

ABC's of International Hockey Drills Manual

B - Partner and Team Drills Manual B7 to B600

2017

Tom Molloy

B7 Face-off Practice-Washington

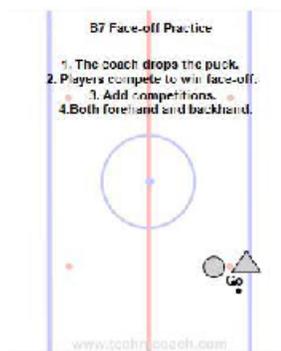
Key Points:

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



[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.

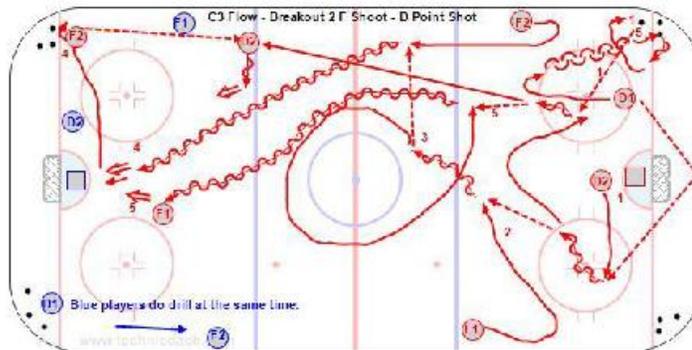
3 – F2 skates to the big ice between the dots and pass to F2. D2 follow then circle back to the corner.

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.

<http://www.hockeycoachingabcs.com/media/gallery/media.php?s=20140426122809756>



B6-B600 – 2-0 Cross and Drop – Random Multiple Passes – Pro

Key Points:

Make as many passes as possible and only one pass in the offensive zone. Use hard wrist passes with no slapping noise. Give a target, face the puck, shoot while skating, follow the shot for a rebound. Add P1-P2 stand on the blue line and exchange passes with next attackers, or defend 2-1 or 2-2.

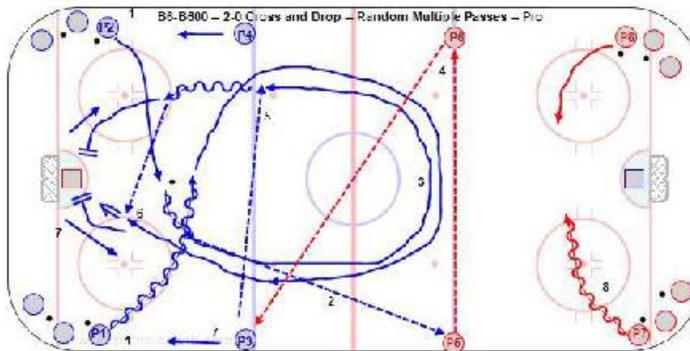
Description:

1. Start 2-0 from opposite corners P1 cross and drop with P2 inside the zone.
2. Pass to any of P3-P4-P5-P6 at the blue lines.
3. P1-P2 skate around the middle circle and cross.
4. P3-P4-P5-P6 make as many passes as possible before P1-P2 go offside.
5. Pass to P1 or P2 before they cross the blue line.
6. P1-P2 attack 2-0 with a max of one pass in the offensive zone.
7. P1-P2 rotate to the near blue lines. P3-P4 move down to the corner.
8. P7-P8 leave from the opposite end and repeat.

* Have a contest to see which end can make the most passes.

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



B6-B600 - One Touch 2-0 and Shot Routine - Czech U20

Key Points:

Keep moving and one touch passes. Give a target, keep the stick square to the pass and hands away from the body. Always follow the shot for a rebound.

Description:

- The whole team is involved half at each end.
- Start at the blue line and F1 skate out and get a pass from F2.
- F1 give and go pass to D1 in the corner.
- D1 skate between dots and give and go with F1 a second time.
- F1 pass across ice to F3.
- F3 one touch pass to F1 or D1.
- F1-D1 attack 2-0 with a max of one pass before shooting.
- F3 repeat from the other side of the ice.

*This drill could be used in a half ice practice or from both ends full ice.

*The amount of passes will depend on the skill of the players.

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B6-Dean 1 High 1 Low Shooting

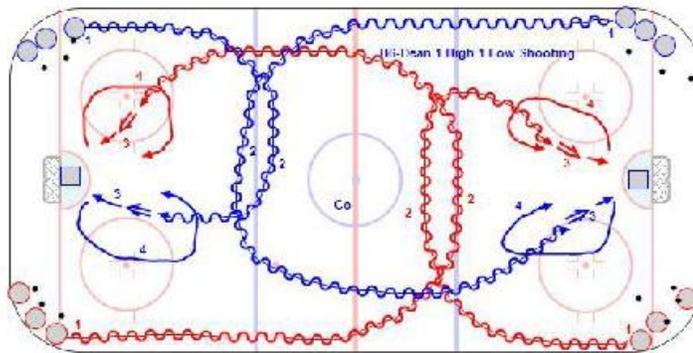
Key Points:

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

Description:

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

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B6-600 – F-D Agility Skate - Stretch Pass - Point Shot – Pro

Key Points:

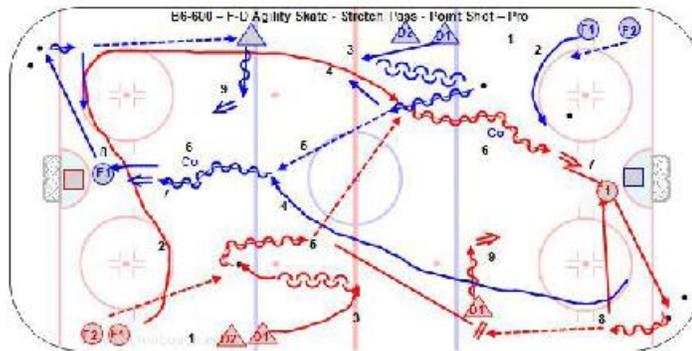
Skate at top speed. Pass and shoot while skating. Forward screen so the goalie has to lean one way to see the puck. This drill could be done alternating sides.

Description:

1. Forwards in diagonal corners at defensemen at diagonal blue lines.
2. F1 from each end skate around the top of the circle and bottom of the other circle.
3. D1's skate up to the red line, backwards, turn and pick up a puck from F2 inside the blue line.
4. F1's skate down the far wing and give a target for a pass.
5. D1 on each side make a cross ice pass to F1's and follow to the blue line.
6. Coach or player who shot give passive resistance to F1 at each end.
7. F1' take a shot and follow for a rebound in the slot.
8. F1's get a new puck in the corner, pass to D1 and screen in front.
9. D1's skate the puck inside the dot and shoot.

<http://www.hockeycoachinabcs.com/media/gallery/media.php?f=0&sort=2&s=20171031113338871>

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B600 Stretch Pass x 2 – Pro

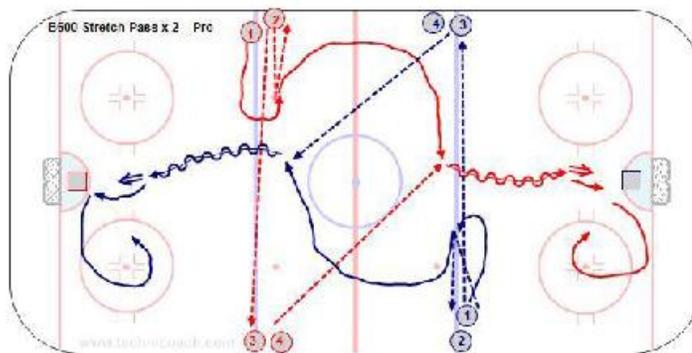
Key Points:

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.

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B600 Timing and 1-1

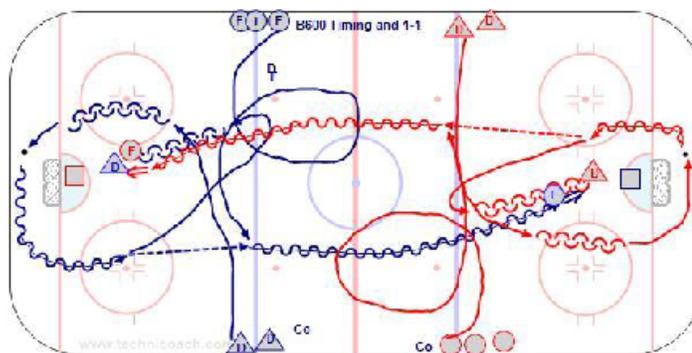
Key Points:

The D pivots and the forward comes back to the puck timing it so the D can make the pass. D should try to tighten the gap to a stick length as soon as possible.

Description:

1. Forwards on one side and D on the other at both bluelines.
2. D's skate across the ice back to check up ice then turn and get the puck.
4. F's circle in the nzone and come back to the puck with good timing and a target.
5. D's pass to the F's.
6. F's skate down one side each.
7. D skate to the other side and defend the 1-1 vs the forward from the other end.
8. Could also be done 2-1.

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B600 Up-Back-Cross Pass x 2 - Pro

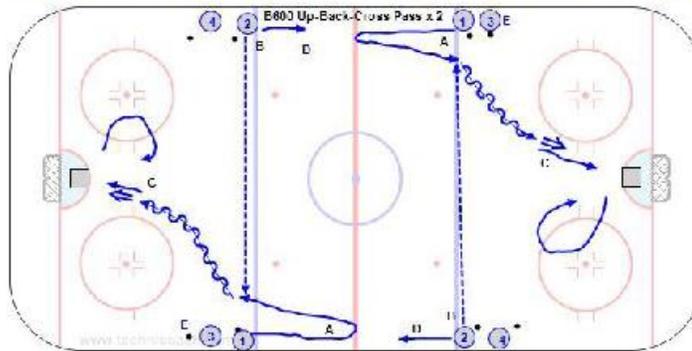
Key Points:

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

Description:

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

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



B600 Wall Support 1-0 x 2 – Pro

Key Points:

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

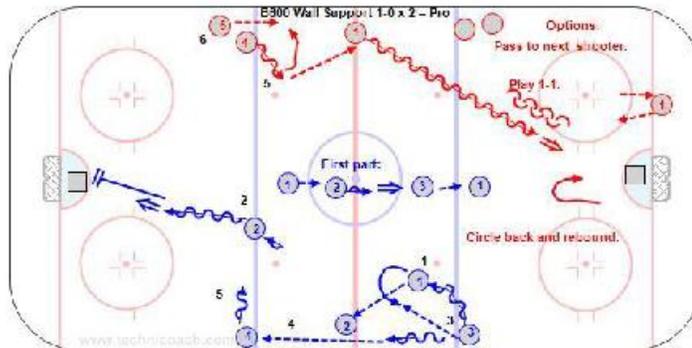
Description:

1. Player 1 from each side step out from the blue line and pass to player 2.
2. Player 2 skate down and shoot, rebound and screen.
3. Player 1 turn back and get a pass from 3.
4. Player 1 turn and pass to 4 at the other blue line.
5. Player 4 step out and pass to 1 who supports on the wall then goes in for a shot.
6. Player 4 on each side repeat - shoot on opposite net.

* Options: After shooting play a 1-1, exchange passes, or circle back and rebound for next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014070616557210>

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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.

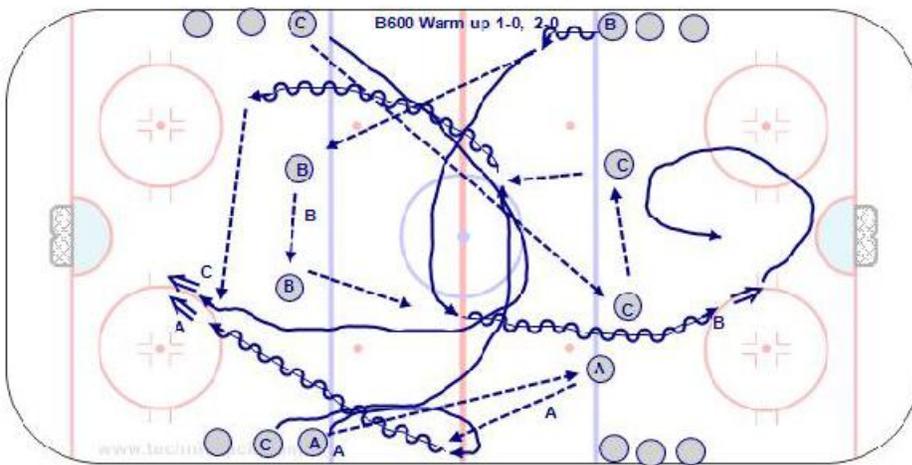
Description:

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.



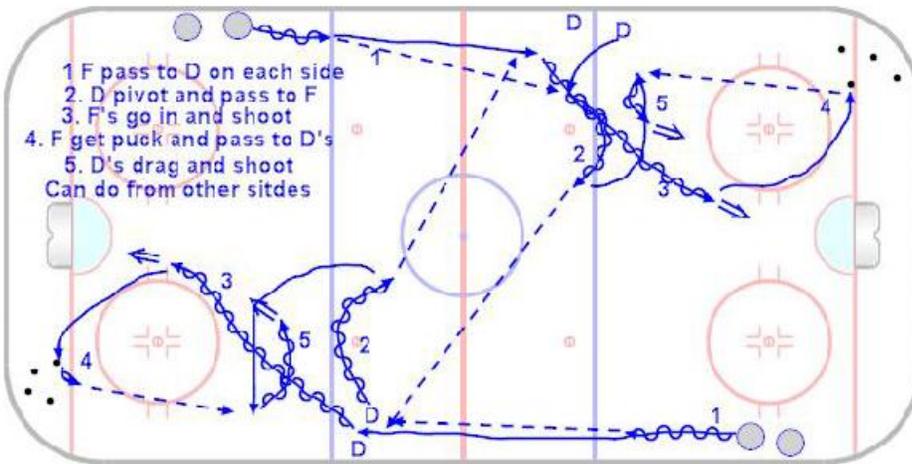
B600 Wideman Pass and Point Shot

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

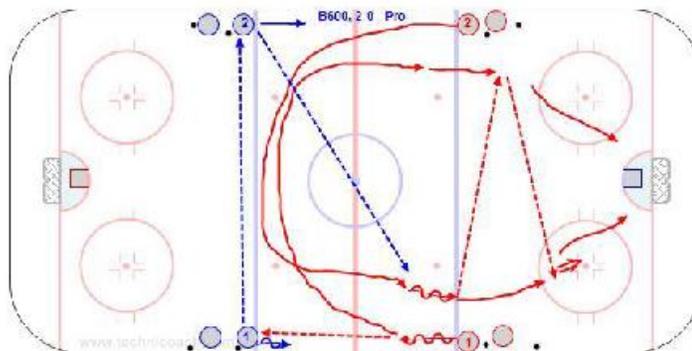
Key Points:

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.

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B600, 2-0 Wide Middle x 2 – Pro

Key Points:

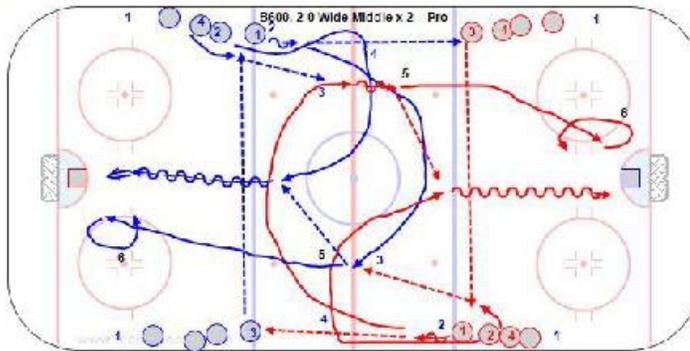
Give a target and time the skating. Hard passes, mirror the puck, stretch, shoot, rebound.

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.

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B8 - Regroup x 3 and 5 Shots

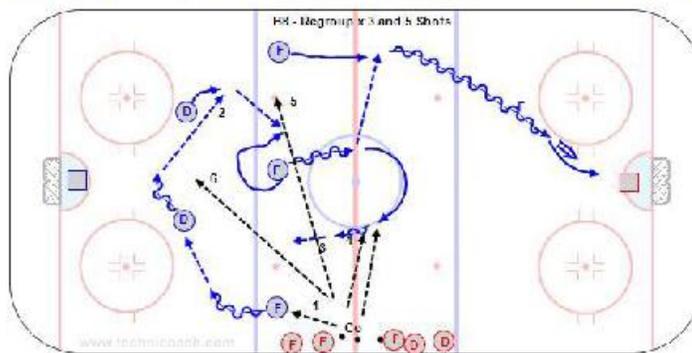
Key Points:

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.

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B8 - Regroup x 3 and 5 Shots

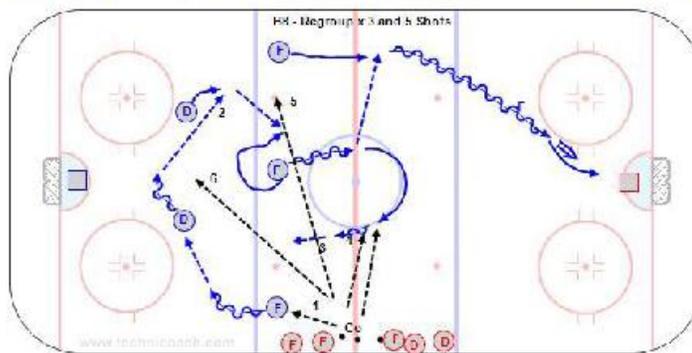
Key Points:

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.
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B200 - Regroup 5-0 Middle Drive – Detroit

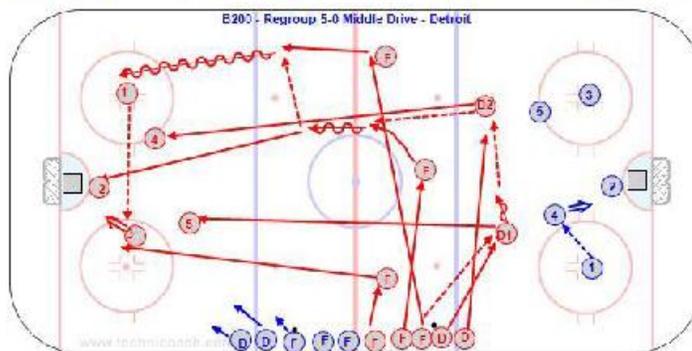
Key Points:

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

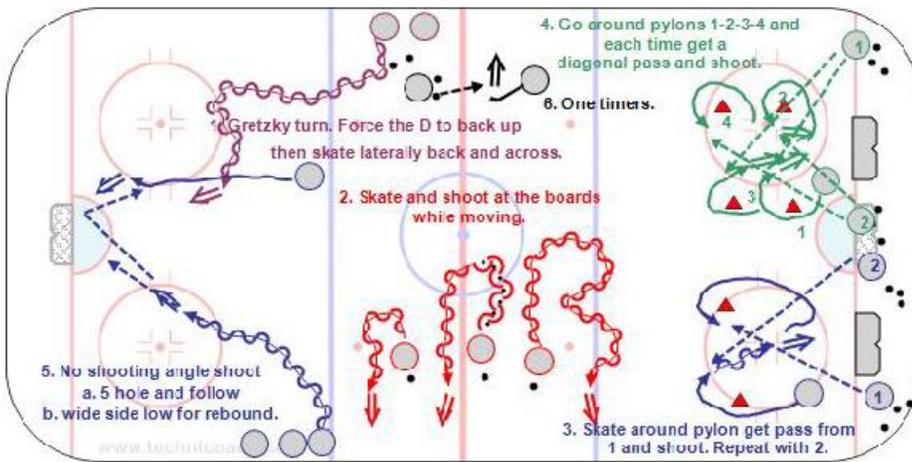
Key Points:

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 a. 5 hole and follow b. wide side low for rebound.
6. One timers.

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B200 Scoring Circuit

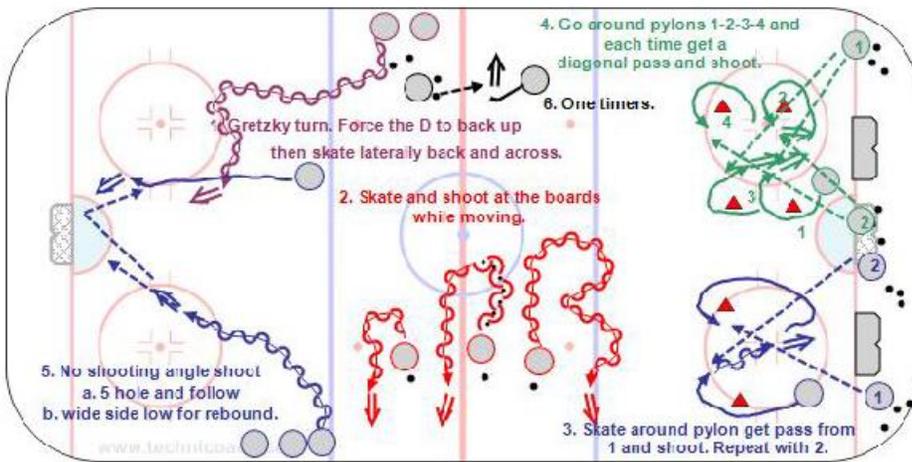
Key Points:

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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 a. 5 hole and follow b. wide side low for rebound.
6. One timers.

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B202 - 3 on 0 Neutral Zone Passes - Pro

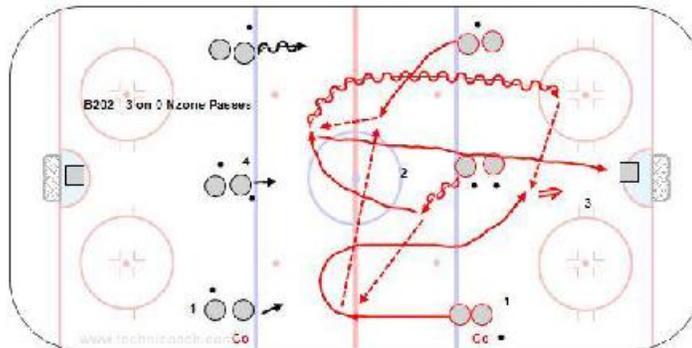
Key Point:

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.

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B202 - 3 on 0 Neutral Zone Passes

Key Point:

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

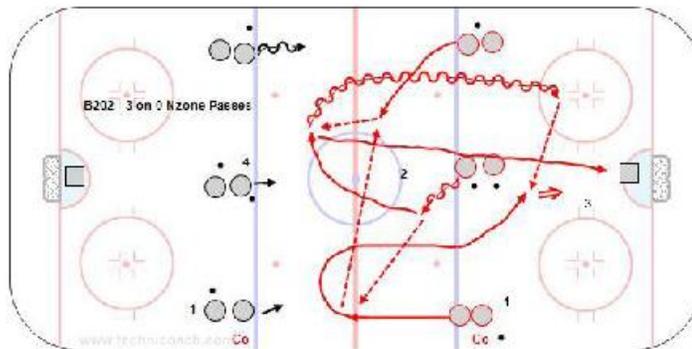
Description:

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 - 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.

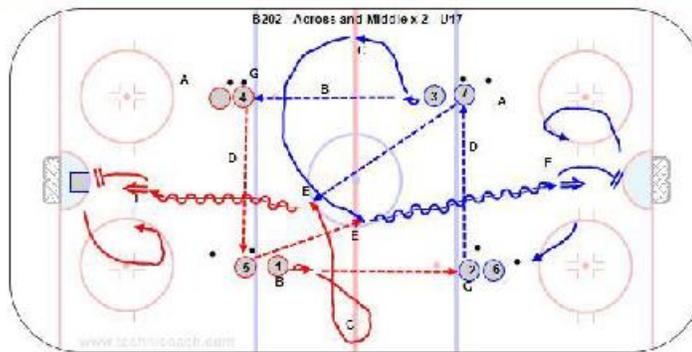
D. 2 and 4 pass across to 5 and 7.

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.

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B202 - Chaos and Goalie Warm-up - C U18 F

Key Points:

Protect the puck, make moves, fakes, pivots in all directions. Keep your head up and avoid the coaches poke check. Goalies work with a coach at one end.

Description:

1. Players are in three lines on both sides of the neutral zone.
2. First player in each line handle the puck between the blue lines.
3. Coaches skate around and poke check at the puck.
4. Rotate every 15-20°.
5. Goalie coach work on technique.

Options: *Add pass to the players at the front of the line.

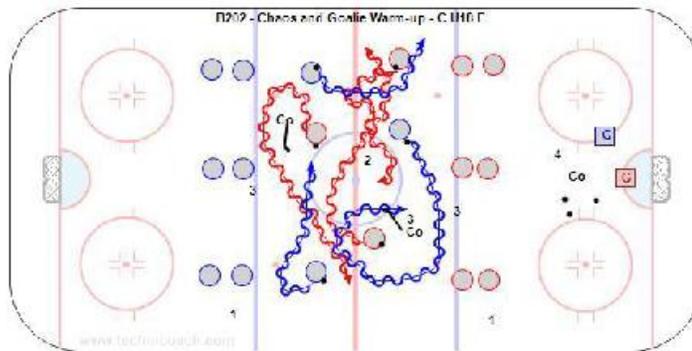
*Exchange pucks with the other players in the middle.

*Knock the puck off other players sticks.

*Do Overspeed intervals or 10".

<http://www.hockeycoachingabc.com/media/gallery/media.php?f=0&sort=0&s=20161026092757471>

<https://youtu.be/l9OmG2cFLO>



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.

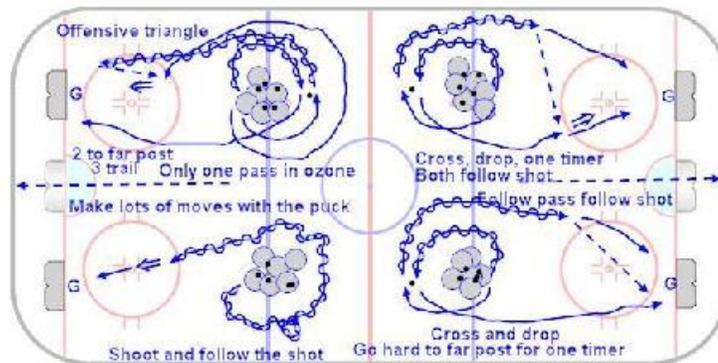
Description:

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 Lubowy 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.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=2015102208283598>

Video Example with College Women.

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

<https://youtu.be/ILJp747ZM4>



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:

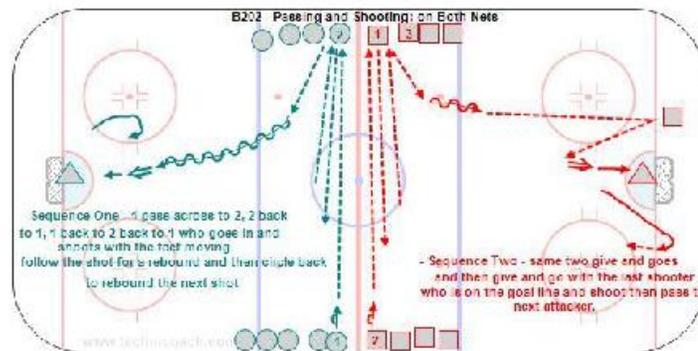
Greens on one side and whites on the other side at the red line. Each shoot at a different net.

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 - Passing in 4 Groups - Czech U20

Key Points:

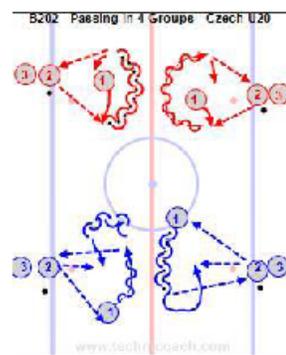
Keep moving, give a target, skate in all directions, make forehand and backhand passes. Face the puck at all times and pass from the triple threat position. Add stick and head fakes before passing.

Description:

1. Pass from the blue line into the neutral zone in groups of three, usually a forward line.
2. Player 1 at a time skate and exchange three or four passes with 2, first player in line.
3. Rotate with the player 2 skating and exchange with player 3.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20161025095653287>

<https://youtu.be/CSKYtbXMhc4>



B202 – Passing Options – Sweden U20

Key Points:

Description:

In the B202 Formation the players face each other from the bluelines and across the neutral zone. This is a good formation for skill development and many situations can be created. This is the Swedish U20 Team using this formation for passing and attacking.

http://www.hockeyscoachingabc.com/filemmt_data/B202%20Pass%20and%20Shoot%20Options-Sweden%20U20.jpg

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

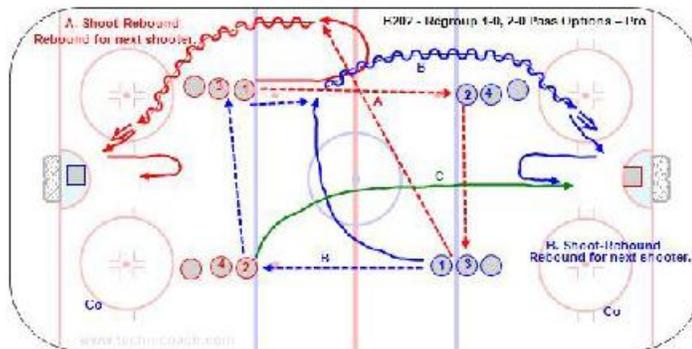
Key Points:

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.hockeycoachinabc.com/media/gallery/media.php?f=0&sort=0&s=20130201092546814>



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

Key Points:

Attack with speed, give a target, follow the shot for a rebound, hit the net, face the puck, pass hard.

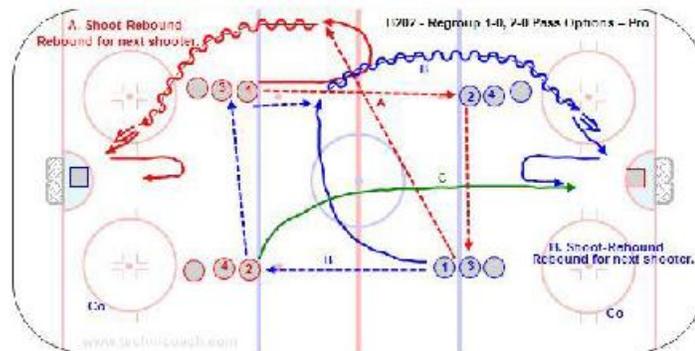
Description:

1. Start facing each other from behind the blue lines.
2. A pass to B and C pass to D.
3. A-C follow the pass then open pivot for a pass from B-D and shoot at the original end.
4. A-C follow the shot for a rebound and then rebound for C-D.
5. B-D pass to E-F and repeat the other way.
6. Change the drill so A and C skate to the boards and then across.
7. Now B pass to C and D pass to A who cut into the middle.
8. Switch to 2-0 at each end.
9. A-C pass to B-D who pass across to G-E.
10. A-C skate around the circle to the outside B-C cut through the middle after passing.
11. G pass to A and E pass to C.

* Options: after shooting, screen, rebound, give and go with next group, defend 1-1, 2-1, 2-2.

<http://www.hockeycoachingabc.com/media/gallery/media.php?f=0&sort=0&s=20150820111520857>

<https://youtu.be/HqSI4vf5vQ>



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.

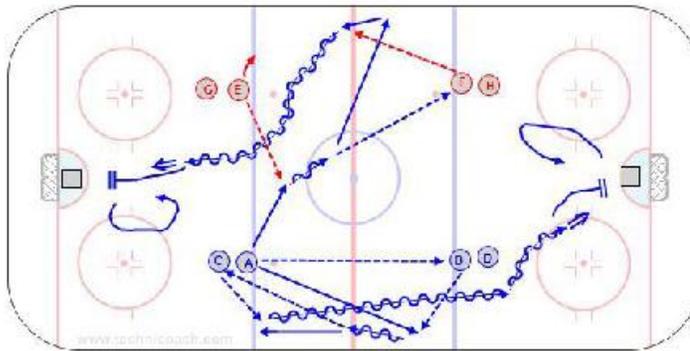
Descriptions:

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/5Ljt8Dsrj8>



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.

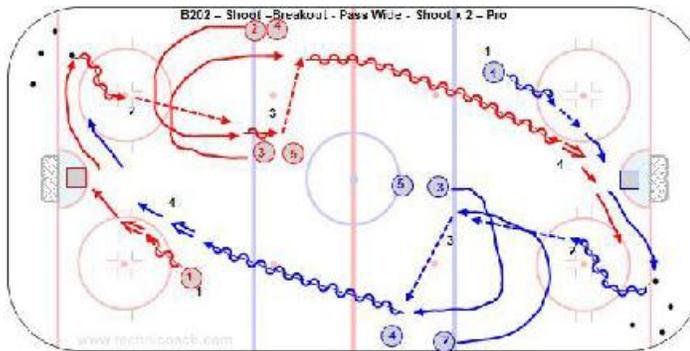
1. #1's Start with a shot from the far wing.
2. Get a new puck from the corner and pass to 2 in the middle.
3. #2 make a quick up to 3 in the wide lane.
4. #3 shoot, follow the shot, get a new puck in the corner and pass to 4.

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

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



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.

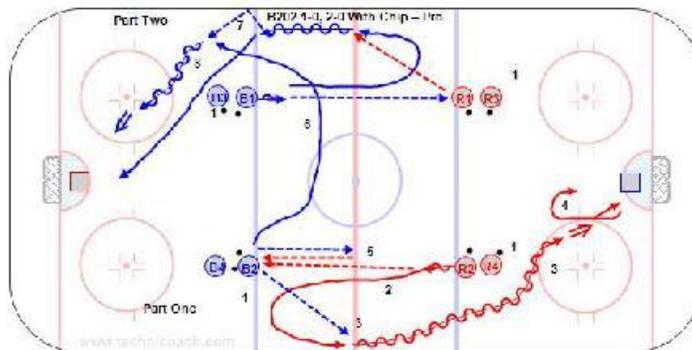
Part One

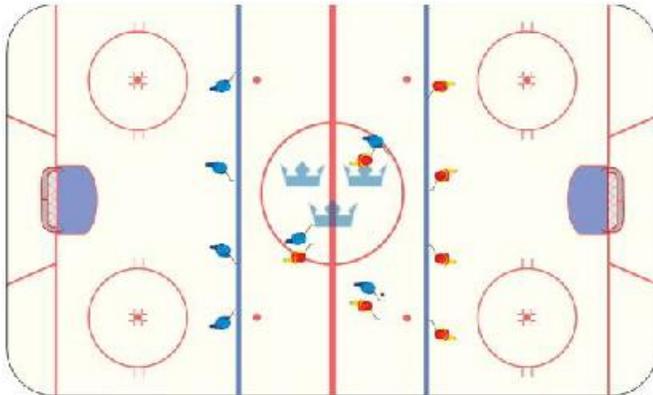
2. B1 regroup with R1 from one line and R1 regroup with B1 on the other side.
3. B1 and R1 get a return pass and attack each net.
4. B1 and R1 circle back to rebound for the next shooter.
5. R2 and B2 repeat from diagonal corners – add a one touch pass.

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.hockeycoachinabcs.com/media/gallery/media.php?f=0&sort=0&s=20141018095954964>





Swedish Ice Hockey Association

Drill Tip 6: 3-on-3 passing game in center zone

Good drill for passing and receiving

Objective/execution: Communication, getting open/playable, movement, battle.

- 3-on-3 game without a goal. Pass within the individual team with high intensity.
- The other players are active on the blue line and are ready to make give and go passes.
- Use the "give and go passers" (alert in the ready position).
- Work 20 sec., then change players.
- Puck comes out of the zone, coach adds new puck.

B202 Breakout Pass and Shooting Warm up

Key Points:

Make hard passes and the forward give a target.

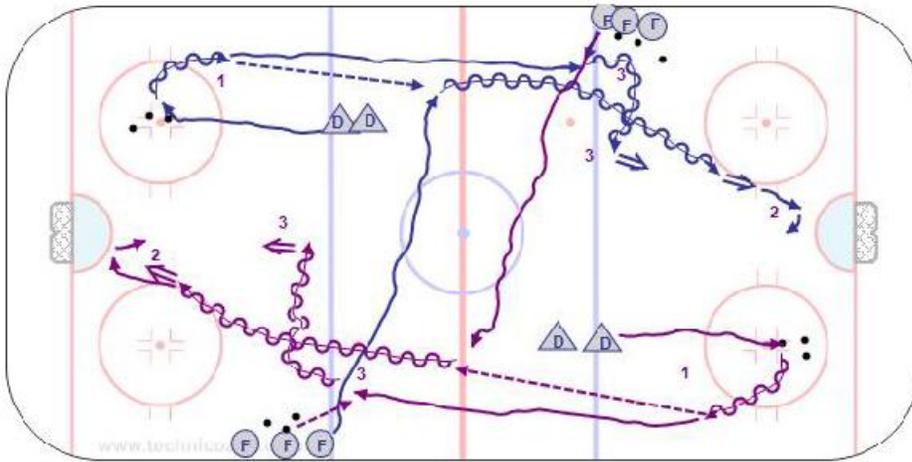
Options: The forward could give and go with the D after the initial pass. F could also rush the D so he has to shoot by the defender.

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 Chaos Passing - Kazakstan Women

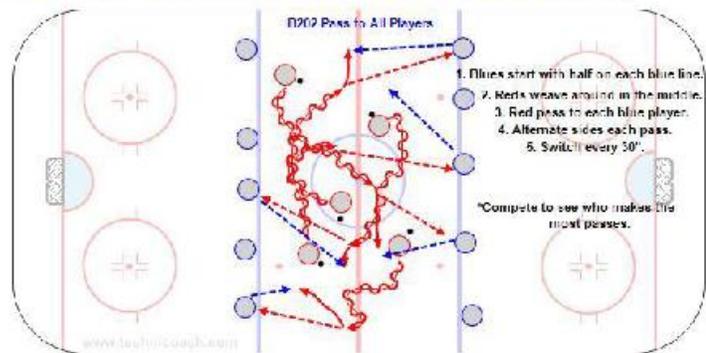
Key Points

Chaos develops split vision and the drill demands that the players pass while skating. Always face the puck and give a target with the stick on the ice.

Description:

1. Half the players line up along the blue lines while the others skate with a puck in the neutral zone and pass to the players on the blue line.
2. Move all around and not just in a circle.
3. Alternate passing to players on one side and then the other blue line.
4. Tasks like skating moves or types of passes can be added as well as bursts of speed or passing to one line and then the other or passing to each player. Knocking the puck off other players sticks can also be added to create puck protection skills.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=2012082310383134>



B202 Luhowy Puckhandling and Passing Circuit

Key Points:

Control the puck and “lock and load” 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.

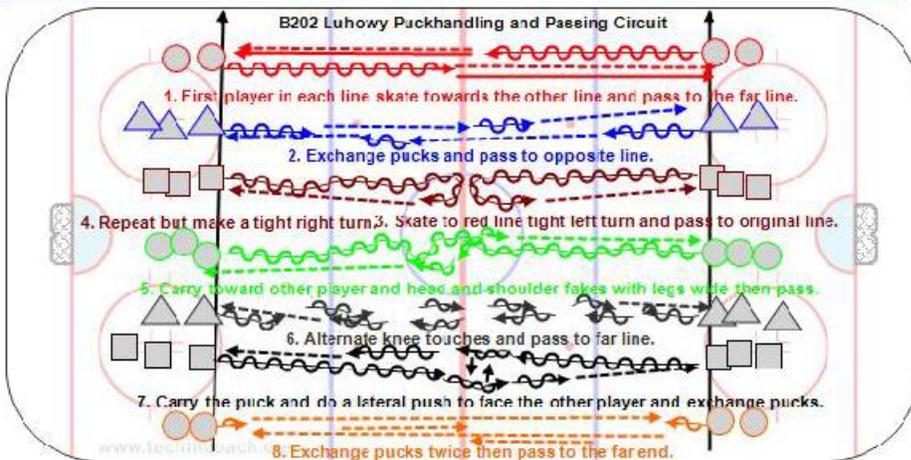
Description:

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.

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



B202 Luhowy Puckhandling and Passing Circuit

Key Points:

Control the puck and “lock and load” 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.

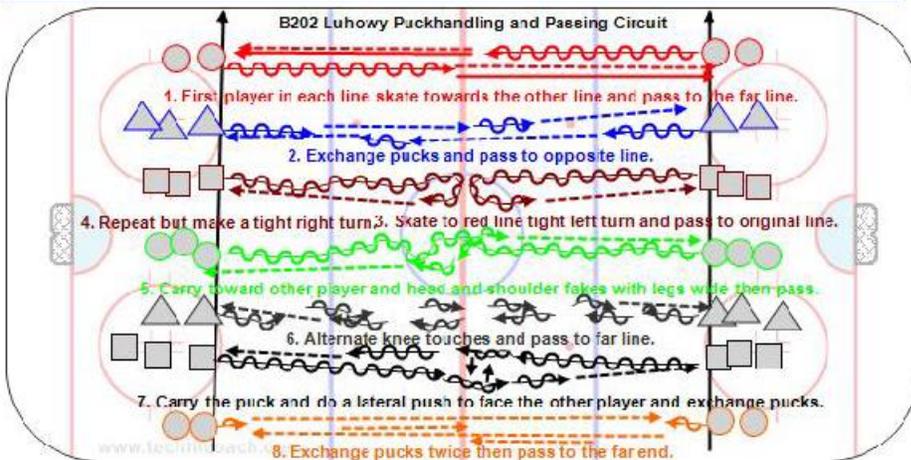
Description:

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.

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





B202 Neutral Zone Formation Options

Practice Plan

Date:	Time:	Venue:
Lines:	Notes:	
Skills can be done in the Neutral Zone		



B202 Breakout Pass and Shooting Warm up

Key Points:

Make hard passes and the forward give a target.

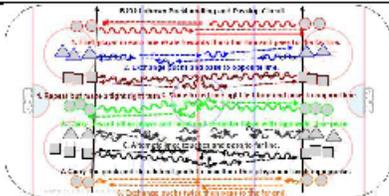
Options: The forward could give and go with the D after the initial pass. F could also rush the D so he has to shoot by the defender.

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://hockeycoachingabc.com/mediagall...1074924530>



B202 Luhowy Puckhandling and Passing Circuit

Key Points:

Control the puck and "lock and load" 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.

A2 Neutral Zone Overspeed

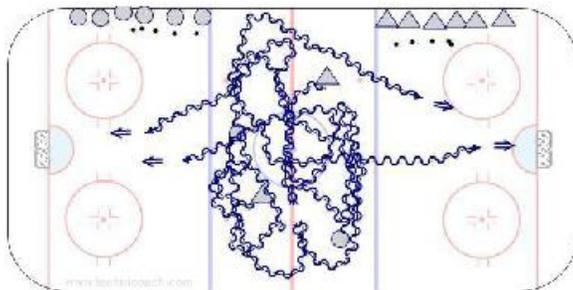
Key Points:

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.

<http://www.hockeycoachinabcs.com/media/gallery/media.php?s=20111004075623113>



B202 - 3 on 0 Neutral Zone Passes

Key Point:

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

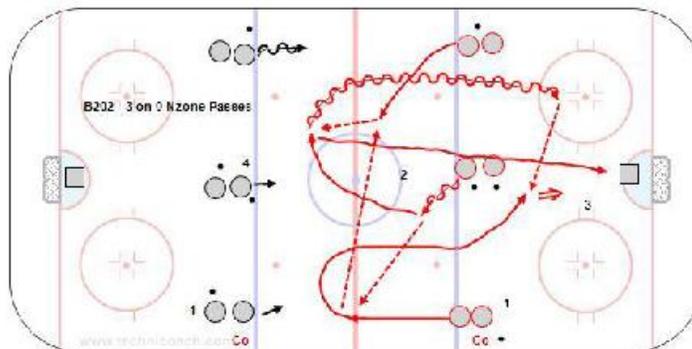
Description:

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:

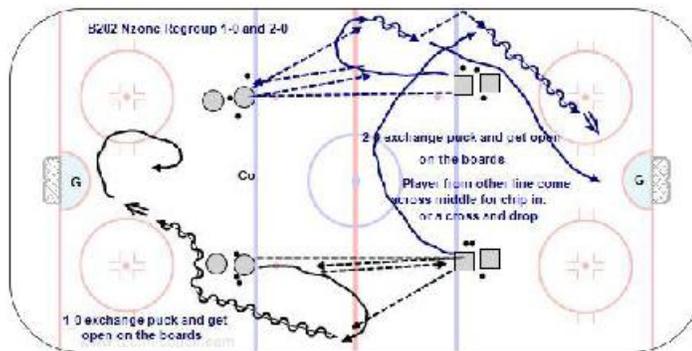
Start by exchanging the puck and always face the puck when pivoting for the return.

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://hockeycoachingabc.com/media/gallery/media.php?f=0&sort=0&s=20090813080849924>

youtu.be/ZKff_62_huo



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

Key Points:

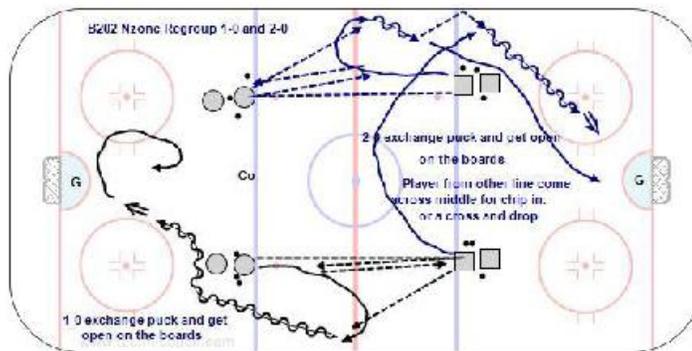
Start by exchanging the puck and always face the puck when pivoting for the return.

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://hockeycoachingabc.com/media/gallery/media.php?f=0&sort=0&s=20090813080849924>

youtu.be/ZKff_62_huo



B202 Nzone Regroup 1-0 and 2-0

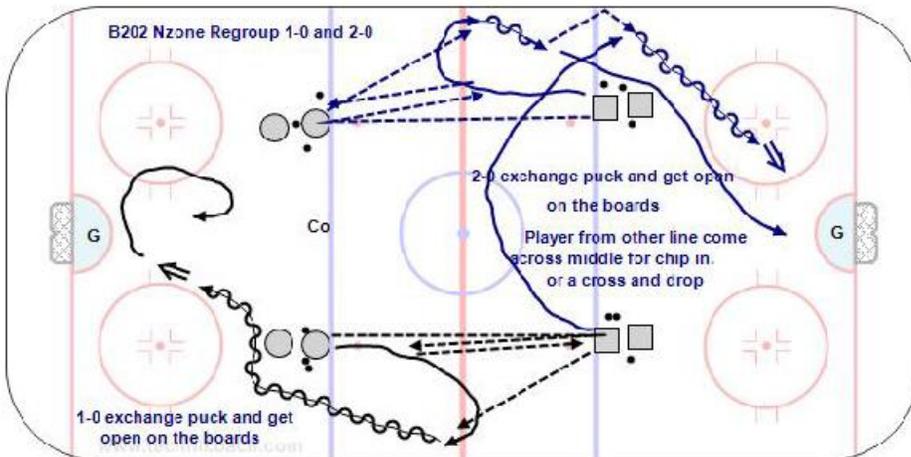
Key Points:

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>



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.

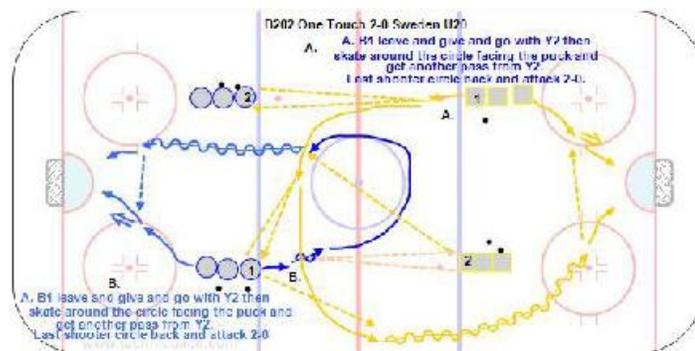
B. Y1 leave and give and go with B2 then give and go with B1 then face the puck on the boards and get an outlet pass from B1. Y3 leave from the back of the other line and attack 2-0.

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.hockeycoachingabc.com/filemgmt/index.php?id=82>



B202 Pass to All Players

Key Points:

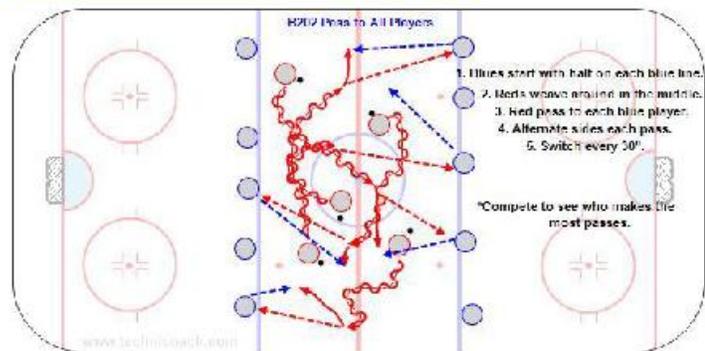
Give and go pass. Give a target and make eye contact before passing.

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 Pass to All Players

Key Points:

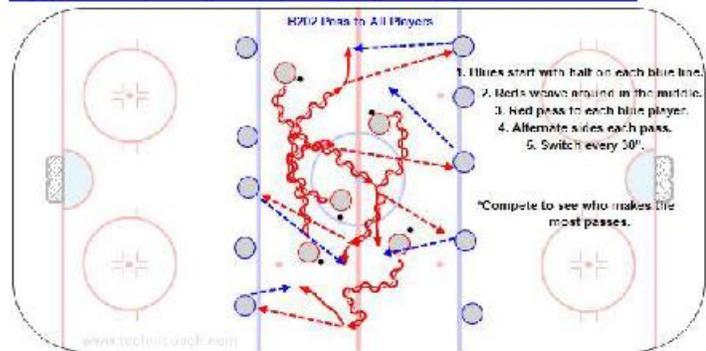
Give and go pass. Give a target and make eye contact before passing.

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/mediagallery/media.php?s=20130519181719805>



B202 Passing Overspeed

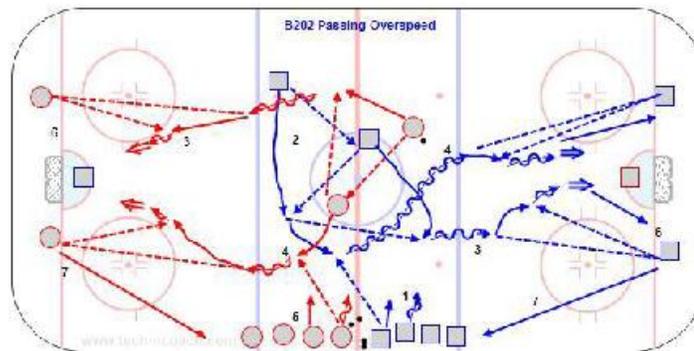
Key Points:

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.

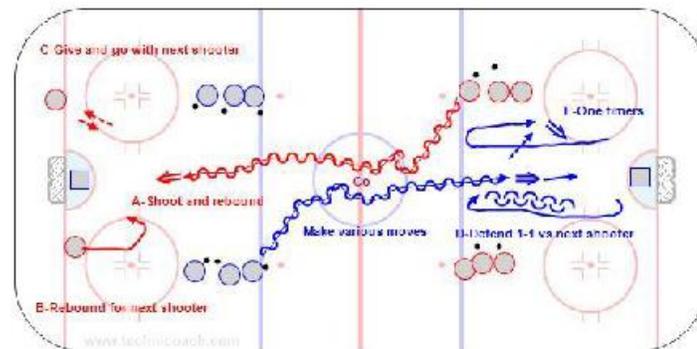
C-Shoot then give and go with next shooter.

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.

<http://hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=2009082320511162>



B202 Warm-up - Finland Pro

Key Points:

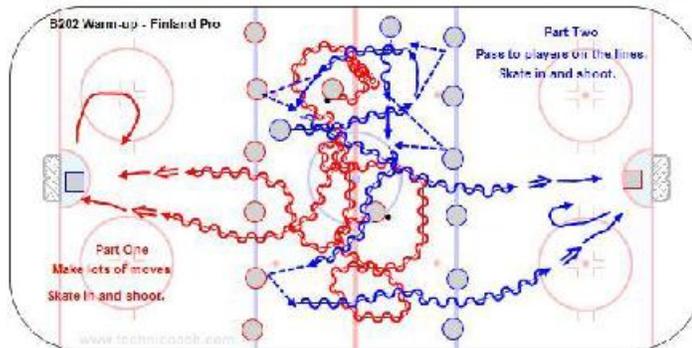
Skate and handle the puck with lots of quick turns and moves. Give a target for a pass. Follow the shot for a rebound then rebound for the next shooter.

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.hockeycoachingabc.com/media/gallery/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

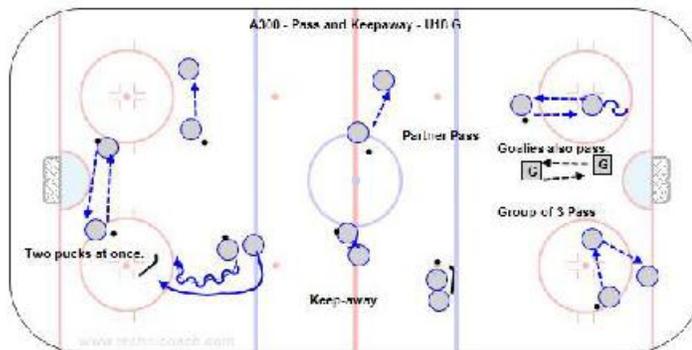
Key Points:

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=2015052211283447>



B300 Checking Along the Boards - Sweden Checking 6

Key Points:

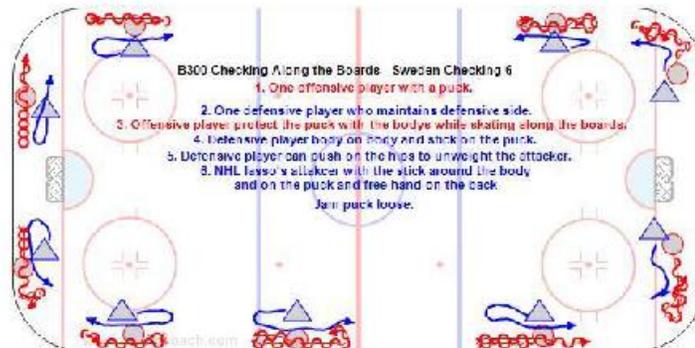
Attacker protect the puck with the body and skates using dekes and cut backs. Defender stay on the d-side with stick on the puck. NHL now lasso's around with free hand on the back and stick on the puck.

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

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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/Hockeyakademin/Utbildning/Video/Ovningsbanken/>

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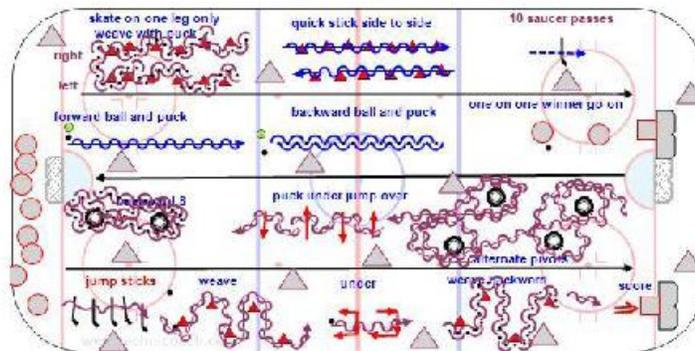
Mission Impossible:

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.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20120410094022848>



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

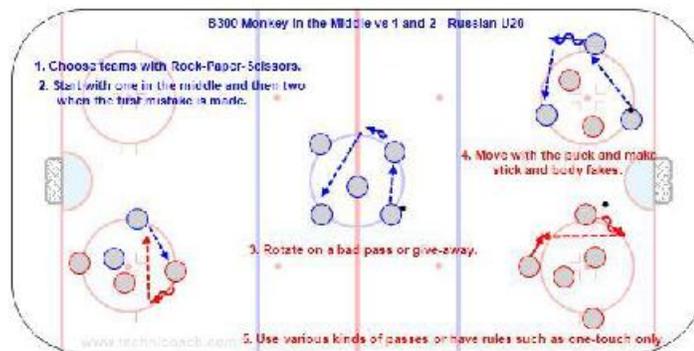
Key Points:

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Description:

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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.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20120410094022848>



B300 Optional Practice Skills – Finnish U20

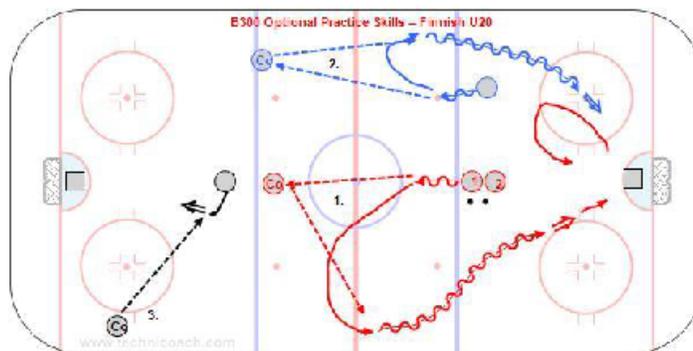
Key Points:

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.

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B300 Practice Stations-Skill-Games

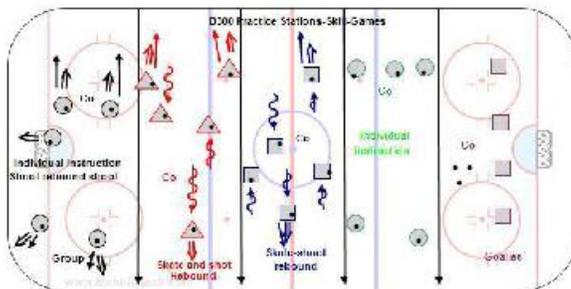
Key Points:

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.

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B300 Practice Stations-Skill-Games

Key Points:

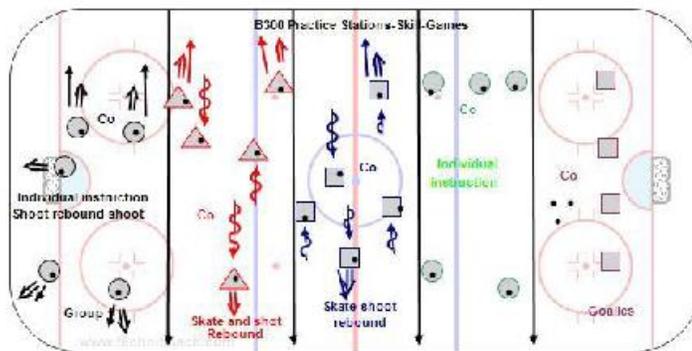
Coaches progress from stationary technique instruction to cross ice movement doing the skills.

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.

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B300 Protect the Dot - Sweden Checking 2

Key Points:

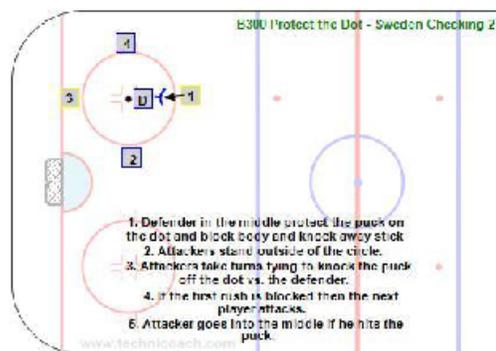
Defender must keep the hands down and the upper body erect by playing the attackers stick and blocking chest to chest. Bend the knees and head up in a strong athletic position.

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.swehorkev.se/Hockeyakademin/Utbildning/Video/Ovningsbanken/>

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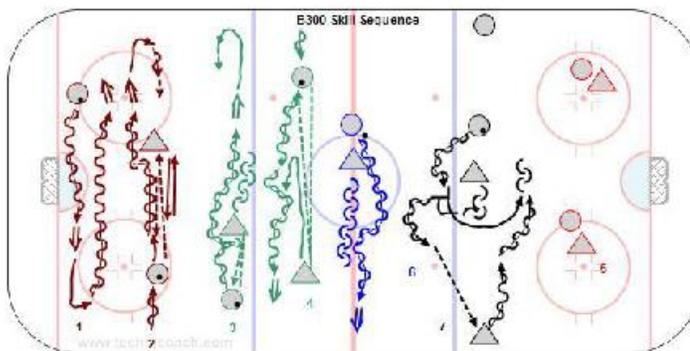
B300 Skill Sequence

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 Three Player Around the Clock

Key Points:

One touch pass and follow through at the target. Get the top hand away from the body. Pass and rotate.

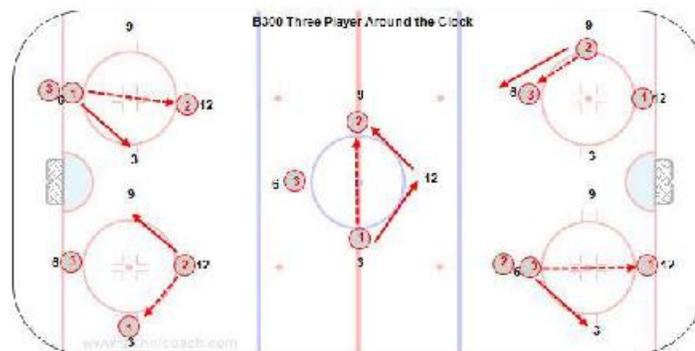
Description:

Three or four players one touch pass around a circle.

- 1 - Pass 6 to 12 o'clock. 6 to 3, 12 to 9, player three stay at 6.
- 2 - Pass 12 to 3 o'clock. 12 to 9, 3 to 6.
- 3 - Pass 3 to 9 o'clock. 9 to 6, 3 to 12.
- 4 - Pass 9 to 6 o'clock.
- 5 - Repeat starting with player three at 6.

*Go around 3-5 times and then change direction.

mediagallery/media.php?f=0&sort=0&s=20120218083530387



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.

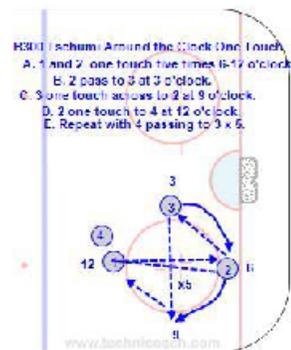
B. 2 pass to 3 at 3 o'clock.

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 - 1-1 in Front and Support at Point and Behind - Svenska

Key Points:

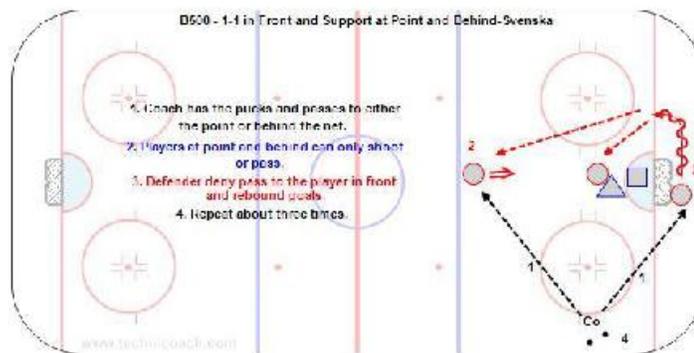
The most dangerous attacker is in front of the net. Play 2-1 but really a 2-2 as the goalie takes the shooter and defender denies the pass. Seal the stick to the outside on the shot and tie up the stick and then look for the rebound after the shot.

Description:

1. Coach has the pucks and passes to either the point or behind the net.
2. Players at point and behind can only shoot or pass.
3. Defender deny pass to the player in front and rebound goals.
4. Repeat about three times.

<http://www.svehorke.se/Hockevakademin/Utbildning/Video/Ovningsbanken/> 1 mot 1 #1

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B500 - Datsyuk Group Puck Protection

Key Points:

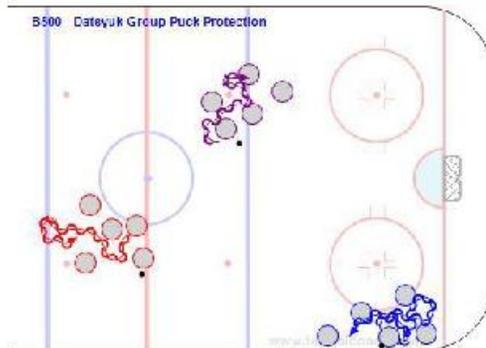
Protect the puck with the body and stick and body fakes, dekes and moves.

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.hockeycoachinabc.com/media/gallery/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.

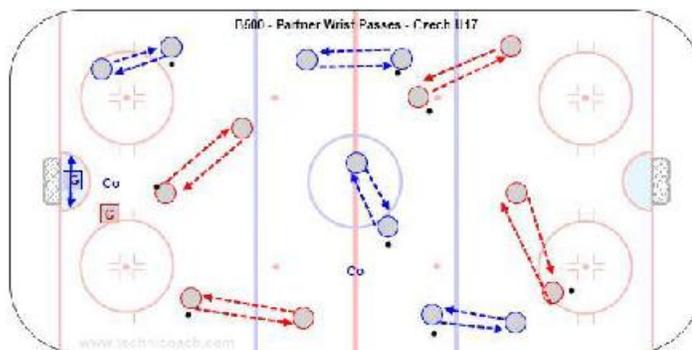
Description:

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/media/gallery/media.php?f=0&sort=0&s=20121231222118851>



B500 - Puck Battles 1-1- Pro

Key Points:

Protect the puck by shielding with the body and moving it out of the defenders reach. Defender keep the stick on the ice and blade on blade.

Description:

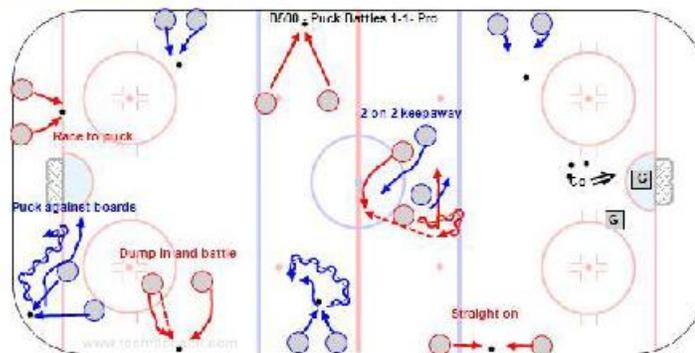
1. Pair up with a partner.
2. Start with a puck along the boards facing each other about 3 m. from the puck.
3. Battle for the puck in a small area on the whistle.
4. Go 10" and the player with no puck do push-ups.
5. Move the puck 3 m. from the boards and start from the boards.
6. Battle again for 10".
7. No puck do push-ups.

**Players can also start about 3m. from the boards (10 feet) with the puck against the boards.*

** A good progression is to play 2-2 keepaway with 1 point for 7 consecutive passes, then to 4-4 and have rules such as only backhand passes, or one hand only on the stick.*

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=2&s=2017031711104581>

<https://youtu.be/rzAR4Zz2eQs>



B500 3 Spoke Passing - Czech U17

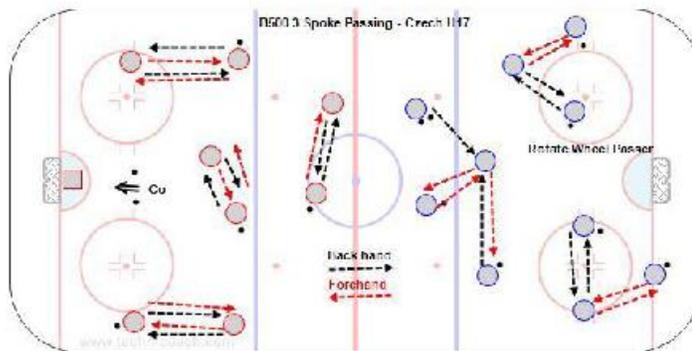
Key Points:

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>



B500 Agility Skating

Key Points:

Keep the feet moving in a good balance position.

Description:

A. Skate to the dot and then laterally and back etc. Always face the far end.

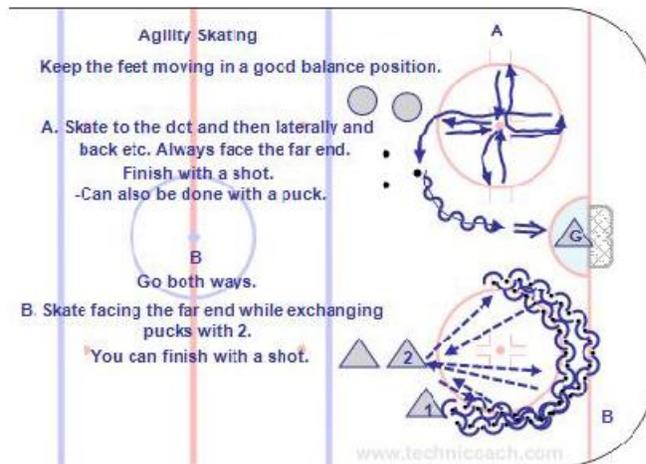
Finish with a shot.

-Can also be done with a puck.

B. Skate facing the far end while exchanging pucks with 2.

Go both ways.

You can finish with a shot.



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.

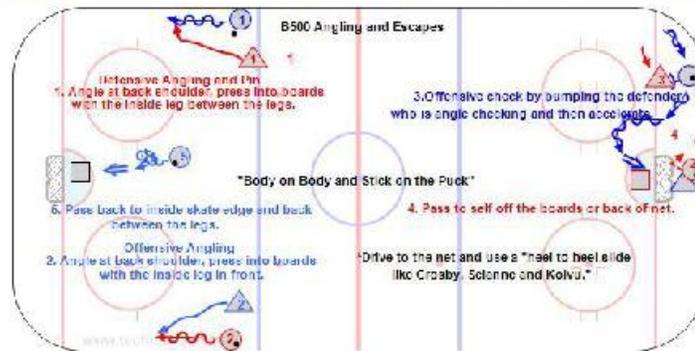
Learn to approach at the back shoulder-not the puck. On offense cut back when the player angles at the puck.

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."

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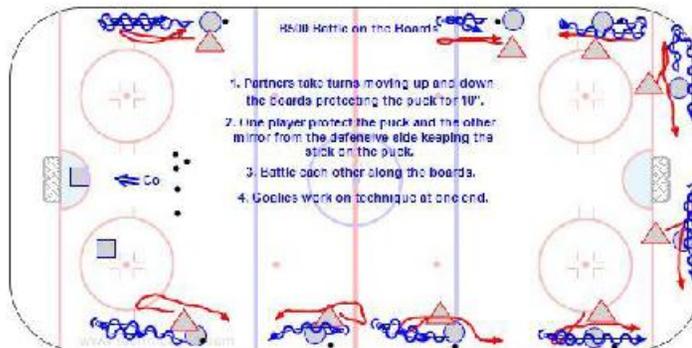
B500 Battle on the Boards

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

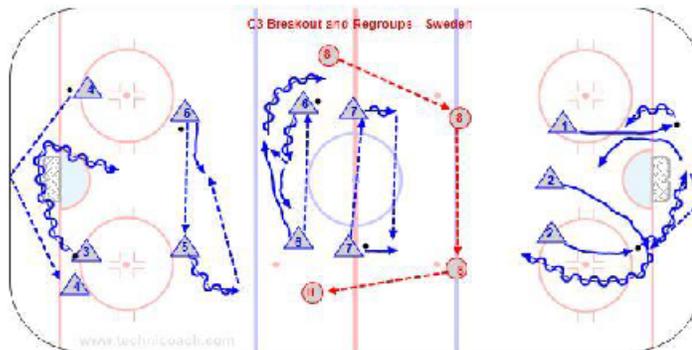
Key Points:

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:

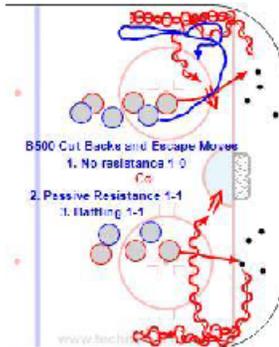
Protect the puck with the body on offense. Cut back turning toward the boards. Defender stay lined up with the back of the inside shoulder and stick on the puck.

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:

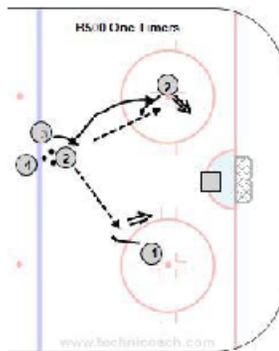
Start with easy soft passes to the wheelhouse and then give hard passes within reach that the player must adjust to. Either the coach or players can do the passing. With the players passing rotate to shooter after passing.

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090812164222165>



B500 Defensive Drill to Keep the Stick on the Puck – Pro

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20090803190606500>

B500 Defensive Side with Stick on the Puck

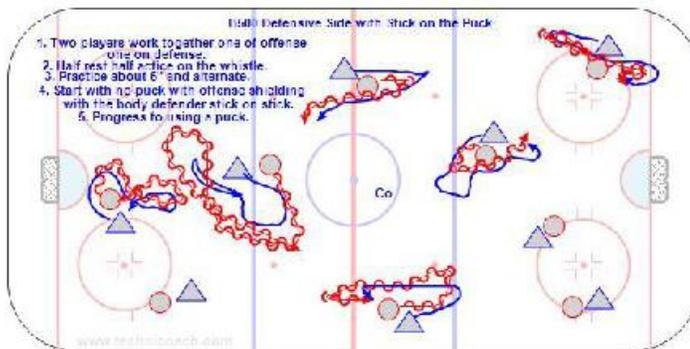
Key Points:

Player checks from the defensive side with the stick always on the attacker's stick. Keep the stick on the ice when going side to side.

Description:

1. Two players work together one of offense one on defense.
2. Half rest half active on the whistle.
3. Practice about 5" and alternate.
4. Start with no puck with offense shielding with the body defender stick on stick.
5. Progress to using a puck.

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B500 Defensive Zone Skating

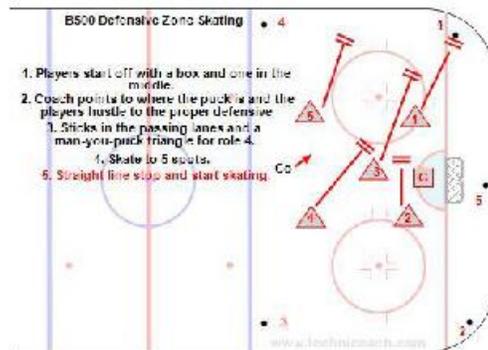
Key Points:

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 Individual Skills

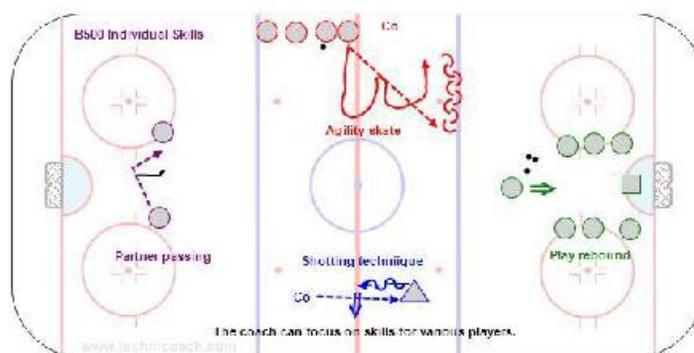
Key Points:

Divide the ice into stations and practice individual technique. The coach can focus on skills for various players.

Description:

1. Coach pass to defenseman who moves and shoots at the red stripe on the boards.
2. Player agility skate with turns and pivots then get a pass.
3. Saucer pass with a partner.
4. Play rebound with the goalie.

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B500 One Timers and Breakaways - Czech U17

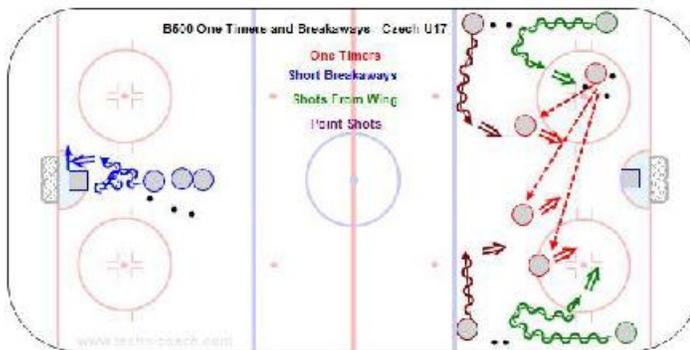
Key Points:

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

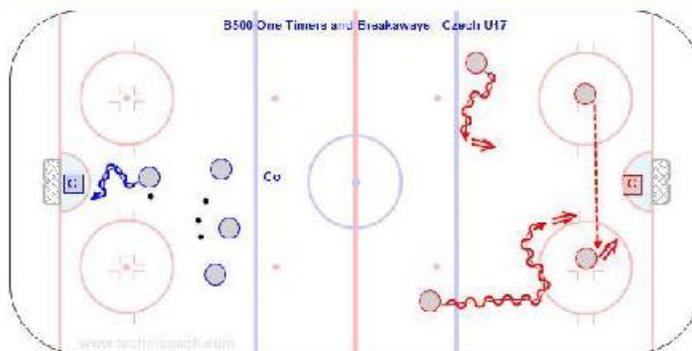
Key Points:

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.

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B500 One Timers

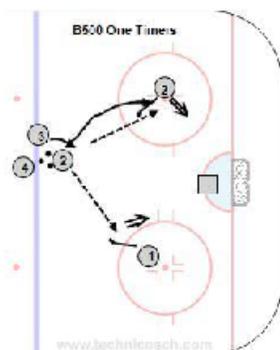
Key Points:

Square up for the shot and have the stick back as the pass is being made. Follow through with the whole body to the net and the lead knee pointing to the target.

Description:

1. One leave the line and get a pass from 2 on the off wing and shoot.
2. Two leave after passing and get a pass from three.
3. Continue this rotation and progressively increase the speed of the passes.

<http://www.hockeycoachinabcs.com/media/gallery/video.php?n=20090812164222165>



B500 One Touch and Face Puck - Finland

Key Points:

One touch. Make sure the top hand follows the pass and isn't locked against the body. Demonstrated by Reijo Routsalainen.

Description:

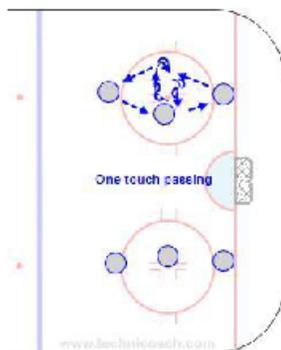
-One passer on opposite sides. Middle player one touch facing the puck give and go then give and go with other passer.

-Rotate the middle player every 10°.

-Add tasks like tight turns, fakes etc.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130521102432764>

<https://www.youtube.com/watch?v=ijQ0Y3WCx28>



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.

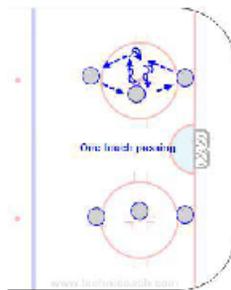
Description:

-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.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20130521102432764>



B500 One Touch and Face Puck

Key Points:

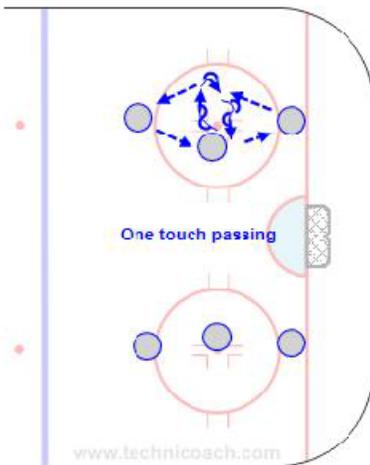
One touch. Make sure the top hand follows the pass and isn't locked against the body.

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.



B500 Overspeed 2-0 with a Pass

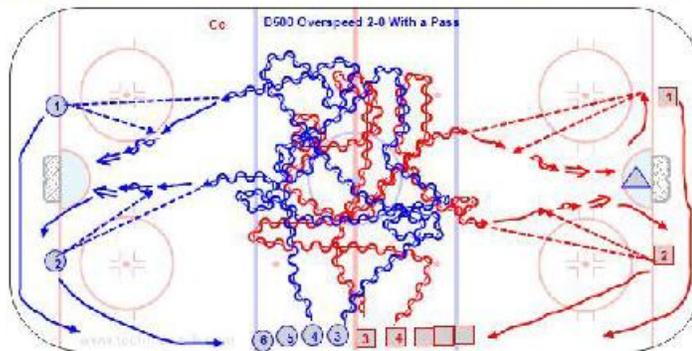
Key Points:

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:

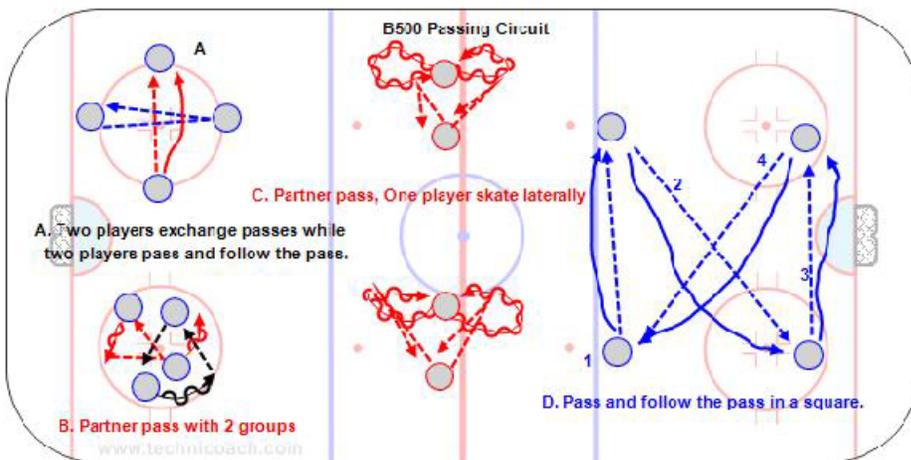
A. Two players exchange passes while two players pass and follow the pass.

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



B500 Passing Technique from Sweden

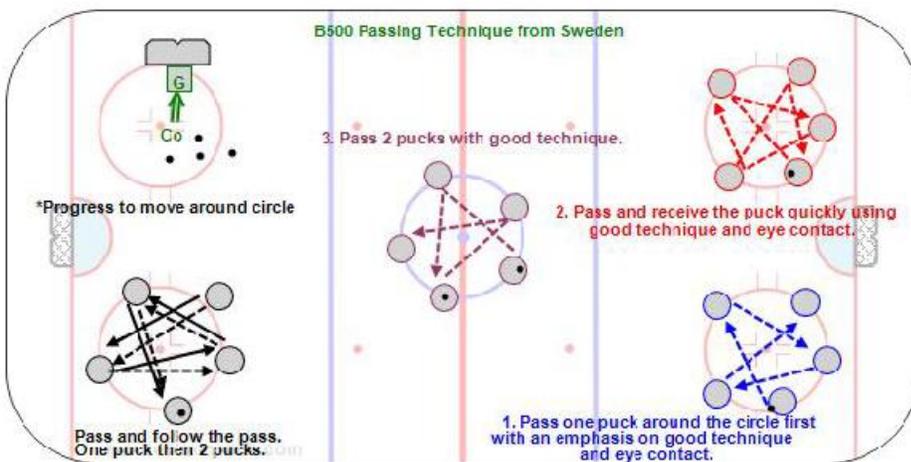
Key Points:

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- Finland

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.

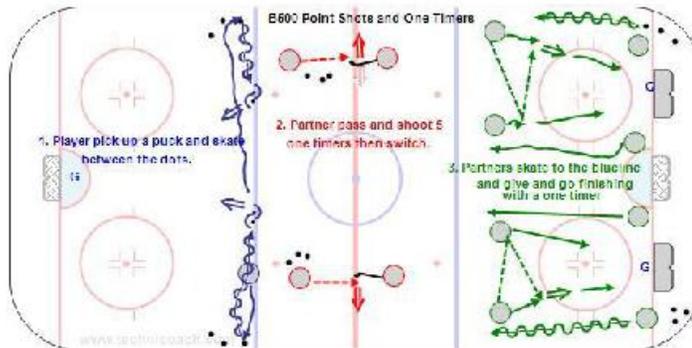
On one timers follow through at the target. Increase the speed of the passes.

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 blue line and give and go finishing with a one timer, then pick up a new puck.

<http://hockeycoachingabc.com/mediagallery/media.php?s=20100410085300172>

https://youtu.be/iTt3_Qq0ea0



B500 Point Shots and One Timers

Key Points:

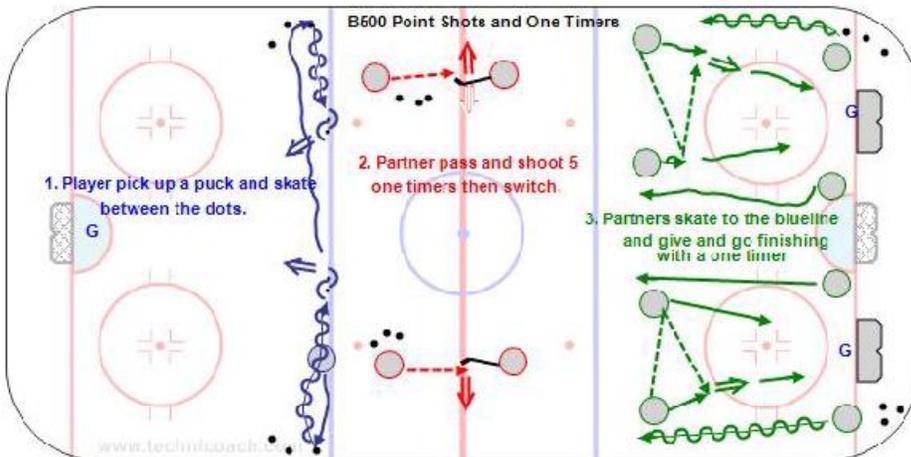
Skate forward to the middle then slide sideways and shoot. Look up to see the target, shot blockers and team mates in front.

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.
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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100410085300172>



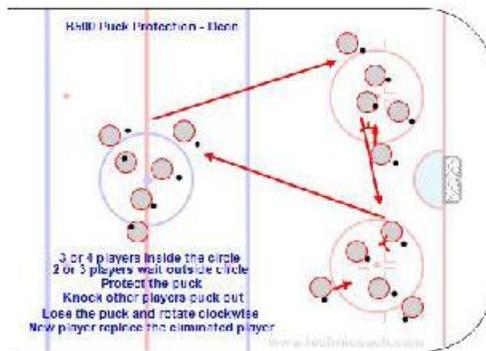
B500 Puck Protection - Dean

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

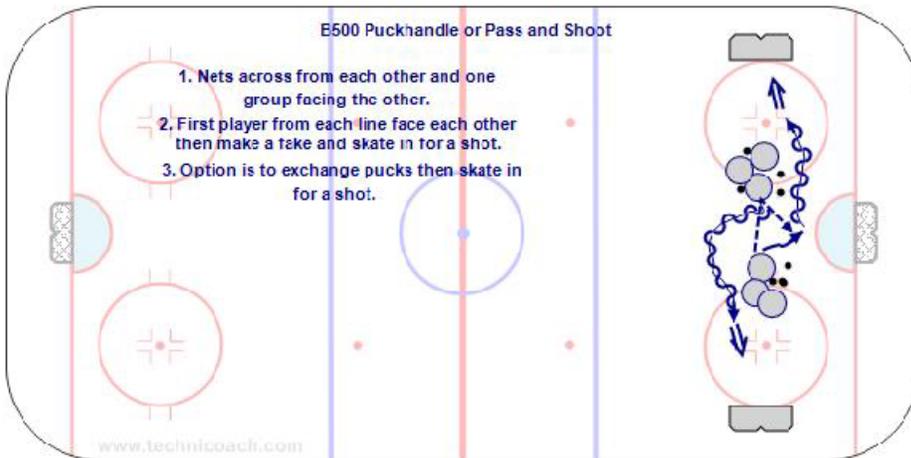
Key Points:

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.

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B500 Reijo Passing Routine

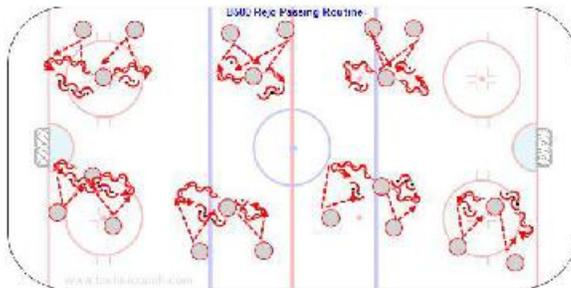
Key Points:

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.

<http://hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20100406095642161>



B500 Swedish Stickhandling in Circles

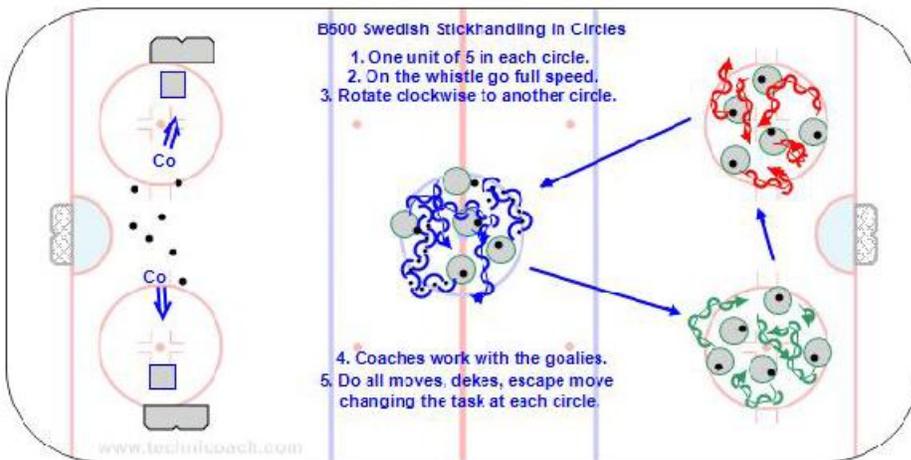
Key Points:

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>



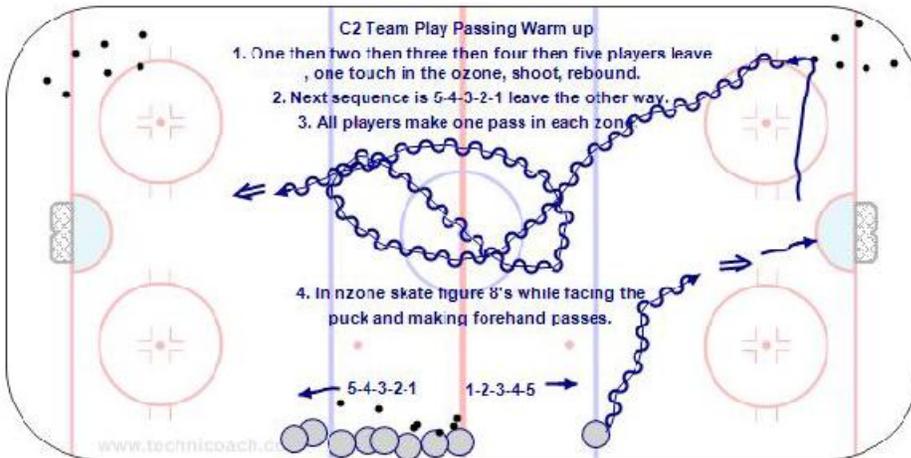
C2 Team Play Passing Warm up

Key Points:

Face the puck and pass on the forehand.

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.



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



B600 - 1-0 Regroup x 2 – Pro

Key Points:

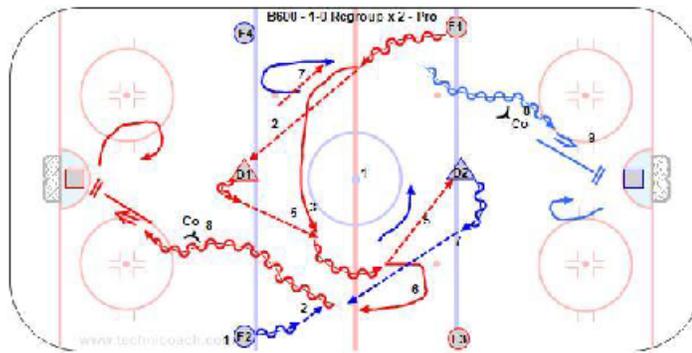
Give a target and face the puck. Pass flat firm wrist passes. Defense keep skating with the puck.

Description:

1. Forwards start from diagonal blue lines and D are in the middle.
2. F1 pass to D1 and F2 pass to D2 in the neutral zone.
3. F1-F2 skate across to the far lane for a regroup pass.
4. D1-D2 pivot and make the regroup pass.
5. F1 pass to D2 and F2 pass to D1.
6. F1-F2 pivot for a regroup pass the other direction.
7. D1 pass to F2 and D2 pass to F1.
8. Coaches pressure F1-F2 at each end as they cross the blue line.
9. F1-F2 shoot, follow the shot, then rebound for F3-F4.
10. Switch to a 2-0 double regroup with F1-F3 regroup with D1 then D2 and attack 2-0.

<http://www.hockeycoachingabc.com/media/gallery/media.php?f=0&sort=2&s=20170411113837997>

<https://youtu.be/L06Yaz1IrtQ>



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

Key Points:

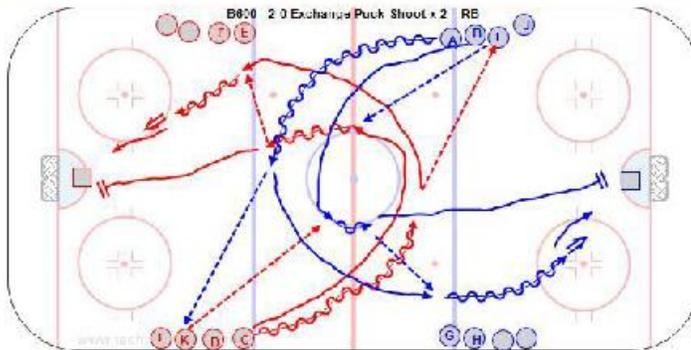
Give a target, face the puck, stay on-side, one touch pass, follow the shot for a rebound.

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 - 2F RG 1D - 3-0 Middle Drive with D – Pro

Key Points:

Hard passes and defenseman jump into the rush as the third man on the middle lane drive. Pass and shoot on the forehand when possible.

Description:

1. F2 pass up to D1 at the far blue line.
2. F1 skate into the middle lane and F2 support from the wide lane.
3. D1 skate between dots and pass wide to F2.
4. F1 drive to the net in the middle lane.
5. D1 join the rush in the wide lane.
6. F2 pass across to D1 who shoots.
7. All three crash the net for a rebound.
8. F3-F4-D2 repeat the other way.

<http://www.hockeycoachingabc.com/media/gallery/media.php?f=0&sort=2&s=20170926122448127>

<https://youtu.be/ShV4vici dmA>



B600, 3 Lane Passing and Shooting

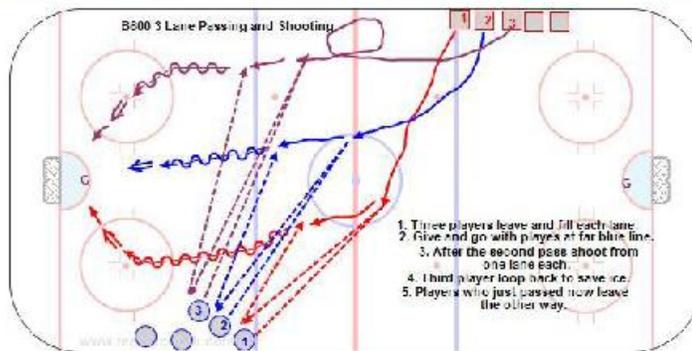
Key Points:

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 play 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://hockeycoachingabc.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.

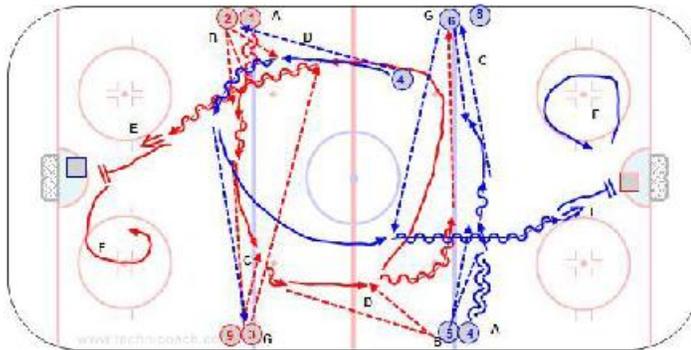
C - 1-5, 4-2 exchange passes.

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:

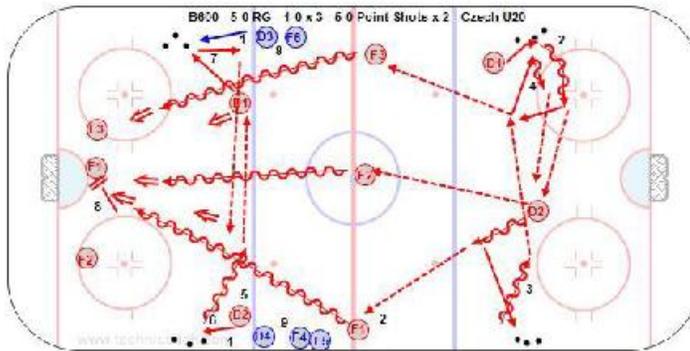
Forwards must time their skating to be available for the pass from the D. D should hinge and pass up. Shoot and follow the shot for a rebound.

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.hockeycoachingabc.com/media/gallery/media.php?f=0&sort=0&s=20150816222648553>

<https://youtu.be/74wUHfxvRU>



B600 - Continuous 2-2 Regroup – Tomas

Key Points:

Forwards support with timing and a good target. Anchor low or high. Take what they give you. Jump across, get open. D look for a quick up before an automatic D to D. Goalies can be warm up at one end.

Description:

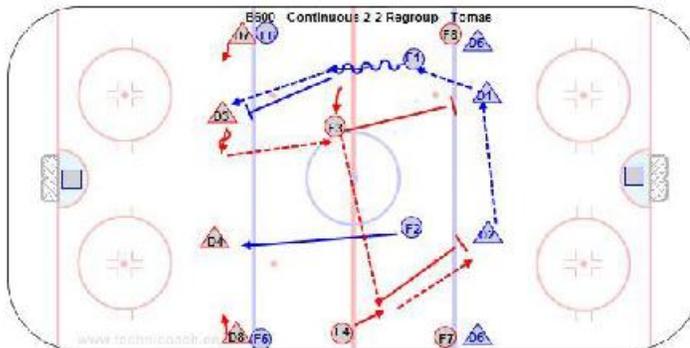
1. D1-D2 pass to F1-F2.
2. F1-F2 regroup with D3-D4.
3. F1-F2 forecheck vx. D3-D4.
4. F3-F4 support D3-D4.
5. D3-D4 make a regroup pass to F3-F4.
6. F3-F4 now regroup with D5-D6 and forecheck.
7. Continue the regroup and forecheck sequence.

** Add dump in, breakout with a low 2-2 where the attackers forecheck to get the puck and score.*

** Use one or two D and from one to three F. A great way to practice quick regroups and if you dump the puck in the breakout, forecheck and on the regroup the neutral zone forecheck.*

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=2&s=20170225103512883>

<https://youtu.be/dB6DPGuHn3s>



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

Key Points:

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

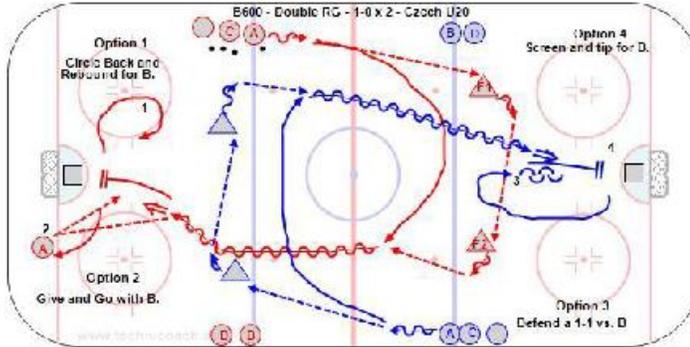
Description:

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/HiVKeSeNr4c>



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/ARFv2EERXtE>



B600 - Exchange Puck and Cross Pass – RB

Key Points:

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

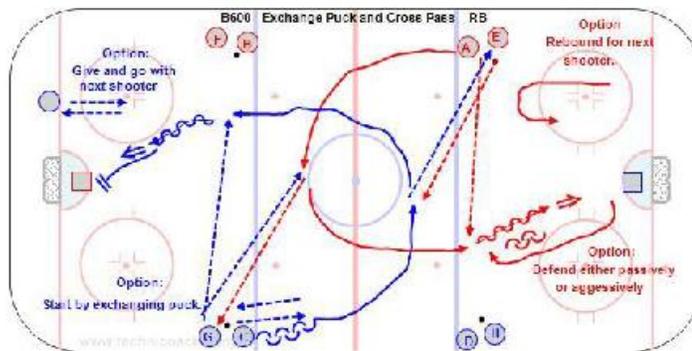
Description:

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.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201403251454497>



B600 - Give and Go x 2 - Sw F

Key Points:

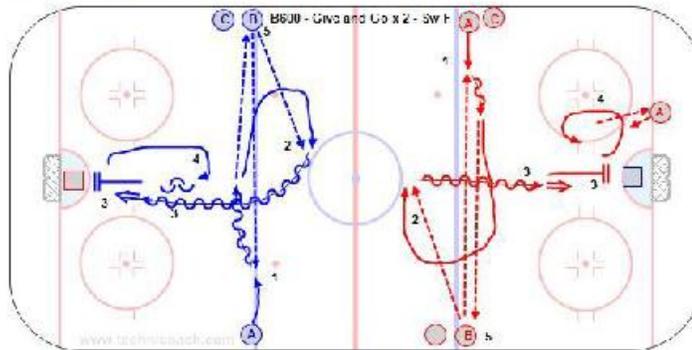
Always face the puck and give a target. Make quick wrist or one touch passes. Keep the top hand away from the body. Follow the shot. Rebound, one touch or defend the next shooter.

Description:

1. A leave and exchange passes with B on the other side.
2. B skate and give a return pass to A who skates back into the neutral zone.
3. A skate in and shoot and follow the shot for a rebound.
4. A either:
 - a- Rebound for the next shooter.
 - b- Give and go with the next shooter.
 - c- Defend 1-1 vs. the next shooter.
5. B repeat exchanging passes across the ice with C.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2017010210074899>

<https://youtu.be/0Dw8Czycd9U>

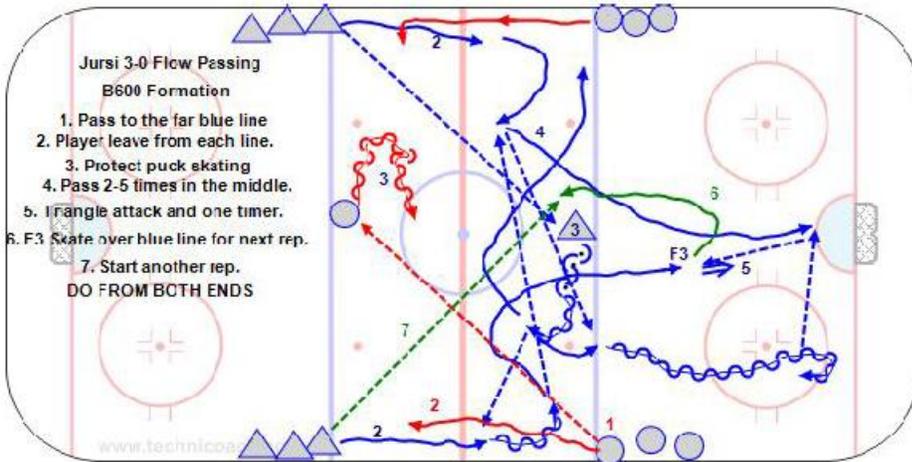


C3 Jursi Flow 3-0 passing

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 - Multiple One Touch Passes – Pro

Key Points:

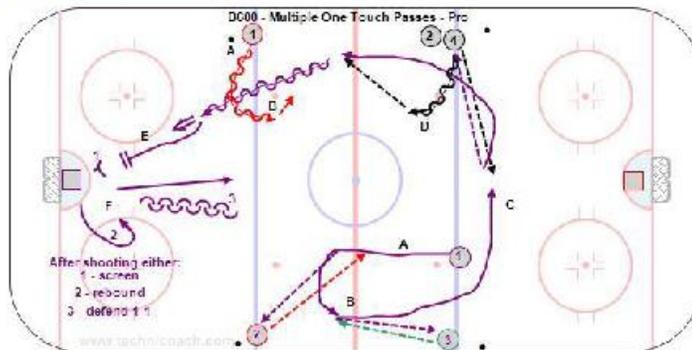
This drill is done from diagonal corners. Keep skating and make firm passes. Give a target and call for the pass. Face the puck.

Description:

- A. 1 exchange passes with 2.
- B. 1 turn out and exchange passes with 3.
- C. 1 skate across and exchange passes with 4.
- D. 4 skate to the inside and pass to 1 skating wide up the ice.
- E. 1 shoot and follow the shot.
- F. 1 either screen, rebound for the next shooter or defend a 1-1 vs. the next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160824111234134>

<https://youtu.be/uCBsG4KORMI>



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.hockeycoachingabc.com/media/gallery/media.php?f=0&sort=0&s=20150816223635172>

<https://youtu.be/Tvczzat31Ak>



B600 - Pass Across 2-0 x 2 - 3-0 - Pro W

Key Points:

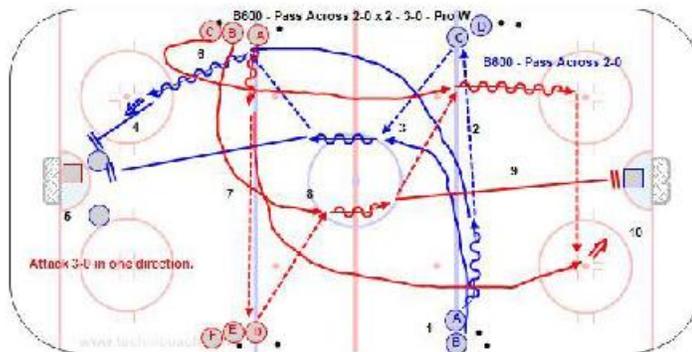
The 2-0 attacks both nets and the 3-0 attack one end at a time. Follow the shot for a rebound and play until a goal or the puck is frozen by the goalie. Go hard to the net and pass and shoot while skating. Stop at the net and look for rebounds.

Description:

1. Start with a 2-0 x 2 and leave from diagonal blue lines.
2. Player A pass across to player C.
3. Player C pass to player B.
4. Attack 2-0 at each end and go after the rebound and score.
5. Stay to screen for the next attack with C-D.
6. Attack 3-0 in one direction.
7. A-B-C leave and A pass across to D.
8. D pass to B in the middle.
9. A-B-C attack 3-0 with a middle lane drive.
10. Follow the rebound and finish the attack.

<http://www.hockeycoachingabc.com/media/gallery/media.php?f=0&sort=2&s=20170222100119574>

https://youtu.be/IYAxPg5y_7Y



B600 - Pass and Shot Warm-up – MRU

Key Points:

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

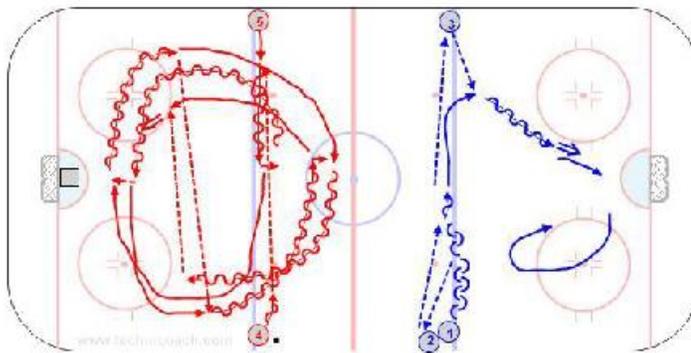
Description:

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.

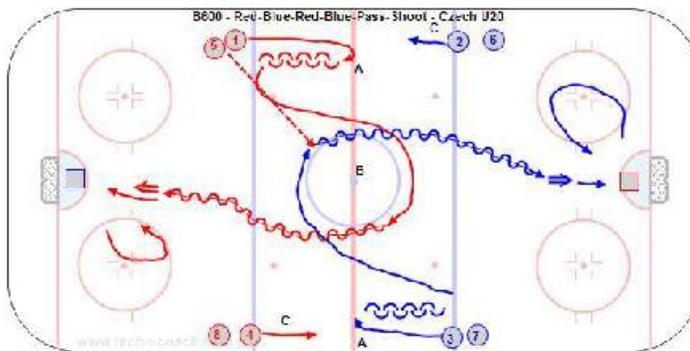
Description:

- 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.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20150816224916779>

<https://youtu.be/7ZvL71dCw> (Click subscribe for about 100 drills done by Czech teams.)



B600 - Regroup - Delay - D Jump In x 2 – Pro

Key Points:

Do this as an Overspeed drill with full intensity skating, shooting. Pass hard, follow the shot for a rebound, hit the net.

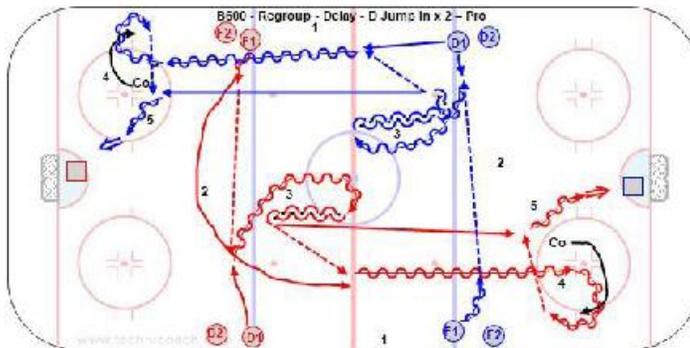
Description:

1. Defense and forwards start from diagonal corners and leave on the whistle.
2. F1's pass to D1's then swing behind them to the far wing.
3. D1's skate up to the red line then back and pass to F1's and follow the rush.
4. Coach pressure F1 who delay and pass to D1.
5. D1's attack the net and shoot.
6. Do this drill from both sides.

*After shooting the D could pressure the next forward instead of a coach.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150518100916897>

<https://youtu.be/nkxSj7VVz8>



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

Key Points:

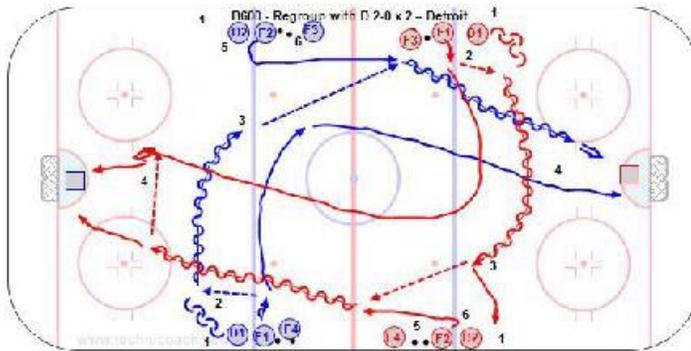
No need for whistles as the players can see when to start. Face the puck, pass hard, give targets, shoot and follow the shot and stop at the net.

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.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=2014100209062168>



B600 - RG x 2 with Point Shots - Pro W

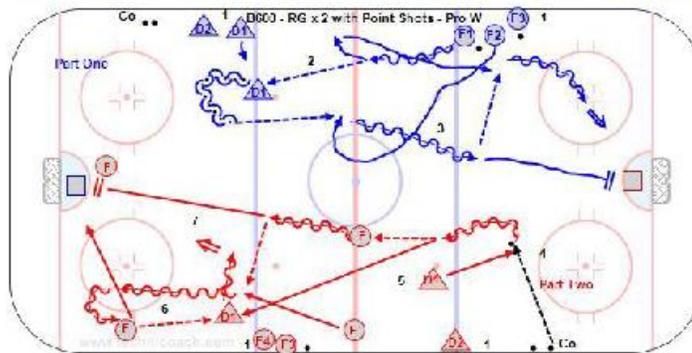
Key Points:

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 up 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.hockeycoachinabc.com/media/gallery/media.php?f=0&sort=0&s=20150515091213976>



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

Key Points:

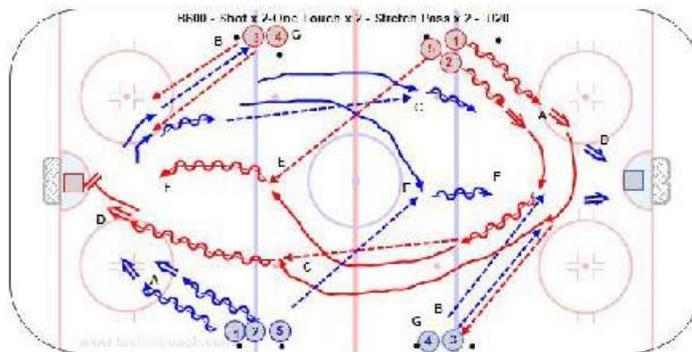
Give a target, face the puck, keep the stick square to the pass, hands away from the body, keep skating, pass hard.

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.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20150807103405113>



B600 – Stretch Pass-Shot Flow x 2 – U18 F

Key Points:

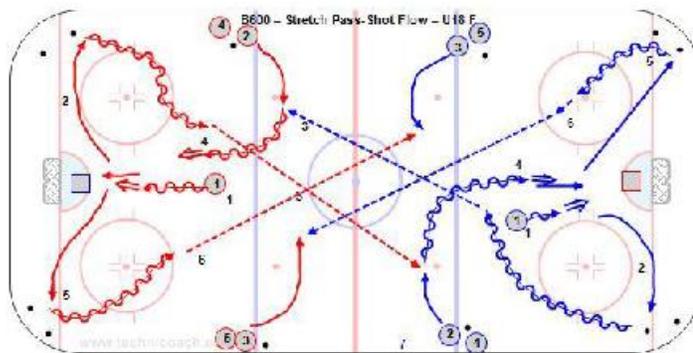
Pass, take the pass and shoot while skating. Keep the stick blade square to the puck to receive passes.

Description:

1. Shoot at each end then Second player shoot and go to opposite corner.
2. Skate to the corner for a new puck.
3. Make a diagonal pass to 2 who comes off the boards from the blue line.
4. Player 2 skate in and shoot.
5. Player 2 get a puck from the other corner.
6. Player 2 pass up to 3 who cuts across from the diagonal far blue line.
7. Continue this flow

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20171026105424114>

https://youtu.be/zRdEzL_6nA



B600 1-0 F Regroup with Both D

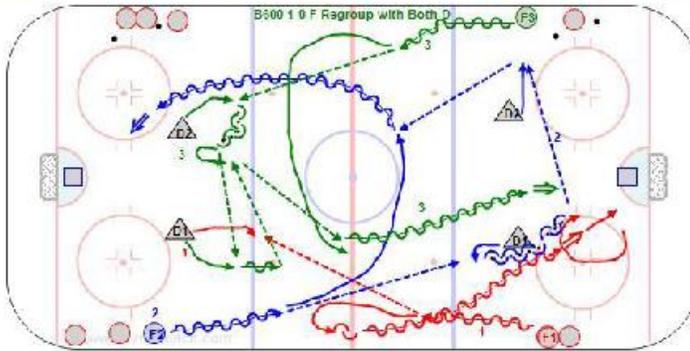
Key Points:

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



B600 2 x 2 Shots - Swiss U20

Key Points:

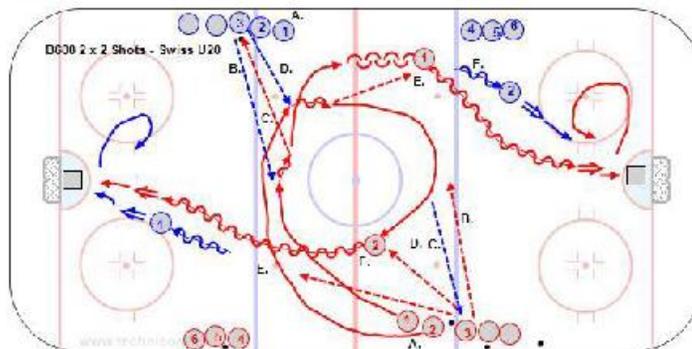
Pass hard and quickly. Always face the puck and accelerate with the puck. Shoot with the feet moving and shoot to score - not to shoot. One touch pass on puck exchanges.

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 outside and accelerate when you get the puck.

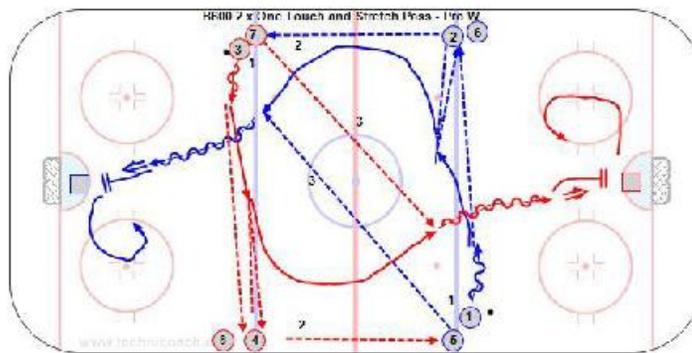
Description:

- 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.hockeycoachingabc.com/mediagallery/media.php?s=20150518111901483>

https://www.youtube.com/channel/UCPjF_BRz8YQ (Subscribe to Female drills)



B600 2-0 Passing Options - Swiss U20

Key Points:

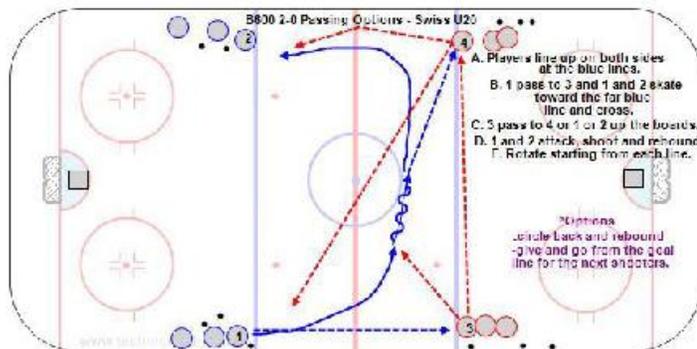
Pass to either side or either player who is breaking for a pass. Give a target, stick on the ice, face the puck.

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.hockeycoachinabcs.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. #1 and 2 attack 2-0.

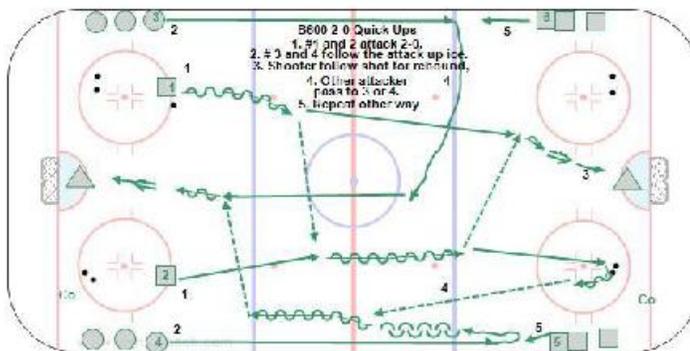
2. #3 and 4 follow the attack up ice.

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

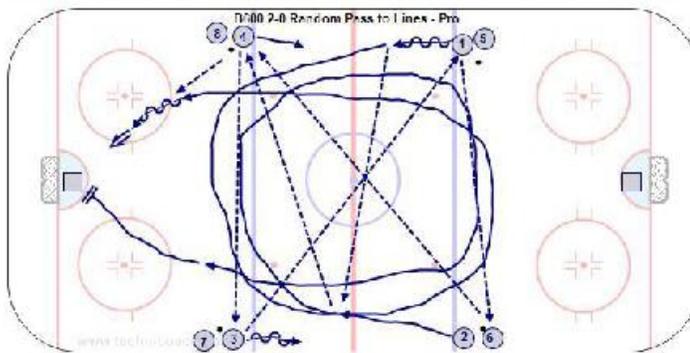
Key Points:

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.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20141029092920846>

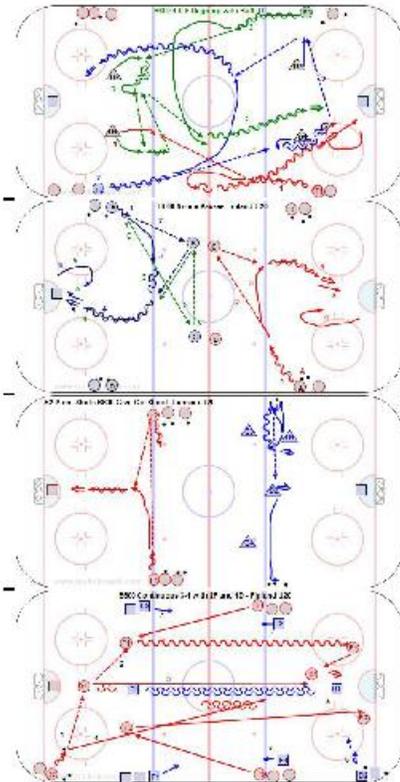




B600 Alternatives

Routines

Date:	Time:	Venue:
Lines:		Notes:
To add competition the coach can have the Keep score or calculate various aspects of Drill.		D vs F or one colour vs the other colour.



B600 Regroup with both D

B600 Face the puck passing

B600 Pass and shoot

B600 Continuous 3-1 2F and one D

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

Key Points:

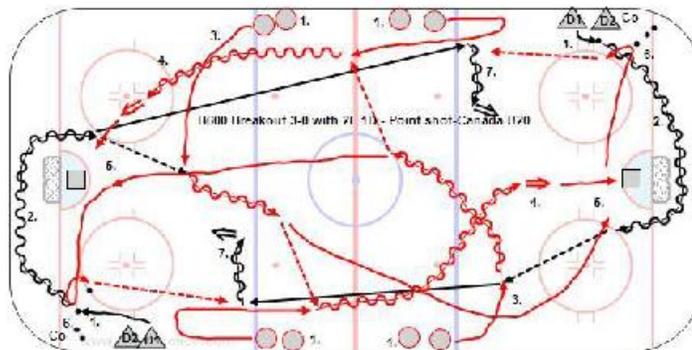
Attack at full speed. Give a target. Follow the shot for a rebound. One player screen and one player look for a shot pass.

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.hockeycoachingabc.com/filemgmt/index.php?id=97>



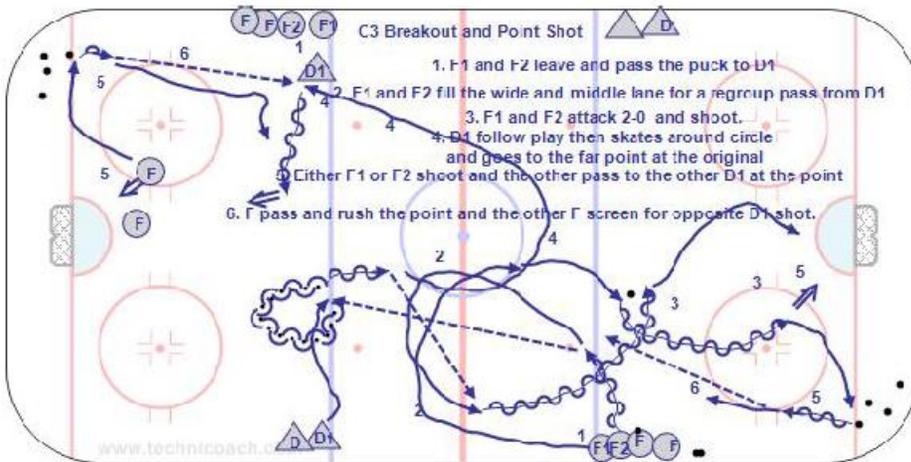
C3 Breakout and Point Shot

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

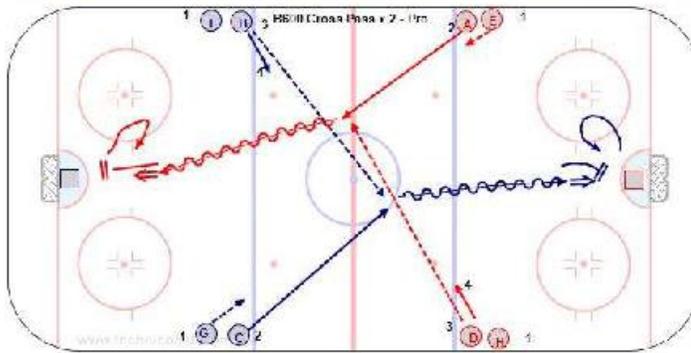
Key Points:

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.hockeycoachinabcs.com/media/gallery/media.php?f=0&sort=0&s=20141024084934336>



B600 Cross-Drop-Pass 2-0 – Pro

Key Points:

Do as an overspeed drill. Give a target, stay inside, go for the rebound, the drop pass is a leave pass.

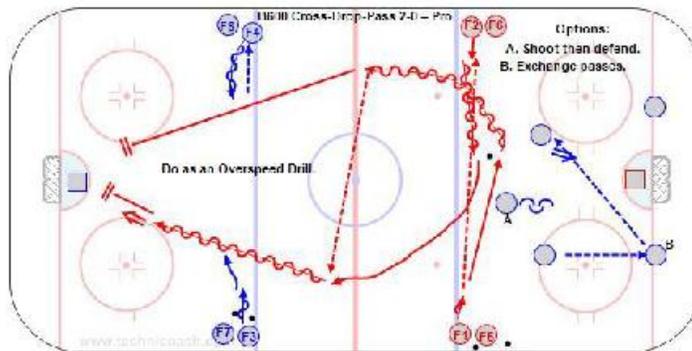
Description:

1. F1 skate and pass to F2 who skates toward him.
2. F1 skate behind F2 who leaves the puck for him.
3. F1-F2 turn up ice at full speed.
4. F2 pass to F1.
5. F1 shoot while skating.
6. F1-F2 both control skate for the rebound.

**Options: Give passive or active 2-1 or 2-2 resistance to the next shooters. Circle back to rebound for the next shooters. Exchange passes from the goal line with the next shooters, i.e. F5 pass to F1 who passes to F6 who shoots.*

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20140706165556979>

https://youtu.be/ADe7IVxdE_Q



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

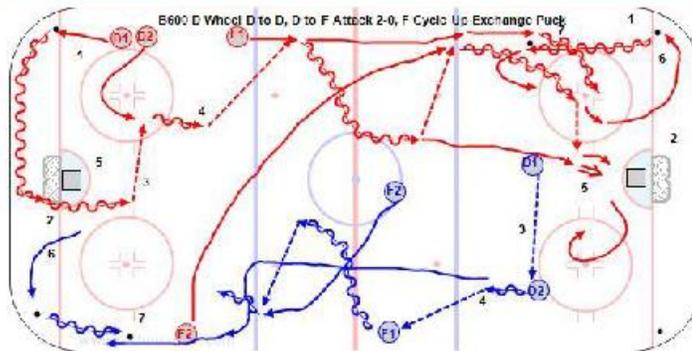
Key Points:

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.hockeycoachingabc.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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090823205117104>

B600 Double Pass Regroup Pass and Shoot - RB Pro

Key Points:

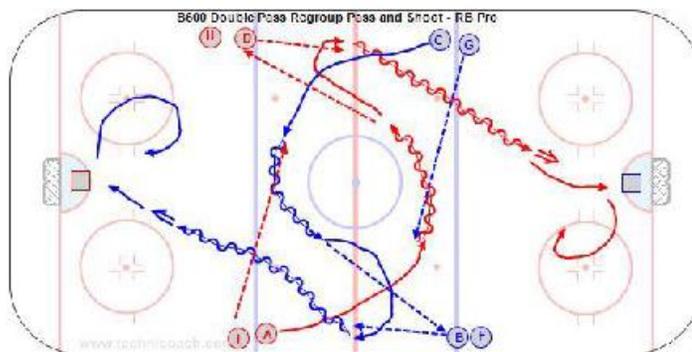
Face the puck, give a target, pass and shoot while skating, follow the shot.

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.hockeycoachinabcs.com/media/gallery/media.php?f=0&sort=0&s=20150824114017123>



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

Key Points:

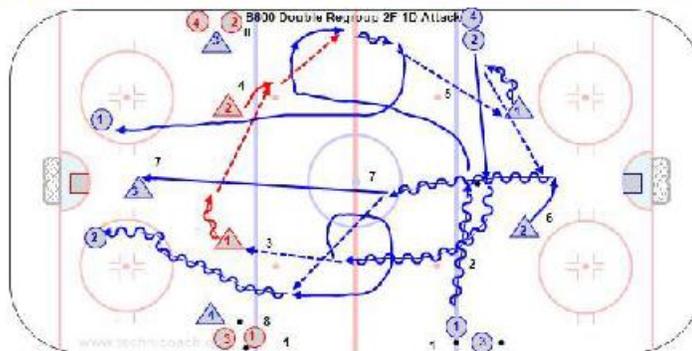
Everyone face the puck all of the time. On the regroup give wall and middle support and not continuous crossing (as you should in a game.) Attack with speed and pursue the first rebound before returning to the line-up.

Description:

1. Line up at each blue line with forwards and D together.
2. BF 1-2 cross and drop.
3. BF 1-2 regroup with RD 1-2.
4. RD 1-2 hinge and pass up to BF 1-2.
5. BF 1-2 regroup with RD 1-2.
6. RD 1-2 hinge and pass up to BF 1-2.
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 Attack 3-0, 2 F and 1 D

Key Points:

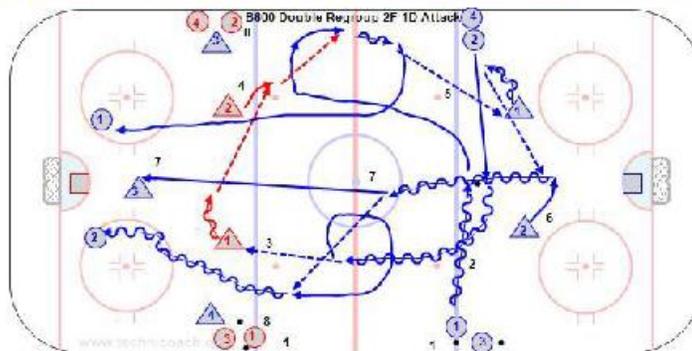
Everyone face the puck all of the time. On the regroup give wall and middle support and not continuous crossing (as you should in a game.) Attack with speed and pursue the first rebound before returning to the line-up.

Description:

1. Line up at each blue line with forwards and D together.
2. BF 1-2 cross and drop.
3. BF 1-2 regroup with RD 1-2.
4. RD 1-2 hinge and pass up to BF 1-2.
5. BF 1-2 regroup with RD 1-2.
6. RD 1-2 hinge and pass up to BF 1-2.
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.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20130912152511679>



B600 Double Regroup Options

Key Points:

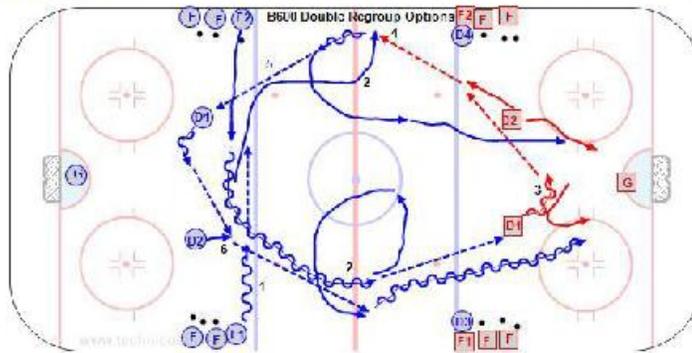
Regroup with each D and support from about a half zone away. Give a target and face the puck. Pass hard and always give strong side wall support and middle support.

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 Double Regroup Options

Key Points:

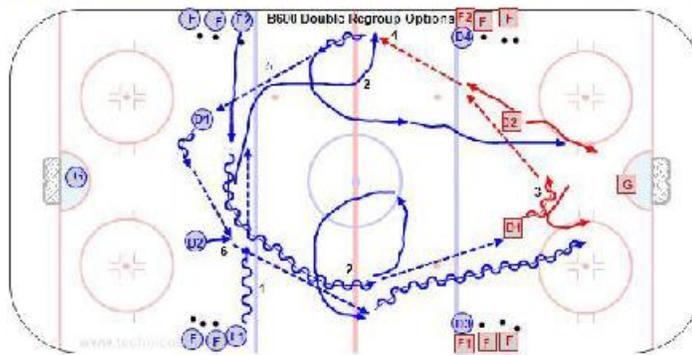
Regroup with each D and support from about a half zone away. Give a target and face the puck. Pass hard and always give strong side wall support and middle support.

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 Flow Alexander 2 on 1](#)

B600 Flow Alexander 2 on 1 Key Points: On a 2-1 attack with speed and think first of scoring. If possible make the first pass near the blue line to allow a second play when reading the defender. Defender stay in the middle and read the most dangerous player. It ...

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=1983&topic=1983#1983>

[B600 Pass-Pass-Regroup-Shoot](#)

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 ...

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=1570&topic=1570#1570>

[B600 2-0 Quick Uns](#)

I just had a skills practice with my school group. There are two definite levels in the group and I have to modify drills or make up new ones where the better players shoot on the experienced goalie and the lower group shoot on the beginning goalie. Also the games

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=1470&topic=1470#1470>

[B600 1-0 F Regroup with Both D](#)

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

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20101212075342864>

[B600 Regroup, Hinge, Quick Up-Detroit](#)

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 ...

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20101128092923497>

[B600 Regroup, Hinge, Middle D Rush-Detroit](#)

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 ...

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=201011280928188>

[B600 D Hinge up to F then D Join Play Progression-Detroit](#)

B600 Regroup, Hinge, Quick Up Progression-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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20101128092702491>

[B600 Skating for Quick Feet - Dukla](#)

Key Points: Keep the feet moving all the time. The body follows the shoulder turn on crossovers. Description: 1. Three players leave at a time. 2. Skate full speed around the far circle. 3. Go to the other blue line for the next rep. 4. One group at a time

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20100915073922633>

B600 Flames Shooting:

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

Key Points:

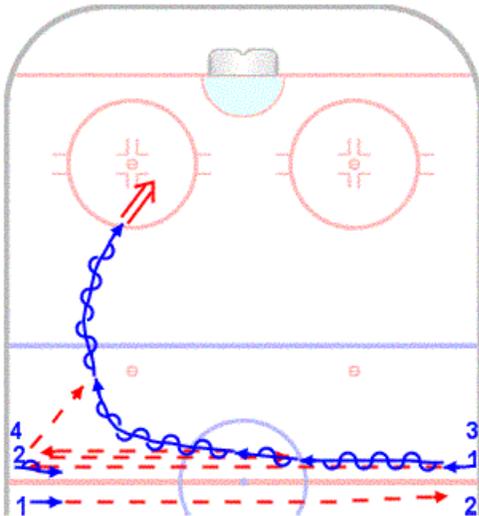
Pass hard and keep your feet moving. Follow the shot for a rebound and circle back for the next shooter.

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:

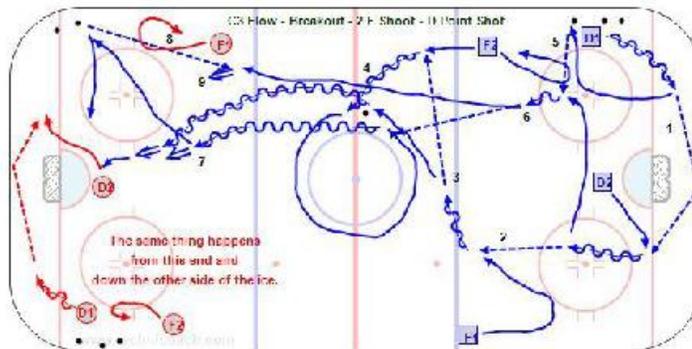
Pass hard, keep skating all the time. Pass and follow the pass. Screen, rebound.

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

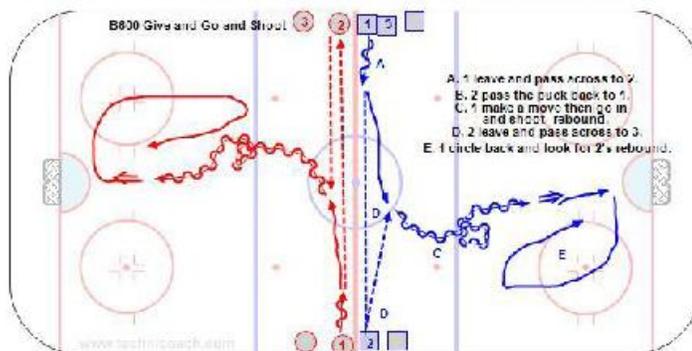
Key Points:

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:

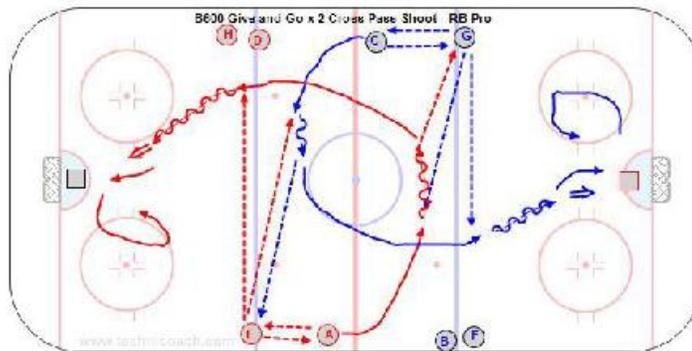
Face the puck, give a target, skate while you pass and shoot, follow the shot.

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.hockeycoachtricks.com/members/mediaserver/mediaserver/08sort-08-2015/0828114016741>



B600 Give Go Shoot x 2 – Pro

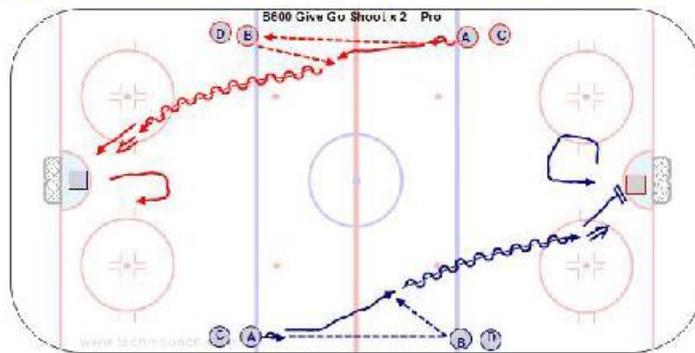
Key Points:

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/media/gallery/media.php?f=0&sort=0&size=20141027151948931>



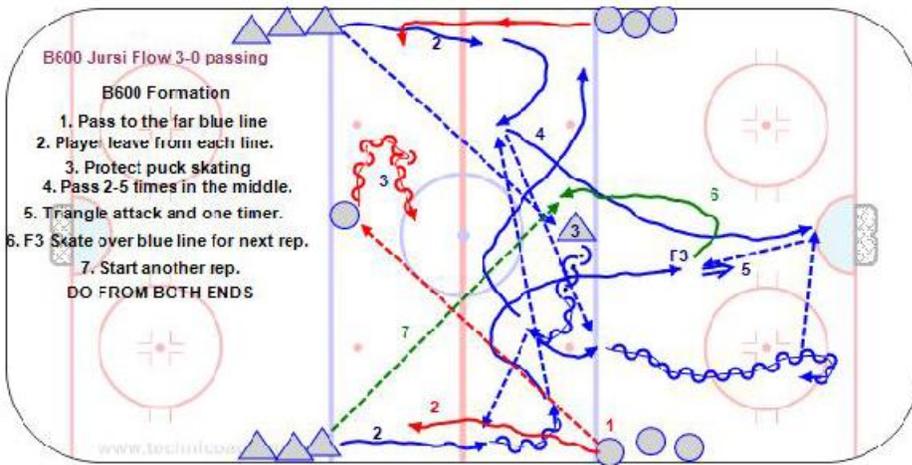
B600 Jursi Flow 3-0 Passing

Key Points:

Face the puck, Lots of passing in nzone; each player should get at least one pass.

Description:

1. Pass to the far blue line.
2. Players leave from the far blue line.
3. Skate and protect the puck.
4. Pass 3-5 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.



B600 Neutral Zone Passes-Finland U20

Key Points:

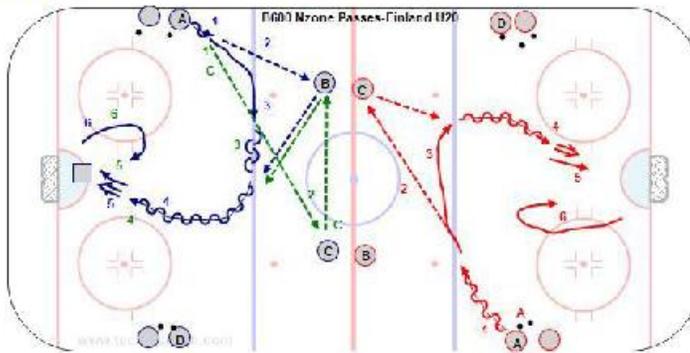
Always face the puck. Shoot before the hash marks and follow the shot for a rebound. Circle back and rebound for the next shooter.

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 zone. Other options are give and go with the next shooter or defend 1-1 with the next attacker.*

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



B600 Neutral Zone Puck Support and Attack

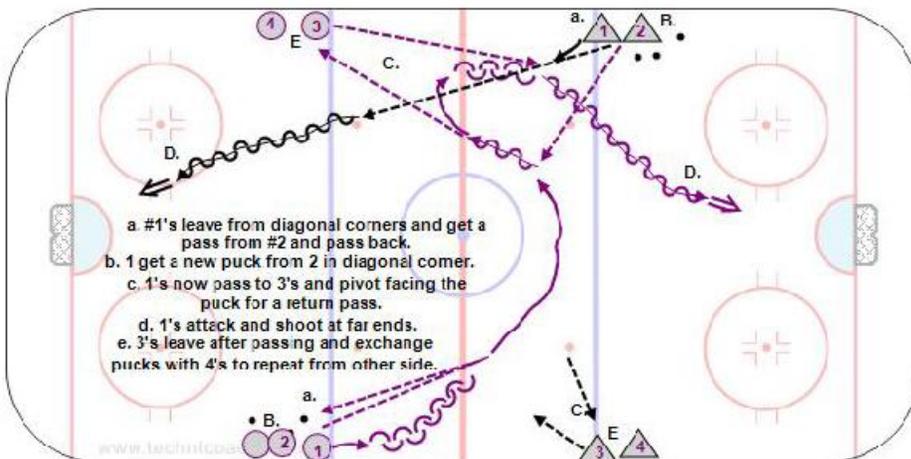
Key Points:

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.

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B600 One Touch and Shoot Warm up

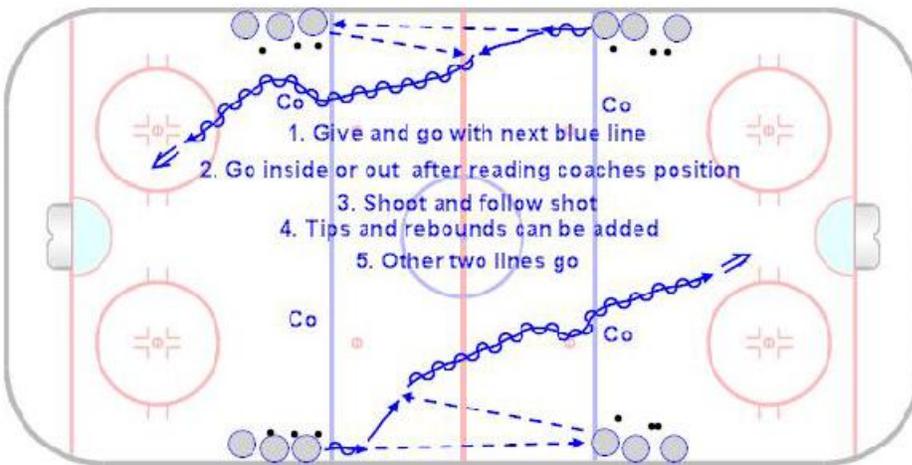
Key Points:

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

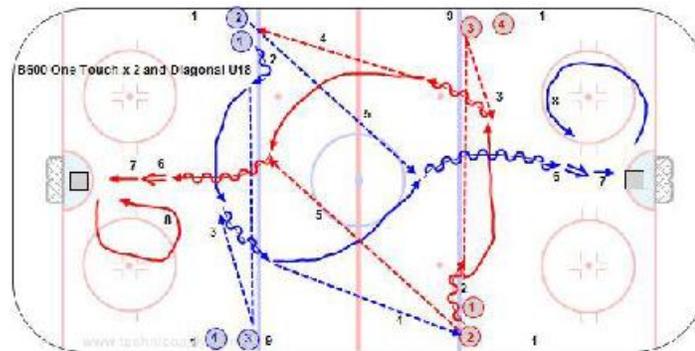
Key Points:

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.hockeycoachinabcs.com/media/gallery/media.php?f=0&sort=0&s=20130409095502827>



B600 One Touch x 3 and Shot - Slovakia U20

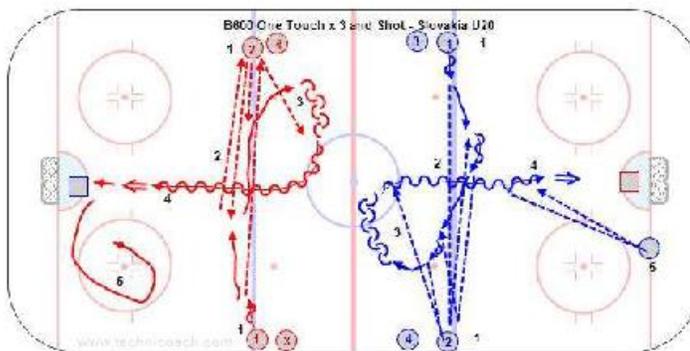
Key Points:

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.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121204090701526>



B600 Pass x 3 Stretch Pro W

Key Points:

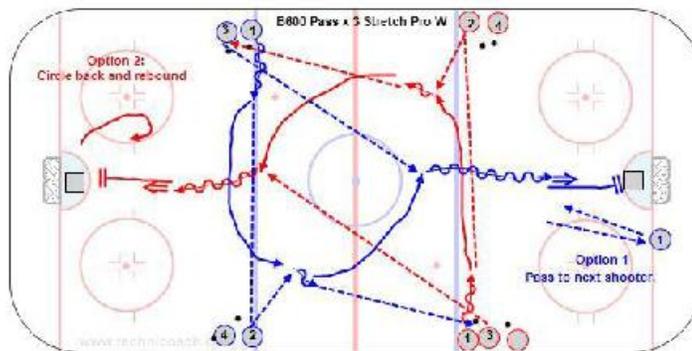
Pass and shoot while skating. Adjust the body and stick to take bad passes. Follow the shot for a rebound and stop at the net. Hit the net.

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.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20131021142553480>



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

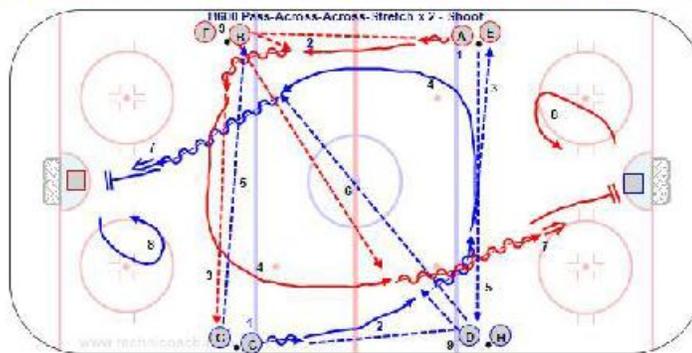
Key Points:

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

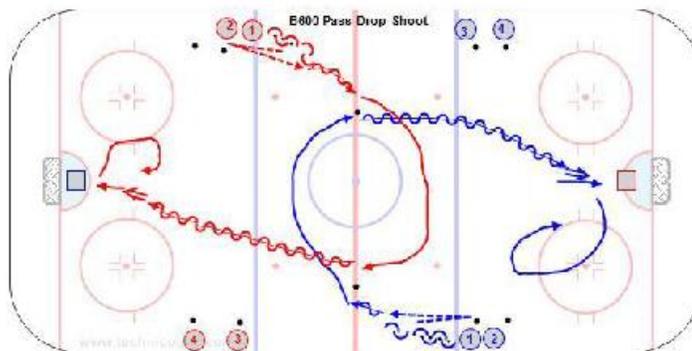
Key Points:

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.

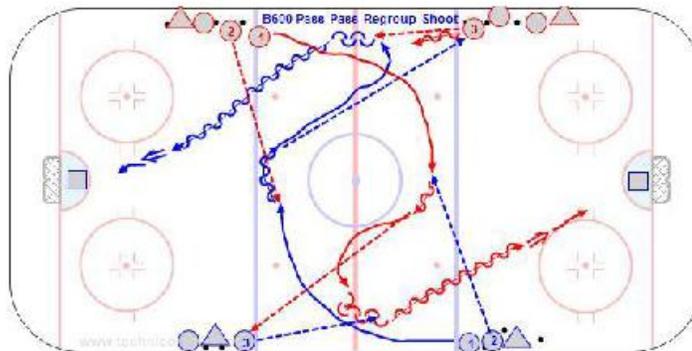
Description:

- 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://hockeycoachingabc.com/media/gallery/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

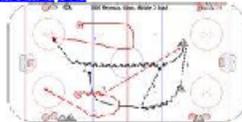
1. F1 skate and regroup with D1.
2. D1 skate to the middle and pass to D2 in the wide lane.
3. D2 quick up to F2 who stretches on the strong side boards.
4. F1 and F2 attack.

Repeat the other way with F3 regrouping with D3.

B600 Regroup, Hinge, Middle D Rush-Detroit

Published by TomM On Sunday, November 28 2010 @ 08:28 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=20101128082702491>

B600 Regroup x 2 - Hinge 2-0

Forwards regroup with the D at each end who hinge and pass up and then attack 2-0

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B600 Regroup x 2 x 2 – Pro

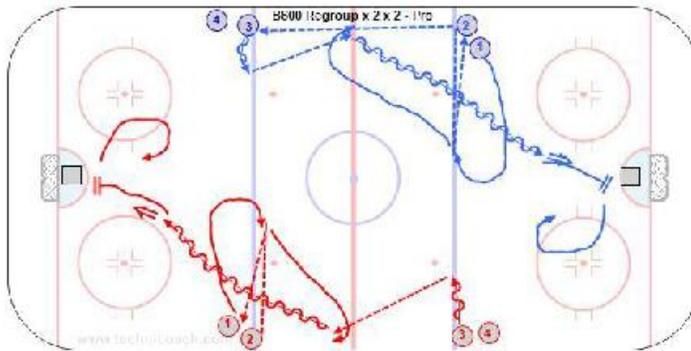
Key Points:

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.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20141104102555841>



B600 Regroup x 2 - Hinge 2-0

Key Points:

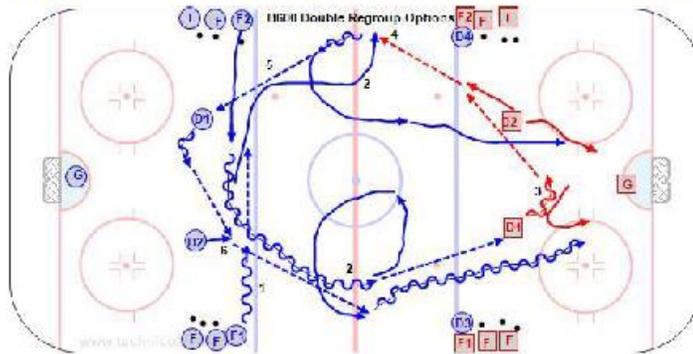
Regroup with each D and support from about a half zone away. Give a target and face the puck. Pass hard and always give strong side wall support and middle support.

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:

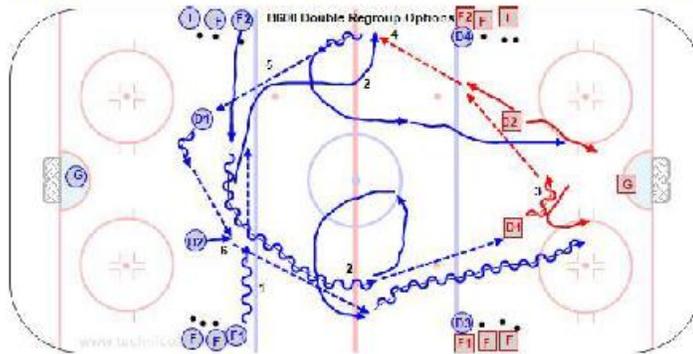
Regroup with each D and support from about a half zone away. Give a target and face the puck. Pass hard and always give strong side wall support and middle support.

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%20-0%20one.3pp



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.

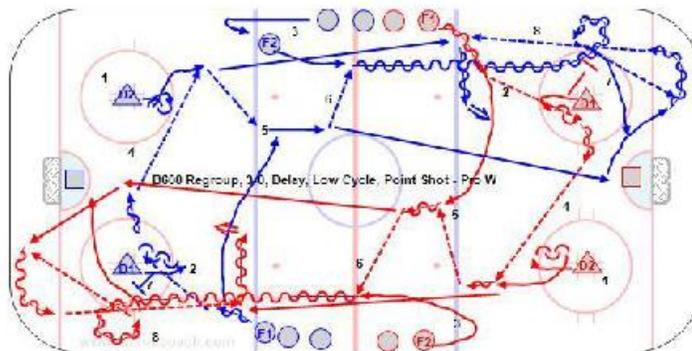
Description:

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.

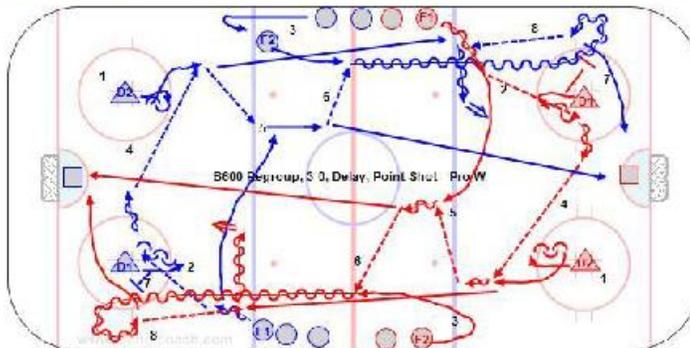
Description:

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, Hinge, Middle D Rush

Key Points:

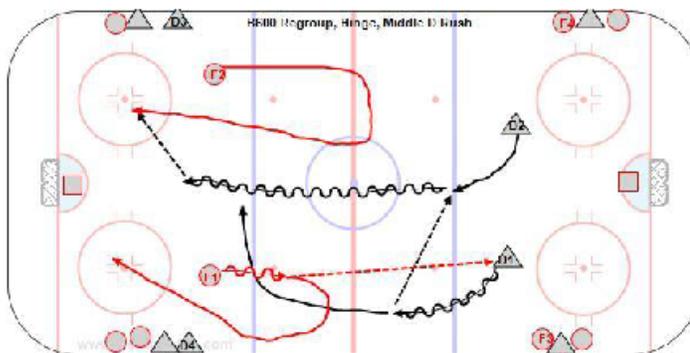
Middle D comes late as a second wave and lead the rush.

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 outside 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.

<http://hockeycoachingabc.com/media/gallery/media.php?f=0&sort=0&s=201011280928188>



B600 Regroup, Hinge, Quick Up-Detroit

Key Points:

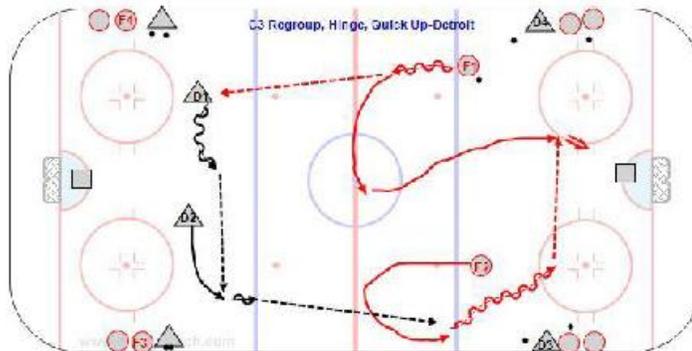
Hinge and push the puck up the ice quickly. Strong side F stretch and weak side give middle support.

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101128092923497>



B600 Regroup-Wall support-Shoot x 2

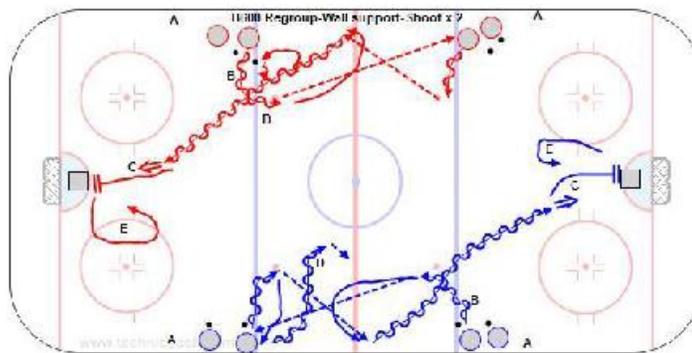
Key Points:

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.hockeycoachinabcs.com/media/gallery/media.php?f=0&sort=0&s=20141026091335255>



B600 Skate Circles Exchange Pucks and Shoot

Key Points:

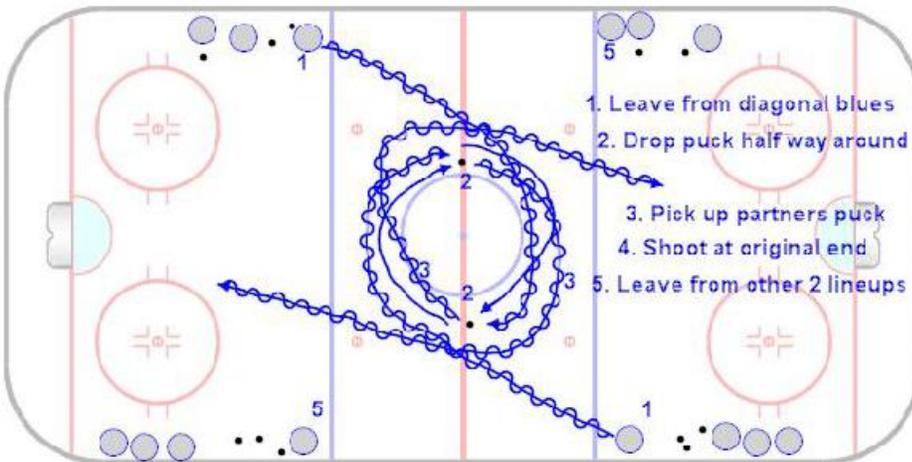
Players should keep their hands and feet moving all the time.

Description:

1. Leave from diagonal blue lines.
2. Drop the puck when halfway around the circle.
3. Pick up the opposite player's puck.
4. Complete the circle and shoot at the original end.
5. Players leave from the other two lineups.

Options:

- a. Start by passing across and exchanging pucks.
- b. Stay in the zone to screen or tip.
- c. Circle back and skate in to rebound the next shot.
- d. After shooting give and go with the next shooter.
- e. Defend a 1-1 vs the next shooter.



B600 Small Horseshoe 4 Nets 2 Groups

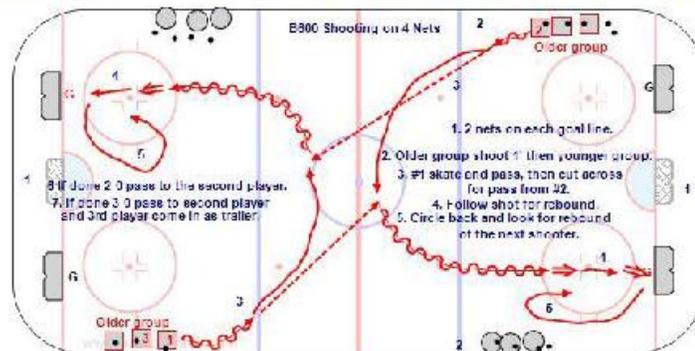
Key Points:

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 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.

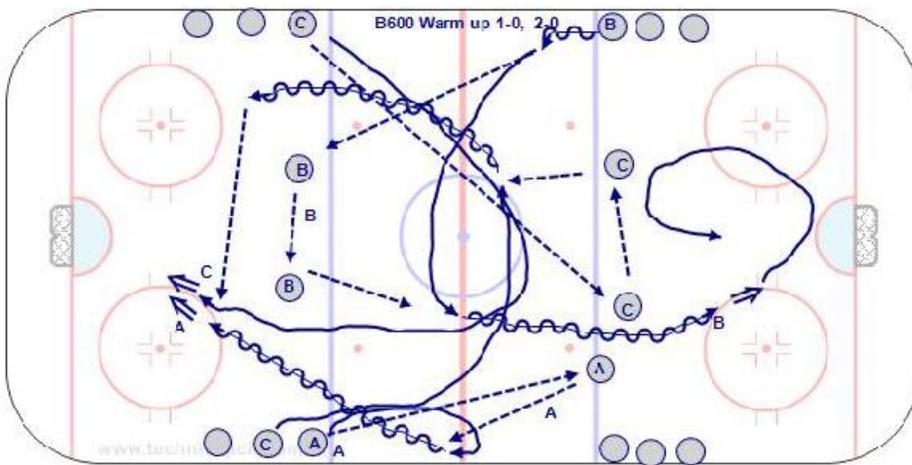
Description:

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.



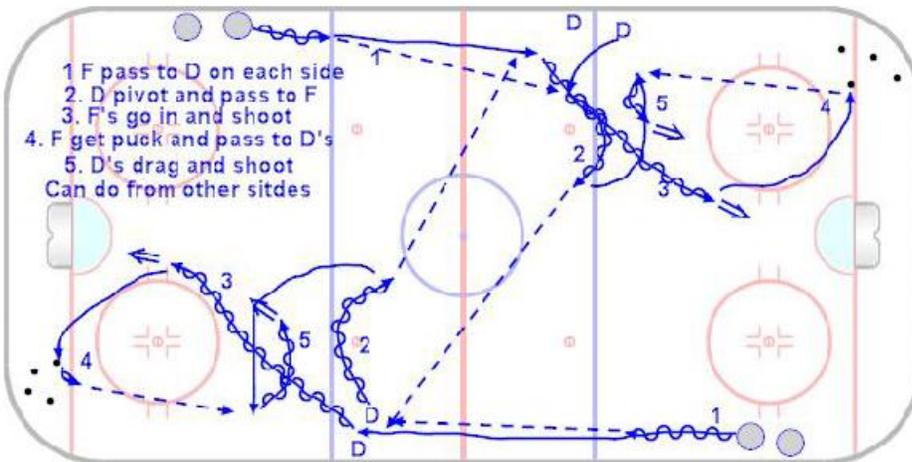
B600 Wideman Pass and Point Shot

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

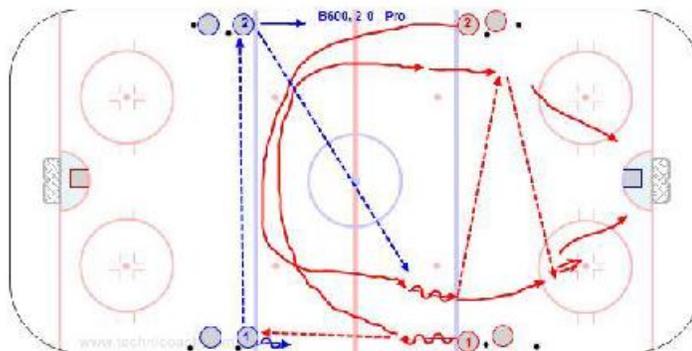
Key Points:

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.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=2013031209411766>



B600, 2-0 Wide Middle x 2 – Pro

Key Points:

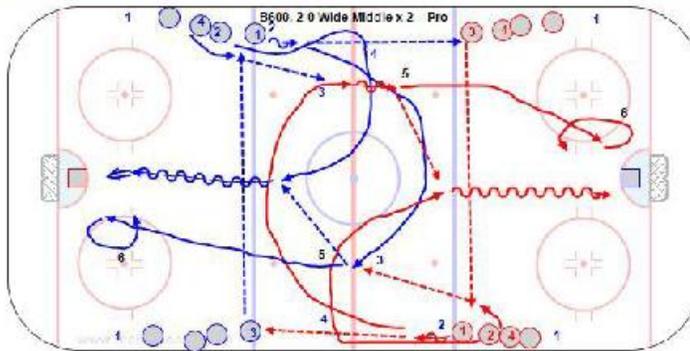
Give a target and time the skating. Hard passes, mirror the puck, stretch, shoot, rebound.

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.hockeycoachinabcs.com/media/gallery/media.php?f=0&sort=0&s=20130806144401936>



B600 Stretch Pass x 2 – Pro

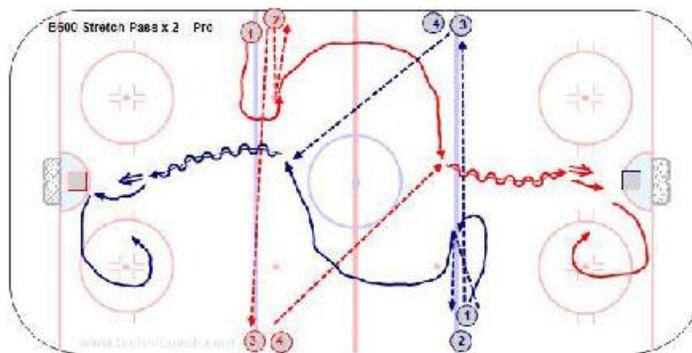
Key Points:

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 Timing and 1-1

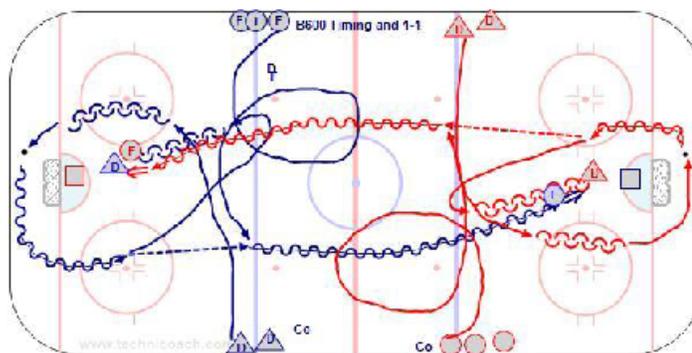
Key Points:

The D pivots and the forward comes back to the puck timing it so the D can make the pass. D should try to tighten the gap to a stick length as soon as possible.

Description:

1. Forwards on one side and D on the other at both bluelines.
2. D's skate across the ice back to check up ice then turn and get the puck.
4. F's circle in the nzone and come back to the puck with good timing and a target.
5. D's pass to the F's.
6. F's skate down one side each.
7. D skate to the other side and defend the 1-1 vs the forward from the other end.
8. Could also be done 2-1.

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B600 Up-Back-Cross Pass x 2 - Pro

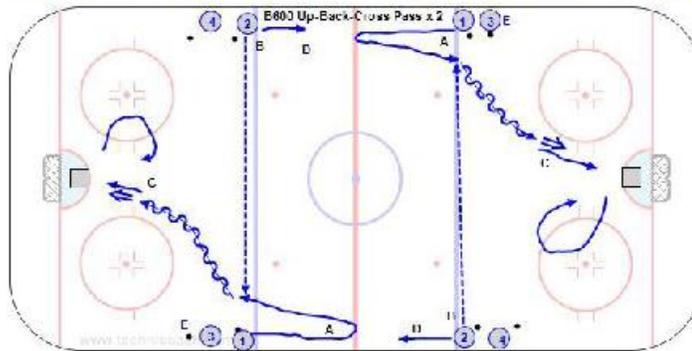
Key Points:

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

Description:

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

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



B600 Wall Support 1-0 x 2 – Pro

Key Points:

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

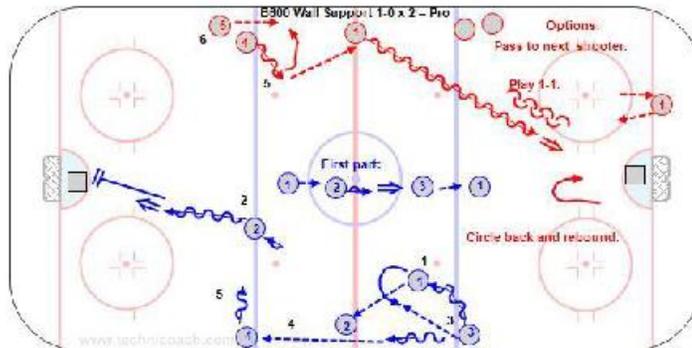
Description:

1. Player 1 from each side step out from the blue line and pass to player 2.
2. Player 2 skate down and shoot, rebound and screen.
3. Player 1 turn back and get a pass from 3.
4. Player 1 turn and pass to 4 at the other blue line.
5. Player 4 step out and pass to 1 who supports on the wall then goes in for a shot.
6. Player 4 on each side repeat - shoot on opposite net.

* Options: After shooting play a 1-1, exchange passes, or circle back and rebound for next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014070616557210>

<https://youtu.be/w4T47DwMOYY>



B600, 2-0 – Pro

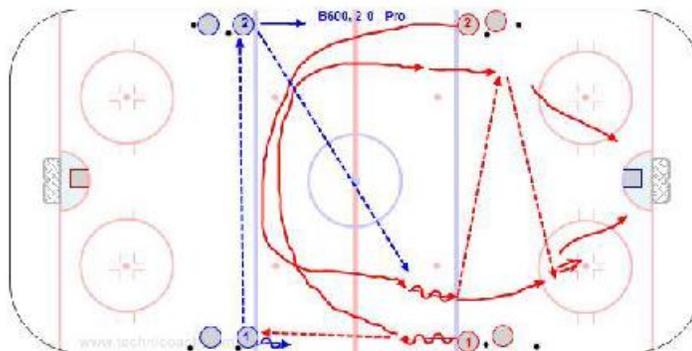
Key Points:

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.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=2013031209411766>



B600, 2-0 Wide Middle x 2 – Pro

Key Points:

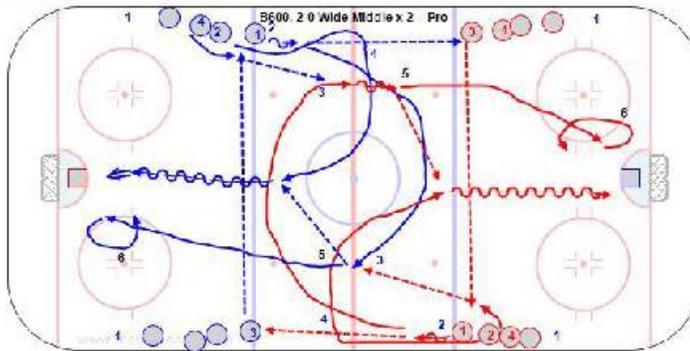
Give a target and time the skating. Hard passes, mirror the puck, stretch, shoot, rebound.

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.

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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.
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4. F'' get a new puck from the corner and pass to the D then screen the goalie.
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