

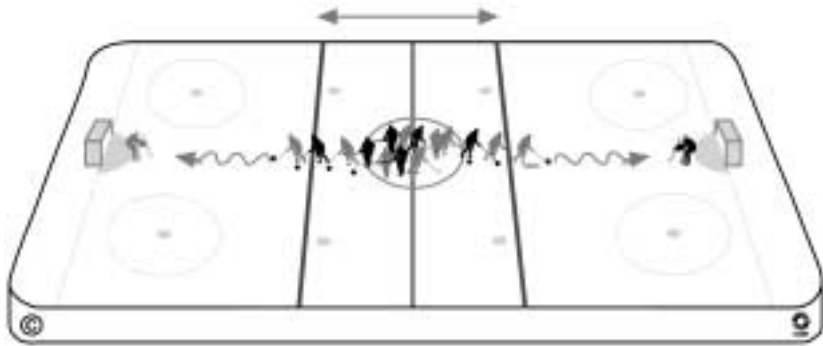
# **E – Shootout and Contest Manual - 2019**

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**<http://hockeycoachingabcs.com>**



## EI BASIC FORMATION

These exercises are meant to give the team a good way to finish the practice. The formation is the same as **B4** and **CI**.

**Teaching Points:** Team contests, like a shootout, where players take penalty shots, are fun for the shooters and the goalies. Prizes for the winners or push-ups, etc., for the losers add intensity and enjoyment to this cool-down exercise. **For variation, sometimes have the winners do push-ups.**

## E1 - 2-0 x 2 SO Game – MRU

### **Key Points:**

Use many variations on the 2-0. One timers, cross and drop, drop and screen, fake pass and shoot, etc..

### **Description:**

There is one point for every goal and each contest gets 15".

A - 1 and 2 attack 2-0 from each line-up.

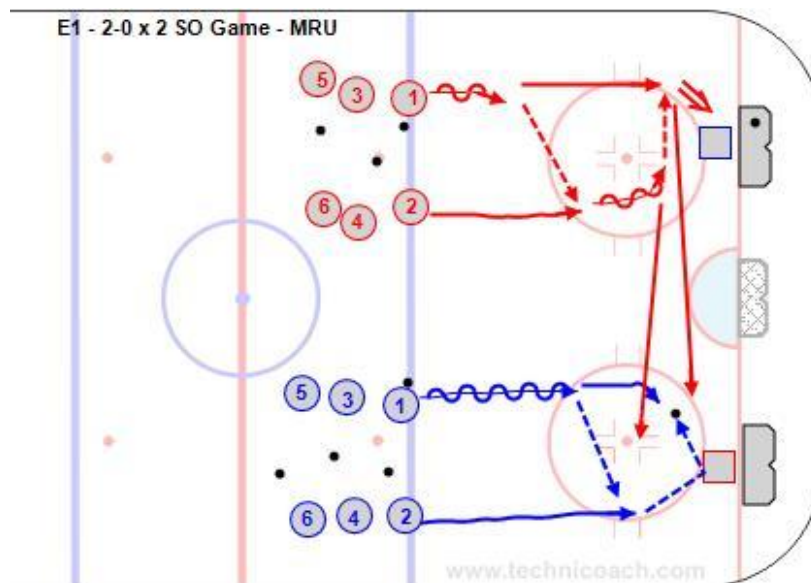
B - If both teams score each team gets a point and 3-4 go on the next whistle.

C - If only one team scores then they race across to defend and steal the puck from the other team and try to score.

D - Scoring team gets a point.

E - 15" next rep.

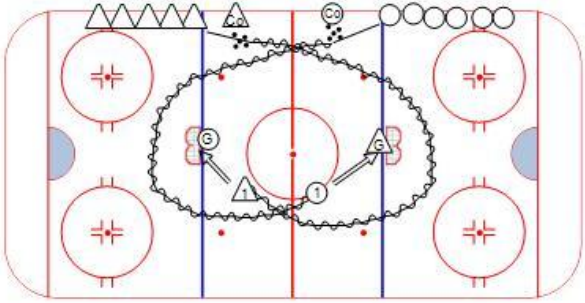
F - First team to 20 wins.



# 10 Puck Relay:

## Description:

- Coaches have 10 pucks each
- Players skate around opposite net and come back to goal nearest their line.
- Both sides go at same time
- Players shoot, rebound, then pass to their line.
- Shots that miss net must be retrieved.
- New pucks handed out only after a goal
- First team to score 10 goals wins
- Can also be done 2 v 0

Categories		Drill Title :
<input type="text" value="Scoring"/>		10 Puck Relay
<input type="text" value="Competitive Games"/>		Components :
Content elements :		
<b>Description</b>	<b>Key Points</b>	
10 Puck Relay: -Coaches have 10 pucks each -Players skate around opposite net and come back to goal nearest their line. -Both sides go at same time -Players shoot, rebound, then pass to their line. -Shots that miss net must be retrieved. -New pucks handed out only after a goal -First team to score 10 goals wins -Can also be done 2 v 0	<input type="text" value="Heads Up"/> <input type="text" value="Hit Net"/> <input type="text"/> <input type="text"/>	

## D200 - 2 on 1 x 2 Race to Score – Pro

### **Key Points:**

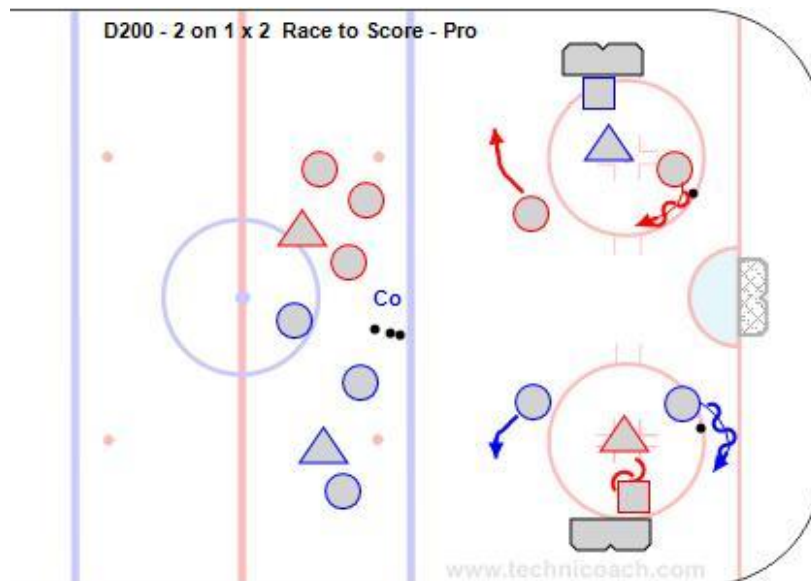
Two on one contests. The attackers must get open, pick, shoot, pass etc. to score and the defender must realize it is really a 2 on 2 and cover the attack or pass to the most dangerous player and give the other attacker to the goalie. Lots of talking on defense.

### **Description:**

1. Play a 2 on 1 at each end.
2. Blue attack at one end and Red at the other.
3. The first team to score gets one point.
4. Switch the players after a goal is scored.
5. Contest is to see who can score 5 goals first (or some other total)

\*Making the 2-1 a game gives urgency to the attackers to score and the defender to battle.

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## E1 - D202 - Neutral Zone Game 2-2, 3-3

### **Key Points:**

Be ready for a new puck after a goal, frozen puck or wide shot. Be ready for a new puck after a goal, frozen puck or wide shot.

**Description:**

1. Start with a 2-2 or 3-3.
2. Extra players are on the bench.
3. Coach pass new puck to his defending team when the puck is out of play.
4. 20-30 second shifts.
5. Keep score and the losing team skate or some other punishment.

*\* Important to face the play with and without the puck in the 'Triple Threat' position.*

*\* Create space by making fakes and escape moves.*

\* Play situations from 1-1, 1-2, 2-2, 2-3, 3-3 and add passing to the Jokers.

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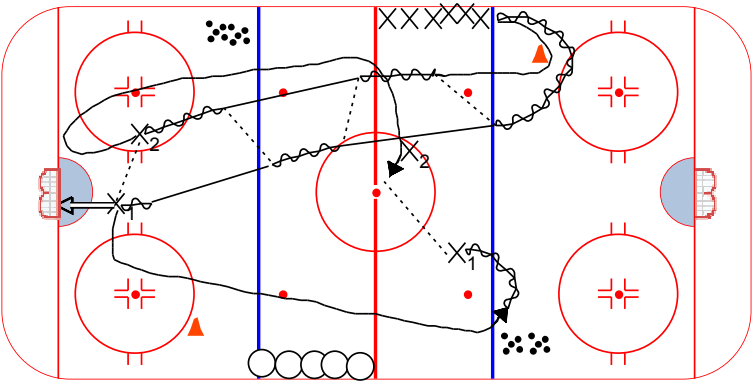
<https://youtu.be/yRfv5kNr0IE>



Title : Full Ice 2 v 0 Scoring Gam    Content elements:    Components :

Description

Full Ice 2 v 0 Scoring Game:  
-Play starts on whistle, both sides going at same time  
-X1 & X2 race to score 2 goals vs O1 & O2  
-After 1st goal X1 & X2 retrieve puck from far blue  
-Both players must cross red line on regroup  
-After 2nd goal players sprint back to cross red line  
-First side to cross red line with 2 goals gets point



Key Points :

Heads Up

Good Passes

Finish Strong

## A500 - Overspeed Puck Handling with a Shot - Sweden 4

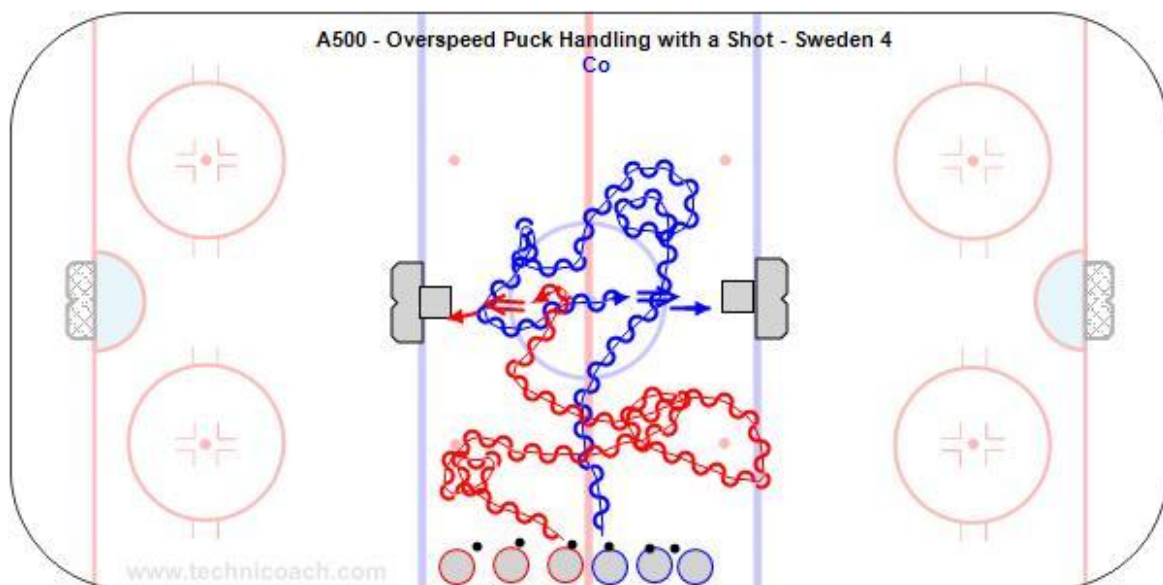
### **Key Points:**

Players should skate and make moves at full speed. If they fall sometimes that shows they are pushing themselves beyond their comfort zone, which is great. Always follow the shot for a rebound.

### **Description:**

1. Players are lined up along the boards with one colour on each side of the red line with a net at each blue line.
2. On whistle the players skate with the puck in the neutral zone.
3. Overspeed tempo with moves and turns at a faster pace than the players usually go.
4. Shoot on one net each on the next whistle.
5. Whistle about every 7".

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## E1 – Random Battle In Low Slot – Youth

### Key Points:

Defender must stay between the attacker and the net. Both players must agility skate using edges.

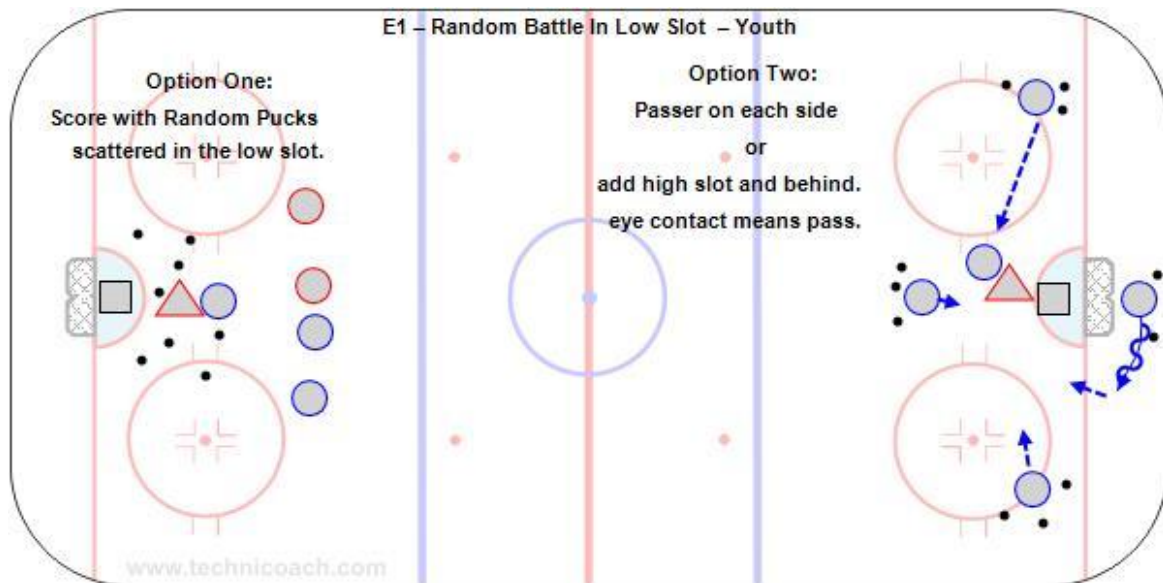
### Description:

1. Pucks are scattered in the low slot area.
2. Attacker has 15-20" to score as many goals as he can.
3. Defender has no stick and impede the shooter from scoring.
4. Count the goals.

*\* I think it is dangerous to step on pucks and fall. Another option that adds the skills of passing, receiving, shooting off a pass is to have a passer on each side and up top or high slot and behind net who feed the shooter when he makes eye contact.*

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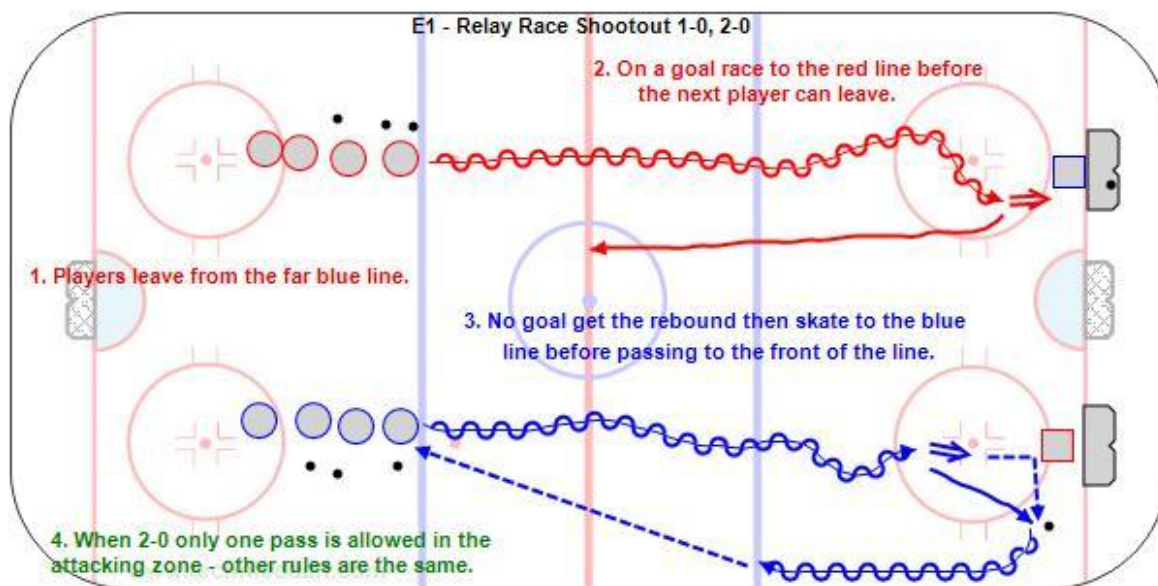
## E1 - Relay Race Shootout 1-0, 2-0

### **Key Points:**

Make a hard fake to get the goalie to lean and then 'shoot where the goalie ain't', shoot where he is coming from and not where he is going. If the goalie comes out deke and if he is deep shoot.

### **Description:**

1. Players leave from the far blue line.
2. On a goal race to the red line before the next player can leave.
3. No goal get the rebound then skate to the blue line before passing to the front of the line.
4. When 2-0 only one pass is allowed in the attacking zone - other rules are the same.
5. Keep score and play to either a goal total or a time limit.



# E1 - Shootout Race - U18

## Key Points

Players must have one skate on the dot at the start. No hooking or tripping. Skate to get D side and get the puck.

\*This is a great contest for quick starts, puck protection, battling, scoring and a good anaerobic conditioning exercise. Keep score with one colour vs. the other.

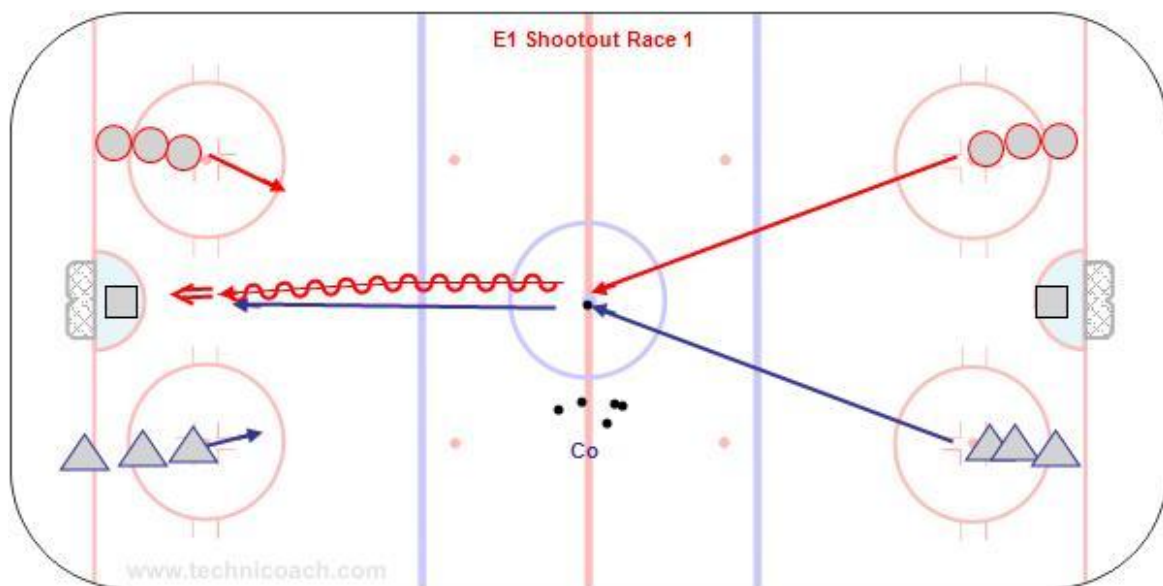
## Description

1. Players are lined up behind the face of dots at each end.
2. A player from each team race for the puck which the coach puts on the middle dot.
3. Protect the puck and try to score vs. backchecking opponent.
4. Place another puck near the dot and repeat the other way.
5. Allow goals on rebounds that come straight out.

\* Backchecker can't hook or hold but must take the stick on a rebound.

\* Keep score!!

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Categories

Scoring

Competitive Games

Drill Title : 2 v 0 Scoring Game

Components :

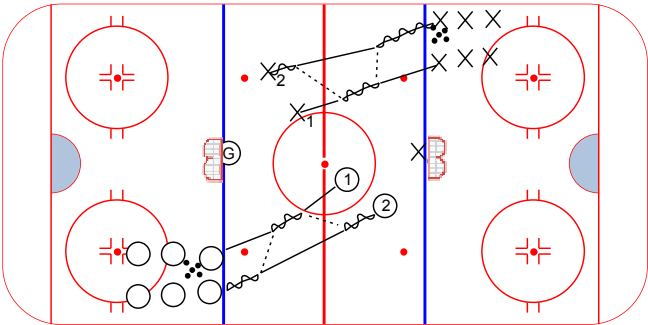
Content elements :

Description

2 v 0 Scoring Game:  
-X1 & X2 race against 01 & 02 to score 2 goals  
-After scoring the first, return to own line to get 2nd puck & regroup  
-After scoring 2nd, sprint back across red line in direction of original line  
-1st team to cross red line with 2 goals wins point

Key Points

- Goalies set saves aside
- Retreive misses
- Finish w/sprint



## E1 2-0 Change on Go Shootout

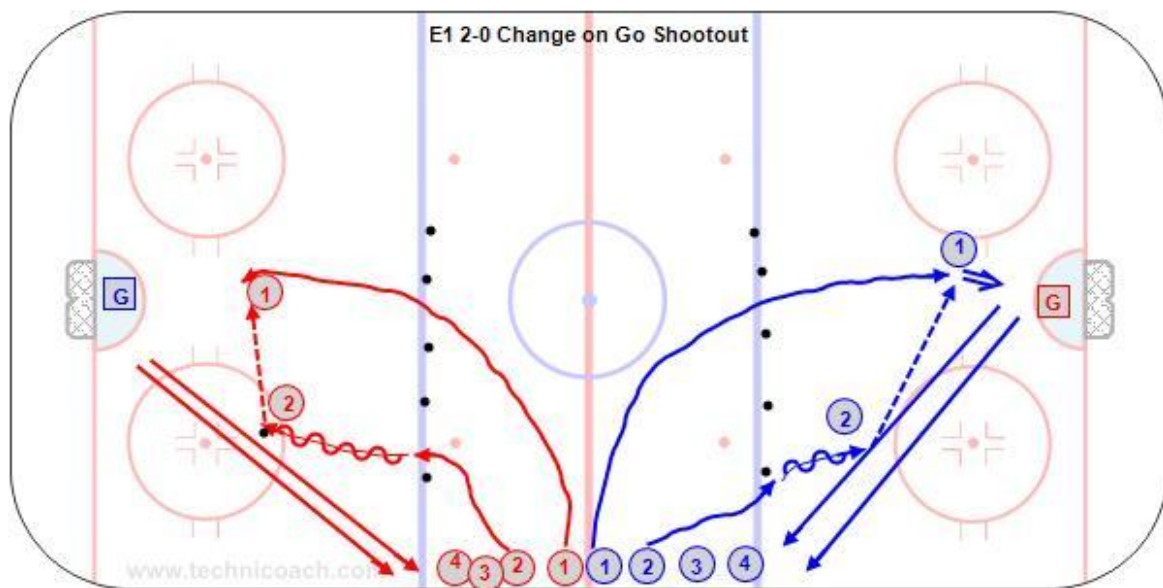
### Key Points:

The main goal of this shootout is for the goalies to battle and never give up on shots. It is more realistic if only one pass per shot is allowed but if the goal is for the goalie to battle put no restrictions on the shooters.

### Description:

1. Half the team in each box and as many pucks on the blue line as the number of the largest team.
2. Two players leave from the box, get a puck from the blue line and shoot until they score.
3. After scoring race back and touch the player box gate so the next two can leave.
4. First team to score all the pucks wins.
5. Losers do a chore or exercise.

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**Title :** 3 Puck Break Away Game

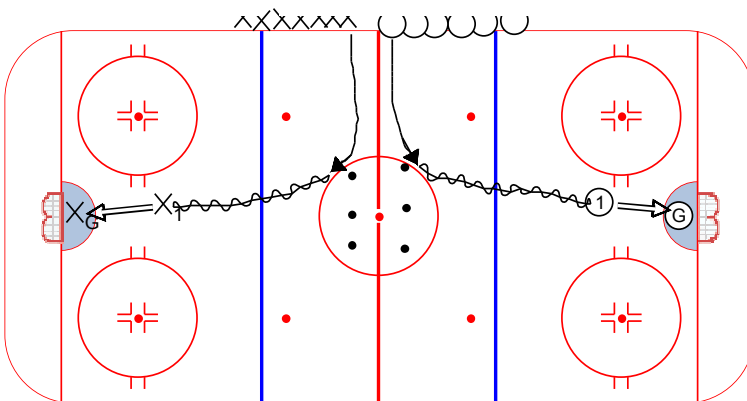
**Content elements:** Break Away Scoring

**Components :** Conditioning

### Description

### 3 Puck Break Away Game:

- Players are on benches
- Coach puts 3 pucks each side of center circle
- After shooting:
  - Scorer heads to bench, change on fly
  - Non-scorer MUST return puck to center circle
  - Once puck is in circle next player can leave
- First team to score 3 goals wins



### Key Points :

## Change on Fly

### Return Puck on Miss

## E1 3-0 and 3-1 One Touch-One Timer

### **Key Points:**

Square to the passer and have the stick back and ready. Follow through at the target with the outside knee pointing at the target.

### **Description:**

3-0

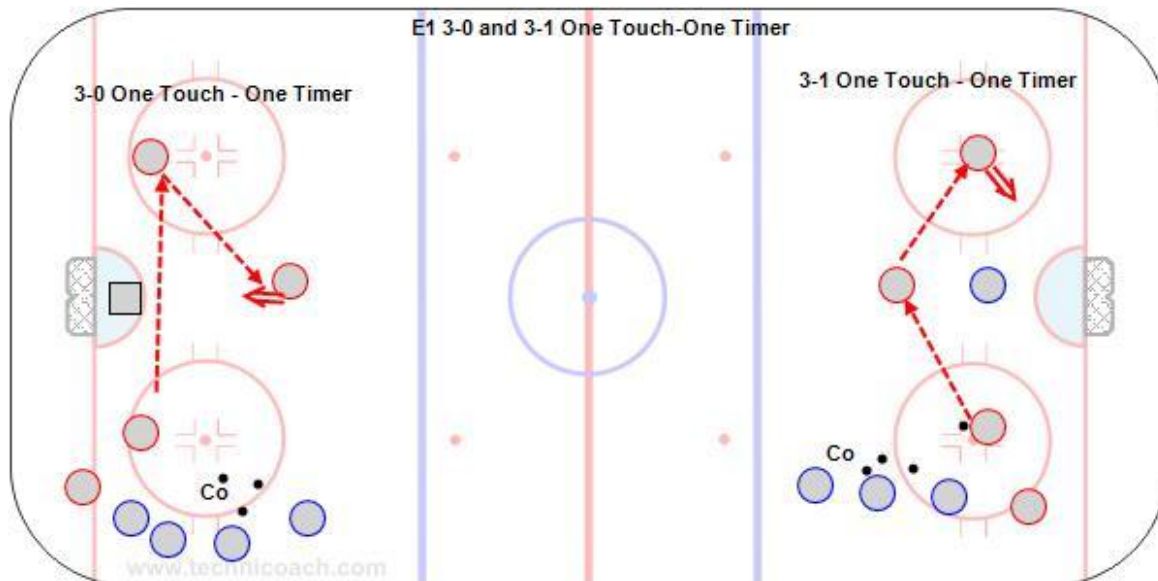
1. Shooters form a umbrella and one touch pass and shoot.
2. New puck when the puck goes out of the playing area, goal or frozen puck.
3. Rotate in and positions each new puck.

3-1

Same as the 3-0 but now there is a defender.

\*Keep score team vs. team and goalie vs. shooter.

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Categories

Scoring

Competitive Games

Drill Title : 5 Puck Full Ice Race

Components :

Content elements :

Description

5 Puck Full Ice Race:  
-Players take push-up position facing red line.  
-Coach puts 5 pucks across red line  
-On whistle teams race to score goals at opposite end  
-First team to 3 wins  
-Players can defend own net too  
-Only one shot at a time on goalie

Key Points

Goalie Must be Ready!



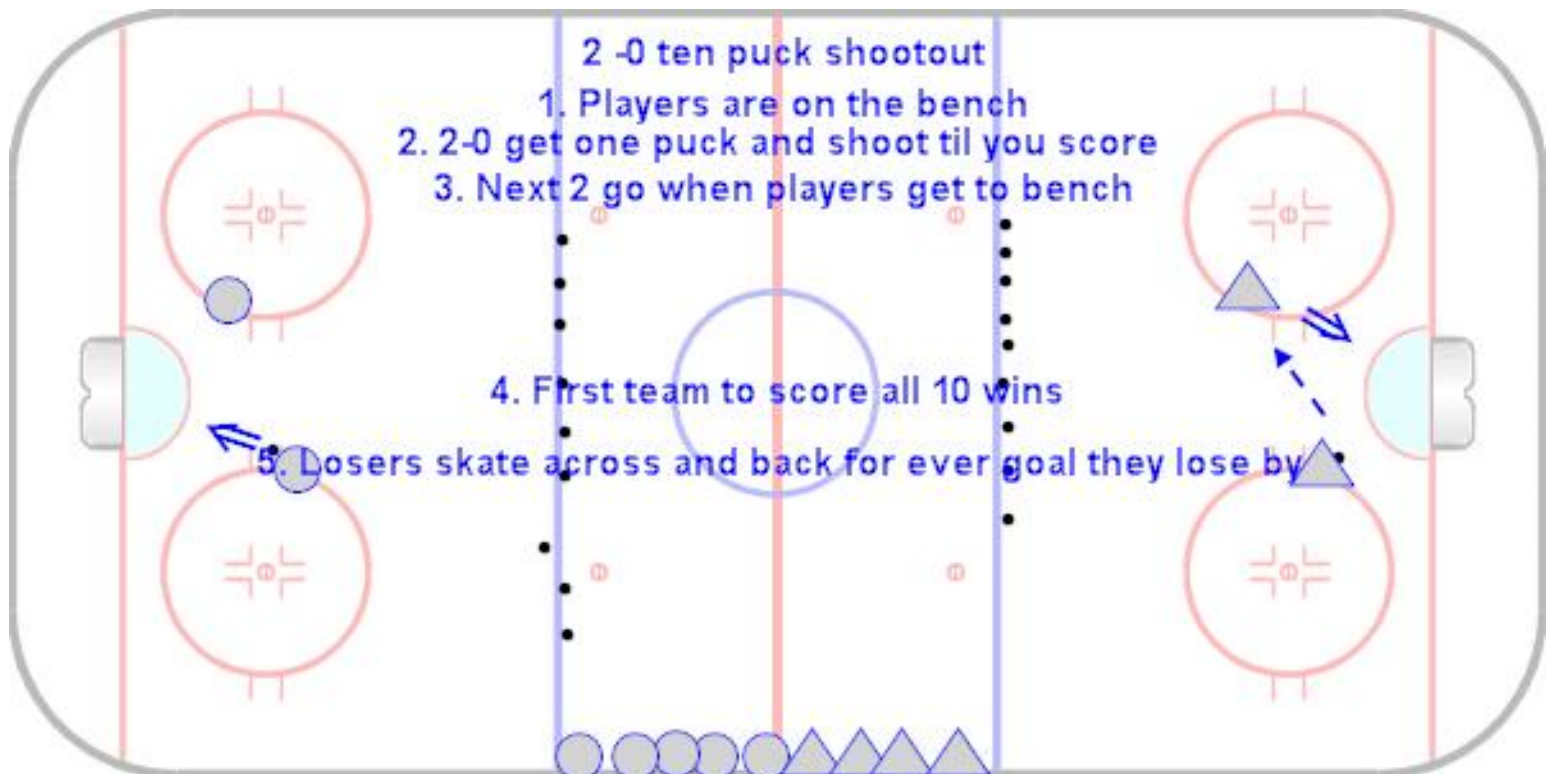
## E1 10 puck 2-0 shootout

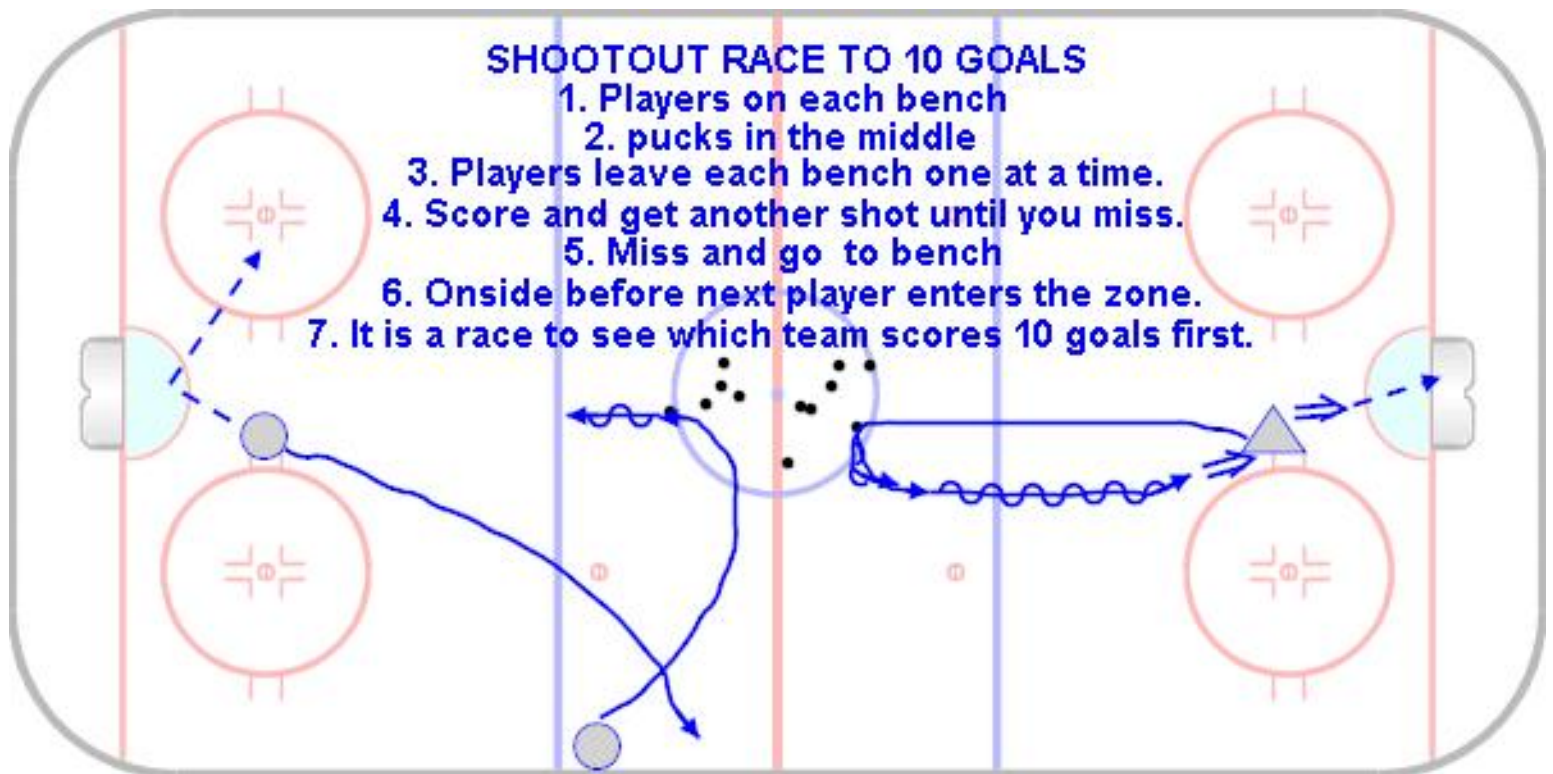
### **Key Points:**

Allow only one or maybe two passes before shooting. Place 10 pucks on the goal line or less if you don't have much time.

### **Description:**

1. Players are on the bench and can't leave until the scorers get within one stick length of the gate.
2. Race back to the bench hard to simulate changing on the fly.
3. Next two players go and pick up another puck from the blue line.
4. Goalie can shoot the puck away but keep it in the zone.
5. Losing team do something like skate or push ups for each goal they lose by.





## E1 Change on the Go with Pass Shootout – U18 F

### ***Key Points:***

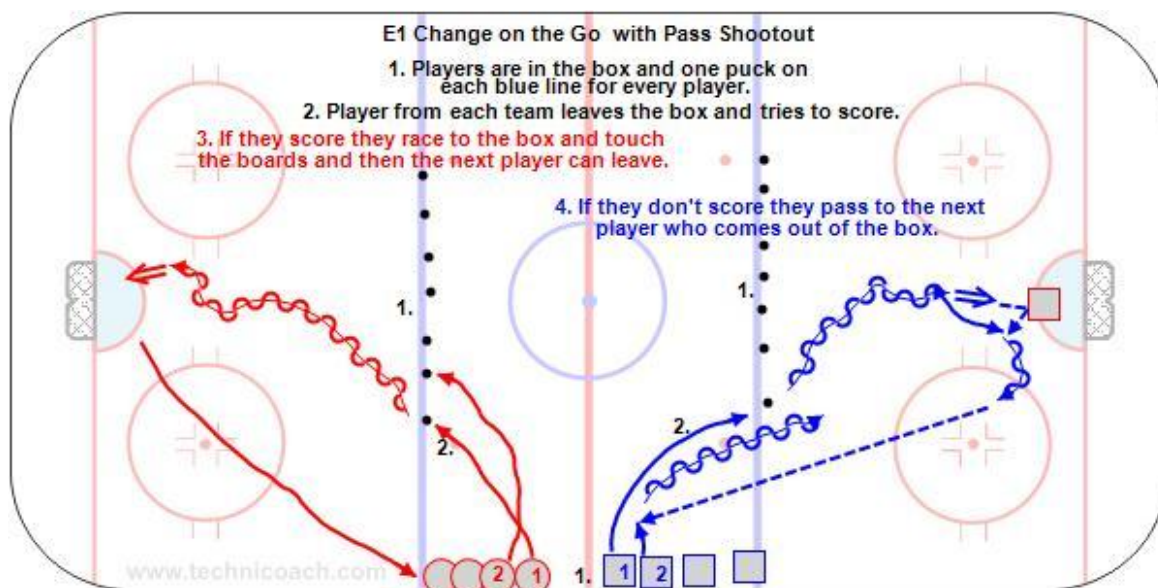
Players should work on selling the fake, change of pace and making the goalie move first. The goalie must time his retreat into the net to keep good angles on shots and cover the goal line on dekes.

### ***Description:***

1. Players are in the box and one puck on each blue line for every player.
  2. Player from each team leaves the box and tries to score.
  3. If they score they race to the box and touch the boards and then the next player can leave.
  4. If they don't score they pass to the next player who comes out of the box.
  5. Losing team do something for every goal they lose by.
- \*To make it realistic the goalie should practice starting from the goal line and coming out.

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# E1 D200 Shootout Game

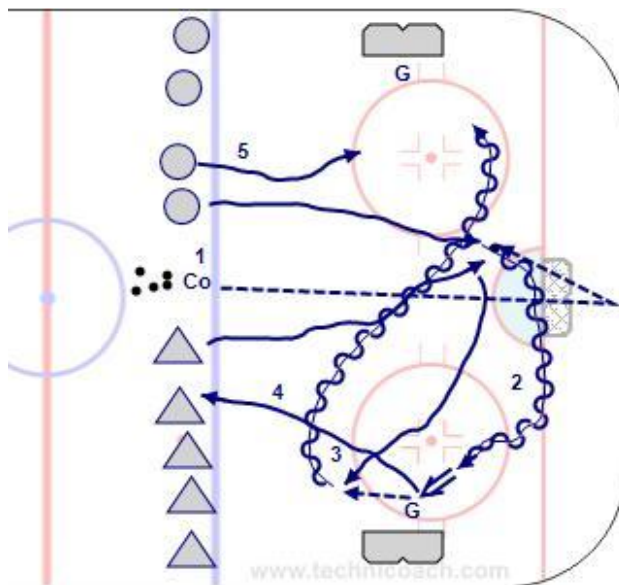
## ***Key Points:***

As soon as there is a rebound or goal the defender pick up the puck and attack the other way.

## ***Description:***

1. Coach dumps the puck in and players race for it.
2. Puck carrier try to score defender defend.
3. On rebound or goal defender attack other way.
4. Shooter must get outside of the blue line.
5. When teammate onside then first player in the line backchecks.

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## E1 Elimination Shootout – Russia U20

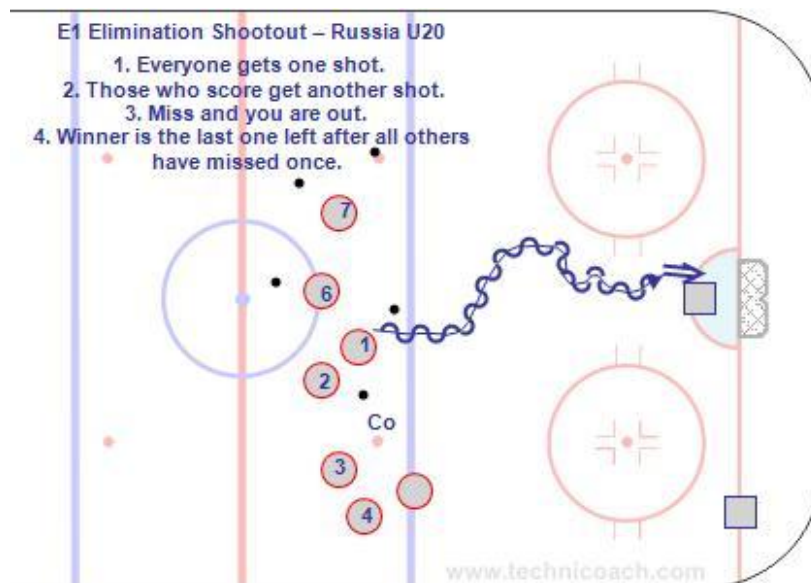
### Key Points:

Make a hard fake to cause the goalie to move and then shoot where he isn't. Also shoot where the goalie is coming from and not where he is going. General principle is if goalie is out far deke and backs in shoot.

### Description:

1. Everyone gets one shot.
2. Those who score get another shot.
3. Miss and you are out.
4. Winner is the last one left after all others have missed once.

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## E1 Gambling Shootout

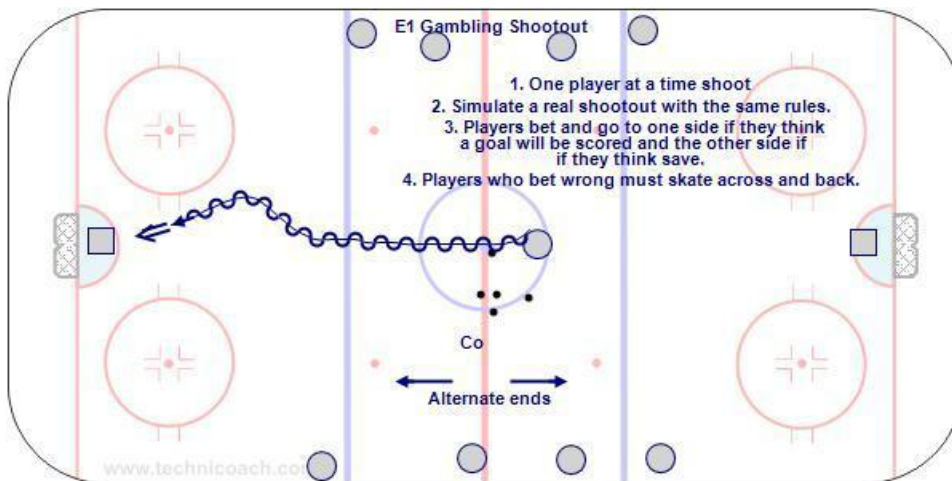
### **Key Points:**

Simulate a real shootout by placing the puck on the dot and the player starting on the whistle and the goalie not moving until the player touches the puck. Get the goalie used to shootout skating.

### **Description:**

1. One player at a time shoots.
2. Simulate a real shootout with the same rules.
3. Players bet and go to one side if they think a goal will be scored and the other side if they think save.
4. Players who bet wrong must skate across and back.
5. Alternate ends.

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## E1 Shootout from Blue Lines - Latvia U20

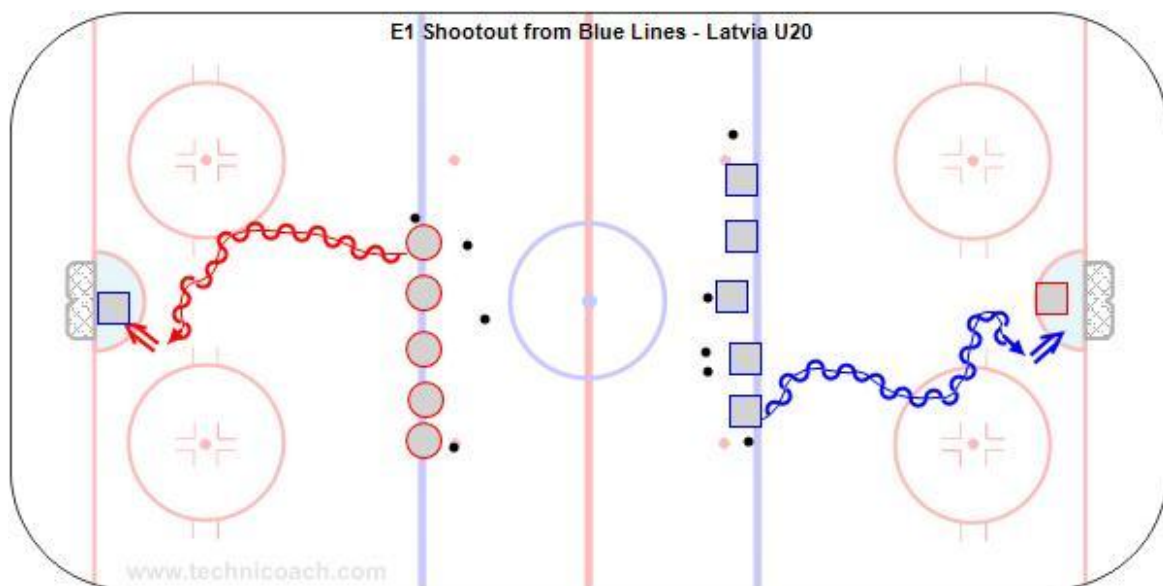
### ***Key Points:***

Goalie play from out to backing in to the net ready to poke check if the player exposes the puck. Shooters make the goalie move first and shoot where they are coming from and not where they are going. Shoot five hole if they open up, high if they go down and just over the pad and under the glove when they are down. Make them cover the entire width of the net by coming in from a side.

### ***Description:***

Players line up along the blue lines at each end and take turns shooting. Create competitions and eliminations to make it competitive.

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## E1 Rebound Game

This is a scoring contest that seems to be loved by players of all ages everywhere in the hockey world.

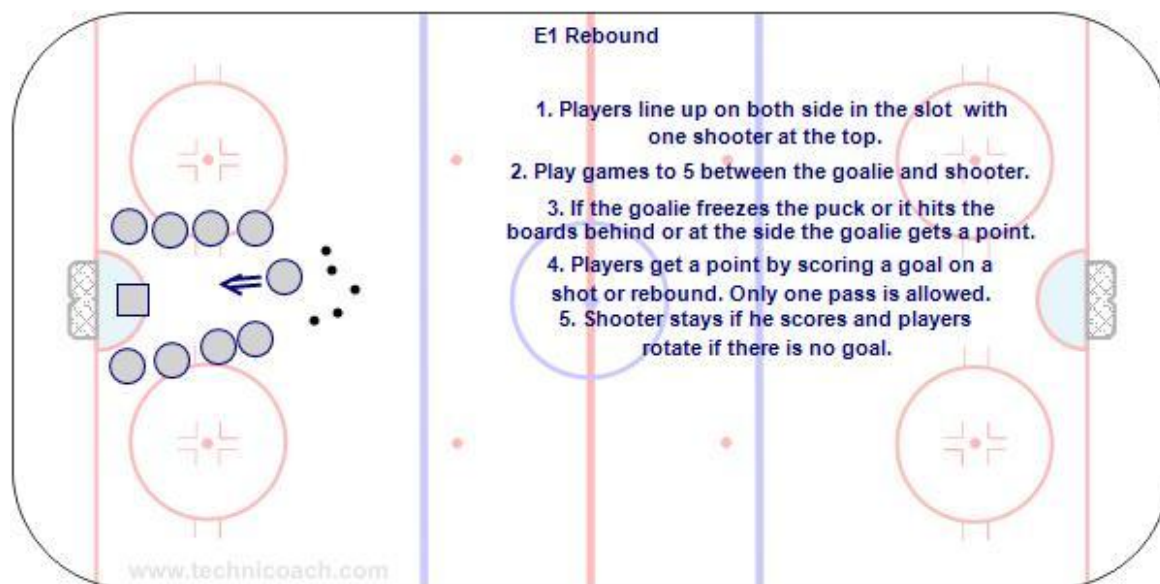
### ***Key Points:***

Make quick shots and one timers and goalie read the play.

### ***Description:***

1. Players line up on both side in the slot with one shooter at the top.
2. Play games to 5 between the goalie and shooter.
3. If the goalie freezes the puck or it hits the boards behind or at the side the goalie gets a point.
4. Players get a point by scoring a goal on a shot or rebound. Only one pass is allowed.
5. Shooter stays if he scores and players rotate if there is no goal.

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## E1 Shoot then Breakaway – Pro

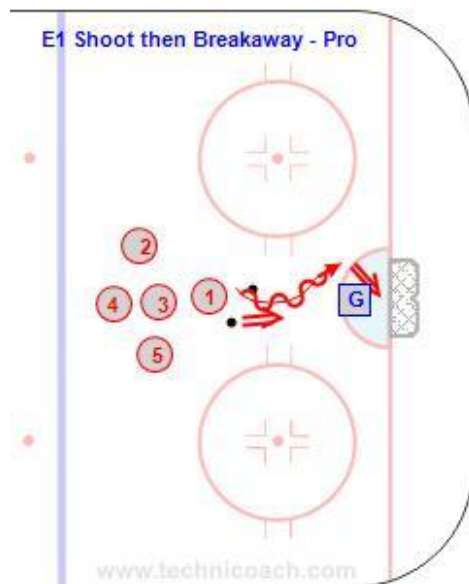
### ***Key Points:***

Skaters shoot to score. Hide the shot and use deception. Sell the fake on the breakaway. create a contest where shooters get a point for each goal and the goalie a point for each save.

### ***Description:***

1. Skaters play against each other and the goalie and goalie against the skaters.
2. Player 1 shoot from the top of the circles.
3. Player 1 take a second shot skating in on the goalie.
4. Goalie one point for each save.
6. Skaters one point for each goal.

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## E1 Shoot Until You Score Race 1-0, 2-0, 3-0

### Key Points:

Players should attack quickly, pass early, shoot to score. Goalies must battle and never give up.

### Description:

1. Place one puck on the bluelines for each player on the bench according to the largest team.
2. One player leaves from the bench and must keep shooting until a goal is scored.
3. Scoring player skate hard to the bench and touch the boards with the stick and a player joins him/her and they attack 2-0.
4. Repeat after a goal and attack 3-0.
5. All three players rush back and touch the boards and then repeat.
6. The team that scores all the pucks first wins.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20121026142749173>



## E1 Shootout – Russian U20

### ***Key Points:***

Goalie play it like a regular shootout and leave from the goal line to get used to coming out and then timing the skating back with the shooters speed. Shooter make the goalie move and 'shoot where he is coming from and not where he is going.' Remember that under the crossbar is always a good shot; as Glen Hall said, "there is no one up there."

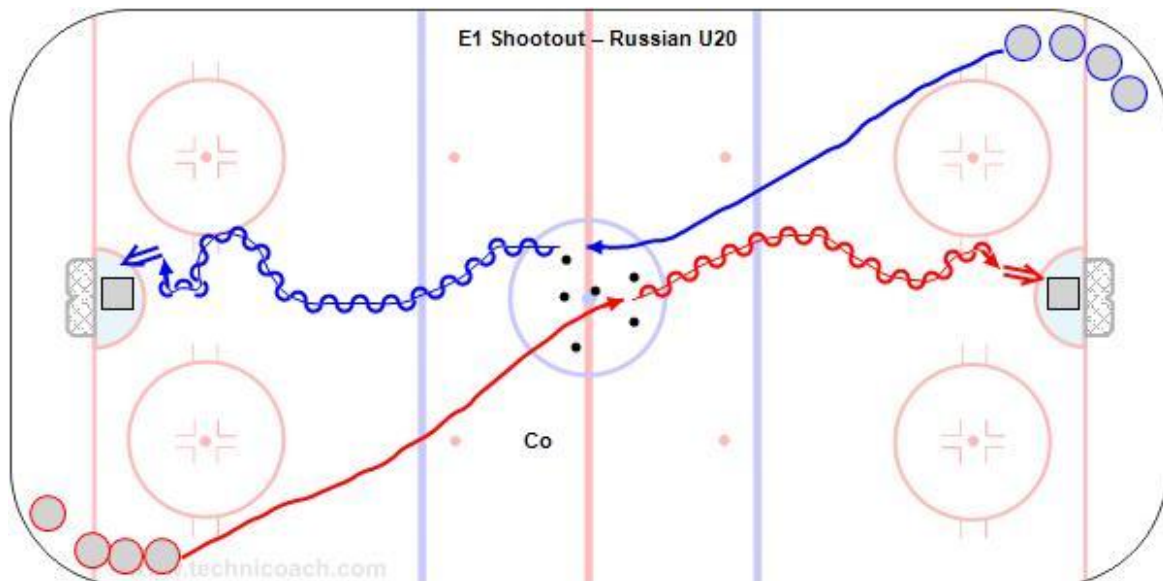
### ***Description:***

Shootout competition.

The pucks are in the middle and each player gets one shot vs. each goalie with the team that scores the most goals the winner. Players leave from diagonal corners.

In this video of the Russians the losing team had to walk on their knees from the blue to the red line.

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## E1 Shootout 2-0 Both Must Score

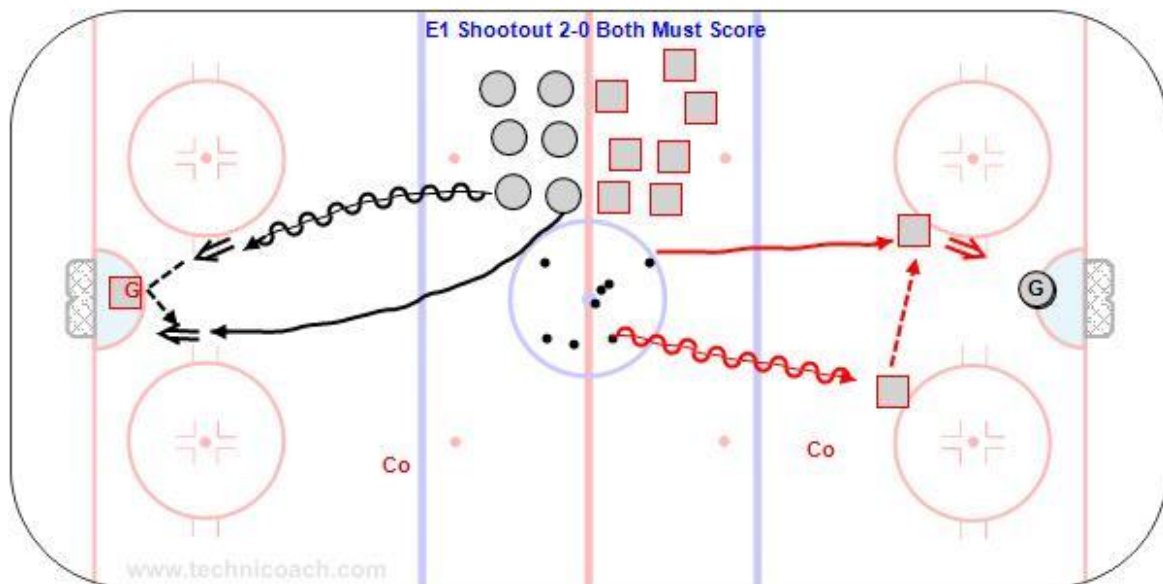
### ***Key Points:***

Goalie vs Goalie and Team vs Team. Attack with speed and shoot to score. Goalie focus on the shooter then play the pass or rebound. Keep the puck alive after it is frozen.

### ***Description:***

1. Two players leave from each team.
2. Only one pass is allowed in the offensive zone.
3. Both players must score.
4. After the first goal get a new puck.
5. Stay in the zone until you score. Goalie shoot frozen pucks to the side.

Rule: Score on first shot then no laps. Score on second shot one lap. If it takes three or more shots to score two laps. Losing goalie one lap.



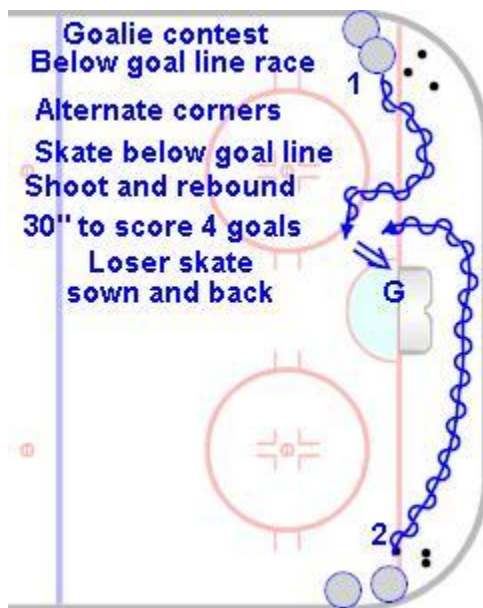
## E1 Shootout Contest Below the Goal Line

### ***Key Points:***

Players must walk out from below the goal line with power moves. Protect the puck and shoot high on butterfly goalies, to the far post on stand ups or through the legs on either style. Another option on a wrap around is to jam it inside the near post before the goalie gets across the net.

### ***Description:***

1. Players line up in each corner. The coach could put a glove or cone to mark where they can walk out.
2. Players carry the puck and either walk out or wrap around to score.
3. Alternate corners.
4. The player gets 30" to score 4 goals.
5. Players who don't score 4 goals must skate down and back.
6. If the goalie allows a certain number of players to score 4 goals then he skates down and back at the end of the contest.
7. Alternative is to go one player at a time from alternate corners and keep score.



## E1 Shootout from Blue Lines - Latvia U20

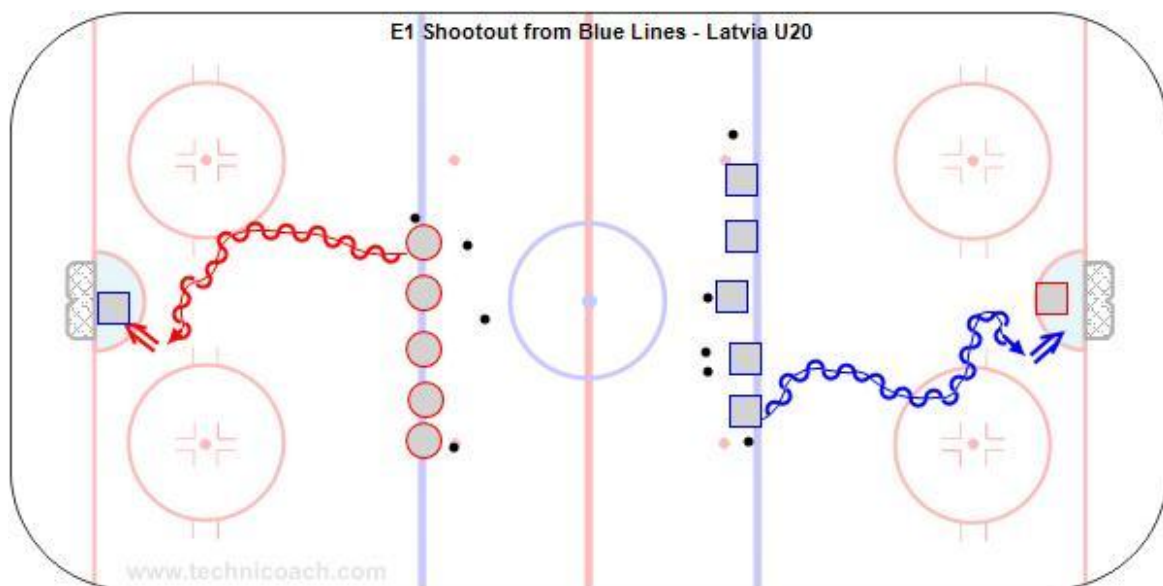
### ***Key Points:***

Goalie play from out to backing in to the net ready to poke check if the player exposes the puck. Shooters make the goalie move first and shoot where they are coming from and not where they are going. Shoot five hole if they open up, high if they go down and just over the pad and under the glove when they are down. Make them cover the entire width of the net by coming in from a side.

### ***Description:***

Players line up along the blue lines at each end and take turns shooting. Create competitions and eliminations to make it competitive.

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## E1 Shootout Race a With Tight Turn

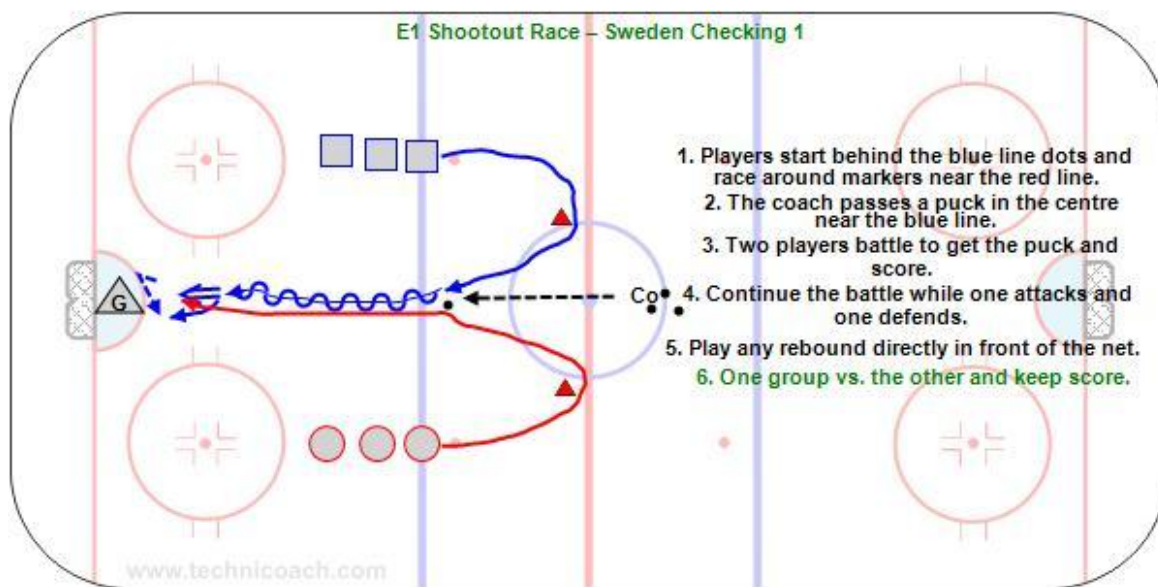
### **Key Points:**

Players must skate hard and battle for net side body position. Player who wins the puck must protect it and the checker fight for defensive side without taking a penalty. They should play any rebound in the slot.

### **Description:**

1. Players start behind the blue line dots and race around markers near the red line.
2. The coach passes a puck in the centre near the blue line.
3. Two players battle to get the puck and score.
4. Continue the battle while one attacks and one defends.
5. Play any rebound directly in front of the net.
6. One group vs. the other and keep score.

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## E1 Speed Scoring 2-1 to 2-2 – Finland

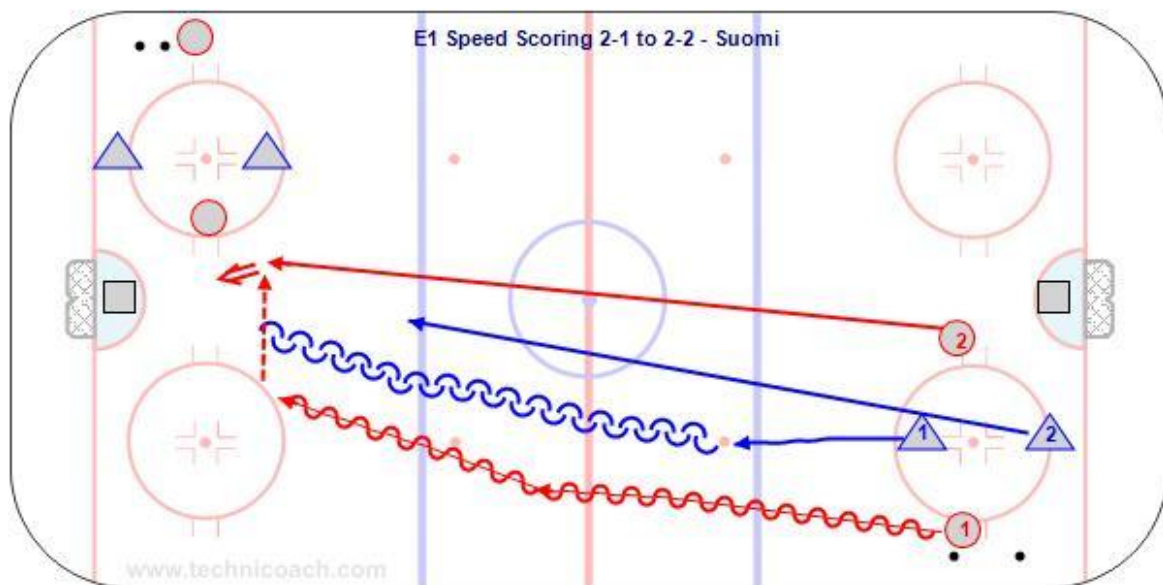
### **Key Points:**

The purpose is to attack as quickly as possible and pass and shoot while skating.

### **Description:**

1. Start from one end and when everyone is gone go the other way.
2. Attackers 1 and 2 leave from above the hash marks.
3. Defender 1 is inside the top of the circle with his stick upside down start forward and turn to back skating.
4. Defender 2 start from below the circle and back check.
5. Attacker 1 and 2 race down the ice to score and only ONE PASS is allowed.
6. Keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121119180045227>





## E1 Two Goal Relay Race

### **Key Points:**

Work on shooting one timers and scoring on rebounds. Good habits like face the puck, give a target with the stick on the ice. Limit of 2 passes before each shot.

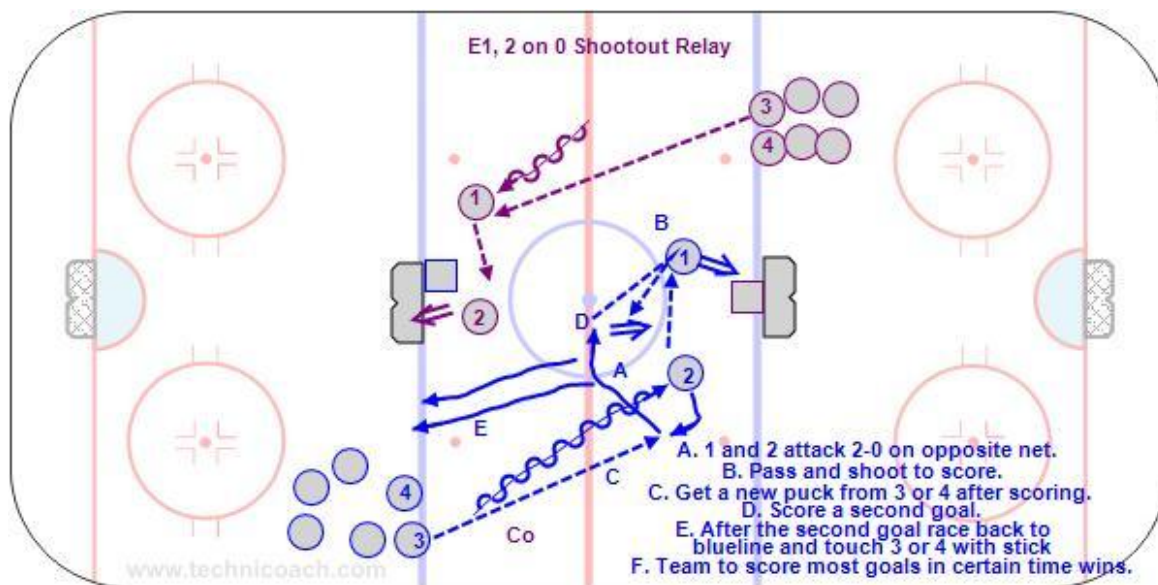
### **Description:**

- A. 1 and 2 attack 2-0 on opposite net.
- B. Pass and shoot to score.
- C. Get a new puck from 3 or 4 after scoring.
- D. Score a second goal.
- E. After the second goal race back to the blueline and touch 3 or 4 with stick on shin pad.
- F. Team to score most goals in certain time wins.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120914084920694>

This is the same game but the nets are cross ice instead of at the blue line. Bnefit is that the wide shots stay in play.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130111093614490>



# E1 Two Shot Shootout

## **Key Points:**

Players should come in and make a hard move and shoot. The general rule on a breakaway is if the goalie is out far deke and if he backs in shoot.

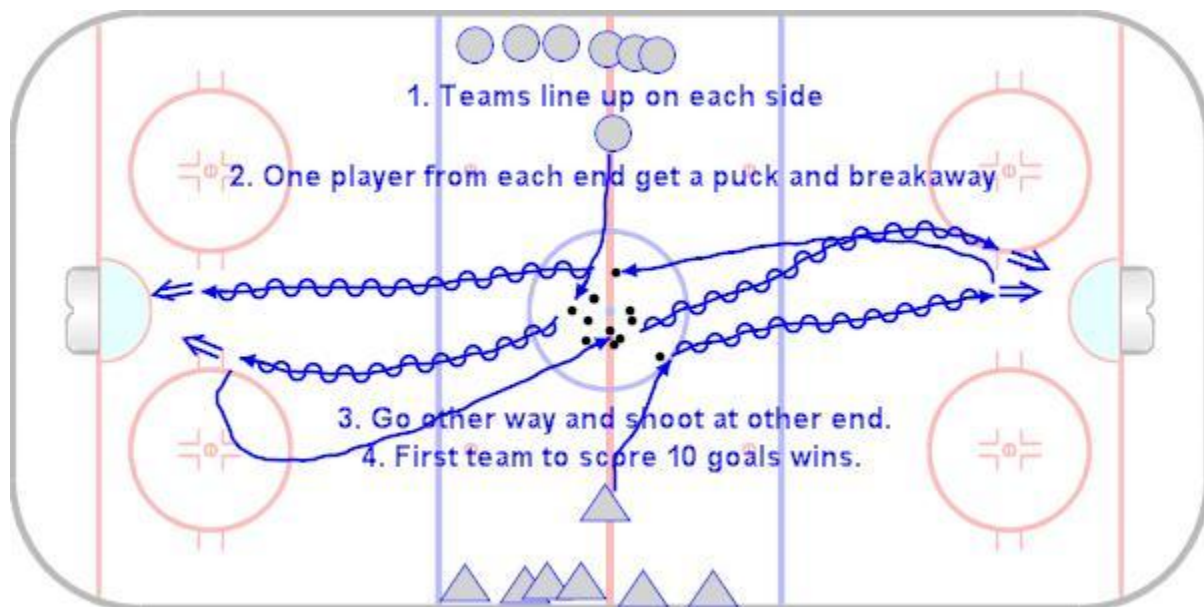
## **Description:**

1. Teams line up across from each other and the pucks are in the middle circle.
2. One player from each team leaves and shoot at opposite ends.
3. The same players turn back and get another puck from the middle and shoot at the other end.
4. Continue until all the players have shot and keep score.

You can also decide the winner by saying the most goals in a certain time or the first team to 10 or another total wins.

- Players that score no goals do 2 laps, those who score one goal skate one lap and those who score on both shots zero laps.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110324144209198>



## E1, 2 on 0 Shootout Race

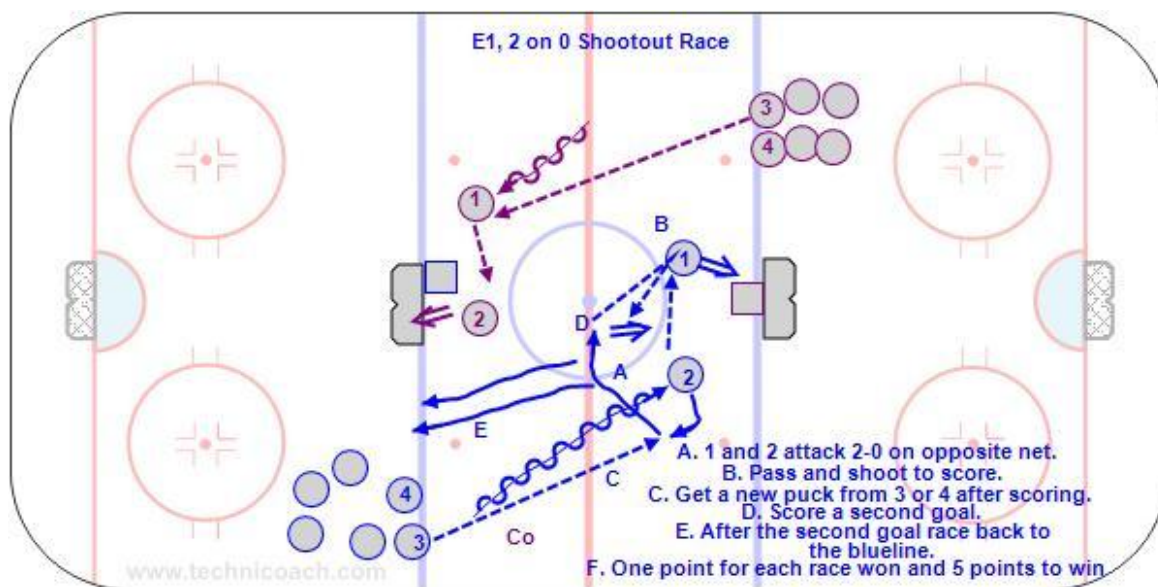
### **Key Points:**

Work on shooting one timers and scoring on rebounds. Good habits like face the puck, give a target with the stick on the ice.

### **Description:**

- A. 1 and 2 attack 2-0 on opposite net.
- B. Pass and shoot to score.
- C. Get a new puck from 3 or 4 after scoring.
- D. Score a second goal.
- E. After the second goal race back to the blue line.
- F. One point for each race won and 5 points to win the game.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101223080124158>



### E1-C3 Goalie Passing-Regroup -1 on 1

#### **Key Points:**

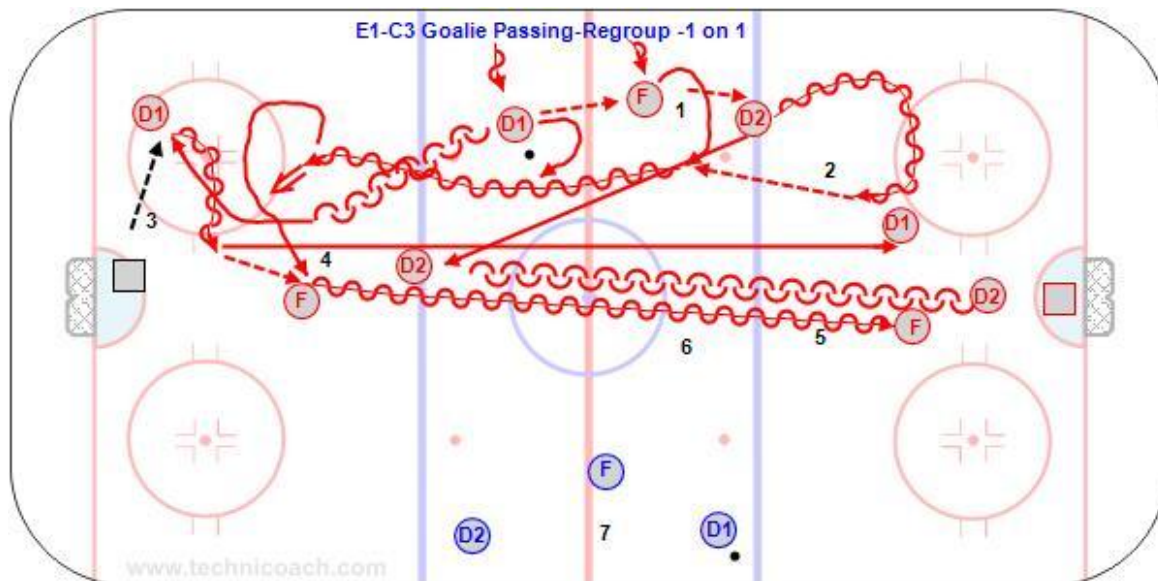
Face the puck at all times and give a target. Forward shoot so the goalie can catch it and then make a pass.

#### **Description:**

1. D1 pass to the F who regroups with D2.
2. D2 pass to F who skates over the blue line and shoots so the goalie can catch the puck.
3. Goalie pass to D1.
4. D1 pass to F and follow the attack.
5. F attack vs. D2.
6. If D2 breaks up the rush then attack vs. D1.
7. Blue group repeat on the other side in the opposite direction when the attack is finished.

\*With a large group this could be done from both sides at once and with 2 F's.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090820172447304>



## E1–D4 One Touch 4 on 2 – U15

### Key Points:

One touch passes only. Give a target and be ready to pass and shoot. Slide into open lanes.

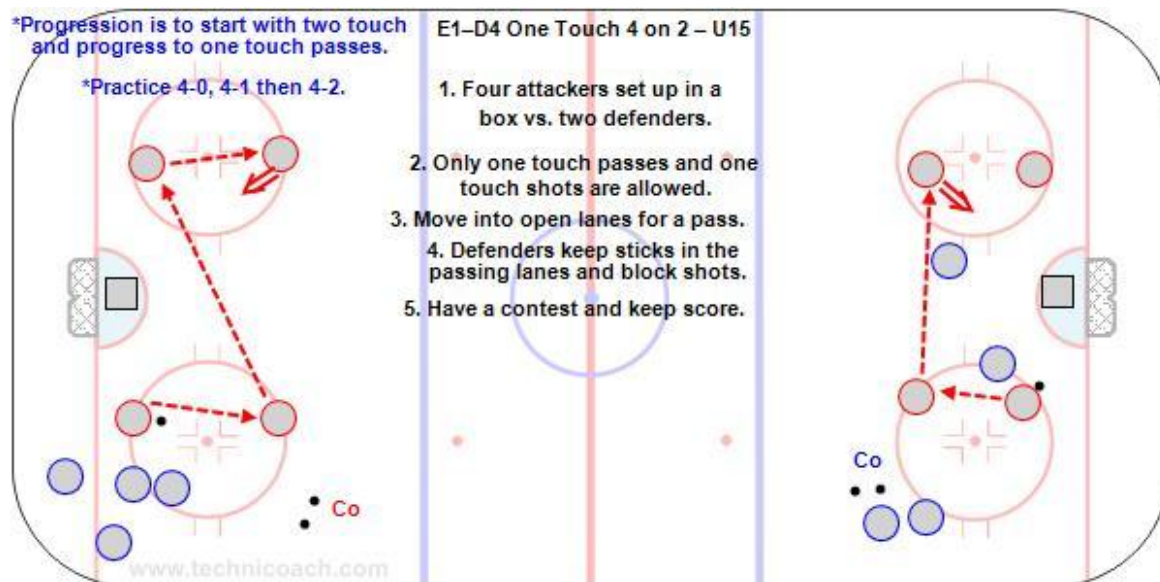
### Description:

1. Four attackers set up in a box vs. two defenders.
2. Only one touch passes and one touch shots are allowed.
3. Move into open lanes for a pass.
4. Defenders keep sticks in the passing lanes and block shots.
5. Have a contest and keep score.

*\*Progression is to start with two touch and progress to one touch passes.*

*\*Practice 4-0, 4-1 then 4-2.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141223112820665>



## E100 Change on the Go Shootout - Swiss U20

### **Key Points:**

Make a hard fake to make the goalie lean one way. Shoot where the goalie is coming from and not where he is going. If he goes down then go up, if he stays up then shoot low, if he comes out then deke, if he stays deep in the net shoot.

**Description:**

1. Pucks in the middle circle and players leave from middle gate on the bench.
2. Contest is to see which team scores with all the pucks first.
3. If shooter scores, the next player can't leave until he touches the bench with his stick.
4. No goal then the rebound is passed to the next player on the bench.

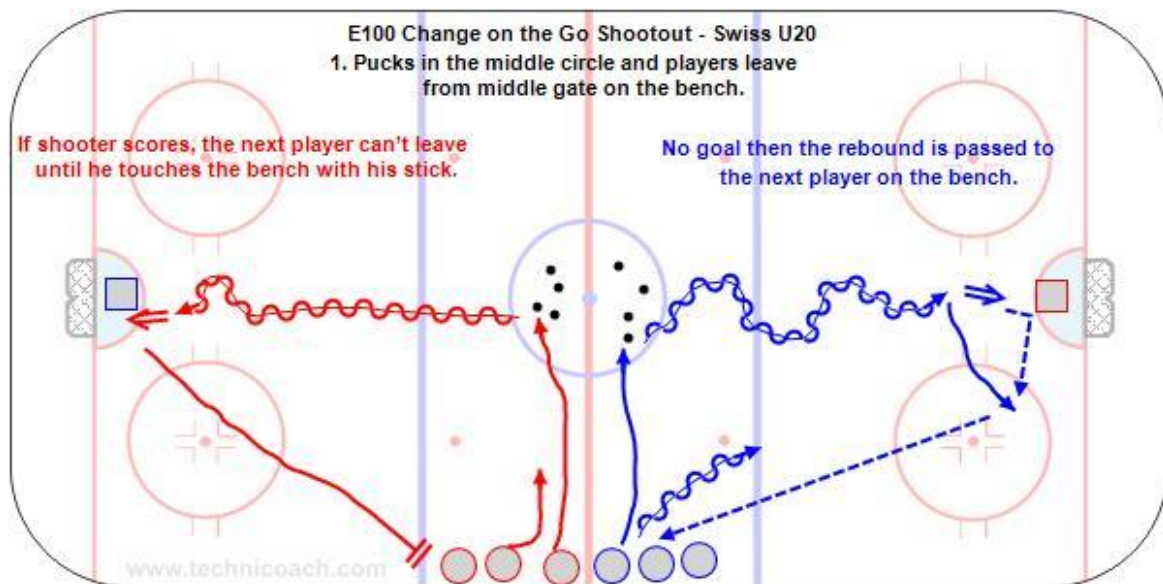
*\*Losing team has to do push ups or skate for each puck they didn't score with.*

*\*Coach can add fun by giving an extra point for the team that scores the most creative goal.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150527150751166>

*Example of a youth team doing the contest with the pucks on the blueline.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120415181657595>





## E300 3 on 2 Contest

### **Key Points:**

Forwards compete with the defense and goalie. Points are awarded for shots and goals as well as defensive plays. Coach times 20" for the attack. Play ends if the puck is frozen, a goal scored or the defenders clear the zone. Record the score.

### **Description:**

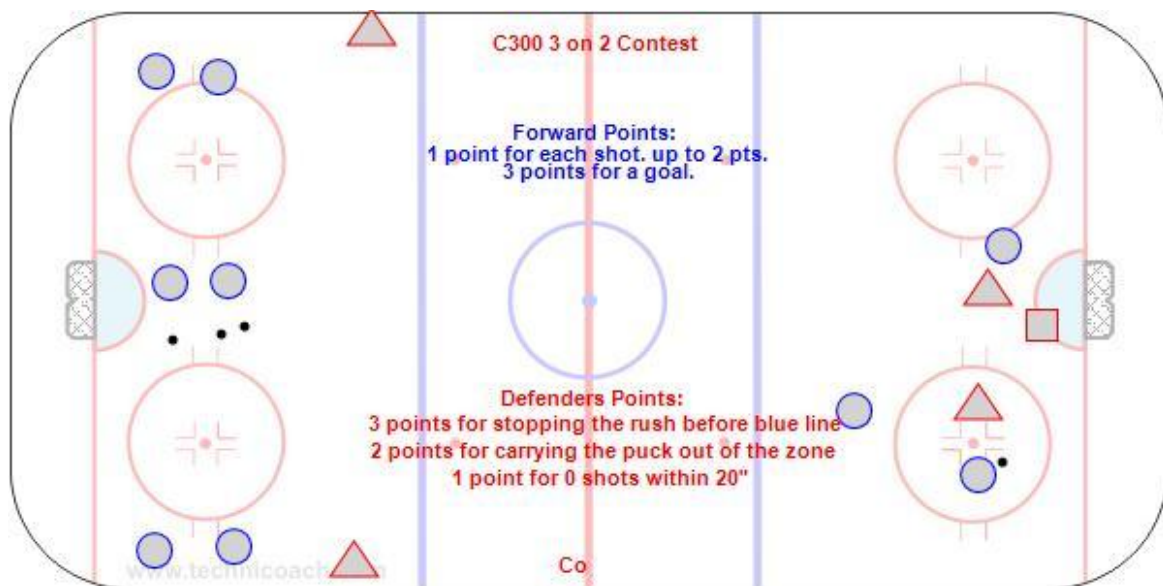
#### *Forward Points:*

- 1 point for each shot. up to 2 pts.
- 3 points for a goal.

#### *Defenders Points:*

- 3 points for stopping the rush before blue line
- 2 points for carrying the puck out of the zone
- 1 point for 0 shots within 20"

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110707074113682>



## **E - Shootouts and Contests – YouTube Video**

E - Shootouts and Contests – YouTube Video

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8130&topic=8152#8152>

E1 - Shootout - Pro

<https://youtu.be/-zdP7PfHAKM>

E1 Flip Puck to Top of Net - Pro

[https://youtu.be/-o8sbrGL\\_FY](https://youtu.be/-o8sbrGL_FY)

E1 Game of Rebound - RB Pro

<https://youtu.be/gEghL1HjxmA>

E1 Goalie Passing C3 1-1 Flow Drill - RB Pro

<https://youtu.be/EKrJi1hgdqU>

E1 Point Shots Rebound Control - RB Pro

<https://youtu.be/E3Gkz2TWwC4>

E1 Shoot then Breakaway - Pro

<https://youtu.be/HiY7ejBvyss>

E1 Elimination Shootout – Russian U20

[https://youtu.be/4JFJ\\_bSuDkg](https://youtu.be/4JFJ_bSuDkg)

E1 Shootout - Russian U20

<https://youtu.be/12UOnXP37C8>

E1 Two Shot Shootout - Czech Camp

<https://youtu.be/VEJr4NJOH18>

E1 - Relay Race 1-0 x 3 - U18F

<https://youtu.be/i-ol256GDbc>

E1 - 2-0 Shootout Relay Race x 3 - U18F

<https://youtu.be/LBVj1iI9u2w>

E1 - D202 - Neutral Zone Game 2-2, 3-3

<https://youtu.be/yRfv5kNr0IE>

E1 – Random Battle In Low Slot – Youth

<https://youtu.be/pXoCo-gB8qQ>