

### **B600 Flow Alexander 2 on 1**

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

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

### **B600 Pass-Pass-Regroup-Shoot**

**B600** Pass-Pass-Regroup-Shoot Key Points: Face the puck always and give a target. Pass and shoot while skating. Do everything at top speed. Description: A.. Blue and red 1's skate and get a pass from 2's in diagonal corners. B. Pass to 3's at the far blue line. C. 1's pivot facing ...

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

### **B600 2-0 Quick Ups**

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

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

### **B600 1-0 F Regroup with Both D**

**B600** 1-0 F Regroup with Both D Key Points: Forward always give a target face the puck and call for the pass. Shoot and rebound for the next shooter. Coach could add give and goes and one timers with the original shooters. Could also add 1-1 or 2-1 with the

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

### **B600 Regroup, Hinge, Quick Up-Detroit**

**B600** Regroup, Hinge, Quick Up-Detroit Key Points: Hinge and push the puck up the ice quickly. Strong side F stretch and weak side give middle support. Description 1. F1 skate and regroup with D1. 2. D1 skate to the middle and pass to D2 in the wide lane. 3. D2 ...

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

### **B600 Regroup, Hinge, Middle D Rush-Detroit**

**B600** Regroup, Hinge, Middle D Rush Key Points: Middle D comes late as a second wave and lead the rush. Description: 1. F1 and F2 leave and regroup with D1. 2. D1 pass to D2 who hinges to the wide lane then pass back to D1. 3. F1 and F2 ...

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

### **B600 D Hinge up to F then D Join Play Progression-Detroit**

**B600** Regroup, Hinge, Quick Up Progression-Detroit Key Points: Hinge and push the puck up the ice quickly. Strong side F stretch and weak side give middle support. Description 1. F1 skate and regroup with D1. 2. D1 skate to the middle and pass to D2 in the wide lane.

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

### **B600 Skating for Quick Feet - Dukla**

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

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

### **B600 Give and Go and Shoot**

Key Points: Hard wrist or snap passes. Give a target and call for the puck. Follow the shot for a rebound. Description: A. 1 leave and pass across to 2. B. 2 pass the puck back to 1. C. 1 make a move then go in and shoot -rebound. D. ...

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20100913081036119>

### **B600 Small Horseshoe 4 nets 2 groups**

Key Points: Skate before you pass. Follow the shot for rebound. Circle back for next rebound. Give a target. Description: 1. 2 nets on each goal line. 2. Older group shoot 1' then younger group. 3. #1 skate and pass, then cut across for pass from #2. 4. Follow shot

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20100830111239380>

### **B600, 3 Lane Passing and Shooting warm up**

Key Points: Make one touch passes. Make sure the top hand moves away from the body. Description: 1. Three players leave and fill each lane. 2. Give and go with playes at far blue line. 3. After the second pass shoot from one lane each. 4. Third player loop back

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20090901074926133>

### **B600 Pass-Pass-Regroup-Shoot**

**B600** Pass-Pass-Regroup-Shoot Key Points: Face the puck always and give a target. Pass and shoot while skating. Do everything at top speed. Description: A.. Blue and red 1's skate and get a pass from 2's in diagonal corners. B. Pass to 3's at the far blue line. C. 1's pivot facing ...

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20090823205116629>

**B600, 2-0 Passing, shooting warm up** Two players exchange pucks in the neutral zone regroup with a player at the blue line and get a return pass then attack.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20090823205117104>

### **B600 Timing and 1-1**

Key Points: The D pivots and the forward comes back to the puck timing it so the D can make the pass. D should try to tighten the gap to a stick length as soon as possible. Description: 1. Forwards on one side and D on the other at both ...

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20090823122851174>

### **B600 1-0 F Regroup with Both D**

**B600** 1-0 F Regroup with Both D Key Points: Forward always give a target face the puck and call for the pass. Shoot and rebound for the next shooter. Coach could add give and goes and one timers with the original shooters. Could also add 1-1 or 2-1 with the

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=1298&topic=1298#1298>

### **B600 Neutral Zone Puck Support and Attack**

**B600** Neutral Zone Puck Support and Attack Key Points: Face the puck always and make hard passes. Done from both sides Description: a. #1's leave from diagonal corners and get a pass from #2 and pass back. b. 1 get a new puck from 2 in diagonal corner. c. 1's ...

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=530&topic=530#530>

### **B600 Skate Circles Exchange Pucks and Shoot**

**B600** Skate Circles Exchange Pucks and Shoot Key Points: Players should keep their hands and feet moving all the time. Description: 1. Leave from diagonal blue lines. 2. Drop the puck when halfway around the circle. 3. Puck up the opposite players puck. 4. Complete the circle and shoot at ...

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=520&topic=520#520>

### **B600 One Touch and Shoot Warm up**

**B600** One Touch and Shoot Warm up Key Points: Pass hard with a wrist or snap pass. Receiver give a target and keep the stick square to the puck with the hands away from the body. Description: Players are lined up at the four behind the bluelines in the

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=517&topic=517#517>

### **B600 Double Cross and Pass**

**B600** Double Cross and Pass Key Points: Make hard passes. Players should face the puck. Description: A. Player 1 pass to 2 and cross behind. B. Player 2 pass to player 3 and exchange lanes crossing with player 1. C. Player 3 pass across ice to player 4. D. Player

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=509&topic=509#509>

### **B600 Wideman Pass and Point Shot**

**B600** Wideman Pass and Point Shot Key Points: Pass a hard saucer across the ice. Forward time skating so the pass comes when he is going full speed. Forwards and defense are behind diagonal blue lines on each side. Description: 1. Forwards on each side skate and pass to the

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=467&topic=467#467>

### **B5 B600 1-1, 2-1**

B5 **B600** 1-1, 2-1 Key Points: Quick feet for both the F and D. Forwards face the puck, give a target and skate into the pass. Description: Full ice 1-1 and 2-1 1a. D get a pass from the circle. 1b. F get a pass from the boards and shoot

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=455&topic=455#455>

### **B600-C3 1-1 From Blue Line**

Key Points: Defender close the gap, stay on the defensive side, stick on the puck, stay with the attacker after the shot. Attacker get the puck in the triple threat position at the side. Make moves, fakes, dekes, change of pace, use screen shots and follow the shot. Description: 1. ...

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=2009082312285371>

### **C3-B600, 1-1 x 2**

Key Points: Hard passes and face the puck always giving a target. D should get a tight gap as soon as possible. Description: 1. F1 from each side pass to their D1. 2. D1 pass to D2 on the same side. 3. F1's swing to the other wide lane after ...

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20090812173641629>

### **B600 Neutral Zone Puck Support and Attack**

**B600** Neutral Zone Puck Support and Attack Key Points: Face the puck always and make hard passes. Done from both sides Description: a. #1's leave from diagonal blue lines and get a pass from #2 and pass back. b. 1 get a new puck from 2 in diagonal corner. c. ...

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20090728110103634>

### **B600 1 on 1 to a 3 on 2**

This is a very popular drill especially at the higher levels using the **B600** formation with the players lined up against the boards behind the blue lines. You get full ice situations. Use this drill and then create transition games with the same situations so the plays are finished by

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=429&topic=429#429>

### **B600 Warm up 1-0, 2-0**

**B600** Warm up 1-0, 2-0 Key Points: Pass hard, face the puck. Shoot, rebound and circle back to play rebound on the next shot. Description: a. C3 - F pass to D, give wall support, D to F who skates in and shoots and rebound. B. C3 with 2 D

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=310&topic=310#310>

### **Daily Drill Section One**

This is a drill that Vladimir Jursinov used last year in our skills sessions to create flow. He came one week per month to work with the players. I have posted a video of one of his puck handling practices. **B600** Jursi Flow 3-0 passing Face the puck, Lots of

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=263&topic=263#263>

### **B600 Regroup x 2 - Hinge 2-0**

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

[filemgmt/index.php?id=81](http://filemgmt/index.php?id=81)

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

The forwards leave from the blue lines and cross, then regroup with the far D who hinge and pass up. The same forwards regroup with the D at the other end who hinge, pass up and the middle D joins the forwards and they attack 3-0.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=80>

### **B600 Continuous 3-1 with 2F and 1D - Finland U20**

Finland U20 Team does a continuous 3-1. D1 passes to D2 who passes to F1 or F2 and joins the rush 3-1. D1 follows to take the 3-1 the other way. It continues end to end with each colour going one way.

[filemgmt/index.php?id=76](http://filemgmt/index.php?id=76)

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=4288&topic=4288#4288>