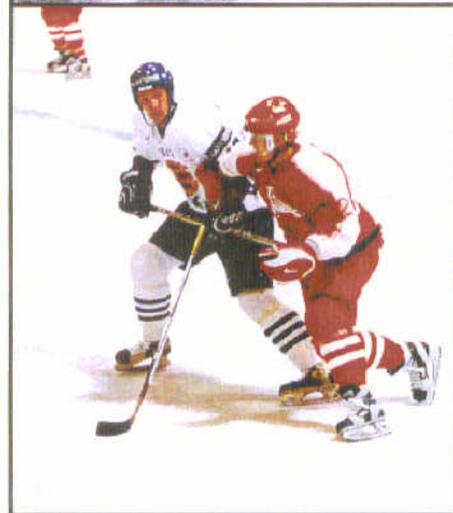




**Juhani
Wahlsten**

**Tom
Molloy**



Das **ABC** des internationalen Eishockey



B600 1-0 F Regroup with Both D

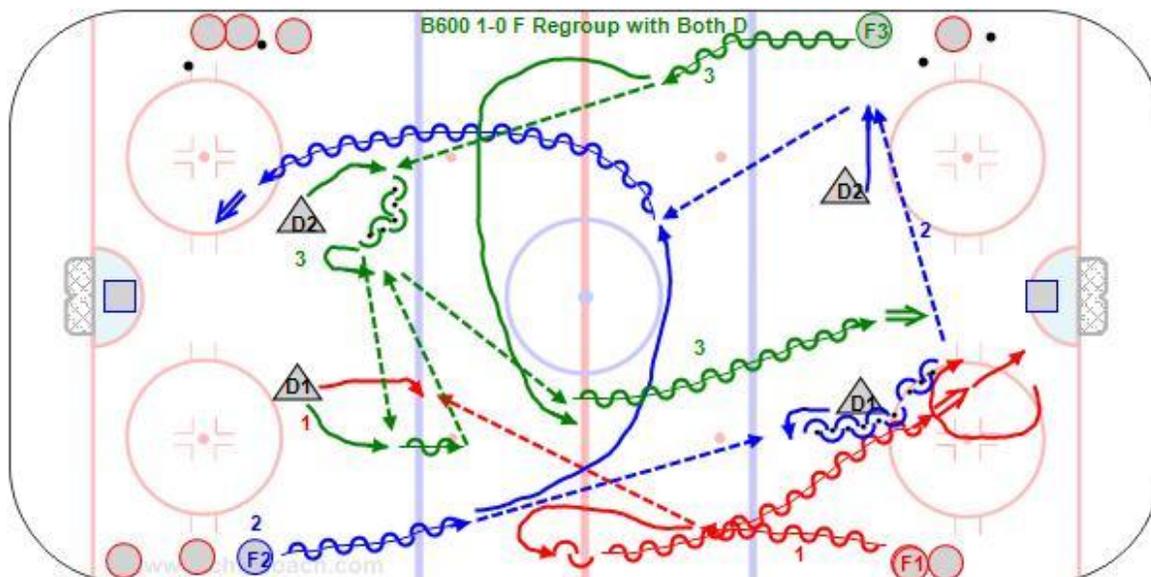
Key Points:

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 hings to D2 and up to F2 mirroring the puck in the middle.
3. F3 pass to weak side D2 who passes D1 who hings 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>



B600 2-0 Passing Options - Swiss U20

Key Points:

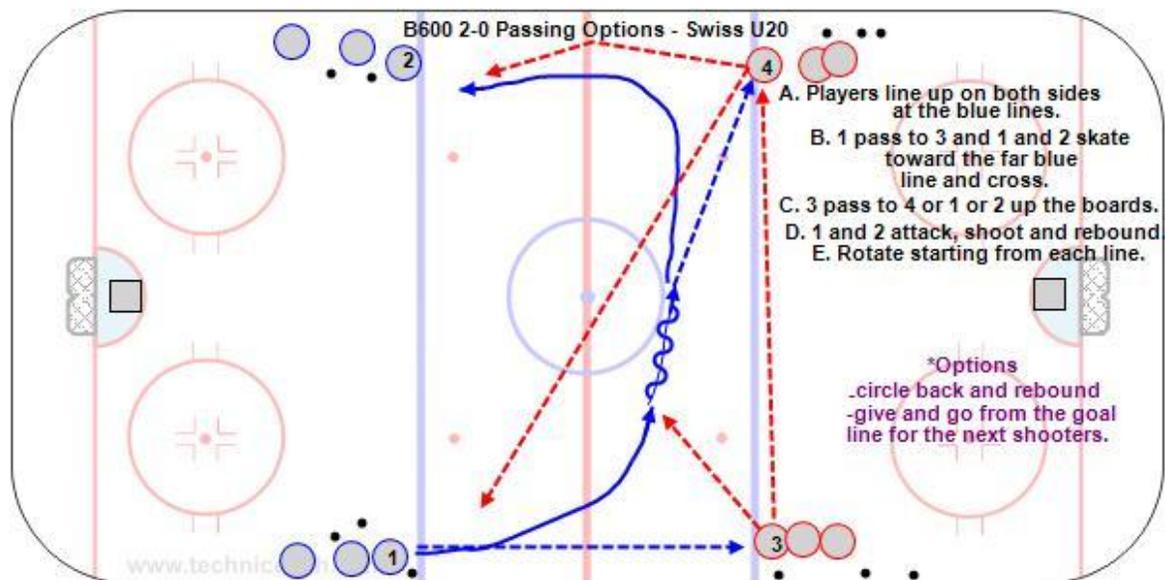
Pass to either side or either player who is breaking for a pass. Give a target, stick on the ice, face the puck.

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.

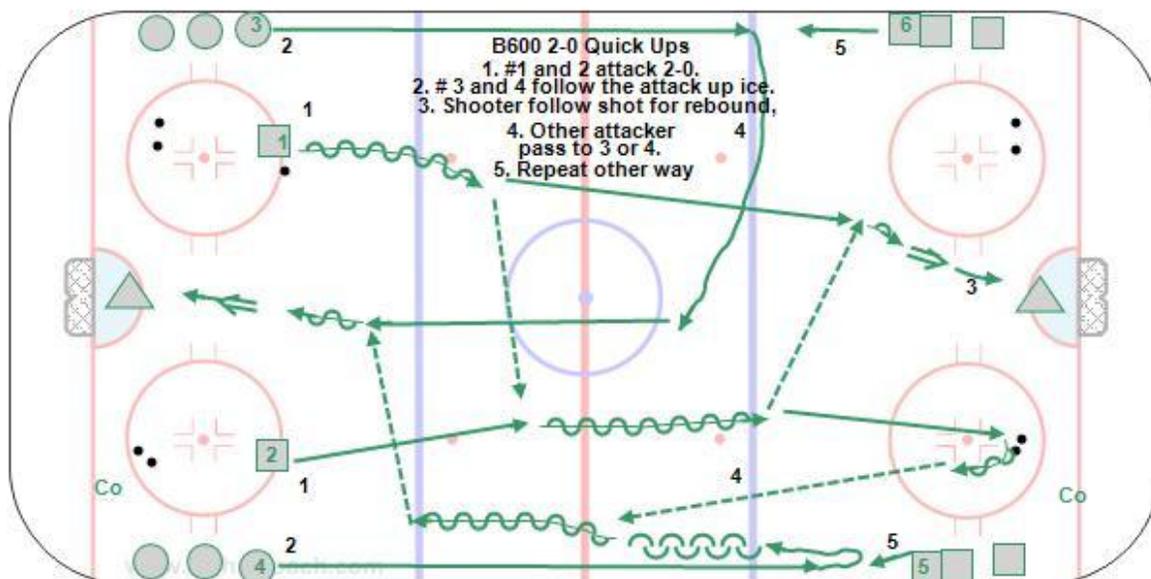
2. # 3 and 4 follow the attack up ice.

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 2-0 Random Pass to Lines – Pro

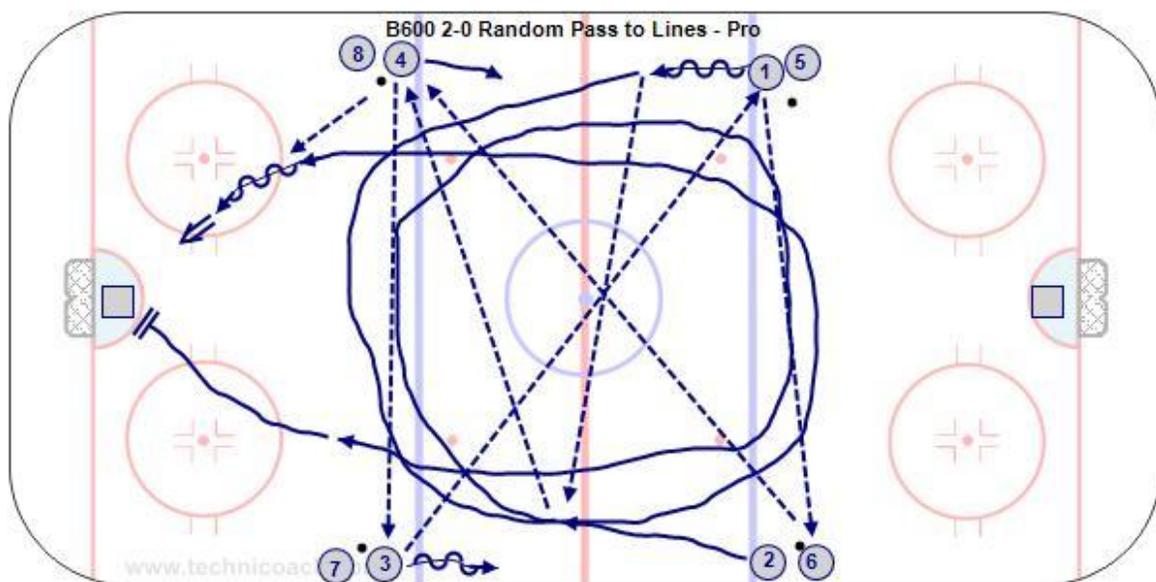
Key Points:

Give a target, snap pass, cross-over skate, rebound, shoot, 2-0.

Description:

- A. 1 and 2 leave and 1 pass to 2.
- B. 2 pass to 3 or 4.
- C. 3-4-5-6 pass across, up the wall or diagonally while 1 and 2 skate outside of the dots.
- D. 3 or 4 make the pass to 1 or 2 when they finish the circle and get to the far blue line.
- E. 1 and 2 attack the net.
- F. 3 and 4 leave and repeat in the other direction.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141029092920846>



B600 2 x 2 Shots - Swiss U20

Key Points:

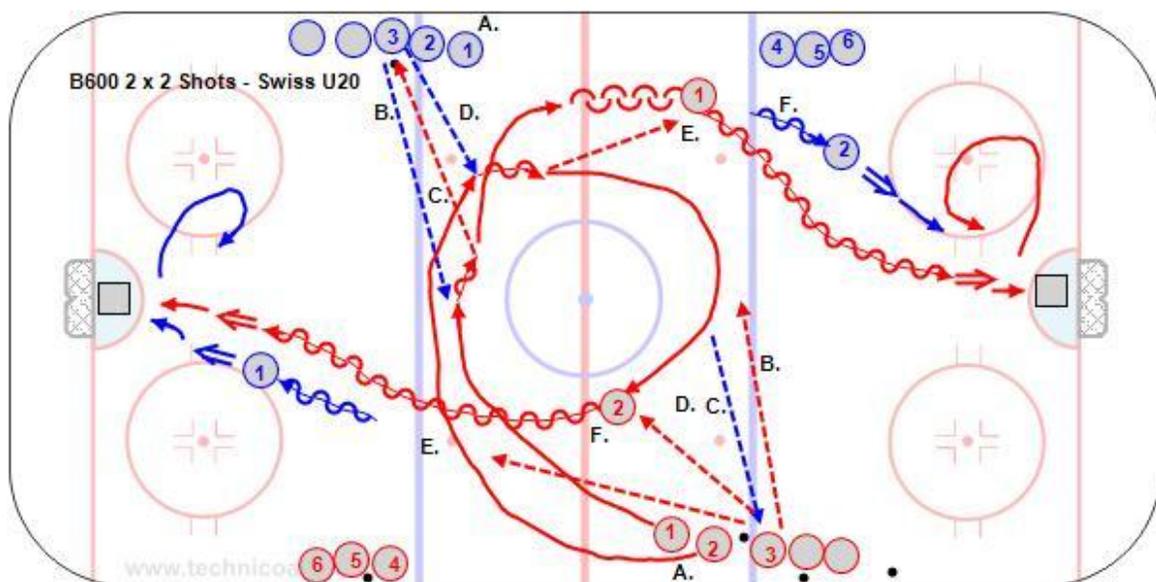
Pass hard and quickly. Always face the puck and accelerate with the puck. Shoot with the feet moving and shoot to score - not to shoot. One touch pass on puck exchanges.

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012030911374190>



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 - Regroup with D 2-0 x 2 – Detroit

Key Points:

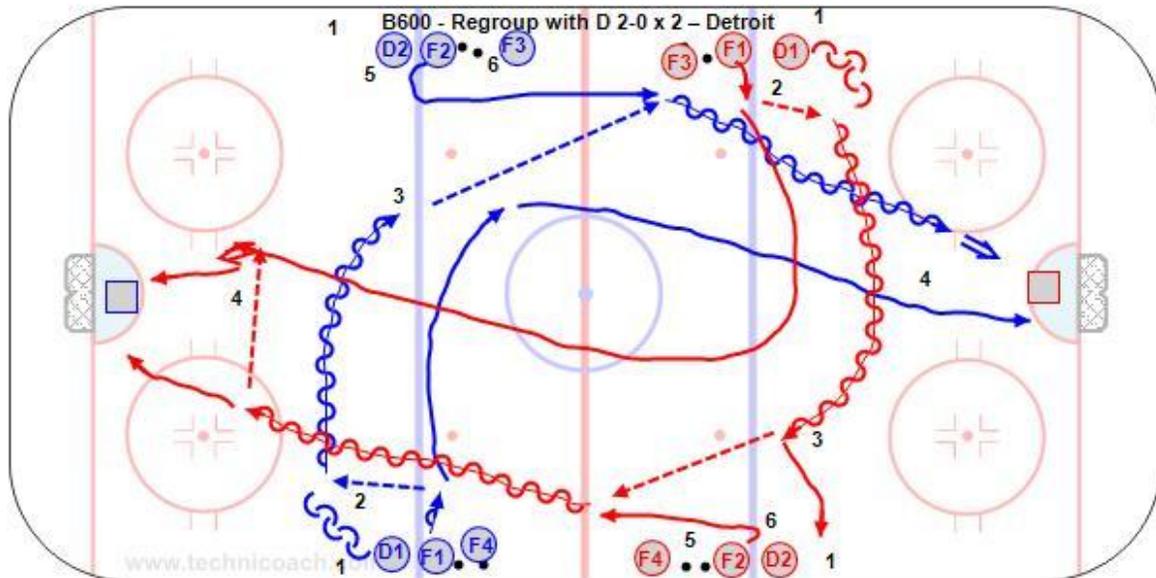
No need for whistles as the players can see when to start. Face the puck, pass hard, give targets, shoot and follow the shot and stop at the net.

Description:

1. Forwards and defense leave from diagonal four blue lines.
2. F1 at each end pass back to D1 and mirror D1.
3. D1 skate across and pass up the far wing to F2.
4. F1 and F2 attack the net from both ends.
5. Start at the other diagonal blue lines and F3 pass to D2.
6. F3 mirror D2 across the ice and attack 2-0 with F4.
7. Keep this rhythm alternating sides.

* Option: Have the D join the rush and get a trailer pass. If there is a group less than 18 you may want to go one group at a time and then the D could join and get a pass from the corner to shoot while F's screen.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014100209062168>



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

Key Points:

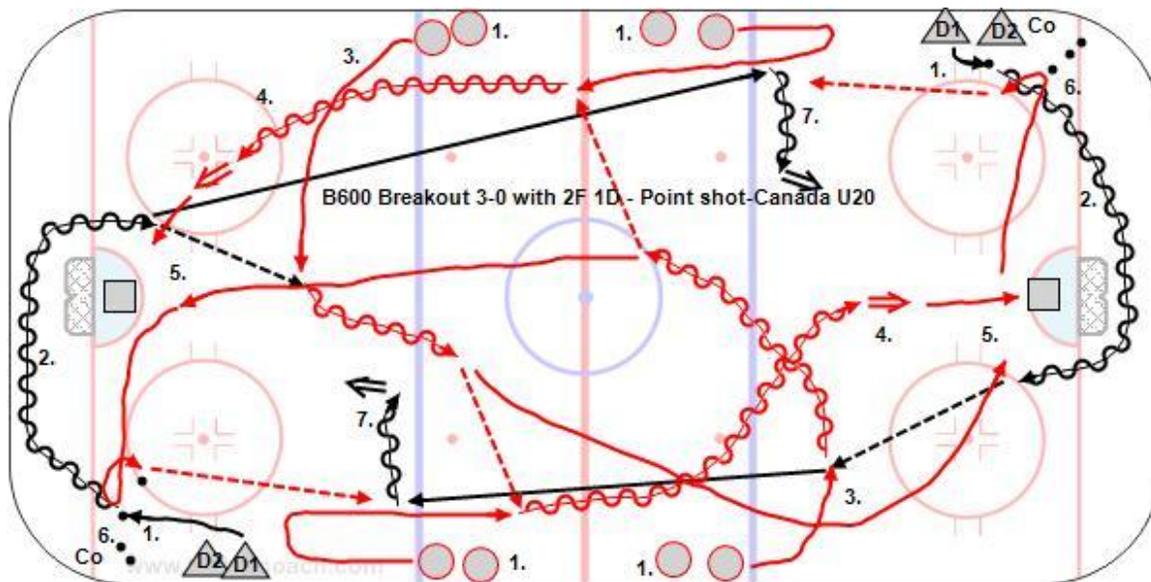
Attack at full speed. Give a target. Follow the shot for a rebound. One player screen and one player look for a shot pass.

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>



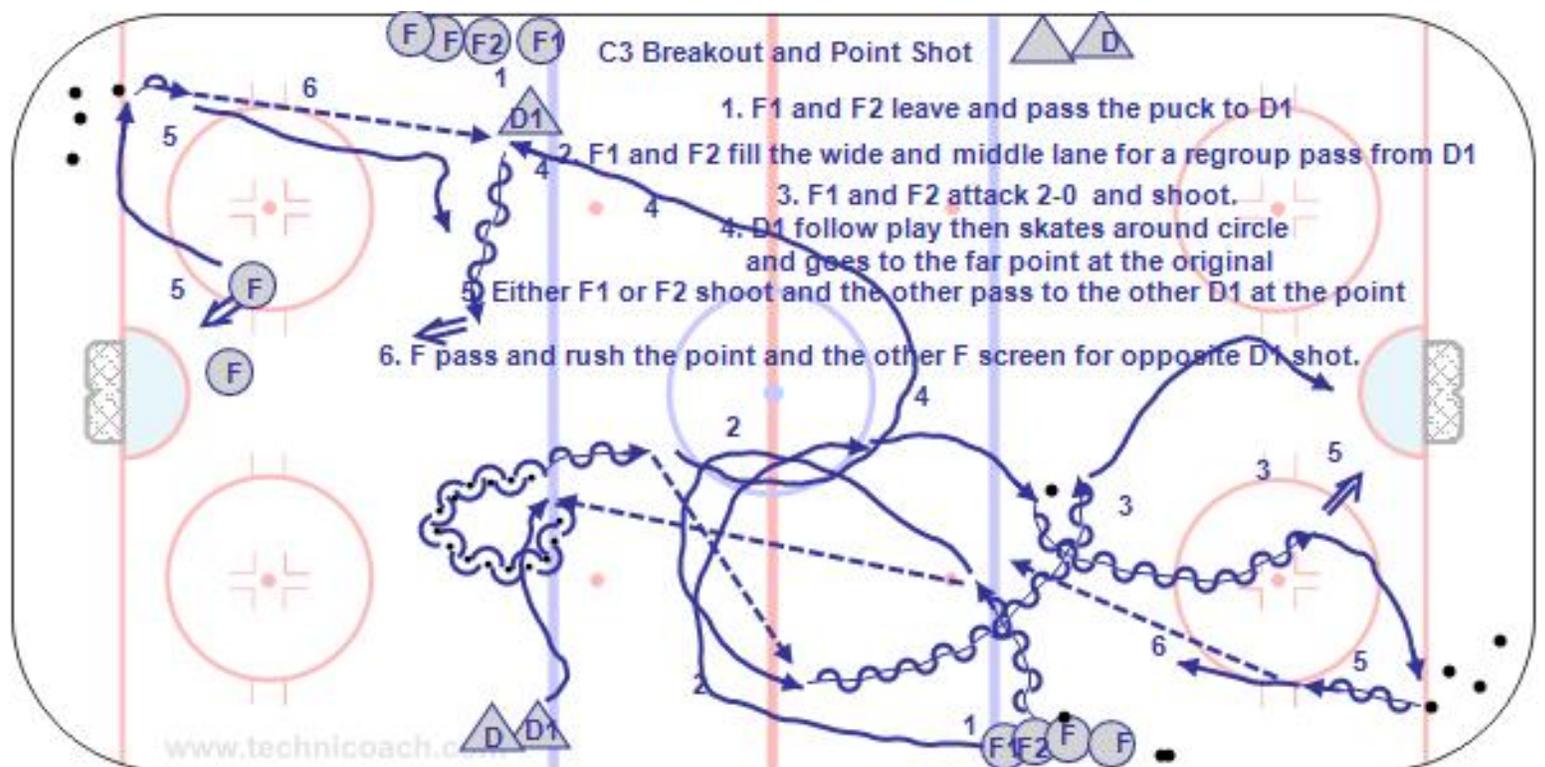
C3 Breakout and Point Shot

Key Points:

The same thing happens on both sides of the ice. Face the puck and give a target.

Description:

1. F1 and F2 leave and pass the puck to D1
2. F1 and F2 fill the wide and middle lane for a regroup pass from D1
3. F1 and F2 attack 2-0 and shoot.
4. D1 follow play then skates around circle and goes to the far point at the original end.
5. Either F1 or F2 shoot and the other pass to the other D1 at the point
6. F pass and rush the point and the other F screen for opposite D1 shot.



B600 Cross Pass x 2 - Pro

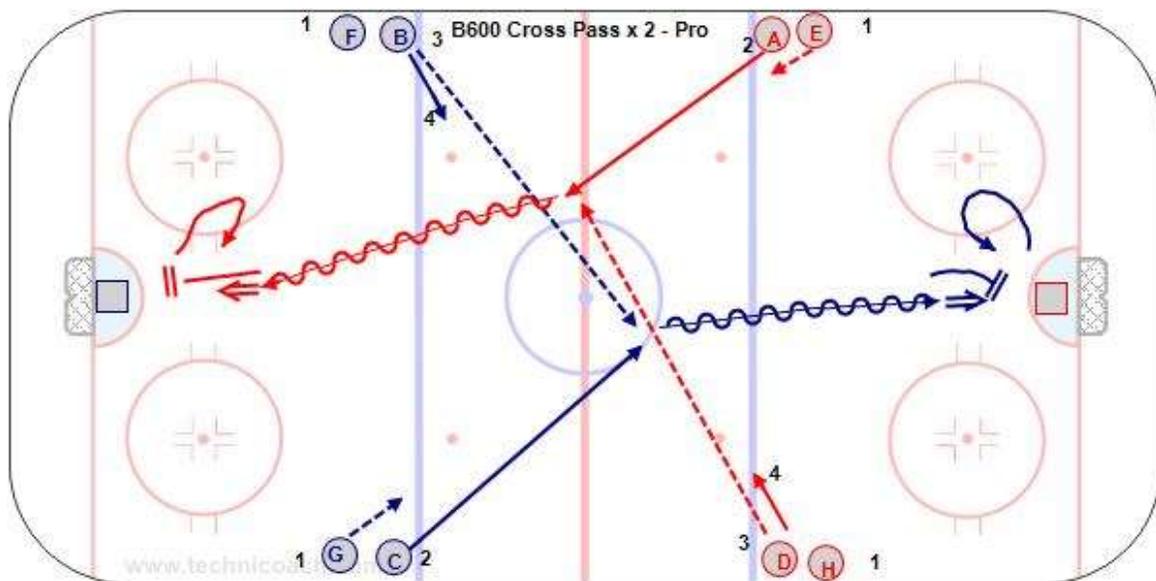
Key Points:

Give a target with the stick on the ice. Pass so the player doesn't have to slow down. Shoot while skating and follow the shot for a rebound.

Description:

1. Players are lined up at all four blue lines, clockwise name them A-B-C-D.
2. A and C break across the middle lane for a pass.
3. D pass to A and B pass to D.
4. B and D break for a pass from E and G.
5. Repeat this flow.
6. After shooting circle back to rebound for the next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141024084934336>



B600 D Wheel D to D, D to F Attack 2-0, F Cycle Up Exchange Puck with D, Attack

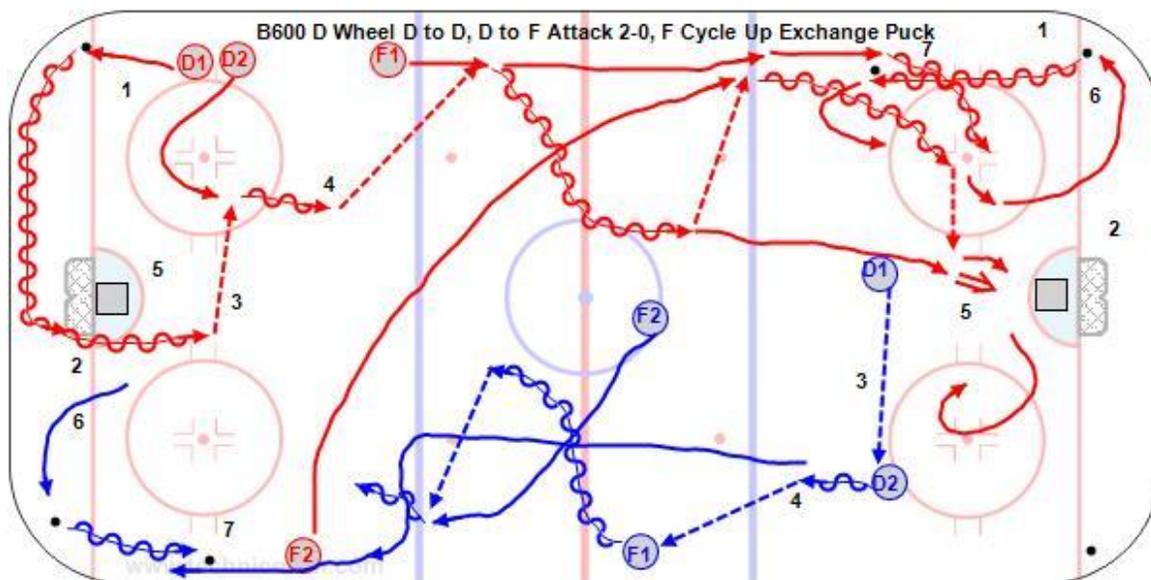
Key Points:

Wheel tight to the far post. Forward skate to the 'big ice' through the neutral zone. Shoot and rebound. F's skate to get open for a pass from the D after the exchange.

Description:

1. This [drill](#) is done from both ends leaving from diagonal corners.
2. D1 wheels behind the net.
3. D1 pass across to D2.
4. D2 pass up to F1 or F2 who carry the puck between the dots.
5. F's take a shot and D2 support from blue line.
6. Closest F pick up a puck in the corner and skate up the boards.
7. F exchange the puck with D2 who skate down along the boards.
8. D2 attacks the net and the F's get open for a pass or rebound.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130710150511373>



B600 Double Cross and Pass

Key Points:

Make hard passes. Players should face the puck.

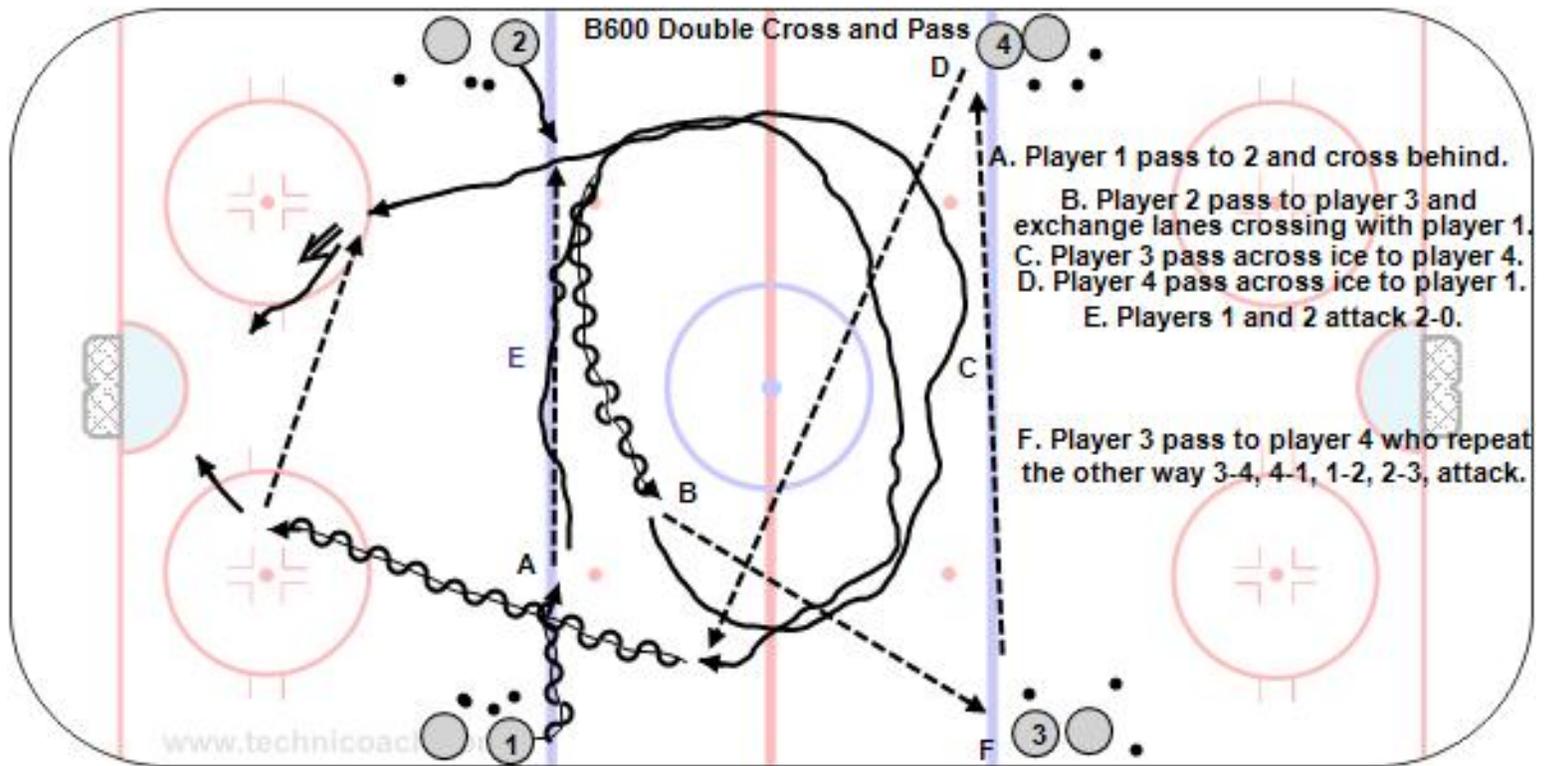
Description:

- 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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090823205117104>



B600 Double Regroup Attack 3-0, 2 F and 1 D

Key Points:

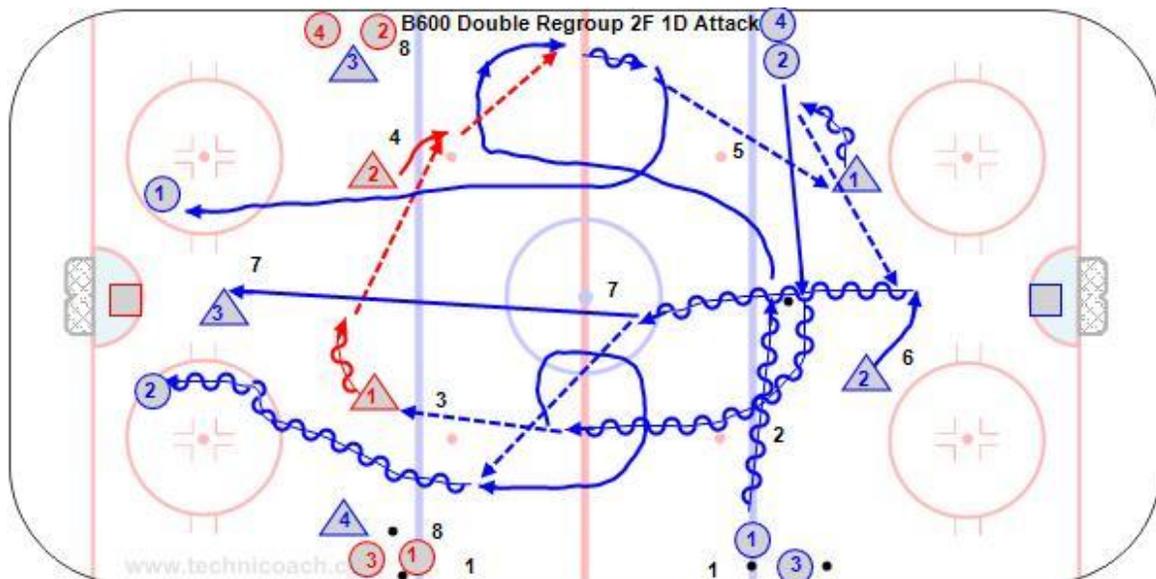
Everyone face the puck all of the time. On the regroup give wall and middle support and not continuous crossing (as you should in a game.) Attack with speed and pursue the first rebound before returning to the line-up.

Description:

1. Line up at each blue line with forwards and D together.
2. BF1-2 cross and drop.
3. BF1-2 regroup with RD 1-2.
4. RD 1-2 hinge and pass up to BF1-2.
5. BF1-2 regroup with RD 1-2.
6. RD 1-2 hinge and pass up to BF1-2.
7. BF 1-2 attack along with the BD who passed up ice making it 3-0.
8. Repeat the other way with RF 1-2 regrouping.

*This flow can turn into 2-1, 2-2 or have 3 F's.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130912152511679>



B600 Double Regroup Options

Key Points:

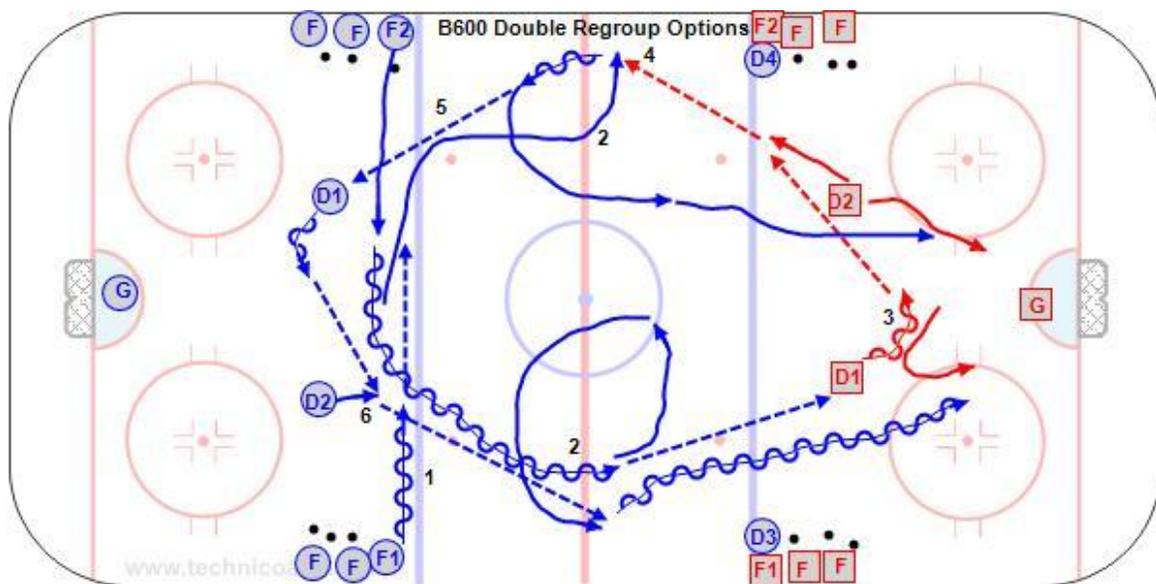
Regroup with each D and support from about a half zone away. Give a target and face the puck. Pass hard and always give strong side wall support and middle support.

Description:

1. Blue F1 leave and pass to F2.
2. Cross and regroup with Red D1 and D2
3. Red D1 hinge and Pass to D2.7
4. Red D2 pass to Blue F1 or F2.
5. Blue F's regroup with Blue D1 or D2.
6. Blue D's hinge and pass to Blue F.
7. Blue F's attack the far net vs either zero, one or two D.

*Options: vary the amount of F up to 3 or D up to 2. Add a dump in instead of a second regroup to work on breakouts or even a forecheck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120301090901108>



B600 Flow - Breakout - 2 F Shoot - D Point Shot

Key Points:

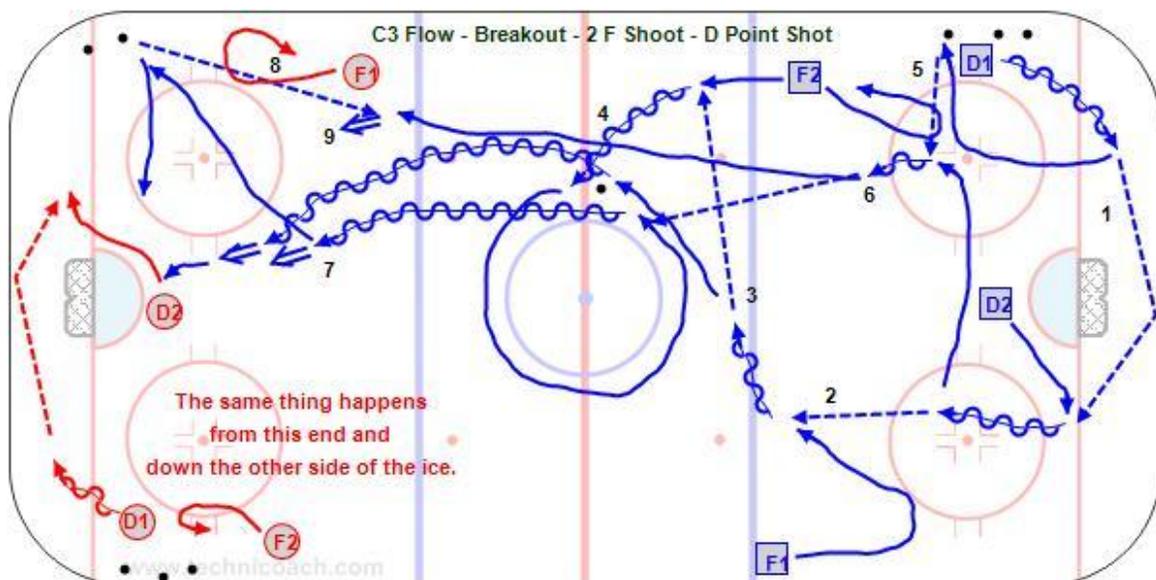
Pass hard, keep skating all the time. Pass and follow the pass. Screen, rebound.

Description:

This happens the same time from each end.

- 1 - D1 pass behind to D2.
- 2 - F1 get breakout pass from D2.
- 3 - F1 skate to big ice and pass to F2.
- 4 - F2 drop pass to F1 who attacks and shoot
- 5 - D1 pass to D2.
- 6 - D2 pass to F2 who skated around circle.
- 7 - F2 attack and shoot..
- 8 - D2 follow attack and get a pass from F1.
- 9 - D2 take a point shot and F1 screen.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140115151610936>



B600 Give and Go and Shoot

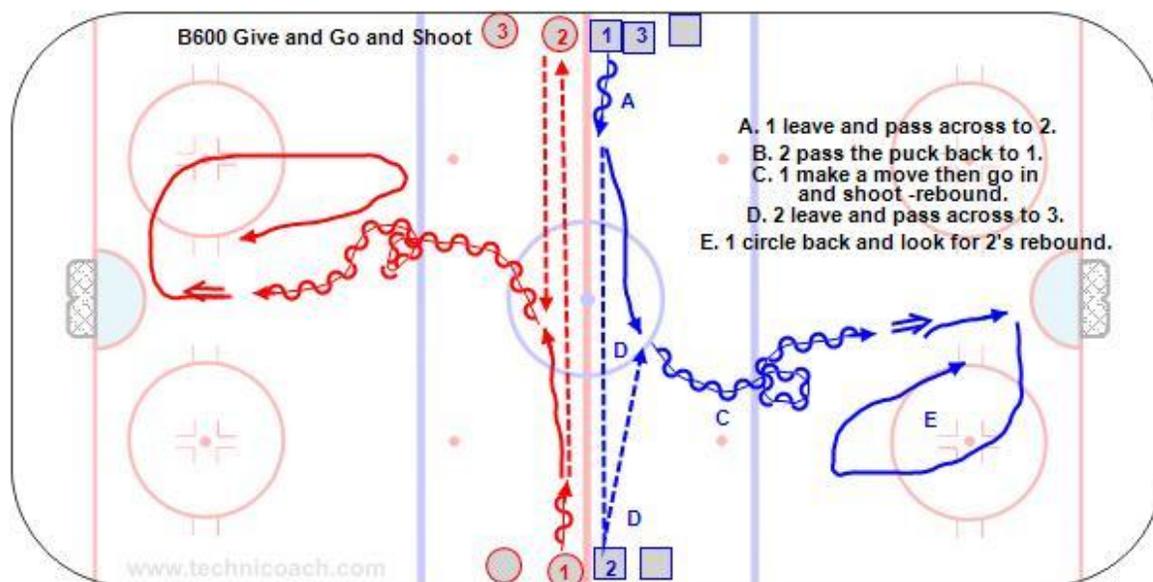
Key Points:

Hard wrist or snap passes. Give a target and call for the puck. Follow the shot for a rebound.

Description:

- A. 1 leave and pass across to 2.
- B. 2 pass the puck back to 1.
- C. 1 make a move then go in and shoot -rebound.
- D. 2 leave and pass across to 3.
- E. 1 circle back and look for 2's rebound.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100913081036119>



B600 Give and Go x 3 x 2 - Shoot – Pro

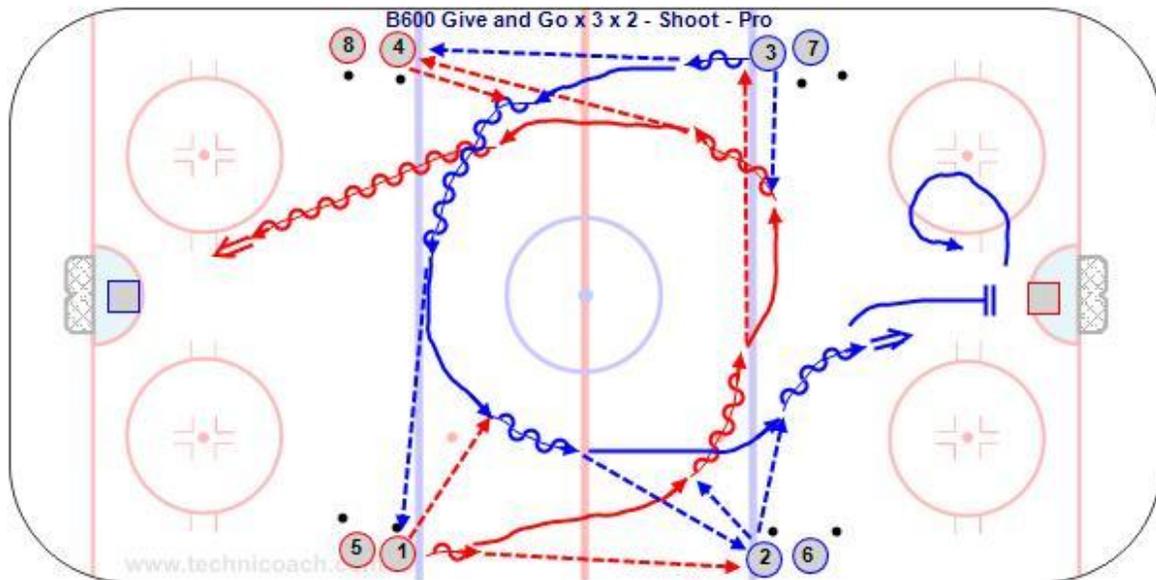
Key Points:

Pass and shoot while skating, give a target, keep the hands away from the body, keep the puck in the sweet spot.

Description:

- A. Leave with a puck from diagonal corners.
- B. One touch pass in this order 1-2-3-4 and 3-4-1-2.
- C. Next pass in the other direction in this order 4-3-2-1 and 2-1-4-3 .
- D. Follow the shot and rebound.
- E. Circle back and rebound for the next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014102809043486>



B600 Give Go Shoot x 2 – Pro

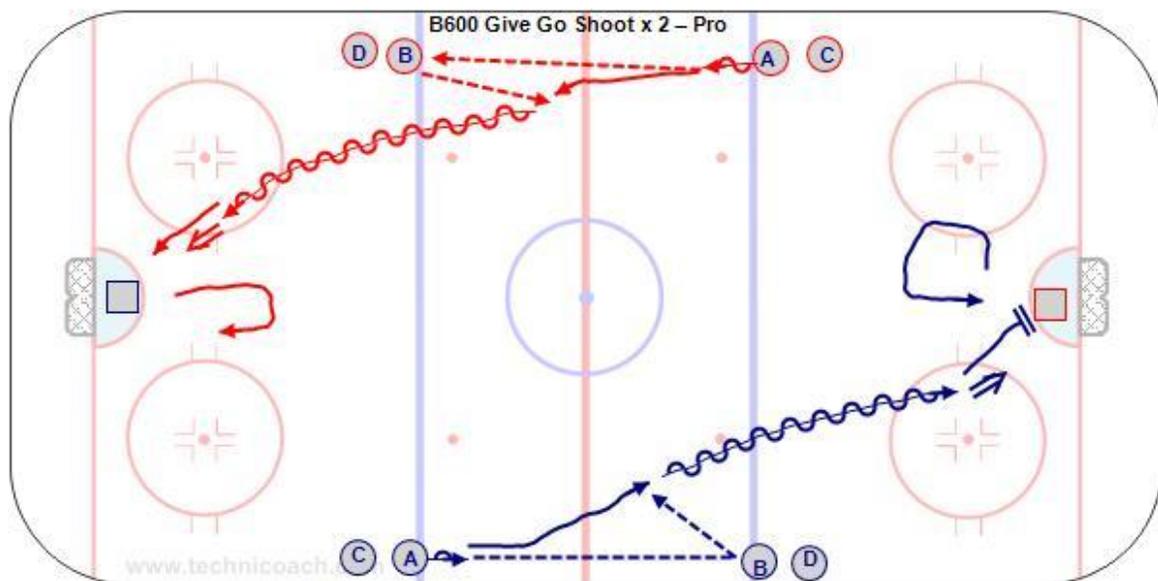
Key Points:

Shoot while skating and follow the shot for a rebound.

Description:

1. Players A and C leave from diagonal corners.
2. A pass to B and C pass to D at the far blue line.
3. B and D one touch the puck back.
4. A-C skate in and shoot, rebound and rebound for the next shooter.
5. B and D leave and repeat in the other direction.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141027151948931>



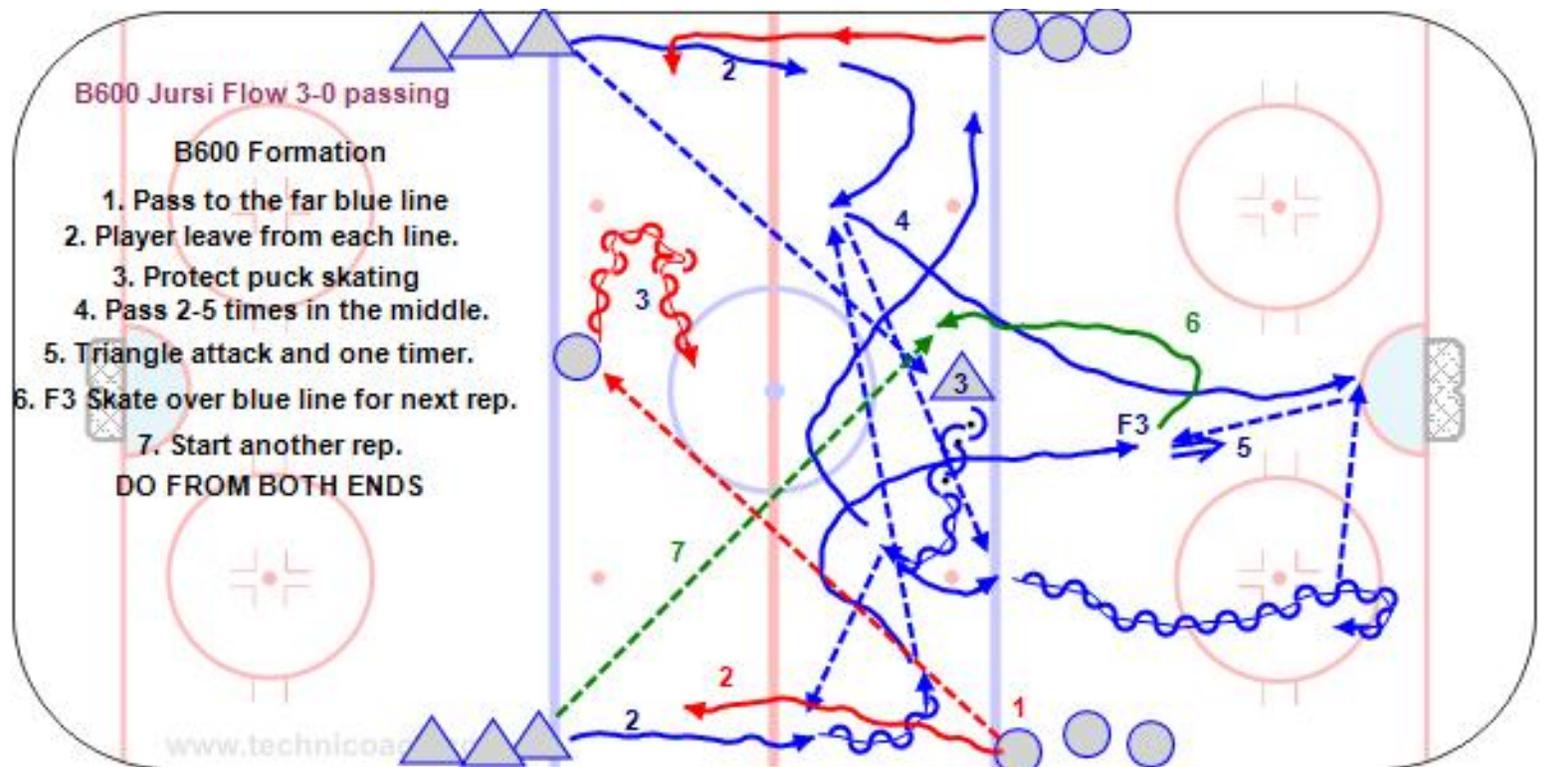
B600 Jursi Flow 3-0 Passing

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:

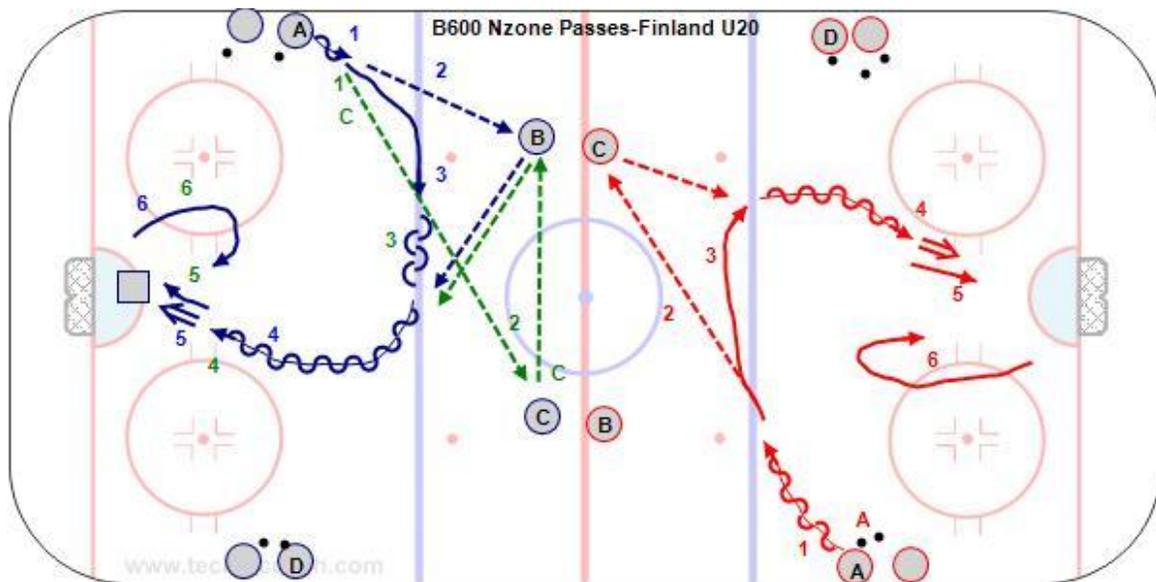
Always face the puck. Shoot before the hash marks and follow the shot for a rebound. Circle back and rebound for the next shooter.

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

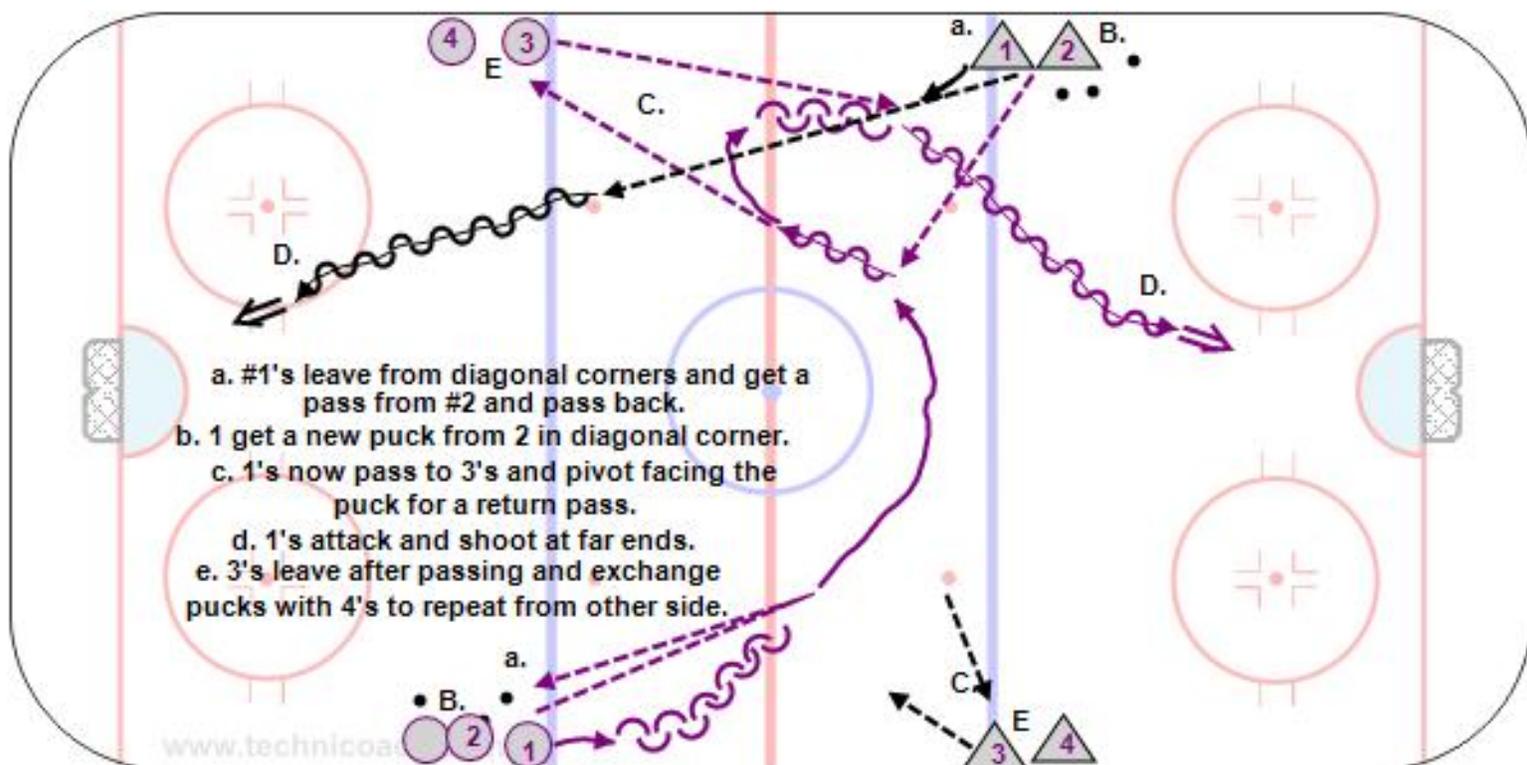
Key Points:

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090728110103634>



B600 One Touch and Shoot Warm up

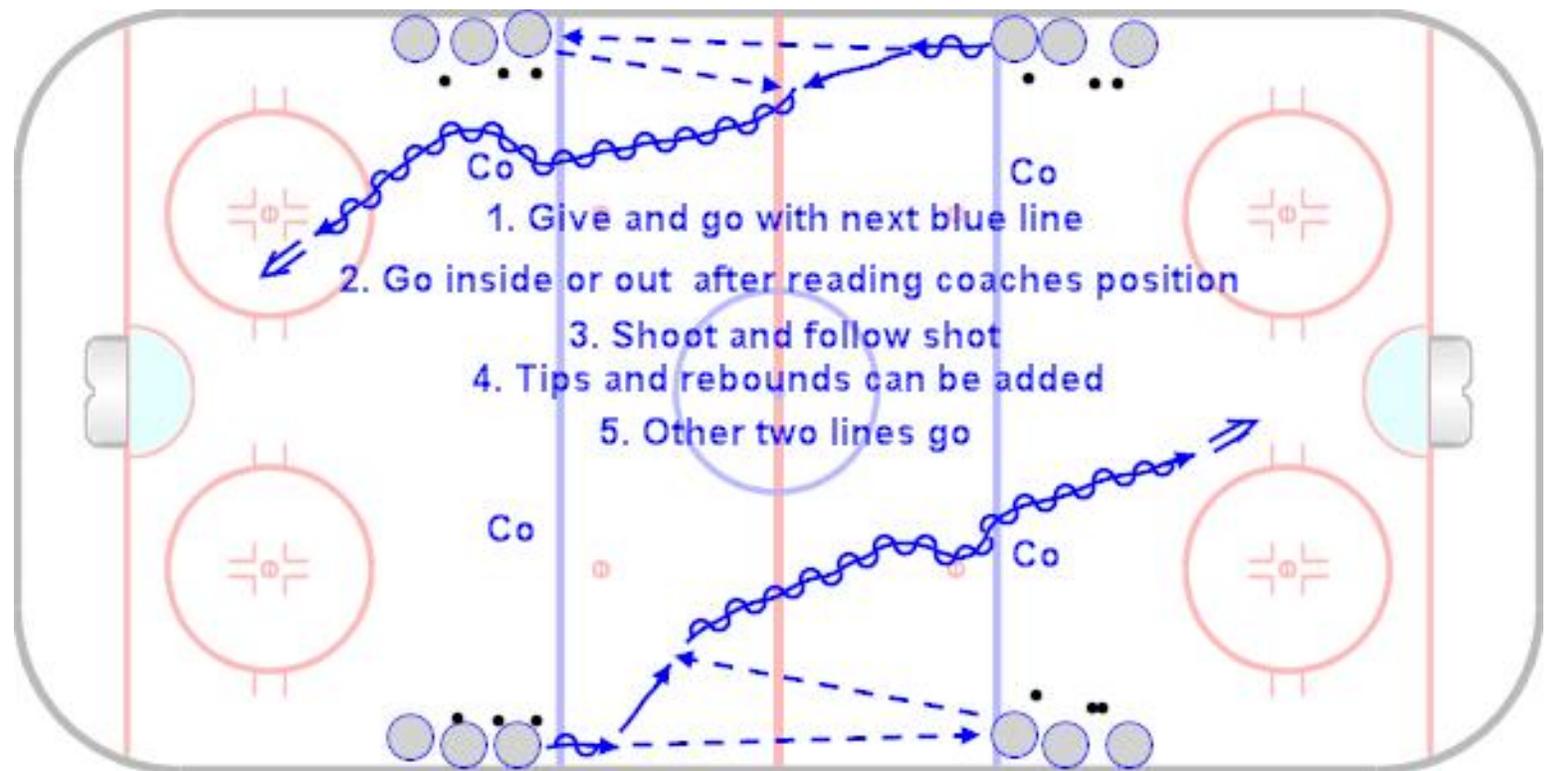
Key Points:

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 3 and Shot - Slovakia U20

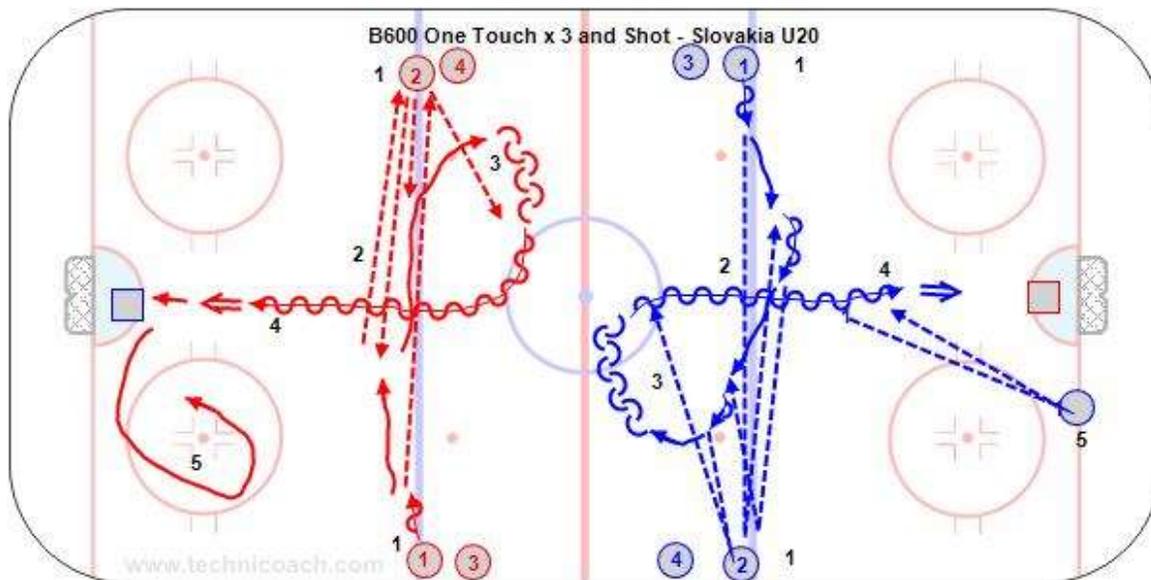
Key Points:

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.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20121204090701526>



B600 Pass x 3 Stretch Pro W

Key Points:

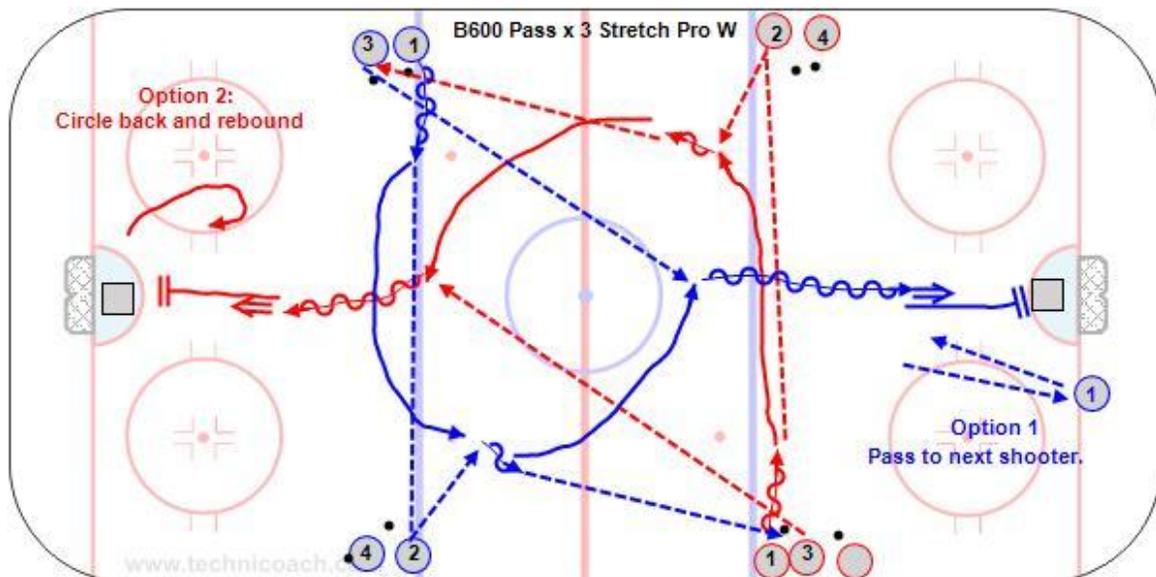
Pass and shoot while skating. Adjust the body and stick to take bad passes. Follow the shot for a rebound and stop at the net. Hit the net.

Description:

- A. Players at the 4 blue lines.
- B. Leave from diagonal corners and 1 give and go pass to 2.
- C. 1 pass to 3.
- D. 3 pass to the other 1 stretching at the far blue line.
- E. Both 1's shoot.
- F. Follow for a rebound and stop at the net.
- G. Repeat with 4's passing to 3.

Options: rebound for next shooter. Pass to next shooter, screen and tip.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131021142553480>



B600 Pass-Across-Across-Stretch x 2 – Shoot – Pro

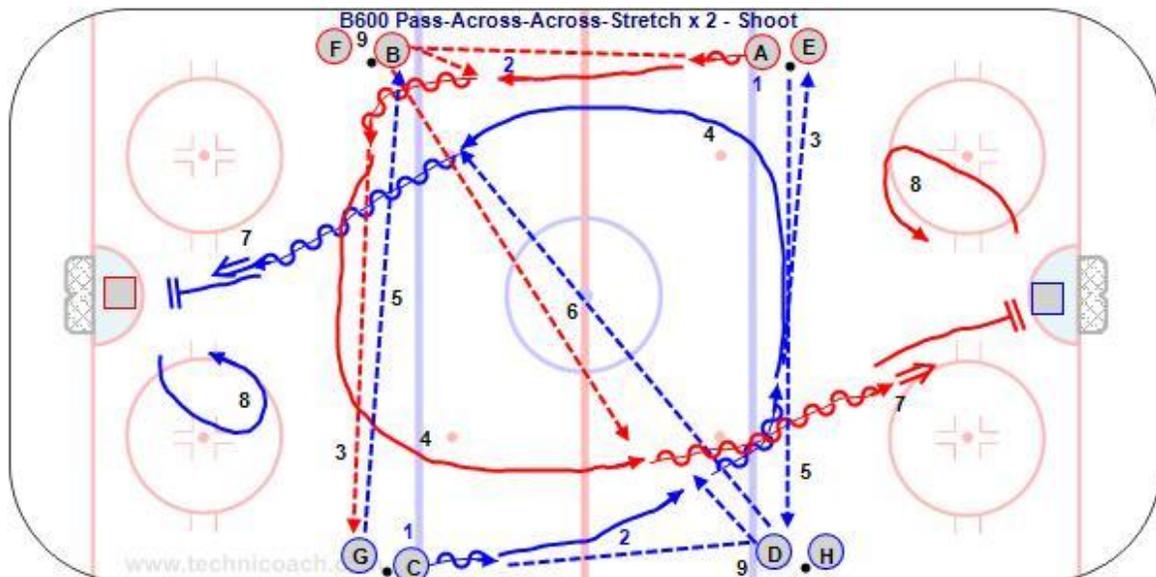
Key Points:

Skate hard with cross-overs, give a target, shoot while skating, follow the shot, pass hard.

Description:

1. A and C leave.
2. A regroup with B and C with D.
3. A pass to G and C to E.
4. A and C skate around NZ dots.
5. G pass across to B and E across to D.
6. D cross ice pass to C and B to A.
7. A and C shoot, rebound.
8. A and C rebound for the next shooter.
9. B and D repeat in the other direction.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141030110311315>



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.

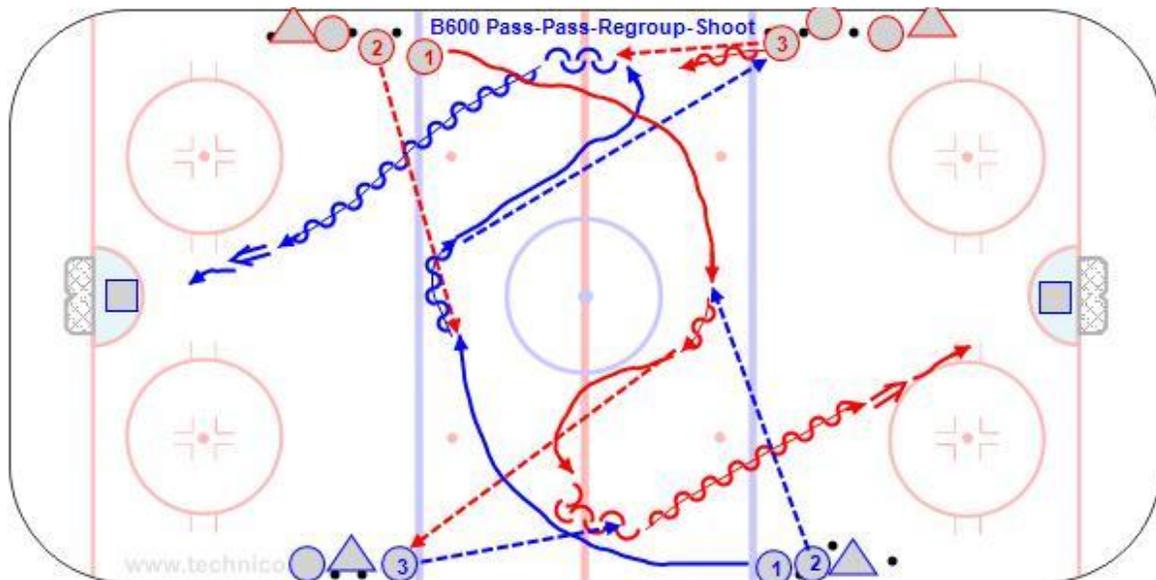
D. 1's skate in shoot-rebound

E. 3's repeat in the other direction.

Options.

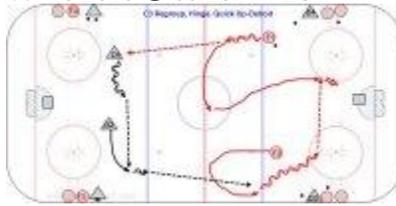
- screen for the next shooter.
- give and go with the next shooter.
- play a defensive 1-1 vs the next shooter.

<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

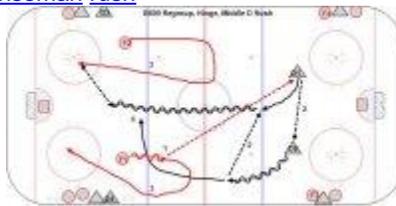
1. F1 skate and regroup with D1.
2. D1 skate to the middle and pass to D2 in the wide lane.
3. D2 quick up to F2 who stretches on the strong side boards.
4. F1 and F2 attack.

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 x 2 - Hinge 2-0

Key Points:

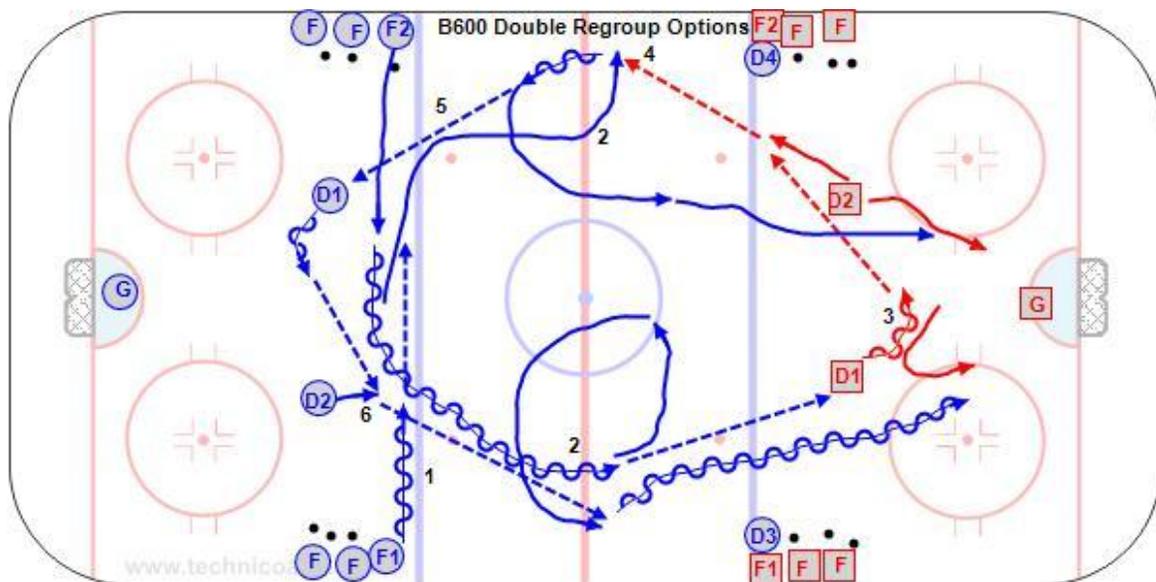
Regroup with each D and support from about a half zone away. Give a target and face the puck. Pass hard and always give strong side wall support and middle support.

Description:

1. Blue F1 leave and pass to F2.
2. Cross and regroup with Red D1 and D2
3. Red D1 hinge and Pass to D2.7
4. Red D2 pass to Blue F1 or F2.
5. Blue F's regroup with Blue D1 or D2.
6. Blue D's hinge and pass to Blue F.
7. Blue F's attack the far net vs. either zero, one or two D.

**Options: vary the amount of F up to 3 or D up to 2. Add a dump in instead of a second regroup to work on breakouts or even a forecheck.*

http://www.hockeycoachingabcs.com/filemgmt_data/B600%20Regroup-Hinge%202-0%20one.3gp



B600 Regroup, 3-0, Delay, Low Cycle, Point Shot - Pro W

Key Points:

Skate hard and give a target. Pass and shoot while moving. D keep the head up when shooting. Do a tight turn on the delay.

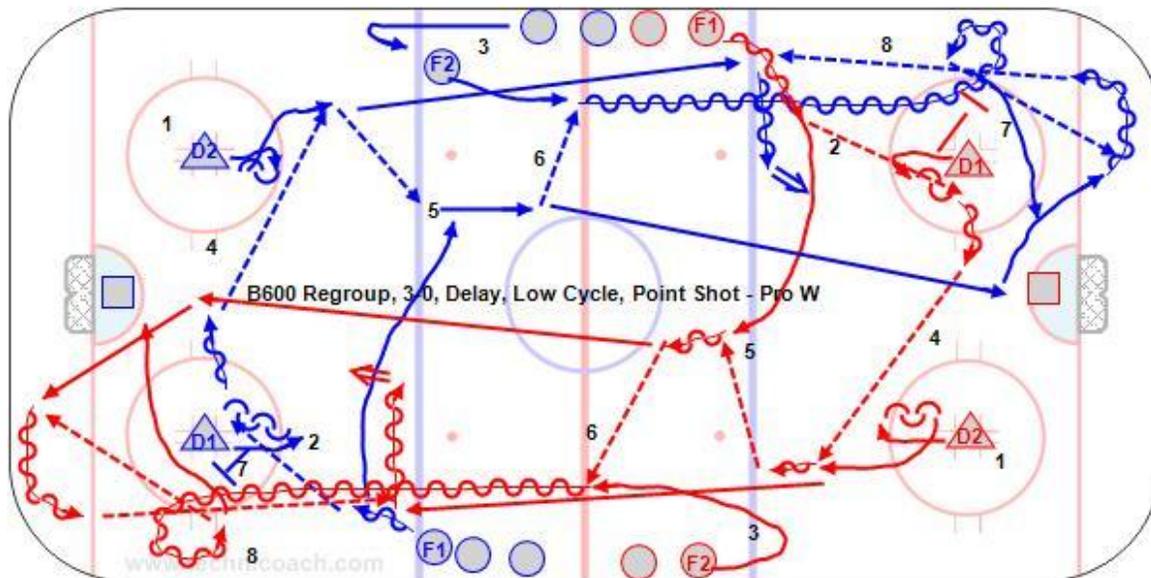
Description:

1. Four D stand on the dots at each end and forwards on each side in the neutral zone.
2. F1 from each side regroup with the D at their end.
3. F2 from each side come down the boards to post up then join F1.
4. D1 pass to D2 at each end.
5. D2 pass to F1 in the middle lane and follow the attack to the point.
6. F1 pass to F2 who enters the zone wide while F1 goes to the net hard.
7. D1 at the opposite ends give passive resistance to F2.
8. F2 delay at the hash marks and pass low to F1 who cycles up and passes to D2 at the point.
9. D2 skate between the dots and shoot while F1 and F2 go to the net.
10. F1 and F2 play out the first rebound.

**Option One: Have a time limit for the drill and create a competition who can score the most and which goalies stop the most.*

**Option Two: Instead of standing at the dots have the D skate to the top of the circles and chocktow turn back and then hinge before passing to F1.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131003212813833>



B600 Regroup, 3-0, Delay, Point Shot - Pro W

Key Points:

Skate hard and give a target. Pass and shoot while moving. D keep the head up when shooting. Do a tight turn on the delay.

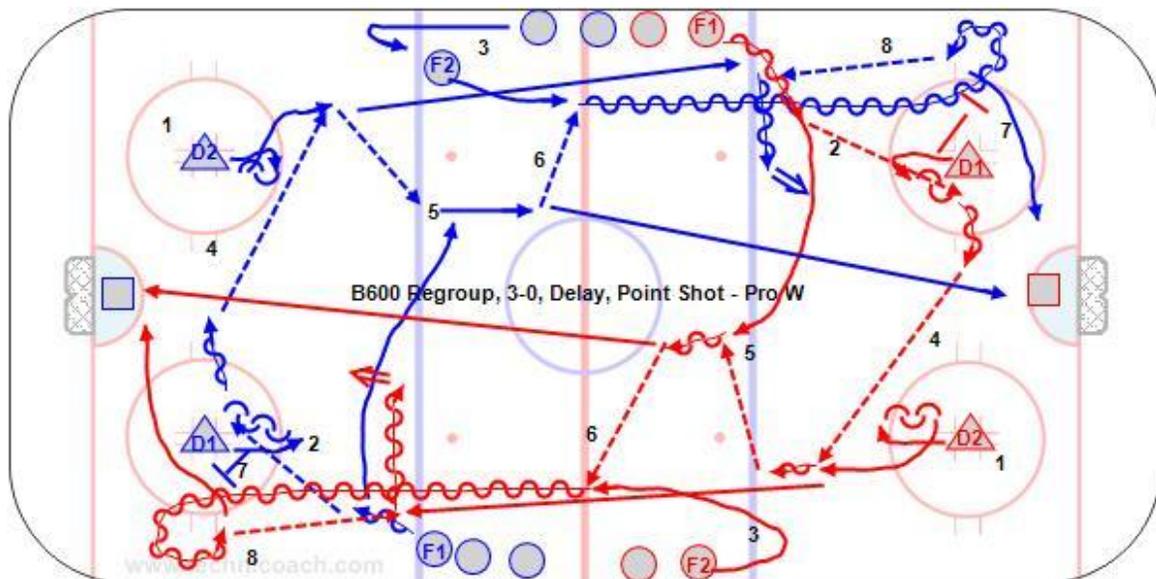
Description:

1. Four D stand on the dots at each end and forwards on each side in the neutral zone.
2. F1 from each side regroup with the D at their end.
3. F2 from each side come down the boards to post up then join F1.
4. D1 pass to D2 at each end.
5. D2 pass to F1 in the middle lane and follow the attack to the point.
6. F1 pass to F2 who enters the zone wide while F1 goes to the net hard.
7. D1 at the opposite ends give passive resistance to F2.
8. F2 delay at the hash marks and pass to the point and go to the net.
9. D2 skate between the dots and shoot while F1 screens.
10. F1 and F2 play out the first rebound.

**Option One: Have a time limit for the drill and create a competition who can score the most and which goalies stop the most.*

**Option Two: Instead of standing at the dots have the D skate to the top of the circles and chocktow turn back and then hinge before passing to F1.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013100114353261>



B600 Regroup, Hinge, Middle D Rush

Key Points:

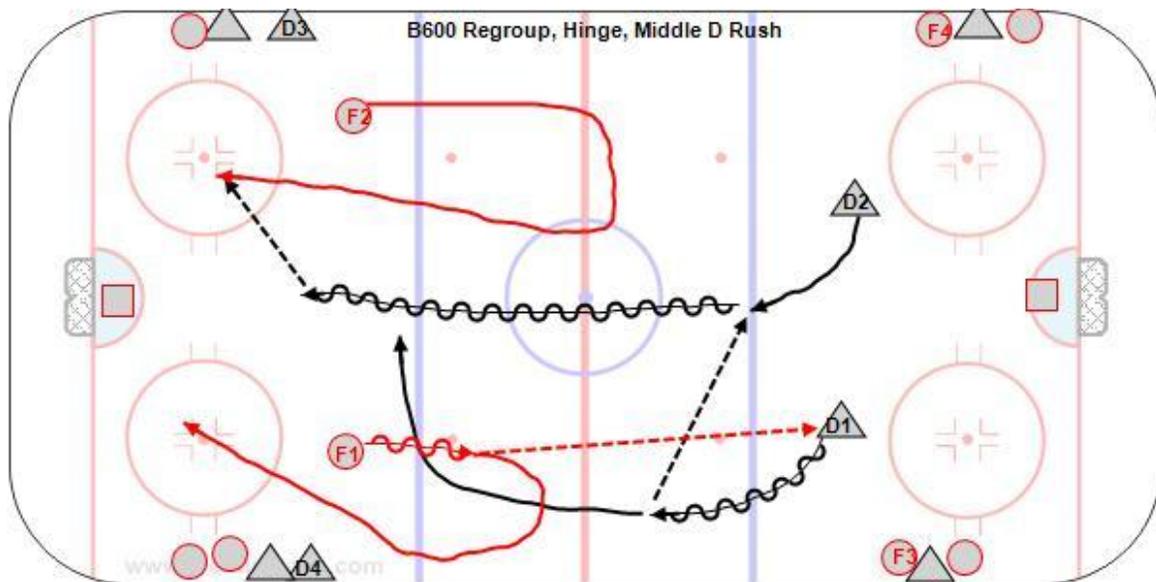
Middle D comes late as a second wave and lead the rush.

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 outside 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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201011280928188>



B600 Regroup, Hinge, Quick Up-Detroit

Key Points:

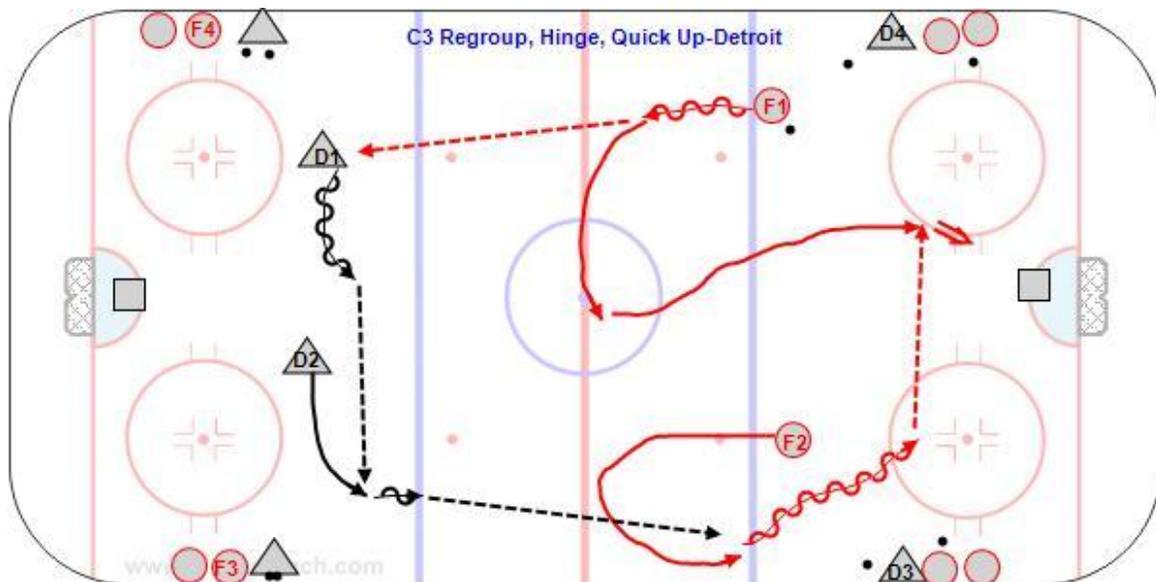
Hinge and push the puck up the ice quickly. Strong side F stretch and weak side give middle support.

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 Regroup-Wall support-Shoot x 2

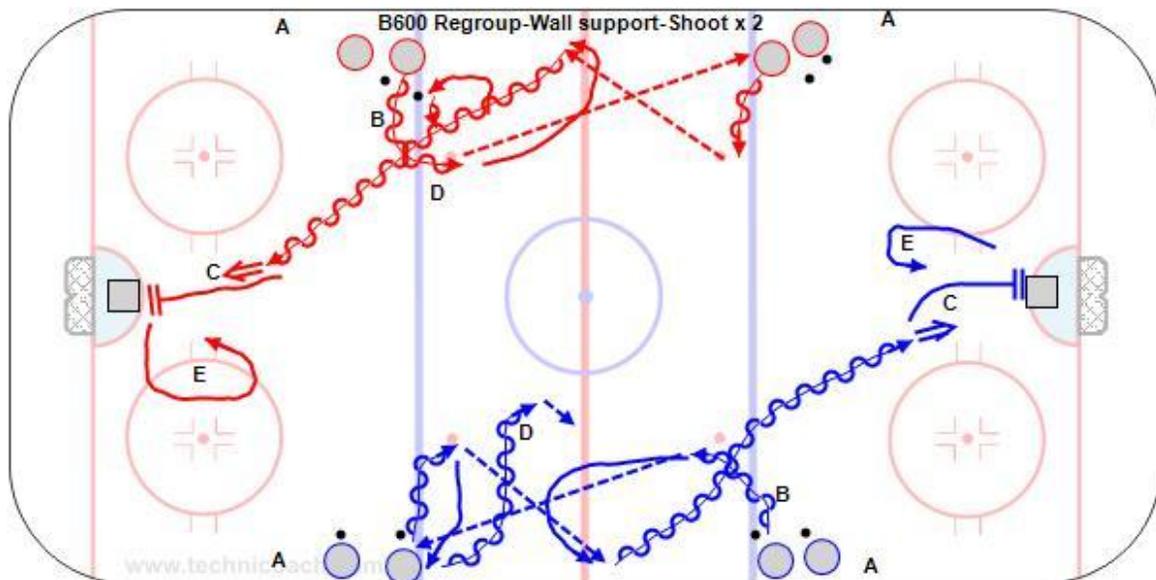
Key Points:

Give a target, face the puck, shoot while skating, follow the shot for a rebound, pass while skating.

Description:

- A. 1 from diagonal blue line skate out and pass to 2.
- B. 2 skate to 'big ice' and pass to 1 who posts up on the wall.
- C. 1 skate in and shoots and follows the shot for a rebound.
- D. 2 get a new puck and repeat by passing to 3 and shoot at the other end.
- E. After shooting rebound for the next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141026091335255>



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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100830111239380>



B600 Stretch Pass x 2 – Pro

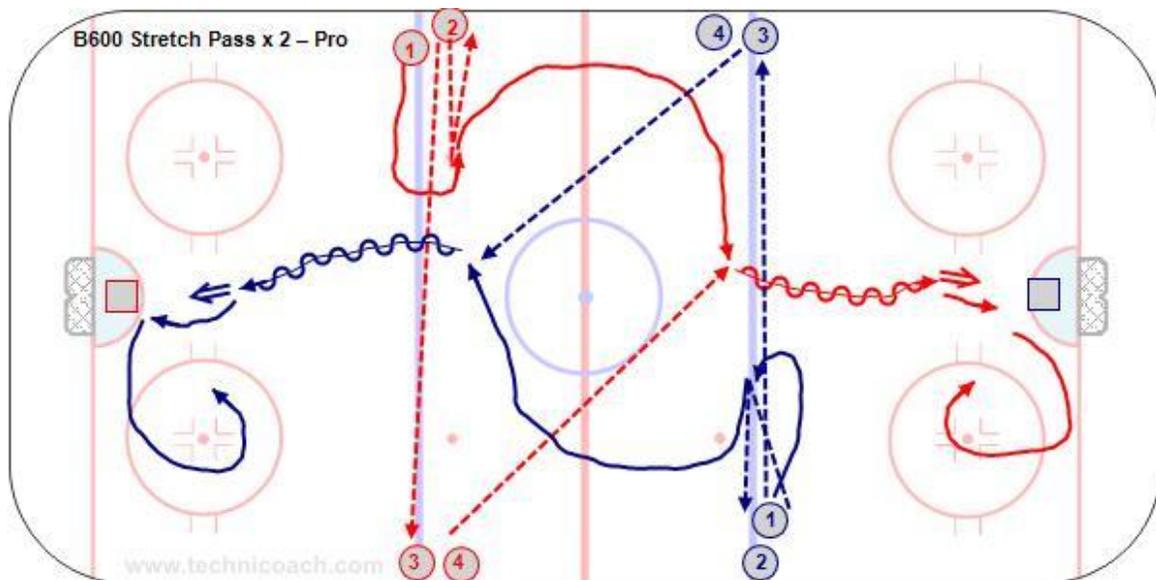
Key Points:

Keep skating all the time. Give a target. Follow the shot for a rebound. Circle back to rebound for the next shooter.

Description:

1. Start at the four blue lines.
2. One's from diagonal corners skate out and back.
3. Two exchange the puck with one.
4. Two pass across the blue line to three.
5. One's stretch and get a pass from three.
6. One's shoot rebound and rebound for the next shooter.
7. Repeat with three's.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140113144434663>



B600 Up-Back-Cross Pass x 2 - Pro

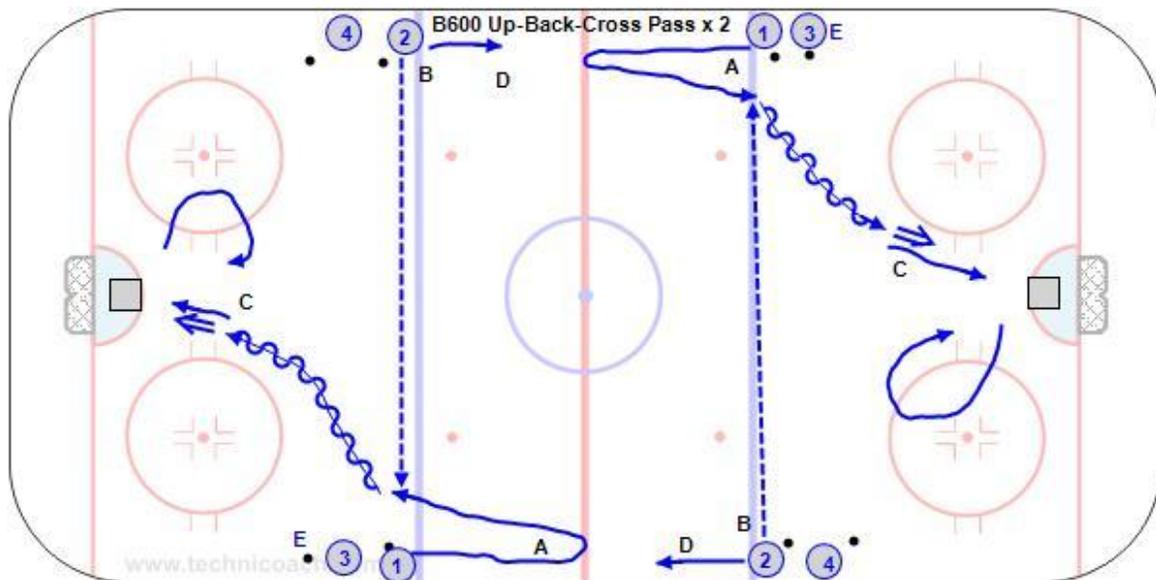
Key Points:

Face the puck, give a target, shoot while skating, follow the shot, rebound for the next shooter.

Description:

- A. #1's leave from diagonal blue lines and skate up to the red line then break back toward the net.
- B. #2's pass across the ice to #1's.
- C. #1's skate in and shoot and follow the shot for a rebound then circle back and rebound for #2's.
- D. #2's skate up and back and get a cross ice pass from #3's.
- E. Continue this flow from diagonal corners.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141022091815269>



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.

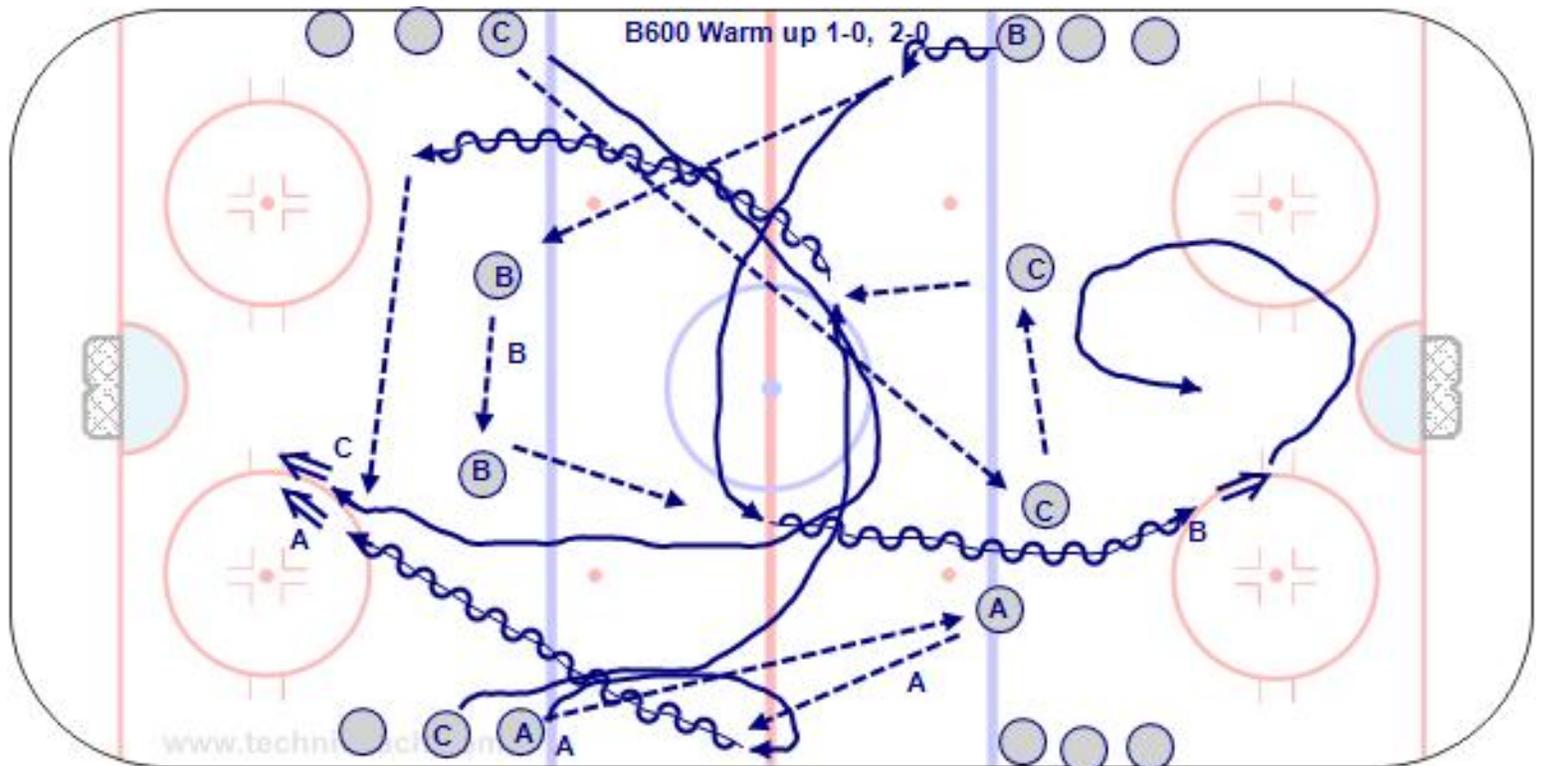
Description:

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.



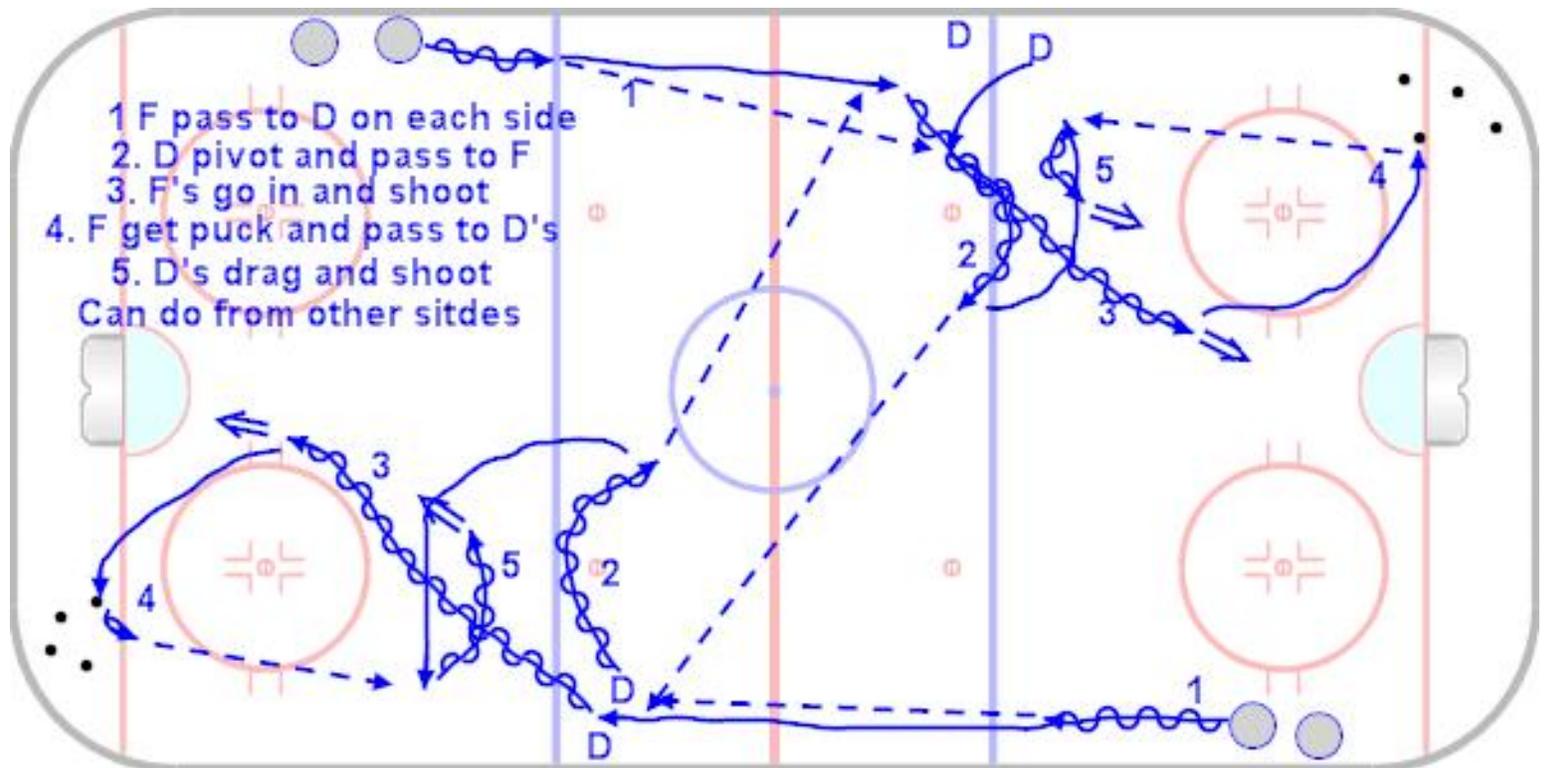
B600 Wideman Pass and Point Shot

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.



B600, 2-0 – Pro

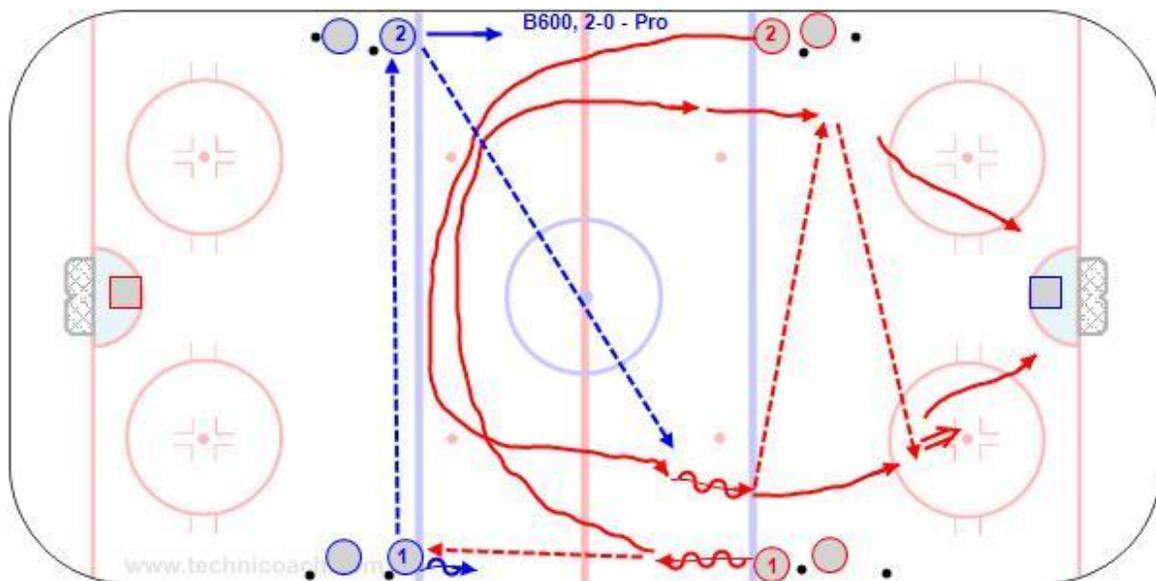
Key Points:

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

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013031209411766>



B600, 2-0 Wide Middle x 2 – Pro

Key Points:

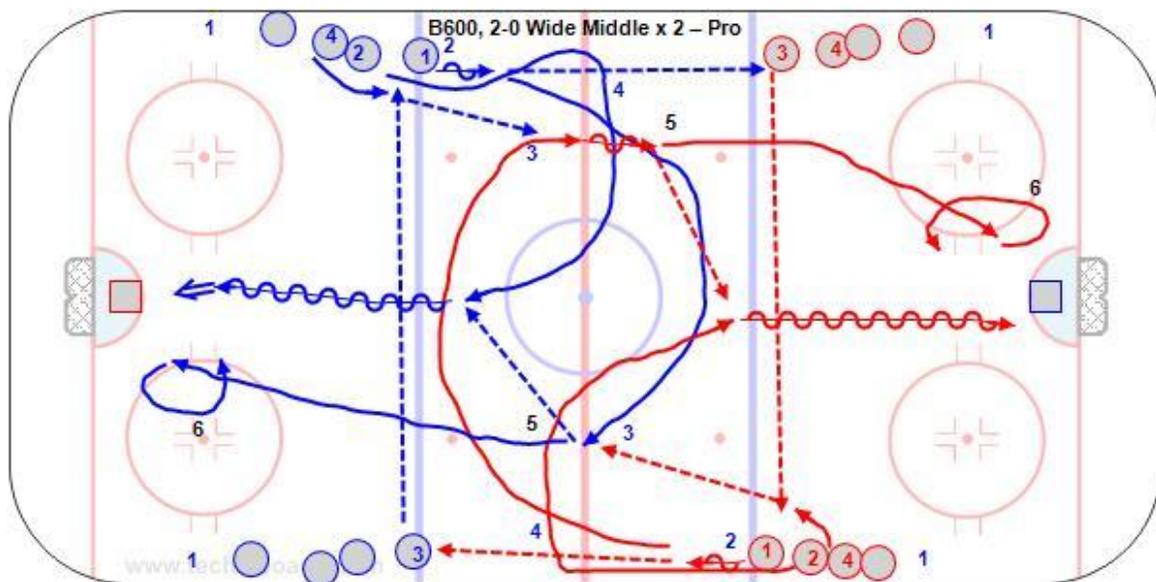
Give a target and time the skating. Hard passes, mirror the puck, stretch, shoot, rebound.

Description:

1. Players line up at the four blue lines. This is done from both ends.
2. Two players leave and 1 pass up to 3 at the far blue line who passes across the ice to 4.
3. Player 1 mirror the passes and get a pass from 4.
4. Player 2 skate up to the red line and then across the far blue line for a stretch pass.
5. Player 1 pass to player 2 and join him to attack 2-0 vs. the goal.
6. Player who does not shoot circle back to rebound for the next attack.

*No whistles! Players observe and leave when the puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130806144401936>



B5 B600 1-1, 2-1

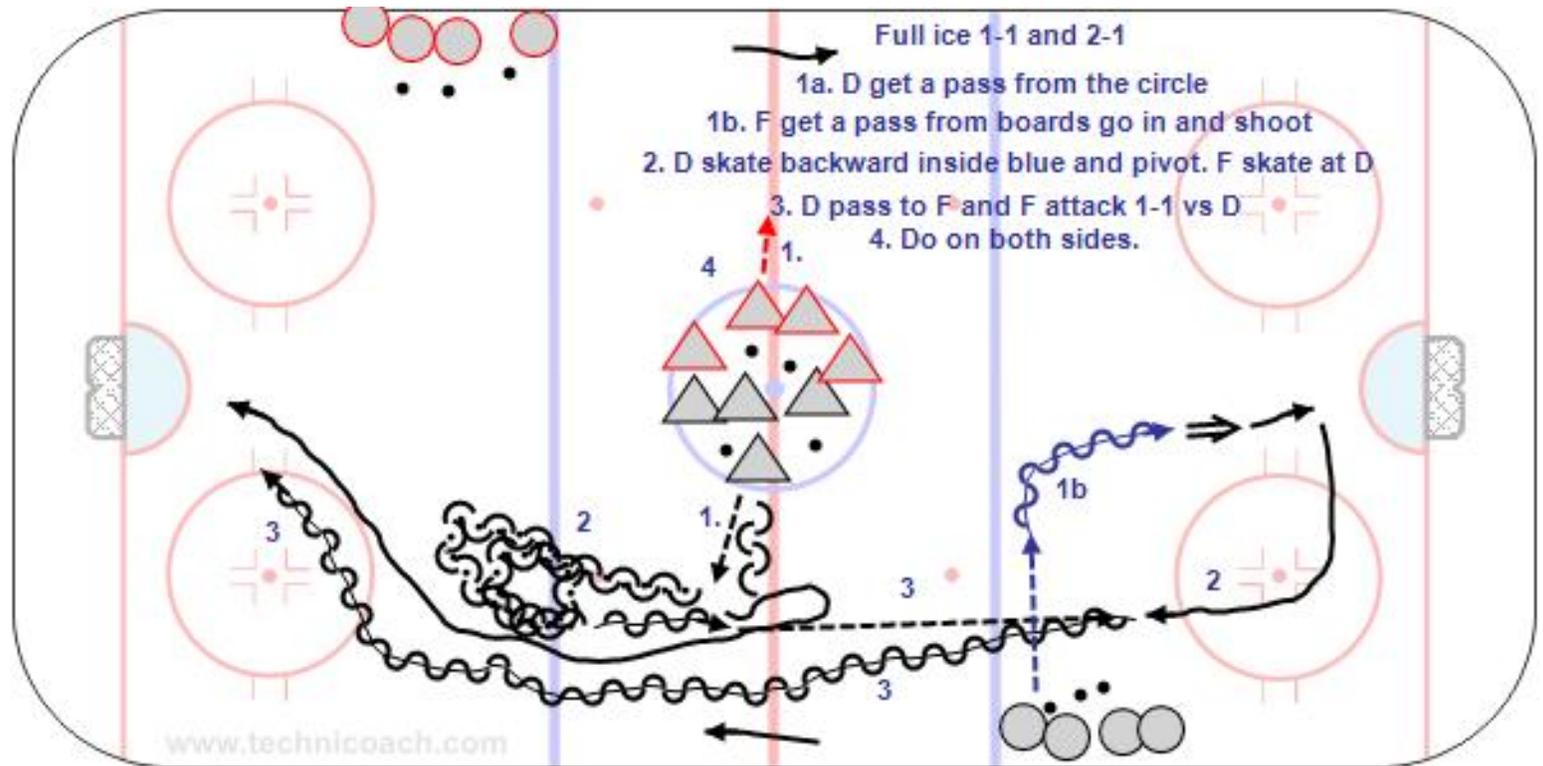
Key Points:

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.



C1-B600 1-1 - Slovakia U20

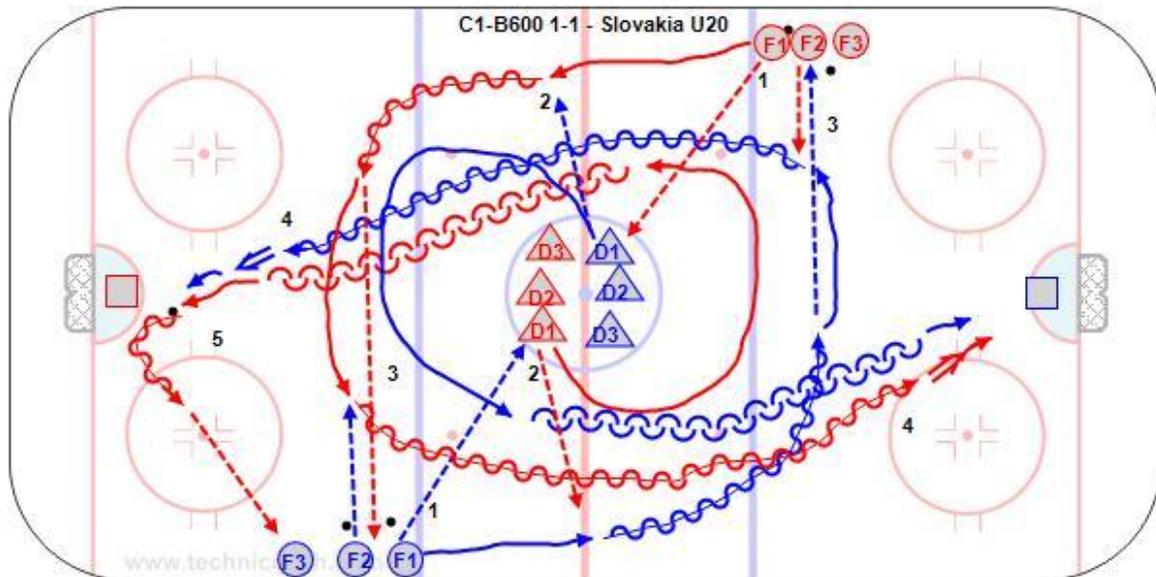
Key Points:

Make crisp passes and then skate and give a target. Hard fakes and try to beat the D. D always play the attack from the defensive side and get a close gap as soon as possible. D tie up the F stick after the shot and F follow the shot for a rebound. Always finish drills with the D tying up the stick after the shot and then pass a loose puck to the line up or a coach. The forward always go for a rebound.

Description:

1. RF1 and BF1 pass to the opposite colour D1's.
2. RD1 and FD1 pass back to the opposite colour F1 and mirror their skating across.
3. RF1 and BF1 pass to the opposite colour F2 who return the pass.
4. RF1 attack vs. BD1 and BF1 attack vs. RD1.
5. Both forward and defense play the rebound. If the D get it they should pass to the last forward lined up at the blue line to finish the play.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121204150703301>



B600-C3 1-1 From Blue Line

Key Points:

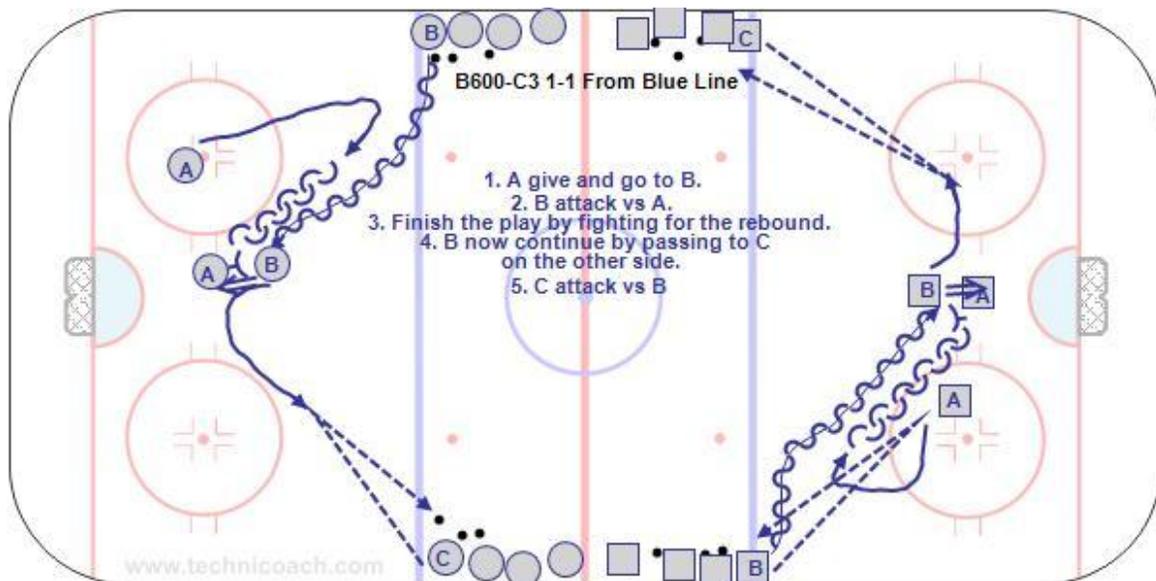
Defender close the gap, stay on the defensive side, stick on the puck, stay with the attacker after the shot.

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.



C1- B600 1 on 1- U16 Boys

Key Points:

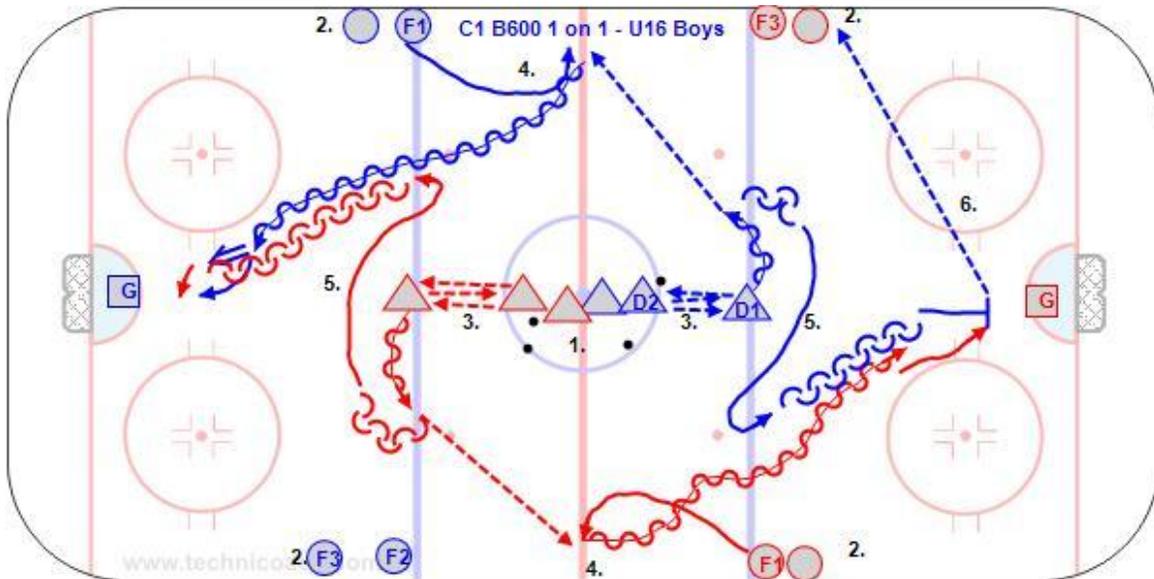
Defender should close the gap using lateral and back skating keeping the stick on the puck and defensive side. Attacker use moves and fakes but skate at full speed and protect the puck always when within a stick length of the defender.

Description:

1. Defense line up inside the middle circle in C1 formation.
2. Forwards line up at the four blue lines on the boards in B600 formation. White forwards get a pass from the white D and attack vs. the blue D.
3. Start with D1 at each end one touch passing back and forth with D2 at the front of each line.
4. F1 skate into the neutral zone and post up for a regroup pass from their D1 on each side.
5. After passing each D1 defends on the other side vs. the opposite team F1.
6. Finish the play with D1 maintaining D side and taking F1's stick and F1 fighting for a rebound.

*A good habit to install is have D1 pass to a forward at the back of the line on either side, or a coach if he regains the puck. This gets them used to finishing the play.

mediagallery/media.php?f=0&sort=0&s=20120821112555656



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 sideway 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

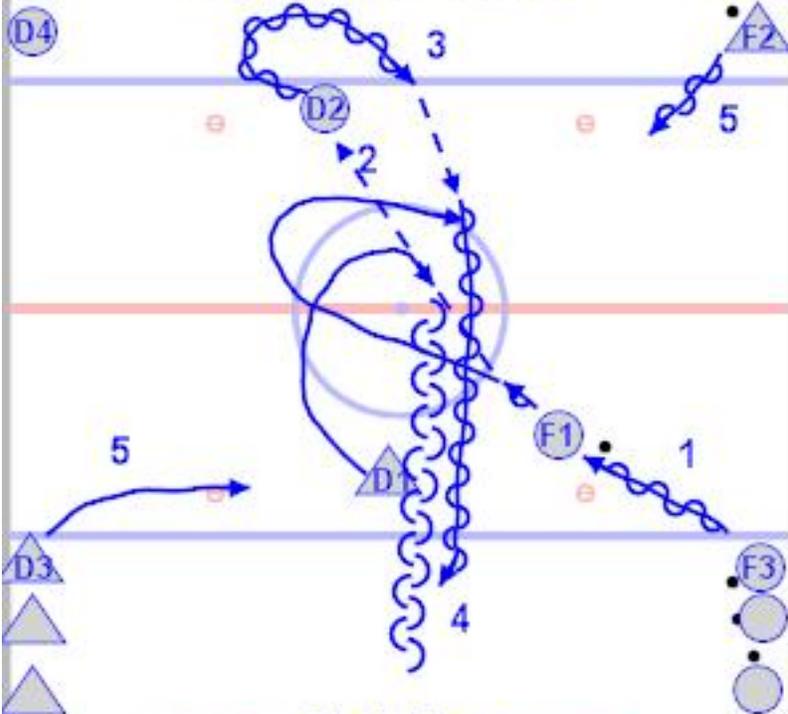
3. D2 drive skates and passes to F1

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,

C3-B600 2-1 x 2 – Pro

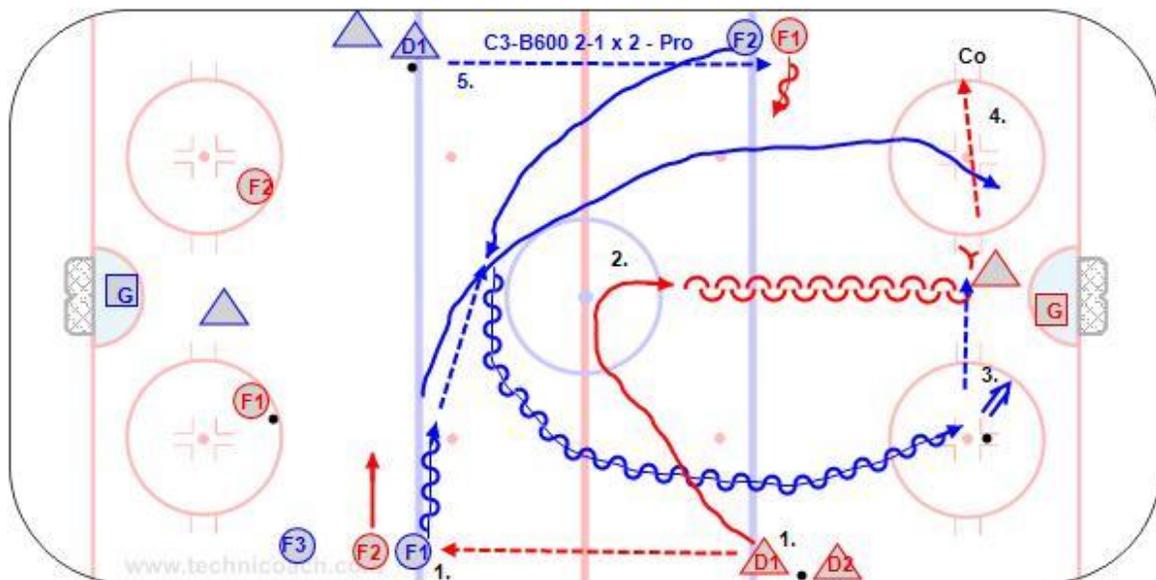
Key Points:

Offense should attack with speed and force the D to make a decision early by the first play near the blue line. This allows for a second play. D should delay the attack as much as possible and defend the most dangerous player allowing a bad angle shot.

Description:

1. Red D1 pass to Blue F1.
2. Blue F1 and F2 cross in the neutral zone and attack Red D1 2 on 1.
3. Blue F1 and F2 continue until they score or the goalie freezes the puck.
4. Red D1 defend and pass to the coach when they get the puck.
5. As soon as the puck enters the offensive zone Blue D1 Pass to Red F1 who attack in the other direction with Red F2 vs. Blue D1.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121018083929697>



C600 - 2 on 2 x 2 – Pro

Key Points:

Defenders play tight gaps, forwards create a 2-1 on one of the defenders, attack with speed. Defense box out and take sticks after the shot.

Description:

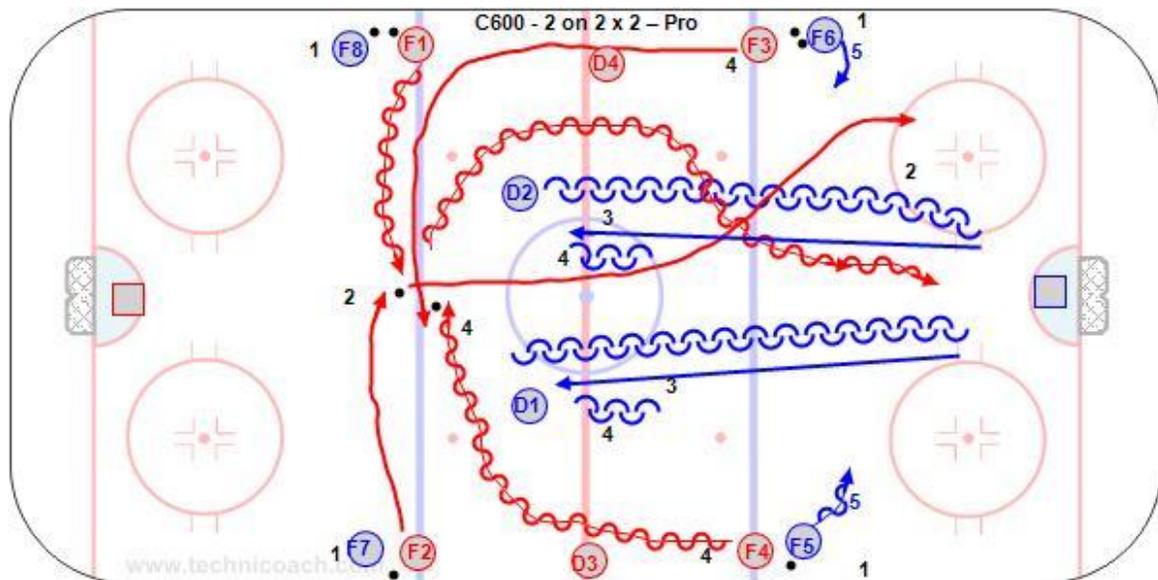
1. Forwards start from the four blue lines and D from the red lines.
2. F1-F2 cross and drop and attack D1-D2.
3. After the first attack D1-D2 skate to the neutral zone
4. F3 – F4 cross and drop from the far blue line and attack 2-2 vs. D1-D2.
5. Repeat with F5-F6 attacking the other net vs. D3-D4.

**To add a component F3-F4 could follow the rush and get a pass from D1-D2 then cross and drop at the far blue line and attack D1-D2.*

**The same sequence can be used 1-1, 1-2, 2-2, 3-2 vary the situations randomly.*

**Give a time to score like 10" on the first rush so the players fight for rebounds and make a second play before the whistle. This adds lots important of components to the drill.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140926101333238>



C600 - 4-0 Regroup - 3-0 - 3-2 x 2 – Pro

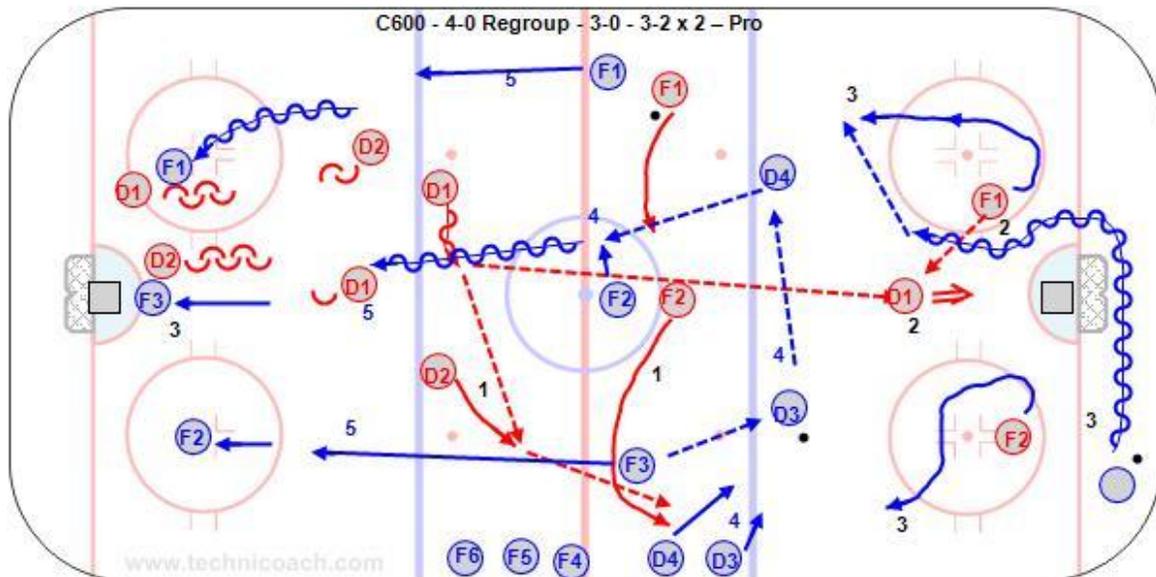
Key Points:

Middle D jump up to take the shot on the first rush. Attack with speed and support from all three lanes.

Description:

1. Start with a neutral zone regroup F1-F2 with D1-D2.
2. F1-F2 attack the net and the middle D join and shoot the trailer pass.
3. F3 start a 3-2 rush with F1-F2 vs. D1-D2.
4. D3-D4 follow and get a new puck to regroup with D1-F2-F3 in the neutral zone.
5. F1-F2-F3 attack 3-2 vs. D1-D2 a second time.
6. Repeat with F4-F5 regrouping with D3-D4.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140930091509668>



C600 Continuous 3-1 with 2F and 1D - Finland U20

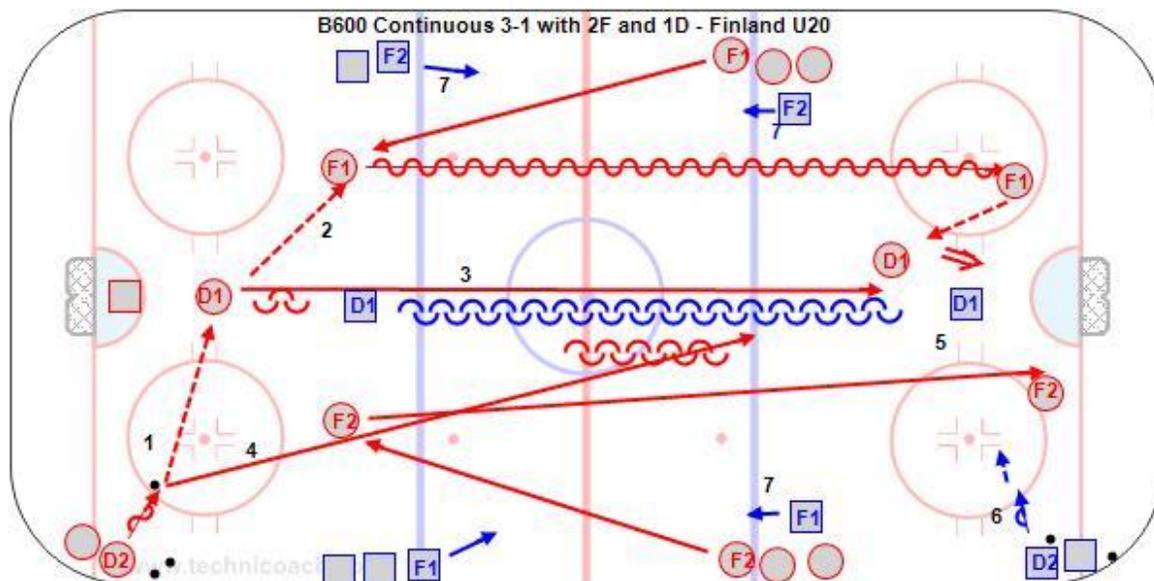
Key Points:

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/mediagallery/media.php?f=0&sort=0&s=20140901205708589>



B600 Timing and 1-1 - Pro

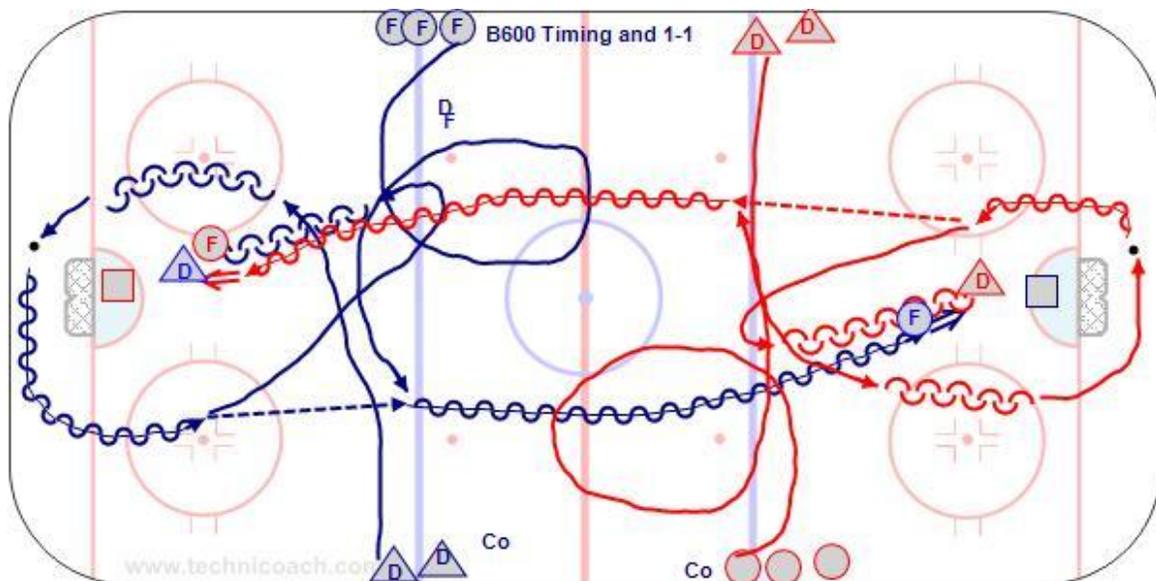
Key Points:

The D pivots and the forward comes back to the puck timing it so the D can make the pass. D should try to tighten the gap to a stick length as soon as possible.

Description:

1. Forwards on one side and D on the other at both bluelines.
2. D's skate across the ice back to check up ice then turn and get the puck.
4. F's circle in the nzone and come back to the puck with good timing and a target.
5. D's pass to the F's.
6. F's skate down one side each.
7. D skate to the other side and defend the 1-1 vs the forward from the other end.
8. Could also be done 2-1.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090823122851174>



C3-B600, 1-1 x 2

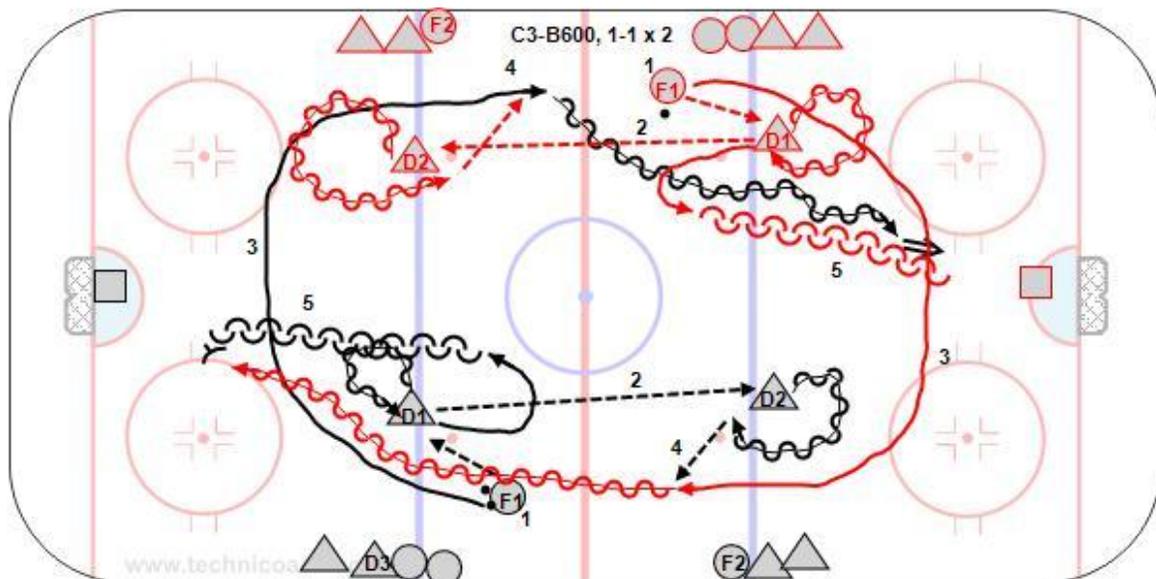
Key Points:

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090812173641629>



C3-B600, 2 on 1 x 2 – Pro

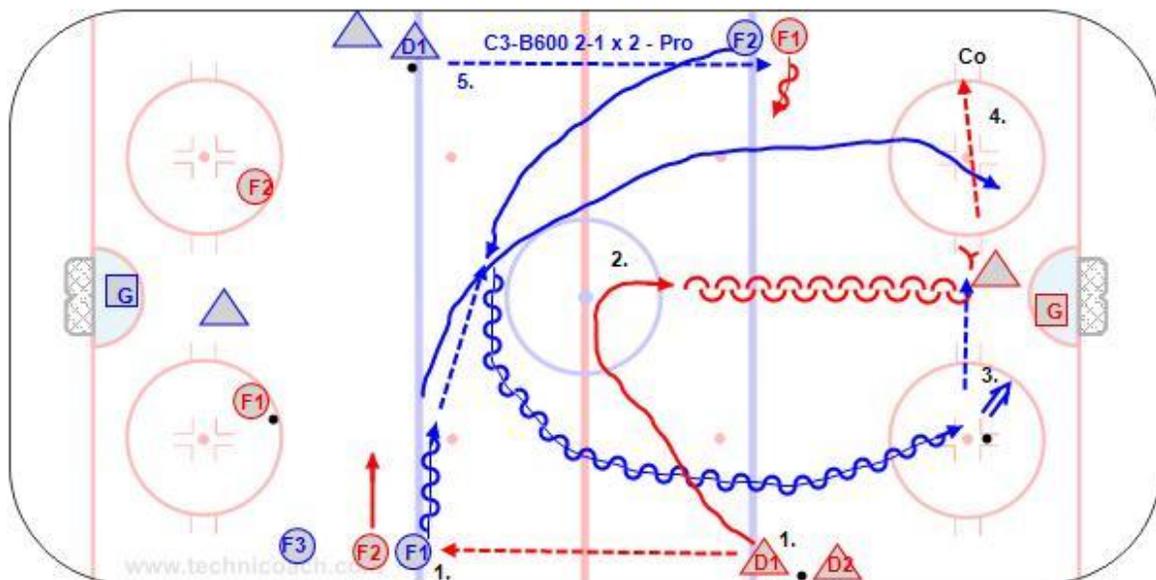
Key Points:

One high one low, one fast one slow on the attack. D identify the most dangerous attacker and shots from the middle. No whistles so players have to watch and start toward the open end of the ice.

Description:

1. F's line up at diagonal blue lines and D's at opposite diagonal blue lines.
2. D1 pass up the boards to F1.
3. F1 skate to the middle and pass to F2 who crosses behind as D1 closes the gap.
4. F1-F2 attack 2-1 vs. D1.
5. Coach mirror the play from the high slot. (A player could also do this)
6. D2 pass to F3 and F4 skate back and cross to attack D2 the other way.
7. Finish the attack with a goal, frozen puck or D pass to the coach.
8. Players watch to see which attack is finished and start the 2-1 in that direction.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130717135909954>



B600 Skating for Quick Feet

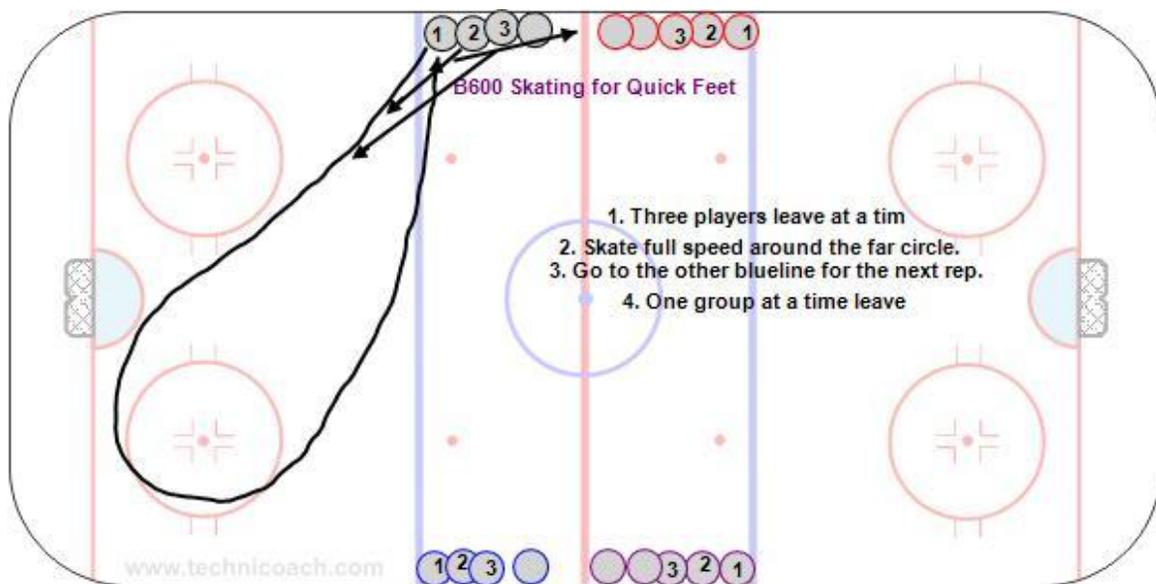
Key Points:

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100915073922633>



T2-B600 Isolate Wide D on 2-2 – Pro

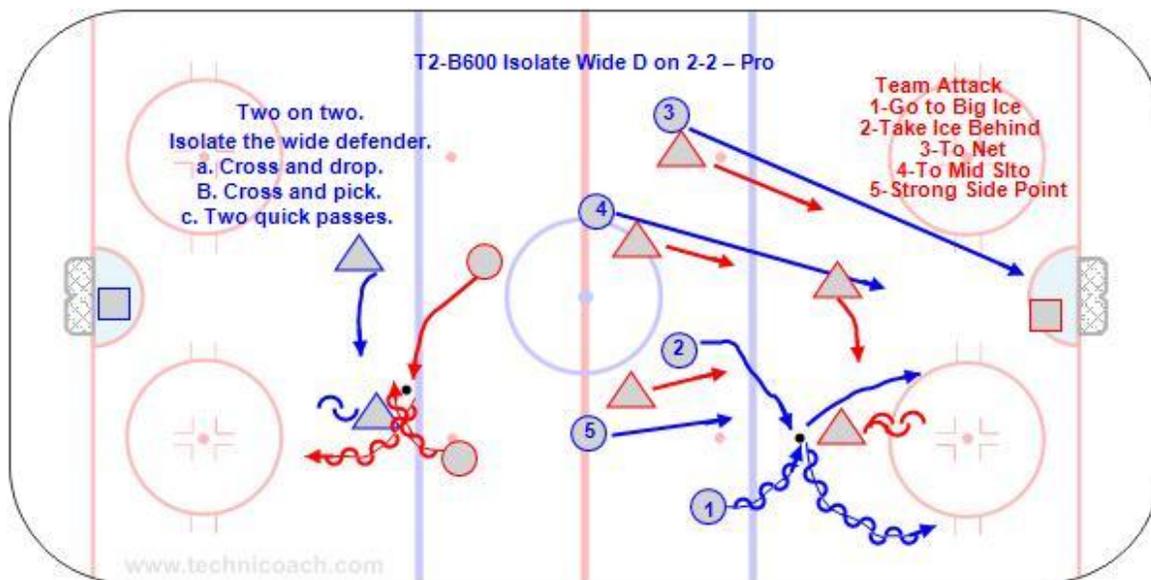
Key Points:

Create 2 on 1's on attacks when the defenders are on the defensive side.

Description:

1. Two or more attackers approach an equal or outnumbered situation such as a 2-2, 2-3, 3-3.
2. Isolate a wide defender by attacking with two players.
3. Force the defenders to decide to stay man or man or switch.
4. The player without the puck cross and take the ice behind.
5. The next player over the blue line go to the net and the fourth player join the attack in the mid slot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121114085725881>



B5-B600 Quick ups x 2 - Latvia U20

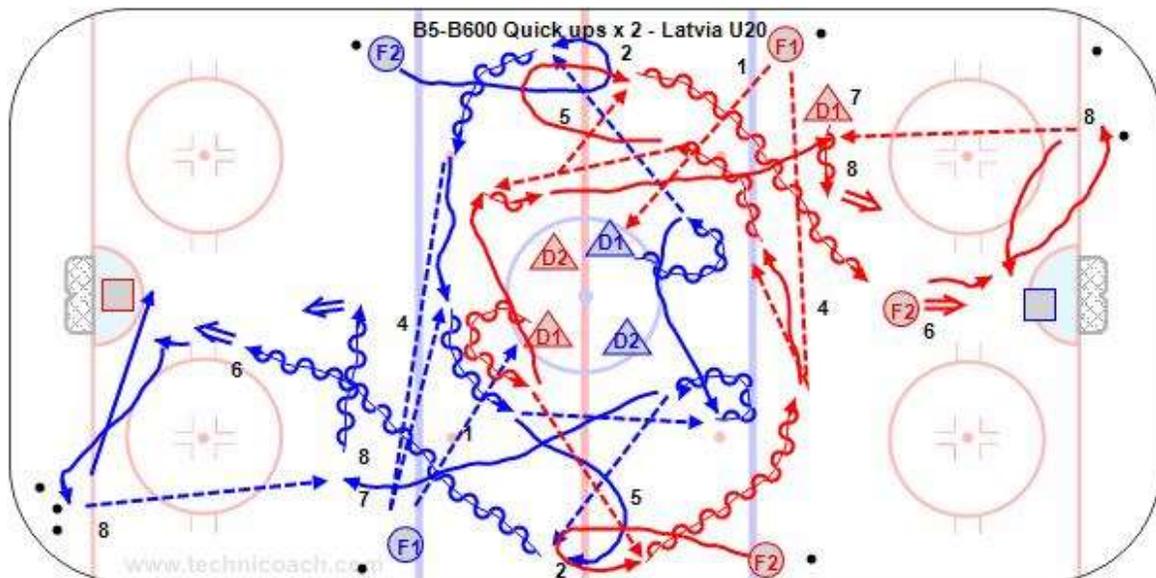
Key Points:

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>



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>



B5-B600 3-0 Breakout-Shoot-Cycle-F or D Shoot – Finnish U17

Key Points:

Do everything with quick feet. Make hard passes and D follow the play right away. Forward go to the 'Big Ice' between the dots with the puck.

Description:

1. Start in the middle circle and 2 F regroup with one D.
2. Attack 2-0 and D follow.
3. Shoot then rebound.
4. Forward pick up a puck in the corner and cycle once and go to the net and shoot.
5. Second option: get a new puck - cycle and pass to the point and screen or shot pass.
6. Do this from both sides.

http://www.hockeycoachingabcs.com/filemgmt_data/B5%203-0%20Breakout-ShootCycle-F%20or%20D%20Shot-Finnish%20U17.3gp

