

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.

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 [B2 - Defense Individual Skill and Partner Drills - Pro.jpg](#)

 [B2 - Defense Individual Skill and Partner Drills – Pro.pdf](#)

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

Key Points:

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

Description:

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

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 [E1 Shoot Until You Score Race 1-0, 2-0, 3-0.jpg](#)

 [E1 Shoot Until You Score Race 1-0, 2-0, 3-0.pdf](#)

C3 Breakout-Attack-F Cycle up and Drop to D - Finland

Key Points:

This drill has a breakout at each end with a 3-0 attack 2 F and 1 D. Attackers move to the big ice when they get the puck. It ends with a high cycle and pass to the strong side D.

Description:

1. D1 drive the back of the net and pass across to D2.
2. D2 move the puck up the ice quickly to either F1 or F2 who is cutting across from the weak side.
3. F1 and F2 always carry the puck to the inside and pass to the outside and shoot at the far end.
4. Either F1 or F2 get a puck from the corner and cycle high up the boards and pass to D2.
5. D2 either shoot or pass to F1 or F2 who is skating to the net on the weak side.
6. This drill happens at each end at the same time.

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[3 Breakout-Attack-F Cycle up and Drop to D - Finland.jpg](#)



[C3 Breakout-Attack-F Cycle up and Drop to D - Finland.pdf](#)

A300 x 2 Skating and Puck Handling Warm-up with Shots

Key Points:

Do various moves with the puck and finish with a shot.

Description:

One group rotate clockwise and the other counter clockwise.

1. Do various skating moves with the puck.
2. Big moves all around the body, in the skates, through the legs etc.

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[A3 Puck Handling Moves With a Shot.jpg](#)



[A300 x 2 Skating and Puck Handling Warm with Shots.pdf](#)

T2 B5 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.

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[B5 Breakout Options 5-0.jpg](#)



[T2 B5 5-0 Breakout Practice.pdf](#)