

B – Partner and Team Drills Manual - 2016

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<http://hockeycoachingabcs.com>

B2 - D Shoot and Pass – Pro

Key Points:

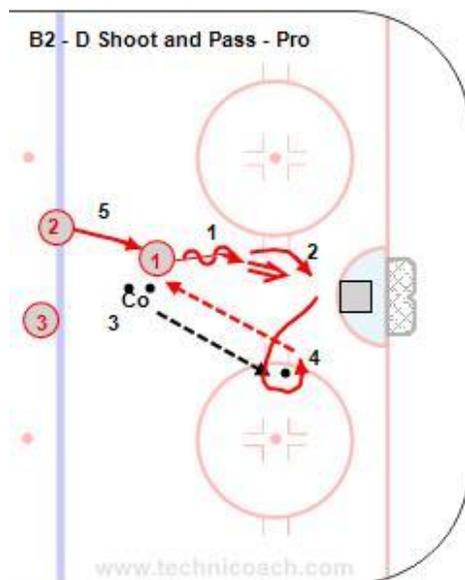
Shoot with the head up. Use a wrist shot, follow the shot, hit the net, pick up the new puck and make a deceptive move before passing.

Description:

1. One skate in and shoot.
2. Follow the shot.
3. Coach spot a new puck.
4. Pick up the new puck and pass to 2.
5. Two repeat.

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https://youtu.be/Gp_aZas6qqk



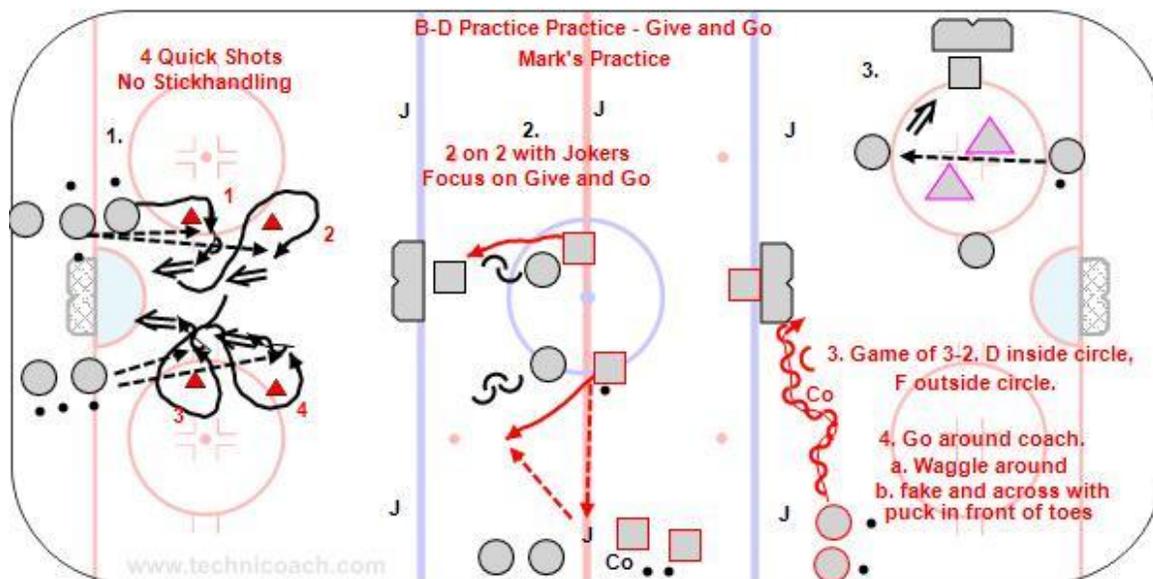
B-D Practice Practice - Give and Go

Key Points:

Shoot quick, pass quick, face the puck, give a target. Don't dust off the puck. Make hard fakes and accelerate after a move.

Description:

1. Four Quick shots.
2. Game with Jokers.
3. Game of 3-2. D inside circle, F outside circle.
4. Go around coach.
 - a. Waggle around then seal off and accelerate.
 - b. fake and across with puck in front of toes both forehand and backhand.



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

Key Points:

Give a target, make firm passes and keep the stick blade square when receiving passes. Goalie direct the rebound to the corners.

Description:

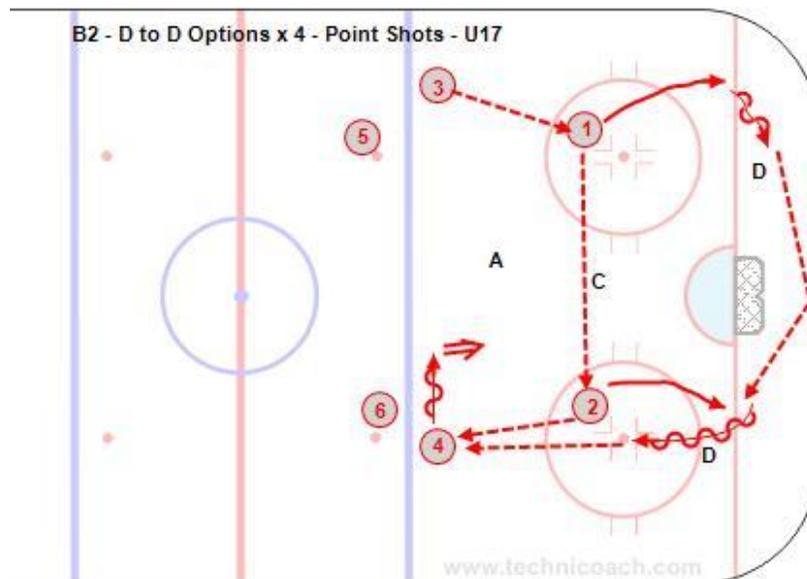
- A. Player 1 and 2 at the top of the circles.
- B. Player 3 and 4 on each point.
- C. Player 3 pass down to 1 across to 2 up to 4 who shoots.
- D. 1 get a puck from the corner and pass behind the net to 2 up to 4 who shoots.
- E. Player 4 pass down to 2, across to 1, up to 3 who shoots.
- F. Player 2 get a new puck, pass behind to 1, up to 3 who shoots.
- G. Rotate with 3-4 moving into the zone and 5-6 on the points.

** Players should practice passing and shooting from both sides and add D to D one timer point shots.*

** Practice all of the breakout options: over, counter, reverse, wheel, quick up.*

** Practice hinging outside and back and back to the outside.*

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B2 - D Walk Line-Switch D to D One Timer - Russian U20

Key Points:

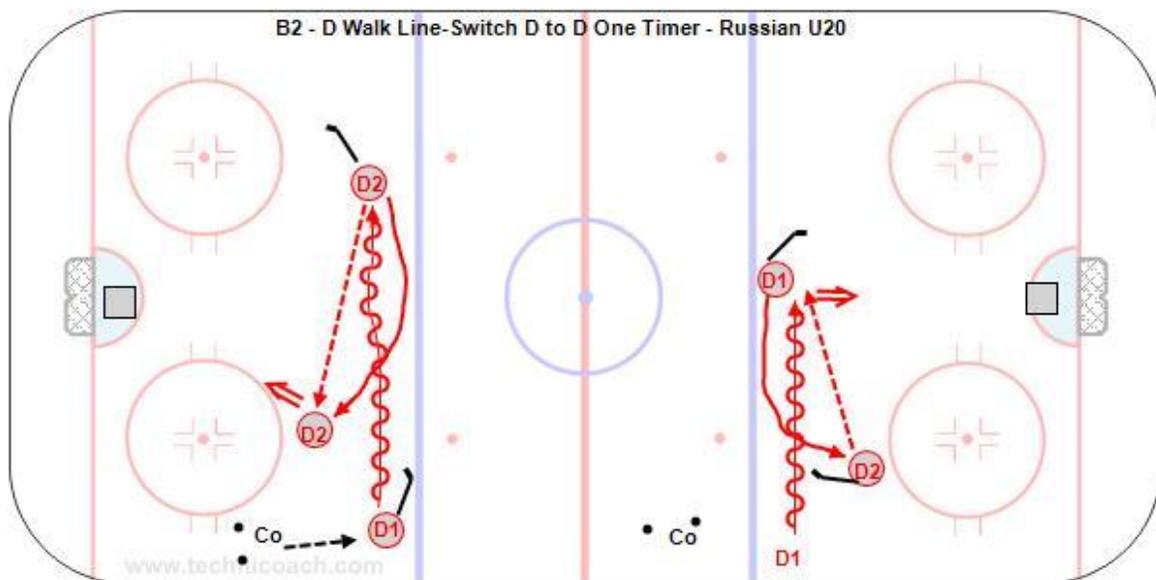
Skate along the line and use head and stick fakes to freeze the blocker. Feed passes to the forehand shooter.

Description:

1. Coach pass to D1 who skates along the blue line in the triple threat position making shot and pass fakes.
2. D2 skate behind D1 and switch sides.
3. D1 pass to D2 who is square to the puck to either pass or shoot.
4. If D2 is on his forehand he shoots. (Switch sides)
5. If D2 is on his backhand pass back to D1 who takes a onetime shot on his forehand.
6. Repeat with D2 getting a pass from the coach.
7. Rotate in new shooters.

* Shooter have the stick back early and adjust so the shot is from the sweet spot.

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B2 - Defense Individual Skill and Partner Drills – Pro

Key Points:

Defense do a series of drills to practice shooting, passing, hinge, breakout options.

Description:

1. Point shots while moving.
2. Keep the puck in then shoot or pass.
3. Skate to the big ice and pass.
4. Set up shots from the mid point.
5. One D breakout options.
6. D partners hinge and double hinge.

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B2 - Defense One Timer Shots x 4 – Sw

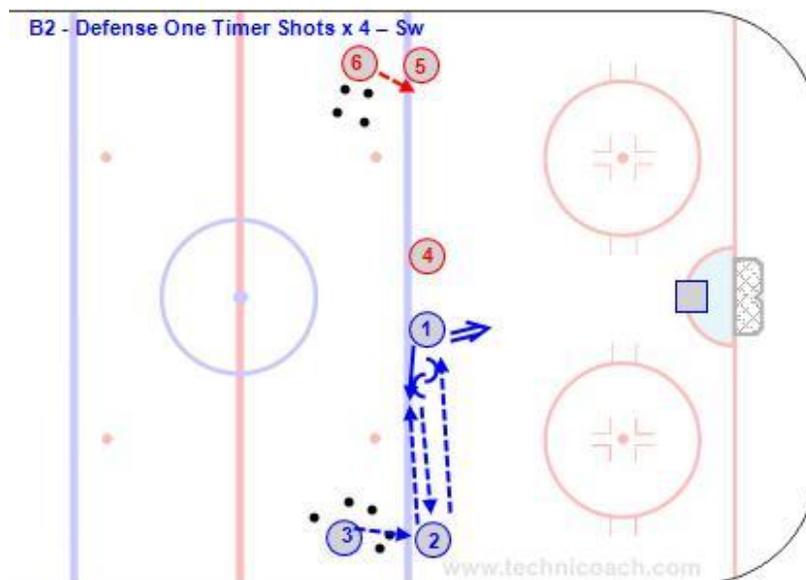
Key Points:

Shoot while moving, head up, follow through at the target.

Description:

1. Organize the defense into two groups. When one is finished the other starts.
 2. #3 pass new pucks to #2.
 3. #1 skate toward 2 along the blue line and get a pass from 2.
 3. #1 one touch back to 2 who one touches to 1.
 4. #1 takes a one timer shot.
 5. Repeat 4 times and then 5 pass to 4 x 4 and 4 shoots.
- * Rotate 3 to 2, 2 to 1, 1 to 3 while the other group shoots.

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B2 - Skate and Shoot vs Backchecker Russian U20

Key Points:

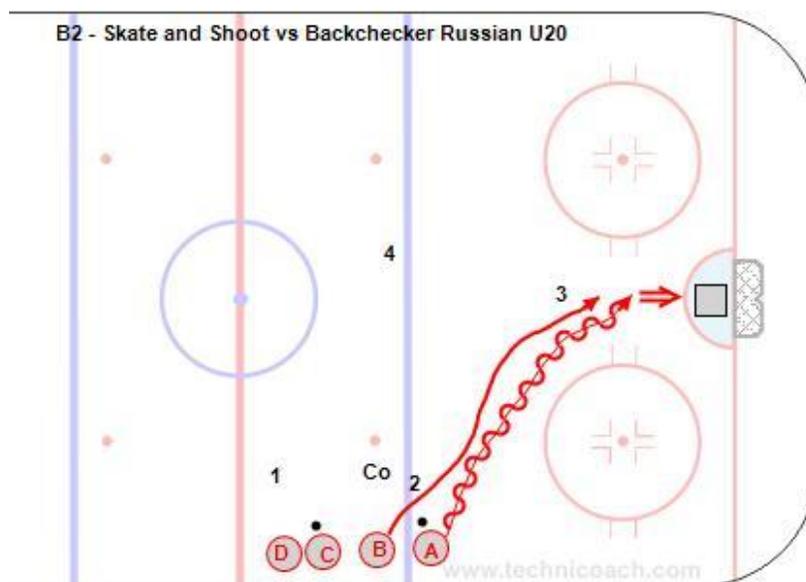
Protect the puck and make a hard fake and shoot or else shoot quickly while skating. Follow the shot for a rebound.

Description:

1. Players start from one side at the blue line.
2. The player in front starts with a puck and is chased by the second player.
3. The checker give some resistance tapping either side while chasing.
4. Move the starting point to the middle.
5. Move to the other side.
6. Attacker make moves or take a quick shot.

* Options: fight for any rebound in the slot.

* Another option is to compete hard from the blue line.



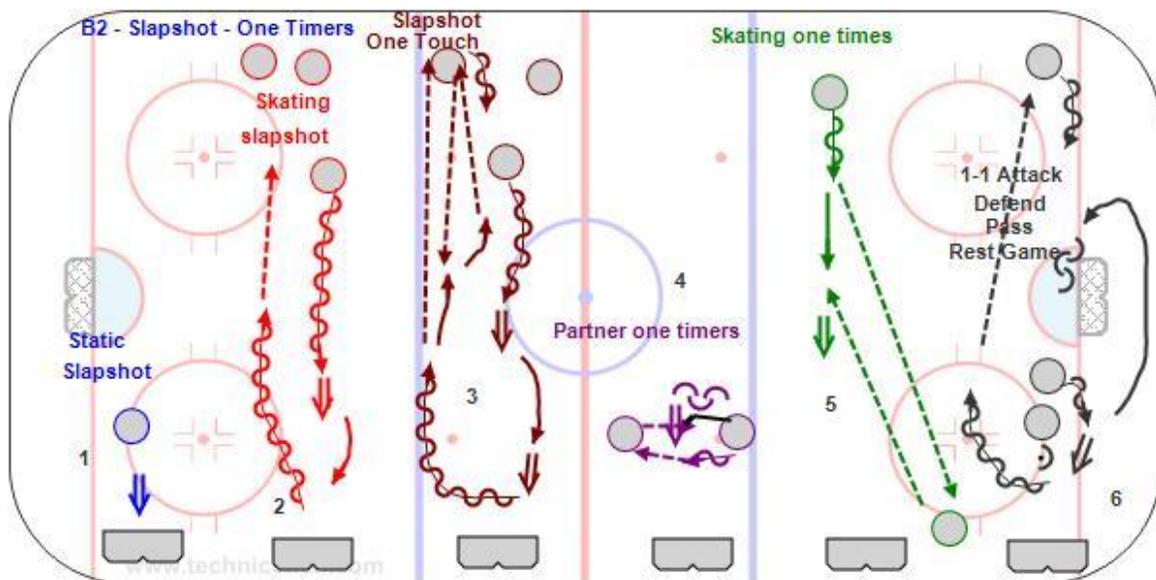
B2 - Slapshot and One Timer Circuit

Key Points:

Work on the slapshot progress from static to dynamic to pressure. Transfer the weight from back to front, follow through at the target and follow the shot for a rebound.

Description:

1. Standing individual slap shot.
2. Skate, slapshot, rebound, shoot, pass.
3. Skate, slap, rebound, one touch x 2, leave.
4. One timer x 4 - rotate.
5. Skate, pass low, pass, one timer.
6. 1-1 defend, pass, rest game with goals only on slapshots.



B2 Alternate Point Shots-HC Dukla Jihlava

Key Points:

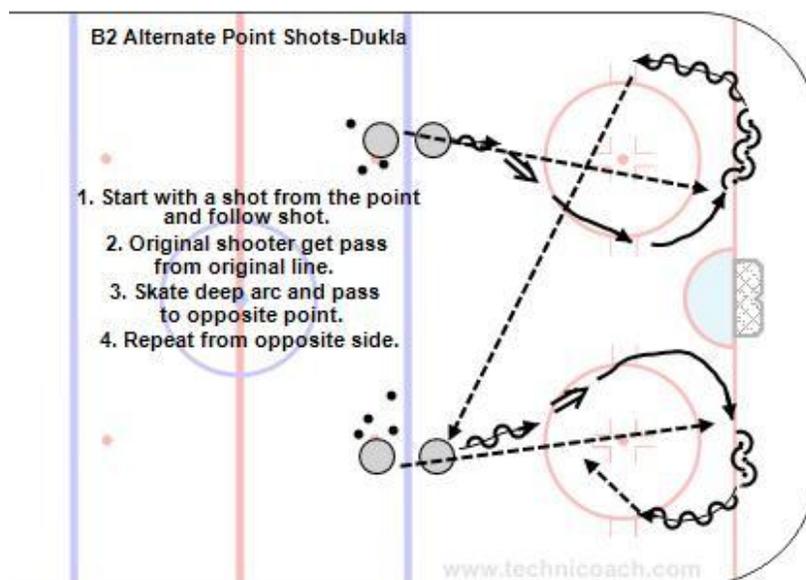
Move when you get the puck and shoot. Make hard passes.

Good goalie warm up.

Description:

1. Start with a shot from the point and follow shot.
2. Original shooter get pass from original line.
3. Skate deep arc and pass to opposite point.
4. Repeat from opposite side.

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B2 Cross and Drop Shooting-Washington

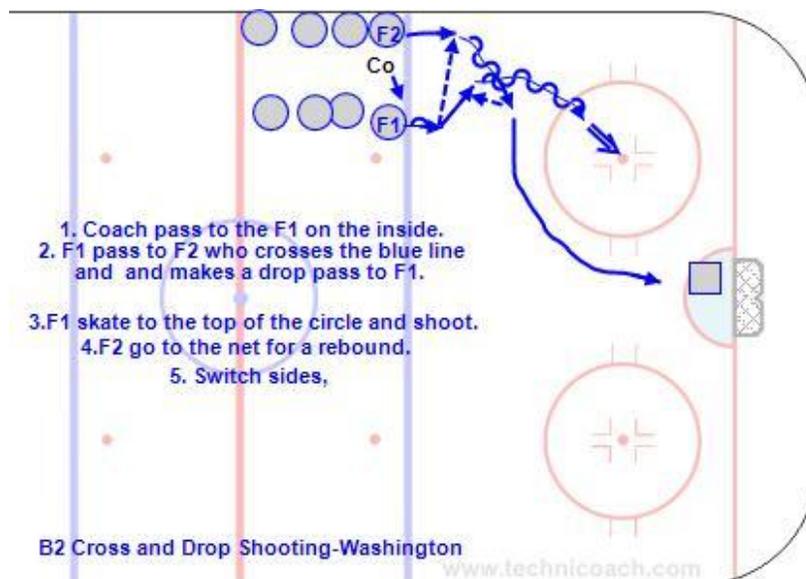
Key Points:

Quick feet. Make the cross and drop then head to the net for a rebound. Shooter must hit the net. If no shot go five hole or shoot low to the far side to produce a rebound.

Description:

1. Coach pass to the F1 on the inside.
2. F1 pass to F2 who crosses the blue line and makes a drop pass to F1.
3. F1 skate to the top of the circle and shoot.
4. F2 go to the net for a rebound.
5. Change sides.

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B2 One Timers-Pro and International

Key Points:

Have the stick back early ready to shoot. Keep the stick in contact with the ice and in line with the target for as long as possible. This is a drill done all over the world. One timers are the key to a good power play and scoring on the rush.

Description:

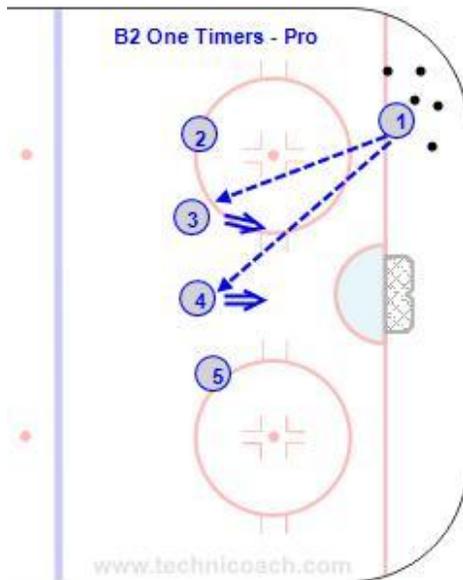
1. Player 1 pass to any of players 2-5.
2. Shooters try to one time the shot.
3. Shooter must adjust their position to get square to the puck.
4. Pass with different speeds and also make imperfect passes to force the shooter to adjust.

HIT THE NET

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121109161357768>

International Pro

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090812164223864>



B2 Pass x 3 Shoot U22 and U18F

Key Points:

One touch the passes and face the puck all of the time. Follow the shot for a rebound and give a target.

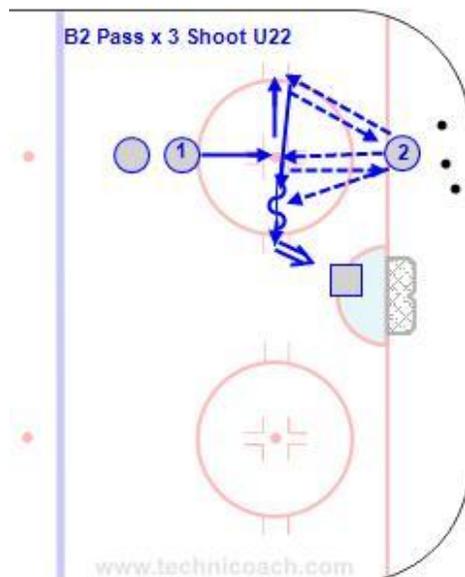
Description:

1. Two leave from the top of the circle.
2. Exchange puck with 2 at the dot.
3. Face the puck and exchange a second time skating to the outside of the circle.
4. Skate to the inside facing the puck and get a third pass from two and shoot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130115094626269>

Repeat the same sequence on the other side.

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B2 Point Shots - Canada U20

Key Points:

Pointman should skate along the line and shoot instead of forward towards the defender. Get inside the dots and shoot. Move laterally in order to miss the shot blocker. Shoot off the ice over sticks low enough to hit the goalies pads and produce rebounds or create deflections. Use snap shots and one timers to get the shot off quickly.

Description:

1. Coach pass to 1 at the point who skates along the blue line inside the dot and shoot.
2. Coach pass to 1 at the point who passes to 2 at the far point and 2 shoots.
3. Coach pass to 1 at the point and 1 pass across to 2 at the far point who skates wide passes back to 1 who skates to the mid-point and shoots.

*The coach alternates passes from easy to ones that are difficult to control.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=94>



B2 Point Shots B600 Give-Go-Shoot_Russian U20

Key Points:

Quick feet and shoot while moving. On the one timer follow through with the stick and front knee pointing to the target.

Description:

B2 Defense Point Shots

1. D1 get puck from along boards, skate inside the dots and shoot.
2. D1 get another puck then pass to D2 for one timer.
3. D2 repeat passing to D3.

B600 Forwards Give-Go-Shoot

1. F1 skate and pass across to F2.
2. F2 pass back to F1 who shoots while skating.
3. F2 repeats from the other side give and go with F3.

*Screening and timing for rebounds can be added.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=78>



B2 Point Shot-Screen, Point to Low then Across – Pro

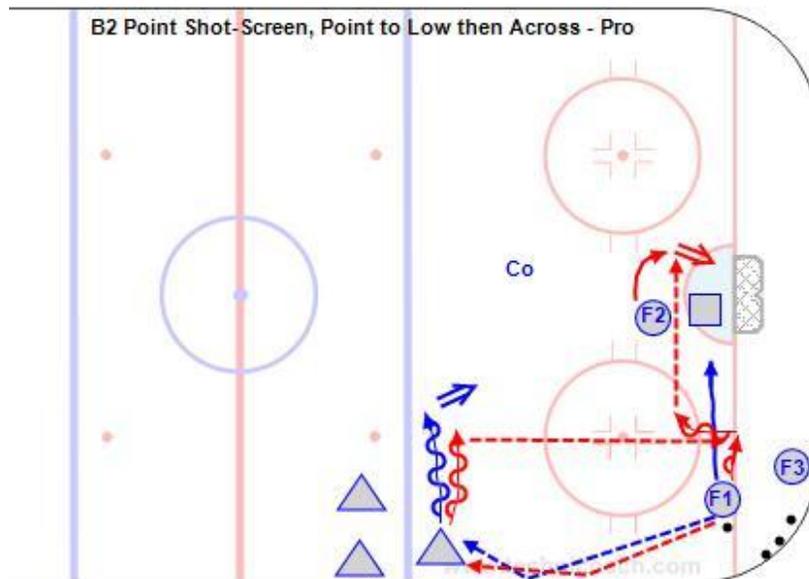
Key Points:

The key is for D1 move between the dots and hit the net. On the second play D1 must freeze the defender with a fake shot and then pass down to F1. F2 must give a target and be strong on his stick to tap a hard pass in.

Description:

1. F1 pass to D1 at the point.
2. D1 drag and shoot while F2 screen and F1 go to the net for a tip or rebound.
3. F1 get a new puck and pass to D1.
4. D1 fake a shot and pass straight down to F1.
5. F1 skate at the net to become a threat and pass across to F2 who slides back to the far post.

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B2 Shooting Defense Rotate High-RB

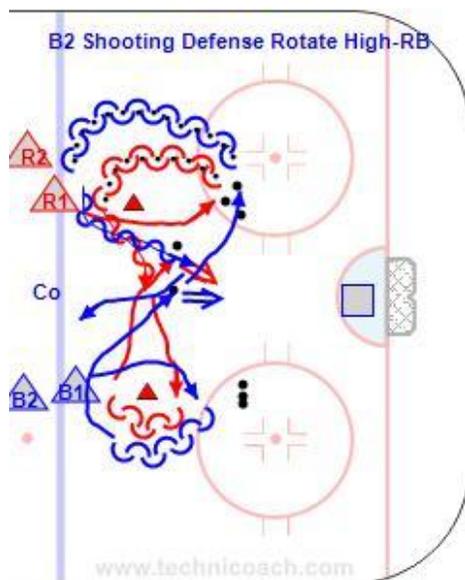
Key Points:

Face up ice all of the time. Cross and leave. Hit the net. Quick feet.

Description:

1. D are lined up near the blue line with pylons and pucks on each side.
2. R1 skate forward for a puck and then around the pylon.
3. B1 skate around the pylon and behind R1.
4. R1 drop the puck to B1 who Shoots.
5. B1 gets a new puck and skates around the pylon while R1 skate around opposite pylon.
6. B1 drop to R1 who shoots.
7. R2 and B2 repeat on the side with B2 starting.

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B2 Transition Skate Shooting – U15 Boy's

Key Points:

Keep 2 hands on the stick and keep the feet moving. Hit the net.

Description:

B2 Transition Skate Shooting

1. Lineup on blue lines.
2. Skate to top of circle, back to blue, top of circle and shoot.
3. Next player leave when the first is going backward.
4. Each player have 3 or 4 pucks and keep shooting until they are all gone.

(got this drill coaching with Tim Bothwell at the U of Calgary)

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B2-B6 - F1-D1-F2 - Point Shot – Pro

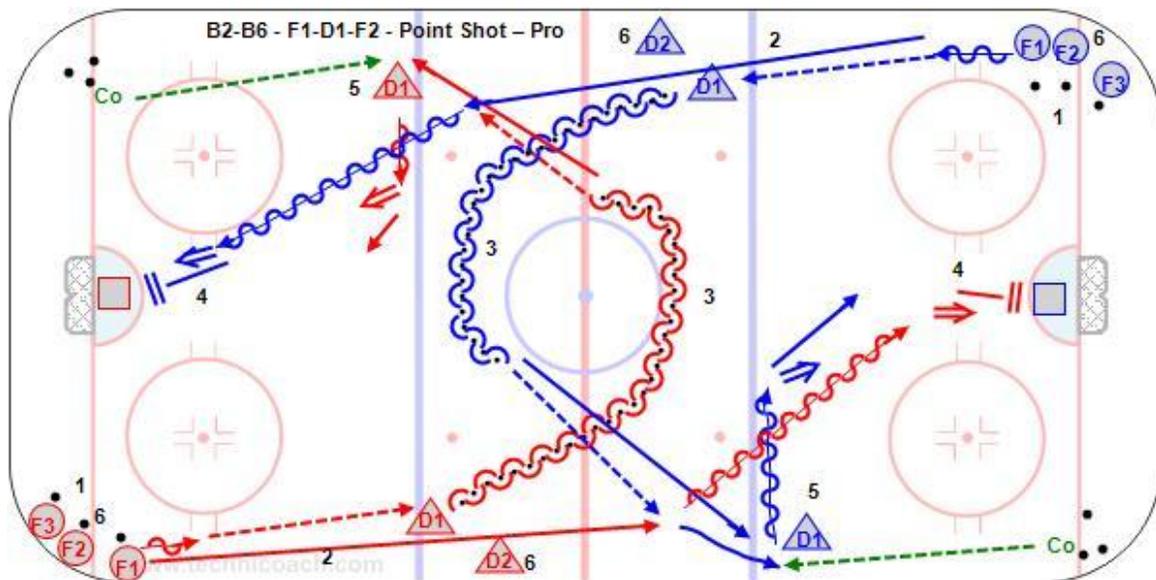
Key Points:

Do everything with speed and good habits. Give a target, firm passes, keep the stick square to the pass, carry the puck around the circle and pass to the F1 skating down the other wing. Both F1's take a shot, look for the rebound then screen the goalie. D1's get a pass from the coach at the point the drag and shoot.

Description:

1. Forwards start in diagonal corners and defense at the point.
2. F1 continue skating down the wing.
3. D1's carry the puck around the circle and pass to the F1 skating down the other wing.
4. Both F1's take a shot, look for the rebound then screen the goalie.
5. D1's get a pass from the coach at the point the drag and shoot.
6. Repeat with F2's and D2's.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20151001115750638>



B3 - One Timer-5 Spots - Czech U20

Key Points:

Take one timer from the off-wing. Practice taking them standing still and then add skate and pass then skate backwards and shoot off the pass. Follow through at the net with both the stick blade and the outside knee.

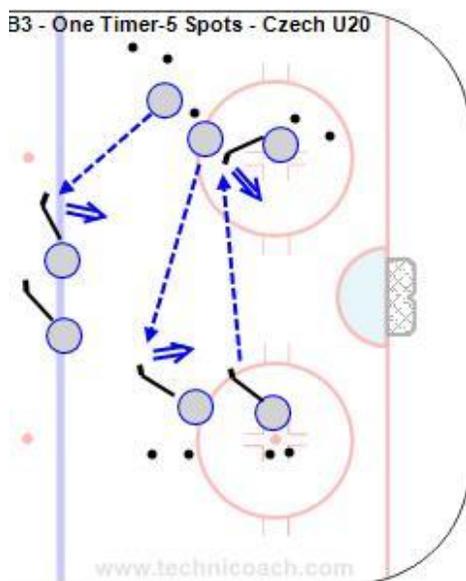
Description:

1. Six players face each other on their off-wing side.
2. Two sets across from each other and one player shoot from the mid-point.
3. Take 4 shots and then switch and be the passer.
4. There can be more than one player shoot from the point.

* If there is a goalie then take turns, if no goalie shoot randomly at the open net.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160315094853117>

<https://www.youtube.com/watch?v=Gulk1WEaWdk>



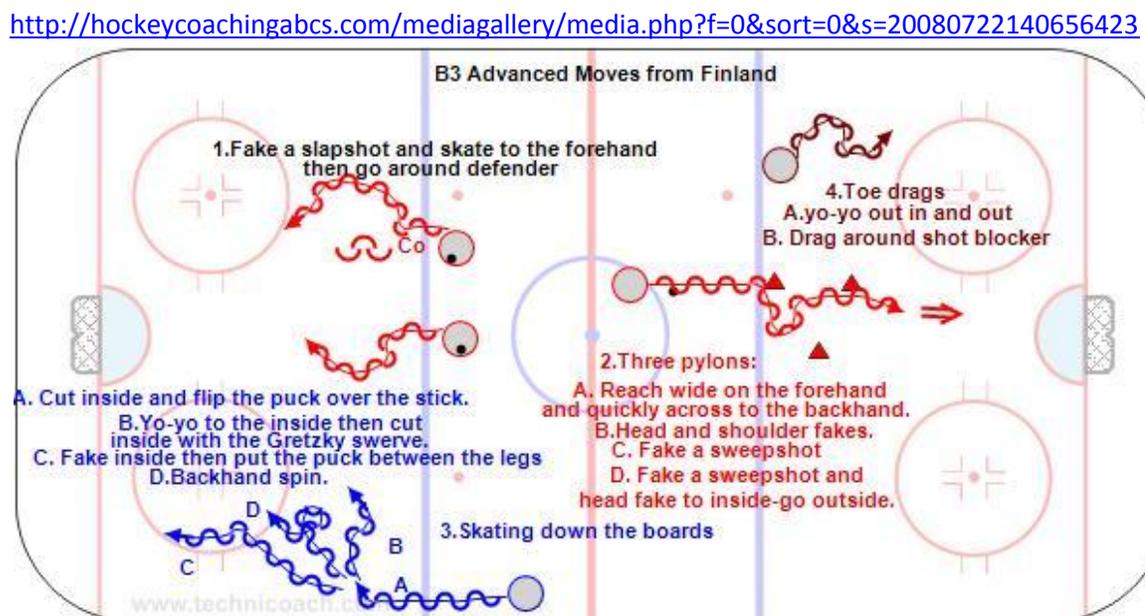
B3 Advanced Moves from Finland

Key Points:

The idea of making moves is to force the defender to straighten his knees or lean one way while you go where he just came from. It is important to accelerate past the opponent so he can't recover.

Description:

1. Fake a slapshot and skate to the forehand side then go around defender on the forehand side.
2. Three pylons:
 - A. Reach wide on the forehand and quickly across to the backhand.
 - B. Head and shoulder fakes.
 - C. Fake a sweepshot.
 - D. Fake a sweepshot and head fake to inside-go outside.
3. Skating down the boards:
 - A. Cut inside and flip the puck over the stick.
 - B. Yo-yo to the inside then cut inside with the Gretzky swerve.
 - C. Fake inside then put the puck between the legs and go outside.
 - D. Fake inside then a hard backhand spin and go outside.
4. Toe drag sequence:
 - A. yo-yo out in and out.
 - B. Yo-yo out- in and around the shot blocker.



B3 Partner Pass

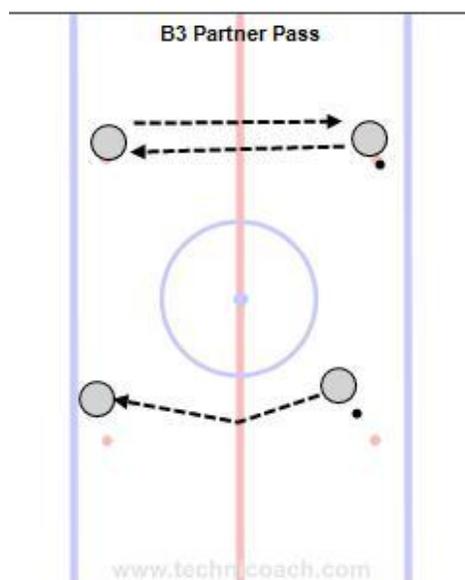
Key Points:

Keep the hands away from the body and follow through at the target. On saucer passes the puck rolls from the heel to the middle of the stick. Receive with the stick square to the puck and hands away from the body.

Description:

1. Partners pass to each other.
2. Focus on the four phases of projection.
 - a. wind-up - bring the puck back.
 - b. force production - move it forward with the stick blade rotating heel to middle.
 - c. crucial instant - release with a snap of the wrist.
 - d. follow through - the stick blade follows the direction of the puck. Receive with stick square
3. When practicing the saucer pass have a target for it to land on. In the diagram try to drop the puck onto the red line.
4. Progress to passing while skating.

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B3 Partner Passing

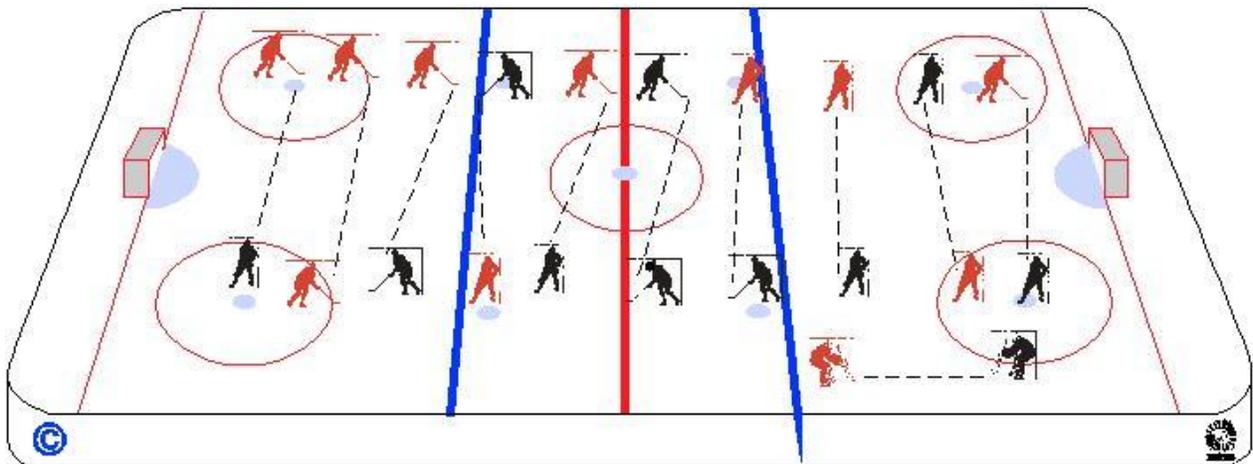
Key Points:

Partner pass starting standing and then skating back and forth. Wrist passes, snap passes, saucer. Go from forehand to backhand and backhand to forehand. Add tight turns. Players could also pass two pucks at once.

Description:

Players face each other in two lines skating cross ice.

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B3 Passing and Partner Practice

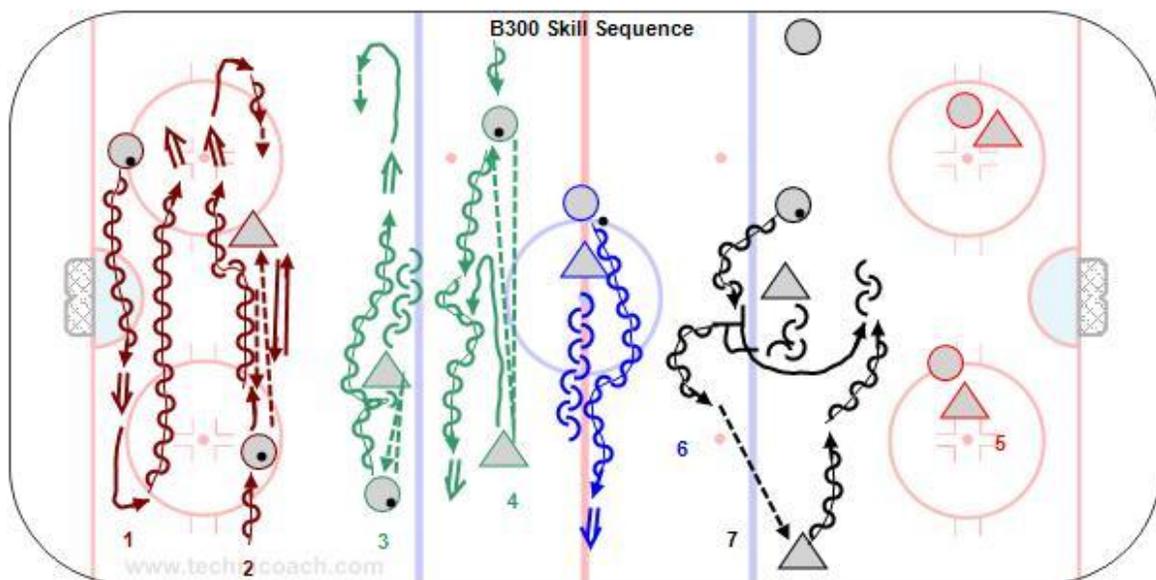
Key Points:

This is a great formation for partners to work together on passing or puck handling. You can even progress to one net or cross ice games and include more players. Practice shooting quickly, Use many moves vs. a passive opponent and increase the movement progressing to cross ice games.

Description:

1. Partner pass stationary and then skating. Incorporate going around each other as well.
2. Skate across ice and shoot at boards.
3. Skate-give and go-deke-shoot quickly.
4. Skate-give and go-deke moving D-Shoot.
5. Give-go, defender close gap-deke-shoot.
6. Partner keep-away.
7. 1 on 1 game-use line on boards or nets.
8. 1 on 1 game. Pass to waiting partner on whistle, goal or when defender regains puck.
9. Cross ice game and use small nets or the line on the boards as the goal. Play tournaments.

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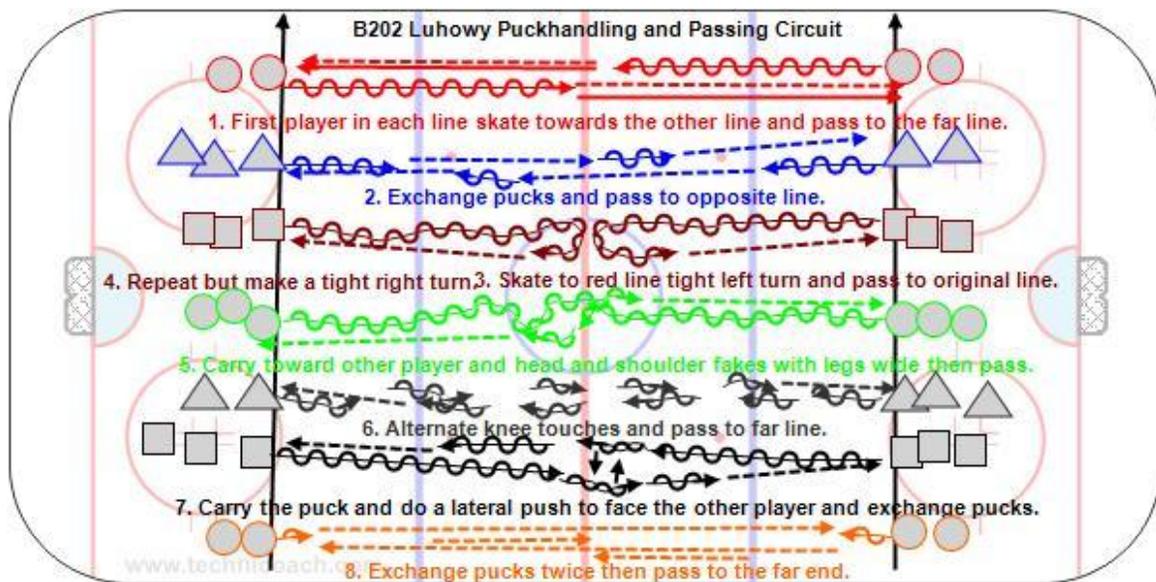


This an example of using cross ice stations that I did at a camp in Jihlava, Czech Republic.



<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20100830110013788>

Here is another example of how to get a lot of skill reps with minimal standing in line. You can move the groups across from each other instead of lengthwise.



<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2008072023504376>

The point is to create situations where players do many skill reps an minimal waiting.

More examples of using the ice efficiently.

D2 Cross Ice Game Using Blue Stripes for Nets

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20120417102111470>

D2 Cross Ice Games

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<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20100414094539964>

D5 Tournament-3 Games-Different Pucks

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B3 Three Lane Shots - Swiss U20

Key Points:

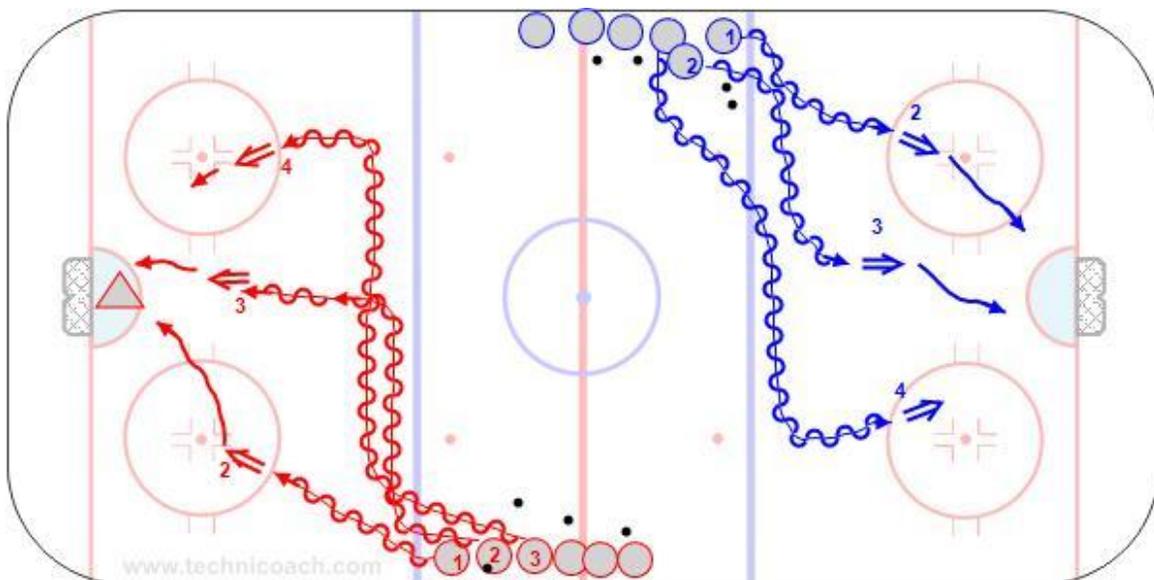
This is a goalie warm up used at the start of practice. Hit the net. Shoot while skating. Follow the shot.

Description:

1. Players line up behind the blue line on diagonal sides of the ice.
2. Player 1 skate straight and shoot.
3. Player 2 skate to the middle lane and shoot.
4. Player 3 skate to the far lane and shoot.

Shoot from the high slot area, follow the shot and screen for the next shooter.

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B3-D2 Partner Pass - Keepaway - 1-1 Game

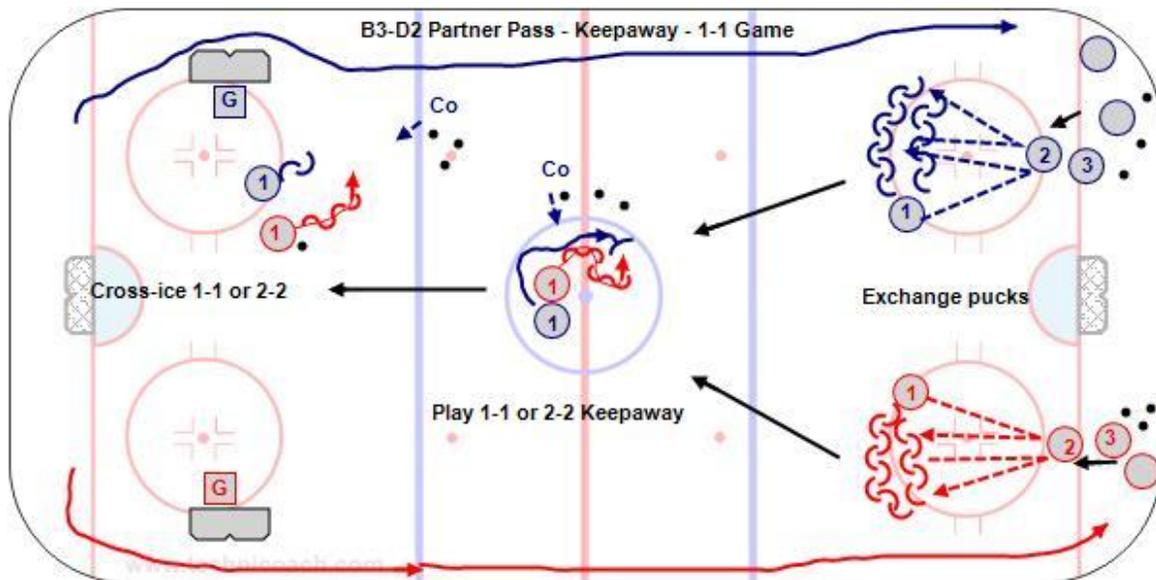
Key Points:

Protect the puck on offense and stick on the puck on defense. Keep score between teams. Young players go about 15" and older players shorter shifts.

Description:

1. Start with 1 exchanging pucks with 2 while skating at the top of the circle.
2. Move to the middle circle on the whistle and 2 to the top of the circle.
3. Originals 1's play keepaway with puck coach puts in.
4. On whistle move to the far end and play 1 on 1 cross ice.
5. Return to the line-up and start as a passer.

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B4 1-0 Outside-Middle Shots - Czech U17 and Two Pro

Key Points:

Keep skating, give a target and pass hard and pass while moving. Hit the net and follow the shot. Rebound for the next shooter.

Description:

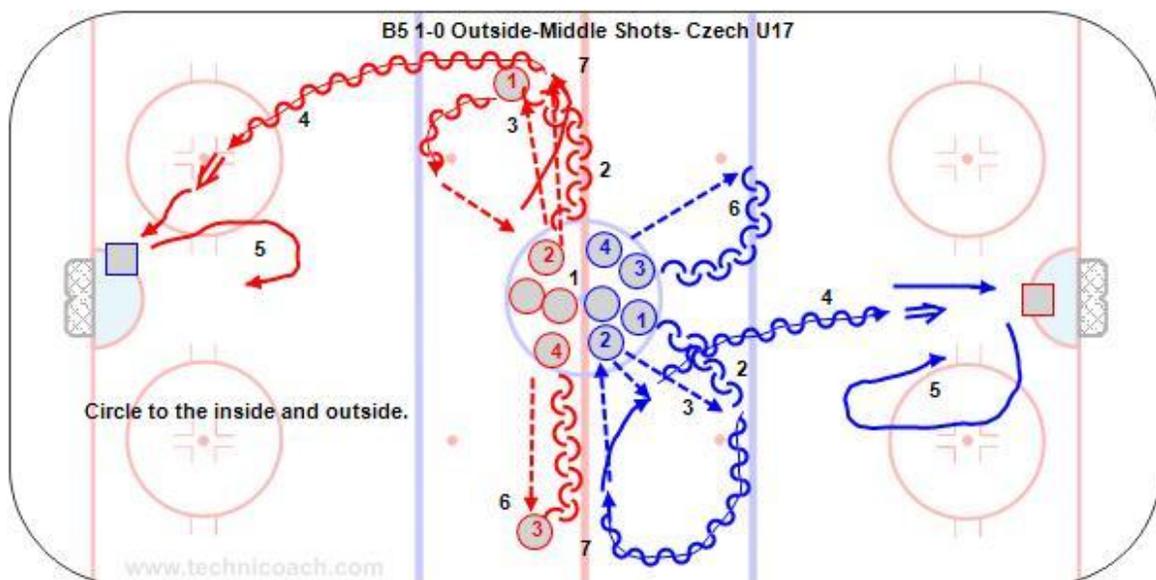
1. All players and pucks are in the middle.
2. One player leave from each side.
3. Player 2 pass to player 1 who circles between the red and blue line.
4. Player 1 skate in and shoot after the third pass.
5. After shooting player 1 circle back and rebound for the next shooter.
6. Alternate sides and player 3 leaves after the first pass.
7. Circle left and right so shots come from both in the middle and the outside lanes.

* The first video demo is the Czech National U17 Team and the next two are with pro players.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130115154629528>

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B4 1-0, 2-0 Regroup x 2

Key Points:

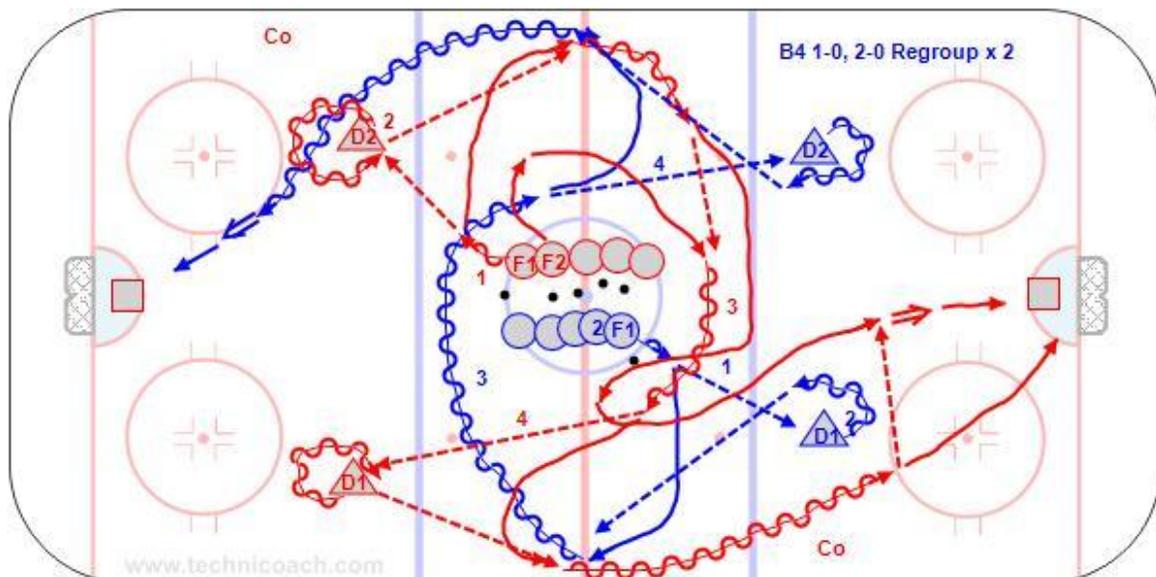
Face the puck, give a target, timing so you don't have to stop. Always follow the shot for a rebound. Shoot to score.

Description:

1. F1 pass to D1 and give wall support.
2. D1 pivot to the inside and pass to F1 or F2.
3. F1 or F1-F2 skate to the other side.
4. F1 or F2 regroup pass to D2 and support on wall and middle on 2-0.
5. D2 pivot and pass to F1 or F2.
6. F1 or F1-F2 attack and shoot.
7. Follow the shot for a rebound.

Options: - screen or rebound for the next shooter. - challenge next attackers and defend 1-1, 2-1 or 2-2.
- attack vs opposite coloured D and D rotate in to fill for defending D.

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C1 2-0 Continuous Decision Making Breakout U22

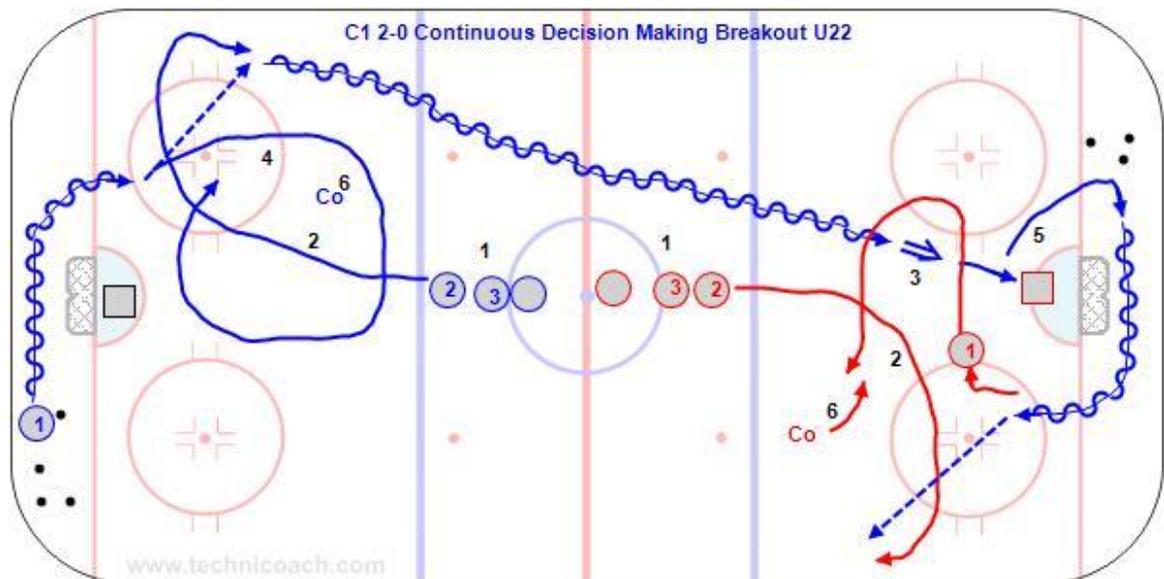
Key Points:

Give support on the wall and in the middle lane. On the wall face the puck and in the middle skate laterally giving the stick and skates as a target and be about a stride behind the movement of the player making the breakout pass. Player on the wall stay there unless the middle player crosses into your lane.

Description:

1. Players line up in the middle in the C1 formation with pucks at each end in the far corner.
2. Player two leave from each end and time getting open on the wall for a breakout pass from player one.
3. Player two shoot at the far end.
4. Player one make the breakout pass and then circle back to support the next breakout from the middle.
5. Player two shoot and get a new puck behind the net and make a breakout pass to either player one or player three who has left from the line-up in the middle.
6. The coach or else the player who wasn't passed to cover one of the forwards breaking out and force the player making the pass to recognize who is open for the pass.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120828123410464>



C1 2-0 Skate Inside and Pass Outside

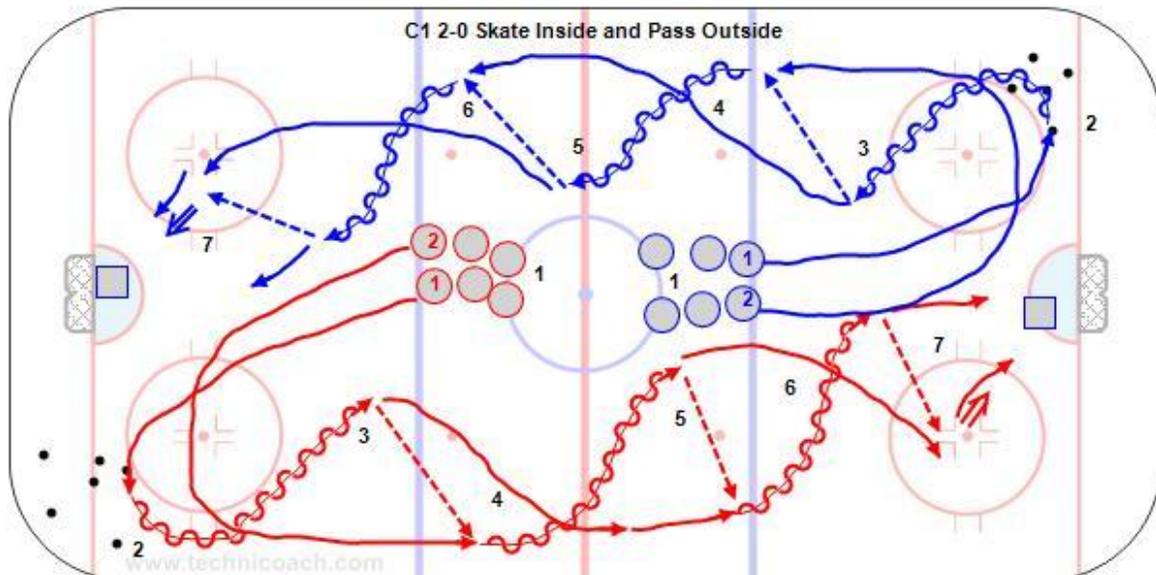
Key Points

Skate to the big ice between the dots with the puck and pass to the outside. Pass and follow the pass taking the ice behind.

Description:

1. Line up in the C1 formation at the bluelines.
2. Two players leave from the front of each line and get a puck from the corner.
3. The first player skate inside the dot with the puck and pass to the second player on the outside.
4. First player follow the pass and cross 'taking the ice behind.'
5. The second player receive the pass and skate between the dots.
6. The second player now passes wide to the first player and follows the pass.
7. Shoot and rebound after one pass in the offensive zone.

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C2 1-2-3-4-5-5-4-3-2-1 Pass and Shoot Warm-up

Key Points:

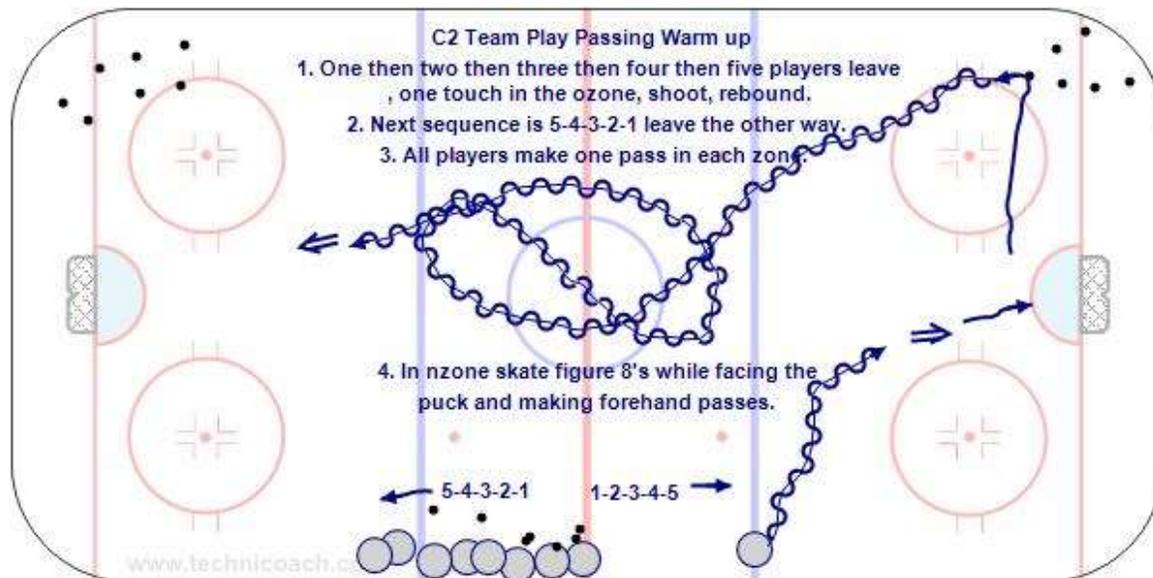
Face the puck and pass on the forehand. Stay in each zone until all players have made a pass.

Description:

1. One then two then three then four then five players leave, one touch in the ozone, shoot, rebound.
2. Next sequence is 5-4-3-2-1 leave the other way.
3. All players make one pass in each zone.
4. In nzone skate figure 8's while facing the puck and making forehand passes.

*When there is only one player do a figure eight or touch both knees.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111103221612750>



B4 - 4-0 BO - Attack-Cycle-Point Shot x 2 - Czech U20

Key Points:

Forwards skate to the big ice with the puck and pass to the outside for a wide entry into the zone. One forward screen and the other cycle high. Defense work on one timers and quick shots or high cycle options like back door plays.

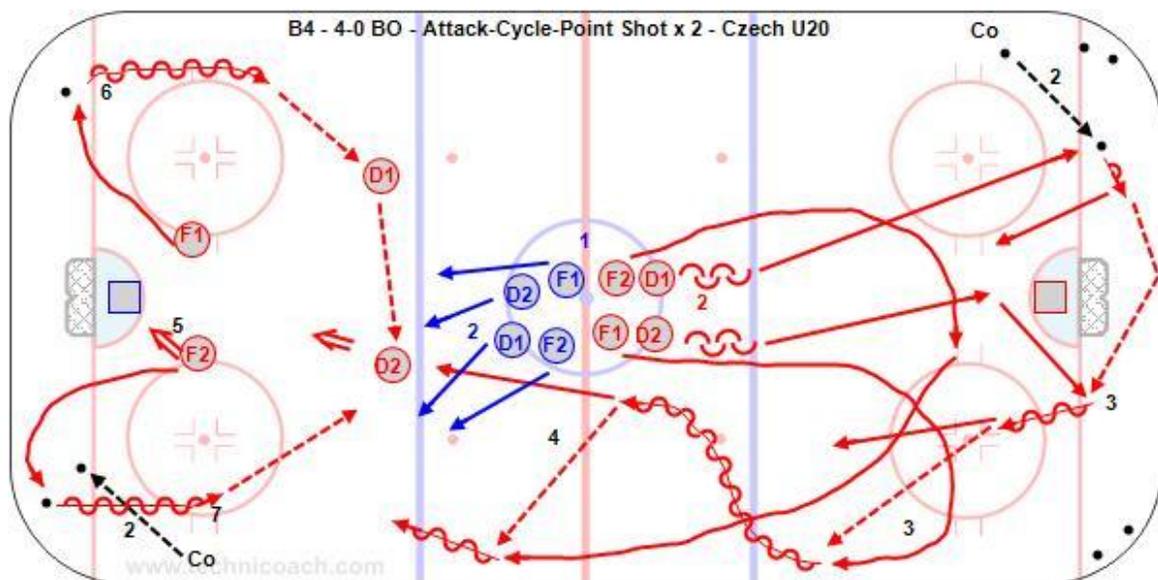
Description:

1. All of the players start from the middle circle.
2. Start with a coach at each end spot a puck on the goal line and D1-D2-F1-F2 leave from each end.
3. D1 shoulder check and pass over to D2 up to F1 or F2, attack 4-0.
4. F1-F2 attack and carry the puck to the 'Big Ice' between the dots and pass to the outside lane.
5. Shoot-rebound.
6. F1 get a puck in the corner and cycle high and pass to D1 to D2 who shoots - F1-F2 screen.
7. F2 get a puck from the other corner, high cycle, pass to D2 to D1 who shoots, screen.

** All of the high cycle options can be practiced with this drill.*

** D joining the rush can also be practiced in this drill.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20151011094759598>



C1 Continuous 4-0 Breakout U22

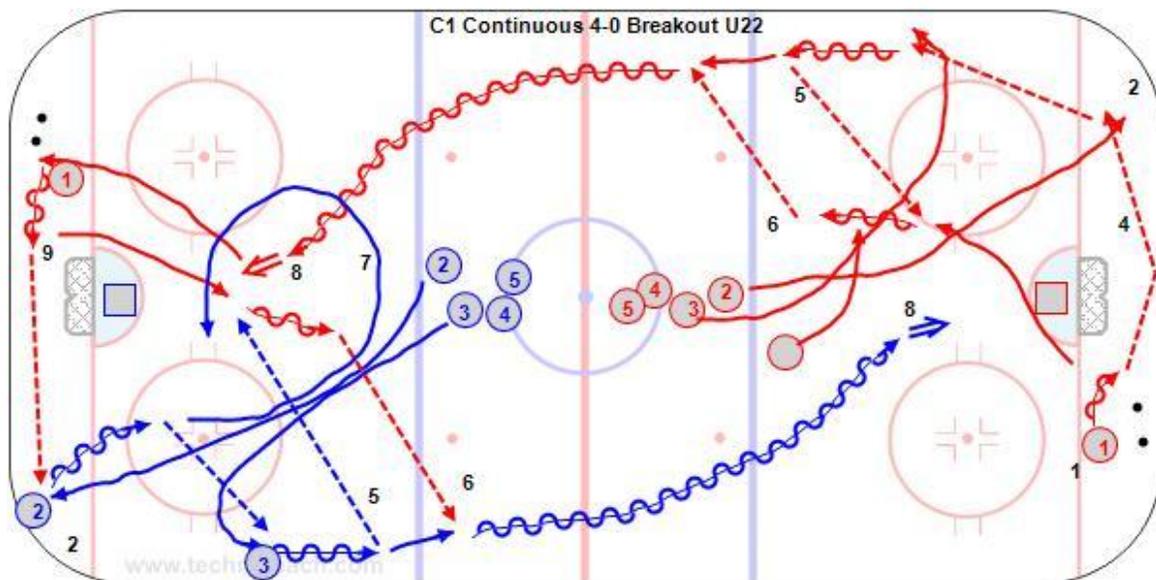
Key Points:

Players line up in the C1 formation in the middle of the neutral zone. Give a target. Regroup with D in the middle.

Description:

1. One picks up a puck in the far corner.
2. Two skate to the other corner for a pass.
3. Three support on the boards.
4. One pass to two, who skate inside the dots and pass to three.
5. Three regroup with one.
6. One pass to three.
7. One circle back to support next rush in the middle.
8. Three shoot.
9. Three now pass to blue two and get a regroup pass from blue three.
10. Repeat.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120828123941325>



B4 - D Pass x 3 Point Shot – Pro

Key Points:

Pass while skating, give a target, shoot, rebound, screen and tip. Forward time the skating to be open when the D can pass.

Description:

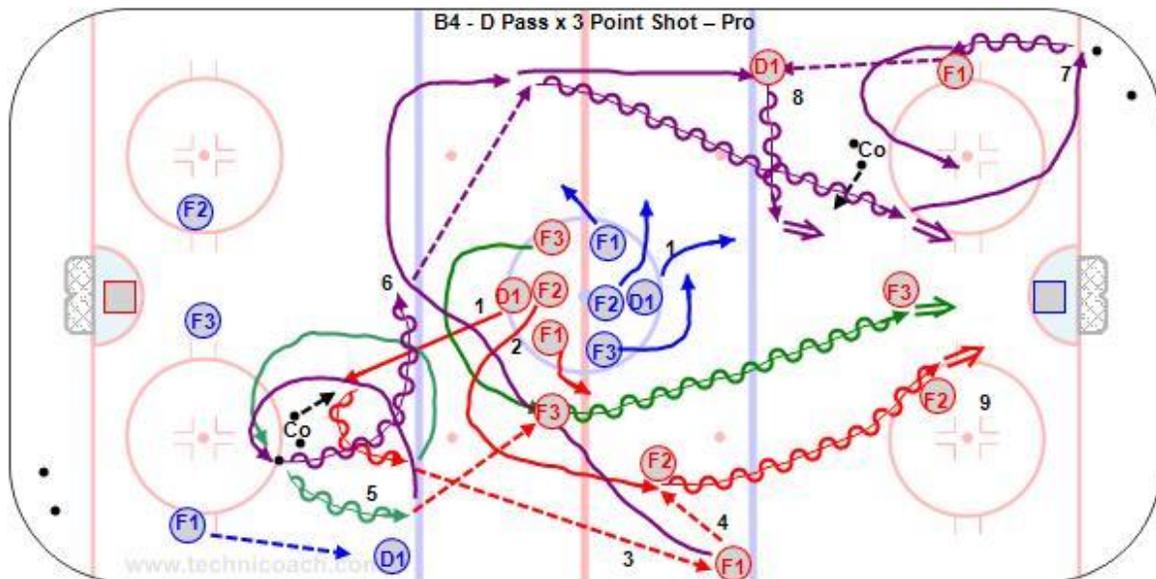
Players leave from the middle circle and the pucks are just above the top of the circle.

1. D1 on each side get a puck from the coach.
2. F1's stretch to the blue line and F2 swing lower down the middle.
3. D1's pass to F1's at the far blue line.
4. F1's touch pass back to F2's who skate in, shoot, rebound, screen.
5. D1's get another puck and pass to F3 cutting across the middle; F3's shoot.
6. D1's get another puck and pass to F1 who has circled back to the far wing.
7. F1's shoot then get a puck from the corner to pass to D1.
8. D1's follow F1 and take the pass then drag and shoot.
9. F1-F2-F3 spread across in front to screen, one time or tip a shot pass.

**F1 can also pass then cycle high and down the middle.*

<https://youtu.be/s7l4jLzFklA>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160204094420608>



B4 - One Timer-BO 2-0 Wide Entry - U20

Key Points:

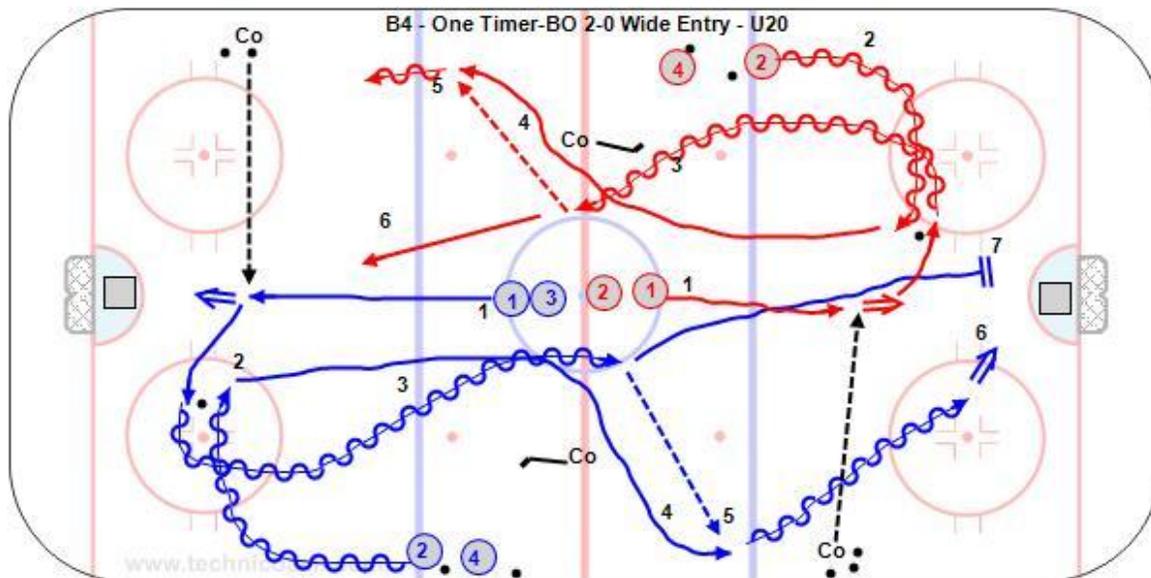
Skate between the dots if possible when you get a pass. Middle player fill the wide lane. Pull the defenders to the inside and do a wide entry. First player over the blue line with the puck go hard to the net. Shoot low to the far side to pass off the goalies pad. Always stop at the net for rebounds.

Description:

1. Player 1 leave from each end and one time a pass from the coach.
2. Player 2 leave from the blueline with a puck and cross and drop the puck to player 1.
3. Player 1 skate to the 'Big Ice' between the dots.
4. Player 2 cross in front to the wide lane.
5. Player 1 pass to 2 who does a wide entry into the offensive zone.
6. Attack 2-0 and player 2 makes a 'Pass of the Pads' to player 1.
7. Player 1 be ready to score off the rebound.

*Option: Give 5" for 1-2 to score to promote jumping on loose pucks and making a play.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20151121084706735>



C1 Regroup-Stretch Pass

Key Points:

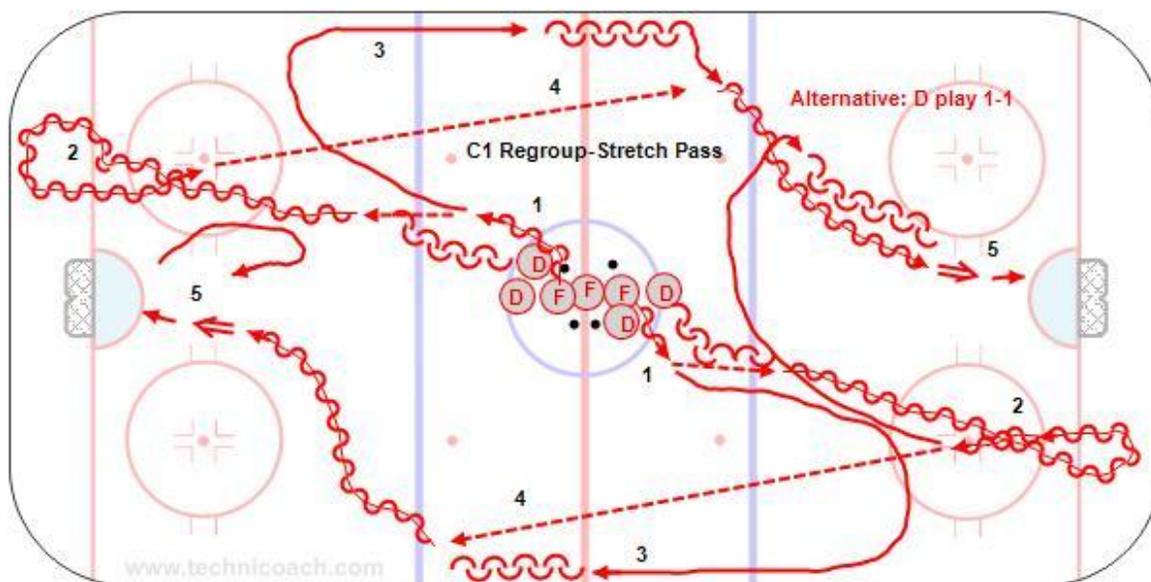
Insist on good habits. Face the puck, give a target, time the stretch for when you are sure the D can turn up ice.

Description:

1. F pass to D on each side of the ice.
2. D skate back with the puck and tight turn up ice.
3. F time support and stretch when D has full control and toe caps up the ice.
4. D pass to F.
5. F rebound for the next shooter.

*Alternative: After passing D play a defensive 1-1 vs the forward on the other side.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090901074922525>



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

Key Points:

Attackers read to either gain the blue line if the D gives a big gap or do a wide entry if the D is tight. Create two layers when screening.

Description:

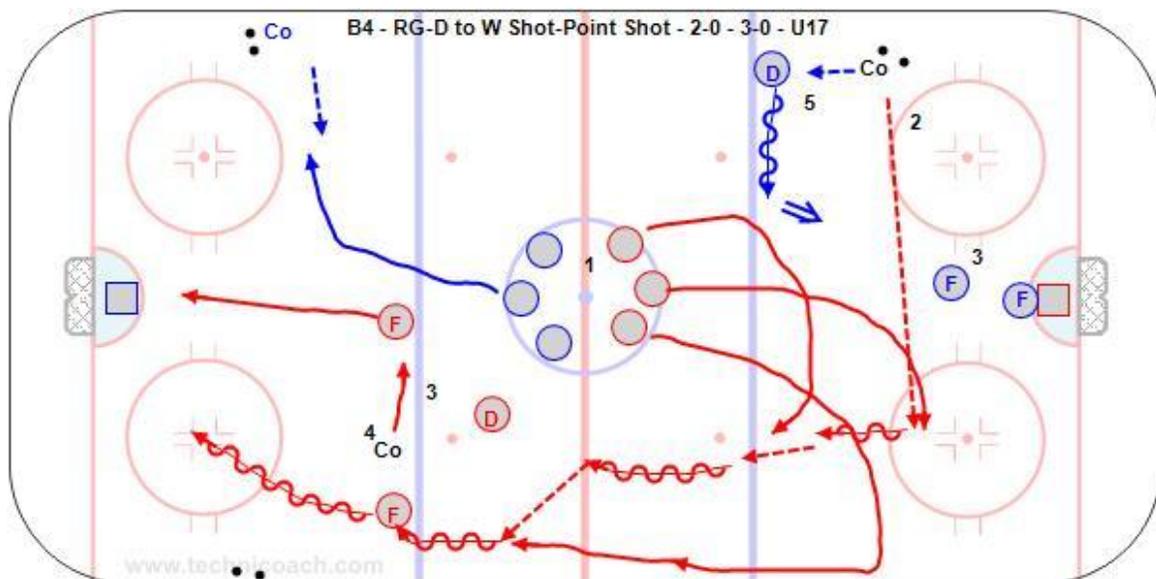
1. Players line up in the middle circle and one D and two F leave from each end.
2. Coach pass to D1 who passes up to F1 or F2.
3. Attack 3-0 at each end.
4. Coach cover one attacker at the blue line to force the attackers to make a decision.
5. Coach pass to the D1 at the point who shoots while F1-F2 screen.

** The attacker with the puck creates space by skating between the dots.*

** If the D leaves a big gap then gain the blue line in the middle lane.*

** If the D plays a tight gap and protects the middle then the other attacker cross and take the ice behind and get a pass in the wide lane.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150820100529844>



B4 and B6 Pass and Replace – RB Pro

Key Points:

Face the puck and give a target. On shooting drills always circle back and rebound for the next shooter.

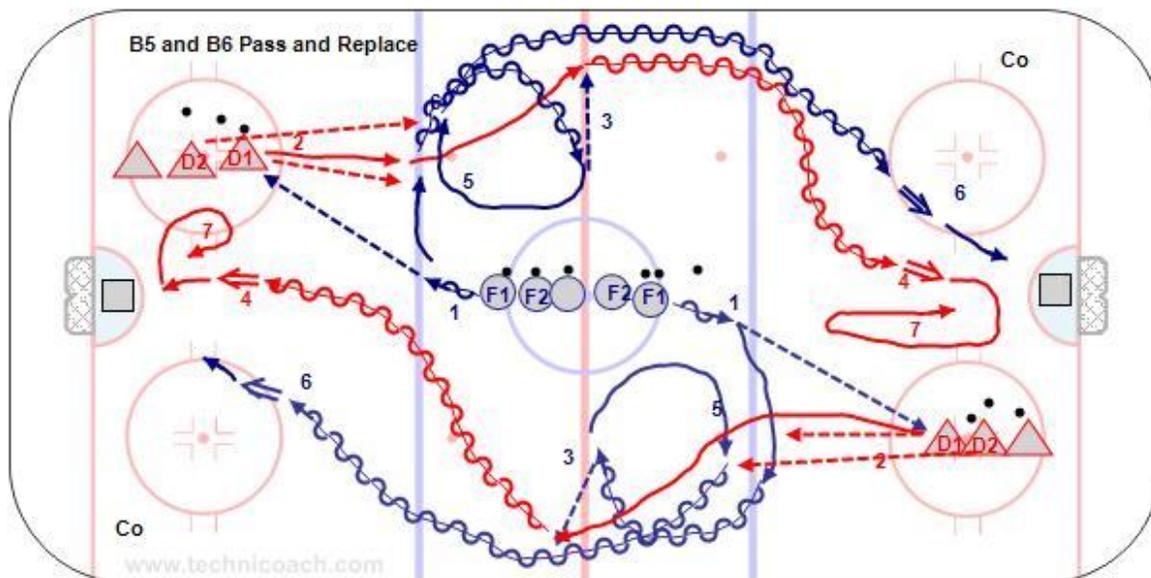
Description:

1. F1 pass to D1 and skate across.
2. D1 pass back to F1 and follow the pass.
3. F1 circle back and pass to D1 in neutral zone.
4. D1 shoot at the opposite net.
5. F1 circle back and get a pass from D2.
6. F1 shoot at far end.
7. D1 circle back to rebound for F1's shot.

** F1 screen and tip or circle back for a rebound after shooting.*

** This flow drill can also be done with F and D rotating starting points.*

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090728110101526>



C1 Breakout-Attack-Breakout 1-0 or 2-0

Key Points:

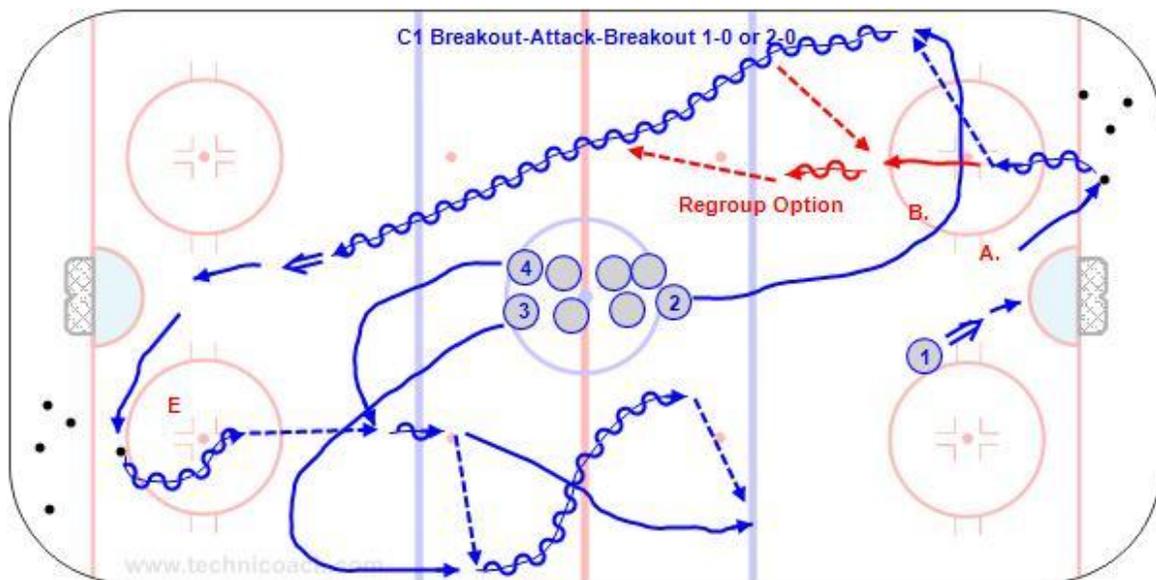
Time the support to be available when passer gets control of the puck. Give a target, call for the pass, skate to the big ice inside the dots when you get the puck.

Description:

- A. At both ends player 1 shoot, rebound and pick up a puck from the corner.
- B. Player 2 be available for a breakout pass from the middle or the boards. It could be two players one in the middle and one on the boards.
- C. Player 1 pass to player 2.
- D. Player 2 go down and shoot on the net and rebound.
- E. After shooting player 2 get a new puck from the corner and make a breakout pass on the other side of the ice for either a 1-0 or 2-0 rush.

*Option: Player 2 could regroup with 1 before attacking.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080720203338539>



C1 Continuous 4-0 Breakout U22

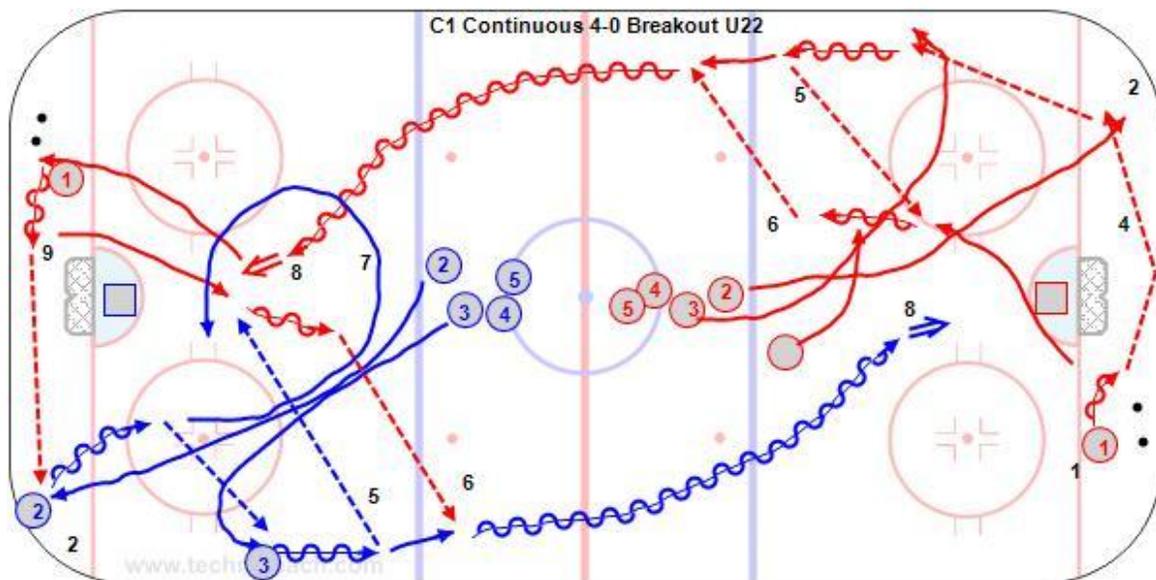
Key Points:

Players line up in the C1 formation in the middle of the neutral zone. Give a target. Regroup with D in the middle.

Description:

1. One picks up a puck in the far corner.
2. Two skate to the other corner for a pass.
3. Three support on the boards.
4. One pass to two, who skate inside the dots and pass to three.
5. Three regroup with one.
6. One pass to three.
7. One circle back to support next rush in the middle.
8. Three shoot.
9. Three now pass to blue two and get a regroup pass from blue three.
10. Repeat.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120828123941325>



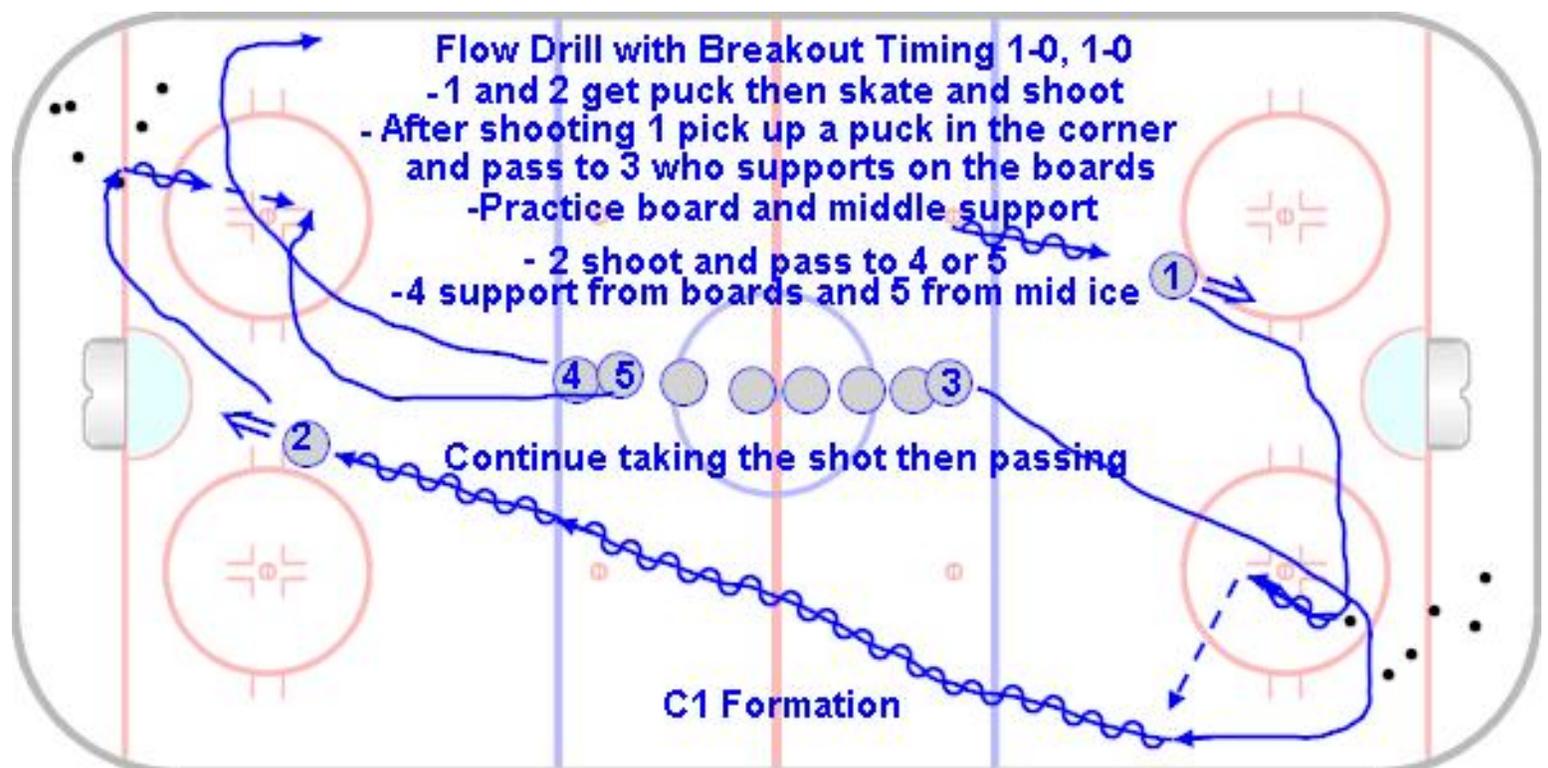
C1 Flow with Breakout Timing 1-0, 2-0

Key Points:

Players taking the pass must face the puck and give a target. Player passing should get between the dots with feet moving then pass. On a 2-0 only allow one pass in the offensive zone before shooting.

Description:

1. Players are lined up down the centre of the rink in the C1 formation. Pucks in the corner.
 2. The first player at each end, 1 and 2 leave, pick up a puck, skate down the ice, shoot and rebound.
 3. Next player in line leave and time the support from either the boards or the middle lane and give a target for a breakout pass. Then go down and shoot.
 4. Progress to 2 players giving support from the boards and middle lane.
 5. Regroups can be added by having the passer follow the attack.
- * 1-1 and 2-1 can be created by another player leaving the line and defending.



B4 Regroup and 1-0, 2-0 x 2

Key Points:

Call for a pass. D should always move before passing. On the 2-0 make a max of only one pass inside the blue line.

Description:

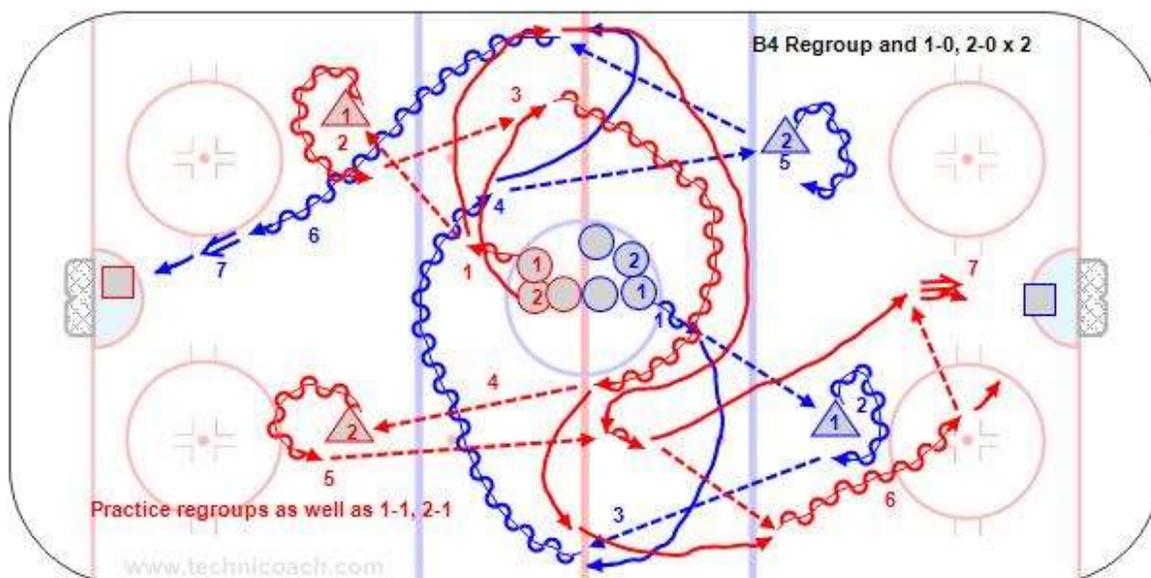
1. F1 pass to D1.
2. D1 pivot and F1 face the puck.
3. D1 pass to F1.
4. F1 skate and pass to D2 on the other side.
5. D2 pivot and pass to F1 who faces the puck.
6. F1 attack at full speed.
7. F1 shoot and rebound.

Alternate sides by making the first pass to D2

** Add F2 when there are 2 forwards.*

** Create 1-1 and 2-1's if you have 8 D by having F1 attack D1 after the second pass and a new D replace D1.*

<http://www.hockeycoachingabcs.com/mediagallery/album.php?aid=26&page=1>



C1 Regroup-Stretch Pass

Key Points:

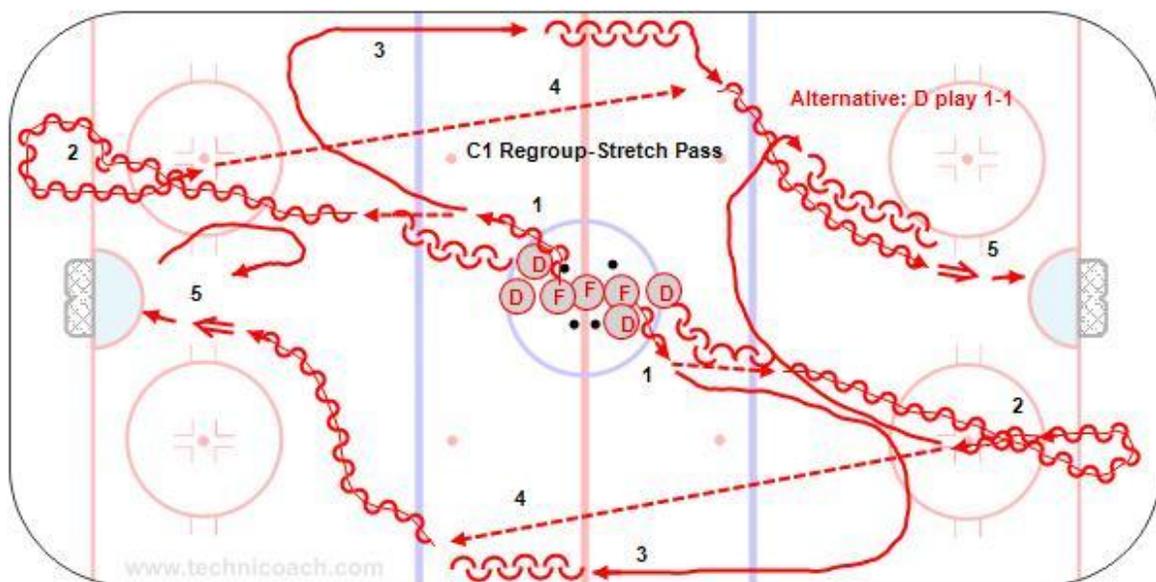
Insist on good habits. Face the puck, give a target, time the stretch for when you are sure the D can turn up ice.

Description:

1. F pass to D on each side of the ice.
2. D skate back with the puck and tight turn up ice.
3. F time support and stretch when D has full control and toe caps up the ice.
4. D pass to F.
5. F rebound for the next shooter.

*Alternative: After passing D play a defensive 1-1 vs the forward on the other side.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090901074922525>



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

Key Points:

Attack with speed with a middle drive. Only make one pass in the offensive zone. All three crash the net for rebounds. Practice one timers, one touch shots and a pass off the pads. Make good firm flat passes.

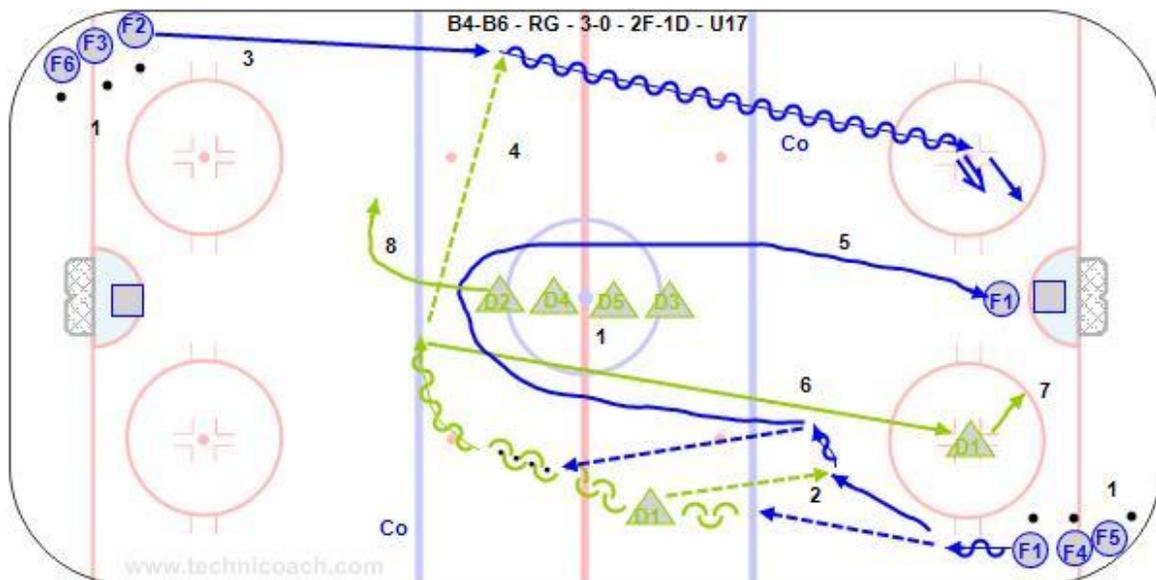
Description:

1. D start in the middle and F in diagonal corners.
2. F1 leave and exchange passes with D1 skating backward from the blue line.
3. F2 leaves down the wing from the far end.
4. D1 pass to F2 breaking down the boards.
5. F1 skate around the circle and create a 2-1 vs. coach with F2.
6. D1 skate below the circle and join the attack on the wide wing.
7. Pursue the first rebound and try to score.
8. Repeat the other way with F3-D2-F4.

Options:

*D1 could play a 3-1 vs. F5-F6-D3.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20151005091639448>



B4-B6 Pass and Shoot ProW

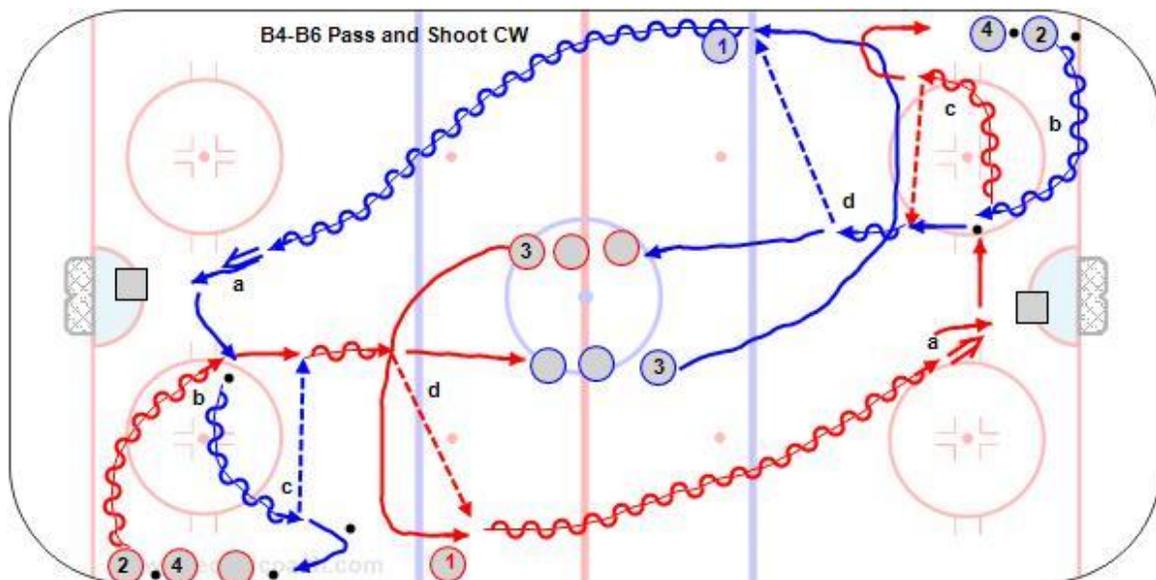
Key Points:

Face the puck and give a target. Shoot while skating and accelerate in corners.

Description:

- a. Start - 1 skate down the boards and shoot and follow the shot for a rebound.
- b. 2 leave from corner then cross and drop to 1.
- c. 1 carry the puck wide and pass back to 2.
- d. 2 pass wide to 3.
- e. 3 shoot and cross with 4.
- f. After passing 1 go to corner, 2 to the centre circle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131015151134860>



B4-B600 BO Routine x 3 x 2 U17

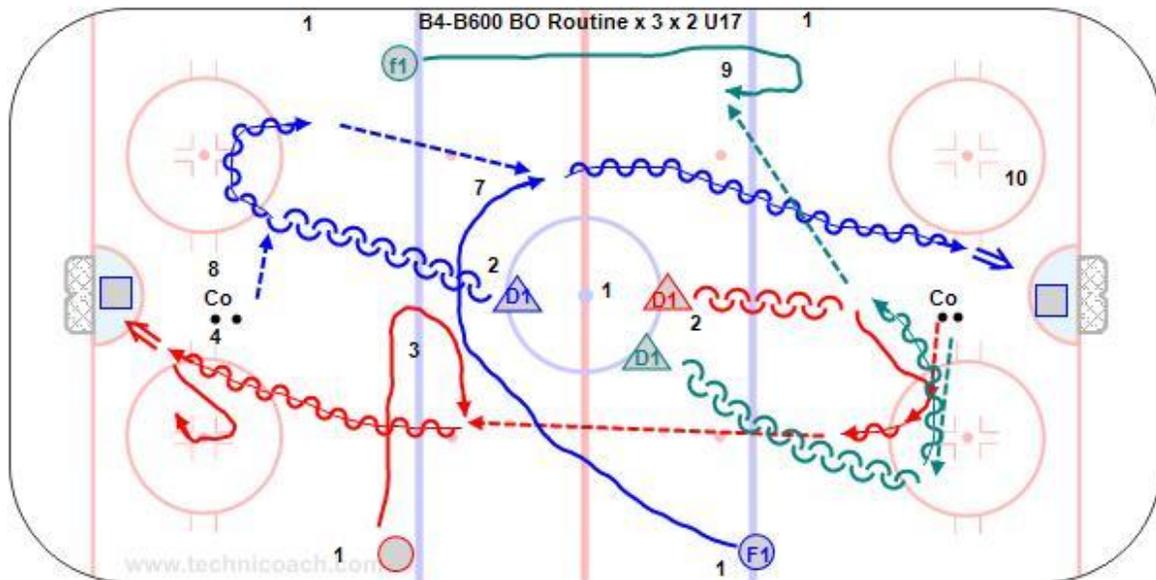
Key Points:

Do at top speed with fast feet and firm passes from the triple threat position. Forward must time his break and give a target.

Description:

1. D in the middle, F at the 4 blue lines and coach with pucks at the top of the circle.
2. D1 from each end of the line skate backward and pick up a puck on one side.
3. F1 from diagonal blue lines skate to the middle and back for a stretch pass.
4. F1 attack and shoot while F1 get a puck placed by the coach on the other side.
5. F2's at each end time their skate for a stretch pass and attack.
6. D2's repeat with F3-F4 etc.
7. Step 2 if for F1's at the far diagonal blue lines now come back and across the middle for a pass.
8. Repeat having the coach spot a puck to the right then a second puck to the left.
9. Step 3 F1's now skate back into the zone and get a cross-ice pass from D1.
10. D1 pass to F2 on the other side.
11. Coach spot the puck a little wider in Step 3.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20151016121841984>



B4 Rejo Pass and Replace

Key Points:

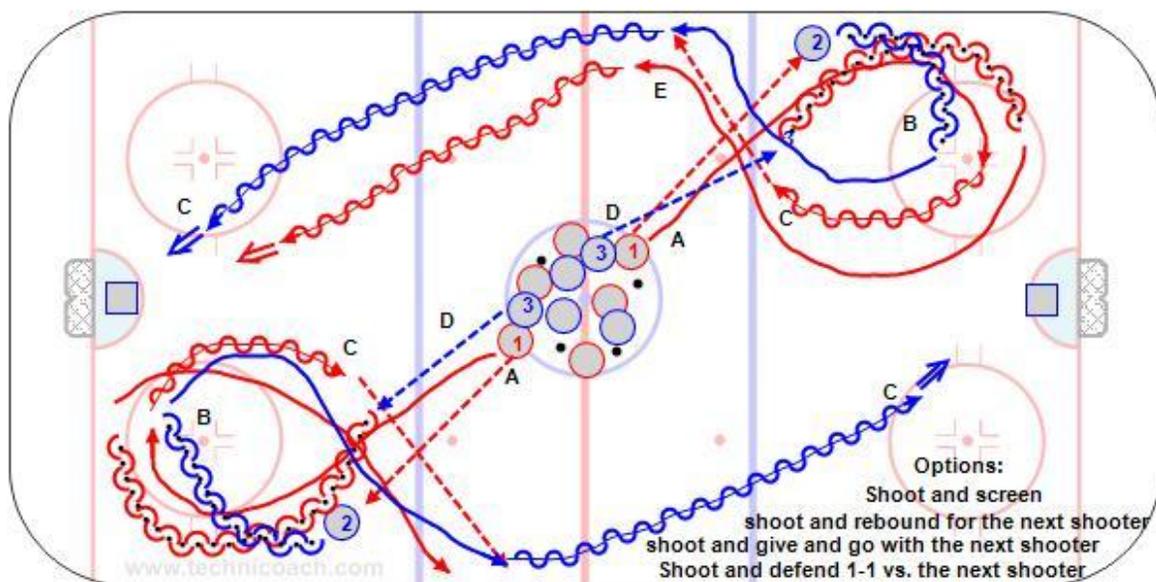
Face the puck at all times. Use pivots and turns. Give a target and call for the pass.

Description:

- A. 1 pass to 2 and follow the pass.
- B. 2 pivot in a circle and leave the puck for 1.
- C. 1 pass to 2 in the neutral zone and 2 attack the far end and shoot.
- D. 3 pass to 1 and follow the pass.
- E. Repeat.

Options: Shoot and screen, shoot and give and go with the next shooter, shoot and rebound for the next shooter. Shoot and defend 1-1 vs. the next shooter.

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



B5-6 Pass x 3 Shoot-Rebound U17-U20

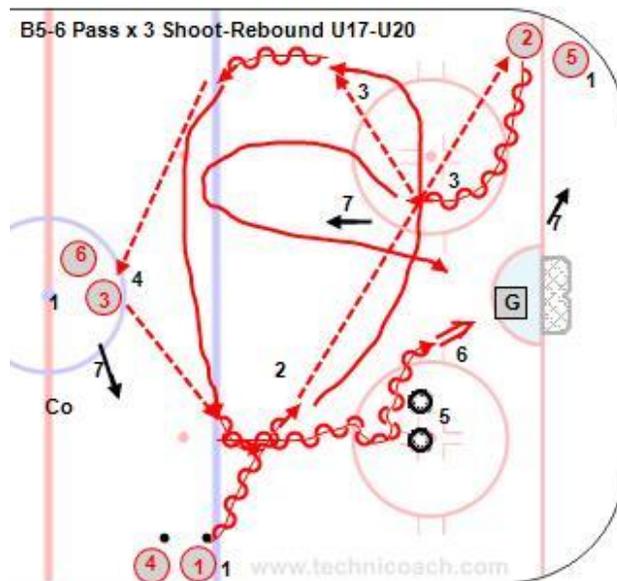
Key Points:

Make hard passes, face the puck, sell the dekes at the tires, shoot and follow the shot.

Description:

1. Players start at the blue line, pass to the far corner and to the player in the middle.
2. Player one pass to player two in the corner.
3. Player two skate between the dots and pass back to player one.
4. Player one exchange passes with player two always facing the puck.
5. Player one deke around the tires.
6. Player one shoot and follow the shot and player two skate in looking for a rebound.
7. Rotate one to the corner, two to the middle circle and three to the blue line and repeat.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013032310062819>



B5-6, 1-1 x 2 From Blue Line and Corner - Svenska

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.

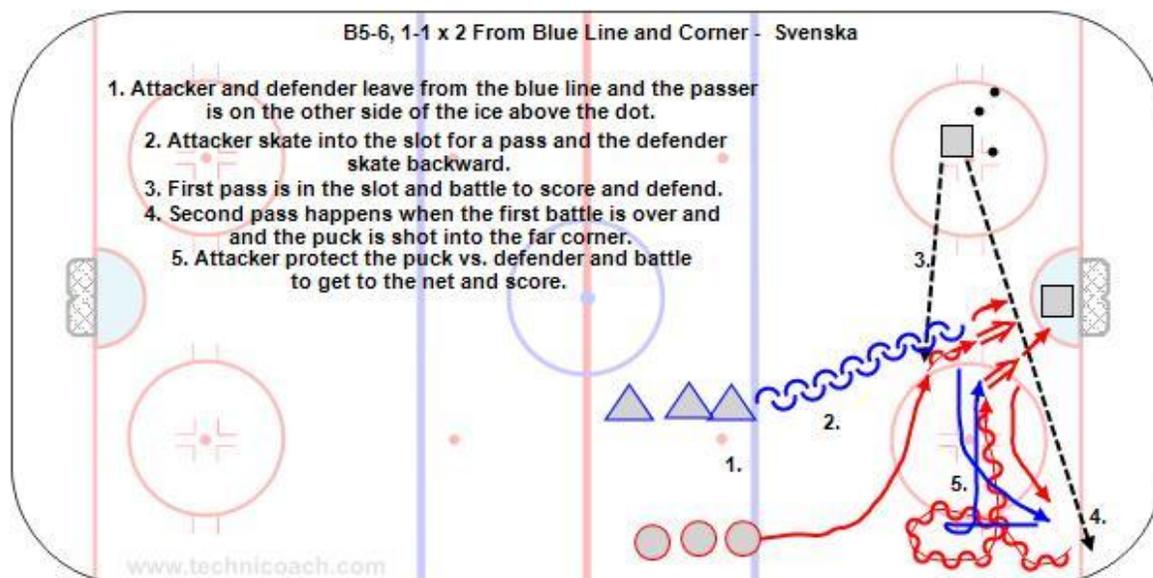
Description:

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.

<http://www.swehockey.se/Hockeyakademin/Utbildning/Video/Ovningsbanken/>

Swedish Hockey site Mot 1-1 situation one.

<https://skydrive.live.com/?cid=bd6fa116988317e9#cid=BD6FA116988317E9&id=BD6FA116988317E9%213076> Skydrive



B4 1-0 Outside-Middle Shots - Czech U17 and Two Pro

Key Points:

Keep skating, give a target and pass hard and pass while moving. Hit the net and follow the shot. Rebound for the next shooter.

Description:

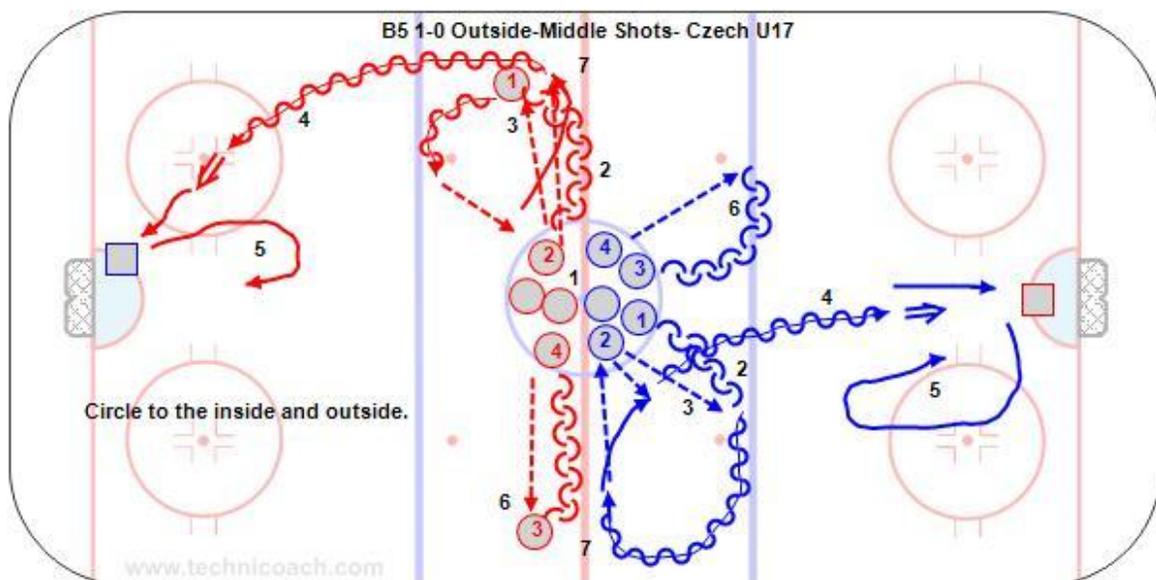
1. All players and pucks are in the middle.
2. One player leave from each side.
3. Player 2 pass to player 1 who circles between the red and blue line.
4. Player 1 skate in and shoot after the third pass.
5. After shooting player 1 circle back and rebound for the next shooter.
6. Alternate sides and player 3 leaves after the first pass.
7. Circle left and right so shots come from both in the middle and the outside lanes.

The first video demo is the Czech National U17 Team and the next two are with pro players.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130115154629528>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706215731742>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706153625664>



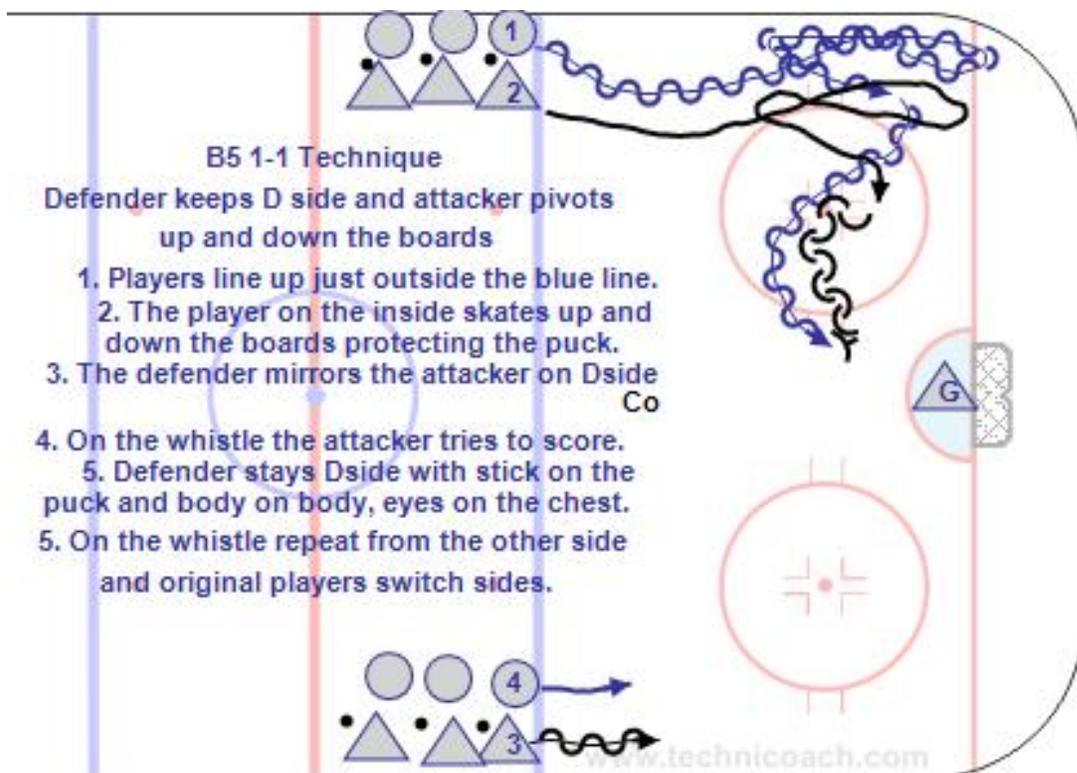
B5 1-1 Defensive Technique

Key Points:

Defender keeps D side and attacker pivots up and down the boards

Description:

1. Players line up just outside the blue line.
2. The player on the inside skates up and down the boards protecting the puck
3. The defender mirrors the attacker on Dside.
5. Defender stays Dside with stick on the puck and body on body, eyes on the chest.
4. On the whistle the attacker tries to score.
5. On the whistle repeat from the other side and original players switch sides.



B5 2-0 Shot - Rebound – Shot

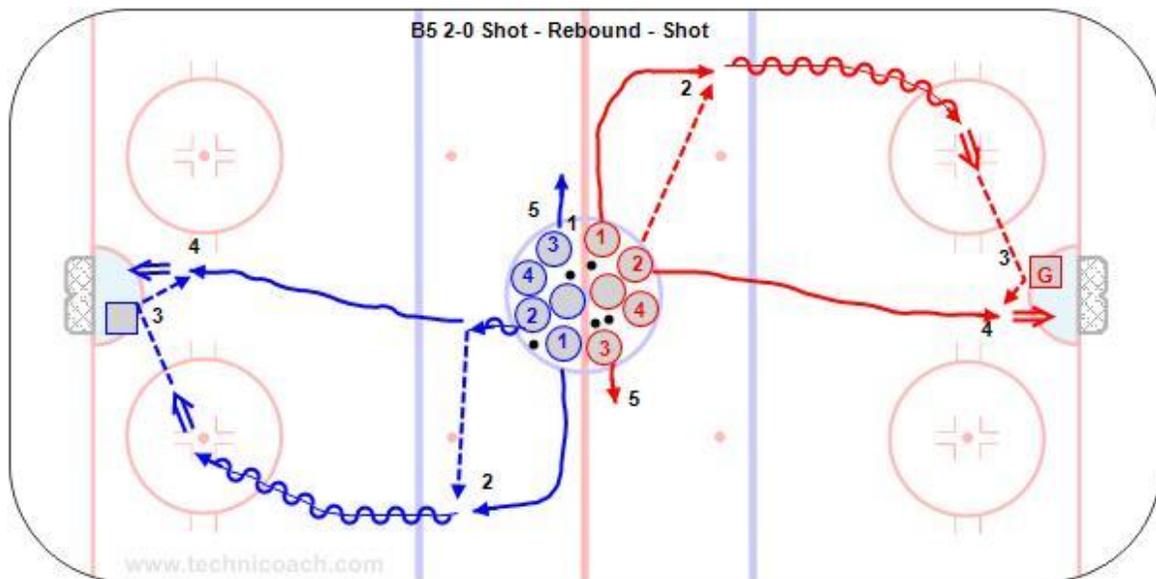
Key Points:

Shoot while skating and aim at the far pad. It is really a shot pass off the goalies pad when the shooter sees he has no openings and #2 is going hard to the net.

Description:

1. Start in the B5 formation with the players inside the middle circle.
2. Each #1 leave to the wide lane and get a pass from #2.
3. #1 Skate wide and shoot from outside the circle and shoot low to the far pad to create a rebound.
4. #2 go hard to the far post and be ready to shoot in a rebound.
5. Repeat the other way with each #3 leaving and getting a pass from #4.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121108160612789>



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

Key Points:

Do everything with quick feet. Make hard passes and D follow the play right away.

Description:

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

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

B5 - Breakout Reps - Czech U20

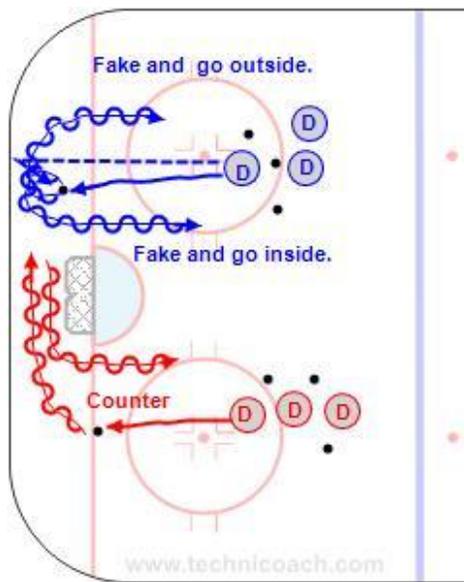
Key Points:

Defense go through the options for picking up a dump in. Shoulder check one way, fake, hard strides with the puck.

Description:

1. Defense at one end and alternate options when they go back for a puck.
2. Shoulder check, fake turn right, left, counter, wheel.
3. The D to D options; over, reverse can also be done.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150816212955269>



B5 - Breakout x 2 Regroup - 3 Shots - Pro

Pro Key Points:

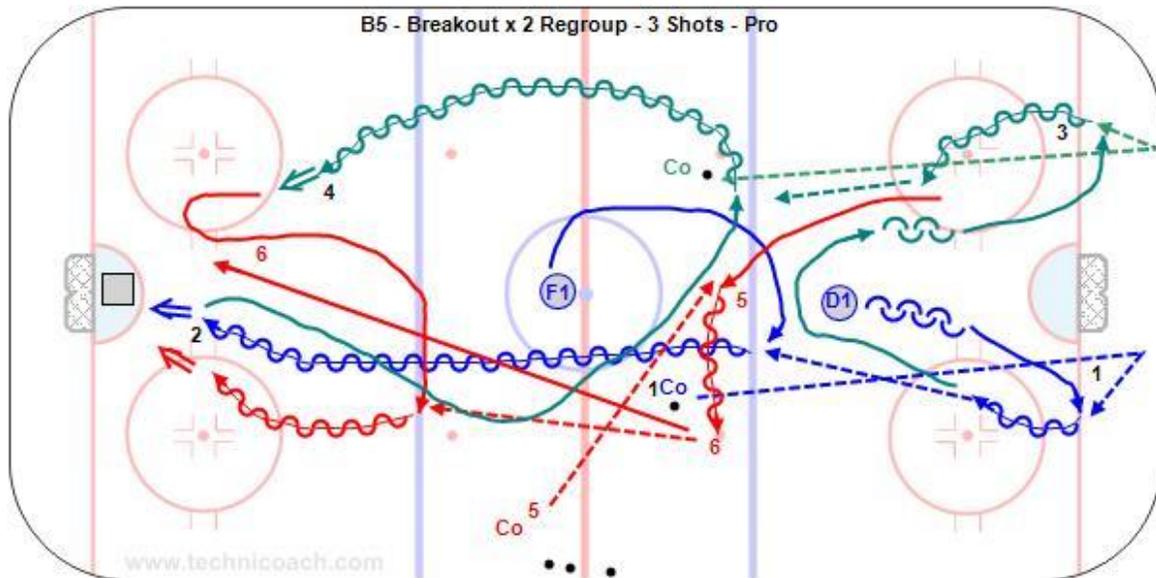
Shoulder check, skate between the dots, forward time to skate into the pass and give a target, pass while skating.

Description:

1. Coach dump the puck into the corner for D1 who passes to F1.
2. F1 attack and shoot at the far end.
3. Coach dump the puck into the other corner for D1 who passes to F1.
4. F1 attack a second time and shoot at the far end.
5. Coach pass to D1 near the defensive blue line.
6. D1 regroup and pass to F1 and join the rush.

*You could do this sequence up to 5-0.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141016091352784>



B5 - D Alternating Point Shots - Russian U20

Key Points:

Pass and shoot while skating. Give a target and hit the net with the shot. Use lots of fakes and carry the puck in the triple threat position.

Description:

1. D1 pick up puck and skate inside the dot and pass to D2 who shoots while skating backwards.
2. D2 get a new puck, skate, pass to D1 who shoots while skating backwards.
3. D1 get a new puck skate a pass to D2 who is skating backwards.
4. D2 pass back to D1 who shoots from the mid-point.
5. Repeat - D2 to D1 to D2 who shoots.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150914091850785>



B5 - D to D Hinges - U17

Key Points:

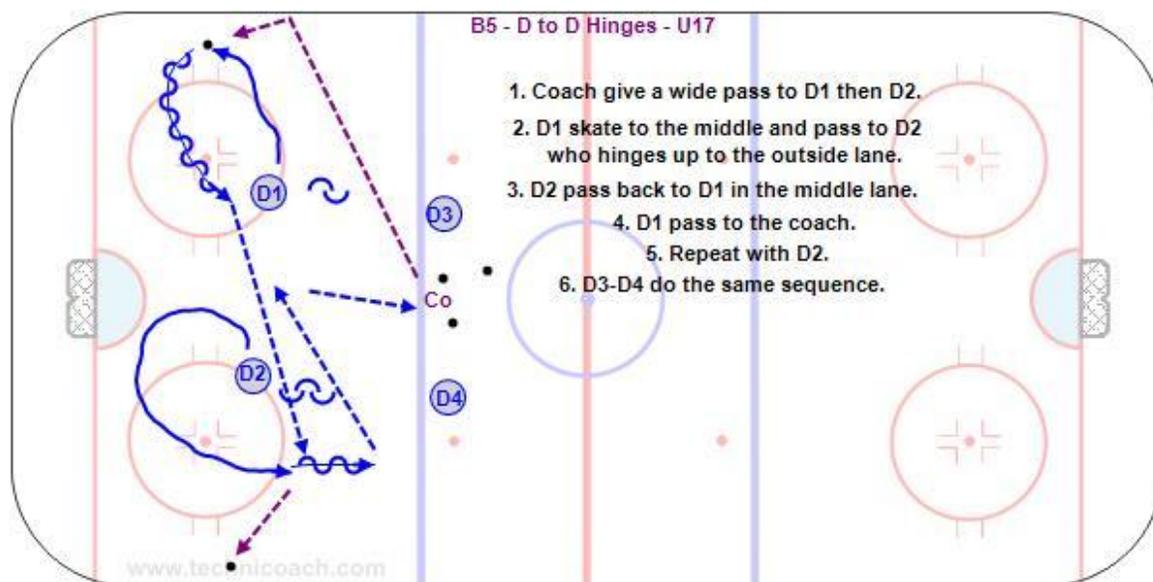
Shoulder check, skate and pass, D must stagger and not be parallel. Give a target and use head and shoulder fakes to freeze forecheckers.

Description:

1. Coach give a wide pass to D1 then D2.
2. D1 skate to the middle and pass to D2 who hinges up to the outside lane.
3. D2 pass back to D1 in the middle lane.
4. D1 pass to the coach.
5. Repeat with D2.
6. D3-D4 do the same sequence.

* Option: Use the same sequence to practice low breakout options.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201509271032233>



B5 - Shot Block x 3 - U17

Key Points:

Get into the shooting lane first before closing the gap. Create a large surface by going down on one knee sideways and turn the protective equipment toward the puck.

Description:

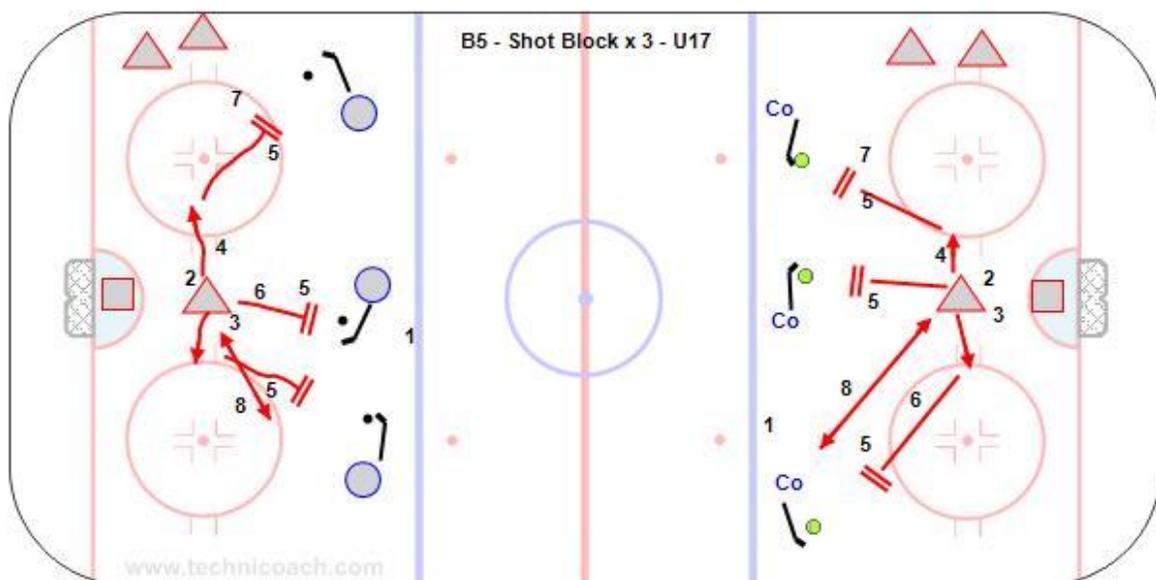
1. Three coaches (or players) spread across the point and have a soft puck or ball.
2. Player starts facing the net at the hash marks.
3. On the signal turn and identify which shooter has the puck.
4. First skate into the shooting lane and then skate out to close the gap.
5. Time it so you drop to one knee sideways just before the shot.
6. Use controlled skating so you can adjust to fake shots or drag and shoot moves.
7. Turn the elbow pad toward the shot and the head sideways to protect yourself when there is no full cage to protect your face.
8. Return to the mid slot and do 3 repetitions.
9. After using this drill to teach technique a good progression is to have a SAG where the Jokers at the point must shoot.

Blocking Shots Sweden

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140318151943862>

Blocking Shots x 3 – U17

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B5 - T2 5-0 Breakout Practice

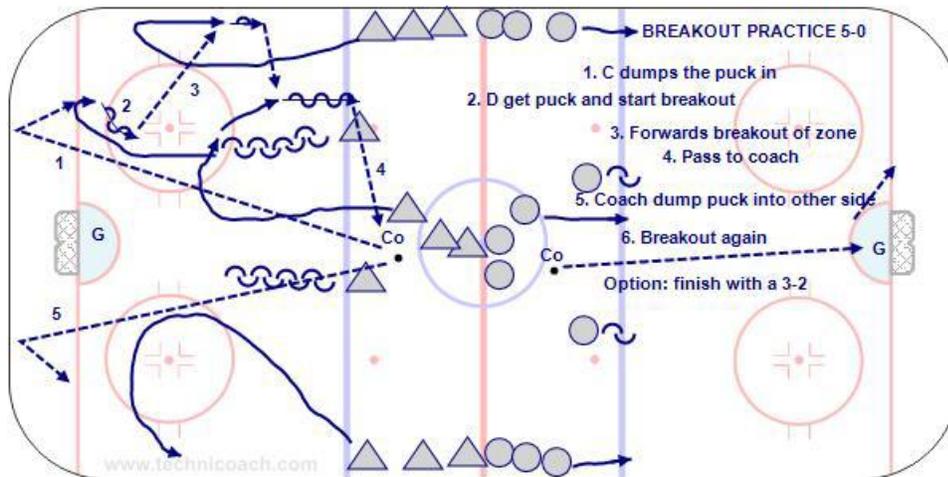
Key Points:

Breakout from both sides and practice all the options including D to D passes.

Description:

1. Coach dumps the puck in.
 2. D go back and get the puck, move between the dots and pass or go D to D.
 3. Forwards breakout of zone.
 4. Pass the puck to the coach.
 5. Coach dumps the puck in the other corner for another breakout.
 6. Do all of the options, go, counter, wheel, reverse, reverse to wing, over.
- Option: do a third breakout and the forwards skate to the red line and turn back attacking 3-2.

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B5 and B6 Pass and Replace

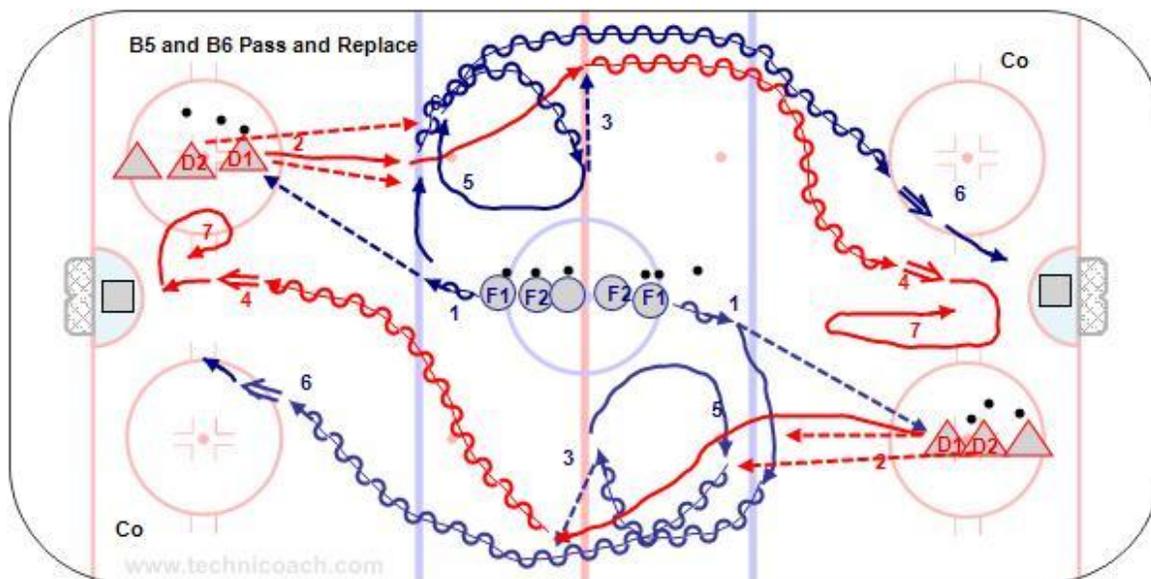
Key Points:

Face the puck and give a target. On shooting drills always circle back and rebound for the next shooter.

Description:

1. F1 pass to D1 and skate across.
2. D1 pass back to F1 and follow the pass.
3. F1 circle back and pass to D1 in nzone.
4. D1 shoot at the opposite net.
5. F1 circle back and get a pass from D2.
6. F1 shoot at far end.
7. D1 circle back to rebound for F1's shot.

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B5 Breakout 5-0 with Point Shot

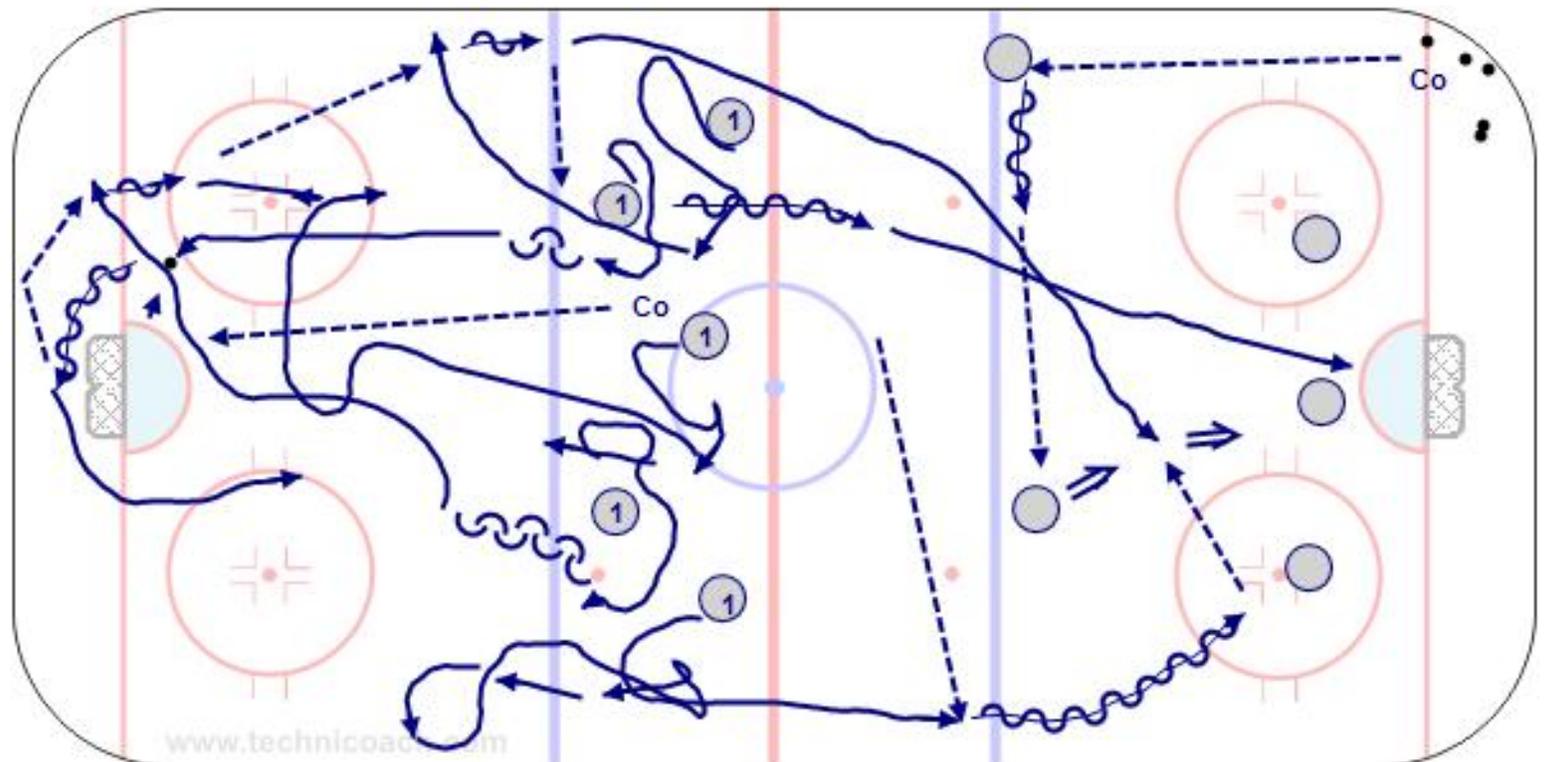
Key Points:

Coach calls the various options, up, across, wheel, reverse.

Each line go one direction then dump into the other end or alternate ends.

Description:

1. Players skate in nzone then coach dump in
2. D make a D to D or D to F pass and follow the play.
3. All forwards touch the puck on the rush and shoot. then screen, tip and one timer position.
4. Coach pass to D who skate across line and pass to partner who shoots or shot pass.



B5 Breakouts With 2 D

Key Points:

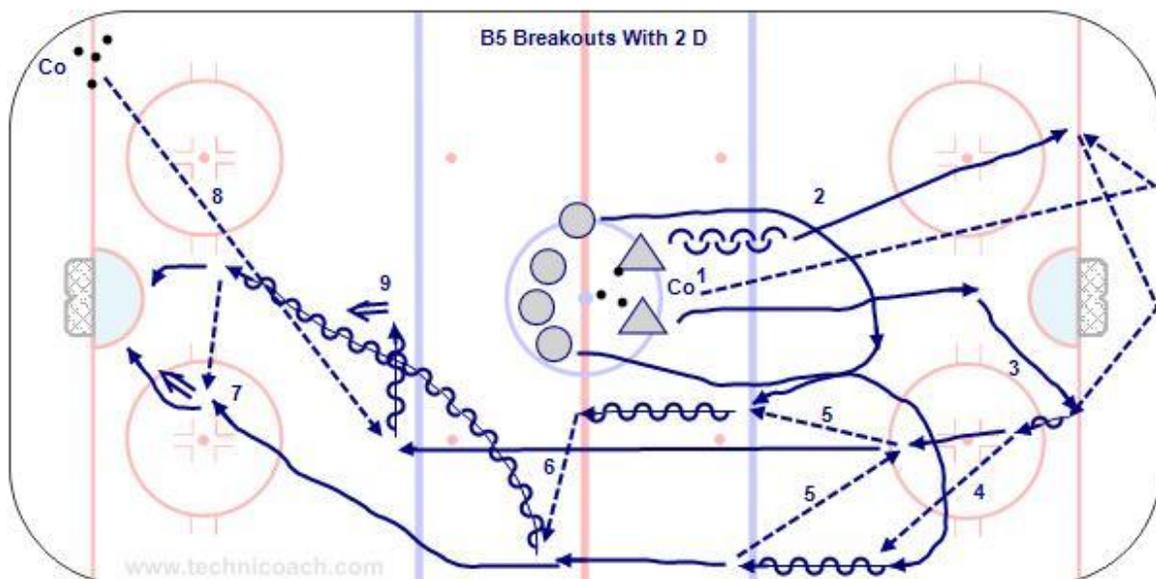
Defense practice D to D passes and communicate with each other.

1. Over - the pass from D1 is made behind the net to D2 on the other side.
2. Reverse - D1 drive skates to the back of the net and bounces off the boards towards the corner to D2.

Description:

1. Coach shoots the puck in to one side.
2. D1 skates back to forward, shoulder checks and picks up the puck.
3. D2 skates to net front and calls over and moves to the other side for a pass behind.
4. D2 pass to a forwards on the wall or up the middle.
5. F1 pass back to D2 and D2 pass up to F2.
6. F's pass wide and skate to the middle.
7. F's attack 2-0.
8. Coach pass to D2 who followed the attack.
9. D2 shoot while F1 and F2 screen.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080720200746400>



B5 Cross and Drop Sequence

Key Points:

Players are inside the middle circle. Two players skate around and cross and drop then 2 from the other group leave.

Leave the puck when dropping and the second player skate behind. Return to line from the wide lanes to avoid collisions.

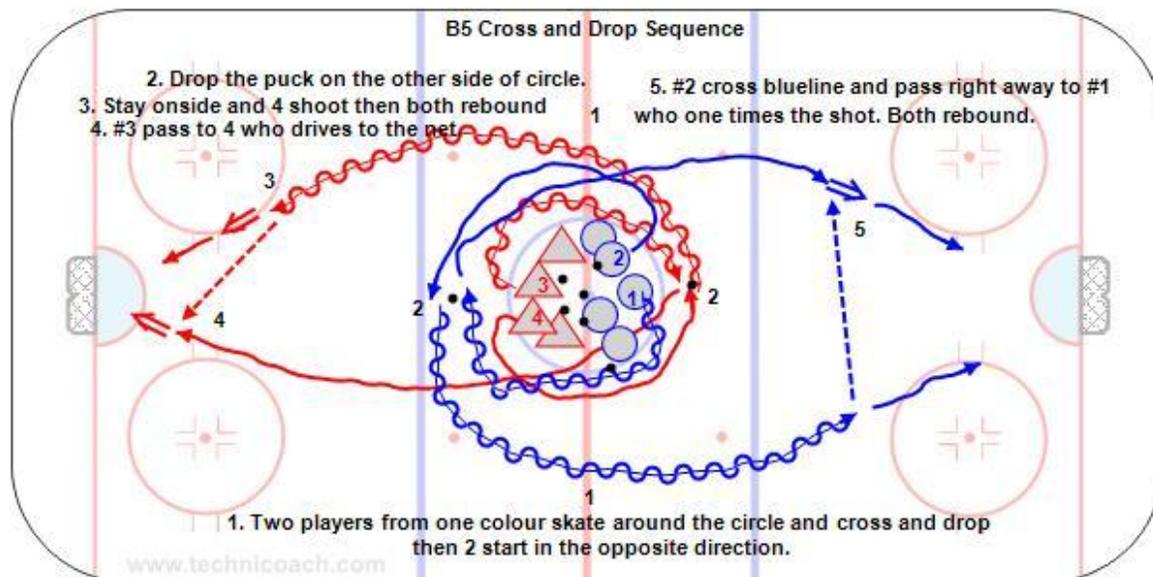
Description:

1. Two players from one colour skate around the circle and cross and drop then 2 start in the opposite direction.
2. Drop the puck on the other side of circle.
3. Stay onside and 4 shoot then both rebound
4. #3 pass to 4 who drives to the net.
5. #2 cross blueline and pass right away to #1 who one times the shot. Both rebound.

Options:

- a. One, two or three players leave at a time.
- b. After shooting one or two players defend the next rush, 1-1, 2-1, 2-2, 3-2, 3-3.
- c. Give + go with last shooters. Etc.

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B5 Czech Stretch Pass

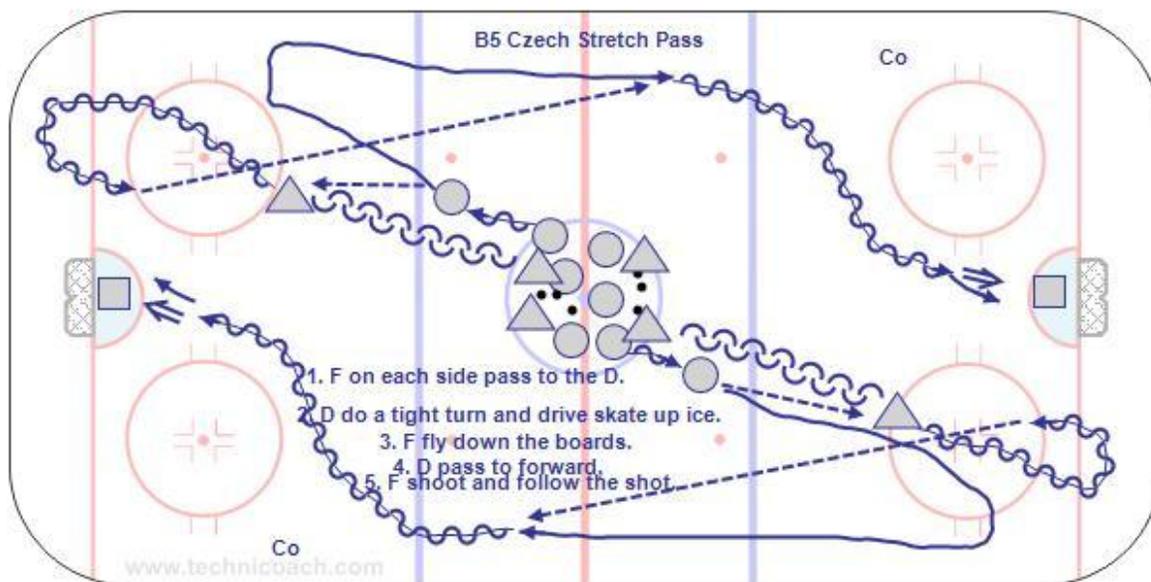
Key Points:

Forward must read the defenseman has good control before stretching. Another F must come across the middle to give an outlet option.

Description:

1. F on each side pass to the D.
2. D do a tight turn and drive skate up ice.
3. F fly down the boards.
4. D pass to forward,
5. F shoot and follow the shot.

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B5 Double Cross and Drop – HC Dukla Jihlava

Key Points:

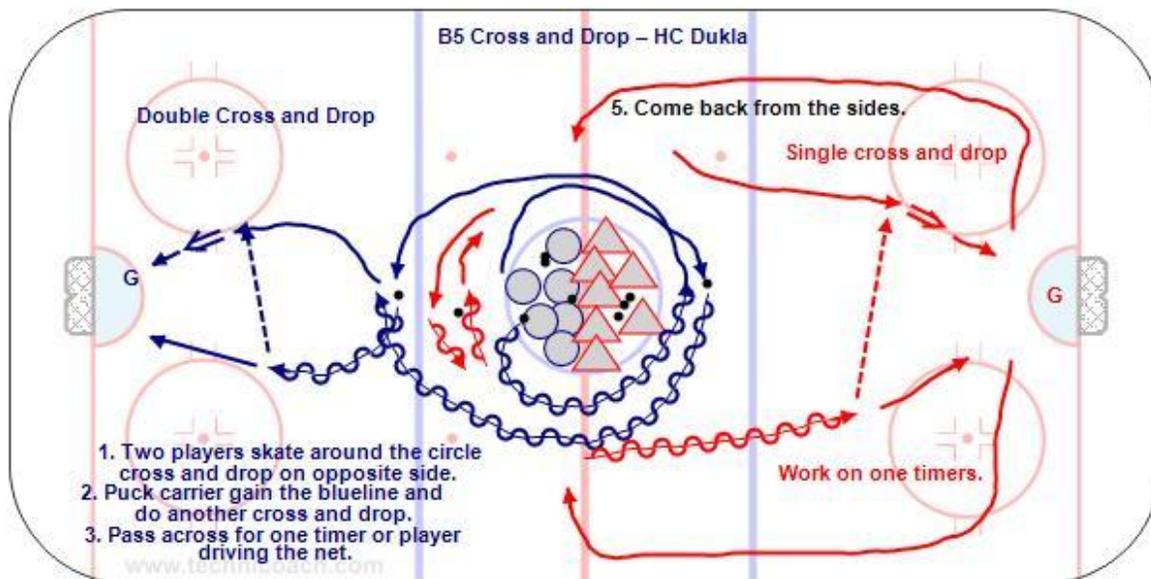
Do one or two drop passes and work on quick attacks, one timers or create situations. Use this formation from 1-0 to 3-0 or create 1-1 to 3-3 situations. Always follow the shot for rebounds.

Description:

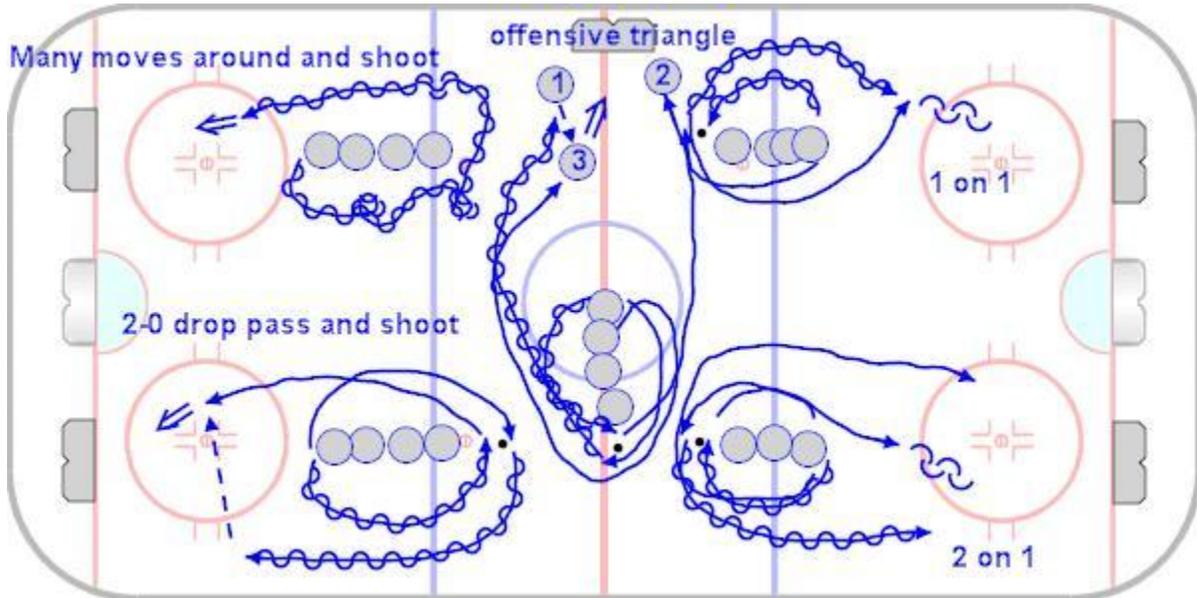
1. Two players skate around the circle and cross and drop on opposite side.
2. Puck carrier gain the blueline and do another cross and drop.
3. Pass across for one timer or player driving the net.
4. Go for rebound.
5. Come back from the sides.

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B5 Double Cross and Drop



B5 Cross and Drop Options



B5 Double Cross-Drop-Pass-Shoot Options

Key Points:

Cross over skate, leave the drop pass as still as possible.

Pass quickly.

Going to the net for a bang in or practicing a one timer from the high slot is also easy to do.

Description:

Option One: Double Drop-Pass-Shoot

-R1 skate around circle and cross-drop to R2

-R 2 gain the blue line and cross-drop to R1.

-R1 either shoot or pass to R2 who shoots.

-Rebound.

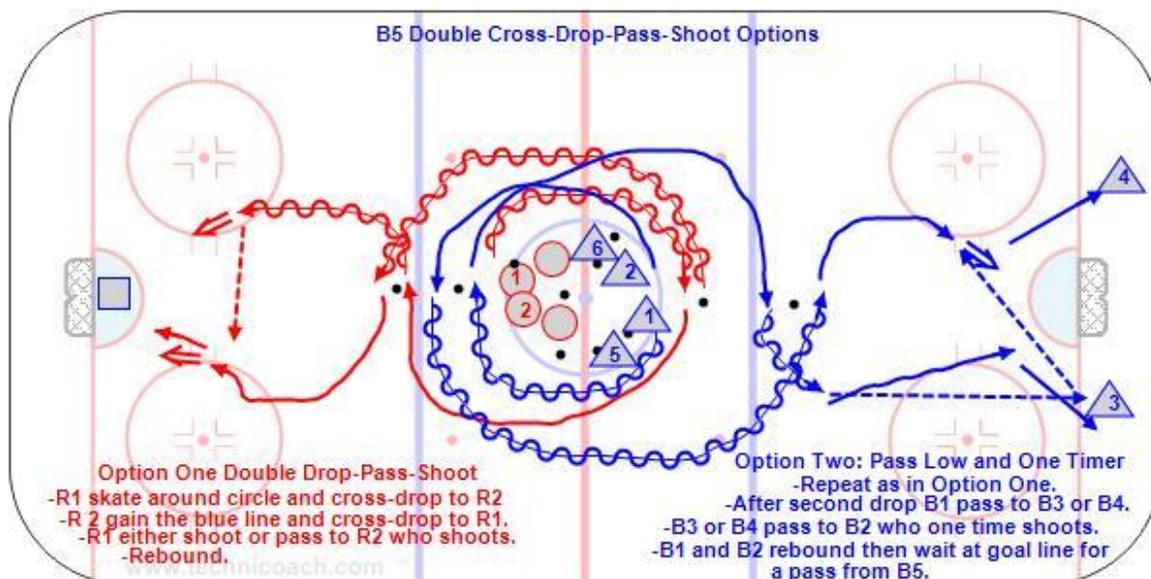
Option Two: Pass Low and One Timer

-Repeat as in Option One.

-After second drop B1 pass to B3 or B4.

-B3 or B4 pass to B2 who one time shoots.

-B1 and B2 rebound then wait at goal line for a pass from B5.



B5 Forecheck Skills Deflect-Steer-Angle-Finish

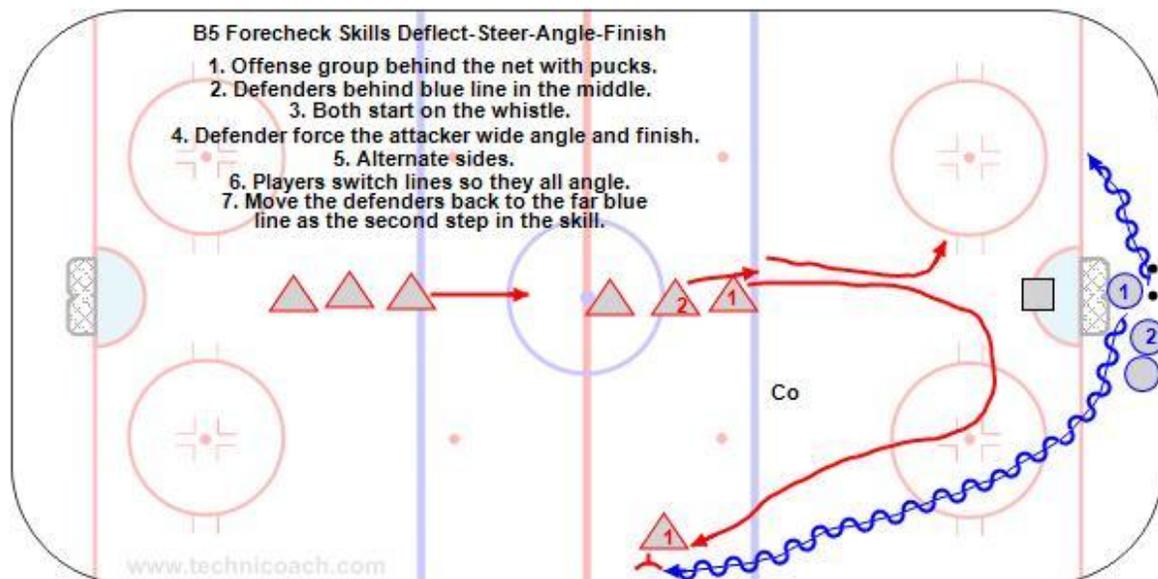
Key Points:

Gene Reilly shows the approach. Cut the ice in half with the stick in the passing lane and steer the player outside the dots. Angle toward the back of the inside shoulder so they can't turn back, then finish shoulder to shoulder and stick on the puck.

Description:

1. Offense group behind the net with pucks.
2. Defenders behind blue line in the middle.
3. Both start on the whistle.
4. Defender force the attacker wide angle and finish.
5. Alternate sides.
6. Players switch lines so they all angle.
7. Move the defenders back to the far blue line as the second step in the skill.

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B5 Full Ice Breakout-One D

Key Points:

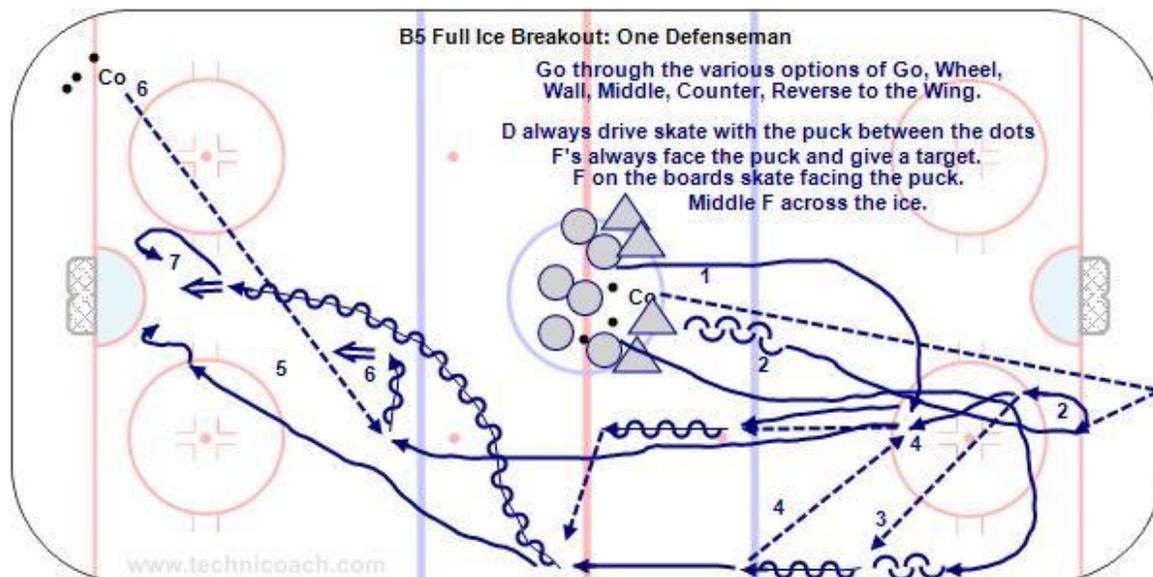
Go through the various options of Go, Wheel, Wall, Middle, Counter, Reverse to the Wing.

D always drive skate with the puck between the dots and F's always face the puck and give a target. F on the boards skate facing the puck. Middle F across the ice.

Description:

1. Coach dump the puck into the corner and call the breakout option.
2. D shoulder check and drive skate.
3. Pass to either F.
4. F pass back to the D who passes to the other F.
5. F's attack 2-0 and shoot and rebound.
6. Coach pass to D at the point who skates the puck between the dots and shoot.
7. Forwards screen and tip.

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B5 - 3 Give and Go x 3 – Shoot - Rebound

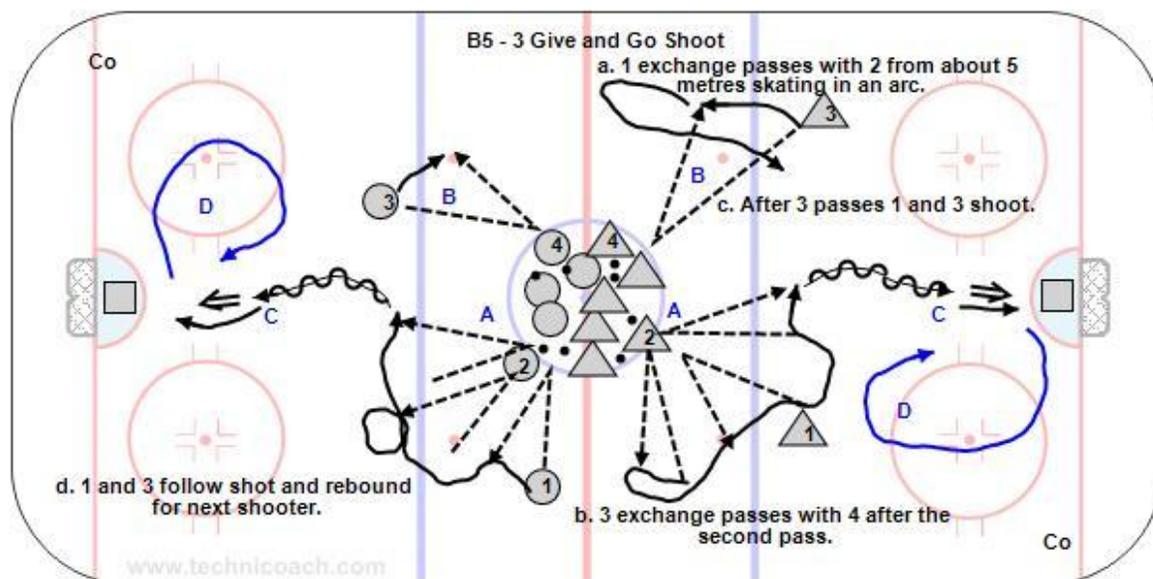
Key Points:

Face the puck all of the time and keep moving in a semi circle with stick on the ice.

Description:

- 1 exchange passes with 2 from about 5 metres skating in an arc.
- 3 exchange passes with 4 after the second pass.
- After 3 passes 1 and 3 shoot.
- 1 and 3 follow shot and rebound for next shooter.

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B5 Loose Puck Battles

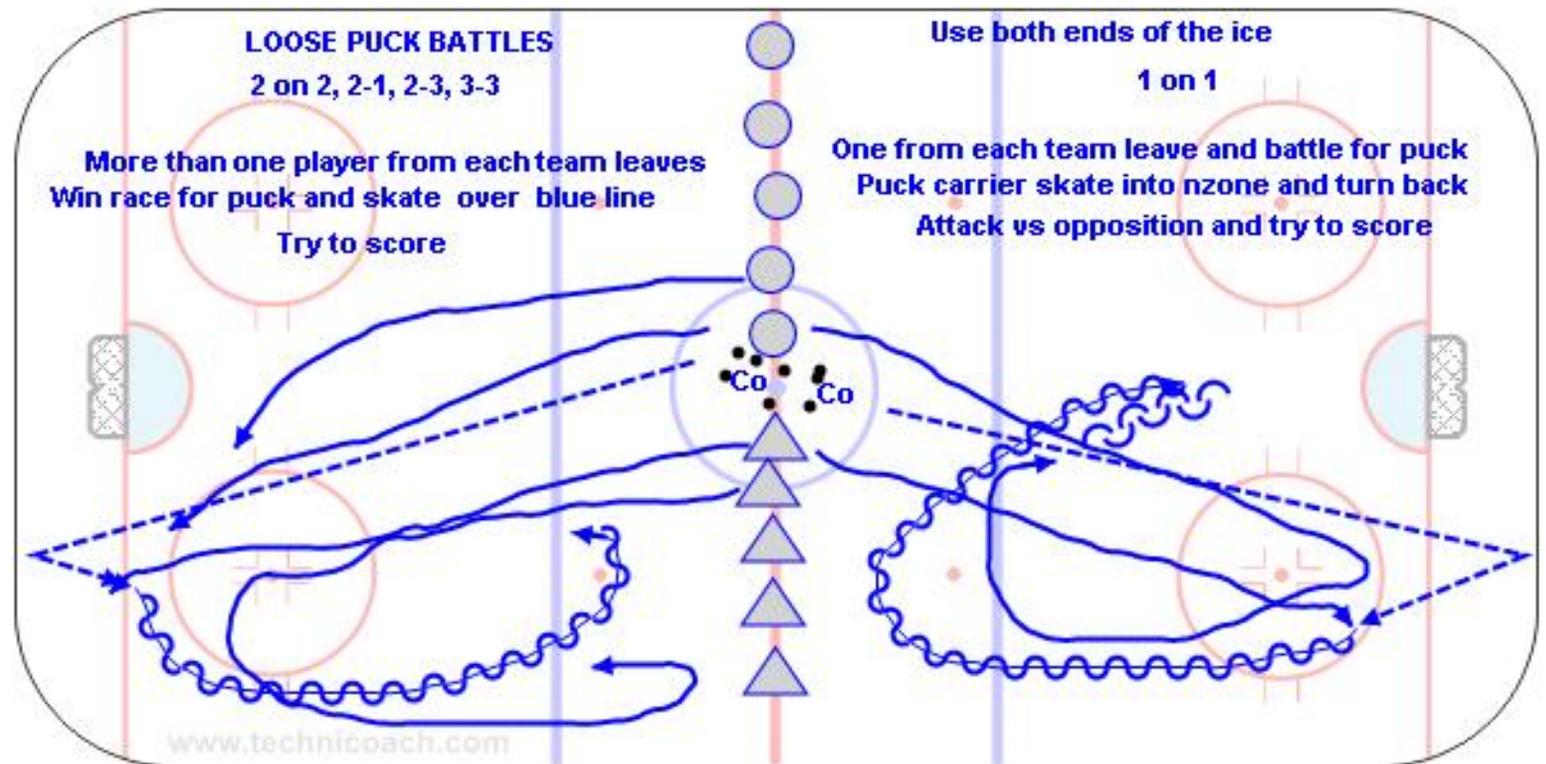
Key Points:

- Players should protect themselves while going into the corners. Don't skate straight in toward the boards.
- Contact each other before getting the puck to gain position.
- Protect the puck with the body and use quick strides to escape.
- Attack with a good move and defend with tight gaps.

Description:

Players are lined up across the red line and the coach or coaches in the middle with pucks. One team to each side of the coach.

1. The coach dumps the puck into the corner and the first player on each line races to get the puck, then the coach dumps a puck into the other corner and the next players race to the puck.
2. Whichever player wins the battle in the corner skates out over the blueline and thru the middle circle then attacks the original end while the other player defends. This happens at both ends of the ice.
3. As soon as the rush is over another puck is dumped into the corner.
4. Situations like 2-1, 2-2, 3-2, 3-3 can also be used.



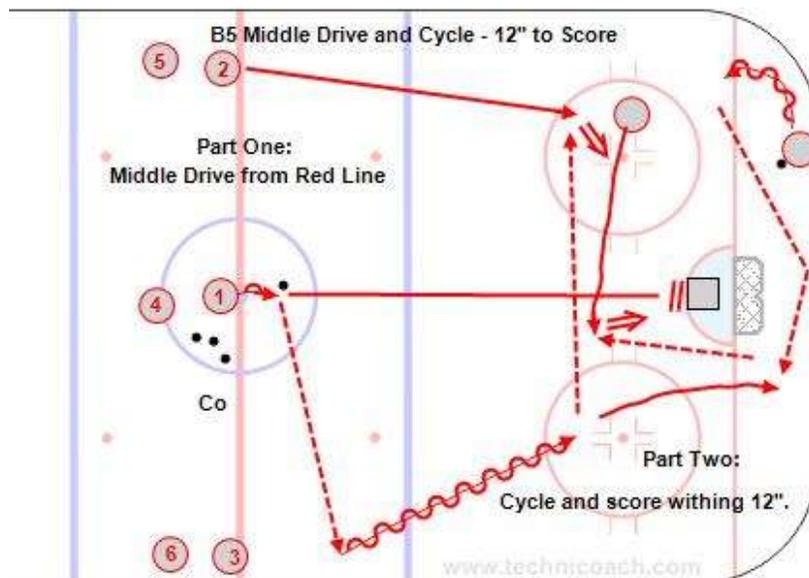
B5 Middle Drive and Cycle - 12 Seconds to Score

Key Points:

The player in the middle lane skate hard to the top of the goal crease. The two players in opposite wide lanes are about a quarter of a zone behind. Force the backchecker to make the proper decision.

Description:

1. Players leave from the red line.
2. R1 pass wide to R2 or R3.
3. R1 skate hard to the top of the goal crease and stop.
4. R2 and R3 follow in a second wave behind R1.
5. R3 pass across to R2 who one times the puck on net.
6. Play a rebound or a new puck shot by the coach and work together to score within 12 seconds from the start.
7. Next group repeat.
8. Create a contest to see how many goals they can score within the time limit.



B5 Murdoch Breakout Routine A and B

Key Points:

This is a good routine to use at the start of practice instead of just skating around the ice aimlessly.

- Work for 5-10 min. and get in a lot of reps.
- D shoulder check on the way to the puck.
- Forwards funnel through middle lane and watch puck before swinging up the boards.

Description:

Wings and Defense

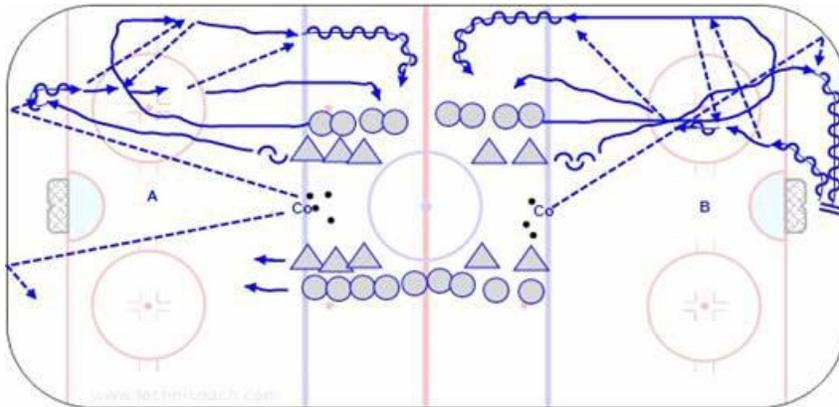
A. Coach shoots puck in and D gets the puck and passes to the wing who times his skating from inside to outside. D to W back to D and up to wing. Then repeat on the other side. All forwards take turns getting the pass on the wing.

B. Coach shoots the puck in and D skates back to get in while the wing times his skating from the middle to the outside lane.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20080720200745971>

The D drives the back of the net and stops and goes out the same direction making a counter pass to the wing, who returns the pass and gets another pass. Repeat on the other side.

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B5 Murdoch Breakout Routine C and D

Key Points:

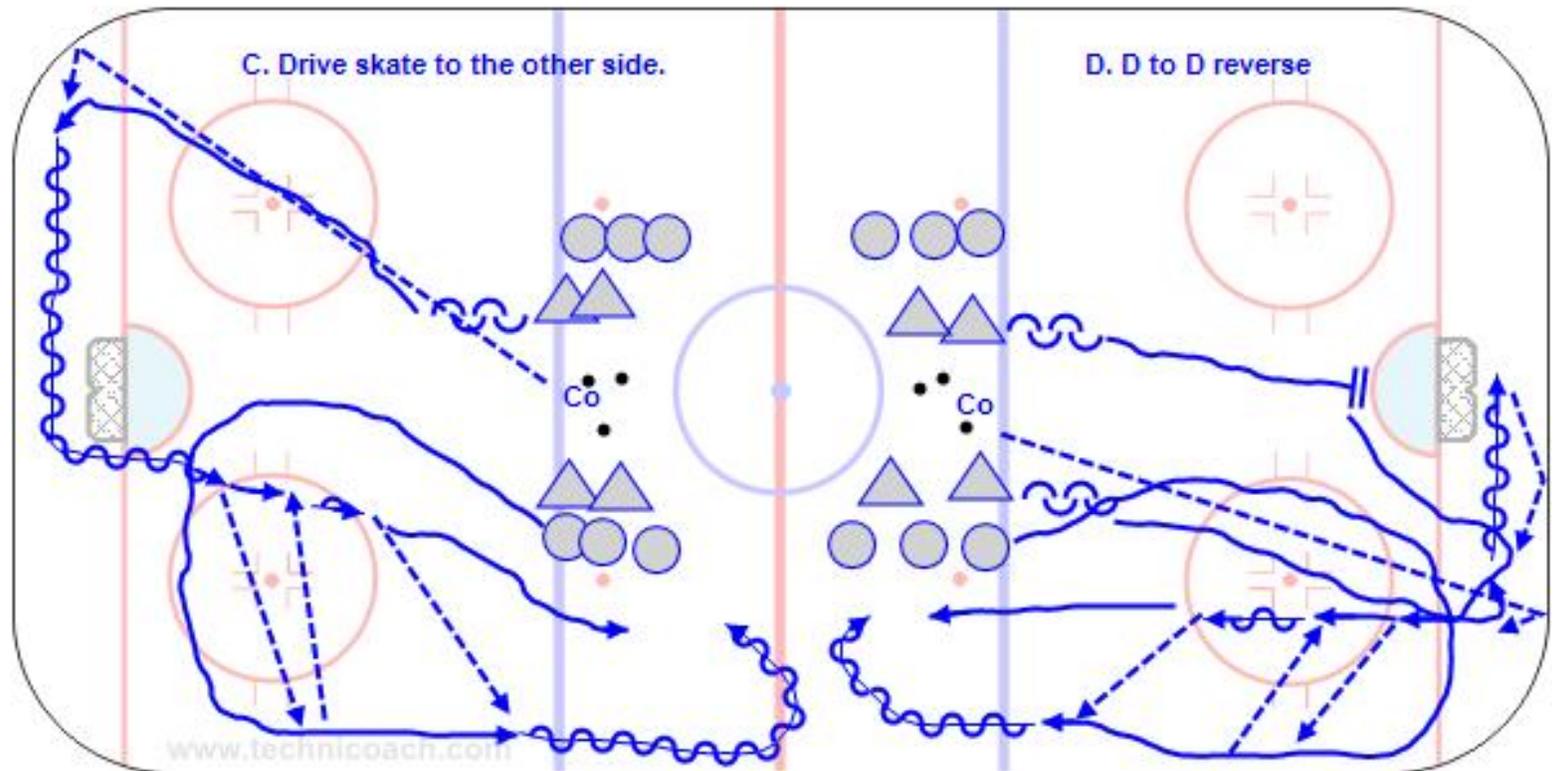
Defenseman Shoulder check on the way to read the forechecking pressure.

Forwards read the play from the middle lane and time it so they are skating up the boards for the pass. If the forechecker follows you behind use the reverse.

Description:

C. Coach dumps the puck in and the D gets in and drive skates hard to the back of the net and up the ice between the dots. Pass D to W to D to W.

D. Coach dumps the puck in and the D gets it and drive skates to the back of the net to draw the forechecker then passes back off the boards to the other D who has called reverse from the front of the net. D2 passes to W to D2 to W and out.



B5 Murdoch Breakout Routine E and F

Key Points:

On all of these both wingers can go and time their skating to be available for the pass. Add the centreman to do 5-0 full ice reps.

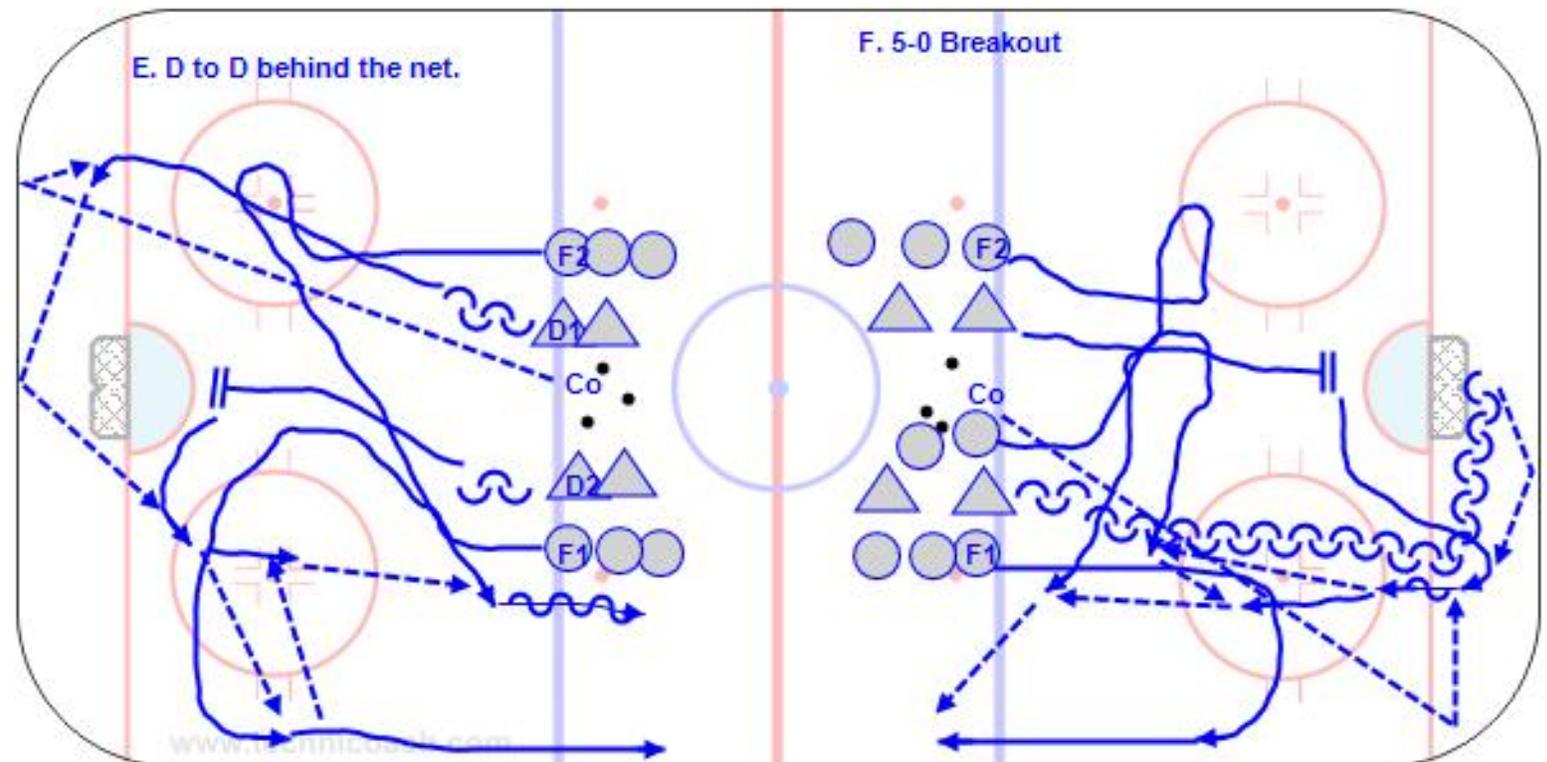
Description:

E. Coach dumps the puck in D1 gets it, D2 skates to the front of the net and calls for the pass D to D. Both wings watch the puck from the middle zone and time their skating to be available for the pass. D1 behind to D2 to F1 to D2 to F2 and out. try to pass to all three forwards and back to D twice. i.e. D to C to D to F2 to F1.

F. Coach calls the breakout (i.e. reverse) and all 5 breakout and try to score at the other end. Practice all of the options doing about 2 reps each line of 5.

Example:

At my last nights practice I had groups of 5 in the middle and they did from A-F as a 5-0, I dumped the puck in one side and then the other and they passed back to me when they got over the blueline. My asst did the same thing on the other side of the redline.



B5 Nzone Overspeed

Key Points:

It is important to do some overspeed training where players skate and do all the skills at a top speed. Go as fast as you can or faster. If no players fall down it means they aren't pushing the envelope. If they all fall down then they aren't good skaters.

Description:

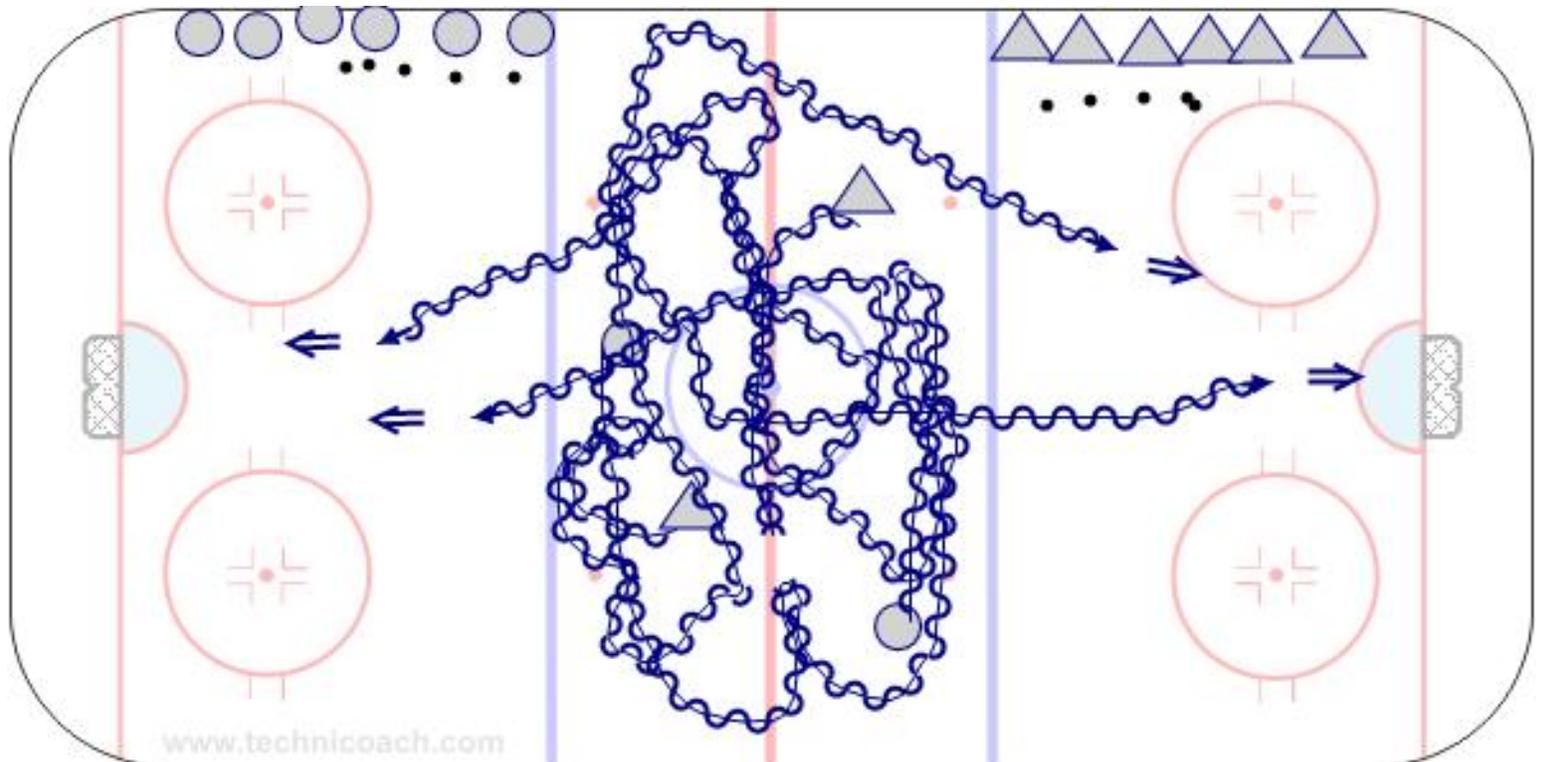
Players wait outside the neutral zone against the boards.

On the whistle two players from each line carry the puck doing moves for 8" and on the next whistle skate hard to take a shot on net. Stress that they shoot while skating at top speed like Ovechkin.

While the first group leaves the second group skates with a puck in the middle.

Follow the shot, look for rebounds.

You could add a give and go with the group ahead and a one timer or other situation at full speed. Whistle every 8 seconds.



B5 Options Using One Quarter Ice

Key Points:

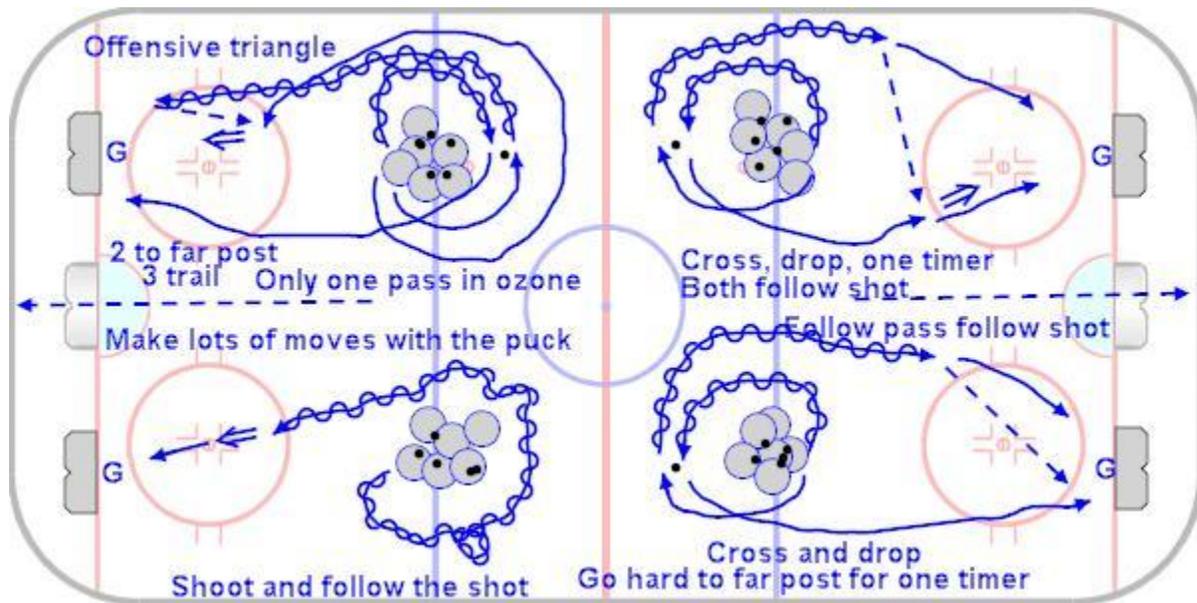
When you have large groups and many goalies it is easy to divide the ice and do skills and games in smaller areas. Skating around the circle adds crossovers as well as drop pass options.

Description:

Players line up just outside of the blue line and circle the group skating and doing skills. 1-0, 2-0, 3-0 individual and partner skills can be practiced as well as situations like a 1-1, 2-1, 2-2 are created by having the players go to defense after they have attacked.

The coach can move from doing drills and then use this D7 Formation for small area games. It is helpful but not necessary to use rink dividers like a 4x4 board, pads, hose.

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B5 Overspeed Skate-Pass-Shoot

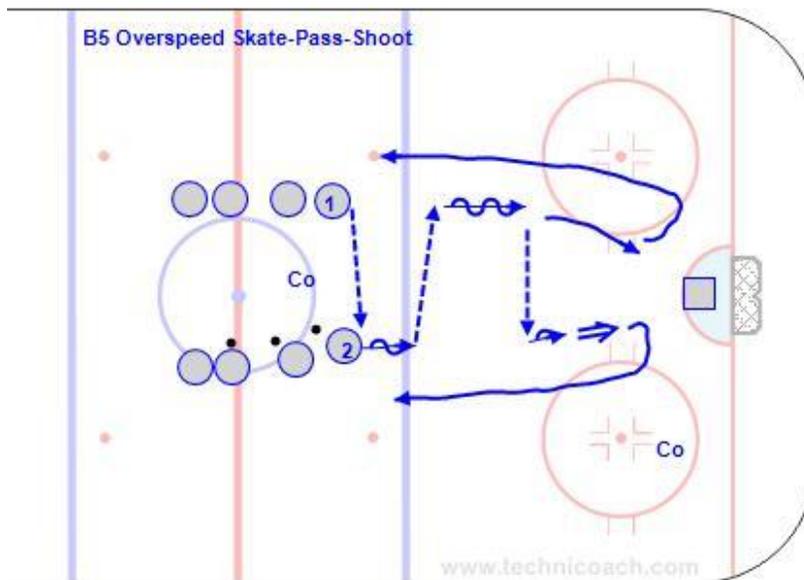
Key Points:

Do everything at top speed. Pass, shoot, skate, rebound, backcheck.

Description:

1. Player 1 and 2 leave on the whistle exchanging the puck quickly.
2. Shoot and rebound.
3. On the whistle skate back over the blue line as fast as possible.

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B5 Pass and Shoot Warm-up Russian Women National Team

Key Points:

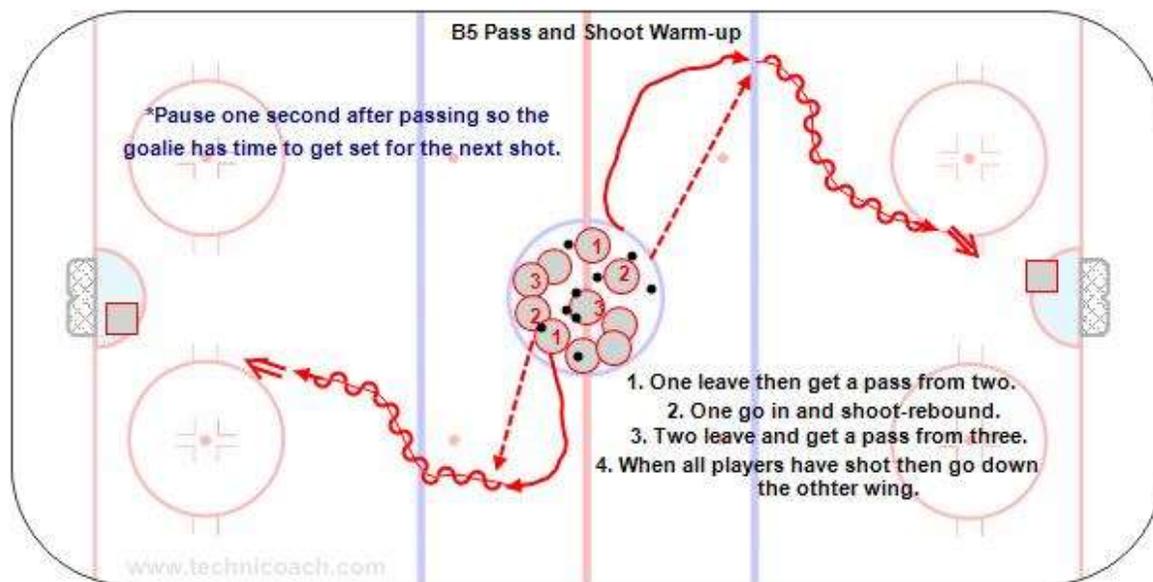
Face the puck. Shoot while skating. Follow the shot for a rebound. After shooting either screen or circle back and look for a rebound from the next shooter.

Description:

1. One leave then get a pass from two.
2. One go in and shoot-rebound.
3. Two leave and get a pass from three.
4. When all players have shot then go down the other wing.

*Pause one second after passing so the goalie has time to get set for the next shot.

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B5 Regroup 2-0 x 2-Flames

Key Points:

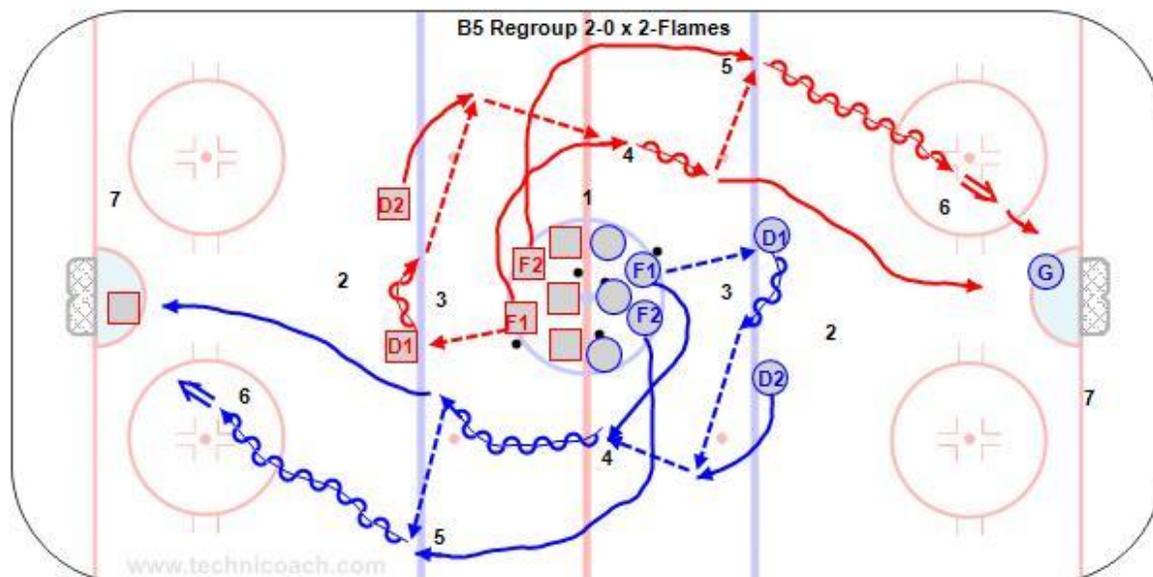
This drill works on the wide hinge, giving targets, pass to the middle, wide entry and middle drive. Everything should be done as quickly as possible with good habits like stopping at the net for rebounds.

Description:

1. Start with the players in the middle circle with red on one going one way and blue the other.
2. Two D from each team start at the blue line.
3. F1 pass to D1 who skates to the middle and passes to D2 who has hinged wide and up.
4. D2 pass to F1 in the middle. D return to the middle circle.
5. F1 pass to F2 who enters the zone in the wide lane.
6. F2 shoot and both forwards look for a rebound.
7. This drill is done from each end.

The coach could add tasks like Red F1 defend a 2-1 vs. the Blue F1 and F2 coming the other lane or skills like F2 shoot low to the far pad while F1 goes for the rebound.

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B5 Regroup and 1-1

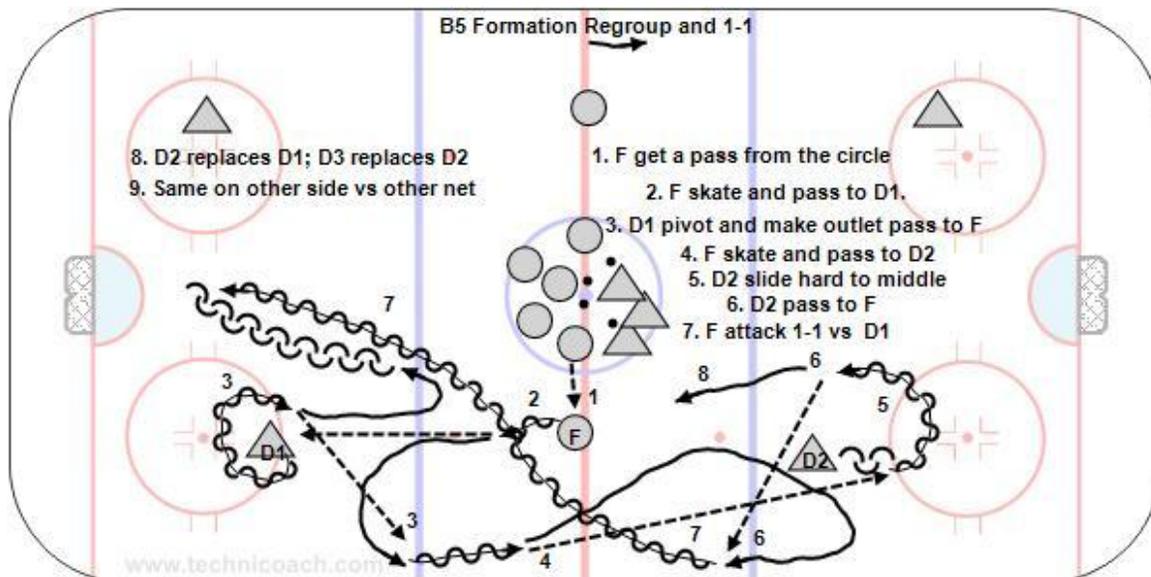
Key Points:

Quick feet, face the puck. This is a drill that Stanislav Barda from the Czech Republic used a lot.

Description:

1. F get a pass from a F in the circle.
2. F skate and pass to D1.
3. D1 pivot and make outlet pass to F
4. F skate and pass to D2
5. D2 slide hard to middle
6. D2 pass to F
7. F attack 1-1 vs D1
9. Same on other side vs other net
8. D2 replaces D1; D3 replaces D2

It can also be done as a 2-1



B5 Regroup Options and Shots Finnish U17

Key Points:

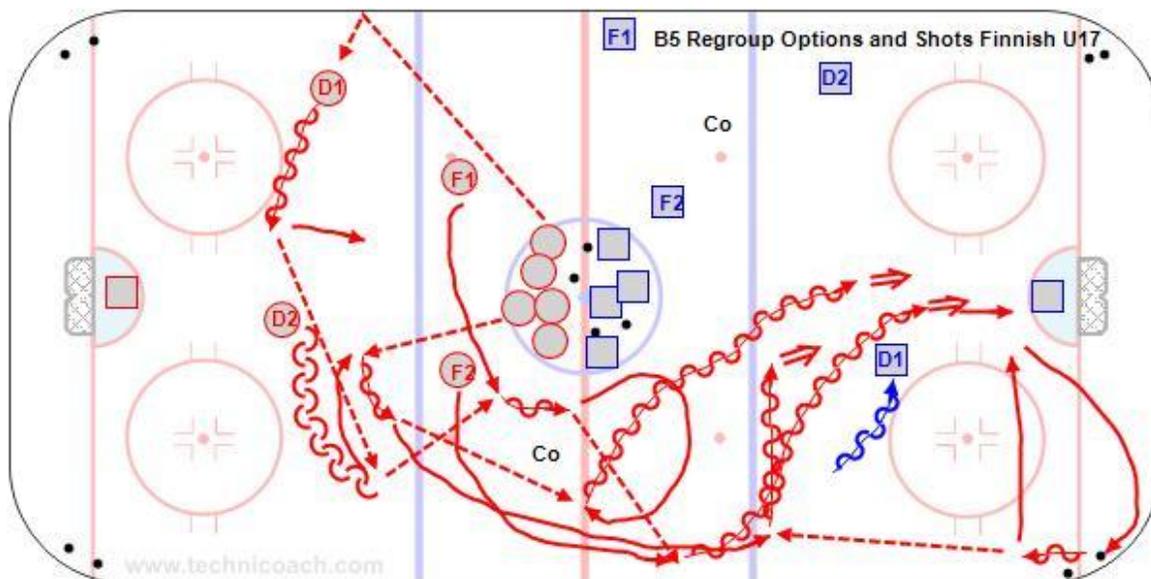
Face the puck at all times and give a target. Shoot while skating and follow for a rebound. Pass firmly. Done from both sides at once.

Description:

Two D and two F leave from the middle at each end.

1. D1 get a pass from the circle.
2. D1 hinge and up to D2.
3. D2 pass to F1 or F2 not covered by coach.
4. F1 pass to F2 who attacks and shoots.
5. D2 gets a new puck from the circle and passes to F1 who now attacks and shoots.
6. D2 follow attack and get a pass from F2 and shoots from the point while F1-F2 screen.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=89>



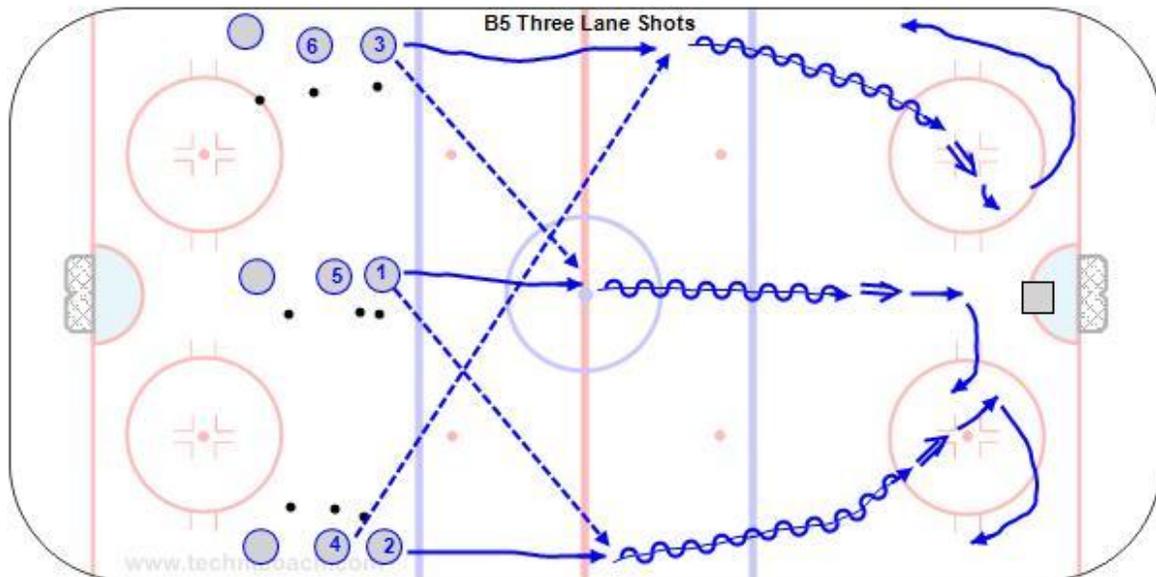
B5 Three Lane Shots

Key Points:

Shoot before the top of the circle. Follow the shot a few strides for the good habit and then return to the line on the outside so you don't get hit with a shot.

Description:

1. Line up in three lanes.
2. Start with 1 pass to 2.
3. Allow 2 to cross the blue line and then 1 leave and get a pass from 3.
4. Wait for 1 to cross the blue line then 3 leave and get a cross ice pass from 4.
5. Repeat 5 to 4, 6 to 5, 7 cross ice to 6.
6. Restart sequence with the first pass 1 to 3.



B5-B6 Breakout 3 Shot Czech - U17

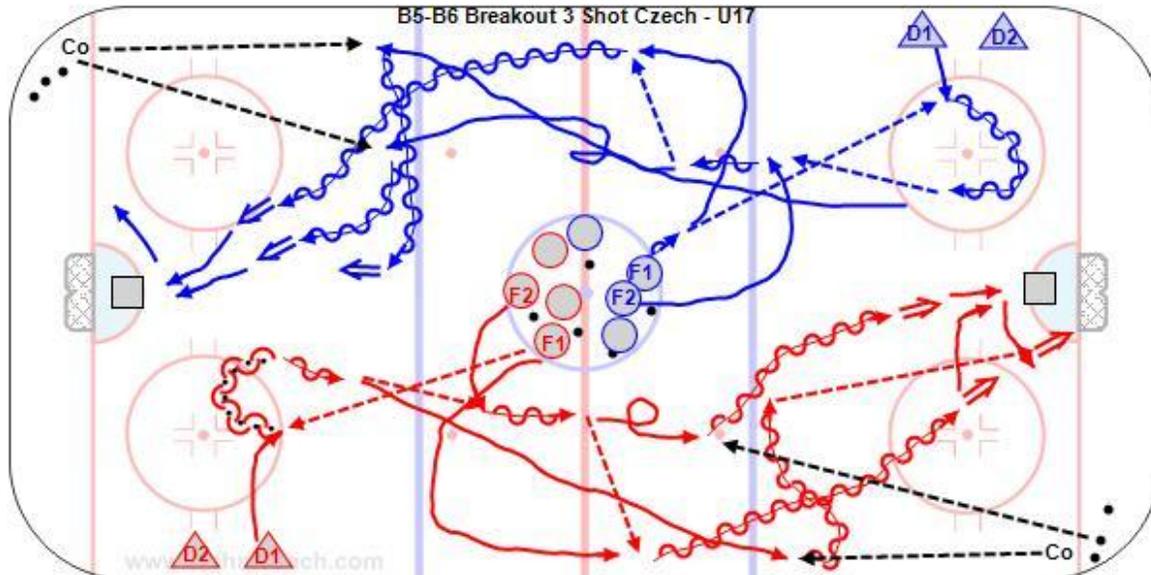
Key Points:

Shoot while moving and hit the net. Follow shot for a rebound and then screen. Give a target and then hustle back to the lineup on the whistle.

Description:

1. Forwards in the middle and Defense at each end.
2. F1 pass to D1 who drive skates.
3. F1 and F2 get open for a breakout pass.
4. D1 pass to F1.
5. F1 pass to F2 who attacks-shoots-screens.
6. F1 spin then get a pass from the coach and shoot.
7. D1 get a pass from the coach and take a point shot or shot pass while F1 screens and F2 is ready for a shot pass.
8. Do this from both sides.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130115154630289>



B5-B600 Quick ups x 2 - Latvia U20

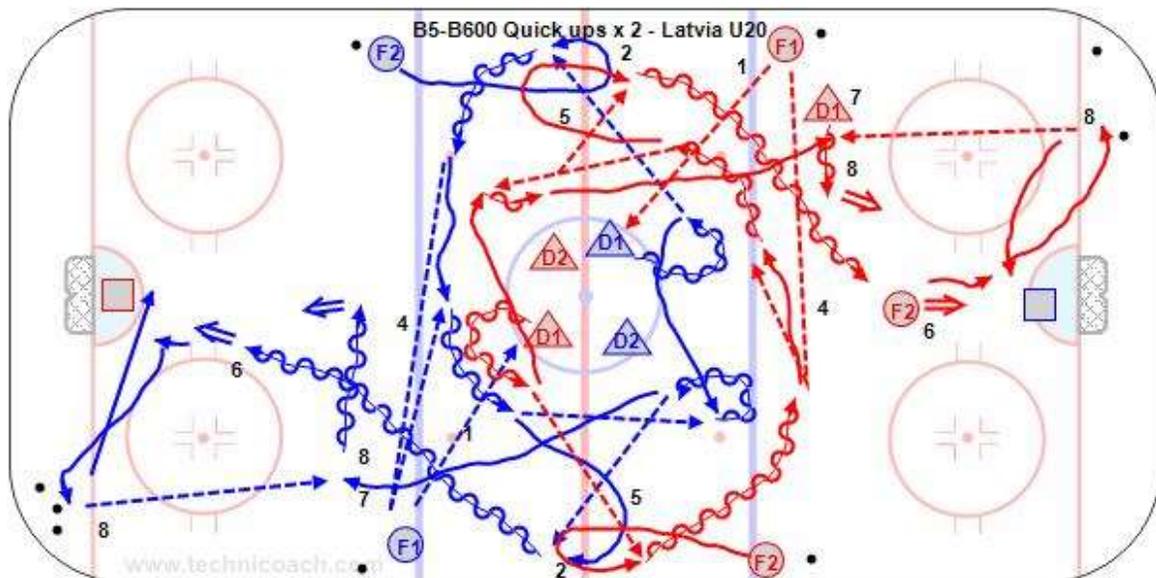
Key Points:

Forward face the puck and defense get between the dots before passing. Do everything with the feet moving.

Description:

- 1 - F1 pass to D1.
- 2 - F2 get open on boards and get pass from D1.
- 3 - F2 give and go with F1.
- 4 - F2 pass to D1 on the other side.
- 5 - F2 get open for return pass from D1.
- 6 - F2 attack and shoot.
- 7 - D1 follow for a pass to the point.
- 8 - F2 get a puck from corner and pass to D1.
- 9 - D1 shoot while F2 screen.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121204145927172>



B6-Dean 1 High 1 Low Shooting

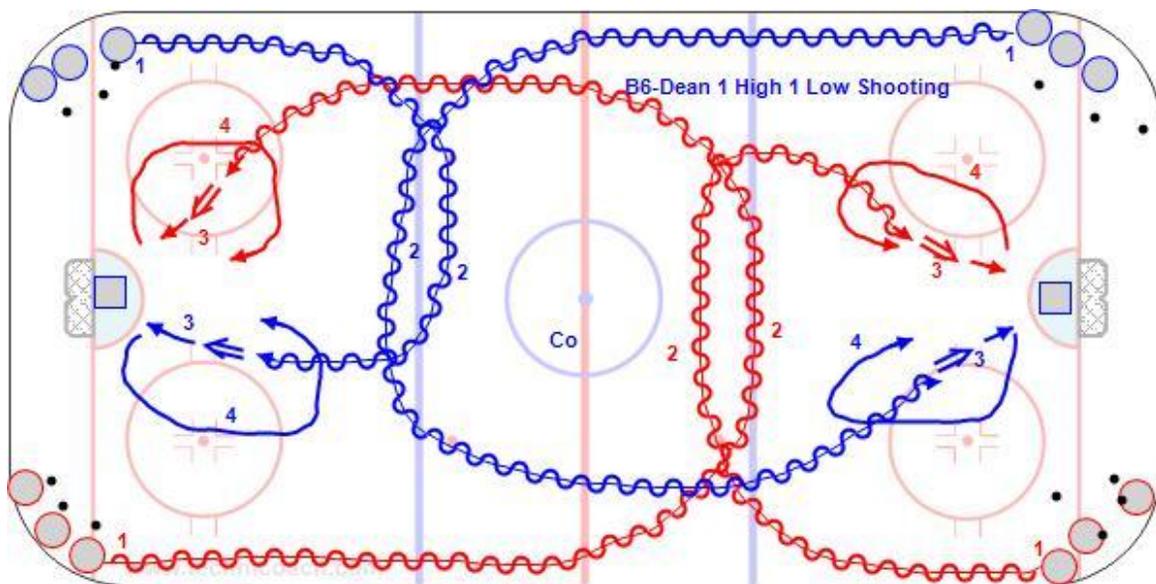
Key Points:

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.

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



B6-600 Flow - Breakout 2 F Shoot - D Point Shot – Finland U20

Key Points:

Make hard passes, give a target, keep skating while making plays, follow shots for rebounds, stop at the net, screen.

Description:

Start at both ends with players on each side of the net and pucks in all four corners.

1 – D1 start by skating up an back get a puck and bank pass behind the net to D2. D1 goes to the corner.

2 – D2 pass to F1 breaking along the boards.

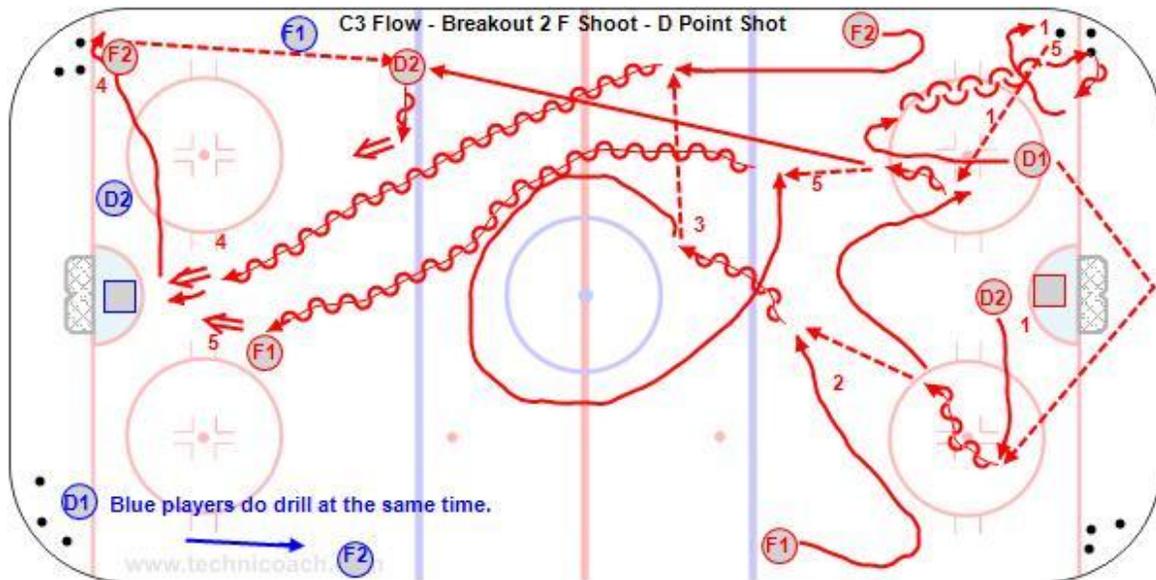
3 – F2 skates to the big ice between the dots and pass to F2. D2 follow then circle back to the corner.

4 – F2 skate down and shoot then skate to corner. F1 skate around the middle circle for a pass from D2.

5 – D1 bump a puck to D2 who skates between the dots and pass to F1 who skates down ice and shoots.

6 – D2 then follow the play up the ice and get a pass from F2 in the corner then drag and shoot – F1-F2 screen.

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B6 1-0 Pass to Middle x 2- Pro

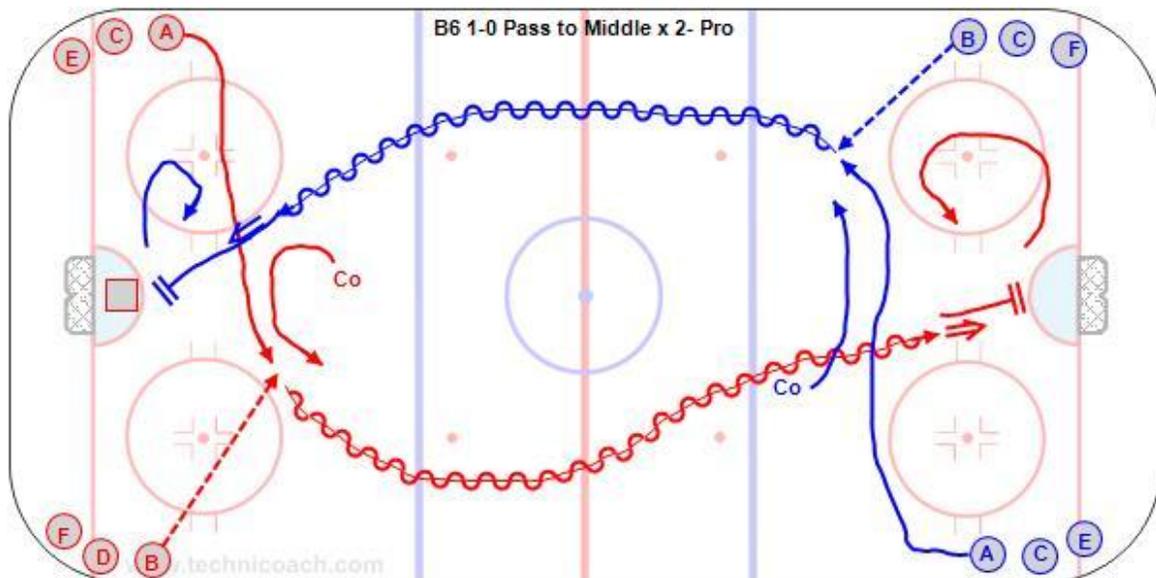
Key Points:

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141107090419346>



B6 1-0 x 2 – Pro

Key Points:

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

Description:

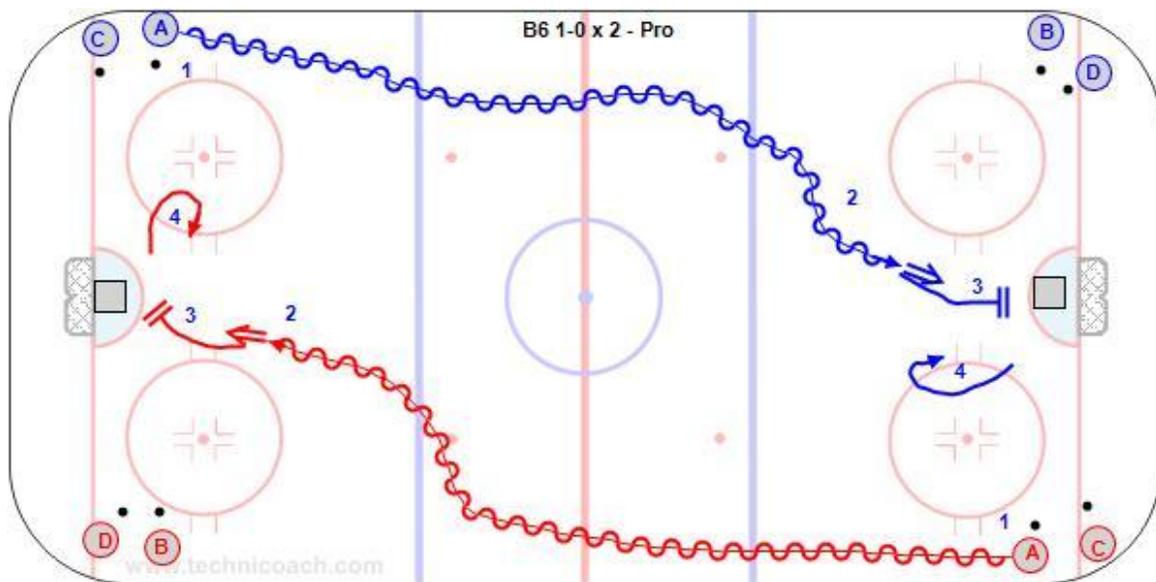
1. Player A leave from diagonal corners.
2. Skate the length of the ice and shoot.
3. Follow the shot for a rebound.
4. Rebound for the next shooter.

*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

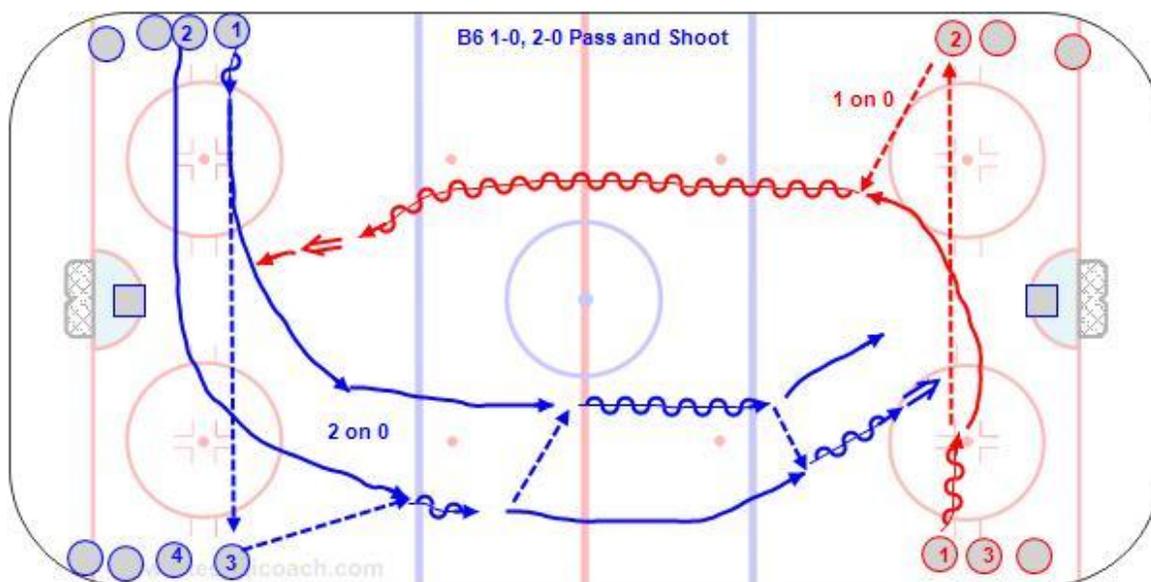
Key Points:

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:

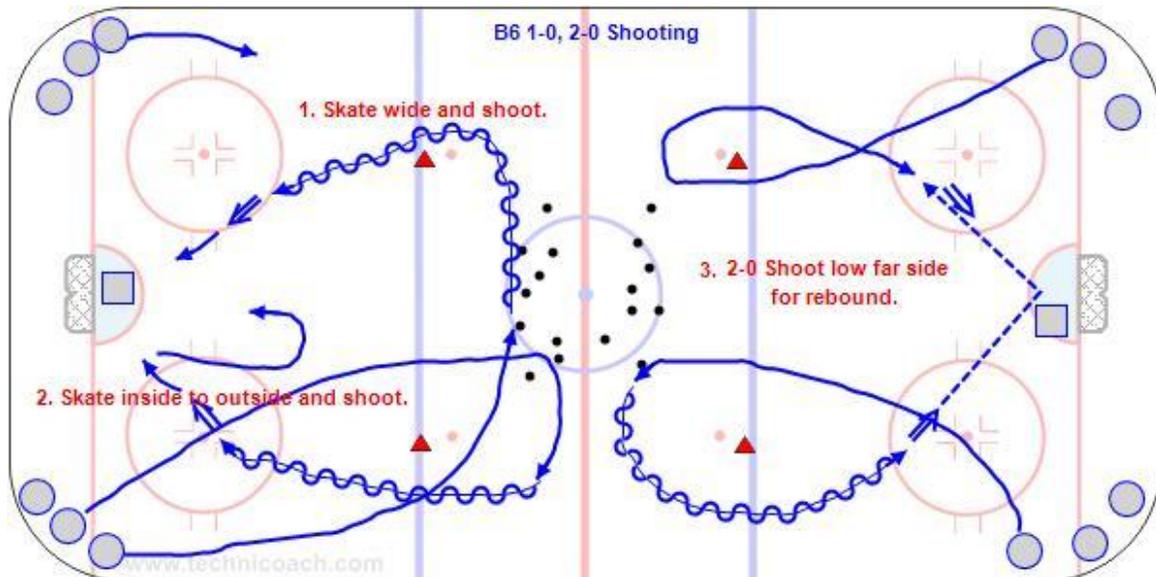
1. Leave from alternate corners and begin with skating across the ice then at the net.
2. Skate inside, get a puck and shoot from the outside lane.
3. Inside to outside 2-0. Shoot low at the far post so the goalie must make a pad save. The supporting attacker one time the rebound.

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

- Challenge the nest 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

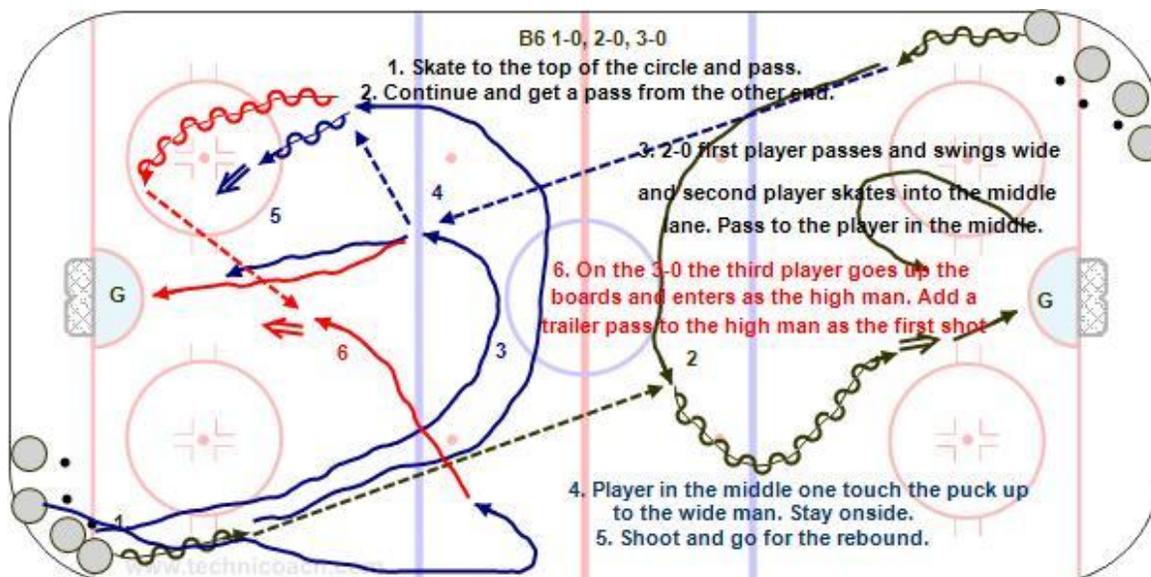
Key Points:

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 Disguised Skate - Pro

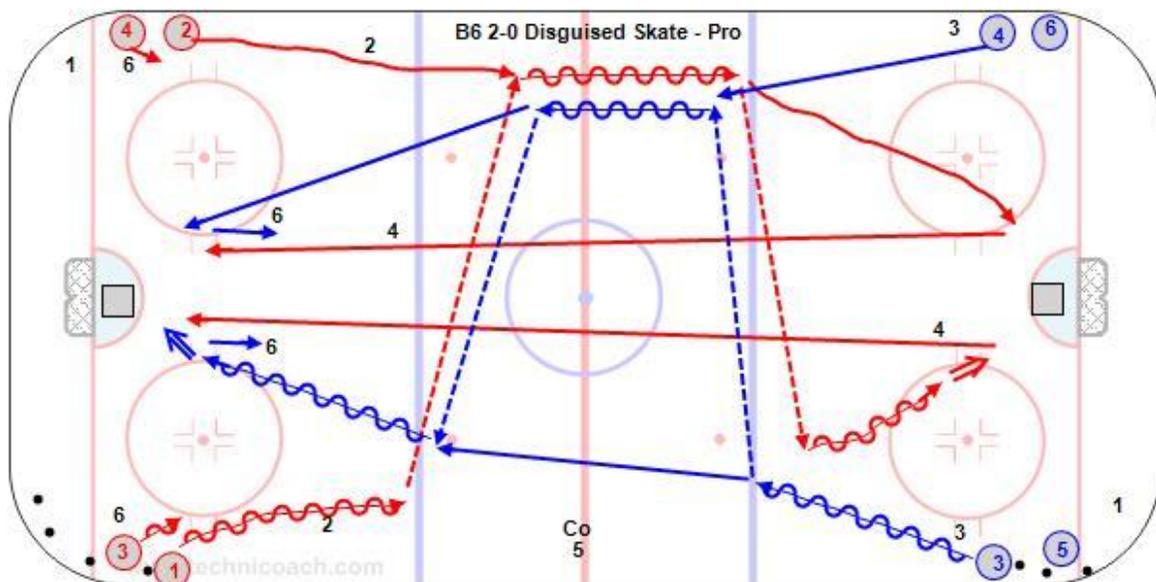
Key Points:

Skate at top speed on the rush and make at least 2 passes. Crash the net for a rebound. Backcheckers tie up sticks on loose pucks.

Description:

1. Players start from the corners.
2. Players 1 and 2 attack 2-0.
3. On the whistle players 3 and 4 attack 2-0 with a new puck.
4. Players 1 and 2 backcheck hard to the slot and cover one player each.
5. Coach should allow a second shot if there is a rebound before whistling.
6. Continue this flow and each group 'Keep Score' and see which two players score the most.

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B6 2-0 Middle Drive - Czech U20

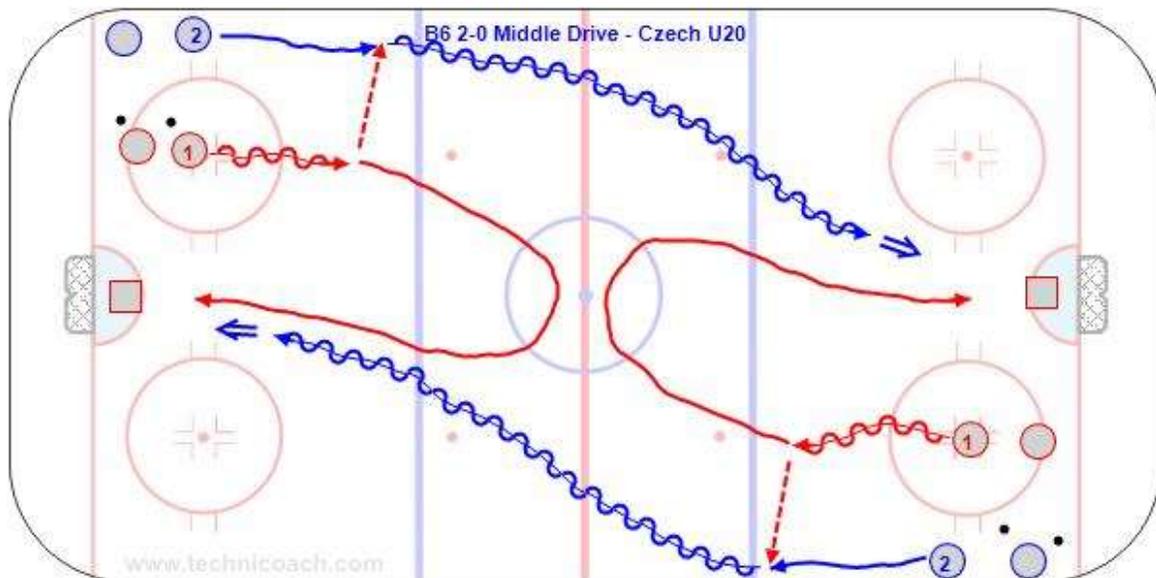
Key Points:

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121204145928587>



B6 - 2-0 Wide and Middle Lane x 2 - Czech U20

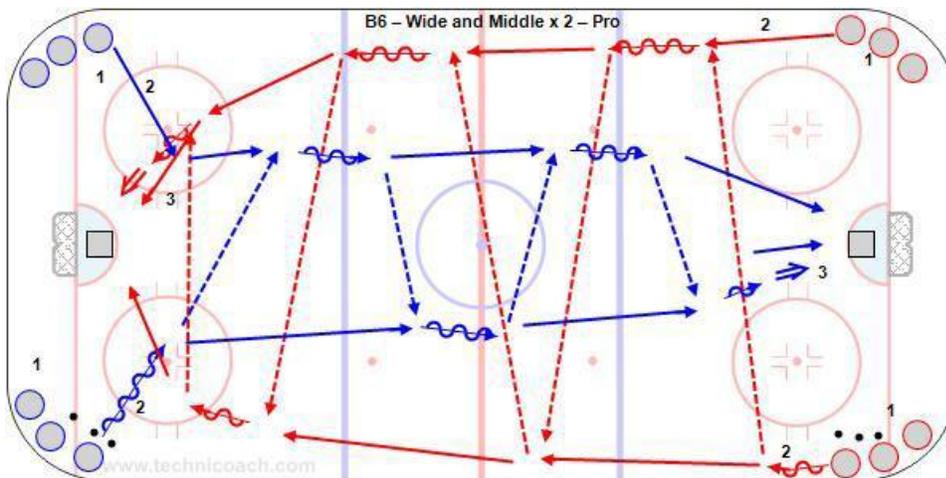
Key Points:

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150816214508637>



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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121003101600796>



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

Key Points:

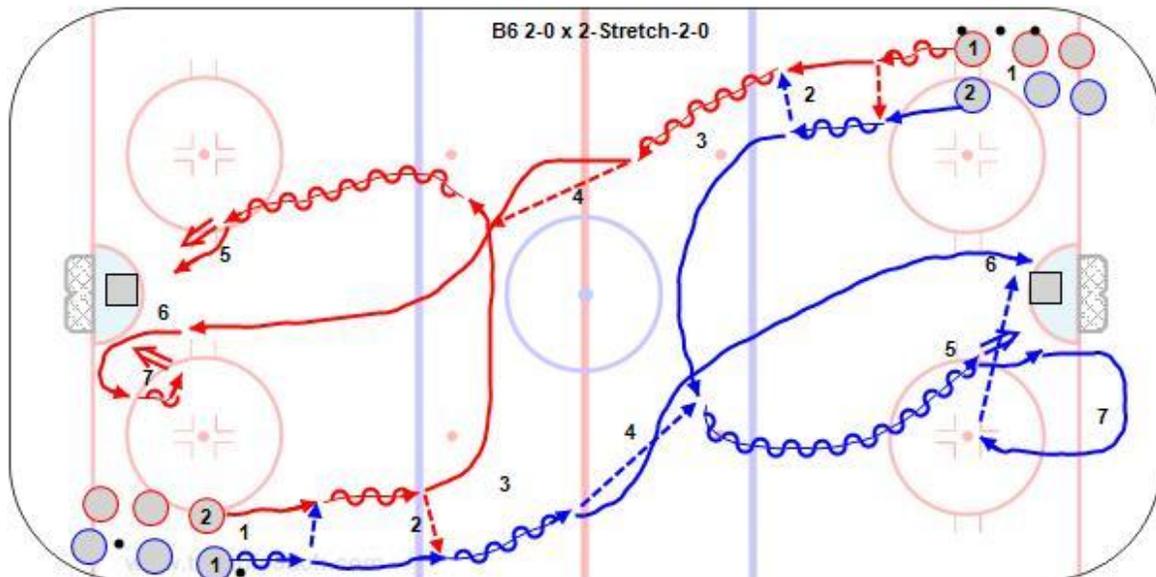
Give a target. Pass hard while skating. Shoot while skating from the front of the body. Crash the net for rebounds. Pursue the rebound for a second shot.

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

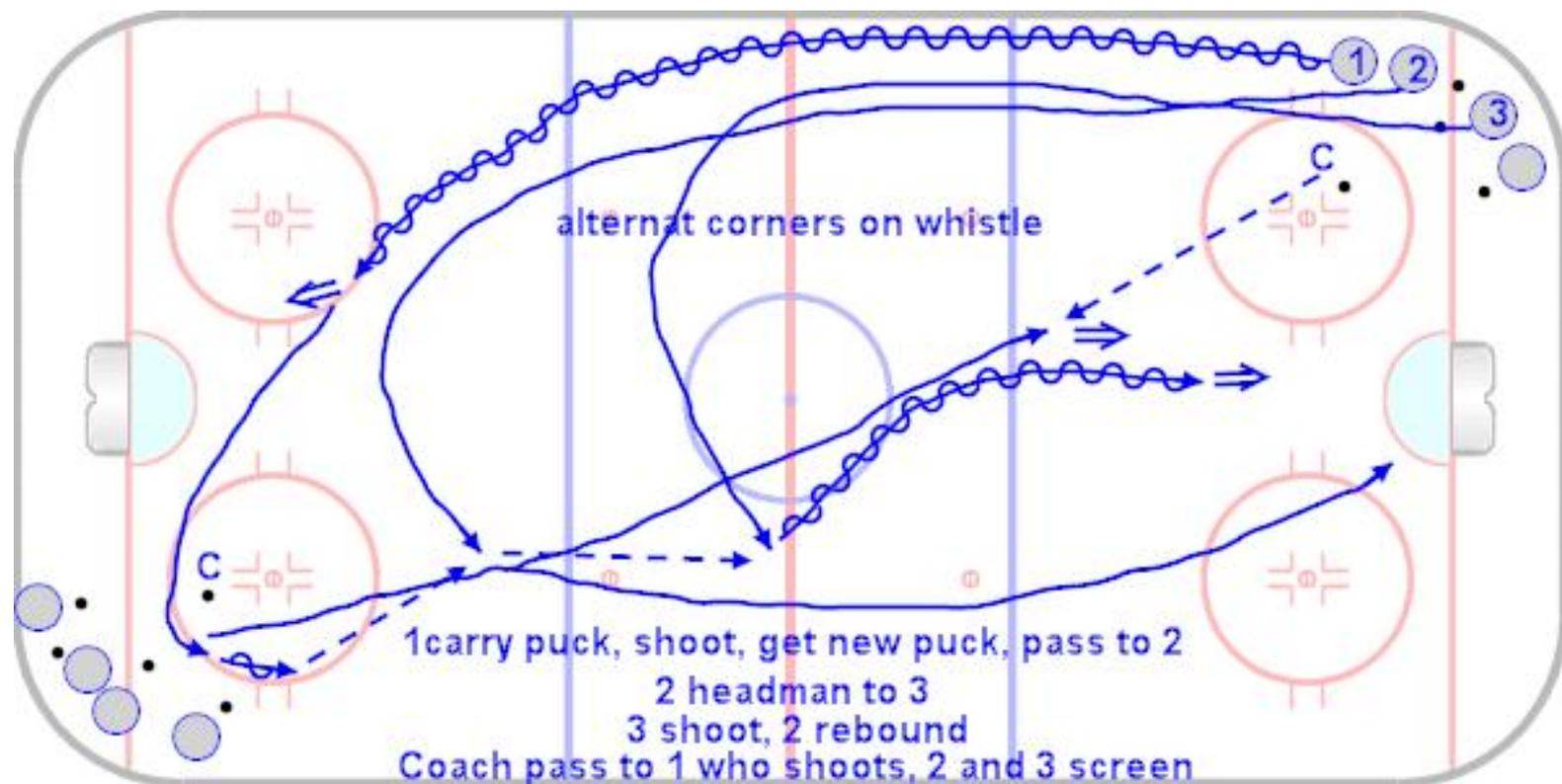
Key Points:

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

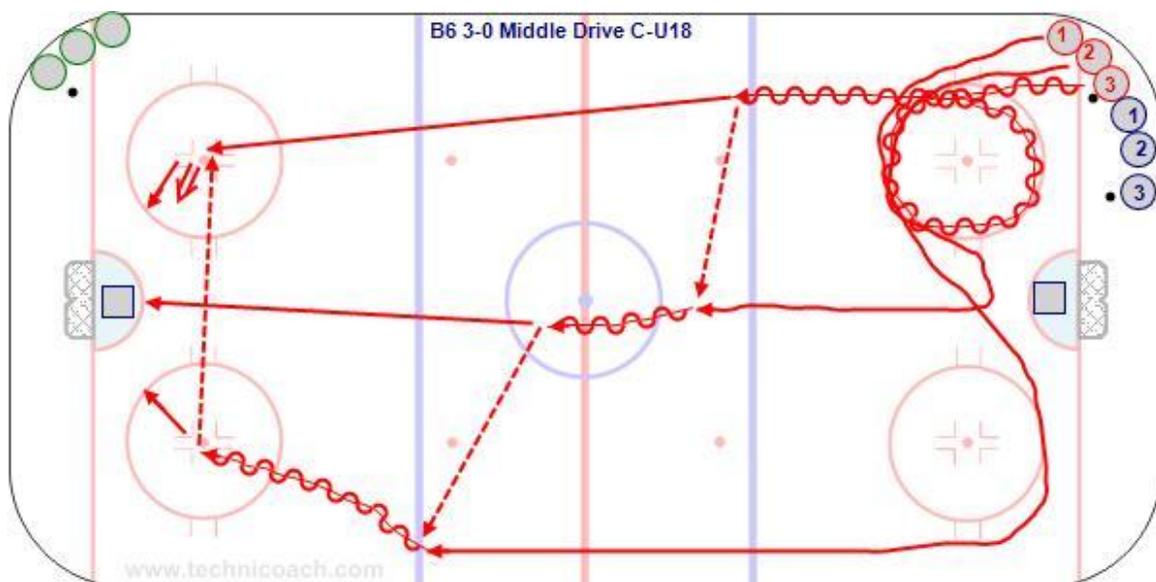
Key Points:

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

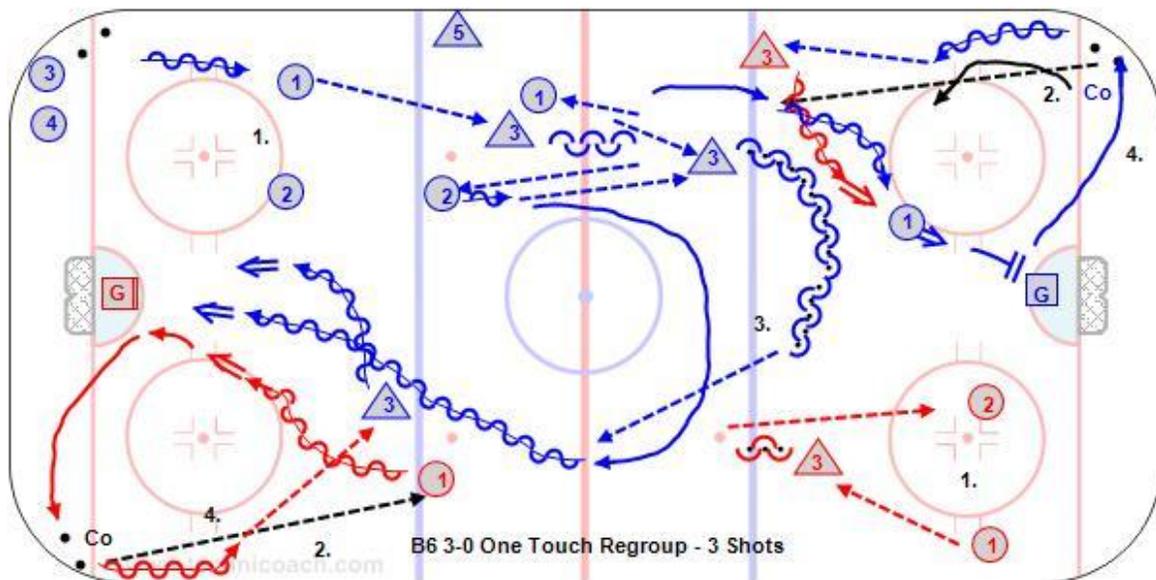
Key Points:

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121019093156592>



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.

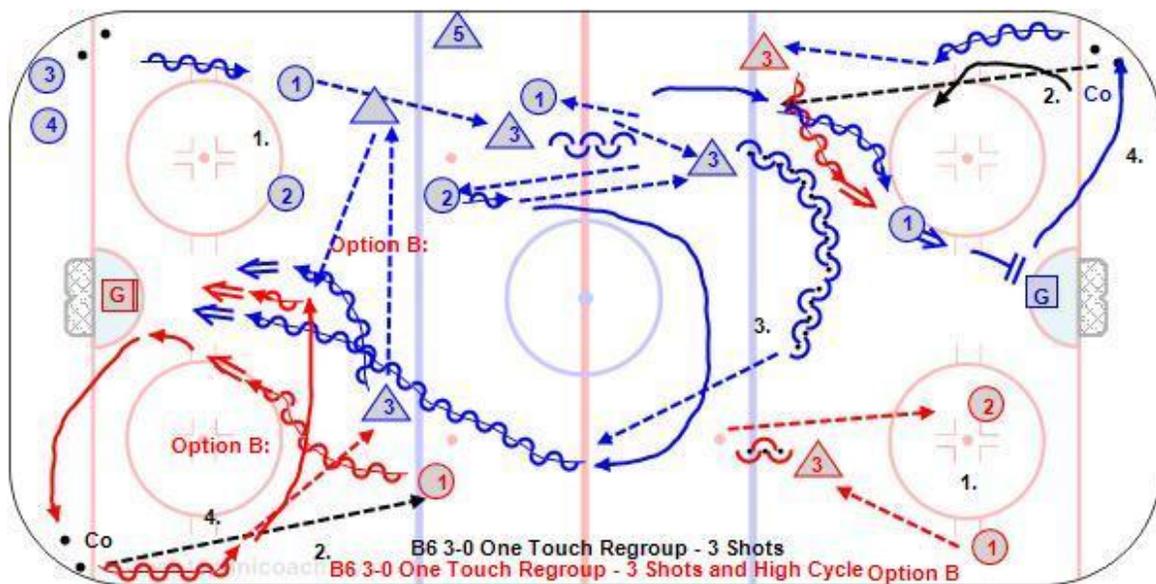
Description:

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121024095900228>



B6 3-0 Weave With D Regroup

Key Points:

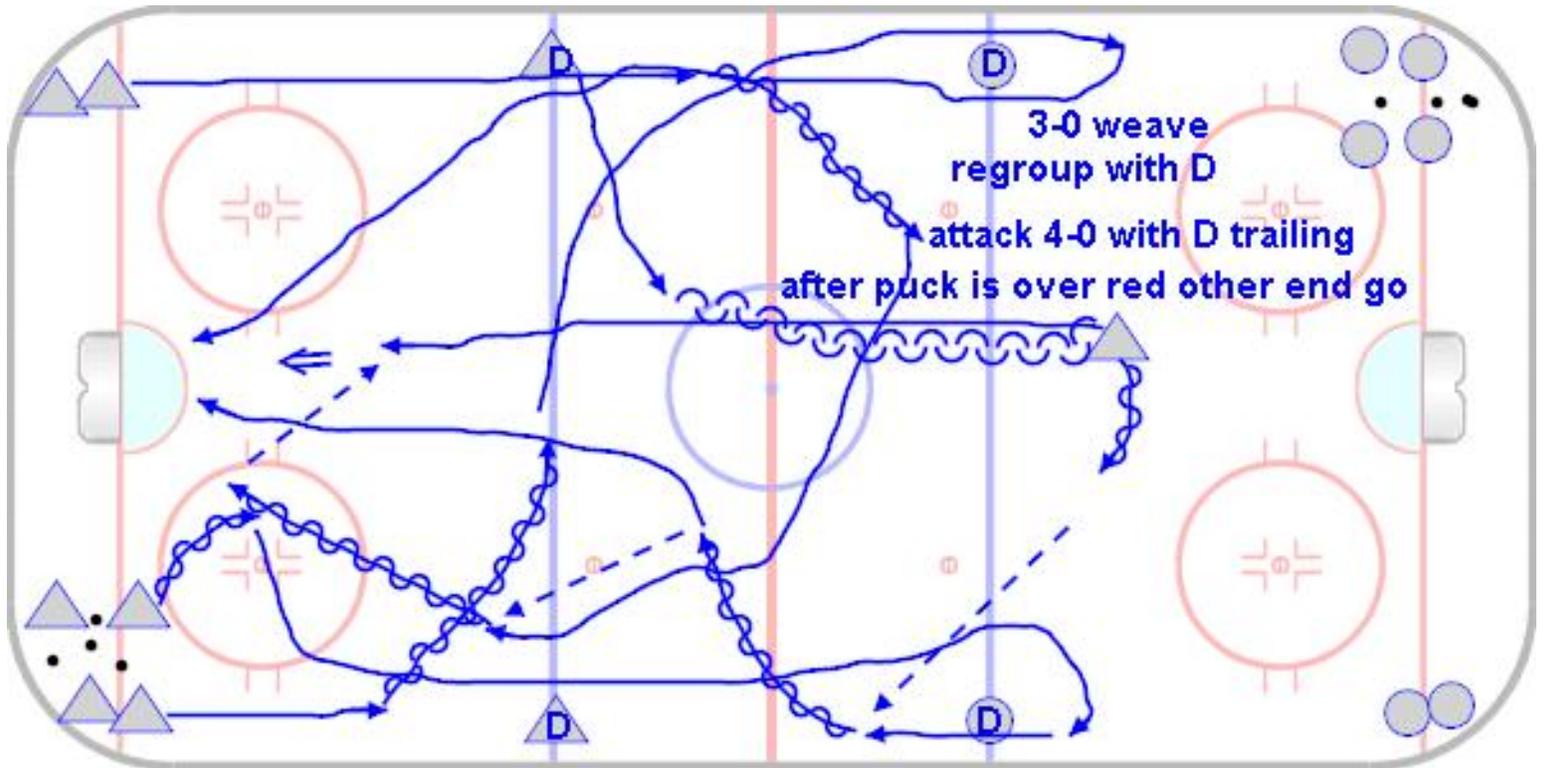
- Skate with the puck to the big ice between the dots and then pass.
- Pass and follow your pass.
- Stay wide until you get the pass.

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 an 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.

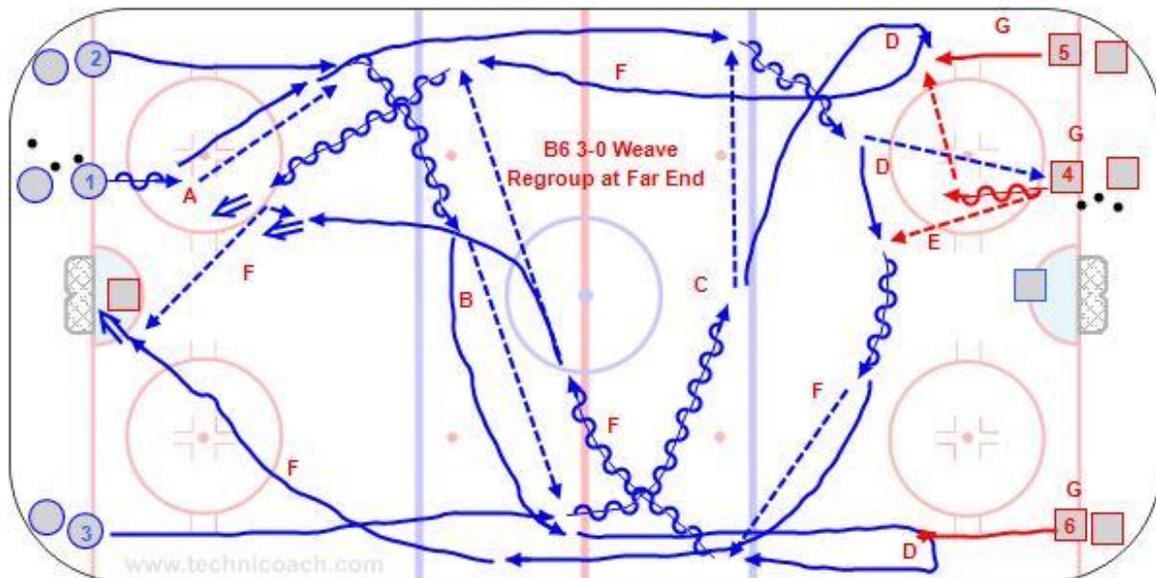
Description:

- 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 Weave-Regroup at Far End – U17

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:

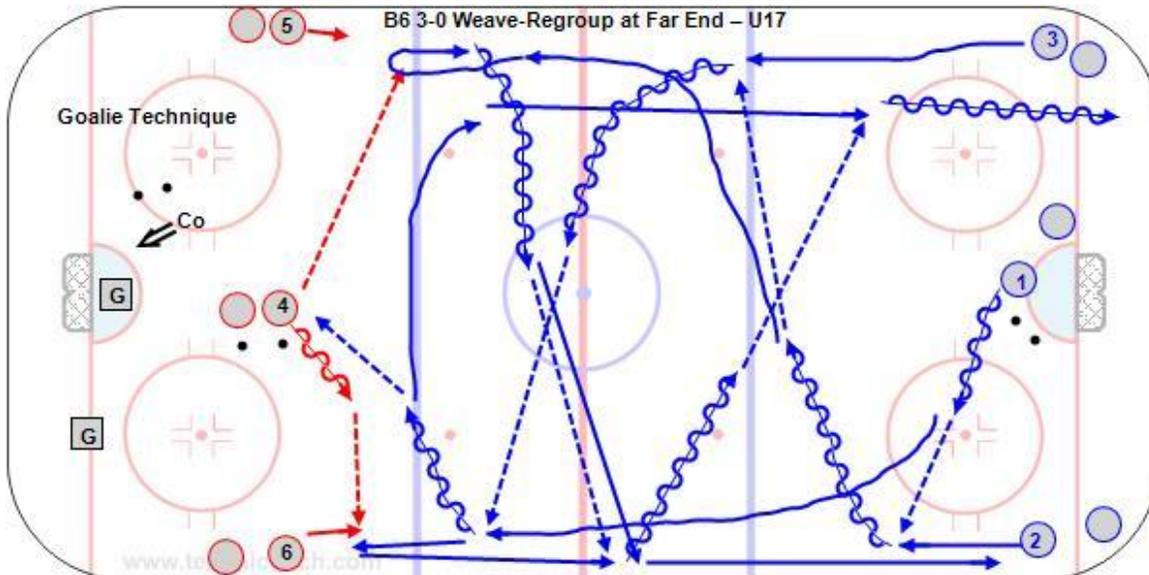
- A. 1 pass to 2 and follow the pass.
- B. 2 skate to the big ice, pass to 3, follow the pass taking the ice behind.
- C. 3 pass back to one, follow the pass.
- D. 1 regroup with 4 and 1-2-3 fill each lane.
- E. 4 pass to 1 or 3 on the strong side.
- F. 1-2-3 weave the same way and attack with a triangle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

U17 Weave No Shot

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150820104922991>

NHL Players - Weave With a Shot

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



B6 3-0 With Multiple Pucks

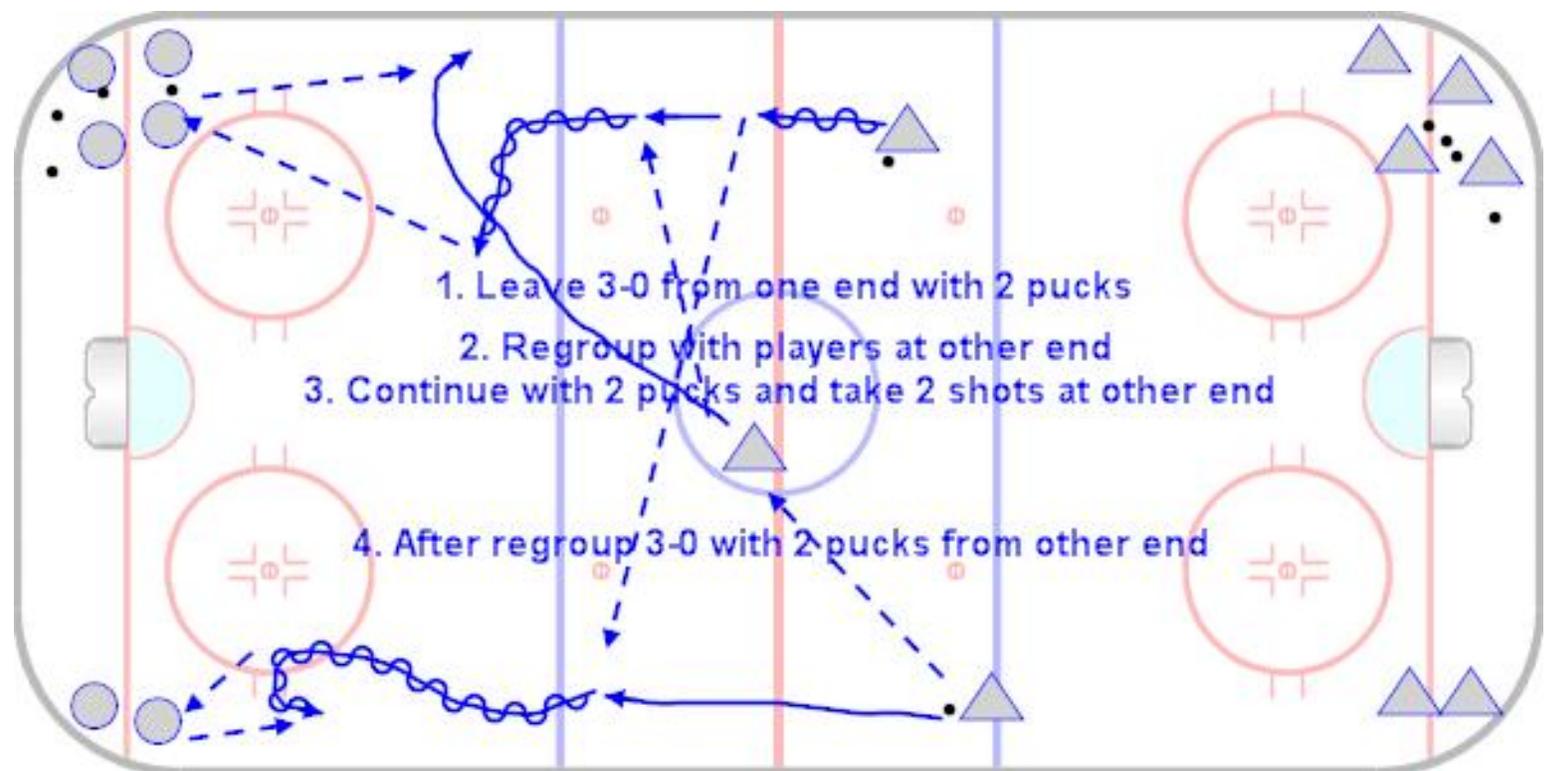
Key Points:

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:

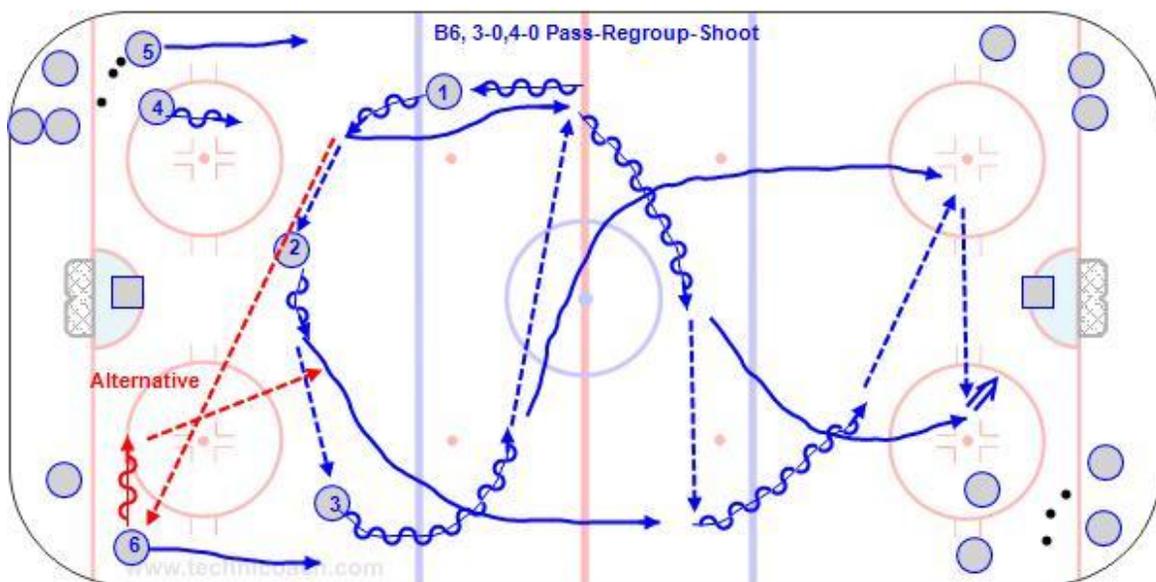
Pass hard, give a target, call for the pass and fill all three lanes. Leave in groups of 3 or 4. Make sure everyone gets at least one pass in each direction.

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101201091116573>



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.

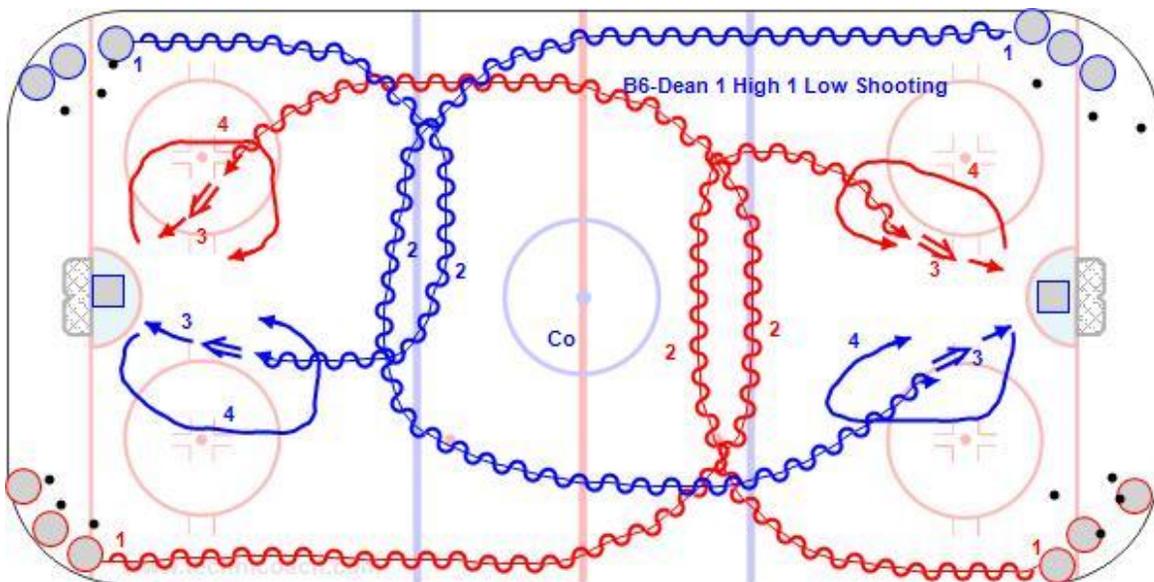
Description:

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 - 1 on 1 to 2 on 2 With Both Offensive and Defensive Support - Pro

Key Points:

D joins the play and F backchecks on the whistle to practice offensive and defensive support.

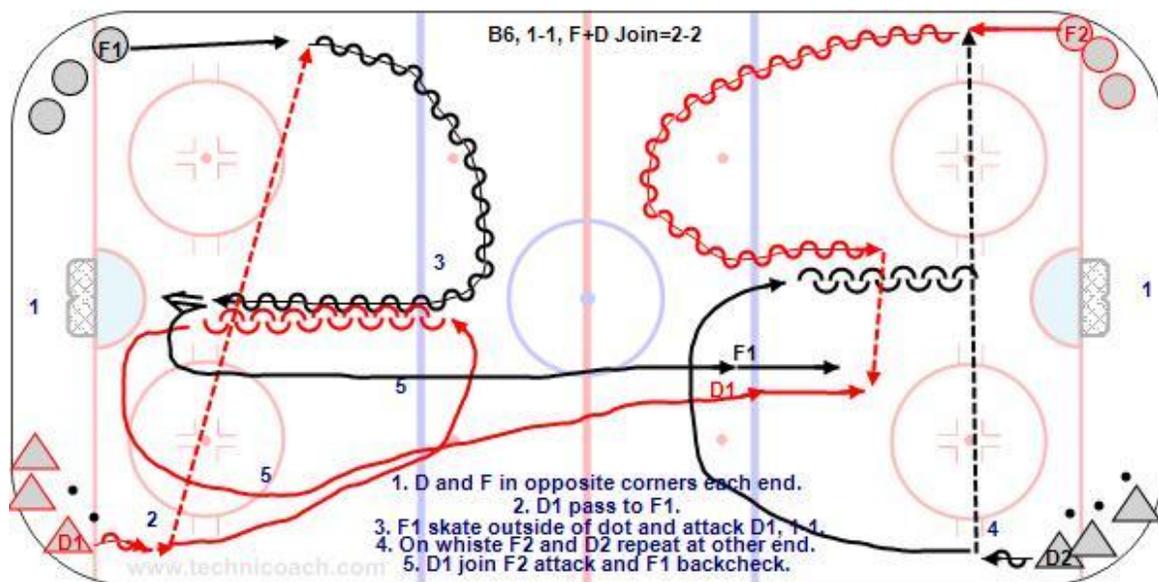
Description:

There is a 1-1 at one end and on the whistle there is another 1-1 at the far end. The D jumps up to support the attacker and the F must backcheck. It becomes a 2-2.

Progress to a 2-1 which becomes a 3-3, a 3-1 or 2-2 which become 4-4 and a 3-2 which becomes a 5-5.

This is a great situational drill.

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B6 - 2-0 Touch Back – Pro

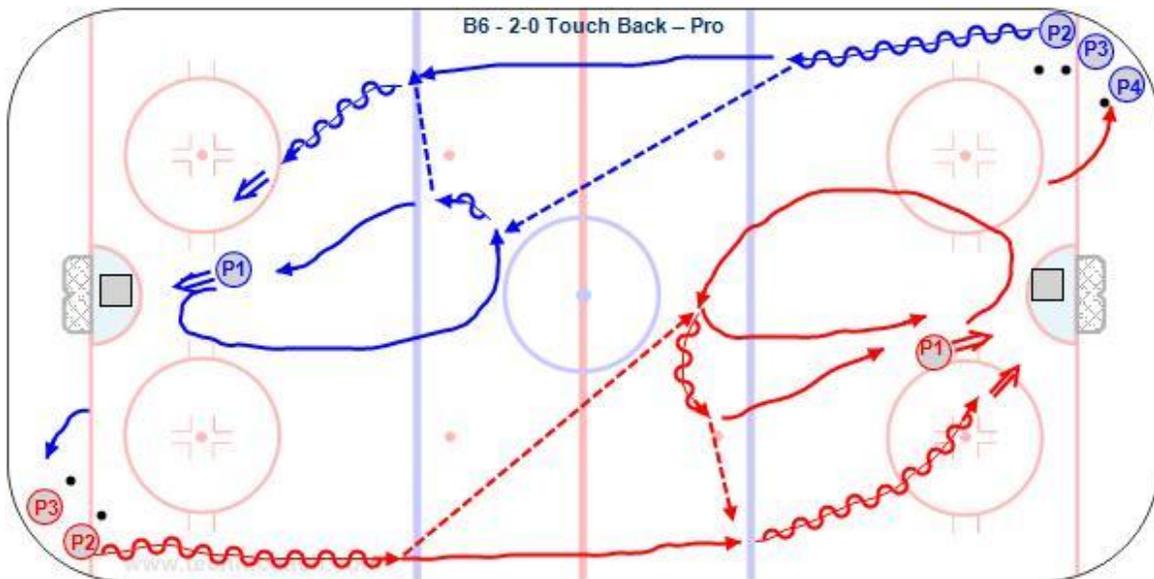
Key Points:

Shoot while skating, follow your shot, give a target, pass hard, stay onside.

Description:

1. P1 Start with a puck from diagonal corners.
2. Shoot and follow the shot for a rebound.
3. Skate back towards the original end and P2 leave.
4. P2 pass up to P1 and follow for a return pass.
5. P2 and P1 skate in and P2 shoot, both follow for a rebound.
6. P2 skate back for a pass from P3 and attack 2-0.
7. Continue the flow.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150513093341648>



B6 - 2-0 Wide Passes – Pro

Key Points:

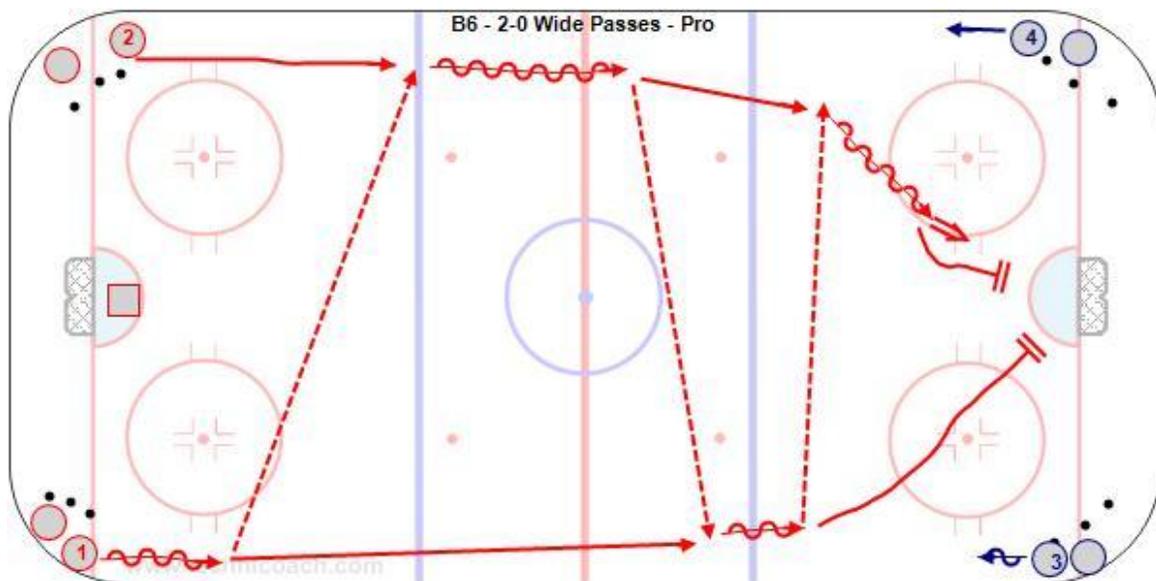
Practice both forehand and backhand passes. Give a target, shoot while skating and follow the shot for a rebound.

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.

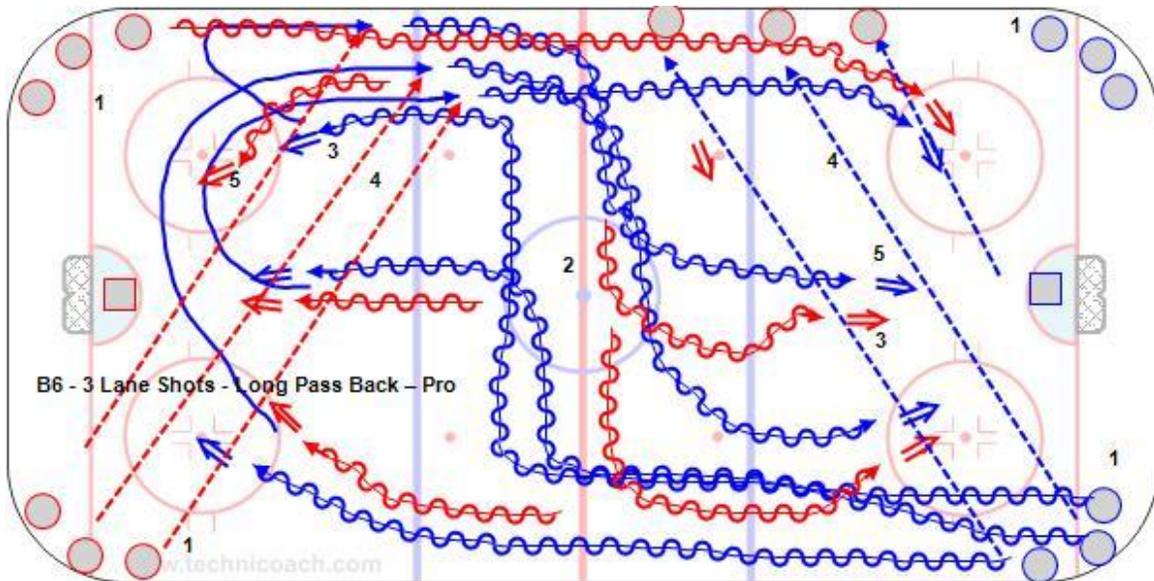
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B6 - 3 Lane Shots - Long Pass Back – Pro

1. Players are in the 4 corners with pucks.
2. Three players leave from diagonal corners and cross the red line.
3. One player shoot from each lane.
4. Swing up the boards and get a cross-ice pass from the far corner.
5. Fill the 3 lanes and shoot at the other end.

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B6 – 3 Shots, 3 Zig zags, 3 Shots

Key Points:

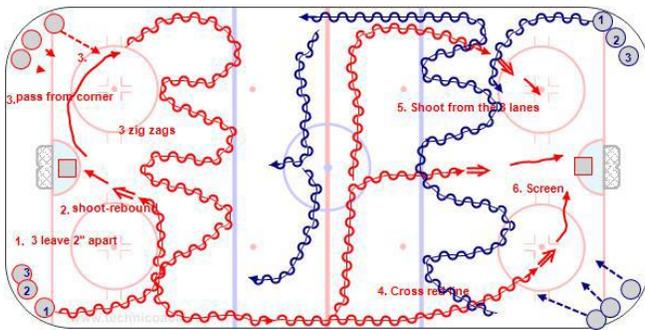
3 Leave from diagonal corners about 2" apart and get a pass from the second player. Skate around circle then shoot, get a pass from the other corner, skate 3 zig-zags between the blue line and the top of the circles the fill the 3 lanes and shoot.

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.

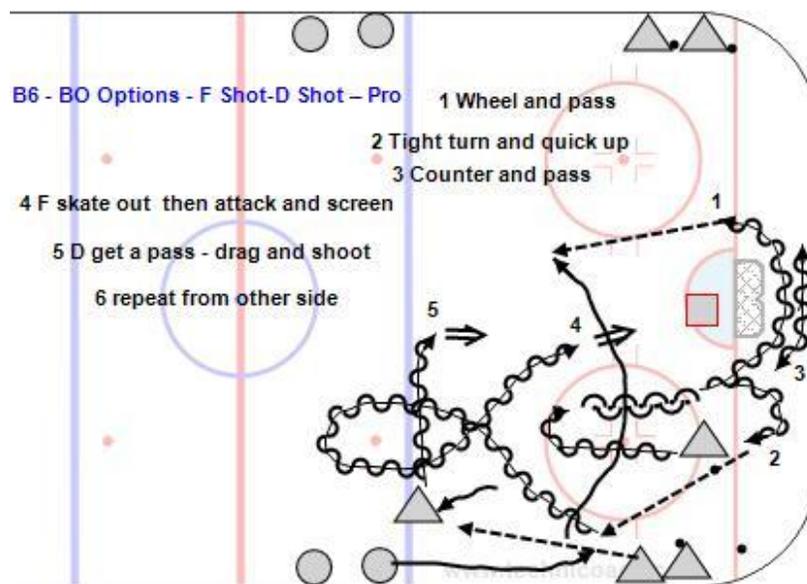
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B6 - BO Options - F Shot-D Shot – Pro

1. D1 Skate up and back in the circle and pick up the puck.
2. F1 come into the zone for a breakout pass.
3. D1 tight turn and make a quick up pass.
4. F1 and D1 skate into the neutral zone.
5. F1 shoot.
6. D1 get a pass from the corner and shoot - F1 screen.
7. D1 now wheels behind the net and pass to F1.
8. F1 can start from the same side and take the pass on the boards.
9. F1 can start from the wide side and take the pass in the middle lane.
10. D1 could also breakout with a counter.
11. Add F1-F2 support for a 3-0 breakout.
12. D1 shoot, F1 screen F2 should be in shot pass or one timer position.
13. D2 and F3 can be added to this drill to practice 4-0 or 5-0.
14. This can also be a game situation drill by the F attacking the D 1-1, 2-1, etc..

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B6 - F and D Agility-BO-Point Shot x 2 – Pro

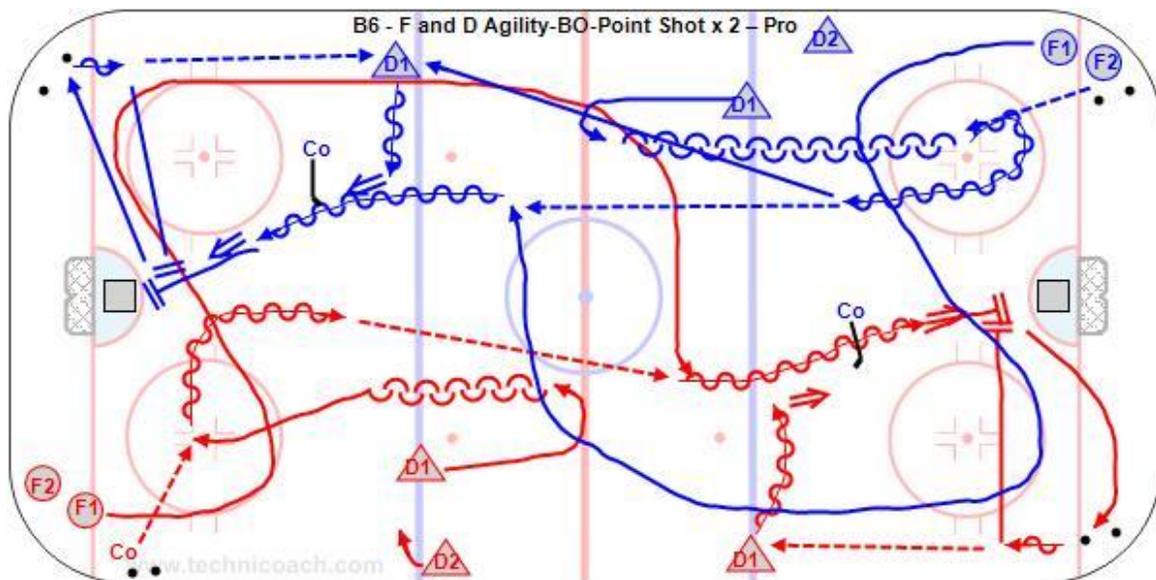
Key Points:

Forward time his skating so the D can make the stretch pass when his toes are up the ice. Shoot and stop in front and look for a rebound. Do from both sides.

Description:

1. Forwards start in diagonal corners and Defense at diagonal blue lines.
2. On the whistle D1's skate to the red line and backwards the turn and get a puck.
3. F1's skate around the top of the first circle, bottom of the other circle and stretch past the red line.
4. F1's skate in and shoot while D1's follow the play to the blue line.
5. F1's get a new puck in the corner and pass to D1's at the point.
6. F1's screen while D1's skate inside the dot and shoot.
7. Repeat with F2's and D2's.

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

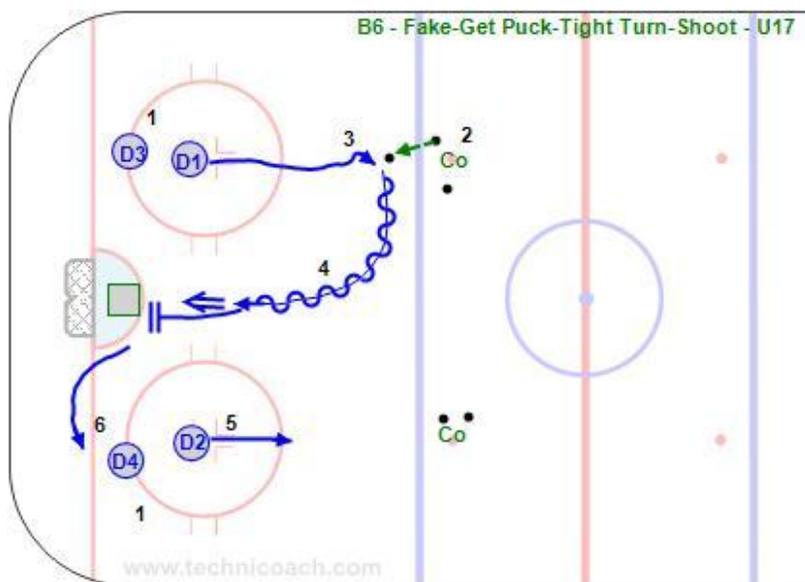
Key Points:

Sit low in the tight turn and accelerate with the puck. Come out of the tight turn in the triple threat position. Learn to do the forehand turn without crossing the hands.

Description:

1. Defensemen are lined up at the low face-off dots.
2. Coach spots a puck just inside the blue line.
3. D1 skate out and make a hard outside fake.
4. D1 pick up the puck tight turn and skate down the middle and shoot.
5. D2 leave and repeat from the other side.
6. D1 switch lines so he practices the fake and tight turn from both directions.

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C3 Flow - Breakout 2 F Shoot - D Point Shot – Finland U20

Key Points:

Make hard passes, give a target, keep skating while making plays, follow shots for rebounds, stop at the net, screen.

Description:

Start at both ends with players on each side of the net and pucks in all four corners.

1 – D1 start by skating up an back get a puck and bank pass behind the net to D2. D1 goes to the corner.

2 – D2 pass to F1 breaking along the boards.

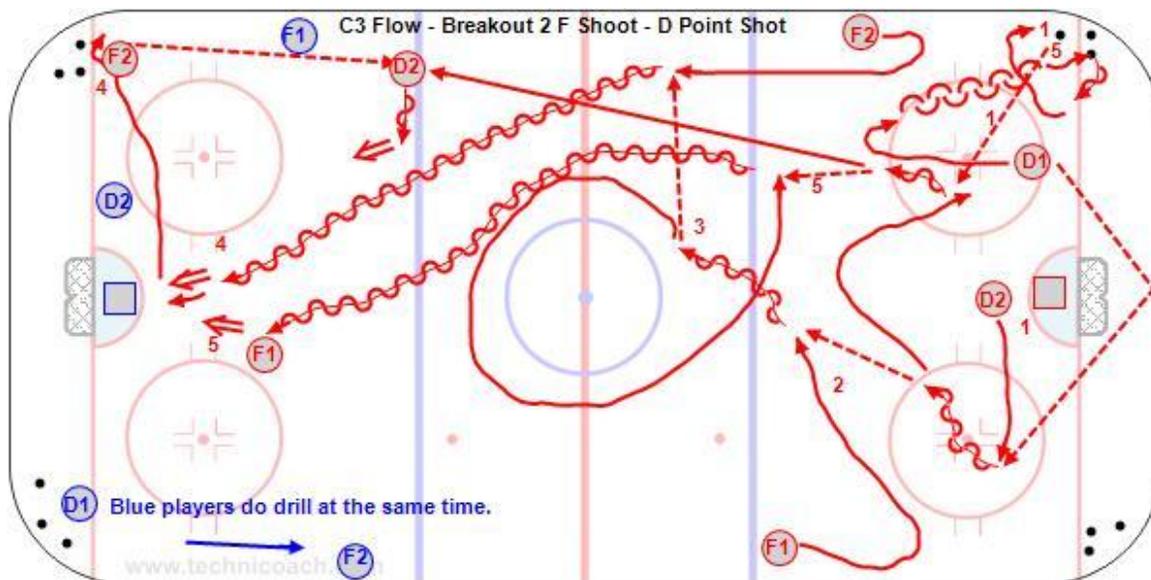
3 – F2 skates to the big ice between the dots and pass to F2. D2 follow then circle back to the corner.

4 – F2 skate down and shoot then skate to corner. F1 skate around the middle circle for a pass from D2.

5 – D1 bump a puck to D2 who skates between the dots and pass to F1 who skates down ice and shoots.

6 – D2 then follow the play up the ice and get a pass from F2 in the corner then drag and shoot – F1-F2 screen.

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

Key Points:

Give a target and keep skating while you pass and receive. Face the puck on the turn.

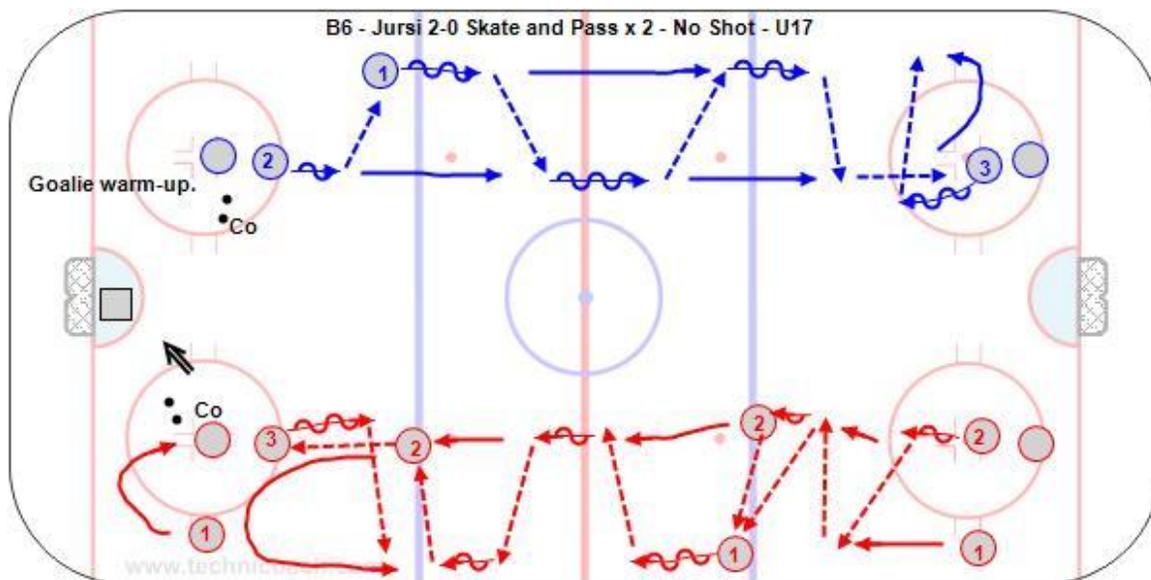
Description:

1. Two groups of players line up at far dots and the top of the circle.
2. Two players start down the wing passing.
3. The skill is to pass and receive while skating and not having to coast before making a pass.
4. Use wrist and not slap passes.
5. Give a target and absorb the pass then conceal the next pass within the stickhandling motion.
6. Pass to the first player in line at each end and the middle player swing to the wide lane.
7. Repeat up and down the ice.
8. Coaches work with the goalie at one end.

* With goalies a shot can be added with the middle player shooting and the inside player swing into the middle lane.

* Variations like cross and drop, one player skate backward, one touch passes can be used.

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B6 - One Touch High Cycle 2-0 - Czech U20

Key Points:

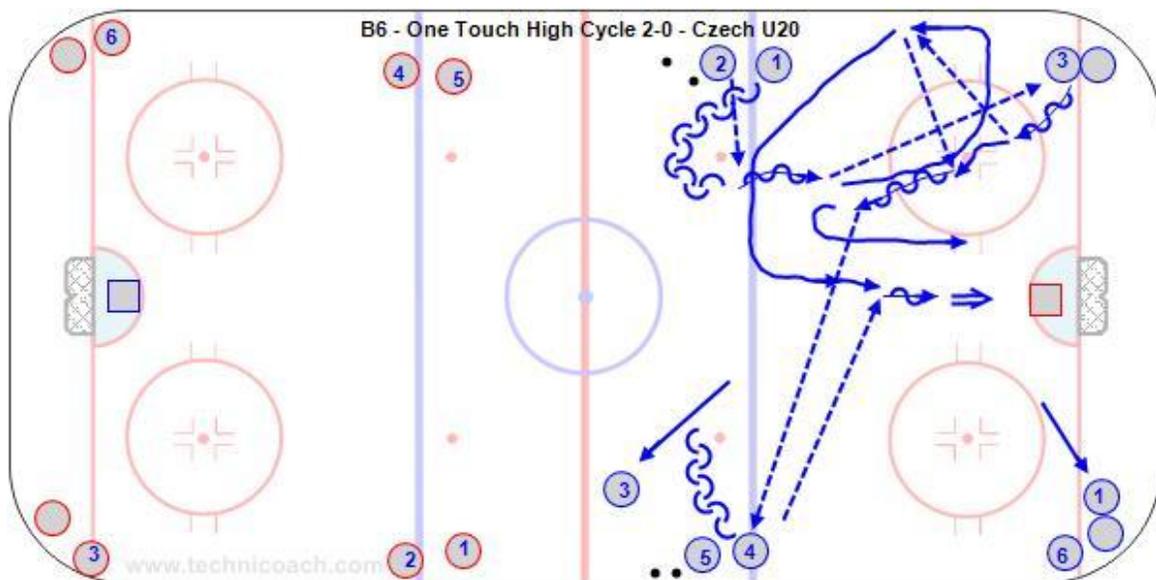
Exchange the puck with one touch passes, give a target, hit the net, follow the shot for a rebound.

Description:

- A. Players are in each corner and on both sides at the blue line
- B. Player 1 leave from the blue line and get a pass from 2.
- C. 1 pass to 3 in the corner then get open on the wing.
- D. 3 skate and pass to 1.
- E. 1 one touch back to 3.
- F. 3 pass across to 4 at the blue line.
- G. 1 cycle high and down the middle lane for a pass.
- H. 4 pass to 1 who shoots and 3 looks for a rebound.
- I. 4 leaves for a pass from 5 to repeat on the other side.
- J. 1 rotate to corner and 3 point.

**Options: 1 head to the net hard and redirect a shot pass from 4 or 1 take a low shot to the far pad for a pass off the pads to 3, who goes hard to the far post with his stick on the ice.*

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B6 - Shot 1-0, 2-0 to 3-0 – Pro

Key Points:

Skate at top speed, always follow the shot for a rebound, fill the lanes on the 3-0 and make firm flat passes.

Description:

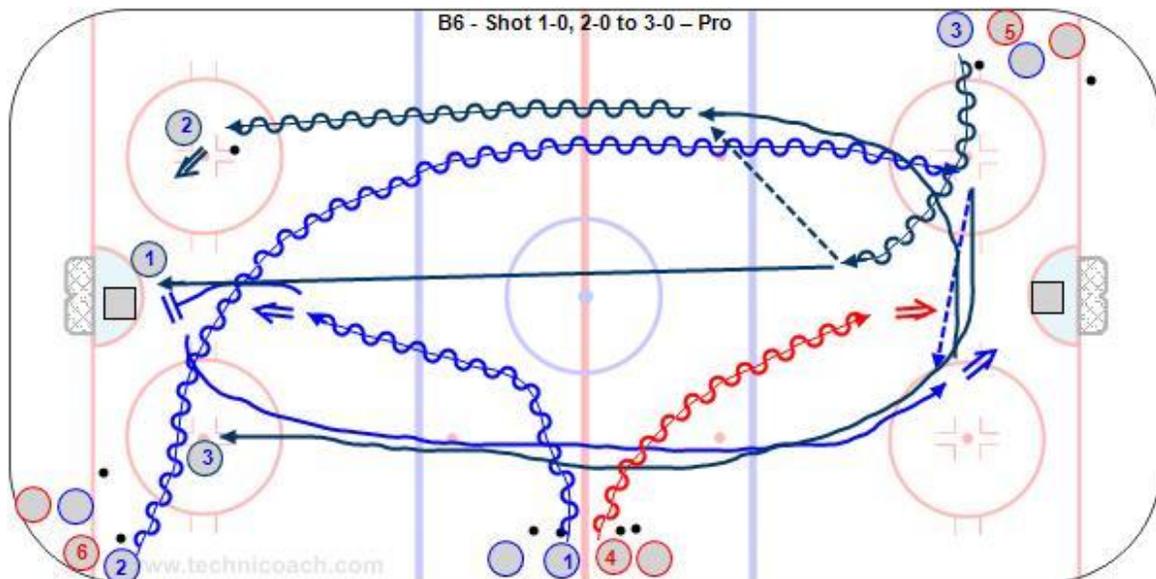
1. Players line up with pucks along the boards in the neutral zone and in diagonal corners.
2. Player one leave from the neutral zone and take a shot on net.
3. Player two skate out from the corner with a puck and attack the other net 2-0.
4. Player three skate out with a new puck and attack 3-0 with players one and two.
5. When 1-2-3 cross the blue line player four start a new rep and skate from the neutral zone and take a shot.

* Middle drive when 3-0

* One or two defenders could follow the attacks and create situations like 2-1, 3-2.

* This could be a contest between attackers and goalies. i.e. Count how many goals are scored in 8-10' and see if you can do better next time you do it. Another option is the Red versus the Blue and keep score. Option 3 is go 1-0, 2-1, 3-2 (Red D follow Blue F and defend the next rush) Red vs. Blue with the same contest options.

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

Key Points:

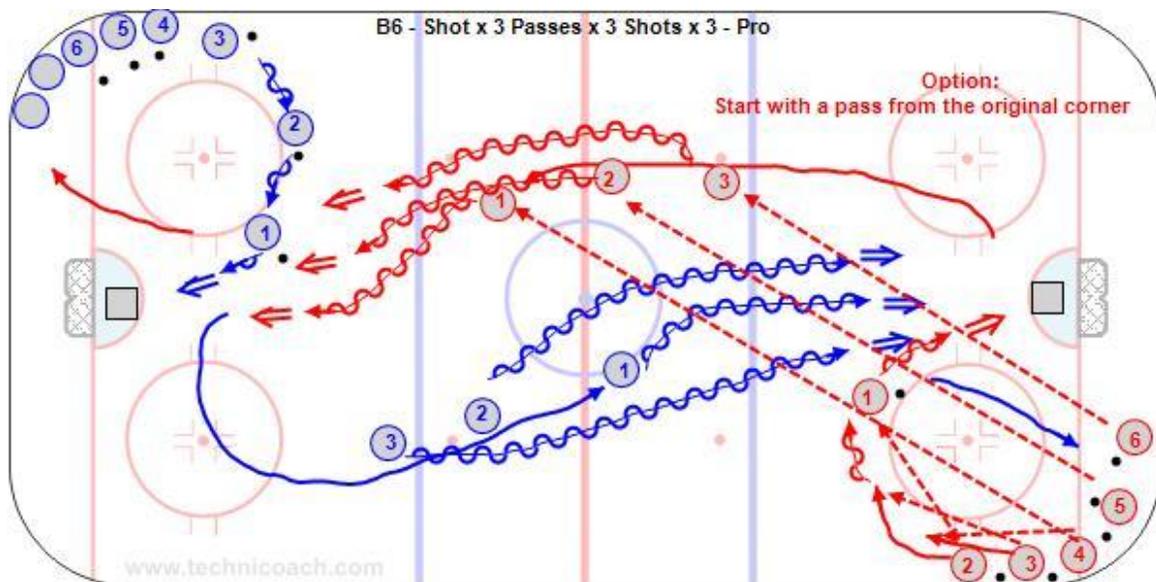
Shoot while skating, head up, give a target, pass hard, lead the player.

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 Big Horeshoe 2-0 - Pro

Key Points:

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

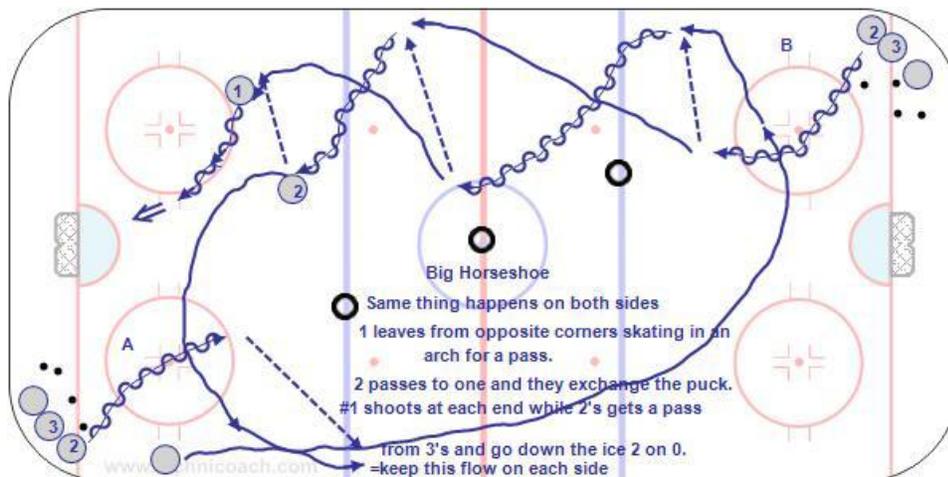
Description:

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 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.

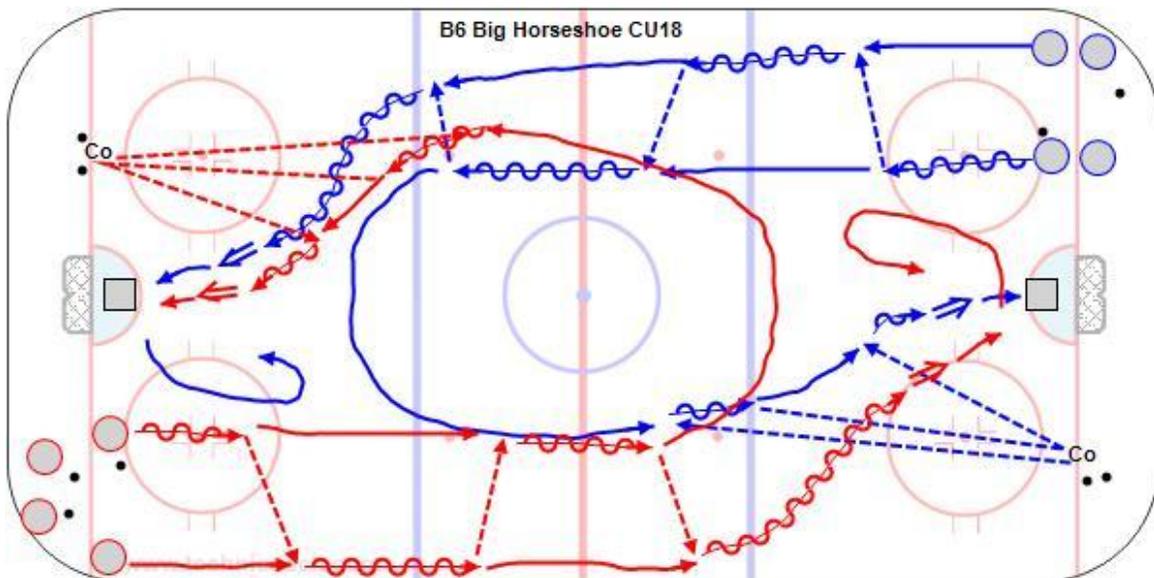
Description:

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

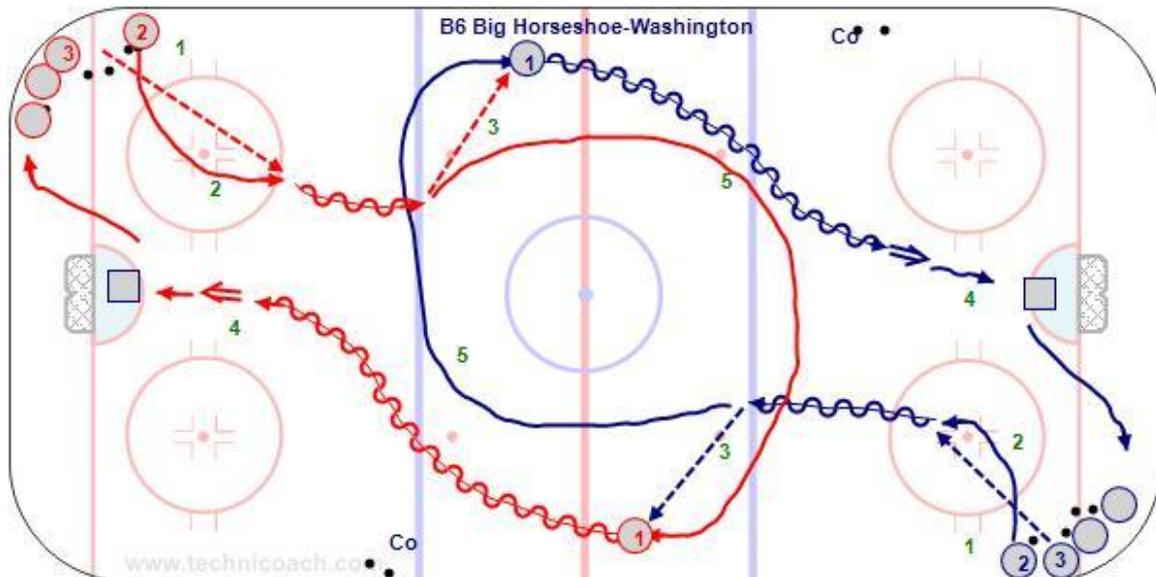
Key Points:

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:

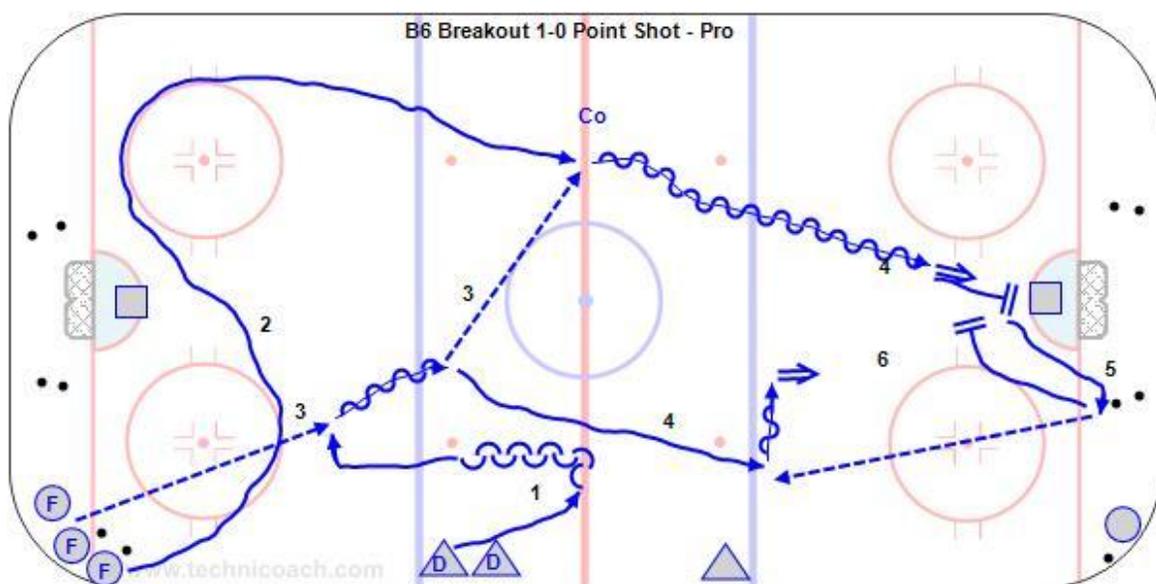
Quick feet, give a target, choctow turn front to back, pass hard, shoot and follow the shot for a rebound, pass and follow the pass, screen, low point shot.

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 Breakout 3-0 Point Shot x 2 – Pro

Key Points:

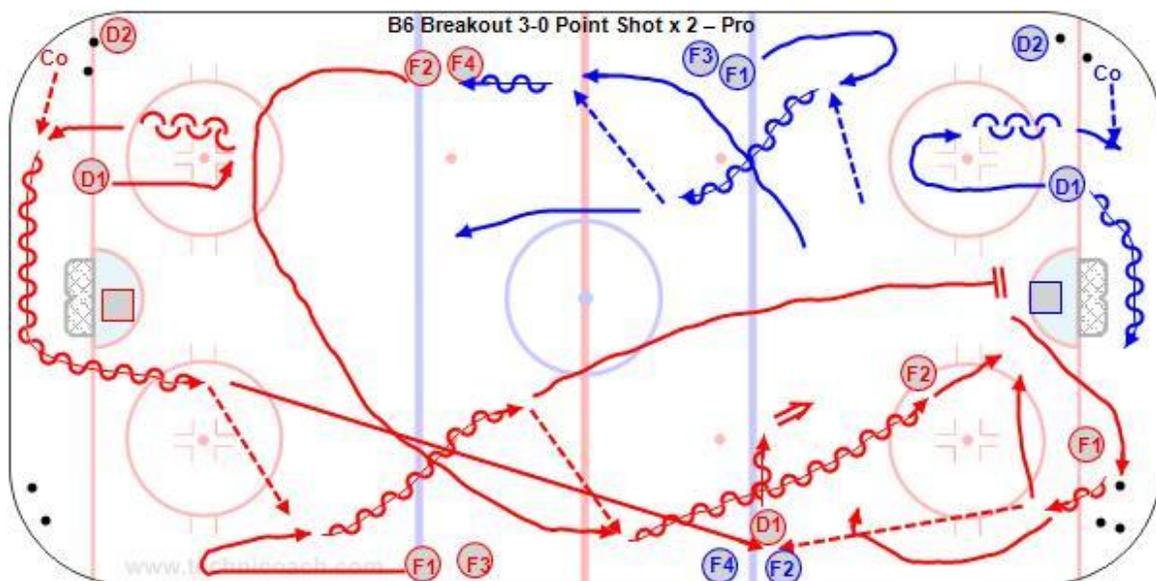
Defense make the pass while skating between the dots up ice. Forwards give a target and do everything while skating.

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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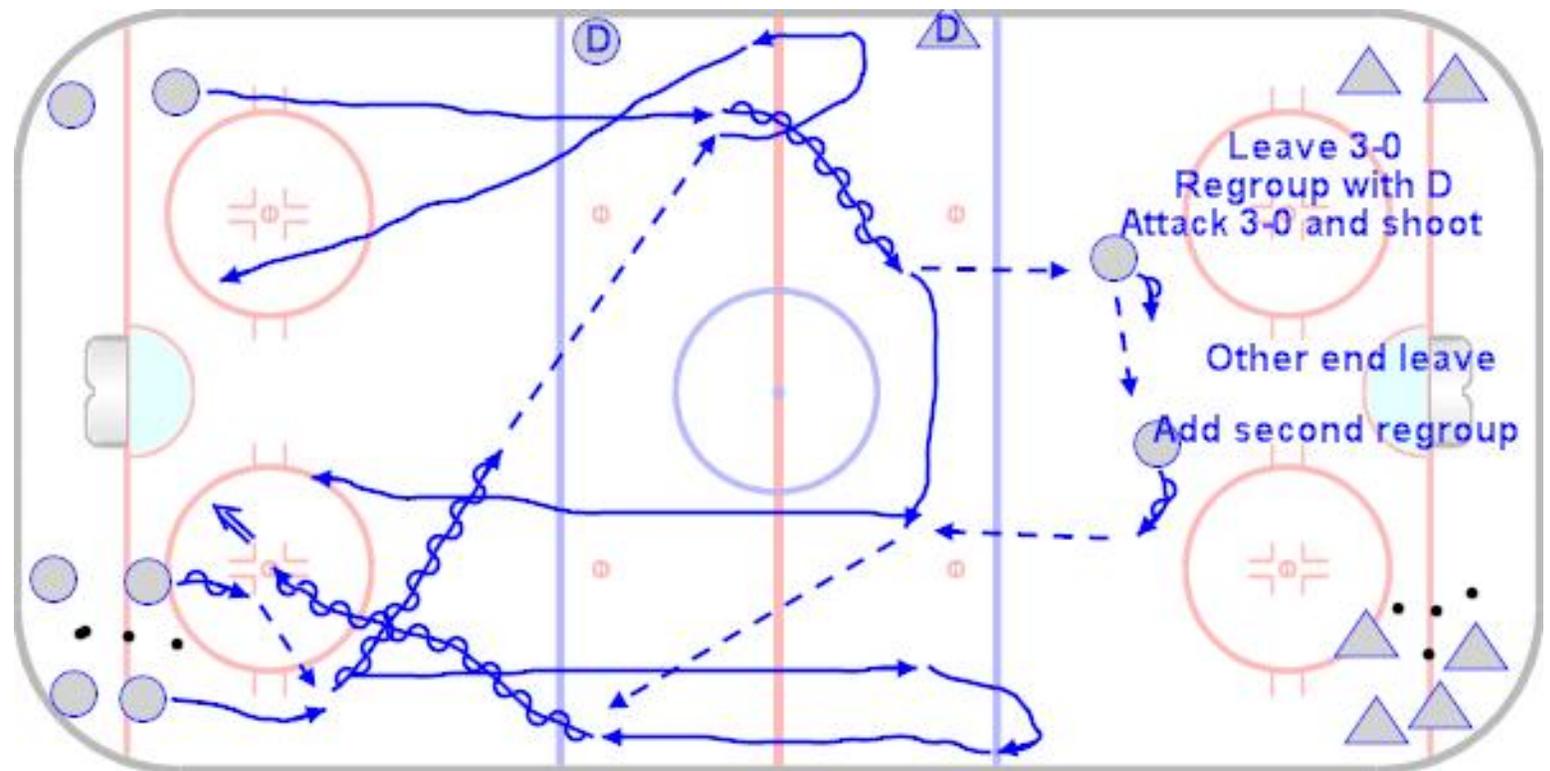
B6 Breakout and Regroup with Defense

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

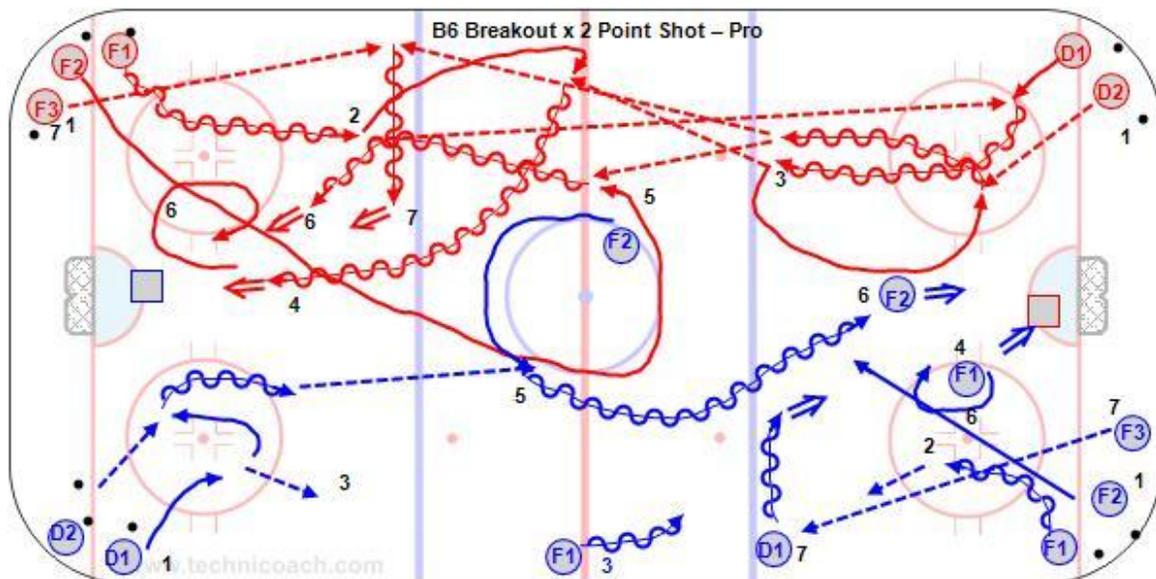
Key Points:

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

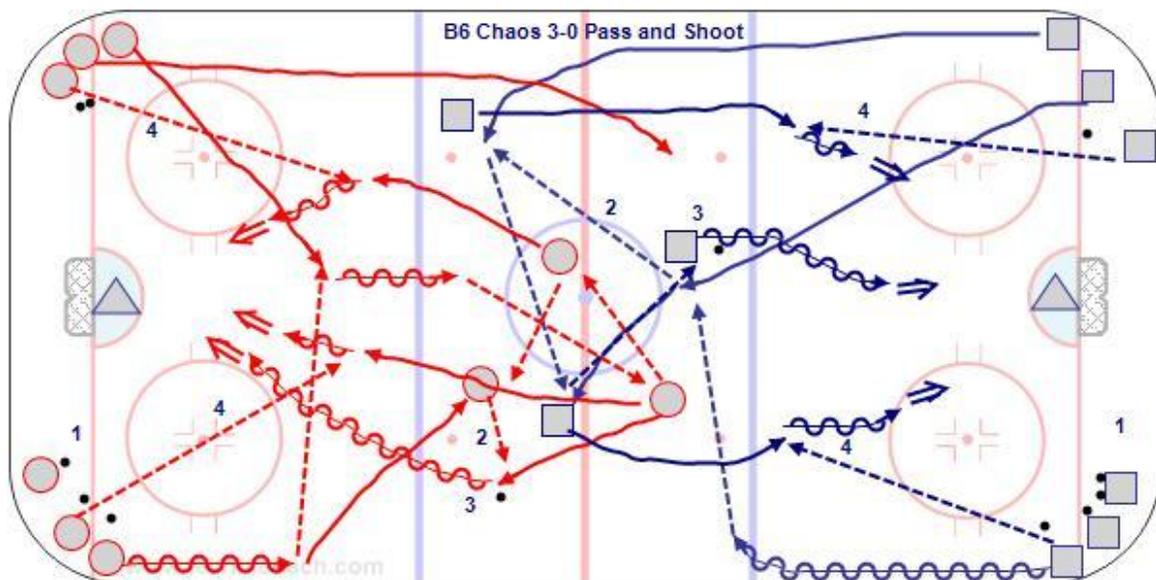
Key Points:

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.

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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.

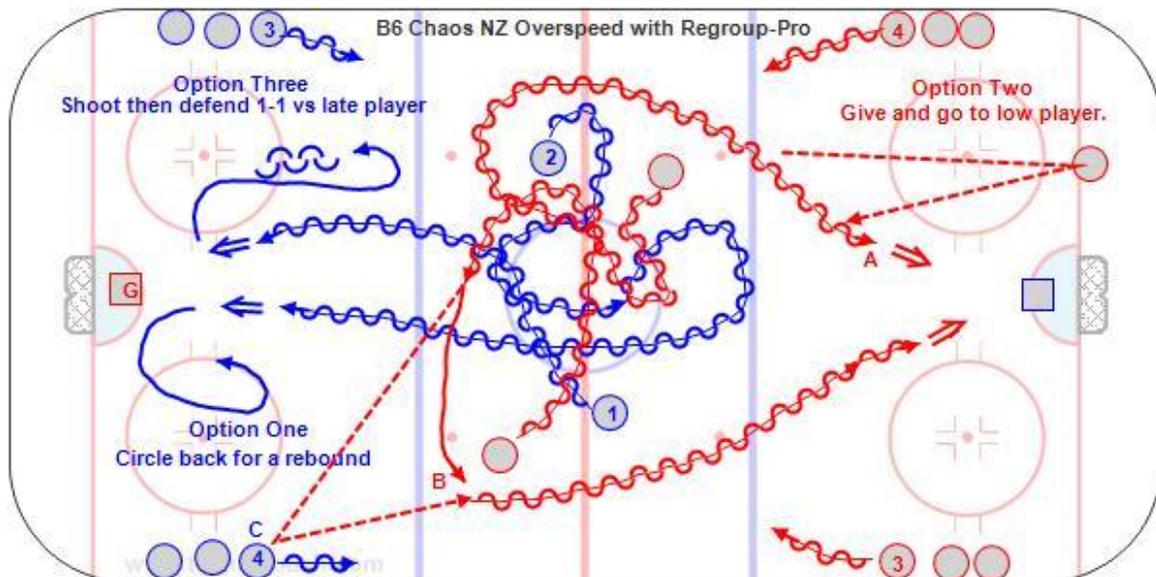
Options:

- 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

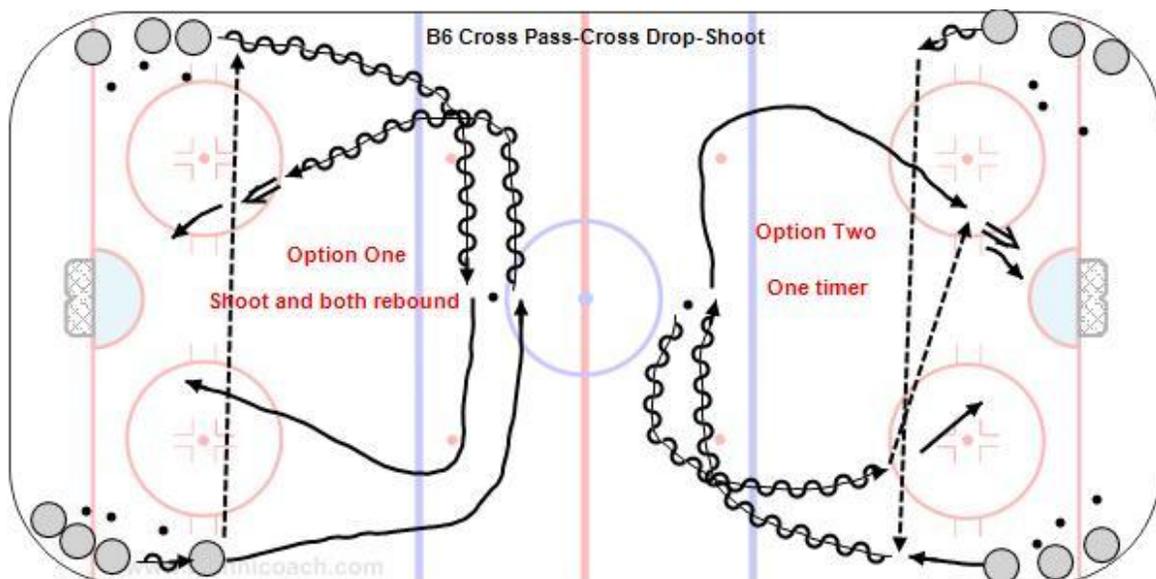
Key Points:

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.

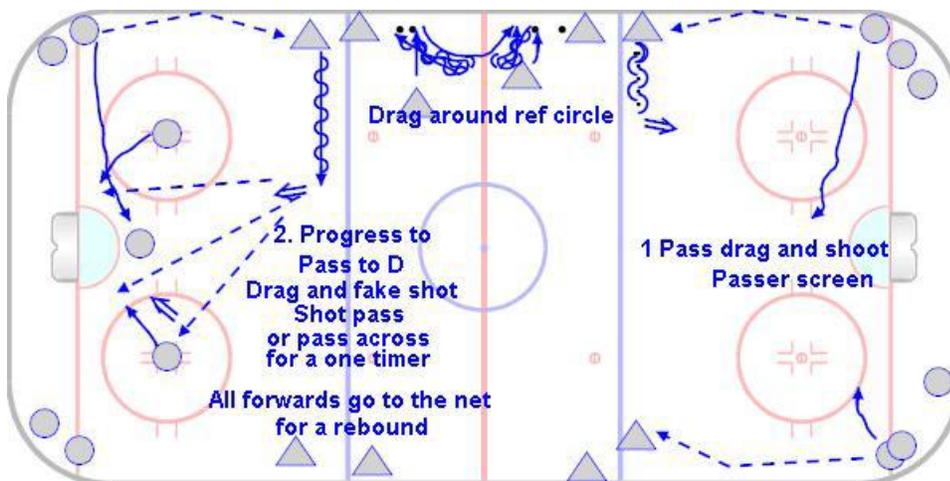
Description:

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

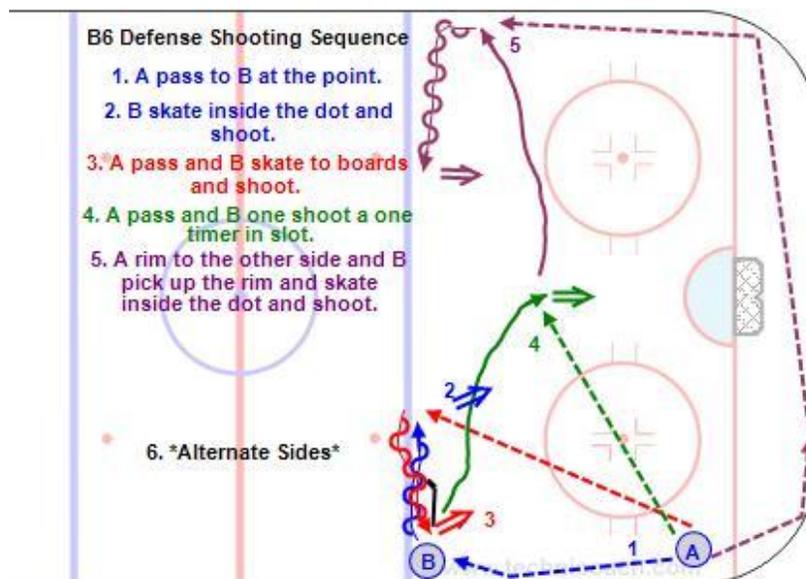
Key Points:

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

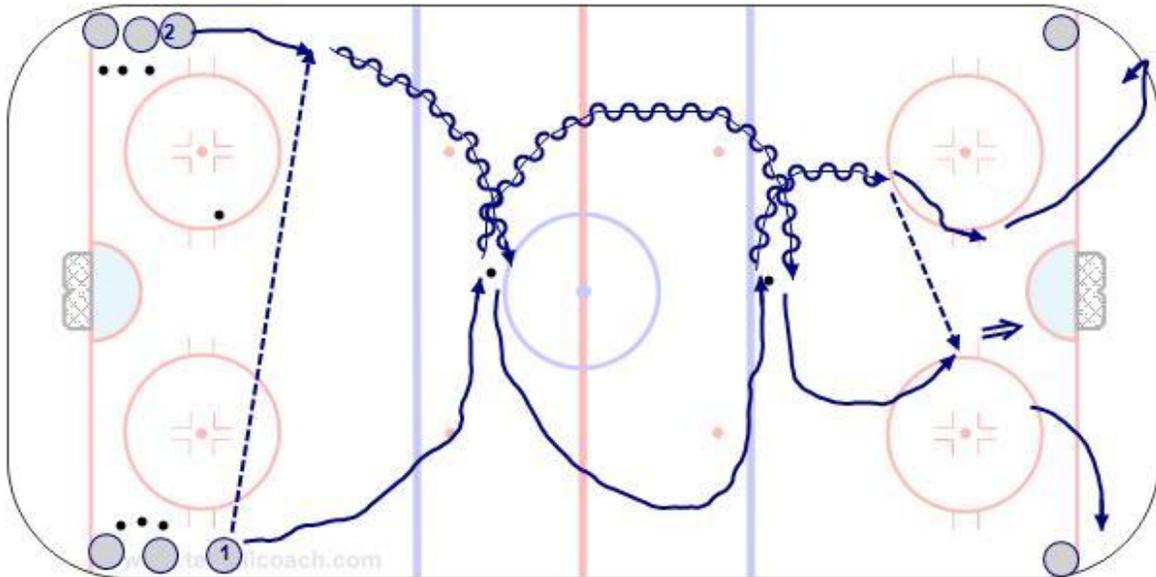
Key Points:

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.



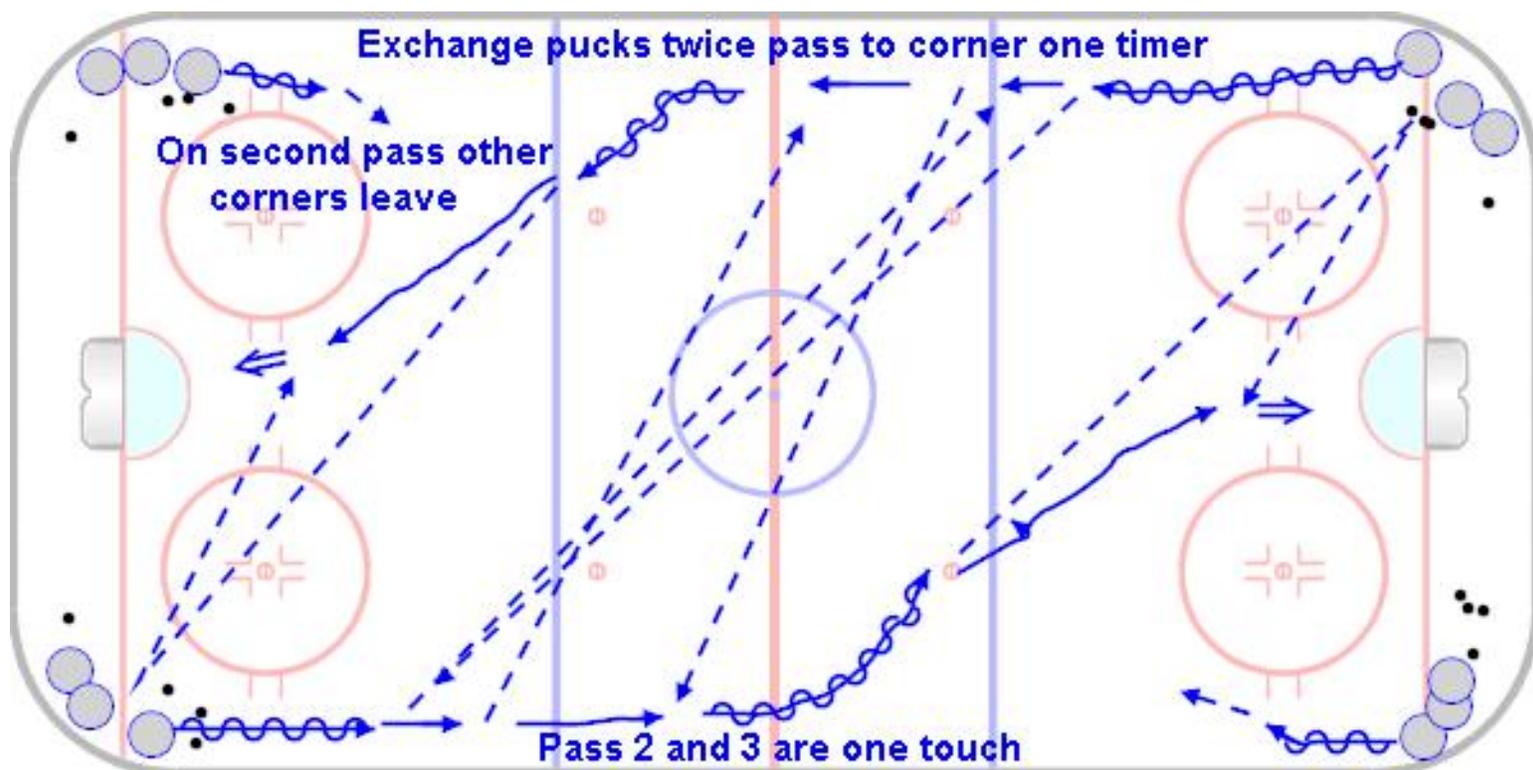
B6 Exchange Pucks Passing

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:

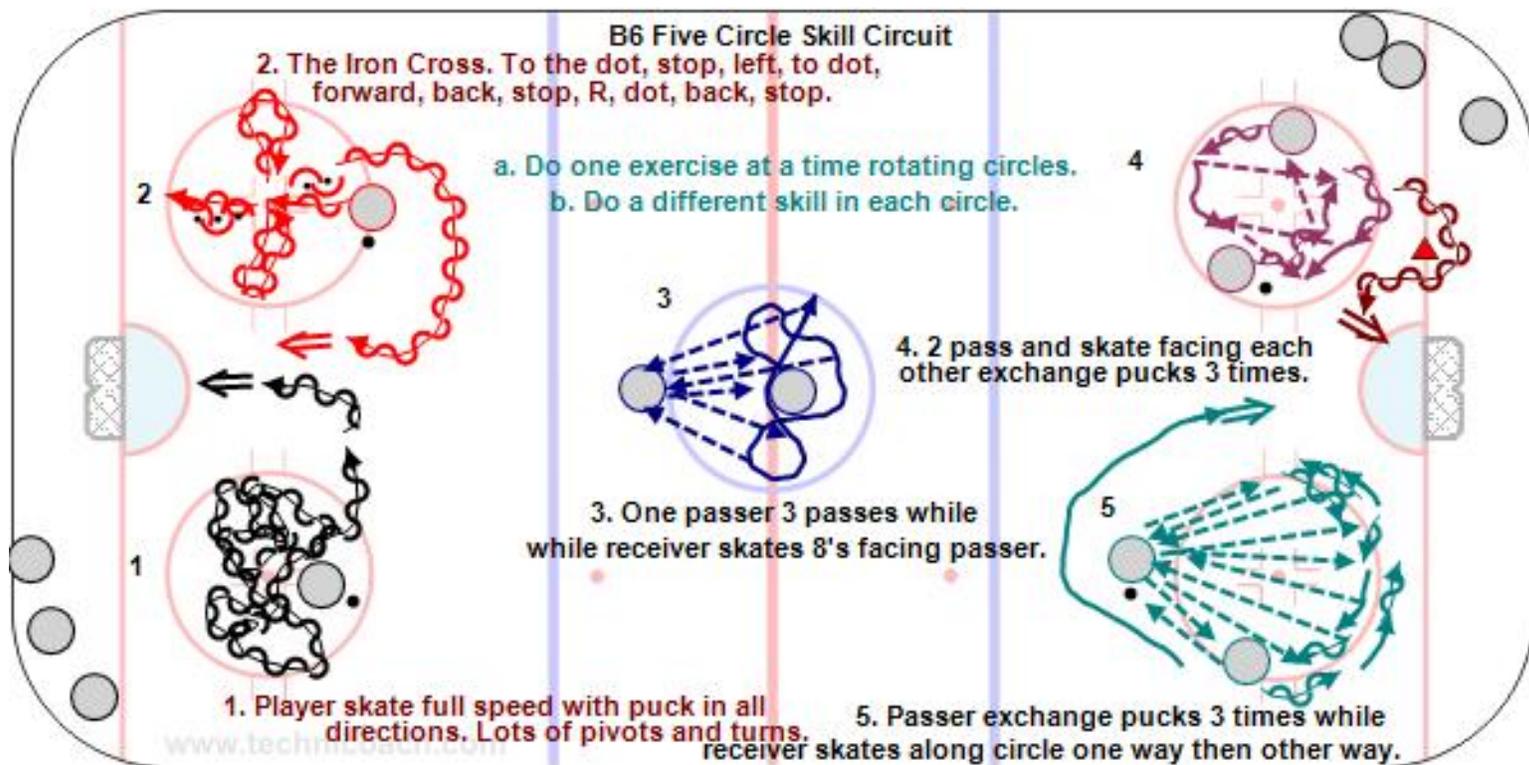
- Rotate from one circle to the other.
- Do skills at top speed and with good habits.
- You can have #1 and #4 going on in opposite directions at the same time.
- Vary where the shots come from.

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 High Cycle - Screen - Slot Shot – Pro

Key Points:

Hit the net and make plays while skating. Face the puck and screen and square up for the one timer.

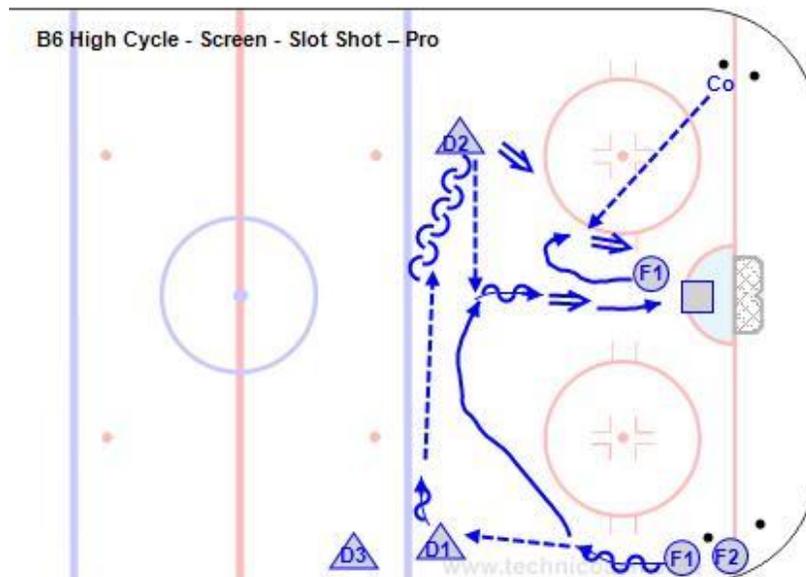
Description:

1. Forwards in the corner and D at the point.
2. F1 pass to D1 and cycle high.
3. D1 skate into the middle and pass to D2 who slides wide.
4. D2 pass to F1 skating in the high slot.
5. F1 either one time shot or skate down the middle and shoot.
6. F1 screen and F2 pass to D1 to D2 who shoots.
7. F1 kick back and one time a pass from the coach in the corner.
8. Repeat with F2.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2015051911280580>

The same drill and the F skates down the middle to deflect a shot pass.

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B6 Italian Box-One Touch 2-0

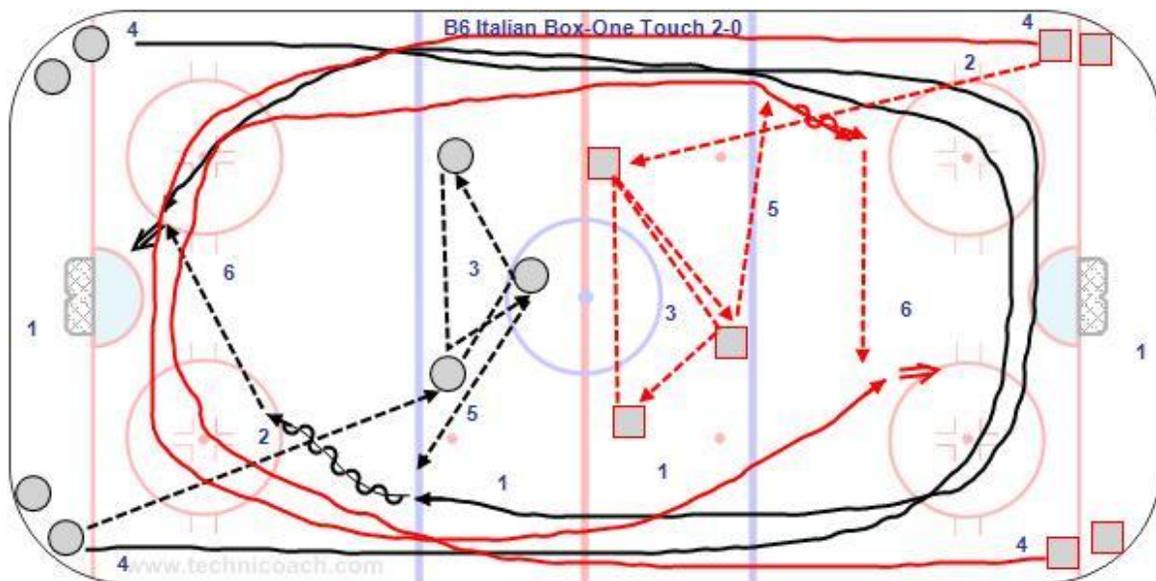
Key Points:

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:

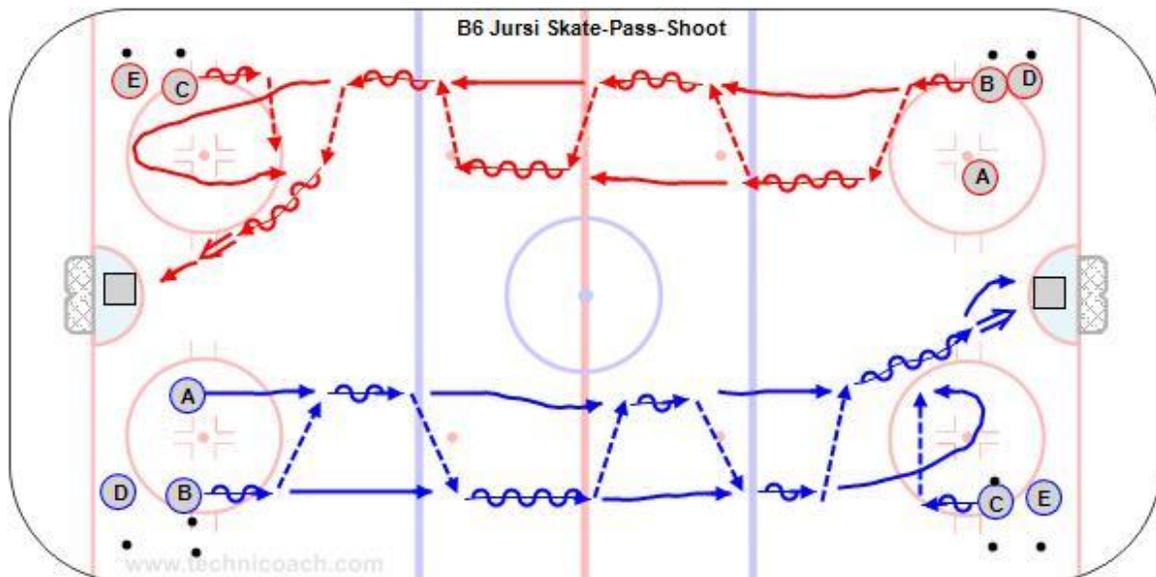
This is a drill that Russian Olympic coach Vladimir Jursinov used when I was coaching with him in Austria. The goal is to get players to practice passing and shooting while they skate. Puck handling-passing-shooting should be seamless.

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

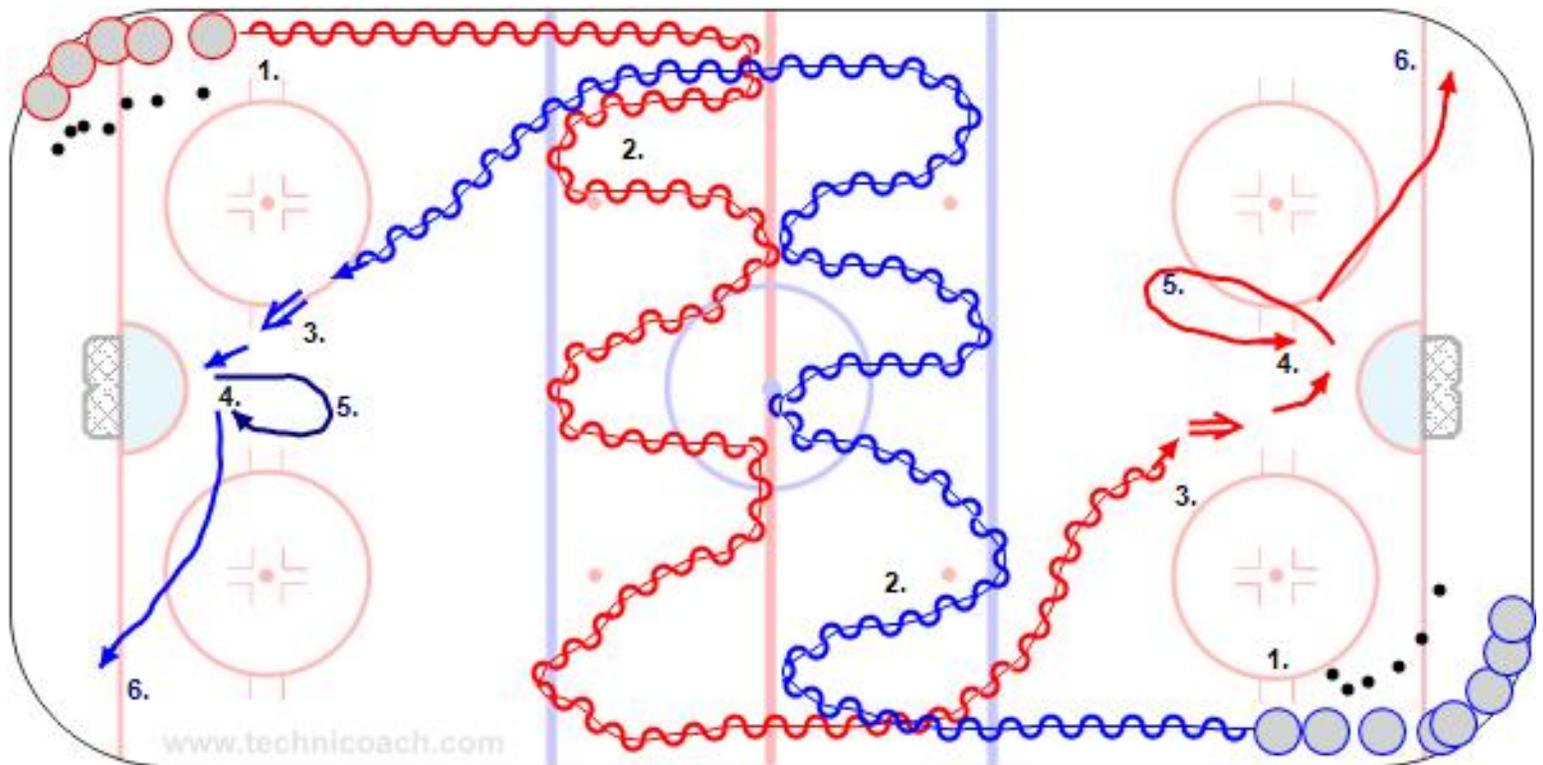
Key Points:

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.

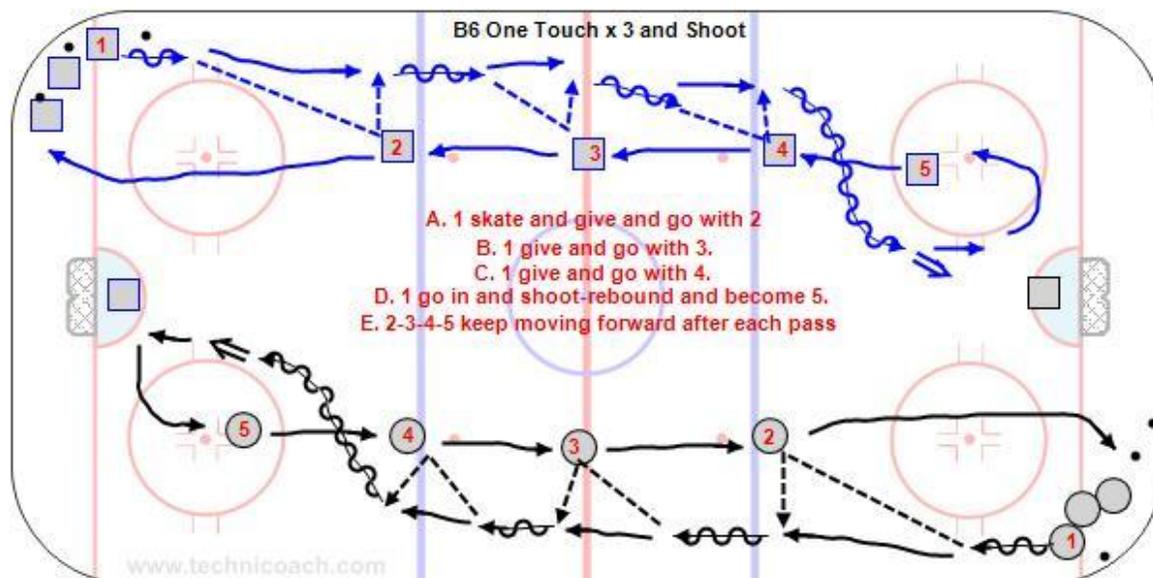
Description:

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.

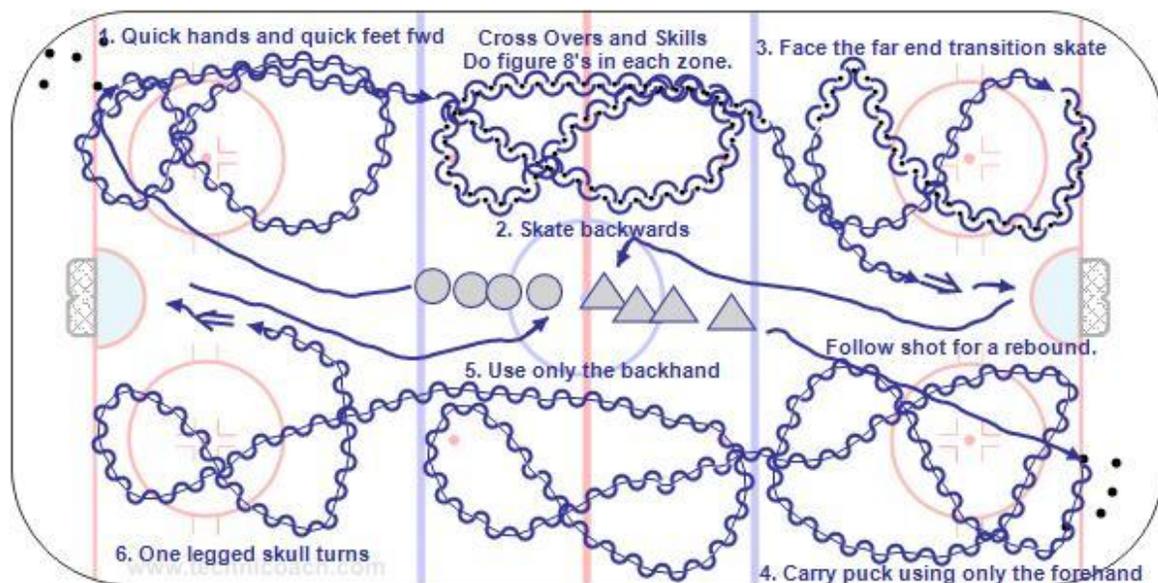
Description:

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

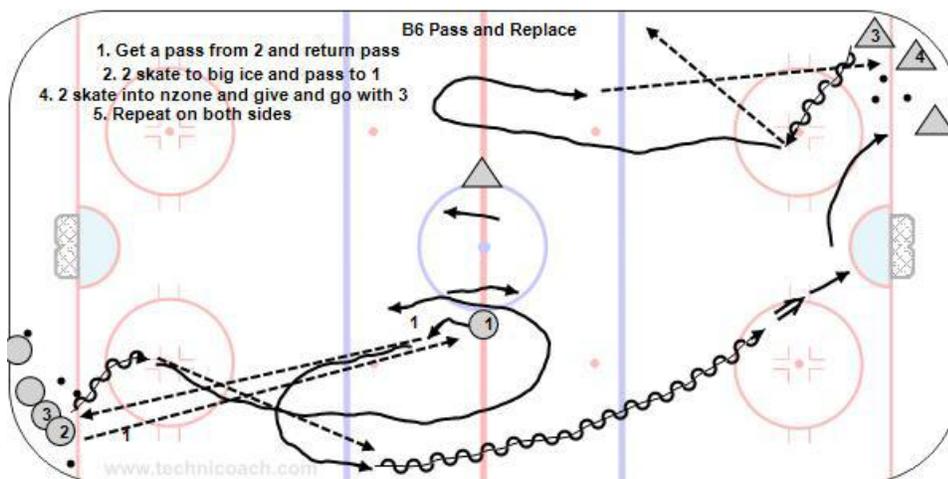
Key Points:

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.

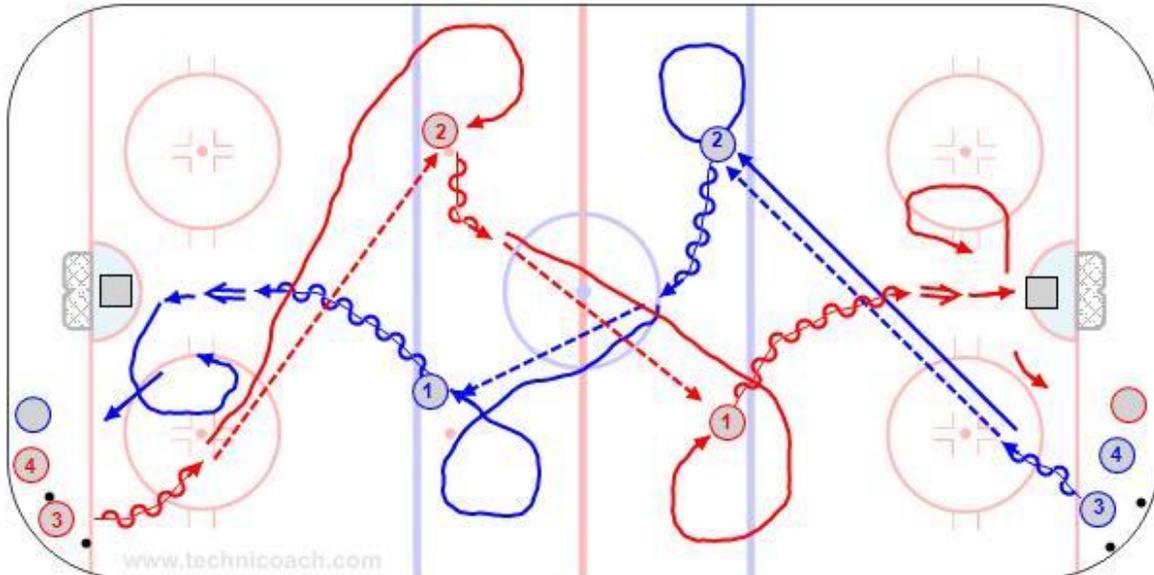
D. 2 follow the pass.

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013082418133387>



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.

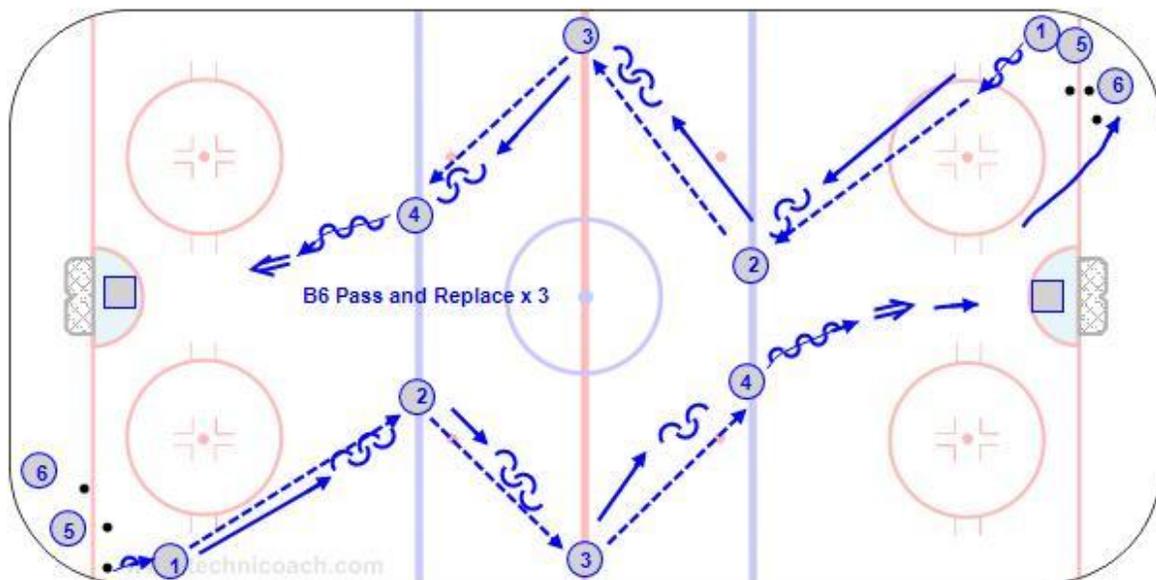
B. 2 pass to 3 and follow the pass.

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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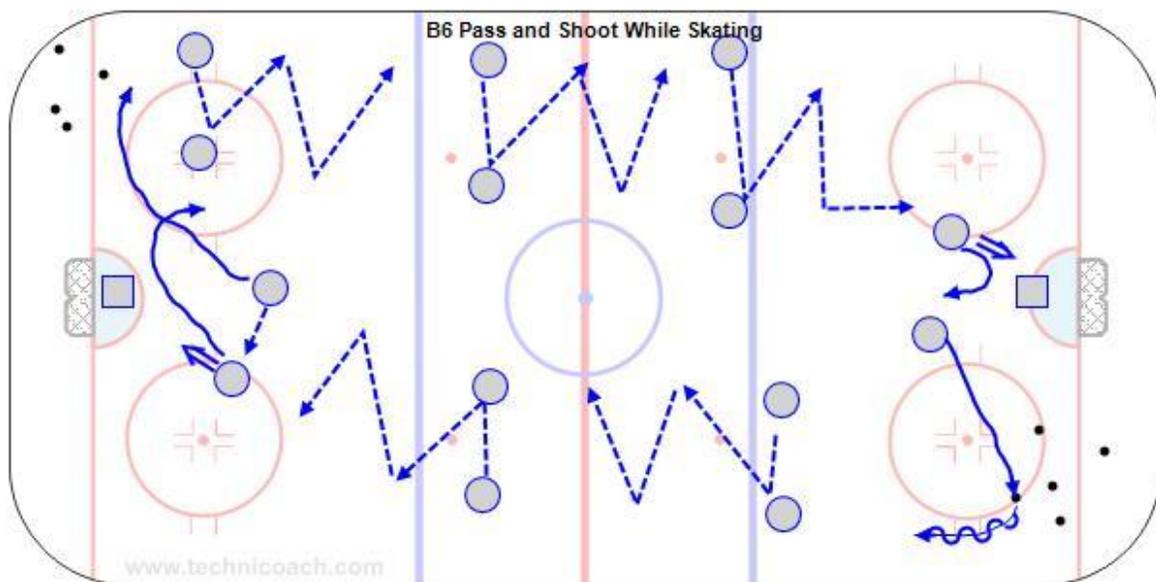
B6 Pass and Shoot While Skating

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

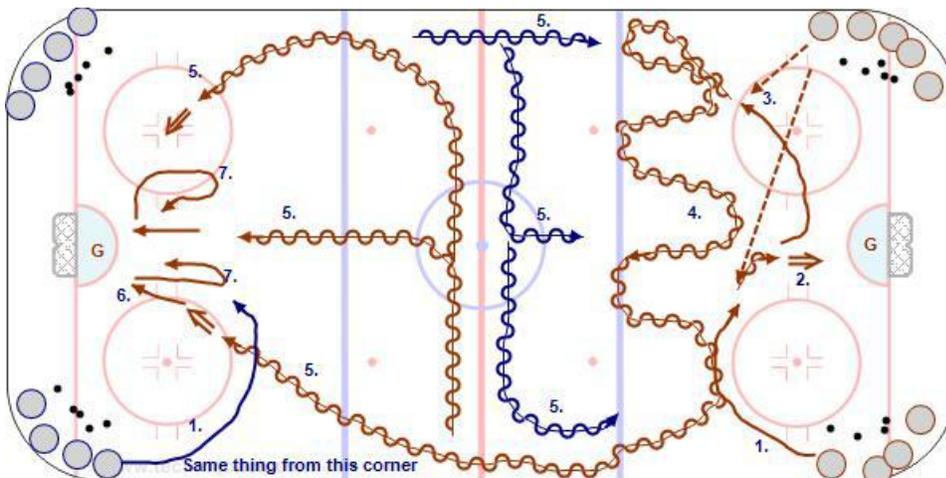
Key Points:

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.

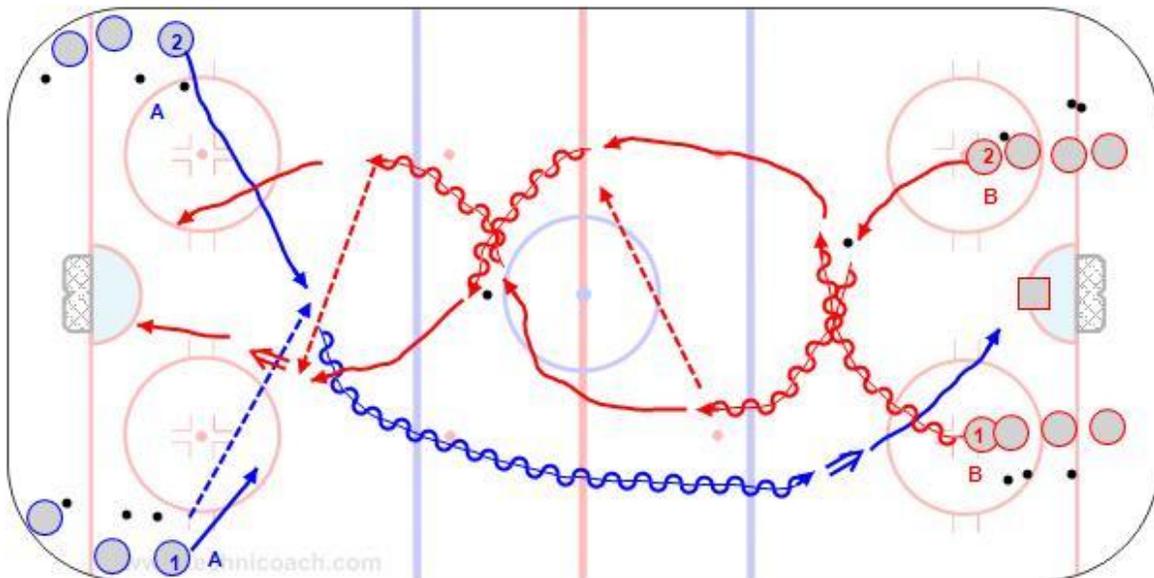
Description:

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.

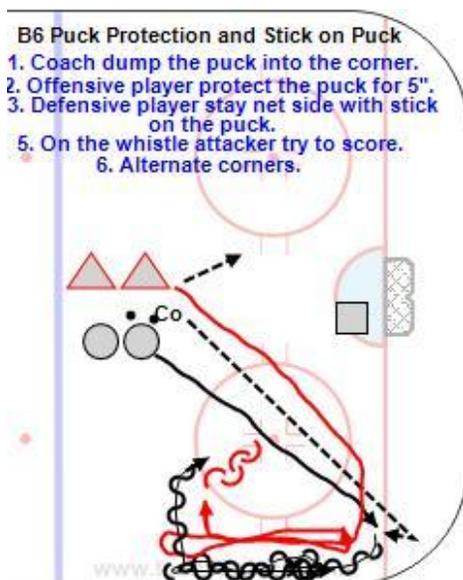
B6 Puck Protection and Stick on Puck

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 Puck Protection Skills and Scoring Skills from Finland

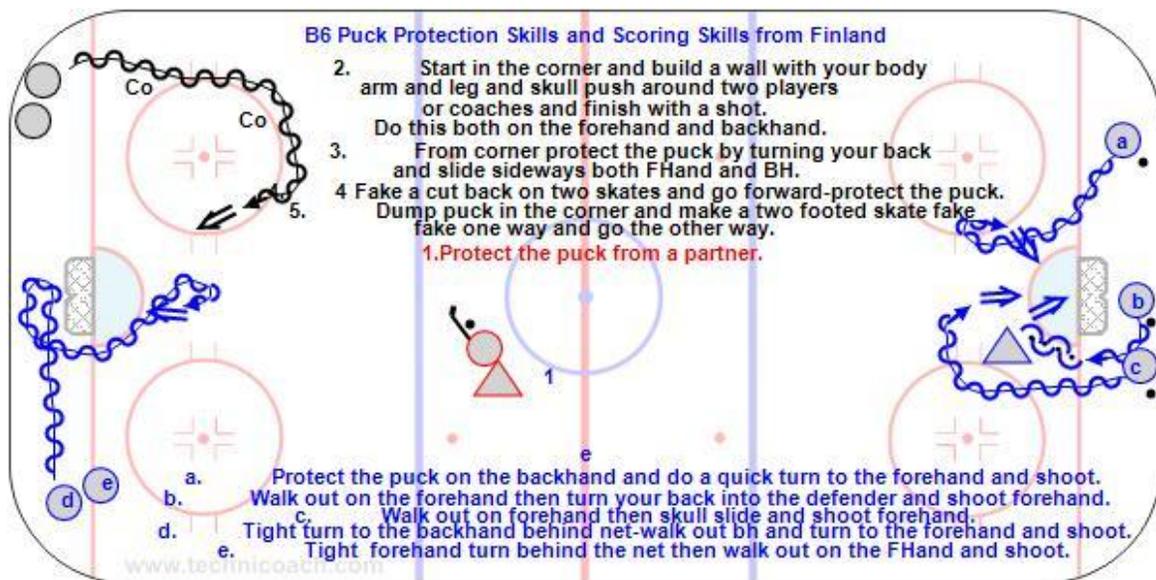
Key Points:

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

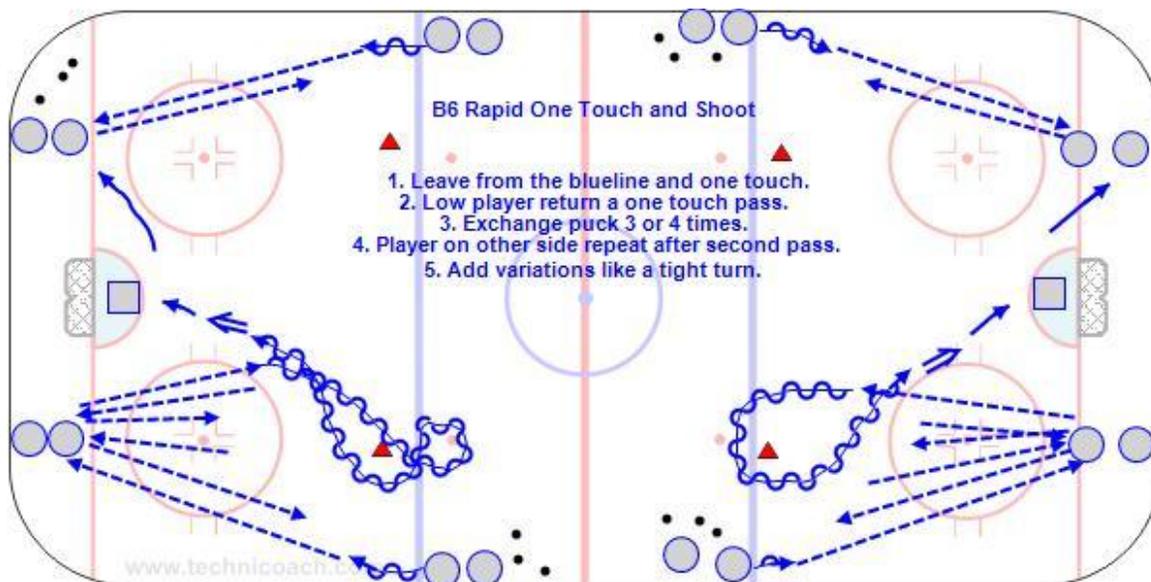
Key Points:

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

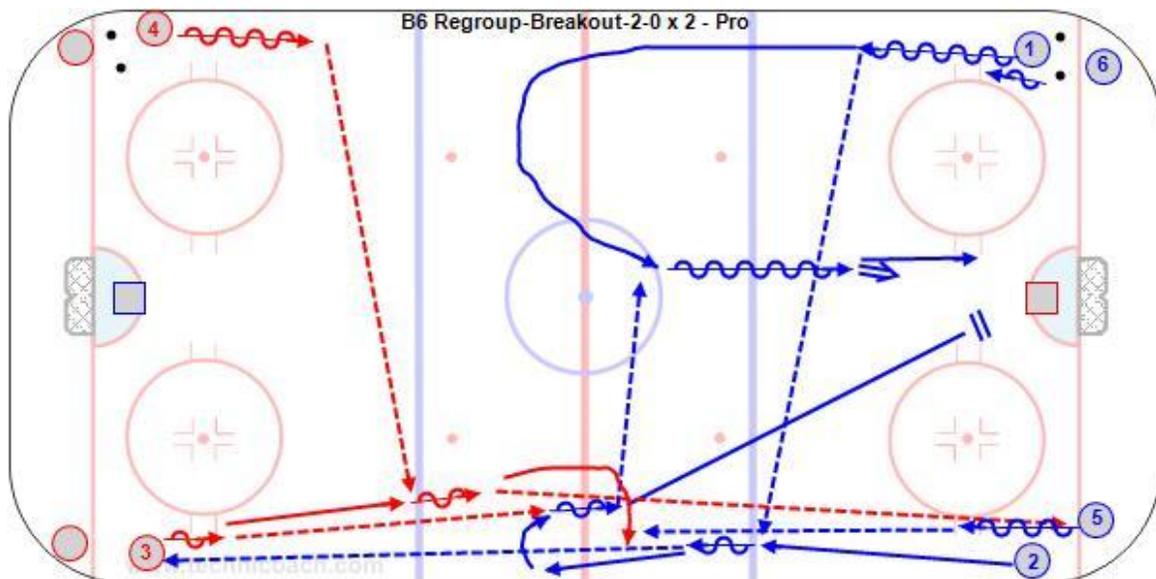
Key Points:

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

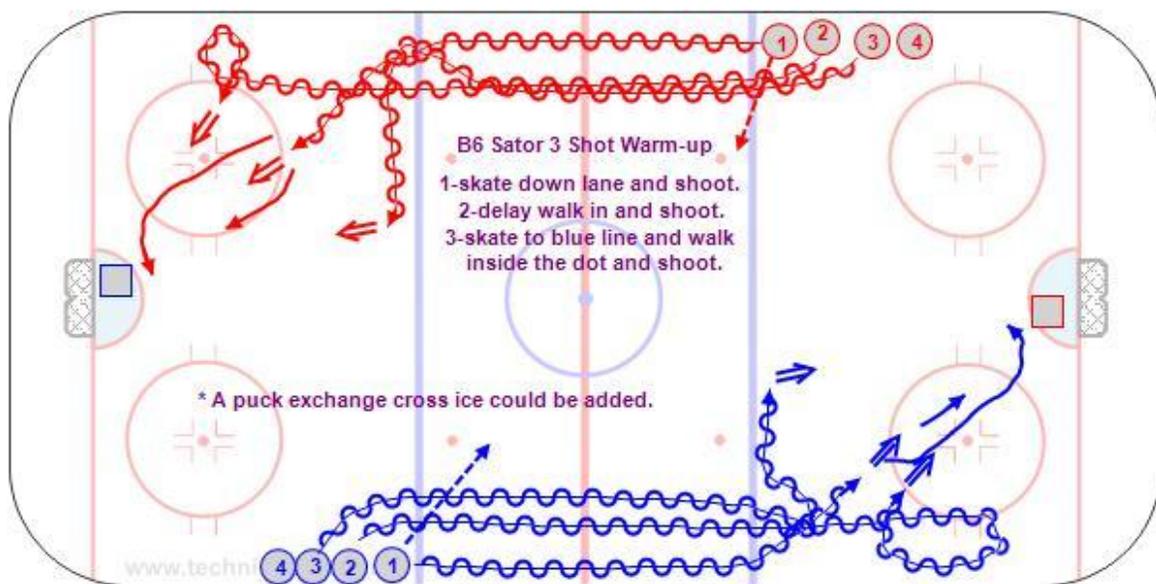
Key Points:

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.

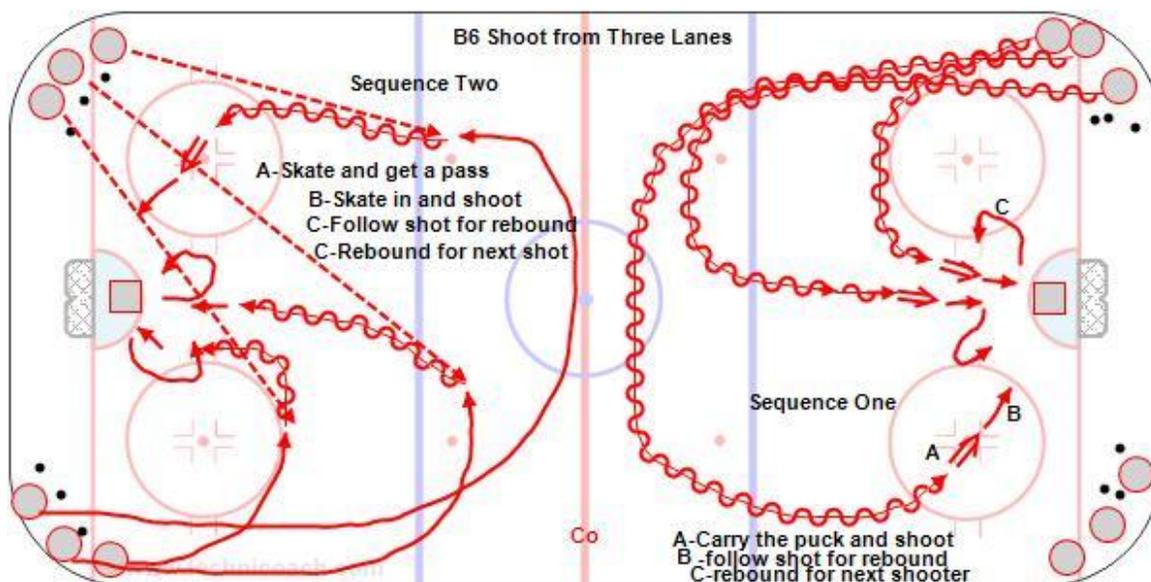
Sequence Two

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

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.

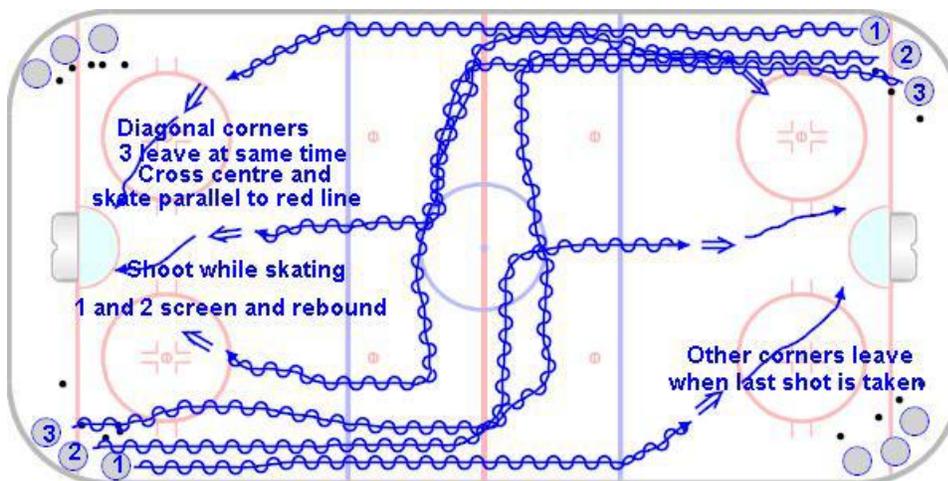
Description:

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.

The video shows the last half of the drill which is crossing the red line and skating along the line and then turning down the lane to shoot.

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



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.

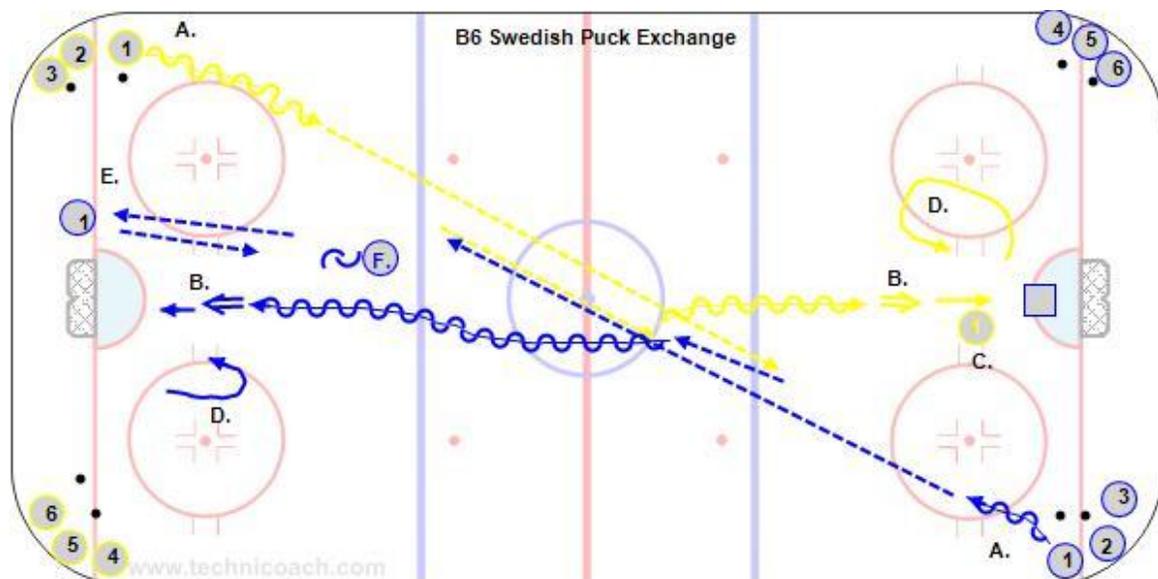
Description:

- 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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120315092804984>



B6, 2-0 – Pro

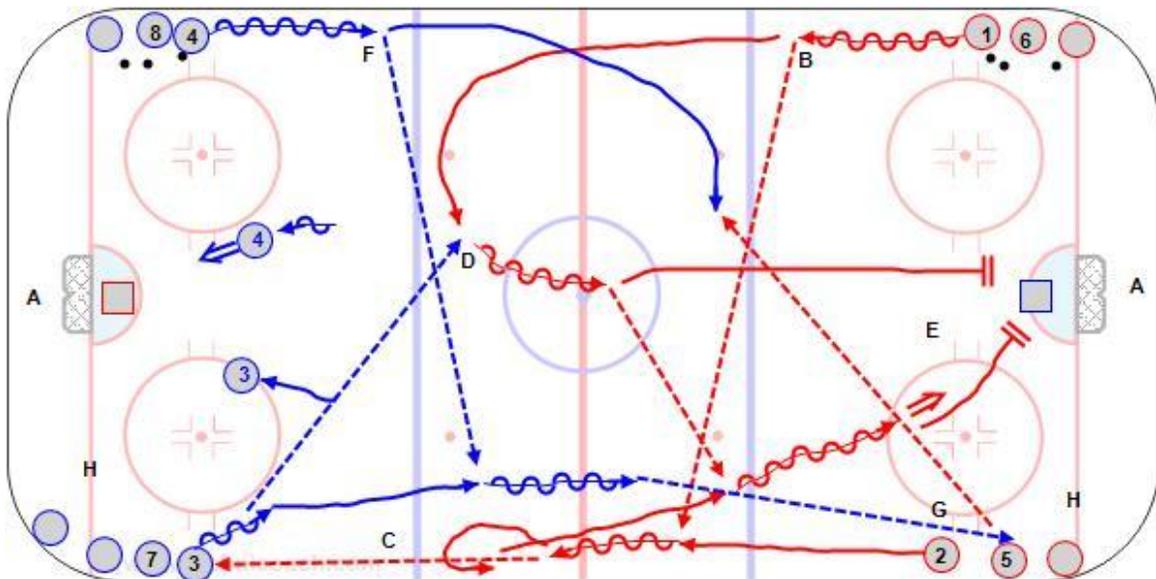
Key Points:

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

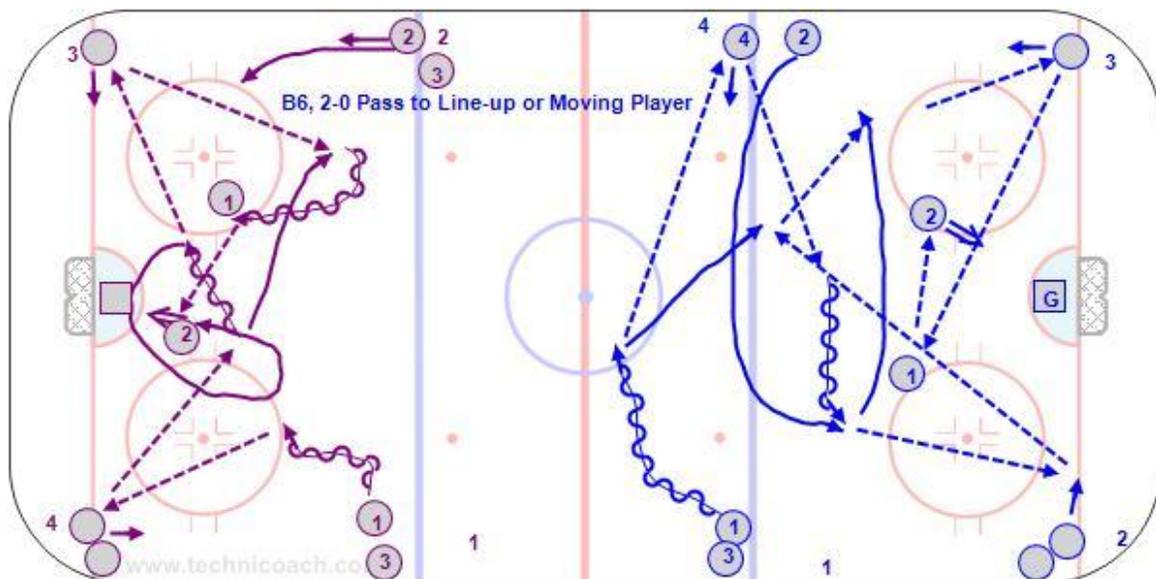
Key Points:

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121119120038152>



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

Key Points:

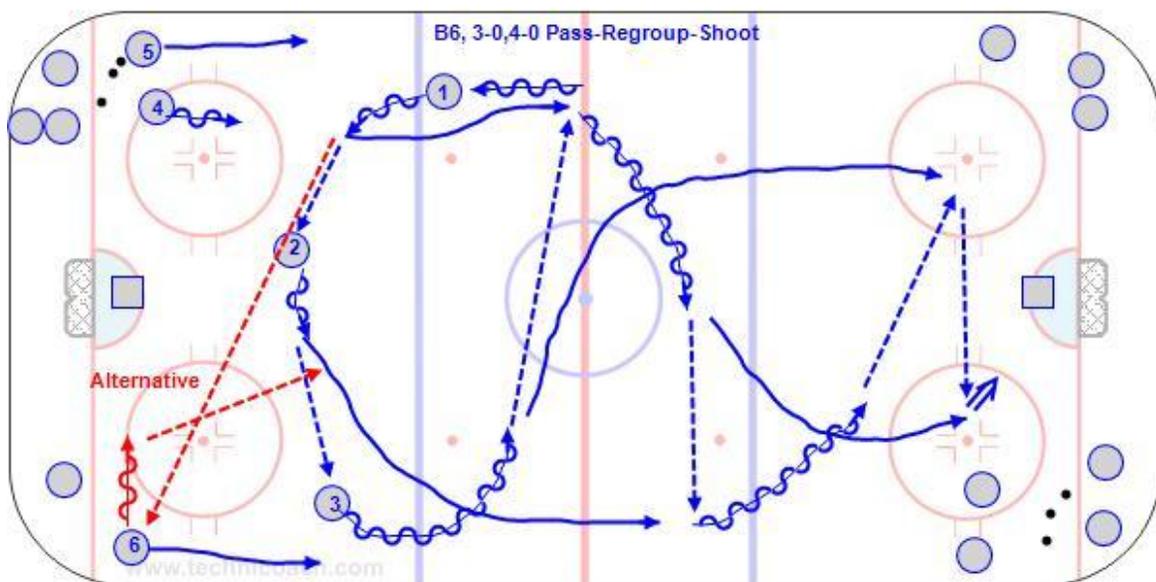
Pass hard, give a target, call for the pass and fill all three lanes. Leave in groups of 3 or 4. Make sure everyone gets at least one pass in each direction.

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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B7 Face-off Practice-Washington

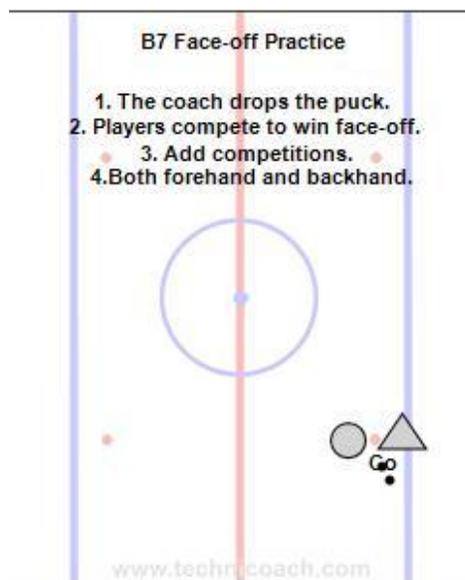
Key Points:

Watch the puck all the time. Read what the other player is going to do by how they hold the stick and where their team mates are. Practice winning clean and scrambling the draw.

Description:

1. Either a coach or another player drop the puck for a face-off.
2. Players compete to win the face-off.
3. Add competitions.
4. Practice both forehand and backhand.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101210084123920>



B8 - Regroup x 3 and 5 Shots

Key Points:

Face the puck, give a target, do everything while skating, firm passes, hit the net and follow shots for rebounds.

Description:

- 1 – Coach pass to a F who regroups with a D to start a 5-0 regroup.
- 2 – D hinge and pass up to a forward who head mans the puck and that F goes in for a shot.
- 3 – Coach pass to F who regroups and D hinge and pass up F to F who attacks and shoots.
- 4 – Coach pass to F, regroup, hinge and up to third F who attacks the net and shoots.
- 5 – Coach place puck for wide D who skates to line and takes a point shot.
- 6 – Coach place another puck for the last D to pick up and take a point shot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140821092948395>



B200 - Regroup 5-0 Middle Drive – Detroit

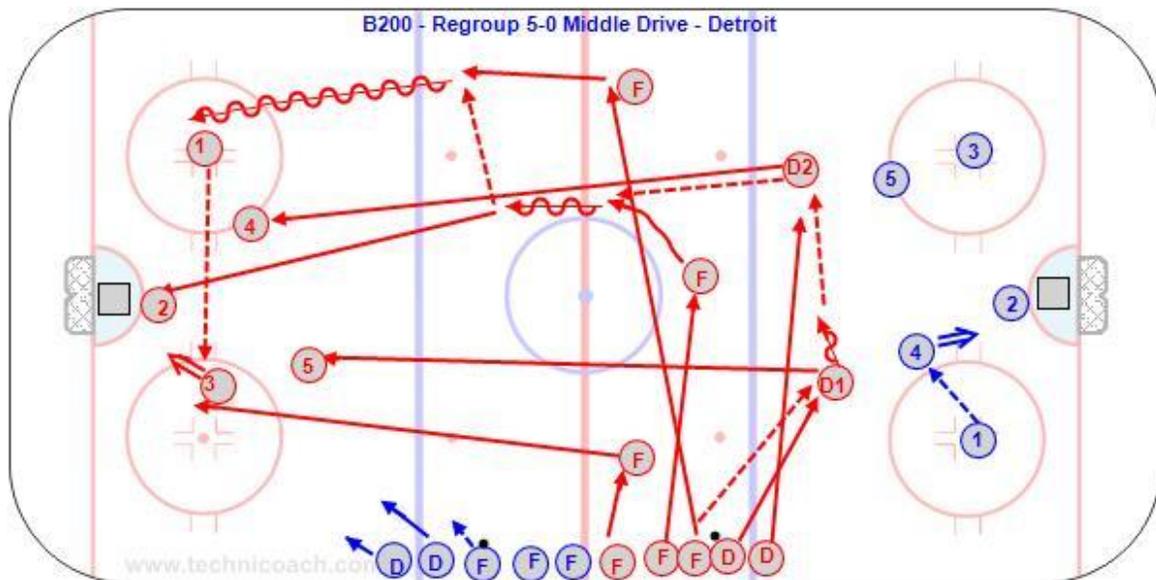
Key Points:

Everyone joins the attack. First player without the puck go to the net hard. Next two create a reverse triangle. 4th and 5th attacker join the rush.

Description:

1. Players line up on one side in the neutral zone.
2. Start with a forward passing back to a defenseman.
3. Forwards fill the three lanes.
4. Go D to D and pass up to the forwards.
5. Attack with all five players.
6. Next group of 5 repeat the other way when the rush crosses the blue line.

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B200 Scoring Circuit

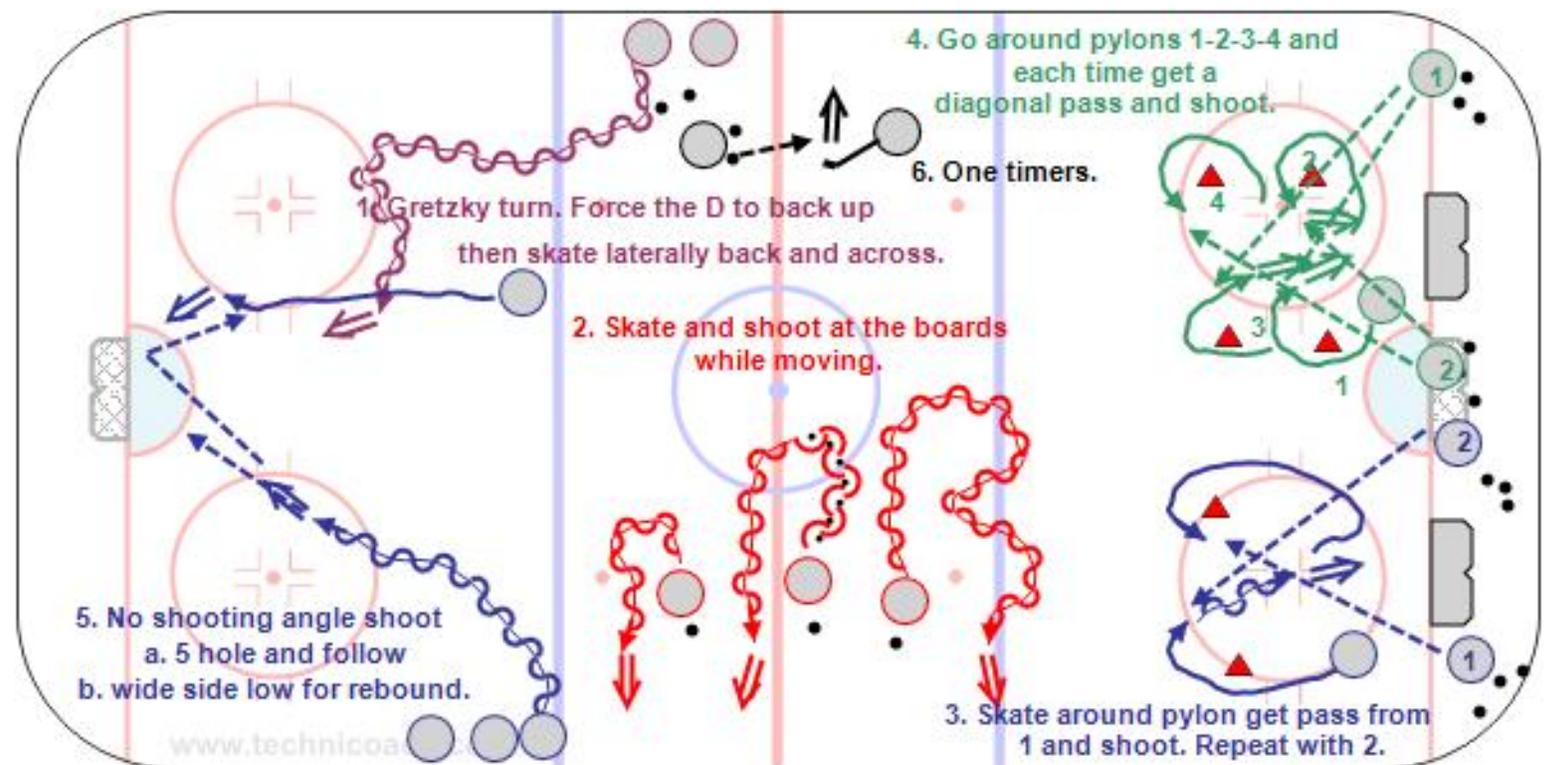
Key Points:

Make quick moves and shoot while skating. Sell a fake shot and shoot where the goalie CAME FROM not where he is GOING.

Description:

1. Gretzky turn. Force the D to back up then skate laterally back and across.
2. Skate and shoot at the boards while moving.
3. Skate around pylon get pass from 1 and shoot. Repeat with 2.
4. Go around pylons 1-2-3-4 and each time get a diagonal pass and shoot.
5. No shooting angle shoot 5 hole and follow or far post low for a rebound.
6. One timers.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100412125453157>



B202 1-0, 2-0 With Chip – Pro

Key Points:

Face the puck and give a target, rebound for the next shooter. Chip by the defense at offensive blue line and skate into the middle lane.

Description:

1. Two lines face each other from each blue line.

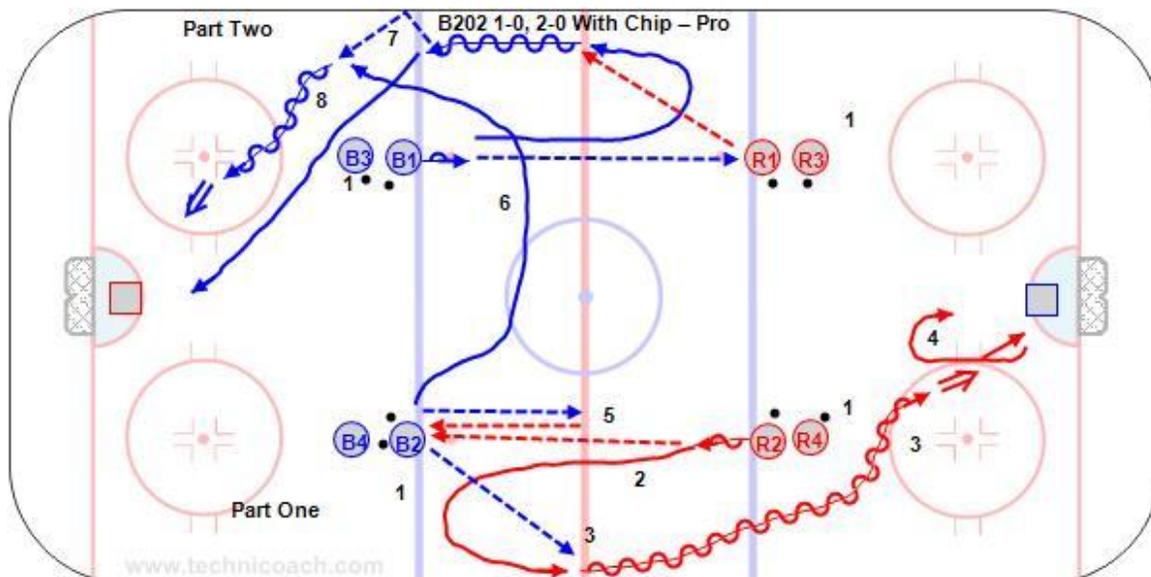
Part One

2. B1 regroup with R1 from one line and R1 regroup with B1 on the other side.
3. B1 and R1 get a return pass and attack each net.
4. B1 and R1 circle back to rebound for the next shooter.
5. R2 and B2 repeat from diagonal corners – add a one touch pass.

Part Two

6. Change the drill so both B1 and B2 leave with B1 passing to R1.
7. B1 regroups with R1 who chips the puck into the zone.
8. R2 cuts across and picks up the chip while R1 drives to the net.
9. Repeat with R1 and R2 regrouping with B3.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141018095954964>



B202 - 3 on 0 Neutral Zone Passes - Pro

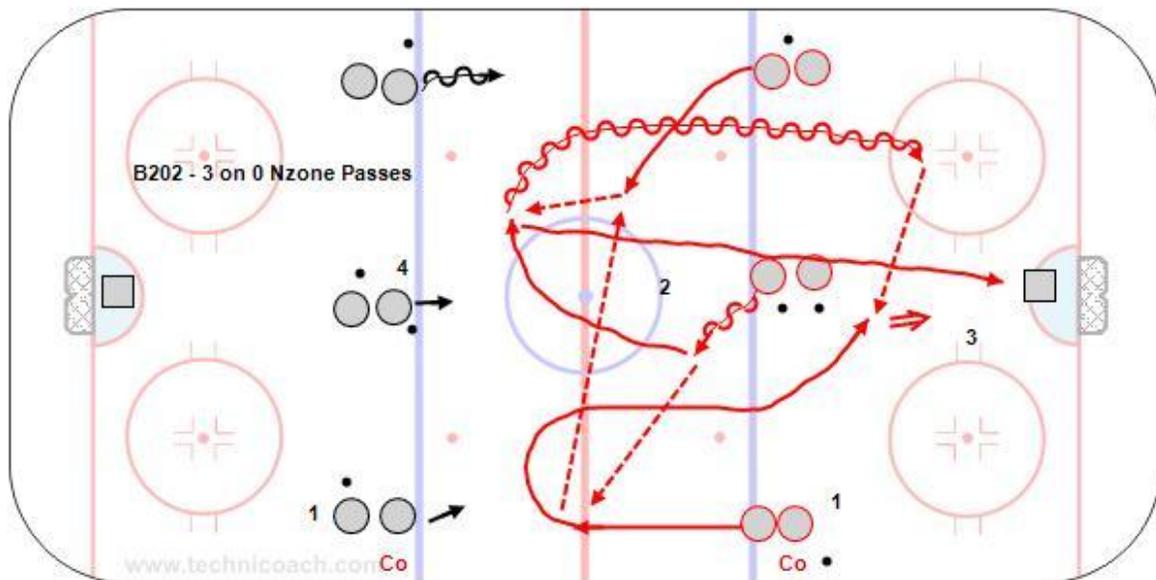
Key Point:

Make one touch pass to each player. Face the puck and give a target.

Description:

1. Players line up behind the blue line in 3 lines.
2. On whistle leave and exchange one touch passes in the neutral zone to each player.
3. Attack 3-0 at the original end.
4. Opposite group repeat.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090818155459550>



B202 - Across and Middle x 2 - U17

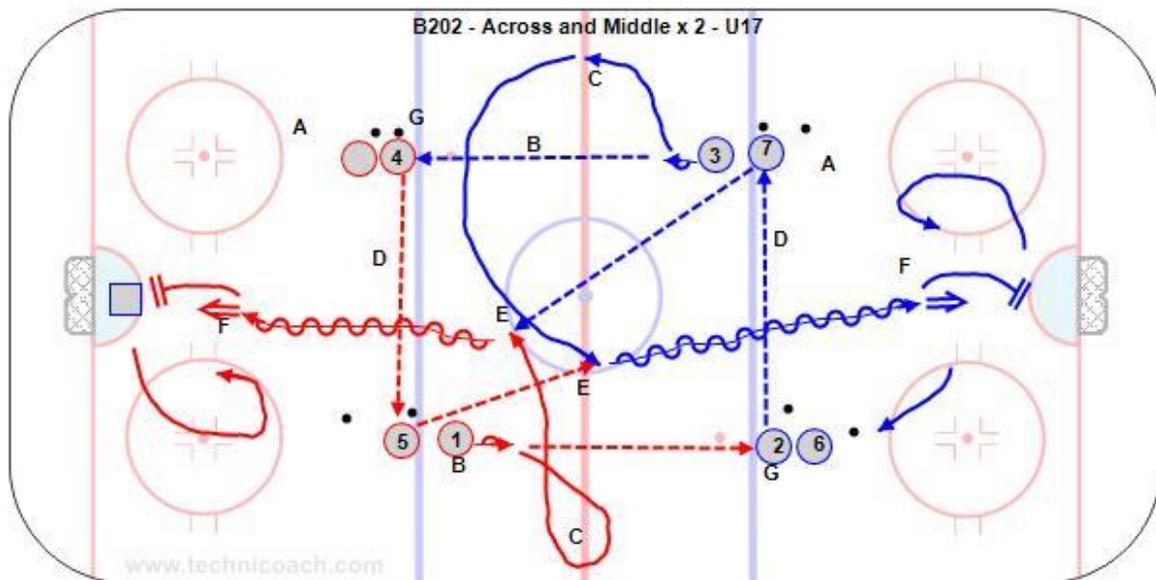
Key Points:

Give a target and face the puck. Pass hard and lead the player so he doesn't have to slow down. Shoot and rebound and either screen or rebound for the next shooter. Stay onside on the 2-0.

Description:

- A. Players face each other across the neutral zone lined up with the dots.
- B. 1 and 3 pass up to 2 and 4.
- C. 1 and 3 skate for an outlet on the boards then across the middle.
- D. 2 and 4 pass across to 5 and 7.
- E. 1-3 cut across and get passes from 5-7.
- F. 1-3 skate in, shoot, rebound, circle back and rebound, screen or defend vs. the next player.
- G. 2 and 4 repeat passing to 5-7.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150820104923347>



B202 - Circle and Shoot 1-0 x 2 x 2 - Czech U20

Key Points:

Make lots of moves and shoot while skating then follow the shot. Shoot to score. Rebound for the next shooter.

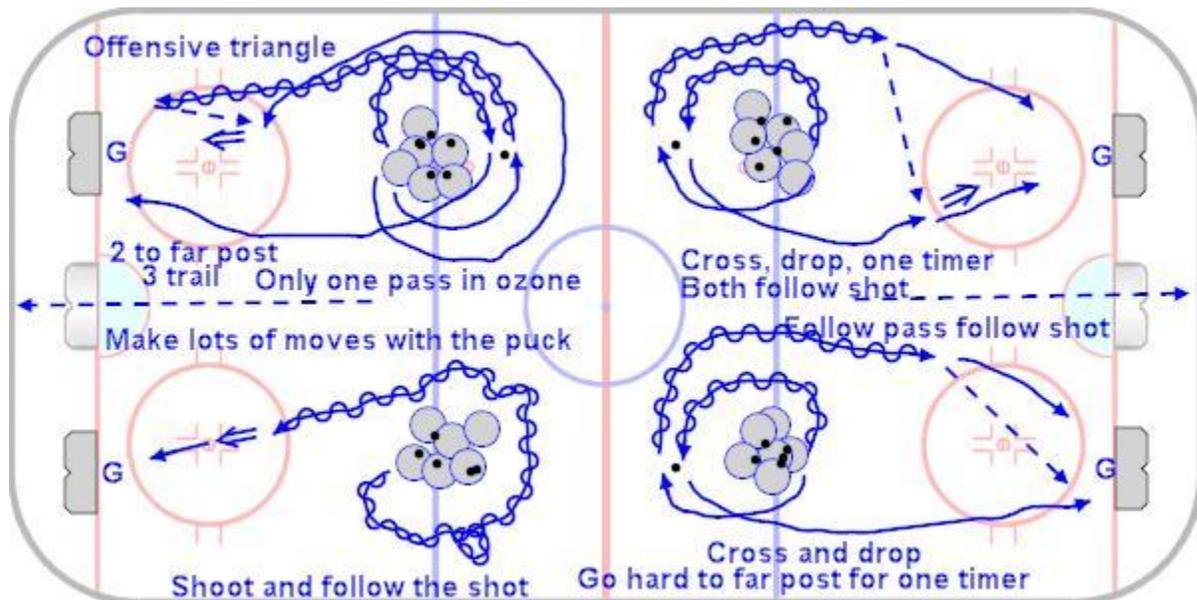
Description:

1. Players line up in four groups behind the blue line.
2. The first player from one side leaves with a puck and circle the other players.
3. Skate to the net and shoot to score.
4. Follow the shot for a rebound.
5. Circle back and rebound for the next player.
6. Skate outside first to shoot from the middle and inside to shoot from the wing.

* With large groups two nets at each end can be used.

* This formation can be used for 1-0, 2-0, 3-0, 1-1, 2-1, 2-2 drills or a quick transition game.

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B202 Low-Wide-Middle to Low-Middle-Wide - Pro

Key Points:

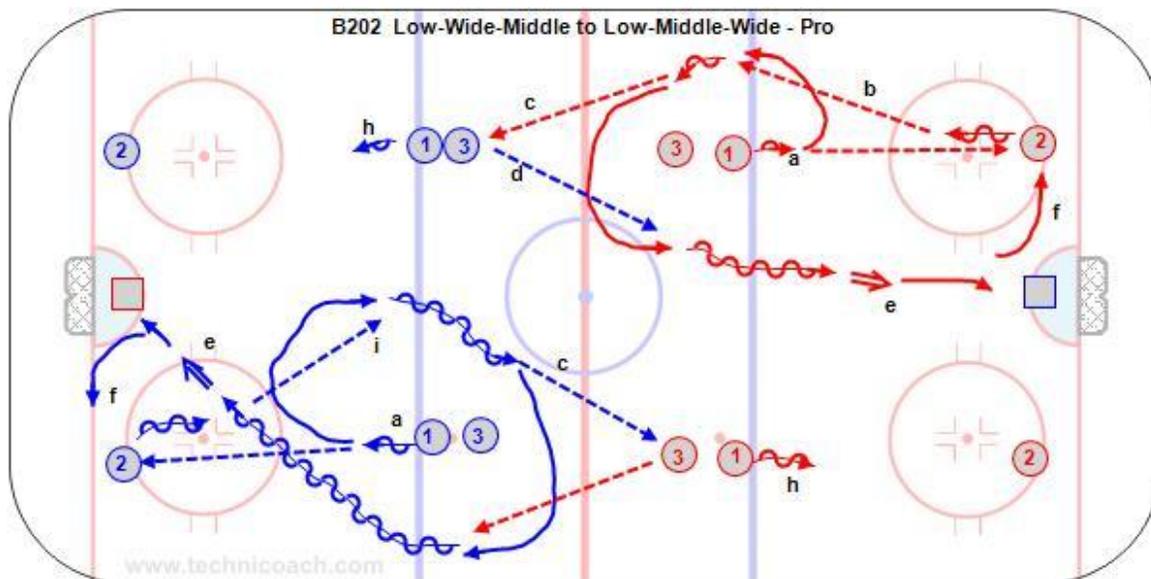
Give a target, face the puck, do everything while skating, follow the shot for a rebound, shoot in stride, shoot to score, hit the net.

Description:

Start by passing low-wide-middle-shoot at each end and alternate sides.

- a. 1 pass low to 2.
- b. 2 pass to 1 in the wide lane.
- c. 1 pass to 3.
- d. 3 pass back to 1 in the middle lane.
- e. 1 shoots, follows the shot for a rebound.
- f. 1 becomes the next low passer.
- g. 2 goes to the back of the line.
- h. Repeat on the other side.
- i. Change the drill by 1 skating in the middle lane for the first pass then wide for the second pass.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140923090314839>



B202 Luhowy Puckhandling and Passing Circuit – U18

Key Points:

Control the puck and “lock and load” or ‘triple threat position’ when you carry the puck; meaning move it from in front to your side. Keep a strong skating position with the knees bent and head up.

Description:

Line up behind the top of the circle with 2 or 3 players facing 2 or 3 players at the other end.
Have between 2 and 4 groups depending on the number of players. A group of 4 is the smallest.

1. First player in each line skate towards the other line and pass to the far line.
2. Exchange pucks and pass to opposite line.
3. Skate to red line tight left turn and pass to original line.
4. Repeat but make a tight right turn.
5. Carry toward other player and head and shoulder fakes with legs wide then pass.
6. Alternate knee touches and pass to far line.
7. Carry the puck and do a lateral push to face the other player and exchange pucks.
8. Exchange pucks twice then pass to the far end.

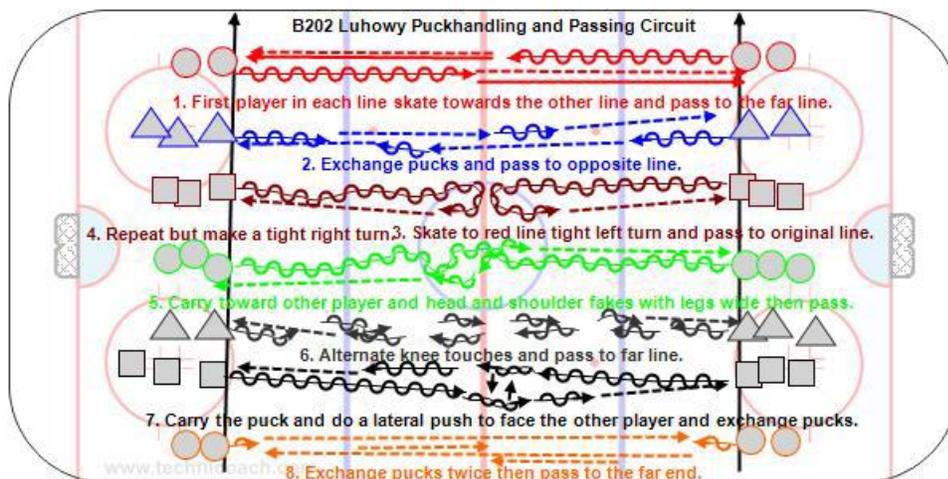
*Other passes like backhands, saucer or moves like in the feet, toe drag can be added.

Video Example with U18 Boy's.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2015102208283598>

Video Example with College Women.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2008072023504376>



B202 - Luhowy Passing - U17

Key Points:

Practice all passes and incorporate balance and puck handling exercises.

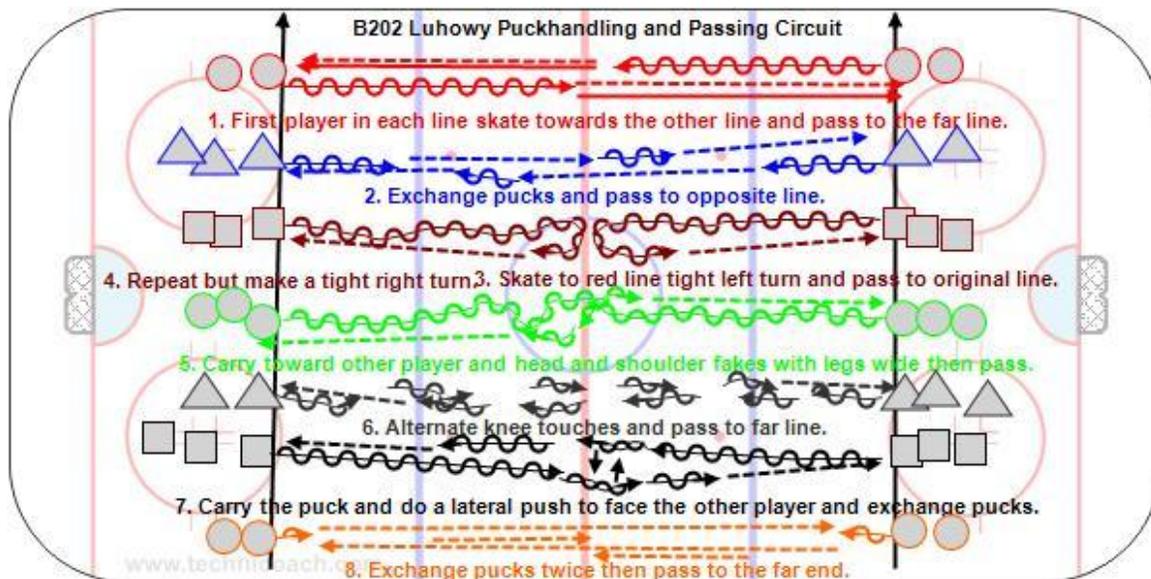
Description:

1. Players face each other in groups of 2 to 4 at either end.
2. P1 skate with the puck and pass to P2.
3. Make various kinds of passes.
4. Exchange the puck on the forehand, backhand, one forward, one backward, etc..
5. Practice taking back passes, high passes, fake and pass, etc..
6. Ideally have groups of 4 players with 2 at each end for a good work/rest ratio.

** It is possible to have 6 or 7 groups working at the same time to increase reps and decrease inactivity.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150820111518956>

<https://youtu.be/ILJp747ZN4>



B202 - Passing and Shooting on Both Nets

Key Points:

One touch pass. Shoot while skating and always follow the shot for a rebound with the stick on the ice.

Description:

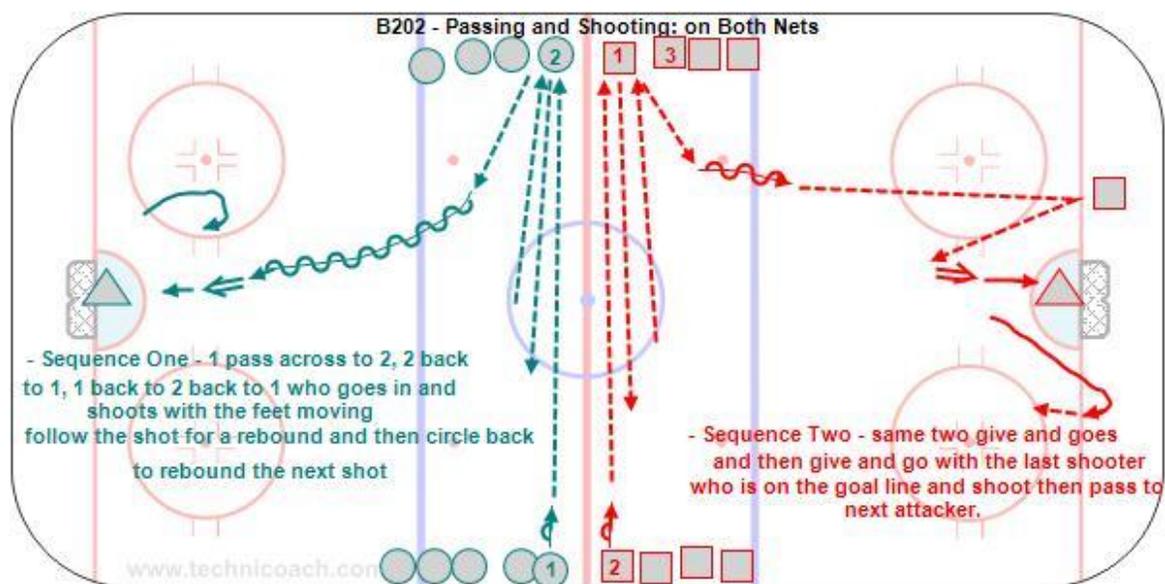
Greens on one side and whites on the other side at the red line. Each shoot at a different net.

Sequence One

- 1 pass across to 2, 2 back to 1, 1 back to 2 back to 1 who goes in and shoots with the feet moving, follow the shot for a rebound and then circle back to rebound the next shot before returning to the line.

Sequence Two

- Same two give and goes and then give and go with the last shooter who is on the goal line and shoot without handling the puck. Pass to the next shooter and after you pass step out and look for a rebound.



B202 - Regroup 1-0, 2-0 Pass Options – Pro

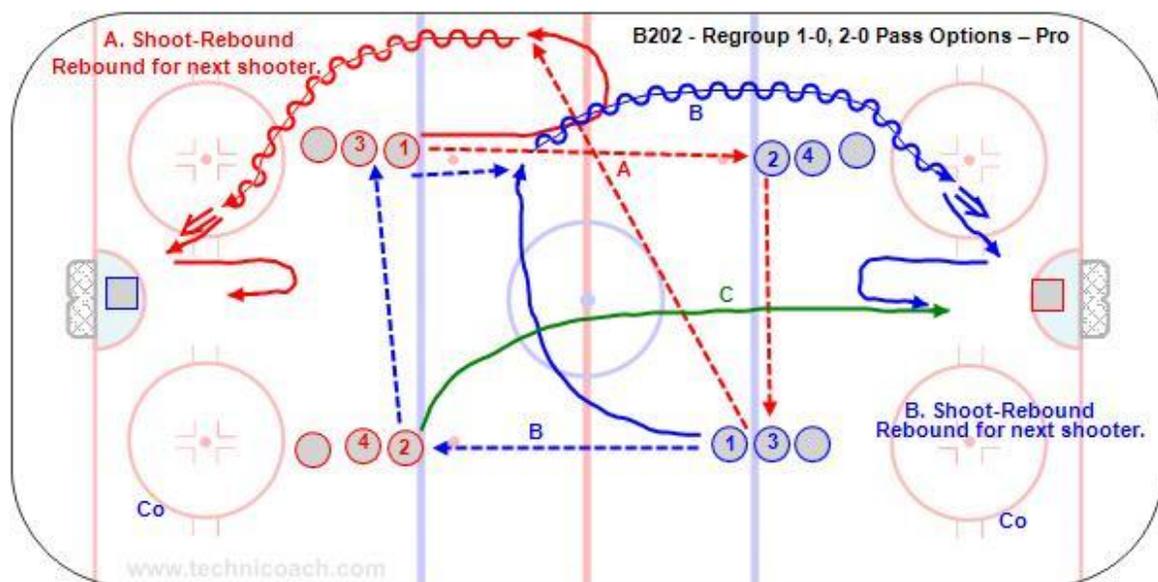
Key Points:

Give a target and face the puck. Pass hard and lead the player so he doesn't have to slow down. Shoot and rebound and either screen or rebound for the next shooter. Stay onside on the 2-0.

Description:

1. Players face each other across the neutral zone lined up with the dots.
2. Start with R1 passing ahead to B2 who passes over to B3. This pattern happens with B1 to R2 to R3 at the same time.
- A. B3 make a cross ice pass to R1 who faces the play on the far wing and goes in for a shot.
- B. R3 pass to B1 who mirrors the puck from the middle lane and goes wide for a shot.
- C. R3 pass to R1 who mirrors the puck from the middle lane - attack wide. R2 join attack after passing across.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130201092546814>



B202 – Regroup Options x 2 - Shot - U17

Key Points:

Face the puck at all times and give a target. Follow the shot for a rebound and shoot while skating. Give a target on both the backhand and forehand. Post up but keep skating and presenting a target.

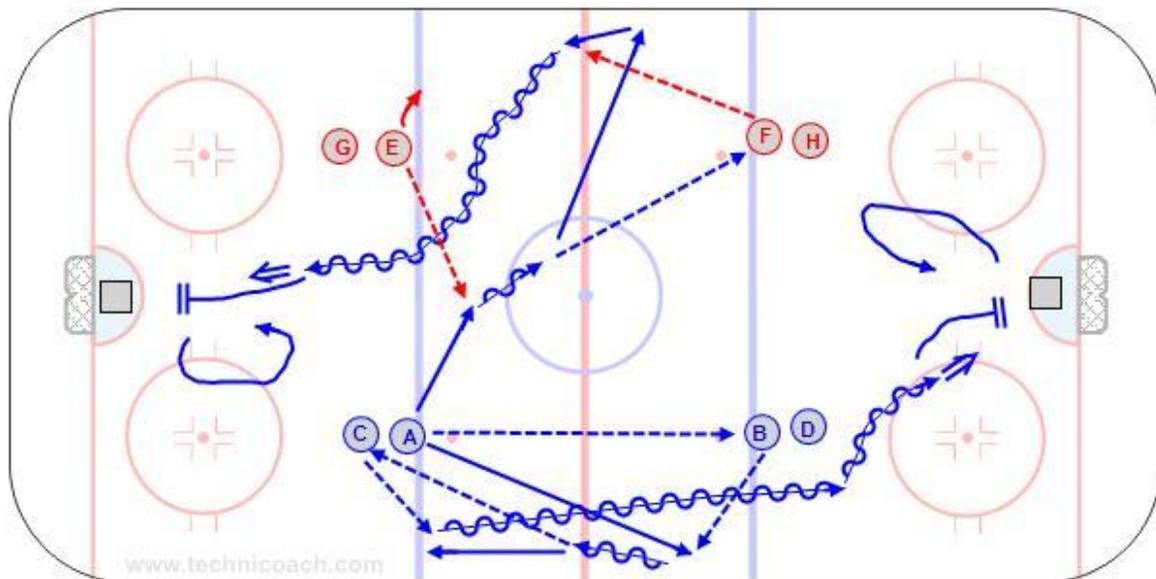
Descriptions:

1. A leave from diagonal lines and pass to B at the opposite blue line.
2. A post up along the boards facing the puck and get a return pass.
3. Skate toward the original and exchange passes with C.
4. Skate in and shoot then circle back to rebound for the next shooter.
5. Now A skate across and get a pass from E and pass to F.
6. Skate through the middle lane. Shoot then rebound.
7. Add E step out and A read to skate the middle or wide lane.

* Options: After the shot A could defend 1-1 vs. the next shooter or give and go with the next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150820113007194>

<https://youtu.be/5Ljt8Dsprl8>



B202 – Shoot – Breakout - Pass Wide - Shoot x 2 – Pro

Key Points:

Give a target, face the puck, follow the shot for a rebound before getting a new puck, pass hard.

Description:

Players line up along the boards and the middle with two lines facing each way.

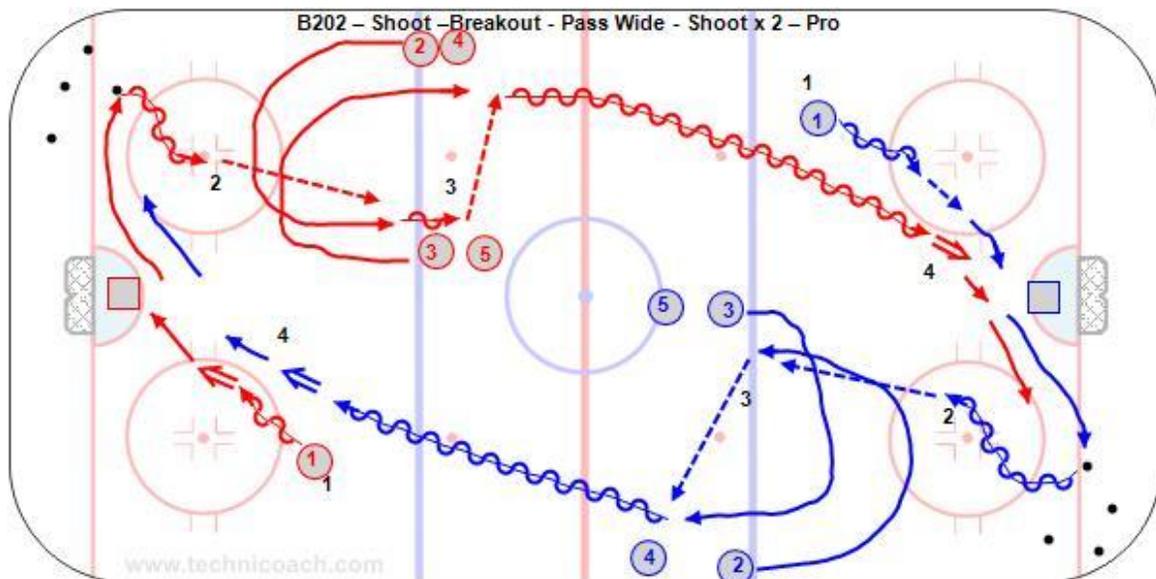
1. #1's Start with a shot from the far wing.
2. Get a new puck from the corner and pass to 2 in the middle.
3. #2 make a quick up to 3 in the wide lane.
4. #3 shoot, follow the shot, get a new puck in the corner and pass to 4.

*Continue this flow and players rotate shooter to boards and then to the middle. Do this from both sides.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140918093638947>

This is the same drill but it starts with a coach pass to the shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141004090034594>



B202 Breakout Pass and Shooting Warm up

Key Points:

Make hard passes and the forward give a target.

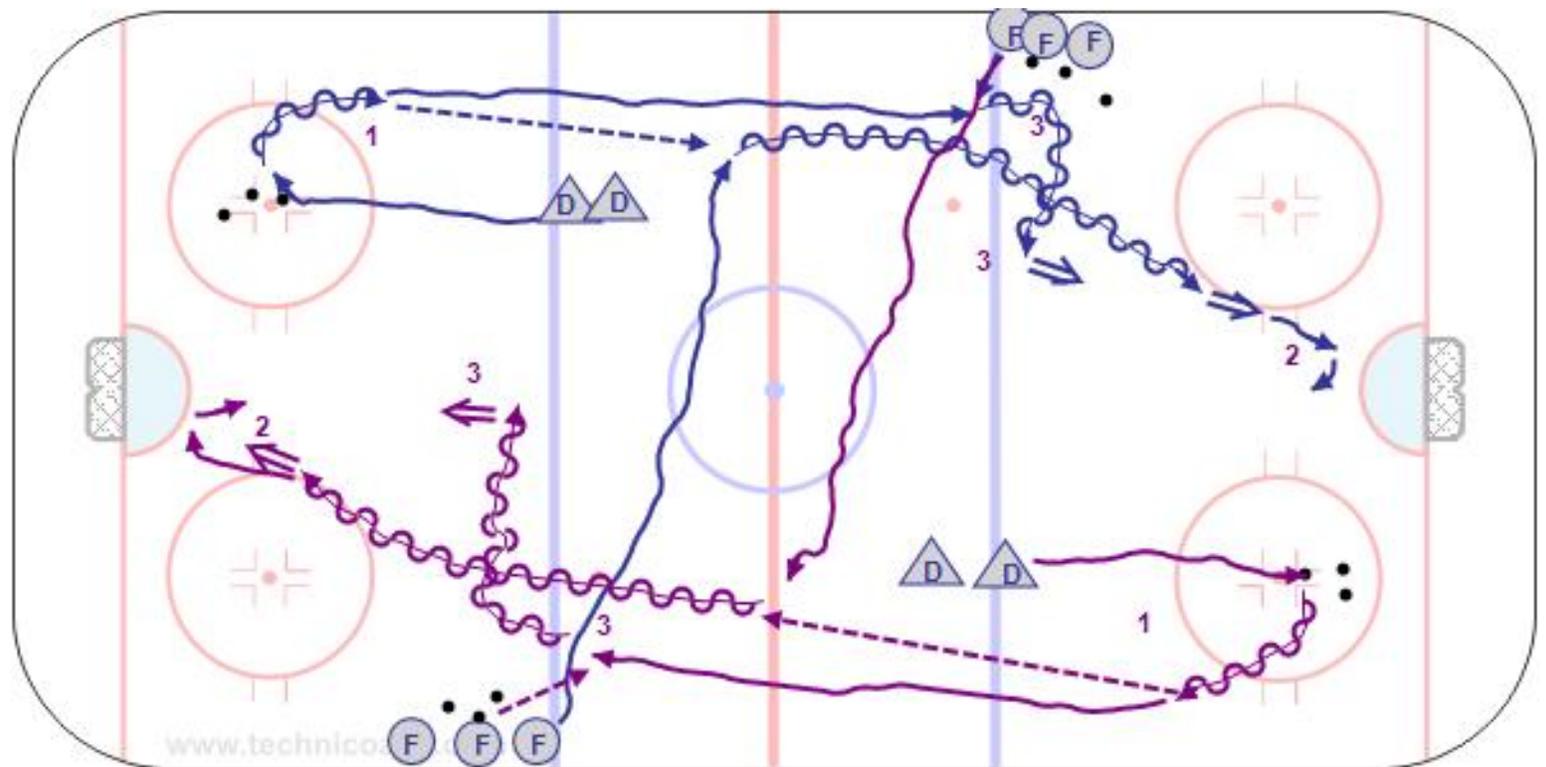
Options: The forward could give and go with the D after the initial pass. F could also rush the D so he has to shoot by the defender.

Description:

Done on both sides of the ice at the same time on the coaches whistle.

1. The D's pass to a F's cutting across the ice.
2. The F attacks and shoots then rebounds then screen for the point shot.
3. The D follows the play gets a pass from the forward and shoots.

Video: <http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090901074924530>



B202 - 3 on 0 Neutral Zone Passes

Key Point:

Make one touch pass to each player. Face the puck and give a target.

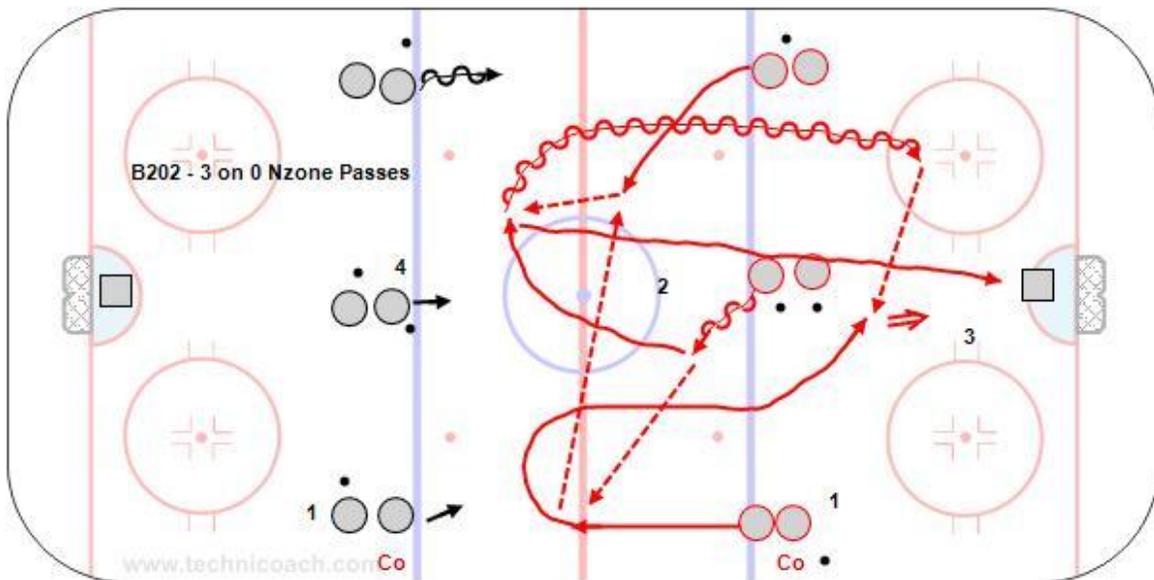
Description:

1. D makes the first pass to the F and two forwards skate laterally and exchange the puck.
2. Defender close the gap and stay between the attackers.
3. Go the other direction when the puck crosses the blue line.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090818155501847>

The farm team doing the same drill but with only one goalie at practice.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090812173648952>



B202 Neutral Zone Regroup 1-0 and 2-0 – RB Pro

Key Points:

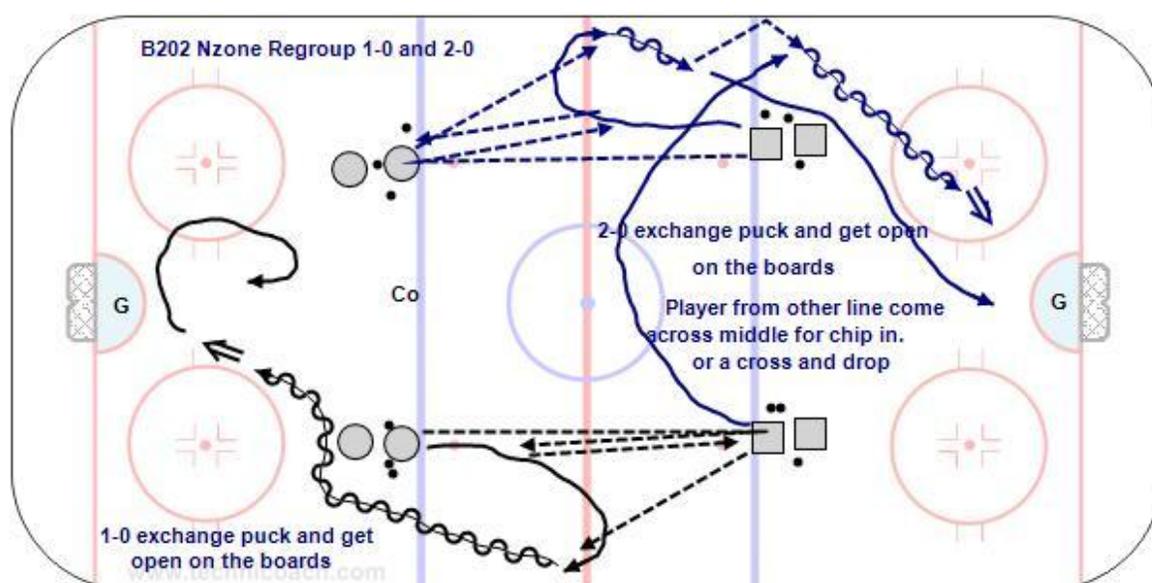
Start by exchanging the puck and always face the puck when pivoting for the return.

Description:

1. Players face each other and regroup in the neutral zone 1-0 then 2-0 and then attack. Start with exchanging the puck and then the breakout pass.
2. On the 2-0 practice chipping by the D to enter the zone or simply enter 2-0 with crosses.
3. You can add defense by having the shooter go out and defend the next attack. 4. When just shooting follow the rebound then circle back for the rebound from the next shooter.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090813080849924>

youtu.be/ZKfF_62_huo



B202 One Touch 2-0 Sweden U20

Key Points:

Face the puck. Attack with speed and follow the shot for a rebound.

Description:

B202 Formation Two groups face each other across the neutral zone.

A. B1 leave and give and go with Y2 then skate around the circle facing the puck and get another pass from Y2.

Last shooter circle back and attack 2-0.

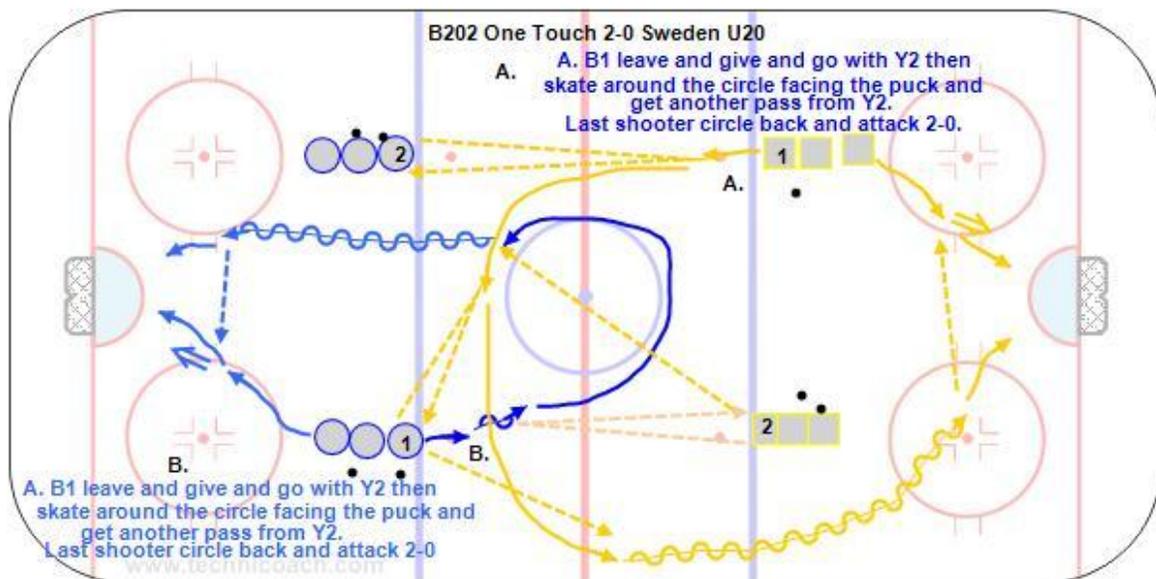
B. Y1 leave and give and go with B2 then give and go with B1 then face the puck on the boards and get an outlet pass from B1. Y3 leave from the back of the other line and attack 2-0.

Options: After attacking one of two players could defend making it a 2-1 or 2-2.

- One Timers

- Use this drill as a Shootout Contest.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=82>



B202 Pass to All Players

Key Points:

Give and go pass. Give a target and make eye contact before passing.

Description:

1. Blues start with half on each blue line.

2. Reds weave around in the middle.

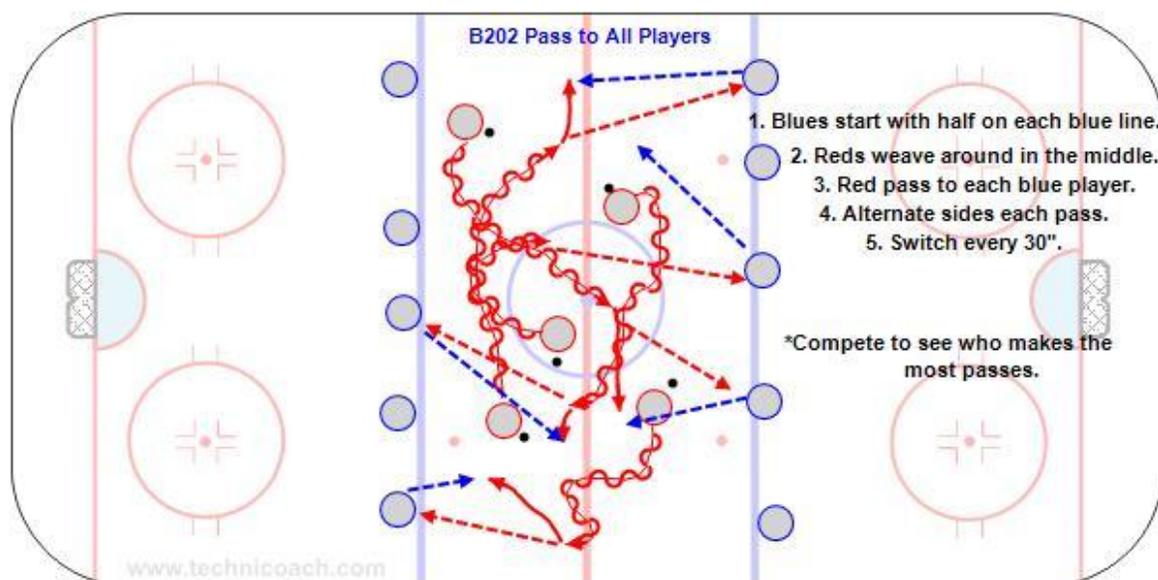
3. Red pass to each blue player.

4. Alternate sides each pass.

5. Switch every 30".

*Compete to see who makes the most passes.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=99>



B202 Passing Overspeed

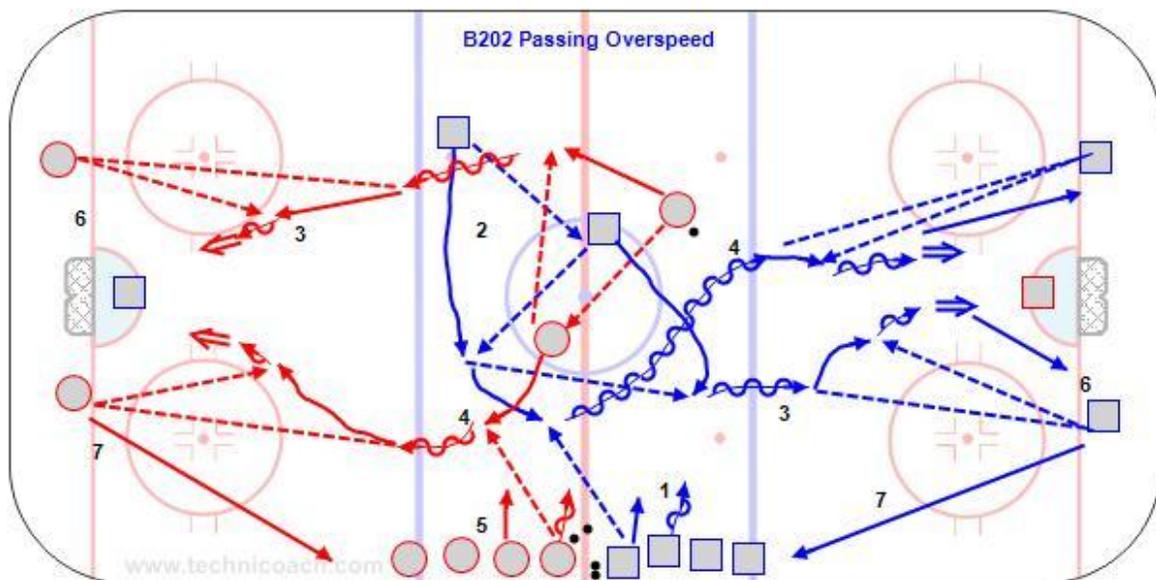
Key Points:

Always face the puck and make as many passes as possible. On the whistle pass early to the player below the goal line. Hit the net and look for the rebound from the second shooter. Give a target.

Description:

1. Two red and two blue leave from the line.
2. Make as many passes as possible in 7".
3. On the whistle player with the puck give and go with a player below the goal line and shoot.
4. Second player get a pass from the side then give and go low and shoot.
5. On the same whistle two new players from each colour leave from the line.
6. After the shot become a passer near the net.
7. Low passers return to the line up.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121104080332117>



B202 Puck Handling and Shooting

Key Points:

Make hard fakes both ways, fake shots, tight turns. Have quick feet. Cross the blue line and either shoot or pass and shoot. Add variations after shooting.

Description:

1. Players line up behind the blue line; coach in the middle.
2. On the whistle leave from diagonal lines and make hard fakes around the coach.

3. Variations:

A- Shoot and rebound.

B-Rebound for the next shooter.

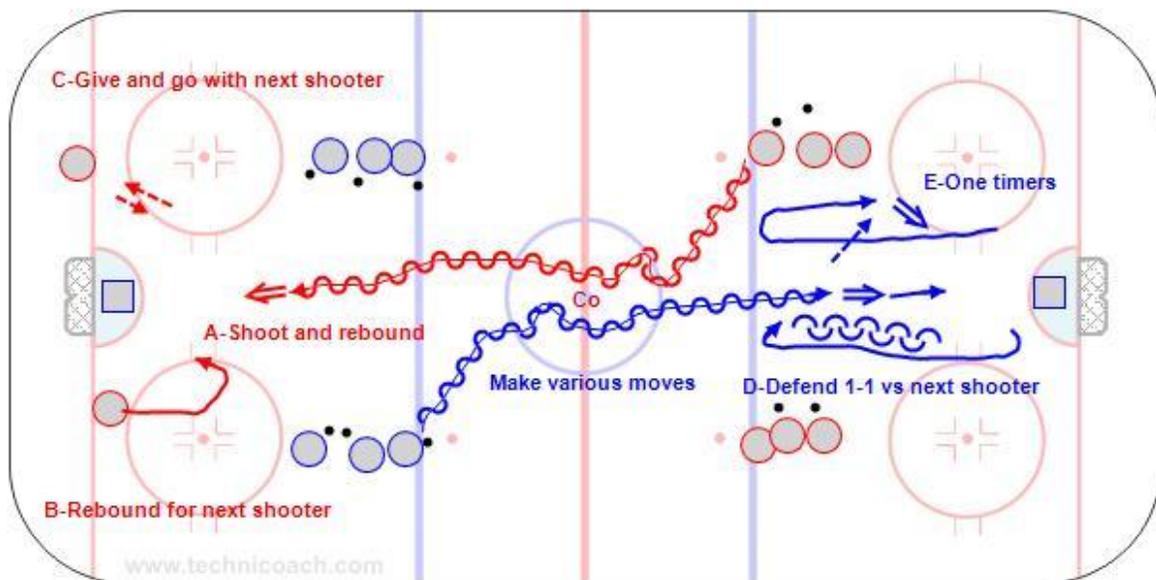
C-Shoot then give and go with next shooter.

D-Defend 1-1 vs. the next shooter.

E-Get in position for a one timer shot.

*Add other variations such as a shot pass.

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B202 Warm-up - Finland Pro

Key Points:

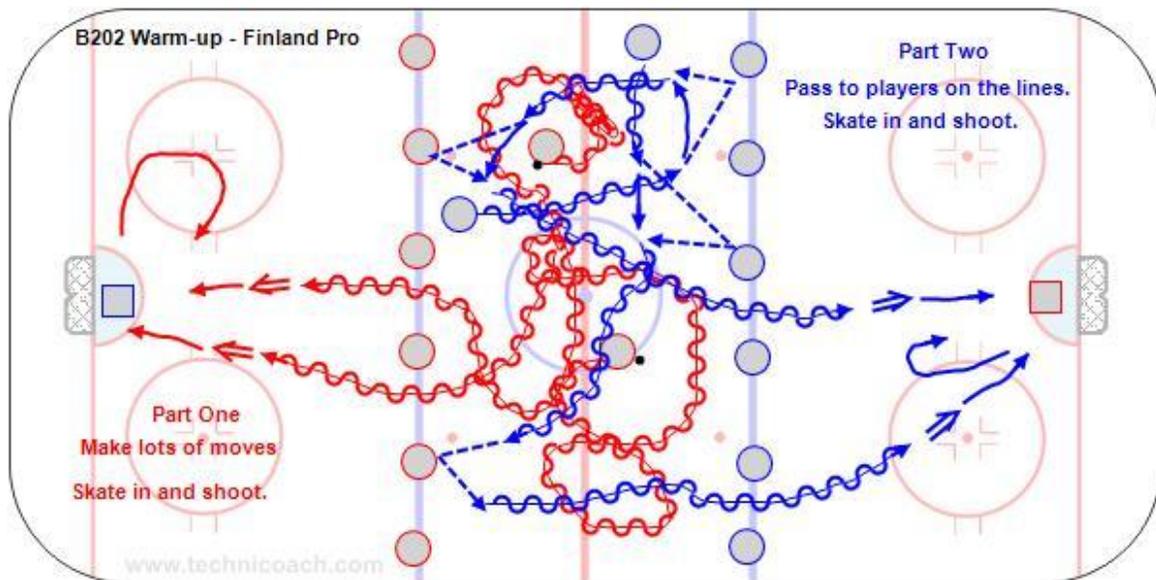
Skate and handle the puck with lots of quick turns and moves. Give a target for a pass. Follow the shot for a rebound then rebound for the next shooter.

Description:

1. Reds on one blue line and blue at the other.
2. Two reds and two blues handle the puck in the neutral zone for about 10'.
3. Leave one at a time to shoot at the end they start from.
4. Players now pass to players on the lines for 10' then skate in and shoot.
5. Rebound for the next shooter.

* Players could give and go with the next shooter after they have shot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150205101301794>



B300 - One Touch Monkey in the Middle - Finland U20

Key Points:

Give a target and use head and body fakes as well as look one way and pass the other way.

Description:

1. Choose monkey with Rock-Paper-Scissors
2. Only one touch passe are allowed.
3. Player making a bad pass goes into the middle.
4. Add a second player as a monkey for advanced groups.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120411094000243>



B300 - Pass and Keepaway - U18 G

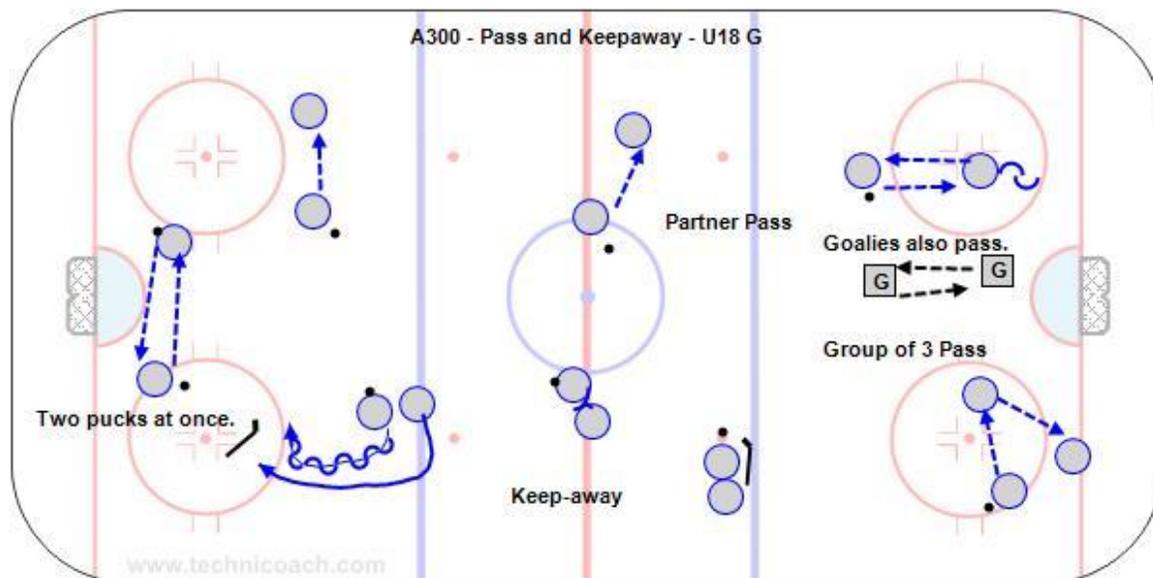
Key Points:

Use various types of passes and focus on hands away from the body and passing within the stick handling motion with wrist and not slap passes. Focus on puck protection and stick on the puck in the game.

Description:

1. Partners or groups of three skate around the rink passing.
2. Pass forehand, backhand, one backward, etc..
3. Play Keepaway on the whistle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150522112834477>



B300 Checking Along the Boards - Sweden Checking 6

Key Points:

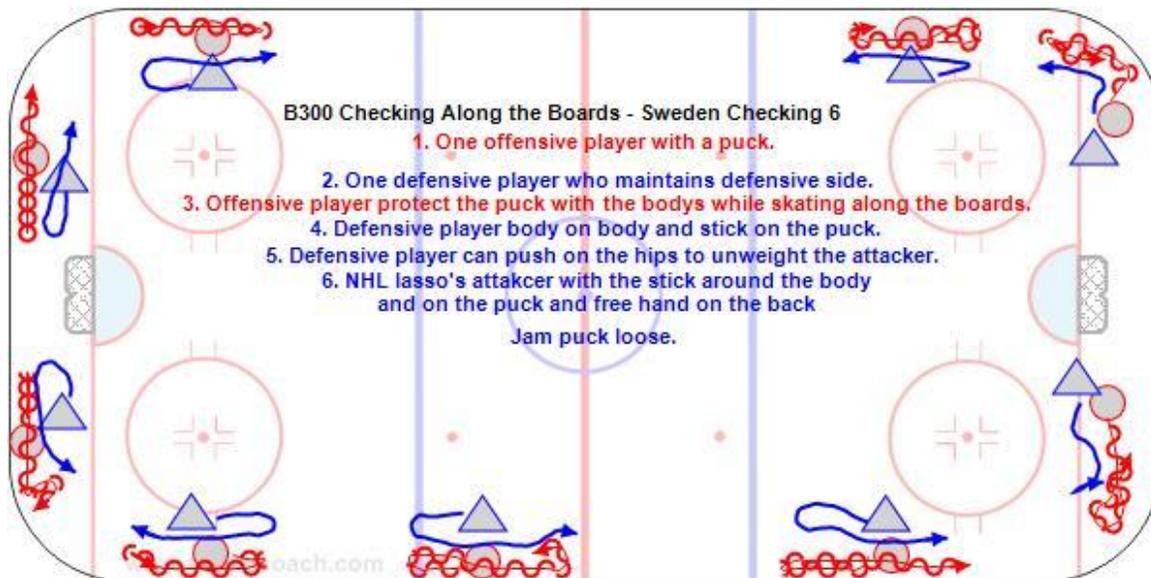
Attacker protect the puck with the body and skates using dekes and cut backs. Defender stay on the d-side with stick on the puck. NHL now lasso's around with free hand on the back and stick on the puck.

Description:

1. One offensive player with a puck.
2. One defensive player who maintains defensive side.
3. Offensive player protect the puck with the bodys while skating along the boards.
4. Defensive player body on body and stick on the puck.
5. Defensive player can push on the hips to unweight the attacker.
6. NHL lasso's attacker with the stick around the body and on the puck and free hand on the back. Jam puck loose.

<http://www.swehockey.se/Hockeyakademin/Utbildning/Video/Ovningsbanken> Narkampsspel Teknik

<https://skydrive.live.com/?cid=bd6fa116988317e9#cid=BD6FA116988317E9&id=BD6FA116988317E9%213923>



B300 Escape from Alcatraz - Sweden Checking 3

Key Points:

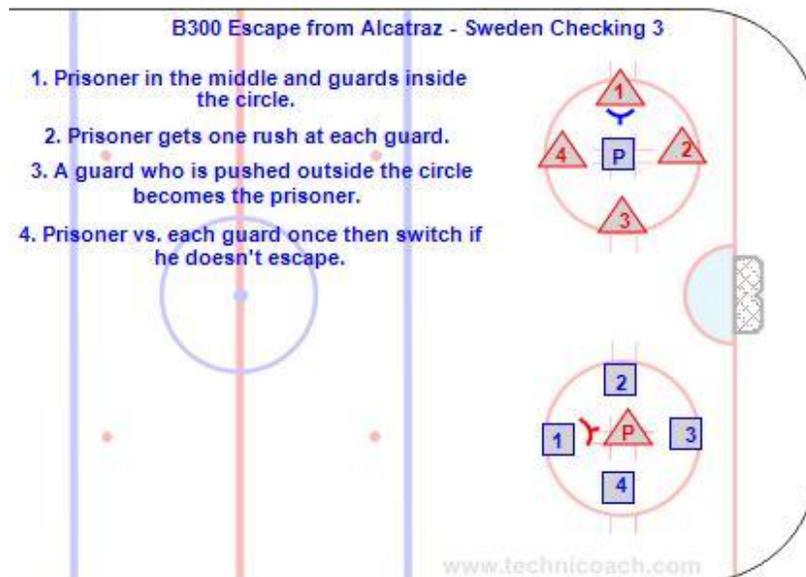
The prisoner escapes by knocking a guard out of the circle. Use the legs, keep the head up on top of the shoulders back up hands down.

Description:

1. Prisoner in the middle and guards inside the circle.
2. Prisoner gets one rush at each guard.
3. A guard who is pushed outside the circle becomes the prisoner.
4. Prisoner vs. each guard once then switch if he doesn't escape.

<http://www.swehockey.se/Hockeyakademien/Utbildning/Video/Ovningsbanken/>

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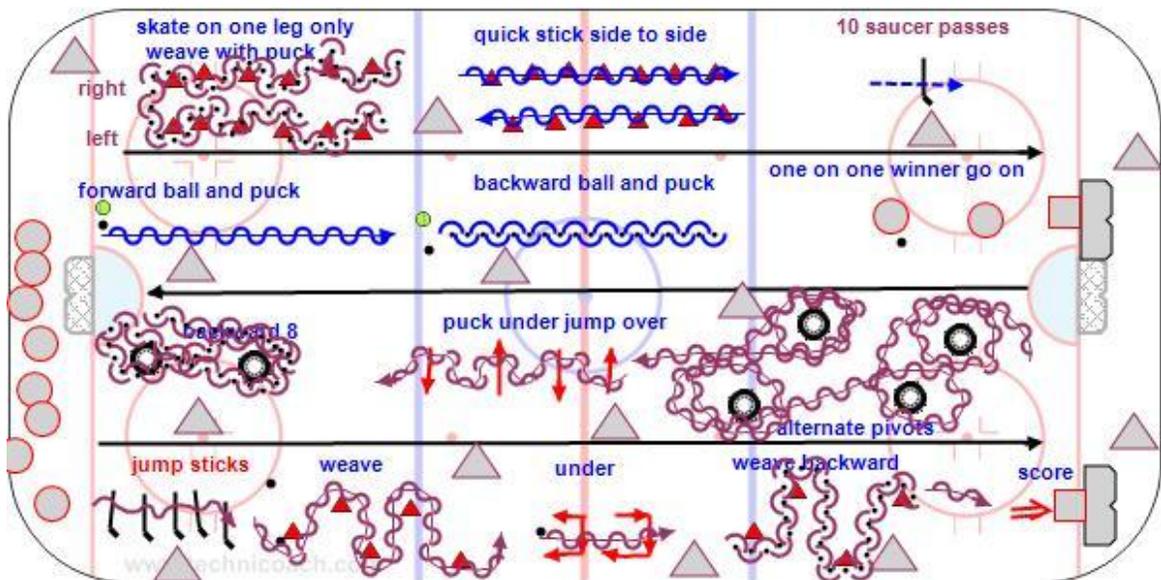
Mission Impossible:

Key Points:

Create challenging tasks that get progressively more difficult. I taught over 25, 000 PE classes in my career and this was the most popular activity. We did it as a role playing game and half were guards and the other have trying to escape from a prisoner of war camp. Everyone had to be silent and if the prisoner failed the guard said bang and they had to go back. It made it more fun to have the story attached but in a hockey practice you wouldn't have to do this. It was such a popular activity that at noon intramural time there would be kid's from grade 1 to grade 9 playing at the same time.

Description:

1. Have the players line up and do various skill tasks.
2. If they are successful they go to the next station. If they fail they have to go back to the start.
3. Have two teams that get between 5-10 minutes to go through while the other team judges each station. Compete to see which team has the most players finish the circuit.
4. Another alternative is to have coaches be the judges and all the players do it.



B300 Monkey in the Middle vs 1 and 2 - Russian U20

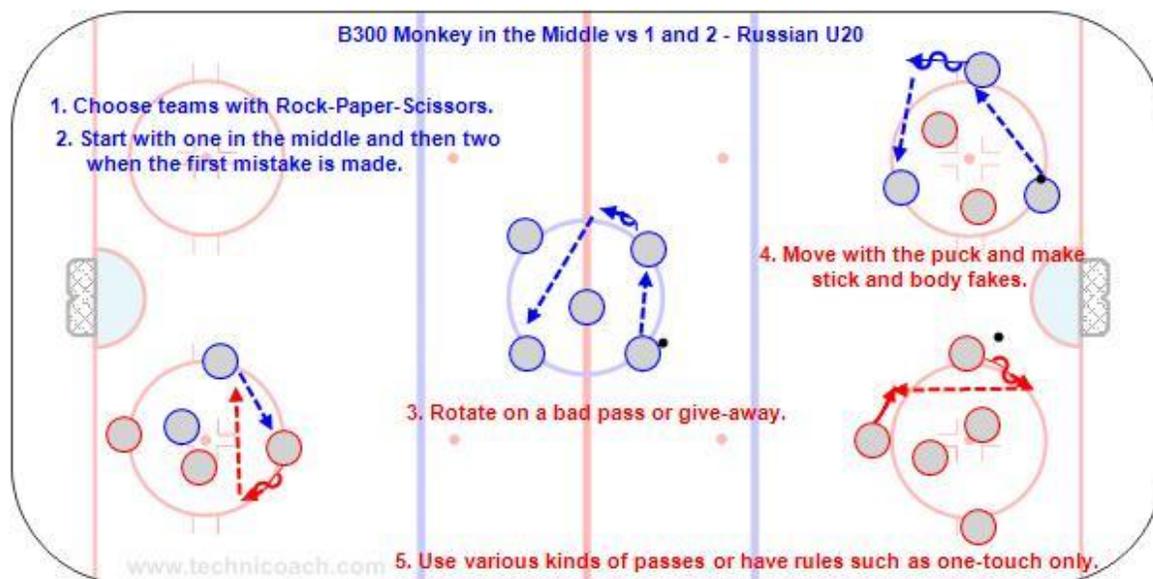
Key Points:

Pass with good technique and give a target. Defenders keep the stick in passing lanes.

Description:

1. Choose teams with Rock-Paper-Scissors.
2. Start with one in the middle and then two when the first mistake is made.
3. Rotate on a bad pass or give-away.
4. Move with the puck and make stick and body fakes.
5. Use various kinds of passes or have rules such as one-touch only.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120410094022848>



B300 Optional Practice Skills – Finnish U20

Key Points:

Players work with the coaches and do skills with good habits. In all of these drills a player could pass instead of a coach.

Description:

1. Players line up behind the blue line and skate into the neutral zone and then flare out towards the boards facing the puck and give a target. The coach passes and the player attack and shoot. Follow the shot for a rebound and then circle back to rebound for the next shooter.
2. Player get a regroup pass from the coach along the boards then shoot-rebound.
3. Coach pass to a player from the side boards to the point and the player take a one timer.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120305093524642>



B300 Practice Stations-Skill-Games

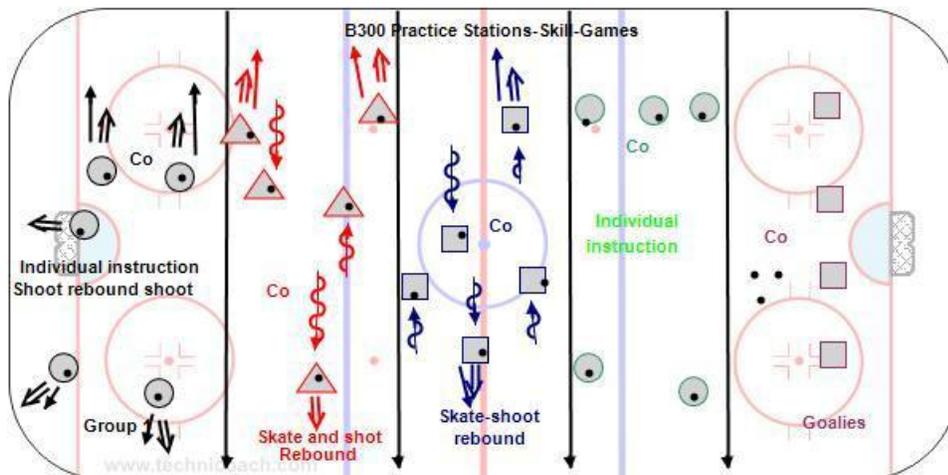
Key Points:

Coaches progress from stationary technique instruction to cross ice movement doing the skills. When instructing shooting insist that they follow the shot for a rebound.

Description:

1. Ice is divided into cross ice stations with a coach at each station.
2. This formation can be used for skating, passing, shooting, checking or any technique.
3. Move from stationary instruction to movement.
4. Games can also be played cross ice or at one net.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100821114618838>



B300 Protect the Dot - Sweden Checking 2

Key Points:

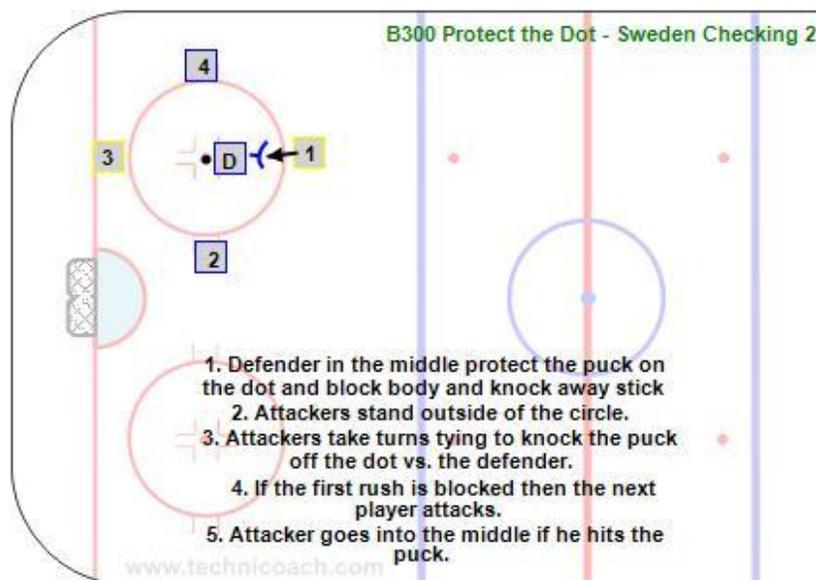
Defender must keep the hands down and the upper body erect by playing the attackers stick and blocking chest to chest. Bend the knees and head up in a strong athletic position.

Description:

1. Defender in the middle protect the puck on the dot and block body and knock away stick
2. Attackers stand outside of the circle.
3. Attackers take turns trying to knock the puck off the dot vs. the defender.
4. If the first rush is blocked then the next player attacks.
5. Attacker goes into the middle if he hits the puck.

<http://www.swehockey.se/Hockeyakademin/Utbildning/Video/Ovningsbanken/>

<https://skydrive.live.com/?cid=BD6FA116988317E9&id=BD6FA116988317E9%213934#cid=BD6FA116988317E9&id=BD6FA116988317E9%213928>



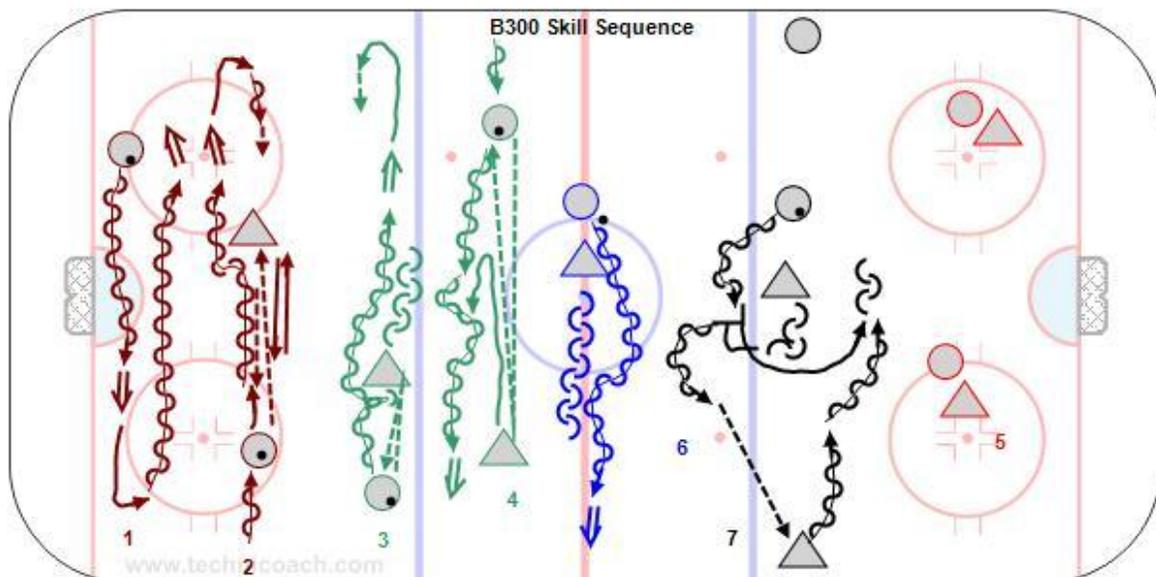
B300 Skill Sequence

Key Points:

Practice shooting quickly, Use many moves vs a passive opponent and increase the movement progressing to cross ice games.

Description:

1. Skate across ice and shoot at boards.
2. Skate-give and go-deke-shoot quickly.
3. Skate-give and go-deke moving D-Shoot.
4. Give-go, defender close gap-deke-shoot.
5. Partner keep-away.
6. 1 on 1 game-use line on boards or nets.
7. 1 on 1 game. Pass to waiting partner on whistle, goal or when defender regains puck.
6. Cross ice game and use small nets or the line on the boards as the goal. Play tournaments.



B300 Tschumi Around the Clock One Touch

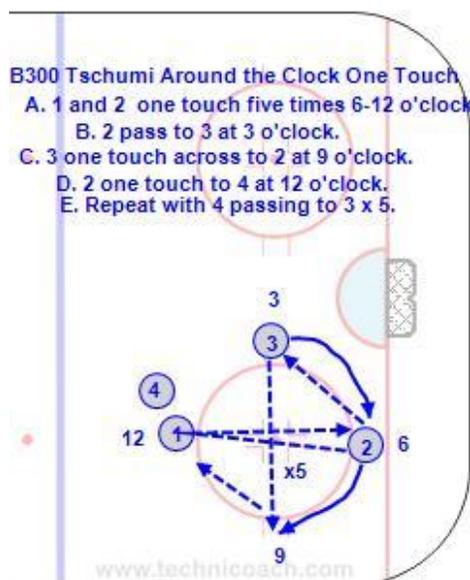
Key Points:

One touch the puck in the middle of the blade and follow through with the top hand away from the body. Start rotating clockwise and then switch to counter clockwise.

Description:

- A. 1 and 2 one touch five times 6-12 o'clock.
- B. 2 pass to 3 at 3 o'clock.
- C. 3 one touch across to 2 at 9 o'clock.
- D. 2 one touch to 4 at 12 o'clock.
- E. Repeat with 4 passing to 3 x 5.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=90>



B500-2 on 0-Cycle-Cut Back-Pass-Shoot

Key Points:

F1 skate hard and throw the puck back into a quiet space when the defender commits to him. F2 do one or two cutbacks, protecting the puck to create a passing lane. Follow pass by going to the net.

Key Points:

A.

-Coach dumps puck into corner.

-F1 skate and get puck.

-F1 pass back to F2 and go high.

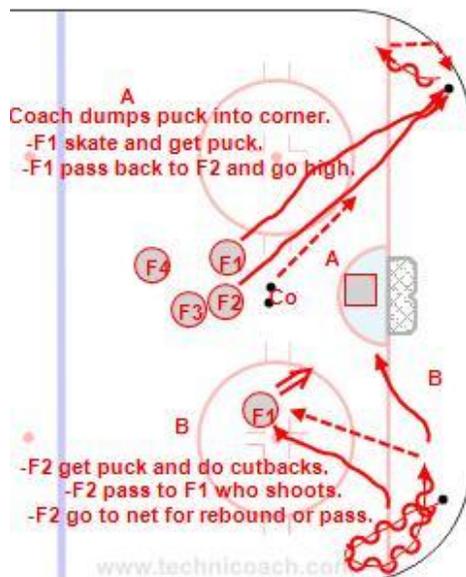
B.

-F2 get puck and do cutbacks.

-F2 pass to F1 who shoots.

-F2 follow the pass and go to net for rebound or pass.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110324100910693>



B500 3 Spoke Passing - Czech U17

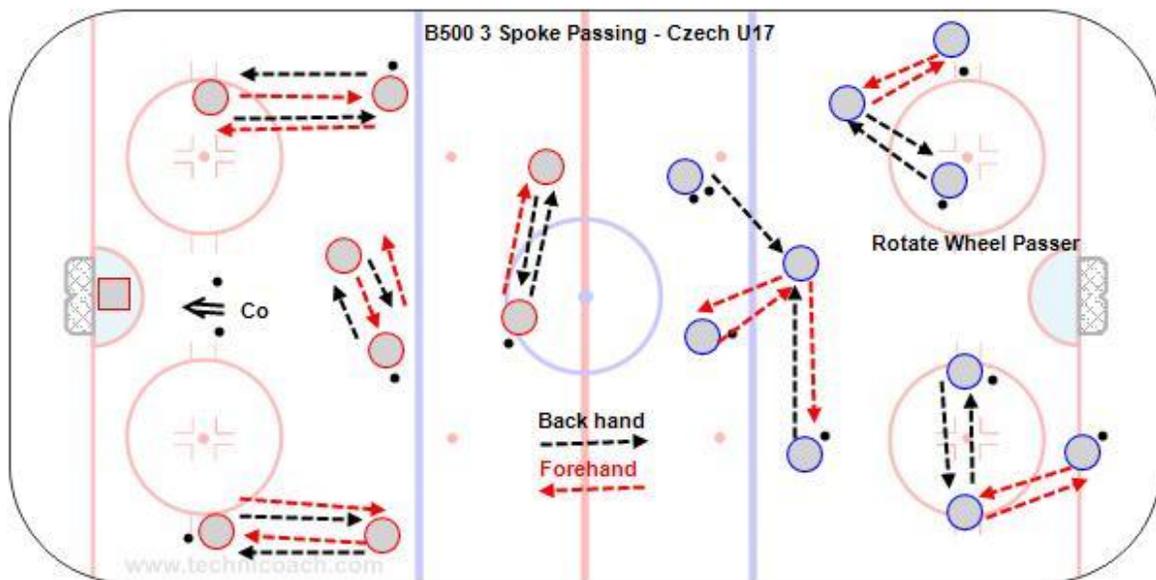
Key Points:

Keep the hands away from the body and follow through at the target. The puck rotates toward the toe of the blade. Hands should be relaxed and the stick blade square to the puck. Backhands have to be taken from the middle to the heel of the blade of the blade adjusted to be square with the curve.

Description:

1. Start with static partner passing alternating between forehand and back hand. Use wrist passes and focus on the giving and receiving being quiet.
2. Spoke pass with two pucks in groups of 3 or 4. One player takes passes from the other players. Alternate forehand and backhand.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012123116313799>



C2 1-2-3-4-5-5-4-3-2-1 Pass and Shoot Warm-up

Key Points:

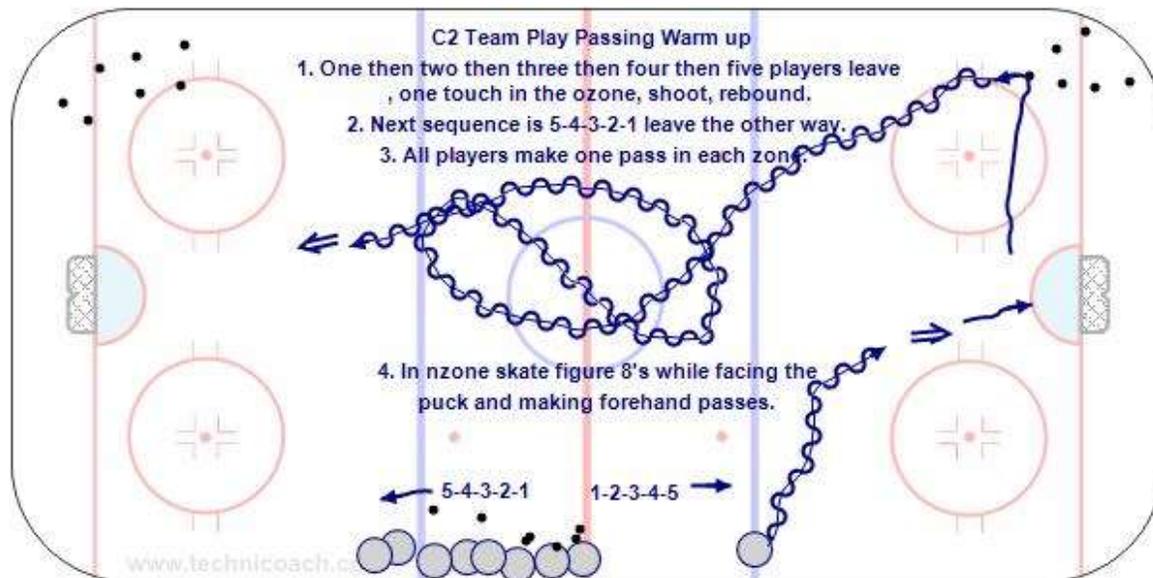
Face the puck and pass on the forehand. Stay in each zone until all players have made a pass.

Description:

1. One then two then three then four then five players leave, one touch in the ozone, shoot, rebound.
2. Next sequence is 5-4-3-2-1 leave the other way.
3. All players make one pass in each zone.
4. In nzone skate figure 8's while facing the puck and making forehand passes.

*When there is only one player do a figure eight or touch both knees.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111103221612750>



B500 - Datsyuk Group Puck Protection

Key Points:

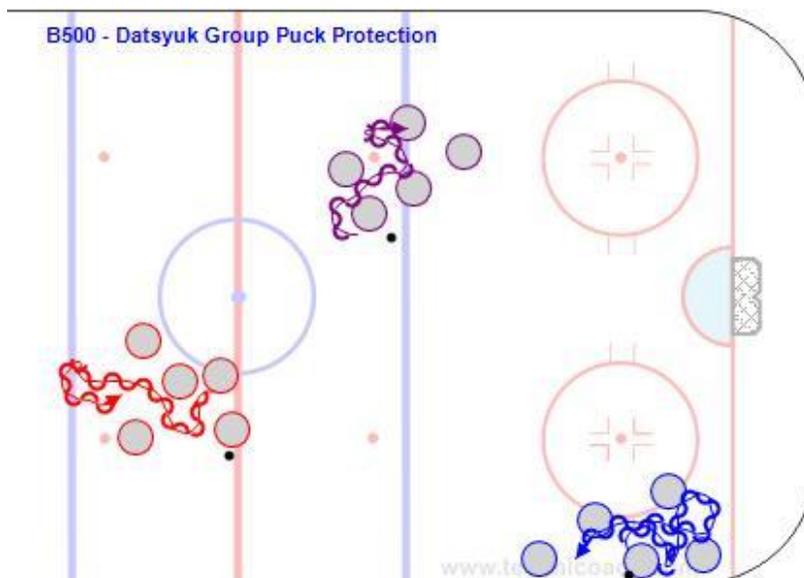
Protect the puck with the body and stick and body fakes, dekes and moves.

Description:

Groups of 4-6 players protect the puck from each other in a game of keepaway. Whoever gets the puck moves through the crowd.

This game works on both take-aways and keep-away.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140909110401459>



B500 - Partner Wrist Passes - Czech U17

Key Points:

Technique practice. Stick is square to the puck, hands relaxed. Make good hard and flat passes. The puck rotates toward the end of the blade.

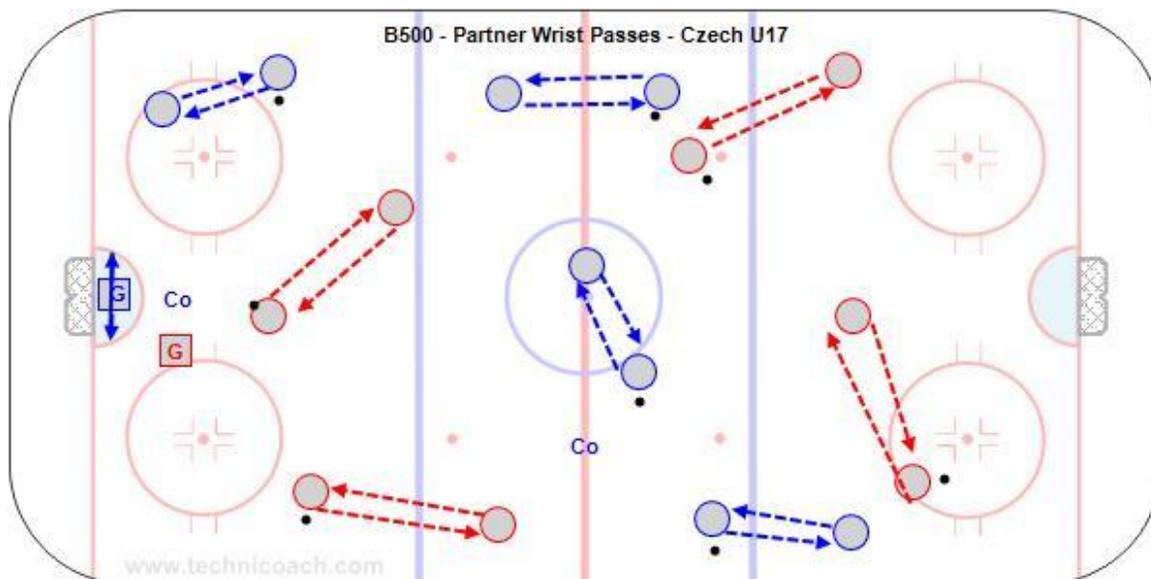
Description:

1. Partners work on passing in various areas of the ice.
2. Use wrist passes.
3. Load and fire: wind up, produce force, release, follow through at the target.
4. Forehand, backhand and saucer passing technique can be practiced in the same way.

If you expect good performance in games then you must pay attention to technique details.

**Goalies warm up with crease skating.*

<http://www.hockeycoachingabc.com/mediaqallery/media.php?f=0&sort=0&s=20121231222118851>



B Skills Warm up Finnish U17

Key Points:

This is a great way to warm everyone up at the start of a practice. Defense do the various breakout options and read where the pressure is coming from. Pass the puck back to the coach and move thru everyone. Forwards pass with good technique and eye contact. Goalie coach work on technique and rebound control.

Description

A. Defense work with two doing breakout options vs one forechecker.

B. Forwards lines of 3 work in the neutral zone.

1 - Stationary pass with eye contact.

2 - Pass while moving always face puck.

3 - #8 around partners give and go.

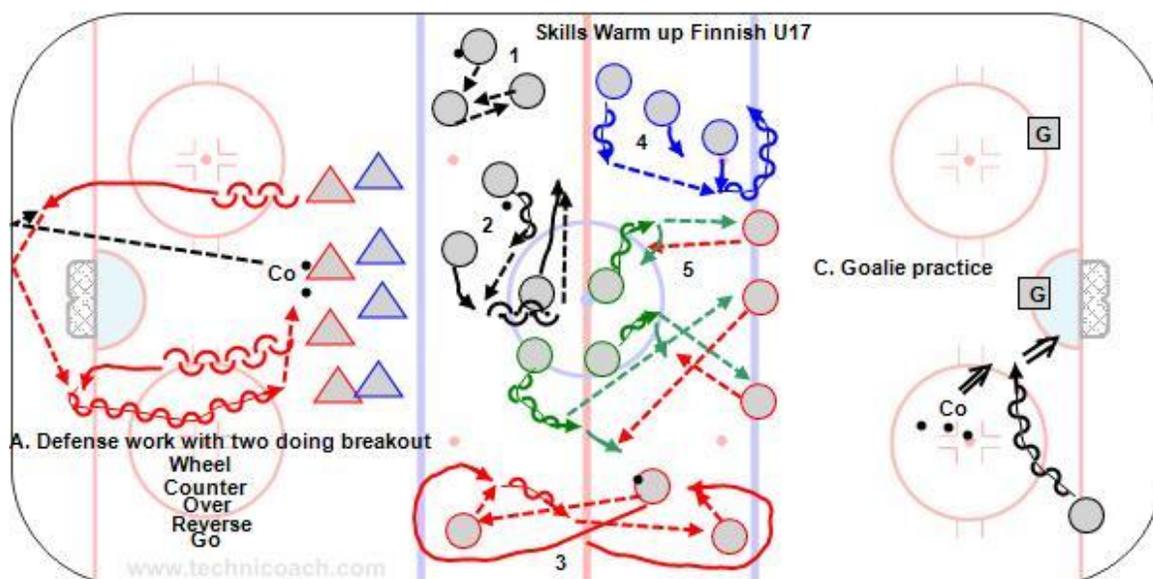
4 - Keepaway 2-1 in four areas.

5 - Two lines move and pass to other two lines on the blue line.

6 - Two lines of 3 pass while skating on one side of the neutral zone.

C. Goalies work with coach at one end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140131221040649>



B500 Angling and Escapes

Key Points:

Angle approaching at the back shoulder with "Body on Body and Stick on the Puck".

Defensive angling pin and teammate pick up the puck, and on offensive angling seal the player off and take the puck.

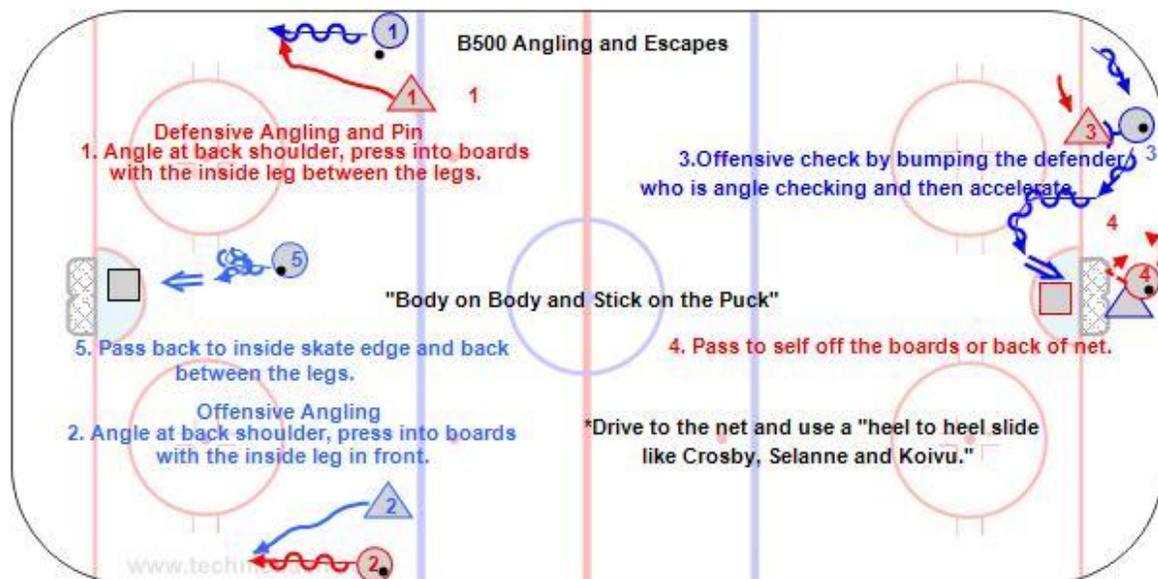
Learn to approach at the back shoulder-not the puck. On offense cut back when the player angles at the puck.

Description:

1. Angle at back shoulder, press into boards with the inside leg between the legs.
2. Angle at back shoulder, press into boards with the inside leg in front.
3. Offensive check by bumping the defender who is angle checking and then accelerate
4. Pass to self off the boards or back of net.
5. Pass back to inside skate edge and back between the legs.

*Drive to the net and use a "heel to heel slide like Crosby, Selanne and Koivu."

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080719114133299>



B500 Battle on the Boards

Key Points:

Offensive player protect the puck with the body and skates, use cutbacks, fakes, change of pace. Go into the boards at an angle, Hands up on the glass when hit from behind. Defender stick on stick, body on body and maintain defensive side always.

Description:

1. Partners take turns moving up and down the boards protecting the puck for 10".
2. One player protect the puck and the other mirror from the defensive side keeping the stick on the puck.
3. Battle each other along the boards.
4. Goalies work on technique at one end.



C3 Breakout and Regroup Options - Sweden

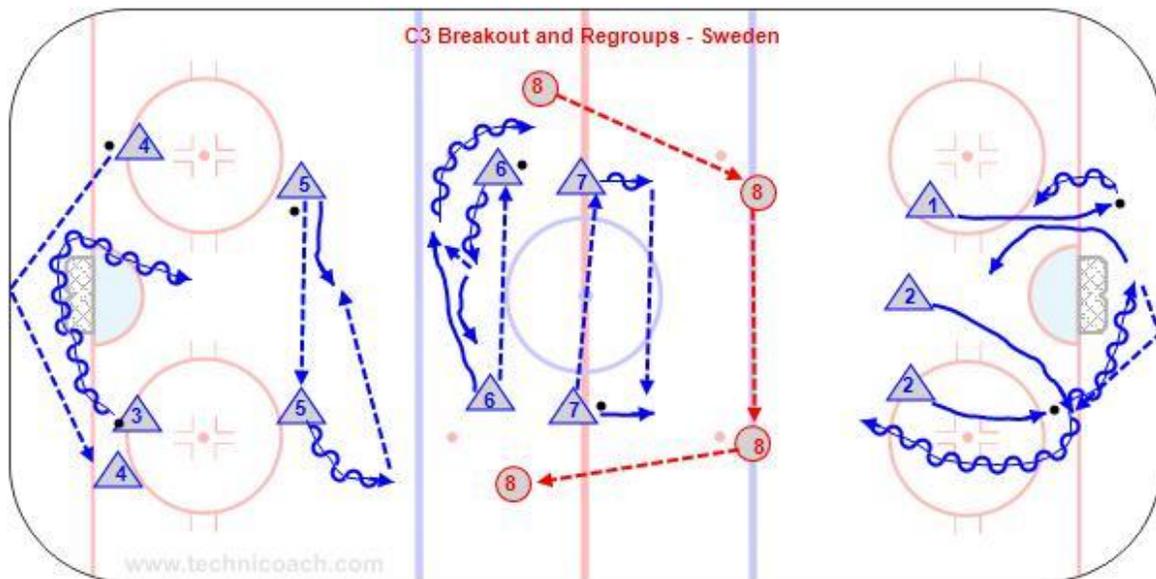
Key Points:

Defense always skate when they get the puck and carry it in the triple threat position on the side. Force the fore checker to commit and then pass away from pressure.

Description:

1. Go - Dump in, shoulder check both ways fake and go.
2. Reverse – Drive skate behind the net and put it back off the boards to partner.
3. Wheel – Drive skate around the net and cut up ice near the post to protect the puck.
4. Bank – D to D off the boards behind the net.
5. Hinge – D to D who takes the puck wide then passes back to his D partner in the middle.
6. Switch – D1 to D2 then D1 crosses behind and gets a drop pass from D2 who crosses in front.
7. Double Pass - D1 to D2 and back to D1 and up to the F.
8. Regroups – F's pass back to D who do the various D to D options and up to F's then the middle D join the rush.

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B500 Cut Backs and Escape Moves

Key Points:

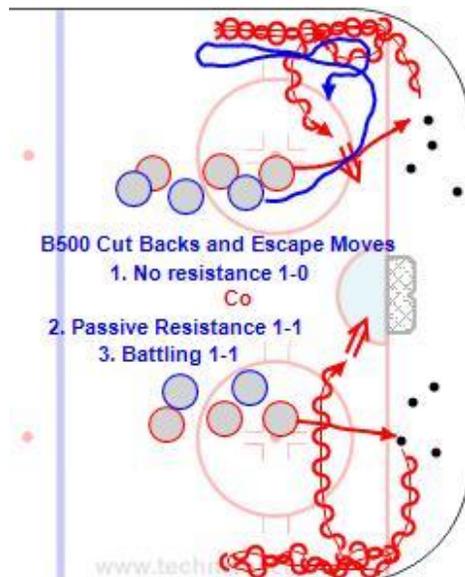
Protect the puck with the body on offense. Cut back turning toward the boards. Defender stay lined up with the back of the inside shoulder and stick on the puck.

Description:

1. Leave on the whistle and practice cut backs, tight turns. Go to the net on the second whistle while the next players leave.
2. Two players leave and the second player stays on the D side with the stick on the puck and gives passive resistance.
3. This is a battle and the defender tries to get the puck. On the second whistle whoever has the puck go to the net.

*Without goalies both sides can go at once and with a goalie alternate sides. Players switch sides after doing both offense and defense.

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B500 Defenseman One Timers

Key Points:

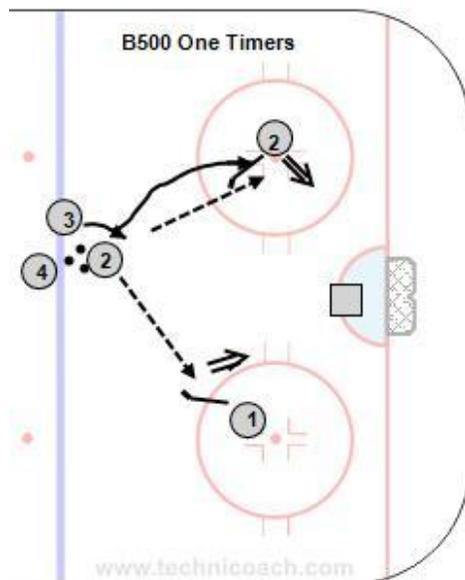
Start with easy soft passes to the wheelhouse and then give hard passes within reach that the player must adjust to. Either the coach or players can do the passing. With the players passing rotate to shooter after passing.

Description:

1. Pucks are in the middle near the blue line.
2. Coach or a player pass to a player who takes a one timer.
3. Keys are:
4. a. Windup - stick back early,
b. Force Production – bottom arm is straight and body rotate to the target.
c. Crucial instant - energy to a few inches, cm. behind the puck. Maintain contact with the ice as long as possible allowing the shaft of the stick to bend then project the puck.
d. Front knee and stick blade point to the net.

*Players can rotate pass-replace shooter-repeat the other side or else pass about 5 pucks in a row and then rotate.

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B500 Defensive Zone Skating

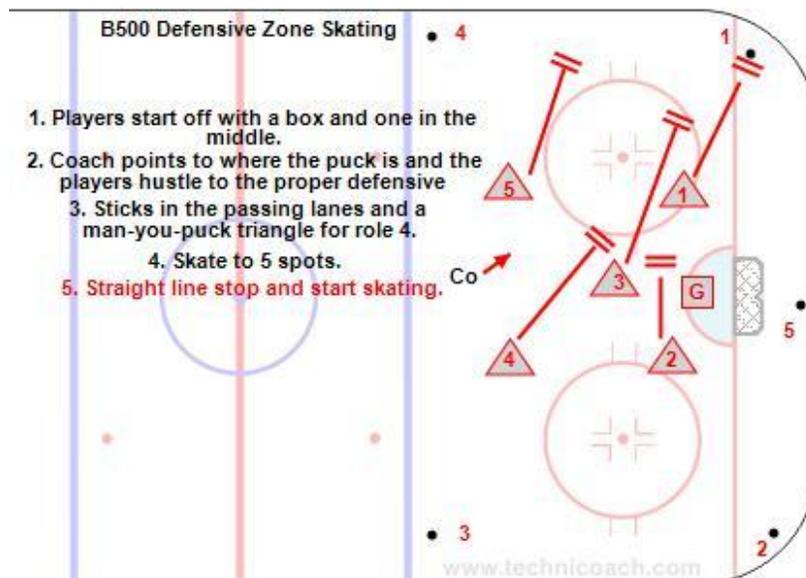
Key Points:

Players skate according to their position in the defensive zone. You should skate as if there is an attacker in front of the net and three attackers cycling on the strong side with the middle forward covering the front of the net.

Description:

1. Players start off with a box and one in the middle.
2. Coach points to where the puck is and the players hustle to the proper defensive position.
3. Sticks in the passing lanes and a man-you-puck triangle for role 4.
4. Skate to 5 spots.
5. Straight line stop and start skating.

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B500 One Timers and Breakaways - Czech U17

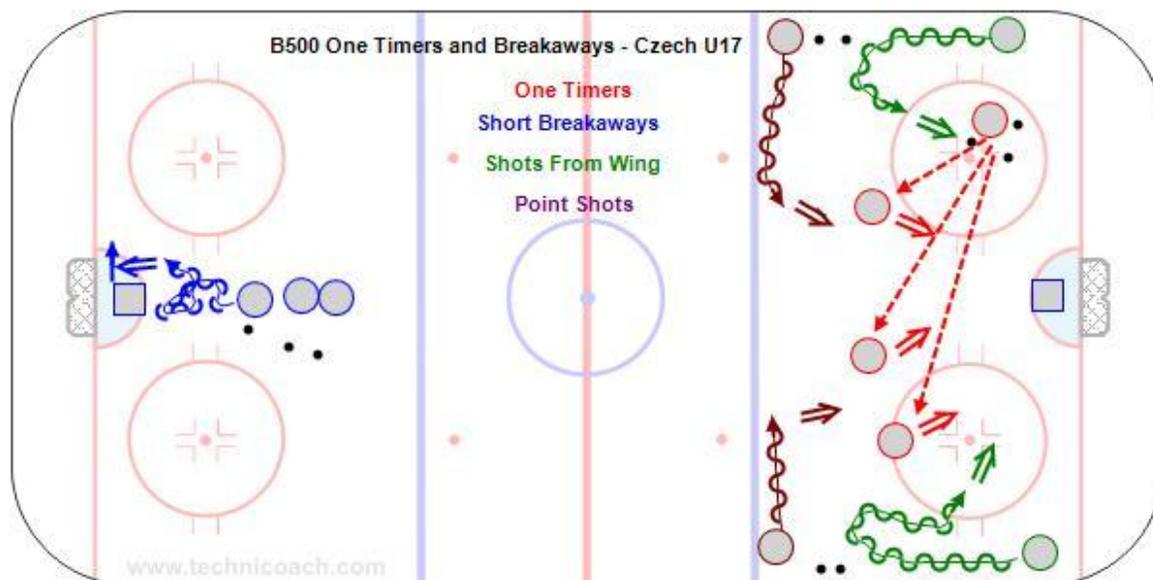
Key Points:

Scoring practice includes one timers, shots from the wing and short breakaways. Players should make moves and fakes as if they are beating a checker and then shoot. Always shoot to score. Follow a pattern so the goalies know where the next shot is coming from.

Description:

1. Take one timers, shots from the wing and point shots at one end.
2. Breakaways from just above the hash marks at the other end.
3. Focus on lots of players getting shots and the goalie stopping pucks from various angles and distances instead of just one kind of shot.

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B500 One Timers, Shots and Breakaways - Czech U17

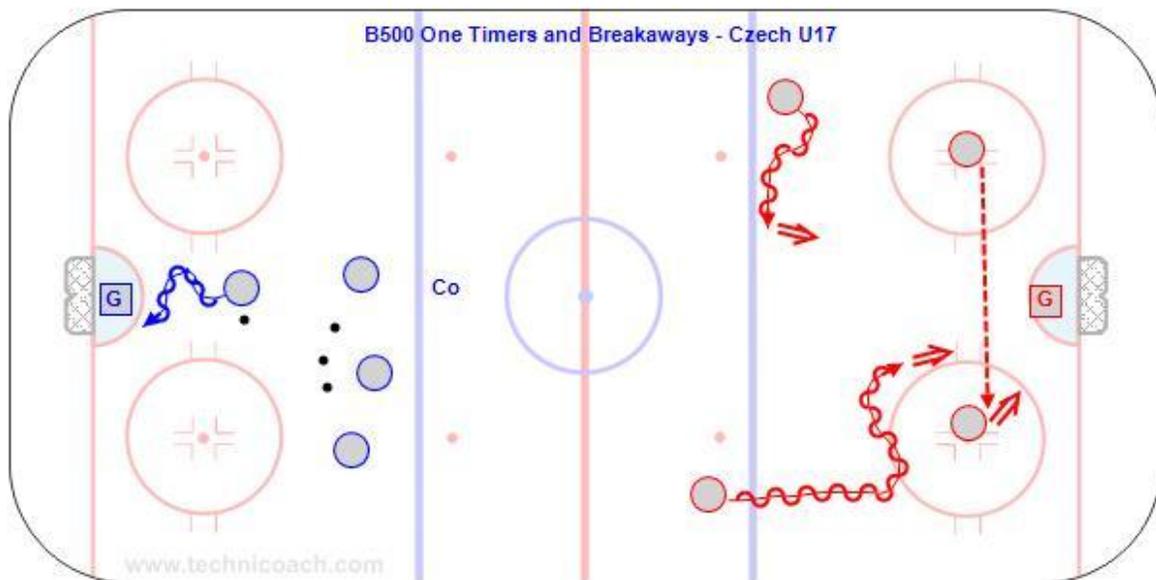
Key Points:

Practice individual skills with the thought that someone is checking you. Add dekes, feints and moves before taking a shot or making a pass.

Description:

1. Breakaways from the top of the circle.
2. Point shots with movement.
3. One-timers with fakes before passing.
4. Shots from the slot but skate and make fakes before taking the shot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121231223138806>



B500 One Touch and Face Puck Passing

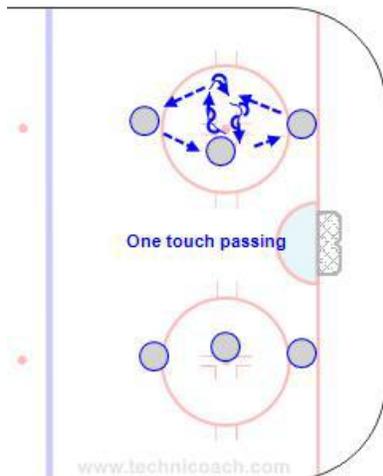
Key Points:

One touch. Make sure the top hand follows the pass and isn't locked against the body. Reijo Routsalainen demonstrates the proper passing technique.

Description:

- One passer on opposite sides. Middle player one touch facing the puck give and go then give and go with other passer.
- Rotate the middle player every 10".
- Add tasks like tight turns, fakes etc.

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B500 Overspeed 2-0 with a Pass

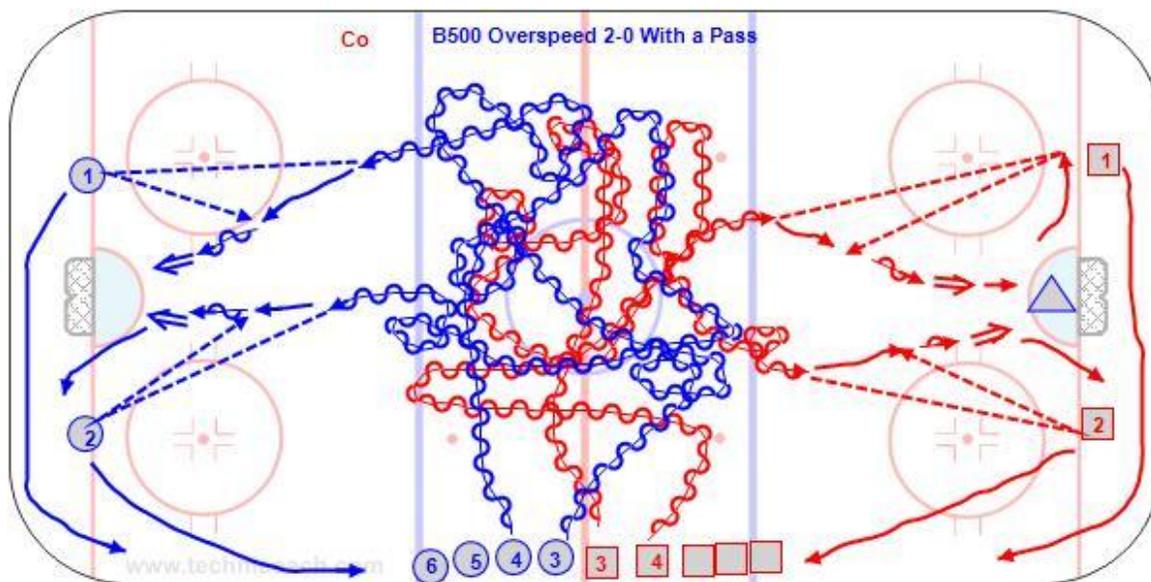
Key Points:

Players must challenge themselves out of their comfort zone. Make as many moves as possible and continue until they have shot and looked for a rebound. Take the pass and shoot right away without over handling.

Description:

1. Line up along boards on one side.
2. Players 1 and 2 start on the goal line.
3. Players 3 and 4 leave and make moves at top speed.
4. Coach whistle every 7" and they players attack the net.
5. Closest attacker give and go with 1 or 2.
6. Second closest do a tight turn then give and go with 1 or 2.
7. With only one goalie go one way only.
8. After passing return to the back of the line.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111004075623113>



B500 Passing Circuit

Key Points:

Make wrist and snap passes.

4 Passing phases.

1. Wind up
2. Produce forward force.
3. Release
4. Follow through at the target.

Description:

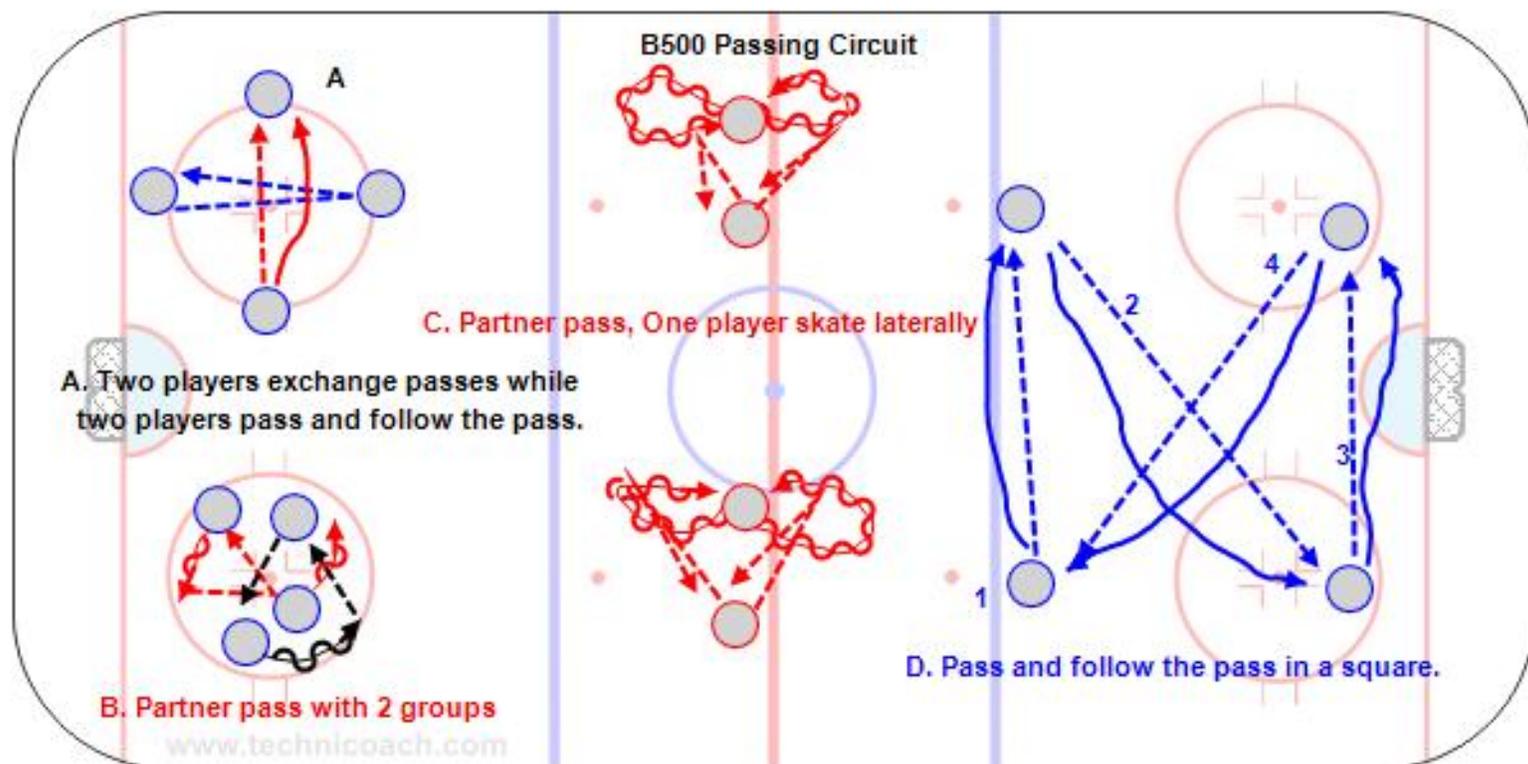
A. Two players exchange passes while two players pass and follow the pass.

B. Partner pass with 2 groups at once inside the circle.

C. Partner pass, One player skate laterally while the other is stationary. Rotate. Could be more than one stationary player.

D. Pass and follow the pass in a square.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100408080620970>



B500 Passing Technique from Sweden

Key Points:

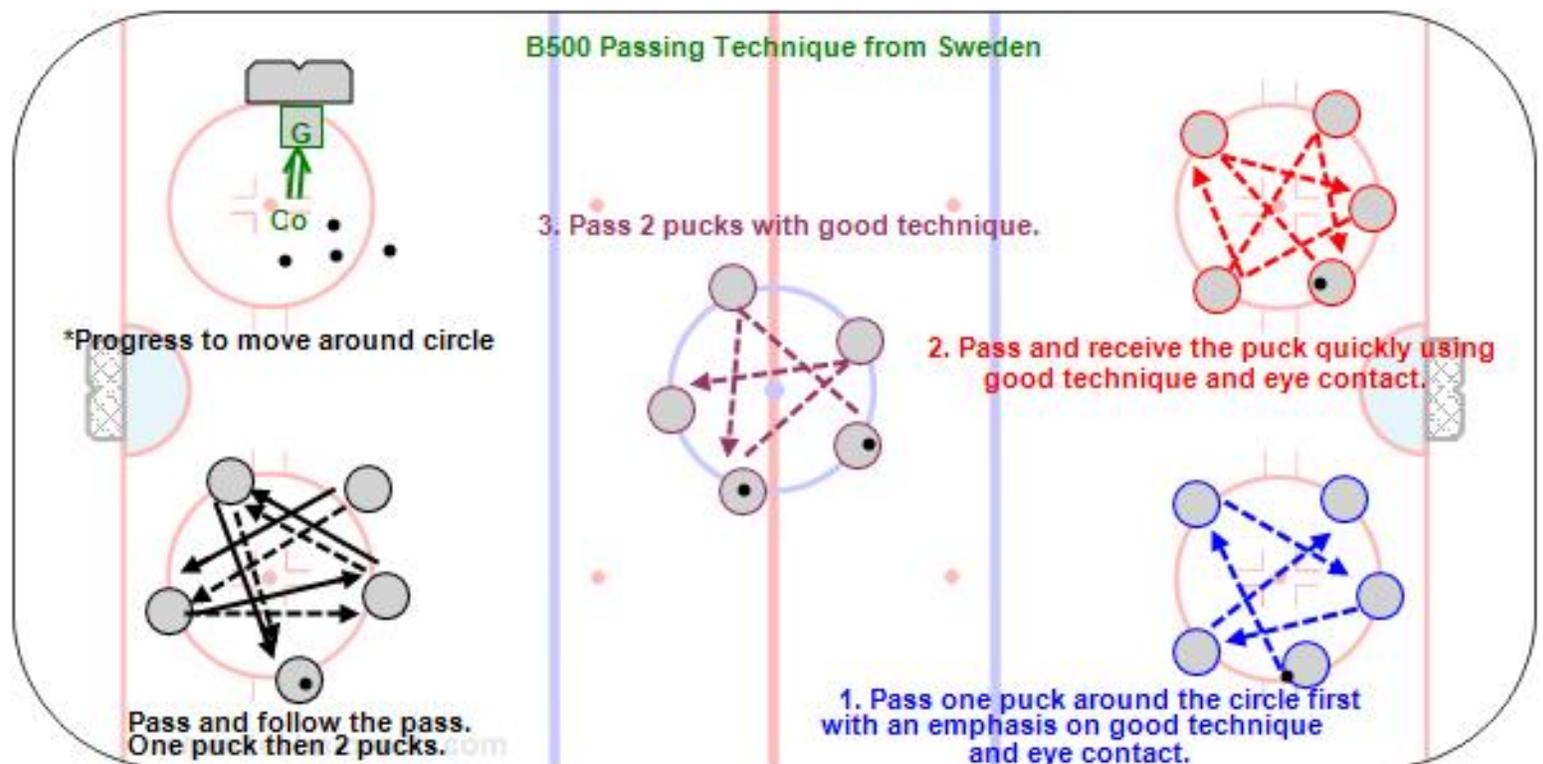
Eye contact and pass with a push of the bottom hand and pull with the top hand. The puck rotates from the heel to the toe and hands away from the body. This same motion is used when shooting. Receiving a pass is the opposite motion to absorb the puck.

Description:

1. Pass one puck around the circle first with an emphasis on good technique and eye contact.
2. Pass and receive the puck quickly using good technique and eye contact.
3. Pass 2 pucks with good technique.
4. Coach work with goalies at the far end.

*This can progress to pass and follow the pass or all players moving around the circle.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100416075633158>



B500 Point Shots and One Timers

Key Points:

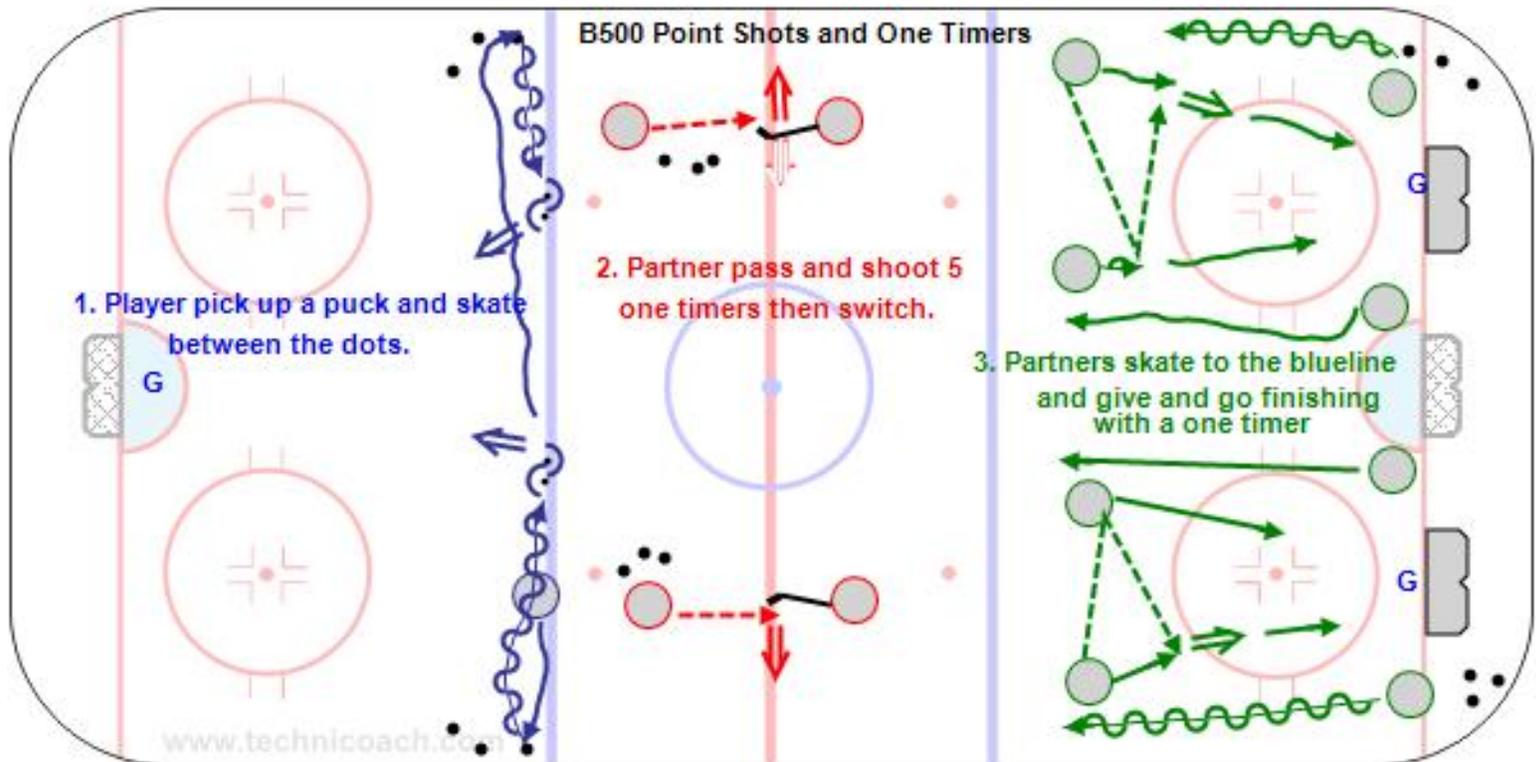
Skate forward to the middle then slide sideways and shoot. Look up to see the target, shot blockers and team mates in front.

On one timers follow through at the target. Increase the speed of the passes.

Description;

1. Player pick up a puck and skate between the dots. Pivot so you are facing the net and shoot.
2. Partner pass and shoot 5 one timers then switch.
3. Partners skate to the blueline and give and go finishing with a one timer, then pick up a new puck.

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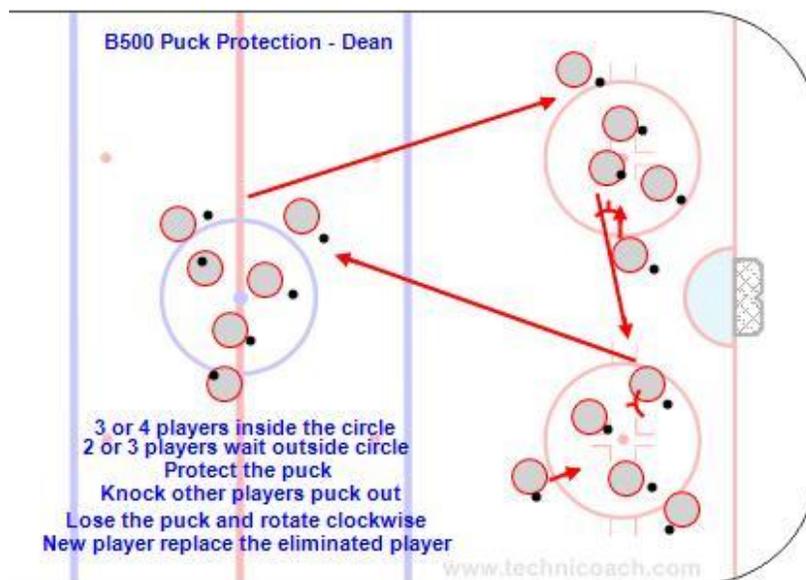
B500 Puck Protection - Dean

Key Points:

Shield the puck with your body. Protect the puck before checking another player.

Description:

- Faceoff circles are the battle zones.
- 5 or 6 players at each faceoff circle.
- 3 or 4 players handle a puck inside the circle while 2 or 3 wait outside the circle.
- Protect the puck and also knock the other players puck out of the circle.
- When eliminated rotate to the next clockwise circle to change opponents.
- Waiting player enter the circle when someone is eliminated.
- Put a time limit on the exercise.
- Those who move the fewest times are the winners.



B500 Puckhandle or Pass and Shoot

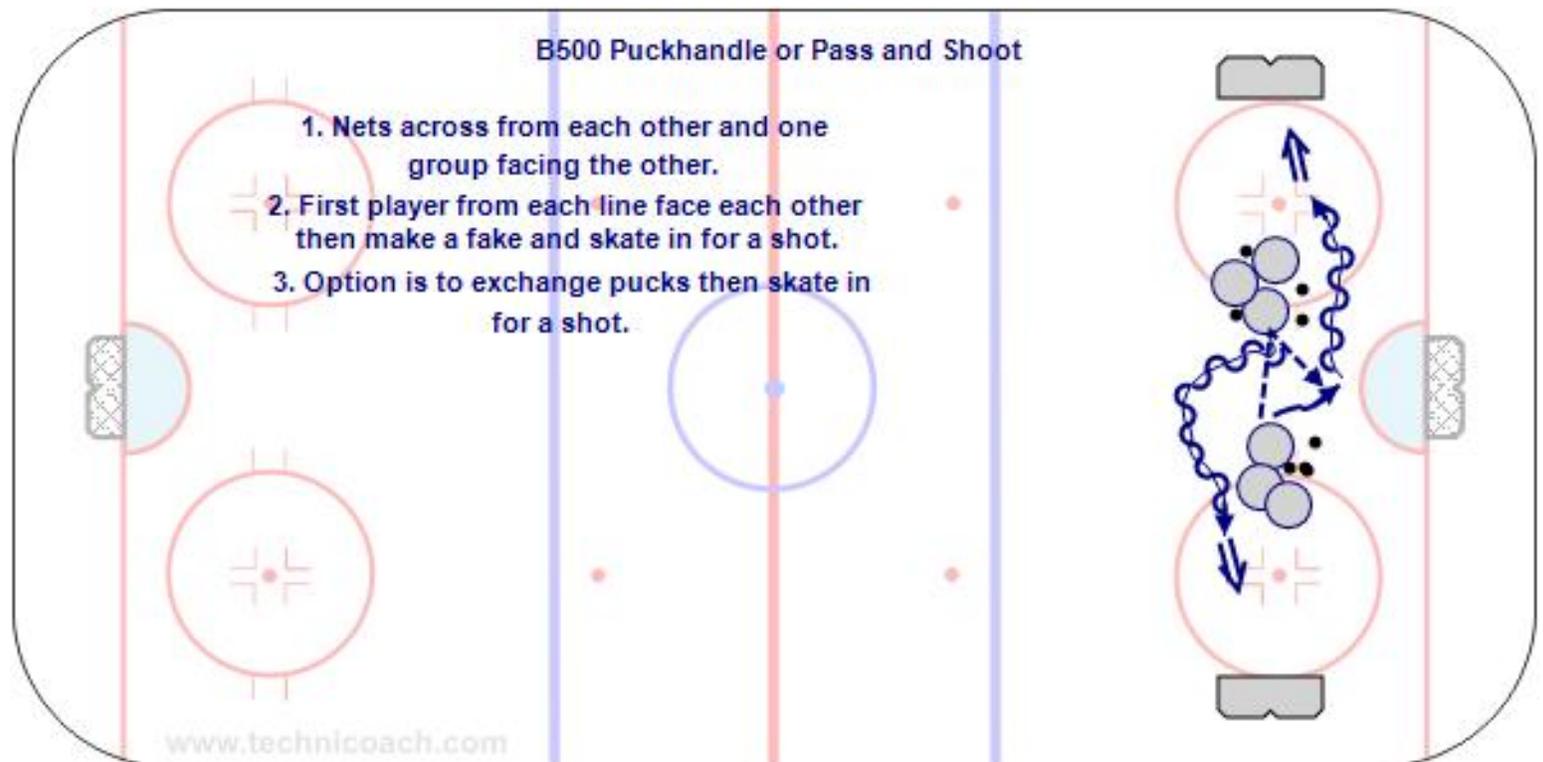
Key Points:

Make hard fakes and shoot while skating and follow the shot.

Description:

1. Nets across from each other and one group facing the other.
2. First player from each line face each other then make a fake and skate in for a shot.
3. Option is to exchange pucks then skate in for a shot.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090803190608404>



B500 Rejo Passing Routine

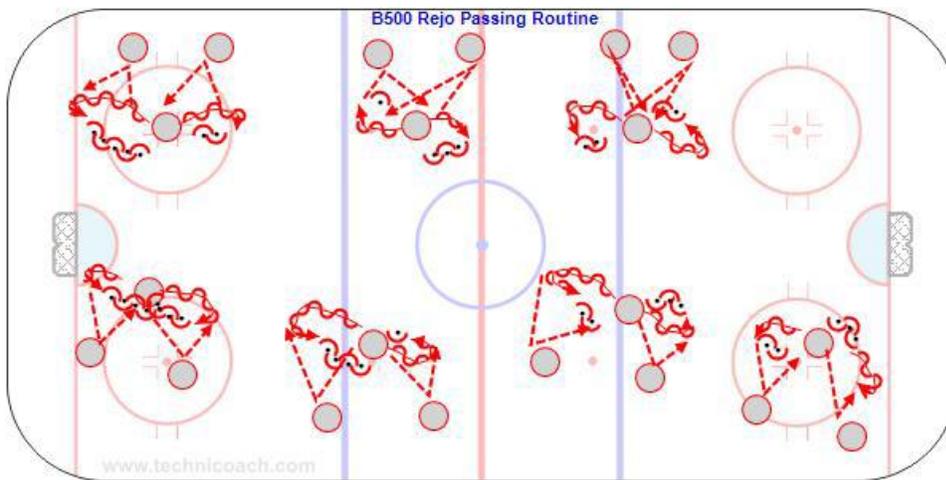
Key Points:

Face the puck at all times. Passes should be hard but quiet.

Description:

1. Partners take turns being the spoke in the wheel. One player passes to the other two who return to that player.
2. Pass for about 10" and then rotate or make 8-10 passes then switch.

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B500 Swedish Stickhandling in Circles

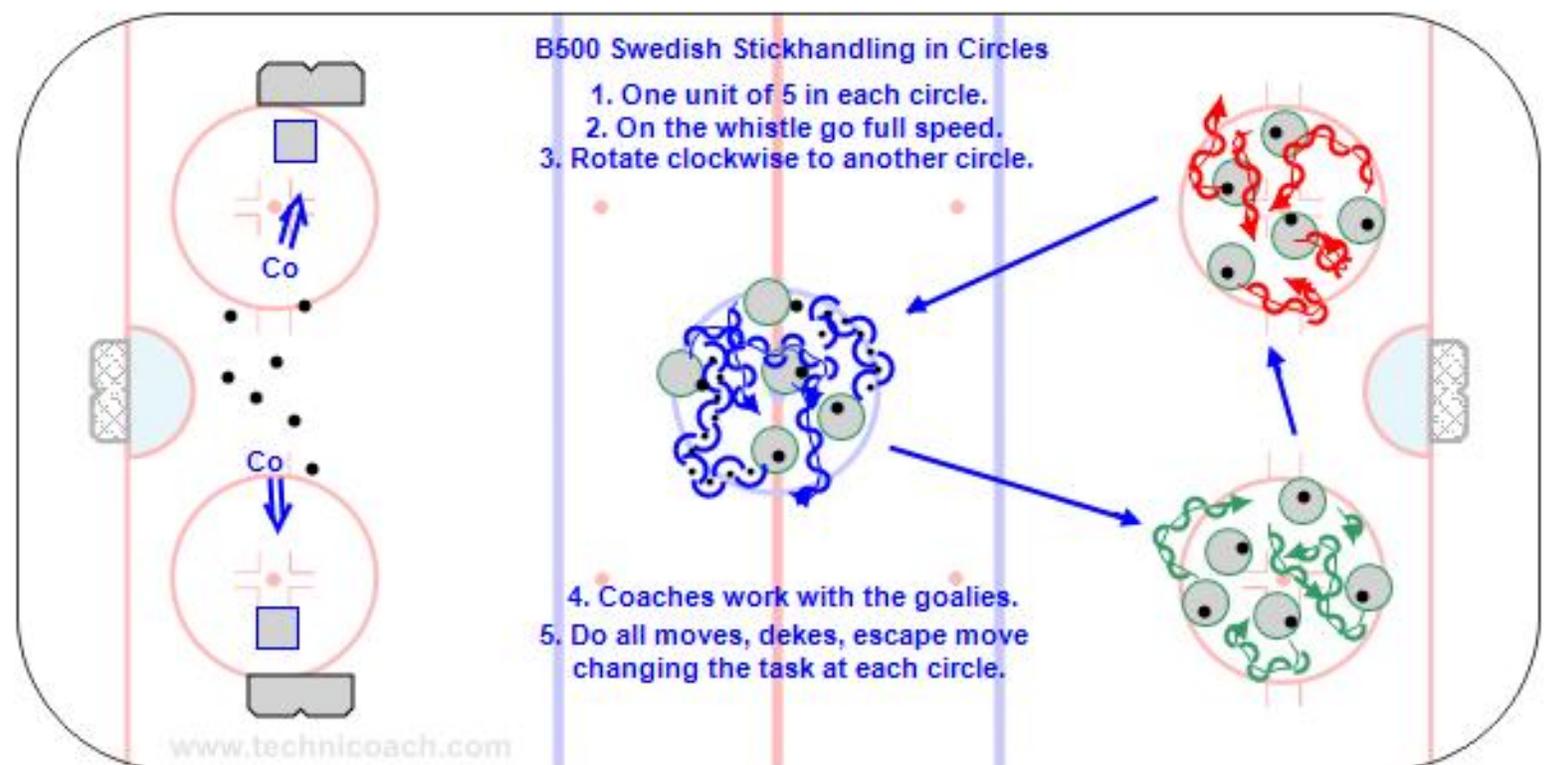
Key Points:

Make moves all around the body. Protect the puck, keep the head up.

Description:

1. One unit of 5 in each circle.
2. On the whistle go full speed.
3. Rotate clockwise to another circle.
4. Coaches work with the goalies.
5. Do all moves, dekes, escape moves changing the task at each circle.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100415165806324>



B600 1-0 F Regroup with Both D

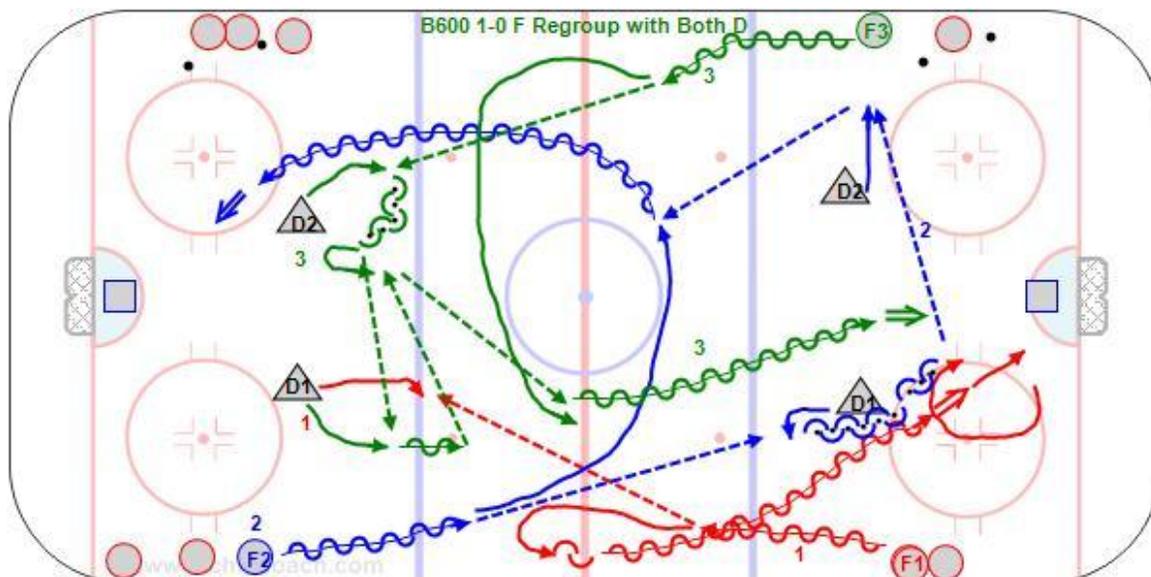
Key Points:

Forward always give a target face the puck and call for the pass. Shoot and rebound for the next shooter. Coach could add give and goes and one timers with the original shooters. Could also add 1-1 or 2-1 with the 3rd player attacking vs original two F's.

Description:

1. F1 regroup with the D1 on the strong side and get a return pass up the boards.
2. F2 regroup with strong D1 who hinges to D2 and up to F2 mirroring the puck in the middle.
3. F3 pass to weak side D2 who passes D1 who hinges wide and then passes back to D2 in the middle and up to F3 who has mirrored the original D to D.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101212075342864>



B600 2-0 Passing Options - Swiss U20

Key Points:

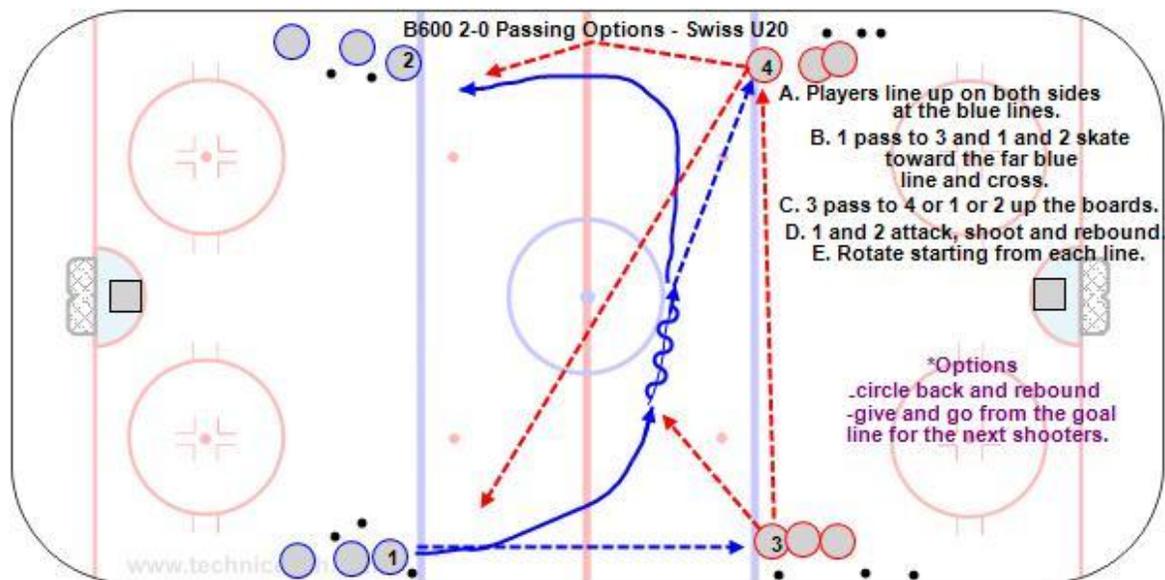
Pass to either side or either player who is breaking for a pass. Give a target, stick on the ice, face the puck.

Description:

- A. Players line up on both sides at the blue lines.
- B. 1 pass to 3 and 1 and 2 skate toward the far blue line and cross.
- C. 3 pass to 4 or 1 or 2 up the boards.
- D. 1 and 2 attack, shoot and rebound.
- E. Rotate starting from each line.

**Options are to circle back and rebound for the next shooter or give and go from the goal line for the next shooters.*

<http://www.hockeycoachingabcs.com/mediagallery/index.php>



B600 2-0 Quick Ups

Key Points:

Have good habits with the shooter looking for a rebound. New attacker on the puck side should face the passer and player on the weak side cut across the ice and give a target.

Move the puck up ice quickly and call for passes.

Description:

. #1 and 2 attack 2-0.

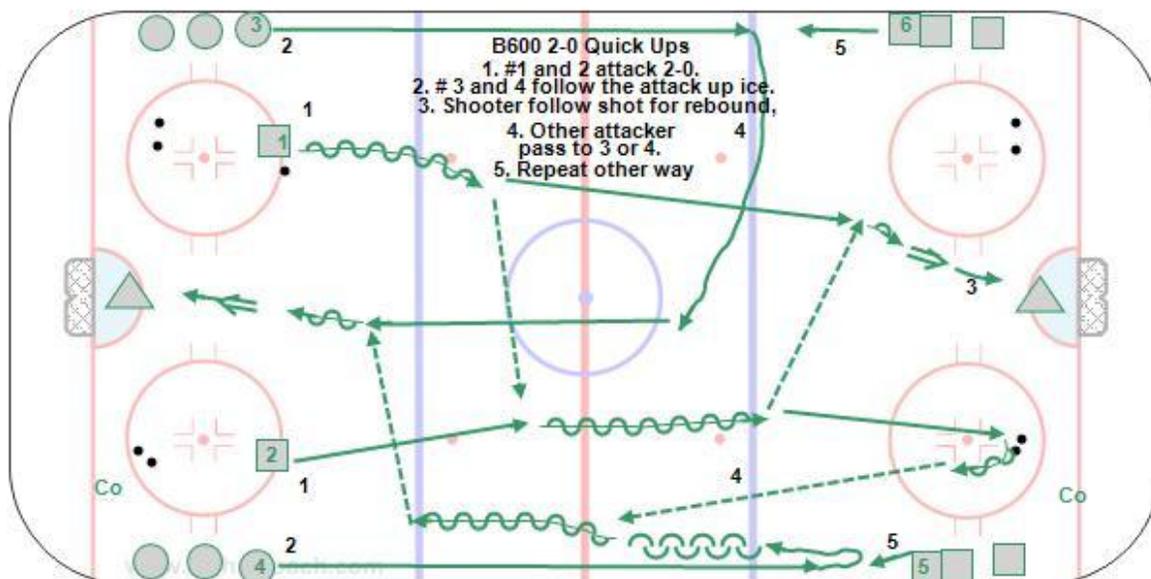
2. # 3 and 4 follow the attack up ice.

3. Shooter follow shot for rebound,

4. Other attacker get a new puck and pass to 3 or 4.

5. Repeat other way with shooter following the shot and the other attacker passing to 5 or 6.

6. Continue this flow.



B600 2-0 Random Pass to Lines – Pro

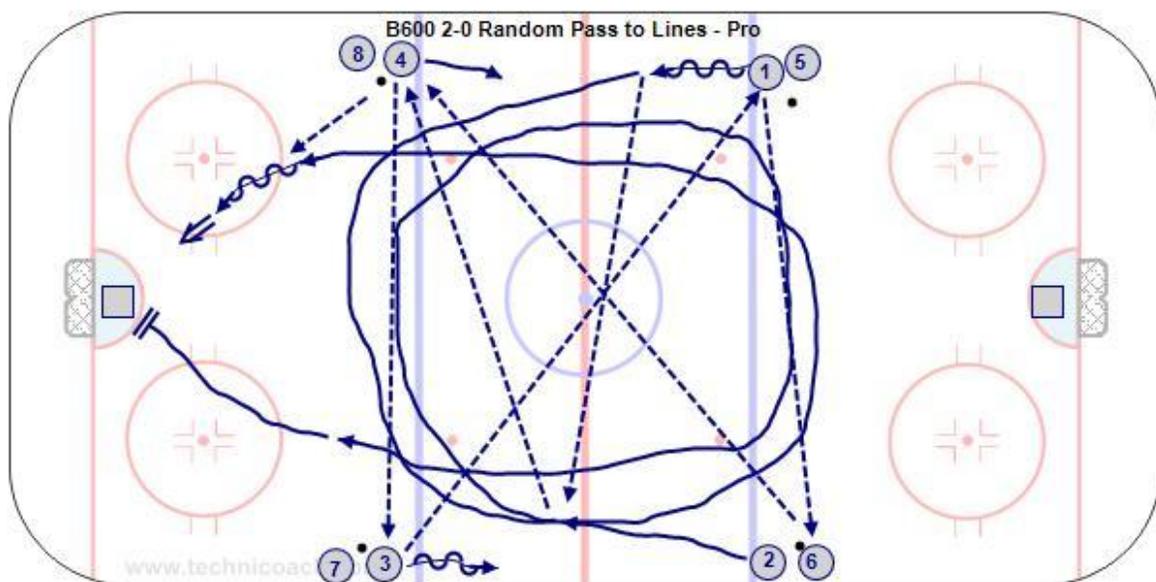
Key Points:

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

Description:

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

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



B600 2 x 2 Shots - Swiss U20

Key Points:

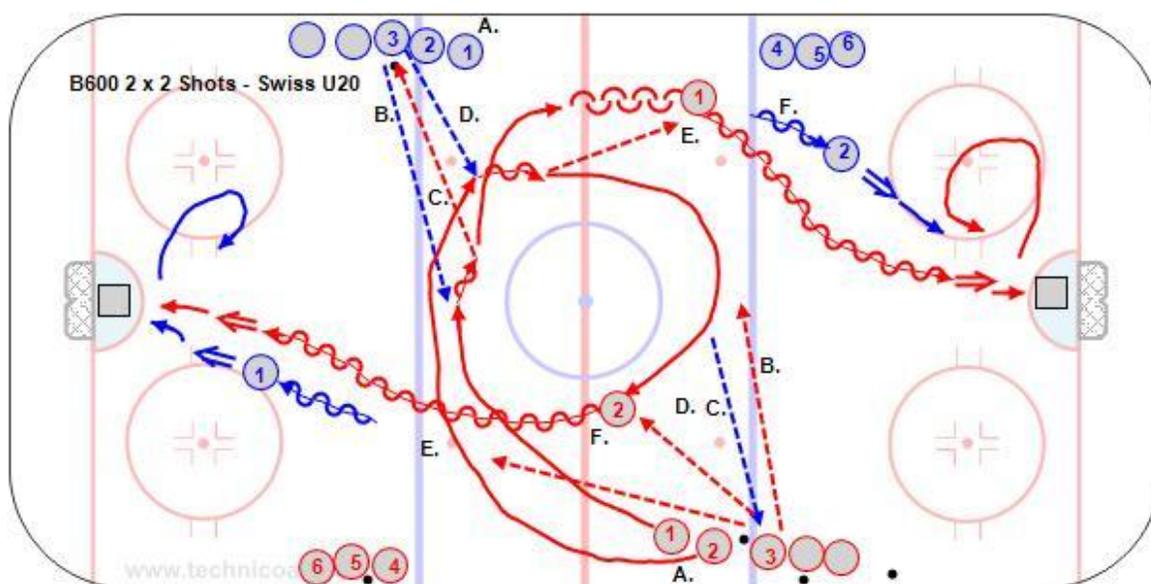
Pass hard and quickly. Always face the puck and accelerate with the puck. Shoot with the feet moving and shoot to score - not to shoot. One touch pass on puck exchanges.

Description:

- A. 1 and 2 leave from diagonal blue lines.
- B. B3 pass to R1.
- C. R1 one touch back to B3.
- D. B3 pass to R2.
- E. R2 head man to R1 who attacks and shoot
- F. R2 skate around circle for pass from R3 and attack the other end.
- G. B1 and B2 do the same sequence from the diagonal blue line.
- H. Repeat the other direction with B4 and B5 passing to R6

*Follow shots for a rebound and then screen or circle back to rebound for the next shooter.

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



B600 2 x One Touch and Stretch Pass - Pro W

Key Points:

Skate while passing and give a target. Time skating to stay onside and accelerate when you get the puck.

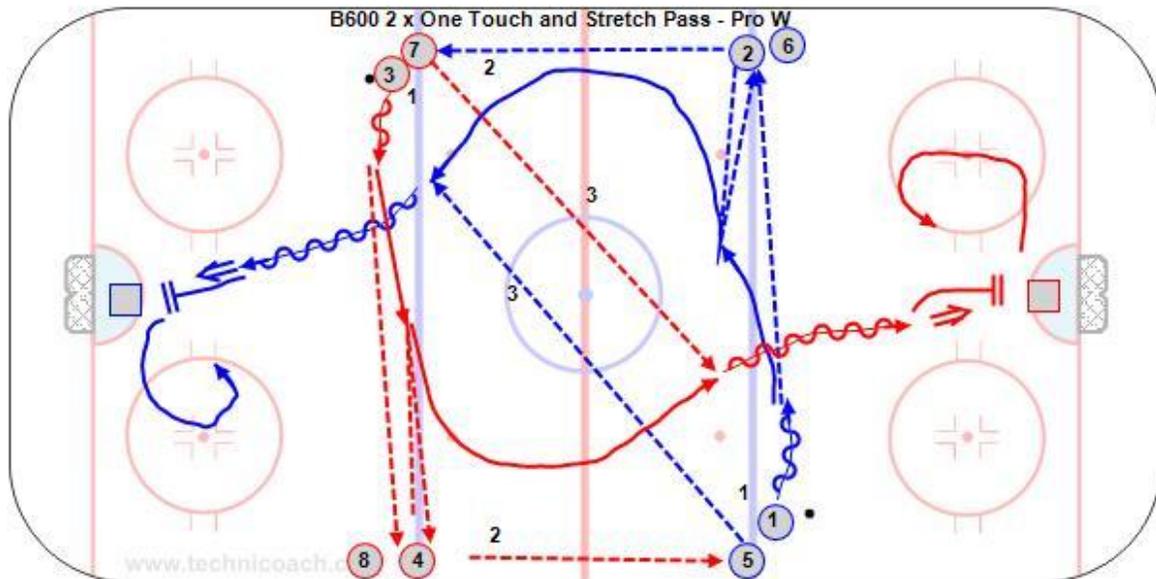
Description:

- 1 and 3 leave from diagonal blue lines, exchange passes with 2 and 4.
- 2 and 4 pass up the boards to 5 and 7 while 1 and 3 skate for a stretch pass.
- 5 pass to 1 and 7 pass to 3 who shoot. 2 and 4 repeat.

* Rebound, exchange passes or defend 1-1 with the next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20150518111901483>

<https://youtu.be/XPuFJBRz8YQ> (Subscribe to Female drills)



B600 - 2-0 Exchange Puck-Shoot x 2 – RB

Key Points:

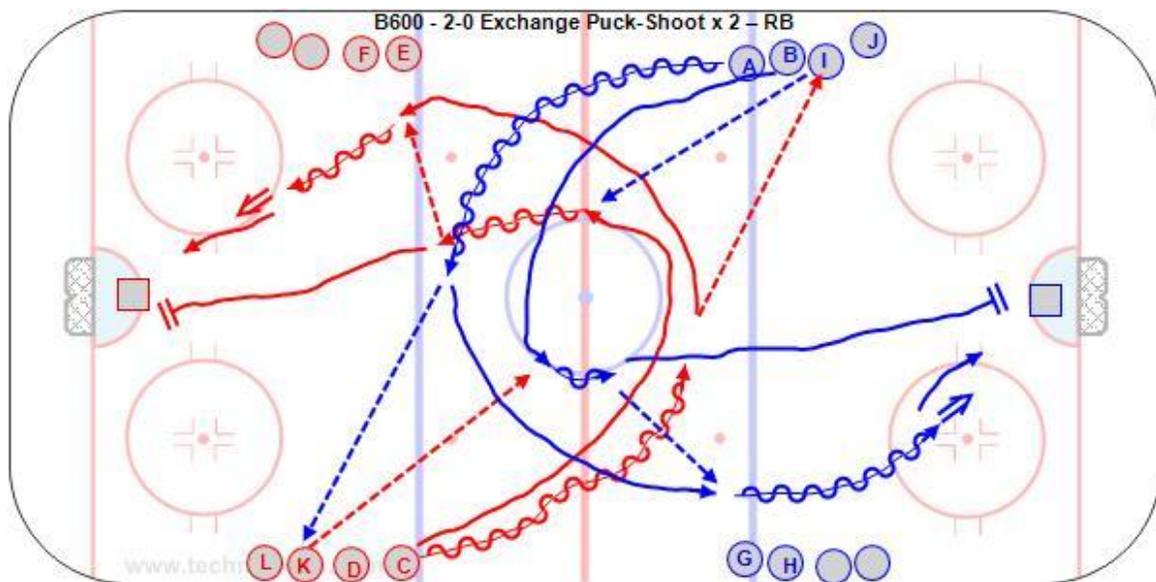
Give a target, face the puck, stay on-side, one touch pass, follow the shot for a rebound.

Description:

1. A-B, CD leave from diagonal corners.
2. One touch A-K-B and C-I-D.
3. Skate toward the original end.
4. B pass to A and D to C.
5. Attack 2-0.

*Screen, rebound, pass or defend with the next shooters.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150824114015624>



B600, 3 Lane Passing and Shooting

Key Points:

Make one touch passes. Make sure the top hand moves away from the body.

Description:

1. Three players leave and fill each lane.
2. Give and go with playes at far blue line.
3. After the second pass shoot from one lane each.
4. Third player loop back to save ice.
5. Players who just passed now leave the other way.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090901074926133>



B600 - 4 Passes x 2 – MRU

Key Points:

Give a target, one touch, face the puck, keep skating, shoot and follow the shot, stop for the rebound.

Description:

A - 1-2, 4-5 exchange passes.

B - 1-3, 4-6 exchange passes.

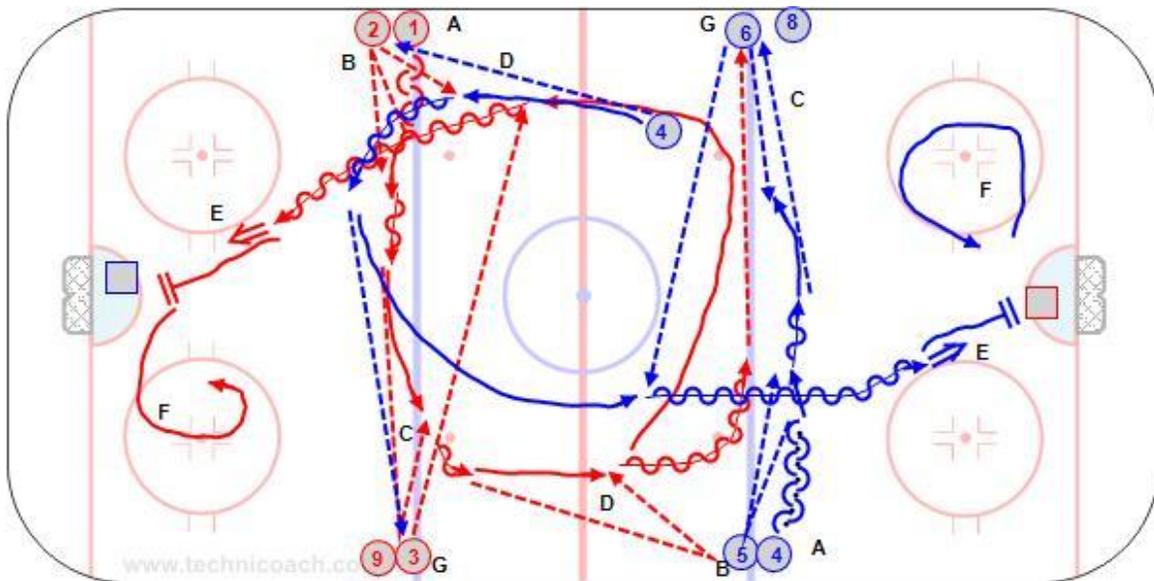
C - 1-5, 4-2 exchange passes.

D - 3 cross pass to 1 and 6 to 4.

E - 1 and 4 skate in, shoot then rebound.

F - 1-1 circle back to rebound for next shot.

G - 3-6 repeat from the other diagonal corners.



B600 - 5-0 RG - 1-0 x 3 - 5-0 Point Shots x 2 - Czech U20

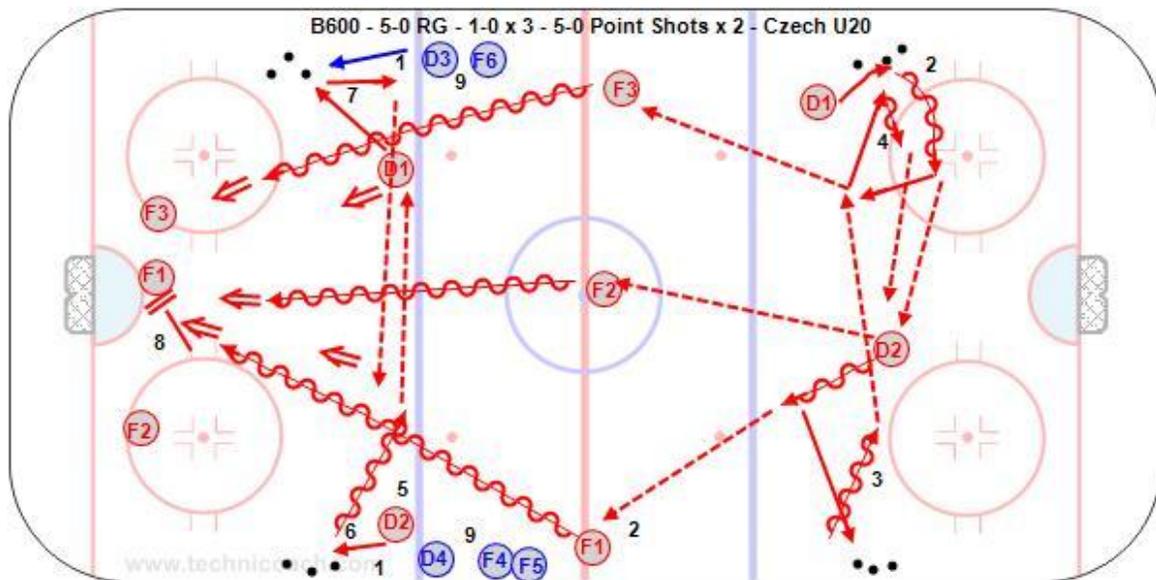
Key Points:

Forwards must time their skating to be available for the pass from the D. D should hinge and pass up. Shoot and follow the shot for a rebound.

Description:

1. Players at the 4 blue lines and pucks about 5 metres inside the lines against the boards.
2. D1 pick up a puck and pass to D2, up to F1 who attacks 1-0 and shoots.
3. D2 get a puck, D2 pass to D1 up to F2 who attacks 1-0 and shoots F1 screen.
4. D1 go back for another puck, D to D and up to F3 who skates in and shoots.
5. D1-D2 follow the attack.
6. D2 get a puck and pass to D1 who takes a point shot.
7. D1 get a puck and pass to D2 who takes a point shot.
8. F1 screen, F2 and F3 be at each side ready for a shot pass, one timer or rebound.
9. D3-D4-F4-F5-F6 repeat the sequence on the other goal.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150816222648553>



B600 - Regroup - 2-0 Chip-In Czech U20

Key Points:

When the defenders stand up at the blue line then create a 2-1 and pull the defenders inside by skating to the 'big ice' between the dots and chip the puck over the blue line.

Description:

1. Players line up at the four blue lines on the boards.
2. F1-F2 leave from either side and regroup with D1-D2 at the far blue line.
3. F1 pass to D1 who hinges and pass to D2 then up to F2.
4. D3-D4 follow and defend vs. F1-F2 in the neutral zone.
5. F2 carry the puck to the middle lane and F1 take the ice behind.
6. F2 chip the puck off the boards over the blue line and skate to the net.
7. F1 pick up the puck and attack 2-0 with F2.
8. F3-F4 repeat the other way by regrouping with D3-D4.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20150816223634895>

<https://youtu.be/ARFy2EERXtE>



B600 - Double RG - 1-0 x 2 - Czech U20

Key Points:

Pass and receive while skating, give a target, fake before shooting, follow the shot for a rebound.

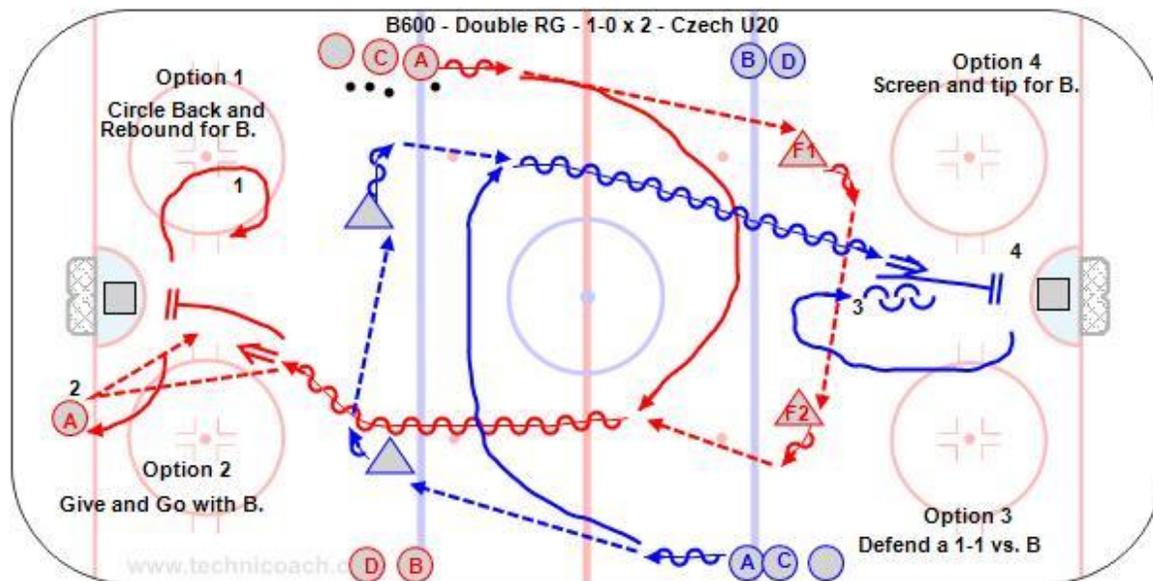
Description:

1. Shooters line up at diagonal blue lines.
2. A from each line leave and pass to D1 and mirror the D's passes.
3. D1 hinge and pass to D2.
4. D2 pass to A.
5. A skate in and shoot.
6. A circle back and rebound for B the next shooter.
7. B leave from the other diagonal blue lines and pass to D2 to D1 to B's who shoot.

*Options: A could give and go with B. A could defend a 1-1 vs. B. A can screen and tip for B.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150816222649647>

<https://youtu.be/HiVKSeNr4c>



B600 - Exchange Puck and Cross Pass – RB

Key Points:

Give a target, face the puck, follow the shot for a rebound.

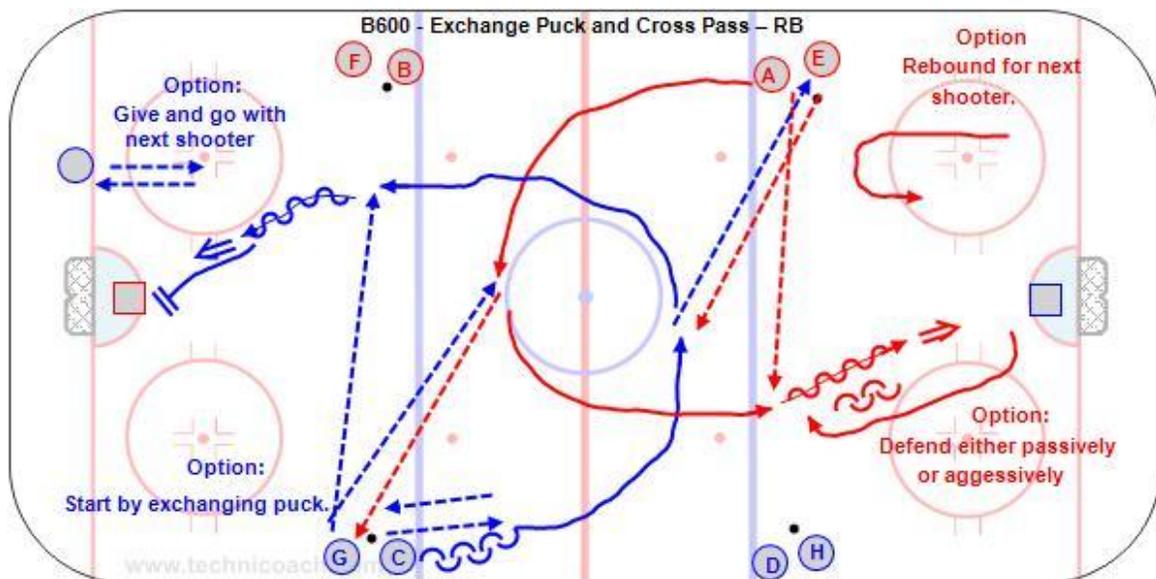
Description:

1. Players line up at the four blue lines.
2. A and C start from diagonal corners with a puck.
3. A-G and C-E exchange passes and skate around the middle circle.
4. G pass to C and E to A who skate in and shoot.
5. B and D repeat.

*Option is to start with a puck exchange at the blue line then go for the diagonal pass.

*Either screen, rebound or give and go, play 1-1 with the next shooter on 1-0 shooting drills.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150824114018107>



B600 - Give and Go - Wall Support - Shot x 2 – Pro

Key Points:

Face the puck. Give a target and keep moving. Follow the shot for a rebound and rebound for the next shooter.

Description:

1. 1's leave from diagonal blue lines.
2. 1's exchange passes with 2's.
3. 2's pass up to 3's at the far blue line.
4. 1's post up near the red line.
5. 3's step out and pass to 1's.
6. 1's attack and shoot then rebound.
7. 3's Repeat from the other two lines.
8. 1's rebound for 3's.

*Option: two players leave and attack 2-0.

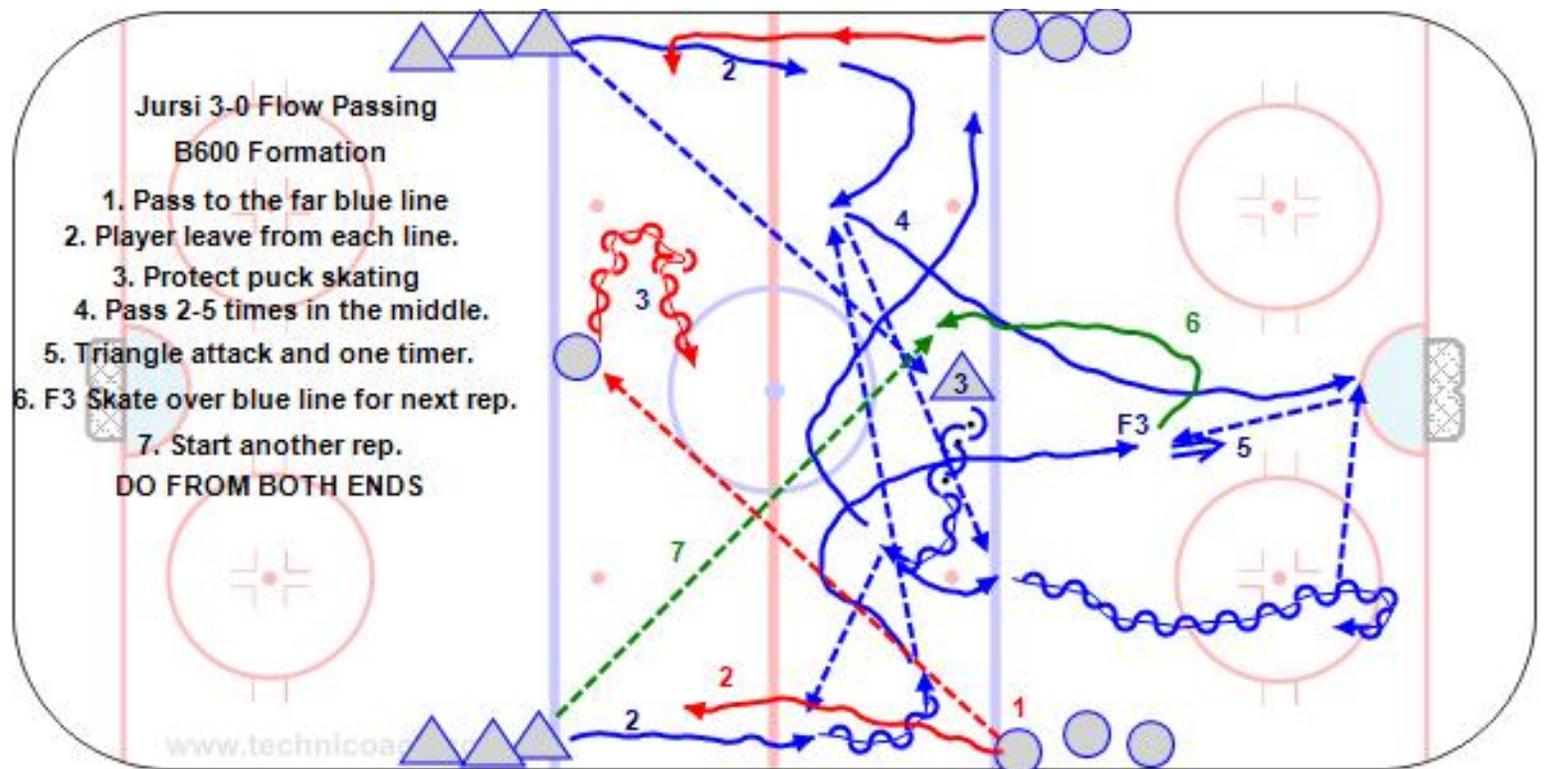
<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=201403251454497>



C3 Jursi Flow 3-0 Passing

Face the puck, Lots of passing in nzone

1. Pass to the far blue line.
2. Players leave from the far blue line.
3. Skate and protect the puck.
4. Pass 2-5 times in the nzone.
5. Attack in a triangle and a one times shot. Look for the rebound.
6. F3 skate over the blue line to start another rep.
7. Pass from far blue and repeat.
8. Do from both ends.



B600 - One Touch x 2 Circle-Pass-Shoot - Russian U20

Key Points:

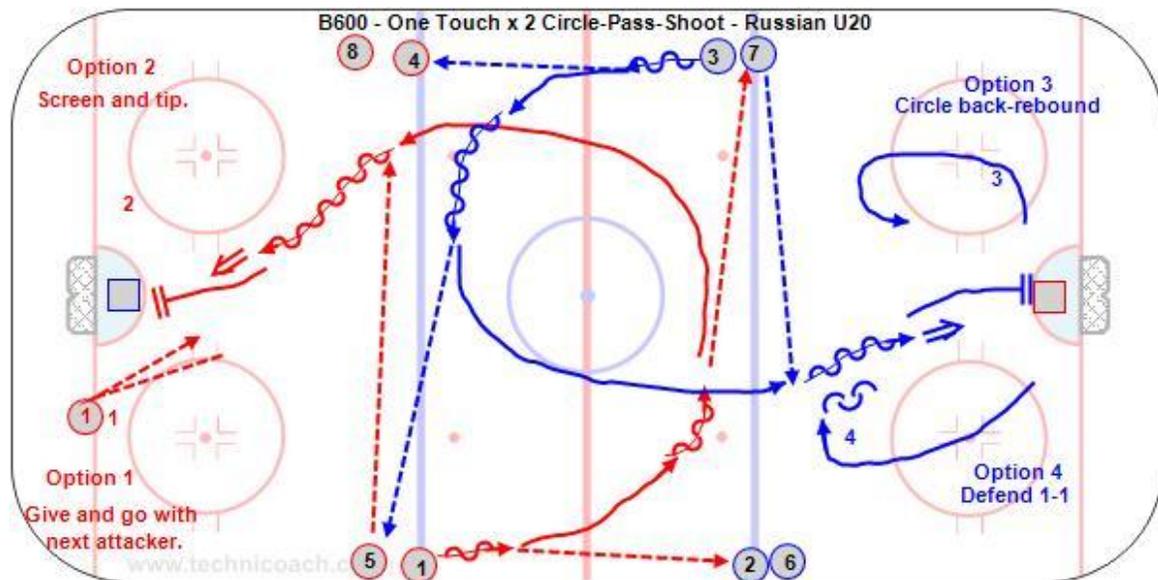
Pass while skating, give a target, shoot in stride, follow the shot for a rebound, rebound for the next player.

Description:

- A. 1 and 3 leave from diagonal corners and one touch give and go with 2 and 4.
- B. Skate across the ice and pass to 5 and 7.
- C. 1 and 3 skate around the circle and 7 pass to 3 and 5 pass to 1.
- D. 1 and 3 skate in shoot and follow the shot for a rebound.
- E. Options: After the shot 1 and 3 either screen, circle back for a rebound.
- F. Options: Give and go with 2 and 4 or defend a 1-1 vs. 2 and 4 the next attackers.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150816223635172>

<https://youtu.be/Tvczzat31Ak>



B600 - Pass and Shot Warm-up – MRU

Key Points:

Quick feet, give a target, one touch pass, shoot, follow the shot, rebound, one timer.

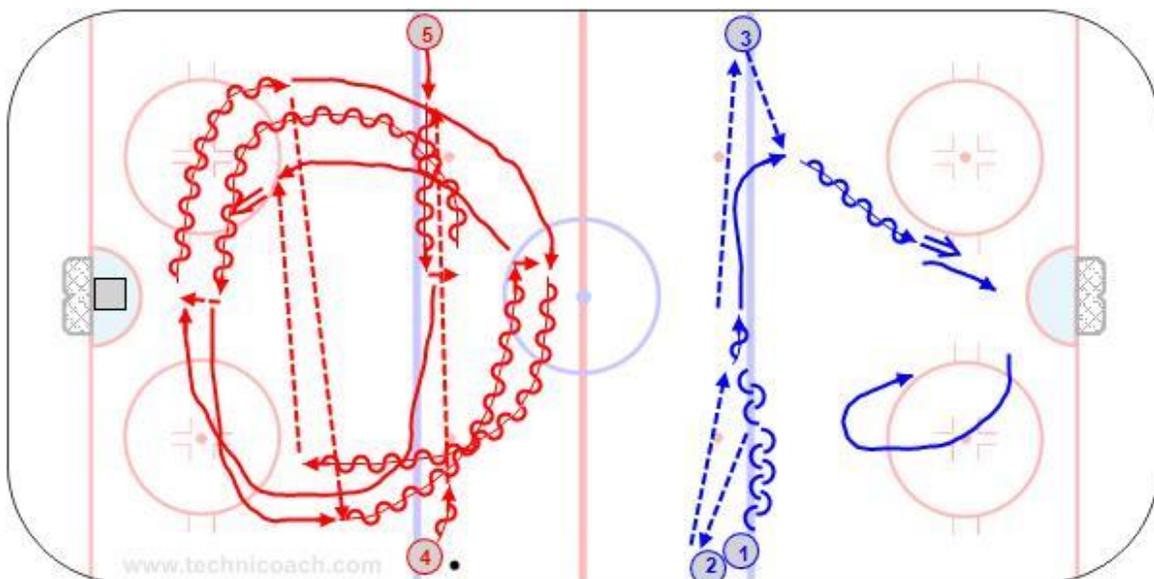
Description:

One Touch

- 1 skate backward and exchange passes with 2.
- 1 exchange passes with 3 on the other side.
- 1 shoot, rebound and rebound for next shot.

Double Cross and Drop

- 1 leave across ice and cross and drop with 2.
- 2 skate into the offensive zone and cross and drop with 1.
- 1 cross pass to 2.
- 2 cross and drop to 1 in the neutral zone.
- 1 skate over the blue line and pass to 2 who takes a one timer shot.
- 1-2 go for the rebound.



B600 - Red-Blue-Red-Blue-Pass-Shoot - Czech U20

Key Points:

Give a target, shoot and follow the shot for a rebound, shoot to score, shoot where the goalie ain't, shoot where the goalie is coming from and not where he is going.

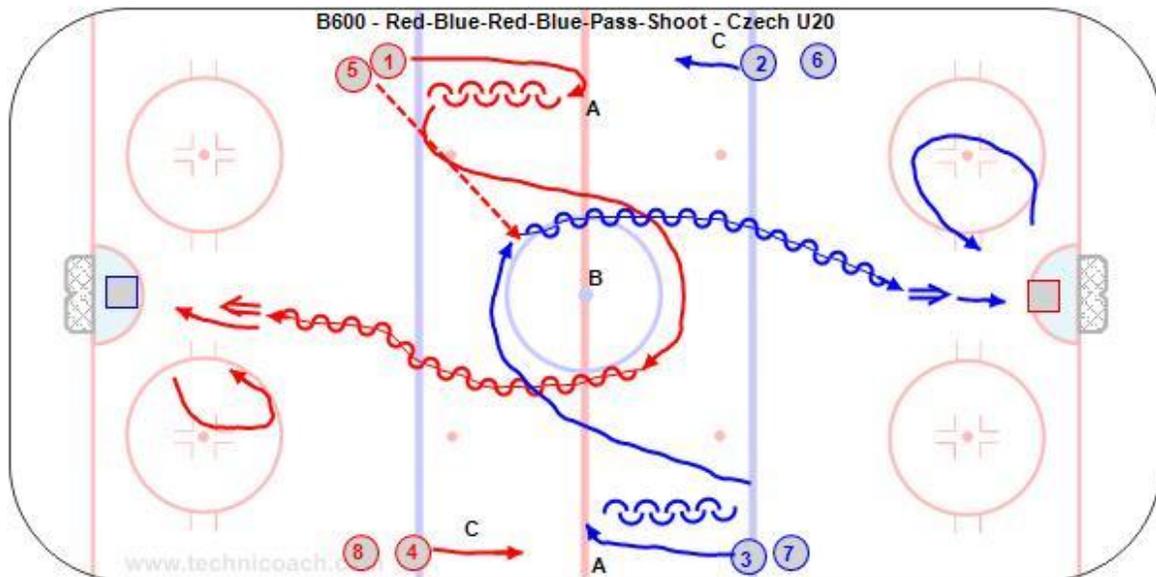
Description:

- A. 1 and 3 leave from diagonal blue lines and skate to the red line and back.
- B. 1 and 3 skate forward around the middle circle and get a pass from 2 and 4.
- C. 5 and 7 leave, skate up, back around and get passes from 6 and 8.
- D. Shoot, follow the shot for a rebound and then rebound for the next shooter.

* Progression is to give and go with the next shooter or defend and play a 1 on 1.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150816224916779>

<https://youtu.be/7ZvDL71djCw> (Click subscribe for about 100 drills done by Czech teams.)



B600 - Regroup with D 2-0 x 2 – Detroit

Key Points:

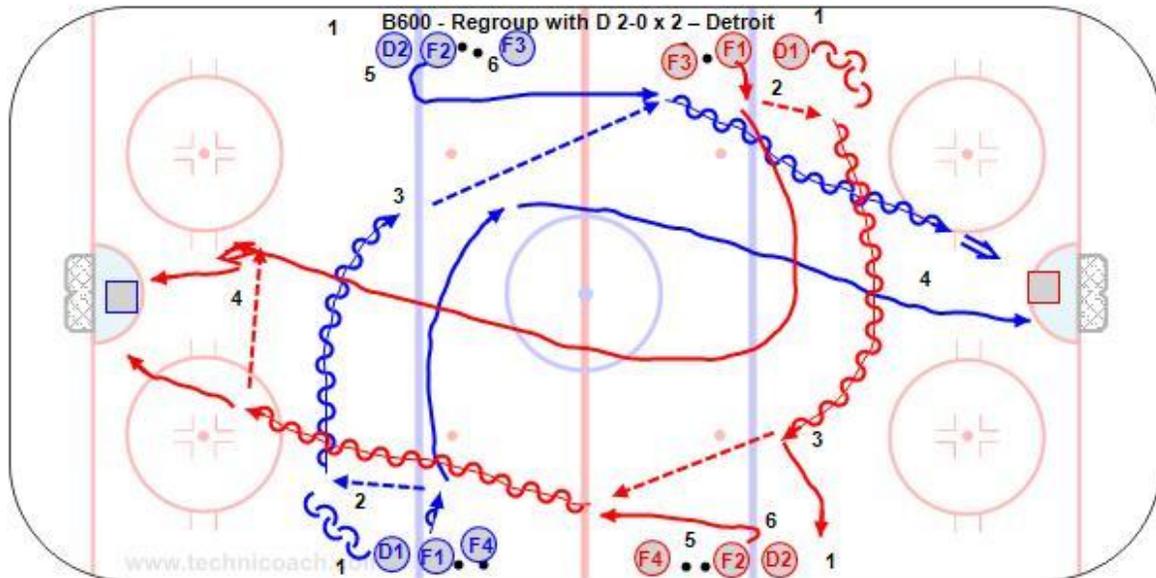
No need for whistles as the players can see when to start. Face the puck, pass hard, give targets, shoot and follow the shot and stop at the net.

Description:

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

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

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



B600 - RG x 2 with Point Shots - Pro W

Key Points:

Face the puck, give a target, do everything while skating, delay, shoot, screen, tip, shot pass. One F support on the wall and another in the middle.

Description:

1. F and D start from diagonal blue lines on each side.
2. F1 and F2 skate and regroup with D1 on each side.
3. D1 pass up to F1-F2 who attack and shoot.
4. Coach spot a new puck inside the defensive blue line.
5. D1 retrieve the puck and pass to F1 or F2.
6. F1 or F2 delay at the hash mark and pass to D1 at the point.
7. D1 drag and shoot while one F screen and the passer head to the net for a shot pass.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150515091213976>



B600 - Shot x 2-One Touch x 2 - Stretch Pass x 2 - U20

Key Points:

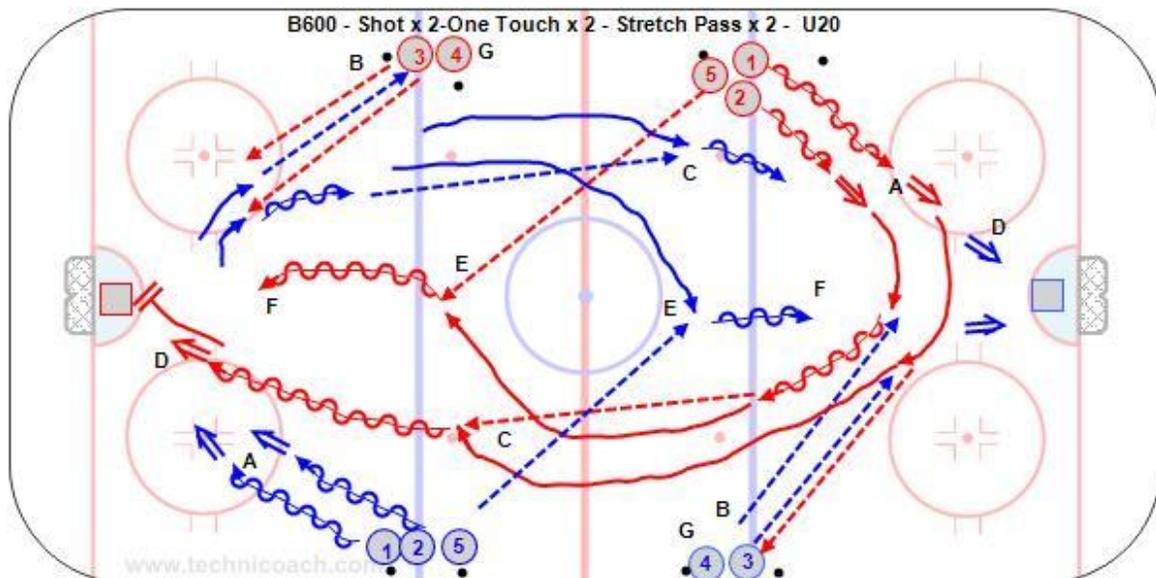
Give a target, face the puck, keep the stick square to the pass, hands away from the body, keep skating, pass hard.

Description:

- A. 1 and 2 leave from diagonal blue lines and each take a shot and follow for a rebound.
- B. 3 exchange one touch passes with 1 then pass to 2.
- C. 2 pass to 1 who stretches to the far blue line.
- D. 1 break in and shoot, then screen or rebound.
- E. 5 from the starting point pass across to 2.
- F. 2 skate in and shoot.
- G. 3 and 4 repeat from the other diagonal blue lines.

*Options: Do this timing drill for about 3 minutes and then introduce working on Role 3 - ind. defensive skill and roles 2-4 team offense and team defense. After shooting 1 close the gap and play 1-1 vs. 3 and 2 skate out and defend vs 4 while 1-3 battle in front of the net. Make this competitive by setting a time limit to score or playing until the puck is out of play. The defender should skate it out if they get it and pass to 5 who can start the next rep.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150807103405113>



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

Key Points:

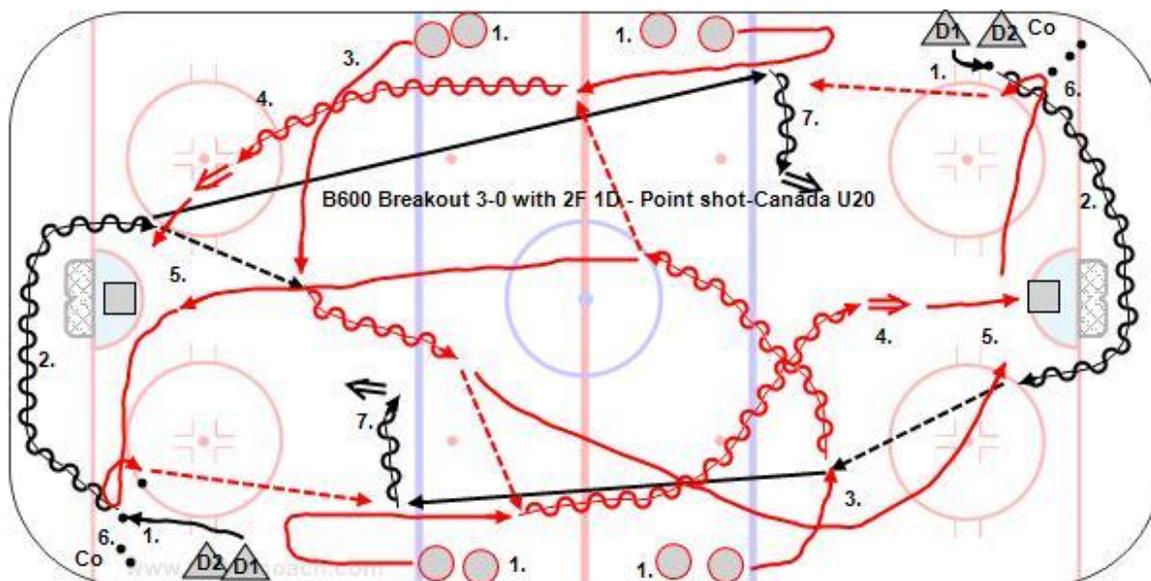
Attack at full speed. Give a target. Follow the shot for a rebound. One player screen and one player look for a shot pass.

Description:

1. Defense start inside zone and forwards outside the blue line.
2. On the whistle D1 at each end drive the back of the net.
3. F1 and F2 come back for a breakout pass.
4. F1 and F2 attack the far ends from opposite sides of the ice and D1 follow.
5. F1 and F2 shoot and rebound.
6. F1 or F2 pass to the point and screen.
7. D1 drag and shoot.

**Repeat with D2 passing to F3-F4 on the whistle.*

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=97>



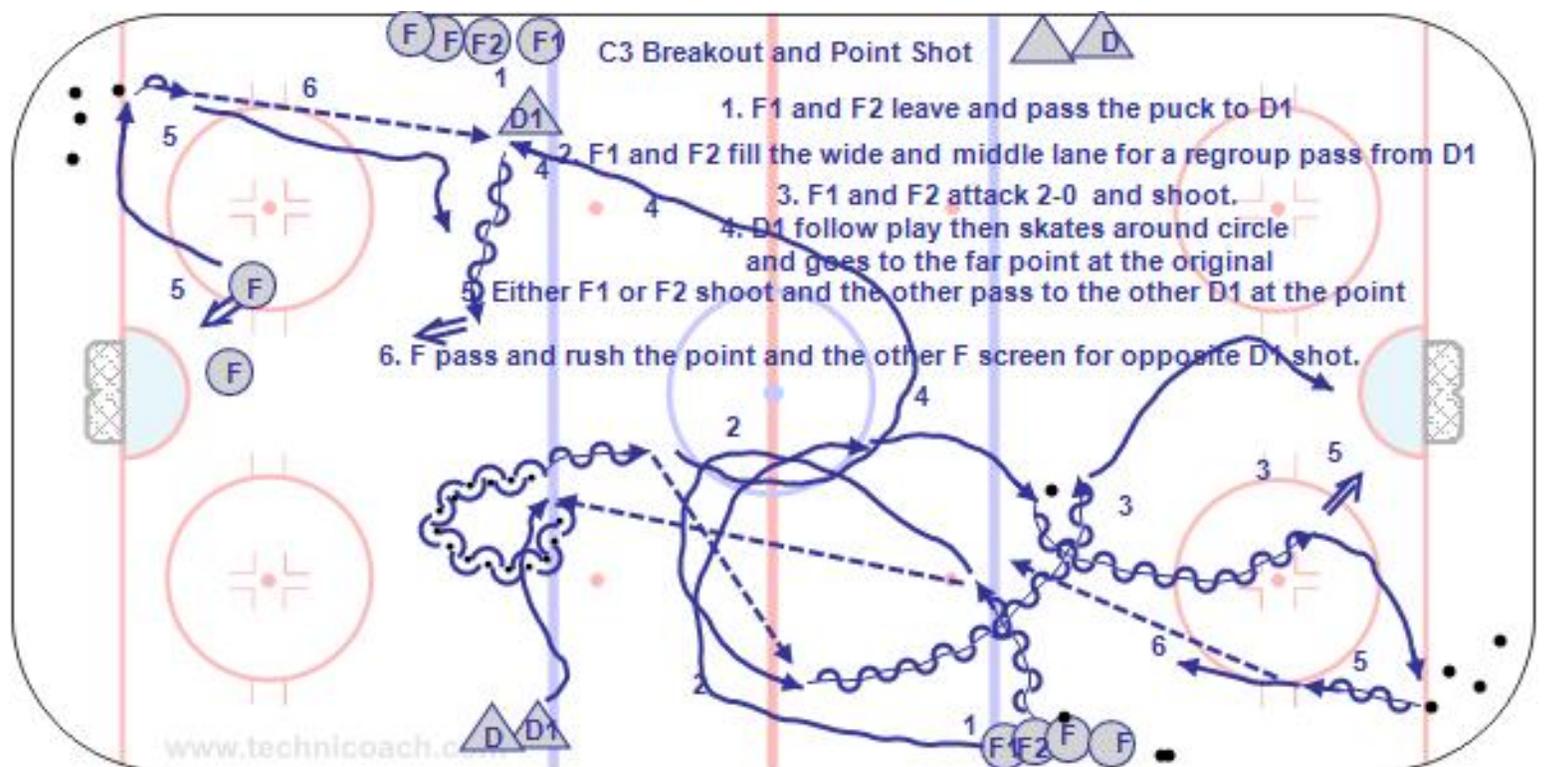
C3 Breakout and Point Shot

Key Points:

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

Description:

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



B600 Cross Pass x 2 - Pro

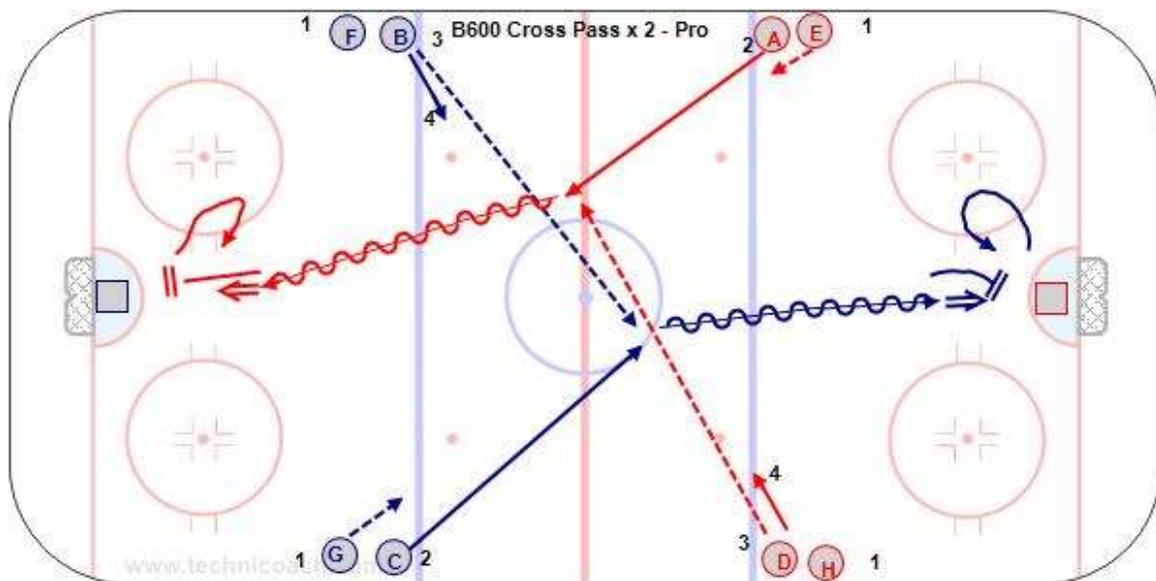
Key Points:

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

Description:

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

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



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

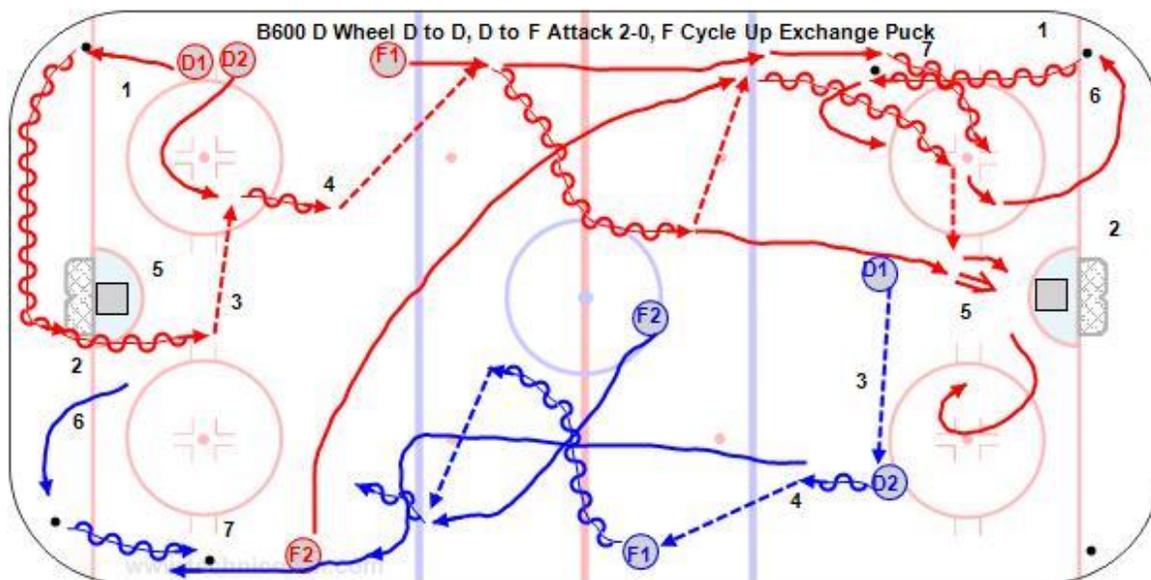
Key Points:

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

Description:

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

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



B600 Double Cross and Pass

Key Points:

Make hard passes. Players should face the puck.

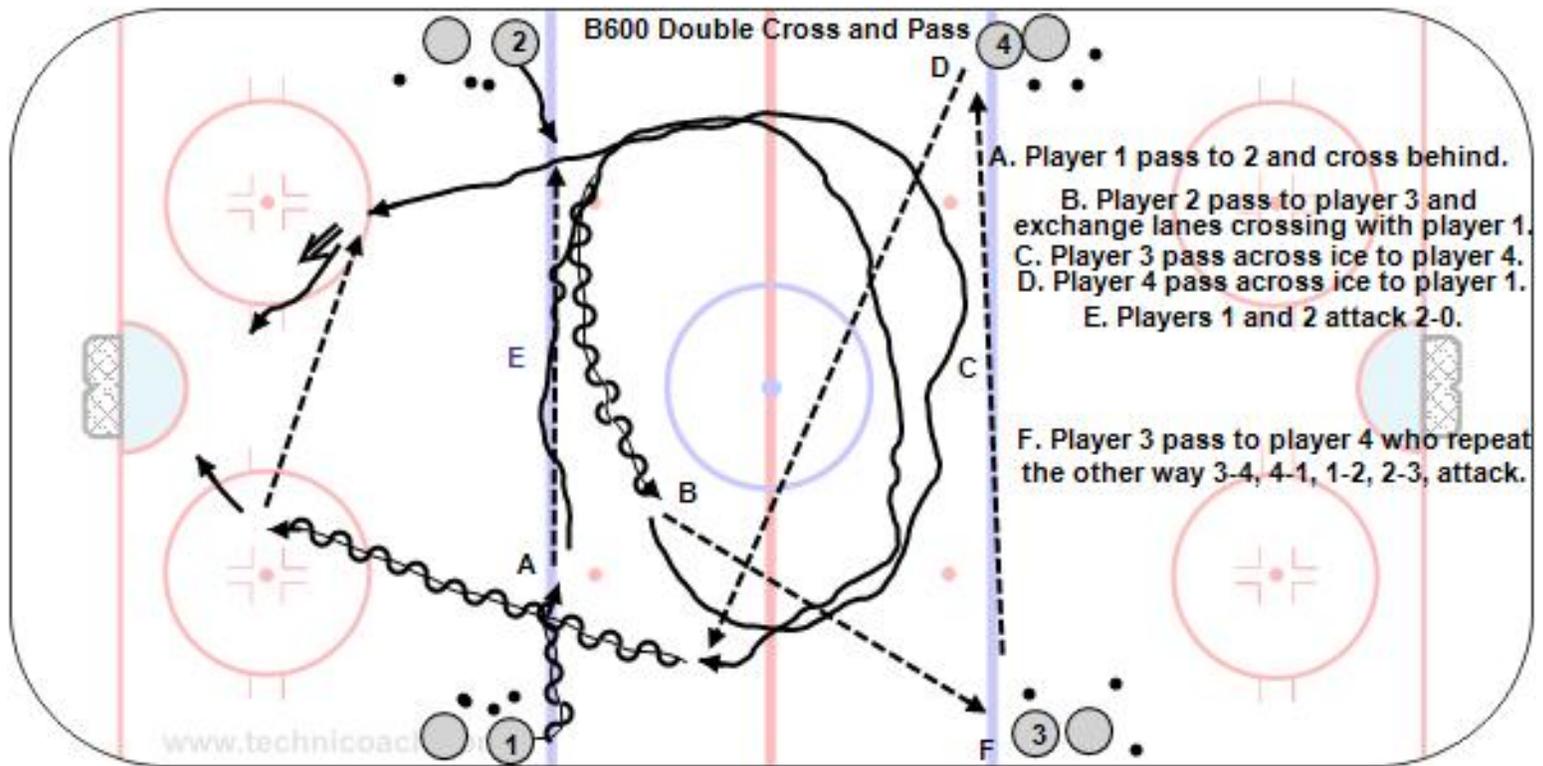
Description:

- A. Player 1 pass to 2 and cross behind.
- B. Player 2 pass to player 3 and exchange lanes crossing with player 1.
- C. Player 3 pass across ice to player 4.
- D. Player 4 pass across ice to player 1.
- E. Players 1 and 2 attack 2-0.
- F. Player 3 pass to player 4 who repeat the other way 3-4, 4-1, 1-2, 2-3, attack.

Options:

- 1. Practice shoot ins and recovery by shooting in from the neutral zone and bounce to the wing or fire it wide on the short side so it comes to the player on the other side of the net.
- 2. Rebound. After the attack circle back and time it so you are looking to score on the rebound as a second wave when the next two shoot.
- 3. Game situations: one player skate out to the blue line and defend 2-1 vs the next attackers or both players meet the next attack and play a 2-2.
- 4. One timer practice: after the shot and rebound both players stand behind the goal line on either side of the net and give and go with the next two attackers who one time the pass.
- 5. Combine any of these options;i.e. one passes from the goal line on a 2-1.

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B600 Double Pass Regroup Pass and Shoot - RB Pro

Key Points:

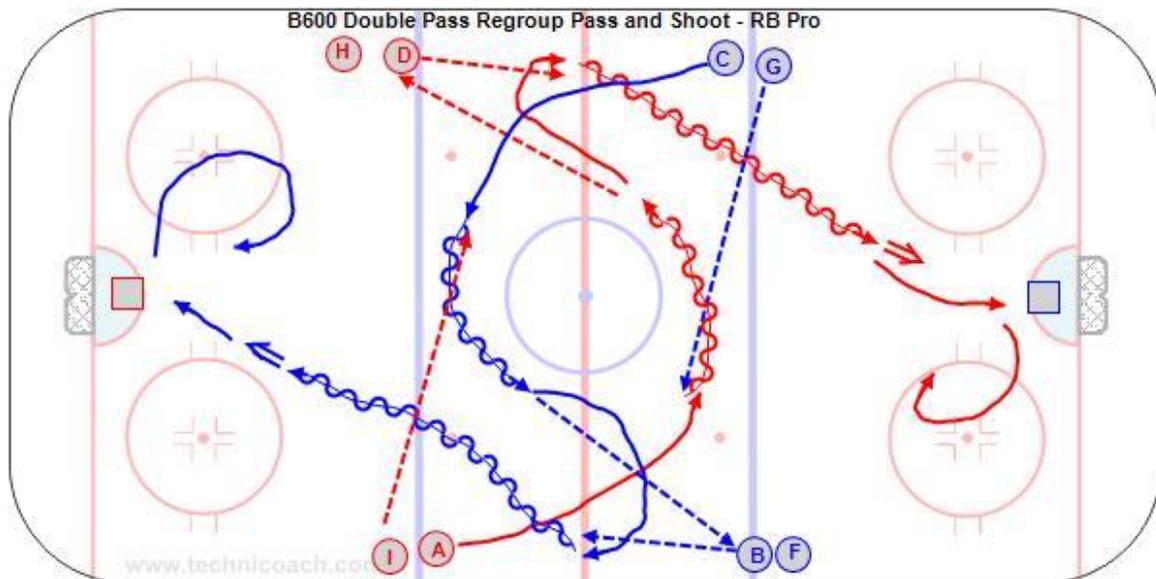
Face the puck, give a target, pass and shoot while skating, follow the shot.

Description:

1. A-C leave, skate around the circle and get a pass from G-I.
2. A-C pass to B-D then pivot and skate up the boards.
3. B-D pass to A-C who skates in and shoot.
4. B-D leave and get at passes from F-H.

* Either screen, rebound or give and go, play 1-1 with the next shooter on 1-0 shooting drills.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150824114017123>



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

Key Points:

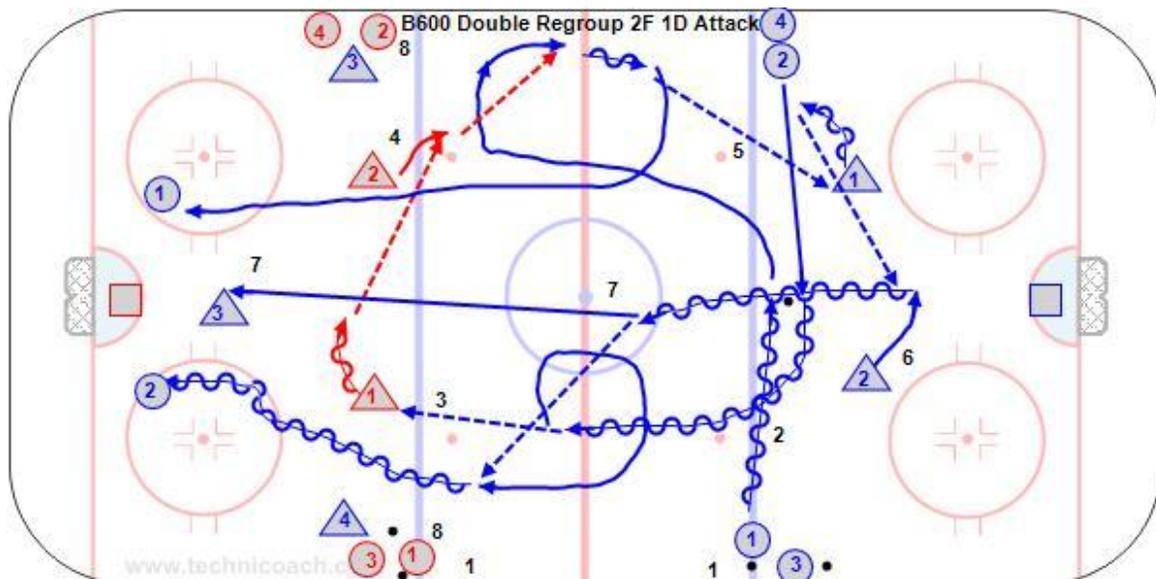
Everyone face the puck all of the time. On the regroup give wall and middle support and not continuous crossing (as you should in a game.) Attack with speed and pursue the first rebound before returning to the line-up.

Description:

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

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

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



B600 Double Regroup Options

Key Points:

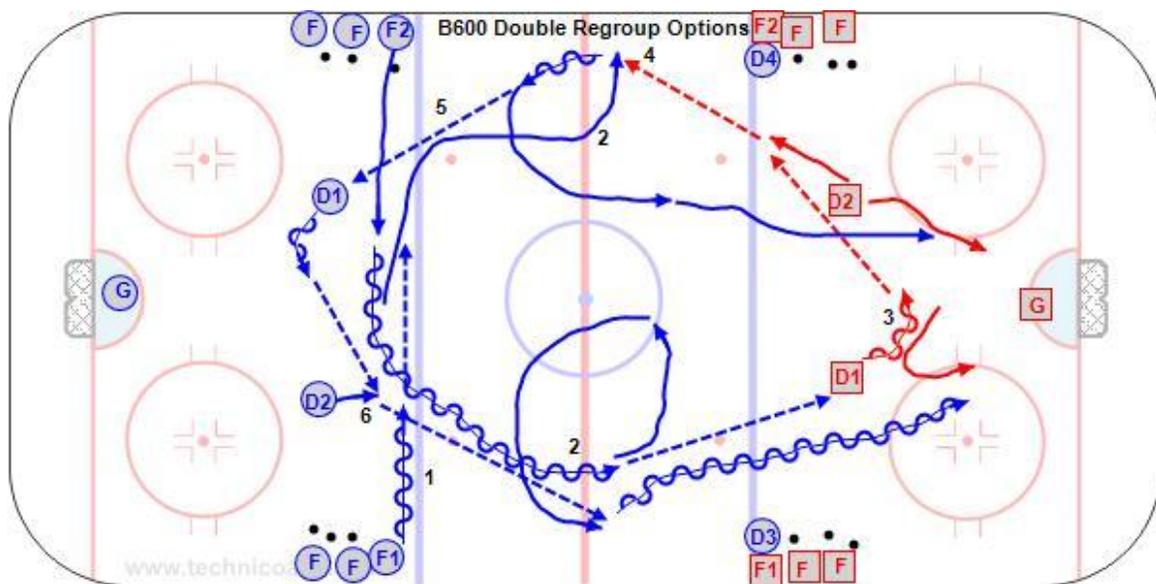
Regroup with each D and support from about a half zone away. Give a target and face the puck. Pass hard and always give strong side wall support and middle support.

Description:

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

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

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



B600 Flames Shooting:

This is a drill I picked up watching the Flames practice.

Key Points:

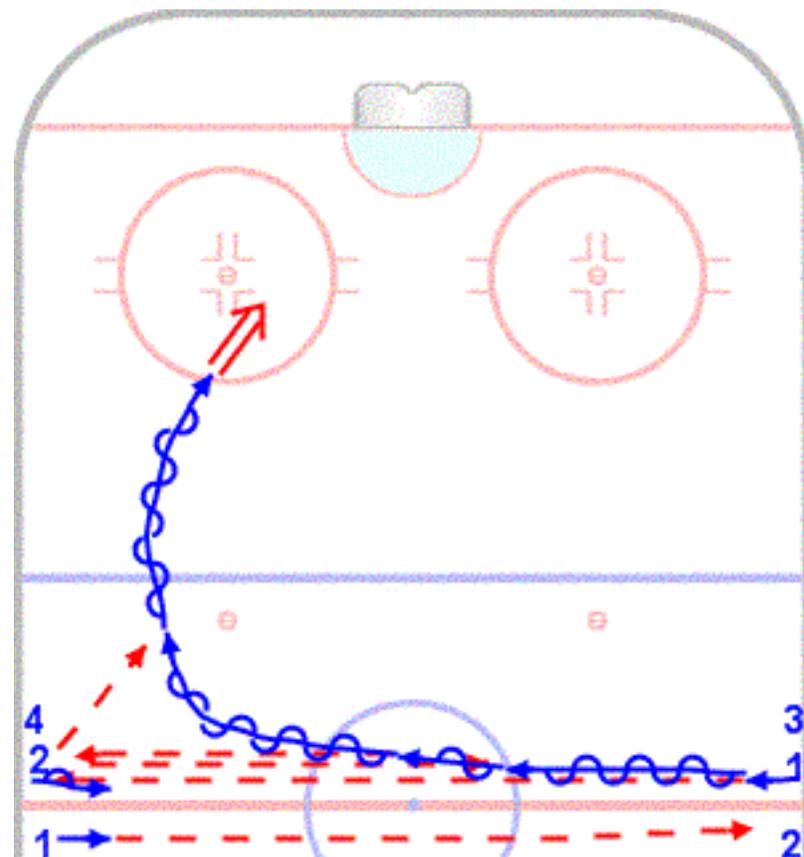
Pass hard and keep your feet moving. Follow the shot for a rebound and circle back for the next shooter.

Description:

1. Players line up along the boards opposite each other and shots can be taken at just one end or both ends at the same time.
2. Start 1 skate along the red line and pass to 2 and get a return pass then skate in and shoot.
3. After passing 2 skate toward 3 and do the same thing.
4. After shooting and following the shot #1 skate to the top of the circles and go in for the rebound from #2.

Options:

Two players could leave at once and the return pass go to the second player. In this case allow only one pass in the offensive zone.



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

Key Points:

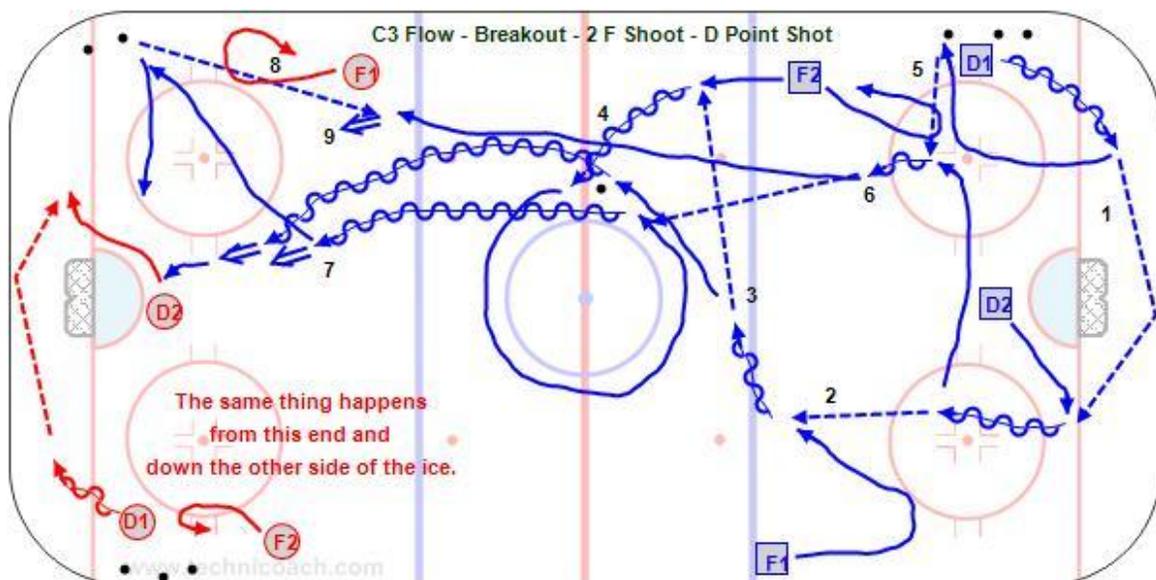
Pass hard, keep skating all the time. Pass and follow the pass. Screen, rebound.

Description:

This happens the same time from each end.

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

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



B600 Give and Go and Shoot

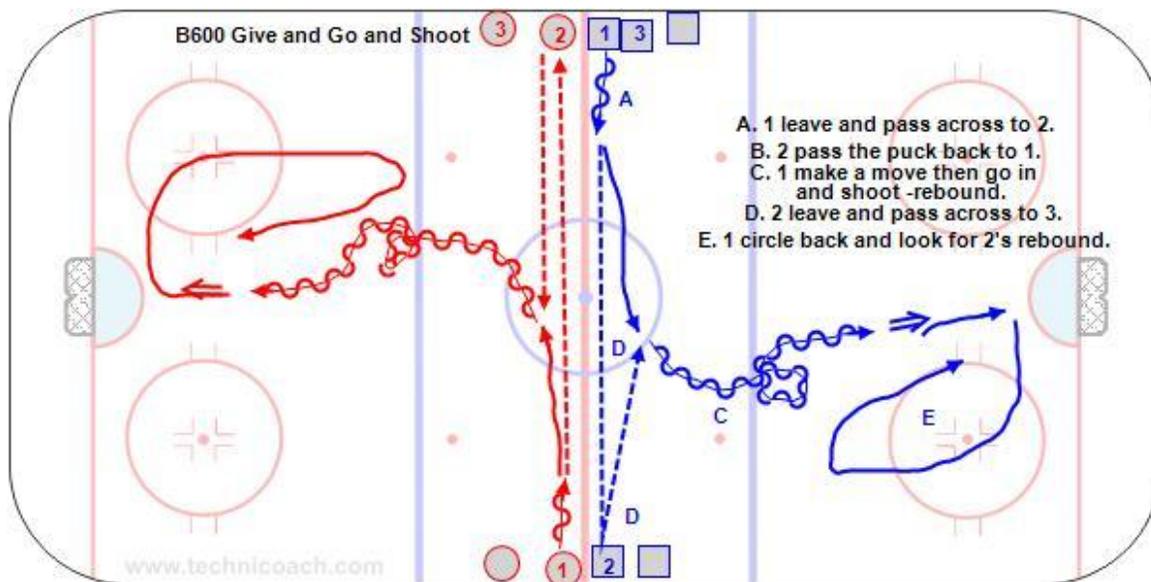
Key Points:

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

Description:

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

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



B600 Give and Go x 2 Cross Pass Shoot - RB Pro

Key Points:

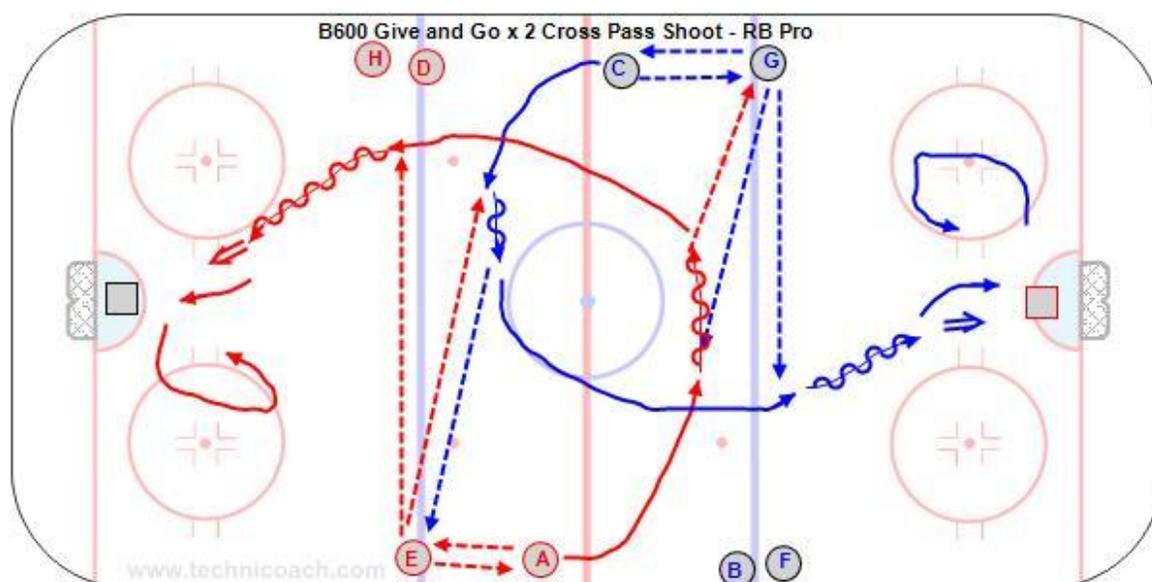
Face the puck, give a target, skate while you pass and shoot, follow the shot.

Description:

1. A-E and C-G exchange pucks from diagonal blue lines.
2. A-C skate toward the diagonal corner.
3. A-G and C-E exchange pucks.
4. A-C skate toward the opposite nets.
5. E pass to A and G pass to C across the ice.
6. A and C attack and shoot.
7. B and D repeat from the opposite diagonal corners.

*Either screen, rebound or give and go, play 1-1 with the next shooter on 1-0 shooting drills.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150824114016741>



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

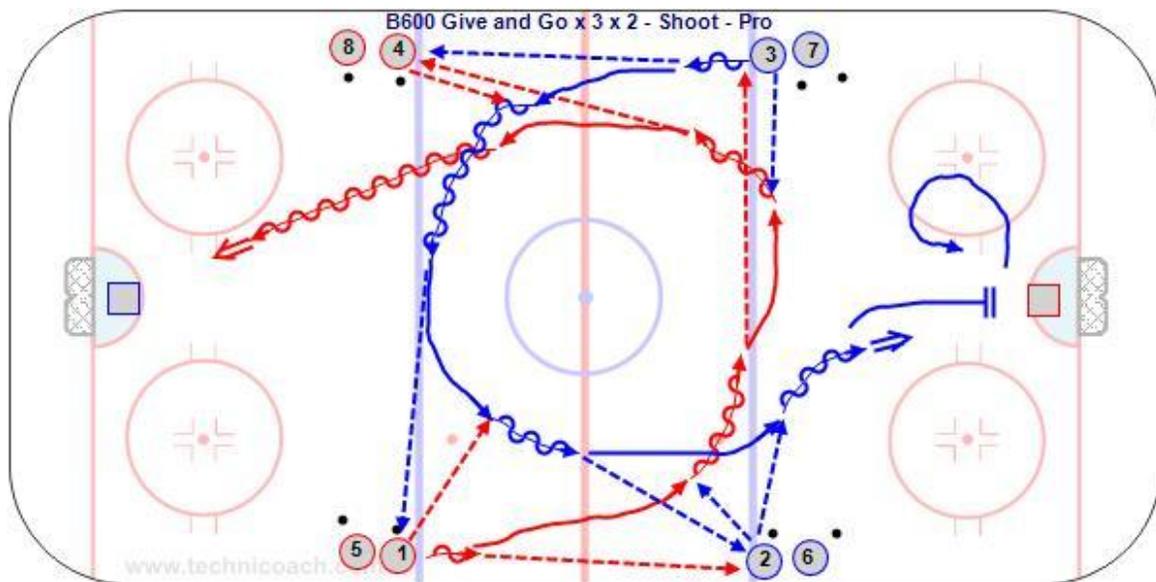
Key Points:

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

Description:

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

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



B600 Give Go Shoot x 2 – Pro

Key Points:

Shoot while skating and follow the shot for a rebound.

Description:

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

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



B600 Neutral Zone Passes-Finland U20

Key Points:

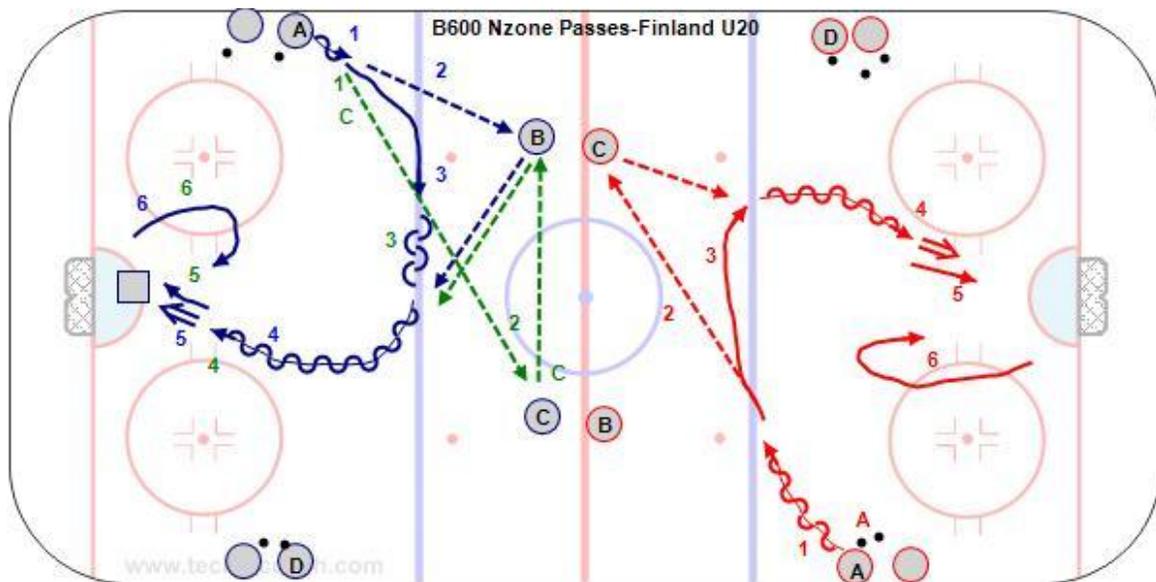
Always face the puck. Shoot before the hash marks and follow the shot for a rebound. Circle back and rebound for the next shooter.

Description:

1. A skate with a puck toward red line.
2. BA pass to B, RA pass to C, GA pass to C who passes to B.
3. A skate laterally always facing the puck and get a return pass.
4. A shoot with the feet moving.
5. A follow the shot for a rebound.
6. A circle back and rebound for the next shooter.
7. D repeat from the other side.

**After everyone has gone through all the options rotate the passers in the nzone. Other options are give and go with the next shooter or defend 1-1 with the next attacker.*

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=84>



B600 Neutral Zone Puck Support and Attack

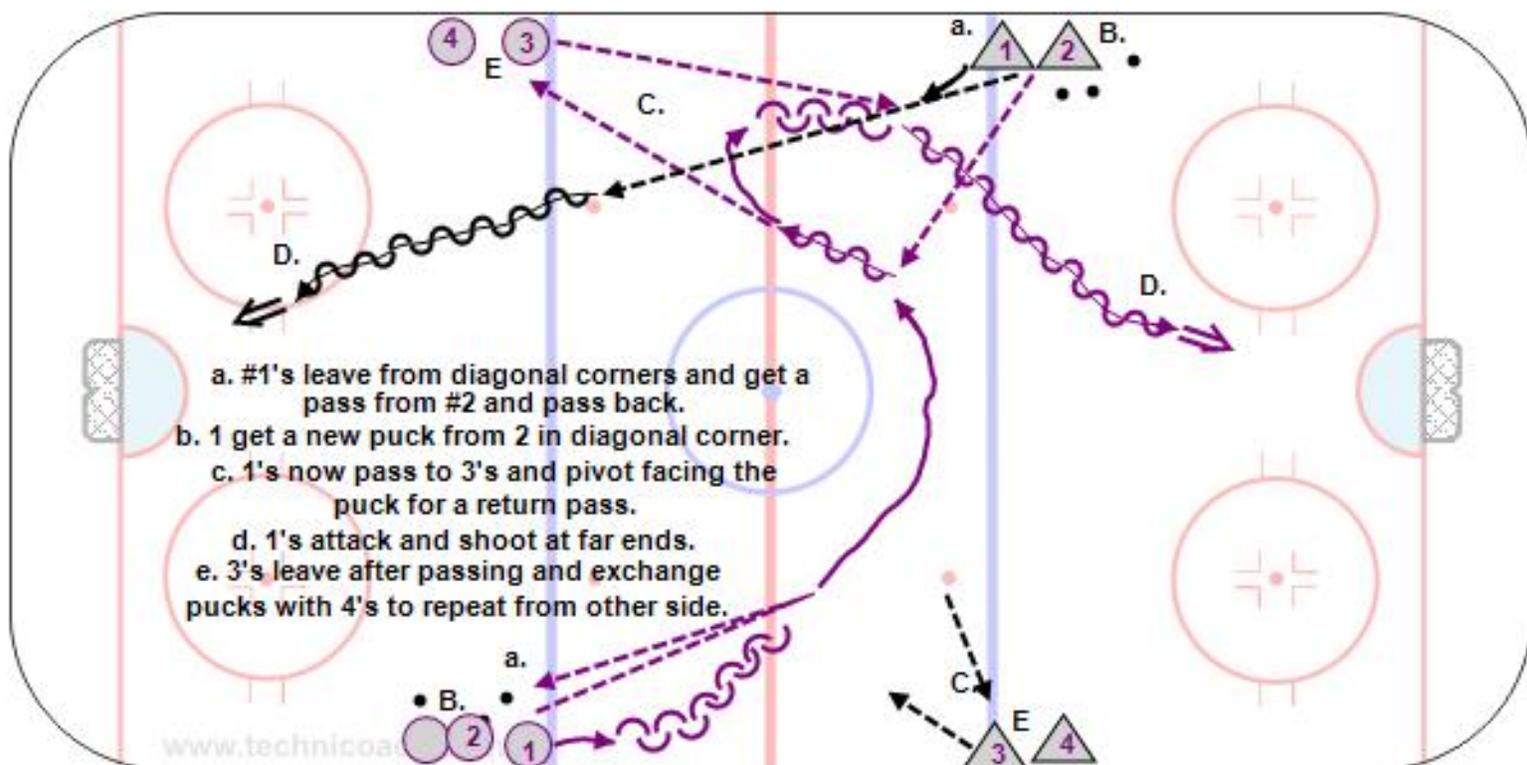
Key Points:

Face the puck always and make hard passes. Done from both sides

Description:

- a. #1's leave from diagonal corners and get a pass from #2 and pass back.
- b. 1 get a new puck from 2 in diagonal corner.
- c. 1's now pass to 3's and pivot facing the puck for a return pass.
- d. 1's attack and shoot at far ends.
- e. 3's leave after passing and exchange pucks with 4's to repeat from other side.

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



B600 One Touch and Shoot Warm up

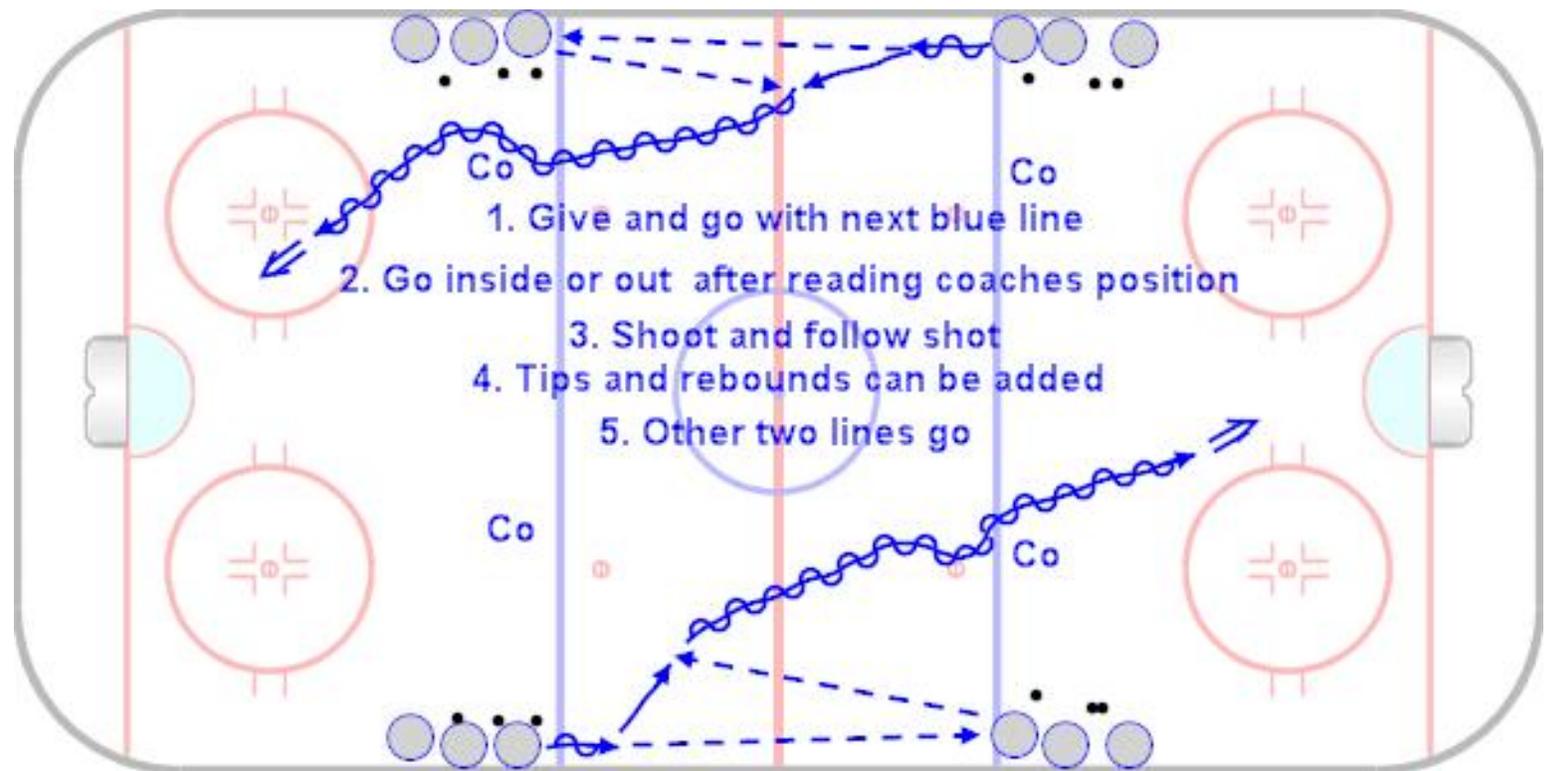
Key Points:

Pass hard with a wrist or snap pass. Receiver give a target and keep the stick square to the puck with the hands away from the body.

Description:

Players are lined up at the four behind the bluelines in the B600 Formation. Coaches can stand just inside the bluelines so the players must fake and go around.

1. Give and go with the player at the next blueline.
2. Go inside or out after reading the coaches position.
3. Shoot in stride without coasting and follow the shot for a rebound.
4. Option is to stay and tip or screen the next shot or circle back for a rebound from the next shooter.
5. The opposite line makes the first pass and shoot on the other net.



B600 One Touch x 2 and Diagonal U18

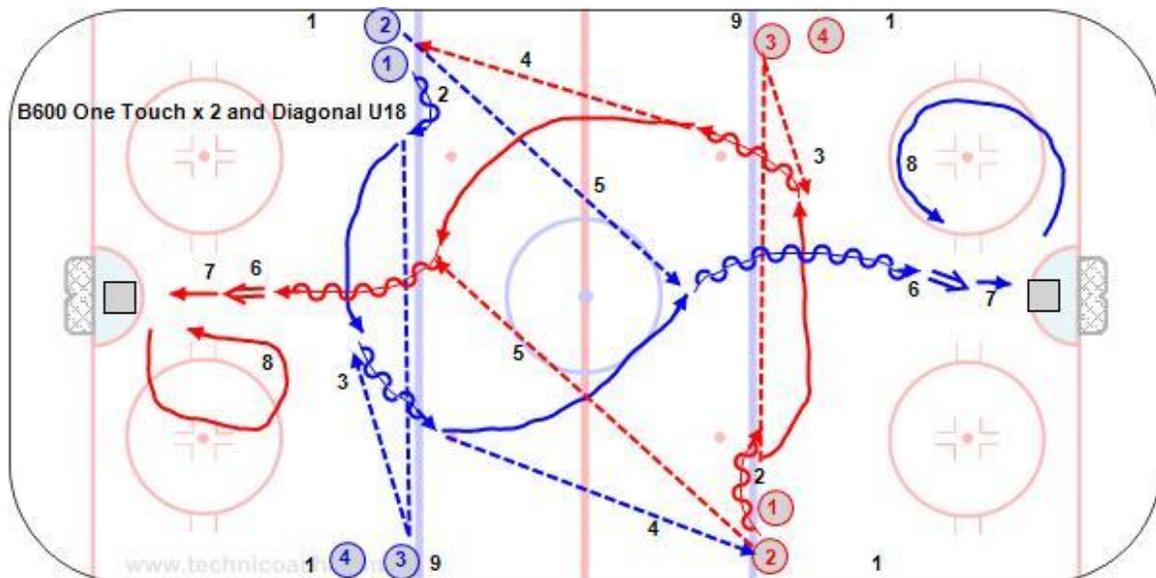
Key Points:

Pass hard, face the puck, give a target, cut into the pass, pass while moving, rebound with the stick on the ice, quick feet.

Description:

1. Line up in B600 Formation at each blue line stripe.
2. Diagonal corners leave at the same time.
3. #1 one touch with #3.
4. #1 pass to #2.
5. #2 stretch pass to same colour #1.
6. #1 skate in and shoot.
7. #1 follow the shot for a rebound.
8. #1 circle back and rebound for the next shooter.
9. Repeat from the opposite diagonal corners with #3 leaving.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130409095502827>



B600 One Touch x 3 and Shot - Slovakia U20

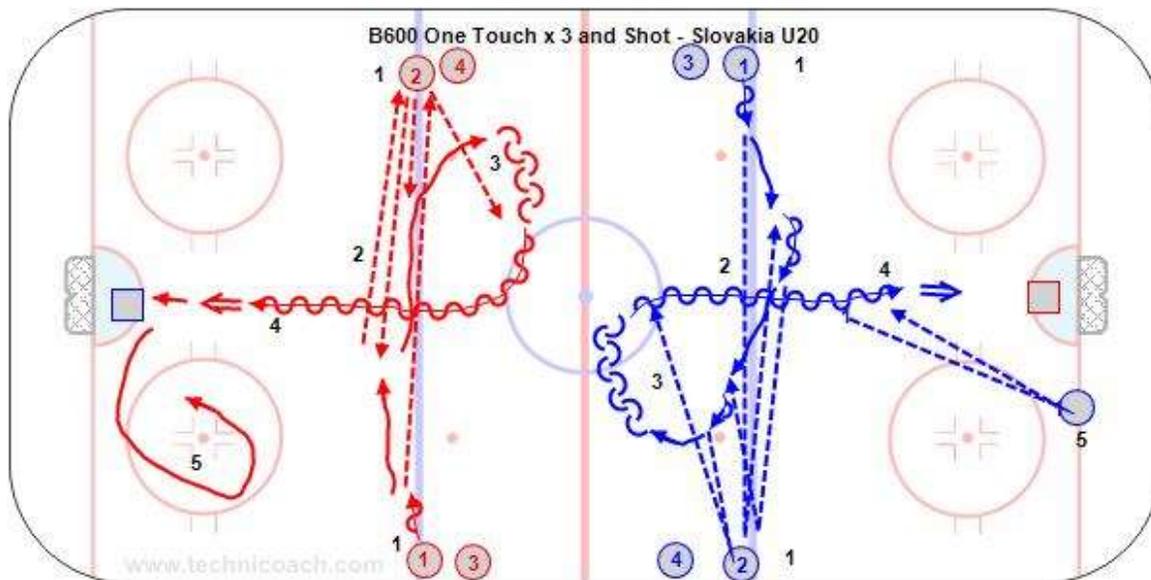
Key Points:

Face the puck, keeping the hands away from the body and stick square to the puck.

Description:

1. Players are lined up at the blue lines at each end.
2. Player 1 exchange cross ice passes with player 2.
3. After the second pass player 1 skate backward into the neutral zone to receive the third pass.
4. Player 1 attack the net and shoot-rebound.
5. Player 1 either: circle back to rebound for player 2, exchange passes with player 2, screen the goalie for player 2, defend a 1-1 vs. player 2.
6. Player 2 repeat the drill with player 3.

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



B600 Pass x 3 Stretch Pro W

Key Points:

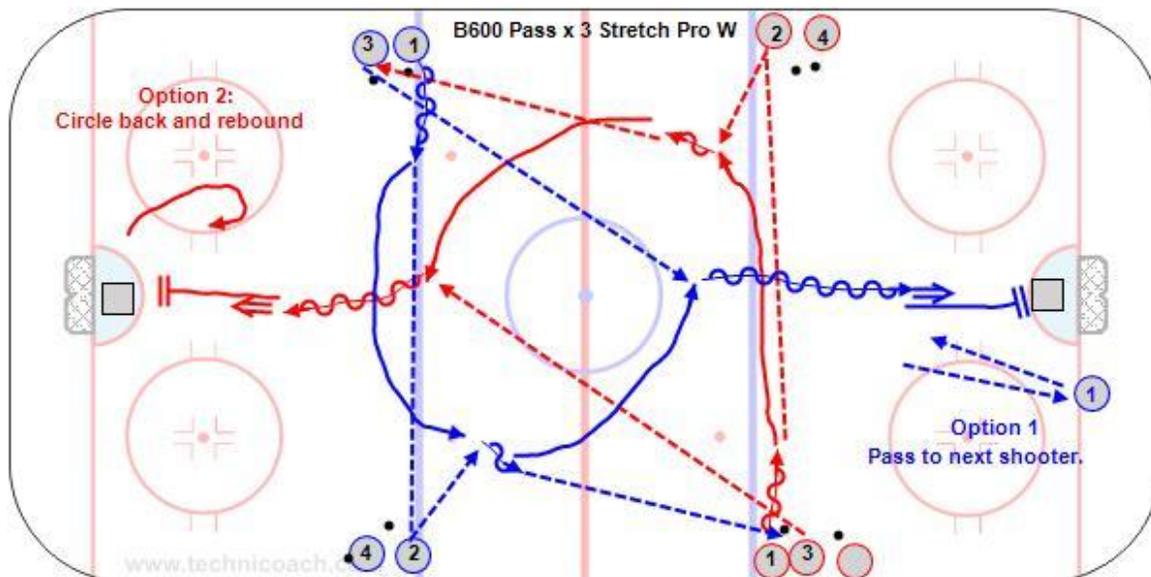
Pass and shoot while skating. Adjust the body and stick to take bad passes. Follow the shot for a rebound and stop at the net. Hit the net.

Description:

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

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

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



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

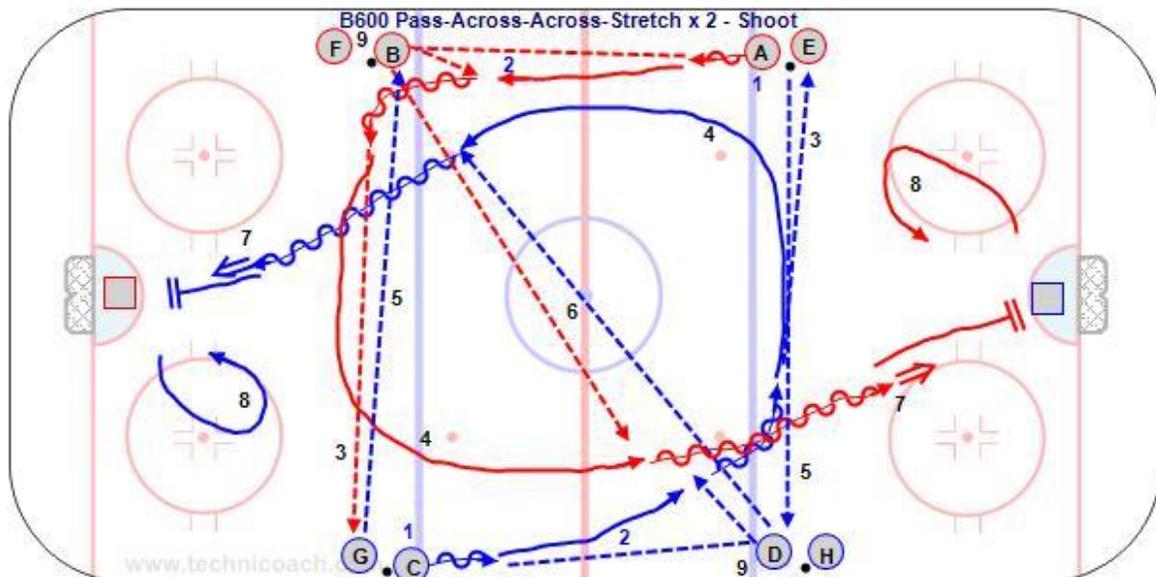
Key Points:

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

Description:

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

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



B600 Pass-Drop-Shoot

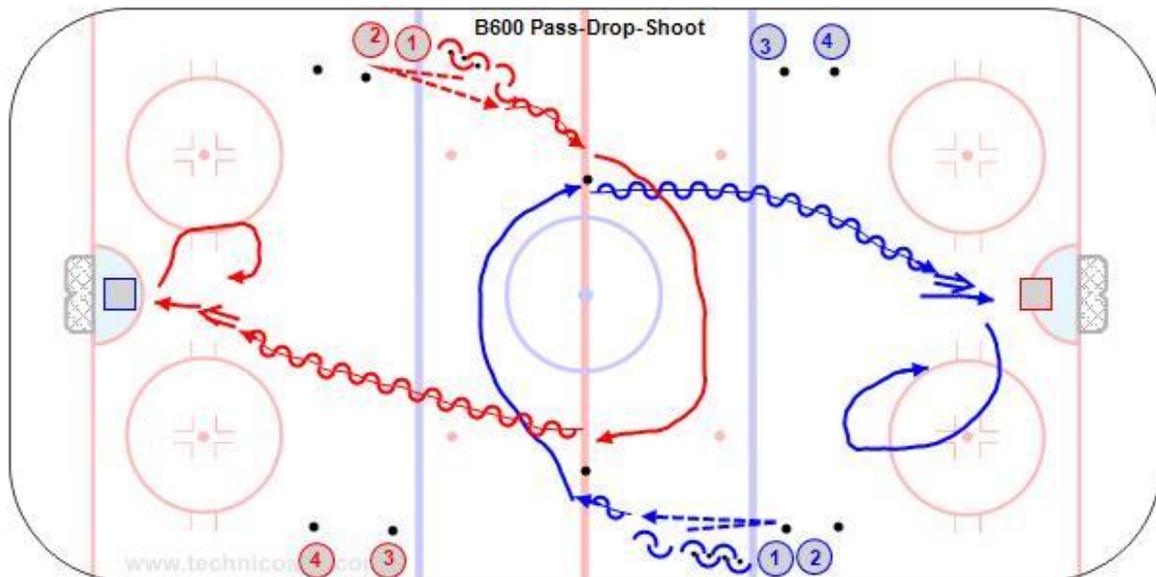
Key Points:

Face the puck, accelerate with the puck and follow the shot for a rebound.

Description:

- A. Leave from diagonal blue lines.
- B. 1 leave and exchange the puck with 2.
- C. 1 drop the puck on the red line.
- D. 1 skate around the circle and pick up the puck left by the other player.
- E. Skate in and shoot.
- F. Rebound.
- G. Rebound or exchange passes with the next shooter.
- H. Repeat with two 3's leaving.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013052210352710>



B600 Pass-Pass-Regroup-Shoot

Key Points:

Face the puck always and give a target. Pass and shoot while skating. Do everything at top speed.

Description:

A.. Blue and red 1's skate and get a pass from 2's in diagonal corners.

B. Pass to 3's at the far blue line.

C. 1's pivot facing the puck and get a return pass from 3's.

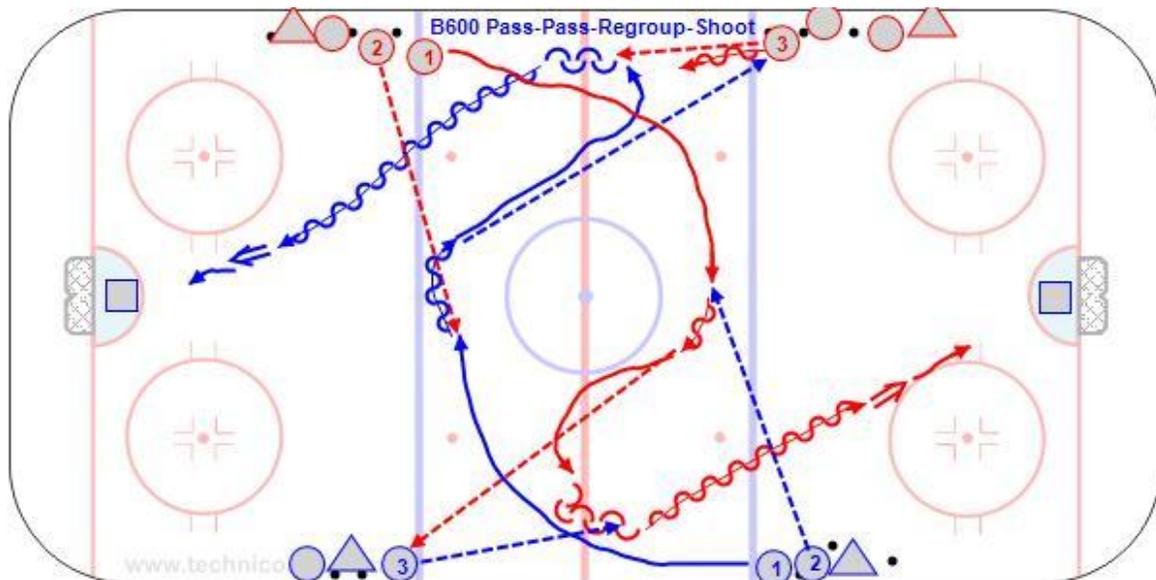
D. 1's skate in shoot-rebound

E. 3's repeat in the other direction.

Options.

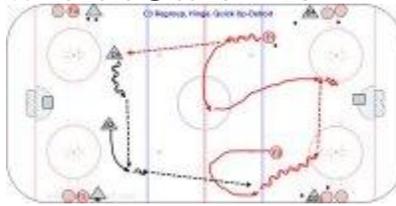
- screen for the next shooter.
- give and go with the next shooter.
- play a defensive 1-1 vs the next shooter.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090823205116629>



B600 Regroup, Hinge, Quick Up-Detroit

Published by TomM On Sunday, November 28 2010 @ 08:29 AM EST



B600 Regroup, Hinge, Quick Up-Detroit

Key Points:

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

Description

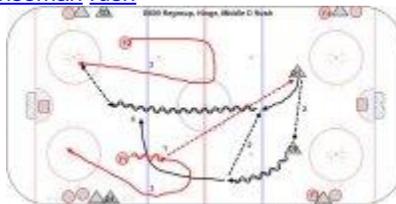
1. F1 skate and regroup with D1.
2. D1 skate to the middle and pass to D2 in the wide lane.
3. D2 quick up to F2 who stretches on the strong side boards.
4. F1 and F2 attack.

Repeat the other way with F3 regrouping with D3.

B600 Regroup, Hinge, Middle D Rush-Detroit

Published by TomM On Sunday, November 28 2010 @ 06:28 AM EST

Keywords [D to D](#), [regroup](#), [hinge](#), [defenseman rush](#)



B600 Regroup, Hinge, Middle D Rush

Key Points:

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

Description:

1. F1 and F2 leave and regroup with D1.
2. D1 pass to D2 who hinges to the wide lane then pass back to D1.
3. F1 and F2 delay to stay onside while D1 crosses the blue line with the puck.
4. D2 support the attack from the mid-point.
5. D1 pass or take a shot.

Repeat the other direction with F3 and F4 regrouping with D3 and D4.

Video Link showing the drill progression.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101128092702491>

B600 Regroup x 2 x 2 – Pro

Key Points:

Give a target and face the puck. Do everything while skating.

Description:

- A. 1 skate to the middle lane and circle back and exchange the puck with 2.
- B. 2 pass up the boards to 3.
- C. 1 get open on the boards for a regroup pass from 3.
- D. 1 skate in and shoot.
- E. 1 Circle back and rebound for the next shooter.
- F. 3 repeat the other way exchanging the puck with 4.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141104102555841>



B600 Regroup x 2 - Hinge 2-0

Key Points:

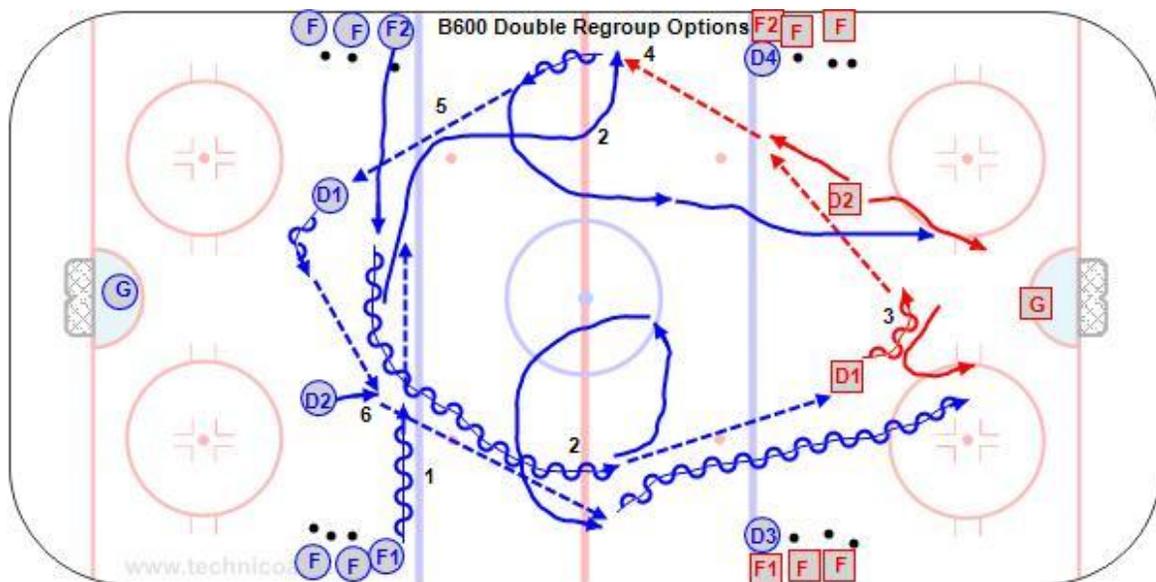
Regroup with each D and support from about a half zone away. Give a target and face the puck. Pass hard and always give strong side wall support and middle support.

Description:

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

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

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B600 Regroup x 2 - Hinge 2-0

Key Points:

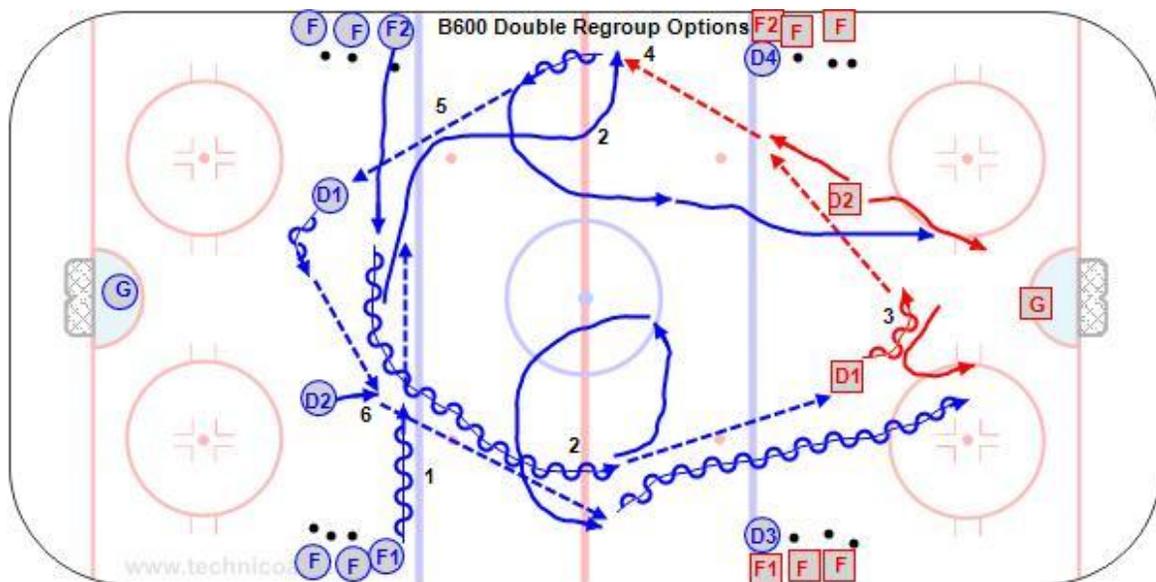
Regroup with each D and support from about a half zone away. Give a target and face the puck. Pass hard and always give strong side wall support and middle support.

Description:

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

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

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



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

Key Points:

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

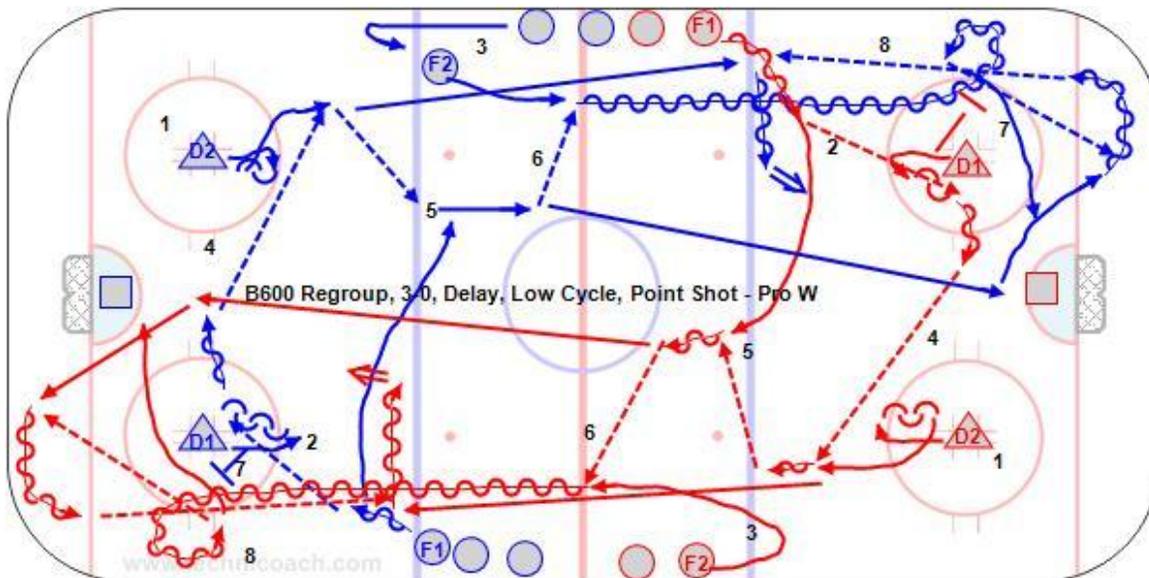
Description:

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

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

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

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



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

Key Points:

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

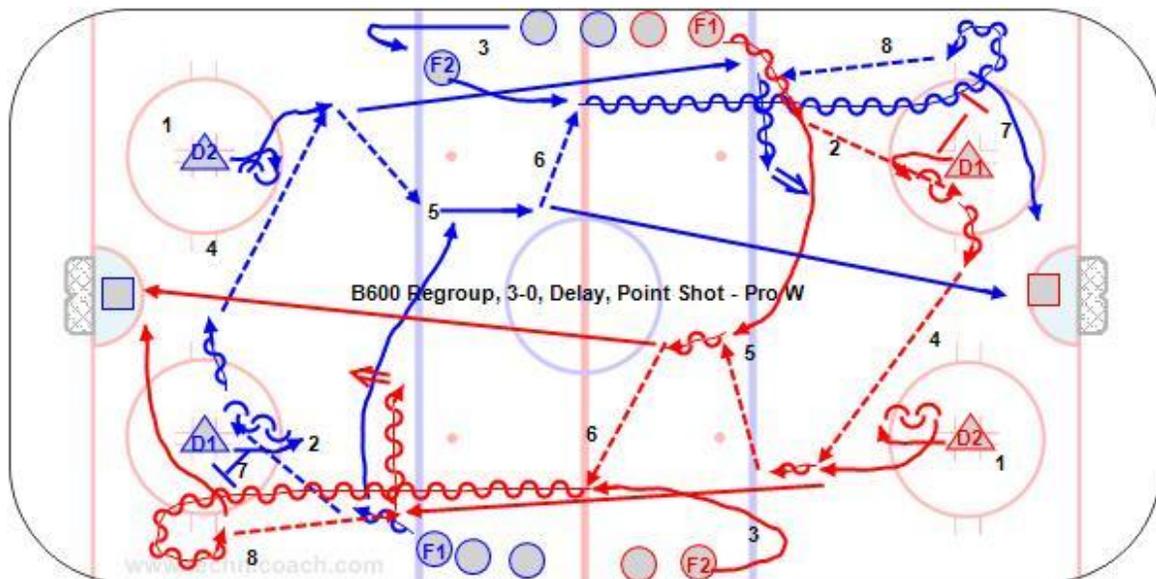
Description:

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

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

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

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



B600 Regroup-Wall support-Shoot x 2

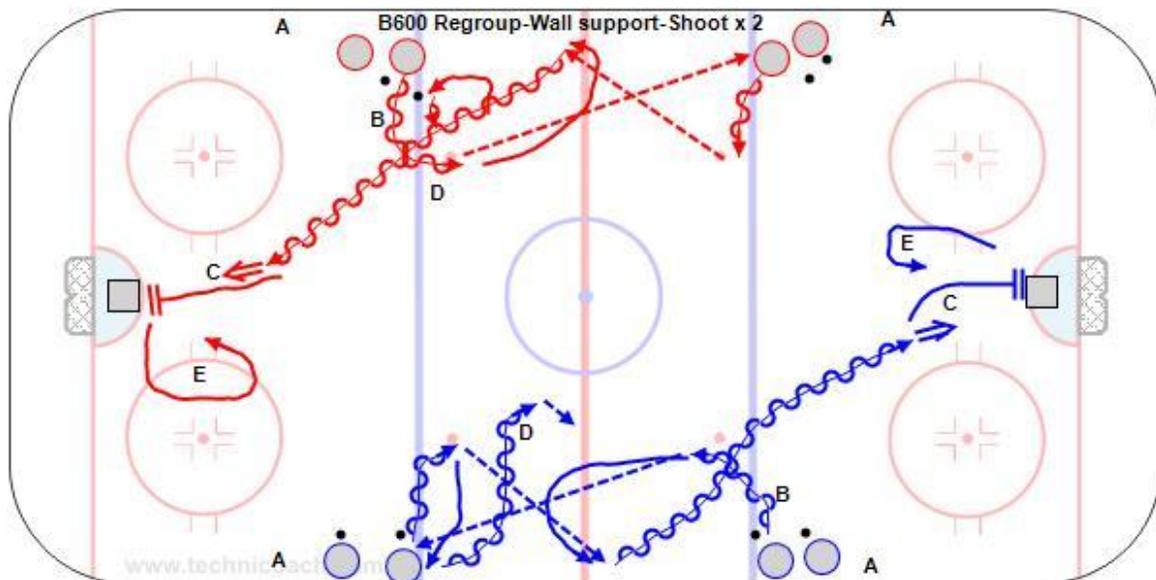
Key Points:

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

Description:

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

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



B600 Small Horseshoe 4 Nets 2 Groups

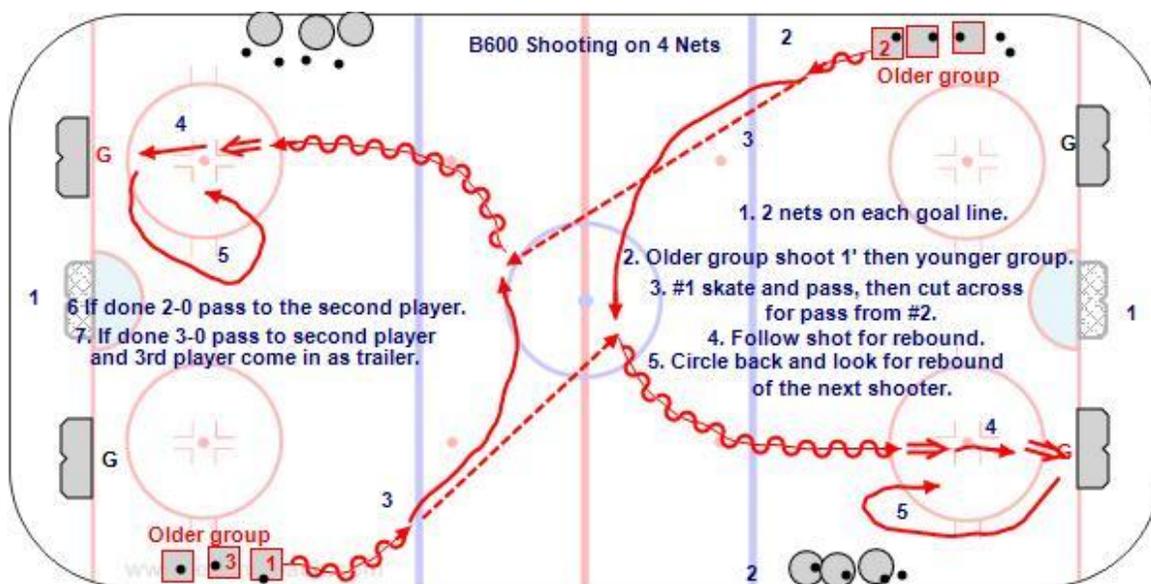
Key Points:

Skate before you pass. Follow the shot for rebound. Circle back for next rebound. Give a target.

Description:

1. 2 nets on each goal line.
2. Older group shoot 1' then younger group.
3. #1 skate and pass, then cut across for pass from #2.
4. Follow shot for rebound.
5. Circle back and look for rebound of the next shooter.
- 6 If done 2-0 pass to the second player who one touches the puck to #1.
7. If done 3-0 pass to second player and 3rd player come in as trailer. (3-0 is better with only one net at each end. The 3rd player stays on the lineup side and skates to the red line then comes in as the trailer.)
8. Options are to shoot and then come out and defend the next attack or to be a deep passing option to give and go for a one timer shot.

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



B600 Stretch Pass x 2 – Pro

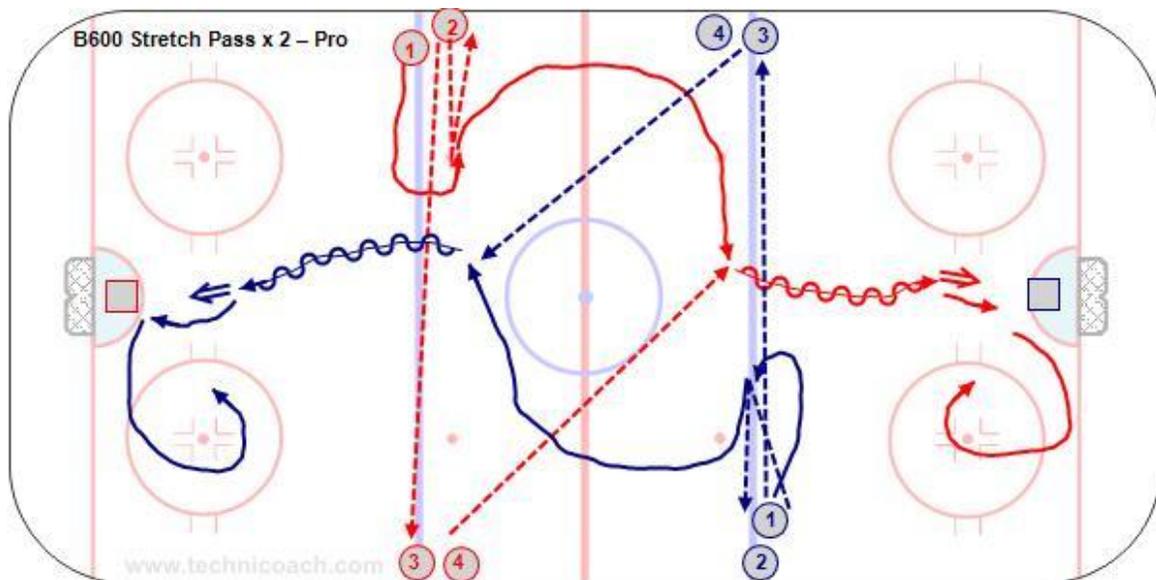
Key Points:

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

Description:

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

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



B600 Up-Back-Cross Pass x 2 - Pro

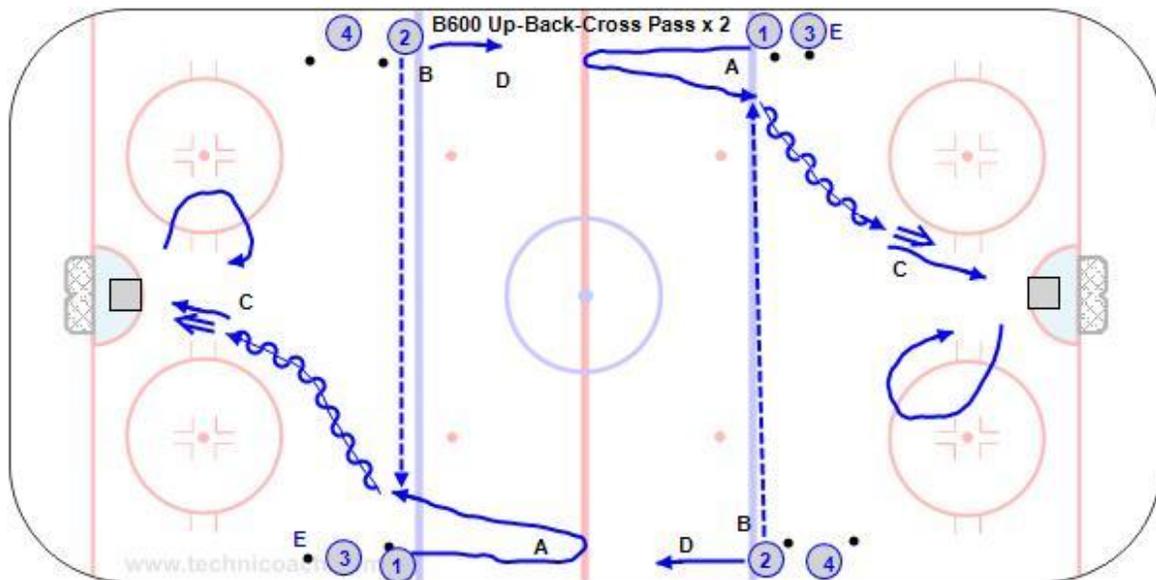
Key Points:

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

Description:

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

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



B600 Warm up 1-0, 2-0

Key Points:

Pass hard, face the puck. Shoot, rebound and circle back to play rebound on the next shot.

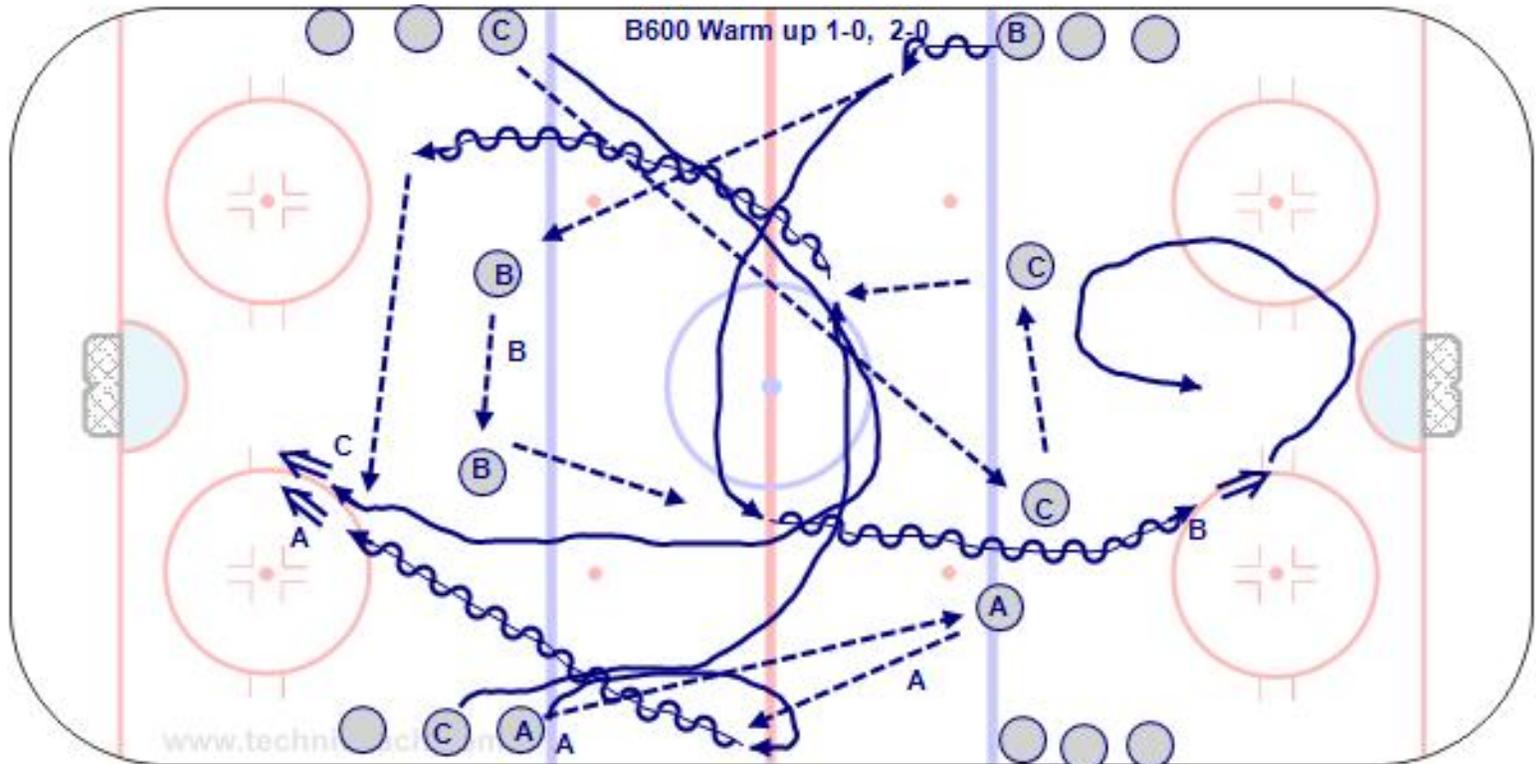
Description:

a. F pass to D, give wall support, D to F who skates in and shoots and rebound.

B. With 2 D 1 F's. F pass to D who go D to D and to F. Shoot and rebound next shot.

C. 2 on 0. F pass to far D. D to D while 2 F's support with one on the boards and one comes across the middle.

*Add D follow the attack and get a pass from the coach for a second shot from the point.



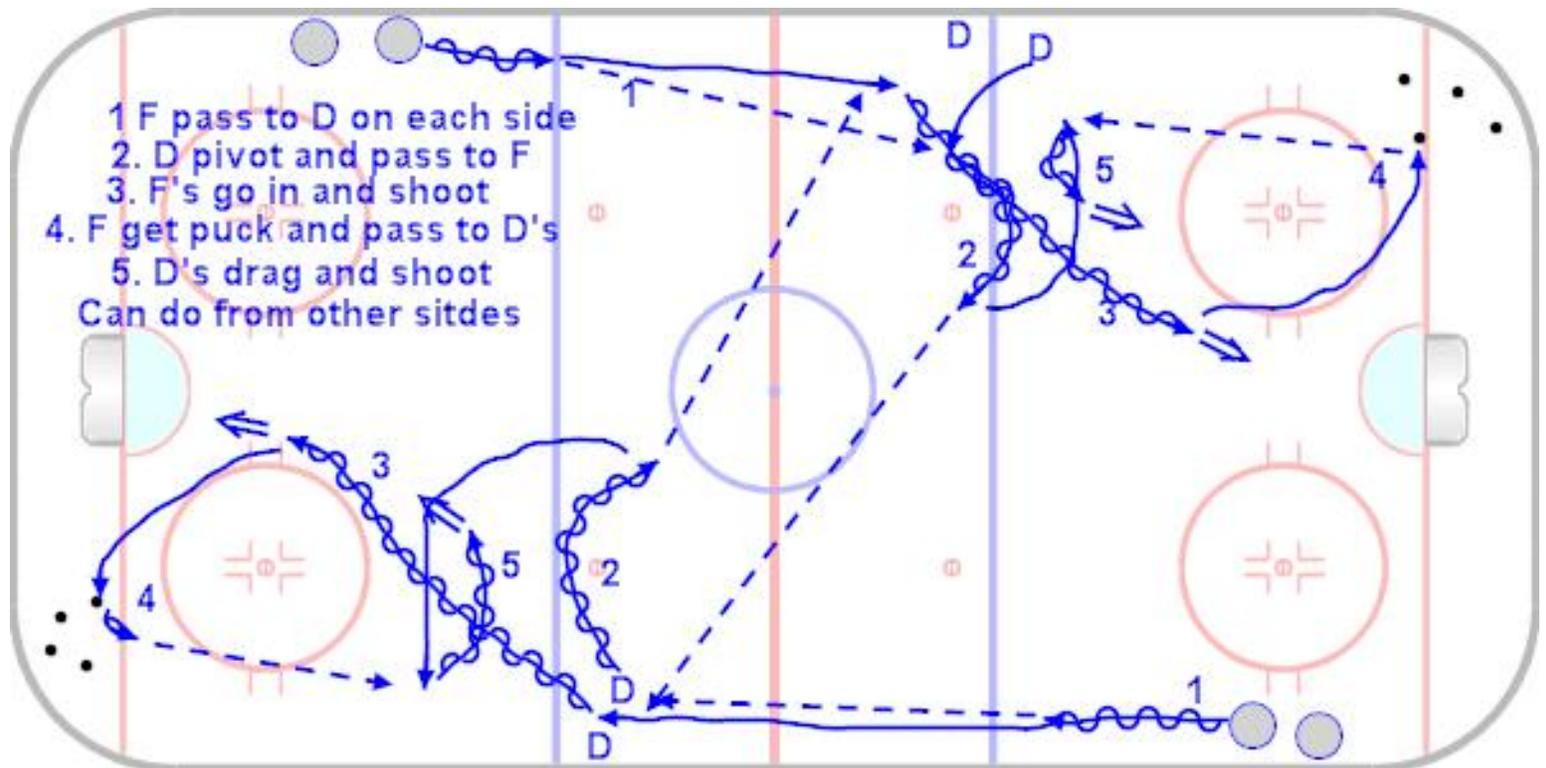
B600 Wideman Pass and Point Shot

Key Points:

Pass a hard saucer across the ice. Forward time skating so the pass comes when he is going full speed. Forwards and defense are behind diagonal blue lines on each side.

Description:

1. Forwards on each side skate and pass to the D in front of them.
2. D's pivot and pass to the forwards on the far side.
3. F's skate in and "shoot to score."
4. F' get a new puck from the corner and pass to the D then screen the goalie.
5. D's skate between the dots and shoot.



B600, 2-0 – Pro

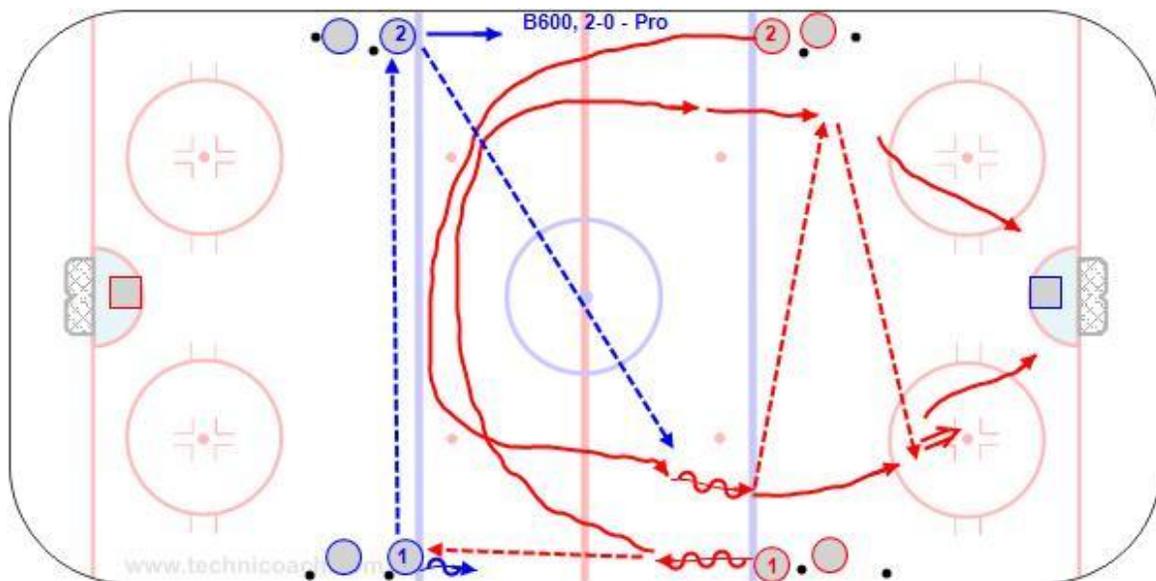
Key Points:

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

Description:

1. Players line up at the four blue lines on the boards.
2. Red 1 leave and pass to either Blue 1 or 2.
3. Return pass is made to Red 1 or 2.
4. Reds make one or two passes and shoot.
5. Follow the shot for a rebound.

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



B600, 2-0 Wide Middle x 2 – Pro

Key Points:

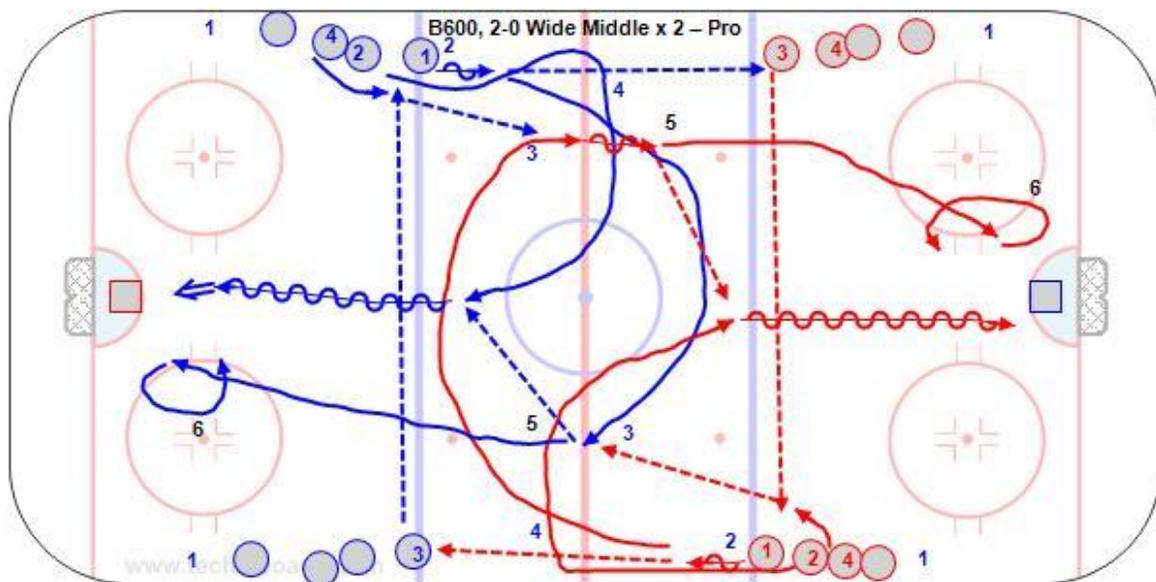
Give a target and time the skating. Hard passes, mirror the puck, stretch, shoot, rebound.

Description:

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

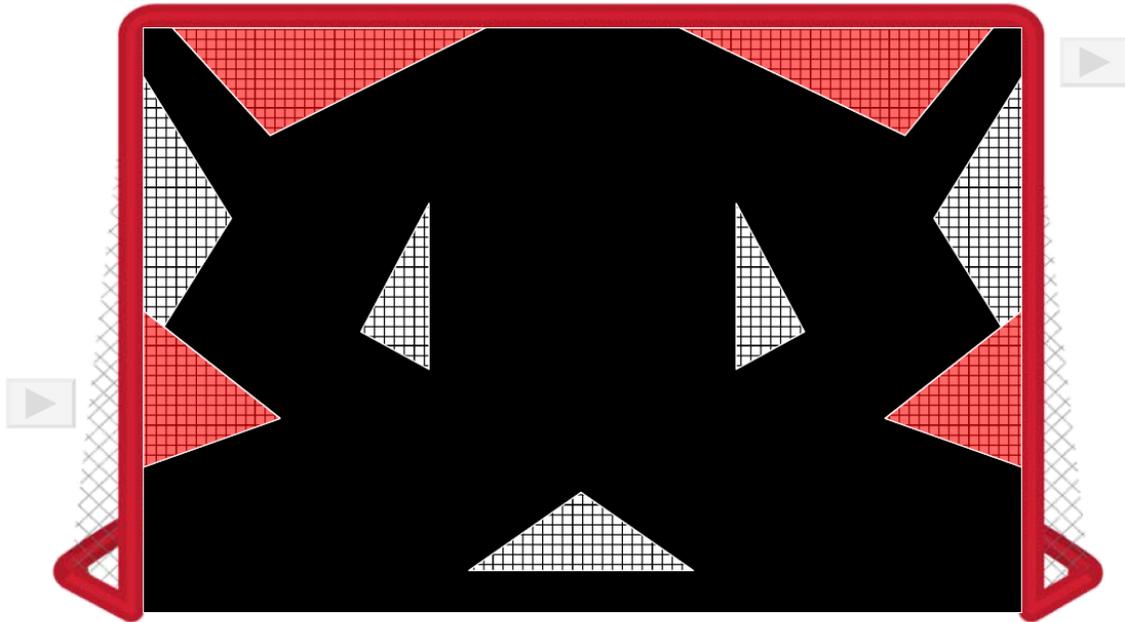
*No whistles! Players observe and leave when the puck.

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



Where do you aim?

The updated version



B Anaerobic Skills Practice

You can do this using a few activities at a time as a circuit or do one activity at a time with a small group.

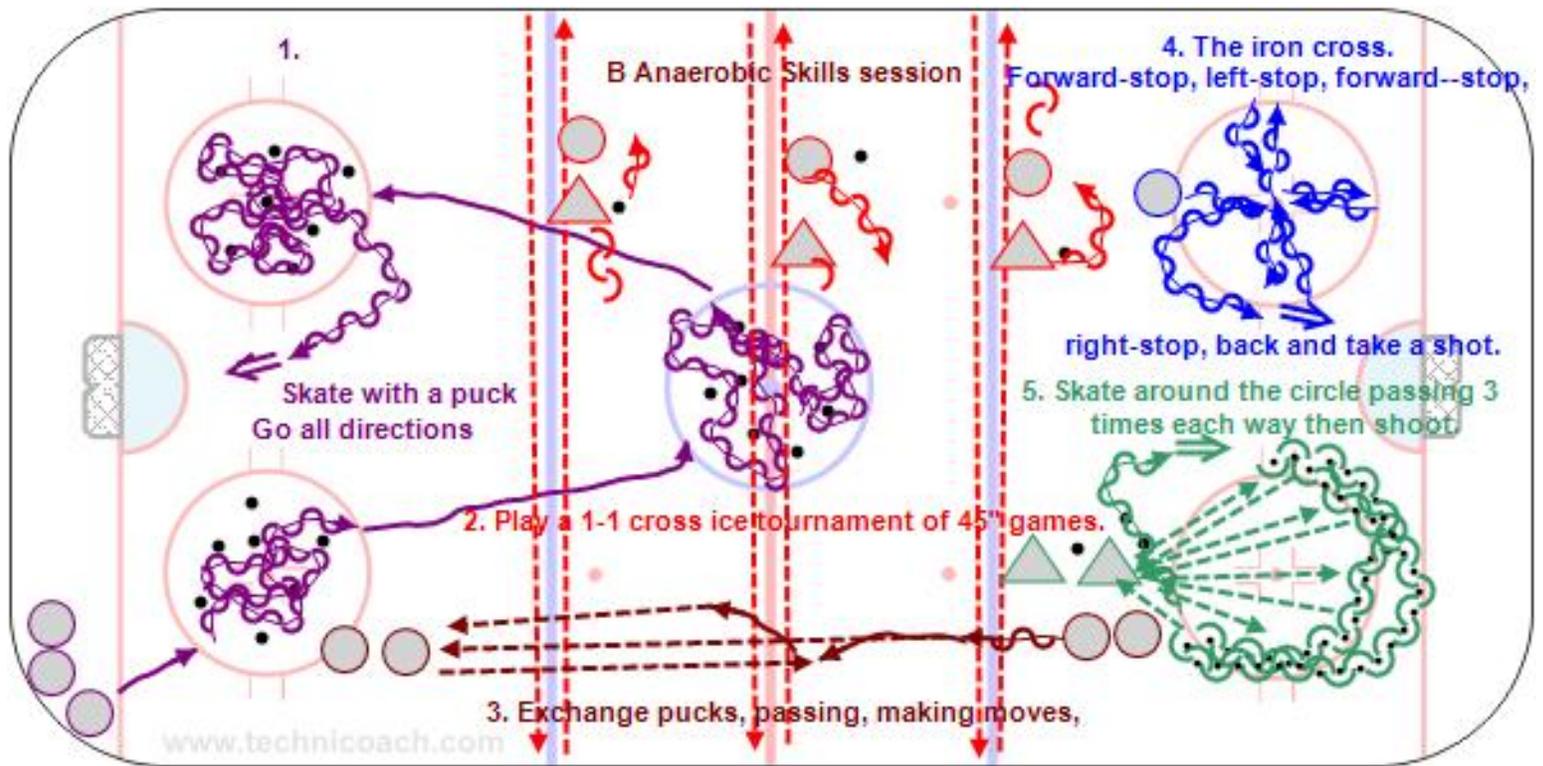
Key Points:

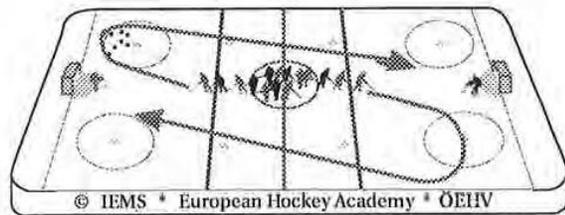
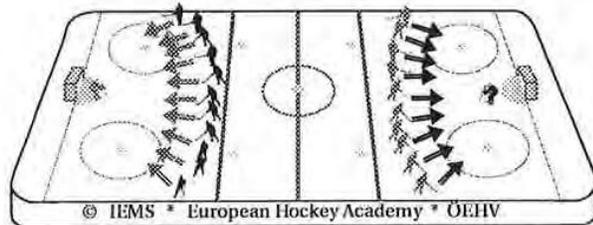
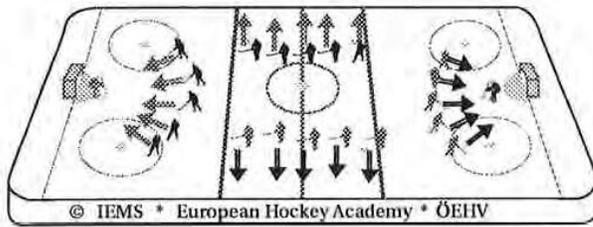
Players skate hard in all activities. Quick feet, no gliding.

Description:

Small Group Anaerobic Skills Practice

1. Skate with the puck avoiding pucks and making many direction changes. Finish with a shot after doing each circle. 5" between whistles.
2. Play a 1-1 cross ice tournament of 45" games. Lines on the boards are the goals.
3. Exchange pucks, passing, making moves, touch knees, 1 puck, 2 pucks, pivot, etc.
4. The iron cross. Forward-stop, left-stop, forward--stop, right-stop, back and take a shot.
5. Skate around the circle passing 3 times each way then shoot.
6. This is a practice I ran the other night with a small group. I don't have room on the diagram but we had 5 skaters and finished with a game of 2 on 2 in one zone and the extra player was a joker. When you regained the puck you have to regroup with the joker before scoring. Players rotate as the joker for a rest.



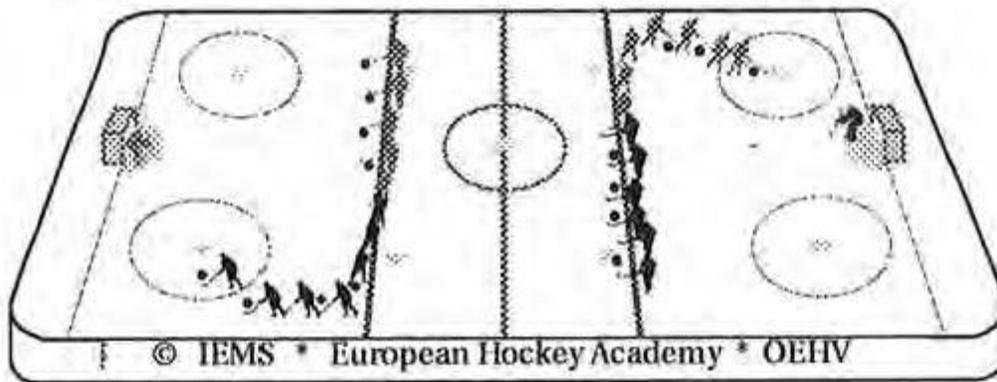


B1 Basic Formation-stationary shooting.

B2 Basic Formation-Stationary or skating in and shooting one at a time.

B3 Basic Formation-partner passing.

B4 Basic Formation-players leave from the middle and do individual and partner skills and situations up to a 3-2



B200 Variation – Shoot from the end of the line



B201 Variation – Alternate shooting from each end



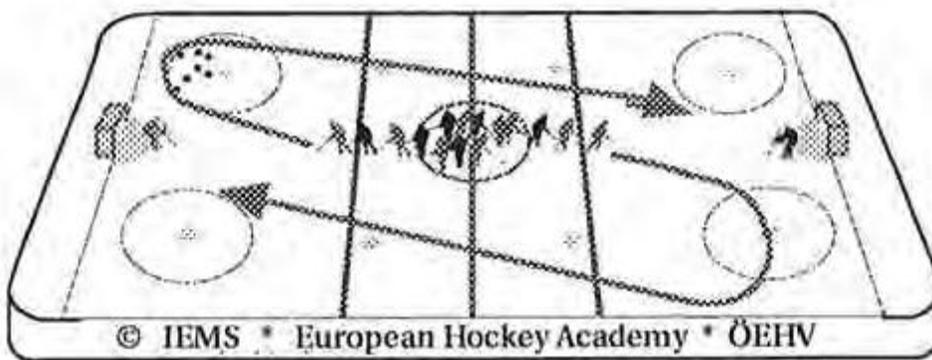
B202 Variation – Individual skill done facing each other in the neutral zone.



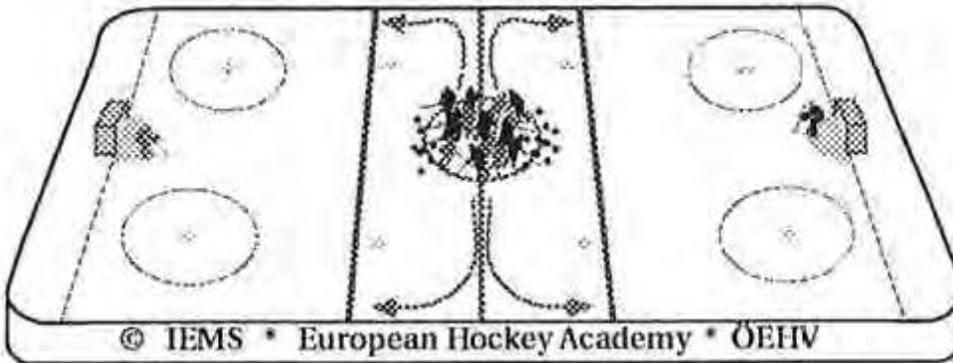
B3 Basic Formation –Passing –Partners across from each other



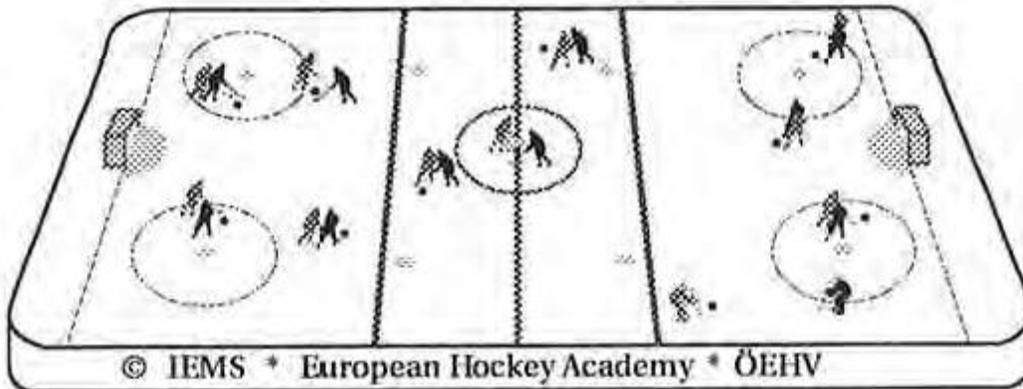
B300 Variation – Puck Handling



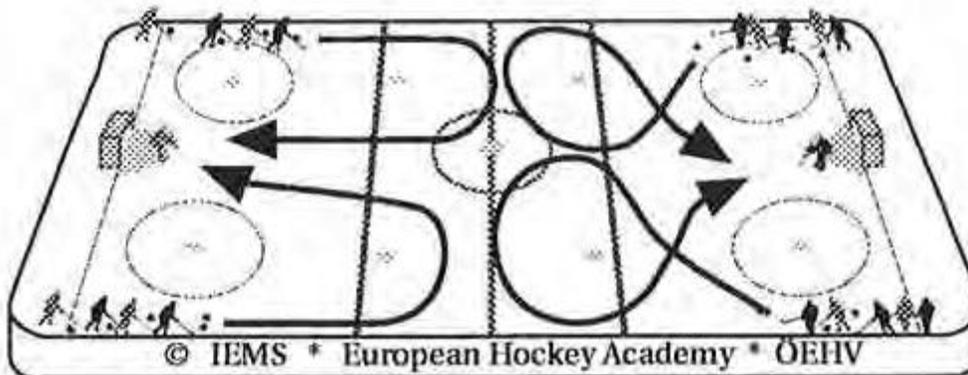
B4 – Skating, Puck Handling, Passing, Shooting skills full ice.



B5 Skating, passing, puck handling, Shooting and situations from the middle circle



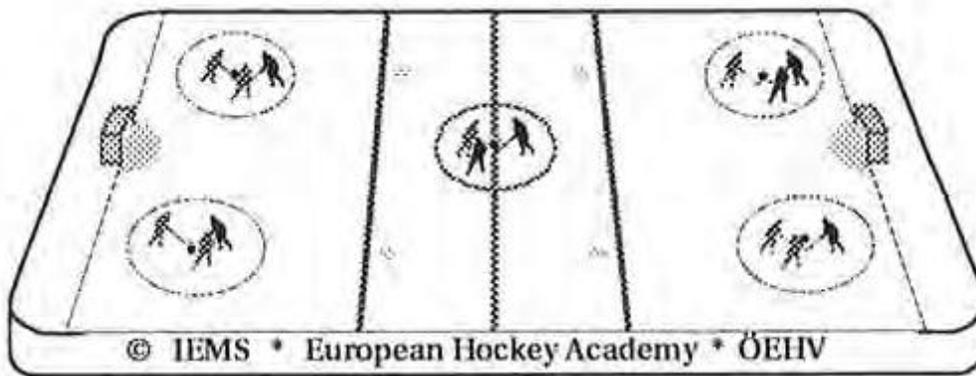
B500 Variation – Partner skills and competition with players spread around the rink.



B6 – skating, passing, shooting, 1-1's, half and full ice movement. Start from the corner or corners at once. Individual and game situations from 1-1 to 3-2.



B600 Line up behind blue lines. All individual and partner skills and game play situations.



B7 Face off practice

B Warm-up Circuit F Pass D Shoot Goalie Technique - Czech U20

Key Points:

Face the puck, hands away from the body, stick blade square to the puck, wind-up early for the one timer, give a target, learn to shoot pucks that are not in the wheel house and hit the net.

Description:

1. Forwards one touch pass in the neutral zone.
2. Each 3 man line take 10" skating in the middle and the other lines pass from the blue lines.
3. One touch pass to any of the players and always face the puck.
4. Goalies work on technique with the goalie coach at one end.
5. Defensemen work on one timer and quick shots at the other end.
6. Defensemen take 4 one timer or quick shots at a time.
7. D1 skate toward D2, exchange passes and shoot while skating backward.
8. Alternate sides after 4 shots with D3 shooting and D4 passing.

**Take quick snap shots when on the wrong side for a one timer.*

**Alternate sides on point shots if there is a goalie and shoot from both sides if there isn't a goalie.*

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