

Fun Drills



2000 Play Right
International Coaches' Conference
Vancouver, British Columbia
Delegate Drill Manual





2000 PLAY RIGHT
INTERNATIONAL COACHES' CONFERENCE
Vancouver, British Columbia



Coach: WILBROD DESTARDIN'S

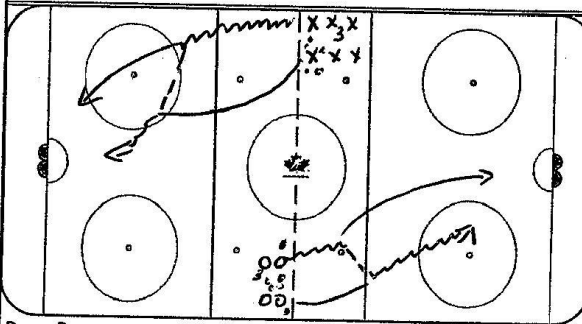
Team: SNOW BRAND

Country: JAPAN

DRILL THEME: FUN DRILL

LEGEND	⊙	Coach	~~~~~	Puck Carrying
	○ ●	Forwards	→	Shooting
	△ ▲	Defenders	→→	Pass
	G	Goalie	→→→	Drop Pass
	—	Stop	~~~~~	Backward Skate
	X	Pylon		Lateral Movement
	✱	Pucks	—	Defensive Pressure
	○	OFFENSIVE	○	DEFENSIVE

DRILL NAME:

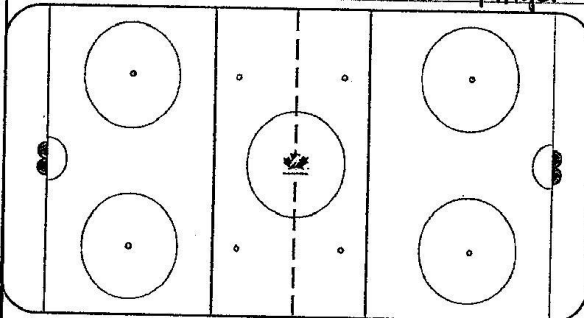


KEY TEACHING POINTS:

- IF goal tenders freeze the puck players must go over outside the blue line to get a new puck.

DRILL DESCRIPTION:

2V50 RELAY RACE: ON WHISTLE 2V50 FROM EACH SIDE. EACH SIDE MUST SCORE TWO GOALS. AFTER 1st goal X3 PASSES puck into X1 or X2. ONCE YOU SCORE TWO GOALS YOU MUST SPRINT OVER blue line - 1st team to get over blue line - one point for your team. ON the next whistle - next two players leave from each team. 1st team to



ADDITIONAL TEACHING POINTS:

Seven wins

PROGRESSION / OPTIONS:



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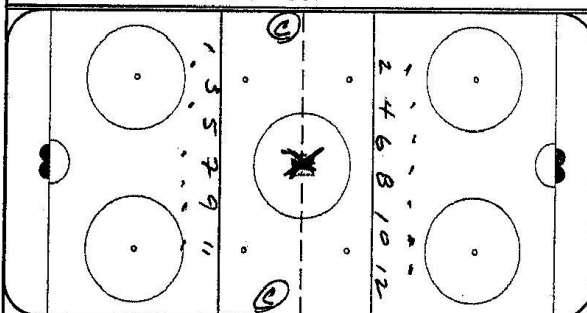
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Coach: Don McBride
Team: NORTH SHORE FEMALE ICE HOCKEY ASSOC.
Country: CANADA
DRILL THEME: FUN DRILL

LEGEND		Coach		Puck Carrying
		Forwards		Shooting
		Defenders		Pass
		Goalie		Drop Pass
		Stop		Backward Skate
		Pylon		Lateral Movement
		Pucks		Defensive Pressure
	<input type="radio"/>	OFFENSIVE	<input type="radio"/>	DEFENSIVE

DRILL NAME: BUCKET WAR



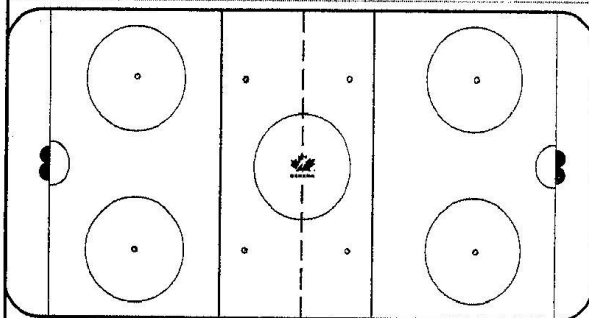
KEY TEACHING POINTS:

PASSING ACCURACY.

DRILL DESCRIPTION:

PLAYERS LINE UP INSIDE THE BLUE LINE IN TWO TEAMS. EACH PLAYER STARTS WITH A PUCK, ON THE WHISTLE THE PLAYERS FIRE THEIR PUCKS AT THE BUCKET. PLAYERS ARE NOT ALLOWED TO CROSS THE BLUE LINE TO RETRIEVE PUCKS, FIRST TEAM TO MOVE BUCKET OUTSIDE FACE-OFF CIRCLE WINS. I USE A 20L PAUL WITH 2 PAINT CANS INSIDE FOR WEIGHT

ADDITIONAL TEACHING POINTS:



PROGRESSION / OPTIONS:

PLAYERS ARE NOT ALLOWED TO SHOOT AT THE BUCKET IF THEY ARE NOT MOVING



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Coach: SCOTT PHILP

Team: NORTH DELTA ATOM. C

Country: CANADA

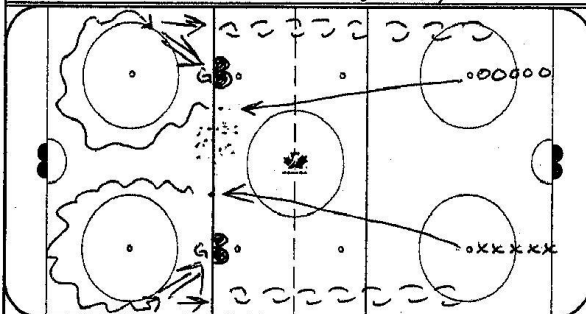
DRILL THEME: FUN DRILL

LEGEND	⊙	Coach	→	Puck Carrying
	○ ●	Forwards	⇒	Shooting
	△ ▲	Defenders	⇄	Pass
	G	Goalie	⇄	Drop Pass
	—	Stop	↶	Backward Skate
	X	Pylon		Lateral Movement
	⊗	Pucks	—	Defensive Pressure

○ OFFENSIVE

○ DEFENSIVE

DRILL NAME: G.A.S.P. RELAY.

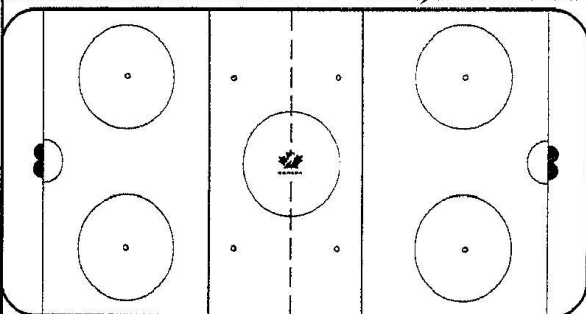


KEY TEACHING POINTS:

HEAD-UP.
STRONG SKATING STRIDE,
PUCK CONTROL, QUICK SHOT
GOOD PIVOT, STRAIGHT LINE
BACKWARD SKATING.

DRILL DESCRIPTION:

PLAYERS START BEHIND FACEOFF DOTS. GOALS ARE
PLACED ON FAR BLUE LINE FACING FAR END BOARDS. PUCKS ARE
ON BLUELINE BETWEEN GOALS. ON WHISTLE 1ST PLAYER IN EACH LINE
RACE TO BLUELINE AND PICK UP A PUCK. PLAYERS SKATE AROUND FACEOFF
CIRCLE AND SHOOT ON GOAL, THEY THEN TURN BACKWARD AT THE



ADDITIONAL TEACHING POINTS:

BLUELINE
AND SPRINT HARD BACKWARDS
TO FRONT OF LINE. THEN NEXT
PLAYERS GO.
LOSING TEAM MAY REQUEST
A REMATCH.

PROGRESSION / OPTIONS:



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Coach: Kerry Andrichuk

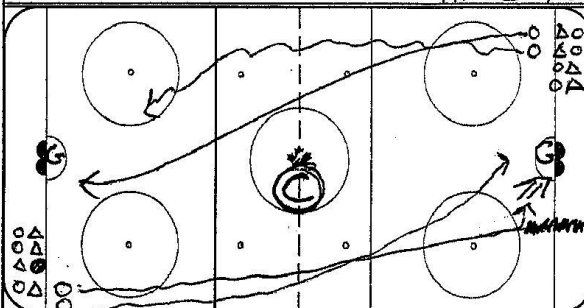
Team: Atom Northstars Edmonton

Country: CANADA

DRILL THEME: FUN DRILL

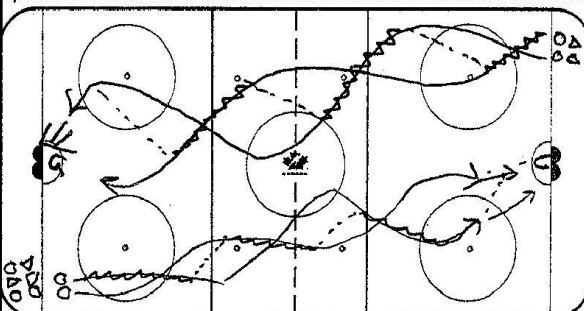
LEGEND	⊙	Coach	→	Puck Carrying
	○	Forwards	⇒	Shooting
	△	Defenders	⇄	Pass
	G	Goalie	⇄	Drop Pass
	—	Stop	⇄	Backward Skate
	X	Pylon		Lateral Movement
	⬮	Pucks	—	Defensive Pressure
	○	OFFENSIVE	○	DEFENSIVE

DRILL NAME: 2 on 0 Race to score



KEY TEACHING POINTS: Skate Fast But under control
Player must get REBOUNDS
pass & shoot thus using
all SKILLS: practice proper
Positioning and Deke etc.
Goalie must challenge
Try to give NO REBOUNDS
and keep moving puck to
corner.
also ends try to get GOALIE out of position

DRILL DESCRIPTION: Divide team into two equal groups Put them in each corner
Players skate down on whistle in pairs 2 on 0 (Goalie) carrying
Puck. The Two players must score a GOAL once they score a GOAL
They skate back and next Two players leave and try to score
GOAL. The First Group to Finish all pairs win &
Race.



ADDITIONAL TEACHING POINTS: Work together Player
while standing in line discuss what they may do.
Positioning For REBOUNDS
Passing Back and Forth
to get GOALIE moving
Shooting only using Corners
OF NET.

PROGRESSION / OPTIONS:
FWDS could do 3 passes and crosses Before shooting
or only score on OFF WING or only score on
Back Hands. Be creative and players Love to
USE their IMAGINATION. Specifically work on what they need to do ON.



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Coach: Joe Westling

Team: Portland Junior Hawks

Country: Portland, Oregon USA

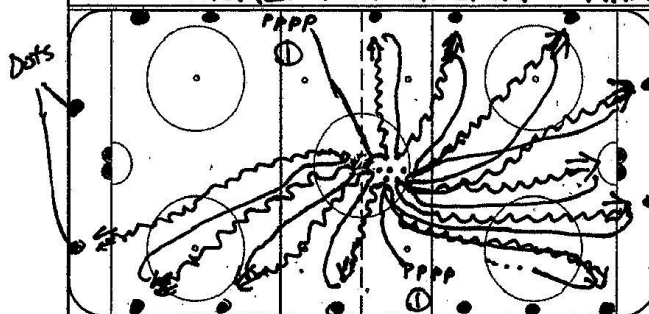
DRILL THEME:

LEGEND	⊙	Coach	→	Puck Carrying
	○	Forwards	→→	Shooting
	△	Defenders	→→→	Pass
	G	Goalie	→→→	Drop Pass
	—	Stop	→→→	Backward Skate
	X	Pylon		Lateral Movement
	●	Pucks	—	Defensive Pressure

☐ OFFENSIVE

☐ DEFENSIVE

DRILL NAME: THEME: FUN-SHOOTING NAME: DOT-SHOOT



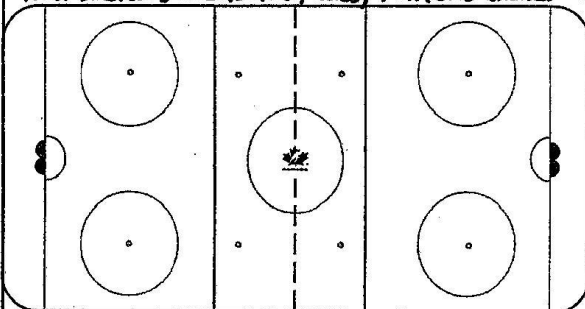
KEY TEACHING POINTS:

Materials: 15-20 "DOTS" (Cardboard or similar material)
Duct Tape

Make 15-20 8-12 inch circular cardboard cutouts.
I applied a red fabric to one side of the cardboard attached with an adhesive glue.

DRILL DESCRIPTION:

Take 8-12 inch length of duct tape and double it over to make a 2-sided adhesive tape.
Stick the tape to the backside of a dot then stick the cardboard dot to the boards of the rink.
Vary the placement of the dots; some should be placed high, some low, some mid-level on the boards.
① Players line up. First player skates to pucks, retrieves a puck and skates toward first dot, shooting the puck and attempting to hit the dot. Player then skates back to the pucks, retrieves another then skates to the next dot and shoots.



ADDITIONAL TEACHING POINTS:

Do all forms of shots: wrist shot, slap shot, snap shot, backhand.

Coaches should be located around rink to send on shot pucks back to the center pile.

PROGRESSION / OPTIONS:

Coaches act as defensive player to force puck handler to deke and get around defensive player.



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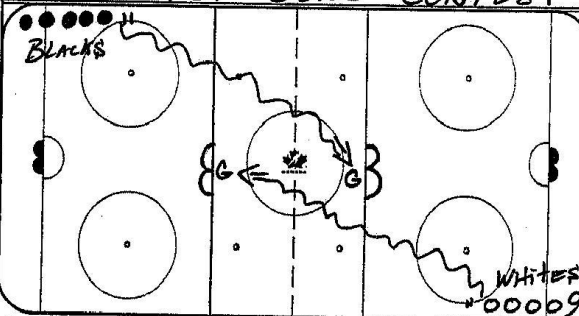
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Coach: JEAN-DANIEL ST-MARTIN
Team: ELITES DE JONQUIERE (MIDGET "AAA")
Country: QUEBEC / CANADA.
Drill Theme: FUN DRILL

LEGEND	○ Coach	→ Puck Carrying
	● Forwards	⇒ Shooting
	△ Defenders	→ Pass
	G Goalie	→ Drop Pass
	— Stop	→ Backward Skate
	X Pylon	→ Lateral Movement
	● Pucks	→ Defensive Pressure
	○ OFFENSIVE	○ DEFENSIVE

Drill Name: "TOP GUNS CONTEST"

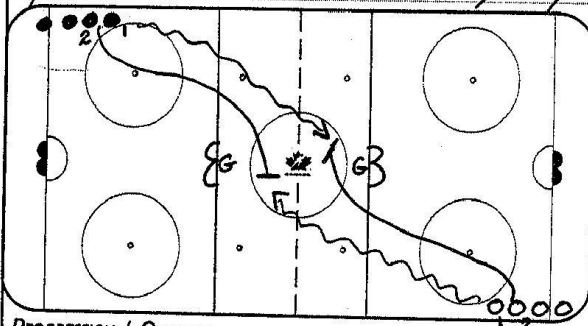


KEY TEACHING POINTS:

ALL THE ACTION IS BETWEEN THE TWO BLUE LINES. IT'S A KIND OF BREAKAWAY CONTEST WITH PRESSURE. BLACKS AGAINST WHITES YOU HAVE TO SCORE A GOAL BUT BETWEEN THE TWO BLUE LINES YOUR OPPONENT CAN BUMP YOU

Drill Description:

THE PUCK. IF THE GOALIE FREEZE THE PUCK HE HAVE TO SHOT IN IMMEDIATELY IN THE CORNER. SO THE PLAYER HAVE TO GET IT BACK AND TRY AGAIN TO SCORE A GOAL. WHEN YOU SCORE A GOAL YOU HAVE TO GET BACK BEHIND YOUR TEAMMATES. WHEN EVERYBODY SCORED BEFORE THE OTHER GROUP

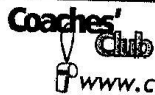


ADDITIONAL TEACHING POINTS:

YOU WIN THE GAME.

PROGRESSION / OPTIONS:

YOU CAN PLAY TWO AGAINST TWO, BUT THE FIRST man O₁ try to SCORE AND O₂ play DEFENSE AGAINST ●₁. So it comes two 1vs1 situation.



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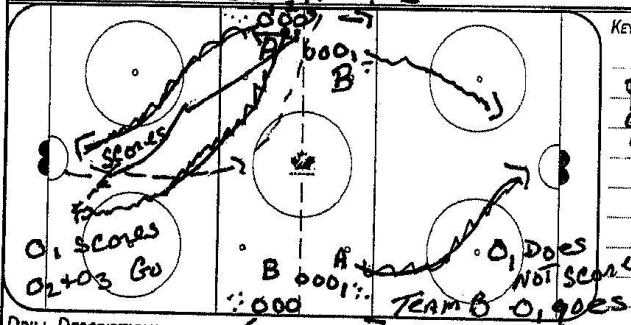
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Coach: **GORDIE WHITLOCK**
Team: **CHARLOTTETOWN JR A HBBIES**
Country: **CANADA**
DRILL THEME: **FUN DRILL**

LEGEND	○	Coach	→	Puck Carrying
	●	Forwards	⇒	Shooting
	△	Defenders	→→→	Pass
	G	Goalie	→→→	Drop Pass
	—	Stop	→→→	Backward Skate
	X	Pylon		Lateral Movement
	✱	Pucks	—	Defensive Pressure
	○	OFFENSIVE	○	DEFENSIVE

DRILL NAME: **SHOWDOWN 1-2-3**

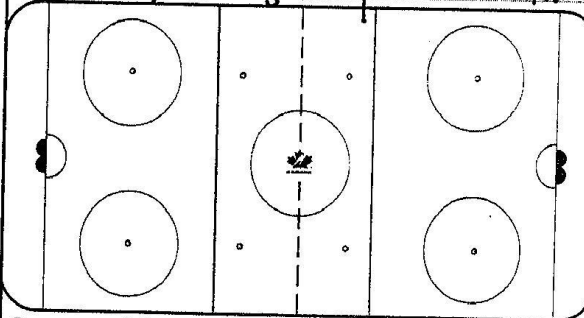


KEY TEACHING POINTS:

PUCK CONTROL
QUICKNESS - ACCELERATION
SHOOTING ACCURACY
PASSING
SUPPORT
TEAM WORK

DRILL DESCRIPTION:

TEAM A competes against **TEAM B** IN EACH HALF OF ICE SURFACE. FLIP OF COIN TO DECIDE WHICH TEAM STARTS. One player with puck goes 1 on goal. IF SCORES - comes back over half + 2 players on his team go 2 on goal - if they score - then 3 players go 3 on goal



ADDITIONAL TEACHING POINTS:

As soon as one TEAM fails to score - other TEAM goes. start with 1 player, then 2, then 3 + then back to one player. 1 POINT for each goal - TEAM WHO gets to 8 points FIRST WINS. 2 winners play-off

PROGRESSION / OPTIONS:

Players with puck only have one shot on goal - each player going must HANDLE puck - When completed whether score or NOT - MUST HUSTLE BACK OVER blue line



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Coach: Dennis van Rijswijk

Team: Dutch National Team (Dordrecht)

Country: The Netherlands

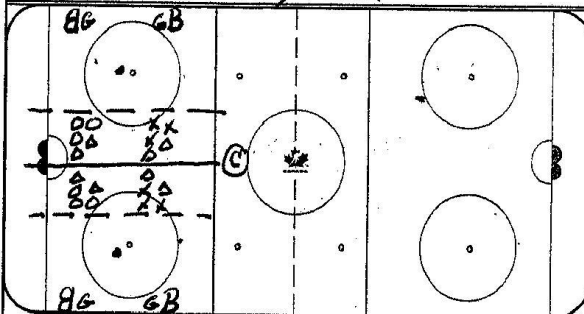
DRILL THEME: **FUN DRILL**

LEGEND	⊙	Coach	~>	Puck Carrying
	○	Forwards	→	Shooting
	△	Defenders	→	Pass
	G	Goalie	→	Drop Pass
	—	Stop	→	Backward Skate
	X	Pylon		Lateral Movement
	✱	Pucks	—	Defensive Pressure

⊗ OFFENSIVE

⊗ DEFENSIVE

DRILL NAME: The Money Bank.



KEY TEACHING POINTS:

* individual tactic to play 1 on 1. Defensive and offensive body positioning, to contain your man.

* Goalies learn to play angles and deflections.

* one puck drill.

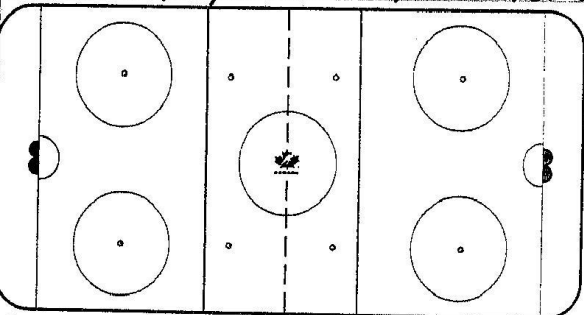
* Aggressive

DRILL DESCRIPTION:

The drill is a 2 on 2 situation, on the whistle 2x plays against 2o, Both sides. The goal is to play offense + defense, offense players try to score + support the puck, while the defense try to contain and win puck possession. To score a goal the offensive player has to Bank Shot off the Boards on goal.

ADDITIONAL TEACHING POINTS:

30 Sec. Shifts.



PROGRESSION / OPTIONS:

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Coach:	WILBROD DESTARDINIS
Team:	SNOW BRAND
Country:	JAPAN
DRILL THEME:	FUN DRILL

LEGEND

⊙	Coach	→	Puck Carrying
○	Forwards	⇒	Shooting
△	Defenders	→→	Pass
G	Goalie	→→→	Drop Pass
—	Stop	↶↷	Backward Skate
X	Pylon		Lateral Movement
✱	Pucks	— —	Defensive Pressure

☐ OFFENSIVE ☐ DEFENSIVE

DRILL NAME:

KEY TEACHING POINTS:

- IF goal tenders freeze the puck players must go ~~over~~ outside the blue line to get a new puck.

DRILL DESCRIPTION:

2V50 RELAY RACE: ON WHISTLE 2V50 FROM EACH SIDE. EACH SIDE MUST SCORE TWO GOALS. AFTER 1st goal X3 PASSES puck into Y1 or Y2. ONCE you score two goals you must sprint over blue line - 1st team to get over blue line - one point for your team. ON the next whistle - next two players leave from each team. 1st team to seven wins

ADDITIONAL TEACHING POINTS:

PROGRESSION / OPTIONS:



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