

# Drill Form

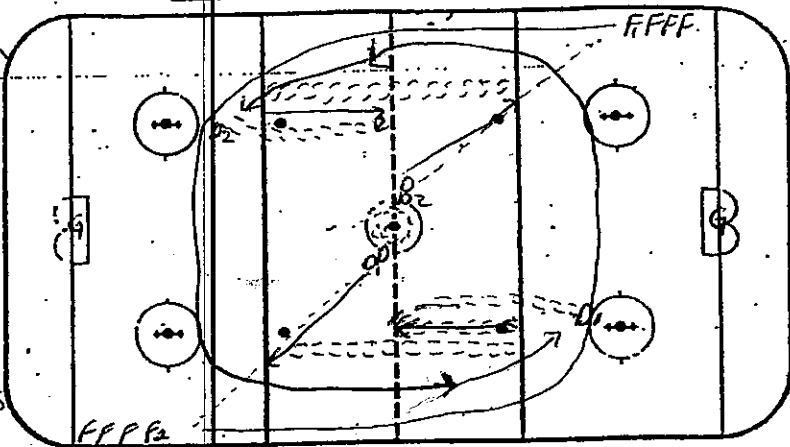
- D<sub>1</sub> + D<sub>2</sub> pass puck down to Drill Name Clarke 1 on 1

F<sub>1</sub> + F<sub>2</sub> at same time. Both

forwards go hard and have

skates touch far, top of circles and come around for the 1x1.

Both D skate forward to blue, backwards to other blue, forwards to red pivot backwards w/ heels to middle and play 1vs1.

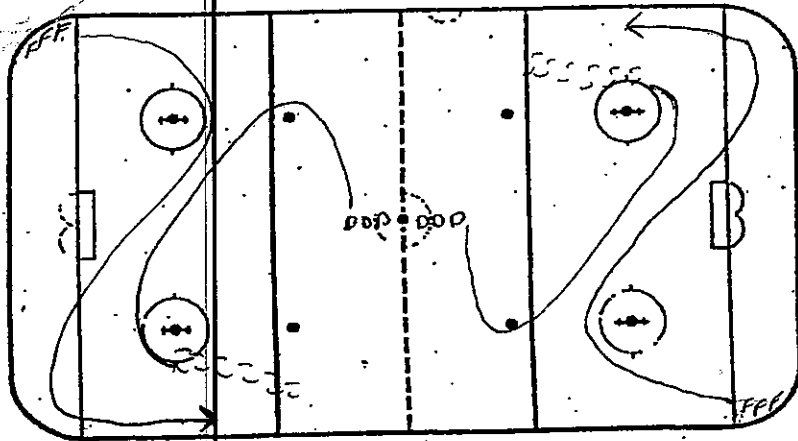


- F<sub>1</sub> + F<sub>2</sub> skate figure eight while the "D"

is mirroring them and both play the 1vs1

back up the ice. Drill is made so the "D" reacts to his gap and takes forward early.

Drill Name Mirror 1x1

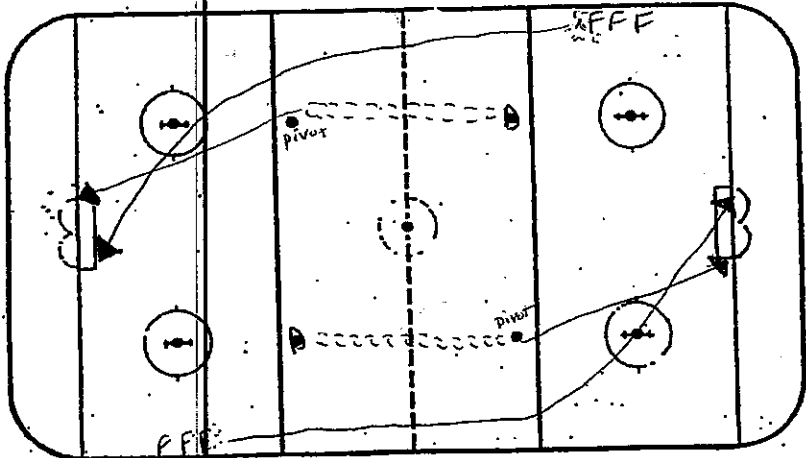


- D start on opposite neutral zone dots.

Everything starts on whistle. D pivots after going backwards at other neutral zone dot and takes forward to close post.

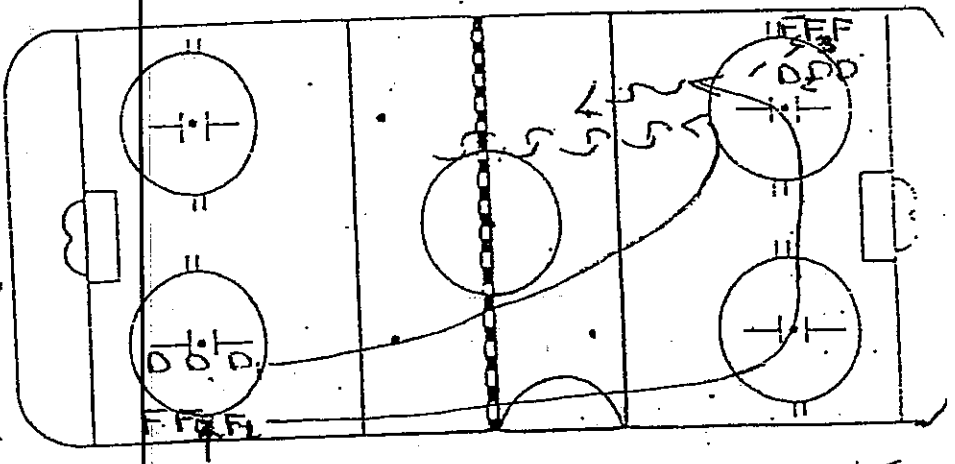
- on whistle Forwards go straight down looking to beat Defense wide, driving to far post.

Drill Name 1x1 Pivot Drill

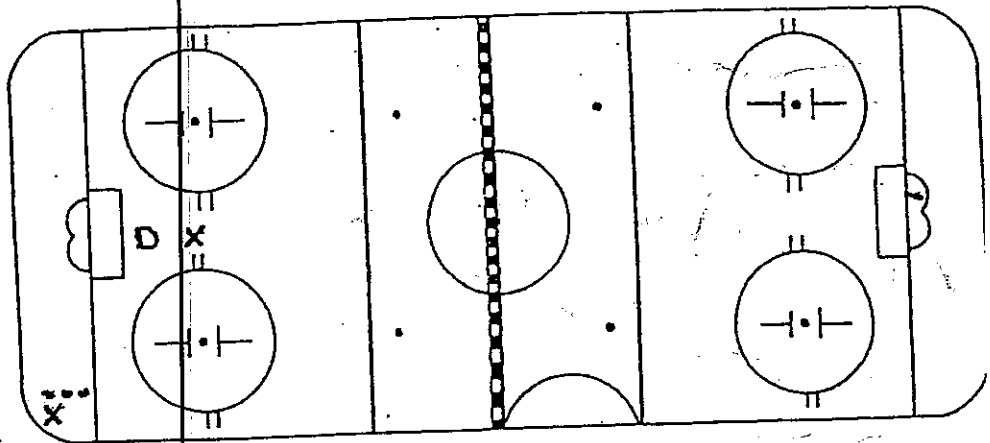


## Russian Kicker 1on1

On whistle F1 and F2 as well as D1 and D2. F1's cut face off dots and review pass from F3. D's have to touch face off circle before pivot backwards and take forward 1on1.

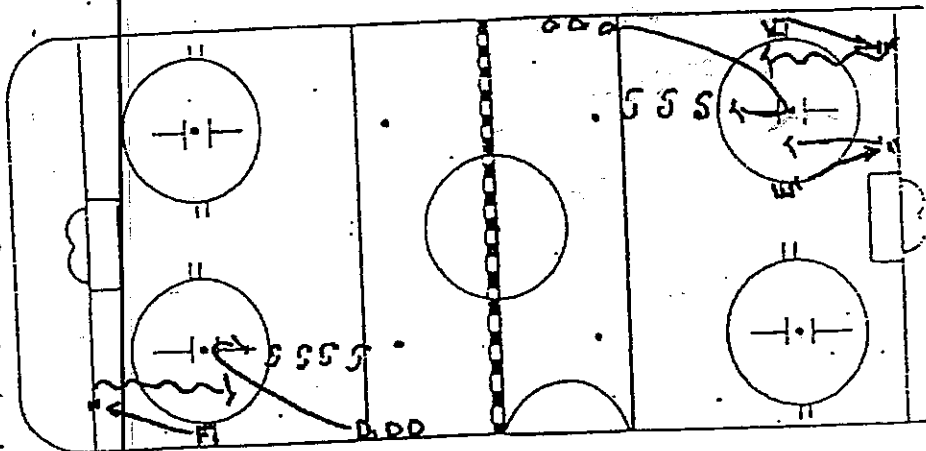


X in corner with three pucks and passes them out to X in front who is trying to get open. D must try to prevent X from scoring.



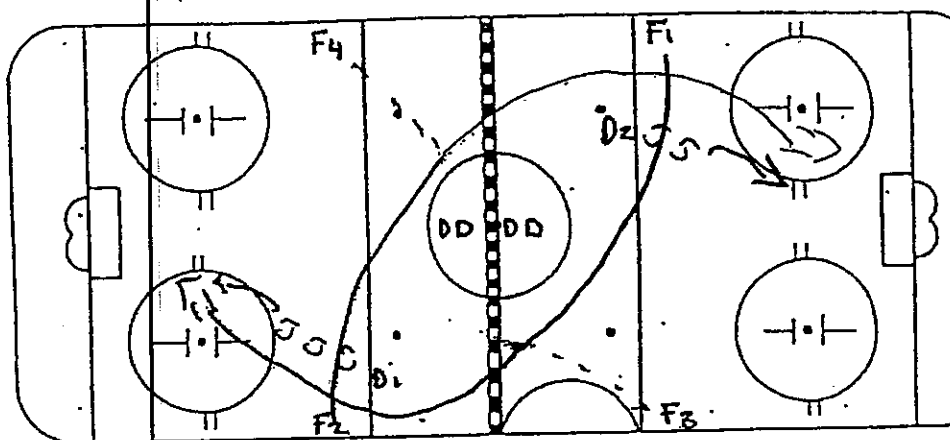
## YORK QuickStep 1on1 / 2on1

F1 starts @ the backmark, D1 starts @ blue line coach places puck on goal line. On whistle forward bursts to goal line, stops and picks up puck @ the same time D1 bursts to dot pivots backwards and takes F1 1on1. Progression to 2on1



## Dino Drive Wide to Net

D1 and D2 start standing on NZ dot and cannot move until F1 and F2 receive pass from F3 and F4, drive wide with speed

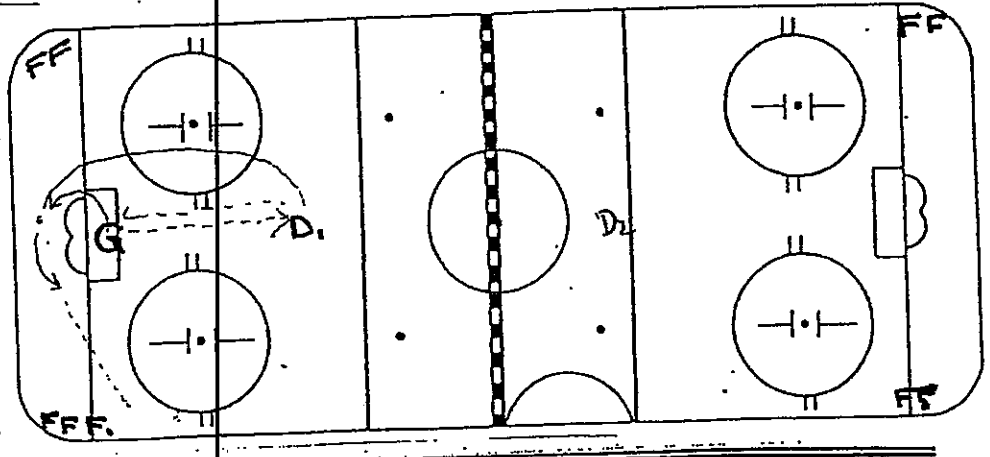


# Drill Form

Drill Name \_\_\_\_\_

## Bulldog Breakout Regroup and Attack.

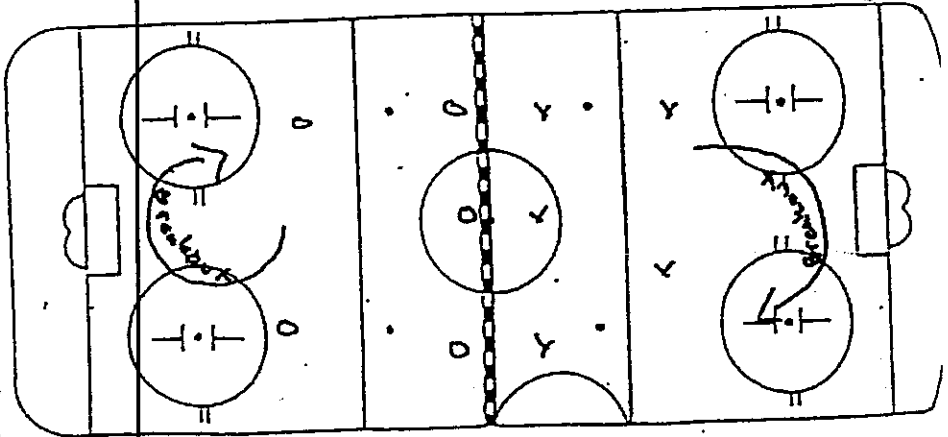
- Goalie passes to D<sub>1</sub> who returns it to G who sets it for D<sub>1</sub> (Either side). D<sub>1</sub> retrieves and passes to F<sub>1</sub>. They regroup with D<sub>2</sub> and attack D<sub>2</sub>, 2vs1 - one end at a time.
- 3vs1, 2vs2, 3vs2.



Drill Name \_\_\_\_\_

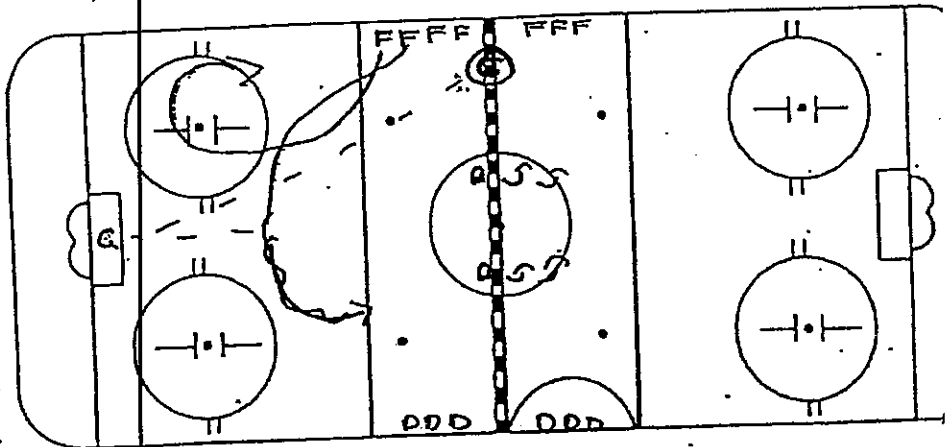
## Panther Press.

- X's and O's both Breakout of their ends. On (C) whistle one team will leave puck and the other will dump and Forecheck.
- (C) designates who FC's and who defends



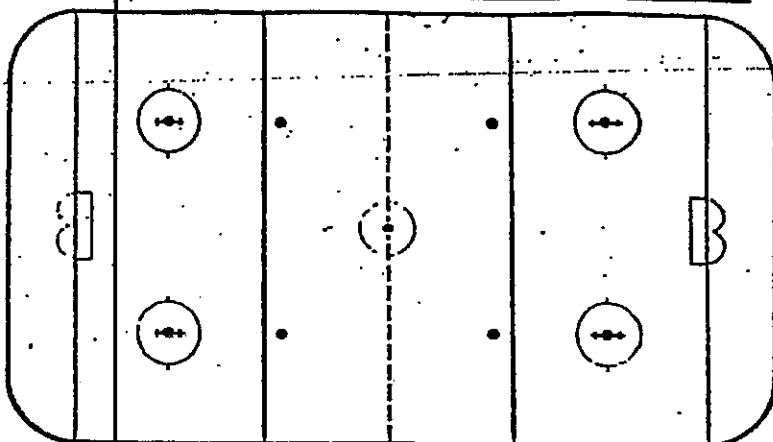
Drill Name \_\_\_\_\_

- Read the Bush (C) dumps puck in on goalie and (B) can send 1, 2, 3 forwards. Goalie head mans puck and forwards attack Defense (coach controls how many defense leave)

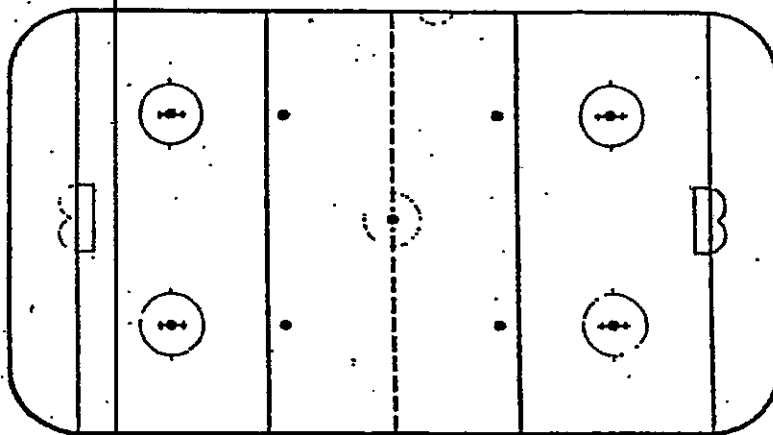


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Drill Name \_\_\_\_\_



Drill Name \_\_\_\_\_

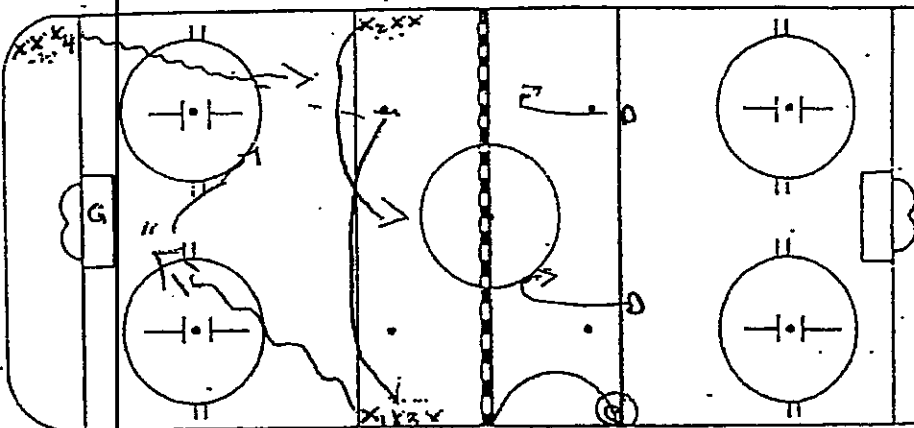


## Roughrider Back-Check:

### Read the Attack

- Work out of one end
- Defense will start at far blue line on their knees, forwards in 3 lines as diagramed.
- X<sub>1</sub> starts drill jumping down and taking a shot on net and steps in front. On @ whistle X<sub>4</sub>, X<sub>2</sub> and X<sub>3</sub> start w/ X<sub>4</sub> starting rush by passing to X<sub>2</sub> or X<sub>3</sub> the center 3on2 with X<sub>1</sub> B/C and picking up a man. @ by controlling whistle either allows for a 3on3 or 3on2 with B/C coming from behind.

Drill Name \_\_\_\_\_





# Hockey Alberta

No. 1, 7875 - 48th Avenue, Red Deer, Alberta T4P 2K1

Phone: (403) 342-6777

Fax: (403) 346-4277

Website: www.hockeyalberta.ca

⊙	Coach	→	Puck Carrying
○ ●	Forwards	⇒	Shooting
△ ▲	Defenders	→	Pass
G	Goalie	→	Drop Pass
—	Stop	→	Backward Skate
x	Pylon		Lateral Movement
✱	Pucks	—	Defensive Pressure



Date: \_\_\_\_\_ Duration: \_\_\_\_\_

Time: \_\_\_\_\_

Drill Name: **WAR #1**

- Both ends go at same time.
- F<sub>1</sub> goes hard passes to F<sub>2</sub> at first hash.
- F<sub>1</sub> continues to boards turns up ice hard.
- F<sub>2</sub> fights for middle of ice hard. Passes to F<sub>1</sub> at blue line and continues hard to net. (Crashing strong side post.)
- F<sub>1</sub> Hard shot (ON NET!!) or hard pass and then goes to net hard. Everyone ending at the net.

Key Teaching Points (KTP)

- In a game F<sub>2</sub> is pushing back "D".
- High % of goals are scored at net.

Time: \_\_\_\_\_

Drill Name: **WAR #2**

- F<sub>1</sub> - passes to F<sub>2</sub>, goes hard up ice and posts up at red line or far blue.
- F<sub>2</sub> - Gets pass at red line passes to F<sub>3</sub> then posts up between red and blue line.
- F<sub>3</sub> - Fights for middle of ice heads up ice.
- F<sub>1</sub>, F<sub>2</sub> - Fight hard back up ice staying wide not going to high slot. Either goes to net or takes pass from F<sub>3</sub> and shoots.
- F<sub>3</sub> - makes pass at blue goes hard to net.

Key Teaching Points (KTP)

- All three Forwards should never break stride and all three should attack the net.

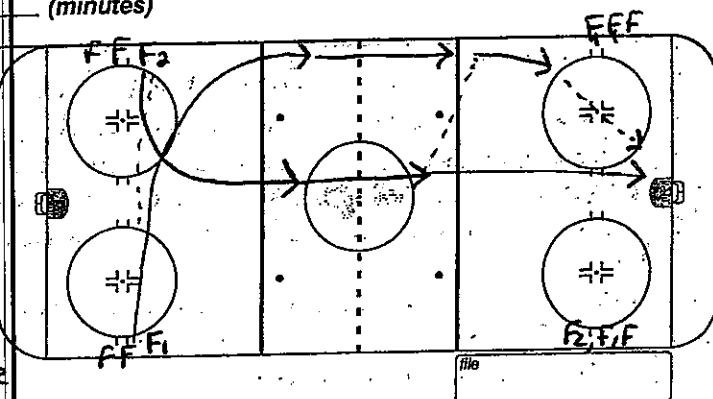
Time: \_\_\_\_\_

Drill Name: **WAR #3**

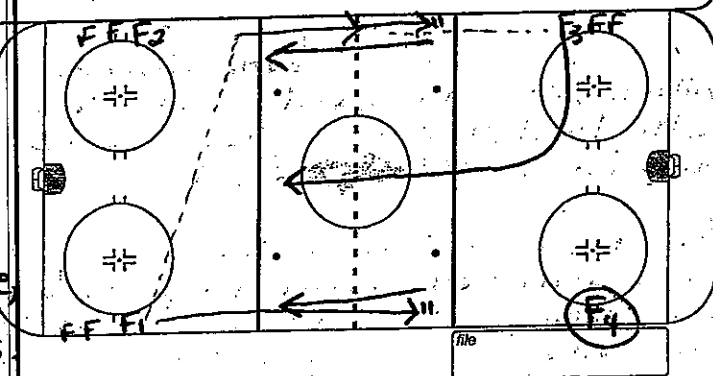
- Drill starts exact same as WAR #2 except add (F<sub>4</sub>) who would typically be a De-man activating up into the play.
- (F<sub>4</sub>) would leave as soon as (F<sub>3</sub>) hits blue.
- (F<sub>4</sub>) Also stays in high slot.

Key Teaching Points (KTP)

(minutes)

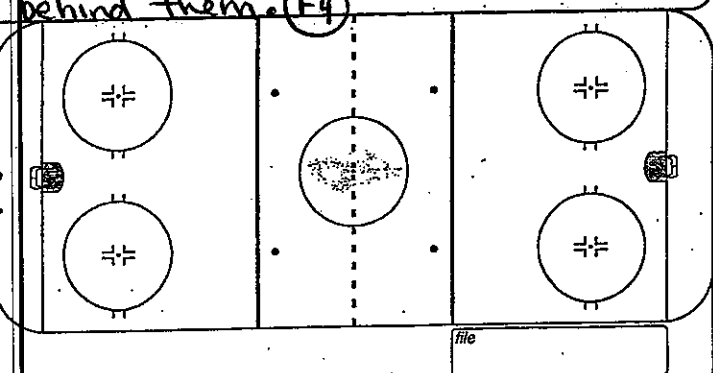


Key Execution Points (KEP)



Key Execution Points (KEP)

- Once F<sub>3</sub> attacks middle of ice next group leaves and continues drill behind them. (F<sub>4</sub>)



Key Execution Points (KEP)

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LEGEND	⊙	Coach	→	Puck Carrying
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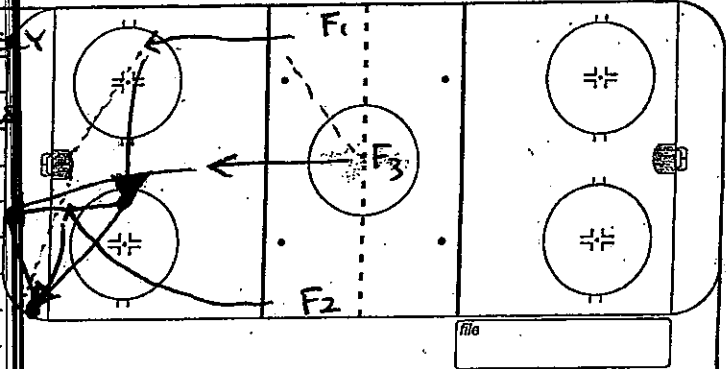


Date: \_\_\_\_\_ Duration: \_\_\_\_\_ (minutes)

Time: \_\_\_\_\_ Drill Name: **WAR PUCK RECOVERY**

- F<sub>1</sub> or F<sub>2</sub> typically will take shot. Opposite player who takes shot follow puck to corner if pucks goes there.
- F<sub>3</sub> will follow for an outlet behind net.
- Either F<sub>1</sub> or F<sub>2</sub> comes across for high slot.
- This forms a triangle.

Key Teaching Points (KTP)

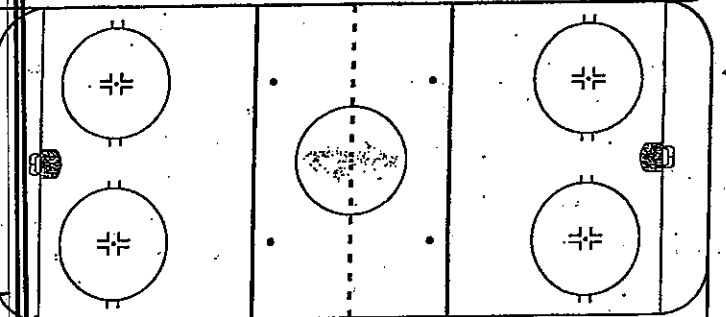


Key Execution Points (KEP)

Time: \_\_\_\_\_ Drill Name: **WAR CONCEPT**

- Attack net with speed, start simple with 1st drill and progress into #3.
- Goals are scored at the net.
- Puck Recovery - no matter who shoots puck, which ever corner the puck goes that strong side F goe and fights for that puck. Center drive outlets low and weakside forward follows to slot, forming a puck recovery triangle!!

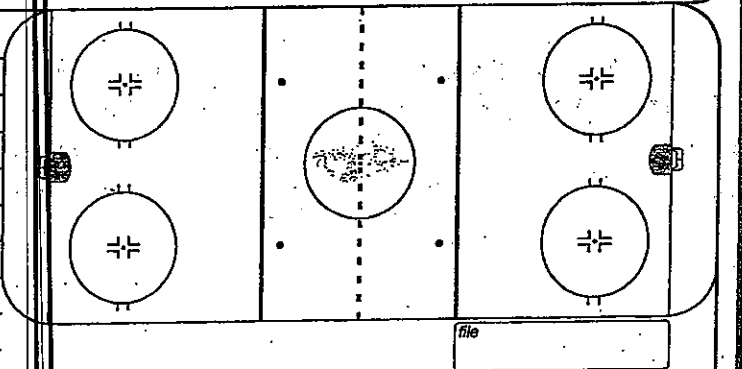
Key Teaching Points (KTP)



Key Execution Points (KEP)

Time: \_\_\_\_\_ Drill Name: \_\_\_\_\_

Key Teaching Points (KTP)



Key Execution Points (KEP)

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	X	Pylon		Lateral Movement
	⊛	Pucks	—	Defensive Pressure



Date: \_\_\_\_\_

Duration: \_\_\_\_\_

(minutes)

Time: \_\_\_\_\_

Drill Name: Quick up Board

- © Sets puck for "D". "D" picks up puck pivots around gloves hits 1st Forward in line who goes in and shoots.
- Same thing happening on opposite side.

\* If you have the bodies add the corner pivot so goalies get two shots.

Key Teaching Points (KTP)

\* After D makes pass you can have the option of sending him in for a shot. He gets pass from © in corner.

Time: \_\_\_\_\_

Drill Name: Quick up Middle

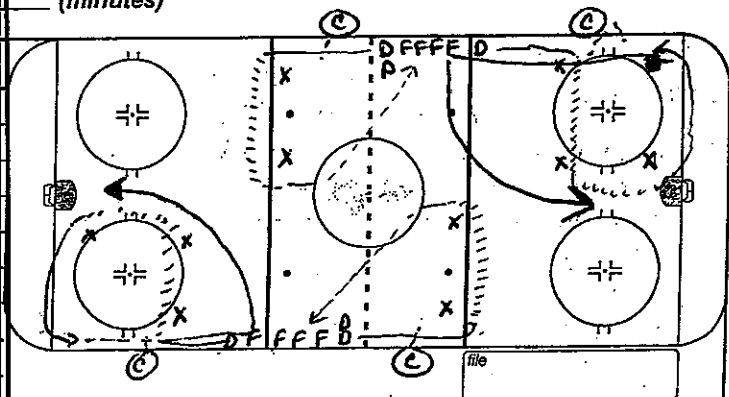
- Same as above but move lines to middle of ice.
- Forwards shoot on net at opposite ends of ice

Key Teaching Points (KTP)

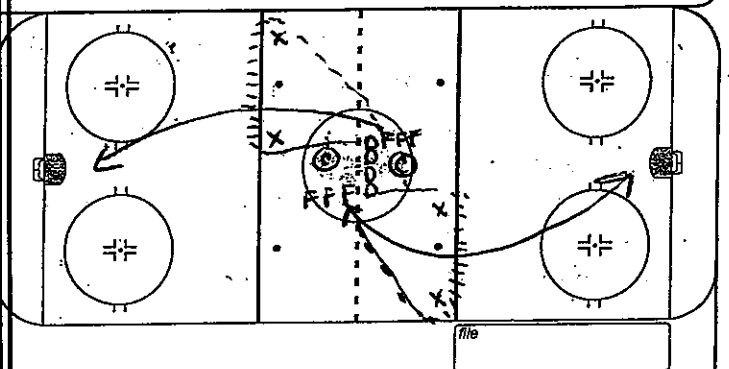
Time: \_\_\_\_\_

Drill Name: \_\_\_\_\_

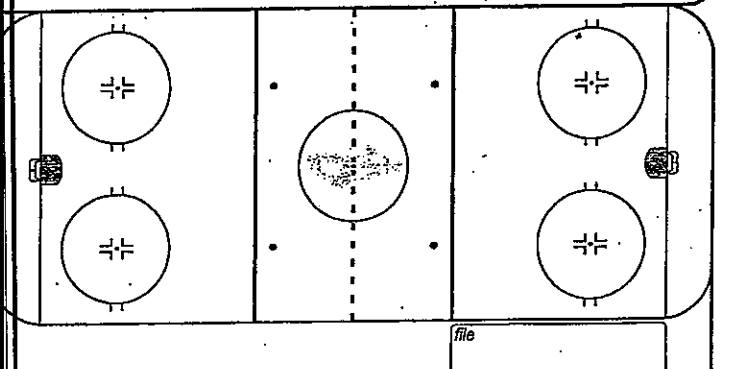
Key Teaching Points (KTP)



Key Execution Points (KEP)



Key Execution Points (KEP)



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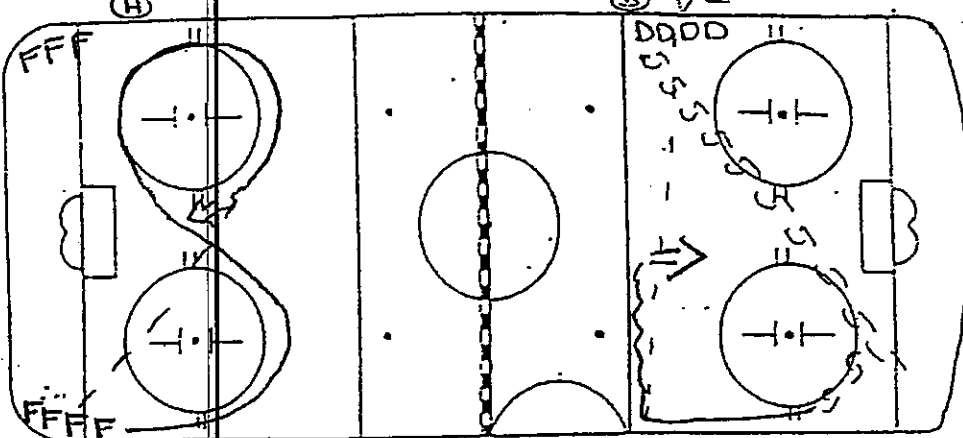
# Drill Form

Drill Name

Union Overspeed Warm-up

(A) Forwards - work on handling pass and shooting on the fly

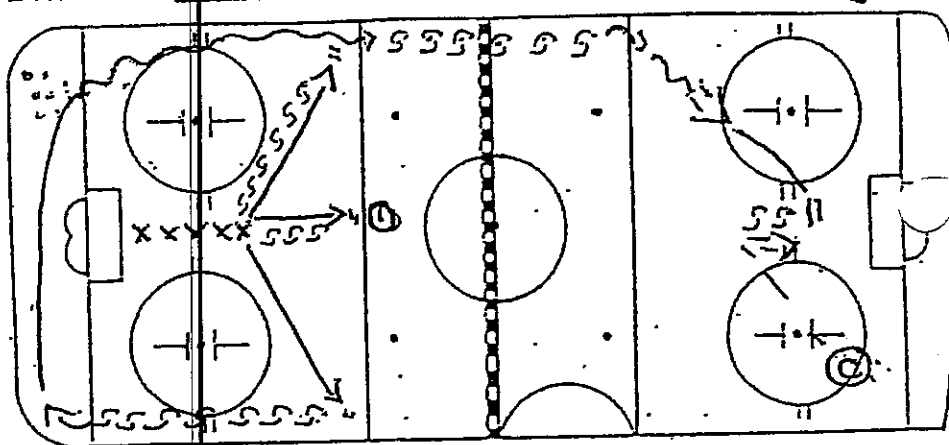
(B) Defense - Work on pivots and footspeed



Drill Name

Becker Agility Skate

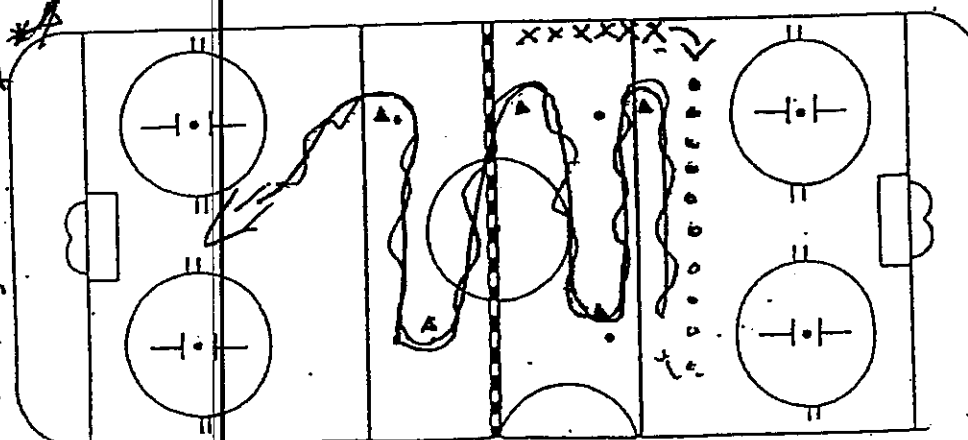
- players line up in slot
- next player in line goes when first player reaches area ①



Drill Name

Union College Dake Drill

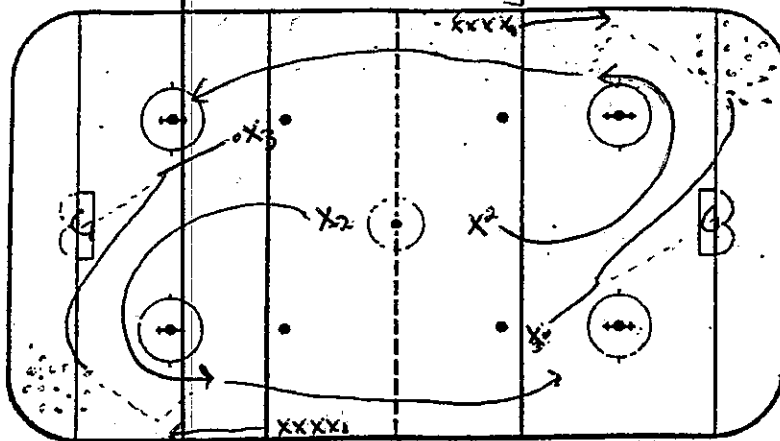
-set up 10 pucks in a straight line and comes through the UZ. Xs straddle the 10 pucks while stickhandling as quick as possible. Then through the cones. Shot on the net.



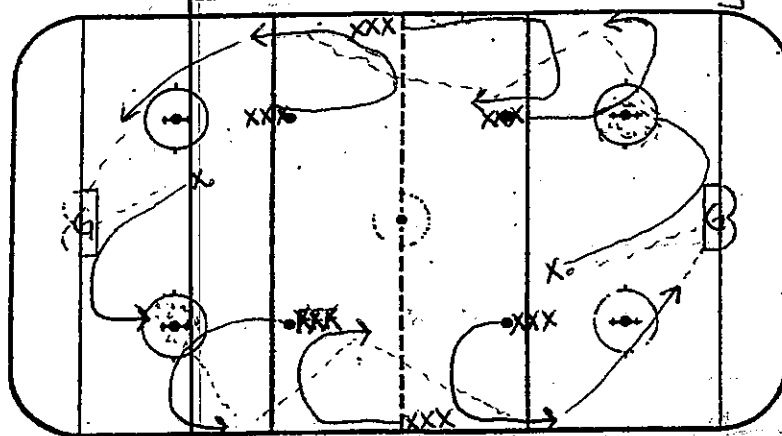


# Drill Form

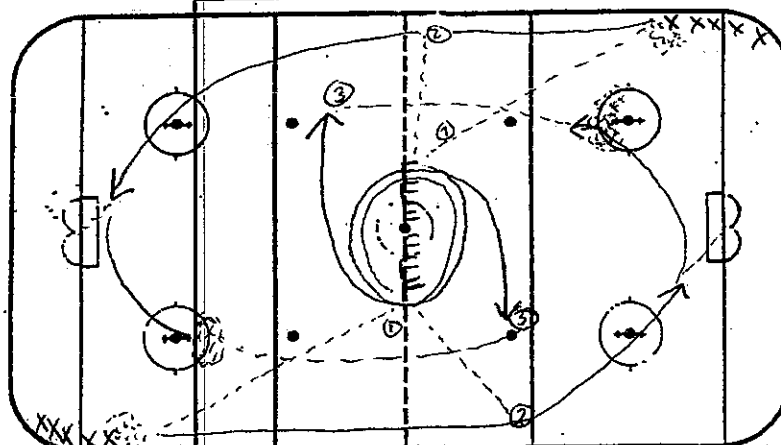
Drill Name Princeton Timing



Drill Name 3-Pass Princeton Timing



Drill Name 1 1/2 times around center circle.



# Drill Form

① D<sub>1</sub> → F<sub>2</sub>

② F<sub>2</sub> touches to F<sub>1</sub>

③ F<sub>1</sub> touches to F<sub>3</sub>

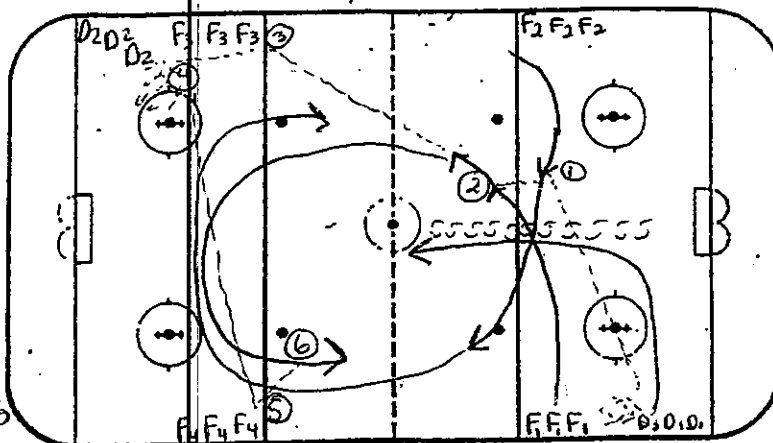
④ F<sub>3</sub> touches to D<sub>2</sub>

⑤ D<sub>2</sub> touches to F<sub>4</sub>

⑥ F<sub>4</sub> touches to F<sub>1</sub> or F<sub>2</sub>

\* D<sub>1</sub> - after making pass to F<sub>2</sub>, steps out and plays 2 on 1.

Drill Name 6-Pass, One touch drill 2-1.



1- opposite lines go. First pass, X<sub>1</sub> & X<sub>4</sub> point sticks at each other and go through middle of ice, and receive pass from opposite line on the same side of the ice.

2- X<sub>1</sub> passes to X<sub>3</sub>,

X<sub>4</sub> passes to X<sub>2</sub>

each one touch passing it twice.

3- X<sub>4</sub> passes to X<sub>3</sub>

X<sub>1</sub> passes to X<sub>2</sub>  
each player makes three one touches.

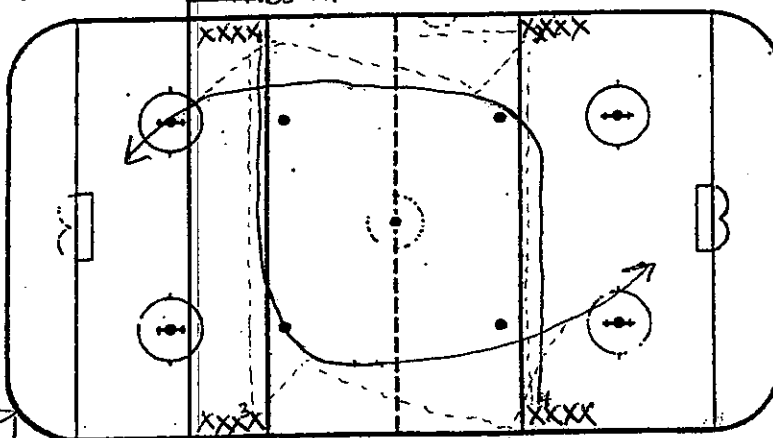
4- X<sub>1</sub> + X<sub>2</sub> shoot one way

X<sub>3</sub> + X<sub>4</sub> shoot other way.

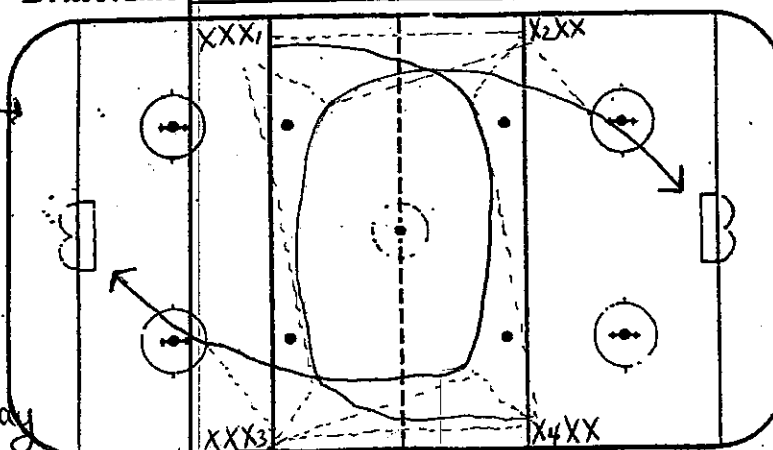
X<sub>1</sub> + X<sub>3</sub> come to middle and do a 360° off right shoulder.

X<sub>2</sub> + X<sub>4</sub> do the same.

Drill Name Russian 4-Line Pass



Drill Name

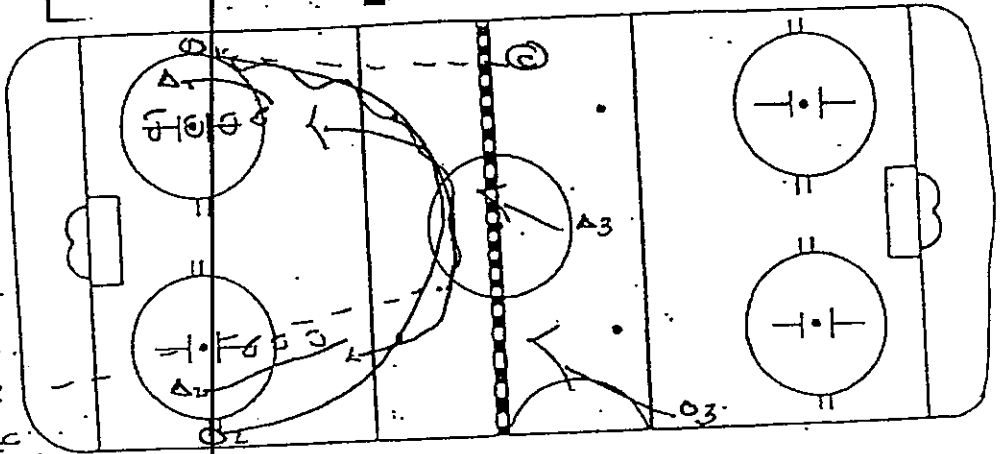


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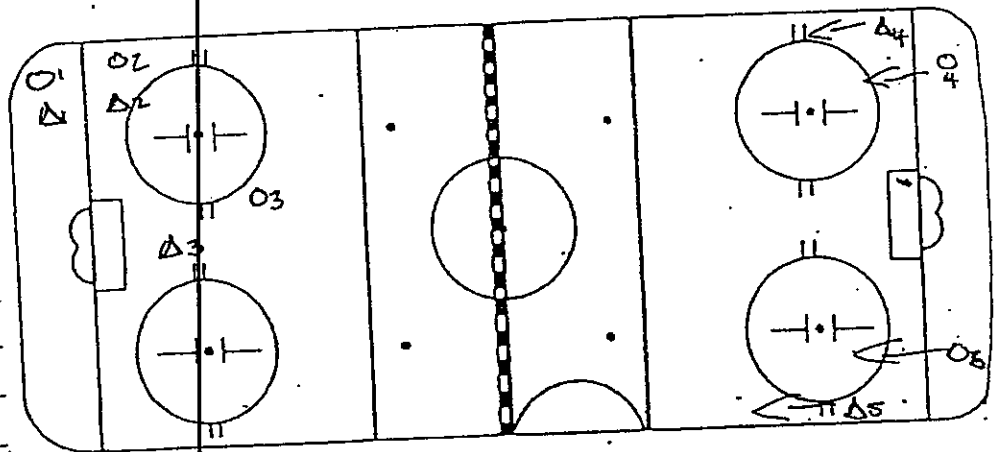
ht's 3on3 Low

- W passes down to O' or O2
- O' and O2 then must carry puck past center circle. After crossing this circle O's must dump puck deep
- A' and A2 step up and play O's 2on2 down low.

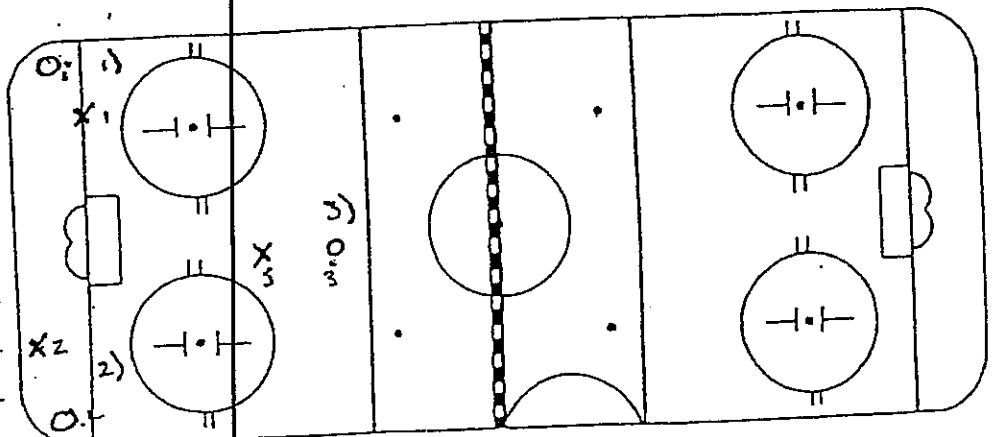
© blows whistle, tech activates A3 and O3 into play. A3 identifies D2C and O3 join rush as high man



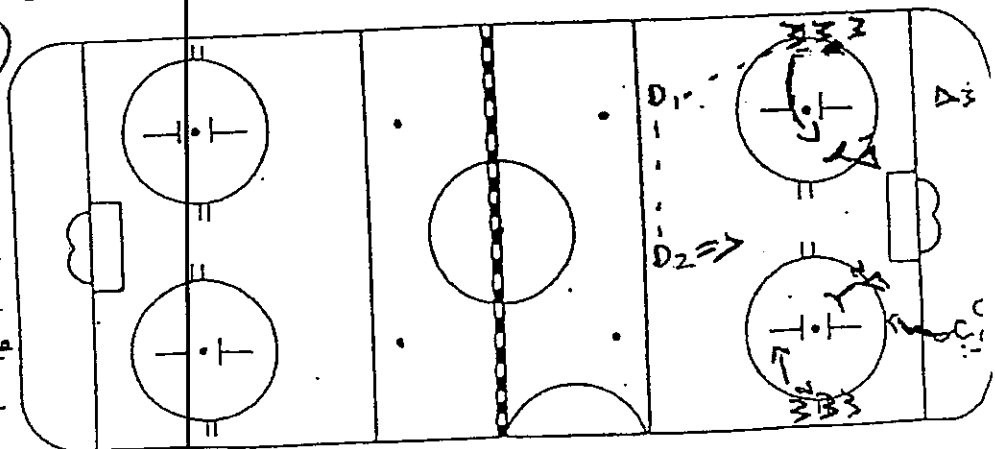
- © blows a second whistle which sends A4 O4, A5 O5 from far and play out as a 5on5.



Tiger 1on1, 2on2, 3on3  
3 attackers and 3 defenders begin in the zone paired off and attackers with pucks. On whistle O1 and X1 1on1 out of corner. Second whistle O2 and X2 begin and go 2on2 with O1 and O2 joining in. 3rd whistle O3 and X3 begin and

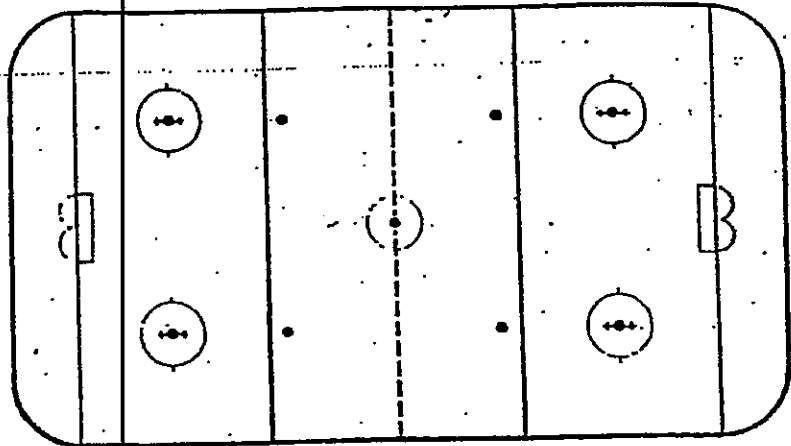


1on1 Battles into 3on2  
On whistle W1 passes to D1 who goes D to D for a shot. W1 goes to the net to battle A1 for position. On second whistle W2 passes to D2 who goes to D shot, W2 goes to net. On 3rd whistle C starts a line rush with W1 and W2 on D1 and D2 (3on2)  
\*can add a 3rd B/C.

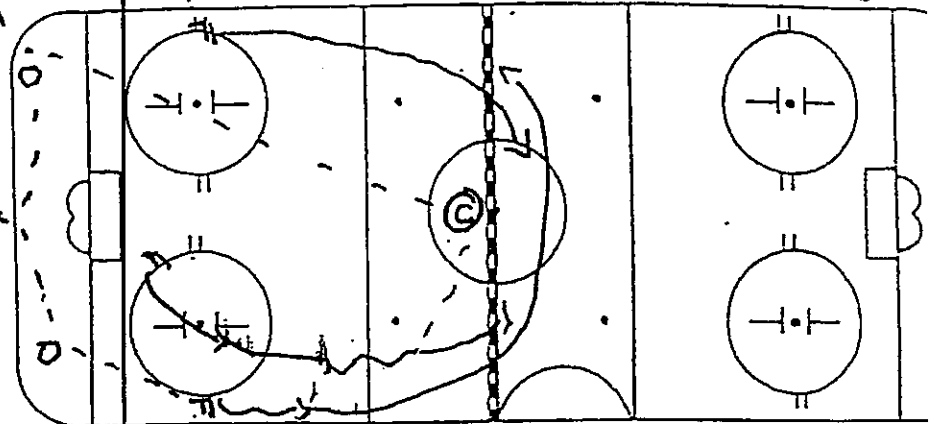


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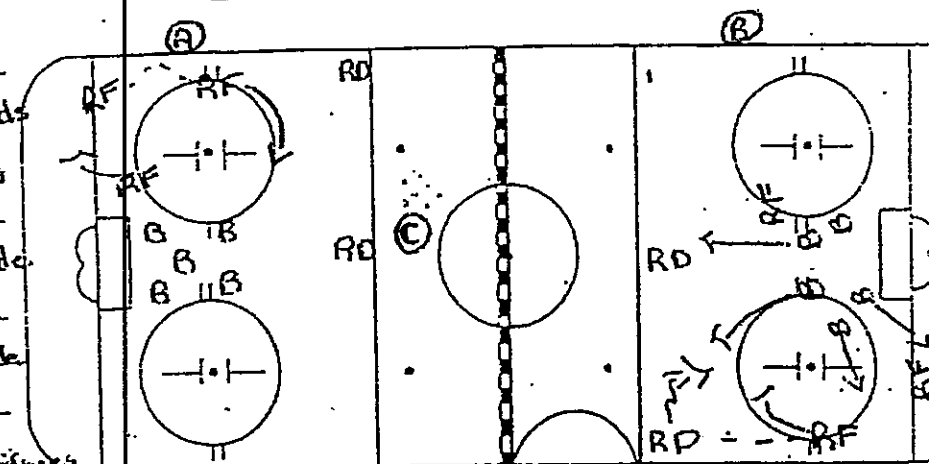
Drill Name \_\_\_\_\_



Drill Name \_\_\_\_\_



Drill Name \_\_\_\_\_



## 5on5 Cycling Drill

- ① Drill starts with 3 red forwards continuously cycling the puck, with 5 blacks collapsed in front of net. ② When ③ blows his whistle, RF with puck passes puck back to point on crease as play off the cycle. On the whistle the black players jump to their positions and pickup coverages. Play 5on5 within zone.

