

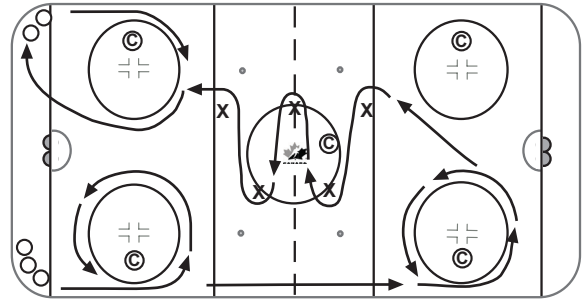
Session Objectives: Give and Go, Pass and Follow, Intro to Angling

## 10 MIN

## WARM-UP

**BARTEAUX SET-UP (1.6.08/1.6.10/1.4.02/1.6.02)**

Players will do the circuit twice from each side. Around Circles, start with c-cuts - forward and progress into forward crossovers. Down the sides of the ice alternating left leg, right leg c-cuts. Between the middle cones tight turns around cones and progress into long exaggerated crossovers. After all players are done, do course again coming back, in opposite direction. 3rd / 4th time through use pucks.

**KEY EXECUTION POINTS**

- Start players in one corner. Send players one after another

## 20 MIN

## SKILL STATIONS #1

**1. SHORT PASS - LONG PASS (2.4.01/2.4.02/2.4.03)**

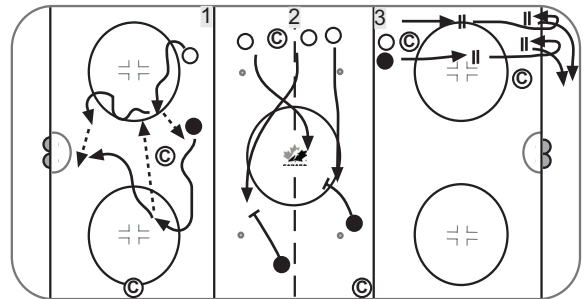
Players pair up; each pair should have 1 puck between them. Player 1 (with the puck) makes a short pass to Player 2 and then stretch skates to be an open option for a long pass. Once the long pass is made, Player 1 must move to become tight support for Player 2 to take a short pass. Continue long pass - short pass - long pass - short pass etc.

**2. BRITISH BULLDOG**

Players line up on boards, on coach's signal, players skate to other side, trying not to get caught. If players get caught, they then go to centre and help coaches catch other players. Can also be done with pucks.

**3. ANGLING (4.1.04)**

Balance: Stand erect, feet together, Coach pushes chest - unstable. Lower stance, ankles, knees bent, feet staggered, Coach pushes chest Stable. Stability: Lock elbows, push partner towards boards, introduce term protect the middle, high scoring parts of the ice. Do drill both directions. No elbow lock, skate with partner and keep partner board side. Do drill both directions. Angling the Puck Carrier Starting Near The Boards: No puck, both facing the same direction, defender keeps player to the board side, attacks stick where blade meets shaft while moving up ice. With puck, both facing the same direction, defender keeps player to the board side, attacks his stick where blade meets shaft.

**KEY EXECUTION POINTS**

- Players must communicate. Pass upon eye contact
- Emphasize angling tips from previous drill.
- This is first progression, look for basic understanding rather than perfection

## 20 MIN

## SKILL STATIONS #2

**1. GIVE AND GO (5.3.1.5)**

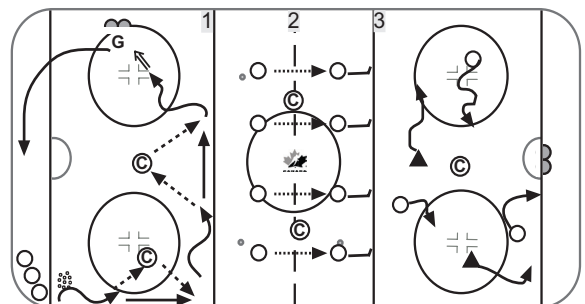
Player starts with a puck in the corner. Player skates, with puck, out of the corner and makes a short pass to the coach and moves to open ice to take a return pass. Repeat this with second coach and on return pass move to the net for a shot.

**2. PASS BEHIND - PULL PUCK THROUGH LEGS (2.4.14)**

Players partner up - facing the same direction. Player 1 passes to Player 2 who receives the pass by placing the blade behind the body to pull the puck through his legs.

**3. CHAOS (2.2.20/2.2.21/2.2.22/2.2.32)**

Players skate around the ice in any direction handling the puck. Encourage players to try different stick handling moves such as stick through legs, puck through legs from back, switch hands, 360° spin.

**KEY EXECUTION POINTS**

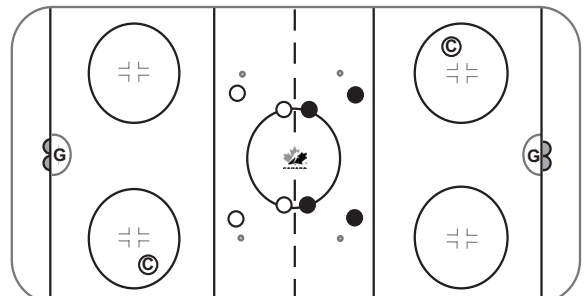
- Next player goes when first player receives first pass from coach.
- Change directions, Vary speeds, Forwards / Backwards.

## 10 MIN

## FUN GAME

**SCRIMMAGE - FULL ICE**

Divide players into 2 teams. Play 4 on 4, players change on whistle.

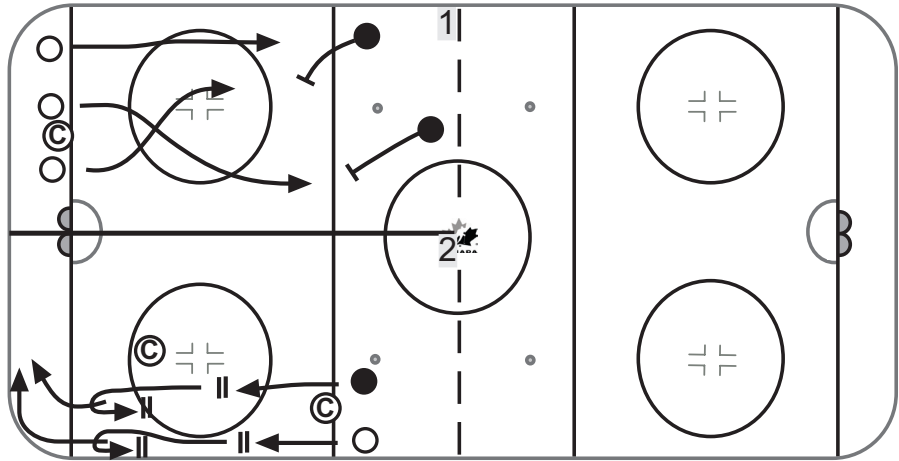
**KEY EXECUTION POINTS**

- Use pucks, tennis balls, and hockey balls etc...Alternate 1 puck, 2 pucks, 3 pucks.

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

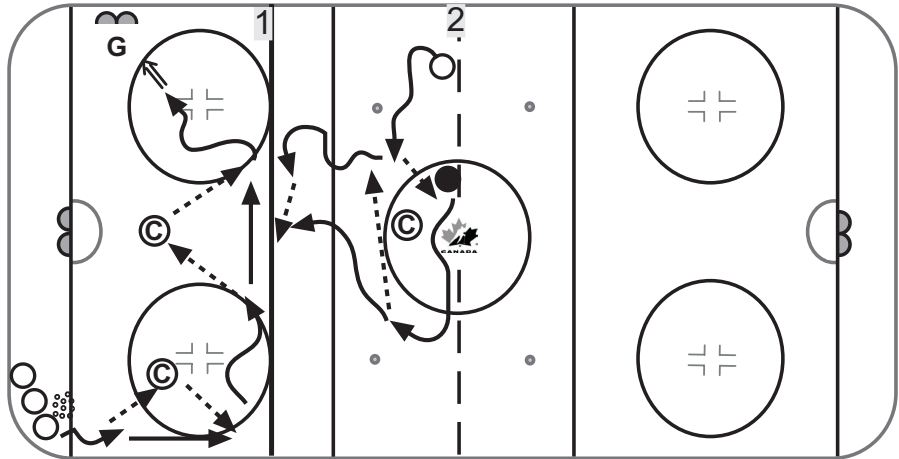
**SKILL STATIONS #1**

- 1. BRITISH BULLDOG
- 2. ANGLING (4.1.04)



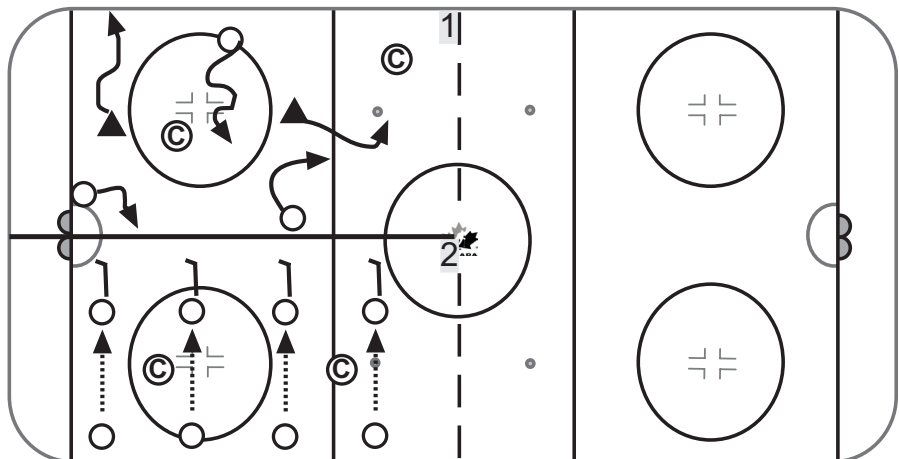
**SKILL STATIONS #2**

- 1. GIVE AND GO (5.3.1.5)
- 2. SHORT PASS - LONG PASS (2.4.01/2.4.02/2.4.03)



**SKILL STATIONS #3**

- 1. CHAOS (2.2.20/2.2.21/2.2.22/2.2.32)
- 2. PASS BEHIND - PULL PUCK THROUGH LEGS (2.4.14)



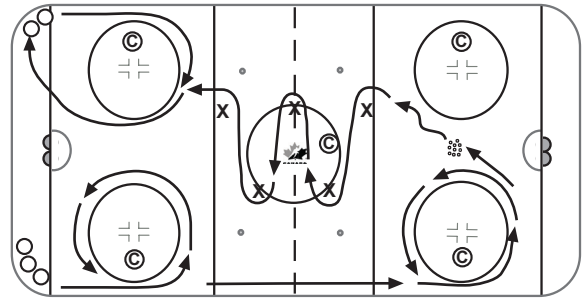
Session Objectives: Give and Go, Pass and follow, Stationary Stick Checking, Angling, Moving Puck Control, Deflections

## 10 MIN

## WARM-UP

**BARTEAUX SET-UP (1.6.08/1.6.10/1.6.13/1.4.02/ 2.2.08)**

Players will do the circuit twice from each side. Around circles start with c-cuts - forward review, progress to forward crossovers, introduce backward c-cuts. Down the sides of the ice alternating left leg, right leg c-cuts, change to long strides mid way through. Between the middle cones pick up puck off of circle, handle puck back through the cones for a shot on net.

**KEY EXECUTION POINTS**

- Players go one after another

## 20 MIN

## SKILL STATIONS #1

**1. SHORT PASS - LONG PASS (2.4.01/2.4.02/2.4.03)**

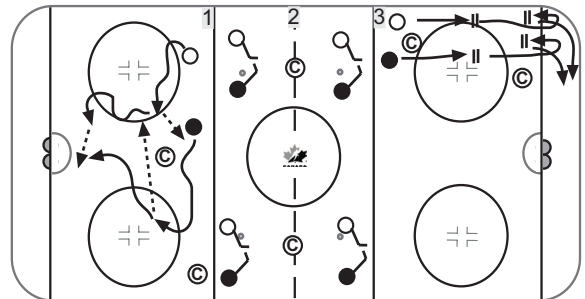
Players pair up; each pair should have 1 puck between them. Player 1 (with the puck) makes a short pass to Player 2 and then stretch skates to be an open option for a long pass. Once the long pass is made, Player 1 must move to become tight support for Player 2 to take a short pass. Continue long pass - short pass - long pass - short pass etc.

**2. STATIONARY STICK CHECKING (4.2.01/4.2.02)**

Demonstrate for players the press and the lift. Players pair up side by side. On whistle Player 1 handles the puck stationary. Player 2 stands beside Player 1 and on the second whistle traps or lifts the stick.

**3. ANGLING (4.1.04)**

Coaches should demonstrate the ideas of control skating, mirroring and the hip pocket. Allow players to pair up or put them with a player of similar skating skills. Player 1 skates along the boards making quick starts and stops and changes of direction. Player 2 must control skate and mirror Player 1 keeping the player to the outside in the "bad ice". Go one way completely around the ice and after everyone has been through a couple of times, switch directions.

**KEY EXECUTION POINTS**

- Players must communicate. Pass upon eye contact
- Demonstrate for players. Players must follow skill instructions
- Provide demonstration

## 20 MIN

## SKILL STATIONS #2

**1. FOLLOW YOUR PASS (2.4.01/2.4.02)**

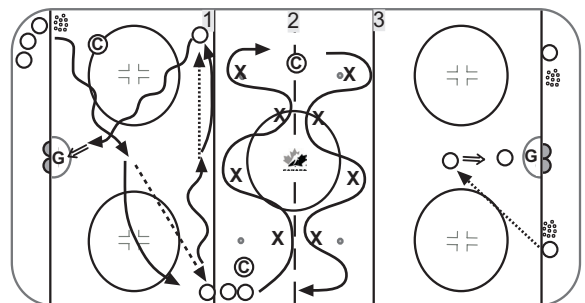
Player 1 starts out of the corner with puck. At the middle of the ice give pass to the player set up on the diagonal line and follow the pass. Once player receives a pass they move quickly across ice to give next pass. Focus on quick feet, driving the net with the puck and tap the post to finish.

**2. PUCK CONTROL (2.2.34/2.2.35/2.2.37/2.2.38)**

Players line up on boards and weave through pylons with puck. Have players weave with puck on forehand only, forehand - one hand, puck inside pylon off stick, puck inside pylon - on stick.

**3. DEFLECTIONS (3.6.01/3.6.02)**

Players are positioned as shown. Shooter receives two passes, one from each corner, and shoots on the ice for net front player to deflect. Work on deflecting the puck low and high.

**KEY EXECUTION POINTS**

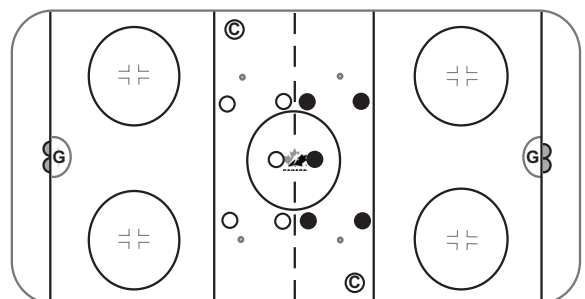
- High tempo. Keep players moving. Provide demonstration.
- Provide Demonstration

## 10 MIN

## FUN GAME

**SCRIMMAGE - FULL ICE**

Divide players into 2 teams. Play 4 on 4, players change on whistle.

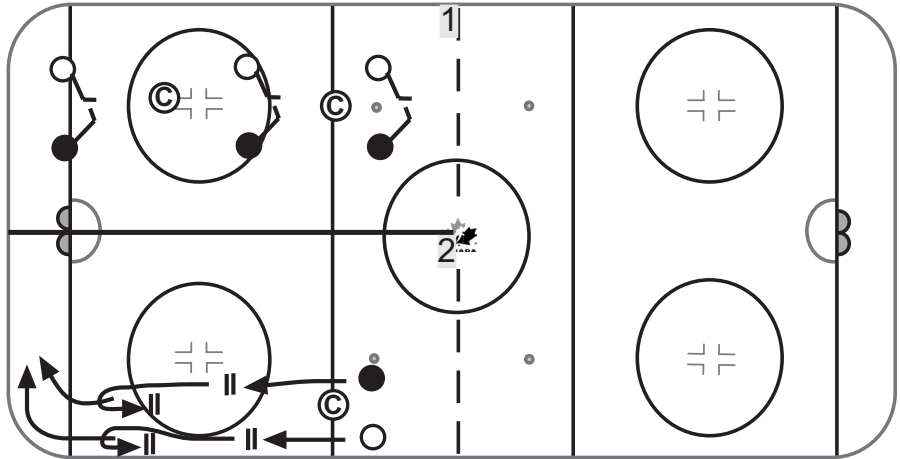
**KEY EXECUTION POINTS**

- Communication

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

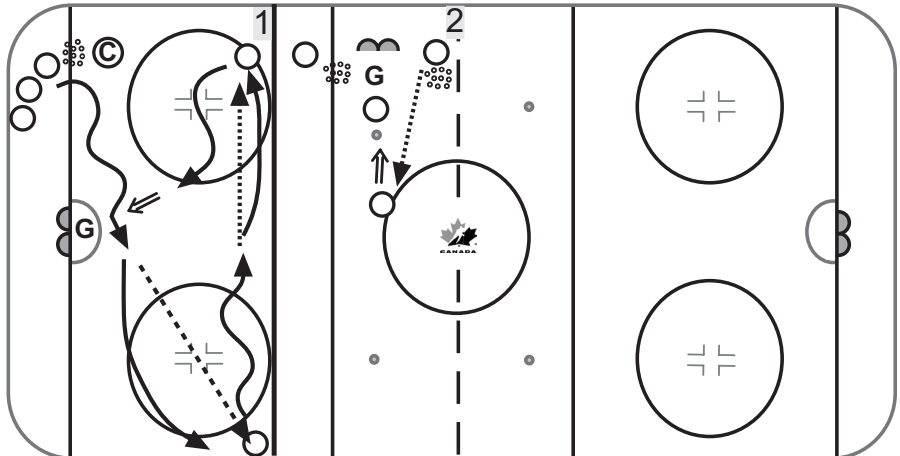
**SKILL STATIONS #1**

- 1. STATIONARY STICK CHECKING (4.2.01/4.2.02)
- 2. ANGLING (4.1.04)



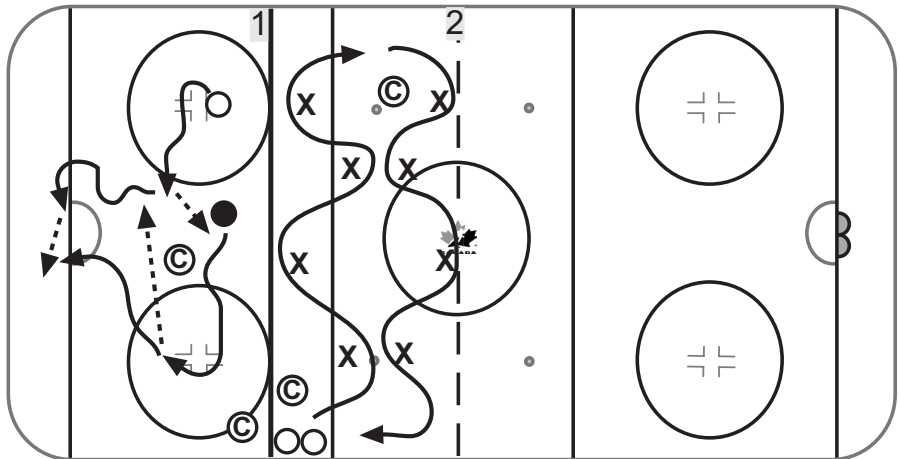
**SKILL STATIONS #2**

- 1. FOLLOW YOUR PASS (2.4.01/2.4.02)
- 2. DEFLECTIONS (3.6.01/3.6.02)



**SKILL STATIONS #3**

- 1. SHORT PASS - LONG PASS (2.4.01/2.4.02/2.4.03)
- 2. PUCK CONTROL (2.2.34/2.2.35/2.2.37/2.2.38)



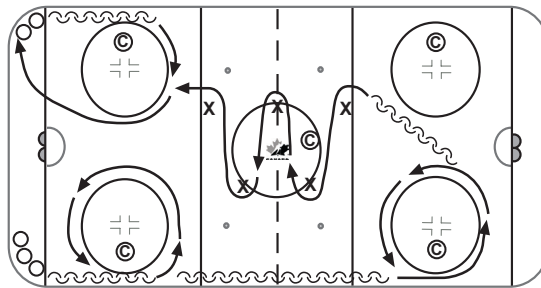
Session Objectives: Agility, Quick Feet, Creative Stickhandling, Deflections

10 MIN

## WARM-UP

**BARTEAUX SET-UP (1.6.13/1.6.16/1.5.02/1.6.02)**

Players will do the circuit twice from each side. Around circles backward c-cuts review. Progress to backward crossovers. Down the sides of the ice Backward c-cuts, alternating legs and Backward striding. Between the middle cones tight turns and backwards around the cones. 3<sup>rd</sup> and 4<sup>th</sup> times through use pucks.

**KEY EXECUTION POINTS**

- Players will know circuit, correct technique

20 MIN

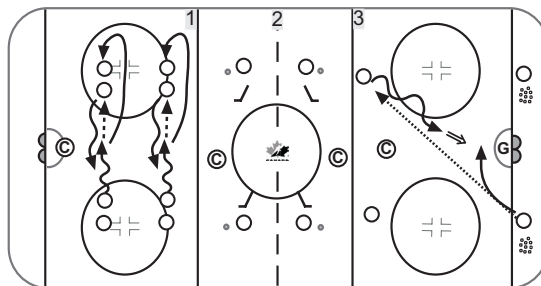
## SKILL STATIONS #1

**1. MARIO MOVES (5.1.1.3/5.1.1.4/5.1.1.5/5.1.5.1)**

Players pair up, as shown, facing each other the entire way down the ice. Player 1 starts the drill by skating toward the other player and making their move. After they have gone around their partner they tight turn and return to their position and their partner does the same thing. Spend 2 minutes on each of the following skills, progressing through them as listed: Head fake to the forehand, Head fake to the backhand, Head fake and slide puck through skates and pick up on the other side forehand, Head fake and slide puck through skates and pick up on the other side backhand, Head fake and attack the triangle (formed by players stick and skates) – forehand and backhand, Drive around an active stick from opponent.

**2. 4 STEP QUICK FEET (1.1.13)**

Spread out in the neutral zone, players should find a space of their own. Step 1 – player lays their stick on the ice. Player stand beside the stick facing the coach, on the whistle player crosses over the stick and touches their hand on the ice on the other side, then cross back over the stick the other way. Continue until the next whistle. Focus on good skating position, head up, balance. Step 2 – player starts at the end of the stick on the ice. Skate forward, cross over stick and touch hand down at other end of the stick. Tight turn and cross back over the stick the other way, again putting the hand down at the other end. Step 3 – Player skates forward to end of stick, pivots and skates backwards to butt of stick. Continue – pivot from forward to backward, backward to forward at the end of the stick each time. Step 4 – Player faces a partner. Hold stick at side with the knob of the stick on the ice. On the whistle players release the stick and do a quick V-start to try to catch their partner's stick before it falls.

**3. DEFLECTIONS (3.6.01/3.6.02)**

Players are positioned as shown. Shooter receives a pass from opposite corner and skates in for a shot. Passer heads to net front for deflection. Play puck until goalie covers the puck or players score. Repeat out of opposite corner.

**KEY EXECUTION POINTS**

- Drill is about creativity, allow players to be and act creative
- Demonstrate 4 steps so players get a visual
- Shoot before hash marks

20 MIN

## SKILL STATIONS #2

**1. 1-2-3 ON-0 RELAY**

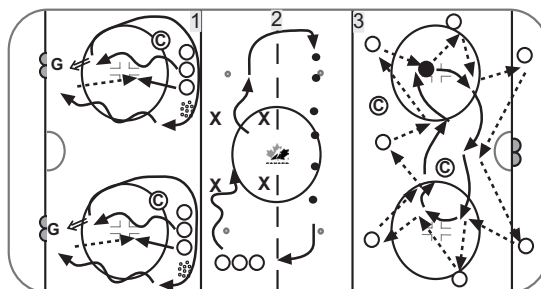
Move nets to each end, on goal line, below face off dots. Players line up inside blue line in equal groups, each player with a puck. 1<sup>st</sup> player goes in for shot, keeps going until goal is scored. After goal, player skates back outside blue, next player joins in for 2 on 0. 3<sup>rd</sup> time through, 3 on 0 etc...Have all players dive across blue line when last player scores.

**2. PUCK CONTROL (2.2.39)**

Players start on boards in neutral zone. Pylons and puck dots are arranged as shown. Player leaves and skates to pylon box and makes a move on each pylon in a random order. Player then skates up to puck dots and straddles the dots while stick handling through the dots.

**3. PASSING (2.4.04)**

- At far end, have the players doing the one touch passing circle.

**KEY EXECUTION POINTS**

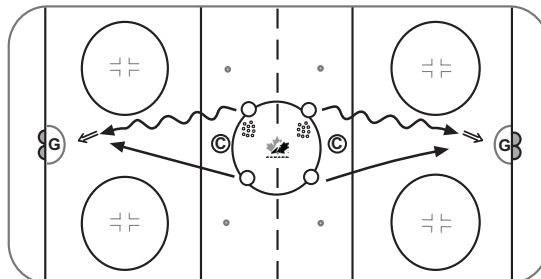
- Each player must touch puck once before shot
- Drill is about creativity, allow players to be and act creative

10 MIN

## FUN GAME

**SHOOTOUT**

Have players line up in two lines at center ice. ( Use both ends ) One line has player standing with puck, the other line has the player starting on one knee. On coach's signal, the players take off towards the goal. Player with puck tries to score, while player on one knee backchecks. If player takes puck away, then that player is on offense.

**KEY EXECUTION POINTS**

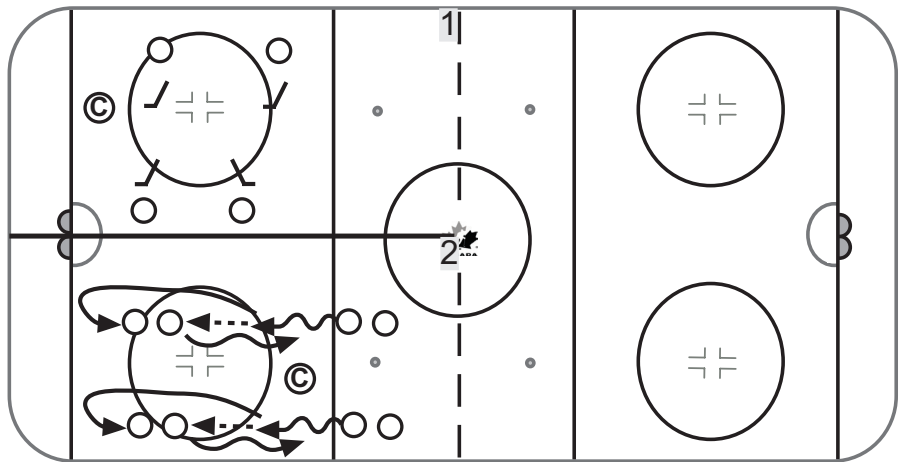
- Must be down on one knee if starting without the puck, quick feet off the start, protect puck, and alternate lines after each attempt.

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

**SKILL STATIONS #1**

1. 4 STEP QUICK FEET (1.1.13)

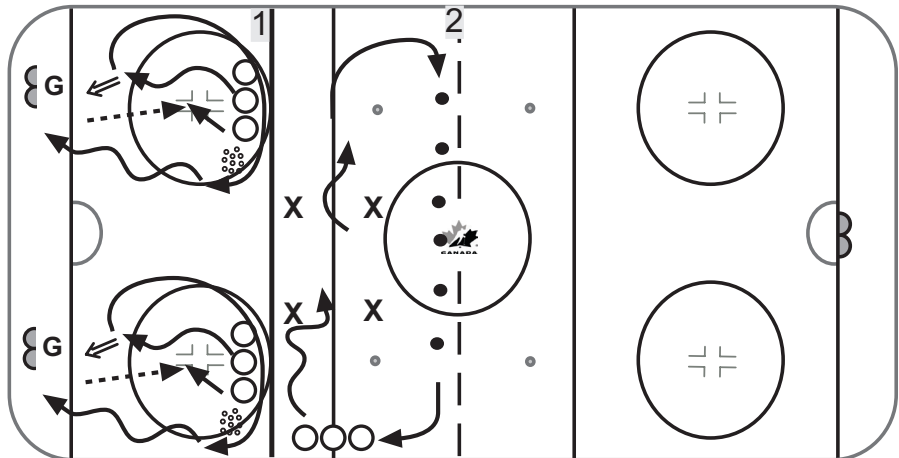
2. MARIO MOVES (5.1.1.3/5.1.1.4/5.1.1.5/5.1.5.1)



**SKILL STATIONS #2**

1. 1-2-3 ON 0 RELAY

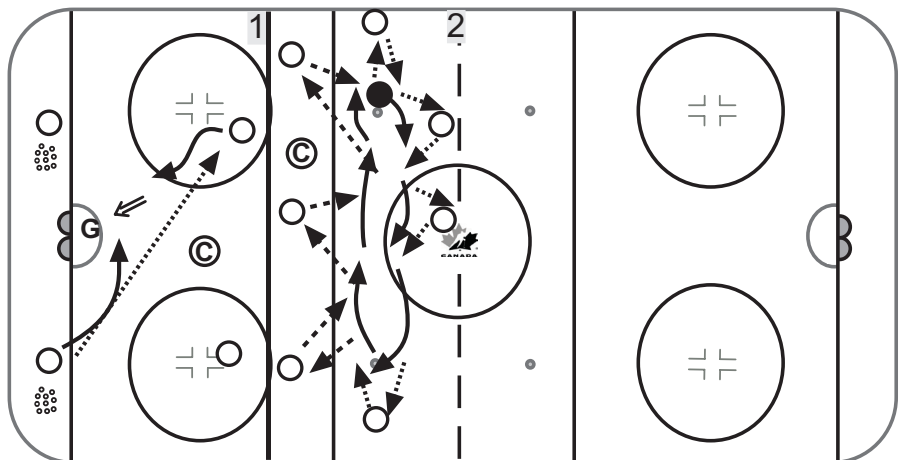
2. PUCK CONTROL (2.2.39)



**SKILL STATIONS #3**

1. DEFLECTIONS (3.6.01/3.6.02)

2. PASSING (2.4.04)



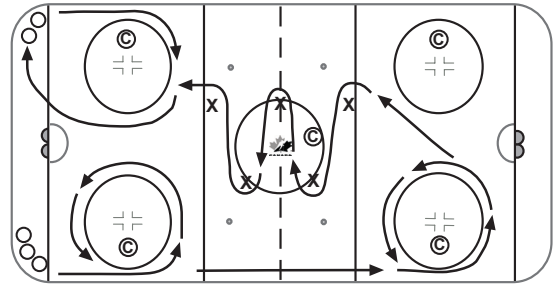
Session Objectives: Agility, Give and go, Net Drive, - outside/inside/delay, Shooting in motion

## 10 MIN

## WARM-UP

**BARTEAUX SET-UP (1.6.10/1.6.09/1.4.11)**

Each player will do the circuit twice from each side. Around circles - Forward crossovers reviewed, progress to cross-unders or crosscuts (Player crosses over and holds the inside edge of the crossover skate. With the other skate (back skate) the player pumps to retain speed). Down the sides of the ice long strides, focus on posture and power (fully recover to the middle). Between the middle cones Go around the cones using the inside edge of the outside foot - hold the edge around the cone. Use pucks for 3<sup>rd</sup> and 4<sup>th</sup> times.

**KEY EXECUTION POINTS**

- Offer corrective feedback.

## 20 MIN

## SKILL STATIONS #1

**1. OUTSIDE IN, INSIDE OUT, DRIVE, DELAY - PART I (5.4.1.1/5.4.1.4)**

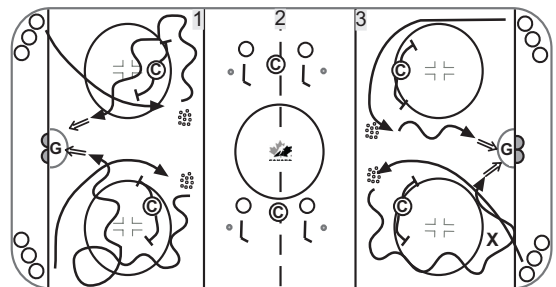
Introduce the players to attacking the net. Step 1 - players drive to centre pick up puck and curl outside towards the boards to drive outside to the net and shoot in stride. Step 2 - players go inside and drive down the wall before delaying, looking for an opening and driving the net.

**2. 4 STEP QUICK FEET (1.1.13)**

Spread in the neutral zone, players should find a space of their own. Step 1 - player lays their stick on the ice. Player stand beside the stick facing the coach, on the whistle player crosses over the stick and touches their hand on the ice on the other side, then cross back over the stick the other way. Continue until the next whistle. Step 2 - player starts at the end of the stick on the ice. Skate forward, cross over stick and touch hand down at other end of the stick. Tight turn and cross back over the stick the other way, again putting the hand down at the other end. Step 3 - Player skates forward to end of stick, pivots and skates backwards to butt of stick. Continue - pivot from forward to backward, backward to forward at the end of the stick each time. Step 4 - Player faces a partner. Hold stick at side with the knob of the stick on the ice. On the whistle players release the stick and do a quick V-start to try to catch their partner's stick before it falls.

**3. OUTSIDE IN, INSIDE OUT, DRIVE, DELAY - PART II (5.4.1.2)**

Step 3 - players drive up boards, pick up a puck at centre and drives the middle lane for a shot in stride. Step 4 same as Step 1 but add coach as passive pressure.

**KEY EXECUTION POINTS**

- Ensure players accelerate after getting puck.
- Make sure to offer feedback to each player.
- Ensure players accelerate after getting puck.

## 20 MIN

## SKILL STATIONS #2

**1. ASTEROIDS**

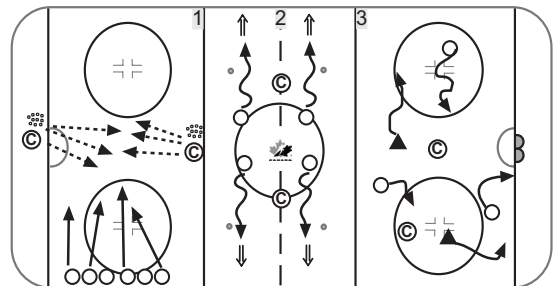
Have players line up on boards. On whistle, players skate from one end to the other, coaches who are on blue line or goal line with pucks and tennis balls etc... Shoot pucks at player's skates. If player gets hit, then he /she helps coaches. Repeat until one player remaining. Can also do with players carrying pucks.

**2. SHOOTING IN MOTION (3.2.05)**

Players spread out around zone, and practice wrist shots, and backhand shots. Have players skate towards boards, and shoot while moving.

**3. CHAOS (2.2.20/2.2.21/2.2.22/2.2.32)**

Players skate around the ice in any direction handling the puck. Encourage players to try different stick handling moves such as stick through legs, puck through legs from back, switch hands, 360° spin.

**KEY EXECUTION POINTS**

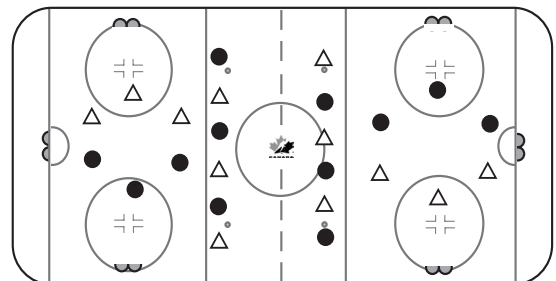
- Do not raise the puck, Make sure players are moving when releasing puck, Change directions, Vary speeds, Forwards / Backwards.

## 10 MIN

## FUN GAME

**SCRIMMAGE - 3 ON 3 CROSS ICE**

Divide players into 2 teams. Play 2 games of 3 on 3 cross ice - one in each end zone. Spare players line up along blue lines and switch on coach's signal.

**KEY EXECUTION POINTS**

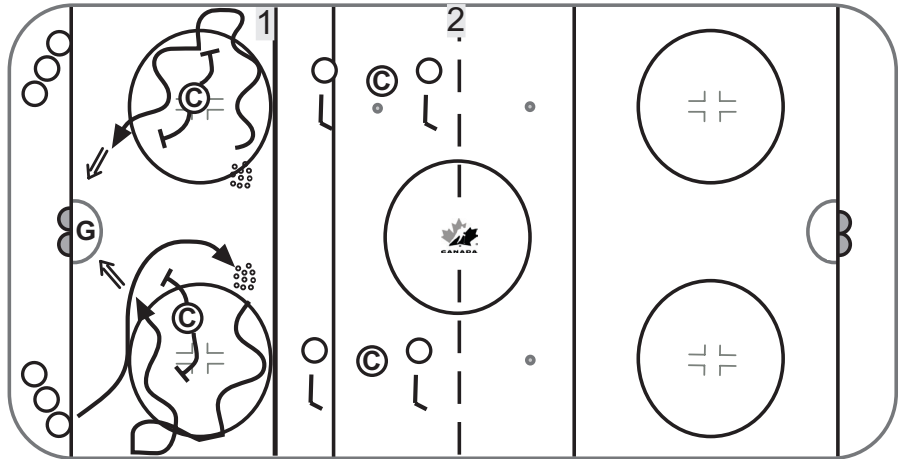
- Use pucks, tennis balls, hockey balls etc...Alternate 1 puck, 2 pucks, 3 pucks.

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

### SKILL STATIONS #1

1. OUTSIDE IN, INSIDE OUT, DRIVE, DELAY - PART I (5.4.1.1/5.4.1.4)

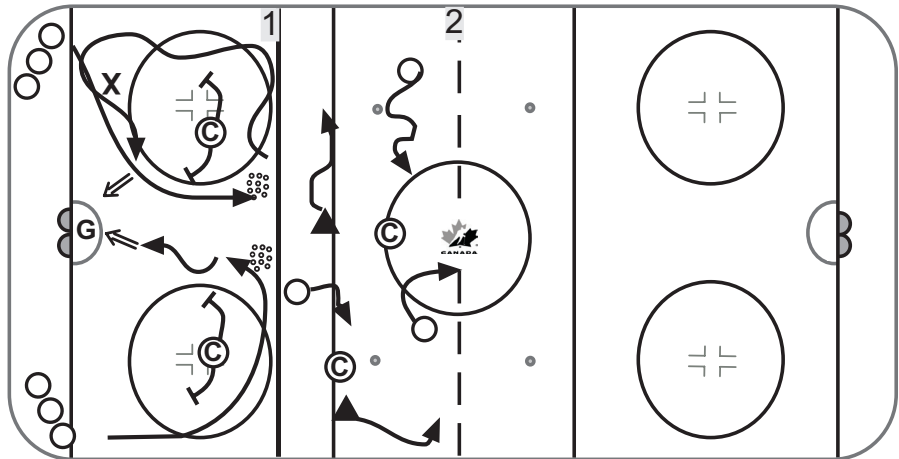
2. 4 STEP QUICK FEET (1.1.13)



### SKILL STATIONS #2

1. OUTSIDE IN, INSIDE OUT, DRIVE, DELAY - PART II (5.4.1.2)

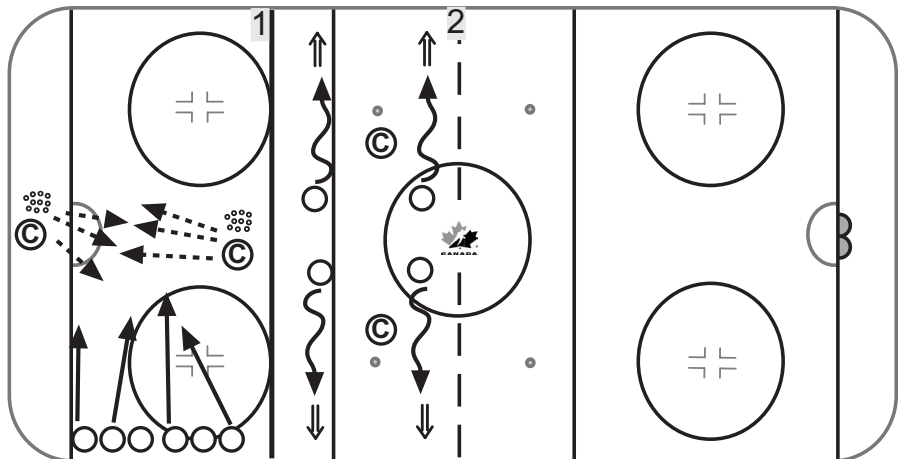
2. CHAOS (2.2.20/2.2.21/2.2.22/2.2.32)



### SKILL STATIONS #3

1. ASTEROIDS

2. SHOOTING IN MOTION (3.2.05)





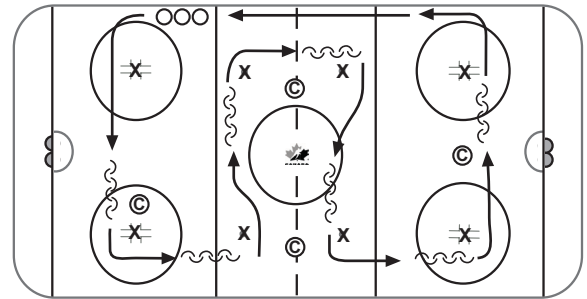
Session Objectives: Angling, Gap Mirroring, Intro to 1 on 1

## 10 MIN

## WARM-UP

**MOE MANIA 1.6.21**

Players line up as shown. Spray paint lines half way between all cones so that players have a mark when to make their pivot. Player skates forward toward first cone and at spray paint line pivot to backwards. Continue this the entire way through the set-up. Players should always pivot so that they never lose eye contact with the cone in front of them. Ensure that players lead with their stick to maintain good balance on the pivot. Run this entire session without pucks.

**KEY EXECUTION POINTS**

- Correct technique

## 20 MIN

## SKILL STATIONS #1

**1. ANGLING (4.1.04)**

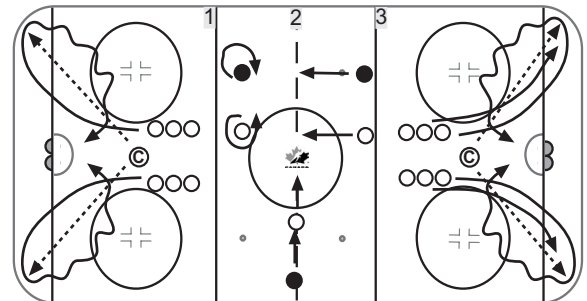
Start with proper offensive angle to the puck in the corner. Demonstrate inside out, head up, shoulder check. Coach dumps puck to corner, player retrieves the puck focusing on a proper angle. Once the player has the puck they should drive the circle for a shot on net.

**2. GAP MIRRORING (6.1.2.4)**

This should be used as an introduction to gap control. Players pair up, facing each other. Player 1 should act as the lead to start. If Player 1 skates forward, Player 2 skates backwards, if Player 1 stops and goes sideways or backwards, Player 2 must mirror and try to stay within 2 stick lengths of Player 1. Continue for 40 seconds, stop, give some recovery time and then start again with Player 2 now the lead and Player 1 mirroring.

**3. ANGLING (4.1.04)**

Progression from drill 1. 2<sup>nd</sup> player in line following the first player in and putting some passive pressure on the player to execute a good angle to the puck and drive around the circle to the net. 2<sup>nd</sup> player should also focus on getting good angling position and controlling their skating.

**KEY EXECUTION POINTS**

- Demonstrate proper procedure
- Demonstrate drill. Ensure players use maximum effort
- Demonstrate proper procedure

## 20 MIN

## SKILL STATIONS #2

**1. CHAOS**

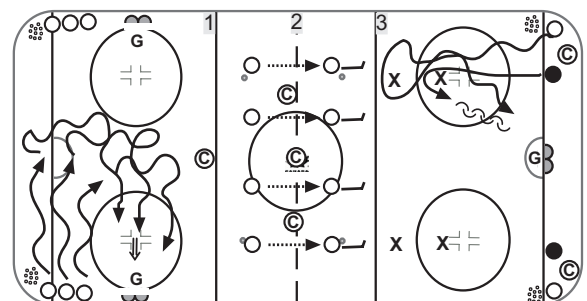
3 players at a time go out of corner. Players skate with a puck between the circles and focus on head up, tight turns, quick feet and puck protection. On the whistle the players in the middle of the ice tight turn and go in on net for a shot. A new group of 3 players start from the opposite corner.

**2. PASS BEHIND – OFF SKATE TO STICK (2.3.10)**

Players partner up – facing the same direction. Player 1 passes to Player 2 who receives the pass off his skate – directing the puck to his stick.

**3. INTRO TO 1 ON 1**

Talk to players about good ice (ice in the middle of the rink, good shooting position, good scoring position) and bad ice (ice on the outside, defender between player and the net). Divide players into the 2 corners, one corner goes at a time. Player with the puck must go around the cone inside out forcing them to the bad ice (easier to defend for defender). Defender skates outside in taking away the middle ice (Good ice).

**KEY EXECUTION POINTS**

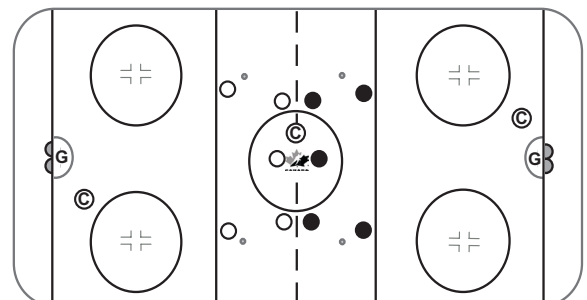
- Blow whistle quickly to keep players moving.
- Demonstrate proper technique
- Demonstrate, and explain importance of timing

## 10 MIN

## FUN GAME

**SCRIMMAGE**

Divide into 2 teams and play a full ice scrimmage. Use different rules i.e.: Must make 3 passes before shot on goal, must pass across each line, no sticks – only skates, no sticks – must push puck with gloves.

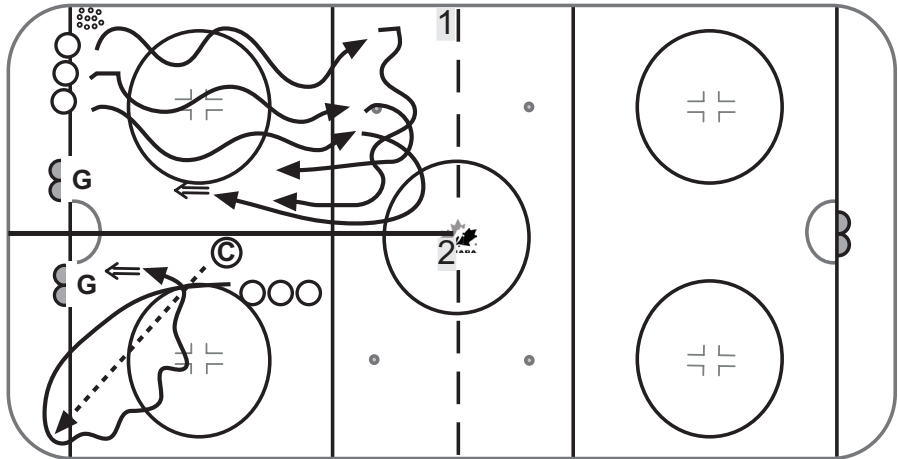
**KEY EXECUTION POINTS**

- Use 2 pucks, 3 pucks, tennis balls etc...

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

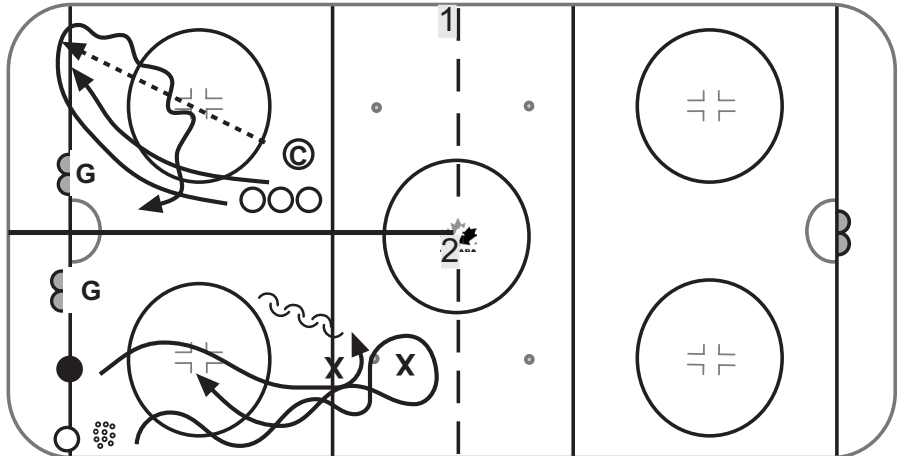
**SKILL STATIONS #1**

- 1. CHAOS
- 2. ANGLING (4.1.04)



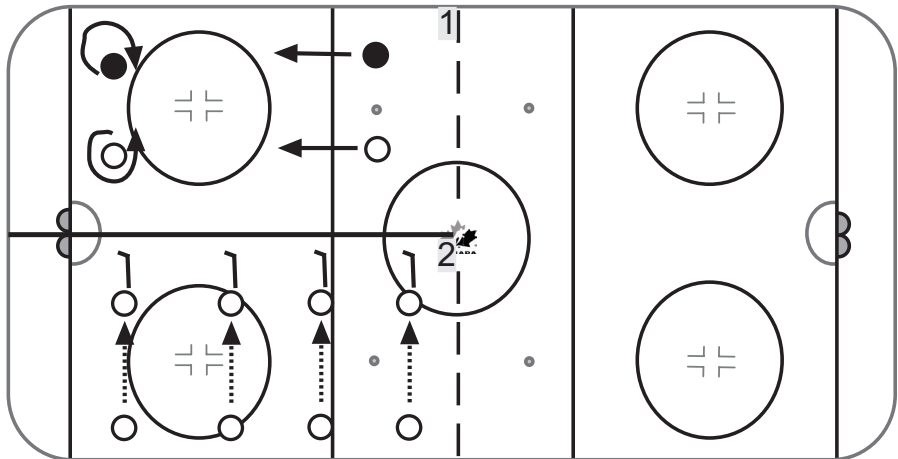
**SKILL STATIONS #2**

- 1. ANGLING (4.1.04)
- 2. INTRO TO 1 ON 1



**SKILL STATIONS #3**

- 1. GAP MIRRORING (6.1.2.4)
- 2. PASS BEHIND - OFF SKATE TO STICK (2.3.10)



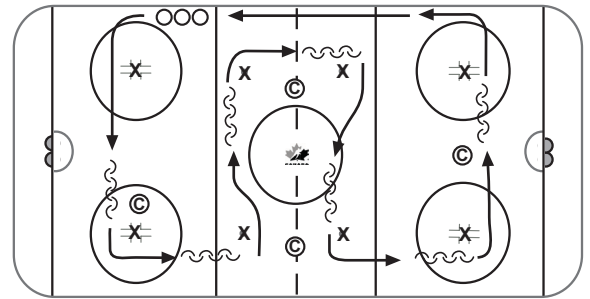
Session Objectives: Passing and Moving, One Man Drive, Two Man Drive, Puck support

## 10 MIN

## WARM-UP

**MOE MANIA (1.6.21)**

Players line up as shown. Spray paint lines half way between all cones so that players have a mark when to make their pivot. Player skates forward toward first cone and at spray paint line pivot to backwards. Continue this the entire way through the set-up. Players should always pivot so that they never lose eye contact with the cone in front of them. Ensure that players lead with their stick to maintain good balance on the pivot. Start with no pucks and add in pucks once players are ready.

**KEY EXECUTION POINTS**

- Correct technique.

## 20 MIN

## SKILL STATIONS #1

**1. PASS AND MOVE (2.4.01/2.4.02)**

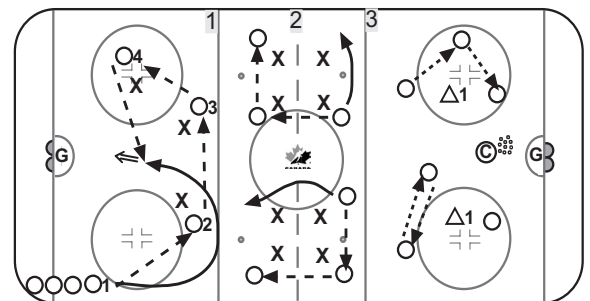
O1 passes to O2, O2 passes to O3 to O4. O1 follows pass, skates arc in between O2 and O3, receives pass from O4, shoots.

**2. SUPPORT PASSING (5.1.6.1)**

4 pylons, 3 players. Puck must always stay with person in the middle, person without puck must move so puck carrier always has 2 options without passing through box.

**3. PIG IN THE MIDDLE**

Groups of 4. Three players pass the puck to each other, while the 4<sup>th</sup> player tries to intercept the pass. Whichever player turns the puck over now becomes the pig in the middle.

**KEY EXECUTION POINTS**

- Pass hard, stick on the ice for target.

## 20 MIN

## SKILL STATIONS #2

**1. TWO MAN DRIVE (5.4.1.2)**

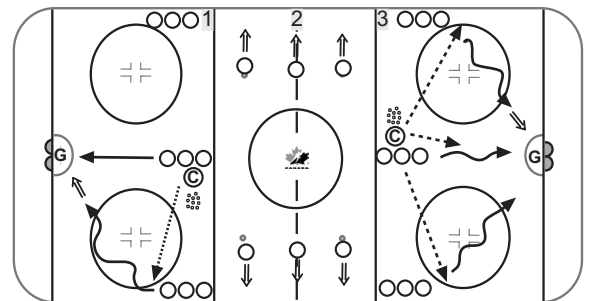
The goal of this drill is to build on the previous one man drive and start to work toward introducing the attack triangle. Again, the coach starts with the puck in the middle. Start with player on the left boards. Player accelerates and receives a pass from the coach in stride. Once the pass has been received the player drives hard to the net. At the same time a player from the middle line drives the middle lane but control skates to be a high option for a pass from the winger with the puck. The winger with the puck can either shoot then drive for their own rebound or they can drop it to the middle player and drive the net for a deflection, tip, screen or rebound.

**2. WRIST SHOT (3.2.01/3.2.02/3.2.03/3.2.04)**

Players spread out around zone, and practice wrist shots, and backhand shots. Have players shoot high, but keeping puck below the glass.

**3. ONE MAN DRIVE (5.4.1.1)**

Introduce the one-man drive but focus on the principles that will be important for net drive and triangulation. Start with player on the left boards. Player accelerates and receives a pass from the coach in stride. Once the pass has been received the player drives hard to the net, takes a shot from the circle and attacks for the rebound. As soon as this player has completed the drill the player from the centre takes a pass and drives straight down the mid-lane to the net, repeat with player off other boards. Continue sequence. Run out of both ends of the ice. Spray paint circles where shown to encourage players to drive the net and attack for rebounds.

**KEY EXECUTION POINTS**

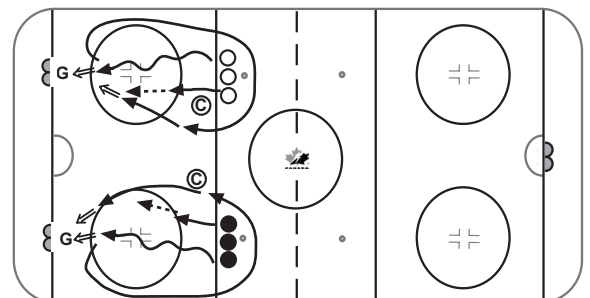
- Players must pay attention, and be ready to go. Follow through.
- Players must be ready to go. Keep drill going to keep players moving.

## 10 MIN

## FUN GAME

**1-2-3 ON 0 RELAY**

On the whistle 3 players attack the net, using the 3 man drive taught above, play the puck until they score and then come back out to get another puck. Again they attack the net but a player that did not score the first goal must score. Come out once more to get a third puck and attack the net – player who has not scored must score. Play out of both ends – first team to have all 3 players score wins and the other team skates, does push ups, jumping jacks etc.

**KEY EXECUTION POINTS**

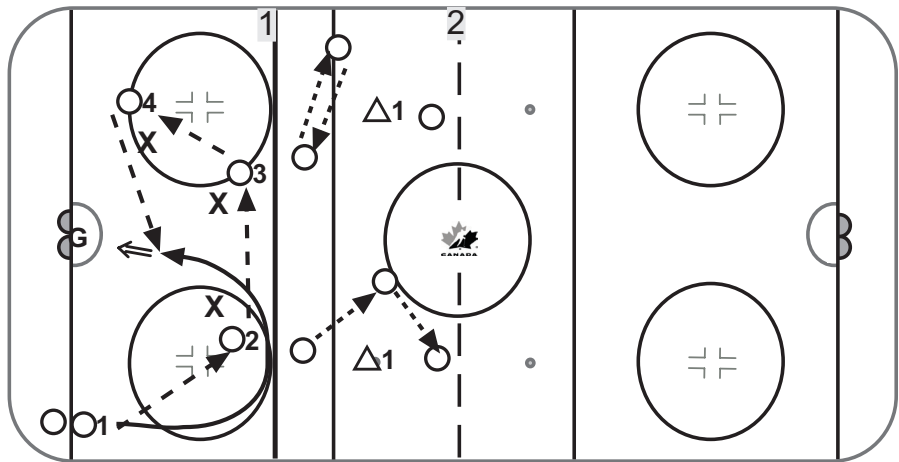
- Each player must touch puck once before shot.

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

**SKILL STATIONS #1**

1. PASS AND MOVE (2.4.01/2.4.02)

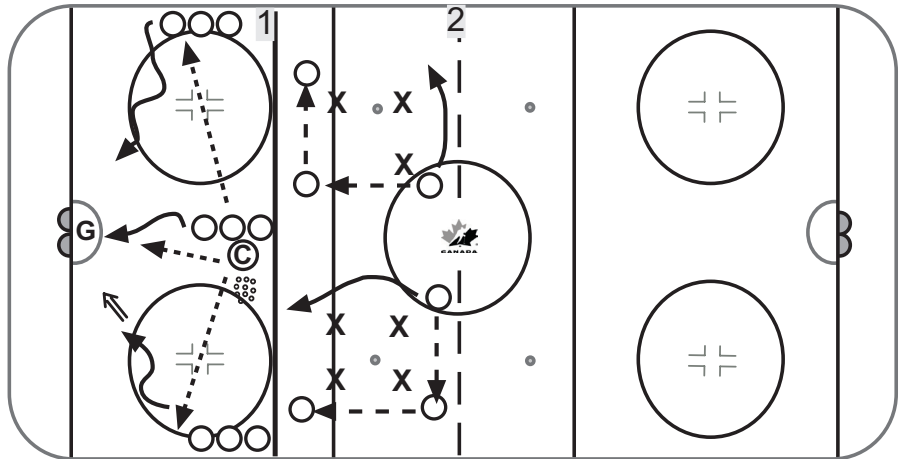
2. PIG IN THE MIDDLE



**SKILL STATIONS #2**

1. ONE MAN DRIVE (5.4.1.1)

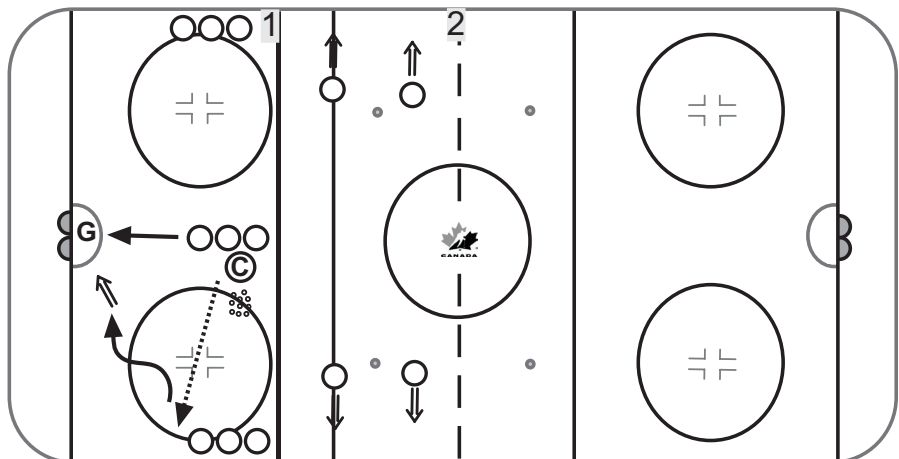
2. SUPPORT PASSING (5.1.6.1)



**SKILL STATIONS #3**

1. TWO MAN DRIVE (5.4.1.2)

2. WRIST SHOT (3.2.01/3.2.02/3.2.03/3.2.04)



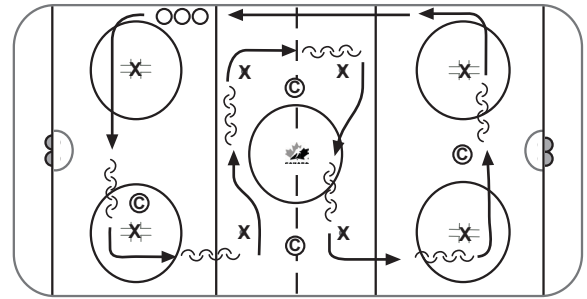
Session Objectives: Open Ice Angling, Intro to breakouts, Wrist shot, 3 man drives

## 10 MIN

## WARM-UP

**MOE MANIA (1.6.21)**

Players line up as shown. Spray paint lines half way between all cones so that players have a mark when to make their pivot. Player skates forward toward first cone and at spray paint line pivot to backwards. Continue this the entire way through the set-up. Players should always pivot so that they never lose eye contact with the cone in front of them. Ensure that players lead with their stick to maintain good balance on the pivot. Start with pucks for this session.

**KEY EXECUTION POINTS**

- Correct technique

## 20 MIN

## SKILL STATIONS #1

**1. FACING GOAL (4.3.04)**

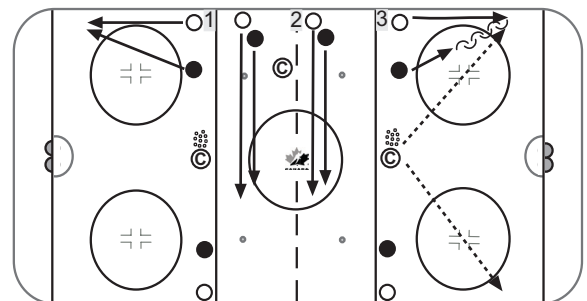
Players pair up with both facing the goal. Defender inside position and forces player to move board side. Defender keeps player to the board side, attacks his stick where blade meets shaft and squeezes angled player out while getting the puck.

**2. FACING INSIDE SHOULDER (4.1.02)**

Players pair up with attacker facing the far boards and defender facing attacking player. Defender's helmet lines up with inside shoulder of attacker and while skating backward, forces player to move to the outside.

**3. FACING GOAL AND PIVOT (4.3.04)**

Players pair up with both facing the goal. Defender inside position and forces player to move board side starting with front skating to pivot to back skating forcing player to move board side.

**KEY EXECUTION POINTS**

- Remind players of previous angling exercises

## 20 MIN

## SKILL STATIONS #2

**1. BREAKOUT INTRODUCTION (5.2.2.1)**

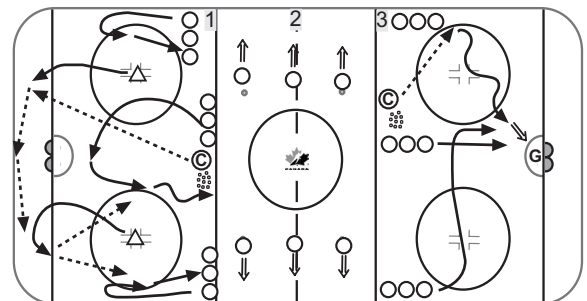
Explain basic breakout option. Have players get in formation as shown. Practice Breakout to each side as shown. Rotate players through all positions

**2. WRIST SHOT (3.2.01/3.2.02/3.2.03/3.2.04)**

Players spread out around zone, and practice wrist shots, and backhand shots. Have players shoot high, but keeping puck below the glass

**3. 3 MAN DRIVE (5.4.1.5/5.4.1.6)**

The goal of this drill is to build on the previous two man drive and start to work toward introducing the attack triangle. Again, the coach starts with the puck in the middle. Wingers accelerate and receive a pass from the coach in stride - coach can choose which winger to pass to. Once the pass has been received the player with the puck drives hard to the net. At the same time a player from the middle line drives the middle lane but control skates to be a high option for a pass from the winger with the puck. The winger without the puck drives the far post. The winger with the puck can either shoot then drive for their own rebound or they can drop it to the middle player and drive the net for a deflection, screen or rebound or they can pass across the ice to the winger on the other side.

**KEY EXECUTION POINTS**

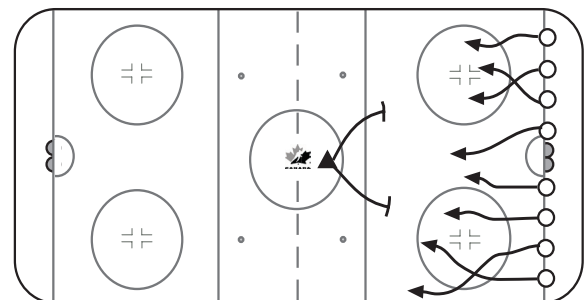
- Intro to drill, look for basic understanding and timing
- Follow through
- Encourage players to increase speed

## 10 MIN

## FUN GAME

**BRITISH BULLDOG**

Players line up at one end of ice, on coach's signal, players skate to other end, trying not to get caught. If players get caught, they then go to centre and help coaches catch other players. Can also be done with pucks.

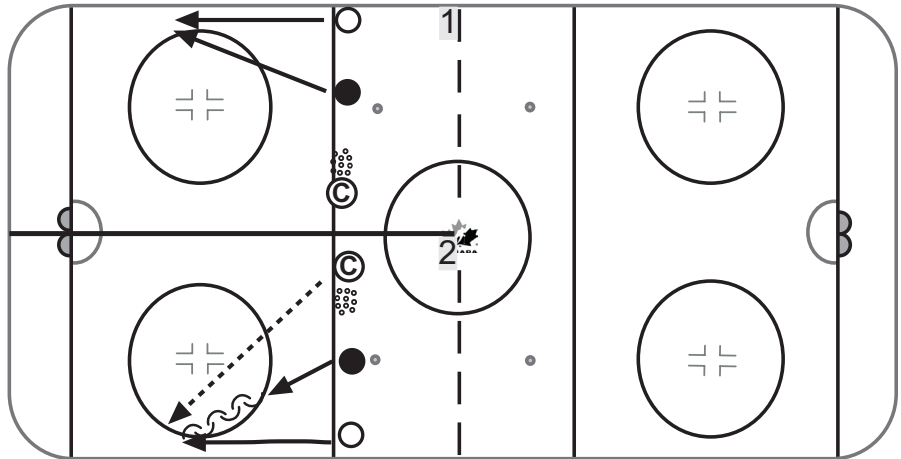
**KEY EXECUTION POINTS**

- Emphasize angling tips from previous angling drills

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

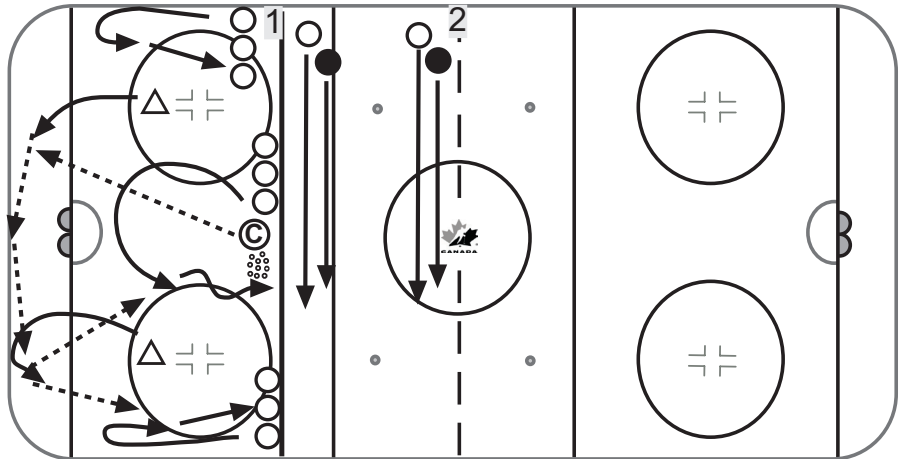
**SKILL STATIONS #1**

- 1. FACING GOAL (4.3.04)
- 2. FACING GOAL AND PIVOT (4.3.04)



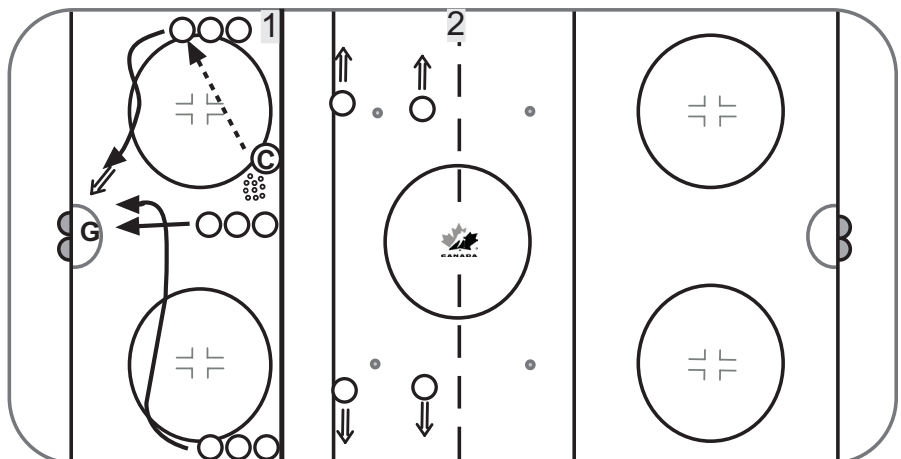
**SKILL STATIONS #2**

- 1. BREAKOUT INTRODUCTION (5.2.2.1)
- 2. FACING INSIDE SHOULDER (4.1.02)



**SKILL STATIONS #3**

- 1. 3 MAN DRIVE (5.4.1.5/5.4.1.6)
- 2. WRIST SHOT (3.2.01/3.2.02/3.2.03/3.2.04)



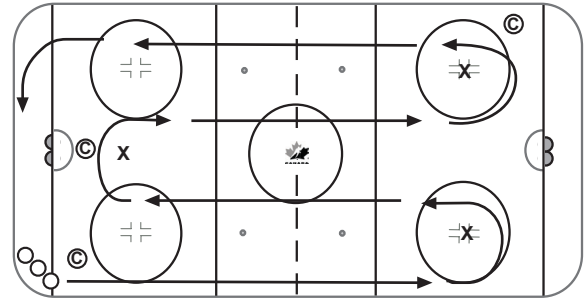
Session Objectives: Fun day, Fun games incorporating skill combinations

## 10 MIN

## WARM-UP

**WARM UP (1.2.08/1.2.10/1.2.11/1.4.09/1.6.12/1.3.08/1.4.17/1.4.18)**

Players start in corner, and follow the path as indicated in the diagram. Perform following exercises: forward and backward scissor skate, slalom, c-cuts - crossunders, crossovers - three quick, stops and starts, stride and bend, jump stride.

**KEY EXECUTION POINTS**

- Coaches lead, demonstrating activity to be done, players go one after another

## 20 MIN

## SKILL STATIONS #1

**1. 2 ON 0 DOWN LOW**

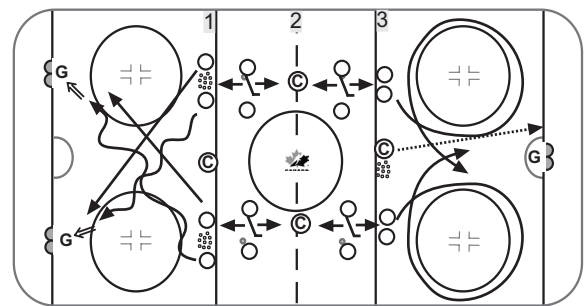
Place nets on the goal line, a goalie in each net. On the whistle, 2 players from Team 1 attack the diagonal net 2 on 0. At the same time, 2 players from Team 2 attack their diagonal net 2 on 0. As soon as a team scores, they can then go and try to get the other teams puck and score on the original net they attacked. Go until both pucks are in the net.

**2. SWEEPING STICKS (2.1.19)**

Player 1 kneels down and places his/her stick lying flat on the ice in front of them. Player 2 stands in front of Player 1, in a good hockey stance, and handles the puck. On the whistle Player 1 sweeps the stick back and forth (180°) while Player 2 has to avoid the stick and pull the puck into their body when the stick sweeps past. Go for 40 seconds and then change positions.

**3. RELAY 2 ON 2 (1.6.10/1.6.16/1.6.09/1.6.17)**

Create 2 teams/ divide into colours; have two teams compete against one another. Vary skating skills/ patterns each time through; may use pylons for players to skate around. On whistle, first player in each line performs designated skating pattern and races to the spotted puck by the coach. Can have more than one player from each line go at a time (i.e. 3vs3; 4vs4)

**KEY EXECUTION POINTS**

- Fun game, keep score to add competition
- Player on knees should be passive to begin until player with pucks becomes more proficient.
- Start on Coach's whistle. Compete until goal is scored

## 20 MIN

## SKILL STATIONS #2

**1. CROSS ICE SUPPORT**

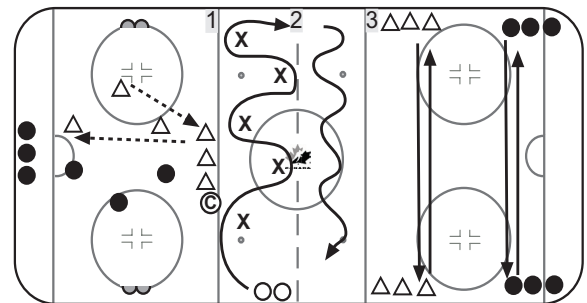
Players line up on the goal line and the blue line as shown. On the whistle the first 3 players from each team enter the play. Basic 3 on 3 except that each team must make at least one pass to their teammate standing on the line before they can score. Continue until whistle signals the next 3 players on the ice from each team.

**2. MOVING PUCK CONTROL (2.2.34/2.2.35/2.2.37/2.2.38/2.2.03/2.2.23)**

Players line up on boards and weave through pylons with puck. Have players weave with puck on forehand only, forehand - one hand, puck inside pylon off stick, puck inside pylon - on stick. On return, have players stick handle slalom narrow and wide/toe drag combo.

**3. STICK RELAY**

Split players into 2 teams. Each team then divides their players so that half are at each end of the ice (see diagram). On the whistle the first player in line skates the length of the ice and hands his stick to his teammate at the front of the line at the far boards. The teammate then skates with 2 sticks across the zone and hands the two sticks to the next player who then carries 3 sticks and so on. The first team with all their sticks in one place wins.

**KEY EXECUTION POINTS**

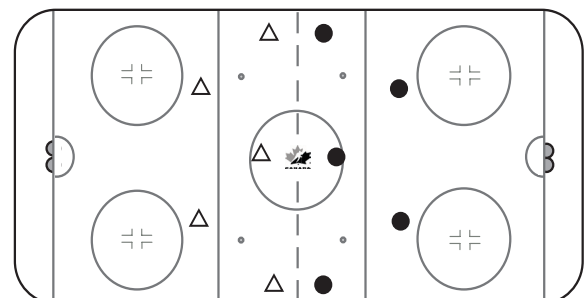
- Develop reward for winning teams
- Coaches lead, demonstrating activity to be done. Players go one after another
- Develop reward for winning team

## 10 MIN

## FUN GAME

**FULL ICE BATCHKO**

A controlled scrimmage. When a player receives the puck they can only have 2 touches of the puck before moving it to a teammate or taking a shot. For example, if a player receives the pass on their backhand that is one touch, if they then move it to their forehand this is a second touch and they must now move the puck. If a player makes more than 2 touches, the whistle goes and the puck goes to the other team.

**KEY EXECUTION POINTS**

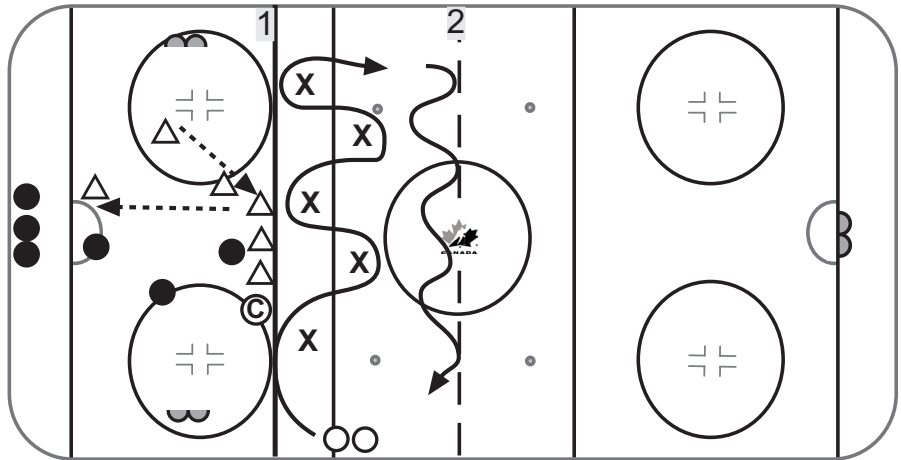
- Develop reward for winning team

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

**SKILL STATIONS #1**

1. CROSS ICE SUPPORT

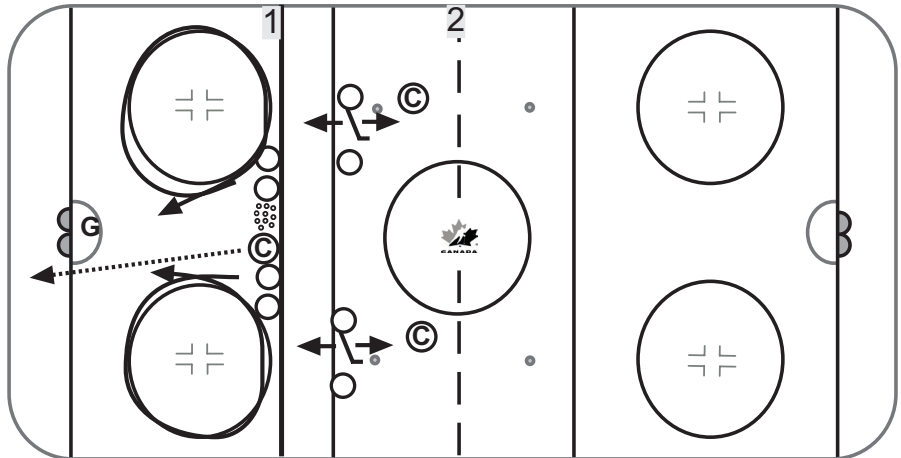
2. MOVING PUCK CONTROL  
(2.2.34/2.2.35/2.2.37/2.2.38/2.2.03/2.2.23)



**SKILL STATIONS #2**

1. RELAY 2 ON 2 (1.6.10/1.6.16/1.6.09/1.6.17)

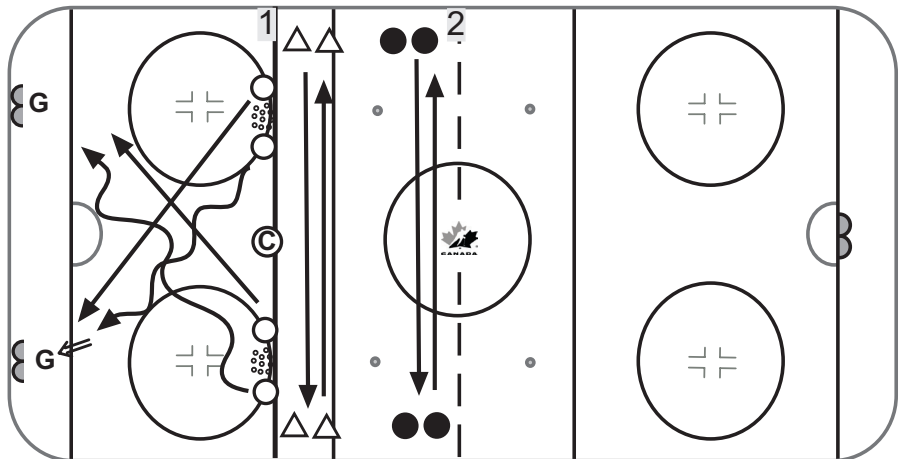
2. SWEEPING STICKS (2.1.19)



**SKILL STATIONS #3**

1. 2 ON 0 DOWN LOW

2. STICK RELAY







U9  EVALUATION ITEM  1=weak, 10=strong	Player																													
	Name 1	Name 2	Name 3	Name 4	Name 5	Name 6	Name 7	Name 8	Name 9	Name 10	Name 11	Name 12	Name 13	Name 14	Name 15															
	1	R	2	R	3	R	4	R	5	R	6	R	7	R	8	R	9	R	10	R	11	R	12	R	13	R	14	R	15	R
<b>Moving Puck Control</b>																														
1. Puck inside pylon - on stick																														
2. Crossover circle - stickhandling the puck																														
3. Forehand only - with pylons																														
<b>Moving Passing and Receiving</b>																														
4. Moving fhd pass / receive - one touch																														
<b>Stationary Passing and Receiving</b>																														
5. Pass behind - pull puck through legs																														
6. Pass behind - off skate to stick																														
<b>Tips and Deflections</b>																														
7. Stationary tips - on ice - low																														
8. Stationary tips - on ice - high																														
<b>Individual Offensive Tactics</b>																														
9. Attack triangle - puck under stick																														
10. Attack triangle - puck between legs																														
<b>Offensive Tactics - Defensive Zone</b>																														
11. Puck retrieval basics																														
12. Puck retrieval - wheel																														
13. Direct pass - wall																														
<b>Offensive Tactics - Neutral Zone</b>																														
14. Pass and follow																														
15. Give and go																														
<b>Offensive Tactics - Offensive Zone</b>																														
16. Net drive																														
17. High delay																														
18. Puck retrieval - quick up																														
19. Direct pass - midlane																														
<b>AVERAGE SCORE</b>																														
<b>OVERALL RANK</b>																														



Team name: \_\_\_\_\_

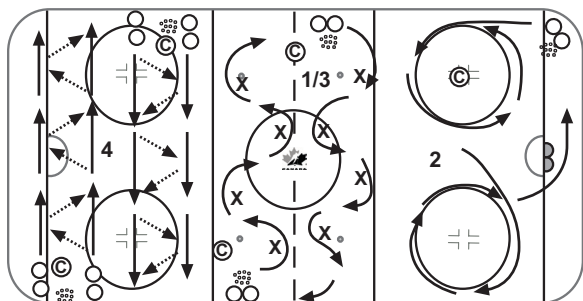
Date of Evaluation: \_\_\_\_\_

Age division: \_\_\_\_\_

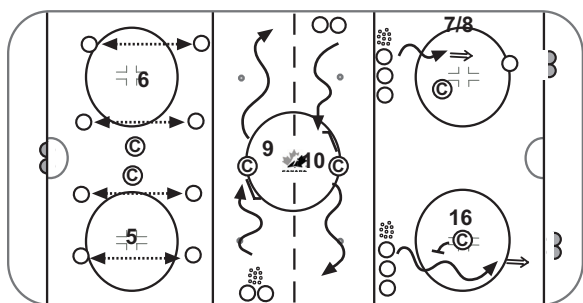
Coach: \_\_\_\_\_

Note: Evaluate players against players on own team

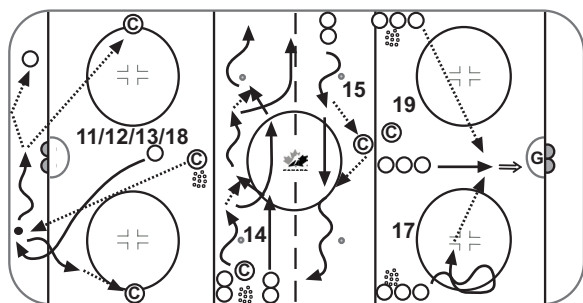
For an electronic version of this checklist, please visit [www.hockeycanada.ca](http://www.hockeycanada.ca)



1. Puck inside pylon - on stick
2. Crossover circle - stickhandling the puck
3. Forehand only - with pylons
4. Moving fhd pass / receive - one touch



5. Pass behind - pull through legs
6. Pass behind - off skate to stick
7. Stationary tips - on ice - low
8. Stationary tips - on ice - high
9. Attack triangle - puck under stick
10. Attack triangle - puck between legs
16. Net drive



11. Puck retrieval basics
12. Puck retrieval - wheel
13. Direct pass - wall
14. Pass and follow
15. Give and go
17. High delay
18. Puck retrieval - quick up
19. Direct pass - midlane