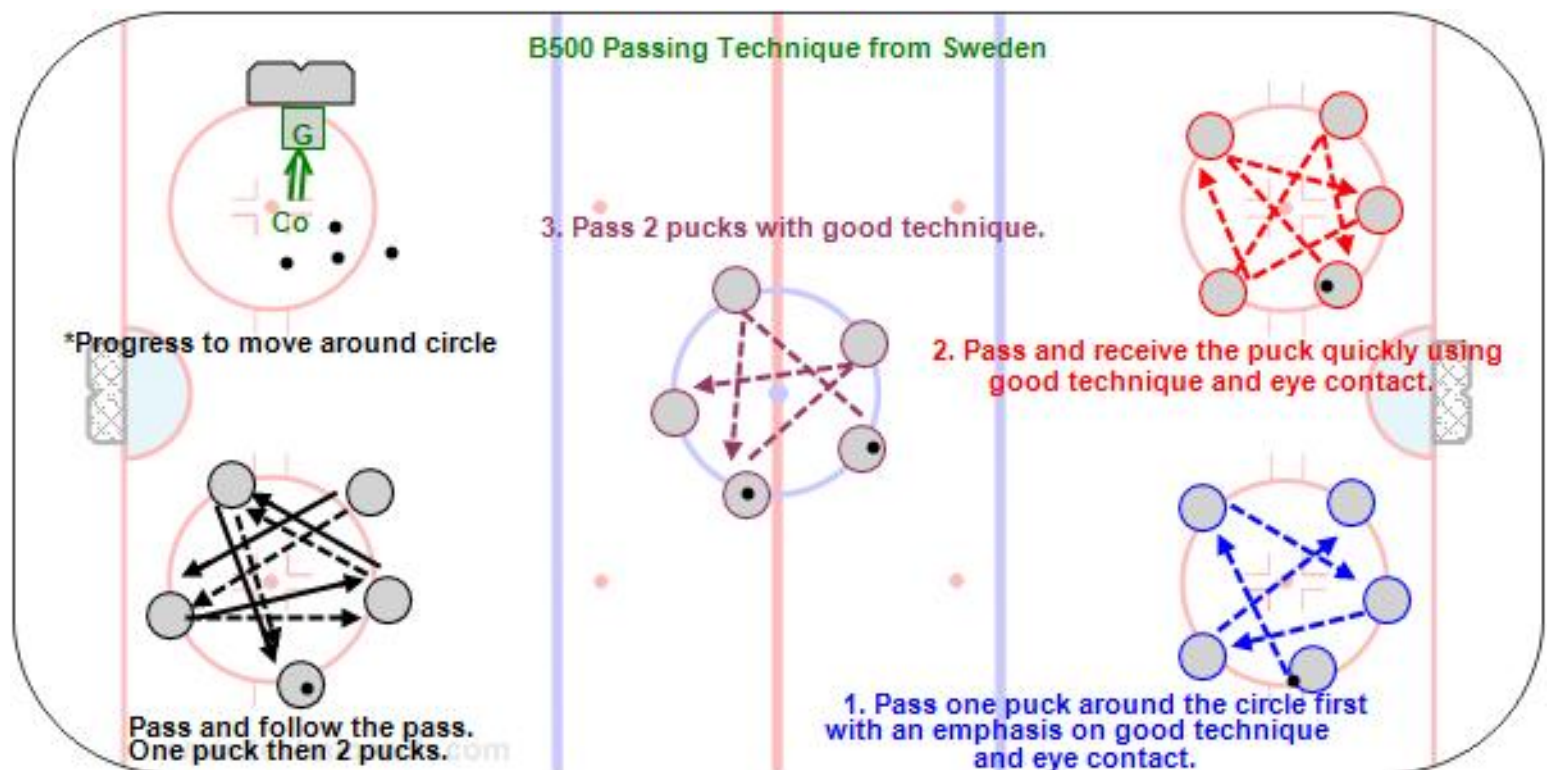
Eye contact and pass with a push of the bottom hand and pull with the top hand. The puck rotates from the heel to the toe and hands away from the body. This same motion is used when shooting. Receiving a pass is the opposite motion to absorb the puck.

Description:

1. Pass one puck around the circle first with an emphasis on good technique and eye contact.
2. Pass and receive the puck quickly using good technique and eye contact.
3. Pass 2 pucks with good technique.
4. Coach work with goalies at the far end.

*This can progress to pass and follow the pass or all players moving around the circle.

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B500 Point Shots and One Timers

Key Points:

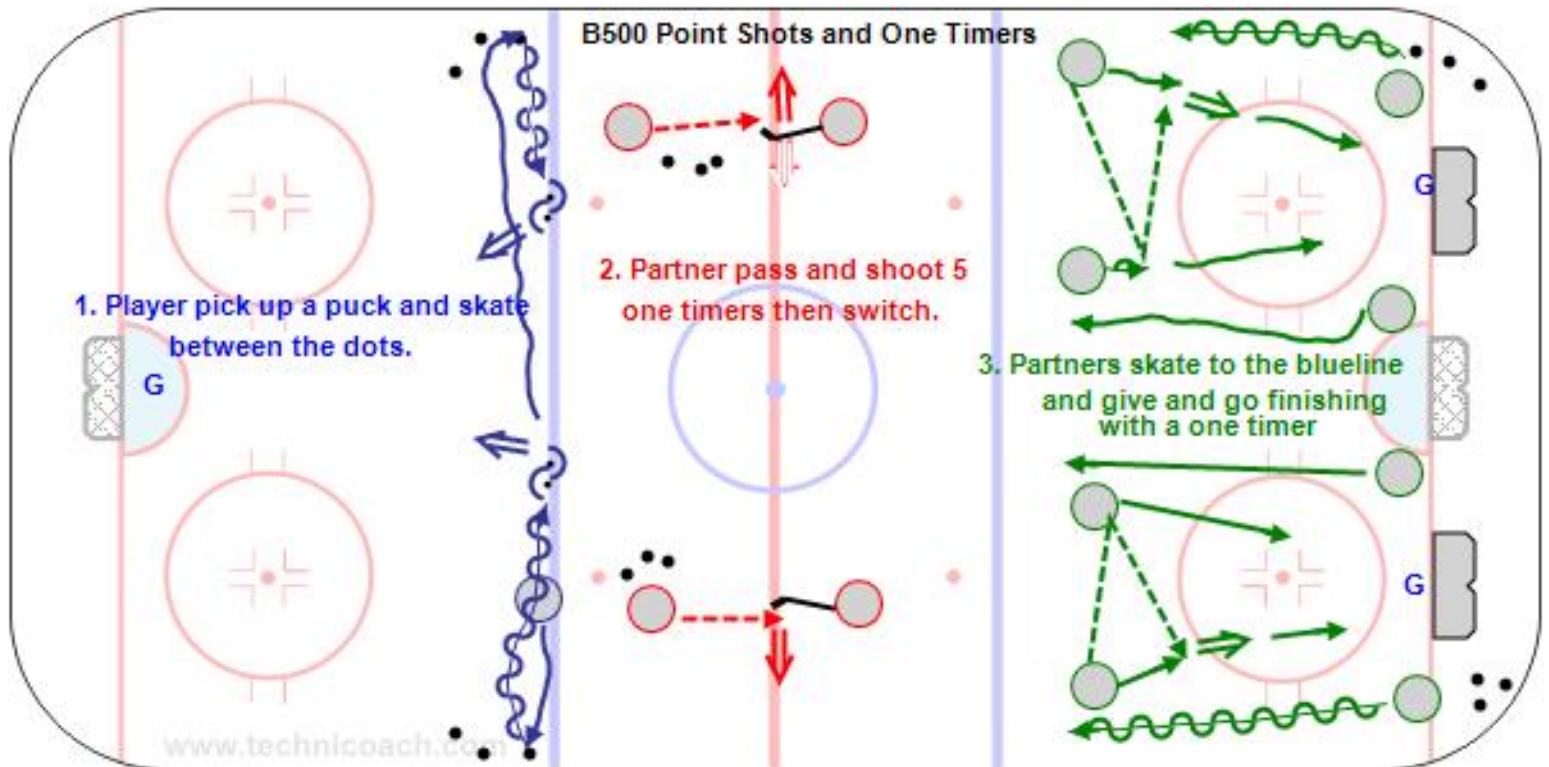
Skate forward to the middle then slide sideways and shoot. Look up to see the target, shot blockers and team mates in front.

On one timers follow through at the target. Increase the speed of the passes.

Description:

1. Player pick up a puck and skate between the dots. Pivot so you are facing the net and shoot.
2. Partner pass and shoot 5 one timers then switch.
3. Partners skate to the blueline and give and go finishing with a one timer, then pick up a new puck.

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B500 Puckhandle or Pass and Shoot

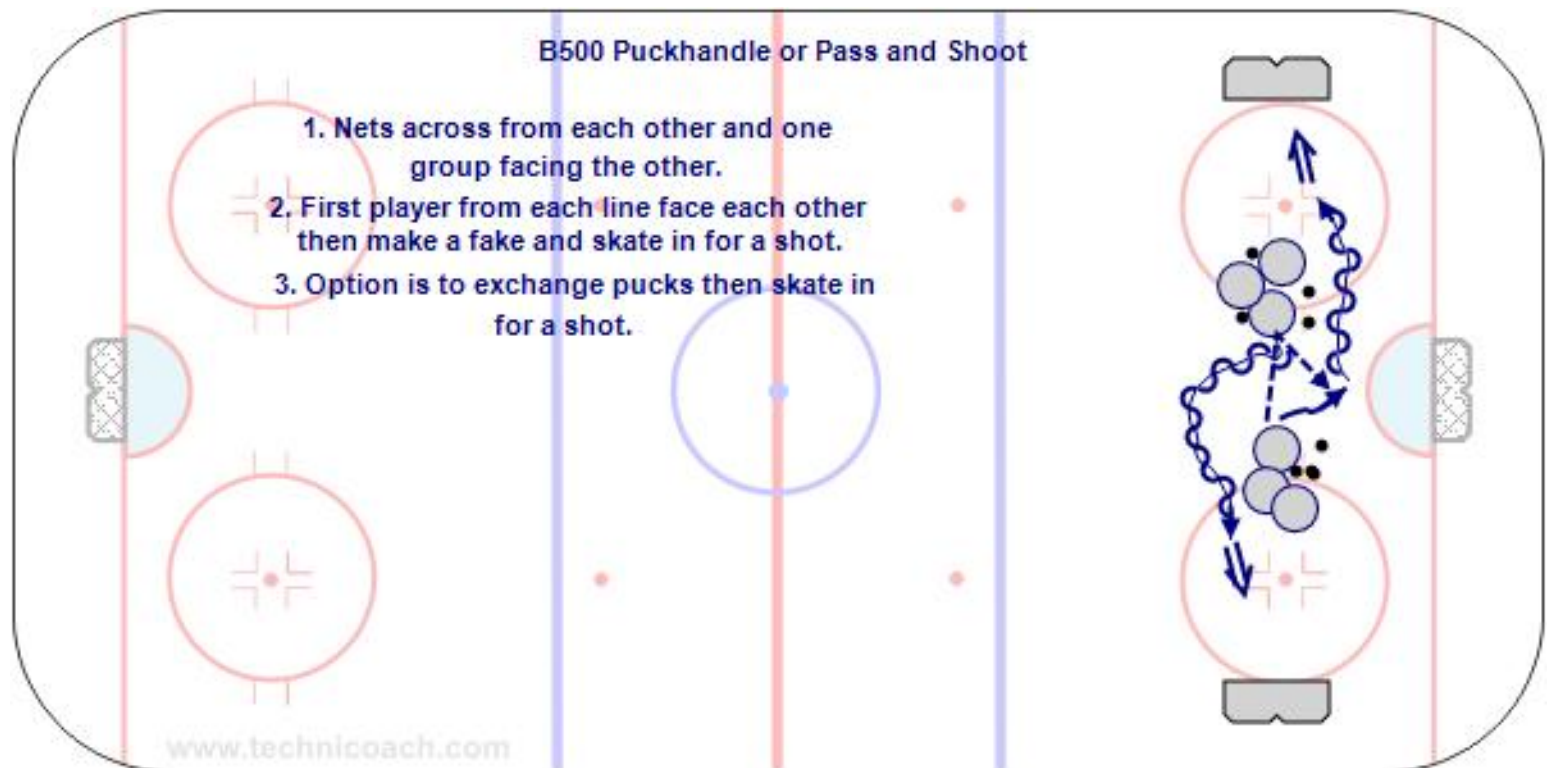
Key Points:

Make hard fakes and shoot while skating and follow the shot.

Description:

1. Nets across from each other and one group facing the other.
2. First player from each line face each other then make a fake and skate in for a shot.
3. Option is to exchange pucks then skate in for a shot.

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B500 Rejo Passing Routine

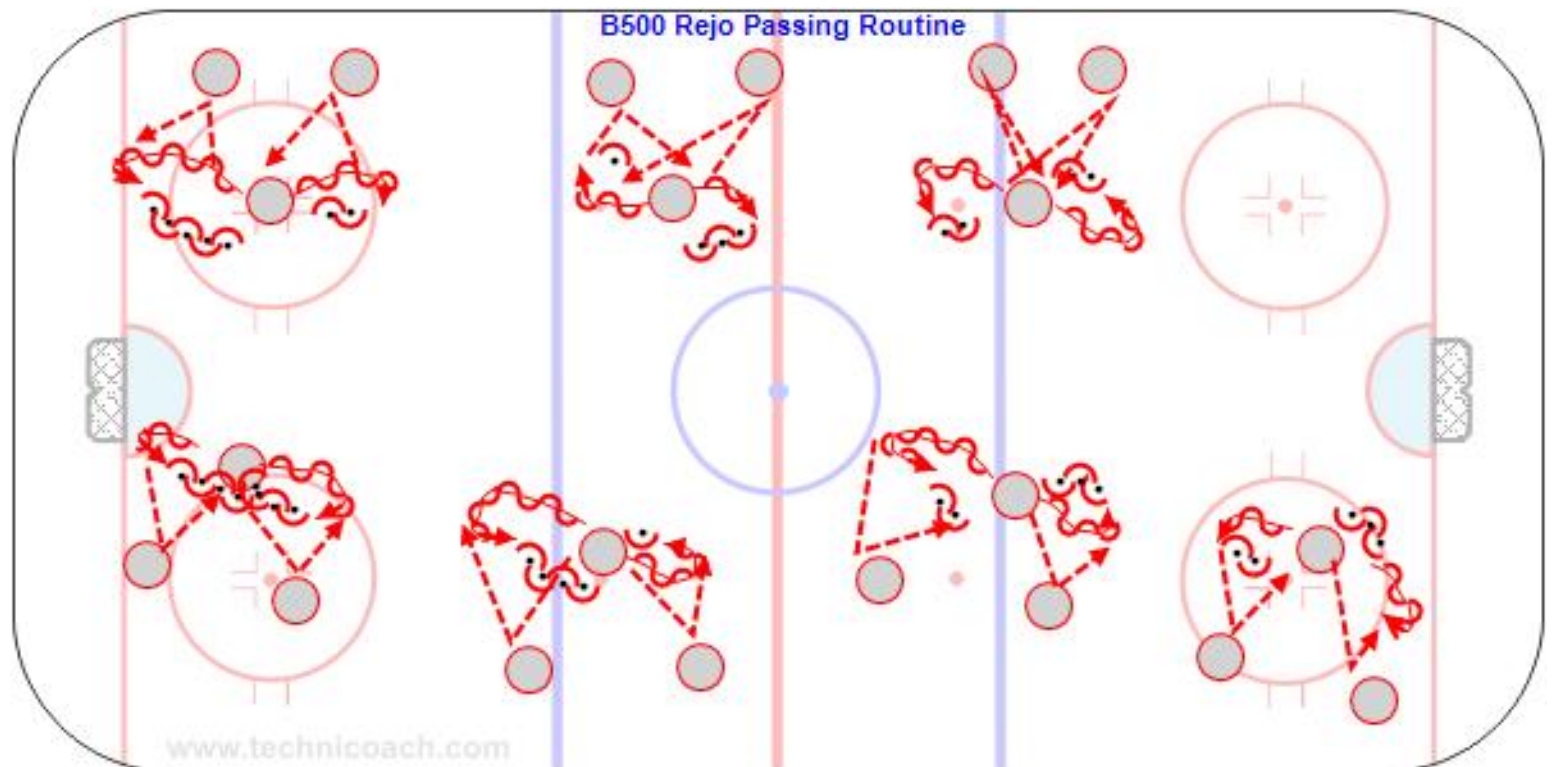
Key Points:

Face the puck at all times. Passes should be hard but quiet.

Description:

1. Partners take turns being the spoke in the wheel. One player passes to the other two who return to that player.
2. Pass for about 10" and then rotate or make 8-10 passes then switch.

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B500 Swedish Stickhandling in Circles

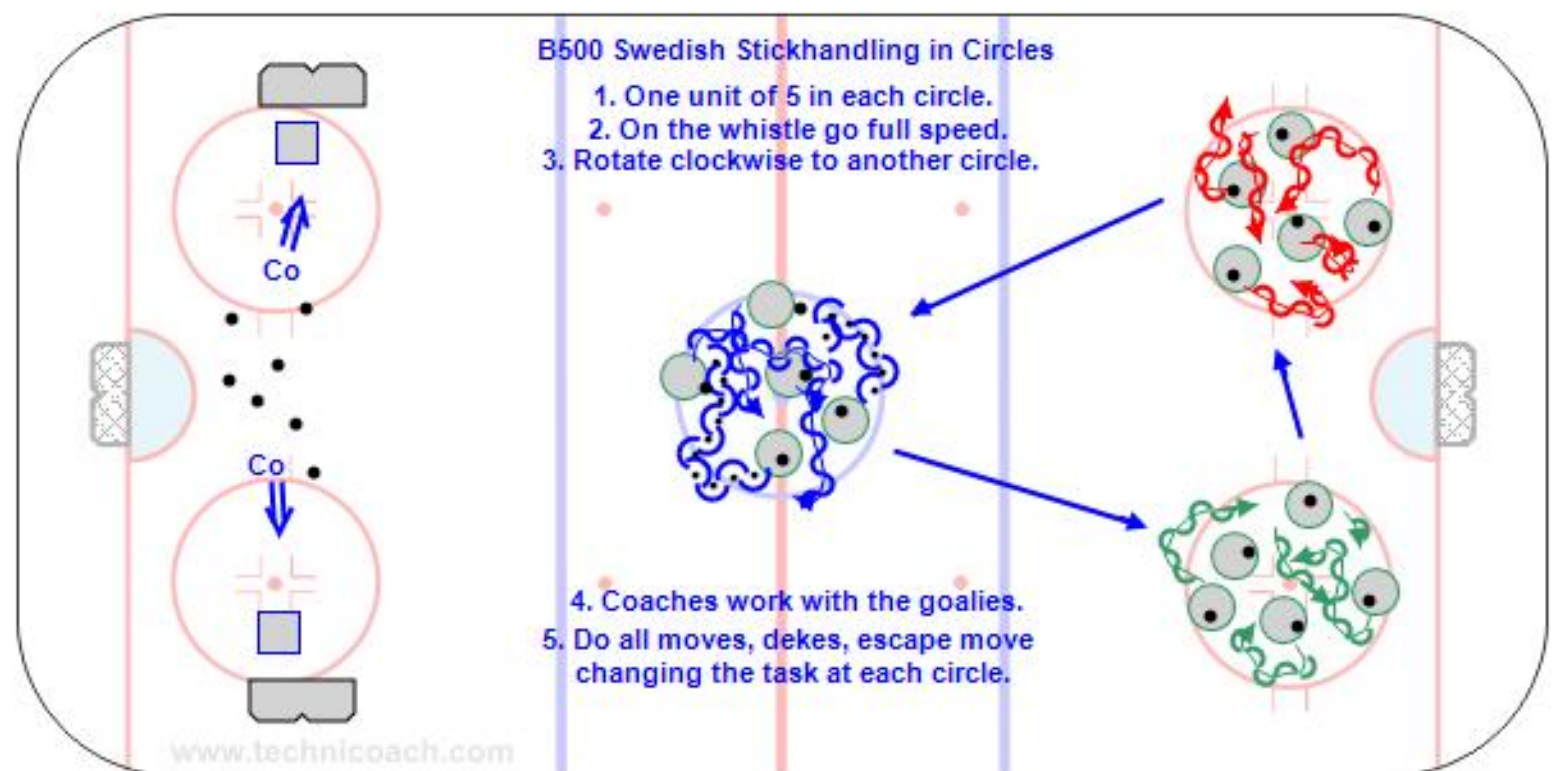
Key Points:

Make moves all around the body. Protect the puck, keep the head up.

Description:

1. One unit of 5 in each circle.
2. On the whistle go full speed.
3. Rotate clockwise to another circle.
4. Coaches work with the goalies.
5. Do all moves, dekes, escape moves changing the task at each circle.

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B600 Double Cross and Pass

Key Points:

Make hard passes. Players should face the puck.

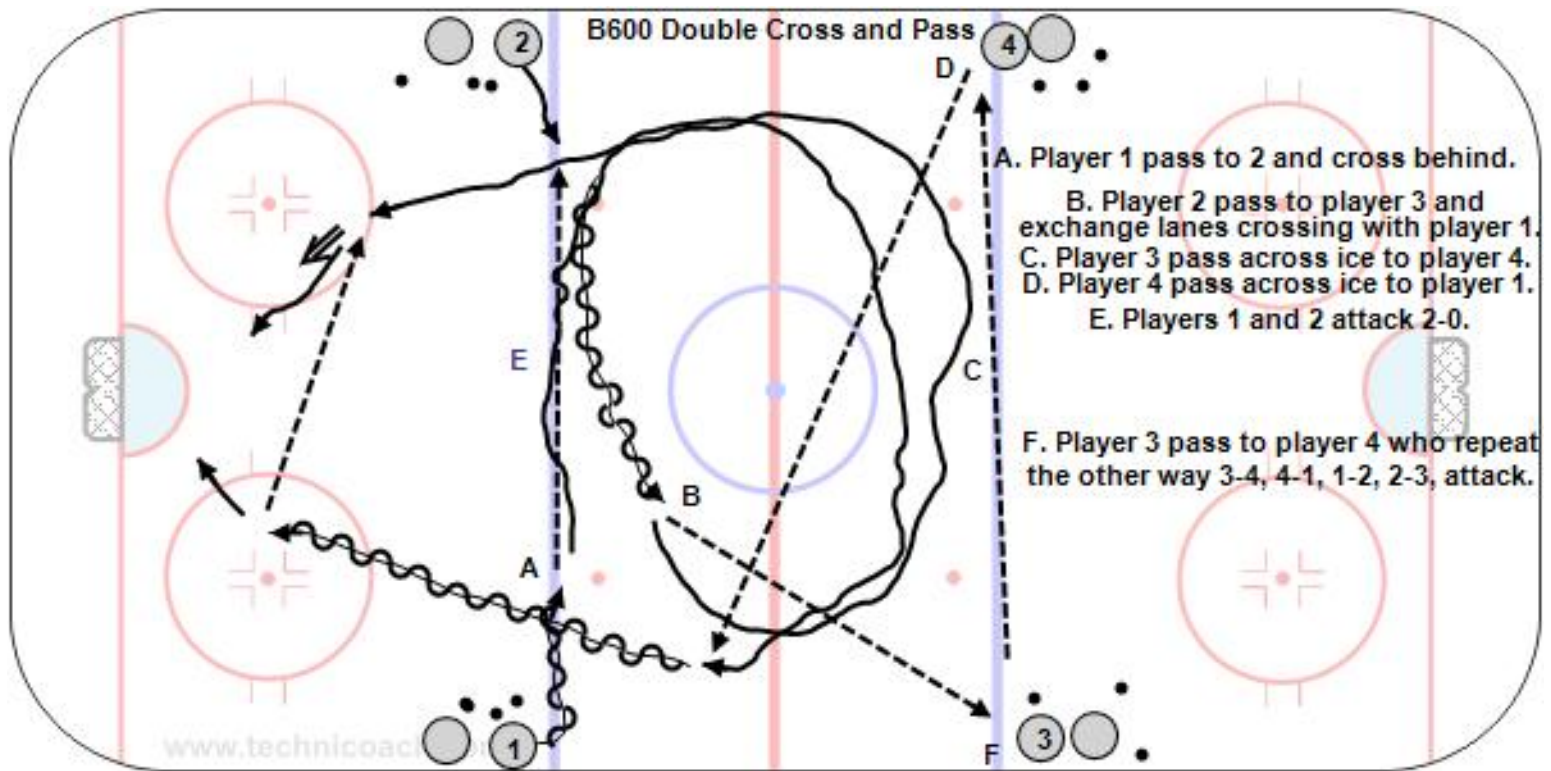
Description:

- A. Player 1 pass to 2 and cross behind.
- B. Player 2 pass to player 3 and exchange lanes crossing with player 1.
- C. Player 3 pass across ice to player 4.
- D. Player 4 pass across ice to player 1.
- E. Players 1 and 2 attack 2-0.
- F. Player 3 pass to player 4 who repeat the other way 3-4, 4-1, 1-2, 2-3, attack.

Options:

- 1. Practice shoot ins and recovery by shooting in from the neutral zone and bounce to the wing or fire it wide on the short side so it comes to the player on the other side of the net.
- 2. Rebound. After the attack circle back and time it so you are looking to score on the rebound as a second wave when the next two shoot.
- 3. Game situations: one player skate out to the blue line and defend 2-1 vs the next attackers or both players meet the next attack and play a 2-2.
- 4. One timer practice: after the shot and rebound both players stand behind the goal line on either side of the net and give and go with the next two attackers who one time the pass.
- 5. Combine any of these options;i.e. one passes from the goal line on a 2-1.

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B600 Flames Shooting:

This is a drill I picked up watching the Flames practice.

Key Points:

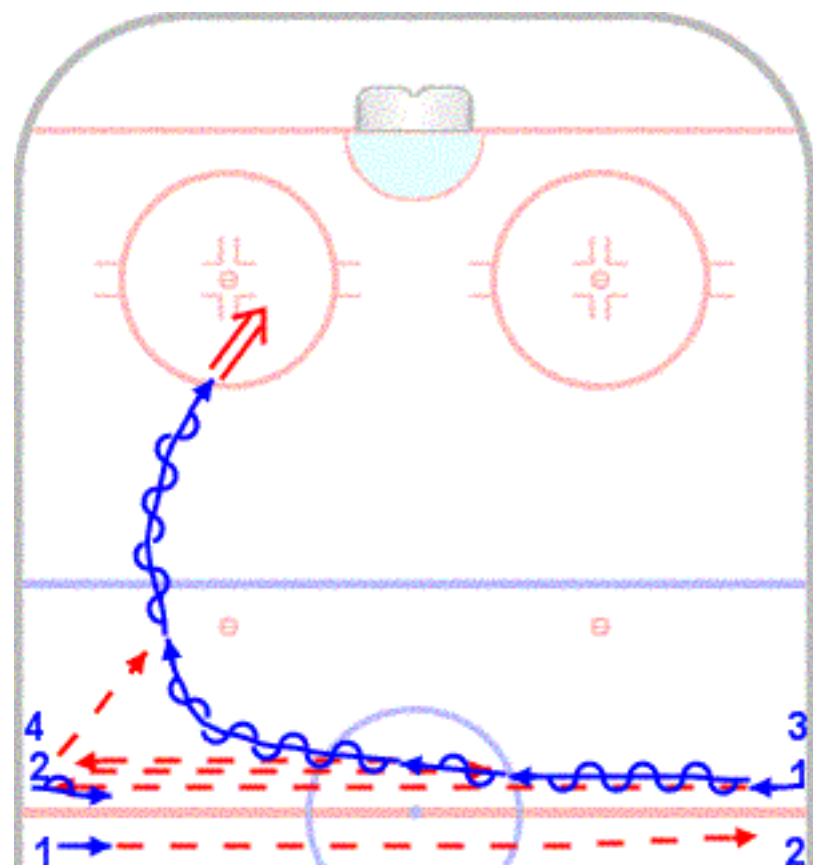
Pass hard and keep your feet moving. Follow the shot for a rebound and circle back for the next shooter.

Description:

1. Players line up along the boards opposite each other and shots can be taken at just one end or both ends at the same time.
2. Start 1 skate along the red line and pass to 2 and get a return pass then skate in and shoot.
3. After passing 2 skate toward 3 and do the same thing.
4. After shooting and following the shot #1 skate to the top of the circles and go in for the rebound from #2.

Options:

Two players could leave at once and the return pass go to the second player. In this case allow only one pass in the offensive zone.



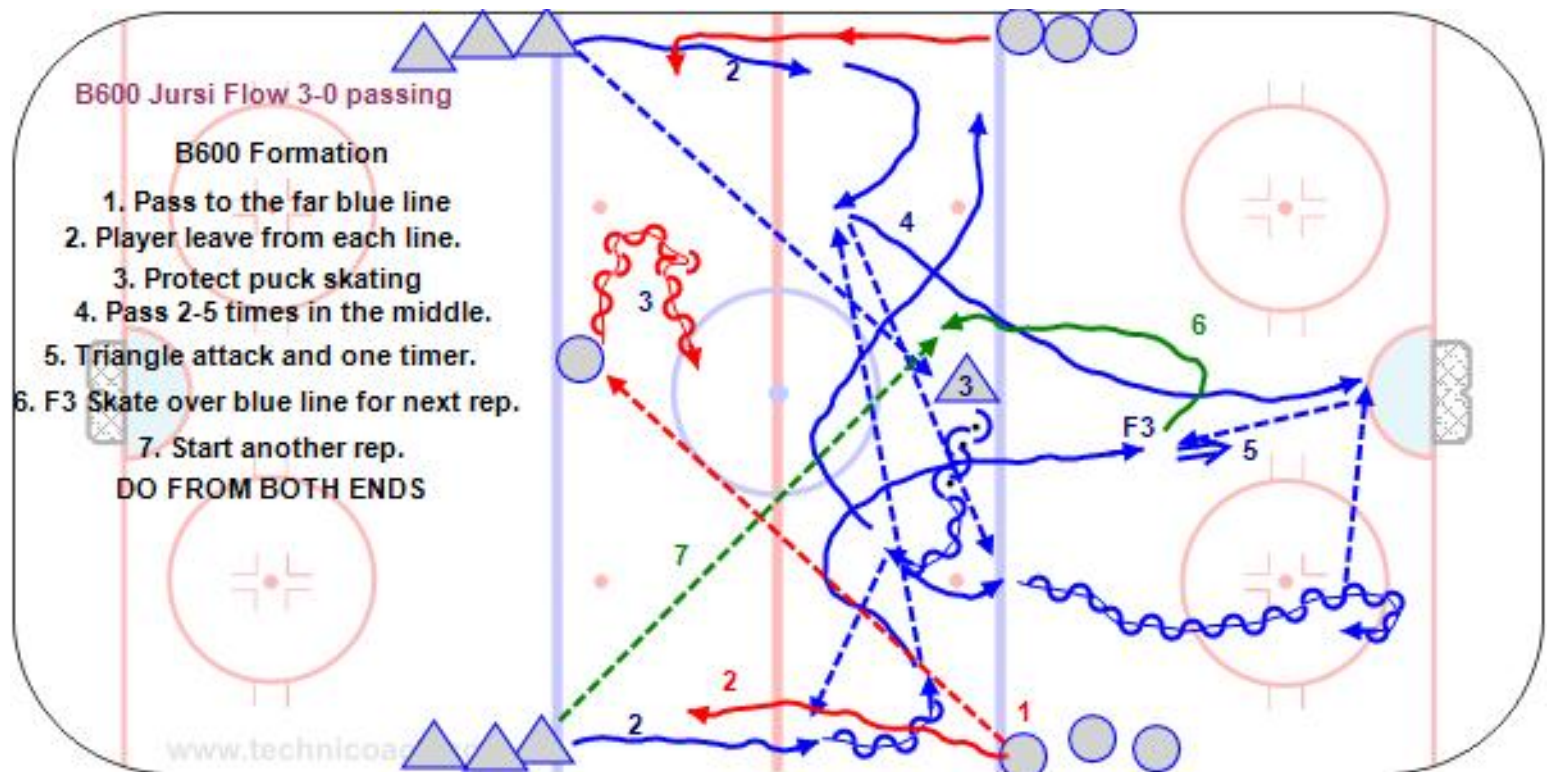
B600 Jursi Flow 3-0 Passing

Key Points:

Face the puck, Lots of passing in nzone; each player should get at least one pass.

Description:

1. Pass to the far blue line.
2. Players leave from the far blue line.
3. Skate and protect the puck.
4. Pass 3-5 times in the nzone.
5. Attack in a triangle and a one times shot. Look for the rebound.
6. F3 skate over the blue line to start another rep.



B600 Neutral Zone Puck Support and Attack

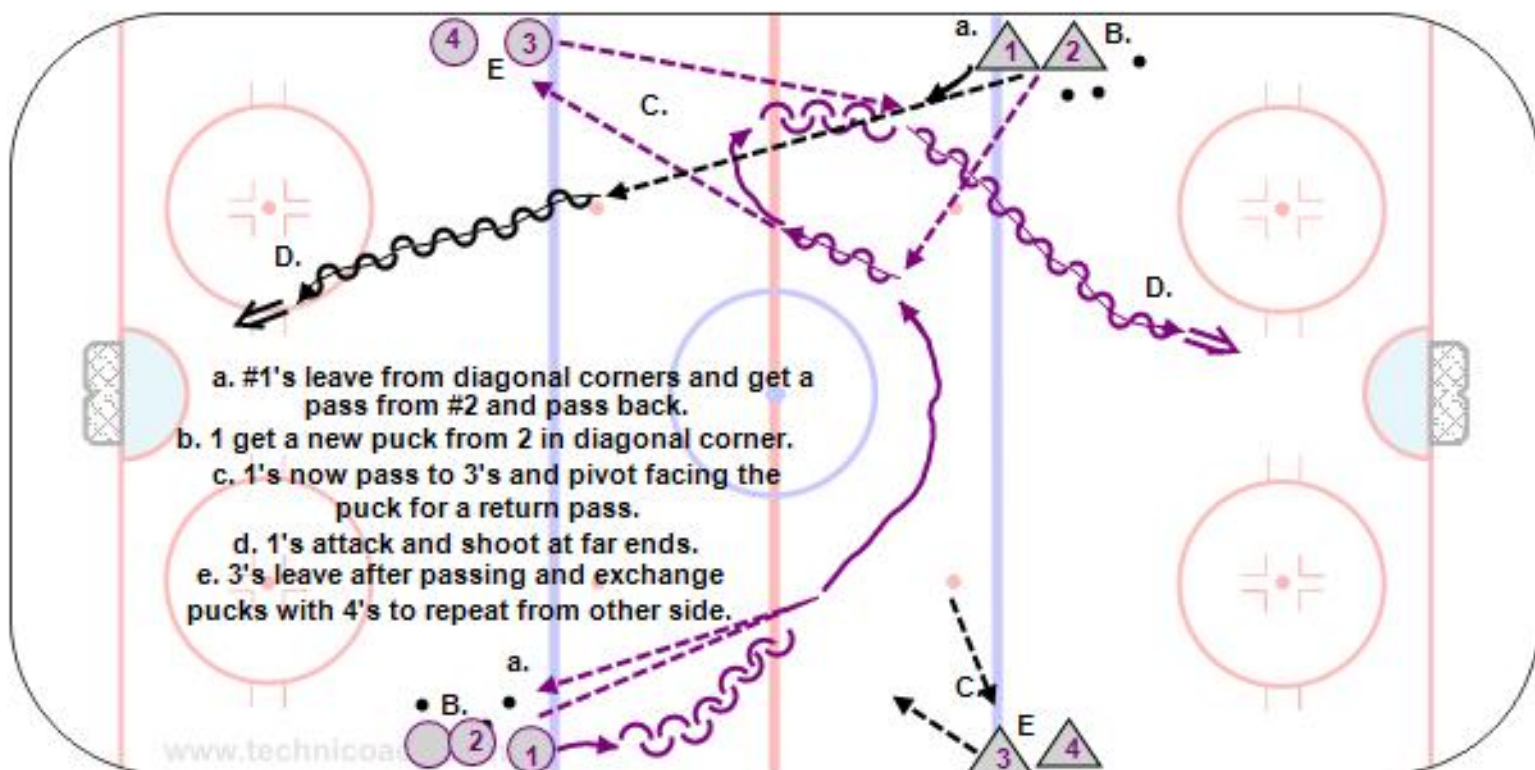
Key Points:

Face the puck always and make hard passes. Done from both sides

Description:

- a. #1's leave from diagonal corners and get a pass from #2 and pass back.
- b. 1 get a new puck from 2 in diagonal corner.
- c. 1's now pass to 3's and pivot facing the puck for a return pass.
- d. 1's attack and shoot at far ends.
- e. 3's leave after passing and exchange pucks with 4's to repeat from other side.

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B600 One Touch and Shoot Warm up

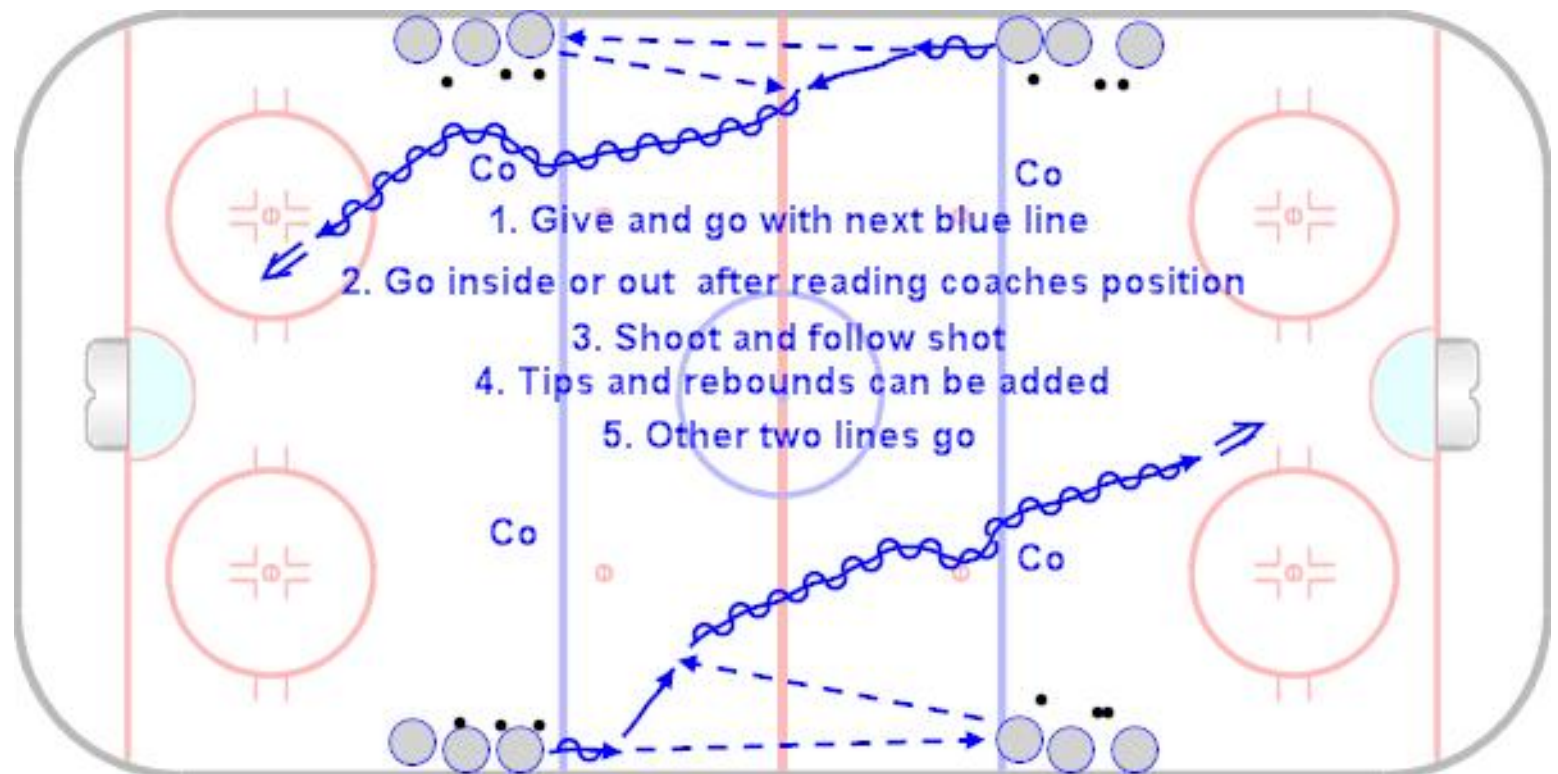
Key Points:

Pass hard with a wrist or snap pass. Receiver give a target and keep the stick square to the puck with the hands away from the body.

Description:

Players are lined up at the four behind the bluelines in the B600 Formation. Coaches can stand just inside the bluelines so the players must fake and go around.

1. Give and go with the player at the next blueline.
2. Go inside or out after reading the coaches position.
3. Shoot in stride without coasting and follow the shot for a rebound.
4. Option is to stay and tip or screen the next shot or circle back for a rebound from the next shooter.
5. The opposite line makes the first pass and shoot on the other net.



B600 Skate Circles Exchange Pucks and Shoot

Key Points:

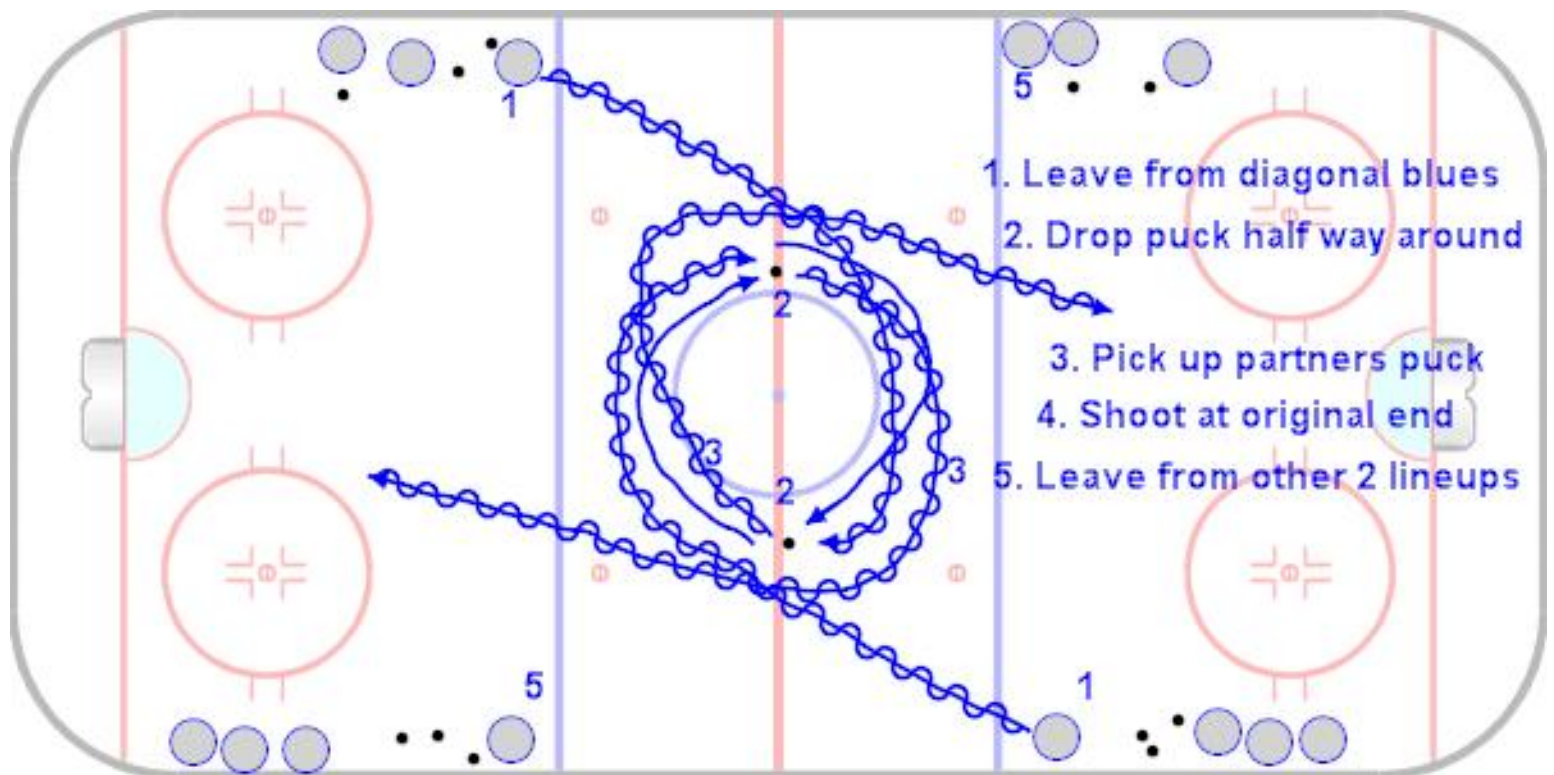
Players should keep their hands and feet moving all the time.

Description:

1. Leave from diagonal blue lines.
2. Drop the puck when halfway around the circle.
3. Puck up the opposite players puck.
4. Complete the circle and shoot at the original end.
5. Players leave from the other two lineups.

Options:

- a. Start by passing across and exchanging pucks.
- b. Stay in the zone to screen or tip.
- c. Circle back and skate in to rebound the next shot.
- d. After shooting give and go with the next shooter.
- e. Defend a 1-1 vs the next shooter.



B600 Warm up 1-0, 2-0

Key Points:

Pass hard, face the puck. Shoot, rebound and circle back to play rebound on the next shot.

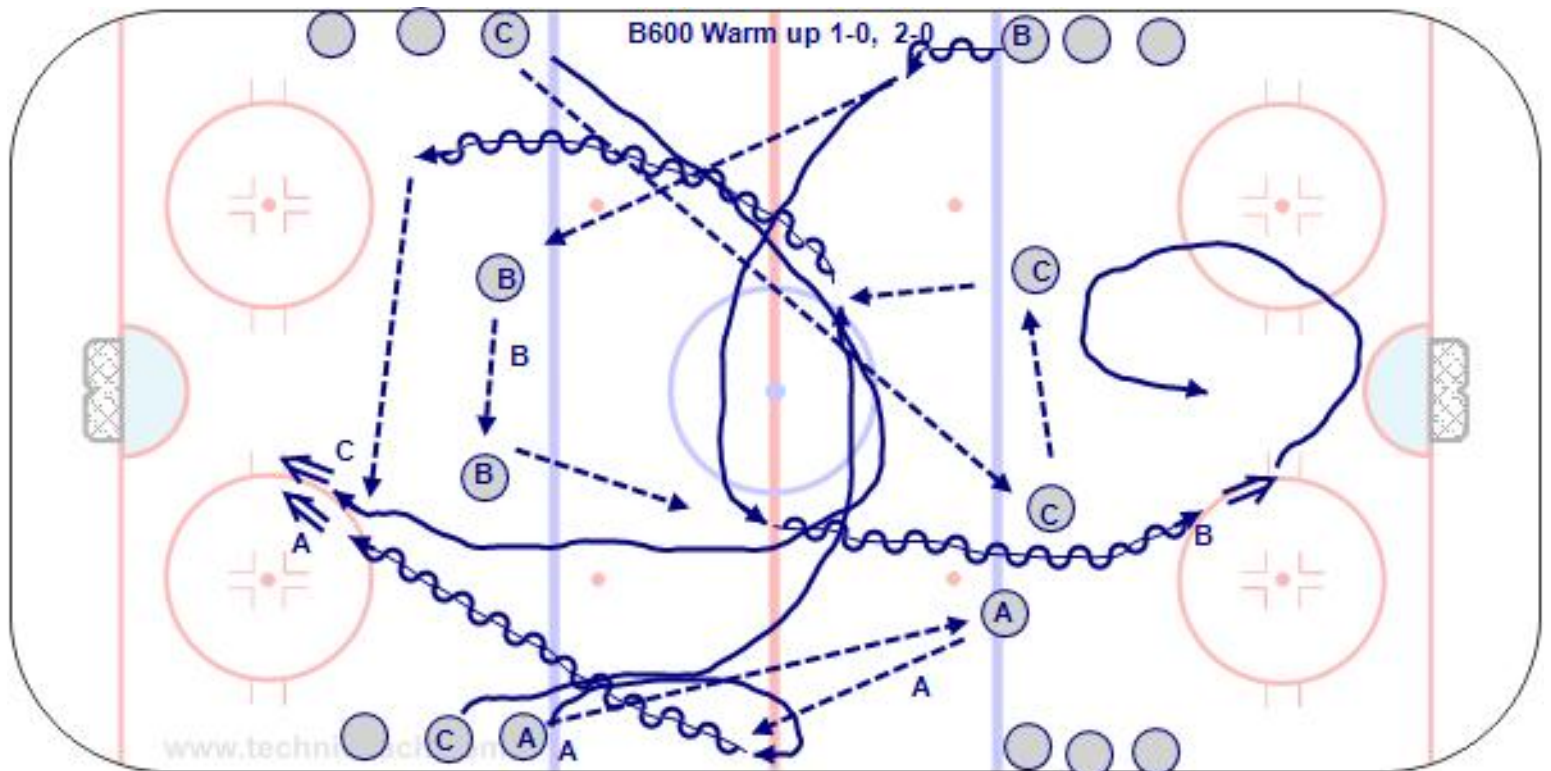
Description:

a. F pass to D, give wall support, D to F who skates in and shoots and rebound.

B. With 2 D 1 F's. F pass to D who go D to D and to F. Shoot and rebound next shot.

C. 2 on 0. F pass to far D. D to D while 2 F's support with one on the boards and one comes across the middle.

*Add D follow the attack and get a pass from the coach for a second shot from the point.



B600 Wideman Pass and Point Shot

Key Points:

Pass a hard saucer across the ice. Forward time skating so the pass comes when he is going full speed. Forwards and defense are behind diagonal blue lines on each side.

Description:

1. Forwards on each side skate and pass to the D in front of them.
2. D's pivot and pass to the forwards on the far side.
3. F's skate in and "shoot to score."
4. F' get a new puck from the corner and pass to the D then screen the goalie.
5. D's skate between the dots and shoot.

