

## **Youth Hockey Drills – U15-U18**

### **A – Individual Skills and Skating**

[A2 - Skating Balance and Agility - U17](#)

[A2 Crossover-Pivots-Balance U18](#)

[A2 Skating Agility-Balance-Power-Coordination Circuit U18](#)

[A200 - Puck Handling - U17](#)

[A202 - 3-0 Chaos Overspeed x 2 - U17](#)

[A300 Skating and Skill Circuit U18](#)

### **B – Partner and Team Skills Vs. Zero Opponents**

[B2 - D to D Options x 4 - Point Shots - U17](#)

[B2 - One Timers and Crease Shots - U18](#)

[B3 - Passing Skills Routine - U17](#)

[B4 - RG-D to W Shot-Point Shot - 2-0 - 3-0 - U17](#)

[B4 1-0 Outside-Middle Shots - Czech U17 and Two Pro](#)

[B4-B600 BO Routine x 3 x 2 U17](#)

[B4-B6 - RG - 3-0 - 2F-1D - U17](#)

[B5 - D to D Hinges - U17](#)

[B5 - Shot Block x 3 - U17 and Sweden](#)

[B6 3-0 Weave-Regroup at Far End – U17](#)

[B6 3-0 Middle Drive C-U18](#)

[B6 Big Horseshoe CU18](#)

B6 - Jursi 2-0 Skate and Pass x 2 - No Shot - U17

B6 - Fake-Get Puck-Tight Turn-Shoot - U17

B8 - Regroup x 3 and 5 Shots - U18

B202 - Regroup x 2-Shot - U17

B202 - Across and Middle x 2 - U17

B202 Luhowy Puckhandling and Passing Circuit – U18

B600 One Touch x 2 and Diagonal U18

### **C - Game Situation Drills**

C2 5-0 BO, RG x 2, 5-2 - U15 Boy's

C2 - 2-0, 3-2 with BC - 3-3 - U17

C3 Breakout-Regroup 1-1 to 3-2

C3-C6 - 2-0 - 3-1 - U17

C6 - Shot-Point Shot- 1-1 and With BC x 2 - U17

C6 - 2-1 With BC - Low 2-2 - U17

### **D – Games to teach the Game**

D1 Three Line Continuous Game – U15 Boy's

D4 Two Pass – U15 Boy's

D200 - 1-1 to 3-3 With Give and Go - U17

D200 – Pass to Jokers at Each End – U17 Austria

## **DT – Transition Games**

[D400 – Keepaway 2-3 Pucks - U17](#)

[D400 - 2-2 x 2 - Joker at Point - U17](#)

[DT100 Continuous - D Join Play - F Backcheck 1-1 to 2-2](#)

[DT400 2-2 Regroup and RG x 2 Passive Support - U15 Boy's](#)

[DT400 - 2-2 High and Low Jokers - U17](#)

[DT400 Quick Transition Game - U15](#)

[DT400 Two Net Game – Regroup with Jokers - U15](#)

[DT 400 Two Net Game - Joker at Point](#)

[DT500 Nets Back to Back - One Goalie U15](#)

## **E – Shootouts and Contests**

[E1–D4 One Touch 4 on 2 – U15](#)

[E1 - Shootout Race - U18](#)

**Teaching Situations: T1-Ind. Offensive Skill, T2-Team Offense, T3-Ind. Defensive Skill, T4-Team Defense**

[T1 - A500 - Puck Control and Protection Circuit - U17](#)

[T1 - DT400 – 3-0, 3-1, 4-2 Puck Support Sequence – U15 Boy's](#)

[T2 B5 5-0 Breakout Practice - U18](#)

[T2-C600 Breakout x 2 - 3-2 - U18](#)

[T3 - Pressure Point and Shot Block x 2 Circuit - U17](#)

[T - Defending a 1-1 - Terry Johnson](#)