

# **T1 – 2019 - Individual Offensive Skills Manual**

**Tom Molloy**

## T1 - 2-0 - X-Drop-Shoot-Cycle – Pro

### Key Points:

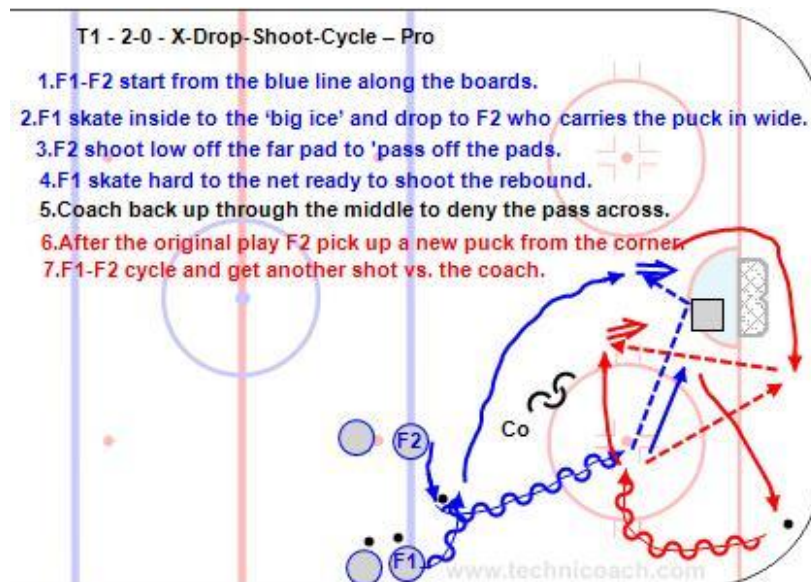
Do everything with speed. Pass off the pads and rebound. Quick play out of the corner, keep skating. Do the drill from both sides.

### Description:

1. F1-F2 start from the blue line along the boards.
2. F1 skate inside to the 'big ice' and drop to F2 who carries the puck in wide.
3. F2 shoot low off the far pad to 'pass off the pads.
4. F1 skate hard to the net ready to shoot the rebound.
5. Coach back up through the middle to deny the pass across.
6. After the original play F2 pick up a new puck from the corner.
7. F1-F2 cycle and get another shot vs. the coach.

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<https://youtu.be/99NVtGrFy6g>



## T1 - A500 - Agility Skate and Puck Handling Circuit – Pro

### **Key Points:**

Stay low, use the edges and accelerate out of turns. Avoid crossing the hands on the tight forehand turn so you maintain the triple threat position.

### **Description:**

#### *Station One:*

Face one end while carrying the puck and go around three pylons circling the last pylon. Skate down the boards, cut in and shoot, stop. Coach rim the puck behind, pick up the puck, walk out and shoot.

#### *Station Two:*

Skate down the boards with a puck then do a tight figure eight then back up the boards.

#### *Station Three:*

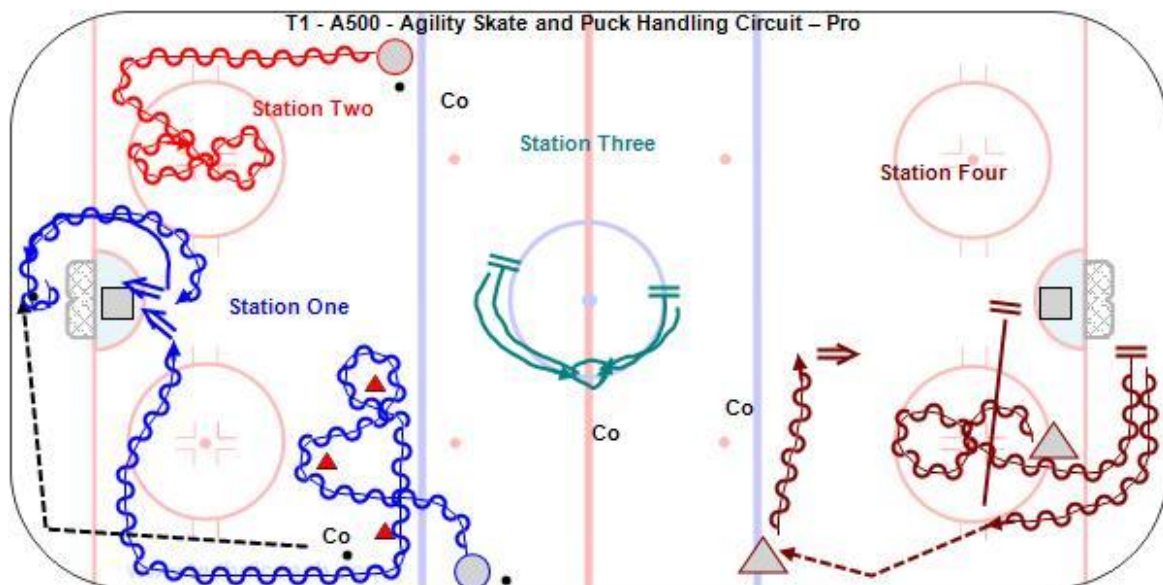
Agility skate facing the dot by doing a Crosby right, tight turn, then left tight turn in the middle.

#### *Station Four:*

Skate a tight figure eight inside the circle then drive the back of the net, stop, skate out and pass to the point then go to the net to screen and tip.

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## T1 - A500 - D Breakout Options – Pro

### Key Points:

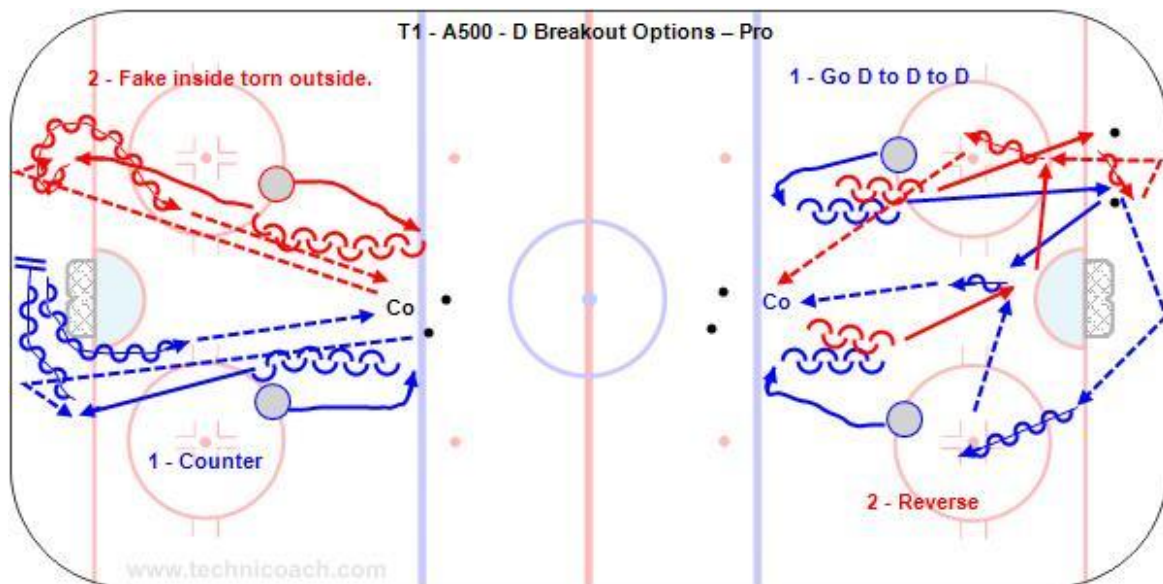
D get in the habit of looking over one shoulder to read where the pressure is coming from and fake into then skate away from pressure.

### Description:

1. Coach dumps the puck in from the blueline and one D start at the top of the circle.
2. D skate up to the blueline and then backward pivot to the inside and get the dump in.
3. Two D alternate at each side going back for the puck and pass to the coach.
4. Turn to forward and shoulder check one way to read the pressure.
5. First dump 'Counter' by driving to the far post at the back of the net then out original way.
6. Second puck fake to the inside and tight turn outside.
7. Skate between the dots before passing to the coach.
8. Progress to two D leave at once.
9. Start with 'Over' D to D behind net then hinge back to D in middle x 2.
10. Next practice the 'Reverse' x 2.
11. Players switch to the original side when the skate up to the blue line.
12. Pass puck hard off the boards so it comes back to partner inside the dots.

*\* A progression for this sequence is to have a player forecheck and D read the best option.*

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## T1 - A500 - D Tight Turn and Up – Pro

### **Key Points:**

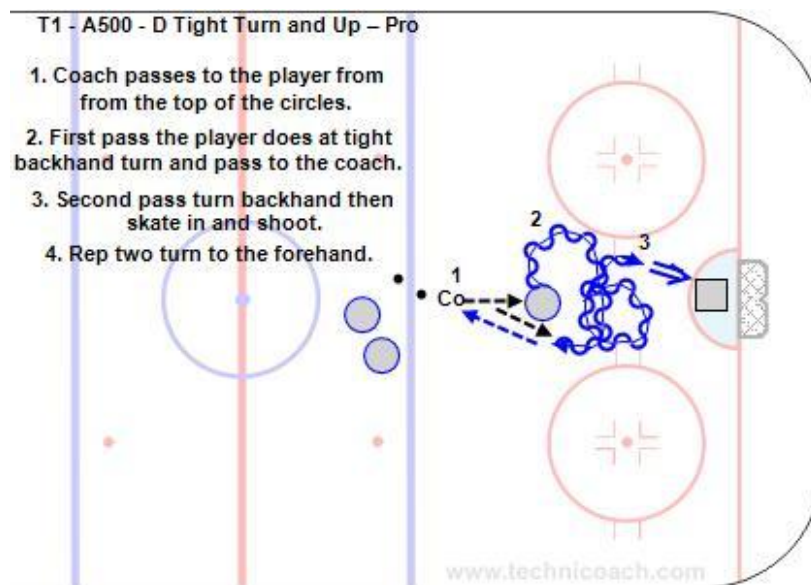
Crossing the hands on a forehand tight turn is poor technique. Hold the top hand back and bottom hand low on the shaft and come out of the turn in the triple threat position.

### **Description:**

1. Coach passes to the player from the top of the circles.
2. First pass the player does at tight backhand turn and pass to the coach.
3. Second pass turn backhand then skate in and shoot.
4. Rep two turn to the forehand.

*\*Always follow the shot for a rebound.*

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## T1 - A500 - Pivots-Tight Turn-Crosby – Pro

### **Key Points:**

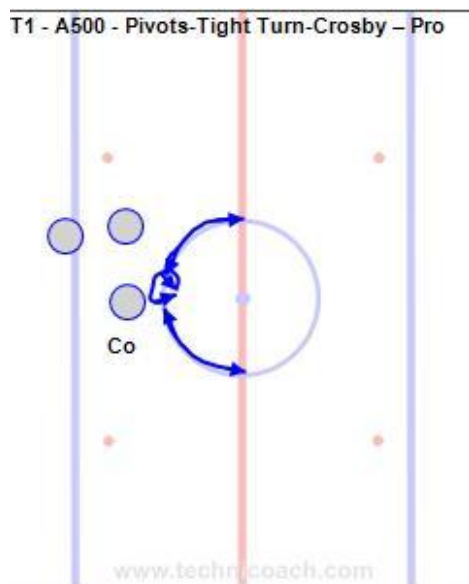
Work on tight area agility skating. Keep the knees bent, stay low and use the edges with the shoulders leading.

### **Description:**

1. Skate half way around the circle and come back.
2. Crosby with a back leg push to the right.
3. Skate half way then return with a Crosby to the left.
4. Tight turn left at the starting point.
5. Repeat to the left and finish with a right tight turn.

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

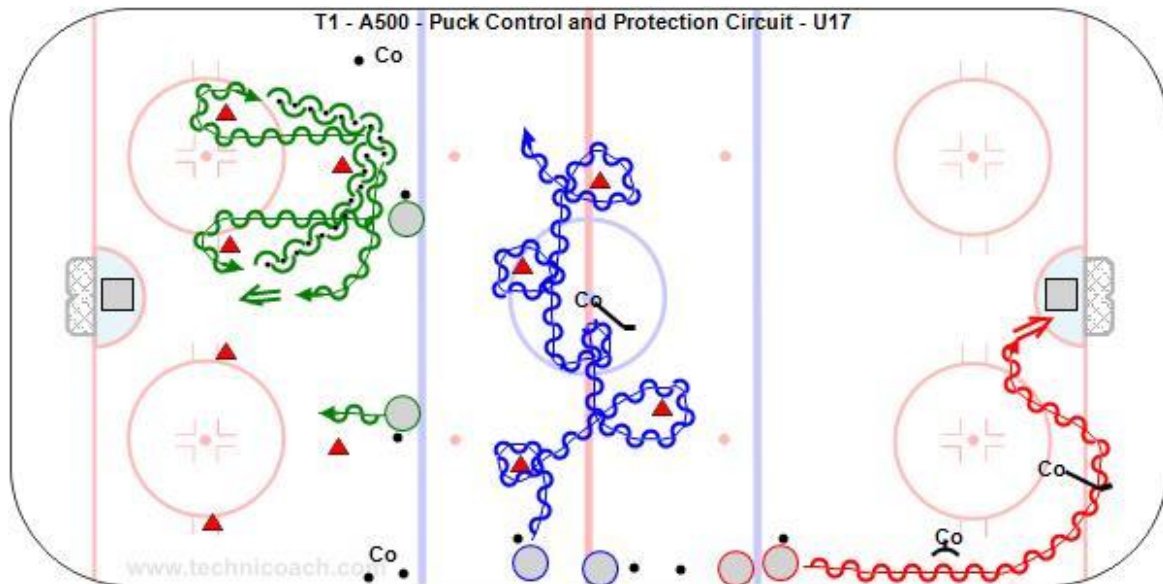
### Key Points:

Shield the puck with the back and inside leg. Come out of the tight turns in the triple threat position. Only cross the hands when there is no defender, instead put the bottom hand down on the shaft and sit low.

### Description:

1. Station A puck protection.
2. Players leave from the blue line and protect the puck.
3. One coach push them with a blocking pad and another coach give passive resistance with the stick on the puck.
4. Walk out and take a shot and stop for the rebound.
5. Station B defensemen agility skate and shoot.
6. Pivot between forward and backward skating then shoot from the mid-point.
7. Station C agility skating in the neutral zone with a puck.
8. Make tight turns both ways around pylons.
9. Protect the puck from the coach and finish around pylons.

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## T1 - Agility-Point Shot - F One Touch Shots – Pro

### Key Points:

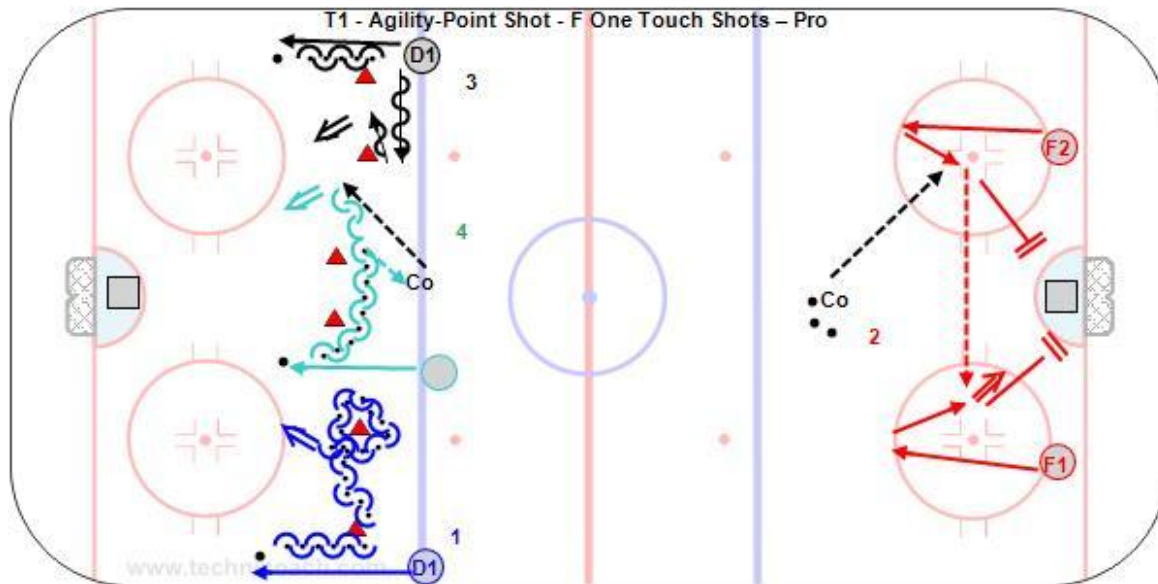
Forwards give a target and don't handle the puck but pass or shoot right away. Square up to the puck if shooting on the off wing for a one timer.

### Description:

1. D1 skate forward, backward with a puck, across past two pylons, stop and skate forward then shoot between the pylons.
2. F1-F2 on each side skate from the bottom to the top of the circle, and coach pass to either F1-F2 who passes across and the other F shoot quickly. F1-F2 follow the shot and stop in front for a rebound.
3. D1 skate a figure eight around the pylons, always facing the net and shoot.
4. D1 skate blue line to the top of the circle, skate back to blue with the puck, exchange passes with the coach as he skates past the second pylon and one time shot the return pass.

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<https://youtu.be/Z5jHokIVovQ>



## T1 - B2 - D to D and Shot Routine - Russian U20

### Key Points:

Practice skating along the line and shoot with one timers or quick shots.

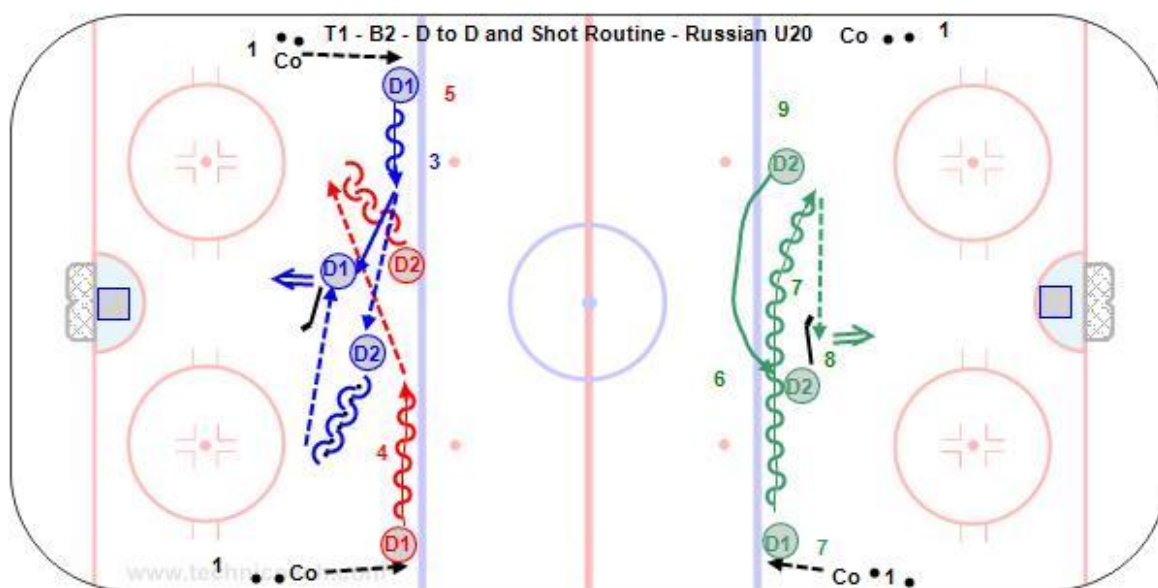
### Description:

1. Coaches pass to the D on either side.
2. D pair take 4 shots
3. Start D1 skate inside the dots and pass to D2 who shoots while moving, D2 repeat to D1.
4. D1 next skate inside the dots and pass to D2 who continues skating and pass back to D1 who shoots.
5. Repeat coach-D2-D1-D2 and shoot from the middle.
6. Second sequence is cross and switch sides then a one timer shot.
7. Coach to D1 who skates to the other side and D2 skate behind to switch sides.
8. D1 pass to D2 who shoots from the mid-point if he is on his off-wing.
9. D2 pass back to D1 who shoots from the top of the circle if only D1 can take a one timer shot.

\* If there are no coaches to pass then put pucks inside the blue line on both sides.

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<https://youtu.be/JQevc5ijK8E> (Subscribe to Russian drills.)



## T1 - B2 - Head up Get Shot by First Man x 3 - U20

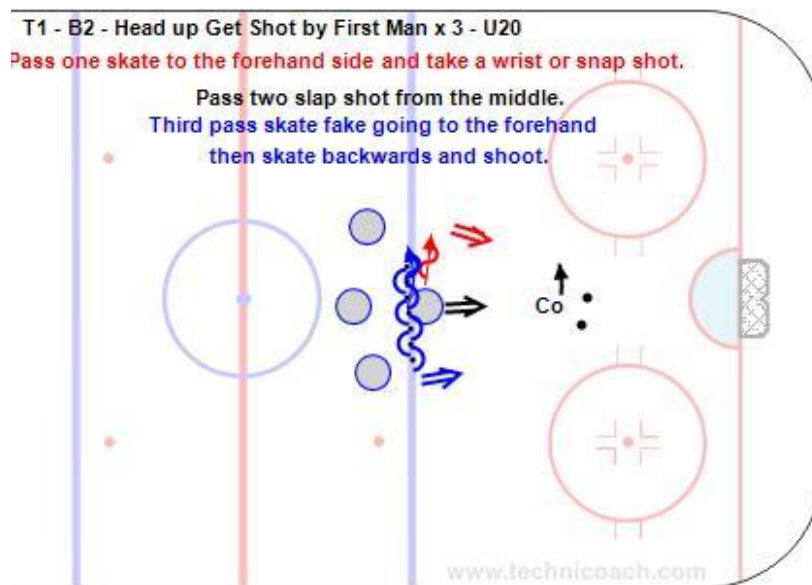
### **Key Points:**

Shoot with the head up from the middle, left or right. Miss the shot blocker and see where teammates are screening or looking for a shot pass.

### **Description:**

1. Coach pass from the top of the circle to the player at the point in the middle.
2. Player must do everything with his head up and know where the shot blocker is.
3. Pass one skate to the forehand side and take a wrist or snap shot.
4. Pass one skate to the forehand side and take a wrist or snap shot.
5. Pass two slap shot from the middle.
6. On the third pass skate fake going to the forehand and skate backwards and shoot.

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## T1 - B5 - F Take Rim-1-0, 2-0 Low BO - Fakes and Shot Pro

### Key Points:

Take the rim with the stick while skating. Do tight turns without crossing the hands, come out of the forehand tight turn in the triple threat position. 'Fast feet are happy feet.'

### Description:

*A 1-0: Coach on each side with pucks and players in two lines at the blue line.*

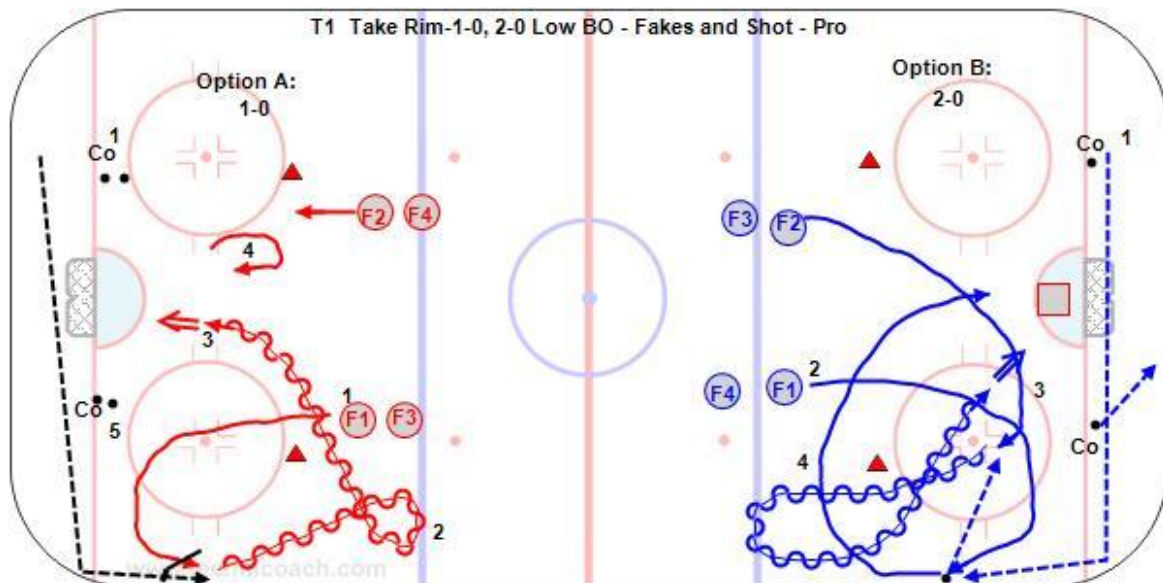
1. 2. Coach rim the puck while F1 swings low to pick it up on the boards.
2. F1 skate a tight figure eight at the top of the slot then skate in and shoot.
3. F1 follow the shot for a rebound.
4. 5. F1 should circle back and rebound for the next shooter.
5. Coach 2 rim from the other side and F2 repeat the sequence.

*B 2-0 Low Breakout:*

1. Coach one rim the puck.
2. F1 swing to the boards and pick up the puck.
3. F2 swing below F1 in the middle for a touch back pass.
4. F1-F2 cross before the blue line and attack 2-0 with a max on one pass.

**\* This low touch back is effective for breaking out versus a pinching defenseman. It is important F1 protect the puck by boxing out the pinching D and touch the puck back to F2.**

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## T1 – Black Aces Scoring – Pro

### Key Points:

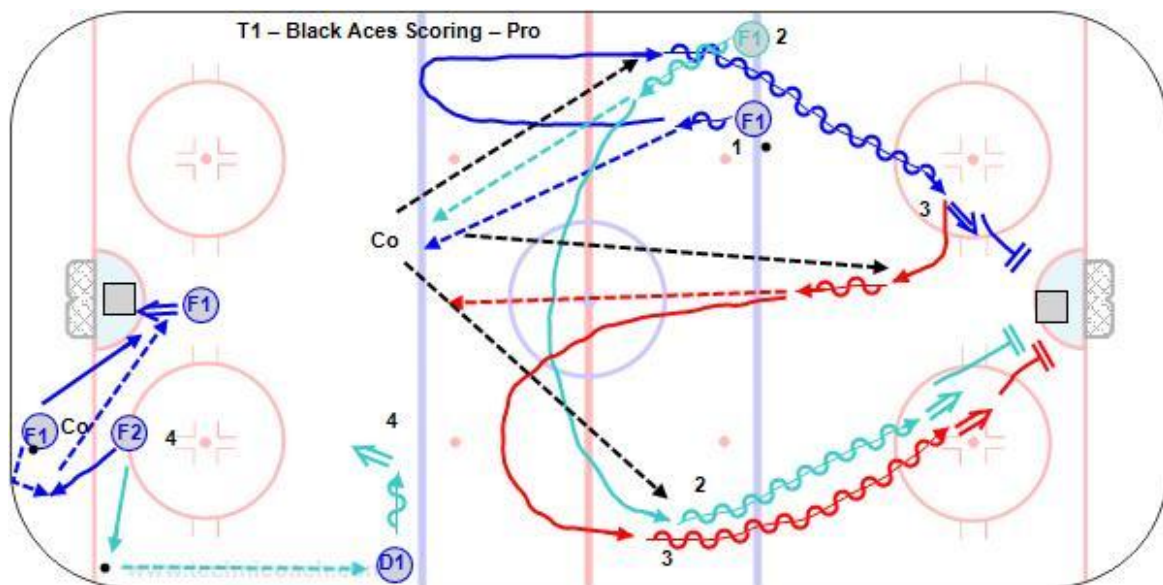
Shoot while skating and face the puck all the time giving a target. Follow the shot for a rebound.

### Description:

1. F1 leave from the blue line, give and go twice with the coach at far blue line, turn up the boards, get a return pass and go in for a shot.
2. F1 leave from the blue line, give and go twice with the coach at far blue line, open wide on the other wing, get a return pass and go in for a shot.
3. F1 leave from the far blue line and get a pass on the wing and shoot, come back through the middle, give and go with the coach then get a pass on the other wing and shoot.
4. F1 go in for the puck under coaches pressure and reverse it to F2. F1 go to the net for a pass from F2. F2 now pass to D1 who shoots and F1 screen.

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<https://youtu.be/YdETxSSugU0>



## T1 - Close Support 3-3 – College

### Key Points:

Face the puck, skate into passes, give a target and get open. 30" shifts. Play man on man defense. Modified rules such as only backhand passes can be added.

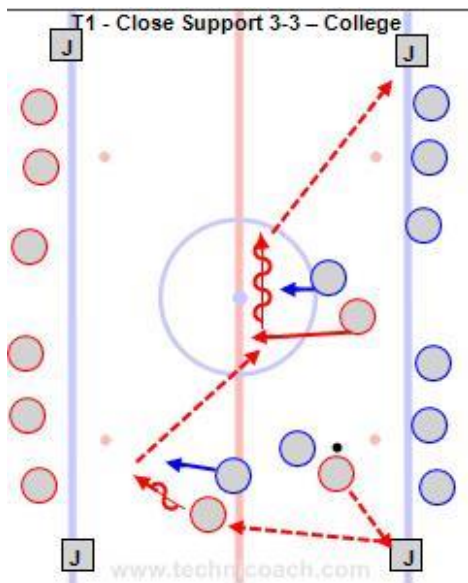
### Description:

1. Jokers at the four blue lines.
2. Play 3-3 Keepaway in the neutral zone.
3. Extra players wait on the blue line.
4. Pass to any of the 4 Jokers at the bluelines.
5. Focus on skating into passes and give close support.

*\*Great warm-up for the start of practice.*

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<https://youtu.be/buH5pkbyN2Q>



## T1 - Cycle-Pass-Shoot - U20

### Key Points:

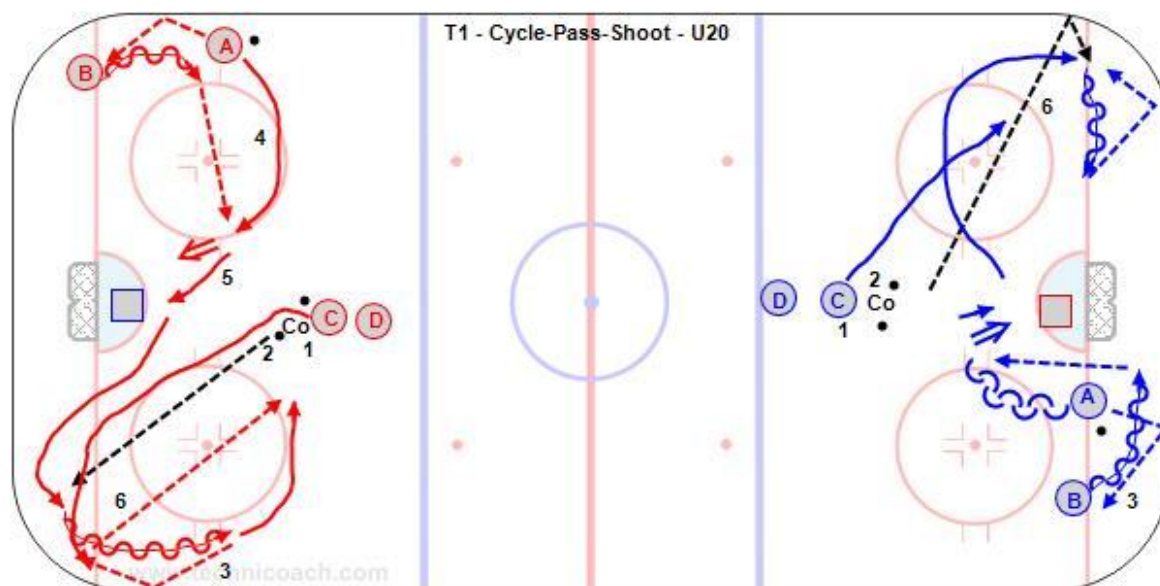
Pass and shoot while skating. Shooter face the puck for a pass and square up for a one timer. Shoot without handling the puck, receive in the sweet spot and shoot.

### Description:

1. Players leave from the mid high slot.
2. Coach dump the puck into the corner.
3. Player A get the puck and skate up the boards and bounce pass back to B.
4. A skate around the top of the circle and give a target for a pass.
5. B pass to A who shoots and follows for a rebound.
6. Repeat in the other corner with B cycling to C and B shoot.

\* Option is to cycle toward the back of the net and A kick out for a pass. Pass can be made off the bottom bar of the net into the slot.

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## T1 - D Beat First Checker - Read Outlet – Pro

### Key Points:

Always go back for the puck with the intention of beating the first checker. Shoulder check to read where the forechecker is. Communicate where the outlet pass should go. Fake to make the checker commit and then skate away from pressure.

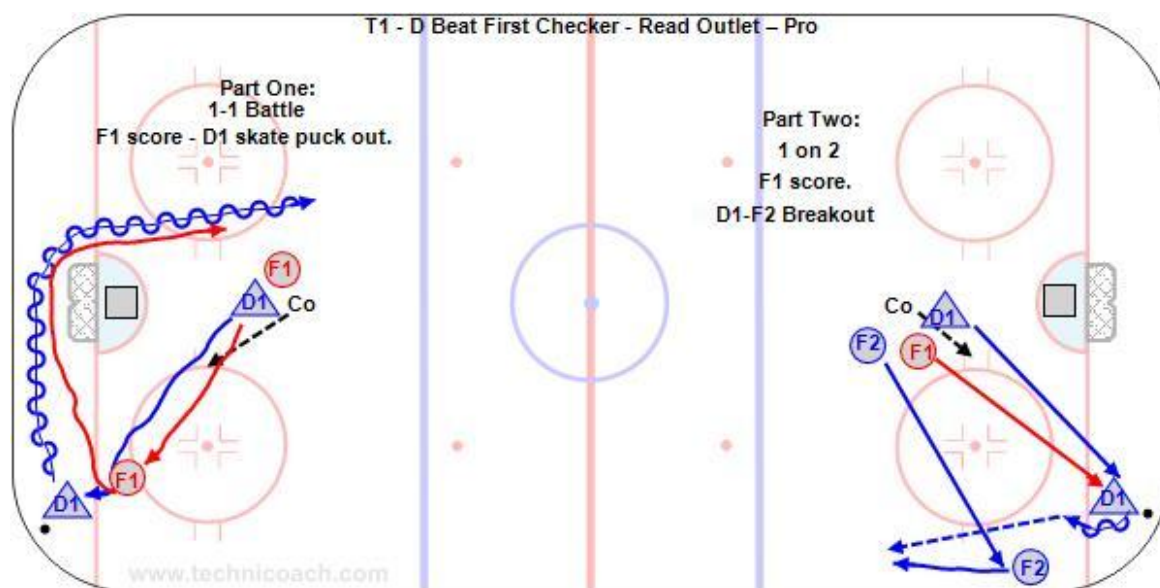
### Description:

1. Start with one defender vs. one forechecker.
2. Coach dump the puck in from the top of the circles.
3. F1 try to score and D1 to carry the puck out.
4. Add another defender F2 to support for a breakout pass.
5. F2 communicate to D1 where he should pass.
6. Play until the puck is carried out, a goal scored or the puck is frozen.

Option: Progress to a half ice transition game where the defenders pass to a new F who skates through the middle circle, dumps the puck in and forecheck vs. D1 and F2.

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<https://youtu.be/0p8qV2bL-aI>



## T1 - D One Timer - F Short Side Pass Out – Pro

### Key Points:

Forwards at one end with a coach and D and some F at the other end with a coach. Scoring on one touch shots and one timer shots.

### Description:

#### Forwards

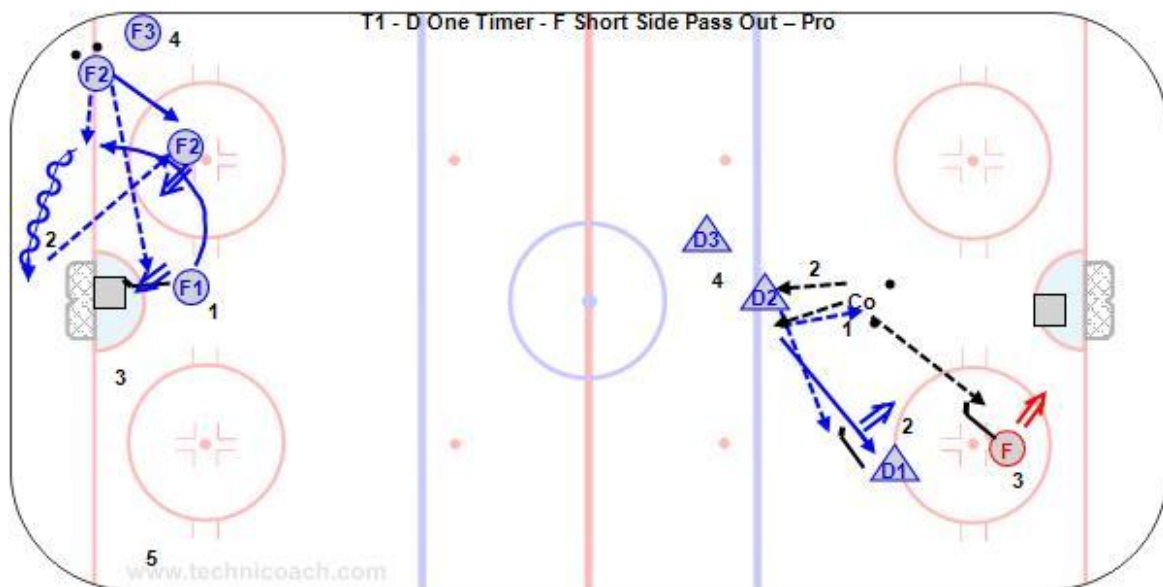
1. F1 in front one touch shoot a pass from F2 in the corner.
2. F1 get a new puck from F2, skate behind and pass short side to F2 who shoots.
3. F1-F2 make another play with any rebound near the scoring area.
4. F2 go to the front of the net and repeat with F3.
5. Forwards repeat from the other corner.

#### Defense and Forwards One Timers

1. D1 exchange pucks with coach at the mid-point and skate diagonally for a one timer.
2. Coach pass to D2 who passes to D1 for the one timer shot.
3. F1 set up below the dot and one time passes from the coach.
4. D2 repeat and shoot the pass from D3.

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<https://youtu.be/bUvL8sWsGXo>



## T1 - D Pivot - Quick Up x 2 – Pro

### Key Points:

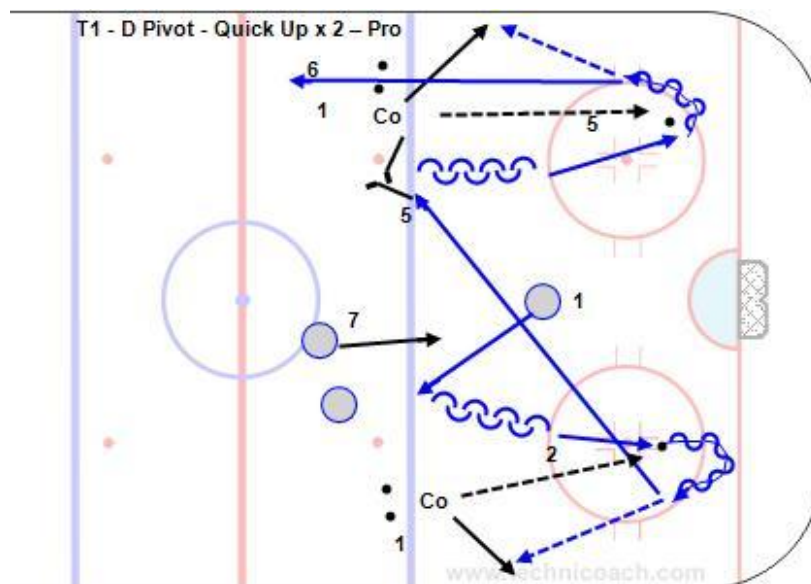
Shoulder check the inside and then tight turn to the outside. Pick up the puck in the triple threat position and pass up the boards.

### Description:

1. Player in middle at top of the circles and a coach on each side at the blue line.
2. Skate up to the blue line then backward as the coach places a puck below the dot.
3. Tight turn to the outside and pass up to the coach.
4. Skate to the blue line, poke the coaches stick.
5. Skate backward, turn, shoulder check and pick up the puck and pass to the coach.
6. Skate hard out of the zone.
7. The other players repeat the same sequence.

\*Always come out of the tight turn with the head up, protect the puck and be ready to pass quickly.

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## T1 - D Point Shots-F Scoring-C Face Offs – Pro

### Key Points:

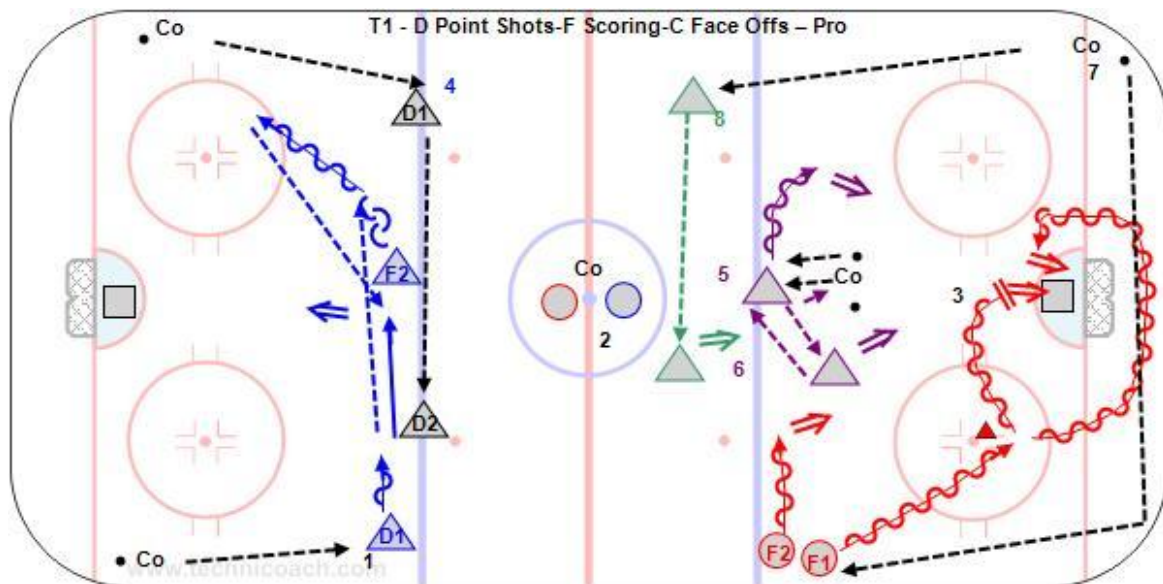
Players go to skill stations led by coaches. Forwards who take face-offs in the middle. Defense shoot at one end. Forwards at one end do in tight scoring drills. Defense face the play when skating sideways to shoot. Head up to read the checker. Make one touch passes for the one timer shot.

### Description:

1. Coach pass to point-D1-Skate and pass to D2-D2 skate down lane-D2 back to D1-D1 shoot from mid-point.
2. Coach drops pucks for face-offs in the middle.
3. F1 cut in or go around the net and shoot, then screen the goalie for F2's shot.
4. Coach pass to D1 who passes across to D2 who shoots. Alternate sides.
5. D1exchange passes with a coach at mid-point then slide and shoot.
6. D1 progress to exchange passes then slide without a puck and one time D2's pass.
7. Coach rim the puck from the far corner; F1 pick up the rim and cut in or go around net and wrap.
8. Coach pass to D1 from mid-point; D1 across to D2 for a one timer.

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<https://youtu.be/1YzvCUkrHPo>





## T1 - D Tight Turn Up and Wheel – Pro

### **Key Points:**

Coach spots the puck below the goal line and the player goes back for it making an escape move to beat the forechecker. It is very important to shoulder check one way and read where the checker is coming from. Sell the fake to make the checker lean one way. Always skate away from pressure.

### **Description:**

1. Start at the face-off dot skate forward to the top of the circle, coach spot a puck deep.
2. Skate backward and turn, shoulder check, fake then tight turn up ice and pass to the coach.
3. Skate to the top of the circle and repeat and tight turn the other way and pass to the coach.
4. Repeat a third time but now a coach or player forechecks.
5. Drive skate to the back of the net and wheel up ice cutting close to the post then pass to the coach.

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<https://youtu.be/RymMjZs390k>



## T1 - D-BO Point Shots - F Cut-in – Pro

### Key Points:

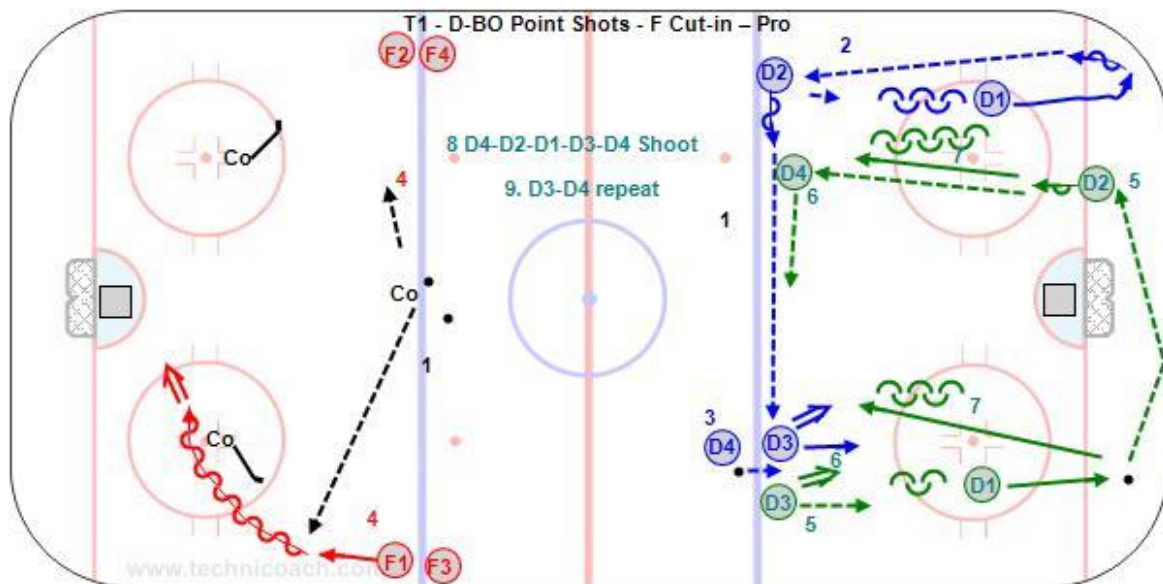
Defense take one timer shots and quick wrist shots. Forwards cut in around the coach and let the shot go while skating, then follow the shot. The two D practice the various D to D passes, over, reverse, drive the back of the net, etc..

### Description:

1. Forwards at one end and defense at the other with coaches.
2. D2 dump puck in, D1 go back for the puck and pass to D2 across to D3 who shoots.
3. D4 dump puck in, D3 go back for a puck and pass to D4 to D2 who shoots.
4. F1 get a pass along the boards from the coach, cut in and shoot; F2 repeat on the other side.
5. D3 dump puck in, D1 go back and pass to D2 who passes to D4 at the point.
6. D4 across to D3 who shoots.
7. D1-D2 skate up to the point.
8. D4 dump puck in, D2 pass to D1, up to D3, across to D4 who shoots.
9. D3-D4 now go back for the puck to make D to D breakouts.

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## T1 - Defense – Pass - Agility and Shoot x 3 – College

### **Key Points:**

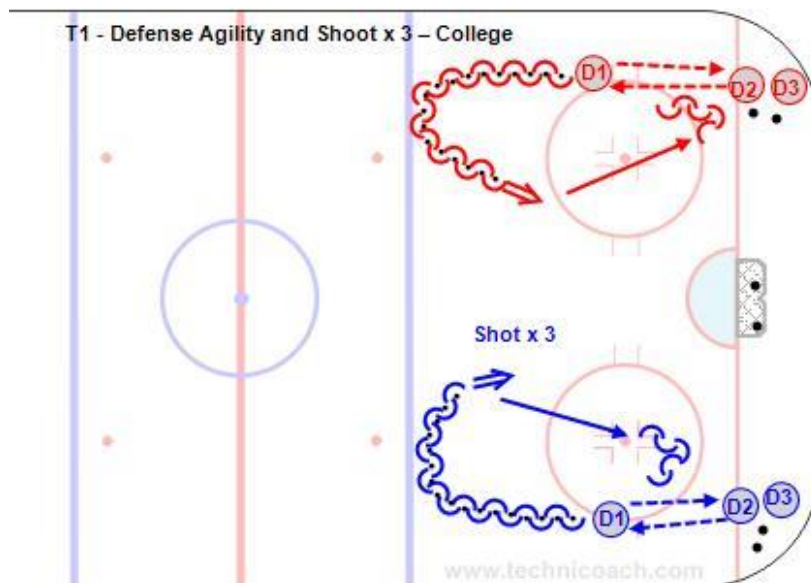
Quick feet, tight turns, agility, carry the puck in the triple threat position. Shoot quickly and hit the net.

### **Description:**

1. Players in both corners, no goalie.
2. D1 in both corners exchange passes with D2 while skating backwards to the point.
3. D1 skate between the dots and shoot x 3.
4. D2 in each corner repeat with D3.
5. Repeat 3 times then go to the other corner.

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[https://youtu.be/2PeK8A\\_v9Uo](https://youtu.be/2PeK8A_v9Uo)



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

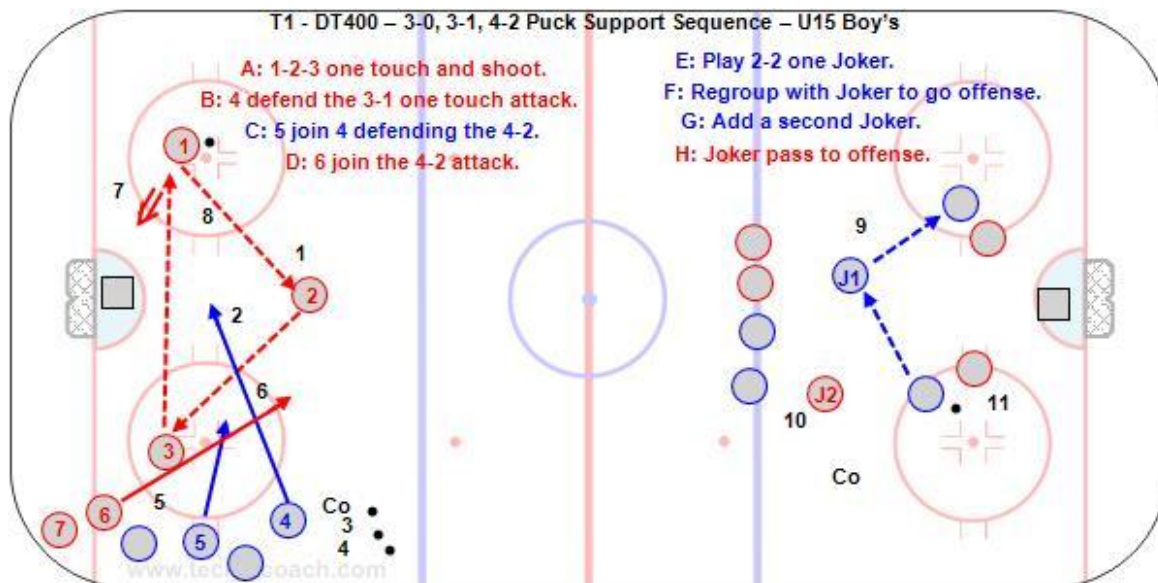
### Key Points:

Wally Kozak takes U15 boy's through a puck support sequence. The key is to pass and get open, give a target, have your head up so you can make the next pass, skate to open ice when you get the puck.

### Description:

1. Start with 3 players one touching the puck around a triangle in the slot and shooting.
2. Add one defender and allow only one touch.
3. One point for a goal and defenders get a point when the puck is out of play.
4. Offense gets 3 new pucks.
5. Rotate new player in and continue 3-1.
6. Play 4-2 one touch.
7. Shoot when there is an open lane to the net.
8. Focus on players moving to get open.
9. Play a two touch game of 2-2 and to go on offense pass to the one Joker above the circles.
10. Add another Joker at the point. Regroup with a Joker to go onto offense.
11. Low 2 on 2 with 2 Jokers.

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## T1 - D and F Scoring – Pro

### Key Points:

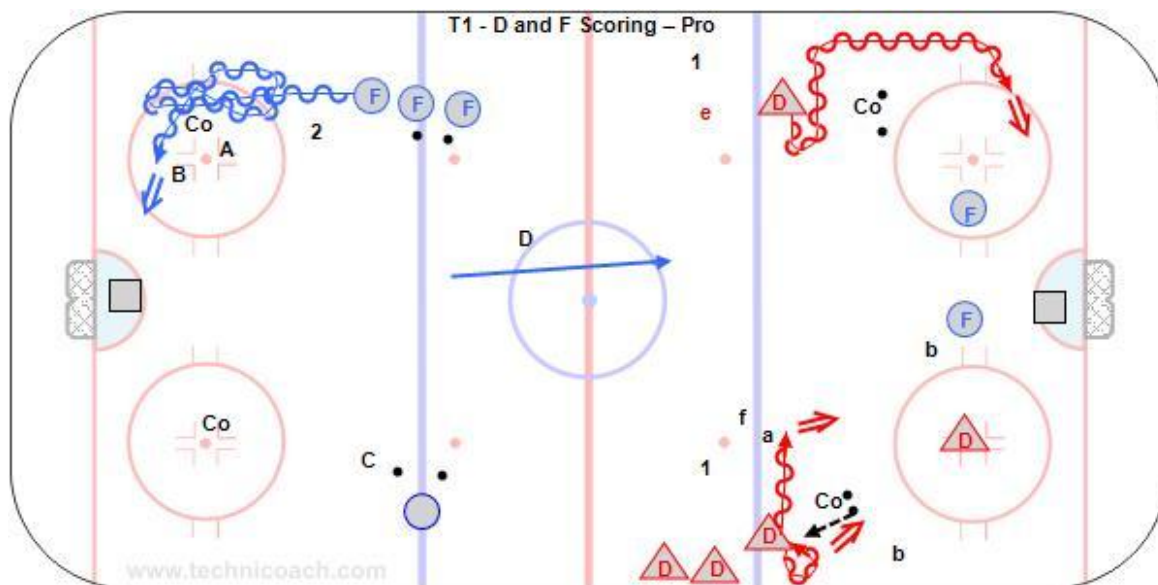
Forwards work on cut backs along the side boards and defense work on shots from the point and coming down the wall with the puck. Players screen, tip, rebound and shot pass from in front.

### Description:

1. Defensemen work on scoring starting from the point.
  - a. Get a pass then skate inside the dot and shoot.
  - b. One player screen, tip or put in a rebound.
  - c. Fake inside and go back outside and shoot.
  - d. Skate inside then outside, down the boards and shoot.
  - e. Switch sides and repeat the sequence.
  - f. On backhand skate forward inside then turn and shoot.
2. Forwards work on protecting the puck along the boards and going to the net.
  - A. Coach give passive resistance.
  - B. Get the lead shoulder inside of the defender and go to the net protecting the puck with the body.
  - C. Repeat from both sides.
  - D. After each rep screen the goalie at the other end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170907170719865>

<https://youtu.be/ncEjyghalxU>





## T1 - One Touch Pass and Agility – Pro

### **Key Points:**

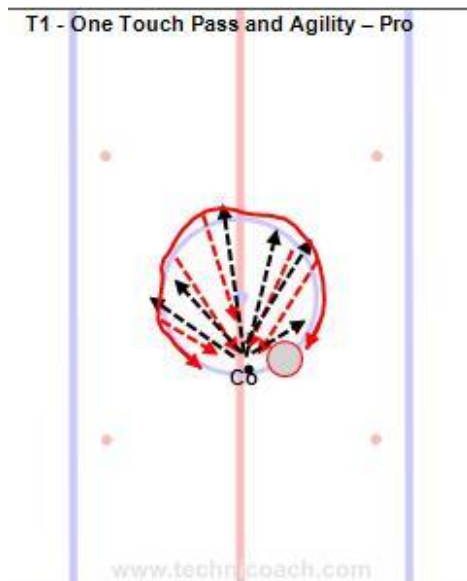
Absorb the puck and wrist pass it back instead of slapping the puck.

### **Description:**

1. One player pass while skating around the circle facing a coach or another player.
2. Go each direction once then switch.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2016120809513555>

<https://youtu.be/vzgUfC2JsTI>





## B2 - 2 on 1 Pass in Front of Toes – Pro

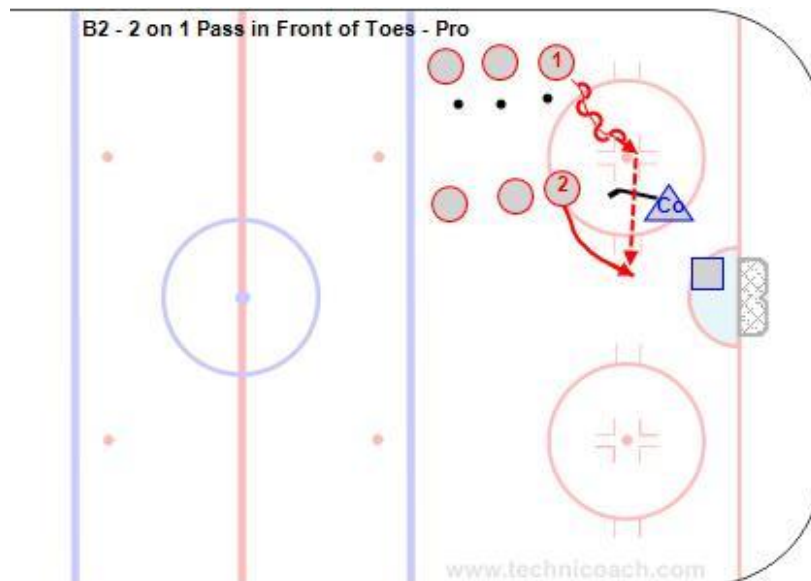
### ***Key Points:***

Forehand pass when possible. Pass in front of the defenders toe caps behind his stick.

### ***Description:***

1. Start with a coach defending then use players.
2. 1 skate outside and 2 skate to the net and 3 defend.
3. 1 pass on the forehand (if possible) to 2 and follow the pass.
4. Make the pass between the stick and the skates.
5. 2 shoot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140904104222128>



## T1 - Scoring - One Timers-Tip-Screen – Pro

### Key Points:

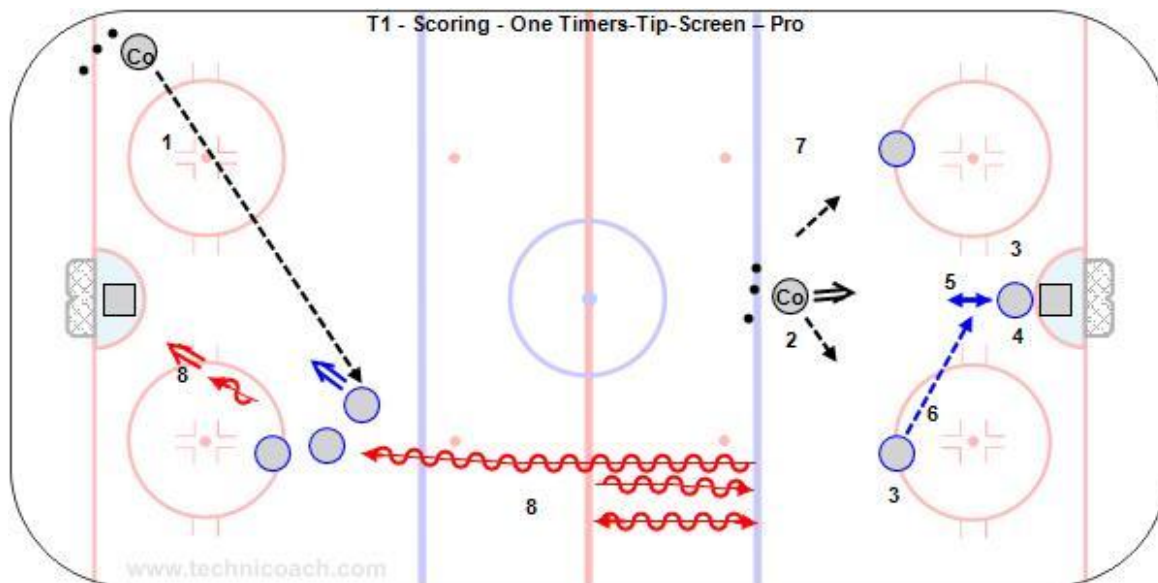
Hit the net with shots. Screen on shots from the mid-point and kick out a little farther for a shot pass or tip on shots from the side. Get the stick back early on one timers. One the forehand side stop the puck then shoot. Have the head up to get the shot pass the blocker.

**Description:**

1. Coach in the corner pass cross ice for one timer shots.
2. Coach shoot or pass from the mid-point.
3. One player screen and one player at the top of the circle on each side.
4. Player in front screen, tip and go for a rebound on point shots.
5. Player in front kick out a few metres when the puck is passed to the sides.
6. Players on the sides make a shot pass to the player in front.
7. Take five shots and rotate.
8. Skate from the red line to the far blue line twice then go down and shoot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170602104355914>

[https://youtu.be/N6l\\_4Yf36wA](https://youtu.be/N6l_4Yf36wA)



## T1 - Scoring Circuit - U18 F

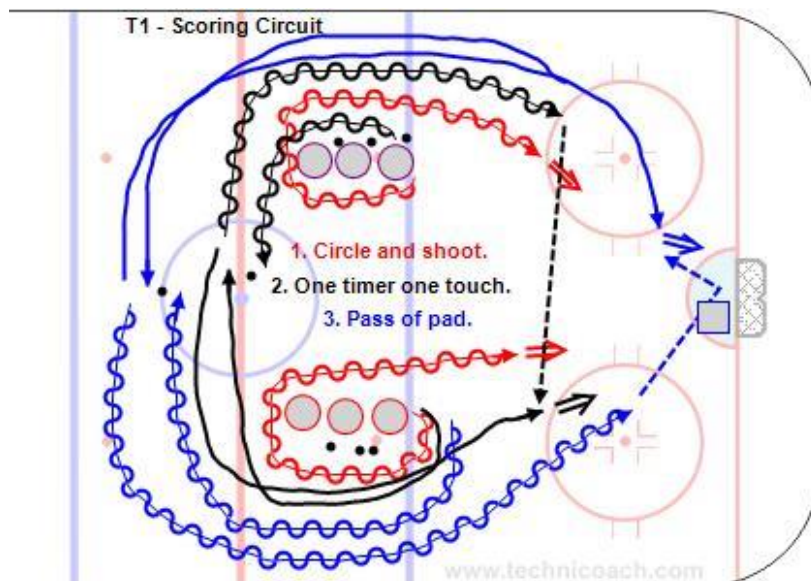
### **Key Points:**

Shoot while skating and follow the shot. Hit the net. You only need a goalie on the pass off the pads but could put a board or pad to create rebounds. Line up outside the blue line just inside the dots. Square up to shoot one timers. For the pass off the pads the goalie plays without a stick.

### **Description:**

1. Circle the line and shoot from both the middle and wide lanes, switch lanes and return on the outside.
2. Cross and drop (leave) behind the lineup then pass for a one timer if the shooter is on the backhand and a one touch if going to the net on the forehand.
3. Cross and drop and the shooter pass off the pads shooting low at the far side.

*\*Push ups if they miss the net.*



## **T1 - Scoring Drills with North American and Swedish Pro's**

*Video of scoring drills with pro players. Some good ideas*

T1 - Scoring Practice – Pro

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723002523308>

T1 - Scoring Practice – Sweden

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723002524440>

T1 - Defense Shooting

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2008072016104818>

## **T1 - Scoring Drills with North American and Swedish Pro's**

*Video of scoring drills with pro players. Some good ideas*

T1 - Scoring Practice – Pro

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723002523308>

T1 - Scoring Practice – Sweden

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723002524440>

## T1 – Scoring Passing Circuit – Pro

### Key Points:

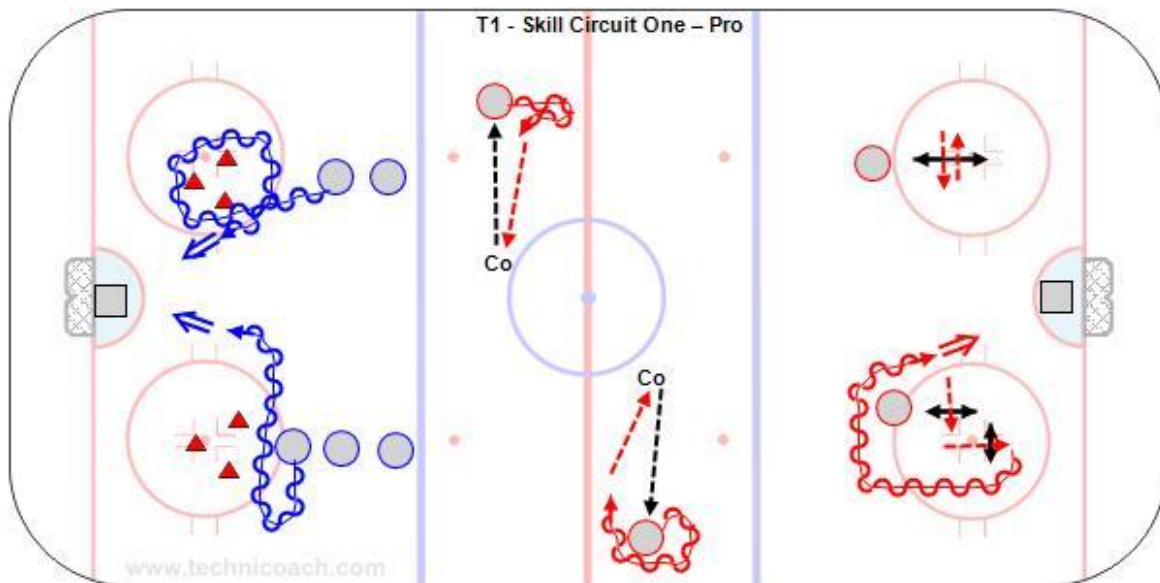
Move when you get the puck, forward, backward, tight turn, fake and go back.

### Description:

1. Practice taking a pass and moving the puck to miss the defender with the shot.
2. Take passes in the neutral zone then skate and return pass.
3. Agility skate around obstacles and shoot.
4. At one end skate around an obstacle protecting the puck and shoot while skating.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20181001153927770>

<https://youtu.be/6gH2fbeH3fw>



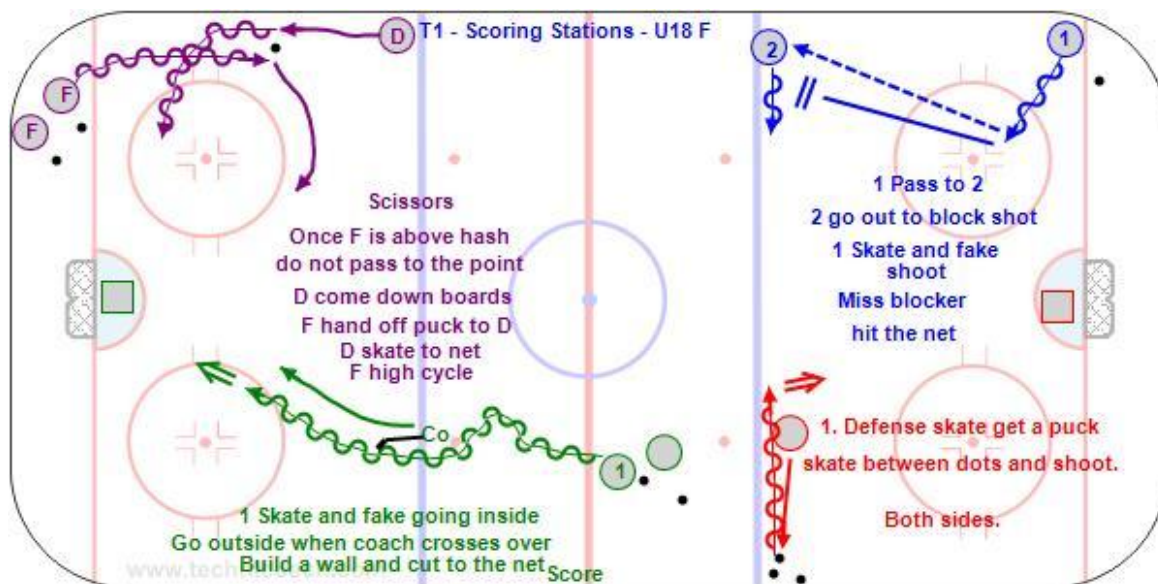
## T1 - Scoring Stations - U18 F

### Key Points:

Shoot while skating. Hit the net. Use deception to get the shot through.

### Description:

1. Defense skate and get a puck on the boards, skate inside the dot and shoot x 3. Do this on both sides.
2. D1 skate out and pass to D2 at point, then go out to block the shot. D2 make deceptive moves to get the shot on net and miss the blocker.
3. F1 leave from behind the red line at a coach or other player. Skate to the inside and wait for defender to collapse to protect the middle. Skate outside, build a wall with the leg and body and puck on outside. Cut in and shoot.
4. Scissors. F1 skate up the boards with a puck. D1 read F1 is above the hash and shouldn't pass to the point and skate down the wall. F1 leave room for D1 to skate down the boards and pass to D1. D1 go to the net and F1 cycle high for a pass.





## T1 - Scoring Stations x 3 – Pro

### Key Points:

Protect the puck with the body, quick moves and changes of direction. This requires good skating technique, agility, puck control and shooting skills.

### Description:

#### Puck Protection 1-1, 2-1 in the middle zone.

- Protect the puck vs. a defender and try to score 1-1.
- Start with a 1-1 and then it becomes a 2-1.

#### Scoring from the low slot at one end.

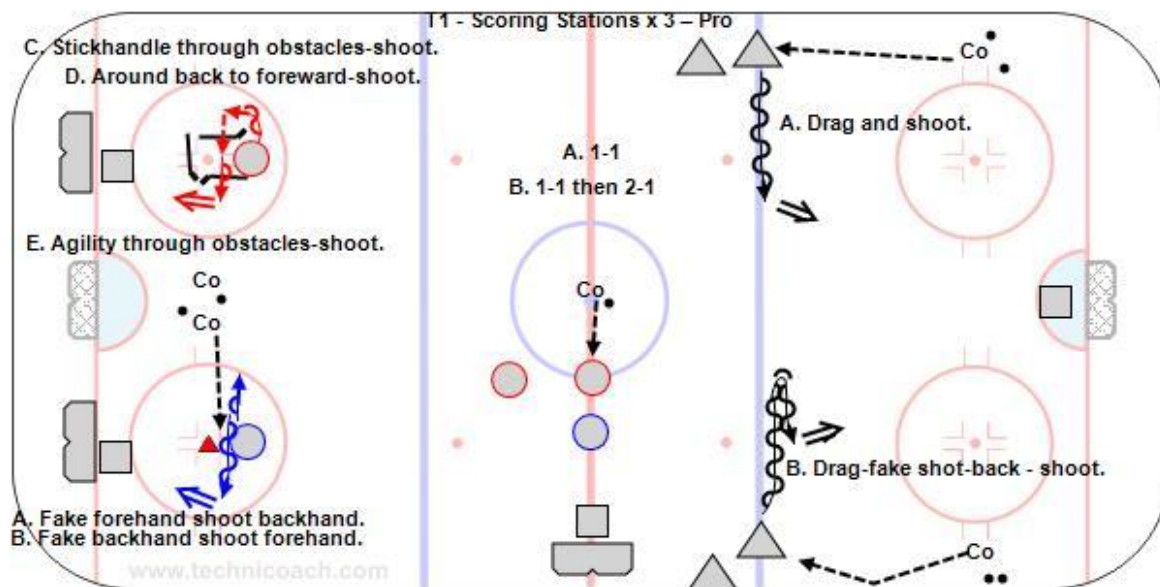
- Coach pass, fake forehand shot then slide across and shoot forehand.
- Slide backwards around a pylon and take a backhand shot.
- Coach pass then slide the puck under the stick one way then the other way and shoot quickly.
- Coach pass then slide backwards and shoot on the forehand.
- Coach pass, stickhandle and agility skate around and through three obstacles and shoot quickly.

#### Point shots at the other end.

- Coach pass and D drag and shoot by skating forward then backwards and take a forehand shot.
- Coach pass then D fake to the inside and skate back outside then shoot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170813112959766>

<https://youtu.be/F7RcnsyqeG4>



## T1 - Scoring Stations x 3 B - Pro

### Key Points:

Protect the puck, get the shot on net past the defender, make the goalie move. Shoot where the goalie is coming from and not where he is going. Shoot high if goalie drops, low if he is up, shoot quickly without extra stickhandling.

### Description:

*Organization – Two nets on the goal line at one end, one net at the other and one in the middle against the boards.*

**Station One** – going to the net with the puck and screening. Start from the wide lane at the blue line.

- F1 pass inside to F2 who goes wide then hard to the net vs. passive resistance from F1.
- F1 pass from the corner to the coach then screen while the coach shoots.
- F1 get a pass in the corner, protect the puck skating up the boards, cut back and go to the net.

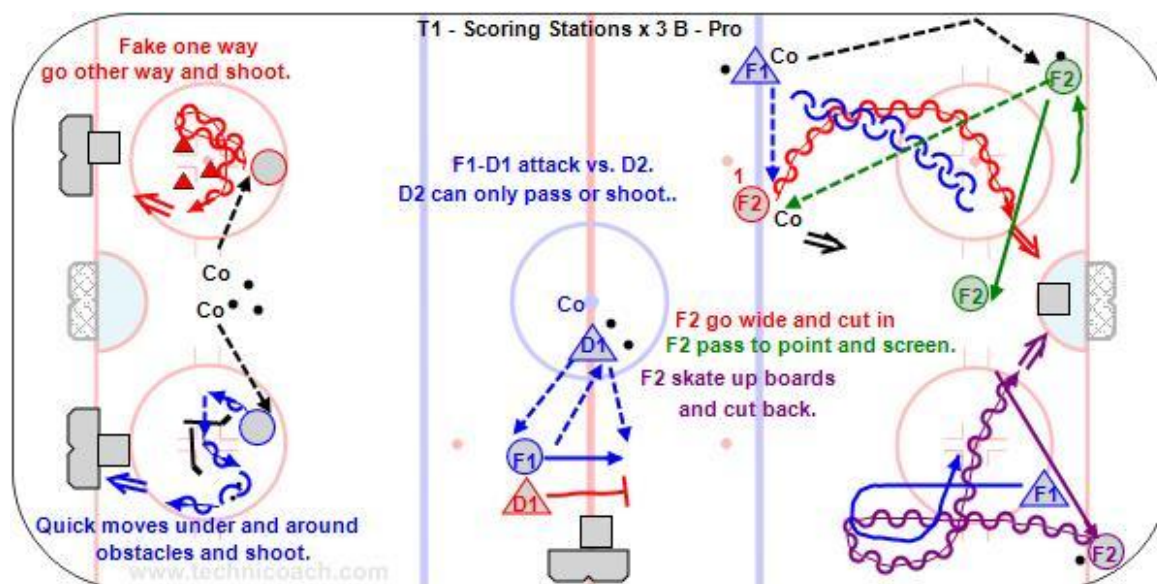
**Station Two** – coaches pass to players who make quick moves in the low slot to get the shot past the defender. Forehand, backhand, forehand to backhand and backhand to forehand.

**Station Three** – a low 1-1 and pass to a Joker who can pass or shoot from the point.

- F1-D1 vs. D2.
- D1 pass to F1 while D2 defends.
- D1 can pass or shoot but not skate in.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170815100601558>

<https://youtu.be/2FvaaJRRcj4>



## T1 - Skill Circuit – Pro

### Key Points:

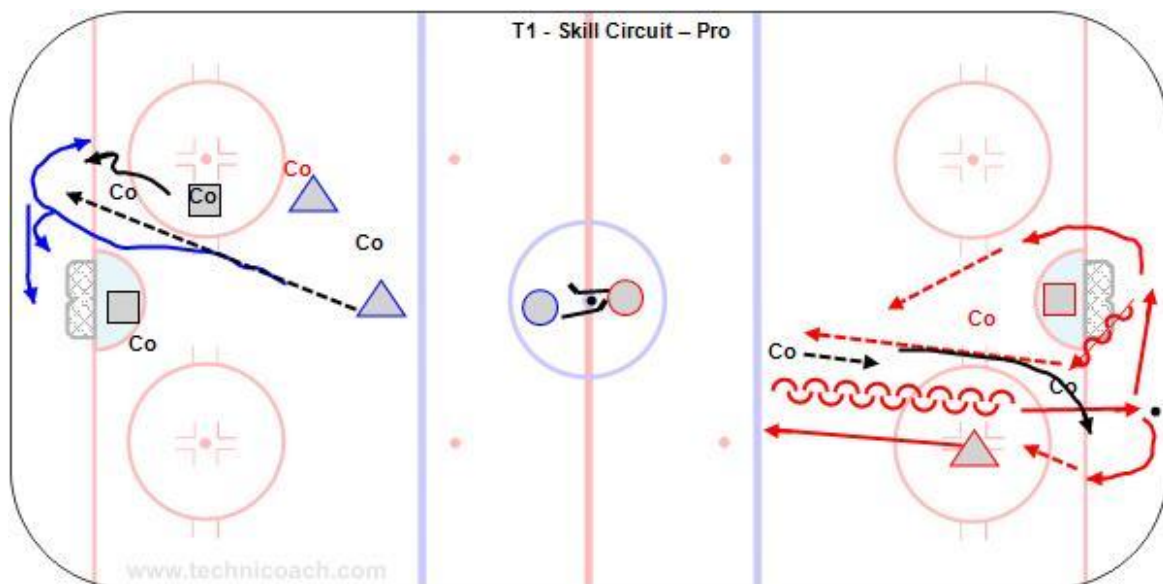
Goalies, defensemen, wingers, centremen work on position specific skills.

### Description:

1. Goalies are in the net at the same end as the wingers and work in the crease area.
2. Centre's take draws in the middle, pull the puck back, back to one side then the other and tie up the stick and scramble the draw.
3. Wings work on taking passes off the boards, then take the pass and tip back to the player swinging behind then repeat but protect the puck first. Take rims on the off wing.
4. Defensemen at one end work on going back for a puck, shoulder check then make and escape move and pass. Add a coach forechecks while another coach gets open for a pass to the middle or up the boards.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20161024155146312>

<https://youtu.be/Dgu3wR7iXSU>



## **T1 - Skills for C Low and Slow Breakout – Pro**

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

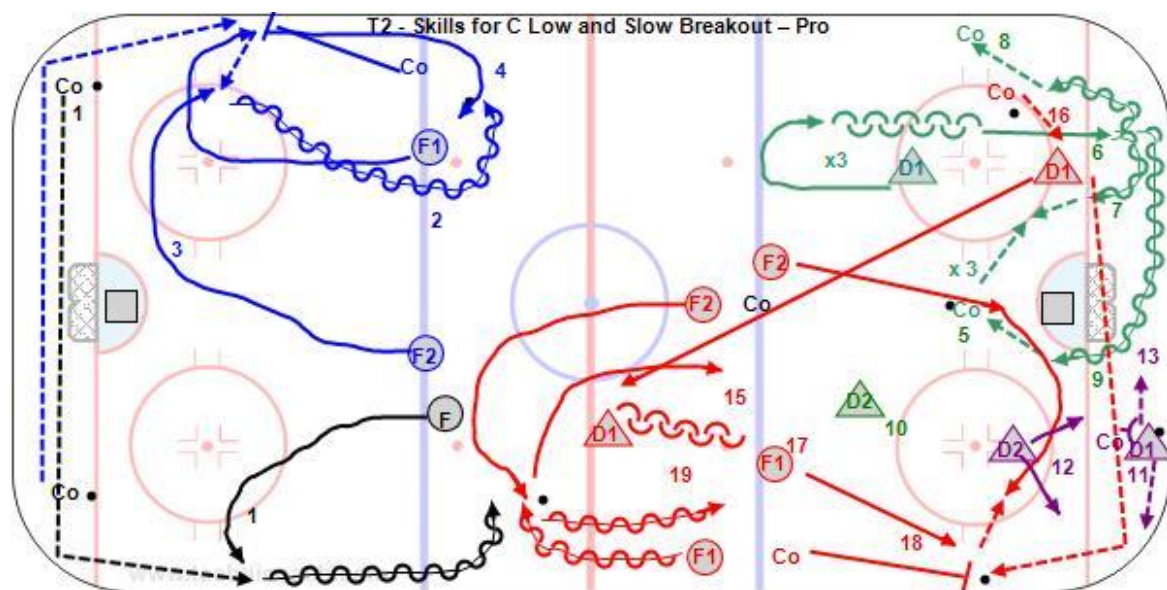
Centre or low forward has to swing low and slow to support the wing on the boards for a one touch redirect pass. This is effective against a team pressures the pass to the boards. A pass to the centre is the most effective because he is between the dots and has a lot of options with the puck. Players have to help each other by communicating on the ice.

### ***Description:***

1. Forwards at dots outside the blue line pick up wide rims from the coach on both sides, switch.
2. F1 and F2 leave. F1 pick up the rim and coach pressures down the wall.
3. F2 swing low and slow for the touch back from F1.
4. F1-F2 cross and drop in the neutral zone, turn back and attack 2-0.
5. Coach in front of the net spots a puck below the goal line three times for the defense.
6. D1 skate up to the blue line and back, shoulder check to read coach pressure from behind.
7. Puck one D1 fake-turn inside and pass to the coach in front then skate out to the blue line.
8. D1 shoulder check, fake, tight turn outside and pass to the coach on the wing.
9. D1 shoulder check and drive the back of the net then cut tight to the net up the middle and pass.
10. D2 repeat on the other side and D1 switch sides.
11. D1 go back for the puck in the corner under close pressure from the coach and D2 support.
12. D1 has the option of passing to the wing or behind while facing the glass.
13. D1 shoulder check and D2 support the outlet either behind the net or in the corner.
14. D1-D2 skate out to the blue line then back for the puck once in each corner.
15. Half the D and half the F at each end now combine the breakout skills 3-0 BO, 2-1.
16. Coach spot a puck for D1 to rim.
17. F1-F2 come into the zone from the blue line.
18. Coach pressure down the boards, F1 take rim and touch back to F2 who swings 'low and slow'.
19. F1-F2 skate out to the far blue line then cross and drop and attack 2-1 vs. D1 at each end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170928143329822>

<https://youtu.be/NCjzZJOBIRs>



## T1 - Slap Shot and One Timer Shooting Stations - U18 F

### Key Points:

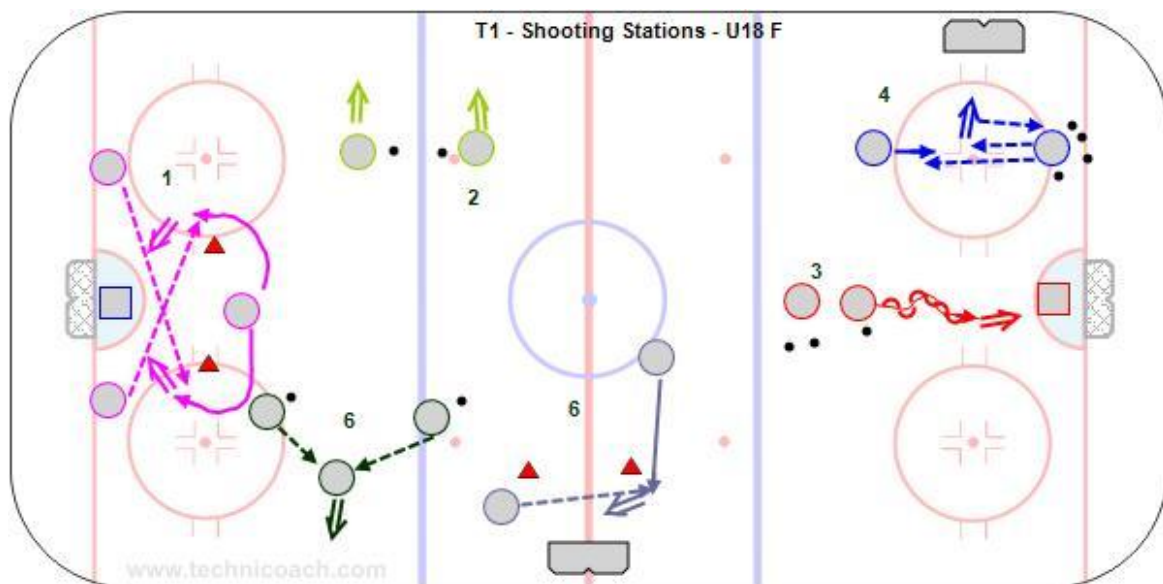
Strong bottom hand. Hit the ice behind the puck.

### Description:

1. One touch shoot passes on each side from below the goal line.
2. Slap shot with snow behind the puck.
3. Shootout contest, keep shooting until you miss.
4. One time shot x 4. Skate forward exchange passes, backward on one timer.
5. One time forehand shot.
6. Quick shot after a pass from each side.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20161027103129928>

<https://youtu.be/HAuCw1k-Cg>



## **Puck Handling Skills: Sweden, Russia, Finland**

A - Puck Handling Technique - Grip and Side to Side

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140130173743712>

A - Triple Threat Position – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014013018033086>

A - PH - Build a Wall - Cut In – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140131160930484>

A - PH - Cut In - Slide Puck in Front of Defenders Skates – SW

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140131161425835>

A - PH - Escape Move - Delay With a Cutback – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014013116194857>

A - PH - Fake Outside - Pull Across – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014013116241734>

A - PH - Fake Shot – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014013116293358>

A - PH - Race for Loose Pucks - Skating and Stick Fake – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140131163616425>

A - PH - Toe Drag or Pull-in – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203160847362>

A - Push-out Tight Forehand Turn – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203160159747>

A - Puck Handling Big Moves Exercises – Finland

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203160017929>

A - Puck Handling 360 Degrees – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203155619555>

A - PH - Lift Puck Over the Stick – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203155254181>

A - PH - Lacrosse Move – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203155101101>

A - PH - Cradel the Puck in Triple Threat – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203154913155>



A - PH - Big Moves All Around the Body – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203154726427>

A - PH - Backspin – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203153708983>

A - PH - Backhand Between the Legs – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203153534943>

A - Head and Shoulder Fakes Side to Side – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203153230609>

A - PH - Big Moves Exercises – Russia

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203163026382>

A - Puck Handling Sequence - Russian Olympic Coach

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201402041651061>



## **A - Skating Technique Video Demonstrations:**

*Skating is and always will be the most important foundational skill. I remember coaching a player at university who scored 81G 81his last season in major junior (I think he still has the pp goals record) and he wasn't even invited to one NHL camp because they didn't think he skated well enough and he was on the small side. So you might have all the other skills and great game intelligence but the first thing you need is to be a great skater.*

Skating technique demo. Kai. The slides are in Finnish but anyone can understand the demo's of good technique by the Finnish coach. Kai mentions he has an English translation but I can't find it on the site. Maybe you can submit it Kai.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090906110909283>

Hal Tarse from Minnesota Hockey moderates a 30 minute video with exercises for good skating technique.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723153914850>

## A1 Going Back for a Loose Puck

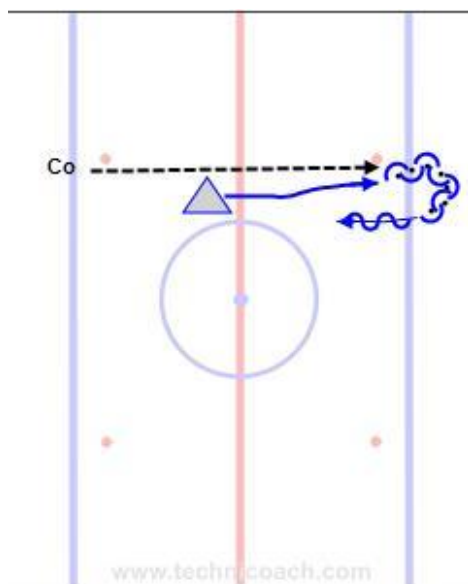
### ***Key Points:***

Head on a swivel looking before you get the puck. Line up the puck and pick it up as you start turning.

### ***Description:***

When a player goes back for a loose puck they need to shoulder check to see where the open ice is. They should turn just as they are getting to the loose puck and have it on the stick as they are turning as opposed to getting the puck and then turning. The coach is a former NHL defenseman.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130819152329449>



# A1 Introduction to Balance on Ice and the Sideway Motion of Skating

## ***Key Points:***

We walk and run with a front to back movement of our legs. Skating is a foreign movement because it is side to side. Gaston uses balls and pucks to introduce beginners to the side to side weight transfer. Dr. Gaston Schaeffer introduces this unnatural movement along with proper skating posture with a sequence of exercises using balls, pucks, hurdles, etc. The entire sequence is shown on the video cards in the Hockey Coaching ABC practice video folder on the site. It is with older players and the new video at the bottom is young players with the balls and pucks. (big guy in red and white is Dany Heatley when he was playing for Wisconsin) The video cards are at.

<http://www.hockeycoachingabcs.com/mediagallery/album.php?aid=36&page=1>

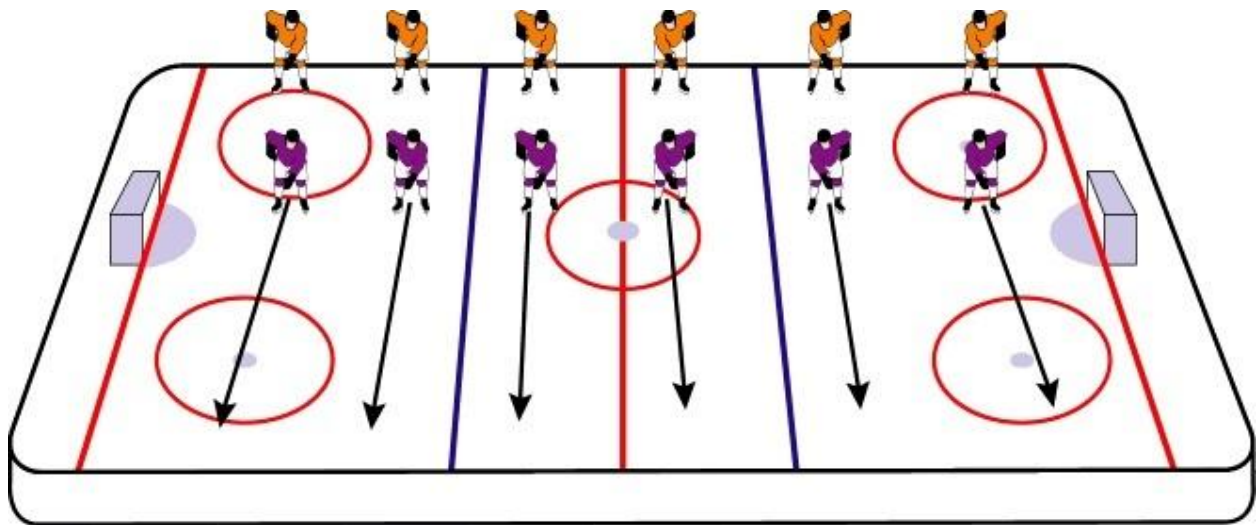
## ***Description:***

- Walk across the ice.
- While standing on the same spot, try and bend the body in all possible positions.
- Walk to a puck, bend over, pick up the puck, return to starting point and repeat.
- While standing try to stand on 1 foot, then the other.
- Walk and then glide on 2 feet.
- Take a puck in your hand and throw it ahead of you; go to it; pick it up and repeat the exercise until you have crossed the width of the rink.
- Walk on the ice.
- The coach spreads pucks all around on the other side of the ice. Walk to where the pucks are, by stepping over the sticks laid on the ice. See how many pucks you can collect.
- Put hurdles on the ice (24-28"/60-70 cm in height) get the skaters to pass under hurdles to go and collect the pucks (this forces them to bend the knees).
- Combine the going over the sticks and under the hurdles, to provide a new challenge.
- Introduce the tennis ball. Start by having skaters pass the ball from hand to hand while walking across the width of the arena.
- Try to do the same thing while skating backwards for a short period of time (to prevent boredom and frustration).
  - Develop the glide by trying to pass the ball from hand to hand as you stride.
  - Introduce the bouncing of the ball while walking or gliding across the ice.
- Skate across the ice skating under and over hurdles of different height ranging from 4-28"/10-70 cm.
- Skate backwards by passing the ball from hand to hand.
- Skate backwards by trying to move a puck between your feet.
- Skate forward by passing a puck between your feet.
- Skate forward passing the puck between your feet and the ball from hand to hand. • Skate while passing the puck from 1 foot to the other.
- Skate while bouncing the ball from hand to hand at the same time as you move from 1 foot to the other.
- Skate, passing the ball from hand to hand as you skate from 1 foot to the other.
- Skate, passing the puck between the feet and the ball from hand to hand while skating forward.
- Same exercise as above but backwards.
- Put up some hurdles – try to jump over (4"/10 cm) some and slide under others (16"/40 cm).
- To increase the level of difficulty, add low hurdles, asking the skaters to first step over them while bouncing the ball on the ice.
- Spread pucks around the ice – the players move around the ice and pick up the pucks by bending their knees and keeping a straight back. They then put the pucks into the puck bag. This activity works on the

proper skating posture and balance.

- Skate forward and hop over a low hurdle then, as quickly as possible, turn around and catch the ball thrown by a teammate or coaching assistant.
- Same as above but upon landing turn around in the opposite direction.
- Skate forward and hop over the hurdle, then fall in a roll – get up, turn around and catch the ball.
- Same exercise but the other direction (turning around the other way).
- Jump over a hurdle, crouch under the next hurdle then do a slalom around 5 pylons on 1 foot, then jump over the last hurdle and catch the ball as you jump.
- Repeat the same exercise but doing the slalom on the opposite foot.
- Skate forward and stop – as you stop, you will catch the ball thrown to you at the same time as the command.
- Skate backwards – at the command turn around as your the partner throws the ball for you to catch.
- Same exercise but turn around the other way.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110426080619788>



## **A2 Forward Stride Mechanics Taught by Dr. Gaston Schaeffer**

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

Be in a balanced position with a good knee bend. Use as much blade as possible. To start fall forward and push back the first few strides and then skate with a sideways push. The arms move opposite the legs in a back and forth motion never causing the upper body to over rotate. Lead with the head up and chest forward.

### ***Description:***

I have put together various videos of Dr. Gaston Schaeffer teaching skating. Gaston has a Doctorate in Body Mechanics and taught at University in Switzerland where he was the Swiss figure skating Champion and followed that being feature skater for Ice Capades and Holiday on Ice where he toured the world. He met his wife while touring and they had a girl and a boy. Gaston was the Olympic figure skating coach for Switzerland as well as in charge of fitness for their speed skating team. He worked with Juhani Wahlsten in Davos when Juuso was coaching there.

Gaston Junior demonstrates the forward stride. He is one of the most powerful skaters I have seen. He suffered a major injury at 18 and stopped playing but his technique is perfect.

### ***The video goes in this order.***

1. Gaston talking about the mechanics of the forward stride while I film him on my deck.
2. Gaston and his son doing an on ice demonstration with Gaston describing the important points of the stride.
3. Gaston leads a group through a forward skating and balance warm up.
4. Gaston teaching that group the mechanics of the forward stride starting with the long stride first, then the start and the medium length stride.
5. Gaston leading a U17 skills group. Dany Heatley came and skated with them that day. He had just won the NHL Rookie of the Year. He came as a favour to me to say hi and skate about 15 minutes but because we did transition games all practice he stayed and played and did the skating as well (he has a black sweatsuit and hat on).

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110425003603435>

## A2 Gaston Forward and Back Skating and Transition Turn

### Key Points:

Be in a strong athletic position with the knees bent, seat down, shoulders no farther forward than the knees and the head up. The skating stride starts with a fall and about 3 forward pushes and then it is a sideways motion. When skating backwards stride sideways and don't turn the heel to the inside. Replace the Mohawk turn with the much more efficient Transition Turn.

### Description:

Gaston Schaeffer leads a group of 12-14 year old girls and boys. They cover:

1. Forward long stride.
2. Forward medium stride.
3. Quick start.
4. Basic backward stride and starting.
5. Transition turn from front to back that is much more efficient than the Mohawk Turn.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110419134723920>

There are other videos of Gaston teaching turning, stopping and these strides. Gaston talks about the skating stride.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2008072311322256> and demonstrates

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723113220687>

Picture is of Gaston and Gaston Jr. At a hockey camp in Winfield B.C.





## A2 Russian Puck-Handling Warm-up with Shots

### **Key Points:**

This can be done every time players go on the ice to expand their muscle memory. The point of these exercises is to increase the size of the reach with the stickhandling moves, and to separate the upper and lower body.

This is one of the most important exercises a player can do to develop puck handling skills. All the moves can also be practice off ice with various kinds of balls and pucks.

### **Description:**

- From the A2 formation, players skate down the ice in 3 or 4 groups; practice big moves with the puck. One player leave and the next player go when he/she gets past the top of the circle. Finish with a shot from your lane no closer than the hash marks.

. Go one way then the other and do a different skill each time.

- Reach forward while down on 1 knee, reach back as far as you can.

- Give the puck forward and take it back with the toe of the stick.

- Place hands close together and reach sideways each way as far as possible.

- Practice head fakes and shoulder drops, and move the puck quickly to the other side of your body.

- Do high step-overs, when you step with your right foot to the left, reach as far as possible to the right with the puck, step with the left foot to the right and reach as far as possible to the left with the puck.

- Reach back as far as you can with the puck, turning the upper body so you are looking behind you as you skate in the opposite direction. Do the same the other way.

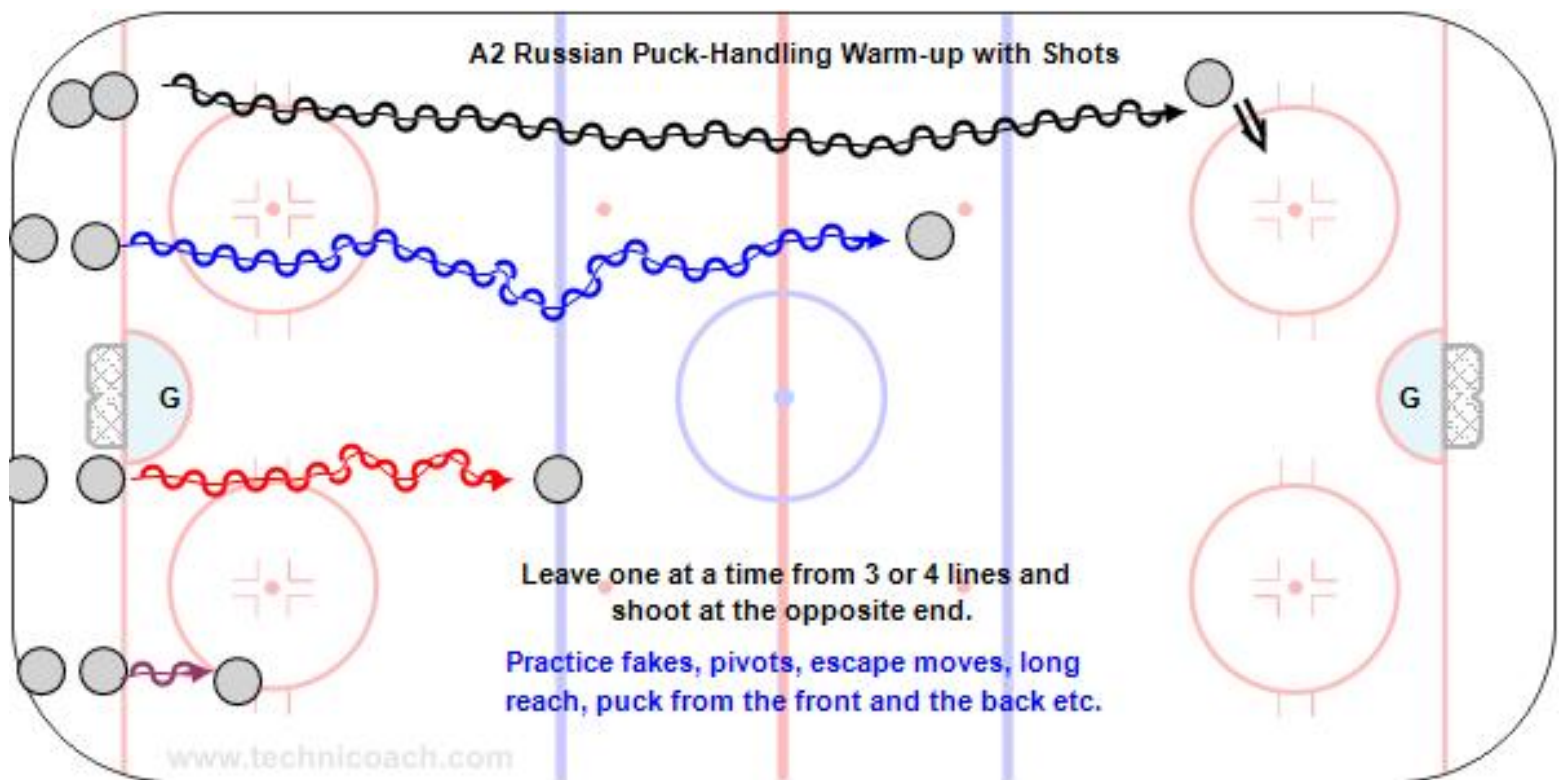
- Do 3 or 4 crossovers to the left and reach as far as possible to the right with the puck, then cross over to the right and reach as far as possible to the left with the puck. Reach back as far as you can with the puck, turning the upper body so you are looking behind you as you skate in the opposite direction.

- Single fake by practicing a small fake one way, then quickly pull the puck across your body to the other side.



- Double fake by giving a small fake one way, then quickly pull the puck across your body to the other side. Immediately bring it back.
- Put the puck behind you and pass it up into your skates from 1 side, then the other.
- Have the puck in front of you and pass it back to your skates and up to your stick, then off the outside of each skate and to your stick.
- Reach back on the forehand, then quickly pull the puck across your body.
- Skate backwards with the puck after pivoting to the right and do the same after pivoting left.
- Slide sideways, pushing about 4 or 5 times with the inside skate and gliding on the outside skate. Fake passes and shots while skating like this.
- Pivot a complete circle to the left and then to the right.
- . Fake a slapshot and go around opponent on the backhand side.
- . Fake a slapshot and go around opponent on the forehand side.
- . Fake a slapshot and then do a backhand tight turn around opponent.
- . Fake a slapshot and reach out like you are going around the opponent on your forehand and then pull the puck quickly to your backhand and go around opponent.

\*All of these fakes are demonstrated in the <http://hockeycoachingabcs.com> video section on puck handling.  
(Vladimir Jursinov)



## A2 Skating Edges – Pro

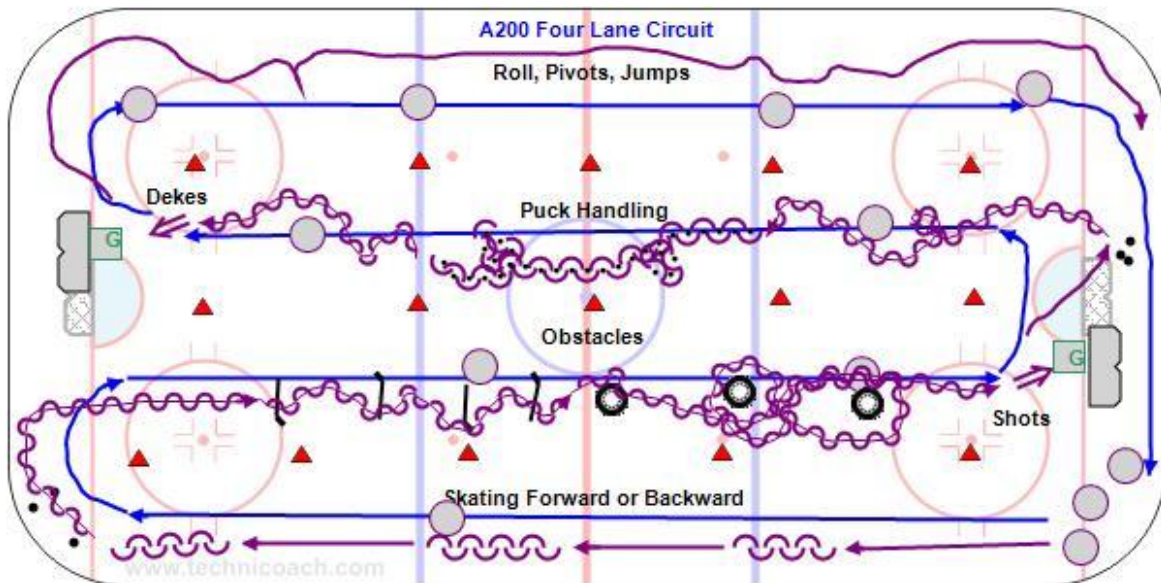
### **Key Points:**

To be able to use all of the edges for power and balance.

### **Description:**

Pro prospects are shown the various exercises to use the edges and skate one lane and back from diagonal corners.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130812185145906>



## A2 Transition Turn Forward to Backward

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

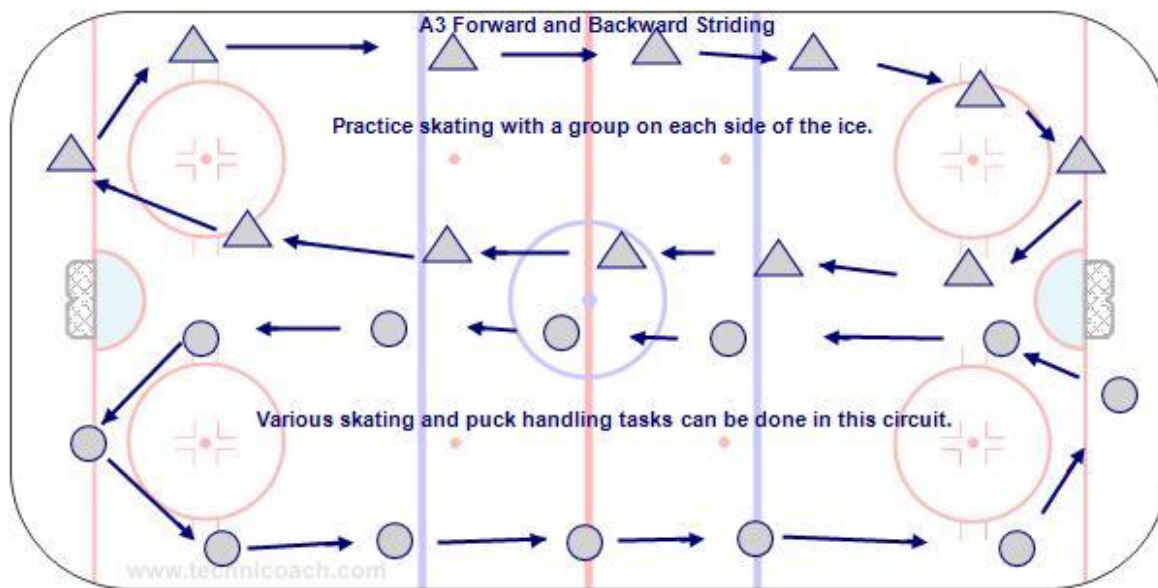
Practice turning from front to back and don't lose any speed. This turn is smooth with a minimum of crossovers.

### ***Description:***

Gaston Schaeffer teaches an efficient transition turn from forward to backward. The benefit of this pivot is that the player keeps the skating momentum.

If skating to the right the weight is on the right leg and the left skate goes behind at an angle to the turn, the player transfers the weight to the left leg and does a crossover.

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## A2-A200 Puck Handling and Skating Practice from Finland

### Description:

#### This is a video on the ABC site uner Puck Handling

1. A200 formation and Yashin leads the big moves warm demonstrating the skill and the kid's follow.
2. A2 skating drills for balance and edge control.
3. A200 Russian Big Moves exercises. Pro player demonstrate the big moves and the players follow.

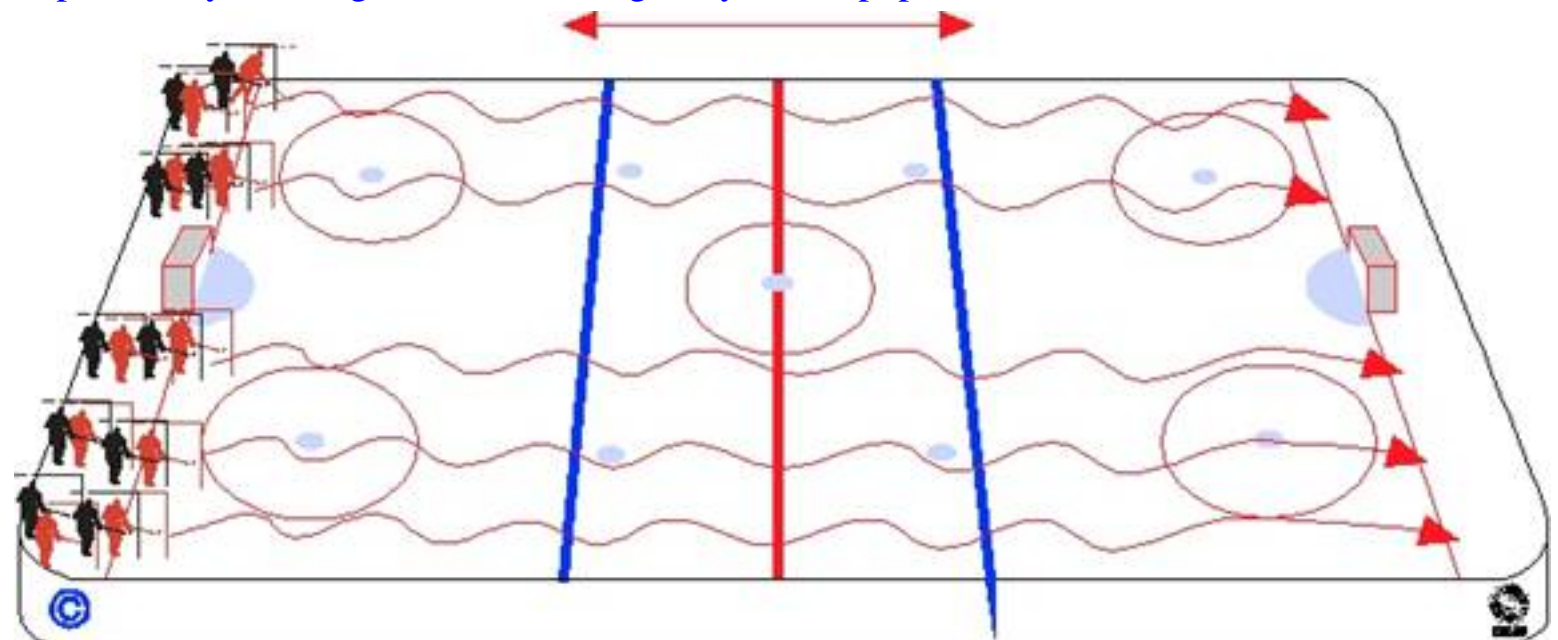
### Key Points:

This practice was done at Juhani's hockey school in Mikkeli, Finland. It is beautiful lake country where he has his summer place. The focus is on Big Moves with Good Hard Fakes when puck handling. Many pro's including Yashin helped with his camps. Juhani is in the IIHF Hockey Hall of Fame and is a legend in Finland.

Another IIHF hall of famer Vladimir Yursinov is the one who developed this big moves warm up. He is a Russian hockey legend as a player and coach. Between them they have developed about 70 NHL players.

In my coaching experience these puck handling exercises are the most effective way for players to develop good hands. They can be done off ice as well. Big moves and handling the puck all around the body with big fakes and protecting the puck with the body are the essentials to being a good offensive player.

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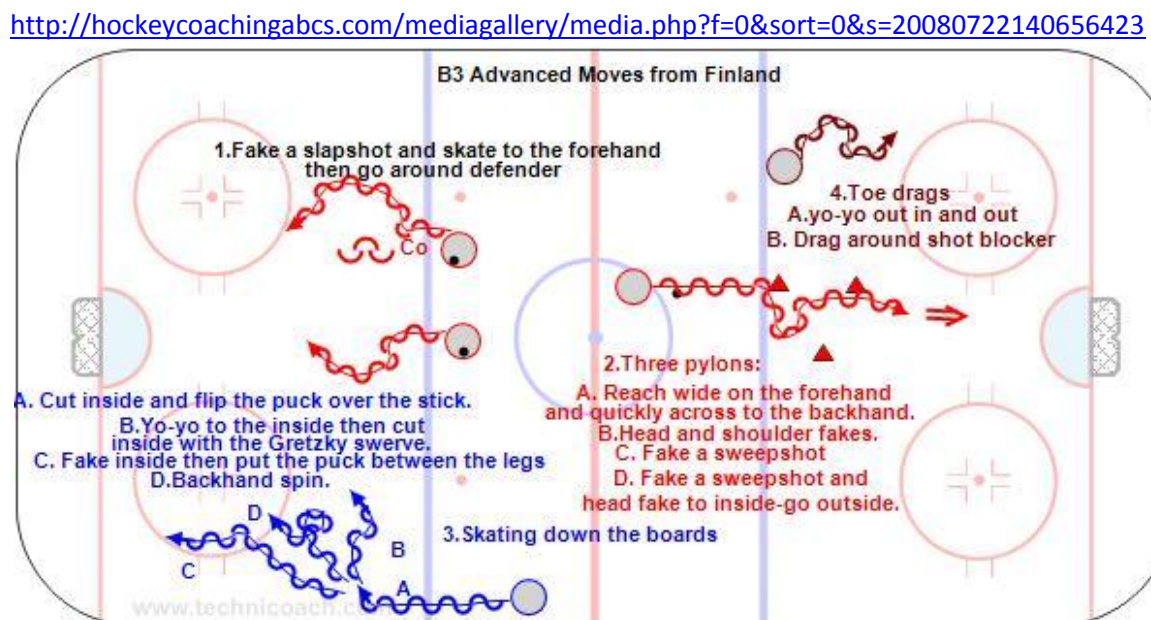
## B3 Advanced Moves from Finland

### Key Points:

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

### Description:

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



## A4 - Skating Skills 4 Lanes – Pro

### **Key Points:**

Practice all of the edges and the stride both forward and backward.

### **Description:**

Divide the ice into 4 lanes with a group going down and back on the outside and middle lane on each half. Introduce a new skill after each down and back.

Description:

1. Stride in an arc on the inside edges.
2. Cross-over with big strides on the outside edges.
3. Both legs at once on the inside edges and cross under to the outside edges.
4. Alternate sides with the heel to heel slide in an arc each way then add a stride.
5. Skate backward with a glide on the inside edges.
6. Backward step-over's to the outside edges and glide.
7. Quick backward step-over's.

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## A200 - Puck Handling – Pro

### Key Points:

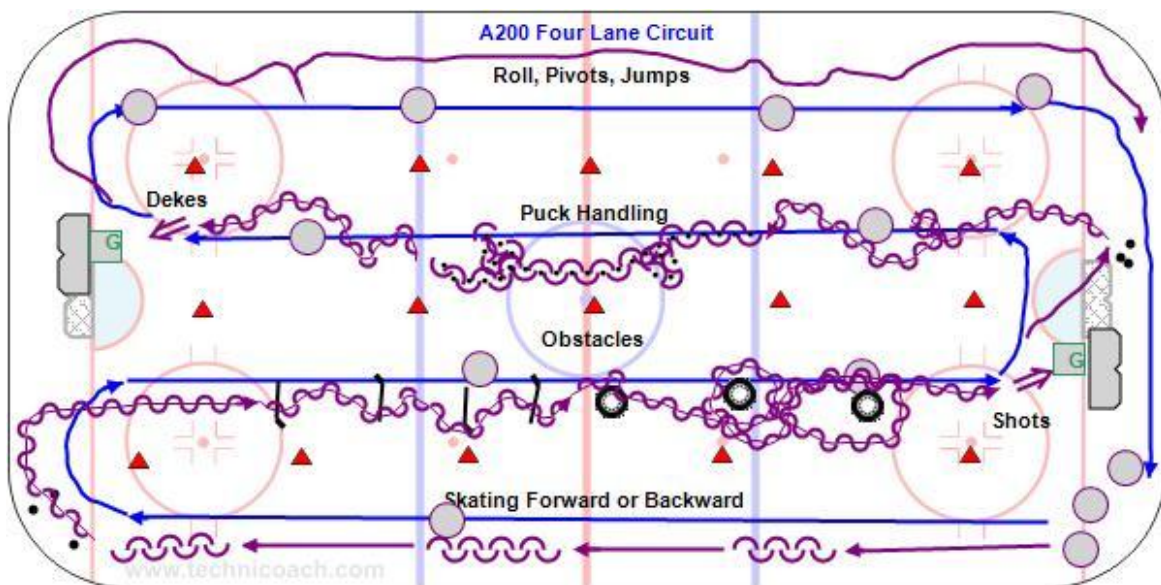
Handle the puck all around the body. Loosen the shoulders and roll the wrists. Stick handle quietly and softly. You must be able to move the puck side to side, so the stick is too long if you cannot do this and too short if you are too bent over to see up ice. Separate the movement of the upper and lower body moving the puck one way and the body the other way. Use head and shoulder fakes.

### Description:

1. Rink is separated into four lanes with one two groups starting one way and two the other.
2. Players do each exercise down and back two of the lanes on their side of the ice.
3. Do a new exercise each time with a coach or player demonstrating the new exercise.

*Refer to the Russian Big Moves postings for more exercises, especially with Jursinov and Yashin.*

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## A200 Four Lane Circuit

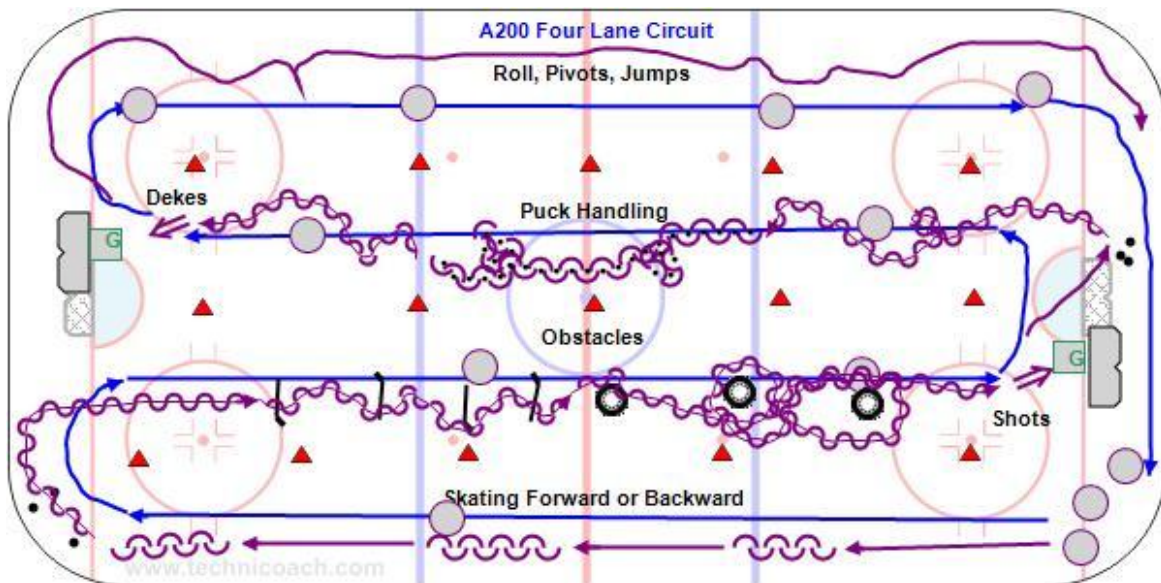
### Key Points:

Practice skills down the lanes. Incorporate passes, shots, moves, dekes, obstacles, different pivots, jumps, multiple pucks, balls etc. This is a Howie Meeker circuit and is a great way to practice skills with large groups and use the ice efficiently.

### Description:

1. Set up four lanes up and down the rink.
2. Each lane has a different task.
3. Each lane could have a shot at the end.
4. Ideal for skills or for a Mission Impossible Game. (any level can play Mission Impossible)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120921090355591>



### Mission Impossible:

Mission Impossible was the most popular activity I ran in schools. The pictures are from a Kindergarten to ninth grade school, 5-14 year olds. All classes did it. We set up an obstacle course with the equipment in the gym. The kid's got 8 minutes to get to the end. Any failure and they have to start again. There was complete silence because the scenario was that they are trying to escape from a prison of war camp. Half the students were guards and half prisoners. If they touched the floor anywhere but safe places, knocked anything over, made a loud noise, were touched by a snake (dangling ropes), fell off the raft and into the acid moat (off the scooter and touch the floor) etc. They had to ring the bell at the top of the rope to finish. I built in areas where cooperation was needed to pass through.

At noon they all played together and there are pics with them in the regular clothes.

This same idea can be used at hockey practice by making a progressively more difficult circuit requiring individual or partner work.

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# A200 Puck Protection Circuit

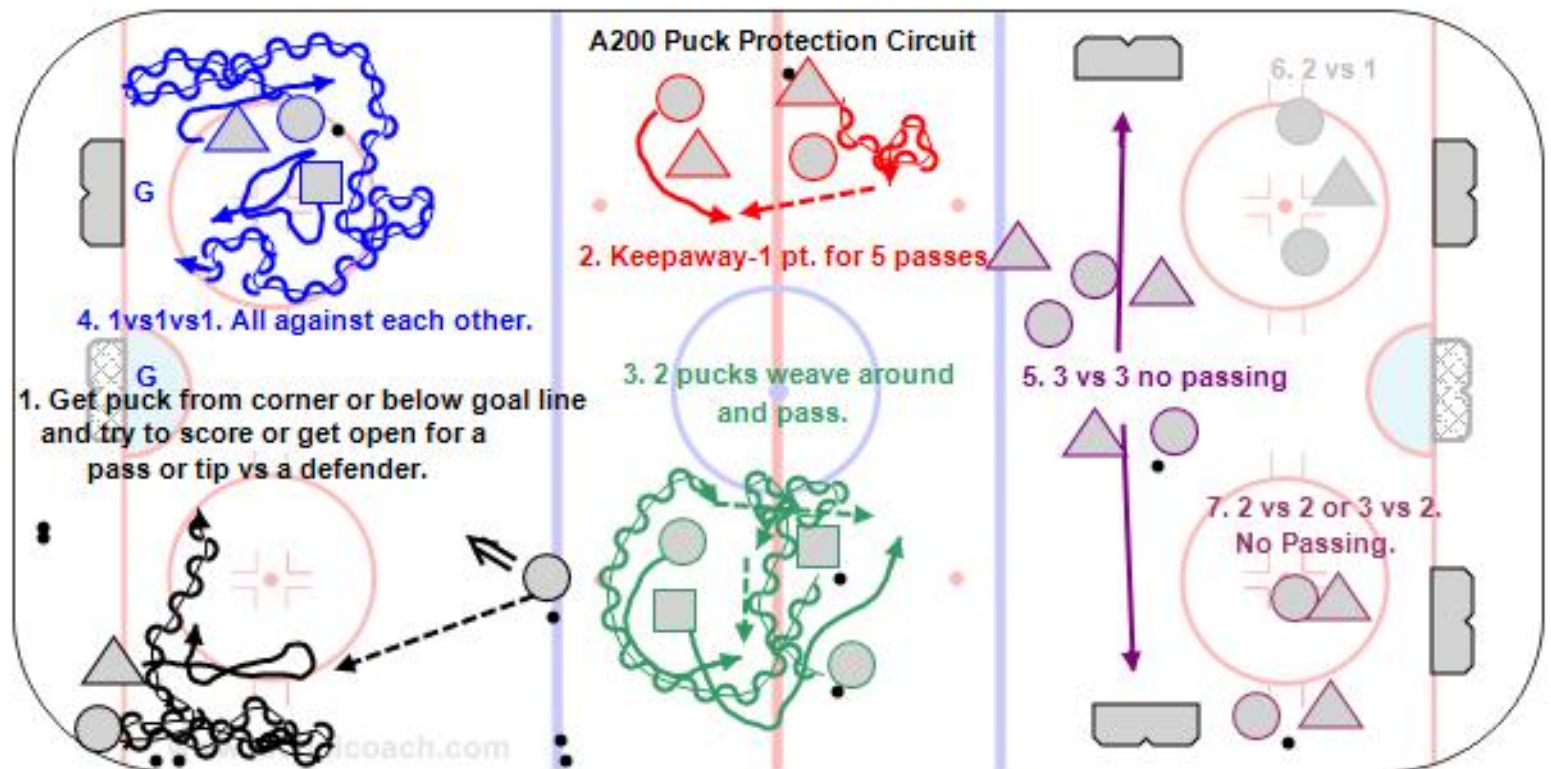
## Key Points:

Shield the puck with the body. Use quick turns, head and body fakes, pivots, escape moves to gain the offensive side and score. Keep the stick free to receive passes and tip shots.

## Description:

1. Get puck from corner or below goal line and try to score or get open for a pass or tip vs a defender.
2. Keepaway-1 pt. for 5 passes.
3. 2 pucks weave around and pass. No Passing.
4. 1vs1vs1. All against each other.
5. 3 vs 3 no passing.
6. 2 vs 1
7. 2 vs 2 or 3 vs 2.

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## A200 Russian Olympic Coach Teaches Puck Handling

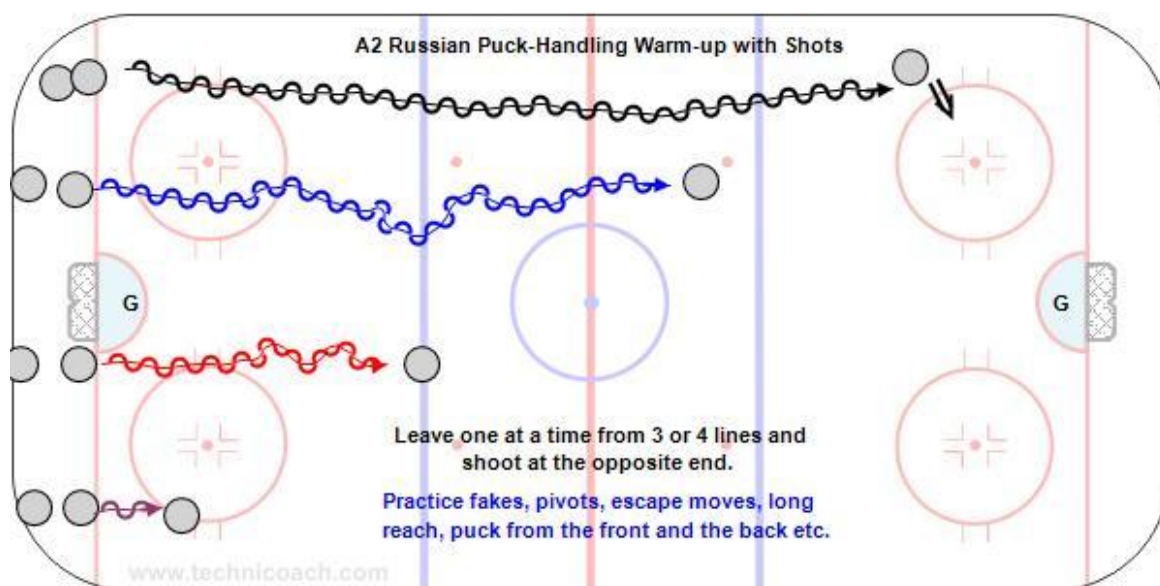
### Key Points:

Make hard fakes and sell them to the defender. Separate the movement of the upper and lower body. Create puck handling sequences that flow together. Learn to use the forehand and the backhand and have loose shoulders and the hands away from the body. Don't over handle the puck.

### Description:

- A. Warm-up with backward cross-over skating and reach with the stick in a balanced position.
  - B. Practice moves and fakes while skating down the ice and finish with a shot on net.
1. Fake the slapshot with a convincing fake and finish with the stick hitting the ice.
  2. Fake the slapshot and accelerate around the defender on the forehand.
  3. Fake the slapshot and move like you are going around on the forehand but quickly pull the puck across to the backhand.
  4. Fake a backhand pass or shot and rotate the body in a convincing manner.
  5. Fake the backhand and pull the puck across to the forehand.
  6. Fake the slapshot and pull the puck to the backhand, fake a backhand and pull the puck to the forehand.
  7. Fake a wrist shot and spin on the backhand.
  8. Fake a wrist shot and spin to the forehand.
  9. Fake a backhand shot-across to the forehand then fake a wrist shot and across to the backhand.
  10. Combine the moves.

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# A200 Skating Warm-up for Edges and Balance with a Puck and Shot

## Key Points:

Good players can move in all directions efficiently because they use all edges and have great balance on the ice. Routines for skating, puck handling, shooting and passing are efficient ways for a coach to quickly review the foundation skills and allow the players to get a lot of reps and improve at their own rate. Do these skating exercises with a puck.

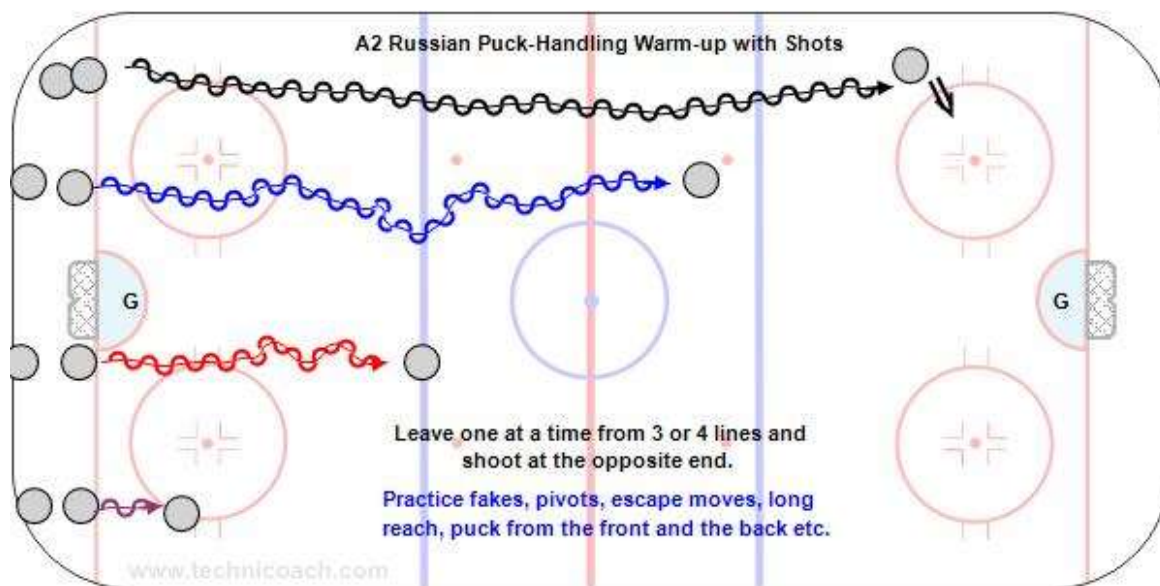
## Description:

### *A200 Formation in Four Groups*

- Players start at one end in 4 lines and skate to the other end with a puck and shoot from their lane.
- inside edges - out and in using a snowplow.
- inside edges - sculling one leg at a time on the inside edges.
- outside and inside edges - slalom with the skates together and a good knee bend.
- balance and edges - one length of the ice on each leg.

**Repeat the same sequence but skate Backward.**

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## A200 Variable Goal Training - Skating and Puckhandling

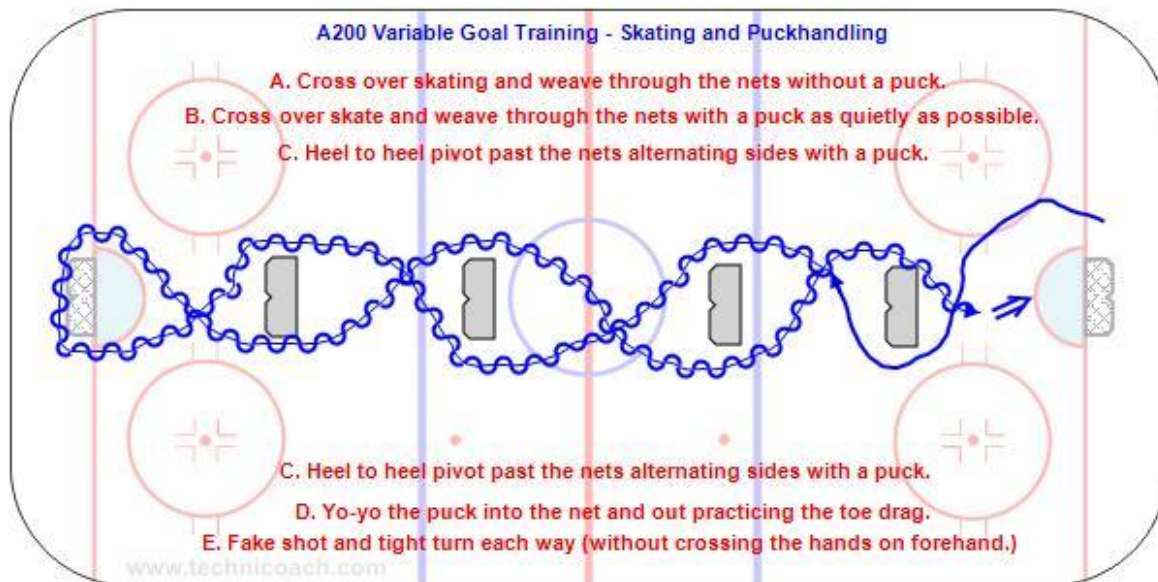
### Key Points:

Simulate a defender by using small nets as obstacles. The player skates around and carries the puck using various moves and fakes. Any move can be practiced and the nets are a much larger obstacle than pylons. Focus on good technique.

### Description:

1. Put 4 nets as obstacles down the length of the ice.
2. Player does various skating and puck handling exercises and finish with a shot. Start slowly focusing on technique and then add speed and different skills around each net.
3. The video example shows.
  - A. Cross over skating and weave through the nets without a puck.
  - B. Cross over skate and weave through the nets with a puck as quietly as possible.
  - C. Heel to heel pivot past the nets alternating sides with a puck.
  - D. Yo-yo the puck into the net and out practicing the toe drag.
  - E. Fake shot and tight turn each way (without crossing the hands on forehand.)

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## A300 Individual Puck Handling Practice

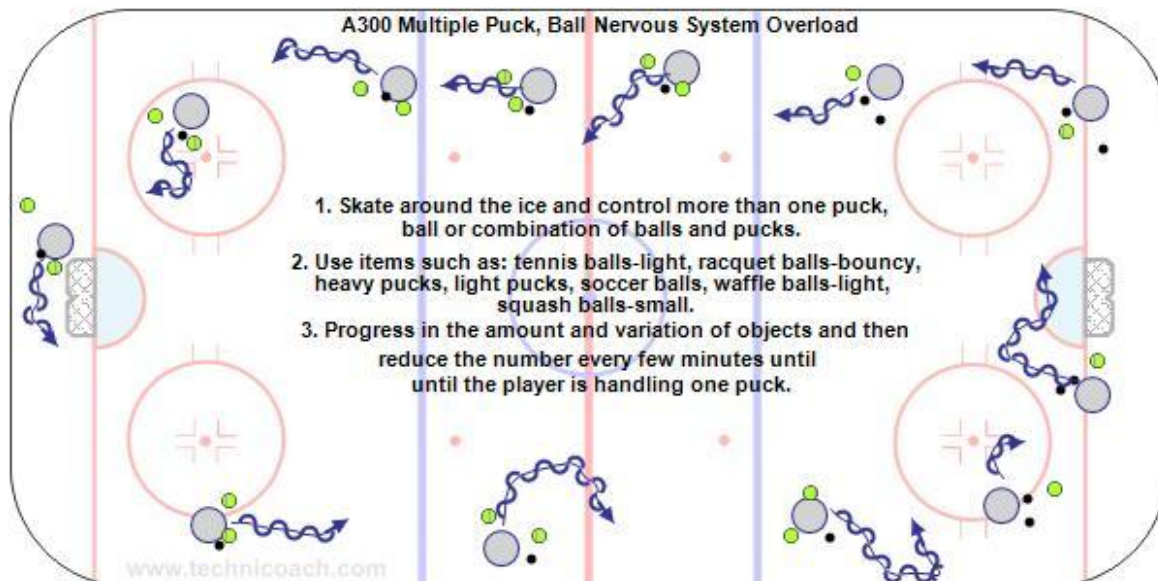
### Key Points:

Use multiple pucks and balls to overload the nervous system and control them all around the body. With one puck over extend to increase your reach. Separate the movement of the upper and lower body, loosen the shoulders and use head and shoulder fakes. Practice moving the puck from the stick to the skates and back, as well as controlling the puck from in front and behind.

### Description:

1. Handle two or three pucks at once never letting them get more than a stick length away.
2. Reach with one hand as far back and forward as possible.
3. Slalom to the right and reach with the puck to the left and visa-versa in order to separate the movement of the upper and lower body.
4. Repeat the same thing but this time skate and power away from the puck.
5. Move the puck from the stick to the inside and outside skate edges and back.
6. Bring the puck thru the skates on the forehand and backhand.
7. Hands close together and legs wide apart and use head and shoulder fakes.
8. Toe drag and move to the forehand and the backhand.
9. Fake a slapshot and accelerate to the forehand and backhand.
10. Handle two or three different kinds of balls around the body. i.e. tennis, racquet, hockey, Keep the balls within a stick length and under control.

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## A300 Skating and Skill Circuit – U18

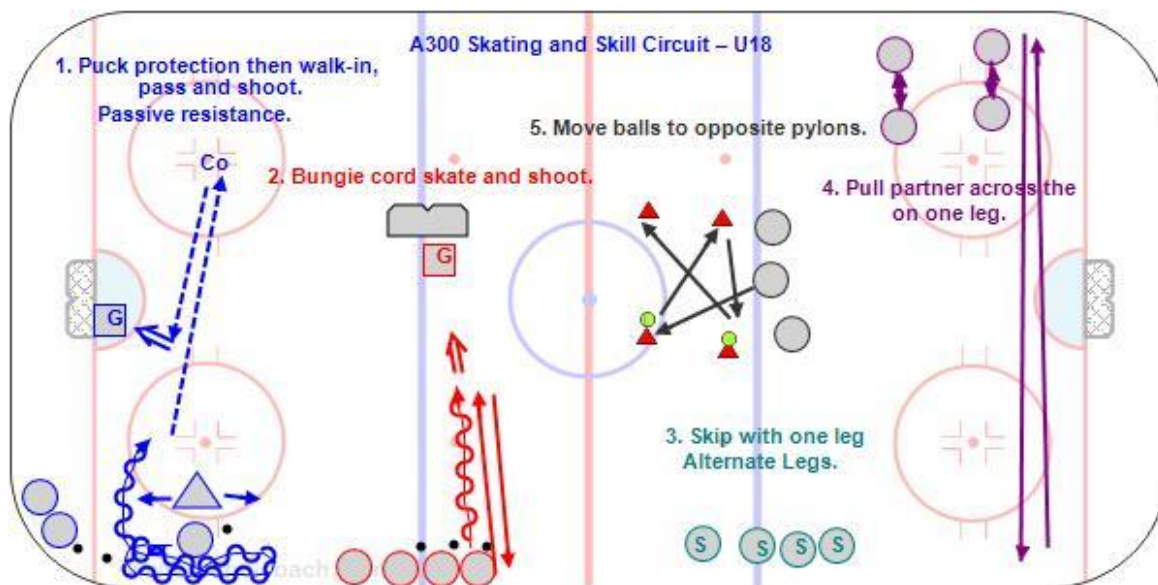
### Key Points:

Players move from station to station and do skating, shooting and puck protection skills.

### Description:

1. Puck protection then walk-in, pass and shoot. Passive resistance.
2. Bungee cord skate and shoot.
3. Skip on one leg and alternate legs.
4. Pull partner across the ice on one leg.
5. Move balls to opposite pylons.

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## A300 Toe Drag and Finish with a Shot

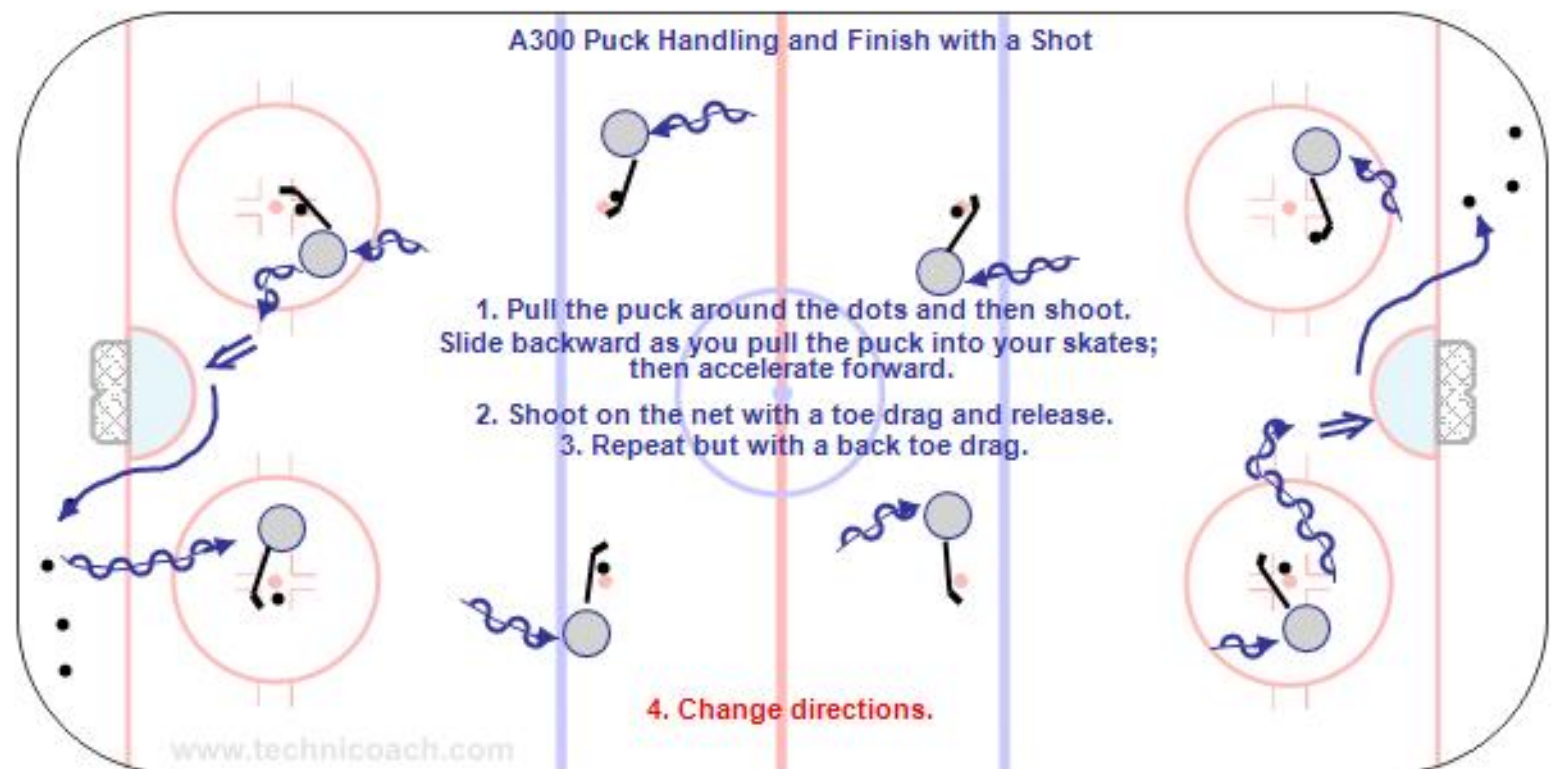
### Key Points:

Keep your hands away from the body. Roll the wrists especially with the top hand and slide the bottom hand up the stick. Give a hard fake to the inside to lure the defender then pull the puck across while you slide away and around him.

### Description:

1. Pull the puck around the dots and then shoot. Slide backward as you pull the puck into your skates; then accelerate forward.
2. Shoot on the net with a toe drag and release.
3. Repeat but with a back toe drag.
4. Change directions.

[http://hockeycoachingabcs.com/mediagallery/admin.php?mode=mediaedit&s=1&album\\_id=17&mid=20080722204541778](http://hockeycoachingabcs.com/mediagallery/admin.php?mode=mediaedit&s=1&album_id=17&mid=20080722204541778)



## A400 - Puck Handling Skills 4 Lanes – Pro

### Key Points:

Practice various puck handling moves or skating skills. Add shots at the end of the lanes or obstacles to go around, under, over or through.

### Description:

#### 4 Lane Flow

Players who start at the inside lanes go.

- inside to outside behind net to far outside and back inside and back to line.

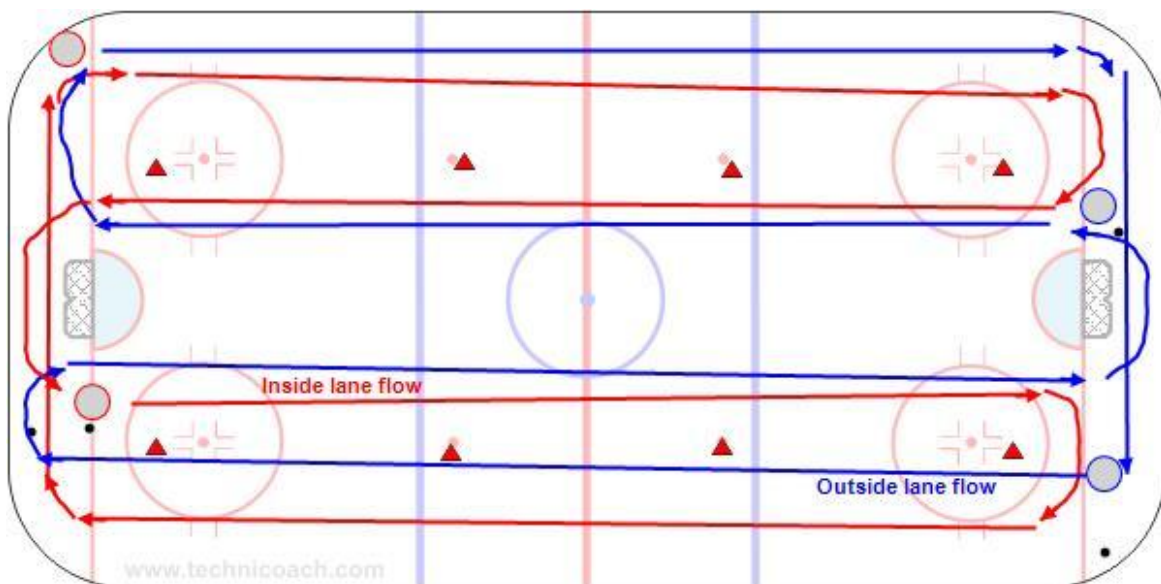
Players who start in outside lanes go.

- outside to inside, behind net to inside the other way then far outside and back to line.

### Mission Impossible

*\* You can also make this into “Mission Impossible” where the players do tasks like skating through obstacles, they must score, jump over, slide under, stickhandle through a maze of pucks etc. If they fail they must go back to where they started and do it again. You give a time limit and half go and half are judges.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130812222953884>



## T1- Agility Skate-D Shoot-F Scoring – Pro

### Key Points:

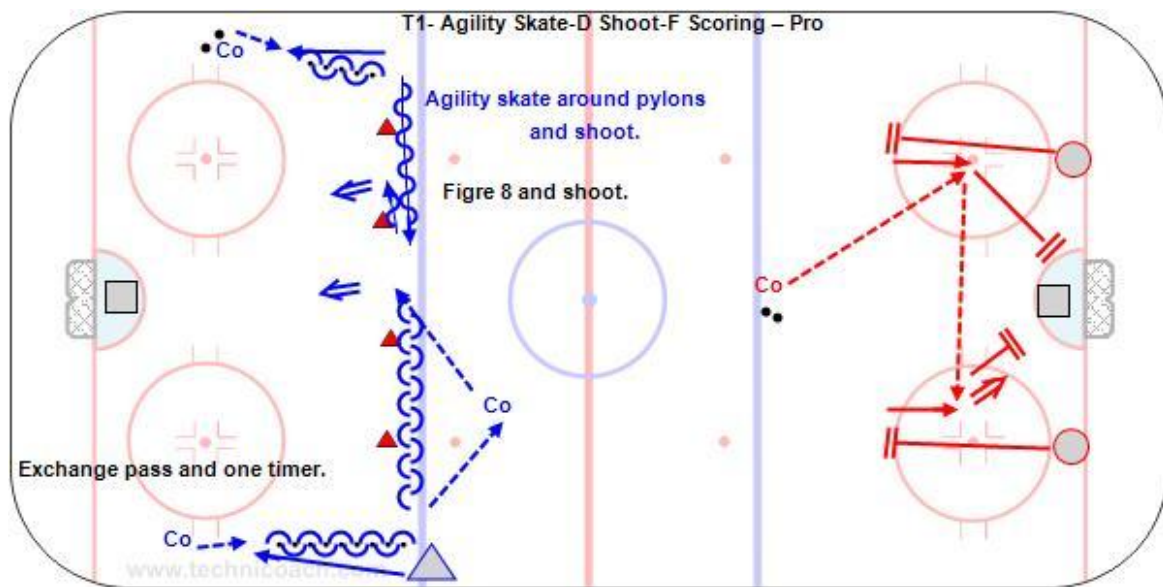
Quick feet, face the puck, triple threat position, hit the net, quick shots. Defense keep the feet moving and get the stick back early to shoot. Hit the net. Forwards need loose shoulders so they can rotate without over handling the puck.

### Description:

1. Forwards work with coaches at one end and the defensemen at the other end.
2. Defense get a pass and skate around two pylons always facing the net and shoot.
3. Two forwards leave from below the circle to the top of the circle.
4. Coach pass to either forward who passes across for a shot.
5. Both attackers follow the shot for a rebound.
6. Defense skate around the pylons and shoot or shoot from between the pylons.
7. Defense skate backward, get pass, pass to coach and one time the return pass.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170516103219523>

<https://youtu.be/QpinEBC-myl>



## B - Individual Skills Post Practice 1 – Detroit

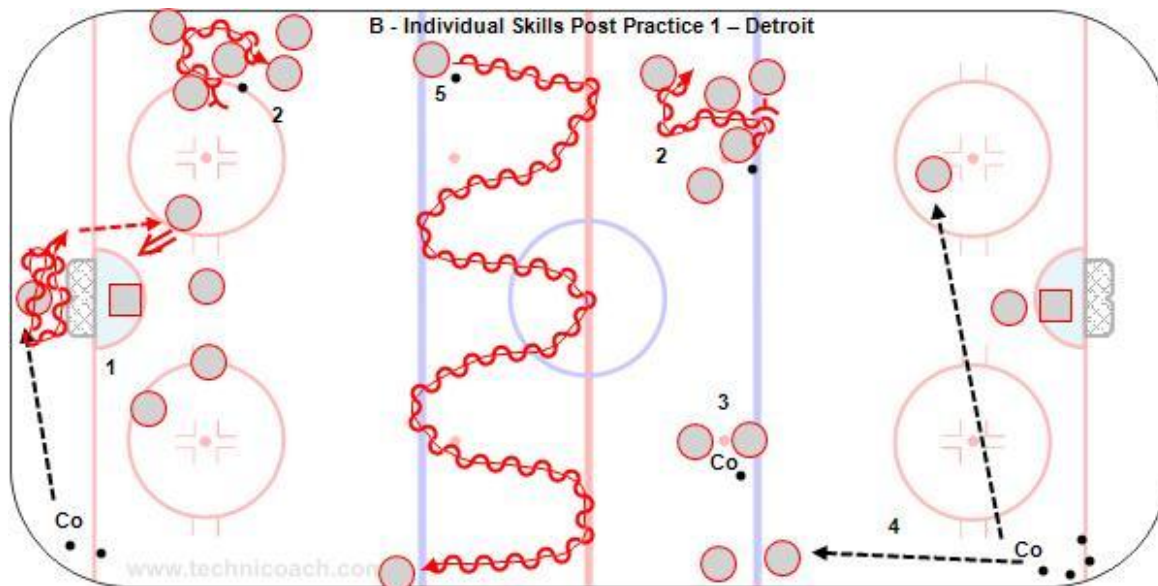
### **Key Points:**

Work on individual technique in groups. Find a space on the ice that doesn't interfere with other players and you can practice the skill.

### **Description:**

- 1 – Goalie practice – the coach pass to a player behind the net who makes fakes while the goalie practices looking over his shoulder. Pass out front for a one timer.
- 2 – Groups of 4 or 5 players play keep-away starting along the boards protecting the puck. Keep moving into the group with the puck while the other players poke check.
- 3 – Practice taking face-offs at a neutral zone face-off dot.
- 4 – Coach pass from the corner to the point while one player screens and tip in front and then pass across to the far dot for a shot.
- 5 – Zig-zag across the ice from the blue line to the red line in the neutral zone.

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## B - Individual Skills Post Practice 2 – Detroit

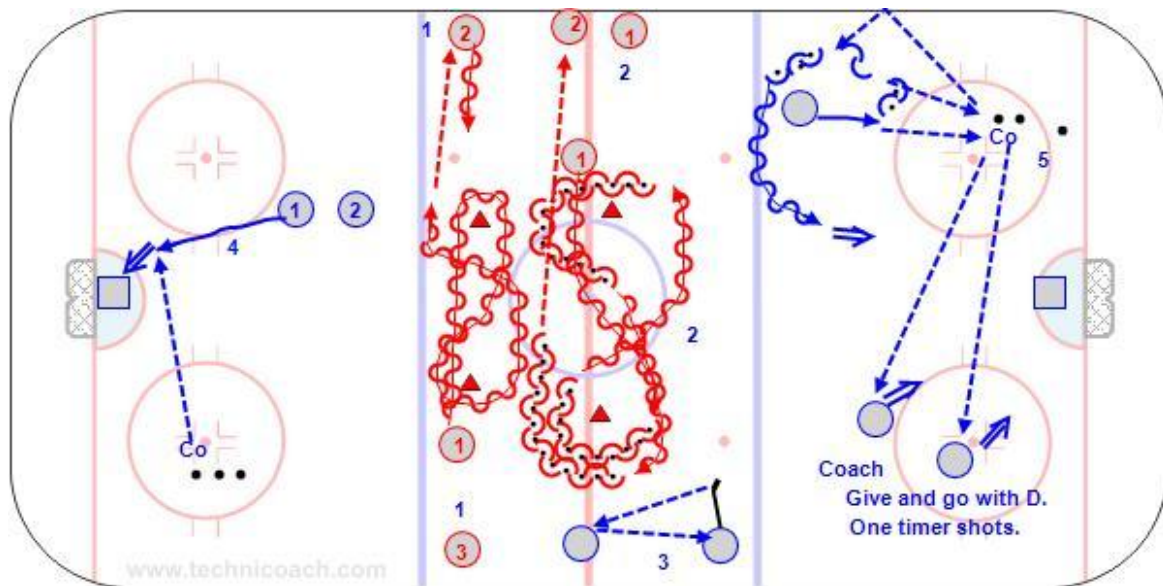
### **Key Points:**

On backhand receptions, keep the stick blade square to the puck and hands away from the body. Follow through at the target on passes and shots. Play in the triple threat position.

### **Description:**

- 1 – Figure 8 relay across the neutral zone with a pass at each end.
- 2 – Figure 8 agility skate with one pass.
- 3 – Receiving backhand passes with a partner.
- 4 – One touch shot while skating.
- 5 – Defense agility skate and shoot the forwards take a one timer.

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## B2 - Static Fakes - Give-Go-Give-Shoot – Pro

### **Key Points:**

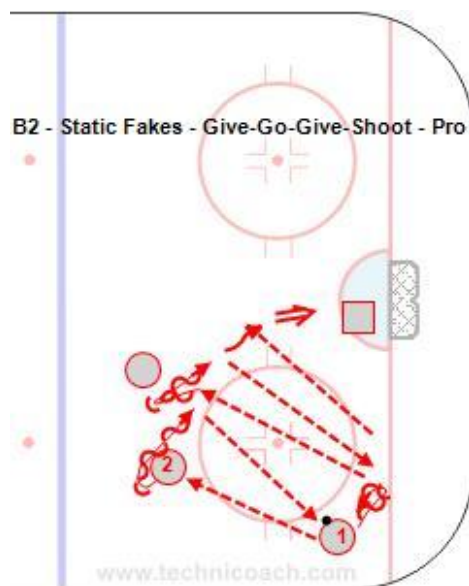
Use head, shoulder, stick, skate fakes when you get the puck standing still.

### **Description:**

1. Coach or player #1 make hard fakes and pass to 2.
2. #2 make hard fakes each way and return pass.
3. Repeat 1 to 2.
4. After the first or second rep 2 go to the net and for a pass from 1 and shoot.
5. Be creative with the passes. Forehand, backhand, off the boards.

\* Key is to always move and make the defender commit to one direction then cut back.

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## B500 Individual Skills

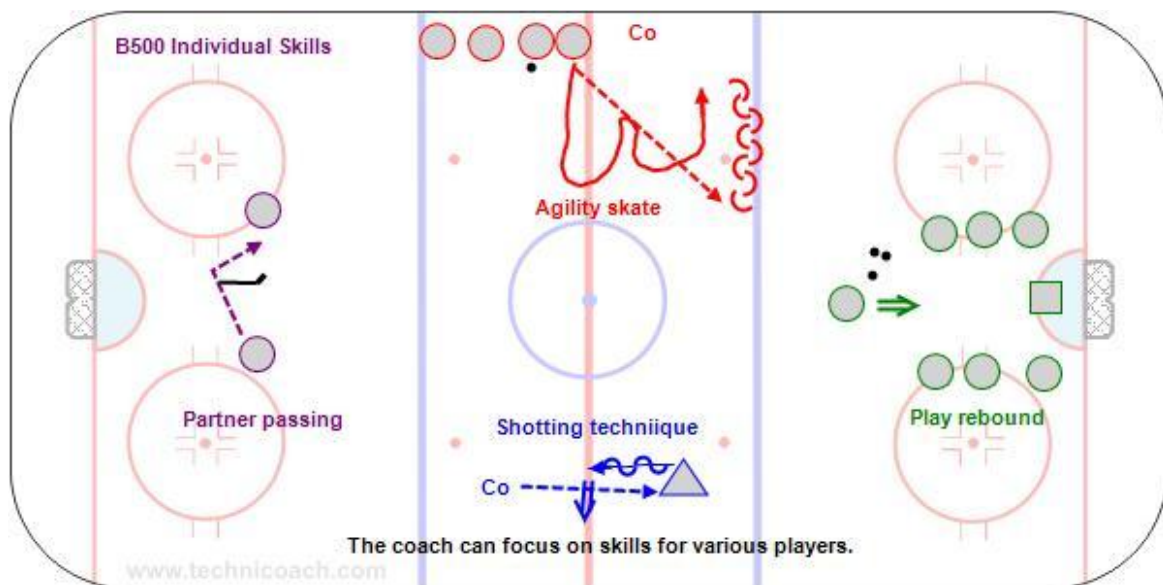
### ***Key Points:***

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090823205113460>





## Becoming a 360 Degree Player:

I went to a seminar yesterday that had video demo's of puck handling. The only problem was that the players had rigid upper bodies and everything was from the forehand side to straight in front. The backhand side was non-existent.

Here are some videos from Europe that show how to develop loose shoulders and the ability to handle the puck all around the body.

This is Vladimir Yursinov's puck handling warm-up demonstrated by Yashin who was the Russian captain and for NHL MVP. Big moves, loose upper body. Yursinov is recognized as the top skills coach in Europe and more than 60 of his former players have moved onto the NHL. Yursi's teams do this at the start of practice as a warm-up. I saw this when he had me run a checking practice as a guest coach for TPS in Finland.

Big Moves Warm-up

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=5959&topic=5959#5959>

Yursinov teaching a puck handling sequence to U17-U20 players in Austria.

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6370&topic=6370#6370>

Off-ice Puck Handling - Finland

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140707104528484>

A - Puck Handling 360 Degrees – Sweden

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203155619555>

A - Crosby Turn - Crosby with Push – Sweden – Face the play while carrying the puck.

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## D200, 3 on 3 Game With No Passing

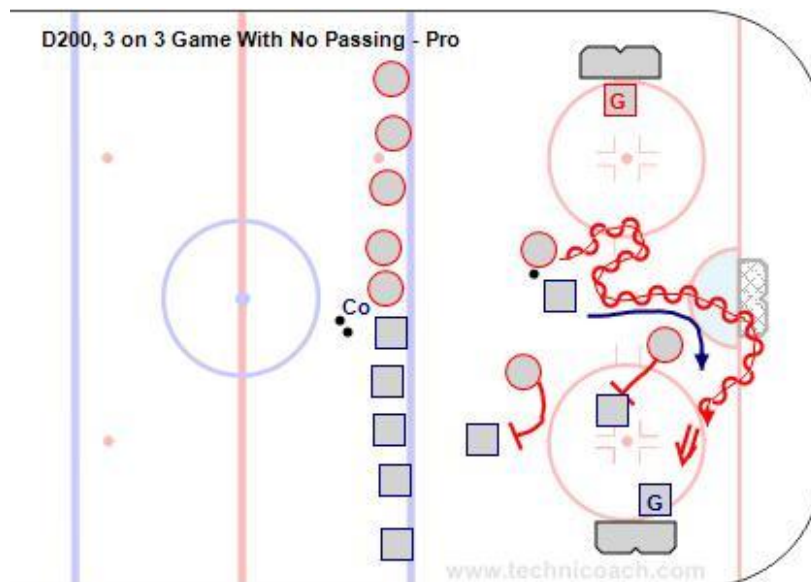
### **Key Points:**

This game demands that the puck carrier dangle and beat the opponents with dekes, fakes, change of pace, pivots while teammates screen, pick and go for rebounds.

### **Description:**

1. Play a cross ice game of 2-2 to 5-5.
2. Extra players line up along the blue line.
3. Shifts 20-30" and pass to teammate coming on on the whistle.
4. Coach put in a new puck on a goal.
5. Rule is NO PASSING.
6. Line mates support by setting screens and picks and going for rebounds.
7. Keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121119180047556>



## **RUSSIAN WARM-UP**

NARROW & WIDE DRIBBLING  
DRIBBLE WHILE ALTERNATING GOING DOWN ON LEFT & RIGHT KNEE (ELBOW UP)  
DRIBBLE WITH SKATES (SKATE-TO-SKATE, STICK-TO-SKATES)  
GIVE-AND-TAKE, CUP THE PUCK WITH TOE AND PULL BACK  
FAKE SHOT /OR/ PASS AND DRAW WIDE  
DIAGONAL DRIBBLING  
DRIBBLE WHILE SKATING BACKWARD, FORWARD-BACKWARD & BACKWARD-FORWARD  
SPINS/ TIGHT TURNS (LEFT & RIGHT), ON KNEES SPIN 360 DEGREES  
CROSSOVERS (TWO STEPS LEFT, TWO STEPS RIGHT) OR LEFT AND RIGHT  
CHANGE-OF-PACE/ TEMPO (FAST-SLOW OR SLOW-FAST)  
STICK FAKE OVER THE PUCK  
SURROUND THE PUCK: SKATE AROUND THE PUCK ALWAYS ON THE FOREHAND  
JUMP LINES AND CONTROL THE PUCK/ SOMERSAULTS, LOG ROLLS-CONTROL THE PUCK  
SHARP HEEL TURNS (PARALLEL SKATES)  
ZIG-ZAG SKATING WITH PUCK  
STOP AND GO FAKES  
ONE HAND CARRY THROUGH NEUTRAL ZONE  
ONE SKATE JUMPS (ONE SKATE ON THE ICE, JUMP FROM SKATE-TO-SKATE)  
SHOOT-THE-DUCK AND CONTROL THE PUCK (SQUAT DOWN ON ONE SKATE, OTHER SKATE STRAIGHT OUT IN FRONT)  
SIDE-STEPS WITH PUCK (LEFT AND RIGHT)  
STICKHANDLE WITH TWO PUCKS (ONE ON STICK AND OTHER WITH SKATES)  
UNRHYTHMICAL DRIBBLING (PUCK ON SIDE AWAY FROM SUPPORT LEG)  
STICKHANDLE WITH WRONG HAND (LEFT-HANDER DRIBBLES LIKE RIGHTHANDER, VICE-VERSA)  
DRIBBLE PUCK IN THE AIR  
PUCK THROUGH LEGS AND BEHIND BACK  
BODY PART FAKES (HEAD, SHOULDERS, EYES, BODY LEAN, SKATE FAKES)

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### **PASSING IN PAIRS**

SIDE-BY-SIDE	FAKE PASS
FORWARD & BACKWARD	TOUCH PASSING
WEAVE	LIFT/ AERIAL PASSING
BOARD PASS	LOOP-DROP PASS-SHOOTING, ETC.
TWO PUCKS AT SAME TIME	LOOK-OFF PASS (LOOK OTHER WAY)

## B2 - 2 on 1 Pass in Front of Toes – Pro

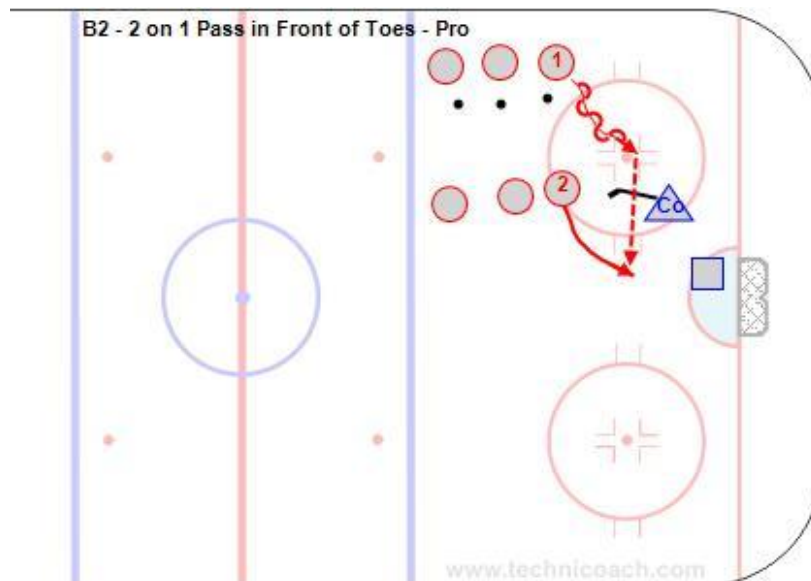
### ***Key Points:***

Forehand pass when possible. Pass in front of the defenders toe caps behind his stick.

### ***Description:***

1. Start with a coach defending then use players.
2. 1 skate outside and 2 skate to the net and 3 defend.
3. 1 pass on the forehand (if possible) to 2 and follow the pass.
4. Make the pass between the stick and the skates.
5. 2 shoot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140904104222128>



## T1-2 - B5 - Rim-Low 2-0 BO-Tap Back to C – Pro

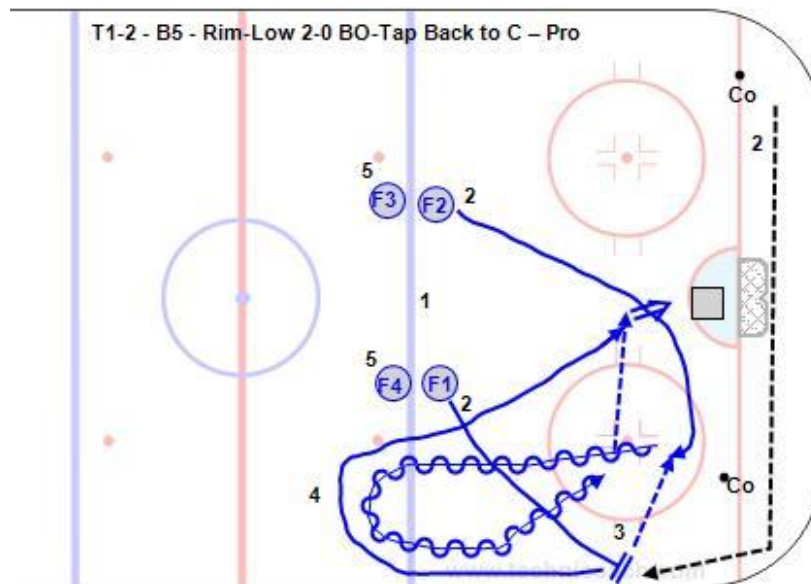
### **Key Points:**

F1 protect the puck vs. a pinching D. F2 swing below the puck from the middle lane and time it so he is still there when F1 can pass.

### **Description:**

1. Two lines of forwards at the blue line and a coach in each corner.
2. Coach rim the puck F1 get to the wall F2 swing below him in the middle.
3. F1 touch pass the puck back to F2.
4. F1-2 do a tight turn over the blue line and attack 2-0.
5. Repeat on the other side with F3-F4.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2015072023073987>



B2 - Screen and Tip vs. Defender – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140501120506708>

B6 - 1-0 Walk Out and Shoot – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140501124015982>

B6 - Point Shot with a Screen - Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140501124312957>

B2 - Shoot-Rebound-Agility Skate – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140429102245865>

B2- Shoot-Rebound-Screen-Agility – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201404291015276>

B4 - 1-0 Shoot off a Pass - Add Backchecker – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140501121636470>

B4 - 2-0 Shoot to Wide Pad - Add Backcheck – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140501122015781>

B4 - Shoot While Skating – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140501122430311>

## Pass and Shoot Drills

[B2 One Timers-Pro](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121109101355159>

[B2 One Timers-Pro and International](#)

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

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

[B2 Transition Skate Shooting – U15](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080722235628950>

[B2 Cross and Drop Shooting-Washington - Pro](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140618112535479>

## Puck Handling and Passing Skills Practice Using a A-B-B-B-D Sequence

College women puck handling and passing practice Tracey Luhowy.

This practice focuses on handling the puck all around the body in drills and then in game situation.

1. Nervous system overload A300 stickhandling both a puck and tennis ball at the same time, then one with the stick on one with the skates.
2. B500 Chaos stickhandling in the nzone with a tennis ball with speed intervals.
3. B202 passing and puckhandling tasks.
4. B5 pass and shooting from 3 lanes.
5. D400 games in each half of Perry Pearn 2 on 2.

The photo was taken at Lake Louise after our mountain retreat at a hostel to develop a Team Covenant.

It is in the video section under Puck Handling

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080721043951794>





*Work on good habits like shooting in stride, follow the shot for a rebound, stop at the net, go to the net without the puck ready to shoot in a rebound. Agility skating with the puck is added after these drills*

## **B - Shoot to Score Drills**

B4 - 1-0 Shoot off a Pass - Add Backchecker – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140501121636470>

B4 - 2-0 Shoot to Wide Pad - Add Backcheck – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140501122015781>

B5 2-0 Shot-Rebound-Shot – Pro

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

B4 - Shoot While Skating – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140501122430311>

B2 - One Timer x 2 – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140501115813266>

B2 - Quick Shots Skating in Slot x 2 – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140501120121682>

B2 - Screen and Tip vs. Defender – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140501120506708>

B6 - 1-0 Walk Out and Shoot – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140501124015982>

B6 - Point Shot with a Screen - Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140501124312957>

## ***Add Agility Skating***

B2 - Shoot-Rebound-Agility Skate – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140429102245865>

B2- Shoot-Rebound-Screen-Agility – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201404291015276>

## **Defenseman Offensive Skills - Role 1-2**

B5 - Agility Skate and Triple Threat Passes - Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140528165050996>

B2 - Defenseman Point Shots x 2 – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140527095005221>

B2 - Defense One Timer Shots x 4 – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140528164755275>

B5 - Defense Skills - Go with Tight Turn – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140528164436936>

B5 - Defense Skills - Wheel Breakout x 4 – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140528164132363>

B5 - Defense Skills - Quick Up to Wing – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140528163835926>

B5 - Defense Skills - Over D to D – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140528163532270>

B5 - Defense Skills - D to D Reverse x 4 – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140528163227701>

## **Defenseman Shooting**

[B2 Alternate Point Shots-HC Dukla Jihlava](#)

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100830105454967>

[B2 - Defense Individual Shooting Skill and Partner Drills – Pro](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140618114112333>

[B2 Point Shots - Canada U20](#)

[http://www.hockeycoachingabcs.com/filemgmt\\_data/B2%20Point%20Shots%20-%20Canada%20U20.3gp](http://www.hockeycoachingabcs.com/filemgmt_data/B2%20Point%20Shots%20-%20Canada%20U20.3gp)

## DT5 Two Pass Regroup with Jokers and Escape Moves

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

This transition game requires on ice awareness and constant switching between game playing roles as well as loose puck situations. Escape moves create time and space for the player. The puck carrier must slide backward, sideways, tight turn etc.

### ***Description:***

Rules: You must regroup with a Joker to go on offense. Before passing or shooting you must make an escape move. Jokers battle jokers but must stay behind the line. Two passes must be made before scoring.

#### *Game One:*

Transition to offense requires the player must regroup with the player below the goal line.

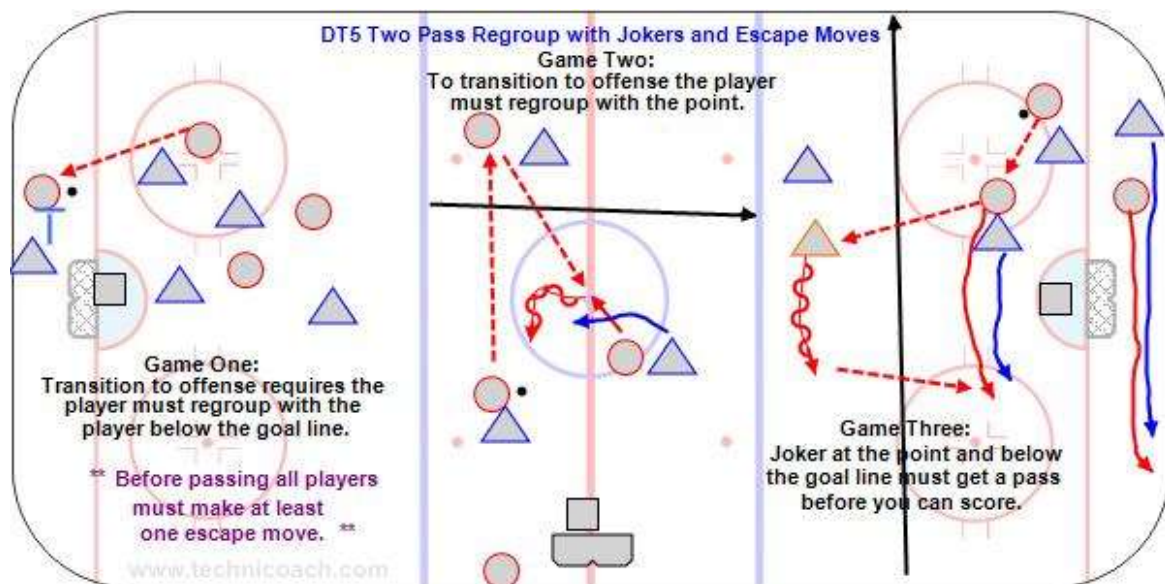
#### *Game Two:*

To transition to offense the player must regroup with the point.

#### *Game Three:*

Joker at the point and below the goal line must get a pass before you can score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111005152420831>



## B T1-2 Tight Turn-Quick up 2-0 –TJ

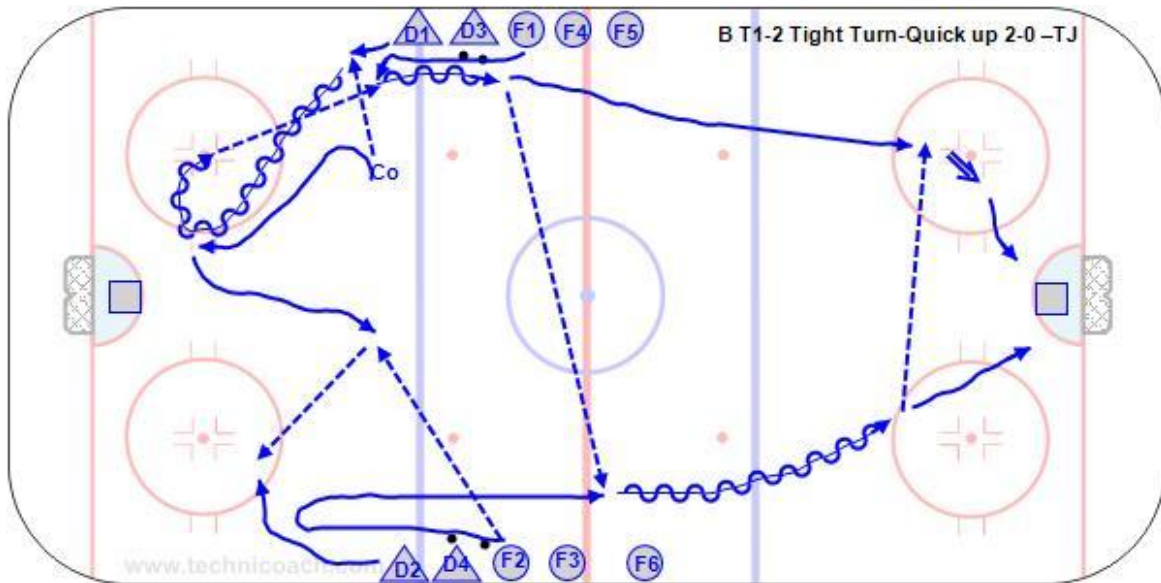
### **Key Points:**

The key is to drive skate at a 45 degree angle toward the net and then do a tight turn to the outside when the forward crosses over.

### **Description:**

1. Coach pass to D1.
2. D1 drive skate at 45 degree angle to net and the coach pressure from the inside.
3. D1 tight turn outside and pass to F1 on the boards.
4. F1 pass across to F2 and they attack 2-0.
5. Repeat with the coach passing to F2 on the other side.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013110917373833>



## B Skills Warm up Finnish U17

### **Key Points:**

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

### **Description**

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

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

1 - Stationary pass with eye contact.

2 - Pass while moving always face puck.

3 - #8 around partners give and go.

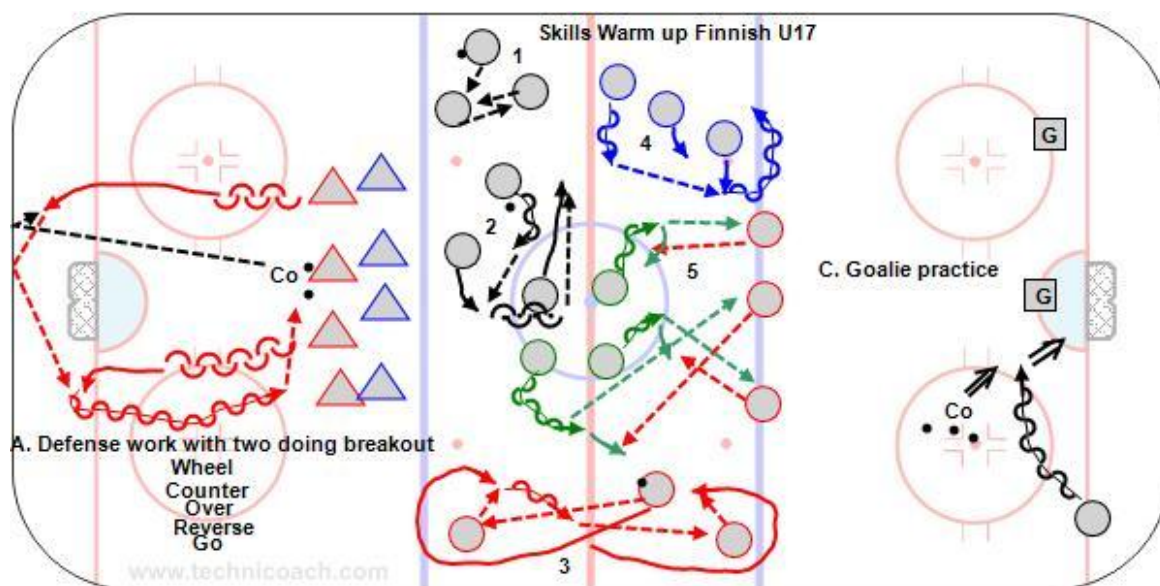
4 - Keepaway 2-1 in four areas.

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

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

C. Goalies work with coach at one end.

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



## T1-3 - C2 1-1 Technique - RB Pro

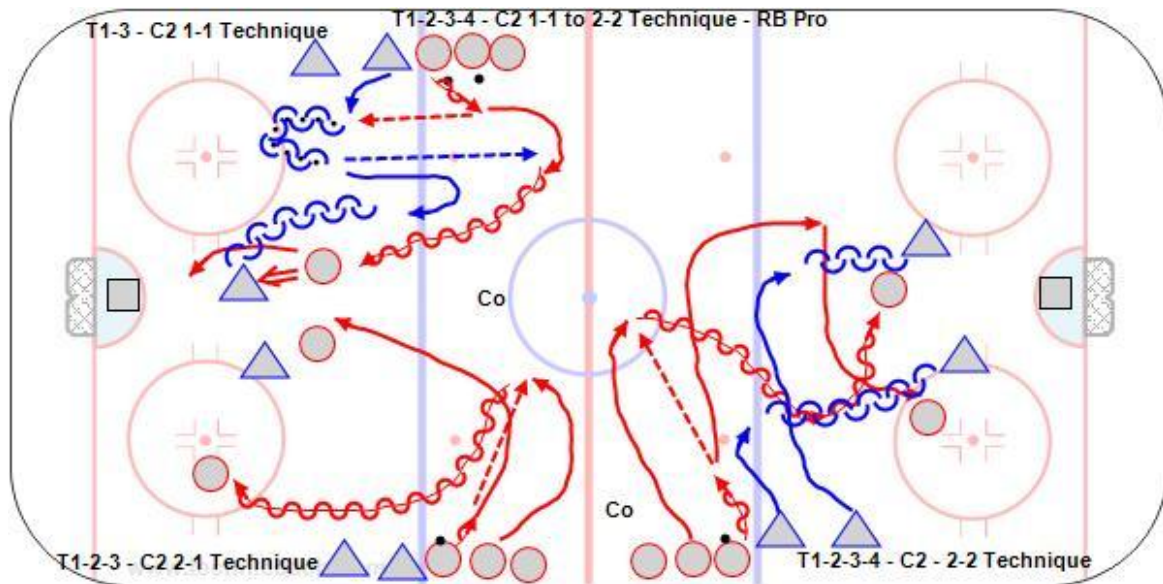
### Key Points:

Attack with speed, protect the puck and drive hard to the net for a rebound. Defender play a tight gap, head up and stick on the puck, body on body. Tie up the stick and box out after a shot.

### Description:

1. Players line up along the boards on one side.
2. Start at the blue line with the attacker passing to the defender.
3. Defender skate back then up and return pass to the attacker who skates out to the red line.
4. Defender close the gap then play a 1-1.
5. Both players need to have quick feet.
6. Defender keep the eyes up, stick on the puck and tie up the stick after a shot.
7. Attacker make a hard fake and drive to the net follow the shot for a rebound.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150628100522903>





## B5 Angling

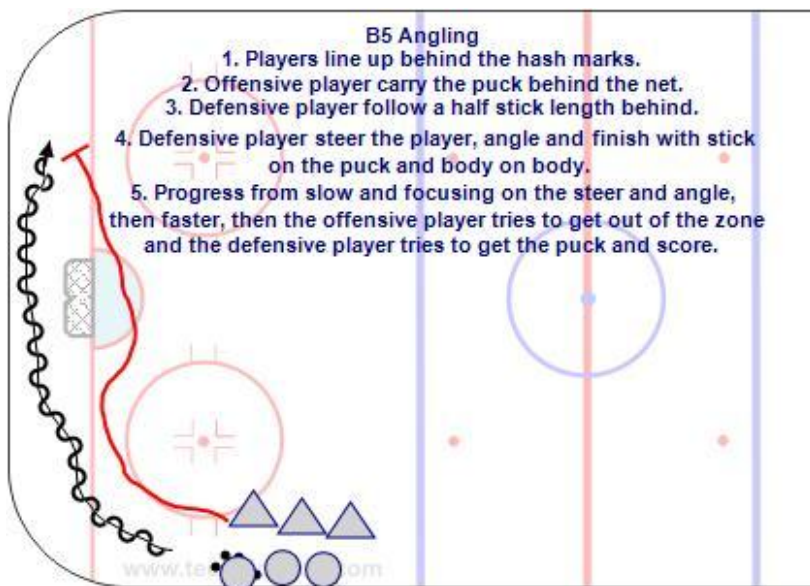
### Key Points:

Checker approach at the back shoulder. Body on body and stick on the puck. Follow from about a half stick length.

### Description:

1. Players line up behind the hash marks.
2. Offensive player carry the puck behind the net.
3. Defensive player follow a half stick length behind.
4. Defensive player steer the player, angle and finish with stick on the puck and body on body.
5. Progress from slow and focusing on the steer and angle, then faster, then the offensive player tries to get out of the zone and the defensive player tries to get the puck and score.
6. Practice from each side.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20080719114133299>





## T1-3 -B6 - Stick on Puck and Screen Shot – Pro

### **Key Points:**

Angle with the stick on the puck and skate through the hands with the inside leg in front. Make a hard fake one way and shoot so the player in front can deflect or tip the puck.

### **Description:**

#### *Angling Along the Boards:*

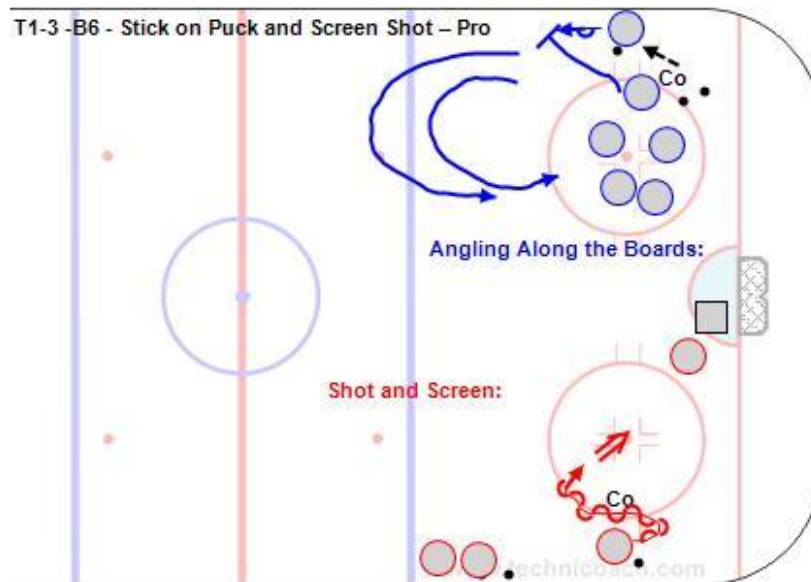
1. Coach pass to the player along the boards and the inside player angle check him.
2. Skate to outside the blue line and repeat with the other player checking.

#### *Shot and Screen:*

3. Coach act as the defender near the hash marks.
4. Attacker make a hard inside or outside fake to create a shooting lane.
5. Attacker in front screen the goalie and tip or deflect the shot.
6. Goalie work hard to find the puck through the screen.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150527094053772>

<https://youtu.be/szPiXh1SIeg>



## T1-G-A - Black Aces and Goalie – Pro

### Key Points:

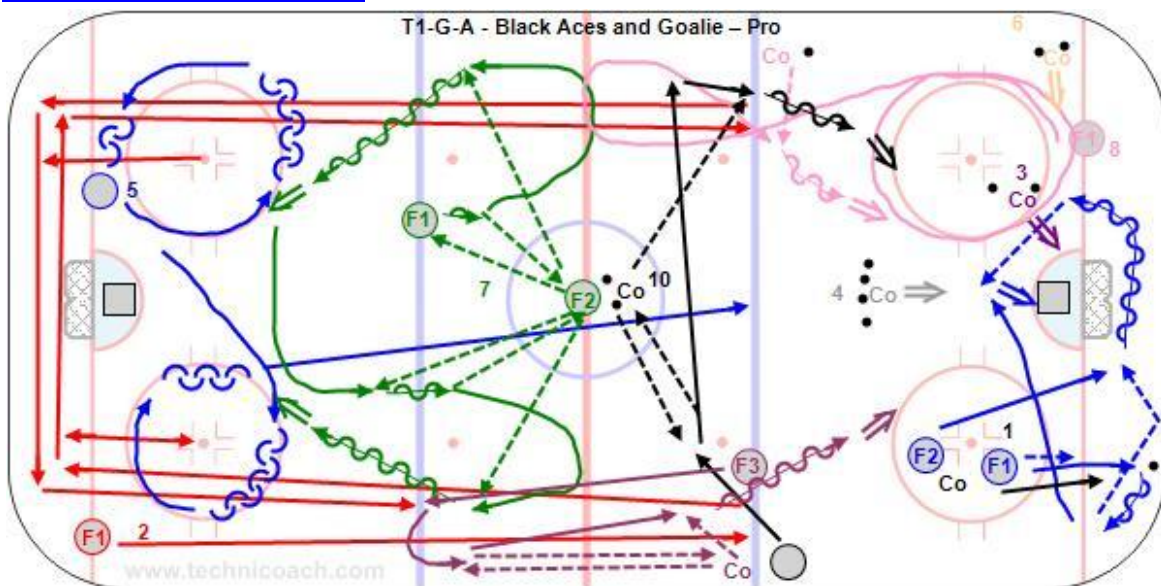
Black Aces are those not playing in the game or coming back from injury. Pro and college teams carry extra players and usually the assistant coaches work with them at the end of practice or some clubs have skill practices that focus on fitness and individual offensive and defensive skills.

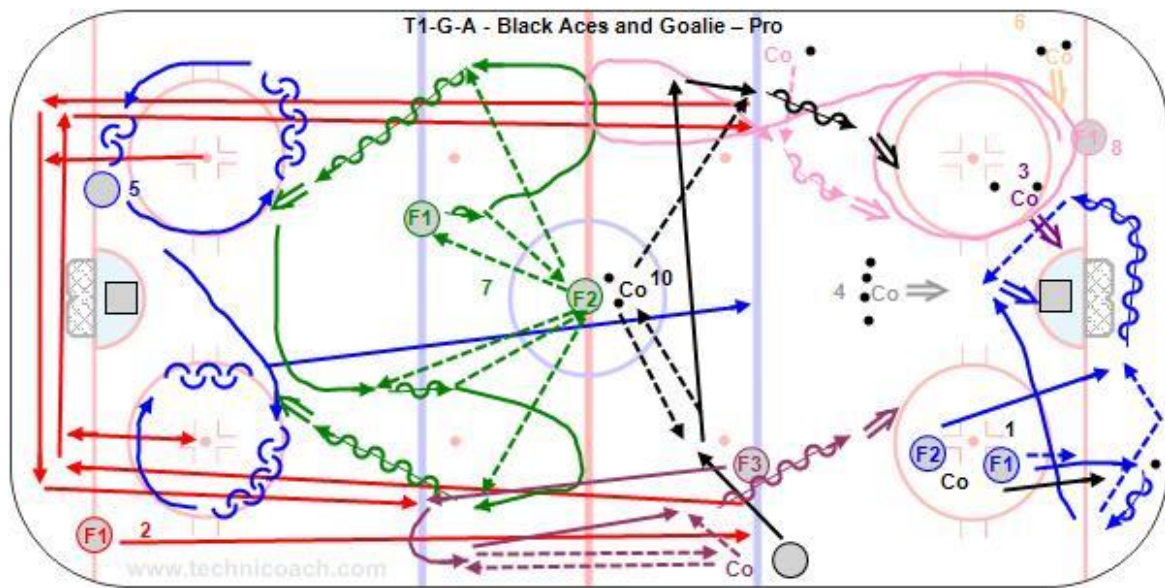
### Description:

1. F1 go into the corner for a loose puck vs. coach, skate up the boards and pass low to F2, F1 get a pass in the slot and shoot. F1 screen for a point shot from D1.
2. F1 skate from the goal line to far blue line, around net to far blue, to near blue each way, to the low dots each way. Always turn towards the boards. F2 repeat.
3. Coach work on short side low shots.
4. Goalie coach shoot from the high slot to all nine scoring spots.
5. Edge work around three circles. Inside and outside edges, Crosby heel to heel, big cross-overs.
6. Coach shoot from low in the corner. Goalie move from the middle to the post.
7. F1 skate wide and get a pass from F2 who is at the middle dot. F1 shoot then come back on the other side, exchange passes with F2 and take a shot.
8. F1 big figure 8 around circle to red line, circle around other circle, neutral zone 8, get pass from coach and shoot.
9. F2 start at blue line, exchange passes with coach at the far blue, turn and go in for a shot.
10. F3 start at blue and cut across middle while exchanging passes with the coach. Finish with a shot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170806103230348>

<https://youtu.be/A52-PCn-TXs>





## **S - Skill Technique - Video Clips on Technique - Sweden**

*Most of this skill technique material is from the Swedish Federation with clips from other countries. I have added some other material that compliments the technique and put English text to describe the technique and add comments on principles they omit.*

*0-Loose Puck 1-Offensive 2-Defensive Situations are worked on as well as the Four Game Playing Roles*

*Offense: Role 1 – player with the puck and Role 2 – players supporting the puck carrier.*

*Defense: Role 3 – player checking the puck carrier. Role 4 – players covering away from the puck.*

### **Equipment:**

A - Hockey Equipment

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014011617525642>

### **Skating:**

A - Crosby Turn - Crosby with Push – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140116165253957>

A - Backward Stride – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140116164914978>

A - Forward Stride – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140116161411899>

A - Exercises for Balance and Edges – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140116161135253>

A - Hockey Stick - Sweden Skills

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014011400132112>

A - Forward and Backward Stride in Athletic Position

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140113233912283>

A - Skating Without the Puck – Sweden

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140113230435893>

A - Backward Start – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140118170838527>

A - V and Cross-over Skating Start – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140118171421893>

A - Forward Hockey Stop – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140118171808487>

A - Backward Skating One Foot Stop – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140118172126699>

A - Glide Turn Backwards – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140121000310105>

A - Glide Turn Backwards – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140121000457629>

A - Back to Front Pivot – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140124163222514>

A - Backward Skating Crossovers – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140124163414309>

A - Forward Crossovers – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140124163622332>

A - Scooting – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201401241638007>

A - Side Step – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201401241639530>

A - Forward Stride Principles: Part 3 – Swiss

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140124183019474>

## **Skating Technique – Finland**

Video 1 – forward stride, balance position and edges.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=200807230709354>

Video 2 – edges, forward, backward, tight turns

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723070937777>

Video 3 – backward skating, edges, stride, turn, stop.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723113213565>

Video 4 – transition pivots, tight turns, skating with the puck, forward and backward turning

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2008072311321856>

## **Offensive Hockey Skills – Game Playing Roles 1 and 2**

### **A-B - Puck Handling Skills: Sweden, Russia, Finland**

A - Puck Handling Technique - Grip and Side to Side

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140130173743712>

A - Triple Threat Position – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014013018033086>

A - PH - Build a Wall - Cut In – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140131160930484>

A - PH - Cut In - Slide Puck in Front of Defenders Skates – SW

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140131161425835>

A - PH - Escape Move - Delay With a Cutback – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014013116194857>

A - PH - Fake Outside - Pull Across – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014013116241734>

A - PH - Fake Shot – Sw

A - PH - Race for Loose Pucks - Skating and Stick Fake – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140131163616425>

A - PH - Toe Drag or Pull-in – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203160847362>

A - Push-out Tight Forehand Turn – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203160159747>

A - Puck Handling Big Moves Exercises – Finland

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203160017929>

A - Puck Handling 360 Degrees – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203155619555>

A - PH - Lift Puck Over the Stick – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203155254181>

A - PH - Lacrosse Move – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203155101101>

A - PH - Cradle the Puck in Triple Threat – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203154913155>

A - PH - Big Moves All Around the Body – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203154726427>

A - PH - Backspin – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203153708983>

A - PH - Backhand Between the Legs – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203153534943>

A - Head and Shoulder Fakes Side to Side – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203153230609>



A - PH - Big Moves Exercises – Russia

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203163026382>

A - Puck Handling Sequence - Russian Olympic Coach

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20130321101649551>

### ***Puck Handling Skills - Finland***

O - Puck Handling Off Ice - Finland

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080727114215147>

B - Puck Protection and Escape Moves – Finland

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140426115547378>

A200 Puck Handling Circuit

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100401215401872>

B6 Puck Protection Skills and Scoring Skills from Finland

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080722190821288>

B3 Advanced Moves from Finland

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080722140656423>

### ***A – Passing and Receiving Technique – Sweden***

A - Sweep Pass – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014021118365543>

A - Sweep Pass 2 – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140212161520829>

A - Quick Passing – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140211183356746>

A - Backhand Passing – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140218170935769>

A - Snap Pass – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140220170235275>

B500 - Receiving Passes with Hand, Body, Skate – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140304171021406>

B500 - 360 Degree Passing – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201403041706067>

A - Flip Pass – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140306170416592>

A - Board Pass – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140306170211475>

## **A – B - Shooting and Scoring**

A - Shoot to Score

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140409101517189>

A - Optimal Shooting Position – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140411095323115>

A - Sweep or Power Shot – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140412111025229>

A - Snap Shot Technique - Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140411095742766>

A - Quick Shot off a Pass – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014041211050245>

A - One Timer Shot – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140412110137803>

## Shooting Skills - Role 1

### A – B - Shooting and Scoring

A - Shoot to Score

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140409101517189>

A - Optimal Shooting Position – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140411095323115>

A - Sweep or Power Shot – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140412111025229>

A - Snap Shot Technique - Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140411095742766>

A - Quick Shot off a Pass – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014041211050245>

A - One Timer Shot – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140412110137803>

A - Datsyuk - Stickhandling and Scoring - Russia

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140413101502608>

O - Shooting off-ice from a Ramp – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140415132814654>

B - Scoring Practice from Sweden

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20080723002524440>

*Work on good habits like shooting in stride, follow the shot for a rebound, stop at the net, go to the net*

B2 - One Timer x 2 – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140501115813266>

B2 - Quick Shots Skating in Slot x 2 – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140501120121682>