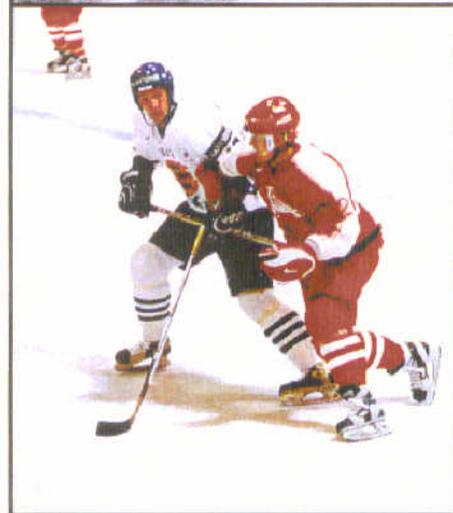




**Juhani
Wahlsten**

**Tom
Molloy**



Das **ABC** des internationalen Eishockey



B6-Dean 1 High 1 Low Shooting

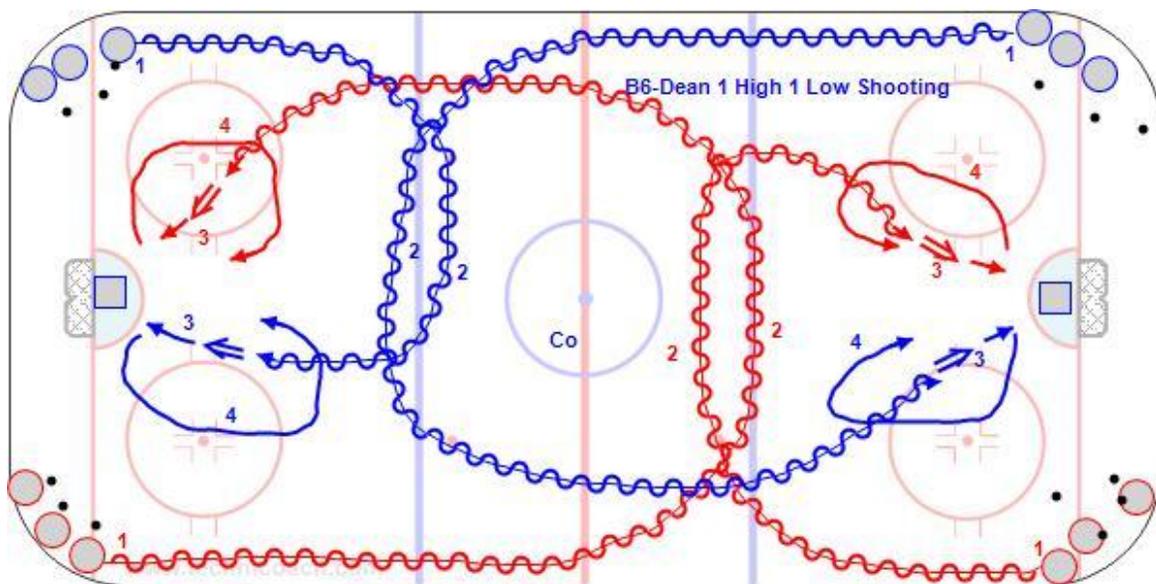
Key Points:

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

Description:

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

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C3 Flow - Breakout - 2 F Shoot - D Point Shot

Key Points:

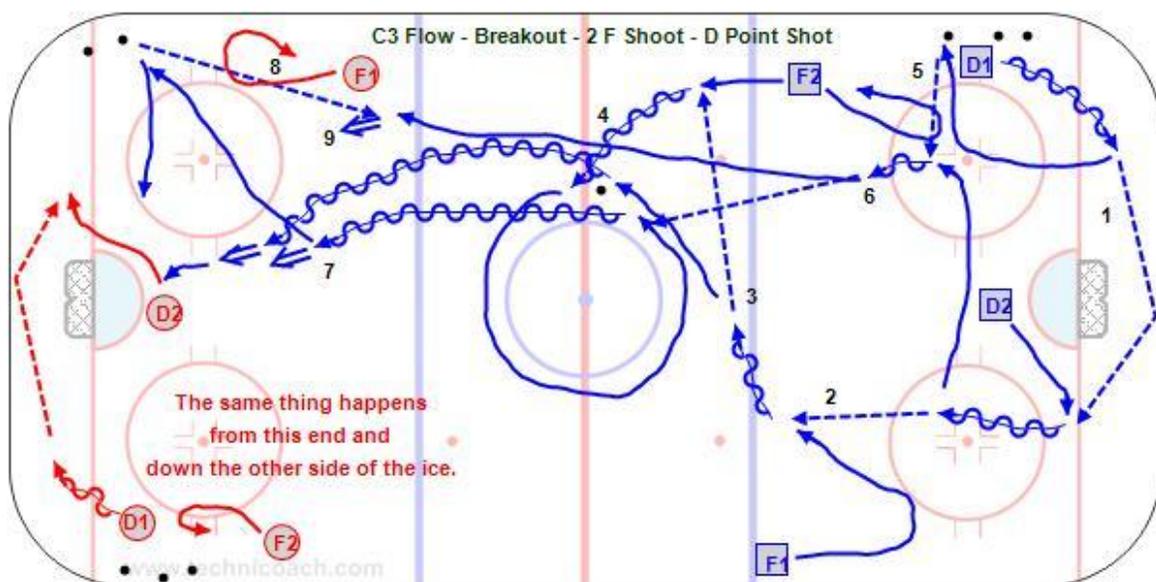
Pass hard, keep skating all the time. Pass and follow the pass. Screen, rebound.

Description:

This happens the same time from each end.

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

<https://skydrive.live.com/redir.aspx?cid=bd6fa116988317e9&resid=BD6FA116988317E9!2741&parid=B6D6FA116988317E9!114&authkey=!AGK6-mGaaS6CQoc>



B6 1-0 Pass to Middle x 2- Pro

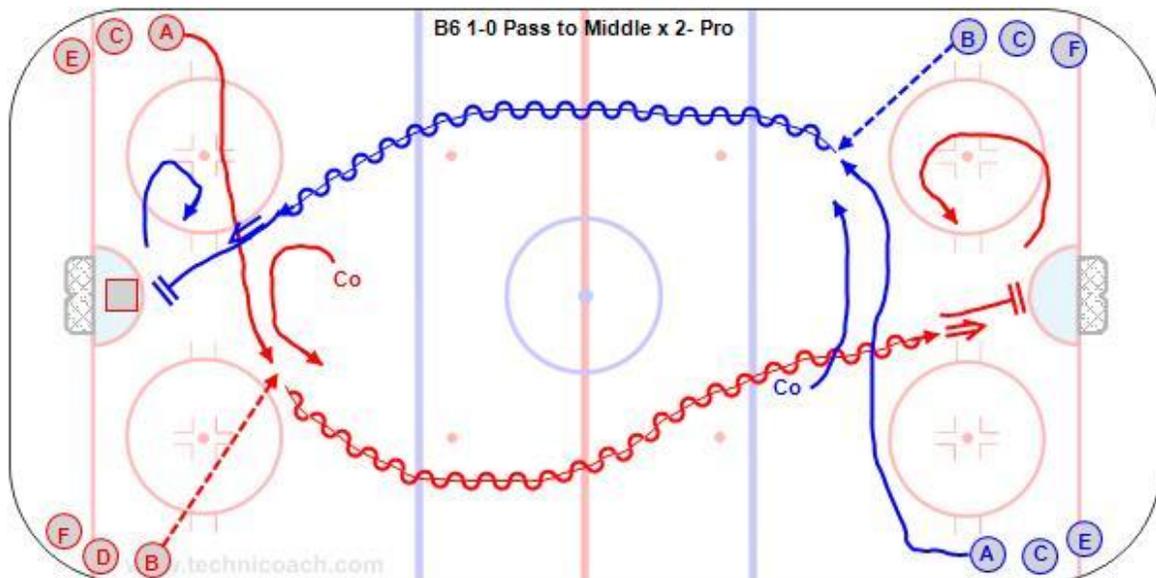
Key Points:

Break hard to the middle, give a target, quick cross-over skating. Shoot and follow the shot for a rebound.

Description:

1. Leave from both ends at the same time.
2. A break across the top of the circle from the corner.
3. B pass to A from the other corner and the coach mirror A across the ice.
4. A skate and shoot at the far end and follow the shot for a rebound.
5. A circle back and rebound for the next shooter.
6. Repeat from the other side. B pass to C.

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B6 1-0 x 2 – Pro

Key Points:

Skate at full speed and shoot while skating. Follow the shot for a rebound.

Description:

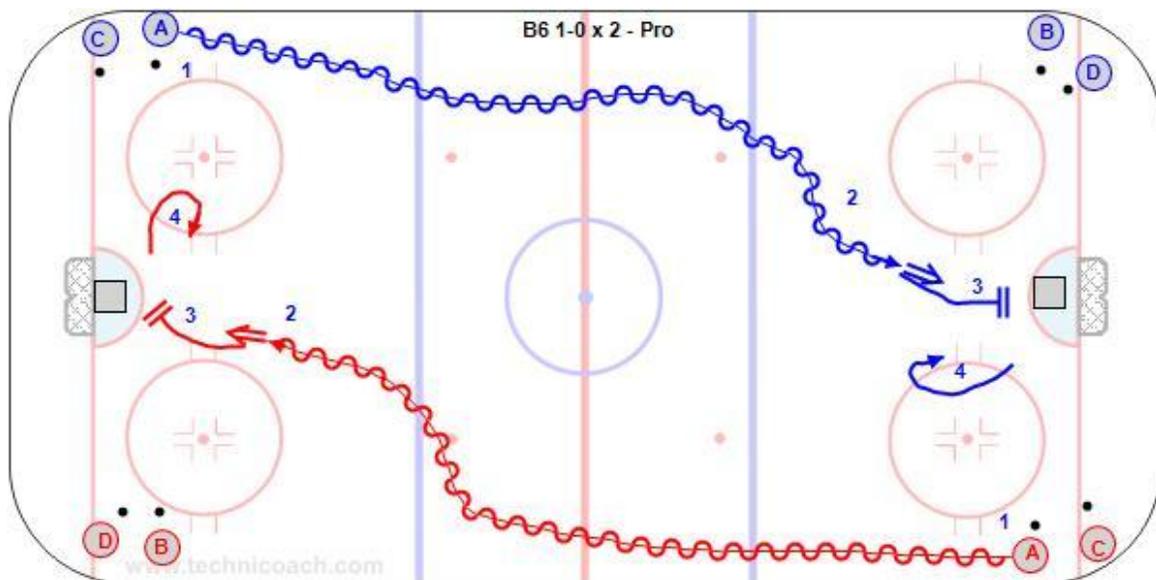
1. Player A leave from diagonal corners.
2. Skate the length of the ice and shoot.
3. Follow the shot for a rebound.
4. Rebound for the next shooter.

*Options.

A. Give and go with the next shooter.

B. Skate out and play 1-1 vs. the next shooter.

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B6 1-0, 2-0 Pass and Shoot

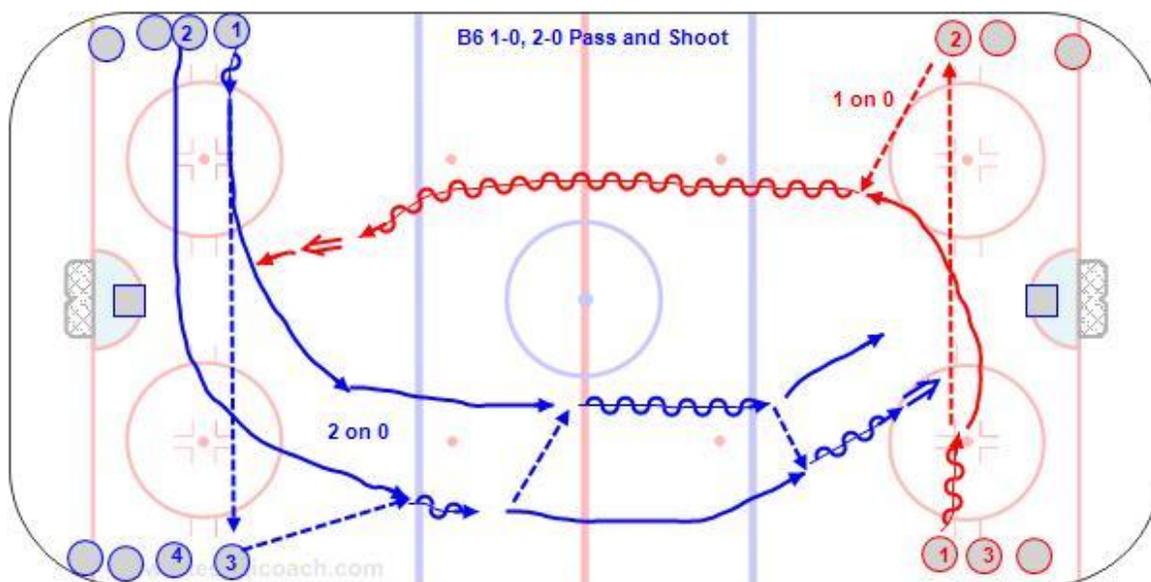
Key Points:

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

Description:

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

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B6 1-0, 2-0 Shooting

Key Points:

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

Description:

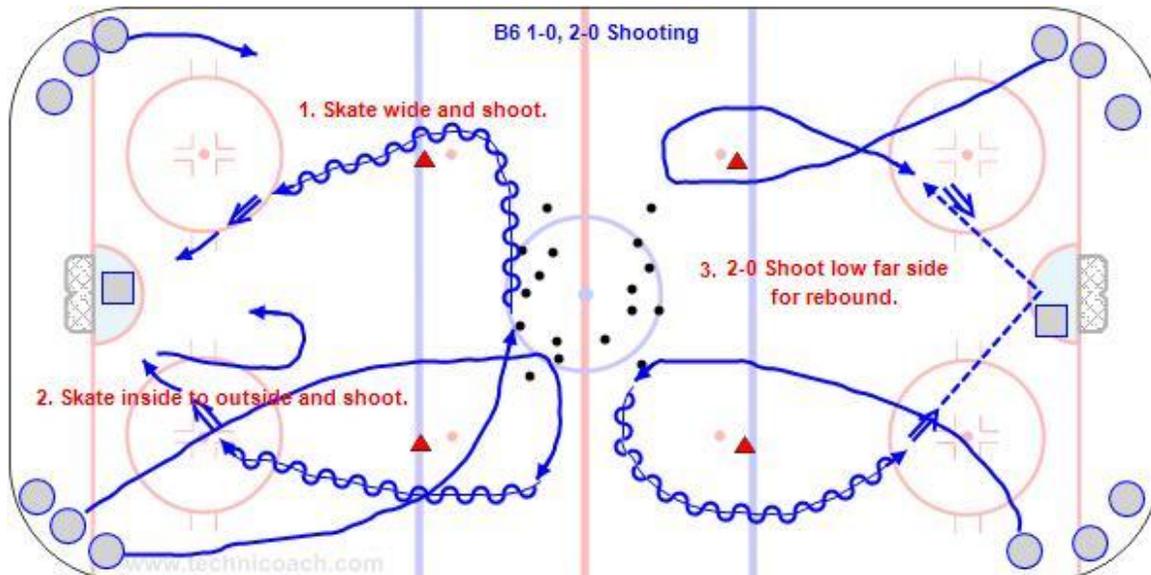
1. Leave from alternate corners and begin with skating across the ice then at the net.
2. Skate inside, get a puck and shoot from the outside lane.
3. Inside to outside 2-0. Shoot low at the far post so the goalie must make a pad save. The supporting attacker one time the rebound.

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

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

- Add escape moves, tight turns, passes.

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

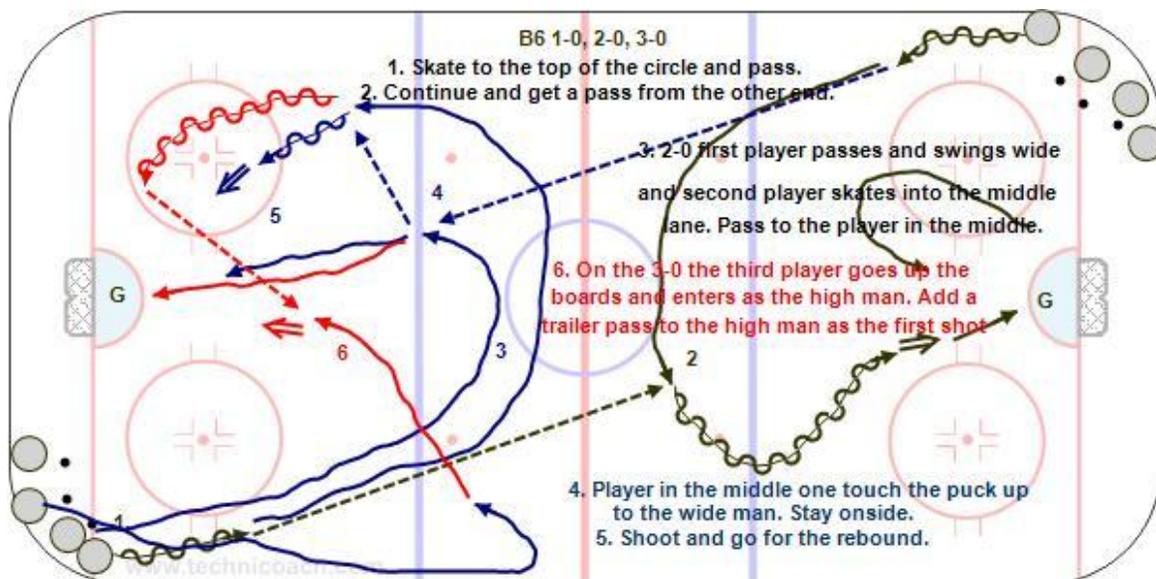
Key Points:

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

Description:

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

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B6 2-0 Middle Drive - Czech U20

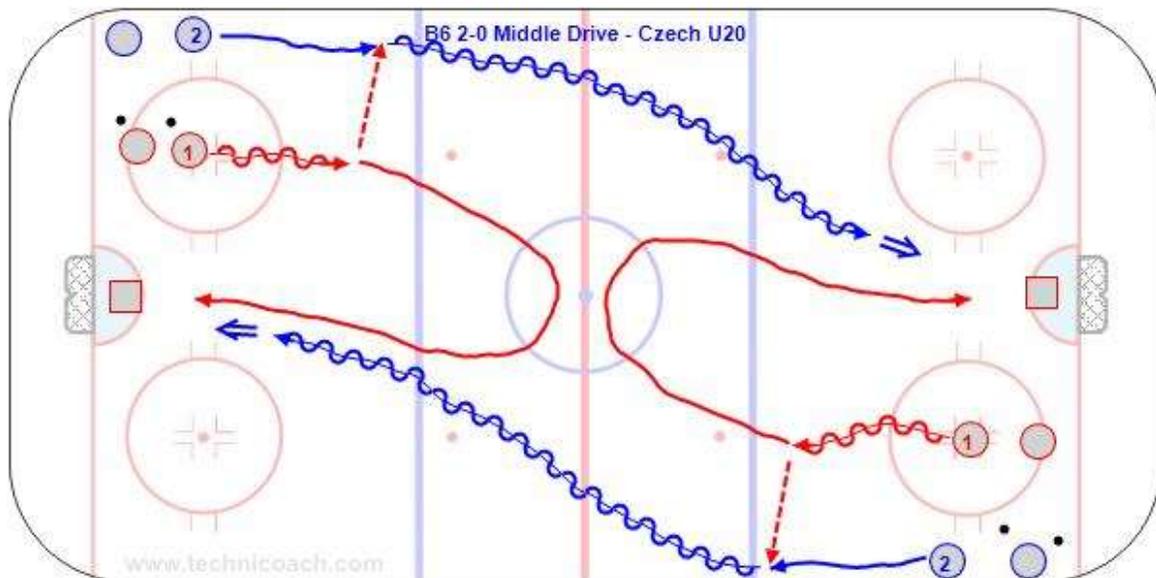
Key Points:

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

Description:

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

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B6 2-0 Wide Pass and Shot-Pro

Key Points:

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

Description:

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

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B6 2-0 x 2-Stretch-2-0 Pro W

Key Points:

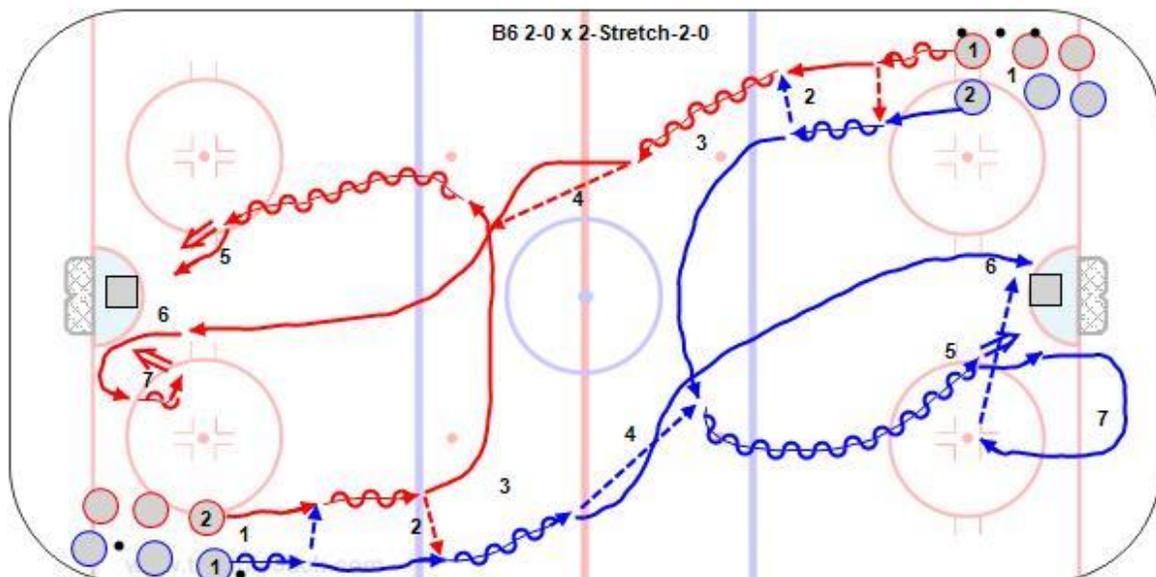
Give a target. Pass hard while skating. Shoot while skating from the front of the body. Crash the net for rebounds. Pursue the rebound for a second shot.

Description:

1. Player 1 and 2 leave from diagonal corners; player 1 start on the outside and 2 on the inside.
2. Player 1 pass to 2 and get a return pass.
3. Player 2 cross the blue line and cut across the middle and player 2 continue with the puck.
4. Both player 1's give a stretch pass to the opposite player 2 and head to the net.
5. Player 2 either shoot or pass to player 1 who shoots.
6. Both players crash the net for a rebound. 7. Play the rebound for a second shot.

**Option is to time the drill with a maximum time to score and have a competition.*

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B6 3-0 Horseshoe

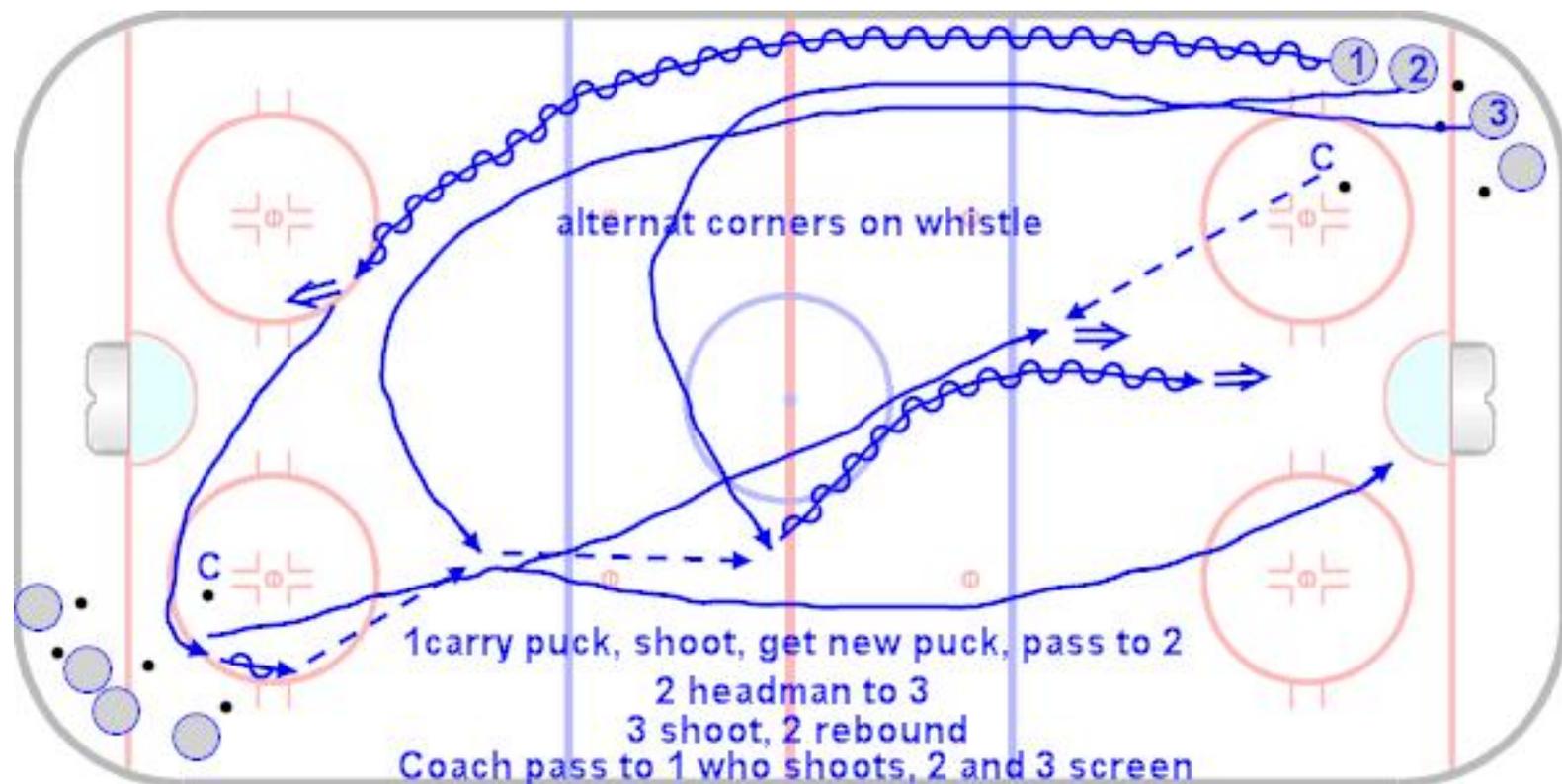
Key Points:

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

Description:

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

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



B6 3-0 Middle Drive C-U18

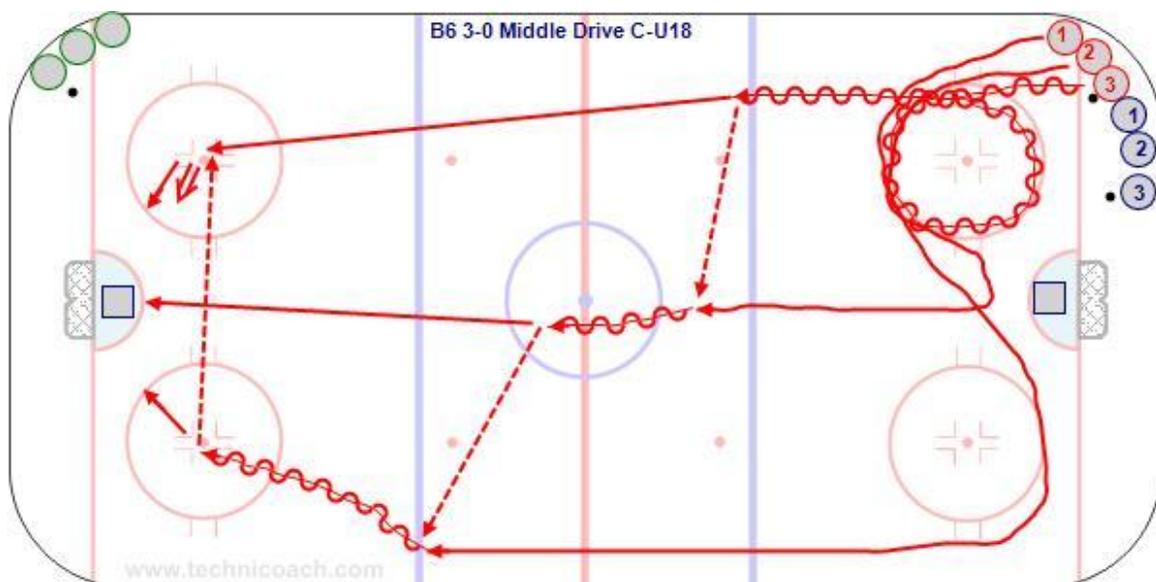
Key Points:

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

Description:

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

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B6 3-0 One Touch Regroup - 3 Shots

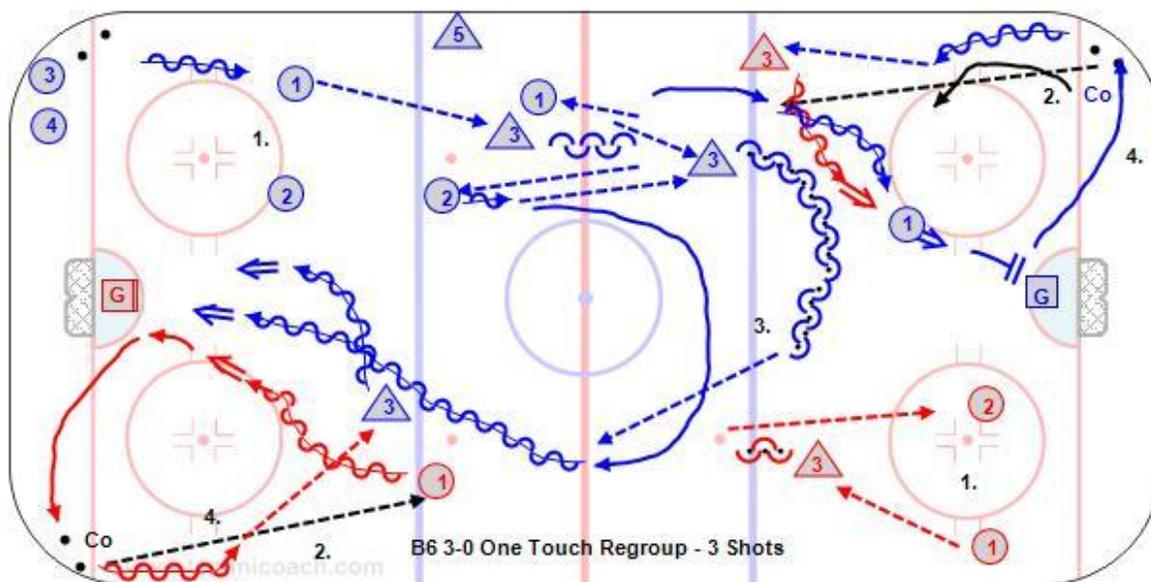
Key Points:

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

Description:

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

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

Key Points:

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

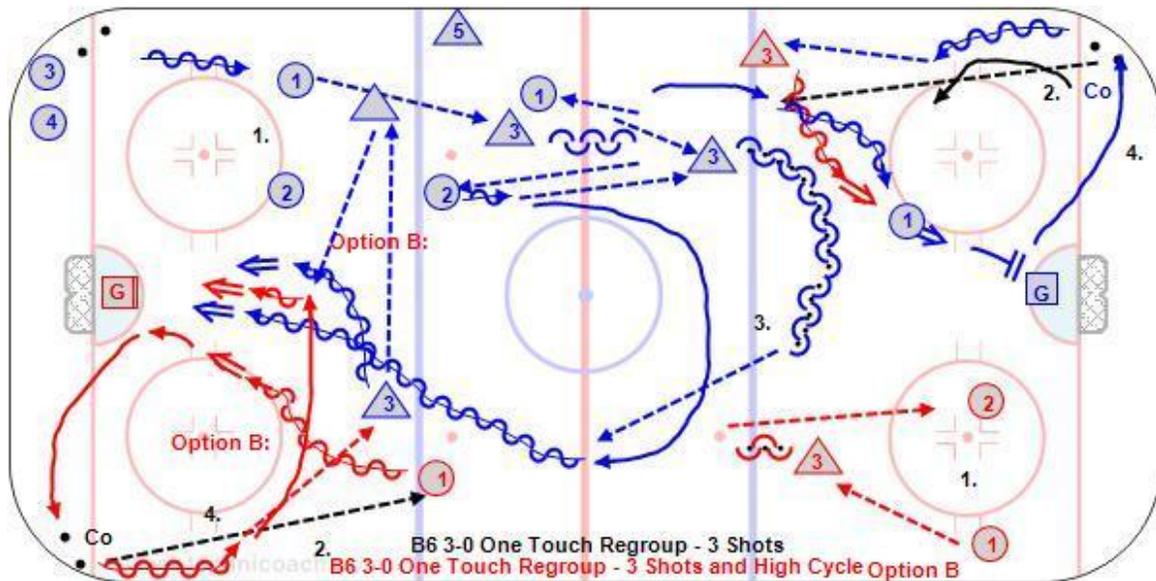
Description:

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

Option B:

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

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B6 3-0 Rush and Entry – Pro

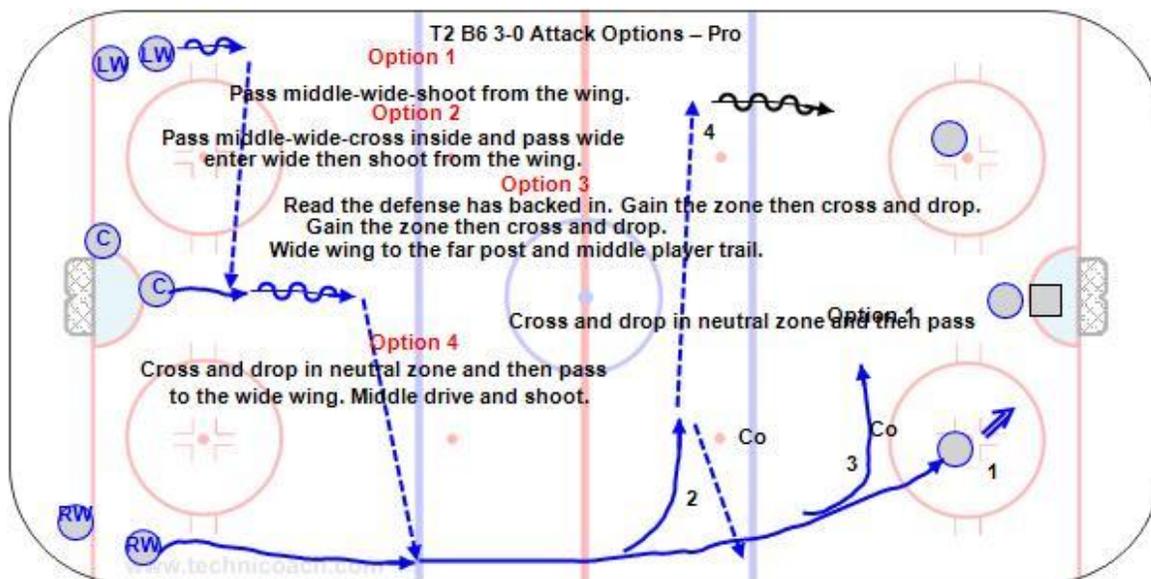
Key Points:

Middle drive with F2 driving hard to the net. Practice the various entries and players attack in their lanes.

Description:

1. Leave from the end in groups of three.
2. Coach give resistance at the blue line.
3. First wing pass to middle to far wing who shoots while F2 goes hard to the net.
4. If players mess up they repeat the drill.
5. Shoot to the far pad for a rebound.
6. Wing to middle to far wing who skates to the big ice and the centre takes the ice behind for a wide pass.
7. Far wing drive to the net and new middle lane player trail.
8. F1 pass to F2 in the middle who passes to F3 on the wing; F3 skates to the big ice and pass wide to the F1 breaking down the wide wing.
9. F2 middle drive hard to the net and F3 become the trailer.

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B6 3-0 Weave With D Regroup

Key Points:

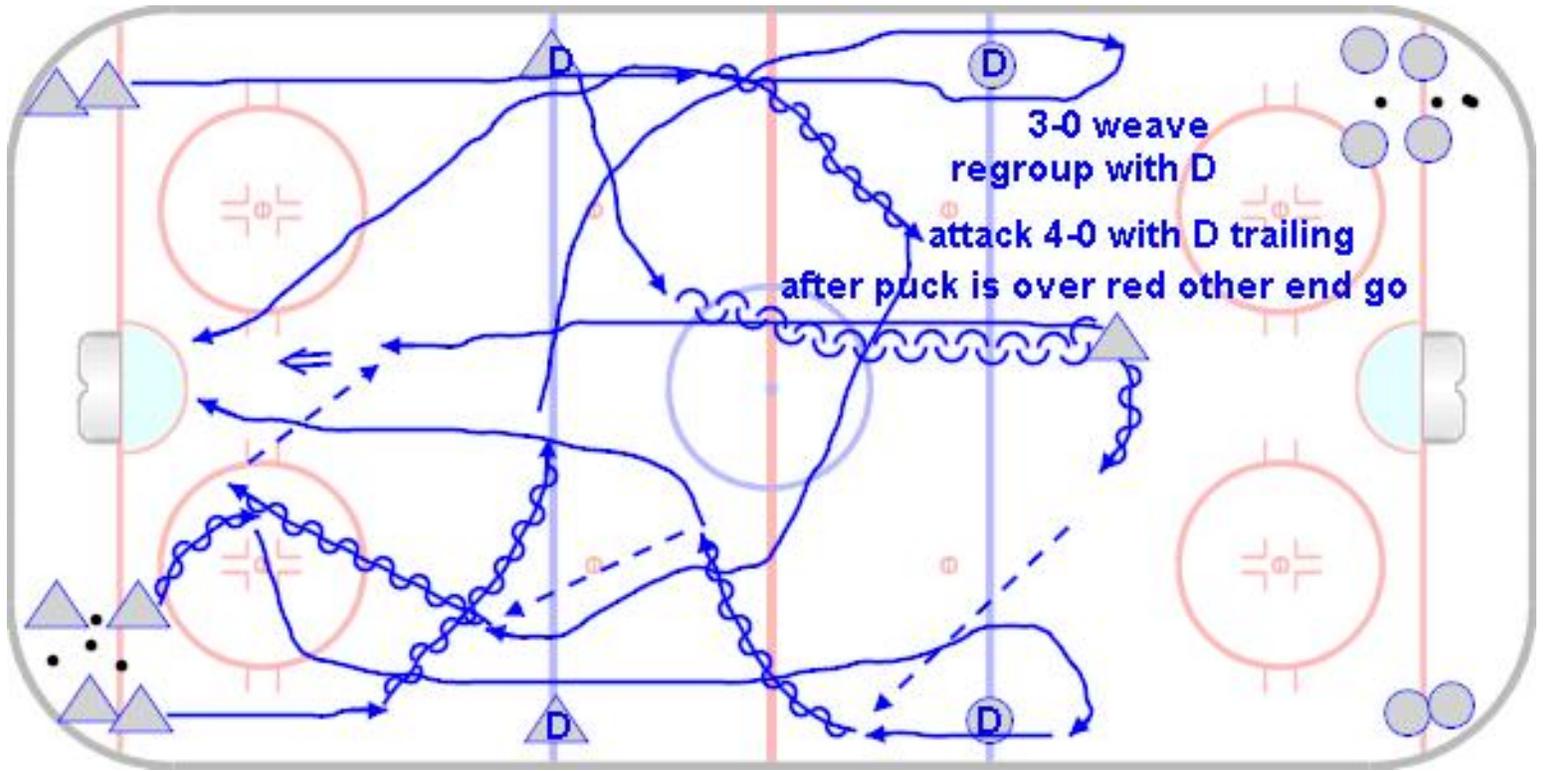
- Skate with the puck to the big ice between the dots and then pass.
- Pass and follow your pass.
- Stay wide until you get the pass.

Description:

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

Options.

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



B6 3-0 Weave-Regroup at Far End – Pro

Key Points:

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

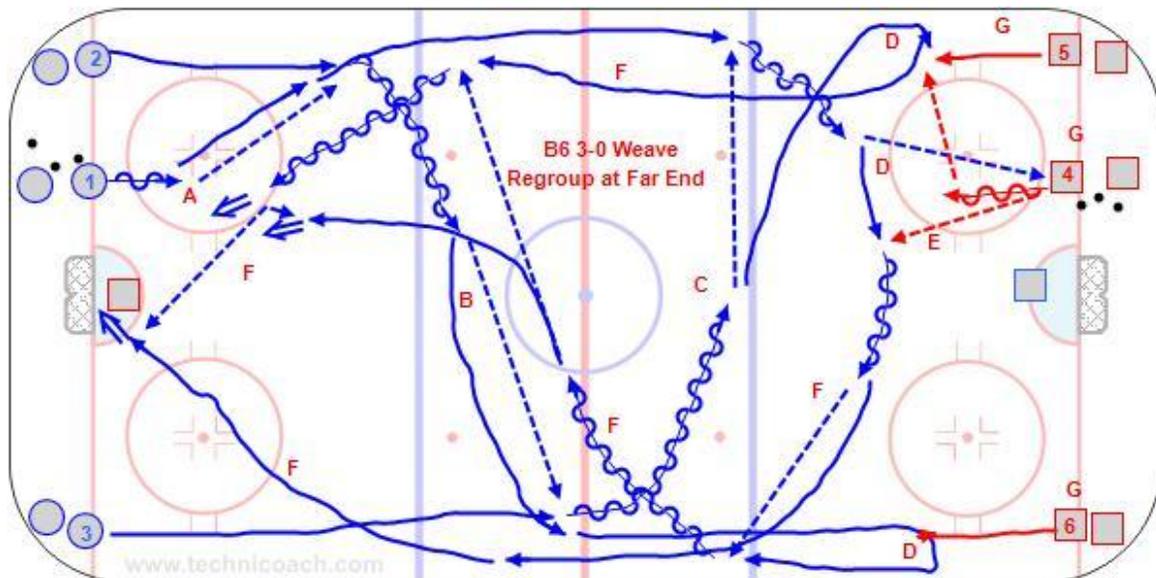
Description:

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

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130125095322120>

NHL Players.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141025100818703>



B6 3-0 With Multiple Pucks

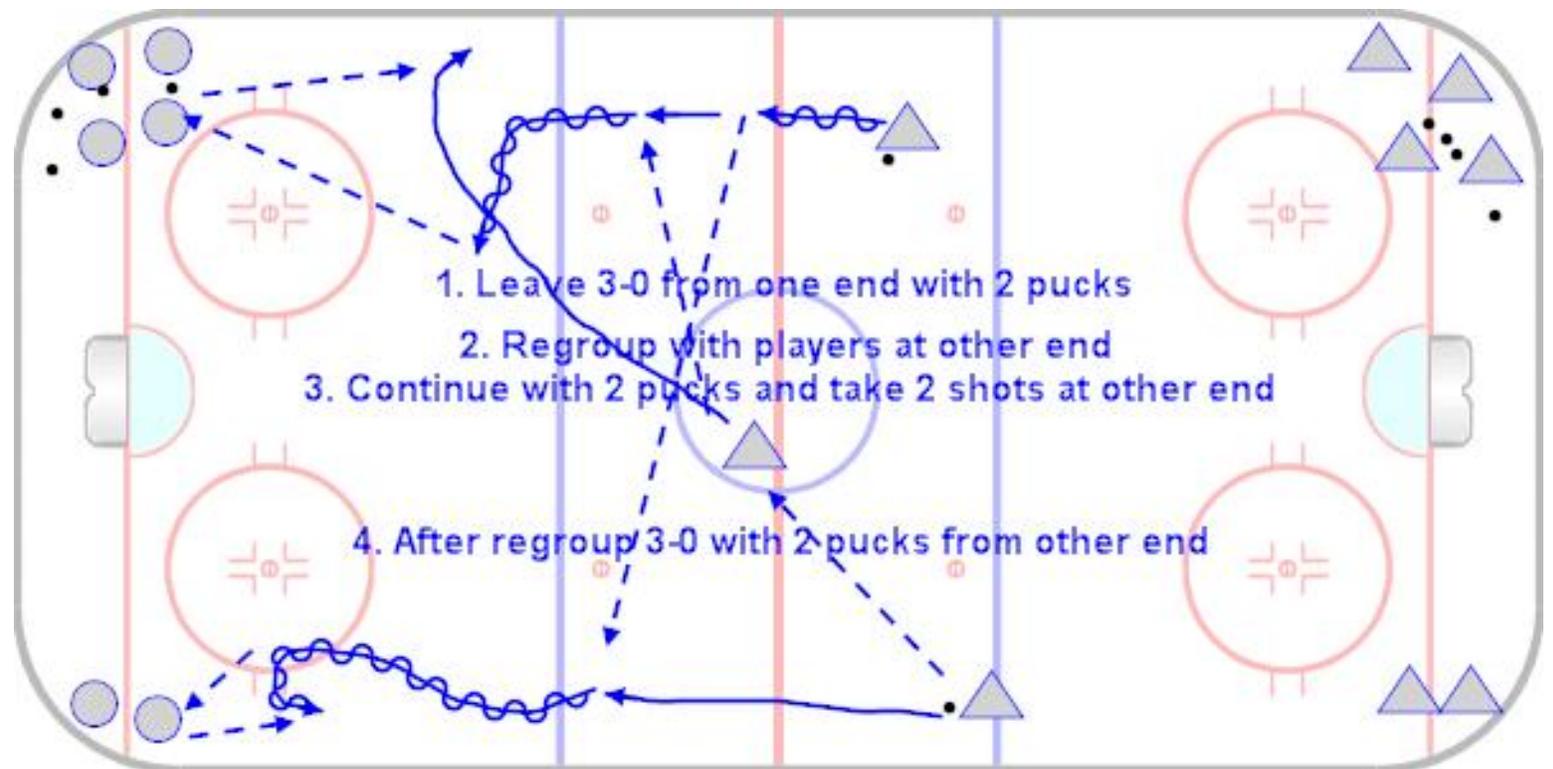
Key Points:

This is an exercise to overload the nervous system.

Make eye contact before passing and make good firm passes.

Description:

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



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

Key Points:

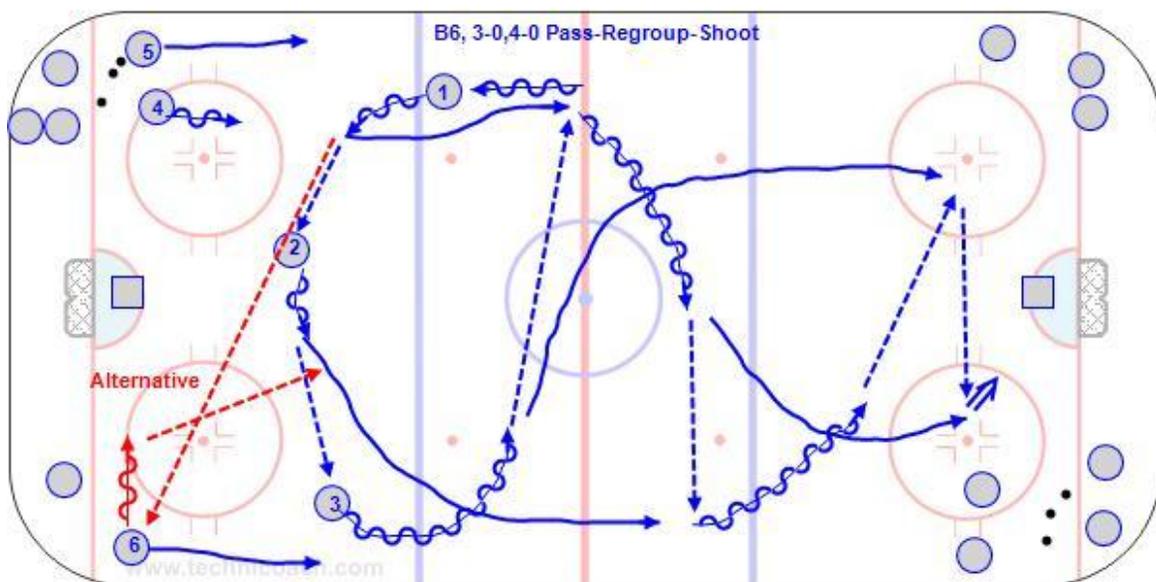
Pass hard, give a target, call for the pass and fill all three lanes. Leave in groups of 3 or 4. Make sure everyone gets at least one pass in each direction.

Description:

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

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

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B6 - 1 High 1 x 2 Low Shooting - Pro

Key Points:

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

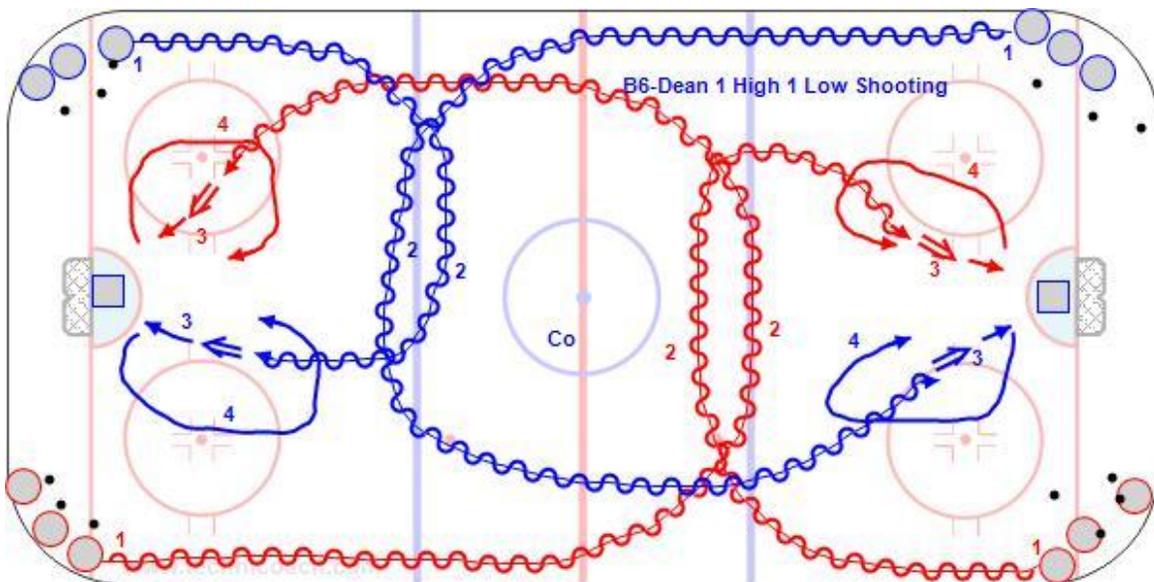
Description:

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

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101003085932985>

Same drill with agility skating added.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140708231537950>



B6 - 2-0 Wide Passes – Pro

Key Points:

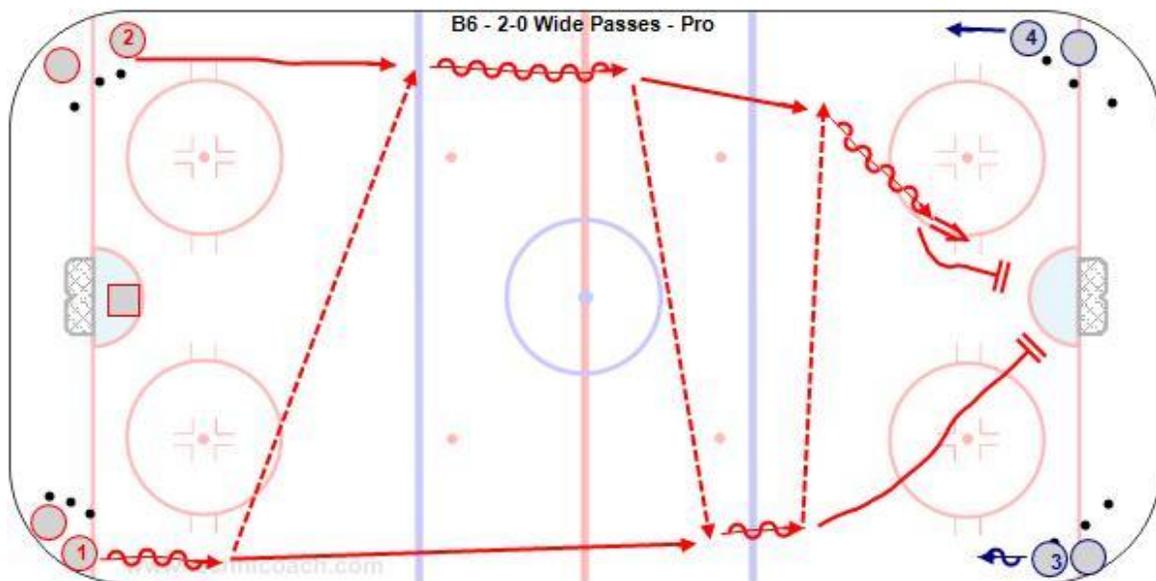
Practice both forehand and backhand passes. Give a target, shoot while skating and follow the shot for a rebound.

Description:

Players line up in the 4 corners with pucks.

- A. 1 and 2 pass while skating down the wide lanes.
- B. Only make one pass in the offensive zone and shoot.
- C. 3 and 4 repeat in the other direction.

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B6 – 3 Shots, 3 Zig zags, 3 Shots

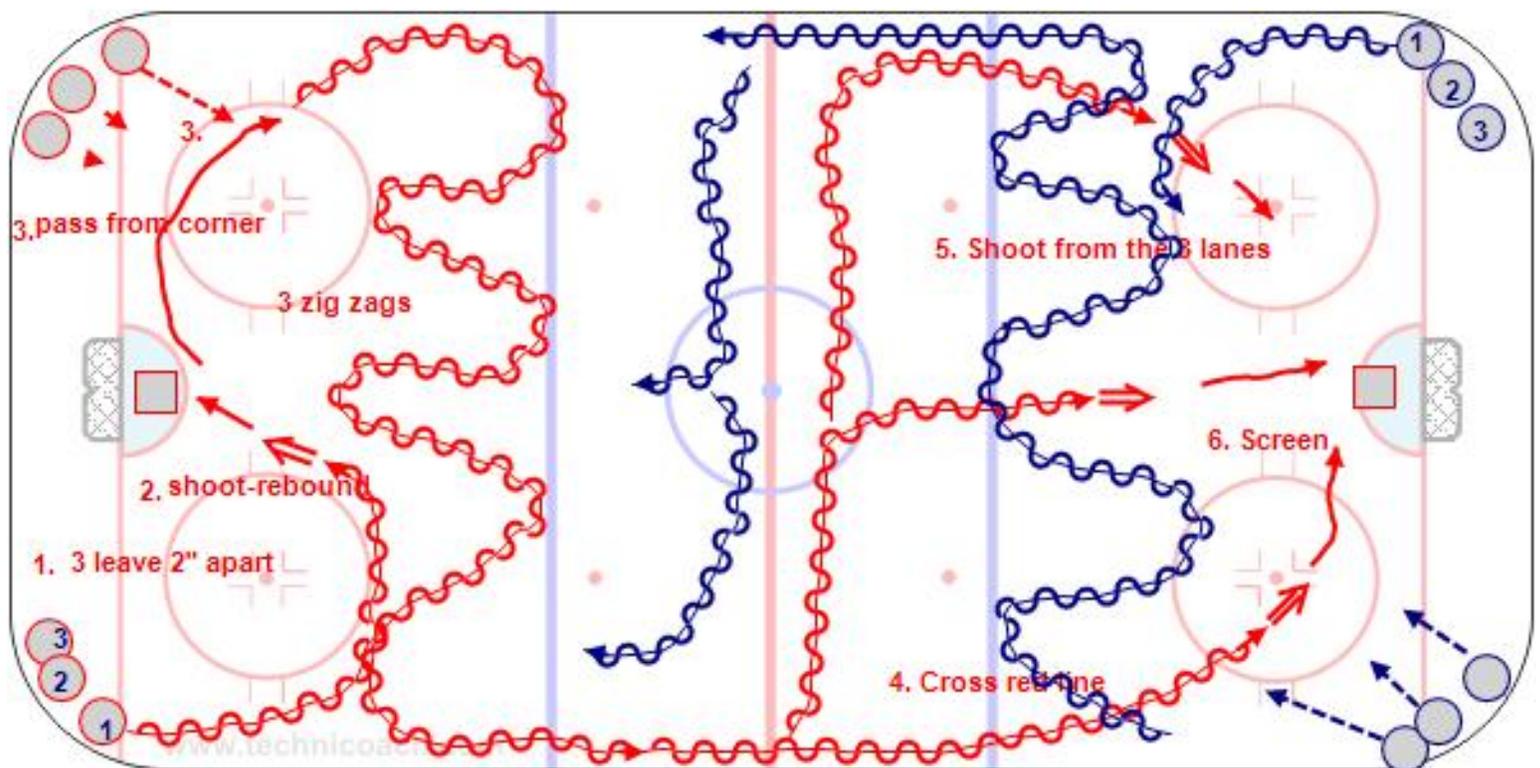
Key Points:

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

Description:

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

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B6 - Shot x 3 Passes x 3 Shots x 3 – Pro

Key Points:

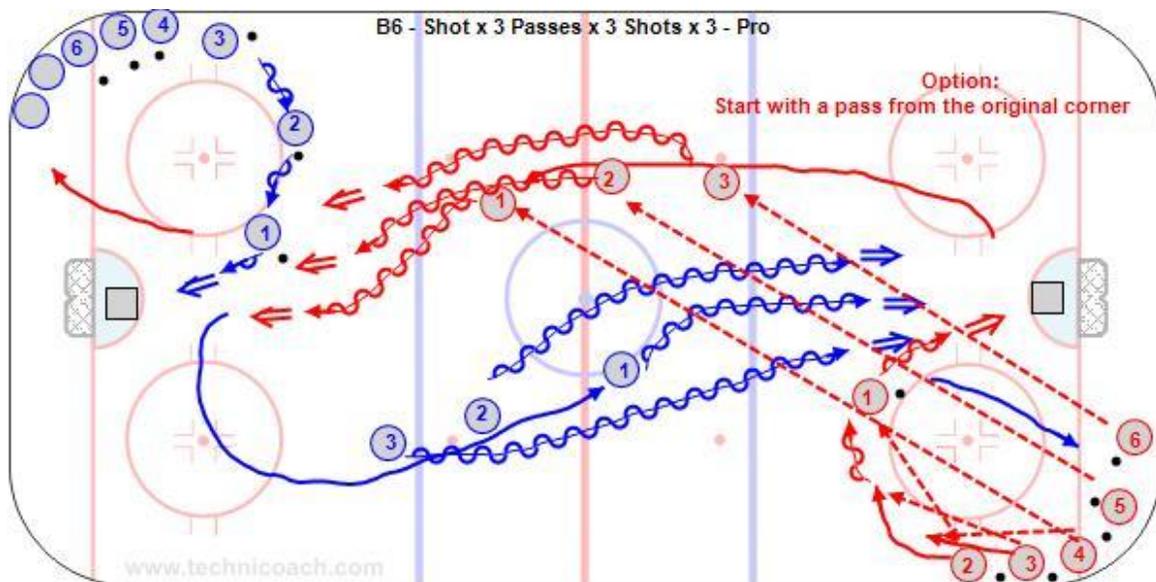
Shoot while skating, head up, give a target, pass hard, lead the player.

Description:

- A. 1-2-3 skate around the top of the circle and shoot.
- B. 1-2-3 break down the ice for a pass from the original corner.
- C. 4 pass to 1, 5 to 2, 6 to 3.
- D. 1-2-3 take shots at each end.

* Option is to get a pass from the next player in line first.

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B6 – Wide and Middle x 2 – Pro

Key Points:

Pass while skating without coasting first. Make firm passes and keep the stick blade square to the puck.

Description:

1 – Players in all 4 corners with the pucks on one side.

2 – On the whistle one end leave and pass outside of the dots and the other end pass inside the dots.

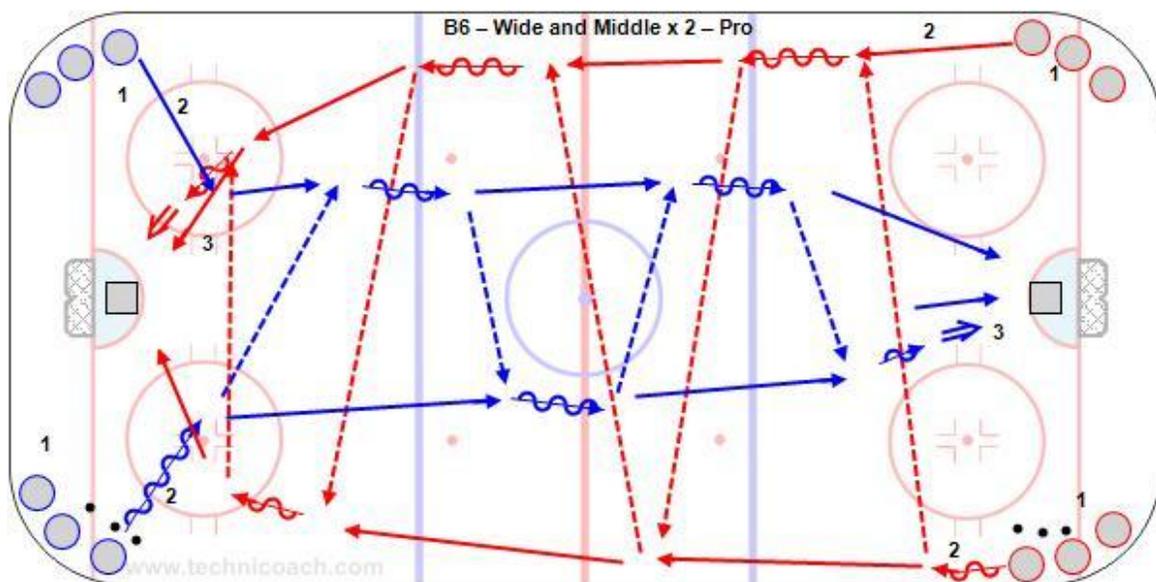
3 – Shoot at each end and follow the shot for a rebound.

NHL Players

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706224430659>

Prospects

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706165555649>



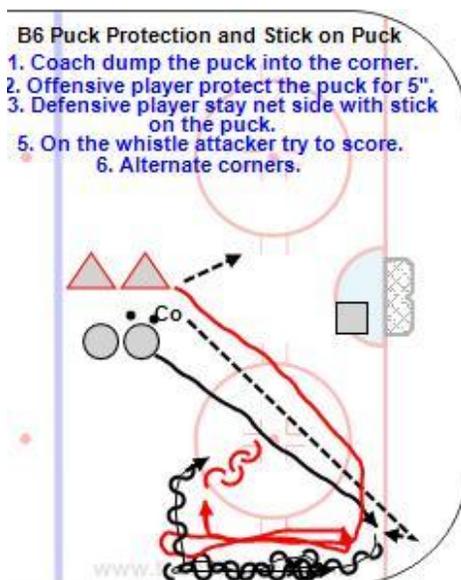
B6 Puck Protection and Stick on Puck

Key Points:

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

Description:

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



B6 Big Horeshoe 2-0 - Pro

Key Points:

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

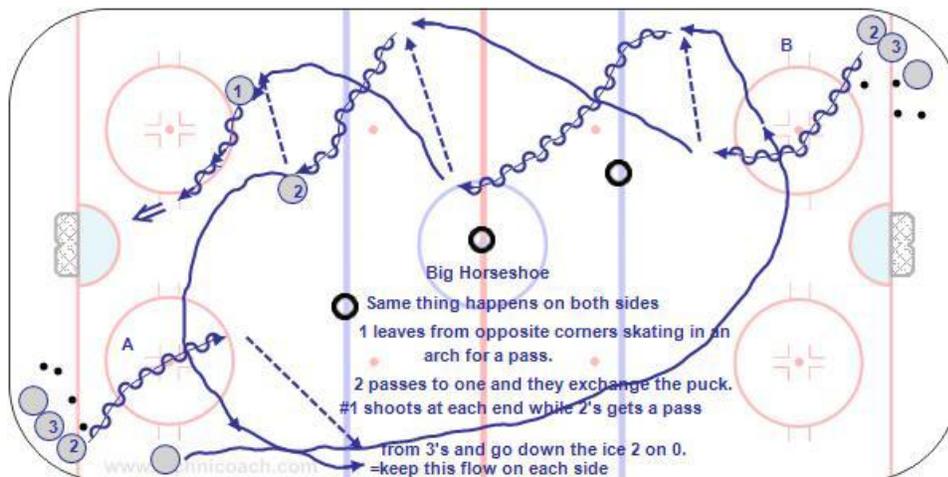
Description:

Big Horseshoe

Same thing happens on both sides

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

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B6 Big Horseshoe-Washington

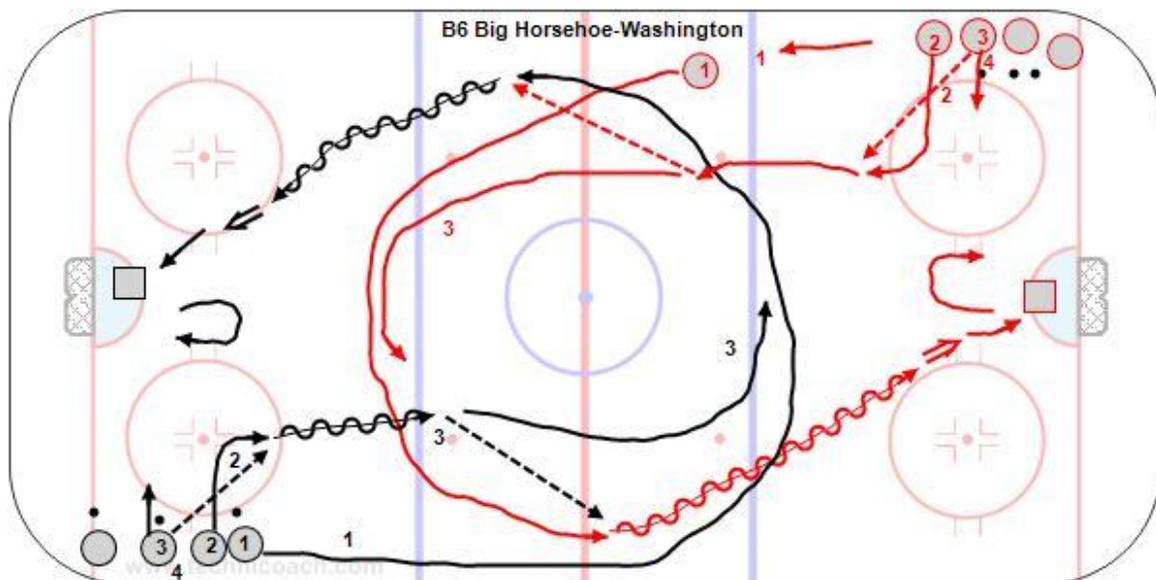
Key Points:

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

Description:

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

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B6 Big Horseshoe CU18

Key Points:

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

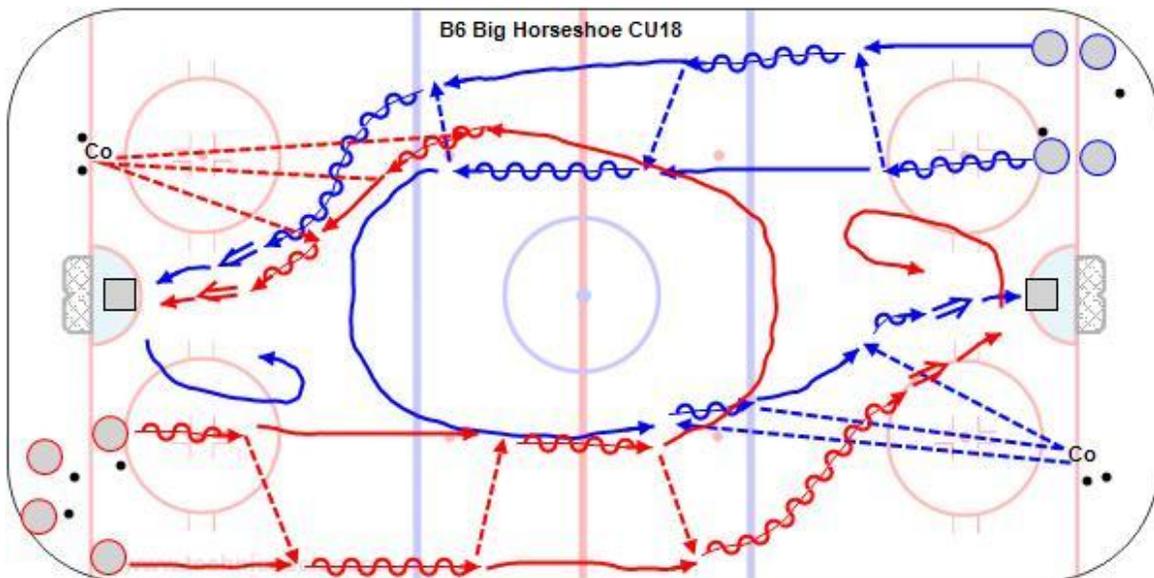
Description:

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

Options:

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

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B6 Big Horseshoe-Washington

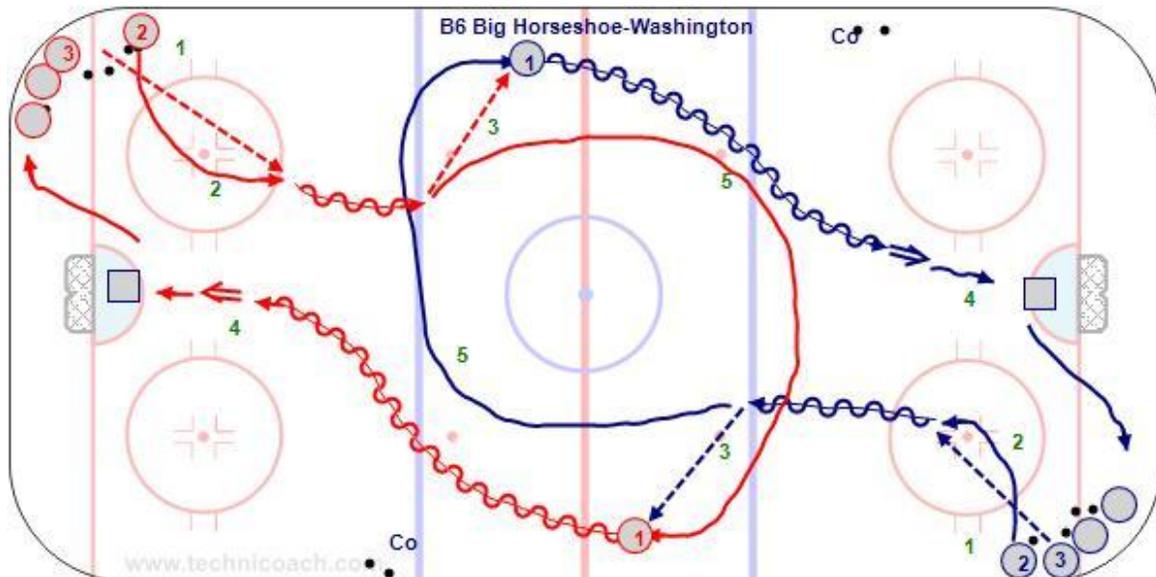
Key Points:

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

Description:

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

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B6 Breakout 1-0 Point Shot - Pro

Key Points:

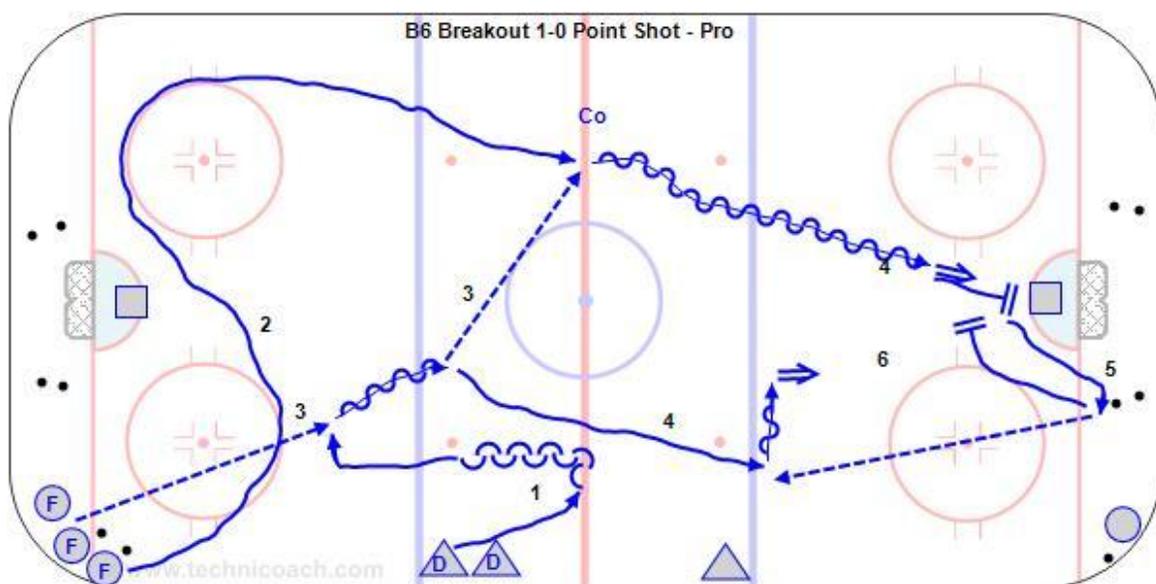
Quick feet, give a target, choctow turn front to back, pass hard, shoot and follow the shot for a rebound, pass and follow the pass, screen, low point shot.

Description:

1. Defense skate forward from the blue line up to the red line and then choctow turn backward.
2. Forward leave from the corner and skate around the top the circle and below the other circle then hard up the ice.
3. D get a pass from a forward in the corner and quickly turn up ice and pass to the breaking forward.
4. Forward skate in and shoot and the D follow to the point.
5. Forward look for the rebound and then pick up a puck near the net and pass to the D.
6. D take a point shot and the F screen.
7. F and D stay at that end to go the other way.

**With a large group you could have two F and two D go and the D could hinge with each other and a D to D at the point. Another option would do the same drill from each end starting in diagonal corners.*

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B6-600 Breakout 2F and 1D Rush 3-1 – Pro

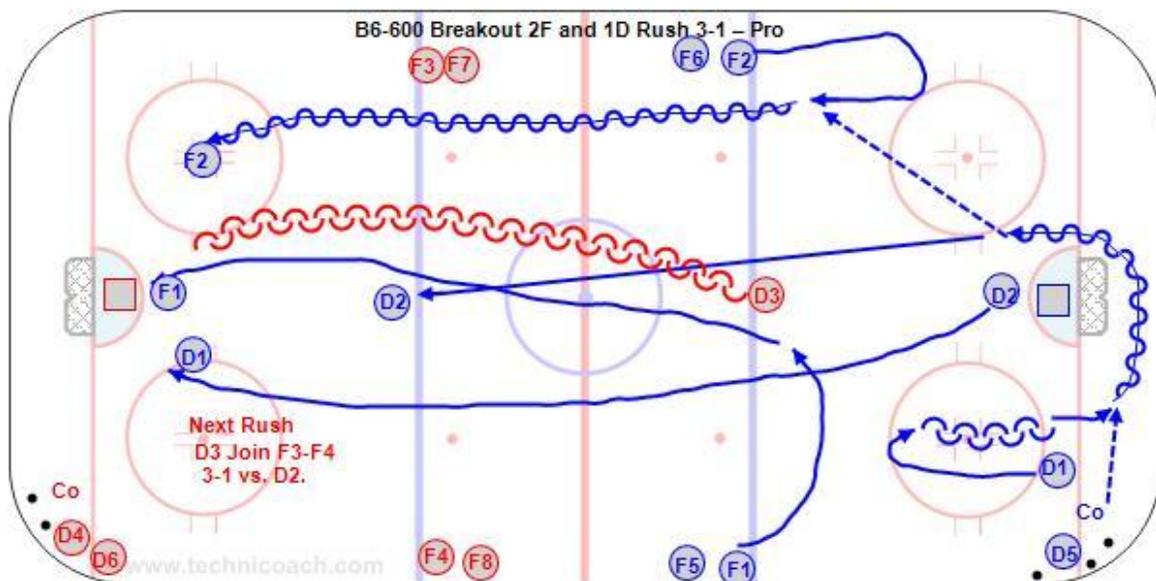
Key Points:

Defense must have quick feet and drive skate behind the net and make a good pass from between the dots. D in front must recognize he is third man and join the 3-1 rush.

Description:

1. D1 skate up to the top of the circle and back and to up a puck then wheel behind the net.
2. F1-F2 come into the zone from each side for a breakout pass, D2 starts in front of the net.
3. D1 make a breakout pass and D2 joins to make 3 on the rush.
4. Attack 3-1 vs. D3.
5. Give a time limit to score and then the repeat the other way with F3-F4 and D3 attacking vs. D1 who follow the rush to the far blue line.

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B6 Breakout 3-0 Point Shot x 2 – Pro

Key Points:

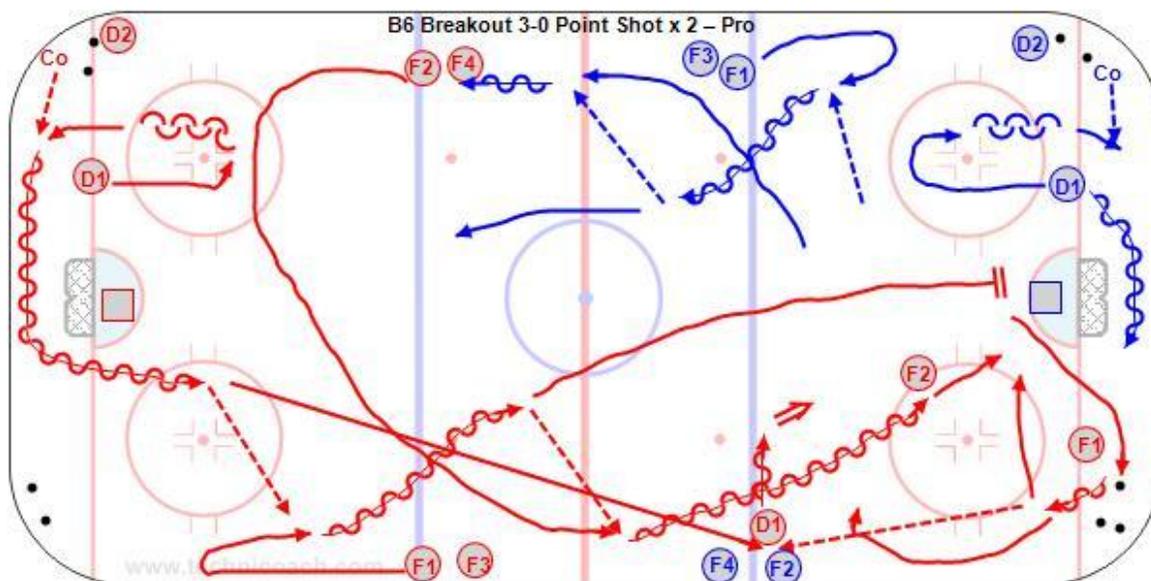
Defense make the pass while skating between the dots up ice. Forwards give a target and do everything while skating.

Description:

- 1 – D1 at each end skate from the goal line to the top of the circle and back then get a puck.
- 2 – F1 and F2 leave from the blue line and come back for a breakout pass. F2 mirror the puck across.
- 3 – D1 pass to either F1 or F2 and D1 follow the rush up the ice.
- 4 – F take the ‘big ice’ between the dots and then pass wide.
- 5 – F make a wide zone entry and shoot-rebound.
- 6 – Non shooting F get a puck from the corner and pass to D1 at the point who drags and shoots.
- 7 – F who passes either go to the net or cycle high as a passing option for D1.
- 8 – Repeat with D2-F3-F4 at each end.

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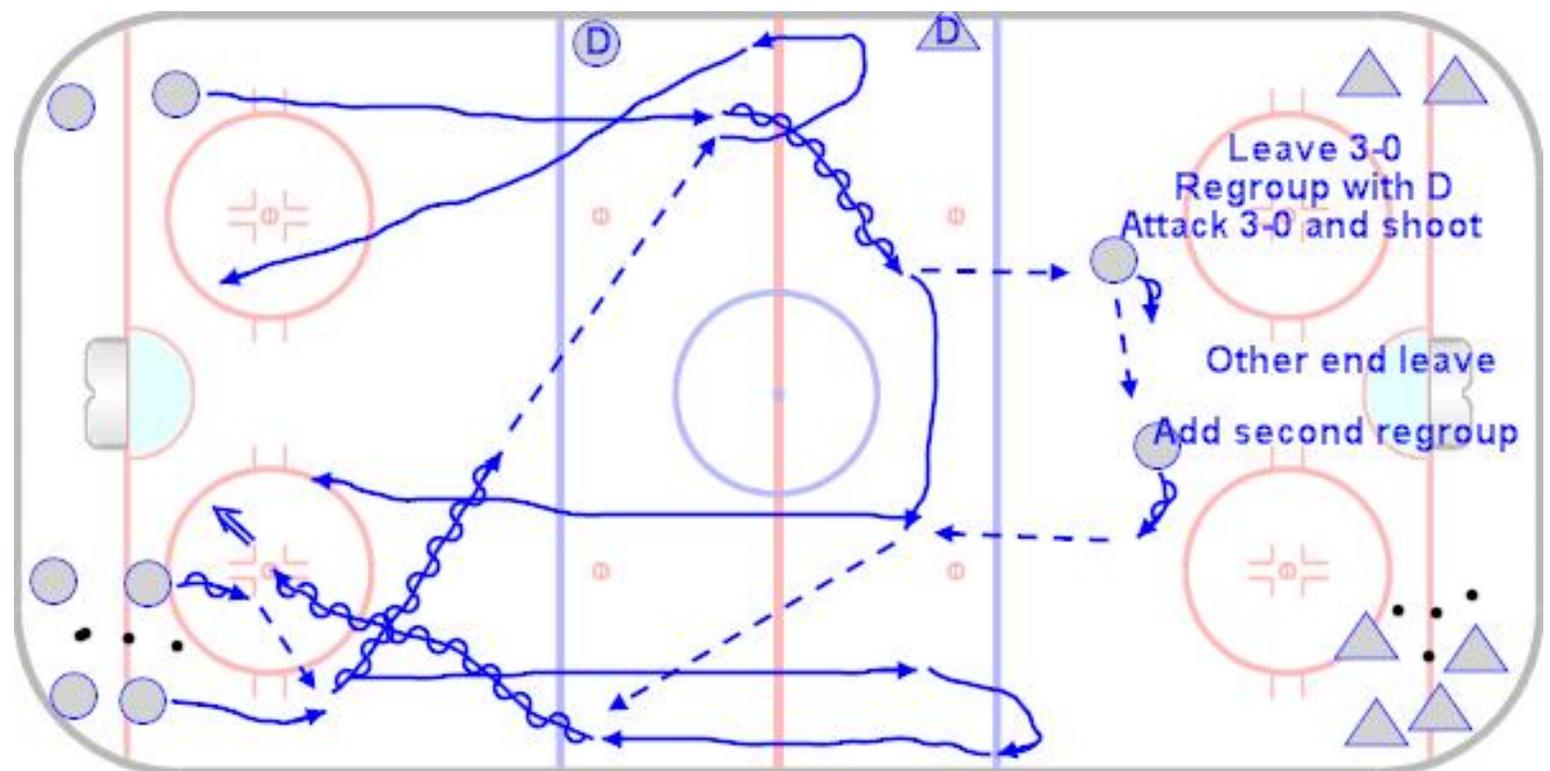
B6 Breakout and Regroup with Defense

Key Points:

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

Description:

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



B6 Breakout x 2 Point Shot – Pro

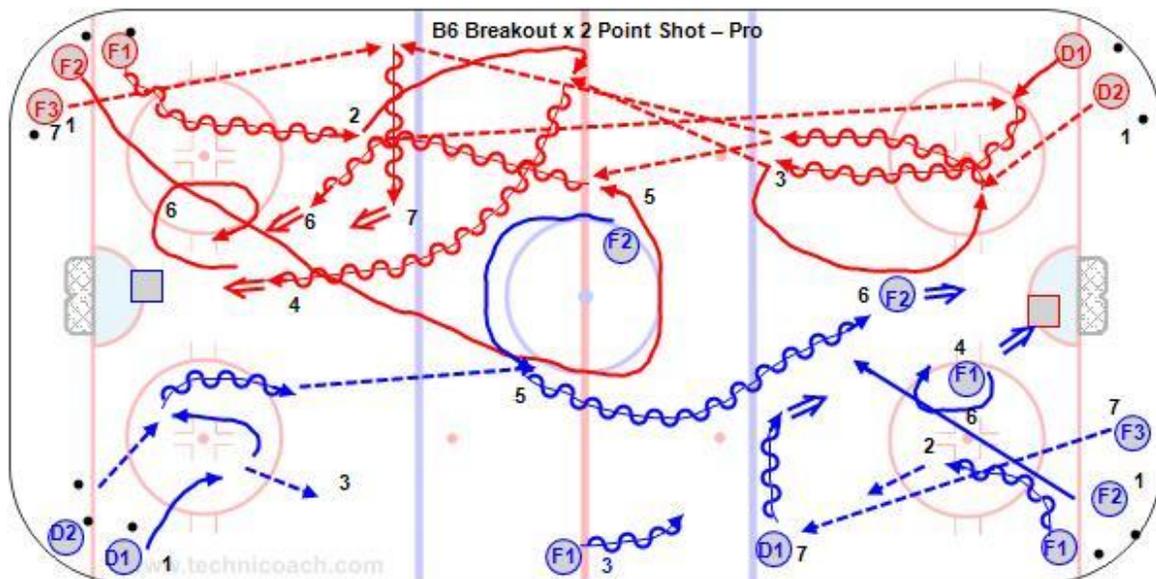
Key Points:

Forwards time so they are open when D can pass. Give a target, defense have quick feet and pass hard.

Description:

1. Defense and forwards start from the corners at opposite ends.
2. F1 starts by skating with a puck and passing to the D1 at the far end.
3. D1 skate up ice and pass to F1 who supports in the neutral zone.
4. F1 attack the net and shoot while D1 goes back for a new puck from D2.
5. F2 skate around the middle circle with timing for a pass from D1.
6. F2 attack and shoot and F1 circle back to rebound.
7. D1 follow and get a pass from F3 and take a point shot while F1-F2 screen.
8. Do this drill from both sides.

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B6 Building a Power Play

Key Points:

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

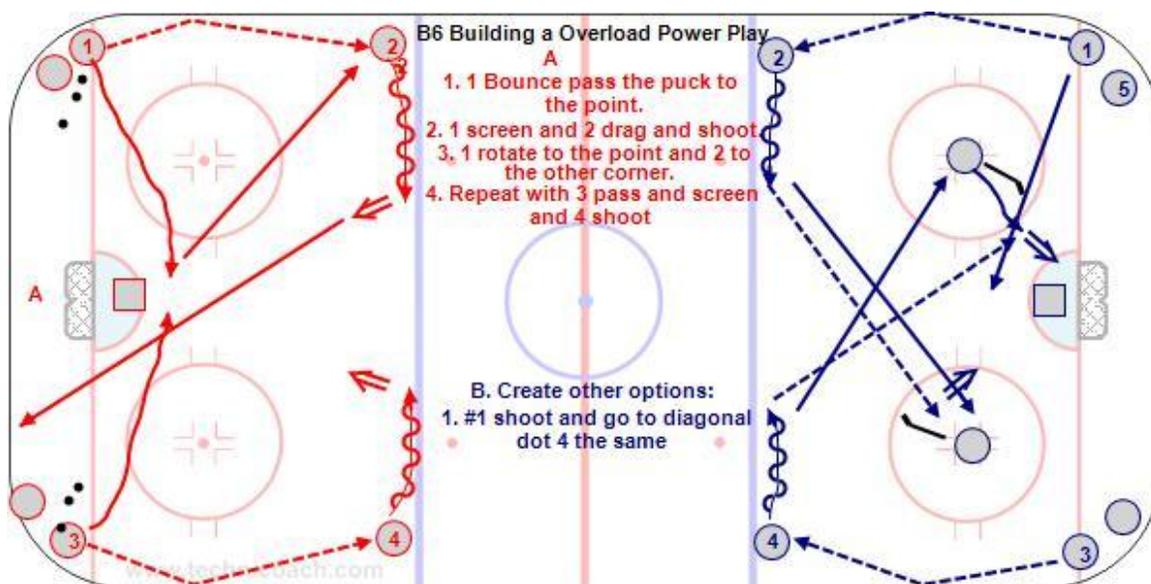
Description:

A. Point Shots and Screen

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

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

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



B6 Chaos 3-0 Pass and Shoot

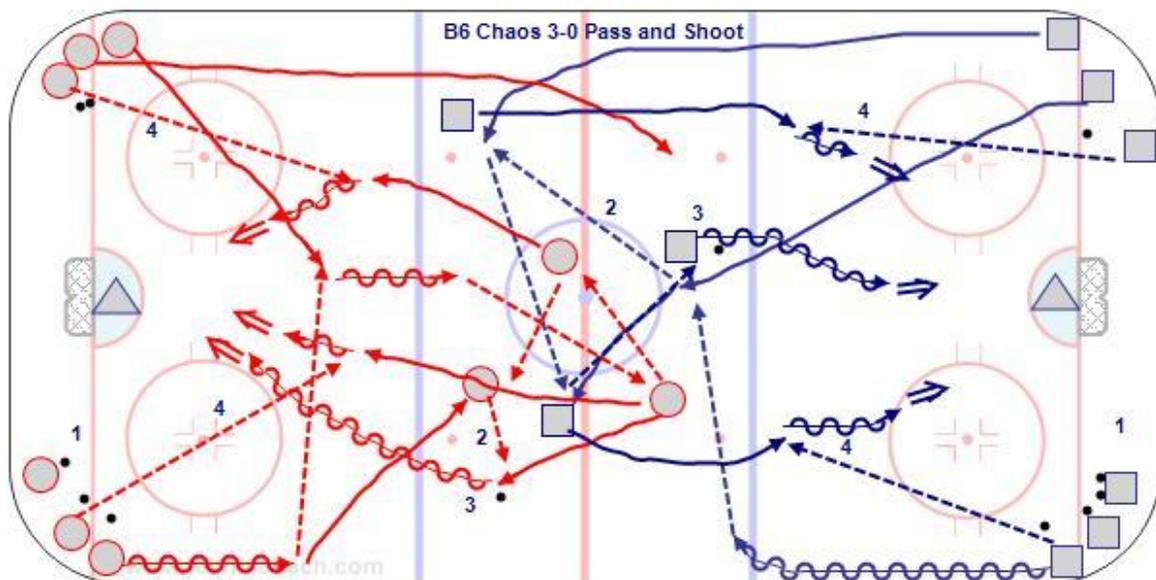
Key Points:

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

Description:

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

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101006084345432>



B6 Chaos NZ Overspeed with Regroup-Pro

Key Points:

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

Description:

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

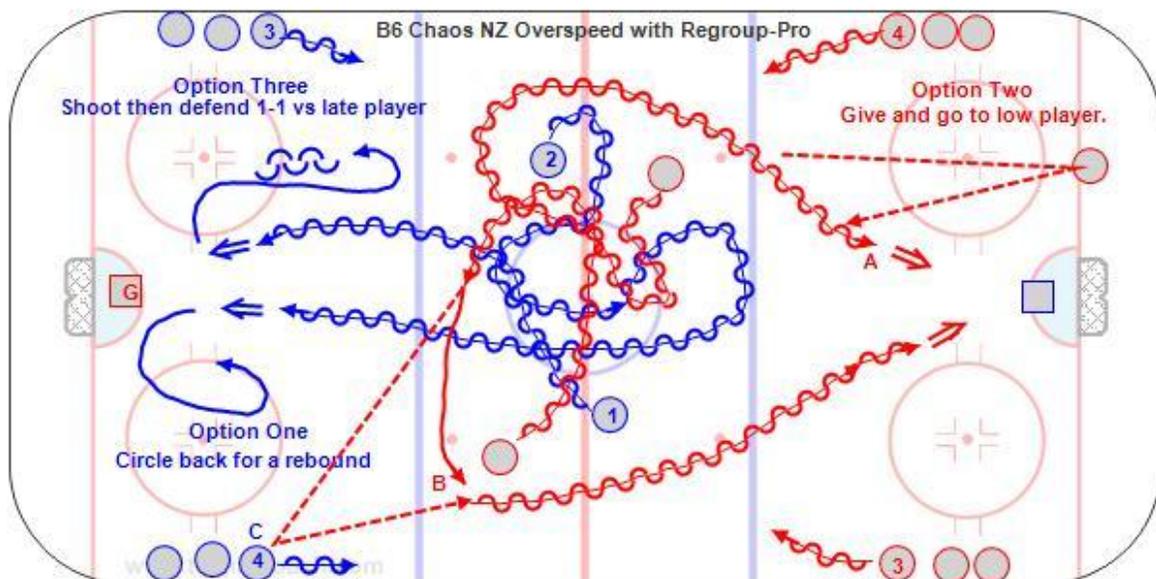
Options:

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

Other options:

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

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B6 Cross Pass-Cross Drop-Shoot

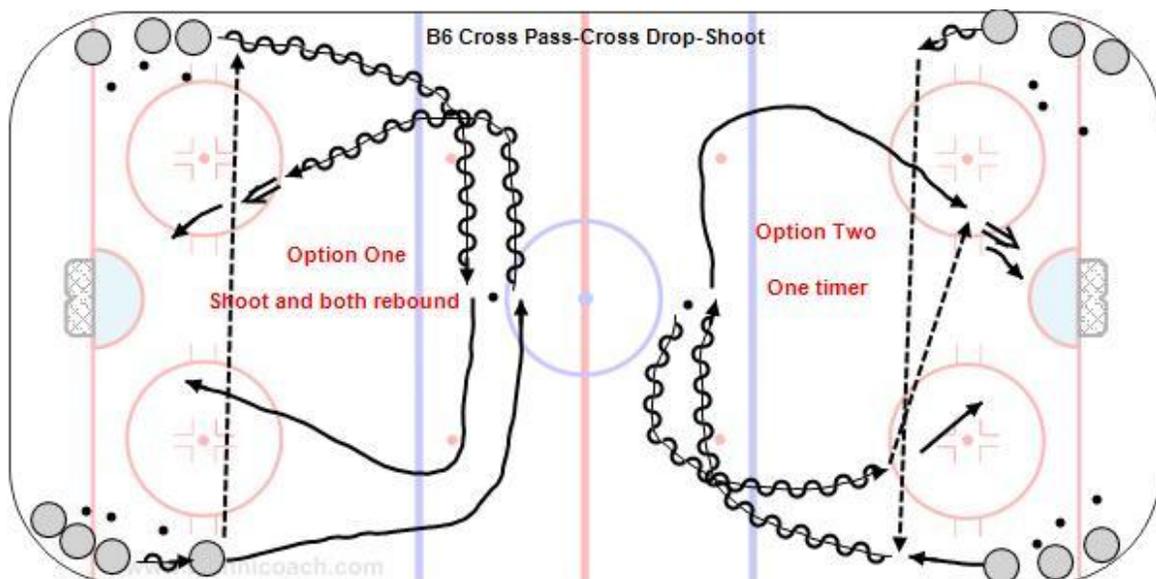
Key Points:

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

Description:

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

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B6 Defense Drag and Shoot Drills

Key Points:

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

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

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

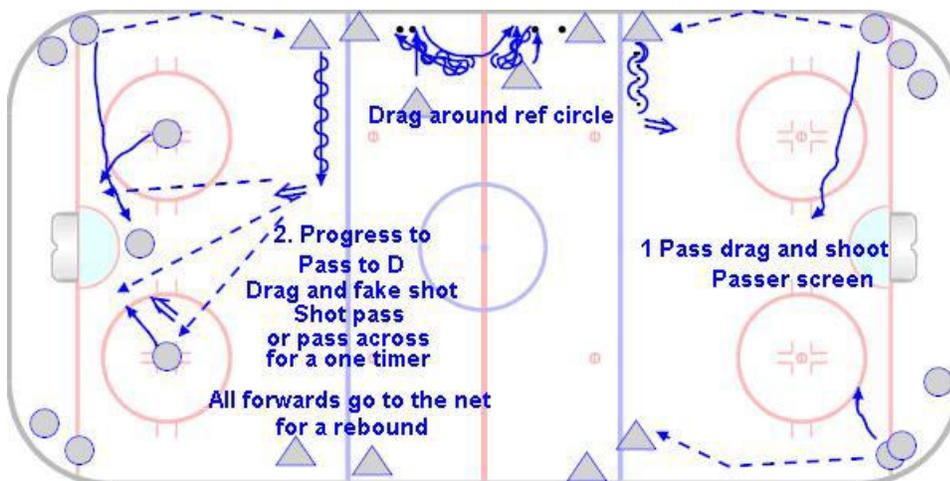
Description:

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

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

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

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B6 Defense Shooting Options - U18F

Key Points:

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

Description:

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

Sequence of Shots:

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

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B6 Defense Shooting Sequence

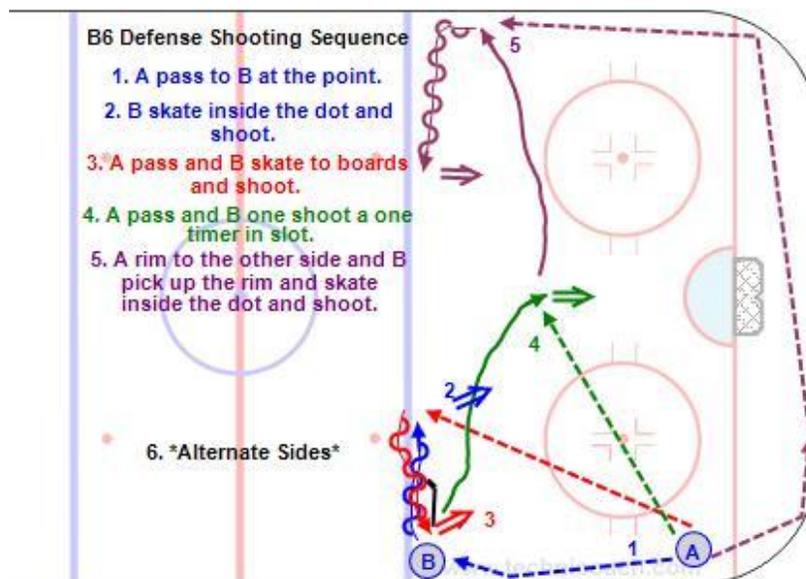
Key Points:

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

Description:

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

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B6 Double Cross and Drop

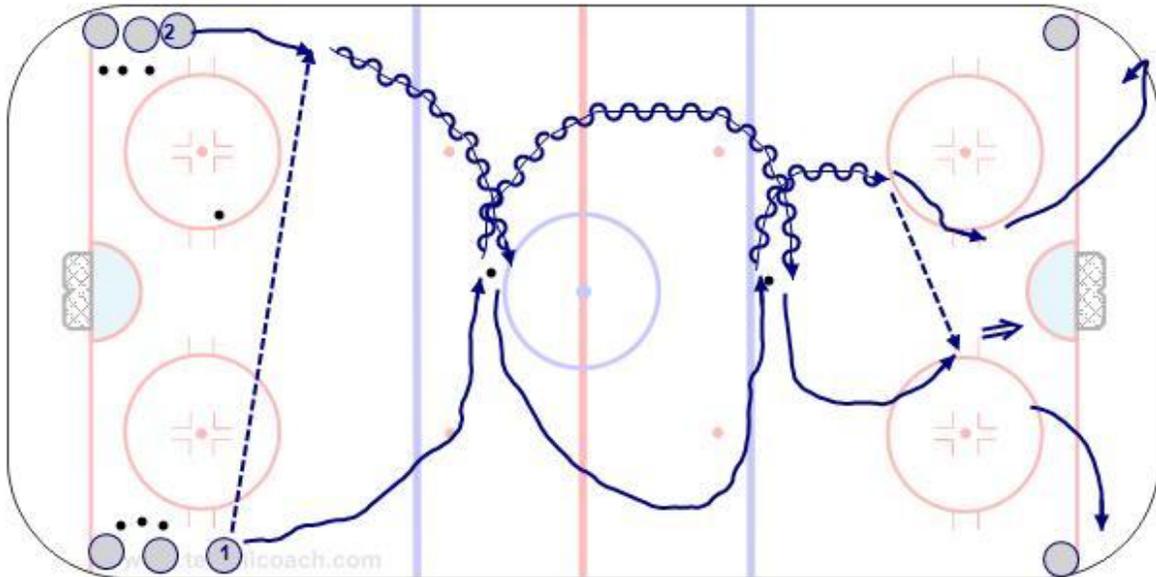
Key Points:

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

Description:

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

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



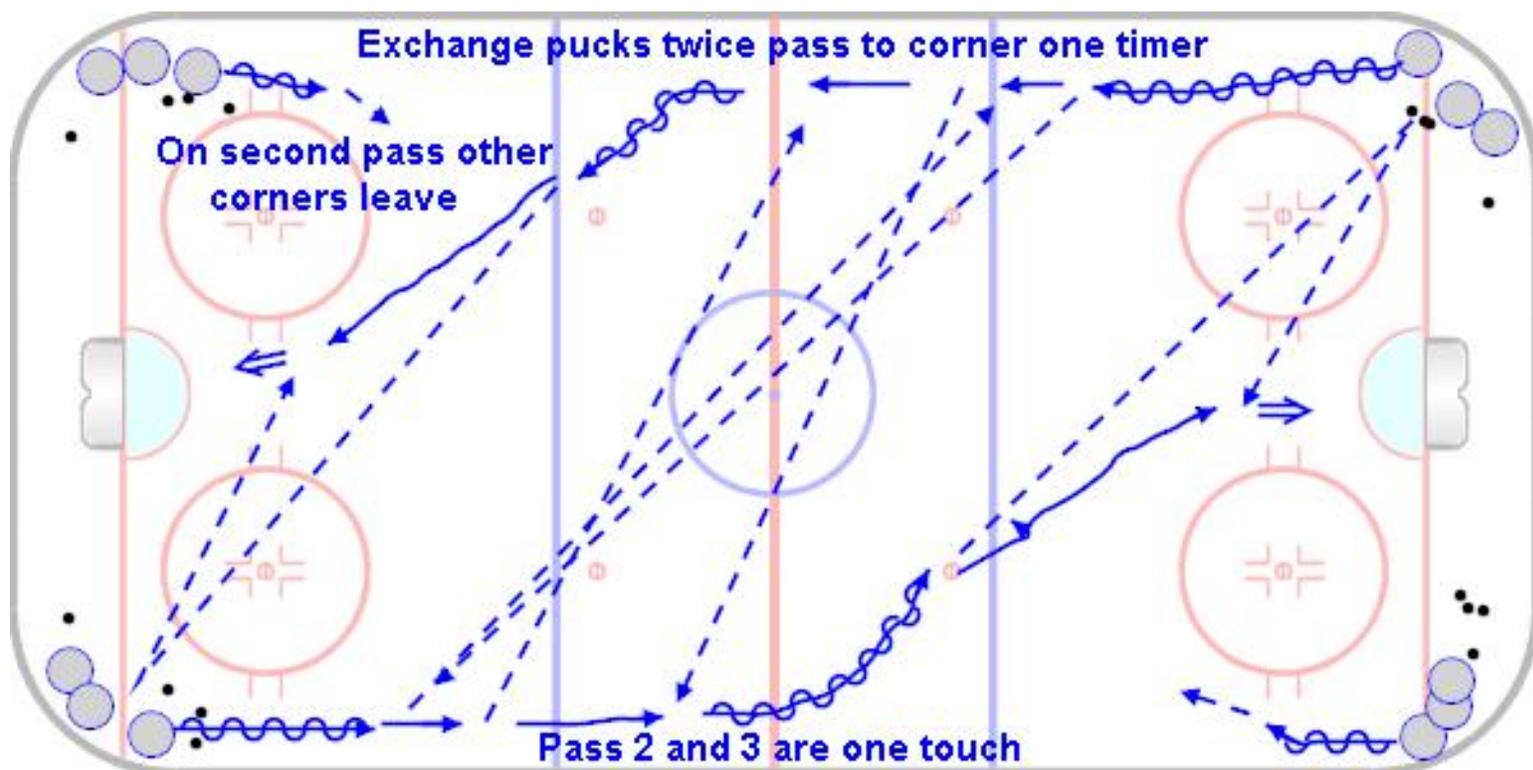
B6 Exchange Pucks Passing

Key Points:

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

Description:

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



B6 Five Circle Skill Circuit

Key Points:

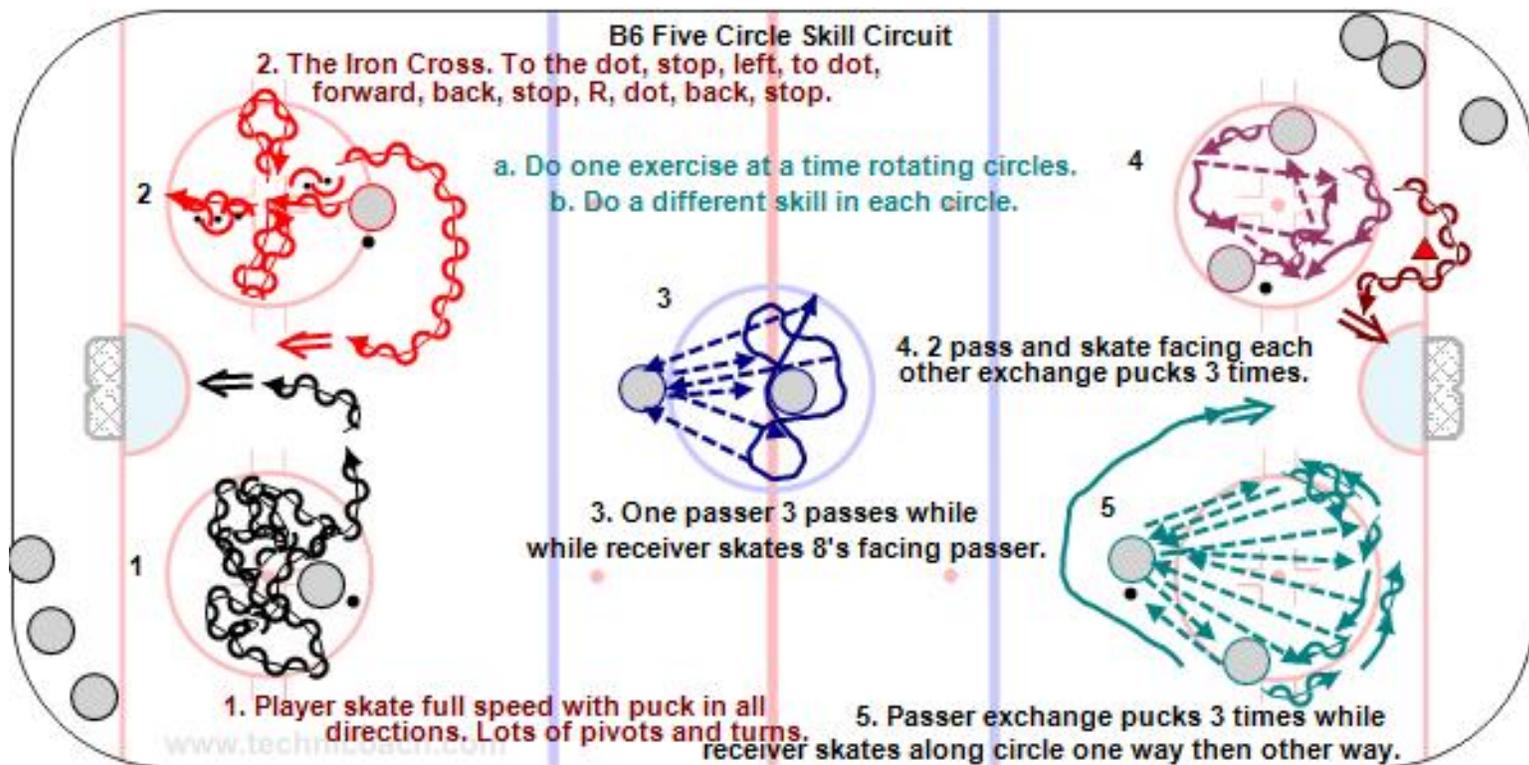
- Rotate from one circle to the other.
- Do skills at top speed and with good habits.
- You can have #1 and #4 going on in opposite directions at the same time.
- Vary where the shots come from.

Description:

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

Options:

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



B6 Italian Box-One Touch 2-0

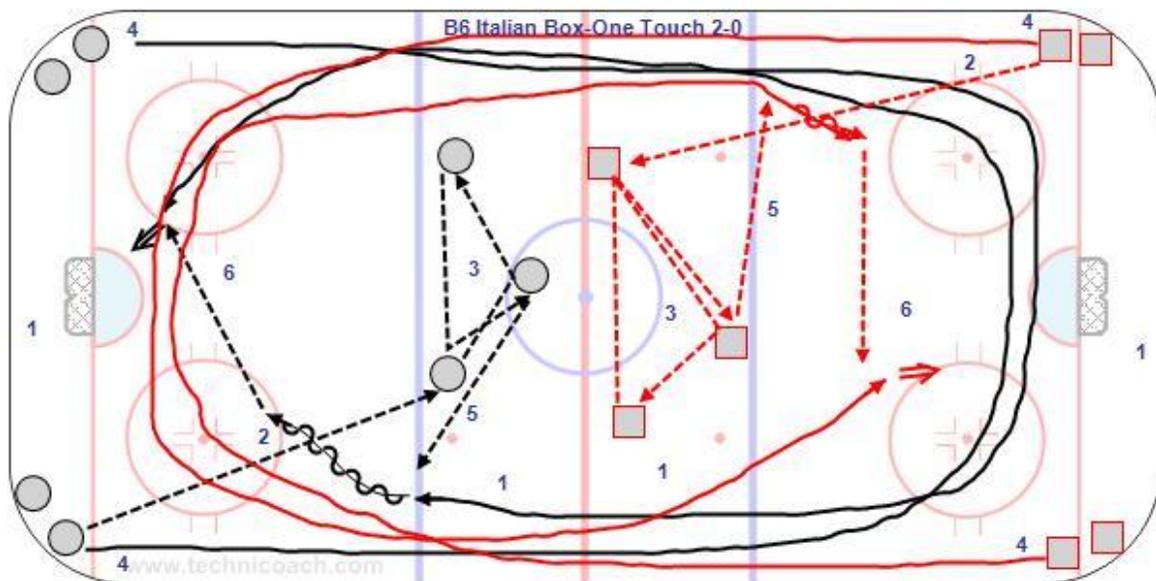
Key Points:

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

Description:

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

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B6 Jursi Skate-Pass-Shoot

Key Points:

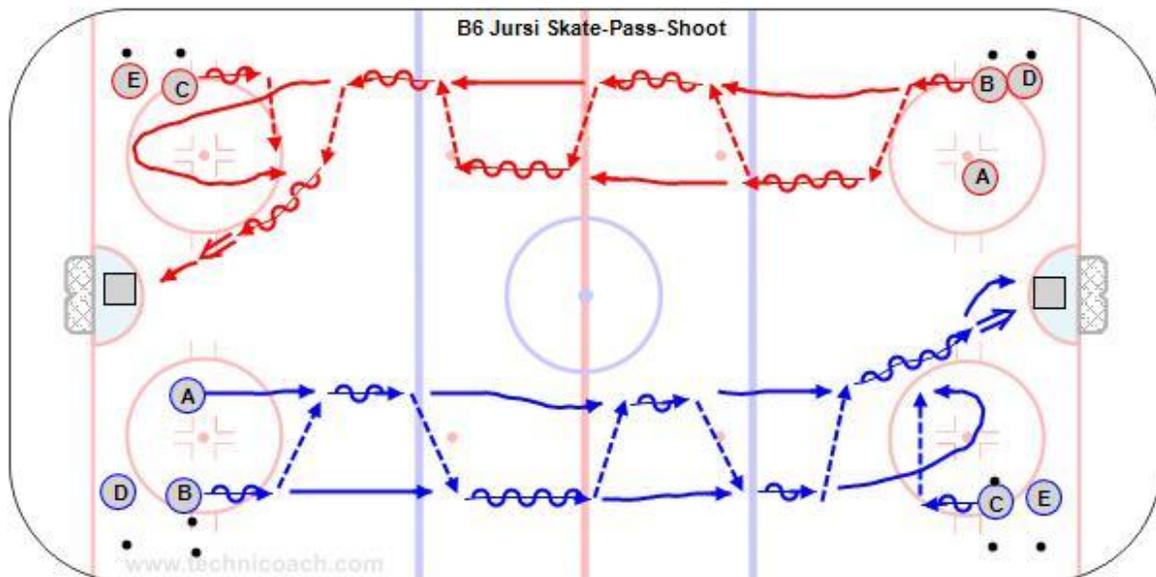
This is a drill that Russian Olympic coach Vladimir Jursinov used when I was coaching with him in Austria. The goal is to get players to practice passing and shooting while they skate. Puck handling-passing-shooting should be seamless.

Description:

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

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

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B6 Neutral Zone Skate and Shoot

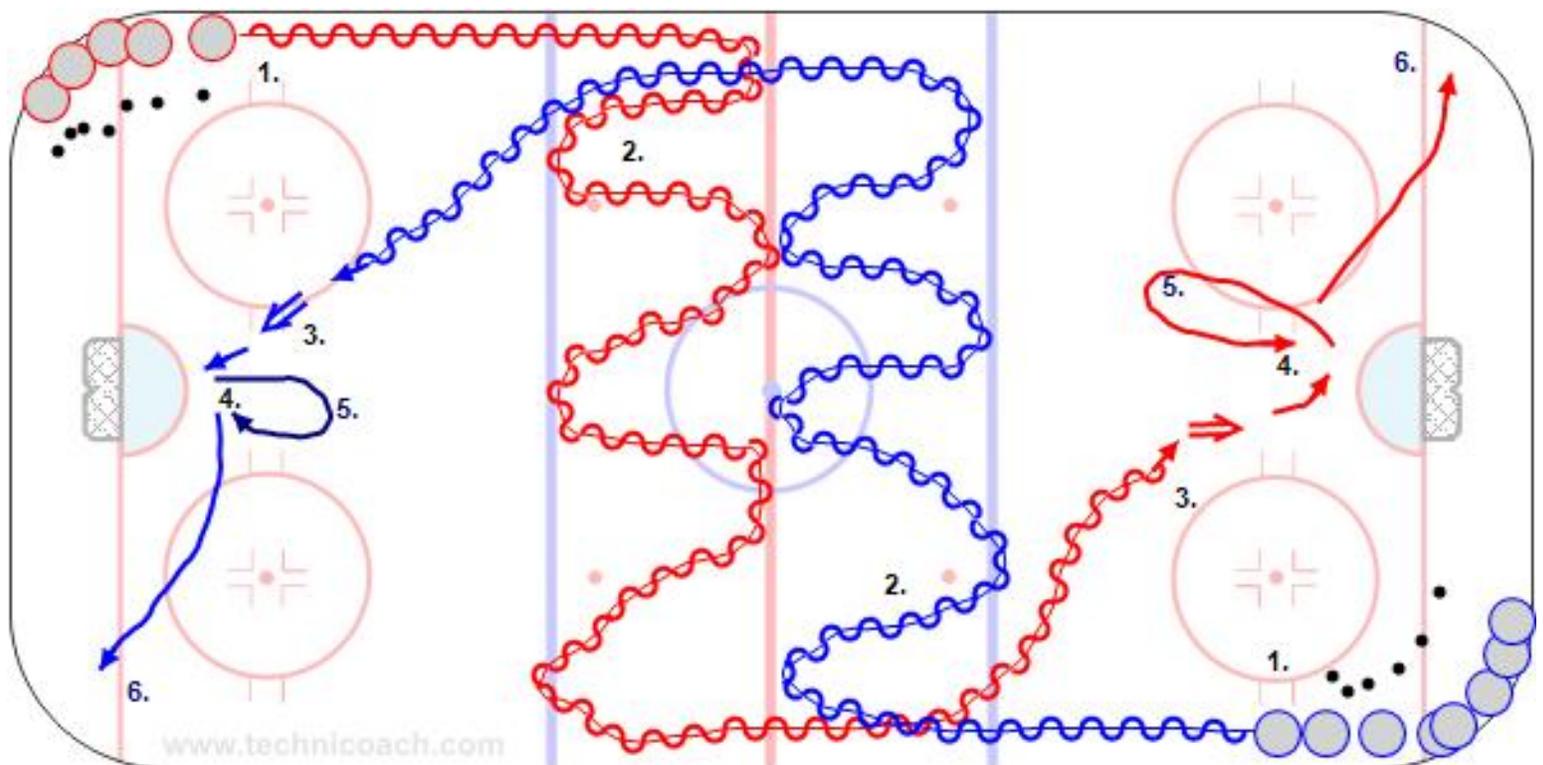
Key Points:

Carry the puck 3 times between blue and red lines.

Description:

1. Half the team in diagonal corners and not behind the net. Leave when the first player gets to the blue line.
2. Pivot 3 times between the red and blue, vary the type of skating and puck handling.
3. Skate in and shoot hard.
4. Follow the shot for a rebound.
5. Circle back and go for a rebound on next shot.
6. Go to the open corner.

*Add variations like carry puck only on forehand or backhand, face one way and only, pivot at each line, backwards etc. You could also start with a pass from second in line.



B6 One Touch x 3 and Shoot

Key Points:

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

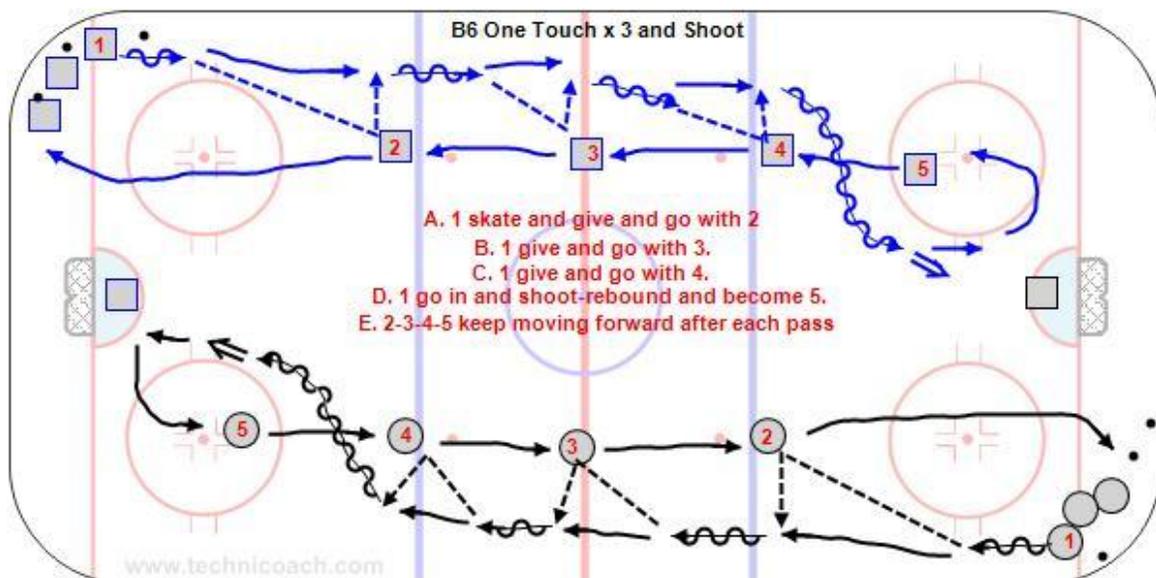
Description:

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

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

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

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



B6 or B4 Crossover Skating and Puckhandling

Key Points:

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

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

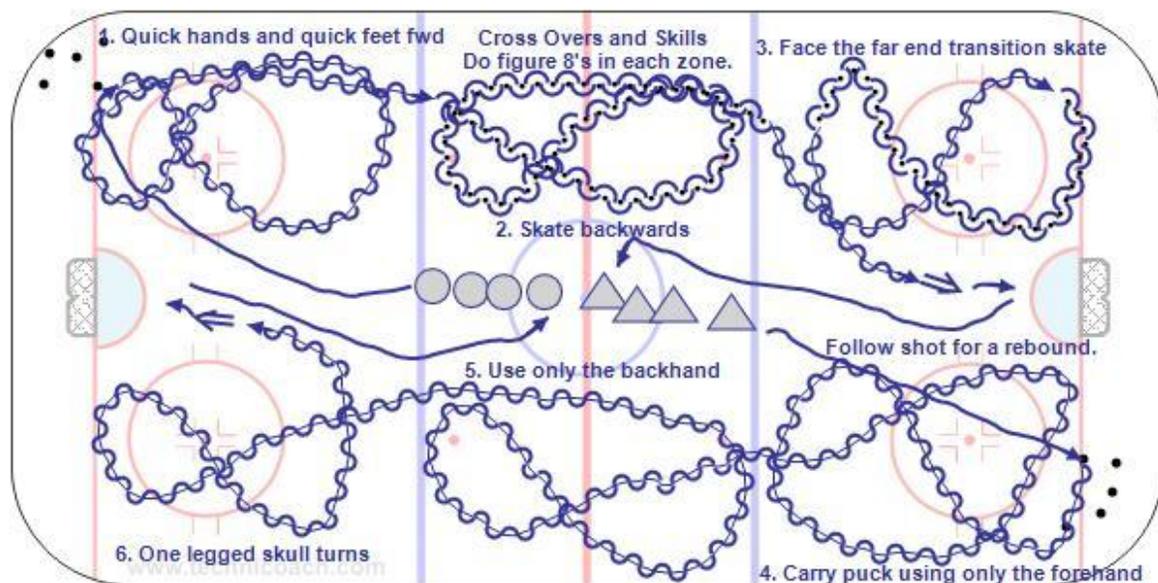
Description:

Cross Overs and Puck Handling Skills

Do figure 8's in each zone.

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

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B6 Pass and Replace Flow - Pro

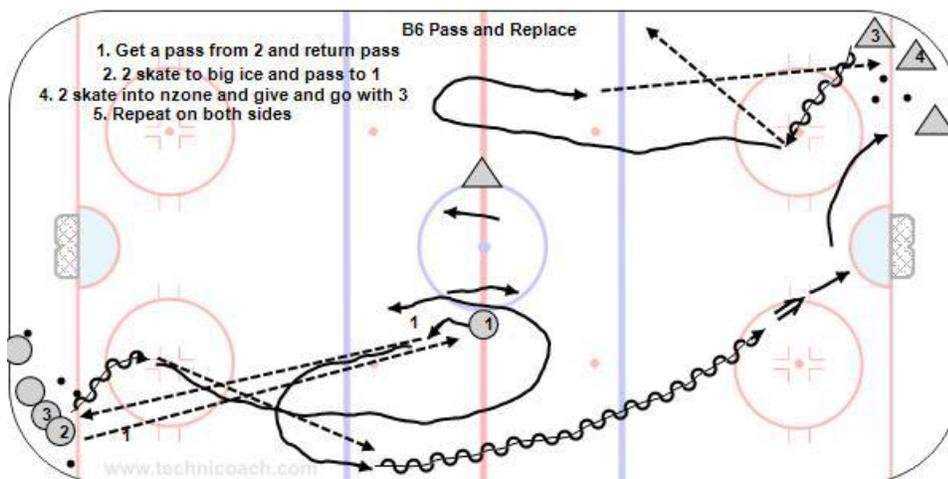
Key Points:

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

Description:

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

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



B6 Pass and Replace x 2 – Pro

Key Points:

Turn facing the puck and time when to ask for the pass. Rebound and circle back to rebound for the next shooter.

Description:

A. 3 leave the corner and pass to 2 who turns to the outside and comes back for the pass.

B. 3 follow the pass.

C. 2 move into the middle and pass to 1 when he is ready for the pass.

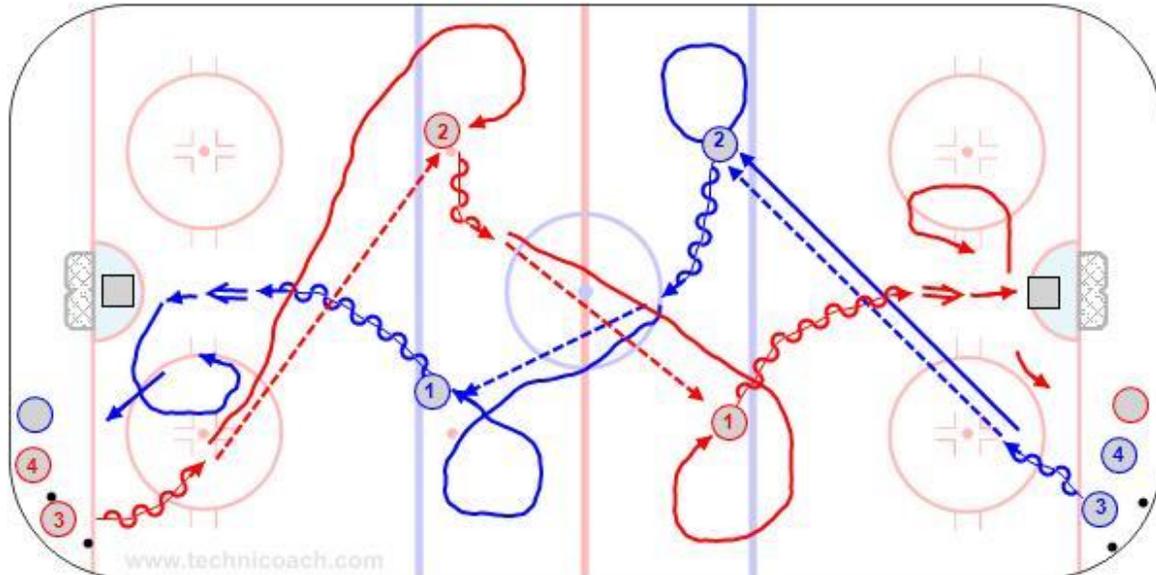
D. 2 follow the pass.

E. 1 curl to the outside and back for a pass from 2 then skate in and shoot-rebound.

F. 1 curl back to rebound for 2.

G. 1 go to the corner to repeat the other way.

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B6 Pass and Replace x 3

Key Points:

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

Description:

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

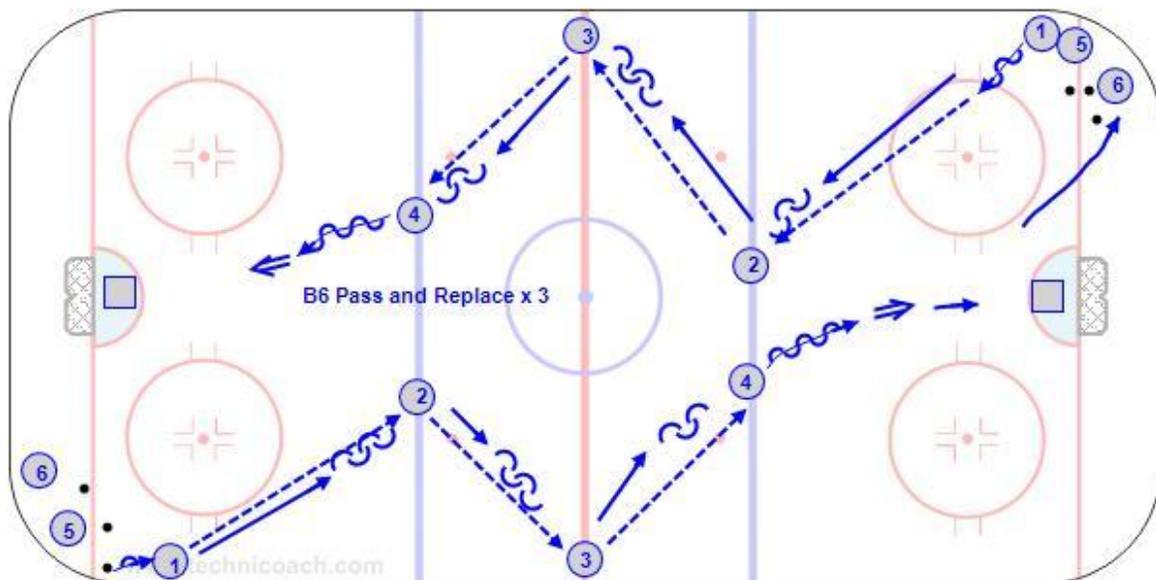
B. 2 pass to 3 and follow the pass.

C. 3 pass to 4 and follow the pass.

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

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

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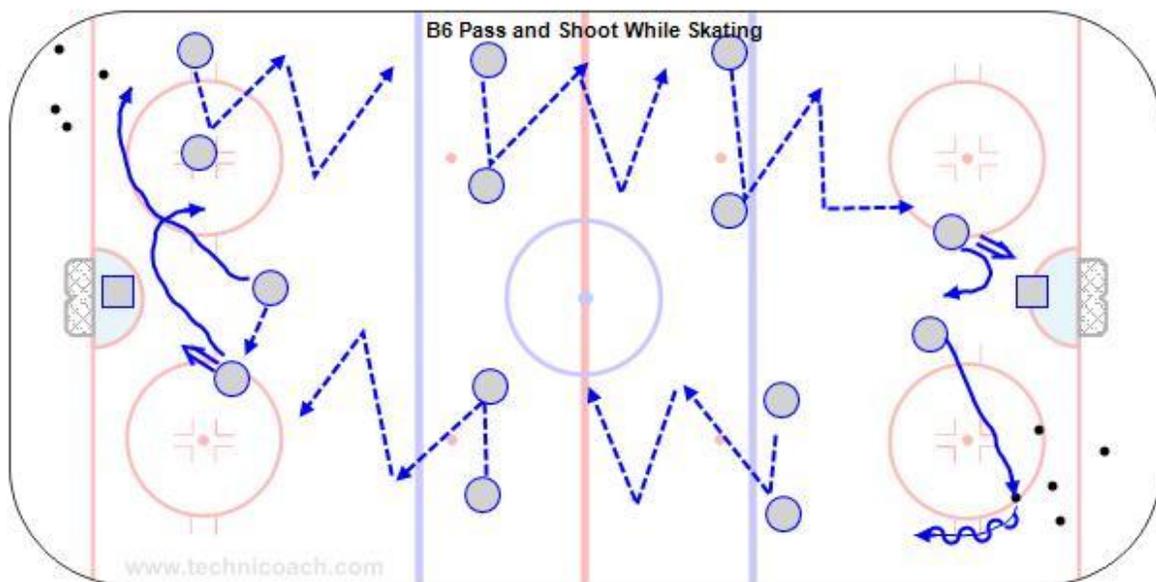
B6 Pass and Shoot While Skating

Key Points:

Most players have to coast before passing or shooting. In this exercise the players must keep their feet moving. It is important to keep the stick square to the puck and the hands away from the body.

Description:

1. Leave 2-0 from each corner and allow the players in front 2 or 3 passes before starting.
2. Pass while skating they can be one touch or two touch then pass.
3. Shoot before reaching the hash marks and rebound.
4. Switch sides with the inside player going to the outside when you go the other way.
5. Switch corners after a few minutes so the goalies get shots from the other side.



B6 Pass, Agility Skate, Shoot, Rebound

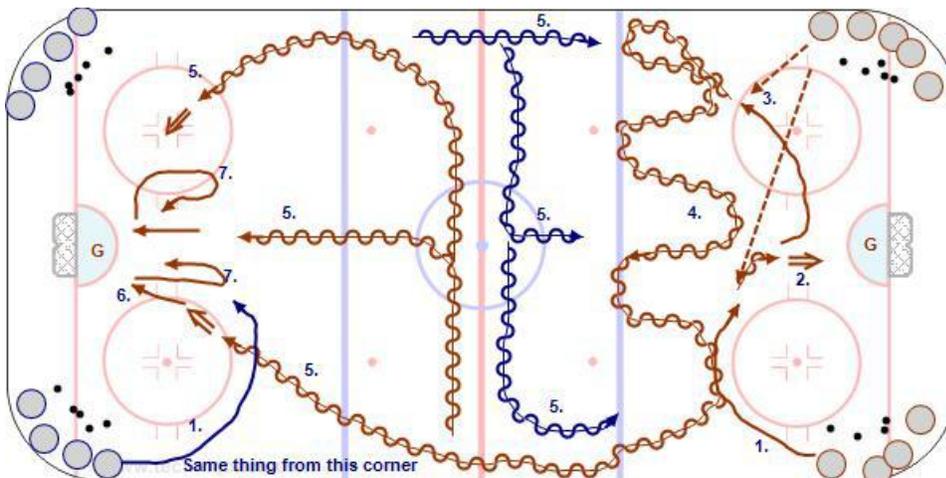
Key Points:

Groups of 3 leave from diagonal corners, switch corners each time so the skating direction varies.

Description:

1. One player from each corner leaves.
 2. Take a pass from the far corner and shoot and follow the shot for a rebound.
 3. Get another pass.
 4. Weave 3 times from blue to top of circles
 5. Fill near, middle and wide lanes after crossing red line with the puck.
 6. Shoot and follow the shot for a rebound.
 7. Circle back and go in with next shooter and rebound.
- Vary the kind of weave skating, Call for passes, Do one rep in overspeed. Can start with only skate and shoot.

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



B6 Passing and Shooting

Key Points:

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

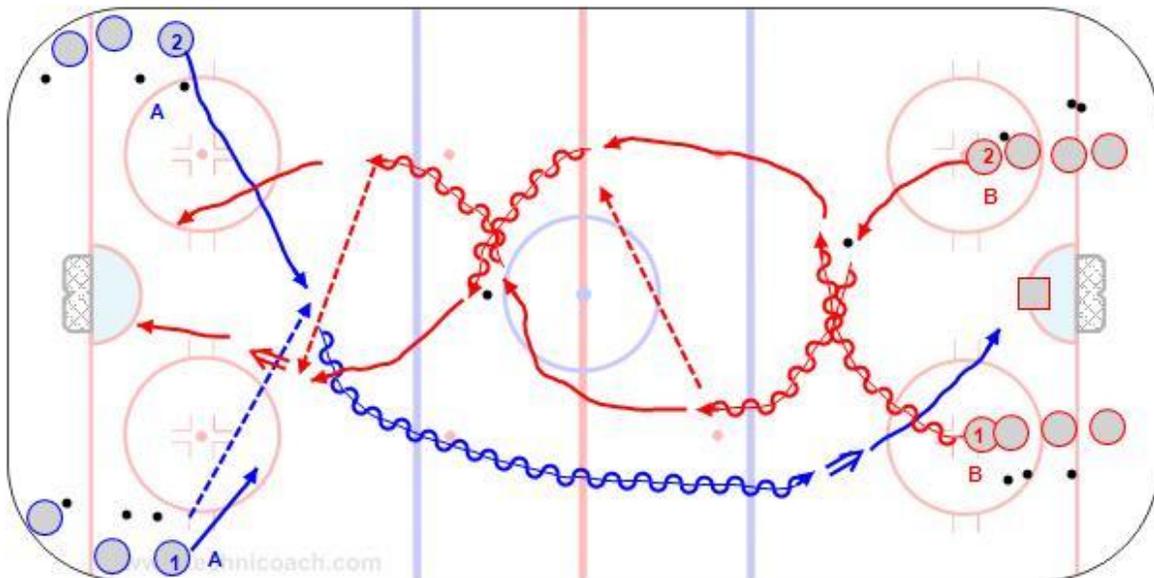
Description:

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

B.

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

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



B6 Point Shots

Key Points:

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

Description:

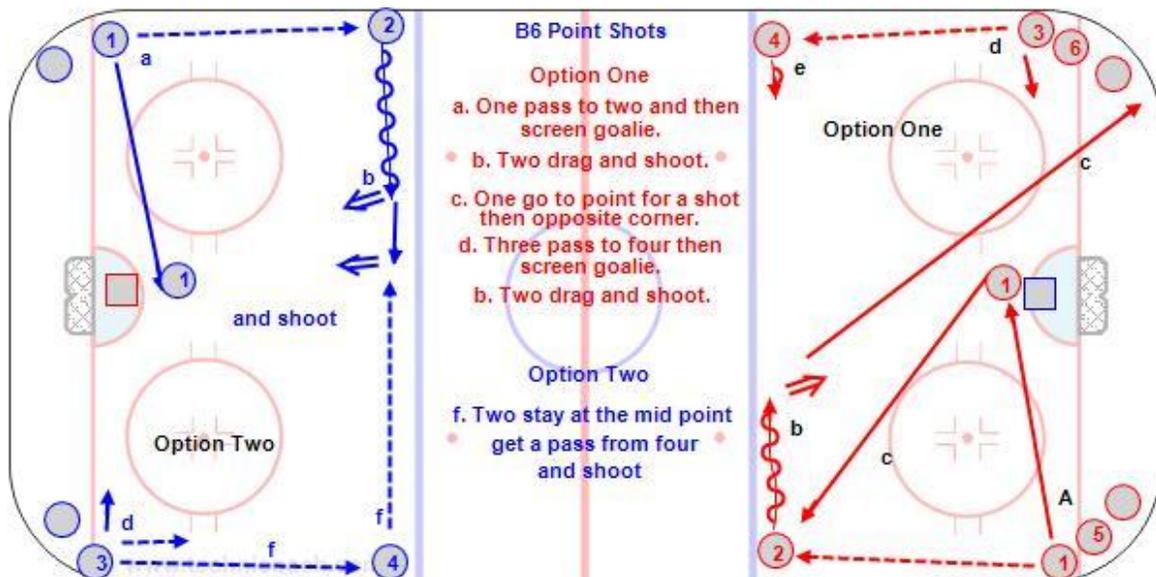
Option One

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

Option Two

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

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



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

B6 Puck Handling Skills, Zig-Zag

Key Points:

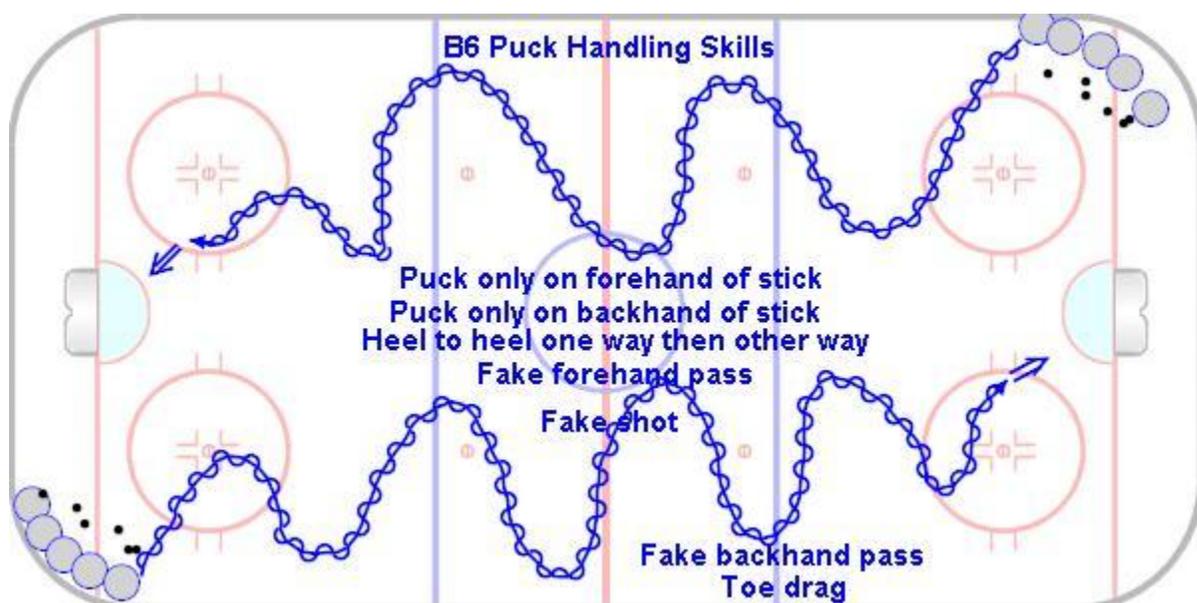
Separate the movement of the upper and lower body by doing these exercises to loosen the shoulders.

Description:

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

Finish with a shot at each end of the ice.

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B6 Puck Protection Skills and Scoring Skills from Finland

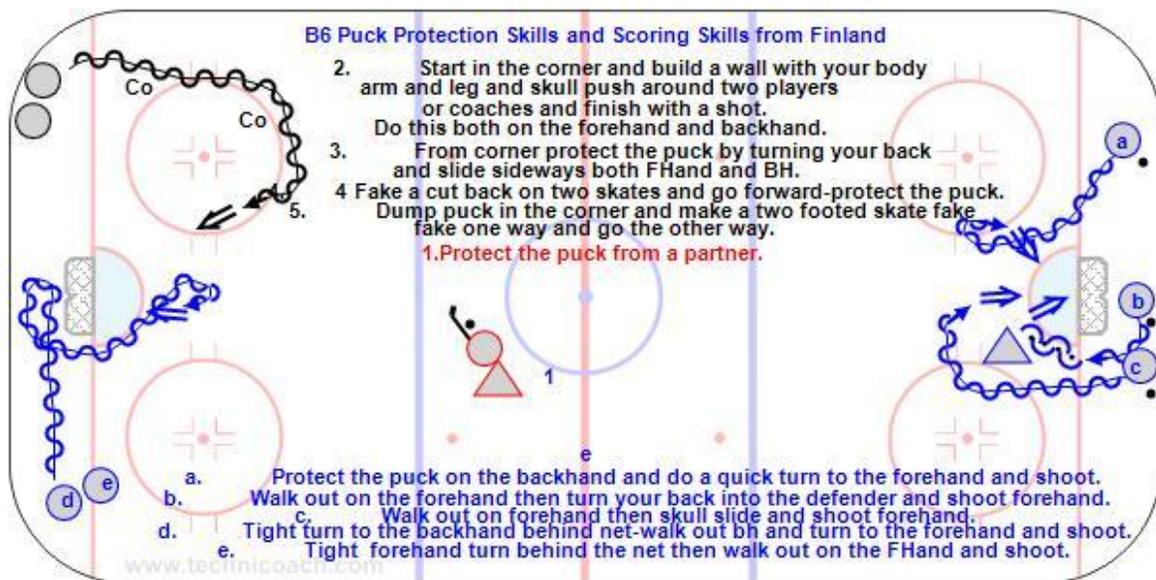
Key Points:

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

Description:

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

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B6 Rapid One Touch and Shoot

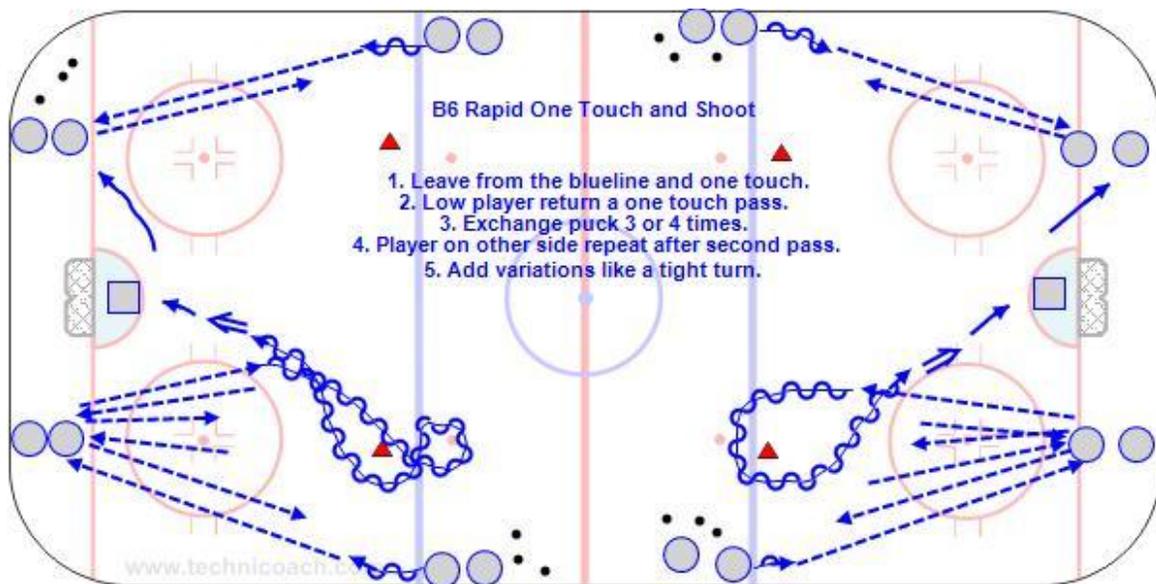
Key Points:

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

Description:

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

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B6 Regroup-Breakout-2-0 x 2 – Pro

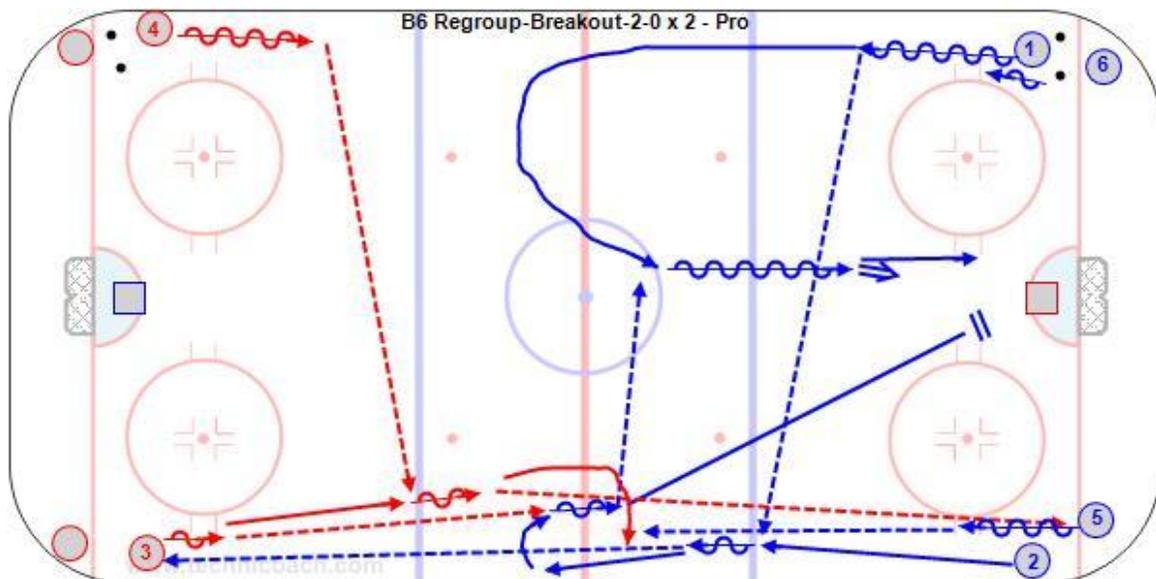
Key Points:

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

Description:

- A. 1 skate and pass across to 2.
- B. 2 pass to 3 at the far end.
- C. 3 skate and regroup with 2.
- D. 2 pass to 1 and 1-2 attack and shoot.
- E. Repeat the other way; 4 pass across to 3.
- F. 3 regroup with 5 at the far end.
- G. 5 pass to 3.
- H. 3 and 4 attack the opposite end.

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B6 Sator 3 Shot Warm-up

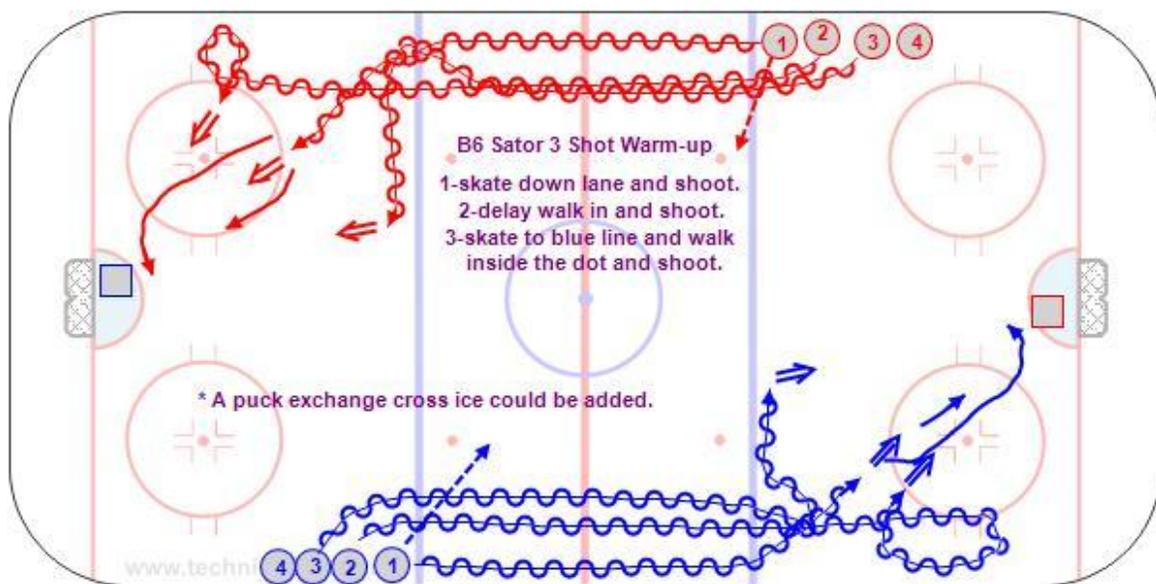
Key Points:

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

Description:

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

* A puck exchange cross ice could be added.



B6 Shoot from Three Lanes

Key Points:

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

Description:

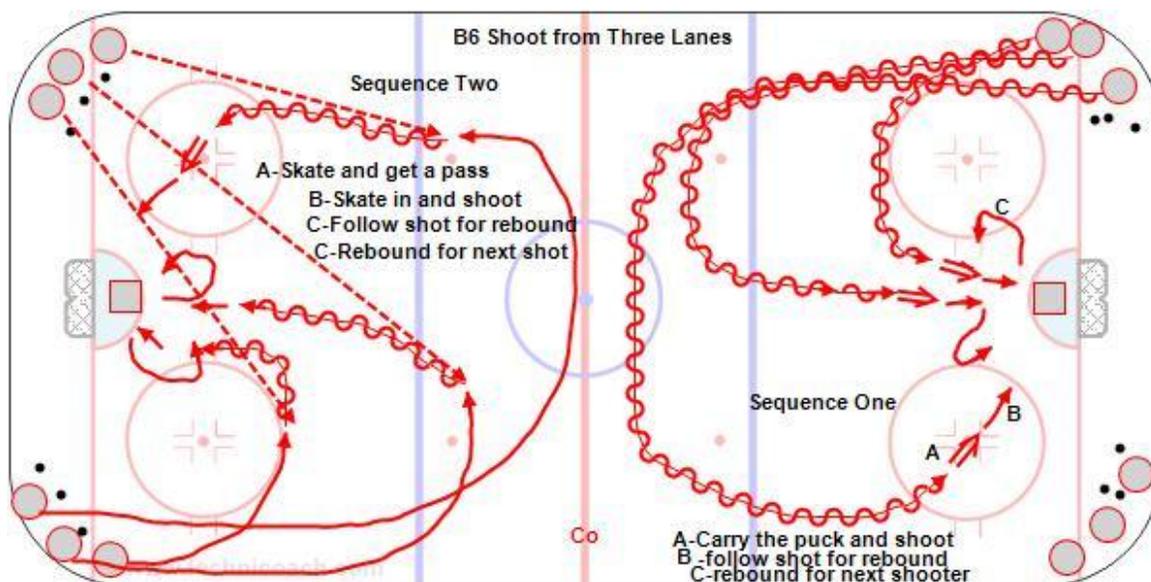
Players can all be in one corner or in both. After shooting switch corners.

Sequence One

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

Sequence Two

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



B6 Shooting from 3 Lanes Progression

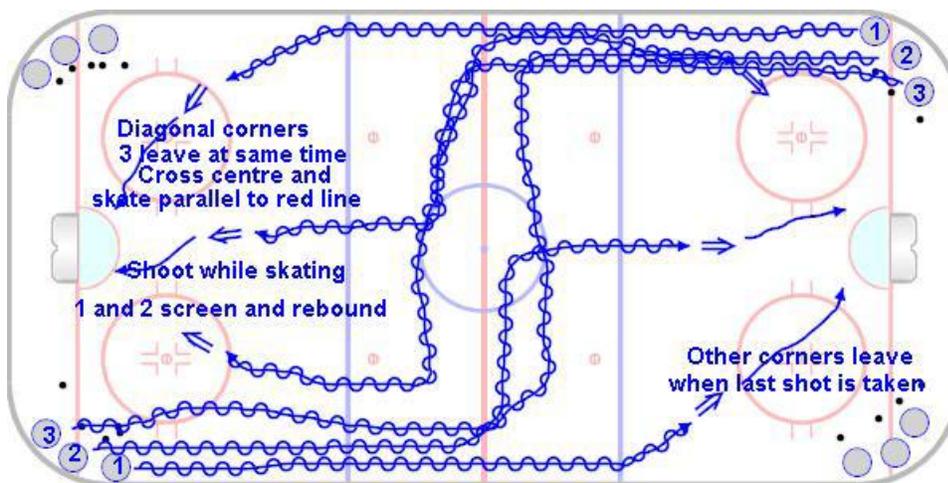
Key Points:

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

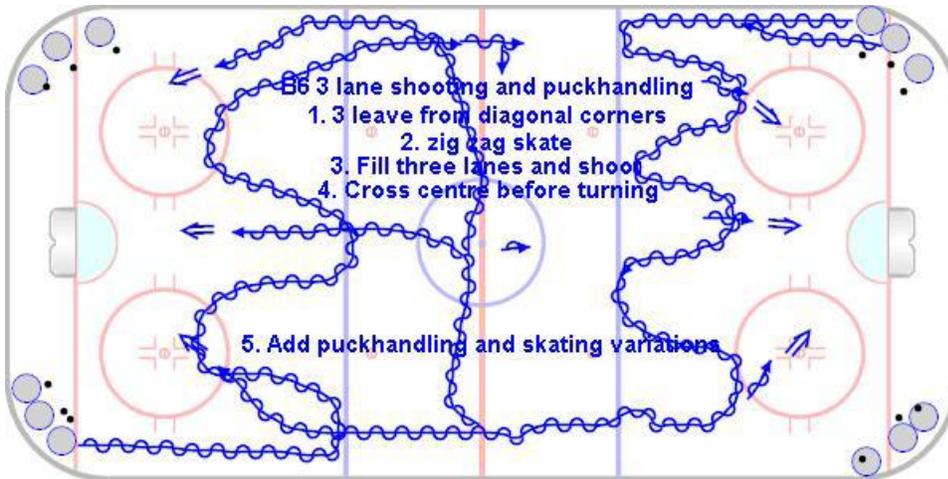
Description:

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

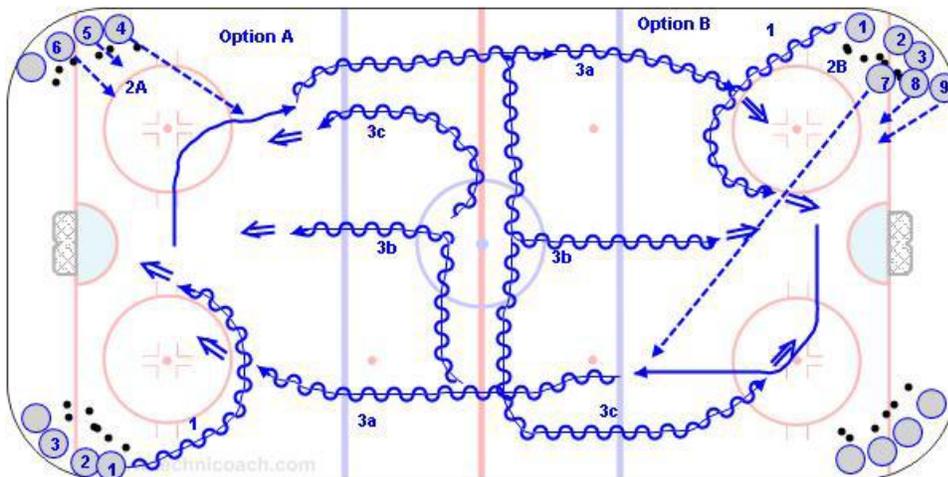
1. 3 players from diagonal corners leave on the coaches whistle.
2. Skate along the boards and cross the red line.
3. First player go straight and shoot from the lane. Second player skate parallel to the red line and turn into the centre lane and shoot from just over the blue line. Third player skate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



B. Once the players have the routine and aren't crashing into each other add zig zags between the top of the circles and blue lines. I do 3 reps and require different puck handling skills each time. i.e. 1st time, keep the hands and feet moving all the time. 2nd time only carry the puck using the forehand part of the stick. 3rd time face the far end always skating forward and then transition skate to backward. Other options: only the back hand part of the stick, backward skating, stick to feet, etc.



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



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B6 Shots Wide and Middle-Washington

Key Points:

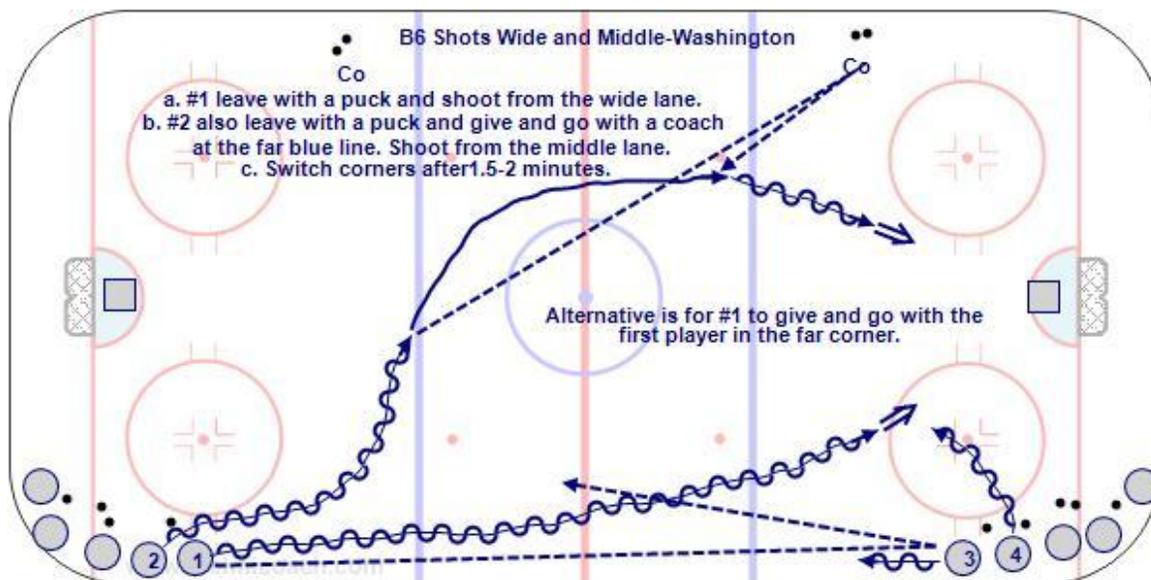
Shoot while skating. Hit the net. First player look for rebounds from second shooter. This is a good warm up for the start of practice.

Description:

- a. #1 leave with a puck and shoot from the wide lane.
- b. #2 also leave with a puck and give and go with a coach at the far blue line. Shoot from the middle lane.
- c. Switch corners after 1.5-2 minutes.

*Alternative is for #1 to give and go with the first player in the far corner.

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B6 Swedish Puck Exchange

Key Points:

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

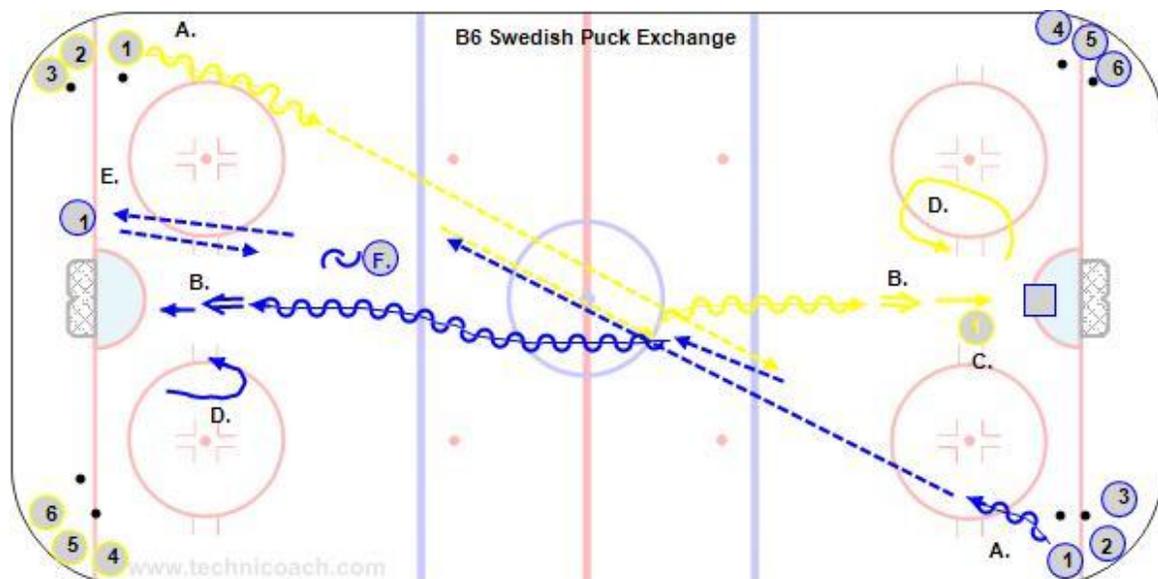
Description:

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

Options:

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

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B6, 2-0 – Pro

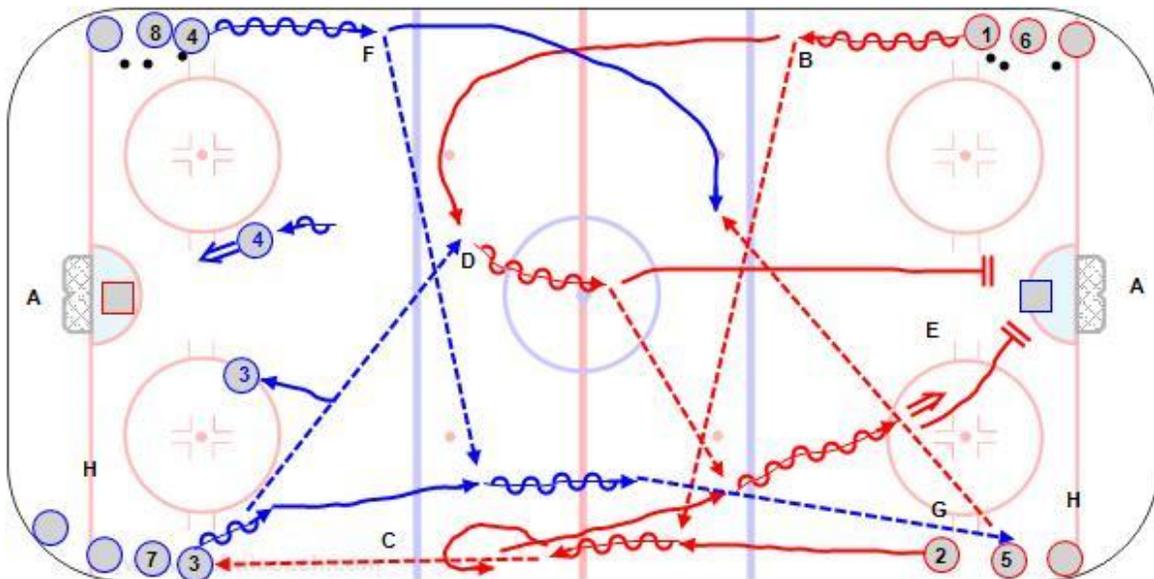
Key Points:

Face the puck at all times. Give a target. The player who enters the offensive zone take the shot.

Description:

- A. Players start in the four corners.
- B. 1 pass to 2.
- C. 2 regroup with 3 at the other end.
- D. 3 pass to 1 in the middle lane.
- E. 1 and 2 shoot and rebound.
- F. 3 and 4 follow and 4 pass to 3.
- G. 3 regroup with 5.
- H. Continue this flow end to end.

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

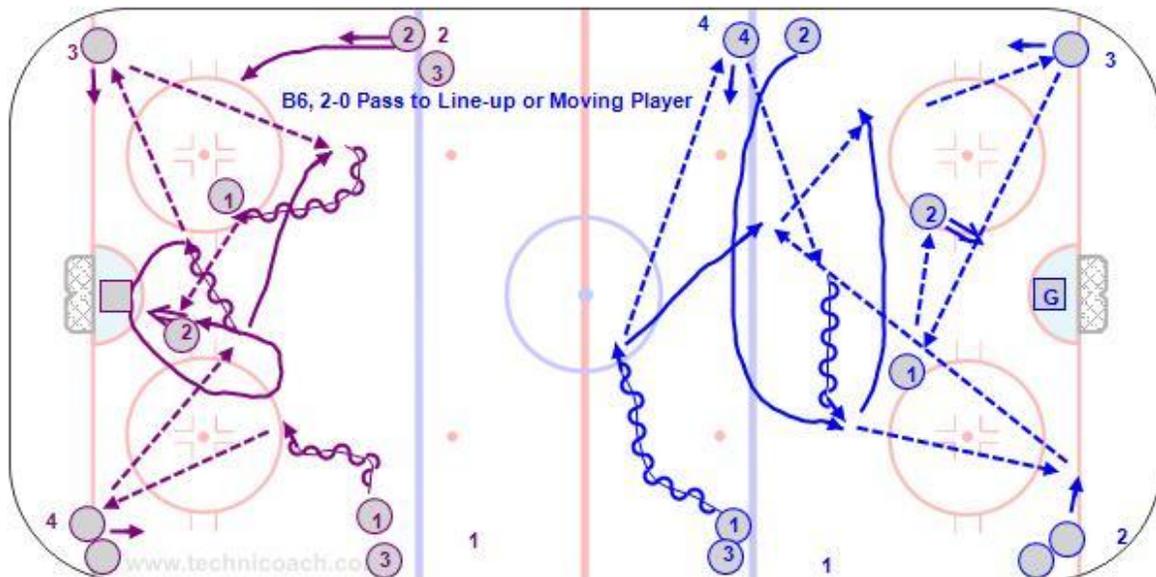
Key Points:

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

Description:

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

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C5-6, 1-1 x 2 From Blue Line and Corner - Sweden

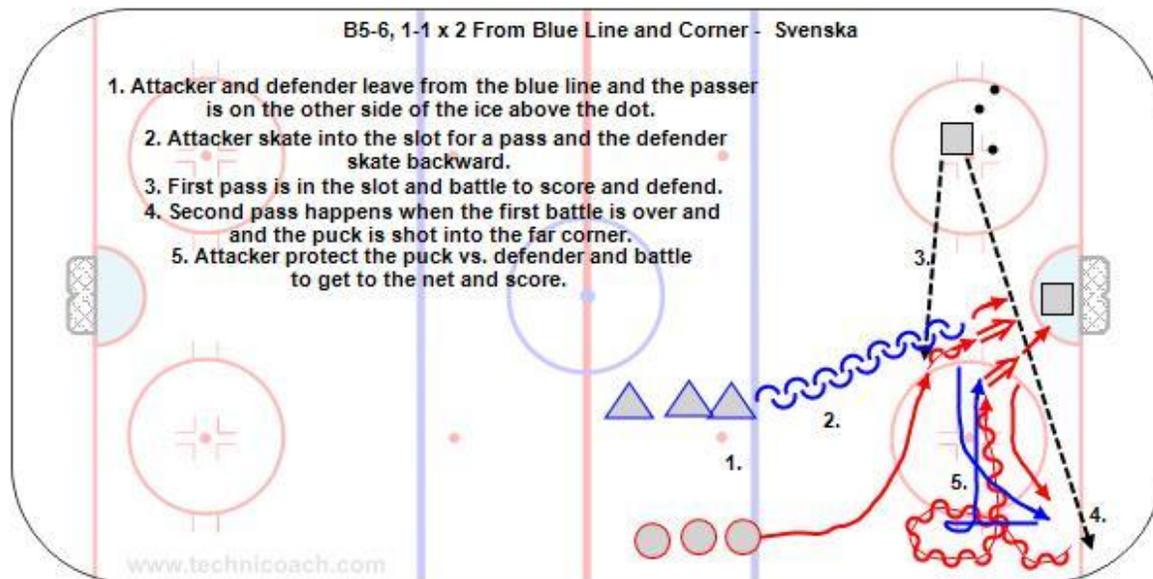
Key Points:

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

Description:

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

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C300 1-1 From the Corner - Sweden Checking 5

Key Points:

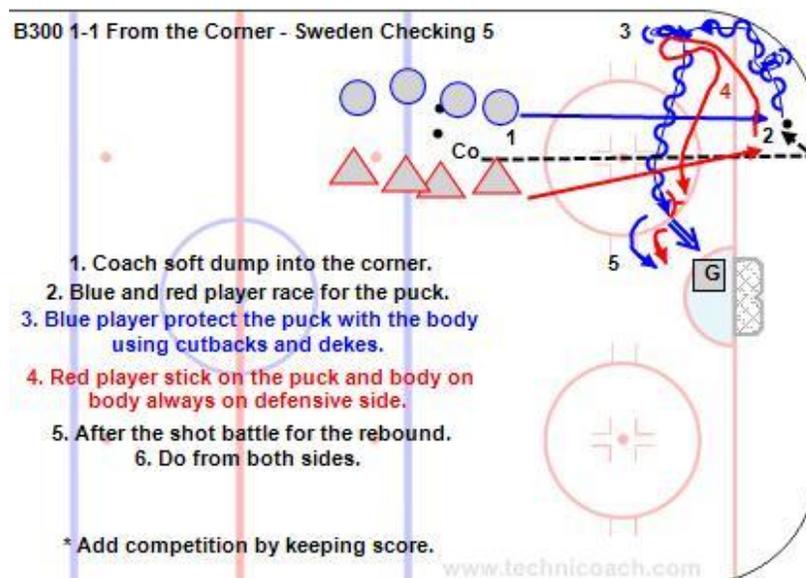
Skate to the corner under control. Get good body position before you get to the puck. Defender stay on the net side blocking the attack and stick on the puck.

Description:

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

** Add competition by keeping score.*

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

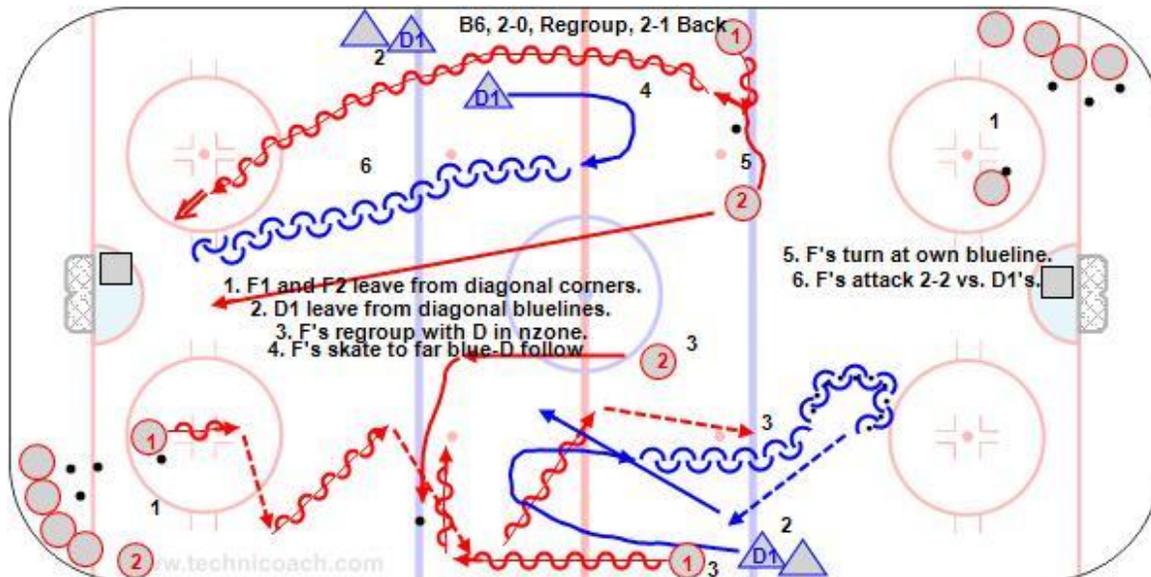
Key Points:

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

Description:

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

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C6 1-1 to 2-2 - D Join F Backcheck – Multiple Examples

Key Points:

D join the attack on the whistle and attacking forwards back check. It is a fight for inside position. No penalties. Important that the forwards touch the red line so F1-D1 are close enough to join the play.

Description:

1. Blue D1 pass to Red F1 who skates to the red line and turns back attacking 1-1 vs. D1.
2. On the whistle Red D2 passes to Blue F2 at the other end of the rink.
3. Blue F2 skates to the red line and turns back attacking 1-1 vs Red D2. while Red D1 Joins Red F1 on the attack and White F1 backchecks making it a 2-2.
4. Repeat with Blue D3 passing to Red F3 at original end.

**Situations up to a 3-2 can be practiced. You need at least 8 D and 12 F to practice 3-2 with a 5-5 at each end. With larger number the lineup needs to move into the neutral zone to leave inside the blueline free.*

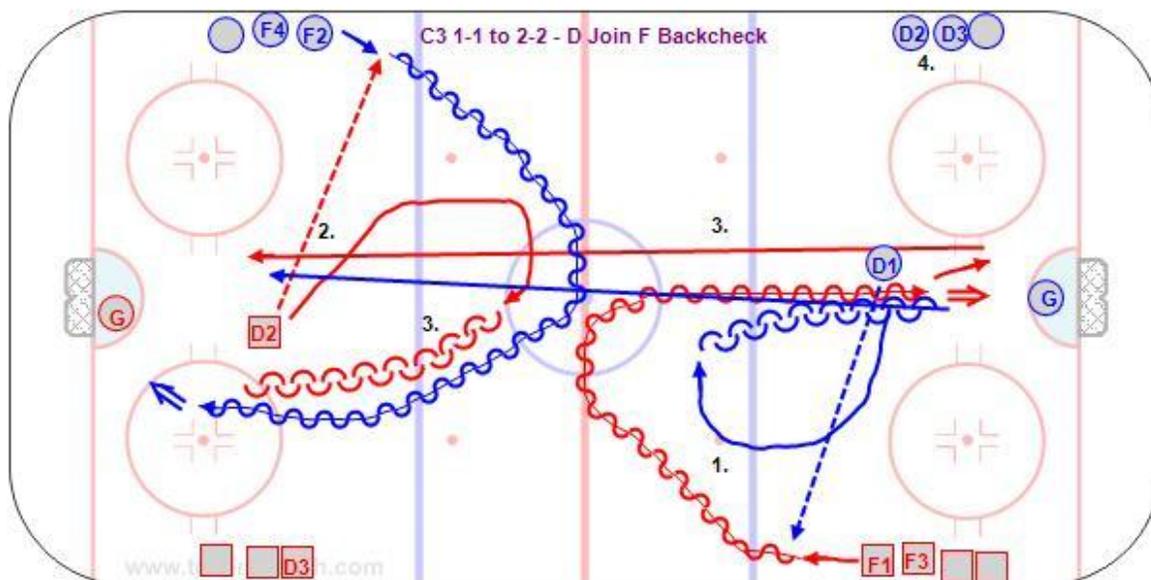
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Another example with the Flames.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014070622443277>

Prospect camp.

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

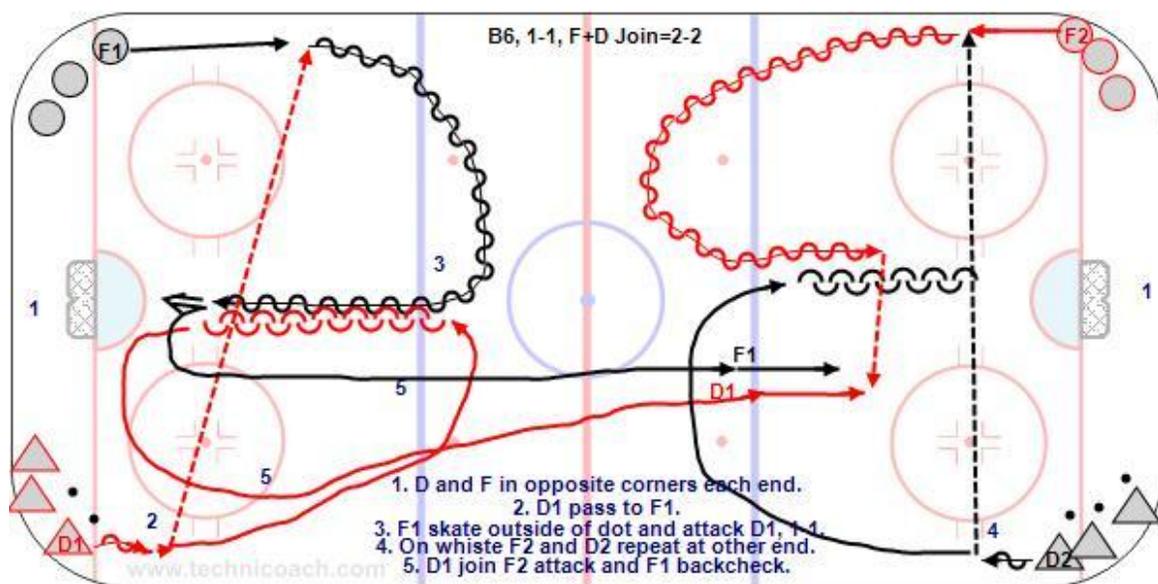
Key Points:

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

Description:

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

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



C3, 2-1, from Corner and Backcheck to 3 on 3 – Sweden 3

Key Points:

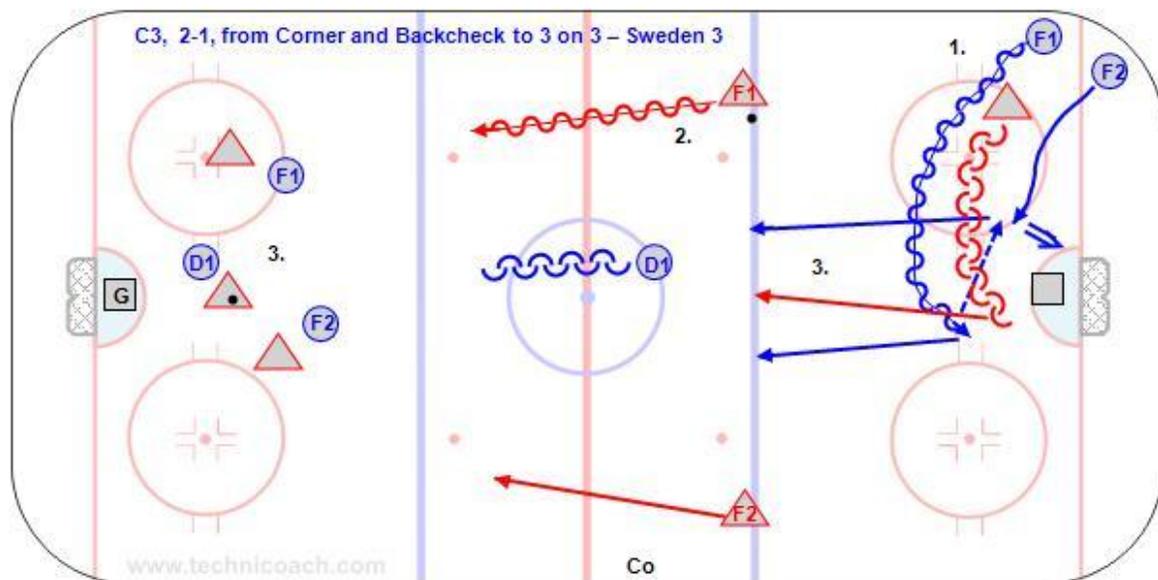
Attack with speed and make the first play early. Back checkers and defenseman communicate and cover one player each on the rush and in the defensive zone.

Description:

1. Blue F1 and F2 attack vs. Red D1 from the corner.
2. Red F1 and F2 wait at the blue line and attack vs. Blue D1 with a new puck on the coaches whistle.
3. Red D1 join the attack and Blue F1 and F2 back check.
4. Play 3 on 3 with Red attacking and Blue defending.

*This drill could progress to a one puck transition game by having Red D1 pass to the red forwards who could give passive support from the high slot. It could continue with 2 new attackers and one defender supporting after each rush.

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C6 - 2-1 from Corner 1-1 from Point – Pro

Key Points:

Defender must always recognize the most dangerous attacker and deny plays that cross the mid-line. With the goalie it is really a 2 on 2 so expect the goalie to cover half the net. Attackers make quick plays vs. a sliding as opposed to a square goalie and crash the net for rebounds.

Description:

Organization: Forwards in the corner and at the far point and Defenders wait outside the blue line.

1 – Coach pass to either F1 or F2 in the corner.

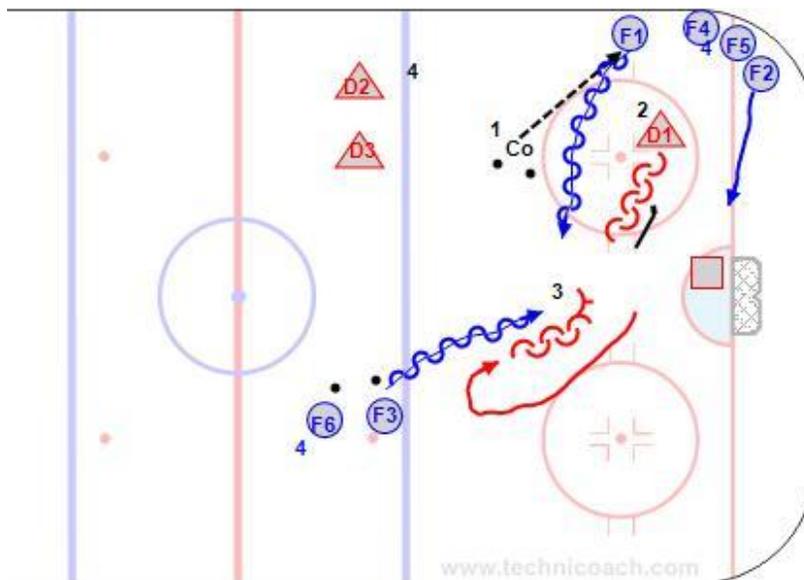
2 – D1 play a 2-1 until the puck is out of the scoring area.

3 – Coach whistle and pass to F3 at the far point who attacks 1-1 vs. D1.

4 – Repeat with new players.

**You can run this drill at both ends at once and switch to a 2-1 from the point and 1-1 from the corner.*

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C6 - Low Breakout - Regroup - 2-1 – Detroit

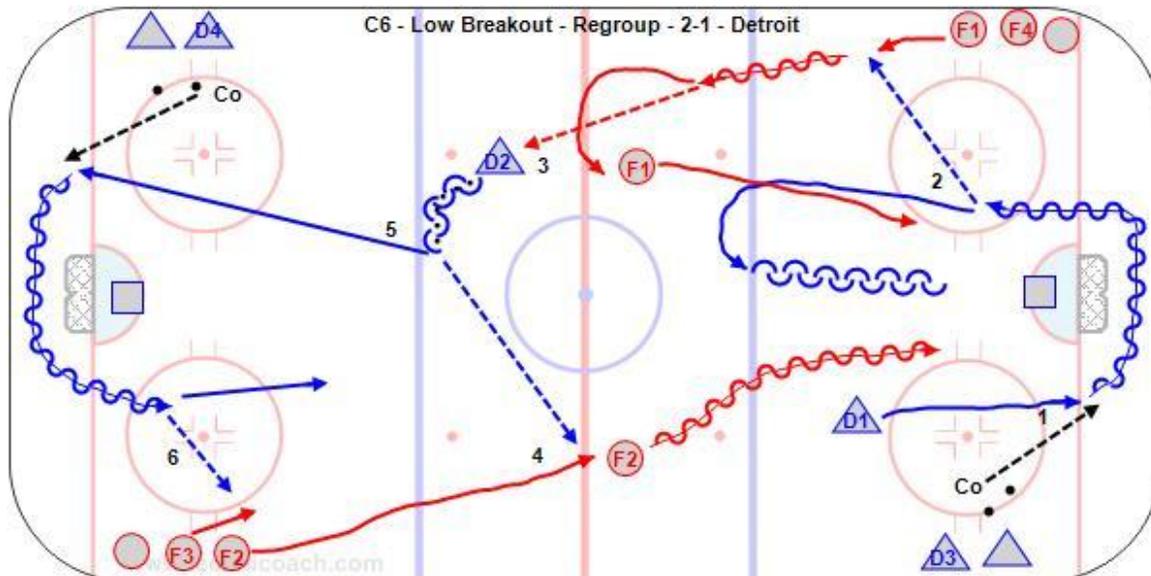
Key Points:

Do everything with speed. D skate between dots before passing. Attackers make the first pass early. A 2-1 is really a 2-2 with the defender and the goalie. Defender identify the most dangerous attacker.

Description:

1. D1 skate back and get the puck placed below the goal line by the coach.
2. D1 pass to F1 and follow.
3. F1 regroup with D2.
4. F2 join F1 and attack D1 2 on 1.
5. D2 go back and retrieve a new puck placed by the coach at the opposite end.
6. D2 passes to F3 who regroups with D3 and F4 join.
7. Repeat this flow.

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C6-600 Breakout 2F and 1D Rush 3-1 – Pro

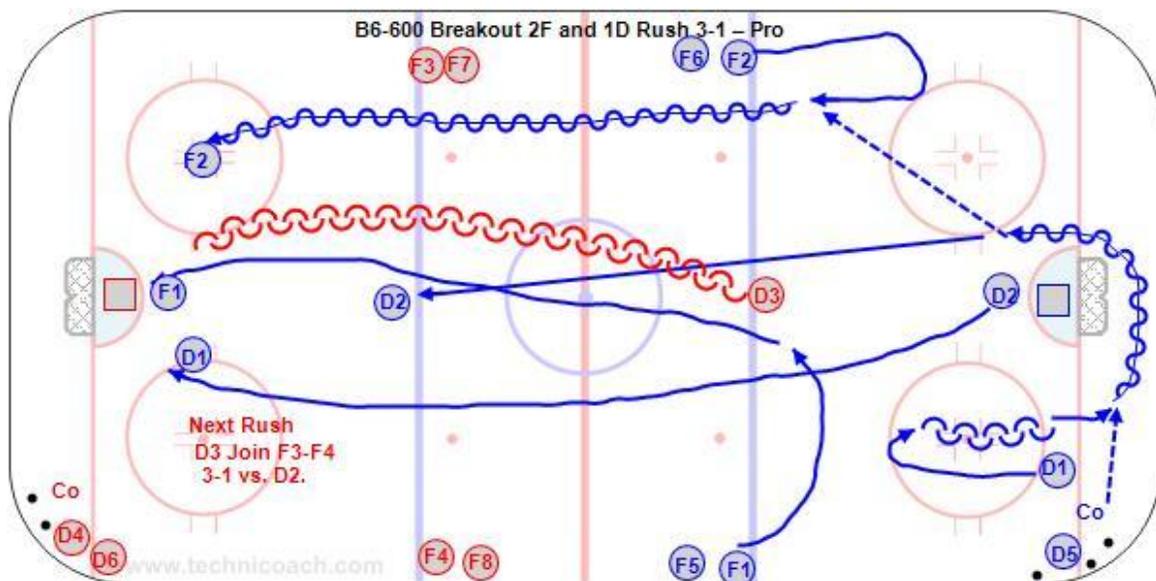
Key Points:

Defense must have quick feet and drive skate behind the net and make a good pass from between the dots. D in front must recognize he is third man and join the 3-1 rush.

Description:

1. D1 skate up to the top of the circle and back and to up a puck then wheel behind the net.
2. F1-F2 come into the zone from each side for a breakout pass, D2 starts in front of the net.
3. D1 make a breakout pass and D2 joins to make 3 on the rush.
4. Attack 3-1 vs. D3.
5. Give a time limit to score and then the repeat the other way with F3-F4 and D3 attacking vs. D1 who follow the rush to the far blue line.

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B6 D Shoot, 2-1, D Shoot

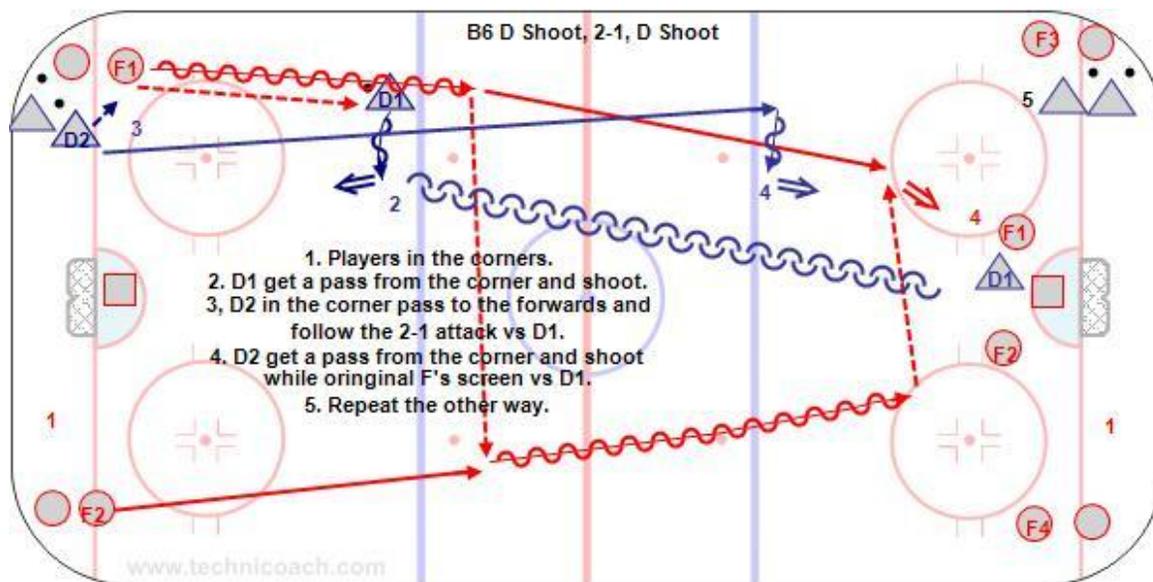
Key Points:

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

Description:

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

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B6 1-1's from the Corner

Key Points:

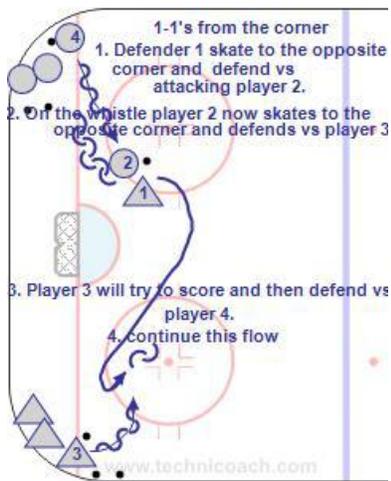
This is a drill the Russian Olympic coach Vladimir Jursinov used. You can do 2-1 and 2-2 as well. Stay D side stick on the puck, body on body and keep a tight gap within a stick length.

Description:

1-1's from the corner

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

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C6 Regroup x 2, 1-1 and 2-1 – Pro

Key Points:

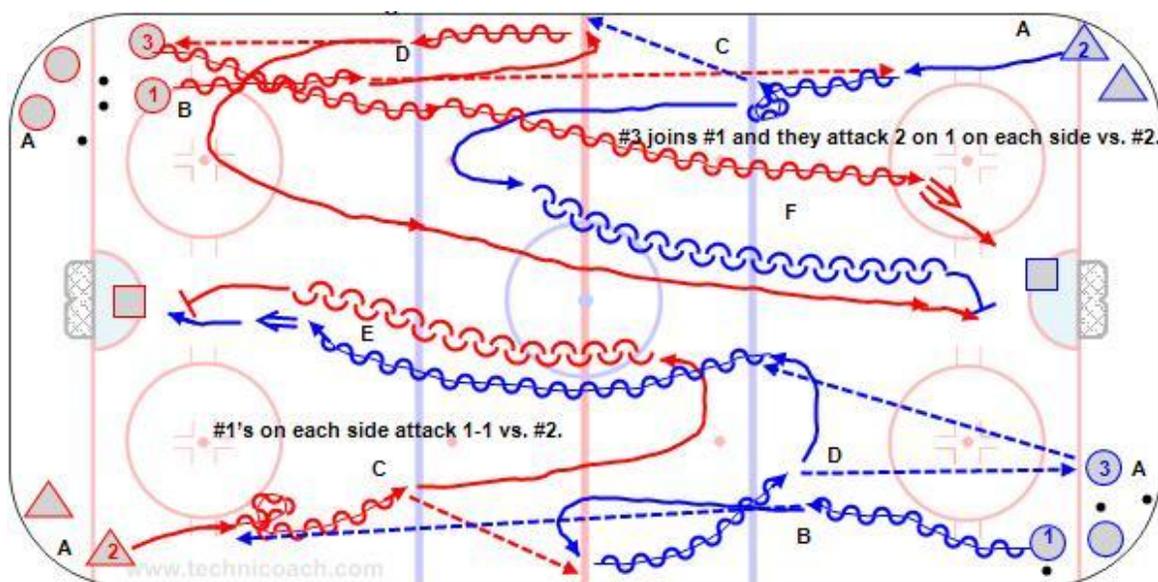
Defense stay between attacker and net with a tight gap on the 1-1, attack with speed, use skate and stick fakes. One the 2-1 attack with 'one high and one low, one fast and one slow', while the defender delay the play and take away the most dangerous shot and deny play across the middle of the goal.

Description:

- A. Defenders line up at each end in diagonal corners and attacker in the other diagonal corners.
- B. #1 attacker from each corner leave with a puck, skate to the blue line and pass to the #2 near the far blue line.
- C. #2 make a deception move and pass to #1 in the neutral zone.
- D. #1 skate back and regroup with #3.
- E. #1's on each side attack 1-1 vs. #2.
- F. Change the drill and now #3 joins #1 and they attack 2 on 1 on each side vs. #2.

*With younger players stagger the start so each corner leaves after the first pass.

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B6, 1-1 in Front - Point Shots

Key Points:

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

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

Description:

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

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

