



Hockey Alberta

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LEGEND

●	Coach	→	Puck Carrying
○	Forward	→	Shooting
△	Defender	→	Pass
□	Goalie	→	Drop Pass
→	Stop	→	Backward Skating
→	Pen	→	Lateral Movement
→	Puck	→	Defensive Pressure



Date: _____ Duration: _____ (minutes)

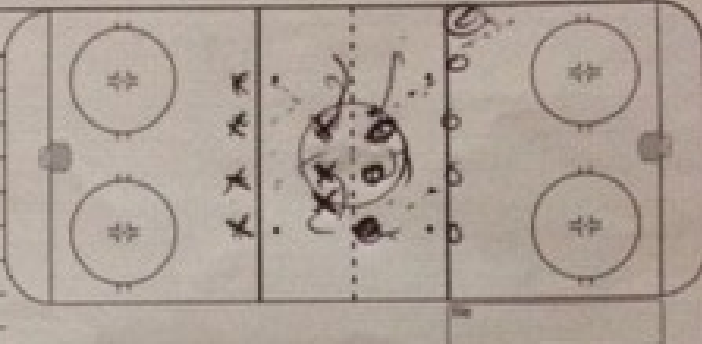
Time: _____ Drill Name: WUP DRILL

① N2 PASSING
WARM UP

30S/3 X'S IN N2 REST ALONG BLUE LINES. X'S + O'S TRY TO PASS AS MANY TIMES AS THEY CAN TO THESE LINES. KEEP SCORE - SWITCH

Key Teaching Points (KTP): _____

Key Execution Points (KEP): - GET OPEN - COMMUNICATION
- PASSING - GIVEN GO.
MOVE YOUR FEET.



Time: _____ Drill Name: NUCKS D-F

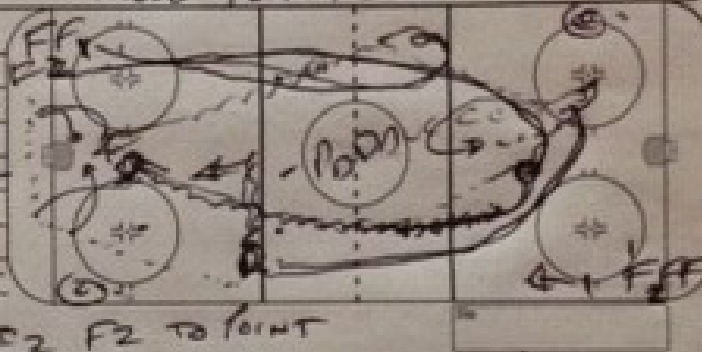
② 3 SHOT

D IN MIDDLE P'S OPPOSITES F1 - THROUGH DOTS - POTS - D BACK FOR PUCK PASSES TO F1 - F2 LEAVES SOON AS PASS IS MADE, SKATE TO SLOT OPENS UP - D PICKS SECOND PUCK PASSES TO F2 - FOLLOWS UP ICE F1 + F2 SHOOT

F1 PICKS UP PUCK CHIPS TO F2 F2 TO POINT

Key Teaching Points (KTP): SHOT - GO TO NET - STOP ON DOUBLE WHISTLE.

Key Execution Points (KEP): BOTH SIDES SAME TIME!



Time: _____ Drill Name: FUTURE 2ON1

F1 LEAVES PUCK FOR D SKATES TO BLUE ACROSS RECEIVE STRETCH PASS FROM D AT OTHER END - GOES IN AND SHOTS - F2 LEAVES PUCK FOR F1 - THEY HEAD UP ICE D FROM FAR END FOLLOWS UP ICE AFTER STRETCH PASS AND PLAYS 2ON1

Key Teaching Points (KTP): _____

Key Execution Points (KEP): BOTH SIDES SAME TIME!

