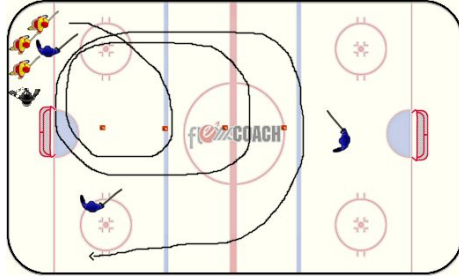


1) SN Overspeed Crossovers



DRILL OBJECTIVE: Over exaggerate foot movement

6:00P - 6:10P(10) min

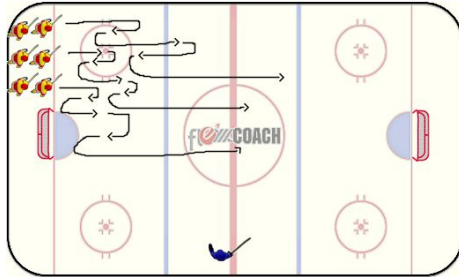
KEY ELEMENTS:

- Good Technique
- Quick feet
- Control of stick
- Head on swivel

ORGANIZATION: Team lined up behind goal line as depicted. On coaches whistle, two players skate to second cone and make full circle around cone #1, then proceed to cone #3. Repeat with all four cones. 2-1, 3-1, 4-1.

VARIATION: Forward and Backwards. With and without puck.
GOALIES: Active

2) SN Tight Turns



DRILL OBJECTIVE: Tight Turns on Coaches Whistle

6:10P - 6:20P(10) min

KEY ELEMENTS:

- Lead with stick
- Don't lock wheels
- Head on swivel
- Lead with correct skate
- Full control of wheels

ORGANIZATION: Players lined up in three lines as depicted. On coaches whistle, three players skate towards the near blue line and make tight turn facing the coach on whistle. Proceed down ice.

VARIATION: Forward and Backwards. With and without pucks.
GOALIES: Active

3) Puckhandling Slalom



DRILL OBJECTIVE: Puck Control with different

6:20P - 6:30P(10) min

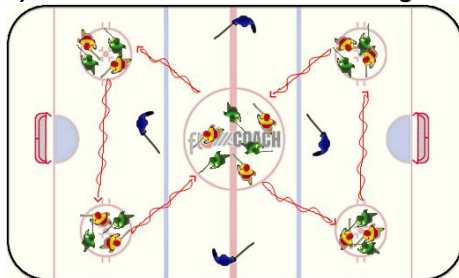
KEY ELEMENTS:

- Skating
- Agility
- Puck Handling
- Shooting while in Motion
- Keeping your head up

ORGANIZATION: Two lines in opposite diagonal corners of the rink. Place 8-10 cones spaced evenly down each side of the rink. On the one side have the players skate around the cones keeping the puck in the middle of the cones stickhandling up the ice, finish with a shot on goal. On the other side have the players skate straight up the middle of the cones stick handling the puck around the outside of the cones, finish with a shot on goal.

VARIATION: Backward skating
GOALIES: Working on angle shots

4) HC 5 Circle Chaos Stickhandling



DRILL OBJECTIVE: Puckhandling

6:30P - 6:40P(10) min

KEY ELEMENTS:

- Head up and level
- Control the puck

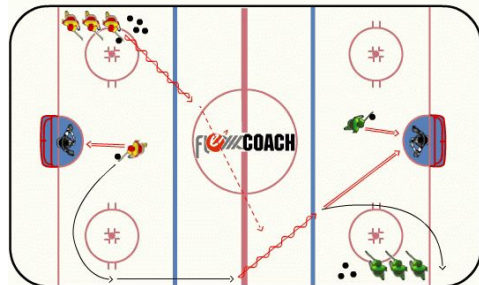
ORGANIZATION: Divide players up into five circles as depicted. Each circle has a function.

1. Big circle will have reg. puck handling
2. One circle will be backwards
3. One circle will be with toe of stick
4. One circle will be kicking puck in skates
5. One circle will be dropping to one knee

***On Misha's whistle, players move to new circle to perform new skill as depicted

VARIATION:
GOALIES: Active

5) Dartmouth Double Drive Wide



DRILL OBJECTIVE: To encourage players to hit net

6:40P - 6:50P(10) min

KEY ELEMENTS:

- Shooting/Scoring/Rebounds
- Passing/Receiving
- Skating speed through the neutral zone
- Puck support
- Communication

ORGANIZATION: Players and pucks are placed in opposite diagonal corners. One player from each side begins the drill by positioning themselves in the slot with a puck and on whistle takes a shot on goal. After the initial whistle to start drill the remainder of drill is continuous.

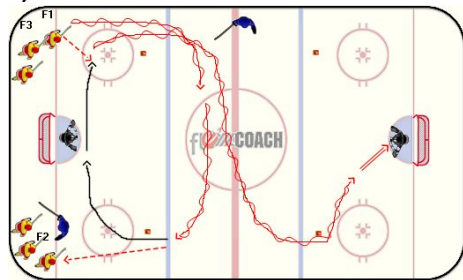
One player in the slot in both ends starts drill with a shot on the goalie and after the shot they skate around the bottom of the circle and skates up the boards. The second player positioned along the boards carries puck across ice after the first player shoots and is headed up the boards and makes a outlet pass to the first shooter. That player attacks offensive zone with speed and shoots puck attempting to score or create a rebound. this player is now done with drill and lines up at end of line. The second players that made the outlet pass and will drive the net with speed (mid-lane drive) and looks to pick up rebound off the shot. If puck is not laying right there the player should not chase the puck but should continue around the bottom of the circle and skates up the boards and is now becomes the outside shooter.

BOTH ENDS GO AT SAME TIME – CONTINUOUS DRILL

VARIATION:

GOALIES: Stop the initial shot and control the rebound and rebound direction.

6) SN Quebec Drill



DRILL OBJECTIVE: Passing and receiving

6:50P - 7:00P(10) min

KEY ELEMENTS:

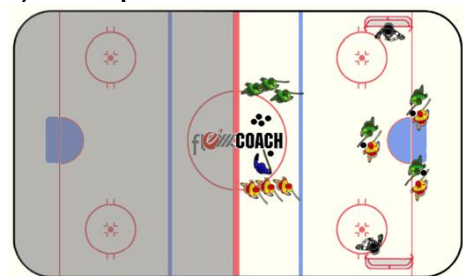
- Backhand passing
- Reaction time
- Quick feet
- Puck support
- COMMUNICATION!!!

ORGANIZATION: Players divided into two equal groups as depicted. On coaches whistle, F1 skates around cones and makes direct pass to F2. F1 then receives pass from F3 and heads down ice. F1 then moves laterally across ice and drives net wide for shot. F2 then repeats.

VARIATION: Increase number of passes.

GOALIES: Active at both ends. Move laterally side to side as play dictates.

7) 3 Group 1 on 1



DRILL OBJECTIVE: Create scoring chances 1 on 1

7:00P - 7:10P(10) min

KEY ELEMENTS:

- Skating
- Puckhandling/Protection
- Body Positioning
- Compete
- Proper angling

ORGANIZATION: 3 pairs of players play 1 on 1 in the end zone with two nets positioned at the side boards. 3, 1 on 1 games at the same time if a goal is scored, two new players join in to continue the drill.

VARIATION:

GOALIES: Develop awareness to various situations. Quickness, agility, balance. Quick reaction to alot of shots.

Post-Practice Comments:
