

## **International Ice Hockey Drills – U17**

*These drills are from a U17 camp July 2015. Most have a description and diagram and if you click on the title it will take you there. They all have a YouTube link to the video. The ones where the title is not a link haven't been posted on the Forum as yet.*

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

#### **A2 - Skating Balance and Agility - U17**

[https://youtu.be/lxg\\_2RmimsA](https://youtu.be/lxg_2RmimsA)

#### **A200 - Puck Handling - U17**

<https://youtu.be/XDqKf5RJOPk>

#### **A202 - 3-0 Chaos Overspeed x 2 - U17**

<https://youtu.be/Fbd4Wuq23Y8>

### **B - Partner and Team Skills**

#### **B2 - D to D Options x 4 - Point Shots - U17**

<https://youtu.be/uzT91PQAWII>

#### **B3 - Passing Skills Routine - U17**

<https://youtu.be/P1tELrtddBk>

#### **B4 - RG-D to W Shot-Point Shot - 2-0 - 3-0 - U17**

<https://youtu.be/23fX6HI253g>

#### **B4-B6 - RG - 3-0 - 2F-1D - U17**

[https://youtu.be/54\\_rLRTxROI](https://youtu.be/54_rLRTxROI)

#### **B4-B600 BO Routine x 3 x 2 U17**

<https://youtu.be/ca4U-L4UZG8>

#### **B5 - D to D Hinges - U17**

<https://youtu.be/XPYN9Jo7cVk>

## **B5 - Shot Block x 3 - U17 and Sweden**

[https://youtu.be/X\\_YtSSyVVDg](https://youtu.be/X_YtSSyVVDg)

B5 - Rim-Shoot - Point Shot - U17

<https://youtu.be/hjykvqmeTGA>

B6 - 2-0 Walk-in - Pass to High Slot - U17

<https://youtu.be/e-gI9EOtXM>

B6 - 3-0 Weave - U17

<https://youtu.be/NFvEbtVoLkk>

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

<https://youtu.be/syG6KdmKgVo>

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

<https://youtu.be/sEor-Dfk5yo>

## **B6 3-0 Weave-Regroup at Far End – U17**

[https://youtu.be/rw\\_rL0vH8OI](https://youtu.be/rw_rL0vH8OI)

## **B202 - Across and Middle x 2 - U17**

<https://youtu.be/GQRvdfg0pKs>

B202 - Luhowy Passing - U17

<https://youtu.be/ILJlp747ZN4>

B202 - Pass Forward and Backward - U17

<https://youtu.be/E95yINhEr60>

B202 - Regroup Progression 1-0 - 2-0 - U17

<https://youtu.be/HqSl4lvf5vQ>

## **B202 - Regroup x 2-Shot - U17**

<https://youtu.be/5LJt8Dsprl8>

## **C – Game Situation Skills**

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

<https://youtu.be/hnxxxiuxbol>

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

<https://youtu.be/G5WUliRMa5o>

C5 - 1-1 Low Puck Protection - U17

<https://youtu.be/-1i9dpUKH3g>

C5 - 1-2 BO - 2-1 - U17

<https://youtu.be/9utsHtQzr6M>

C5 - 2-0, 3-2 with BC - 3-3 - U17

<https://youtu.be/yBugwJfdV6A>

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

<https://youtu.be/D1DxA0bttCI>

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

<https://youtu.be/MIvErFjB3GM>

## **D - Games to Teach the Game**

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

<https://youtu.be/8ryumVNugtQ>

### **D400 - 2-2 x 2 - Joker at Point - U17**

<https://youtu.be/AMmyAxBY8Fw>

### **D400 – Keepaway 2-3 Pucks - U17**

<https://youtu.be/-DO1Mt76e7E>

**DT – Transition Games**

**DT400 - 2-2 High and Low Jokers - U17**

<https://youtu.be/3adrNt6Vvv4>

**T1 - Teaching Individual Offensive Skills**

**T1 - A500 - Puck Control and Protection Circuit - U17**

<https://youtu.be/AU7gjkzodHA>

**T3 - Teaching Individual Defensive Skills**

**T3 - Pressure Point and Shot Block x 2 Circuit - U17**

<https://youtu.be/QKEPVCcKSig>