

Skating: Passing and Receiving

PURPOSE:

To practise backward stops and forward quick starts while carrying the puck.

METHOD:

Position the players in two lines, one at center ice (A) and the other along the blue line (B) facing center ice. The first player from line B starts skating backwards toward the near face-off dot. At the face-off dot, he stops and immediately receives a pass from the first player in line A. He then skates forward quickly and returns the pass to the other skater as that man crosses the blue line for a shot on net. The players then change lines. Use both ends of the ice.

IMPORTANT:

The player at center ice should be stationary when making the pass and then start quickly skating with his stick on the ice.

VARIATION:

An additional player at either side of the net gives a pass for a second shot on net.

Skating: With Backward Stop and Quick Start

PURPOSE:

To practise backward stops and forward quick starts while handling the puck; to practise passing and receiving.

METHOD:

Divide the players into two groups at the center red line, as shown in the diagram. Have two or three defensemen from each group move to the blue line and face the other players. Drill A differs from drill B only in the path taken by the forward. In A he skates along the boards, in drill B, up the middle of the ice. The defenseman skates backwards, receives a pass from the first forward in the line, stops and starts carrying the puck out of the end zone. When the defenseman crosses the blue line, he passes back to the forward, who is now breaking up the ice. The forward skates in for a shot on goal.

IMPORTANT:

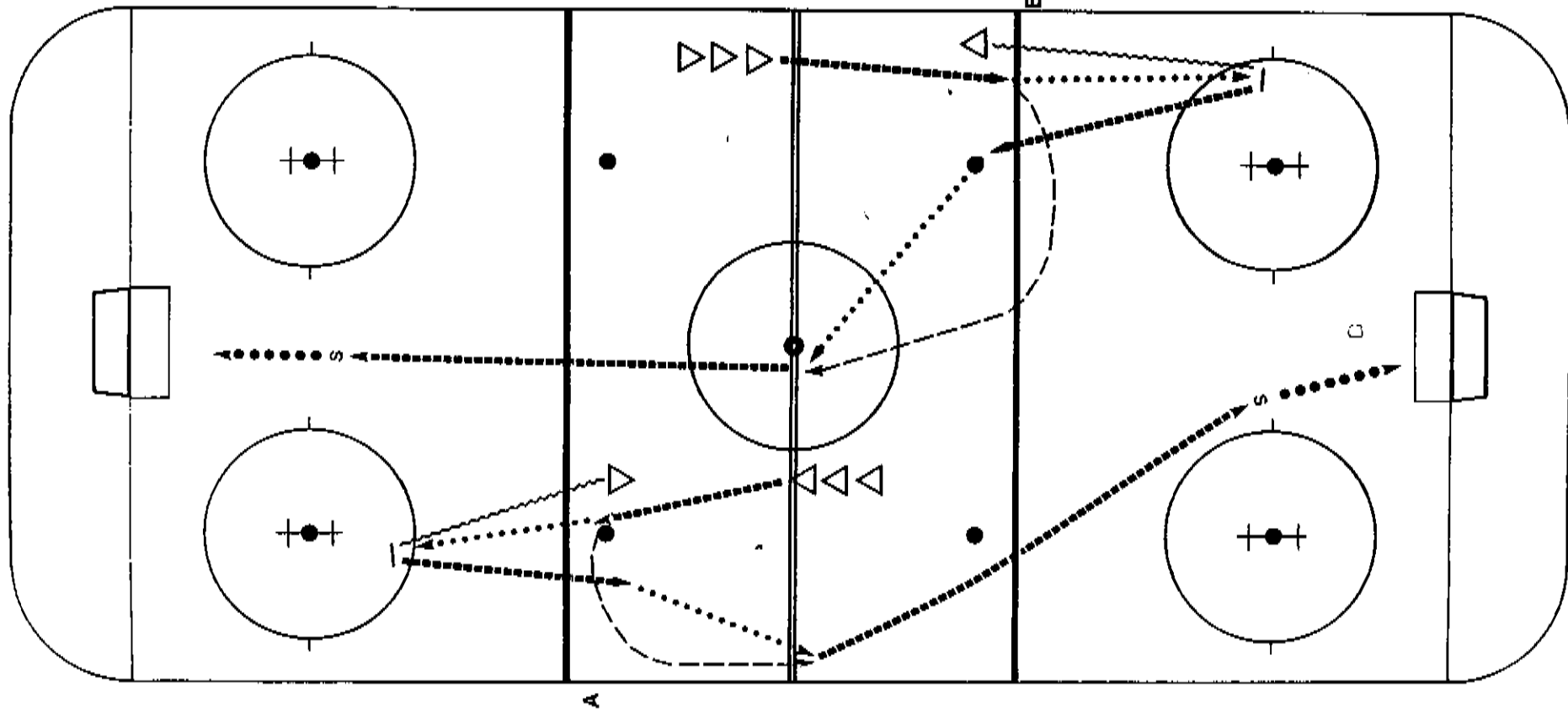
The defensemen must stop quickly, start quickly, and keep their heads up at all times. Players must be sure the puck is on the blade of the stick when they start forward.

VARIATION:

- Use additional defensemen at the center line to create one-on-one situations.
- The defensemen, after completing the pass, chase the forwards.

LEVEL 2 DRILL 2

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- Player skating with the puck
- Path of puck when passed
- ⊢ Drop pass
- Backwards skating without the puck
- Backwards skating with the puck
- ↑ Forward
- Defenseman



LEVEL 1
DRILL
3

Puckhandling: Using Various Fundamental Skills

PURPOSE:

To improve puck control and stationary passing.

METHOD:

Players form two groups, one along each side of the ice. Each member of one group has a puck and a partner in the second group. Each player with a puck skates across the ice carrying the puck, pivots around his partner, and returns to his starting point. The puck is then passed across to the partner, who repeats the pattern.

This progression should follow:

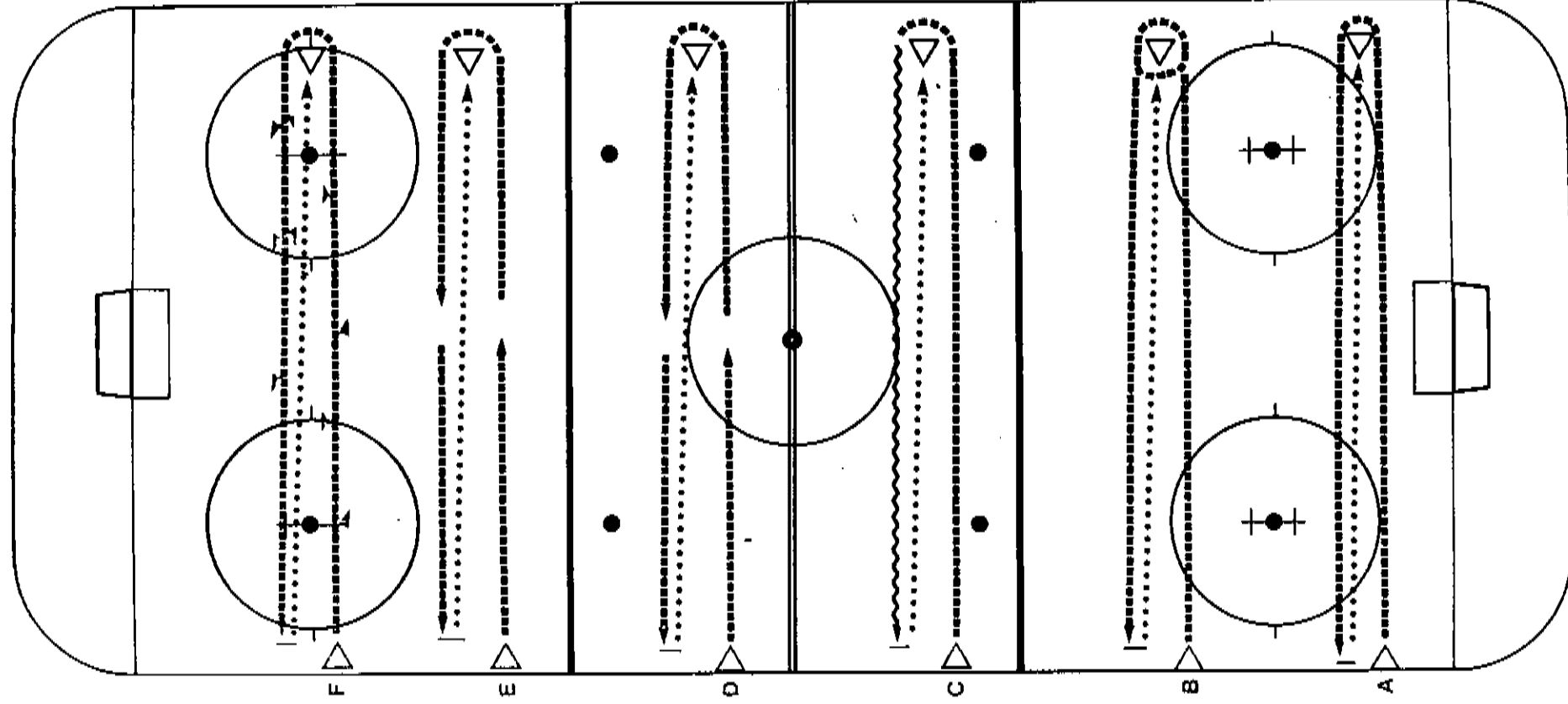
- A. Stickhandle forward, repeating the pattern described in the original drill.
- B. Stickhandle forward and circle partner once before returning to the original position.
- C. Skate forward carrying the puck, pivot around the partner and return, skating backwards.
- D. While carrying the puck, fall to both knees at mid-point on the way over and back.
- E. While controlling the puck, spin completely around going over and coming back.
- F. While skating across the ice, make a series of single fakes; on the way back, perform a number of double fakes.

IMPORTANT:

Keep head up and maintain control of the puck. Make both backhand and forehand passes to partner.

LEVEL 1 DRILL 3

- ▲ Starier
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- Player skating with the puck
- Path of puck when passed
- Drop pass
- Backwards skating without the puck
- Backwards skating with the puck
- r Forward
- o Defenseman



LEVEL 4
DRILL
4

Passing: Pre-Game Warm-Up

PURPOSE:

To warm up the goaltender with shots from two different angles and to warm up the players with skating, passing, receiving, and quick shooting.

METHOD:

Players form three equal groups, as in the diagram. The first player in line from group A gives a leading pass to the first player in line from group B, who takes a shot on goal as soon as he crosses the blue line. The player from group A who gave the pass starts immediately toward center ice, cuts at the face-off dot and skates toward the net. As he crosses the blue line, he receives a pass from the first player in the line from group C and shoots, all in the same motion. The flow of players from group to group is as follows: the players from group A move to group C; players from group B to A; players from group C to B.

IMPORTANT:

- Shoot immediately and avoid slapshots.
- Do not deke the goaltender; the next shooter is right behind you.
- Start the drill by shooting into the goaltender's pads.

-

LEVEL 2
DRILL
5

Passing: Quick Passing While Static and While Moving

PURPOSE:

To develop the ability to give and receive short passes and to improve peripheral vision and anticipation.

METHOD:

A. STATIC: Position five players, evenly spaced, around a face-off circle. Passes are made to every second person (see diagram). In this example, player 1 would pass to player 3, player 3 would pass to player 5, player 5 to player 2, player 2 to player 4, player 4 to player 1, and then the cycle repeats, the passing pattern forming the shape of a star.

A variation of this drill is to add one or two pucks, but only after the five players have mastered the original drill.

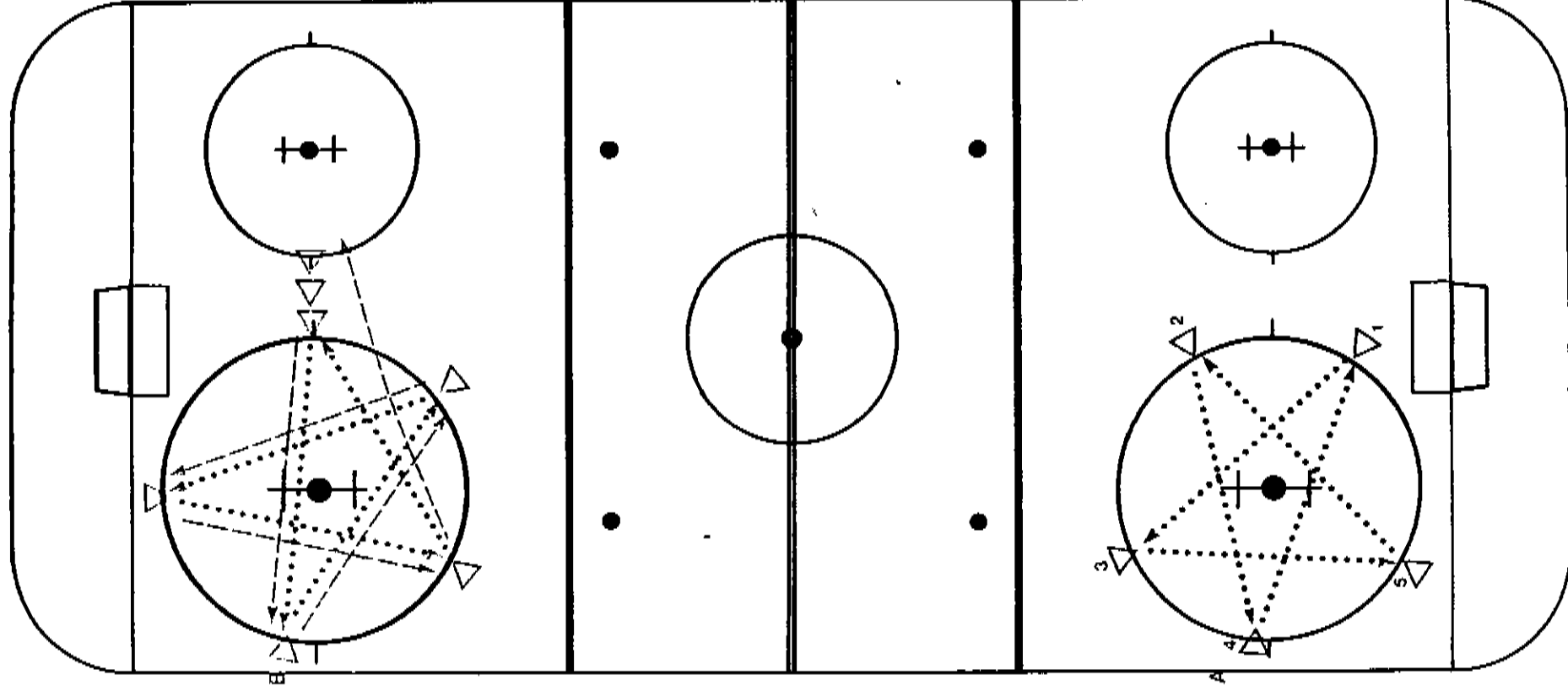
METHOD:

B. MOVING: The passing pattern is the same as in drill A. However, in this drill use eight or nine players. The extra players line up behind one of the positions (see diagram). Once a player gives a pass, he moves to the position where the pass was received.

IMPORTANT: Keep stick blade on the ice, head up and maintain a good skating stance, slightly bent at the knees and ankles.

LEVEL 2 DRILL 5

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- Player skating with the puck
- Path of puck when passed
- ⊞ Drop pass
- ~~~~~ Backwards skating without the puck
- ~~~~~ Backwards skating with the puck
- ↑ Forward
- Defenseman



LEVEL 3
DRILL
6

Passing: *Within a Small Area*

PURPOSE:

To develop the short pass, as well as quickness and anticipation.

METHOD:

A. Position four players on the edge of a face-off circle, so that they form a square (see diagram). Players 1 and 2 each have a puck and pass to players 3 and 4 respectively. Now players 1 and 2 exchange positions and player 1 (in new position) receives a pass from player 4. As well, player 2 receives a pass from player 3. Then players 3 and 4 exchange positions and receive a pass when they arrive at their new positions. The drill continues with the sequence for each player being: give a pass; receive a pass; give a return pass; return to starting position; receive a pass; give a pass; and so on.

IMPORTANT: While changing positions, players must keep facing the puck.

METHOD:

B. Position three players on the edge of a face-off circle, so that they form a triangle (see diagram). Players 2 and 3 each have a puck. To start, player 2 passes the puck to player 1 and receives a return pass from player 1. Then player 3 passes his puck to player 1 and also receives a return pass from player 1. Player 2 then passes to player 1. The sequence continues for one minute and then players 2 and 3 each take a turn as the principal receiver.

Passes should be given and received using the backhand as well as the forehand.

IMPORTANT: Keep the stick blade on the ice at all times.

METHOD:

C. Five players are in a group. Four position themselves on the perimeter of a face-off circle, with the fifth inside the circle. The four players around the circle pass the puck to one another, but in no set pattern. The player inside the circle tries to touch the puck when it is travelling from one player to another. If he succeeds, the player who made the pass moves inside the circle. If a pass is made between the skates of the player inside the circle without that player being able to touch the puck, then that player must remain inside the circle until he has touched the puck twice. The passes must travel through the face-off circle.

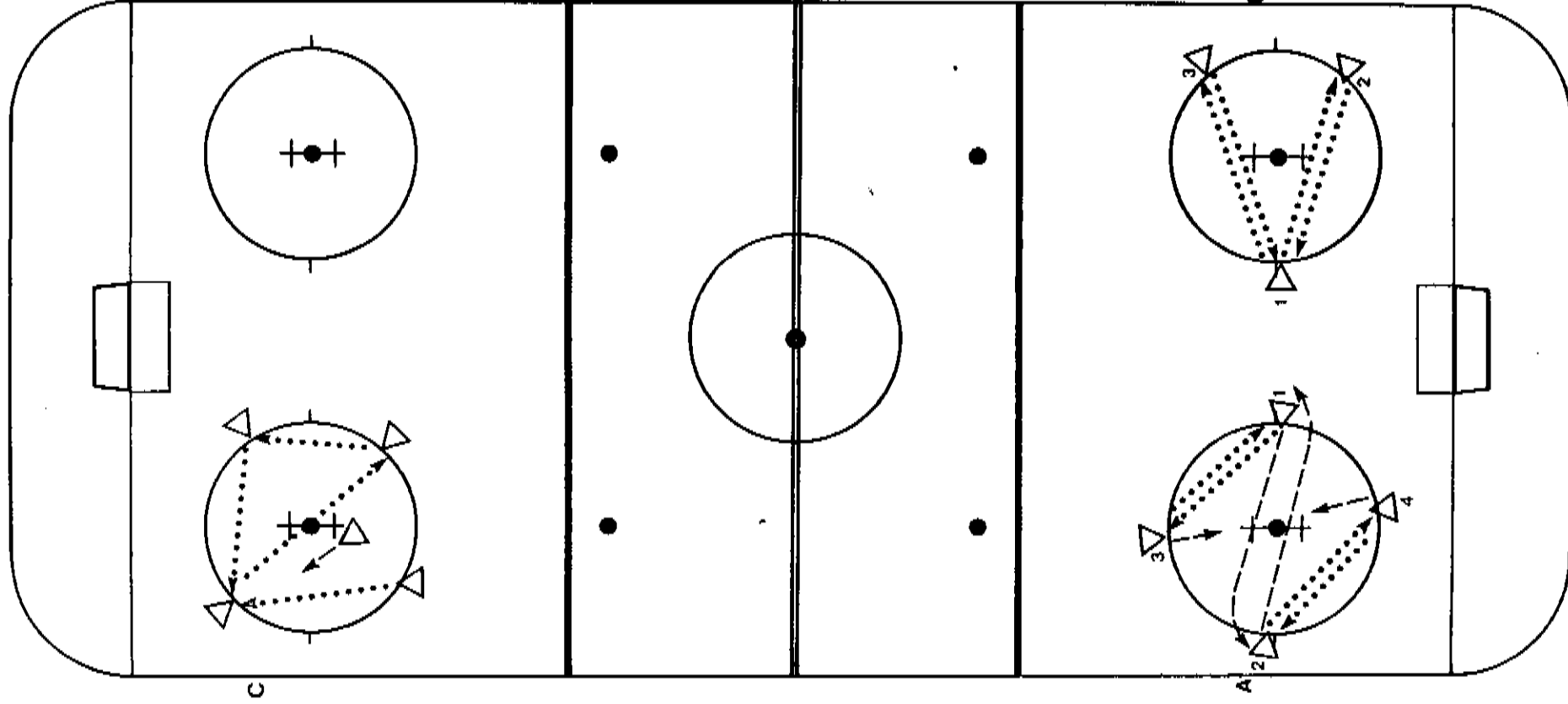
IMPORTANT: • Work on short passes over the stick of the player inside the circle.

• Practise faking a pass.

• All players should keep their stick blades square to the puck when receiving a pass.

LEVEL 3 DRILL 6

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- ==== Player skating with the puck
- Path of puck when passed
- ⊢ Drop pass
- ~~~~~ Backwards skating without the puck
- ~~~~~ Backwards skating with the puck
- ↑ Forward
- Defensemen



LEVEL 2
DRILL
7

Passing: Wide Pass across the Ice

PURPOSE:

To improve passing and receiving; to teach the passer to "lead" the player he is passing to.

METHOD:

Position one player at each of the four face-off dots outside the blue lines. The remaining players form two lines at opposite corners and in different ends of the ice. The first player from each line skates up the ice with a puck (along the boards) and makes a pass across to the player on the far face-off dot (as in diagram). He then receives a return pass, passes across the ice to the player on the next far side face-off dot and receives a return pass. He then moves in for a shot on net and skates to the end of the other line. The next player in each line follows immediately after the first exchange of passes by the player in front of him.

IMPORTANT:

- Do not attempt this drill at top speed and be sure passes are accurate.
- Do not slap passes.

VARIATION:

- Do the drill working out of the other two corners, in order to practise both forehand and backhand passes.

LEVEL 3
DRILL
8

Passing: With Circling Defenseman

PURPOSE:

To develop timing, combined with passing accuracy; to improve skating, mobility and anticipation.

METHOD:

Position two lines of players with pucks in opposite corners and have two defensemen circling around the center face-off circle. The first player from each line starts skating along the boards and makes a pass to the defenseman facing him (defensemen are continuously moving). The player breaks down the ice at full speed and receives a return pass from the defenseman, crosses the blue line and shoots. He then moves to the end of the line at the opposite end of the ice. The defensemen receive and give passes to players from both lines and substitutions for the defensemen should be made after approximately one minute.

IMPORTANT:

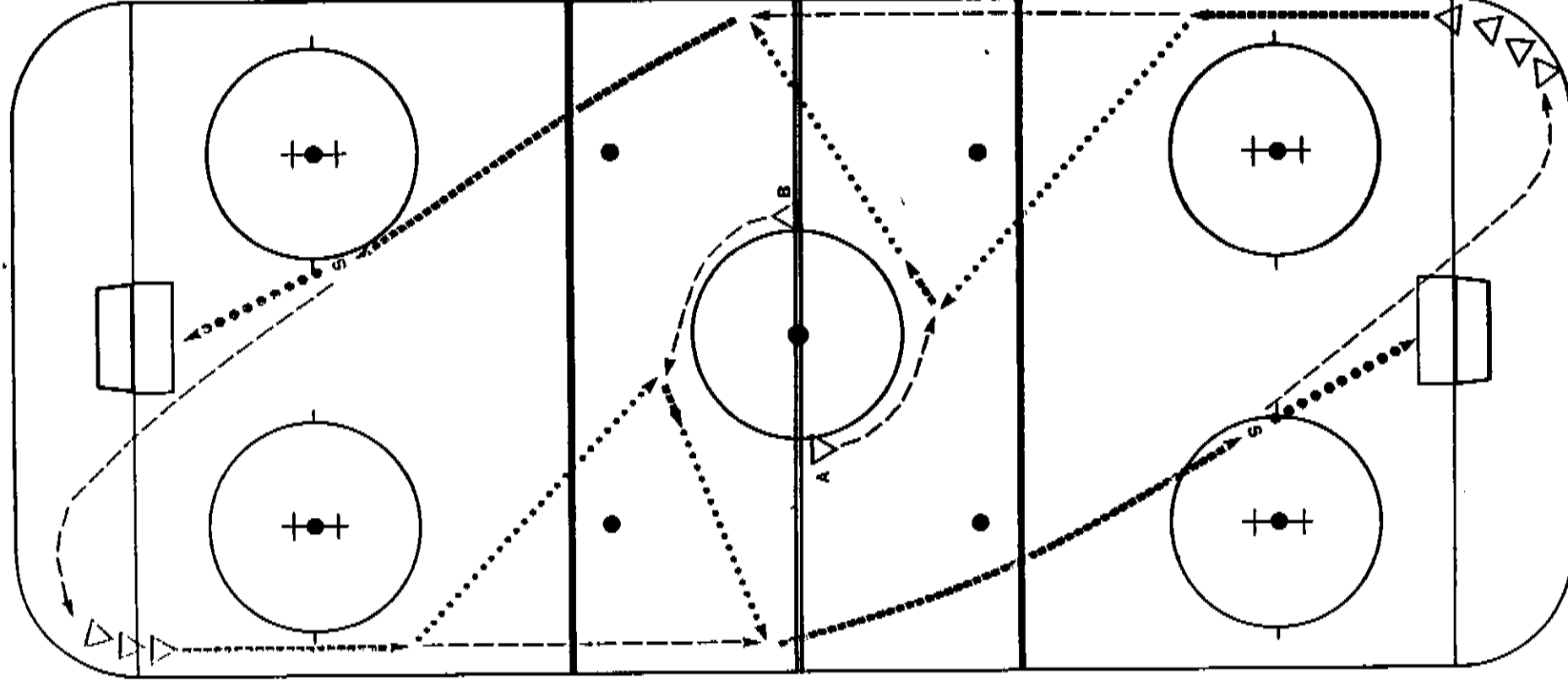
Be sure not to start skating too soon or too late. A player should start moving when the player before him has received and controlled the pass from the defenseman.

VARIATION:

- Assign an additional player to a spot beside each net. This player receives and gives a pass to the shooter coming in on net.
- Add a give-and-go pass at the second blue line.
- After receiving the return pass, create a one-on-one situation. To execute this drill, a constant replacement for the defensemen in the center face-off circle can be supplied from positions A and B.

DRILL 8

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- Player skating with the puck
- Path of puck when passed
- ⊥ Drop pass
- Backwards skating without the puck
- ~~~~~ Backwards skating with the puck
- ↑ Forward
- Defenceman



LEVEL 5
DRILL
9

Passing: Over the Entire Ice Surface, as in Game Situations

PURPOSE:

To develop passing accuracy with many types of passes.

METHOD:

Form two lines of forwards along the boards at one end of the ice and two lines of defensemen on either side of the net at the same end. One player stands in the corner at the opposite end (see diagram). The defensemen (numbered 2 in diagram) and the player at the opposite end of the ice have pucks.

The first defenseman in line 2 passes across to the first defenseman in line 3. This defenseman then makes a crisp pass to the first forward in line 1 who is breaking up the ice, along with the first forward in line 4. The forward with the puck passes across the ice to the other breaking forward, who carries the puck over the blue line and takes a shot on net.

The forward who gave the pass continues skating down the ice, cuts around a marker on the edge of the face-off circle, receives a pass from the player in the opposite corner and shoots.

The two defensemen who initiated the break-out have continued to the blue line, where the defenseman from line 3 picks up a puck and passes it across to the defenseman from line 2.

Meanwhile, the second player from each forward line positions himself on the near face-off dot. Forward 4 receives a pass from defenseman 2. He passes across to forward 1, who takes a shot on net.

The forwards quickly swing back to their original positions and the sequence is repeated.

IMPORTANT:

- Start the drill slowly.
- Keep the head up.
- Have forwards take up a different position in line each time, so they practise the various skills.

LEVEL 3

DRILL 10

Passing: Drop Pass while Crossing

PURPOSE:

To practise the drop pass when crossing and skating at top speed. Very useful in a two-on-two situation.

METHOD:

Position players in two lines in the corners at one end of the ice. One player is in the corner at the opposite end. Place four markers at the blue lines, as shown in the diagram. The first players in the two lines — one of them carrying a puck — skate toward the markers on the opposite side of the ice, crossing in the slot area in front of the net. The player with the puck makes a drop pass in the slot and both players continue around the markers, crossing at center ice for another drop pass. A forward pass is made at the opposite end, resulting in a shot on goal. The other skater takes a pass from the opposite corner for another shot on goal.

IMPORTANT:

- Do not pass the puck back — drop it.
- Keep the stick on the ice.
- Do not make it obvious that the puck will be drop-passed.

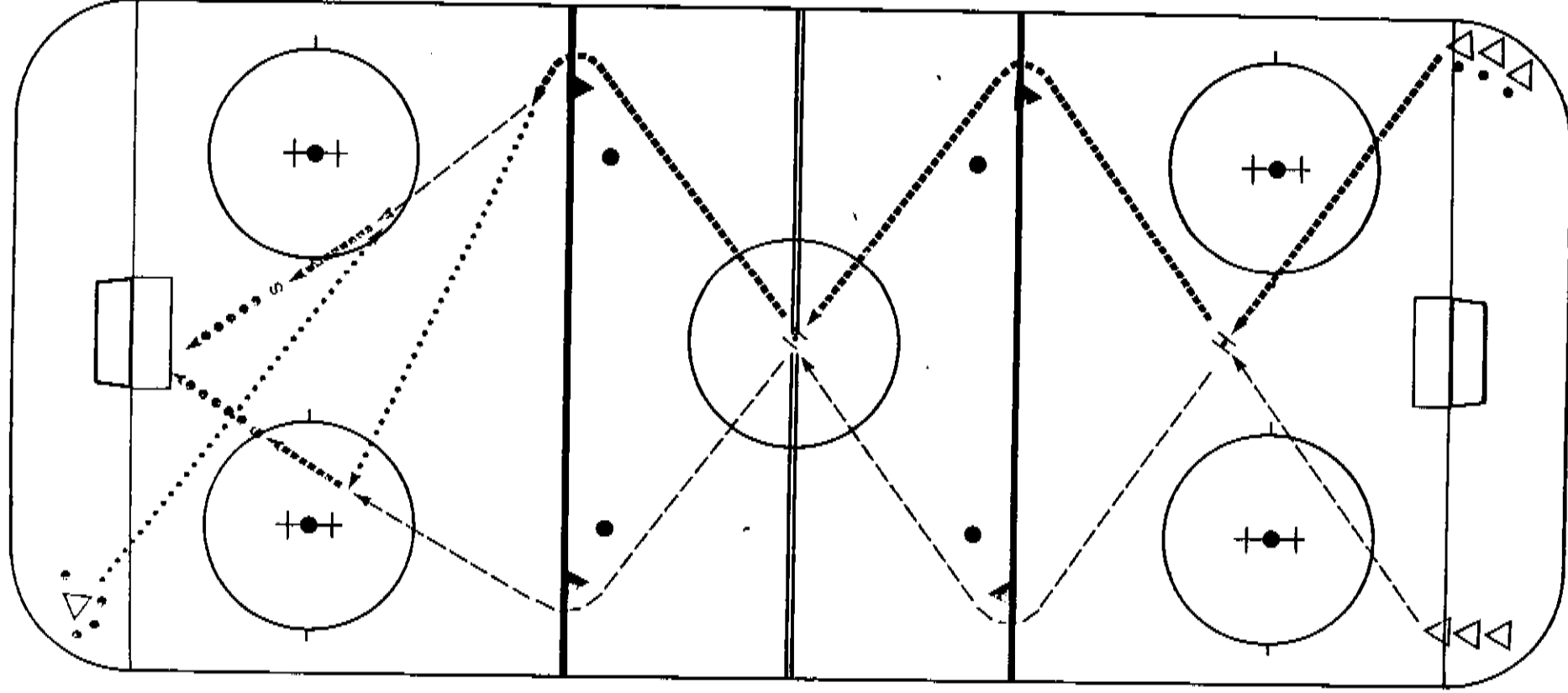
VARIATION:

- Use a stationary checker at the two drop-pass areas, who attempts to get the puck.

LEVEL 3

DRILL 10

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- Player skating with the puck
- Path of puck when passed
- ≡ Drop pass
- ~~~~~ Backwards skating without the puck
- ~~~~~ Backwards skating with the puck
- ↑ Forward
- Defenseman



Passing: From the Corner while Crossing

PURPOSE:

To improve passing accuracy when swinging through the end zone and "leading" a player skating at full speed.

METHOD:

Arrange players in four groups along the boards in the center-ice area, as shown in the diagram. Four other players are in each corner of the rink.

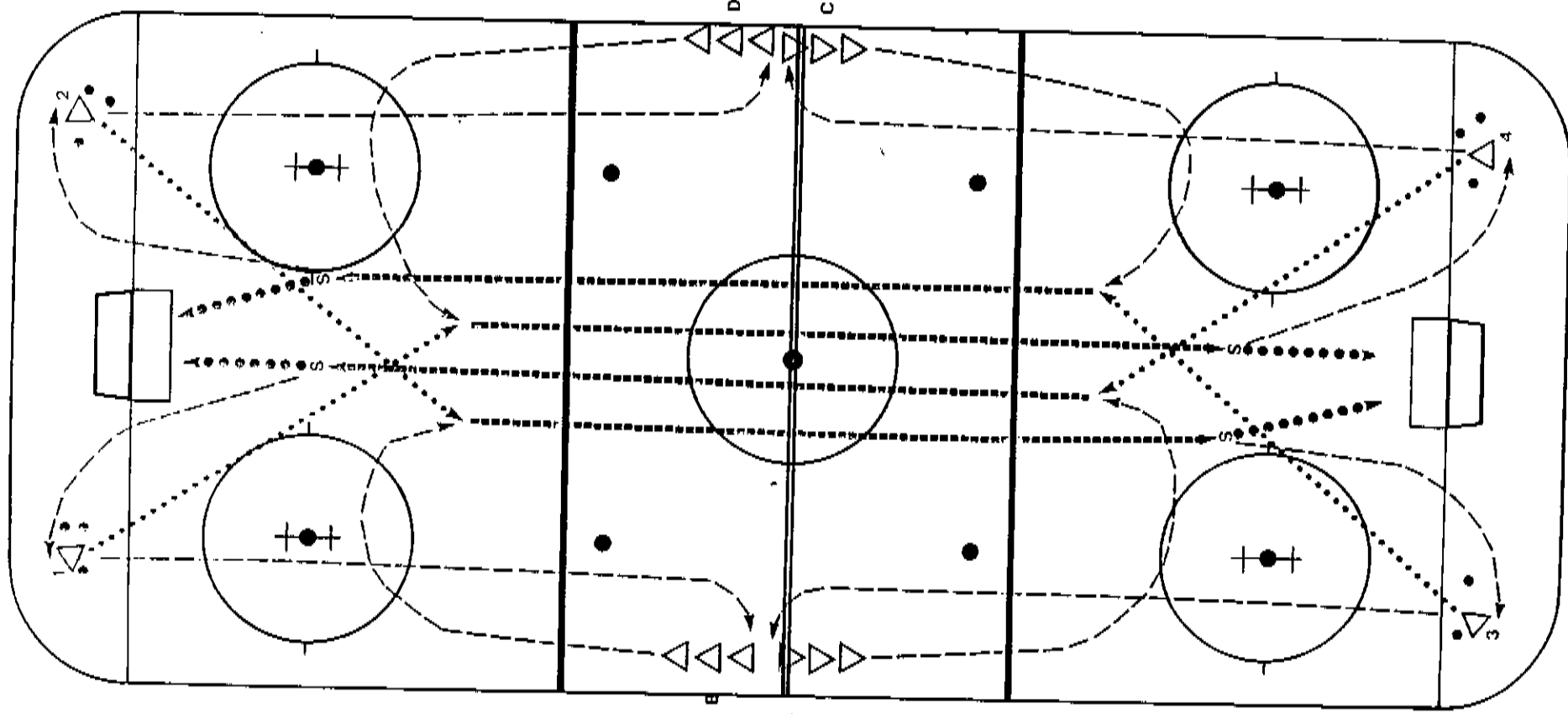
The first player from line A skates through the top of the near face-off circle, turns up the middle of the ice and receives a pass from the player at position 4 (see diagram). The skater must stay on his side of the ice surface as he carries the puck and takes a shot on net at the other end. He then moves to position 1. At the same time, the first player from line D skates a similar pattern at the other end, taking a pass from the player at position 1 and then moving to position 4. Next, the first two players from lines B and C start skating, receive passes from the players at positions 2 and 3 respectively, and then, after shooting, move to positions 3 and 2. The players at positions 1, 2, 3 and 4 move to the end of the nearest line after completing their pass.

IMPORTANT:

- Start skating only when it is your turn.
- Skate at full speed and keep the head up.
- Do not forget to move to the passing position after shooting.

DRILL 11

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- ==== Player skating with the puck
- Path of puck when passed
- Drop pass
- ~~~~ Backwards skating without the puck
- ~~~~ Backwards skating with the puck
- ↑ Forward
- Defensemen



LEVEL 2
DRILL
12

Passing: Using Two Pucks

PURPOSE:

To improve passing, receiving, anticipation and communication with teammates.

METHOD:

Set up four equal lines (one in each corner). The first players from diagonally opposite lines skate forward, each carrying a puck, cross the blue lines, exchange pucks, continue down the ice and take a shot on net. They then move to the end of the line on the same side of the ice but in the opposite end. The first players of the other two lines go next, following the same pattern.

IMPORTANT:

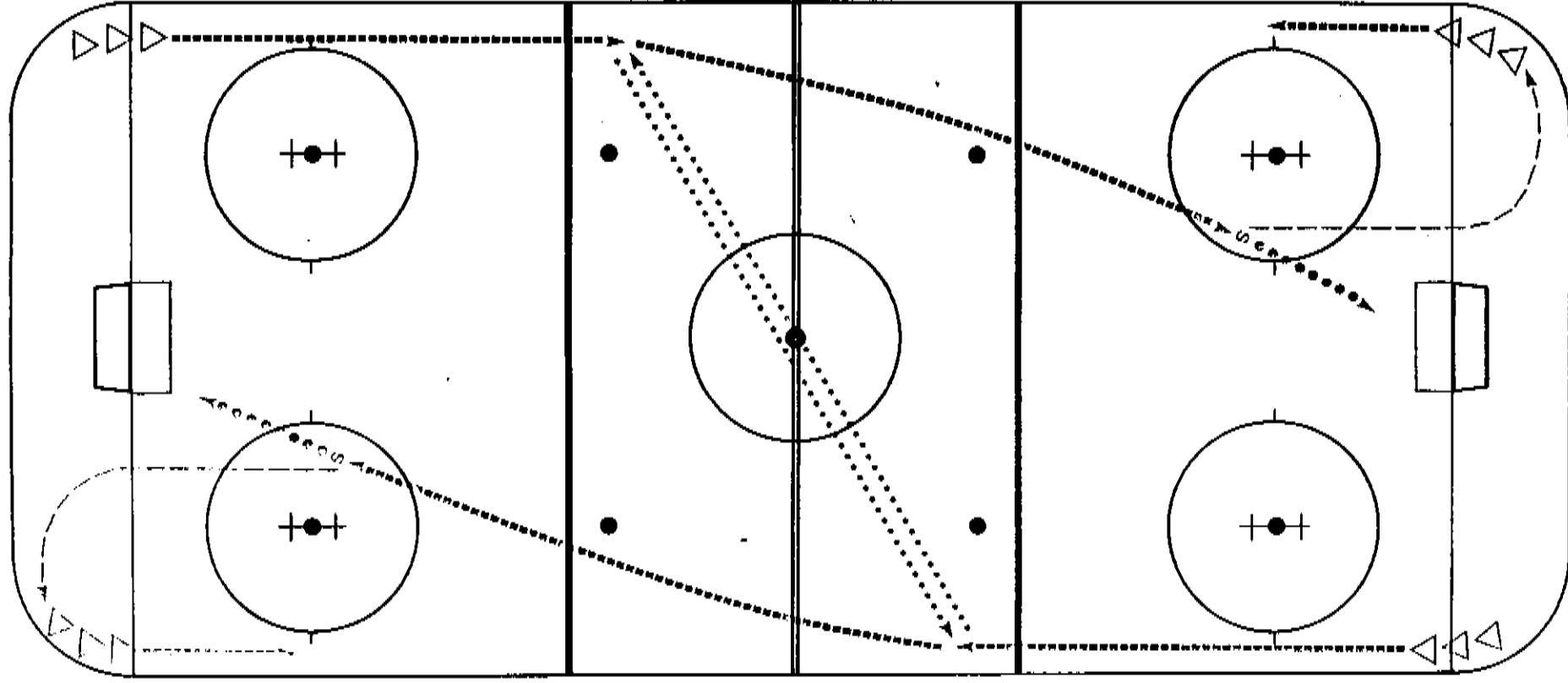
- Use both the forehand and backhand pass.
- Anticipate your partner's pass so that you can pass at the same moment.

VARIATION:

Make a full turn before shooting.

LEVEL 2 DRILL 12

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player starting without the puck
- Player starting with the puck
- Path of puck when passed
- ⊢ Drop pass
- Backwards skating without the puck
- Backwards skating with the puck
- ~ Forward
- Defenseman



LEVEL 2
DRILL
13

Passing: Exchanging Pucks in the Neutral Zone

PURPOSE:

To develop better passing, receiving and communication with team-mates. Anticipation also becomes a factor in this drill.

METHOD:

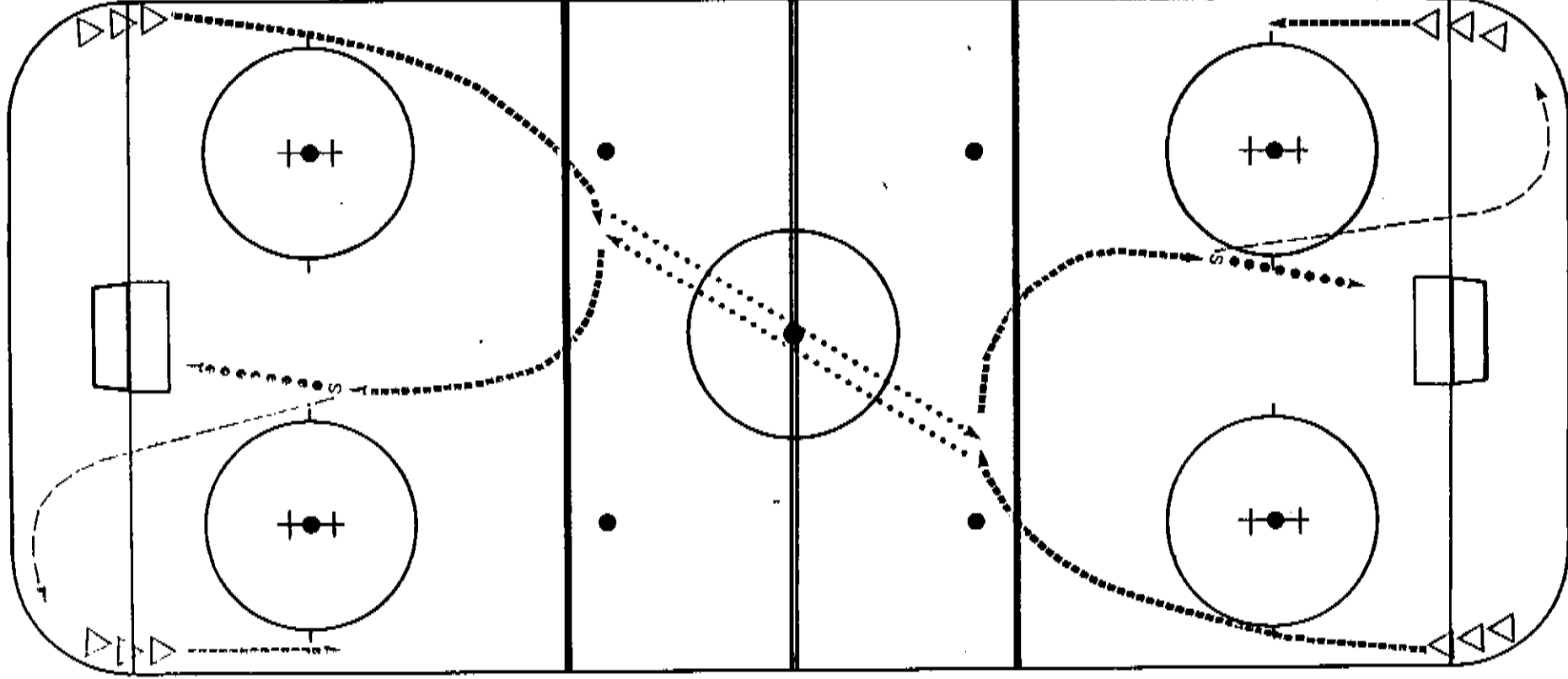
Set up four equal lines (one in each corner). The first players from diagonally opposite lines skate forward carrying a puck across the blue line, cut toward center ice, exchange pucks, turn back and take a shot on net. They then move to the end of the other line at the same end of the ice. The first players of the other two lines go next, following the same pattern.

IMPORTANT:

- Talk when passing and make certain the passes are accurate.
- Anticipate when your partner is going to pass, in order to pass at the same time.

DRILL 13

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- ===== Player skating with the puck
- Path of puck when passed
- ⊥ Drop pass
- Backwards skating without the puck
- ~~~~~ Backwards skating with the puck
- ↑ Forward
- Defenceman



LEVEL 3
DRILL
14

Passing: Double Pass Across the Ice

PURPOSE:

A warm-up drill for the goaltenders and players. May be used for pre-game warm-up.

METHOD:

Players form two lines along the boards on each side of the ice at the center line, facing the same direction.

The first player in one line (player 1 in the diagram) passes across the ice to the player at the front of the other line (player 2). The player who made the pass skates forward, receives a return pass, makes a short burst across the blue line and shoots. The player who gave the return pass (player 2) passes across to the player now at the front of the opposite line (player 3) and the sequence is repeated.

After shooting, the players return along the boards to the end of the opposite line.

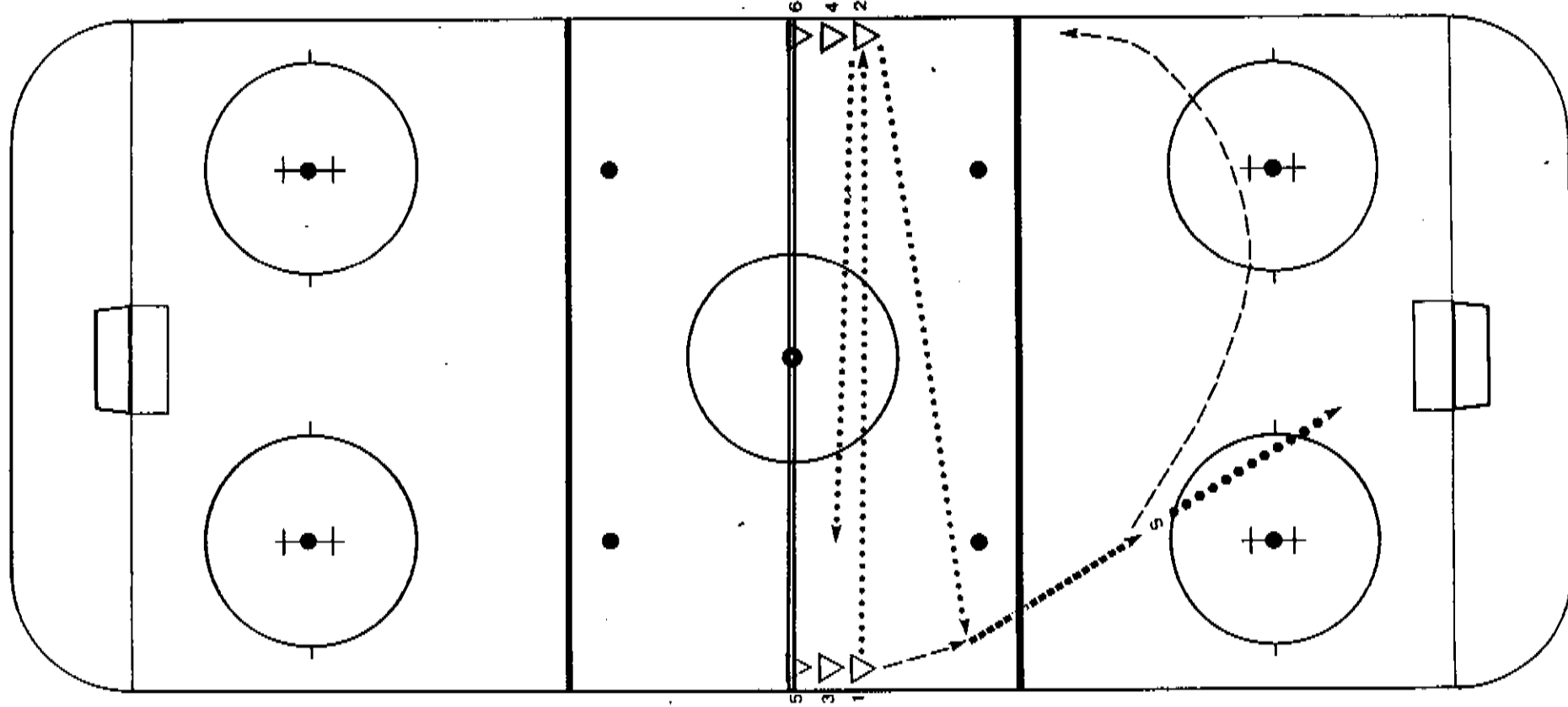
IMPORTANT:

- Do not attempt to deke the goaltender.
- Do not take time to glide or wind up for shot. Shoot quickly after receiving the return pass.
- If using the slap shot, shoot from outside the blue line — this is a warm-up drill.

LEVEL 3

DRILL 14

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- Player skating with the puck
- Path of puck when passed
- ≡ Drop pass
- Backwards skating without the puck
- Backwards skating with the puck
- Forward
- ◁ Defenseman



Passing/Shooting: Passing Continuously in the Offensive Zone

PURPOSE:

To practise shooting when tired, as in many game situations.

METHOD:

A. Position a player in each corner and one at one of the face-off dots in the end zone. One of the players in the corner has a puck and other pucks are arranged in a line across the front of the goal. The player at the face-off dot moves to the corner to check the player with the puck. The puck-carrier passes across to the other corner man. The checker then swings to the front of the net and shoots the first puck in the line. He then skates to the other corner, again as a checker. Again, the puck-carrier in the corner passes behind the net to the opposite corner. The skater swings back to the front of the net and shoots the first puck at this end of the line. He then skates to the corner to check the puck-carrier. Once all the pucks in front of the net have been shot, a different player becomes the checker.

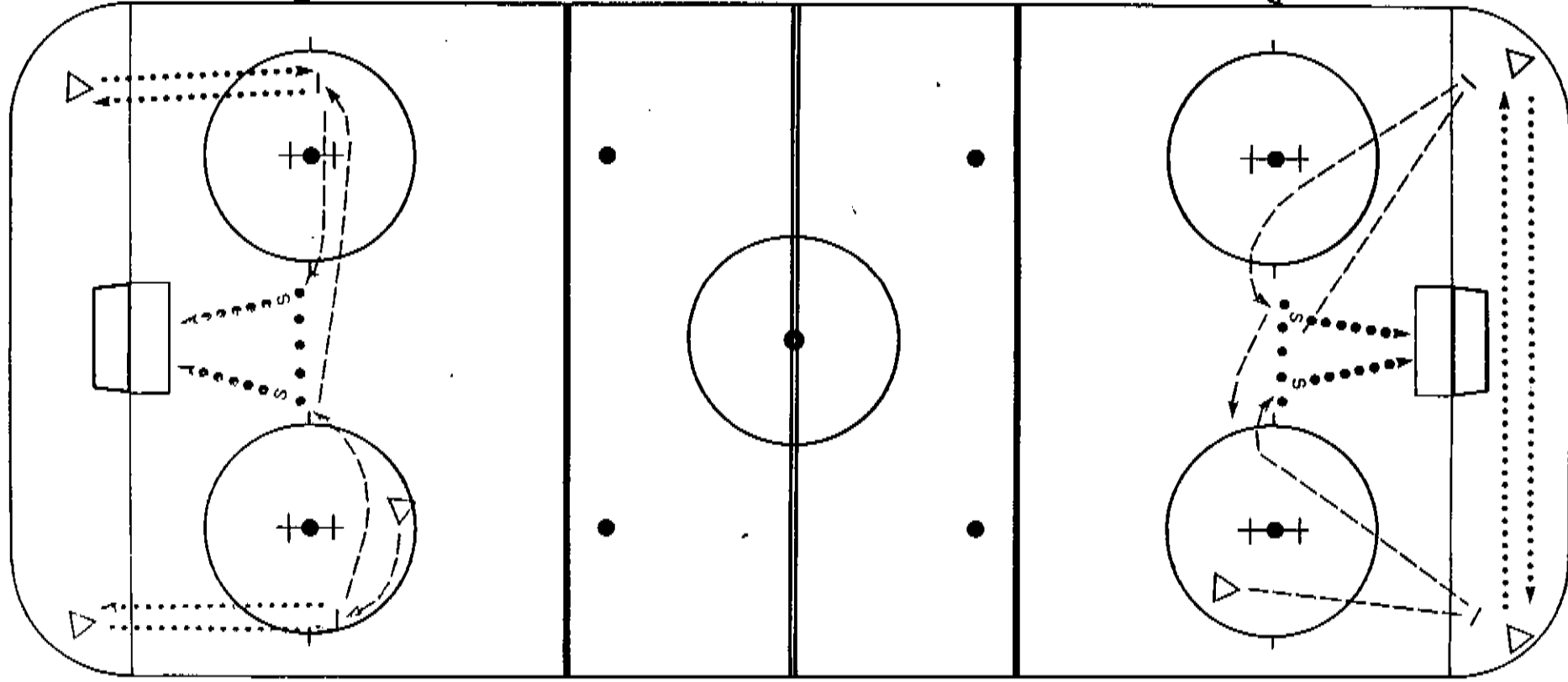
B. The passing drill is similar. However, instead of forechecking, the skater moves to the area along the boards, where he receives a pass and then passes back to the player in the corner.

IMPORTANT:

- Take both forehand and backhand shots.
- Forward skates as hard as he can while forechecking.

LEVEL 2 DRILL 15

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- Player skating with the puck
- Path of puck when passed
- ⊢ Drop pass
- Backwards skating without the puck
- ~~~~~ Backwards skating with the puck
- Forward
- Defenseman



LEVEL 3
DRILL
16

Passing/Shooting: Continuous Flow in the End Zone

PURPOSE:

To practise game-situation passing, keeping the head up.

METHOD:

Position players in one line in the corner and in a second line at the near blue line across the ice (see diagram). The first player at the blue line picks up a puck, skates in and shoots on goal. He then moves behind the net, picks up a loose puck, skates to the other side of the net and passes to the first player in the line in the corner, who is breaking to the front of the net. This player skates around a marker in the face-off circle, shoots and continues to the other corner, picks up a loose puck and passes to the player at the front of the line at the blue line. He then moves to the back of this line and the original puck-carrier moves to the end of the line in the corner. The pattern is repeated.

When the drill is working well, add one or two pucks to the flow.

- IMPORTANT:**
- Be certain of the timing when breaking from the corner around the marker.
 - All shots must stay on the ice; use a target board instead of a goaltender.

Defensive Shooting Patterns in the Offensive Zone

PURPOSE

To practise quick release of the shot and passing. A good introductory drill for the power play.

DESCRIPTION

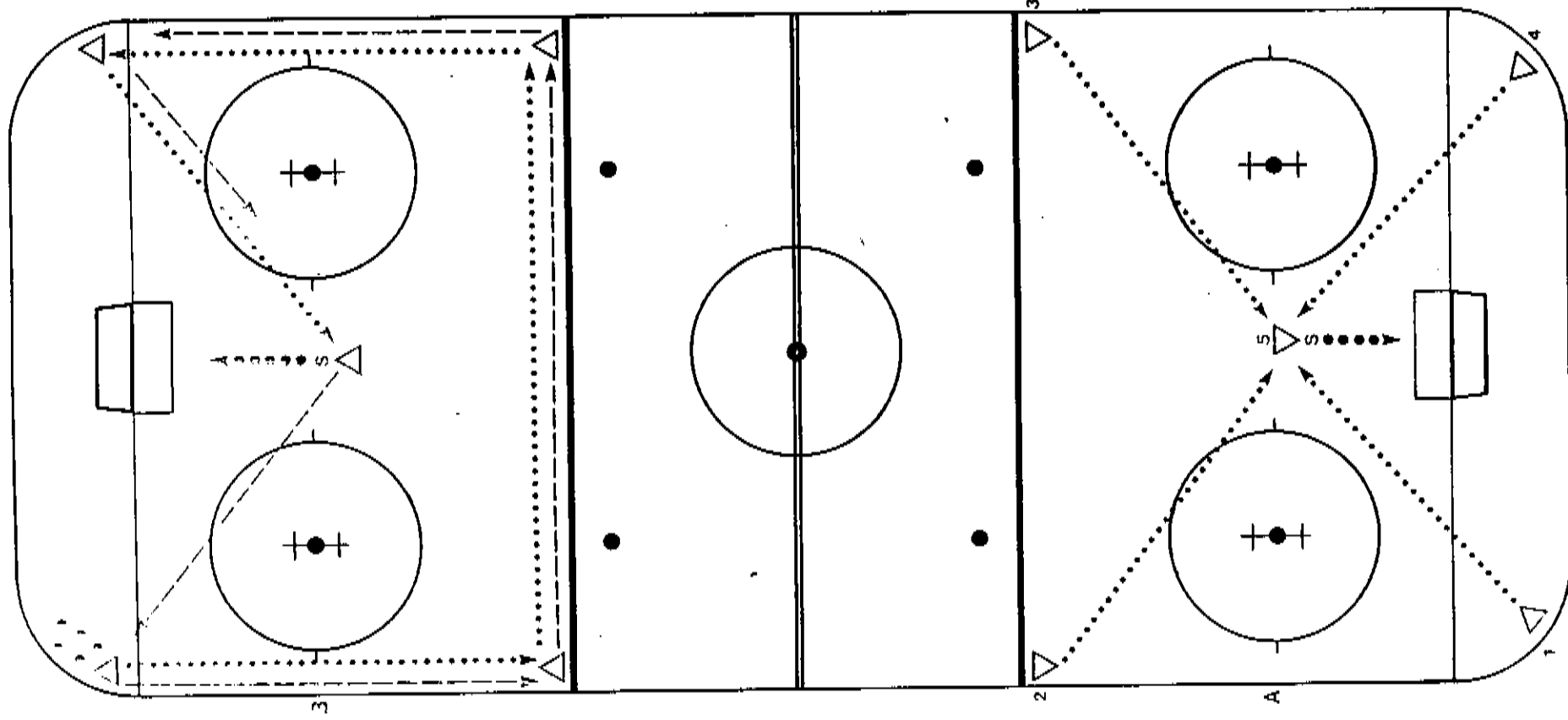
- A.** Position two players in the corners, two at the points and one in the slot (as in the diagram). Players 1, 2, 3 and 4 each have five pucks. Starting with player 1, each player passes in turn to player 5, who shoots on goal. When all the pucks have been used, change the player in the middle. The passing sequence can vary.
- B.** Set up the players as in the previous drill. The player in the corner passes to the near point man at the blue line. He passes to the player at the other point position, who then passes to the corner. This man passes to the player in the slot, who shoots. Players move each time they pass, following the puck to the next position. The player in front of the net moves to the corner where the series of passes starts.

IMPLEMENTATION

Attempt all types of shots, including deflections and tip-ins, and practise receiving and shooting all in one motion.

LEVEL 3 DRILL 17

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- Player skating with the puck
- Path of puck when passed
- ⊥ Drop pass
- ~~~~~ Backwards skating without the puck
- ~~~~~ Backwards skating with the puck
- ↑ Forward
- Defenseman



Passing/Shooting: Rapid Shooting from Different Angles

PURPOSE:

To give both the goaltenders and shooters practice in shots from different angles, close to the net.

METHOD:

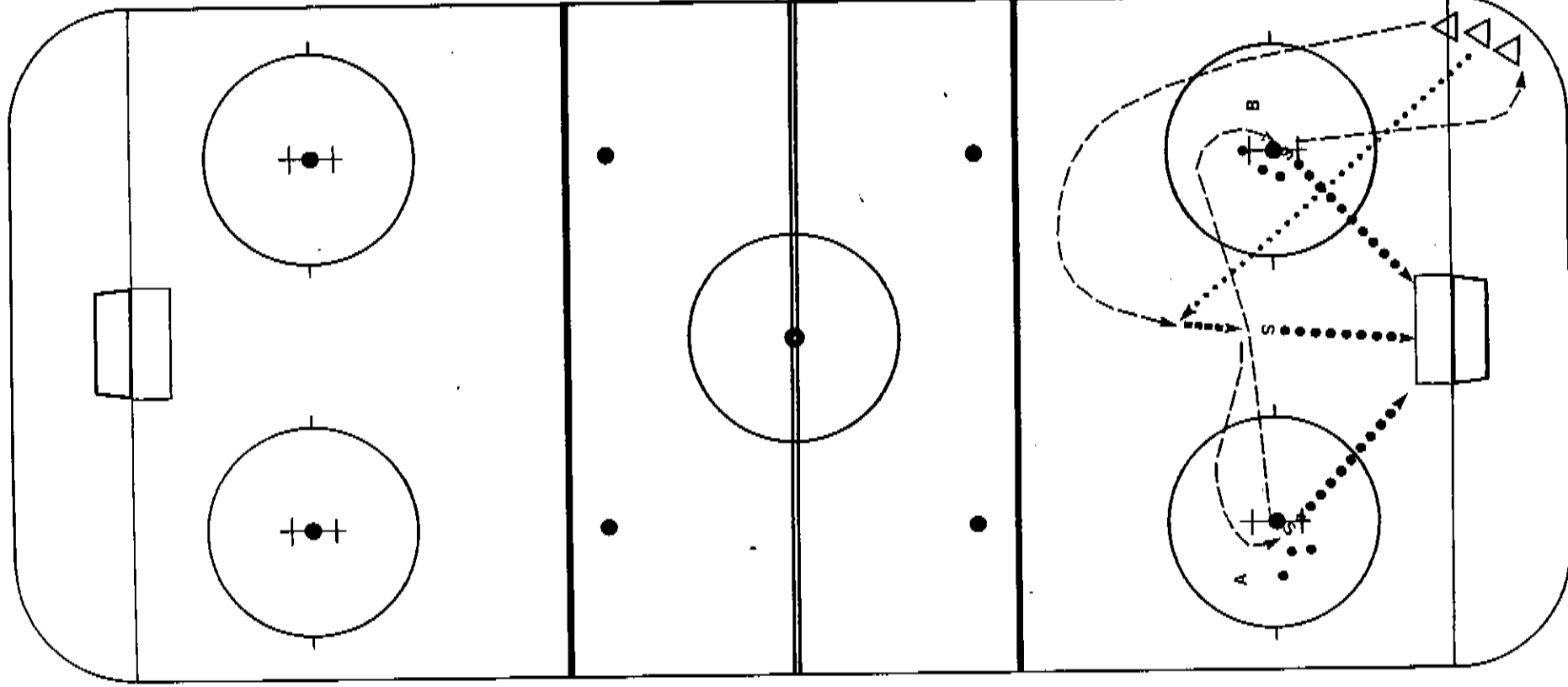
Set up some pucks in one corner and at each face-off dot (A and B). Players form one line in the corner. The first person in line skates toward the blue line, turns and breaks toward the net. He receives a pass from the second player in the line, takes a shot and then moves to position A. As soon as the goaltender is set, the player at position A shoots, and then moves to B. Again, once the goaltender is ready, the player at position B shoots and then moves to the end of the line. Use both ends of the ice and switch the line to the other corner as well.

IMPORTANT:

- Goaltenders must recover quickly.
- No slap shots.
- Have the players aim for a particular area of the net.

LEVEL 3 DRILL 18

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- ==== Player skating with the puck
- Path of puck when passed
- ⊥ Drop pass
- ~~~~~ Backwards skating without the puck
- ~~~~~ Backwards skating with the puck
- r Forward
- D Defenseman



LEVEL 3
DRILL
19

Give-and-Go Passing: With Players on the Same Side of the Ice

PURPOSE:

To develop short passes. Used often in Europe when breaking out of the defensive zone under tight checking by the opposition.

METHOD:

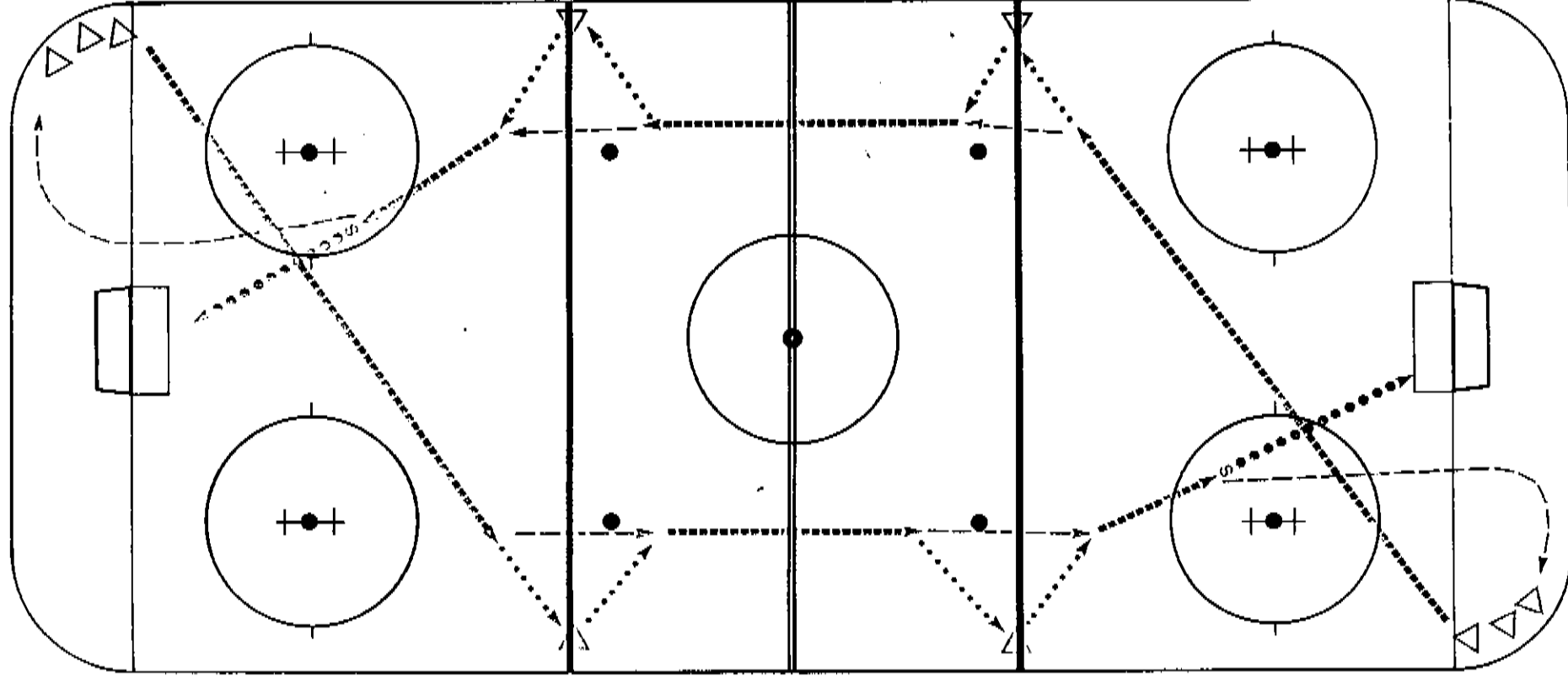
Players form two lines in opposite corners and four players are positioned on the blue lines near the boards (see diagram). The first player from each line starts across the defensive zone and passes to the player on the first blue line (from about 10 to 12 feet away). He continues up the ice, receives the return pass, passes to the player on the next blue line, takes a return pass and shoots on net. He then moves to the end of the line in that end of the ice. The next players start out once the first players have received and controlled the first pass.

IMPORTANT: • Take care not to collide with other players when crossing in the end zones.

- The stick blade should be on the ice at all times.
- Break hard for the return pass.
- Shoot from the top of the face-off circles.
- Watch for the off-side pass at the blue line in the defensive zone.

LEVEL 3 DRILL 19

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- Player skating with the puck
- Path of puck when passed
- ⊥ Drop pass
- Backwards skating without the puck
- ~~~~ Backwards skating with the puck
- ↑ Forward
- Defensemen



LEVEL 3
DRILL
20

Give-and-Go Passing: Crossing in the Neutral Zone

PURPOSE:

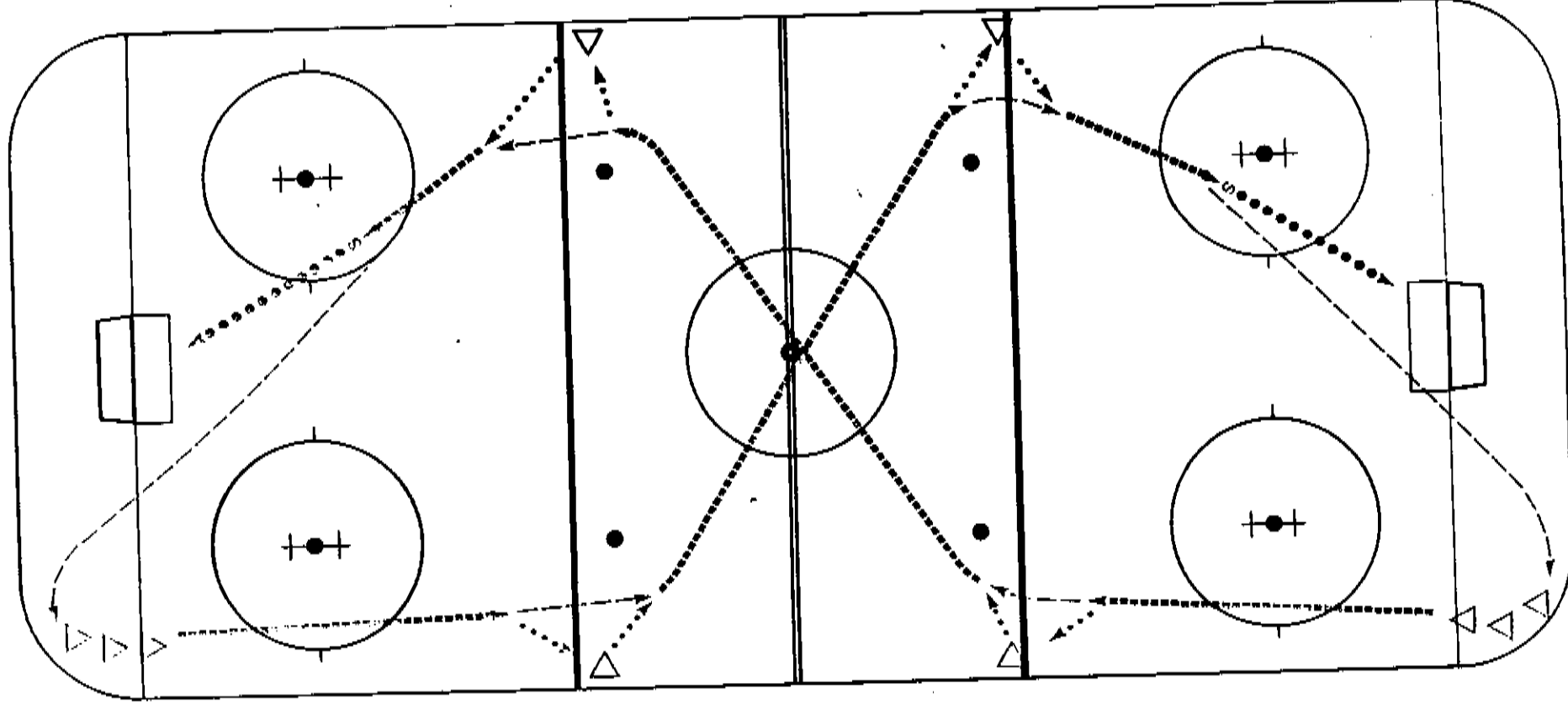
To develop short passes for use in breaking out of the defensive zone.

METHOD:

Form two lines of players with pucks in the corners on the same side of the ice. Position four players on the blue lines near the boards (see diagram). The first player from each line skates toward the blue line, passes to the player positioned there and receives a return pass. He then cuts across the neutral zone, passes to the player on the next blue line, receives a return pass and takes a shot on net. He then moves to the back of the line in that end.

LEVEL 3 DRILL 20

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- Player skating with the puck
- Path of puck when passed
- ⊥ Drop pass
- Backwards skating without the puck
- ~~~~~ Backwards skating with the puck
- F Forward
- D Defenseman



LEVEL 4
DRILL
21

Give-and-Go Passing: Receiving a Pass from the Corner for a Snap Shot

PURPOSE:

To develop accurate passes for a give-and-go situation, as in break-out patterns.

METHOD:

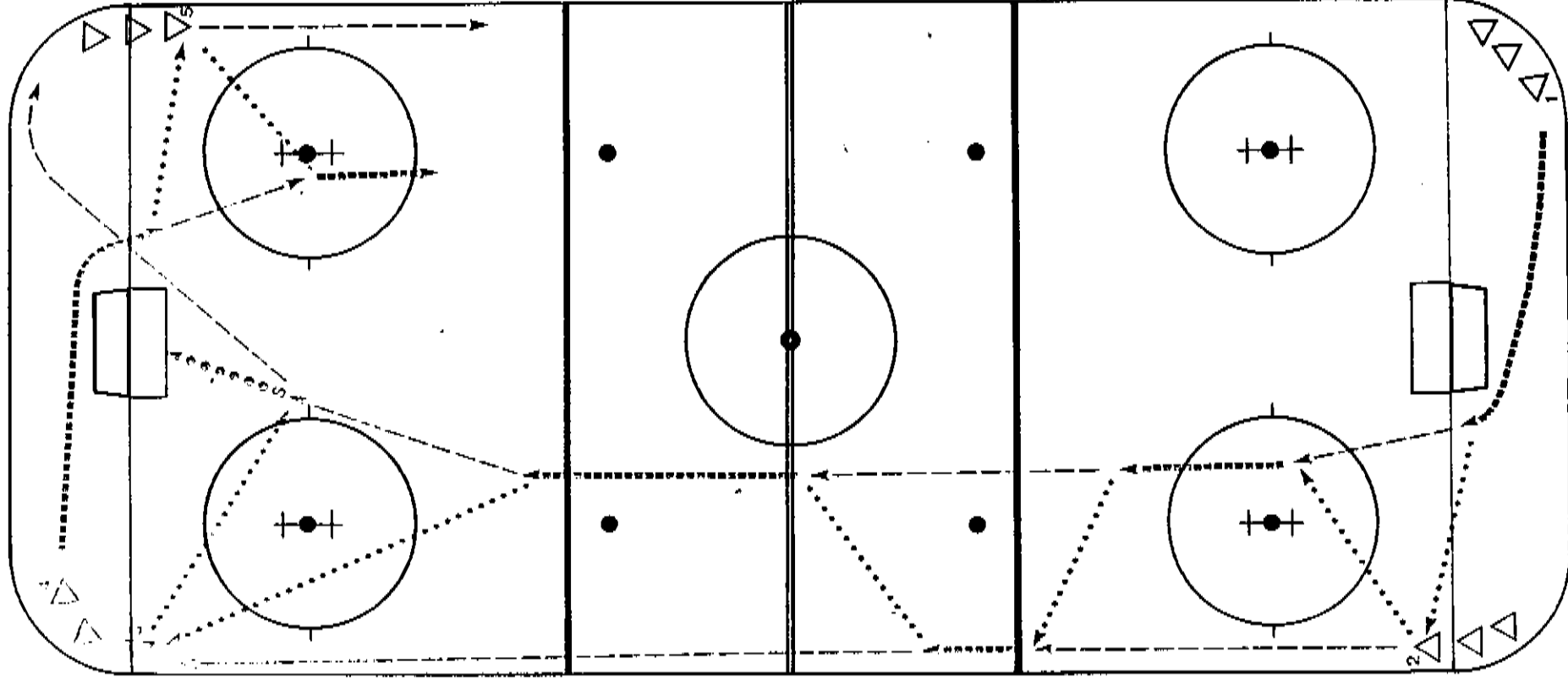
Players form four equal lines, one in each corner. The drill begins with player 1 carrying a puck from the corner, behind the net and passing to player 2. Player 1 then breaks up the ice and receives and returns passes with player 2 while in the neutral zone. As player 1 crosses the blue line, he passes to player 3, receives a return pass and takes a shot on net. He then moves to the end of the line in the opposite corner. Player 2 moves to the line behind player 3. Players 4 and 5 start from their end simultaneously at the start of the drill and execute the same passes as players 1 and 2. Two to four pucks should be moving at all times.

IMPORTANT:

- Do not deke the goaltender.
- Use snap shots.
- The first man in each line must be alert for a pass.

LEVEL 4 DRILL 21

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- ==== Player skating with the puck
- Path of puck when passed
- ≡ Drop pass
- ~~~~~ Backwards skating without the puck
- ~~~~~ Backwards skating with the puck
- r Forward
- o Defenceman



LEVEL 5
DRILL
22

Drill 22: 1-2 Passing Behind a Defenseman and Forward Swinging Into Free Ice

OBJECTIVE:

To develop short, quick, accurate passes when breaking out against a close-checking opponent or a defenseman pinching at the blue line.

EQUIPMENT:

Position two lines of forwards at the center ice line, facing in opposite directions. Position a line of defensemen in each end at the edge of one of the face-off circles, facing the end boards. In drill A the defensemen are along the boards; in B, they line up on the inside of the face-off circle.

The defenseman swings into the corner, picks up a loose puck and passes to one of the forwards who is now skating toward him. The forward immediately passes back to the defenseman. In drill A, he swings toward the boards, turns up the ice and breaks for a pass. In drill B, the forward swings to the middle, turns up the ice and breaks for the pass. The defenseman, meanwhile, takes the return pass, carries the puck over the blue line and passes to the breaking forward, who then moves in and takes a shot on net.

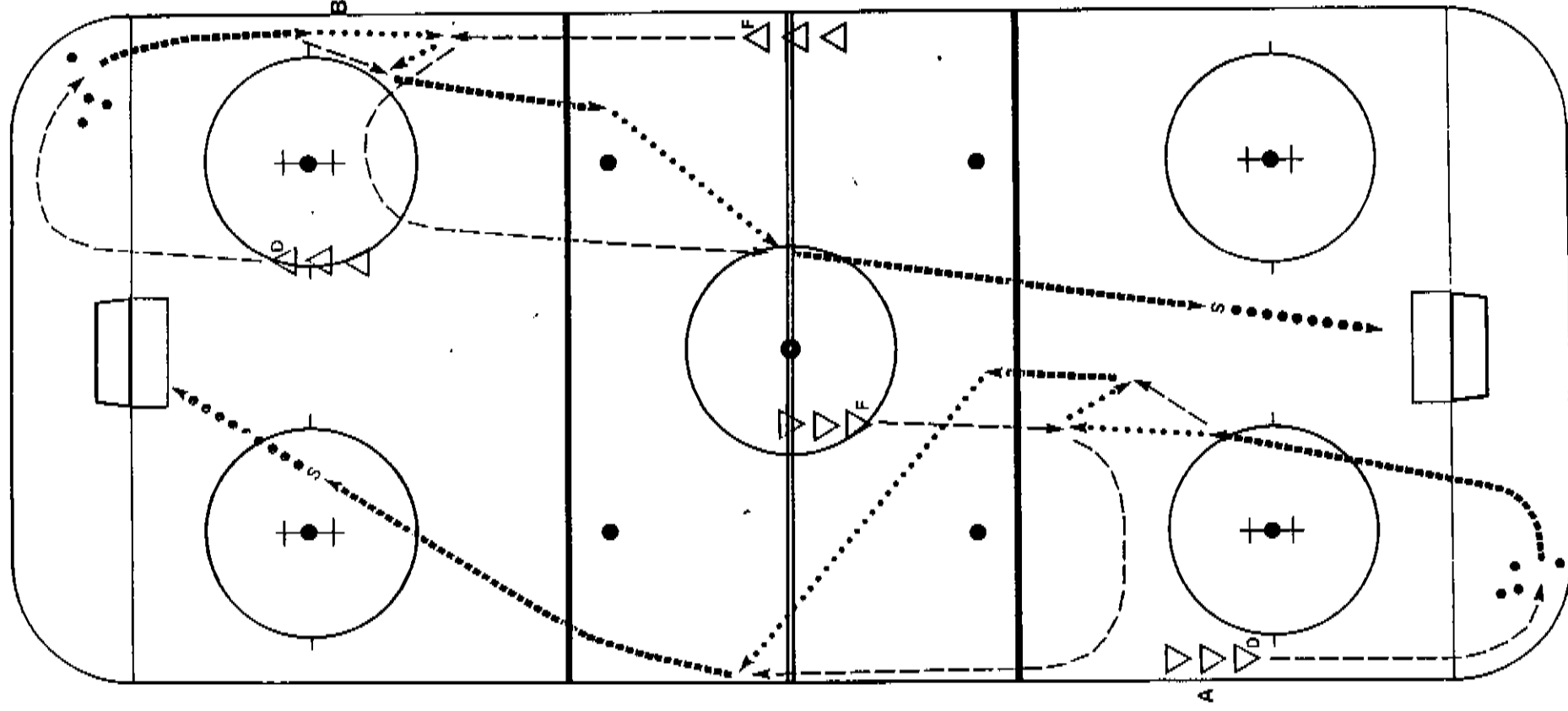
(

Players on both sides of the ice are moving at the same time. Players return to the same lines, changing sides periodically.

IMPORTANT: Watch the timing to avoid off-sides.

DRILL 22

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- ===== Player skating with the puck
- Path of puck when passed
- ⊥ Drop pass
- ~~~~~ Backwards skating without the puck
- ~~~~~ Backwards skating with the puck
- ↑ Forward
- Defenseman



Change of Speed: In Own Zone

PURPOSE:

To simulate a situation in which the puck-carrier is unable to continue up the ice because of close checking or other reasons.

METHOD:

Set up players in formations A and B, as in the diagram. The players at the two face-off circles should be defensemen. The remaining players make up the three lines.

In formation A, the first person in the line starts skating, passes to the near defenseman and swings around that defenseman. The puck is then passed across to the other defenseman, who returns it to the skater now starting to break up the ice for a play on the opposite net.

In formation B, the first player from the inside line passes to the far defenseman at the circle, swings through the top of the face-off circle and then breaks along the boards. Meanwhile, the first player from the other line skates through the top of the circle and turns up the middle of the ice. The puck is passed across to the other defenseman, who passes back to the forward breaking along the boards, and the two skaters continue down the ice in a two-on-zero situation for a shot on net.

LEVEL 5
DRILL
24

Change of Speed: In the Neutral Zone

PURPOSE:

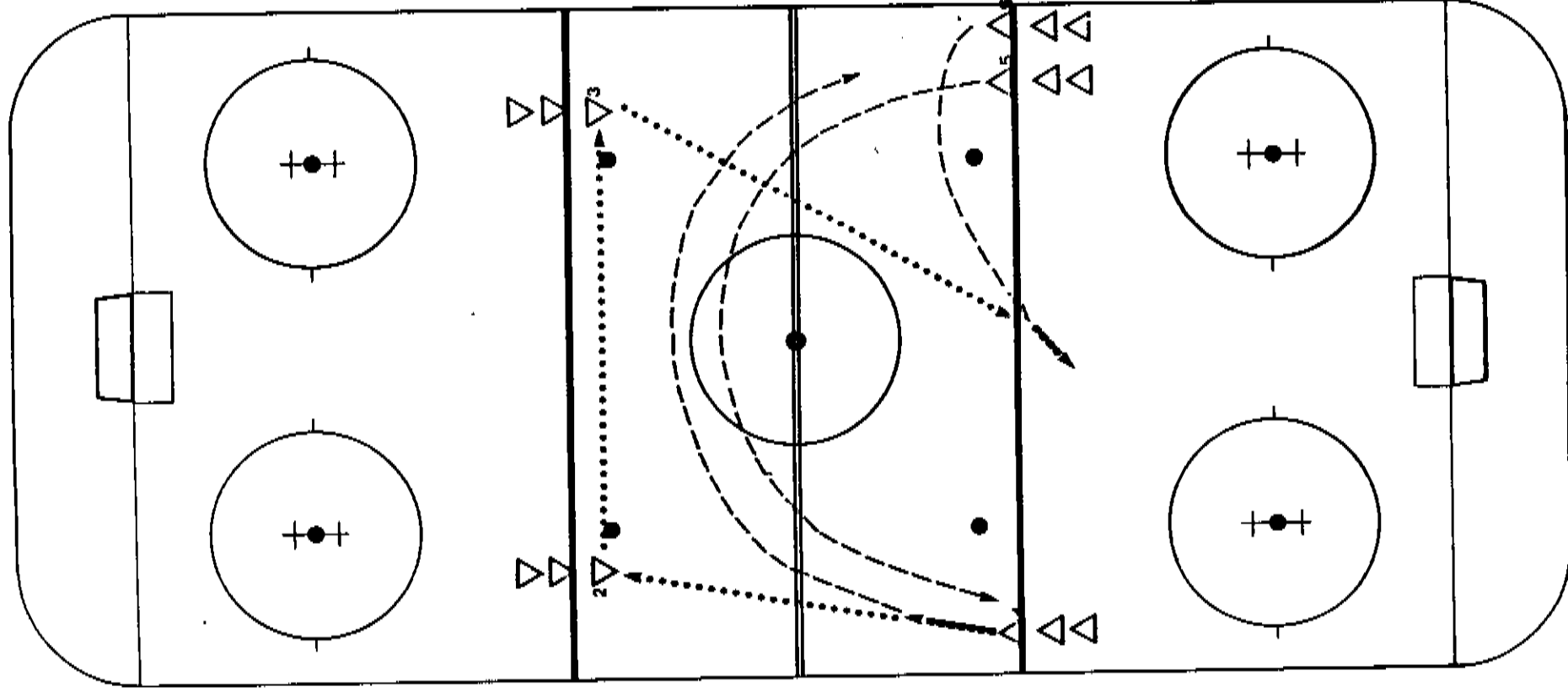
To teach forwards to swing into an open area for a pass. Creates an alternative to dumping the puck in.

METHOD:

Position five lines of players as in the diagram (numbered 2 to 6). The first player in line 4 starts with the puck, skating toward line 2. He passes the puck to the first player in line 2 and then swings into the middle of the neutral zone. Player 2 passes the puck to the first player in line 3. Player 3 passes to one of three breaking forwards from lines 4, 5 or 6. The line moves the puck into the offensive zone for a shot on goal. On the whistle, the next five players start the play.

LEVEL 5 DRILL 24

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- Player skating with the puck
- Path of puck when passed
- ⊥ Drop pass
- Backwards skating without the puck
- ~~~~~ Backwards skating with the puck
- F Forward
- D Defenseman



LEVEL 5
DRILL
25

Change of Speed: Flow through the Defensive Zone

PURPOSE:

To practise passing in the neutral zone to prevent dumping the puck into the offensive zone. To be sure of control without carrying the puck. To teach players to weave in the neutral zone to find open ice by exchanging positions.

METHOD:

Position two lines of players at each blue line and one defenseman at the face-off dot, as in formation B, or two defensemen on the circle as in A (see diagram). The player from the center line (in A) passes to the near defenseman and then swings toward the side boards. The player from the other line swings into the middle. The defenseman with the puck passes across the circle to his partner, who passes to the player breaking up the middle of the ice. The two forwards exchange several passes and then take a shot on net at the opposite end. Drill B is similar, except that play is started by the line along the boards and only one defenseman is used. He moves laterally with the puck before passing to the forward breaking up the ice along the side boards.

IMPORTANT:

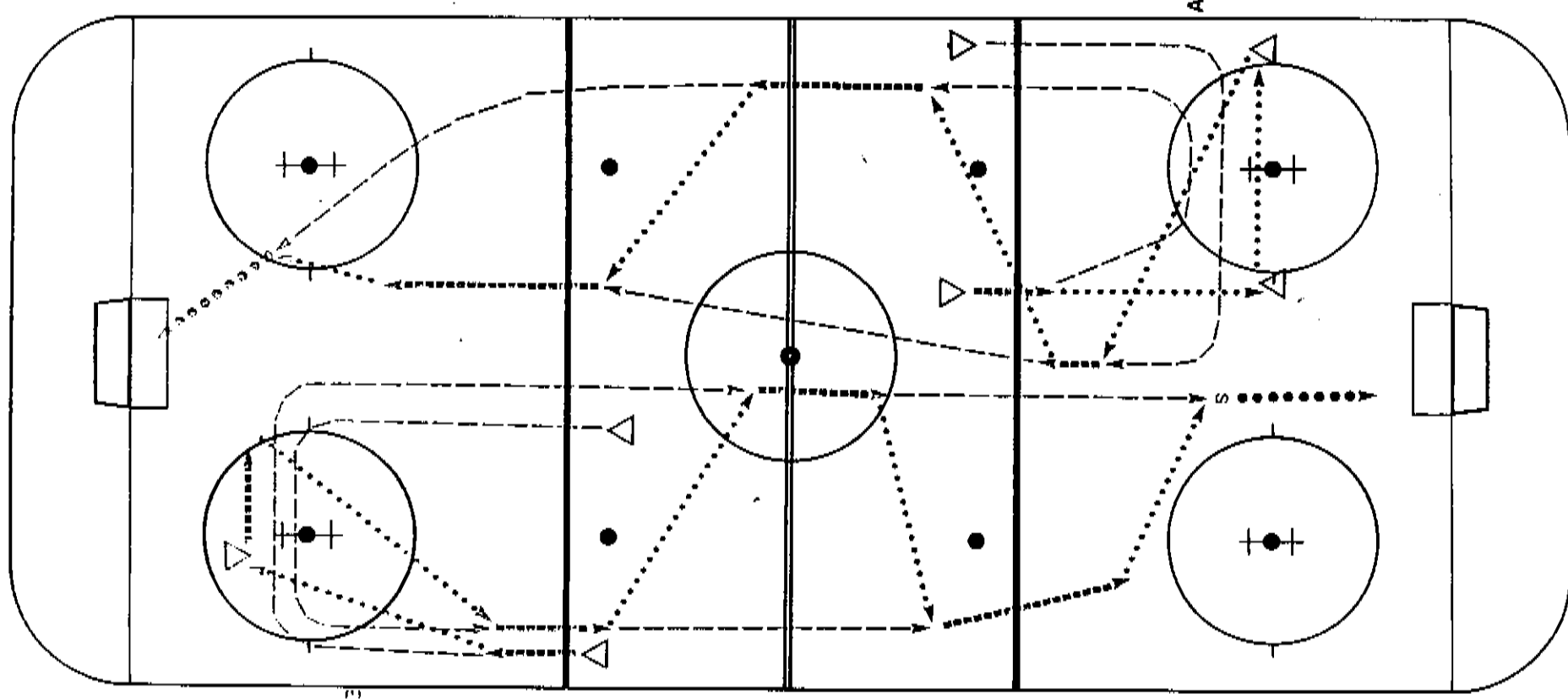
- Timing is vital.
- Always keep the stick blade facing the puck, to be ready for a pass at all times.

VARIATION:

The player who does not receive the pass from the defenseman acts as a backchecker.

LEVEL 5 DRILL 25

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- Player skating with the puck
- Path of puck when passed
- ⊥ Drop pass
- Backwards skating without the puck
- ~~~~~ Backwards skating with the puck
- ~ Forward
- Defenseman



LEVEL 5
DRILL
26

Change of Speed: Passing between Defensive Partners

PURPOSE:

To practise timing, passing and receiving at full speed while swinging. Necessary for many break-out patterns.

METHOD:

One group of players lines up along the boards at the blue line in the neutral zone (A in diagram). A second group forms a line in the middle of the ice at the opposite blue line (B in diagram). Two defensemen stand on opposite hash marks at the end zone face-off circle (one pair in each end). Players from each line pass across to the far defenseman and then swing toward the middle (in A) or toward the boards (in B). The defenseman with the puck passes to his defense partner, who then passes to the forward breaking up the ice for a shot on goal.

IMPORTANT:

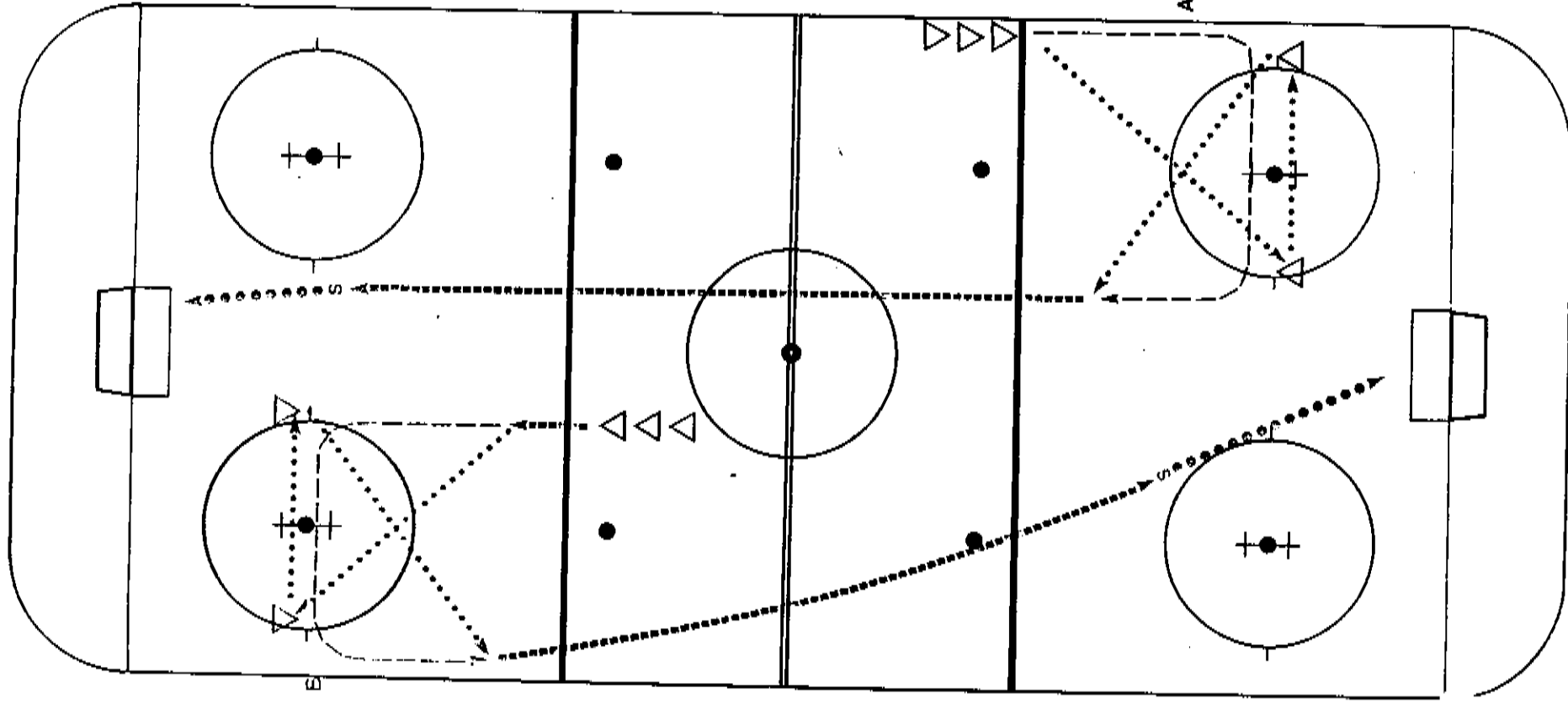
- Make sure of timing.
- Keep the stick on the ice.
- Watch the puck at all times.
- Shoot from the top of the face-off circle.

VARIATION:

- Place markers in the neutral zone as an obstacle course to improve stick-handling.
- Create a one-on-one situation by having the defenseman who passes to the defense partner skate out to the neutral zone to oppose the oncoming forward.
- Have the forward drop to his knees at the second blue line. Good for conditioning. Emphasize a quick recovery.

DRILL 26

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- ==== Player skating with the puck
- Path of puck when passed
- ⊥ Drop pass
- ~~~~~ Backwards skating without the puck
- ~~~~~ Backwards skating with the puck
- r Forward
- o Defenseman



Passing in the Defensive Zone: Drop Pass to Forward Coming Back Deep in the Zone

PURPOSE:

To emphasize that a puck-carrier should not skate deep into his end when being checked but can instead pass the puck back and provide a block for his team-mate.

METHOD:

Divide the players into two lines, one at each blue line and facing toward the near end boards. In formation A (see diagram), the line is near the middle of the ice; in B, the line is along the boards. Position one player at each of the two face-off dots. The first player in each line starts skating, passes to the player at the face-off dot and then swings around the pass receiver. He then picks up a drop pass, breaks up the ice and takes a shot on net at the other end. In A the player at the face-off dot acts as the block for the skater. In B he follows the play for a two-on-zero situation.

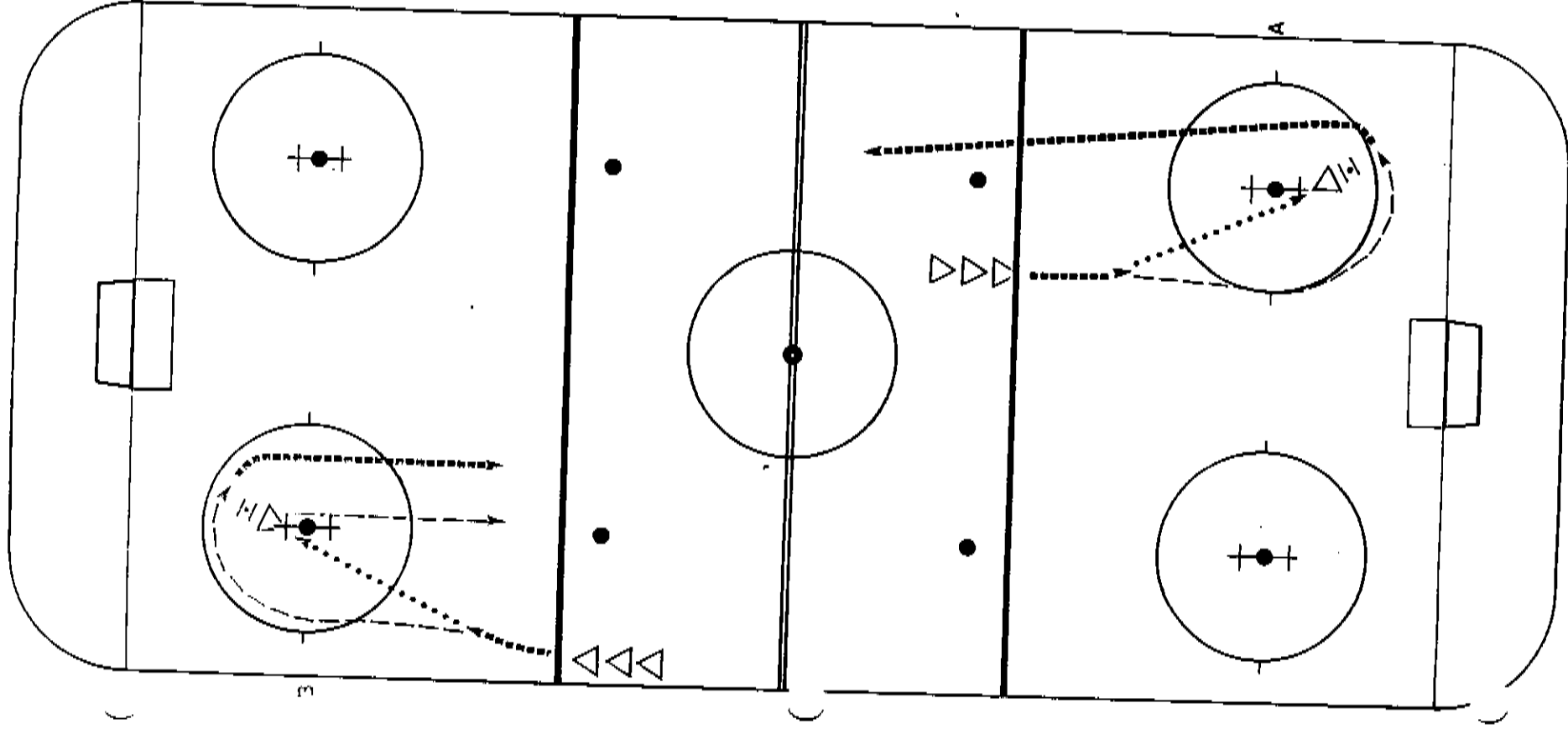
IMPORTANT: Stress accuracy and timing in passes.

VARIATION:

Have the second player in the line act as a forechecker. Now the block must be executed.

LEVEL 2 DRILL 27

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- ==== Player skating with the puck
- Path of puck when passed
- ≡ Drop pass
- ~~~~~ Backwards skating without the puck
- ~~~~~ Backwards skating with the puck
- ← Forward
- Defenseman



LEVEL 4
DRILL
28

Passing in the Defensive Zone: Combined with Break-Out Patterns

PURPOSE:

To develop timing and passing accuracy.

METHOD:

Position players in two lines facing in opposite directions along the boards near the center-ice line. At one end (A in diagram), one player is standing at each face-off dot. At the other end (B in diagram), one player is positioned at the bottom of the face-off circle on the same side as the line of players facing that end.

In A, the first player from the line skates to the top of the face-off circle, takes a shot on net and then swings toward the far corner. Player 1 at the face-off dot then passes to player 2, who passes to the skater, now breaking toward the blue line. The skater takes the pass, crosses the blue line and then passes to the next person in the line.

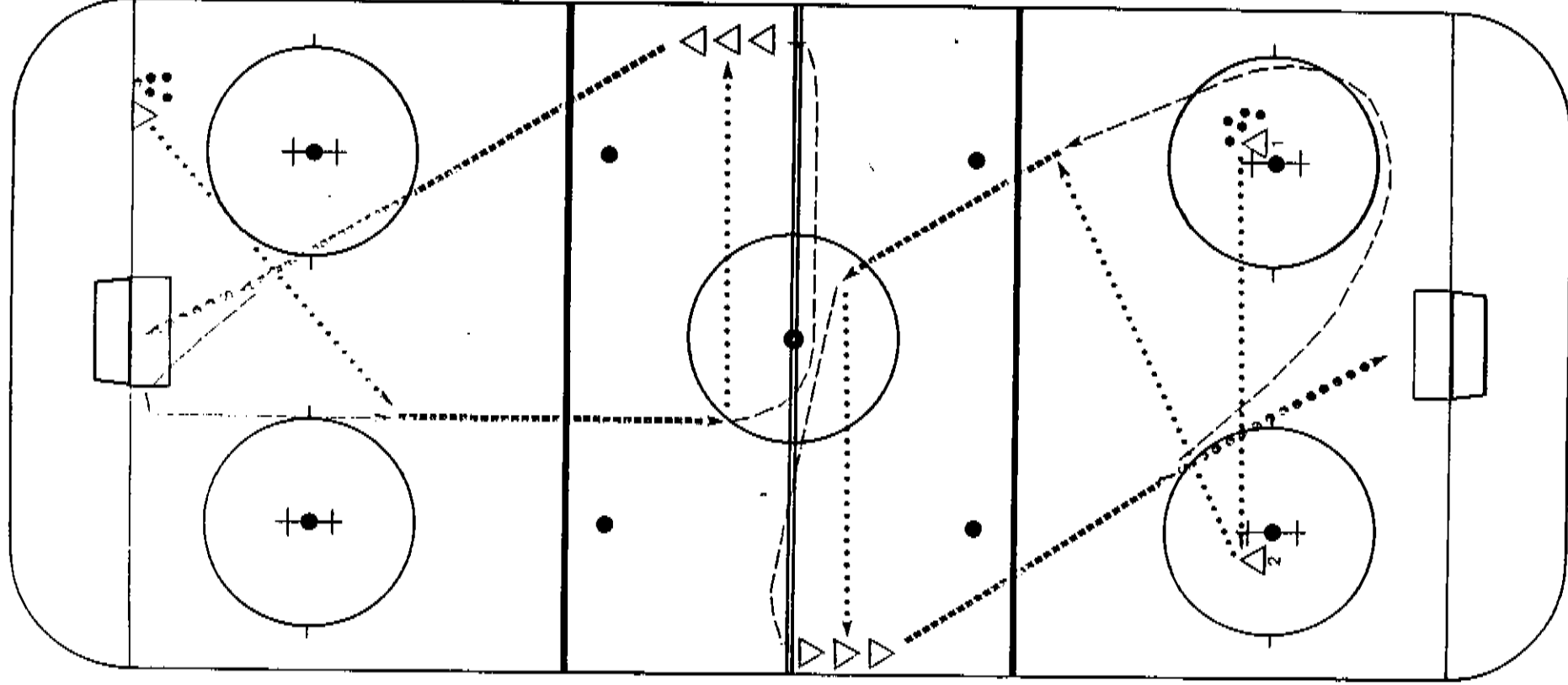
At the other end (B), after the shot is taken, the player skates to the far goal post, stops and then breaks to take a pass from the player at the bottom of the face-off circle. He then passes to the next player in line.

IMPORTANT:

- Keep the head up.
- Stress timing.
- Be ready for a pass at all times.

LEVEL 4 DRILL 28

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- Player skating with the puck
- Path of puck when passed
- ⊥ Drop pass
- ~~~~~ Backwards skating without the puck
- ~~~~~ Backwards skating with the puck
- ↑ Forward
- ◊ Defenseman



Passing in the Defensive Zone: Passing between Defenseman and Swinging Forward

PURPOSE:

To prepare for break-out patterns by practising breaking into open ice. This is important practice for the player without the puck.

METHOD:

Group players as in A and B in the diagram. The puck is passed to the defenseman in each end. He moves laterally and makes a crisp pass to the forward who is in full stride. The forward shoots as soon as he reaches the blue line. This drill should be run simultaneously at both ends.

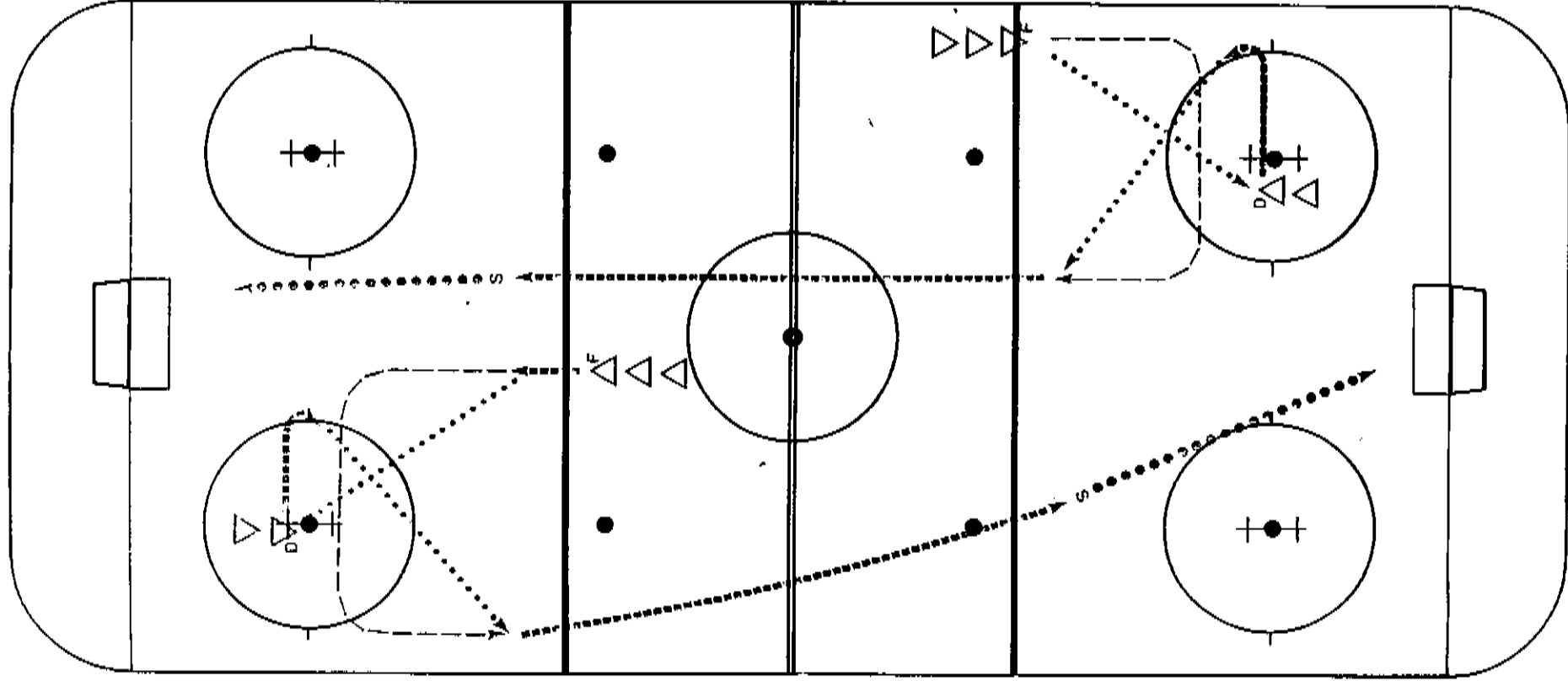
IMPORTANT:

- Passes must be accurate, as this is a fast-moving drill.
- The defenseman starts moving laterally immediately after receiving the pass (as if avoiding a forechecker).

VARIATION:

- Place markers in the neutral zone for the forward to stick-handle around.
- Set up a give-and-go pass at the second blue line.
- Have the forward turn around at center ice and the blue line.
- Create a one-on-one situation by having the defenseman, after making the pass, skate around the marker and defend against the oncoming forward.

LEVEL 5 DRILL 29





Break-Out Flow: Using a Drop Pass

PURPOSE:

To develop break-out passes and practise timing.

METHOD:

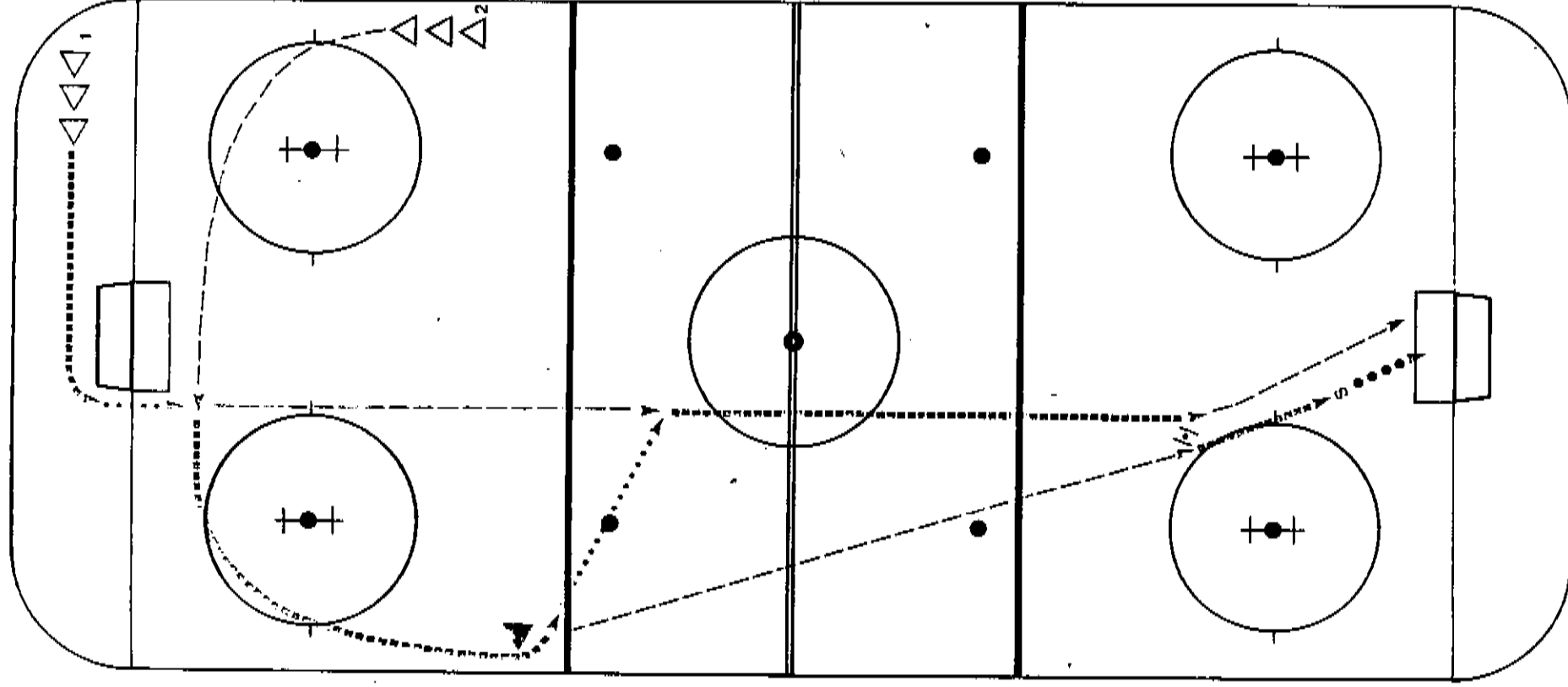
Position players in two groups as in the diagram. The players in group 1 have pucks. The first player in group 1 carries the puck behind the net and passes to the player from group 2, who is cutting across. The puck-carrier swings around the marker and passes to the player from group 1, who is breaking up the middle of the ice. The two players move in on the goaltender. A drop pass is made to the player from group 2 and a play is made on the net.

IMPORTANT:

- Keep the stick on the ice.
- Group 2 players must time their swing in front of the net to coincide with the player going behind the net.
- The players from group 1 should cut in tight behind the net, as if chased by an opponent. The net offers good protection in this situation.

LEVEL 4 DRILL 30

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- Player skating with the puck
- Path of puck when passed
- ⊥ Drop pass
- ~~~~~ Backwards skating without the puck
- ~~~~~ Backwards skating with the puck
- ▶ Forward
- ◁ Defenseman



LEVEL 5
DRILL
31

Break-Out Flow: Swinging to One Side of the Ice

PURPOSE:

To develop quickness, accuracy and timing in break-out situations.

METHOD:

- A.** Position three groups of players as in the diagram at each blue line. The first player in the inside line dumps the puck into the near corner and then skates through the near face-off circle, turning up-ice along the side boards. The defenseman skates into the corner, picks up the puck and passes to the forward breaking along the boards. The first player from the other line skates toward the defenseman to forecheck.
- B.** In drill B, the procedure is the same, except the two forwards from the blue line skate back through the face-off circle and turn up-ice. One of the forwards receives a pass from the defenseman, creating a two-on-zero situation. The defenseman who made the pass backchecks on the two forwards.

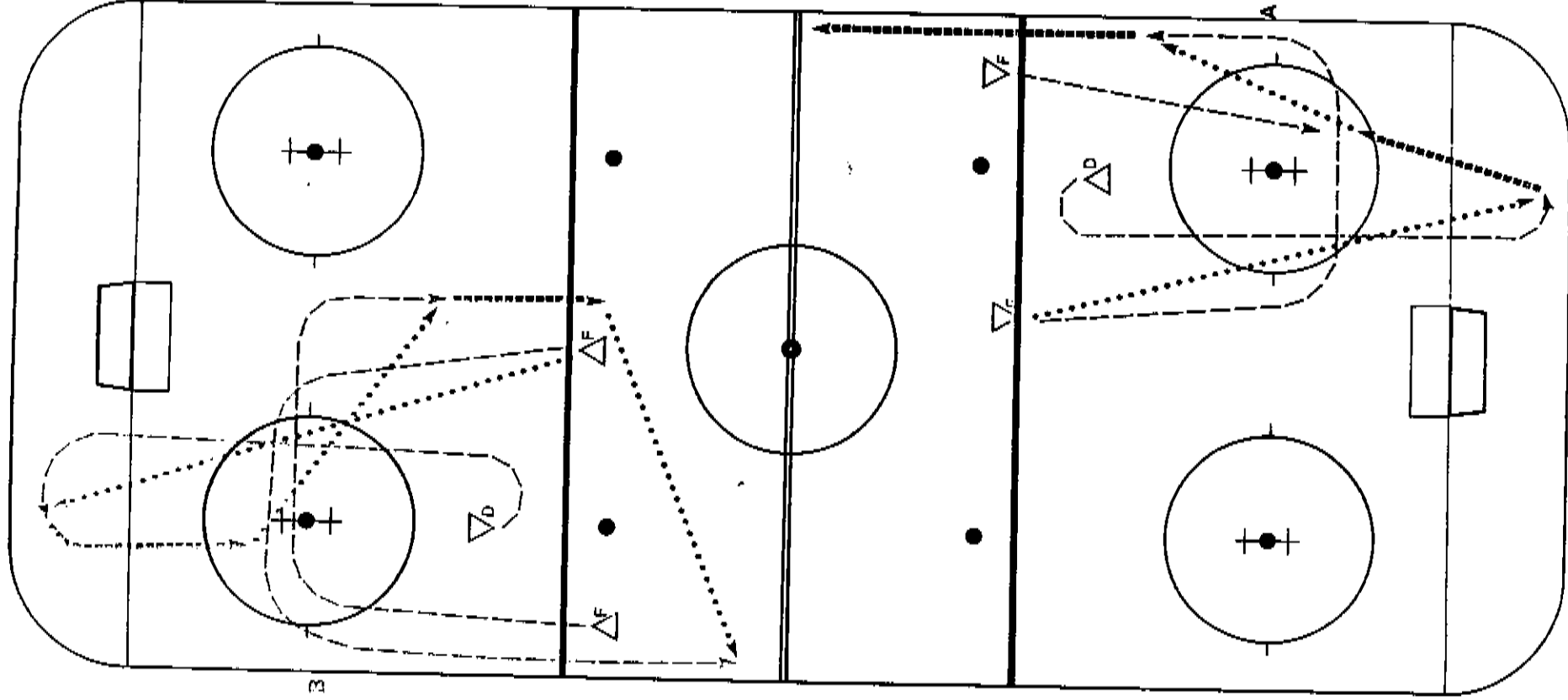
IMPORTANT:

- Keep the head up.
- Be ready for the quick pass.
- Skate hard after receiving the pass.

VARIATION:

Add another defenseman at the center line to defend against the attack.

LEVEL 5 DRILL 31



- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- ==== Player skating with the puck
- Path of puck when passed
- ⊥ Drop pass
- Backwards skating without the puck
- ~~~~ Backwards skating with the puck
- ↑ Forward
- Defenceman

Break-Out Flow: Swinging through the Defensive Zone Using a Give-and-Go Pass

PURPOSE:

To develop passing accuracy, timing and anticipation.

METHOD:

Position seven players as in the diagram (two at the first position). The remaining players line up along the boards just outside the blue line, with pucks.

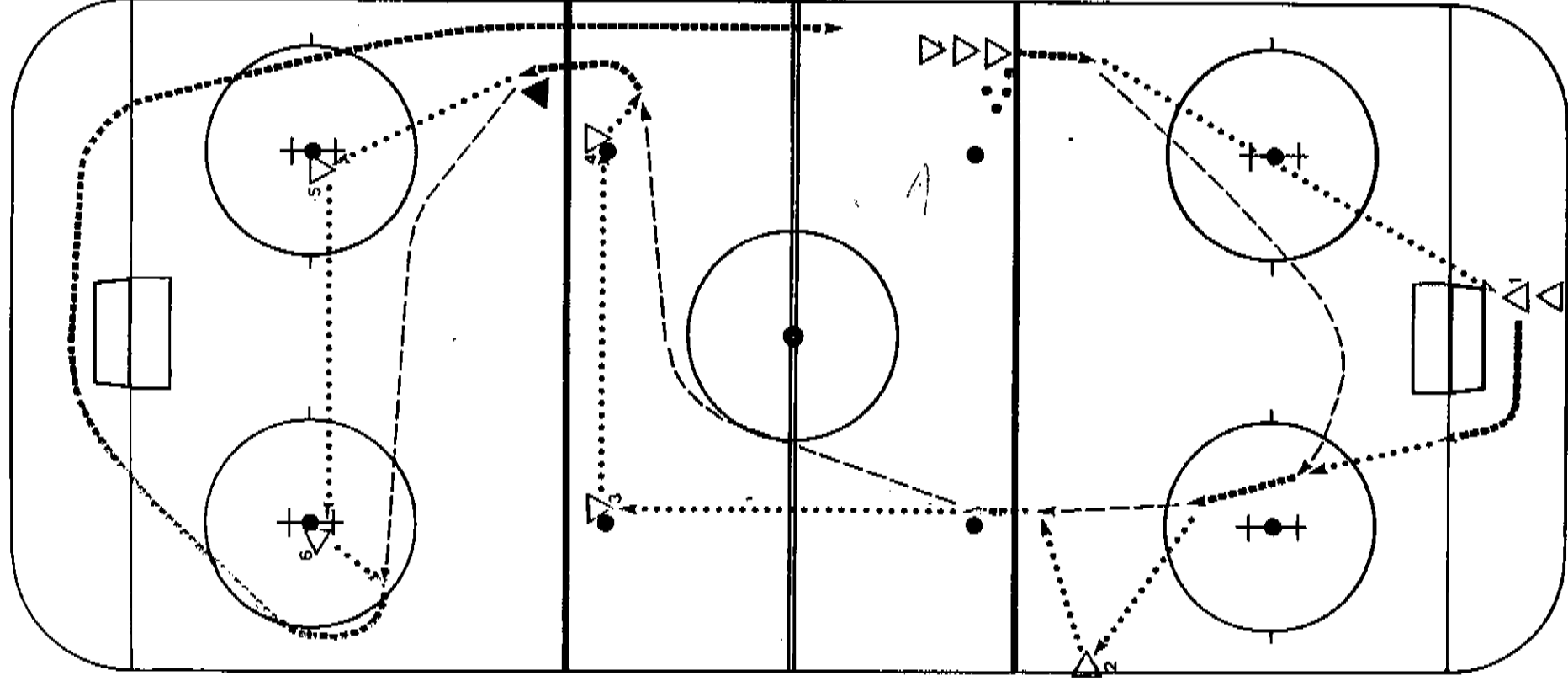
The first player in line passes to the player at position 1 and then swings through the deep slot for a return pass at the other side of the net. He then makes a give-and-go exchange with player 2, crosses the blue line, passes to player 3 and cuts across the neutral zone. Player 3 passes to player 4, who passes the puck back to the skater. The puck-carrier carries the puck across the second blue line, skates around the marker and passes to player 5. Player 5 passes to player 6; 6 passes back to the skater, who carries the puck behind the net and returns to the end of the line along the boards.

The player receiving the pass at the first position must carry the puck around the back of the net before making a return pass to the skater. The next player in line begins the sequence when the player in front of him receives the pass from the side of the net.

IMPORTANT: Show a strong burst of speed when breaking for each pass.

DRILL 32

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- ==== Player skating with the puck
- Path of puck when passed
- ┐ Drop pass
- ~~~~~ Backwards skating without the puck
- ~~~~~ Backwards skating with the puck
- Forward
- Defenseman



LEVEL 4
DRILL
33

Passing up the Middle: Passing along the Boards, behind the Net and up the Middle

PURPOSE:

To develop passes along the boards when the opposition pinches, which prevents the winger from carrying the puck out of the defensive zone.

METHOD:

Position forwards and defensemen at both ends, as in the diagram (A and B). Player 1 makes a pass along the boards to the defenseman from line 2, who curls toward the corner, turns up the ice and passes to the forward who is breaking through the neutral zone. (Player 1 should begin skating up the ice immediately after making the board pass.) The forward takes the pass and continues down the ice for a shot on net. This drill is taking place in both ends at the same time.

IMPORTANT:

- Do not start breaking fast until the defenseman is facing up-ice.
- Swing as close to the center line as possible.
- Keep your head up.

The diagram illustrates a quantum communication setup. On the left, Alice's side contains two qubits, each with a central dot and four cross markers. The top qubit is labeled D_1 and the bottom one D_2 . On the right, Bob's side contains two similar qubits, labeled D_1 and D_2 . A central node, also with a dot and cross markers, is connected to all four qubits via dashed lines. The diagram shows various paths and connections, including solid lines, dashed lines, and dotted lines, representing different types of quantum states or operations. Labels F_1 and F_2 are also present near the qubits, possibly indicating specific states or operations.

NOTES

NOTES

Δ Player, with indication of direction

Player skating without the puck

Never starting with the duck

..... Path of puck when passed

I Drop pass

..... backwards sliding without the puck

~~~~~
Blackwelder standing with the pack

F. Forward

D. Defensivman

LEVEL 4
DRILL
34

Passing up the Middle: With a Long Lead Pass into the Neutral Zone

PURPOSE:

To develop the breakaway pass and to practise the timing needed for break-outs.

METHOD:

Position players as in the diagram. The first player in group A carries the puck behind the net and makes a pass to the first player in group B, who is breaking through the neutral zone (player B should begin skating slightly before A begins). The player from group A moves to group B; the player from group B carries the puck around the marker and moves in line with group A.

The same drill is practised at the other end of the ice.

IMPORTANT:

- Use both forehand and backhand passes.
- Avoid two-line passes.
- Work to improve timing.

LEVEL 5
DRILL
35

Passing up the Middle: With an Additional Pass in the Neutral Zone

PURPOSE:

To develop timing and to create breakaways. This type of pass is common in Europe, where the ice surface is much wider. One of the wingers attempts to sneak behind the defense to receive a pass in full stride.

METHOD:

Position three players (2, 3, 4) as indicated on the diagram and have the remaining players, with pucks, form a line in the corner (1). The player at position 1 carries the puck behind the net and passes to the player from 2, who is cutting across the ice to the front of the net. Player 2 then passes to player 3, who is breaking to the middle of the ice outside the blue line. Player 3 passes to player 4, cutting across at the next blue line. Player 4 skates in and shoots on net. All passes are to be made up the middle. Player movement is from 1 to 2, 2 to 3, 3 to 4 and 4 to 1.

IMPORTANT:

- Good timing is a must.
- Make good, crisp passes.
- Avoid off-side passes.
- When skating for a pass, start slowly and accelerate to full speed just before receiving the pass.
- Player 4 should skate along the boards almost to the blue line before cutting across into the middle.

The diagram illustrates a particle detector system, possibly a bubble chamber or cloud chamber, divided into three main vertical sections by two thick vertical lines. Each section contains two circular regions, likely representing detector cells or viewing windows. In the leftmost section, a dashed line with arrows indicates a particle track entering from the left, passing through the top circular region, and then exiting to the right. A dotted line with arrows shows another track entering from the left, passing through the bottom circular region, and then exiting to the right. A third track, indicated by a dashed line with arrows, enters from the left, passes through the top circular region, and then exits to the right. A fourth track, indicated by a dashed line with arrows, enters from the left, passes through the bottom circular region, and then exits to the right. In the middle section, a central circular region is shown, with a dotted line with arrows passing through its center. A dashed line with arrows also passes through this central region. In the rightmost section, a dashed line with arrows enters from the left, passes through the top circular region, and then exits to the right. A dotted line with arrows also passes through this section. The diagram includes various symbols: small circles, crosses, and arrows, which likely represent different types of particles or detector components. The overall layout suggests a complex system designed to detect and track particles as they pass through the detector cells.

- A**

Neutral Zone Flow: With a Pass between Defense Partners

PURPOSE:

To practise keeping the head up while turning and breaking into free ice.

METHOD:

Position four defensemen at the four off-side face-off dots and a line of players on each side of the ice at the center line (see diagram).

The first player from each line simultaneously passes to the near defenseman, skates forward, swings toward the middle of the ice, turns and breaks into the neutral zone. The defenseman passes the puck across the ice to his partner, who returns a pass to the breaking forward. The forward skates in and takes a shot on goal.

IMPORTANT:

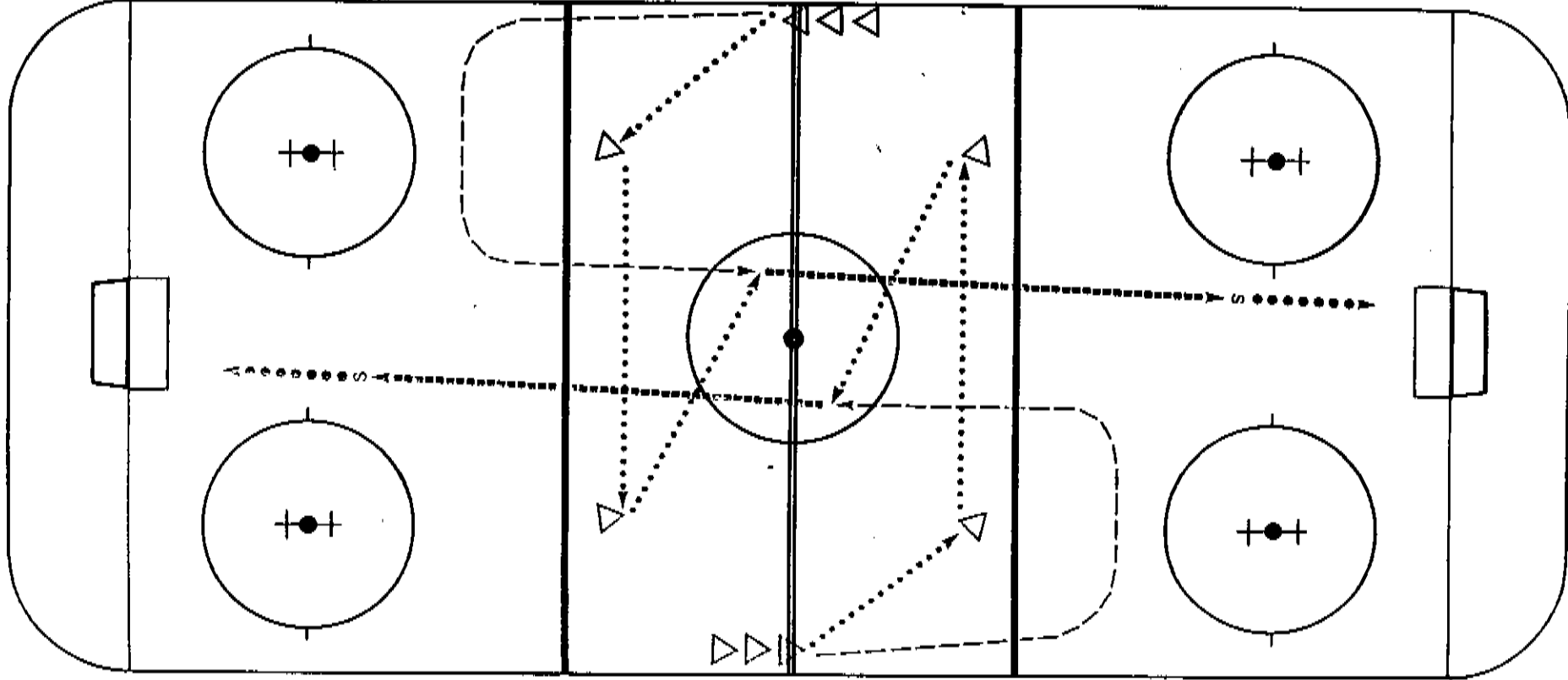
- Keep the head up.
- Skate to open ice in the neutral zone.
- Be aware of the position of the player coming from the opposite direction.

VARIATION:

Two lines are added, with these players swinging in the opposite direction. Only two skaters are moving at the same time.

LEVEL 3 DRILL 36

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- Player skating with the puck
- Path of puck when passed
- ⊢ Drop pass
- Backwards skating without the puck
- ~~~~ Backwards skating with the puck
- F Forward
- o Defenceman



LEVEL 3
DRILL
37

Neutral Zone Flow: Pass from Defenseman to Forward

PURPOSE:

To have defensemen practise carrying the puck out of the end and making an accurate pass in the neutral zone, while skating at full speed.

METHOD:

Forwards form a line along the boards at center ice and defensemen form a line in a corner on the other side of the ice. Place a marker near the goal line in that corner.

The defenseman starts skating slowly, moves around the marker and then receives a pass from the forward skating from center toward the blue line. The forward continues into the zone, turns and breaks back up the ice for a return pass. The defenseman carries the puck out over the blue line before passing it back to the forward, who is now breaking through center or along the far boards. The forward may choose to cut toward the center to receive the return pass.

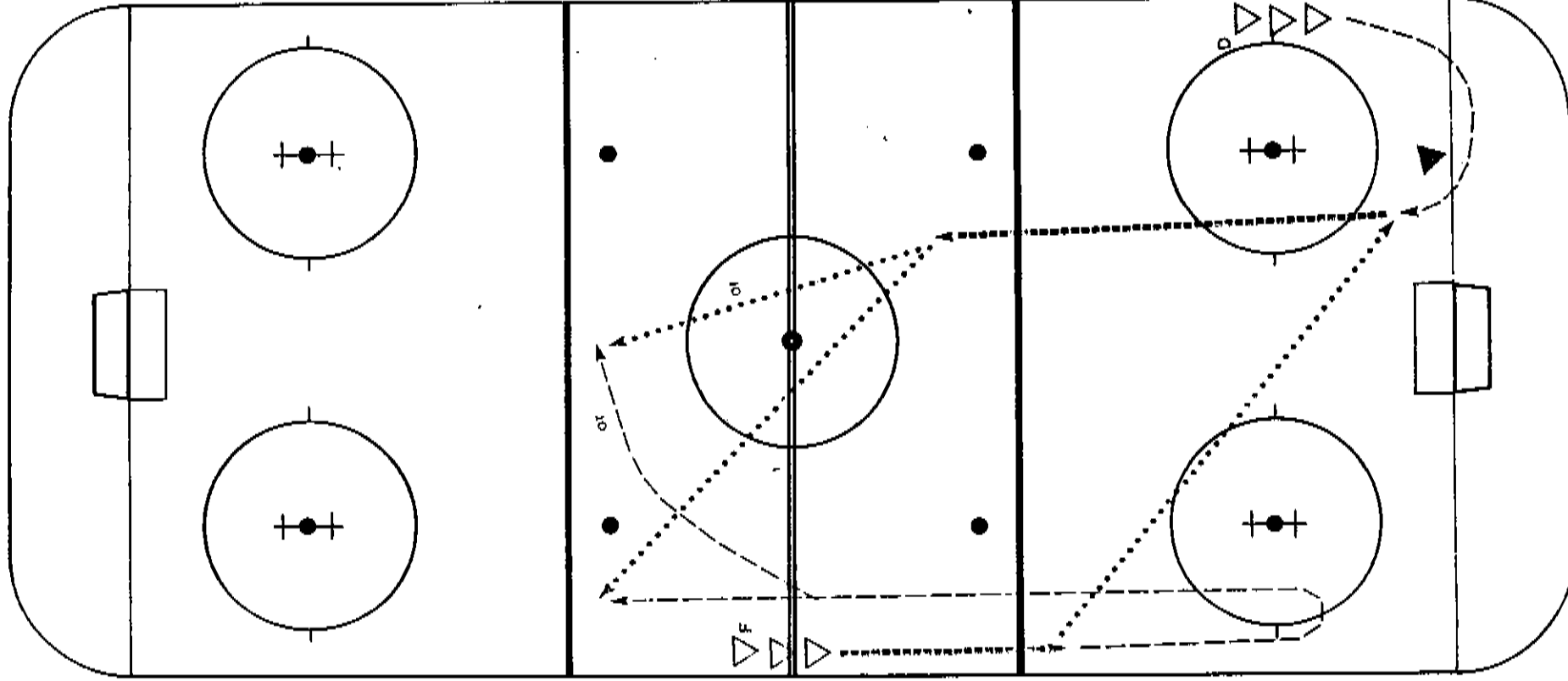
IMPORTANT: • Forwards should not start breaking until the defensemen have control of the puck.

- Do not go off-side.
- Make good, crisp passes.

VARIATION: Have the defenseman change the direction of the turn around the marker.

LEVEL 3 DRILL 37

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- ==== Player skating with the puck
- Path of puck when passed
- ⊥ Drop pass
- Backwards skating without the puck
- ~~~~ Backwards skating with the puck
- Forward
- ◊ Defenseman



Neutral Zone Flow: With a Swing to the Opposite Side of the Ice

PURPOSE:

To develop rink-wide passes while turning.

METHOD:

Players form two groups (A and B) as in the diagram. Place a marker on each of the four off-side face-off dots.

The first player from each line skates around the near marker, along the blue line and around the far marker. He then receives a pass from the second person in line, skates down the ice, takes a shot on net and returns to the end of the line. The second person in line follows the same pattern immediately after making a pass, receiving a pass from the third player in line.

IMPORTANT:

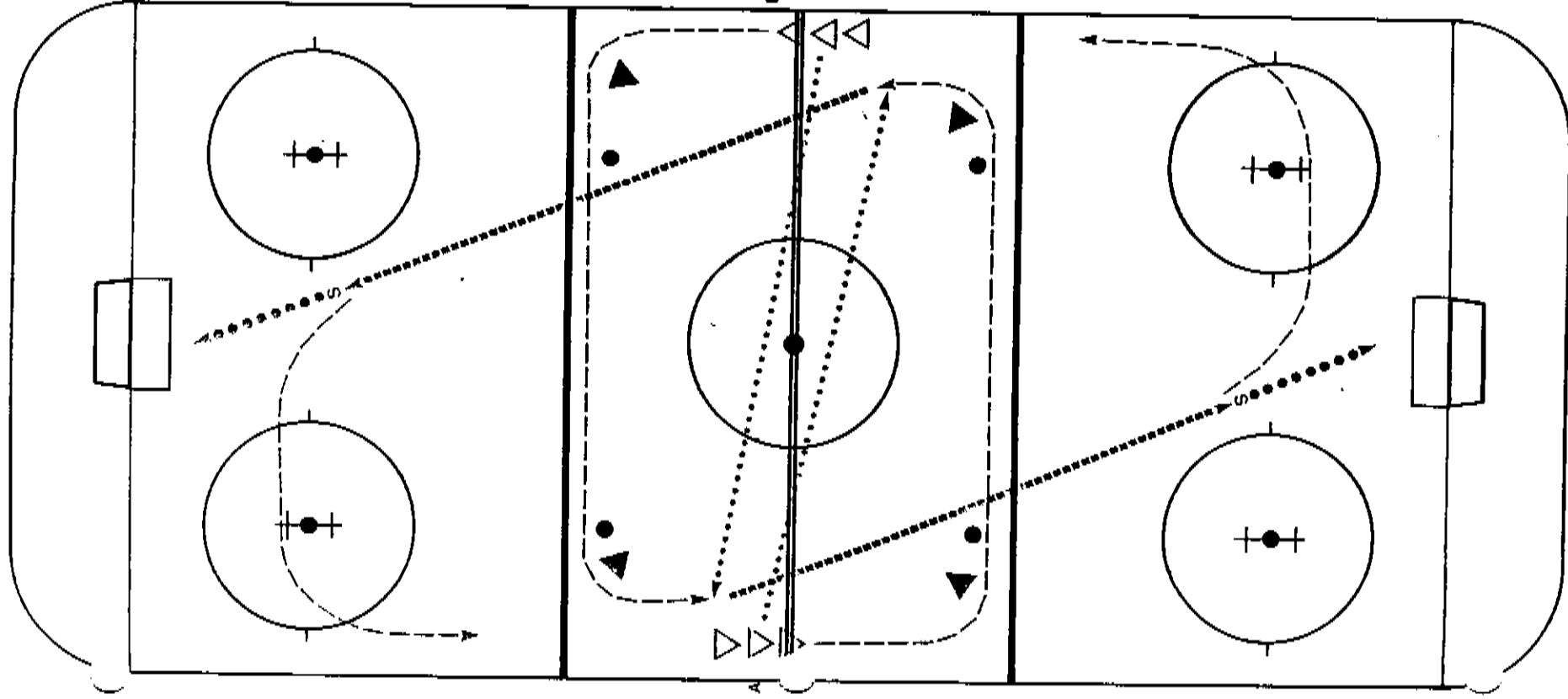
Use both the backhand and forehand when passing and receiving.

VARIATION:

Players drop to their knees after receiving a pass, get up quickly, accelerate and shoot on the net.

LEVEL 3 DRILL 38

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- ==== Player skating with the puck
- Path of puck when passed
- ⊥ Drop pass
- ~~~~~ Backwards skating without the puck
- ~~~~~ Backwards skating with the puck
- ⌈ Forward
- Defenseman



Neutral Zone Flow: With a Backwards Pass in the Offensive Zone

PURPOSE:

To practise passing and receiving while breaking at full speed in the neutral zone; to practise using a trailing player when in the offensive zone.

METHOD:

Position the players in four lines along the boards at the blue line, facing the neutral zone (see diagram). The first player in line 1 passes to the first player in line 2, who in turn passes across to the first player in line 3. The player from line 1, after making the pass, swings into the neutral zone, receives a return pass from line 3, crosses center and passes to line 4. He then crosses the blue line, takes a return pass, cuts around a marker near the goal line on that side of the ice and passes to the player from line 3 as he crosses the blue line. This skater then takes a shot on the net.

The player who is now first in line 4 starts the drill in the other direction by passing to the player in line 3 and then breaking into the neutral zone.

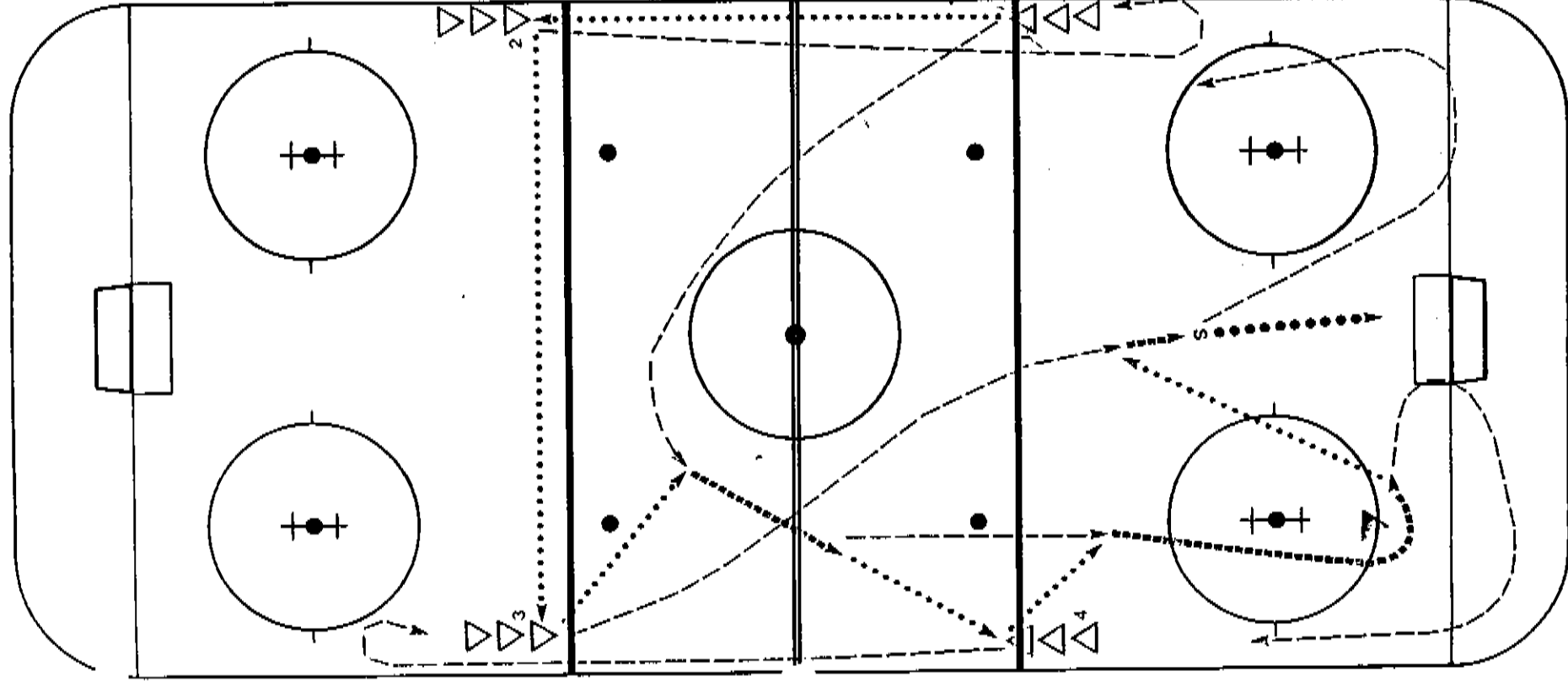
Player movement is from line 1 to 4, 2 to 1, 3 to 2 and 4 to 3.

IMPORTANT:

- Make good, crisp passes.
- The exchange of the puck between players in line 1 and line 4 should be a short give-and-go pass.
- After the line 1 player makes the final pass to the trailing skater, he moves to the net to screen the goaltender, deflect the shot and play the rebound.

LEVEL 5 DRILL 39

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- Player skating with the puck
- Path of puck when passed
- ⊥ Drop pass
- ~~~~~ Backwards skating without the puck
- ~~~~~ Backwards skating with the puck
- Forward
- Defenseman



Offensive Zone Drill: Shooting/Deflecting, Passing/Shooting

PURPOSE:

To create a game situation, with the player in front of the net attempting a deflection while the defender is trying to move him clear of the goal area.

METHOD:

The forwards are in one end and the defensemen in the other. The forwards form three lines outside the blue line, all with pucks. The right winger from line 1 skates to the top of the face-off circle and takes a shot on goal. He then moves to the front of the net and attempts to deflect the shot by the center from line 2 who moves to the front of the net after he shoots. The right winger then tries to take the center out of the play, while the left winger from line 3 moves in for a shot. (Start the drill with the left winger as well.) At the other end, the defensemen practise give-and-go passes from the near corners, taking only low wrist shots. The player at the blue line passes to the corner and then breaks toward the net for a return pass and quick shot on net. Practise from both point positions.

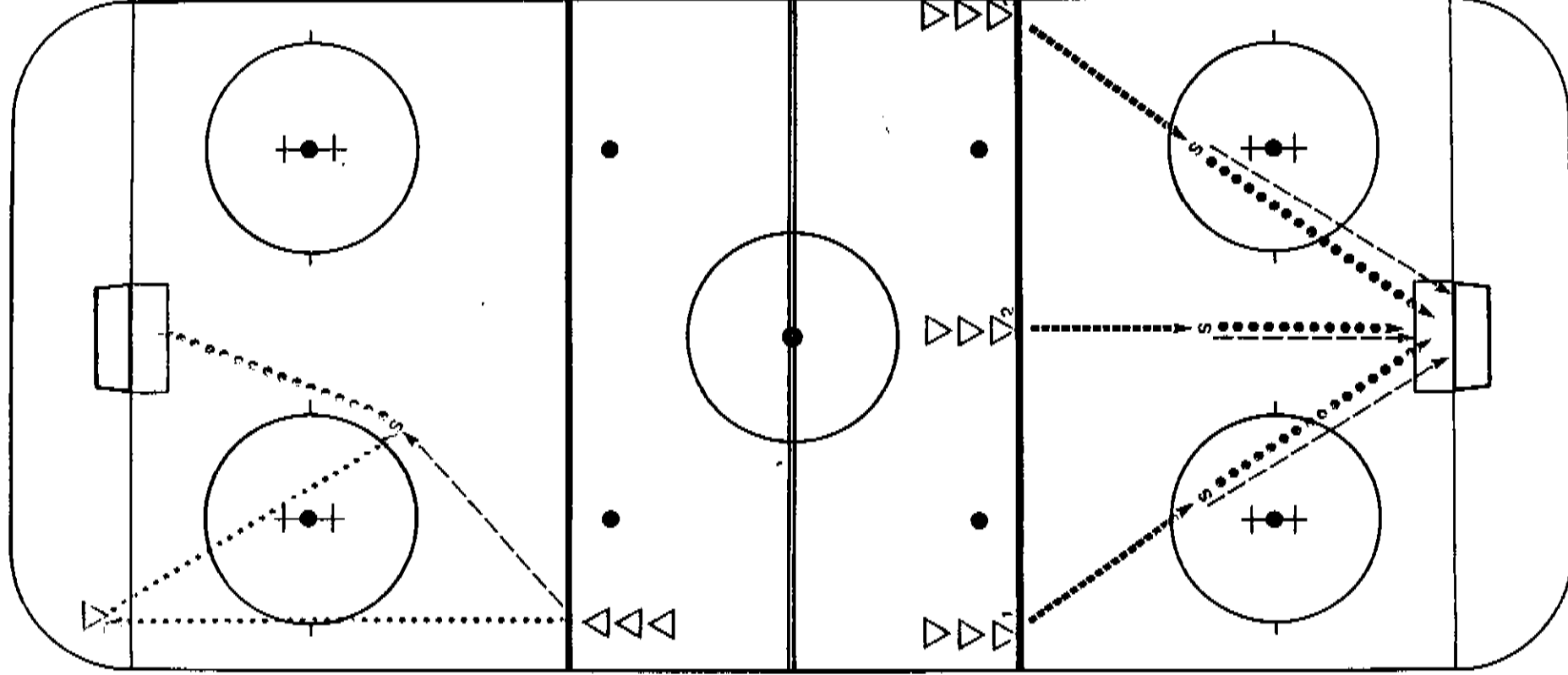
IMPORTANT: For deflections, try to arrive at the front of the net at the same instant as the shot is being taken.

VARIATION:

- For the forwards, the center shoots and the right winger tries to deflect the shot. The center then picks up a second puck and attempts to skate in on goal, while the right winger blocks the defending left winger.
- For the defensemen, after returning the pass the player from the corner attempts to block the shot by sliding in front of the puck, feet first and with his legs together.

LEVEL 2 DRILL 40

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- ===== Player skating with the puck
- Path of puck when passed
- ≡ Drop pass
- Backwards skating without the puck
- ~~~~~ Backwards skating with the puck
- Forward
- Defenseman



Offensive Zone Drill: Passing, Deflection and Screen

PURPOSE:

To practise low shots from the point, with the forwards moving to the net for a deflection. Also a good drill for conditioning.

METHOD:

Set up five players in the end zone as indicated in the diagram. Player 5 picks up a puck along the side boards and passes to player 2, in the near corner. Player 2 then passes to player 4, at the point, who passes to player 3, at the other point. Players 1 and 2 move to the front of the net in an attempt to deflect the shot by player 3. Player 5 moves to act as a screen for the shot, staying near the top of the circle.

Player 5 then picks up a puck on that side of the ice and the sequence is repeated in the opposite direction.

IMPORTANT:

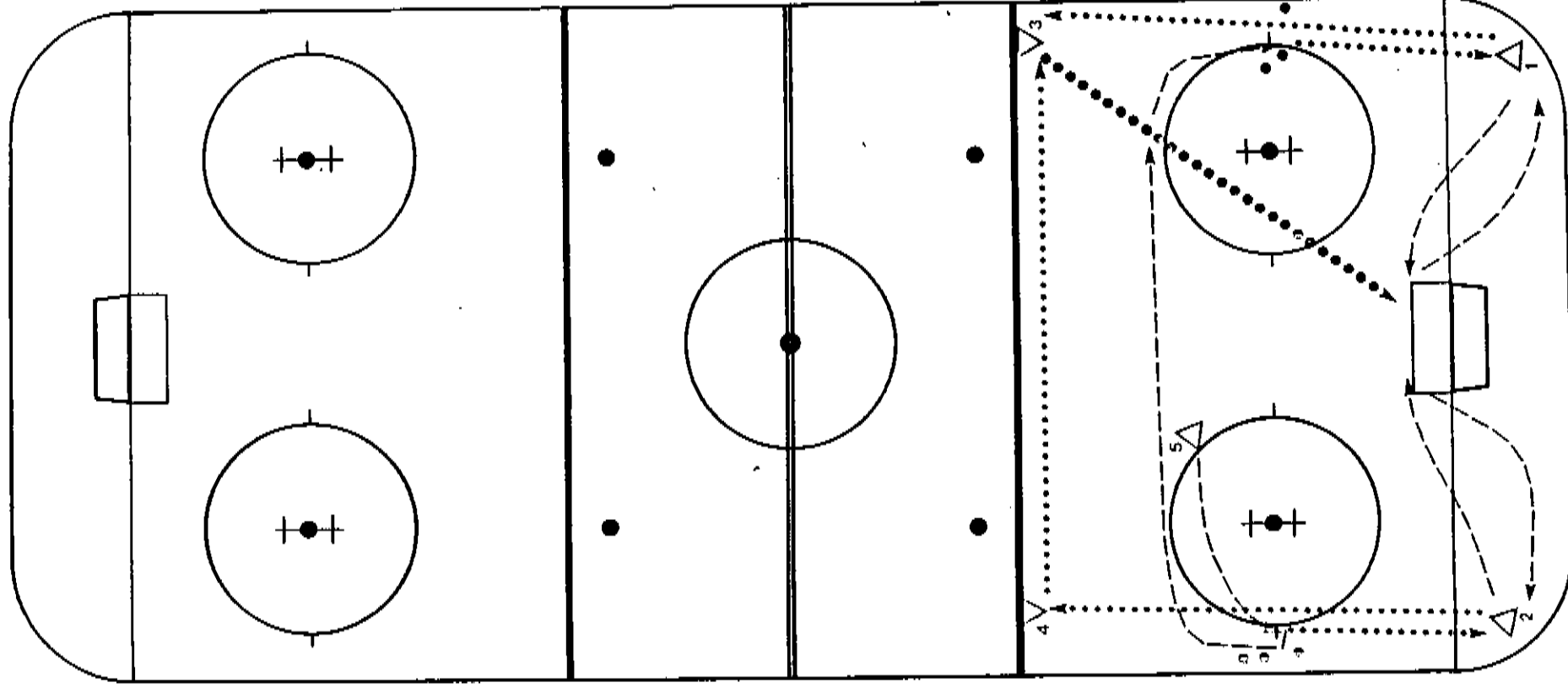
- Keep the stick blade on the ice at all times.
- Keep shots low.
- Make good, crisp passes.
- Wingers move back to the corners after every shot.

VARIATION:

The center (player 5) attempts to block the shot. Player 5 takes the nearest winger out of the play.

LEVEL 4 DRILL 41

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- Player skating with the puck
- Path of puck when passed
- ≡ Drop pass
- Backwards skating without the puck
- ~~~~~ Backwards skating with the puck
- ↑ Forward
- ↓ Defenseman



LEVEL 2
DRILL
42

One-on-One Flow: With a Backchecker

PURPOSE:

To create a more realistic one-on-one situation by using a backchecker.
A good conditioning drill.

METHOD:

With all the players in one corner of the rink, position three players (1, 2, 3) as in the diagram. Player 1 passes the puck to player 2, who may take the pass on either his forehand or backhand. Player 3 is skating backwards and player 2 tries to beat him in the one-on-one situation. After player 2 receives the pass, player 1 begins to chase him and becomes the backchecker.

Start on the signal. When reaching the other end, players set up quickly (trading positions A, B and C) and go in the other direction at the next signal.

IMPORTANT:

- The defending player must play the man, not the puck.
- Do not cross to the other side of the ice when rushing.

圖書分類

Discussion

Player strating without the puck

Player starting with the duck

POSTED BY: JAMES J. HARRIS

Drop pass

Backwards skating without the puck

Blackwelder skating with the puck

Forward

Defektbehebung

Control the Flow: With Breakout Pass/Conditioning

OBJECTIVE:

To practise different break-out passes and one-on-one plays; to improve conditioning.

WEIGHTING:

Two players — one defenseman and one forward — are positioned in each corner of the rink. The defensemen have pucks. On the signal, the players in two diagonally opposite corners start out, with the defenseman passing to the breaking forward. When the forward reaches the center line, he turns back and now the play is one-on-one with the defenseman, who followed to the blue line.

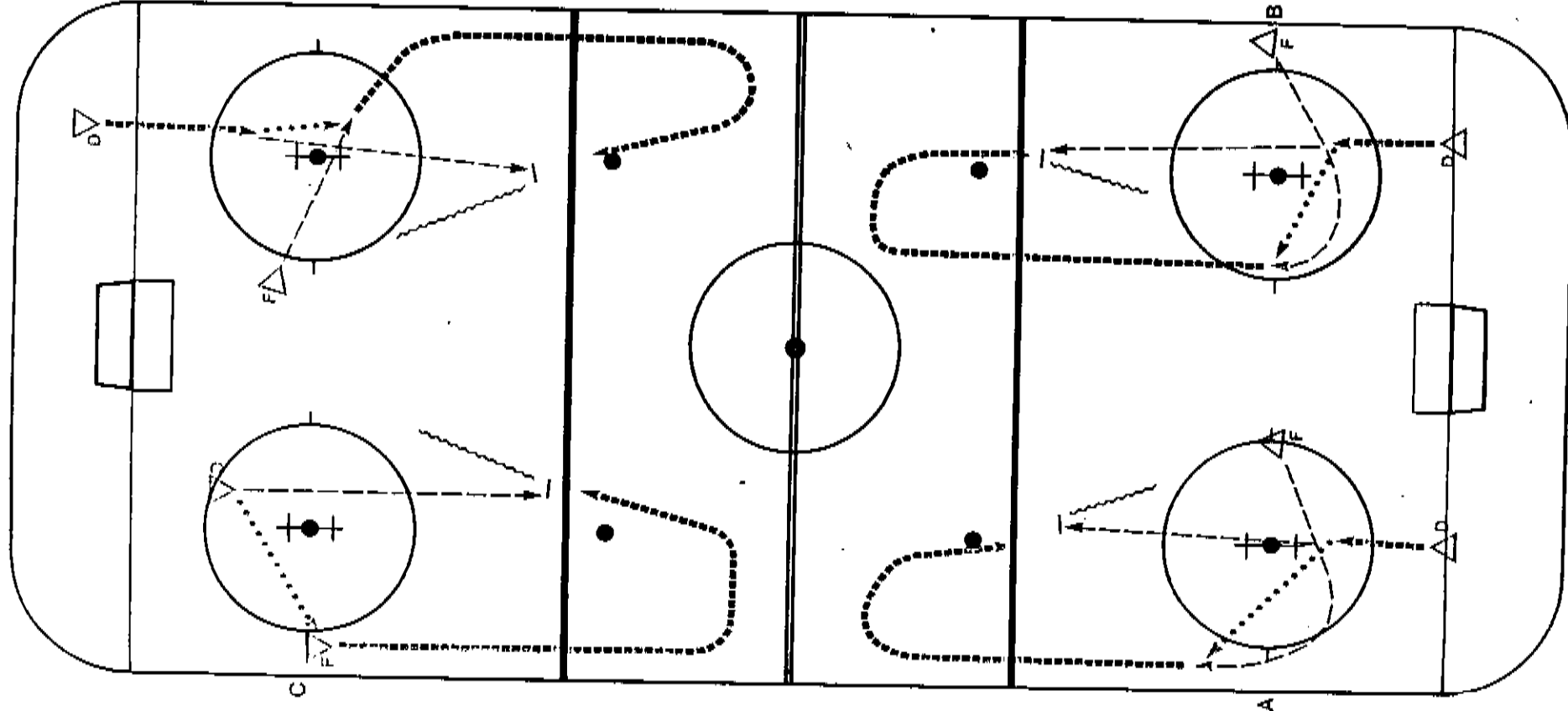
At the next signal, the players in the other two corners go. After one series, change the pairs, but continue the drill until several repetitions are completed.

IMPORTANT:

Work at the following types of break-out passes:

- Forward swings to the outside (A).
- Forward swings inside (B).
- Forward is positioned at the hash marks near the boards (C).
- Forward breaks into free ice (D).

LEVEL 3 DRILL 43



- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player starting without the puck
- Player starting with the puck
- Path of puck when passed
- ⊥ Drop pass
- ~~~~~ Backwards starting without the puck
- ~~~~~ Backwards starting with the puck
- Forward
- Defenseman

One-on-One Flow: With Break-Out Pass from the Corner

PURPOSE:

To practise receiving a pass from defencemen while swinging at full speed, and stick-handling in a one-on-one situation.

METHOD:

Three defencemen are in corners with pucks (1, 2, 3); 4 is on the center red line. Forwards are divided into four groups on both side boards by the center red line (A, B, C and D).

The first player from line A swings deep in the end zone at full speed, receives a crisp pass from defenseman 2 and breaks one-on-one on the opposite net against defenseman 4. Defenseman 2 follows to the red line to defend against a player from the opposite direction. After the one-on-one play, the defenseman comes back to his own corner.

The drill is repeated at the other end with a player from line D swinging in the end zone and receiving a pass from defenseman 3, who follows to the red line. The sequence goes A, D, C, B.

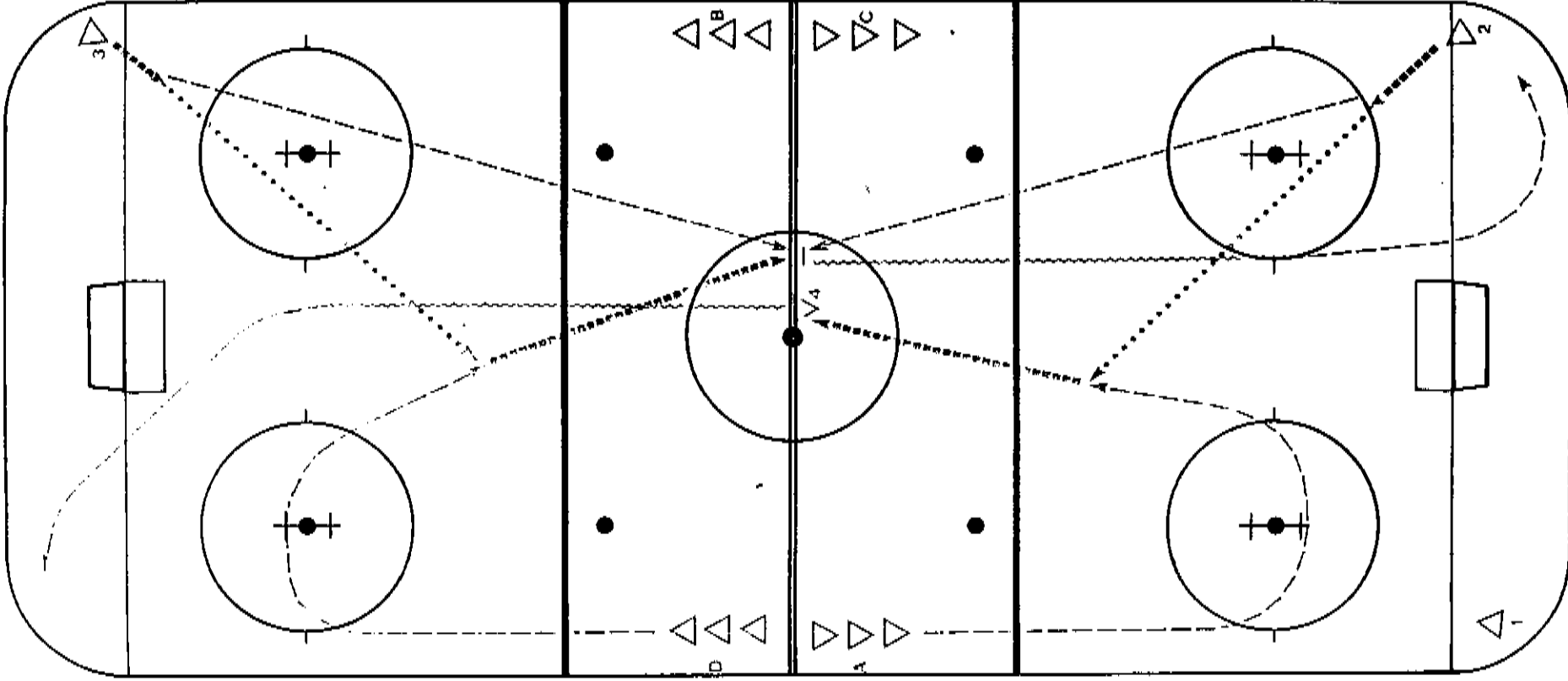
IMPORTANT:

- Start on the signal, defencemen moving before making the pass.
- Skate in a short burst with the head up. The defencemen skate backwards, facing the play.

VARIATION:

- Two-on-one
- Three-on-one
- Three-on-two

LEVEL 4
DRILL
44



- | | |
|-------|--------------------------------------|
| ▲ | Marker |
| | Shot |
| △ | Player, with indication of direction |
| --- | Player skidding without the puck |
| ===== | Player skidding with the puck |
| | Path of puck when passed |
| ≡ | Drop pass |
| --- | Backwards skidding without the puck |
| ===== | Backwards skidding with the puck |
| r | Forward |
| o | Defenceman |

LEVEL 2
DRILL
45

Two-on-Zero Flow: With a Big Flow Around

PURPOSE:

A good drill to begin a practice, as players are passing and receiving while warming up. May also be used as a conditioning drill.

METHOD:

The players form two lines in one corner. Players in the line along the boards have pucks, and there are pucks in the diagonally opposite corner. Working in pairs, players pass the puck back and forth up the ice and take a shot on net. Then they pick up a puck at the other end and continue as before, after changing sides.

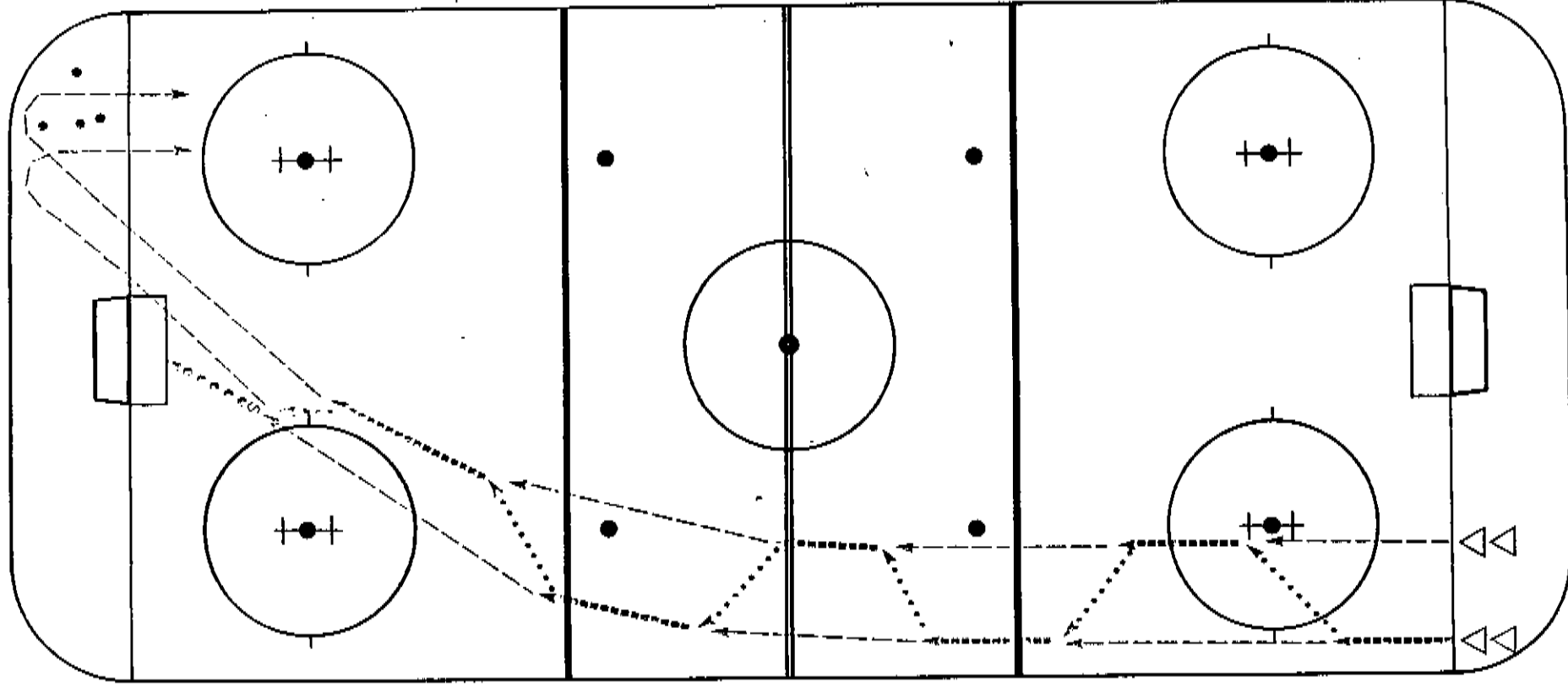
The second pair of players leaves as soon as the first pair has reached the near blue line. Reverse the flow of the drill, to practise moving in both directions.

IMPORTANT:

- Have lots of pucks.
- Keep the shots on the ice.
- Maintain a reasonable distance between pairs.
- Use three goaltenders in rotation.

LEVEL 2 DRILL 45

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- Player skating with the puck
- Path of puck when passed
- ⊥ Drop pass
- Backwards skating without the puck
- Backwards skating with the puck
- ↑ Forward
- Defenseman



LEVEL 2
DRILL
46

Two-on-Zero Flow: With the Wing Coming Back Deep

PURPOSE:

To have wingers practise coming back deep when the opposing defensemen are pinching at the blue line. Also to practise passing the puck back to the "trailer."

METHOD:

Players form two lines at the blue line, one along the boards and one near the middle of the ice.

The first player from the line in the middle carries a puck around the net and passes to the first player from the line along the boards (who has skated along the boards to the goal line, turned and started to break up the ice). The two skaters complete a few more passes before reaching the far blue line. The player near the boards carries the puck into the zone. He then skates around the marker and passes to the trailing skater for a shot on goal.

IMPORTANT:

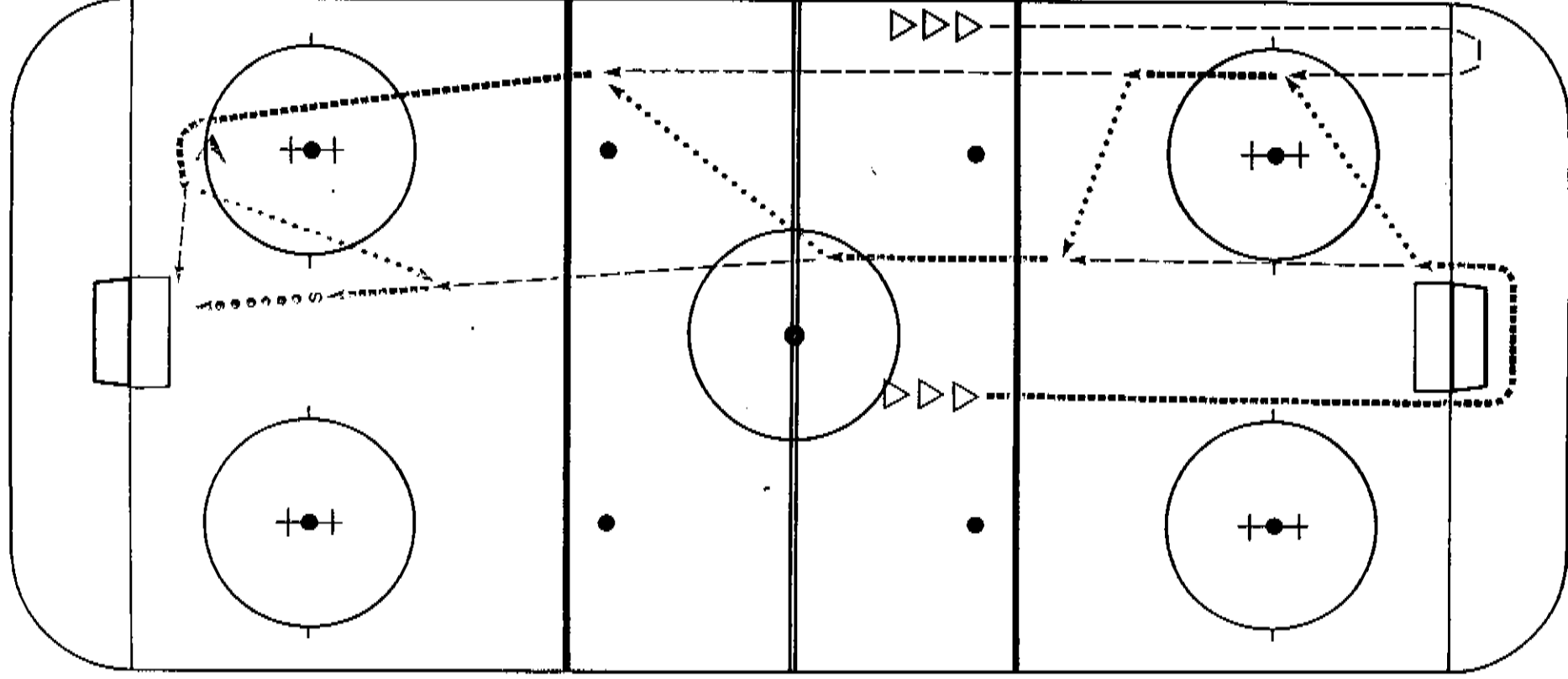
- Be certain of the timing; do not start out of the corner before the puck-carrier is around the net.
- After the pass to the trailer, break to the net for a rebound or a deflection.

VARIATION:

- The player skating into the corner stops instead of turning.
- Use defensemen at the blue line to create two-on-one situations.

LEVEL 2 DRILL 46

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- Player skating with the puck
- Path of puck when passed
- ⊥ Drop pass
- Backwards skating without the puck
- ~~~~~ Backwards skating with the puck
- / Forward
- Defenseman



Two-on-Zero Flow: From the Corners, on the Goal in the Same End

PURPOSE:

To develop accurate passing at full speed, while turning and crossing.
Also a good warm-up drill.

METHOD:

Position a line of players in each corner. At each end of the ice, the players at the front of the line start out, passing the puck in a two-on-zero situation until they near center ice. They then turn and skate back, passing the puck and finishing the play with a shot on goal (see A in diagram).

In drill B, when the skaters reach center ice they cross and then continue in for a shot on goal.

IMPORTANT:

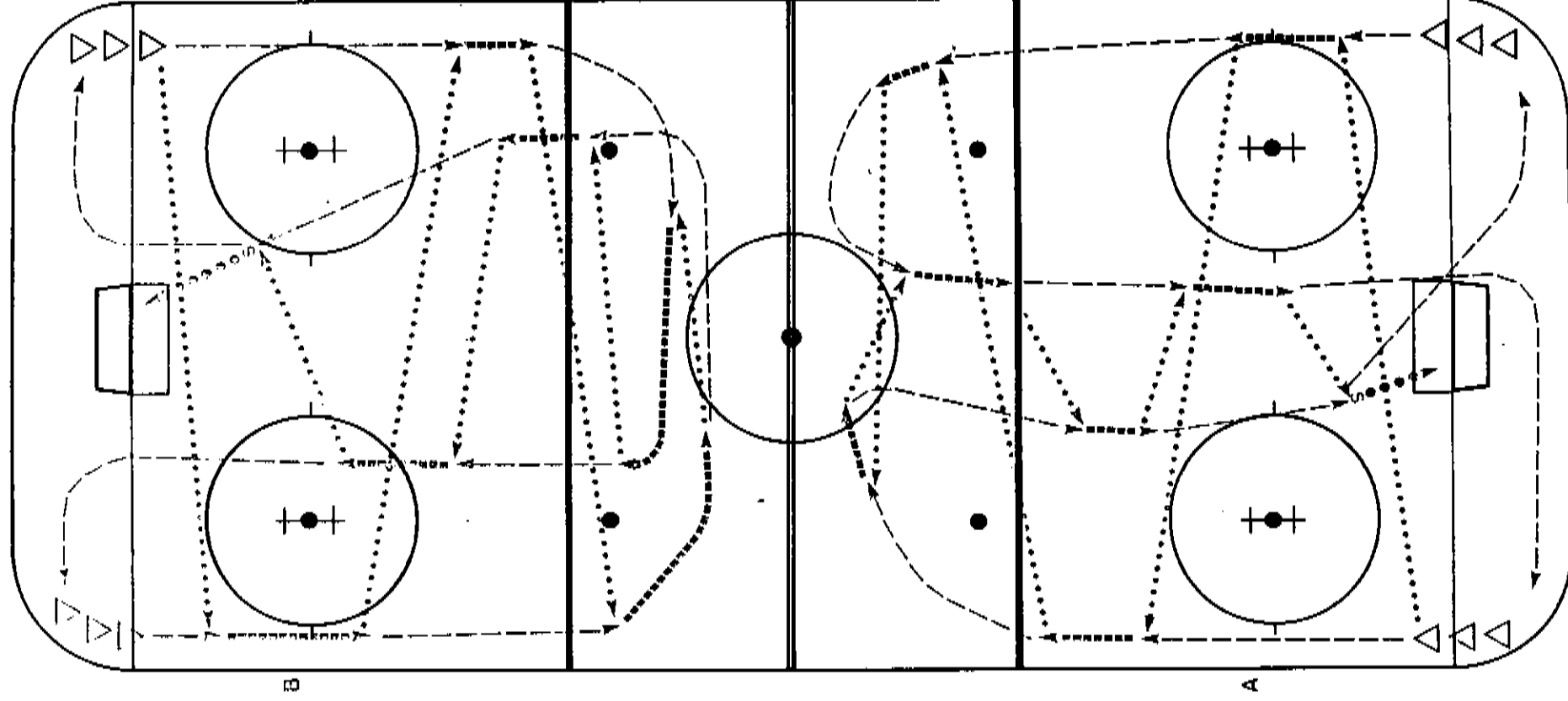
- Do not carry the puck, pass it.
- Skate as quickly as possible.
- Do not go off-side.

VARIATION:

Have the defensemen pass to the forwards from behind the net to begin the drill. Then the defensemen move out to the blue line to defend against the two skaters as they turn to attack.

DRILL 47

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- Player skating with the puck
- Path of puck when passed
- ⊥ Drop pass
- ~~~~~ Backwards skating without the puck
- ~~~~~ Backwards skating with the puck
- ↑ Forward
- Defenseman



LEVEL 3
DRILL
48

Developing Flow: Passing Accuracy in Both Directions during Game Time

PREPARE:

To develop passing accuracy under difficult conditions due to numerous obstacles.

TO BE DONE:

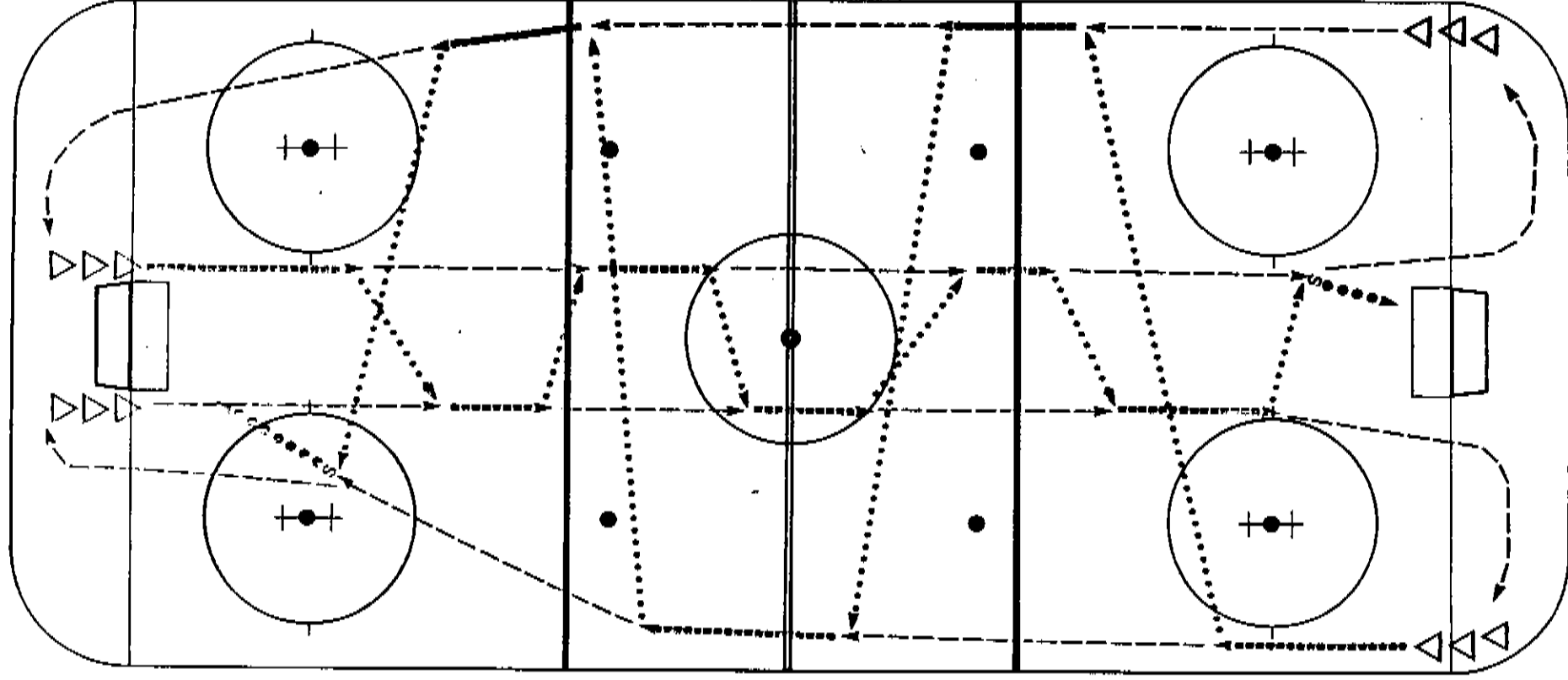
At one end of the ice, position a line of players in each corner and, at the other end, a line on either side of the net. The players in the lines in the corners stay close to the boards, making long passes. The players close to the net skate up the middle, making shorter passes. At the signal, the first players in each line start out, passing a puck back and forth between them. The players complete as many passes as possible and finish with a shot on goal at the opposite end. Then, they join one of the lines at that end of the ice.

INSTRUCTIONS:

- Skate straight up the ice, keeping the head up.
- When starting out, do not skate too fast; allow time to complete passes.
- The players in the outside lines should complete a minimum of four passes.

LEVEL 3 DRILL 48

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- Player skating with the puck
- Path of puck when passed
- ≡ Drop pass
- ~~~~~ Backwards skating without the puck
- ~~~~~ Backwards skating with the puck
- ↑ Forward
- Defenseman



Two-on-One Flow: Defenseman Turns Around the Marker Facing the Play

PURPOSE:

To have defensemen practise pivoting at full speed, facing the play.

METHOD:

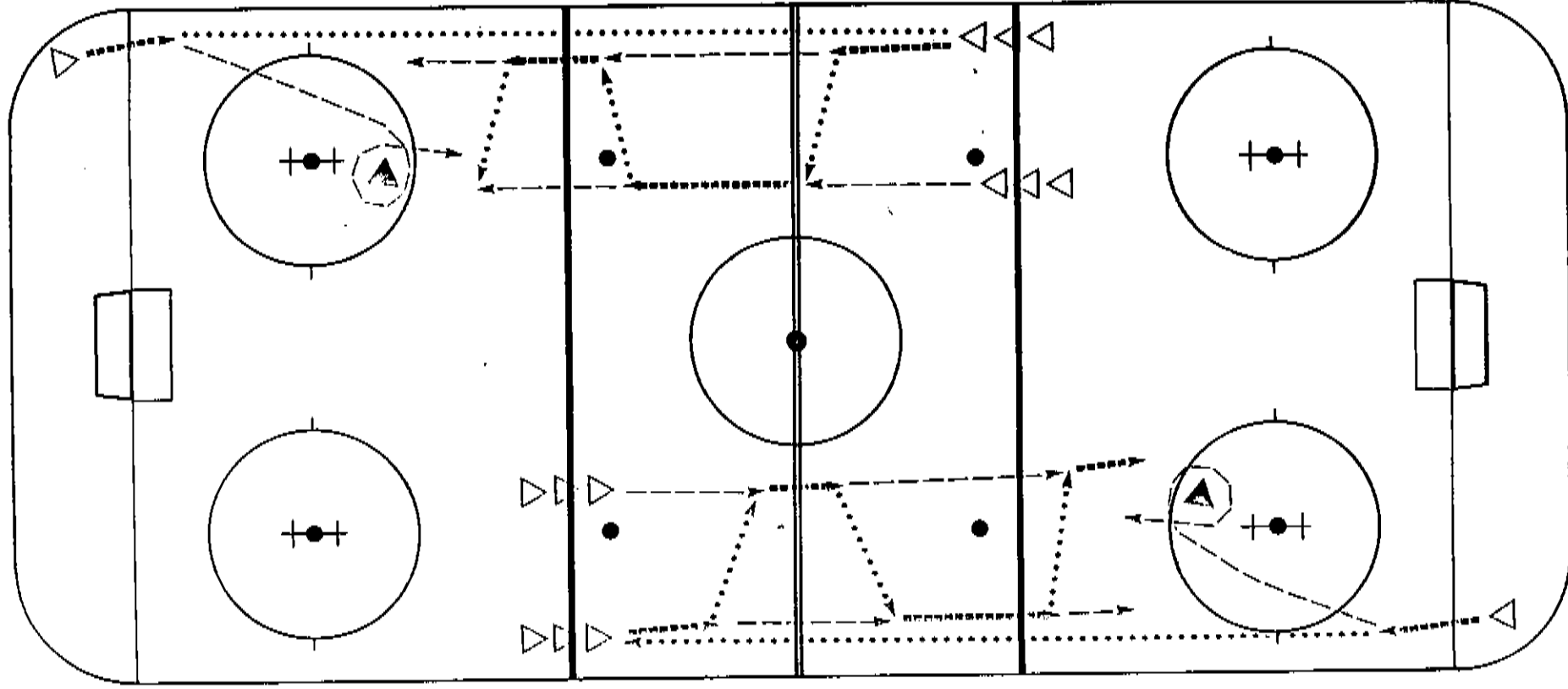
Forwards line up in two lines at each blue line. Half of the defensemen, with pucks, are in one of the corners at one end of the ice, and the other half in one of the corners at the other end. The defenseman makes a long pass to the first forward in one of the lines at the far blue line. The passer and the first player in the other line break down the ice together, making passes back and forth. The defenseman, meanwhile, continues forward, pivots around the marker, and faces the two forwards, creating a two-on-one situation. Players on both sides of the ice are going at the same time.

IMPORTANT:

- Do not cross to the other side of the ice when rushing.
- Defensemen return to their corners.
- Forwards move to the lines at the other blue line after shooting.

LEVEL 2 DRILL 49

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- Player starting with the puck
- Path of puck when passed
- ⊥ Drop pass
- ~~~~~ Backwards skating without the puck
- ~~~~~ Backwards skating with the puck
- Forward
- Defenceman



Two-on-One Flow: Continuous Drill

PURPOSE:

To practise passing and receiving and positional play, while improving conditioning.

METHOD:

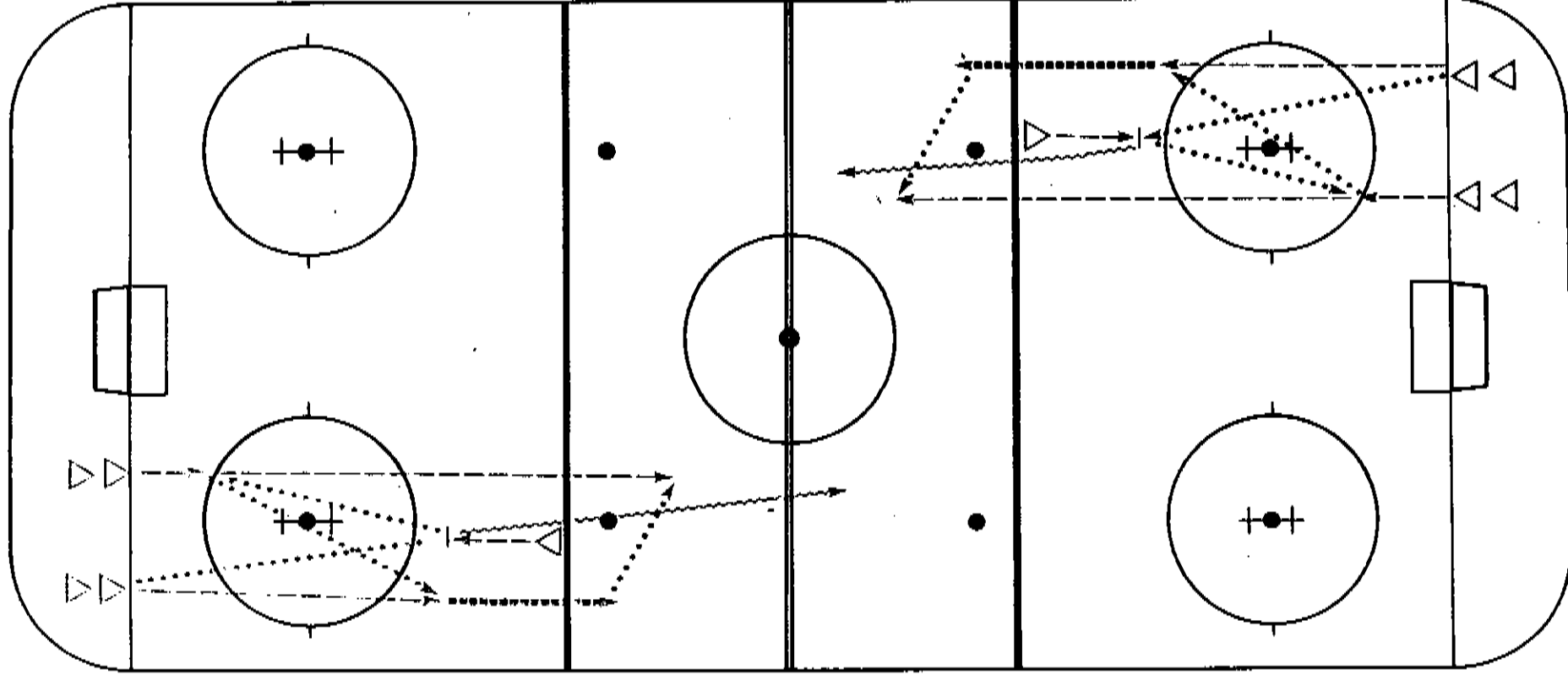
Forwards form two lines in one of the corners at one end of the ice and two lines in the diagonally opposite corner at the other end. The defensemen stand at each blue line, facing the forwards. One defenseman moves toward the two lines of forwards facing him, stops, starts skating backwards and receives a pass from the first player in one of the lines. He passes the puck to the first player in the other line, who is moving forward. With the defenseman skating backwards, the two forwards continue down the ice, passing in a two-on-one situation. In the offensive zone, one of the forwards should be attempting to "pick" — or block — against the defenseman, allowing his partner to skate in for a clear shot.

IMPORTANT:

- Do not cross to the other side of the ice when rushing.
- To speed up the drill, have the next group of three players go as soon as the previous group reaches the far blue line.
- Do not set up the play in the offensive zone; get the shot off as quickly as possible.

LEVEL 4 DRILL 50

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- ==== Player skating with the puck
- Path of puck when passed
- ⊥ Drop pass
- ~~~~~ Backwards skating without the puck
- ~~~~~ Backwards skating with the puck
- Forward
- Defenseman



Two-on-One Flow: With Shooting

PURPOSE:

To practise shooting and quick reaction in a two-on-one situation. The defense-men practise turning (always facing the play) and skating backwards.

METHOD:

The players form one line along the boards at the blue line (see diagram). Starting with the first player, every third player in the line should be a defenseman. On the signal, the first three players, with pucks, start skating down the ice one behind the other (spaced about 10 feet (3 m) apart). The defenseman shoots first from the blue line, skates toward the far corner, turns and starts skating backwards. The second player shoots from the top of the face-off circle and moves to the far corner to pick up a loose puck. The last skater shoots from the slot area and turns for a pass from the other forward. All three players then move down the ice in a two-on-one situation.

Forwards should attempt crossing and using drop passes once they reach the offensive zone.

IMPORTANT:

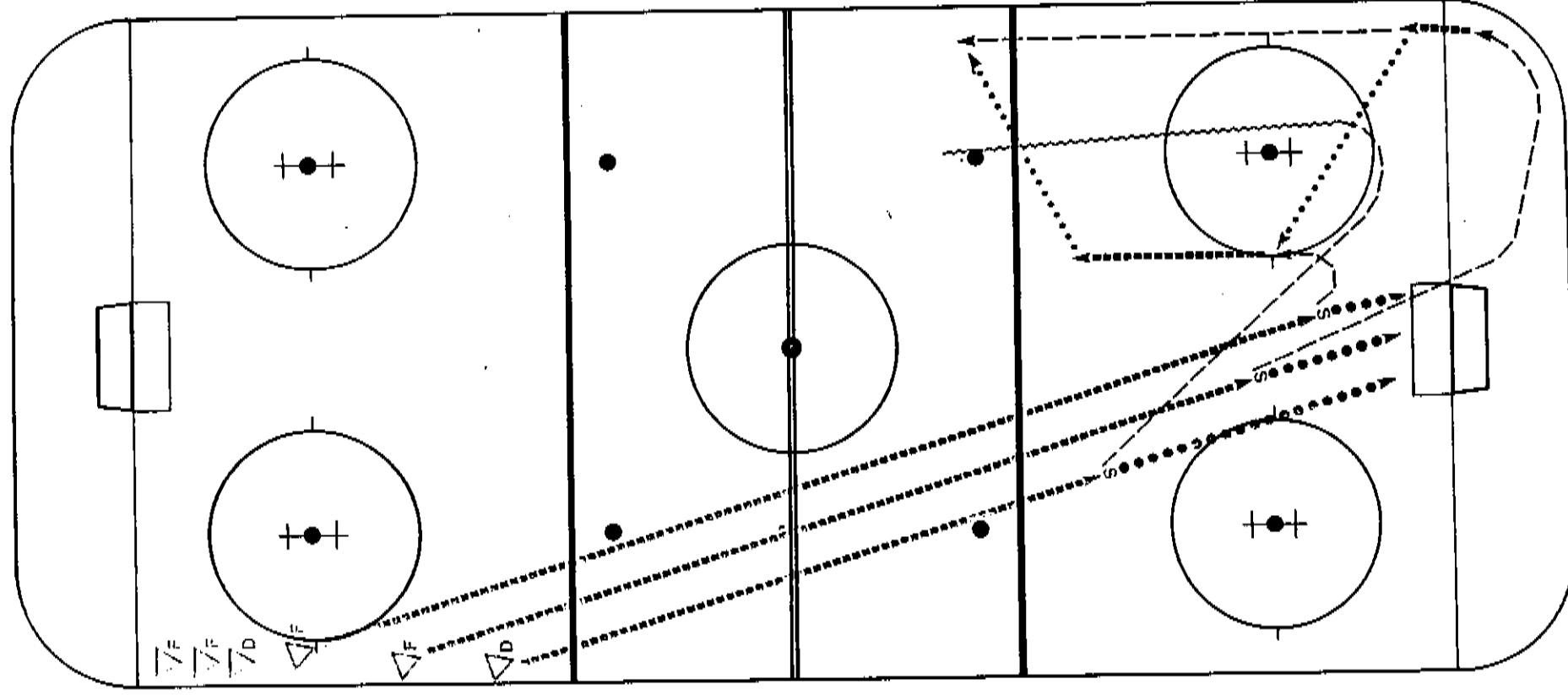
- When shooting, the defensemen shoot low and the forwards use only wrist shots.
- The defensemen must face the play while turning and must practise maintaining the proper distance and speed, without committing themselves.
- The forward picking up the puck in the corner should not slow down.
- Do not slow down in the offensive zone.
- Fifty pucks are necessary when the drill involves 20 players.

VARIATION:

Have forwards "pick" (block) for each other in the offensive zone.

LEVEL 5 DRILL 51

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- Player skating with the puck
- Path of puck when passed
- ≡ Drop pass
- ~~~~~ Backwards skating without the puck
- ~~~~~ Backwards skating with the puck
- F Forward
- D Defenceman



Three-on-Zero Flow: Wingers Swing to Opposite Sides of the End Zone

PURPOSE:

To get players moving at the start of the practice. Stress accurate passing.

METHOD:

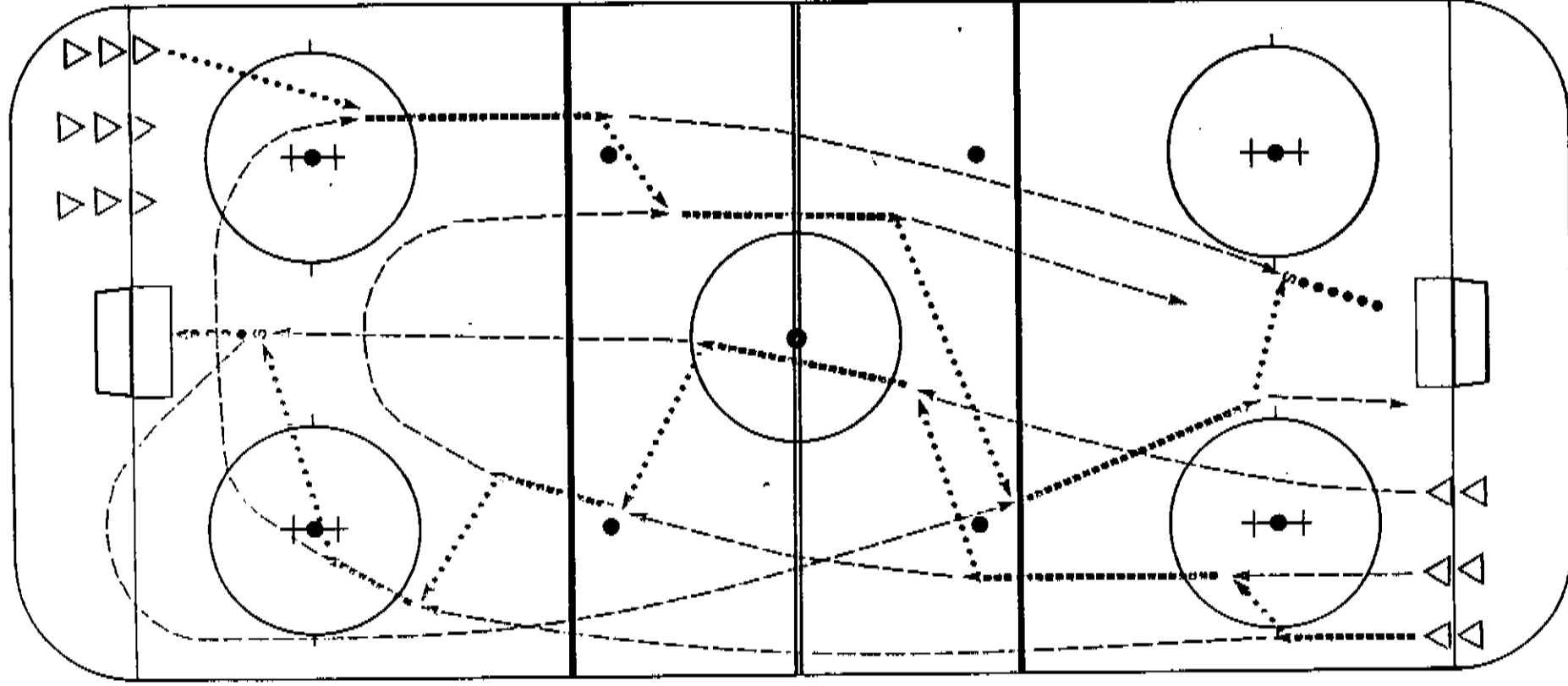
Position three lines of players at each end. The first players from each of the three lines at one end start skating, passing the puck as they move up the ice. After a shot on goal at the far end, the players turn to come back (wingers switching sides). They receive a pass from a player in the lines in that corner, and continue to the other end for a second shot on goal. The players in the other corner start out in the same drill, passing and finally shooting on goal. Then they turn and receive a pass and the sequence is repeated with the next three players.

IMPORTANT: • Skate fast.

- Make as many passes as possible.
- When following another line, stay a zone behind.
- Do not shoot two pucks at once.
- Do not set up in the offensive zone; shoot while moving.

LEVEL 3 DRILL 52

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- Player skating with the puck
- Path of puck when passed
- ≡ Drop pass
- ~~~~~ Backwards skating without the puck
- ~~~~~ Backwards skating with the puck
- ↑ Forward
- ◊ Defenseman



Three-on-Zero Flow: Break-Out/ Offensive Triangle

PURPOSE:

To practise a deep swing into the corner by the center and winger; used primarily when the opposition is not forechecking.

METHOD:

Position the players in three lines along the blue line, facing the near goal. One defenseman is behind the net with a number of pucks.

The first players from each line skate into the end. The center swings through one corner, the winger on that side curls toward the middle of the ice and the other winger goes deep to the goal line before turning. The defenseman passes to the center along the side boards and then the three forwards move the puck down the ice in a three-on-zero situation. In the attacking zone, they form a triangle while passing the puck for a shot on goal.

IMPORTANT:

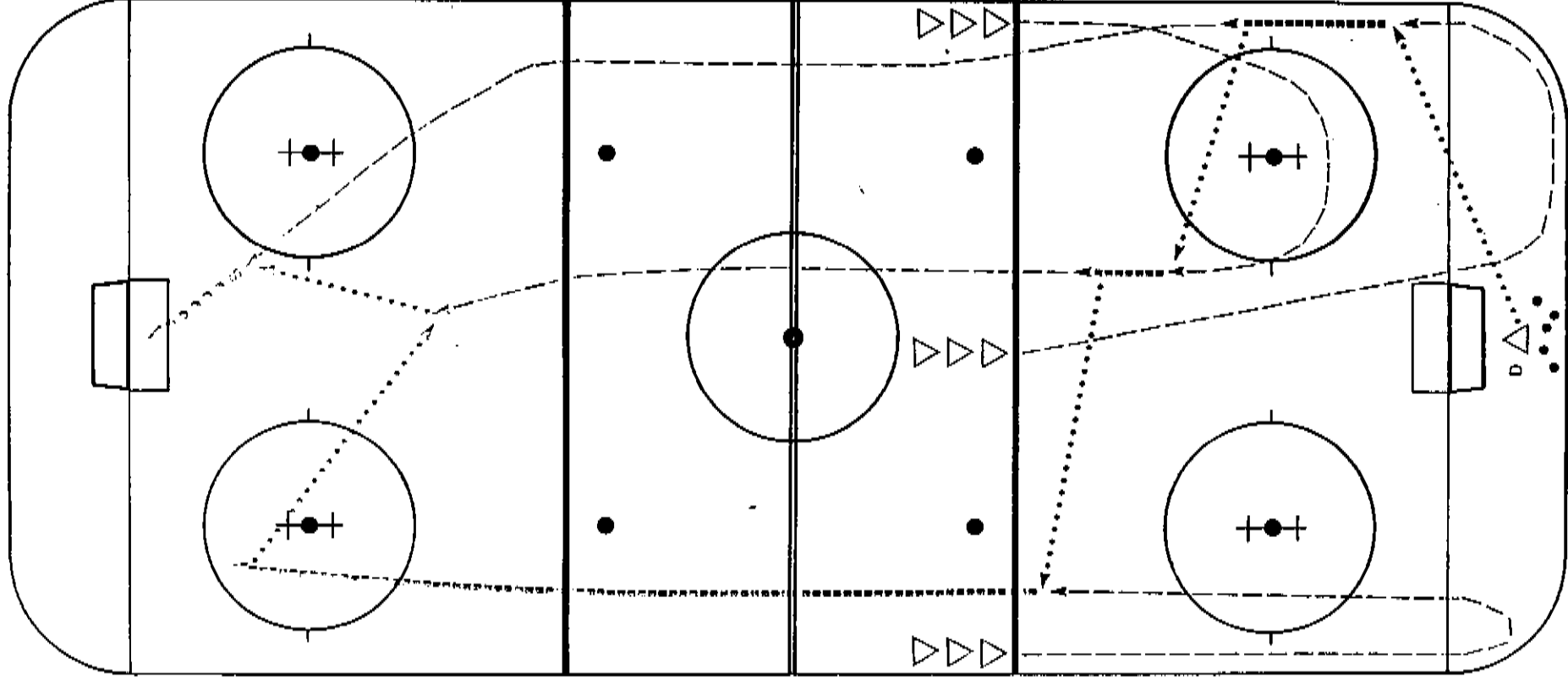
- Be certain of good timing.
- Keep the stick blade on the ice.
- The center must try to keep his eyes on the puck throughout the swing.

VARIATION:

Create three-on-one or three-on-two situations by positioning the defense-men at the blue line.

LEVEL 4 DRILL 53

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- ===== Player skating with the puck
- Path of puck when passed
- ≡ Drop pass
- ~~~~~ Backwards skating without the puck
- ~~~~~ Backwards skating with the puck
- Forward
- ◊ Defensemen



LEVEL 3
DRILL
54

Three-on-Two Flow: Three Repetitions or Until a Goal Is Scored

PURPOSE:

Passing while working on conditioning and developing a strong attack.

METHOD:

Position the forward lines on one goal line and the defense pairs at the blue line in the same end.

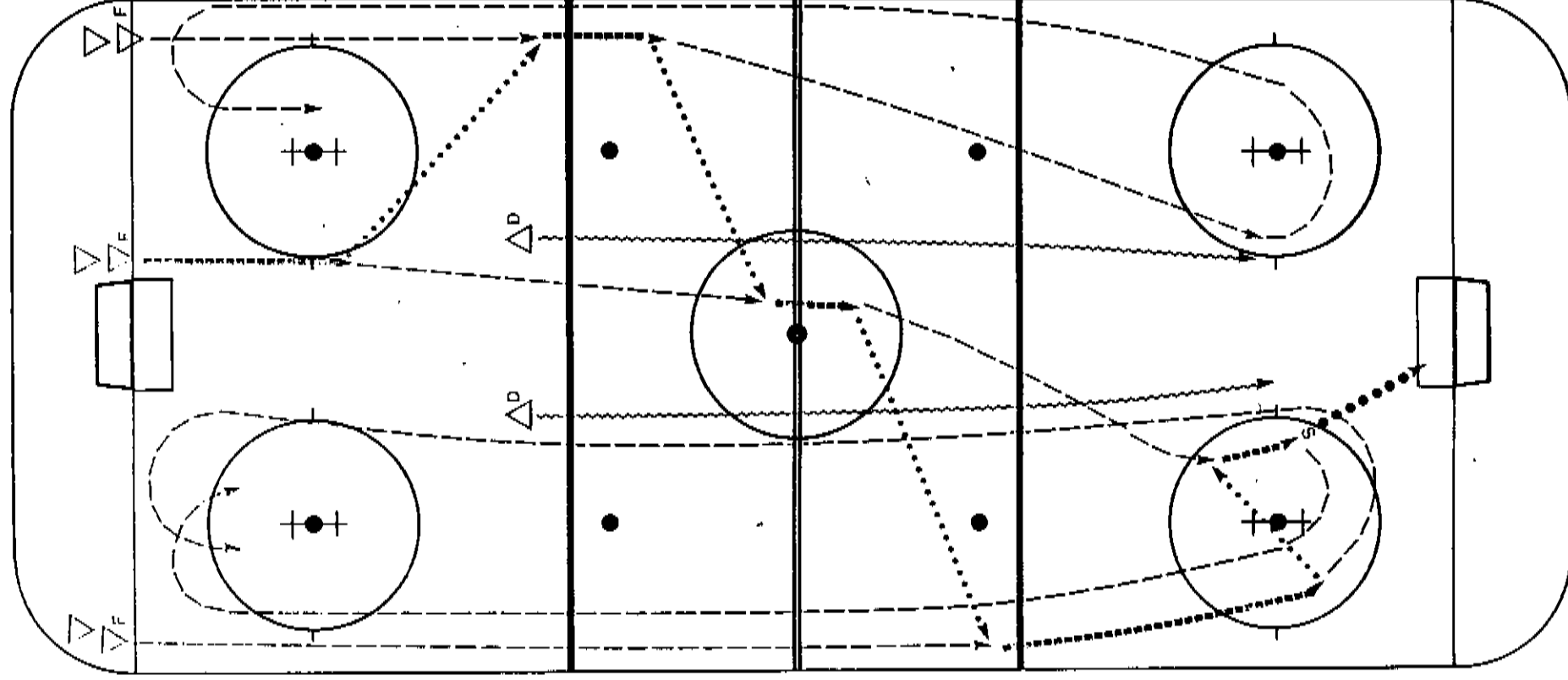
The first line moves down the ice against the first pair of defensemen in a three-on-two situation. As soon as they shoot or lose the puck, the forwards skate back hard and set up for another three-on-two. Repeat three times or until the forward line scores a goal, whichever comes first.

IMPORTANT:

- Players must come back deep when setting up for each three-on-two, but must not come to a stop.
- Defensemen must maintain the same distance between themselves and the forwards.
- The coach gives the break-out passes.

DRILL 54

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- Player skating with the puck
- Path of puck when passed
- ≡ Drop pass
- Backwards skating without the puck
- Backwards skating with the puck
- ↑ Forward
- Defenseman



Three-on-Two Flow: With Conditioning

PURPOSE:

To create a game situation where the players must work hard for an opportunity to launch an attack (e.g. after hard backchecking).

METHOD:

Position the forward lines on one goal line and the defense pairs on the blue line in the same end. The first forward line starts forward, the players passing the puck until they reach the center red line. They stop, turn around and skate back to the blue line, passing the puck back and forth.

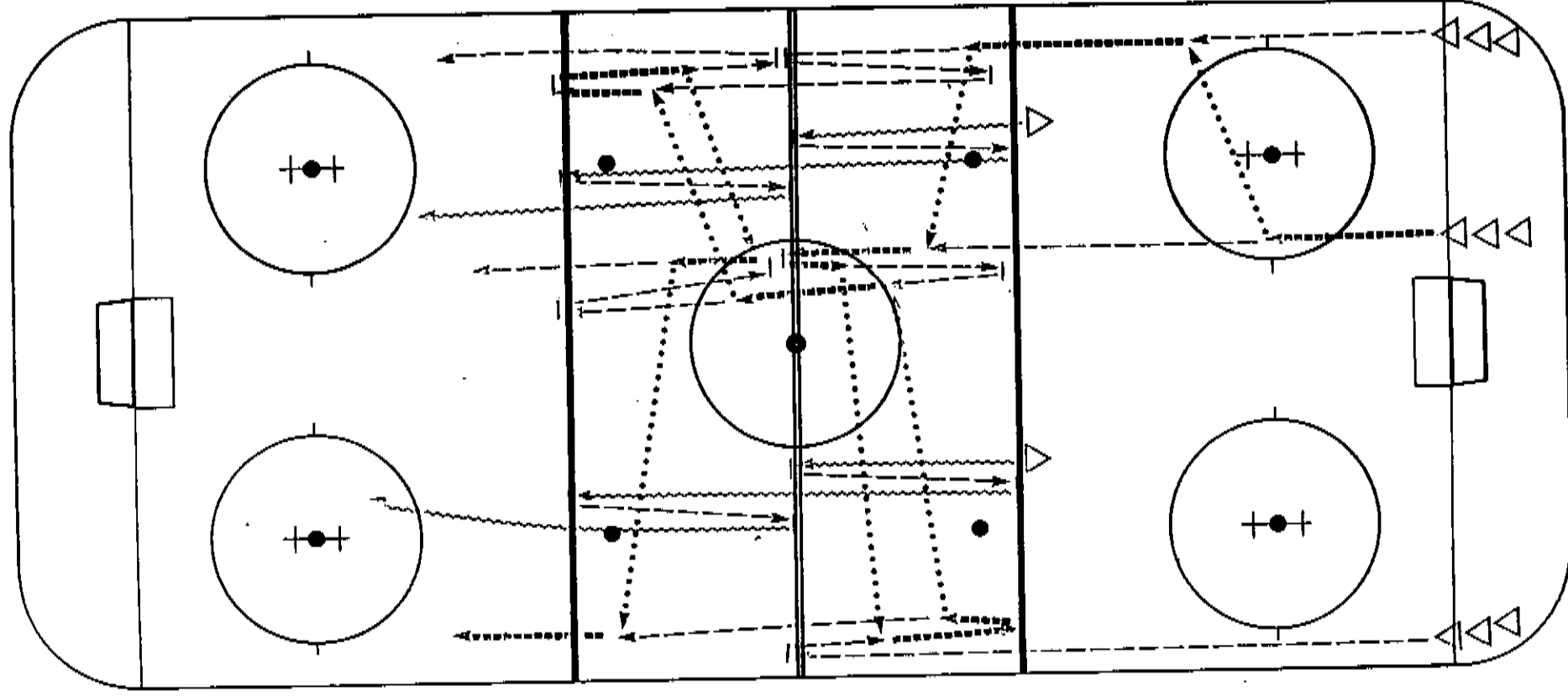
They stop at the blue line and turn to the other blue line, where they stop and continue back to the center ice line. Meanwhile, the defensemen skate the same pattern. They start skating backwards, but always face the same direction, alternating skating backwards and forwards. Now all five players move to the other end in a three-on-two situation. Three or four lines are necessary. The next five players go as soon as the previous group has made the last stop at the center line.

IMPORTANT:

- Time the passes.
- Always keep the stick blade on the ice.
- Do not set up in the offensive zone; take the shot while at full speed.
- Move to the side boards after completing the drill and set up the starting formation in that end after all the pairs have gone.

LEVEL 4 DRILL 55

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- Player skating with the puck
- Path of puck when passed
- ≡ Drop pass
- ~~~~~ Backwards skating without the puck
- ~~~~~ Backwards skating with the puck
- Forward
- Defenseman



OBJECTIVE:

To develop the fast break out of the defending zone or after eluding strong forechecking.

FORMATION:

Five players break out of their end and attack the opposite end, meeting resistance from two defensemen. Three opposing forwards trail the play. After a shot is taken or the attack is ended, one of the defending defensemen picks up a loose puck and sets up behind the net. On the whistle, he, his partner and three forwards, who were trailing the play, break out of their end and move down the ice against the two defensemen who were previously on the attack. The three forwards who completed the previous play follow the group slowly, waiting for the next signal. Then they break out of their end to reverse the drill. After two repetitions, change the lines.

INSTRUCTIONS:

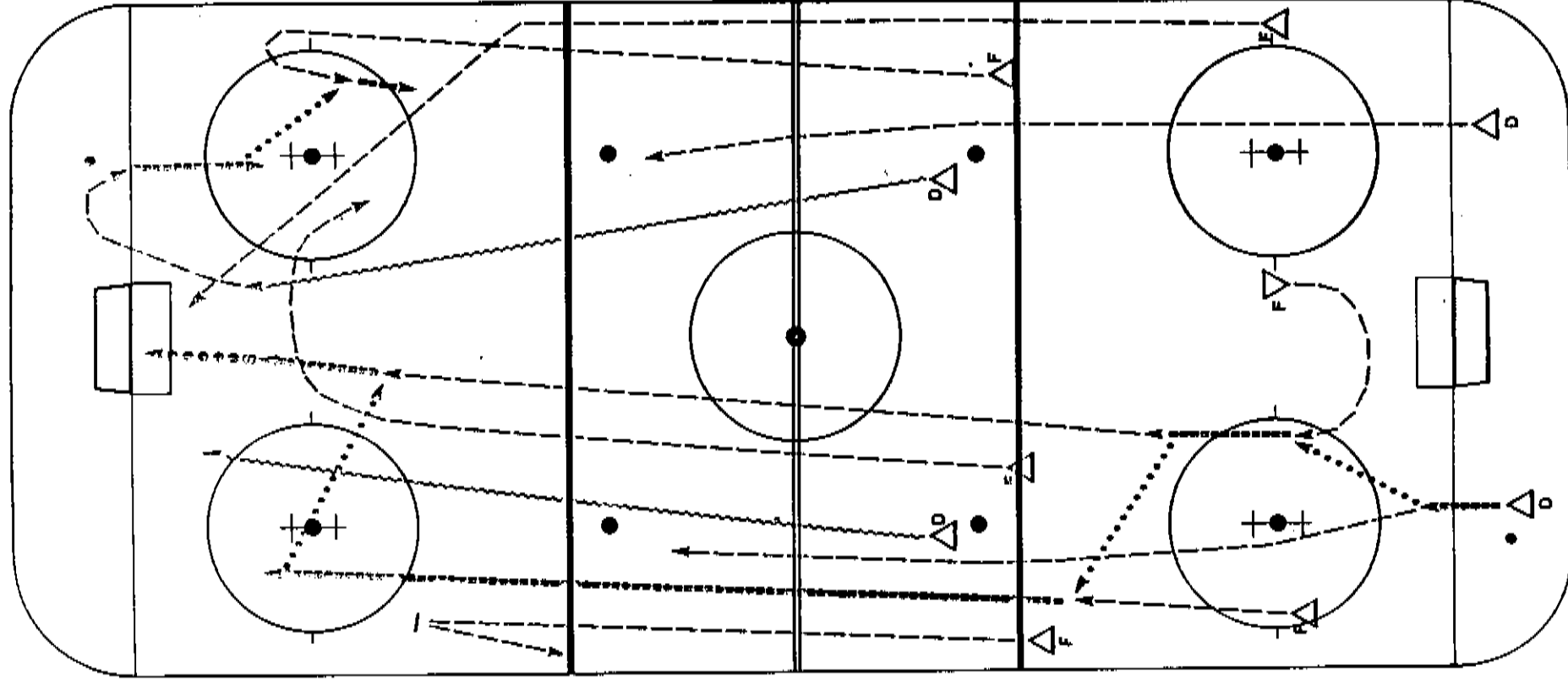
- Use any break-out pattern.
- The trailing forwards must be ready to break quickly on the whistle.

VARIATION:

- After completing the attack, one or two of the forwards forecheck the defensemen, forcing them to make the break-out pass while under pressure.
- Use any forechecking system.

DRILL 56

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- Player skating with the puck
- Path of puck when passed
- ⊥ Drop pass
- ~~~~~ Backwards skating without the puck
- ~~~~~ Backwards skating with the puck
- Forward
- ◻ Defenseman



Five-on-Zero Flow: Break-Out, Both Ends at Once

PURPOSE:

A good drill for tactical practice. Stress a specific break-out pattern. Players must keep their heads up.

METHOD:

Position two forward lines near center ice and a pair of defensemen at each blue line.

One puck is dumped into each end. The forwards and defense pairs move back into their own end and proceed to break out. The two units move past each other in the neutral zone and continue down the ice for a shot on goal. They must get outside the blue line before the next two pucks are shot into the end zones.

IMPORTANT:

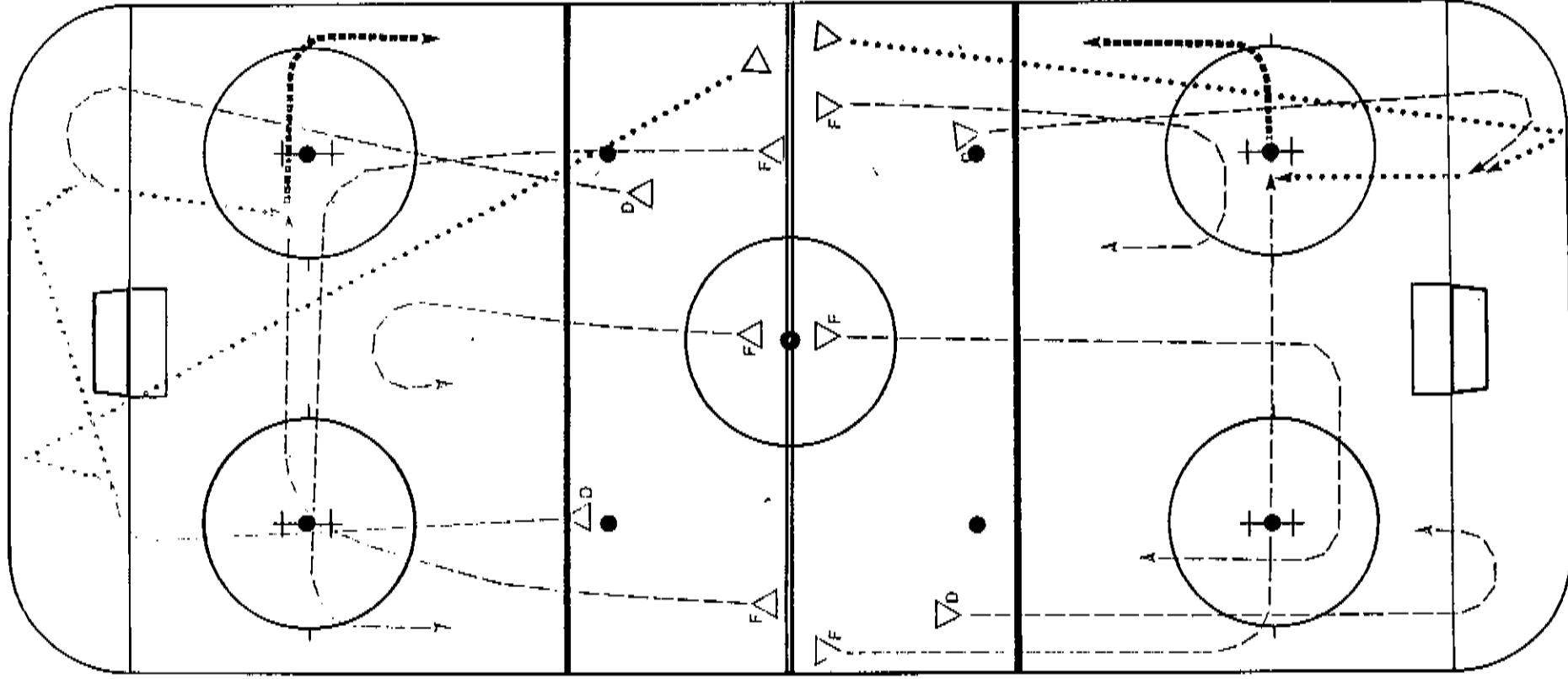
- Be sure passes are accurate.
- Avoid collisions by keeping head up.
- Work together.

VARIATION:

- Use any break-out system.
- Add one or two forecheckers at each end to put pressure on the defensemen.

DRILL 57

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- Player skating with the puck
- Path of puck when passed
- ⊥ Drop pass
- ~~~~~ Backwards skating without the puck
- ~~~~~ Backwards skating with the puck
- F Forward
- D Defensemen



LEVEL 4
DRILL
58

Five-on-Zero Flow: Three-on-Two Coming Back

PURPOSE:

To practise a controlled break-out to teach defensemen to make the transition from offense to defense; to practise three-on-two situations.

METHOD:

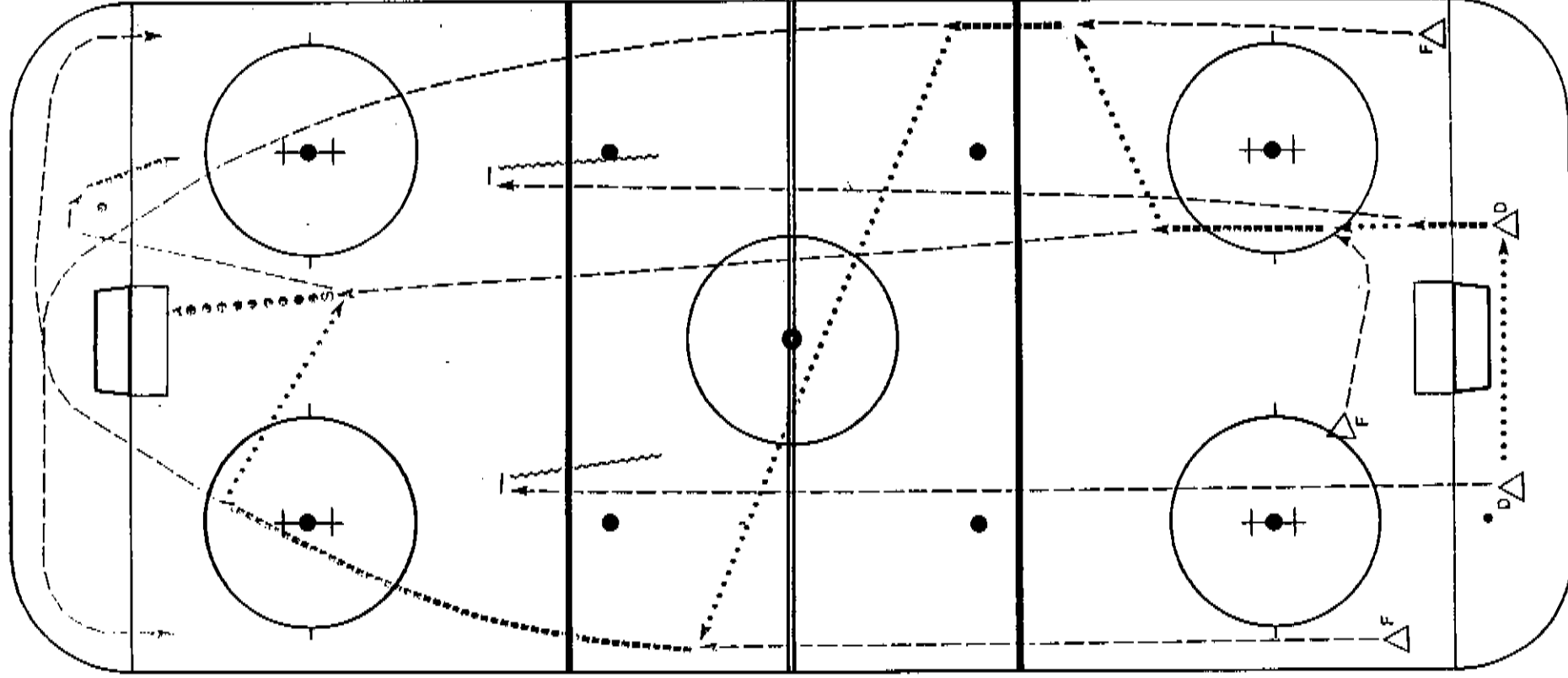
Forwards and defensemen break out on a five-on-zero play to the opposite end, exchanging passes and finishing with a shot on net. After the shot, the wingers swing to opposite sides; the center moves behind the net to pick up another puck and break out of the zone. The defensemen switch from offense to defense and a three-on-two rush occurs.

IMPORTANT:

- Stress passing accuracy, team play, quick transition to a defensive role by defensemen and proper execution of the three-on-two play both offensively and defensively.
- Use any break-out plays.

LEVEL 4 DRILL 58

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player starting without the puck
- Player starting with the puck
- Path of puck when passed
- ⊥ Drop pass
- ~~~~~ Backwards skating without the puck
- ~~~~~ Backwards skating with the puck
- ↑ Forward
- Defenseman



LEVEL 5
DRILL
59

Five-on-Zero Flow: Break-Out, Three-on-Two Coming Back

PURPOSE:

To develop puck control, passing accuracy and change of speed.

METHOD:

Position three or four lines and several pairs of defensemen in one end and a player on each of the two face-off dots at the other end of the ice.

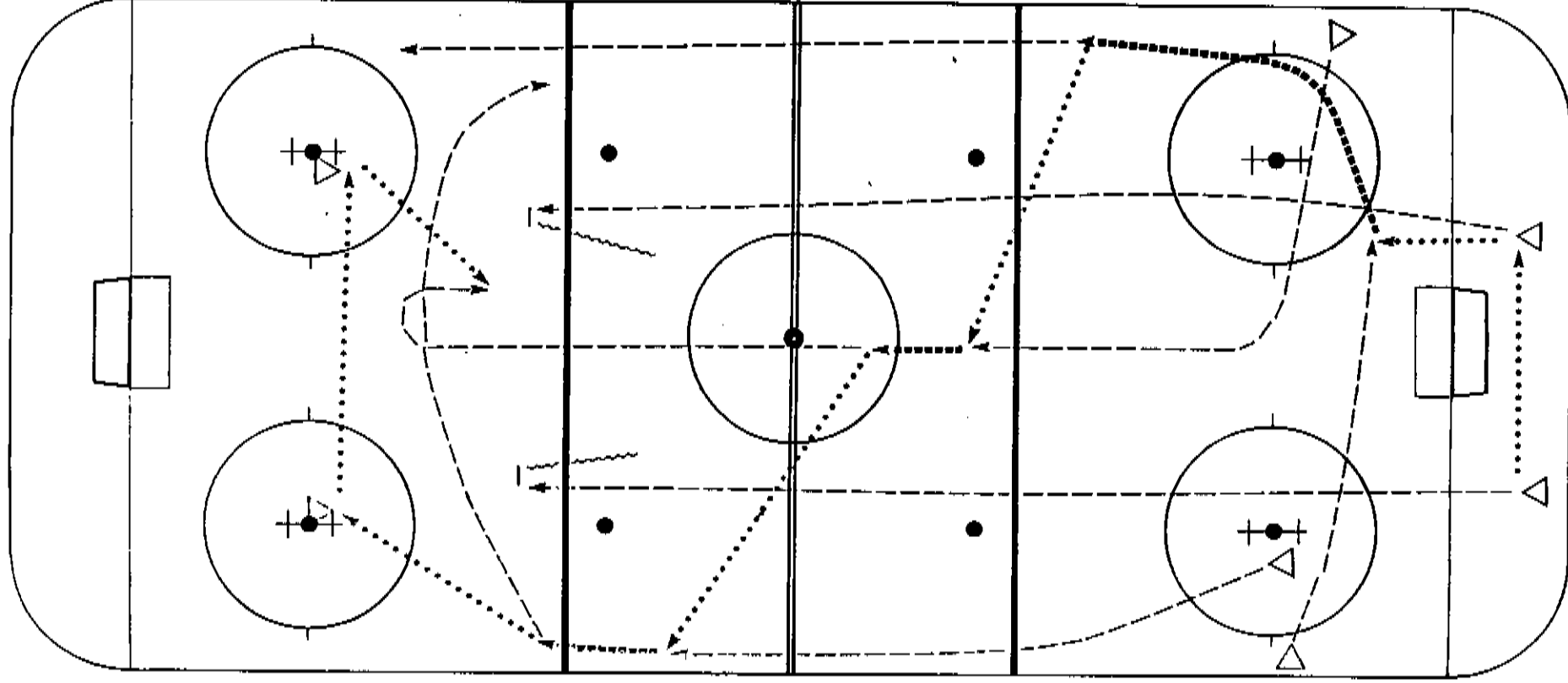
On the signal, one forward line and a pair of defensemen break out of the end. When they reach the far blue line the puck-carrier passes to one of the players on the face-off dots and the forward line turns back, skating at full speed. The wingers must change sides. The defensemen have stopped at the blue line and start to skate backwards. The players at the face-off dots pass the puck between themselves (one or more times) and then up to one of the forwards. The forwards break back down the ice in a three-on-two situation on the two defensemen. As this group returns to the end zone, the signal is given for the next line to go.

IMPORTANT:

- Be certain of the timing when turning at the far end.
- Do not stop.
- Keep the stick blade on ice, ready for a pass.

LEVEL 5 DRILL 59

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- Player skating with the puck
- Path of puck when passed
- ≡ Drop pass
- ~~~~~ Backwards skating without the puck
- ~~~~~ Backwards skating with the puck
- Forward
- Defenseman



Five-on-Three Flow

PURPOSE:

To practise break-outs or power plays. Also useful for the last tactical practice prior to a game.

METHOD:

Set up two units of five players at one end and one unit of five players at the other blue line (see diagram).

The players in the first unit break out of the end zone. They are met by players 2, 3 and 5, creating a five-on-three situation (players 4 and 6 stay along the boards). Players 2 and 3 are defensemen and player 5 is the center. After the attack has ended, players 2, 3, 4, 5 and 6 set up to break out on the signal, reversing the drill. They are met by the two defensemen and the center of the second unit from the other end, again creating a five-on-three situation. The unit previously on the attack stays at the other end.

IMPORTANT:

- Break out quickly on the signal.
- The defending trio should each pick up one of the attacking forwards.

VARIATION:

- Allow 20 to 30 seconds in the offensive zone to set up a play on goal.
- Practise a five-on-three or five-on-four power play.
- After finishing the attack, one or two forwards forecheck, putting pressure on the defensemen.
- Set up five-on-three, five-on-four or five-on-five situations to practise forechecking. The puck is dumped in and the attackers are allowed 10 to 15 seconds to get the puck and score.

LEVEL 5 DRILL 60

- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- ==== Player skating with the puck
- Path of puck when passed
- ≡ Drop pass
- ~~~~ Backwards skating without the puck
- ~~~~ Backwards skating with the puck
- F Forward
- D Defenseman

