

## *Individual Offensive Skills*

### *Develop Good Habits*

#### *Key Words*

Always use your eyes: Look Around

Skating:

*Bend Knees, extend leg*

*Push off*

*Toe in - toe out*

*Face the puck*

*Follow through when you shoot*

*Never give the puck away*

*Roll your wrists*

*Fake with wide legs, loose upper body.*

*Quick feet*

*Drive skate to open ice with the puck.*

## PRACTICE #1

8 MINUTES

### 1.24. PLAYING WITH 3 PUCKS

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

DESCRIPTION: D coded exercises are the most important part of the system, because they involve the game itself. All other drills



lead up to these games. Individual and game skills can be practiced. D1 games use the full ice, so situations are very realistic.

7 MINUTES

### A2 BASIC FORMATION:

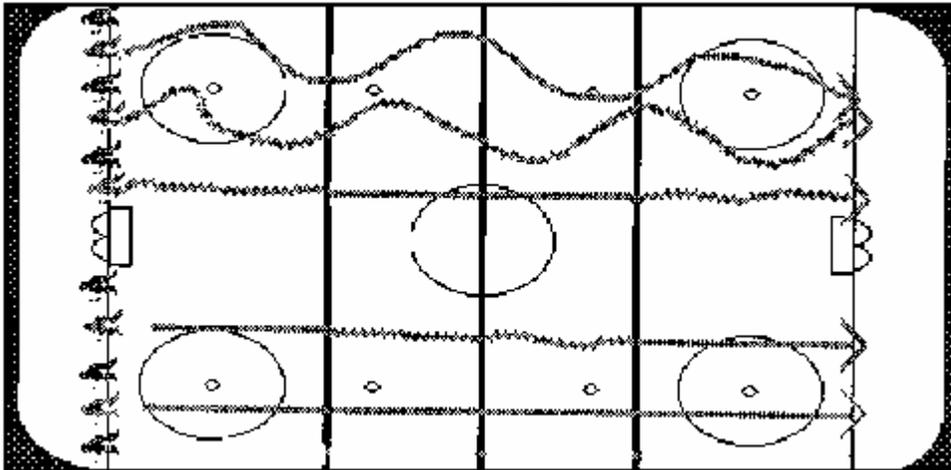
Description of Formation:

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

Teaching Points:

It is very important to use four or more groups ( as described in A-1) in order to correct the possible mistakes. It is also very important from the players point of view, because to perform well the players need time to recover. Have the first group go and send the next group as soon as you have watched them complete the exercise. If the tasks are done between the blue lines, then the next group goes when the group in front of them reaches the far blue line. When all the groups are finished, then start from the other end of the rink. For older more advanced players have eight groups when working on speed development in order to guarantee recovery between exercises.

## A2, 63-64, 1-0; various skating and balance exercises.



### INTERMEDIATE SKATING

#### A2, Module 1

- group skating from one end to another using a smooth skating stride.
- group skating knee up between the blue lines.
- group skating and doing squats between the blue lines.
- group skating and doing the squats on the lines
- jumping the lines while skating down the ice.
- alternating kicks between the blue lines.
- "shoot the duck" between the blue lines by balancing and squatting low on one skate while extending the other skate in front of the body.
- toe-in toe-out scootering with gliding between the blue lines, keeping both skates on the ice and toeing out as far as possible with each stride..

#### 5 MINUTES

##### 1.16. FLAT FOOTED SKATING WITH TWO HALF ICE GAMES:

Play half ice allowing only flat footed skating where the blades never leave the ice. This is a good strengthening exercise as well as good practice in toeing in and out as well as unlocking the hips while skating.

#### 5 MINUTES

##### 1.26. HALF ICE GAME STRESSING EYE ON THE PUCK \ GOOD POSTURE

By emphasizing facing the puck, you can teach your players to always see the puck when playing. Players learn to move in relationship to what is happening, allowing them to read the play and react in a constructive manner. This helps eliminate unnecessary turns, and useless skating. At the same time the coach can emphasize the proper skating posture, so that players are always in the ready position.

#### 5 MINUTES

##### 1.10. HALF SHAFT HOCKEY:

Play two HALF ice games, holding the stick halfway down the shaft. This causes the players to bend their knees. This can also be played as a full ice game

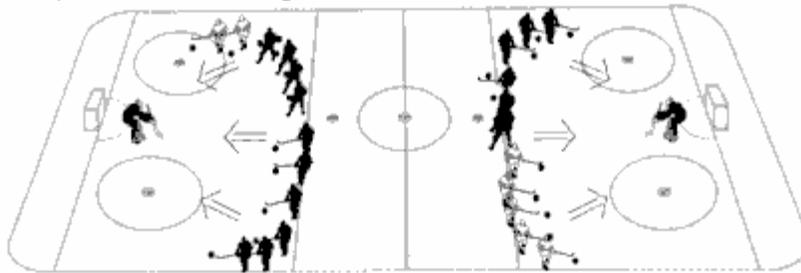
#### 10 MINUTES

##### B2 BASIC FORMATION

Players shoot starting from a lineup along the blue line. Stress the four points of projection; 1. windup, 2. produce forward force, 3. release rolling wrists, 4. follow through with stick pointing to the target.

## B2 Module 1

- sweepshots in a line from various distances from the net.
- Backhand sweepshots from different distances.
- sweepshots while skating.



BASIC FORMATION B2

## Shooting practice from the bluelines.

10 MINUTES

Full ice game of 3-3 or 4-4 with players lined up on the side boards in the neutral zone. Pass to teammate when changing at the whistle.

10 MINUTES

### 1.14. RACES PULLING A PARTNER WHO IS KNEELING DOWN:

From behind the goal line the players hold one stick in each hand and skate one length of the ice while pulling their kneeling partner. At the other end the partner pulls the first skater back.

Stress bending knees and toeing out. This activity causes the skater to toe out, using more of the skate blade and a longer stride.

## PRACTICE 2

### 10 MINUTES

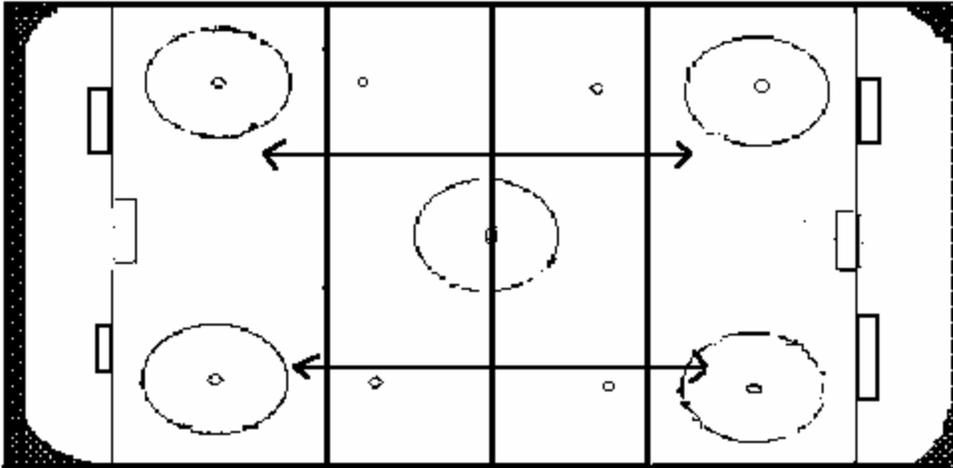
Two full ice games. The rink is divided into two halves lengthwise with four nets. on the whistle the players go to the front of their goal to hear the rules of the next game and who they are playing.

3 min. - first game stresses split vision being aware who else is on the ice. Play with the head up avoiding collisions with the people in the other game.

3 min. - the players hold the stick using the top hand only, this is to practice protecting the puck.

3 min. - now hold the stick with the hands together at the top of the stick, encourage wide legs when faking and head and shoulder fakes.

**Two full length games at once with four teams. No hitting or long slapshots.**

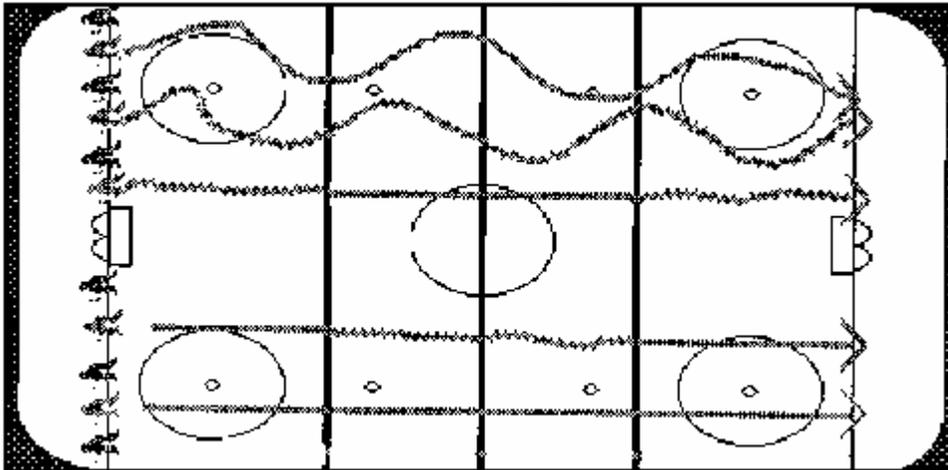


### 10 MINUTES

#### A2, Module 2

- toe-in, toe out gliding between the bluelines with knees bent and seat down.
- group skating knee up between the blue lines.
- group skating and doing squats between the bluelines.
- group skating and doing squats on the lines.
- jumping the lines while skating down the ice.
- alternating kicks between the bluelines.
- "shoot the duck" between the bluelines by balancing and squatting low on one skate while extending the other skate in front of the body.
- deep squat between the bluelines.

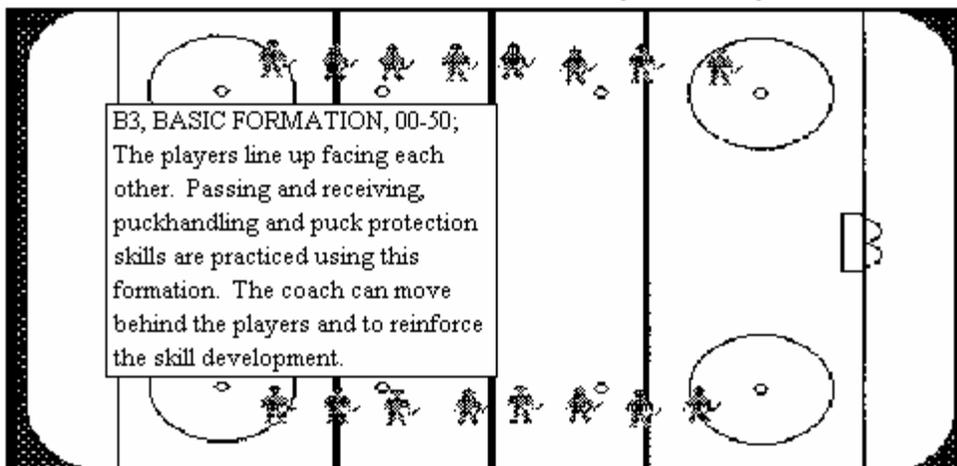
A2, 63-64, 1-0; various skating and balance exercises.



15 minutes

B3, BASIC FORMATION The players line up in two rows parallel to each other down the length of the ice. The coach demonstrates and the players do the various exercises.

### B3 BASIC FORMATION, 00-50;



B3,

Module 1

- check the sticklength making sure it isn't so long that the player can't go across the body with the top hand, or so short that the player must lean over and have their head down.
- with no gloves grip the stick using only the top hand and experiment rolling the top wrist back and forth while the stick is held in the air above the head.
- control the stick with both hands without gloves rolling the wrists with the hands fairly close together, mimics various stickhandling moves, across the body, forward and back, figure eight.
- control the stick with the top hand and roll the wrist back and forth.
- stationary puckhandling moving puck narrow and wide in front and at each side.

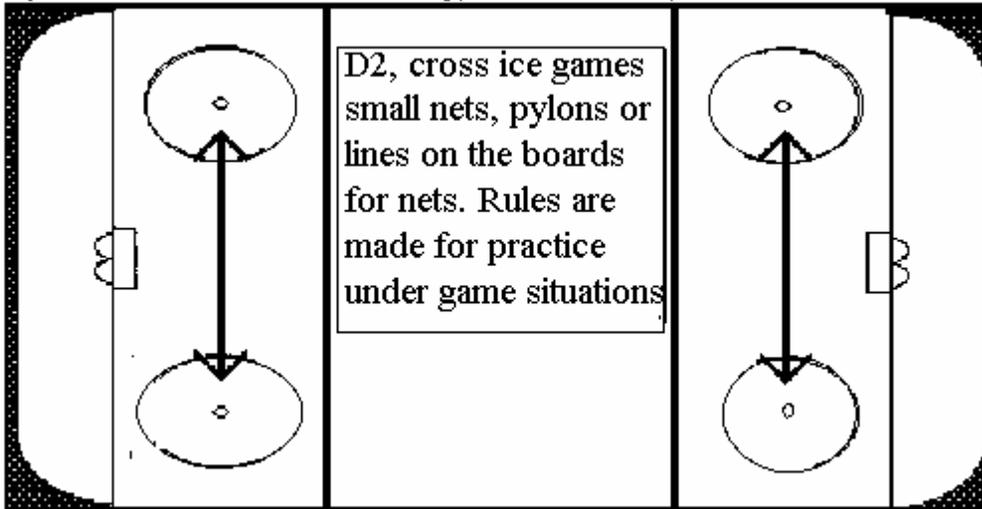
B3, Module 2

- stationary puckhandling moving puck narrow and wide in front and at each side.
- tight forehand turn with the top hand across the body and under the bottom arm.
- tight backhand turn with the top elbow up keeping the puck close to the body.
- put two gloves about three meters apart and do figure eights around the gloves, stress "top hand under" on forehand, "elbow up" on backhand.

10 minutes

Set up five goals cross ice from each other. Two or three players stand at each goal. Play one on one while two players rest. Shift goes for 30 seconds then on the whistle the next player comes on. The player with the puck pass to his teammate when the whistle blows. The last minute play 3-3. Stress protecting the puck and using fakes.

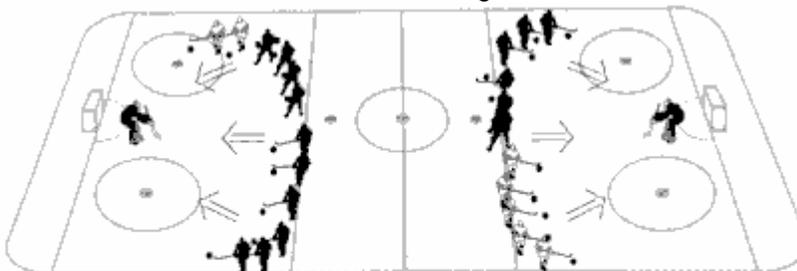
## D2, Basic formation using cross ice games.



8 minutes

B2 Module 2

- sweepshots while skating towards the net.
- backhand sweepshot while skating.
- forehand and backhand wristshot standing still.



BASIC FORMATION B2

## Shooting practice from the bluelines.

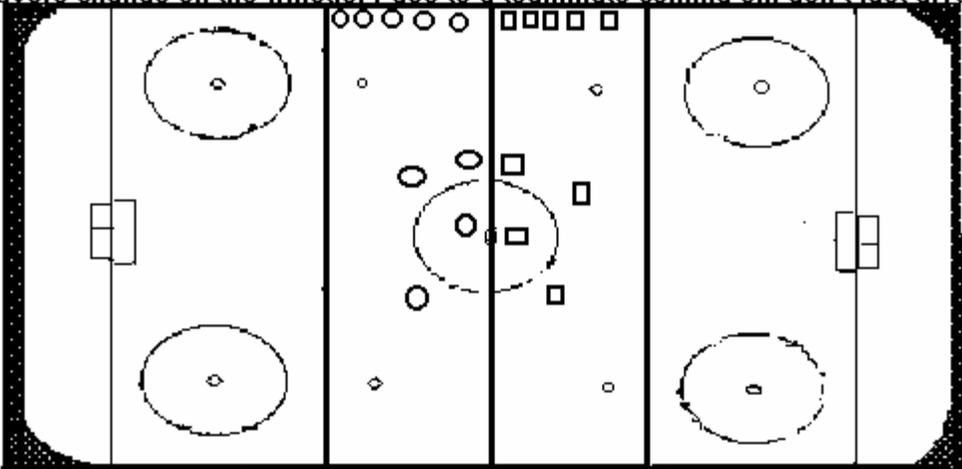
12 minutes

Play a full ice game of 4-4 with the extra players lined up on the boards in the neutral zone across from each other. The shifts are 30 seconds and the players change on the whistle. Pass to teammates coming on during a change.

Rules

- 5 minutes - only one pass allowed in each zone
- 5 minutes - players must take three hard strides with the puck before they are allowed to shoot or pass.

Full ice game of any number of players. The coach times the shifts and the players change on the whistle. Pass to a teammate coming on, don't just give



the puck away. Various rules can be used to practice playing and thinking skills.

### Practice #3

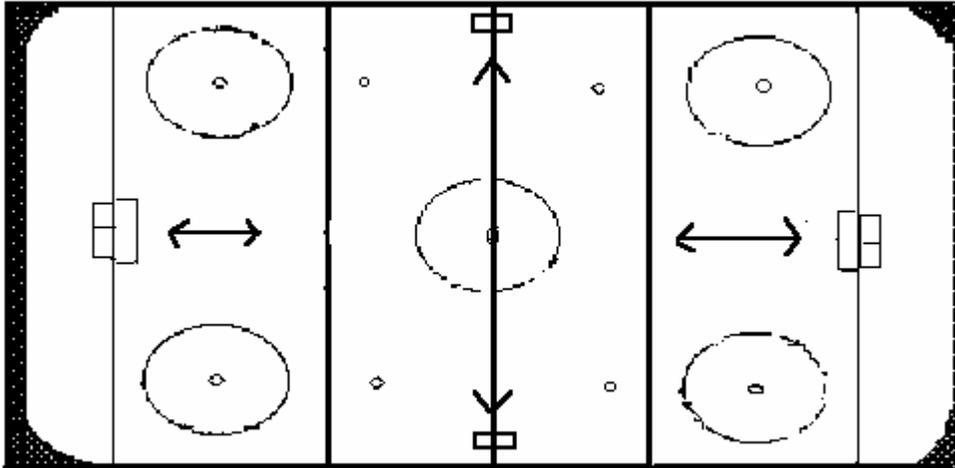
15 minutes

D5 Game of one half ice game at each end and one cross ice game in the middle.

Rules

- 5 push ups if you miss the net and 5 push ups if you don't follow your shot.
- each 5 minutes switch one team in the middle for one of the teams at each end so all teams play one game in the middle.

**3 games at once. 2 half ice games, one at each end and one cross ice game in**



**the middle. All players must touch blueline to be inside in half ice games.**

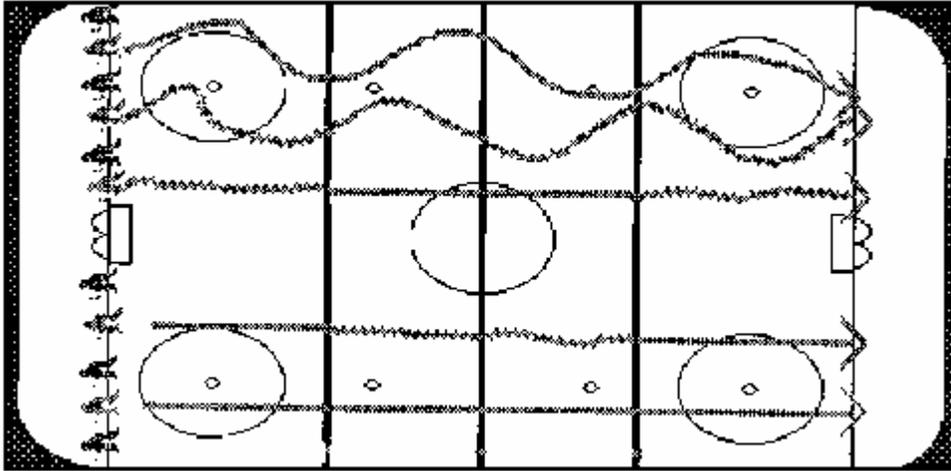
12

minutes

A2, Module 3

- face partner and push him\her down ice, stick at shoulder. height.
- toe-in toe-out scooting with gliding between the bluelines, keeping both skates on the ice and toeing out as far as possible with each stride..
- snowplow skating "swivels" between the bluelines by toe out toe in flat footed skating with both feet at once, keep seat down, knees bent, head up.
- forward skating with extra long strides, concentrate on bending knees and toeing out at the end of the stride.
- flat footed skating, toe-in, toe-out.
- two figure eights while flatfooted skating, focusing on leading the turn with the inside shoulder.
- four figure eights while flatfooted skating, focusing on leading the turn with the inside shoulder..
- jump over blueline and glide on one foot to other line.

## A2, 63-64, 1-0; various skating and balance exercises.



13 minutes

B3, Module 4

- have all of the players carry a puck in a small area, such as inside a faceoff circle with about six players, or between the bluelines with a large group. The players weave in and out always protecting the puck with their body. On the whistle skate fast for about 10 seconds, then slow down on the next whistle. Various puck protection skills can be practiced. Start with having them shield the puck with their body whenever another player approaches, next have them spread their legs wide apart and use head and shoulder fakes before swerving around the other player, then have them hold the stick with only the top hand, this causes them to shield the puck, as they cannot stickhandle well with one hand.

15 minutes

B1 BASIC FORMATION:

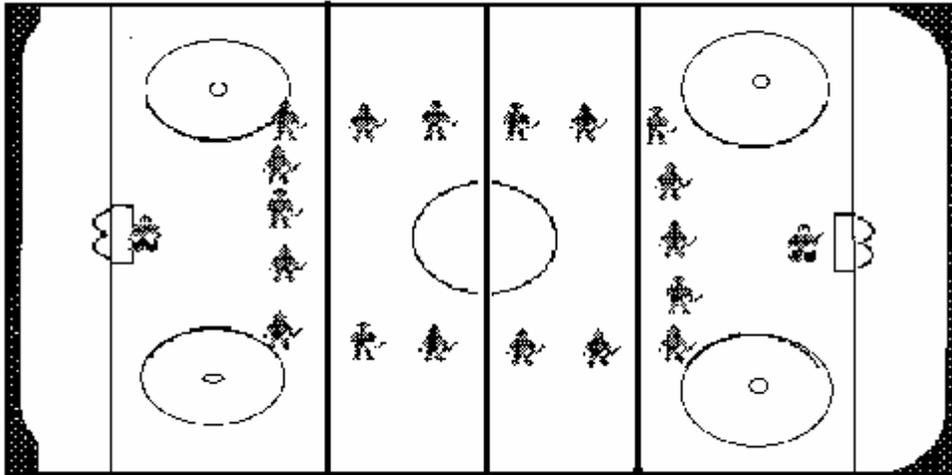
Description of Formation:

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

Teaching Points:

Practice a particular type of shot for so many repetitions for example say, "practice 50 slap shots. The instructors should skate around so they can watch each player shoot and either help him/her or tell him/her that he/she is shooting properly. This is also a good time to watch the goalies basic stance and positioning.

## B1 BASIC FORMATION; beginning shooting skills



can be practiced using this formation.

### BEGINNING SHOOTING

- 10 minutes

#### B1, BASIC FORMATION:

Players shoot at the side boards or at the goal. Stress the four points of projection; 1. windup, 2. produce forward force, 3. release rolling wrists, 4. follow through with stick pointing to the target.

#### B1 Module 1

- stationary shooting at the boards or net using the sweepshot
- stationary shooting at target on boards using a backhand.
- stationary shooting at the boards or net using the wristshot.

- 10 minutes

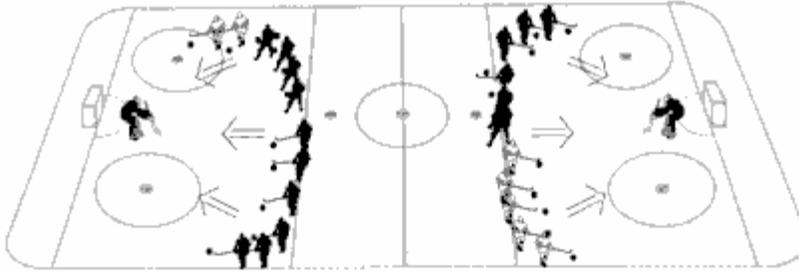
#### B2 BASIC FORMATION:

##### Description of Formation:

Players line up with pucks inside the blue lines. The distance from the net is determined by the age of the players and the type of shot being used. The harder the shot the farther from the net is the principle used.

##### Teaching Points:

The simplest way of is to start the shots from the left of the goalkeeper. In the middle of the exercise start from the right. You can have players alternate from one end then the other, every second player shoot, skate in and shoot etc. Keep the shots below knee level and on the net. Players should focus on the netting behind the goalie and not on the goalie. Watch the goaltenders to see if he/she centers himself with the puck and if he/she plays his\her angles properly. The next player doesn't shoot until the goalkeeper has completed his\her save. If the players miss the net the must do some exercise such as push-ups etc. This helps them to concentrate and makes the practice more fun.



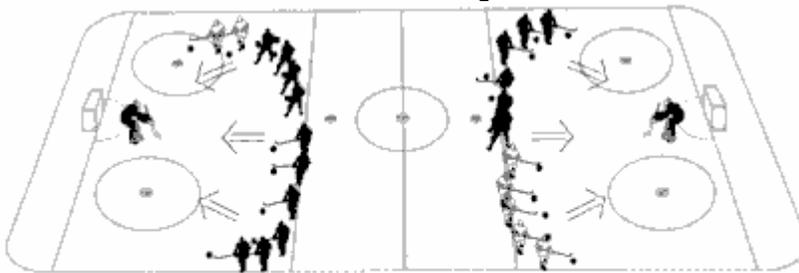
BASIC FORMATION B2



## Shooting practice from the bluelines.

B2 Module 3

- sweepshots while skating at the net.
- backhand sweepshot while skating.
- forehand and backhand wristshot standing.



BASIC FORMATION B2



## Shooting practice from the bluelines.

15 minutes

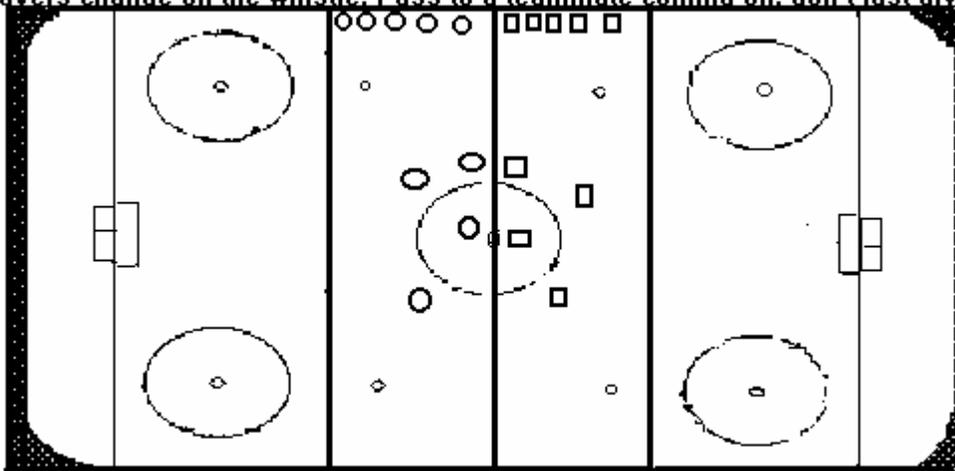
4 on 4 full ice game of 30 second shifts with resting players waiting along the boards in the neutral zone. Pass to teammate coming on when changing on the go.

Rule:

Only one pass is allowed in each zone. The pass receiver must drive skate with the puck to gain a zone or go to the net in the offensive zone.

Two whistles are blown when there are too many passes and the puck is given to the other team.

**Full ice game of any number of players. The coach times the shifts and the players change on the whistle. Pass to a teammate coming on, don't just give**



the puck away. Various rules can be used to practice playing and thinking skills.

10 minutes

1.20. RELAY RACE PUSHING FOUR PLAYERS:

The players line up behind the goal line at one end. Three players squat down and one player pushes the length of the ice. When he\she has skated one length go to the front of the line and squat down. Now the new player at the end pushes. Race is over when all have had a turn pushing one length.

Individual Offensive Skills: Section 2

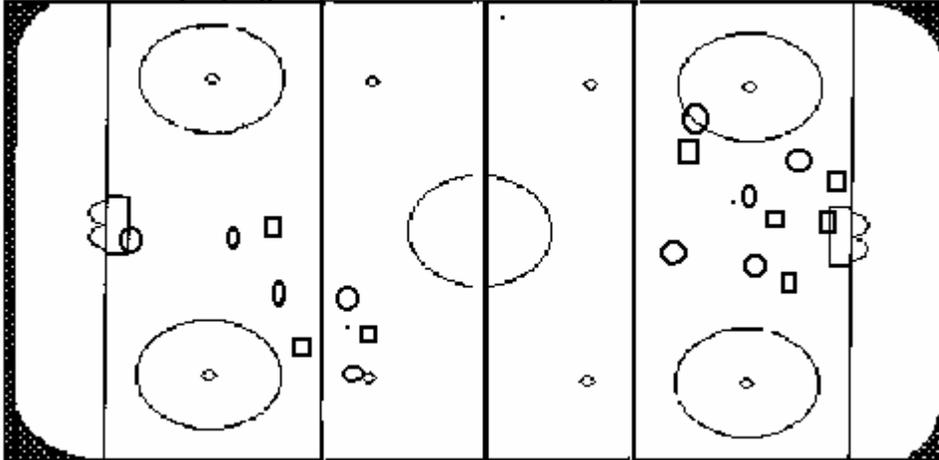
Practice #4

10 minutes

1.25. PLAYING WITH TWO PUCKS

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

**Two puck game: Play with two pucks at once, no slapshots, no shots if goalie is playing another shot. When one goal is scored add another**



**puck, the first team to score two goals wins. If it is 1-1 they play with only one puck. Play 2 of 3 or 3 of 5 series.**

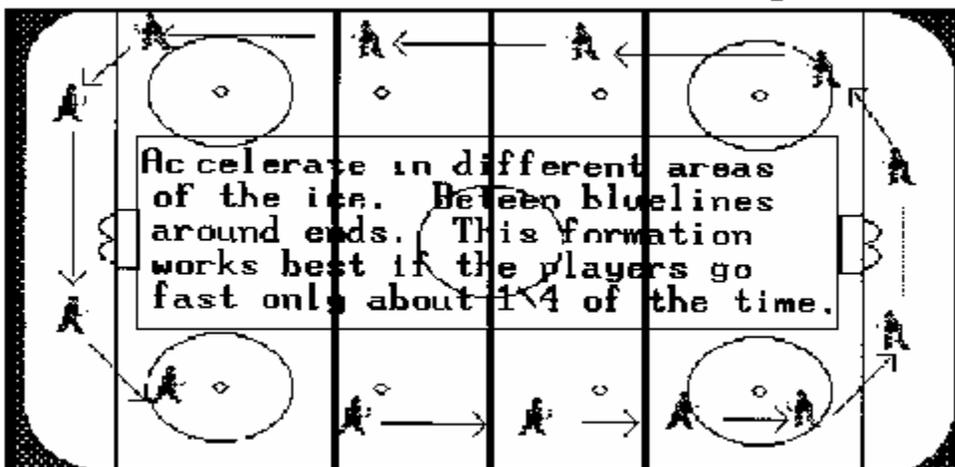
7 minutes

A3 BASIC FORMATION

Description:

The players skate around the ice and behind the net, so the ice in front will be good for the rest of practice. Various exercises can be done between the lines or around the ends.

**A3 BASIC SKATING ROUTE; do skating exercises**

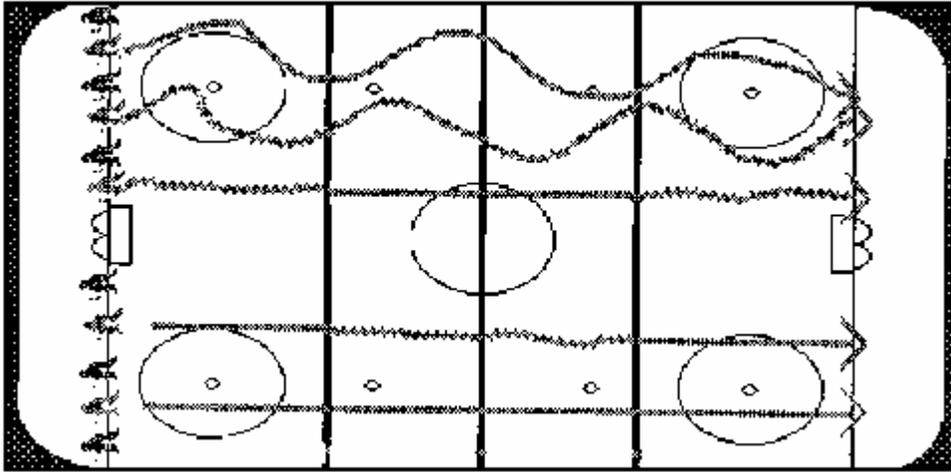


**on one side of the ice, rest - stretch on the other side.**

A2, Module 4

- forward skating with extra long strides, concentrate on bending knees and toeing out at the end of the stride.
- backward skating one length of the ice, seat down, head up, back straight, weight over the middle of the skate, cutting large semi-circles with each stride.
- backward skating one knee up between the bluelines.
- backward skating with deep squats between bluelines.
- backward skating squatting at each line.
- two footed jumps over each line while skating lengths.

## A2, 63-64, 1-0; various skating and balance exercises.



8 minutes

B2 100 Exercise:

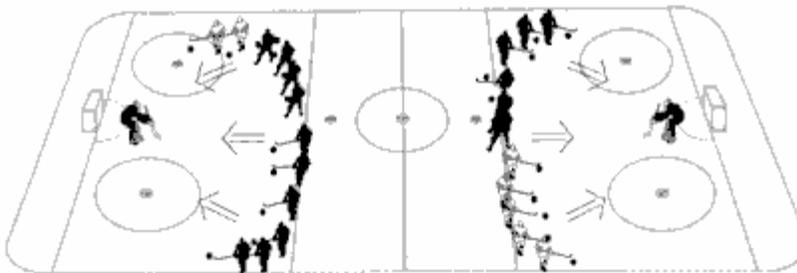
Description:

The basic B2 formation with the players in a row at the blueline. The players skate around the instructor or a pylon and take a shot on net. This exercise helps the goalie in playing angle.

Teaching Points:

When cutting in the player should protect the puck with his\her body shielding it with an arm or leg. Move the pylon or coach in order to practice cutting in at various angle. Give the goalie time to prepare for the next shooter.

INTERMEDIATE SHOOTING



BASIC FORMATION B2

## Shooting practice from the bluelines.

B2, 100 Module 1

- cut in and shoot using a sweepshot.
- cut in and shoot using a backhand.
- cut in and shoot using a wristshot.

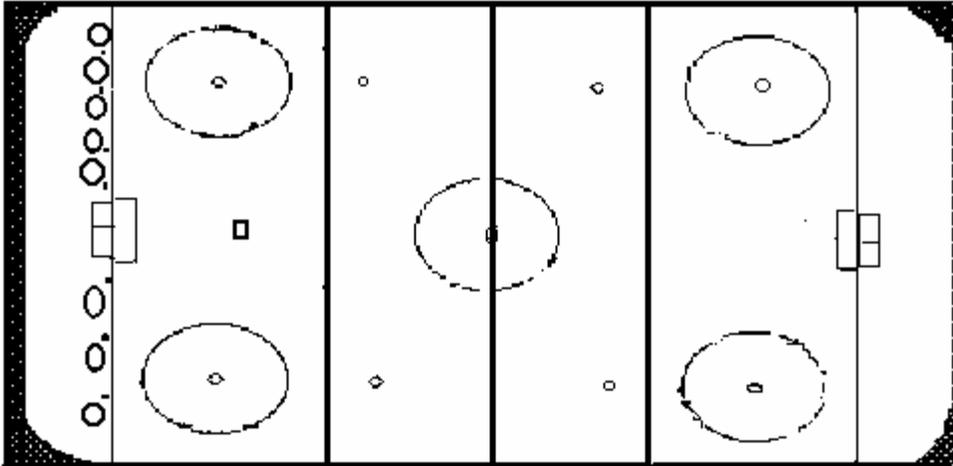
10 minutes

5 minutes

1.12. BRITISH PUCK DOG:

The players line up behind the goal line; when the player in the middle yells British Puckdog they carry the puck, trying to get to the end, without being checked. If a player loses the puck they are in the middle checking. Last player with a puck wins.

**British Puckdog: the players with the puck try to get to the other end without**



**losing the puck. If they lose the puck they become a checker. Last player wins.**

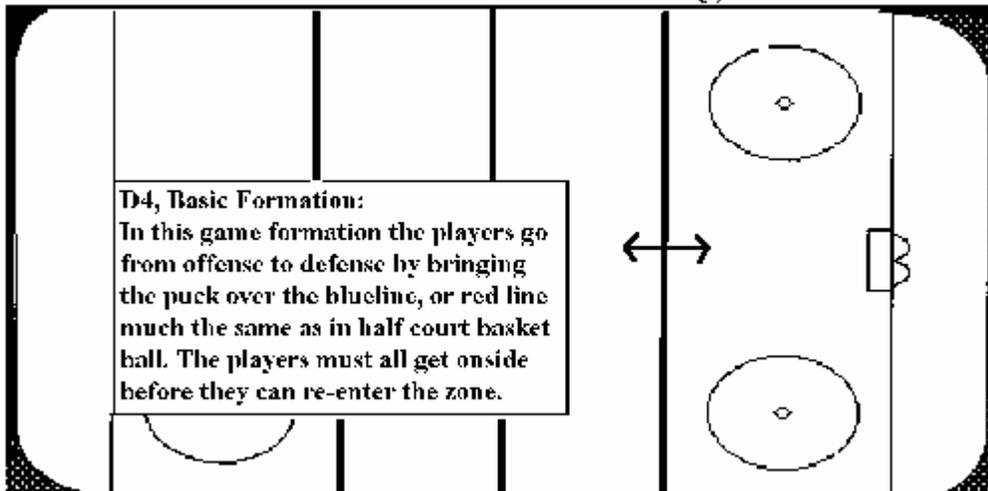
5

minutes

1.37 TWO HALF ICE GAMES WITH NO PASSING ALLOWED:

The player with the puck must try to score while the other players support behind, screen and pick and go for rebounds.

### D4 Basic Formation; half ice games.



15 minutes

### B3 BASIC FORMATION 2-0

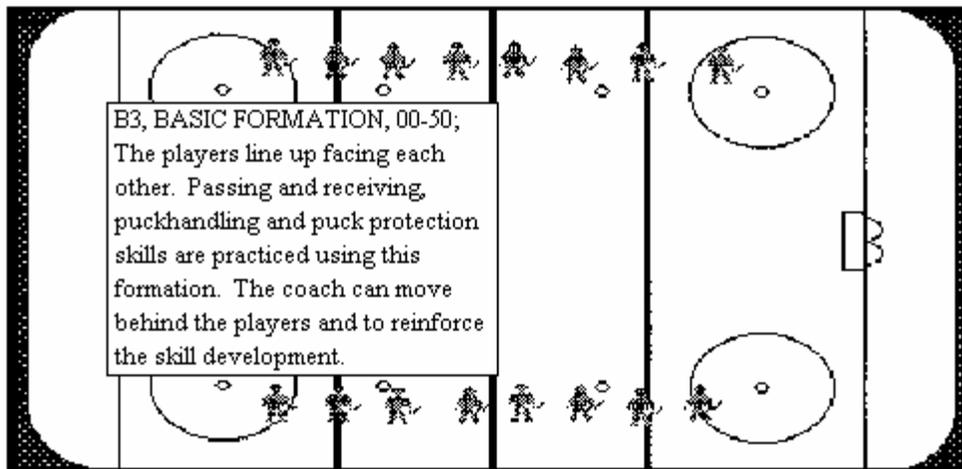
Description:

The players line up facing each other parallel to the boards. This formation allows them to learn passing skills.

Teaching Points:

Begin with players close together as this is easier and allows for more passes. Gradually increase the distance between players, and have them listen to the noise made by their passing and receiving. Loud noises mean that they are slapping their passes or not absorbing the puck by giving when receiving a pass. When they can pass standing still they are ready to move towards each other, forward, backward, pivot and so on.

### B3 BASIC FORMATION, 00-50;



### BEGINNING PASSING AND PASS RECEIVING

When passing keep the hands relaxed and role the wrists just like in shooting. The four phases of projection are emphasized. 1. Windup by pulling the puck back, 2. produce force by moving the puck towards the target, 3. release with a roll of the wrists, 4. follow through at the target. Take the pass with relaxed hands, which should be close together and keep the stick at a 90 degree angle tow the puck. There should be no noise when passing and the technique is similar to a wrist shot.

The players are facing each other in two parallel lines down the length of the ice, start off only about 5 metres from each other and slowly move apart.

### B3, 100 Module 1

- keep the stick on the ice and square to the puck to take a pass.
- forehand passing.
- backhand passing.
- practicing eye contact between the passer and the receiver by passing 3-4 pucks across to different players in the opposite line, making sure there is eye contact before passing.

10 minutes

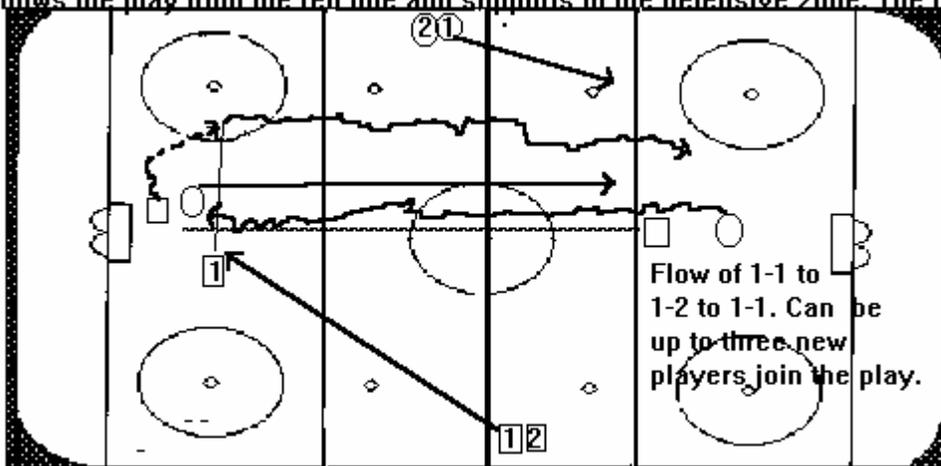
Full ice game of Attack-backcheck-breakout pass-leave. 1 x 1 on 1 and 2 x 2 on 2.

The flow of the game is:

- One player attacks one on one versus an opponent.
- When the puck crosses the red line one player from the defenders team follows the play into the zone and supports the defender.
- When the defending team gets the puck a pass is made to the new player and he attacks the other way.

- The original attacker backchecks and must regain the puck and pass to his supporting player who follows the play into the zone.

**Attack-Defend-Leave Game: Play 1-1 in one; a new player on the defending team follows the play from the red line and supports in the defensive zone. The new**



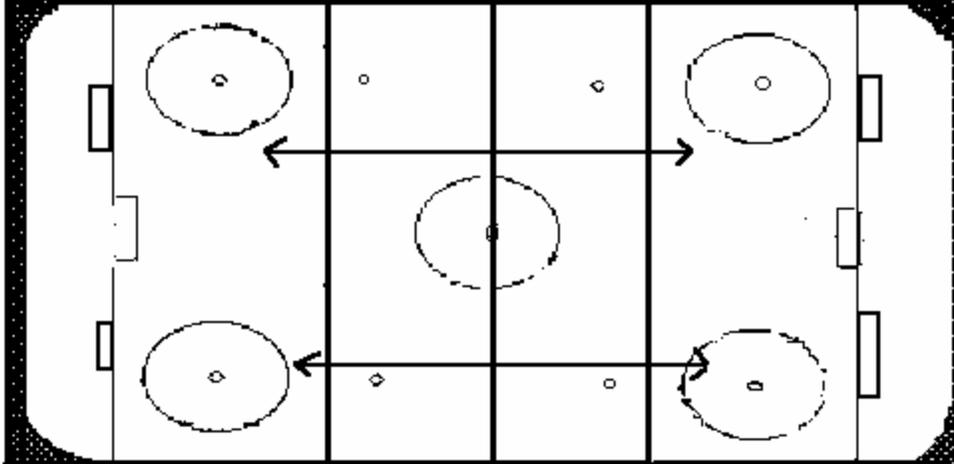
defender attacks the other way when his team regains the puck. The original forward backchecks and is supported by a new player following the play.

## Practice #5

10 minutes

Play two full ice games at once dividing the rink in half lengthwise and using four nets.

**Two full length games at once with four teams. No hitting or long slapshots.**



- 5 minutes

1.1. PLAYING A GAME WHERE THERE MUST BE AT LEAST ONE PASS BEFORE A GOAL COUNTS:

There must be at least one pass before the goal counts. Set up goals across ice from each other. Play for one or two or minutes then change opponents.

-5 minutes

2.12. GAME ALLOWING ONLY ONE PASS:

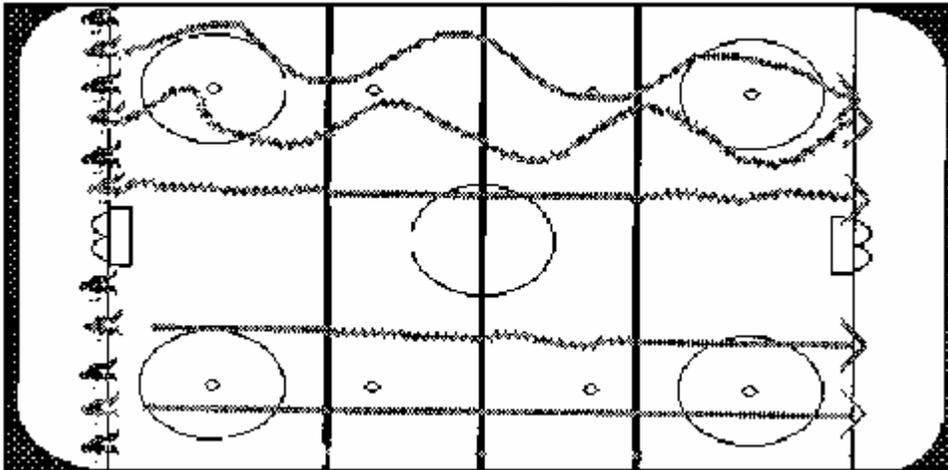
By allowing only one pass the player must try to score by drive skating to the net and teammates must support by screening and going to the net for rebounds

7 minutes

A2, Module 5

- forward skating with extra long strides, concentrate on bending knees and toeing out at the end of the stride.
- backward skating one length of the ice.
- alternate kicks between bluelines while skating backwards.
- swivel hips while skating backwards both feet on ice.
- two backward figure eights.
- four backward figure eights.
- skate backwards and glide between the bluelines, good posture.
- while skating backwards down the ice, emphasize toe in and out between bluelines.

A2, 63-64, 1-0; various skating and balance exercises.



8 minutes

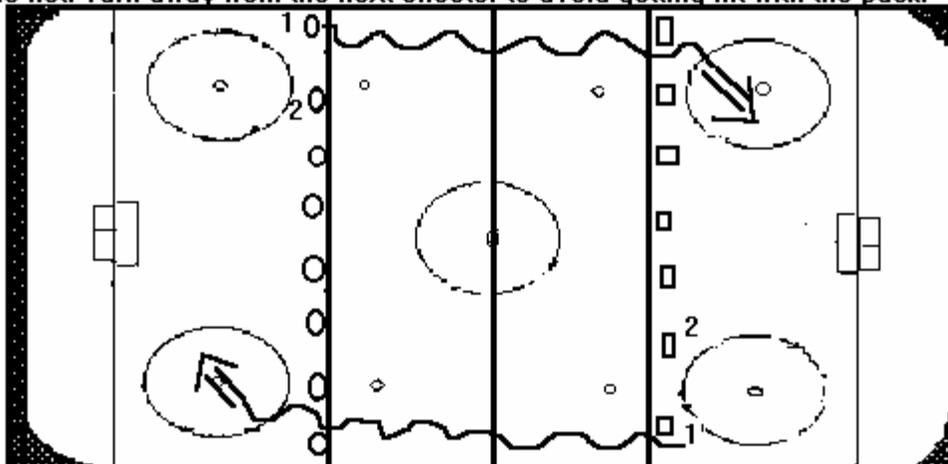
B202 FORMATION Turn the row 180 degrees and face the other end, skate through the row at the far end and shoot on the goalie. Stress shooting while moving and following the shot for a rebound. When there is a pass to be made after the shot the coach should place extra pucks behind the goal line. Be sure to turn away from the next shooter so the player will not get hit with the puck.

#### INTERMEDIATE SHOOTING

B202 Module 1

- skate to top of circle and take a sweepshot on goal.
- skate to top of circle and take a wristshot on goal.
- skate to hash marks and take a backhand shot on goal.

**Players line up at opposite bluelines. Skate through opposite line and shoot on the net. Turn away from the next shooter to avoid getting hit with the puck.**

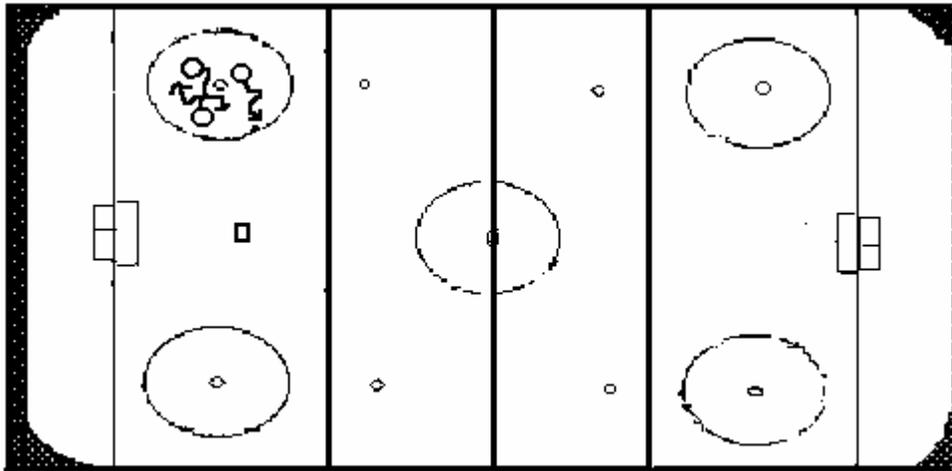


15 minutes

B3 , Module 5

- have all of the players carry a puck in a small area, such as inside a faceoff circle with about six players, or between the bluelines with a large group. The players weave in and out always protecting the puck with their body. On the whistle skate fast for about 10 seconds, then slow down on the next whistle. Remove one or two pucks after every fast skate, now the players

without a puck must take one away from the ones with a puck. Those players without a puck on the whistle must do pushups.

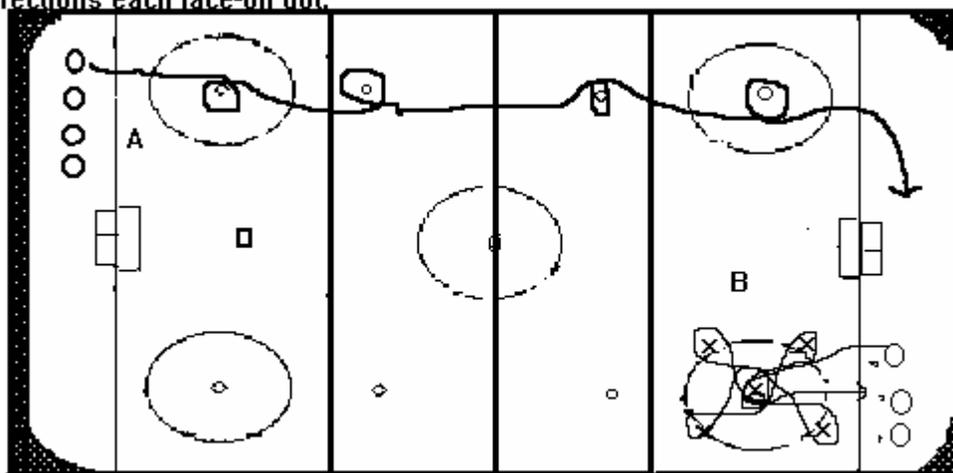


### B3, Module 6

- the players start from the A2 formation behind the goal line, skate one at a time down each side of the ice going around each faceoff dot with a puck but only holding the puck on the forehand side alternate turning left, then right. This causes the upper body to turn with the puck.

- put four pylons around the faceoff circles and one in the middle. The players go into small groups and take turns skating number eights from the outside of the line to the middle pylon. Have them try it using only the forehand side of the stick, the backhand side and going backwards.

**Puckhandling practice: A-carry puck only on the forehand side, alternating directions each face-off dot.**



**B-Place four pylons around the circle and one in the middle. The player carries a puck in a figure 8 around the pylons.Only forehand, backhand,backwards, etc.**

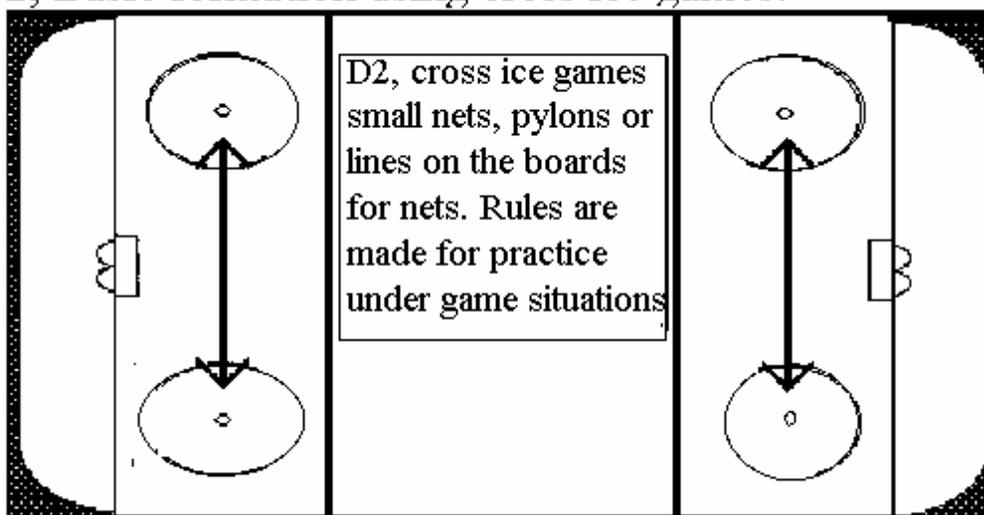
10 minutes

- 5 minutes

### 1.28. GAME OF ONE ON ONE; USING HEAD AND SHOULDER FAKES:

Goals are set up across the ice using nets, pylon, or the stripes on the boards. The players play each other and use head and,shoulder fakes when stickhandling. The game can last two minutes and then one side moves down to the next goal and the end person moves to the first goal. Now start another game against a new opponent.

## D2, Basic formation using cross ice games.

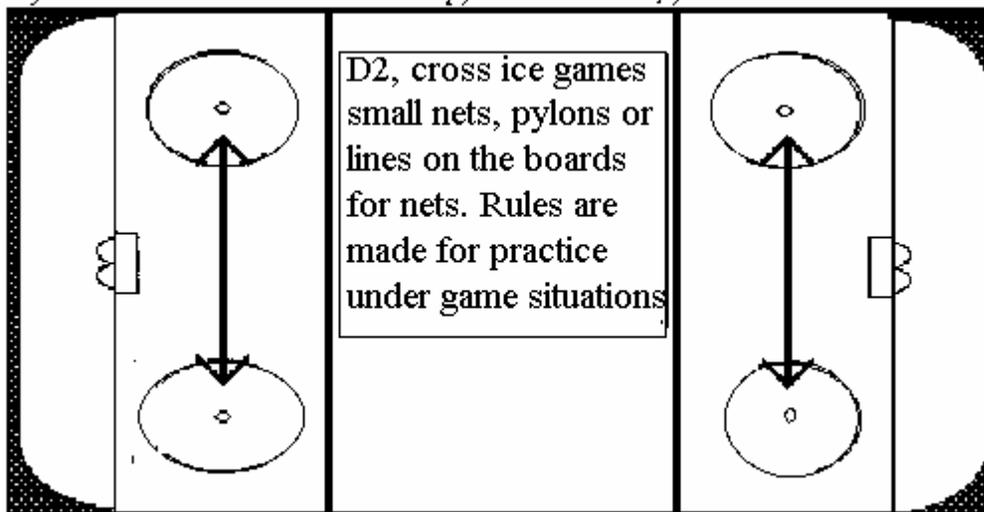


- 5 minutes

### 1.30. GAME WITH LEGS WIDE APART WHILE FAKING:

The player tries to combine the lessons learned in the other games. When he/she approaches the opponent he/she should spread his/her legs wide apart and combine this with the head and shoulder fakes, protecting the puck with his/her body and hands close together. Pressure on the inside edge of the skate enables the player to turn very quickly.

## D2, Basic formation using cross ice games.



10 minutes

### E1 BASIC FORMATION:

Description:

Exercises are meant to give the team a good way to finish the practice. The formation is the same as B4 and C1.

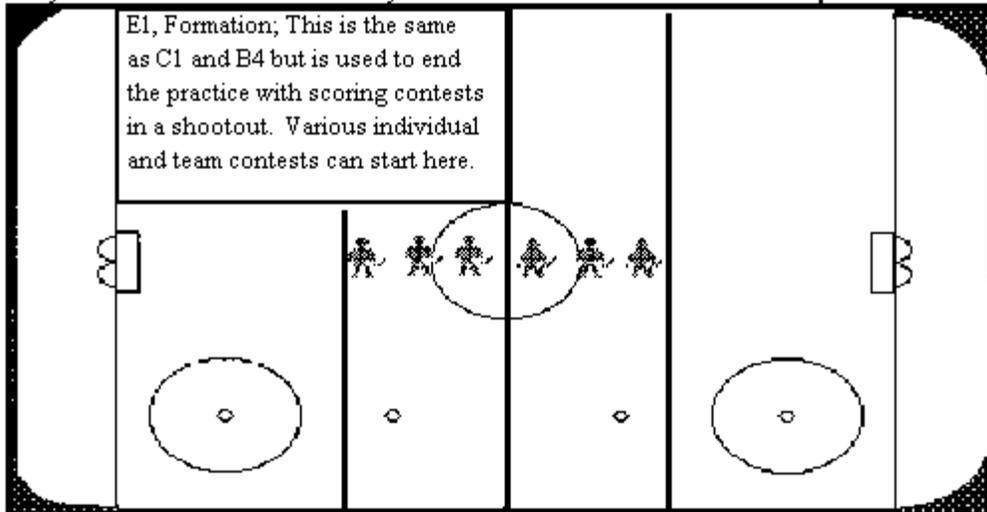
Teaching Points:

Team contests like shootout, where players take penalty shots are fun for the shooters and the goalies. Prizes for the winners or push ups etc. for the losers, add intensity and enjoyment to this cooldown exercise.

E1, 05, 1-0, 2-0, one team on each side of the red line. The first player shoots until a goal is

scored, then race back over the blueline and the next player goes. The team at the other end does the same thing. The winner is the team with all players scoring first.

### E1, Basic Formation; Shootouts to end the practice.

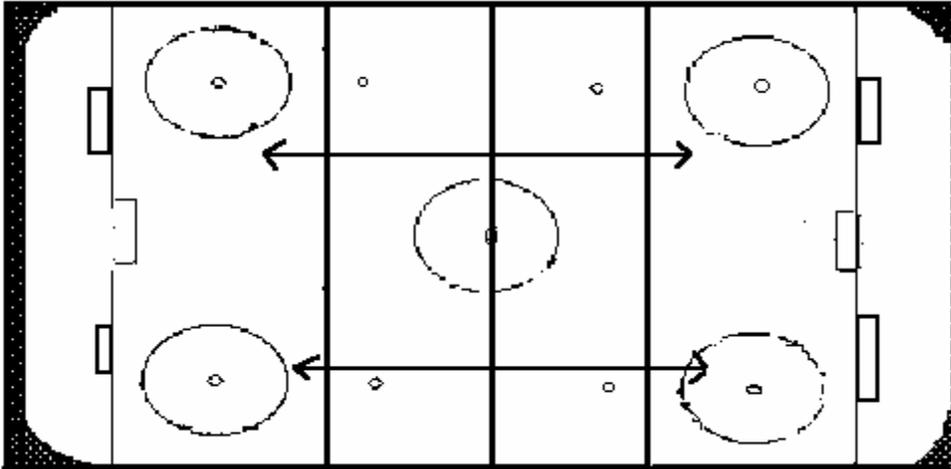


Practice #6

10 MINUTES

Set up two nets on each goal line and have two games going on at once lengthwise.

**Two full length games at once with four teams. No hitting or long slapshots.**



- 5 minutes

1.31. GAME STRESSING MOVING QUICKLY BY TAKING AT LEAST THREE STRIDES TO OPEN ICE WHEN YOU GET THE PUCK:

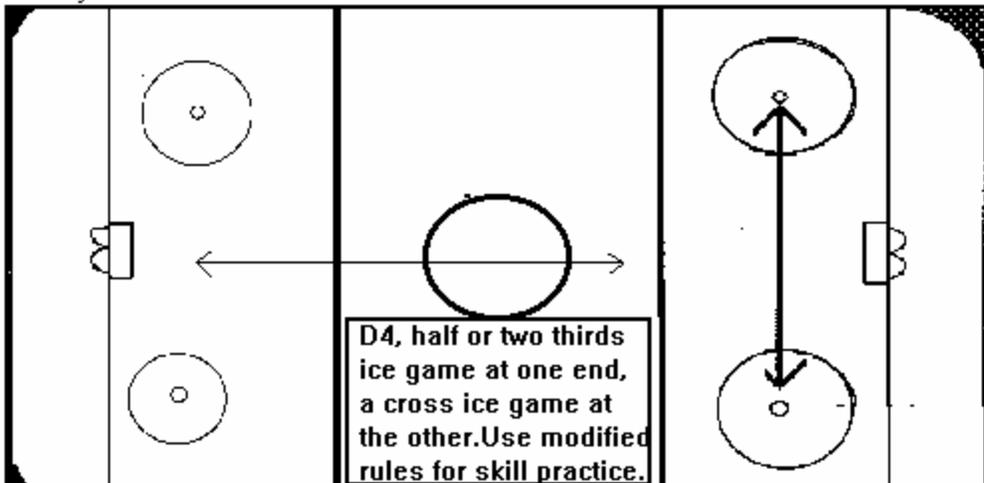
The coach has the rule that the player must take at least three quick strides as soon as he/she gains possession of the puck, this may be the most important lesson the offensive player learns as it creates time and space for the puckcarrier as well as changing all of the passing angles.

- 5 minutes

2.3. GAME WITH AT LEAST THREE PASSES:

Playing a game goals count only if at least three passes are made first before a shot is taken.

### D3; BASIC FORMATION



7

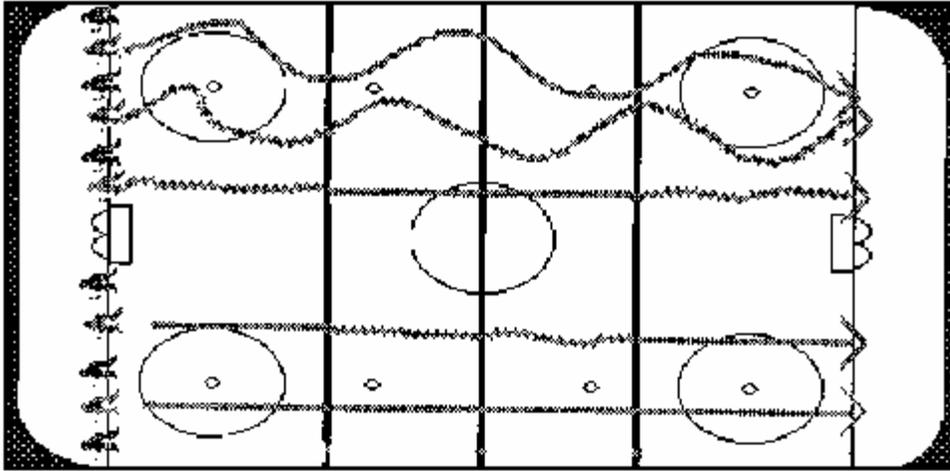
minutes

A2, Module 6

- toe-in toe-out scootering with gliding between the bluelines, keeping both skates on the ice and toeing out as far as possible with each stride..

- forward skating with extra long strides, concentrate on bending knees and toeing out at the end of the stride.
- deep squats between the bluelines.
- flat footed toe in toe out skating bending the knees as far as possible on each stride.
- two figure eights while flatfooted skating, focusing on leading the turn with the inside shoulder.
- four figure eights while flatfooted skating, focusing on leading the turn with the inside shoulder..
- backward skating one length of the ice, seat down, head up, back straight, weight over the middle of the skate, cutting large semi-circles with each stride.
- skate one length backward with deep squats between the bluelines.

## A2, 63-64, 1-0; various skating and balance exercises.



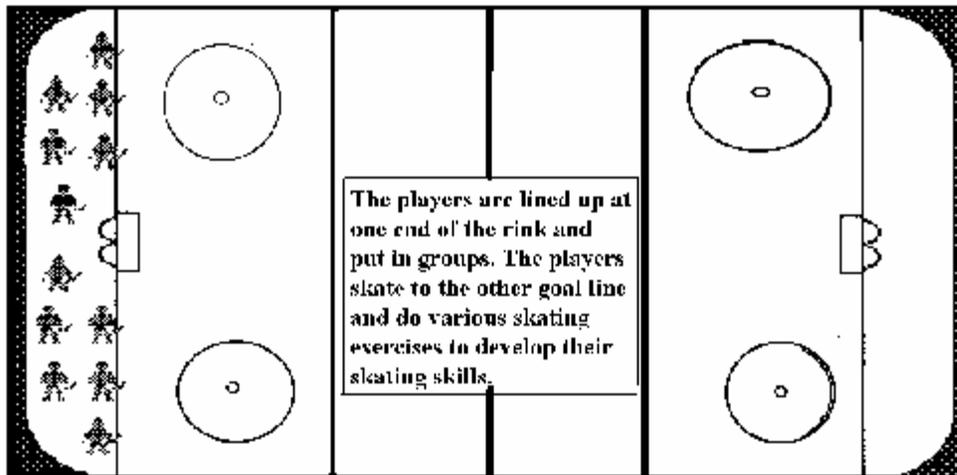
8 minutes

This exercise is done from the A2 formation in four groups. The coach demonstrates and leads the exercise and the players skate the length of the ice.

### B3, Module 7

- The Russian Puckhandling Warm-up: this can be done every time the player goes onto the ice to increase their muscle memory. The point of these exercises is to increase the size of the reach with the stickhandling moves and to separate the upper and lower body.
- from the A2 formation the players skate down the ice in four groups, practice big moves with the puck.
  - reach forward while down on one knee, reach back as far as you can.
  - give the puck forward and take it back with the toe of the stick.
  - place hands close together and reach sideways each way as far as possible.
  - practice head fakes and shoulder drops.
  - reach back with the puck in both directions as far as you can turning the upper body so you are looking behind you.
  - single fake by practicing a small fake one way and quickly pull the puck across your body to the other side.
  - double fake by giving a small fake one way and quickly pull the puck across your body to the other side and immediately bring it back.
  - put the puck behind you and pass it up into your skates from both sides.
  - have the puck in front of you and pass it back to your skates and up to your stick.

## A2, 1-0, BASIC FORMATION; skating exercises



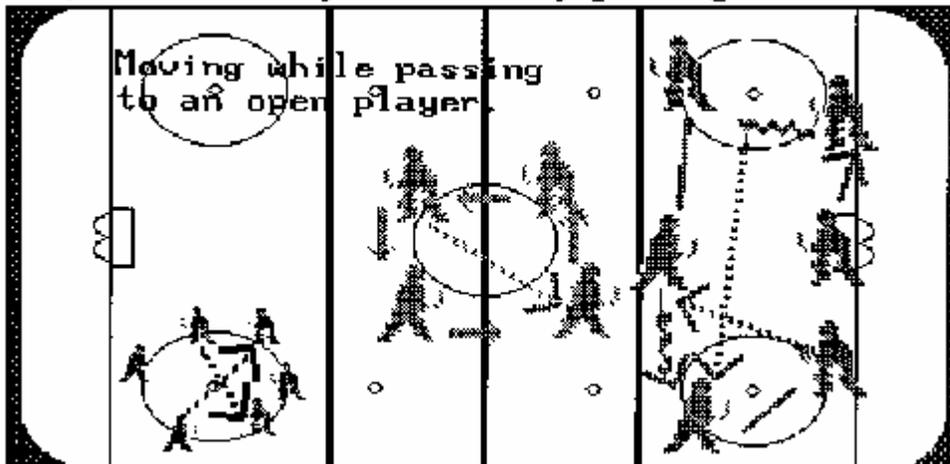
are done from one end to the other.

10 minutes

B3, 100 Module 2 and 3

- backhand passing.
- practicing eye contact between the passer and the receiver by passing 3-4 pucks across to different players in the opposite line, making sure there is eye contact before passing.
- receiving a pass on the forehand.
- receiving a pass on the backhand.
- knocking high passes down with the hand to the stick.
- alternate receiving backhand and passing forehand and receiving forehand passing backhand.
- taking a pass with a skate and directing it to the stick.

B3; Practice eye contact by passing while skating.



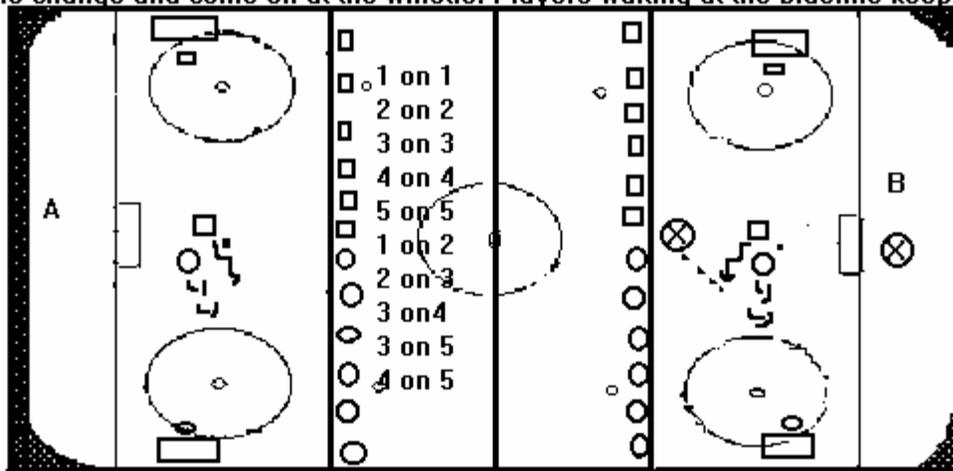
15 minutes

1.37. ONE CROSS ICE GAME WITH TWO NETS:

A normal game but cross ice. Have groups of 1 ON 1 up to 3 on 3 play for 10-20 seconds, then change on the fly when the whistle goes. The next players are lined up at the side of the game. e.g. along blueline if game is in one end. Pass to the teammate when the whistle goes to change on the fly.

In a large hockey school group with four goalies have one game going on at each end.

Cross ice games at one or both ends. Time 15-30 seconds. Pass to teammates who change and come on at the whistle. Players waiting at the blueline keep the



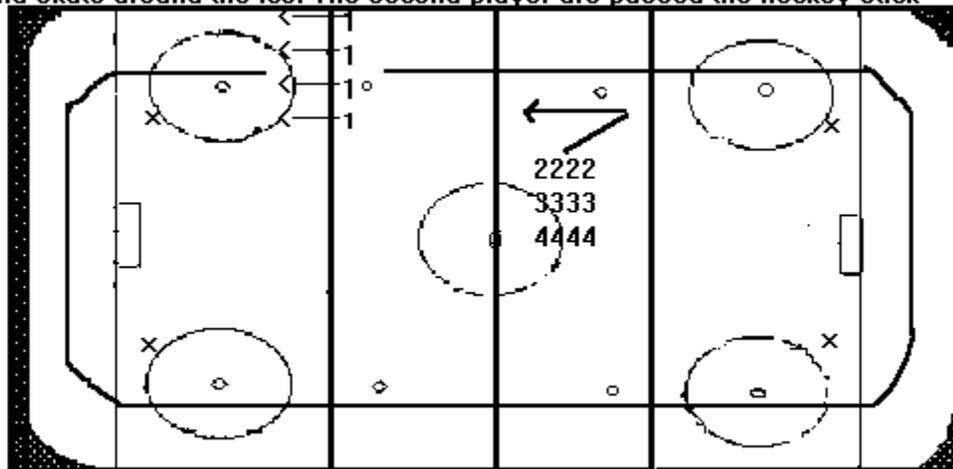
puck in the zone. In the B game players may pass to a coach. Player cover pass receivers. One coach can be behind goalline and other at blueline.

10 minutes

1.19. OLYMPIC RELAY:

Divide the players into four teams. Move the nets up to the hash marks. First player skates around the ice and passes his/her stick to the next player between the bluelines. Each player gets one turn around. Speed and cross over turns are emphasized in this race.

**Olympic relay: Divide the players into four teams, the first four players leave and skate around the ice. The second player are passed the hockey stick**



between the bluelines and they race around. Finish line is far blueline.



## Individual Offensive Skills: Section 3

### Practice #7

10 minutes

- 5 minutes

#### 2.2. PLAYING A HALF ICE GAME WHERE THERE MUST BE AT LEAST TWO PASSES BEFORE A GOAL COUNTS:

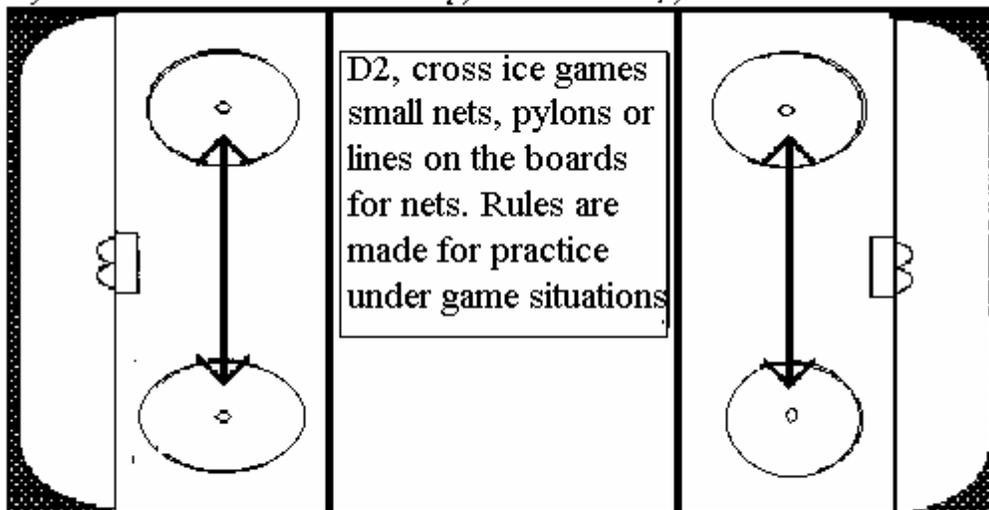
There must be at least two passes before a goal counts. This teaches offensive support and passing skills. On defense, one player should check the puckcarrier and the other player should cover the pass receiver, both on the defensive side. This practices the final two playing roles.

- 5 minutes

#### 1.27. GAME OF ONE ON ONE WITH FAKES AND FEINTS ATTACKING THE DEFENDER FROM THE SIDE:

Stress protecting the puck and making fakes and feints and attacking from the side on offense. On defense stress staying on the defensive side between the attacker and the net.

### D2, Basic formation using cross ice games.

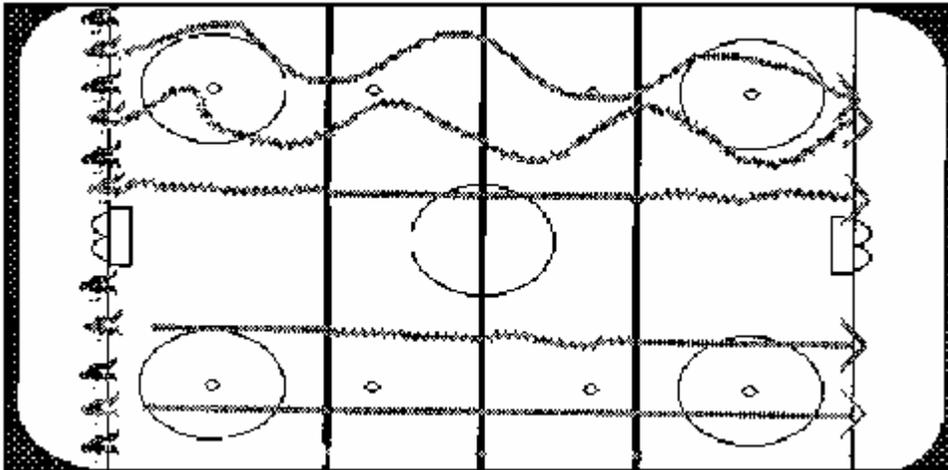


7 minutes

A2, Module 7

- toe-in toe-out scootering with gliding between the bluelines, keeping both skates on the ice and toeing out as far as possible with each stride..
- forward skating with extra long strides, concentrate on bending knees and toeing out at the end of the stride.
- jump over the blueline and glide to the other end on one skate
- backward skating one length of the ice, seat down, head up, back straight, weight over the middle of the skate, cutting large semi-circles with each stride.
- holding two sticks pull partner down the ice backwards.
- backward skate and raise stick to shoulder height at blueline.
- skate backwards with extra long strides.
- alternate kicks between the bluelines while skating backwards.
- two backward figure eights.

A2, 63-64, 1-0; various skating and balance exercises.



8 minutes

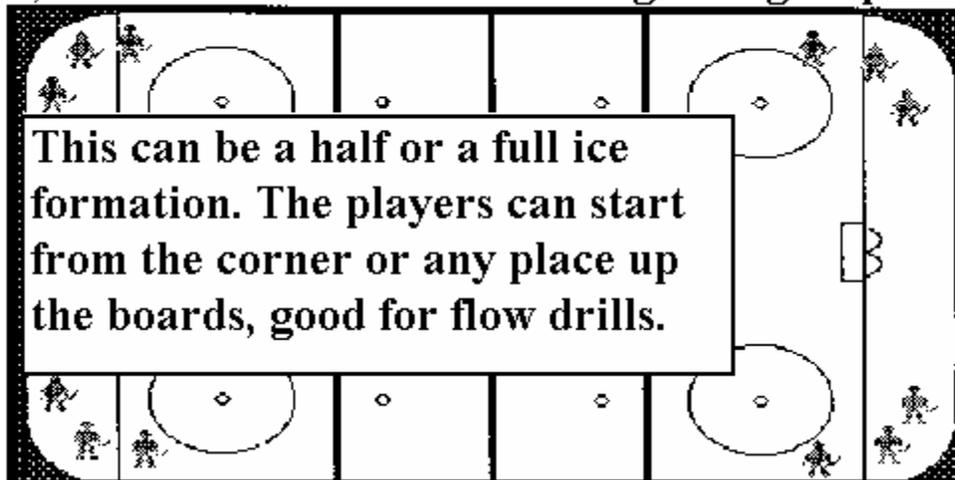
B6 Module 1 - done from the four corners of the rink.

- groups of three players from opposite corners; skate down the ice and shoot on the goal at the other end. Skate back on the same side of the ice; now two groups from the other two corners leave.\*be sure to allow the goalie time between shots.

- groups of three players from opposite corners; skate down the ice and cut to the middle past the red line, shoot from the middle lane. Skate back on the same side of the ice; now two groups from the other two corners leave.\*be sure to allow the goalie time between shots.

- groups of three players from opposite corners; skate down the ice and cut to the far side after the red line. Shoot from the far lane. Skate back on the same side of the ice; now two groups from the other two corners leave.\*be sure to allow the goalie time between shots.

**B6, BASIC FORMATION: Using four groups.**

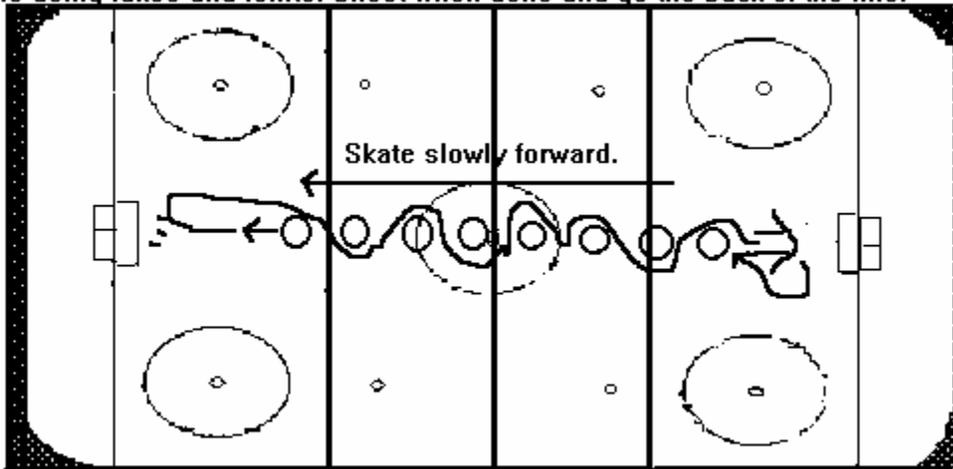


15 minutes

-B3, Module 8

- the players stand in a straight line about 5 metres apart down the length of the ice. One player weaves through the line stickhandling practicing fakes and moves, when the puckcarrier gets to the end of the line he/she stays there and faces up ice. The first player in line gets a new puck and turns and stickhandles through the line. All players move forward one position as the first player leaves to get a new puck.

**Stickhandling and fakes. The first player picks up a puck and skates through the line using fakes and feints. Shoot when done and go the back of the line.**



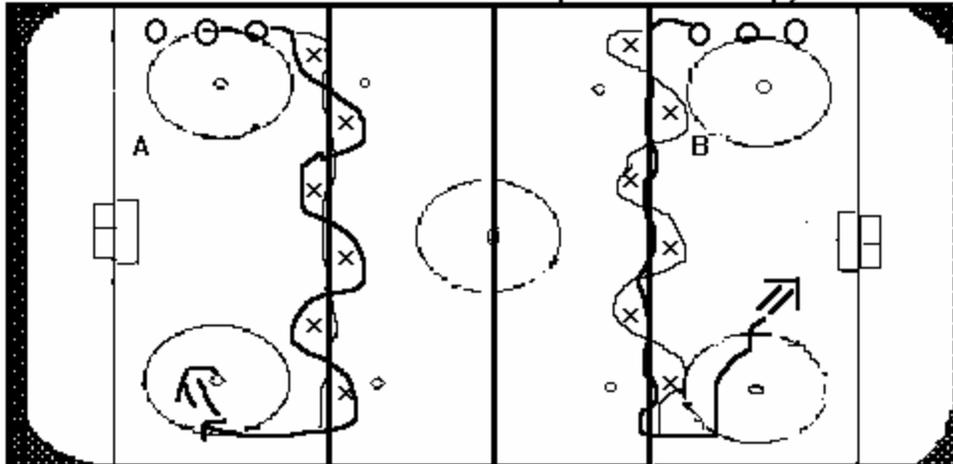
B3, Module 9

- place pylons about 4m. apart on either side of the blueline. Skate down the blueline and reach around the first pylon with the puck, on one side, then the next pylon on the other side of the line. This helps the players separate the top and bottom half of their bodies. The body goes straight ahead and the puck is moves in large moves from side to side.

- with pylons about 4m. apart and 5m. on either side of a line, carry the puck down and on top of the blue or red line and skate around the pylons, alternating from left to right. This separates the movement of the top and bottom half of the body. The puck foes straight ahead and the body moves back and forth.

**A: Carry the puck along the blueline and weave in and out between the bluilines.**

**B: Skate down the blueline and reach with the puck around the pylons.**



**These stickhandling exercises increase the reach with the puck and practice separating the upper and lower parts of the body.**

10 minutes

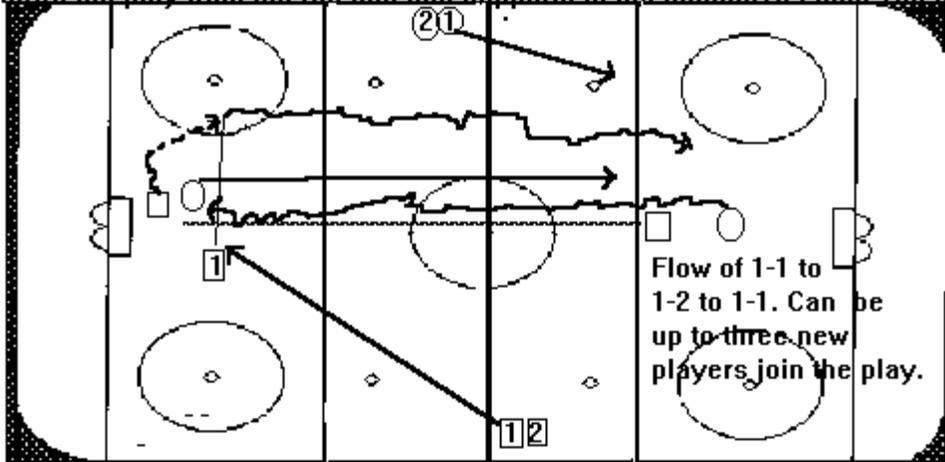
Full ice game of Attack-backcheck-breakout pass-leave. 1 x 1 on 1 and 2 x 2 on 2.

The flow of the game is:

- One player attacks one on one versus an opponent.
- When the puck crosses the red line one player from the defenders team follows the play into the zone and supports the defender.

- When the defending team gets the puck a pass is made to the new player and he attacks the other way.
- The original attacker backchecks and must regain the puck and pass to his supporting player who follows the play into the zone.

**Attack-Defend-Leave Game: Play 1-1 in one; a new player on the defensive team follows the play from the red line and supports in the defensive zone. The new**



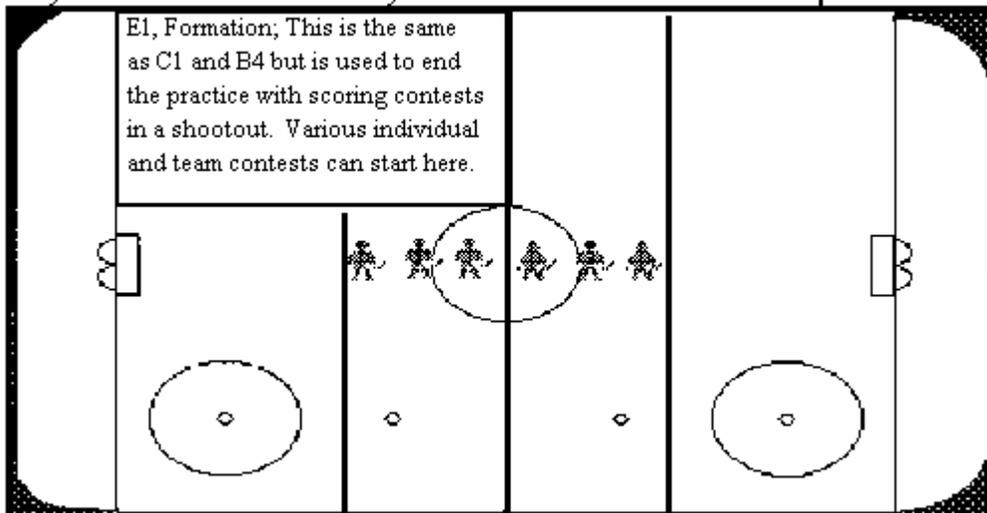
**defender attacks the other way when his team regains the puck. The original forward backchecks and is supported by a new player following the play.**

10 minutes E1

E1 Shoot-outs, Contests and Races:

E1, 07, 1-1, players are lined up behind the four defensive faceoff dots. On the whistle two players from one end race for the puck the coach has placed on the centre dot, it is a contest to score at the other end. Two players from the other end now race for a new puck. Practice #8

**E1, Basic Formation; Shootouts to end the practice.**

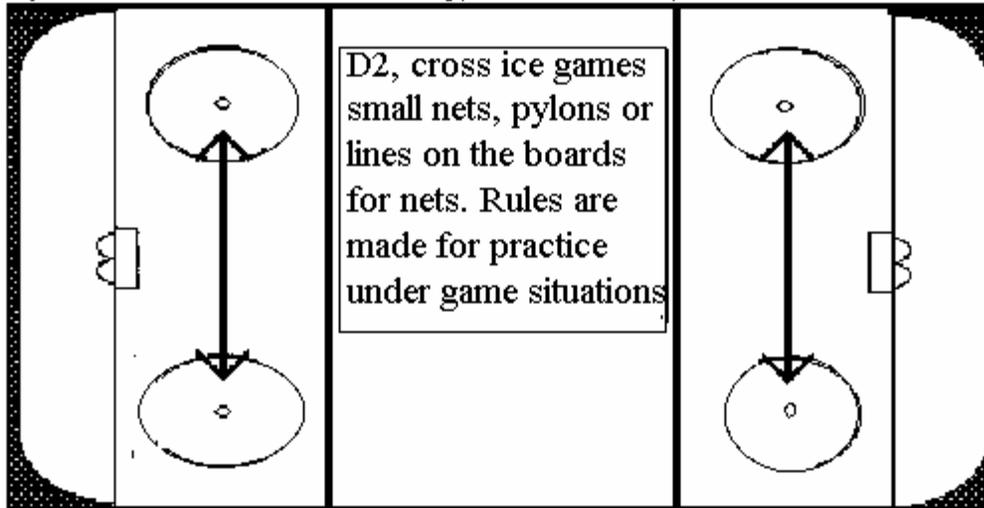


Practice 8

Tournament day.

Set up 5 cross ice sets of goals:

**D2, Basic formation using cross ice games.**



20 minutes

- draw up a 1-1 tournament that has everyone playing one 2 minute one on one game. At the whistle the players come to the box and the next 5 games start. Record the winners and make new teams of two by pairing one winner of the one on one with a loser of the one on one game.

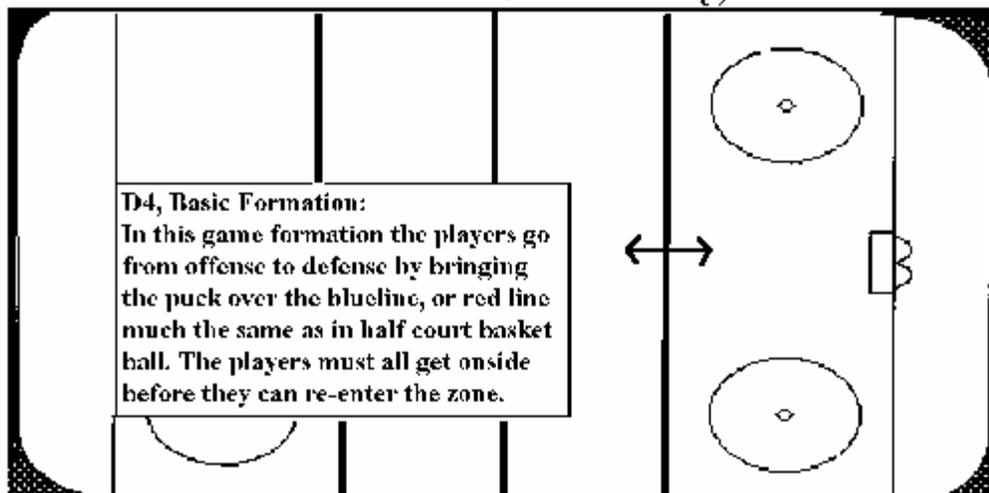
20 minutes

- keep playing the 5 cross ice games.  
- everyone plays three two on two games of up to three goals, make new team by combining winners and losers to create teams of 4.

20 minutes

- play half ice games where all must get onside and the new offensive teams puckcarrier must touch the red line before attacking.  
- play three 3 minute games each and form two teams using the losing and winning players.

## D4 Basic Formation; half ice games.

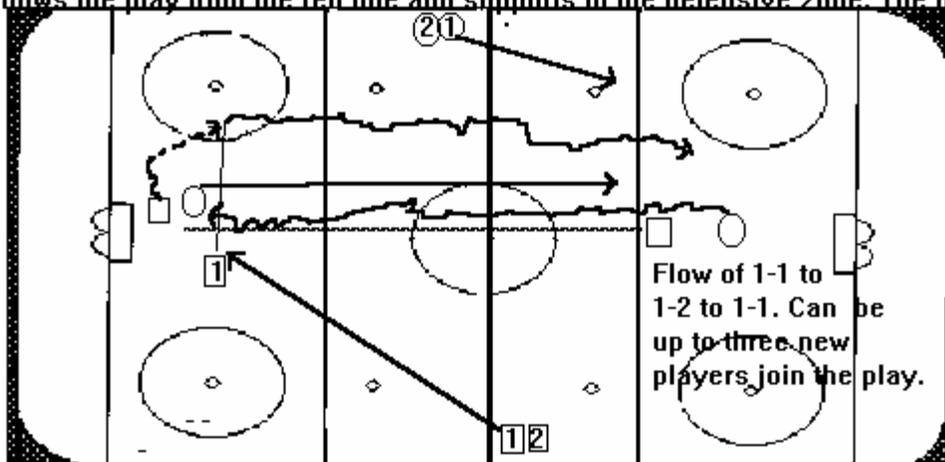


25 minutes

Full ice 3 on 3 game of Attack-backcheck-breakout pass-leave. The flow of the game is:

- One player attacks one on one versus an opponent.
- When the puck crosses the red line one player from the defenders team follows the play into the zone and supports the defender.
- When the defending team gets the puck a pass is made to the new player and he attacks the other way.
- The original attacker backchecks and must regain the puck and pass to his supporting player who follows the play into the zone.

**Attack-Defend-Leave Game: Play 1-1 in one; a new player on the defending team follows the play from the red line and supports in the defensive zone. The new**



defender attacks the other way when his team regains the puck. The original forward backchecks and is supported by a new player following the play.

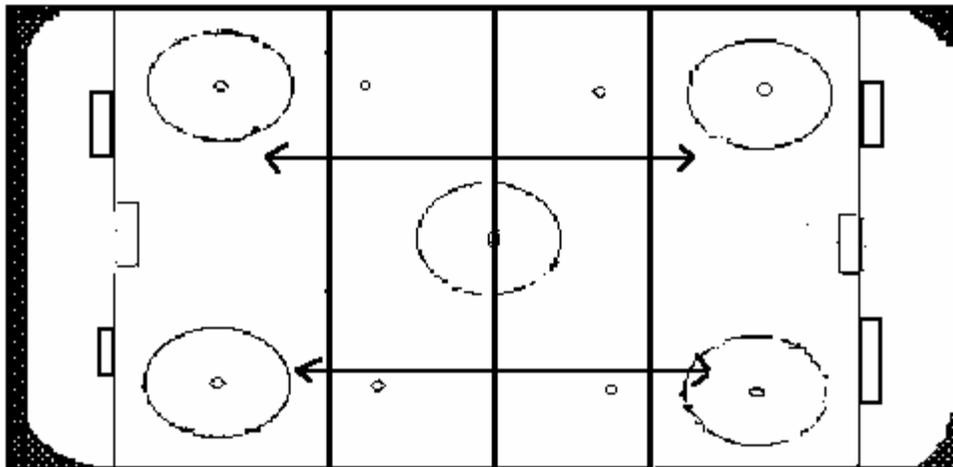
-losing team must do 25 push ups.

## Practice 9

10 minutes

Have two lengthwise games going on at once. One puck in each game. Rule is they must take at least three hard strides when they get the puck and make one pass in each zone.

**Two full length games at once with four teams. No hitting or long slapshots.**



10 minutes

A2, Module 8

- forward skating with extra long strides, concentrate on bending knees and toeing out at the end of the stride.
- alternate cross kicks in forward skating.
- two figure eights with only outside skate pushing.
- "zig-zag" forward skating.
- zig-zag backward skating while pulling partner with two sticks
- alternate high cross kicks while skating backwards, keeping the back straight, seat down and knees bent, reach as high as possible with each cross body kick.

15 minutes

5 min.

Line the players up on the bluelines and give instructions and demonstration about gaining and maintaining the defensive side.

5 min.

### 3.1. DEFENSIVE SIDE GAME; PLAYERS HAVE NO STICKS:

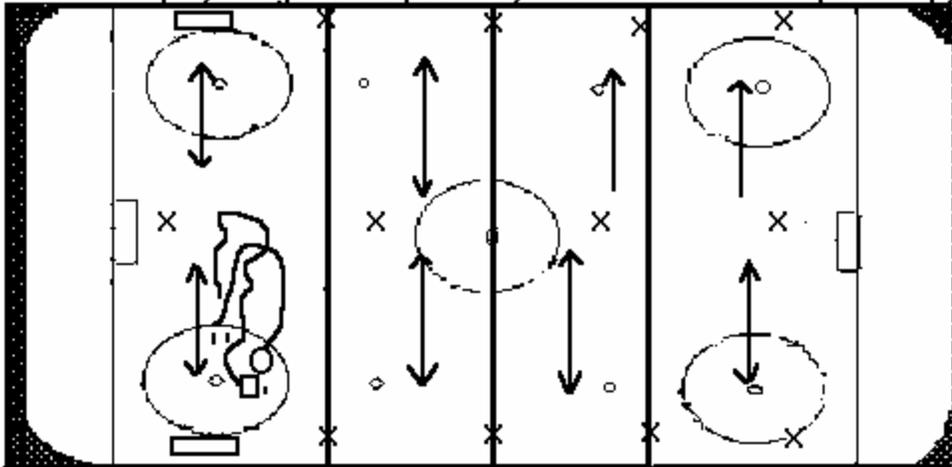
Two players using a pylon as a goal have a contest to see who can touch the pylon while on offense. The defensive player stays between the offensive player and the pylon goal. He\she faces and stays square to the offensive player and tries to stop him\her from touching the pylon. In this hockey camp use a puck instead of a pylon. Emphasize the defender keeping their eyes up and on the chest of the attacker, shoulders square (no open ice hip checks). Hold hands against the chest.

5 min.

### 3.2. DEFENSIVE SIDE GAME WITH DEFENDERS STICK UPSIDE DOWN:

Two players play one on one using one goal. The defensive player stays on the defensive side preventing the offensive player from scoring. Play 30 seconds then switch positions. We can use the nets, pylons as well as the red and blue stripes on the boards as goals.

**Defensive Game of 1-1 or 2-2. The players both shoot on the same net. When the defensive player regains the puck they must skate to mid ice past the pylon**



**and then they can attack the goal. The original offensive player now defends the net and stays on the defensive side.**

10 minutes

**C1 BASIC FORMATION:**

**Description:**

C coded exercises take the individual skills learned in the A exercises, and the partner skills learned in B exercises and put them into more gamelike situations. In C exercises the main purpose is to score while on offense and to prevent a goal and regain possession of the puck while defending. In C1 the players are lined up in a row in the neutral zone with each half facing the goal in their half of the ice. This is the same basic formation as in B4 and E1. The players leave the line skating towards their own net and turn the other way at the face-off circle or else shoot on the net and then get another puck. Each line turns towards the other side of the rink. Different gamelike tasks are done while skating towards the opposite net.

**Teaching Points:**

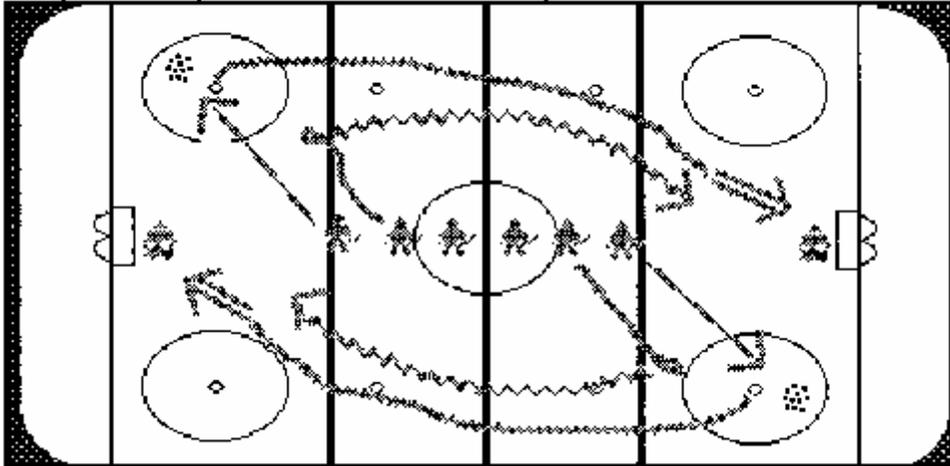
This formation can be used for A and B drills and then move into the more complex C exercises.

-----  
Module 1

C1, 00, 1-1,

"One on One" defenseman without stick or the stick held upside down.

## C1, 01-03; Defensive concepts of the 1-1.

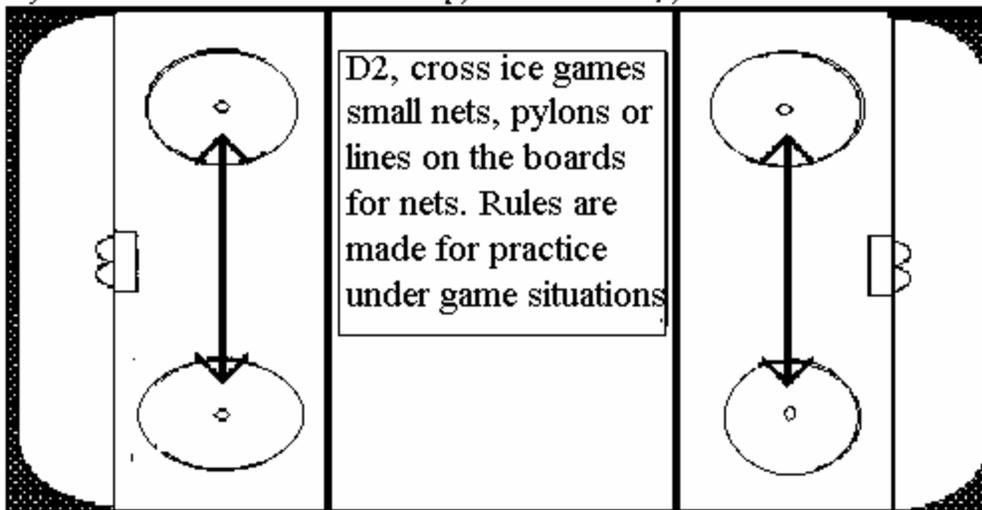


10 minutes

### 1.37. CROSS ICE GAMES WITH TWO NETS:

A normal game but cross ice. Have groups of any numerical situation play for 10-20 seconds, then change on the fly when the whistle goes. The next players are lined up at the side of the game. e.g. along blueline if game is in one end. An alternative is to have a coach in the middle of the blueline and one behind where the regular goal would be. This enables the players to pass to the coach or player and break for an opening. The coach must pass to the offensive team or shoot and the defenders cover their checks and do not chase after the coach.

### D2, Basic formation using cross ice games.

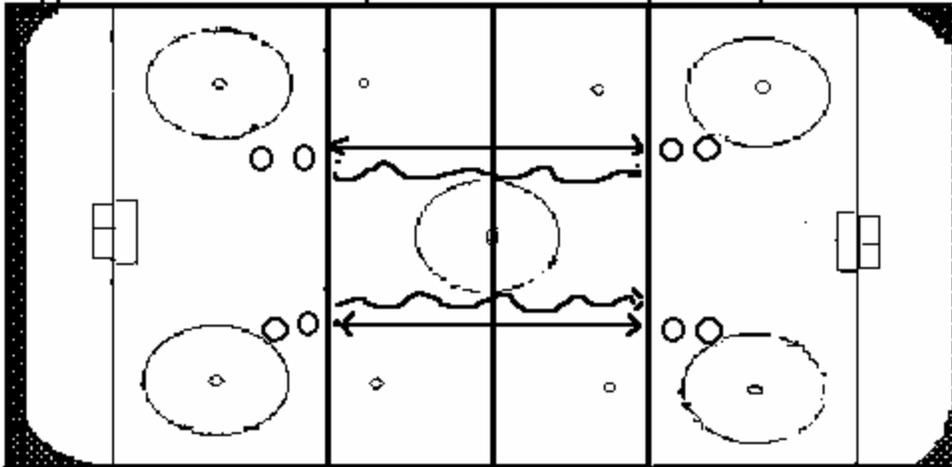


5 minutes

### 1.17. RELAY RACES IN THE NEUTRAL ZONE:

The players are in teams of 4 with two waiting behind opposite bluelines. Teams at one end have a puck. On the whistle the first player skates to the opposite blueline stops and picks up a puck. He/she then skates to his/her starting place and puts the puck on the ice. The teammate at the other end leaves when the puck is on the ice and gets the puck and takes it back to his/her blueline, race until all players have had a turn. Have about four players on each team. Coach judges winner. The skills of stopping and starting as well as full speed skating are stressed in this activity.

**1.17 Relay Race:** First player skates across neutral zone and picks up a puck at the opposite blueline. Then he/she skates back and puts the puck down at the



original blueline. The first player in the opposite line leaves and does the same thing. When all are done the race is over.

KEY WORDS

KEEP THE DEFENSIVE SIDE

EYES UP

TIGHT GAP

QUICK FEET

## Practice 10

10 minutes

Two half ice games at the ends and a cross ice game in the middle.

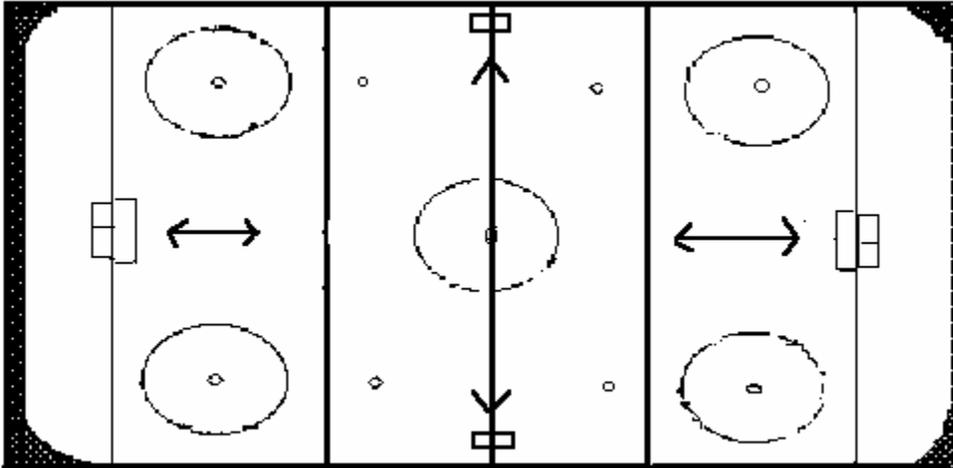
5 min.

Three hard strides when you get the puck.

5 min.

Hold stick with hands close together at the top of the stick. Spread legs when faking and use head and shoulder fakes.

**3 games at once. 2 half ice games, one at each end and one cross ice game in**



**the middle. All players must touch blueline to be inside in half ice games.**

10 minutes

A2, Module 9 Skating with the puck

- toe-in toe-out scootering with gliding between the bluelines, keeping both skates on the ice and toeing out as far as possible with each stride..

- forward skating with extra long strides, concentrate on bending knees and toeing out at the end of the stride.

- "zig-zag" forward skating using crossovers.

- alternate cross kicks while skating forward.

- backward skating one length of the ice, seat down, head up, back straight, weight over the middle of the skate, cutting large semi-circles with each stride.

- skate backwards with extra long strides.

- alternate high cross kicks while skating backwards, keeping the back straight, seat down and knees bent, reach as high as possible with each cross body kick.

- backward crossover skating, stress keeping back upright and using the outside edge of the blade.

10 minutes

B1 Break the players into groups with each goalie and practice shooting on net

- stationary shooting at using a snapshot.

- stationary shooting at using a slapshot.

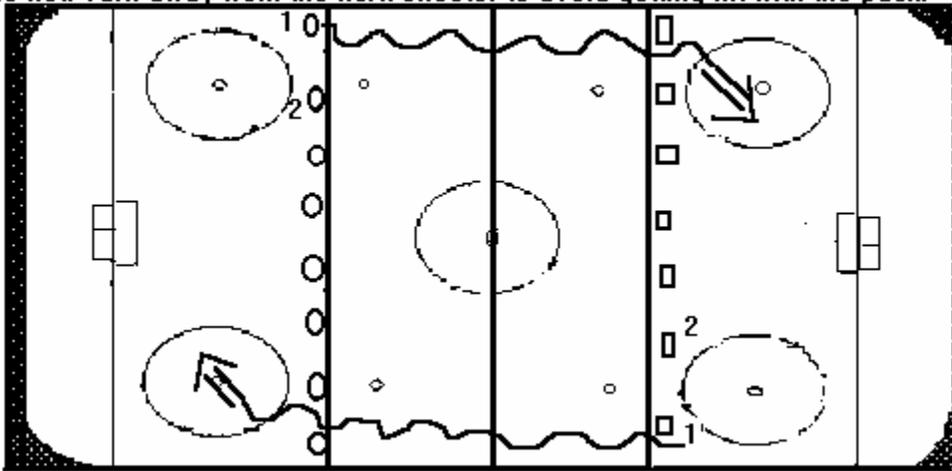
- skating while shooting using the sweepshot.

B2, 100 players stand on the blueline and shoot on the net at the far end. Leave one player at a time and follow the shot for a rebound. The next player leaves when the first player has shot.

- skate and shoot using a wristshot.

- skate and shoot using a snapshot.
- skate in and shoot using a slapshot.

**Players line up at opposite bluelines. Skate through opposite line and shoot on the net. Turn away from the next shooter to avoid getting hit with the puck.**

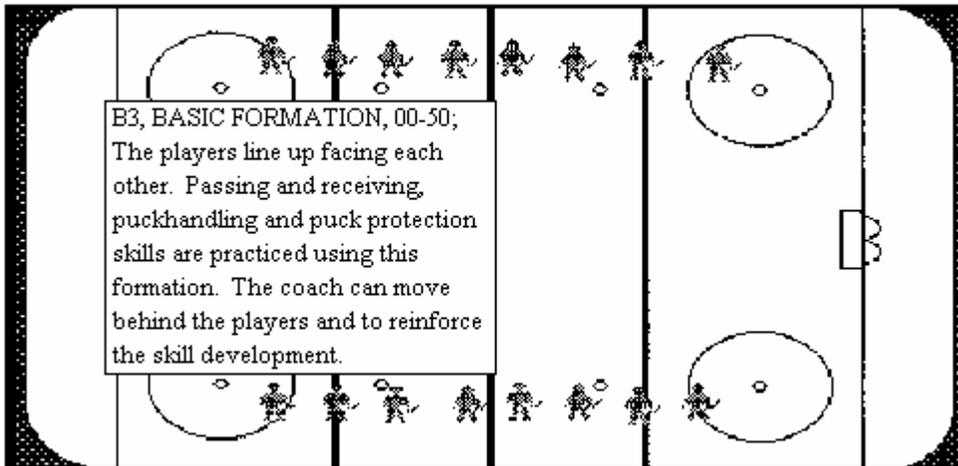


5 minutes

B3, Formation with the players standing on the blueline facing the coach for the demonstration, then practice from the goalline to the red line in their own end.

- alternate receiving backhand and passing forehand and receiving forehand passing backhand.
- taking a pass with a skate and directing it to the stick.
- passing while skating forward.
- passing while skating backward.

### B3 BASIC FORMATION, 00-50;



10 minutes

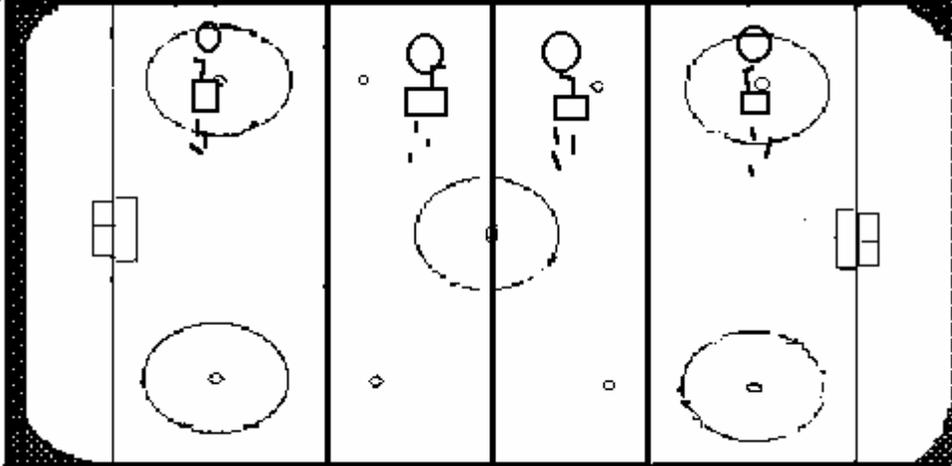
B3, Formation with the players standing on the blueline facing the coach for the demonstration, then practice from the goal line to the red line in their own end.

- one player stands still with his/her stick on the ice in front. The other player carries a puck toward him from one side or the other, attacking the defensive triangle of the stick and skates. Have the player use various fakes, feints, and moves to go around the opponent. Start with a

fake to the inside and skate wide, then the other side; next slide the puck behind the heel of the defenders stick and skate across the front of the defender. Third have the offensive player push the puck behind the defender, either between the legs, or beside the skate.

- two players take turns one skating backward and one with the puck. The defender skates with his stick in front and passively allow the puckcarrier to practice various moves. Start with a fake to the inside and skate wide, then the other side; next slide the puck behind the heel of the defenders stick and skate across the front of the defender. Third have the offensive player push the puck behind the defender, either between the legs, or beside the skate.

**Practicing offensive moves: One player practices fakes and dekes with the puck while the other player skates backwards across the ice and passively defends.**



**Switch roles and come back the other way. The offensive player should attack from the side of the defender.**

15 minutes

The players are lined up along the boards in the neutral zone on each side of the ice. A white and a colored team are on each side. Demonstrate the game using three coaches. The sequence is ATTACK-BACKCHECK-BREAKOUT PASS-LEAVE

Start one on one and the defenders teammate follows the play into the defensive zone and supports. When the puck is regained the new player attacks towards the other net and the original attacker backchecks. The original attacker goes back to the lineup along the boards. The backchecker must get on the defensive side, no hooking, and control the attackers stick. If the attacker scores on a rebound the backchecker must do 5 push ups. A new defenders follow the backchecker into the zone and supports, then gets a pass and goes the other way.

Play five minutes of 1-1 and five minutes of 2-2. in the 2-2 game each backchecker must cover one attacker. The new players support from the high slot.

D1, 2-2, 2-1, 3-2; Attack - Defend - Leave Game

