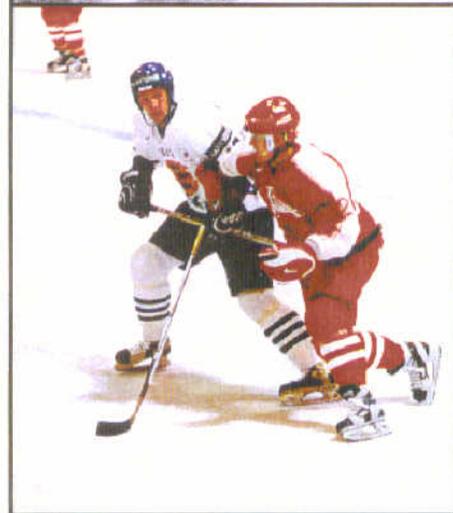




**Juhani
Wahlsten**

**Tom
Molloy**



Das **ABC** des internationalen Eishockey



Categories

Scoring

Competitive Games

Drill Title : 5 Puck Full Ice Race

Components : _____

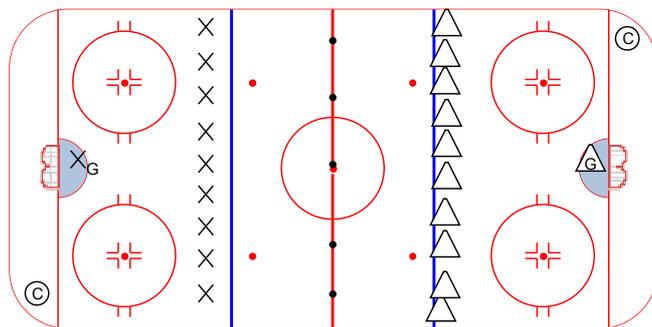
Content elements : _____

Description

- 5 Puck Full Ice Race:
- Players take push-up position facing red line.
 - Coach puts 5 pucks across red line
 - On whistle teams race to score goals at opposite end
 - First team to 3 wins
 - Players can defend own net too
 - Only one shot at a time on goalie

Key Points

- Goalie Must be Ready!**
- _____
 - _____
 - _____



Categories

Scoring

Competitive Games

Drill Title : 2 v 0 Scoring Game

Components : _____

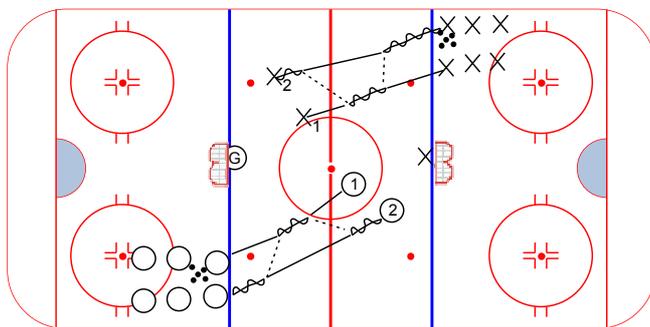
Content elements : _____

Description

2 v 0 Scoring Game:
-X1 & X2 race against O1 & O2 to score 2 goals
-After scoring the first, return to own line to get 2nd puck & regroup
-After scoring 2nd, sprint back across red line in direction of original line
-1st team to cross red line with 2 goals wins point

Key Points

- Goalies set saves aside
- Retrieve misses
- Finish w/sprint



Title : 3 Puck Break Away Game

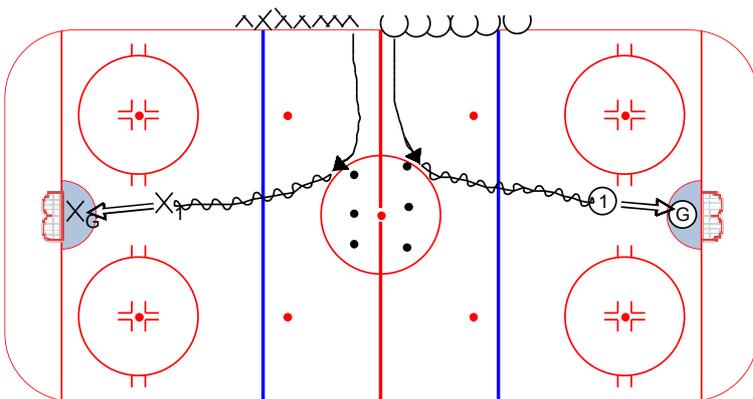
Content elements: Break Away Scoring

Components : Conditioning

Description

3 Puck Break Away Game:

- Players are on benches
- Coach puts 3 pucks each side of center circle
- After shooting:
 - Scorer heads to bench, change on fly
 - Non-scorer MUST return puck to center circle
 - Once puck is in circle next player can leave
- First team to score 3 goals wins



Key Points :

Change on Fly

Return Puck on Miss

Categories

Scoring

Competitive Games

Drill Title : 5 Puck Full Ice Race

Components : _____

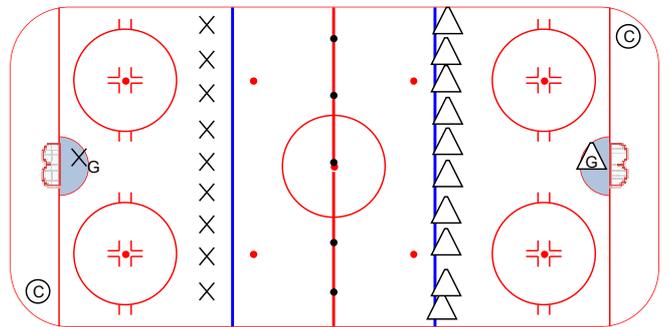
Content elements : _____

Description

- 5 Puck Full Ice Race:
- Players take push-up position facing red line.
 - Coach puts 5 pucks across red line
 - On whistle teams race to score goals at opposite end
 - First team to 3 wins
 - Players can defend own net too
 - Only one shot at a time on goalie

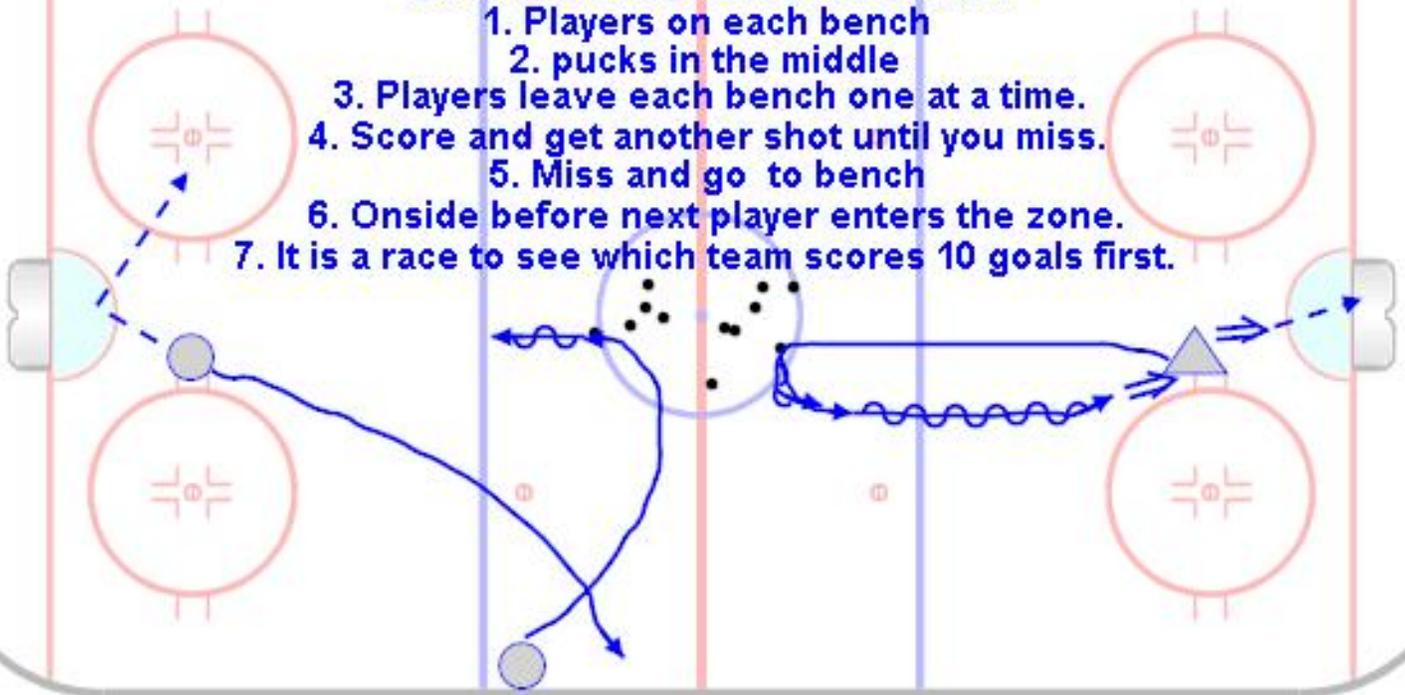
Key Points

- Goalie Must be Ready!**
- _____
 - _____
 - _____



SHOOTOUT RACE TO 10 GOALS

1. Players on each bench
2. pucks in the middle
3. Players leave each bench one at a time.
4. Score and get another shot until you miss.
5. Miss and go to bench
6. Onside before next player enters the zone.
7. It is a race to see which team scores 10 goals first.



10 Puck Relay:

Description:

- Coaches have 10 pucks each
- Players skate around opposite net and come back to goal nearest their line.
- Both sides go at same time
- Players shoot, rebound, then pass to their line.
- Shots that miss net must be retrieved.
- New pucks handed out only after a goal
- First team to score 10 goals wins
- Can also be done 2 v 0

Categories
Scoring

Competitive Games

Drill Title : 10 Puck Relay

Components : _____

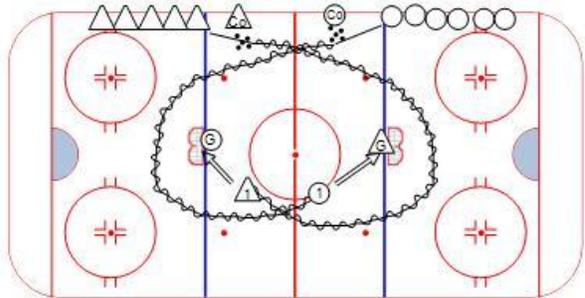
Content elements : _____

Description

10 Puck Relay:
-Coaches have 10 pucks each
-Players skate around opposite net and come back to goal nearest their line.
-Both sides go at same time
-Players shoot, rebound, then pass to their line.
-Shots that miss net must be retrieved.
-New pucks handed out only after a goal
-First team to score 10 goals wins
-Can also be done 2 v 0

Key Points

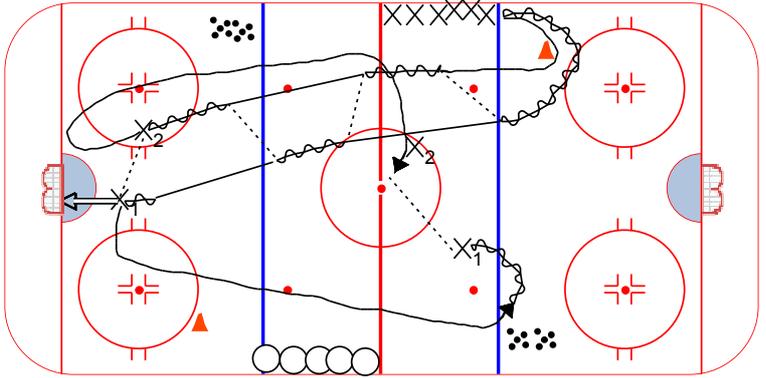
- Heads Up
- Hit Net
-
-
-



Title : Full Ice 2 v 0 Scoring Gam Content elements: _____ Components : _____

Description

Full Ice 2 v 0 Scoring Game:
-Play starts on whistle, both sides going at same time
-X1 & X2 race to score 2 goals vs O1 & O2
-After 1st goal X1 & X2 retrieve puck from far blue
-Both players must cross red line on regroup
-After 2nd goal players sprint back to cross red line
-First side to cross red line with 2 goals gets point



Key Points :

Heads Up

Good Passes

Finish Strong

E1 Change on the Go with Pass Shootout

Key Points:

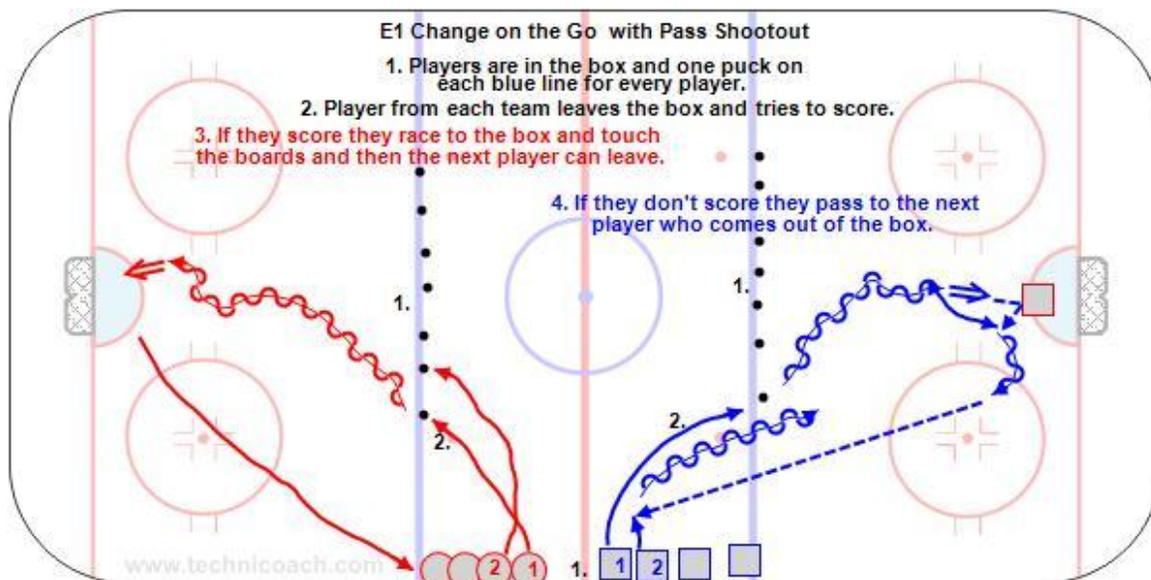
Players should work on selling the fake, change of pace and making the goalie move first. The goalie must time his retreat into the net to keep good angles on shots and cover the goal line on dekes.

Description:

1. Players are in the box and one puck on each blue line for every player.
2. Player from each team leaves the box and tries to score.
3. If they score they race to the box and touch the boards and then the next player can leave.
4. If they don't score they pass to the next player who comes out of the box.
5. Losing team do something for every goal they lose by.

*To make it realistic the goalie should practice starting from the goal line and coming out.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120415181657595>



E1 Change on the Go with Pass Shootout

Key Points:

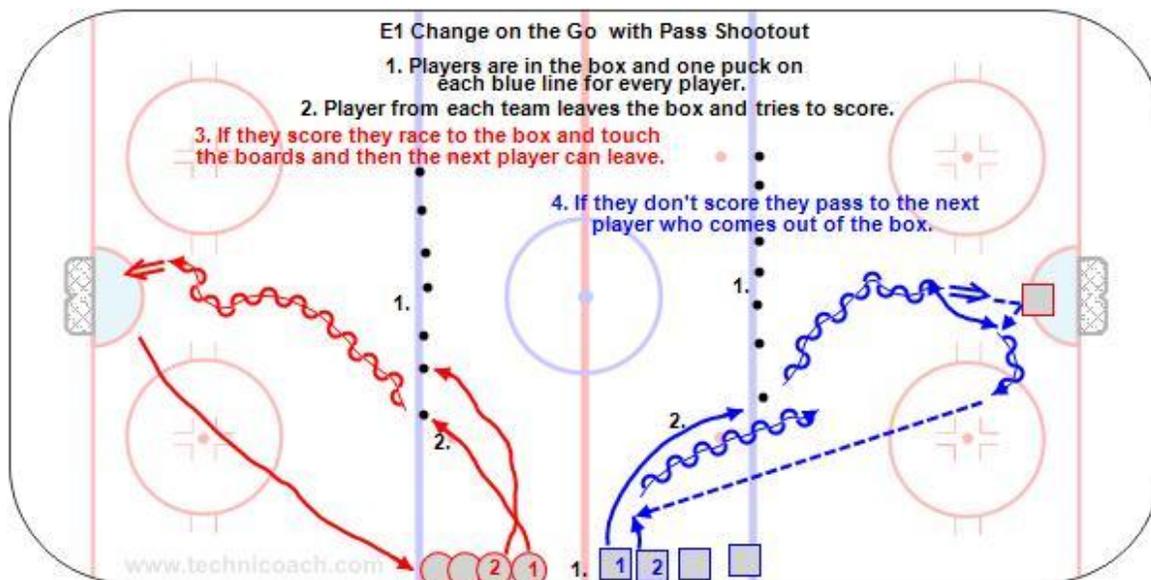
Players should work on selling the fake, change of pace and making the goalie move first. The goalie must time his retreat into the net to keep good angles on shots and cover the goal line on dekes.

Description:

1. Players are in the box and one puck on each blue line for every player.
2. Player from each team leaves the box and tries to score.
3. If they score they race to the box and touch the boards and then the next player can leave.
4. If they don't score they pass to the next player who comes out of the box.
5. Losing team do something for every goal they lose by.

*To make it realistic the goalie should practice starting from the goal line and coming out.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120415181657595>



E1 Elimination Shootout – Russia U20

Key Points:

Make a hard fake to cause the goalie to move and then shoot where he isn't. Also shoot where the goalie is coming from and not where he is going. General principle is if goalie is out far deke and backs in shoot.

Description:

1. Everyone gets one shot.
2. Those who score get another shot.
3. Miss and you are out.
4. Winner is the last one left after all others have missed once.

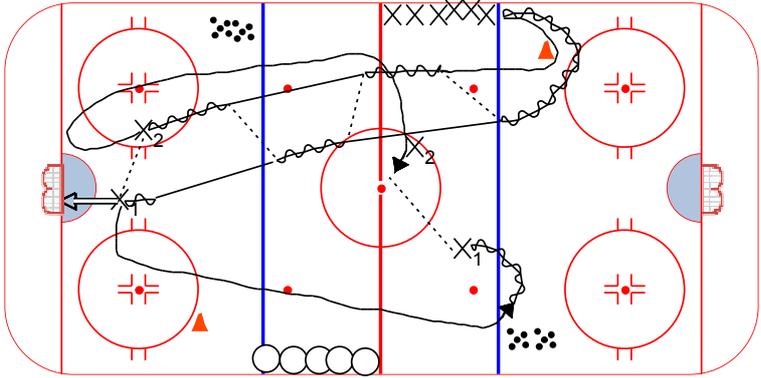
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Title : Full Ice 2 v 0 Scoring Gam Content elements: _____ Components : _____

Description

Full Ice 2 v 0 Scoring Game:
-Play starts on whistle, both sides going at same time
-X1 & X2 race to score 2 goals vs O1 & O2
-After 1st goal X1 & X2 retrieve puck from far blue
-Both players must cross red line on regroup
-After 2nd goal players sprint back to cross red line
-First side to cross red line with 2 goals gets point



Key Points :

Heads Up

Good Passes

Finish Strong

E1 Gambling Shootout

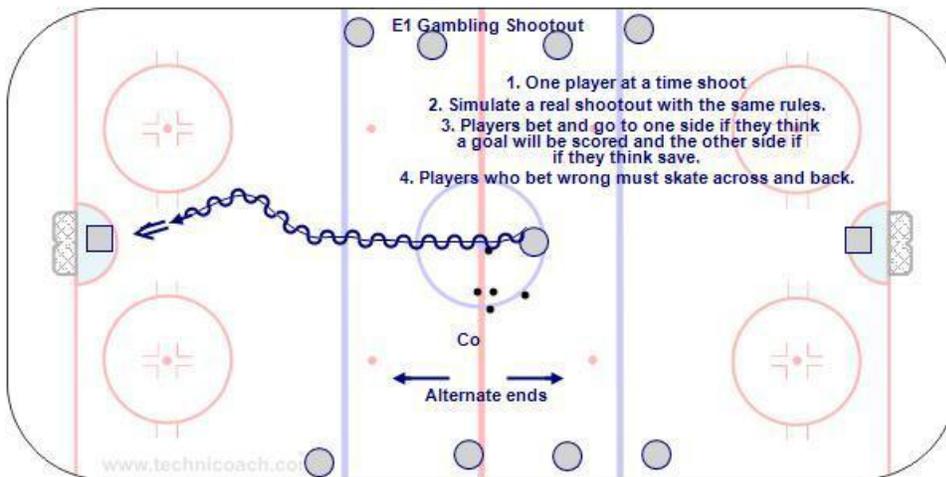
Key Points:

Simulate a real shootout by placing the puck on the dot and the player starting on the whistle and the goalie not moving until the player touches the puck. Get the goalie used to shootout skating.

Description:

1. One player at a time shoots.
2. Simulate a real shootout with the same rules.
3. Players bet and go to one side if they think a goal will be scored and the other side if they think save.
4. Players who bet wrong must skate across and back.
5. Alternate ends.

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E1 Shootout from Blue Lines - Latvia U20

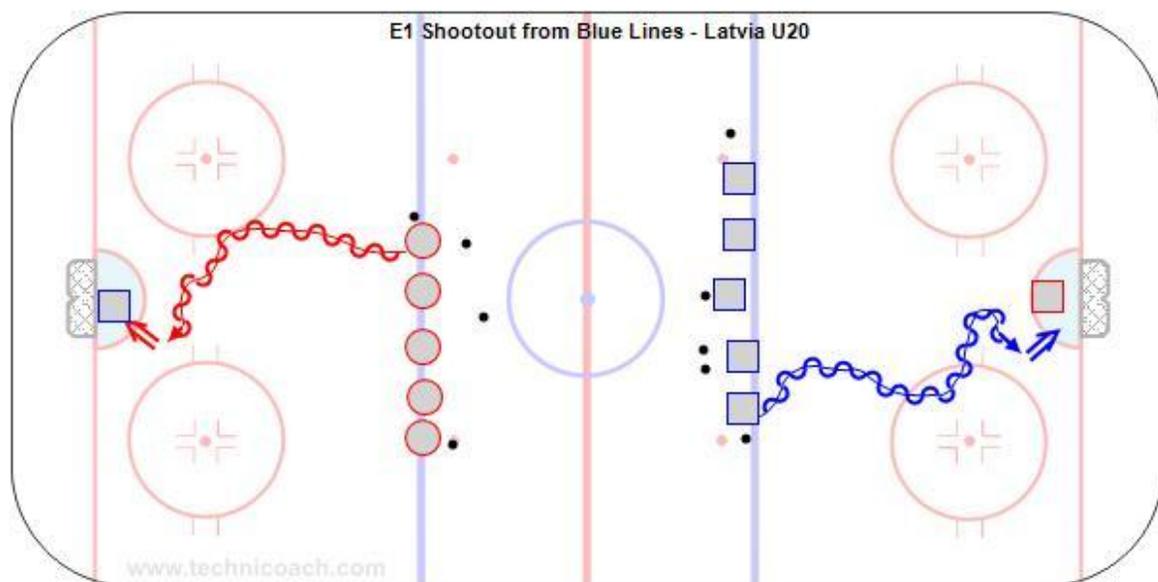
Key Points:

Goalie play from out to backing in to the net ready to poke check if the player exposes the puck. Shooters make the goalie move first and shoot where they are coming from and not where they are going. Shoot five hole if they open up, high if they go down and just over the pad and under the glove when they are down. Make them cover the entire width of the net by coming in from a side.

Description:

Players line up along the blue lines at each end and take turns shooting. Create competitions and eliminations to make it competitive.

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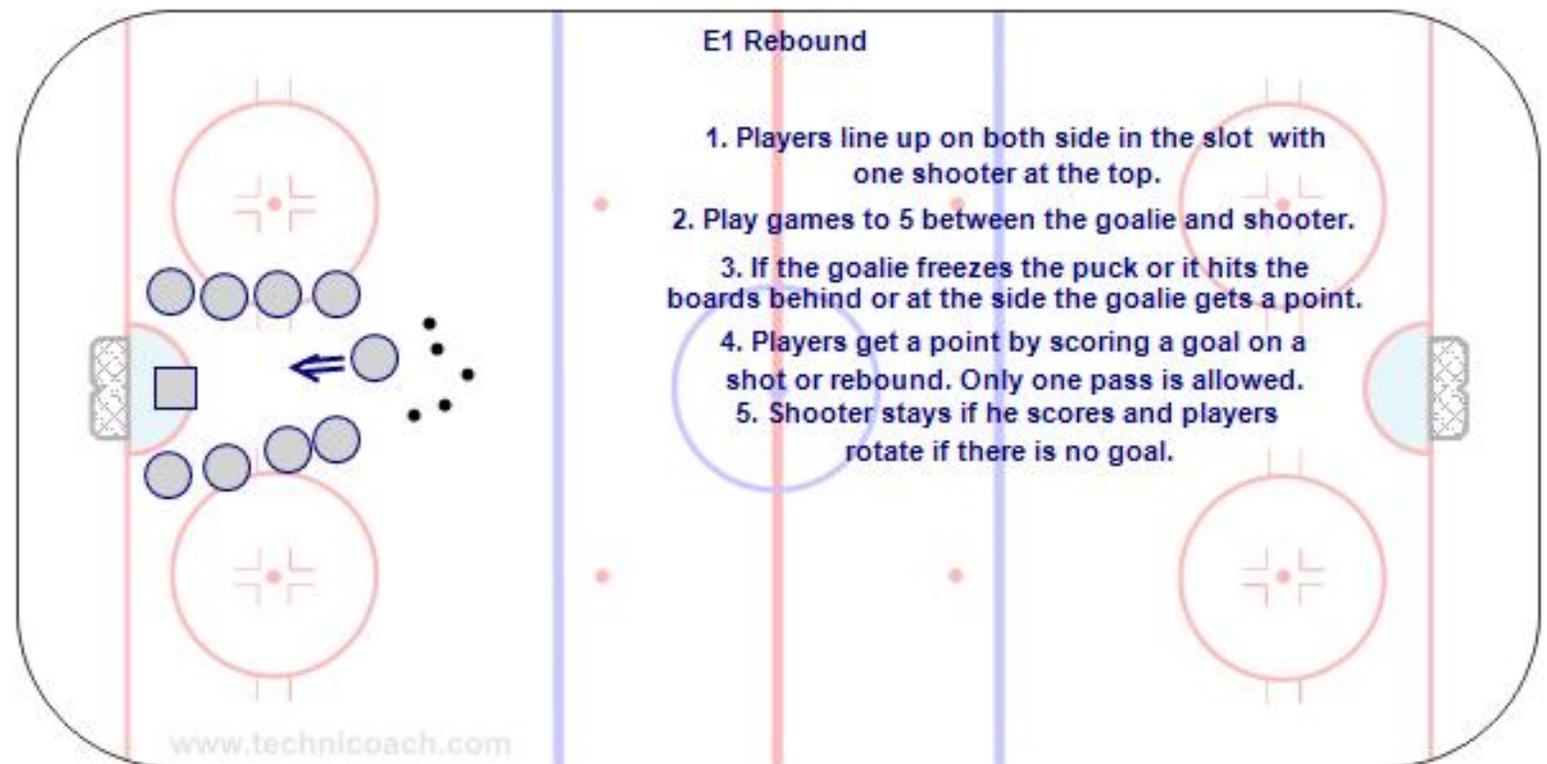
E1 Rebound

Key Points:

Make quick shots and one timers and goalie read the play.

Description:

1. Players line up on both side in the slot with one shooter at the top.
2. Play games to 5 between the goalie and shooter.
3. If the goalie freezes the puck or it hits the boards behind or at the side the goalie gets a point.
4. Players get a point by scoring a goal on a shot or rebound. Only one pass is allowed.
5. Shooter stays if he scores and players rotate if there is no goal.



E1 Rebound Game

This is a scoring contest that seems to be loved by players of all ages everywhere in the hockey world.

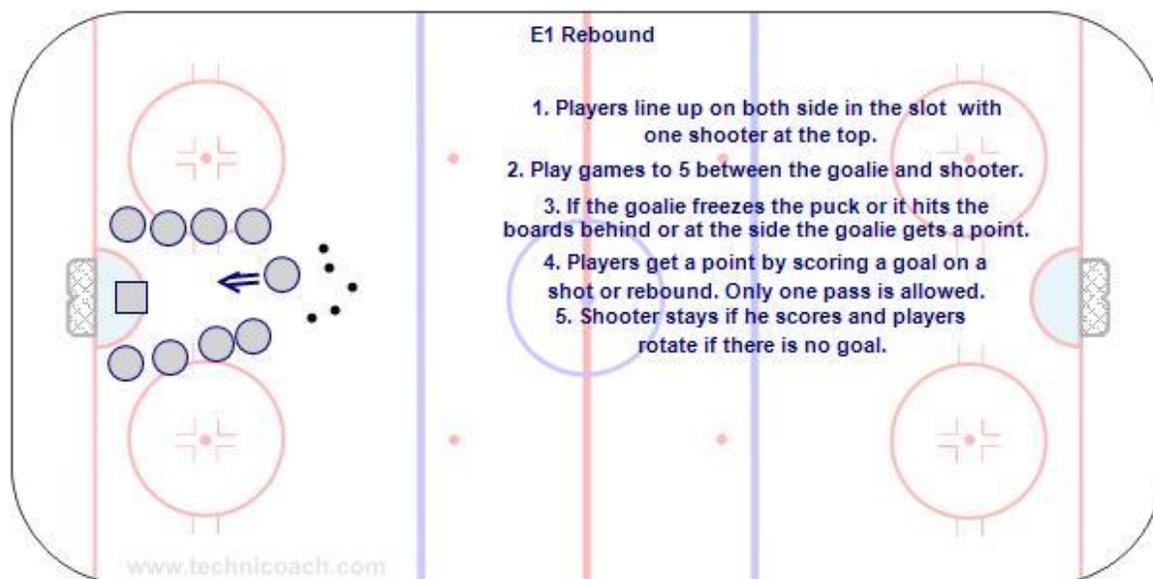
Key Points:

Make quick shots and one timers and goalie read the play.

Description:

1. Players line up on both side in the slot with one shooter at the top.
2. Play games to 5 between the goalie and shooter.
3. If the goalie freezes the puck or it hits the boards behind or at the side the goalie gets a point.
4. Players get a point by scoring a goal on a shot or rebound. Only one pass is allowed.
5. Shooter stays if he scores and players rotate if there is no goal.

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E1 Shoot then Breakaway – Pro

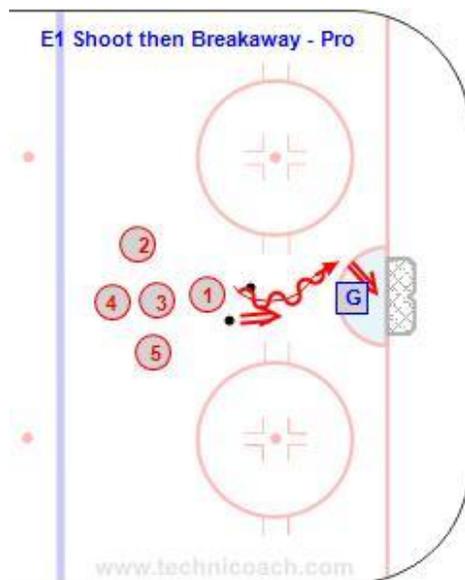
Key Points:

Skaters shoot to score. Hide the shot and use deception. Sell the fake on the breakaway. create a contest where shooters get a point for each goal and the goalie a point for each save.

Description:

1. Skaters play against each other and the goalie and goalie against the skaters.
2. Player 1 shoot from the top of the circles.
3. Player 1 take a second shot skating in on the goalie.
4. Goalie one point for each save.
6. Skaters one point for each goal.

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E1 Shoot Until You Score Race 1-0, 2-0, 3-0

Key Points:

Players should attack quickly, pass early, shoot to score. Goalies must battle and never give up.

Description:

1. Place one puck on the bluelines for each player on the bench according to the largest team.
2. One player leaves from the bench and must keep shooting until a goal is scored.
3. Scoring player skate hard to the bench and touch the boards with the stick and a player joins him/her and they attack 2-0.
4. Repeat after a goal and attack 3-0.
5. All three players rush back and touch the boards and then repeat.
6. The team that scores all the pucks first wins.

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E1 Shootout 2-0 Both Must Score

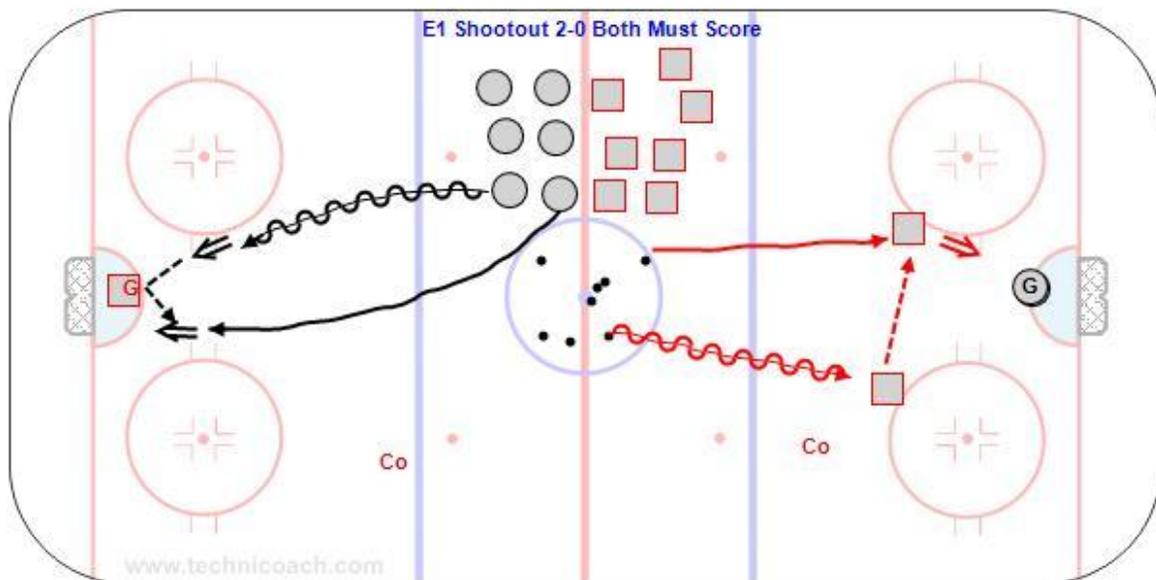
Key Points:

Goalie vs Goalie and Team vs Team. Attack with speed and shoot to score. Goalie focus on the shooter then play the pass or rebound. Keep the puck alive after it is frozen.

Description:

1. Two players leave from each team.
2. Only one pass is allowed in the offensive zone.
3. Both players must score.
4. After the first goal get a new puck.
5. Stay in the zone until you score. Goalie shoot frozen pucks to the side.

Rule: Score on first shot then no laps. Score on second shot one lap. If it takes three or more shots to score two laps. Losing goalie one lap.



E1 Shootout 2 Shots

Key Points:

Players should come in and make a hard move and shoot. The general rule on a breakaway is if the goalie is out far deke and if he backs in shoot.

Description:

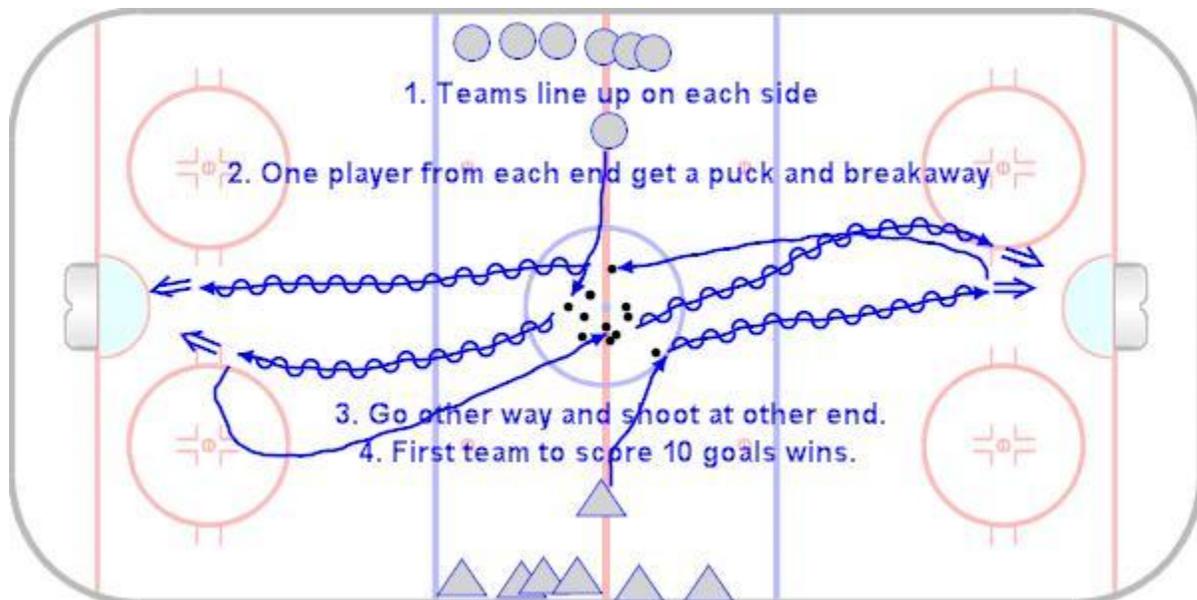
1. Teams line up across from each other and the pucks are in the middle circle.
2. One player from each team leaves and shoot at opposite ends.
3. The same players turn back and get another puck from the middle and shoot at the other end.
4. Continue until all the players have shot and keep score.

- You can also decide the winner by saying the most goals in a certain time or the first team to 10 or another total wins.

- Players that score no goals do 2 laps, those who score one goal skate one lap and those who score on both shots zero laps.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100913081322146>

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100913081621644>



E1 Shootout – Russian U20

Key Points:

Goalie play it like a regular shootout and leave from the goal line to get used to coming out and then timing the skating back with the shooters speed. Shooter make the goalie move and 'shoot where he is coming from and not where he is going.' Remember that under the crossbar is always a good shot; as Glen Hall said, "there is no one up there."

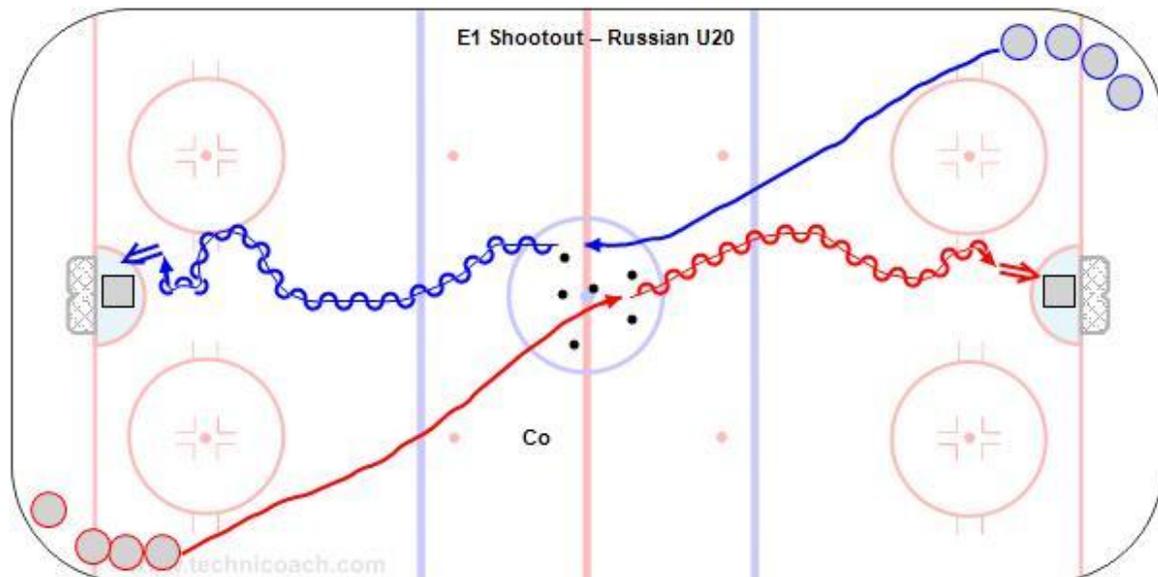
Description:

Shootout competition.

The pucks are in the middle and each player gets one shot vs. each goalie with the team that scores the most goals the winner. Players leave from diagonal corners.

In this video of the Russians the losing team had to walk on their knees from the blue to the red line.

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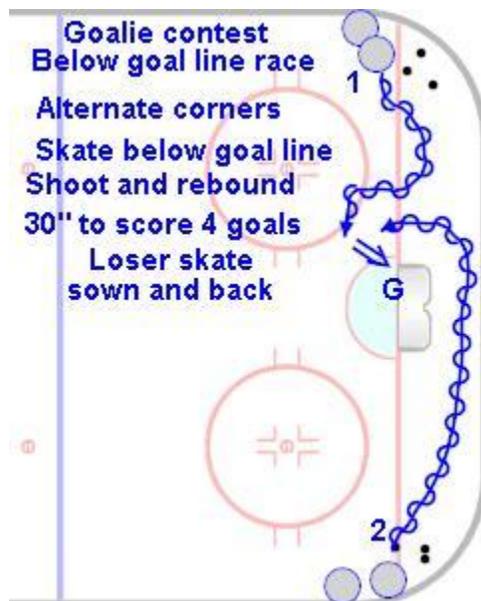
E1 Shootout Contest Below the Goal Line

Key Points:

Players must walk out from below the goal line with power moves. Protect the puck and shoot high on butterfly goalies, to the far post on stand ups or through the legs on either style. Another option on a wrap around is to jam it inside the near post before the goalie gets across the net.

Description:

1. Players line up in each corner. The coach could put a glove or cone to mark where they can walk out.
2. Players carry the puck and either walk out or wrap around to score.
3. Alternate corners.
4. The player gets 30" to score 4 goals.
5. Players who don't score 4 goals must skate down and back.
6. If the goalie allows a certain number of players to score 4 goals then he skates down and back at the end of the contest.
7. Alternative is to go one player at a time from alternate corners and keep score.



E1 Shootout from Blue Lines - Latvia U20

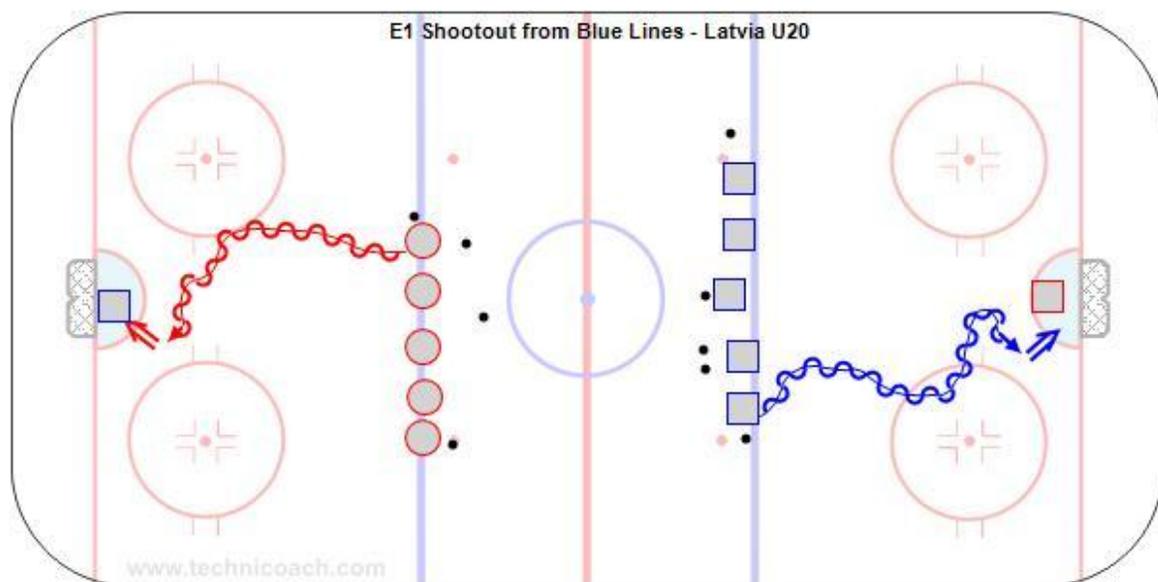
Key Points:

Goalie play from out to backing in to the net ready to poke check if the player exposes the puck. Shooters make the goalie move first and shoot where they are coming from and not where they are going. Shoot five hole if they open up, high if they go down and just over the pad and under the glove when they are down. Make them cover the entire width of the net by coming in from a side.

Description:

Players line up along the blue lines at each end and take turns shooting. Create competitions and eliminations to make it competitive.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120229081043104>



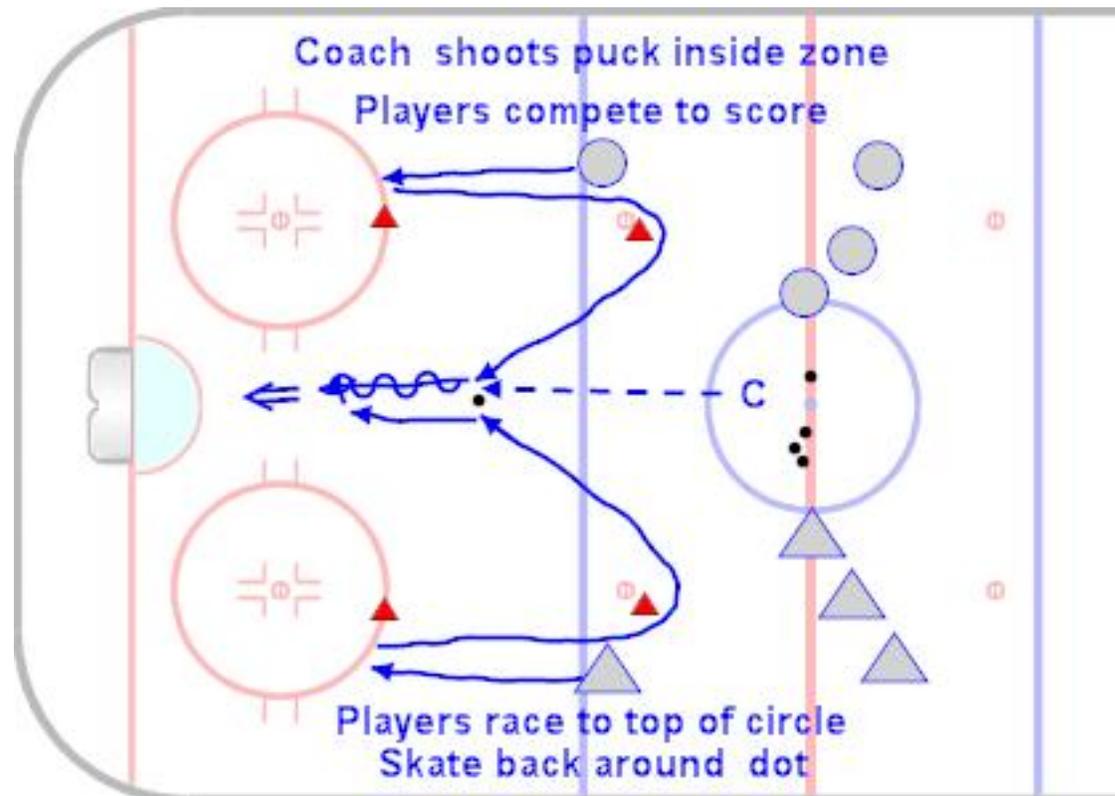
E1 Shootout Race

Key Points:

Players do tight turns and protect the puck. No penalties.

Description:

1. Players line up in the neutral zone and the coach has pucks to dump inside blueline.
2. Players start from the blueline and race to the top of the circle, tight turn, back around the nzone faceoff dot and then compete for the puck.
3. No penalties but fight hard.
4. Goals come from the original shot or a quick shot following any rebound in the slot.



E1 Shootout Race 1

Key Points

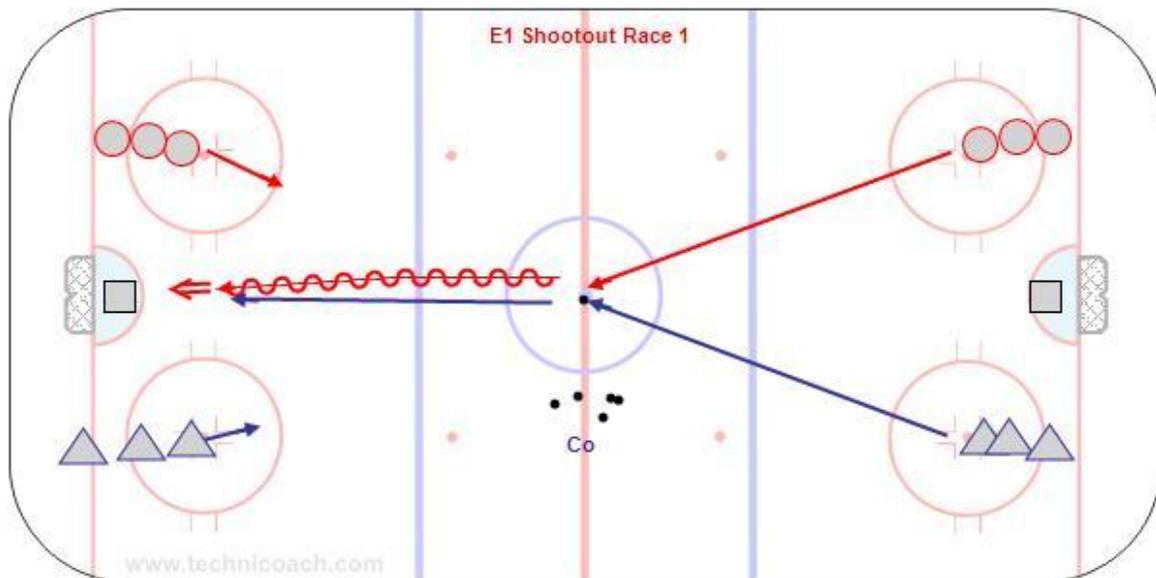
Players must have one skate on the dot at the start. No hooking or tripping. Skate to get D side and get the puck.

*This is a great contest for puck protection, battling, scoring and a good anaerobic conditioning exercise. Keep score with one colour vs the other.

Description

1. Players are lined up behind the face of dots at each end.
2. A player from each team race for the puck which the coach puts on the middle dot.
3. Protect the puck and try to score vs backchecking opponent.
4. Another puck on the dot and repeat the other way.

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E1 Shootout Race – Sweden Checking 1

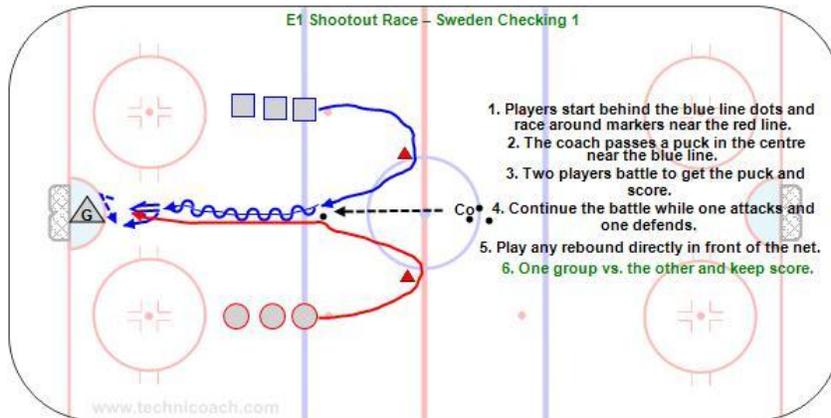
Key Points:

Players must skate hard and battle for net side body position. Player who wins the puck must protect it and the checker fight for defensive side without taking a penalty. They should play any rebound in the slot.

Description:

1. Players start behind the blue line dots and race around markers near the red line.
2. The coach passes a puck in the centre near the blue line.
3. Two players battle to get the puck and score.
4. Continue the battle while one attacks and one defends.
5. Play any rebound directly in front of the net.
6. One group vs. the other and keep score.

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E1 Shootout Race a With Tight Turn

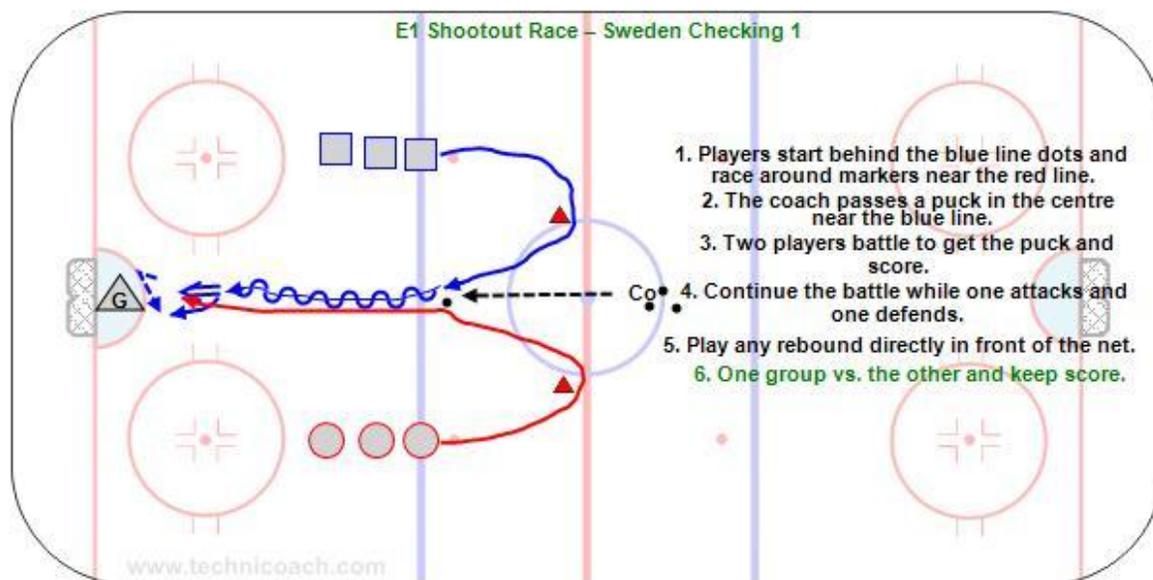
Key Points:

Players must skate hard and battle for net side body position. Player who wins the puck must protect it and the checker fight for defensive side without taking a penalty. They should play any rebound in the slot.

Description:

1. Players start behind the blue line dots and race around markers near the red line.
2. The coach passes a puck in the centre near the blue line.
3. Two players battle to get the puck and score.
4. Continue the battle while one attacks and one defends.
5. Play any rebound directly in front of the net.
6. One group vs. the other and keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130326083233790>



E1 Speed Scoring 2-1 to 2-2 – Finland

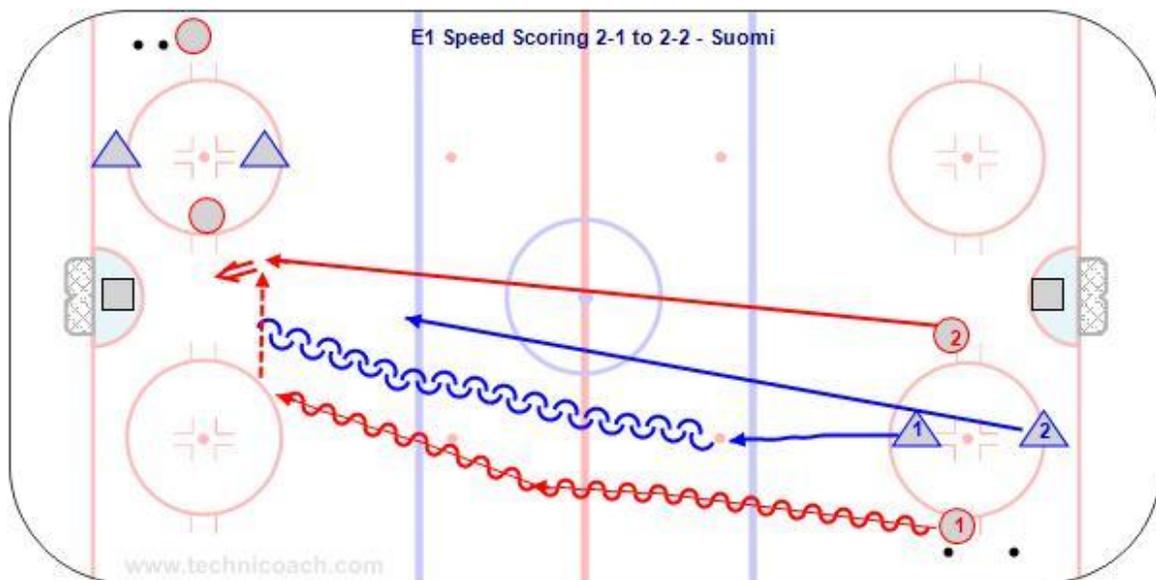
Key Points:

The purpose is to attack as quickly as possible and pass and shoot while skating.

Description:

1. Start from one end and when everyone is gone go the other way.
2. Attackers 1 and 2 leave from above the hash marks.
3. Defender 1 is inside the top of the circle with his stick upside down start forward and turn to back skating.
4. Defender 2 start from below the circle and back check.
5. Attacker 1 and 2 race down the ice to score and only ONE PASS is allowed.
6. Keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121119180045227>



E1 Two Goal Relay Race

Key Points:

Work on shooting one timers and scoring on rebounds. Good habits like face the puck, give a target with the stick on the ice. Limit of 2 passes before each shot.

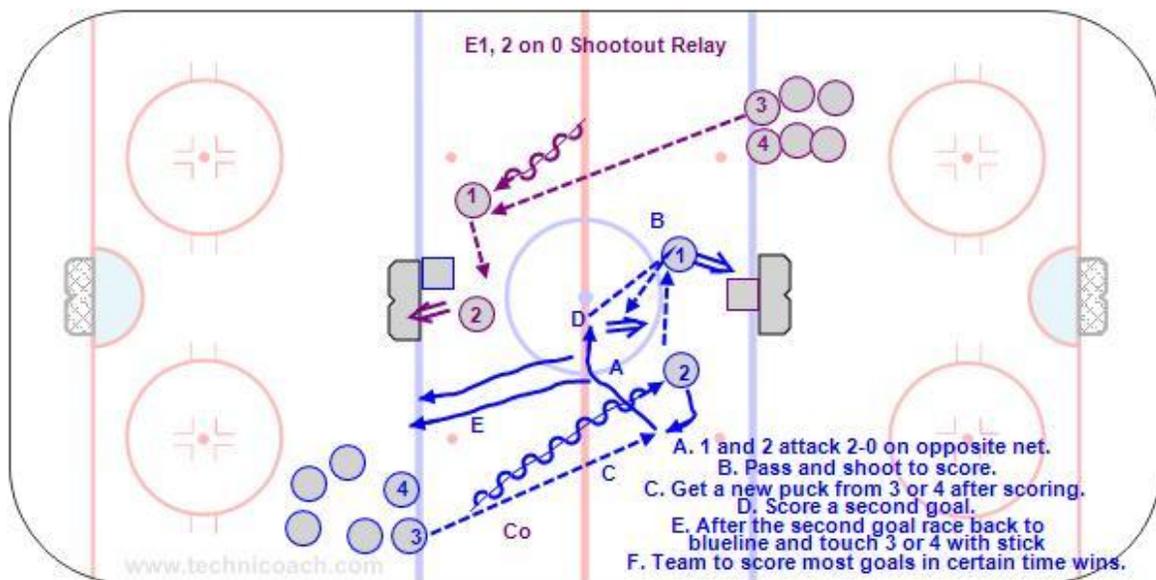
Description:

- A. 1 and 2 attack 2-0 on opposite net.
- B. Pass and shoot to score.
- C. Get a new puck from 3 or 4 after scoring.
- D. Score a second goal.
- E. After the second goal race back to the blueline and touch 3 or 4 with stick on shin pad.
- F. Team to score most goals in certain time wins.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120914084920694>

This is the same game but the nets are cross ice instead of at the blue line. Bnefit is that the wide shots stay in play.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130111093614490>



E1 Two Shot Shootout

Key Points:

Players should come in and make a hard move and shoot. The general rule on a breakaway is if the goalie is out far deke and if he backs in shoot.

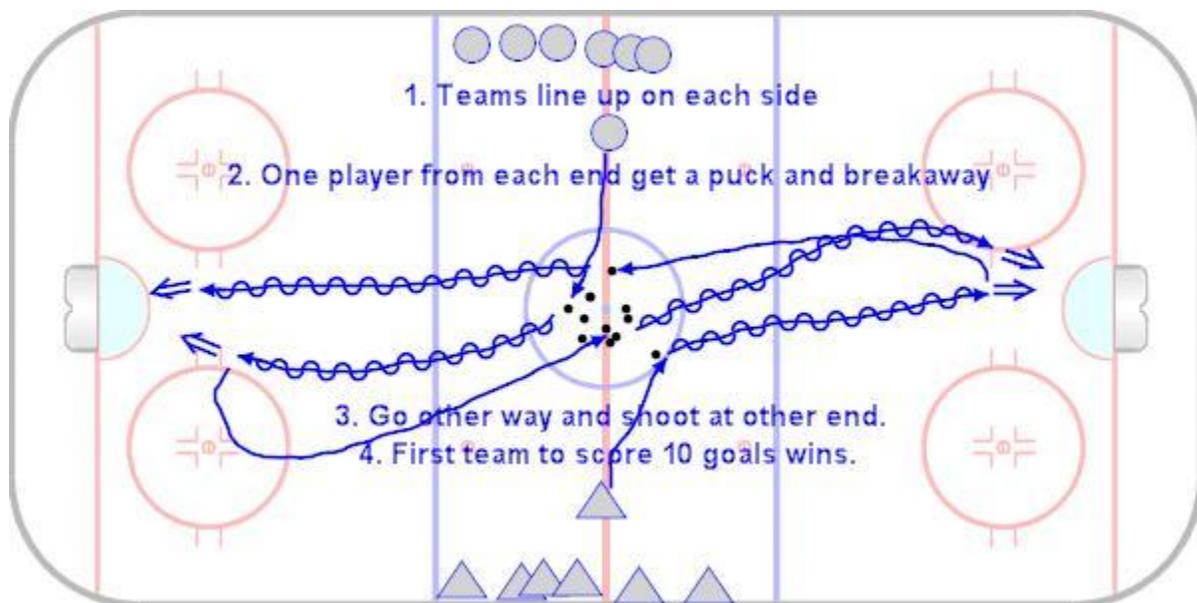
Description:

1. Teams line up across from each other and the pucks are in the middle circle.
2. One player from each team leaves and shoot at opposite ends.
3. The same players turn back and get another puck from the middle and shoot at the other end.
4. Continue until all the players have shot and keep score.

You can also decide the winner by saying the most goals in a certain time or the first team to 10 or another total wins.

- Players that score no goals do 2 laps, those who score one goal skate one lap and those who score on both shots zero laps.

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E1, 2 on 0 Shootout Race

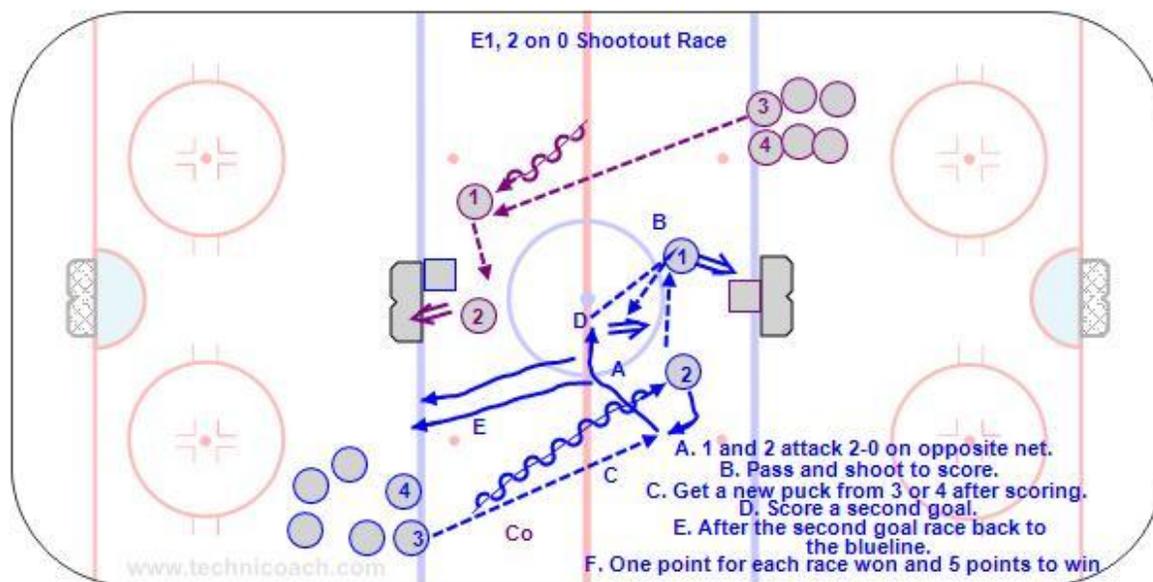
Key Points:

Work on shooting one timers and scoring on rebounds. Good habits like face the puck, give a target with the stick on the ice.

Description:

- A. 1 and 2 attack 2-0 on opposite net.
- B. Pass and shoot to score.
- C. Get a new puck from 3 or 4 after scoring.
- D. Score a second goal.
- E. After the second goal race back to the blue line.
- F. One point for each race won and 5 points to win the game.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101223080124158>



E300 3 on 2 Contest

Key Points:

Forwards compete with the defense and goalie. Points are awarded for shots and goals as well as defensive plays. Coach times 20" for the attack. Play ends if the puck is frozen, a goal scored or the defenders clear the zone. Record the score.

Description:

Forward Points:

1 point for each shot. up to 2 pts.

3 points for a goal.

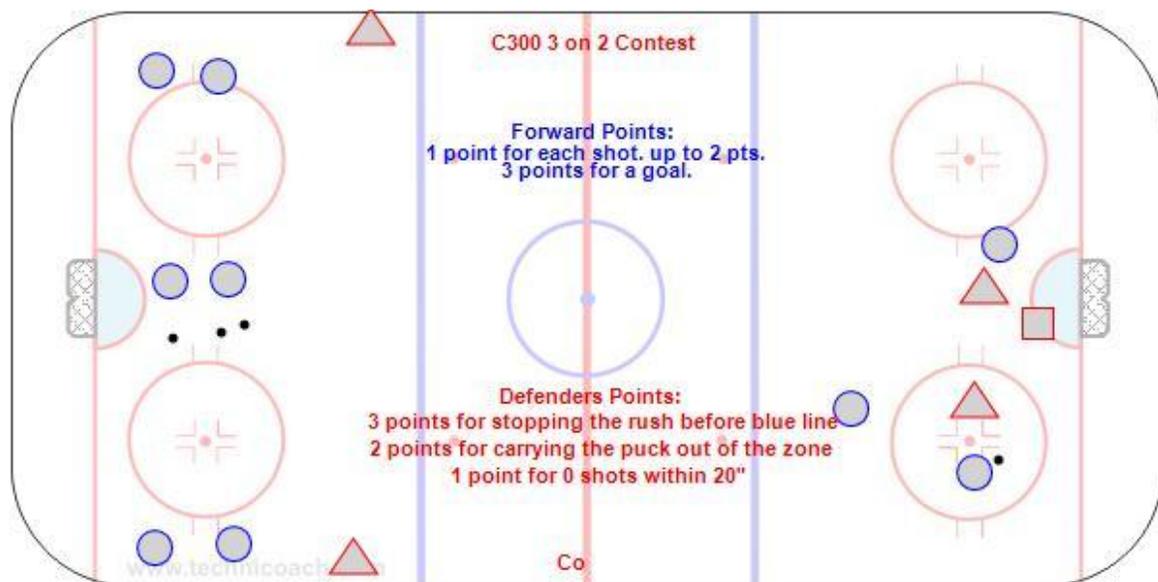
Defenders Points:

3 points for stopping the rush before blue line

2 points for carrying the puck out of the zone

1 point for 0 shots within 20"

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Categories

Scoring

Competitive Games

Drill Title : 2 v 0 Scoring Game

Components : _____

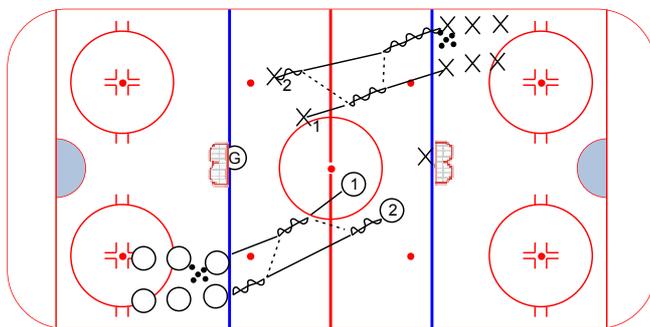
Content elements : _____

Description

2 v 0 Scoring Game:
-X1 & X2 race against O1 & O2 to score 2 goals
-After scoring the first, return to own line to get 2nd puck & regroup
-After scoring 2nd, sprint back across red line in direction of original line
-1st team to cross red line with 2 goals wins point

Key Points

- Goalies set saves aside
- Retrieve misses
- Finish w/sprint
-



Title : 3 Puck Break Away Game

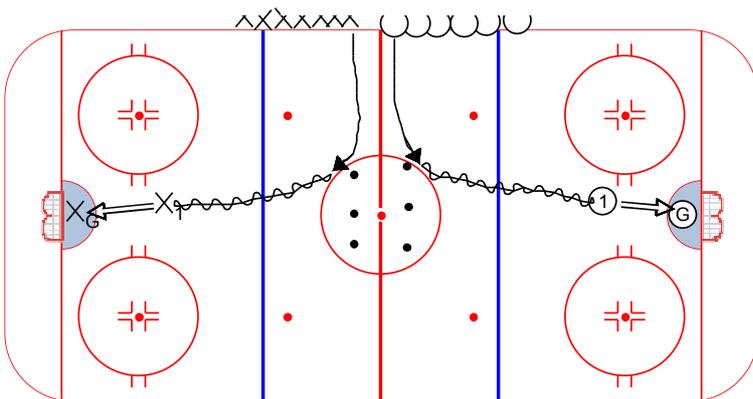
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Components : Conditioning

Description

3 Puck Break Away Game:

- Players are on benches
- Coach puts 3 pucks each side of center circle
- After shooting:
 - Scorer heads to bench, change on fly
 - Non-scorer MUST return puck to center circle
 - Once puck is in circle next player can leave
- First team to score 3 goals wins



Key Points :

Change on Fly

Return Puck on Miss

E1 2-0 Change on Go Shootout

Key Points:

The main goal of this shootout is for the goalies to battle and never give up on shots. It is more realistic if only one pass per shot is allowed but if the goal is for the goalie to battle put no restrictions on the shooters.

Description:

1. Half the team in each box and as many pucks on the blue line as the number of the largest team.
2. Two players leave from the box, get a puck from the blue line and shoot until they score.
3. After scoring race back and touch the player box gate so the next two can leave.
4. First team to score all the pucks wins.
5. Losers do a chore or exercise.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121109085854143>

