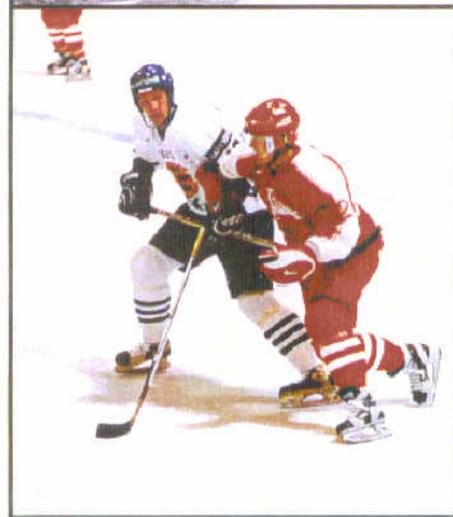




**Juhani  
Wahlsten**

**Tom  
Molloy**



# Das **ABC** des internationalen Eishockey



## B2 1-0 Pivot Circle - Shoot - Kazakstan W

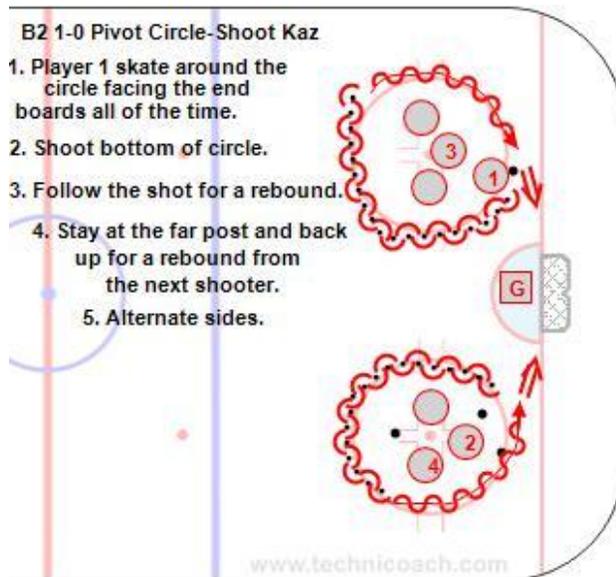
### **Key Points:**

Face the inside while skating around the circle. Keep two hands on the stick. Shoot and follow the shot. Back up at stay at the far post for a rebound.

### **Description:**

1. Player 1 skate around the circle facing the end boards all of the time.
2. Shoot bottom of circle.
3. Follow the shot for a rebound.
4. Stay at the far post and back up for a rebound from the next shooter.
5. Alternate sides.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120903095712464>



## B2 - Defense Individual Skill and Partner Drills – Pro

### **Key Points:**

Defense do a series of drills to practice shooting, passing, hinge, breakout options.

### **Description:**

1. Point shots while moving.
2. Keep the puck in then shoot or pass.
3. Skate to the big ice and pass.
4. Set up shots from the mid point.
5. One D breakout options.
6. D partners hinge and double hinge.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080720200747488>



## B2 Alternate Point Shots-HC Dukla Jihlava

### **Key Points:**

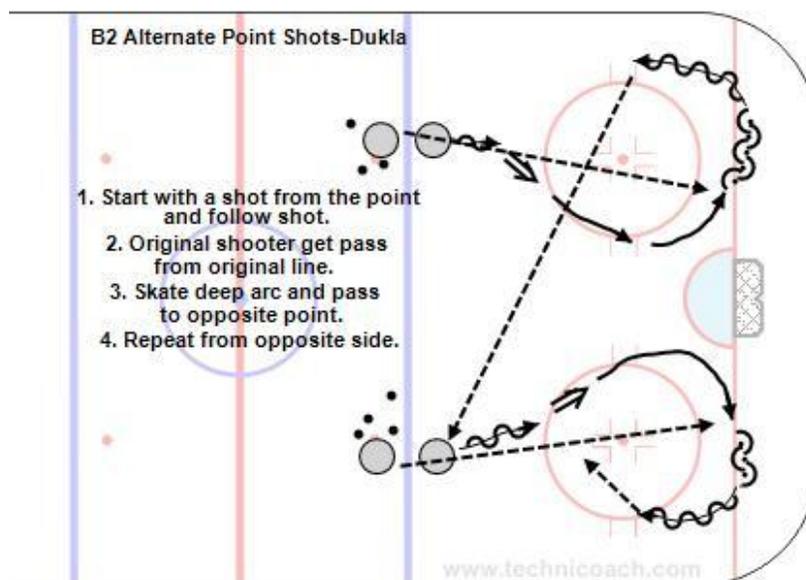
Move when you get the puck and shoot. Make hard passes.

Good goalie warm up.

### **Description:**

1. Start with a shot from the point and follow shot.
2. Original shooter get pass from original line.
3. Skate deep arc and pass to opposite point.
4. Repeat from opposite side.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100830105454967>



## B2 Cross and Drop Shooting-Washington

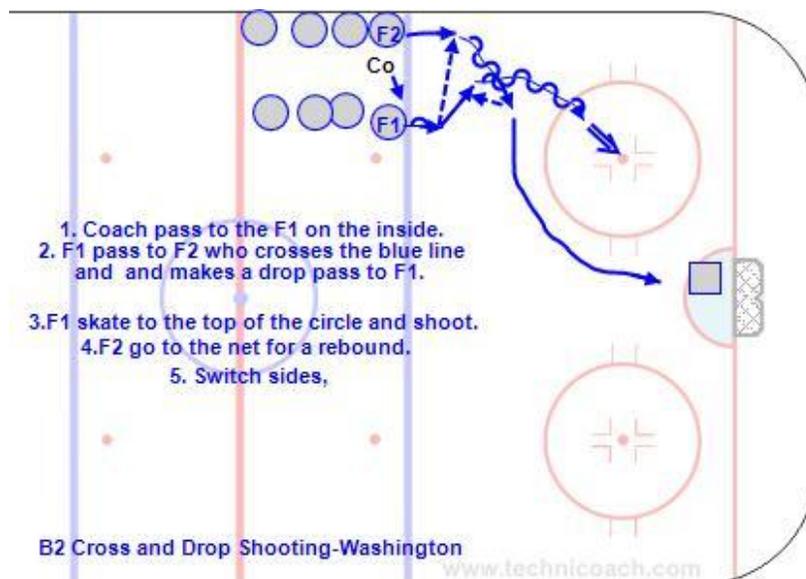
### **Key Points:**

Quick feet. Make the cross and drop then head to the net for a rebound. Shooter must hit the net. If no shot go five hole or shoot low to the far side to produce a rebound.

Description:

1. Coach pass to the F1 on the inside.
2. F1 pass to F2 who crosses the blue line and makes a drop pass to F1.
3. F1 skate to the top of the circle and shoot.
4. F2 go to the net for a rebound.
5. Change sides.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101125101220861>



## B2 One Timers-Pro and International

### **Key Points:**

Have the stick back early ready to shoot. Keep the stick in contact with the ice and in line with the target for as long as possible. This is a drill done all over the world. One timers are the key to a good power play and scoring on the rush.

### **Description:**

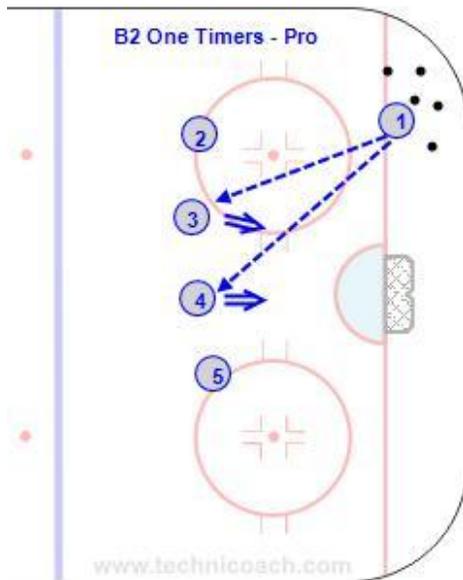
1. Player 1 pass to any of players 2-5.
2. Shooters try to one time the shot.
3. Shooter must adjust their position to get square to the puck.
4. Pass with different speeds and also make imperfect passes to force the shooter to adjust.

HIT THE NET

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121109161357768>

International Pro

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090812164223864>



## B2 Pass x 3 Shoot U22 and U18F

### Key Points:

One touch the passes and face the puck all of the time. Follow the shot for a rebound and give a target.

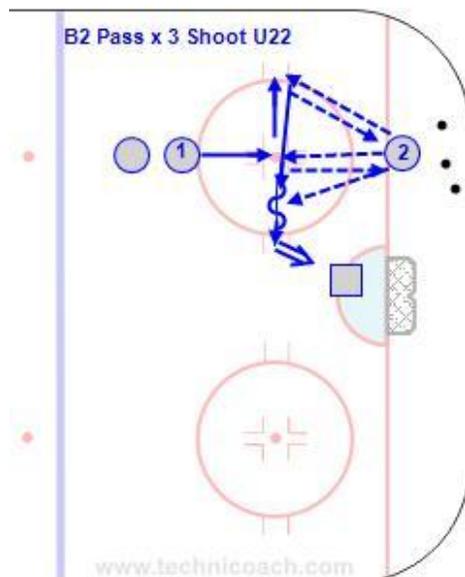
Description:

1. Two leave from the top of the circle.
2. Exchange puck with 2 at the dot.
3. Face the puck and exchange a second time skating to the outside of the circle.
4. Skate to the inside facing the puck and get a third pass from two and shoot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130115094626269>

Repeat the same sequence on the other side.

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## B2 Point Shots - Canada U20

### Key Points:

Pointman should skate along the line and shoot instead of forward towards the defender. Get inside the dots and shoot. Move laterally in order to miss the shot blocker. Shoot off the ice over sticks low enough to hit the goalies pads and produce rebounds or create deflections. Use snap shots and one timers to get the shot off quickly.

### Description:

1. Coach pass to 1 at the point who skates along the blue line inside the dot and shoot.
2. Coach pass to 1 at the point who passes to 2 at the far point and 2 shoots.
3. Coach pass to 1 at the point and 1 pass across to 2 at the far point who skates wide passes back to 1 who skates to the mid-point and shoots.

\*The coach alternates passes from easy to ones that are difficult to control.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=94>



## B2 Point Shots B600 Give-Go-Shoot\_Russian U20

### **Key Points:**

Quick feet and shoot while moving. On the one timer follow through with the stick and front knee pointing to the target.

### **Description:**

B2 Defense Point Shots

1. D1 get puck from along boards, skate inside the dots and shoot.
2. D1 get another puck then pass to D2 for one timer.
3. D2 repeat passing to D3.

B600 Forwards Give-Go-Shoot

1. F1 skate and pass across to F2.
2. F2 pass back to F1 who shoots while skating.
3. F2 repeats from the other side give and go with F3.

\*Screening and timing for rebounds can be added.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=78>



## B2 Shooting Defense Rotate High-RB

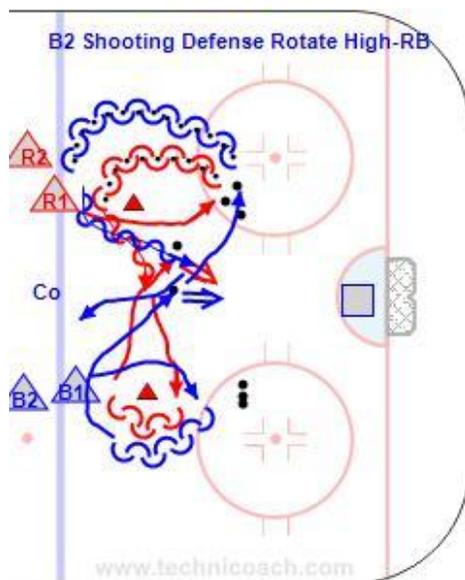
### **Key Points:**

Face up ice all of the time. Cross and leave. Hit the net. Quick feet.

### **Description:**

1. D are lined up near the blue line with pylons and pucks on each side.
2. R1 skate forward for a puck and then around the pylon.
3. B1 skate around the pylon and behind R1.
4. R1 drop the puck to B1 who Shoots.
5. B1 gets a new puck and skates around the pylon while R1 skate around opposite pylon.
6. B1 drop to R1 who shoots.
7. R2 and B2 repeat on the side with B2 starting.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090812164224924>



## B2 Transition Skate Shooting

### **Key Points:**

Keep 2 hands on the stick and keep the feet moving. Hit the net.

### **Description:**

#### B2 Transition Skate Shooting

1. Lineup on blue lines.
2. Skate to top of circle, back to blue, top of circle and shoot.
3. Next player leave when the first is going backward.
4. Each player have 3 or 4 pucks and keep shooting until they are all gone.

(got this drill coaching with Tim Bothwell at the U of Calgary)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=2012041815512444>



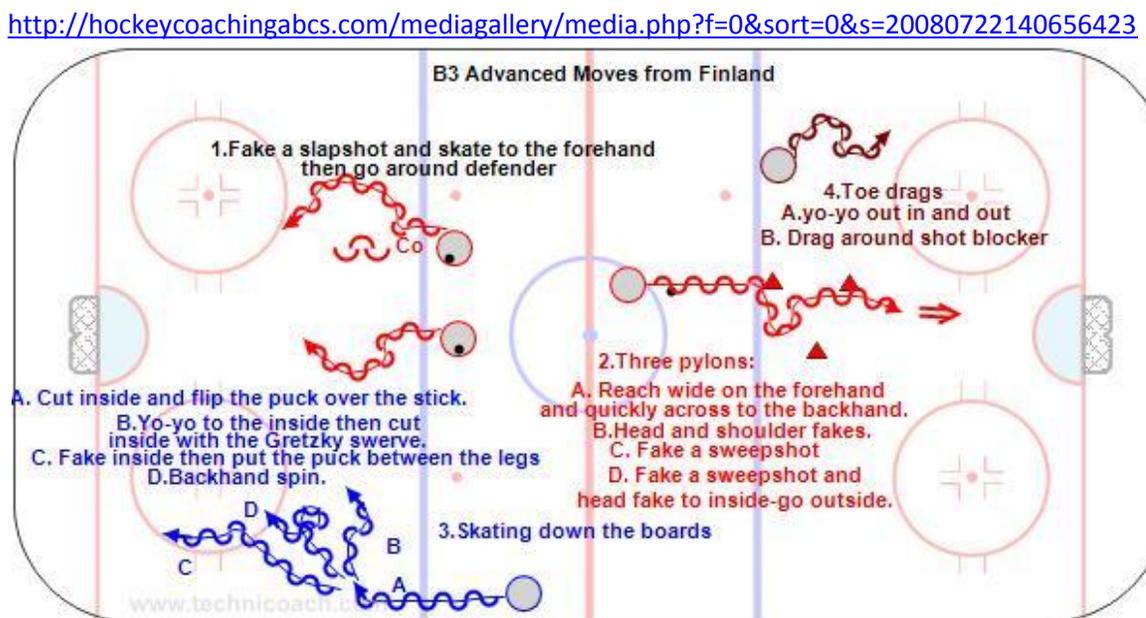
## B3 Advanced Moves from Finland

### Key Points:

The idea of making moves is to force the defender to straighten his knees or lean one way while you go where he just came from. It is important to accelerate past the opponent so he can't recover.

### Description:

1. Fake a slapshot and skate to the forehand side then go around defender on the forehand side.
2. Three pylons:
  - A. Reach wide on the forehand and quickly across to the backhand.
  - B. Head and shoulder fakes.
  - C. Fake a sweepshot.
  - D. Fake a sweepshot and head fake to inside-go outside.
3. Skating down the boards:
  - A. Cut inside and flip the puck over the stick.
  - B. Yo-yo to the inside then cut inside with the Gretzky swerve.
  - C. Fake inside then put the puck between the legs and go outside.
  - D. Fake inside then a hard backhand spin and go outside.
4. Toe drag sequence:
  - A. yo-yo out in and out.
  - B. Yo-yo out- in and around the shot blocker.



## B3 Partner Pass

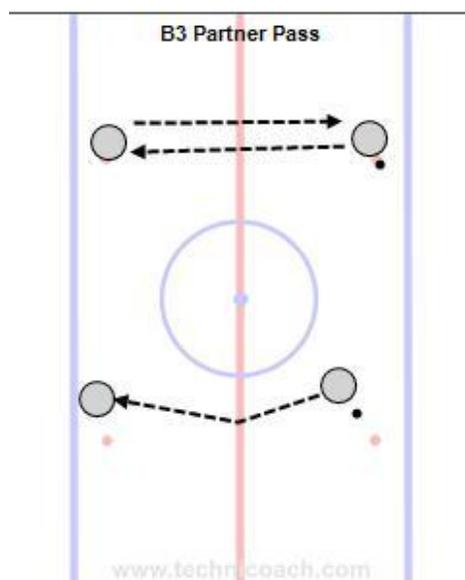
### **Key Points:**

Keep the hands away from the body and follow through at the target. On saucer passes the puck rolls from the heel to the middle of the stick. Receive with the stick square to the puck and hands away from the body.

### **Description:**

1. Partners pass to each other.
2. Focus on the four phases of projection.
  - a. wind-up - bring the puck back.
  - b. force production - move it forward with the stick blade rotating heel to middle.
  - c. crucial instant - release with a snap of the wrist.
  - d. follow through - the stick blade follows the direction of the puck. Receive with stick square
3. When practicing the saucer pass have a target for it to land on. In the diagram try to drop the puck onto the red line.
4. Progress to passing while skating.

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## B3 Partner Passing

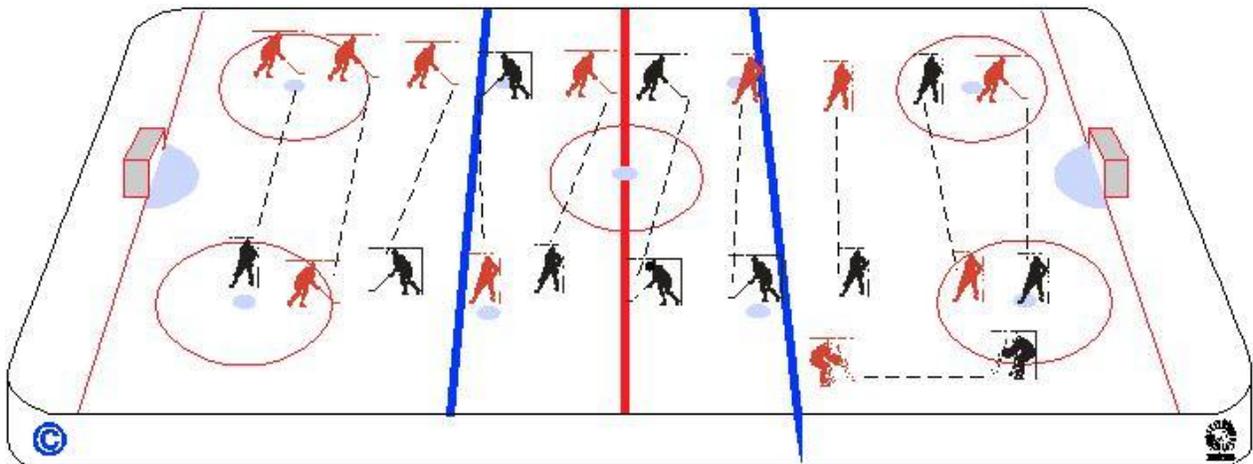
### ***Key Points:***

Partner pass starting standing and then skating back and forth. Wrist passes, snap passes, saucer. Go from forehand to backhand and backhand to forehand. Add tight turns. Players could also pass two pucks at once.

### ***Description:***

Players face each other in two lines skating cross ice.

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## B3 Passing and Partner Practice

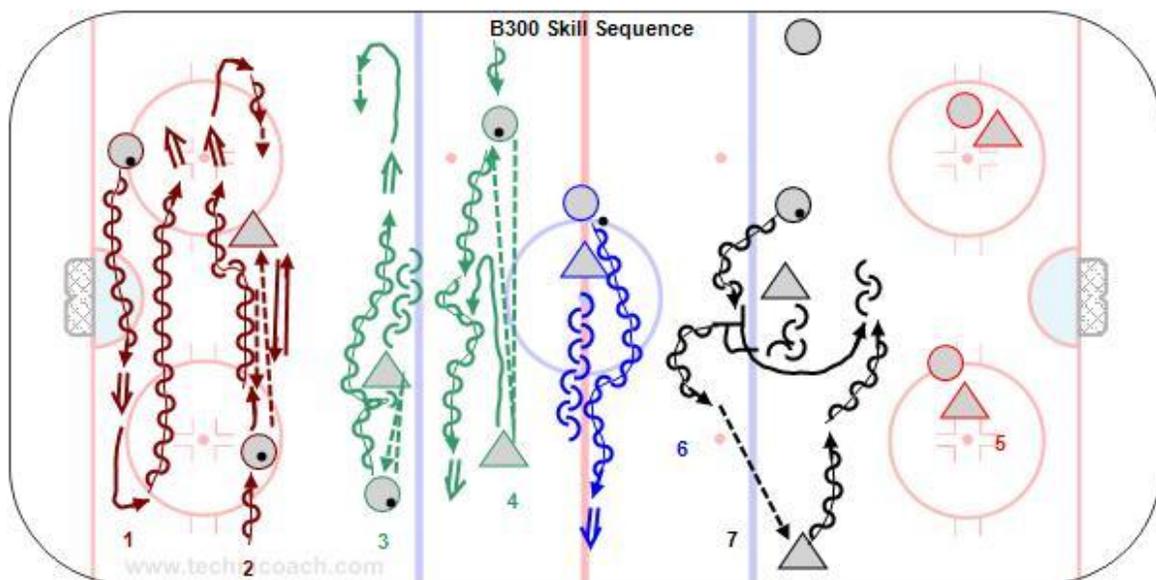
### **Key Points:**

This is a great formation for partners to work together on passing or puck handling. You can even progress to one net or cross ice games and include more players. Practice shooting quickly, Use many moves vs. a passive opponent and increase the movement progressing to cross ice games.

### **Description:**

1. Partner pass stationary and then skating. Incorporate going around each other as well.
2. Skate across ice and shoot at boards.
3. Skate-give and go-deke-shoot quickly.
4. Skate-give and go-deke moving D-Shoot.
5. Give-go, defender close gap-deke-shoot.
6. Partner keep-away.
7. 1 on 1 game-use line on boards or nets.
8. 1 on 1 game. Pass to waiting partner on whistle, goal or when defender regains puck.
9. Cross ice game and use small nets or the line on the boards as the goal. Play tournaments.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120430092803104>

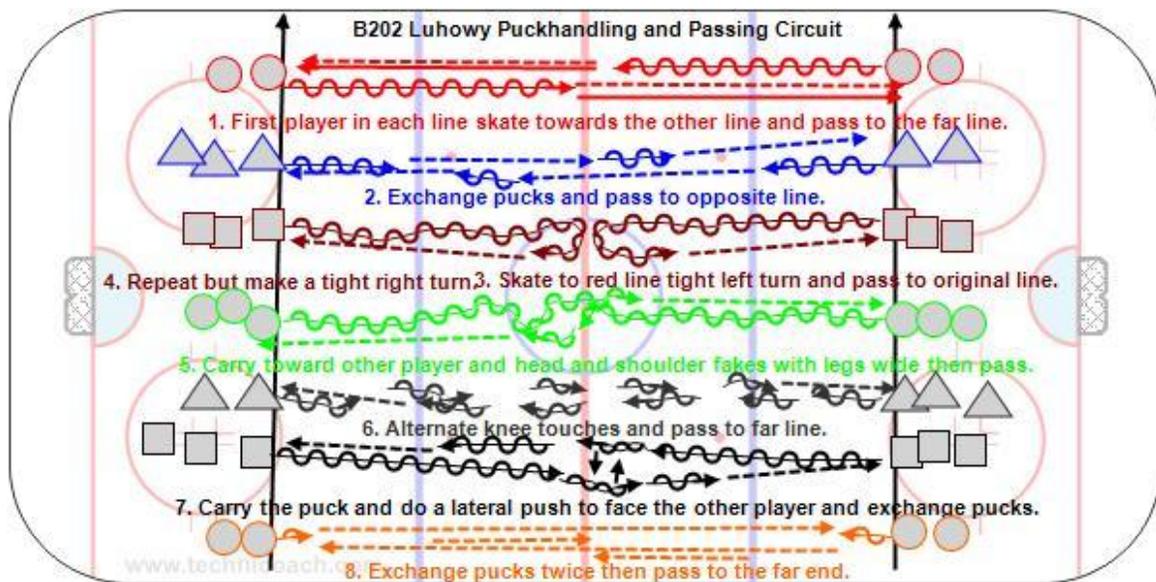


This an example of using cross ice stations that I did at a camp in Jihlava, Czech Republic.



<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20100830110013788>

Here is another example of how to get a lot of skill reps with minimal standing in line. You can move the groups across from each other instead of lengthwise.



<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2008072023504376>

The point is to create situations where players do many skill reps an minimal waiting.

***More examples of using the ice efficiently.***

**D2 Cross Ice Game Using Blue Stripes for Nets**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20120417102111470>

**D2 Cross Ice Games**

[http://hockeycoachingabcs.com/mediagall ... 2104424493](http://hockeycoachingabcs.com/mediagall...2104424493)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20100414094539964>

**D5 Tournament-3 Games-Different Pucks**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20110627090918840>

## B3 Puck Handling Moves All Around the Body

### **Key Points:**

Make big moves, use fakes, keep your hands away from your body. The top hand does the finer moves and bottom hand slides up and down the stick in unison. Use all of the stick blade backhand and forehand. Hold the stick with the fingers and the little finger of the top hand makes small adjustments. Players mirror the moves the coach makes.

### **Description:**

1. Yo-yo puck on the forehand and stick toe.
2. Toe drag puck across on the forehand.
3. Forehand toe drag + pull in, shift weight.
4. Circle in and out on the forehand.
5. Stick to skate and back all around body.
6. Back toe drag yo-yo then across body.
7. Circle the body with the puck and the stick.
8. Repeat all the moves skating around the zone and add escape moves like a tight turn and skating backward with the puck.
9. Players go full speed in chaos for 5".

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2008072219081732>

**B3 Puck Handling Moves**  
Players mirror the coach.

1. Yo-yo puck on the forehand and stick toe.
2. Toe drag puck across on the forehand.
3. Forehand toe drag + pull in, shift weight.
4. Circle in and out on the forehand.
5. Stick to skate and back all around body.
6. Back toe drag yo-yo then across body.
7. Circle the body with the puck and the stick.
8. Repeat all the moves skating around the zone and add escape moves like a tight turn and skating backward with the puck.
9. Players go full speed in chaos for 5".

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## B3 Three Lane Shots - Swiss U20

### **Key Points:**

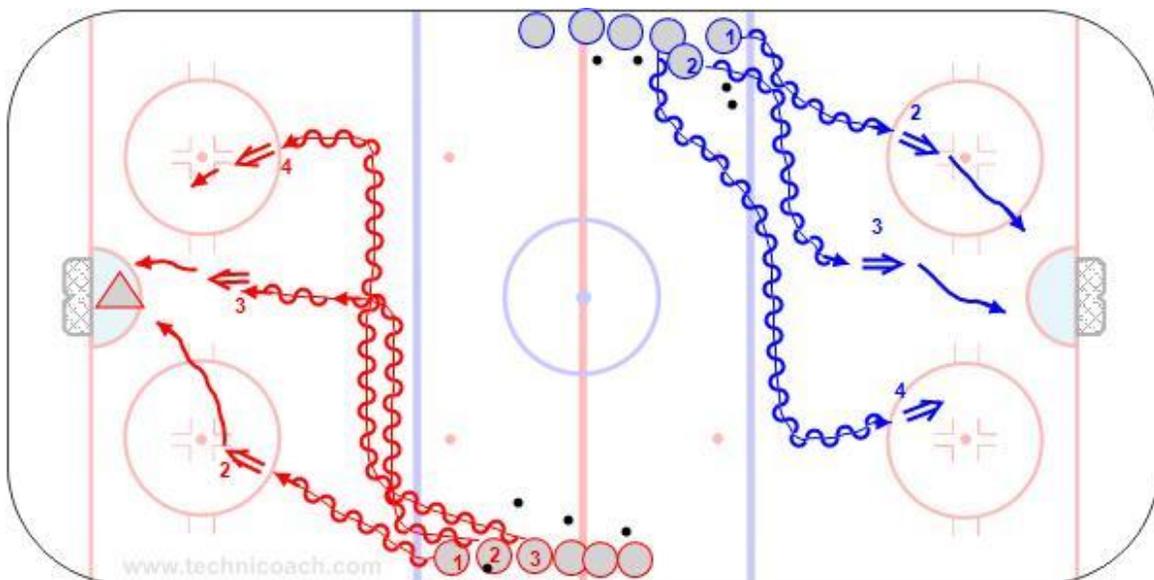
This is a goalie warm up used at the start of practice. Hit the net. Shoot while skating. Follow the shot.

### **Description:**

1. Players line up behind the blue line on diagonal sides of the ice.
2. Player 1 skate straight and shoot.
3. Player 2 skate to the middle lane and shoot.
4. Player 3 skate to the far lane and shoot.

Shoot from the high slot area, follow the shot and screen for the next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120106120906429>



## B4 1-0, 2-0 Regroup x 2

### **Key Points:**

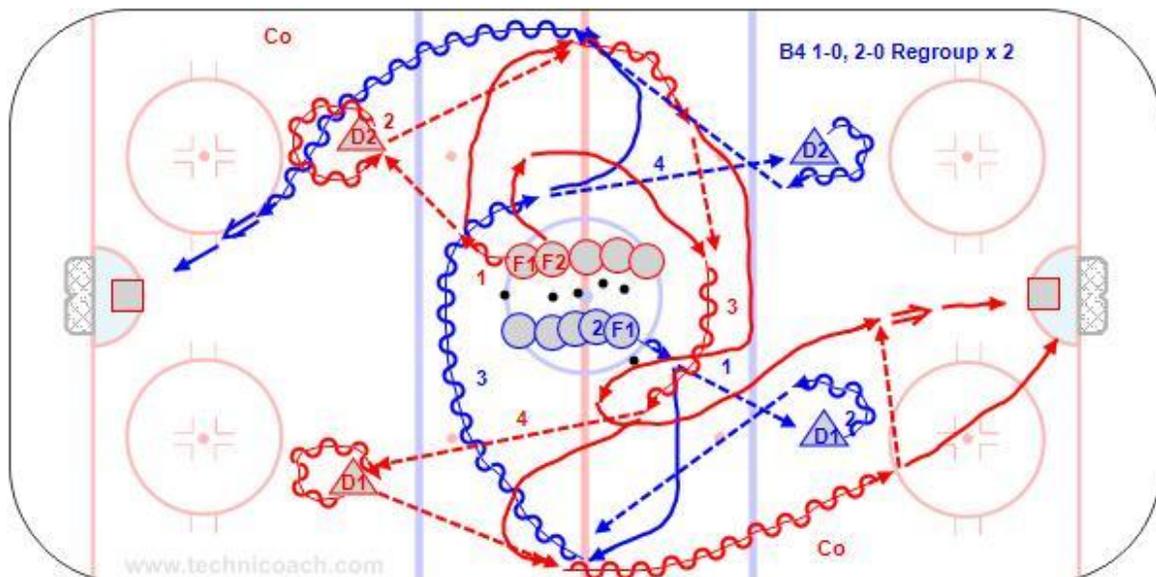
Face the puck, give a target, timing so you don't have to stop. Always follow the shot for a rebound. Shoot to score.

### **Description:**

1. F1 pass to D1 and give wall support.
2. D1 pivot to the inside and pass to F1 or F2.
3. F1 or F1-F2 skate to the other side.
4. F1 or F2 regroup pass to D2 and support on wall and middle on 2-0.
5. D2 pivot and pass to F1 or F2.
6. F1 or F1-F2 attack and shoot.
7. Follow the shot for a rebound.

Options: - screen or rebound for the next shooter. - challenge next attackers and defend 1-1, 2-1 or 2-2.  
- attack vs opposite coloured D and D rotate in to fill for defending D.

[mediagallery/media.php?f=0&sort=0&s=20110811072034882](http://mediagallery/media.php?f=0&sort=0&s=20110811072034882)



## B4 Regroup and 1-0, 2-0 x 2

### Key Points:

Call for a pass. D should always move before passing. On the 2-0 make a max of only one pass inside the blue line.

### Description:

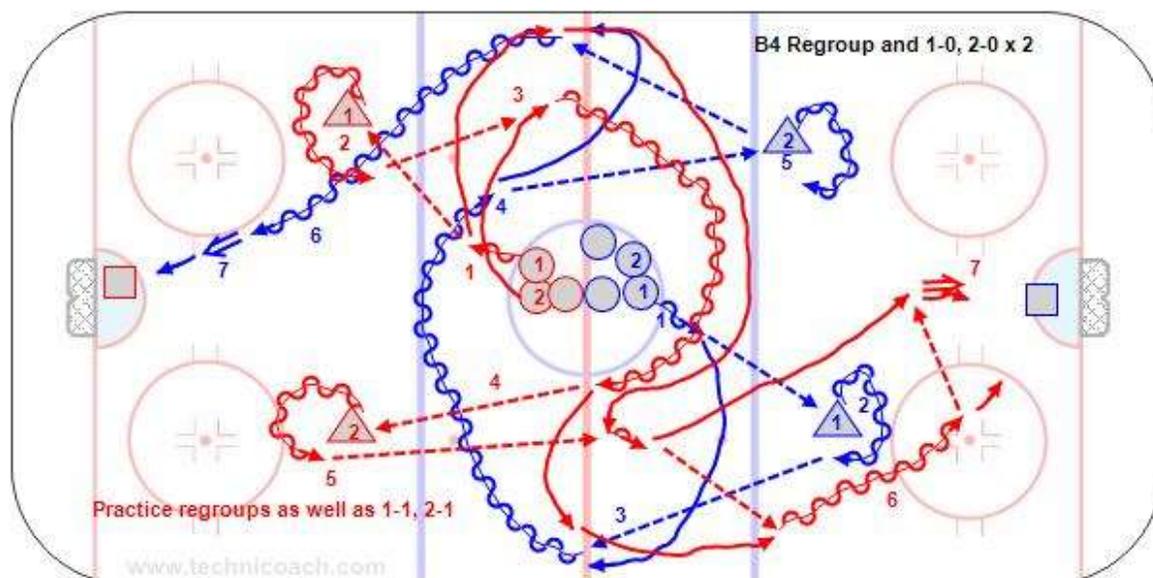
1. F1 pass to D1.
2. D1 pivot and F1 face the puck.
3. D1 pass to F1.
4. F1 skate and pass to D2 on the other side.
5. D2 pivot and pass to F1 who faces the puck.
6. F1 attack at full speed.
7. F1 shoot and rebound.

*Alternate sides by making the first pass to D2*

*\* Add F2 when there are 2 forwards.*

*\* Create 1-1 and 2-1's if you have 8 D by having F1 attack D1 after the second pass and a new D replace D1.*

<http://www.hockeycoachingabcs.com/mediagallery/album.php?aid=26&page=1>



## B4 Rejo Pass and Replace

### **Key Points:**

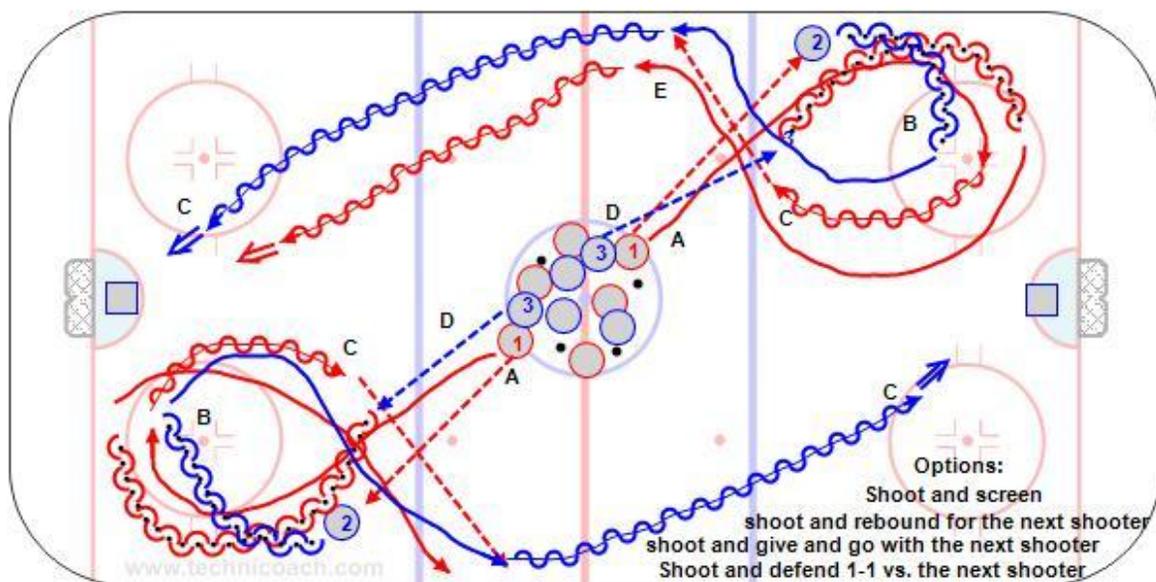
Face the puck at all times. Use pivots and turns. Give a target and call for the pass.

### **Description:**

- A. 1 pass to 2 and follow the pass.
- B. 2 pivot in a circle and leave the puck for 1.
- C. 1 pass to 2 in the neutral zone and 2 attack the far end and shoot.
- D. 3 pass to 1 and follow the pass.
- E. Repeat.

Options: Shoot and screen, shoot and give and go with the next shooter, shoot and rebound for the next shooter. Shoot and defend 1-1 vs. the next shooter.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090813080846936>



## B5-6 Pass x 3 Shoot-Rebound U17-U20

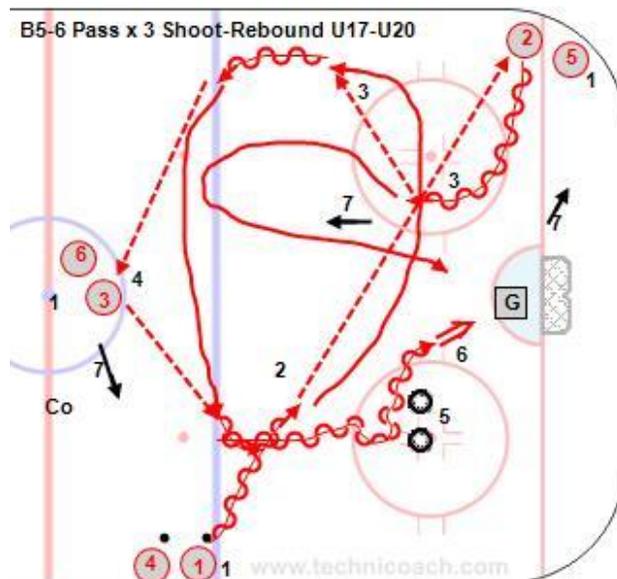
### Key Points:

Make hard passes, face the puck, sell the dekes at the tires, shoot and follow the shot.

### Description:

1. Players start at the blue line, pass to the far corner and to the player in the middle.
2. Player one pass to player two in the corner.
3. Player two skate between the dots and pass back to player one.
4. Player one exchange passes with player two always facing the puck.
5. Player one deke around the tires.
6. Player one shoot and follow the shot and player two skate in looking for a rebound.
7. Rotate one to the corner, two to the middle circle and three to the blue line and repeat.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013032310062819>



## B5-6, 1-1 x 2 From Blue Line and Corner - Svenska

### Key Points:

On offense protect the puck, shoot while skating and follow the shot for a rebound. On defense play from the net side with the stick on the puck. Stay with the attacker and control the stick after the shot and then look for the puck.

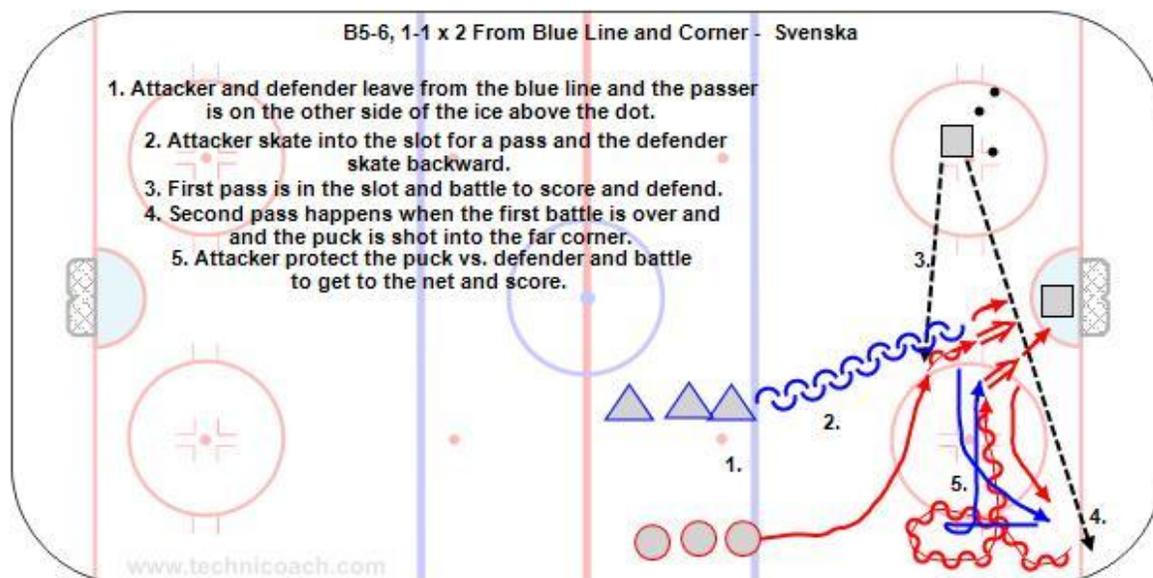
### Description:

1. Attacker and defender leave from the blue line and the passer is on the other side of the ice above the dot.
2. Attacker skate into the slot for a pass and the defender skate backward.
3. First pass is in the slot and battle to score and defend.
4. Second pass happens when the first battle is over and the puck is shot into the far corner.
5. Attacker protect the puck vs. defender and battle to get to the net and score.

<http://www.swehockey.se/Hockeyakademin/Utbildning/Video/Ovningsbanken/>

Swedish Hockey site Mot 1-1 situation one.

<https://skydrive.live.com/?cid=bd6fa116988317e9#cid=BD6FA116988317E9&id=BD6FA116988317E9%213076> Skydrive



## B5 1-0 Outside-Middle Shots- Czech U17

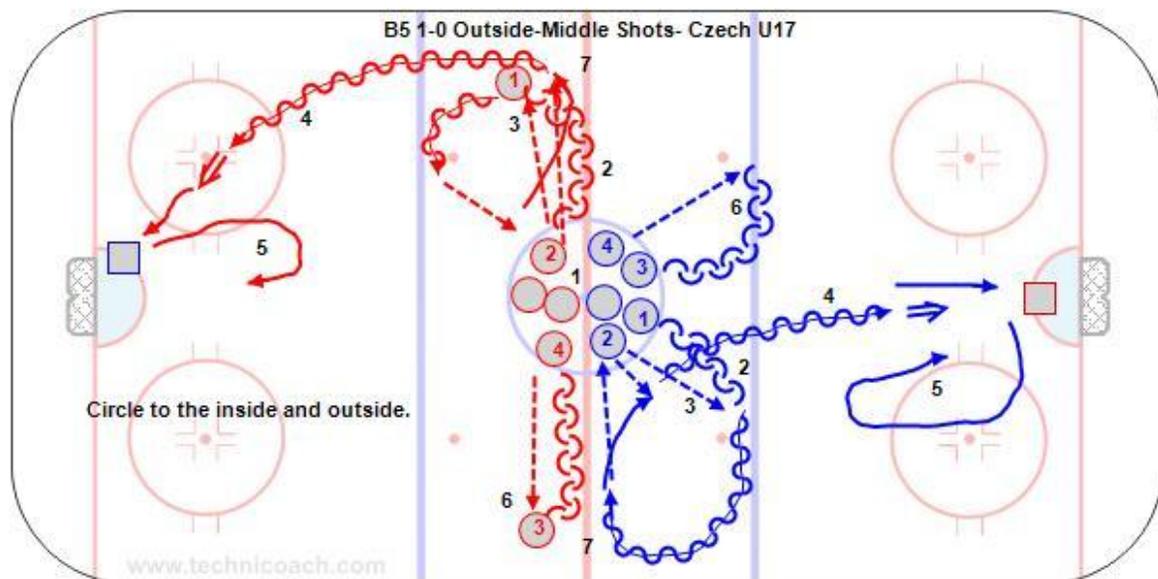
### Key Points:

Keep skating, give a target and pass hard and pass while moving. Hit the net and follow the shot. Rebound for the next shooter.

### Description:

1. All players and pucks are in the middle.
2. One player leave from each side.
3. Player 2 pass to player 1 who circles between the red and blue line.
4. Player 1 skate in and shoot after the third pass.
5. After shooting player 1 circle back and rebound for the next shooter.
6. Alternate sides and player 3 leaves after the first pass.
7. Circle left and right so shots come from both in the middle and the outside lanes.

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## B5 1-1 Defensive Technique

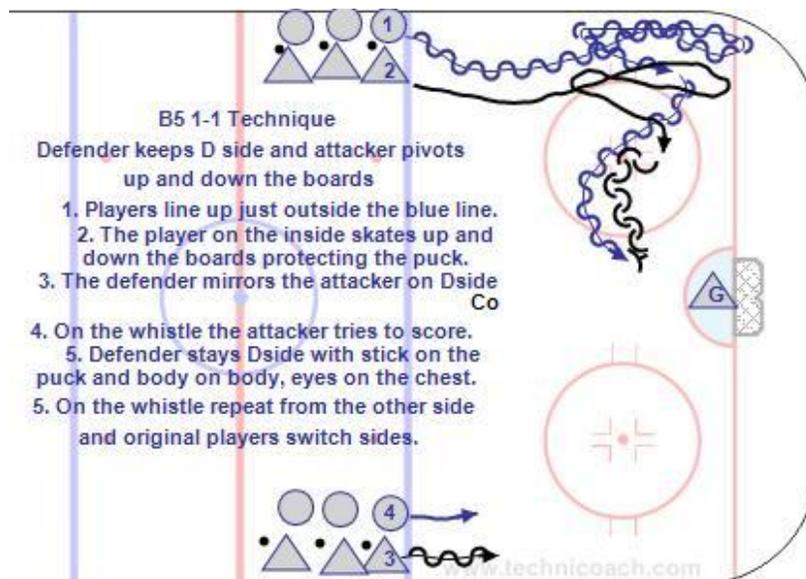
### **Key Points:**

Defender keeps D side and attacker pivots up and down the boards

### **Description:**

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

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## B5 - T2 5-0 Breakout Practice

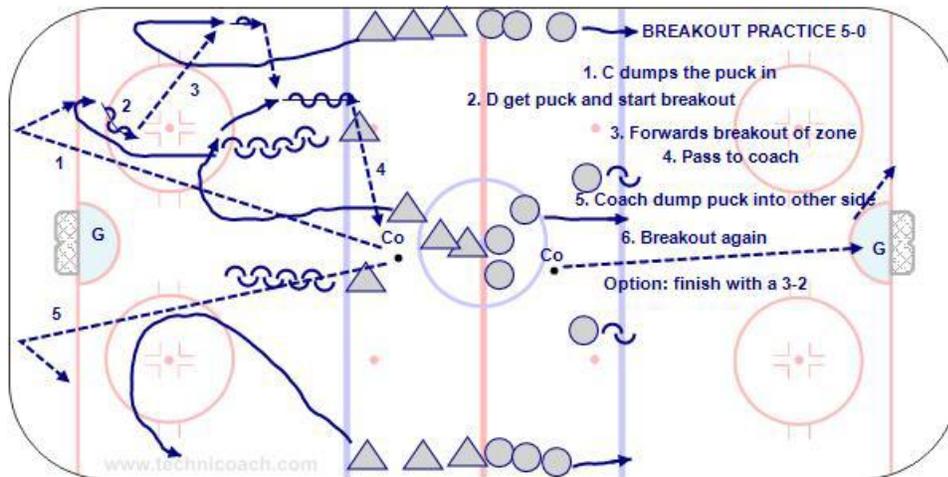
### *Key Points:*

Breakout from both sides and practice all the options including D to D passes.

### *Description:*

1. Coach dumps the puck in.
  2. D go back and get the puck, move between the dots and pass or go D to D.
  3. Forwards breakout.
  4. Pass the puck to the coach.
  5. Coach dumps the puck in the other corner for another breakout.
  6. Do all of the options, go, counter, wheel, reverse, reverse to wing, over.
- Option: do a third breakout and the forwards skate to the red line and turn back attacking 3-2.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20121101085219680>



## B5 Angling

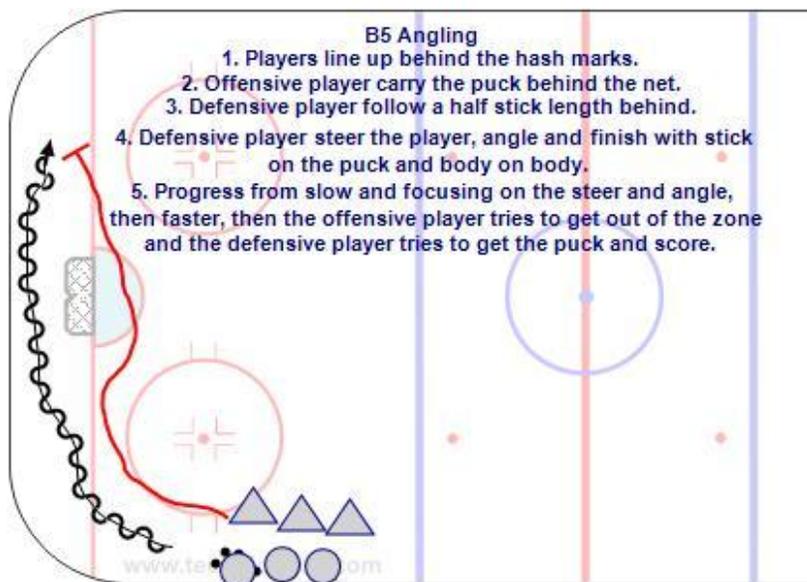
### Key Points:

Checker approach at the back shoulder. Body on body and stick on the puck. Follow from about a half stick length.

### Description:

1. Players line up behind the hash marks.
2. Offensive player carry the puck behind the net.
3. Defensive player follow a half stick length behind.
4. Defensive player steer the player, angle and finish with stick on the puck and body on body.
5. Progress from slow and focusing on the steer and angle, then faster, then the offensive player tries to get out of the zone and the defensive player tries to get the puck and score.
6. Practice from each side.

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## B5 B600 1-1, 2-1

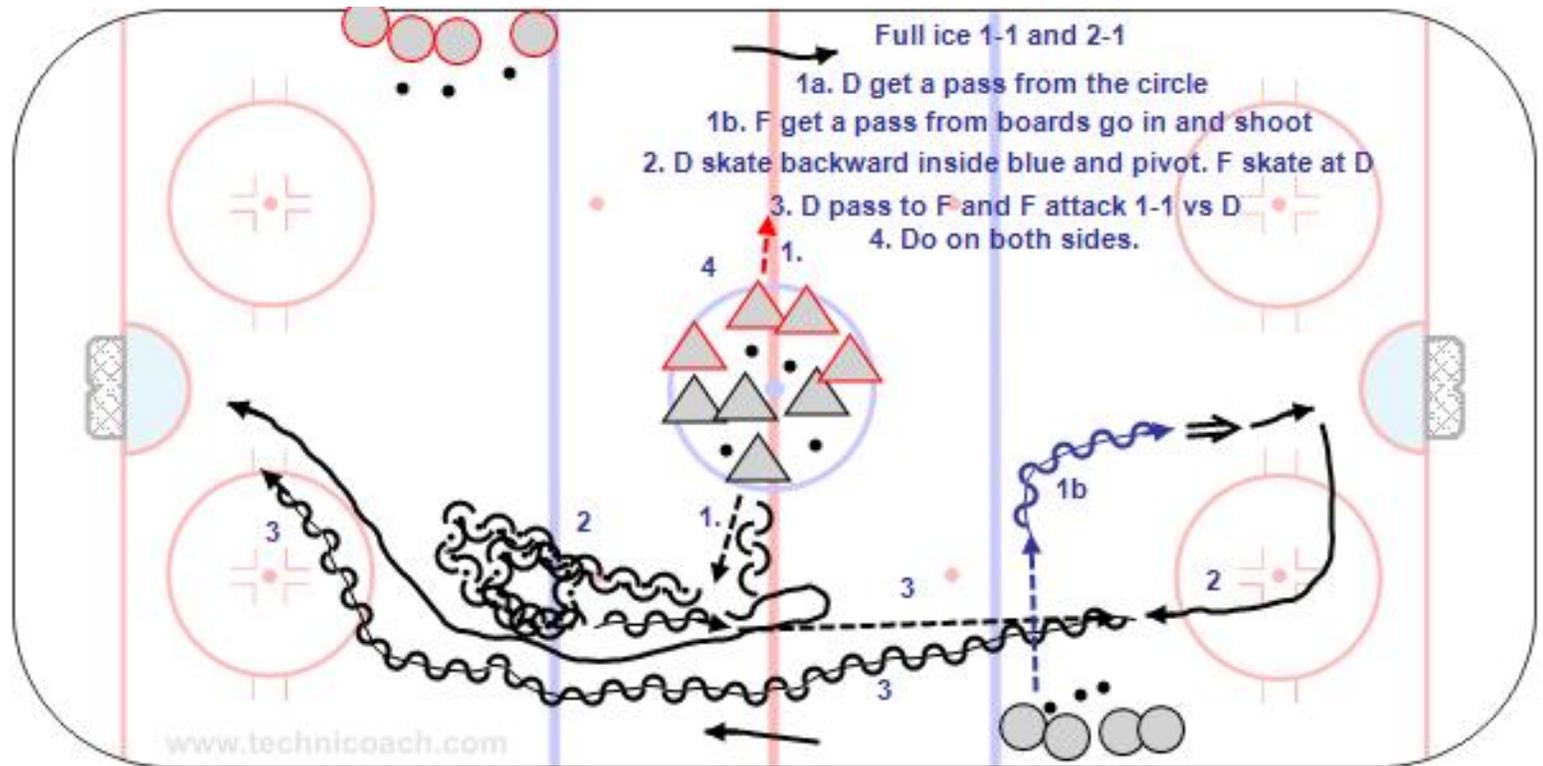
### Key Points:

Quick feet for both the F and D. Forwards face the puck, give a target and skate into the pass.

### Description:

Full ice 1-1 and 2-1

- 1a. D get a pass from the circle.
- 1b. F get a pass from the boards and shoot then rebound.
2. D skate backward inside blue and pivot. F skate at D.
3. D pass to F and F attack 1-1 vs D
4. Do on both sides.
5. You can also do a 2-1.



## B5 Breakout 5-0 with Point Shot

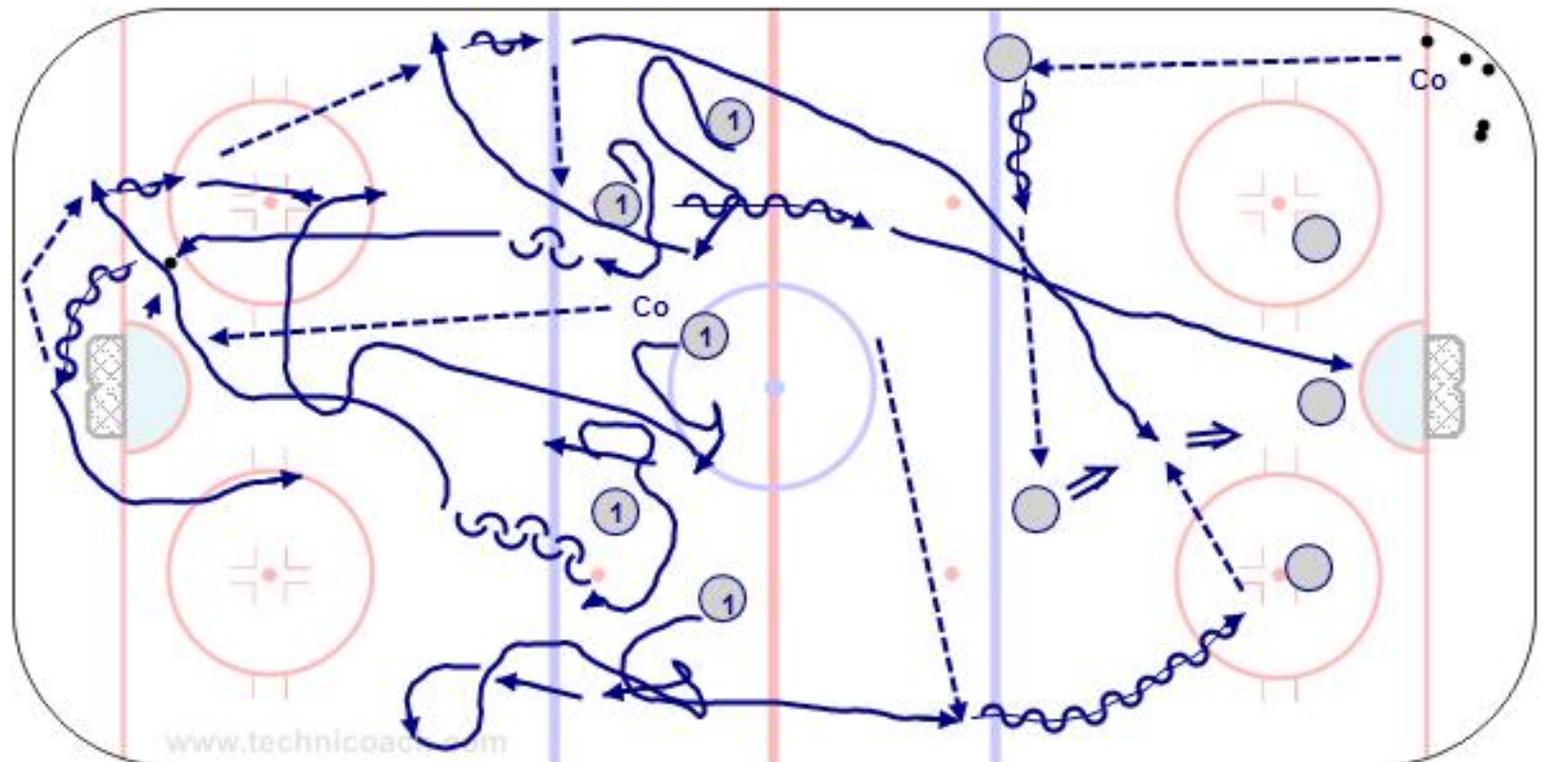
### Key Points:

Coach calls the various options, up, across, wheel, reverse.

Each line go one direction then dump into the other end or alternate ends.

### Description:

1. Players skate in nzone then coach dump in
2. D make a D to D or D to F pass and follow the play.
3. All forwards touch the puck on the rush and shoot. then screen, tip and one timer position.
4. Coach pass to D who skate across line and pass to partner who shoots or shot pass.



## B5 Breakouts With 2 D

### **Key Points:**

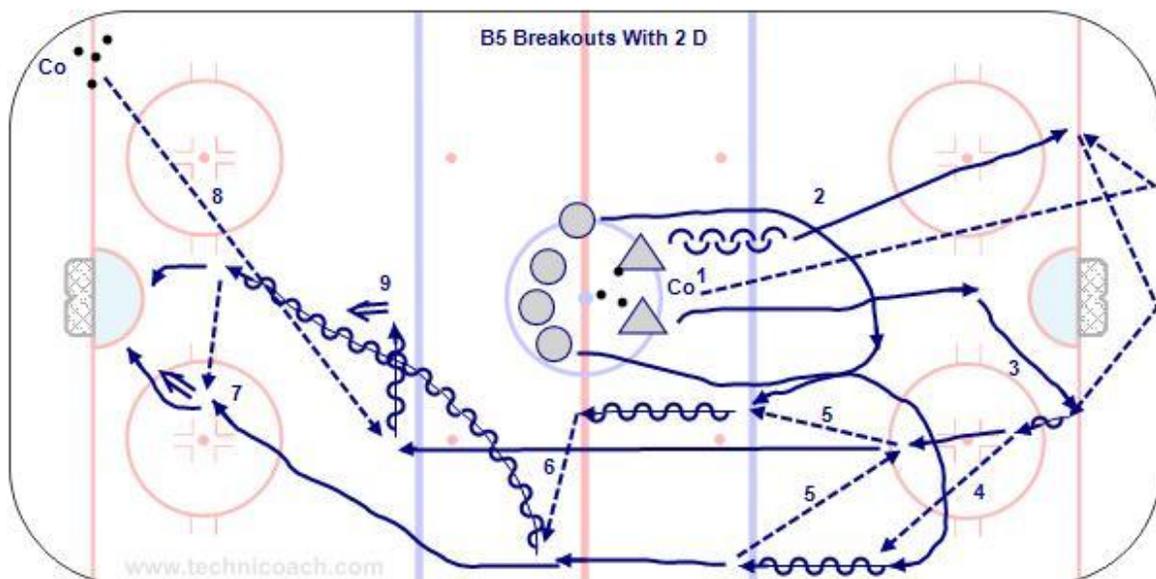
Defense practice D to D passes and communicate with each other.

1. Over - the pass from D1 is made behind the net to D2 on the other side.
2. Reverse - D1 drive skates to the back of the net and bounces off the boards towards the corner to D2.

### **Description:**

1. Coach shoots the puck in to one side.
2. D1 skates back to forward, shoulder checks and picks up the puck.
3. D2 skates to net front and calls over and moves to the other side for a pass behind.
4. D2 pass to a forwards on the wall or up the middle.
5. F1 pass back to D2 and D2 pass up to F2.
6. F's pass wide and skate to the middle.
7. F's attack 2-0.
8. Coach pass to D2 who followed the attack.
9. D2 shoot while F1 and F2 screen.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080720200746400>



## B5 Cross and Drop Sequence

### Key Points:

Players are inside the middle circle. Two players skate around and cross and drop then 2 from the other group leave.

Leave the puck when dropping and the second player skate behind. Return to line from the wide lanes to avoid collisions.

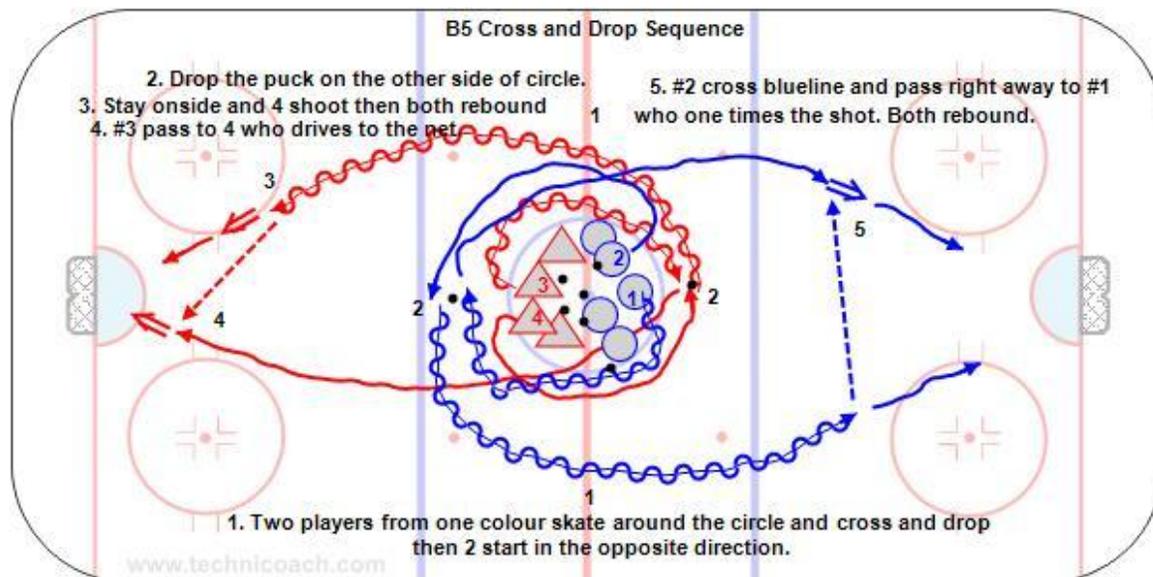
### Description:

1. Two players from one colour skate around the circle and cross and drop then 2 start in the opposite direction.
2. Drop the puck on the other side of circle.
3. Stay onside and 4 shoot then both rebound
4. #3 pass to 4 who drives to the net.
5. #2 cross blueline and pass right away to #1 who one times the shot. Both rebound.

### Options:

- a. One, two or three players leave at a time.
- b. After shooting one or two players defend the next rush, 1-1, 2-1, 2-2, 3-2, 3-3.
- c. Give + go with last shooters. Etc.

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## B5 Czech Stretch Pass

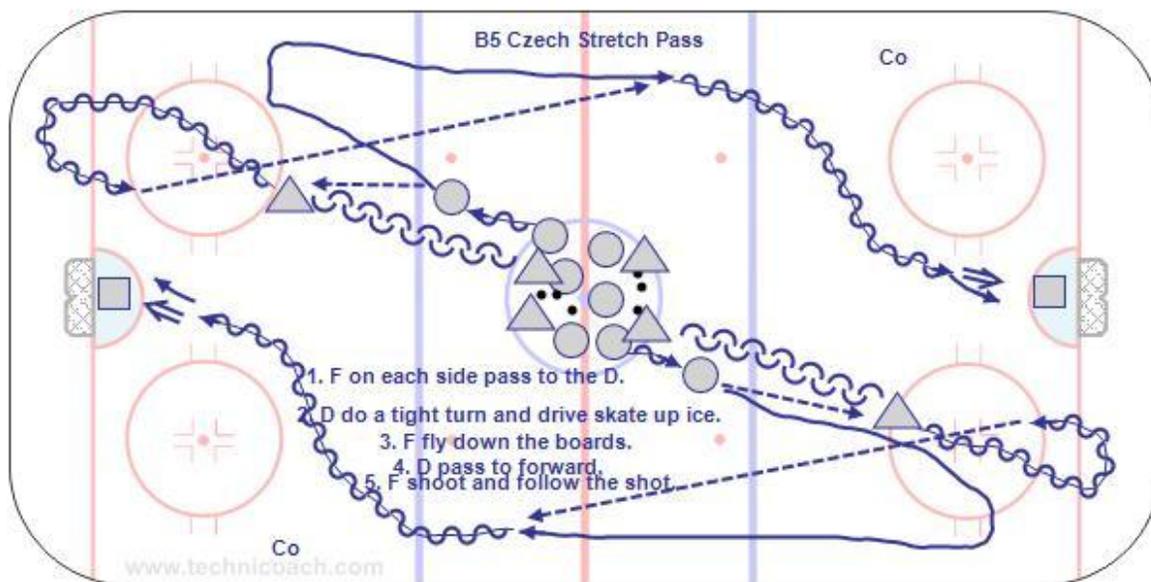
### **Key Points:**

Forward must read the defenseman has good control before stretching. Another F must come across the middle to give an outlet option.

### **Description:**

1. F on each side pass to the D.
2. D do a tight turn and drive skate up ice.
3. F fly down the boards.
4. D pass to forward,
5. F shoot and follow the shot.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090208152001852>



## B5 Double Cross and Drop – HC Dukla Jihlava

### **Key Points:**

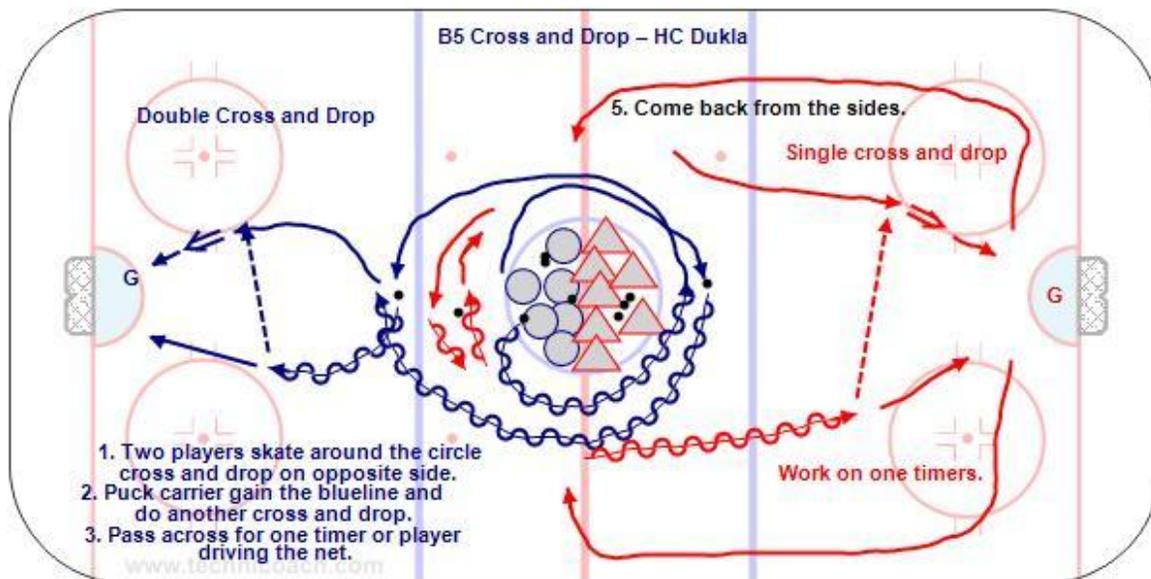
Do one or two drop passes and work on quick attacks, one timers or create situations. Use this formation from 1-0 to 3-0 or create 1-1 to 3-3 situations. Always follow the shot for rebounds.

### **Description:**

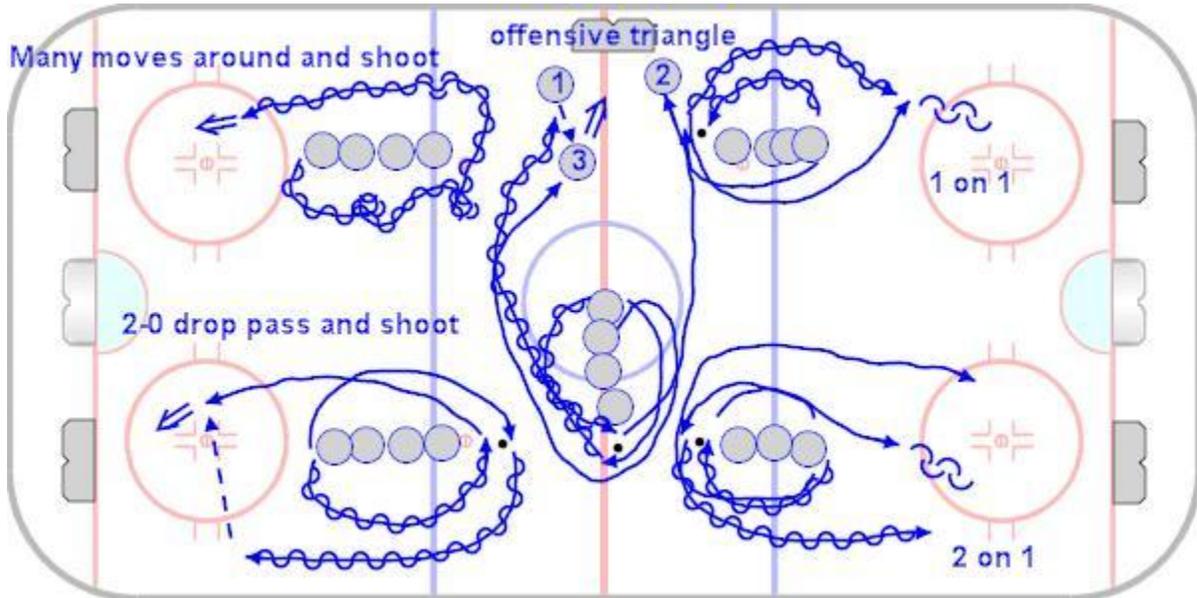
1. Two players skate around the circle and cross and drop on opposite side.
2. Puck carrier gain the blueline and do another cross and drop.
3. Pass across for one timer or player driving the net.
4. Go for rebound.
5. Come back from the sides.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100830110413207>

### B5 Double Cross and Drop



B5 Cross and Drop Options





## B5 Forecheck Skills Deflect-Steer-Angle-Finish

### **Key Points:**

Gene Reilly shows the approach to European second league pro's and then U18 AAA girl's do the same drill. Cut the ice in half with the stick in the passing lane and steer the player outside the dots. Angle toward the back of the inside shoulder so they can't turn back, then finish shoulder to shoulder and stick on the puck.

### **Description:**

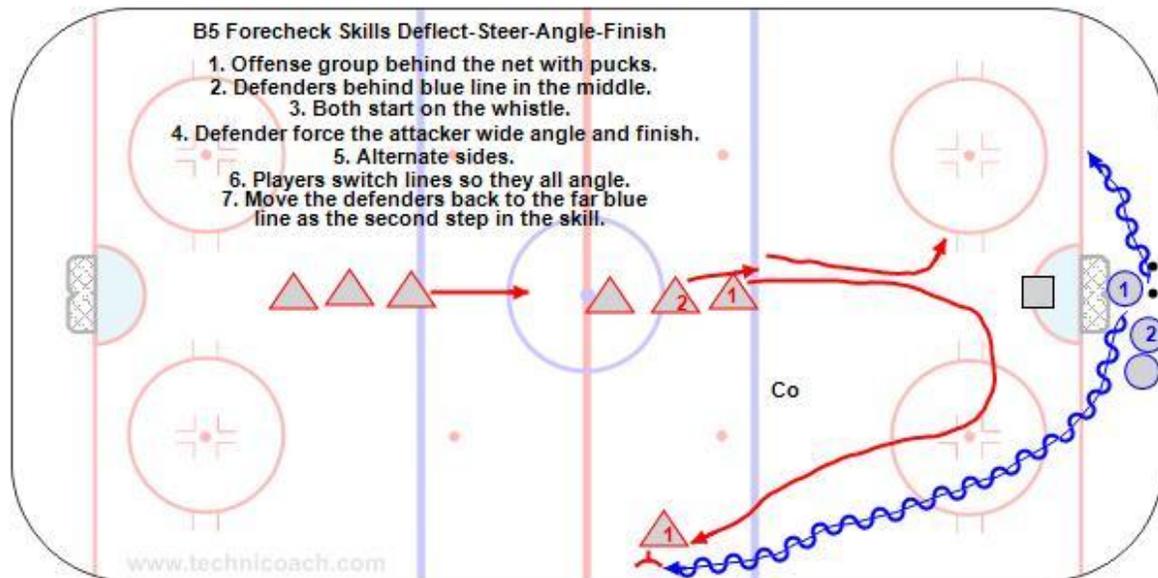
1. Offense group behind the net with pucks.
2. Defenders behind blue line in the middle.
3. Both start on the whistle.
4. Defender force the attacker wide angle and finish.
5. Alternate sides.
6. Players switch lines so they all angle.
7. Move the defenders back to the far blue line as the second step in the skill.

Demonstration with second league European pro's.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090813080843840>

Demonstration with U18 Girl's.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111005152254430>



## B5 Full Ice Breakout-One D

### **Key Points:**

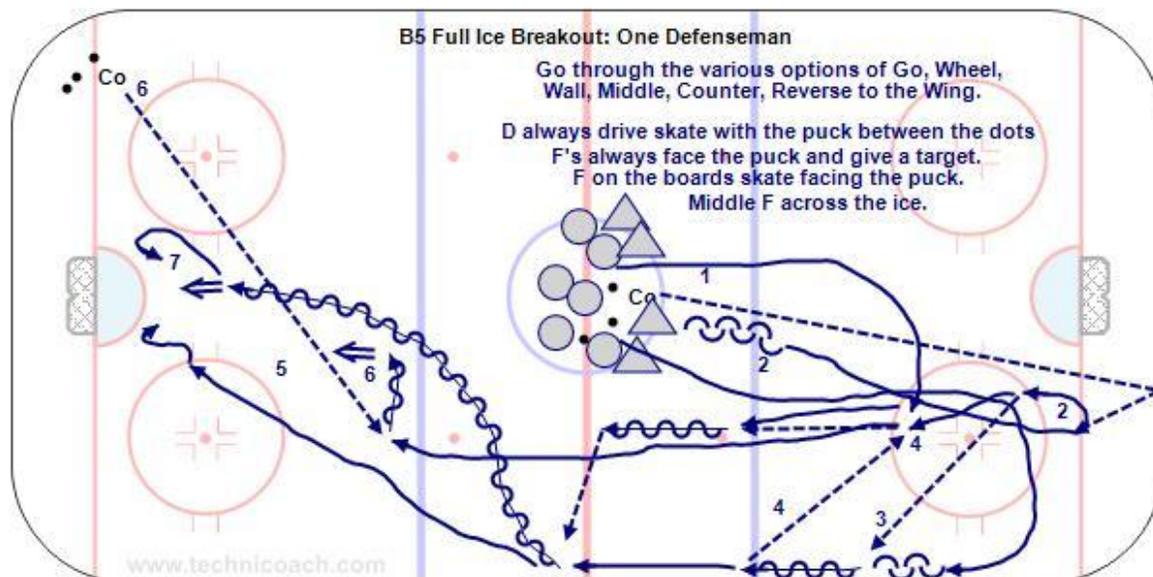
Go through the various options of Go, Wheel, Wall, Middle, Counter, Reverse to the Wing.

D always drive skate with the puck between the dots and F's always face the puck and give a target. F on the boards skate facing the puck. Middle F across the ice.

### **Description:**

1. Coach dump the puck into the corner and call the breakout option.
2. D shoulder check and drive skate.
3. Pass to either F.
4. F pass back to the D who passes to the other F.
5. F's attack 2-0 and shoot and rebound.
6. Coach pass to D at the point who skates the puck between the dots and shoot.
7. Forwards screen and tip.

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## B5 - 3 Give and Go x 3 – Shoot - Rebound

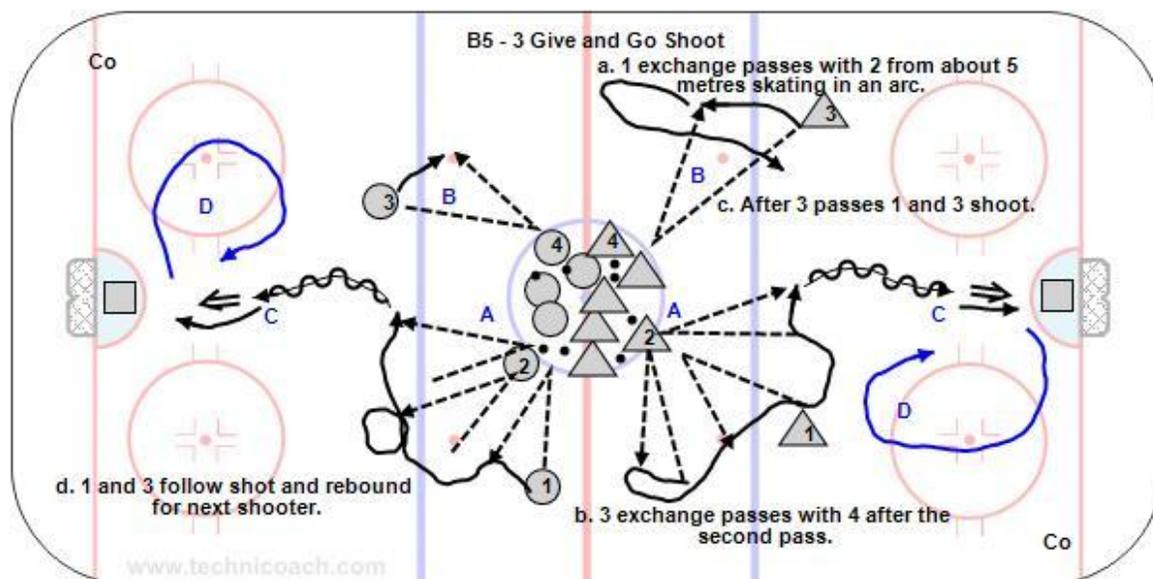
### Key Points:

Face the puck all of the time and keep moving in a semi circle with stick on the ice.

### Description:

- 1 exchange passes with 2 from about 5 metres skating in an arc.
- 3 exchange passes with 4 after the second pass.
- After 3 passes 1 and 3 shoot.
- 1 and 3 follow shot and rebound for next shooter.

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## B5 Loose Puck Battles

### **Key Points:**

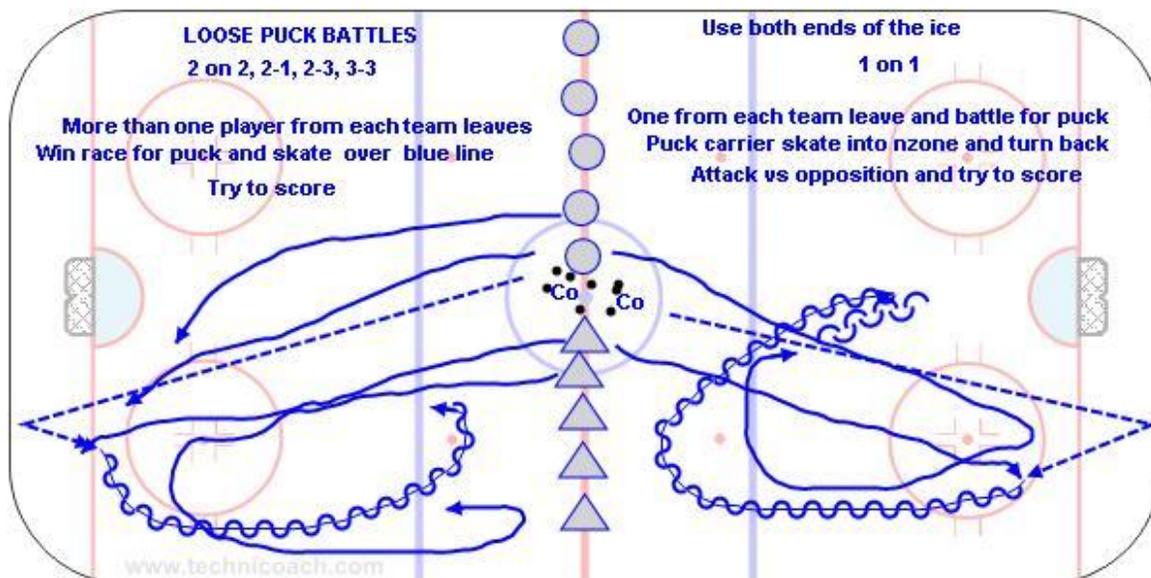
- Players should protect themselves while going into the corners. Don't skate straight in toward the boards.
- Contact each other before getting the puck to gain position.
- Protect the puck with the body and use quick strides to escape.
- Attack with a good move and defend with tight gaps.

### **Description:**

Players are lined up across the red line and the coach or coaches in the middle with pucks. One team to each side of the coach.

1. The coach dumps the puck into the corner and the first player on each line races to get the puck, then the coach dumps a puck into the other corner and the next players race to the puck.
2. Whichever player wins the battle in the corner skates out over the blueline and thru the middle circle then attacks the original end while the other player defends. This happens at both ends of the ice.
3. As soon as the rush is over another puck is dumped into the corner.
4. Situations like 2-1, 2-2, 3-2, 3-3 can also be used.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20080720174241795>



## B5 Murdoch Breakout Routine A and B

### **Key Points:**

This is a good routine to use at the start of practice instead of just skating around the ice aimlessly.

- Work for 5-10 min. and get in a lot of reps.
- D shoulder check on the way to the puck.
- Forwards funnel through middle lane and watch puck before swinging up the boards.

### **Description:**

Wings and Defense

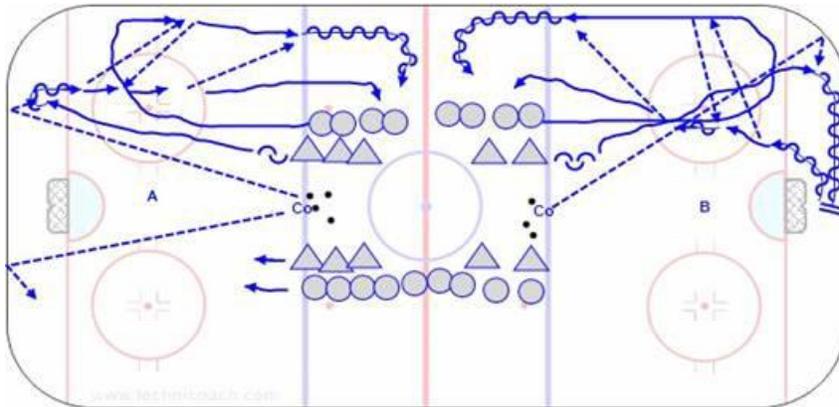
A. Coach shoots puck in and D gets the puck and passes to the wing who times his skating from inside to outside. D to W back to D and up to wing. Then repeat on the other side. All forwards take turns getting the pass on the wing.

B. Coach shoots the puck in and D skates back to get in while the wing times his skating from the middle to the outside lane.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20080720200745971>

The D drives the back of the net and stops and goes out the same direction making a counter pass to the wing, who returns the pass and gets another pass. Repeat on the other side.

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## B5 Murdoch Breakout Routine C and D

### *Key Points:*

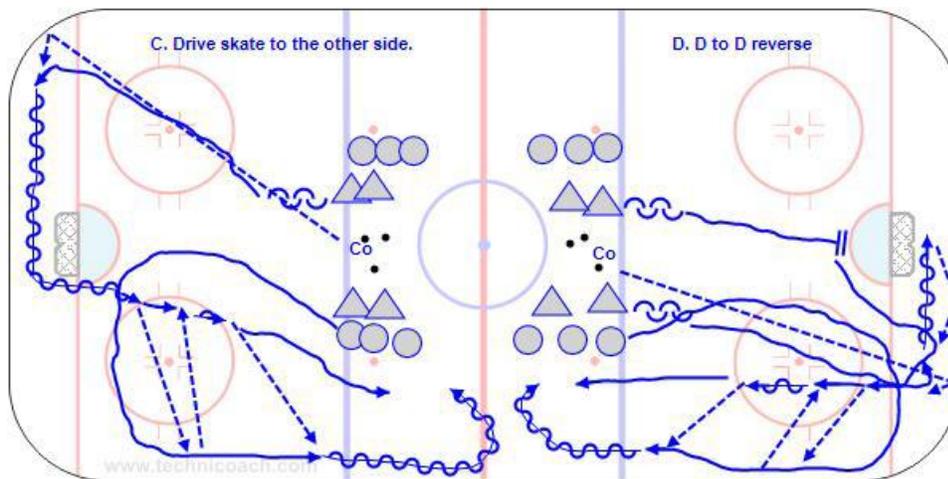
Defenseman Shoulder check on the way to read the forechecking pressure. Forwards read the play from the middle lane and time it so they are skating up the boards for the pass. If the forechecker follows you behind use the reverse.

### *Description:*

C. Coach dumps the puck in and the D gets in and drive skates hard to the back of the net and up the ice between the dots. Pass D to W to D to W.

D. Coach dumps the puck in and the D gets it and drive skates to the back of the net to draw the forechecker then passes back off the boards to the other D who has called reverse from the front of the net. D2 passes to W to D2 to W and out.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20080720200746400>



## B5 Murdoch Breakout Routine E and F

### Key Points:

On all of these both wingers can go and time their skating to be available for the pass. Add the centreman to do 5-0 full ice reps.

### Description:

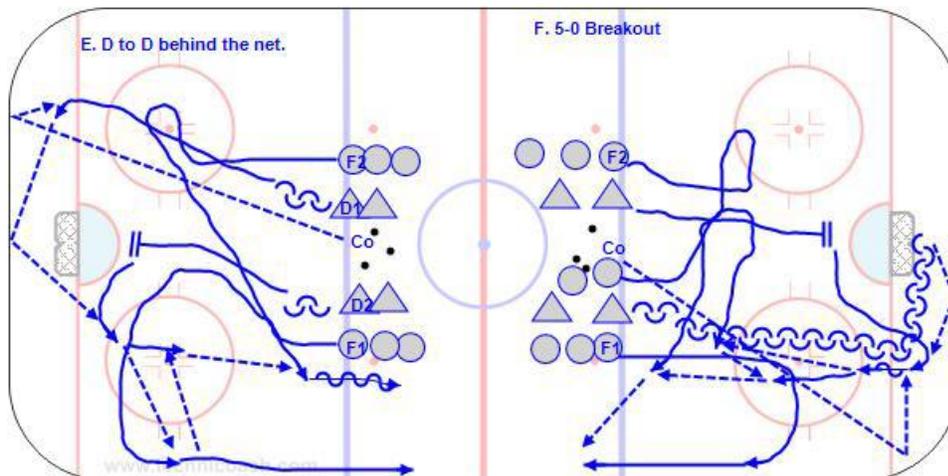
E. Coach dumps the puck in D1 gets it, D2 skates to the front of the net and calls for the pass D to D. Both wings watch the puck from the middle zone and time their skating to be available for the pass. D1 behind to D2 to F1 to D2 to F2 and out. try to pass to all three forwards and back to D twice. i.e. D to C to D to F2 to F1.

F. Coach calls the breakout (i.e. reverse) and all 5 breakout and try to score at the other end. Practice all of the options doing about 2 reps each line of 5.

### Example:

*At my last nights practice I had groups of 5 in the middle and they did from A-F as a 5-0, I dumped the puck in one side and then the other and they passed back to me when they got over the blueline. My asst did the same thing on the other side of the redline.*

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20080720200746400>



## B5 Nzone Overspeed

### **Key Points:**

It is important to do some overspeed training where players skate and do all the skills at a top speed. Go as fast as you can or faster. If no players fall down it means they aren't pushing the envelope. If they all fall down then they aren't good skaters.

### **Description:**

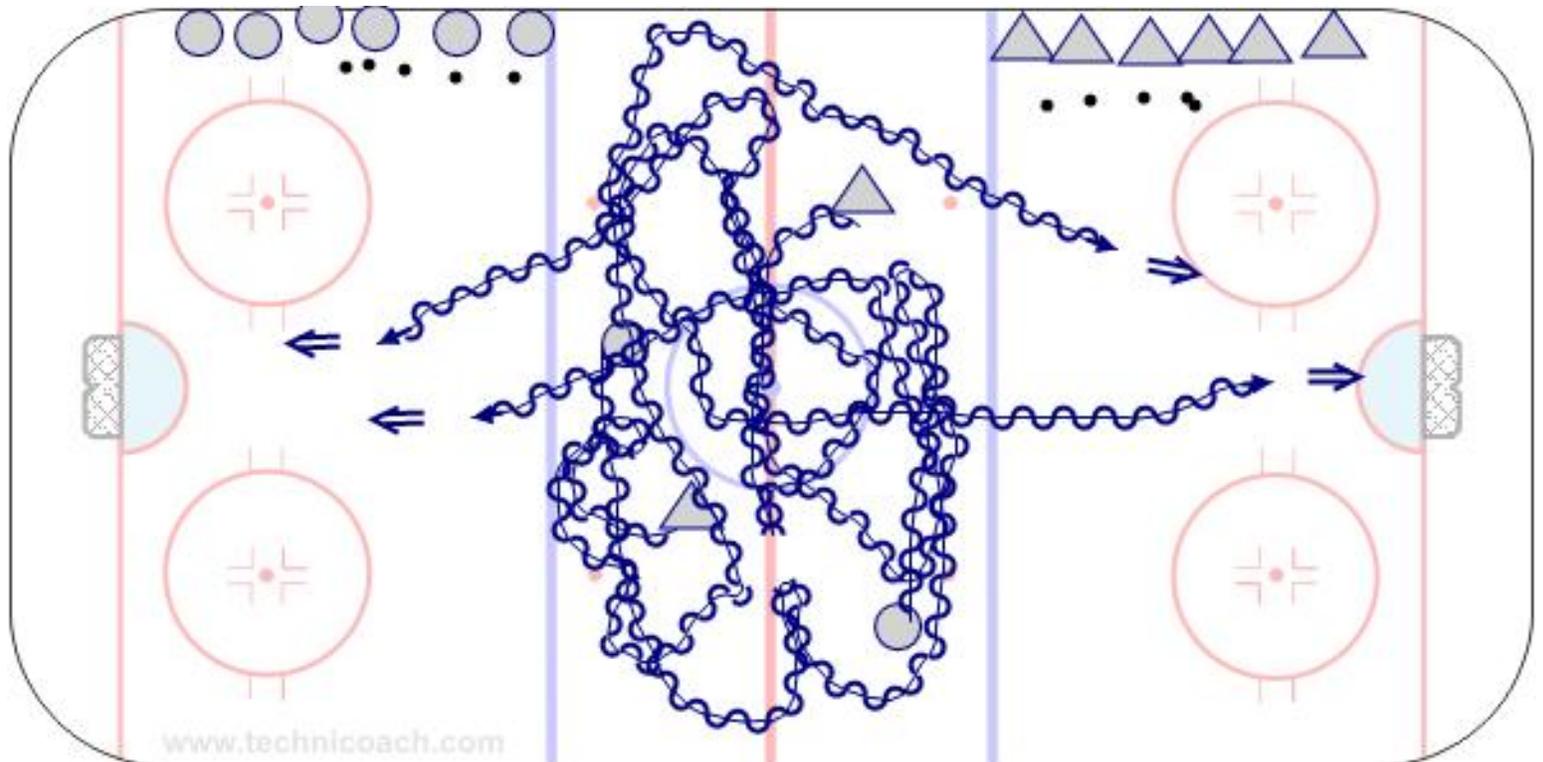
Players wait outside the neutral zone against the boards.

On the whistle two players from each line carry the puck doing moves for 8" and on the next whistle skate hard to take a shot on net. Stress that they shoot while skating at top speed like Ovechkin.

While the first group leaves the second group skates with a puck in the middle.

Follow the shot, look for rebounds.

You could add a give and go with the group ahead and a one timer or other situation at full speed. Whistle every 8 seconds.



## B5 Options Using One Quarter Ice

### Key Points:

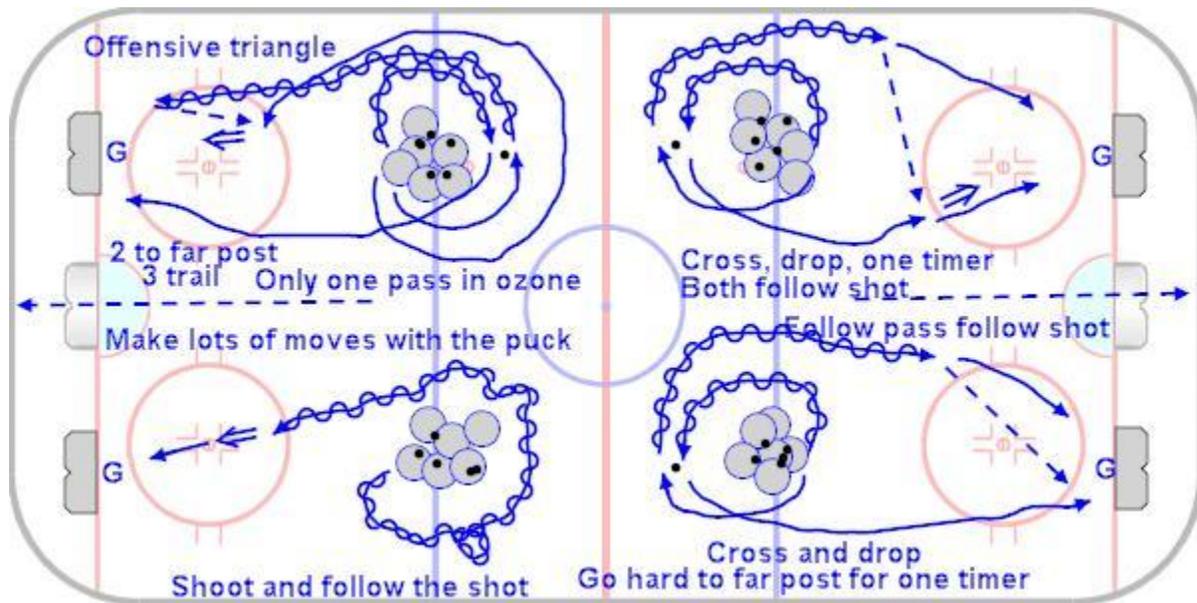
When you have large groups and many goalies it is easy to divide the ice and do skills and games in smaller areas. Skating around the circle adds crossovers as well as drop pass options.

### Description:

Players line up just outside of the blue line and circle the group skating and doing skills. 1-0, 2-0, 3-0 individual and partner skills can be practiced as well as situations like a 1-1, 2-1, 2-2 are created by having the players go to defense after they have attacked.

The coach can move from doing drills and then use this D7 Formation for small area games. It is helpful but not necessary to use rink dividers like a 4x4 board, pads, hose.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20100818155314680>



## B5 Overspeed Skate-Pass-Shoot

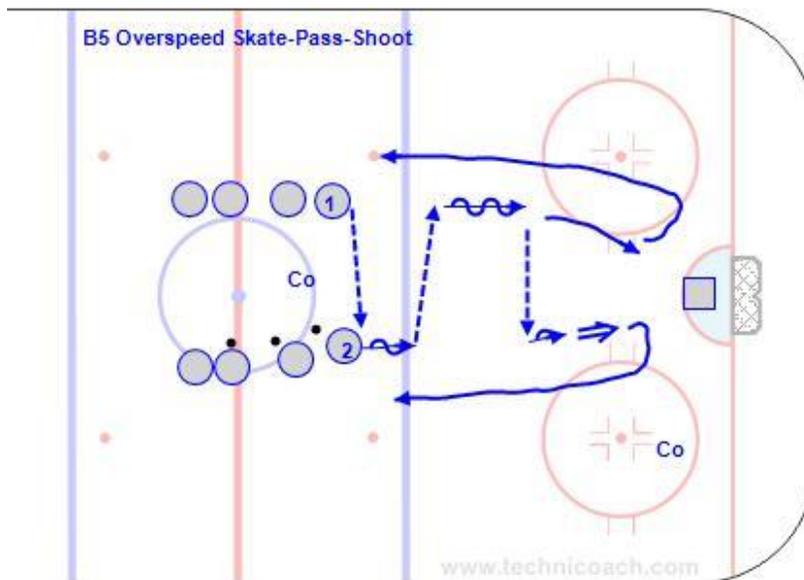
### **Key Points:**

Do everything at top speed. Pass, shoot, skate, rebound, backcheck.

### **Description:**

1. Player 1 and 2 leave on the whistle exchanging the puck quickly.
2. Shoot and rebound.
3. On the whistle skate back over the blue line as fast as possible.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090805115344598>



## B5 Regroup 2-0 x 2-Flames

### Key Points:

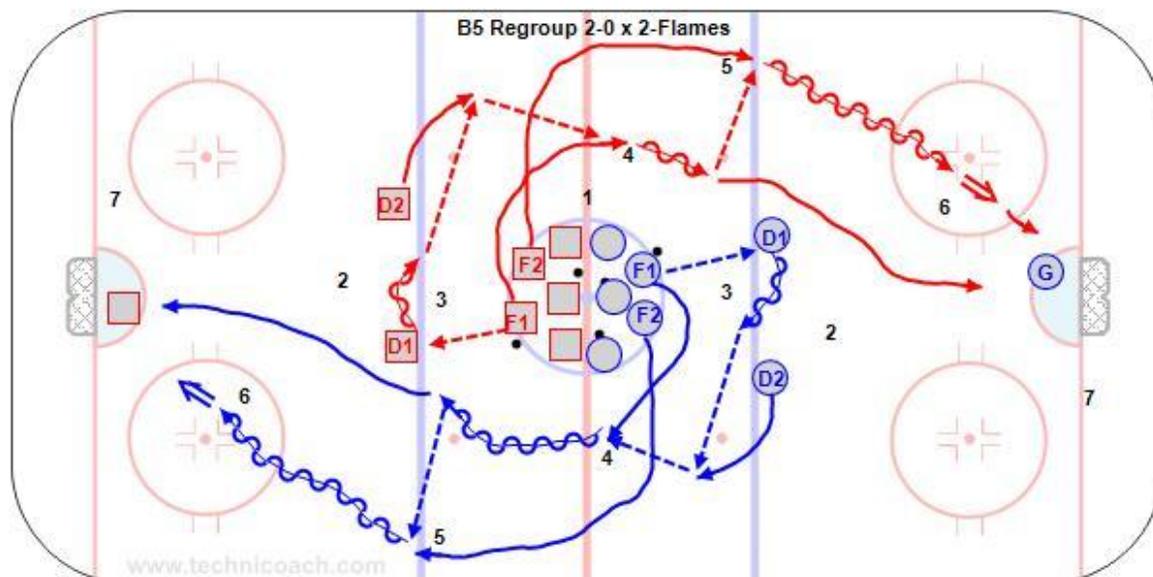
This drill works on the wide hinge, giving targets, pass to the middle, wide entry and middle drive. Everything should be done as quickly as possible with good habits like stopping at the net for rebounds.

### Description:

1. Start with the players in the middle circle with red on one going one way and blue the other.
2. Two D from each team start at the blue line.
3. F1 pass to D1 who skates to the middle and passes to D2 who has hinged wide and up.
4. D2 pass to F1 in the middle. D return to the middle circle.
5. F1 pass to F2 who enters the zone in the wide lane.
6. F2 shoot and both forwards look for a rebound.
7. This drill is done from each end.

The coach could add tasks like Red F1 defend a 2-1 vs. the Blue F1 and F2 coming the other lane or skills like F2 shoot low to the far pad while F1 goes for the rebound.

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## B5 Regroup 3-0, Middle Drive-Pro

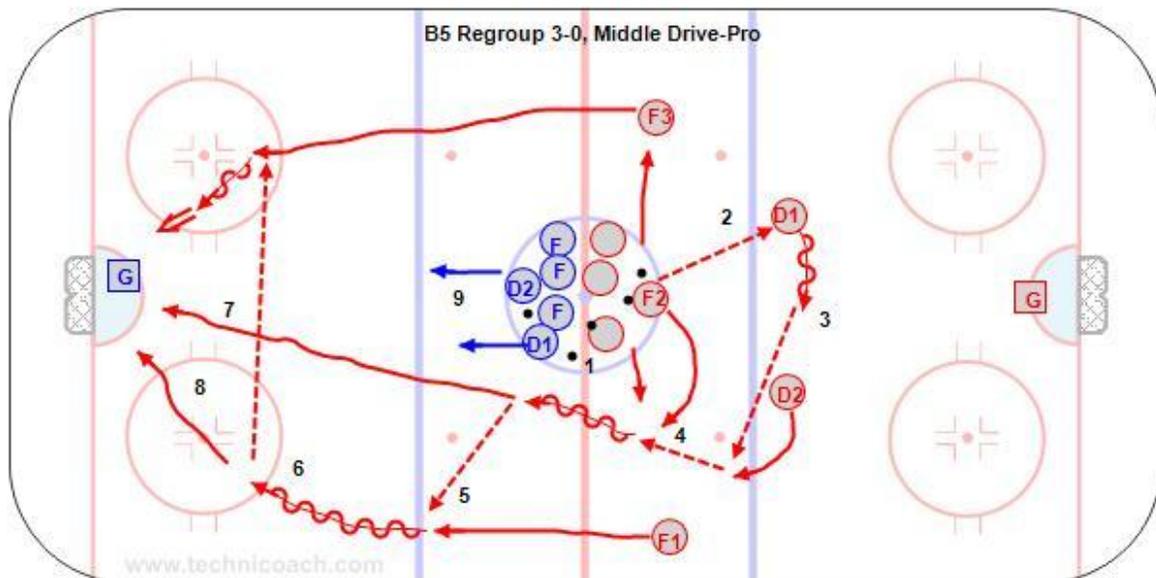
### Key Points:

Defense move quickly and hinge the pass up the middle. Pass hard. Centre give the stick and skates as a flat target. Middle drive hard to the net.

### Description:

1. All the players are inside the middle circle.
2. Red D1 get a pass from a Red F2.
3. Red D hinge and pass D1 to D2.
4. D2 pass to F2 supporting in the middle.
5. F2 pass to F1 on the strong side.
6. F1 gain blueline and pass wide to F3.
7. F2 middle drive skating hard to the net.
8. F3 shoot and all crash the net for a rebound.
9. Blue repeat in the other direction.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012100209041983>



## B5 Regroup and 1-1

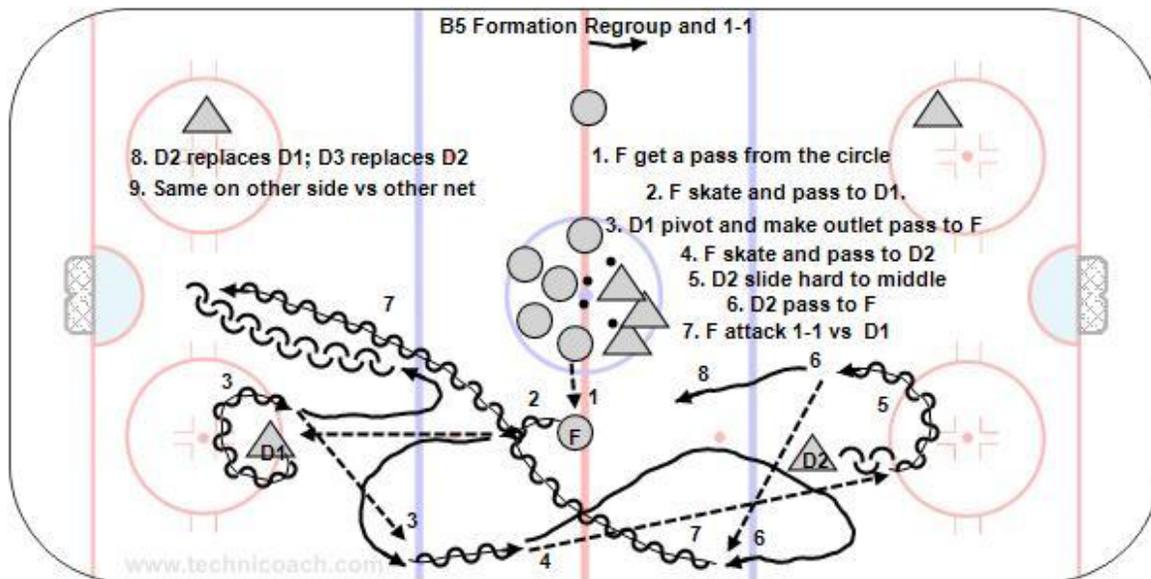
### Key Points:

Quick feet, face the puck. This is a drill that Stanislav Barda from the Czech Republic used a lot.

### Description:

1. F get a pass from a F in the circle.
2. F skate and pass to D1.
3. D1 pivot and make outlet pass to F
4. F skate and pass to D2
5. D2 slide hard to middle
6. D2 pass to F
7. F attack 1-1 vs D1
9. Same on other side vs other net
8. D2 replaces D1; D3 replaces D2

It can also be done as a 2-1



## B5 Regroup Options and Shots Finnish U17

### Key Points:

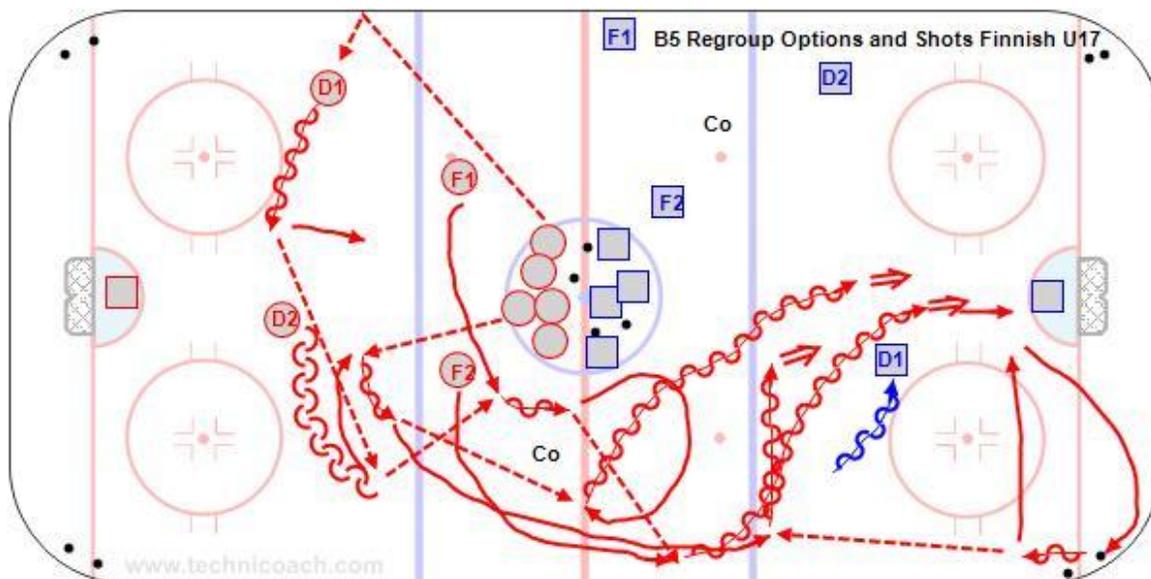
Face the puck at all times and give a target. Shoot while skating and follow for a rebound. Pass firmly. Done from both sides at once.

### Description:

Two D and two F leave from the middle at each end.

1. D1 get a pass from the circle.
2. D1 hinge and up to D2.
3. D2 pass to F1 or F2 not covered by coach.
4. F1 pass to F2 who attacks and shoots.
5. D2 gets a new puck from the circle and passes to F1 who now attacks and shoots.
6. D2 follow attack and get a pass from F2 and shoots from the point while F1-F2 screen.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=89>



## B5 Regroup-Attack 2F 1D-Shoot-Cycle-Point Shot: Finnish U17

### Key Points:

Face the puck, gain the big ice and pass wide. Follow the shot for a rebound. Hit the net and attack with speed.

### Description:

#### Part A

1. F1 and F2 leave from middle circle and regroup with D1.
2. F1 and F2 attack and shoot at far end D1 follow the play.
3. Forwards follow for a rebound.

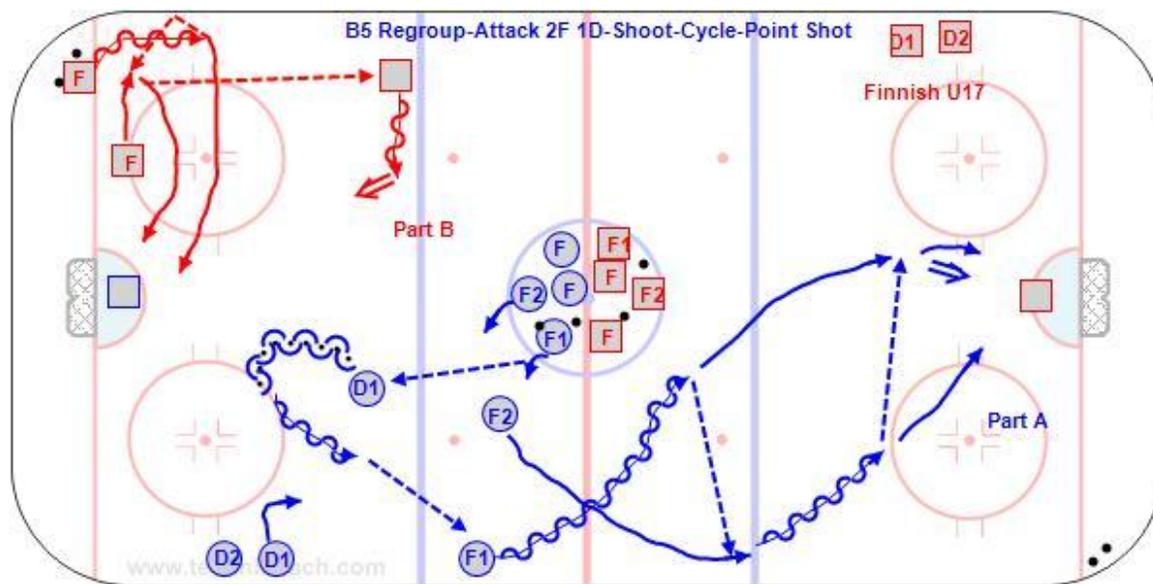
#### Part B

4. F1 get a new puck in the corner and cycle it back to F2 and go to the net.
5. F2 pass to D1 at the point and go to the net.
6. D1 skate inside the slot and shoot.

\*Either forward can get the puck first. First forward screen and second skate for a shot pass.

Option is forwards cycle and attack once then cycle and pass to the point.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=91>



## B5 Rejo 1-0, Shoot, 2-1

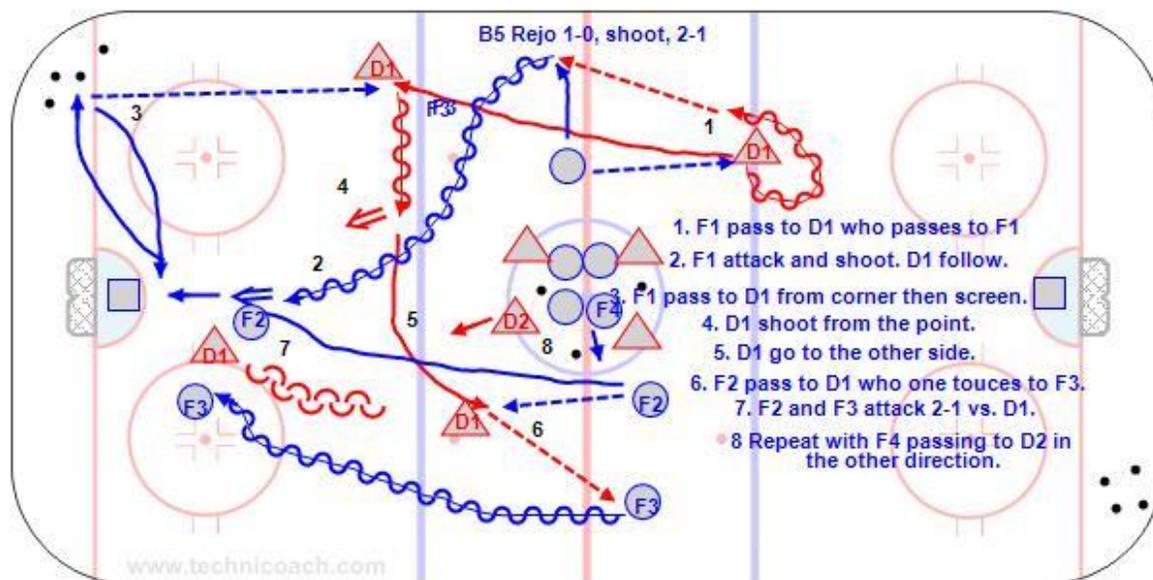
### Key Points:

pass hard, face the puck, shoot and rebound, tight gap

### Description:

1. F1 pass to D1 who passes to F1.
2. F1 attack and shoot. D1 follow.
3. F1 pass to D1 from corner then screen.
4. D1 shoot from the point.
5. D1 go to the other side.
6. F2 pass to D1 who one touches to F3.
7. F2 and F3 attack 2-1 vs. D1.
- 8 Repeat with F4 passing to D2 in the other direction.

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## B5-B6 Breakout 3 Shot Czech - U17

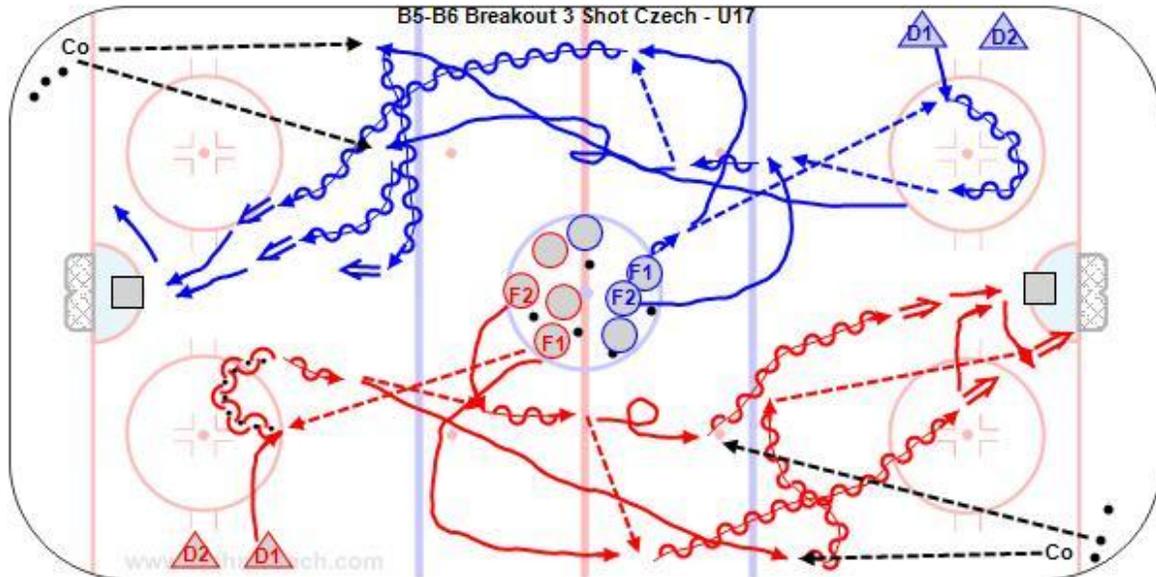
### Key Points:

Shoot while moving and hit the net. Follow shot for a rebound and then screen. Give a target and then hustle back to the lineup on the whistle.

### Description:

1. Forwards in the middle and Defense at each end.
2. F1 pass to D1 who drive skates.
3. F1 and F2 get open for a breakout pass.
4. D1 pass to F1.
5. F1 pass to F2 who attacks-shoots-screens.
6. F1 spin then get a pass from the coach and shoot.
7. D1 get a pass from the coach and take a point shot or shot pass while F1 screens and F2 is ready for a shot pass.
8. Do this from both sides.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130115154630289>



## B5-B600 Quick ups x 2 - Latvia U20

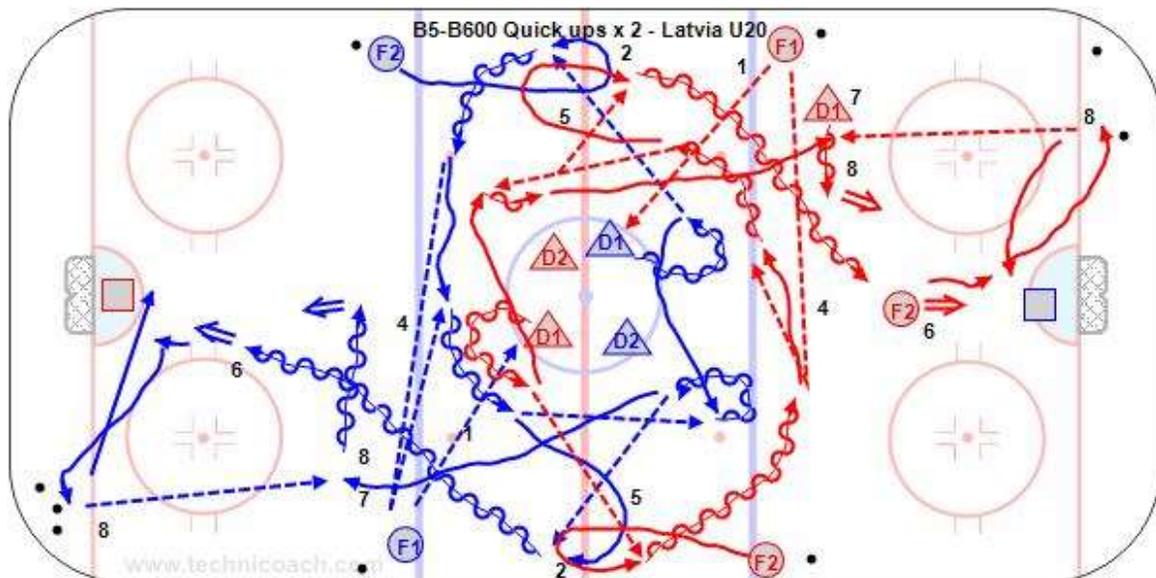
### Key Points:

Forward face the puck and defense get between the dots before passing. Do everything with the feet moving.

### Description:

- 1 - F1 pass to D1.
- 2 - F2 get open on boards and get pass from D1.
- 3 - F2 give and go with F1.
- 4 - F2 pass to D1 on the other side.
- 5 - F2 get open for return pass from D1.
- 6 - F2 attack and shoot.
- 7 - D1 follow for a pass to the point.
- 8 - F2 get a puck from corner and pass to D1.
- 9 - D1 shoot while F2 screen.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121204145927172>



## B6-Dean 1 High 1 Low Shooting

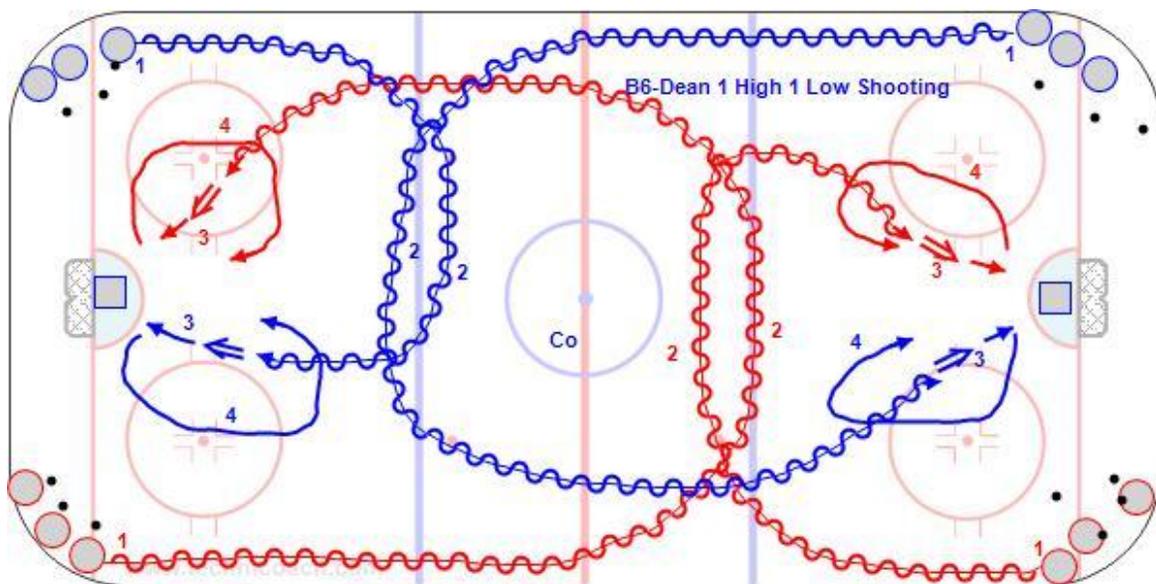
### **Key Points:**

Shoot with your feet moving. Go to the other corner when finished. Rebound for the next shooter.

### **Description:**

1. One player leave from each corner.
2. One high one low on each side.
3. Shoot, follow the shot.
4. Each shooter rebound for the next shooter.

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## B6 1-0, 2-0 Pass and Shoot

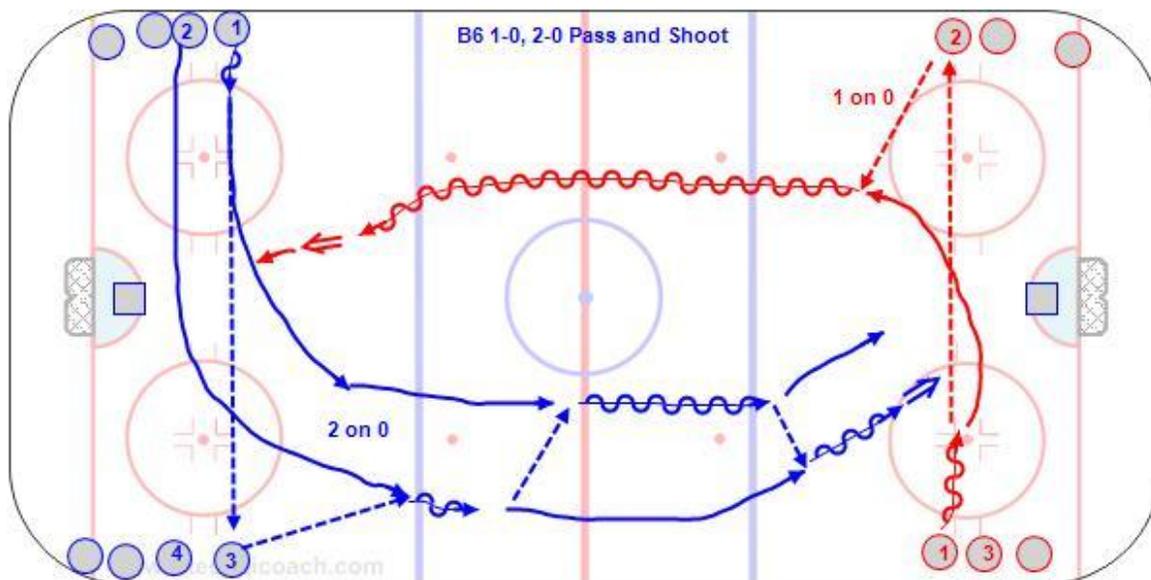
### **Key Points:**

Start with 1-0 and move to 2-0. Pass hard, give a target, shoot while skating and follow the shot for a rebound.

### **Description:**

1. From each end one skate and pass across to two.
2. Two pass back to one who shoots and rebounds at the other end.
3. Repeat on the other side with three passing to four.
4. Progress to 2 on 0 starting with a cross pass at each end.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110322094048306>



## B6 1-0, 2-0 Shooting

### **Key Points:**

Shoot while skating and follow the shot for a rebound. Carry the puck in the triple thread position at the side of the body. Anticipate where the rebound will be and shoot quickly either on the ice or top shelf.

### **Description:**

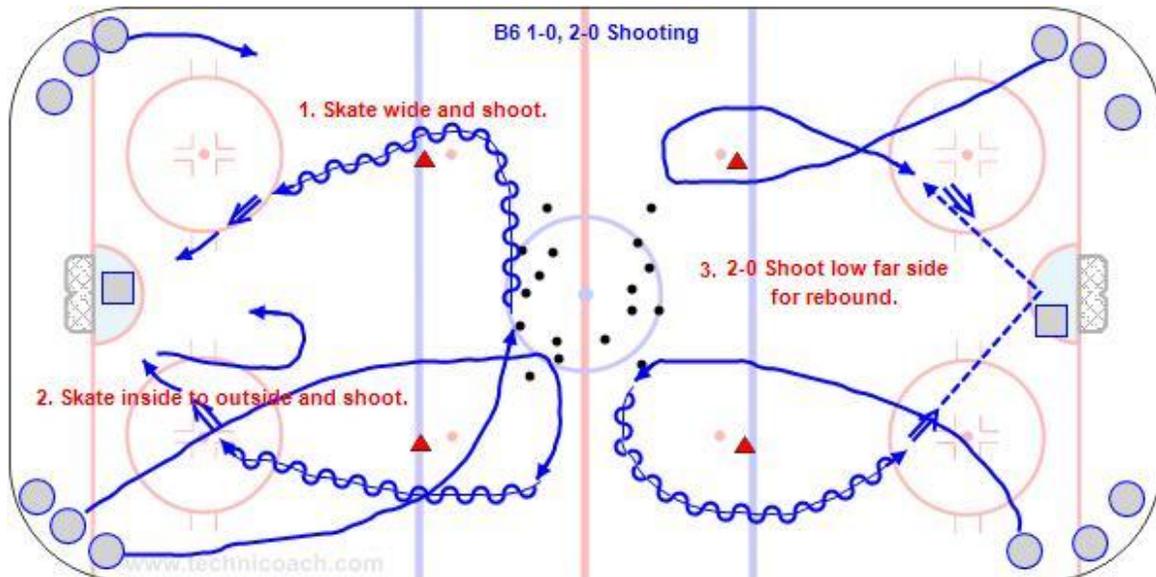
1. Leave from alternate corners and begin with skating across the ice then at the net.
2. Skate inside, get a puck and shoot from the outside lane.
3. Inside to outside 2-0. Shoot low at the far post so the goalie must make a pad save. The supporting attacker one time the rebound.

\* Extra tasks: circle back and rebound for the next shooter.

- Challenge the next shooter 1-1, 1-2, 2-2.

- Add escape moves, tight turns, passes.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090820232942304>



## B6 1-0, 2-0, 3-0 Small Horseshoe

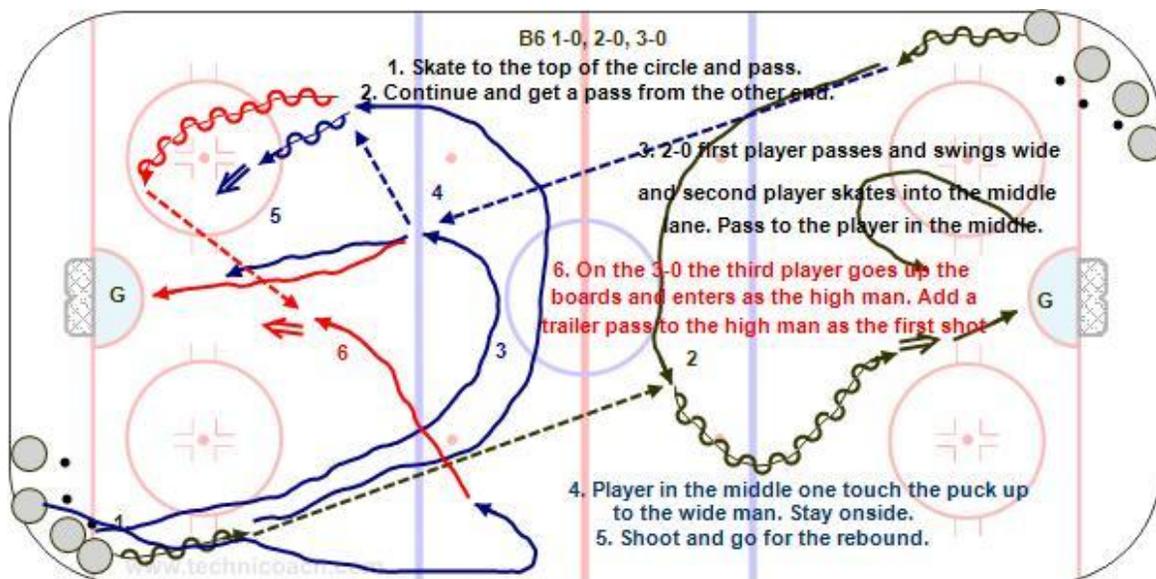
### Key Points:

This is a great timing drill with good flow for early in the practice. Pass hard and get your top hand away from your body. Call for the pass. Give your stick and skates as a target.

### Description:

1. Skate to the top of the circle and pass.
2. Continue and get a pass from the other end.
3. 2-0 first player passes and swings wide and second player skates into the middle lane. Pass to the player in the middle.
4. Player in the middle one touch the puck up to the wide man. Stay onside.
5. Shoot and go for the rebound.
6. On the 3-0 the third player goes up the boards and enters as the high man. Add a trailer pass to the high man as the first shot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20120301081936833>



## B6 2-0 Middle Drive - Czech U20

### Key Points:

Attack with speed and hit the net and the middle player be in good position for a rebound. This is a drill to warm up the goalies.

### Description:

- 1 and 2 leave from diagonal corners at each end.
- 1 is in the middle and pass wide to 2.
- 1 turn and skate to the other side and turn and middle drive the net.
- 2 continue down the wide lane and shoot then rebound.
- If there is a rebound finish the play.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121204145928587>



## B6 2-0 Wide Pass and Shot-Pro

### Key Points:

Pass hard in front of receiver so he doesn't have to slow up. Keep the stick blade square to the puck. Keep the stick in front when shooting in the triple threat position.

### Description:

1. Start off with R1 passing wide to R2 and R3 follow
2. R2 passes back to R1 who shoots.
3. Change directions with B1 across to B2 and follow.
4. B2 skates and passes to R3 who turned at the blueline.
5. R3 shoots and B2 rebounds.
6. R5 leaves and passes to R4 and follows.
7. R4 pass to B1.
8. Continue this flow in each direction.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121003101600796>



## B6 3-0 Horseshoe

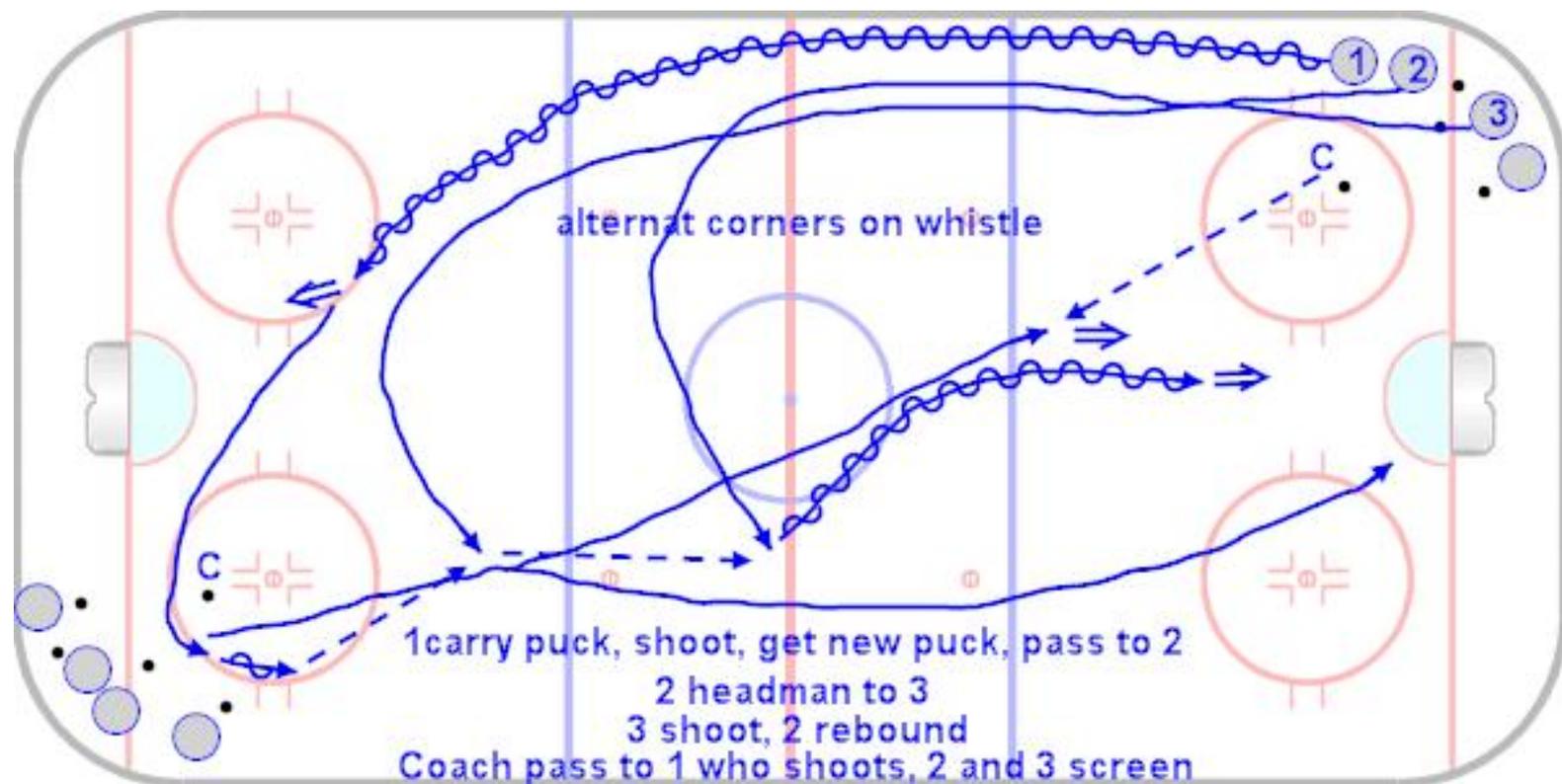
## Key Points:

This is a timing drill where the players must face the puck and give the stick and skates as a target. Give hard firm passes. Do the drill from both sides.

## Description:

1. #1 carry the puck down the ice and shoot - rebound. 2 and 3 follow and time their support.
2. #1 get a new puck (or a pass from the line) and pass to #2 and follow the pass.
3. #2 pass to #3 and follow the pass.
4. #3 shoot and both 2 and 3 rebound.
5. Coach (or first player in line) pass to 1 while 2 and 3 screen.

\*you can add give and goes with the far corner or other passes.



## B6 3-0 Middle Drive C-U18

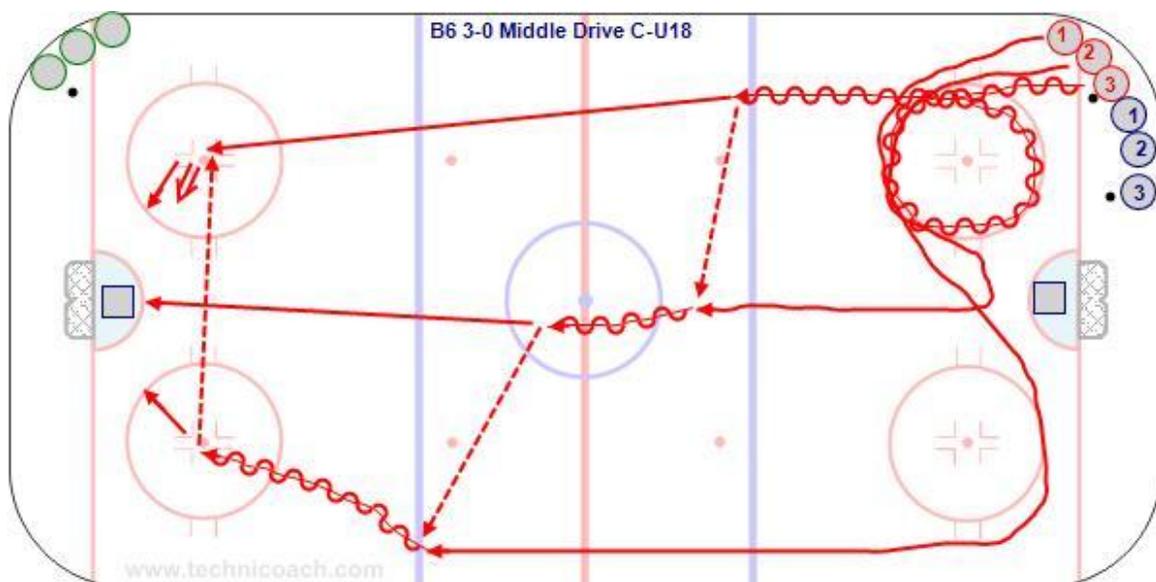
### **Key Points:**

The first player over the attacking blue line without the puck skate hard through the middle lane to the top of the goal crease. Player with puck and third player skate hard toward the dots. Force defenders to cover each player.

### **Description:**

1. Leave from the corner.
  2. Player 1 skate around top of the circle and the bottom of the next circle and up the lane.
  3. Player 2 skate top of the circle to below the hash and up the middle.
- \*Repeat in the other direction.
4. Player 3 carry a puck around the circle and up the near lane.
  5. Player 3 pass to 2 to 1 and do a middle drive.
  6. Ideal play is a pass across from 1 to 3 about at the hash marks for a one timer shot.
  7. Wide shot or a pass to the middle are also options. Read the play.
- \*Repeat in the other direction.

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## B6 3-0 One Touch Regroup - 3 Shots

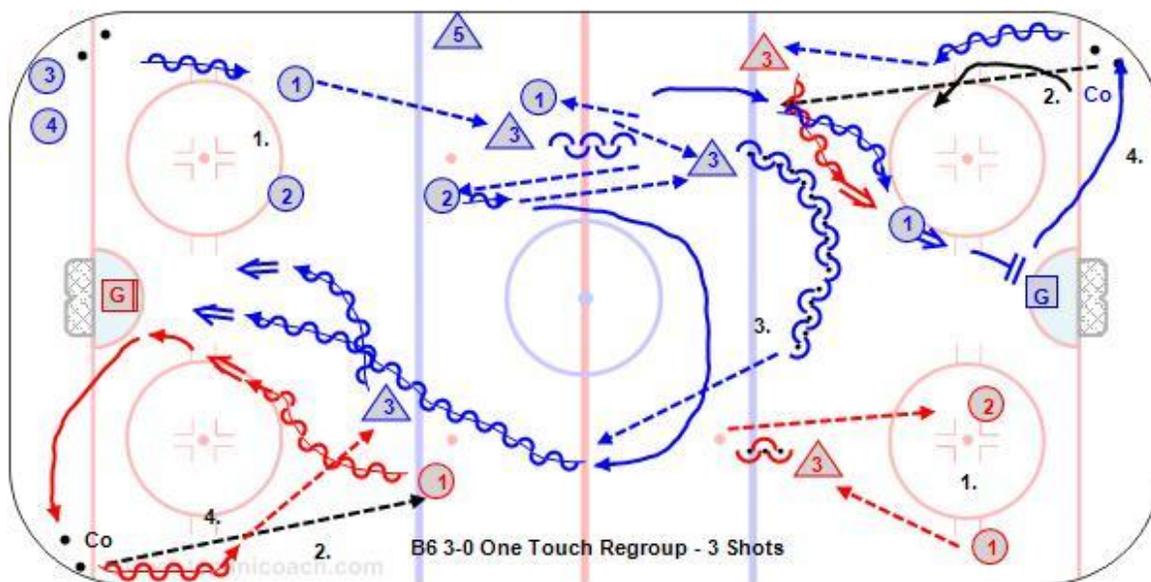
### Key Points:

Face the puck and one touch two passes to start. Shoot while skating and follow the shot for a rebound. This is done out of diagonal corners at the same time.

### Description:

1. F1 and F2 leave from the corner and exchange the puck twice with the D1.
2. F1 continue and get a pass from coach in the corner shoots and screens.
3. D1 pivot and Pass to F2 who shoots and screens.
4. Red F1 cycle out of the corner and pass to Blue D1 who shoots from the point.

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## B6 3-0 One Touch Regroup - 3 Shots and High Cycle

### Key Points:

Face the puck and one touch two passes to start. Shoot while skating and follow the shot for a rebound. This is done out of diagonal corners at the same time.

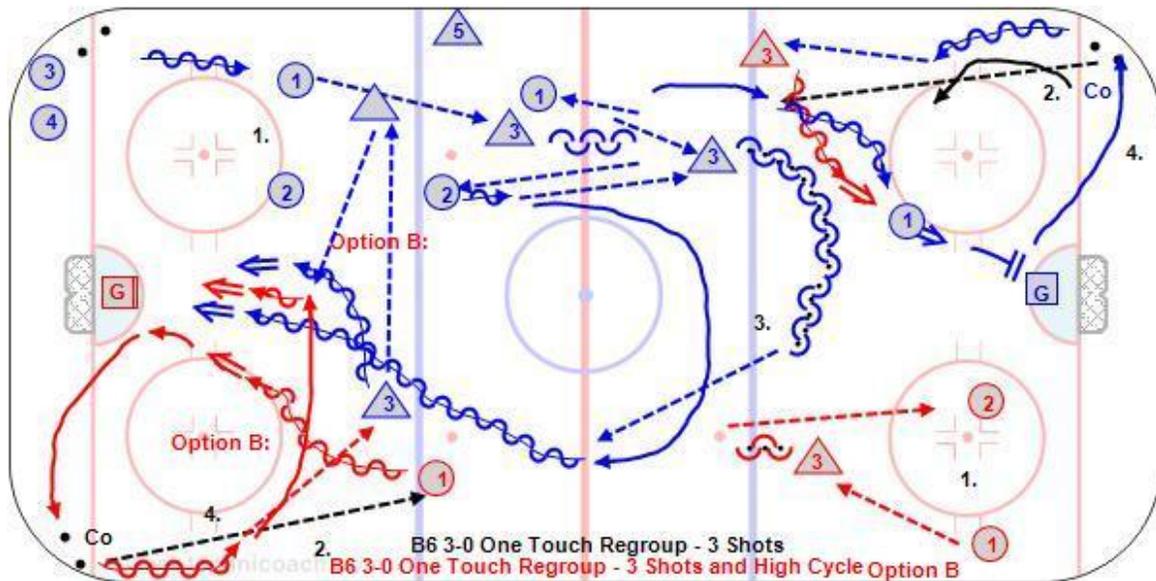
### Description:

1. F1 and F2 leave from the corner and exchange the puck twice with the D1.
2. F1 continue and get a pass from coach in the corner shoots and screens.
3. D1 pivot and Pass to F2 who shoots and screens.

### Option B:

4. Red F1 cycle out of the corner and pass to Blue D1 who passes to D2 and he passes to F1 high in the slot and F1 shoots.

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## **B6 3-0 Weave With D Regroup**

### Key Points:

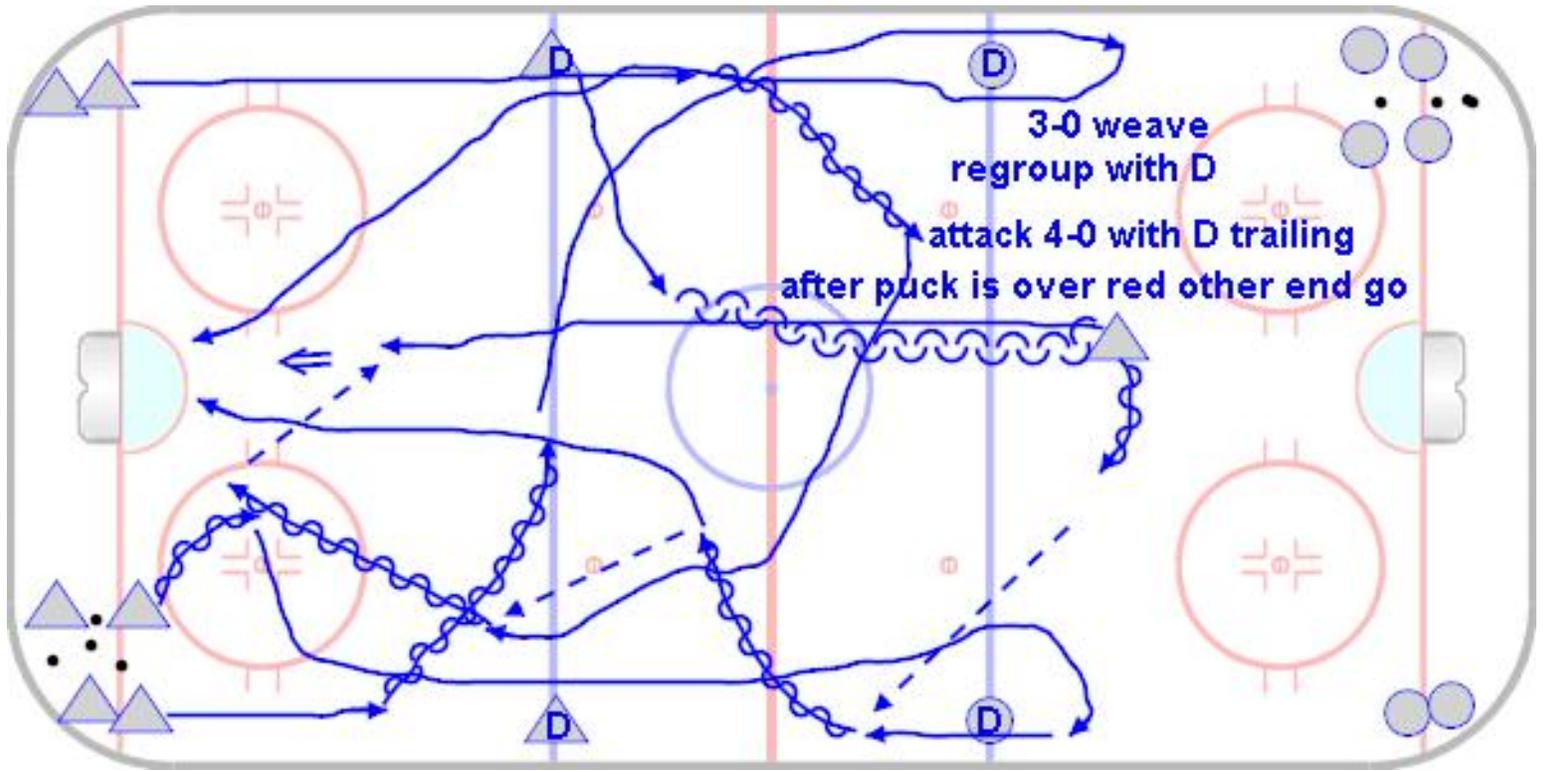
- Skate with the puck to the big ice between the dots and then pass.
- Pass and follow your pass.
- Stay wide until you get the pass.

### **Description:**

1. Half the forwards at each end in three lines behind the goal line with the D waiting at the bluelines. Whites at one end and Blues at the other.
2. Middle player start by skating toward the strong side and pass to the wing and follow the pass skating behind the new puck carrier.
3. Wing skate to the big ice between the dots and pass to the far wing then follow the pass.
4. Wide wing skate to the big ice and pass to the original centre who is now in the opposite wide lane.
5. The D is skating backwards thru the middle zone and the puck is passed back to him for a regroup the other direction.
6. On regroup one player supports on the strong side boards, one mirrors the puck in the middle lane and one is in the wide lane.
7. D makes the pass and follow the attack into the zone.
8. The group at the other end leaves after the D passes up ice.

### **Options.**

- a. Add another D.
- b. Add a second regroup.
- c. Add a pass to the D for a point shot after the original rush.
- d. When 2 D are used you can use 2 pucks to create and overload situation and have the forwards take a shot followed by the D shooting the other puck.



## B6 3-0 Weave-Regroup at Far End – Pro

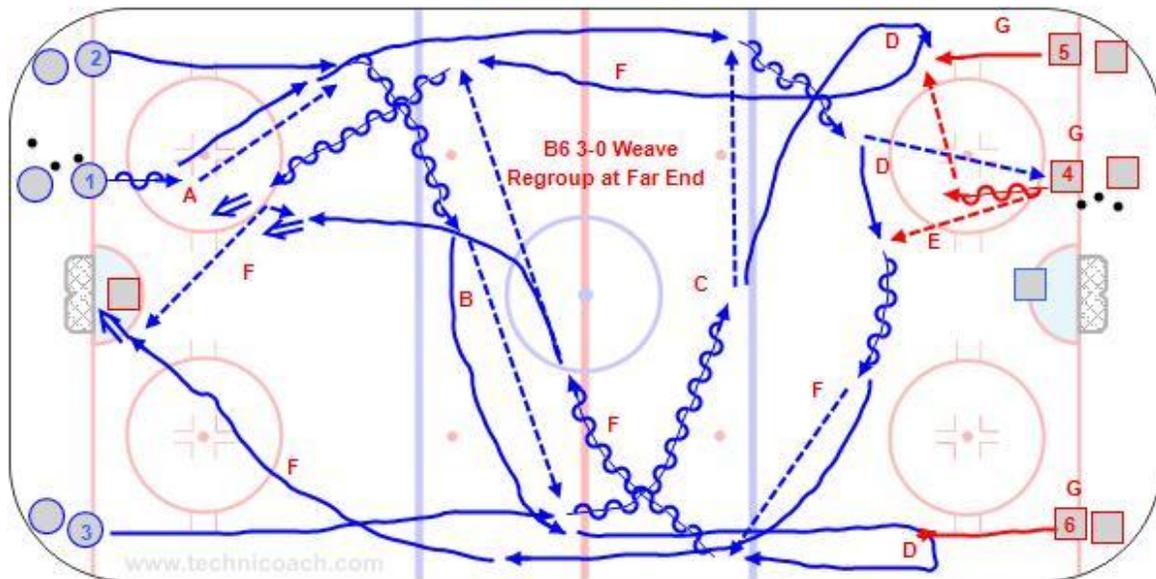
### Key Points:

Principles: Pass while skating and then follow the pass and take the ice behind the puck carrier.. Fill the 3 lanes. Skate to the “big ice” between the dots when you get the puck. Pass to the outside lane, skate to the inside lane.

### Description:

- A. 1 pass to 2 and follow the pass.
- B. 2 skate to the big ice, pass to 3, follow the pass taking the ice behind.
- C. 3 pass back to one, follow the pass.
- D. 1 regroup with 4 and 1-2-3 fill each lane.
- E. 4 pass to 1 or 3 on the strong side.
- F. 1-2-3 weave the same way and attack with a triangle and shoot at the original end.
- G. 4-5-6 follow and repeat the other way.

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## B6 3-0 With Multiple Pucks

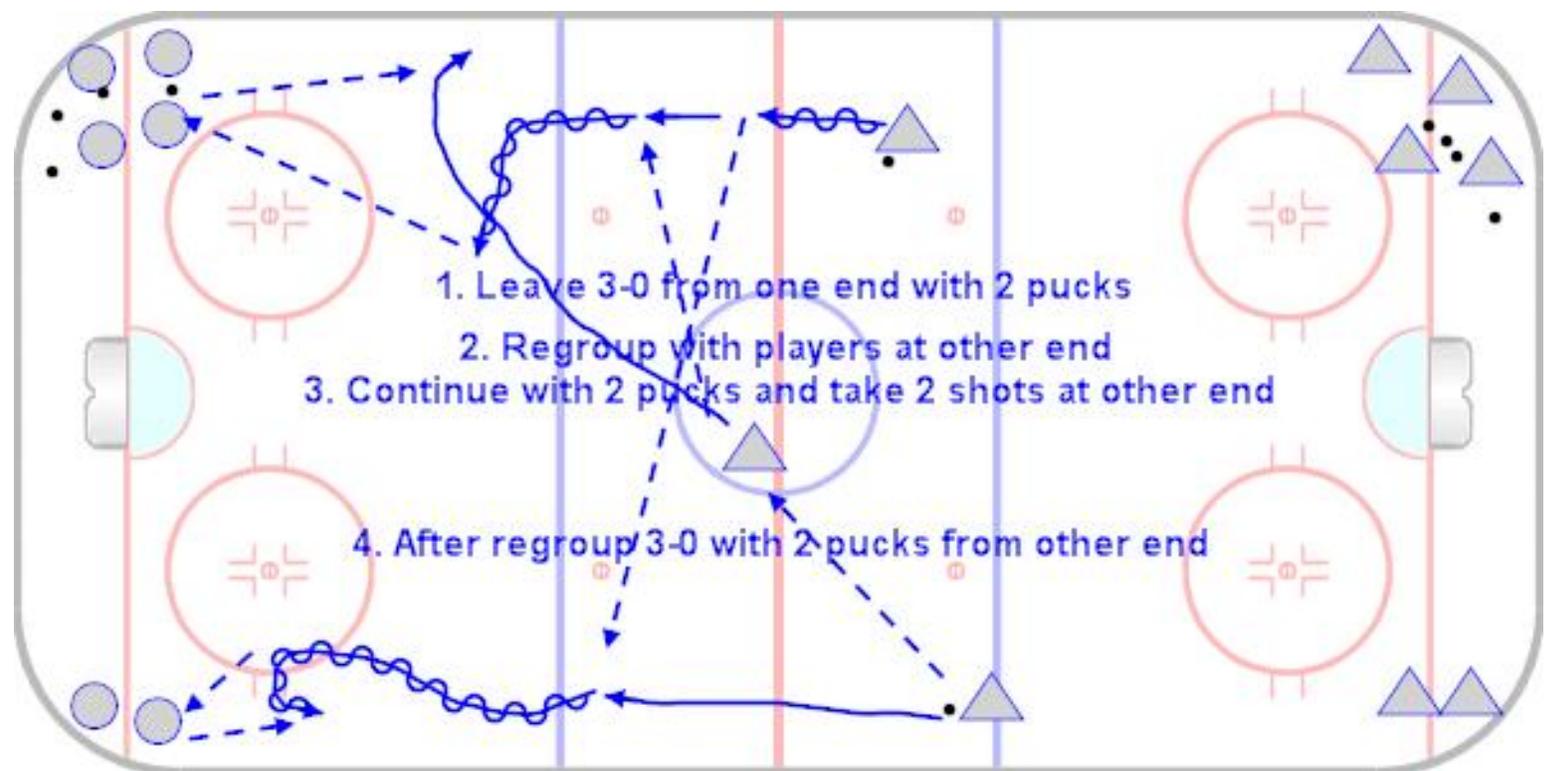
### Key Points:

This is an exercise to overload the nervous system.

Make eye contact before passing and make good firm passes.

### Description:

1. Players are in 3 lines below the goal lines in each end.
  2. Pass 2 pucks while filling the 3 lanes and then regroup with players at the far end and pass the 2 pucks back to the original end and then shoot both on the net, allowing the goalie to get set between shots.
  3. Group at the opposite end leave after they have passed to the original group.
  4. When the players are good with 2 pucks progress to passing 3 pucks.
- \* A good routine is to pass 3 pucks the first turn, then 2 pucks, then a 3 man weave with one puck, then add one defense and regroup with him, then add 2 defense and regroup with them and then add another regroup passing first time to one of the D and second time to the other.



## B6, 3-0, 4-0 Pass-Regroup-Shoot, Detroit

### **Key Points:**

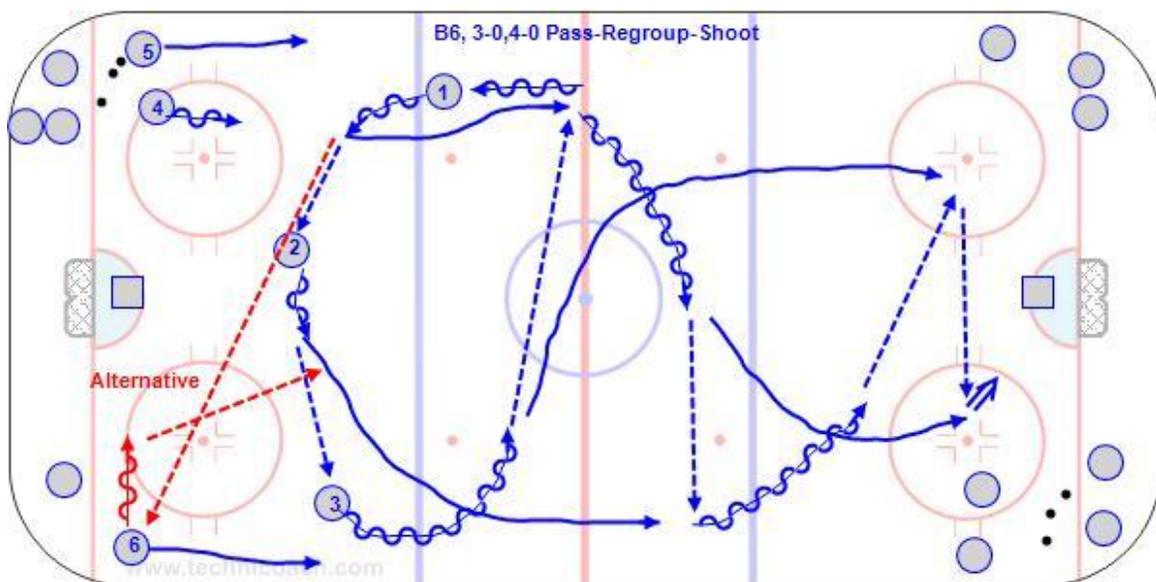
Pass hard, give a target, call for the pass and fill all three lanes. Leave in groups of 3 or 4. Make sure everyone gets at least one pass in each direction.

### **Description:**

1. Three or four leave from one end.
2. Skate to the big ice and pass.
3. Cross the far blue line and turn back.
4. Attack with a triangle or box.
5. Three or four at the other end leave when the original players regroup.

Alternative is to pass and regroup with a player at the other end to practice a deep breakout.

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## B6 - 1 on 1 to 2 on 2 With Both Offensive and Defensive Support - Pro

### Key Points:

D joins the play and F backchecks on the whistle to practice offensive and defensive support.

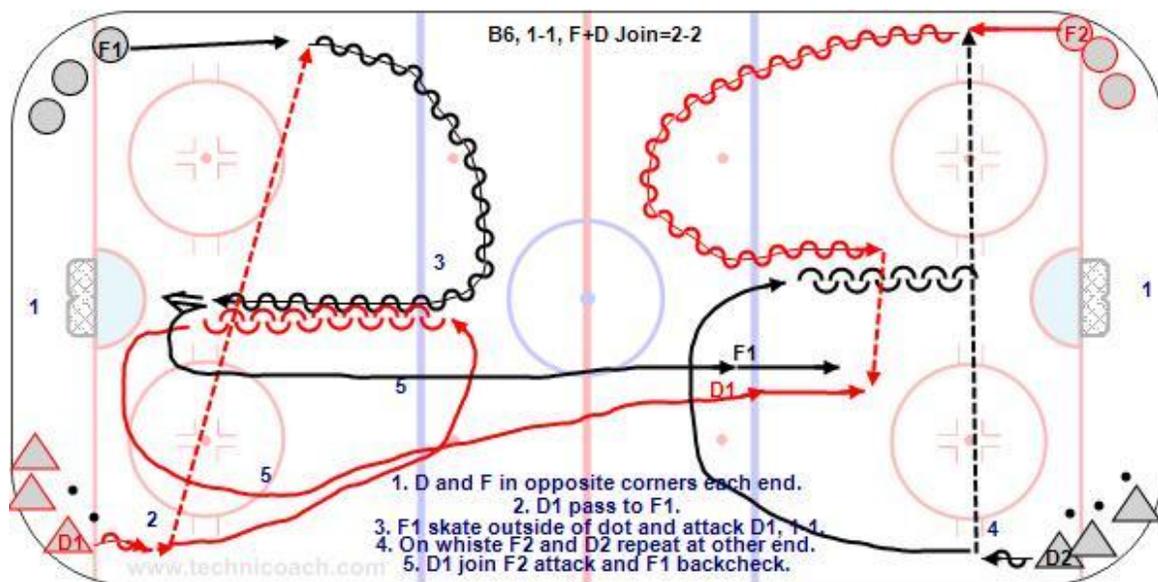
### Description:

There is a 1-1 at one end and on the whistle there is another 1-1 at the far end. The D jumps up to support the attacker and the F must backcheck. It becomes a 2-2.

Progress to a 2-1 which becomes a 3-3, a 3-1 or 2-2 which become 4-4 and a 3-2 which becomes a 5-5.

This is a great situational drill.

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## B6 – 3 Shots, 3 Zig zags, 3 Shots

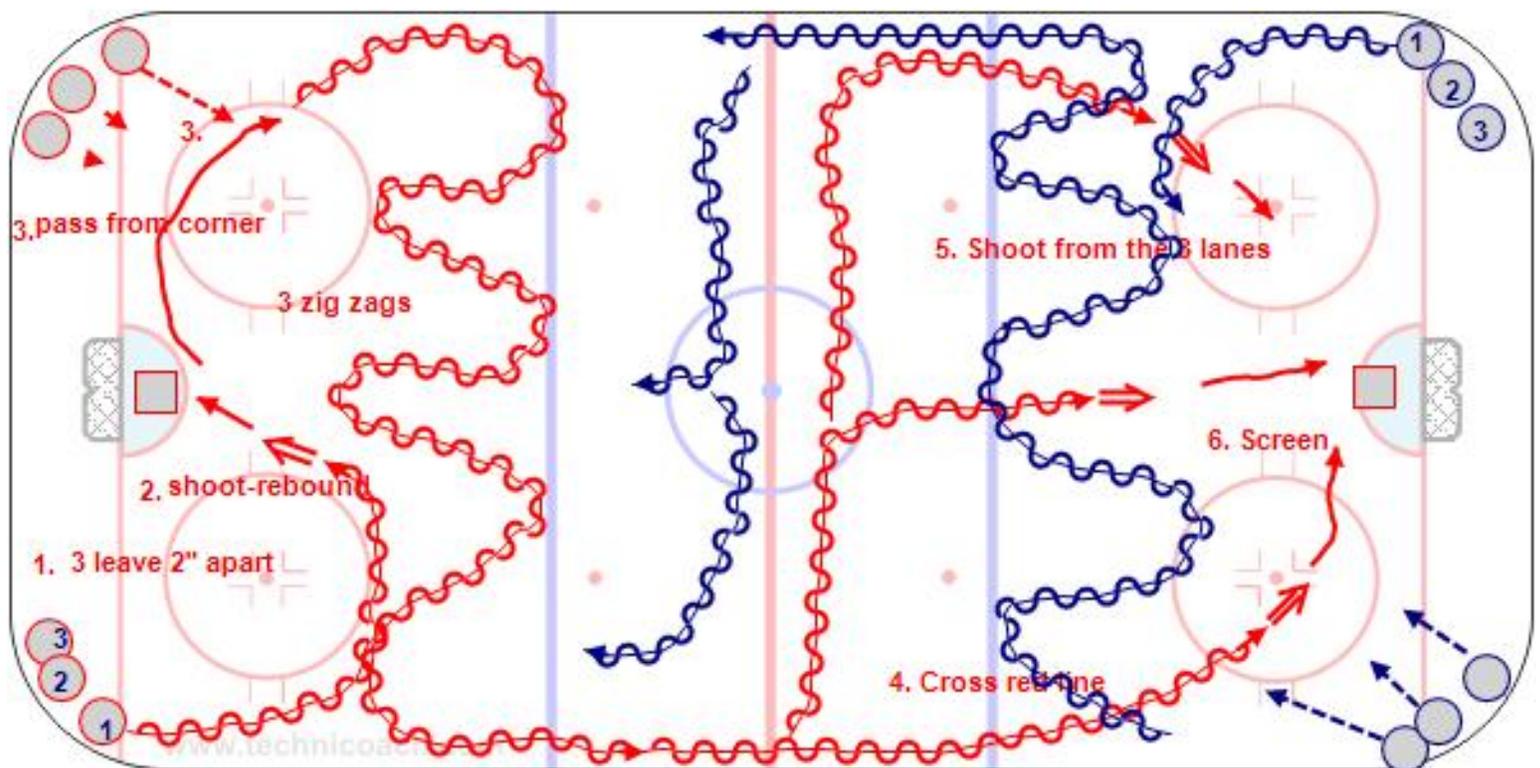
### Key Points:

3 Leave from diagonal corners about 2" apart, skate around circle then shoot, get a pass from the other corner, skate 3 zig zags between the blue line and the top of the circles the fill the 3 lanes and shoot.

### Description:

1. Make sure to leave about 2 seconds between shooters so the goalie has time to get set.
2. Follow the shot for a rebound before getting the pass.
3. Do skills while zig zagging 3 times such as;
  - a. carry the puck with the hands and feet moving all the time.
  - b. carry the puck only using the forehand side of the stick.
  - c. only use the backhand side of the stick.
  - d. transition skate facing the far end forward to backward to forward.
  - e. skate backward.
  - f. 360 degree turns.

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## B6 Big Horeshoe 2-0 - Pro

### Key Points:

Skate in archs to gain speed. Give a target and call for the pass.

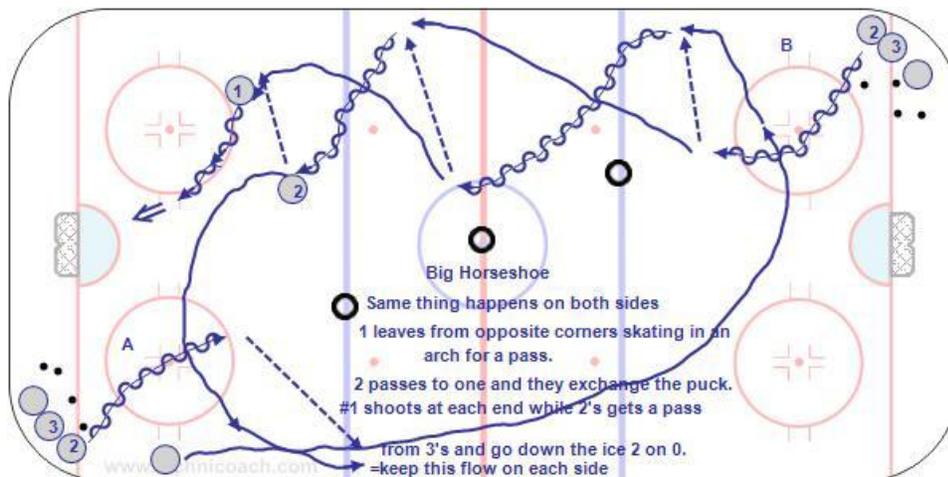
### Description:

Big Horseshoe

Same thing happens on both sides

- 1's leaves from opposite corners skating in an arch for a pass.
- 2 passes to one and they exchange the puck.
- 1' shoots at each end while 2'

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## B6 Big Horseshoe-Washington 2

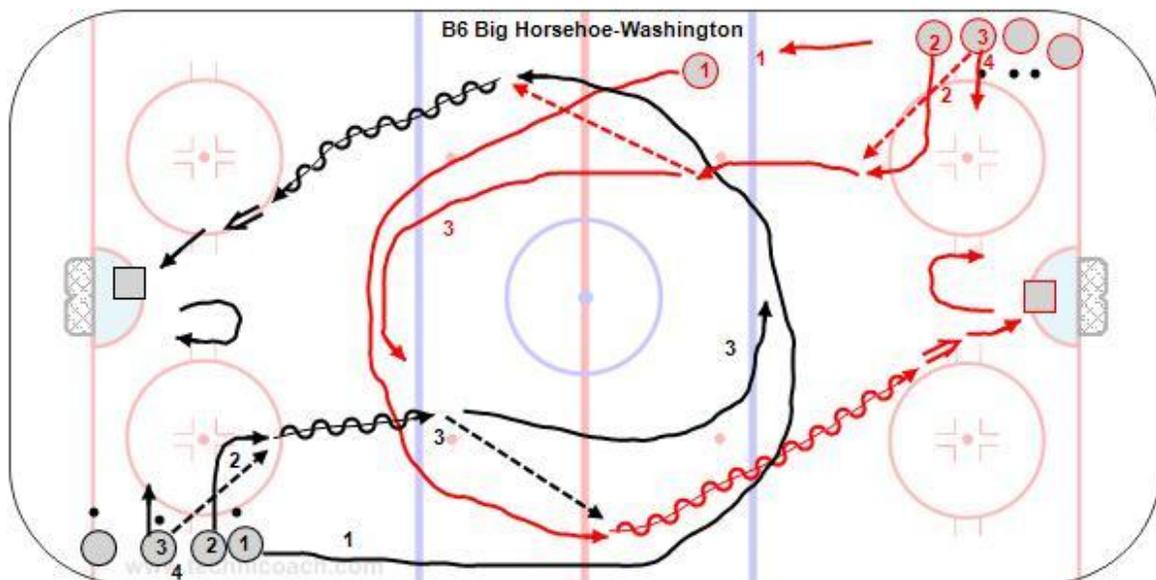
### **Key Points:**

Face the puck, Give a target. Time by saving ice until the passer is ready. Follow the shot and rebound.

### **Description:**

1. Start with the #1 from each corner skate a big circle just outside the nzone.
2. #2's skate to the inside and get a pass from the #3's.
3. #2's pass to #1's in nzone.
4. #2's skate in an arc for a pass from #3's along the boards on the other side .
5. Repeat this with the 3's leaving after they pass.

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## B6 Big Horseshoe CU18

### Key Points:

Give a target and skate into the pass. Follow the shot for a rebound. Shoot while skating and don't overhandle the puck to prepare to shoot.

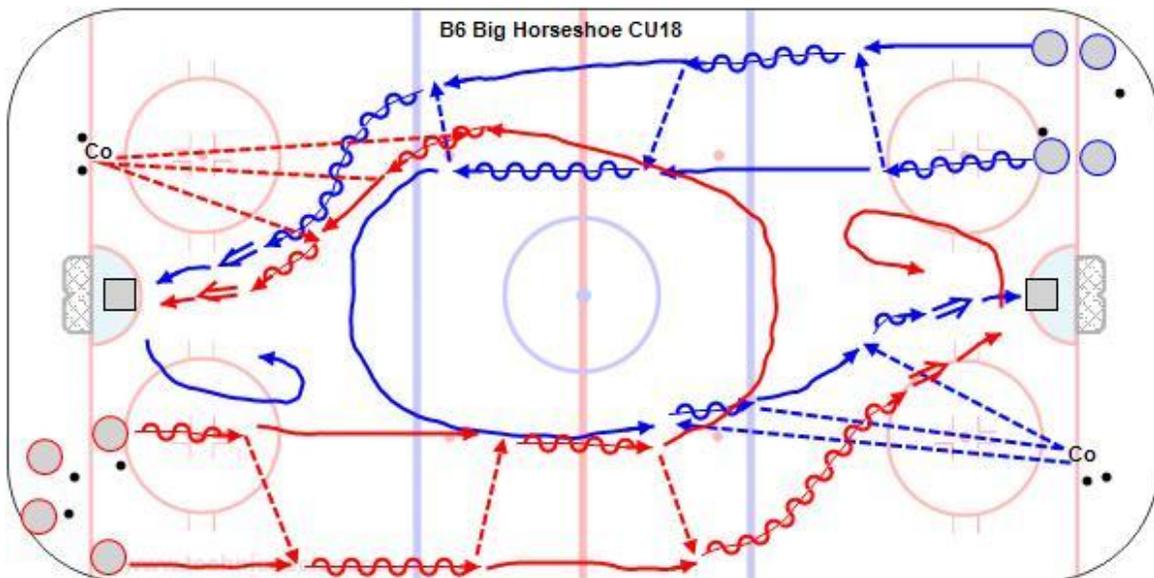
### Description:

1. Two players leave from diagonal corners.
2. Exchange the puck while skating down the ice.
3. Outside player continue and shoot-rebound.
4. Inside player turn back and get a pass from the original end.
5. Inside player shoot-rebound.

### Options:

- Unless the coach is making a comeback have a player make the second pass.
- Screen after shooting.
- Circle back and rebound for the next shooter after shooting.
- Second player exchange passes with the passer on the goal line.
- Add options like backhand shots, one timers, 1-1 vs. the next shooter, etc.

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## B6 Big Horseshoe-Washington

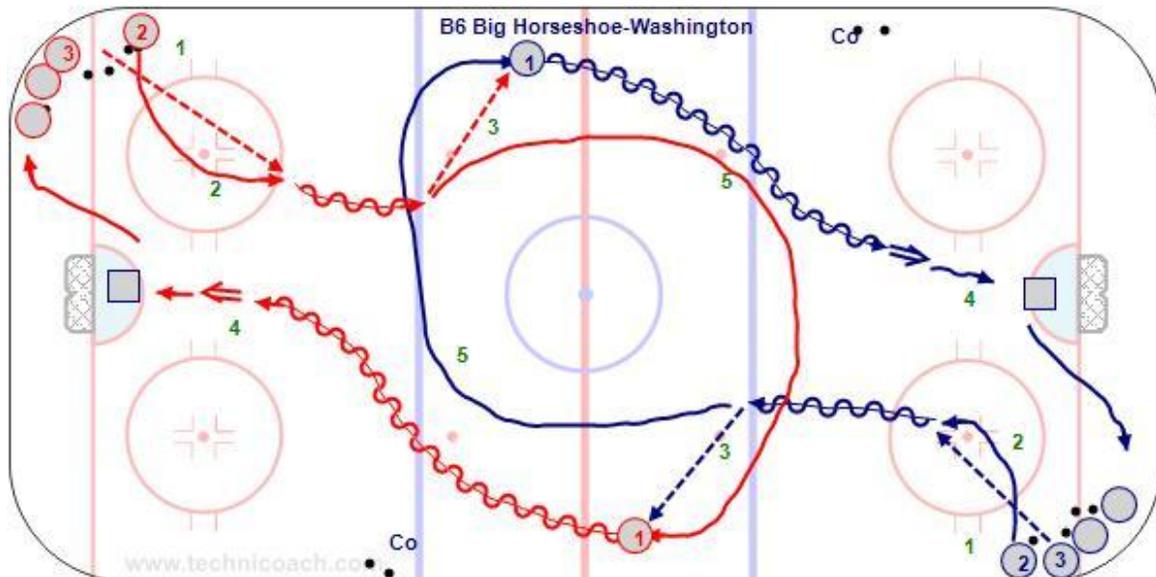
### **Key Points:**

Players give a target and call for the pass. Time the first pass so you are ready to pass to the player on the boards. Coaches have some pucks to give players if a pass fails. Follow the shot for rebounds. Do about 1.5-2 minutes on each side.

### **Description:**

1. #1 leave for a pass from the other corner.
2. #2 in each corner skate inside for a pass from #3.
3. #2's skate and pass to #1 on the wall.
4. #1 attack the net, shoot and rebound.
5. #2's now skate in an arc saving ice and timing to get a pass from #3.
6. Repeat this flow.

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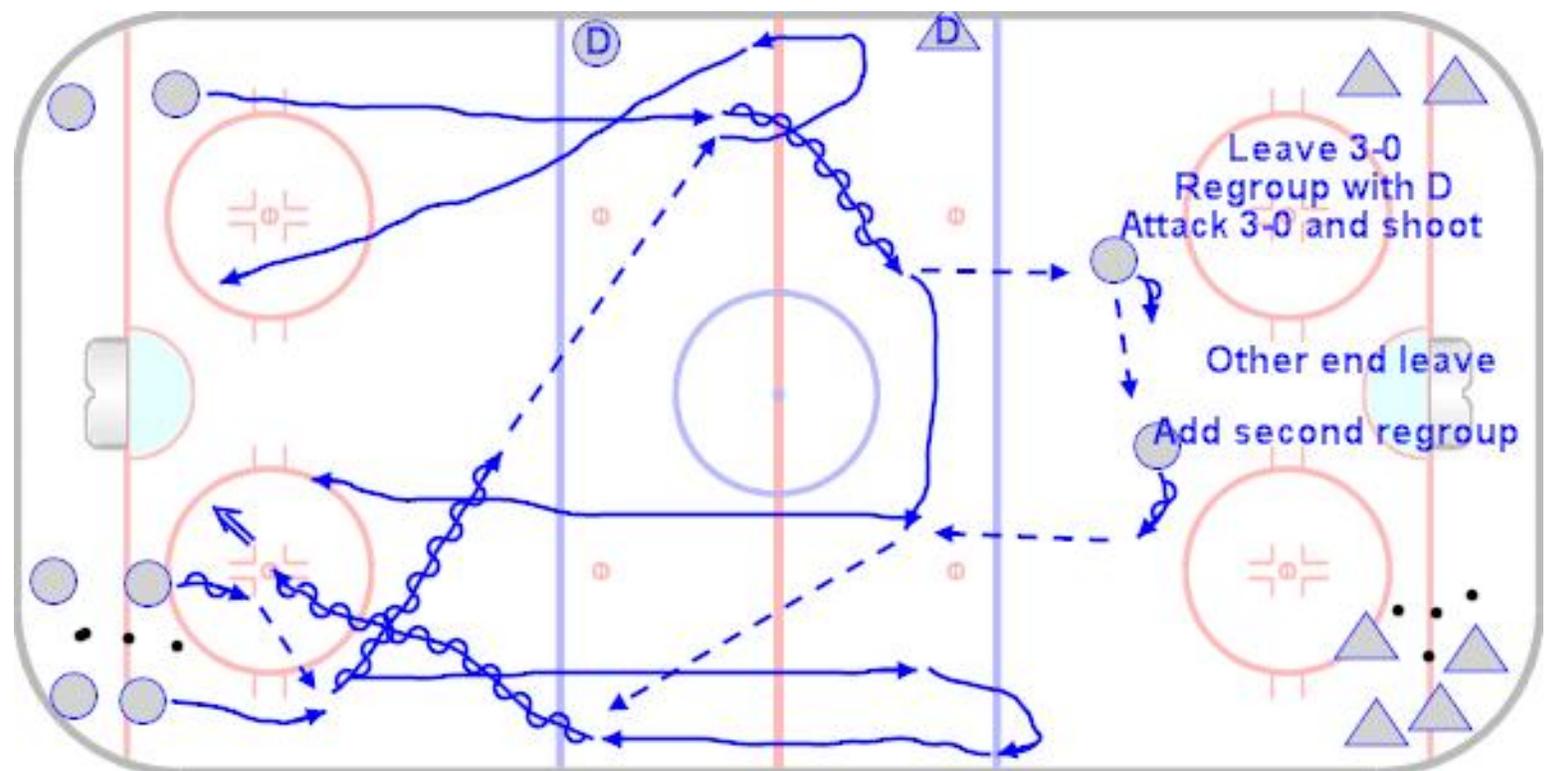
## B6 Breakout and Regroup with Defense

### Key Points:

Have the Defense practice tight turns or the hinge by skating wide then passing back to the middle. Forwards must face the puck and fill the 3 lanes.

### Description:

1. Players are in 3 lines at opposite ends of the ice.
2. Three players weave down the ice and regroup with the defense.
3. Defense can pass right up or go D to D. The forwards face the puck and fill 3 lanes for a regroup pass.
4. One player must give an outlet on the strong side boards and doesn't leave unless he is replaced. One player in the middle and one wide. Wide player decide a. stay wide, b. cut across middle lane, c. stretch behind the D.



## B6 Building a Power Play

### Key Points:

Start by practicing point shots and screens then move to one timers and the shot pass. Add a low cycle and change sides. Progress into a diamond. Practice one timers from off wing and shot passes on the proper wing.

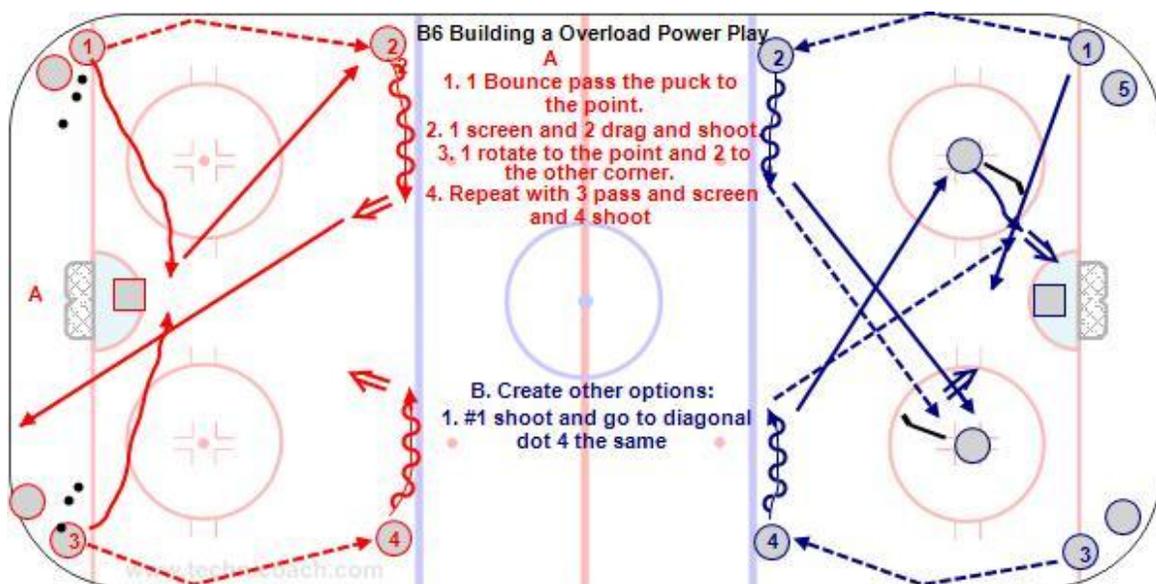
### Description:

#### A. Point Shots and Screen

1. 1 Bounce pass the puck to the point.
2. 1 screen and 2 drag and shoot.
3. 1 rotate to the point and 2 to the other corner.
4. Repeat with 3 pass and screen and 4 shoot. You can add a D to D one timer.

#### B. Create Options, One Timer, Shot Pass, Rotate into a 1-3-1 Diamond

1. #1 shoot and go to diagonal dot # 4 the same
2. Point now fake a shot and pass across for a one timer or a shot pass.
3. Progress to a low cycle and point pass where cycles attacking the seam and passing low then head to the net and #5 passes to the point.
4. We will add the weak side D into mid slot to move into a 1-3-1 diamond.



## B6 Chaos 3-0 Pass and Shoot

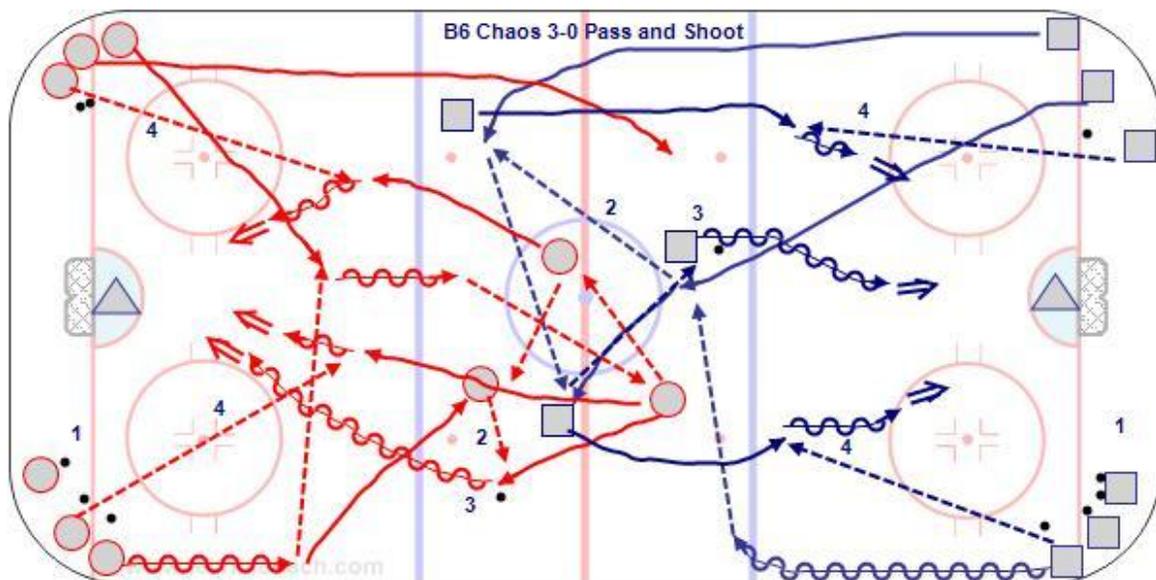
### **Key Points:**

Give a target, pivot to face the puck all the time; use forehand passes and backhand only when passing forward.

### **Description:**

1. Three players leave from each end.
2. Each group passes one puck in nzone.
3. On the whistle player with the puck shoot.
4. Other two players save ice and get a pass from the corner and shoot. a few seconds apart.

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## B6 Chaos NZ Overspeed with Regroup-Pro

### **Key Points:**

Players skate as fast as possible weaving through each other in the middle. Try various moves and dekes with the head up. Whistle about every 7 seconds.

### **Description:**

1. Players line up against the boards at the top of the circle.
2. On the whistle skate into the nzone and make moves at top speed.

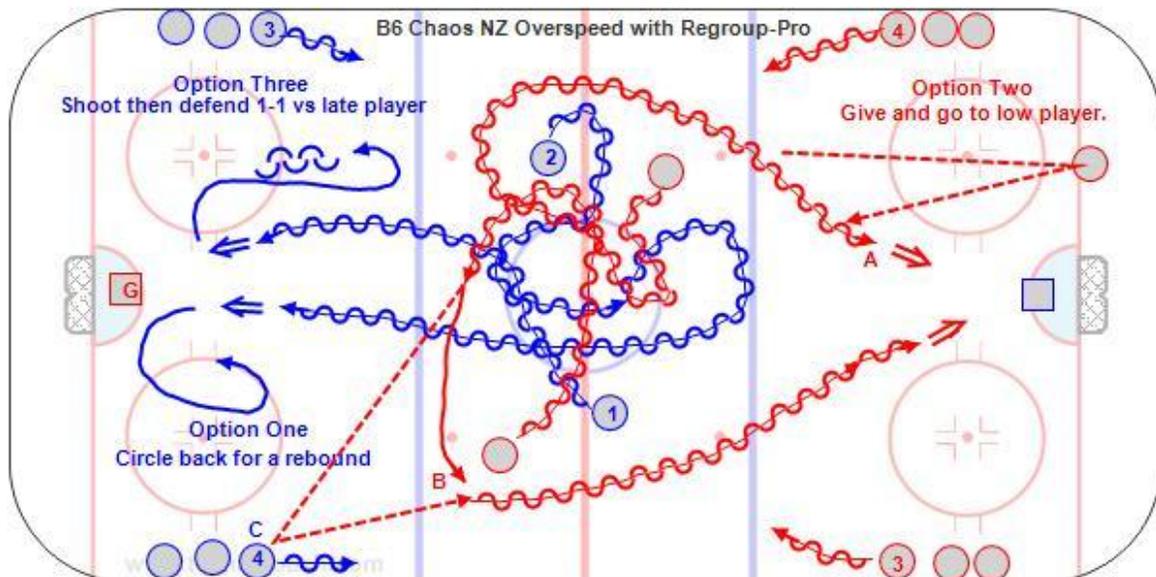
### Options:

- A. Skate in and shoot then rebound.
- B. Skate to far blue line then in and shoot.
- C. Pass to opposite line then skate and shoot

### Other options:

- 1-Circle back for rebound.
- 2-Give and go with a player on the goal line.
- 3-Defend 1-1 vs. the next second shooter.
- 4-Screen and tip for next shooter.

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## B6 Cross Pass-Cross Drop-Shoot

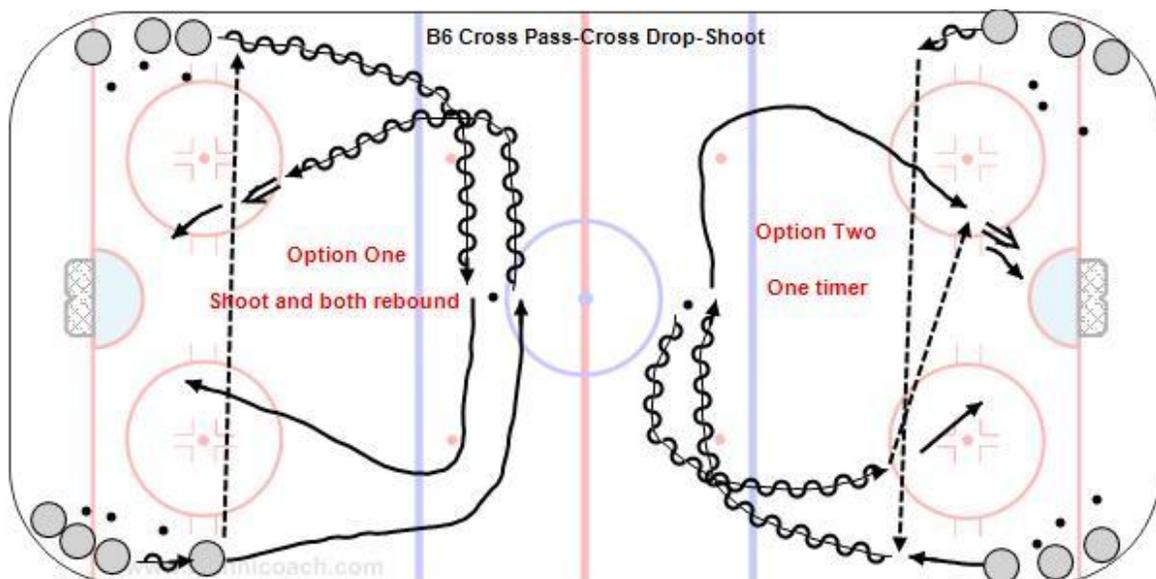
### **Key Points:**

Pass hard, drop the puck behind leaving it still. Keep skating all of the time. Maximum of one pass in the offensive zone.

### **Description:**

1. A skate and pass across to B.
  2. Both skate around faceoff dot.
  3. B drop the puck to A who crosses behind.
  4. Both skate around the Dots.
  5. Option One:
    - A Shoot and both rebound.
    - Option Two: A pass across to B who opens up and takes a one time. Both rebound.
- Alternate Sides.

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## B6 D Shoot, 2-1, D Shoot

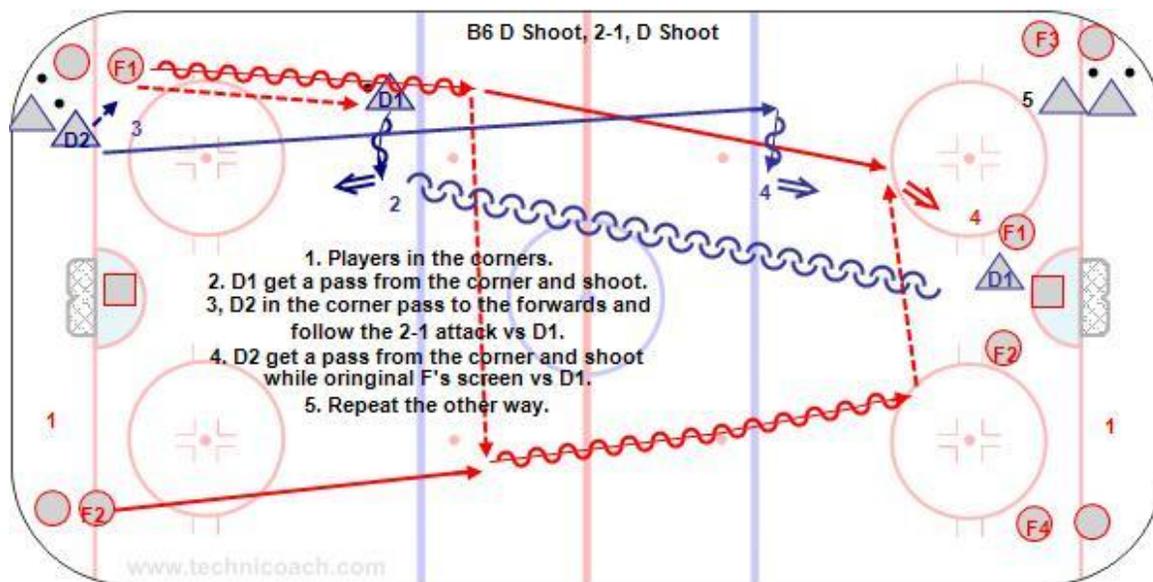
### Key Points:

D drag the puck inside the dot before shooting. Forwards attack with speed. D deny the middle and cover the most dangerous play.

### Description:

1. Players in the corners.
2. D1 get a pass from the corner and shoot.
3. D2 in the corner pass to the forwards and follow the 2-1 attack vs D1.
4. D2 get a pass from the corner and shoot while original F's screen vs D1.
5. Repeat the other way.

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## B6 Defense Drag and Shoot Drills

### **Key Points:**

Defense must skate quickly from the boards to between the dots when they get the puck.

Forwards should bounce the puck off the boards when passing to the D in this drill. Alternate sides.

Forwards in the corners and defense on the point. You could have everyone practice all positions so that forwards can play the point on pplays and be comfortable while covering the point.

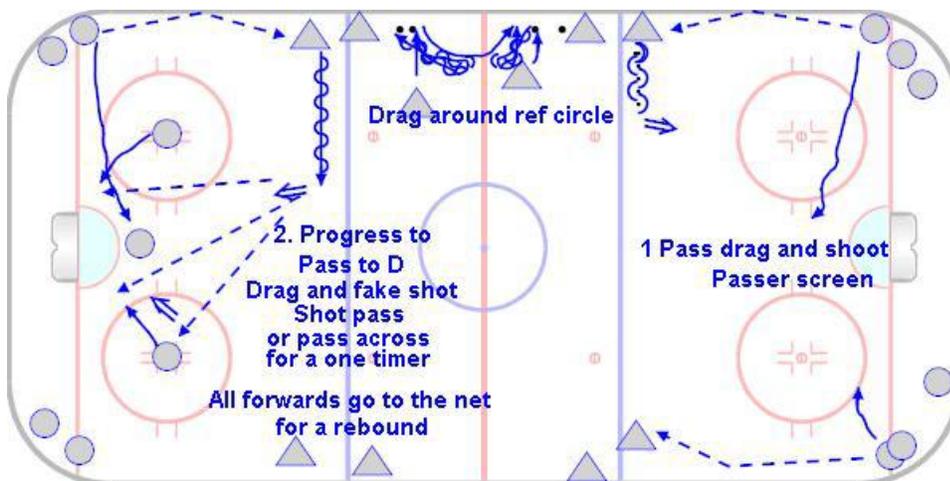
### **Description:**

1. Pass from the corner to the point then screen for the shooter who skates to the inside and shoots. Low shots are easier to tip and produce more rebounds.

2. Low players rotate from being the screener to moving across to the wide dot for a shot pass and staying at that dot for a one timer when the puck goes to the original point. All 3 forwards collapse and look for a rebound after the shot.

3. Practice movement by dragging the puck each way around the ref circle in the neutral zone. (skating forward is quicker that backward with the puck.)

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## B6 Defense Shooting Options - U18F

### **Key Points:**

Move into a shooting lane and keep the eyes up so you know where the defenders are. Miss the defender coming to the block.

### **Description:**

- a. 1 pass to 2 and 2 pass back to 1.
- b. 1 pass to 3 and 3 pass back to 1.
- c. 1 pivot and pass back to 3.
- f. 3 skate to mid point and shoot and 1 screen.
- h. Rotate 1 go to point and 3 leave, 2 move to shooting point and repeat sequence with 4 passing to 1.

### **Sequence of Shots:**

1. Shoot to score.
2. Shoot for a rebound.
3. Shot pass.
4. Shoot wide for a rebound off the boards.

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## B6 Defense Shooting Sequence

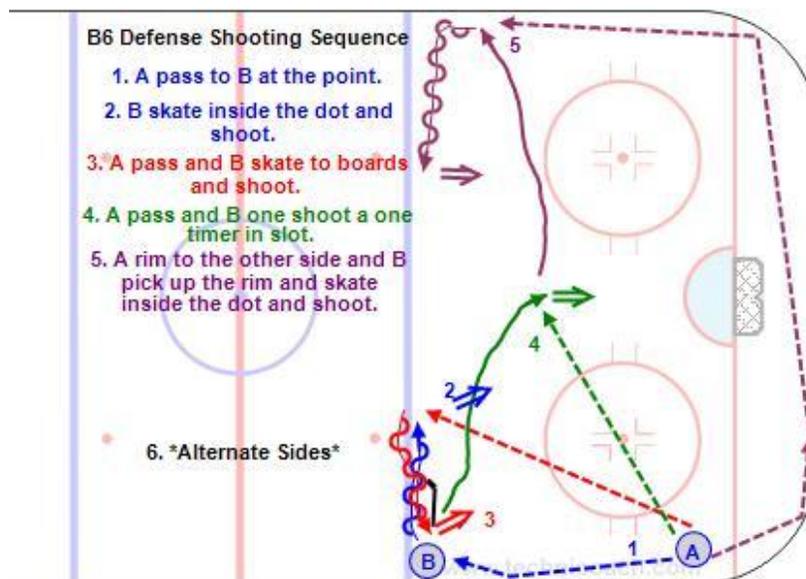
### Key Points:

Keep the skates outside the blue line and the puck in to avoid skating at the checker. Hit the net. One time the shot in the middle.

### Description:

1. A pass to B at the point.
2. B skate inside the dot and shoot.
3. A pass and B skate to boards and shoot.
4. A pass and B one shoot a one timer in slot.
5. A rim to the other side and B pick up the rim and skate inside the dot and shoot.
6. \*Alternate Sides\*

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## B6 Double Cross and Drop

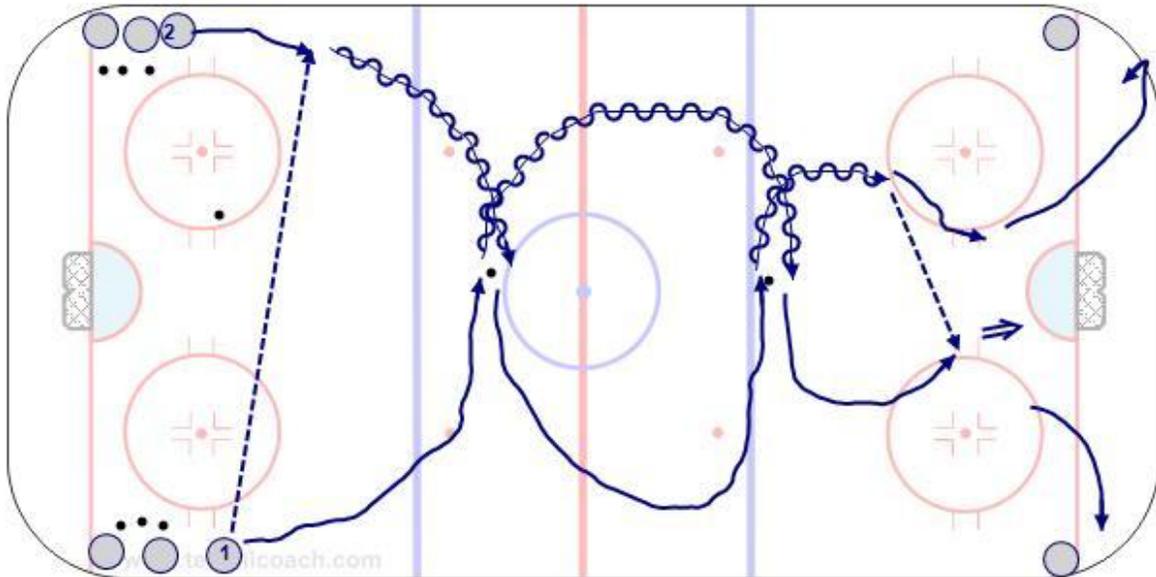
### **Key Points:**

Leave the puck instead of passing it back into the players skates.  
All go one way and then the other way.

### **Description:**

Line up at one end on each side of the ice.

1 pass to 2 they skate outside the dots and cross and drop in the middle, outside the dots, gain the blue line and cross and drop, then shoot or make a diagonal pass and shoot.



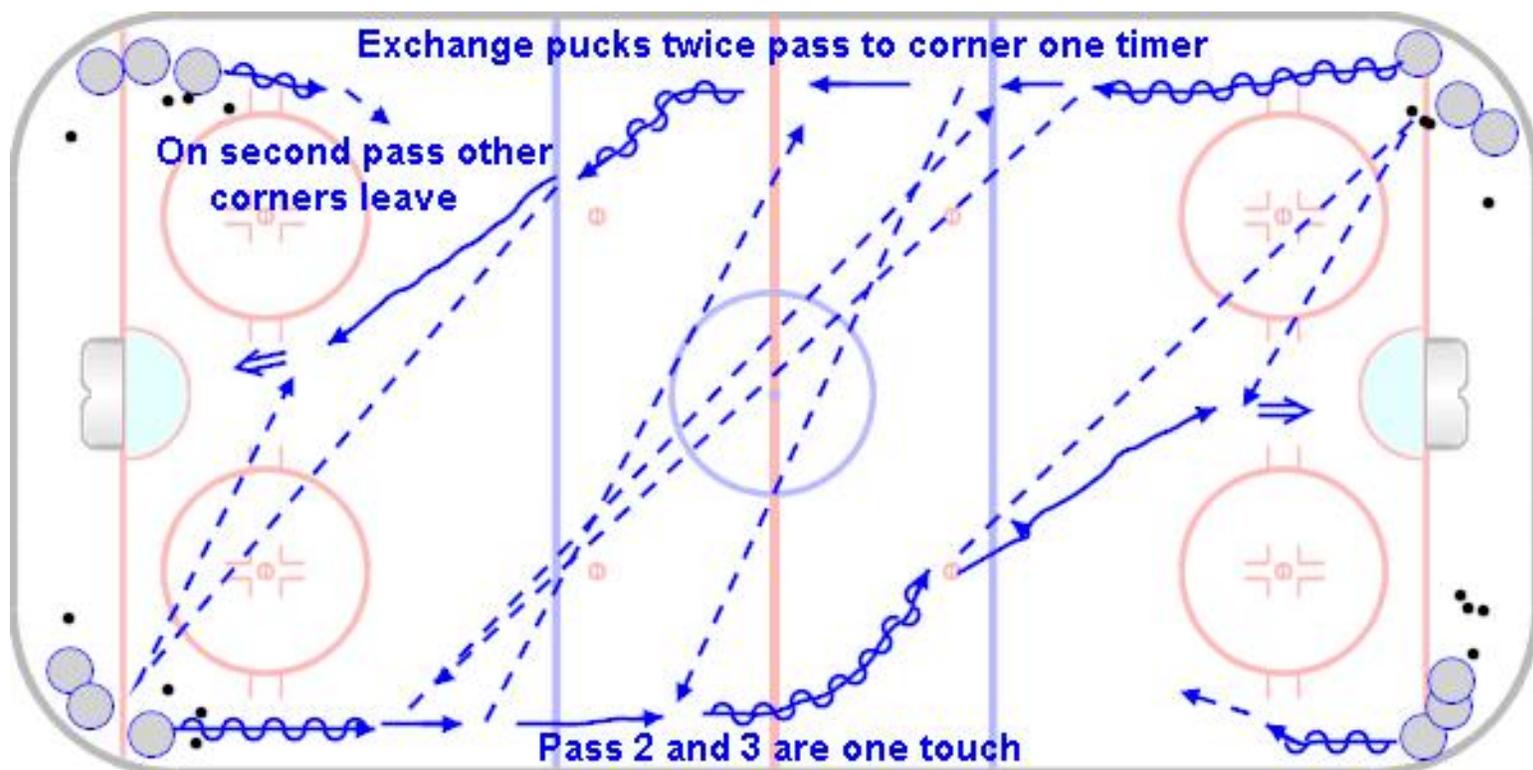
## B6 Exchange Pucks Passing

### Key Points:

Passes must be hard and for advanced groups saucer passes should be used whenever passing all the way across the ice.

### Description:

1. Players are in all 4 corners and diagonal corners leave when the shot is taken.
2. Players leave from the diagonal corners and pass the puck twice to each other and the third pass is to the player in the corner who passes back for a one timer shot from the slot.



## B6 Five Circle Skill Circuit

### Key Points:

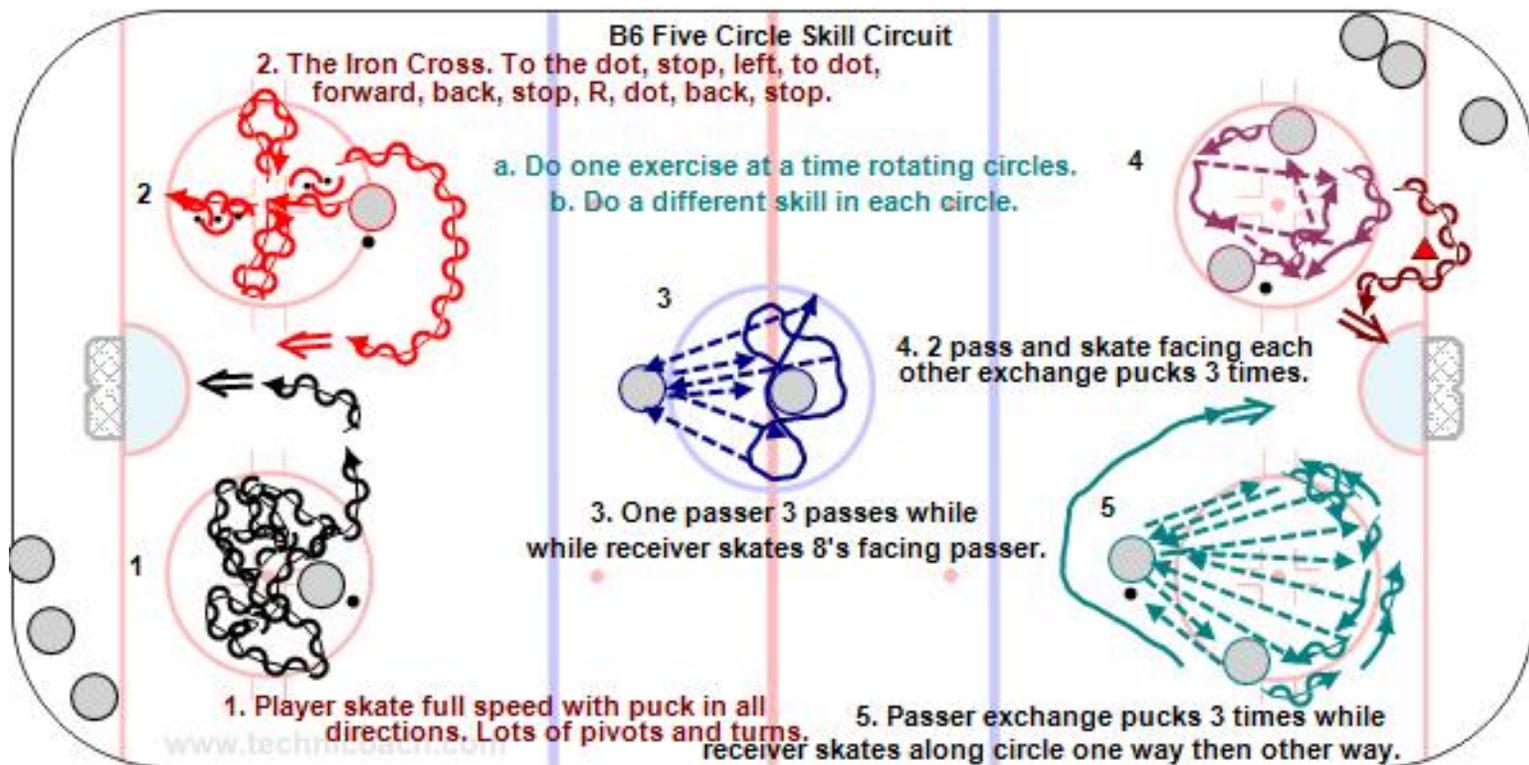
- Rotate from one circle to the other.
- Do skills at top speed and with good habits.
- You can have #1 and #4 going on in opposite directions at the same time.
- Vary where the shots come from.

### Description:

1. Player skate full speed with puck in all directions. Lots of pivots and turns.
2. The Iron Cross. To the dot, stop, left, to dot, forward, back, stop, R, dot, back, stop.
3. One passer 3 passes while receiver skates 8's facing passer.
4. 2 pass and skate facing each other exchange pucks 3 times.
5. Passer exchange pucks 3 times while receiver skates along circle one way then other way.

### Options:

- a. Do one exercise at a time rotating circles.
- b. Do a different skill in each circle.



## B6 Italian Box-One Touch 2-0

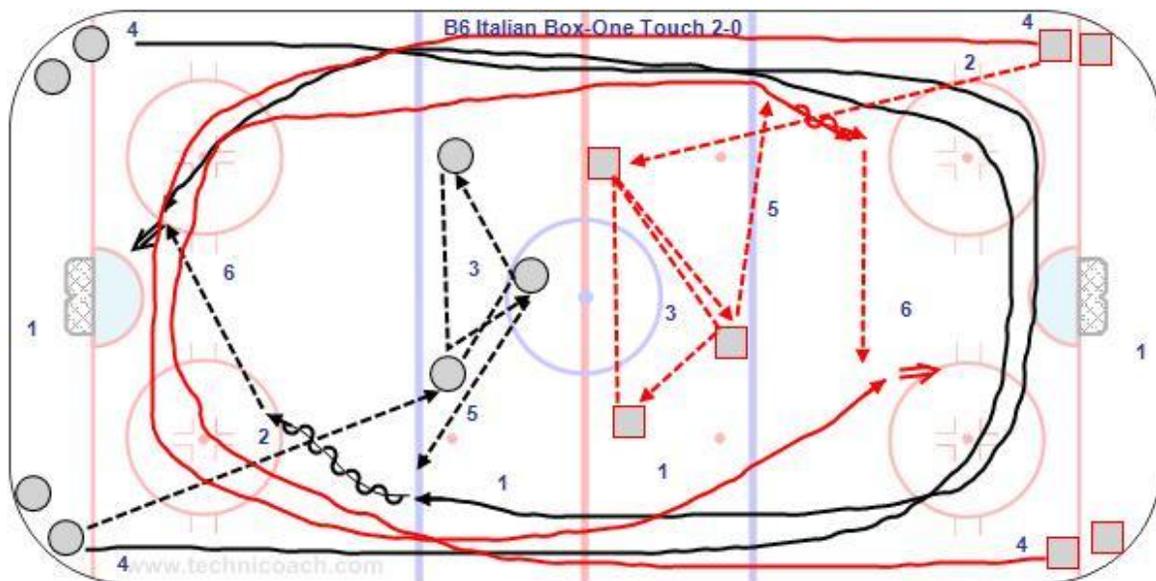
### **Key Points:**

Make hard one touch passes on the forehand. Skate below the face off dots at each end.

### **Description:**

1. Players in the corners and 3 from each group in the neutral zone.
2. Player from the corner pass to a player in the middle.
3. Players in the middle one touch the puck quickly.
4. Two players from each group skate around the far faceoff dots.
5. Pass to the skating player before he crosses the blue line.
6. Attack 2-0.
7. The contest is to see which group makes the most passes.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101006085709474>



## B6 1-1's from the Corner

### *Key Points:*

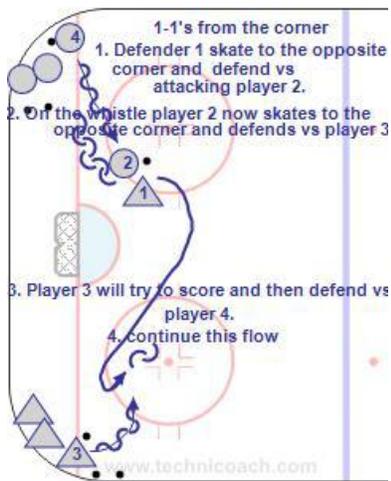
This is a drill the Russian Olympic coach Vladimir Jursinov used. You can do 2-1 and 2-2 as well. Stay D side stick on the puck, body on body and keep a tight gap within a stick length.

### *Description:*

1-1's from the corner

1. Defender 1 skate to the opposite corner and defend vs attacking player 2.
2. On the whistle player 2 now skates to the opposite corner and defends vs player 3.
3. Player 3 will try to score and then defend vs player 4 and continue this flow.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013052209072488>



## B6 Jursi Skate-Pass-Shoot

### **Key Points:**

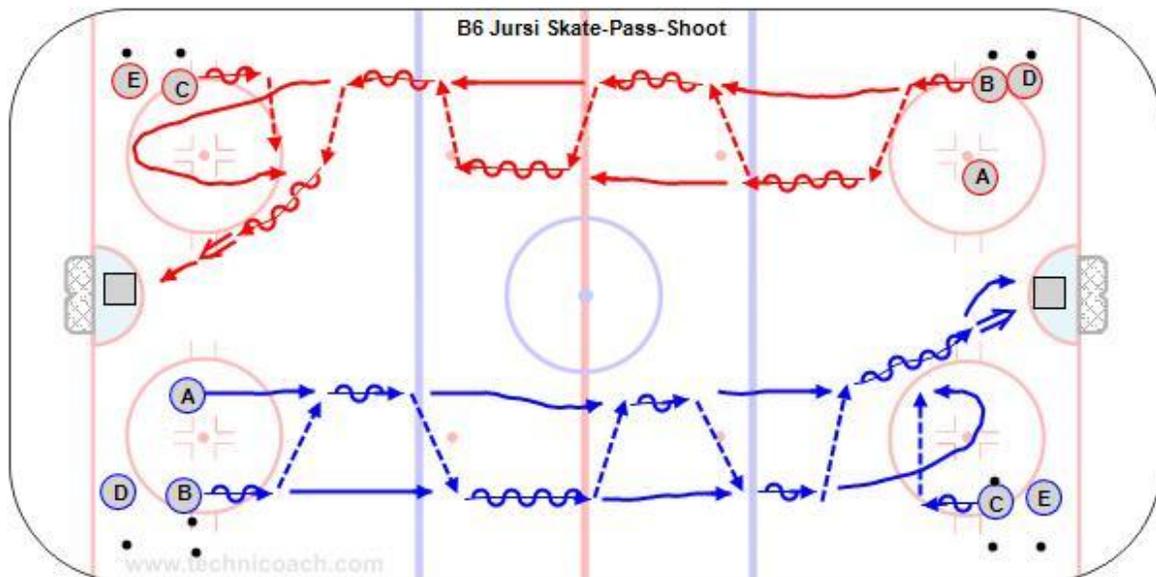
This is a drill that Russian Olympic coach Vladimir Jursinov used when I was coaching with him in Austria. The goal is to get players to practice passing and shooting while they skate. Puck handling-passing-shooting should be seamless.

### **Description:**

1. A and B skate down the ice in passing while skating.
2. A is on the inside and continues on with a shot while skating.
3. B pivots facing the puck and continues the other direction passing to C.
4. B shoots and C partners with D the other way.

# This can be done in tandem on both sides of the ice.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120227085711281>



## B6 One Touch x 3 and Shoot

### Key Points:

One touch pass. Firm stick and follow through at the target. Both line move all the time.

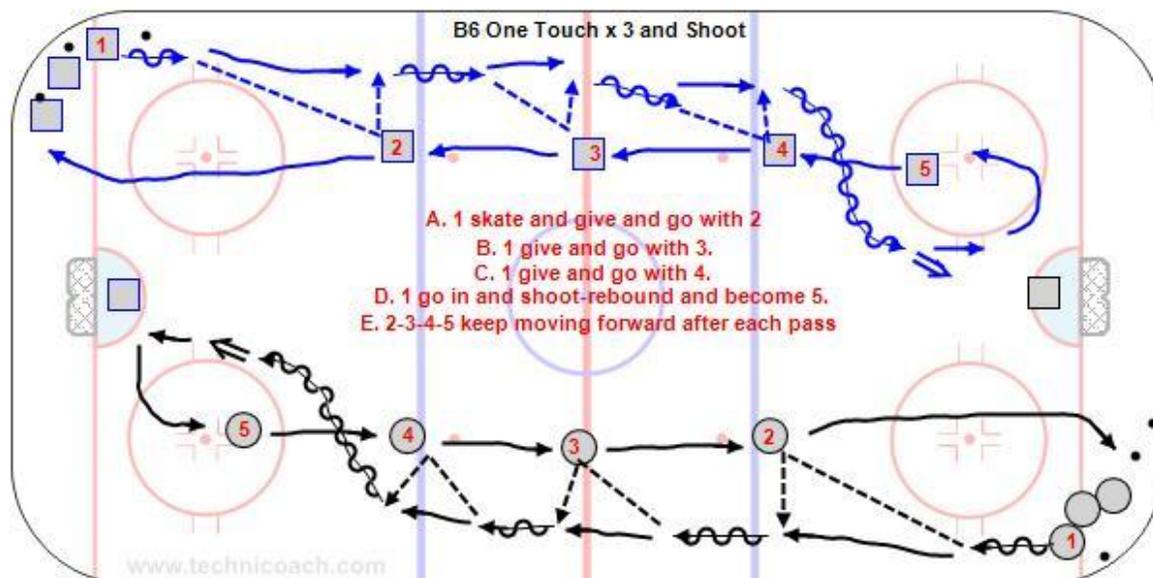
### Description:

B6 from diagonal corners down each side of the ice. Start with one player at each line and one extra behind.

- A. 1 skate and give and go with 2.
- B. 1 give and go with 3.
- C. 1 give and go with 4.
- D. 1 go in and shoot-rebound and become 5.
- E. 2-3-4-5 keep moving forward after each pass.

*Continue this flow from each side and then move to the other side and change directions.*

<http://www.hockeycoachingabc.com/media/gallery/media.php?f=0&sort=0&s=20120226094511455>



## B6 or B4 Crossover Skating and Puckhandling

### Key Points:

This is a great skating and puck handling warm up drill. Many variations can be used with the puck or in skating tasks.

Do a different skill in each zone. Keep the feet moving it is crossover in large #8's and not tight turns. You can also do as a B6 and start out of opposite corners.

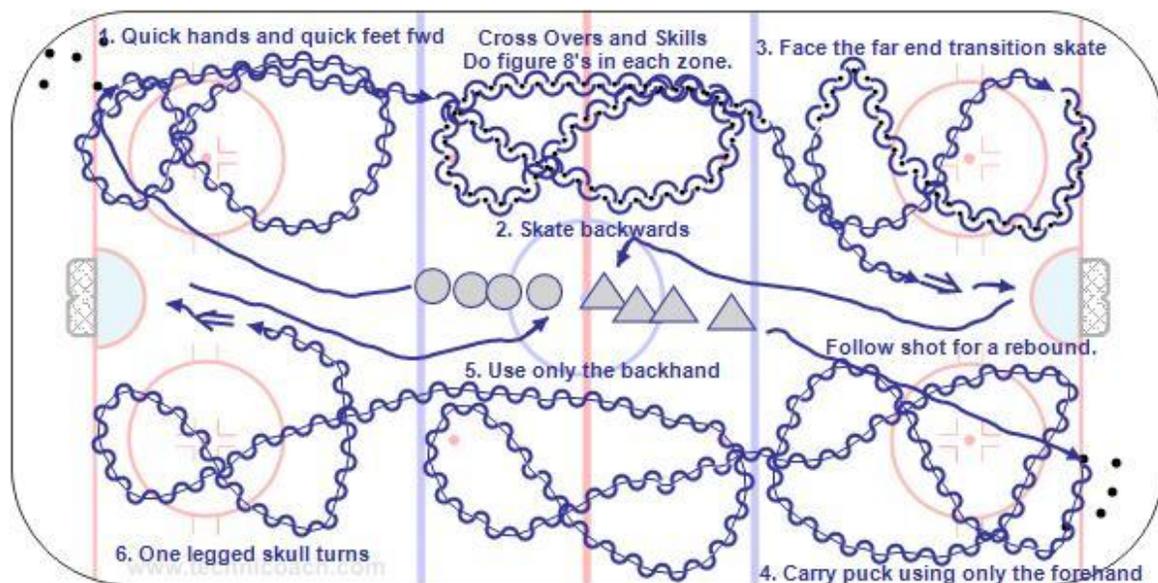
### Description:

Cross Overs and Puck Handling Skills

Do figure 8's in each zone.

1. Quick hands and quick feet fwd
2. Skate backwards
3. Face the far end transition skate
4. Carry puck using only the forehand
5. Use only the backhand.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20120418155124444>



## B6 Pass and Replace Flow - Pro

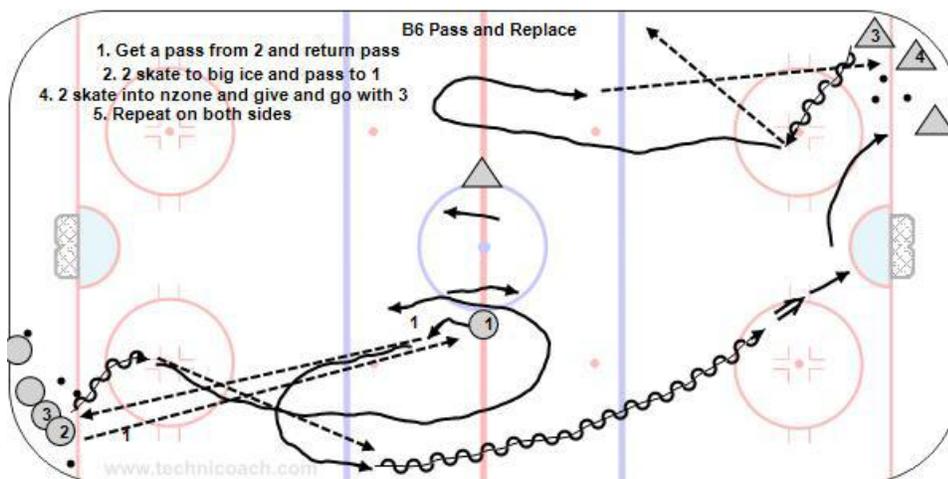
### **Key Points:**

Pass hard, face the puck, move your feet, call for the pass, give a target.

### **Description:**

1. Get a pass from 2 and return pass
2. 2 skate to big ice and pass to 1
3. 1 skate down, shoot and follow the shot
4. 2 skate into nzone and give and go with 3
5. Repeat on both sides

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090813080846936>



## B6 Pass and Replace x 3

### **Key Points:**

Pass while skating then turn and face the player who is passing to you. Shoot before the hash marks and follow the shot for a rebound.

### **Description:**

A. 1 pass to 2 and follow the pass and turn and face 5 for a pass.

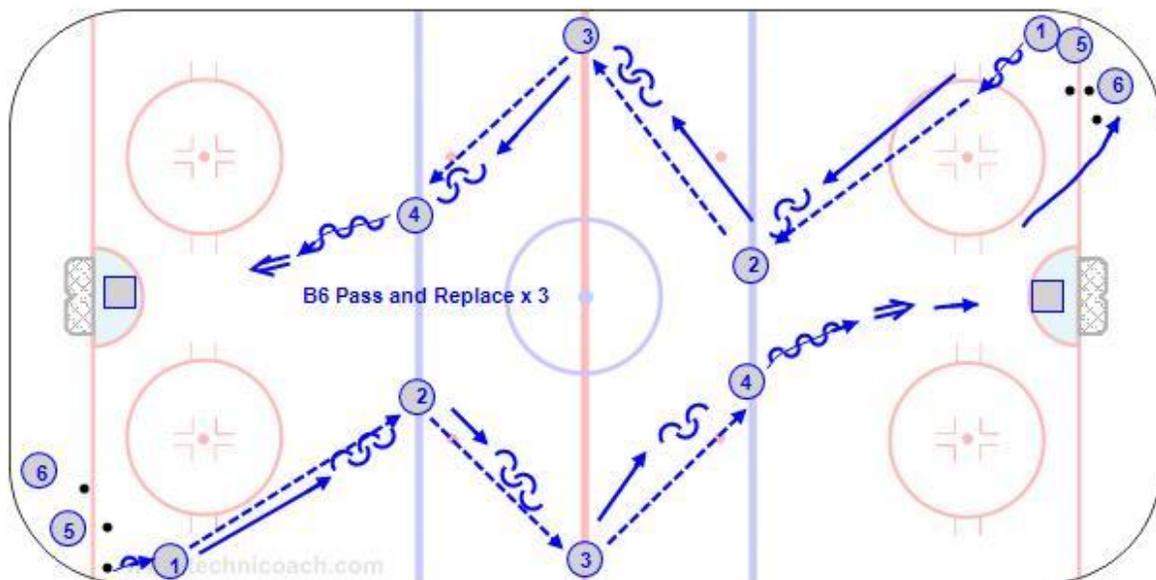
B. 2 pass to 3 and follow the pass.

C. 3 pass to 4 and follow the pass.

D. 4 skate in and shoot-rebound- go to the corner.

# Do 2 or 3 minutes from each side. Alternate task by requiring backhand or saucer passes or a move before passing , etc.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110413082013321>



## B6 Passing and Shooting

### **Key Points:**

Make hard passes. Give a target and skate into the pass. Rebound by following your shot.

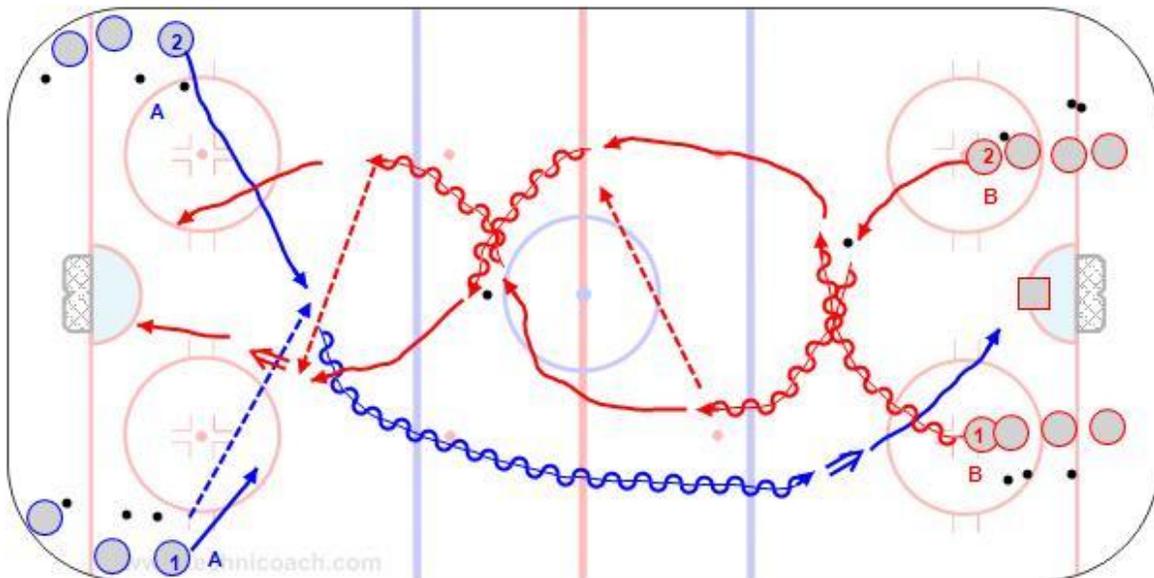
### **Description:**

A. The first player #1 cut across the ice for a pass from the opposite corner. After passing #2 cut across for a pass.

B.

1. First players #1 and #2 skate parallel and pass as many times as possible before shooting from above the circles.

2. The first player #1 cut across the ice and make a drop pass to #2. #2 skate and pass across to #1 and follow the pass by crossing behind for another drop pass. Continue this and shoot before the top of the circles and rebound.



## B6 Point Shots

### Key Points:

Skate forward inside the dot before pivoting to. Shoot low for a tip in or rebound. One time the second shot in option two. Hit the net. Everyone practice this skill.

### Description:

#### Option One

- One pass to two and then screen goalie.
- Two drag and shoot.
- One go to point for a shot then opposite corner.
- Three pass to four then screen goalie.
- Four drag and shoot.

#### Option Two

- Two stay at the mid point and get a pass from four and shoot before rotating.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20120430093036462>



The video has only the pass and shot with defensemen but with the whole team add the screen and the one timer.

## B6 Puck Handling Skills, Zig-Zag

### **Key Points:**

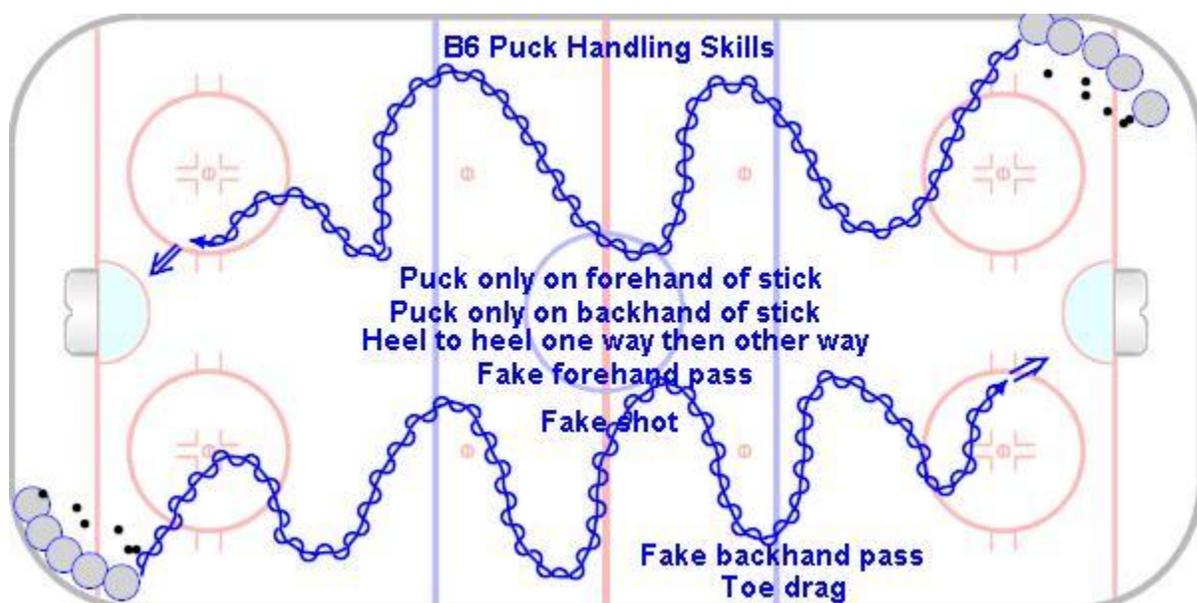
Separate the movement of the upper and lower body by doing these exercises to loosen the shoulders.

### **Description:**

1. Players line up in diagonal corners in the B6 Formation.
2. Skate in big arcs down the ice and perform different tasks with the puck. These are some examples but players can practice every possible move both forehand and backhand.
  - a. Keep the hands and feet moving quickly.
  - b. Skate arcs with the puck only on the forehand side of the blade.
  - c. Skate arcs with the puck only on the backhand side of the blade.
  - d. Do heel to heel glides one way then the other.
  - e. Fake passes then protect the puck.
  - g. Fake shots.

*Finish with a shot at each end of the ice.*

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080722082806653>



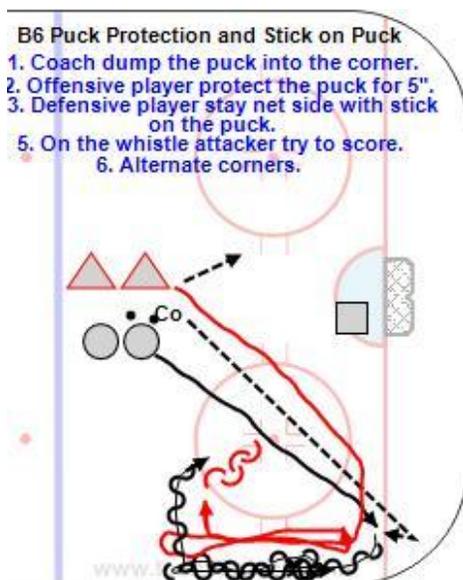
## B6 Puck Protection and Stick on Puck

### **Key Points:**

Attacker protect the puck by making tight turns and shielding it with the body. Defender maintain net side and stick on the puck.

### **Description:**

1. Coach dump the puck into the corner.
2. Offensive player protect the puck for 5".
3. Defensive player stay net side with stick on the puck.
5. On the whistle attacker try to score.
6. Alternate corners.



## B6 Puck Protection Skills and Scoring Skills from Finland

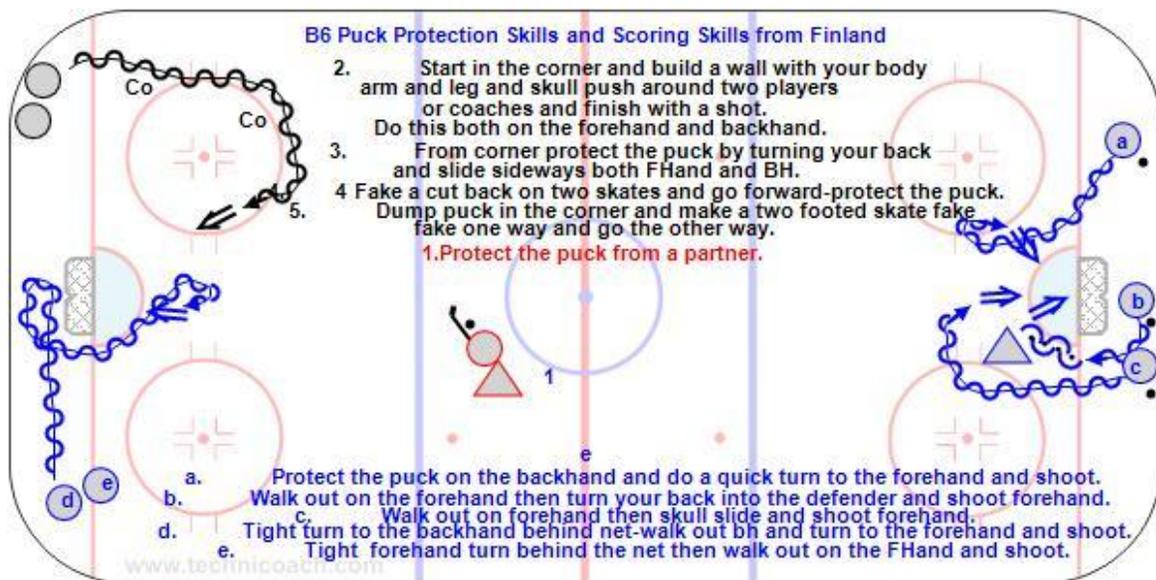
### Key Points:

Protect the puck with your body, make hard fakes, get the defender to lean one way and quickly turn the other way. Drive skate into the scoring area while protecting the puck and shoot.

### Description:

1. Protect the puck from a partner who starts from behind.
2. Start in the corner and build a wall with your body, arm and leg and skull push around two players or coaches and finish with a shot. Do this both on the forehand and backhand.
3. From corner protect the puck by turning your back and slide sideways both FHand and BH.
4. Fake a cut back on two skates and go forward-protect the puck.
5. Dump puck in the corner and make a two footed skate fake one way and go the other way.
6. Walk-outs from behind the net.
  - a. Protect the puck on the backhand and do a quick turn to the forehand and shoot.
  - b. Walk out on the forehand then turn your back into the defender and shoot forehand.
  - c. Walk out on forehand then skull slide and shoot forehand.
  - d. Tight turn to the backhand behind net-walk out backhand and turn to the forehand and shoot.
  - e. Tight forehand turn behind the net then walk out on the Forehand and shoot.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080722190821288>



## B6 Rapid One Touch and Shoot

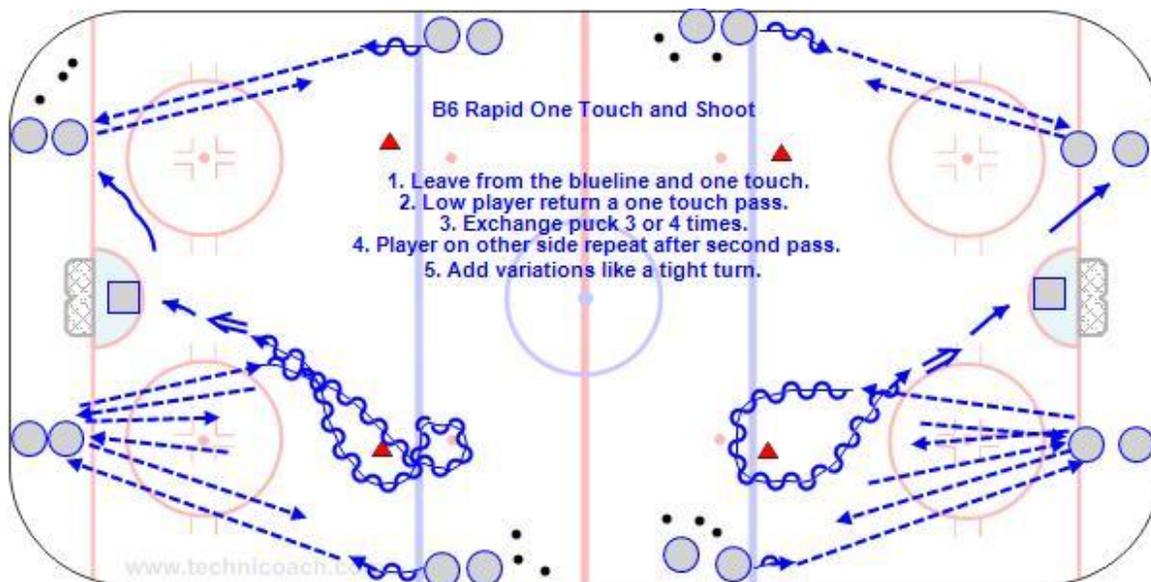
### **Key Points:**

Make one touch passes, face the puck all of the time. Hit the net and follow the shot for a rebound. Change directions every few times.

### **Description:**

1. Leave from the blueline and one touch.
2. Low player return a one touch pass.
3. Exchange puck 3 or 4 times.
4. Player on other side repeat after the second pass.
5. Add variations like a tight turn.

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## B6 Sator 3 Shot Warm-up

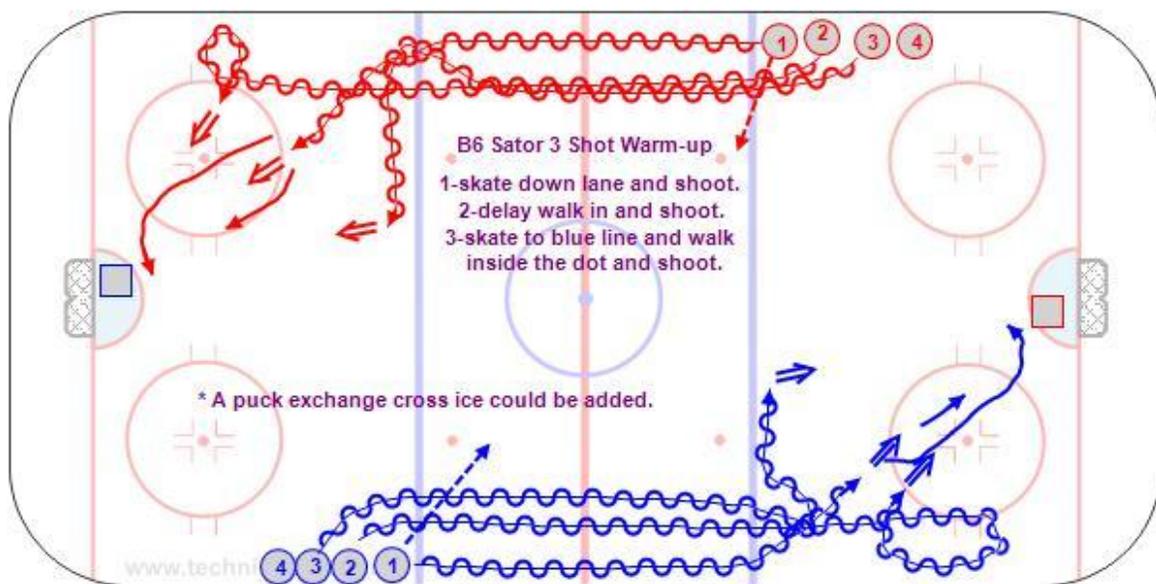
### Key Points:

Skate with Speed and hit the net. Follow the shot for a rebound.

### Description:

1. Player one from each side skate down the lane and shoot-rebound-screen.
2. Player two delay then walk into slot and shoot then rebound.
3. Player three skate down the lane and then walk across the blue line inside the dot and shoot.

\* A puck exchange cross ice could be added.



## B6 Shoot from Three Lanes

### **Key Points:**

Shoot with the feet moving, don't overhandle the puck and carry it in the triple threat position, follow the shot, rebound for the next shooter. On sequence two accelerate after taking the pass. Insist that they get the habit of following the shot for a rebound. Many players peel off toward the corner after shooting.

Description:

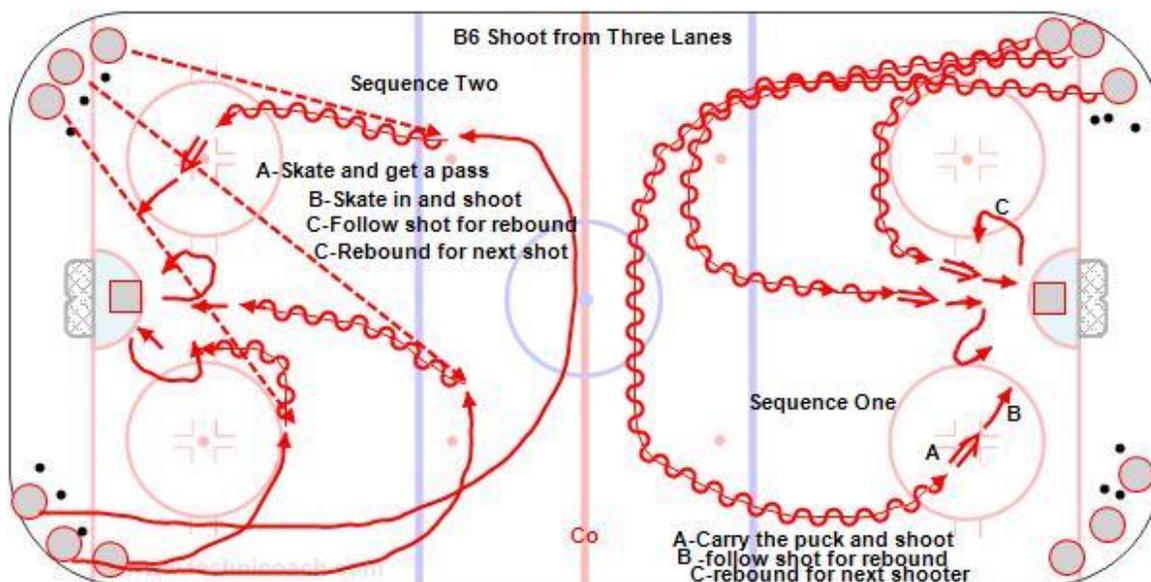
Players can all be in one corner or in both. After shooting switch corners.

### **Sequence One**

- A - Carry the puck and shoot.
- B - Follow the shot for a rebound.
- C - Circle back and rebound for the next shooter.

Sequence Two

- A - Skate and get a pass from the opposite corner.
- B - Accelerate and shoot while moving.
- C - Follow the shot for a rebound.
- D - Rebound for the next shooter.



## B6 Shooting from 3 Lanes

### **Key Points:**

Make sure the players cross the red line before turning or there will be collisions. Also skate along the red line before turning so the goalie has time for the next shot. Hit the net.

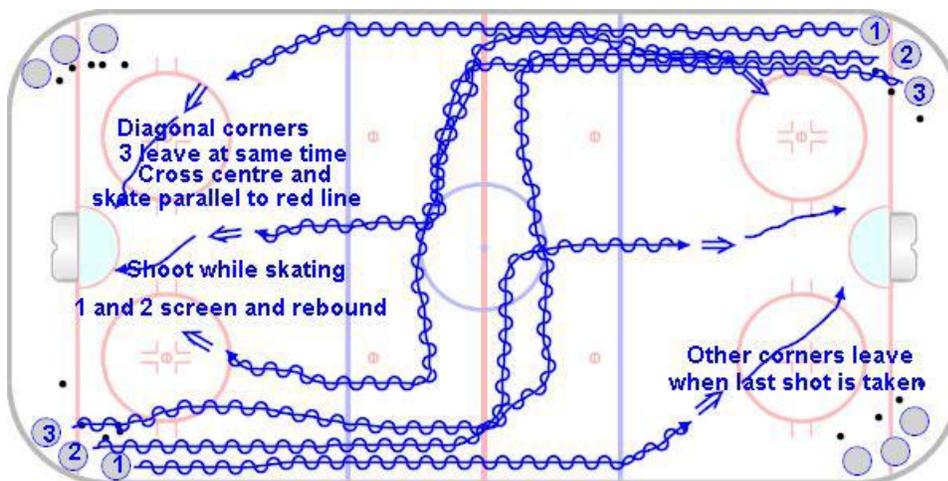
### **Description:**

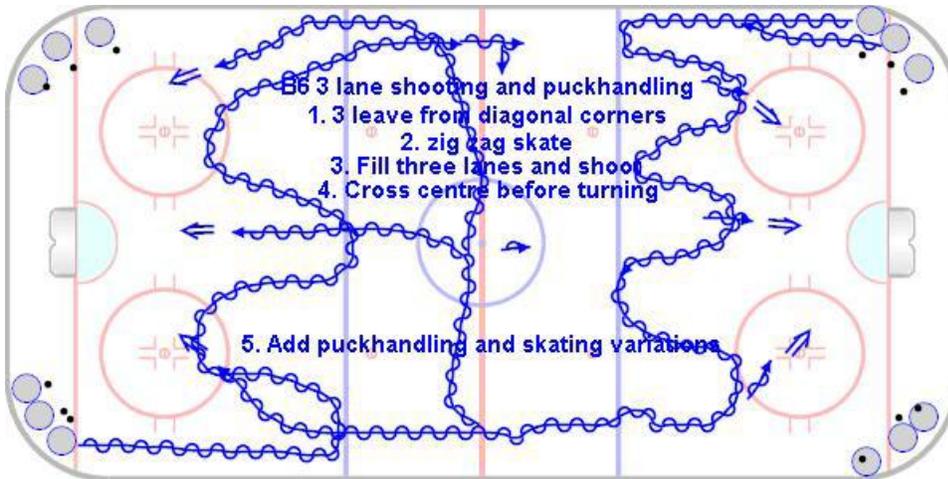
A. Players are in all 4 corners of the rink.

1. 3 players from diagonal corners leave on the coaches whistle.
2. Skate along the boards and cross the red line.
3. First player go straight and shoot from the lane. Second player skate parallel to the red line and turn into the centre lane and shoot from just over the blue line. Third player skate to the far lane before turning and taking a shot.
4. Follow the shot and screen or tip from the front of the net.

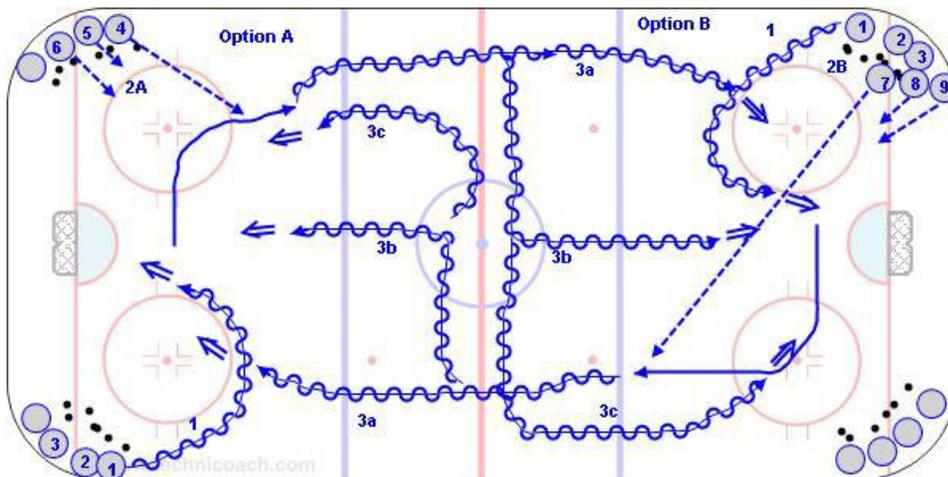
The video shows the last half of the drill which is crossing the red line and skating along the line and then turning down the lane to shoot.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20091019154513105>





C. 3 shot, 3 zig zags, 3 passes, 3 shots. 1. Start with 3 players skating from the corner and shooting 2 " apart. 2. each player gets a pass from the opposite corner. 3. Do 3 zigzags between the top of the circle and blue line. 4. Fill the 3 lanes and shoot at the far end and rebound.



<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20091019154513105>



## B6 Swedish Puck Exchange

### Key Points:

Pass while skating. This exchange overloads the nervous system and works on quick reactions. Add more passes and tasks as the players improve.

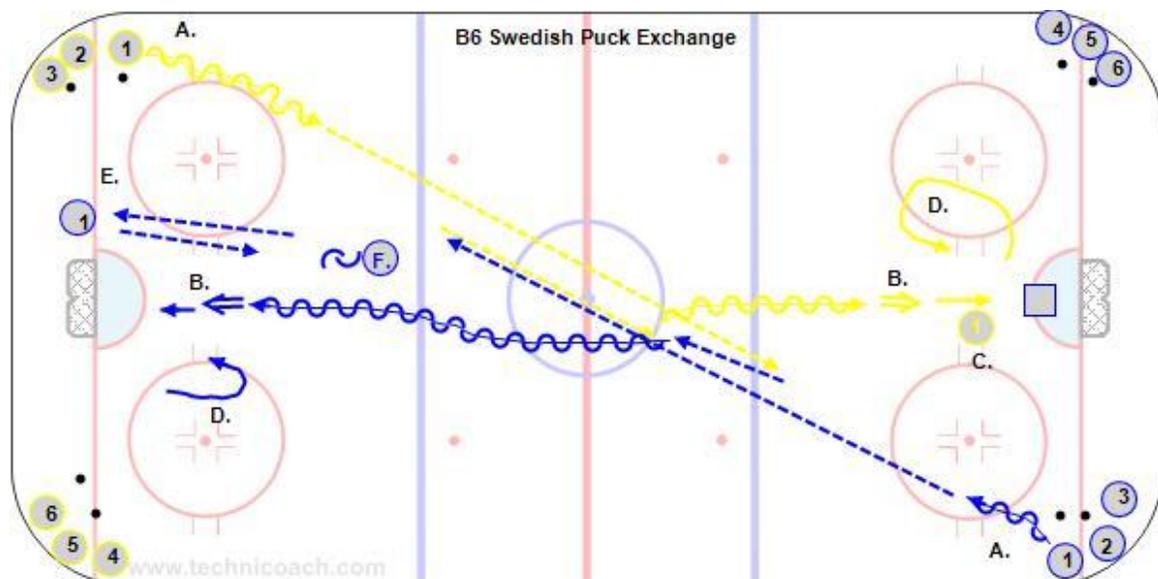
### Description:

- A. Player 1 from each line skate and exchange pucks two times.
- B. Players continue skating, shoot and follow the shot for a rebound.

### Options:

- C. Screen for the next shooter.
- D. Circle back and rebound for next shooter.
- E. Give and go with the next shooter.
- F. 1 and 2 exchange passes with diagonal 1 and 2 and all get a pass.
- G. Three players leave and exchange passes.
- F. After shooting defend 1-1 vs next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120315092804984>

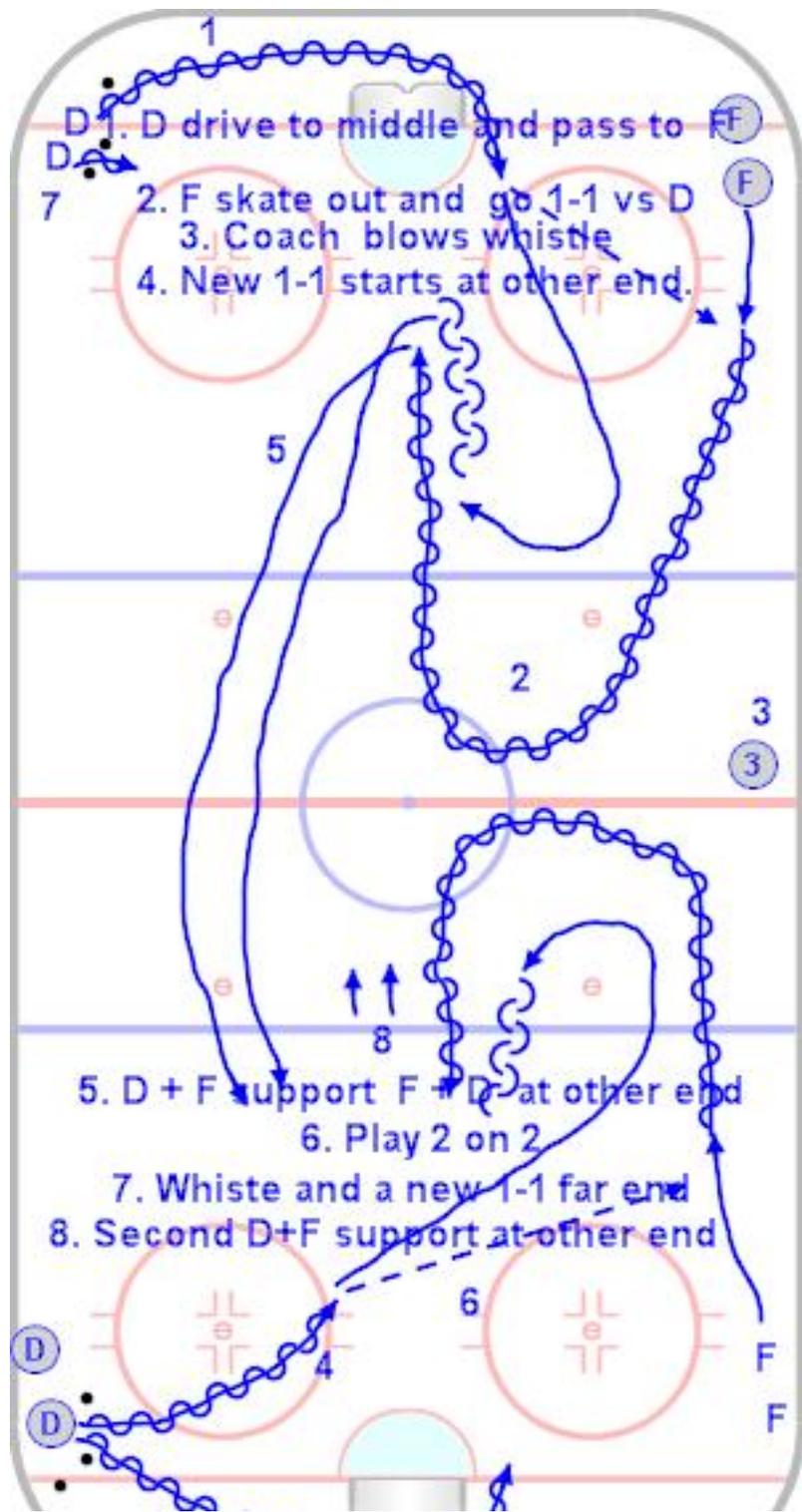


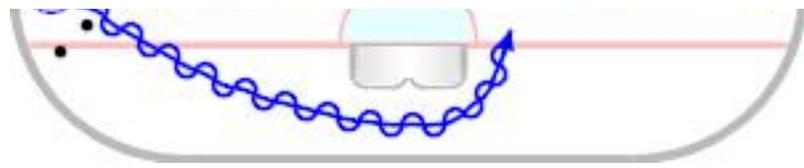
## B6 1 on 1 to 2 on 2 with Both Offensive and Defensive Support

There is a 1-1 at one end and on the whistle there is another 1-1 at the far end. The D jumps up to support the attacker and the F must backcheck. It becomes a 2-2.

Progress to a 2-1 which becomes a 3-3, a 3-1 or 2-2 which become 4-4 and a 3-2 which becomes a 5-5.

This is a great situational drill.





## B6, 1-1 in Front - Point Shots

### **Key Points:**

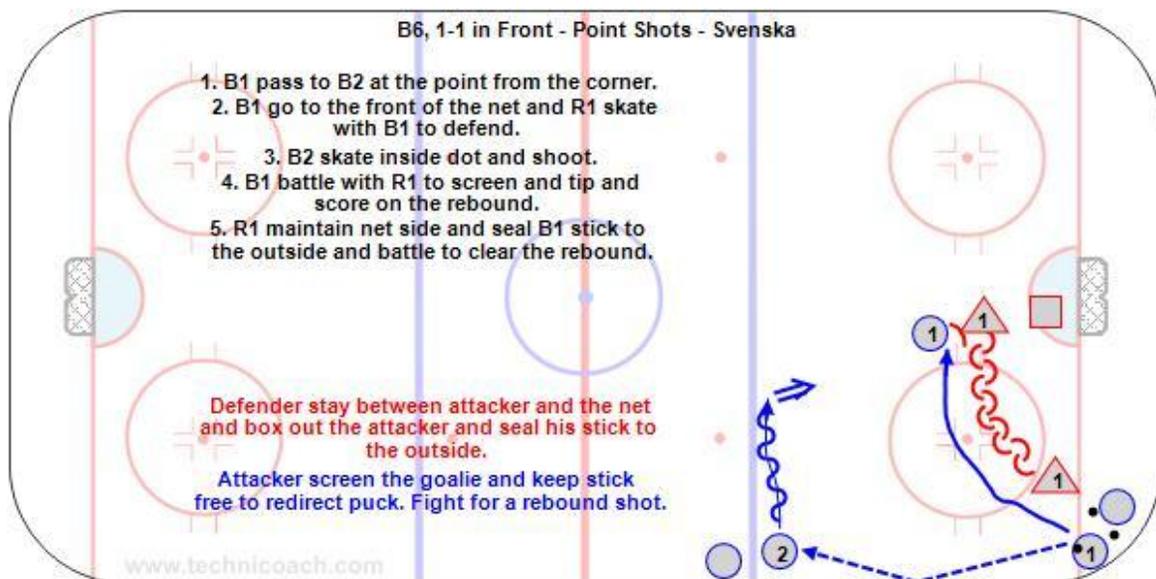
Defender, stay between attacker and the net and box out the attacker and seal his stick to the outside.

Attacker, screen the goalie and keep stick free to redirect puck. Fight for a rebound shot.

### **Description:**

1. B1 pass to B2 at the point from the corner.
2. B1 go to the front of the net and R1 skate with B1 to defend.
3. B2 skate inside dot and shoot.
4. B1 battle with R1 to screen and tip and score on the rebound.
5. R1 maintain net side and seal B1 stick to the outside and battle to clear the rebound.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013030819323294>



## B6, 1-1, F+D Join=2-2

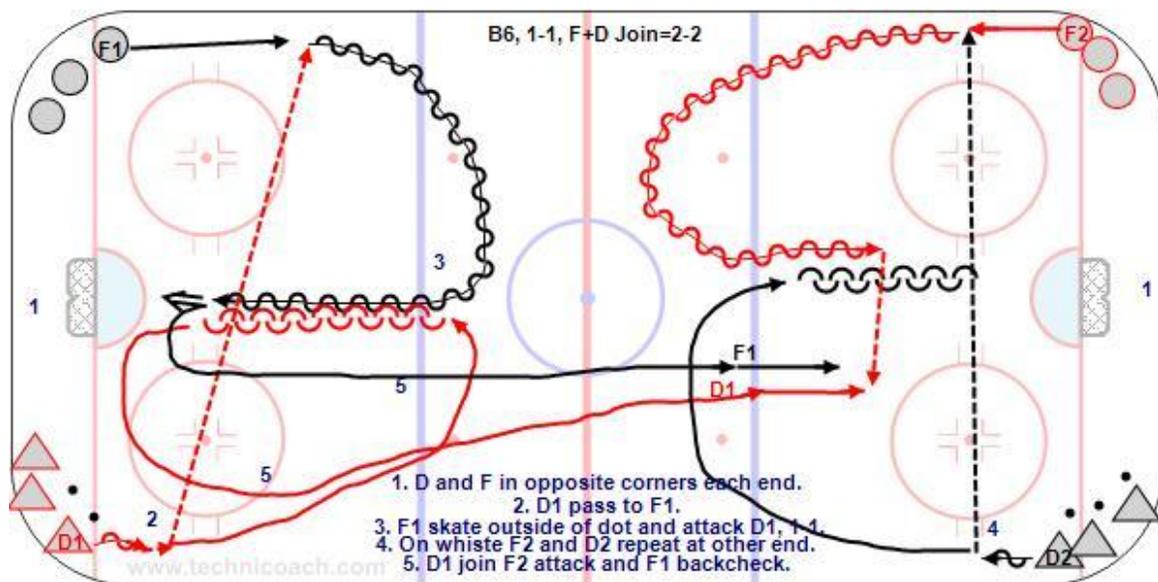
### Key Points:

The D skates hard to join the attack and get open while the forward back checks. Possible to do this up to a 3-2 or vary the situation at each end so the players have to read the rush.

### Description:

1. D and F in opposite corners each end.
2. D1 pass to F1.
3. F1 skate outside of dot and attack D1, 1-1.
4. On whistle F2 and D2 repeat at other end.
5. D1 join F2 attack and F1 backcheck.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101007154527928>



## B6, 2-0 Pass to Line-up or Moving Player - Pro

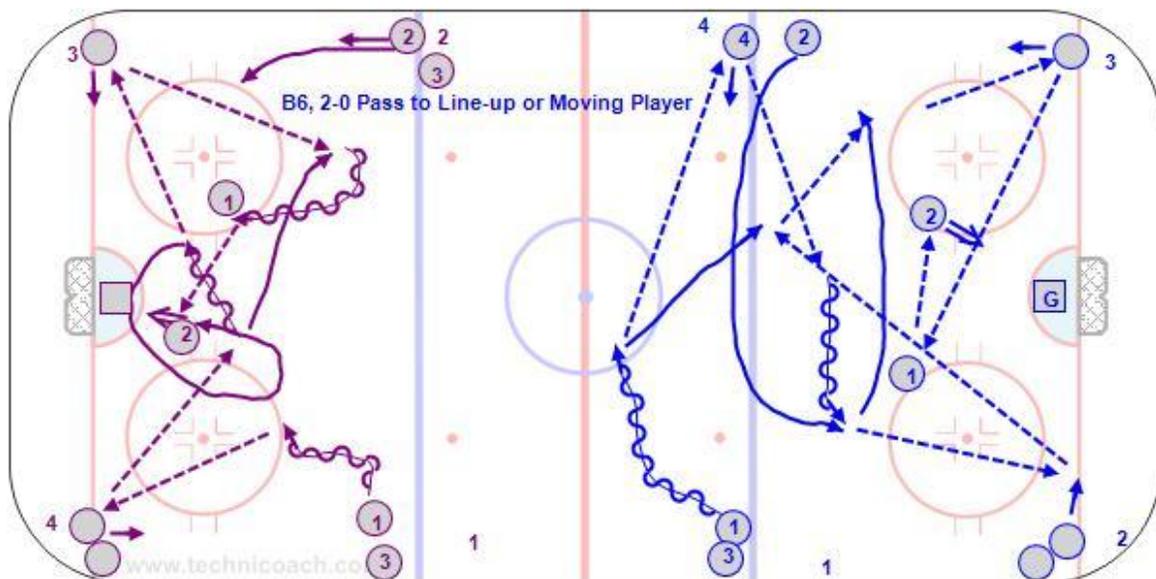
### Key Points:

Always face the puck and give a target. Pass and go for a return pass. Stick to stick passes.

### Description:

1. Players are in four spots. At each blue and goal line.
2. Player 1 -2 leave and skate full speed making as many passes as they can in 10 seconds.
3. Pass to each other and the four corners.
4. After a certain amount of passes or on the whistle attack the net and shoot.
5. Maximum of one pass allowed while attacking the net.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121119120038152>



## B6, 2-0, Regroup, 2-1 Back

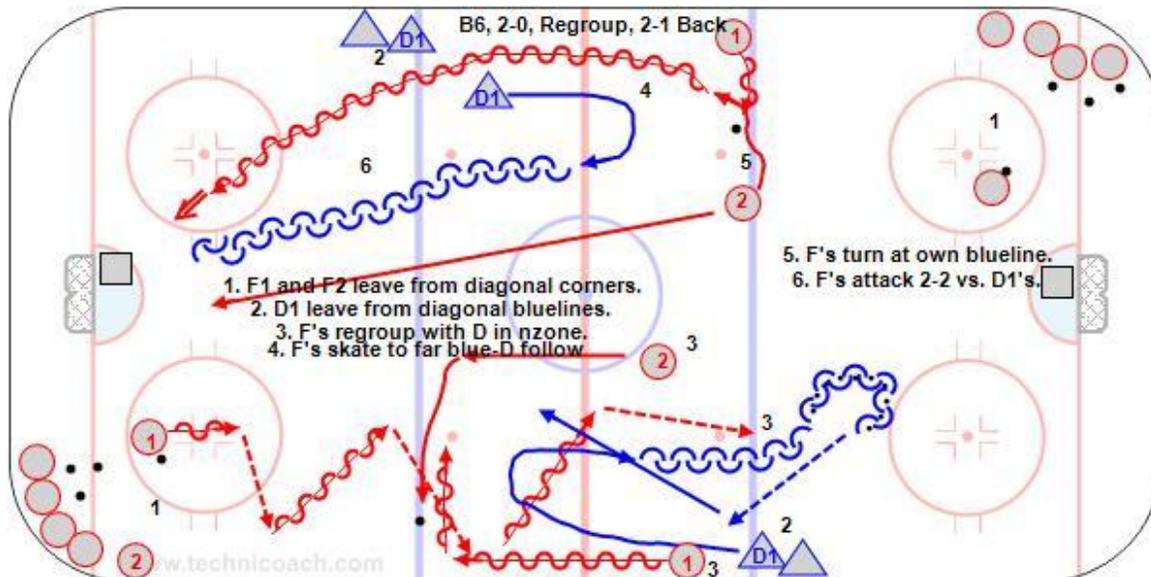
### Key Points:

Forwards pass to the outside and skate to the middle with the puck. Face the puck all the time. D pivot with the puck. D work with the goalie and only give away poor shots. Forwards attack with speed and make the first pass early. One high one low; one fast one slow.

### Description:

1. F1 and F2 leave from diagonal corners.
2. D1 leave from diagonal bluelines.
3. F's regroup with D in nzone.
4. F's skate to far blue-D follow.
5. F's turn at own blueline.
6. F's attack 2-2 vs. D1's.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101007155153211>



## B7 Face-off Practice-Washington

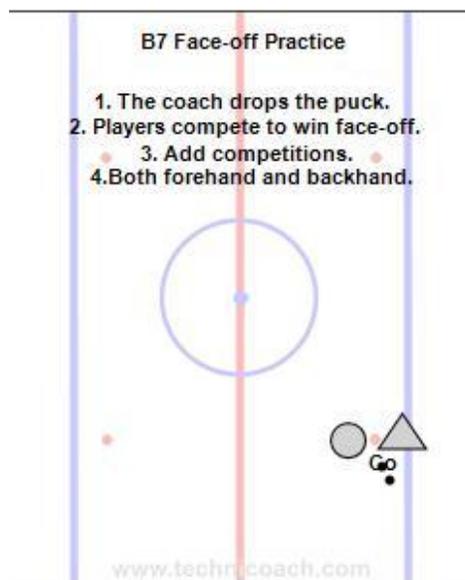
### ***Key Points:***

Watch the puck all the time. Read what the other player is going to do by how they hold the stick and where their team mates are. Practice winning clean and scrambling the draw.

### ***Description:***

1. Either a coach or another player drop the puck for a face-off.
2. Players compete to win the face-off.
3. Add competitions.
4. Practice both forehand and backhand.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101210084123920>



My diagrams are coded in the ABC format. This is like a library coding to make it easier to find things. Sometime you have to click on the diagram and read the code above as I sometimes forgot to put the code on the diagram itself.

A - Skating and individual skill

B - Partner skills

C - Game situation drills

D - Games full and SAG

DT - Transition games

E - Shootouts and contests

F – Fitness skating

T - Teaching drills and games where the coach is controlling the situation and giving instruction on individual skills or team play.

It is ok to give individual drills or videos away but please don't just make copies of the disk and give them away.