

**THE OLYMPIC OVAL
ADVANCED TRAINING SYSTEMS**



**THE
PERFECT
PRACTICE**

*Ninety-nine drills that will
make your practice, team,
and players complete!*

www.oval.ucalgary.ca

by Thomas Pacina



Canada

Canon



Preface

He who dares to teach, must never cease to learn
John Cotton Dana

The sport of Hockey in Canada has evolved to a state where there is a need for innovative new ideas and coaching techniques. While Canadian players are respected world wide for toughness with European coaches borrowing their style of playing defense, this manual is a chance for Canadian coaches to adopt some of the European theories on playing offense. Implementation of these concepts is guaranteed to take players to higher levels of play.

Author Tomas Pacina is an international hockey expert, having learned the game in the Czech Republic with the prestigious Sparta Prague Club. He has studied and coached at all levels in both Europe and in Canada. During his six years in Canada, he has caught the attention of coaches with his novel drill ideas. After studying Pacina's drills, you will understand how players like Jaromir Jagr developed such phenomenal puck skills.

These amazing displays of puck handling filling the highlight reels are a direct result of a unique approach to the game. The Czech players pride themselves in puck skills and making finesse plays while Canadian players take pride in hard work and strong defense. The large number of Europeans playing in the NHL indicates they are learning to play well defensively, and the time has come for Canadians to come out strong offensively. Tomas Pacina in partnership with the Olympic Oval High Performance Hockey Program now gives us that opportunity.

Players and coaches are invited to step out of their comfort zone and try out these innovative drills. By reinforcing key concepts on passing skills and offensive strategies, players will rise to the challenge as a team and reap the rewards together.

Welcome to an resourceful new coaching tool, and an exciting opportunity for Canadian Hockey.

Wally Kozak
Senior Coach
Olympic Oval

The Perfect Practice gives you ninety-nine drills that will make your practice, team, and players complete. It is divided into five segments, each with it's own colour and specific focus.

The five practice segments are:

1. Warm-Up - 20 different drills [1-20] and games to make your team ready for the practice.
2. Skill Development - 20 different drills [21-40] improving your player's skating, passing, shooting and stick handling.
3. Flow - 20 different drills [41-60] emphasizing good passing, timing, and receiving angles.
4. Thinking - 20 different drills [61-80] that will make your players think the game, read and react, be more creative, and make the right decisions.
5. Confidence, Conditioning, and Competition - 19 different drills [81-99] with focus on battles, fun, conditioning, and competing under pressure.

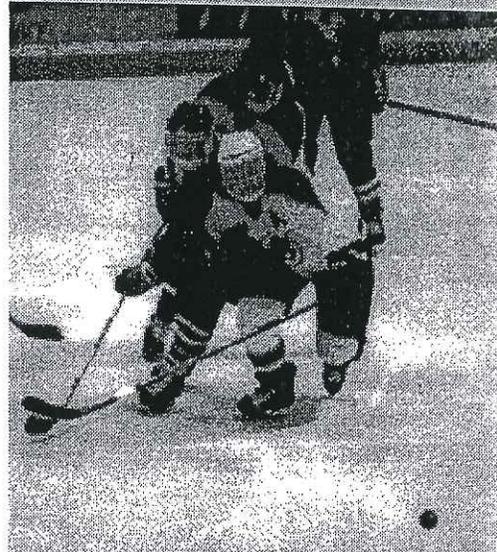
And remember, the biggest difference will not be the drill but the perfect execution of the drill!

Feel free to add your own progressions and change the drill to suit the needs of your team.

Allow 10-12 minutes per drill.

Give the players time to figure out the drill first and then start reinforcing the teaching points.

Always, always enjoy yourself and have lots of fun with the players.



Explanations:

Every drill has one progression [except last one], so when your players master the original drill you can move to the next step, without changing the whole drill.

Every drill has a name, so you and the players can remember them easily.

Every drill has a main purpose [focus], it is brief and short [big letters above the explanation points].

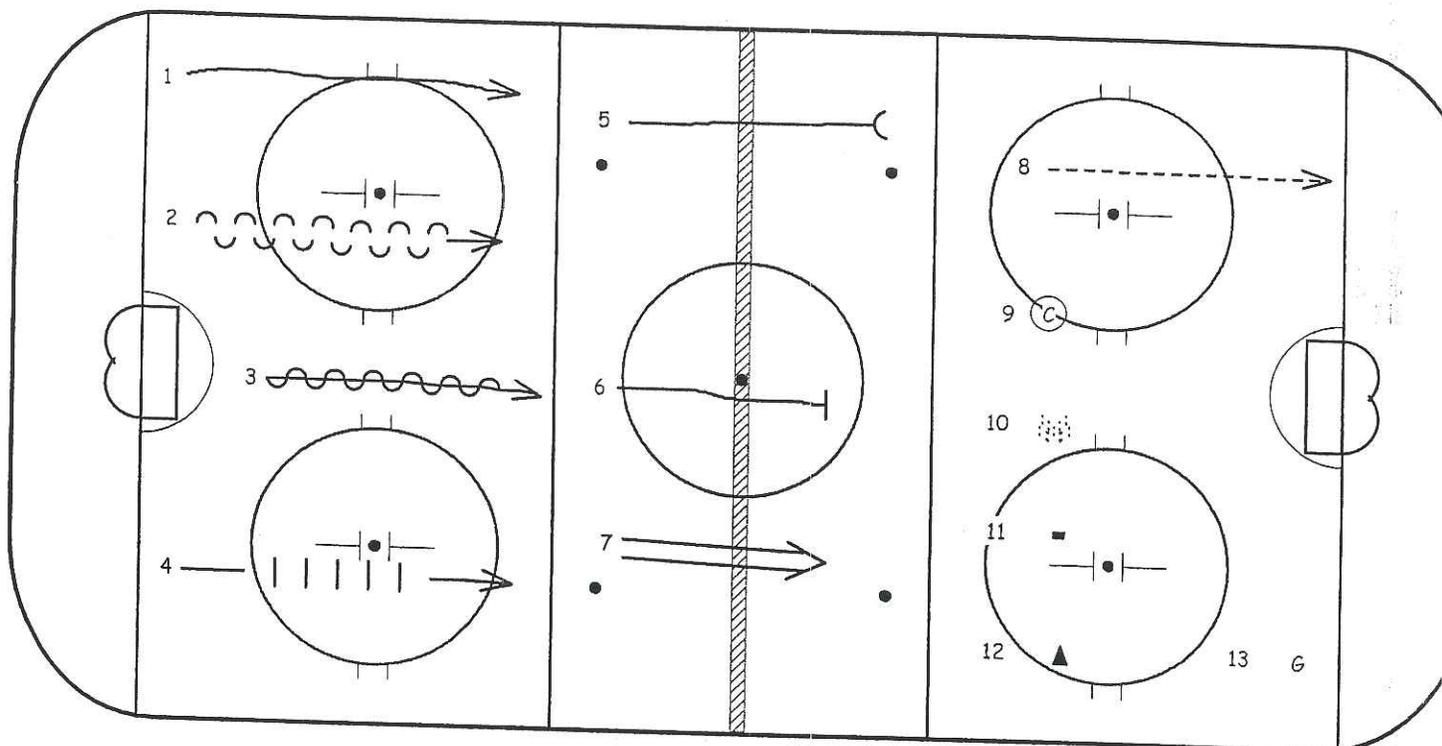
Every drill is age and skill specific, with a range from 1 to 4 [4 being the most advanced].

Every drill also has teaching and organizational points. Give the players a maximum two teaching points per drill.

STP means Same Teaching Points like the previous drill or drills.

Please contact Thomas Pacina @ 403.220.5638 or pacina@ucalgary.ca for more information.

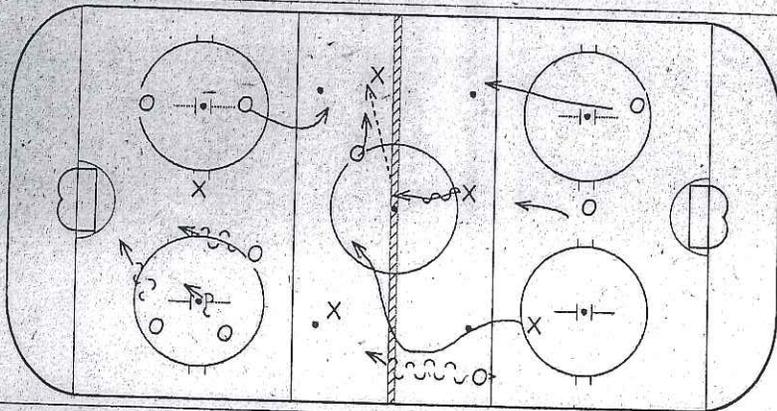
SYMBOLS



1. SKATING FORWARDS
2. SKATING BACKWARDS
3. SKATING WITH THE PUCK
4. LATERAL MOVEMENT
5. PLAYING THE MAN/DEFENSE
6. STOP
7. SHOT
8. PASS
9. COACH
10. PUCKS
11. PUCK
12. PYLON
13. GOALIE

1. WARM-UP (1-20)

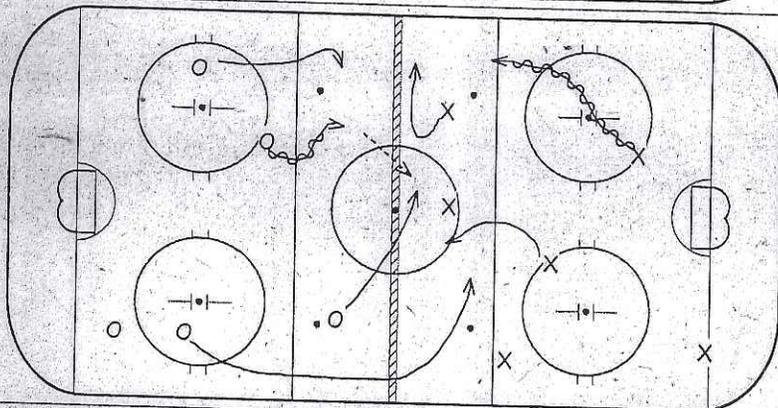
20 DIFFERENT DRILLS AND
GAMES TO MAKE YOUR TEAM
READY FOR THE PRACTICE.



1. " SKILL SCRIMMAGE "

> BALANCE AND EDGE WORK < 1-4

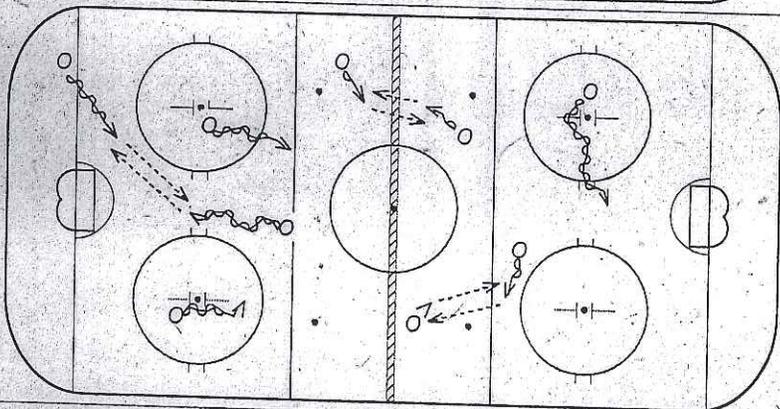
1. " Flat footed " scrimmage. You have to keep both skates on the ice at all times. Use powerfull c-cuts to move forward and backwards. You have to pass the puck three times before you score.



2. " SKILL SCRIMMAGE " Progression

> ALL SKILLS < 2-4

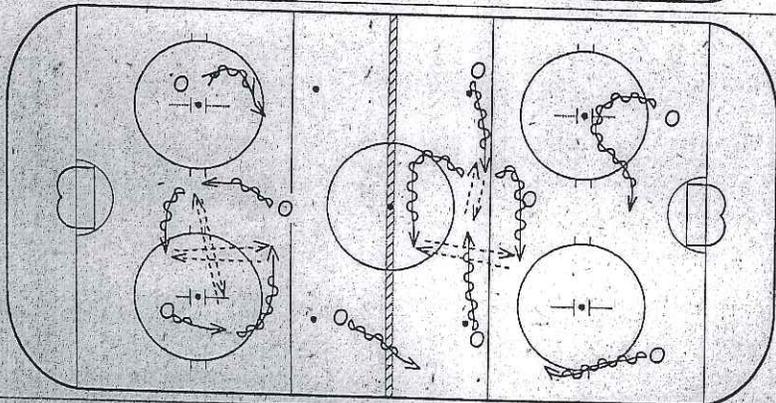
1. 2 (3,4 etc.) pucks full ice scrimmage.
 2. One hand on the stick only, at all times. Switch the bottom and the top hand.
 3. Both hands (baseball grip) on the stick at all times.
 4. Add all kinds of skill tasks:
- > backhand passes only
 - > skate passes only
 - > tight turn after you receive the puck



3. " THE TRADE "

> EYE CONTACT AND PASSING ACCURACY < 2-4

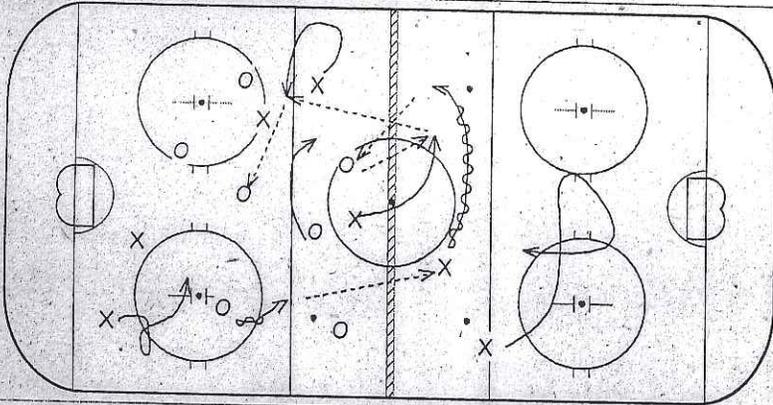
1. All players with pucks, stickhandling and skating.
2. On the whistle trading pucks.
3. Find as many players as possible to trade the puck with.
4. Eye contact, call his/her name, soft hands.
5. Next whistle, stickhandling and skating again.



4. " THE TRADE " Progression

> EYE CONTACT AND PASSING ACCURACY < 2-4

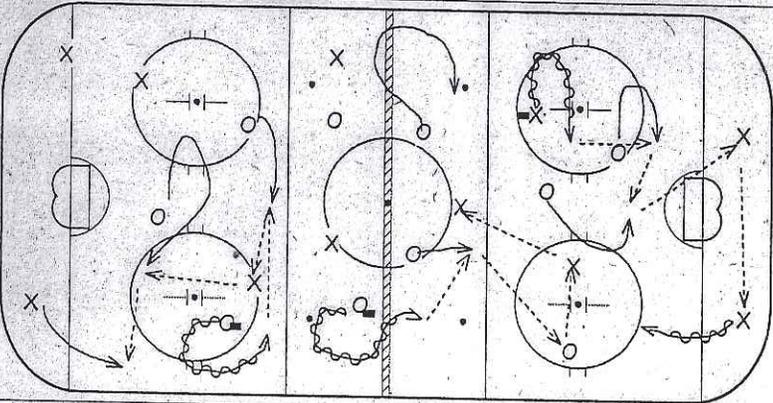
1. Use the whole ice, skate and stickhandle.
2. On the whistle, find one partner and constantly trade pucks with him/her.
3. Next whistle, lose each other and stickhandle again.
4. Next whistle, find the same partner again.



5. " PASS AND KEEPAWAY "

> BE ALWAYS OPEN FOR A PASS < 2-4

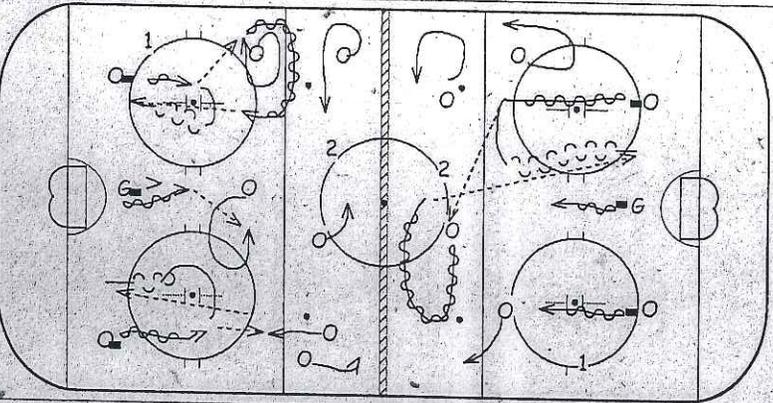
1. Everybody plays on the same team WITH ONE PUCK.
2. Moving and passing.
3. Always face the puck, show the target (stick).
4. Everybody is moving constantly; easy or accelerating for pass, talking and demanding the puck.
5. On the whistle; two teams play against each other KEEPAWAY.
6. Next whistle everybody on the same team again.



6. " PASS AND KEEPAWAY " progression

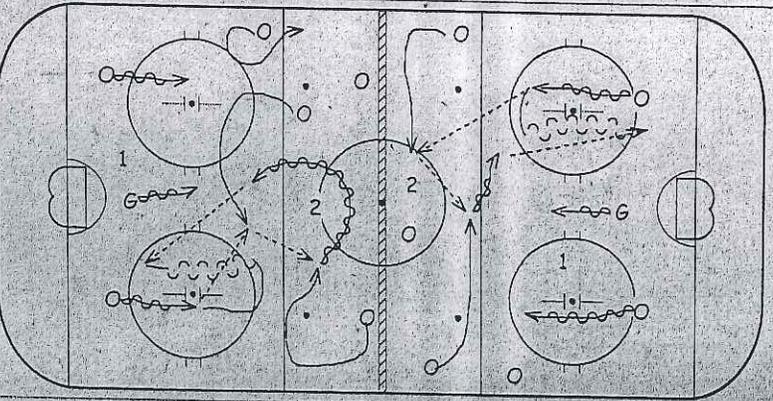
> HEAD ON SWIWEL, THINK AHEAD < 2-4

1. ONE PUCK everybody on the same team passing; on the whistle KEEPAWAY.
 2. TWO PUCKS everybody on the same team passing; on the whistle KEEPAWAY.
 3. THREE PUCKS etc.
- > use the whole ice, always have the stick on the ice, talk to each other, have an eye contact and give a good receiving angle



7. " TIMING CHAOS "

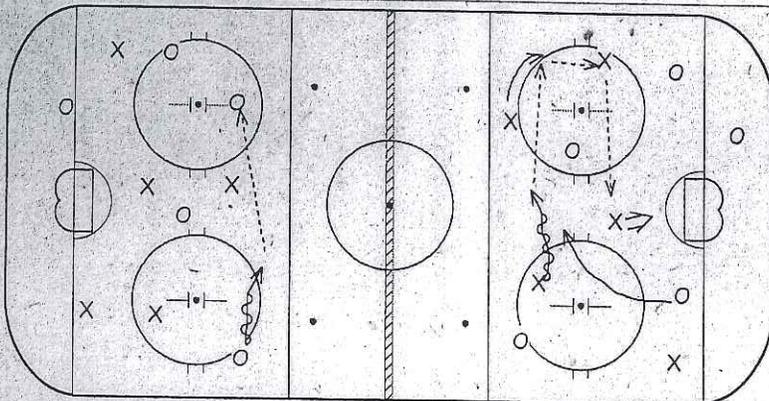
1. 3 Players (including goalie) with pucks. They skate with the puck and are looking for an open player. They pass the puck, follow the pass and then transition skate. They receive the puck back from their same player, they should be skating backwards when they receive it.
2. All other players are skating between the red line and the top of the circles. Always stick on the ice, giving target and timing their skating. Accelerate to the pass, carry the puck and pass it back.
3. Work 30 sec. and rest 30 sec.



8. " TIMING CHAOS " Progression

> BE AN OPTION MORE THAN ONCE < 3-4

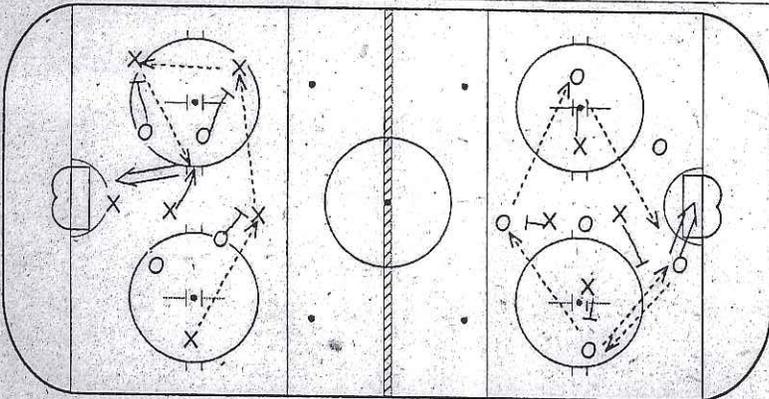
1. STP.
2. LOOK ONE PASS AHEAD. Players supporting and timing have to make one pass to each other before they pass it back to the " initial passer ".



9. " CZECH SCRIMMAGE "

> GAME THINKING < 2-4

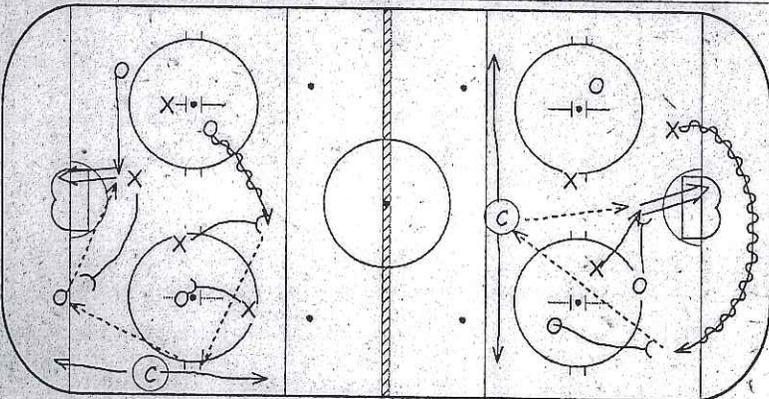
1. 5:5 one zone scrimmage, 50 % effort only.
2. Let the puck do the work !
3. On defense poke checks only.
4. Focus on passing, smart play and finesse.



10. " CZECH SCRIMMAGE " Progression

> GAME THINKING < 2-4

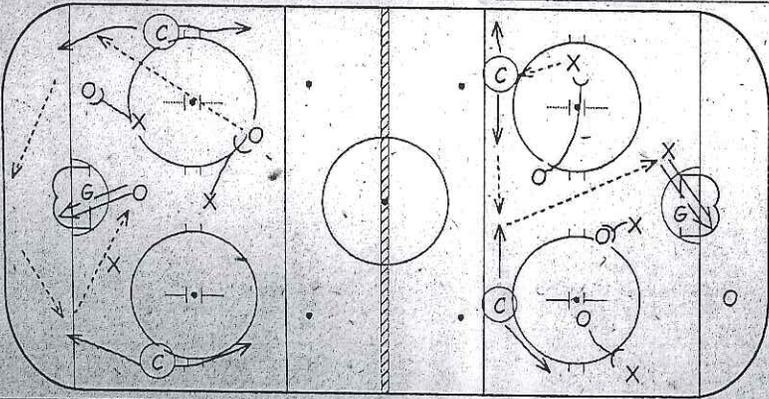
1. Odd men one zone scrimmage (6:4), 50 % effort.
2. STP.



11. " BASKETBALL "

> THINK WITHOUT THE PUCK < 2-4

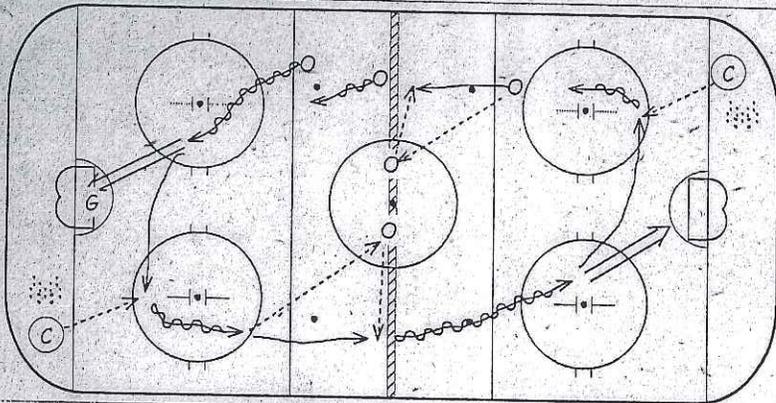
1. One zone scrimmage.
2. You have to pass it back to the coach before you can score.
3. Players can not check the coach.
4. Coach always plays with the team with the puck.
5. Players have to pass to the coach after every turnover.



12. " BASKETBALL " Progression

> THINK WITHOUT THE PUCK < 2-4

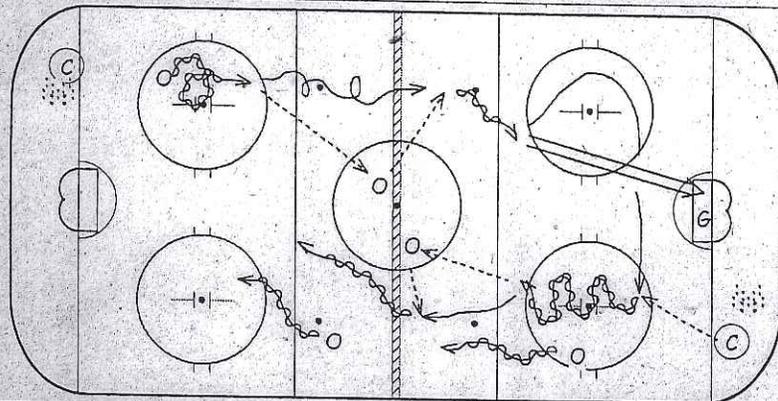
1. 2 Coaches are playing on the team with the puck.
2. Coaches can pass to each other.
3. To stress DEFENCE, keep the puck longer and wait till everybody covers his man.
4. To stress OFFENCE, pass the puck quickly to create odd men situations and open ice.



13. " MERRY-GO-ROUND "

> TIMING, PASSING, SHOOTING < 2-4

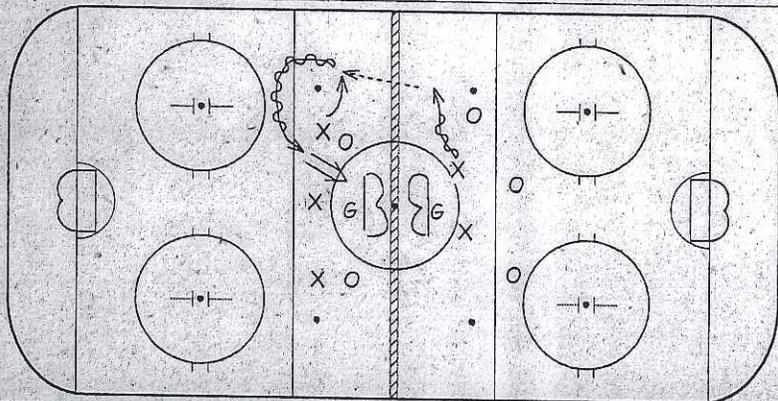
1. Coaches in the corners with the pucks.
2. Two players on the red line.
3. All players skating with the puck easy.
4. Give and go with the players on red line.
5. Shoot on net and get a new puck from the coach.
6. Easy skating 60 %, quality shots.



14. " MERRY-GO-ROUND " Progression

> AGILITY, PASSING, SHOOTING < 2-4

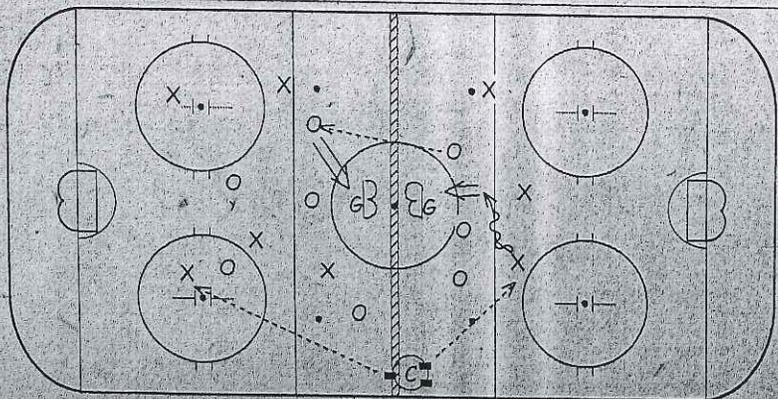
1. STP.
2. Add skill tasks :
 - > pivots with the puck
 - > lateral skating with the puck
 - > stickhandle on the forehand side only
 - > knee drops with the puck
 - > etc.



15. " TRANSITION "

> READ AND REACT, HEAD ON SWIVEL < 2-4

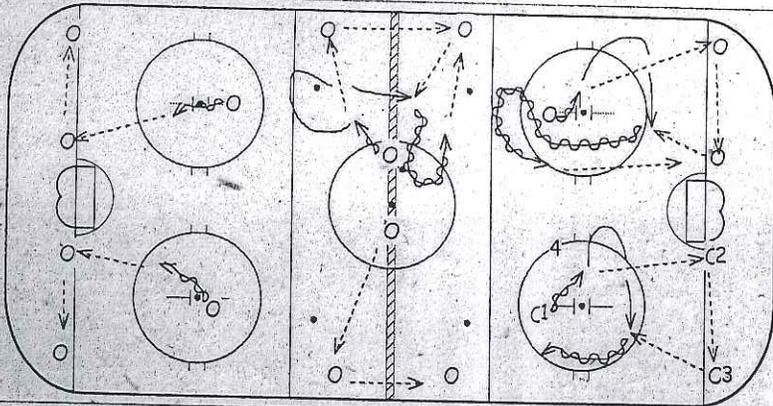
1. Two teams are divided into offence and defence. Each on opposite sides of the red line. The nets are back to back.
2. It is not allowed to cross the red line.
3. The goal is to pass the puck from the defensive end to the offensive end and score as quickly as possible.
4. Good communication - head on swivel all the time.



16. " TRANSITION " Progression

> READ AND REACT, HEAD ON SWIVEL < 2-4

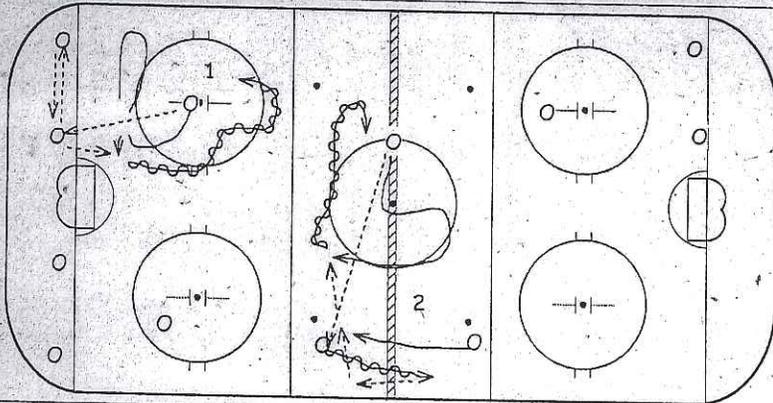
1. STP.
2. Coach keeps adding and also withdrawing pucks.
3. Players have to always adjust to the new number of pucks.



17. " D TO D "

> TIMING < 2-4

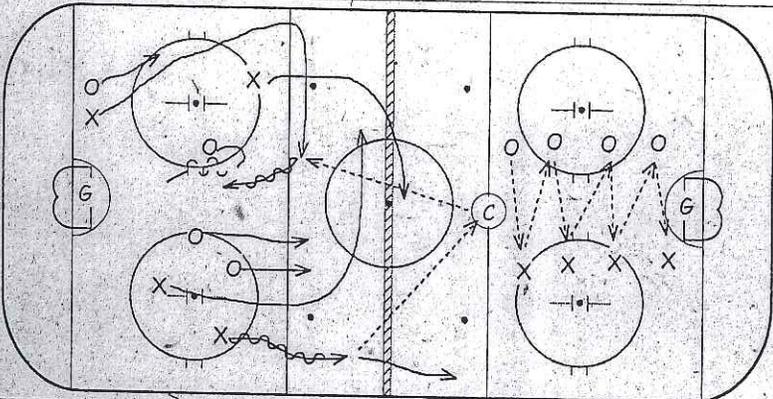
1. Divide the team in groups of three.
2. One player is timing and supporting, two players working on D to D passes.
3. Work 30 sec. then switch the player providing support.
4. Passes go from O1 to O2 to O3 to O1 etc.



18. " D TO D " Progression

> TIMING < 2-4

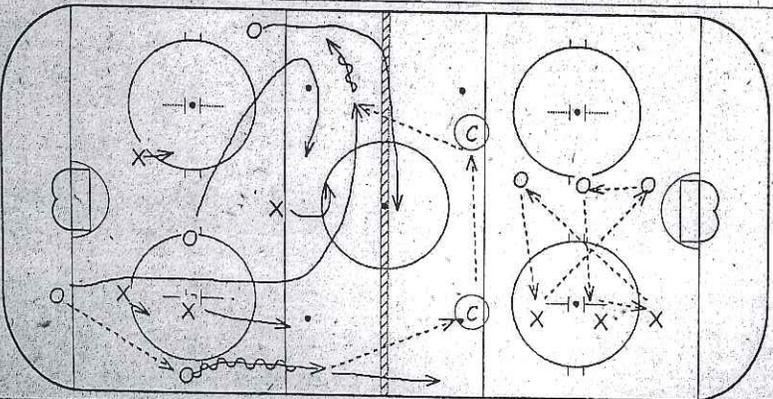
1. Double D to D pass and then up.
2. D to D reverse and then up.
3. STP.



19. " THE REGROUP "

> OFFENSIVE SUPPORT < 2-4

1. 4:4 or 3:3. Both teams are attacking the same net.
2. After every turnover they have to regroup with the coach on the far blue line.
3. Stress speed and good receiving angle on the regroup.
4. In the other endzone also 4:4, stationary passing.
5. On the whistle the players switch from passing to the regroup game and from the regroup game to passing. The coach moves to the other blue line. 45 sec. shifts.



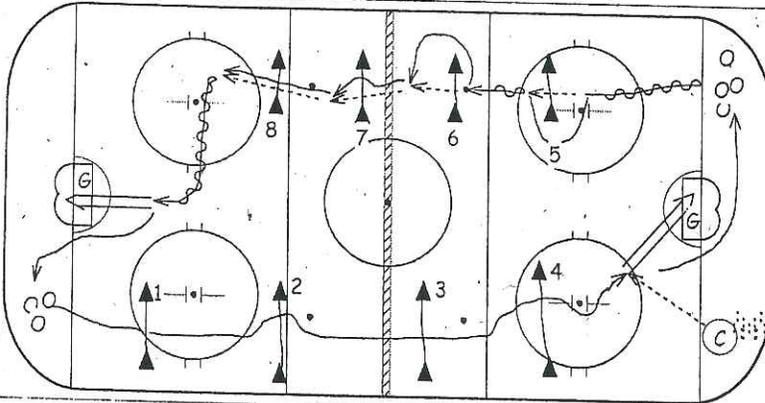
20. " THE REGROUP " Progression

> OFFENSIVE SUPPORT < 3-4

1. Two coaches on the far blue line.
2. Add rules to the game :
 - > you have to make two passes before you can regroup
 - > you have to make one pass in the neutral zone before re-entry
 - > you have to regroup twice before you can re-enter the zone etc.
3. STP.

2. SKILL DEVELOPMENT (21-40)

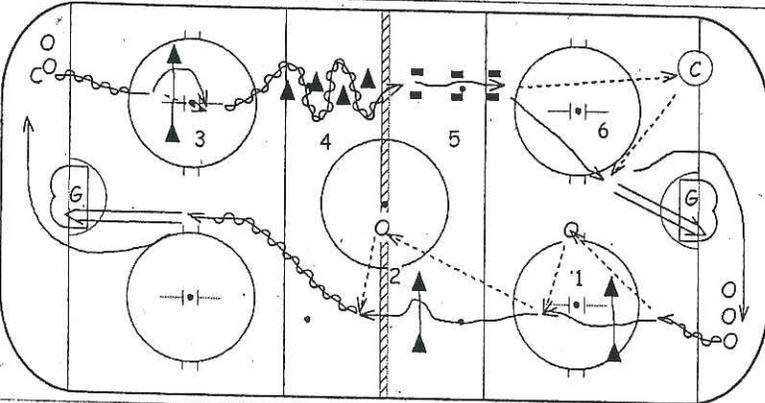
20 DIFFERENT DRILLS
IMPROVING YOUR PLAYER'S
SKATING, PASSING, SHOOTING,
AND STICKHANDLING



21. " RED ARMY COURSE "

> pylons with sticks across < 1-2

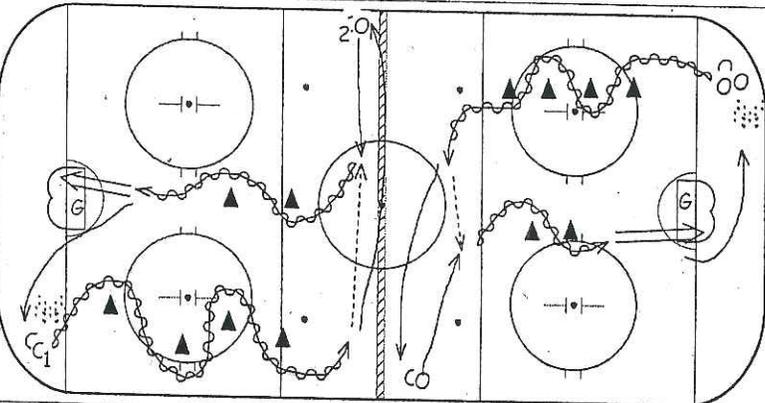
1. Slide underneath on the "tummy".
2. Jump over both feet together.
3. Slide underneath on your back.
4. Jump over, one foot take off and one foot landing, receive a pass and shoot.
5. Slide the puck underneath, skate around left.
6. Slide the puck underneath, skate around right.
7. Slide the puck underneath, jump over.
8. Slide the puck underneath, slide underneath yourself.



22. " RED ARMY COURSE " Progression

> MOBILITY AND COORDINATION < 2-3

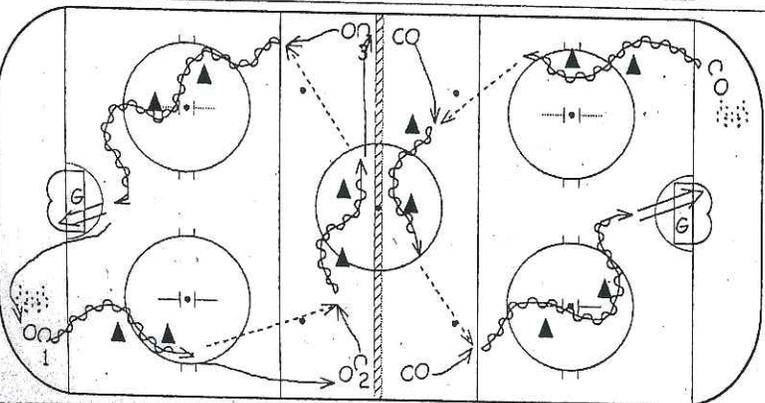
1. Pass, slide underneath and receive
2. Pass, jump over, receive and shoot on the net
3. Slide the puck underneath and jump over
4. Quick slalom
5. Knee drops
6. Give and go with the coach and shot on net



23. " MoDo "

> STICKHANDLING, PASSING AND TIMING < 1-3

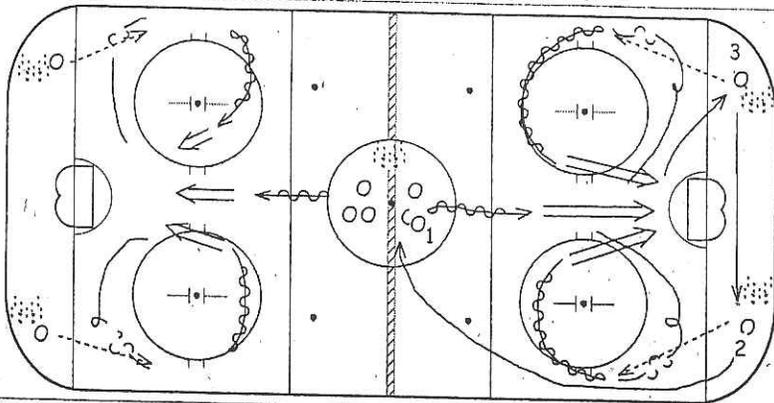
1. O1 skates with the puck slalom, he/she passes to O2 in the neutral zone.
2. O2 receives the pass, skates quickly through two pylons and shoots on net.
3. Add different styles of slalom.



24. " MoDo " Progression

> STICKHANDLING, PASSING AND TIMING < 1-3

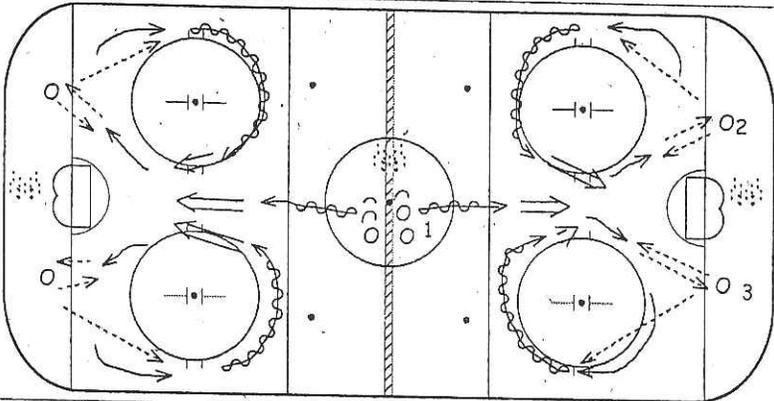
1. O1 fakes between the pylons and passes up to O2.
2. O2 fakes between the pylons and passes to O3.
3. O3 receives the puck in full speed, fakes and dekes the goalie.



25. " SWEDISH SHOOTING "

> AGILITY AND SHOOTING < 1-4

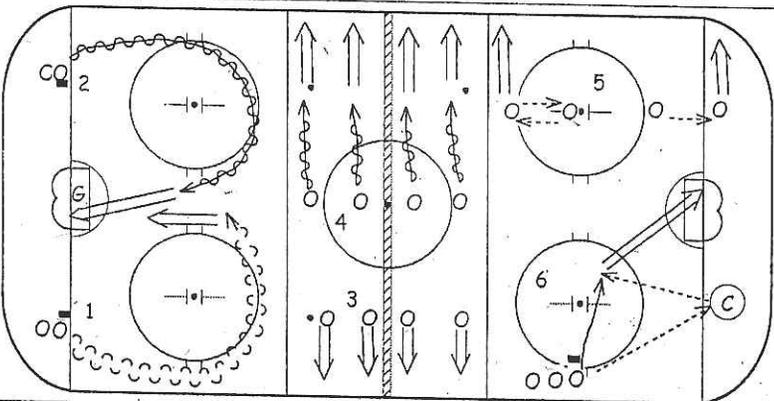
1. O1 starts with the puck in the middle, shoots and open pivots at the hash.
2. O2 passes a new puck to O1, O1 crossovers and shoots again.
3. O3 passes another puck to O1 who open pivots at the other hash, O1 then completes the third shot and replaces O3 who replaces O2. O2 skates back to the middle of the ice.



26. " SWEDISH SHOOTING " Progression

> TIMING AND SHOOTING < 1-4

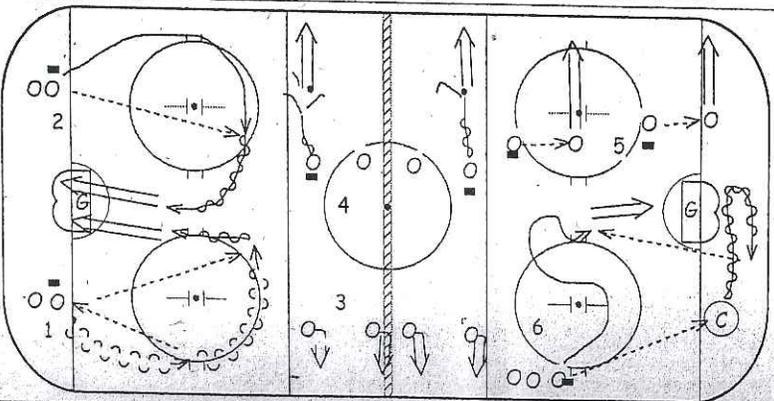
1. STP.
> this time no open pivot, but still good receiving angle
> double pass between O1 and O3, O1 and O2
2. STP.



27. " FIRE AT THE RINK "

> SHOOTING TECHNIQUES < 1-4

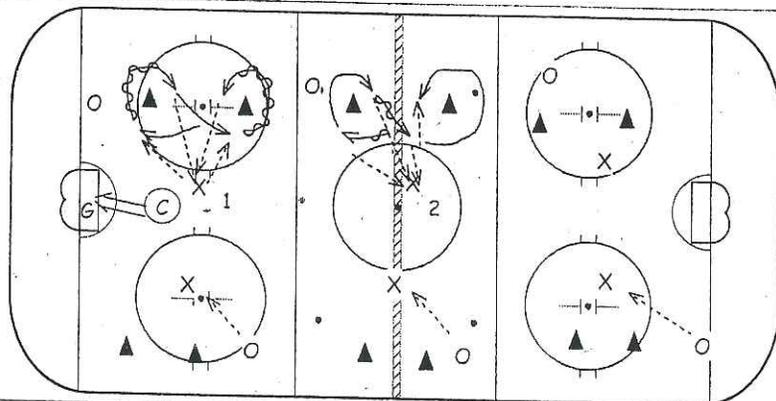
1. Backward crossovers and sweepshot on the net.
2. Forward crossovers and wristshot on the net.
3. Sweepshot mechanics: weight transfer, follow through.
4. Skate and shoot, alternate forehand and backhand.
5. Pass, receive and shoot.
6. Give and go with the coach and shoot: low shots only, then high shots only, then fake the shot and shoot later.



28. " FIRE AT THE RINK " Progression

> SHOOTING TECHNIQUES < 1-4

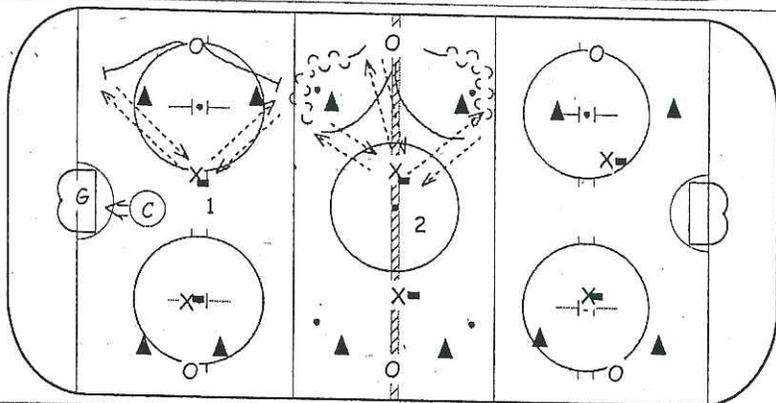
1. Skate backwards with the puck, pass it back, receive it again and shoot.
2. Timing and eye contact, receive the puck at full speed on top of the circle and shoot.
3. Backhand mechanics, weight transfer, follow through.
4. Stickhandle, fake and shoot.
5. Pass and one time shot.
6. Pass to the coach and get into the open in the slot.



29. " FLAMES SKILLS "

> AGILITY AND PASSING < 1-4

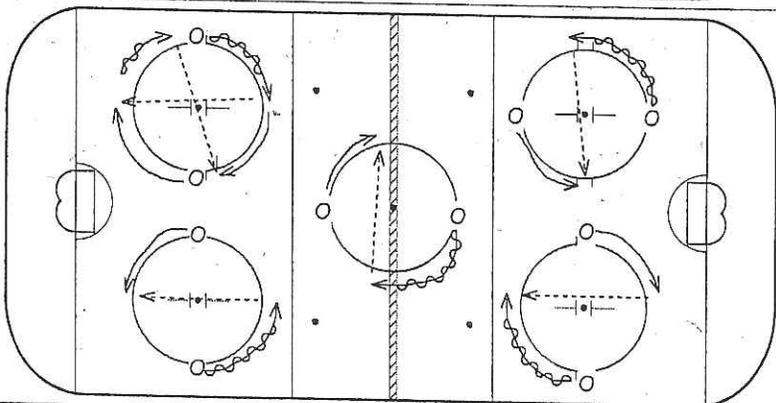
1. Figure eight, with the puck around the pylon then pass to your teammate, receive it again etc.
2. Figure eight, without the puck around the pylon then receive and "one touch" back.
3. Communication, eye contact, soft hands, tape to tape.



30. " FLAMES SKILLS " Progression

> AGILITY AND PASSING < 1-4

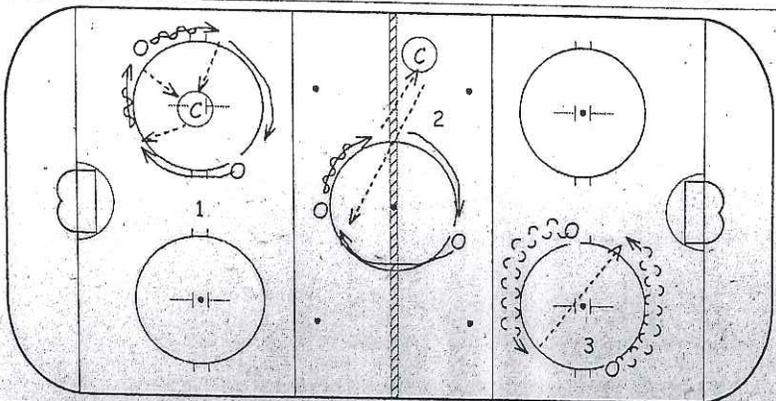
1. Stops and starts to the forehand and to the backhand, quick passing with the teammate.
2. One touch passing and transition skating around the pylons.
3. 30 sec. work - 30 sec. rest.



31. " BRUINS PASSING "

> CROSSOVERS AND PASSING < 1-4

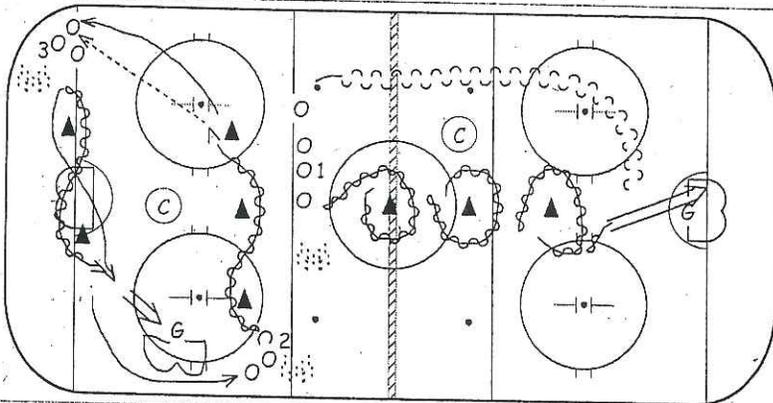
1. Two or three players on the circle moving one direction.
2. Passing the puck to each other and crossover.
3. Eye contact, pass the puck in front of the player, show target, use both backhand and forehand.
4. 30 sec. work-30 sec.rest.



32. " BRUINS PASSING " Progression

> CROSSOVERS AND PASSING < 2-4

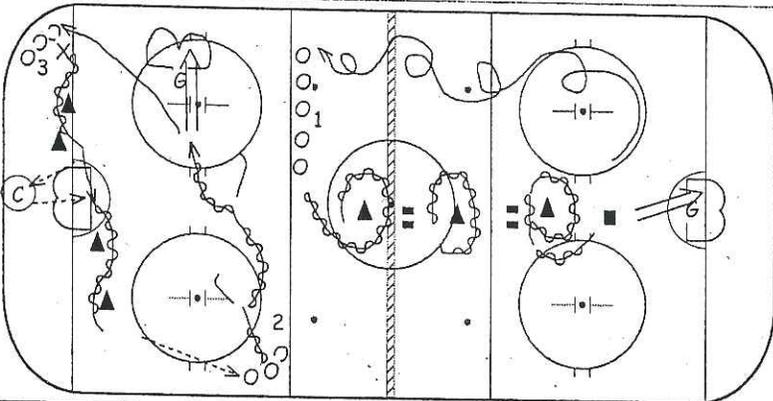
1. Crossovers and passing to the coach inside the circle.
2. Crossovers and passing to the coach outside the circle.
3. Backwards crossovers and passing to each other.
4. 30 sec. work-30 sec. rest.
5. STP.



33. " THE SLALOM "

> STICKHANDLING AND DECEPTION < 2-3

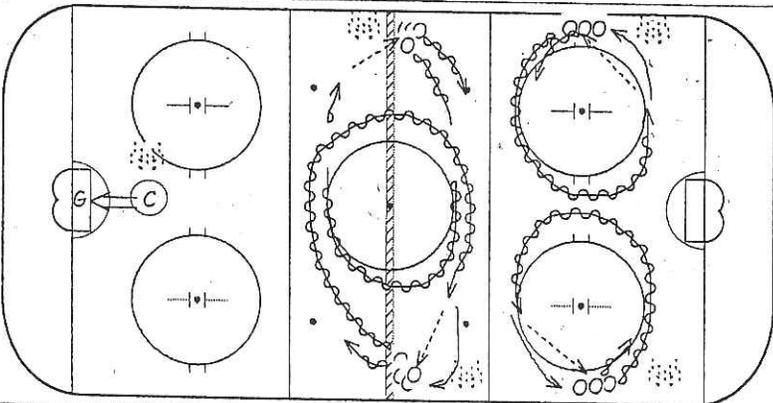
1. Full turns around the pylons using " c-cuts", shoot and skate backwards to the group.
2. Quick slalom and pass to the group 3.
3. Skates and stick always on the opposite side of the pylon.
4. Alternate skill tasks.



34. " THE SLALOM " Progression

> STICKHANDLING AND DECEPTION < 2-3

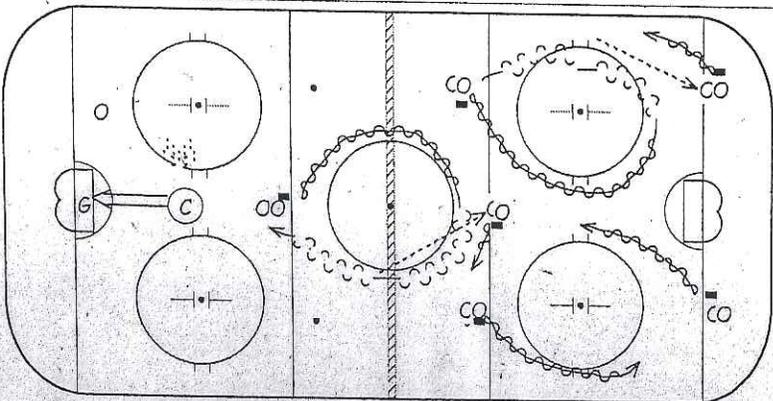
1. Full turns around the pylons, knee drops between the pylons, shot on net, pivots skating back to the group.
2. Fake to the backhand and go around the pylon on the forehand and opposite.
3. Quick slalom and give and go with the coach in between, at the end pass to the group 2.



35. " PACINA'S CIRCLES "

> EYE, HAND AND FEET COORDINATION < 1-4

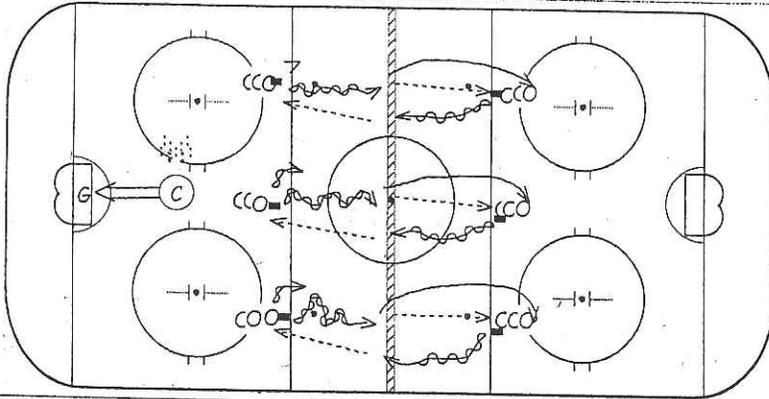
1. One coach works with the goalies.
2. Four groups with pucks facing each other.
3. First player in each group starts with the puck.
4. Crossovers around the circle.
5. Pass to the second player in the group.
6. Focus on keep your feet moving (crossovers), handle the puck and always have your head up.



36. " PACINA'S CIRCLES " Progression

> EYE, HAND AND FEET COORDINATION < 1-4

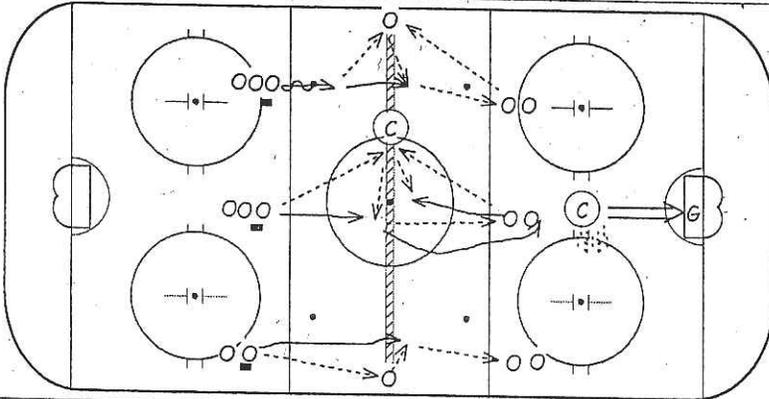
1. STP.
2. Six groups facing each other.
3. Forwards crossovers with the puck.
4. Pivot to backwards crossovers facing the other group.
5. Pass to the opposite group while skating backwards.
6. Two opposite players at the time performing the drill.



37. " RUSSIAN PASSING "

> SOFT HANDS < 2-4

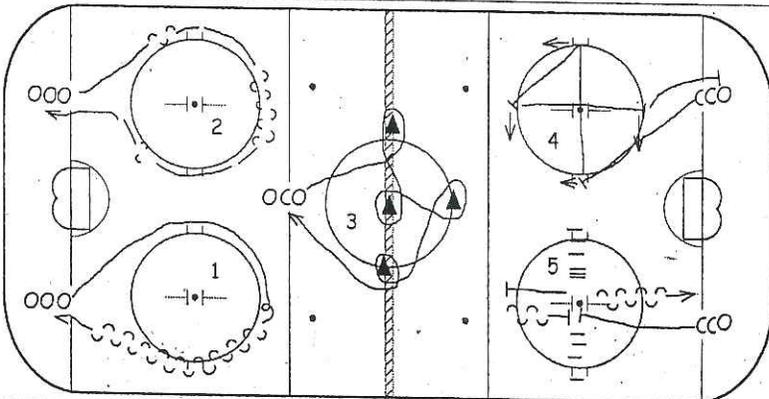
1. Six groups (could also be four) facing each other.
 2. First player in each group with the puck.
 3. One side starts with handling the puck and skating.
 4. When they reach the red line they pass to the opposite group.
- > eye contact and tape to tape passes, soft hands
 > keep your feet moving when you make the pass
 > add skill tasks : backhand passes only etc.



38. " RUSSIAN PASSING " Progression

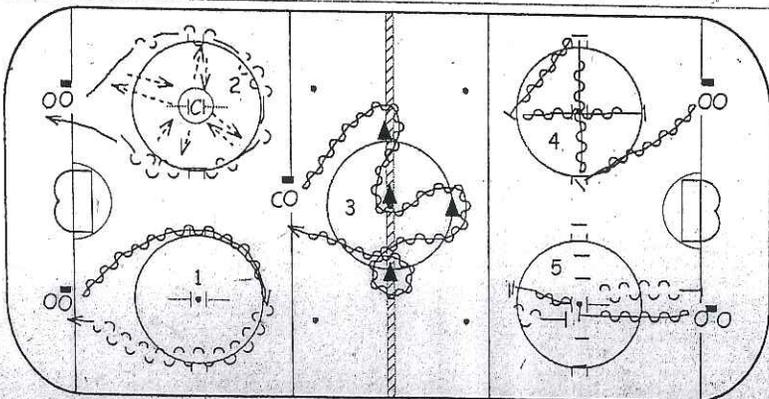
> SOFT HANDS < 2-4

1. Designated player or coach on the red line.
2. Give and go with the coach, pass to the opposite group.
3. Follow your pass to the opposite group.
4. Add "one touch" passes only.
5. Stress " solid bottom hand " when "one touch" passing.
6. The players have to look "one pass ahead".



39. " SUPER AGILITY "

1. Forwards crossovers, pivot, backwards crossovers.
2. Constantly pivoting from forwards to backwards crossovers and back.
3. Tight turns around the pylons.
4. Stops and starts, arrows are showing which way the players have to face when they stop.
5. Forwards to the dot and stop, side steps to the hash and back, forwards to the top and backwards to the dot, side steps to the hash and back, backwards to the group.
6. One player at the time on the circle performing.



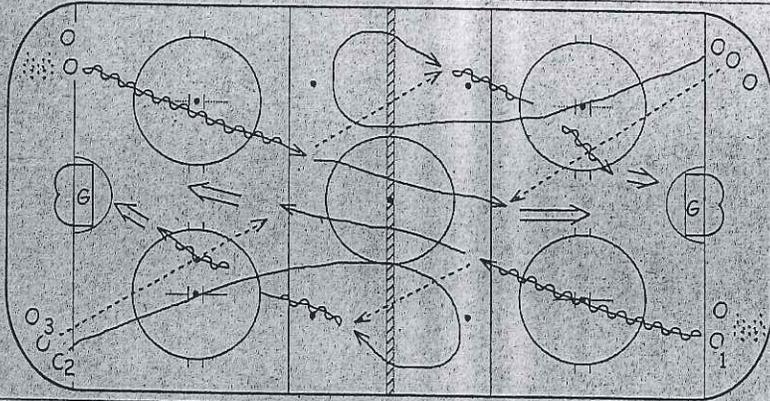
40. " SUPER AGILITY " Progression

> SKATING AGILITY AND PUCKCONTROL < 2-4

1. Transition skating with the puck.
2. Pivoting with "one touch" passing with the coach.
3. Tight turns with the puck.
4. Stops and starts with the puck.
5. "All directions" with the puck.
6. STP.

3. FLOW (41-60)

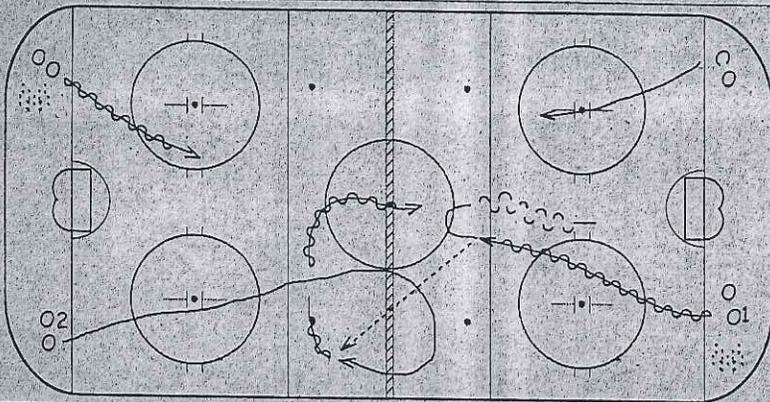
20 DIFFERENT DRILLS
EMPHASIZING GOOD PASSING,
TIMING AND RECEIVING ANGLES.



41. " THE SWING "

" TIMING, QUALITY SHOOTING " 3-4

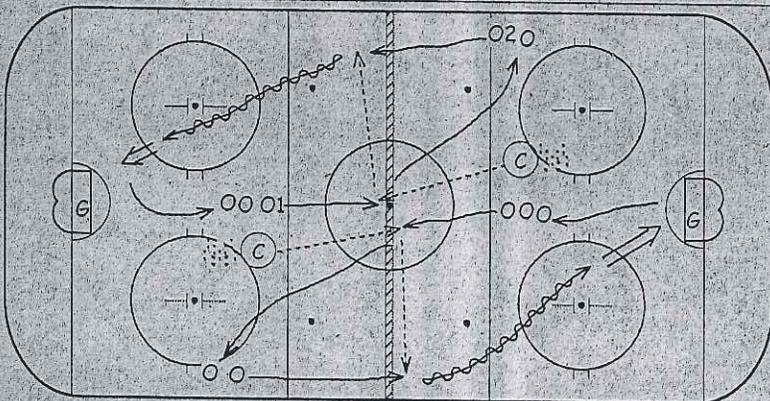
1. O1 skates with the puck looking for O2 to swing and get to the open. O2 receives the puck and shoots on net. He/she follows the puck for rebound and stays in front of the net to screen the shot of O1. O1 receives the puck from O3.



42. " THE SWING " Progression

" TIMING AND CLOSING THE GAP " 3-4

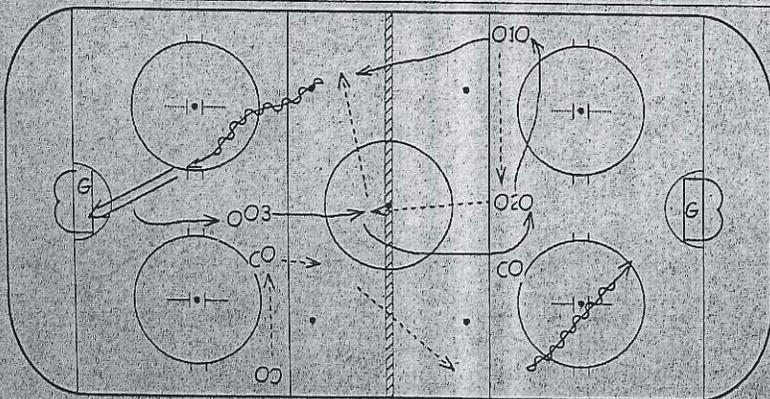
1. O1 passes the puck to swinging O2 and closes the gap.
2. O2 receives the puck and attacks O1 with speed.
3. Forwards and Defencemen are changing positions, they attack once and then they defend once.



43. " REDIRECTION "

> THINKING AND SOFT HANDS < 3-4

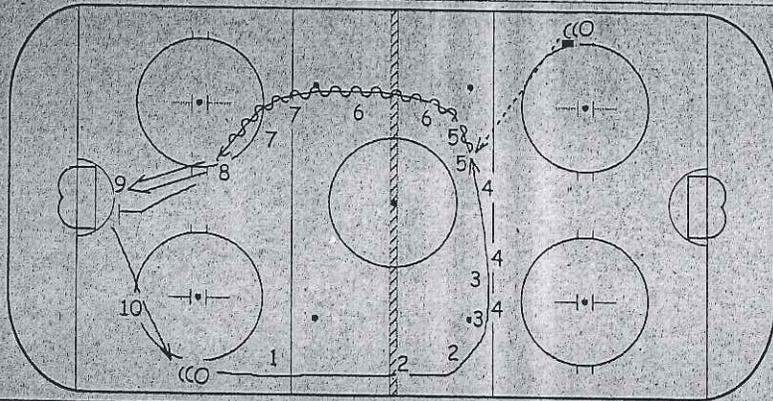
1. Coach passes to O1 who redirects to O2 coming from the opposite side. O2 receives the puck at full speed, he/she shoots on net.
2. Before you get the pass you have to look where the player is going to be for the redirection.
3. Accurate passes !



44. " REDIRECTION " Progression

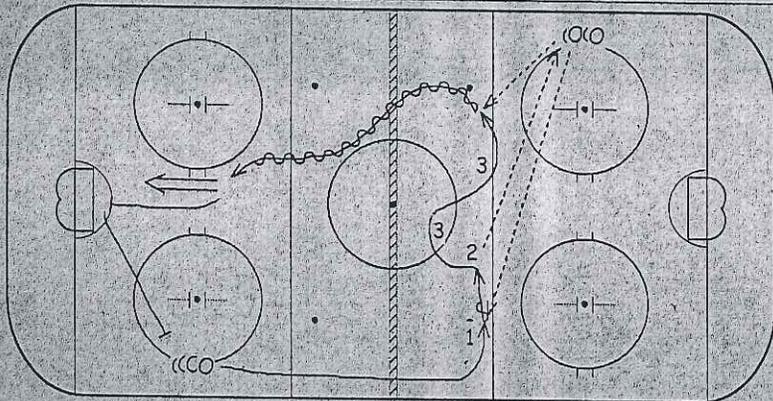
" PASSING ACCURACY AND TIMING " 3-4

1. O1 passes to O2. O2 passes to O3 who redirects back to O1.
2. STP.



45. " HORSE SHOE "

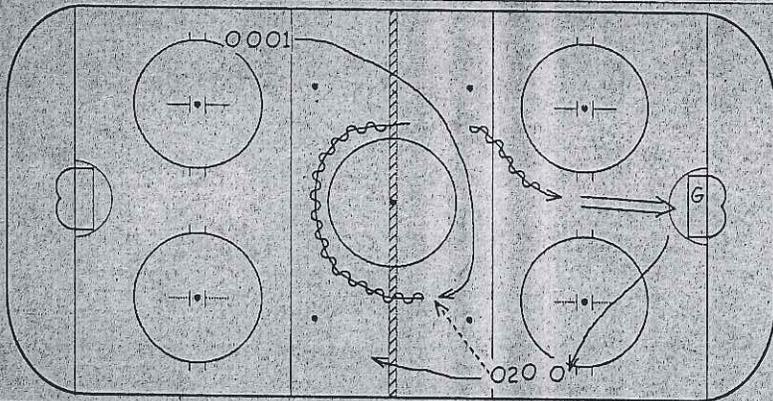
1. Player without the puck takes it easy first.
2. Eye contact with the passer.
3. Show the target (stick) early.
4. Speed up and accelerate to the pass.
5. Keep your feet moving when you are receiving the puck
6. Lift your head up once you received the puck.
7. Read the goalie, keep your feet and hands moving.
8. Quick release.
9. Rebound stop in front of the net.
10. Backcheck hard to the group.



46. " HORSE SHOE " Progression

> TIMING < 2-4

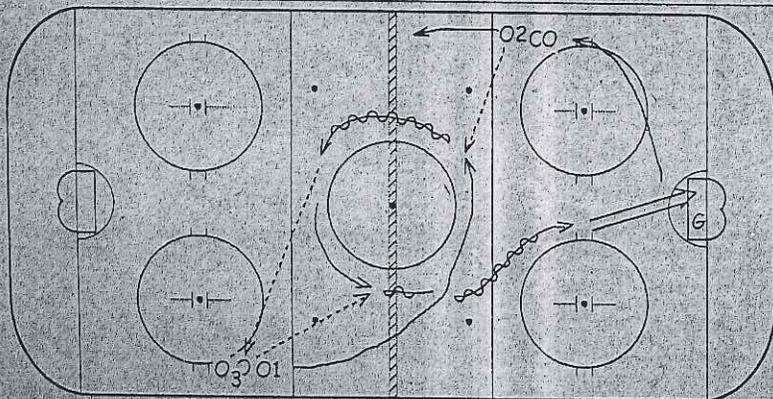
1. STP.
2. Soft hands receiving the first pass.
3. Quick return pass (tape to tape).
4. Save some ice in front of you to accelerate for the pass the second time.
5. STP.



47. " CROSSOVER HORSE SHOE "

> TIMING, EYE, HAND AND FEET COORDINATION < 2-4

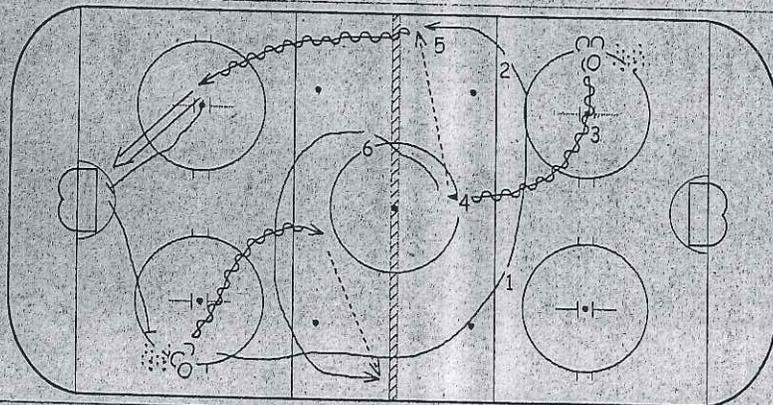
1. O1 times his/her skating and shows target early.
2. Crossovers around the circle, stickhandling and looking up.
3. Take a look at the goalie early.
4. Quality shot.



48. " CROSSOVER HORSE SHOE " Progression

> PASSING AND TIMING < 3-4

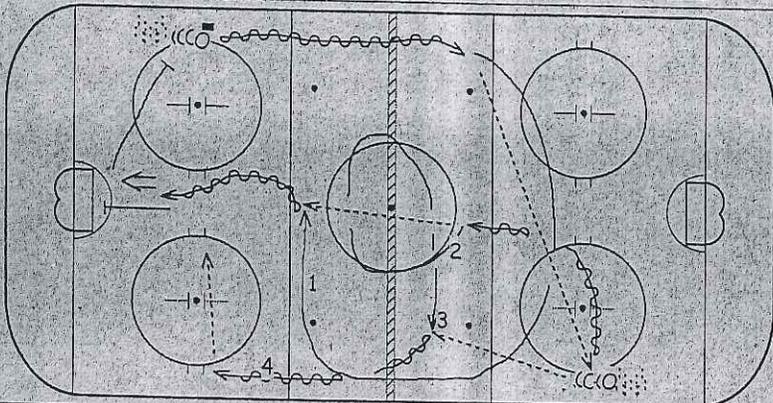
1. O1 receives the first pass from O2, he/she crossovers and passes to O3. O3 passes back.
2. Keep your hands and feet moving while you are looking up.
3. Quick release and rebound.



49. " GAIN THE MIDDLE "

> OFFENSIVE SUPPORT < 3-4

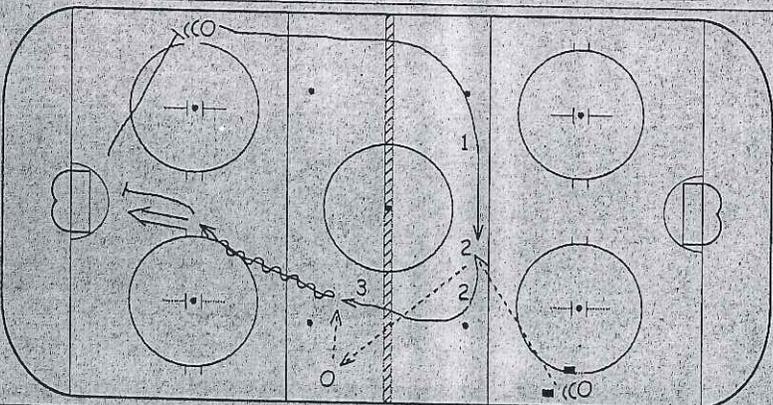
1. Give early target and time your skating.
2. Eye contact with the passer.
3. Gain the middle with speed.
4. Keep your feet moving while making a pass.
5. Receive the puck with speed.
6. Time your skating and swing to the outside.
7. STP.



50. " GAIN THE MIDDLE " Progression

> OFFENSIVE SUPORT AND PASSING < 3-4

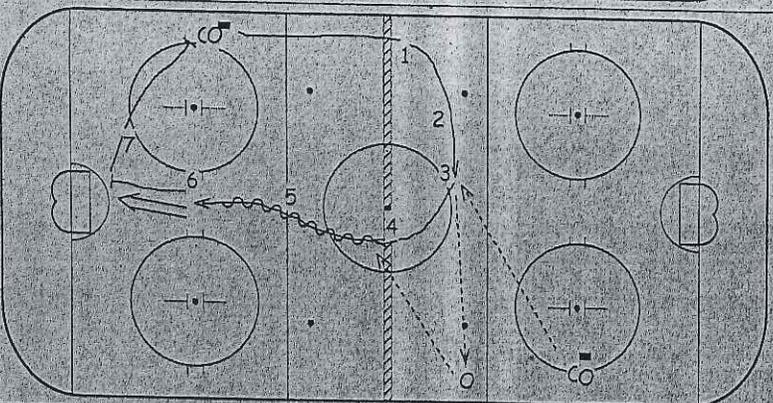
1. STP.
2. Stretch and support the pass through the middle.
3. After the pass "swing away".
4. Receive the pass from the group at high speed.
5. Make tape to tape pass.
6. STP.



51. " LOOK ONE PASS AHEAD "

> READ AND REACT < 3-4

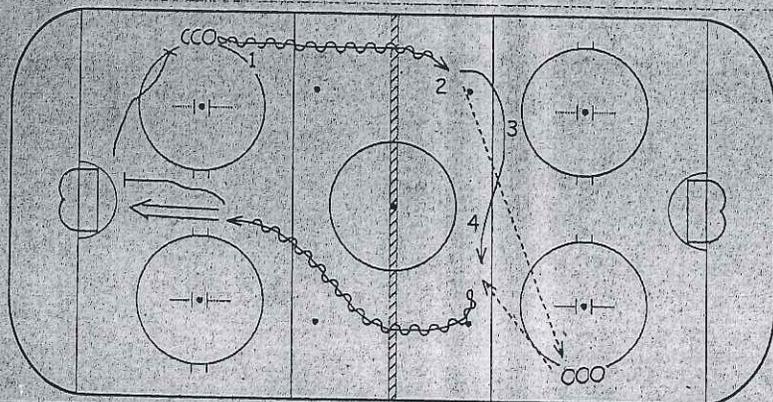
1. STP.
2. Before you receive the first pass you have to take a look where your target is (teammate).
3. One touch pass to your teammate and slow down to see, if he received the puck well.
4. If he has good puck control you accelerate again to receive the second pass.
5. STP.



52. " LOOK ONE PASS AHEAD " Progression

> READ AND REACT < 3-4

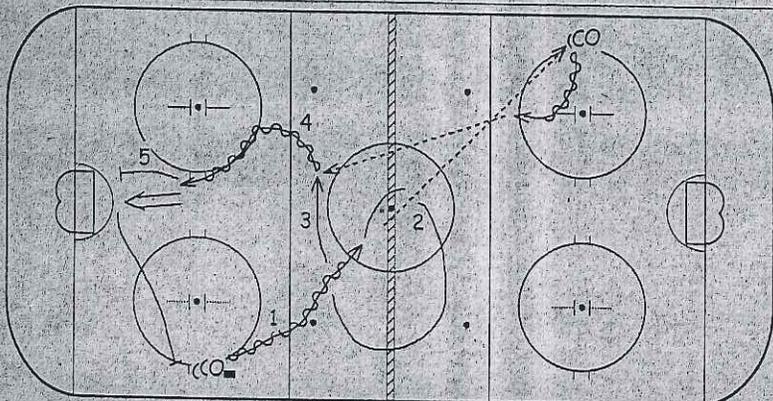
1. Eye contact, accelerate to the pass.
2. Look ahead where the puck is going to go.
3. Time it for the second pass.
4. Soft hands receiving the puck.
5. Take a look and keep your feet moving.
6. Quick release and follow the rebound.
7. Backcheck to the group.



53. " THE CARRY HORSE SHOE "

> PASSING AND TIMING < 2-4

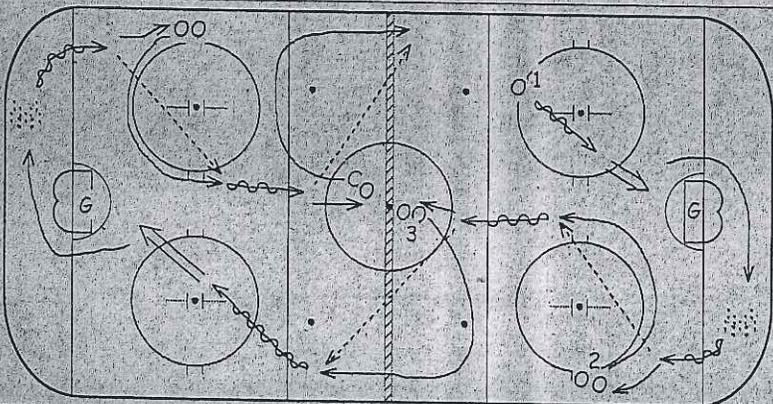
1. All three parts of your body are active, keep your feet moving, stickhandle and look at the target.
2. Pass the puck without looking at it, keep your feet moving when you pass the puck.
3. Slow down and read how well the teammate received the puck.
4. Accelerate when you see that he has control and is ready to pass, receive while your feet are moving.



54. " THE CARRY HORSE SHOE " Progression

> BE ACTIVE WITHOUT THE PUCK, STRETCH < 3-4

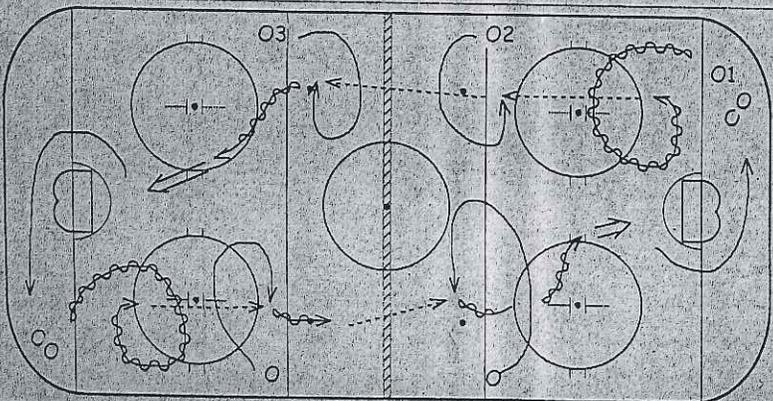
1. Move the feet, look at your target, make tape to tape pass.
2. Swing away from the flow with timing.
3. Jump into the hole, accelerate and receive the puck at the highest speed.
4. Look up early, start looking at the goalie.
5. Follow your shot for the rebound.



55. " SLAVA'S TIMING "

> GREAT RECEIVING ANGLE AND TIMING < 3-4

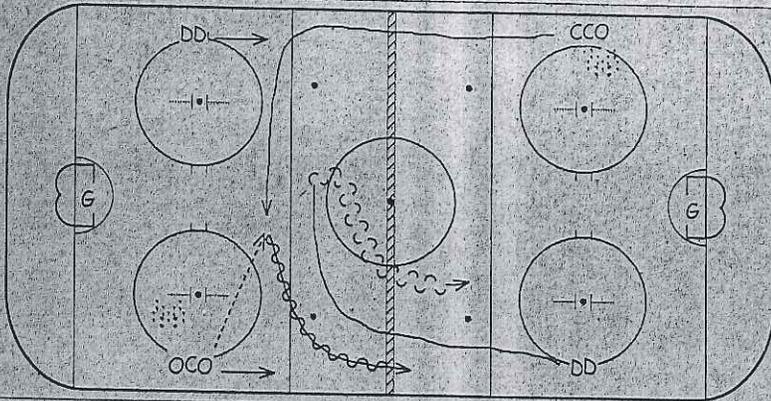
1. O1 starts with shot on net, he/she retrieves a puck in the corner and passes to O2. O2 swings to the middle and gives O1 good receiving angle.
2. O2 reads O3's positioning and moves the puck quickly to him/her. O3 shoots on the net and retrieves a new puck. After you passed the puck, go to the group you pass to.



56. " SLAVA'S TIMING " Progression

> PASSING ANGLES, FINDING OPEN ICE < 3-4

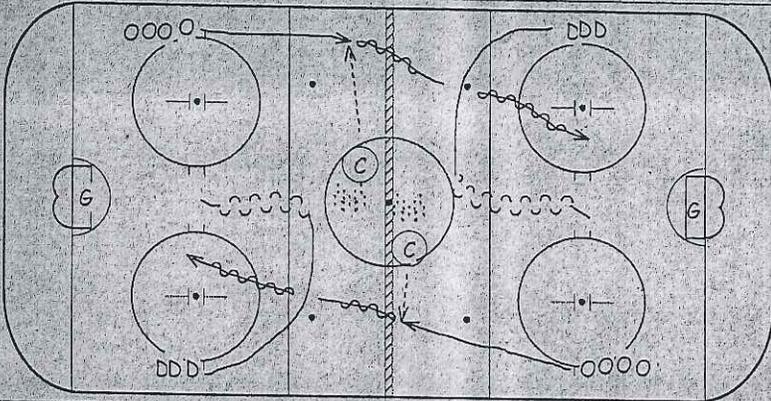
1. O1 crossovers with the puck and moves the puck to O2 who is creating good receiving angle.
2. O2 moves the puck as quickly as possible to O3. O2 has to read O3's position and timing before moving the puck. O3 shoots on net.



57. " 1:1 STRESS "

> TIMING AND SPEED < 3-4

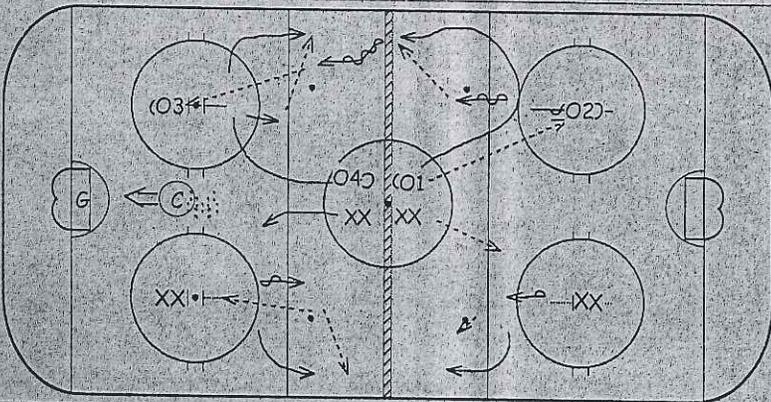
1. 1 on 1 horse shoe. Full speed. D has to close the gap and keep the forward on the outside.
2. Forwards have to try to beat the D on the outside drive.
3. Forwards skate to the top of the circles.
4. Defence touch the blueline.



58. " 1:1 STRESS " Progression

> ACCELERATION , CLOSING THE GAP < 3-4

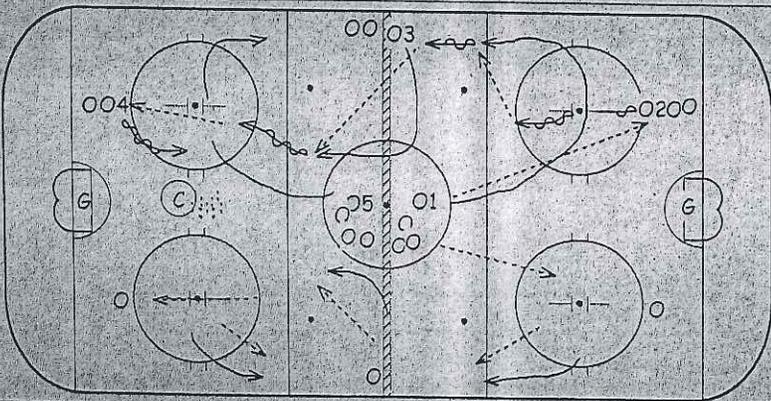
1. Forwards and Defencemen start at the same time.
2. Forwards receive the puck from the coach at full speed.
3. Defence is closing the gap and challenging the forwards.



59. " CZECH U20 "

> TIMING, RECEIVING ANGLE AND TAPE TO TAPE < 3-4

1. O1 passes to O2 and swing to support him/her.
2. O2 passes back to O1, O1 handles the puck and passes to O3.
3. O2 goes to the group of O1.
4. O3 moves up with the puck and passes to swinging O4.
5. O4 etc.



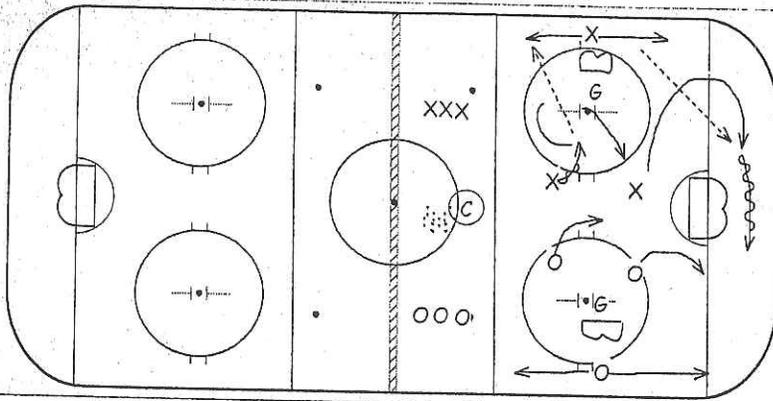
60. " CZECH U20 " Progression

> PERFECT TIMING AND PASSING < 3-4

1. STP.
2. One additional group O3.

4. THINKING (61-80)

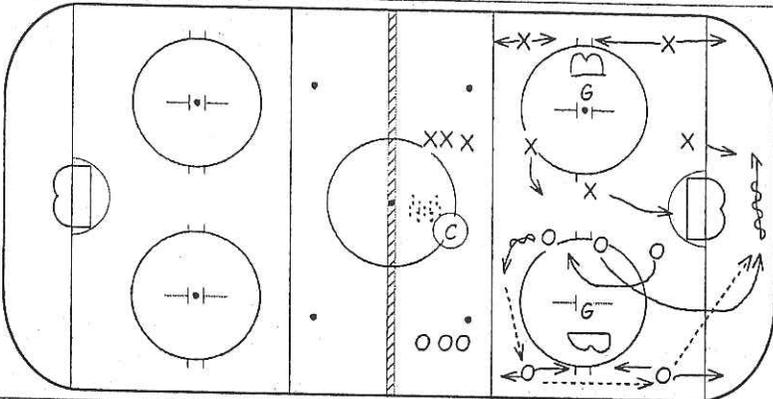
20 DIFFERENT DRILLS THAT
WILL MAKE YOUR PLAYERS
THINK THE GAME, READ AND
REACT, BE MORE CREATIVE,
AND MAKE THE RIGHT
DECISIONS.



61. " THE OFFICE "

> SUPPORT AND PUCKCONTROL < 1-4

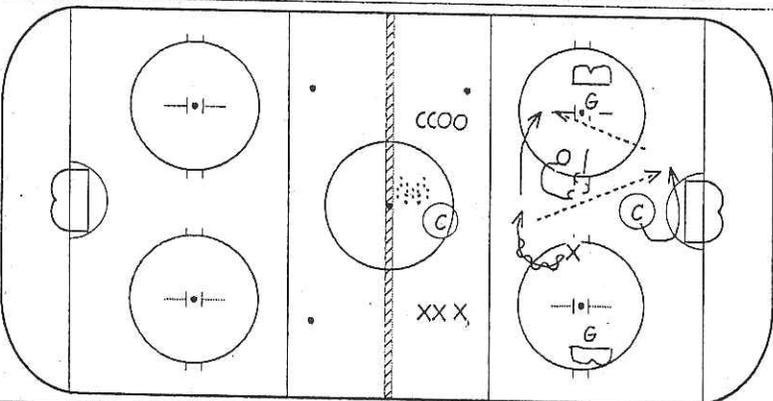
1. 2:2 +1. Cross ice game. Each team has one player behind the net who can only move laterally.
- > you have to pass it back to your player behind the net after every turnover.
- > support that player by moving into the open quickly
- > show the target, eye contact, move in the open with speed, no forecheck on the player behind the net
- > change the players after 30.sec



62. " THE OFFICE " Progression

> SUPPORT AND PUCKCONTROL < 1-4

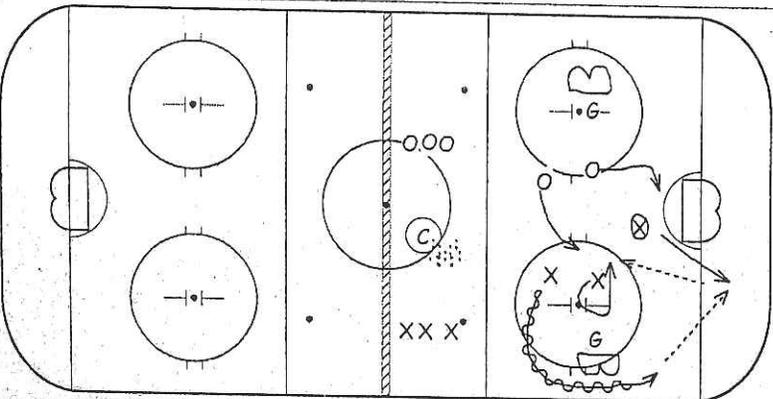
1. 3:3 + 2. STP.



63. " THE CHERRY PICKER "

> THINK MAN ADVANTAGE < 1-4

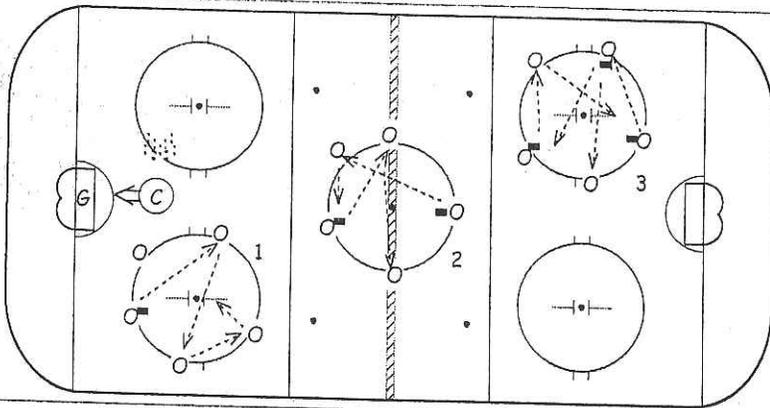
1. 1:1 + coach. Coach plays always with the puckcarrier to create 2:1.
2. Players have to think : contain on defence, pressure on offence.
3. Be creative, use one touch passes, one time shots and lot of deception.
4. Change the players after 30 sec.



64. " THE CHERRY PICKER " Progression

> THINK MAN ADVANTAGE < 1-4

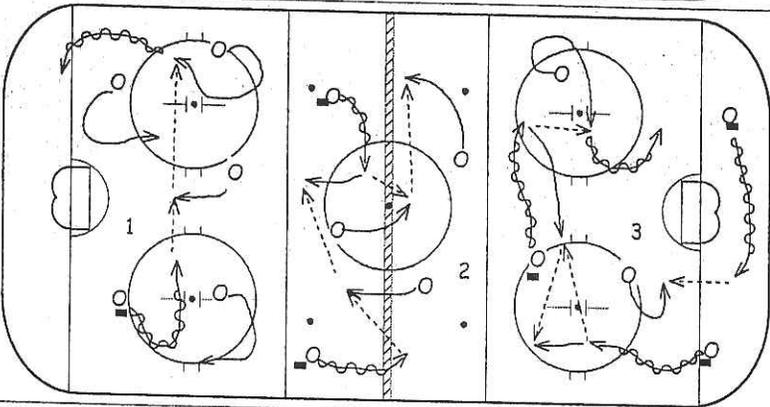
1. 2:2 +1. Instead of the coach, one of the players plays the "cherry picker" and supports always the team with the puck. Alternate the "cherry picker" so that evrybody gets the chance to be it.
2. Always think you have one man advantage.
3. STP.



65. " JUHANI'S PASSING "

> EYE CONTACT, FIND THE READY PLAYER < 1-4

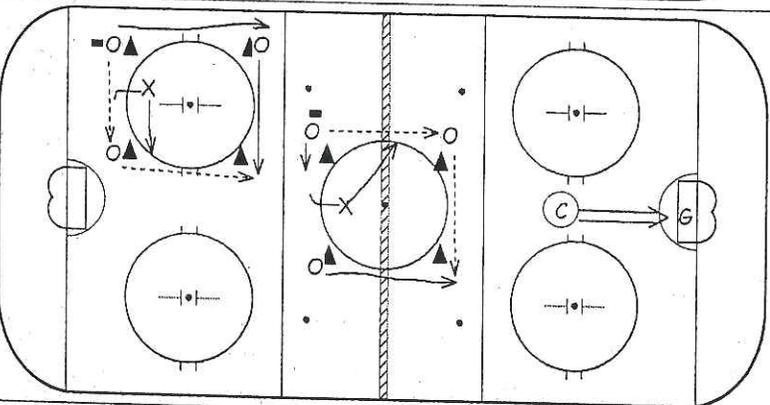
1. Five players on the circle passing one puck.
2. Five players on the circle passing two pucks.
3. Five players on the circle passing three pucks, no coaching.
4. Following will happen : players will pass two or more pucks to the same player at the time. Start teaching :
 > have patience with the puck, handle it, look up
 > pass only if you have eye contact with the receiver



66. " JUHANI'S PASSING " Progression

> PATIENCE AND EYE CONTACT < 1-4

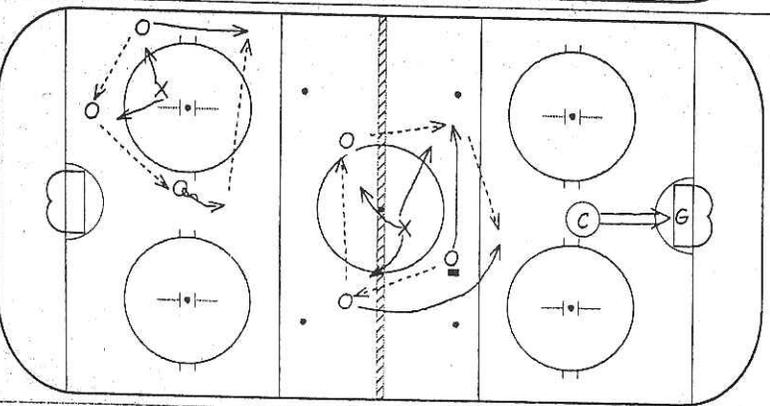
1. All five players are free moving inside the zone, passing one puck.
2. All five players are free moving inside the zone, passing two pucks.
3. All five players are free moving inside the zone, passing three pucks.
4. STP.



67. " WALLY'S BOX "

> THINK WITHOUT THE PUCK < 1-4

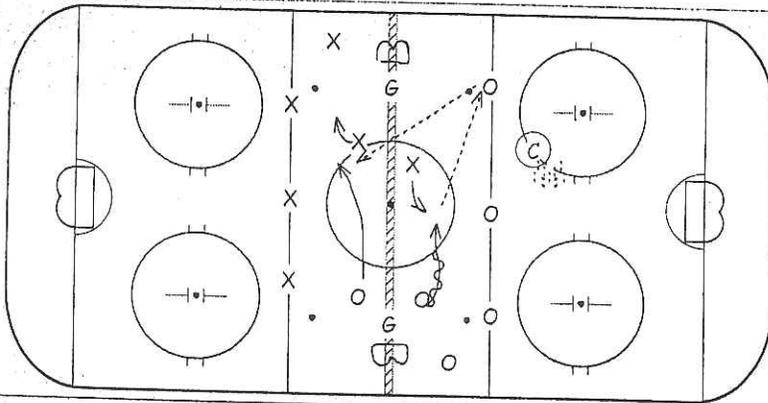
1. 3:1, you can only pass outside the box (4 pylons).
2. You can not pass back to the same player you received the pass from = you always have to pass it to the third player.
3. Defensive player (inside the box) blocks the passing lanes.
4. The third player has to be active and get into the open early.



68. " WALLY'S BOX " Progression

> THINK WITHOUT THE PUCK < 1-4

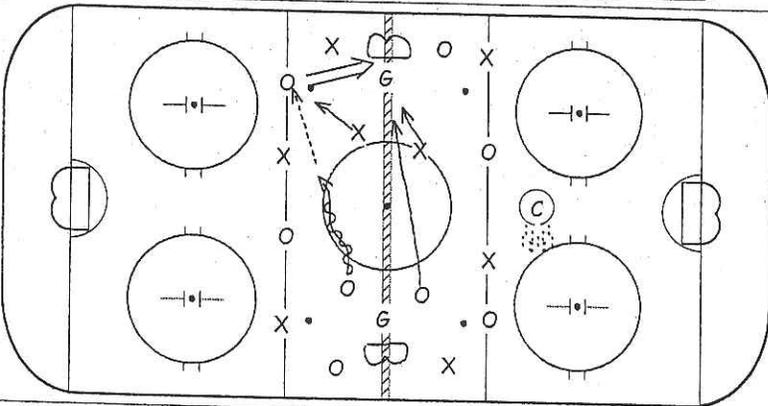
1. STP.
2. 3:1, free moving, defensive player chases the puck.
3. Alternate the defensive player after 20 sec.



69. " THE PEPPER "

> BE AWARE OF YOUR TEAMMATES < 1-4

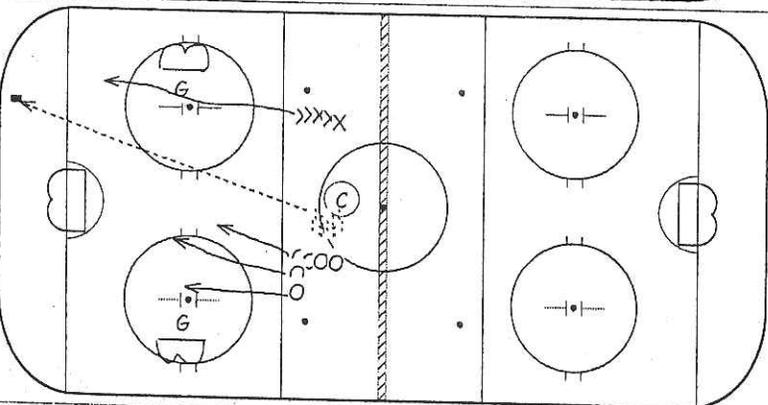
1. 2:2 + your team.
2. All your teammates are supporting you along the blueline and behind the net. you can pass it to them at any time. The players along the bluelines can also pass to each other and shoot.
3. Think powerplay when you have the puck.



70. " THE PEPPER " Progression

> BE AWARE OF YOUR TEAMMATES < 1-4

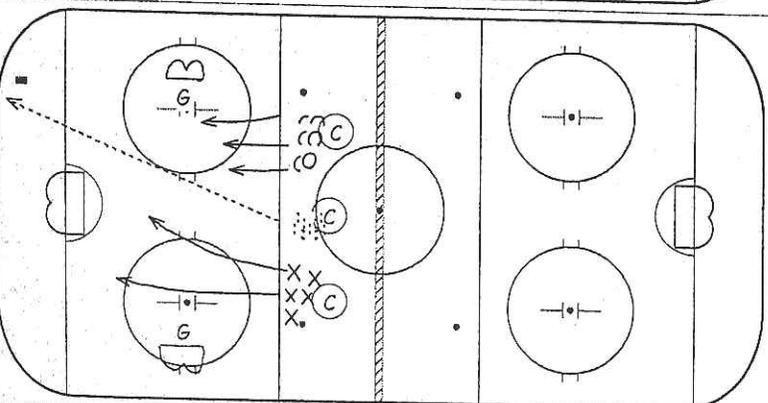
1. STP.
2. The supporting teammates are now on both bluelines and behind the net.
3. Think puckcontrol.



71. " THE NUMBER'S GAME "

> ADJUST QUICKLY < 1-4

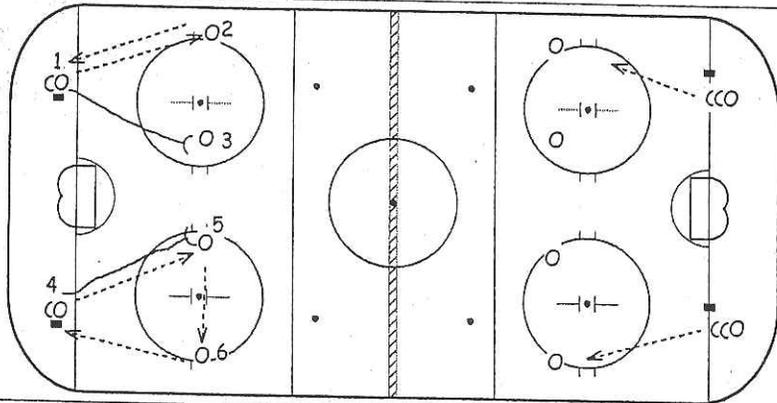
1. Cross ice game. Each whistle coach calls two numbers. These numbers mean how many players are going on the ice next .
2. Tell the players that the first number is black team and the second number is the white team. Use a lot of different combinations.
3. 4:2 (4 black : 2 white).
4. Short 30 sec. shifts.



72. " THE NUMBER'S GAME " Progression

> READ AND ADJUST QUICKLY < 1-4

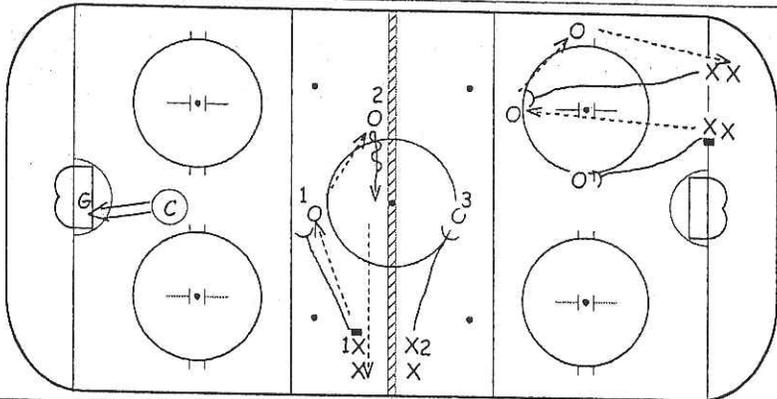
1. STP.
2. One coach with each team.
3. The coach tells the team quietly how many players are going next, without the other team knowing it.



73. " KINGER'S READ "

> READ THE PRESSURE < 1-2

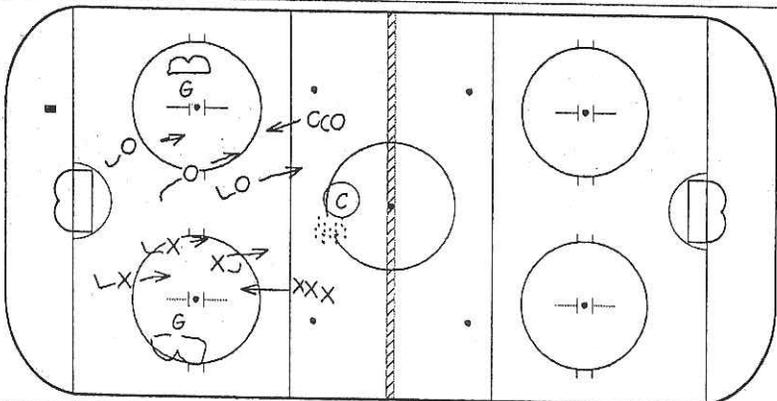
1. O1 passes to O2 and blocks O3. O2 reads that O3 is not open and passes back to the group.
2. O4 passes to O5 and blocks the passing lane back to the group. O5 reads it and passes over to O6. O6 has an open lane back to the group. (O4 replaces O5, O5 replaces O6, O6 goes back to the group.)



74. " KINGER'S READ " Progression

> READ THE PRESSURE < 2-3

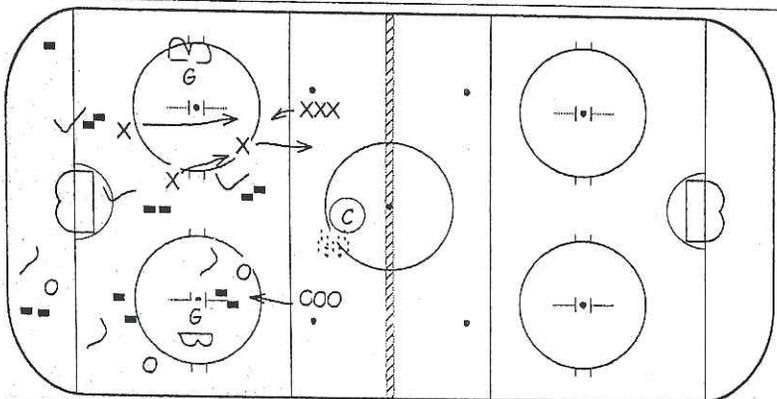
1. X1 passes to O1 and pressures him/her. X2 pressures O3. O1 reads that O2 is open and passes the puck. O2 passes back to the group.
2. STP.



75. " STOLEN STICKS "

> ANTICIPATE < 1-2

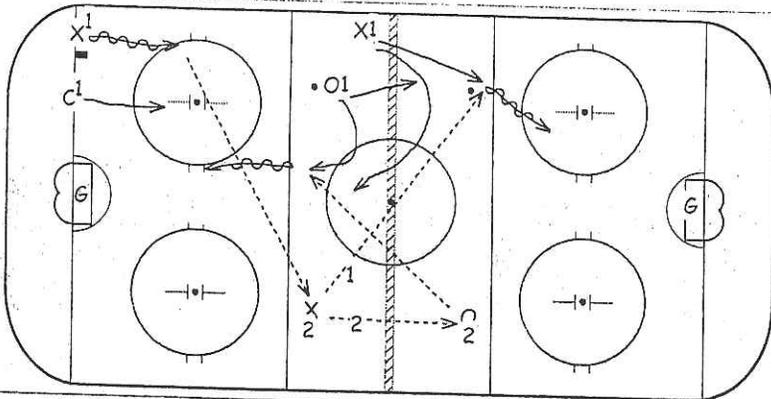
1. 3:3 cross ice. On the whistle change.
2. Let go of your sticks, your teammates have to pick them up and play with them.
3. You can also grab the opponent's stick, if it is closer to you.
4. Players have to anticipate where the sticks will be dropped, so that they can pick them up and play as quick as possible.



76. " STOLEN STICKS " Progression

> ANTICIPATE < 1-2

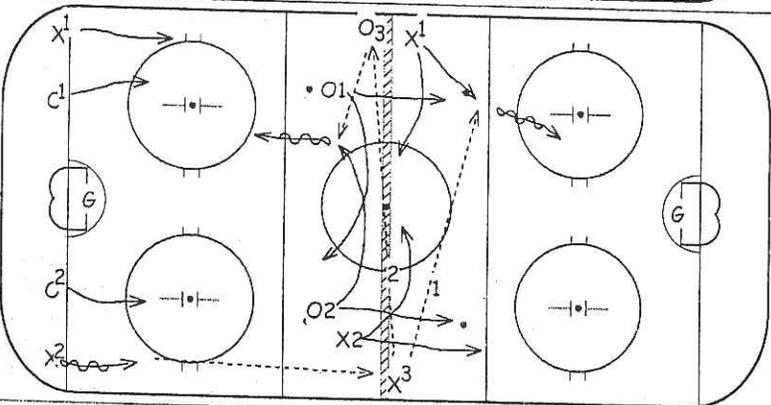
1. STP.
2. Drop your stick and gloves on the change!!!
3. The next teams have to first pick up the gloves and the stick before they can play the puck.
4. Change every 30 sec.



77. " LENER'S TRANSITION "

> THINK TRANSITION < 3-4

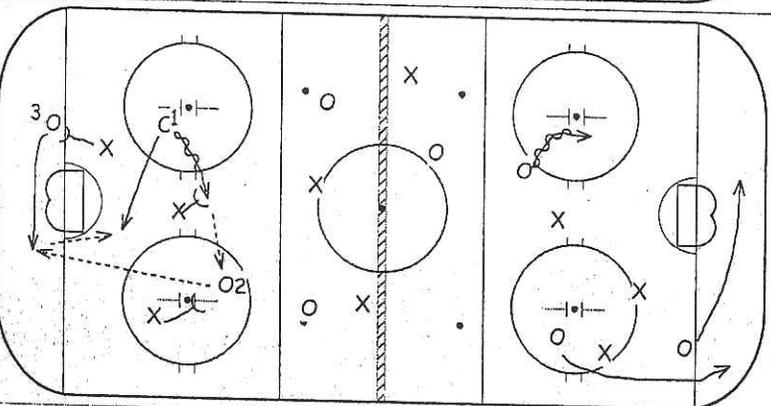
1. X1 and O1 play 1:1. X1 starts the attack with the puck and passes to X2. O1 backchecks. X2 can pass it to X1 (1) who continues with the attack or he/she can simulate puck loss and pass it to O2 (2). O2 then passes to O1 who is now attacking the other way and X1 has to backcheck.



78. " LENER'S TRANSITION " Progression

> THINK TRANSITION < 3-4

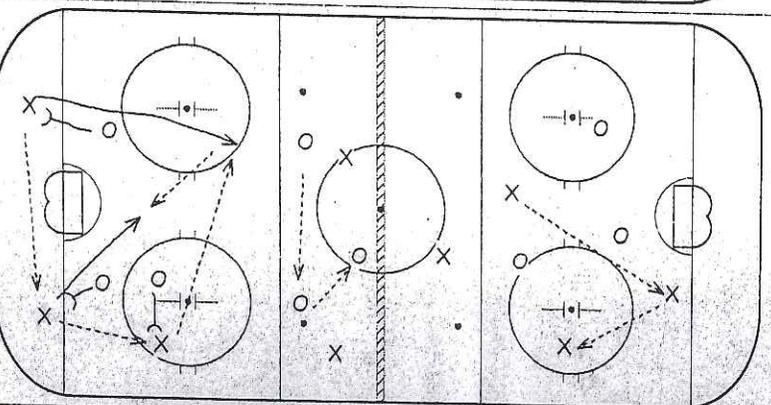
1. O1, O2 and X1, X2 play 2:2 rush. X1, X2 start on attack and pass the puck to X3. O1, O2 are backchecking. X3 can pass it back to X1, X2 (1) or pass it to O3 (2).
2. STP.



79. " THIRD PLAYER "

> THINK ONE PASS AHEAD < 2-4

1. O1 passes to O2, O2 has to pass to O3 !!!
2. 3:3 keepaway. Pass only to the third player.
3. Extremely demanding, 20 sec. work-40 sec. rest.



80. " THIRD PLAYER " Progression

> THINK ONE PASS AHEAD < 3-4

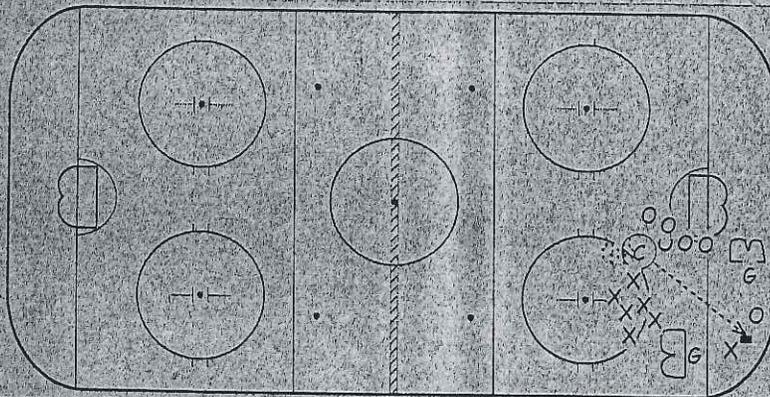
1. 3:3 keepaway, only "one touch" passes allowed.
2. Players have to think and react very quickly.
3. STP.

5. C & C & C

(CONFIDENCE, CONDITIONING AND COMPETITION)

(81-99)

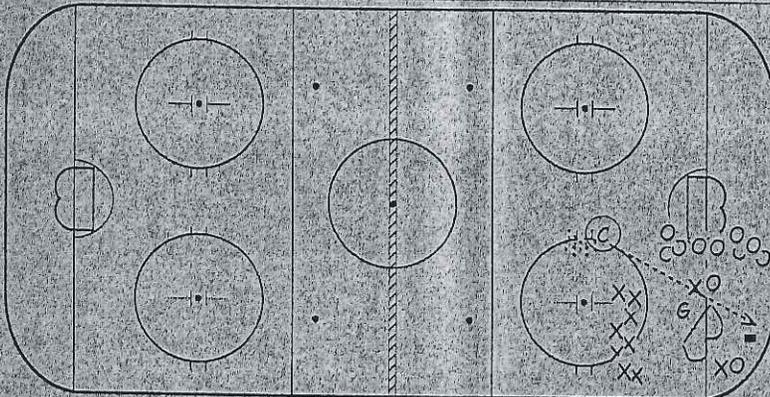
19 DIFFERENT DRILLS WITH
FOCUS ON BATTLES, FUN,
CONDITIONING, AND
COMPETING UNDER PRESSURE.



81. " THE CORNER "

> TOUGHNESS, CONFIDENCE AND BALANCE < 1-4

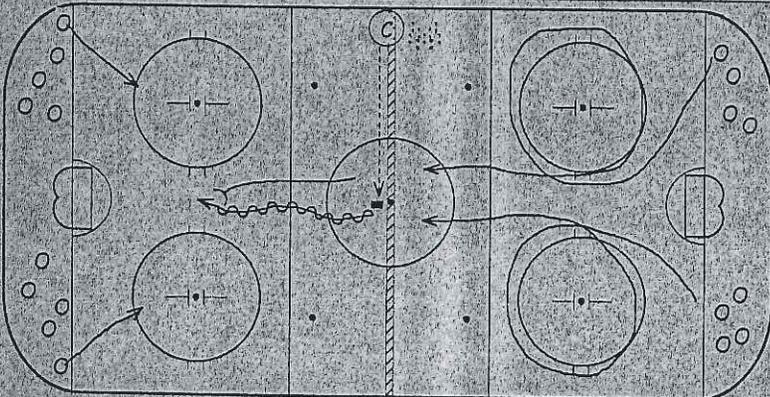
1. 1:1 in the corner. Nets are against the boards. Players are battling for the puck.
2. Use your feet a lot to play the puck, good balance and quick backhand and forehand shots.
3. The other players are keeping the puck in.
4. Short 20 sec. shifts.



82. " THE CORNER " Progression

> COMMUNICATION, CONFIDENCE, TOUGHNESS < 1-4

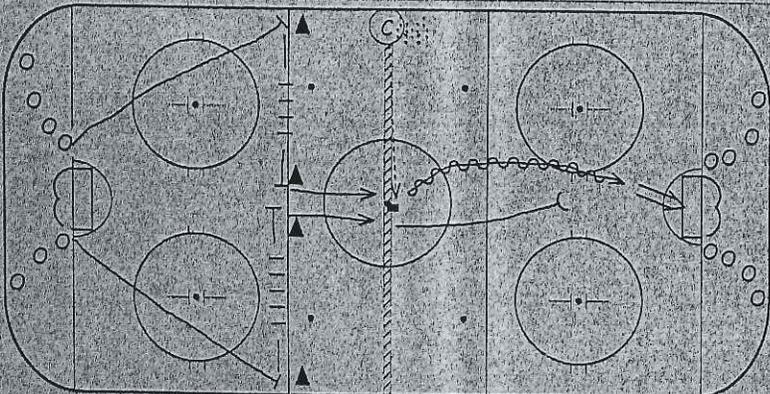
1. 2:2 in the corner. Attacking only one net.
2. The opposition watching the drill is allowed to push the players when they skate by them.
3. 30 sec. shifts. Players have to talk a lot, because of the constant pressure and body contact.
4. When goalie makes a save, he plays the puck behind the net.



83. " THE RACE "

> OVERSPEED AND TOUGHNESS < 1-4

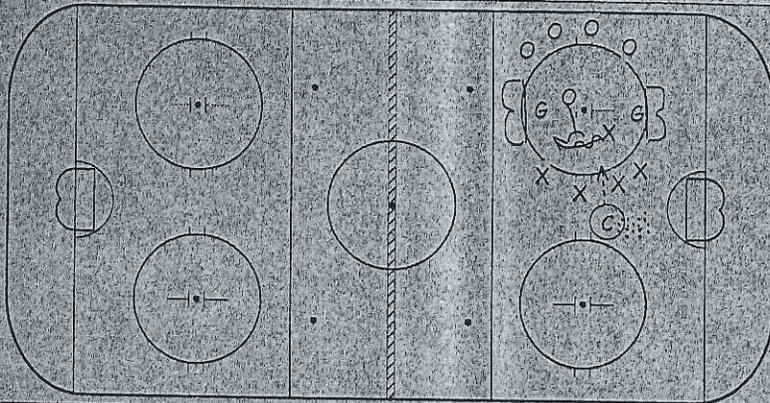
1. The coach spots a puck at the face off dot. The pass from the coach is the signal for both players to go.
2. Crossovers around the circle and race to the puck.
3. Whoever is first to the puck tries to score, the other player backchecks.
4. After the shot, the next two players from the other side are ready to go.



84. " THE RACE " Progression

> OVERSPEED AND TOUGHNESS < 1-4

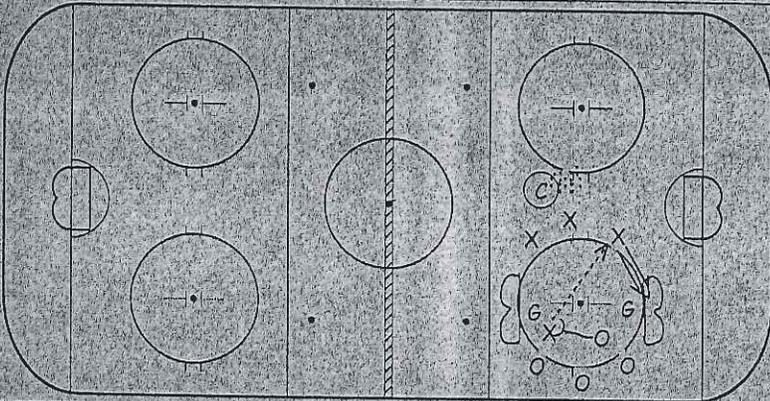
1. STP
2. Players skate at maximum speed to the first pylon, they stop and sidestep to the next pylon in the middle of the ice, then they race for the puck.
3. Alternate skating skill tasks and adjust it to your team's needs.



85. " BULLY "

> BALANCE, TOUGHNESS AND QUICKNESS < 2-4

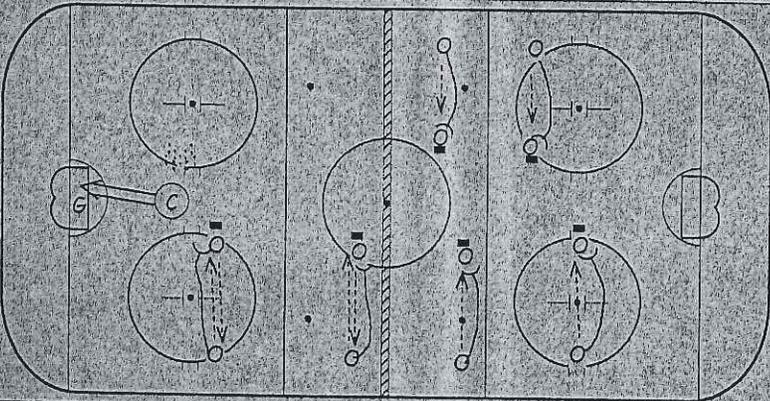
- 1: 1:1 inside the circle. Nets on top of the circle. All other players are keeping the puck in. If the puck gets out of the circle the coach spots a new one.
2. 20 sec. shifts. Players have to focus on quick release and good defensive body positioning.
3. Goalies can also shoot.



86. " BULLY " Progression

> BALANCE, TOUGHNESS AND QUICKNESS < 2-4

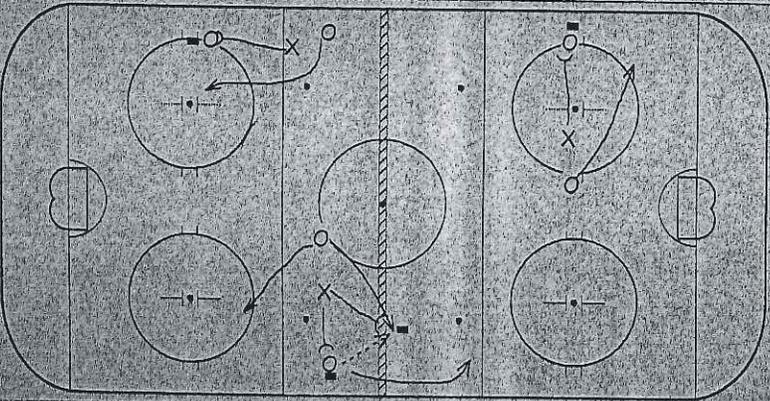
1. STP.
2. Players in the circle can now also use the teammates around the circle for "give and go" or "one time shot".
3. Goalies have to be aware of the one time shots.



87. " CANADIAN "

> PUCK PROTECTION AND BALANCE <

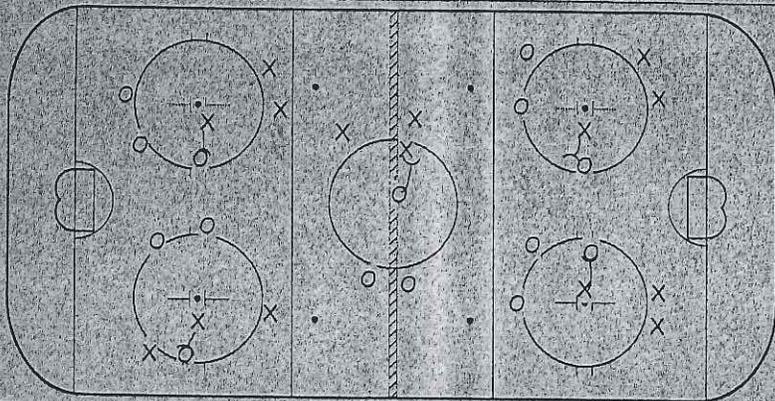
1. Two players are passing the puck with the backhand and forehand.
2. On the whistle the player who has the puck protects it. No skating, just shielding the puck with his body, keeping it away from the teammate.
3. Next whistle, they both pass again.
4. 40 sec. passing - 20 sec. puck protection/ ten times.



88. " CANADIAN " Progression

> PUCK PROTECTION AND COMMUNICATION <

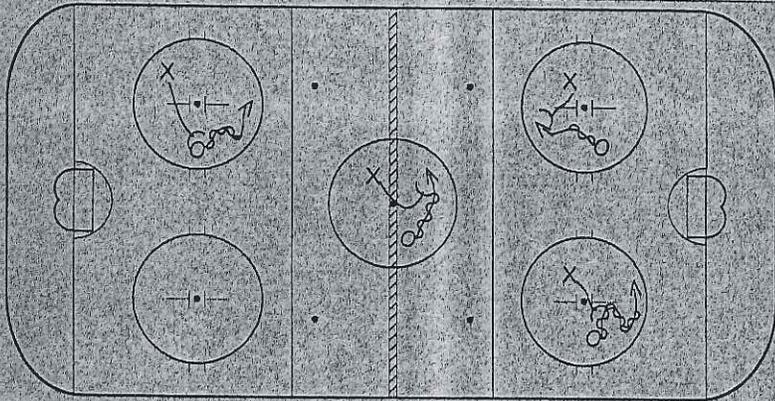
1. 2:1. The puckcarrier has to protect the puck for at least five seconds before he can pass it to his teammate.
2. The defensive player always pressures the puckcarrier.
3. STP.



89. " BULL IN THE RING "

> BALANCE AND CONFIDENCE < 1-4

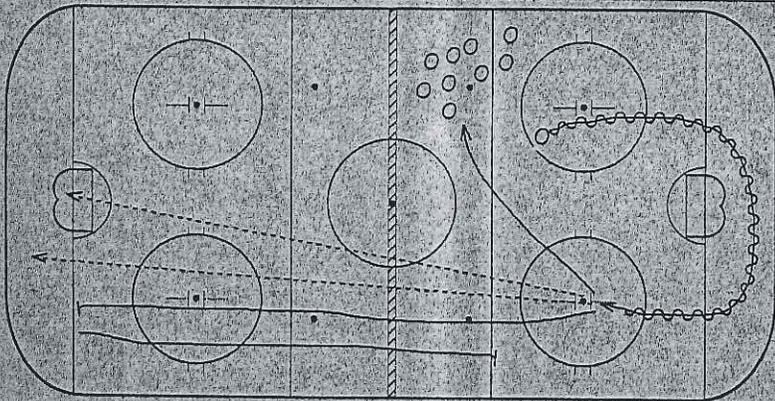
1. 1:1 inside the circle. Both players no sticks
2. One player tries to push out his/her opponent out of the circle. The opponent tries to get away from him and stay inside the circle.
3. Stay low in the knees, push the hips, wide stance and quick feet.
4. 20 sec. work.



90. " BULL IN THE RING " Progression

> CONFIDENCE AND CHECKING TECHNIQUE < 2-4

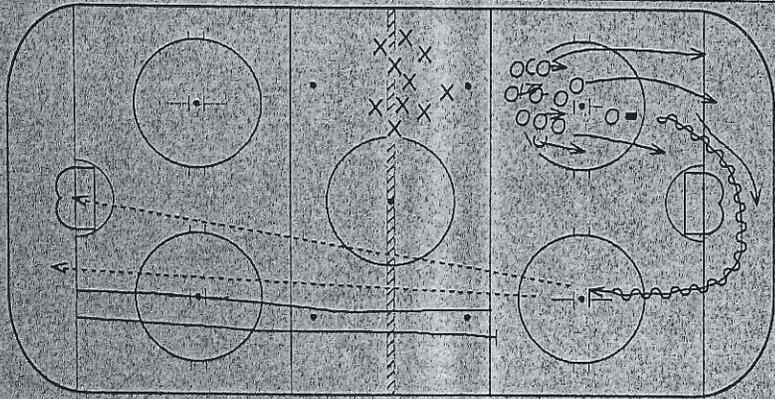
1. STP.
2. The offensive player with the puck : protecting the puck, evasive moves and tight turns away from pressure.
3. The defensive player : boxing and pushing the hips, quick lateral movement.
4. Change offence and defence.
5. 30 sec. work.



91. " EMPTY NET "

> MENTAL TOUGHNESS <

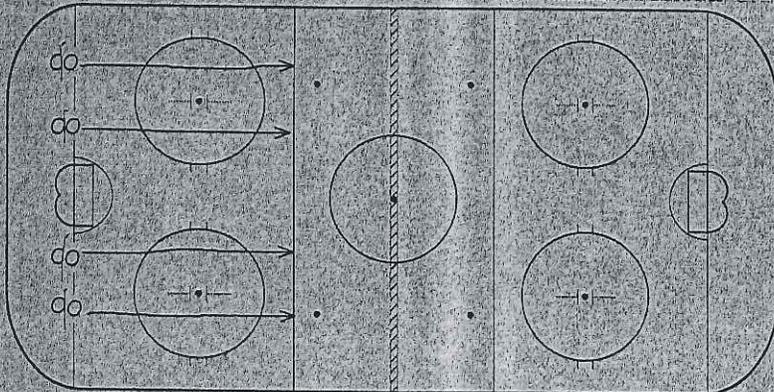
1. Each player has to skate behind the net and before the face-off dot shoot on empty net.
2. If he scores, he/she can skate back to the group.
3. If he misses, he/she has to skate to the far goal line and back, as hard as possible.
4. Every player goes twice.



92. " EMPTY NET " Progression

> PEER PRESSURE <

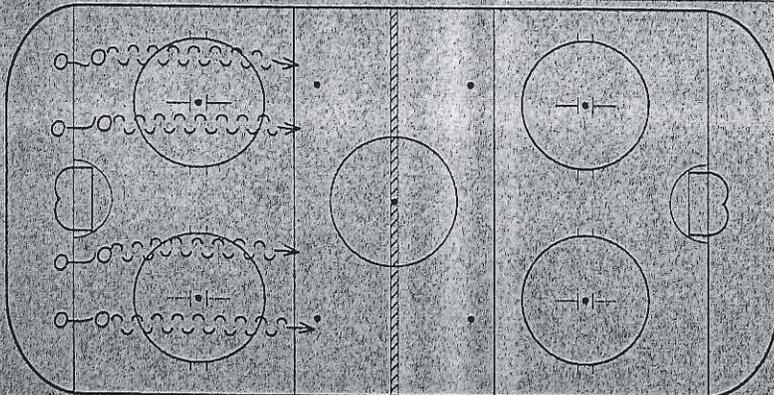
1. STP
2. The whole team skates behind the one player who tries to score on the empty net.
3. If he scores all players are free of skating.
4. If he misses everybody has to skate to the goal line and back.
5. Each player has to go once.



93. " PUSH AND PULL "

> POWER AND ENDURANCE < 1-4

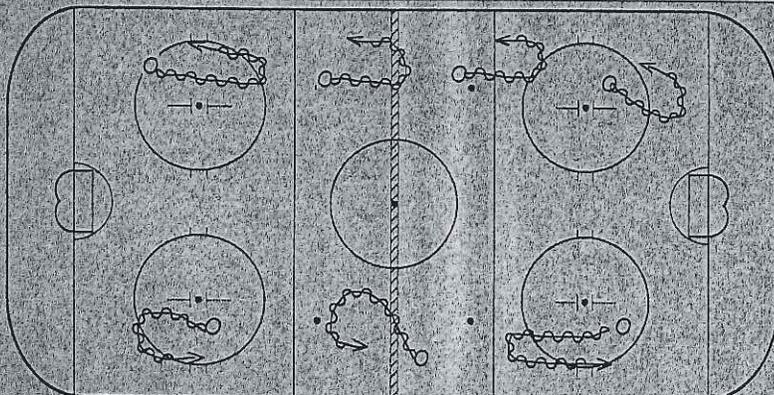
1. Players are paired up, facing each other holding one stick.
2. Player skating forwards pushes the player skating backwards.
3. From the goal line to the near blue line.
4. Each player five times then two minute rest.
5. Repeat the segment twice.



94. " PUSH AND PULL " Progression

> POWER AND ENDURANCE < 1-4

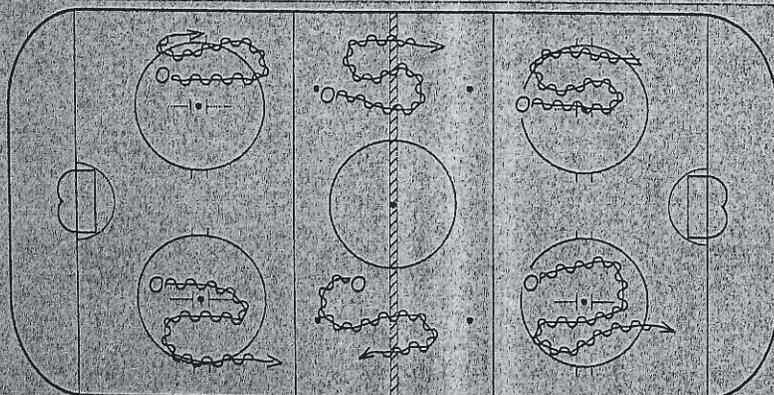
1. STP.
2. Player skating backwards pulls the player gliding forwards.
3. STP.



95. " ROYALS SKATE "

> CONDITIONING AND QUICK FEET < 2-4

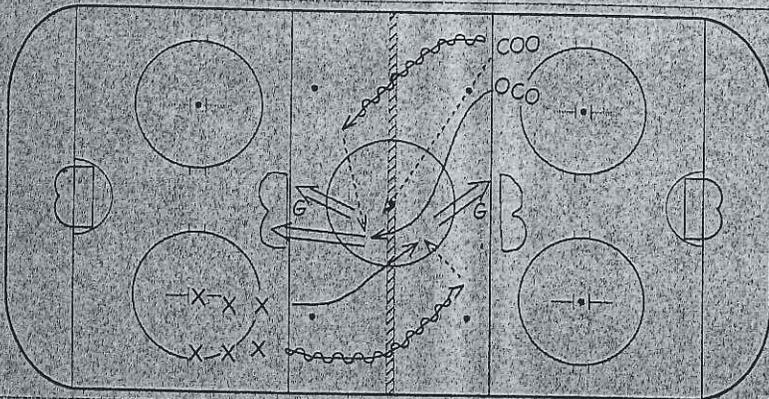
1. Players skate around easy carrying puck, on the whistle : quick tight turn to the boards and four quick strides, then easy again.
2. Repeat five times, 20 sec. rest between the work intervals.
3. After the fifth time give the players one minute rest and repeat that segment two more times.



96. " ROYALS SKATE " Progression

> CONDITIONING AND AGILITY < 2-4

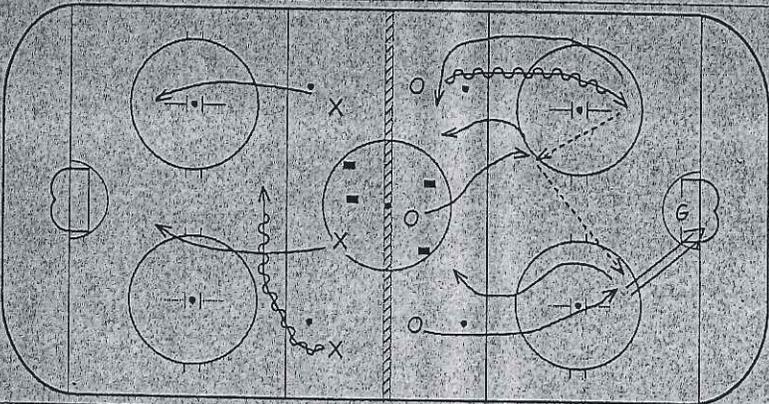
1. STP.
2. On the whistle players do figure eights for 10 sec. Then 20 sec. easy skate. Repeat five times and give one minute break.
3. Repeat the whole segment three times.



97. " TEAM SHOWDOWN "

> SCORING TOUCH AND SMARTS < 2-4

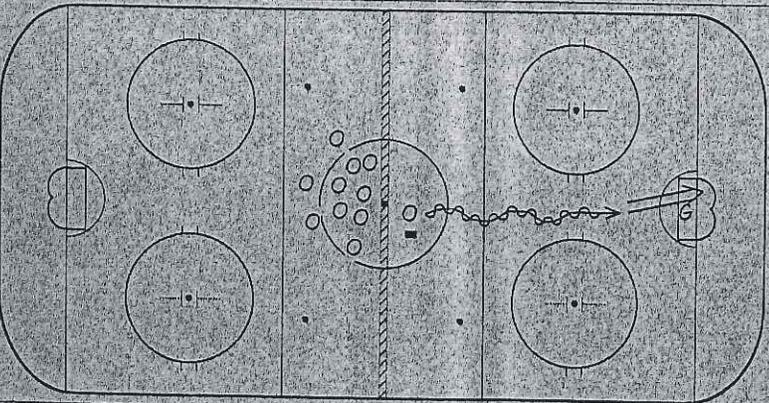
1. Pair of players represent each team in a show down.
2. The two players have to score twice. The teammates from the group are passing the second puck, once the first one is in the net.
3. Who ever scores the two goals first wins a point for their team.
4. On the whistle the next two pairs are starting.



98. " TEAM SHOWDOWN " Progression

> SMARTS AND PASSING < 2-4

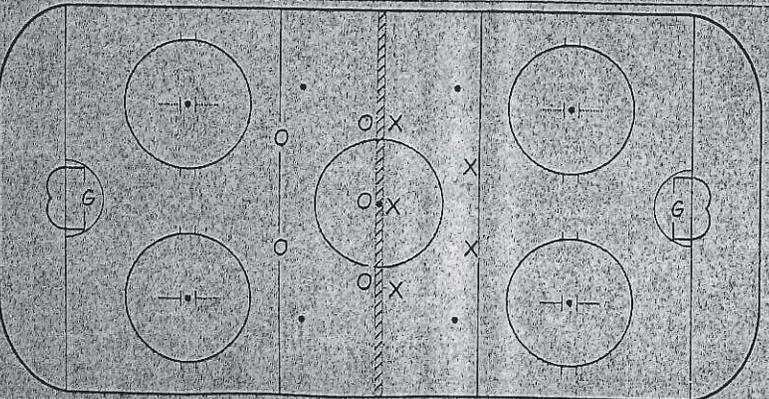
1. Three players represent their teams.
2. They are going 3:0 and have to score three times.
3. They all have to touch the puck once before they can score.
4. When they score, they all have to come to the neutral zone and get the next puck.
5. The team that scores three goals first wins one point.



99. " DREYAK "

> GREAT HANDS < 1-4

1. Penalty shots. Every player has to go.
2. Who ever scores is done.
3. The players who don't score are continuing until one player is left who has not scored.
4. This player is " dreyak " = he has cement hands.



FREEDOM

REMEMBER TO PLAY TO ORDER IS NOT A PLAY ANYMORE.

IT COULD BE AT BEST AN IMMITATION OF IT.

TO PLAY MEANS FREEDOM.

MORE AND MORE OFTEN LET THE PLAYERS PLAY !