

Individual or Small Group Drill

Title : Battle Drill off Face Offs

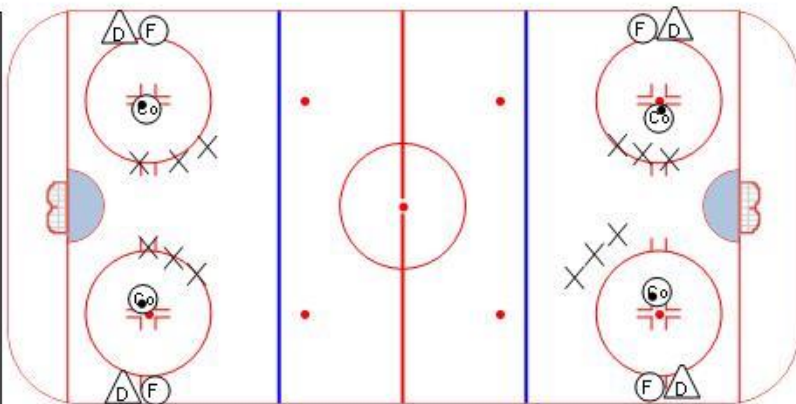
Category #1 :

Category #2 :

Description

Have a defensive player and offensive player line up in faceoff positioning.

Have coach throw a puck in random places in close proximity to the players and have them battle for possession (try to score, while other player defends)



Key points :

Team Skill Warm Up Drill

Title : U18 Warm Up Drill / 3 Lanes

Category #1 :

Category #2 :

Description

Players in four corners

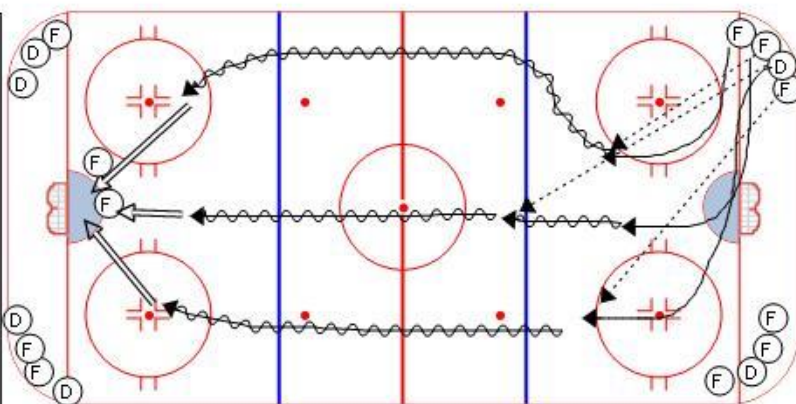
First player in line skates w/o puck towards middle of ice (for proper passing angle) receives pass and then skates back into Lane 1

Next player in line (after passing to F1) immediately skates into middle of ice (Lane 2) and receives pass. Same for next player in line.

After receiving pass, each player skates in their Lane/shoots and then stays in front of net to screen/deflect.

Both ends at same time (Opp corners)

Switch sides



Key points :

Team Play Drill

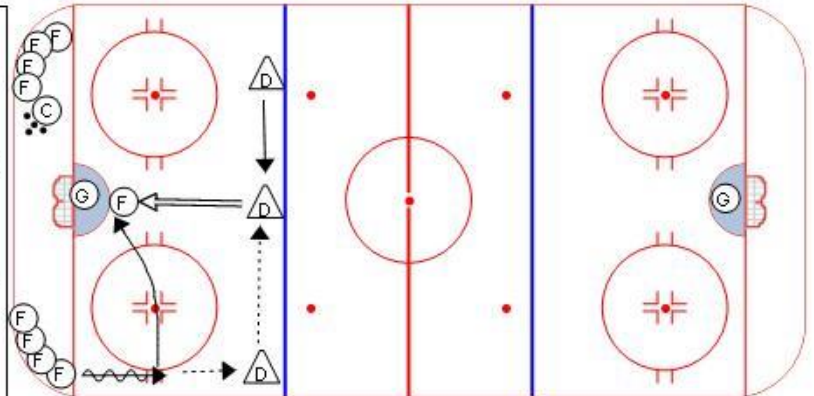
Title : D to D Point Shots to 3 on 2

Category #1 :

Category #2 :

Description

First whistle, F walks up wall and makes pass to SS D
WS D slides to centre position
SS D passes to WS D for a one timer low on net
After pass, F drives hard to net for screen/deflection.
Second whistle - Same from other corner.
Third Whistle, Instead of D shot from middle of ice, the
D finds the F backdoor for a one timer.
After first two shots, both F's stay in front of net for
screen/deflection.
On fourth whistle, Coach passes to F's who attack 3 on 2
towards far end.



Key points :

Tape to Tape Passes

D- Low shots

F - sticks on ice

Communicate

Compete Drill

Title : PK Drill + Battles

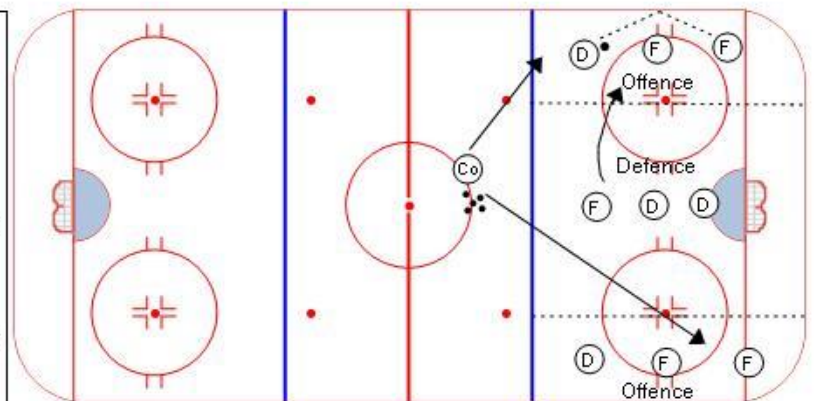
Category #1 :

Category #2 :

Description

- Divide ice into 3 sections (imaginary lines)
- Coach throws puck into either offensive zone.
- Once puck enters offensive zone (1 person from defensive team can attack) Remaining 2 defensive players must stay within their section and defend the pass across ice (sticks in lanes)
- Offensive players must remain in their lanes. Object is to keep moving puck between offensive zones, while D is trying to defend. Blow whistle once puck is intercepted by Defence.

Opposite end: Have Battle Drills with remaining players and goalies.



Key points :

Success is not an accident, success is a choice. You become successful when you develop good habits. So ask yourself, are the habits you have today in sync with the dreams you have for tomorrow?