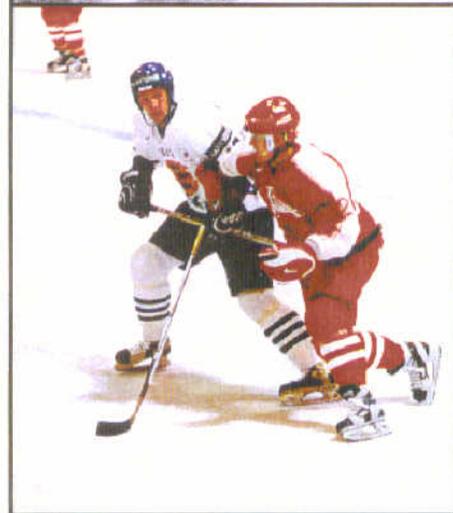




**Juhani
Wahlsten**

**Tom
Molloy**



Das **ABC** des internationalen Eishockey



B2 1-0 Pivot Circle - Shoot - Kazakstan W

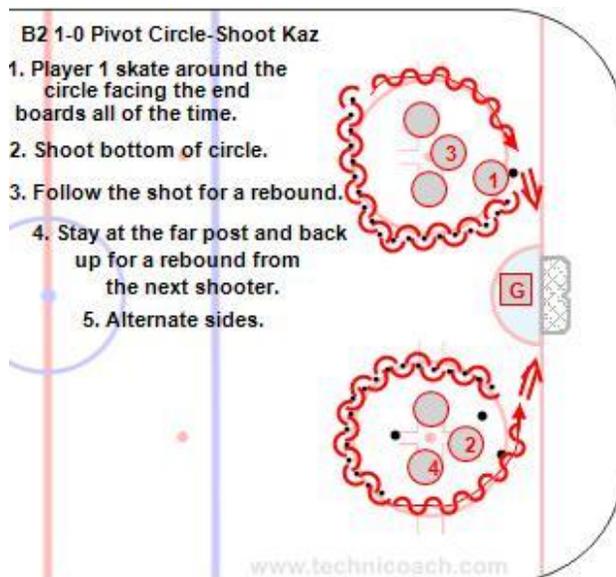
Key Points:

Face the inside while skating around the circle. Keep two hands on the stick. Shoot and follow the shot. Back up at stay at the far post for a rebound.

Description:

1. Player 1 skate around the circle facing the end boards all of the time.
2. Shoot bottom of circle.
3. Follow the shot for a rebound.
4. Stay at the far post and back up for a rebound from the next shooter.
5. Alternate sides.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120903095712464>



"BODY ON BODY AND STICK ON THE PUCK"

This is the phrase that Brad McCrimmon coined when he presented at a Hockey Canada International Coaching Symposium.

I have heard hundreds of presentations but the one McCrimmon gave on playing defense was the best I have ever listened to.

If you follow that rule when checking the puck carrier then you automatically have the proper angle and if your stick is on the puck you automatically 'ELIMINATE HITS TO THE HEAD' as well as high sticking, elbowing, boarding and charging.

Brad was killed along with the rest of his team last season in a plane crash in Russia.

I propose that all of hockey adopt the 'Brad McCrimmon Rule' in his honour and eliminate the unnecessary injuries that are cause by 'Poor Checking Technique.'

This is how we could teach player good technique and make the game a lot safer at the same time.

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=2083> is a link to the discussion thread on concussions and violence.

D2 - D Shoot - Pass from Coach - Pass to Point – Pro

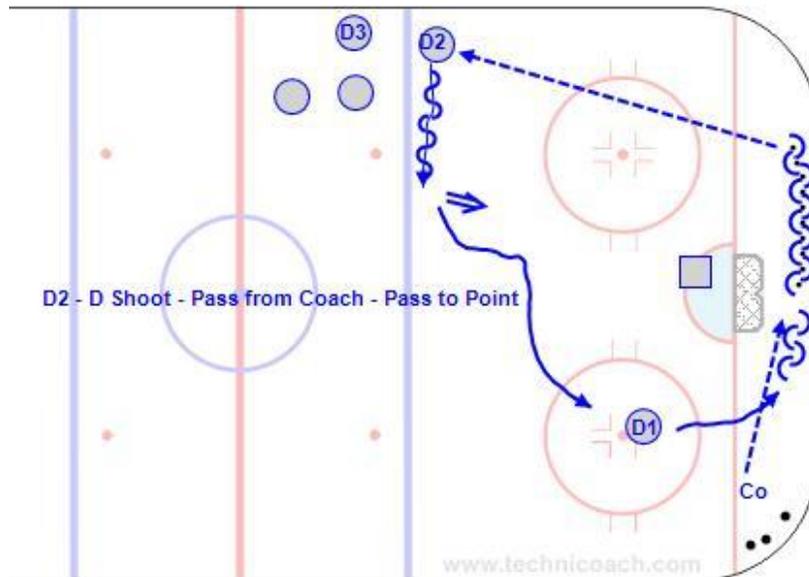
Key Points:

Defense skate along the blue line and shoot. If on the backhand skate forward and turn backward just before taking a slap shot. Hit the net.

Description:

1. Start with D1 skate with a puck between the dots and shoot.
2. D1 follow the shot then skate below the goal line.
3. Coach pass a new puck to D1.
4. D1 pivot and pass to D2 who repeats the shoot-get a pass-pass to point sequence.
5. Do from both sides.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20131212193401188>



B2 - Defense Individual Skill and Partner Drills – Pro

Key Points:

Defense do a series of drills to practice shooting, passing, hinge, breakout options.

Description:

1. Point shots while moving.
2. Keep the puck in then shoot or pass.
3. Skate to the big ice and pass.
4. Set up shots from the mid point.
5. One D breakout options.
6. D partners hinge and double hinge.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080720200747488>



B2 Alternate Point Shots-HC Dukla Jihlava

Key Points:

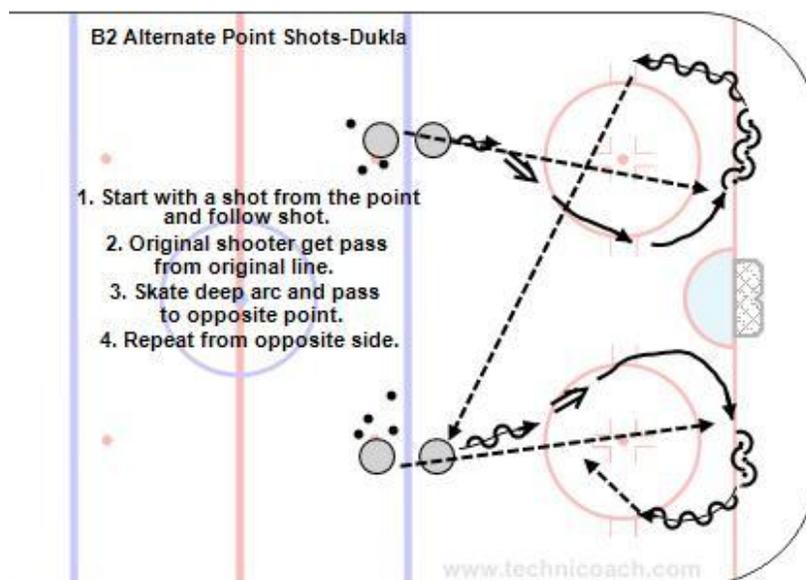
Move when you get the puck and shoot. Make hard passes.

Good goalie warm up.

Description:

1. Start with a shot from the point and follow shot.
2. Original shooter get pass from original line.
3. Skate deep arc and pass to opposite point.
4. Repeat from opposite side.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100830105454967>



B2 Cross and Drop Shooting-Washington

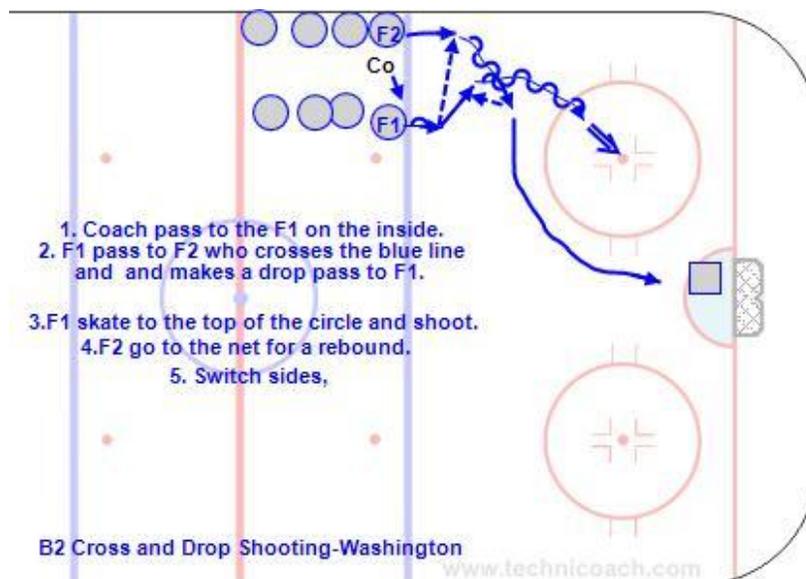
Key Points:

Quick feet. Make the cross and drop then head to the net for a rebound. Shooter must hit the net. If no shot go five hole or shoot low to the far side to produce a rebound.

Description:

1. Coach pass to the F1 on the inside.
2. F1 pass to F2 who crosses the blue line and makes a drop pass to F1.
3. F1 skate to the top of the circle and shoot.
4. F2 go to the net for a rebound.
5. Change sides.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101125101220861>



B2 One Timers-Pro and International

Key Points:

Have the stick back early ready to shoot. Keep the stick in contact with the ice and in line with the target for as long as possible. This is a drill done all over the world. One timers are the key to a good power play and scoring on the rush.

Description:

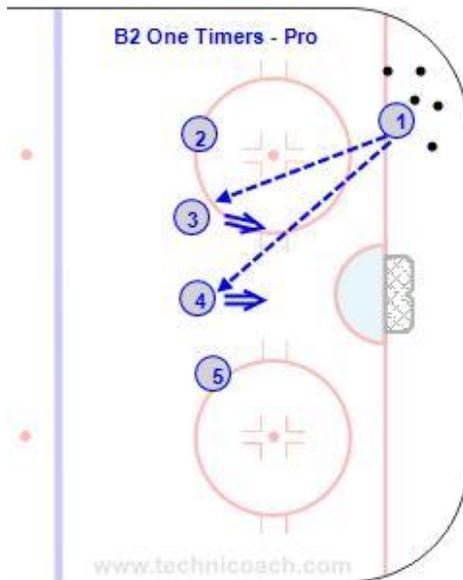
1. Player 1 pass to any of players 2-5.
2. Shooters try to one time the shot.
3. Shooter must adjust their position to get square to the puck.
4. Pass with different speeds and also make imperfect passes to force the shooter to adjust.

HIT THE NET

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121109161357768>

International Pro

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090812164223864>



B2 Pass x 3 Shoot U22 and U18F

Key Points:

One touch the passes and face the puck all of the time. Follow the shot for a rebound and give a target.

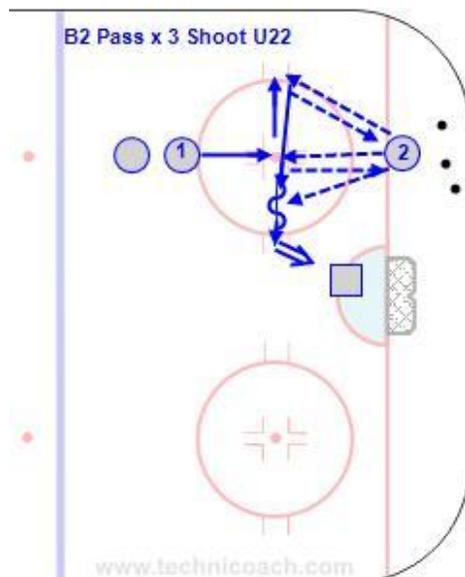
Description:

1. Two leave from the top of the circle.
2. Exchange puck with 2 at the dot.
3. Face the puck and exchange a second time skating to the outside of the circle.
4. Skate to the inside facing the puck and get a third pass from two and shoot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130115094626269>

Repeat the same sequence on the other side.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130201091807144>



B2 Point Shots - Canada U20

Key Points:

Pointman should skate along the line and shoot instead of forward towards the defender. Get inside the dots and shoot. Move laterally in order to miss the shot blocker. Shoot off the ice over sticks low enough to hit the goalies pads and produce rebounds or create deflections. Use snap shots and one timers to get the shot off quickly.

Description:

1. Coach pass to 1 at the point who skates along the blue line inside the dot and shoot.
2. Coach pass to 1 at the point who passes to 2 at the far point and 2 shoots.
3. Coach pass to 1 at the point and 1 pass across to 2 at the far point who skates wide passes back to 1 who skates to the mid-point and shoots.

*The coach alternates passes from easy to ones that are difficult to control.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=94>



B2 Point Shots B600 Give-Go-Shoot_Russian U20

Key Points:

Quick feet and shoot while moving. On the one timer follow through with the stick and front knee pointing to the target.

Description:

B2 Defense Point Shots

1. D1 get puck from along boards, skate inside the dots and shoot.
2. D1 get another puck then pass to D2 for one timer.
3. D2 repeat passing to D3.

B600 Forwards Give-Go-Shoot

1. F1 skate and pass across to F2.
2. F2 pass back to F1 who shoots while skating.
3. F2 repeats from the other side give and go with F3.

*Screening and timing for rebounds can be added.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=78>



B2 Point Shot-Screen, Point to Low then Across – Pro

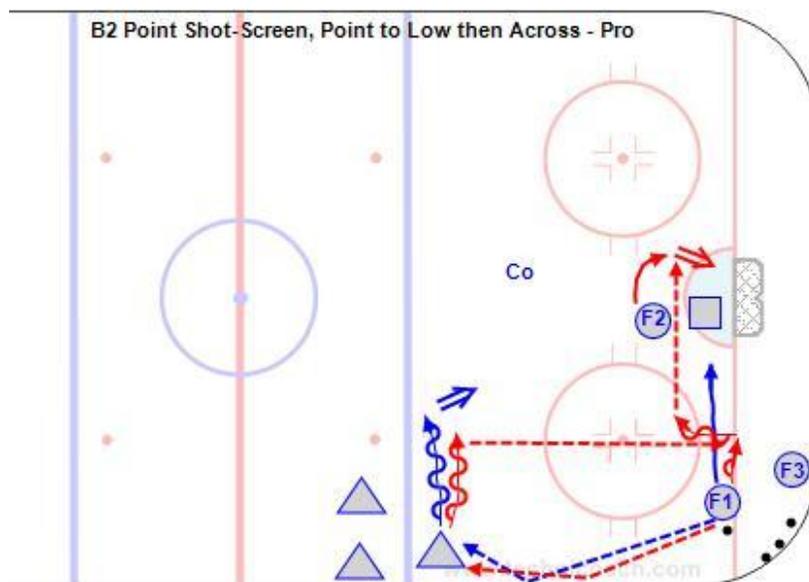
Key Points:

The key is for D1 move between the dots and hit the net. On the second play D1 must freeze the defender with a fake shot and then pass down to F1. F2 must give a target and be strong on his stick to tap a hard pass in.

Description:

1. F1 pass to D1 at the point.
2. D1 drag and shoot while F2 screen and F1 go to the net for a tip or rebound.
3. F1 get a new puck and pass to D1.
4. D1 fake a shot and pass straight down to F1.
5. F1 skate at the net to become a threat and pass across to F2 who slides back to the far post.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131223153030902>



B2 Shooting Defense Rotate High-RB

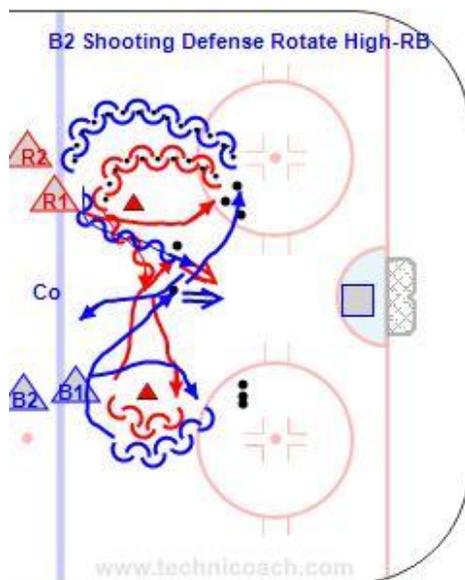
Key Points:

Face up ice all of the time. Cross and leave. Hit the net. Quick feet.

Description:

1. D are lined up near the blue line with pylons and pucks on each side.
2. R1 skate forward for a puck and then around the pylon.
3. B1 skate around the pylon and behind R1.
4. R1 drop the puck to B1 who Shoots.
5. B1 gets a new puck and skates around the pylon while R1 skate around opposite pylon.
6. B1 drop to R1 who shoots.
7. R2 and B2 repeat on the side with B2 starting.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090812164224924>



B2 Transition Skate Shooting

Key Points:

Keep 2 hands on the stick and keep the feet moving. Hit the net.

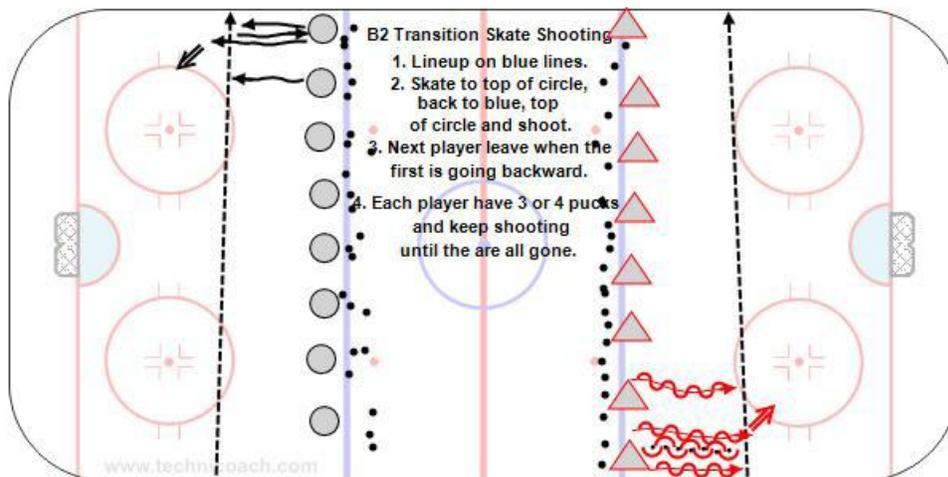
Description:

B2 Transition Skate Shooting

1. Lineup on blue lines.
2. Skate to top of circle, back to blue, top of circle and shoot.
3. Next player leave when the first is going backward.
4. Each player have 3 or 4 pucks and keep shooting until they are all gone.

(got this drill coaching with Tim Bothwell at the U of Calgary)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=2012041815512444>



B3 Partner Pass

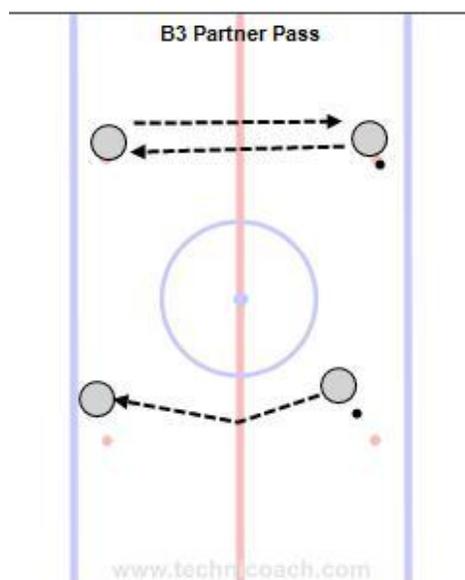
Key Points:

Keep the hands away from the body and follow through at the target. On saucer passes the puck rolls from the heel to the middle of the stick. Receive with the stick square to the puck and hands away from the body.

Description:

1. Partners pass to each other.
2. Focus on the four phases of projection.
 - a. wind-up - bring the puck back.
 - b. force production - move it forward with the stick blade rotating heel to middle.
 - c. crucial instant - release with a snap of the wrist.
 - d. follow through - the stick blade follows the direction of the puck. Receive with stick square
3. When practicing the saucer pass have a target for it to land on. In the diagram try to drop the puck onto the red line.
4. Progress to passing while skating.

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B3 Partner Passing

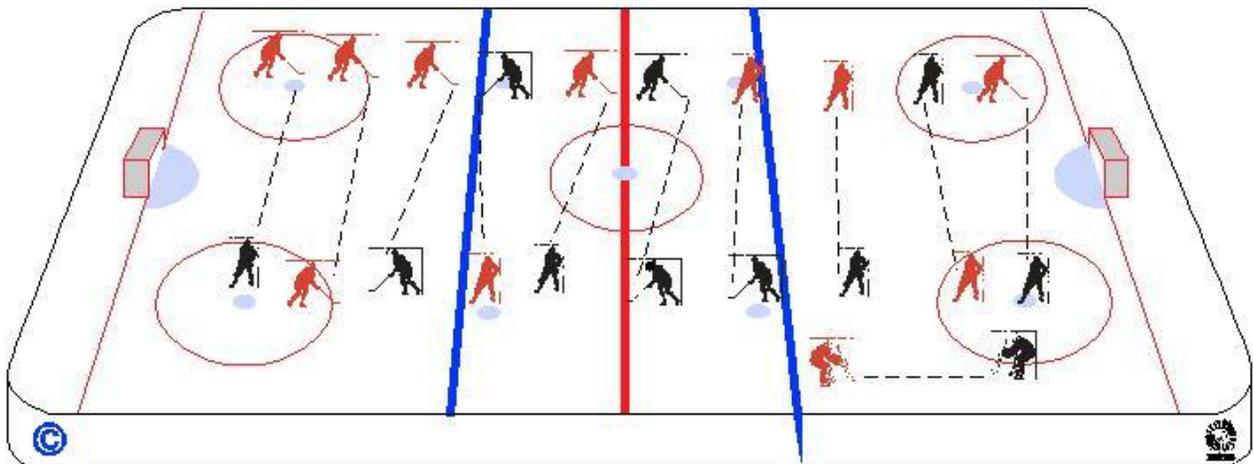
Key Points:

Partner pass starting standing and then skating back and forth. Wrist passes, snap passes, saucer. Go from forehand to backhand and backhand to forehand. Add tight turns. Players could also pass two pucks at once.

Description:

Players face each other in two lines skating cross ice.

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B3 Passing and Partner Practice

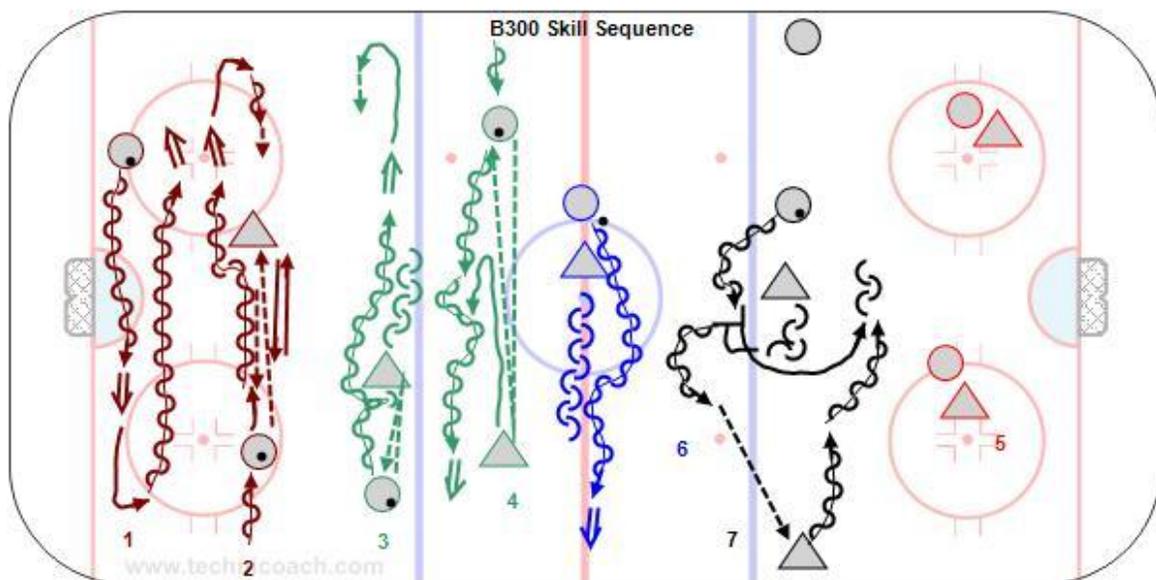
Key Points:

This is a great formation for partners to work together on passing or puck handling. You can even progress to one net or cross ice games and include more players. Practice shooting quickly, Use many moves vs. a passive opponent and increase the movement progressing to cross ice games.

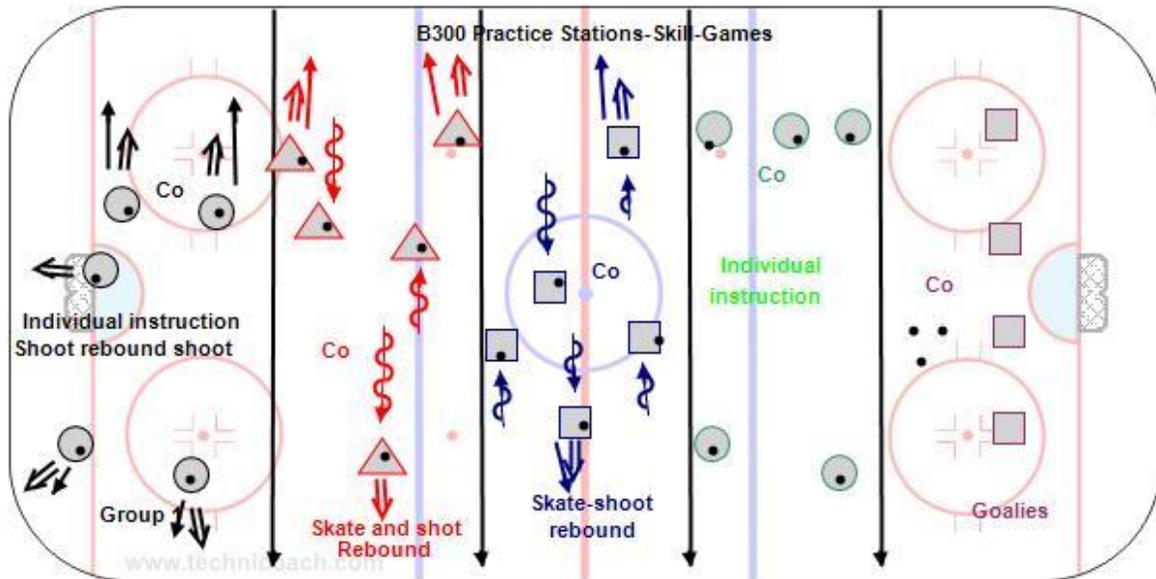
Description:

1. Partner pass stationary and then skating. Incorporate going around each other as well.
2. Skate across ice and shoot at boards.
3. Skate-give and go-deke-shoot quickly.
4. Skate-give and go-deke moving D-Shoot.
5. Give-go, defender close gap-deke-shoot.
6. Partner keep-away.
7. 1 on 1 game-use line on boards or nets.
8. 1 on 1 game. Pass to waiting partner on whistle, goal or when defender regains puck.
9. Cross ice game and use small nets or the line on the boards as the goal. Play tournaments.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120430092803104>

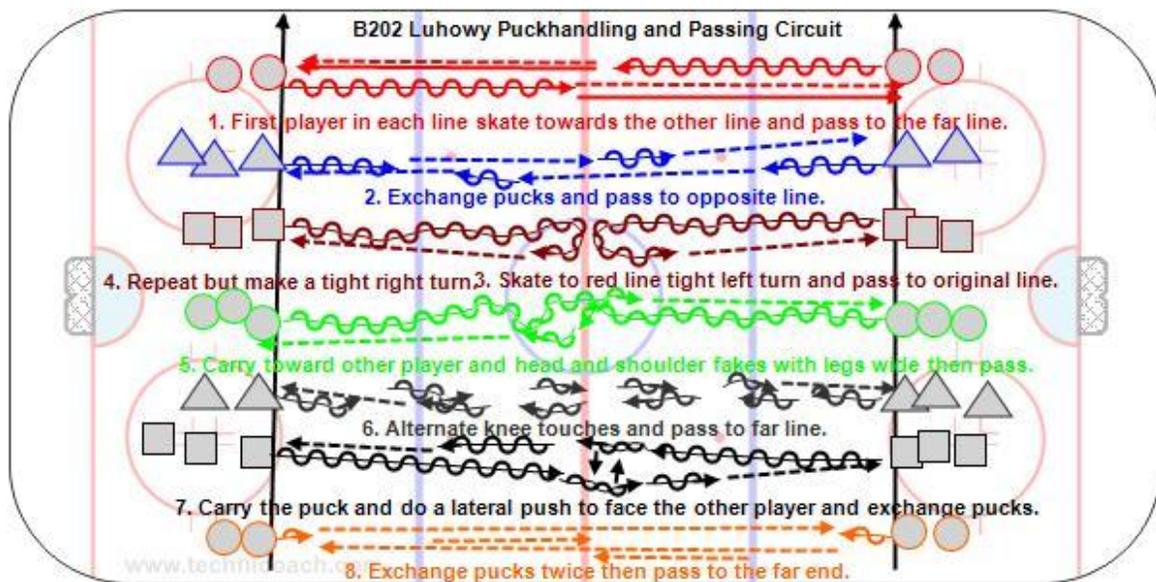


This an example of using cross ice stations that I did at a camp in Jihlava, Czech Republic.



<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20100830110013788>

Here is another example of how to get a lot of skill reps with minimal standing in line. You can move the groups across from each other instead of lengthwise.



<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2008072023504376>

The point is to create situations where players do many skill reps an minimal waiting.

More examples of using the ice efficiently.

D2 Cross Ice Game Using Blue Stripes for Nets

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20120417102111470>

D2 Cross Ice Games

[http://hockeycoachingabcs.com/mediagall ... 2104424493](http://hockeycoachingabcs.com/mediagall...2104424493)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20100414094539964>

D5 Tournament-3 Games-Different Pucks

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20110627090918840>

B3 Three Lane Shots - Swiss U20

Key Points:

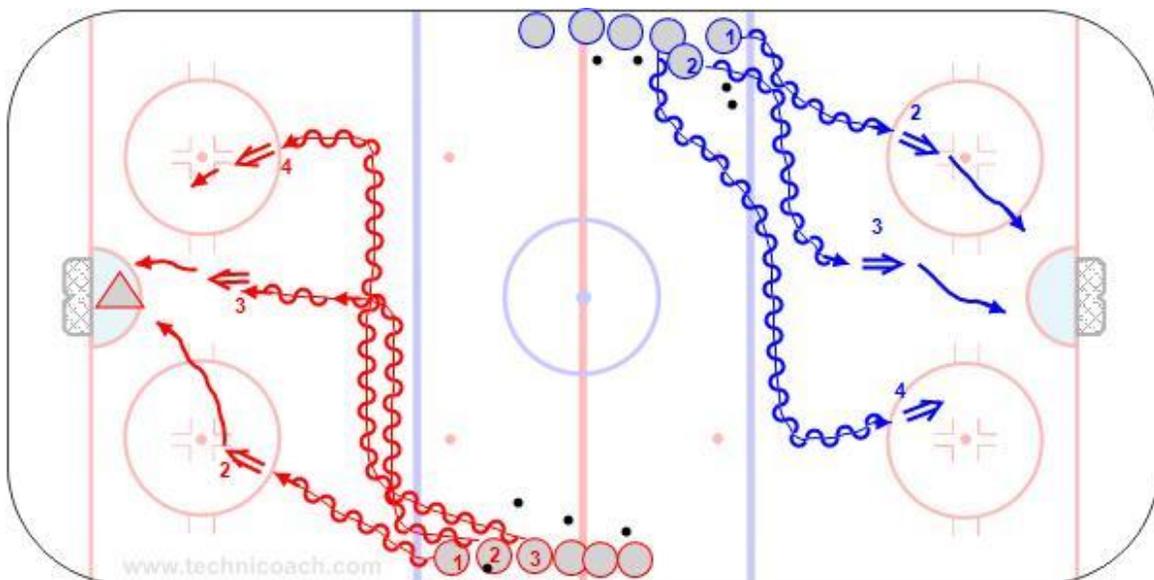
This is a goalie warm up used at the start of practice. Hit the net. Shoot while skating. Follow the shot.

Description:

1. Players line up behind the blue line on diagonal sides of the ice.
2. Player 1 skate straight and shoot.
3. Player 2 skate to the middle lane and shoot.
4. Player 3 skate to the far lane and shoot.

Shoot from the high slot area, follow the shot and screen for the next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120106120906429>



B3-D2 Partner Pass - Keepaway - 1-1 Game

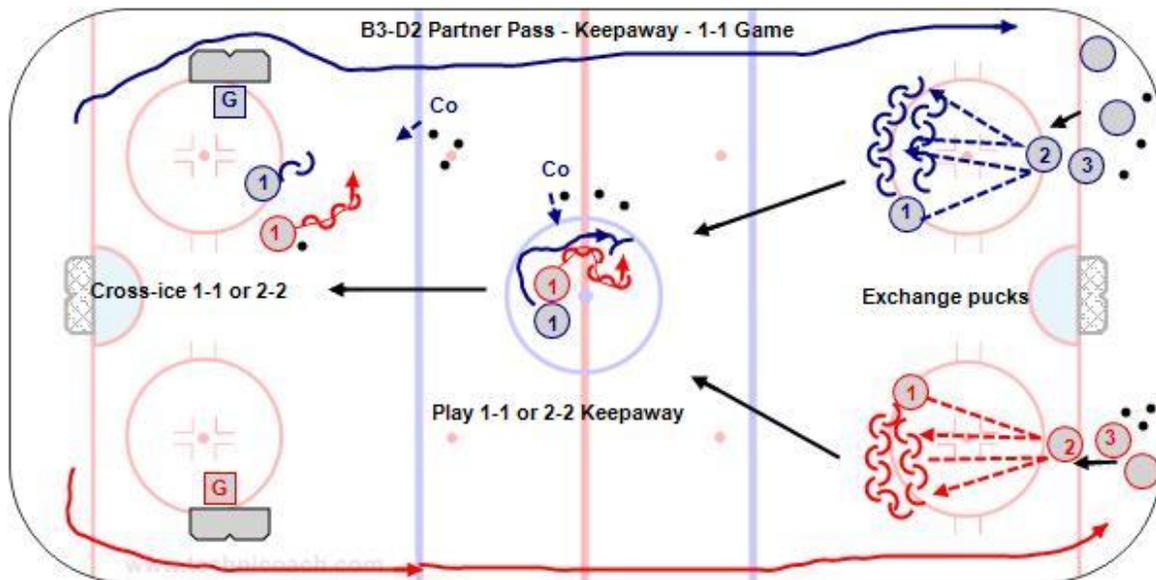
Key Points:

Protect the puck on offense and stick on the puck on defense. Keep score between teams. Young players go about 15" and older players shorter shifts.

Description:

1. Start with 1 exchanging pucks with 2 while skating at the top of the circle.
2. Move to the middle circle on the whistle and 2 to the top of the circle.
3. Originals 1's play keepaway with puck coach puts in.
4. On whistle move to the far end and play 1 on 1 cross ice.
5. Return to the line-up and start as a passer.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130822134328480>



B4 1-0, 2-0 Regroup x 2

Key Points:

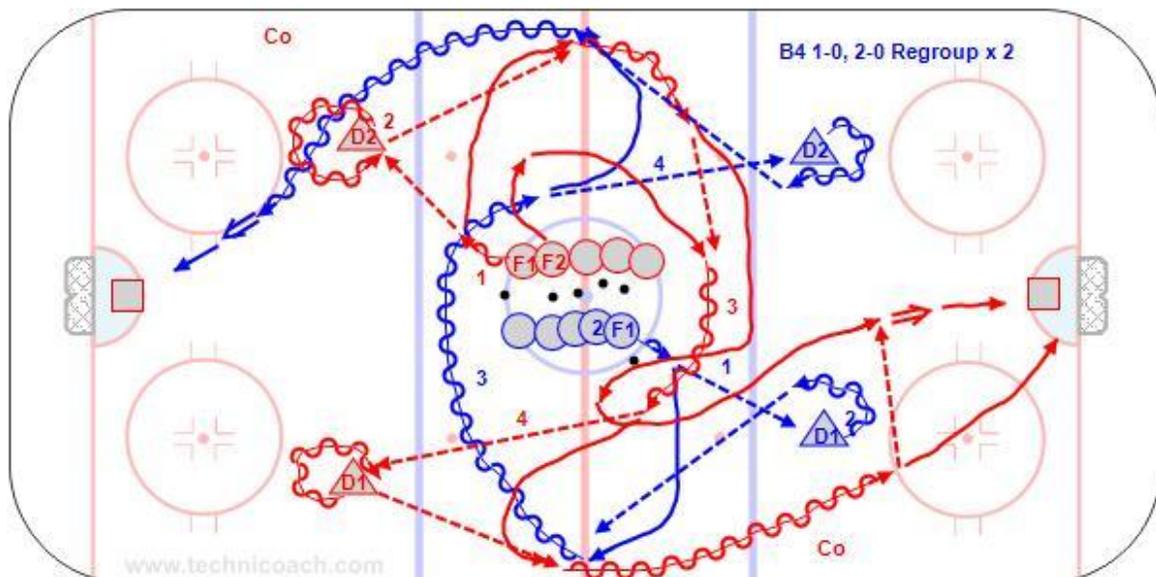
Face the puck, give a target, timing so you don't have to stop. Always follow the shot for a rebound. Shoot to score.

Description:

1. F1 pass to D1 and give wall support.
2. D1 pivot to the inside and pass to F1 or F2.
3. F1 or F1-F2 skate to the other side.
4. F1 or F2 regroup pass to D2 and support on wall and middle on 2-0.
5. D2 pivot and pass to F1 or F2.
6. F1 or F1-F2 attack and shoot.
7. Follow the shot for a rebound.

Options: - screen or rebound for the next shooter. - challenge next attackers and defend 1-1, 2-1 or 2-2.
- attack vs opposite coloured D and D rotate in to fill for defending D.

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B4 Rejo Pass and Replace

Key Points:

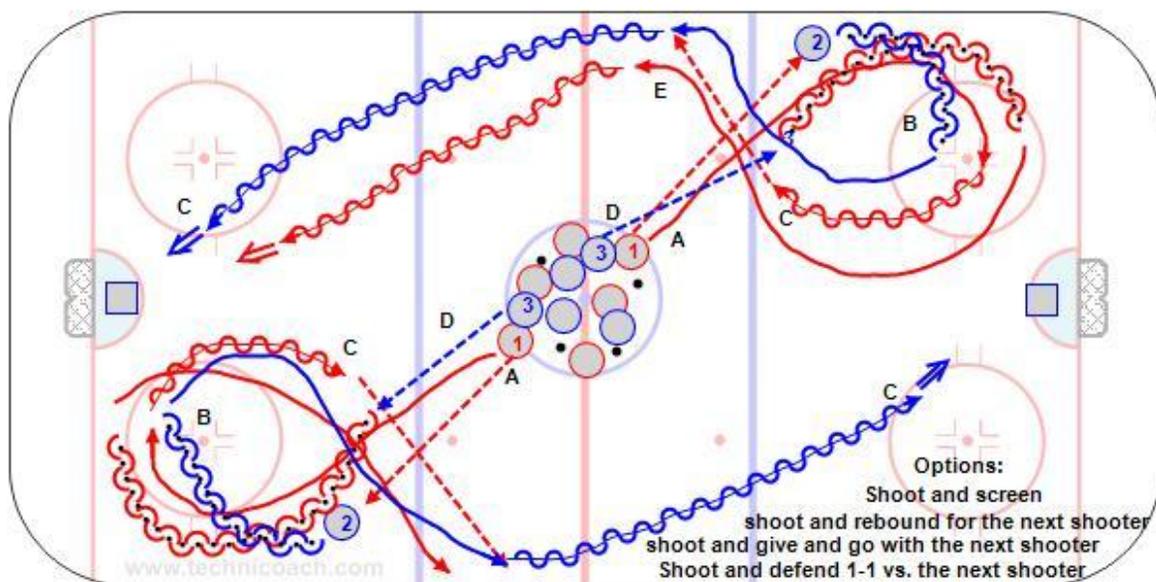
Face the puck at all times. Use pivots and turns. Give a target and call for the pass.

Description:

- A. 1 pass to 2 and follow the pass.
- B. 2 pivot in a circle and leave the puck for 1.
- C. 1 pass to 2 in the neutral zone and 2 attack the far end and shoot.
- D. 3 pass to 1 and follow the pass.
- E. Repeat.

Options: Shoot and screen, shoot and give and go with the next shooter, shoot and rebound for the next shooter. Shoot and defend 1-1 vs. the next shooter.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090813080846936>



B4-B6 Pass and Shoot ProW

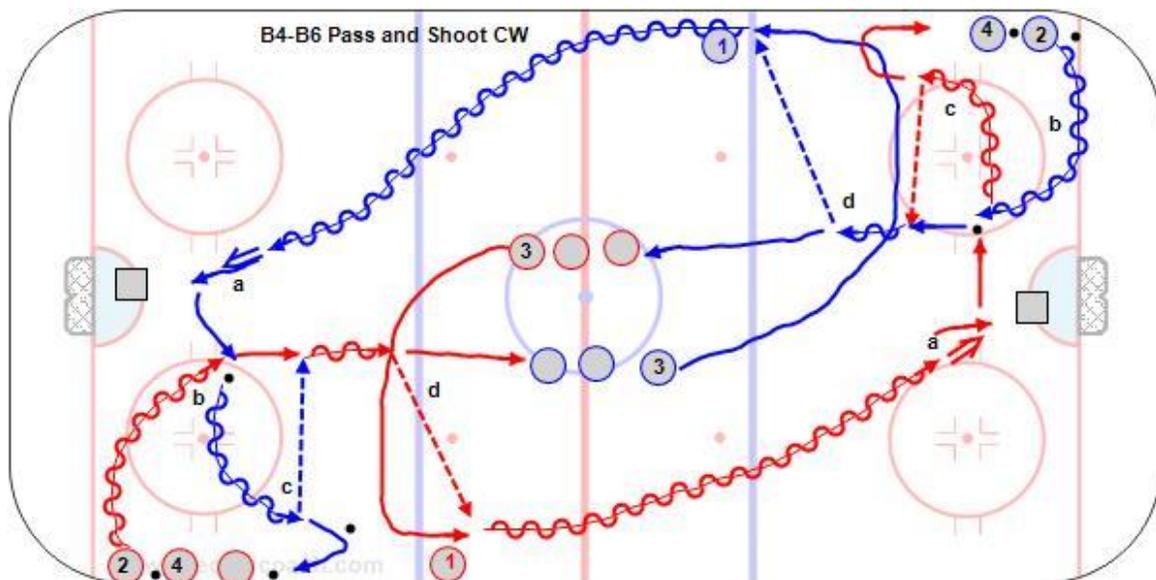
Key Points:

Face the puck and give a target. Shoot while skating and accelerate in corners.

Description:

- a. Start - 1 skate down the boards and shoot and follow the shot for a rebound.
- b. 2 leave from corner then cross and drop to 1.
- c. 1 carry the puck wide and pass back to 2.
- d. 2 pass wide to 3.
- e. 3 shoot and cross with 4.
- f. After passing 1 go to corner, 2 to the centre circle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131015151134860>



B5-6 Pass x 3 Shoot-Rebound U17-U20

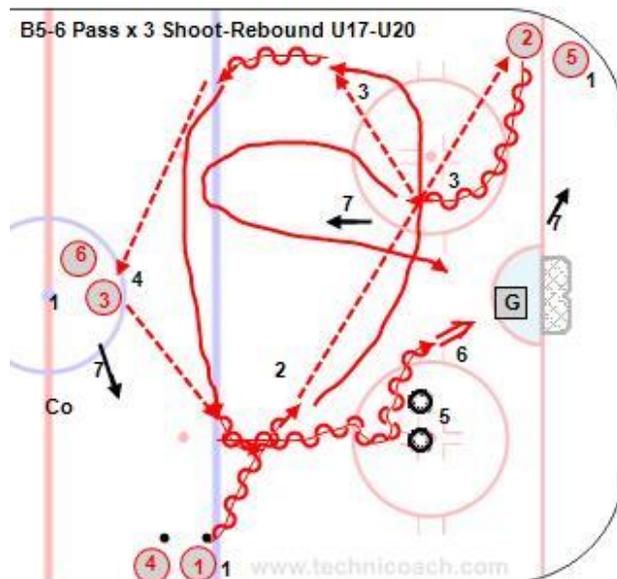
Key Points:

Make hard passes, face the puck, sell the dekes at the tires, shoot and follow the shot.

Description:

1. Players start at the blue line, pass to the far corner and to the player in the middle.
2. Player one pass to player two in the corner.
3. Player two skate between the dots and pass back to player one.
4. Player one exchange passes with player two always facing the puck.
5. Player one deke around the tires.
6. Player one shoot and follow the shot and player two skate in looking for a rebound.
7. Rotate one to the corner, two to the middle circle and three to the blue line and repeat.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013032310062819>



B5 1-0 Outside-Middle Shots- Czech U17

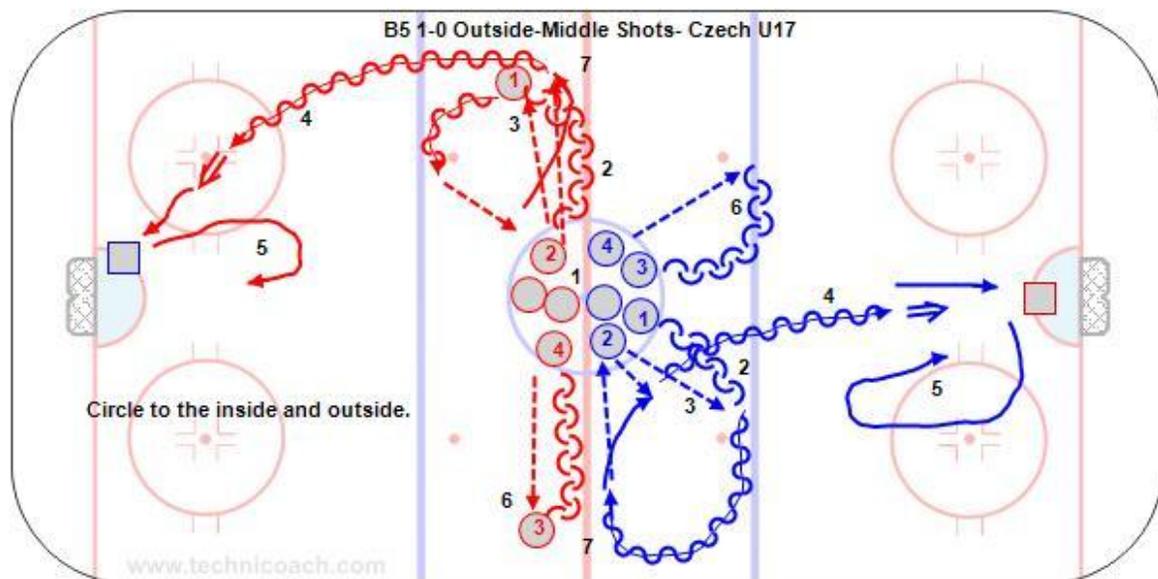
Key Points:

Keep skating, give a target and pass hard and pass while moving. Hit the net and follow the shot. Rebound for the next shooter.

Description:

1. All players and pucks are in the middle.
2. One player leave from each side.
3. Player 2 pass to player 1 who circles between the red and blue line.
4. Player 1 skate in and shoot after the third pass.
5. After shooting player 1 circle back and rebound for the next shooter.
6. Alternate sides and player 3 leaves after the first pass.
7. Circle left and right so shots come from both in the middle and the outside lanes.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130115154629528>



B5 2-0 Shot - Rebound – Shot

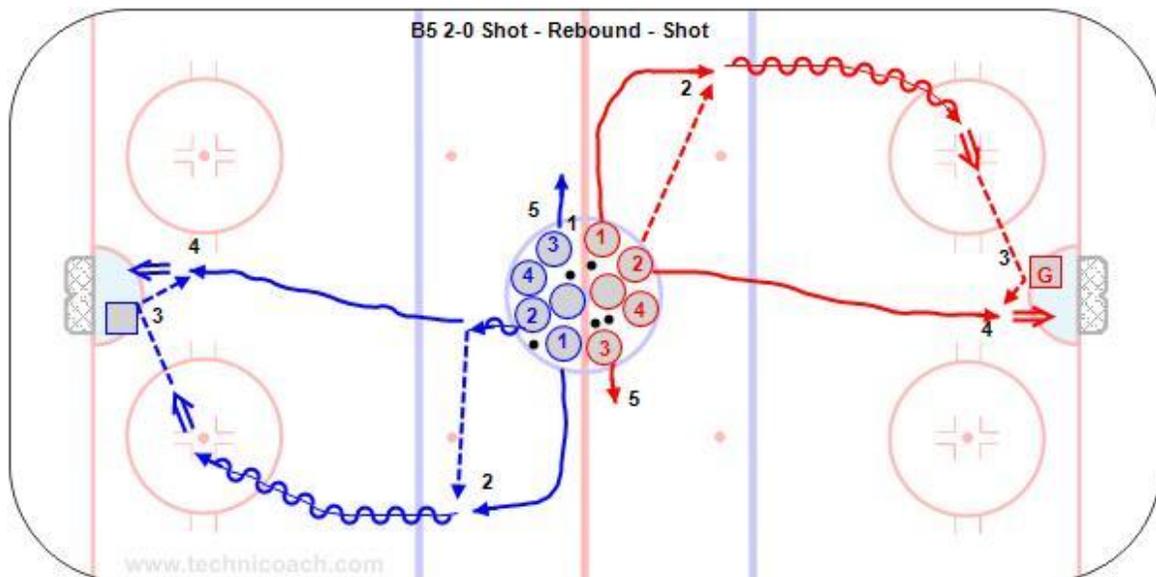
Key Points:

Shoot while skating and aim at the far pad. It is really a shot pass off the goalies pad when the shooter sees he has no openings and #2 is going hard to the net.

Description:

1. Start in the B5 formation with the players inside the middle circle.
2. Each #1 leave to the wide lane and get a pass from #2.
3. #1 Skate wide and shoot from outside the circle and shoot low to the far pad to create a rebound.
4. #2 go hard to the far post and be ready to shoot in a rebound.
5. Repeat the other way with each #3 leaving and getting a pass from #4.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121108160612789>



B5 3-0 Breakout-Shoot-Cycle-F or D Shoot – Finnish U17

Key Points:

Do everything with quick feet. Make hard passes and D follow the play right away.

Description:

1. Start in the middle circle and 2 F regroup with one D. Attack 2-0 and D follow. Shoot then rebound.
2. Forward pick up a puck in the corner and cycle once and either go to the net and shoot again and then get a new puck and pass to the point and screen for the shot or cycle and pass to the point and screen.
3. Do this from both sides.

http://www.hockeycoachingabcs.com/filemgmt_data/B5%203-0%20Breakout-ShootCycle-F%20or%20D%20Shot-Finnish%20U17.3gp

B5 - T2 5-0 Breakout Practice

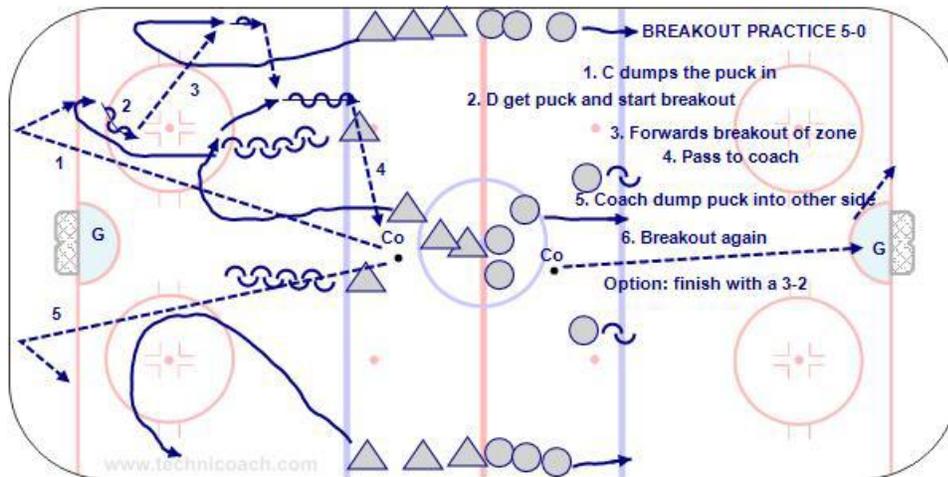
Key Points:

Breakout from both sides and practice all the options including D to D passes.

Description:

1. Coach dumps the puck in.
 2. D go back and get the puck, move between the dots and pass or go D to D.
 3. Forwards breakout.
 4. Pass the puck to the coach.
 5. Coach dumps the puck in the other corner for another breakout.
 6. Do all of the options, go, counter, wheel, reverse, reverse to wing, over.
- Option: do a third breakout and the forwards skate to the red line and turn back attacking 3-2.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20121101085219680>



B5 and B6 Pass and Replace

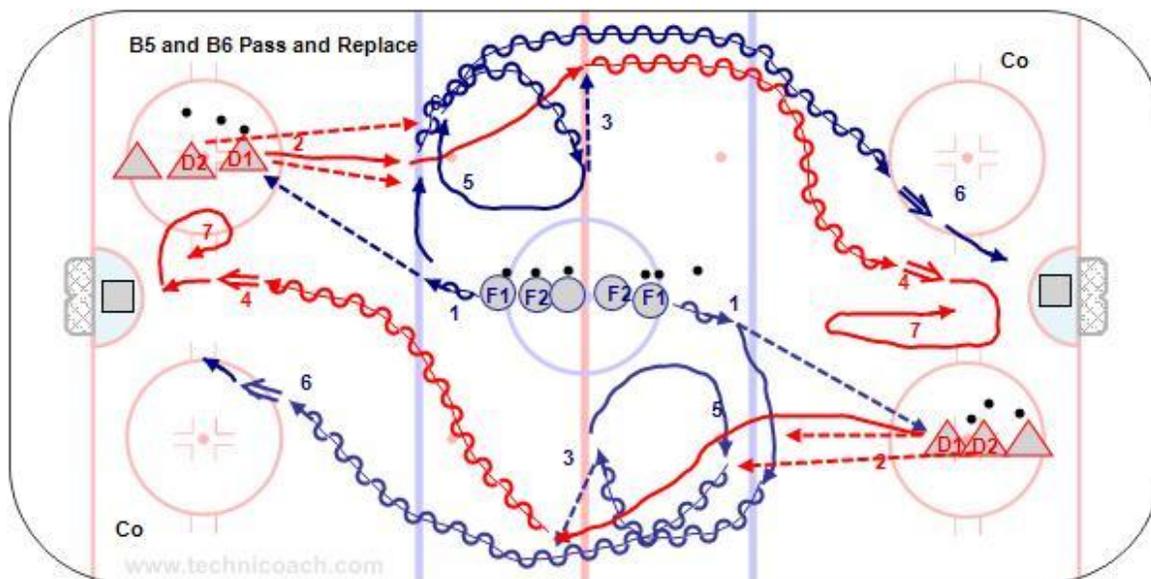
Key Points:

Face the puck and give a target. On shooting drills always circle back and rebound for the next shooter.

Description:

1. F1 pass to D1 and skate across.
2. D1 pass back to F1 and follow the pass.
3. F1 circle back and pass to D1 in nzone.
4. D1 shoot at the opposite net.
5. F1 circle back and get a pass from D2.
6. F1 shoot at far end.
7. D1 circle back to rebound for F1's shot.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090728110101526>



B5 Angling

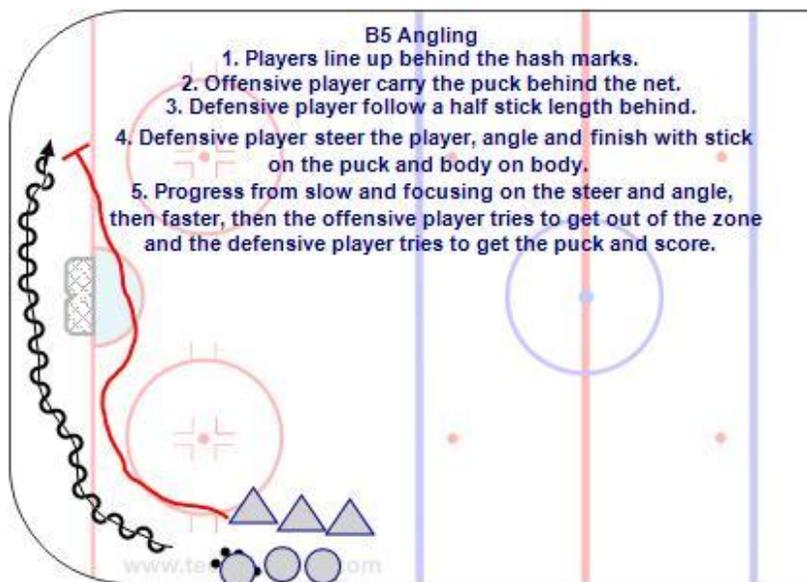
Key Points:

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

Description:

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.

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B5 Breakout 5-0 with Point Shot

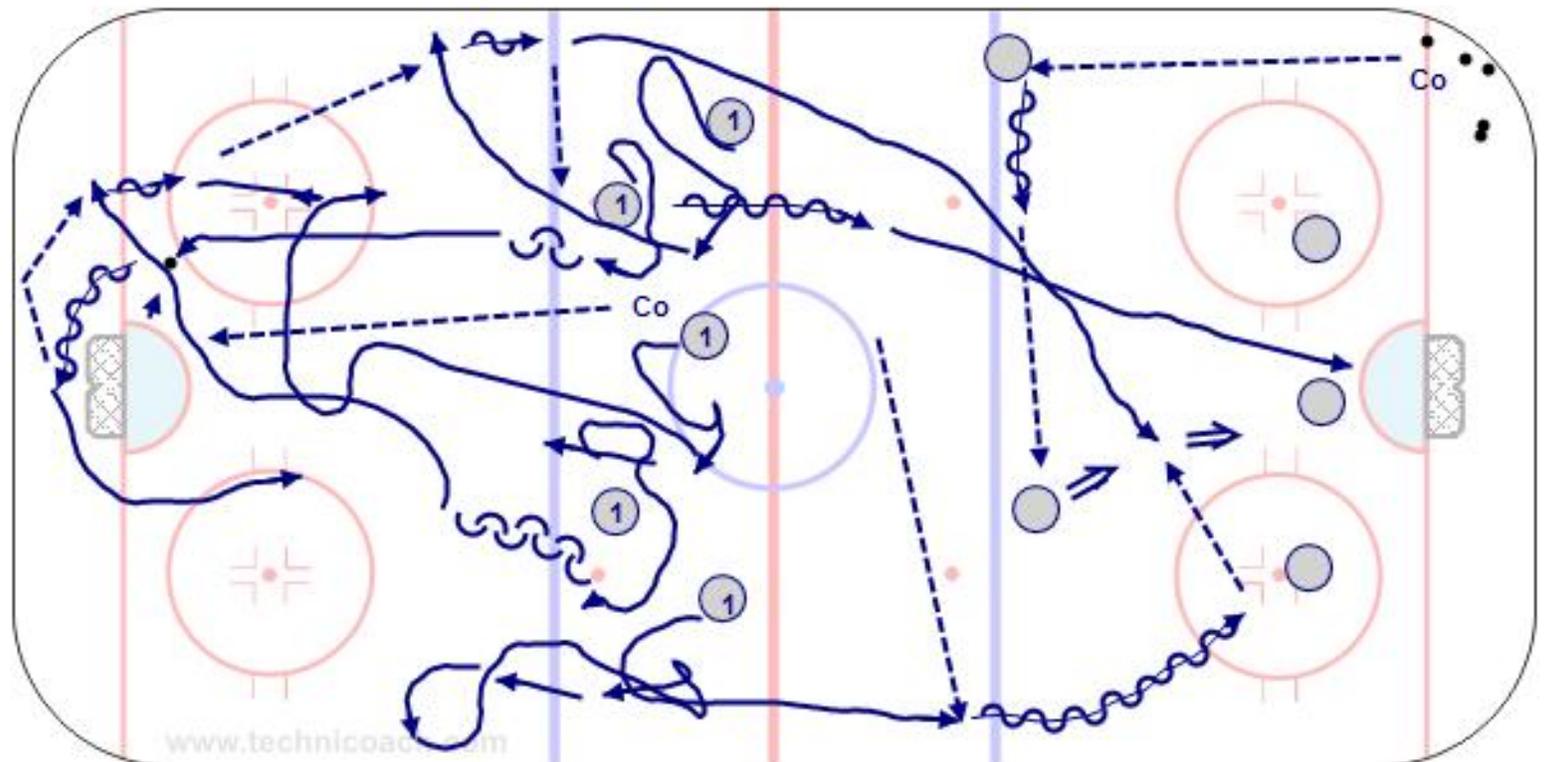
Key Points:

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 Breakouts With 2 D

Key Points:

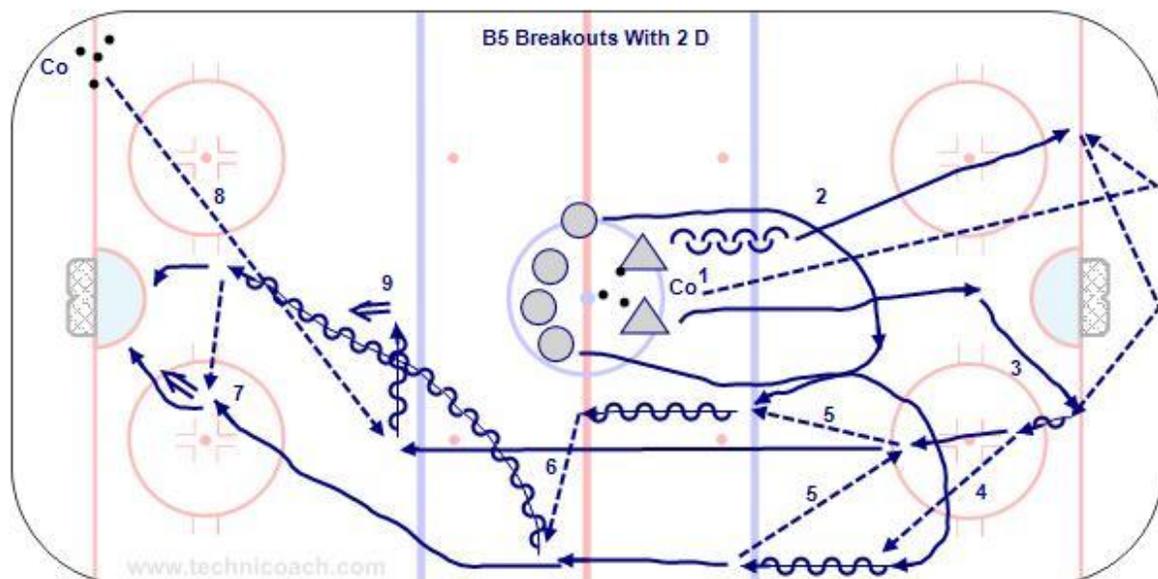
Defense practice D to D passes and communicate with each other.

1. Over - the pass from D1 is made behind the net to D2 on the other side.
2. Reverse - D1 drive skates to the back of the net and bounces off the boards towards the corner to D2.

Description:

1. Coach shoots the puck in to one side.
2. D1 skates back to forward, shoulder checks and picks up the puck.
3. D2 skates to net front and calls over and moves to the other side for a pass behind.
4. D2 pass to a forwards on the wall or up the middle.
5. F1 pass back to D2 and D2 pass up to F2.
6. F's pass wide and skate to the middle.
7. F's attack 2-0.
8. Coach pass to D2 who followed the attack.
9. D2 shoot while F1 and F2 screen.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080720200746400>



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.

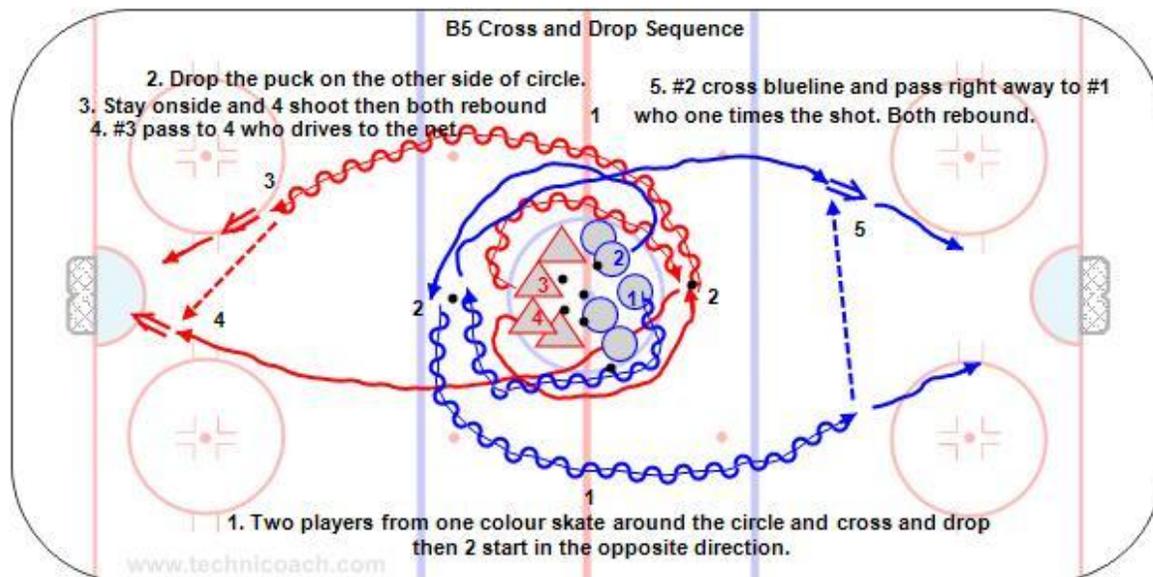
Description:

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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B5 Czech Stretch Pass

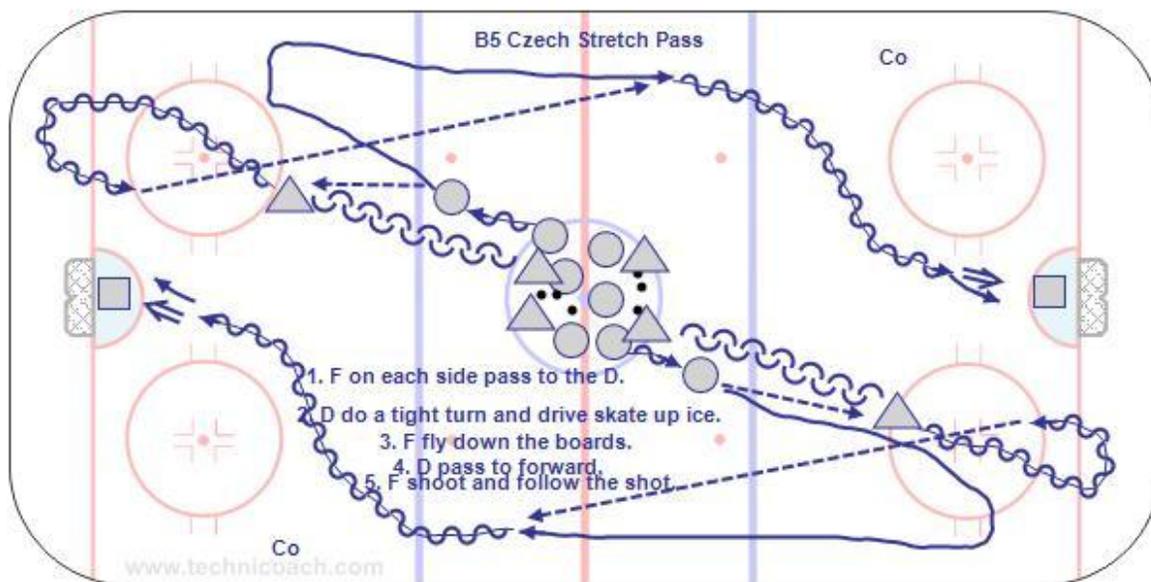
Key Points:

Forward must read the defenseman has good control before stretching. Another F must come across the middle to give an outlet option.

Description:

1. F on each side pass to the D.
2. D do a tight turn and drive skate up ice.
3. F fly down the boards.
4. D pass to forward,
5. F shoot and follow the shot.

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B5 Double Cross and Drop – HC Dukla Jihlava

Key Points:

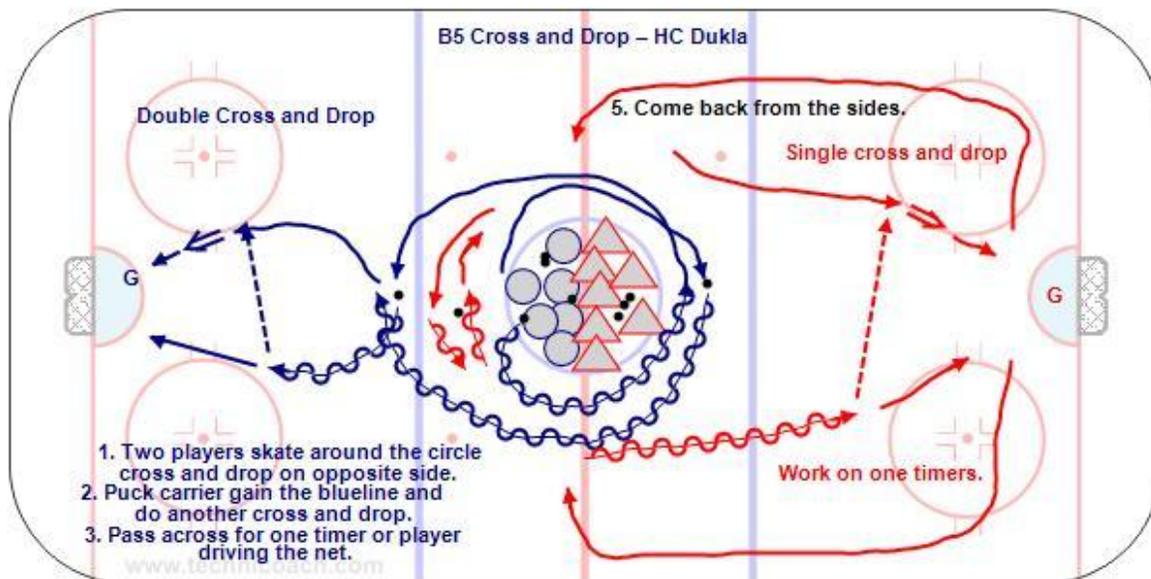
Do one or two drop passes and work on quick attacks, one timers or create situations. Use this formation from 1-0 to 3-0 or create 1-1 to 3-3 situations. Always follow the shot for rebounds.

Description:

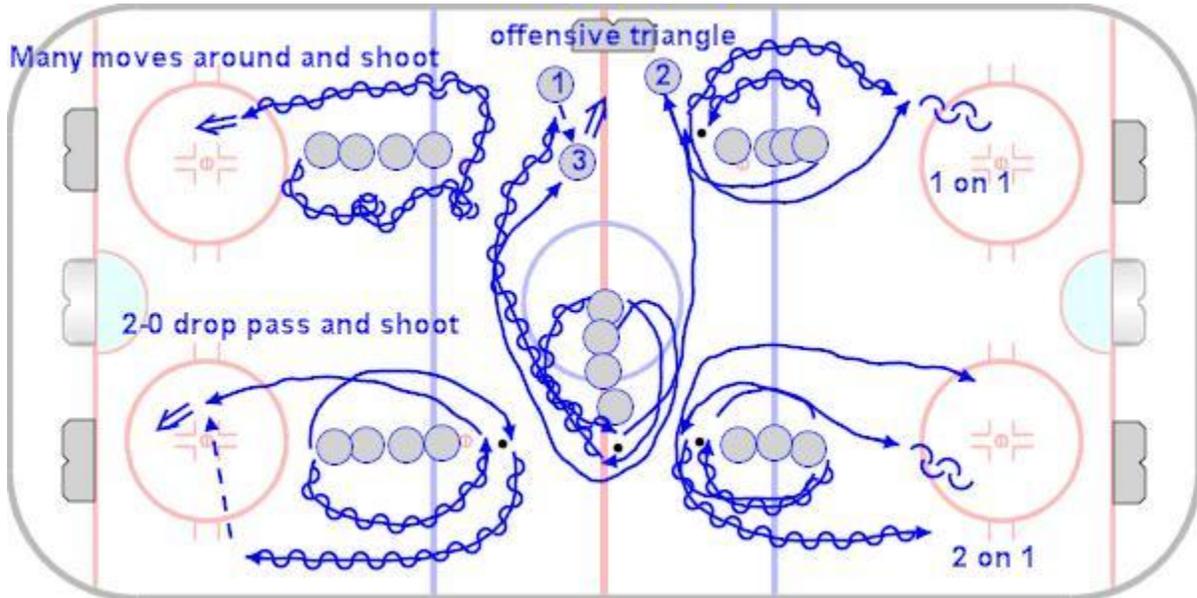
1. Two players skate around the circle and cross and drop on opposite side.
2. Puck carrier gain the blueline and do another cross and drop.
3. Pass across for one timer or player driving the net.
4. Go for rebound.
5. Come back from the sides.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100830110413207>

B5 Double Cross and Drop



B5 Cross and Drop Options



B5 Double Cross-Drop-Pass-Shoot Options

Key Points:

Cross over skate, leave the drop pass as still as possible.

Pass quickly.

Going to the net for a bang in or practicing a one timer from the high slot is also easy to do.

Description:

Option One: Double Drop-Pass-Shoot

-R1 skate around circle and cross-drop to R2

-R 2 gain the blue line and cross-drop to R1.

-R1 either shoot or pass to R2 who shoots.

-Rebound.

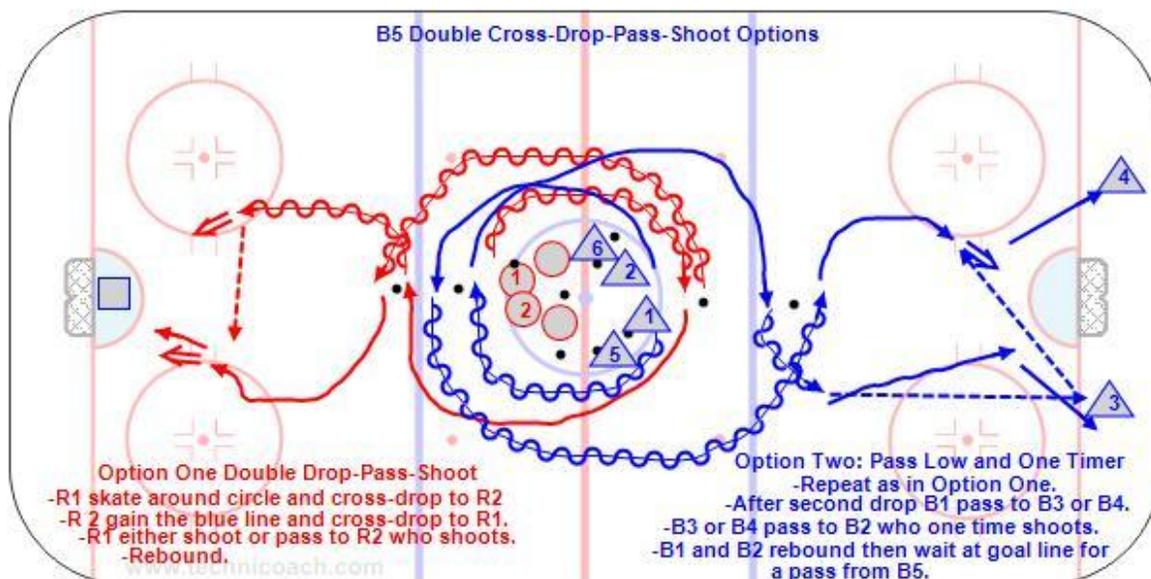
Option Two: Pass Low and One Timer

-Repeat as in Option One.

-After second drop B1 pass to B3 or B4.

-B3 or B4 pass to B2 who one time shoots.

-B1 and B2 rebound then wait at goal line for a pass from B5.



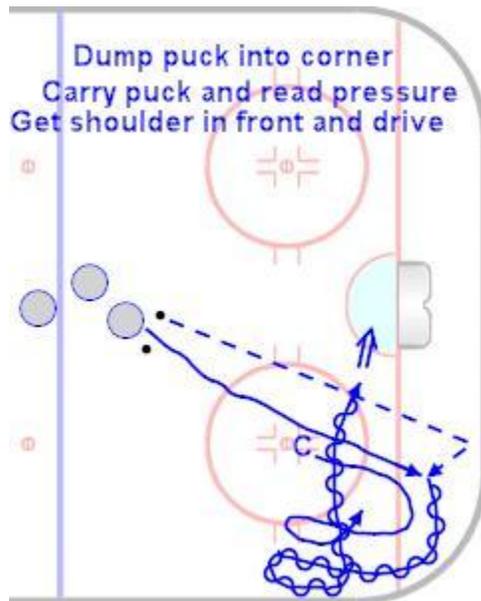
B5 Driving the Net from the Corner

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 seconds 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 Forecheck Skills Deflect-Steer-Angle-Finish

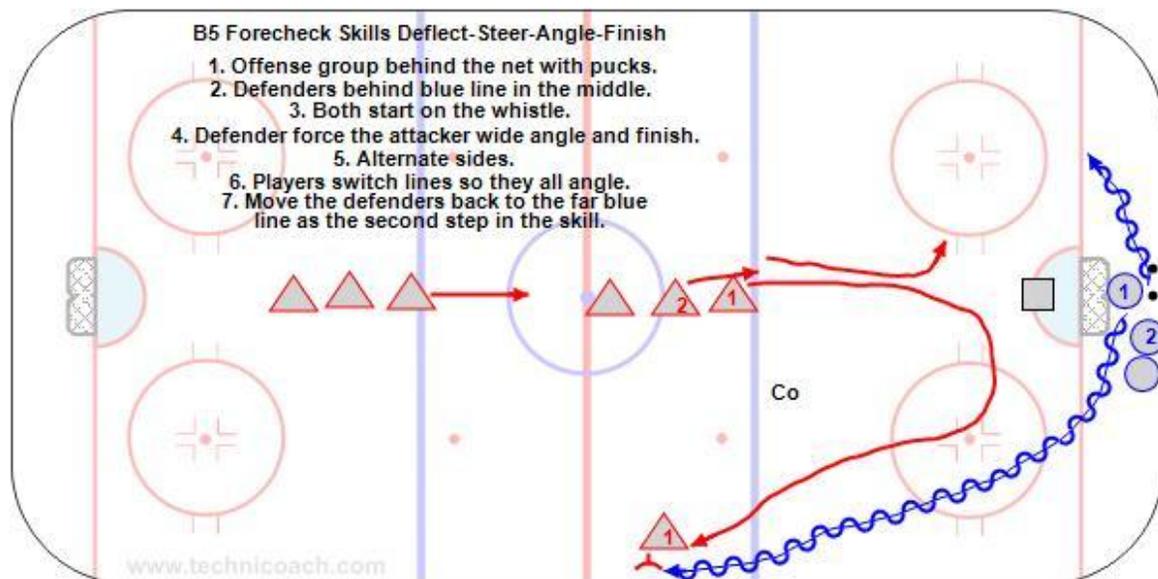
Key Points:

Gene Reilly shows the approach. Cut the ice in half with the stick in the passing lane and steer the player outside the dots. Angle toward the back of the inside shoulder so they can't turn back, then finish shoulder to shoulder and stick on the puck.

Description:

1. Offense group behind the net with pucks.
2. Defenders behind blue line in the middle.
3. Both start on the whistle.
4. Defender force the attacker wide angle and finish.
5. Alternate sides.
6. Players switch lines so they all angle.
7. Move the defenders back to the far blue line as the second step in the skill.

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B5 Full Ice Breakout-One D

Key Points:

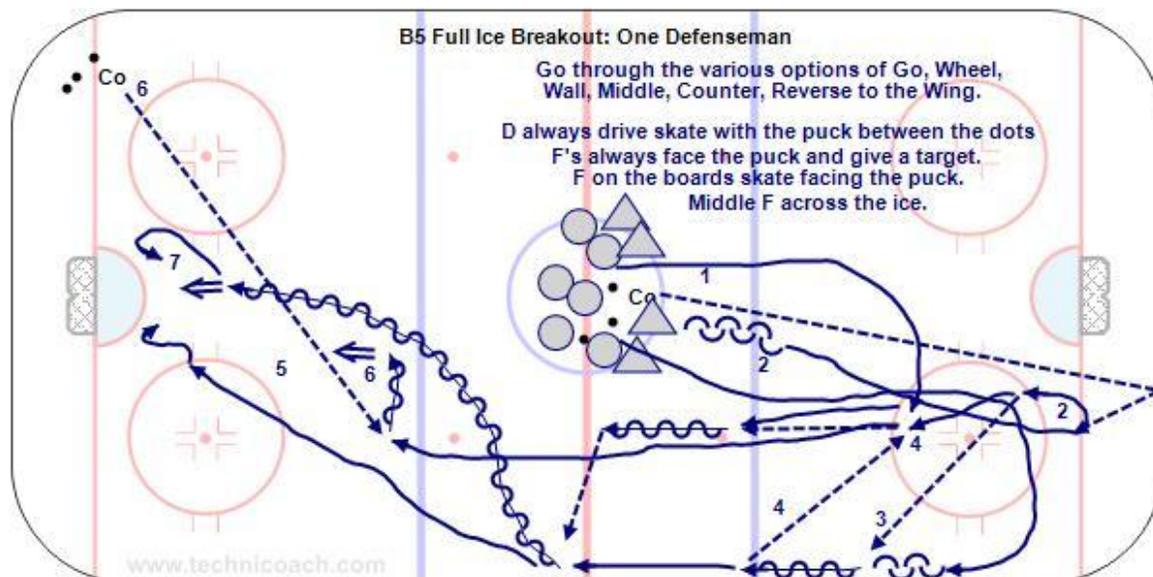
Go through the various options of Go, Wheel, Wall, Middle, Counter, Reverse to the Wing.

D always drive skate with the puck between the dots and F's always face the puck and give a target. F on the boards skate facing the puck. Middle F across the ice.

Description:

1. Coach dump the puck into the corner and call the breakout option.
2. D shoulder check and drive skate.
3. Pass to either F.
4. F pass back to the D who passes to the other F.
5. F's attack 2-0 and shoot and rebound.
6. Coach pass to D at the point who skates the puck between the dots and shoot.
7. Forwards screen and tip.

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B5 - 3 Give and Go x 3 – Shoot - Rebound

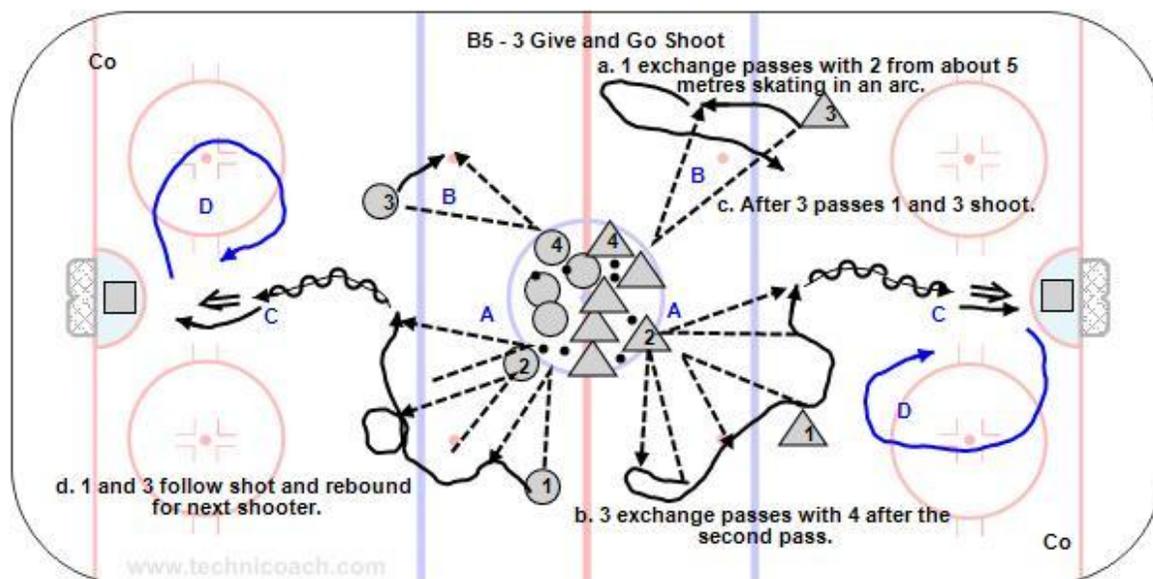
Key Points:

Face the puck all of the time and keep moving in a semi circle with stick on the ice.

Description:

- 1 exchange passes with 2 from about 5 metres skating in an arc.
- 3 exchange passes with 4 after the second pass.
- After 3 passes 1 and 3 shoot.
- 1 and 3 follow shot and rebound for next shooter.

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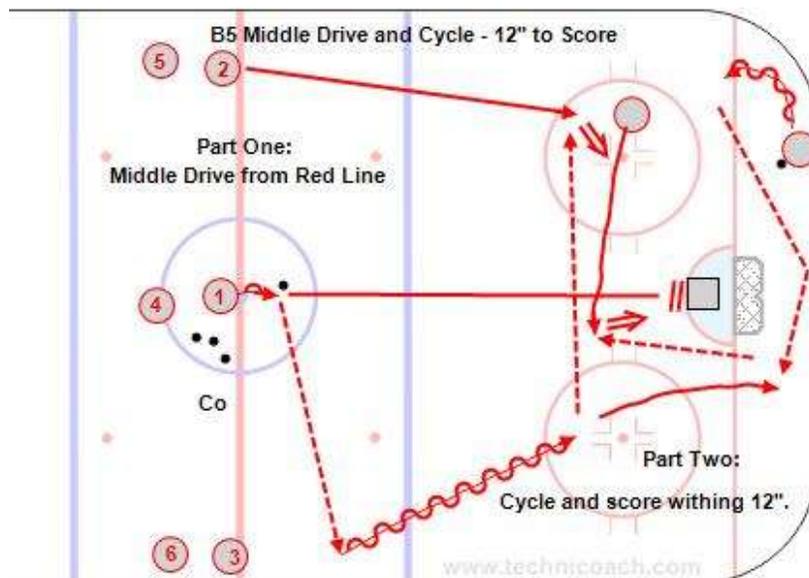
B5 Middle Drive and Cycle - 12 Seconds to Score

Key Points:

The player in the middle lane skate hard to the top of the goal crease. The two players in opposite wide lanes are about a quarter of a zone behind. Force the backchecker to make the proper decision.

Description:

1. Players leave from the red line.
2. R1 pass wide to R2 or R3.
3. R1 skate hard to the top of the goal crease and stop.
4. R2 and R3 follow in a second wave behind R1.
5. R3 pass across to R2 who one times the puck on net.
6. Play a rebound or a new puck shot by the coach and work together to score within 12 seconds from the start.
7. Next group repeat.
8. Create a contest to see how many goals they can score within the time limit.



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

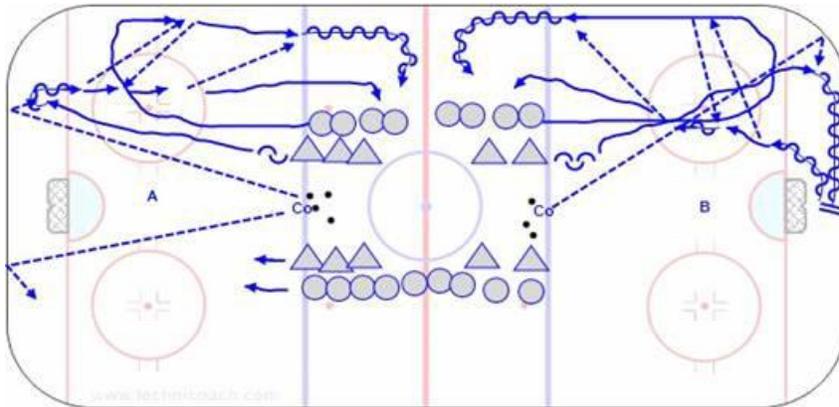
A. Coach shoots puck in and D gets the puck and passes to the wing who times his skating from inside to outside. D to W back to D and up to wing. Then repeat on the other side. All forwards take turns getting the pass on the wing.

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20080720200745971>

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.

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B5 Murdoch Breakout Routine C and D

Key Points:

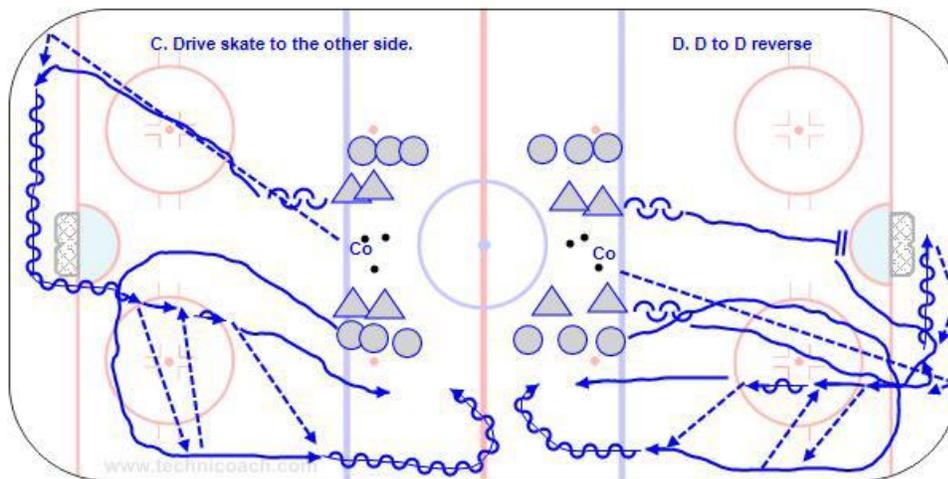
Defenseman Shoulder check on the way to read the forechecking pressure. Forwards read the play from the middle lane and time it so they are skating up the boards for the pass. If the forechecker follows you behind use the reverse.

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.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20080720200746400>



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:

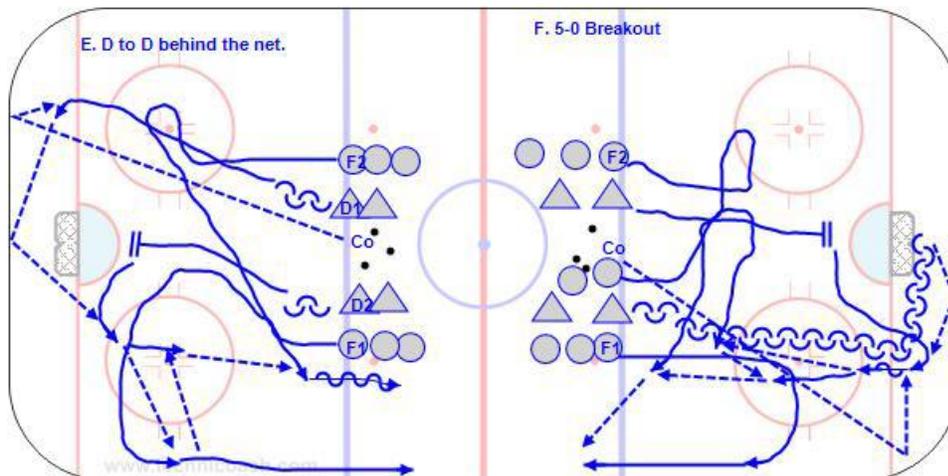
E. Coach dumps the puck in D1 gets it, D2 skates to the front of the net and calls for the pass D to D. Both wings watch the puck from the middle zone and time their skating to be available for the pass. D1 behind to D2 to F1 to D2 to F2 and out. try to pass to all three forwards and back to D twice.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

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20080720200746400>



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:

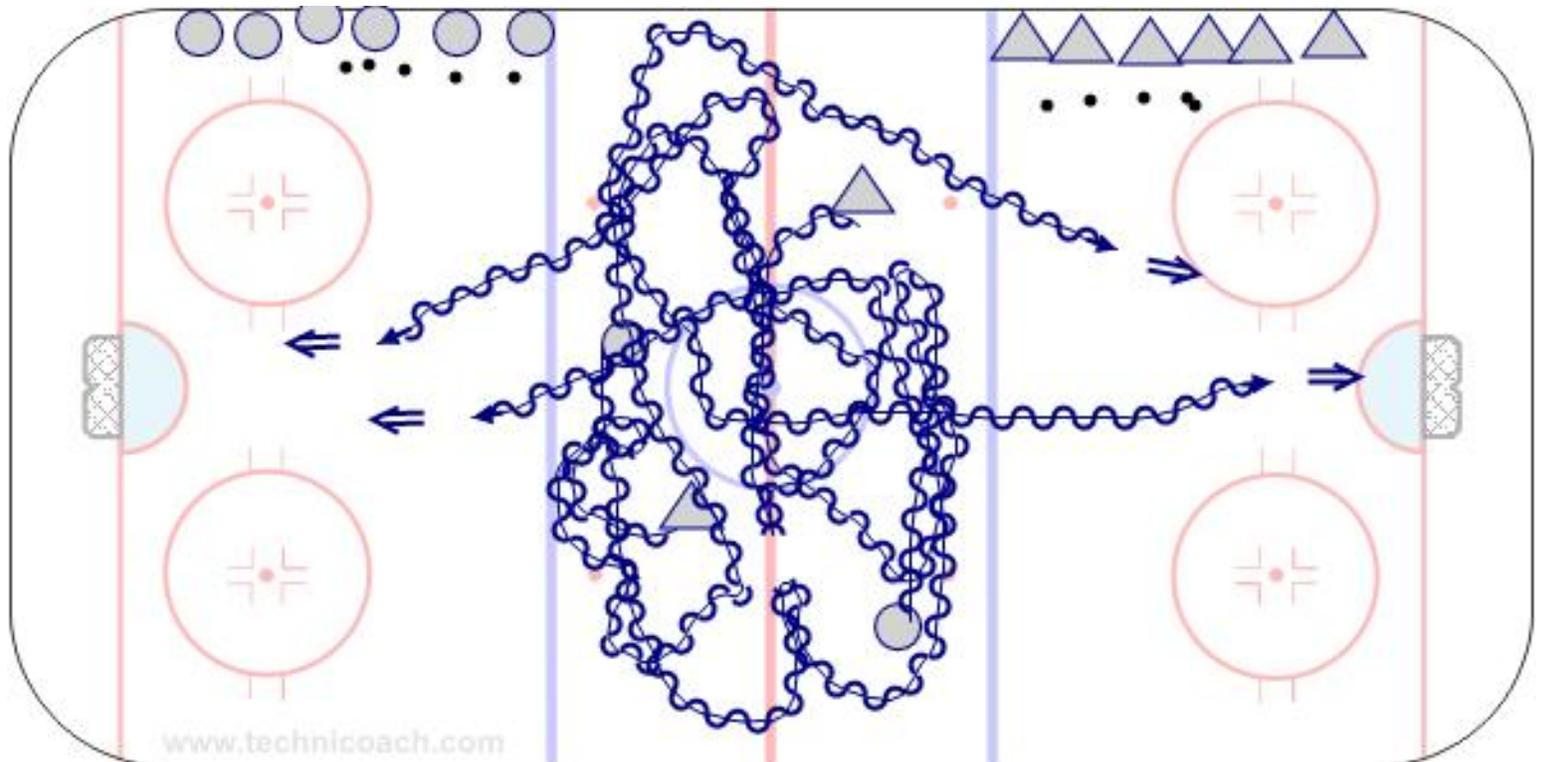
Players wait outside the neutral zone against the boards.

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 One Quarter Ice

Key Points:

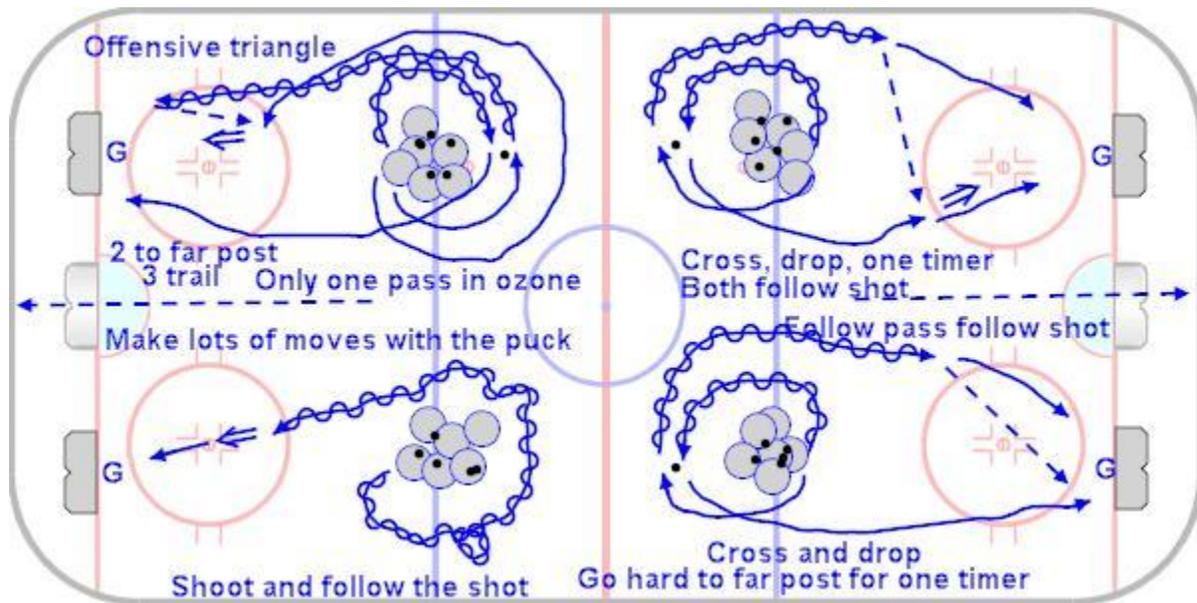
When you have large groups and many goalies it is easy to divide the ice and do skills and games in smaller areas. Skating around the circle adds crossovers as well as drop pass options.

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.

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B5 Overspeed Skate-Pass-Shoot

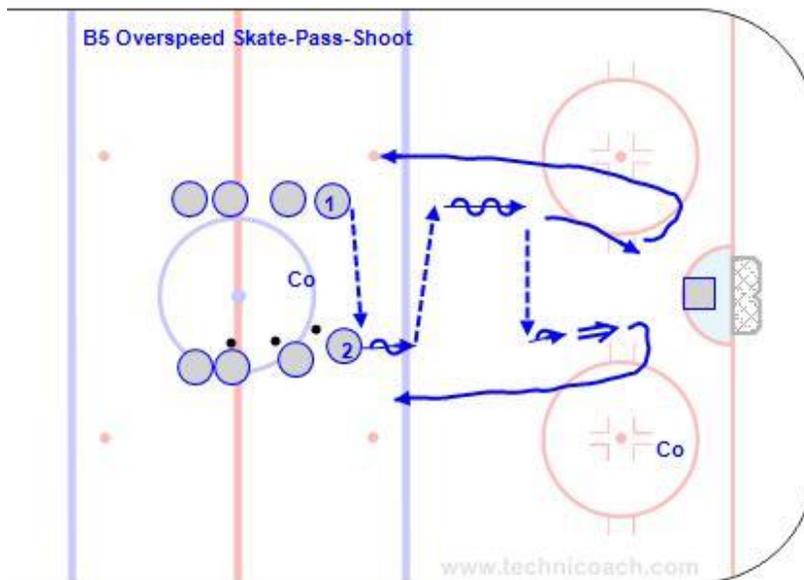
Key Points:

Do everything at top speed. Pass, shoot, skate, rebound, backcheck.

Description:

1. Player 1 and 2 leave on the whistle exchanging the puck quickly.
2. Shoot and rebound.
3. On the whistle skate back over the blue line as fast as possible.

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B5 Pass and Shoot Warm-up Russian Women National Team

Key Points:

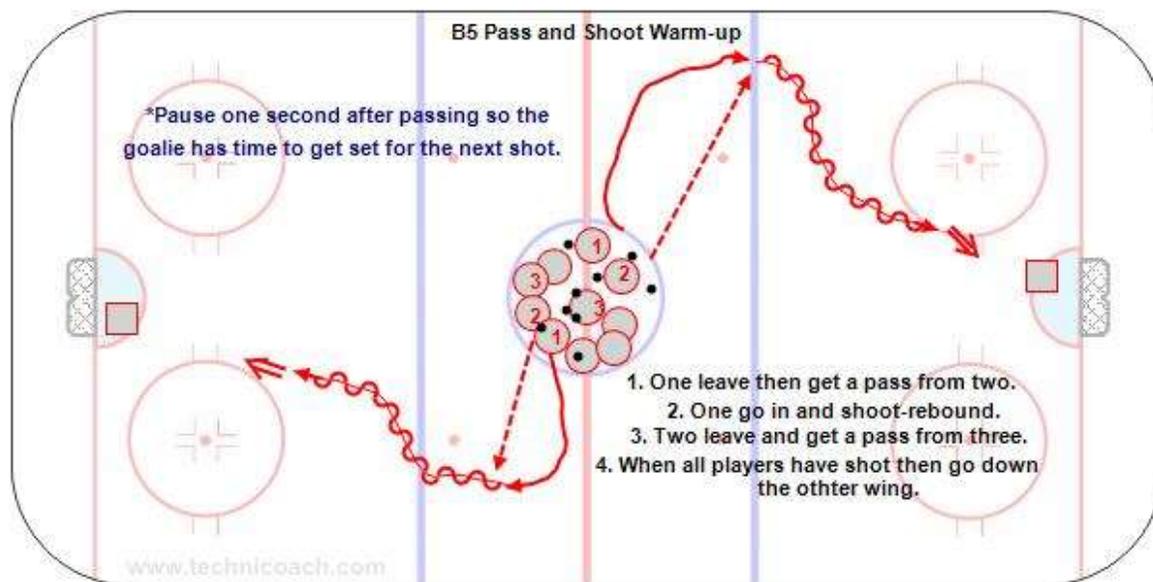
Face the puck. Shoot while skating. Follow the shot for a rebound. After shooting either screen or circle back and look for a rebound from the next shooter.

Description:

1. One leave then get a pass from two.
2. One go in and shoot-rebound.
3. Two leave and get a pass from three.
4. When all players have shot then go down the other wing.

*Pause one second after passing so the goalie has time to get set for the next shot.

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B5 Regroup 2-0 x 2-Flames

Key Points:

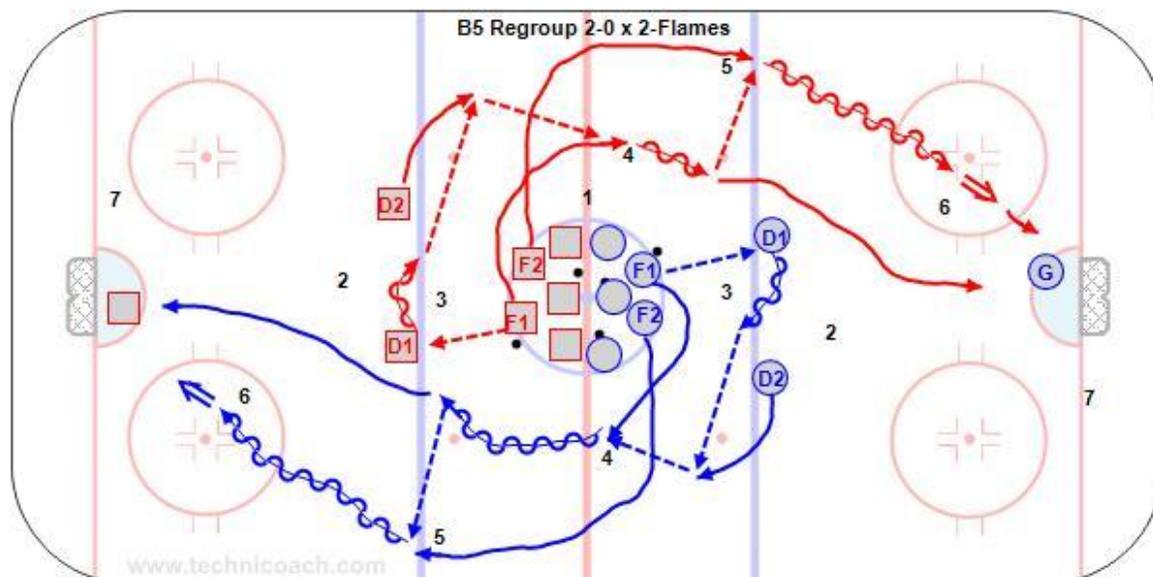
This drill works on the wide hinge, giving targets, pass to the middle, wide entry and middle drive. Everything should be done as quickly as possible with good habits like stopping at the net for rebounds.

Description:

1. Start with the players in the middle circle with red on one going one way and blue the other.
2. Two D from each team start at the blue line.
3. F1 pass to D1 who skates to the middle and passes to D2 who has hinged wide and up.
4. D2 pass to F1 in the middle. D return to the middle circle.
5. F1 pass to F2 who enters the zone in the wide lane.
6. F2 shoot and both forwards look for a rebound.
7. This drill is done from each end.

The coach could add tasks like Red F1 defend a 2-1 vs. the Blue F1 and F2 coming the other lane or skills like F2 shoot low to the far pad while F1 goes for the rebound.

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B5 Regroup 3-0, Middle Drive-Pro

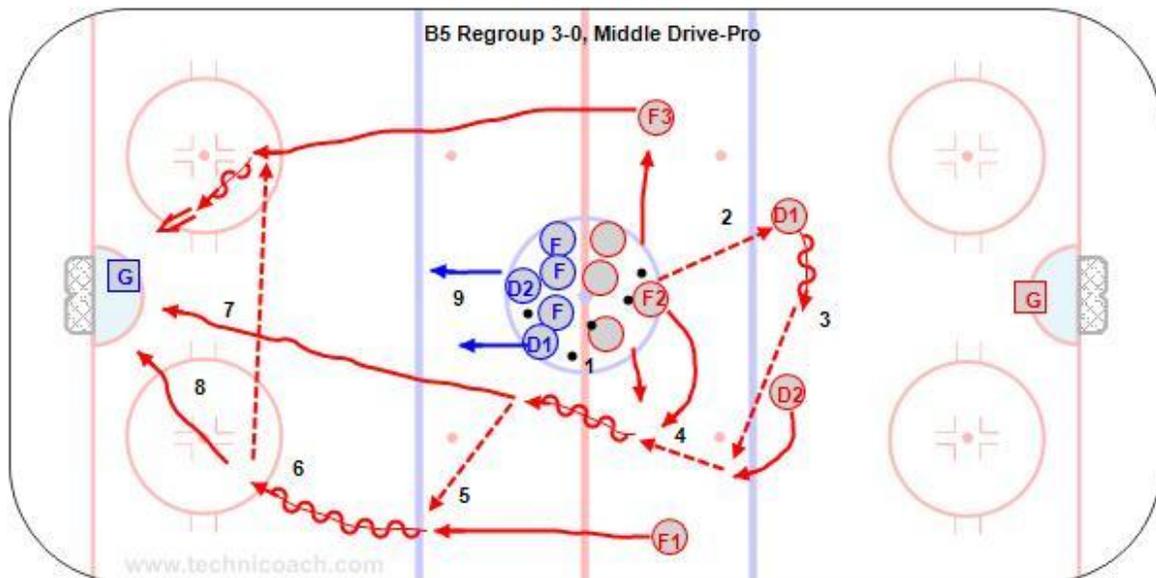
Key Points:

Defense move quickly and hinge the pass up the middle. Pass hard. Centre give the stick and skates as a flat target. Middle drive hard to the net.

Description:

1. All the players are inside the middle circle.
2. Red D1 get a pass from a Red F2.
3. Red D hinge and pass D1 to D2.
4. D2 pass to F2 supporting in the middle.
5. F2 pass to F1 on the strong side.
6. F1 gain blueline and pass wide to F3.
7. F2 middle drive skating hard to the net.
8. F3 shoot and all crash the net for a rebound.
9. Blue repeat in the other direction.

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B5 Regroup Options and Shots Finnish U17

Key Points:

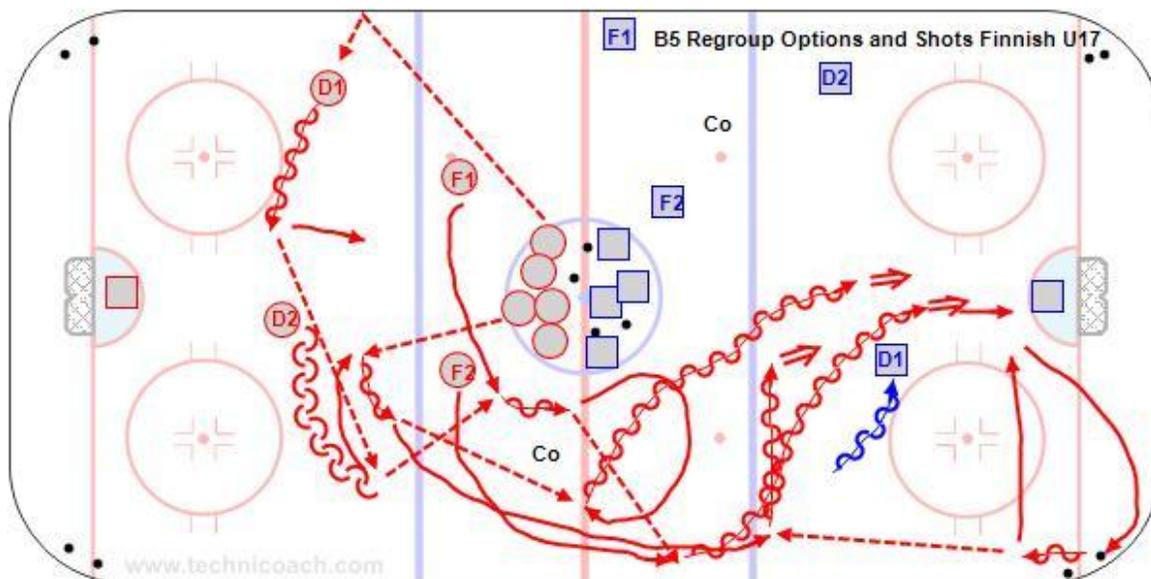
Face the puck at all times and give a target. Shoot while skating and follow for a rebound. Pass firmly. Done from both sides at once.

Description:

Two D and two F leave from the middle at each end.

1. D1 get a pass from the circle.
2. D1 hinge and up to D2.
3. D2 pass to F1 or F2 not covered by coach.
4. F1 pass to F2 who attacks and shoots.
5. D2 gets a new puck from the circle and passes to F1 who now attacks and shoots.
6. D2 follow attack and get a pass from F2 and shoots from the point while F1-F2 screen.

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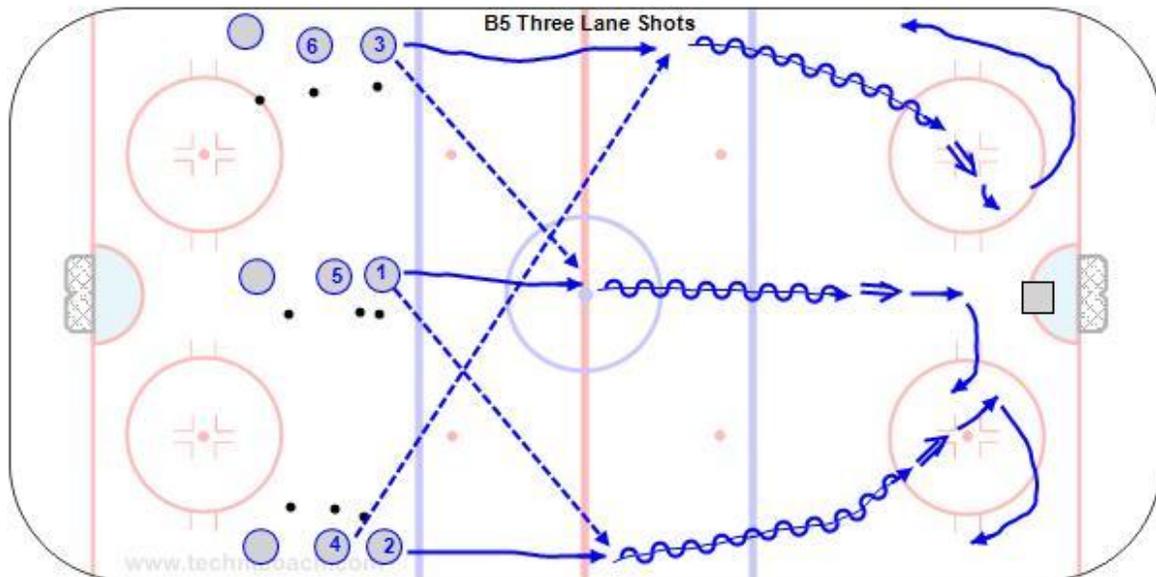
B5 Three Lane Shots

Key Points:

Shoot before the top of the circle. Follow the shot a few strides for the good habit and then return to the line on the outside so you don't get hit with a shot.

Description:

1. Line up in three lanes.
2. Start with 1 pass to 2.
3. Allow 2 to cross the blue line and then 1 leave and get a pass from 3.
4. Wait for 1 to cross the blue line then 3 leave and get a cross ice pass from 4.
5. Repeat 5 to 4, 6 to 5, 7 cross ice to 6.
6. Restart sequence with the first pass 1 to 3.



B5-B6 Breakout 3 Shot Czech - U17

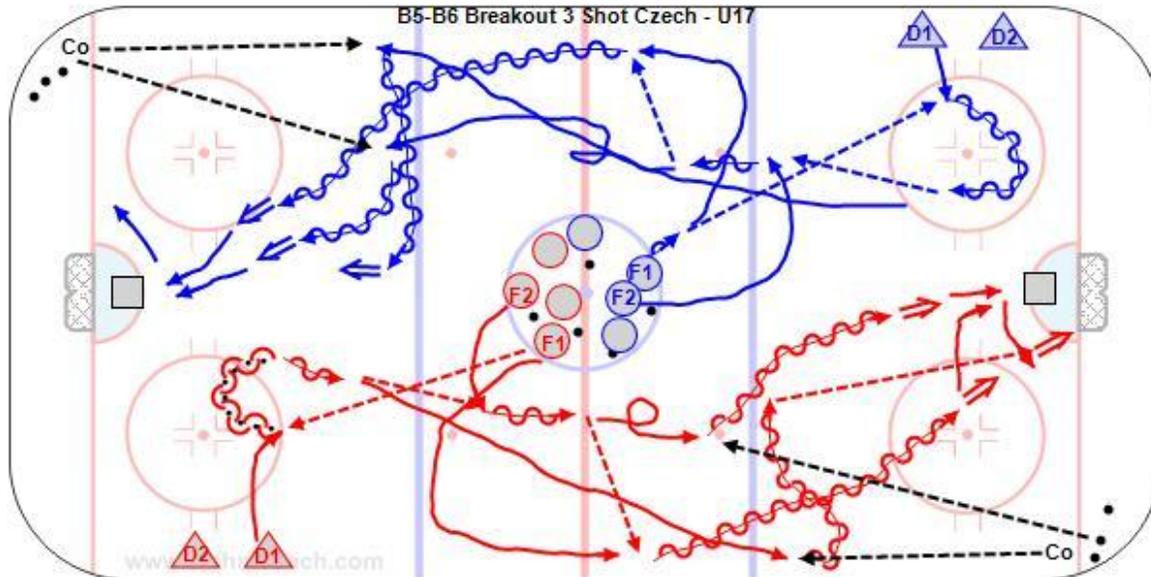
Key Points:

Shoot while moving and hit the net. Follow shot for a rebound and then screen. Give a target and then hustle back to the lineup on the whistle.

Description:

1. Forwards in the middle and Defense at each end.
2. F1 pass to D1 who drive skates.
3. F1 and F2 get open for a breakout pass.
4. D1 pass to F1.
5. F1 pass to F2 who attacks-shoots-screens.
6. F1 spin then get a pass from the coach and shoot.
7. D1 get a pass from the coach and take a point shot or shot pass while F1 screens and F2 is ready for a shot pass.
8. Do this from both sides.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130115154630289>



B5-B600 3-0 Breakout-Shoot-Cycle-F or D Shoot – Finnish U17

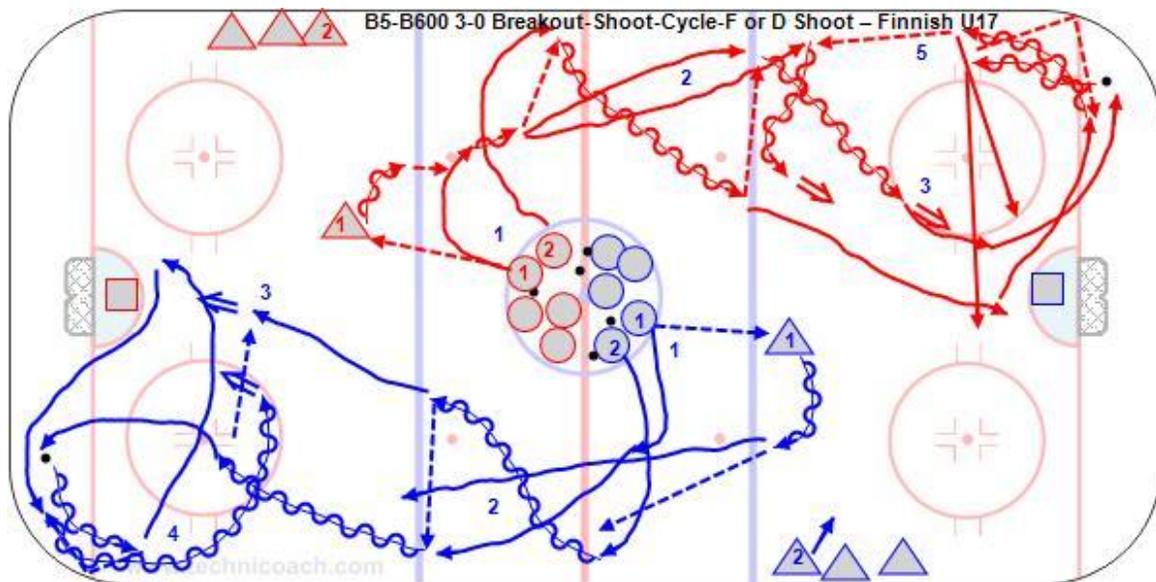
Key Points:

Do everything with quick feet. Make hard passes and D follow the play right away. Forward go to the 'Big Ice' between the dots with the puck.

Description:

1. Start in the middle circle and 2 F regroup with one D.
2. Attack 2-0 and D follow.
3. Shoot then rebound.
4. Forward pick up a puck in the corner and cycle once and go to the net and shoot.
5. Second option: get a new puck - cycle and pass to the point and screen or shot pass.
6. Do this from both sides.

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B5-B600 Quick ups x 2 - Latvia U20

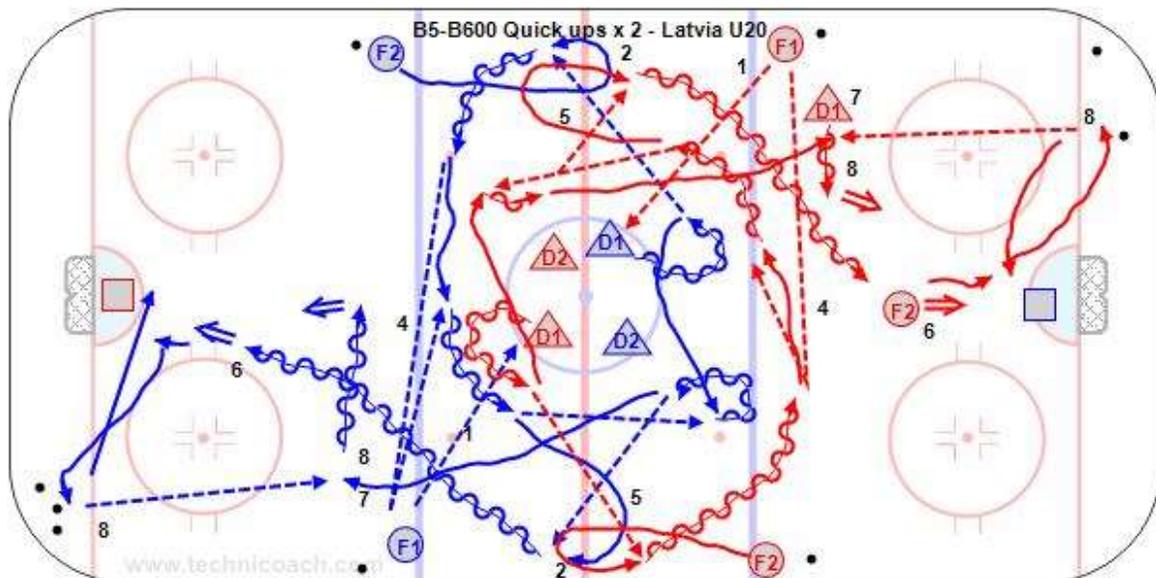
Key Points:

Forward face the puck and defense get between the dots before passing. Do everything with the feet moving.

Description:

- 1 - F1 pass to D1.
- 2 - F2 get open on boards and get pass from D1.
- 3 - F2 give and go with F1.
- 4 - F2 pass to D1 on the other side.
- 5 - F2 get open for return pass from D1.
- 6 - F2 attack and shoot.
- 7 - D1 follow for a pass to the point.
- 8 - F2 get a puck from corner and pass to D1.
- 9 - D1 shoot while F2 screen.

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B6-Dean 1 High 1 Low Shooting

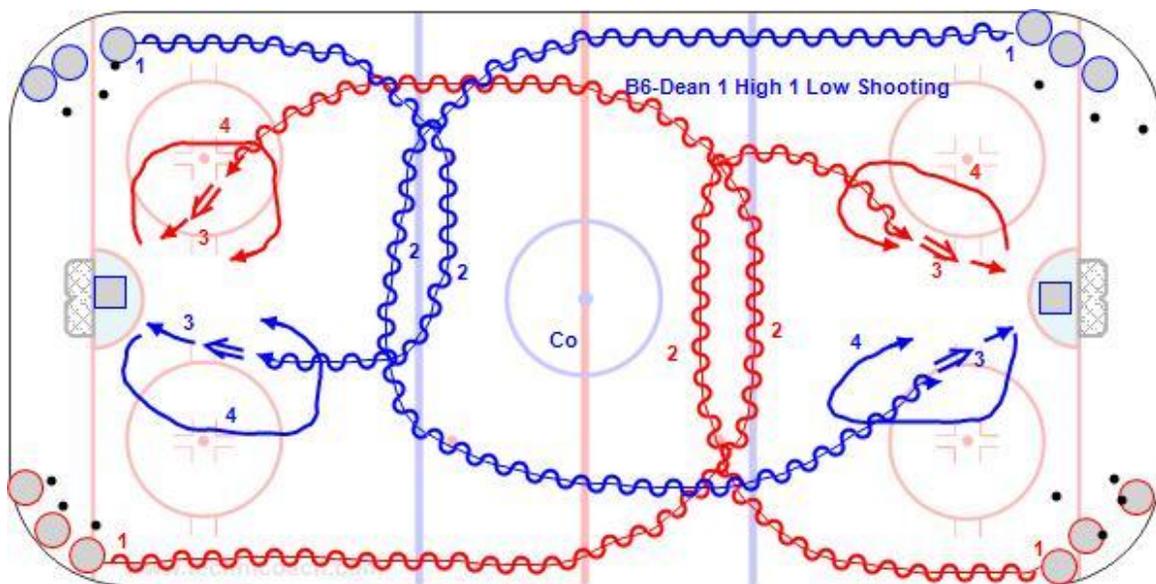
Key Points:

Shoot with your feet moving. Go to the other corner when finished. Rebound for the next shooter.

Description:

1. One player leave from each corner.
2. One high one low on each side.
3. Shoot, follow the shot.
4. Each shooter rebound for the next shooter.

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C3 Flow - Breakout - 2 F Shoot - D Point Shot

Key Points:

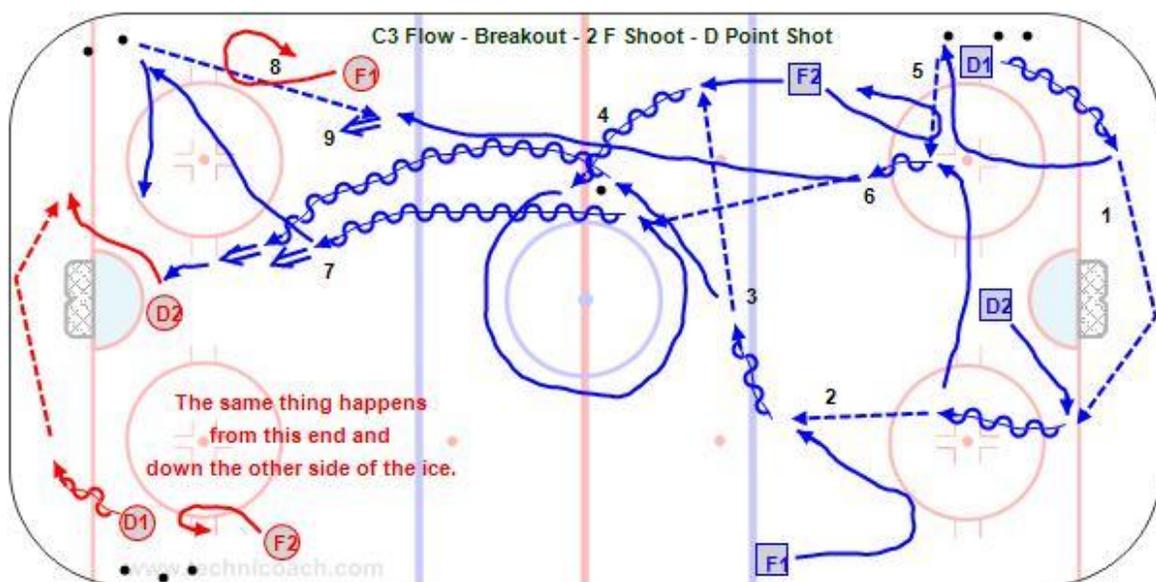
Pass hard, keep skating all the time. Pass and follow the pass. Screen, rebound.

Description:

This happens the same time from each end.

- 1 - D1 pass behind to D2.
- 2 - F1 get breakout pass from D2.
- 3 - F1 skate to big ice and pass to F2.
- 4 - F2 drop pass to F1 who attacks and shoot
- 5 - D1 pass to D2.
- 6 - D2 pass to F2 who skated around circle.
- 7 - F2 attack and shoot..
- 8 - D2 follow attack and get a pass from F1.
- 9 - D2 take a point shot and F1 screen.

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B6 1-0, 2-0 Pass and Shoot

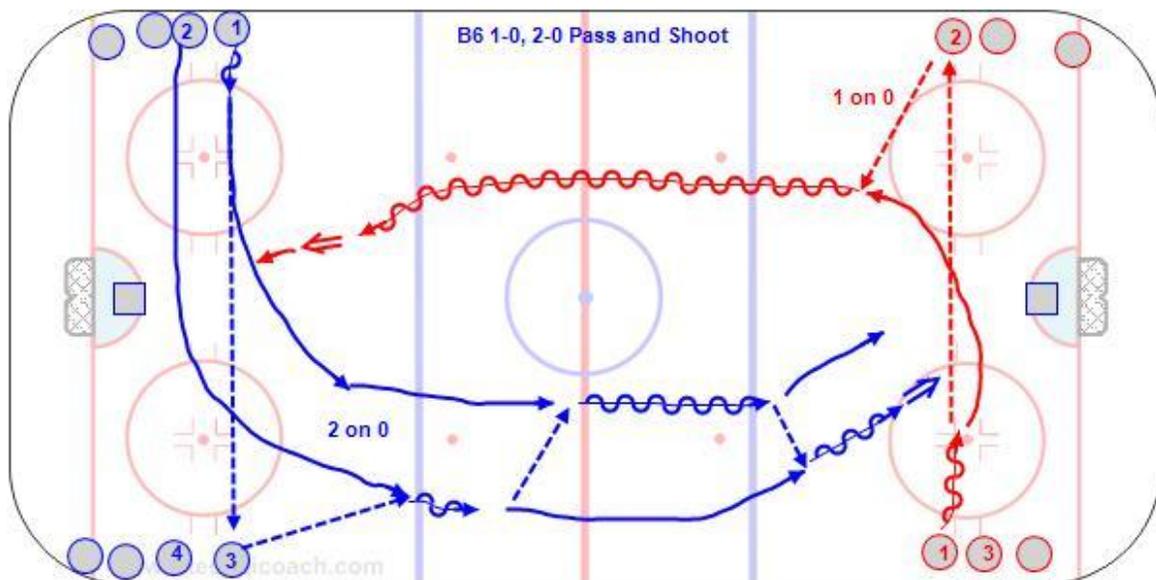
Key Points:

Start with 1-0 and move to 2-0. Pass hard, give a target, shoot while skating and follow the shot for a rebound.

Description:

1. From each end one skate and pass across to two.
2. Two pass back to one who shoots and rebounds at the other end.
3. Repeat on the other side with three passing to four.
4. Progress to 2 on 0 starting with a cross pass at each end.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110322094048306>



B6 1-0, 2-0 Shooting

Key Points:

Shoot while skating and follow the shot for a rebound. Carry the puck in the triple thread position at the side of the body. Anticipate where the rebound will be and shoot quickly either on the ice or top shelf.

Description:

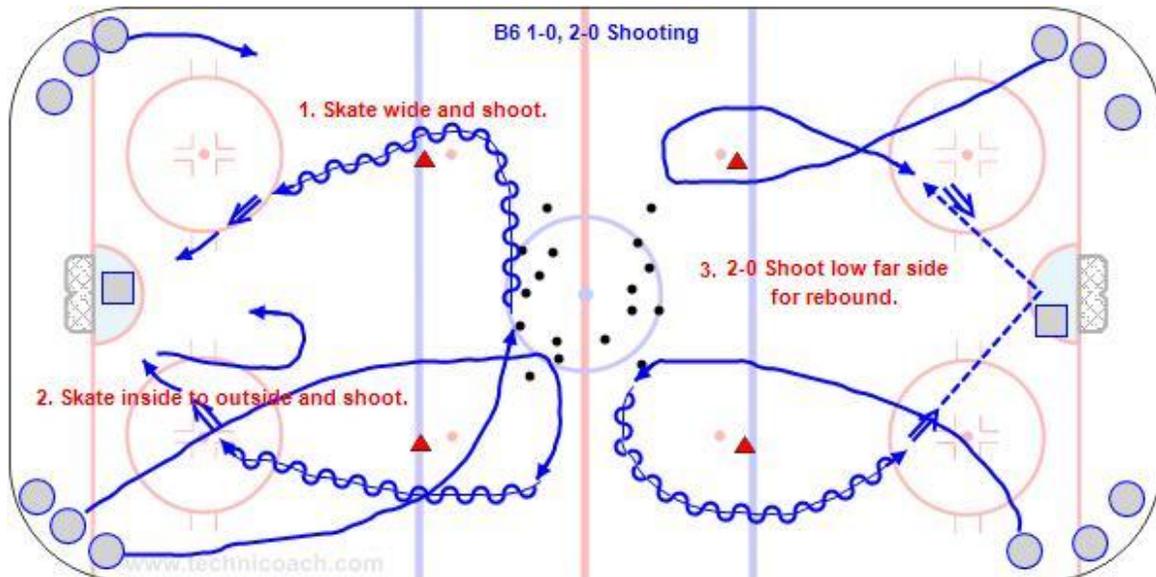
1. Leave from alternate corners and begin with skating across the ice then at the net.
2. Skate inside, get a puck and shoot from the outside lane.
3. Inside to outside 2-0. Shoot low at the far post so the goalie must make a pad save. The supporting attacker one time the rebound.

* Extra tasks: circle back and rebound for the next shooter.

- Challenge the next shooter 1-1, 1-2, 2-2.

- Add escape moves, tight turns, passes.

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

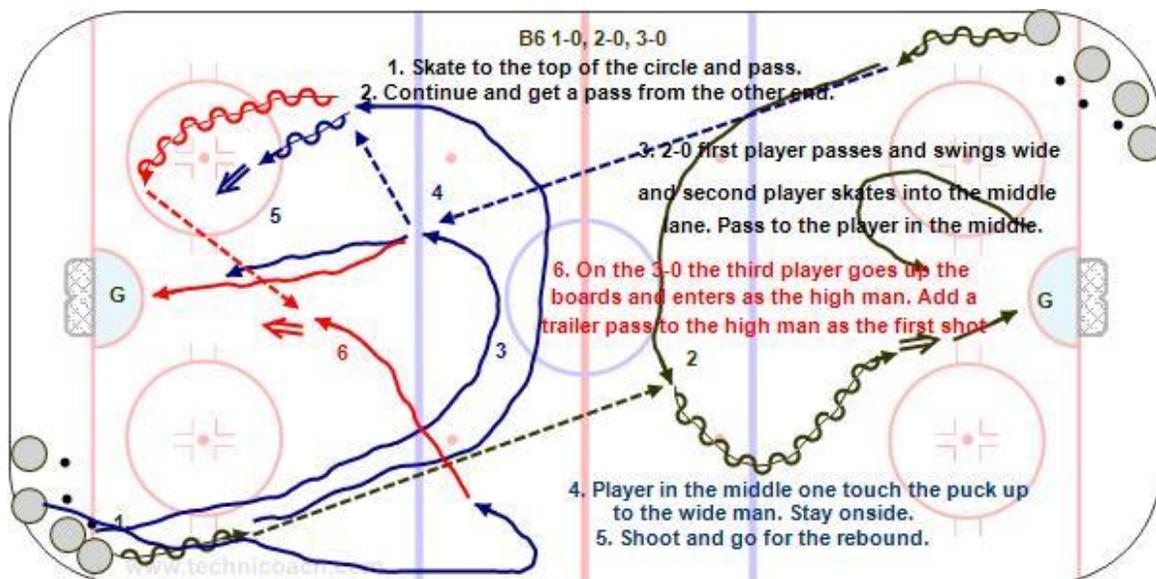
Key Points:

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 onside.
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.

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B6 2-0 Disguised Skate - Pro

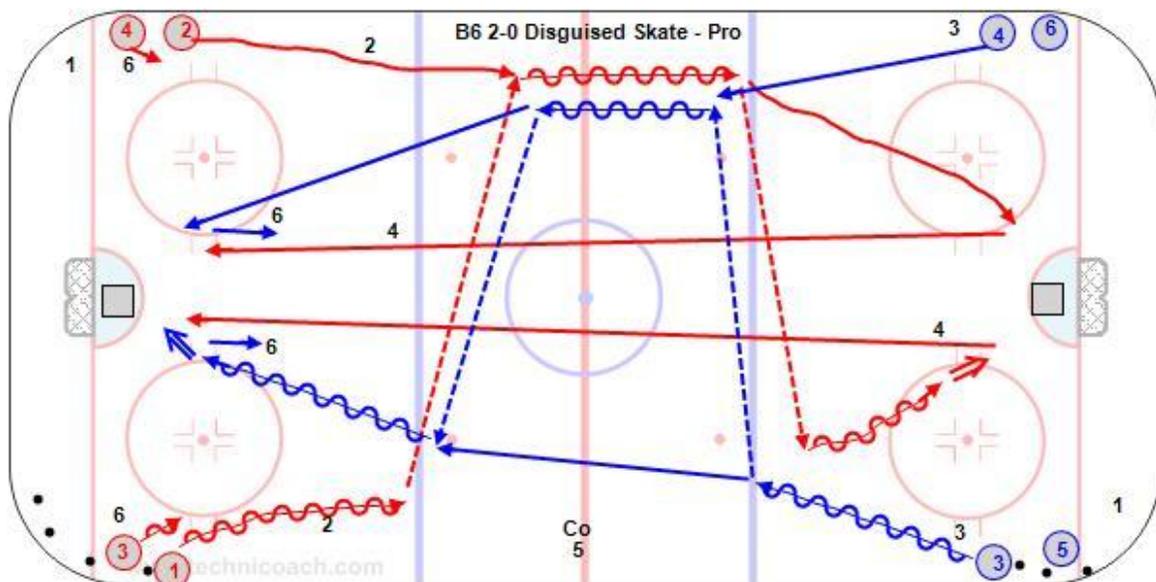
Key Points:

Skate at top speed on the rush and make at least 2 passes. Crash the net for a rebound. Backcheckers tie up sticks on loose pucks.

Description:

1. Players start from the corners.
2. Players 1 and 2 attack 2-0.
3. On the whistle players 3 and 4 attack 2-0 with a new puck.
4. Players 1 and 2 backcheck hard to the slot and cover one player each.
5. Coach should allow a second shot if there is a rebound before whistling.
6. Continue this flow and each group 'Keep Score' and see which two players score the most.

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B6 2-0 Middle Drive - Czech U20

Key Points:

Attack with speed and hit the net and the middle player be in good position for a rebound. This is a drill to warm up the goalies.

Description:

- 1 and 2 leave from diagonal corners at each end.
- 1 is in the middle and pass wide to 2.
- 1 turn and skate to the other side and turn and middle drive the net.
- 2 continue down the wide lane and shoot then rebound.
- If there is a rebound finish the play.

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B6 2-0 Wide Pass and Shot-Pro

Key Points:

Pass hard in front of receiver so he doesn't have to slow up. Keep the stick blade square to the puck. Keep the stick in front when shooting in the triple threat position.

Description:

1. Start off with R1 passing wide to R2 and R3 follow
2. R2 passes back to R1 who shoots.
3. Change directions with B1 across to B2 and follow.
4. B2 skates and passes to R3 who turned at the blueline.
5. R3 shoots and B2 rebounds.
6. R5 leaves and passes to R4 and follows.
7. R4 pass to B1.
8. Continue this flow in each direction.

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B6 2-0 x 2-Stretch-2-0 Pro W

Key Points:

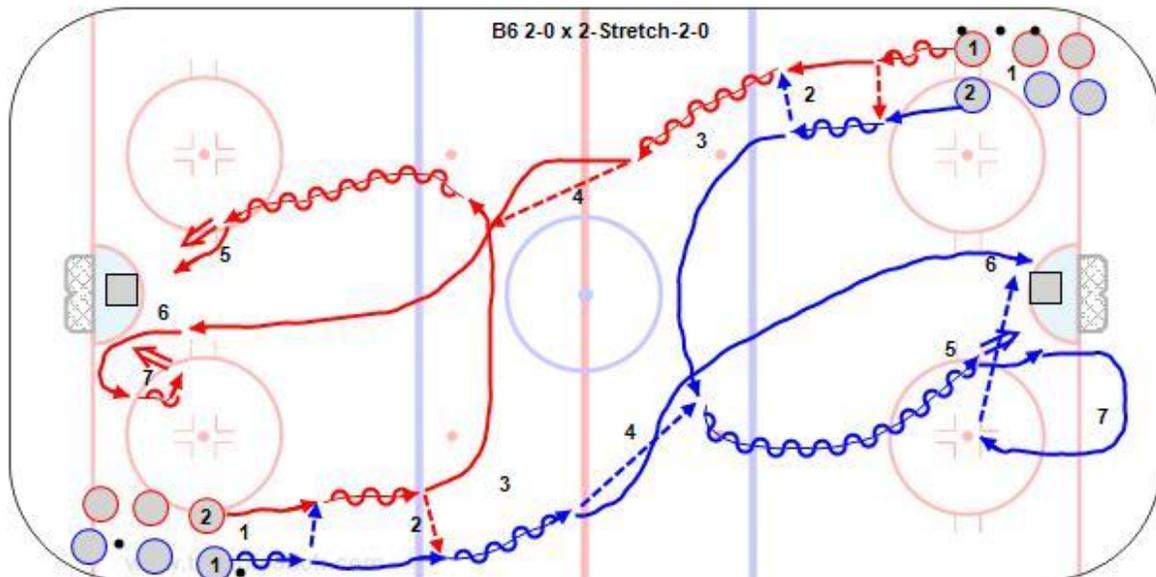
Give a target. Pass hard while skating. Shoot while skating from the front of the body. Crash the net for rebounds. Pursue the rebound for a second shot.

Description:

1. Player 1 and 2 leave from diagonal corners; player 1 start on the outside and 2 on the inside.
2. Player 1 pass to 2 and get a return pass.
3. Player 2 cross the blue line and cut across the middle and player 2 continue with the puck.
4. Both player 1's give a stretch pass to the opposite player 2 and head to the net.
5. Player 2 either shoot or pass to player 1 who shoots.
6. Both players crash the net for a rebound. 7. Play the rebound for a second shot.

**Option is to time the drill with a maximum time to score and have a competition.*

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B6 3-0 Horseshoe

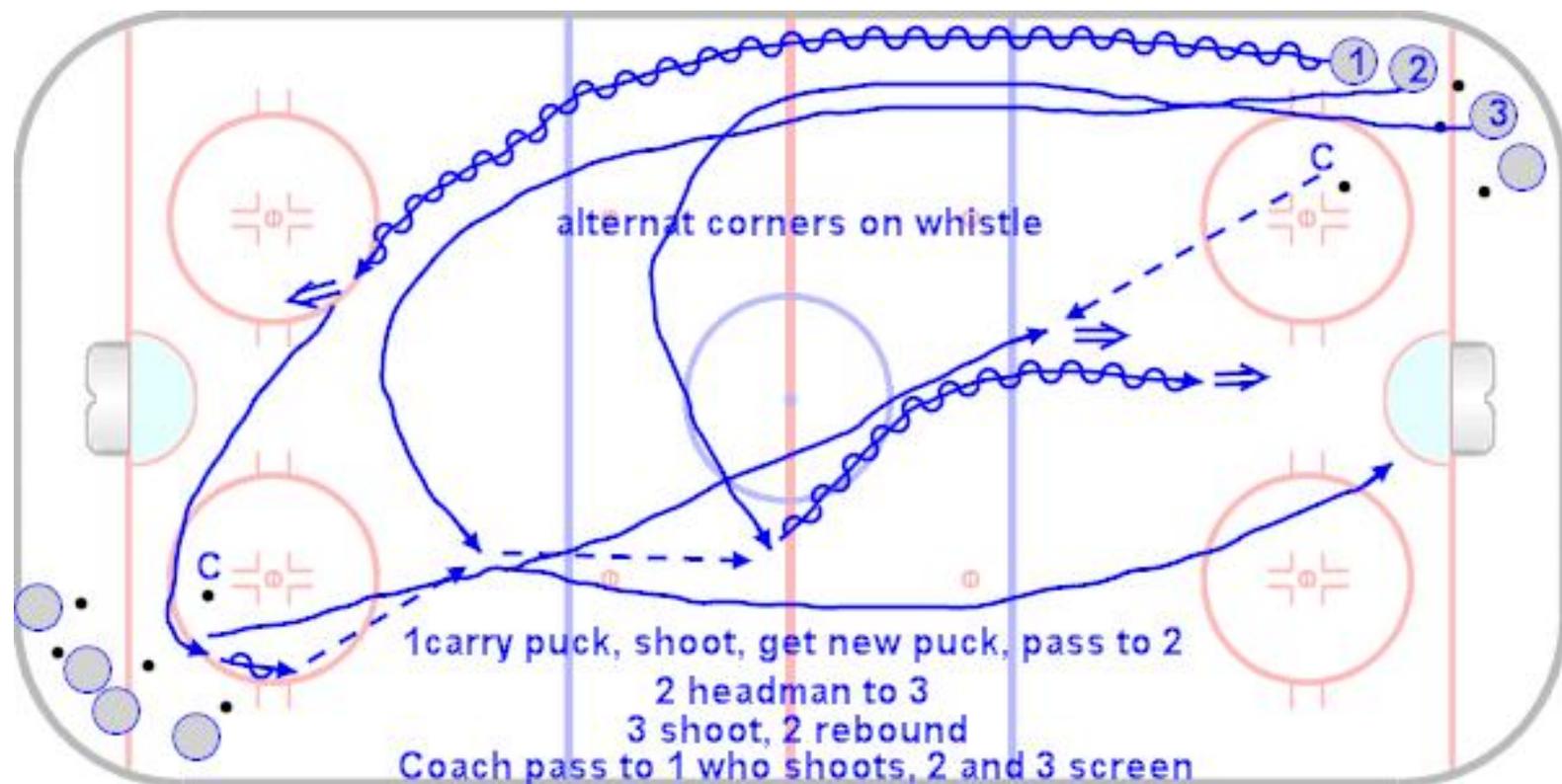
Key Points:

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 Middle Drive C-U18

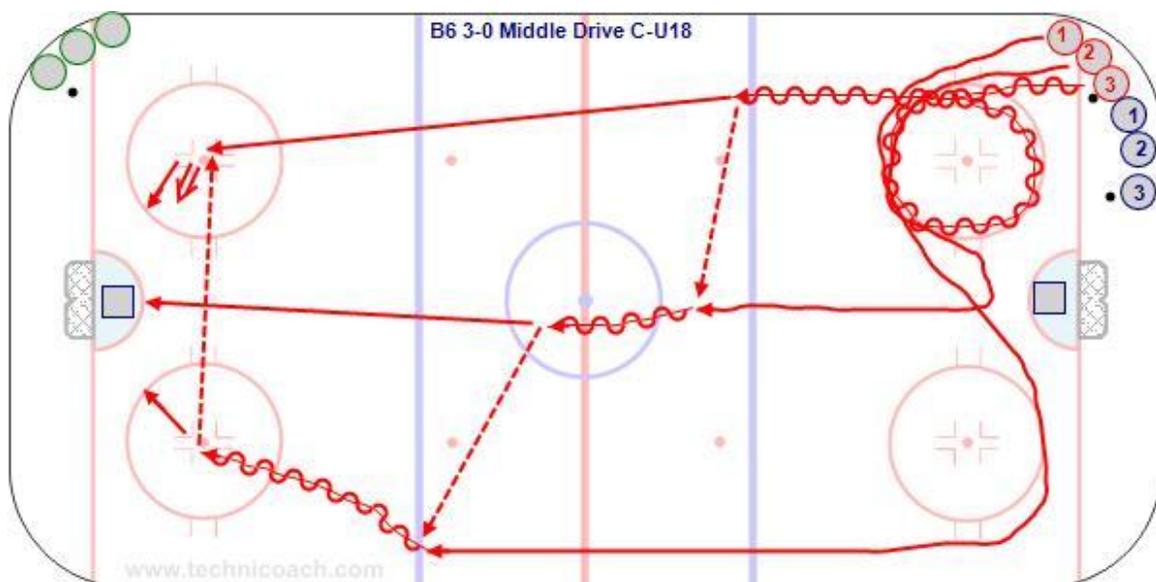
Key Points:

The first player over the attacking blue line without the puck skate hard through the middle lane to the top of the goal crease. Player with puck and third player skate hard toward the dots. Force defenders to cover each player.

Description:

1. Leave from the corner.
 2. Player 1 skate around top of the circle and the bottom of the next circle and up the lane.
 3. Player 2 skate top of the circle to below the hash and up the middle.
- *Repeat in the other direction.
4. Player 3 carry a puck around the circle and up the near lane.
 5. Player 3 pass to 2 to 1 and do a middle drive.
 6. Ideal play is a pass across from 1 to 3 about at the hash marks for a one timer shot.
 7. Wide shot or a pass to the middle are also options. Read the play.
- *Repeat in the other direction.

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B6 3-0 One Touch Regroup - 3 Shots

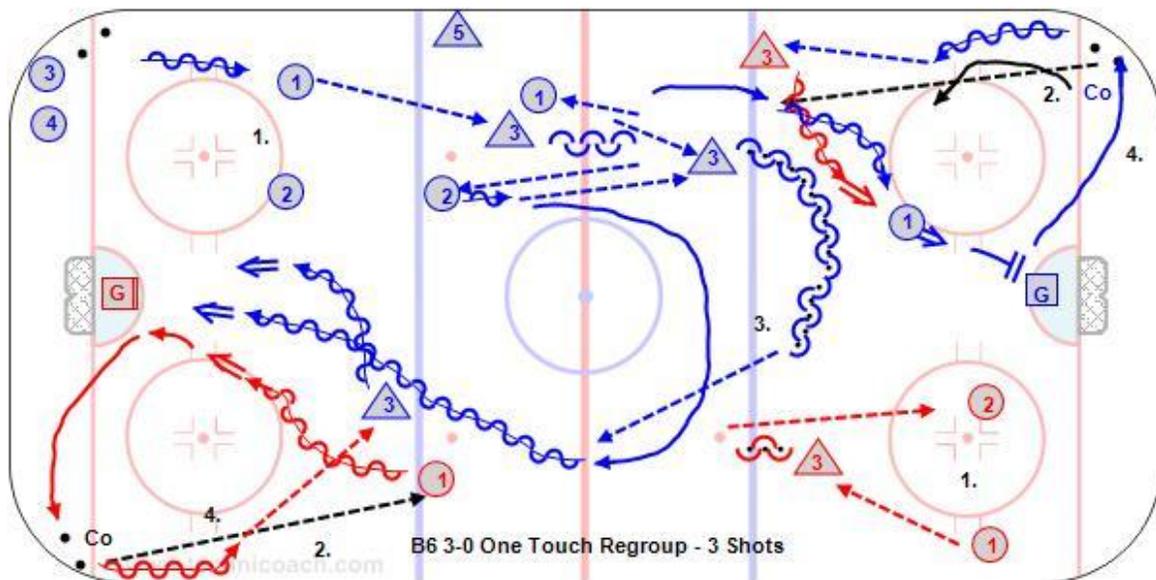
Key Points:

Face the puck and one touch two passes to start. Shoot while skating and follow the shot for a rebound. This is done out of diagonal corners at the same time.

Description:

1. F1 and F2 leave from the corner and exchange the puck twice with the D1.
2. F1 continue and get a pass from coach in the corner shoots and screens.
3. D1 pivot and Pass to F2 who shoots and screens.
4. Red F1 cycle out of the corner and pass to Blue D1 who shoots from the point.

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B6 3-0 One Touch Regroup - 3 Shots and High Cycle

Key Points:

Face the puck and one touch two passes to start. Shoot while skating and follow the shot for a rebound. This is done out of diagonal corners at the same time.

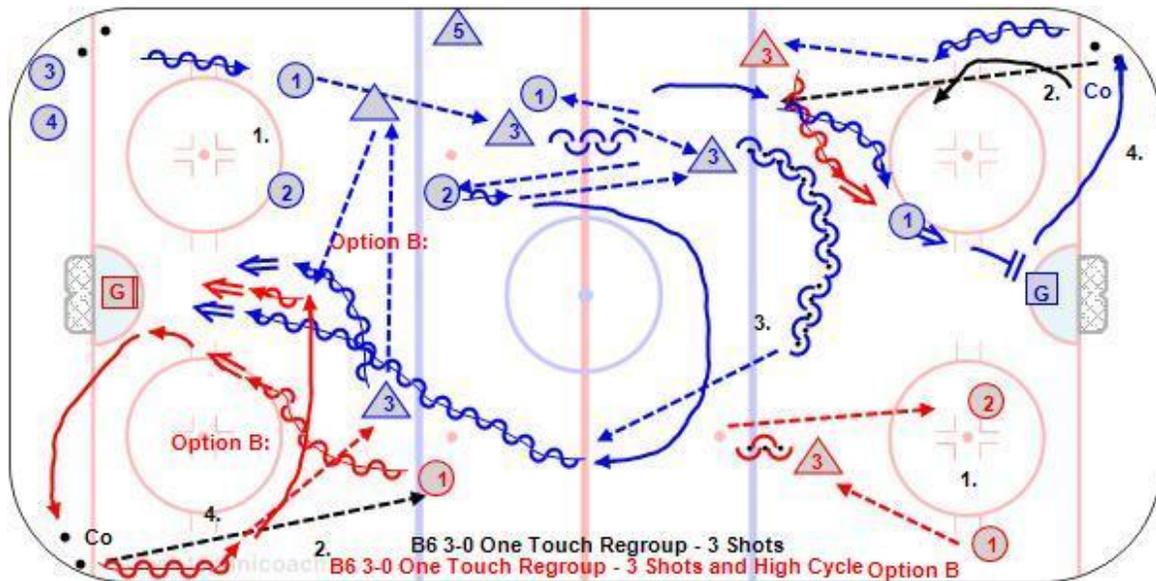
Description:

1. F1 and F2 leave from the corner and exchange the puck twice with the D1.
2. F1 continue and get a pass from coach in the corner shoots and screens.
3. D1 pivot and Pass to F2 who shoots and screens.

Option B:

4. Red F1 cycle out of the corner and pass to Blue D1 who passes to D2 and he passes to F1 high in the slot and F1 shoots.

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B6 3-0 Weave With D Regroup

Key Points:

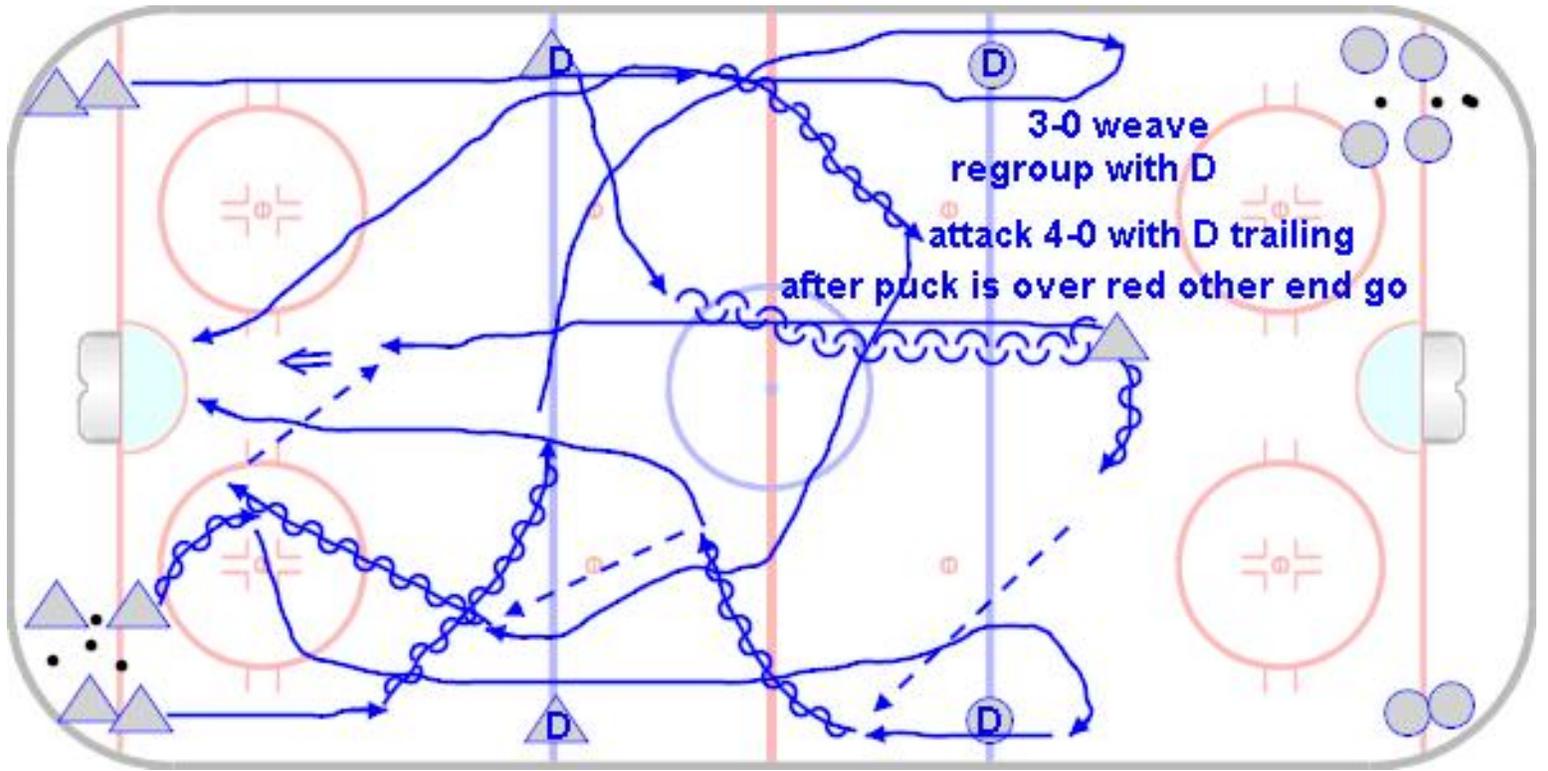
- Skate with the puck to the big ice between the dots and then pass.
- Pass and follow your pass.
- Stay wide until you get the pass.

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 an overload situation and have the forwards take a shot followed by the D shooting the other puck.



B6 3-0 Weave-Regroup at Far End – Pro

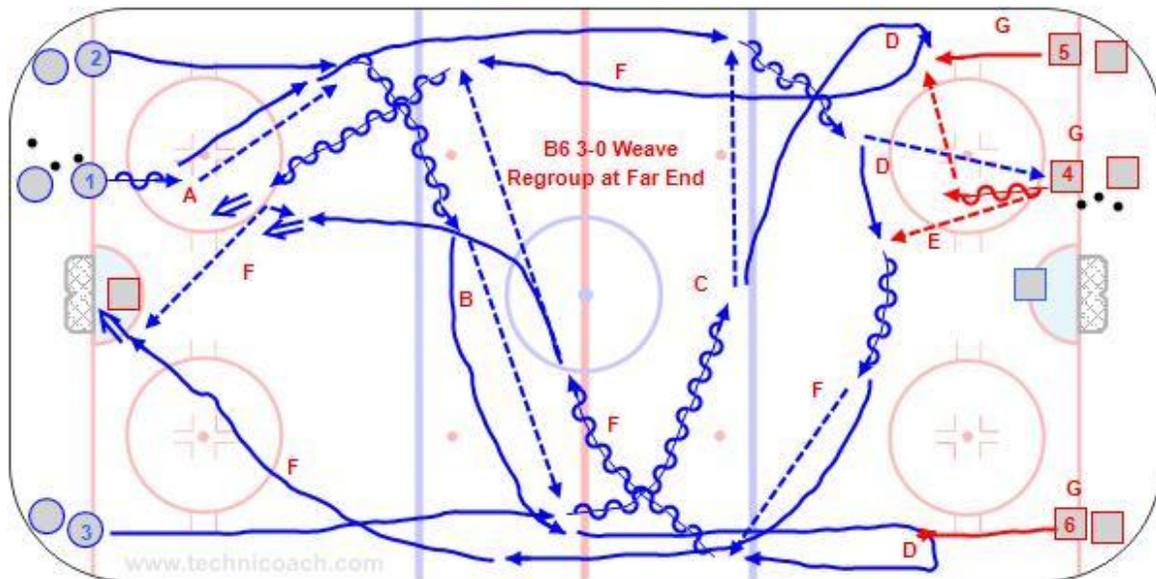
Key Points:

Principles: Pass while skating and then follow the pass and take the ice behind the puck carrier.. Fill the 3 lanes. Skate to the “big ice” between the dots when you get the puck. Pass to the outside lane, skate to the inside lane.

Description:

- A. 1 pass to 2 and follow the pass.
- B. 2 skate to the big ice, pass to 3, follow the pass taking the ice behind.
- C. 3 pass back to one, follow the pass.
- D. 1 regroup with 4 and 1-2-3 fill each lane.
- E. 4 pass to 1 or 3 on the strong side.
- F. 1-2-3 weave the same way and attack with a triangle and shoot at the original end.
- G. 4-5-6 follow and repeat the other way.

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B6 3-0 With Multiple Pucks

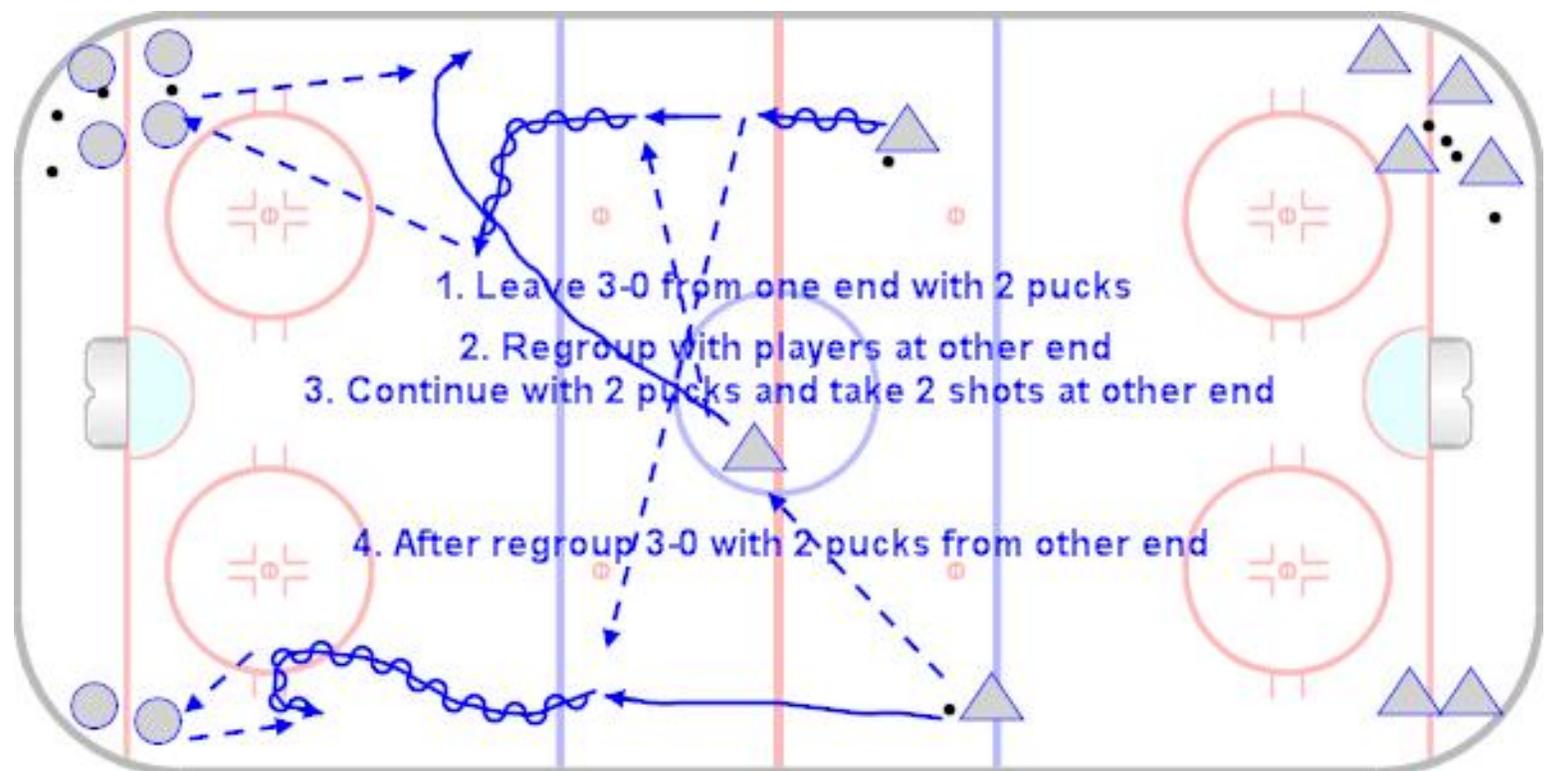
Key Points:

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, 3-0, 4-0 Pass-Regroup-Shoot, Detroit

Key Points:

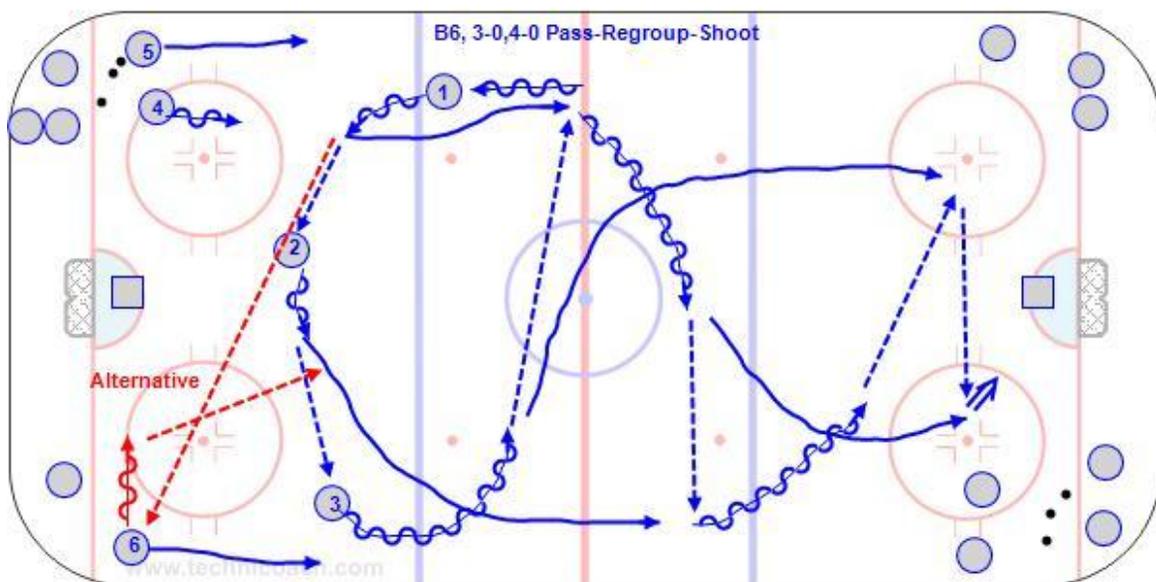
Pass hard, give a target, call for the pass and fill all three lanes. Leave in groups of 3 or 4. Make sure everyone gets at least one pass in each direction.

Description:

1. Three or four leave from one end.
2. Skate to the big ice and pass.
3. Cross the far blue line and turn back.
4. Attack with a triangle or box.
5. Three or four at the other end leave when the original players regroup.

Alternative is to pass and regroup with a player at the other end to practice a deep breakout.

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B6 – 3 Shots, 3 Zig zags, 3 Shots

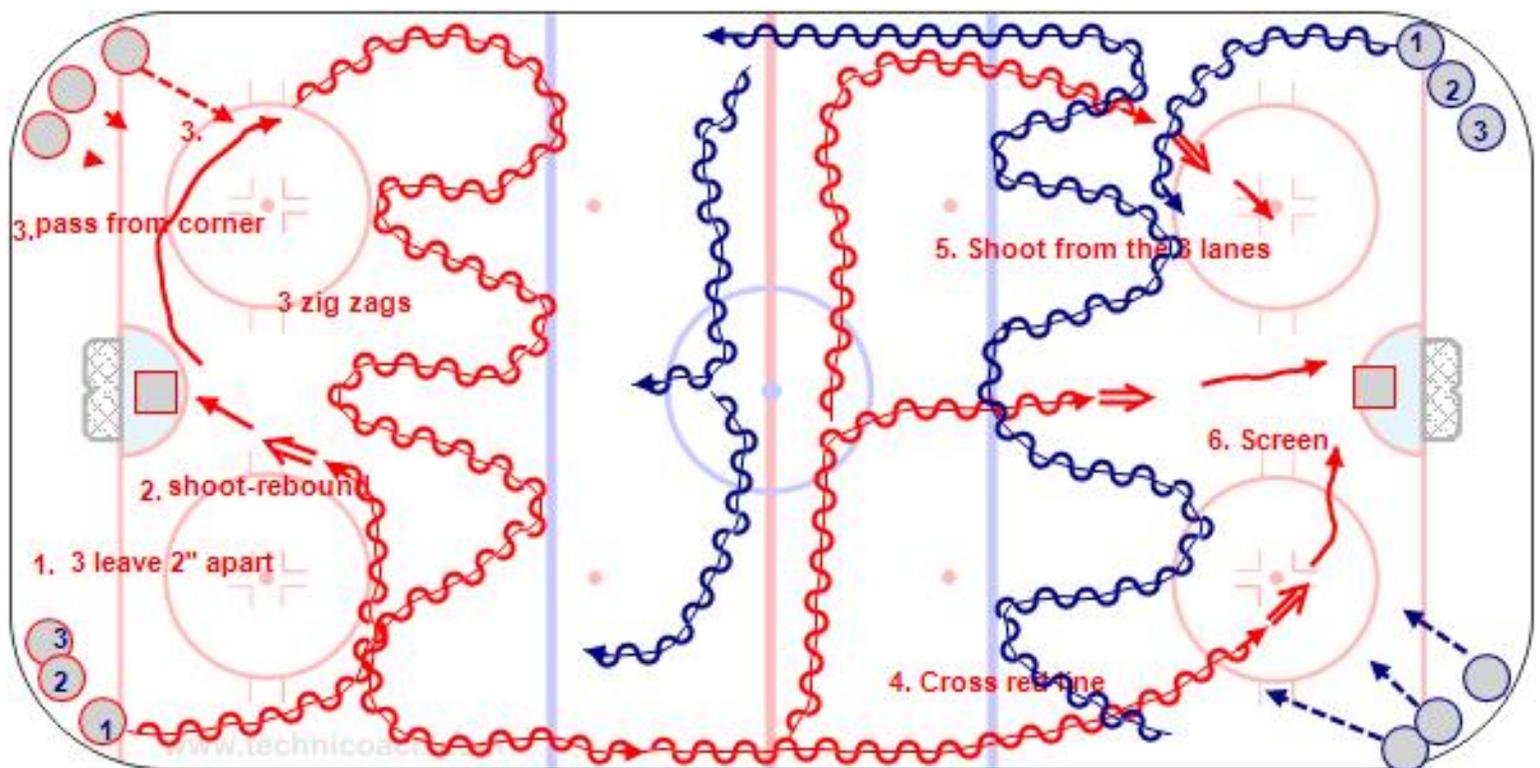
Key Points:

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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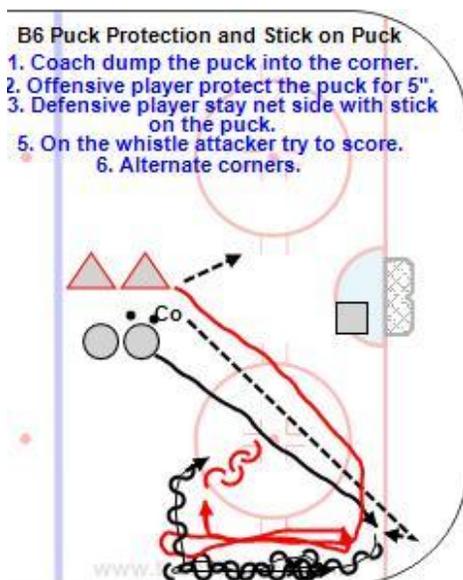
B6 Puck Protection and Stick on Puck

Key Points:

Attacker protect the puck by making tight turns and shielding it with the body. Defender maintain net side and stick on the puck.

Description:

1. Coach dump the puck into the corner.
2. Offensive player protect the puck for 5".
3. Defensive player stay net side with stick on the puck.
5. On the whistle attacker try to score.
6. Alternate corners.



B6 Big Horeshoe 2-0 - Pro

Key Points:

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

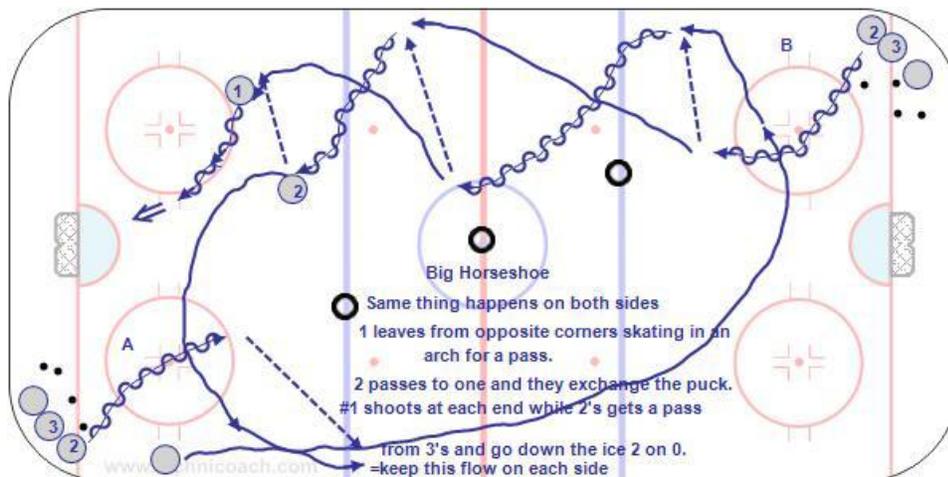
Description:

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'

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B6 Big Horseshoe-Washington 2

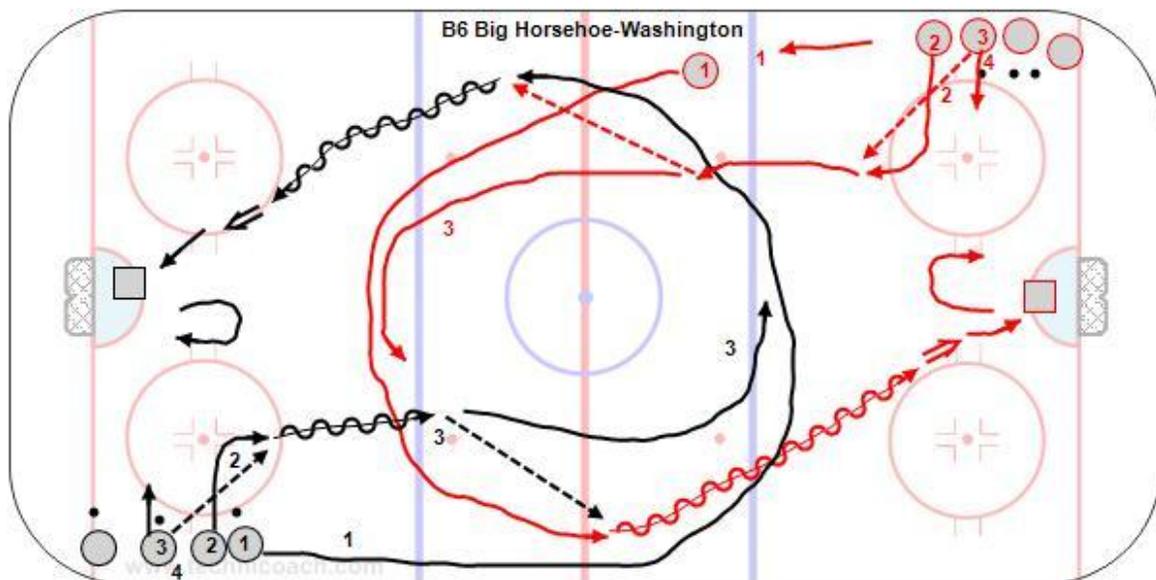
Key Points:

Face the puck, Give a target. Time by saving ice until the passer is ready. Follow the shot and rebound.

Description:

1. Start with the #1 from each corner skate a big circle just outside the nzone.
2. #2's skate to the inside and get a pass from the #3's.
3. #2's pass to #1's in nzone.
4. #2's skate in an arc for a pass from #3's along the boards on the other side .
5. Repeat this with the 3's leaving after they pass.

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B6 Big Horseshoe CU18

Key Points:

Give a target and skate into the pass. Follow the shot for a rebound. Shoot while skating and don't overhandle the puck to prepare to shoot.

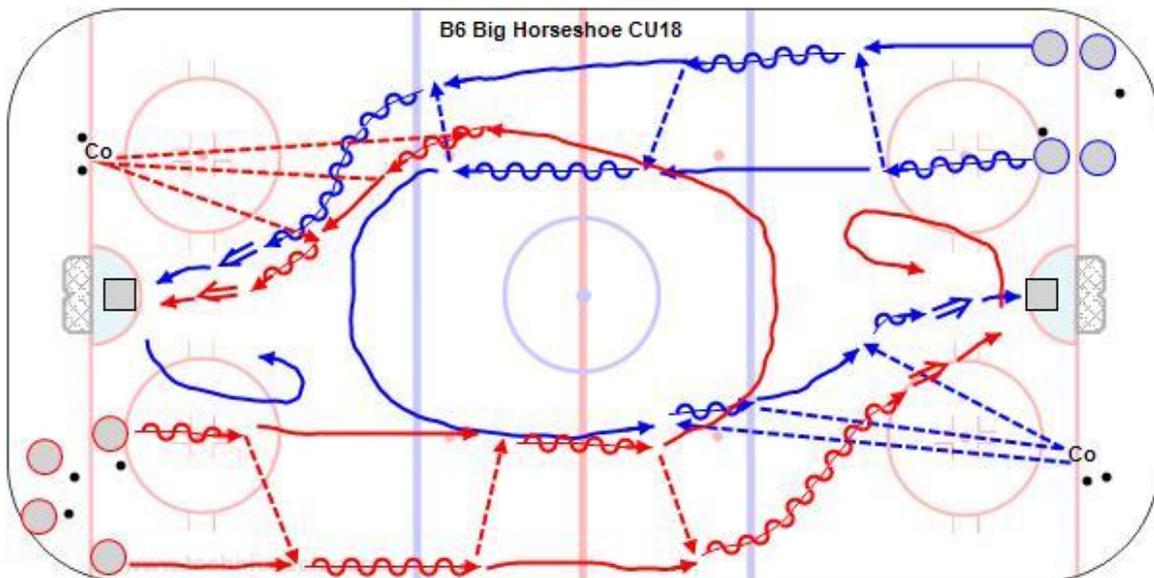
Description:

1. Two players leave from diagonal corners.
2. Exchange the puck while skating down the ice.
3. Outside player continue and shoot-rebound.
4. Inside player turn back and get a pass from the original end.
5. Inside player shoot-rebound.

Options:

- Unless the coach is making a comeback have a player make the second pass.
- Screen after shooting.
- Circle back and rebound for the next shooter after shooting.
- Second player exchange passes with the passer on the goal line.
- Add options like backhand shots, one timers, 1-1 vs. the next shooter, etc.

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B6 Big Horseshoe-Washington

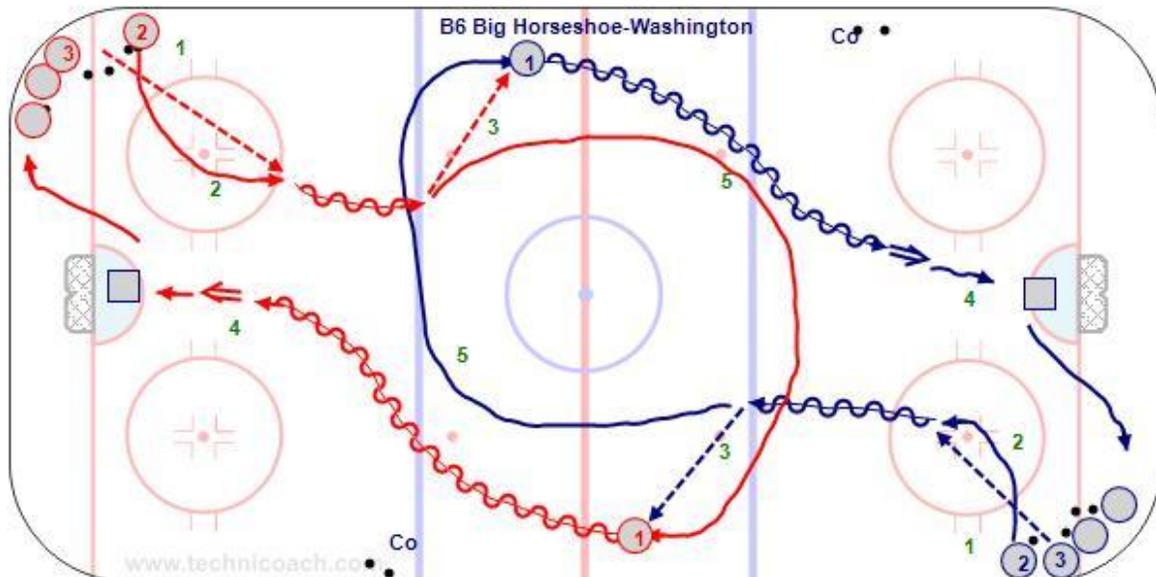
Key Points:

Players give a target and call for the pass. Time the first pass so you are ready to pass to the player on the boards. Coaches have some pucks to give players if a pass fails. Follow the shot for rebounds. Do about 1.5-2 minutes on each side.

Description:

1. #1 leave for a pass from the other corner.
2. #2 in each corner skate inside for a pass from #3.
3. #2's skate and pass to #1 on the wall.
4. #1 attack the net, shoot and rebound.
5. #2's now skate in an arc saving ice and timing to get a pass from #3.
6. Repeat this flow.

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B6 Breakout 1-0 Point Shot - Pro

Key Points:

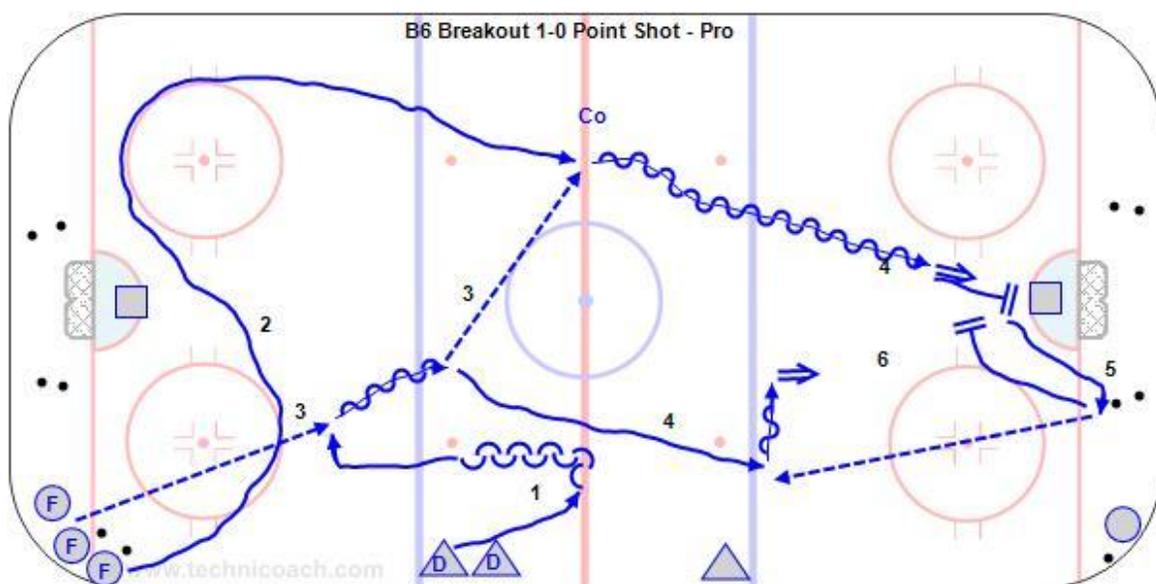
Quick feet, give a target, choctow turn front to back, pass hard, shoot and follow the shot for a rebound, pass and follow the pass, screen, low point shot.

Description:

1. Defense skate forward from the blue line up to the red line and then choctow turn backward.
2. Forward leave from the corner and skate around the top the circle and below the other circle then hard up the ice.
3. D get a pass from a forward in the corner and quickly turn up ice and pass to the breaking forward.
4. Forward skate in and shoot and the D follow to the point.
5. Forward look for the rebound and then pick up a puck near the net and pass to the D.
6. D take a point shot and the F screen.
7. F and D stay at that end to go the other way.

**With a large group you could have two F and two D go and the D could hinge with each other and a D to D at the point. Another option would do the same drill from each end starting in diagonal corners.*

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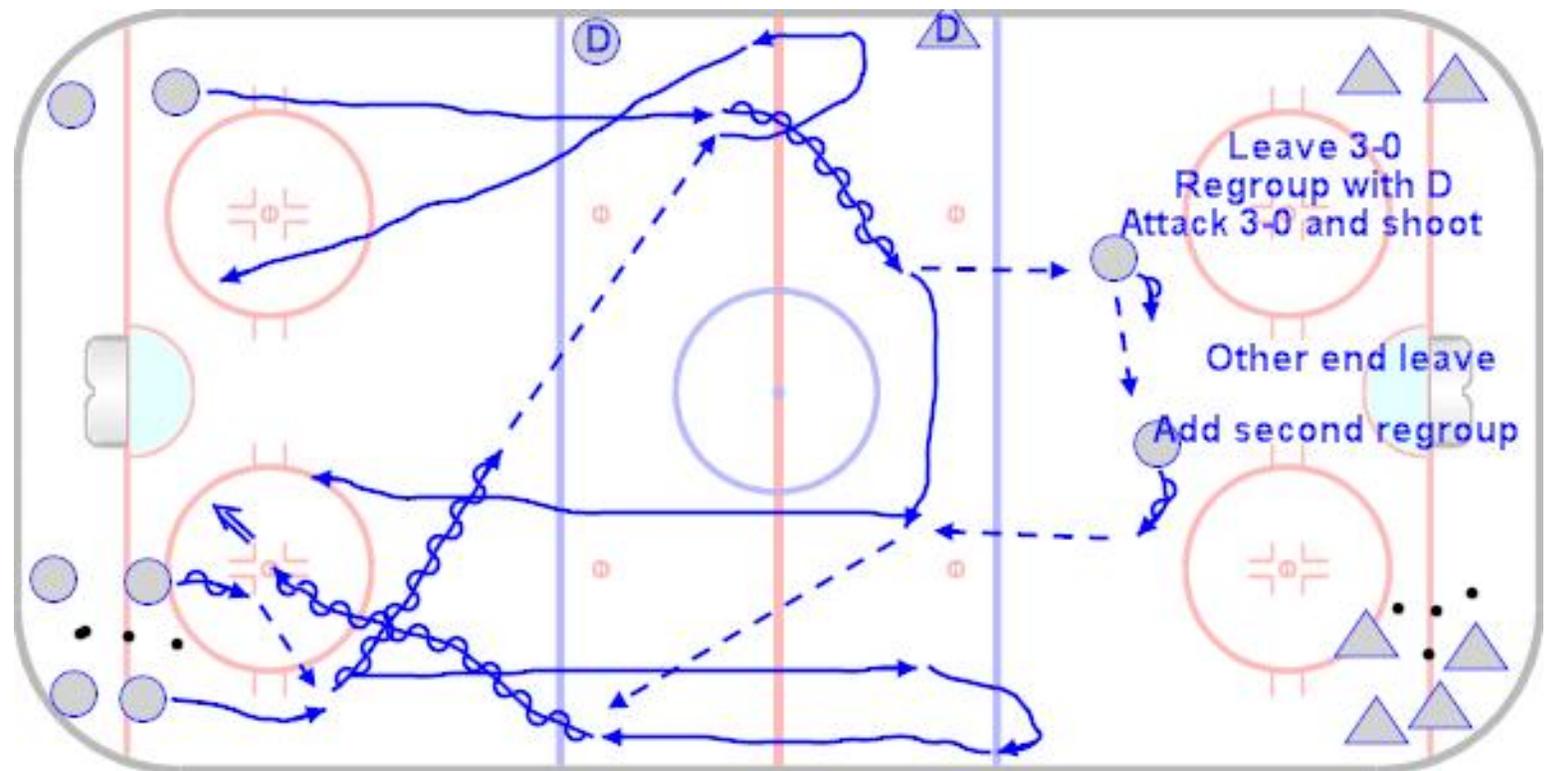
B6 Breakout and Regroup with Defense

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 Building a Power Play

Key Points:

Start by practicing point shots and screens then move to one timers and the shot pass. Add a low cycle and change sides. Progress into a diamond. Practice one timers from off wing and shot passes on the proper wing.

Description:

A. Point Shots and Screen

1. 1 Bounce pass the puck to the point.
2. 1 screen and 2 drag and shoot.
3. 1 rotate to the point and 2 to the other corner.
4. Repeat with 3 pass and screen and 4 shoot. You can add a D to D one timer.

B. Create Options, One Timer, Shot Pass, Rotate into a 1-3-1 Diamond

1. #1 shoot and go to diagonal dot # 4 the same
2. Point now fake a shot and pass across for a one timer or a shot pass.
3. Progress to a low cycle and point pass where cycles attacking the seam and passing low then head to the net and #5 passes to the point.
4. We will add the weak side D into mid slot to move into a 1-3-1 diamond.



B6 Chaos 3-0 Pass and Shoot

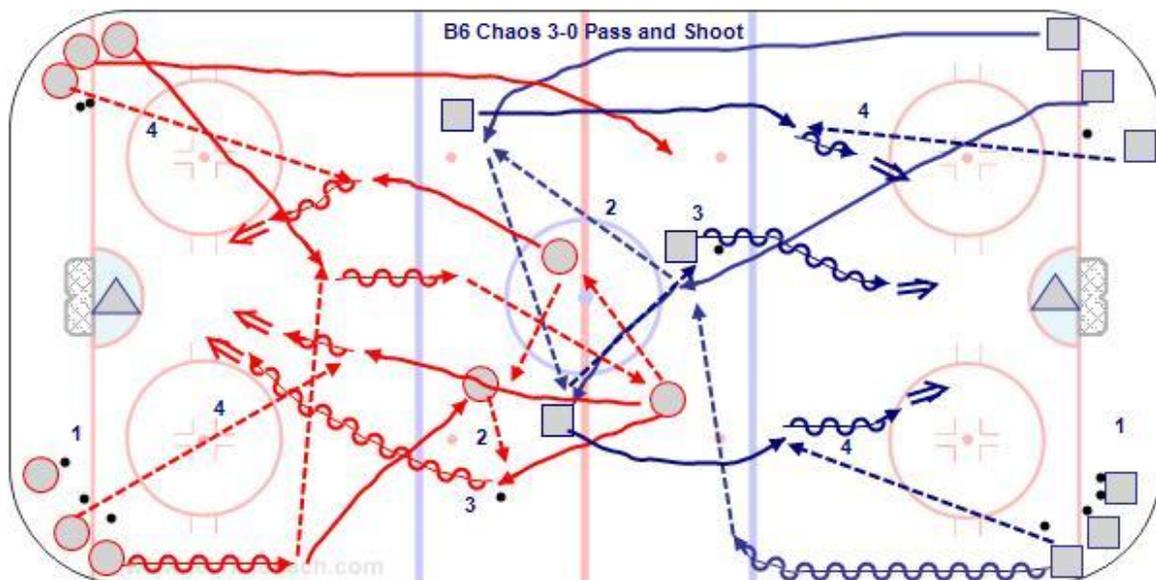
Key Points:

Give a target, pivot to face the puck all the time; use forehand passes and backhand only when passing forward.

Description:

1. Three players leave from each end.
2. Each group passes one puck in nzone.
3. On the whistle player with the puck shoot.
4. Other two players save ice and get a pass from the corner and shoot. a few seconds apart.

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B6 Chaos NZ Overspeed with Regroup-Pro

Key Points:

Players skate as fast as possible weaving through each other in the middle. Try various moves and dekes with the head up. Whistle about every 7 seconds.

Description:

1. Players line up against the boards at the top of the circle.
2. On the whistle skate into the nzone and make moves at top speed.

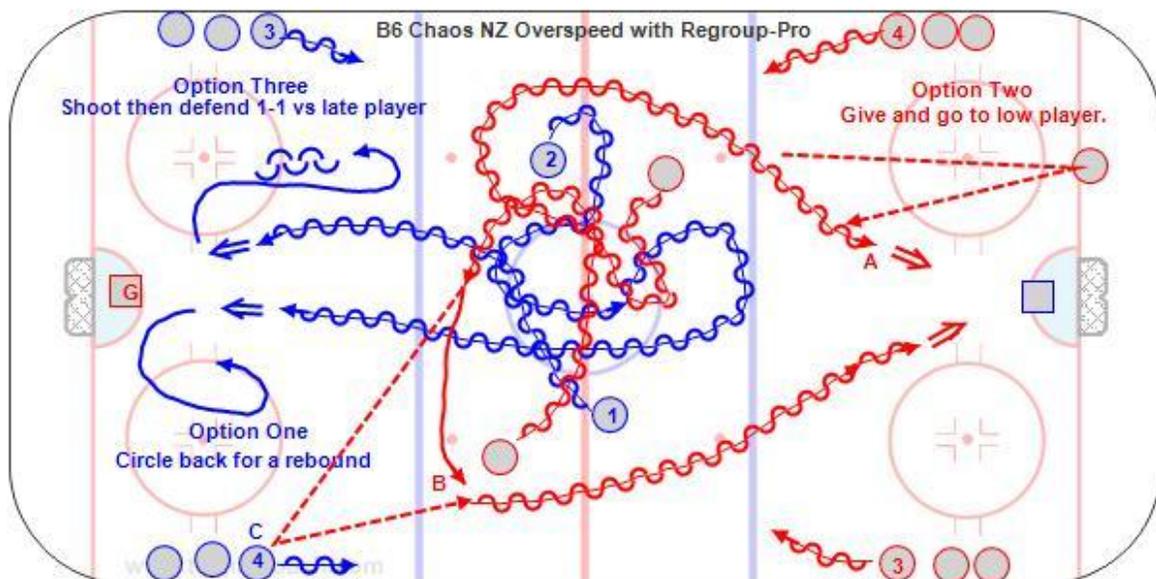
Options:

- A. Skate in and shoot then rebound.
- B. Skate to far blue line then in and shoot.
- C. Pass to opposite line then skate and shoot

Other options:

- 1-Circle back for rebound.
- 2-Give and go with a player on the goal line.
- 3-Defend 1-1 vs. the next second shooter.
- 4-Screen and tip for next shooter.

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B6 Cross Pass-Cross Drop-Shoot

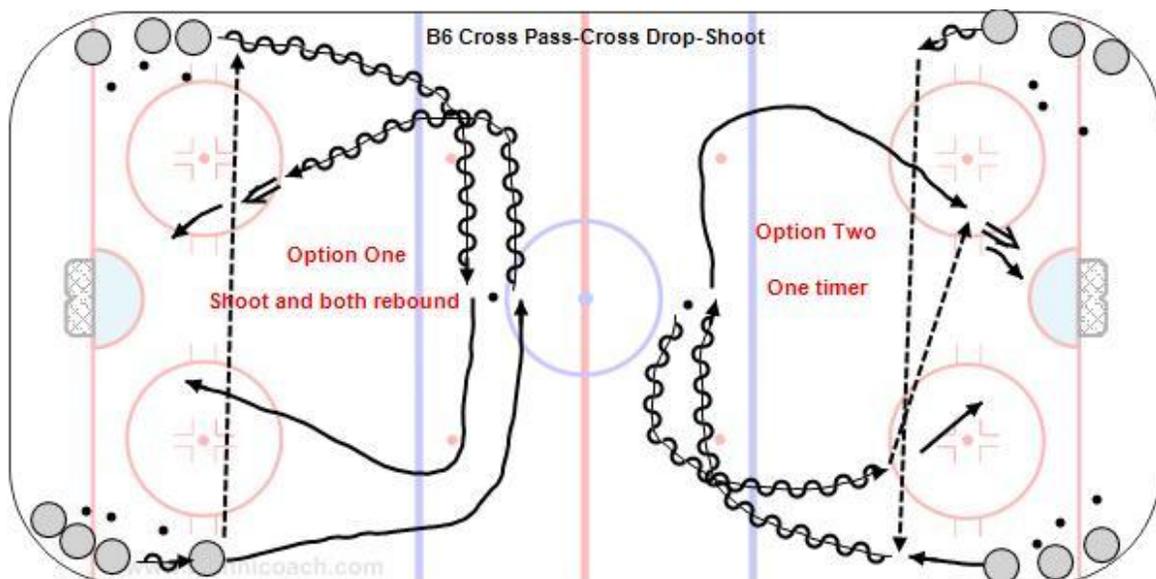
Key Points:

Pass hard, drop the puck behind leaving it still. Keep skating all of the time. Maximum of one pass in the offensive zone.

Description:

1. A skate and pass across to B.
 2. Both skate around faceoff dot.
 3. B drop the puck to A who crosses behind.
 4. Both skate around the Dots.
 5. Option One:
 - A Shoot and both rebound.
 - Option Two: A pass across to B who opens up and takes a one time. Both rebound.
- Alternate Sides.

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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.)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120430093036462>



B6 Defense Shooting Options - U18F

Key Points:

Move into a shooting lane and keep the eyes up so you know where the defenders are. Miss the defender coming to the block.

Description:

- a. 1 pass to 2 and 2 pass back to 1.
- b. 1 pass to 3 and 3 pass back to 1.
- c. 1 pivot and pass back to 3.
- f. 3 skate to mid point and shoot and 1 screen.
- h. Rotate 1 go to point and 3 leave, 2 move to shooting point and repeat sequence with 4 passing to 1.

Sequence of Shots:

1. Shoot to score.
2. Shoot for a rebound.
3. Shot pass.
4. Shoot wide for a rebound off the boards.

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B6 Double Cross and Drop

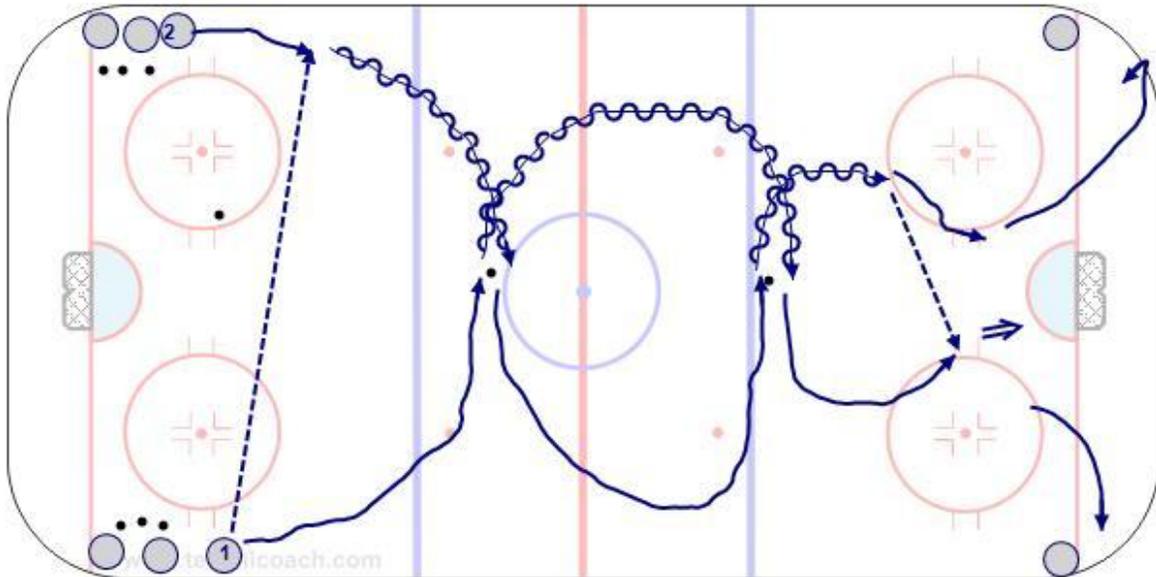
Key Points:

Leave the puck instead of passing it back into the players skates.
All go one way and then the other way.

Description:

Line up at one end on each side of the ice.

1 pass to 2 they skate outside the dots and cross and drop in the middle, outside the dots, gain the blue line and cross and drop, then shoot or make a diagonal pass and shoot.



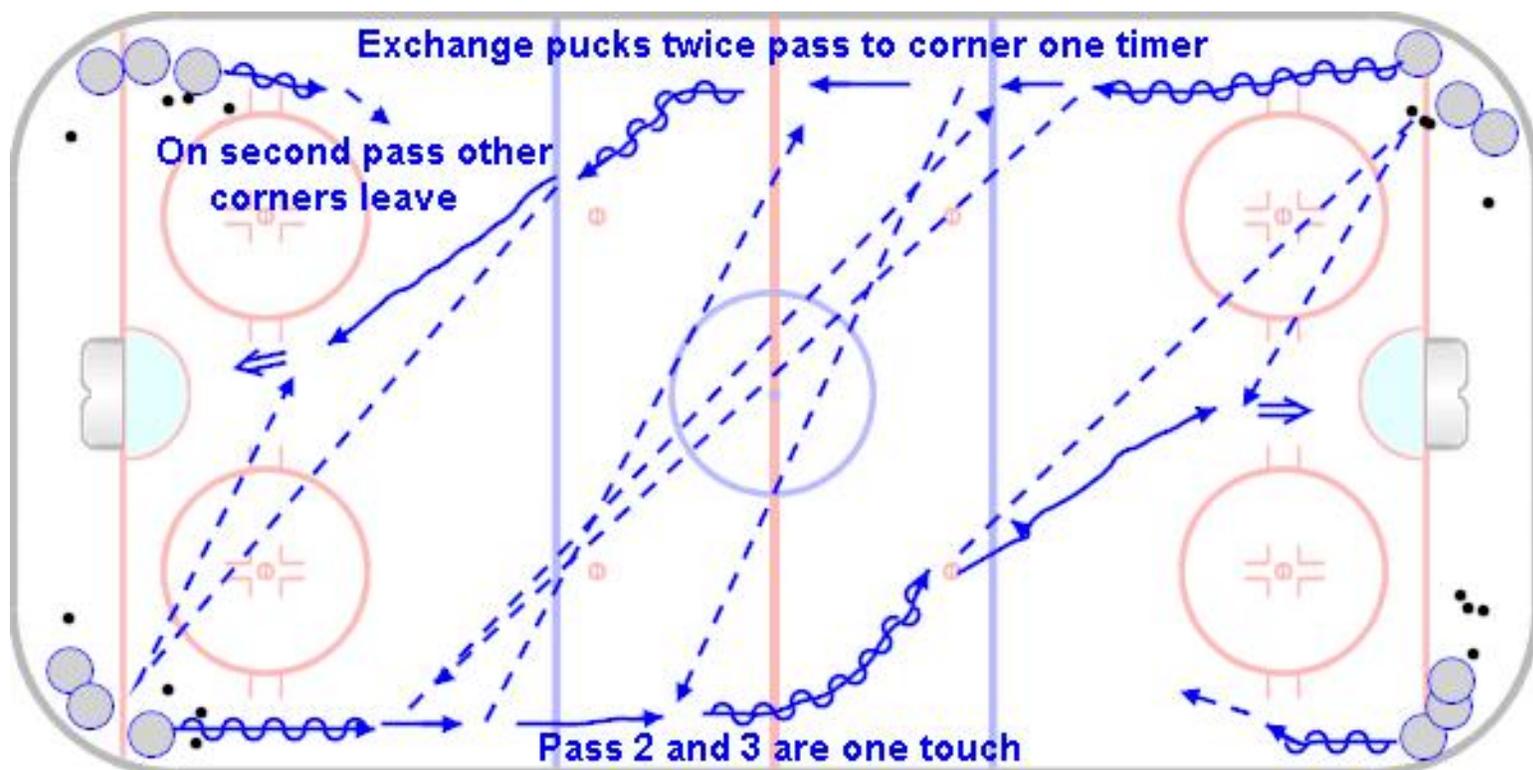
B6 Exchange Pucks Passing

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:

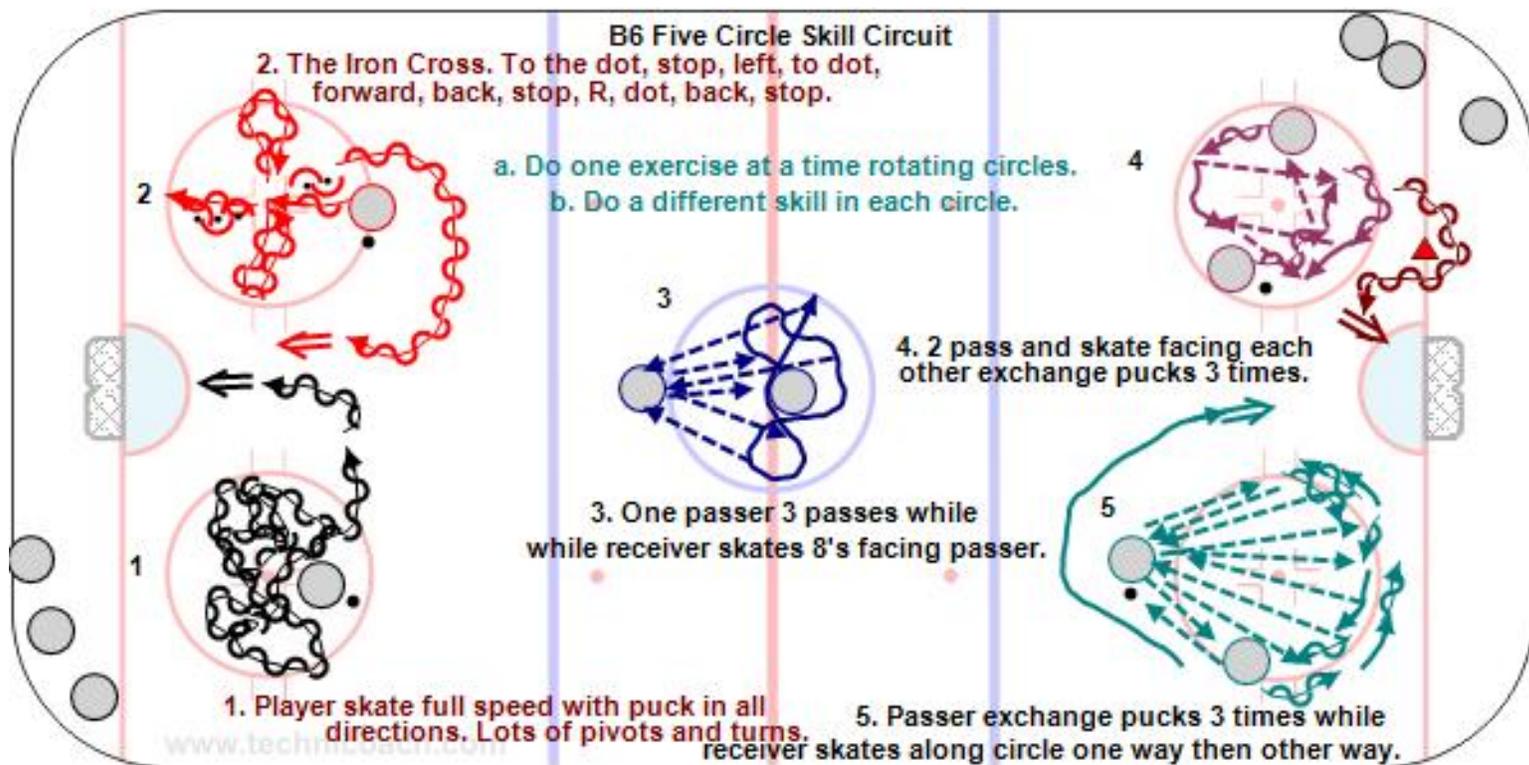
- Rotate from one circle to the other.
- Do skills at top speed and with good habits.
- You can have #1 and #4 going on in opposite directions at the same time.
- Vary where the shots come from.

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 Italian Box-One Touch 2-0

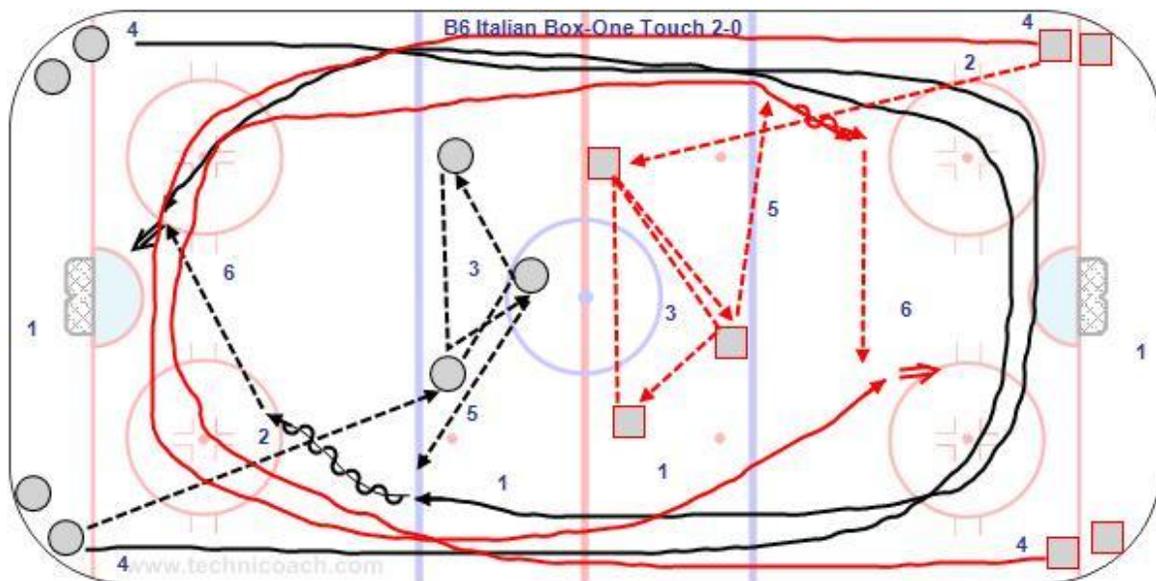
Key Points:

Make hard one touch passes on the forehand. Skate below the face off dots at each end.

Description:

1. Players in the corners and 3 from each group in the neutral zone.
2. Player from the corner pass to a player in the middle.
3. Players in the middle one touch the puck quickly.
4. Two players from each group skate around the far faceoff dots.
5. Pass to the skating player before he crosses the blue line.
6. Attack 2-0.
7. The contest is to see which group makes the most passes.

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B6 Jursi Skate-Pass-Shoot

Key Points:

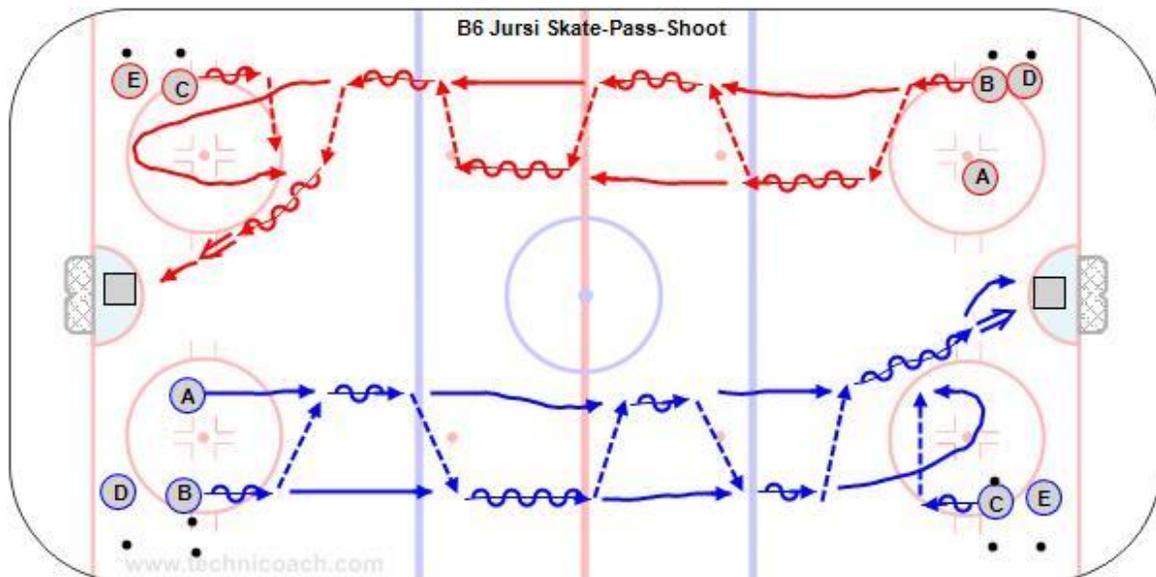
This is a drill that Russian Olympic coach Vladimir Jursinov used when I was coaching with him in Austria. The goal is to get players to practice passing and shooting while they skate. Puck handling-passing-shooting should be seamless.

Description:

1. A and B skate down the ice in passing while skating.
2. A is on the inside and continues on with a shot while skating.
3. B pivots facing the puck and continues the other direction passing to C.
4. B shoots and C partners with D the other way.

This can be done in tandem on both sides of the ice.

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B6 Neutral Zone Skate and Shoot

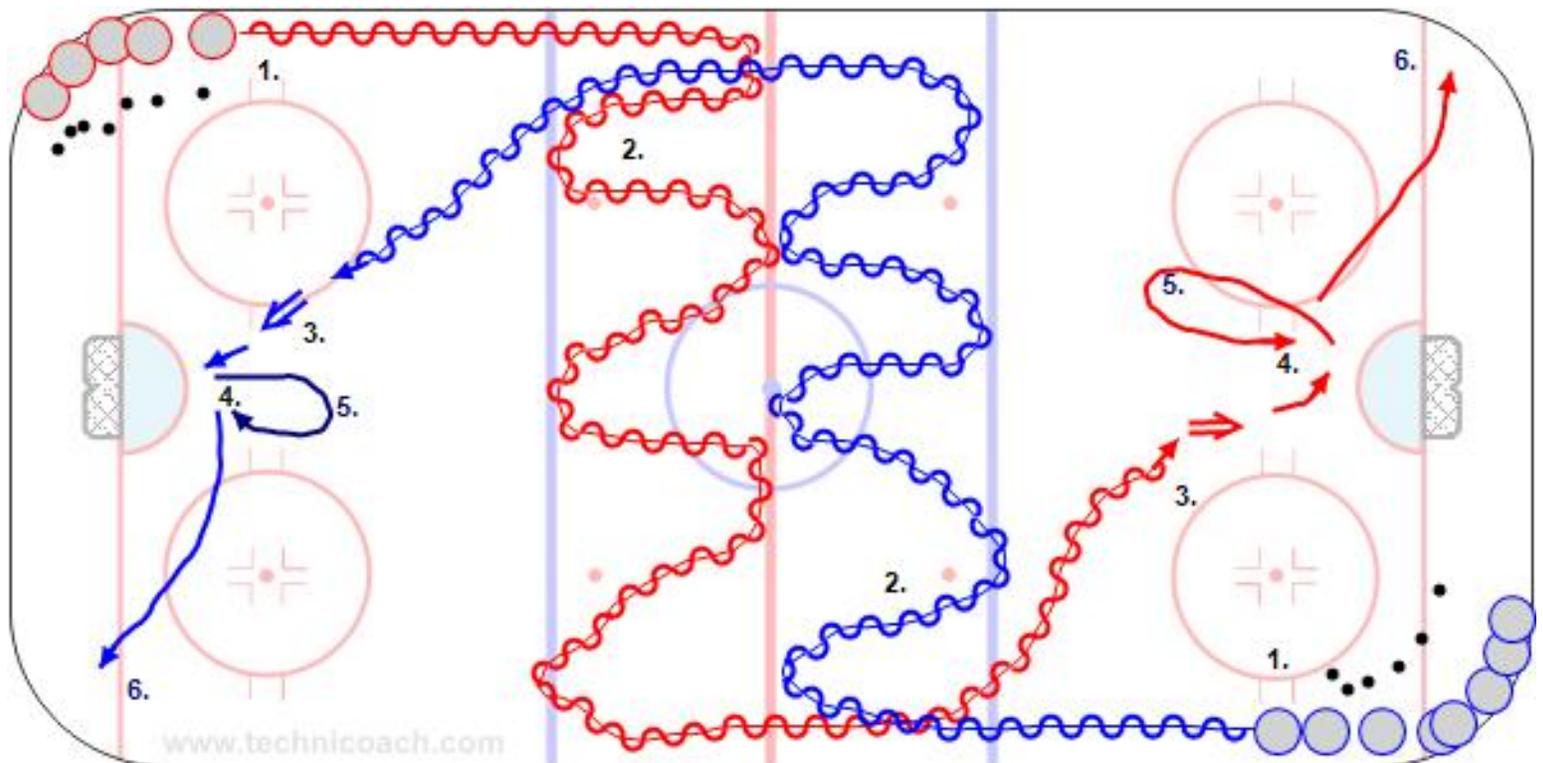
Key Points:

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.



B6 One Touch x 3 and Shoot

Key Points:

One touch pass. Firm stick and follow through at the target. Both line move all the time.

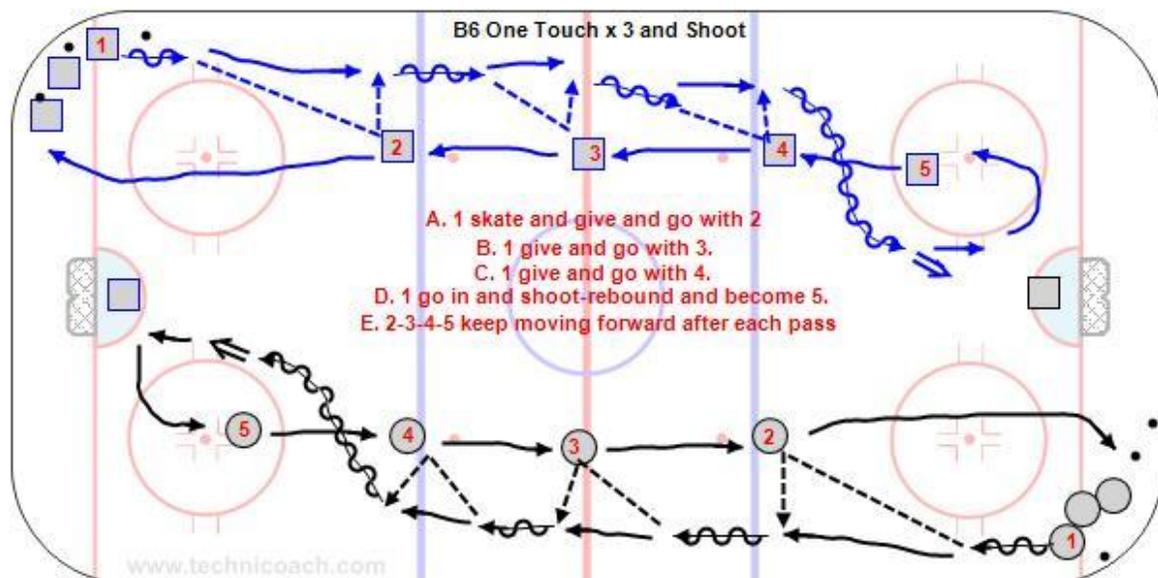
Description:

B6 from diagonal corners down each side of the ice. Start with one player at each line and one extra behind.

- A. 1 skate and give and go with 2.
- B. 1 give and go with 3.
- C. 1 give and go with 4.
- D. 1 go in and shoot-rebound and become 5.
- E. 2-3-4-5 keep moving forward after each pass.

Continue this flow from each side and then move to the other side and change directions.

<http://www.hockeycoachingabc.com/media/gallery/media.php?f=0&sort=0&s=20120226094511455>



B6 or B4 Crossover Skating and Puckhandling

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.

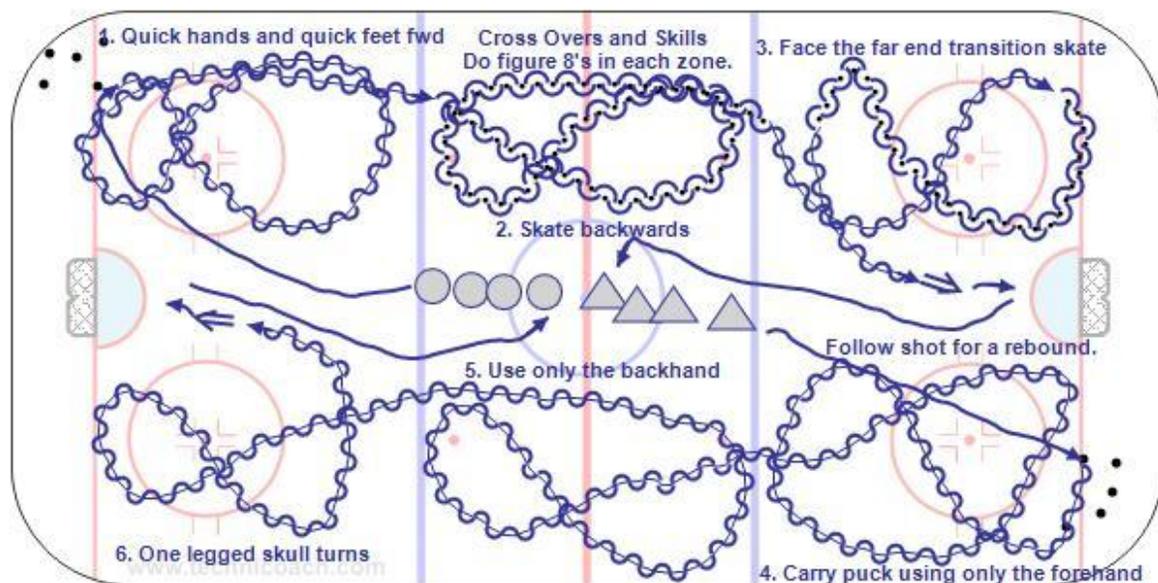
Description:

Cross Overs and Puck Handling 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.

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B6 Pass and Replace Flow - Pro

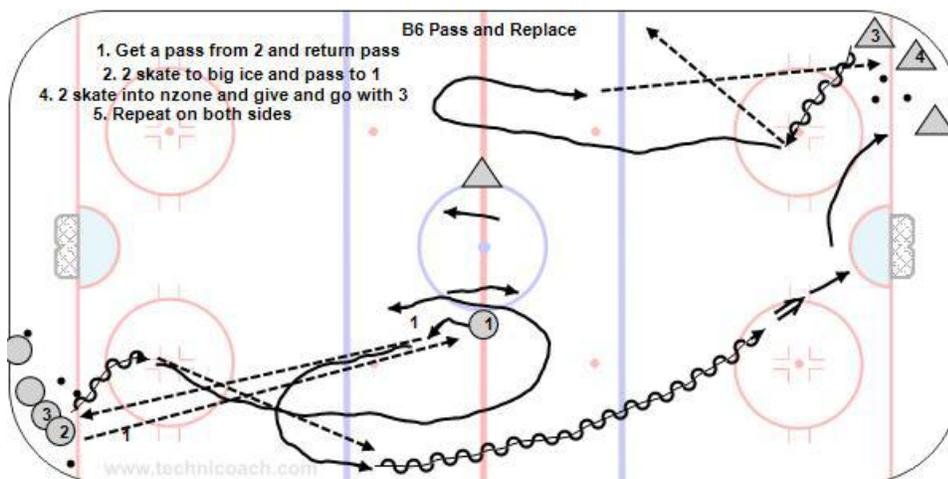
Key Points:

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

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090813080846936>



B6 Pass and Replace x 2 – Pro

Key Points:

Turn facing the puck and time when to ask for the pass. Rebound and circle back to rebound for the next shooter.

Description:

A. 3 leave the corner and pass to 2 who turns to the outside and comes back for the pass.

B. 3 follow the pass.

C. 2 move into the middle and pass to 1 when he is ready for the pass.

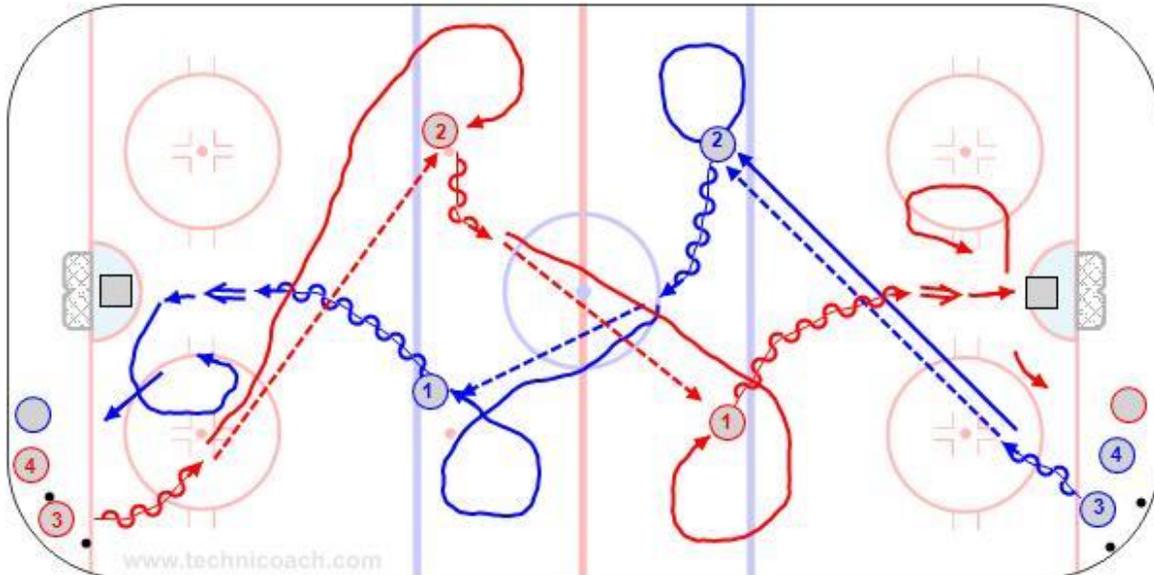
D. 2 follow the pass.

E. 1 curl to the outside and back for a pass from 2 then skate in and shoot-rebound.

F. 1 curl back to rebound for 2.

G. 1 go to the corner to repeat the other way.

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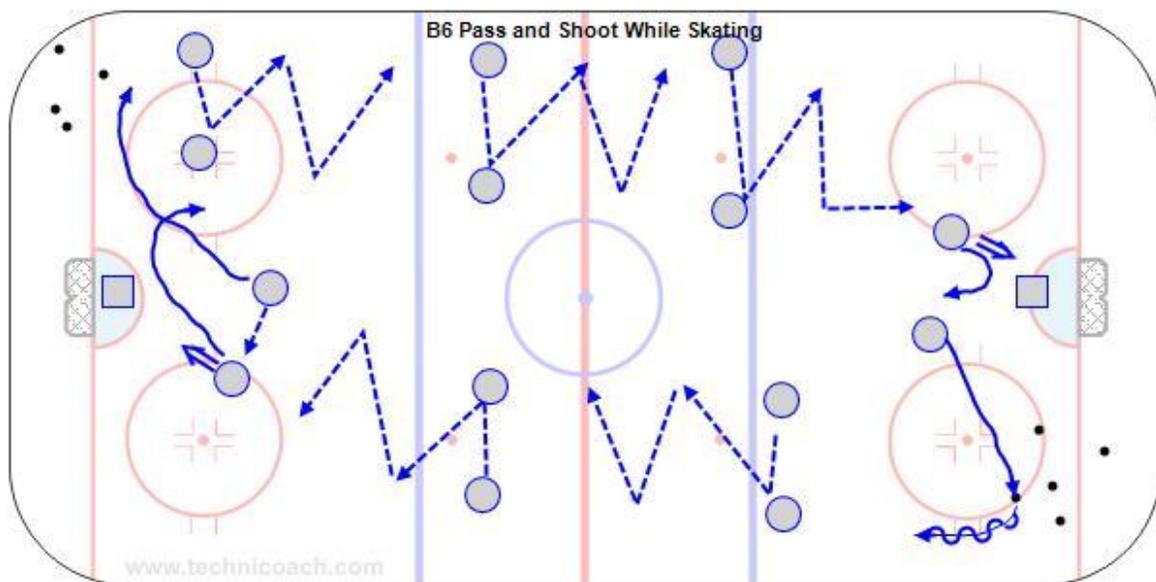
B6 Pass and Shoot While Skating

Key Points:

Most players have to coast before passing or shooting. In this exercise the players must keep their feet moving. It is important to keep the stick square to the puck and the hands away from the body.

Description:

1. Leave 2-0 from each corner and allow the players in front 2 or 3 passes before starting.
2. Pass while skating they can be one touch or two touch then pass.
3. Shoot before reaching the hash marks and rebound.
4. Switch sides with the inside player going to the outside when you go the other way.
5. Switch corners after a few minutes so the goalies get shots from the other side.



B6 Pass, Agility Skate, Shoot, Rebound

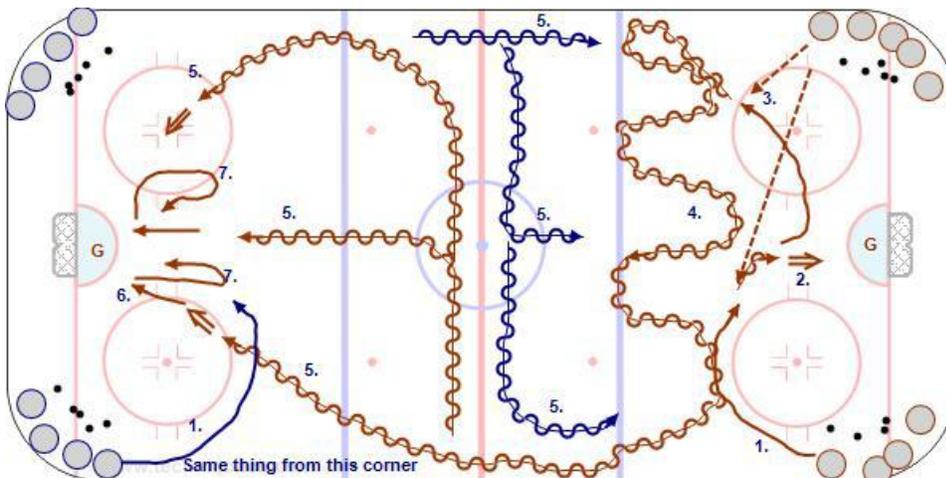
Key Points:

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.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20091019154513105>



B6 Passing and Shooting

Key Points:

Make hard passes. Give a target and skate into the pass. Rebound by following your shot.

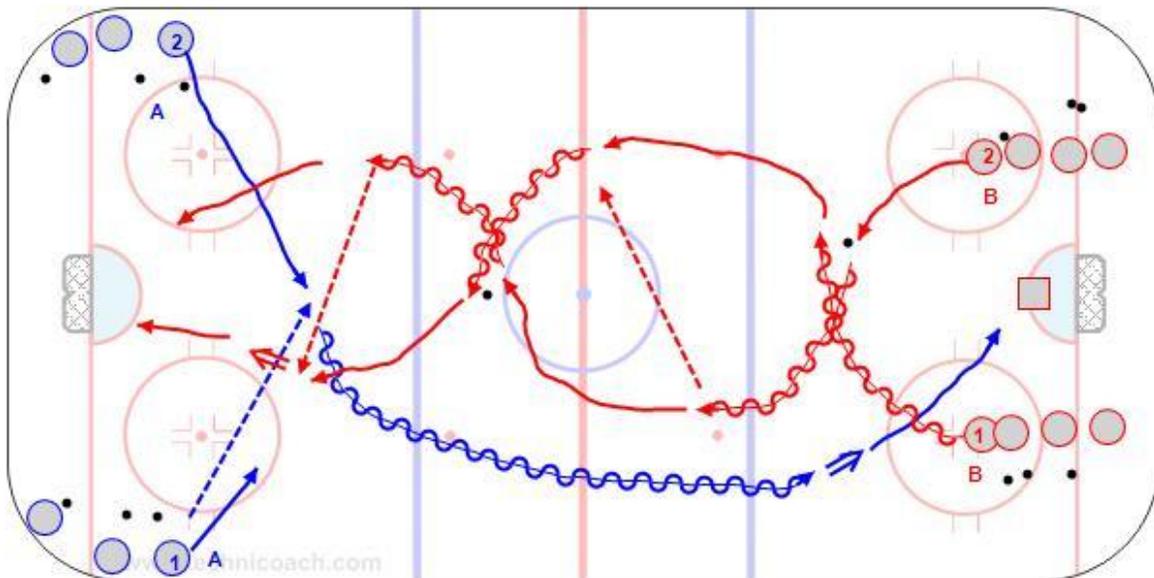
Description:

A. The first player #1 cut across the ice for a pass from the opposite corner. After passing #2 cut across for a pass.

B.

1. First players #1 and #2 skate parallel and pass as many times as possible before shooting from above the circles.

2. The first player #1 cut across the ice and make a drop pass to #2. #2 skate and pass across to #1 and follow the pass by crossing behind for another drop pass. Continue this and shoot before the top of the circles and rebound.



B6 Point Shots

Key Points:

Skate forward inside the dot before pivoting to. Shoot low for a tip in or rebound. One time the second shot in option two. Hit the net. Everyone practice this skill.

Description:

Option One

- One pass to two and then screen goalie.
- Two drag and shoot.
- One go to point for a shot then opposite corner.
- Three pass to four then screen goalie.
- Four drag and shoot.

Option Two

- Two stay at the mid point and get a pass from four and shoot before rotating.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20120430093036462>



The video has only the pass and shot with defensemen but with the whole team add the screen and the one timer.

B6 Puck Handling Skills, Zig-Zag

Key Points:

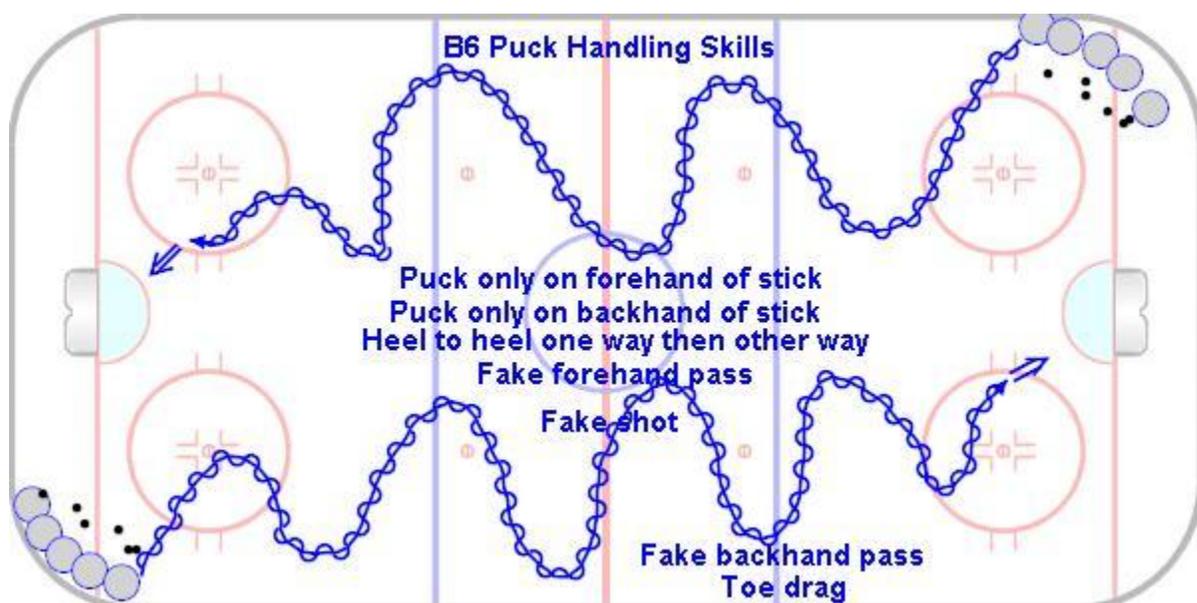
Separate the movement of the upper and lower body by doing these exercises to loosen the shoulders.

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. These are some examples but players can practice every possible move both forehand and backhand.
 - 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.

Finish with a shot at each end of the ice.

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B6 Puck Protection Skills and Scoring Skills from Finland

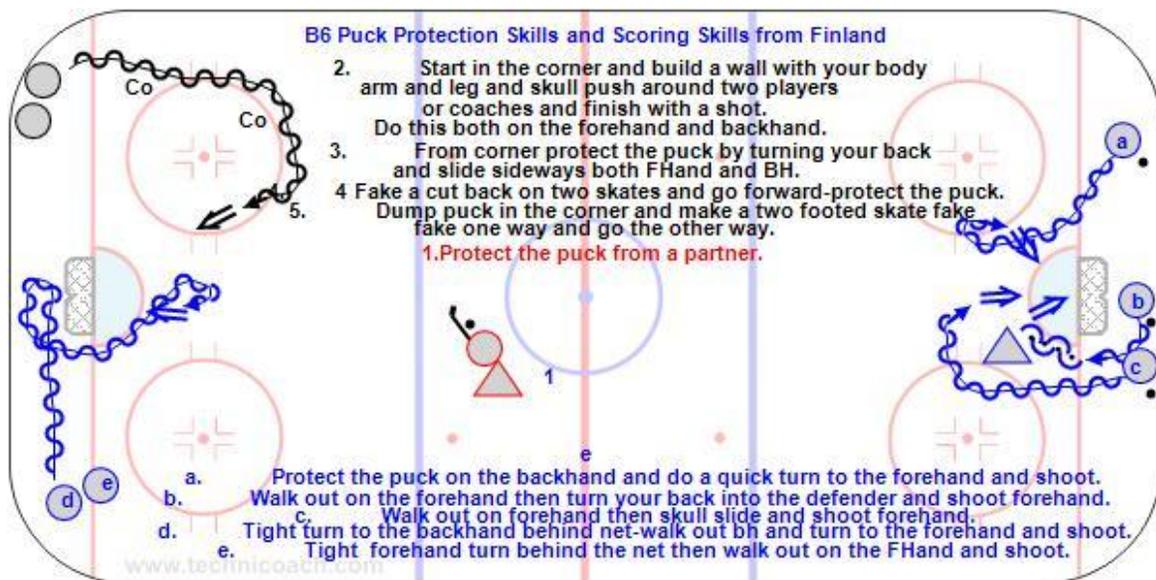
Key Points:

Protect the puck with your body, make hard fakes, get the defender to lean one way and quickly turn the other way. Drive skate into the scoring area while protecting the puck and shoot.

Description:

1. Protect the puck from a partner who starts from behind.
2. Start in the corner and build a wall with your body, arm and leg and skull push around two players or coaches and finish with a shot. Do this both on the forehand and backhand.
3. From corner protect the puck by turning your back and slide sideways both FHand and BH.
4. Fake a cut back on two skates and go forward-protect the puck.
5. Dump puck in the corner and make a two footed skate fake one way and go the other way.
6. Walk-outs from behind the net.
 - a. Protect the puck on the backhand and do a quick turn to the forehand and shoot.
 - b. Walk out on the forehand then turn your back into the defender and shoot forehand.
 - c. Walk out on forehand then skull slide and shoot forehand.
 - d. Tight turn to the backhand behind net-walk out backhand and turn to the forehand and shoot.
 - e. Tight forehand turn behind the net then walk out on the Forehand and shoot.

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B6 Rapid One Touch and Shoot

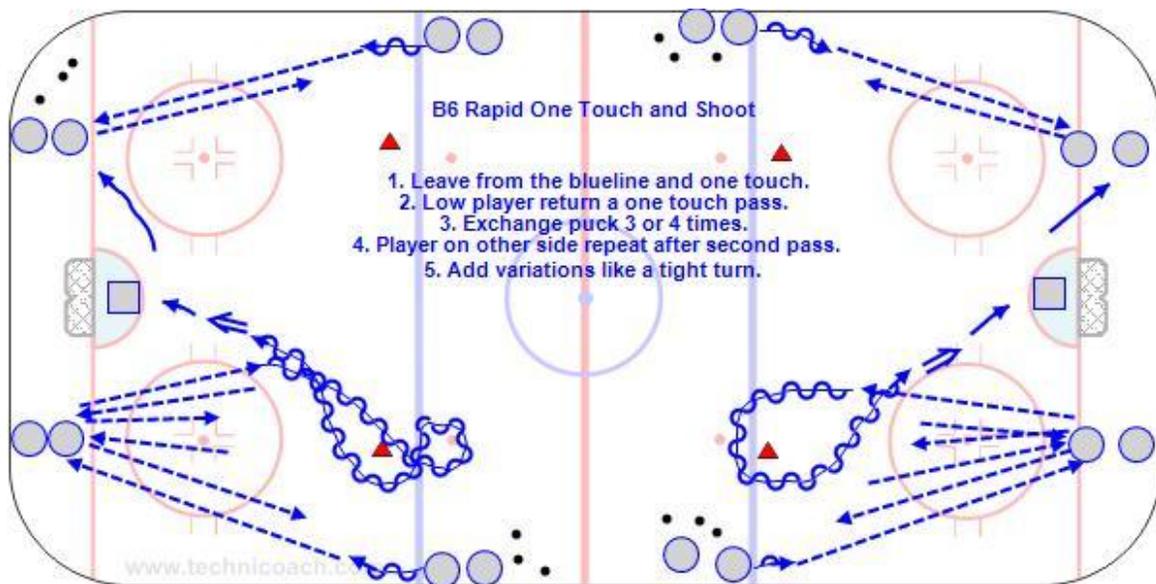
Key Points:

Make one touch passes, face the puck all of the time. Hit the net and follow the shot for a rebound. Change directions every few times.

Description:

1. Leave from the blueline and one touch.
2. Low player return a one touch pass.
3. Exchange puck 3 or 4 times.
4. Player on other side repeat after the second pass.
5. Add variations like a tight turn.

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B6 Sator 3 Shot Warm-up

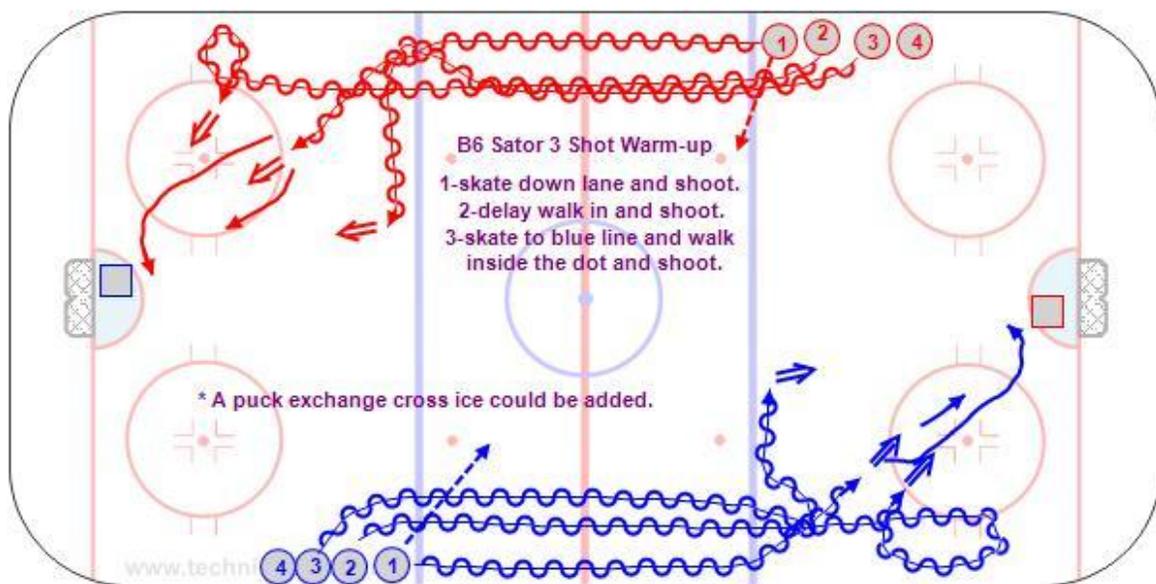
Key Points:

Skate with Speed and hit the net. Follow the shot for a rebound.

Description:

1. Player one from each side skate down the lane and shoot-rebound-screen.
2. Player two delay then walk into slot and shoot then rebound.
3. Player three skate down the lane and then walk across the blue line inside the dot and shoot.

* A puck exchange cross ice could be added.



B6 Shoot from Three Lanes

Key Points:

Shoot with the feet moving, don't overhandle the puck and carry it in the triple threat position, follow the shot, rebound for the next shooter. On sequence two accelerate after taking the pass. Insist that they get the habit of following the shot for a rebound. Many players peel off toward the corner after shooting.

Description:

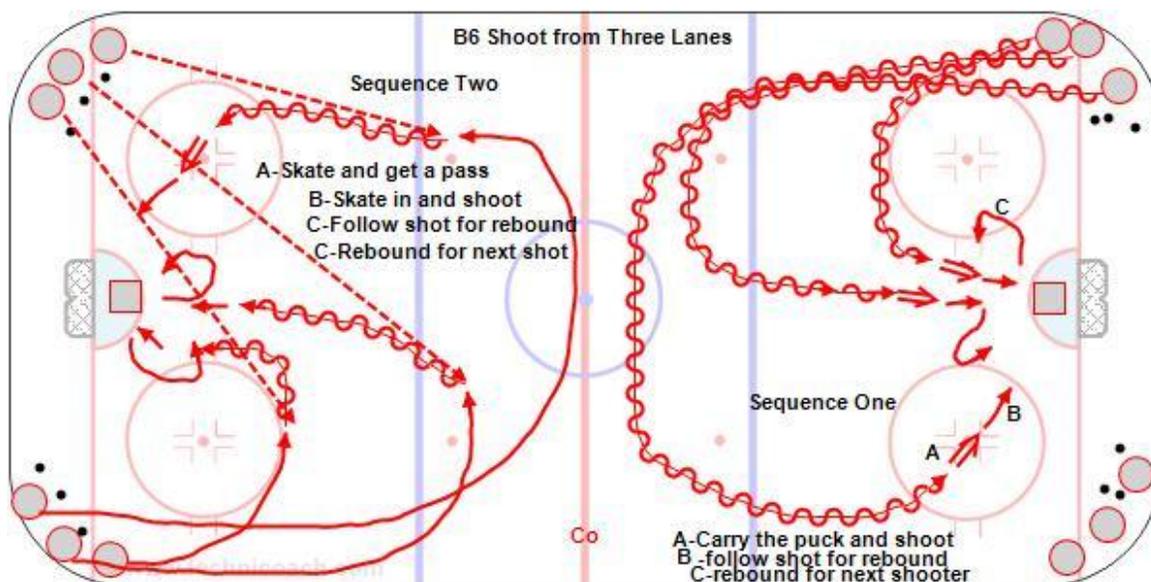
Players can all be in one corner or in both. After shooting switch corners.

Sequence One

- A - Carry the puck and shoot.
- B - Follow the shot for a rebound.
- C - Circle back and rebound for the next shooter.

Sequence Two

- A - Skate and get a pass from the opposite corner.
- B - Accelerate and shoot while moving.
- C - Follow the shot for a rebound.
- D - Rebound for the next shooter.



B6 Shooting from 3 Lanes Progression

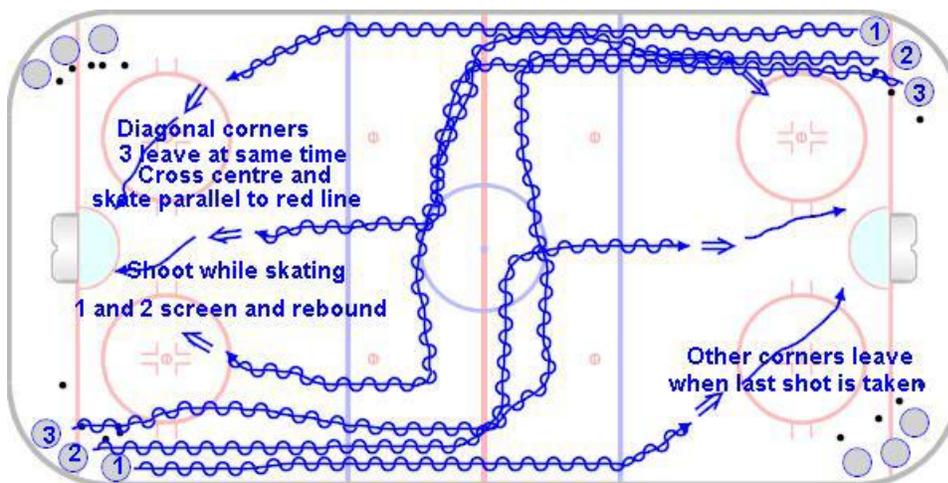
Key Points:

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.

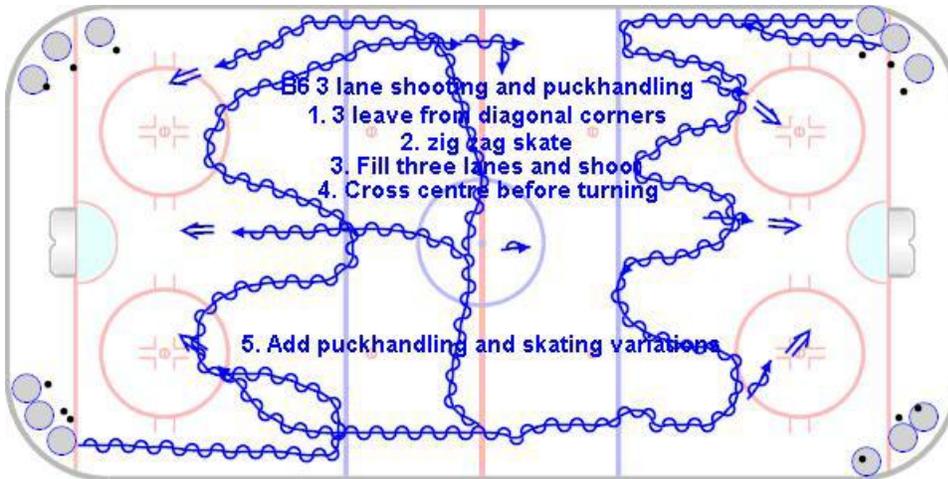
Description:

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

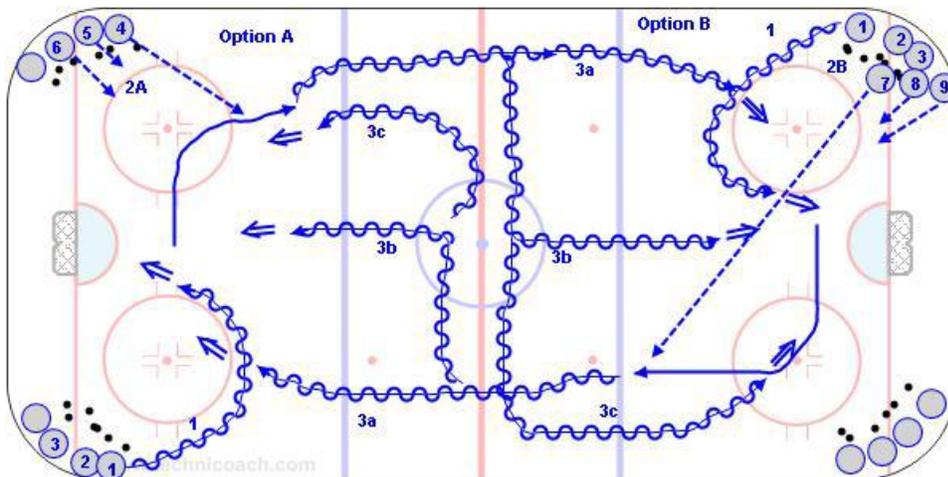
1. 3 players from diagonal corners leave on the coaches whistle.
2. Skate along the boards and cross the red line.
3. First player go straight and shoot from the lane. Second player skate parallel to the red line and turn into the centre lane and shoot from just over the blue line. Third player skate 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 zigzags between the top of the circle and blue line. 4. Fill the 3 lanes and shoot at the far end and rebound.



<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20091019154513105>

B6 Shots Wide and Middle-Washington

Key Points:

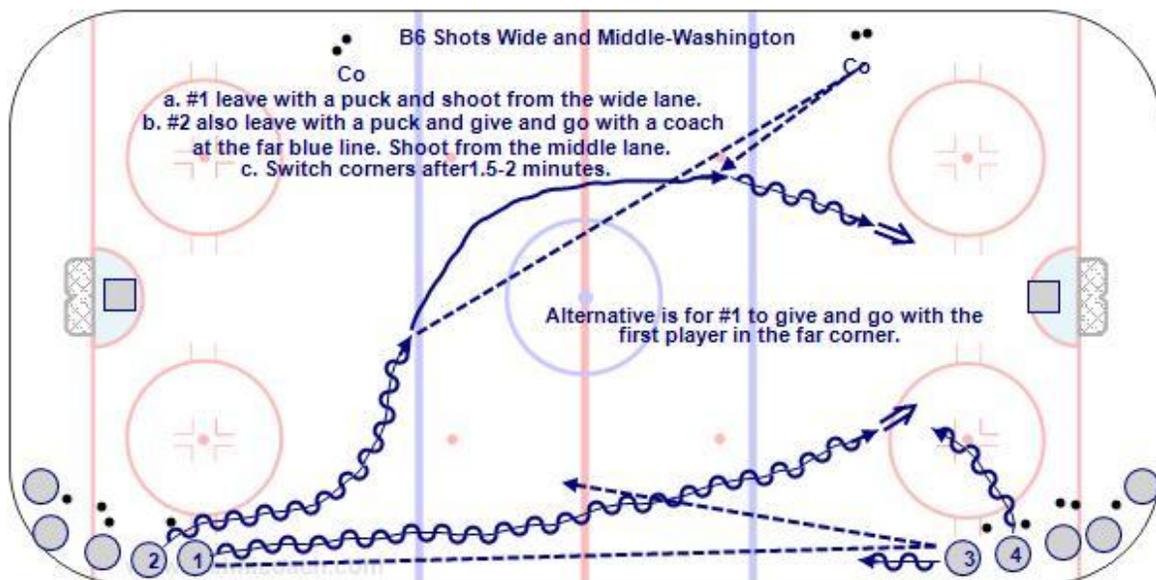
Shoot while skating. Hit the net. First player look for rebounds from second shooter. This is a good warm up for the start of practice.

Description:

- #1 leave with a puck and shoot from the wide lane.
- #2 also leave with a puck and give and go with a coach at the far blue line. Shoot from the middle lane.
- Switch corners after 1.5-2 minutes.

*Alternative is for #1 to give and go with the first player in the far corner.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101121083329655>



B6 Swedish Puck Exchange

Key Points:

Pass while skating. This exchange overloads the nervous system and works on quick reactions. Add more passes and tasks as the players improve.

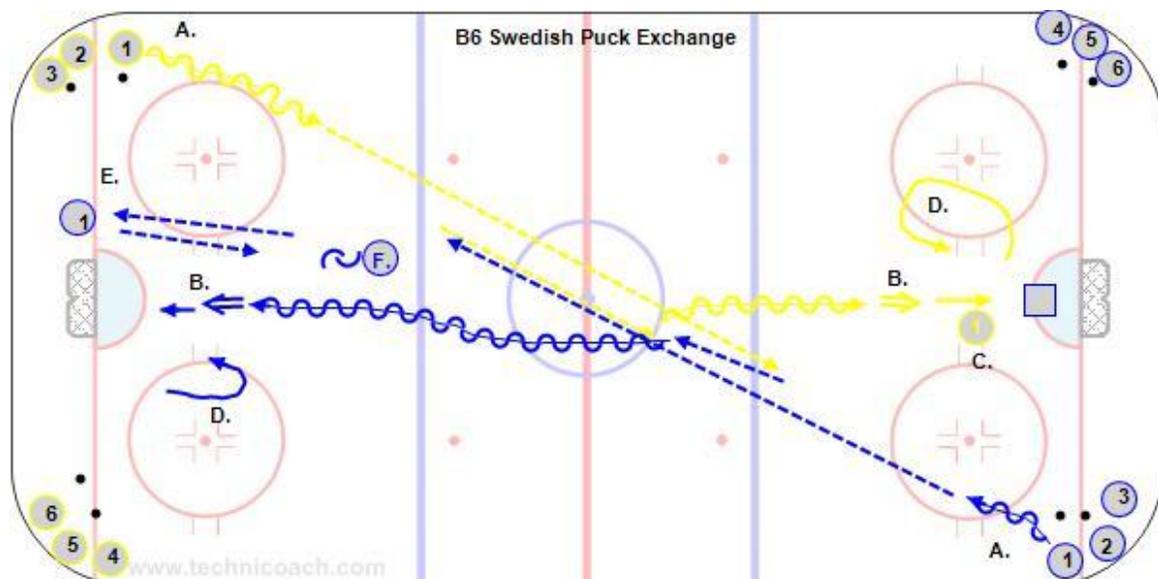
Description:

- A. Player 1 from each line skate and exchange pucks two times.
- B. Players continue skating, shoot and follow the shot for a rebound.

Options:

- C. Screen for the next shooter.
- D. Circle back and rebound for next shooter.
- E. Give and go with the next shooter.
- F. 1 and 2 exchange passes with diagonal 1 and 2 and all get a pass.
- G. Three players leave and exchange passes.
- F. After shooting defend 1-1 vs next shooter.

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B6, 2-0 – Pro

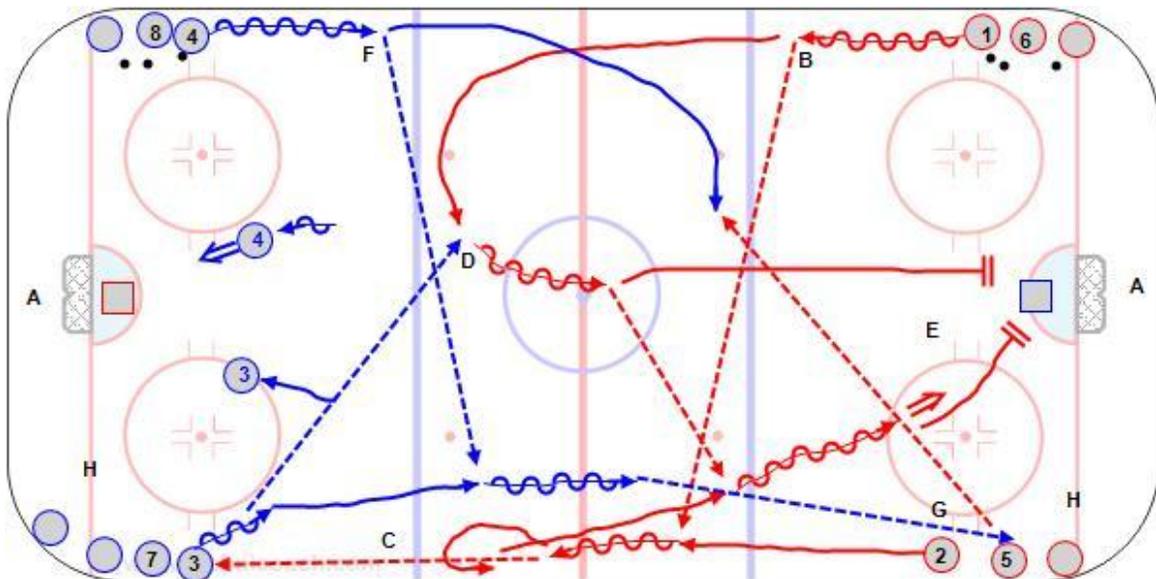
Key Points:

Face the puck at all times. Give a target. The player who enters the offensive zone take the shot.

Description:

- A. Players start in the four corners.
- B. 1 pass to 2.
- C. 2 regroup with 3 at the other end.
- D. 3 pass to 1 in the middle lane.
- E. 1 and 2 shoot and rebound.
- F. 3 and 4 follow and 4 pass to 3.
- G. 3 regroup with 5.
- H. Continue this flow end to end.

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B6, 2-0 Pass to Line-up or Moving Player - Pro

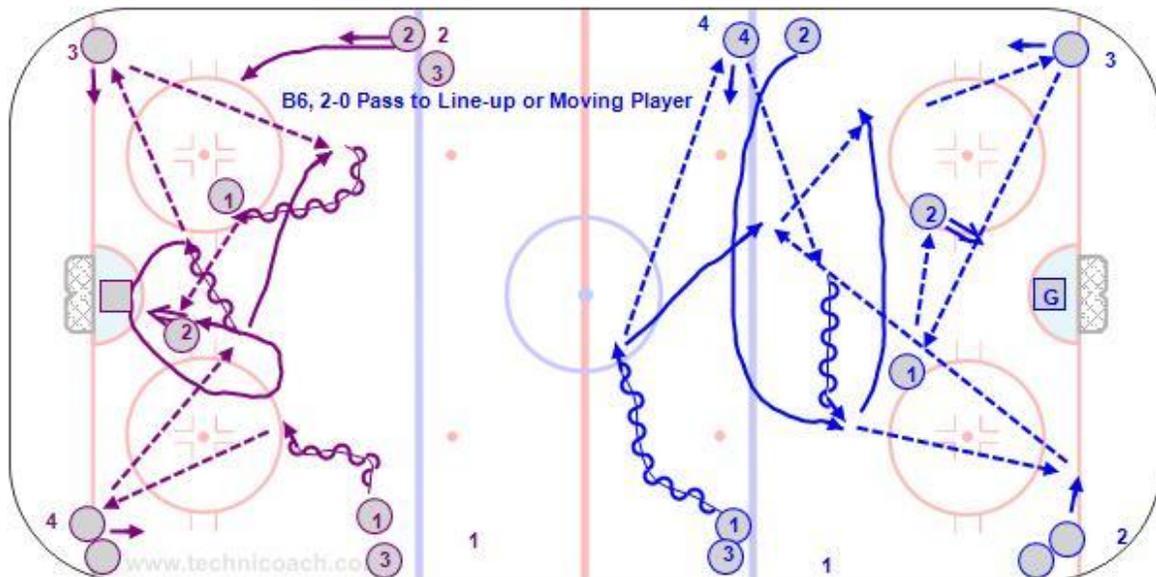
Key Points:

Always face the puck and give a target. Pass and go for a return pass. Stick to stick passes.

Description:

1. Players are in four spots. At each blue and goal line.
2. Player 1 -2 leave and skate full speed making as many passes as they can in 10 seconds.
3. Pass to each other and the four corners.
4. After a certain amount of passes or on the whistle attack the net and shoot.
5. Maximum of one pass allowed while attacking the net.

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B7 Face-off Practice-Washington

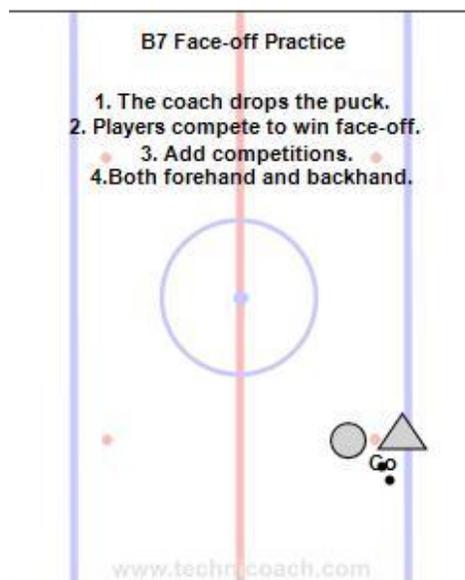
Key Points:

Watch the puck all the time. Read what the other player is going to do by how they hold the stick and where their team mates are. Practice winning clean and scrambling the draw.

Description:

1. Either a coach or another player drop the puck for a face-off.
2. Players compete to win the face-off.
3. Add competitions.
4. Practice both forehand and backhand.

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B200 Scoring Circuit

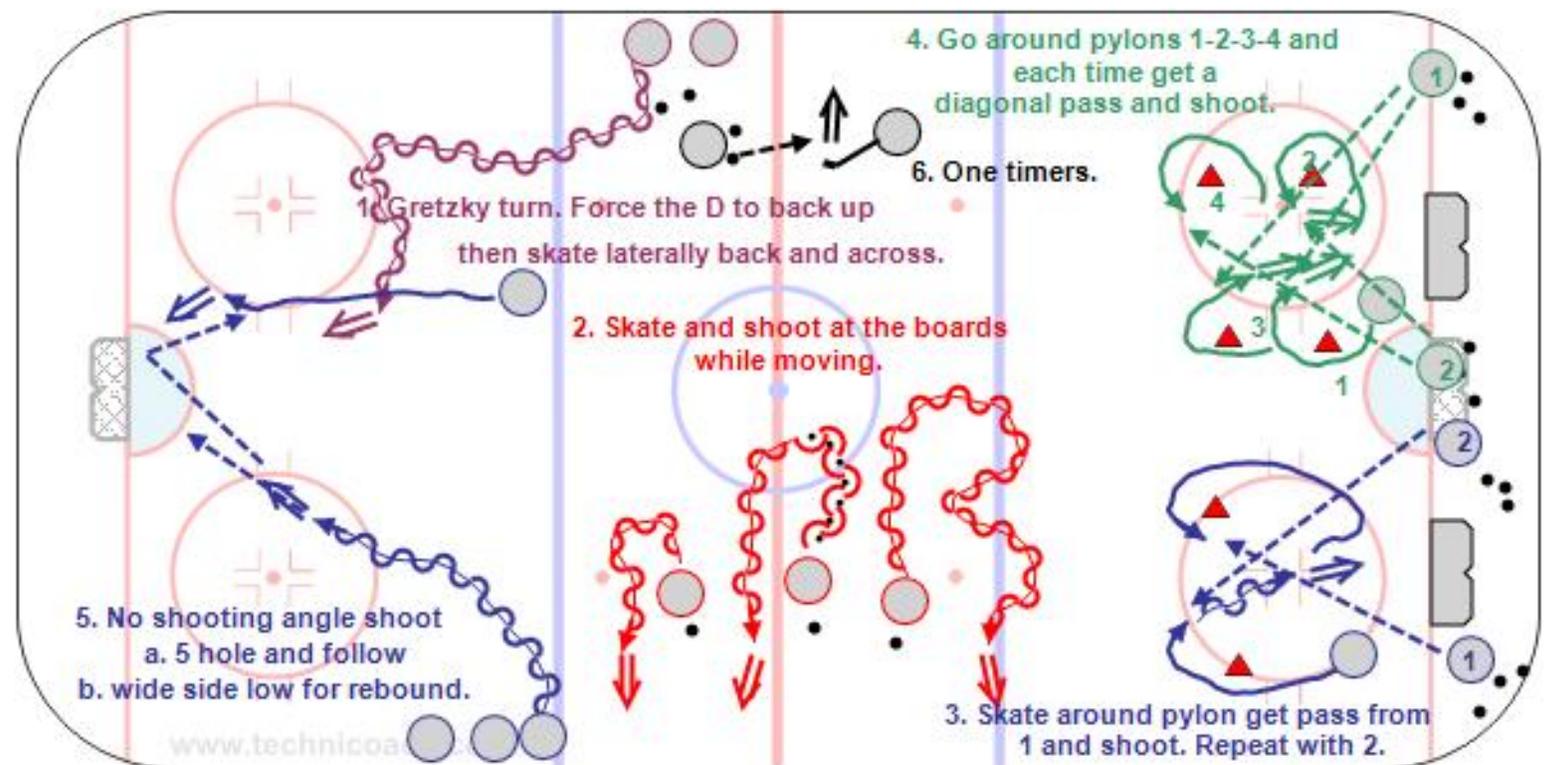
Key Points:

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.

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B202 - 3 on 0 Neutral Zone Passes - Pro

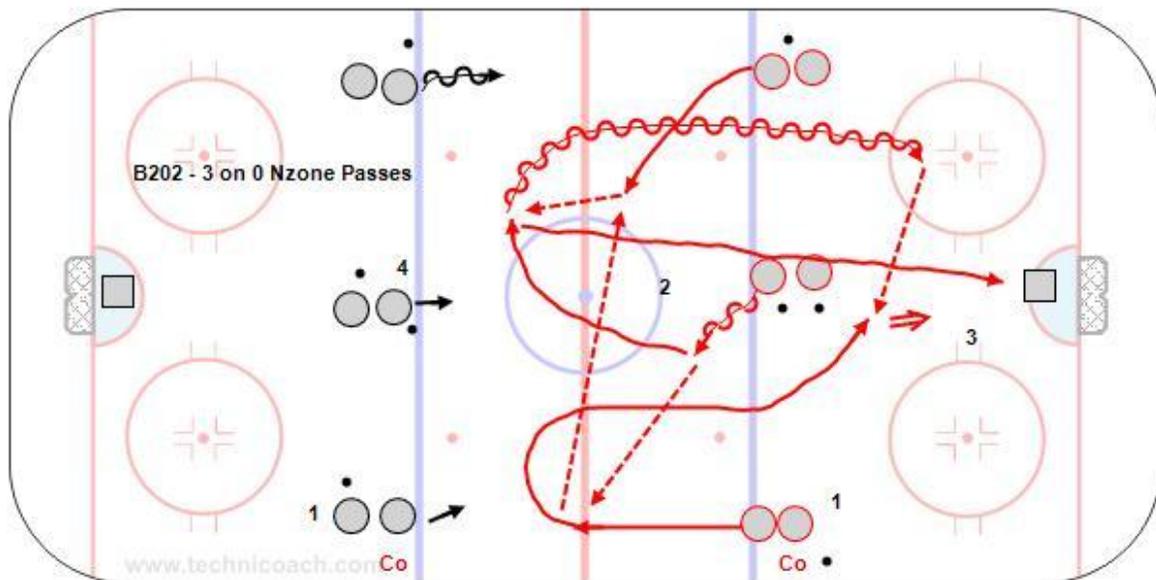
Key Point:

Make one touch pass to each player. Face the puck and give a target.

Description:

1. Players line up behind the blue line in 3 lines.
2. On whistle leave and exchange one touch passes in the neutral zone to each player.
3. Attack 3-0 at the original end.
4. Opposite group repeat.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090818155459550>



B202 - Passing and Shooting on Both Nets

Key Points:

One touch pass. Shoot while skating and always follow the shot for a rebound with the stick on the ice.

Description:

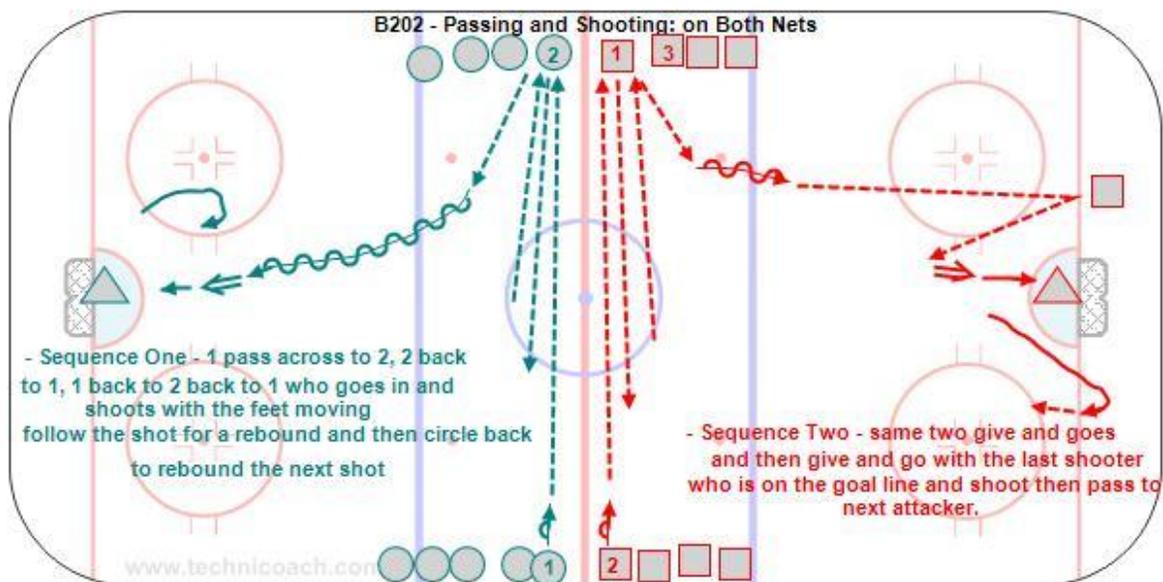
Greens on one side and whites on the other side at the red line. Each shoot at a different net.

Sequence One

- 1 pass across to 2, 2 back to 1, 1 back to 2 back to 1 who goes in and shoots with the feet moving, follow the shot for a rebound and then circle back to rebound the next shot before returning to the line.

Sequence Two

- Same two give and goes and then give and go with the last shooter who is on the goal line and shoot without handling the puck. Pass to the next shooter and after you pass step out and look for a rebound.



B202 – Passing Options – Sweden U20

Key Points:

Description:

In the B202 Formation the players face each other from the bluelines and across the neutral zone. This is a good formation for skill development and many situations can be created. This is the Swedish U20 Team using this formation for passing and attacking.

http://www.hockeycoachingabcs.com/filemgmt_data/B202%20Pass%20and%20Shoot%20Options-Sweden%20U20.3gp

B202 - Regroup 1-0, 2-0 Pass Options – Pro

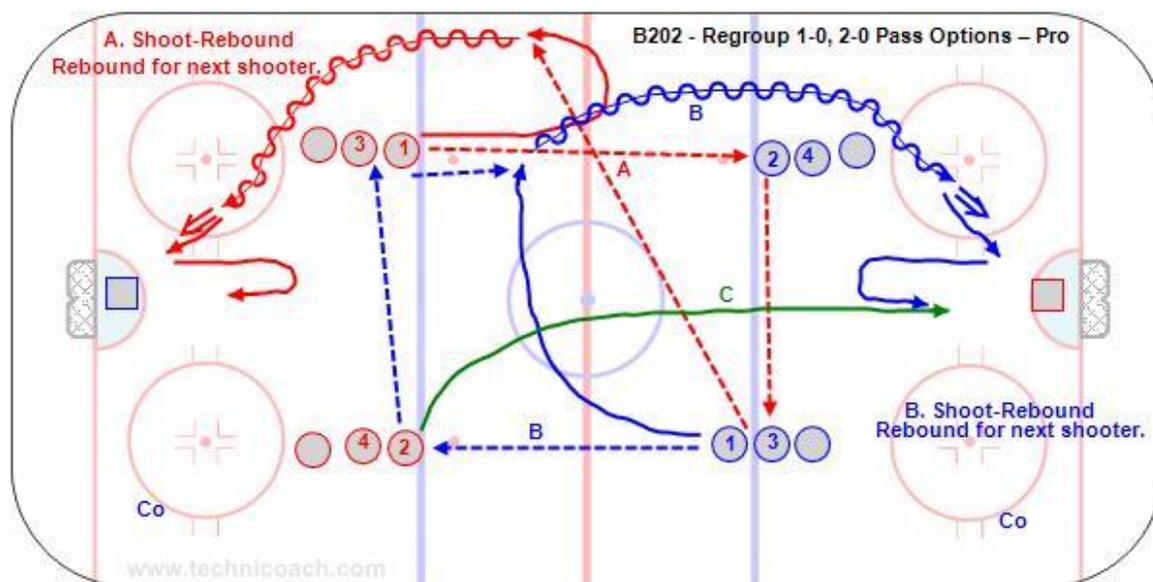
Key Points:

Give a target and face the puck. Pass hard and lead the player so he doesn't have to slow down. Shoot and rebound and either screen or rebound for the next shooter. Stay onside on the 2-0.

Description:

1. Players face each other across the neutral zone lined up with the dots.
2. Start with R1 passing ahead to B2 who passes over to B3. This pattern happens with B1 to R2 to R3 at the same time.
- A. B3 make a cross ice pass to R1 who faces the play on the far wing and goes in for a shot.
- B. R3 pass to B1 who mirrors the puck from the middle lane and goes wide for a shot.
- C. R3 pass to R1 who mirrors the puck from the middle lane - attack wide. R2 join attack after passing across.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130201092546814>



B202 Breakout Pass and Shooting Warm up

Key Points:

Make hard passes and the forward give a target.

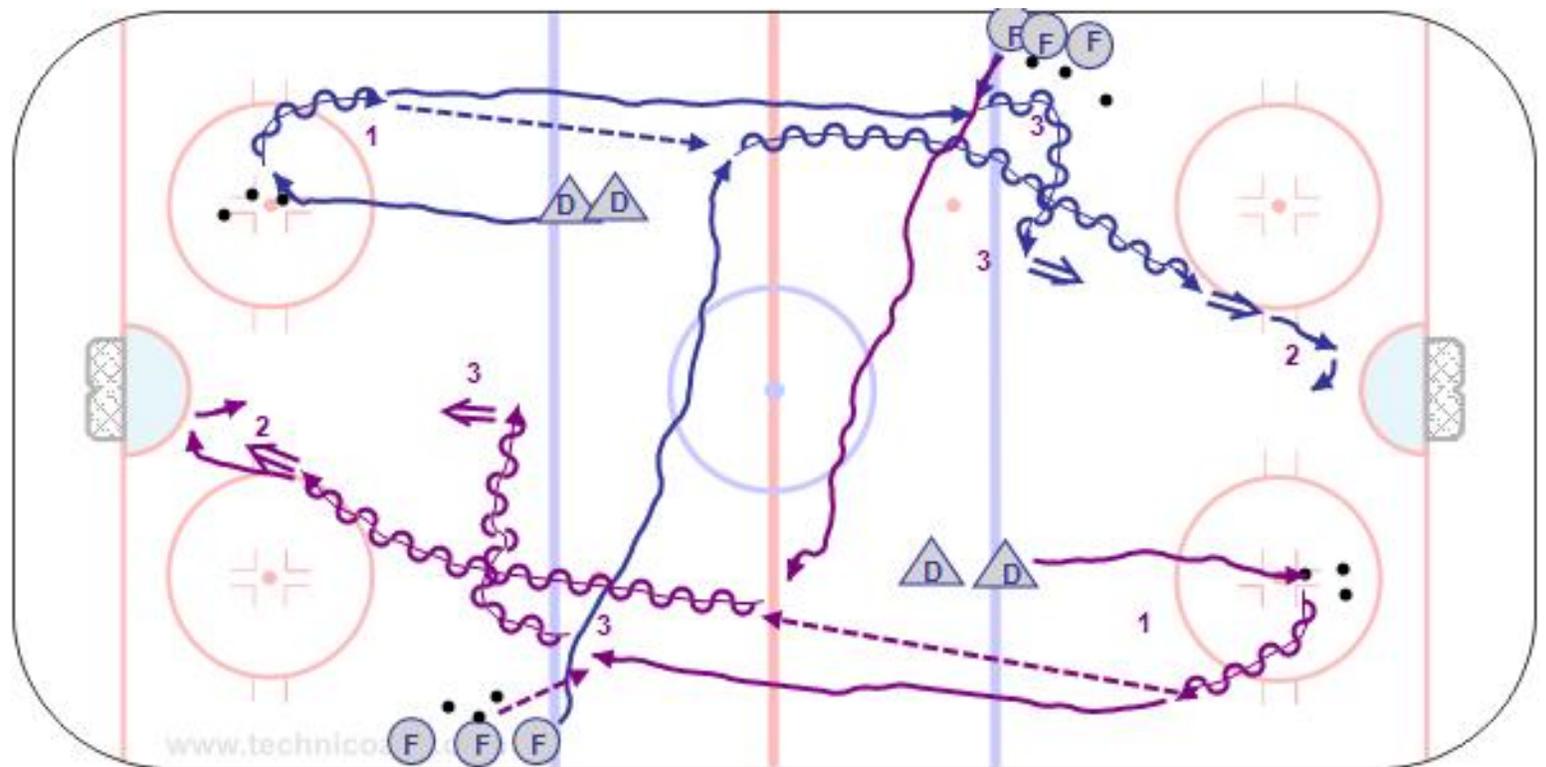
Options: The forward could give and go with the D after the initial pass. F could also rush the D so he has to shoot by the defender.

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 Chaos Passing - Kazakstan Women

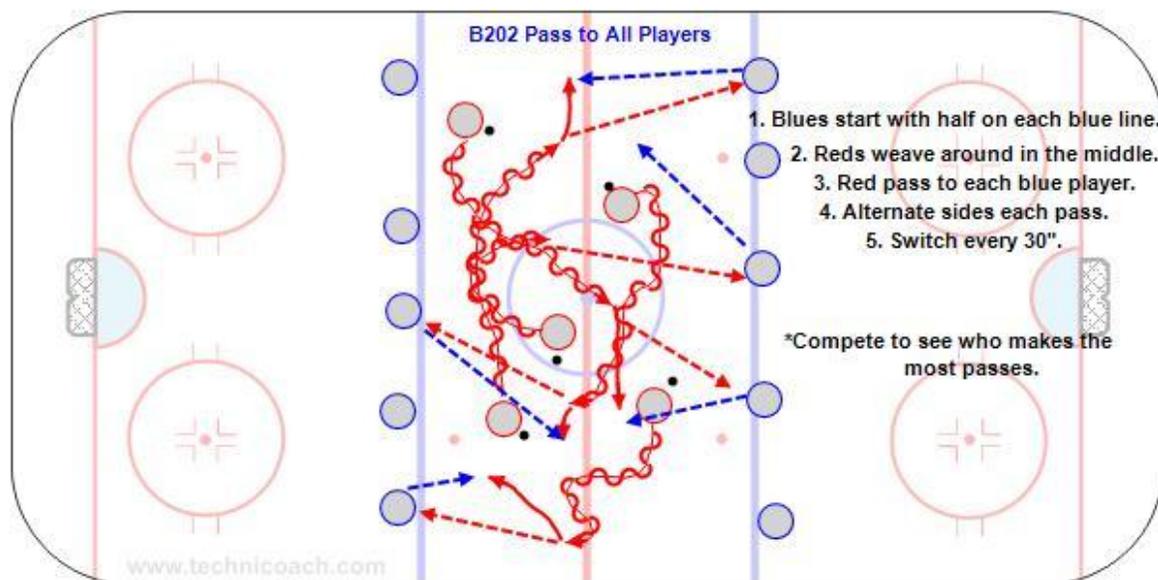
Key Points

Chaos develops split vision and the drill demands that the players pass while skating. Always face the puck and give a target with the stick on the ice.

Description:

1. Half the players line up along the blue lines while the others skate with a puck in the neutral zone and pass to the players on the blue line.
2. Move all around and not just in a circle.
3. Alternate passing to players on one side and then the other blue line.
4. Tasks like skating moves or types of passes can be added as well as bursts of speed or passing to one line and then the other or passing to each player. Knocking the puck off other players sticks can also be added to create puck protection skills.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012082310383134>



B202 Luhowy 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.

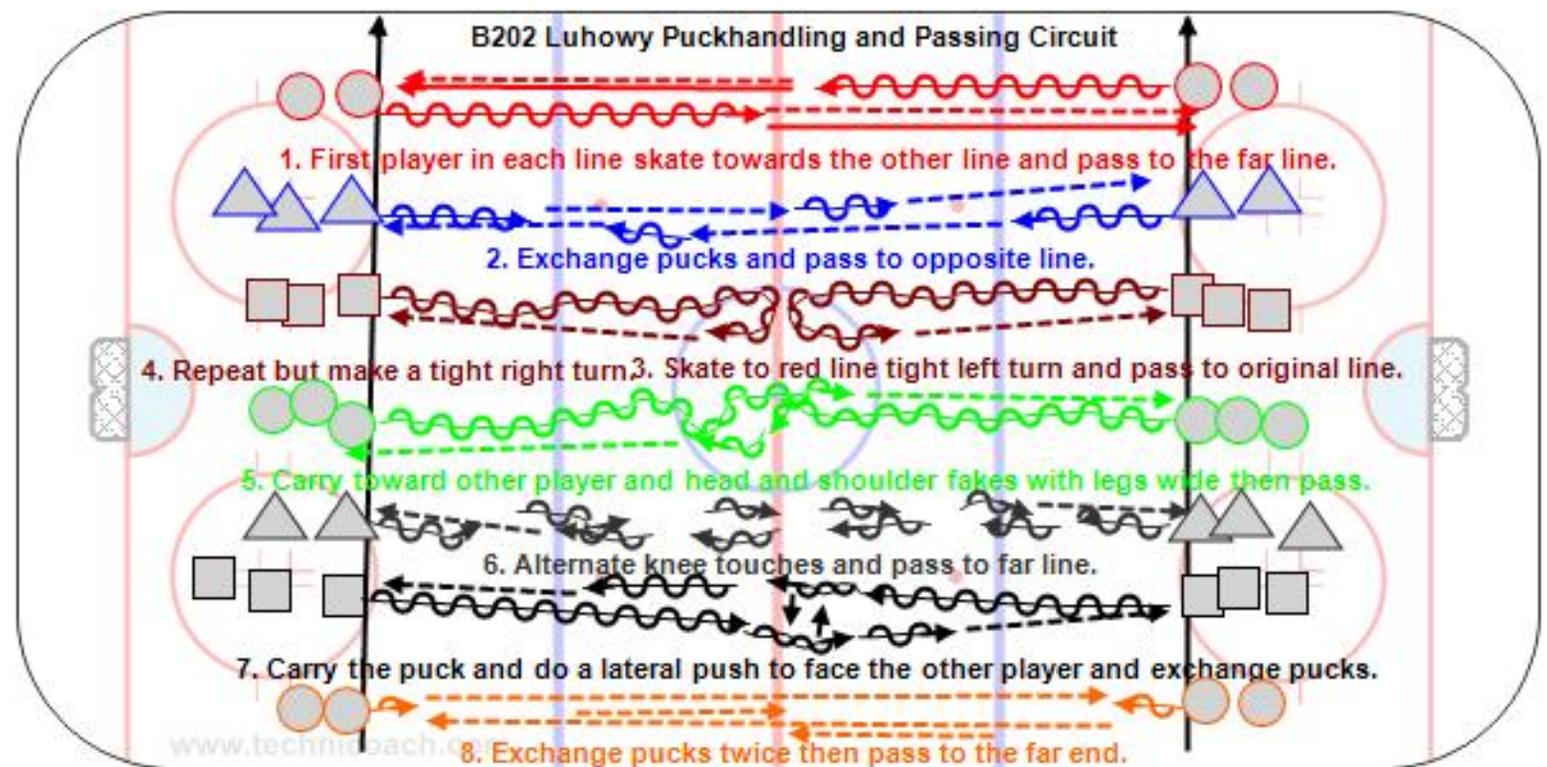
Description:

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2008072023504376>





B202 Neutral Zone Formation Options

Practice Plan

Date:

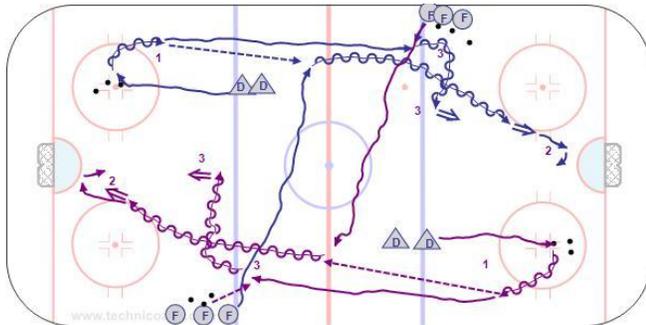
Time:

Venue:

Lines:

Notes:

Skills can be done in the Neutral Zone



B202 Breakout Pass and Shooting Warm up

Key Points:

Make hard passes and the forward give a target.

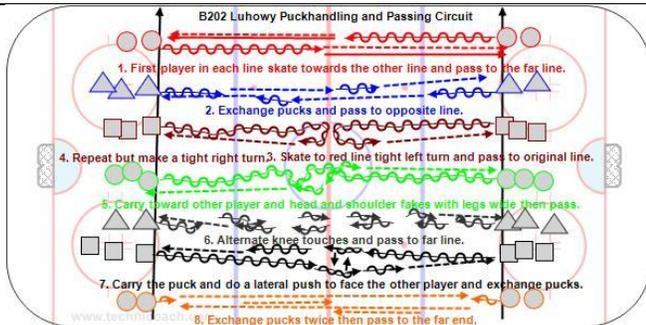
Options: The forward could give and go with the D after the initial pass. F could also rush the D so he has to shoot by the defender.

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/mediagall...1074924530>



B202 Luhowy Puckhandling and Passing Circuit

Key Points:

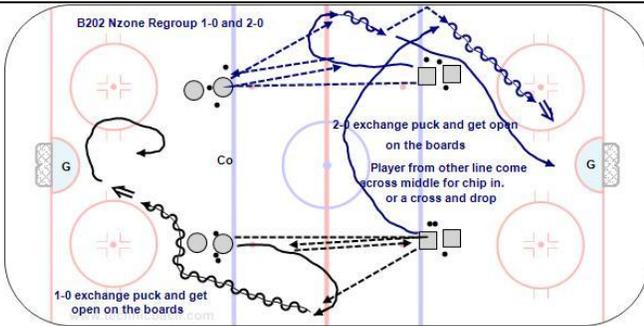
Control the puck and "clock and load" when you carry the puck; meaning move it from in front to your side. Keep a strong skating position with the knees bent and head up.

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.



B202 Nzone Regroup 1-0 and 2-0

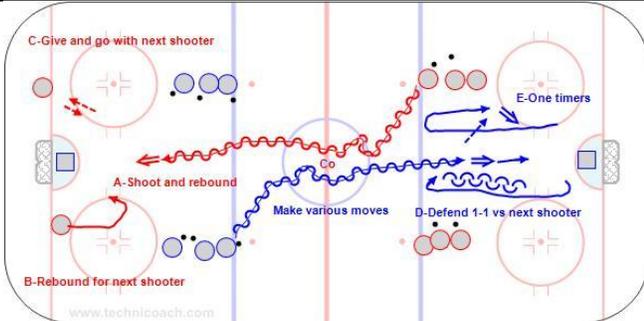
Key Points:

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/mediagall...3080849924>



B202 Puck Handling and Shooting

Key Points:

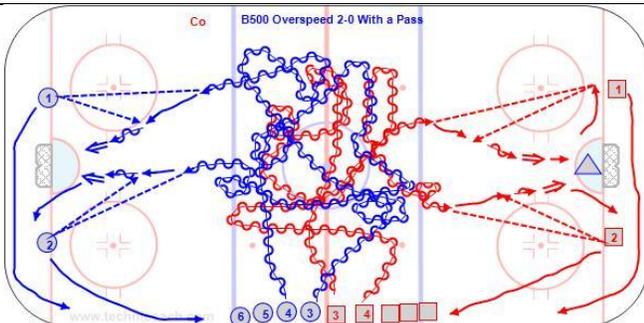
Make hard fakes both ways, fake shots, tight turns. Have quick feet. Cross the blue line and either shoot or pass and shoot. Add variations after shooting.

Description:

1. Players line up behind the blueline; coach in the middle.
2. On the whistle leave from diagonal lines and make hard fakes around the coach.
3. Variations:
 - A- Shoot and rebound.
 - B-Rebound for the next shooter.
 - C-Shoot then give and go with next shooter.
 - D-Defend 1-1 vs. the next shooter.
 - E-Get in position for a one timer shot.

*Add other variations such as a shot pass.

<http://hockeycoachingabcs.com/mediagall...2320511162>



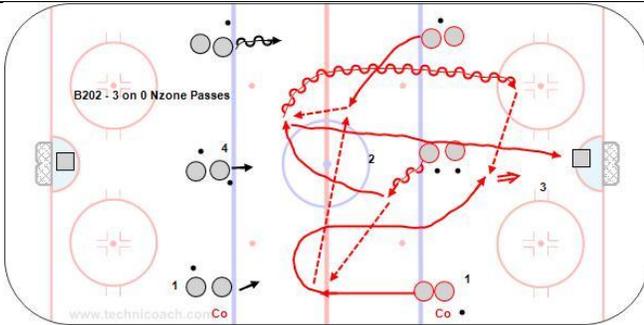
B202 Overspeed 2-0 with a Pass

Key Points:

Players must challenge themselves out of their comfort zone. Make as many moves as possible and continue until they have shot and looked for a rebound. Take the pass and shoot right away without over handling.

Description:

1. Line up along boards on one side.
2. Players 1 and 2 start on the goal line.
3. Players 3 and 4 leave and make moves at top speed.
4. Coach whistle every 7" and they players attack the net.
5. Closest attacker give and go with 1 or 2.
6. Second closest do a tight turn then give and go with 1 or 2.
7. With only one goalie go one way only.
8. After passing return to the back of the line.



B202 One Touch 2-0 Sweden U20

Key Points:

Face the puck. Attack with speed and follow the shot for a rebound.

Description:

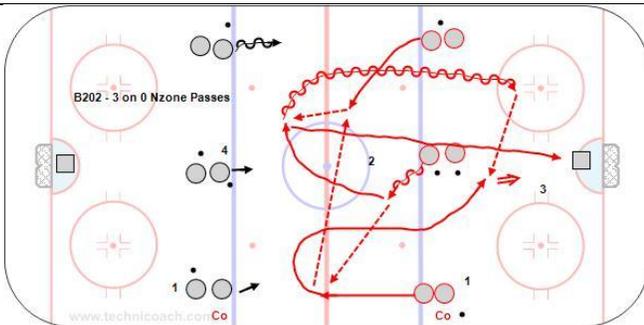
B202 Formation Two groups face each other across the neutral zone.

A. B1 leave and give and go with Y2 then skate around the circle facing the puck and get another pass from Y2. Last shooter circle back and attack 2-0.

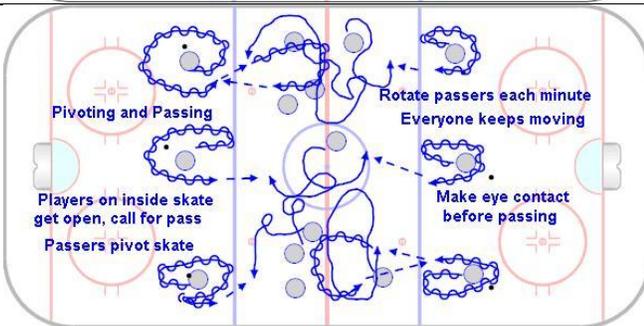
B. Y1 leave and give and go with B2 then give and go with B1 then face the puck on the boards and get an outlet pass from B1. Y3 leave from the back of the other line and attack 2-0.

Options:

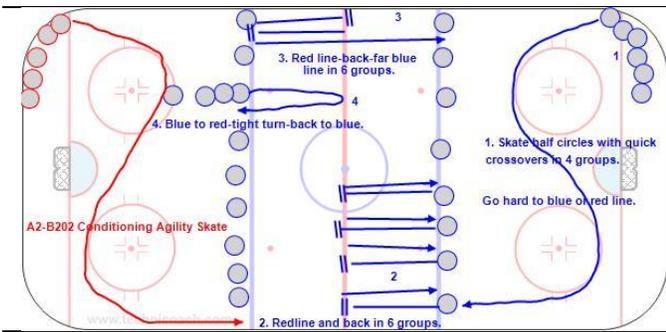
- After attacking one of two players could defend making it a 2-1 or 2-2.
- One Timers
- Use this drill as a Shootout Contest.



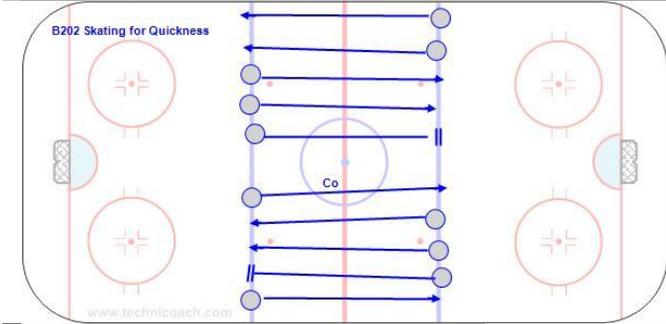
B202 - 3 on 0 Nzone Passes



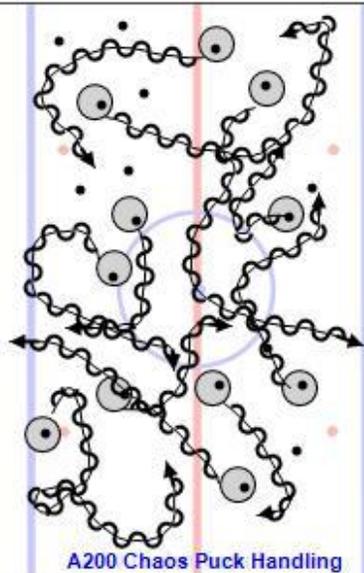
B202 Passing continuously



B202 Conditioning Agility Skate



B202 Skating for Quickness



B202 Chaos Puck Handling

B202 Neutral Zone Regroup 1-0 and 2-0 - Pro

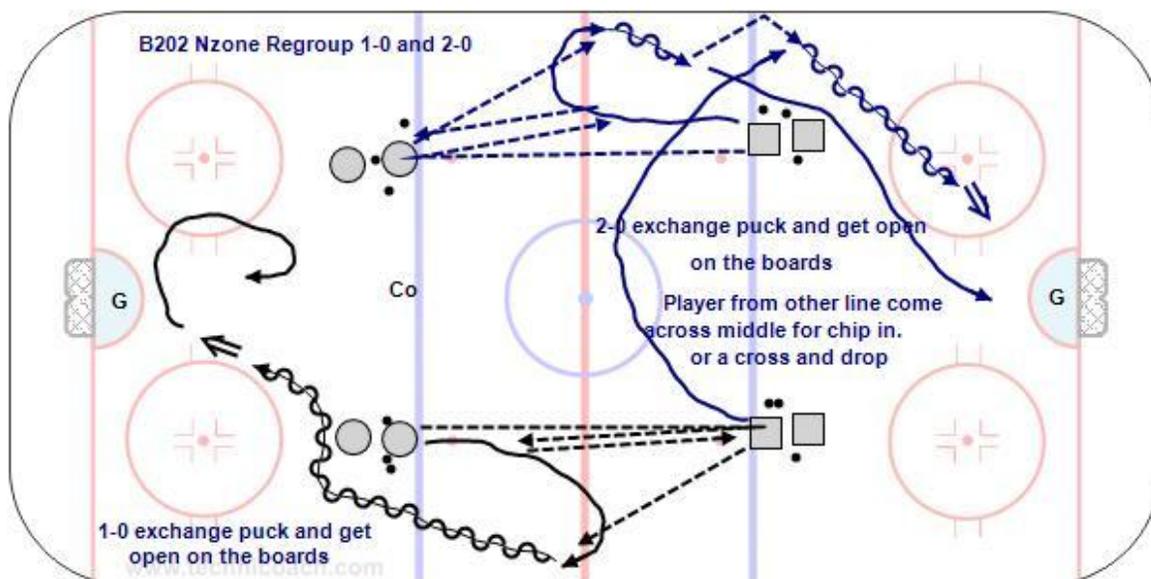
Key Points:

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>



B202 One Touch 2-0 Sweden U20

Key Points:

Face the puck. Attack with speed and follow the shot for a rebound.

Description:

B202 Formation Two groups face each other across the neutral zone.

A. B1 leave and give and go with Y2 then skate around the circle facing the puck and get another pass from Y2.

Last shooter circle back and attack 2-0.

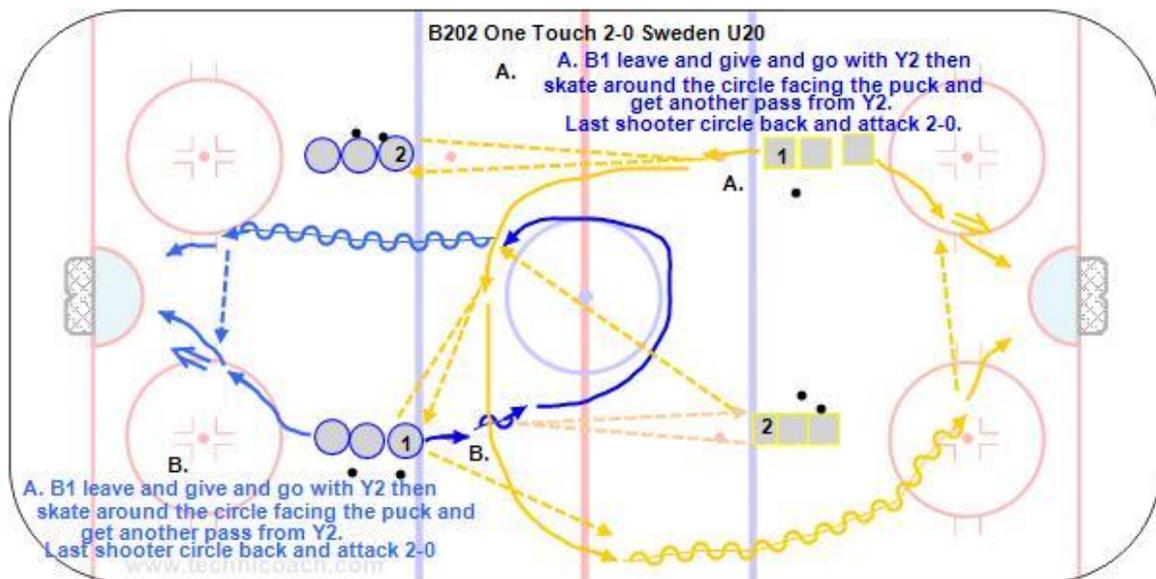
B. Y1 leave and give and go with B2 then give and go with B1 then face the puck on the boards and get an outlet pass from B1. Y3 leave from the back of the other line and attack 2-0.

Options: After attacking one of two players could defend making it a 2-1 or 2-2.

- One Timers

- Use this drill as a Shootout Contest.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=82>



B202 Pass to All Players

Key Points:

Give and go pass. Give a target and make eye contact before passing.

Description:

1. Blues start with half on each blue line.

2. Reds weave around in the middle.

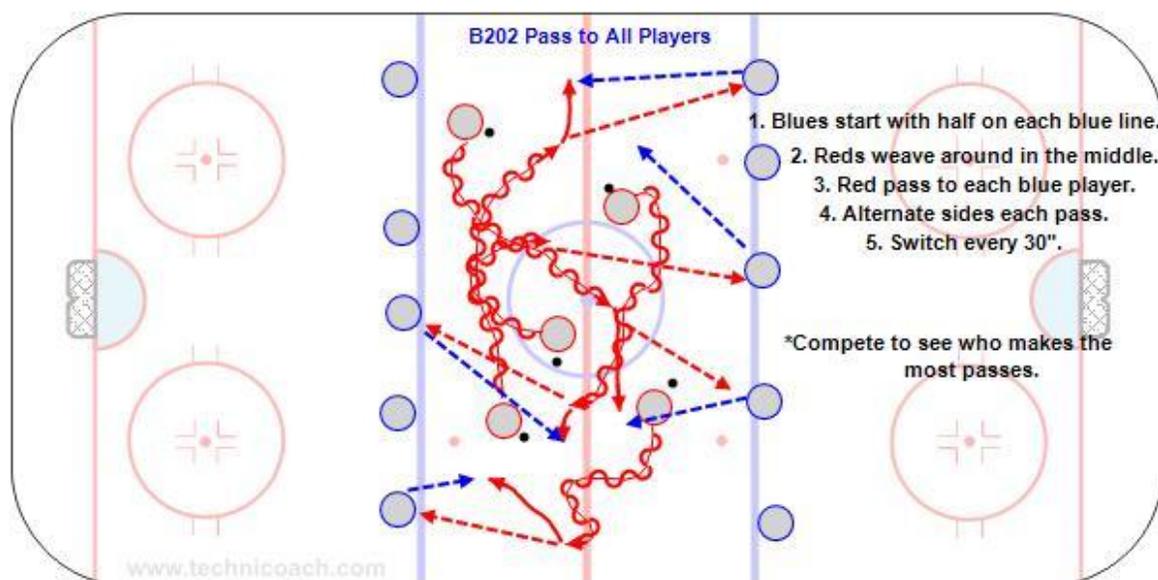
3. Red pass to each blue player.

4. Alternate sides each pass.

5. Switch every 30".

*Compete to see who makes the most passes.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=99>



B202 Passing Overspeed

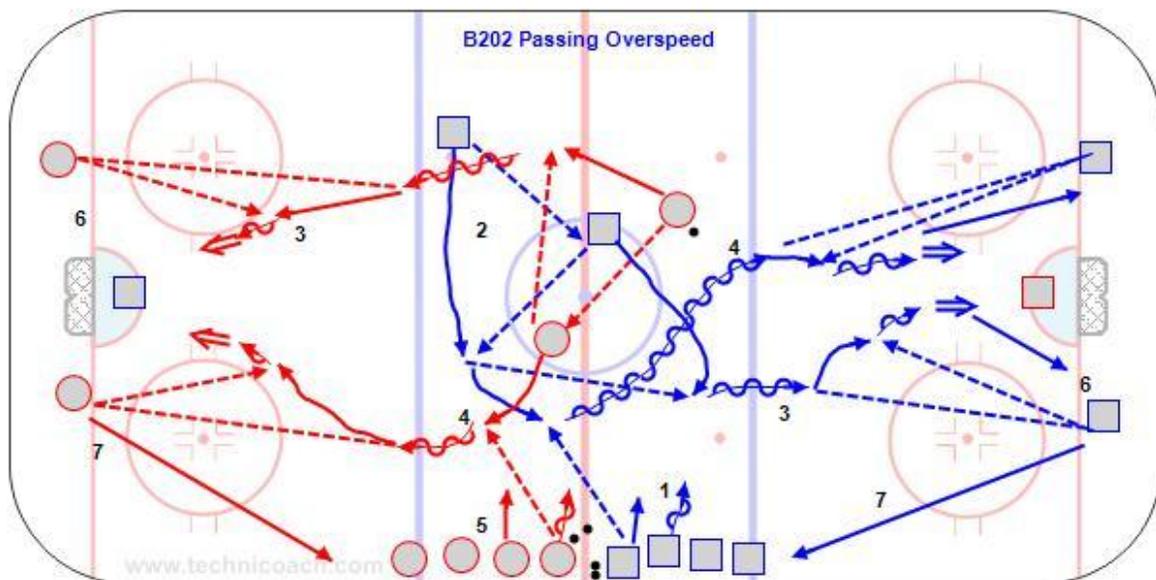
Key Points:

Always face the puck and make as many passes as possible. On the whistle pass early to the player below the goal line. Hit the net and look for the rebound from the second shooter. Give a target.

Description:

1. Two red and two blue leave from the line.
2. Make as many passes as possible in 7".
3. On the whistle player with the puck give and go with a player below the goal line and shoot.
4. Second player get a pass from the side then give and go low and shoot.
5. On the same whistle two new players from each colour leave from the line.
6. After the shot become a passer near the net.
7. Low passers return to the line up.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121104080332117>



B202 Puck Handling and Shooting

Key Points:

Make hard fakes both ways, fake shots, tight turns. Have quick feet. Cross the blue line and either shoot or pass and shoot. Add variations after shooting.

Description:

1. Players line up behind the blue line; coach in the middle.
2. On the whistle leave from diagonal lines and make hard fakes around the coach.

3. Variations:

A- Shoot and rebound.

B-Rebound for the next shooter.

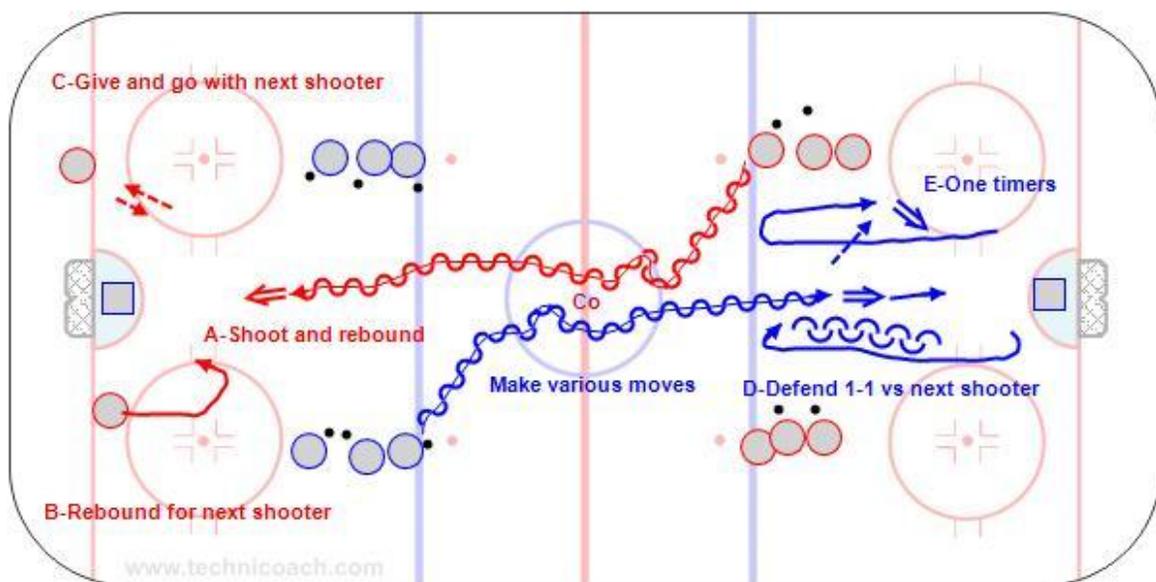
C-Shoot then give and go with next shooter.

D-Defend 1-1 vs. the next shooter.

E-Get in position for a one timer shot.

*Add other variations such as a shot pass.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2009082320511162>



B300 - One Touch Monkey in the Middle - Finland U20

Key Points:

Give a target and use head and body fakes as well as look one way and pass the other way.

Description:

1. Choose monkey with Rock-Paper-Scissors
2. Only one touch passe are allowed.
3. Player making a bad pass goes into the middle.
4. Add a second player as a monkey for advanced groups.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120411094000243>



B300 Checking Along the Boards - Sweden Checking 6

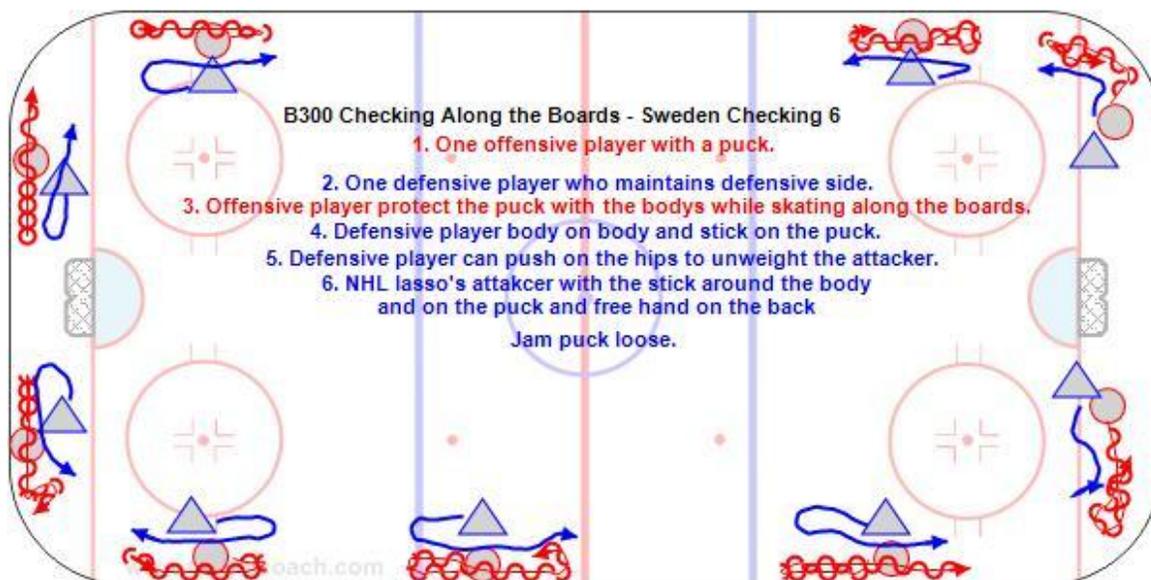
Key Points:

Attacker protect the puck with the body and skates using dekes and cut backs. Defender stay on the d-side with stick on the puck. NHL now lasso's around with free hand on the back and stick on the puck.

Description:

1. One offensive player with a puck.
2. One defensive player who maintains defensive side.
3. Offensive player protect the puck with the bodys while skating along the boards.
4. Defensive player body on body and stick on the puck.
5. Defensive player can push on the hips to unweight the attacker.
6. NHL lasso's attacker with the stick around the body and on the puck and free hand on the back. Jam puck loose.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140417204036621>



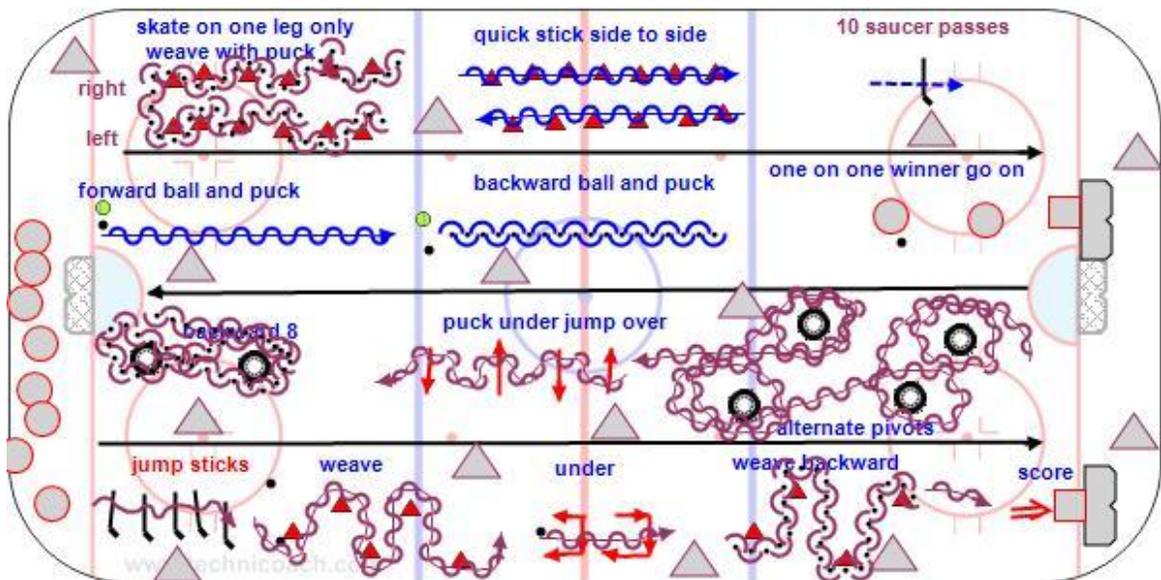
Mission Impossible:

Key Points:

Create challenging tasks that get progressively more difficult. I taught over 25, 000 PE classes in my career and this was the most popular activity. We did it as a role playing game and half were guards and the other have trying to escape from a prisoner of war camp. Everyone had to be silent and if the prisoner failed the guard said bang and they had to go back. It made it more fun to have the story attached but in a hockey practice you wouldn't have to do this. It was such a popular activity that at noon intramural time there would be kid's from grade 1 to grade 9 playing at the same time.

Description:

1. Have the players line up and do various skill tasks.
2. If they are successful they go to the next station. If they fail they have to go back to the start.
3. Have two teams that get between 5-10 minutes to go through while the other team judges each station. Compete to see which team has the most players finish the circuit.
4. Another alternative is to have coaches be the judges and all the players do it.



B300 Monkey in the Middle vs 1 and 2 - Russian U20

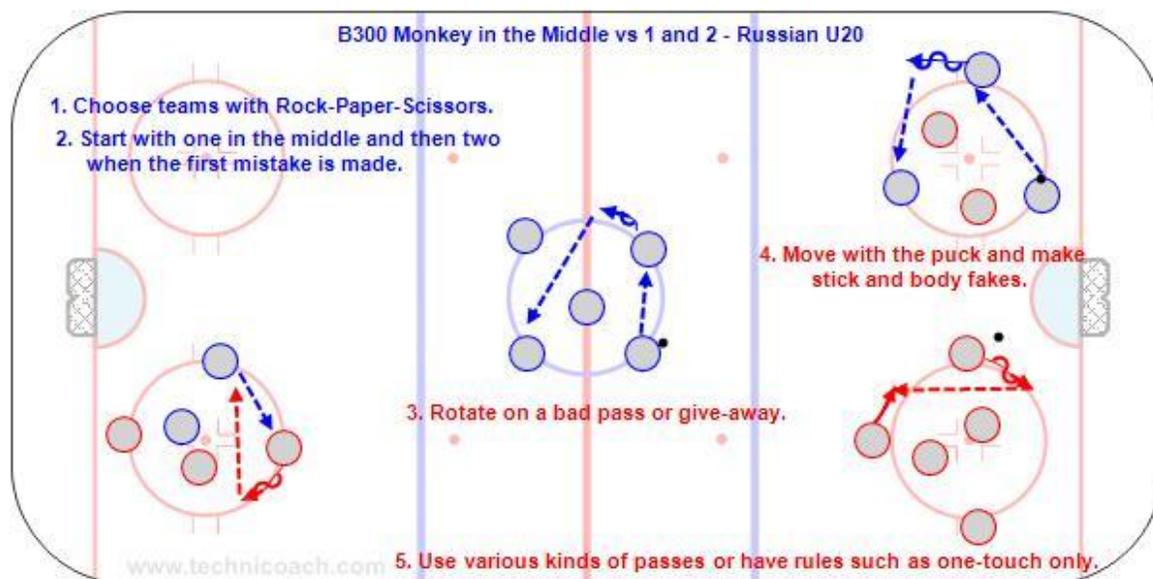
Key Points:

Pass with good technique and give a target. Defenders keep the stick in passing lanes.

Description:

1. Choose teams with Rock-Paper-Scissors.
2. Start with one in the middle and then two when the first mistake is made.
3. Rotate on a bad pass or give-away.
4. Move with the puck and make stick and body fakes.
5. Use various kinds of passes or have rules such as one-touch only.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120410094022848>



B300 Optional Practice Skills – Finnish U20

Key Points:

Players work with the coaches and do skills with good habits. In all of these drills a player could pass instead of a coach.

Description:

1. Players line up behind the blue line and skate into the neutral zone and then flare out towards the boards facing the puck and give a target. The coach passes and the player attack and shoot. Follow the shot for a rebound and then circle back to rebound for the next shooter.
2. Player get a regroup pass from the coach along the boards then shoot-rebound.
3. Coach pass to a player from the side boards to the point and the player take a one timer.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120305093524642>



B300 Practice Stations-Skill-Games

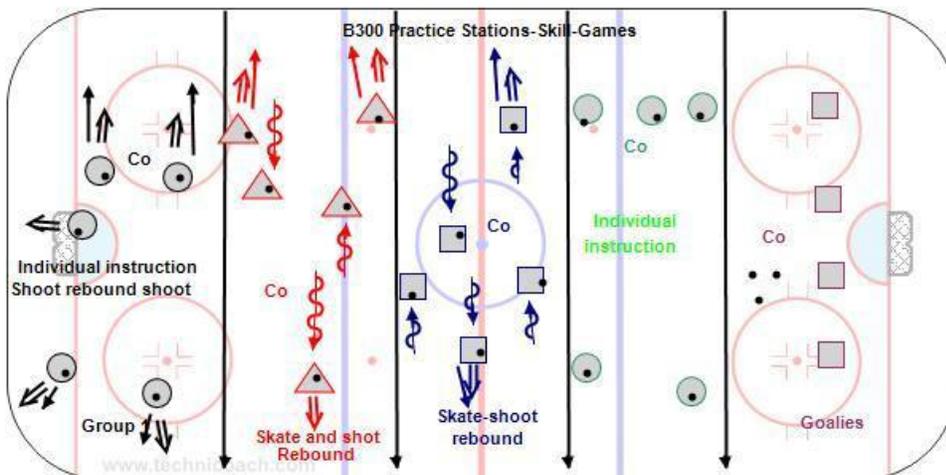
Key Points:

Coaches progress from stationary technique instruction to cross ice movement doing the skills. When instructing shooting insist that they follow the shot for a rebound.

Description:

1. Ice is divided into cross ice stations with a coach at each station.
2. This formation can be used for skating, passing, shooting, checking or any technique.
3. Move from stationary instruction to movement.
4. Games can also be played cross ice or at one net.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100821114618838>



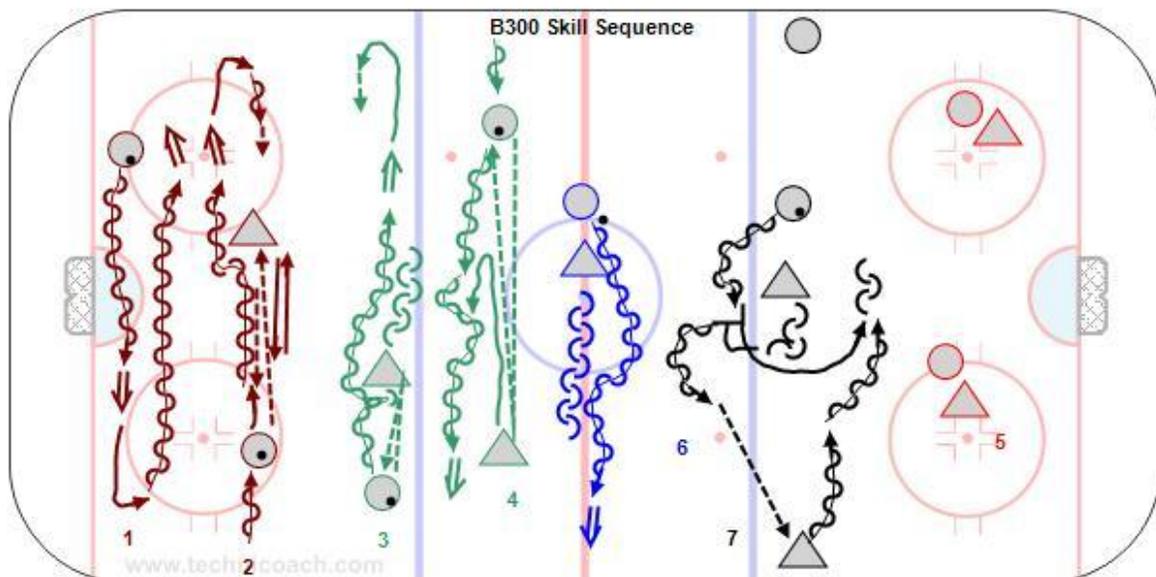
B300 Skill Sequence

Key Points:

Practice shooting quickly, Use many moves vs a passive opponent and increase the movement progressing to cross ice games.

Description:

1. Skate across ice and shoot at boards.
2. Skate-give and go-deke-shoot quickly.
3. Skate-give and go-deke moving D-Shoot.
4. Give-go, defender close gap-deke-shoot.
5. Partner keep-away.
6. 1 on 1 game-use line on boards or nets.
7. 1 on 1 game. Pass to waiting partner on whistle, goal or when defender regains puck.
6. Cross ice game and use small nets or the line on the boards as the goal. Play tournaments.



B300 Three Player Around the Clock

Key Points:

One touch pass and follow through at the target. Get the top hand away from the body. Pass and rotate.

Description:

Three or four players one touch pass around a circle.

1 - Pass 6 to 12 o'clock. 6 to 3, 12 to 9, player three stay at 6.

2 - Pass 12 to 3 o'clock. 12 to 9, 3 to 6.

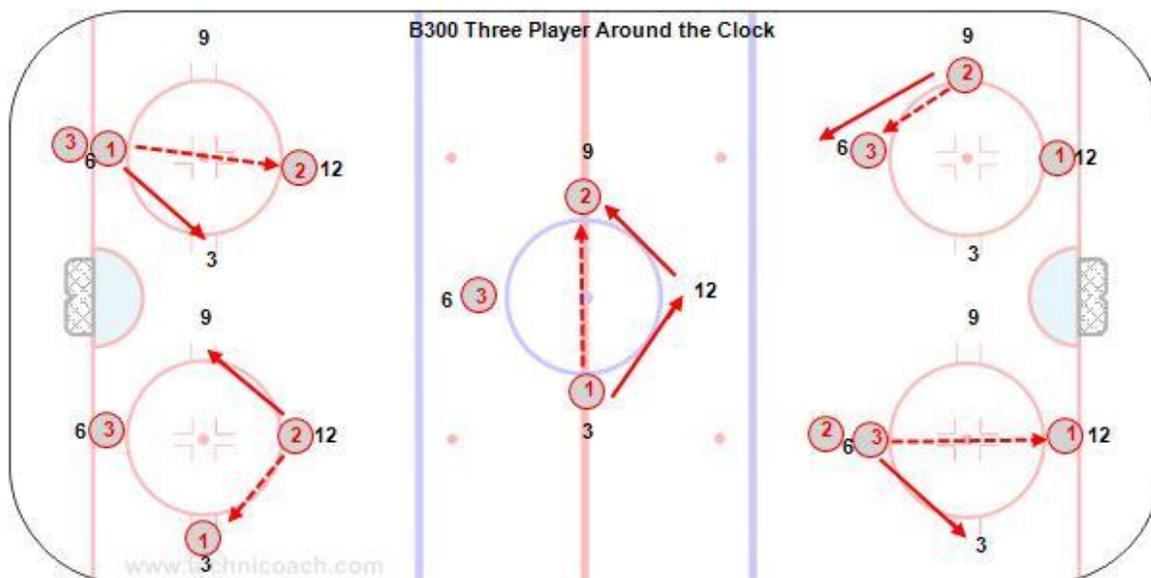
3 - Pass 3 to 9 o'clock. 9 to 6, 3 to 12.

4 - Pass 9 to 6 o'clock.

5 - Repeat starting with player three at 6.

*Go around 3-5 times and then change direction.

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B300 Tschumi Around the Clock One Touch

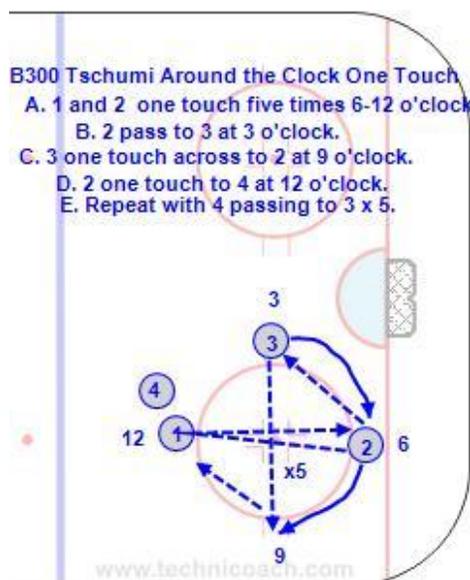
Key Points:

One touch the puck in the middle of the blade and follow through with the top hand away from the body. Start rotating clockwise and then switch to counter clockwise.

Description:

- A. 1 and 2 one touch five times 6-12 o'clock.
- B. 2 pass to 3 at 3 o'clock.
- C. 3 one touch across to 2 at 9 o'clock.
- D. 2 one touch to 4 at 12 o'clock.
- E. Repeat with 4 passing to 3 x 5.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=90>



B500-2 on 0-Cycle-Cut Back-Pass-Shoot

Key Points:

F1 skate hard and throw the puck back into a quiet space when the defender commits to him. F2 do one or two cutbacks, protecting the puck to create a passing lane. Follow pass by going to the net.

Key Points:

A.

-Coach dumps puck into corner.

-F1 skate and get puck.

-F1 pass back to F2 and go high.

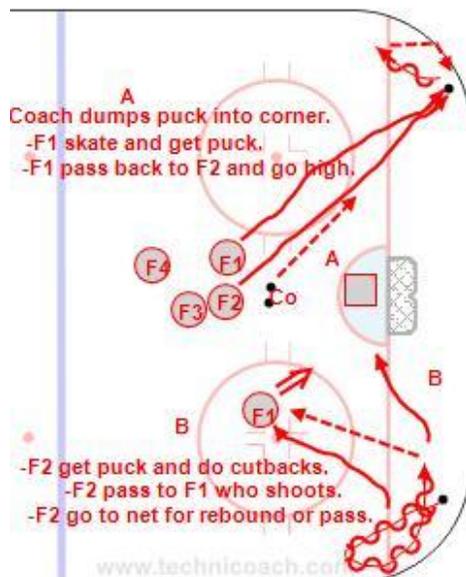
B.

-F2 get puck and do cutbacks.

-F2 pass to F1 who shoots.

-F2 follow the pass and go to net for rebound or pass.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110324100910693>



B500 3 Spoke Passing - Czech U17

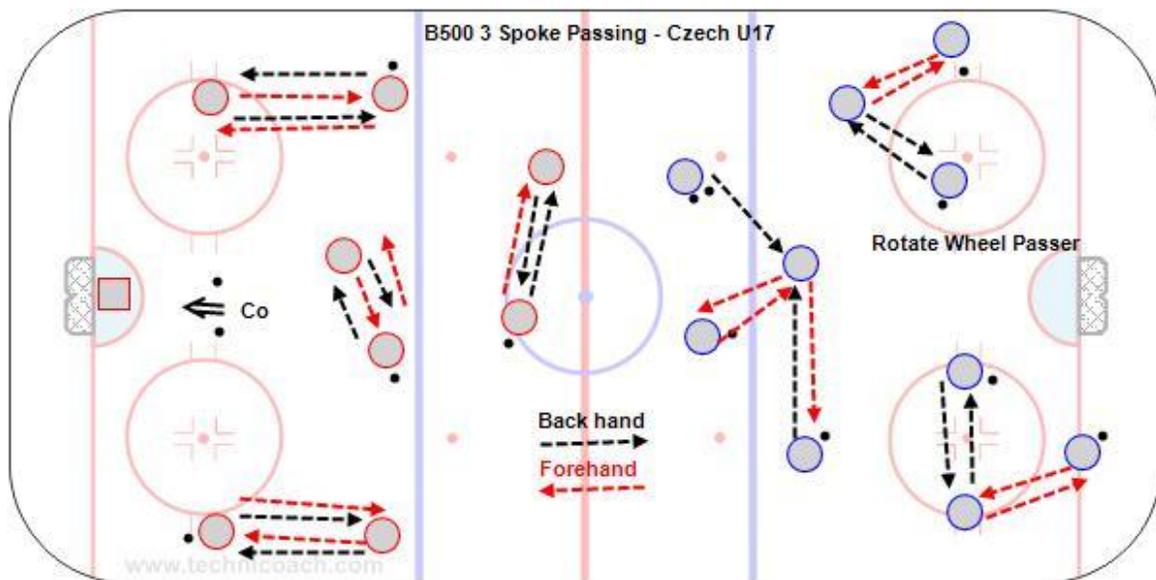
Key Points:

Keep the hands away from the body and follow through at the target. The puck rotates toward the toe of the blade. Hands should be relaxed and the stick blade square to the puck. Backhands have to be taken from the middle to the heel of the blade of the blade adjusted to be square with the curve.

Description:

1. Start with static partner passing alternating between forehand and back hand. Use wrist passes and focus on the giving and receiving being quiet.
2. Spoke pass with two pucks in groups of 3 or 4. One player takes passes from the other players. Alternate forehand and backhand.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012123116313799>



B500 - Partner Wrist Passes - Czech U17

Key Points:

Technique practice. Stick is square to the puck, hands relaxed. Make good hard and flat passes. The puck rotates toward the end of the blade.

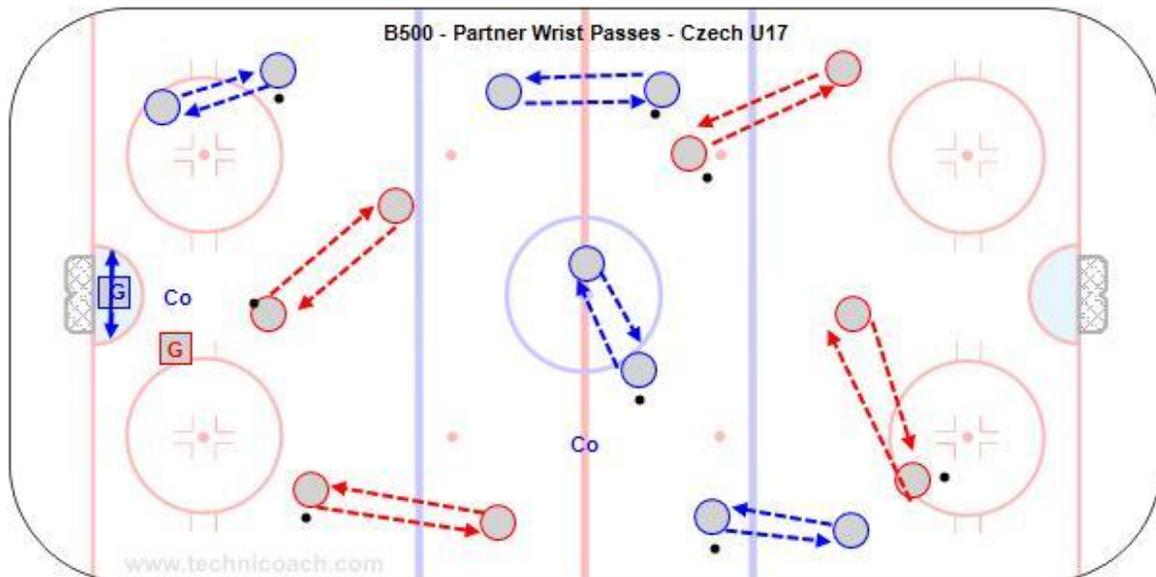
Description:

1. Partners work on passing in various areas of the ice.
2. Use wrist passes.
3. Load and fire: wind up, produce force, release, follow through at the target.
4. Forehand, backhand and saucer passing technique can be practiced in the same way.

If you expect good performance in games then you must pay attention to technique details.

**Goalies warm up with crease skating.*

<http://www.hockeycoachingabc.com/mediaqallery/media.php?f=0&sort=0&s=20121231222118851>



B500 Angling and Escapes

Key Points:

Angle approaching at the back shoulder with "Body on Body and Stick on the Puck".

Defensive angling pin and teammate pick up the puck, and on offensive angling seal the player off and take the puck.

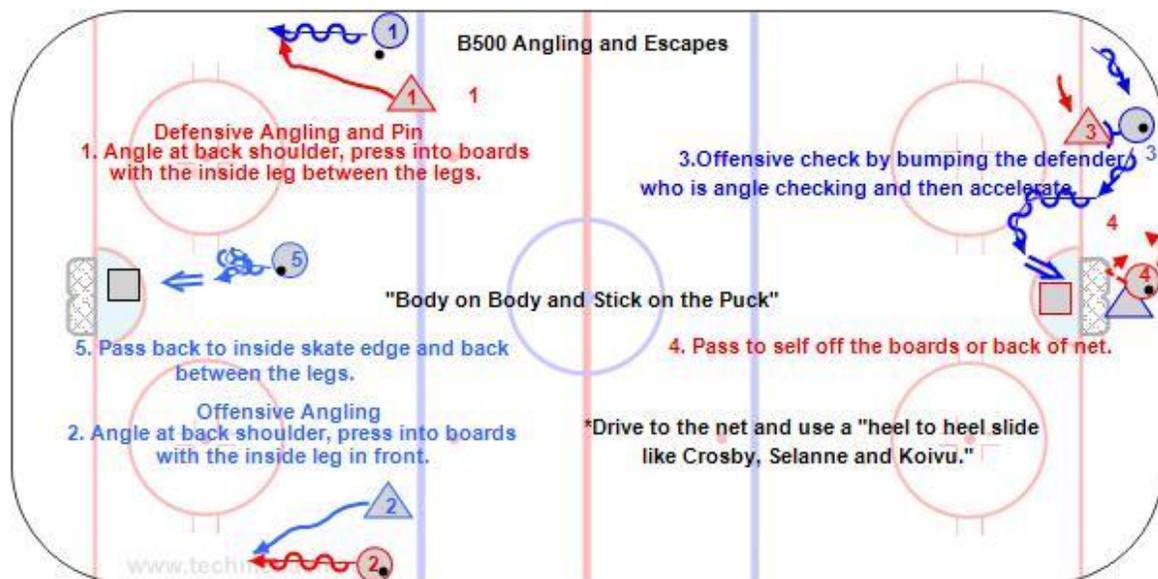
Learn to approach at the back shoulder-not the puck. On offense cut back when the player angles at the puck.

Description:

1. Angle at back shoulder, press into boards with the inside leg between the legs.
2. Angle at back shoulder, press into boards with the inside leg in front.
3. Offensive check by bumping the defender who is angle checking and then accelerate
4. Pass to self off the boards or back of net.
5. Pass back to inside skate edge and back between the legs.

*Drive to the net and use a "heel to heel slide like Crosby, Selanne and Koivu."

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080719114133299>



B500 Battle on the Boards

Key Points:

Offensive player protect the puck with the body and skates, use cutbacks, fakes, change of pace. Go into the boards at an angle, Hands up on the glass when hit from behind. Defender stick on stick, body on body and maintain defensive side always.

Description:

1. Partners take turns moving up and down the boards protecting the puck for 10".
2. One player protect the puck and the other mirror from the defensive side keeping the stick on the puck.
3. Battle each other along the boards.
4. Goalies work on technique at one end.



B500 Cut Backs and Escape Moves

Key Points:

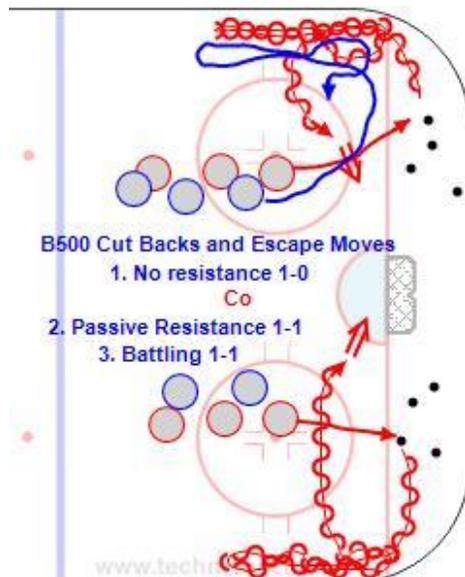
Protect the puck with the body on offense. Cut back turning toward the boards. Defender stay lined up with the back of the inside shoulder and stick on the puck.

Description:

1. Leave on the whistle and practice cut backs, tight turns. Go to the net on the second whistle while the next players leave.
2. Two players leave and the second player stays on the D side with the stick on the puck and gives passive resistance.
3. This is a battle and the defender tries to get the puck. On the second whistle whoever has the puck go to the net.

*Without goalies both sides can go at once and with a goalie alternate sides. Players switch sides after doing both offense and defense.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2011041612155482>



B500 Defenseman One Timers

Key Points:

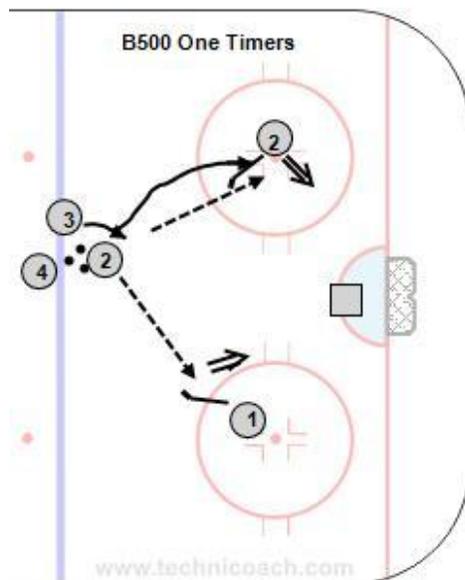
Start with easy soft passes to the wheelhouse and then give hard passes within reach that the player must adjust to. Either the coach or players can do the passing. With the players passing rotate to shooter after passing.

Description:

1. Pucks are in the middle near the blue line.
2. Coach or a player pass to a player who takes a one timer.
3. Keys are:
4. a. Windup - stick back early,
b. Force Production – bottom arm is straight and body rotate to the target.
c. Crucial instant - energy to a few inches, cm. behind the puck. Maintain contact with the ice as long as possible allowing the shaft of the stick to bend then project the puck.
d. Front knee and stick blade point to the net.

*Players can rotate pass-replace shooter-repeat the other side or else pass about 5 pucks in a row and then rotate.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090812164222165>



B500 Defensive Side with Stick on the Puck

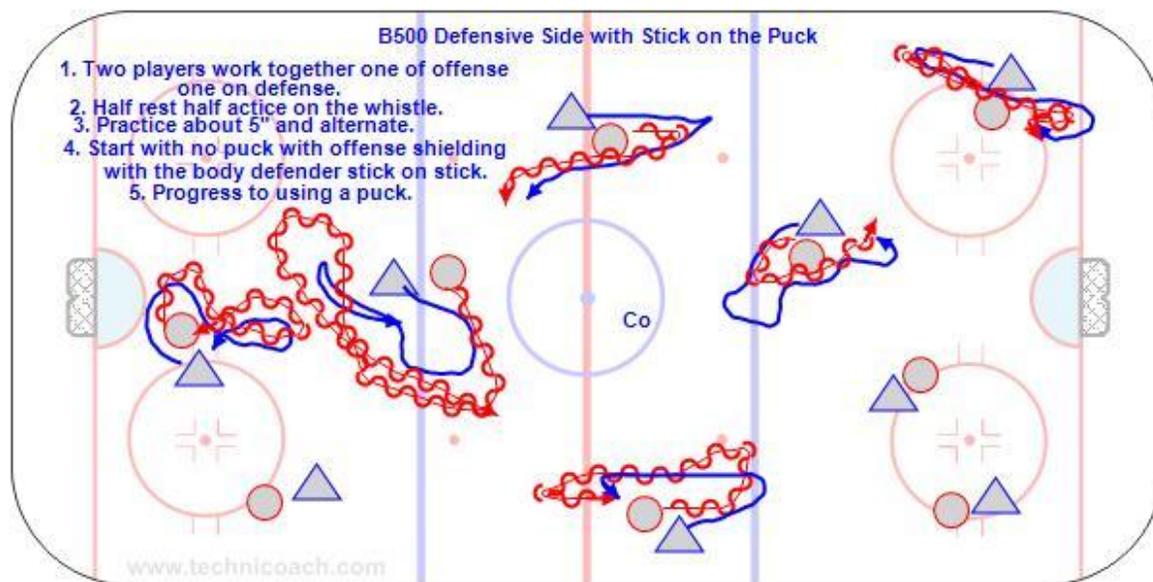
Key Points:

Player checks from the defensive side with the stick always on the attackers stick. Keep the stick on the ice when going side to side.

Description:

1. Two players work together one of offense one on defense.
2. Half rest half active on the whistle.
3. Practice about 5" and alternate.
4. Start with no puck with offense shielding with the body defender stick on stick.
5. Progress to using a puck.

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B500 Individual Skills

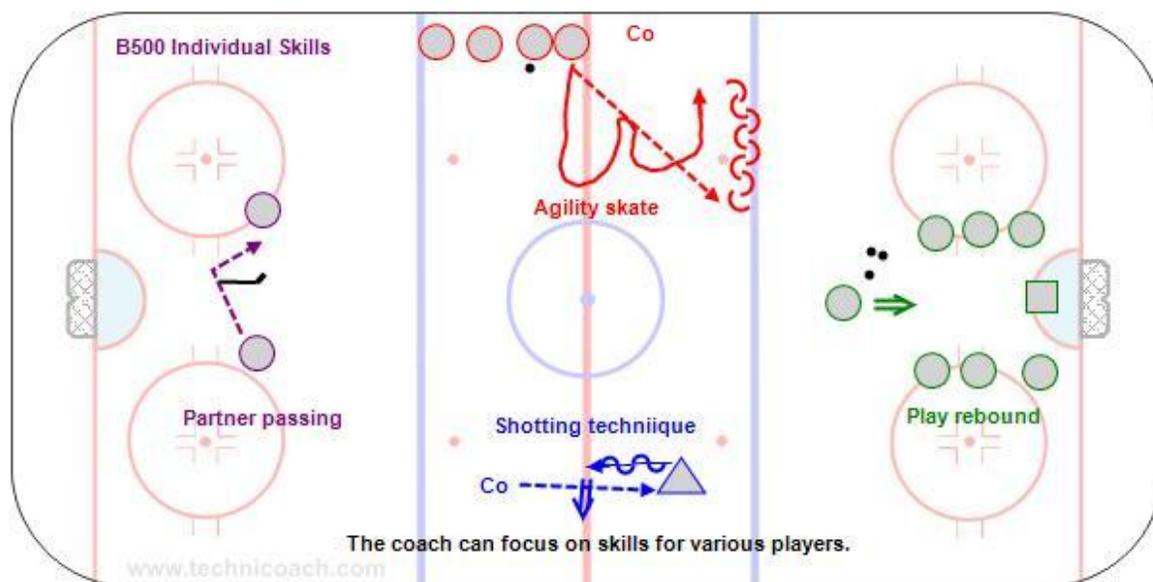
Key Points:

Divide the ice into stations and practice individual technique. The coach can focus on skills for various players.

Description:

1. Coach pass to defenseman who moves and shoots at the red stripe on the boards.
2. Player agility skate with turns and pivots then get a pass.
3. Saucer pass with a partner.
4. Play rebound with the goalie.

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B500 One Timers

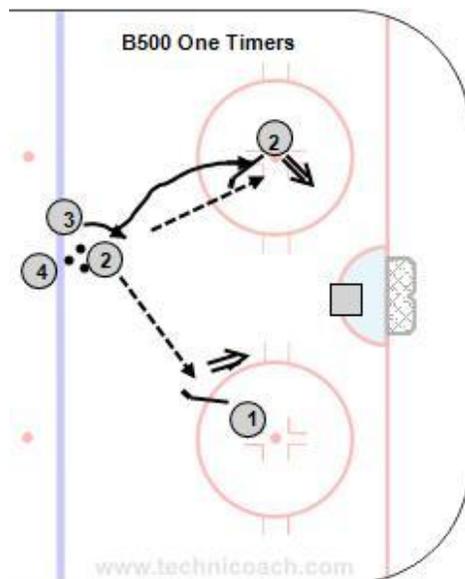
Key Points:

Square up for the shot and have the stick back as the pass is being made. Follow through with the whole body to the net and the lead knee pointing to the target.

Description:

1. One leave the line and get a pass from 2 on the off wing and shoot.
2. Two leave after passing and get a pass from three.
3. Continue this rotation and progressively increase the speed of the passes.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20090812164222165>



B500 One Timers and Breakaways - Czech U17

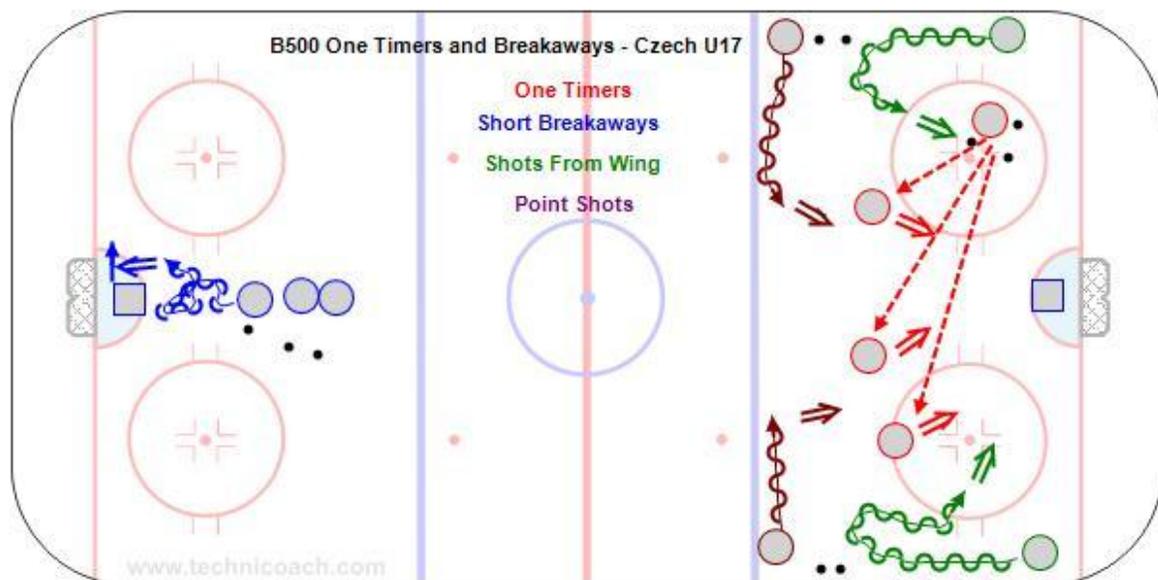
Key Points:

Scoring practice includes one timers, shots from the wing and short breakaways. Players should make moves and fakes as if they are beating a checker and then shoot. Always shoot to score. Follow a pattern so the goalies know where the next shot is coming from.

Description:

1. Take one timers, shots from the wing and point shots at one end.
2. Breakaways from just above the hash marks at the other end.
3. Focus on lots of players getting shots and the goalie stopping pucks from various angles and distances instead of just one kind of shot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130115154631744>



B500 One Timers, Shots and Breakaways - Czech U17

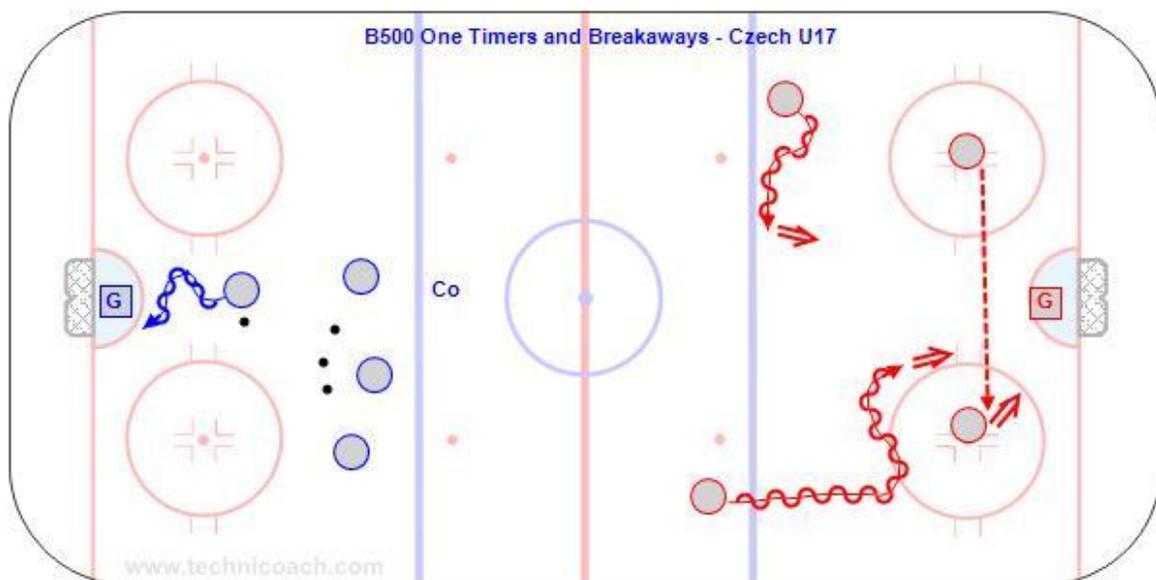
Key Points:

Practice individual skills with the thought that someone is checking you. Add dekes, feints and moves before taking a shot or making a pass.

Description:

1. Breakaways from the top of the circle.
2. Point shots with movement.
3. One-timers with fakes before passing.
4. Shots from the slot but skate and make fakes before taking the shot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121231223138806>



B500 One Touch and Face Puck Passing

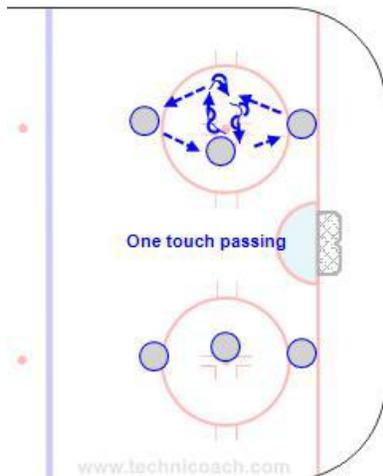
Key Points:

One touch. Make sure the top hand follows the pass and isn't locked against the body. Reijo Routsalainen demonstrates the proper passing technique.

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.

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B500 Overspeed 2-0 with a Pass

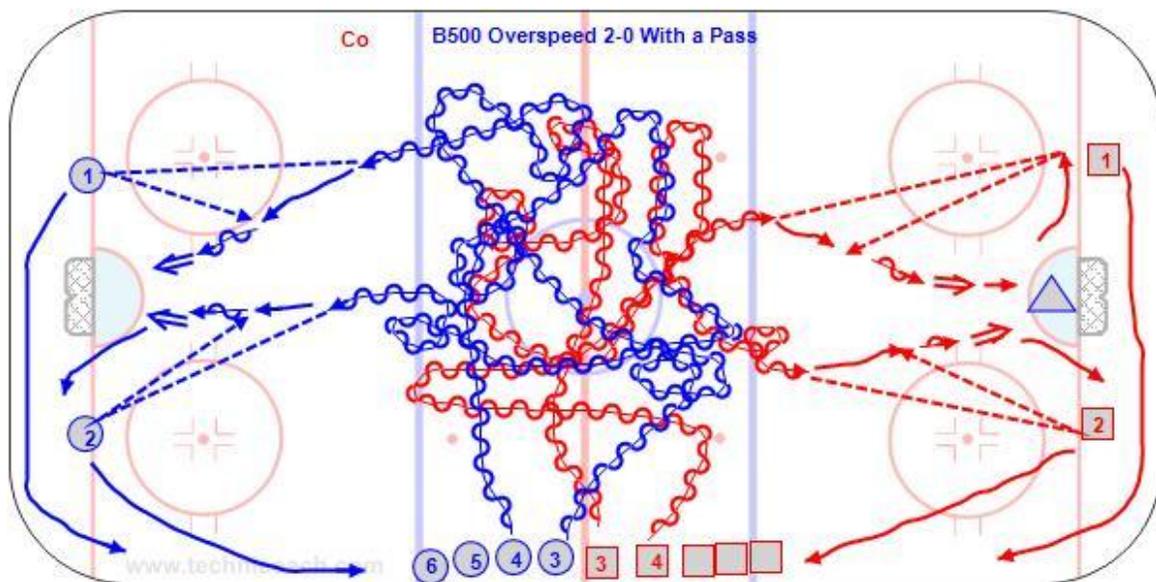
Key Points:

Players must challenge themselves out of their comfort zone. Make as many moves as possible and continue until they have shot and looked for a rebound. Take the pass and shoot right away without over handling.

Description:

1. Line up along boards on one side.
2. Players 1 and 2 start on the goal line.
3. Players 3 and 4 leave and make moves at top speed.
4. Coach whistle every 7" and they players attack the net.
5. Closest attacker give and go with 1 or 2.
6. Second closest do a tight turn then give and go with 1 or 2.
7. With only one goalie go one way only.
8. After passing return to the back of the line.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111004075623113>



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:

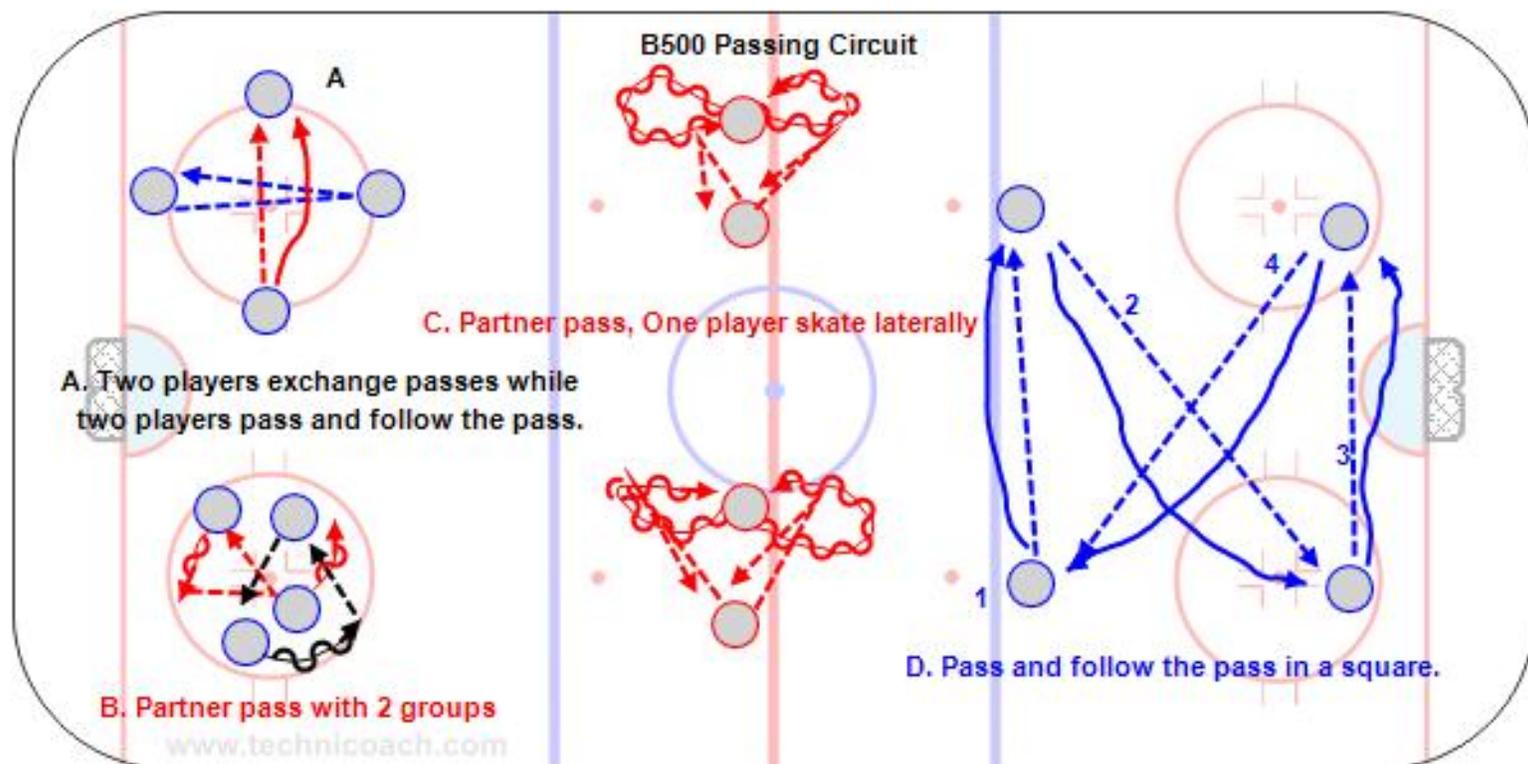
A. Two players exchange passes while two players pass and follow the pass.

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:

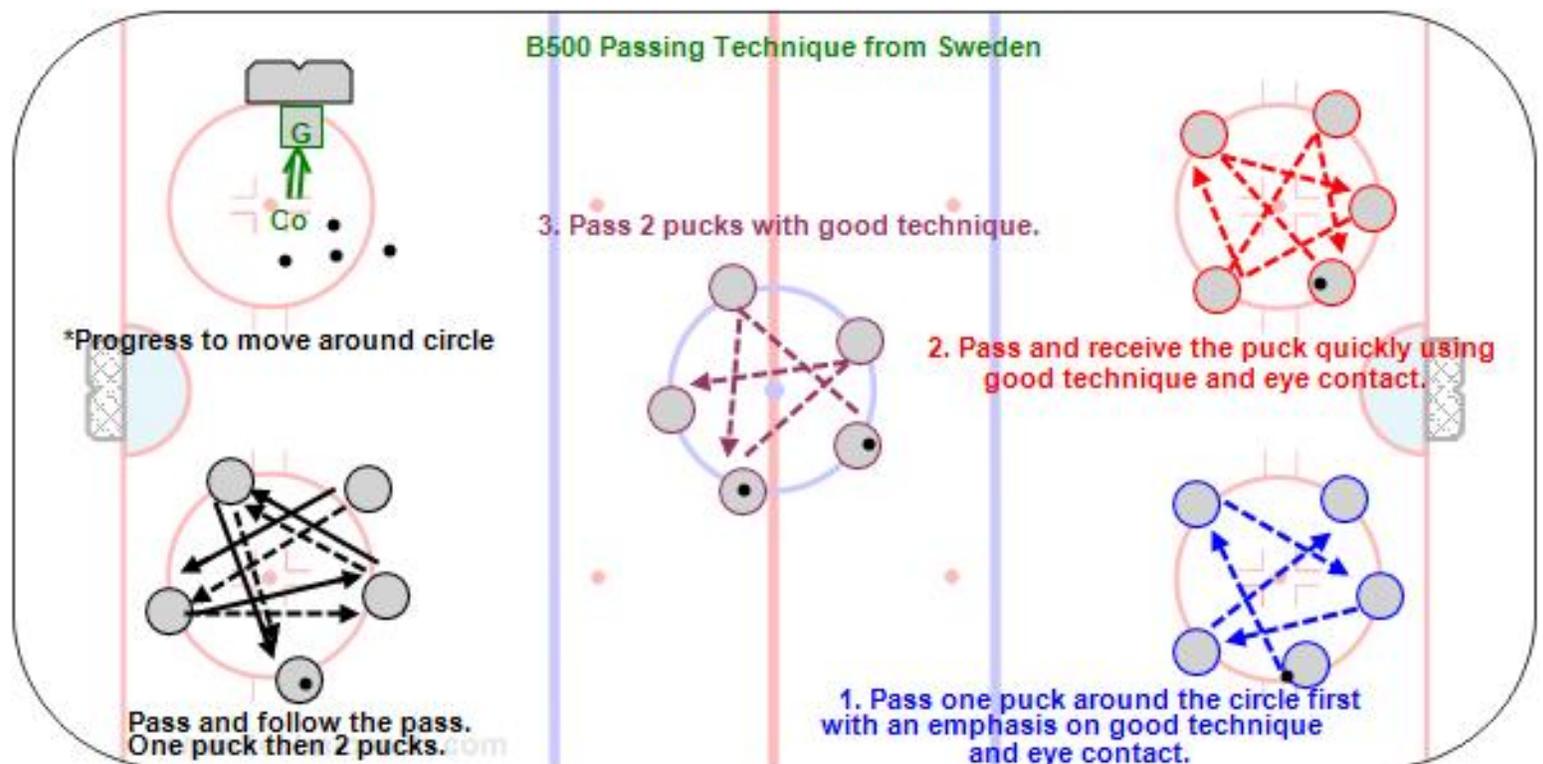
Eye contact and pass with a push of the bottom hand and pull with the top hand. The puck rotates from the heel to the toe and hands away from the body. This same motion is used when shooting. Receiving a pass is the opposite motion to absorb the puck.

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100416075633158>



B500 Point Shots and One Timers

Key Points:

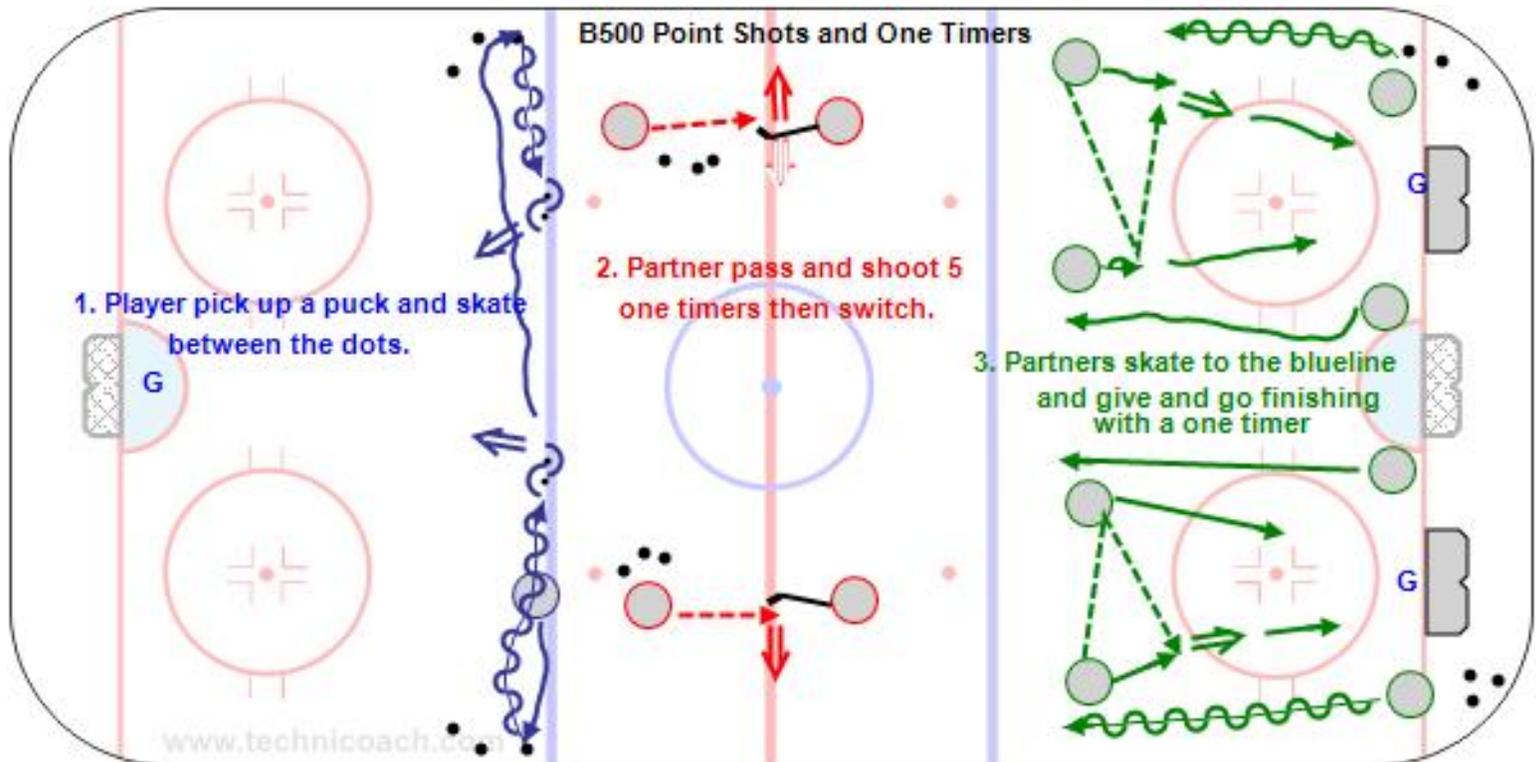
Skate forward to the middle then slide sideways and shoot. Look up to see the target, shot blockers and team mates in front.

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100410085300172>



B500 Puck Protection 1-1 Battles

Key Points:

Protect the puck with the back. Get defender to reach or straighten their knees.

Description:

A. 1 on 1 battle and go to the net.

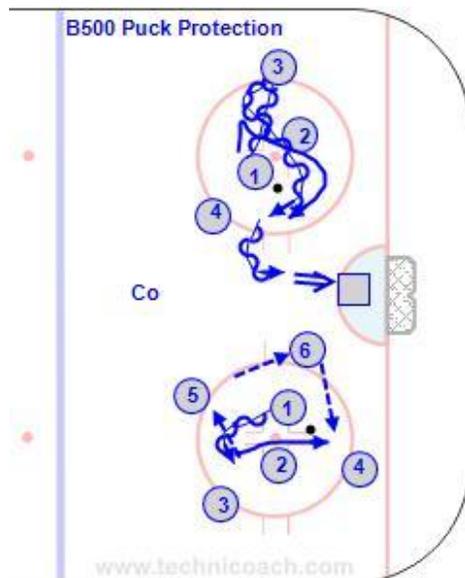
1. Place the puck on the dot and race for it from the circle on the whistle.
2. Play 1-1 and -protect the puck and go to the net and try to score on the whistle.

B. 1-1 Battle with passes to Jokers.

1. Race for the puck on the middle dot.
2. Battle 1-1 protect the puck and pass to Jokers.
3. Go to the net on the whistle.

Number the players and alternate from one circle to the other to give enough rest and allow only one shot on goal at one time. Play the 1-1 battle with no passes first and then add passes to jokers allowed.

With 4 players rotate. 1-4, 2-3, 2-4, 1-3, 3-4 1-2. Do the same sort of rotation with more players.



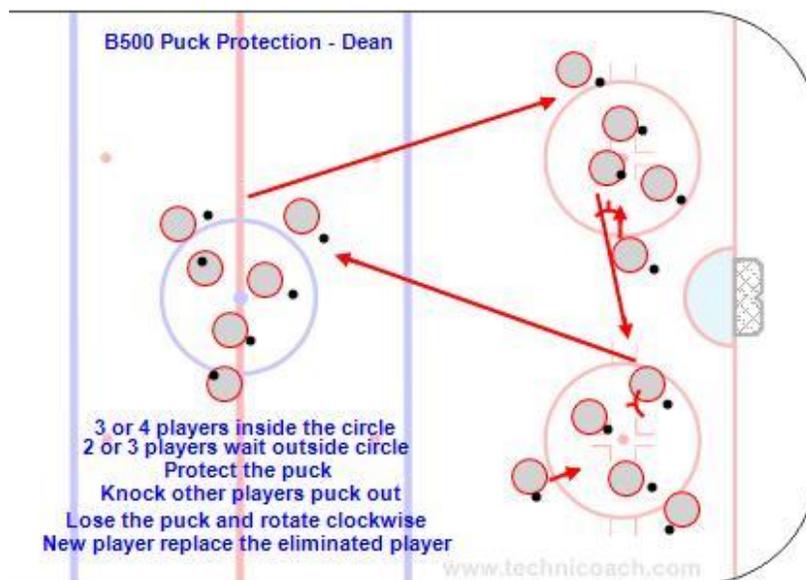
B500 Puck Protection - Dean

Key Points:

Shield the puck with your body. Protect the puck before checking another player.

Description:

- Faceoff circles are the battle zones.
- 5 or 6 players at each faceoff circle.
- 3 or 4 players handle a puck inside the circle while 2 or 3 wait outside the circle.
- Protect the puck and also knock the other players puck out of the circle.
- When eliminated rotate to the next clockwise circle to change opponents.
- Waiting player enter the circle when someone is eliminated.
- Put a time limit on the exercise.
- Those who move the fewest times are the winners.



B500 Puckhandle or Pass and Shoot

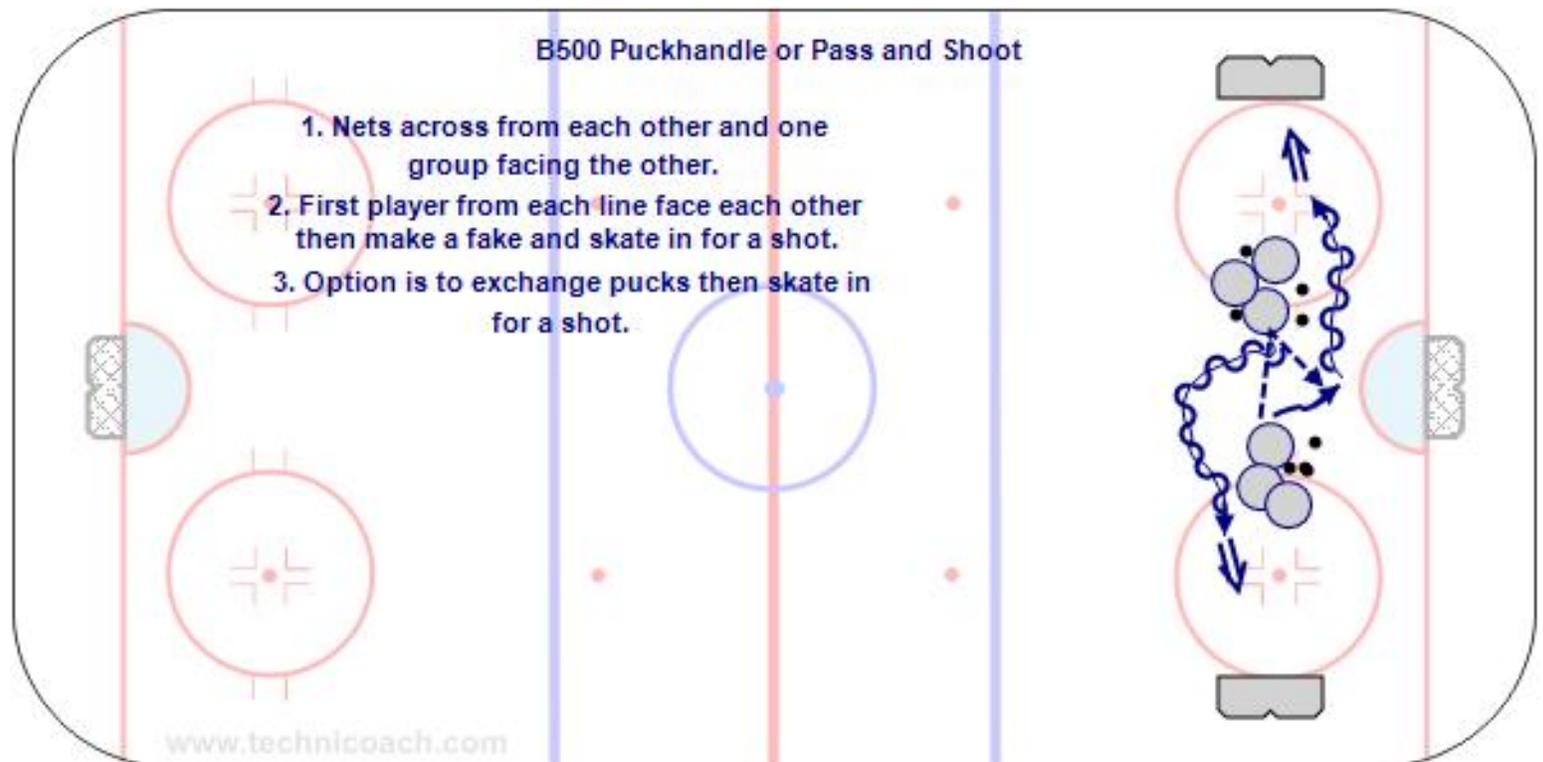
Key Points:

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

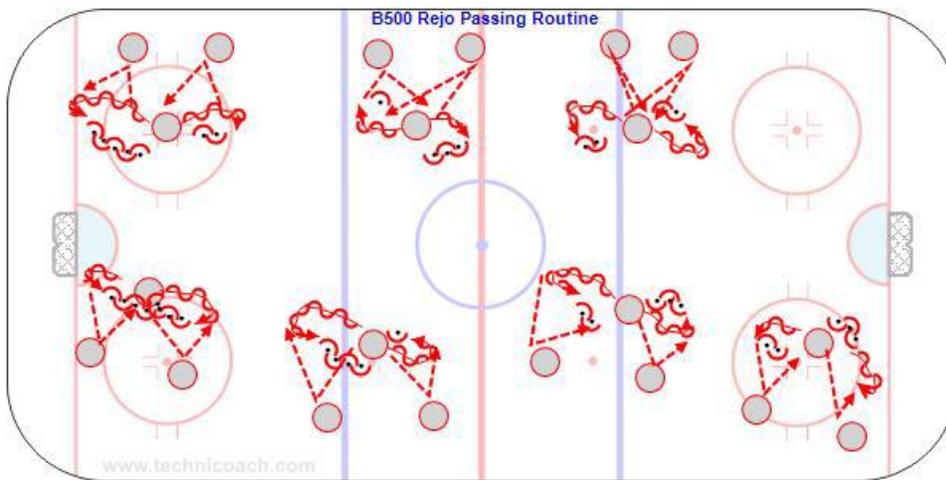
Key Points:

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

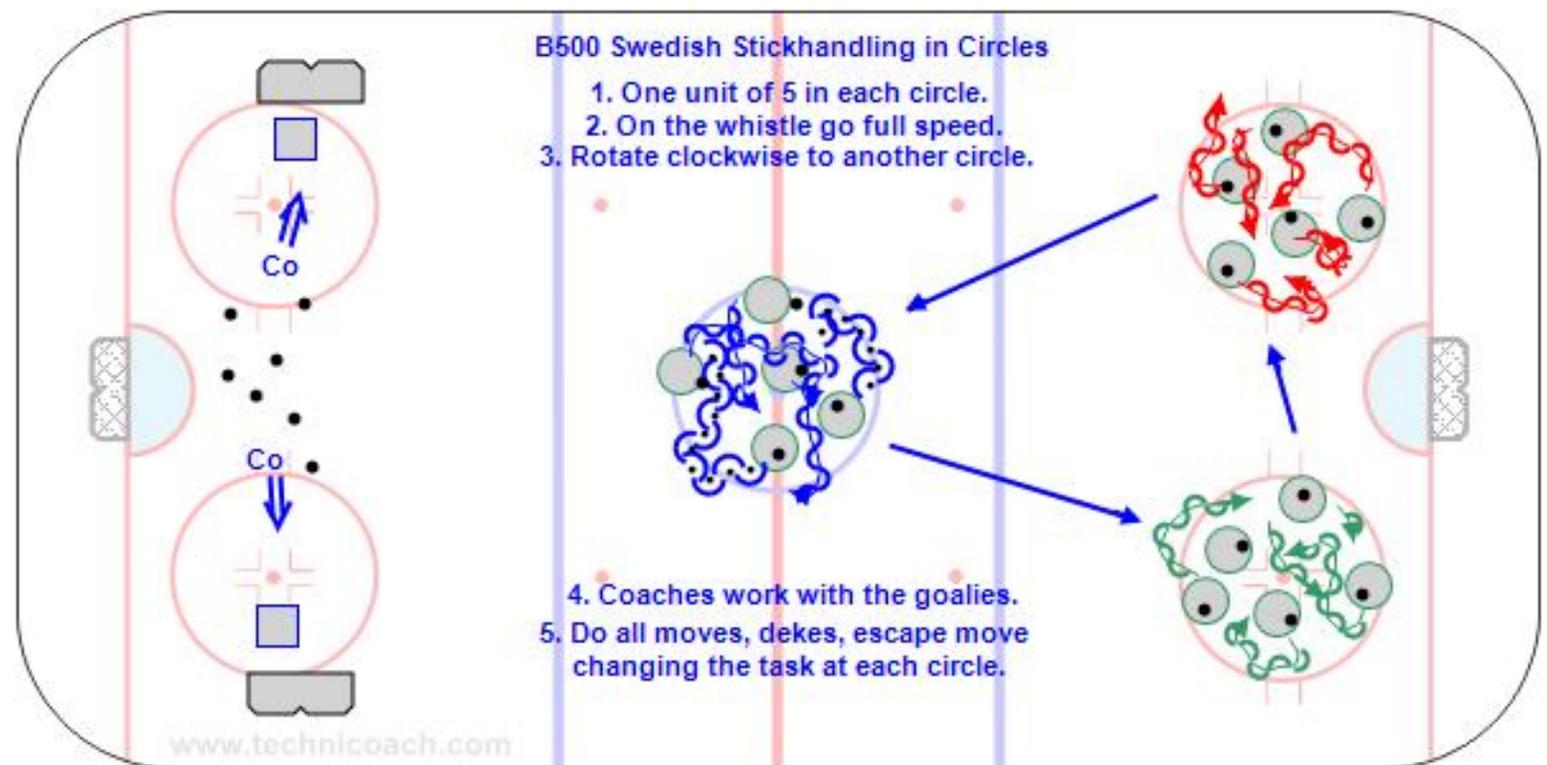
Key Points:

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100415165806324>



B600 1-0 F Regroup with Both D

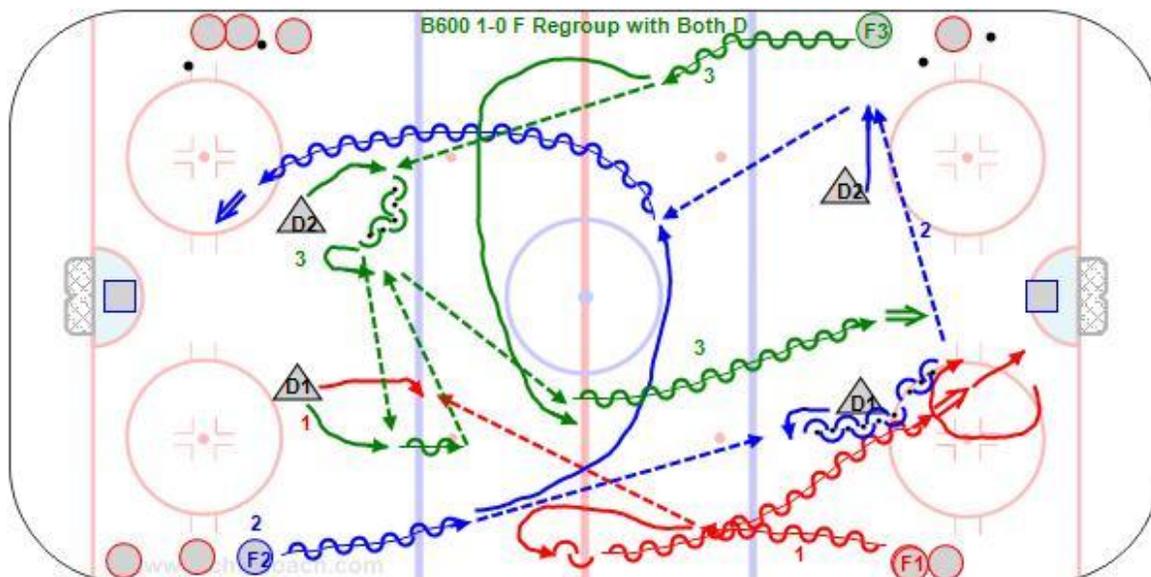
Key Points:

Forward always give a target face the puck and call for the pass. Shoot and rebound for the next shooter. Coach could add give and goes and one timers with the original shooters. Could also add 1-1 or 2-1 with the 3rd player attacking vs original two F's.

Description:

1. F1 regroup with the D1 on the strong side and get a return pass up the boards.
2. F2 regroup with strong D1 who hinges to D2 and up to F2 mirroring the puck in the middle.
3. F3 pass to weak side D2 who passes D1 who hinges wide and then passes back to D2 in the middle and up to F3 who has mirrored the original D to D.

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B600 2-0 Passing Options - Swiss U20

Key Points:

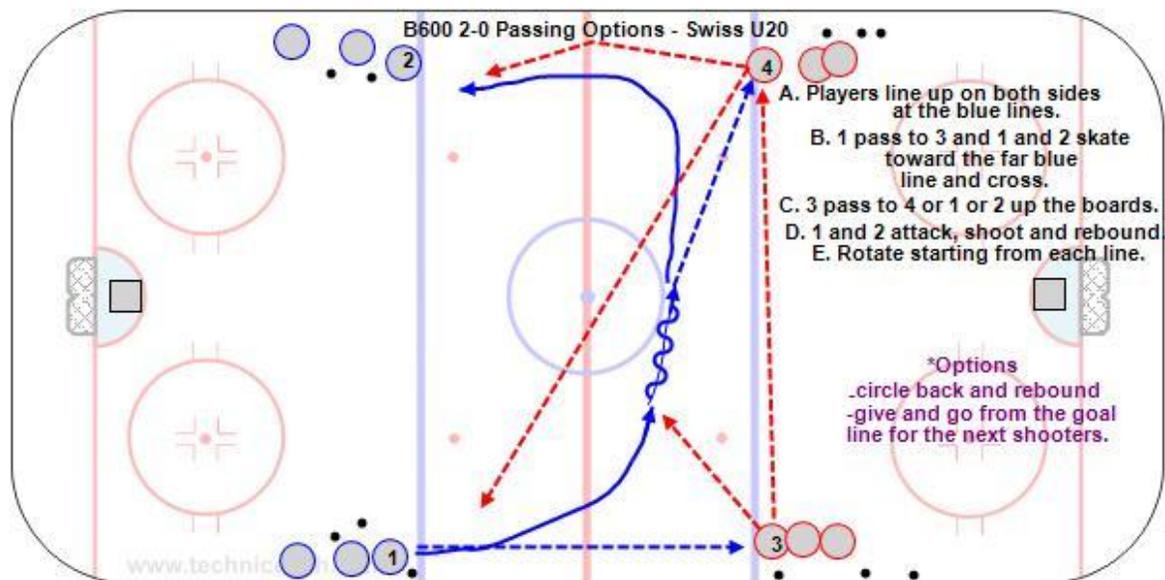
Pass to either side or either player who is breaking for a pass. Give a target, stick on the ice, face the puck.

Description:

- A. Players line up on both sides at the blue lines.
- B. 1 pass to 3 and 1 and 2 skate toward the far blue line and cross.
- C. 3 pass to 4 or 1 or 2 up the boards.
- D. 1 and 2 attack, shoot and rebound.
- E. Rotate starting from each line.

**Options are to circle back and rebound for the next shooter or give and go from the goal line for the next shooters.*

<http://www.hockeycoachingabcs.com/mediagallery/index.php>



B600 2-0 Quick Ups

Key Points:

Have good habits with the shooter looking for a rebound. New attacker on the puck side should face the passer and player on the weak side cut across the ice and give a target.

Move the puck up ice quickly and call for passes.

Description:

. #1 and 2 attack 2-0.

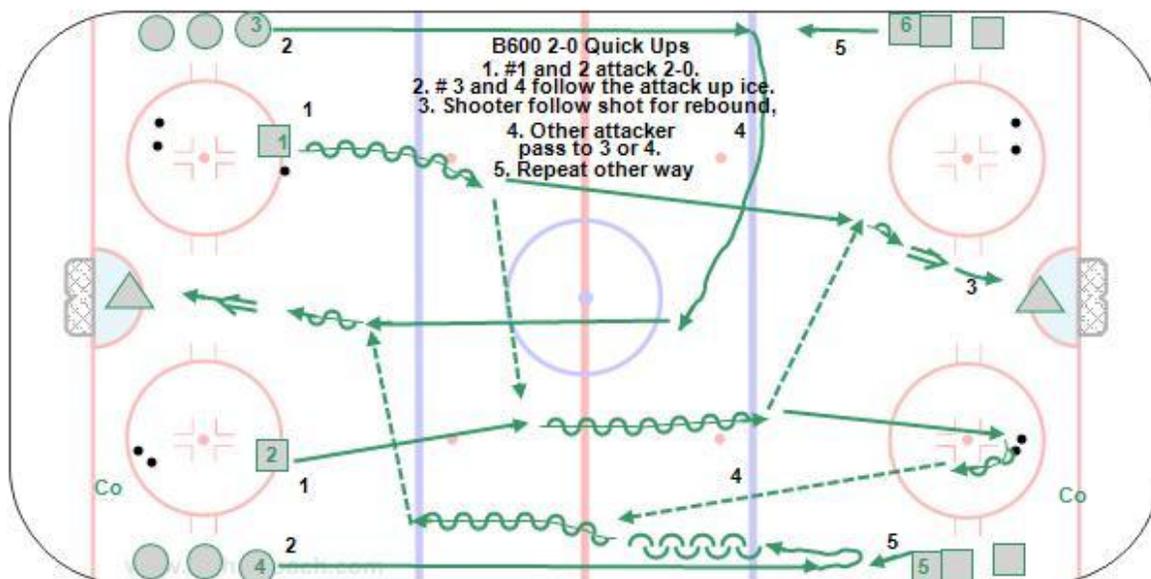
2. # 3 and 4 follow the attack up ice.

3. Shooter follow shot for rebound,

4. Other attacker get a new puck and pass to 3 or 4.

5. Repeat other way with shooter following the shot and the other attacker passing to 5 or 6.

6. Continue this flow.



B600 2 x 2 Shots - Swiss U20

Key Points:

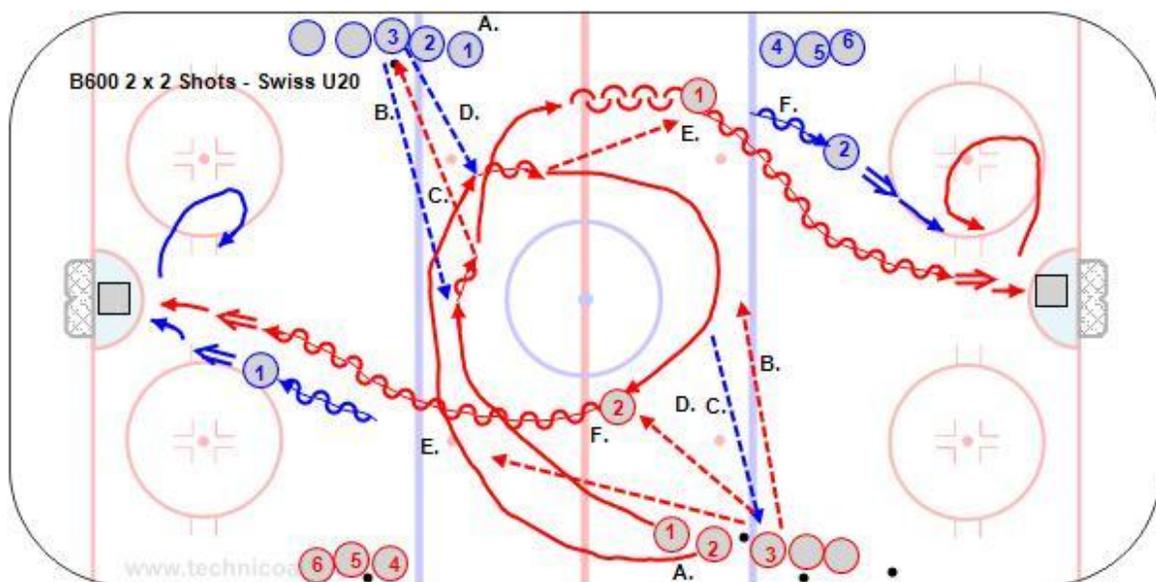
Pass hard and quickly. Always face the puck and accelerate with the puck. Shoot with the feet moving and shoot to score - not to shoot. One touch pass on puck exchanges.

Description:

- A. 1 and 2 leave from diagonal blue lines.
- B. B3 pass to R1.
- C. R1 one touch back to B3.
- D. B3 pass to R2.
- E. R2 head man to R1 who attacks and shoot
- F. R2 skate around circle for pass from R3 and attack the other end.
- G. B1 and B2 do the same sequence from the diagonal blue line.
- H. Repeat the other direction with B4 and B5 passing to R6

*Follow shots for a rebound and then screen or circle back to rebound for the next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012030911374190>



B600, 3 Lane Passing and Shooting

Key Points:

Make one touch passes. Make sure the top hand moves away from the body.

Description:

1. Three players leave and fill each lane.
2. Give and go with playes at far blue line.
3. After the second pass shoot from one lane each.
4. Third player loop back to save ice.
5. Players who just passed now leave the other way.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090901074926133>



B600 Breakout 3-0 with 2F 1D - Point shot-Canada U20

Key Points:

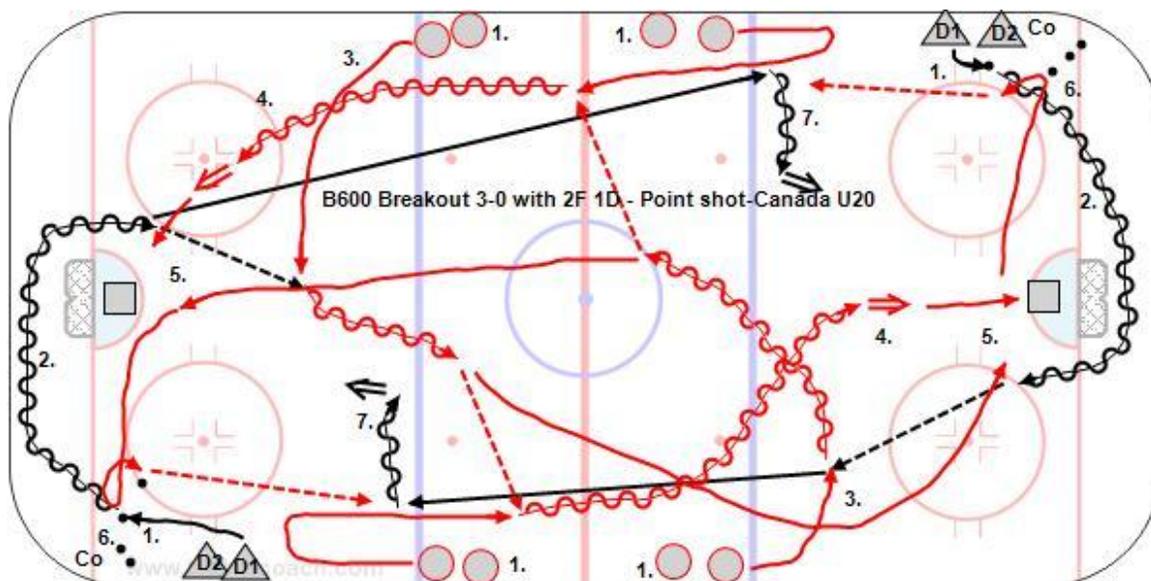
Attack at full speed. Give a target. Follow the shot for a rebound. One player screen and one player look for a shot pass.

Description:

1. Defense start inside zone and forwards outside the blue line.
2. On the whistle D1 at each end drive the back of the net.
3. F1 and F2 come back for a breakout pass.
4. F1 and F2 attack the far ends from opposite sides of the ice and D1 follow.
5. F1 and F2 shoot and rebound.
6. F1 or F2 pass to the point and screen.
7. D1 drag and shoot.

**Repeat with D2 passing to F3-F4 on the whistle.*

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=97>



B600 D Wheel D to D, D to F Attack 2-0, F Cycle Up Exchange Puck with D, Attack

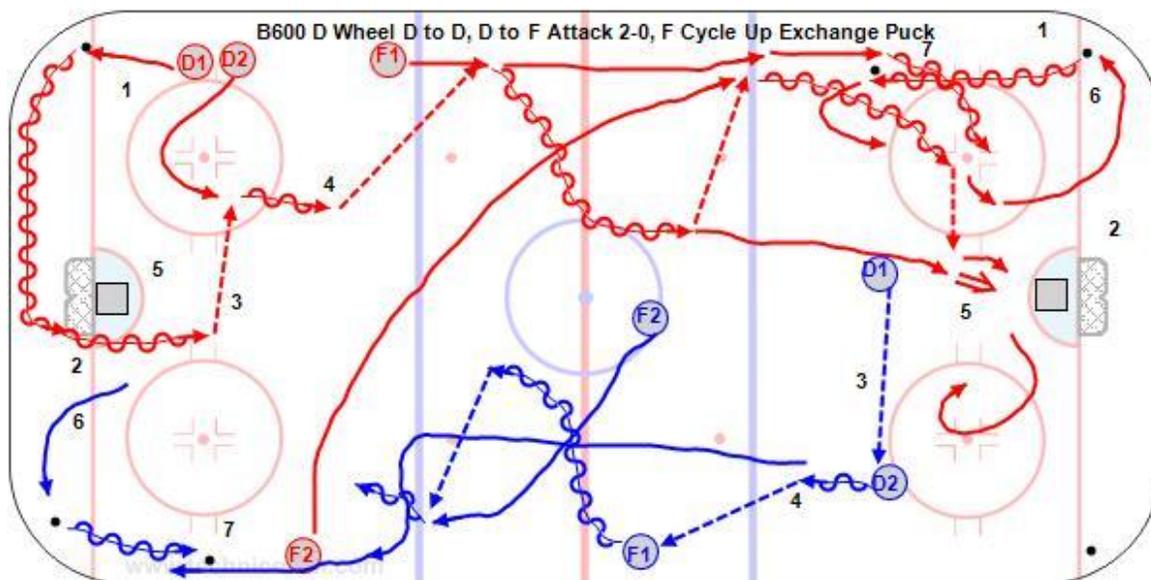
Key Points:

Wheel tight to the far post. Forward skate to the 'big ice' through the neutral zone. Shoot and rebound. F's skate to get open for a pass from the D after the exchange.

Description:

1. This [drill](#) is done from both ends leaving from diagonal corners.
2. D1 wheels behind the net.
3. D1 pass across to D2.
4. D2 pass up to F1 or F2 who carry the puck between the dots.
5. F's take a shot and D2 support from blue line.
6. Closest F pick up a puck in the corner and skate up the boards.
7. F exchange the puck with D2 who skate down along the boards.
8. D2 attacks the net and the F's get open for a pass or rebound.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130710150511373>



B600 Double Cross and Pass

Key Points:

Make hard passes. Players should face the puck.

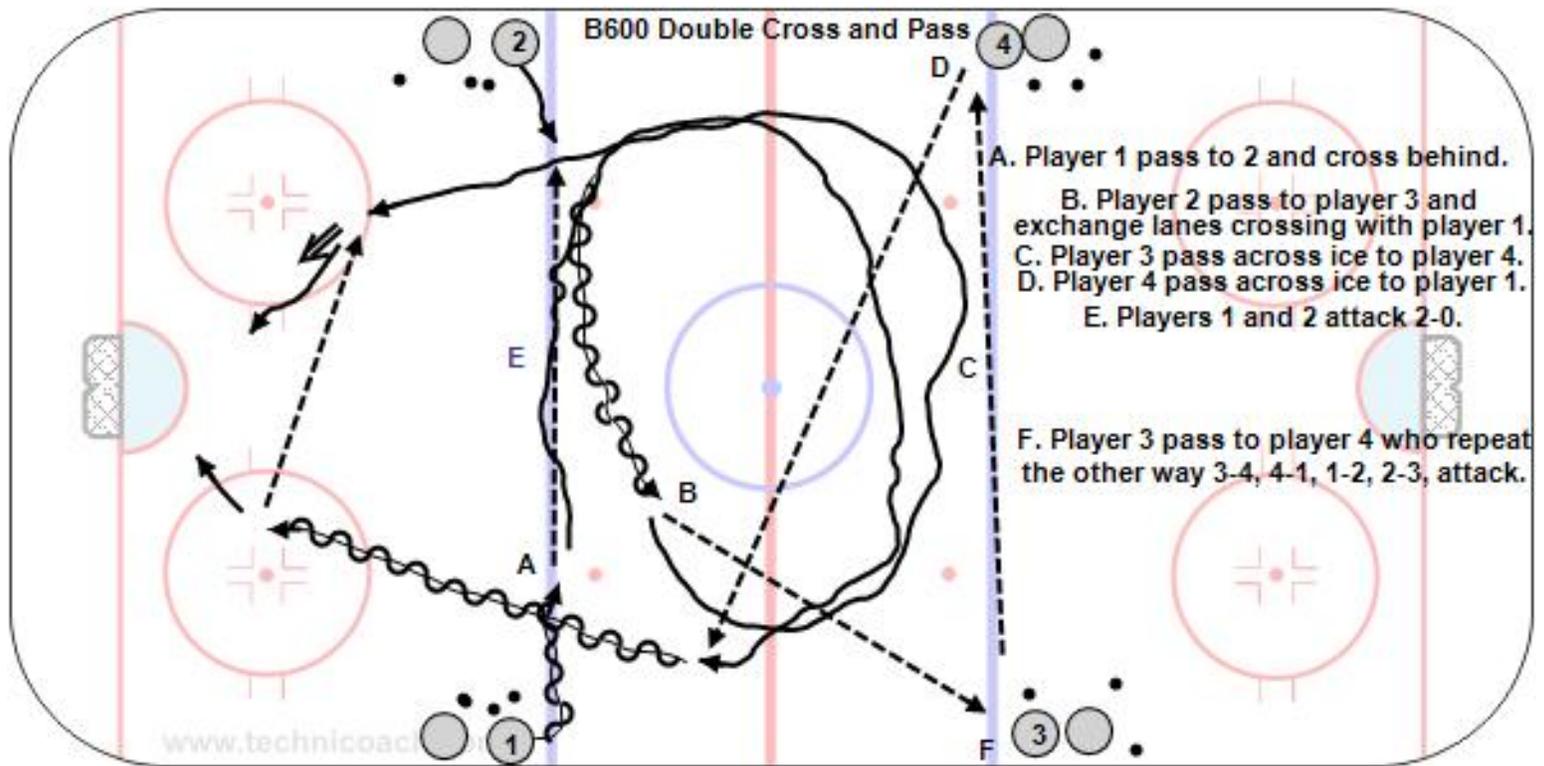
Description:

- 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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090823205117104>



B600 Double Regroup Attack 3-0, 2 F and 1 D

Key Points:

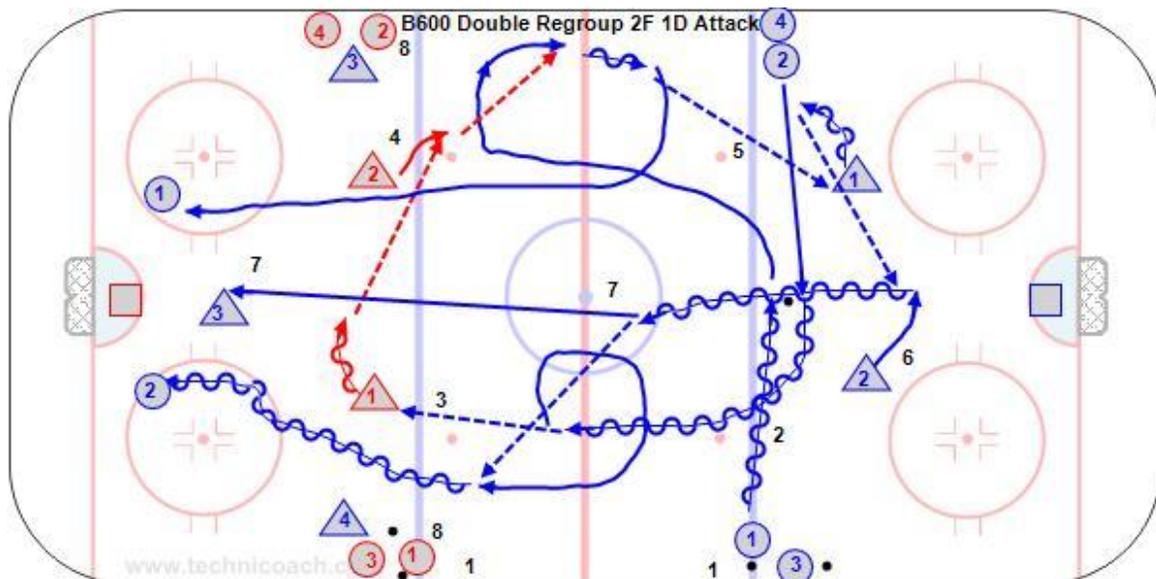
Everyone face the puck all of the time. On the regroup give wall and middle support and not continuous crossing (as you should in a game.) Attack with speed and pursue the first rebound before returning to the line-up.

Description:

1. Line up at each blue line with forwards and D together.
2. BF1-2 cross and drop.
3. BF1-2 regroup with RD 1-2.
4. RD 1-2 hinge and pass up to BF1-2.
5. BF1-2 regroup with RD 1-2.
6. RD 1-2 hinge and pass up to BF1-2.
7. BF 1-2 attack along with the BD who passed up ice making it 3-0.
8. Repeat the other way with RF 1-2 regrouping.

*This flow can turn into 2-1, 2-2 or have 3 F's.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130912152511679>



B600 Double Regroup Options

Key Points:

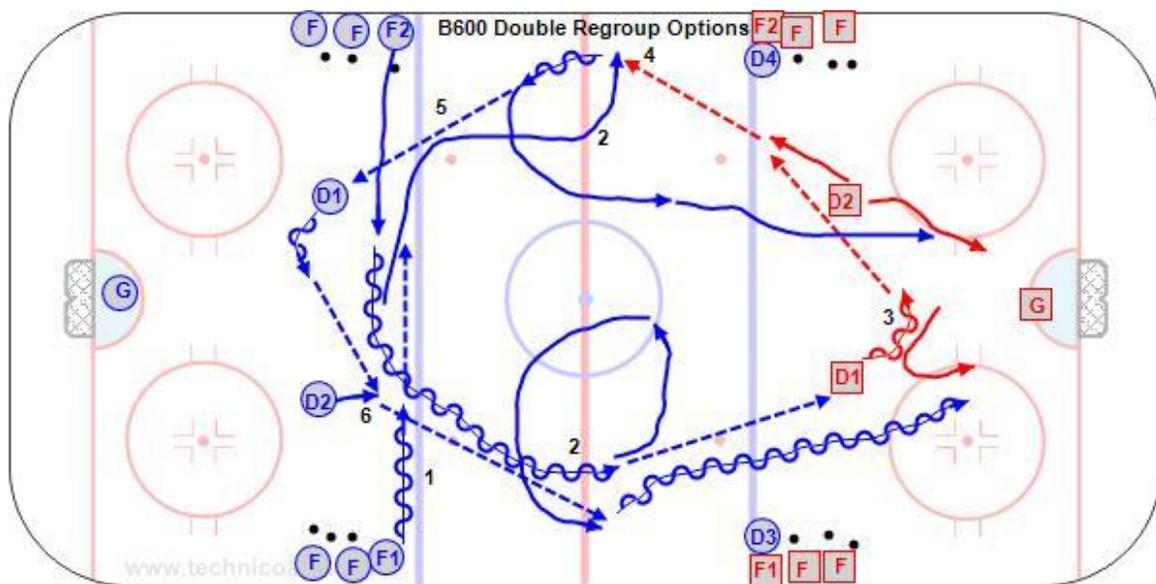
Regroup with each D and support from about a half zone away. Give a target and face the puck. Pass hard and always give strong side wall support and middle support.

Description:

1. Blue F1 leave and pass to F2.
2. Cross and regroup with Red D1 and D2
3. Red D1 hinge and Pass to D2.7
4. Red D2 pass to Blue F1 or F2.
5. Blue F's regroup with Blue D1 or D2.
6. Blue D's hinge and pass to Blue F.
7. Blue F's attack the far net vs either zero, one or two D.

*Options: vary the amount of F up to 3 or D up to 2. Add a dump in instead of a second regroup to work on breakouts or even a forecheck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120301090901108>



B600 Flow - Breakout - 2 F Shoot - D Point Shot

Key Points:

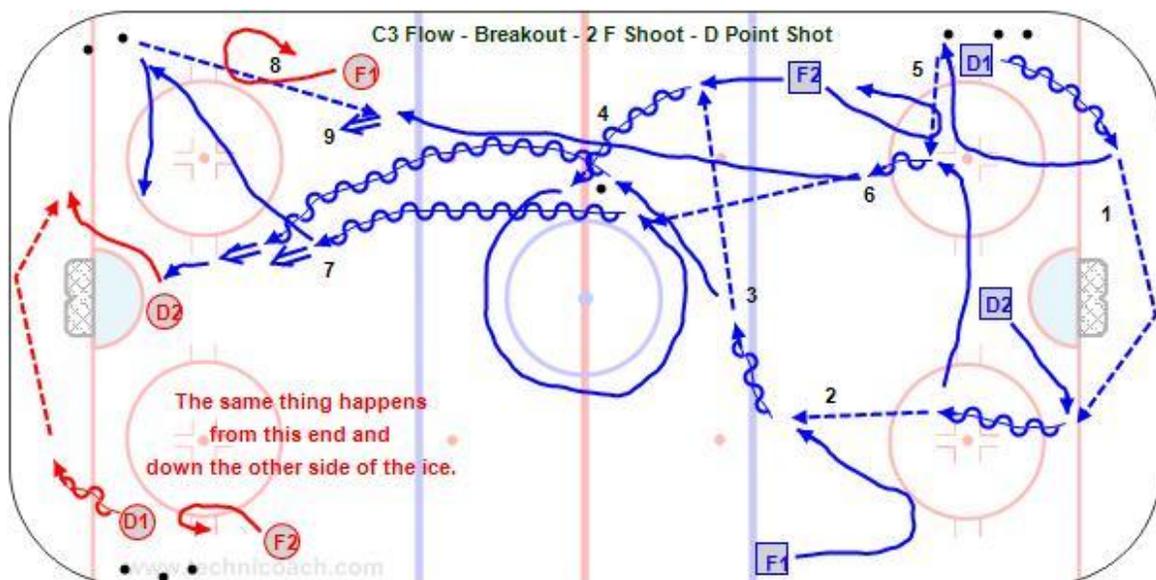
Pass hard, keep skating all the time. Pass and follow the pass. Screen, rebound.

Description:

This happens the same time from each end.

- 1 - D1 pass behind to D2.
- 2 - F1 get breakout pass from D2.
- 3 - F1 skate to big ice and pass to F2.
- 4 - F2 drop pass to F1 who attacks and shoot
- 5 - D1 pass to D2.
- 6 - D2 pass to F2 who skated around circle.
- 7 - F2 attack and shoot..
- 8 - D2 follow attack and get a pass from F1.
- 9 - D2 take a point shot and F1 screen.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140115151610936>



B600 Give and Go and Shoot

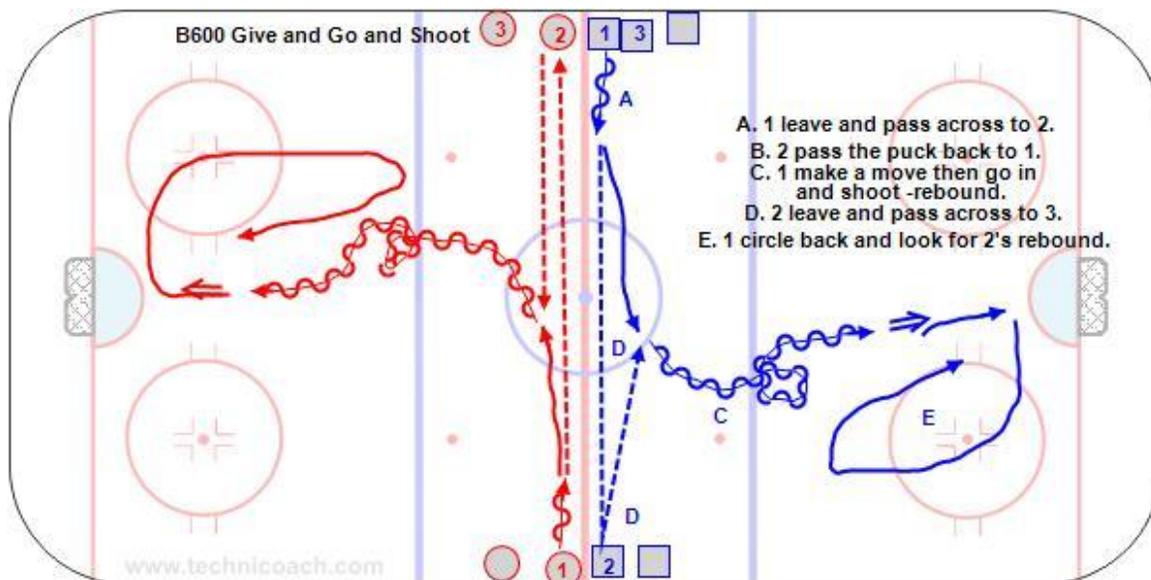
Key Points:

Hard wrist or snap passes. Give a target and call for the puck. Follow the shot for a rebound.

Description:

- A. 1 leave and pass across to 2.
- B. 2 pass the puck back to 1.
- C. 1 make a move then go in and shoot -rebound.
- D. 2 leave and pass across to 3.
- E. 1 circle back and look for 2's rebound.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100913081036119>



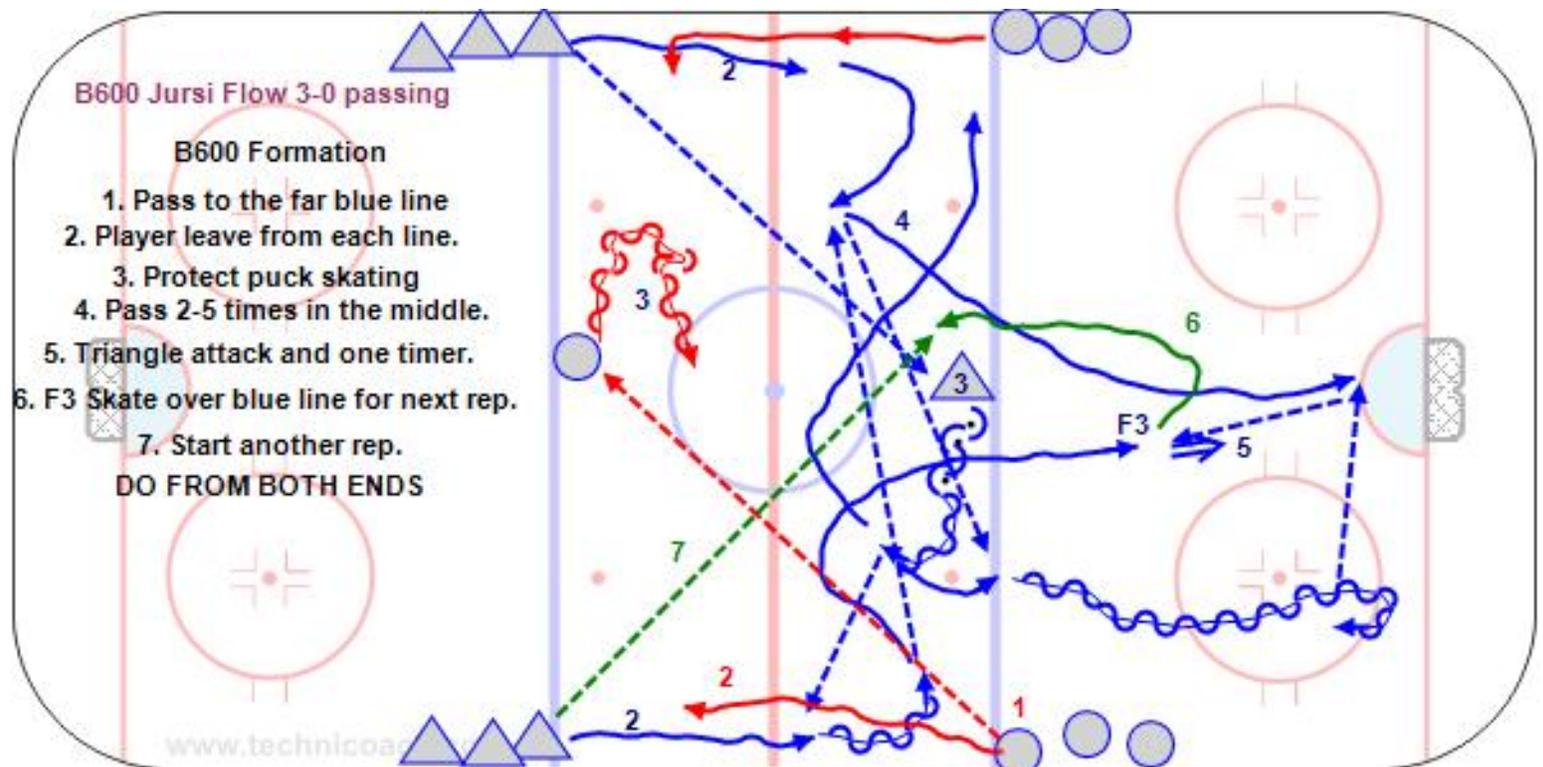
B600 Jursi Flow 3-0 Passing

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 Passes-Finland U20

Key Points:

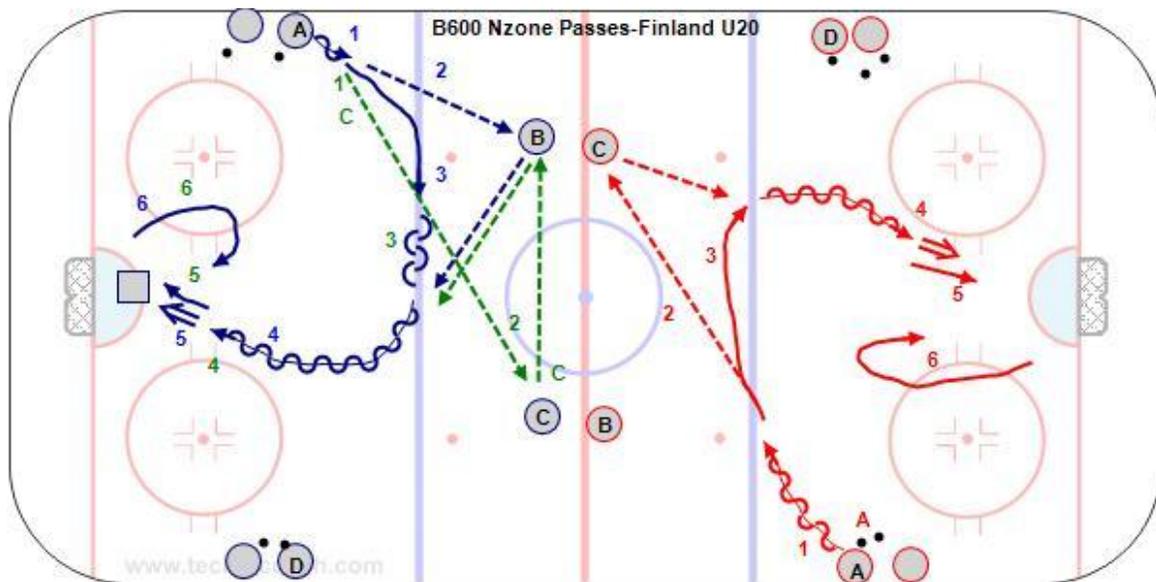
Always face the puck. Shoot before the hash marks and follow the shot for a rebound. Circle back and rebound for the next shooter.

Description:

1. A skate with a puck toward red line.
2. BA pass to B, RA pass to C, GA pass to C who passes to B.
3. A skate laterally always facing the puck and get a return pass.
4. A shoot with the feet moving.
5. A follow the shot for a rebound.
6. A circle back and rebound for the next shooter.
7. D repeat from the other side.

**After everyone has gone through all the options rotate the passers in the nzone. Other options are give and go with the next shooter or defend 1-1 with the next attacker.*

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=84>



B600 Neutral Zone Puck Support and Attack

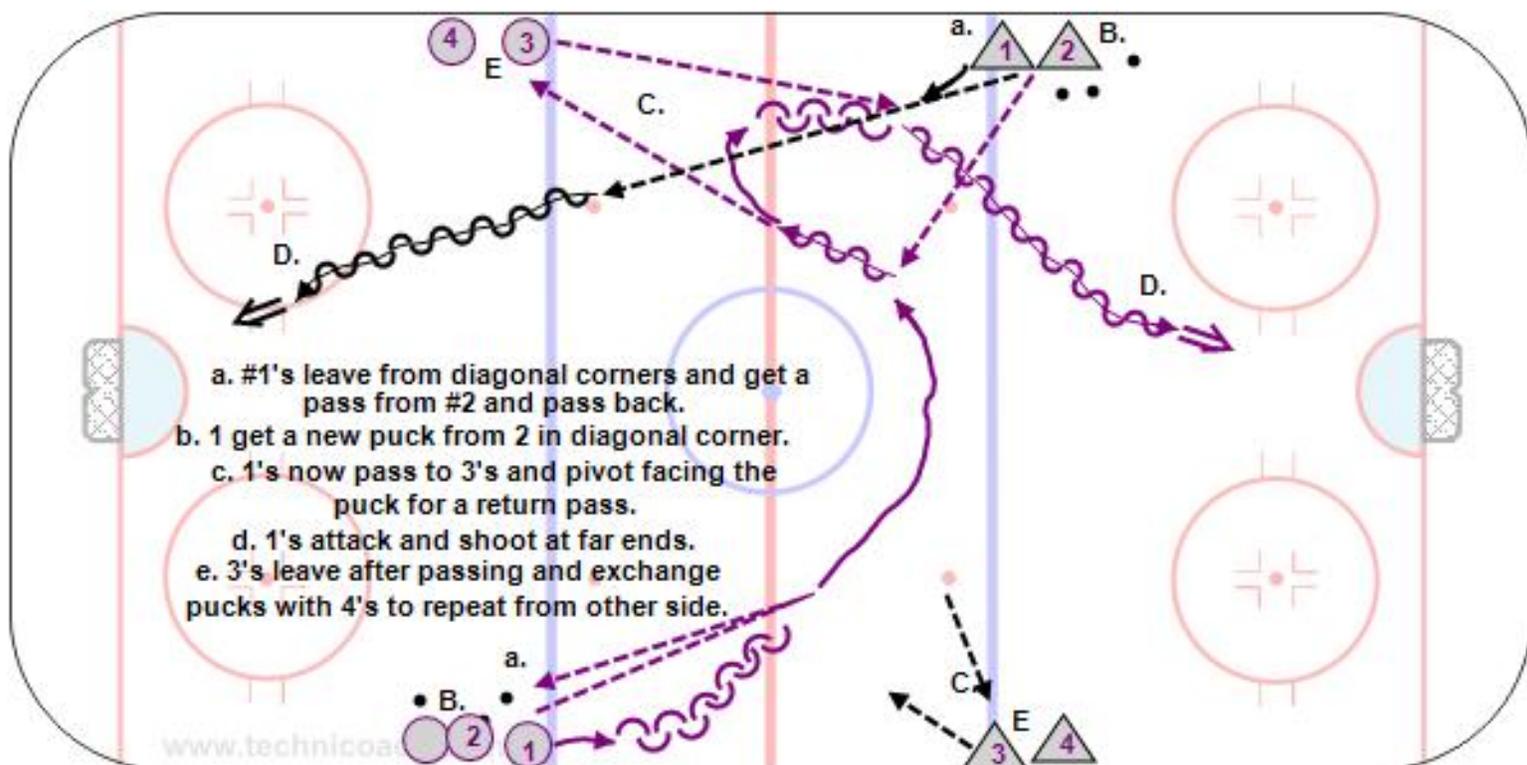
Key Points:

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090728110103634>



B600 One Touch and Shoot Warm up

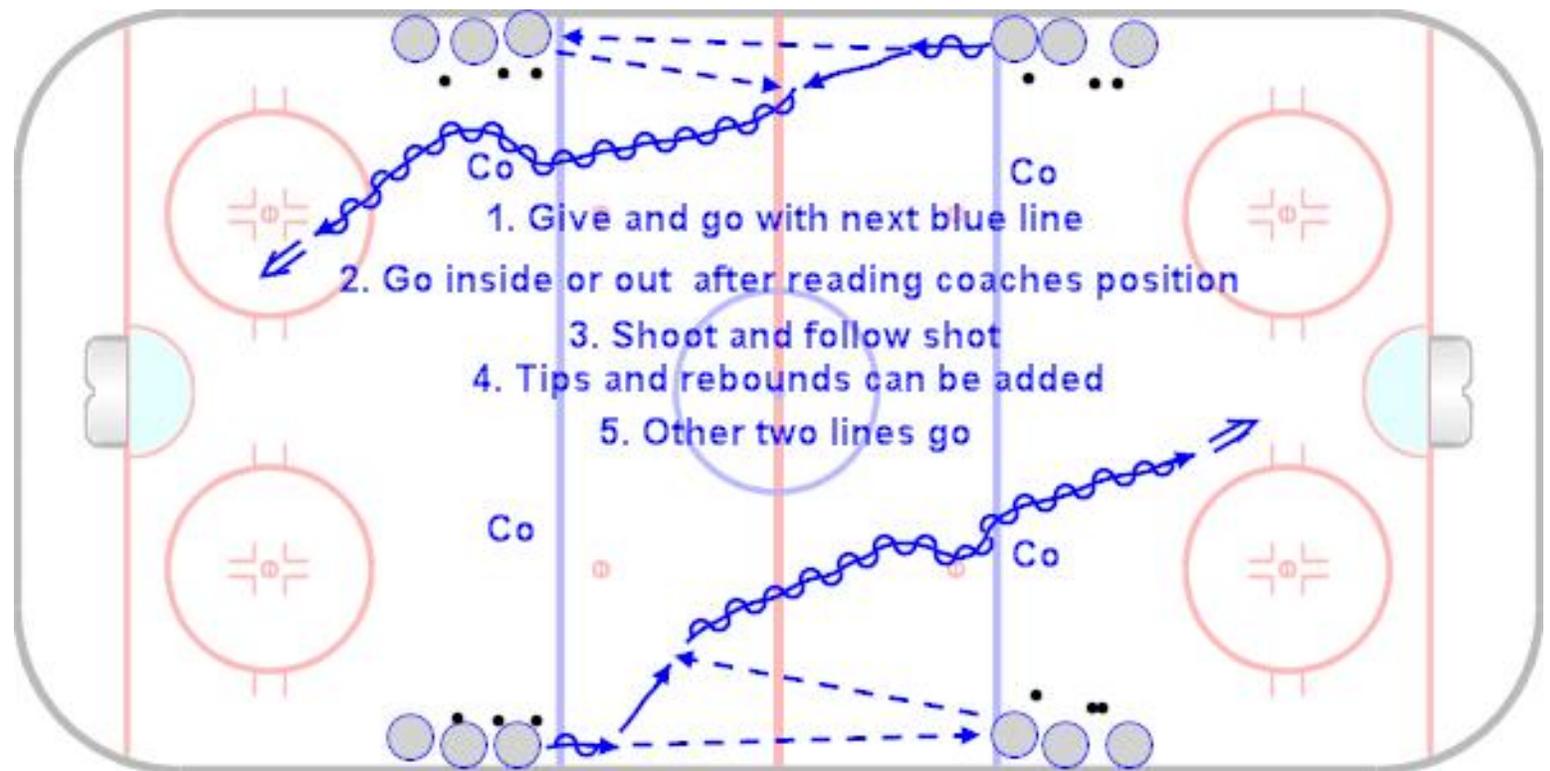
Key Points:

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 One Touch x 2 and Diagonal U18

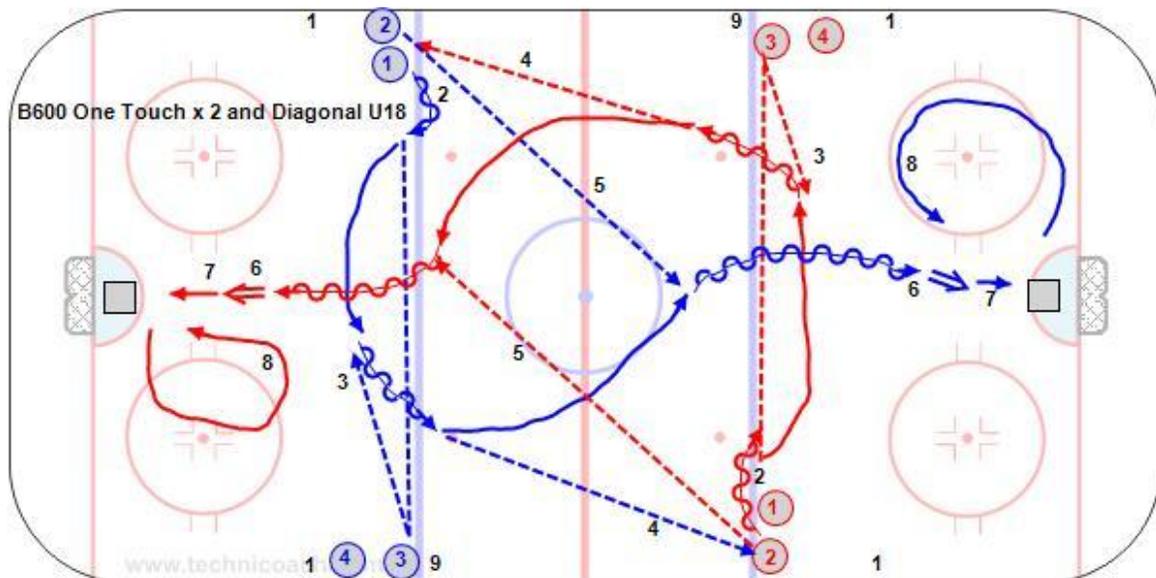
Key Points:

Pass hard, face the puck, give a target, cut into the pass, pass while moving, rebound with the stick on the ice, quick feet.

Description:

1. Line up in B600 Formation at each blue line stripe.
2. Diagonal corners leave at the same time.
3. #1 one touch with #3.
4. #1 pass to #2.
5. #2 stretch pass to same colour #1.
6. #1 skate in and shoot.
7. #1 follow the shot for a rebound.
8. #1 circle back and rebound for the next shooter.
9. Repeat from the opposite diagonal corners with #3 leaving.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130409095502827>



B600 One Touch x 3 and Shot - Slovakia U20

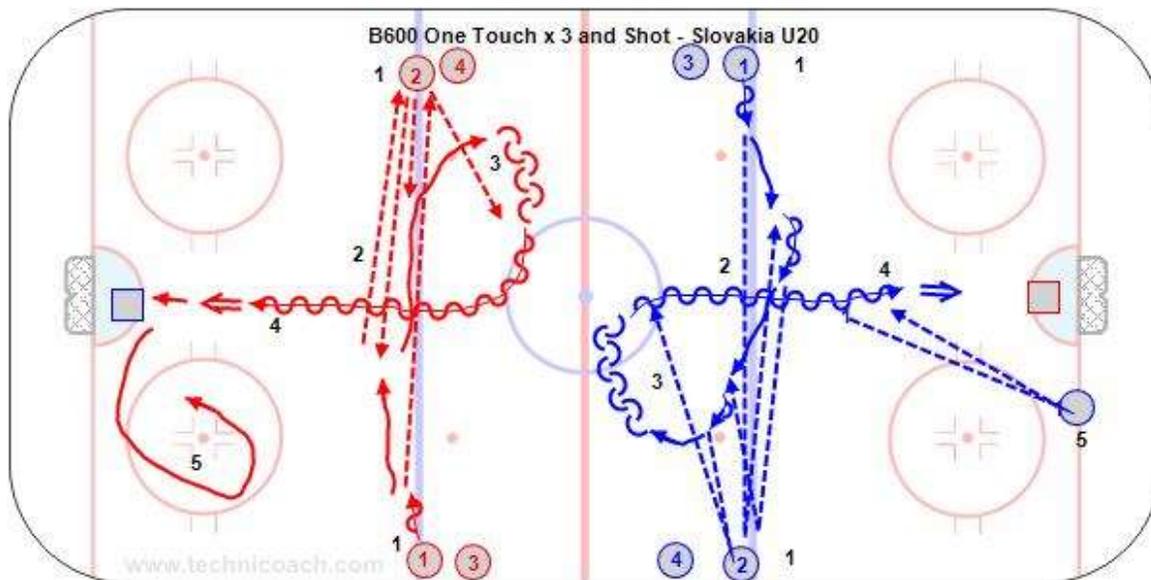
Key Points:

Face the puck, keeping the hands away from the body and stick square to the puck.

Description:

1. Players are lined up at the blue lines at each end.
2. Player 1 exchange cross ice passes with player 2.
3. After the second pass player 1 skate backward into the neutral zone to receive the third pass.
4. Player 1 attack the net and shoot-rebound.
5. Player 1 either: circle back to rebound for player 2, exchange passes with player 2, screen the goalie for player 2, defend a 1-1 vs. player 2.
6. Player 2 repeat the drill with player 3.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20121204090701526>



B600 Pass x 3 Stretch Pro W

Key Points:

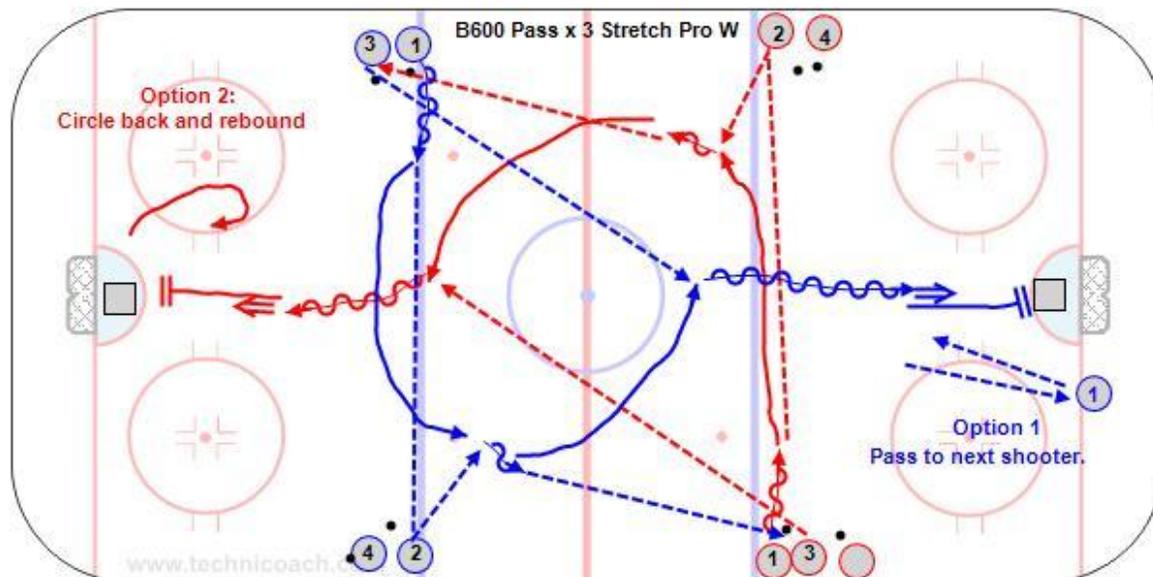
Pass and shoot while skating. Adjust the body and stick to take bad passes. Follow the shot for a rebound and stop at the net. Hit the net.

Description:

- A. Players at the 4 blue lines.
- B. Leave from diagonal corners and 1 give and go pass to 2.
- C. 1 pass to 3.
- D. 3 pass to the other 1 stretching at the far blue line.
- E. Both 1's shoot.
- F. Follow for a rebound and stop at the net.
- G. Repeat with 4's passing to 3.

Options: rebound for next shooter. Pass to next shooter, screen and tip.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131021142553480>



B600 Pass-Drop-Shoot

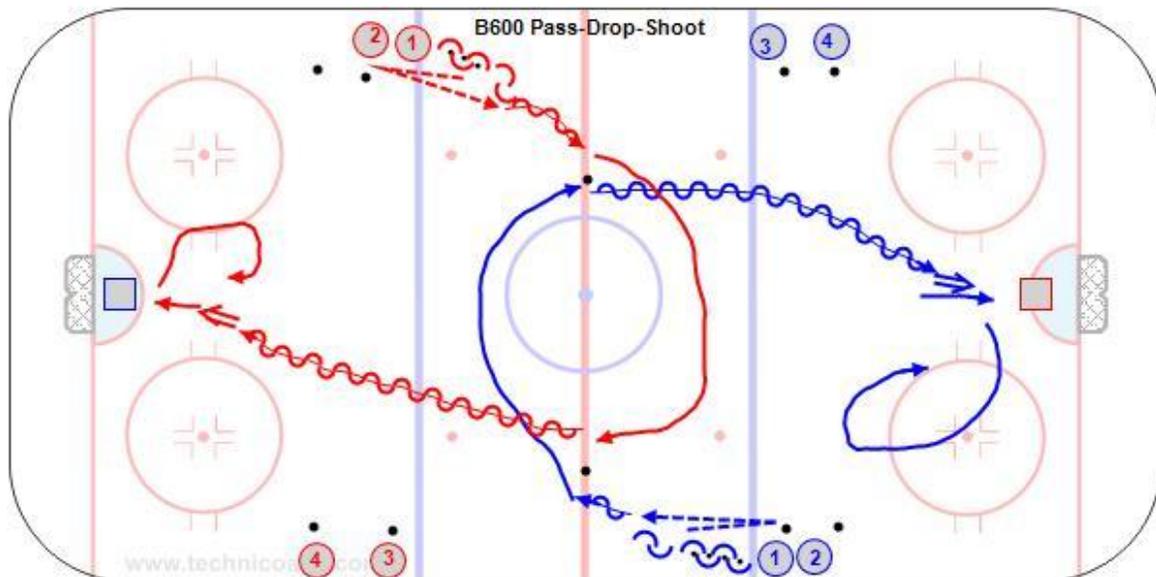
Key Points:

Face the puck, accelerate with the puck and follow the shot for a rebound.

Description:

- A. Leave from diagonal blue lines.
- B. 1 leave and exchange the puck with 2.
- C. 1 drop the puck on the red line.
- D. 1 skate around the circle and pick up the puck left by the other player.
- E. Skate in and shoot.
- F. Rebound.
- G. Rebound or exchange passes with the next shooter.
- H. Repeat with two 3's leaving.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013052210352710>



B600 Pass-Pass-Regroup-Shoot

Key Points:

Face the puck always and give a target. Pass and shoot while skating. Do everything at top speed.

Description:

A.. Blue and red 1's skate and get a pass from 2's in diagonal corners.

B. Pass to 3's at the far blue line.

C. 1's pivot facing the puck and get a return pass from 3's.

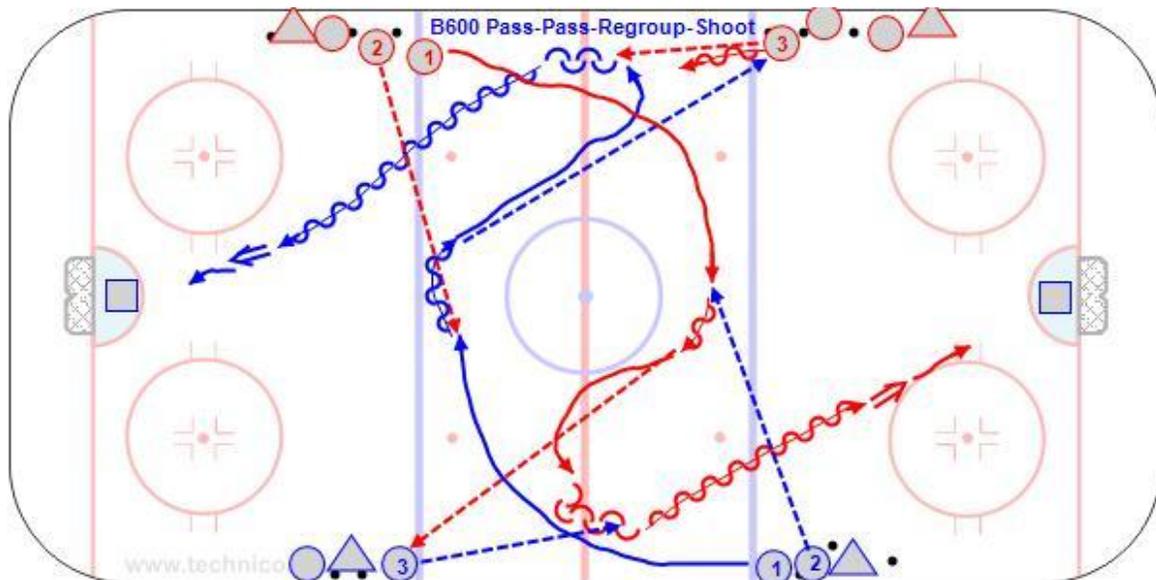
D. 1's skate in shoot-rebound

E. 3's repeat in the other direction.

Options.

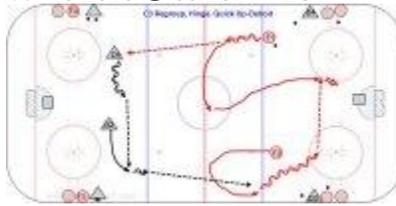
- screen for the next shooter.
- give and go with the next shooter.
- play a defensive 1-1 vs the next shooter.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090823205116629>



B600 Regroup, Hinge, Quick Up-Detroit

Published by TomM On Sunday, November 28 2010 @ 08:29 AM EST



B600 Regroup, Hinge, Quick Up-Detroit

Key Points:

Hinge and push the puck up the ice quickly. Strong side F stretch and weak side give middle support.

Description

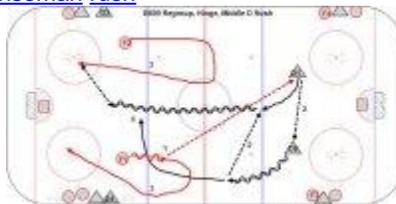
1. F1 skate and regroup with D1.
2. D1 skate to the middle and pass to D2 in the wide lane.
3. D2 quick up to F2 who stretches on the strong side boards.
4. F1 and F2 attack.

Repeat the other way with F3 regrouping with D3.

B600 Regroup, Hinge, Middle D Rush-Detroit

Published by TomM On Sunday, November 28 2010 @ 06:28 AM EST

Keywords [D to D](#), [regroup](#), [hinge](#), [defenseman rush](#)



B600 Regroup, Hinge, Middle D Rush

Key Points:

Middle D comes late as a second wave and lead the rush.

Description:

1. F1 and F2 leave and regroup with D1.
2. D1 pass to D2 who hinges to the wide lane then pass back to D1.
3. F1 and F2 delay to stay onside while D1 crosses the blue line with the puck.
4. D2 support the attack from the mid-point.
5. D1 pass or take a shot.

Repeat the other direction with F3 and F4 regrouping with D3 and D4.

Video Link showing the drill progression.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101128092702491>

B600 Regroup x 2 - Hinge 2-0

Key Points:

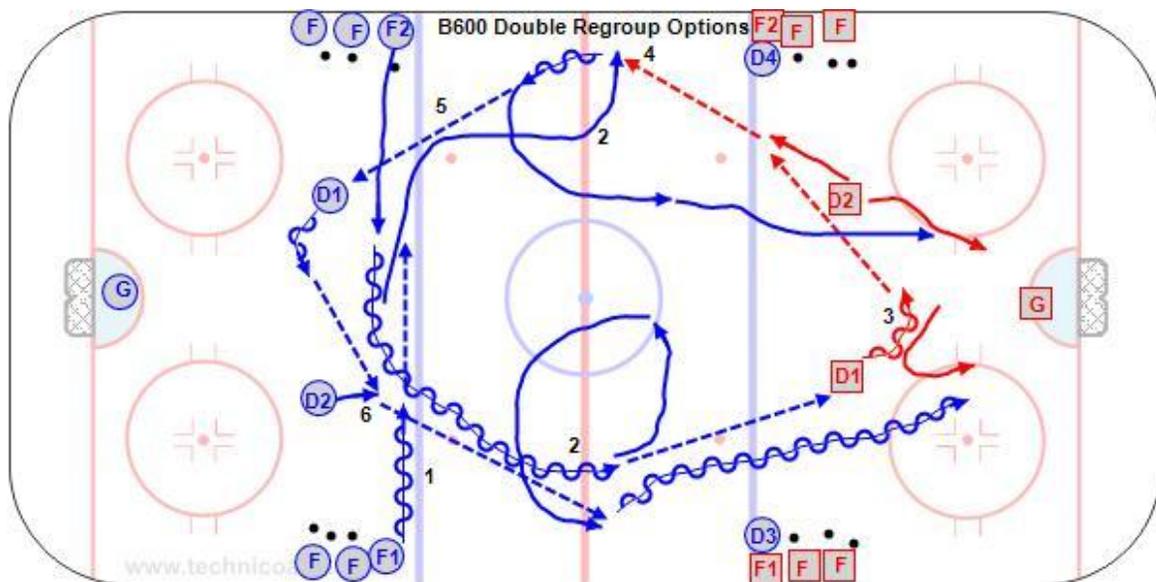
Regroup with each D and support from about a half zone away. Give a target and face the puck. Pass hard and always give strong side wall support and middle support.

Description:

1. Blue F1 leave and pass to F2.
2. Cross and regroup with Red D1 and D2
3. Red D1 hinge and Pass to D2.7
4. Red D2 pass to Blue F1 or F2.
5. Blue F's regroup with Blue D1 or D2.
6. Blue D's hinge and pass to Blue F.
7. Blue F's attack the far net vs. either zero, one or two D.

**Options: vary the amount of F up to 3 or D up to 2. Add a dump in instead of a second regroup to work on breakouts or even a forecheck.*

http://www.hockeycoachingabcs.com/filemgmt_data/B600%20Regroup-Hinge%202-0%20one.3gp



B600 Regroup, 3-0, Delay, Low Cycle, Point Shot - Pro W

Key Points:

Skate hard and give a target. Pass and shoot while moving. D keep the head up when shooting. Do a tight turn on the delay.

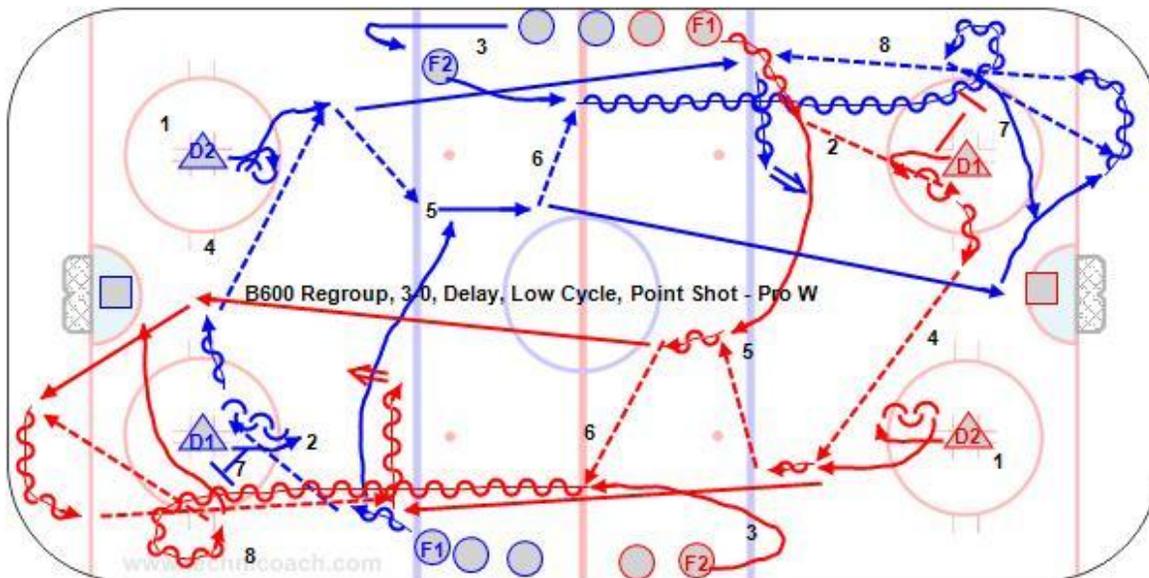
Description:

1. Four D stand on the dots at each end and forwards on each side in the neutral zone.
2. F1 from each side regroup with the D at their end.
3. F2 from each side come down the boards to post up then join F1.
4. D1 pass to D2 at each end.
5. D2 pass to F1 in the middle lane and follow the attack to the point.
6. F1 pass to F2 who enters the zone wide while F1 goes to the net hard.
7. D1 at the opposite ends give passive resistance to F2.
8. F2 delay at the hash marks and pass low to F1 who cycles up and passes to D2 at the point.
9. D2 skate between the dots and shoot while F1 and F2 go to the net.
10. F1 and F2 play out the first rebound.

**Option One: Have a time limit for the drill and create a competition who can score the most and which goalies stop the most.*

**Option Two: Instead of standing at the dots have the D skate to the top of the circles and chocktow turn back and then hinge before passing to F1.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131003212813833>



B600 Regroup, 3-0, Delay, Point Shot - Pro W

Key Points:

Skate hard and give a target. Pass and shoot while moving. D keep the head up when shooting. Do a tight turn on the delay.

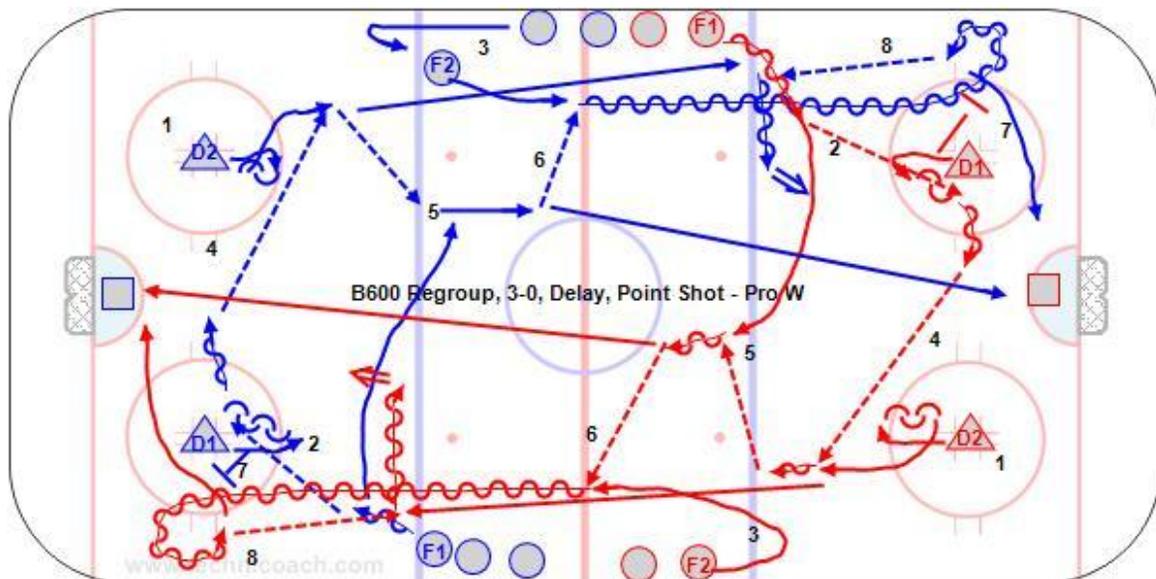
Description:

1. Four D stand on the dots at each end and forwards on each side in the neutral zone.
2. F1 from each side regroup with the D at their end.
3. F2 from each side come down the boards to post up then join F1.
4. D1 pass to D2 at each end.
5. D2 pass to F1 in the middle lane and follow the attack to the point.
6. F1 pass to F2 who enters the zone wide while F1 goes to the net hard.
7. D1 at the opposite ends give passive resistance to F2.
8. F2 delay at the hash marks and pass to the point and go to the net.
9. D2 skate between the dots and shoot while F1 screens.
10. F1 and F2 play out the first rebound.

**Option One: Have a time limit for the drill and create a competition who can score the most and which goalies stop the most.*

**Option Two: Instead of standing at the dots have the D skate to the top of the circles and chocktow turn back and then hinge before passing to F1.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013100114353261>



B600 Regroup, Hinge, Middle D Rush

Key Points:

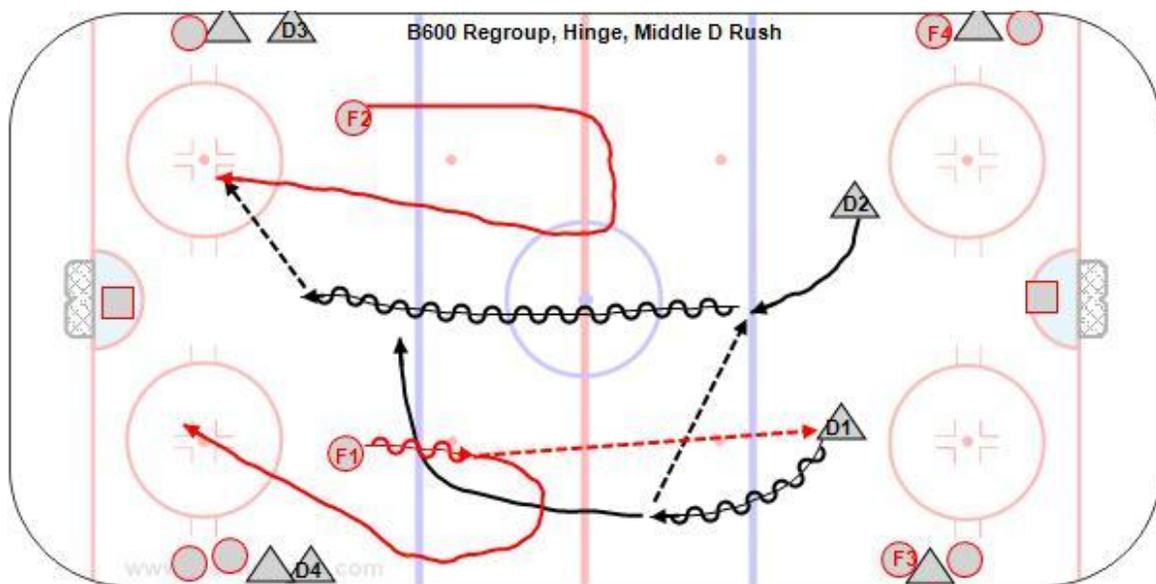
Middle D comes late as a second wave and lead the rush.

Description:

1. F1 and F2 leave and regroup with D1.
2. D1 pass to D2 who hinges to the wide lane then pass back to D1.
3. F1 and F2 delay to stay outside while D1 crosses the blue line with the puck.
4. D2 support the attack from the mid-point.
5. D1 pass or take a shot.

Repeat the other direction with F3 and F4 regrouping with D3 and D4.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201011280928188>



B600 Regroup, Hinge, Quick Up-Detroit

Key Points:

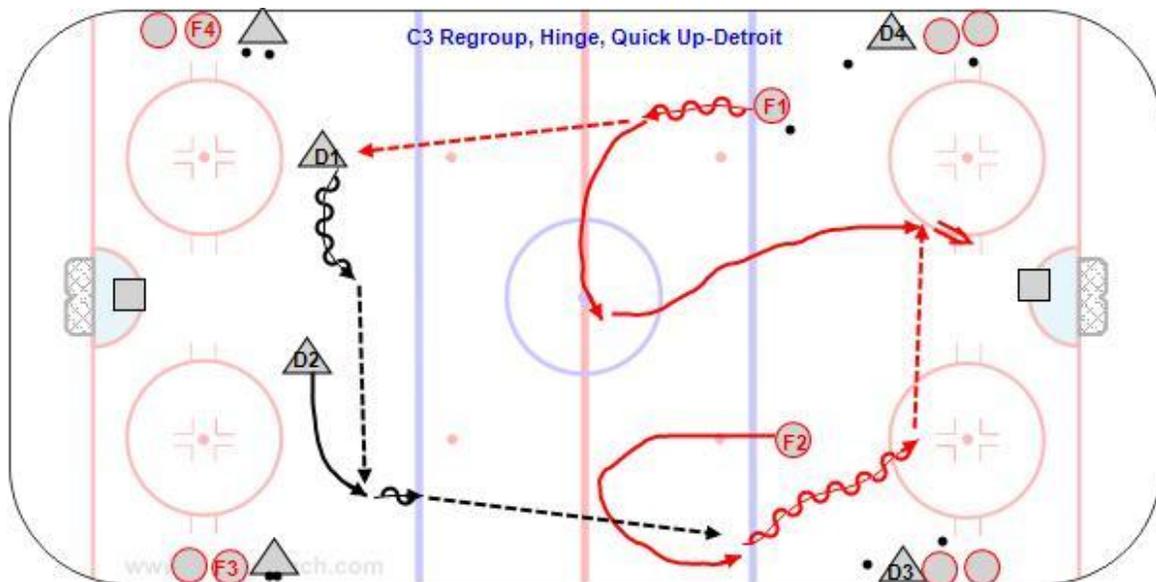
Hinge and push the puck up the ice quickly. Strong side F stretch and weak side give middle support.

Description:

1. F1 skate and regroup with D1.
2. D1 skate to the middle and pass to D2 in the wide lane.
3. D2 quick up to F2 who stretches on the strong side boards.
4. F1 and F2 attack.

Repeat the other way with F3 regrouping with D3.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101128092923497>



B600 Small Horseshoe 4 Nets 2 Groups

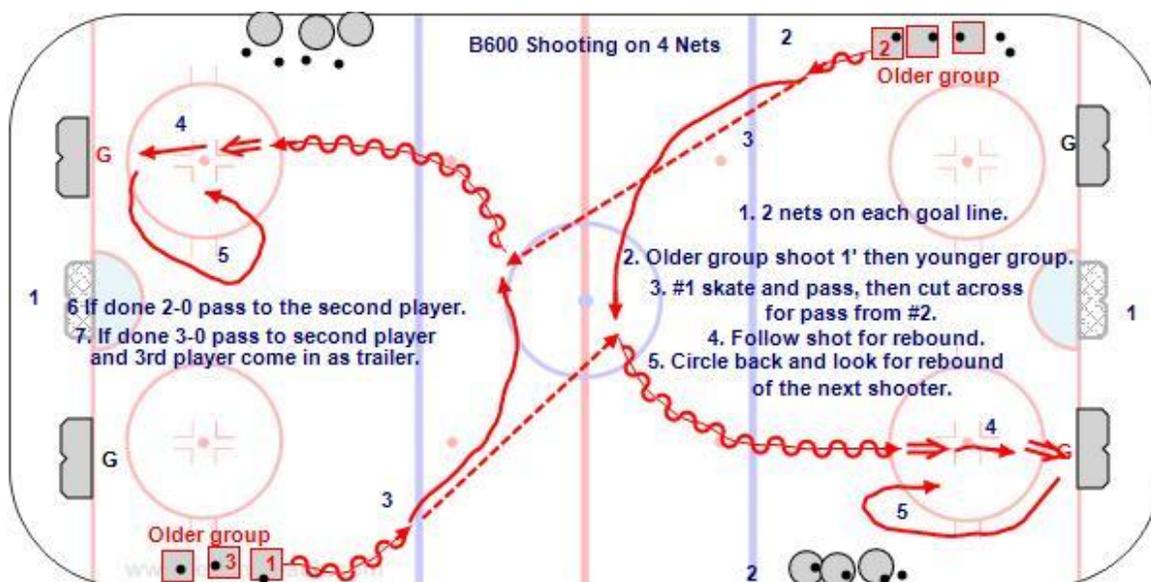
Key Points:

Skate before you pass. Follow the shot for rebound. Circle back for next rebound. Give a target.

Description:

1. 2 nets on each goal line.
2. Older group shoot 1' then younger group.
3. #1 skate and pass, then cut across for pass from #2.
4. Follow shot for rebound.
5. Circle back and look for rebound of the next shooter.
- 6 If done 2-0 pass to the second player who one touches the puck to #1.
7. If done 3-0 pass to second player and 3rd player come in as trailer. (3-0 is better with only one net at each end. The 3rd player stays on the lineup side and skates to the red line then comes in as the trailer.)
8. Options are to shoot and then come out and defend the next attack or to be a deep passing option to give and go for a one timer shot.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100830111239380>



B600 Stretch Pass x 2 – Pro

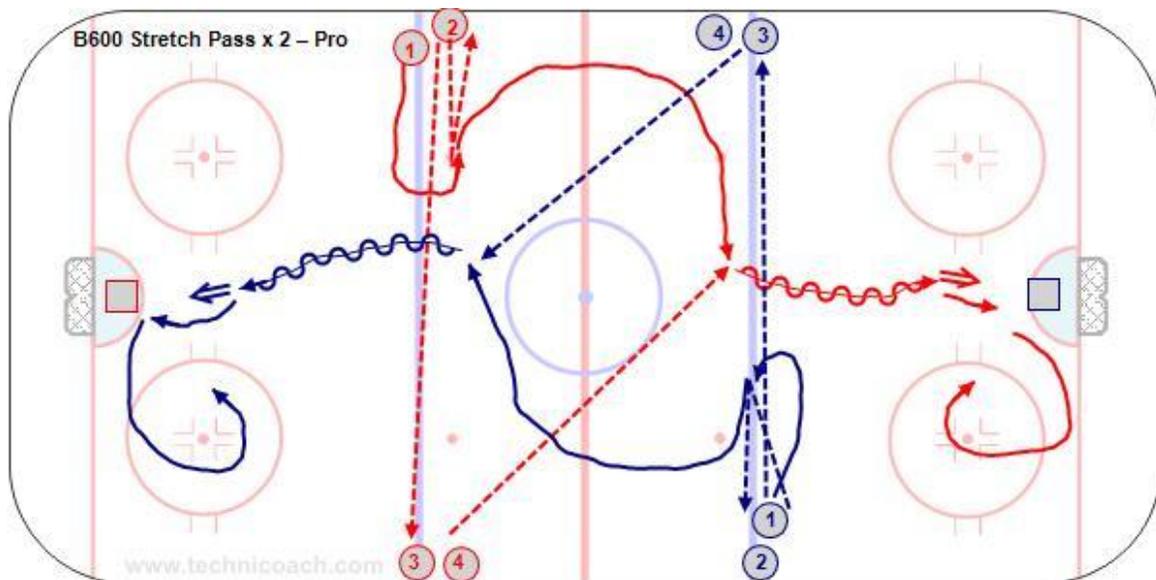
Key Points:

Keep skating all the time. Give a target. Follow the shot for a rebound. Circle back to rebound for the next shooter.

Description:

1. Start at the four blue lines.
2. One's from diagonal corners skate out and back.
3. Two exchange the puck with one.
4. Two pass across the blue line to three.
5. One's stretch and get a pass from three.
6. One's shoot rebound and rebound for the next shooter.
7. Repeat with three's.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140113144434663>



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.

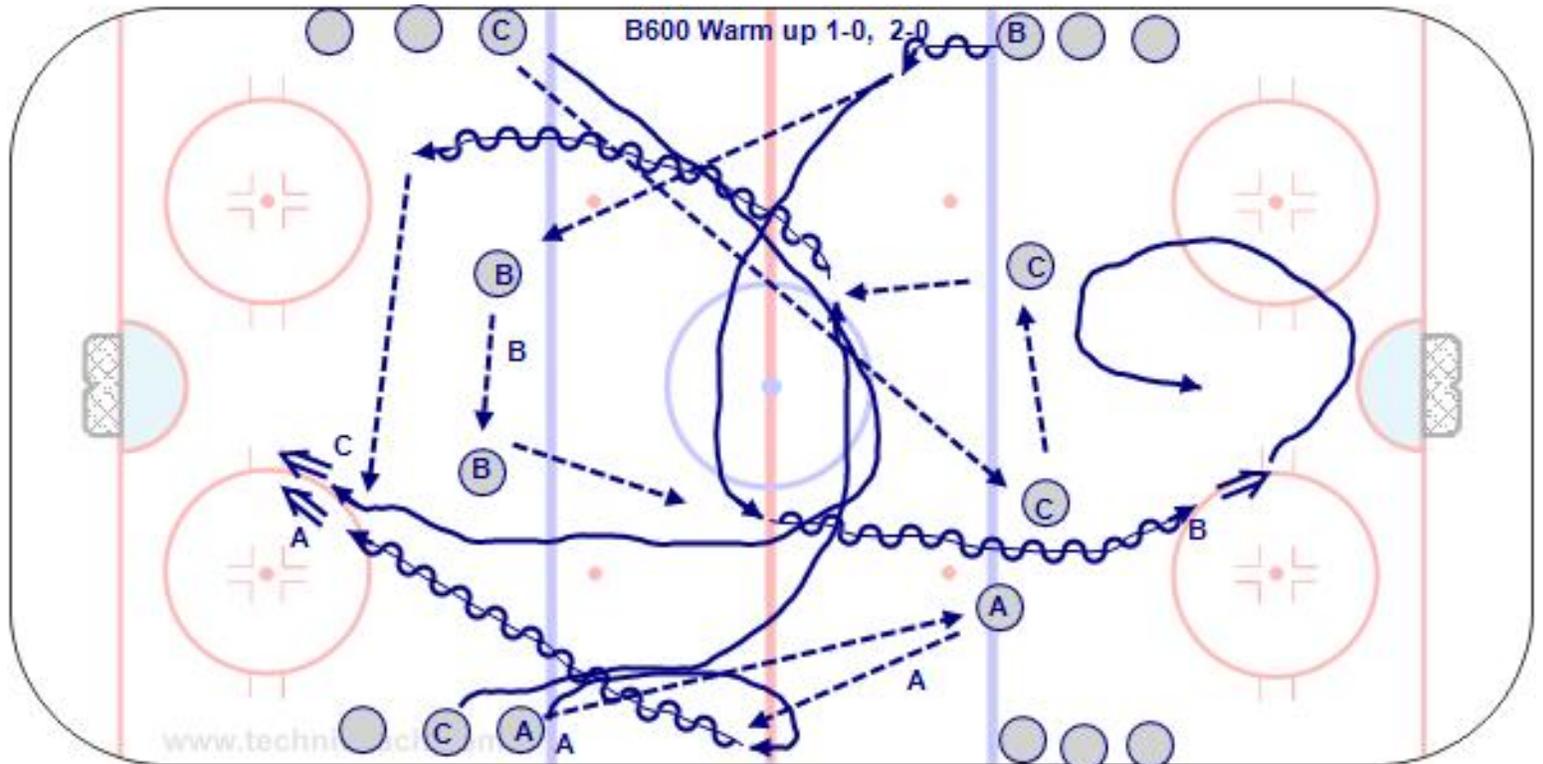
Description:

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.



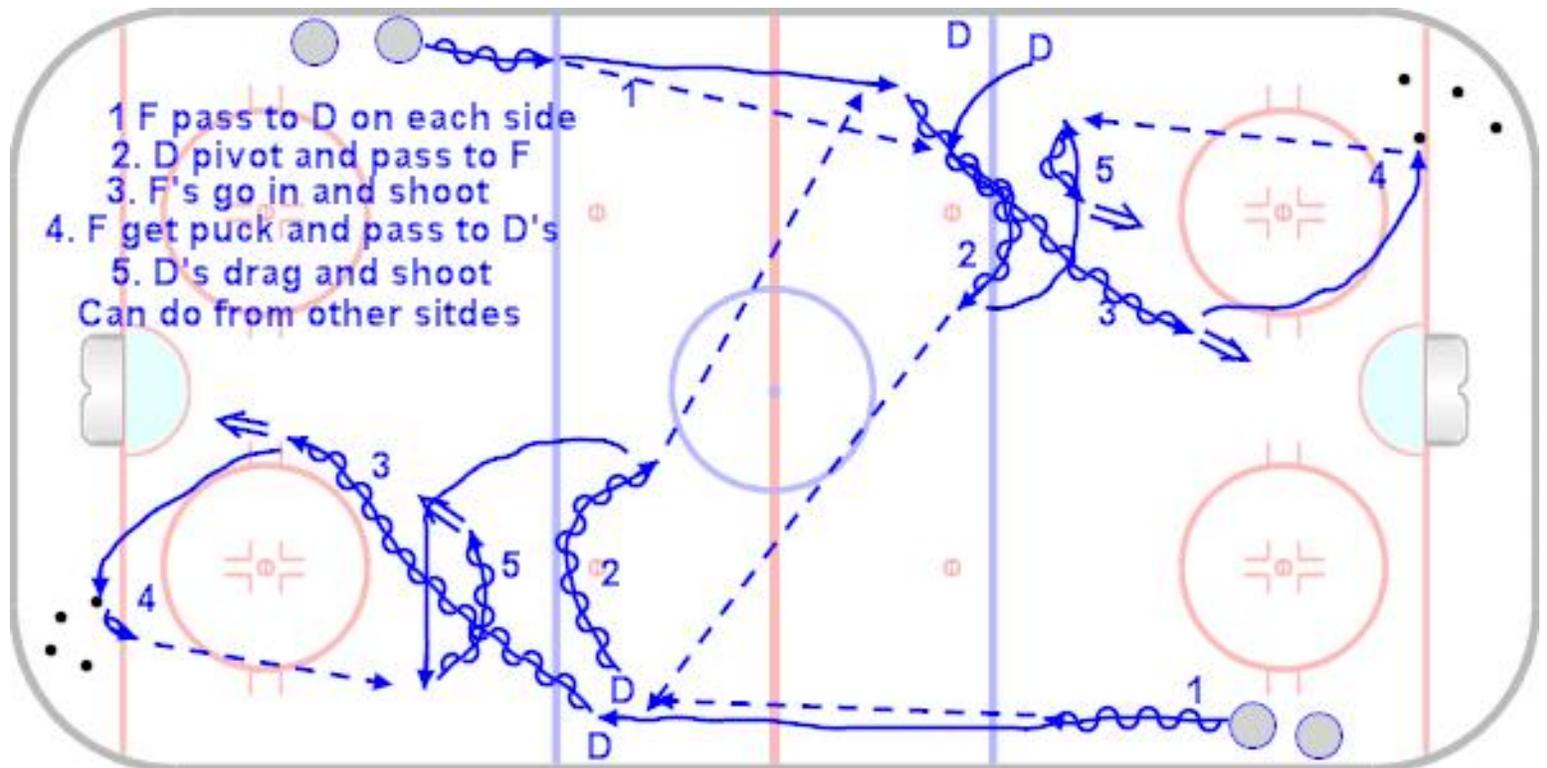
B600 Wideman Pass and Point Shot

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.



B600, 2-0 – Pro

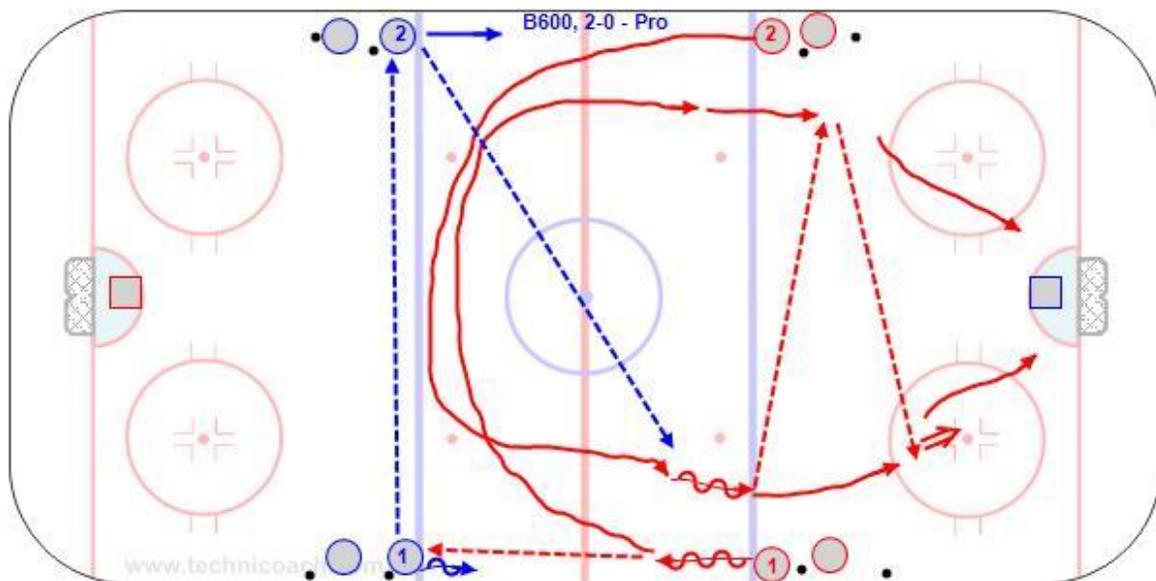
Key Points:

Quick hard passes, pass while skating, give a target, face the puck, stay outside.

Description:

1. Players line up at the four blue lines on the boards.
2. Red 1 leave and pass to either Blue 1 or 2.
3. Return pass is made to Red 1 or 2.
4. Reds make one or two passes and shoot.
5. Follow the shot for a rebound.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013031209411766>



B600, 2-0 Wide Middle x 2 – Pro

Key Points:

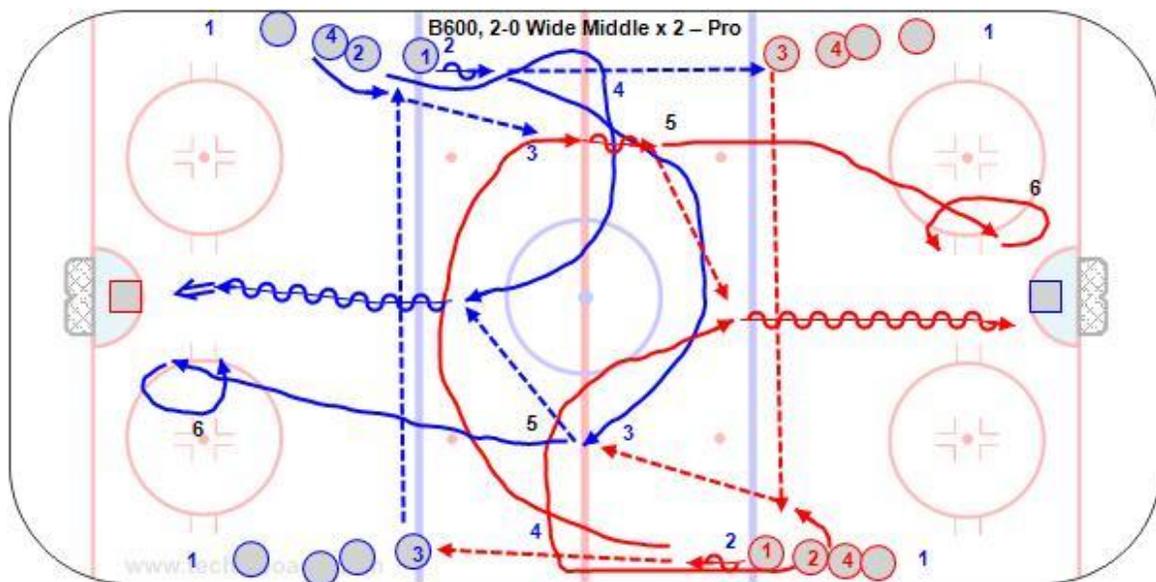
Give a target and time the skating. Hard passes, mirror the puck, stretch, shoot, rebound.

Description:

1. Players line up at the four blue lines. This is done from both ends.
2. Two players leave and 1 pass up to 3 at the far blue line who passes across the ice to 4.
3. Player 1 mirror the passes and get a pass from 4.
4. Player 2 skate up to the red line and then across the far blue line for a stretch pass.
5. Player 1 pass to player 2 and join him to attack 2-0 vs. the goal.
6. Player who does not shoot circle back to rebound for the next attack.

*No whistles! Players observe and leave when the puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130806144401936>



B – Battling and Checking Skills

T - Checking Rules and Ethics – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140313174743488>

A - Tripod Three Point Stance – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140314162710670>

B - Hip Check – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140314162940630>

B - Pry Puck Loose Along Boards – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140314163150931>

B - Shoulder Check – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014031416344697>

B - Taking a Check on the Boards – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140313175050979>

B - Protect Puck on Boards and Escape – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140313174922775>

B - Offensive Bumping – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140317152836272>

B - Poke Check

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140317153424987>

B - Stick on the Puck – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140317153804305>

A - Chip and Spin Escape Move – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140318151723521>

B - Blocking Shots – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140318151943862>

B - Open Ice Shoulder Check – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140318152158716>

B - Protect the Puck vs. a Poke Check – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140318152511571>

B - Shoulder Check – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140318152745586>

B - Taking an Angle Check on the Boards – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140318152953548>

B5 - Neutral zone Angling – Pro

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014032014381730>

B - Angling – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140320144146657>

B - Block Passes with Shaft of Stick – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140320144359468>

B - Protect Puck with Stick Slap – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140320144720442>

B - Protect the Puck with Body – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140320144959789>

B - Front Attacker and Take Stick – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140321145928696>

B2 - Face-off Technique – Sweden

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201401131524415>



HARJOITUSOHJELMA N:o _____

Harjoituspäivä _____ Paikka _____

Osanottajamäärä _____ Harjoituksen kestoaika _____

Harjoituksen tarkoitus **1. Defending against non-puck carrier**

2. Offensive play in defensive zone

Apuvälineet _____

1 Warm up

Defensive skating / shooting

Qualities needed to be expressed:

⇒ keeping your body in the correct direction

⇒ use of the edge of the blade

⇒ use of the stick

2 Warm up

Sideways mobility

opening up (hip movement) / crossing over

3 2 on 1 defence

Qualities needed to be expressed:

⇒ positioning

⇒ mobility / movement

⇒ use of the stick

⇒ reading the play

4 The playing of the man making a screen / rebound

Qualities needed to be expressed:

⇒ Agressiveness: body contact / forcing the player out

⇒ use of the free hand

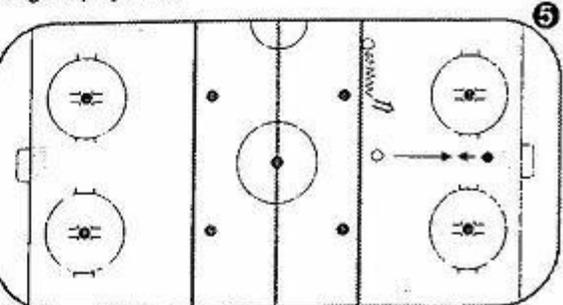
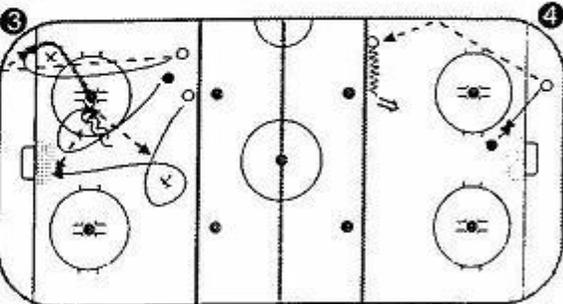
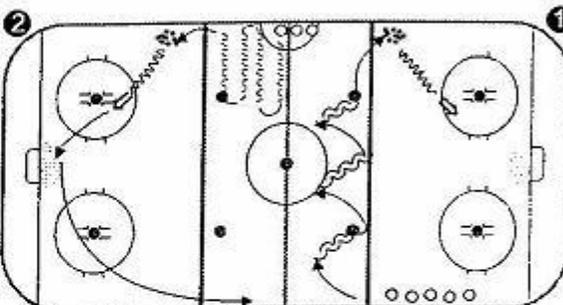
⇒ passing while moving

⇒ use of the stick

⇒ positioning

5 The playing of the man making a screen / rebound

Making screen coming from the point



6 7 8 9

**The movement of the player
with the puck in the
defensive zone**

Qualities needed to be expressed:

⇒ quick movement gaining and

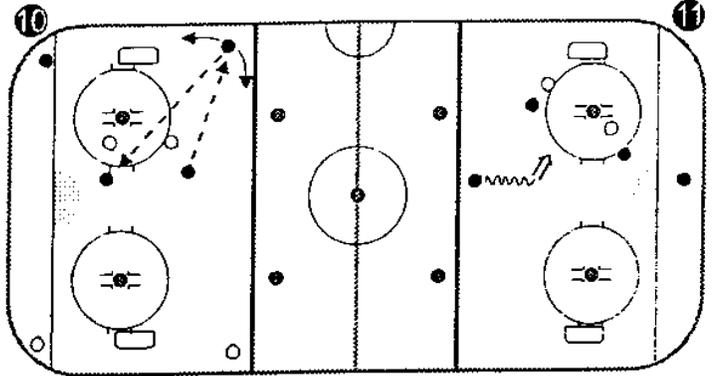
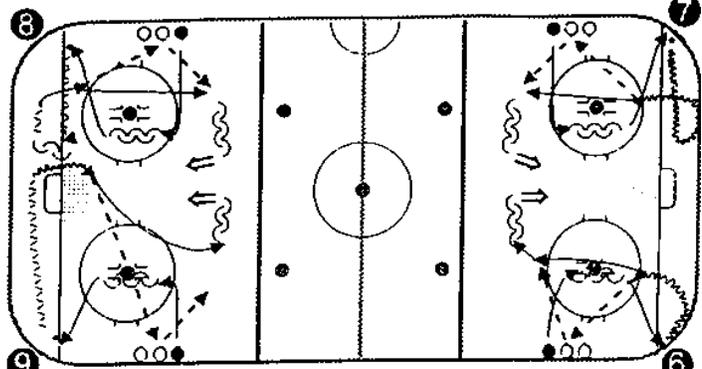
holding your space

⇒ deking

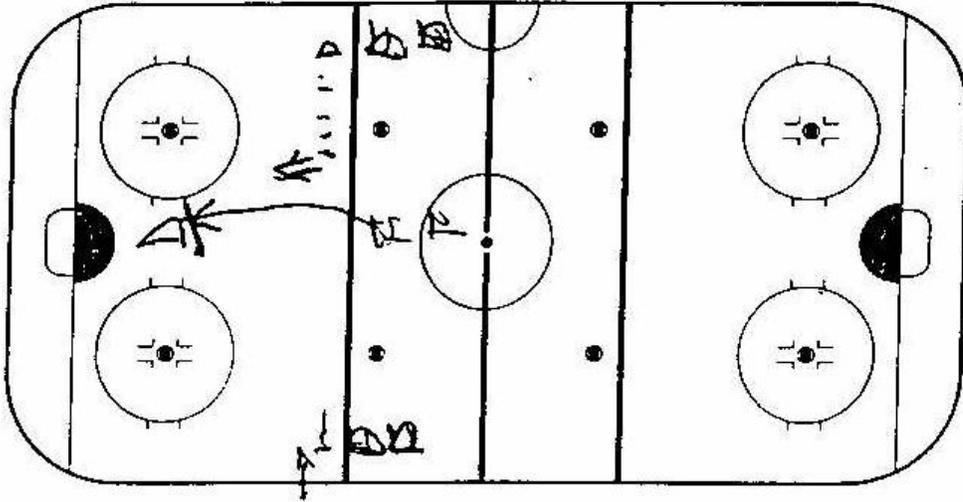
⇒ passing while moving

⇒ making / receiving the pass

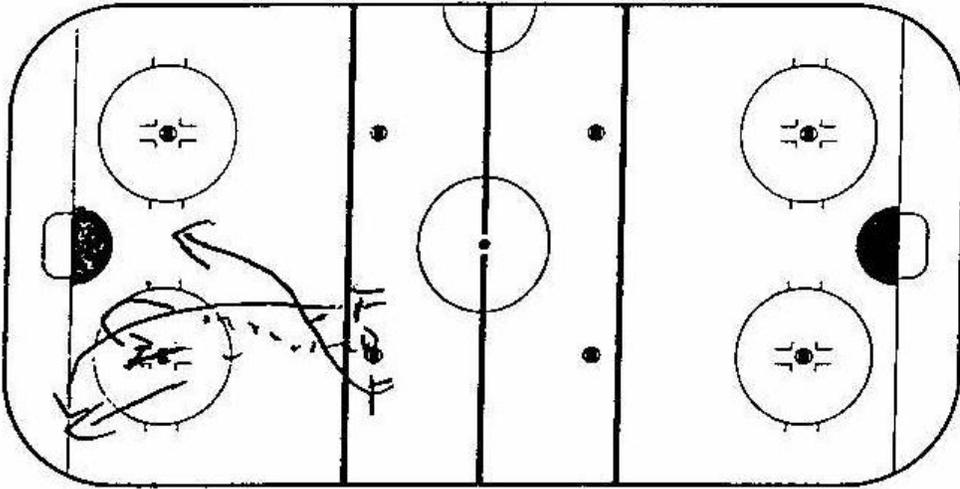
⇒ coverage



Box
out
in front
of net
Alternate
Sides



Vertical lines for notes.



2-1-1
out of court

Vertical lines for notes.

B Skills Warm up Finnish U17

Key Points:

This is a great way to warm everyone up at the start of a practice. Defense do the various breakout options and read where the pressure is coming from. Pass the puck back to the coach and move thru everyone. Forwards pass with good technique and eye contact. Goalie coach work on technique and rebound control.

Description

A. Defense work with two doing breakout options vs one forechecker.

B. Forwards lines of 3 work in the neutral zone.

1 - Stationary pass with eye contact.

2 - Pass while moving always face puck.

3 - #8 around partners give and go.

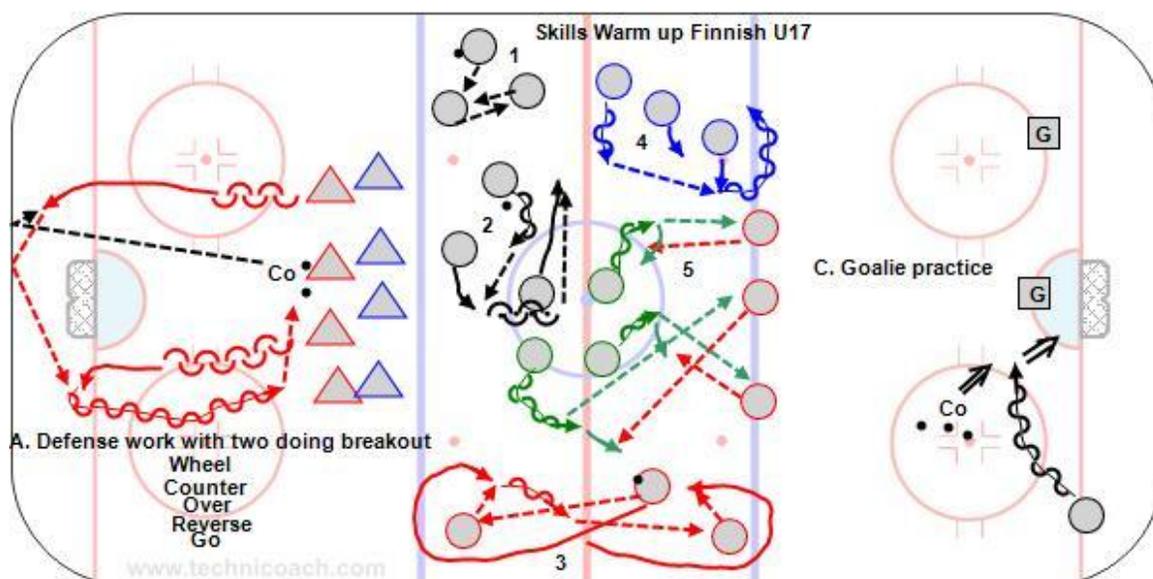
4 - Keepaway 2-1 in four areas.

5 - Two lines move and pass to other two lines on the blue line.

6 - Two lines of 3 pass while skating on one side of the neutral zone.

C. Goalies work with coach at one end.

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B - T1-2 Breakouts vs. Checker – TJ

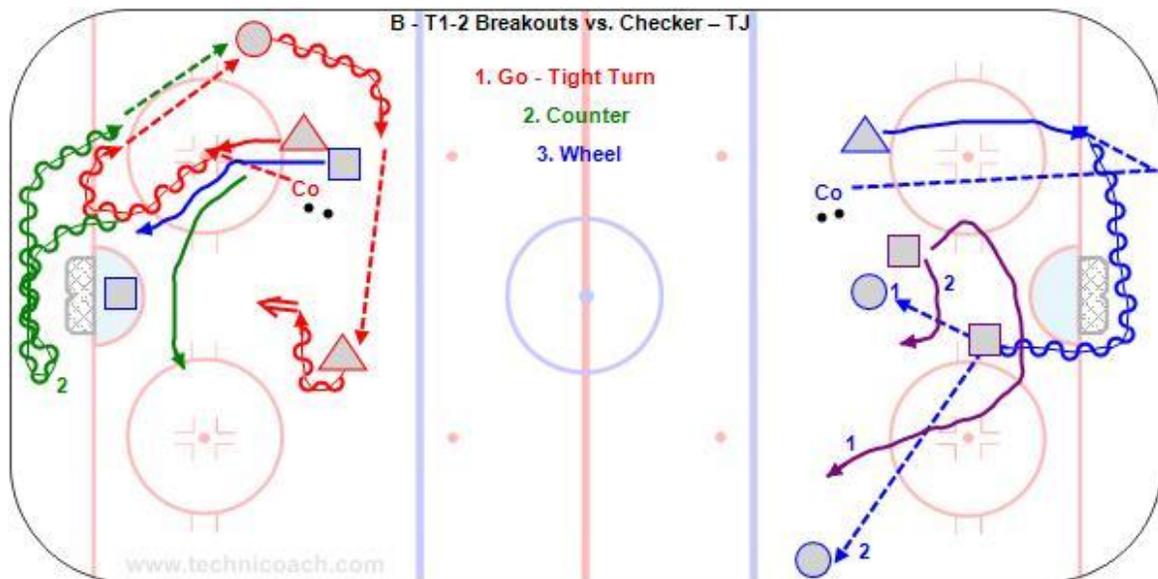
Key Points:

The defender must drive skate when they get the puck and read whether the checker chases behind, goes in front etc. Skate at a 45 degree angle to the net to make the checker cross-over and decide to wheel, go(cut back) or counter.

Description:

1. Shoot the puck into the corner and the coach or player gives pressure.
2. Shoulder check and read inside pressure then skate at a 45 degree angle toward the net to make the checker cross-over.
3. Tight turn away from pressure and pass to a player on the boards who passes to another player at the point who shoots.
4. Counter by skating behind the net and out the same way if the checker doesn't chase behind.
5. Read if the checker is taking away the middle or the boards and pass to the open player.
6. Use a backhand pass if you need to miss the defenders stick in the passing lane or to protect the puck from a checker.
7. Quick feet make everything possible. If everyone is covered then carry the puck up the middle.

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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.

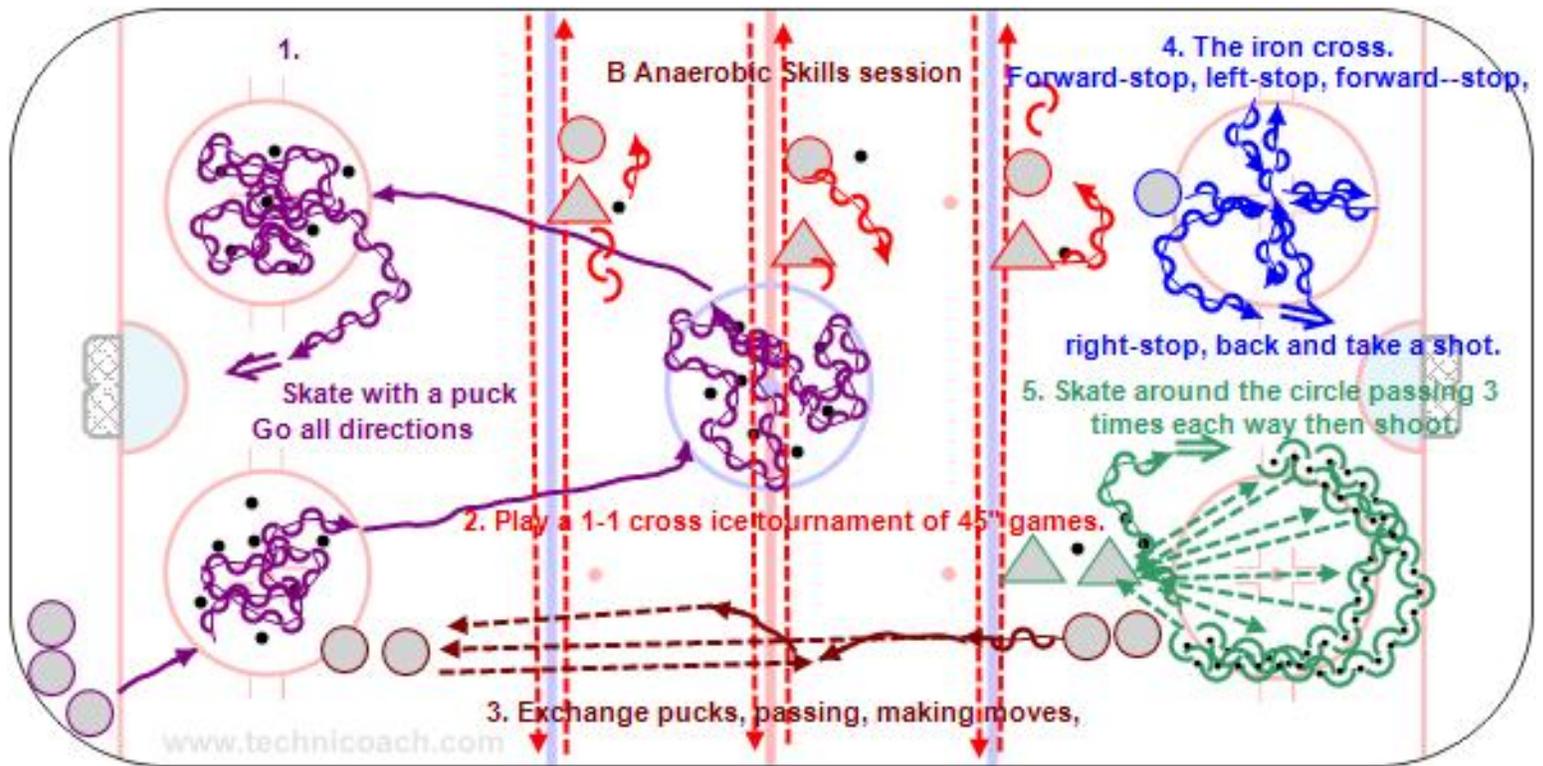
Key Points:

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.



B Checking from the Defensive Side-Sweden

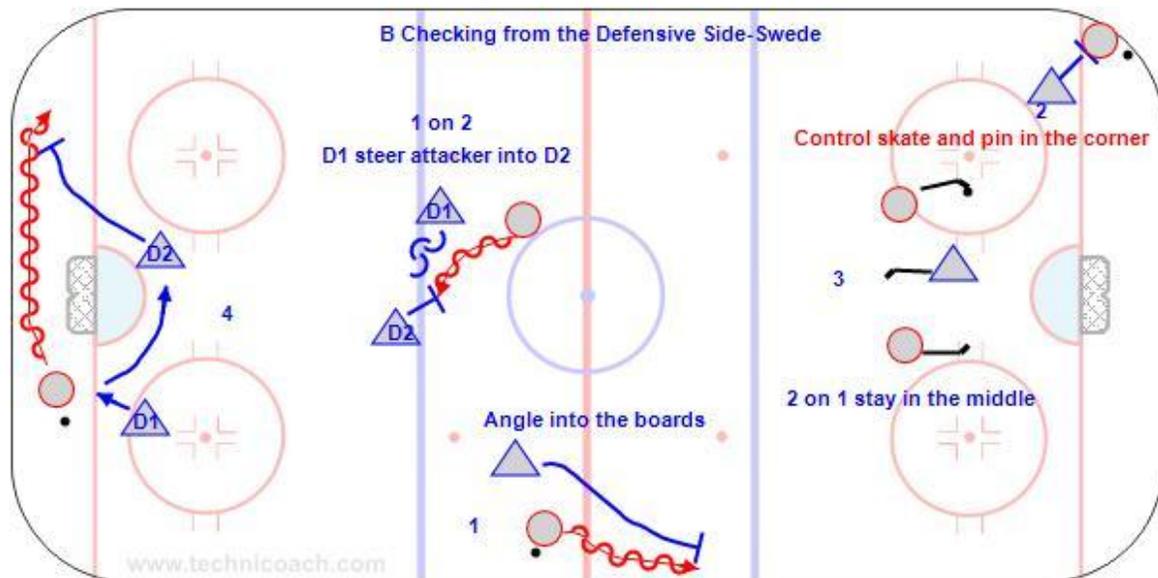
Key Points:

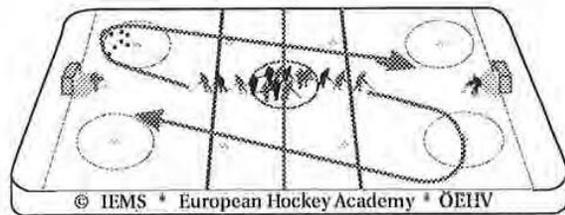
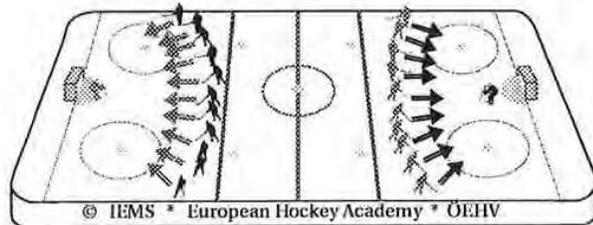
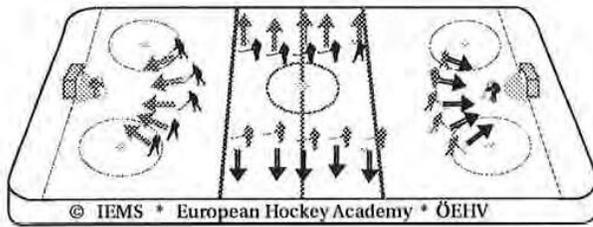
In game playing roles 3 and 4 the player checking the puck carrier and players covering away from the net. Puck always stays between the player and the net. Body on body and stick on the puck is the key concept.

Description:

1. When angling approach at the inside back shoulder then make contact.
2. In the corner approach under control to contain and then make contact.
3. Defend a 2 on 1 from the middle with the stick in the passing lane, Give the goalie the shooter if he is at a bad angle and deny cross pass.
4. Switch if a player goes behind the net with good puck control and no pressure.

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B1 Basic Formation-stationary shooting.

B2 Basic Formation-Stationary or skating in and shooting one at a time.

B3 Basic Formation-partner passing.

B4 Basic Formation-players leave from the middle and do individual and partner skills and situations up to a 3-2



B200 Variation – Shoot from the end of the line



B201 Variation – Alternate shooting from each end



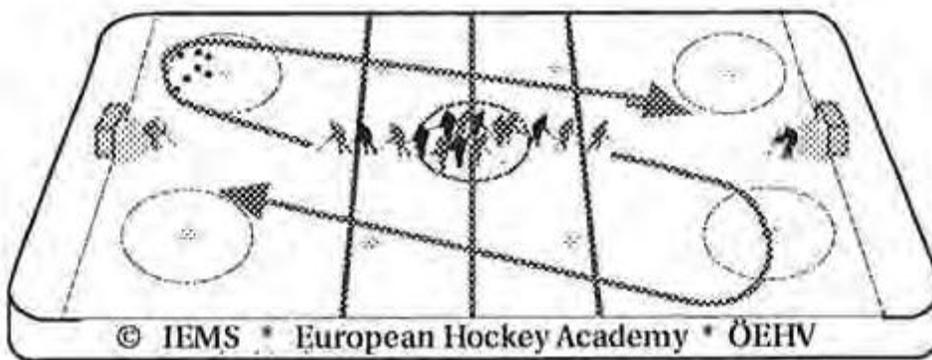
B202 Variation – Individual skill done facing each other in the neutral zone.



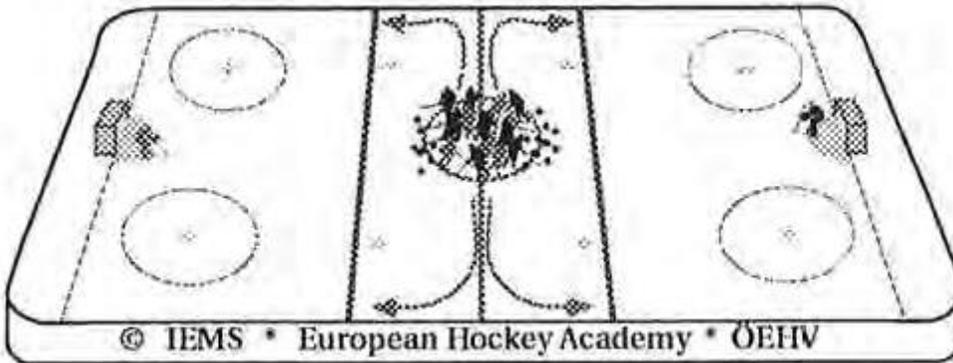
B3 Basic Formation –Passing –Partners across from each other



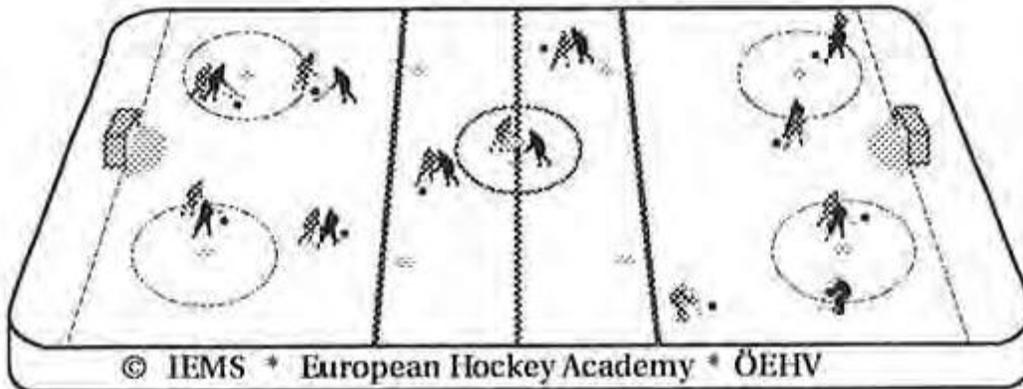
B300 Variation – Puck Handling



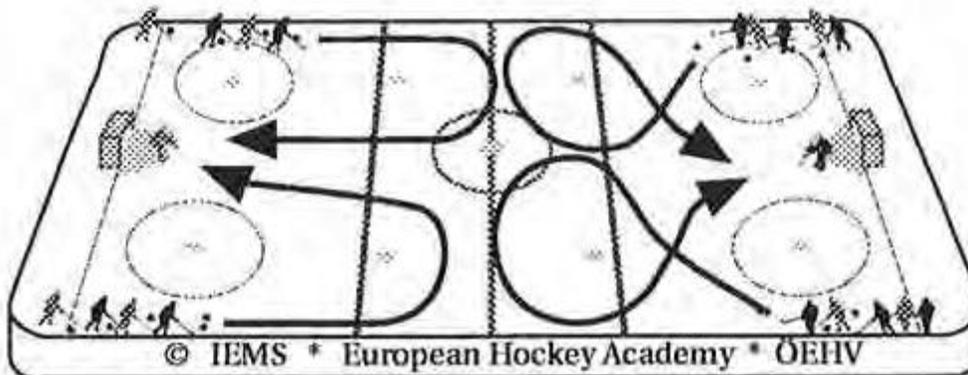
B4 – Skating, Puck Handling, Passing, Shooting skills full ice.



B5 Skating, passing, puck handling, Shooting and situations from the middle circle



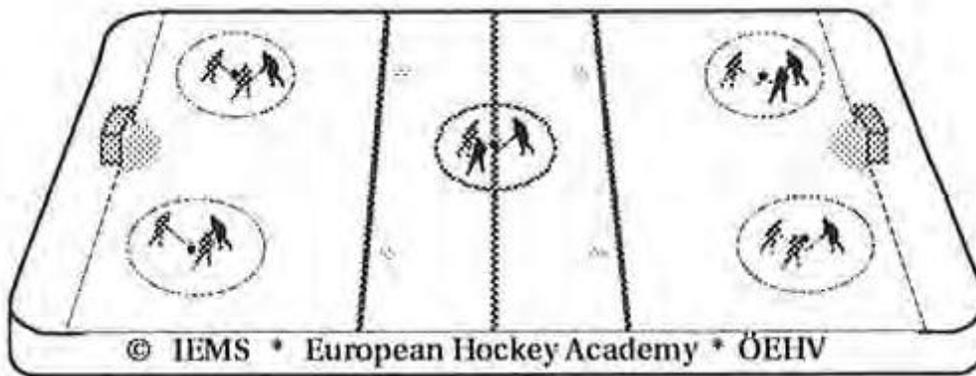
B500 Variation – Partner skills and competition with players spread around the rink.



B6 – skating, passing, shooting, 1-1's, half and full ice movement. Start from the corner or corners at once. Individual and game situations from 1-1 to 3-2.



B600 Line up behind blue lines. All individual and partner skills and game play situations.



B7 Face off practice

B T1-2 Breakout D to D 3-0 – TJ

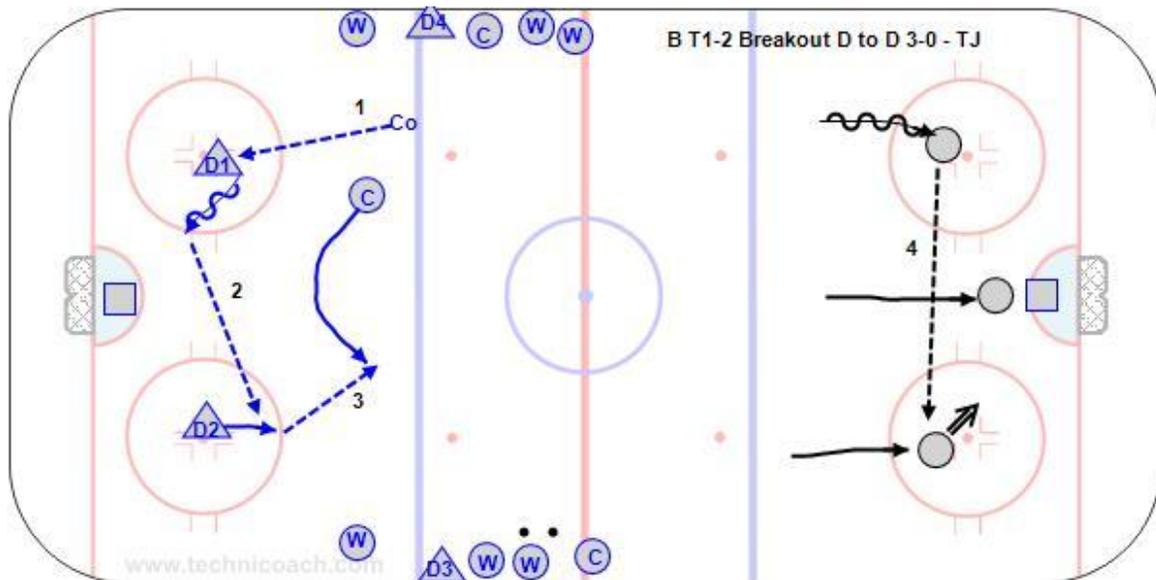
Key Points:

Centre must mirror the D from the middle skating parallel and give a target. Stay behind the D so he can skate into the puck. D must drive skate when they get the puck.

Description:

1. Coach pass to D1 who drive skates at a 45 degree angle to the net.
2. D1 pass across to D2 who hinges up ice.
3. D2 pass to the C.
4. Forwards attack 3-0 at the far end.
5. Add D1 to D2 back to D1.
6. Add coach cover one of the D so they either go D to D or tight turn and up to the wing.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131111154200960>



B T1-2 D to D and Up - 2-0 – TJ

Key Points:

The key is to drive skate at a 45 degree angle toward the net and then do a tight turn to the outside when the forward crosses over. Read the forecheck which is the best play.

Description:

1. Coach pass to D1.
2. D1 drive skate at 45 degree angle to net and the coach pressure from the inside.
3. D1 pass across to D2 who hinges behind.
4. D2 pass to F2 who passes across to F1 and they attack 2-0.
5. Repeat with the coach passing to F2 on the other side.
6. Add the D read the play and either tight turn outside and pass up if D2 is covered or pass D to D.

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B T1-2 Tight Turn-Quick up 2-0 –TJ

Key Points:

The key is to drive skate at a 45 degree angle toward the net and then do a tight turn to the outside when the forward crosses over.

Description:

1. Coach pass to D1.
2. D1 drive skate at 45 degree angle to net and the coach pressure from the inside.
3. D1 tight turn outside and pass to F1 on the boards.
4. F1 pass across to F2 and they attack 2-0.
5. Repeat with the coach passing to F2 on the other side.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013110917373833>

