

ABC's of International Hockey

B – Partner and Team Skills Manual – 2017

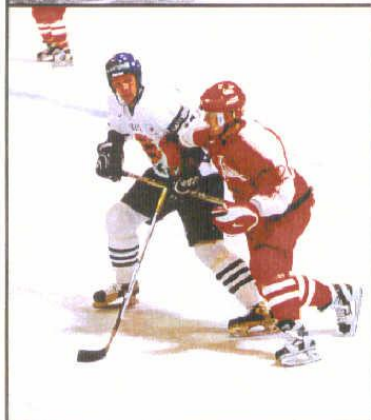
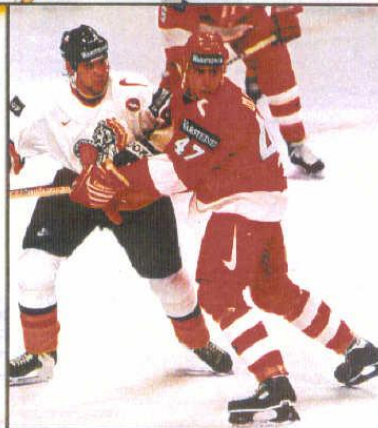
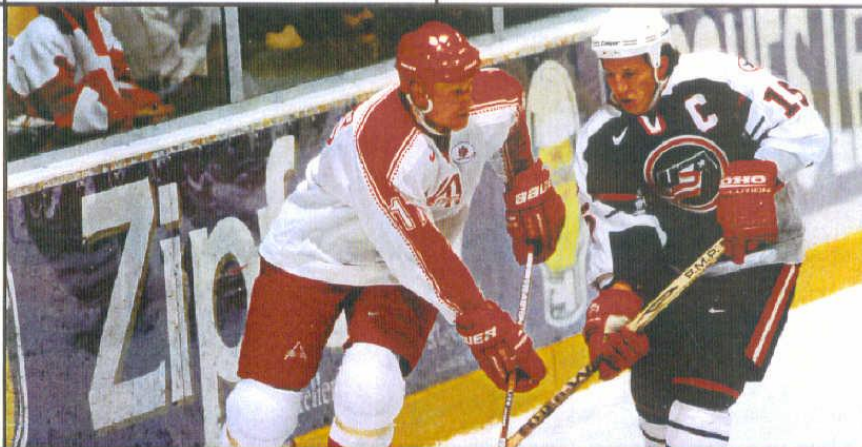
B1-B2-B3-B4-B5-B6

Tom Molloy

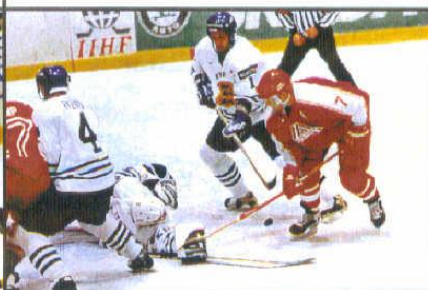


**Juhani
Wahlsten**

**Tom
Molloy**



Das **ABC** des internationalen Eishockey



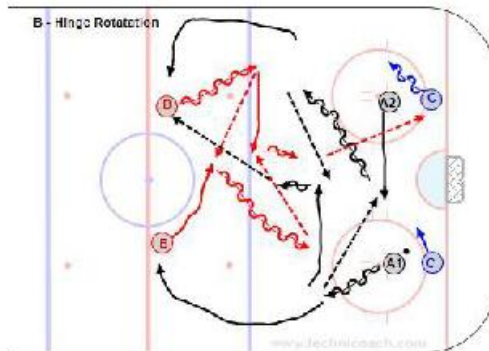
B - Hinge Rotation

Key Points:

Skate quickly up the side or to the middle while your partner creates a hinge below in the middle or above on the wall.

Description:

1. A1 carry the puck wide and pass back to A2 in the middle.
2. A2 now carry the puck wide and pass back to A1.
3. A1 skate and pass to B1 who repeats the passes in the other direction.
4. A-B-C's do the same.
5. Next repetition A1 skate to the middle and pass wide and up the ice to A2.
6. Third rep A1 skate across and drop to A2 and they switch sides.



B - Individual Skills Post Practice 1 – Detroit

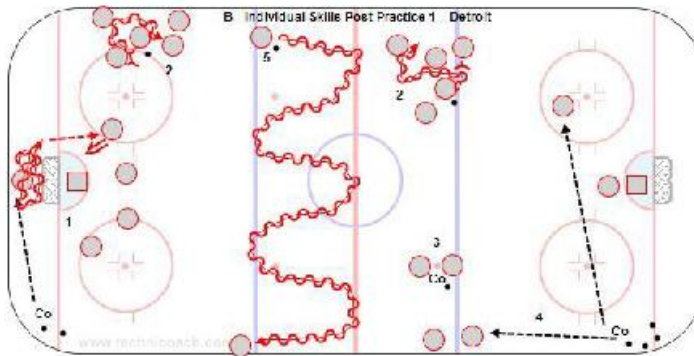
Key Points:

Work on individual technique in groups. Find a space on the ice that doesn't interfere with other players and you can practice the skill.

Description:

- 1 – Goalie practice – the coach pass to a player behind the net who makes fakes while the goalie practices looking over his shoulder. Pass out front for a one timer.
- 2 – Groups of 4 or 5 players play keep-away starting along the boards protecting the puck. Keep moving into the group with the puck while the other players poke check.
- 3 – Practice taking face-offs at a neutral zone face-off dot.
- 4 – Coach pass from the corner to the point while onne player screen and tip in front and then pass across to the far dot for a shot.
- 5 – Zig-zag across the ice from the blue line to the red line in the neutral zone.

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B - Individual Skills Post Practice 2 – Detroit

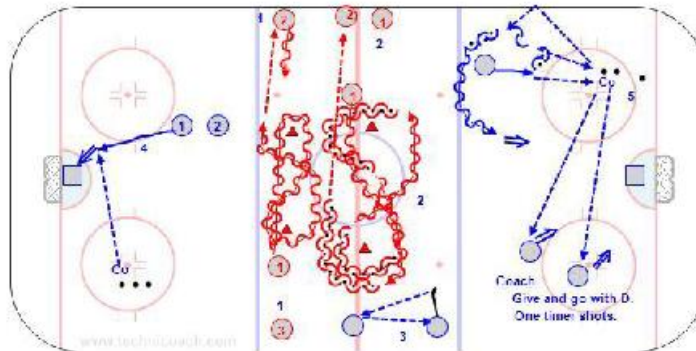
Key Points:

On backhand receptions, keep the stick blade square to the puck and hands away from the body. Follow through at the target on passes and shots. Play in the triple threat position.

Description:

- 1 – Figure 8 relay across the neutral zone with a pass at each end.
- 2 – Figure 8 agility skate with one pass.
- 3 – Receiving backhand passes with a partner.
- 4 – One touch shot while skating.
- 5 – Defense agility skate and shoot the forwards take a one timer.

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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

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B - Stick on the Puck – Sw

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A - Chip and Spin Escape Move – Sw

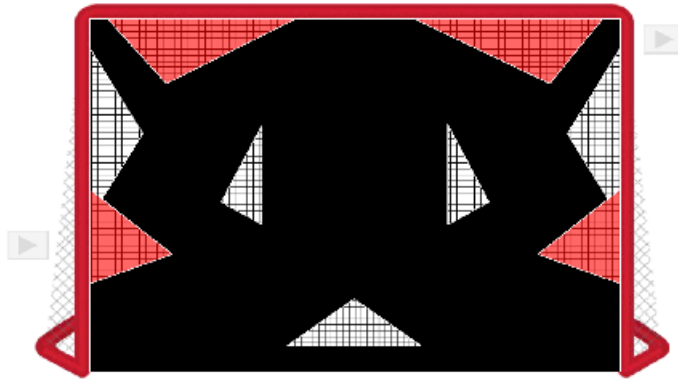
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B - Blocking Shots – Sw

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Where do you aim?

The updated version





HARJOITUSOHJELMA N:o _____

Ihminen/pää _____ Palkka _____

Osallistujamäärä _____ Harjoitusjakso/a _____

Harjoitusohjelman nimi _____ 1. Defending against non-stick carrier _____

2. Offensive play in defensive zone _____

Harjoittaja _____

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:

⇒ Aggression: body contact / forcing the player out

⇒ use of the free hand

⇒ passing while moving

⇒ use of the stick

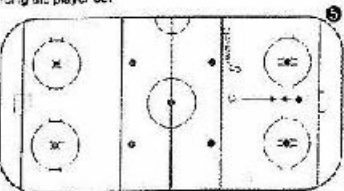
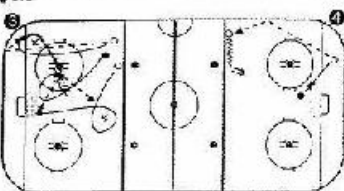
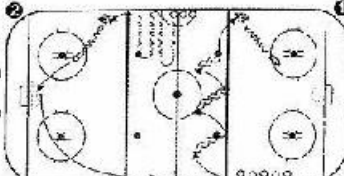
⇒ positioning

5 The playing of the man

making a screen / rebound

Making screen coming from

the point



Forward Game Playing Skills - Sw

B5 - 2-0 Shoot to Far Pad – Sw

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B5 - 1 on 1 Drive the Net and Backcheck – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140623095453104>

B5 - 3-0 Middle Drive – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014062310072386>

T2 B5 - 1-2-2 Forecheck 1 - Puck in Corner – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140624101054941>

T2 B5 1-2-2 Forecheck 2 - Rotation on D to D

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140624100312160>

T2 B5 Forecheck 3, 1-2-2 F1-F2 Switch – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140624095652106>

B5 - Angling Along the Boards – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140625103708719>

B5 - Breakout Pass to Wing – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140625103048567>

B5 - Scoring On Rebounds – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140625102408180>

B5 - Wing Chip Puck Out – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140625101826471>

B6 - F Block Point Shots – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140625101436333>

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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B - Passing – Receiving Skills

A – Passing and Receiving Technique – Sweden

A - Sweep Pass – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014021118365543>

A - Sweep Pass 2 – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140212161520829>

A - Quick Passing – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140211183356746>

A - Backhand Passing – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140218170935769>

A - Snap Pass – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140220170235275>

B500 - Receiving Passes with Hand, Body, Skate – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140304171021406>

B500 - 360 Degree Passing – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201403041706067>

A - Flip Pass – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140306170416592>

A - Board Pass – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140306170211475>

Work on good habits like shooting in stride, follow the shot for a rebound, stop at the net, go to the net without the puck ready to shoot in a rebound. Agility skating with the puck is added after these drills

B - Shoot to Score Drills

B4 - 1-0 Shoot off a Pass - Add Backchecker – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140501121636470>

B4 - 2-0 Shoot to Wide Pad - Add Backcheck – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140501122015781>

B5 2-0 Shot-Rebound-Shot – Pro

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

B4 - Shoot While Skating – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140501122430311>

B2 - One Timer x 2 – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140501115813266>

B2 - Quick Shots Skating in Slot x 2 – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140501120121682>

B2 - Screen and Tip vs. Defender – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140501120506708>

B6 - 1-0 Walk Out and Shoot – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140501124015982>

B6 - Point Shot with a Screen - Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140501124312957>

Add Agility Skating

B2 - Shoot-Rebound-Agility Skate – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140429102245865>

B2- Shoot-Rebound-Screen-Agility – Sw

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B - Skill Warm-up Circuit – Pro

Key Points:

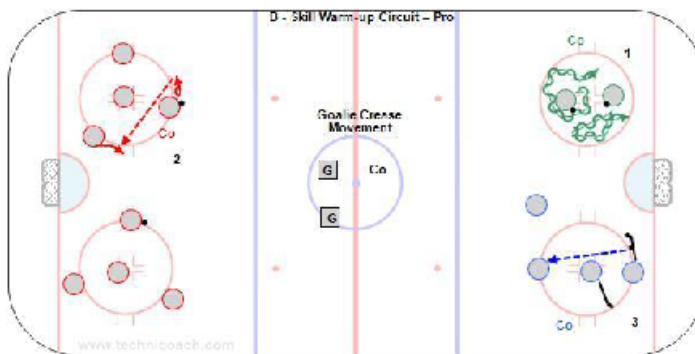
Use deception when passing and move to the open space. Protect the puck with your body and move away from pressure with the puck. Each circle is a station with goalies in the middle doing crease movement exercises.

Description:

1. Two players at a time skate inside the circle with a puck and do moves in all directions 10". Practice tight turns and escape moves. Goalies do crease skating in the middle.
2. Play "Monkey in the middle" switch every 15" or when monkey intercepts a puck. Use fakes and the support players move to open ice.
3. Two players pass across the circle with one defender in the middle. Deception and saucer passes are the tools used. Defender anticipate the pass with his stick.

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<https://youtu.be/6t7p-FFu8nA>



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.

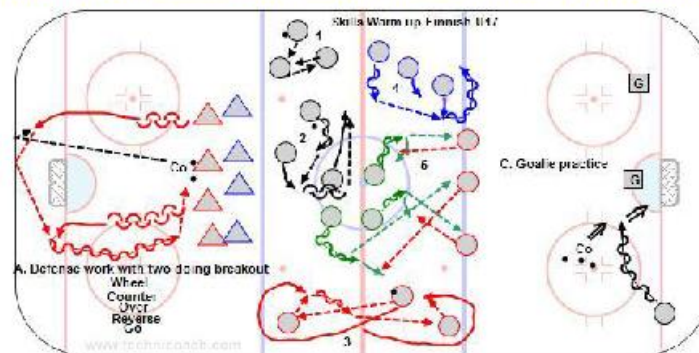
4 - Keepaway 2-1 in four areas.

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

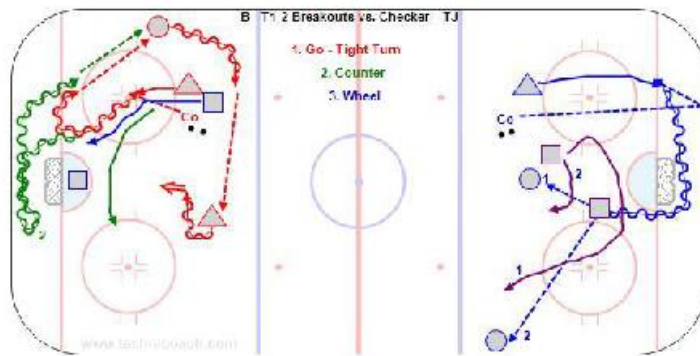
Key Points:

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 – Warm-up Drill Routine – Pro

Key Points:

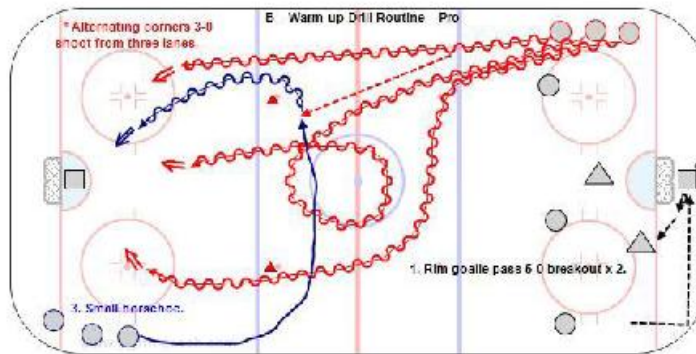
Start practice with quick drills that everyone knows to warm-p with skating agility, passing, shots. Do everything with speed and good habits. Youth hockey players can do a couple of reps to develop skill. Pro's use the same drills to warm-up and sharpen skills they already have.

Description:

1. Start with 5-0 breakouts at each end.
2. Coach rim the puck in so the goalie has to pass it.
3. Regroup with the coach who rims it the other way.
4. Everyone move pucks to diagonal corners at each end.
5. One end at a time three leave and shoot from the three lanes.
6. First skate straight down - shoot, third skate to the wide lane and shoot. Second agility around the circle then shoot from middle lane and.
7. Start from the same place but do the Small Horseshoe 1-0.
8. Stop at the net for a rebound after shooting.
9. Switch corners and repeat the shots from three lanes and the small horseshoe.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=2&s=20170719112155180>

<https://youtu.be/0gznRR6e34k>



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.

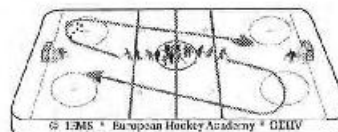
Key Points:

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.



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

B Drills on YouTube

B - Angle Checking - Finland
<https://youtu.be/BvJPu2DAxVQ>

B - Puck Protection and Escape Moves - Finland
<https://youtu.be/M1HUWIUcVM4>

B Skill Circuit Finnish U17
<https://youtu.be/P0nslv0zT6w>

B2 One Timer from Point - Finnish U20
https://youtu.be/J_NaVa2riUg

B2 Point Shots - Canada U20
https://youtu.be/J_NaVa2riUg

B2 - D to D Options x 4 - Point Shots - U17
<https://youtu.be/uzT91PQAWII>

B2 Point Shots - Canada U20
<https://youtu.be/OIDnVckOzWk>

B2 - One Timer Practice ProW
https://youtu.be/KTk_I1Byuyw

B2 1-0 Pivot Circle-Shoot Kaz
<https://youtu.be/oFXAOhmITIE>

B2 Pass Behind Shoot in Front U22
<https://youtu.be/Oaz6LjOrLC8>

B2 Pass From Behind Shot x 2 U22
https://youtu.be/_PRli5wcwDw

B2 Pass to Point - Drag and Shoot U22
<https://youtu.be/d-FC1enwj5o>

B2 Pass x 3 Shoot U22
https://youtu.be/p9ZSZXQ_66E

B2 Pass-One Time Shot-Kazakhstan W
<https://youtu.be/OawfhTfwkz0>

B2 Protect Puck-walk out-shot U18
<https://youtu.be/UazKPNRAVg>

B2 Reach Behind-Walk out U22
<https://youtu.be/tMxqz6OwpC0>

B T1-2 Breakout D to D 3-0 – TJ

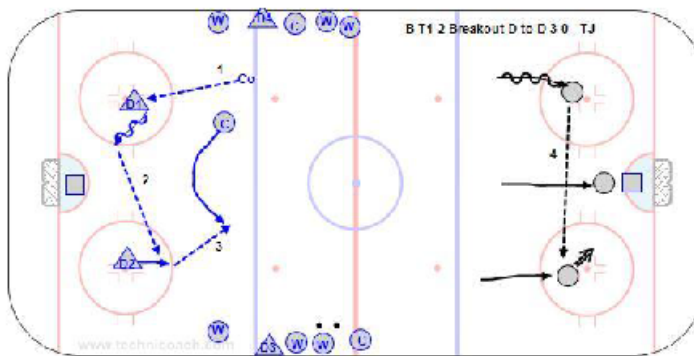
Key Points:

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.hockeycoachinabcs.com/media/gallery/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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B5-B600 Quick ups x 2 - Latvia U20

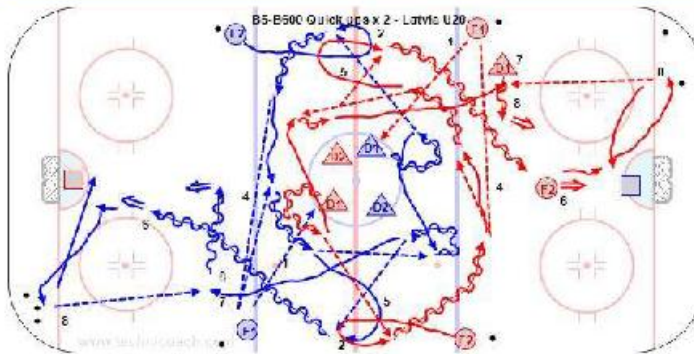
Key Points:

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121204145927172>



B T1-2 Tight Turn-Quick up 2-0 –TJ

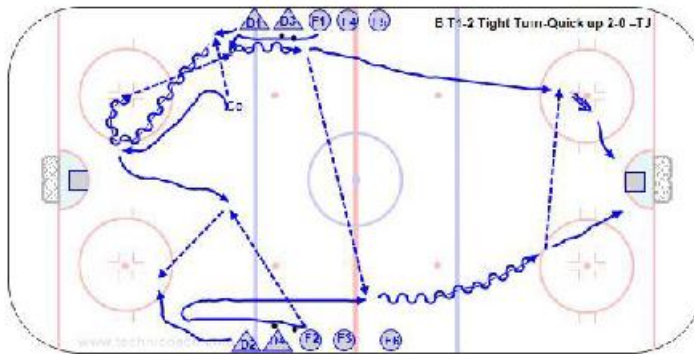
Key Points:

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>



B Warm-up Circuit F Pass D Shoot Goalie Technique - Czech U20

Key Points:

Face the puck, hands away from the body, stick blade square to the puck, wind-up early for the one timer, give a target, learn to shoot pucks that are not in the wheel house and hit the net.

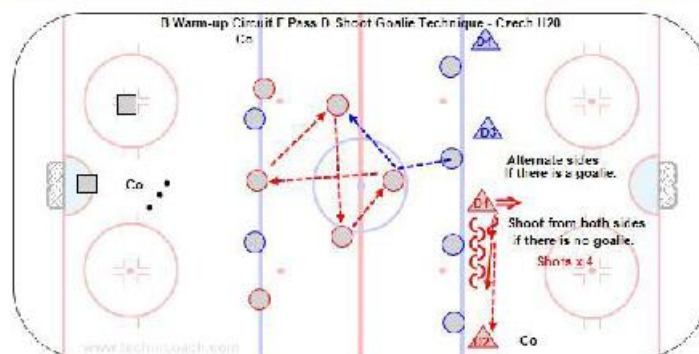
Description:

1. Forwards one touch pass in the neutral zone.
2. Each 3 man line take 10" skating in the middle and the other lines pass from the blue lines.
3. One touch pass to any of the players and always face the puck.
4. Goalies work on technique with the goalie coach at one end.
5. Defensemen work on one timer and quick shots at the other end.
6. Defensemen take 4 one timer or quick shots at a time.
7. D1 skate toward D2, exchange passes and shoot while skating backward.
8. Alternate sides after 4 shots with D3 shooting and D4 passing.

**Take quick snap shots when on the wrong side for a one timer.*

**Alternate sides on point shots if there is a goalie and shoot from both sides if there isn't a goalie.*

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20151004110338738>



B2 - 2 on 1 Pass in Front of Toes – Pro

Key Points:

Forehand pass when possible. Pass in front of the defenders toe caps behind his stick.

Description:

1. Start with a coach defending then use players.
2. 1 skate outside and 2 skate to the net and 3 defend.
3. 1 pass on the forehand (if possible) to 2 and follow the pass.
4. Make the pass between the stick and the skates.
5. 2 shoot.

<http://www.hockeycoachinabrics.com/media/gallery/media.php?f=0&sort=0&s=20140904104222128>



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

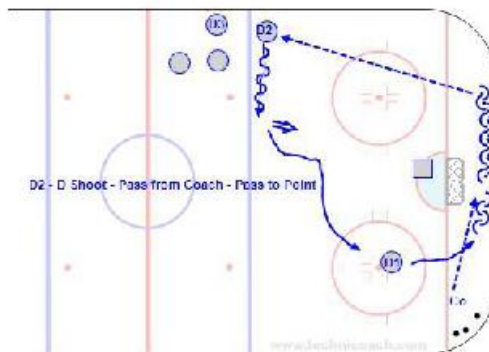
Key Points:

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.

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B2 - D Shoot and Pass – Pro

Key Points:

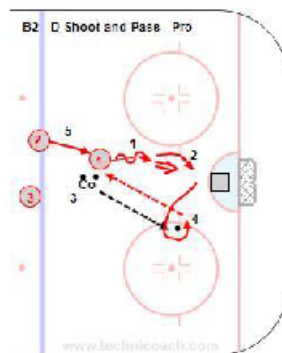
Shoot with the head up. Use a wrist shot, follow the shot, hit the net, pick up the new puck and make a deceptive move before passing.

Description:

1. One skate in and shoot.
2. Follow the shot.
3. Coach spot a new puck.
4. Pick up the new puck and pass to 2.
5. Two repeat.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160413141808878>

https://youtu.be/Gp_aZas6gqk



B2 - D to D Options x 4 - Point Shots - U17

Key Points:

Give a target, make firm passes and keep the stick blade square when receiving passes. Goalie direct the rebound to the corners.

Description:

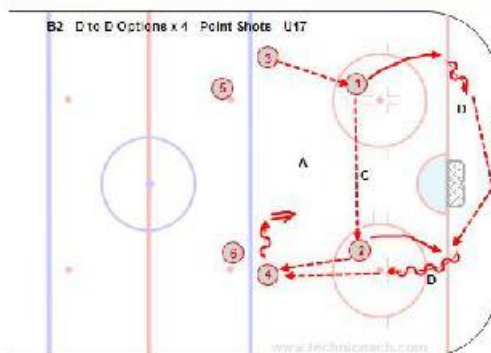
- A. Player 1 and 2 at the top of the circles.
- B. Player 3 and 4 on each point.
- C. Player 3 pass down to 1 across to 2 up to 4 who shoots.
- D. 1 get a puck from the corner and pass behind the net to 2 up to 4 who shoots.
- E. Player 4 pass down to 2, across to 1, up to 3 who shoots.
- F. Player 2 get a new puck, pass behind to 1, up to 3 who shoots.
- G. Rotate with 3-4 moving into the zone and 5-6 on the points.

* Players should practice passing and shooting from both sides and add D to D one timer point shots.

* Practice all of the breakout options: over, counter, reverse, wheel, quick up.

* Practice hinging outside and back and back to the outside.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20150916092308212>



B2 - D Walk Line-Switch D to D One Timer - Russian U20

Key Points:

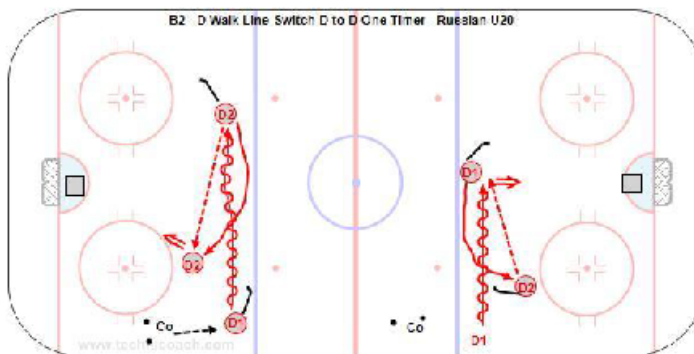
Skate along the line and use head and stick fakes to freeze the blocker. Feed passes to the forehand shooter.

Description:

1. Coach pass to D1 who skates along the blue line in the triple threat position making shot and pass fakes.
2. D2 skate behind D1 and switch sides.
3. D1 pass to D2 who is square to the puck to either pass or shoot.
4. If D2 is on his forehand he shoots. (Switch sides)
5. If D2 is on his backhand pass back to D1 who takes a onetime shot on his forehand.
6. Repeat with D2 getting a pass from the coach.
7. Rotate in new shooters.

* Shooter have the stick back early and adjust so the shot is from the sweet spot.

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B2 - Defense Individual Skill and Partner Drills – Pro

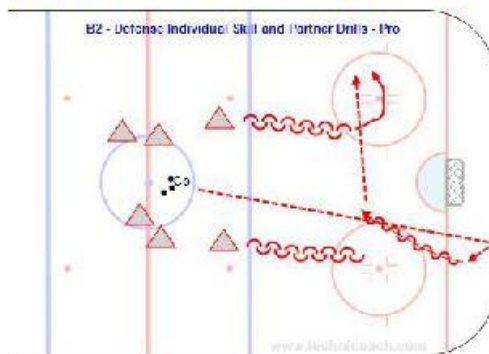
Key Points:

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 - Defense One Timer Shots x 4 – Sw

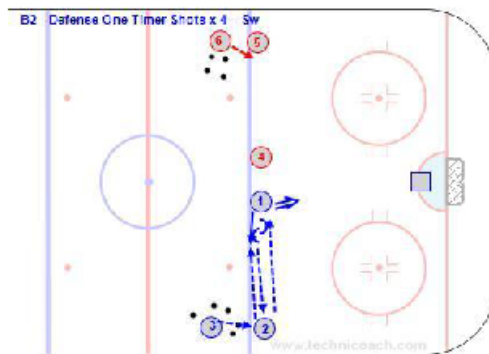
Key Points:

Shoot while moving, head up, follow through at the target.

Description:

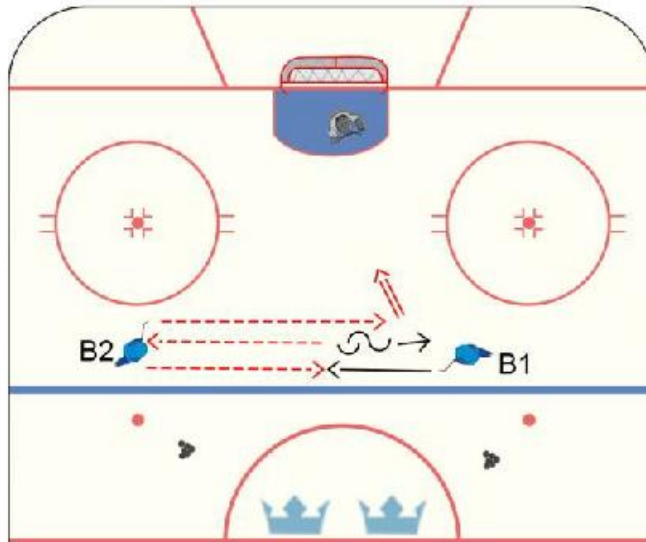
1. Organize the defense into two groups. When one is finished the other starts.
2. #3 pass new pucks to #2.
3. #1 skate toward 2 along the blue line and get a pass from 2.
3. #1 one touch back to 2 who one touches to 1.
4. #1 takes a one timer shot.
5. Repeat 4 times and then 5 pass to 4 x 4 and 4 shoots.
- * Rotate 3 to 2, 2 to 1, 1 to 3 while the other group shoots.

<http://www.hockeycoachingabcs.com/media/gallery/media.php?f=0&sort=0&s=20140528164755275>



Swedish Ice Hockey Association

Drill Tip 5 – One-timer-shot/ direct shot



Good and simple drill for practicing the one-timer/ direct shot!

Nov.20, 2014

Objective/performance

- One-timer with large reception area
- Flexible and functional skating
- Practice shooting even if the pass is not perfect
- You may vary the positions for the passer and the shooter. For example, closer to the goal or out toward the corner/wing

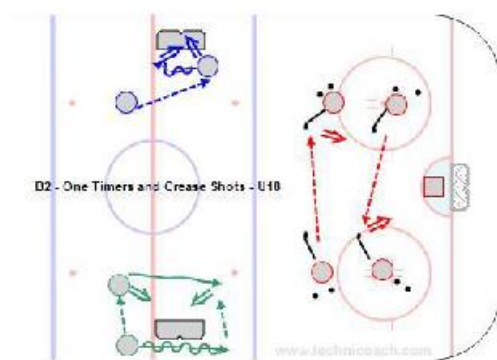
B2 - One Timers and Crease Shots - U18

Key Points:

Stick back early. Follow through with outside knee at the target. Crease shots quick off the toe on forehand and either chip or two touch puck.

Description:

1. One timers on one net.
2. Move around crease and put backhand and forehand shots under the bar.
3. Shoot pass-outs with quick snap shot.



B2 - Shot-Pass-Shot x 3 x 2 x 2 – Pro

Key Points:

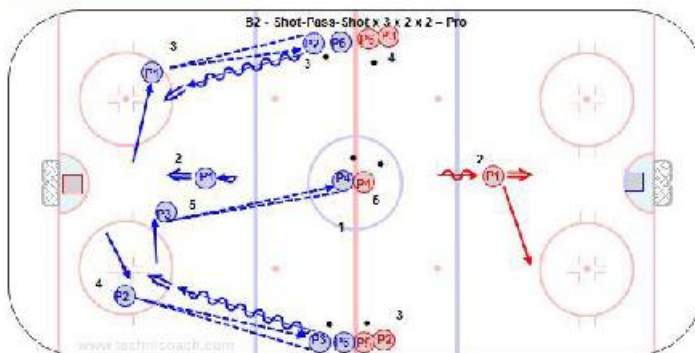
Pass and shoot while skating. Make firm one touch wrist passes. Hit the net.

Description:

1. Players line up at the red line with pucks facing each end.
2. P1 in middle leave and shoot.
3. P1 turn and exchange passes with P2 on the right who shoots.
4. P2 turn inside and exchange passes with P3 on the left who shoots.
5. P3 skate into the middle lane and exchange passes with P4 in the middle who shoots.
6. After passing the player replace the player they passed to.
7. Continue this rotation.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20171119101355948>

<https://youtu.be/sIOOFFCnd3g>



B2 - Skate and Shoot vs Backchecker Russian U20

Key Points:

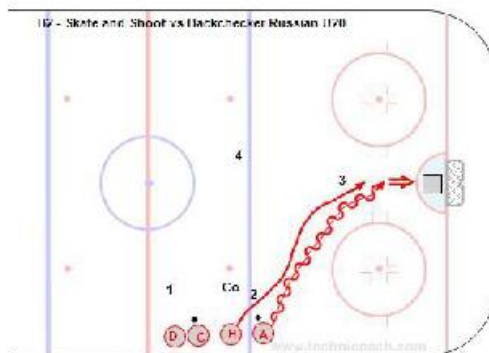
Protect the puck and make a hard fake and shoot or else shoot quickly while skating. Follow the shot for a rebound.

Description:

1. Players start from one side at the blue line.
2. The player in front starts with a puck and is chased by the second player.
3. The checker give some resistance tapping either side while chasing.
4. Move the starting point to the middle.
5. Move to the other side.
6. Attacker make moves or take a quick shot.

* Options: fight for any rebound in the slot.

* Another option is to compete hard from the blue line.



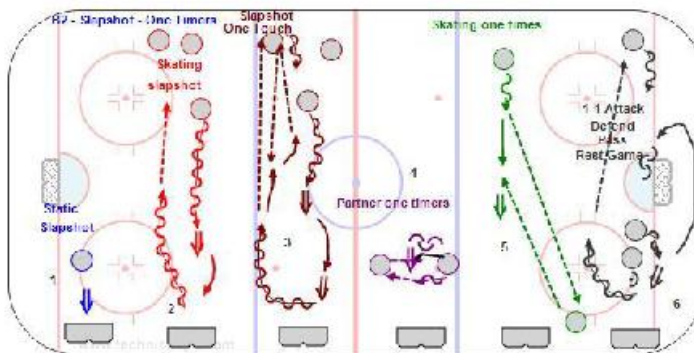
B2 - Slapshot and One Timer Circuit

Key Points:

Work on the slapshot progress from static to dynamic to pressure. Transfer the weight from back to front, follow through at the target and follow the shot for a rebound.

Description:

1. Standing individual slap shot.
2. Skate, slapshot, rebound, shoot, pass.
3. Skate, slap, rebound, one touch x 2, leave.
4. One timer x 4 - rotate.
5. Skate, pass low, pass, one timer.
6. 1-1 defend, pass, rest game with goals only on slapshots.



B2 - Static Fakes - Give-Go-Give-Shoot – Pro

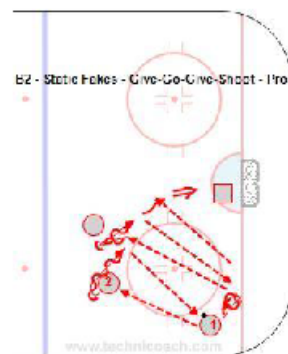
Key Points:

Use head, shoulder, stick, skate fakes when you get the puck standing still.

Description:

1. Coach or player #1 make hard fakes and pass to 2.
 2. #2 make hard fakes each way and return pass.
 3. Repeat 1 to 2.
 4. After the first or second rep 2 go to the net and for a pass from 1 and shoot.
 5. Be creative with the passes. Forehand, backhand, off the boards.
- * Key is to always move and make the defender commit to one direction then cut back.

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B2 1-0 Pivot Circle - Shoot - Kazakhstan W

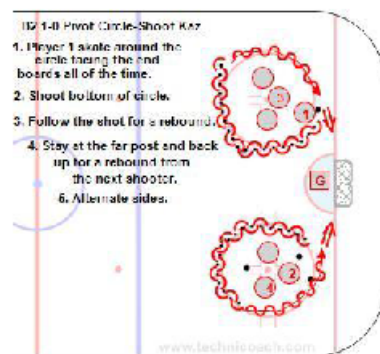
Key Points:

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.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20120903095712464>



B2 Alternate Point Shots-HC Dukla Jihlava

Key Points:

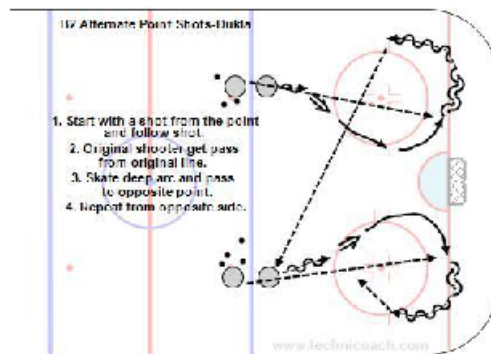
Move when you get the puck and shoot. Make hard passes.

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://hockeycoachingabc.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.

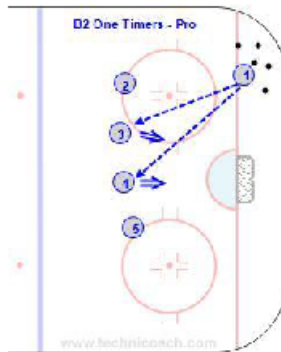
Description:

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=2009081216423864>



B2 One Timers-Pro

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.

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>



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 Pass x 3 Shoot U22

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>



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.hockeycoachingabc.com/filemgmt/index.php?id=94>



B2 Point Shots B600 Give-Go-Shoot Russian U20

Description:

Russian U20 Team. Defense practices drag and shoot and one timers while the forwards give and go then shoot while skating.

http://www.hockeycoachingabc.com/filememt_data/B2%20Alternate%20Point%20Shots%20-%20Russian%20U20.3gp

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

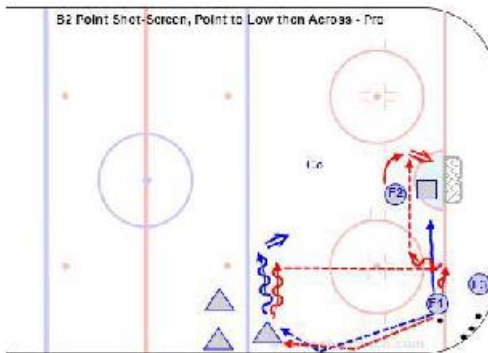
Key Points:

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.hockeycoachinabcs.com/media/gallery/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/media/gallery/media.php?f=0&sort=0&s=20090812164224924>



B2 Transition Skate Shooting – U15 Boy's

Key Points:

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

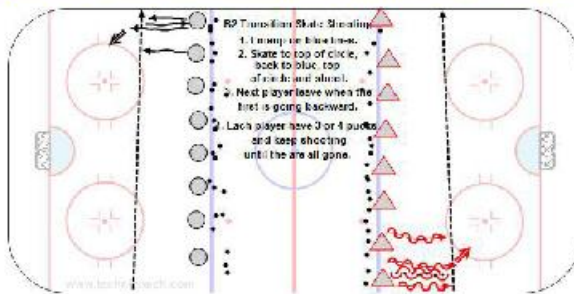
Description:

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.hockeycoachingabc.com/media/gallery/media.php?s=20080722235628950>



B2-B6 - F1-D1-F2 - Point Shot – Pro

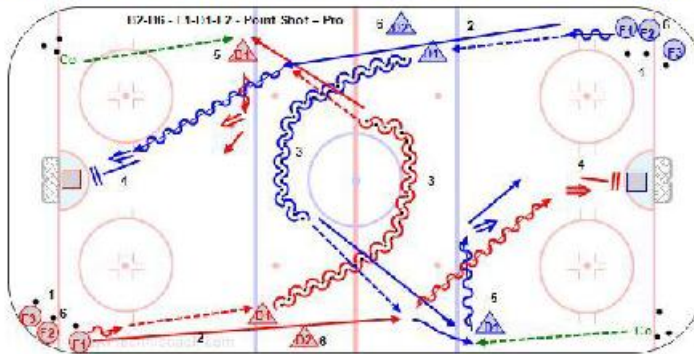
Key Points:

Do everything with speed and good habits. Give a target, firm passes, keep the stick square to the pass, carry the puck in the triple threat position, follow the shot for a rebound with the stick on the ice. Shoot low from the point.

Description:

1. Forwards start in diagonal corners and defense at the point.
2. F1 continue skating down the wing.
3. D1's carry the puck around the circle and pass to the F1 skating down the other wing.
4. Both F1's take a shot, look for the rebound then screen the goalie.
5. D1's get a pass from the coach at the point the drag and shoot.
6. Repeat with F2's and D2's.

<http://www.hockeycoachingabc.com/media/gallery/media.php?f=0&sort=0&s=20151001115750638>



B3 - One Timer-5 Spots - Czech U20

Key Points:

Take one timers from the off-wing. Practice taking them standing still and then add skate and pass then skate backwards and shoot off the pass. Follow through at the net with both the stick blade and the outside knee.

Description:

1. Six players face each other on their off-wing side.
2. Two sets across from each other and one player shoot from the mid-point.
3. Take 4 shots and then switch and be the passer.
4. There can be more than one player shoot from the point.

* If there is a goalie then take turns, if no goalie shoot randomly at the open net.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160315094853117>

<https://www.youtube.com/watch?v=Gulk1WEaWdk>



B3 - Passing Skills Routine - U17

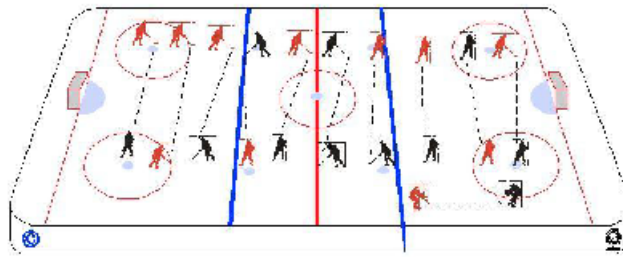
Key Points:

Practice wrist passes with no noise or slapping. Keep the stick blade square to the puck when you receive a pass. It is important to keep the hands away from the body and have loose shoulders so you can pass in all directions. The movement is simply and extension of puck handling.

Description:

1. Partner passing about 10 m. apart.
2. Keep the hands away from the body, stick blade square to the puck.
3. Sequence for any projection is: wind-up, force production, crucial instant, follow through.
4. Catch and pass to your partner.
5. Wrist pass with no slapping noise.
6. On whistle move apart again and saucer pass. Saucer with hands away from the body and puck roll on the blade from heel to toe.
7. Keep-away on the whistle. Puck carrier protect the puck and defender keep his stick on the puck.
8. Repeat the sequence starting with wrist passes. Pass and catch quickly with no noise.
9. Catch on the backhand slide sideways and pass on the forehand.
10. Make a hard fake to one player and then pass to another player. Practice faking in both directions.
11. Options: add skating toward each other and back, tight turns, etc. Make sure both the top and bottom hand follow through at the target.

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B3 Advanced Moves from Finland

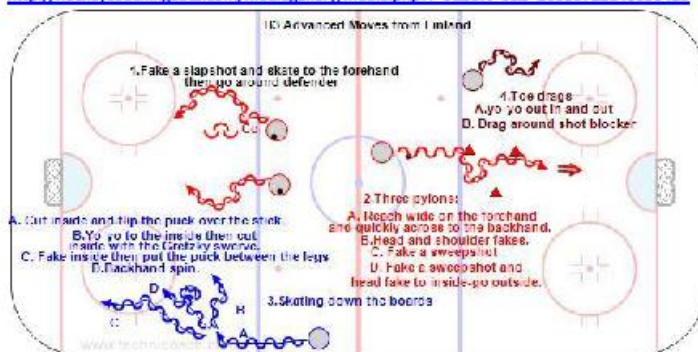
Key Points:

The idea of making moves is to force the defender to straighten his knees or lean one way while you go where he just came from. It is important to accelerate past the opponent so he can't recover.

Description:

1. Fake a slapshot and skate to the forehand side then go around defender on the forehand side.
2. Three pylons:
 - A. Reach wide on the forehand and quickly across to the backhand.
 - B. Head and shoulder fakes.
 - C. Fake a sweepshot.
 - D. Fake a sweepshot and head fake to inside-go outside.
3. Skating down the boards:
 - A. Cut inside and flip the puck over the stick.
 - B. Yo-yo to the inside then cut inside with the Gretzky swerve.
 - C. Fake inside then put the puck between the legs and go outside.
 - D. Fake inside then a hard backhand spin and go outside.
4. Toe drag sequence:
 - A. yo-yo out in and out.
 - B. Yo-yo out- in and around the shot blocker.

<http://hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20080722140656423>



B3 Partner Pass

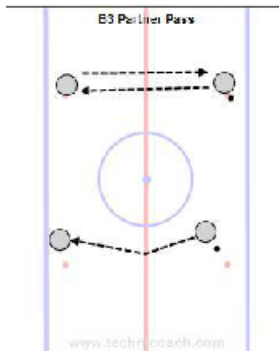
Key Points:

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.

<http://www.hockeycoachingabcs.com/media/gallery/media.php?f=0&sort=0&s=2012112609115613>



B3 Partner Passing

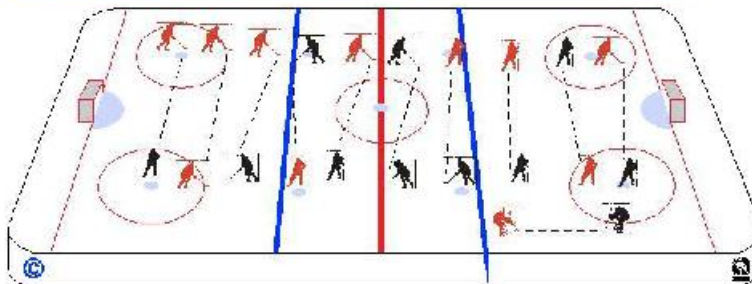
Key Points:

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080720235041115>



B3 Passing and Partner Practice

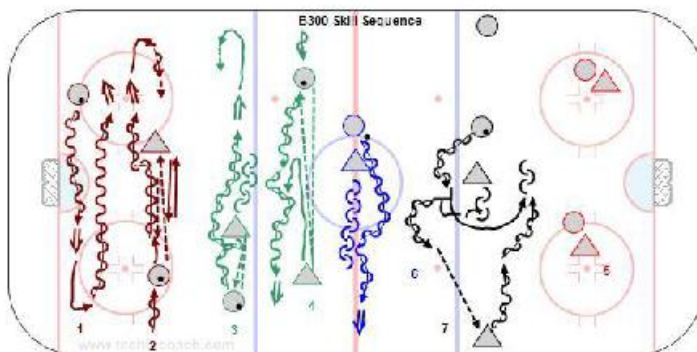
Key Points:

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.

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B3 Three Lane Shots - Swiss U20

Key Points:

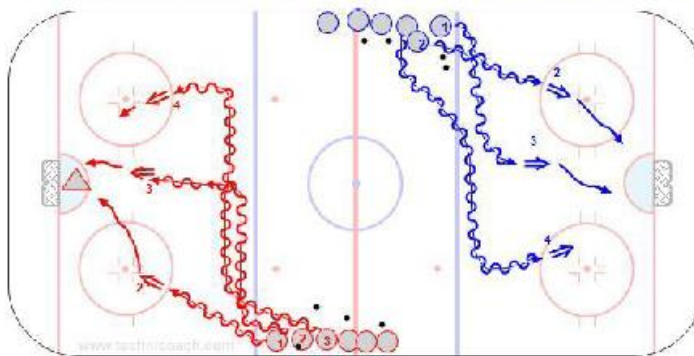
This is a goalie warm up used at the start of practice. Hit the net. Shoot while skating. Follow the shot.

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.

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

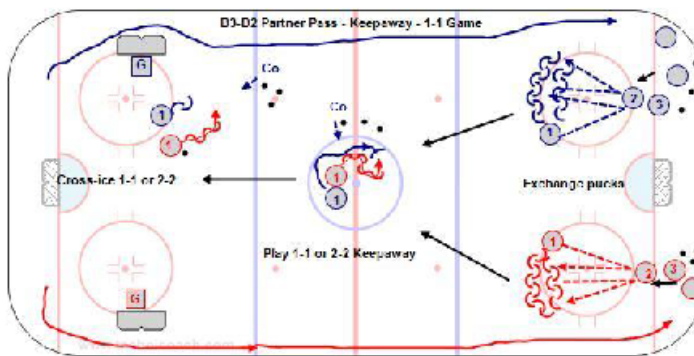
Key Points:

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.

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

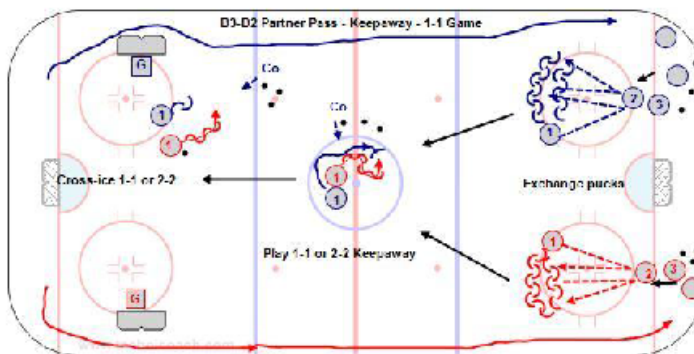
Key Points:

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>



C2 1-2-3-4-5-5-4-3-2-1 Pass and Shoot Warm-up

Key Points:

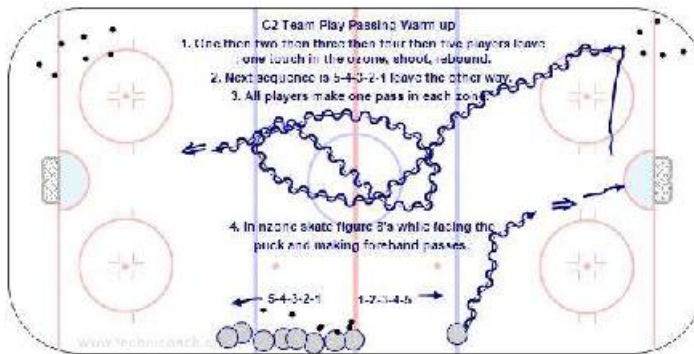
Face the puck and pass on the forehand. Stay in each zone until all players have made a pass.

Description:

1. One then two then three then four then five players leave, one touch in the ozone, shoot, rebound.
2. Next sequence is 5-4-3-2-1 leave the other way.
3. All players make one pass in each zone.
4. In neutral zone skate figure 8's while facing the puck and making forehand passes.

*When there is only one player do a figure eight or touch both knees.

<http://www.hockeycoachingabc.com/media/gallery/media.php?f=0&sort=0&s=20111103221612750>



B4 - 4-0 BO - Attack-Cycle-Point Shot x 2 - Czech U20

Key Points:

Forwards skate to the big ice with the puck and pass to the outside for a wide entry into the zone. One forward screen and the other cycle high. Defense work on one timers and quick shots or high cycle options like back door plays.

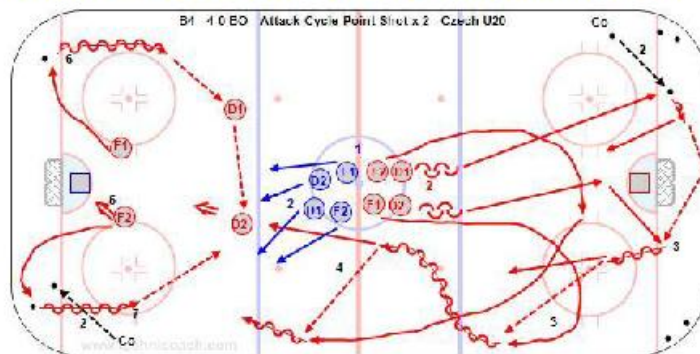
Description:

1. All of the players start from the middle circle.
2. Start with a coach at each end spot a puck on the goal line and D1-D2-F1-F2 leave from each end.
3. D1 shoulder check and pass over to D2 up to F1 or F2, attack 4-0.
4. F1-F2 attack and carry the puck to the 'Big Ice' between the dots and pass to the outside lane.
5. Shoot-rebound.
6. F1 get a puck in the corner and cycle high and pass to D1 to D2 who shoots - F1-F2 screen.
7. F2 get a puck from the other corner, high cycle, pass to D2 to D1 who shoots, screen.

* All of the high cycle options can be practiced with this drill.

* D joining the rush can also be practiced in this drill.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20151011094759598>



C1 Continuous 4-0 Breakout U22

Key Points:

Players line up in the C1 formation in the middle of the neutral zone. Give a target. Regroup with D in the middle.

Description:

1. One picks up a puck in the far corner.
2. Two skate to the other corner for a pass.
3. Three support on the boards.
4. One pass to two, who skate inside the dots and pass to three.
5. Three regroup with one.
6. One pass to three.
7. One circle back to support next rush in the middle.
8. Three shoot.
9. Three now pass to blue two and get a regroup pass from blue three.
10. Repeat.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120828123941325>



B4 - D Pass x 3 Point Shot – Pro

Key Points:

Pass while skating, give a target, shoot, rebound, screen and tip. Forward time the skating to be open when the D can pass.

Description:

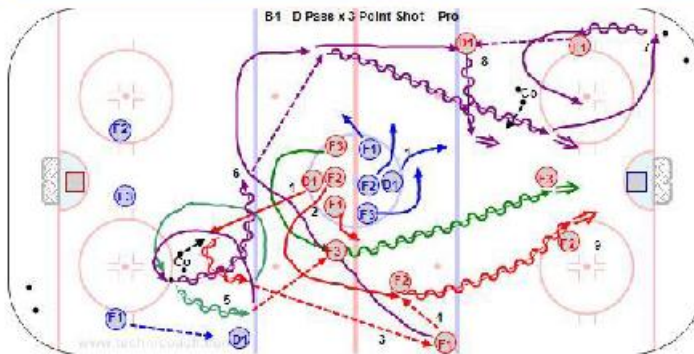
Players leave from the middle circle and the pucks are just above the top of the circle.

1. D1 on each side get a puck from the coach.
2. F1's stretch to the blue line and F2 swing lower down the middle.
3. D1's pass to F1's at the far blue line.
4. F1's touch pass back to F2's who skate in, shoot, rebound, screen.
5. D1's get another puck and pass to F3 cutting across the middle; F3's shoot.
6. D1's get another puck and pass to F1 who has circled back to the far wing.
7. F1's shoot then get a puck from the corner to pass to D1.
8. D1's follow F1 and take the pass then drag and shoot.
9. F1-F2-F3 spread across in front to screen, one time or tip a shot pass.

**F1 can also pass then cycle high and down the middle.*

<https://youtu.be/s7l4ilzFKIA>

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20160204094420608>



B4 - One Timer-BO 2-0 Wide Entry - U20

Key Points:

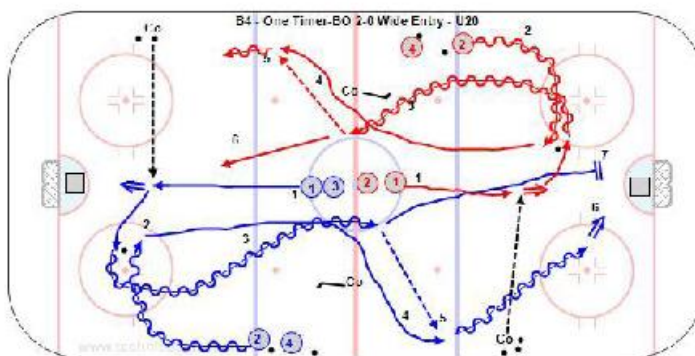
Skate between the dots if possible when you get a pass. Middle player fill the wide lane. Pull the defenders to the inside and do a wide entry. First player over the blue line with the puck go hard to the net. Shoot low to the far side to pass off the goalies pad. Always stop at the net for rebounds.

Description:

1. Player 1 leave from each end and one time a pass from the coach.
2. Player 2 leave from the blueline with a puck and cross and drop the puck to player 1.
3. Player 1 skate to the 'Big Ice' between the dots.
4. Player 2 cross in front to the wide lane.
5. Player 1 pass to 2 who does a wide entry into the offensive zone.
6. Attack 2-0 and player 2 makes a 'Pass of the Pads' to player 1.
7. Player 1 be ready to score off the rebound.

*Option: Give 5" for 1-2 to score to promote jumping on loose pucks and making a play.

<http://www.hockeycoachinabrics.com/media/gallery/media.php?f=0&sort=0&s=20151121084706735>



B4 - RG-D to W Shot-Point Shot - 2-0 - 3-0 - U17

Key Points:

Attackers read to either gain the blue line if the D gives a big gap or do a wide entry if the D is tight.
Create two layers when screening.

Description:

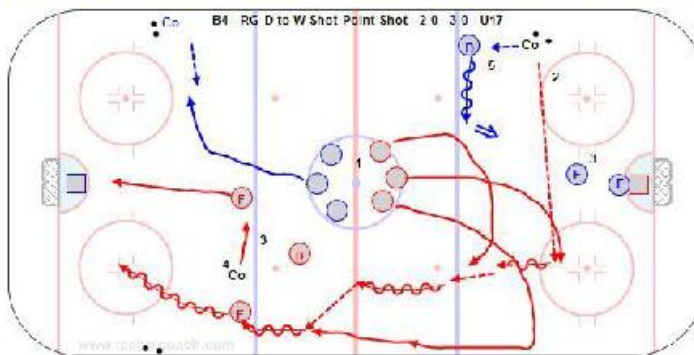
1. Players line up in the middle circle and one D and two F leave from each end.
2. Coach pass to D1 who passes up to F1 or F2.
3. Attack 3-0 at each end.
4. Coach cover one attacker at the blue line to force the attackers to make a decision.
5. Coach pass to the D1 at the point who shoots while F1-F2 screen.

* The attacker with the puck creates space by skating between the dots.

* If the D leaves a big gap then gain the blue line in the middle lane.

* If the D plays a tight gap and protects the middle then the other attacker cross and take the ice behind and get a pass in the wide lane.

<http://www.hockeycoachinabrics.com/media/gallery/media.php?f=0&sort=0&s=20150820100529844>



B4 1-0 Outside-Middle Shots - Czech U17 and Two Pro

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:

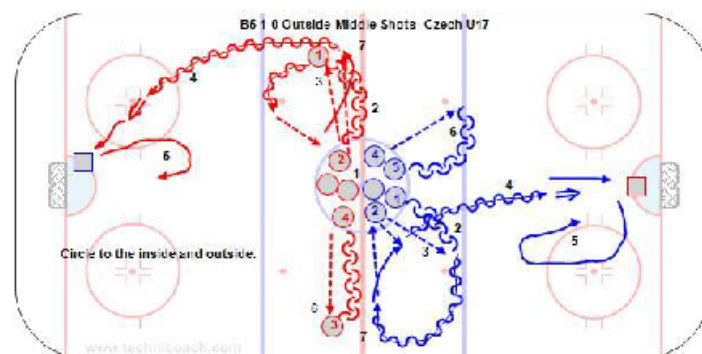
1. All players and pucks are in the middle.
2. One player leave from each side.
3. Player 2 pass to player 1 who circles between the red and blue line.
4. Player 1 skate in and shoot after the third pass.
5. After shooting player 1 circle back and rebound for the next shooter.
6. Alternate sides and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

* The first video demo is the Czech National U17 Team and the next two are with pro players.

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

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706215731742>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706153625664>



B4 1-0, 2-0 Regroup x 2

Key Points:

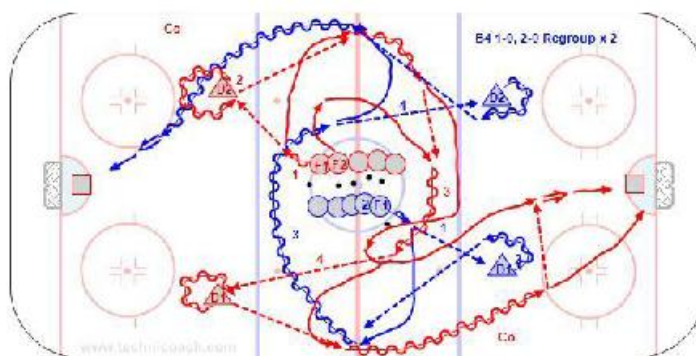
Face the puck, give a target, timing so you don't have to stop. Always follow the shot for a rebound. Shoot to score.

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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C1 2-0 Continuous Decision Making Breakout U22

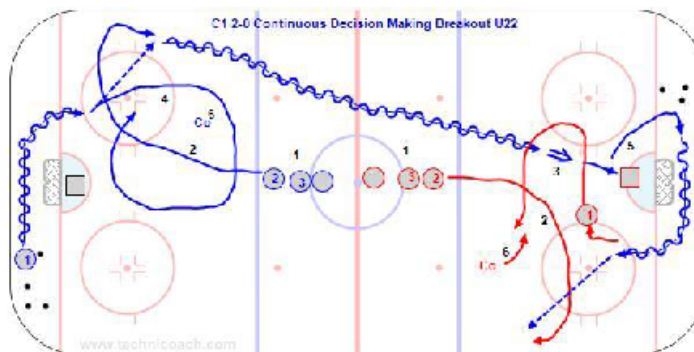
Key Points:

Give support on the wall and in the middle lane. On the wall face the puck and in the middle skate laterally giving the stick and skates as a target and be about a stride behind the movement of the player making the breakout pass. Player on the wall stay there unless the middle player crosses into your lane.

Description:

1. Players line up in the middle in the C1 formation with pucks at each end in the far corner.
2. Player two leave from each end and time getting open on the wall for a breakout pass from player one.
3. Player two shoot at the far end.
4. Player one make the breakout pass and then circle back to support the next breakout from the middle.
5. Player two shoot and get a new puck behind the net and make a breakout pass to either player one or player three who has left from the line-up in the middle.
6. The coach or else the player who wasn't passed to cover one of the forwards breaking out and force the player making the pass to recognize who is open for the pass.

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C1 2-0 Skate Inside and Pass Outside

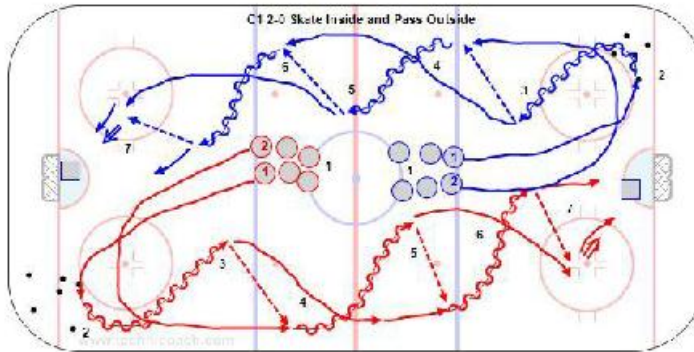
Key Points

Skate to the big ice between the dots with the puck and pass to the outside. Pass and follow the pass taking the ice behind.

Description:

1. Line up in the C1 formation at the bluelines.
2. Two players leave from the front of each line and get a puck from the corner.
3. The first player skate inside the dot with the puck and pass to the second player on the outside.
4. First player follow the pass and cross 'taking the ice behind.'
5. The second player receive the pass and skate between the dots.
6. The second player now passes wide to the first player and follows the pass.
7. Shoot and rebound after one pass in the offensive zone.

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B4 and B6 Pass and Replace – RB Pro

Key Points:

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

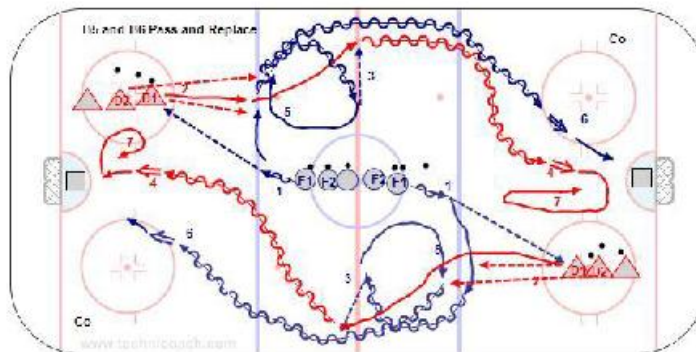
Description:

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 neutral zone.
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.

* F1 screen and tip or circle back for a rebound after shooting.

* This flow drill can also be done with F and D rotating starting points.

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



C1 Breakout-Attack-Breakout 1-0 or 2-0

Key Points:

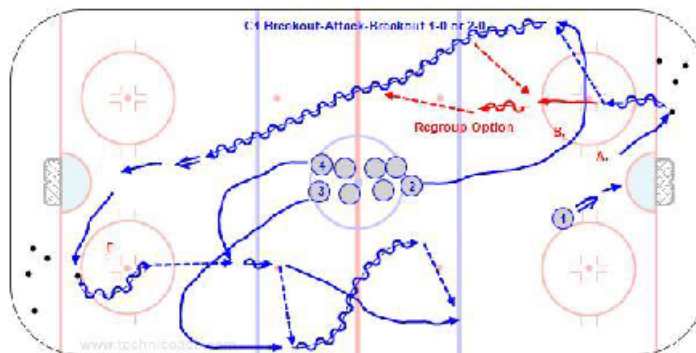
Time the support to be available when passer gets control of the puck. Give a target, call for the pass, skate to the big ice inside the dots when you get the puck.

Description:

- A. At both ends player 1 shoot, rebound and pick up a puck from the corner.
- B. Player 2 be available for a breakout pass from the middle or the boards. It could be two players one in the middle and one on the boards.
- C. Player 1 pass to player 2.
- D. Player 2 go down and shoot on the net and rebound.
- E. After shooting player 2 get a new puck from the corner and make a breakout pass on the other side of the ice for either a 1-0 or 2-0 rush.

*Option: Player 2 could regroup with 1 before attacking.

<http://hockeycoachingabc.com/media/gallery/media.php?f=0&sort=0&s=20080720203338539>



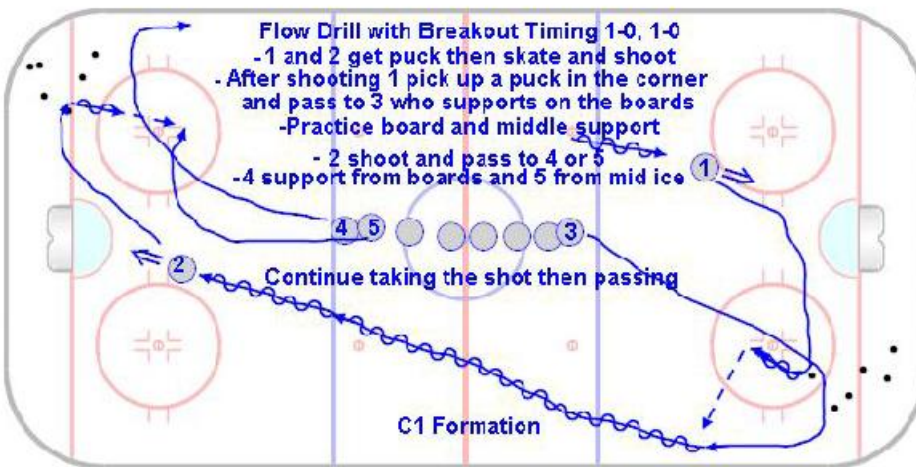
C1 Flow with Breakout Timing 1-0, 2-0

Key Points:

Players taking the pass must face the puck and give a target. Player passing should get between the dots with feet moving then pass. On a 2-0 only allow one pass in the offensive zone before shooting.

Description:

1. Players are lined up down the centre of the rink in the C1 formation. Pucks in the corner.
 2. The first player at each end, 1 and 2 leave, pick up a puck, skate down the ice, shoot and rebound.
 3. Next player in line leave and time the support from either the boards or the middle lane and give a target for a breakout pass. Then go down and shoot.
 4. Progress to 2 players giving support from the boards and middle lane.
 5. Regroups can be added by having the passer follow the attack.
- * 1-1 and 2-1 can be created by another player leaving the line and defending.



B4 Regroup and 1-0, 2-0 x 2

Key Points:

Call for a pass. D should always move before passing. On the 2-0 make a max of only one pass inside the blue line.

Description:

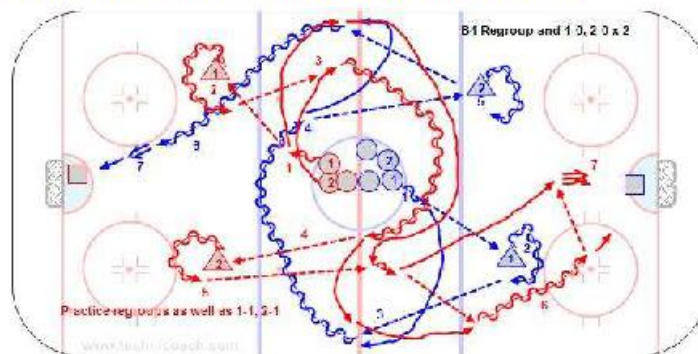
1. F1 pass to D1.
2. D1 pivot and F1 face the puck.
3. D1 pass to F1.
4. F1 skate and pass to D2 on the other side.
5. D2 pivot and pass to F1 who faces the puck.
6. F1 attack at full speed.
7. F1 shoot and rebound.

Alternate sides by making the first pass to D2

* Add F2 when there are 2 forwards.

* Create 1-1 and 2-1's if you have 8 D by having F1 attack D1 after the second pass and a new D replace D1.

<http://www.hockeycoachingabcs.com/mediagallery/album.php?aid=26&page=1>



C1 Regroup-Stretch Pass

Key Points:

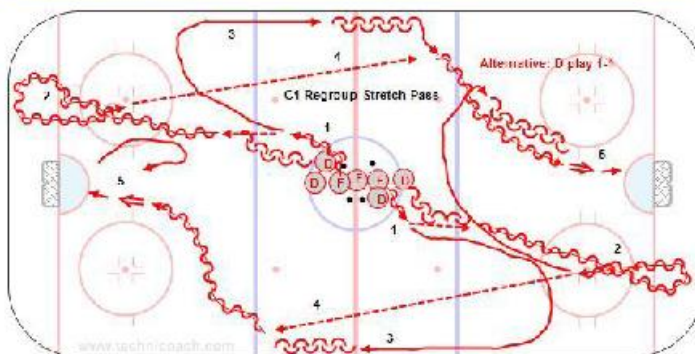
Insist on good habits. Face the puck, give a target, time the stretch for when you are sure the D can turn up ice.

Description:

1. F pass to D on each side of the ice.
2. D skate back with the puck and tight turn up ice.
3. F time support and stretch when D has full control and toe caps up the ice.
4. D pass to F.
5. F rebound for the next shooter.

*Alternative: After passing D play a defensive 1-1 vs the forward on the other side.

<http://hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20090901074922525>



B4 Reijo Pass and Replace

Key Points:

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

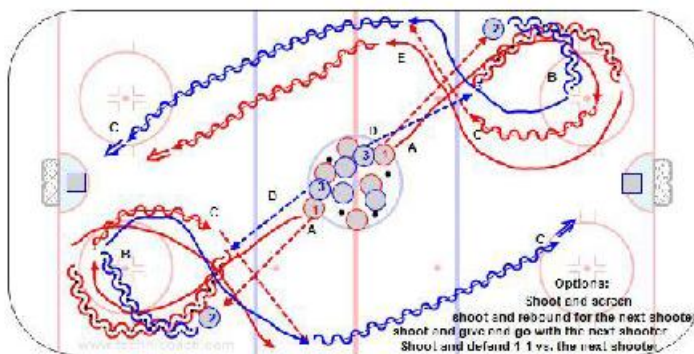
Description:

- 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.

<https://youtu.be/LOf9iRkZLEY>

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



B4-B6 - D Quick up to W – Pro

Key Points:

Defense shoulder check then pick up the puck and quickly move it up ice. If possible skate inside the dots before passing. Forward post up always facing the puck and time skating so he is moving when he gets the pass. Coach give passive resistance either at the blue line or back in.

Description:

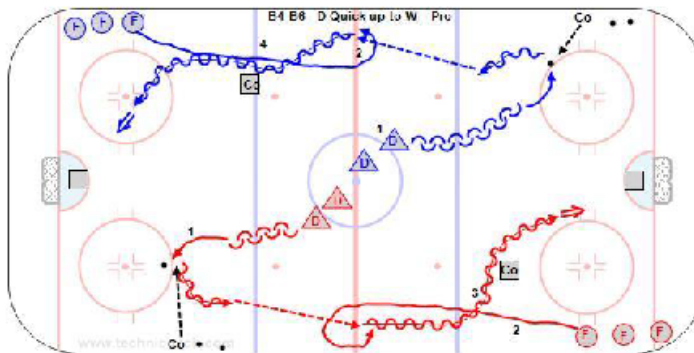
1. Defense leave from the middle and pick up a puck spotted just inside the blue line.
2. Forward leave from the hash marks and post up ready for a pass when the D looks up ice.
3. Forward read coach resistance and fake inside, go outside if he defends the blue line.
4. Forward skate to the middle if the coach backs in and gives up the blue line.

* Alternate sides.

*Options: circle back for the next rebound, give and go with next shooter, defend 1-1 vs. next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2016101410571731>

<https://youtu.be/wyATrsB9gk>



B4-B6 - Regroup x 4 – 1-0, 2-0 – Pro

Key Points:

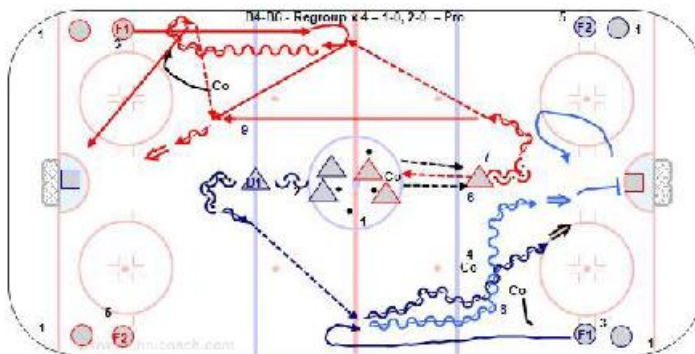
Defenseman must keep skating and pivot from backward to forward. Forward give support on the wall with a target. Everyone on the ice move the pucks. Forwards rebound for the next shooter on the 1-0 and go to the net after passing to the D on the 2-0.

Description:

1. Defense in the middle with pucks, forwards in the four corners and coaches at the blue lines.
2. Option one; D1's skate backward with the puck from both ends of the circle.
3. F1's from diagonal corners skate up to the red line and open up for a pass from D1.
4. Coaches give passive pressure at the blue line so F1 fake inside then go wide and shoot.
5. F2's leave on the whistle from the other diagonal corners and repeat with D2's.
6. Option two; coach or a player one touch pass to D1 while he skates back then repeat.
7. Option three; coach flip the puck high to D1 as he skates back and gloves the puck in front.
8. Coaches give up the blue line and deny wide entry. F's read this and cut to the inside.
9. Option four; D's join the rush, coach pressure wide, F's delay and pass to D who takes the shot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170718113933724>

<https://youtu.be/nZY10MzurHM>



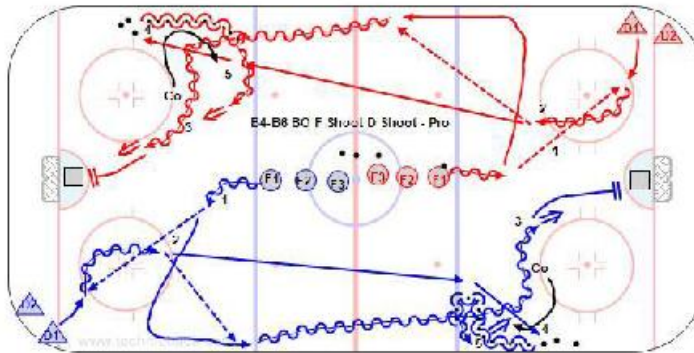
B4-B6 BO F Shoot D Shoot – Pro

Key Points:

Quick feet and firm passes. Coach resist the F and force the D to make evasive moves. Forward shoot while skating and follow the shot for a rebound then screen.

Description:

1. F1 leave at both ends and pass to D1.
2. D1 drive skate to the big ice and pass to F1 in the wide lane.
3. F1 read the coach has given up the blue line and skate to the middle with the puck and shoot.
4. D1 follow and get a puck along the boards at the top of the circle.
5. D1 skate backward with the puck and make evasive moves vs. the coach to find a shooting lane.
6. D1 shoot while F1 screen and tip.
7. Repeat with F2 and D2.



B4-B6 Breakout 3-0, Point Shot – Pro

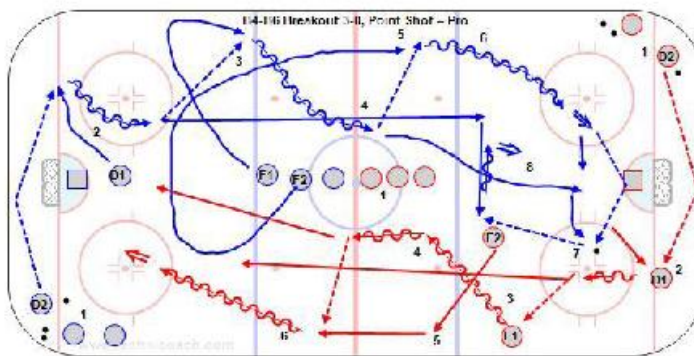
Key Points:

Breakout, skate to the big ice, screen, shot pass, tip, post up.

Description:

1. Forwards in the middle and D in opposite corners.
2. Start with D1 in front moving for a pass from the D2 in the corner.
3. F1 support on the boards and F2 come mirror the D to D pass across.
4. D1 pass to F1 who skates between the dots to the big ice.
5. F2 cross and take the ice behind to the wide lane.
6. F1 pass to F2 who shoots.
7. F1-F2 get the rebound or a new puck from the corner and pass to D1 at the point.
8. D1 shoot while F1-F2 screen.

<http://www.hockeycoachingabc.com/media/gallery/media.php?f=0&sort=0&s=20150105082513205>



B4-B6 Pass and Shoot ProW

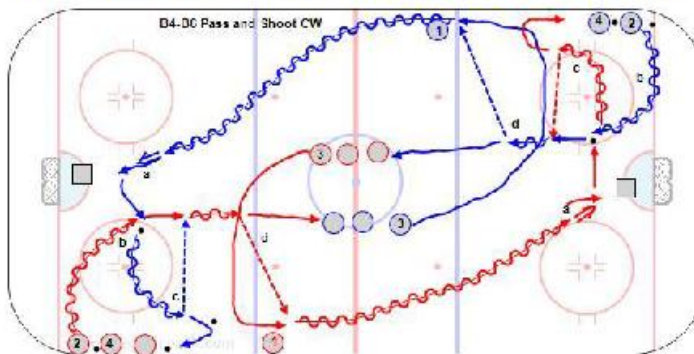
Key Points:

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>



B4-B600 - BO 2-0-Point Shot x 2 - Sw F

Key Points:

Defense skate to the 'Big Ice' between the dots before passing. Forwards time skating to be available when the passer turns up ice. Give a target, go through the neutral zone quickly, hit the net, follow the shot, one screen and one be available for a shot pass.

Description:

1. Forwards leave from the middle and along the boards in the neutral zone, D from the blue line.
2. D1 go back for a puck at the top of the circle.
3. F1 support from the middle and F2 along the boards.
4. D1 pass to F1 or F2 and follow the play.
5. F1-F2 attack-shoot-rebound then screen tip.
6. D1 pick up a puck inside the blue line, skate to the 'Big Ice' and shoot.
7. Come out hard on the whistle.
8. D2-F3-F4 repeat.

<http://www.hockeycoachinabrics.com/media/gallery/media.php?f=0&sort=2&s=2017010311354039>

<https://youtu.be/t-RCQG6Pllg>



B4-B600 - Neutral Zone Pass x 2 – Shot - U18 F

Key Points:

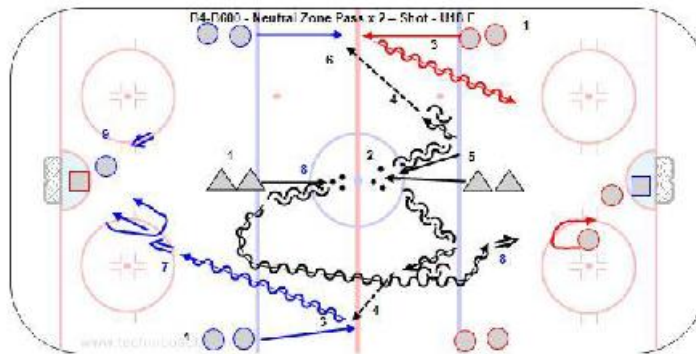
Forwards face the puck and give a target. Defense make crisp wrist or snap passes while skating.
Forwards focus on keeping the stick blade square to the pass, especially on the backhand.

Description:

1. Forwards at the blue lines and defense in the middle.
2. Defense at each blue line skate forward - get a puck.
3. Forwards from diagonal side skate up to the red line and pivot for a pass.
4. Defense each pass to a forward on the opposite wing.
5. Defense repeat by skating back to the blue line and up to get a new puck.
6. Defense now pass to a second forward who pivots for a pass on the other wing.
7. Forwards skate in and take a shot then follow the shot for a rebound.
8. Defense get a third puck, pivot at the blue line then skate to far blue line and take a point shot.
9. First forward screen and second circle back to rebound for the next shooter.

<http://www.hockeycoachinabrics.com/media/gallery/media.php?f=0&sort=2&s=20171102112044347>

<https://youtu.be/-N4f0S3tNVk>



B4-B600 - RG 1-0 x 2 x 2 - C U18F

Key Points:

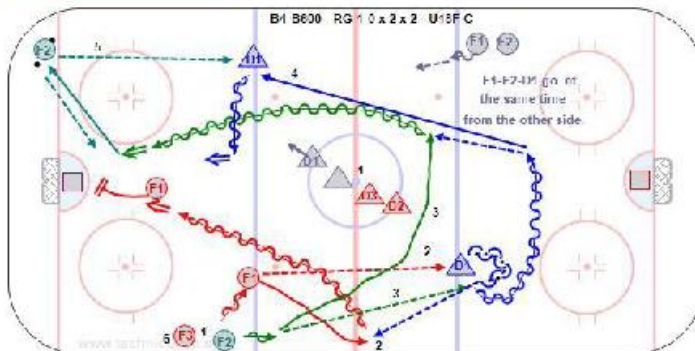
Face the puck, give a target, pass hard, follow the shot, screen, shot pass, tip, point shot.

Description:

1. Defense starts in the middle and forwards from the corner.
2. F1 each side pass to D1, regroup and go in and shoot.
3. F2 pass to D1 and skate across the ice for a return pass then shoot from the other side.
4. D1 follow F2 to the blue line.
5. F2 get a puck from the corner and pass to D1 who shoots while F2 screens and F1 skates in for a shot pass.
6. Repeat with F3 and F4 regrouping with D2 on each side.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20161103102955446>

<https://youtu.be/n5DrI5j8WF0>



B4-B600 BO Routine x 3 x 2 U17

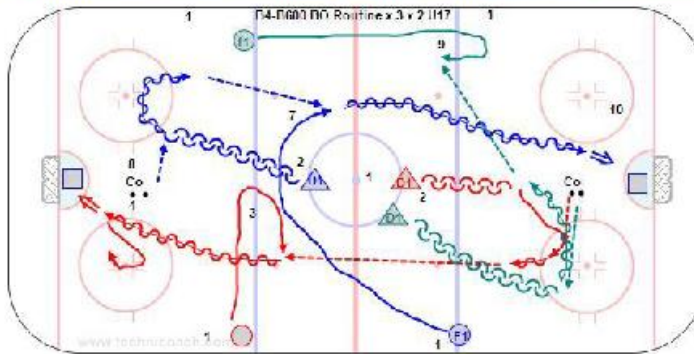
Key Points:

Do at top speed with fast feet and firm passes from the triple threat position. Forward must time his break and give a target.

Description:

1. D in the middle, F at the 4 blue lines and coach with pucks at the top of the circle.
2. D1 from each end of the line skate backward and pick up a puck on one side.
3. F1 from diagonal blue lines skate to the middle and back for a stretch pass.
4. F1 attack and shoot while F1 get a puck placed by the coach on the other side.
5. F2's at each end time their skate for a stretch pass and attack.
6. D2's repeat with F3-F4 etc.
7. Step 2 if for F1's at the far diagonal blue lines now come back and across the middle for a pass.
8. Repeat having the coach spot a puck to the right then a second puck to the left.
9. Step 3 F1's now skate back into the zone and get a cross-ice pass from D1.
10. D1 pass to F2 on the other side.
11. Coach spot the puck a little wider in Step 3.

<http://www.hockeycoachingabcs.com/media/gallery/media.php?f=0&sort=0&s=20151016121841984>



B4 Rejo Pass and Replace

Key Points:

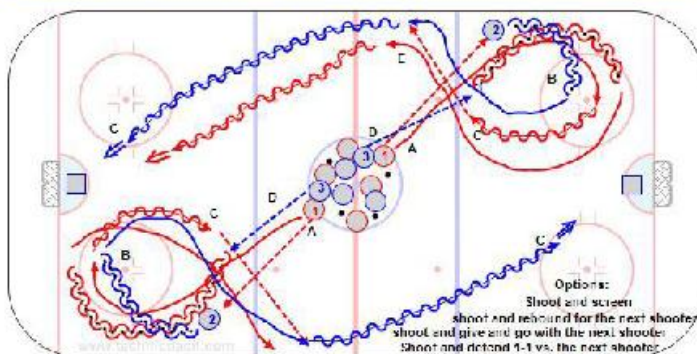
Face the puck at all times. Use pivots and turns. Give a target and call for the pass.

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



B5 - Angling Along the Boards – Sw

Key Points:

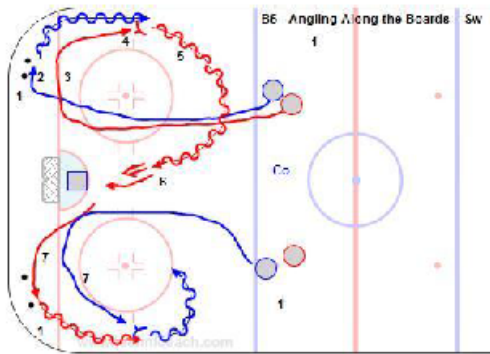
Approach the puck carrier from slightly behind angling toward the back of the inside shoulder with the stick on the puck and body on body. Skate through the hands with the inside leg in front and pick up the loose puck.

Description:

- 1 - Players line up just outside the blue line near the dots, puck are in each corner.
- 2 - F1 leaves and picks up a puck in the corner then skates up the wide lane.
- 3 - F2 follows from slightly behind and steers F1 along the boards.
- 4 - F2 approaches at the back shoulder with 'body on body and stick on the puck.'
- 5 - F2 angle checks F1 with the inside leg in front then picks up the loose puck.
- 6 - F2 skates into the slot and shoot - rebounds.
- 7 - F2 picks up a puck from the opposite corner and F3 becomes the checker.

* Repeat alternating sides.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20140625103708719>



B5 - Breakout Reps - Czech U20

Key Points:

Defense go through the options for picking up a dump in. Shoulder check one way, fake, hard strides with the puck.

Description:

1. Defense at one end and alternate options when they go back for a puck.
2. Shoulder check, fake turn right, left, counter, wheel.
3. The D to D options; over, reverse can also be done.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20150816212955269>



B5 - Breakout x 2 Regroup - 3 Shots - Pro

Pro Key Points:

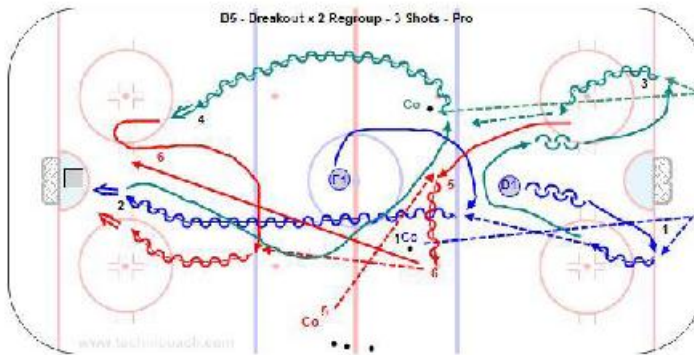
Shoulder check, skate between the dots, forward time to skate into the pass and give a target, pass while skating.

Description:

1. Coach dump the puck into the corner for D1 who passes to F1.
2. F1 attack and shoot at the far end.
3. Coach dump the puck into the other corner for D1 who passes to F1.
4. F1 attack a second time at shoot at the far end.
5. Coach pass to D1 near the defensive blue line.
6. D1 regroup and pass to F1 and join the rush.

*You could do this sequence up to 5-0.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20141016091352784>



B5 - D Alternating Point Shots - Russian U20

Key Points:

Pass and shoot while skating. Give a target and hit the net with the shot. Use lots of fakes and carry the puck in the triple threat position.

Description:

1. D1 pick up and puck and skate inside the dot and pass to D2 who shoots while skating backwards.
2. D2 get a new puck, skate, pass to D1 who shoots while skating backwards.
3. D1 get a new puck skate a pass to D2 who is skating backwards.
4. D2 pass back to D1 who shoots from the mid-point.
5. Repeat - D2 to D1 to D2 who shoots.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150914091850785>



B5 - D to D Hinges - U17

Key Points:

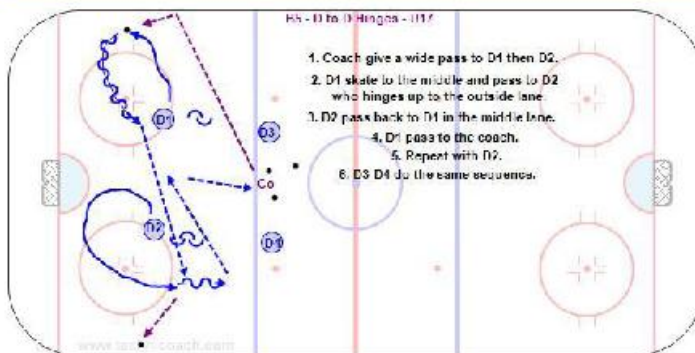
Shoulder check, skate and pass, D must stagger and not be parallel. Give a target and use head and shoulder fakes to freeze forecheckers.

Description:

1. Coach give a wide pass to D1 then D2.
2. D1 skate to the middle and pass to D2 who hinges up to the outside lane.
3. D2 pass back to D1 in the middle lane.
4. D1 pass to the coach.
5. Repeat with D2.
6. D3-D4 do the same sequence.

* Option: Use the same sequence to practice low breakout options.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201509271032233>



B5 - Neutral zone Angling

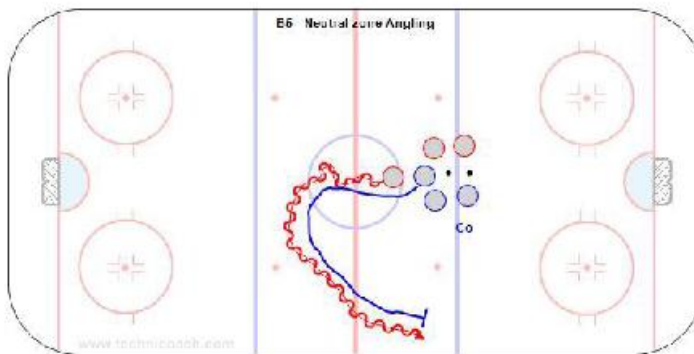
Key Points:

Mirror the attacker from behind. Keep the attacker on the outside, approach toward the inside shoulder with the stick on the puck, shoulder in front and body on body.

Description:

1. Line up in the neutral zone with a defender following an offensive player with the puck.
2. Offensive player make moves and dekes and then turn either way to attack.
3. Defender mirror the offensive player and turn staying on the inside.
4. Defender close the gap by approaching from about a half stick behind at the inside shoulder.
5. Defender keep the stick on the puck and body on body to angle the attacker and take the puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131101142929311>



B5 - Shot Block x 3 - U17

Key Points:

Get into the shooting lane first before closing the gap. Create a large surface by going down on one knee sideways and turn the protective equipment toward the puck.

Description:

1. Three coaches (or players) spread across the point and have a soft puck or ball.
2. Player starts facing the net at the hash marks.
3. On the signal turn and identify which shooter has the puck.
4. First skate into the shooting lane and then skate out to close the gap.
5. Time it so you drop to one knee sideways just before the shot.
6. Use controlled skating so you can adjust to fake shots or drag and shoot moves.
7. Turn the elbow pad toward the shot and the head sideways to protect yourself when there is no full cage to protect your face.
8. Return to the mid slot and do 3 repetitions.
9. After using this drill to teach technique a good progression is to have a SAG where the Jokers at the point must shoot.

Blocking Shots Sweden

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

Blocking Shots x 3 - U17

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20150818104140257>



B5 - T2 5-0 Breakout Practice

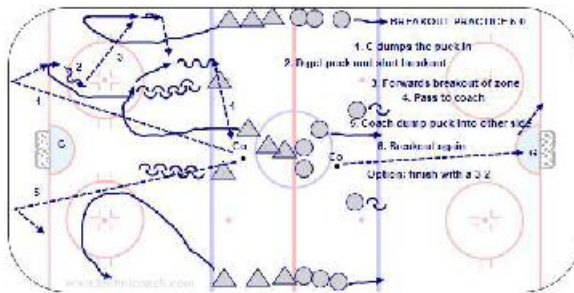
Key Points:

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 break out.
 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.hockeycoachingabc.com/media/gallery/video.php?n=20121101085219680>



B4 1-0 Outside-Middle Shots - Czech U17 and Two Pro

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:

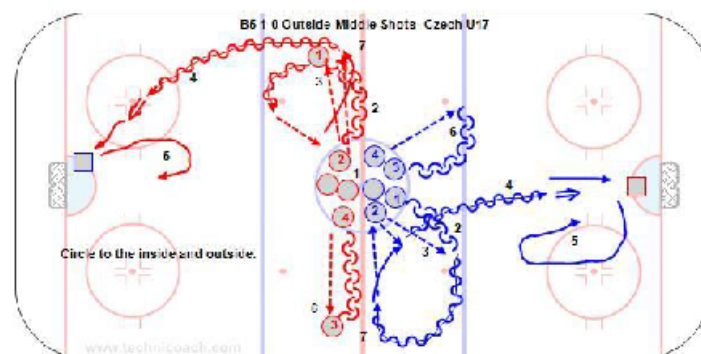
1. All players and pucks are in the middle.
2. One player leave from each side.
3. Player 2 pass to player 1 who circles between the red and blue line.
4. Player 1 skate in and shoot after the third pass.
5. After shooting player 1 circle back and rebound for the next shooter.
6. Alternate sides and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

The first video demo is the Czech National U17 Team and the next two are with pro players.

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

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706215731742>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706153625664>



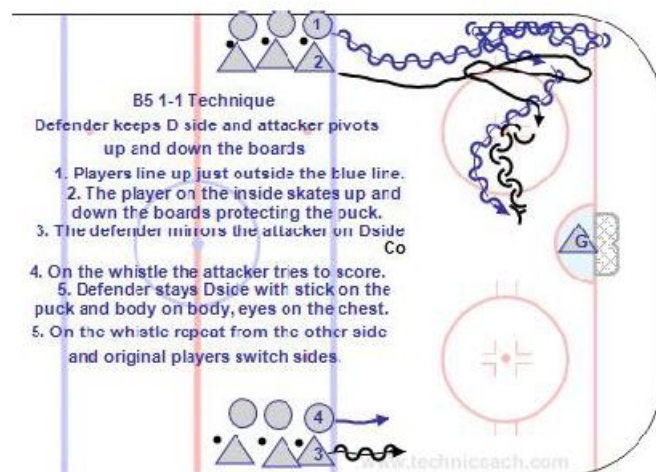
B5 1-1 Defensive Technique

Key Points:

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

Description:

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



B5 2-0 Shot - Rebound – Shot

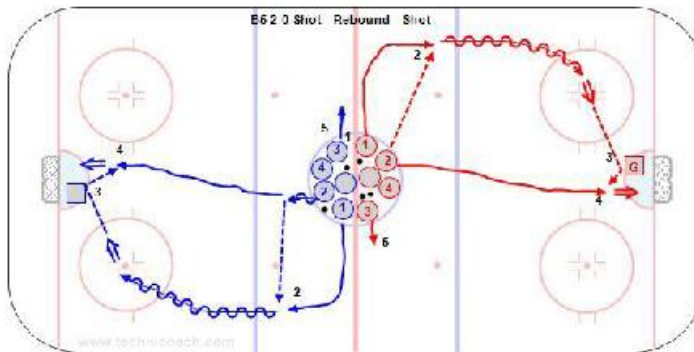
Key Points:

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.hockeycoachingabc.com/files/mmt_data/B5%203-0%20Breakout-ShootCycle-F%20or%20D%20Shot-Finnish%20U17.3sq

B5 and B6 Pass and Replace

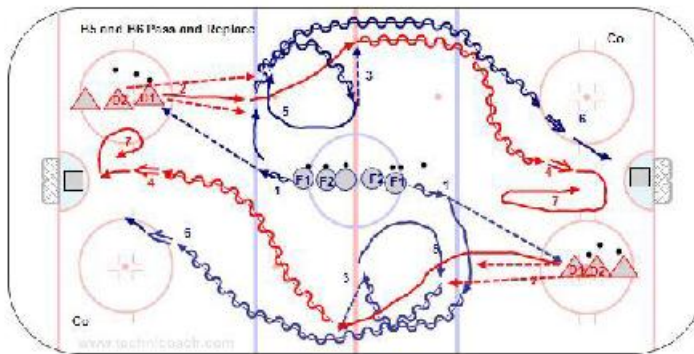
Key Points:

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

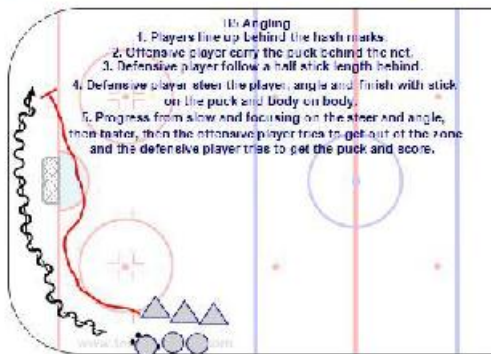
Key Points:

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.

<http://www.hockeycoachingabc.com/mediagallery/media.php?s=20080719114133299>



B5 B600 1-1, 2-1

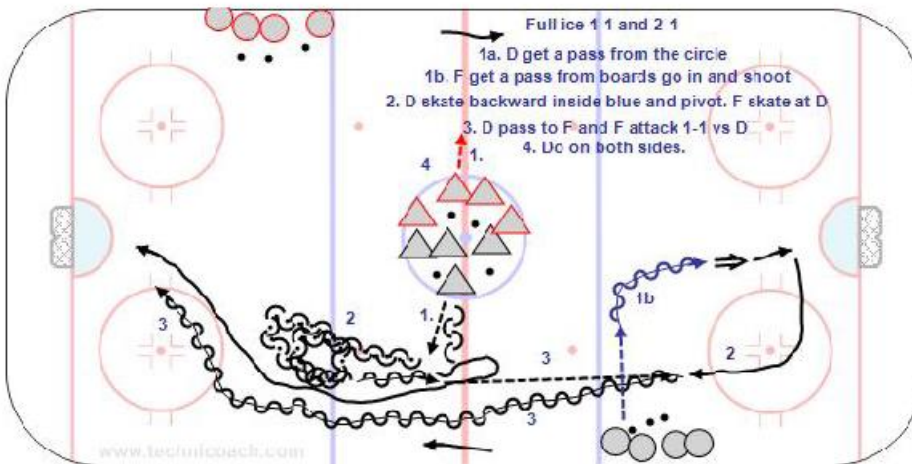
Key Points:

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

Description:

Full ice 1-1 and 2-1

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



B5 Breakout 5-0 with Point Shot

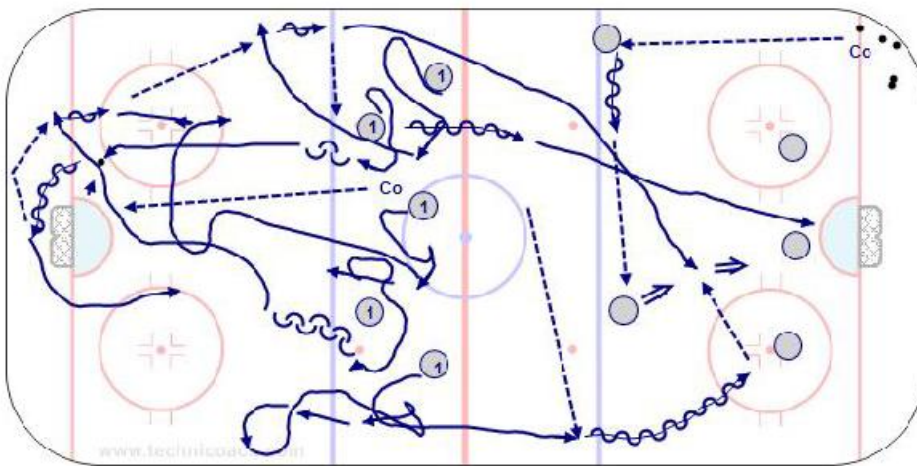
Key Points:

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

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

Description:

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



B5 Breakouts With 2 D

Key Points:

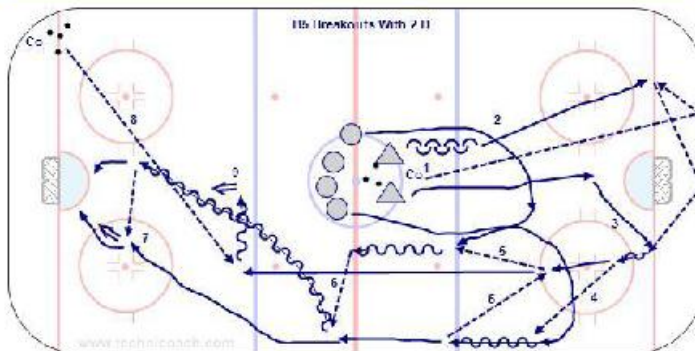
Defense practice D to D passes and communicate with each other.

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 Breakouts With 2 D

Key Points:

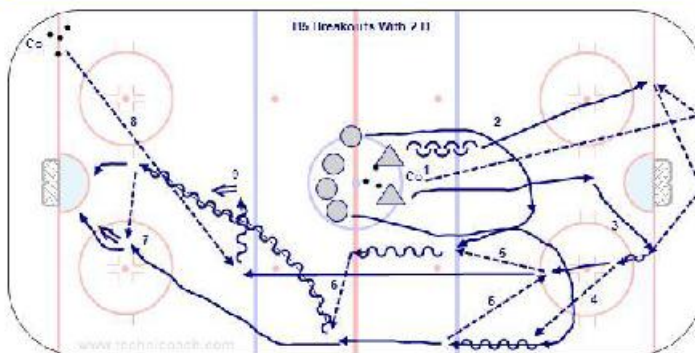
Defense practice D to D passes and communicate with each other.

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 on side 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.

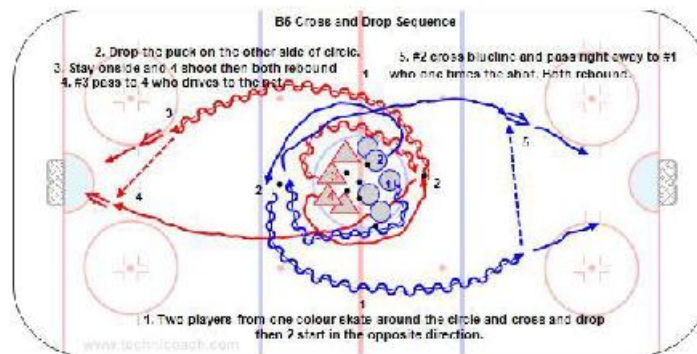
Options:

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20091019154512198>



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.

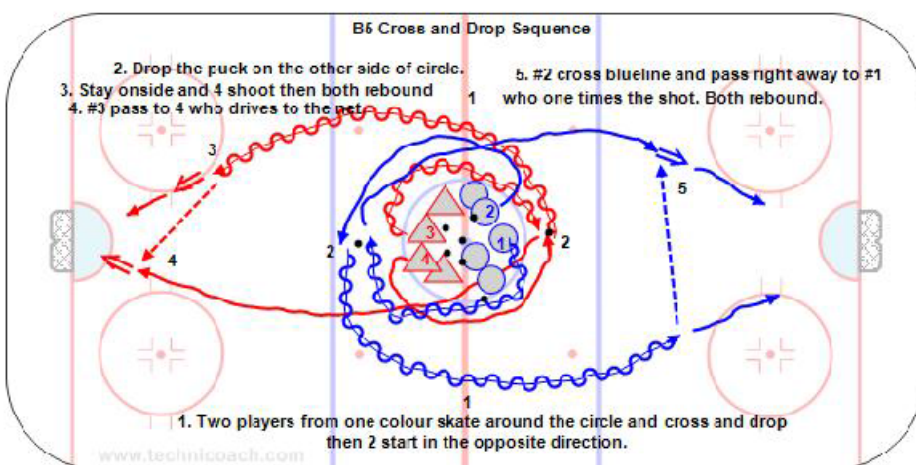
Description:

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

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20091019154512198>



B5 Czech Stretch Pass

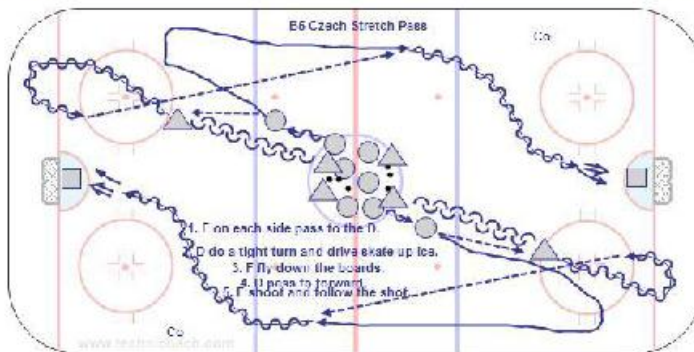
Key Points:

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.

<http://hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20090208152001852>



B5 Double Cross and Drop – HC Dukla Jihlava

Key Points:

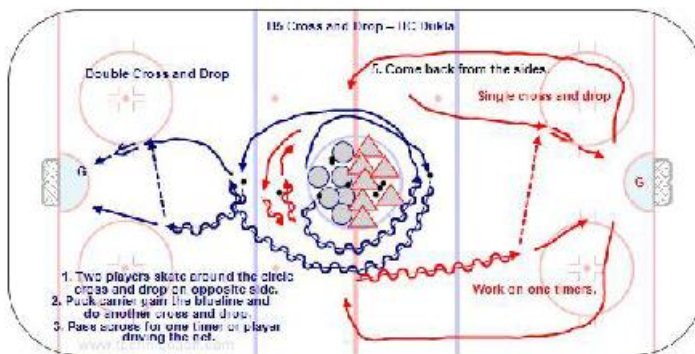
Do one or two drop passes and work on quick attacks, one timers or create situations. Use this formation from 1-0 to 3-0 or create 1-1 to 3-3 situations. Always follow the shot for rebounds.

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

B5 Double Cross and Drop



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

-R2 gain the blue line and cross-drop to R1.

-R1 either shoot or pass to R2 who shoots.

-Rebound.

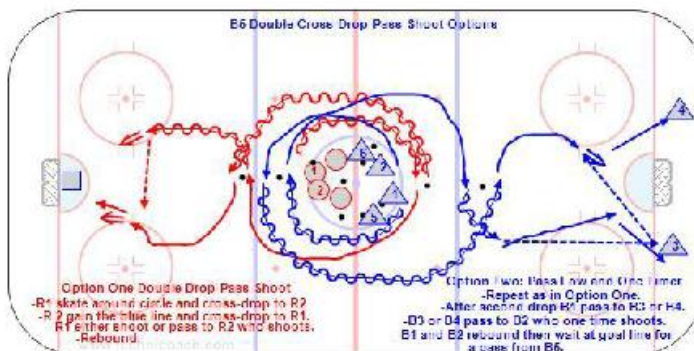
Option Two: Pass Low and One Timer

-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

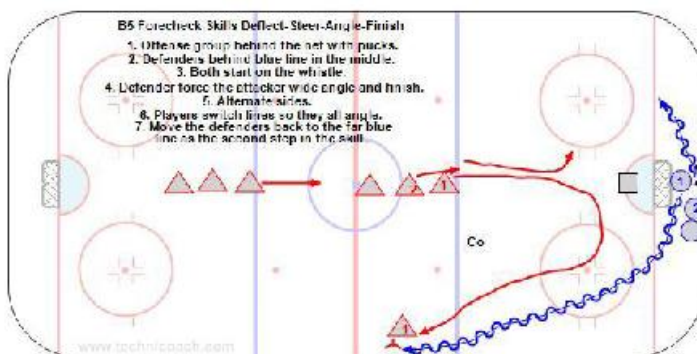
Key Points:

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.

<http://hockeycoachingabcs.com/media/gallery/media.php?f=0&sort=0&s=20090813080843840>



B5 Forecheck Skills Deflect-Steer-Angle-Finish

Key Points:

Gene Reilly shows the approach to European second league pro's and then U18 AAA girl's do the same drill. 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:

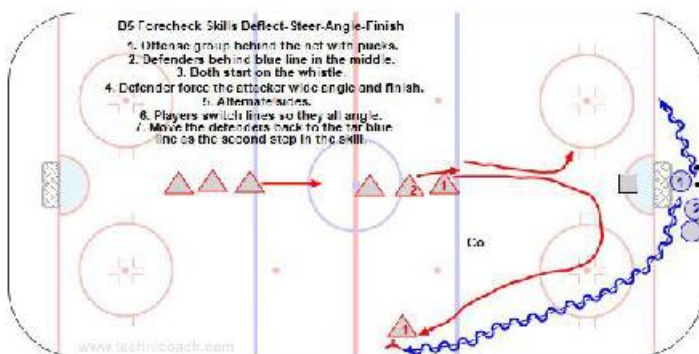
1. Offense group behind the net with pucks.
2. Defenders behind blue line in the middle.
3. Both start on the whistle.
4. Defender force the attacker wide angle and finish.
5. Alternate sides.
6. Players switch lines so they all angle.
7. Move the defenders back to the far blue line as the second step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

Demonstration with second league European pro's.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090813080843840>

Demonstration with U18 Girl's.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111005152254430>



B5 Full Ice Breakout-One D

Key Points:

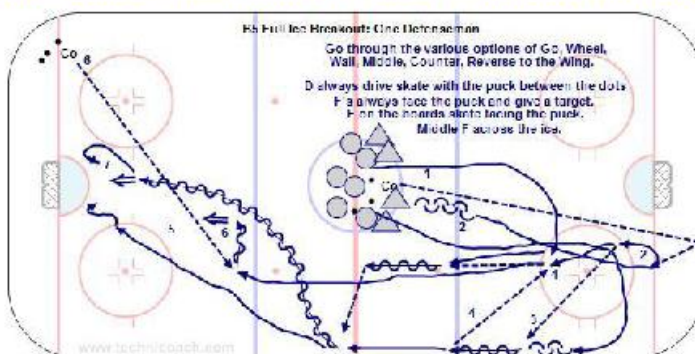
Go through the various options of Go, Wheel, Wall, Middle, Counter, Reverse to the Wing.

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

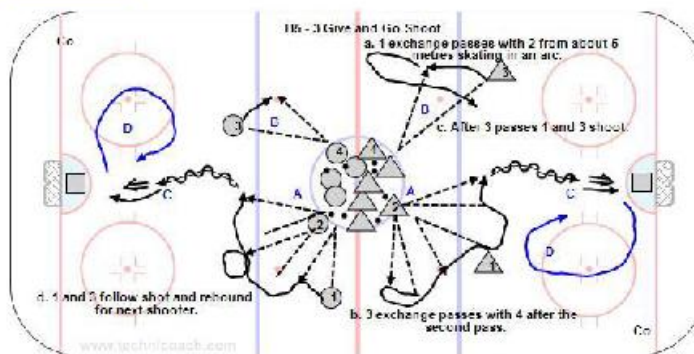
Key Points:

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 Loose Puck Battles

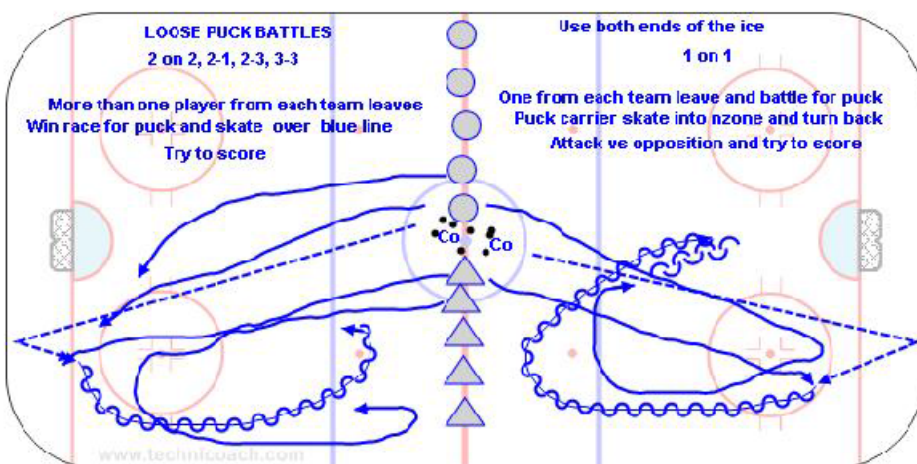
Key Points:

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

Description:

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

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



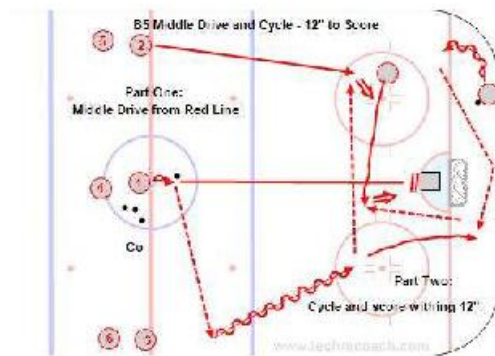
B5 Middle Drive and Cycle - 12 Seconds to Score

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

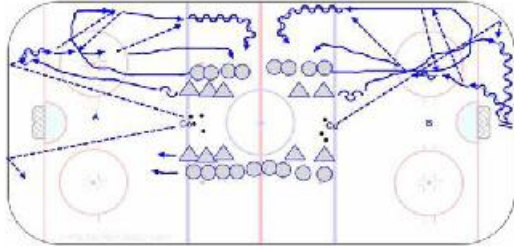
A. Coach shoots puck in and D gets the puck and passes to the wing who times his skating from inside to outside. D to W back to D and up to wing. Then repeat on the other side. All forwards take turns getting the pass on the wing.

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 A and B

Key Points:

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

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

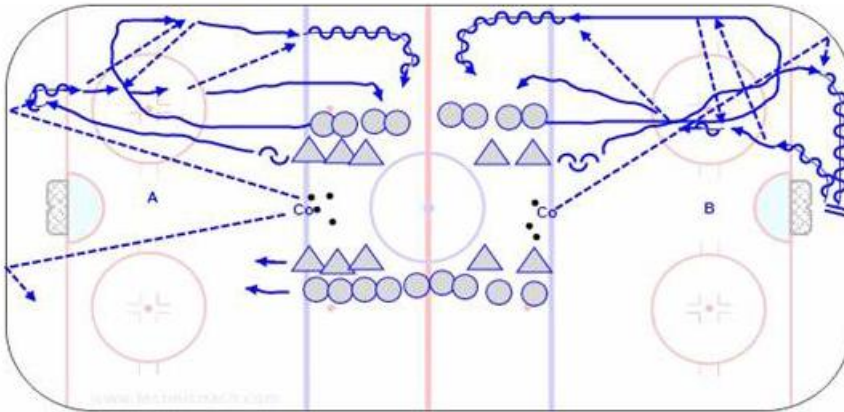
Description:

Wings and Defense

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

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

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



B5 Murdoch Breakout Routine C and D

Key Points:

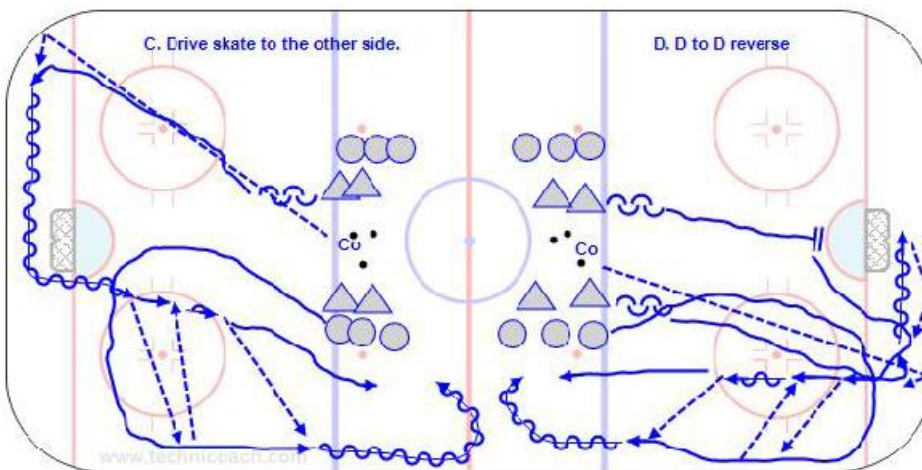
Defenseman Shoulder check on the way to read the forechecking pressure.

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

Description:

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

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



B5 Murdoch Breakout Routine E and F

Key Points:

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

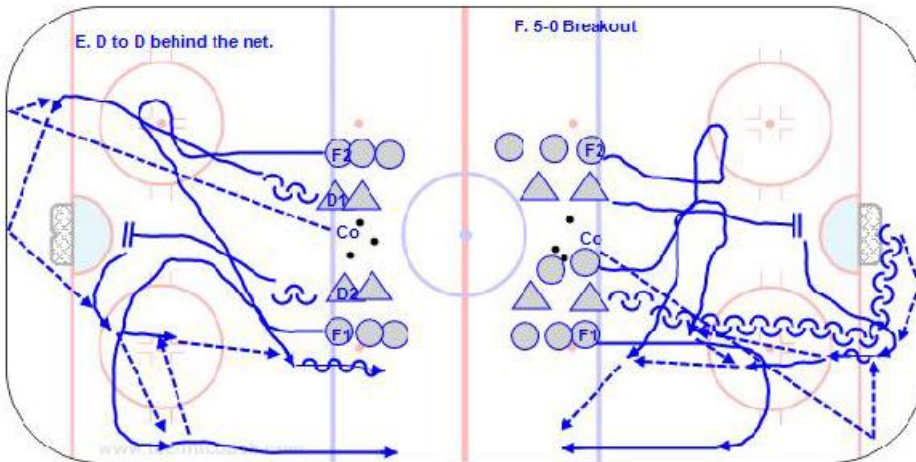
Description:

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

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

Example:

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



B5 Nzone Overspeed

Key Points:

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

Description:

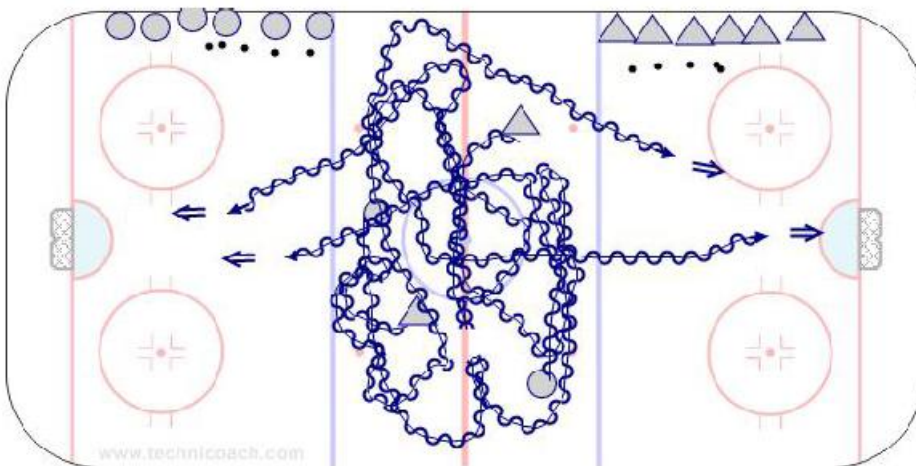
Players wait outside the neutral zone against the boards.

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

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

Follow the shot, look for rebounds.

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



B5 Options Using One Quarter Ice

Key Points:

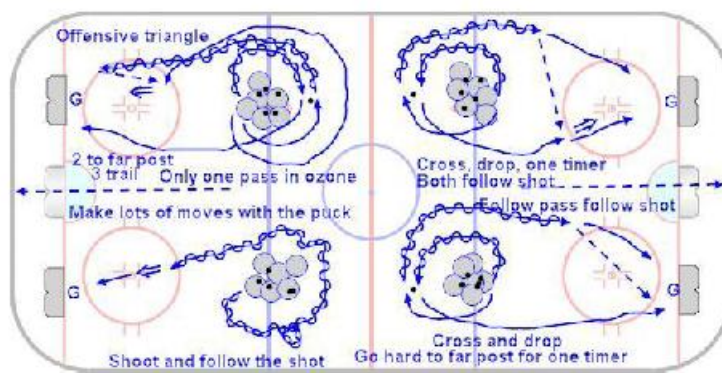
When you have large groups and many goalies it is easy to divide the ice and do skills and games in smaller areas. Skating around the circle adds crossovers as well as drop pass options.

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

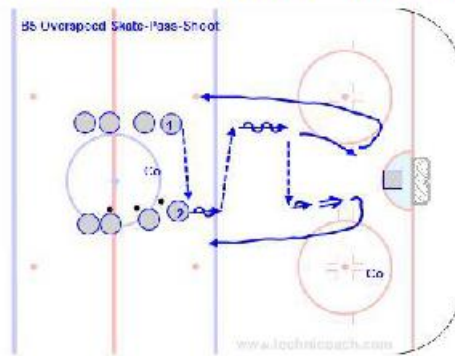
Key Points:

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 blueline as fast as possible.

<http://hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20090805115344598>



B5 Pass and Shoot Warm-up Russian Women National Team

Key Points:

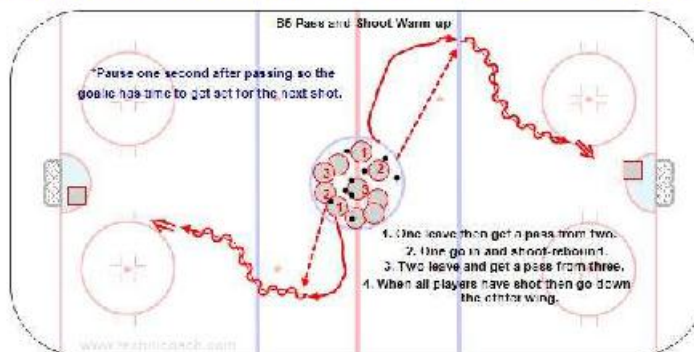
Face the puck. Shoot while skating. Follow the shot for a rebound. After shooting either screen or circle back and look for a rebound from the next shooter.

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.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20111214162836291>



B5 Regroup 2-0 x 2-Flames

Key Points:

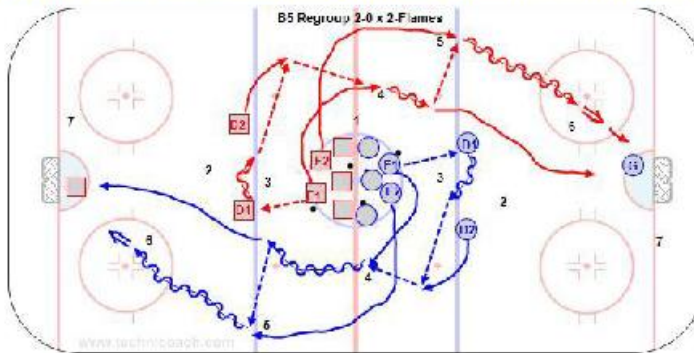
This drill works on the wide hinge, giving targets, pass to the middle, wide entry and middle drive. Everything should be done as quickly as possible with good habits like stopping at the net for rebounds.

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

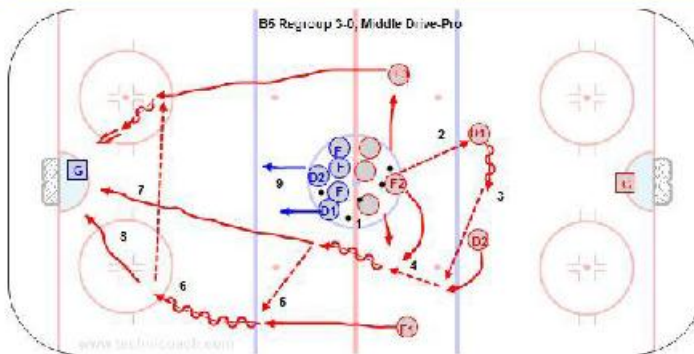
Key Points:

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:

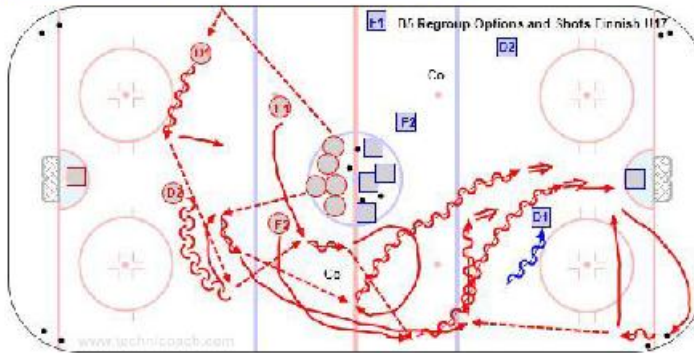
Face the puck at all times and give a target. Shoot while skating and follow for a rebound. Pass firmly. Done from both sides at once.

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.

<http://www.hockeycoachingabc.com/filemgmt/index.php?id=89>



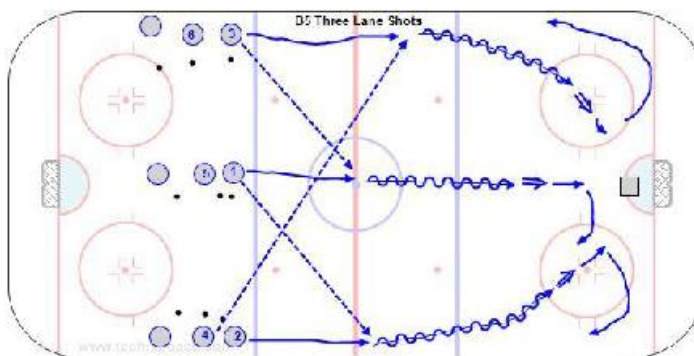
B5 Three Lane Shots

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.



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

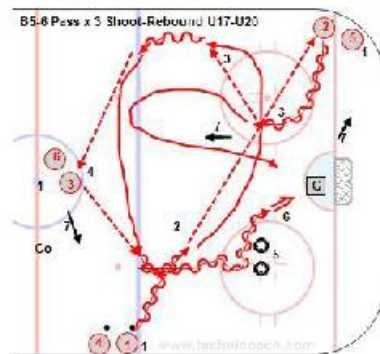
Key Points:

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.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=2013032310062819>



B5-6, 1-1 x 2 From Blue Line and Corner - Svenska

Key Points:

On offense protect the puck, shoot while skating and follow the shot for a rebound. On defense play from the net side with the stick on the puck. Stay with the attacker and control the stick after the shot and then look for the puck.

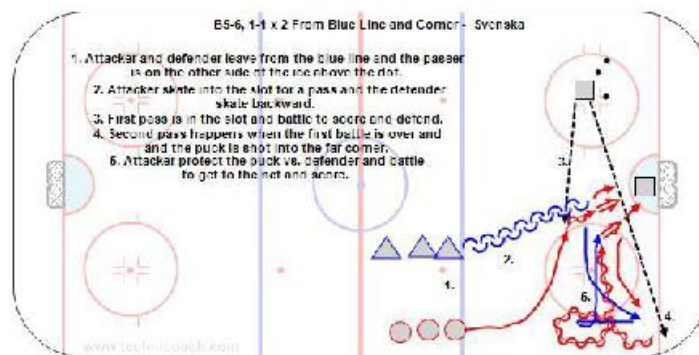
Description:

1. Attacker and defender leave from the blue line and the passer is on the other side of the ice above the dot.
2. Attacker skate into the slot for a pass and the defender skate backward.
3. First pass is in the slot and battle to score and defend.
4. Second pass happens when the first battle is over and the puck is shot into the far corner.
5. Attacker protect the puck vs. defender and battle to get to the net and score.

<http://www.swehockey.se/Hockeyakademin/Utbildning/Video/Ovningsbanken/>

Swedish Hockey site Mot 1-1 situation one.

<https://skydrive.live.com/?cid=bd6fa116988317e9#cid=BD6FA116988317E9&id=BD6FA116988317E9%213076> Skydrive



B5-B6 Breakout 3 Shot Czech - U17

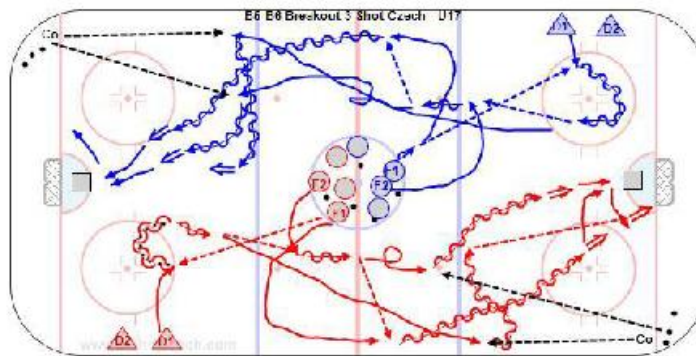
Key Points:

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

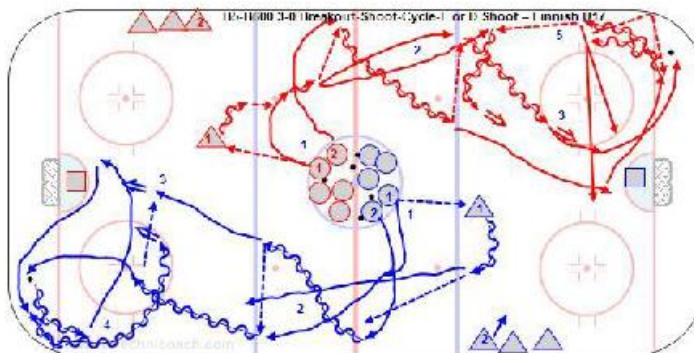
Key Points:

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.

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



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.

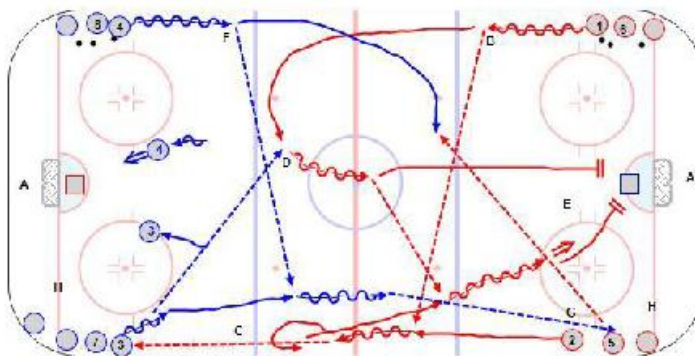
D. 3 pass to 1 in the middle lane.

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.



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.

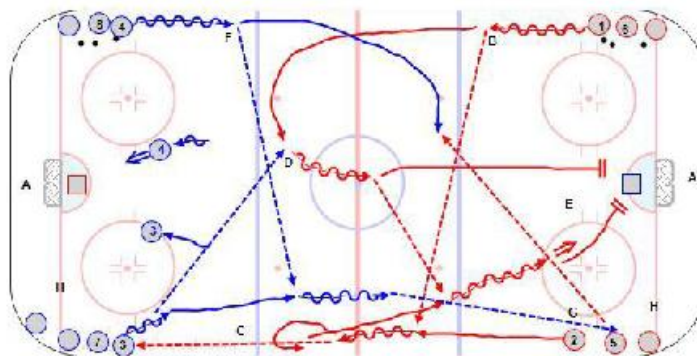
E. 1 and 2 shoot and rebound.

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

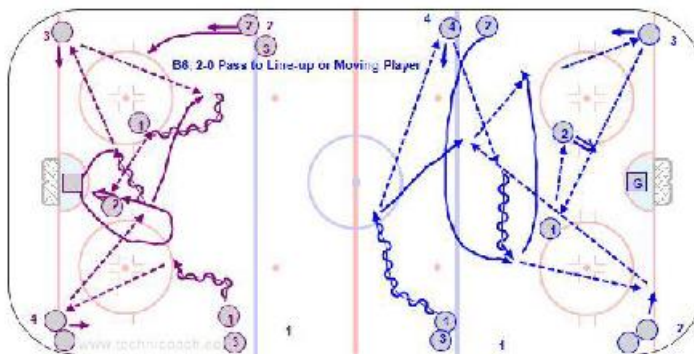
Key Points:

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.

<http://www.hockeycoachingabc.com/media/gallery/media.php?f=0&sort=0&s=20121119120038152>



C6, 2-0, Regroup, 2-1 Back

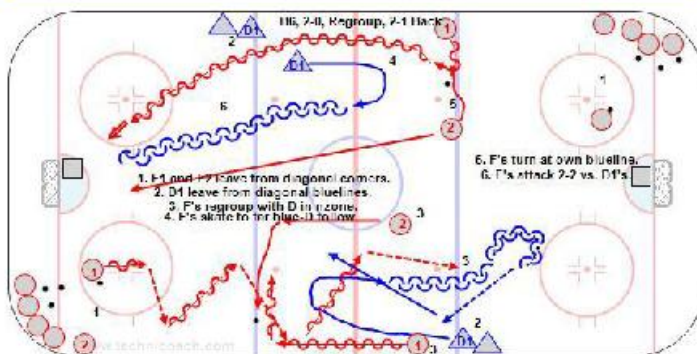
Key Points:

Forwards pass to the outside and skate to the middle with the puck. Face the puck all the time. D pivot with the puck. D work with the goalie and only give away poor shots. Forwards attack with speed and make the first play early. One high one low; one fast one slow.

Description:

1. F1 and F2 leave from diagonal corners.
2. D1 leave from diagonal bluelines.
3. F's regroup with D in nzone.
4. F's skate to far blue-D follow.
5. F's turn at own blueline.
6. F's attack 2-2 vs. D1's.

<http://hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20101007155153211>



B6-Dean 1 High 1 Low Shooting

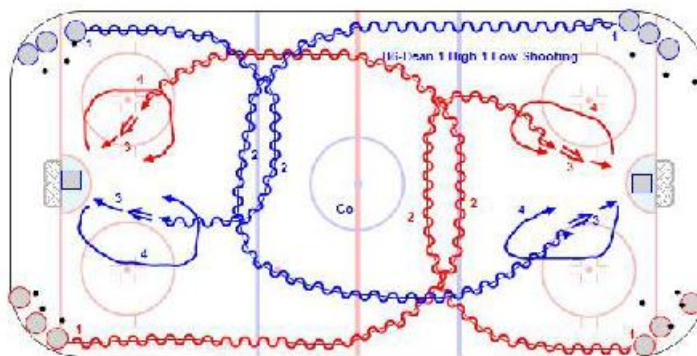
Key Points:

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101003085932985>



B5-B600 Quick ups x 2 - Latvia U20

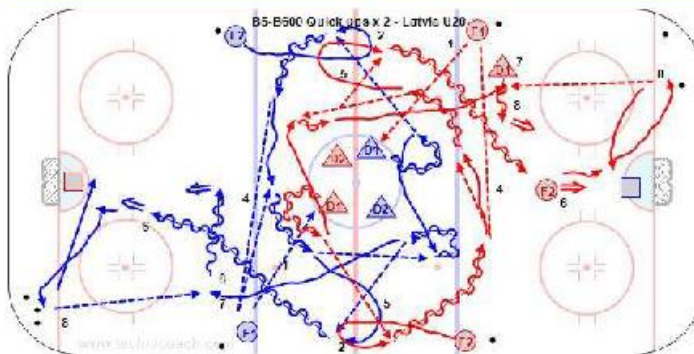
Key Points:

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121204145927172>



B6 - 1 High 1 Low Shooting x 2 - Pro

Key Points:

Shoot with your feet moving. Go to the other corner when finished. Players don't need whistles and can leave when the last play is finished.

Description:

1. One player leave with a puck from diagonal corners and skate around the dots at the far blue line.
2. At the same time players leave from the other corners and skate around the dots at the near blue line.
3. Shoot and follow the shot for a rebound.
4. After shooting either screen, circle back to rebound for the next shooter, give and go with the next shooter or defend a 1-1.

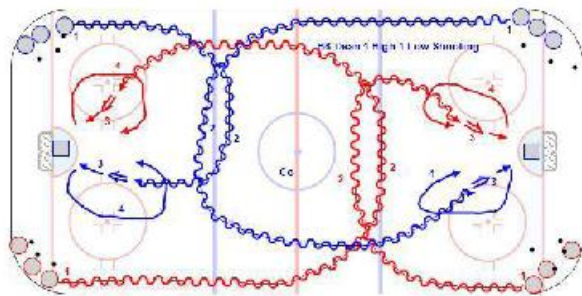
* Add pivots, Crosby's, any agility skating.

* Another option is to add exchange pucks with the player leaving from the diagonal corner.

Example with agility skating: <http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201407082311377920>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170331100743546>

<https://youtu.be/hzhm55hiiBw>



B6 - 1 High 1 x 2 Low Shooting - Pro

Key Points:

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

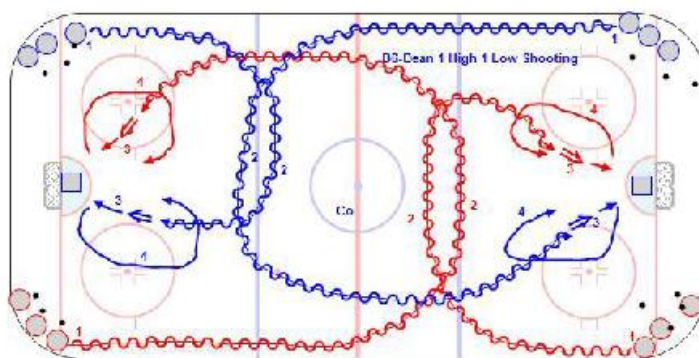
Description:

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101003085932985>

Same drill with agility skating added.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140708231537950>



B6 - 1 on 1 to 2 on 2 With Both Offensive and Defensive Support - Pro

Key Points:

D joins the play and F backchecks on the whistle to practice offensive and defensive support.

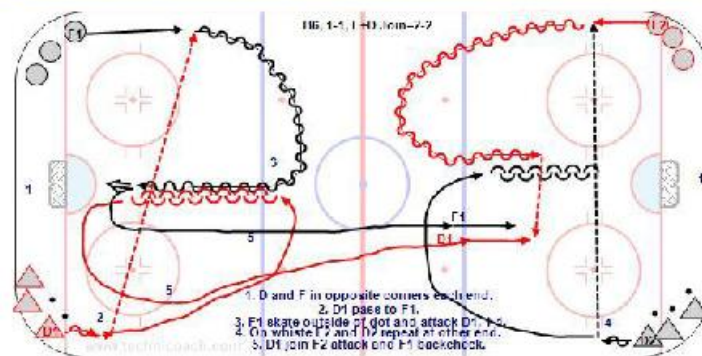
Description:

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

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

This is a great situational drill.

<http://hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20101007154527928>



B6 - 2 Cross and Drop - Regroup - 3-0 – Pro

Key Points:

Pass and shoot while skating. Give a target and make crisp passes. Follow the shot and stop at the net for a rebound. Great drill to practice playing at a high tempo. Middle lane drive.

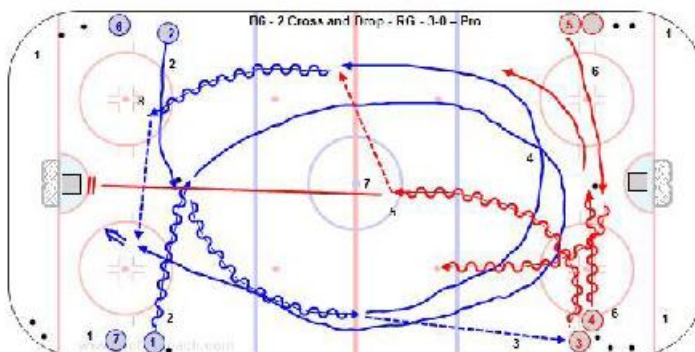
Description:

1. Players are lined up in all four corners.
2. Players 1 cross and drop the puck to player 2.
3. Player 2 pass to player 3 at the far end.
4. Player 1-2 cross and skate down the wings.
5. Player 3 carry the puck in the middle lane.
6. Players 4-5 follow and cross and drop then pass to 6.
7. Player 3 pass to 1 or 2 and drive to the net without the puck.
8. Puck carrier either shoot or pass across or to 3 driving the net.

** This is a core drill for warm up done by the same team in another arena.*

<http://www.hockeycoachinabcs.com/media/gallery/media.php?f=0&sort=2&s=20171029105815152>

<https://youtu.be/lcaEbVOS1MQ>



B6 - 2 Cross and Drop - RG - 3-0 - Pro

Key Points:

Pass and shoot while skating. Give a target and make crisp passes. Follow the shot and stop at the net for a rebound. Great drill to practice playing at a high tempo. Middle lane drive.

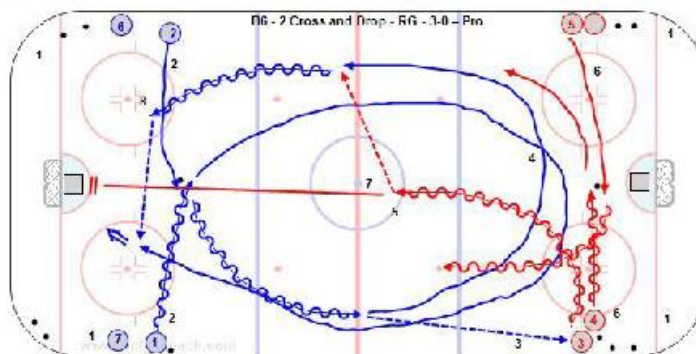
Description:

1. Players are lined up in all four corners.
2. Players 1 cross and drop the puck to player 2.
3. Player 2 pass to player 3 at the far end.
4. Player 1-2 cross and skate down the wings.
5. Player 3 carry the puck in the middle lane.
6. Players 4-5 follow and cross and drop then pass to 6.
7. Player 3 pass to 1 or 2 and drive to the net without the puck.
8. Puck carrier either shoot or pass across or to 3 driving the net.

* This is a core drill for warm up done by the same team in another arena.

<http://www.hockeycoachinabrics.com/media/gallery/media.php?f=0&sort=2&s=20171029105815152>

<https://youtu.be/lcaEbVOS1MQ>



B6 - 2 Passes x 2 Timing and Shots - U18 F

Key Points:

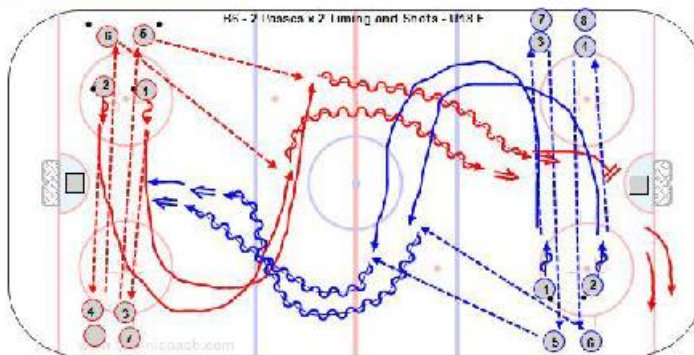
Pass and skate for a return pass. Keep skating while passing, receiving and shooting. Give a target. Handle the puck after receiving and use wrist passes.

Description:

- A. 1 and 2 leave from each end and pass across to 3 and 4.
- B. 3 and 4 pass across to 5 and 6.
- C. 5 and 6 pass up to 1 and 2 skating across the neutral zone.
- D. 1 shoot-rebound-screen.
- E. 2 shoot.
- F. 3 and 4 repeat in the other direction.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170107125422201>

<https://youtu.be/WmpASHh7vl4>



B6 - 2-0 - Regroup - 2-0 x 2 - Pro

Key Points:

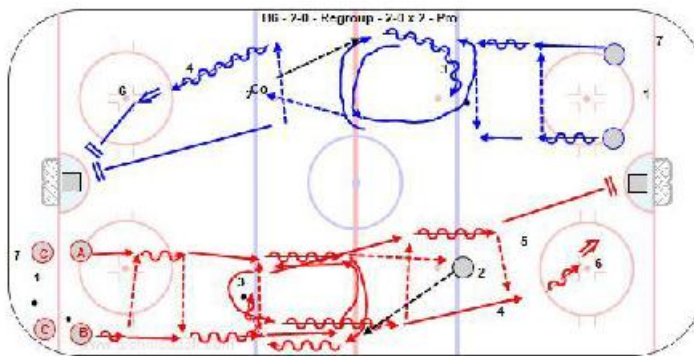
Face the puck, give a target, handle the puck and then wrist pass and cross the blue line in the wide lane. Options are to exchange passes with the next attackers or defend 1-2 or 2-2. Another option is to shoot from the wide lane and practice passing off the pads.

Description:

1. A and B leave from diagonal corners making wrist passes.
2. Regroup with a coach or player at the far blue line.
3. Continue exchanging passes and turn back at the blue line.
4. Exchange passes and enter the offensive zone in the wide lane.
5. Maximum of one pass in the offensive zone.
6. Shoot follow the shot and stop at the net for a rebound.
7. Go to the end of the other lane.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2017110114491718>

<https://youtu.be/WK6vRMPDC0g>



B6 - 2-0 Chip Out-Chip In -Shoot - Czech U20

Key Points:

Skate to the 'Big Ice' inside the dots when you carry the puck. Skate to the inside and pass to the outside and chip the puck over the blue line off the boards to exit and enter the defensive then offensive zones.

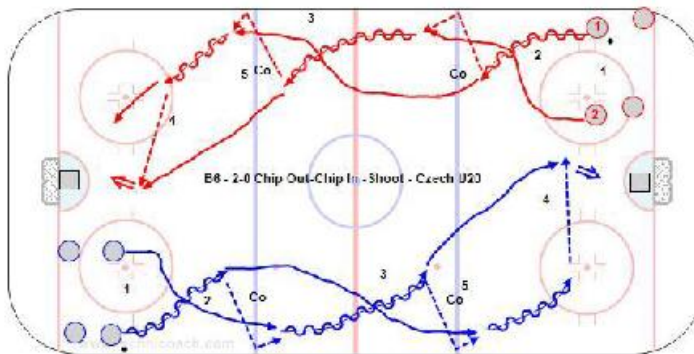
Description:

1. Two players leave at a time from diagonal corners.
2. Player one skate between the dots and player two cross and 'take the ice behind.'
3. Player two skate to the big ice and chip the puck in for player one who crosses behind.
4. Finish with a one timer shot.

*Coaches stand at the blue lines to simulate defenders.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=3&s=20161224124108397>

<https://youtu.be/kND2rXOgGjU>



B6 - 2-0 Pass to Corners or Moving Player – Pro

Key Points:

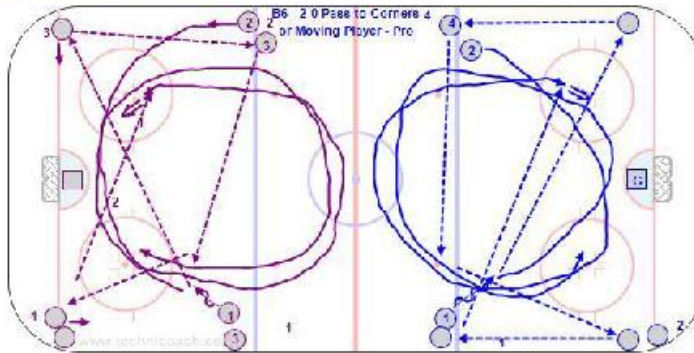
Always face the puck and give a target. Pass and go for a return pass. Stick to stick passes. Hard and flat wrist passes.

Description:

1. Players are in four spots. At each blue and goal line.
2. Player 1-2 leave and skate full speed in a circle making as many passes as they can.
3. Pass to each other and the four corners.
4. Shoot and follow the shot.
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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121119120038152>

<https://youtu.be/RHB8ysAJwFw>



B6 – 2-0 Regroup 3-0 Middle Lane Drive – Pro

Key Points:

Do the rushes at full speed. Hard flat wrist passes. Fill the three lanes and the player in the middle drive the net hard ready for a pass or rebound. If there is no pass available choose to shoot or pass of the pads. One time the puck on a cross pass. Hit the net.

Description:

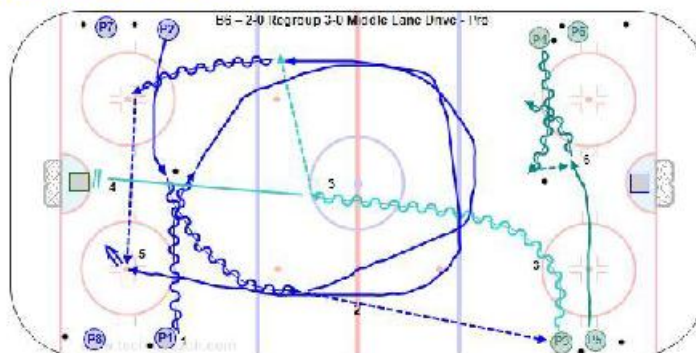
1. P1 cross and drop to P2.
2. P3 carry the puck and regroup with P3 at the other end.
3. P3 skate to the 'big ice' between the dots and pass to P1 before the blue line.
4. P3 skate hard to the net and stop.
5. P1 pass across to P2 who one times the shot.
6. P4 and P5 repeat from the other end of the ice.

* P1 could shoot to score, make a pass off the pads to P2 or pass to P3.

* Weak side attacker save ice and be ready to shoot from near the dot.

<http://www.hockeycoachingabcs.com/media/gallery/media.php?f=0&sort=2&s=20170402101502776>

https://youtu.be/g_KbJa3a6LM



B6 - 2-0 Touch Back – Pro

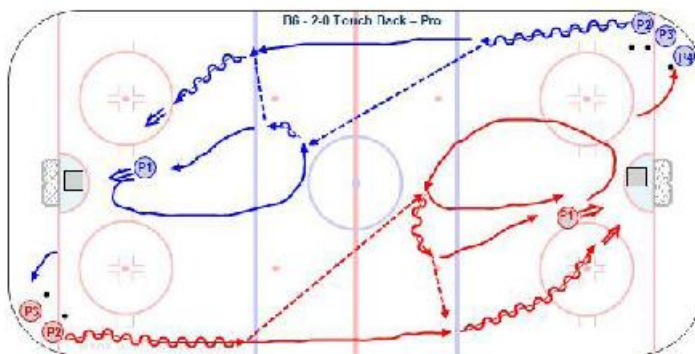
Key Points:

Shoot while skating, follow your shot, give a target, pass hard, stay onside.

Description:

1. P1 Start with a puck from diagonal corners.
2. Shoot and follow the shot for a rebound.
3. Skate back towards the original end and P2 leave.
4. P2 pass up to P1 and follow for a return pass.
5. P2 and P1 skate in and P2 shoot, both follow for a rebound.
6. P2 skate back for a pass from P3 and attack 2-0.
7. Continue the flow.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150513093341648>



B6 - 2-0 Wide and Middle Lane x 2 - Czech U20

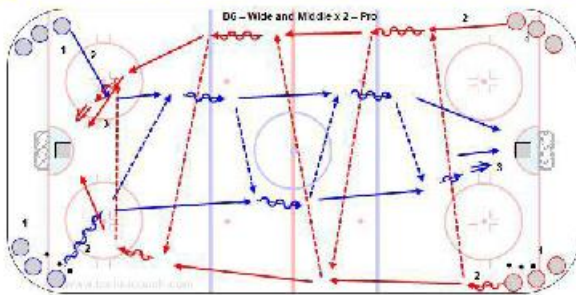
Key Points:

Pass while skating without coasting first. Make firm passes and keep the stick blade square to the puck.

Description:

- 1 – Players in all 4 corners with the pucks on one side.
- 2 – On the whistle one end leave and pass outside of the dots and the other end pass inside the dots.
- 3 – Shoot at each end and follow the shot for a rebound.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150816214508637>



B6 - 2-0 Wide Passes – Pro

Key Points:

Practice both forehand and backhand passes. Give a target, shoot while skating and follow the shot for a rebound.

Description:

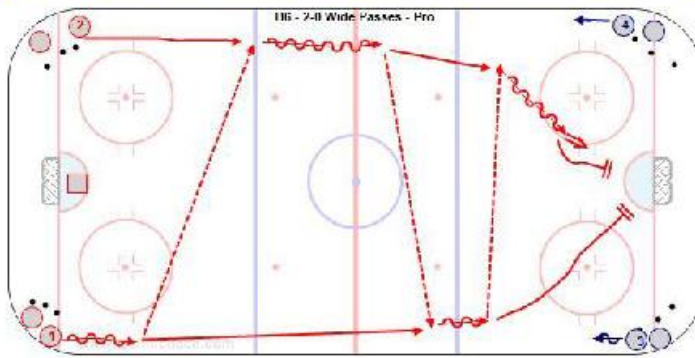
Players line up in the 4 corners with pucks.

A. 1 and 2 pass while skating down the wide lanes.

B. Only make one pass in the offensive zone and shoot.

C. 3 and 4 repeat in the other direction.

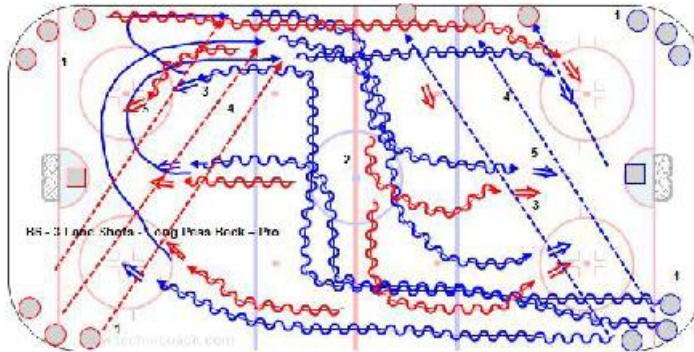
<http://www.hockeycoachinabrics.com/media/gallery/media.php?f=0&sort=0&s=2014110610034887>



B6 - 3 Lane Shots - Long Pass Back – Pro

1. Players are in the 4 corners with pucks.
2. Three players leave from diagonal corners and cross the red line.
3. One player shoot from each lane.
4. Swing up the boards and get a cross-ice pass from the far corner.
5. Fill the 3 lanes and shoot at the other end.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20150730104848818>



B6 - 3 Pass-3-Shots-Agility Skate-3 Shots - U18 F

Key Points:

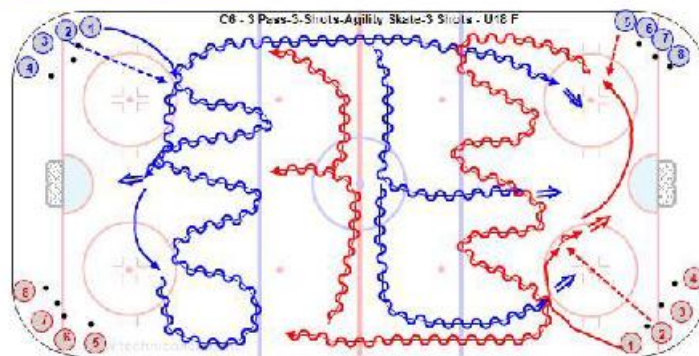
Warm-up drill with passing, shooting, agility skating, puck handling tasks and goalie shots. Shoot from the three lanes while skating. Push ups if you miss the net. Opposite corners leave when the last shot is taken; no need for whistles.

Description:

1. Three leave from diagonal corners.
2. 1 skate to the top of the circle and get a pass from 2 then skate into the slot and shoot.
3. 2 and 3 repeat getting passes from 3 and 4.
4. Give a target and get a pass from 5-6-7 in the other corner.
5. Skate up and back to the blue line and top of the circle three times.
6. Cross the red line and 1 skate straight and shoot, 2 skate to the middle lane then down and shoot and 3 to the wide lane and shoot.
7. 5-6-7 repeat from the other diagonal corners.
8. Add skating and puck handling tasks: i.e. puck only on the forehand or backhand of the blade, quick hands and quick feet, face the other end always, chocktaw front to back transition turn, Crosby turns, backward skating, etc. Also vary the kind of shots taken: wrist, backhand, snap, slap and you can even incorporate exchanging give and go with players in the corners.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=2&s=20170925113514227>

<https://youtu.be/JqCQVa1iwWA>



B6 – 3 Shots, 3 Zig zags, 3 Shots – U17-20 RB

Key Points:

3 Leave from diagonal corners about 2" apart and get a pass from the second player. 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.

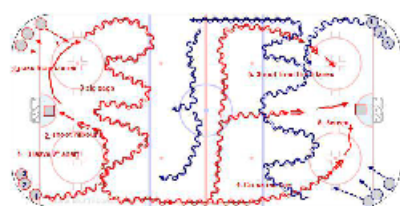
Description:

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.

https://1drv.ms/v/s!AukXg5gWoW-9rHzEue0_6GmY2ieG

<https://youtu.be/AfPDToEnXdc>



B6 – 3 Shots, 3 Zig zags, 3 Shots

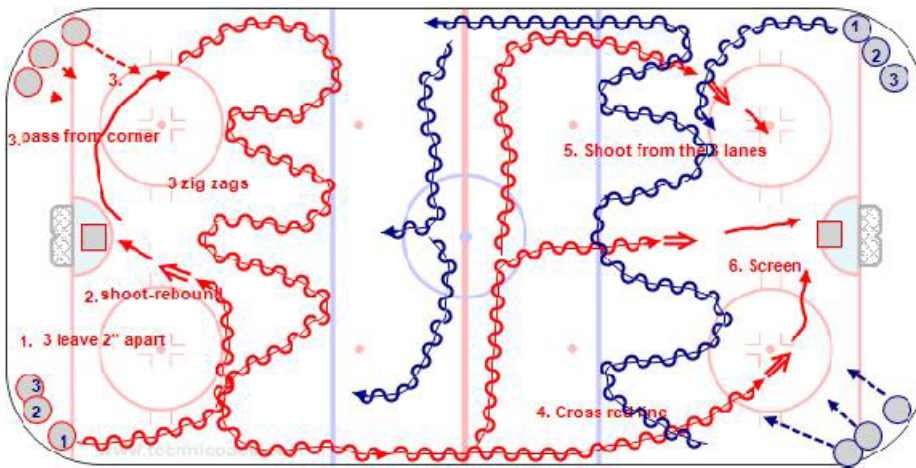
Key Points:

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20091019154513105>



B6 – 3 Shots, 3 Zig zags, 3 Shots

Key Points:

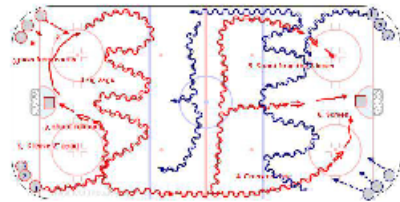
3 Leave from diagonal corners about 2' apart and get a pass from the second player. Skate around circle then shoot, get a pass from the other corner, skate 3 zig-zags between the blue line and the top of the circles the fill the 3 lanes and shoot.

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20091019154513105>



B6 - 3-0 Middle Drive - 5-0 RG Sequence – Pro

Key Points:

Fast break attack. Go hard to the net with a middle drive. Add a chip out on the breakout. Attack with 5 and one D is the trailer. Repeat with a regroup.

Description:

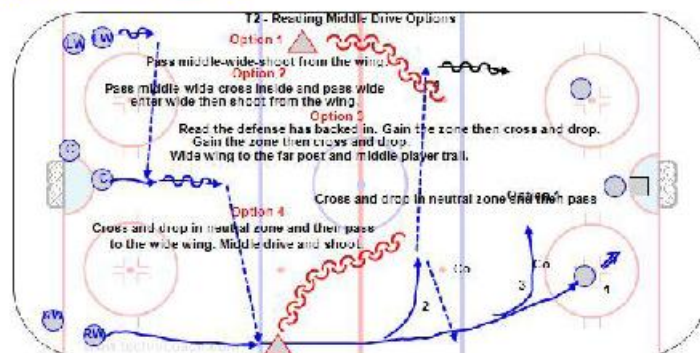
1. Start with C to W to C to other wing and C middle drive. Two coaches defend the middle lane. Shoot from the wing and all three look for the rebound.
2. Start C to W chip out over blue line to C, far wing middle drive and other wing skate to the weak side. One coach defend first blue line and two coaches offensive blue line.
3. Attack 5-0, C to W to C to other wing, middle drive and middle D 4th attacker as the trailer. After the attack all 5 come back and the coach spots a puck in the neutral zone for a regroup and another 5-0 attack.

* Forwards fill the 3 lanes, face the puck, give a target.

* Do any passing sequence including back to the trailing D for a shot.

<http://www.hockeycoachinabrics.com/media/gallery/media.php?f=0&sort=0&s=20160903111521683>

<https://youtu.be/aecP7-WSLP>



T2-B6 - 3-0, 5-0 Middle Drive Sequence – Pro

Key Points:

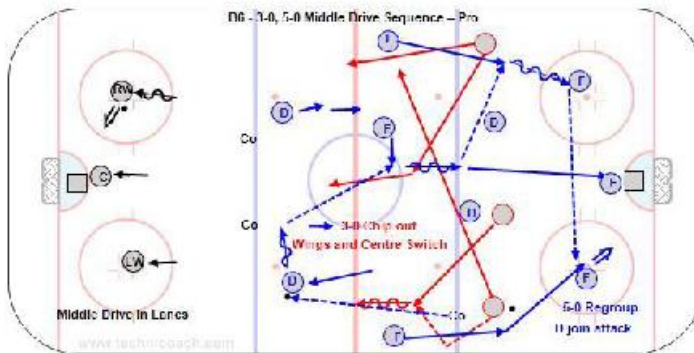
One player drive the net from the middle lane without the puck while the other players fill the wide lanes. An option is to pass off the pads to the players driving the net.

Description:

1. Player in the middle start the attack by passing wide.
2. First sequence is C-LW-C-RW and coaches give passive resistance at the far blue line.
3. Pass C-LW –Chip out past the coach to C – RW to middle – LW to far lane. Middle drive with RW driving the net.
4. Two defensemen join the rush to make it 5-0.
5. Attack 5-0 then coach spot a puck and all five regroup in the neutral zone and attack a second time.

* Pass to defenseman joining the rush and a second shot from the point can be added.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160928090109322>



B6 - Big Horseshoe 2-0 – Pro

Key Points:

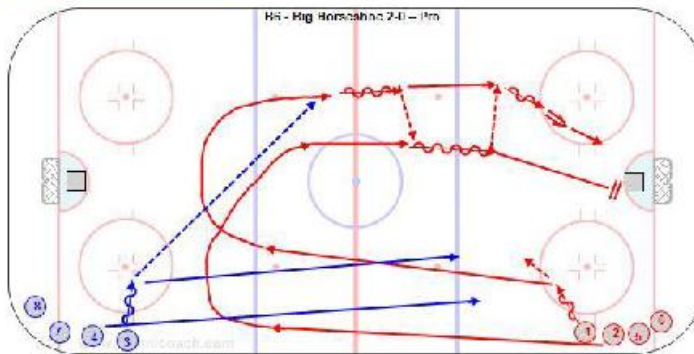
Pass and shoot with the feet moving. Face the puck, follow the shot for a rebound, give a target. Player who passes skate inside the dots before passing.

Description:

1. Players line up in opposite corners at each end of the rink.
2. Player 1 and 2 skate down the wide lane and cut across the ice inside the far blue line.
3. Player 3 and 4 leave from the other end and player 3 pass to 2 in the middle lane.
4. Players 1-2 exchange passes and shoot.
5. Players 3-4 skate to the far end and player 4 gets a pass from player 5.
6. Continue this end to end flow.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20171018085742208>

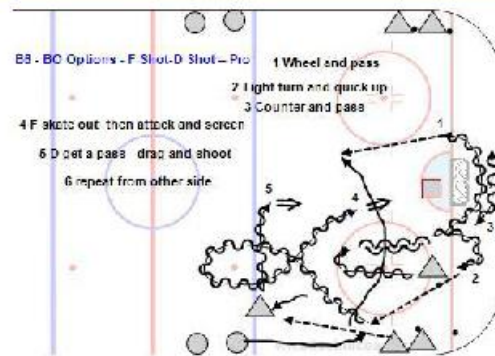
<https://youtu.be/WNikZX6zYWU>



B6 - BO Options - F Shot-D Shot – Pro

1. D1 Skate up and back in the circle and pick up the puck.
2. F1 come into the zone for a breakout pass.
3. D1 tight turn and make a quick up pass.
4. F1 and D1 skate into the neutral zone.
5. F1 shoot.
6. D1 get a pass from the corner and shoot - F1 screen.
7. D1 now wheels behind the net and pass to F1.
8. F1 can start from the same side and take the pass on the boards.
9. F1 can start from the wide side and take the pass in the middle lane.
10. D1 could also breakout with a counter.
11. Add F1-F2 support for a 3-0 breakout.
12. D1 shoot, F1 screen F2 should be in shot pass or one timer position.
13. D2 and F3 can be added to this drill to practice 4-0 or 5-0.
14. This can also be a game situation drill by the F attacking the D 1-1, 2-1, etc..

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2015073010484951>



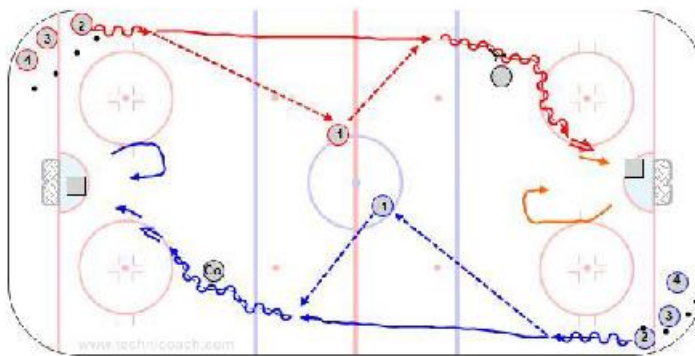
B6 - Build a Wall and Cut In

Key Points:

Protect the puck and build a wall with the leg and arm.

Description:

- A. Two skate from the corner and pass to player one in the middle.
- B. Two break hard at the red line.
- C. One pass to two.
- D. Two build a wall to protect the puck from the coach and cut in.
- E. Two shoot-follow the shot-rebound for three.



B6 - F and D Agility-BO-Point Shot x 2 – Pro

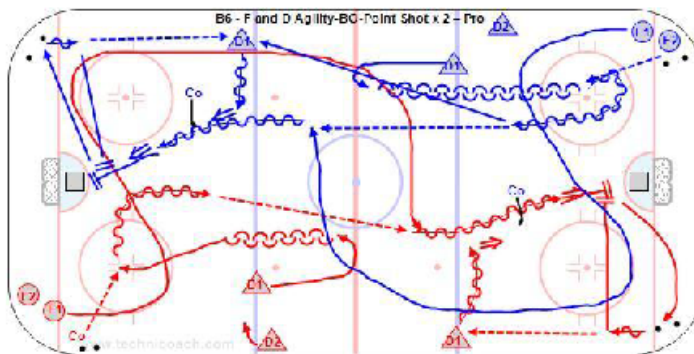
Key Points:

Forward time his skating so the D can make the stretch pass when his toes are up the ice. Shoot and stop in front and look for a rebound. Do from both sides.

Description:

1. Forwards start in diagonal corners and Defense at diagonal blue lines.
2. On the whistle D1's skate to the red line and backwards the turn and get a puck.
3. F1's skate around the top of the first circle, bottom of the other circle and stretch past the red line.
4. F1's skate in and shoot while D1's follow the play to the blue line.
5. F1's get a new puck in the corner and pass to D1's at the point.
6. F1's screen while D1's skate inside the dot and shoot.
7. Repeat with F2's and D2's.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20150719103834165>



B6 - Fake-Get Puck-Tight Turn-Shoot - U17

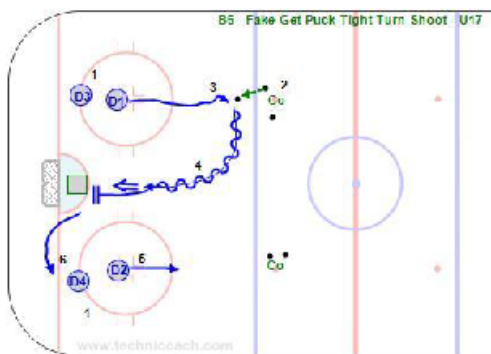
Key Points:

Sit low in the tight turn and accelerate with the puck. Come out of the tight turn in the triple threat position. Learn to do the forehand turn without crossing the hands.

Description:

1. Defensemen are lined up at the low face-off dots.
2. Coach spots a puck just inside the blue line.
3. D1 skate out and make a hard outside fake.
4. D1 pick up the puck tight turn and skate down the middle and shoot.
5. D2 leave and repeat from the other side.
6. D1 switch lines so he practices the fake and tight turn from both directions.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20151031103858299>



C3 Flow - Breakout 2 F Shoot - D Point Shot – Finland U20

Key Points:

Make hard passes, give a target, keep skating while making plays, follow shots for rebounds, stop at the net, screen.

Description:

Start at both ends with players on each side of the net and pucks in all four corners.

1 – D1 start by skating up an back get a puck and bank pass behind the net to D2. D1 goes to the corner.

2 – D2 pass to F1 breaking along the boards.

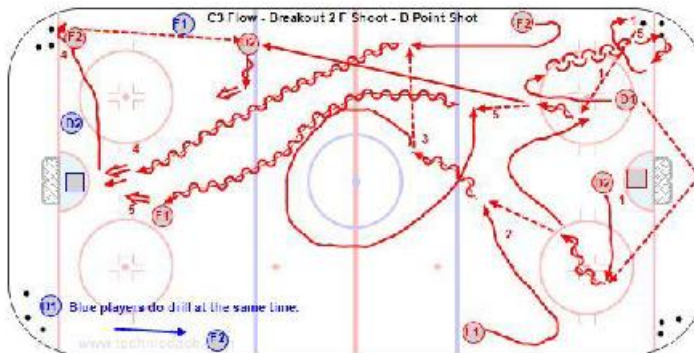
3 – F2 skates to the big ice between the dots and pass to F2. D2 follow then circle back to the corner.

4 – F2 skate down and shoot then skate to corner. F1 skate around the middle circle for a pass from D2.

5 – D1 bump a puck to D2 who skates between the dots and pass to F1 who skates down ice and shoots.

6 – D2 then follow the play up the ice and get a pass from F2 in the corner then drag and shoot – F1-F2 screen.

<http://www.hockeycoachingabcs.com/media/gallery/media.php?s=20140426122809756>



B6 - Jursi 2-0 Skate and Pass x 2 - No Shot - U17

Key Points:

Give a target and keep skating while you pass and receive. Face the puck on the turn.

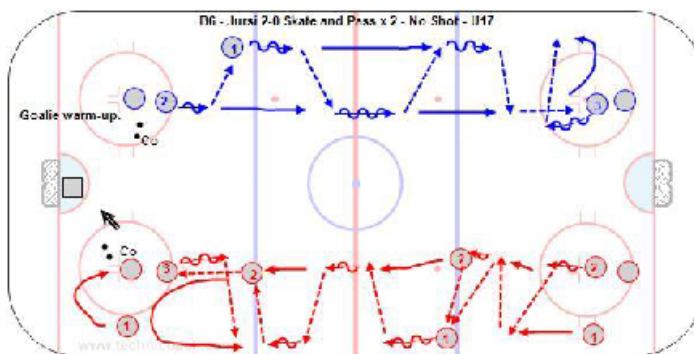
Description:

1. Two groups of players line up at far dots and the top of the circle.
2. Two players start down the wing passing.
3. The skill is to pass and receive while skating and not having to coast before making a pass.
4. Use wrist and not slap passes.
5. Give a target and absorb the pass then conceal the next pass within the stickhandling motion.
6. Pass to the first player in line at each end and the middle player swing to the wide lane.
7. Repeat up and down the ice.
8. Coaches work with the goalie at one end.

* With goalies a shot can be added with the middle player shooting and the inside player swing into the middle lane.

* Variations like cross and drop, one player skate backward, one touch passes can be used.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20150820111517566>



B6 - One Touch High Cycle 2-0 - Czech U20

Key Points:

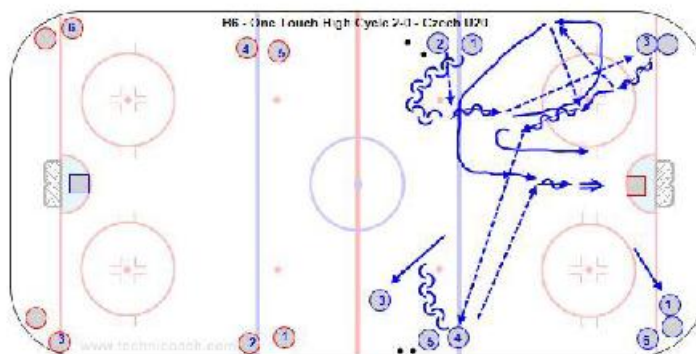
Exchange the puck with one touch passes, give a target, hit the net, follow the shot for a rebound.

Description:

- A. Players are in each corner and on both sides at the blue line
- B. Player 1 leave from the blue line and get a pass from 2.
- C. 1 pass to 3 in the corner then get open on the wing.
- D. 3 skate and pass to 1.
- E. 1 one touch back to 3.
- F. 3 pass across to 4 at the blue line.
- G. 1 cycle high and down the middle lane for a pass.
- H. 4 pass to 1 who shoots and 3 looks for a rebound.
- I. 4 leaves for a pass from 5 to repeat on the other side.
- J. 1 rotate to corner and 3 point.

**Options: 1 head to the net hard and redirect a shot pass from 4 or 1 take a low shot to the far pad for a pass off the pads to 3, who goes hard to the far post with his stick on the ice.*

<http://www.hockeycoachingabcs.com/media/gallery/media.php?f=0&sort=0&s=20150816215524597>



B6 - Shot 1-0, 2-0 to 3-0 – Pro

Key Points:

Skate at top speed, always follow the shot for a rebound, fill the lanes on the 3-0 and make firm flat passes.

Description:

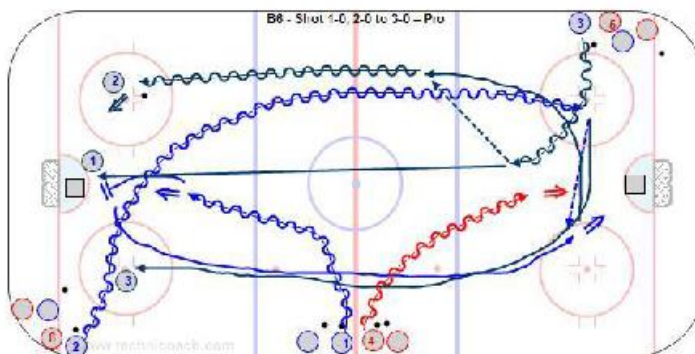
1. Players line up with pucks along the boards in the neutral zone and in diagonal corners.
2. Player one leave from the neutral zone and take a shot on net.
3. Player two skate out from the corner with a puck and attack the other net 2-0.
4. Player three skate out with a new puck and attack 3-0 with players one and two.
5. When 1-2-3 cross the blue line player four start a new rep and skate from the neutral zone and take a shot.

* Middle drive when 3-0

* One or two defenders could follow the attacks and create situations like 2-1, 3-2.

* This could be a contest between attackers and goalies. i.e. Count how many goals are scored in 8-10' and see if you can do better next time you do it. Another option is the Red versus the Blue and keep score. Option 3 is go 1-0, 2-1, 3-2 (Red D follow Blue F and defend the next rush) Red vs. Blue with the same contest options.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=201505161353324>



B6 - Shot x 3 Passes x 3 Shots x 3 – Pro

Key Points:

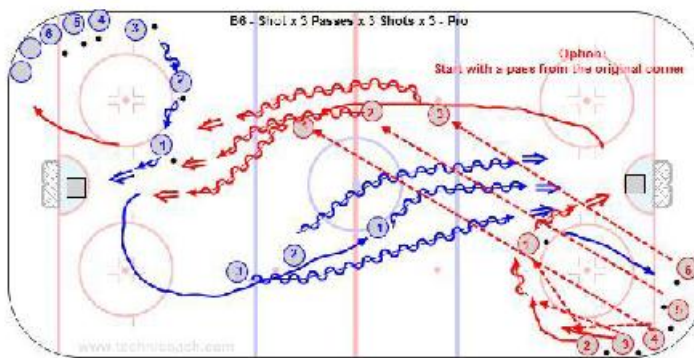
Shoot while skating, head up, give a target, pass hard, lead the player.

Description:

- A. 1-2-3 skate around the top of the circle and shoot.
- B. 1-2-3 break down the ice for a pass from the original corner.
- C. 4 pass to 1, 5 to 2, 6 to 3.
- D. 1-2-3 take shots at each end.

* Option is to get a pass from the next player in line first.

<http://www.hockeycoachinabcs.com/media/gallery/media.php?f=0&sort=0&s=20141129115014711>



B6 – Wide and Middle x 2 – Pro

Key Points:

Pass while skating without coasting first. Make firm passes and keep the stick blade square to the puck.

Description:

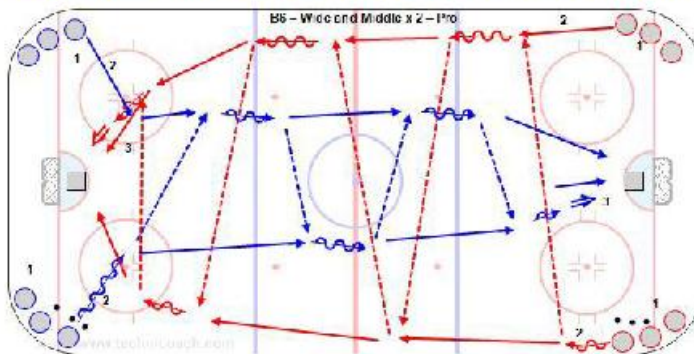
- 1 – Players in all 4 corners with the pucks on one side.
- 2 – On the whistle one end leave and pass outside of the dots and the other end pass inside the dots.
- 3 – Shoot at each end and follow the shot for a rebound.

NHL Players

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706224430659>

Prospects

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706165555649>



B6 1-0 Pass to Middle x 2- Pro

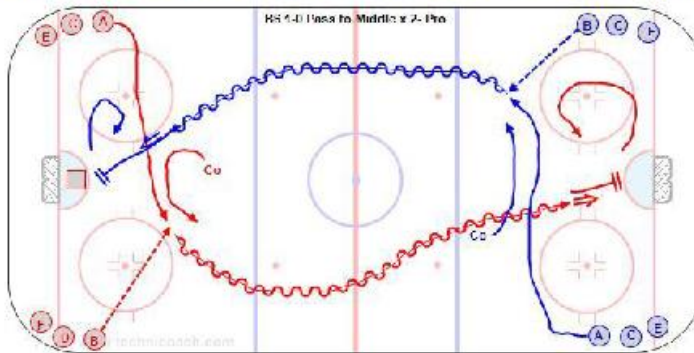
Key Points:

Break hard to the middle, give a target, quick cross-over skating. Shoot and follow the shot for a rebound.

Description:

1. Leave from both ends at the same time.
2. A break across the top of the circle from the corner.
3. B pass to A from the other corner and the coach mirror A across the ice.
4. A skate and shoot at the far end and follow the shot for a rebound.
5. A circle back and rebound for the next shooter.
6. Repeat from the other side. B pass to C.

<http://www.hockeycoachingabcs.com/media/gallery/media.php?f=0&sort=0&s=20141107090419346>



B6 1-0 x 2 – Pro

Key Points:

Skate at full speed and shoot while skating. Follow the shot for a rebound.

Description:

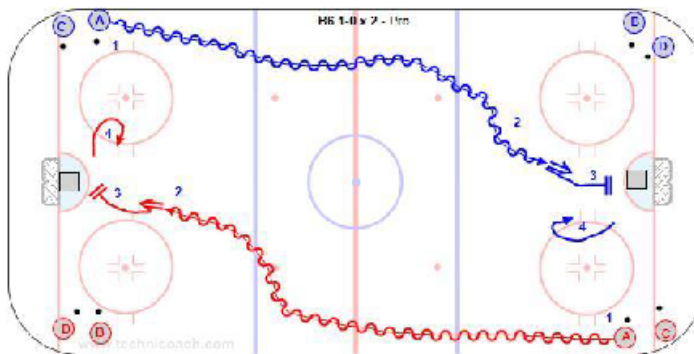
1. Player A leave from diagonal corners.
2. Skate the length of the ice and shoot.
3. Follow the shot for a rebound.
4. Rebound for the next shooter.

*Options.

A. Give and go with the next shooter.

B. Skate out and play 1-1 vs. the next shooter.

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B6 1-0, 2-0 Pass and Shoot

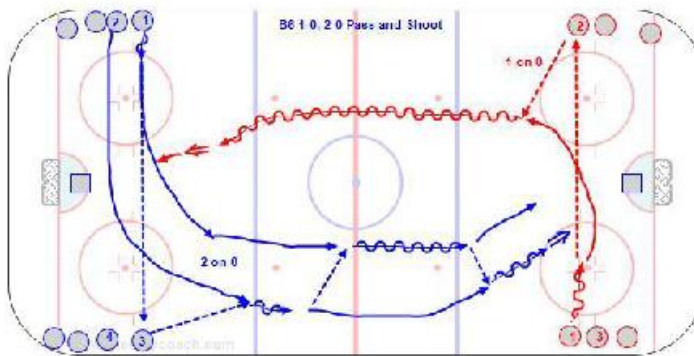
Key Points:

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:

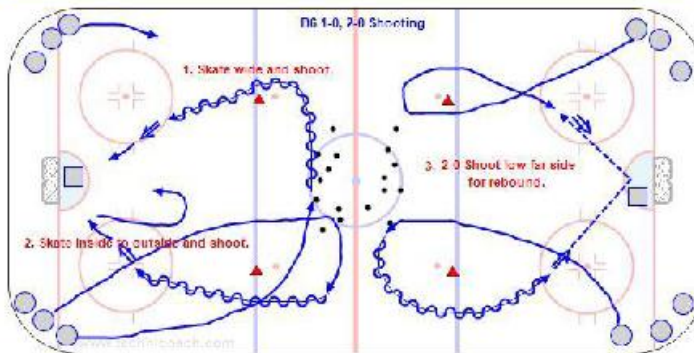
1. Leave from alternate corners and begin with skating across the ice then at the net.
2. Skate inside, get a puck and shoot from the outside lane.
3. Inside to outside 2-0. Shoot low at the far post so the goalie must make a pad save. The supporting attacker one time the rebound.

* 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.

<http://hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20090820232942304>



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

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. Pass and shoot while skating. Follow your shot for a rebound.

Description:

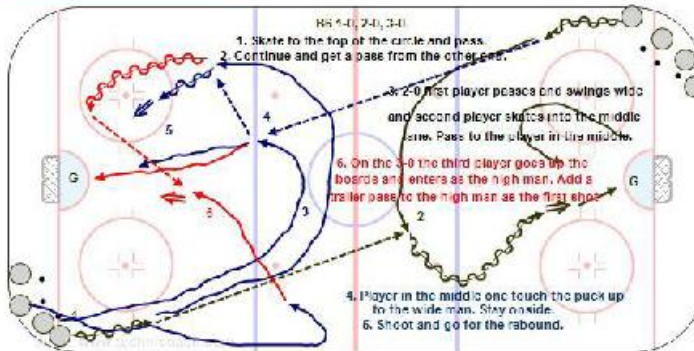
1. Skate to the top of the circle and pass.
2. Continue and get a pass from the other end and skate outside the dots in the neutral zone so the goalies have time to set for the next shooter.
3. Progress to 2-0 first player passes and swings wide and pass to the second player who quickly moves passes wide to player one.
4. On the 3-0 the third player goes up the boards and joins the middle drive attack in the wide lane.
5. Screen or rebound for the next shooter.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=2&s=20170202104000548>

<https://youtu.be/VoW3XTM1JXQ>

B6 - Small Horseshoe 2-0 - U18 F

<https://youtu.be/WozJHnGNccl>



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

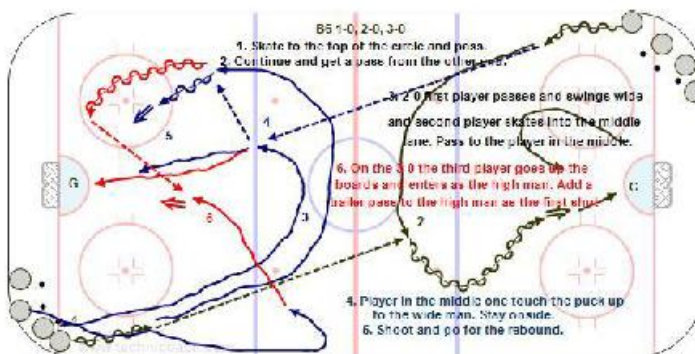
Key Points:

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

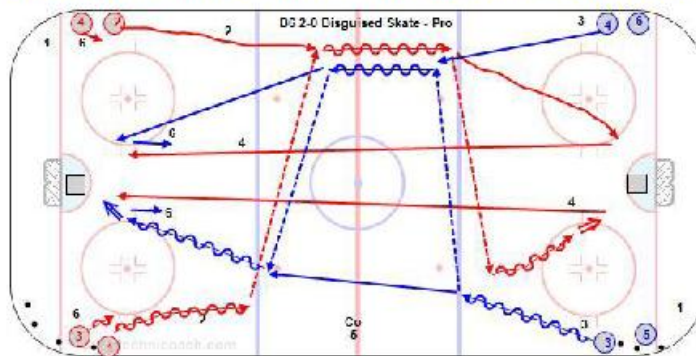
Key Points:

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

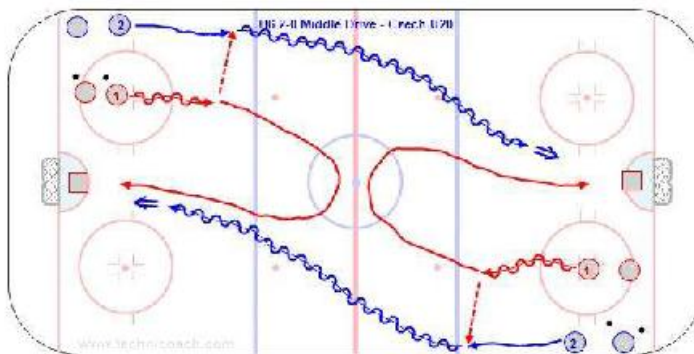
Key Points:

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121204145928587>



B6 - 2-0 Wide and Middle Lane x 2 - Czech U20

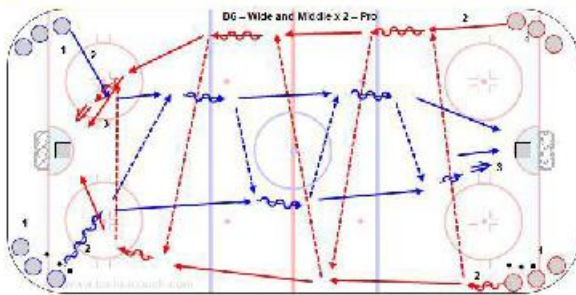
Key Points:

Pass while skating without coasting first. Make firm passes and keep the stick blade square to the puck.

Description:

- 1 – Players in all 4 corners with the pucks on one side.
- 2 – On the whistle one end leave and pass outside of the dots and the other end pass inside the dots.
- 3 – Shoot at each end and follow the shot for a rebound.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150816214508637>



B6 2-0 Wide Pass and Shot-Pro

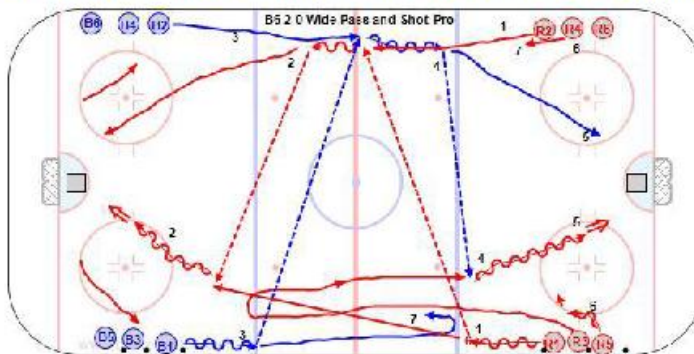
Key Points:

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.

<http://www.hockeycoachingabc.com/media/gallery/media.php?f=0&sort=0&s=20121003101600796>



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

Key Points:

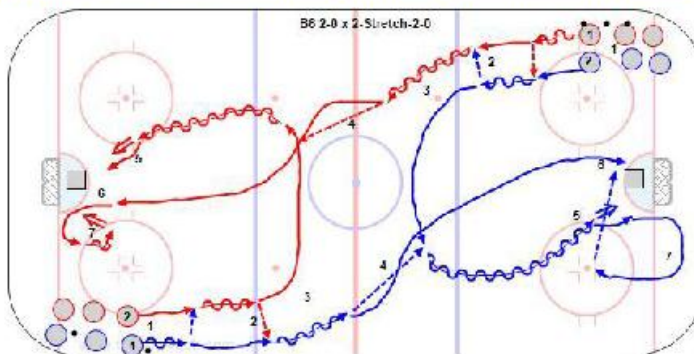
Give a target. Pass hard while skating. Shoot while skating from the front of the body. Crash the net for rebounds. Pursue the rebound for a second shot.

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.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130930205844862>



B6 3-0 Horseshoe

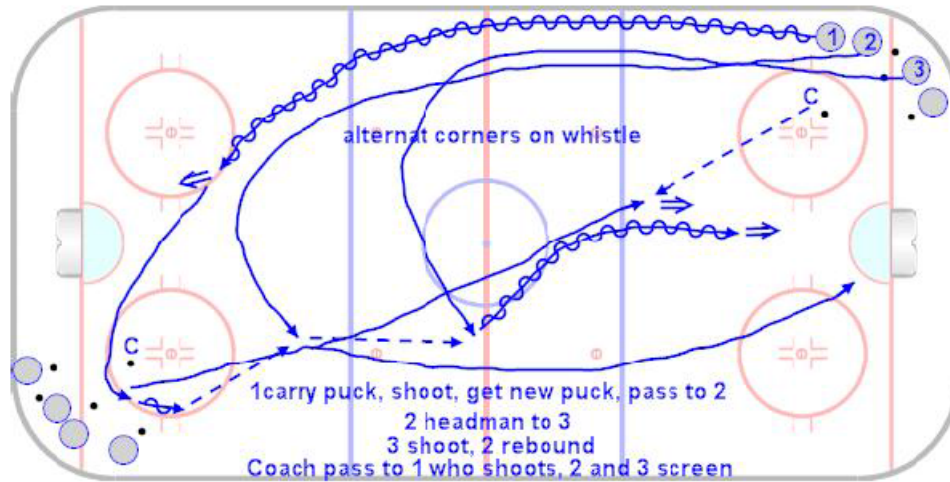
Key Points:

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:

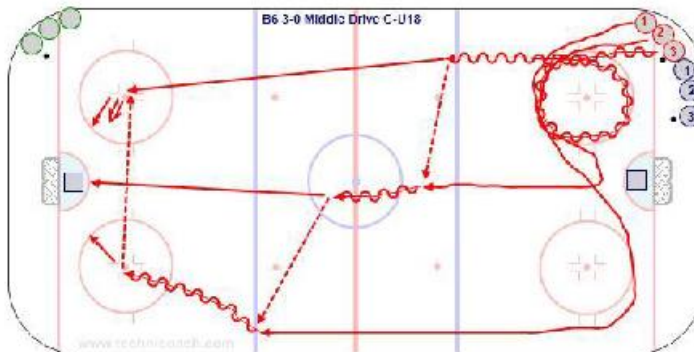
The first player over the attacking blue line without the puck skate hard through the middle lane to the top of the goal crease. Player with puck and third player skate hard toward the dots. Force defenders to cover each player.

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.

<http://www.hockeycoachinabcs.com/media/gallery/media.php?f=0&sort=0&s=20130515092336781>



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.

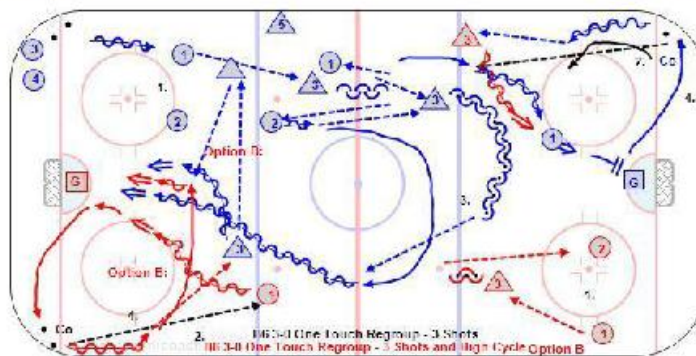
Description:

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.

<http://www.hockeycoachinabcs.com/media/gallery/media.php?f=0&sort=0&s=20121024095900228>



B6 3-0 One Touch Regroup - 3 Shots

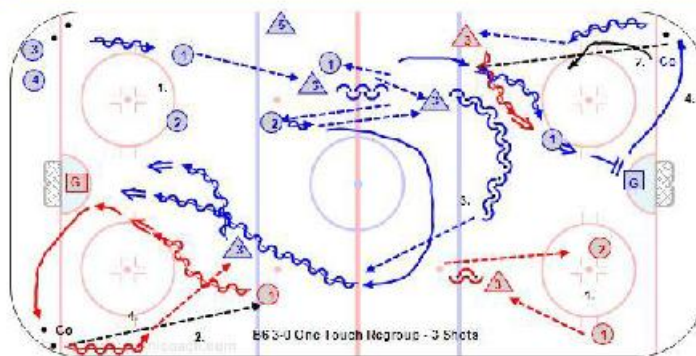
Key Points:

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121019093156592>



B6 3-0 Rush and Entry – Pro

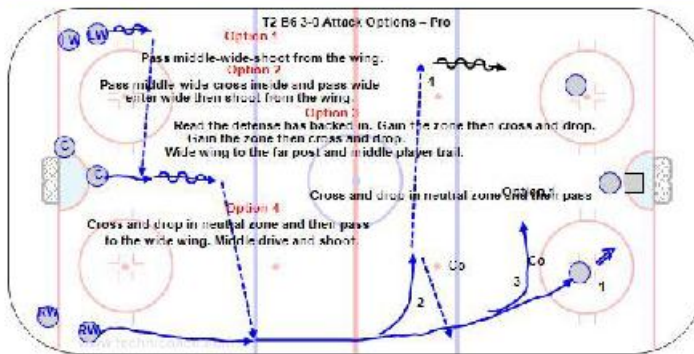
Key Points:

Middle drive with F2 driving hard to the net. Practice the various entries and players attack in their lanes.

Description:

1. Leave from the end in groups of three.
2. Coach give resistance at the blue line.
3. First wing pass to middle to far wing who shoots while F2 goes hard to the net.
4. If players mess up they repeat the drill.
5. Shoot to the far pad for a rebound.
6. Wing to middle to far wing who skates to the big ice and the centre takes the ice behind for a wide pass.
7. Far wing drive to the net and new middle lane player trail.
8. F1 pass to F2 in the middle who passes to F3 on the wing; F3 skates to the big ice and pass wide to the F1 breaking down the wide wing.
9. F2 middle drive hard to the net and F3 become the trailer.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141118114448857>



B6 3-0 Weave With D Regroup

Key Points:

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

Description:

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

Options.

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

B6 3-0 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.

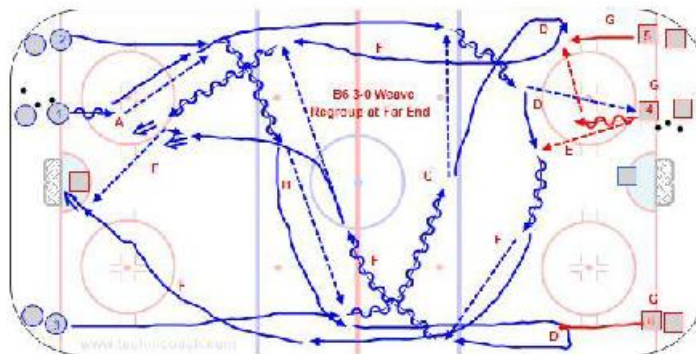
Description:

- 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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130125095322120>

NHL Players.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141025100818703>



B6 3-0 Weave-Regroup at Far End – U17

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:

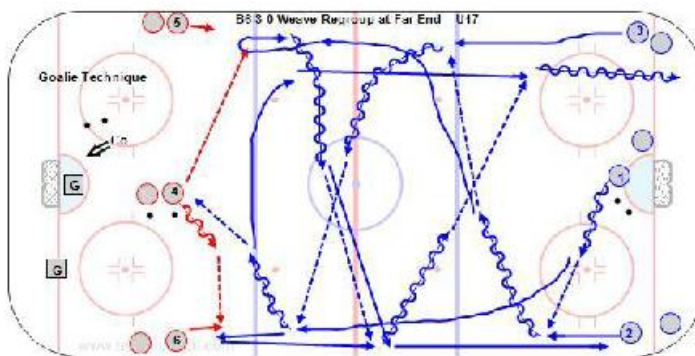
- A. 1 pass to 2 and follow the pass.
- B. 2 skate to the big ice, pass to 3, follow the pass taking the ice behind.
- C. 3 pass back to one, follow the pass.
- D. 1 regroup with 4 and 1-2-3 fill each lane.
- E. 4 pass to 1 or 3 on the strong side.
- F. 1-2-3 weave the same way and attack with a triangle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

U17 Weave No Shot

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150820104922991>

NHL Players - Weave With a Shot

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141025100818703>



B6 3-0 Weave-Regroup at Far End

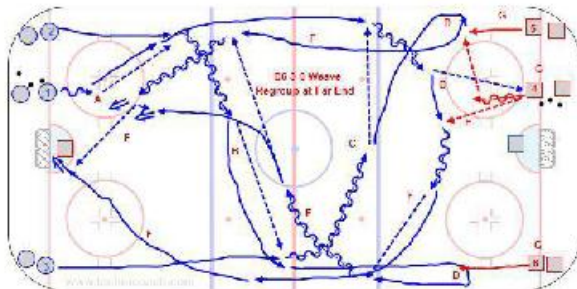
Key Points:

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20130125095322120>



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.

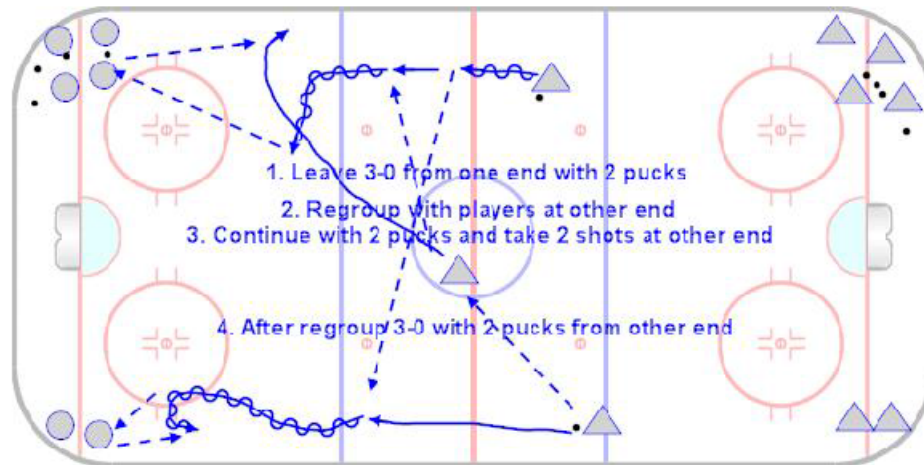
Description:

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:

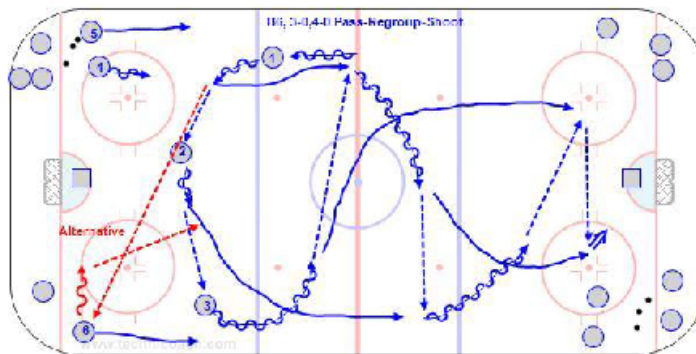
Pass hard, give a target, call for the pass and fill all three lanes. Leave in groups of 3 or 4. Make sure everyone gets at least one pass in each direction.

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101201091116573>



B6 Big Horeshoe 2-0 - Pro

Key Points:

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

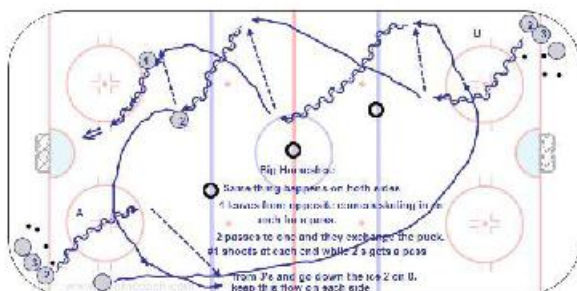
Description:

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'

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130521085808526>



B6 Big Horseshoe 2-0

Key Points:

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

Description:

Big Horseshoe

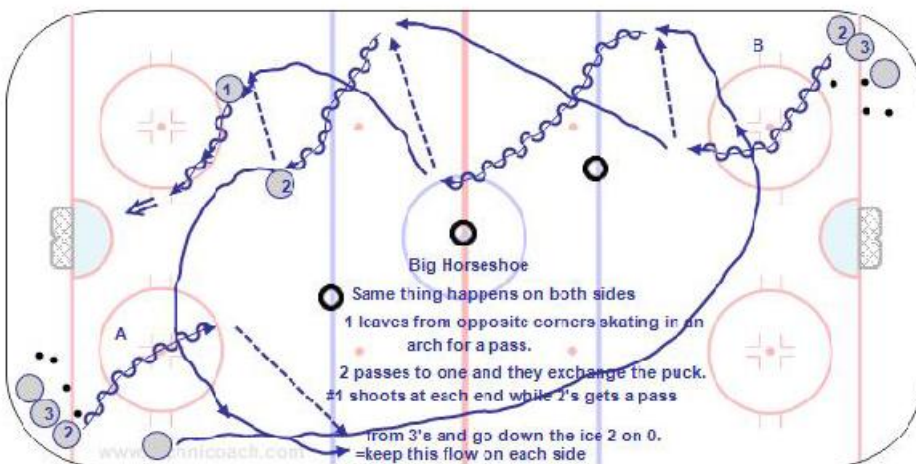
Same thing happens on both sides

a. 1's leaves from opposite corners skating in an arch for a pass.

b. 2 passes to one and they exchange the puck.

c. 1' shoots at each end while 2's gets a pass from 3's and go down the ice 2 on 0.

d. keep this flow on each side.



B6 Big Horsehoe-Washington 2

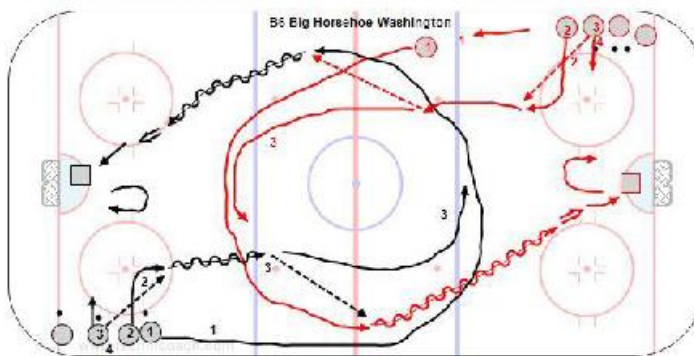
Key Points:

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 nzones.
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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2010120308141328>



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.

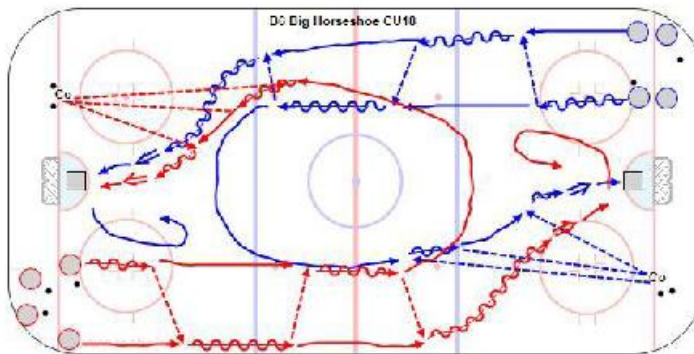
Description:

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

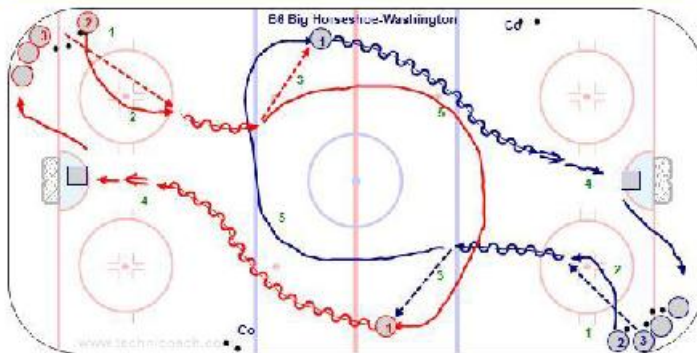
Key Points:

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:

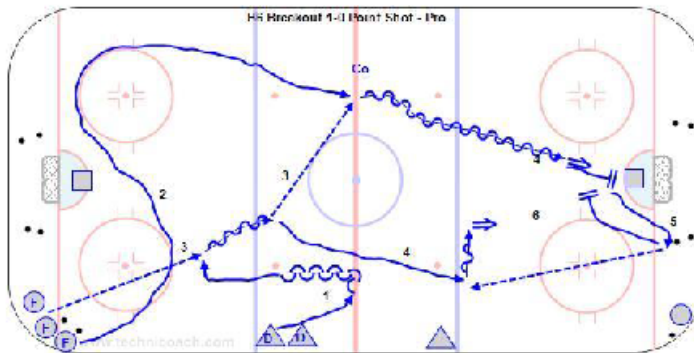
Quick feet, give a target, choctow turn front to back, pass hard, shoot and follow the shot for a rebound, pass and follow the pass, screen, low point shot.

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 3-0 Point Shot x 2 – Pro

Key Points:

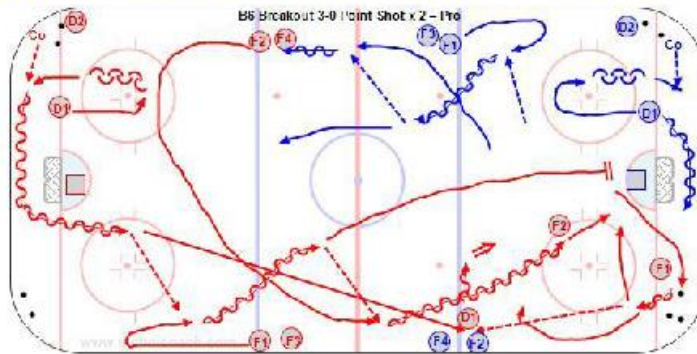
Defense make the pass while skating between the dots up ice. Forwards give a target and do everything while skating.

Description:

- 1 – D1 at each end skate from the goal line to the top of the circle and back then get a puck.
- 2 – F1 and F2 leave from the blue line and come back for a breakout pass. F2 mirror the puck across.
- 3 – D1 pass to either F1 or F2 and D1 follow the rush up the ice.
- 4 – F take the 'big ice' between the dots and then pass wide.
- 5 – F make a wide zone entry and shoot-rebound.
- 6 – Non shooting F get a puck from the corner and pass to D1 at the point who drags and shoots.
- 7 – F who passes either go to the net or cycle high as a passing option for D1.
- 8 – Repeat with D2-F3-F4 at each end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706163537973>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706215733459>



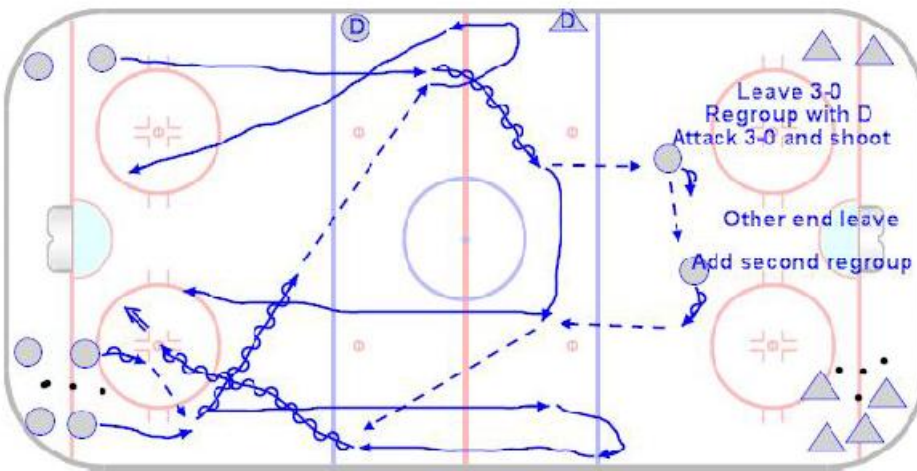
B6 Breakout and Regroup with Defense

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 Breakout x 2 Point Shot – Pro

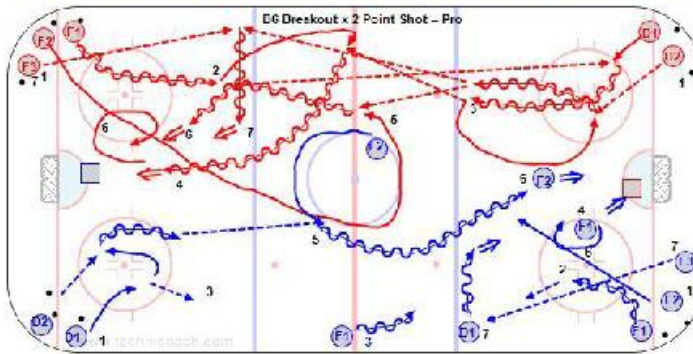
Key Points:

Forwards time so they are open when D can pass. Give a target, defense have quick feet and pass hard.

Description:

1. Defense and forwards start from the corners at opposite ends.
2. F1 starts by skating with a puck and passing to the D1 at the far end.
3. D1 skate up ice and pass to F1 who supports in the neutral zone.
4. F1 attack the net and shoot while D1 goes back for a new puck from D2.
5. F2 skate around the middle circle with timing for a pass from D1.
6. F2 attack and shoot and F1 circle back to rebound.
7. D1 follow and get a pass from F3 and take a point shot while F1-F2 screen.
8. Do this drill from both sides.

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B6 Breakout x 2 Point Shot – Pro

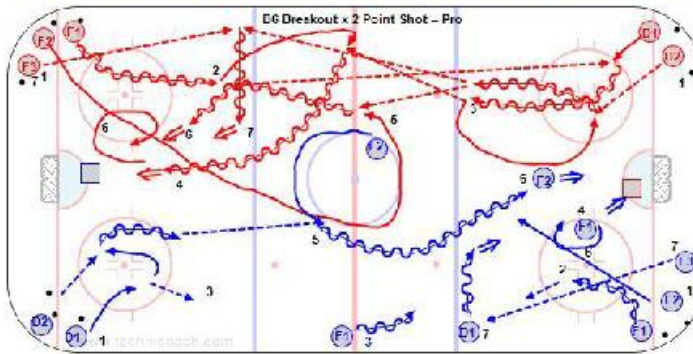
Key Points:

Forwards time so they are open when D can pass. Give a target, defense have quick feet and pass hard.

Description:

1. Defense and forwards start from the corners at opposite ends.
2. F1 starts by skating with a puck and passing to the D1 at the far end.
3. D1 skate up ice and pass to F1 who supports in the neutral zone.
4. F1 attack the net and shoot while D1 goes back for a new puck from D2.
5. F2 skate around the middle circle with timing for a pass from D1.
6. F2 attack and shoot and F1 circle back to rebound.
7. D1 follow and get a pass from F3 and take a point shot while F1-F2 screen.
8. Do this drill from both sides.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140922104119325>



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.

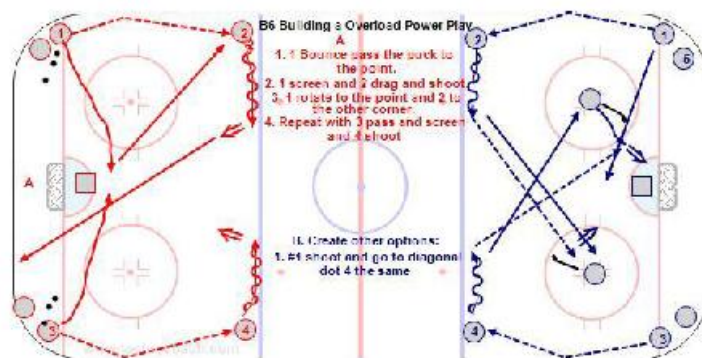
Description:

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

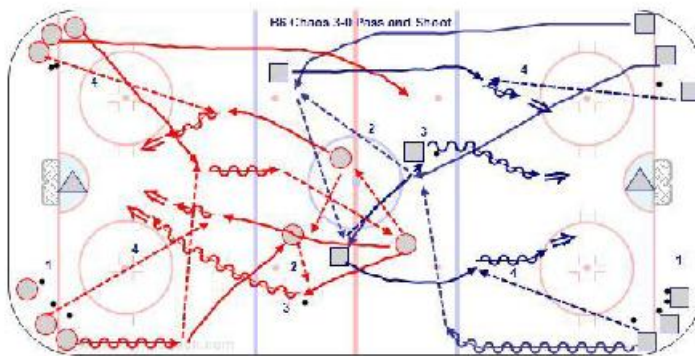
Key Points:

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 3-0 Pass and Shoot

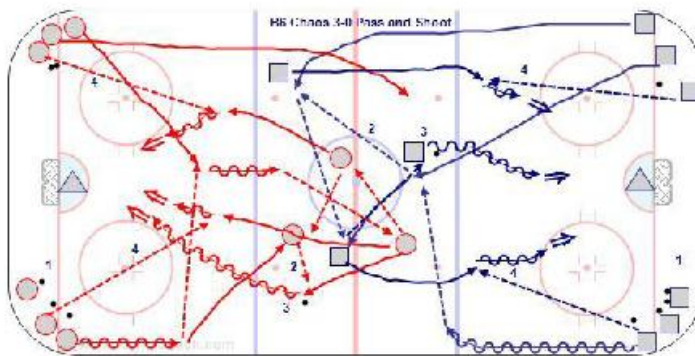
Key Points:

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101006084345432>



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.

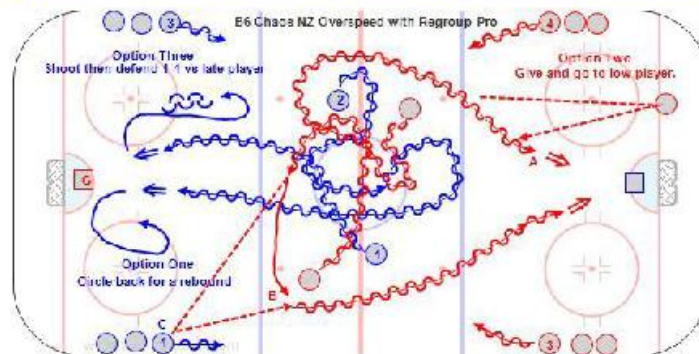
Options:

- 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

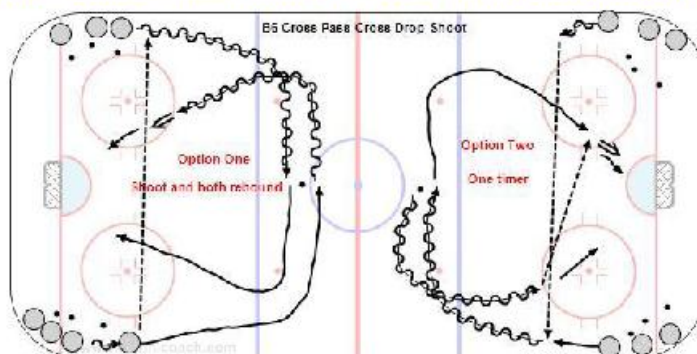
Key Points:

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.

<http://hockeycoachingabc.com/media/gallery/media.php?f=0&sort=0&s=20090813080848469>



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 than backward with the puck.)

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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 Defense Shooting Sequence

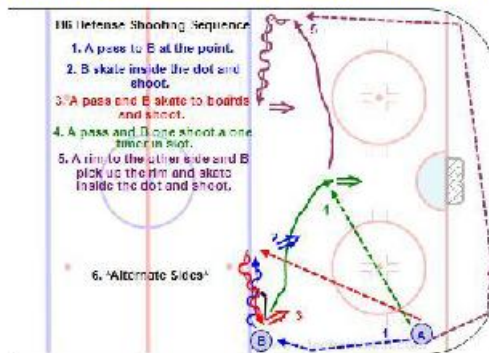
Key Points:

Keep the skates outside the blue line and the puck in to avoid skating at the checker. Hit the net.
One time the shot in the middle.

Description:

1. A pass to B at the point.
2. B skate inside the dot and shoot.
3. A pass and B skate to boards and shoot.
4. A pass and B one shoot a one timer in slot.
5. A rim to the other side and B pick up the rim and skate inside the dot and shoot.
6. *Alternate Sides*

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B6 Double Cross and Drop

Key Points:

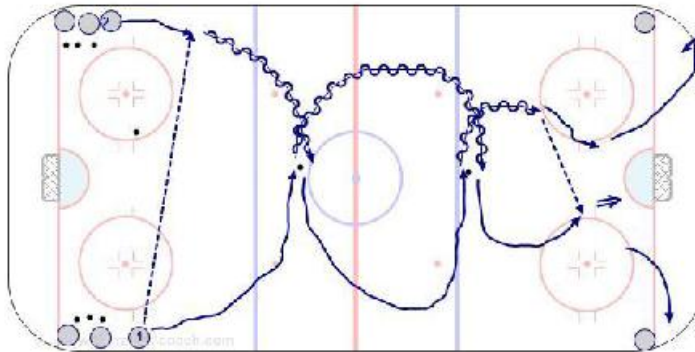
Leave the puck instead of passing it back into the players skates.

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.



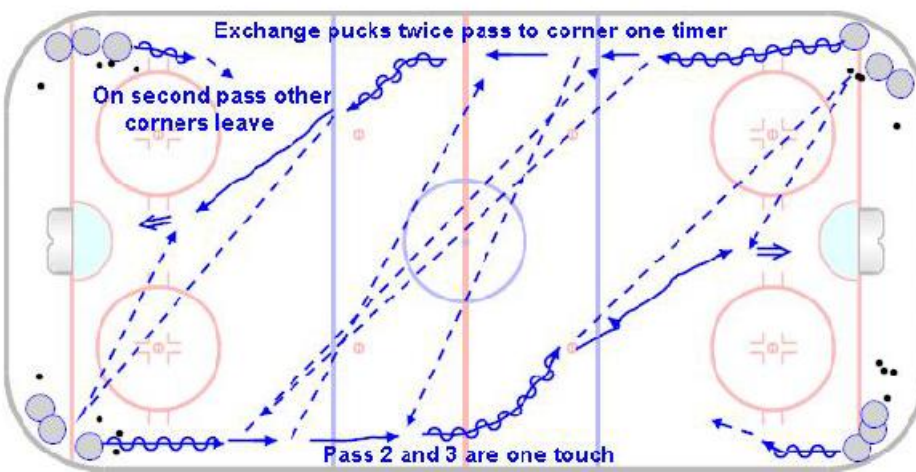
B6 Exchange Pucks Passing

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:

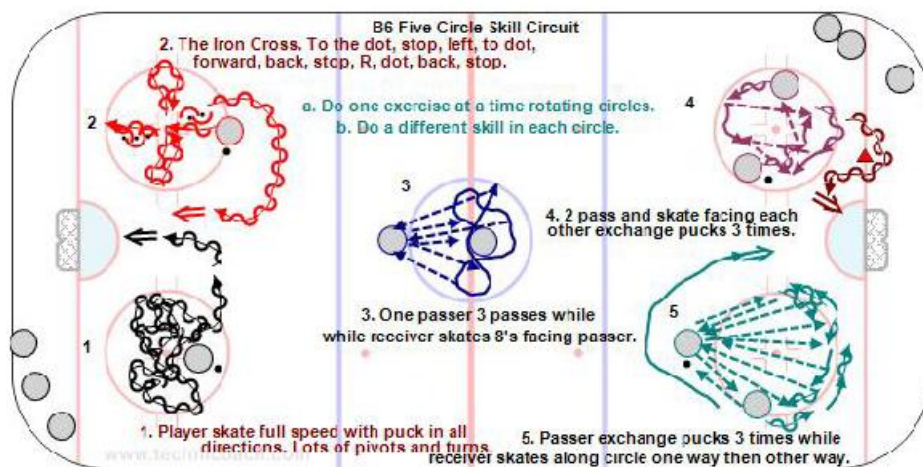
- Rotate from one circle to the other.
- Do skills at top speed and with good habits.
- You can have #1 and #4 going on in opposite directions at the same time.
- Vary where the shots come from.

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 High Cycle - Screen - Slot Shot – Pro

Key Points:

Hit the net and make plays while skating. Face the puck and screen and square up for the one timer.

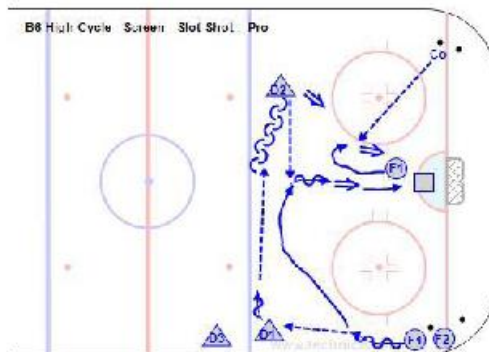
Description:

1. Forwards in the corner and D at the point.
2. F1 pass to D1 and cycle high.
3. D1 skate into the middle and pass to D2 who slides wide.
4. D2 pass to F1 skating in the high slot.
5. F1 either one time shot or skate down the middle and shoot.
6. F1 screen and F2 pass to D1 to D2 who shoots.
7. F1 kick back and one time a pass from the coach in the corner.
8. Repeat with F2.

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The same drill and the F skates down the middle to deflect a shot pass.

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B6 Italian Box-One Touch 2-0

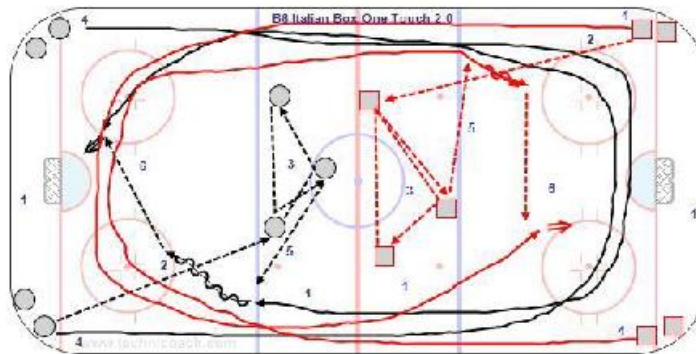
Key Points:

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 1-1's from the Corner

Key Points:

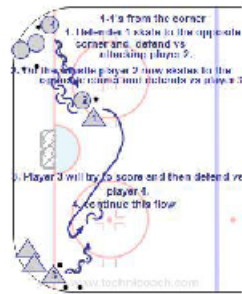
This is a drill the Russian Olympic coach Vladimir Jursinov used. You can do 2-1 and 2-2 as well. Stay D side stick on the puck, body on body and keep a tight gap within a stick length.

Description:

1-1's from the corner

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

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B6 Jursi Skate-Pass-Shoot

Key Points:

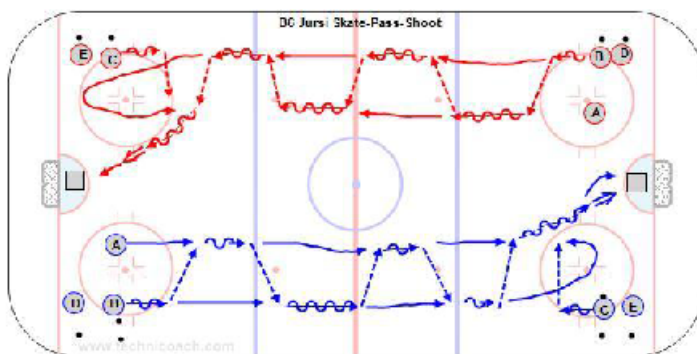
This is a drill that Russian Olympic coach Vladimir Jursinov used when I was coaching with him in Austria. The goal is to get players to practice passing and shooting while they skate. Puck handling-passing-shooting should be seamless.

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120227085711281>



B6 Neutral Zone Skate and Shoot

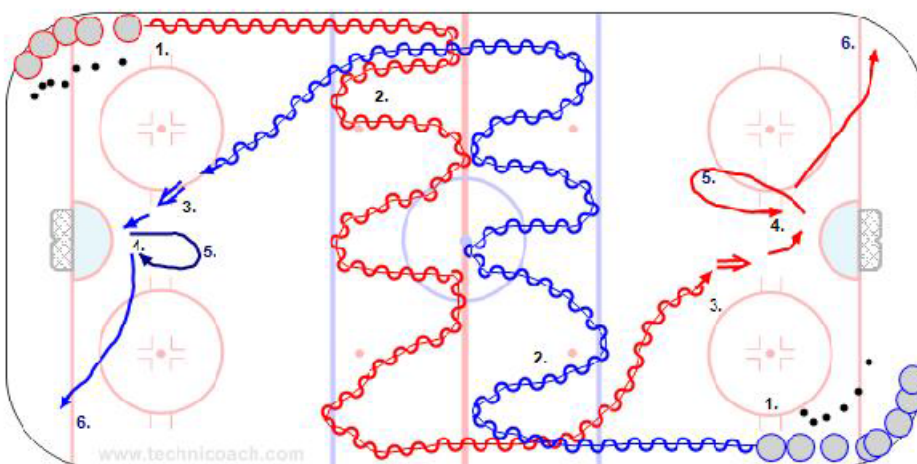
Key Points:

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.

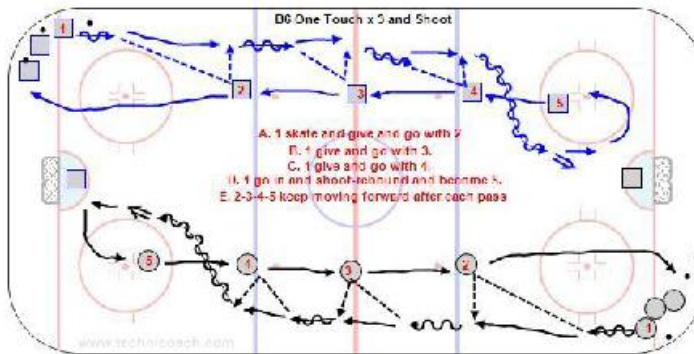
Description:

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.

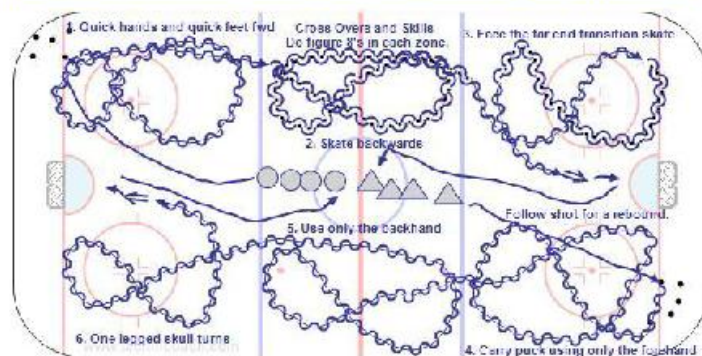
Description:

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.

<http://www.hockeycoachingabc.com/mediagallery/video.php?n=20120418155124444>



B6 Pass and Replace Flow - Pro

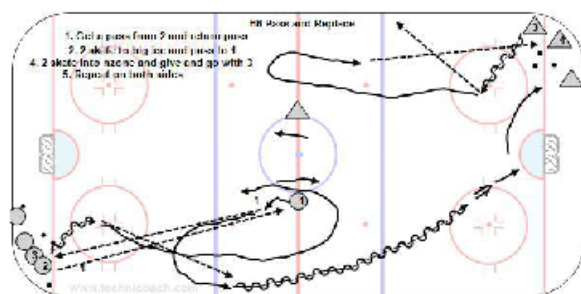
Key Points:

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

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B6 Pass and Replace x 2 – Pro

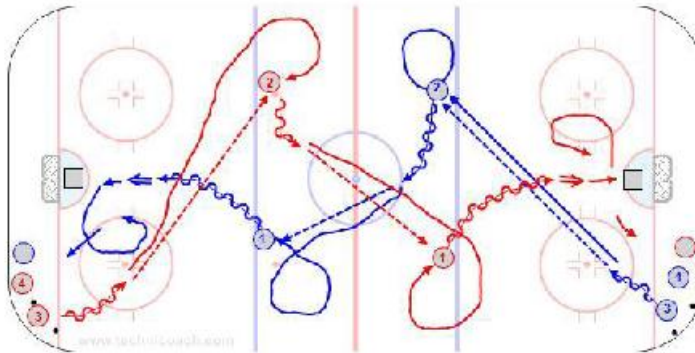
Key Points:

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 Replace x 3

Key Points:

Pass while skating then turn and face the player who is passing to you. Shoot before the hash marks and follow the shot for a rebound.

Description:

A. 1 pass to 2 and follow the pass and turn and face 5 for a pass.

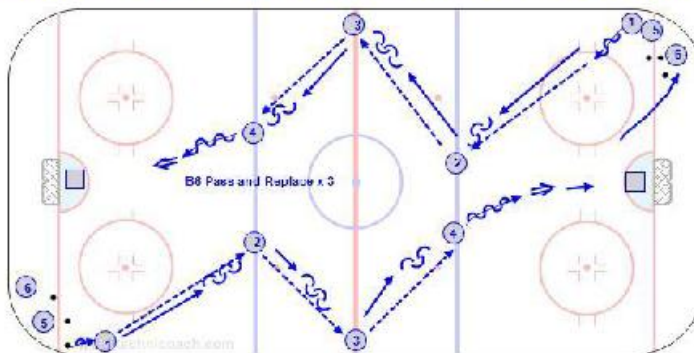
B. 2 pass to 3 and follow the pass.

C. 3 pass to 4 and follow the pass.

D. 4 skate in and shoot-rebound- go to the corner.

Do 2 or 3 minutes from each side. Alternate task by requiring backhand or saucer passes or a move before passing , etc.

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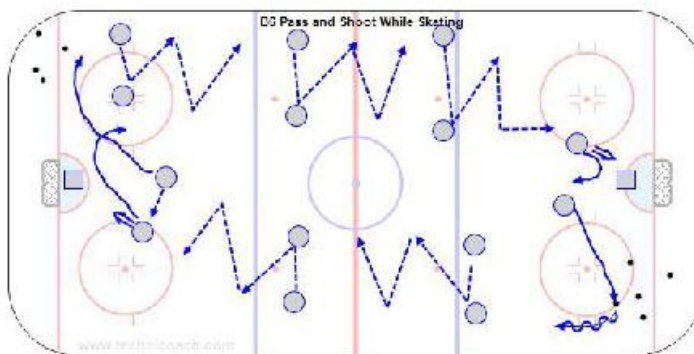
B6 Pass and Shoot While Skating

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:

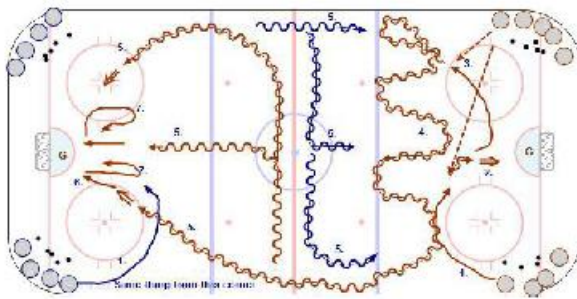
Groups of 3 leave from diagonal corners, switch corners each time so the skating direction varies.

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.

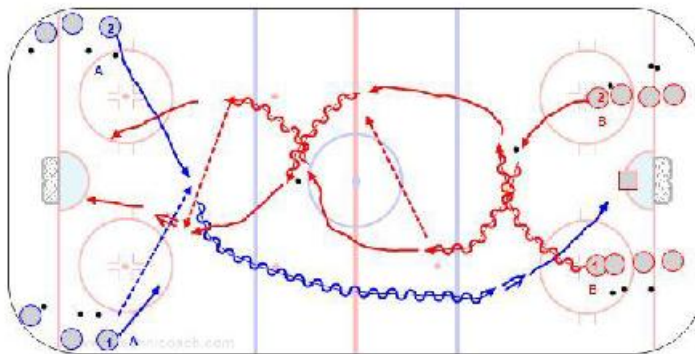
Description:

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:

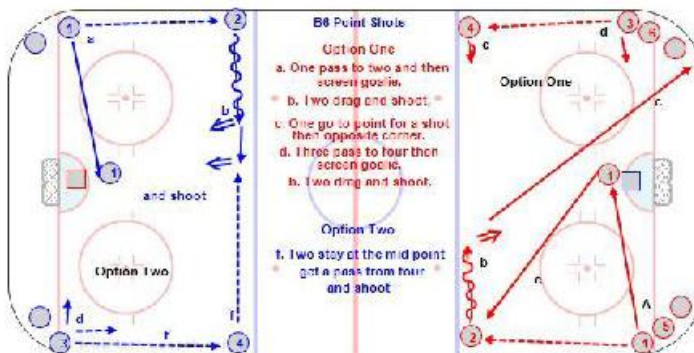
Option One

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

Option Two

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

<http://www.hockeycoachingabc.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:

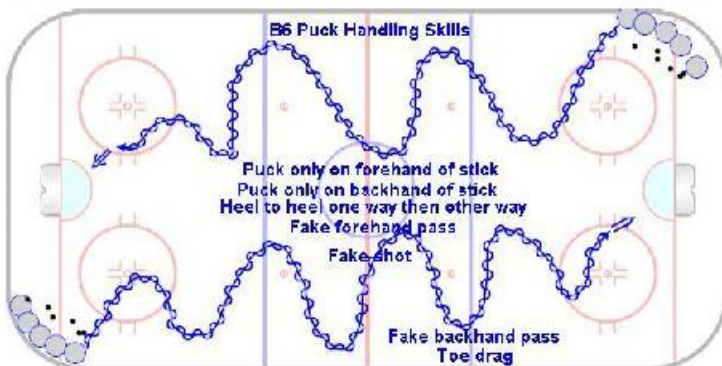
Separate the movement of the upper and lower body by doing these exercises to loosen the shoulders.

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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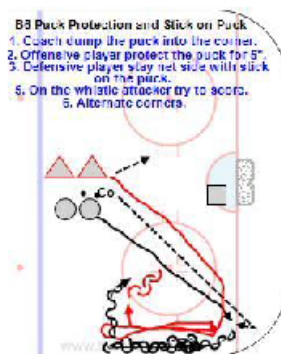
B6 Puck Protection and Stick on Puck

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 Puck Protection Skills and Scoring Skills from Finland

Key Points:

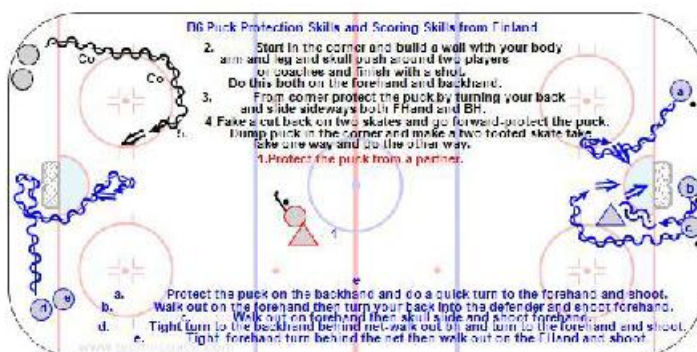
Protect the puck with your body, make hard fakes, get the defender to lean one way and quickly turn the other way. Drive skate into the scoring area while protecting the puck and shoot.

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

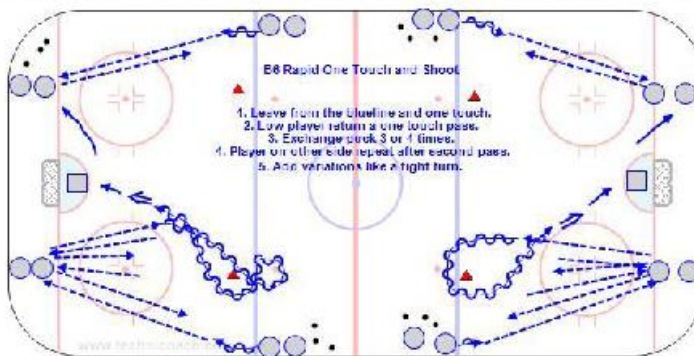
Key Points:

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 Regroup-Breakout-2-0 x 2 – Pro

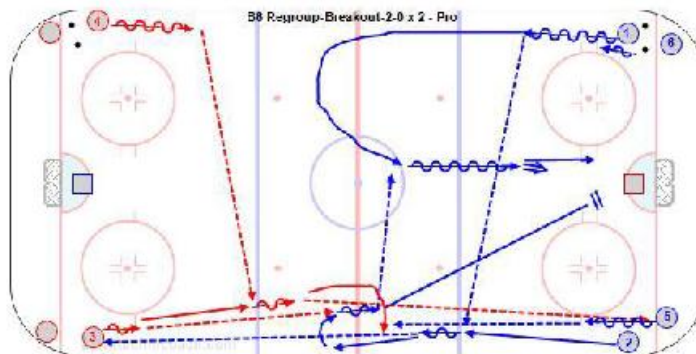
Key Points:

Face the puck, give a target, pass while skating, shoot while skating, follow shot for a rebound.

Description:

- A. 1 skate and pass across to 2.
- B. 2 pass to 3 at the far end.
- C. 3 skate and regroup with 2.
- D. 2 pass to 1 and 1-2 attack and shoot.
- E. Repeat the other way; 4 pass across to 3.
- F. 3 regroup with 5 at the far end.
- G. 5 pass to 3.
- H. 3 and 4 attack the opposite end.

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B6 Sator 3 Shot Warm-up

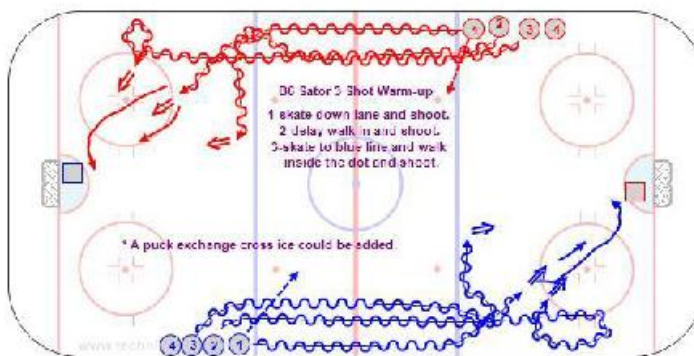
Key Points:

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.

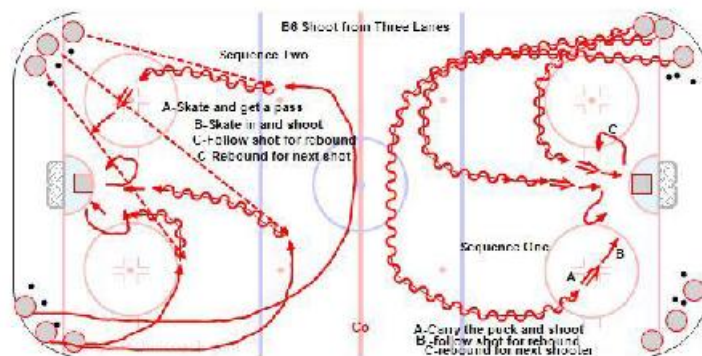
Sequence Two

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 - Pro

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.

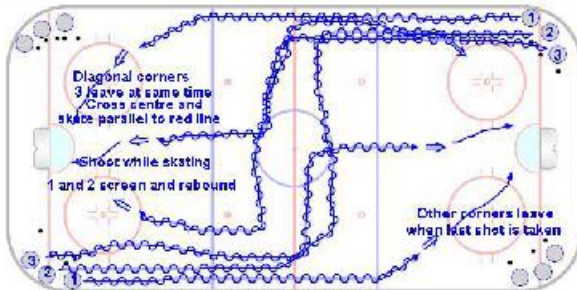
Description:

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

* In the video the pro's leave one corner at a time. By crossing the red line before turning both corners can leave at once which is good with larger groups where all 4 corners can alternate.

* Another option is to add a pass from the second player who steps out.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20150102230515926>



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.

B6 Shooting from 3 Lanes Progression

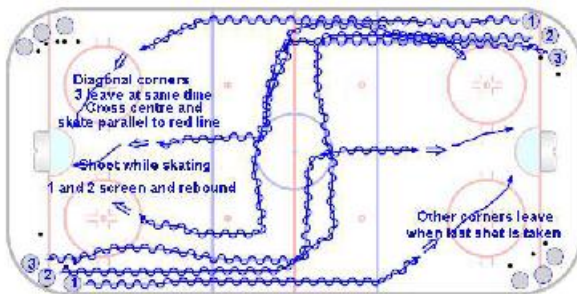
Key Points:

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

Description:

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

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



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

B6 Shooting from 3 Lanes

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.

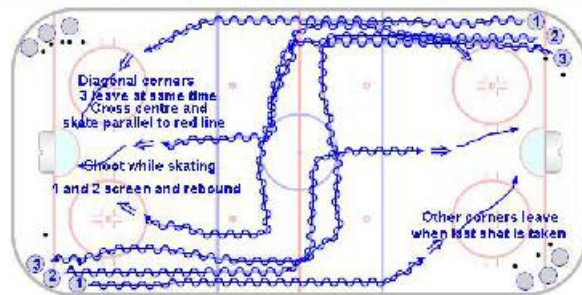
2. Skate along the boards and cross the red line.

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.

The video shows the last half of the drill which is crossing the red line and skating along the line and then turning down the lane to shoot.

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B6 Shots Wide and Middle-Washington

Key Points:

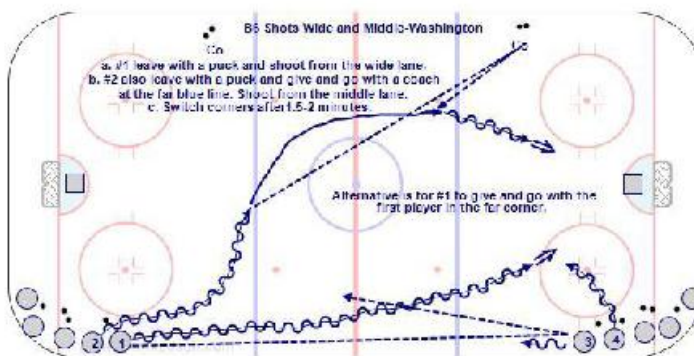
Shoot while skating. Hit the net. First player look for rebounds from second shooter. This is a good warm up for the start of practice.

Description:

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

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

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B6 Swedish Puck Exchange

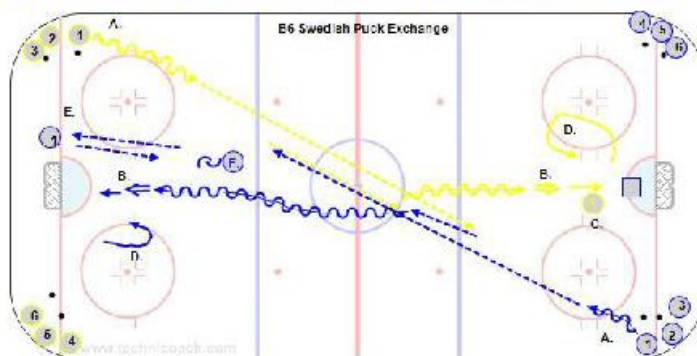
Key Points:

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120315092804984>



B6, 1-1 in Front - Point Shots

Key Points:

Defender, stay between attacker and the net and box out the attacker and seal his stick to the outside.

Attacker, screen the goalie and keep stick free to redirect puck. Fight for a rebound shot.

Description:

1. B1 pass to B2 at the point from the corner.
2. B1 go to the front of the net and R1 skate with B1 to defend.
3. B2 skate inside dot and shoot.
4. B1 battle with R1 to screen and tip and score on the rebound.
5. R1 maintain net side and seal B1 stick to the outside and battle to clear the rebound.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=2013030819323294>

