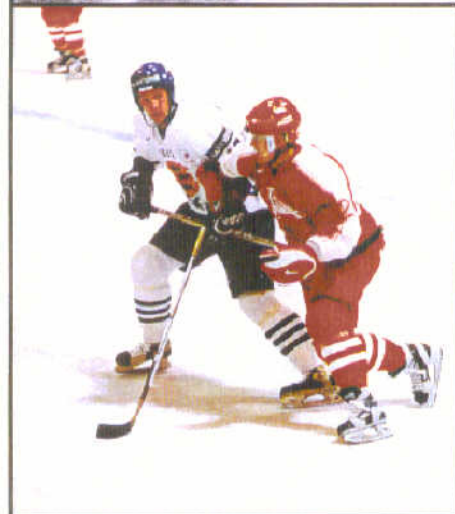




**Juhani
Wahlsten**

**Tom
Molloy**



Das **ABC** des internationalen Eishockey



"BODY ON BODY AND STICK ON THE PUCK"

This is the phrase that Brad McCrimmon coined when he presented at a Hockey Canada International Coaching Symposium.

I have heard hundreds of presentations but the one McCrimmon gave on playing defense was the best I have ever listened to.

If you follow that rule when checking the puck carrier then you automatically have the proper angle and if your stick is on the puck you automatically 'ELIMINATE HITS TO THE HEAD' as well as high sticking, elbowing, boarding and charging.

Brad was killed along with the rest of his team last season in a plane crash in Russia.

I propose that all of hockey adopt the 'Brad McCrimmon Rule' in his honour and eliminate the unnecessary injuries that are caused by 'Poor Checking Technique.'

This is how we could teach players good technique and make the game a lot safer at the same time.

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=2083> is a link to the discussion thread on concussions and violence.

B202 - 3 on 0 Neutral Zone Passes - Pro

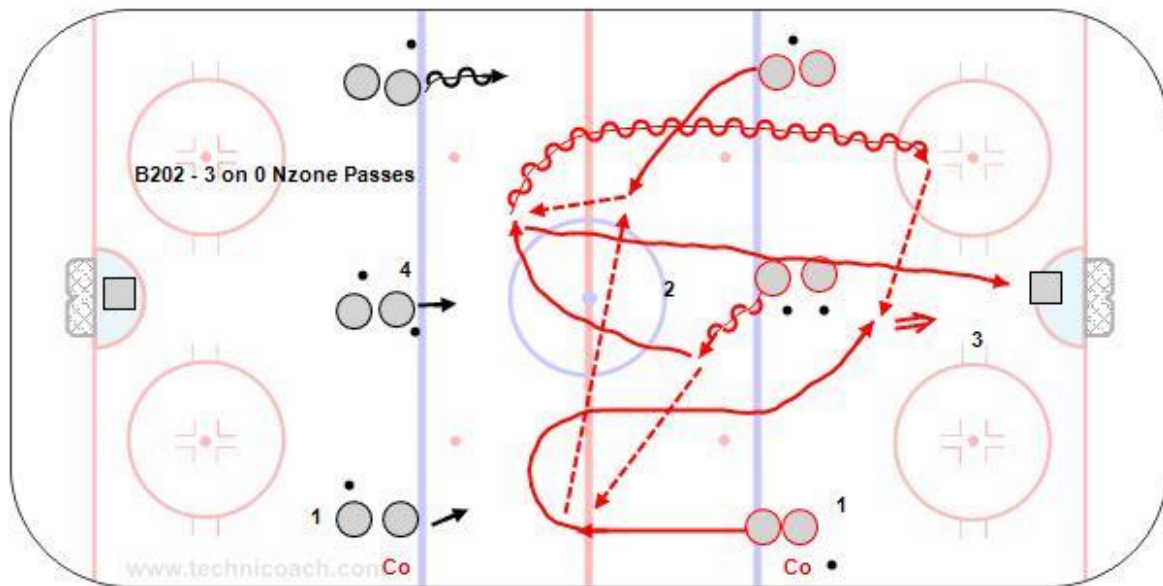
Key Point:

Make one touch pass to each player. Face the puck and give a target.

Description:

1. Players line up behind the blue line in 3 lines.
2. On whistle leave and exchange one touch passes in the neutral zone to each player.
3. Attack 3-0 at the original end.
4. Opposite group repeat.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090818155459550>



B202 - Passing and Shooting on Both Nets

Key Points:

One touch pass. Shoot while skating and always follow the shot for a rebound with the stick on the ice.

Description:

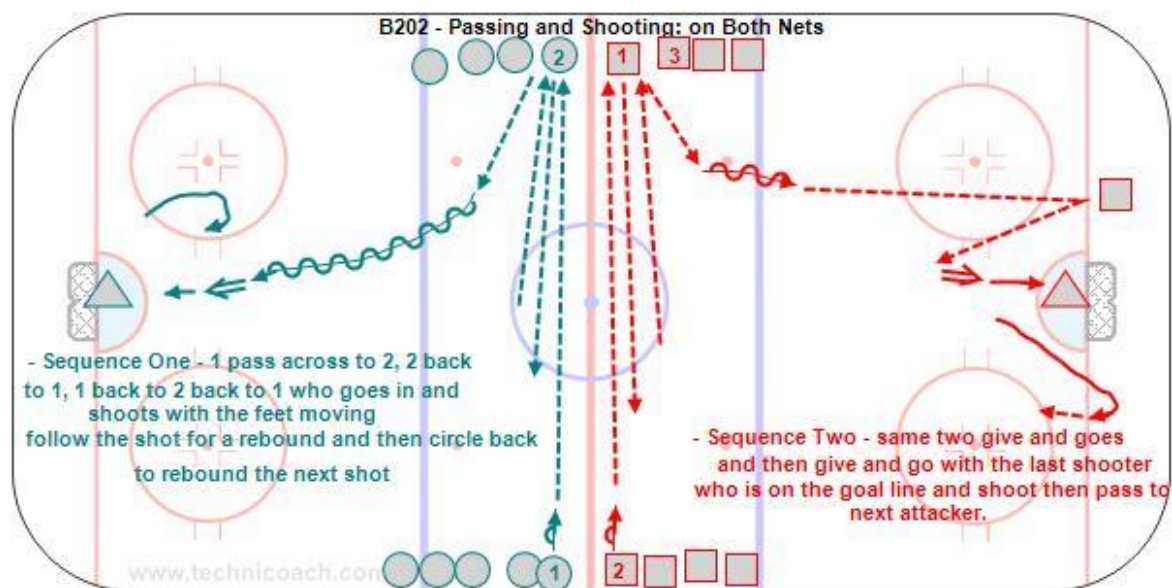
Greens on one side and whites on the other side at the red line. Each shoot at a different net.

Sequence One

- 1 pass across to 2, 2 back to 1, 1 back to 2 back to 1 who goes in and shoots with the feet moving, follow the shot for a rebound and then circle back to rebound the next shot before returning to the line.

Sequence Two

- Same two give and goes and then give and go with the last shooter who is on the goal line and shoot without handling the puck. Pass to the next shooter and after you pass step out and look for a rebound.



B202 - Regroup 1-0, 2-0 Pass Options – Pro

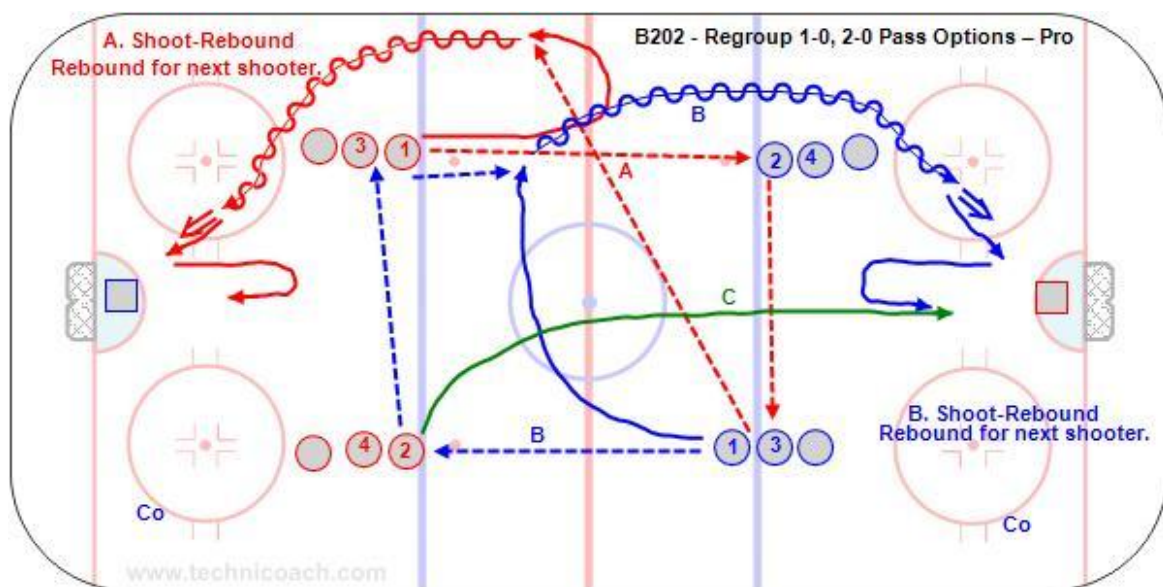
Key Points:

Give a target and face the puck. Pass hard and lead the player so he doesn't have to slow down. Shoot and rebound and either screen or rebound for the next shooter. Stay onside on the 2-0.

Description:

1. Players face each other across the neutral zone lined up with the dots.
2. Start with R1 passing ahead to B2 who passes over to B3. This pattern happens with B1 to R2 to R3 at the same time.
- A. B3 make a cross ice pass to R1 who faces the play on the far wing and goes in for a shot.
- B. R3 pass to B1 who mirrors the puck from the middle lane and goes wide for a shot.
- C. R3 pass to R1 who mirrors the puck from the middle lane - attack wide. R2 join attack after passing across.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130201092546814>



B202 Breakout Pass and Shooting Warm up

Key Points:

Make hard passes and the forward give a target.

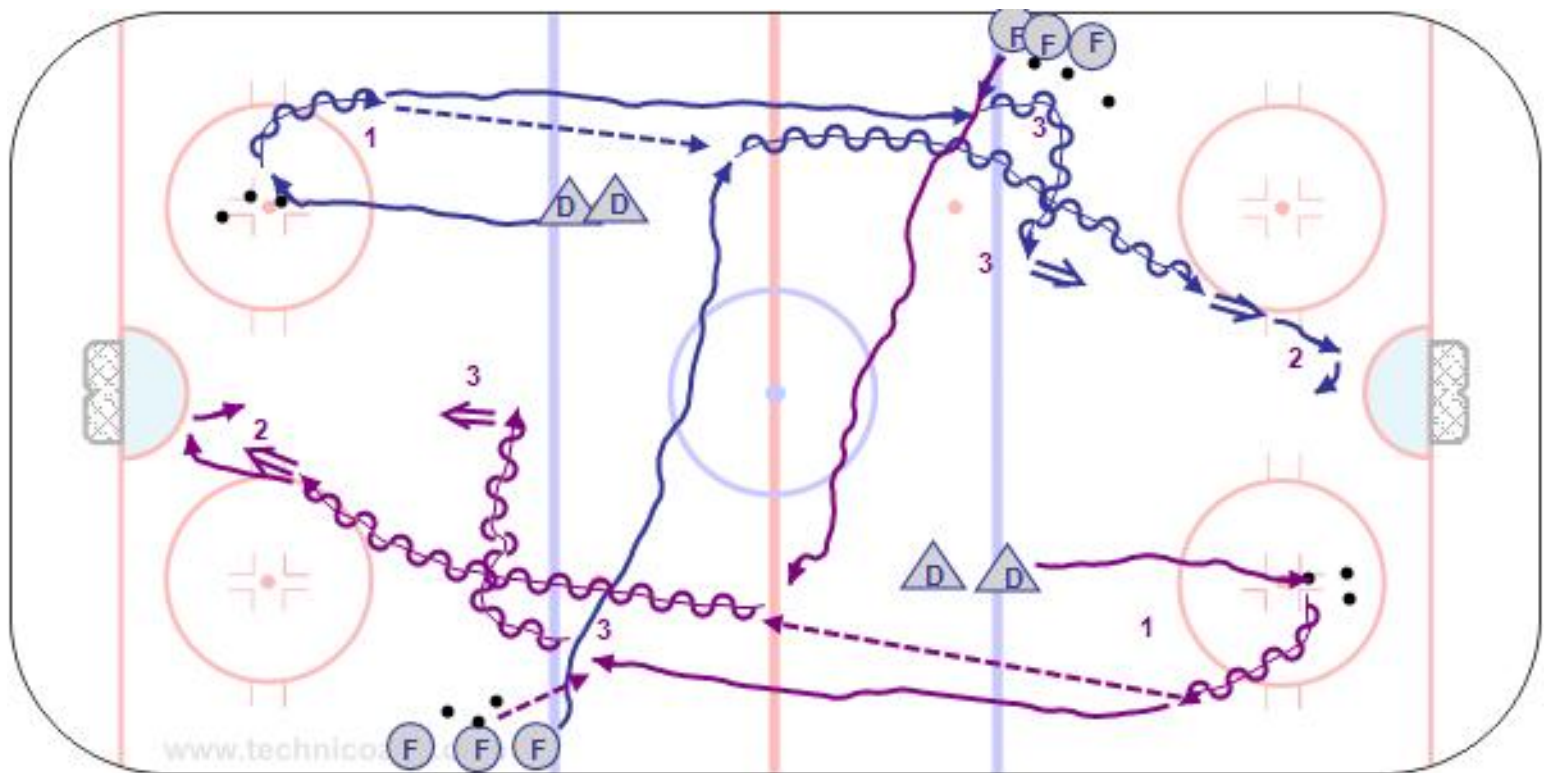
Options: The forward could give and go with the D after the initial pass. F could also rush the D so he has to shoot by the defender.

Description:

Done on both sides of the ice at the same time on the coaches whistle.

1. The D's pass to a F's cutting across the ice.
2. The F attacks and shoots then rebounds then screen for the point shot.
3. The D follows the play gets a pass from the forward and shoots.

Video: <http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090901074924530>



B202 Chaos Passing - Kazakhstan Women

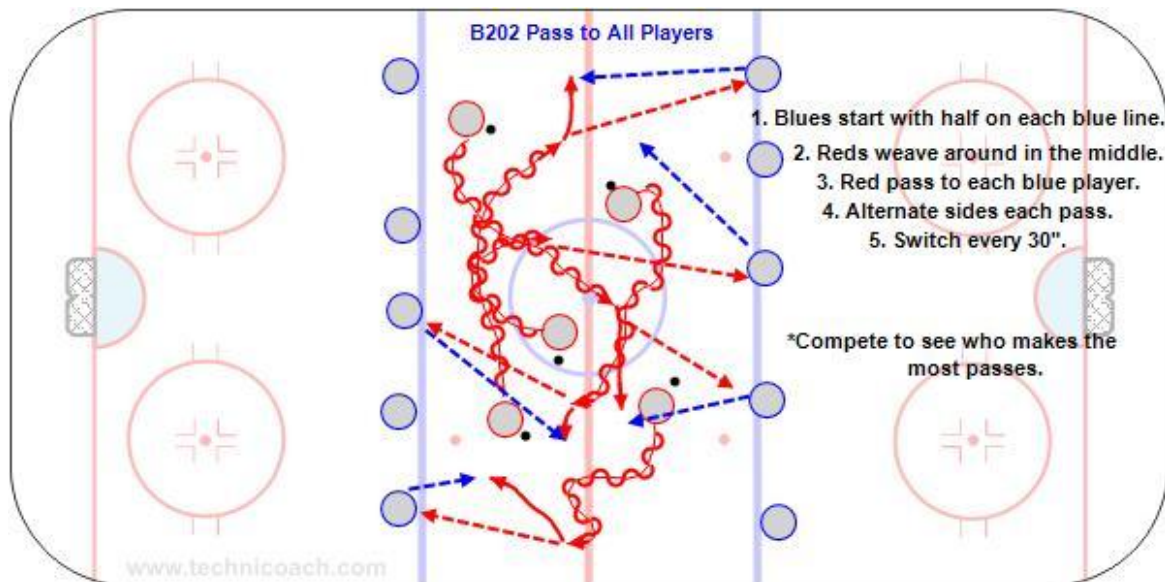
Key Points

Chaos develops split vision and the drill demands that the players pass while skating. Always face the puck and give a target with the stick on the ice.

Description:

1. Half the players line up along the blue lines while the others skate with a puck in the neutral zone and pass to the players on the blue line.
2. Move all around and not just in a circle.
3. Alternate passing to players on one side and then the other blue line.
4. Tasks like skating moves or types of passes can be added as well as bursts of speed or passing to one line and then the other or passing to each player. Knocking the puck off other players sticks can also be added to create puck protection skills.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012082310383134>



B202 Luhowy Puckhandling and Passing Circuit

Key Points:

Control the puck and “lock and load” when you carry the puck; meaning move it from in front to your side. Keep a strong skating position with the knees bent and head up.

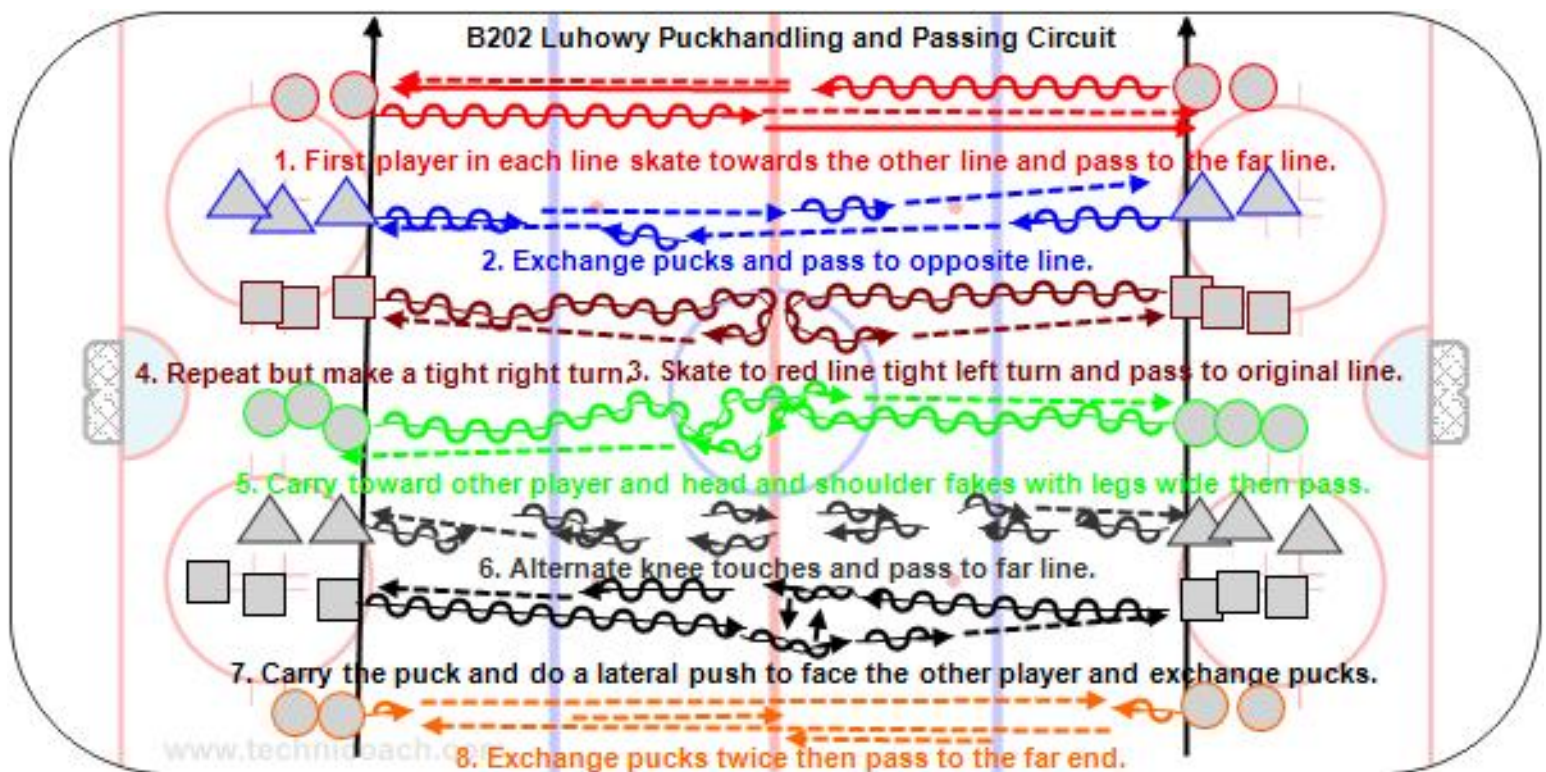
Description:

Line up behind the top of the circle with 2 or 3 players facing 2 or 3 players at the other end. Have between 2 and 4 groups depending on the number of players. A group of 4 is the smallest.

1. First player in each line skate towards the other line and pass to the far line.
2. Exchange pucks and pass to opposite line.
3. Skate to red line tight left turn and pass to original line.
4. Repeat but make a tight right turn.
5. Carry toward other player and head and shoulder fakes with legs wide then pass.
6. Alternate knee touches and pass to far line.
7. Carry the puck and do a lateral push to face the other player and exchange pucks.
8. Exchange pucks twice then pass to the far end.

*Other passes like backhands, saucer or moves like in the feet, toe drag can be added.

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



B202 Neutral Zone Regroup 1-0 and 2-0 - Pro

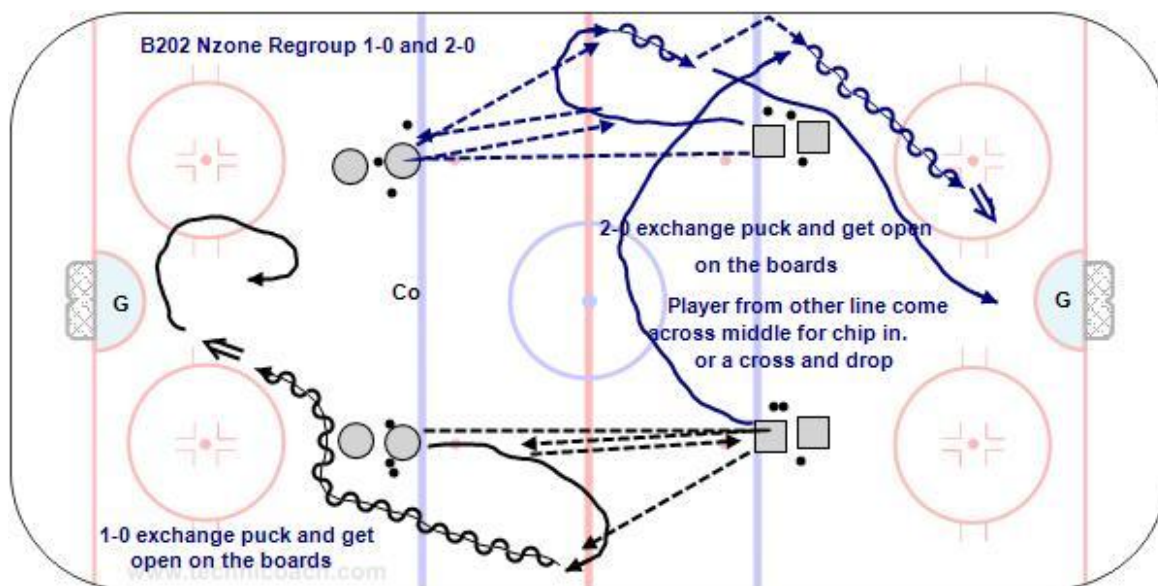
Key Points:

Start by exchanging the puck and always face the puck when pivoting for the return.

Description:

1. Players face each other and regroup in the neutral zone 1-0 then 2-0 and then attack. Start with exchanging the puck and then the breakout pass.
2. On the 2-0 practice chipping by the D to enter the zone or simply enter 2-0 with crosses.
3. You can add defense by having the shooter go out and defend the next attack. 4. When just shooting follow the rebound then circle back for the rebound from the next shooter.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090813080849924>



B202 One Touch 2-0 Sweden U20

Key Points:

Face the puck. Attack with speed and follow the shot for a rebound.

Description:

B202 Formation Two groups face each other across the neutral zone.

A. B1 leave and give and go with Y2 then skate around the circle facing the puck and get another pass from Y2.

Last shooter circle back and attack 2-0.

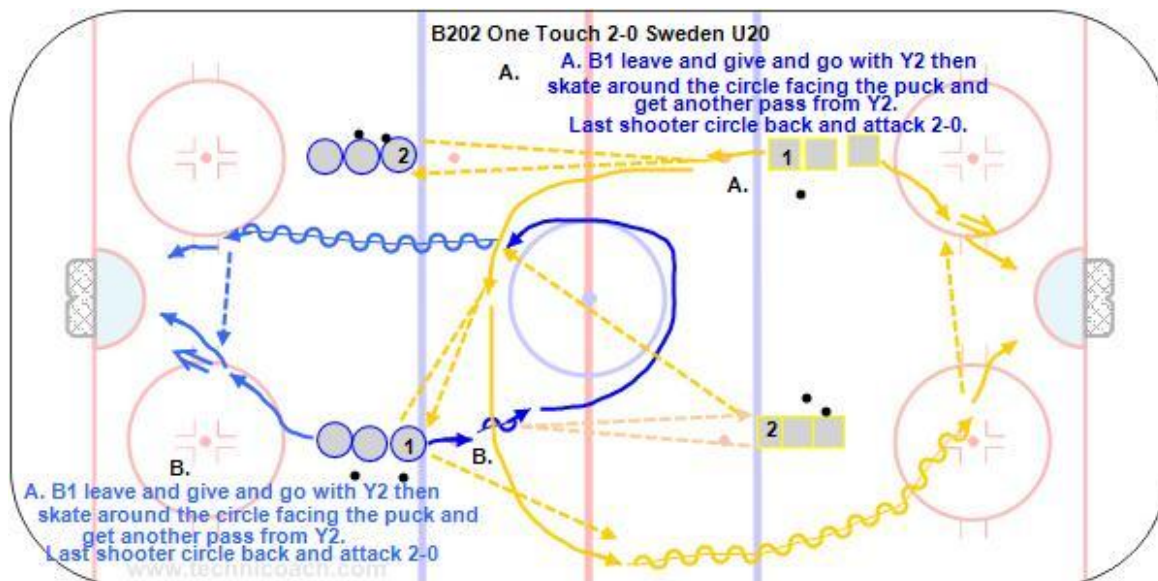
B. Y1 leave and give and go with B2 then give and go with B1 then face the puck on the boards and get an outlet pass from B1. Y3 leave from the back of the other line and attack 2-0.

Options: After attacking one of two players could defend making it a 2-1 or 2-2.

- One Timers

- Use this drill as a Shootout Contest.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=82>



B202 Pass to All Players

Key Points:

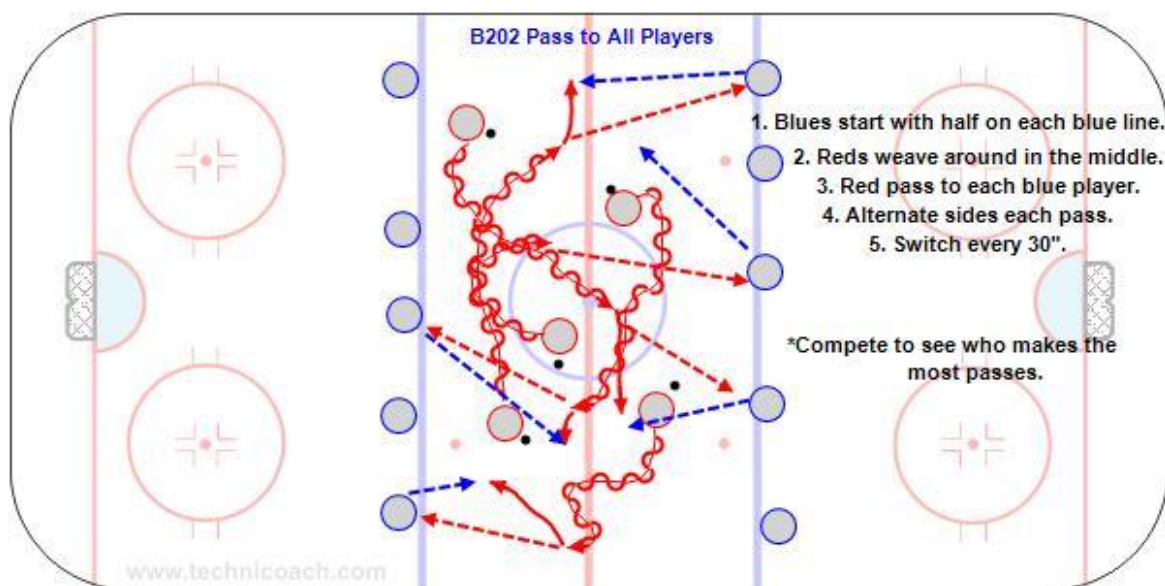
Give and go pass. Give a target and make eye contact before passing.

Description:

1. Blues start with half on each blue line.
2. Reds weave around in the middle.
3. Red pass to each blue player.
4. Alternate sides each pass.
5. Switch every 30".

*Compete to see who makes the most passes.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=99>



B202 Passing Overspeed

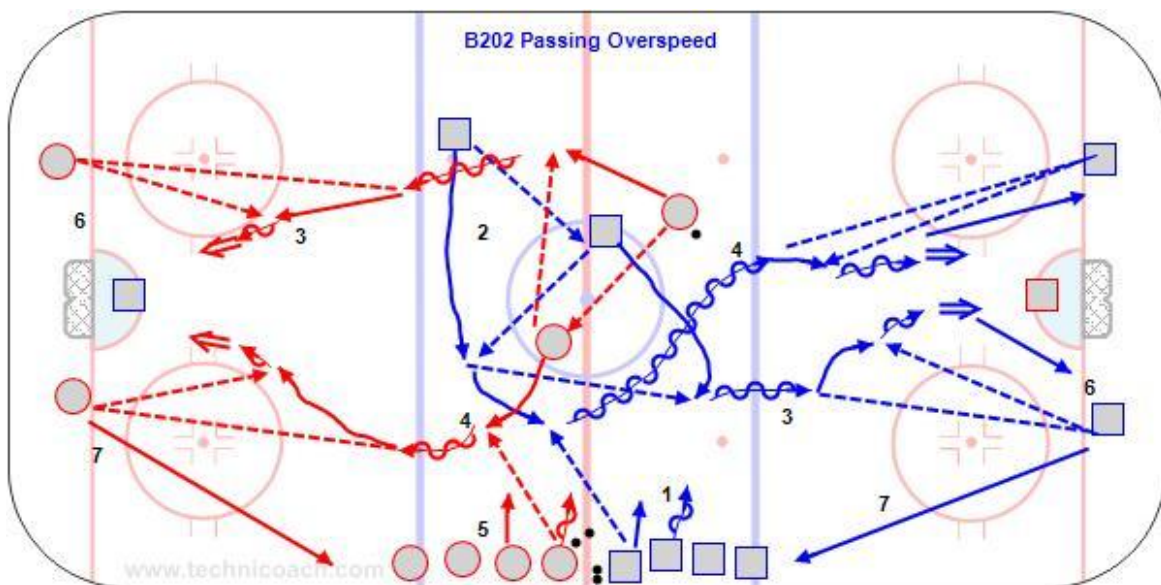
Key Points:

Always face the puck and make as many passes as possible. On the whistle pass early to the player below the goal line. Hit the net and look for the rebound from the second shooter. Give a target.

Description:

1. Two red and two blue leave from the line.
2. Make as many passes as possible in 7".
3. On the whistle player with the puck give and go with a player below the goal line and shoot.
4. Second player get a pass from the side then give and go low and shoot.
5. On the same whistle two new players from each colour leave from the line.
6. After the shot become a passer near the net.
7. Low passers return to the line up.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121104080332117>



B202 Puck Handling and Shooting

Key Points:

Make hard fakes both ways, fake shots, tight turns. Have quick feet. Cross the blue line and either shoot or pass and shoot. Add variations after shooting.

Description:

1. Players line up behind the blueline; coach in the middle.
2. On the whistle leave from diagonal lines and make hard fakes around the coach.

3. Variations:

A- Shoot and rebound.

B-Rebound for the next shooter.

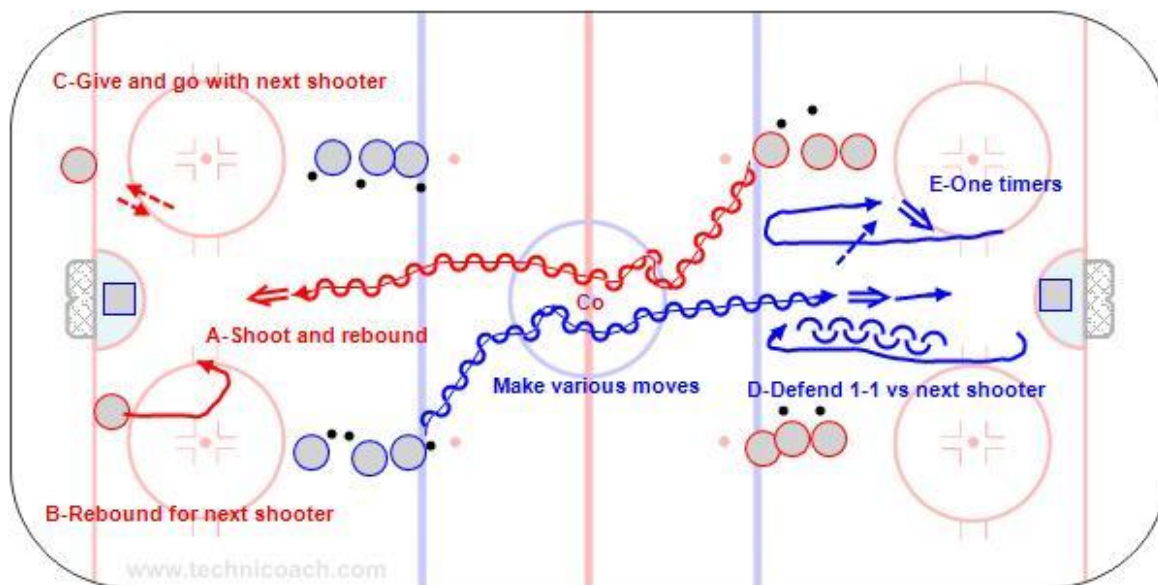
C-Shoot then give and go with next shooter.

D-Defend 1-1 vs. the next shooter.

E-Get in position for a one timer shot.

*Add other variations such as a shot pass.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2009082320511162>



B202 Skating for Quickness and Re-focus

Key Points:

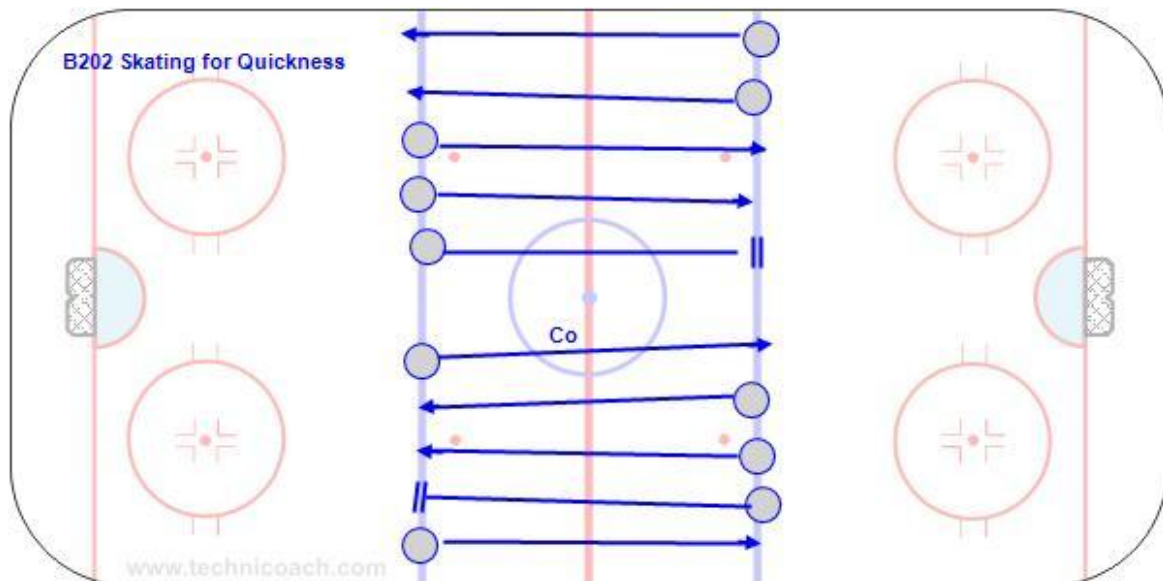
Running start with the toes out and a deep knee bend. Burst through the neutral zone as fast as possible.

The skate in the video was to increase the intensity in the drill they were doing at half speed and is a tool the coach can use to refocus practice.

Description:

1. Players skate through the neutral zone as fast as possible on the coaches whistle.
2. Do 1 time skate a 3 times rest ratio.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090819102320887>



B300 1-1 From the Corner - Sweden Checking 5

Key Points:

Skate to the corner under control. Get good body position before you get to the puck. Defender stay on the net side blocking the attack and stick on the puck.

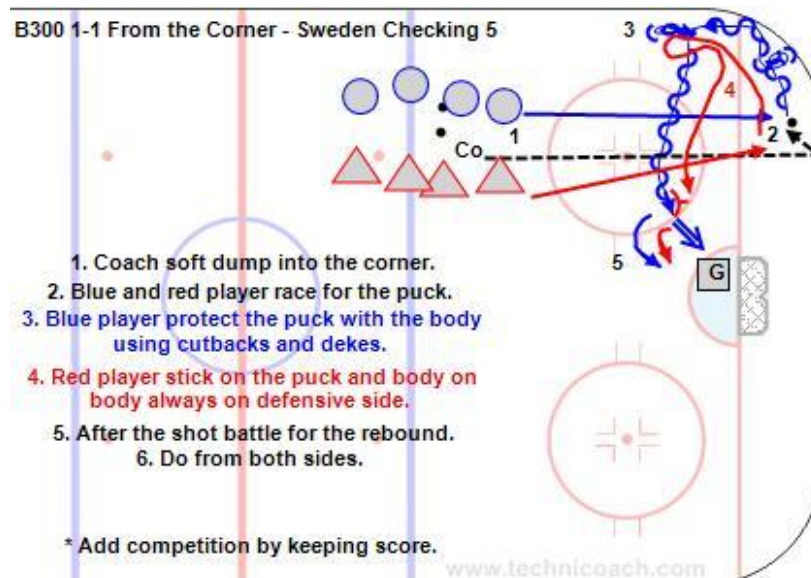
Description:

1. Coach soft dump into the corner.
2. Blue and red player race for the puck.
3. Blue player protect the puck with the body using cutbacks and dekes.
4. Red player stick on the puck and body on body always on defensive side.
5. After the shot battle for the rebound.
6. Do from both sides.

** Add competition by keeping score.*

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

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B300 1-1 Get Puck Out - Sweden Checking 7

Key Points:

The defender battles to get the puck out of the zone from the defensive side. Offensive player battles to hold the puck in by using his skate and stick.

Description:

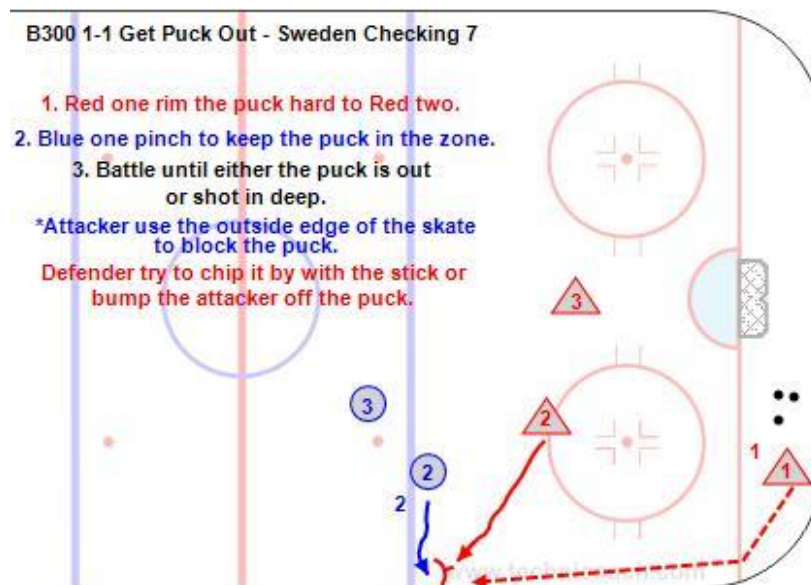
1. Red one rim the puck hard to Red two.
2. Blue one pinch to keep the puck in the zone.
3. Battle until either the puck is out or shot in deep.

*Attacker use the outside edge of the skate to block the puck.

Defender try to chip it by with the stick or bump the attacker off the puck.

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

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B300 - One Touch Monkey in the Middle - Finland U20

Key Points:

Give a target and use head and body fakes as well as look one way and pass the other way.

Description:

1. Choose monkey with Rock-Paper-Scissors
2. Only one touch passe are allowed.
3. Player making a bad pass goes into the middle.
4. Add a second player as a monkey for advanced groups.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120411094000243>



B300 Checking Along the Boards - Sweden Checking 6

Key Points:

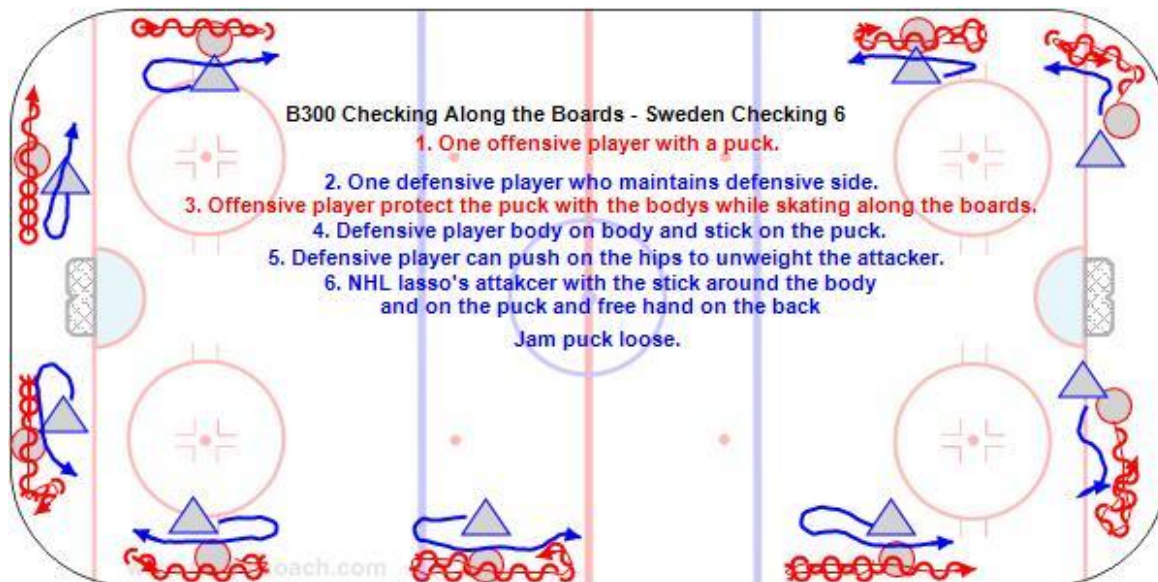
Attacker protect the puck with the body and skates using dekes and cut backs. Defender stay on the d-side with stick on the puck. NHL now lasso's around with free hand on the back and stick on the puck.

Description:

1. One offensive player with a puck.
2. One defensive player who maintains defensive side.
3. Offensive player protect the puck with the body while skating along the boards.
4. Defensive player body on body and stick on the puck.
5. Defensive player can push on the hips to unweight the attacker.
6. NHL lasso's attacker with the stick around the body and on the puck and free hand on the back. Jam puck loose.

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

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B300 Escape from Alcatraz - Sweden Checking 3

Key Points:

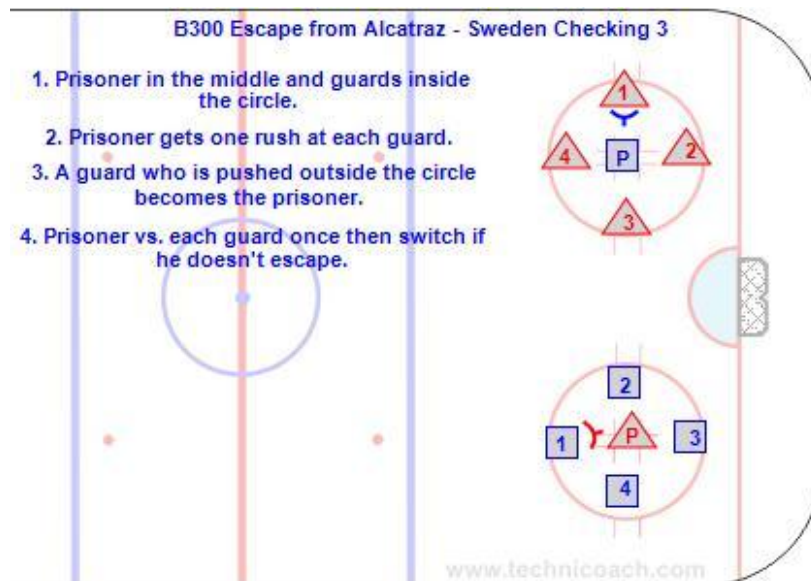
The prisoner escapes by knocking a guard out of the circle. Use the legs, keep the head up on top of the shoulders back up hands down.

Description:

1. Prisoner in the middle and guards inside the circle.
2. Prisoner gets one rush at each guard.
3. A guard who is pushed outside the circle becomes the prisoner.
4. Prisoner vs. each guard once then switch if he doesn't escape.

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

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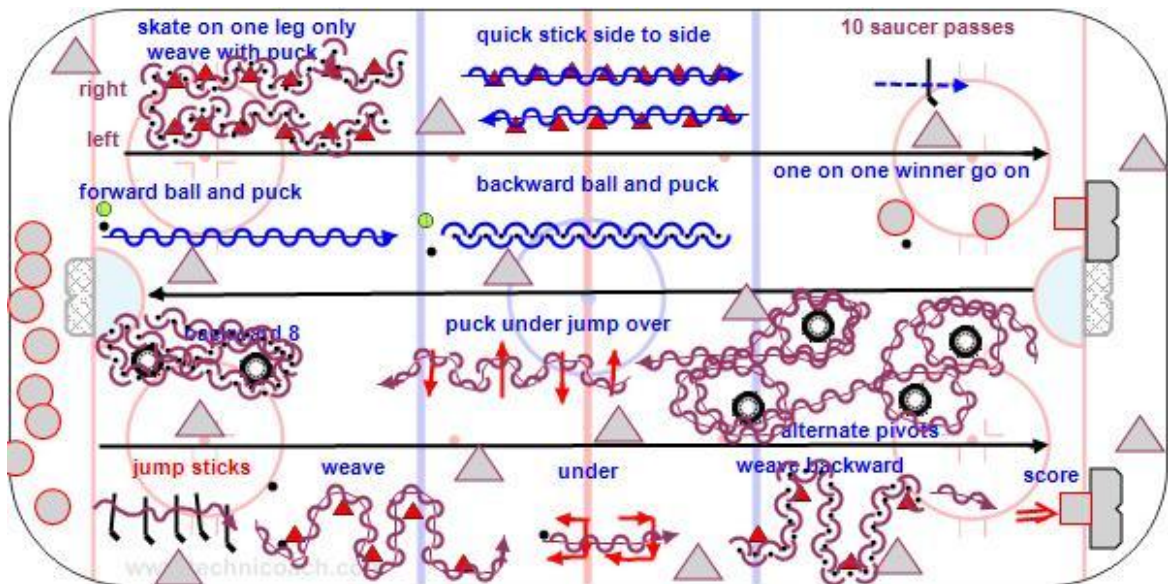
Mission Impossible:

Key Points:

Create challenging tasks that get progressively more difficult. I taught over 25,000 PE classes in my career and this was the most popular activity. We did it as a role playing game and half were guards and the other half were trying to escape from a prisoner of war camp. Everyone had to be silent and if the prisoner failed the guard said bang and they had to go back. It made it more fun to have the story attached but in a hockey practice you wouldn't have to do this. It was such a popular activity that at noon intramural time there would be kids from grade 1 to grade 9 playing at the same time.

Description:

1. Have the players line up and do various skill tasks.
2. If they are successful they go to the next station. If they fail they have to go back to the start.
3. Have two teams that get between 5-10 minutes to go through while the other team judges each station. Compete to see which team has the most players finish the circuit.
4. Another alternative is to have coaches be the judges and all the players do it.



B300 Monkey in the Middle vs 1 and 2 - Russian U20

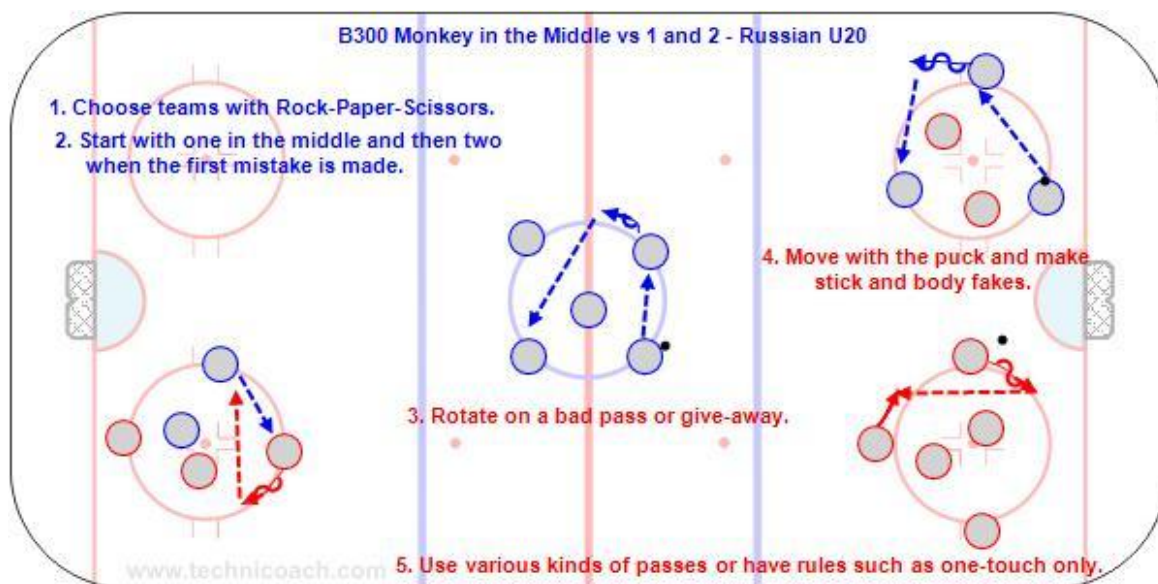
Key Points:

Pass with good technique and give a target. Defenders keep the stick in passing lanes.

Description:

1. Choose teams with Rock-Paper-Scissors.
2. Start with one in the middle and then two when the first mistake is made.
3. Rotate on a bad pass or give-away.
4. Move with the puck and make stick and body fakes.
5. Use various kinds of passes or have rules such as one-touch only.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120410094022848>



B300 Optional Practice Skills – Finnish U20

Key Points:

Players work with the coaches and do skills with good habits. In all of these drills a player could pass instead of a coach.

Description:

1. Players line up behind the blue line and skate into the neutral zone and then flare out towards the boards facing the puck and give a target. The coach passes and the player attack and shoot. Follow the shot for a rebound and then circle back to rebound for the next shooter.
2. Player get a regroup pass from the coach along the boards then shoot-rebound.
3. Coach pass to a player from the side boards to the point and the player take a one timer.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120305093524642>



B300 Practice Stations-Skill-Games

Key Points:

Coaches progress from stationary technique instruction to cross ice movement doing the skills. When instructing shooting insist that they follow the shot for a rebound.

Description:

1. Ice is divided into cross ice stations with a coach at each station.
2. This formation can be used for skating, passing, shooting, checking or any technique.
3. Move from stationary instruction to movement.
4. Games can also be played cross ice or at one net.

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B300 Protect the Dot - Sweden Checking 2

Key Points:

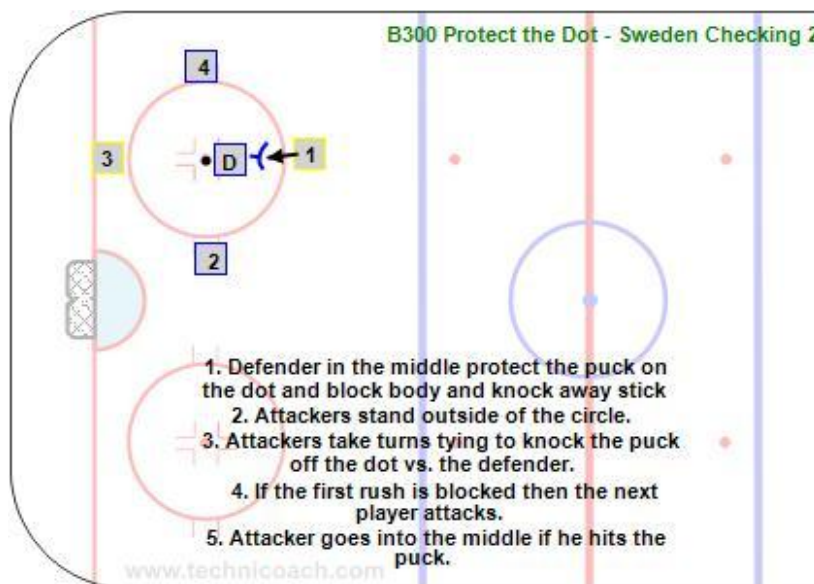
Defender must keep the hands down and the upper body erect by playing the attackers stick and blocking chest to chest. Bend the knees and head up in a strong athletic position.

Description:

1. Defender in the middle protect the puck on the dot and block body and knock away stick
2. Attackers stand outside of the circle.
3. Attackers take turns trying to knock the puck off the dot vs. the defender.
4. If the first rush is blocked then the next player attacks.
5. Attacker goes into the middle if he hits the puck.

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

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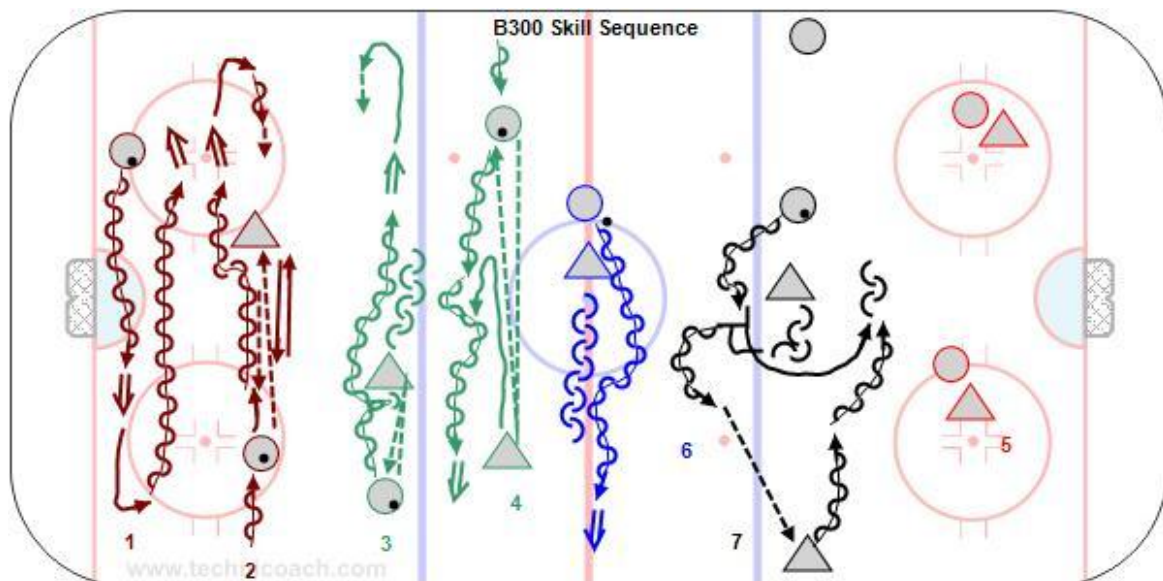
B300 Skill Sequence

Key Points:

Practice shooting quickly, Use many moves vs a passive opponent and increase the movement progressing to cross ice games.

Description:

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



B300 Three Player Around the Clock

Key Points:

One touch pass and follow through at the target. Get the top hand away from the body. Pass and rotate.

Description:

Three or four players one touch pass around a circle.

1 - Pass 6 to 12 o'clock. 6 to 3, 12 to 9, player three stay at 6.

2 - Pass 12 to 3 o'clock. 12 to 9, 3 to 6.

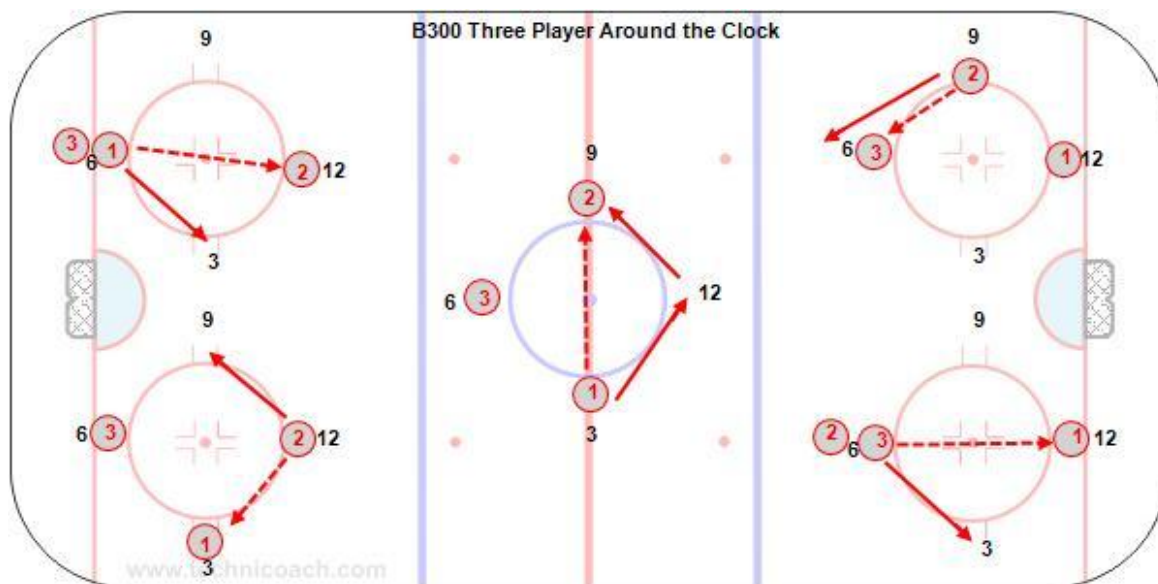
3 - Pass 3 to 9 o'clock. 9 to 6, 3 to 12.

4 - Pass 9 to 6 o'clock.

5 - Repeat starting with player three at 6.

*Go around 3-5 times and then change direction.

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B300 Tschumi Around the Clock One Touch

Key Points:

One touch the puck in the middle of the blade and follow through with the top hand away from the body. Start rotating clockwise and then switch to counter clockwise.

Description:

A. 1 and 2 one touch five times 6-12 o'clock.

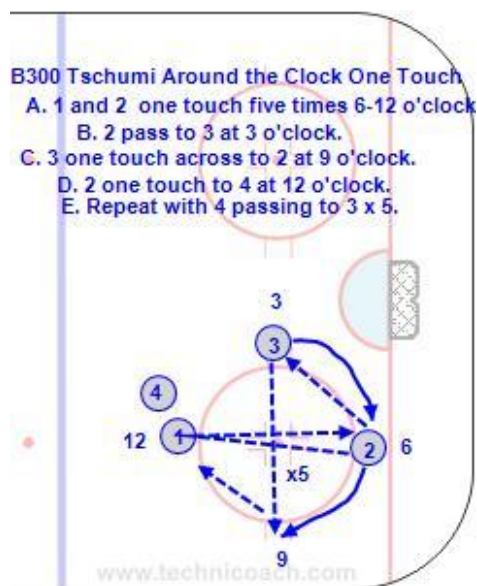
B. 2 pass to 3 at 3 o'clock.

C. 3 one touch across to 2 at 9 o'clock.

D. 2 one touch to 4 at 12 o'clock.

E. Repeat with 4 passing to 3 x 5.

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B300, 1-1 Battle in Front of Net – Checking Sweden 4

Key Points:

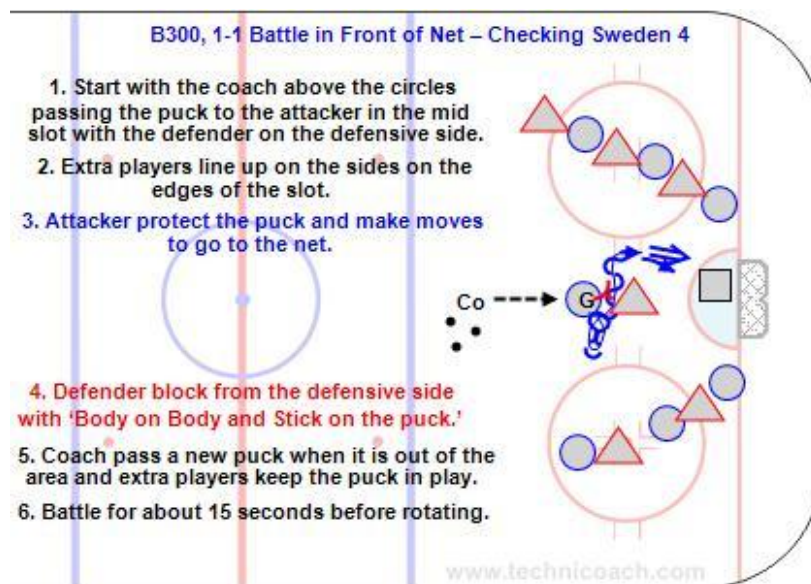
Attacker must protect the puck and make quick fakes to create space to get to the net.
Defender stay on the net side trying to unweight the attacker at the hips and keep the stick on the puck. Tie up the stick on any rebound.

Description:

1. Start with the coach above the circles passing the puck to the attacker in the mid slot with the defender on the defensive side.
2. Extra players line up on the sides on the edges of the slot.
3. Attacker protect the puck and make moves to go to the net.
4. Defender block from the defensive side with 'Body on Body and Stick on the puck.'
5. Coach pass a new puck when it is out of the area and extra players keep the puck in play.
6. Battle for about 15 seconds before rotating.

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



B500-2 on 0-Cycle-Cut Back-Pass-Shoot

Key Points:

F1 skate hard and throw the puck back into a quiet space when the defender commits to him. F2 do one or two cutbacks, protecting the puck to create a passing lane. Follow pass by going to the net.

Key Points:

A.

-Coach dumps puck into corner.

-F1 skate and get puck.

-F1 pass back to F2 and go high.

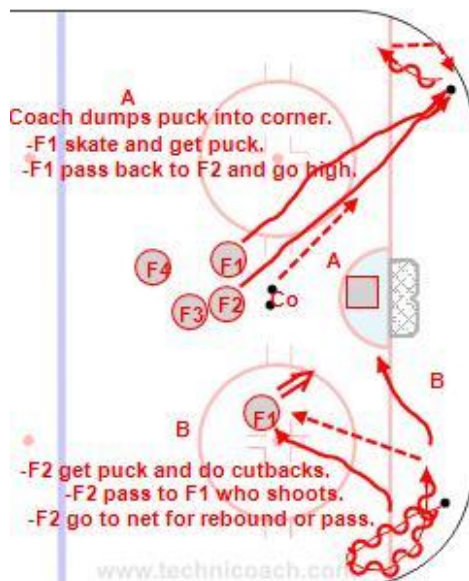
B.

-F2 get puck and do cutbacks.

-F2 pass to F1 who shoots.

-F2 follow the pass and go to net for rebound or pass.

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B500 3 Spoke Passing - Czech U17

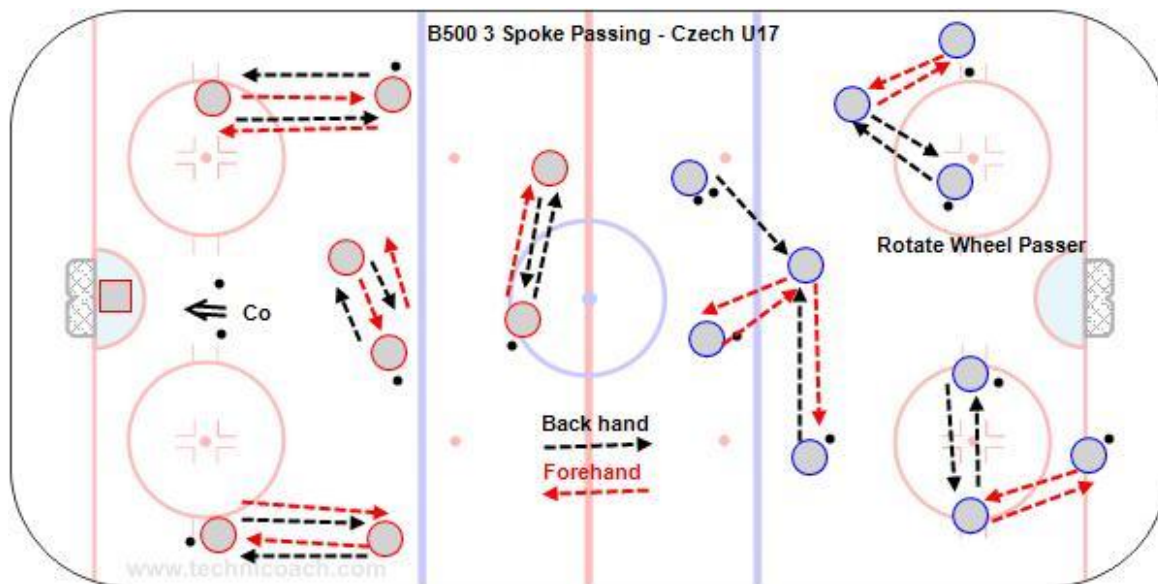
Key Points:

Keep the hands away from the body and follow through at the target. The puck rotates toward the toe of the blade. Hands should be relaxed and the stick blade square to the puck. Backhands have to be taken from the middle to the heel of the blade of the blade adjusted to be square with the curve.

Description:

1. Start with static partner passing alternating between forehand and back hand. Use wrist passes and focus on the giving and receiving being quiet.
2. Spoke pass with two pucks in groups of 3 or 4. One player takes passes from the other players. Alternate forehand and backhand.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012123116313799>



B500 - 1-1 in Front and Support at Point and Behind - Svenska

Key Points:

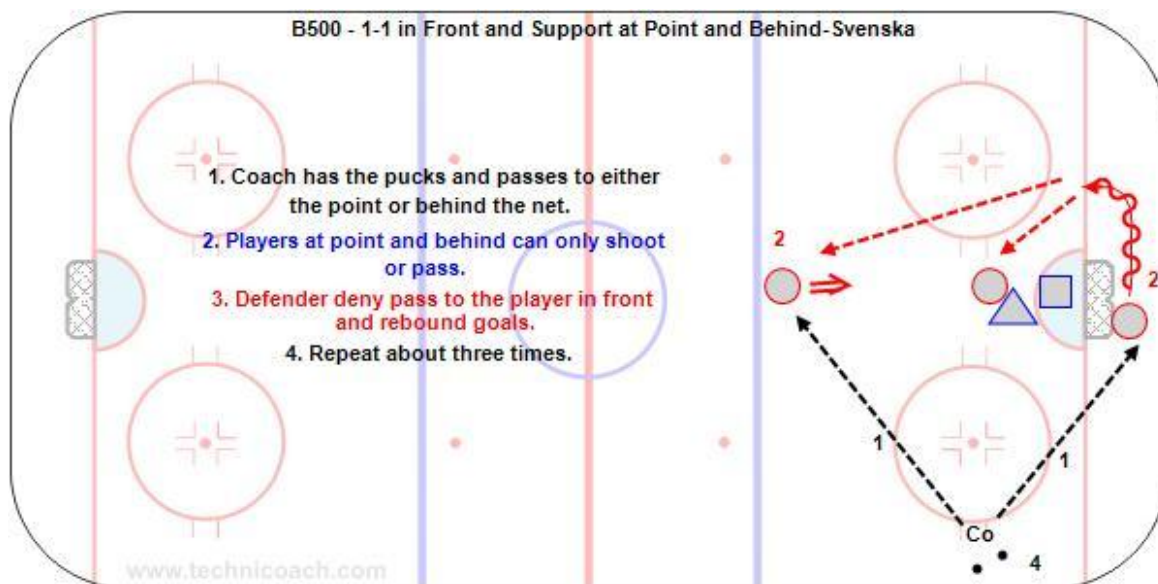
The most dangerous attacker is in front of the net. Play 2-1 but really a 2-2 as the goalie takes the shooter and defender denies the pass. Seal the stick to the outside on the shot and tie up the stick and then look for the rebound after the shot.

Description:

1. Coach has the pucks and passes to either the point or behind the net.
2. Players at point and behind can only shoot or pass.
3. Defender deny pass to the player in front and rebound goals.
4. Repeat about three times.

<http://www.swehockey.se/Hockeyakademin/Utbildning/Video/Ovningsbanken/> 1 mot 1 #1

<https://skydrive.live.com/?cid=bd6fa116988317e9#cid=BD6FA116988317E9&id=BD6FA116988317E9%213085> Skydrive



B500 - Partner Wrist Passes - Czech U17

Key Points:

Technique practice. Stick is square to the puck, hands relaxed. Make good hard and flat passes. The puck rotates toward the end of the blade.

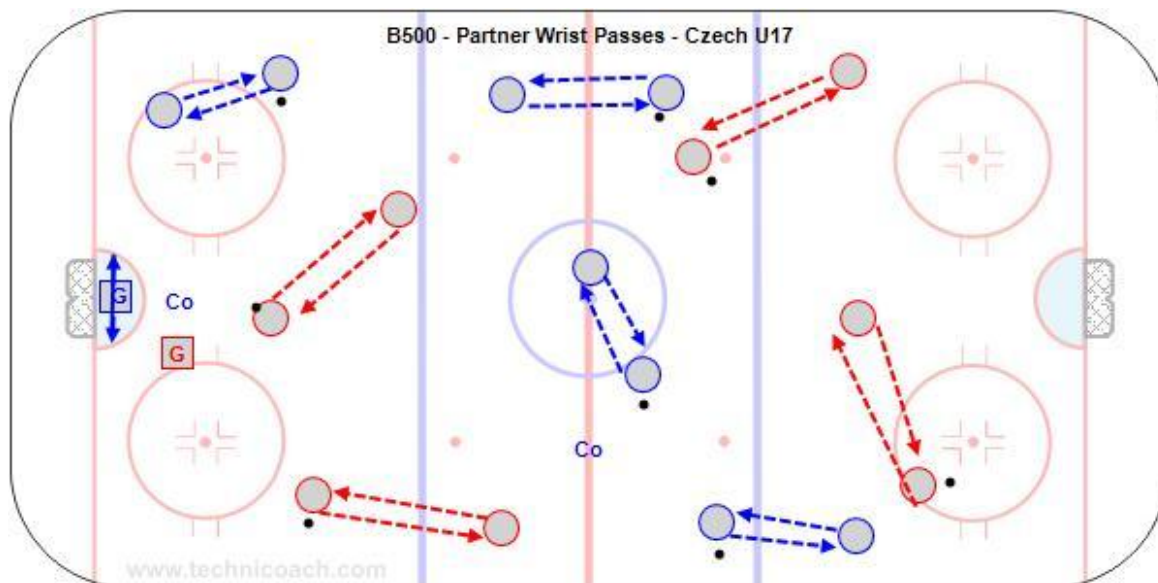
Description:

1. Partners work on passing in various areas of the ice.
2. Use wrist passes.
3. Load and fire: wind up, produce force, release, follow through at the target.
4. Forehand, backhand and saucer passing technique can be practiced in the same way.

If you expect good performance in games then you must pay attention to technique details.

**Goalies warm up with crease skating.*

<http://www.hockeycoachingabc.com/mediaqallery/media.php?f=0&sort=0&s=20121231222118851>



B500 - Sweden 1-1 in Front and Offensive Support at Point and Behind Net

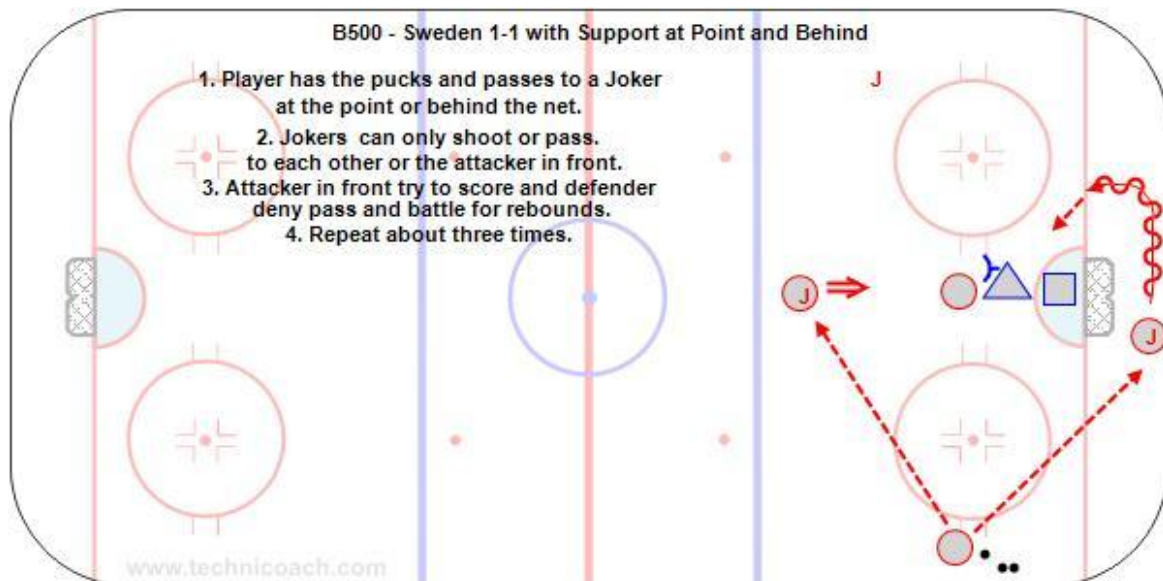
Key Point:

The most dangerous attacker is in front of the net. Play 2-1 but really a 2-2 as the goalie takes the shooter and defender denies the pass. Seal the stick to the outside on the shot and tie up the stick and then look for the rebound after the shot.

Description:

1. Player has the pucks and passes to a Joker at the point or behind the net.
2. Jokers can only shoot or pass to each other or the attacker in front.
3. Attacker in front try to score and defender deny pass and battle for rebounds.
4. Repeat about three times.

<http://www.swehockey.se/Hockeyakademin/Utbildning/Video/Ovningsbanken/> 1 mot 1 #1



B500 Agility Skating

Key Points:

Keep the feet moving in a good balance position.

Description:

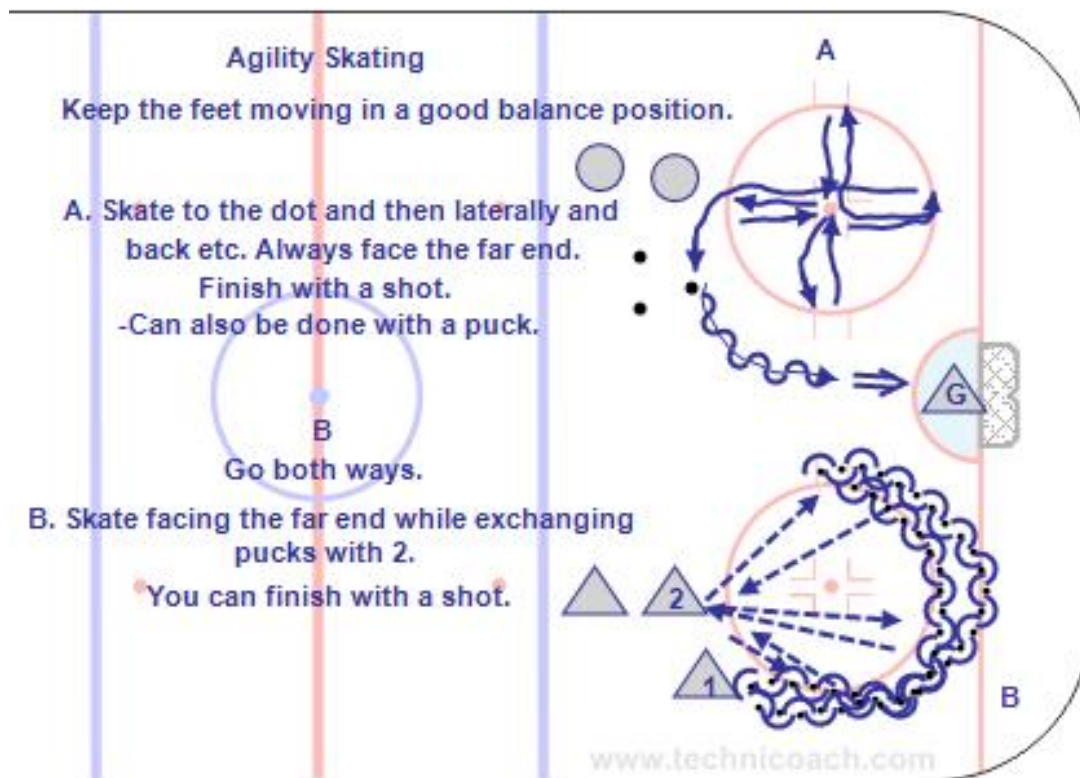
A. Skate to the dot and then laterally and back etc. Always face the far end.
Finish with a shot.

-Can also be done with a puck.

B. Skate facing the far end while exchanging pucks with 2.

Go both ways.

You can finish with a shot.



B500 Angling and Escapes

Key Points:

Angle approaching at the back shoulder with "Body on Body and Stick on the Puck".

Defensive angling pin and teammate pick up the puck, and on offensive angling seal the player off and take the puck.

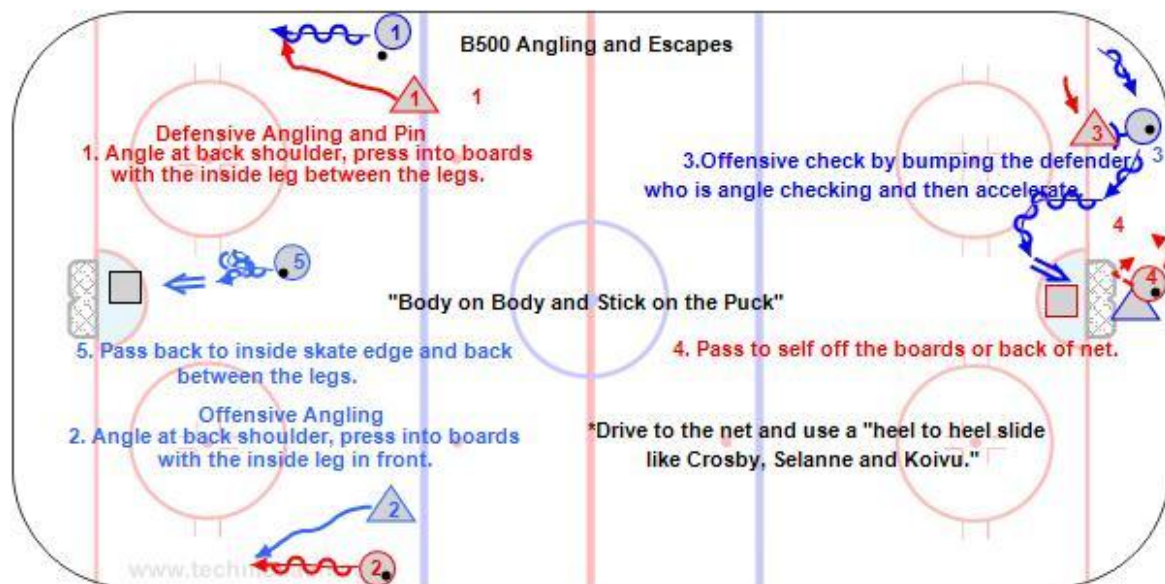
Learn to approach at the back shoulder-not the puck. On offense cut back when the player angles at the puck.

Description:

1. Angle at back shoulder, press into boards with the inside leg between the legs.
2. Angle at back shoulder, press into boards with the inside leg in front.
3. Offensive check by bumping the defender who is angle checking and then accelerate
4. Pass to self off the boards or back of net.
5. Pass back to inside skate edge and back between the legs.

*Drive to the net and use a "heel to heel slide like Crosby, Selanne and Koivu."

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080719114133299>



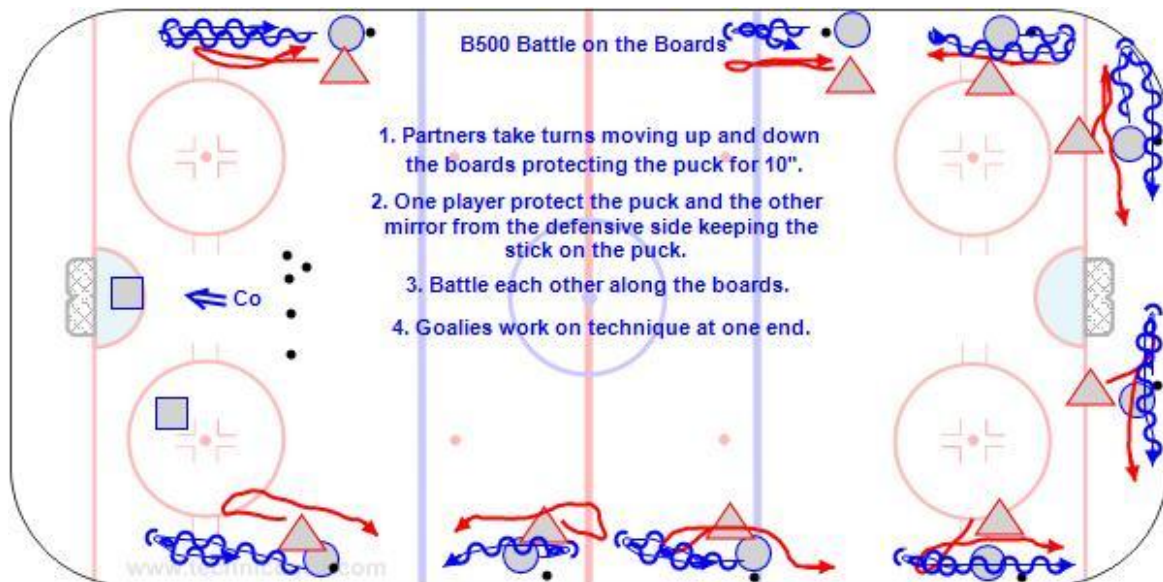
B500 Battle on the Boards

Key Points:

Offensive player protect the puck with the body and skates, use cutbacks, fakes, change of pace. Go into the boards at an angle, Hands up on the glass when hit from behind. Defender stick on stick, body on body and maintain defensive side always.

Description:

1. Partners take turns moving up and down the boards protecting the puck for 10".
2. One player protect the puck and the other mirror from the defensive side keeping the stick on the puck.
3. Battle each other along the boards.
4. Goalies work on technique at one end.



B500 Cut Backs and Escape Moves

Key Points:

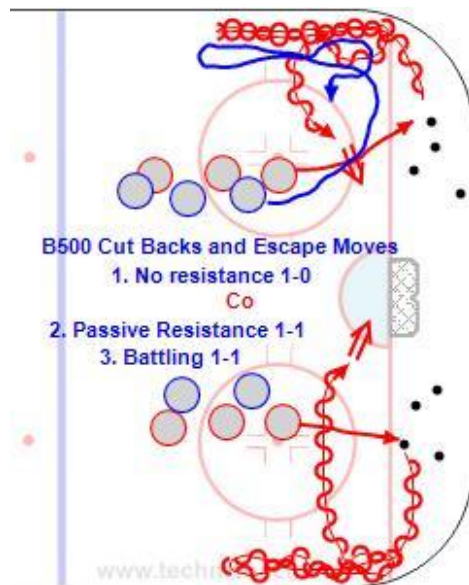
Protect the puck with the body on offense. Cut back turning toward the boards. Defender stay lined up with the back of the inside shoulder and stick on the puck.

Description:

1. Leave on the whistle and practice cut backs, tight turns. Go to the net on the second whistle while the next players leave.
2. Two players leave and the second player stays on the D side with the stick on the puck and gives passive resistance.
3. This is a battle and the defender tries to get the puck. On the second whistle whoever has the puck go to the net.

*Without goalies both sides can go at once and with a goalie alternate sides. Players switch sides after doing both offense and defense.

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B500 Defenseman One Timers

Key Points:

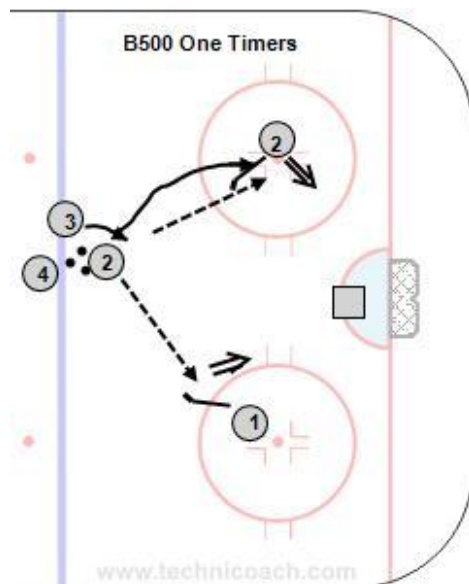
Start with easy soft passes to the wheelhouse and then give hard passes within reach that the player must adjust to. Either the coach or players can do the passing. With the players passing rotate to shooter after passing.

Description:

1. Pucks are in the middle near the blue line.
2. Coach or a player pass to a player who takes a one timer.
3. Keys are:
4.
 - a. Windup - stick back early,
 - b. Force Production – bottom arm is straight and body rotate to the target.
 - c. Crucial instant - energy to a few inches, cm. behind the puck. Maintain contact with the ice as long as possible allowing the shaft of the stick to bend then project the puck.
 - d. Front knee and stick blade point to the net.

*Players can rotate pass-replace shooter-repeat the other side or else pass about 5 pucks in a row and then rotate.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090812164222165>



B500 Defensive Side with Stick on the Puck

Key Points:

Player checks from the defensive side with the stick always on the attackers stick. Keep the stick on the ice when going side to side.

Description:

1. Two players work together one of offense one on defense.
2. Half rest half active on the whistle.
3. Practice about 5" and alternate.
4. Start with no puck with offense shielding with the body defender stick on stick.
5. Progress to using a puck.

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B500 Defensive Zone Skating

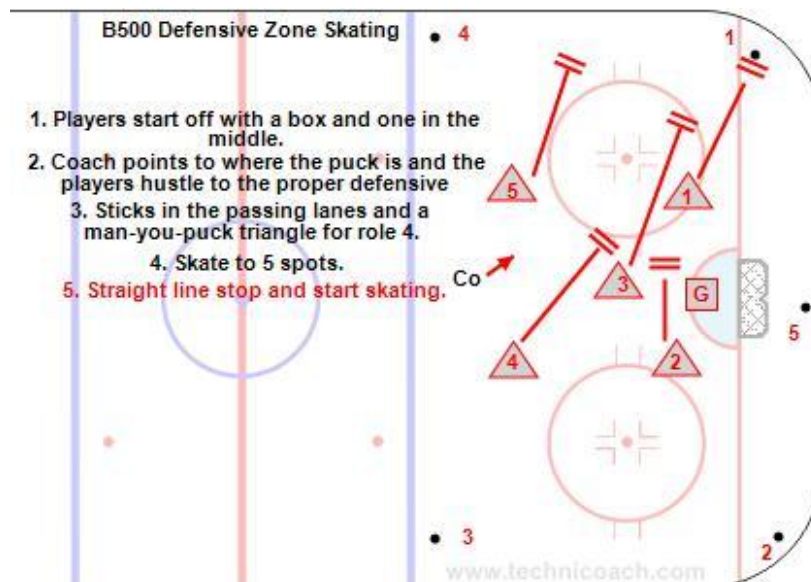
Key Points:

Players skate according to their position in the defensive zone. You should skate as if there is an attacker in front of the net and three attackers cycling on the strong side with the middle forward covering the front of the net.

Description:

1. Players start off with a box and one in the middle.
2. Coach points to where the puck is and the players hustle to the proper defensive position.
3. Sticks in the passing lanes and a man-you-puck triangle for role 4.
4. Skate to 5 spots.
5. Straight line stop and start skating.

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B500 Individual Skills

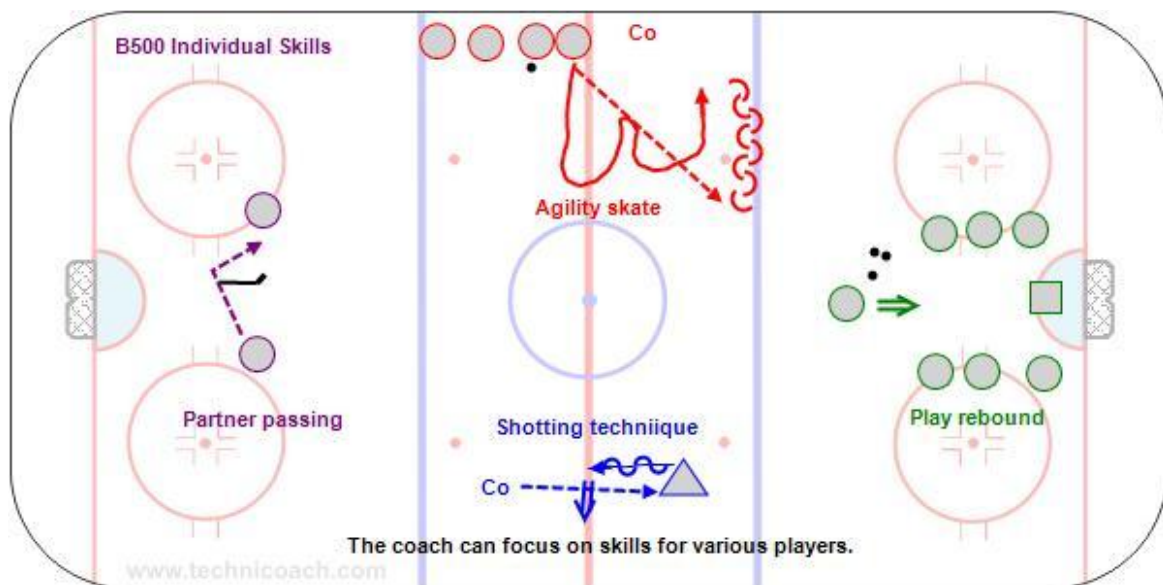
Key Points:

Divide the ice into stations and practice individual technique. The coach can focus on skills for various players.

Description:

1. Coach pass to defenseman who moves and shoots at the red stripe on the boards.
2. Player agility skate with turns and pivots then get a pass.
3. Saucer pass with a partner.
4. Play rebound with the goalie.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090823205113460>



B500 One Timers and Breakaways - Czech U17

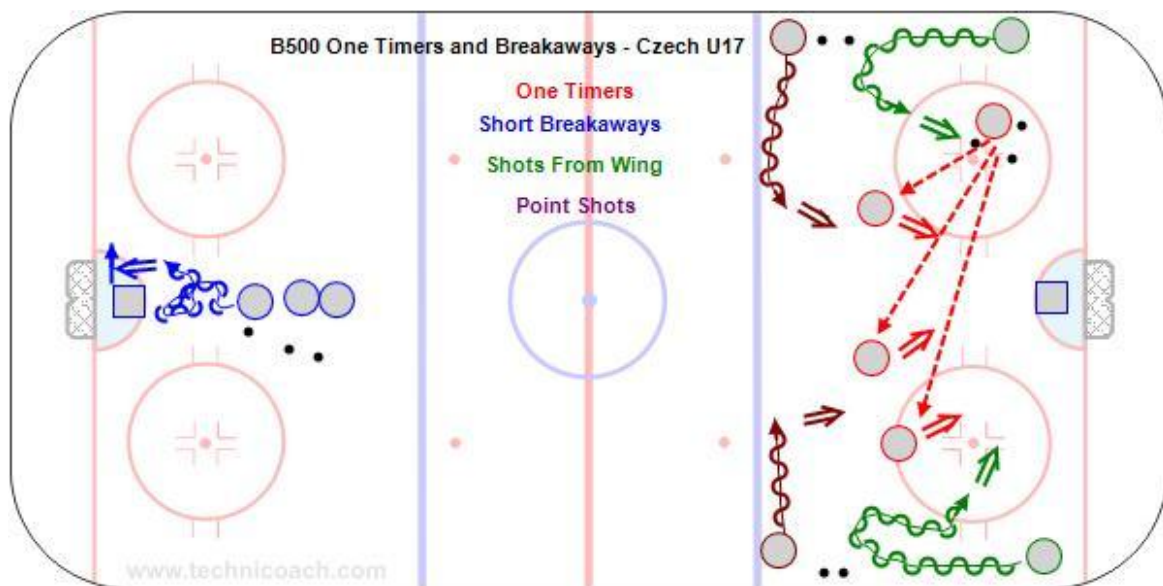
Key Points:

Scoring practice includes one timers, shots from the wing and short breakaways. Players should make moves and fakes as if they are beating a checker and then shoot. Always shoot to score. Follow a pattern so the goalies know where the next shot is coming from.

Description:

1. Take one timers, shots from the wing and point shots at one end.
2. Breakaways from just above the hash marks at the other end.
3. Focus on lots of players getting shots and the goalie stopping pucks from various angles and distances instead of just one kind of shot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130115154631744>



B500 One Timers, Shots and Breakaways - Czech U17

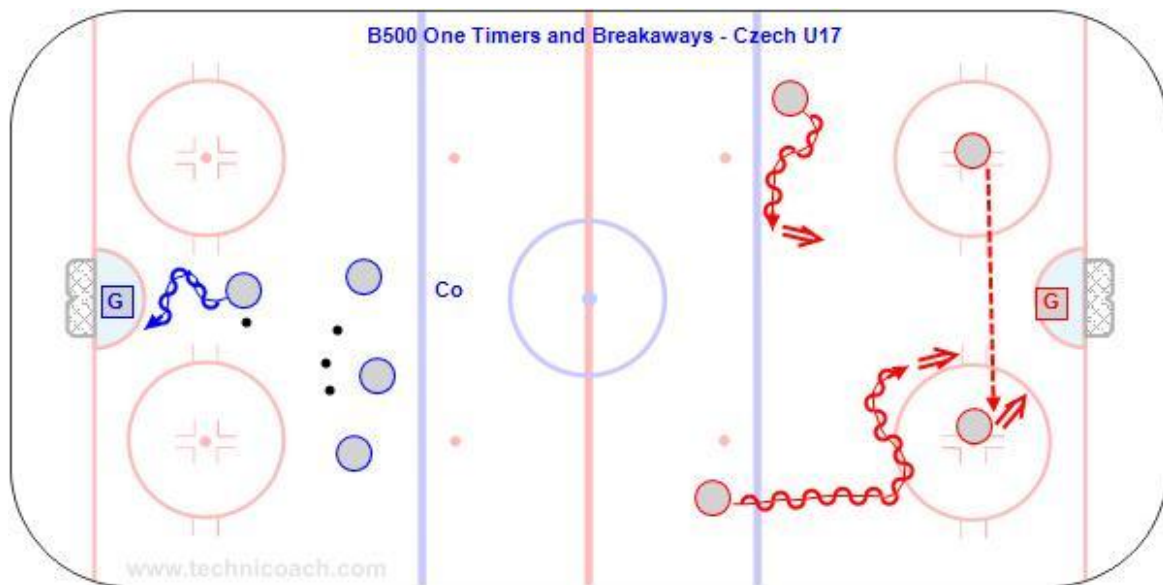
Key Points:

Practice individual skills with the thought that someone is checking you. Add dekes, feints and moves before taking a shot or making a pass.

Description:

1. Breakaways from the top of the circle.
2. Point shots with movement.
3. One-timers with fakes before passing.
4. Shots from the slot but skate and make fakes before taking the shot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121231223138806>



B500 One Touch and Face Puck Passing

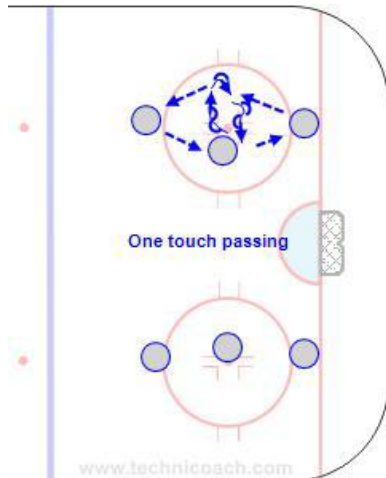
Key Points:

One touch. Make sure the top hand follows the pass and isn't locked against the body. Reijo Routsalainen demonstrates the proper passing technique.

Description:

- One passer on opposite sides. Middle player one touch facing the puck give and go then give and go with other passer.
- Rotate the middle player every 10".
- Add tasks like tight turns, fakes etc.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130521102432764>



B500 Overspeed 2-0 with a Pass

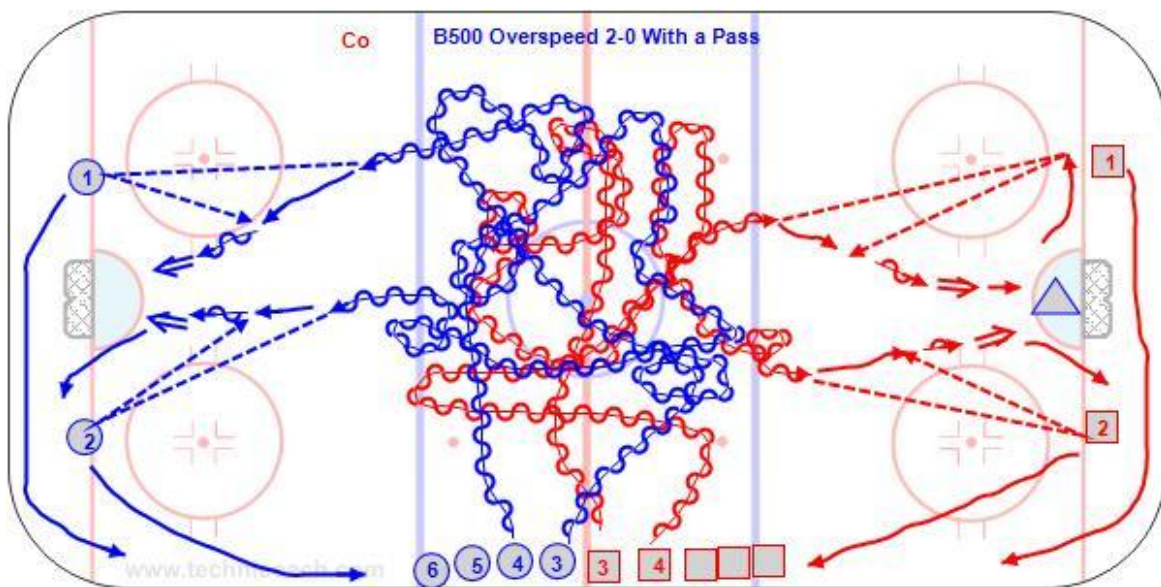
Key Points:

Players must challenge themselves out of their comfort zone. Make as many moves as possible and continue until they have shot and looked for a rebound. Take the pass and shoot right away without over handling.

Description:

1. Line up along boards on one side.
2. Players 1 and 2 start on the goal line.
3. Players 3 and 4 leave and make moves at top speed.
4. Coach whistle every 7" and they players attack the net.
5. Closest attacker give and go with 1 or 2.
6. Second closest do a tight turn then give and go with 1 or 2.
7. With only one goalie go one way only.
8. After passing return to the back of the line.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111004075623113>



B500 Passing Circuit

Key Points:

Make wrist and snap passes.

4 Passing phases.

1. Wind up
2. Produce forward force.
3. Release
4. Follow through at the target.

Description:

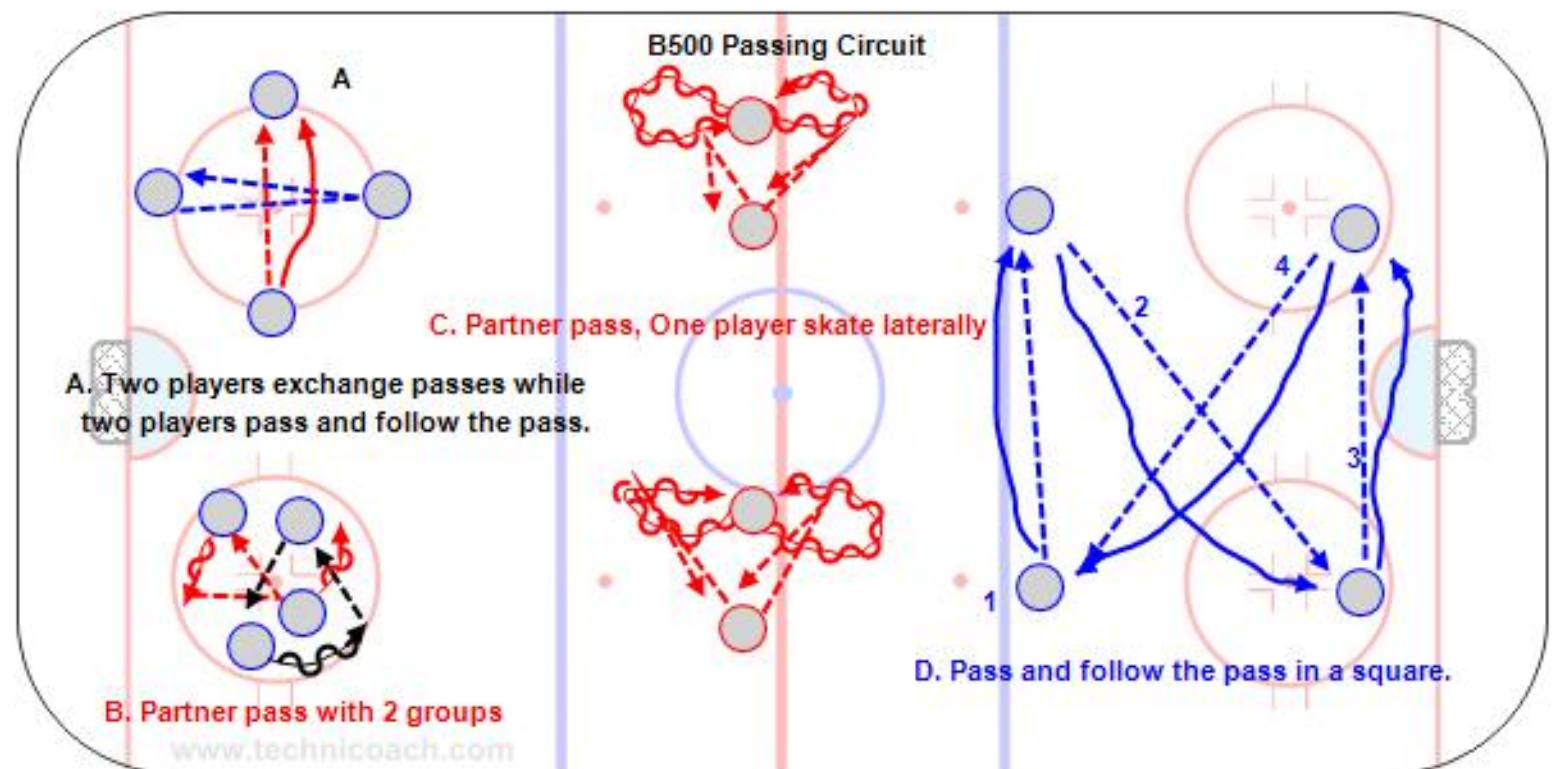
A. Two players exchange passes while two players pass and follow the pass.

B. Partner pass with 2 groups at once inside the circle.

C. Partner pass, One player skate laterally while the other is stationary. Rotate. Could be more than one stationary player.

D. Pass and follow the pass in a square.

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B500 Passing Technique from Sweden

Key Points:

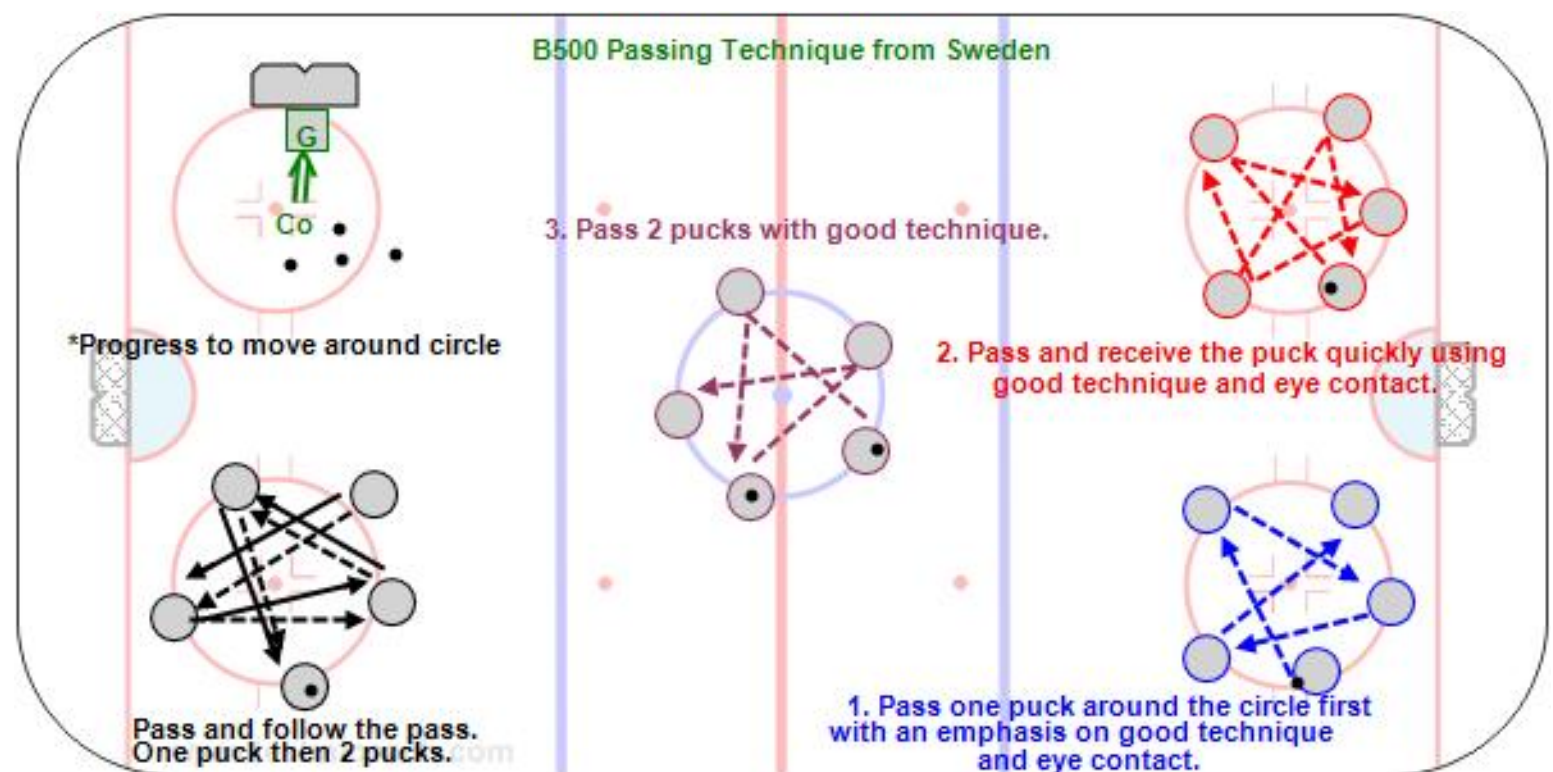
Eye contact and pass with a push of the bottom hand and pull with the top hand. The puck rotates from the heel to the toe and hands away from the body. This same motion is used when shooting. Receiving a pass is the opposite motion to absorb the puck.

Description:

1. Pass one puck around the circle first with an emphasis on good technique and eye contact.
2. Pass and receive the puck quickly using good technique and eye contact.
3. Pass 2 pucks with good technique.
4. Coach work with goalies at the far end.

*This can progress to pass and follow the pass or all players moving around the circle.

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B500 Point Shots and One Timers

Key Points:

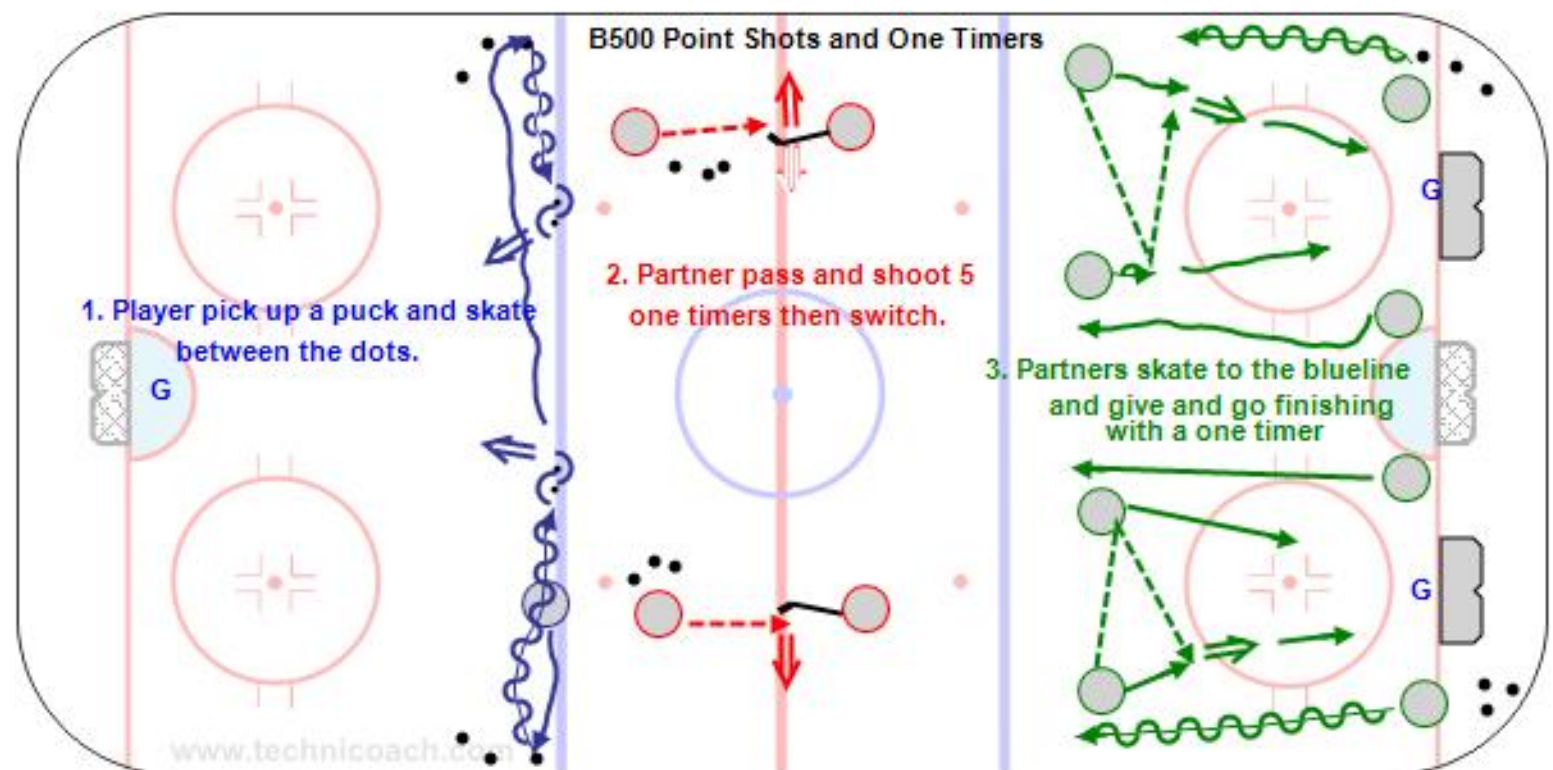
Skate forward to the middle then slide sideways and shoot. Look up to see the target, shot blockers and team mates in front.

On one timers follow through at the target. Increase the speed of the passes.

Description;

1. Player pick up a puck and skate between the dots. Pivot so you are facing the net and shoot.
2. Partner pass and shoot 5 one timers then switch.
3. Partners skate to the blueline and give and go finishing with a one timer, then pick up a new puck.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100410085300172>



B500 Puck Protection 1-1 Battles

Key Points:

Protect the puck with the back. Get defender to reach or straighten their knees.

Description:

A. 1 on 1 battle and go to the net.

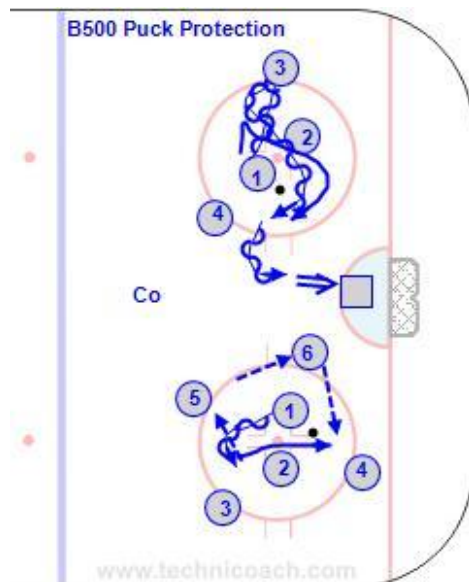
1. Place the puck on the dot and race for it from the circle on the whistle.
2. Play 1-1 and -protect the puck and go to the net and try to score on the whistle.

B. 1-1 Battle with passes to Jokers.

1. Race for the puck on the middle dot.
2. Battle 1-1 protect the puck and pass to Jokers.
3. Go to the net on the whistle.

Number the players and alternate from one circle to the other to give enough rest and allow only one shot on goal at one time. Play the 1-1 battle with no passes first and then add passes to jokers allowed.

With 4 players rotate. 1-4, 2-3, 2-4, 1-3, 3-4 1-2. Do the same sort of rotation with more players.



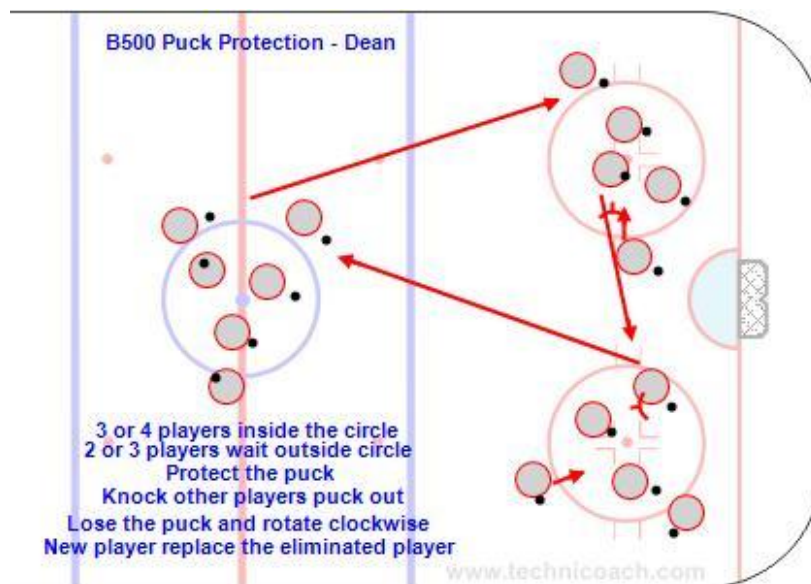
B500 Puck Protection - Dean

Key Points:

Shield the puck with your body. Protect the puck before checking another player.

Description:

- Faceoff circles are the battle zones.
- 5 or 6 players at each faceoff circle.
- 3 or 4 players handle a puck inside the circle while 2 or 3 wait outside the circle.
- Protect the puck and also knock the other players puck out of the circle.
- When eliminated rotate to the next clockwise circle to change opponents.
- Waiting player enter the circle when someone is eliminated.
- Put a time limit on the exercise.
- Those who move the fewest times are the winners.



B500 Puckhandle or Pass and Shoot

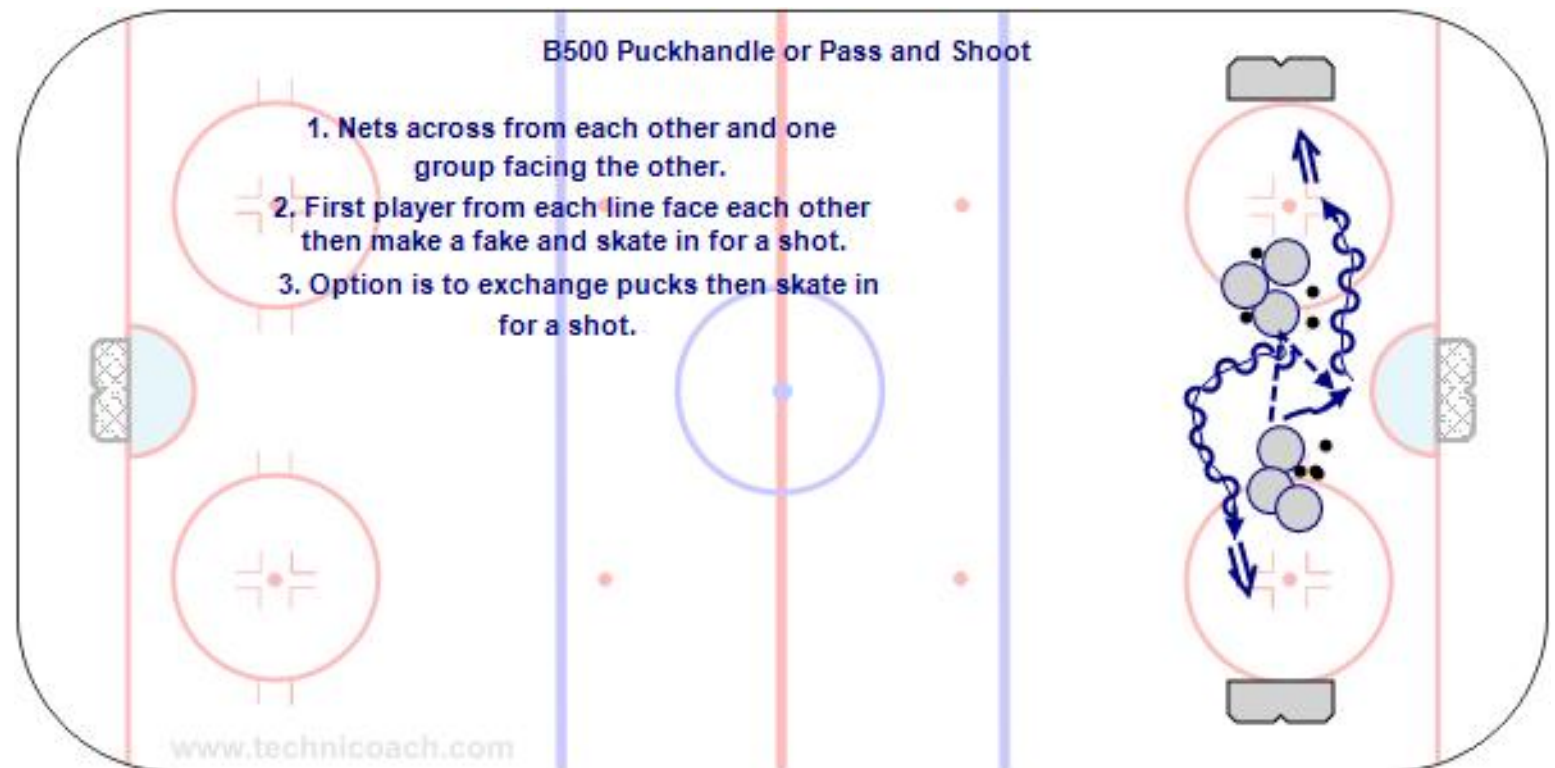
Key Points:

Make hard fakes and shoot while skating and follow the shot.

Description:

1. Nets across from each other and one group facing the other.
2. First player from each line face each other then make a fake and skate in for a shot.
3. Option is to exchange pucks then skate in for a shot.

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B500 Rejo Passing Routine

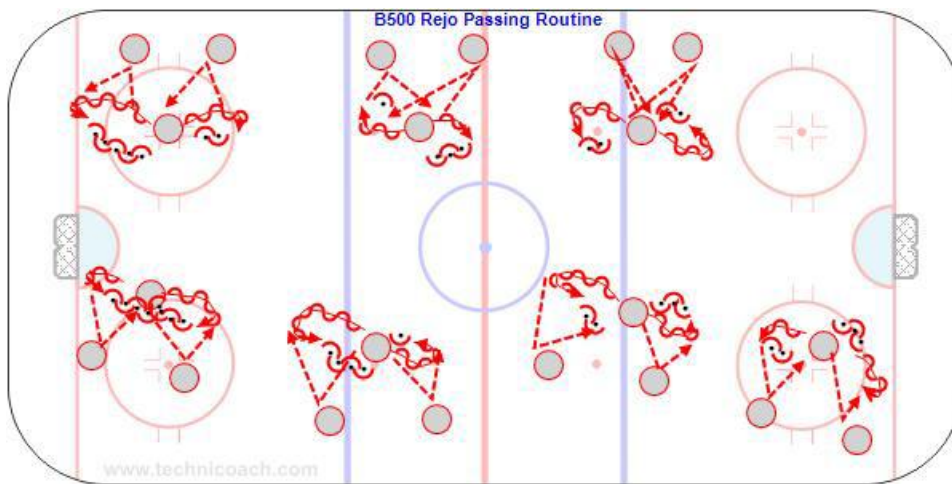
Key Points:

Face the puck at all times. Passes should be hard but quiet.

Description:

1. Partners take turns being the spoke in the wheel. One player passes to the other two who return to that player.
2. Pass for about 10" and then rotate or make 8-10 passes then switch.

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B500 Swedish Stickhandling in Circles

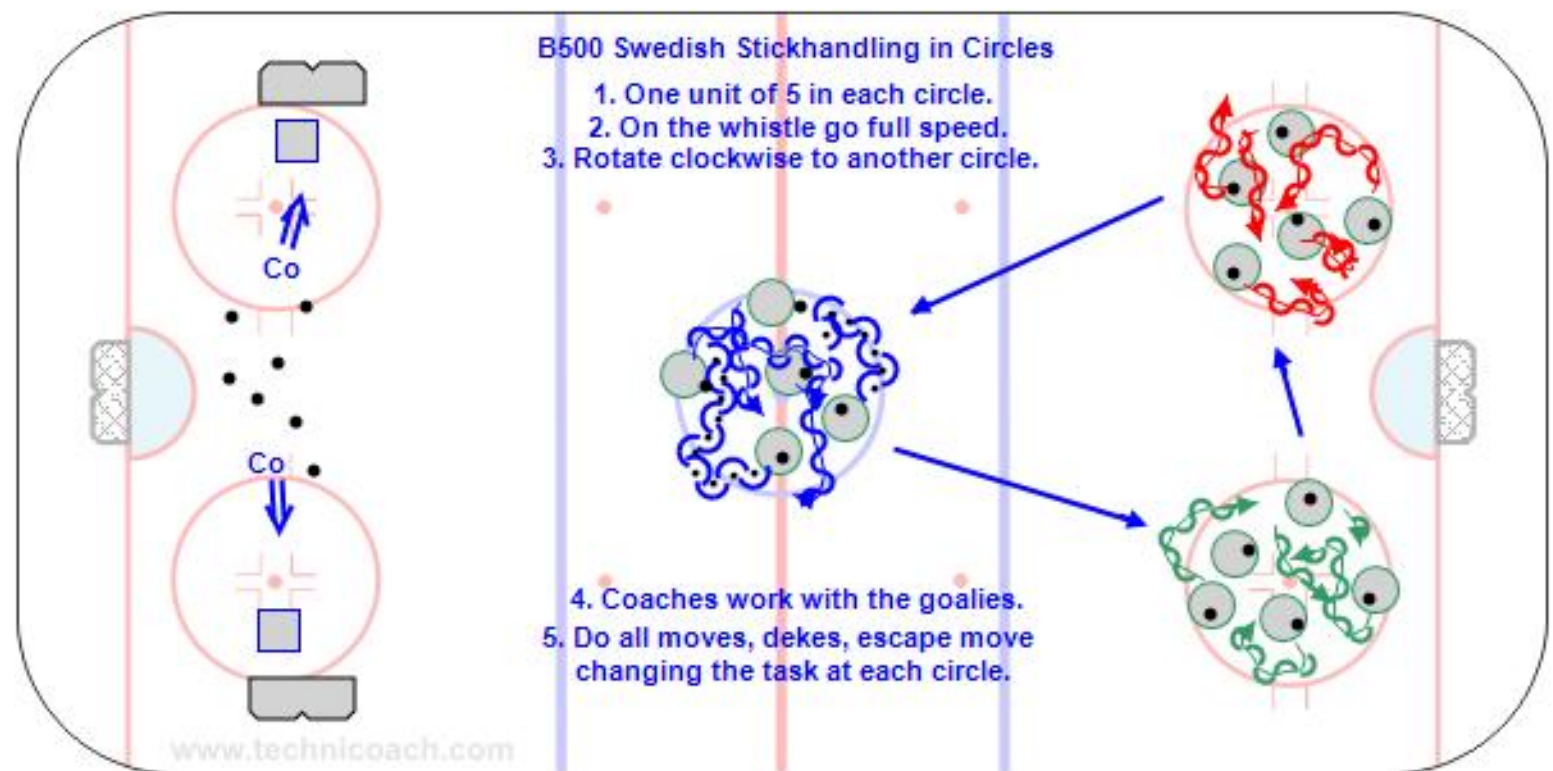
Key Points:

Make moves all around the body. Protect the puck, keep the head up.

Description:

1. One unit of 5 in each circle.
2. On the whistle go full speed.
3. Rotate clockwise to another circle.
4. Coaches work with the goalies.
5. Do all moves, dekes, escape moves changing the task at each circle.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100415165806324>



B600 1-0 F Regroup with Both D

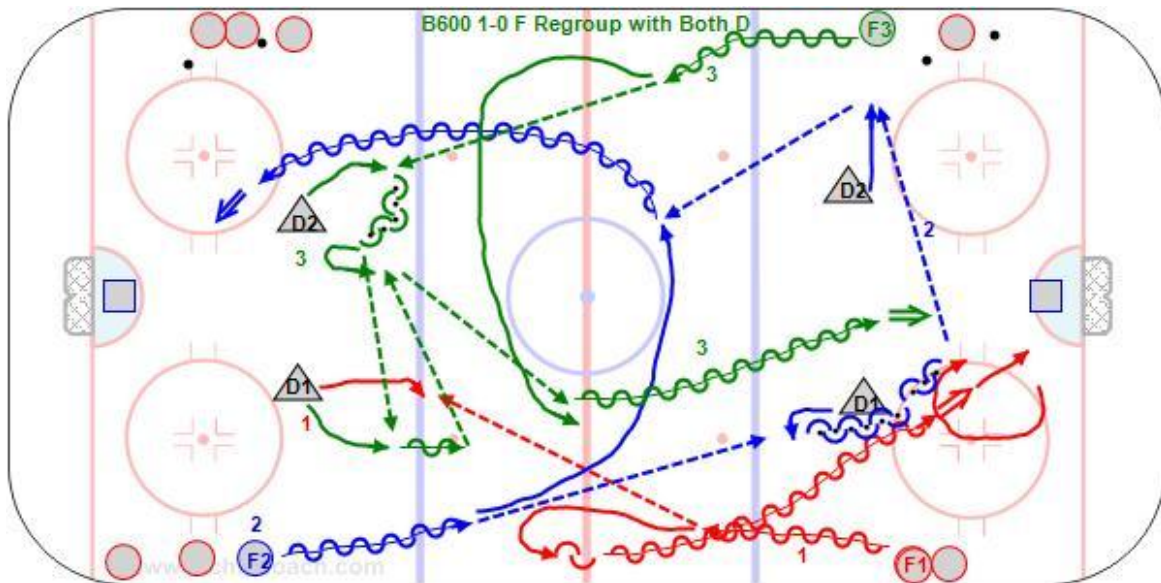
Key Points:

Forward always give a target face the puck and call for the pass. Shoot and rebound for the next shooter. Coach could add give and goes and one timers with the original shooters. Could also add 1-1 or 2-1 with the 3rd player attacking vs original two F's.

Description:

1. F1 regroup with the D1 on the strong side and get a return pass up the boards.
2. F2 regroup with strong D1 who hinges to D2 and up to F2 mirroring the puck in the middle.
3. F3 pass to weak side D2 who passes D1 who hinges wide and then passes back to D2 in the middle and up to F3 who has mirrored the original D to D.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101212075342864>



C600 1 on 1 to a 3 on 2

Key points:

This is a very popular drill especially at the higher levels using the C600 formation with the players lined up against the boards behind the blue lines. You get full ice situations. Use this drill and then create transition games with the same situations so the plays are finished by fighting for rebounds and making breakout passes. The first pass is made by F1 and not F3 as the diagram states.

Defense must move their feet and close the gap in the neutral zone. The forwards must attack with speed.

Description:

1. F1 skate between the dots with a puck.
2. F1 pass to D2 and mirror the puck for a return pass.
3. D2 skate hard sideways or make a tight turn and pass to F1.
4. F1 attack and try to score vs D1.
5. F2 start the same drill passing to D3.
6. D3 drive skate and pass to F2.
7. F2 attack 1-1 vs D2. - Repeat in alternate directions.

Variations:

- Add a regroup.
- Add players for situations, 2-1, 1-2, 2-2, 2-3, 3-2.

Players are in the B600 formation

1 F3 skates out with puck

2 F1 passes to D2

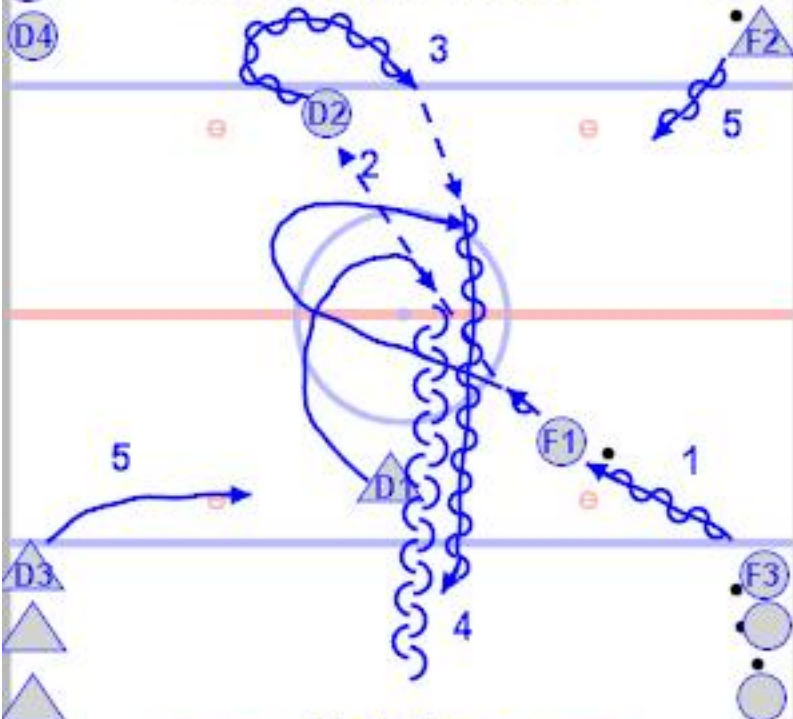
3. D2 drive skates and passes to F1

4. F1 tries to score 1-1 vs D1

5. F2 starts the same drill passing to D3

6. D3 drive skate and pass to F2

7. F2 attack 1-1 vs D2



Variations

a. Add a second regroup F1 back to D2

b. Go to 2-1, 1-2, 2-2, 3-2,

B600 2-0 Passing Options - Swiss U20

Key Points:

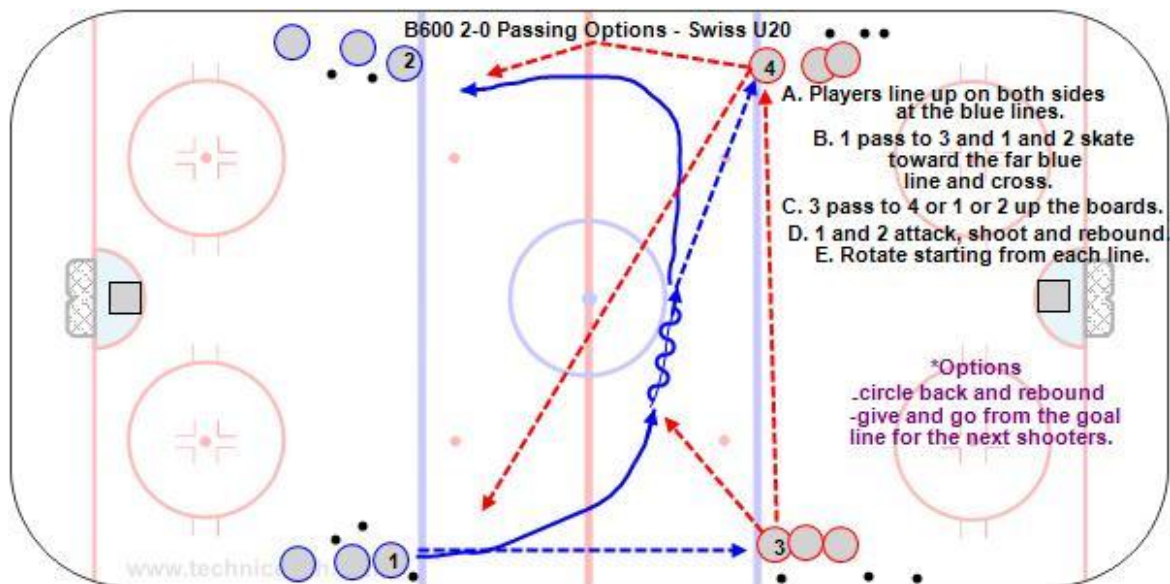
Pass to either side or either player who is breaking for a pass. Give a target, stick on the ice, face the puck.

Description:

- A. Players line up on both sides at the blue lines.
- B. 1 pass to 3 and 1 and 2 skate toward the far blue line and cross.
- C. 3 pass to 4 or 1 or 2 up the boards.
- D. 1 and 2 attack, shoot and rebound.
- E. Rotate starting from each line.

**Options are to circle back and rebound for the next shooter or give and go from the goal line for the next shooters.*

<http://www.hockeycoachingabcs.com/mediagallery/index.php>



B600 2-0 Quick Ups

Key Points:

Have good habits with the shooter looking for a rebound. New attacker on the puck side should face the passer and player on the weak side cut across the ice and give a target.

Move the puck up ice quickly and call for passes.

Description:

. #1 and 2 attack 2-0.

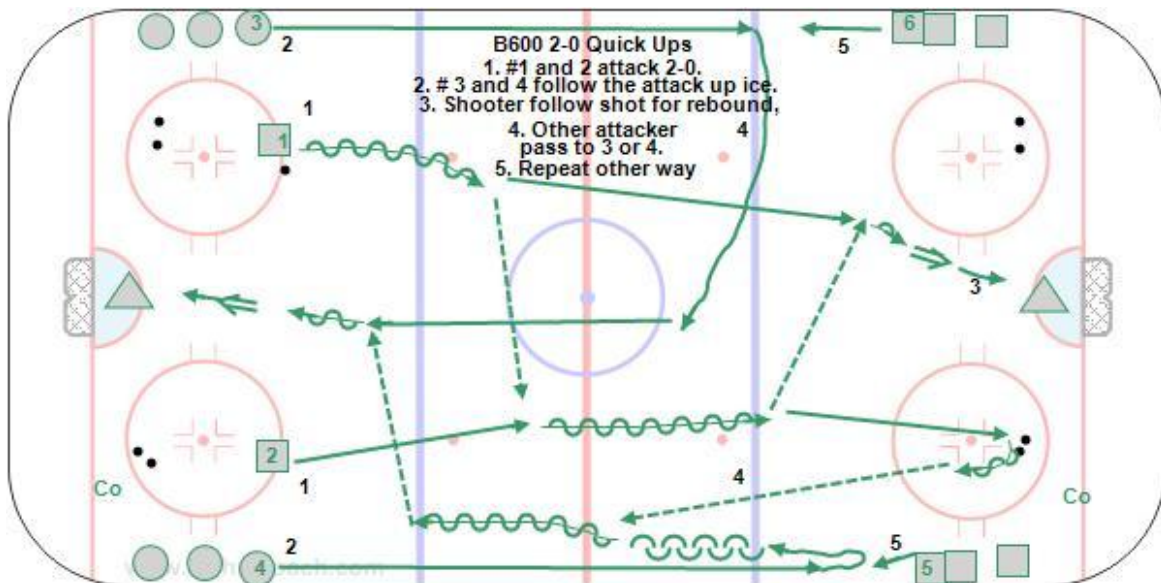
2. # 3 and 4 follow the attack up ice.

3. Shooter follow shot for rebound,

4. Other attacker get a new puck and pass to 3 or 4.

5. Repeat other way with shooter following the shot and the other attacker passing to 5 or 6.

6. Continue this flow.



B600 2 x 2 Shots - Swiss U20

Key Points:

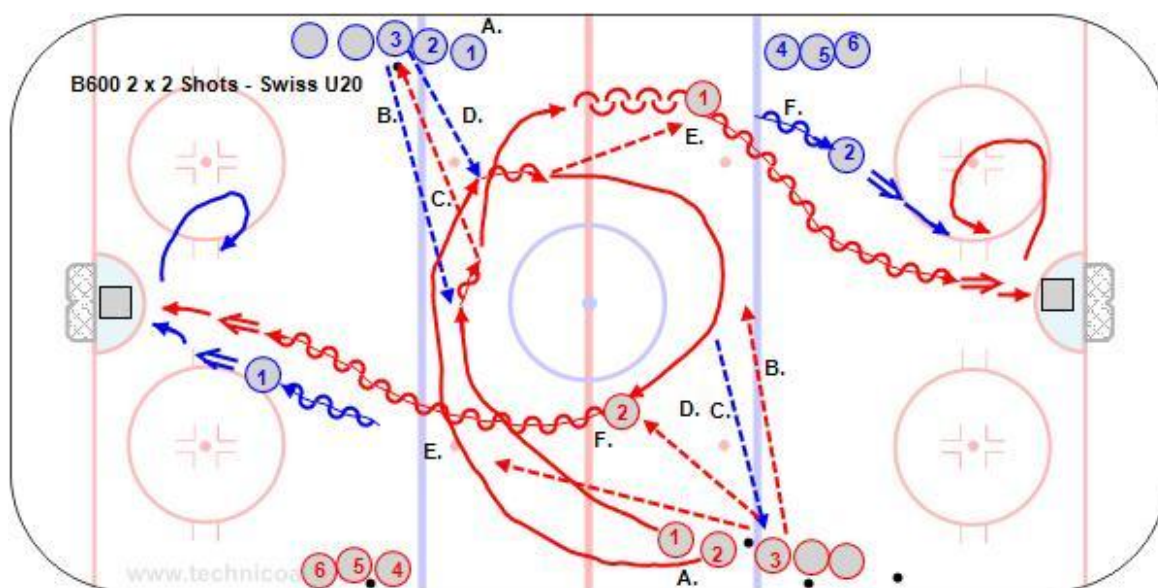
Pass hard and quickly. Always face the puck and accelerate with the puck. Shoot with the feet moving and shoot to score - not to shoot. One touch pass on puck exchanges.

Description:

- A. 1 and 2 leave from diagonal blue lines.
- B. B3 pass to R1.
- C. R1 one touch back to B3.
- D. B3 pass to R2.
- E. R2 head man to R1 who attacks and shoot
- F. R2 skate around circle for pass from R3 and attack the other end.
- G. B1 and B2 do the same sequence from the diagonal blue line.
- H. Repeat the other direction with B4 and B5 passing to R6

*Follow shots for a rebound and then screen or circle back to rebound for the next shooter.

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B600, 3 Lane Passing and Shooting

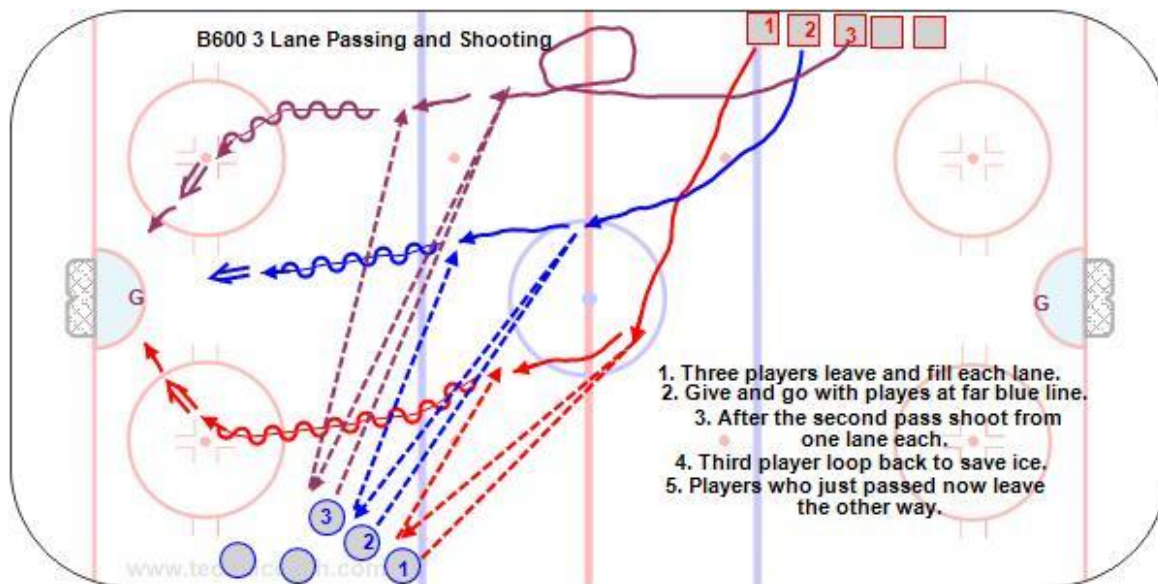
Key Points:

Make one touch passes. Make sure the top hand moves away from the body.

Description:

1. Three players leave and fill each lane.
2. Give and go with playes at far blue line.
3. After the second pass shoot from one lane each.
4. Third player loop back to save ice.
5. Players who just passed now leave the other way.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090901074926133>



B600 Breakout 3-0 with 2F 1D - Point shot-Canada U20

Key Points:

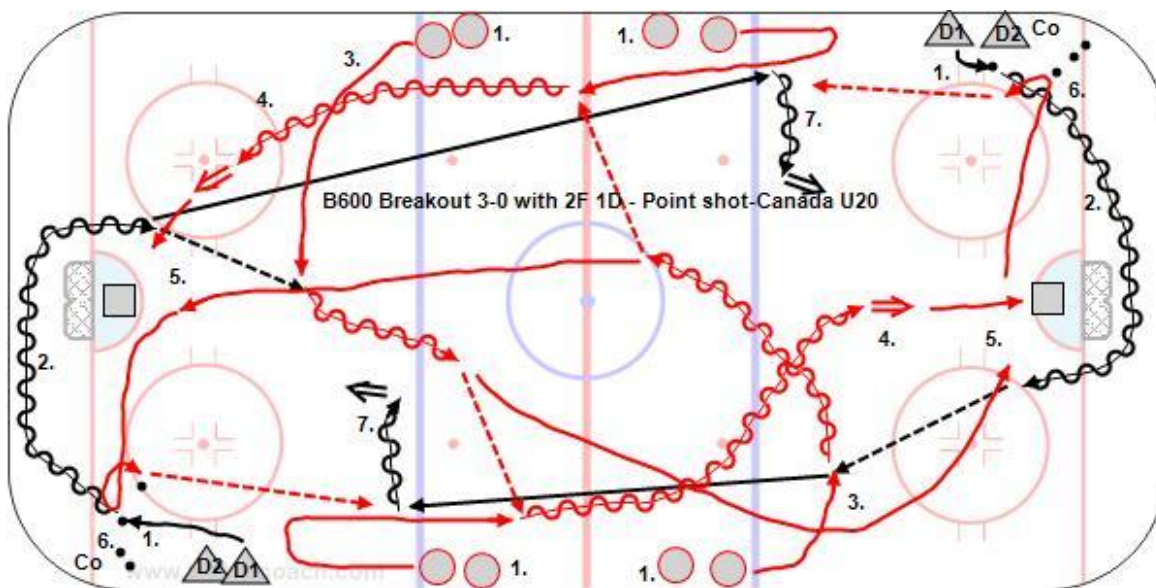
Attack at full speed. Give a target. Follow the shot for a rebound. One player screen and one player look for a shot pass.

Description:

1. Defense start inside zone and forwards outside the blue line.
2. On the whistle D1 at each end drive the back of the net.
3. F1 and F2 come back for a breakout pass.
4. F1 and F2 attack the far ends from opposite sides of the ice and D1 follow.
5. F1 and F2 shoot and rebound.
6. F1 or F2 pass to the point and screen.
7. D1 drag and shoot.

**Repeat with D2 passing to F3-F4 on the whistle.*

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=97>



B600 Continuous 3-1 with 2F and 1D - Finland U20

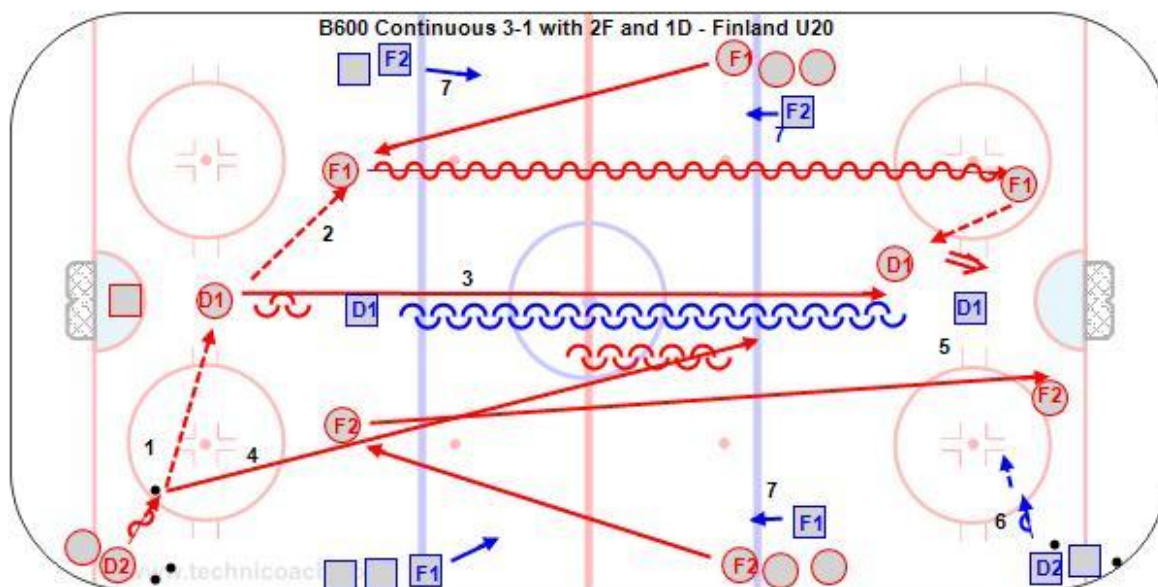
Key Points:

Blues go one way and reds the other way. D pass and join the rush. Make the first play in the attacking zone early so there is a second play possible. Move quickly through the neutral zone. Hit the net and crash for rebounds. Defender delay the play.

Description:

1. Red D2 pass to Red D1.
2. Red D1 pass to Red F1 or F2 who attack vs Blue D1.
3. Red D1 join the rush to make it 3-1.
4. Red D2 follow the play to the far blue line.
5. Red F1-F2-D1 shoot and rebound.
6. Blue D2 pass to Blue D1 who attack 3-1 vs Red D2.
7. Continue this flow end to end.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=76>



B600 Double Cross and Pass

Key Points:

Make hard passes. Players should face the puck.

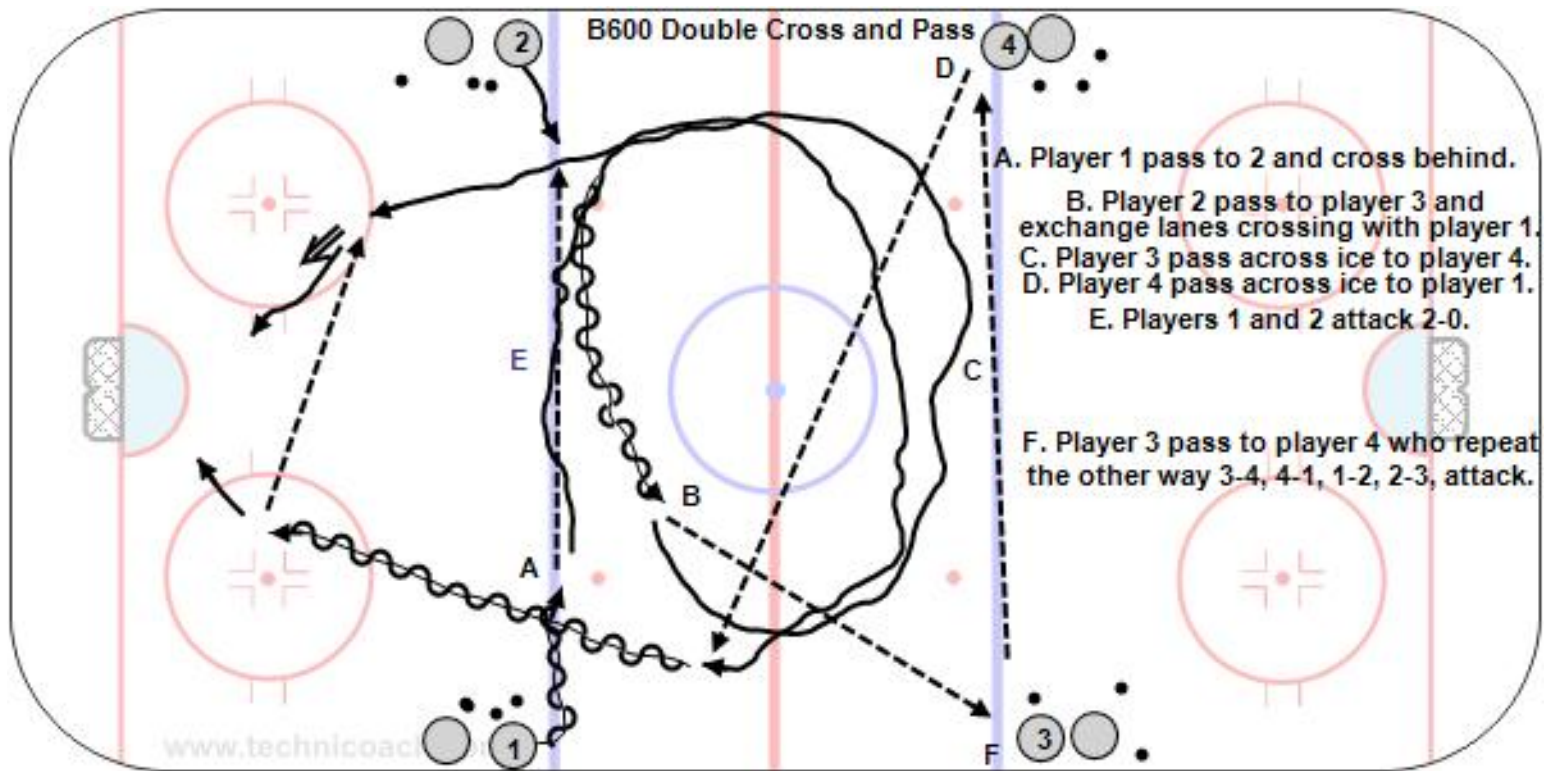
Description:

- A. Player 1 pass to 2 and cross behind.
- B. Player 2 pass to player 3 and exchange lanes crossing with player 1.
- C. Player 3 pass across ice to player 4.
- D. Player 4 pass across ice to player 1.
- E. Players 1 and 2 attack 2-0.
- F. Player 3 pass to player 4 who repeat the other way 3-4, 4-1, 1-2, 2-3, attack.

Options:

- 1. Practice shoot ins and recovery by shooting in from the neutral zone and bounce to the wing or fire it wide on the short side so it comes to the player on the other side of the net.
- 2. Rebound. After the attack circle back and time it so you are looking to score on the rebound as a second wave when the next two shoot.
- 3. Game situations: one player skate out to the blue line and defend 2-1 vs the next attackers or both players meet the next attack and play a 2-2.
- 4. One timer practice: after the shot and rebound both players stand behind the goal line on either side of the net and give and go with the next two attackers who one time the pass.
- 5. Combine any of these options;i.e. one passes from the goal line on a 2-1.

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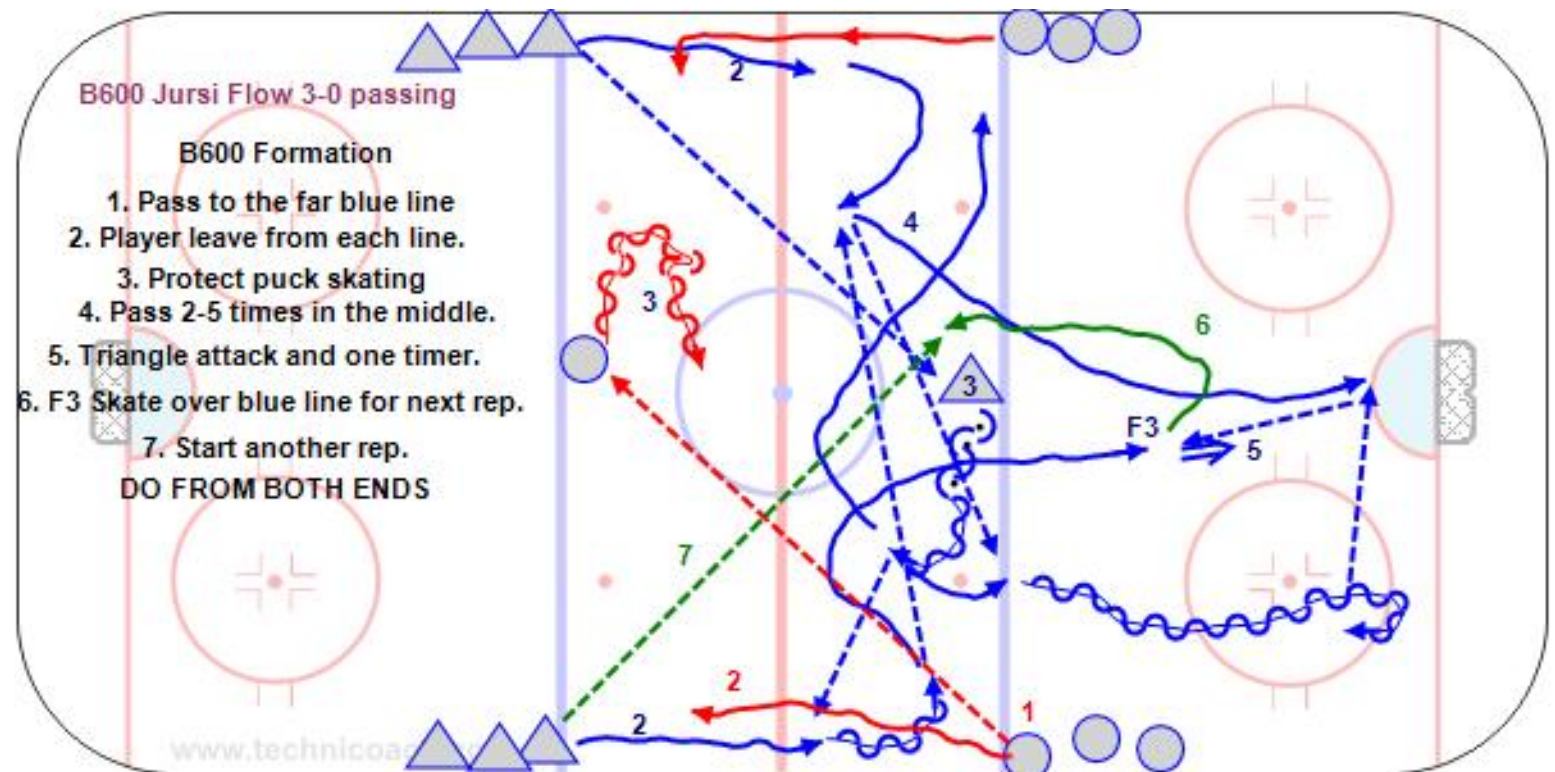
B600 Jursi Flow 3-0 Passing

Key Points:

Face the puck, Lots of passing in nzone; each player should get at least one pass.

Description:

1. Pass to the far blue line.
2. Players leave from the far blue line.
3. Skate and protect the puck.
4. Pass 3-5 times in the nzone.
5. Attack in a triangle and a one times shot. Look for the rebound.
6. F3 skate over the blue line to start another rep.



B600 Neutral Zone Passes-Finland U20

Key Points:

Always face the puck. Shoot before the hash marks and follow the shot for a rebound. Circle back and rebound for the next shooter.

Description:

1. A skate with a puck toward red line.
2. BA pass to B, RA pass to C, GA pass to C who passes to B.
3. A skate laterally always facing the puck and get a return pass.
4. A shoot with the feet moving.
5. A follow the shot for a rebound.
6. A circle back and rebound for the next shooter.
7. D repeat from the other side.

**After everyone has gone through all the options rotate the passers in the nzone. Other options are give and go with the next shooter or defend 1-1 with the next attacker.*

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=84>



B600 Neutral Zone Puck Support and Attack

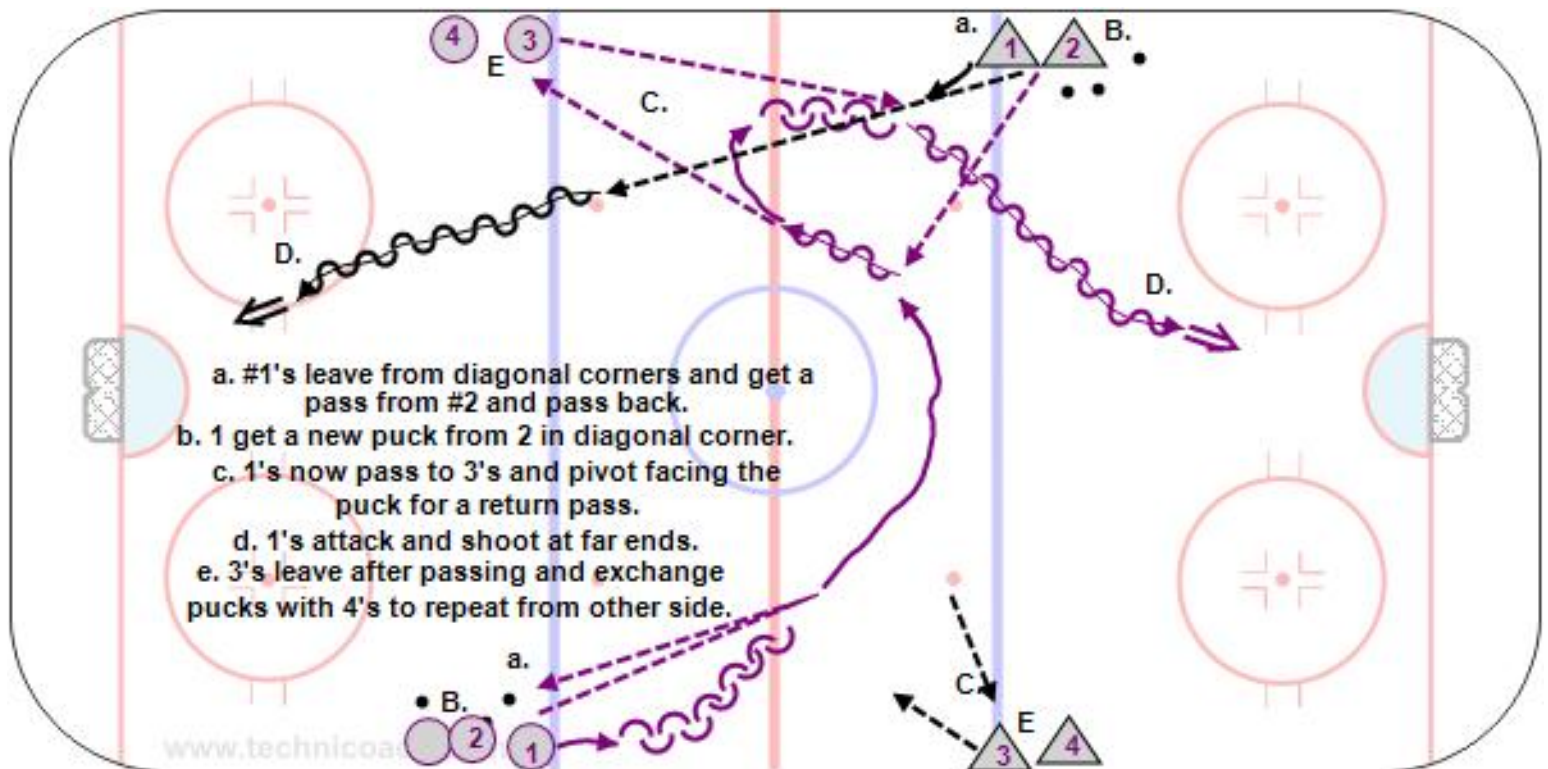
Key Points:

Face the puck always and make hard passes. Done from both sides

Description:

- a. #1's leave from diagonal corners and get a pass from #2 and pass back.
- b. 1 get a new puck from 2 in diagonal corner.
- c. 1's now pass to 3's and pivot facing the puck for a return pass.
- d. 1's attack and shoot at far ends.
- e. 3's leave after passing and exchange pucks with 4's to repeat from other side.

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B600 One Touch and Shoot Warm up

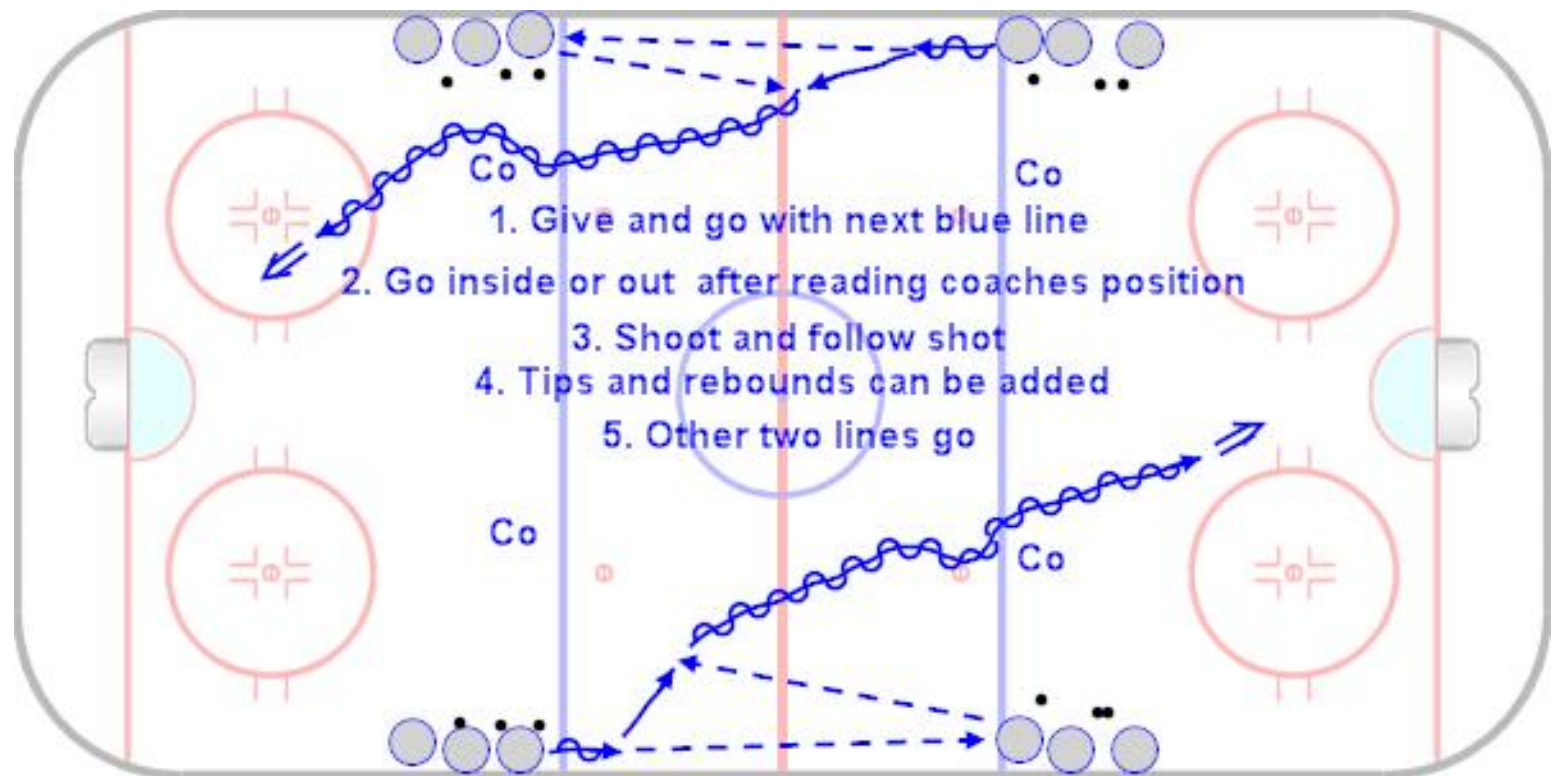
Key Points:

Pass hard with a wrist or snap pass. Receiver give a target and keep the stick square to the puck with the hands away from the body.

Description:

Players are lined up at the four behind the bluelines in the B600 Formation. Coaches can stand just inside the bluelines so the players must fake and go around.

1. Give and go with the player at the next blueline.
2. Go inside or out after reading the coaches position.
3. Shoot in stride without coasting and follow the shot for a rebound.
4. Option is to stay and tip or screen the next shot or circle back for a rebound from the next shooter.
5. The opposite line makes the first pass and shoot on the other net.



B600 One Touch x 2 and Diagonal U18

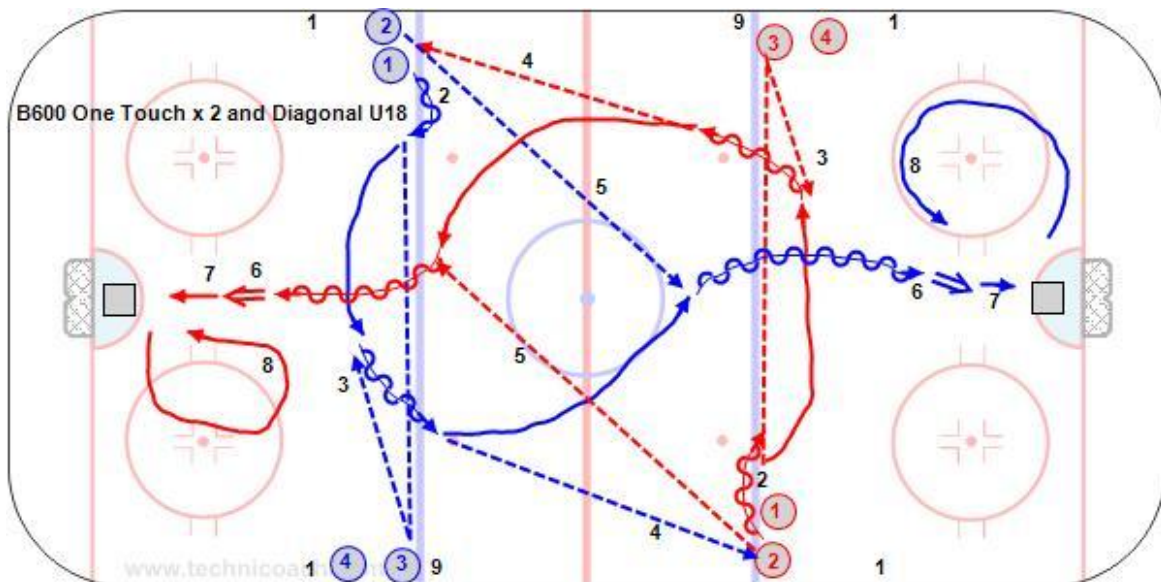
Key Points:

Pass hard, face the puck, give a target, cut into the pass, pass while moving, rebound with the stick on the ice, quick feet.

Description:

1. Line up in B600 Formation at each blue line stripe.
2. Diagonal corners leave at the same time.
3. #1 one touch with #3.
4. #1 pass to #2.
5. #2 stretch pass to same colour #1.
6. #1 skate in and shoot.
7. #1 follow the shot for a rebound.
8. #1 circle back and rebound for the next shooter.
9. Repeat from the opposite diagonal corners with #3 leaving.

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B600 One Touch x 3 and Shot - Slovakia U20

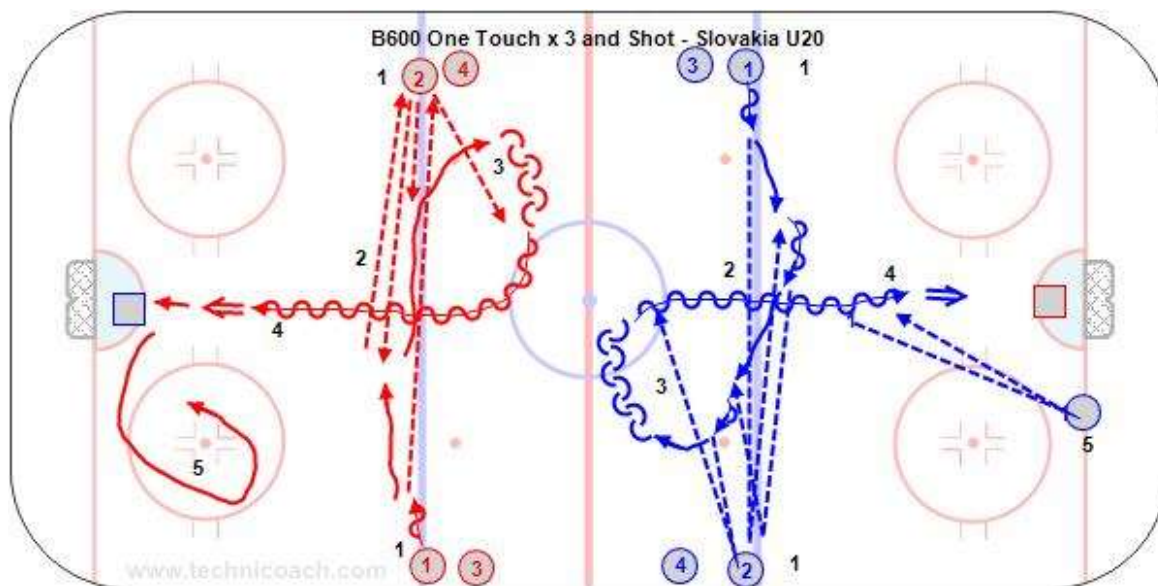
Key Points:

Face the puck, keeping the hands away from the body and stick square to the puck.

Description:

1. Players are lined up at the blue lines at each end.
2. Player 1 exchange cross ice passes with player 2.
3. After the second pass player 1 skate backward into the neutral zone to receive the third pass.
4. Player 1 attack the net and shoot-rebound.
5. Player 1 either: circle back to rebound for player 2, exchange passes with player 2, screen the goalie for player 2, defend a 1-1 vs. player 2.
6. Player 2 repeat the drill with player 3.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121204090701526>



B600 Pass-Pass-Regroup-Shoot

Key Points:

Face the puck always and give a target. Pass and shoot while skating. Do everything at top speed.

Description:

A.. Blue and red 1's skate and get a pass from 2's in diagonal corners.

B. Pass to 3's at the far blue line.

C. 1's pivot facing the puck and get a return pass from 3's.

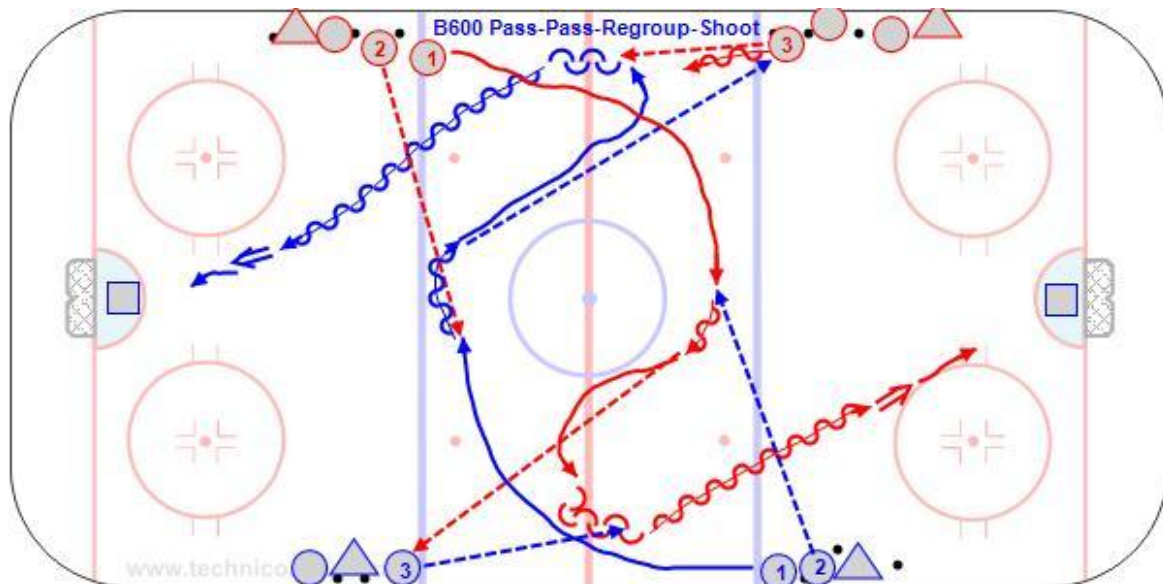
D. 1's skate in shoot-rebound

E. 3's repeat in the other direction.

Options.

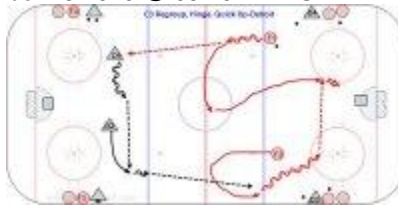
- screen for the next shooter.
- give and go with the next shooter.
- play a defensive 1-1 vs the next shooter.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090823205116629>



B600 Regroup, Hinge, Quick Up-Detroit

Published by TomM On Sunday, November 28 2010 @ 08:29 AM EST



B600 Regroup, Hinge, Quick Up-Detroit

Key Points:

Hinge and push the puck up the ice quickly. Strong side F stretch and weak side give middle support.

Description

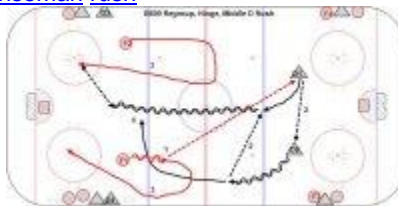
1. F1 skate and regroup with D1.
2. D1 skate to the middle and pass to D2 in the wide lane.
3. D2 quick up to F2 who stretches on the strong side boards.
4. F1 and F2 attack.

Repeat the other way with F3 regrouping with D3.

B600 Regroup, Hinge, Middle D Rush-Detroit

Published by TomM On Sunday, November 28 2010 @ 06:28 AM EST

Keywords [D to D](#), [regroup](#), [hinge](#), [defenseman rush](#)



B600 Regroup, Hinge, Middle D Rush

Key Points:

Middle D comes late as a second wave and lead the rush.

Description:

1. F1 and F2 leave and regroup with D1.
2. D1 pass to D2 who hinges to the wide lane then pass back to D1.
3. F1 and F2 delay to stay onside while D1 crosses the blue line with the puck.
4. D2 support the attack from the mid-point.
5. D1 pass or take a shot.

Repeat the other direction with F3 and F4 regrouping with D3 and D4.

Video Link showing the drill progression.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101128092702491>

B600 Regroup, Hinge, Middle D Rush

Key Points:

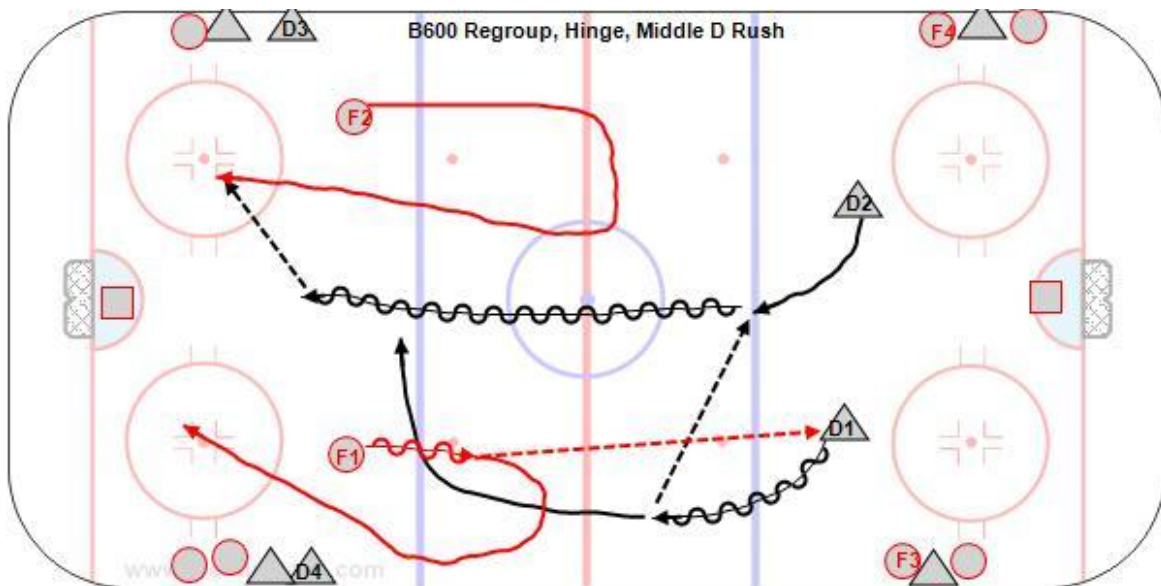
Middle D comes late as a second wave and lead the rush.

Description:

1. F1 and F2 leave and regroup with D1.
2. D1 pass to D2 who hinges to the wide lane then pass back to D1.
3. F1 and F2 delay to stay onside while D1 crosses the blue line with the puck.
4. D2 support the attack from the mid-point.
5. D1 pass or take a shot.

Repeat the other direction with F3 and F4 regrouping with D3 and D4.

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B600 Regroup, Hinge, Quick Up-Detroit

Key Points:

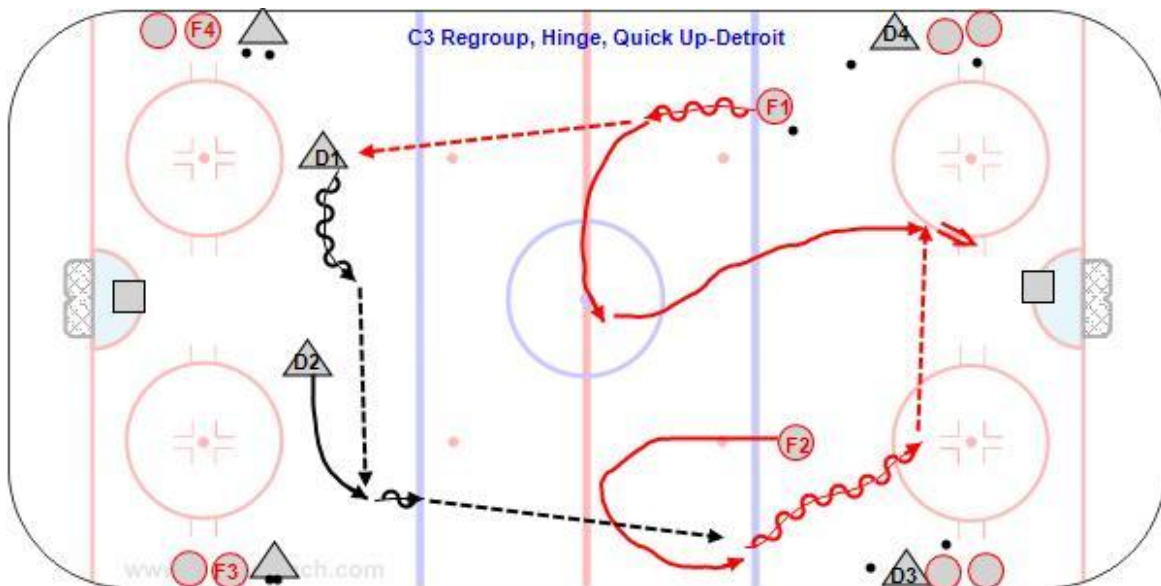
Hinge and push the puck up the ice quickly. Strong side F stretch and weak side give middle support.

Description:

1. F1 skate and regroup with D1.
2. D1 skate to the middle and pass to D2 in the wide lane.
3. D2 quick up to F2 who stretches on the strong side boards.
4. F1 and F2 attack.

Repeat the other way with F3 regrouping with D3.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101128092923497>



B600 Skate Circles Exchange Pucks and Shoot

Key Points:

Players should keep their hands and feet moving all the time.

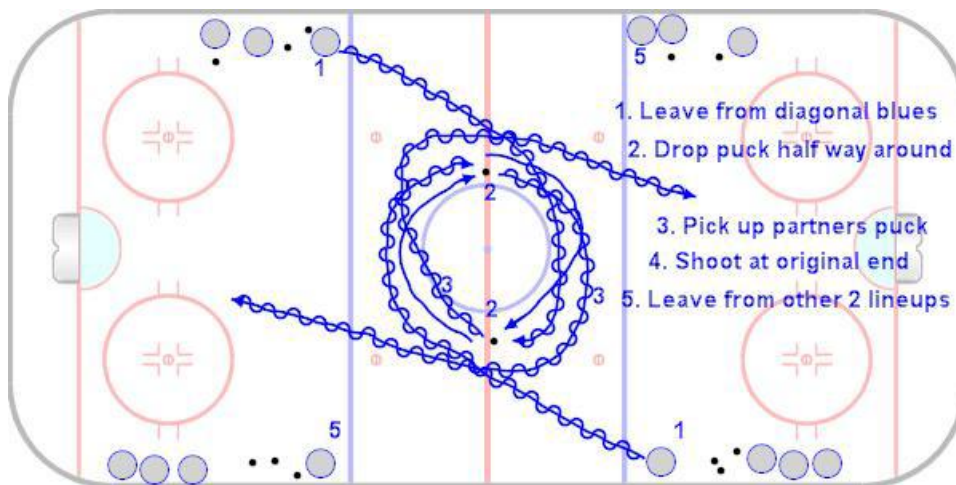
Description:

1. Leave from diagonal blue lines.
2. Drop the puck when halfway around the circle.
3. Pick up the opposite players puck.
4. Complete the circle and shoot at the original end.
5. Players leave from the other two lineups.

Options:

- a. Start by passing across and exchanging pucks.
- b. Start in the zone to screen or tip.
- c. Circle back and skate in to rebound the next shot.
- d. After shooting give and go with the next shooter.
- e. Defend a 1-1 vs. the next shooter.

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B600 Skating for Quick Feet

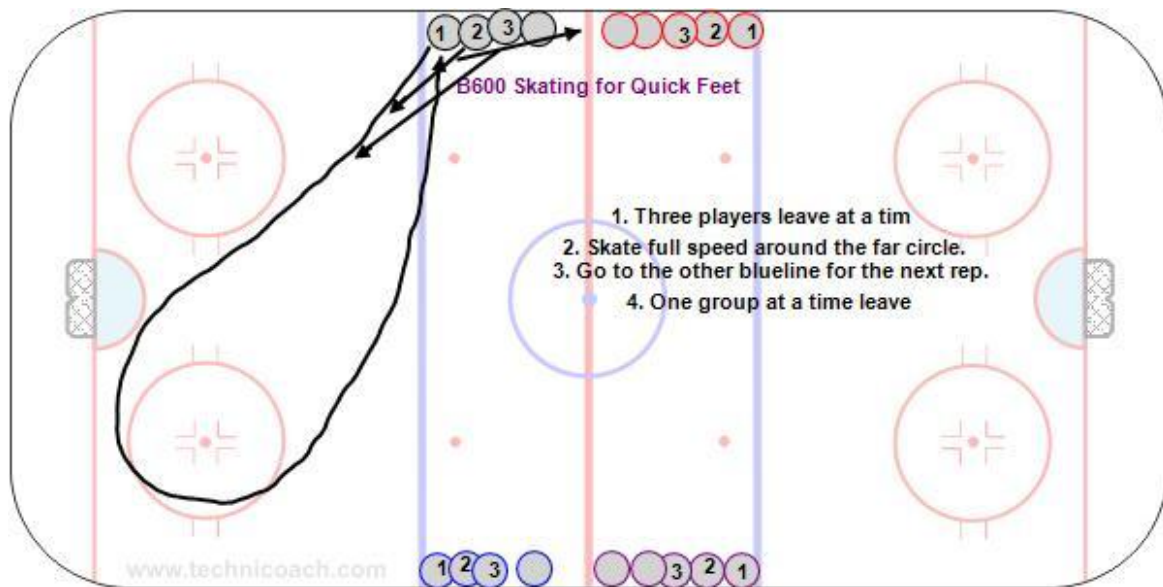
Key Points:

Keep the feet moving all the time. The body follows the shoulder turn on crossovers.

Description:

1. Three players leave at a time.
2. Skate full speed around the far circle.
3. Go to the other blue line for the next rep.
4. One group at a time leave.

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B600 Small Horseshoe 4 Nets 2 Groups

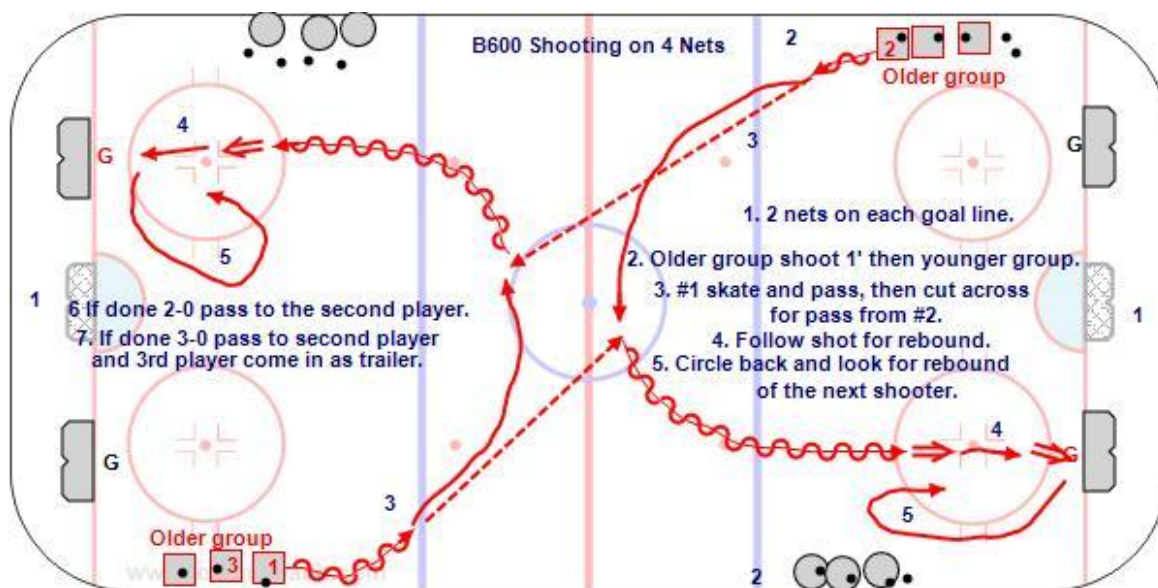
Key Points:

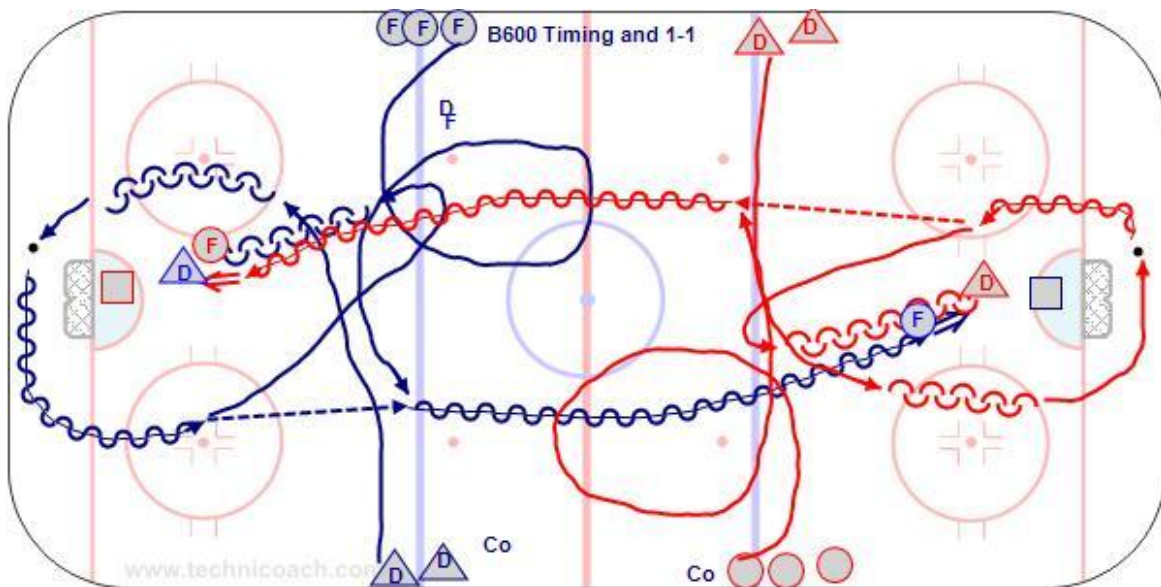
Skate before you pass. Follow the shot for rebound. Circle back for next rebound. Give a target.

Description:

1. 2 nets on each goal line.
2. Older group shoot 1' then younger group.
3. #1 skate and pass, then cut across for pass from #2.
4. Follow shot for rebound.
5. Circle back and look for rebound of the next shooter.
- 6 If done 2-0 pass to the second player who one touches the puck to #1.
7. If done 3-0 pass to second player and 3rd player come in as trailer. (3-0 is better with only one net at each end. The 3rd player stays on the lineup side and skates to the red line then comes in as the trailer.)
8. Options are to shoot and then come out and defend the next attack or to be a deep passing option to give and go for a one timer shot.

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B600 Warm up 1-0, 2-0

Key Points:

Pass hard, face the puck. Shoot, rebound and circle back to play rebound on the next shot.

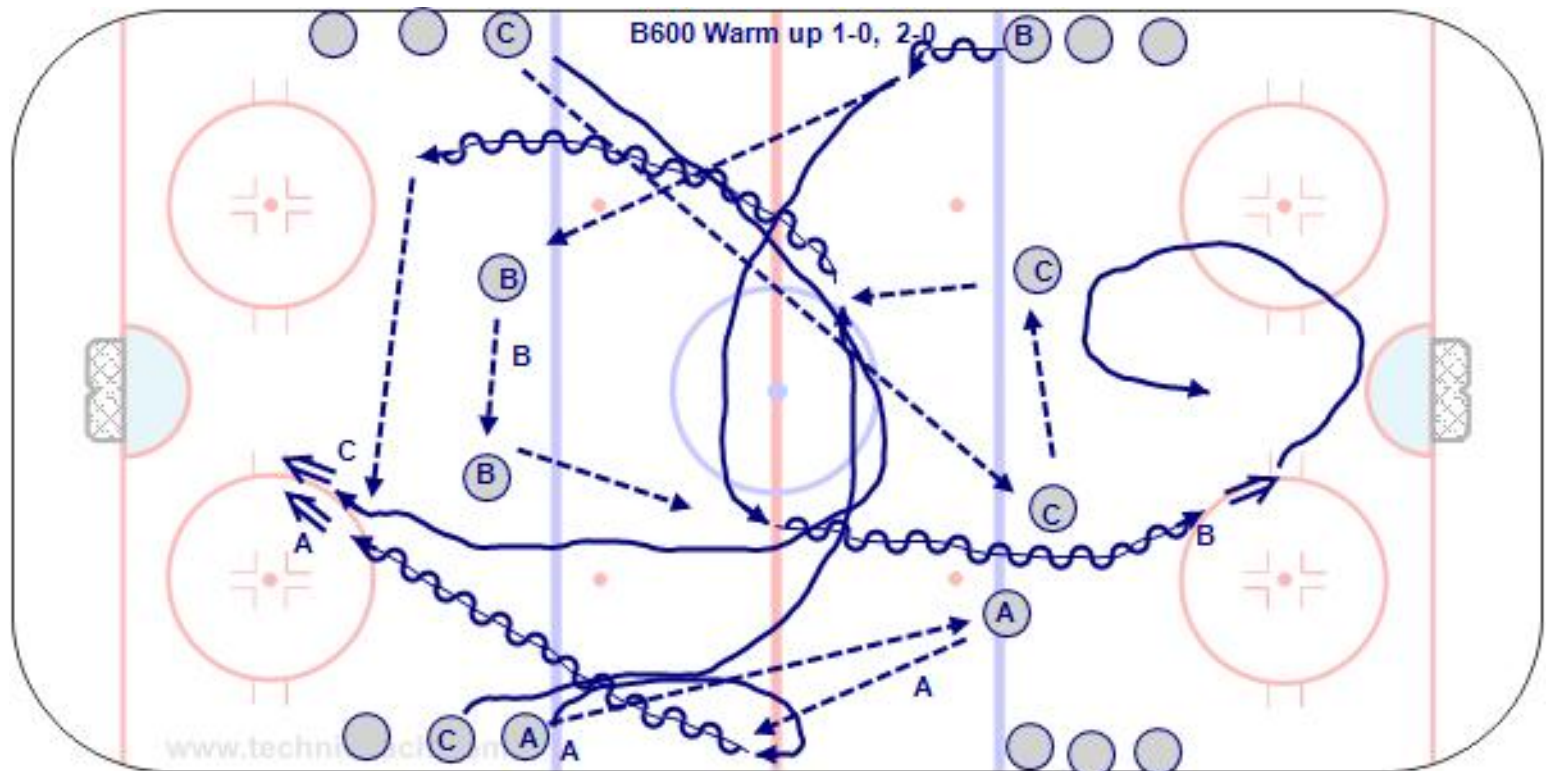
Description:

a. F pass to D, give wall support, D to F who skates in and shoots and rebound.

B. With 2 D 1 F's. F pass to D who go D to D and to F. Shoot and rebound next shot.

C. 2 on 0. F pass to far D. D to D while 2 F's support with one on the boards and one comes across the middle.

*Add D follow the attack and get a pass from the coach for a second shot from the point.



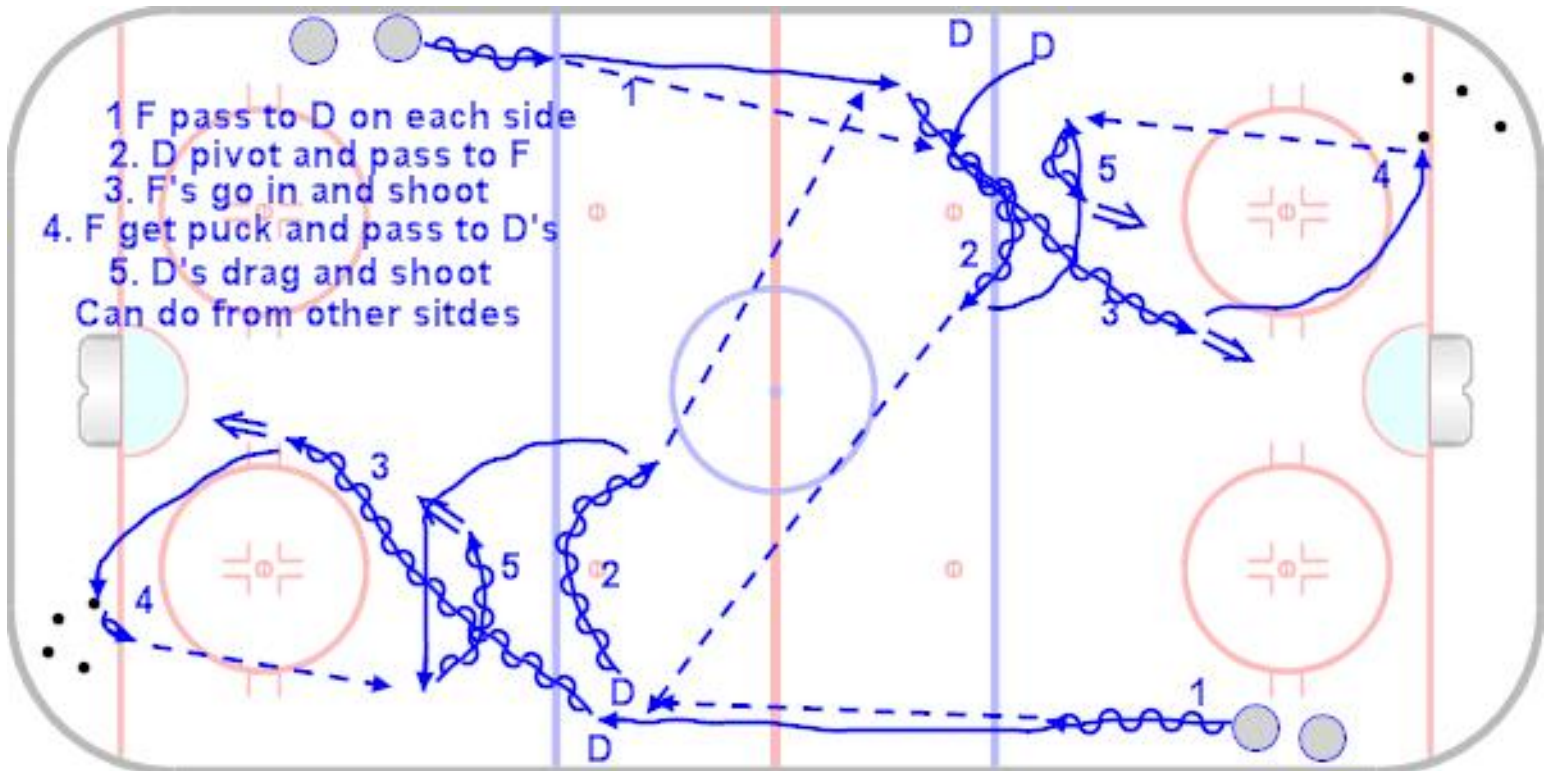
B600 Wideman Pass and Point Shot

Key Points:

Pass a hard saucer across the ice. Forward time skating so the pass comes when he is going full speed. Forwards and defense are behind diagonal blue lines on each side.

Description:

1. Forwards on each side skate and pass to the D in front of them.
2. D's pivot and pass to the forwards on the far side.
3. F's skate in and "shoot to score."
4. F' get a new puck from the corner and pass to the D then screen the goalie.
5. D's skate between the dots and shoot.



C3-B600, 1-1 x 2

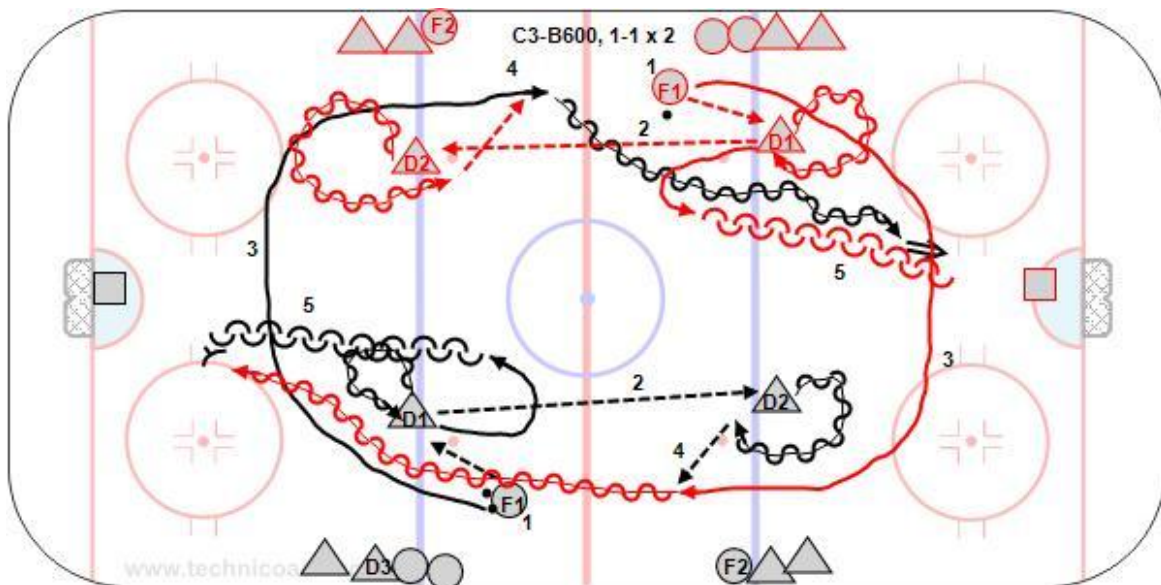
Key Points:

Hard passes and face the puck always giving a target. D should get a tight gap as soon as possible.

Description:

1. F1 from each side pass to their D1.
2. D1 pass to D2 on the same side.
3. F1's swing to the other wide lane after passing.
4. D2's pass to the F1's
5. F1's attack vs D1's on the other side.
6. F2's pass to D2's to repeat drill.

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B600, 2-0 – Pro

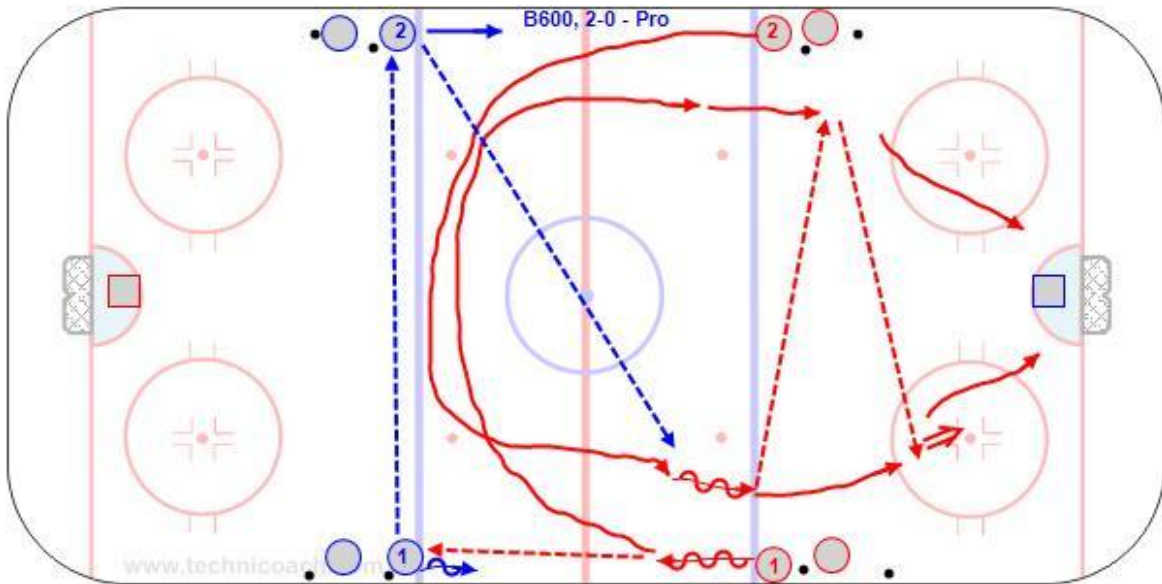
Key Points:

Quick hard passes, pass while skating, give a target, face the puck, stay onside.

Description:

1. Players line up at the four blue lines on the boards.
2. Red 1 leave and pass to either Blue 1 or 2.
3. Return pass is made to Red 1 or 2.
4. Reds make one or two passes and shoot.
5. Follow the shot for a rebound.

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B600-C3 1-1 From Blue Line

Key Points:

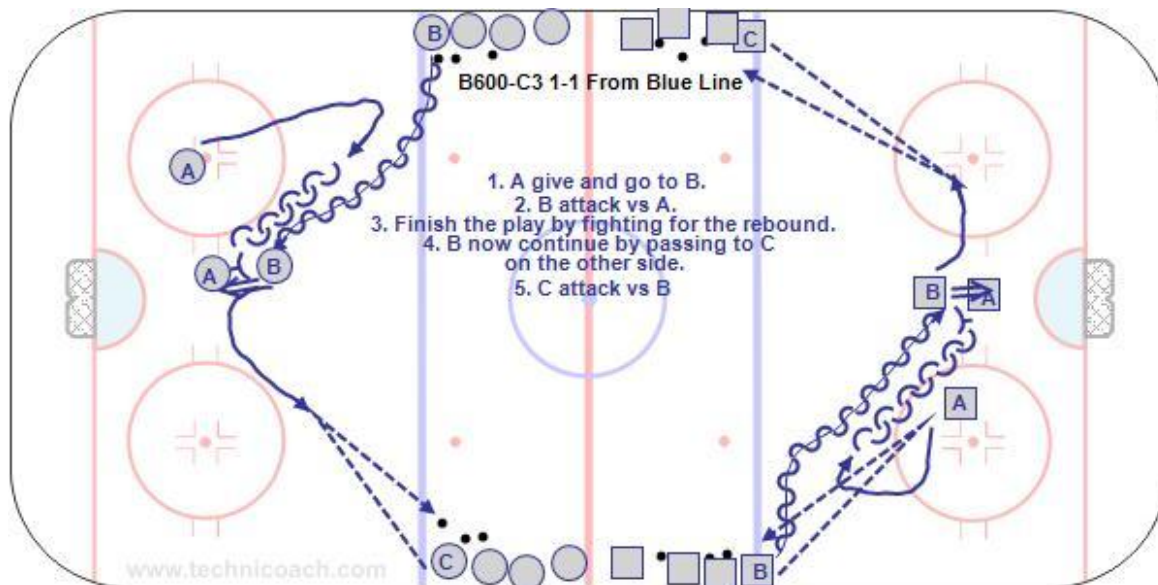
Defender close the gap, stay on the defensive side, stick on the puck, stay with the attacker after the shot.

Attacker get the puck in the triple threat position at the side. Make moves, fakes, dekes, change of pace, use screen shots and follow the shot.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2009082312285371>

Description:

1. A give and go to B.
2. B attack vs A.
3. Finish the play by fighting for the rebound.
4. B now continue by passing to C on the other side.
5. C attack vs B.





HARJOITUSOHJELMA N:o _____

Harjoituspäivä _____ Paikka _____

Osanottajamäärä _____ Harjoituksen kesto aika _____

Harjoituksen tarkoitus **1. Defending against non-puck carrier**

2. Offensive play in defensive zone

Apuvälineet _____

① Warm up

Defensive skating / shooting

Qualities needed to be expressed:

⇒ keeping your body in the correct direction

⇒ use of the edge of the blade

⇒ use of the stick

② Warm up

Sideways mobility

opening up (hip movement) / crossing over

③ 2 on 1 defence

Qualities needed to be expressed:

⇒ positioning

⇒ mobility / movement

⇒ use of the stick

⇒ reading the play

④ The playing of the man making a screen / rebound

Qualities needed to be expressed:

⇒ Aggressiveness: body contact / forcing the player out

⇒ use of the free hand

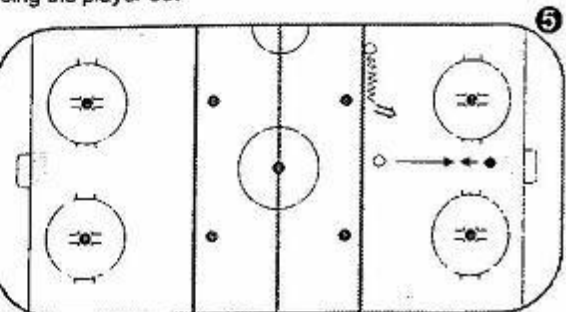
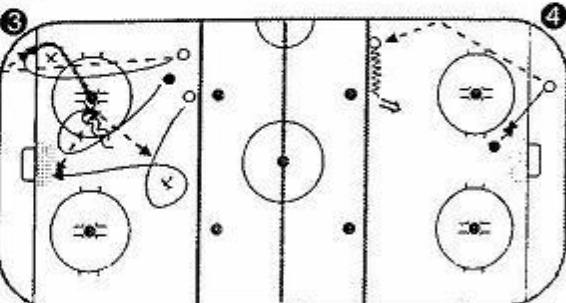
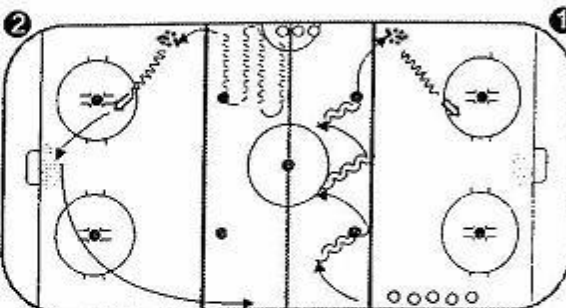
⇒ passing while moving

⇒ use of the stick

⇒ positioning

⑤ The playing of the man making a screen / rebound

Making screen coming from the point



6 7 8 9

**The movement of the player
with the puck in the
defensive zone**

Qualities needed to be expressed:

⇒ quick movement gaining and

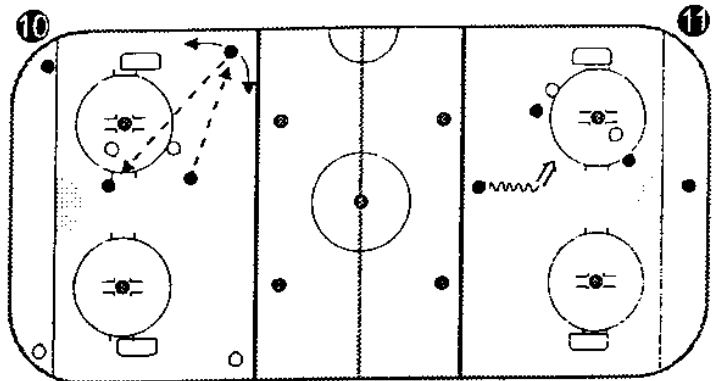
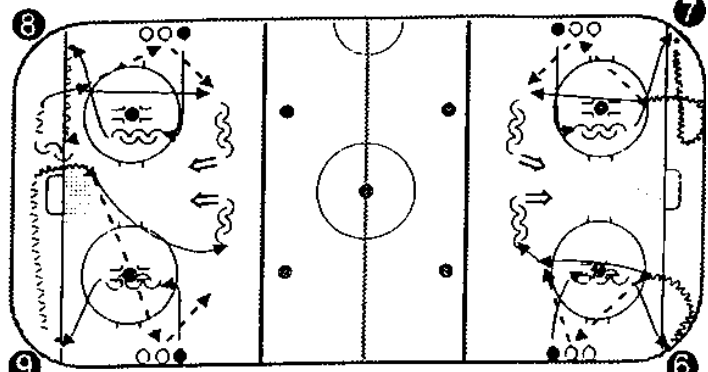
holding your space

⇒ deking

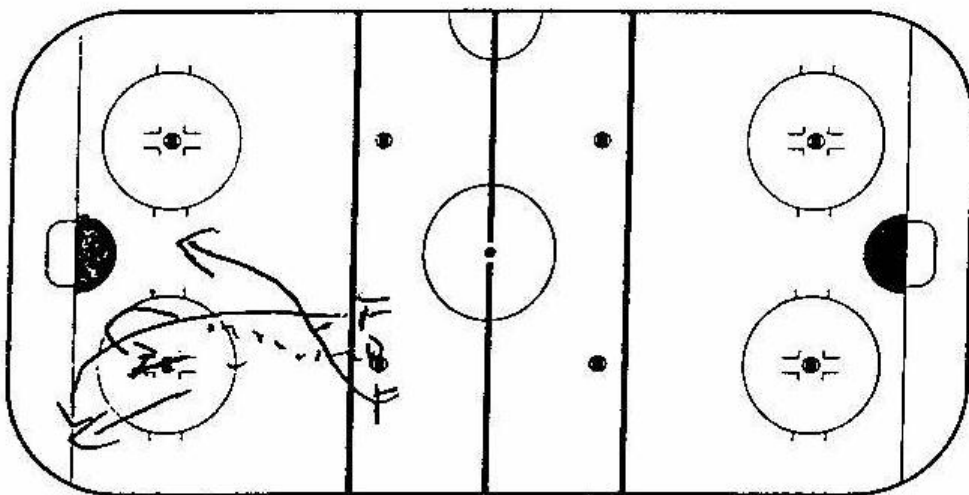
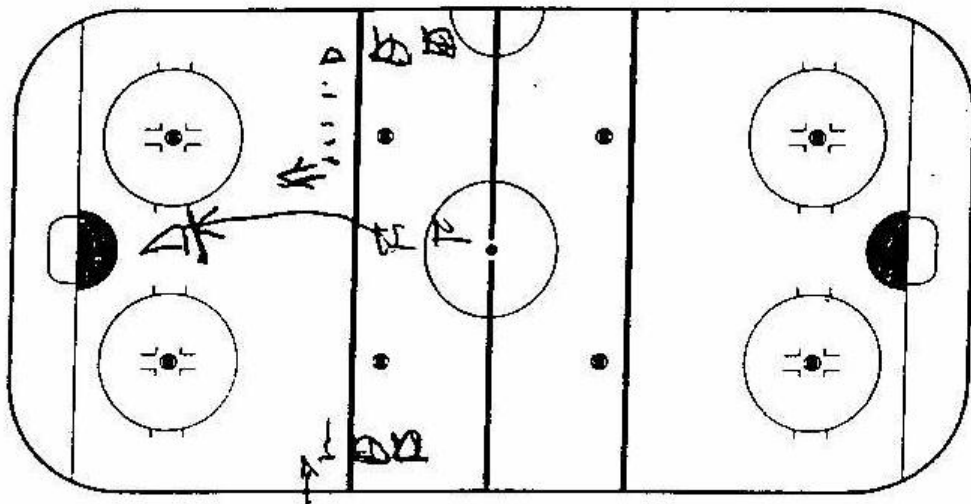
⇒ passing while moving

⇒ making / recieving the pass

⇒ coverage



Box
out
in front
of net
Alternate
sides



2-1-1
out of play

B - Rejo Defenseman Technique-1

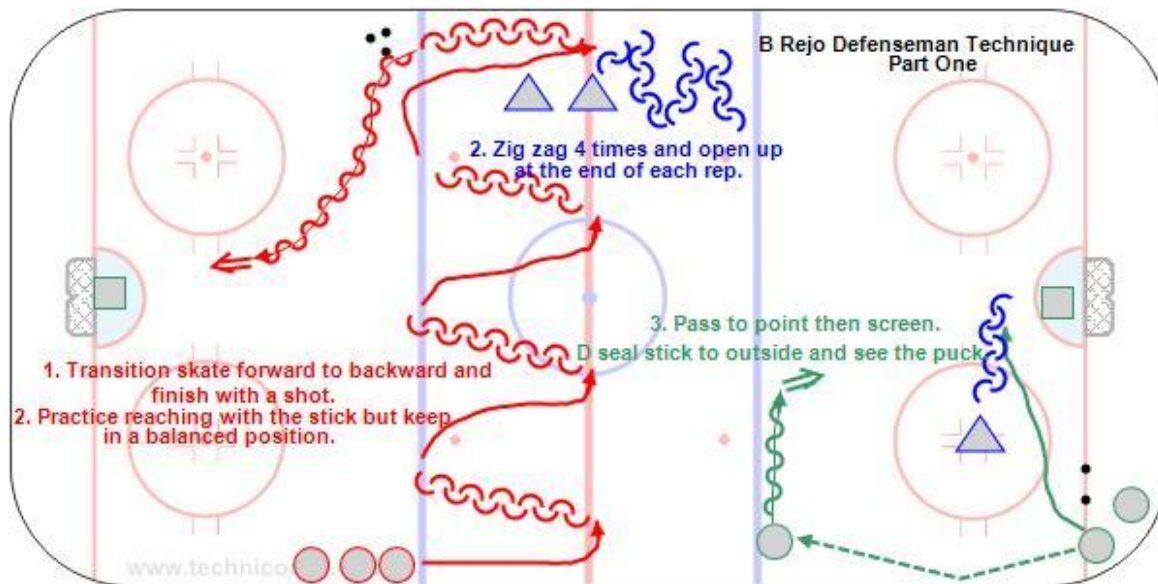
Key Points:

Practice reaching with the stick but keep in a balanced position. Always face the play. Control the attackers stick. Defender move and don't be flat footed.

Description:

1. Transition skate forward to backward and finish with a shot.
2. Zig-zag 4 times and open up at the end of each rep.
3. Pass to point then screen. D seal stick to outside and see the puck.

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B Skills Warm up Finnish U17

Key Points:

This is a great way to warm everyone up at the start of a practice. Defense do the various breakout options and read where the pressure is coming from. Pass the puck back to the coach and move thru everyone. Forwards pass with good technique and eye contact. Goalie coach work on technique and rebound control.

Description

A. Defense work with two doing breakout options vs one forechecker.

B. Forwards lines of 3 work in the neutral zone.

1 - Stationary pass with eye contact.

2 - Pass while moving always face puck.

3 - #8 around partners give and go.

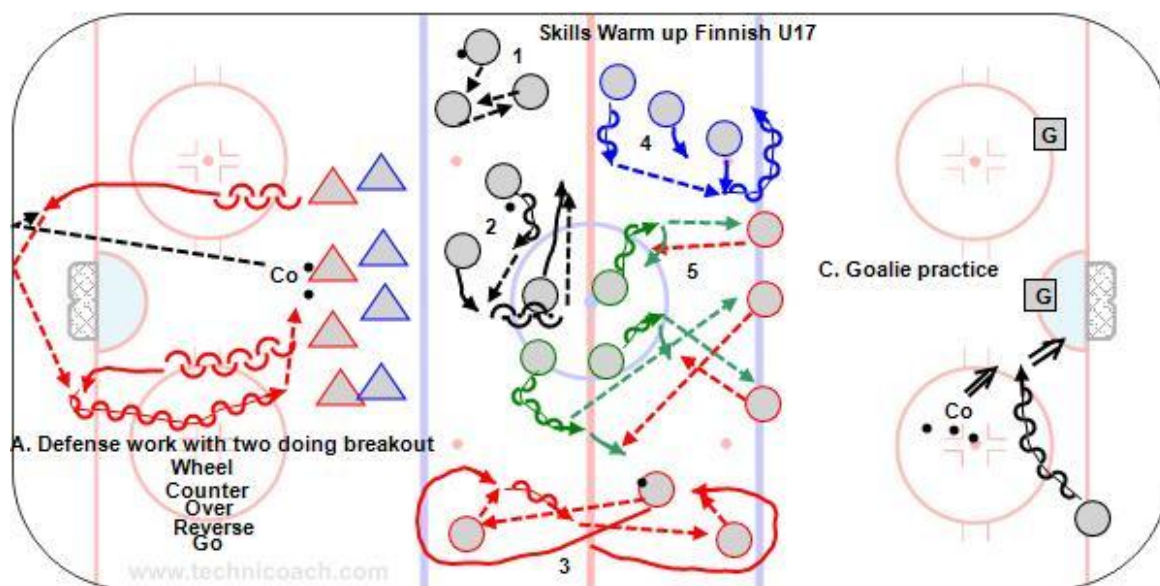
4 - Keepaway 2-1 in four areas.

5 - Two lines move and pass to other two lines on the blue line.

6 - Two lines of 3 pass while skating on one side of the neutral zone.

C. Goalies work with coach at one end.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=88>



B Anaerobic Skills Practice

You can do this using a few activities at a time as a circuit or do one activity at a time with a small group.

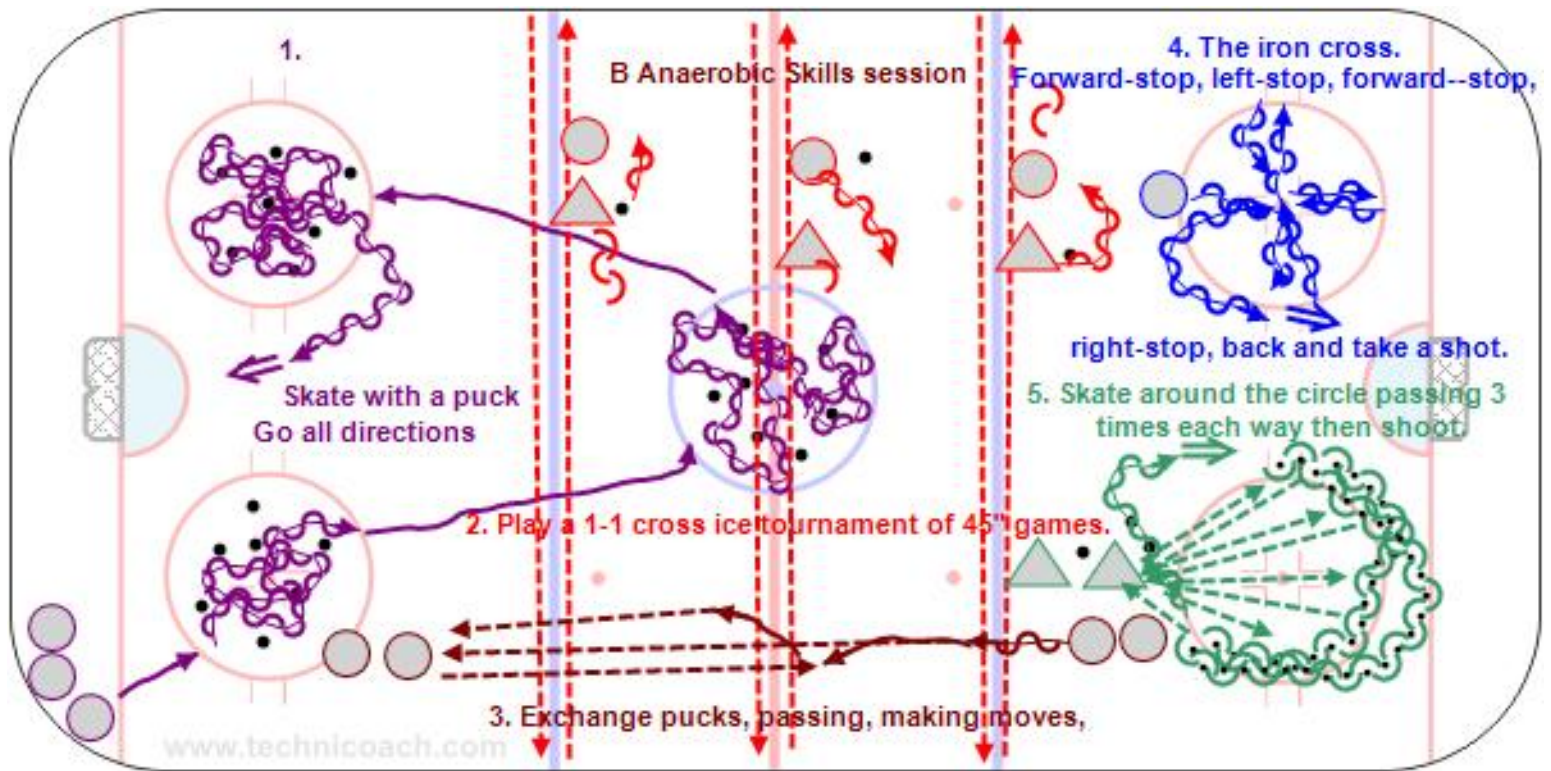
Key Points:

Players skate hard in all activities. Quick feet, no gliding.

Description:

Small Group Anaerobic Skills Practice

1. Skate with the puck avoiding pucks and making many direction changes. Finish with a shot after doing each circle. 5" between whistles.
2. Play a 1-1 cross ice tournament of 45" games. Lines on the boards are the goals.
3. Exchange pucks, passing, making moves, touch knees, 1 puck, 2 pucks, pivot, etc.
4. The iron cross. Forward-stop, left-stop, forward--stop, right-stop, back and take a shot.
5. Skate around the circle passing 3 times each way then shoot.
6. This is a practice I ran the other night with a small group. I don't have room on the diagram but we had 5 skaters and finished with a game of 2 on 2 in one zone and the extra player was a joker. When you regained the puck you have to regroup with the joker before scoring. Players rotate as the joker for a rest.



B Checking from the Defensive Side-Sweden

Key Points:

In game playing roles 3 and 4 the player checking the puck carrier and players covering away from the net. Puck always stays between the player and the net. Body on body and stick on the puck is the key concept.

Description:

1. When angling approach at the inside back shoulder then make contact.
2. In the corner approach under control to contain and then make contact.
3. Defend a 2 on 1 from the middle with the stick in the passing lane, Give the goalie the shooter if he is at a bad angle and deny cross pass.
4. Switch if a player goes behind the net with good puck control and no pressure.

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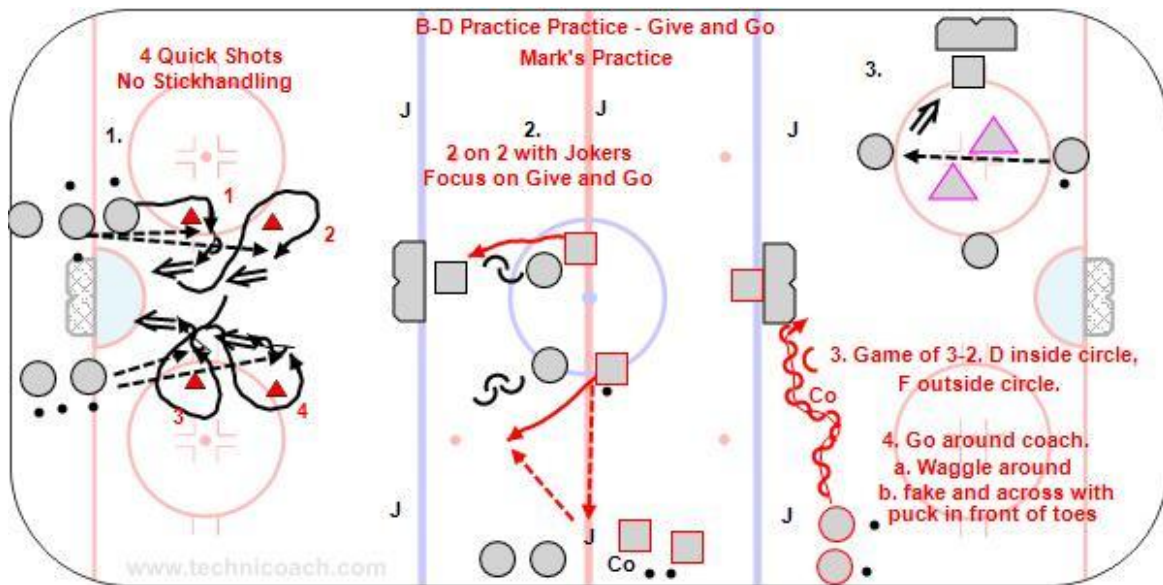
B-D Practice Practice - Give and Go

Key Points:

Shoot quick, pass quick, face the puck, give a target. Don't dust off the puck. Make hard fakes and accelerate after a move.

Description:

1. Four Quick shots.
2. Game with Jokers.
3. Game of 3-2. D inside circle, F outside circle.
4. Go around coach.
 - a. Waggle around then seal off and accelerate.
 - b. fake and across with puck in front of toes both forehand and backhand.



B200 Scoring Circuit

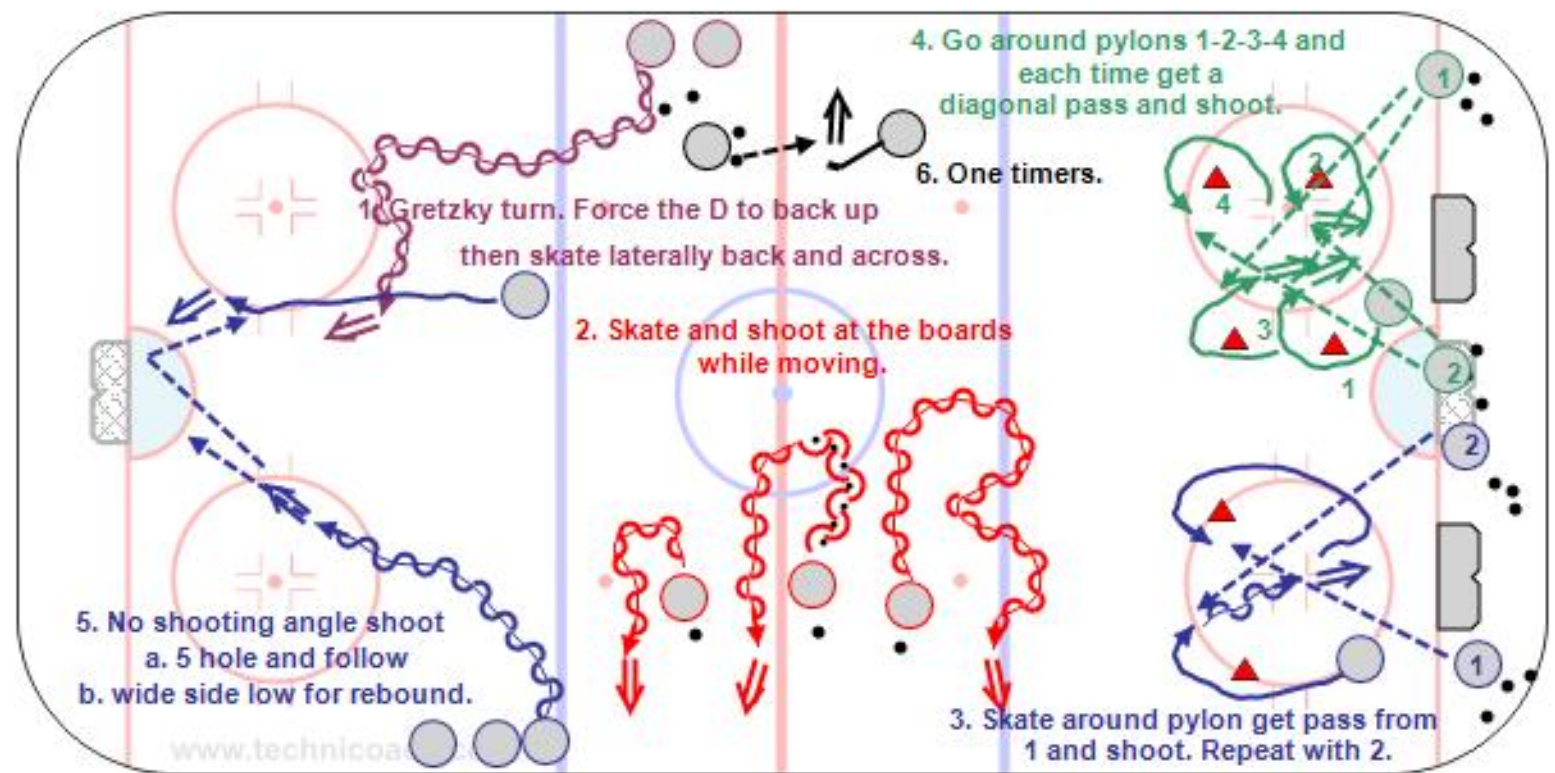
Key Points:

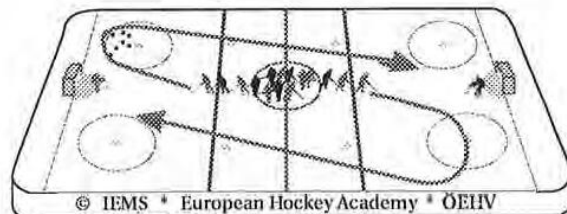
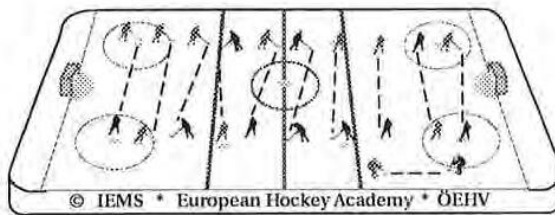
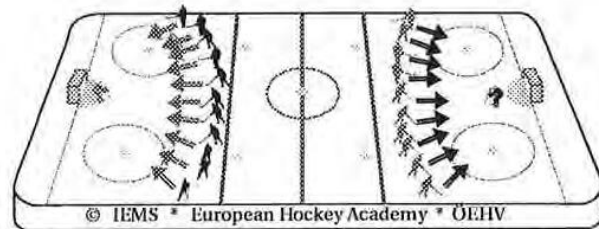
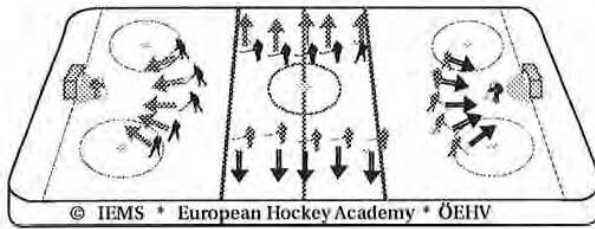
Make quick moves and shoot while skating. Sell a fake shot and shoot where the goalie CAME FROM not where he is GOING.

Description:

1. Gretzky turn. Force the D to back up then skate laterally back and across.
2. Skate and shoot at the boards while moving.
3. Skate around pylon get pass from 1 and shoot. Repeat with 2.
4. Go around pylons 1-2-3-4 and each time get a diagonal pass and shoot.
5. No shooting angle shoot 5 hole and follow or far post low for a rebound.
6. One timers.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100412125453157>



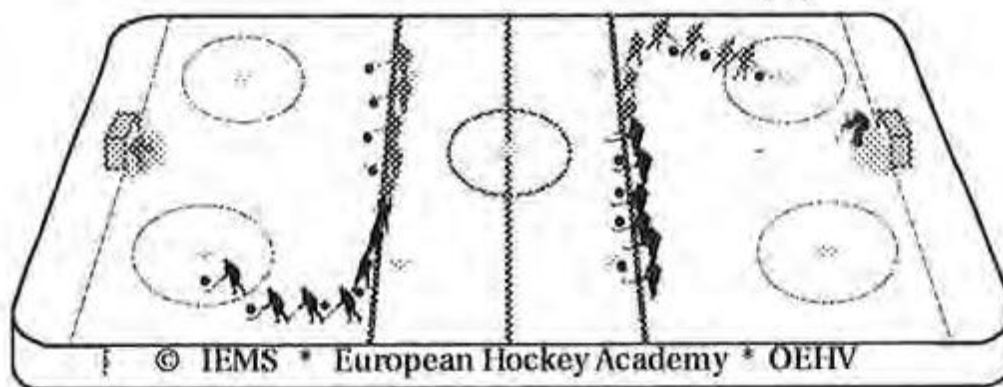


B1 Basic Formation-stationary shooting.

B2 Basic Formation-Stationary or skating in and shooting one at a time.

B3 Basic Formation-partner passing.

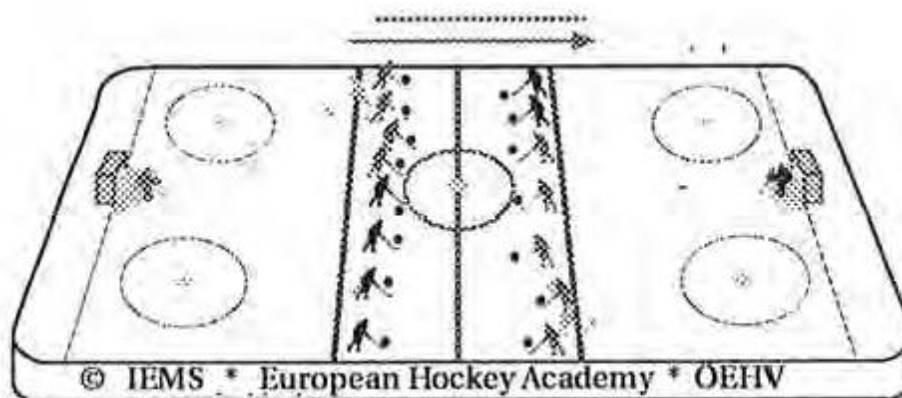
B4 Basic Formation-players leave from the middle and do individual and partner skills and situations up to a 3-2



B200 Variation – Shoot from the end of the line



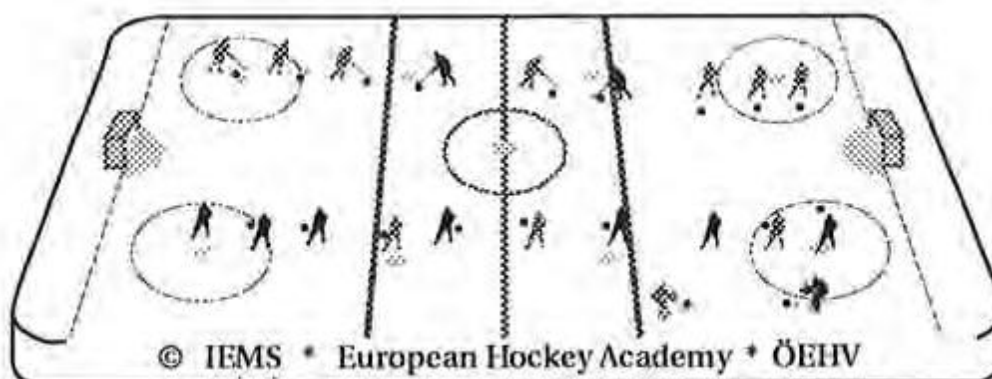
B201 Variation – Alternate shooting from each end



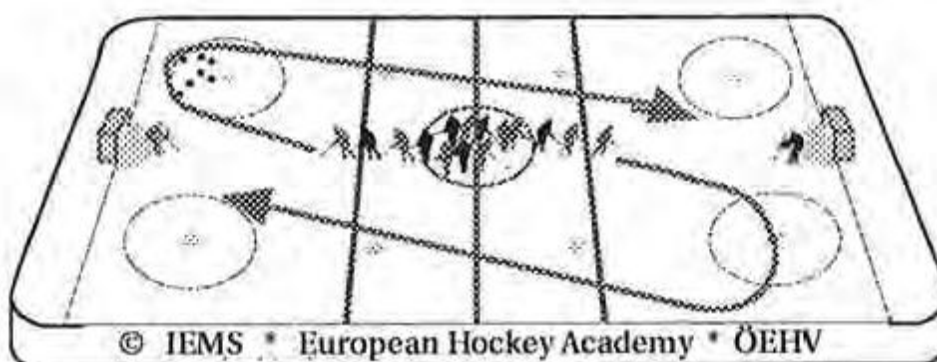
B202 Variation – Individual skill done facing each other in the neutral zone.



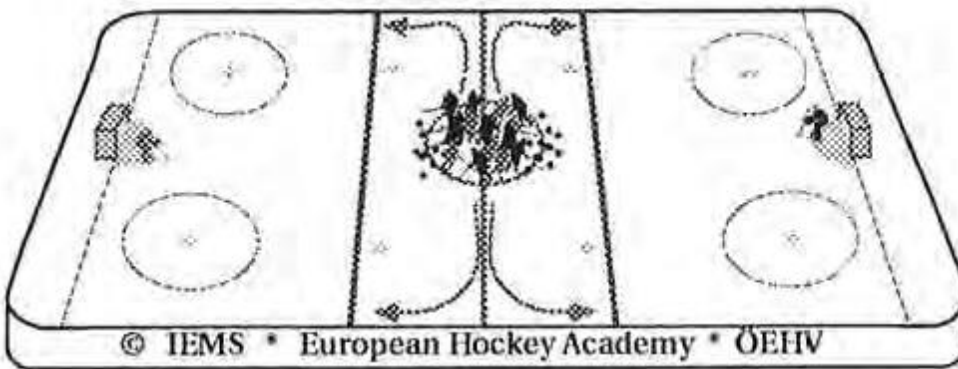
B3 Basic Formation –Passing –Partners across from each other



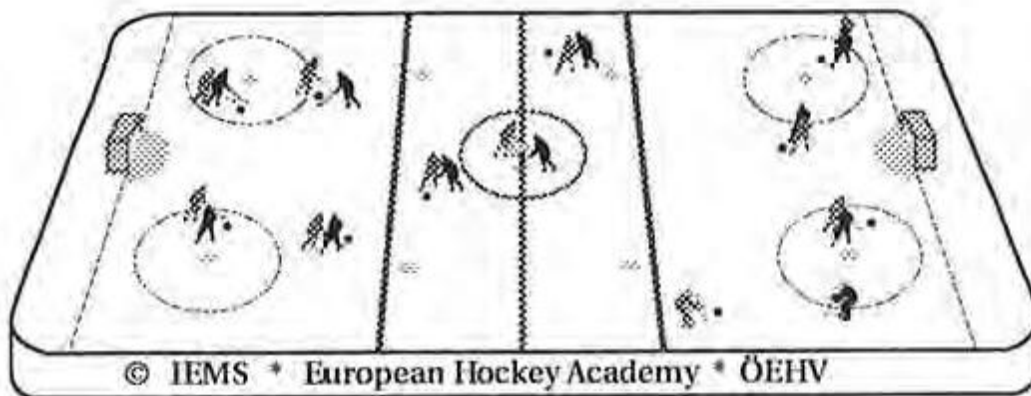
B300 Variation – Puck Handling



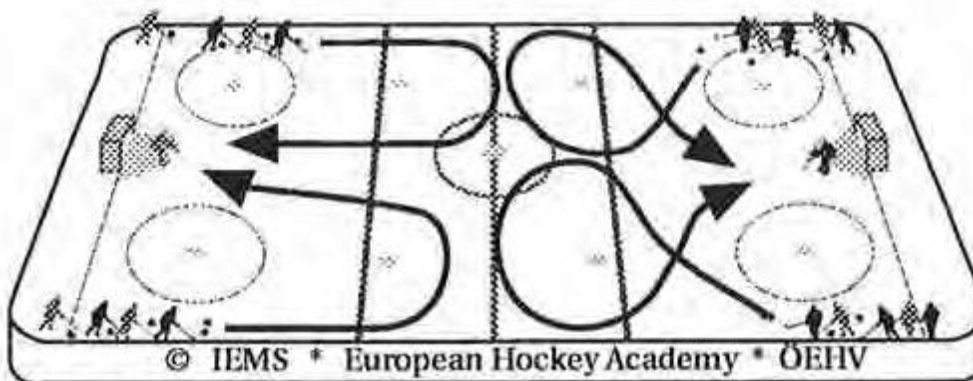
B4 – Skating, Puck Handling, Passing, Shooting skills full ice.



B5 Skating, passing, puck handling, Shooting and situations from the middle circle



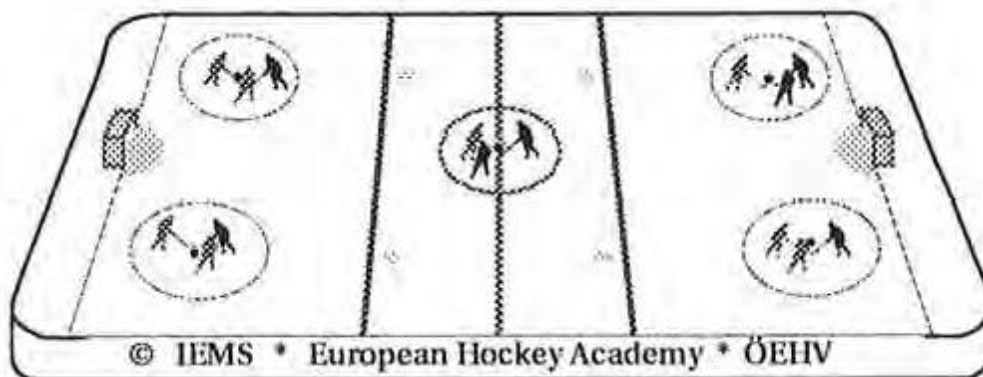
B500 Variation – Partner skills and competition with players spread around the rink.



B6 – skating, passing, shooting, 1-1's, half and full ice movement. Start from the corner or corners at once. Individual and game situations from 1-1 to 3-2.



B600 Line up behind blue lines. All individual and partner skills and game play situations.



B7 Face off practice