

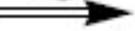
Half Ice Practice:

Some half ice ideas to teach hockey skills, team play and games for skill and transition games to teach the game.

International Coaching Symbols:

Hockey Coaching ABCs: A Program for Developing the Complete Player

LEGEND - INTERNATIONAL ICE HOCKEY SYMBOLS

	Offensive Player
	Defensive Player
	Skating forward without the puck
	Skating with the puck
or	
	
	Skating Backwards
	Screen or pick
	Pin
	Angle check
	Drop Pass
	Puck
	Defensive cover
	Direction of play or area of the ice being used
	Stopping
	Pylon
	Coach
	Shot
	Pass
	The starting place for a drill

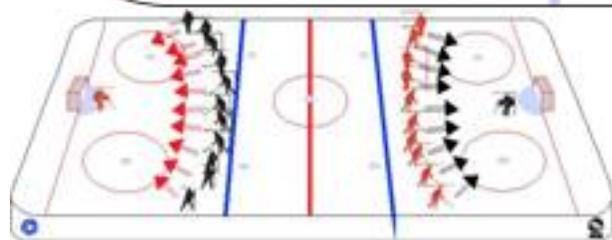
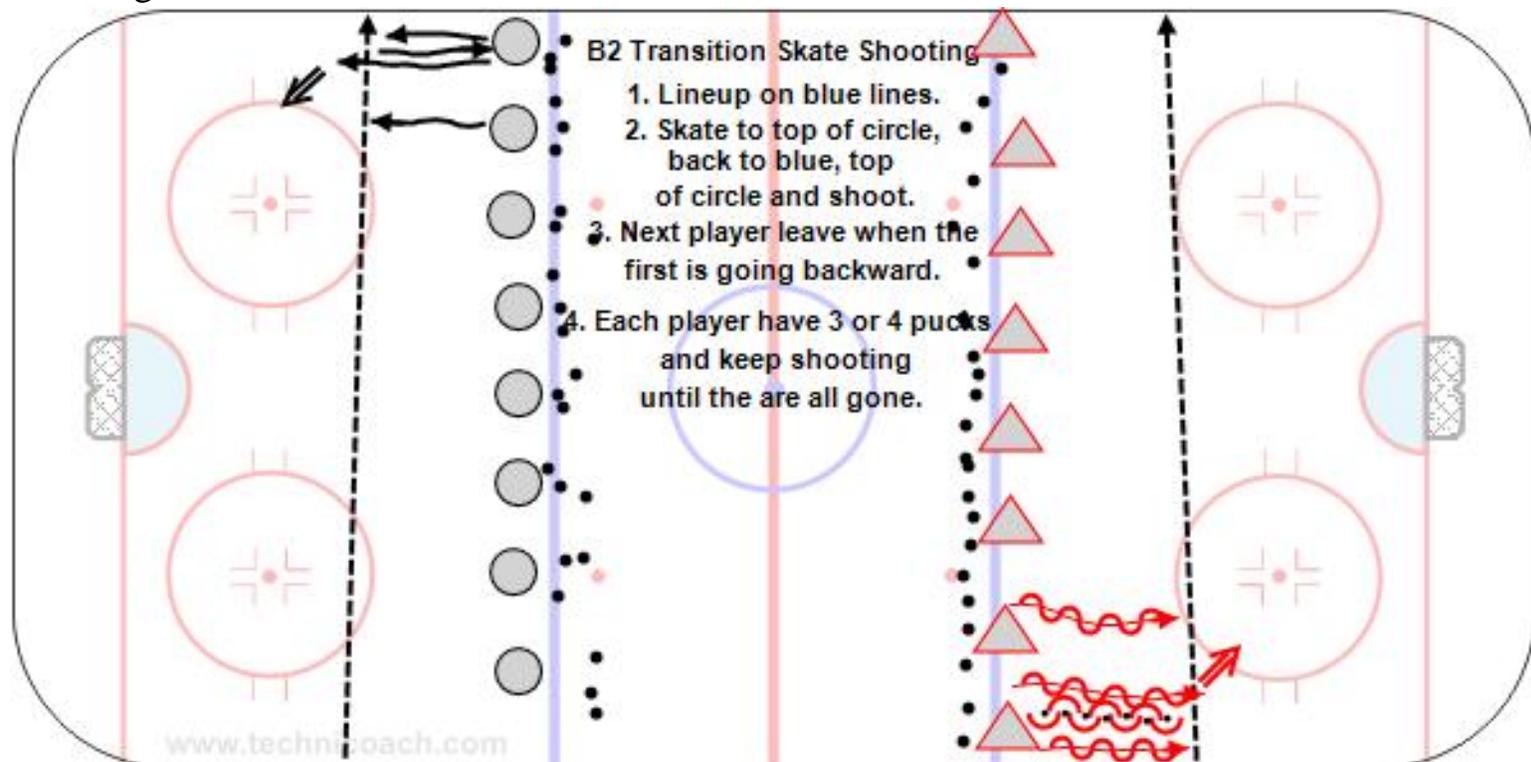
OTHER SYMBOLS COMMONLY USED

FI	The first forward in the zone
DI	The first defenseman in the zone
	The closest offensive forward
	The closest defending forward
	The closest offensive player
	The closest defending player

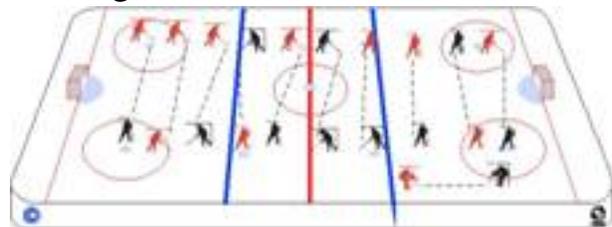
86

Individual Offensive Skills

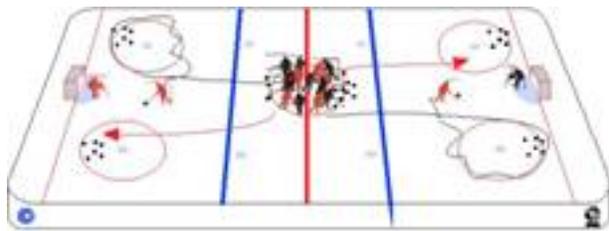
Shooting



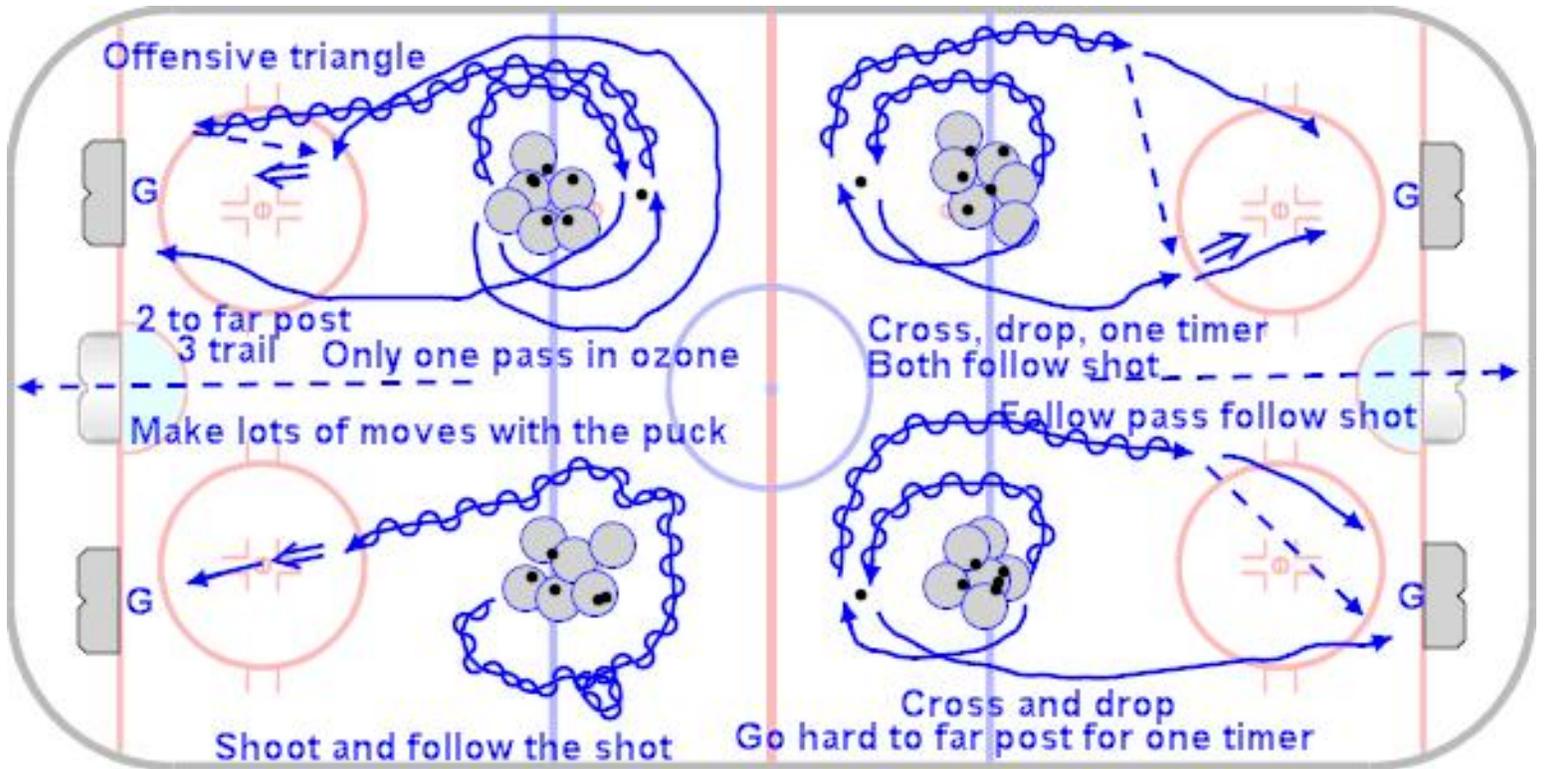
Passing



Passing and shooting



Variations on one net



Out of the corner



Individual Defensive Skills:

Mirroring and stick on the puck

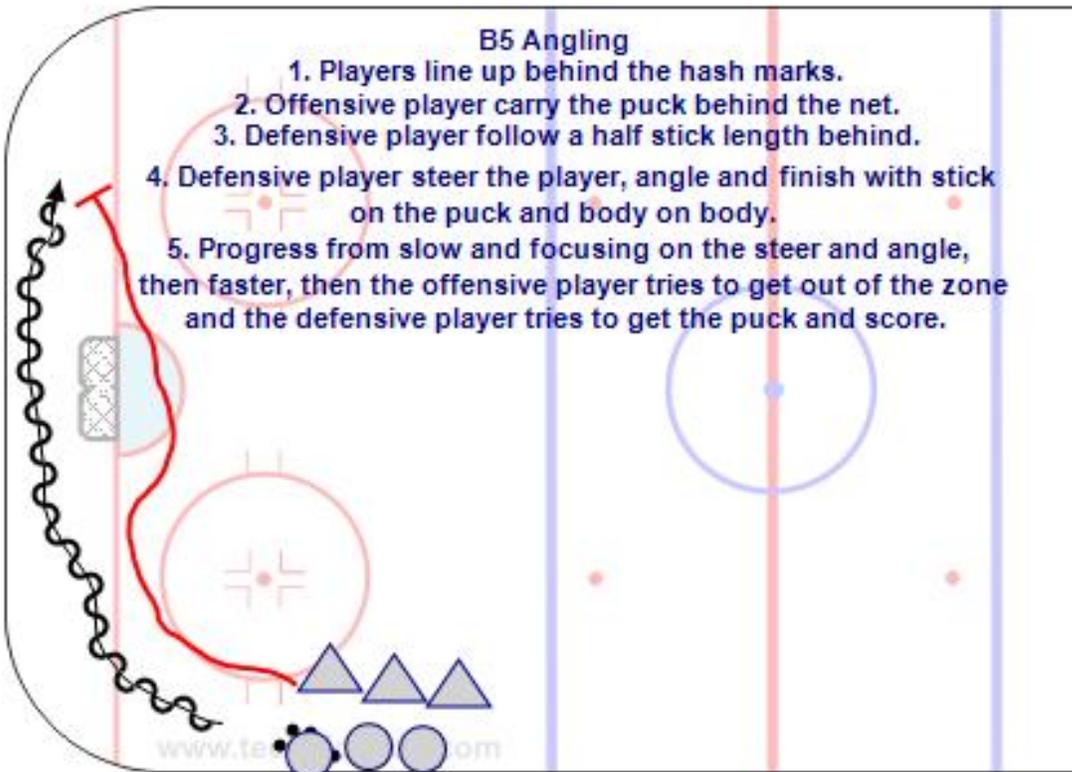
B5 1-1 Technique
Defender keeps D side and attacker pivots up and down the boards

1. Players line up just outside the blue line.
2. The player on the inside skates up and down the boards protecting the puck.
3. The defender mirrors the attacker on Dside

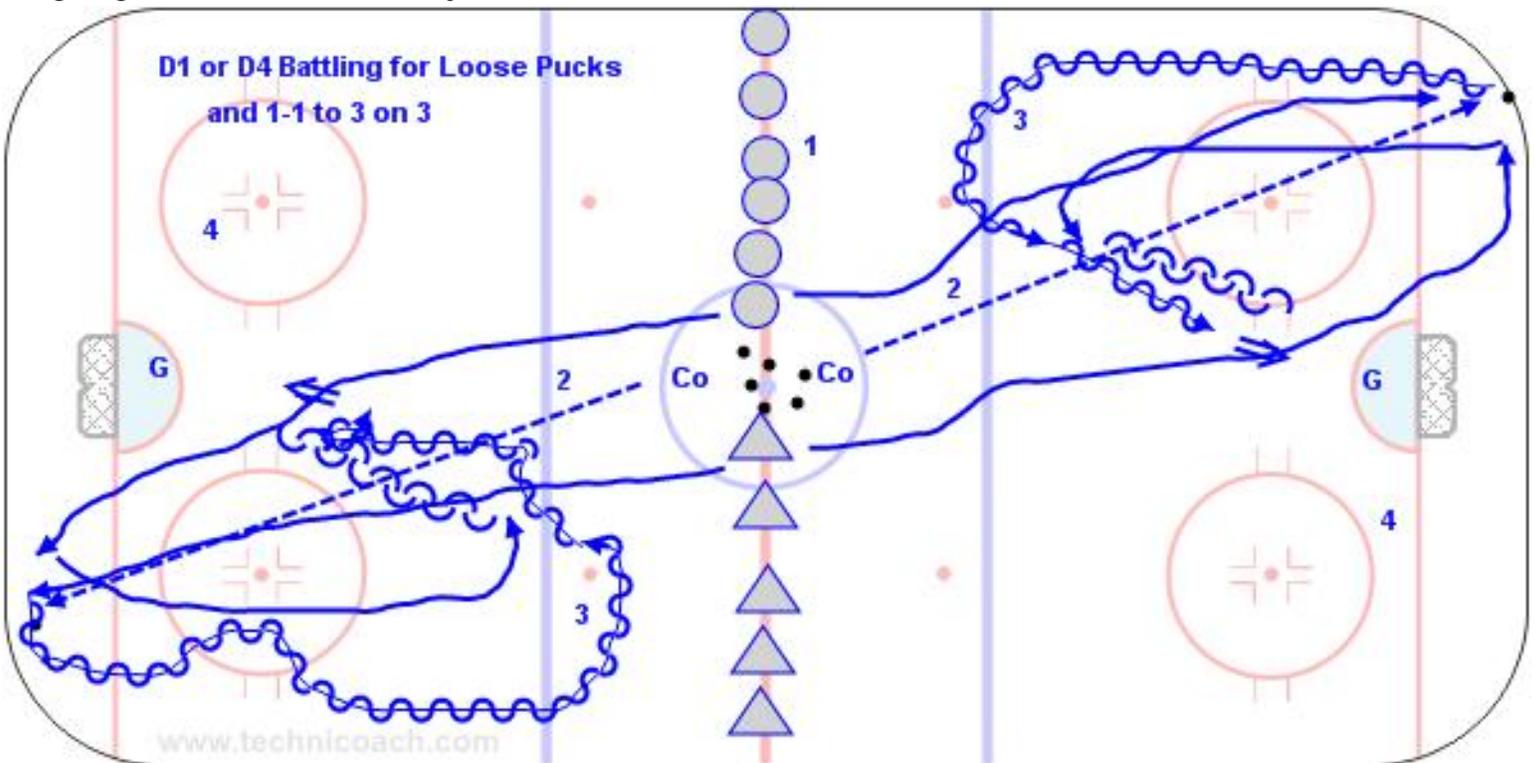
Co

4. On the whistle the attacker tries to score.
5. Defender stays Dside with stick on the puck and body on body, eyes on the chest.
5. On the whistle repeat from the other side and original players switch sides.

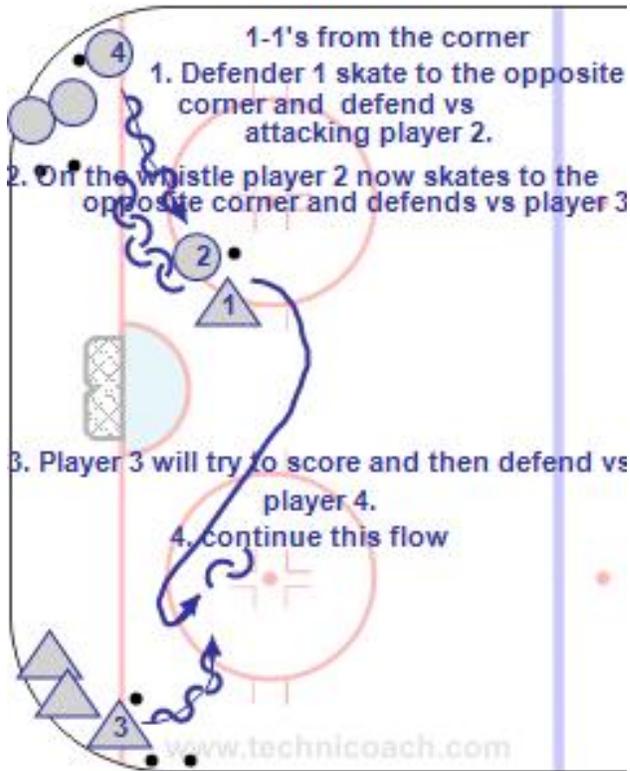
Angling Practice



Angling drill – can be done just at one end

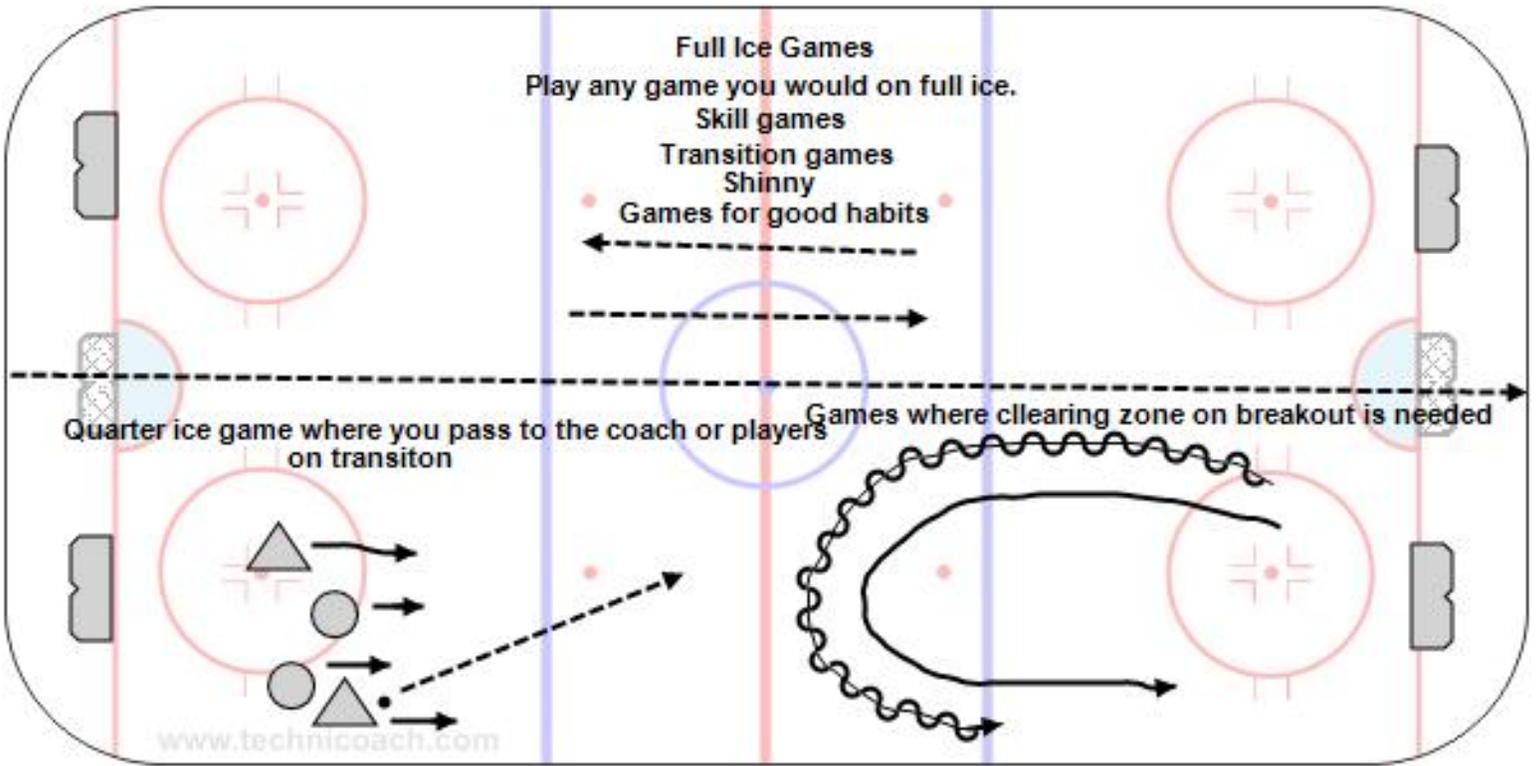


1 on 1 out of the corner



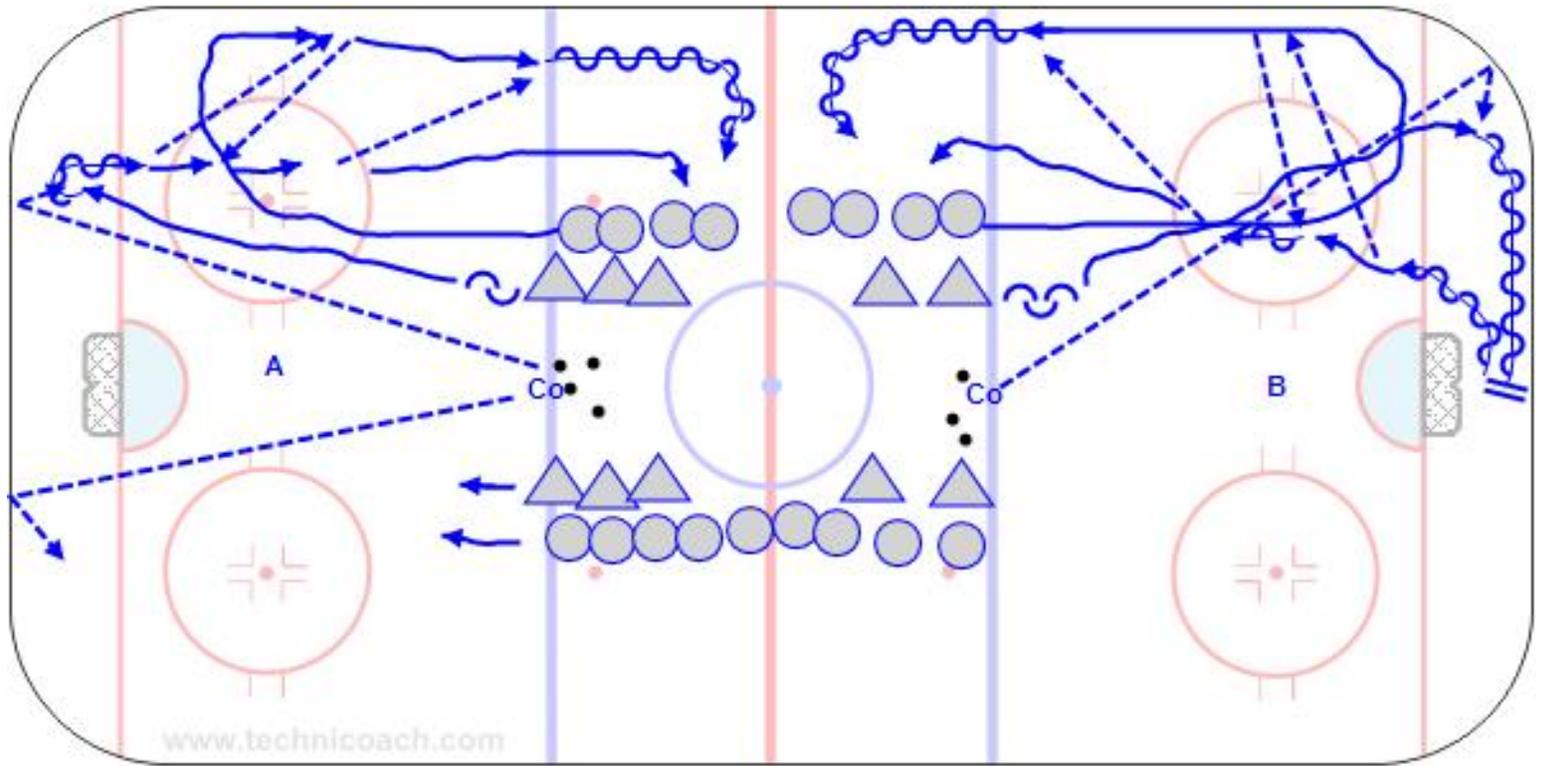
Team Offense:

Divide the ice down the centre instead of across. Allows for faster skating and 3 zones.



Murdoch breakout routine

Half Ice Practice:

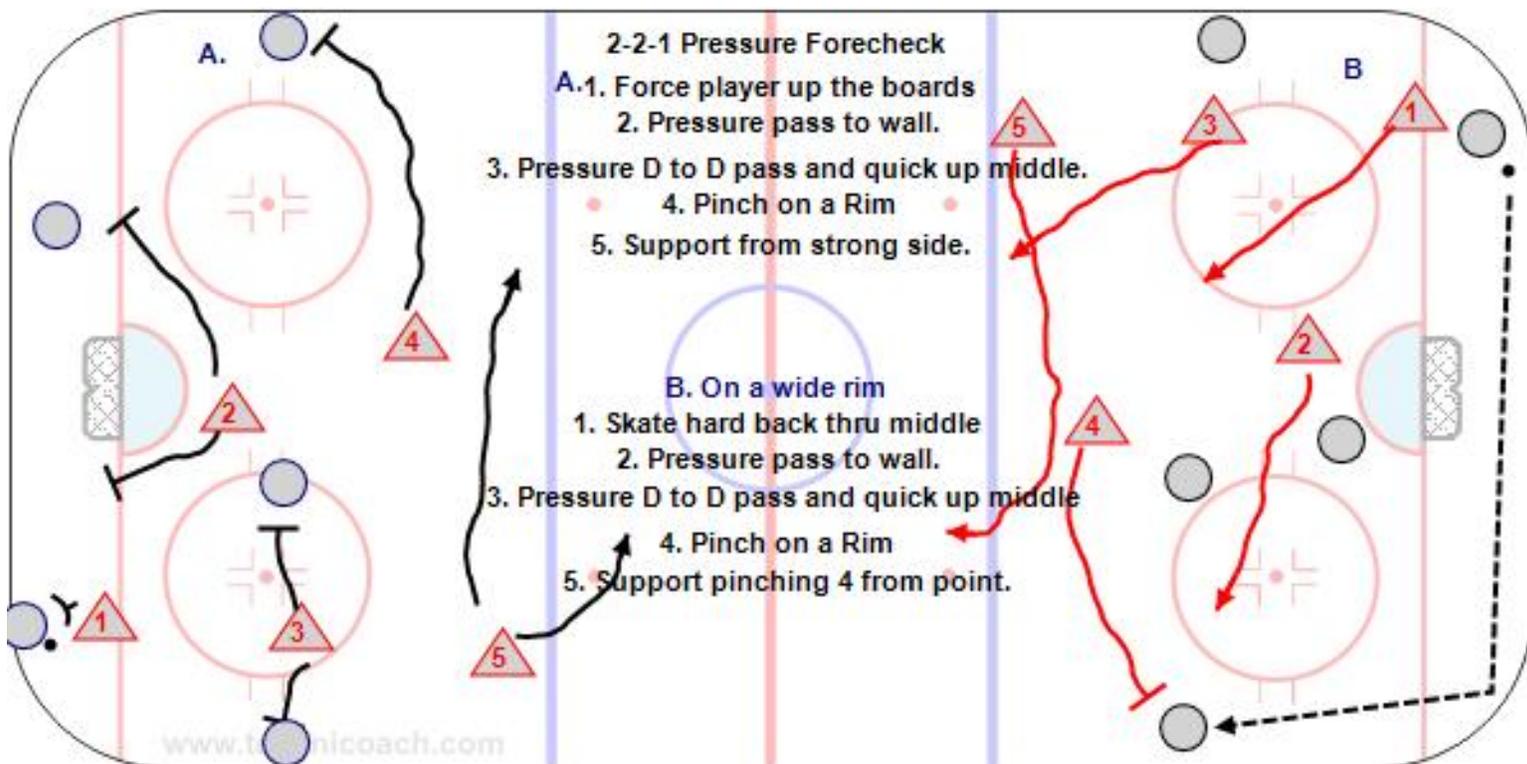


Cycling Practice



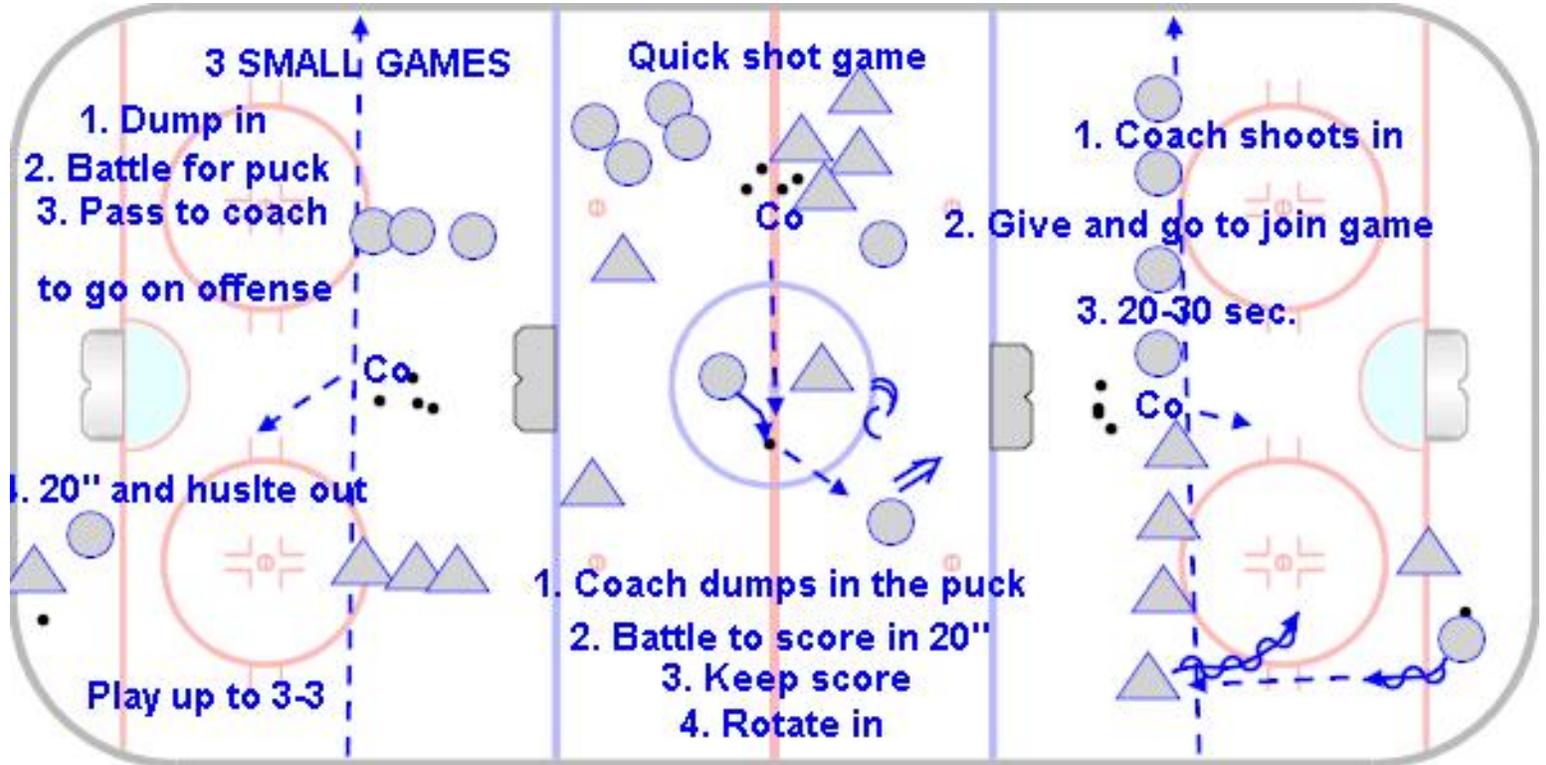


Pressure Forecheck practice.



Games to Practice Skills

3 Small area games



Angling Game

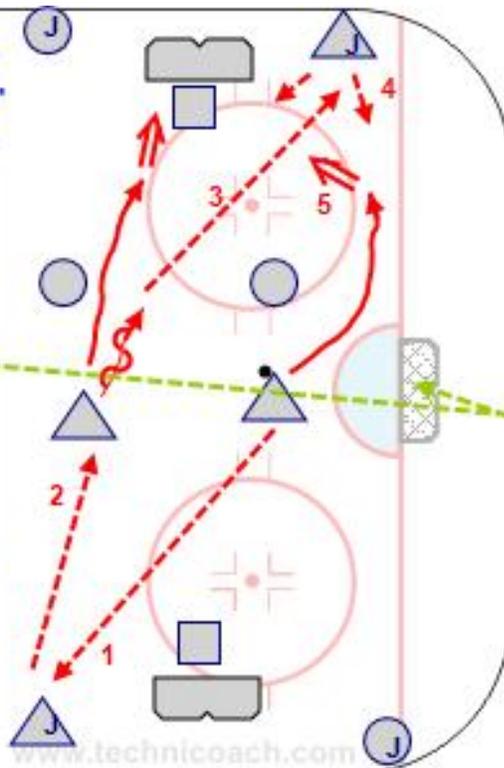
D2 With Jokers at Both Ends.

A. Coach dumps in puck. Play 20-30"

Each team has a Joker at each end.

1. On possession regroup.
2. Make breakout pass.
3. Pass to low offensive joker.
4. Get open for a pass.
5. Try to score.

On each turnover you must regroup.



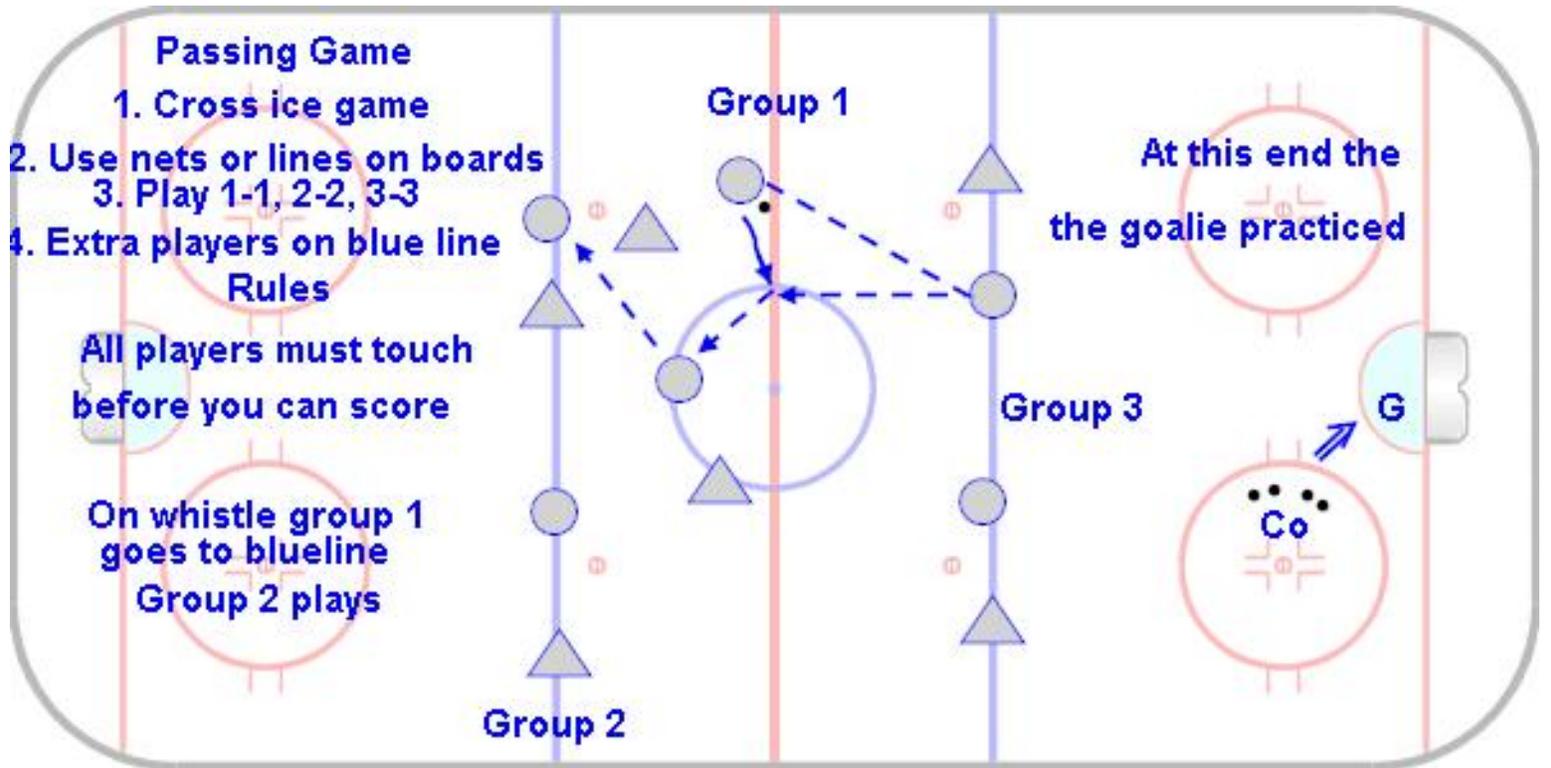
Keepaway



combative drills for checking

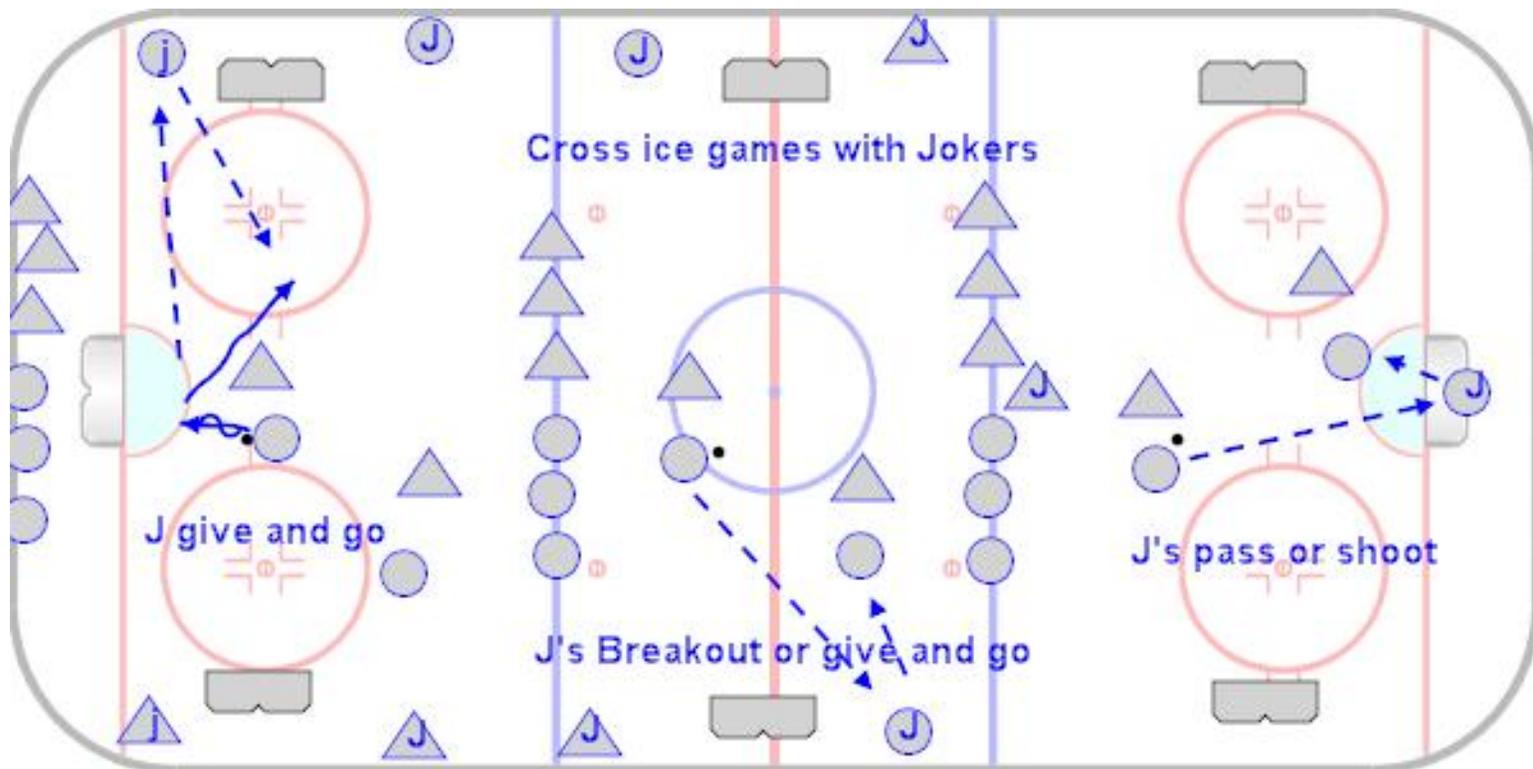


Passing Game



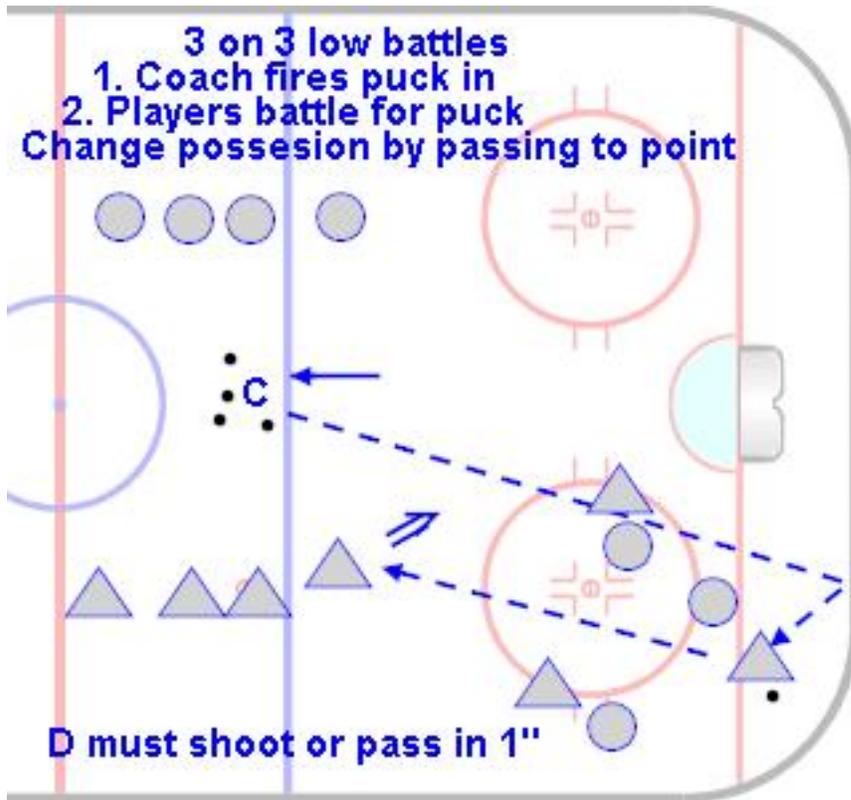
Cross Ice Games

With Jokers



Nets back to back one goalie

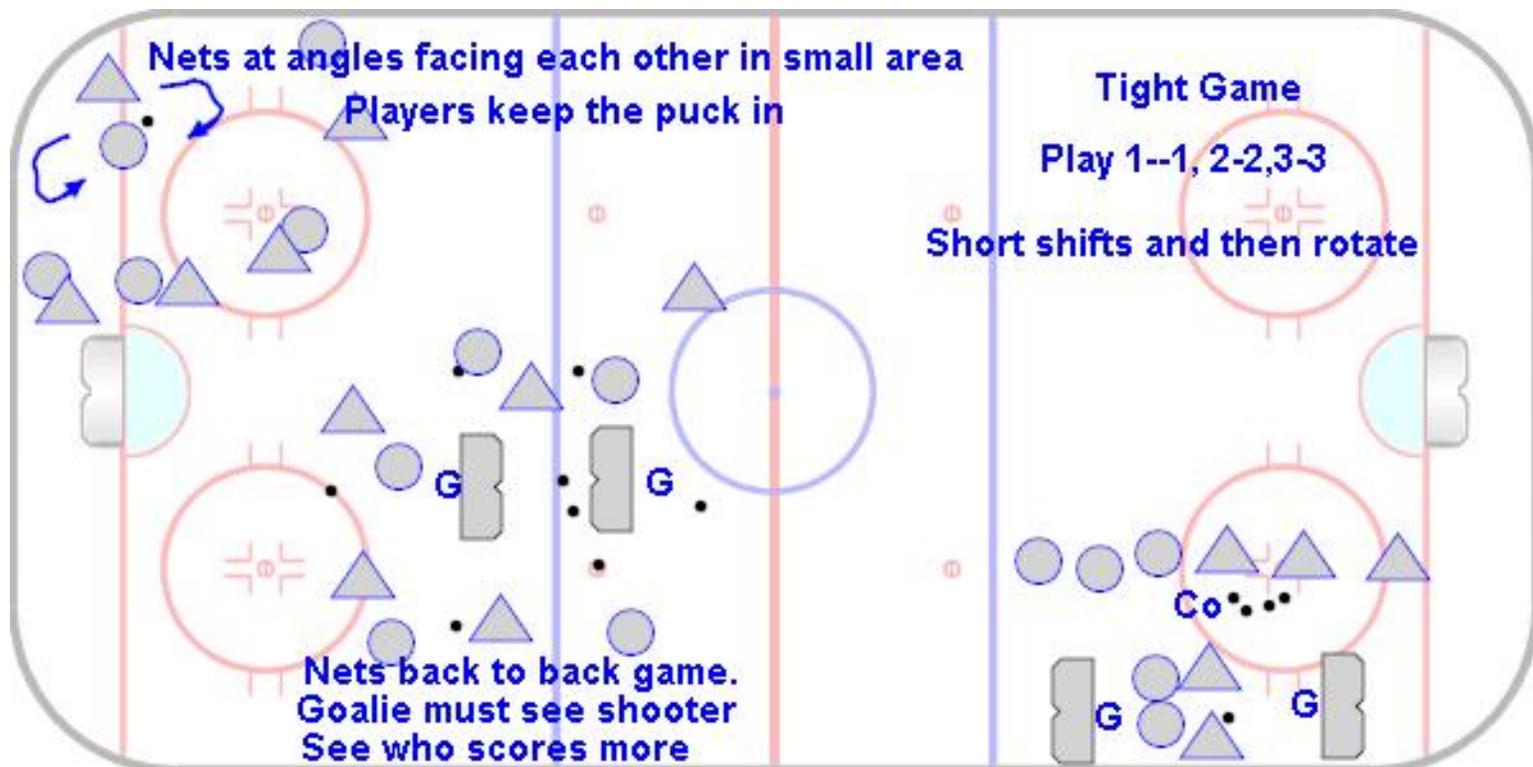




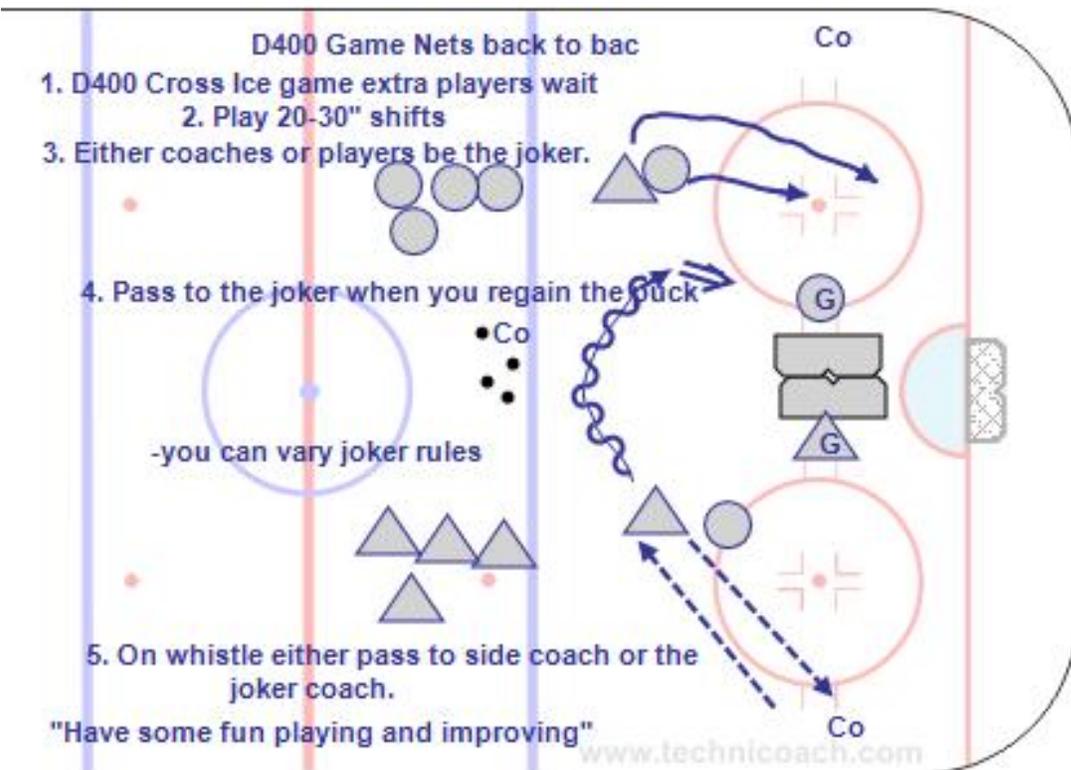
The Box



Tight Area Games

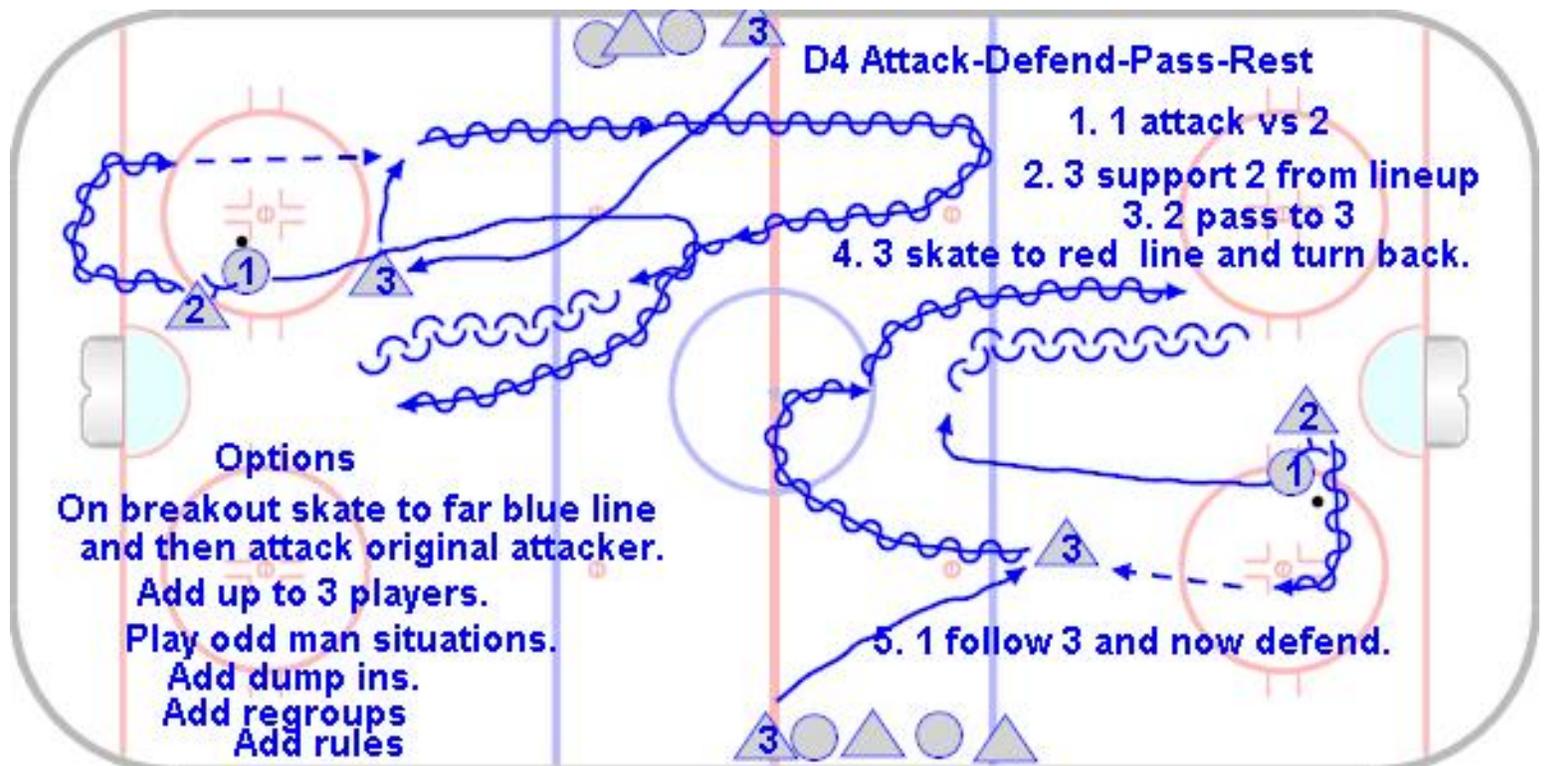


Nets back to back

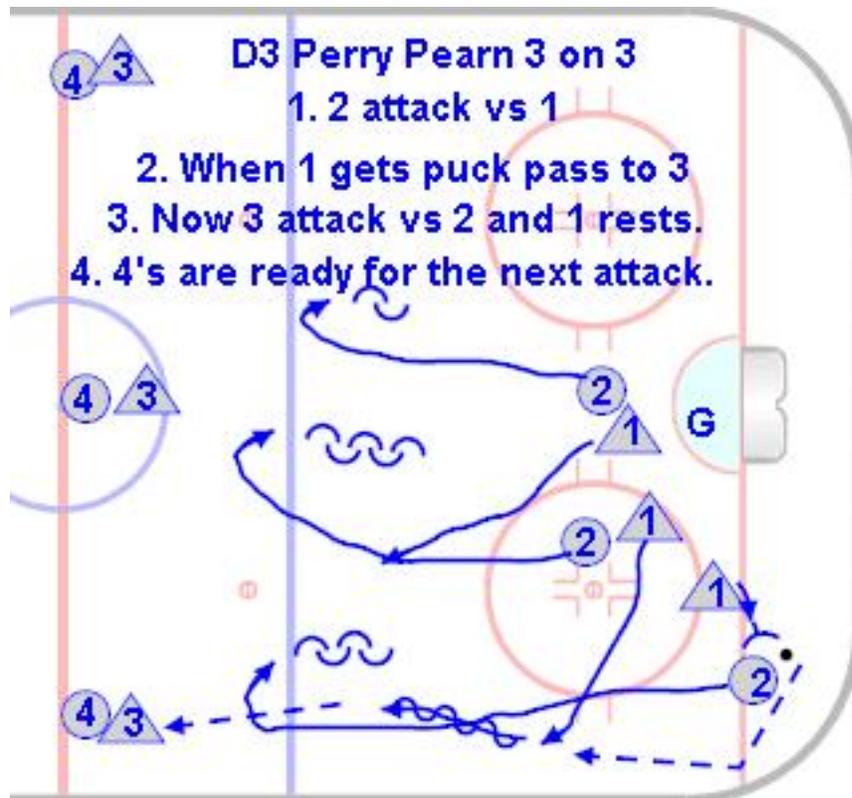


One Puck Transition Games

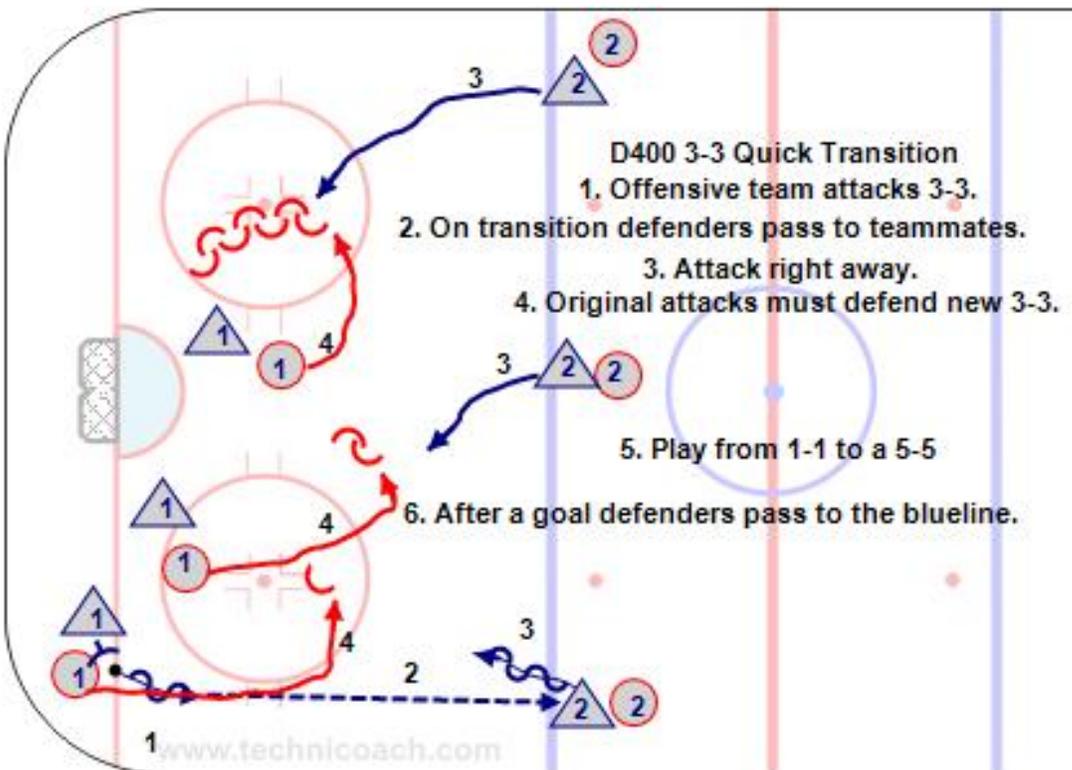
Attack-Defend-Breakout-Rest



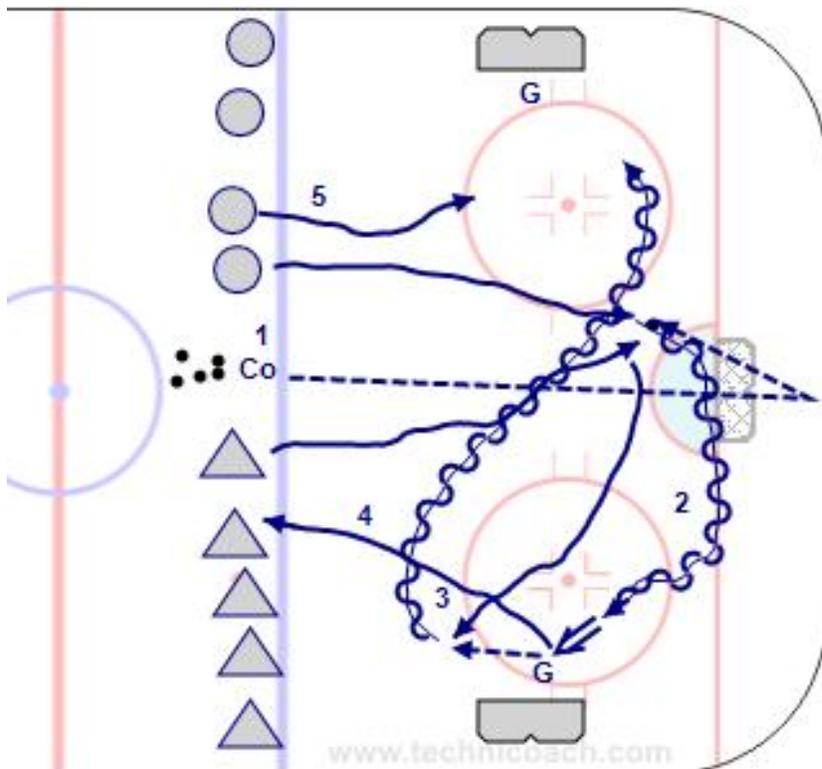
Perry Pearn



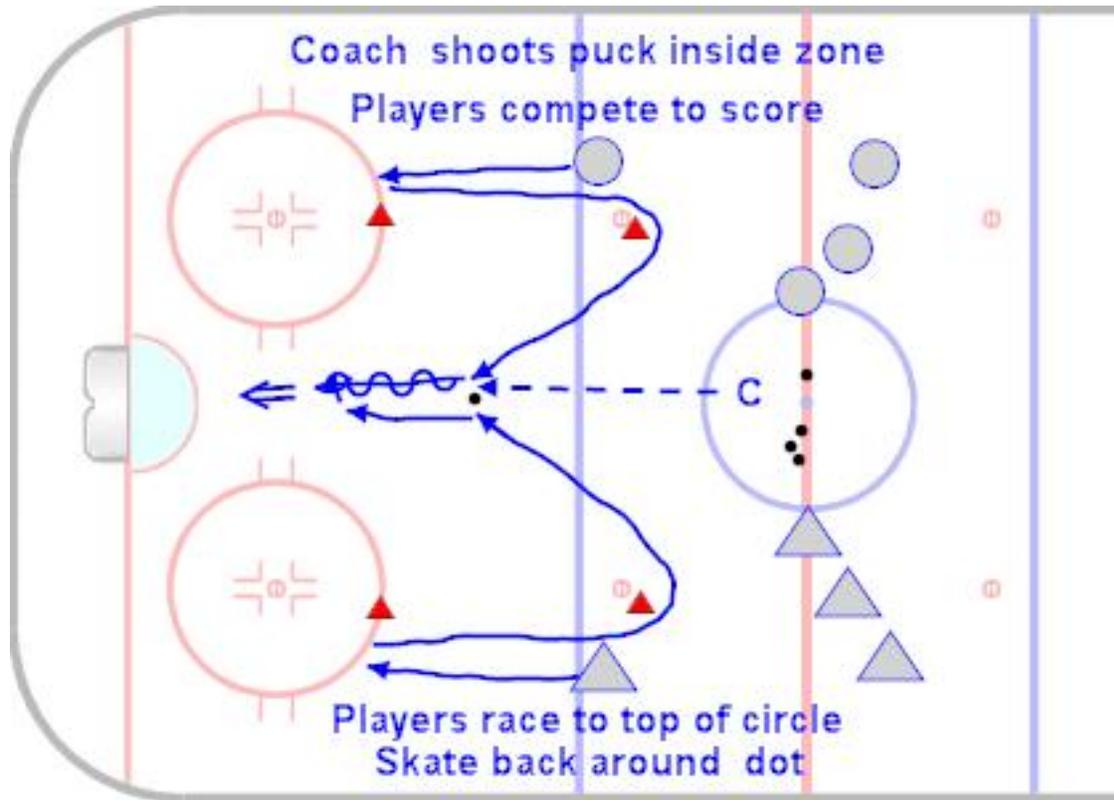
Game of quick transition



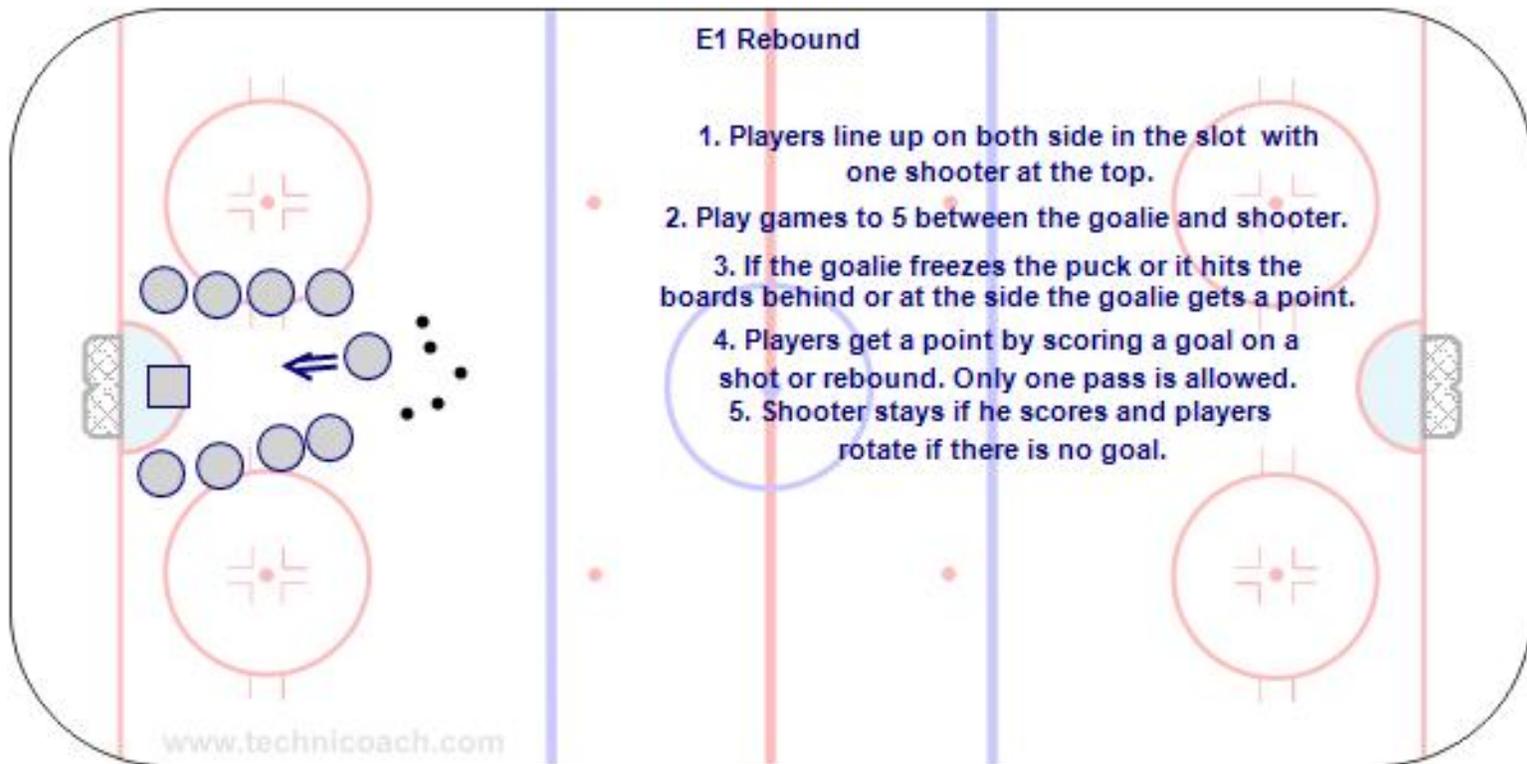
Shootouts



Shootout Race



Rebound



E1 Rebound

1. Players line up on both side in the slot with one shooter at the top.
2. Play games to 5 between the goalie and shooter.
3. If the goalie freezes the puck or it hits the boards behind or at the side the goalie gets a point.
4. Players get a point by scoring a goal on a shot or rebound. Only one pass is allowed.
5. Shooter stays if he scores and players rotate if there is no goal.

www.technicoach.com