

## DRILLS FOR ICE PRACTICES

- \* General technique-drills (skating, stickhandling, passing and shooting)
- \* Passing drills
- \* Checking (in-fighting play) drills
- \* Play situations--drills
- \* Units of five practice--drills
- \* Speed training--drills
- \* Goalies' practice drills
- \* Conditioning training drills
- \* Warm-up drills

The material contains a definite number of drills. With the drills which are found in the material we will give example of drills which from experience have been found suitable (appropriate) for players in the 16-18 year old group. But since the choice of the drill is very specific for each individual team then perhaps some of these drills aren't suited for just your junior team.

Therefore it is important that you look at the drills as examples, suggestions and a form of "level mark".

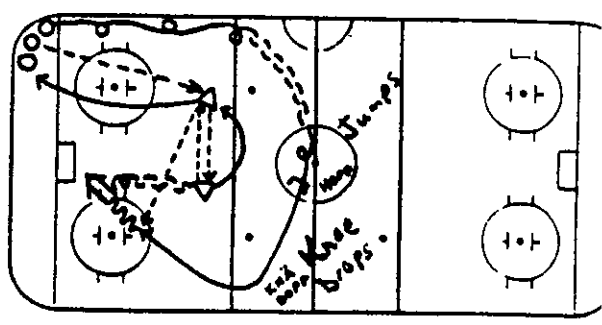
It is very important that each junior coach develops his own drills from an analysis of his team and from his long-range instructional plan for the players.

### General Technique --Drills

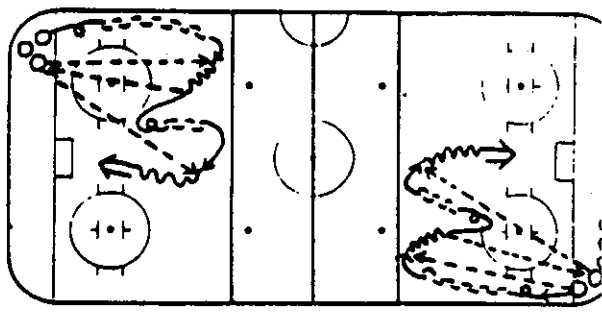


Spin-knee drops, jumps, backwards, skating-crossovers-shifts in speed, passing-pass receiving, shooting-follow-up toward the goal-backwards.

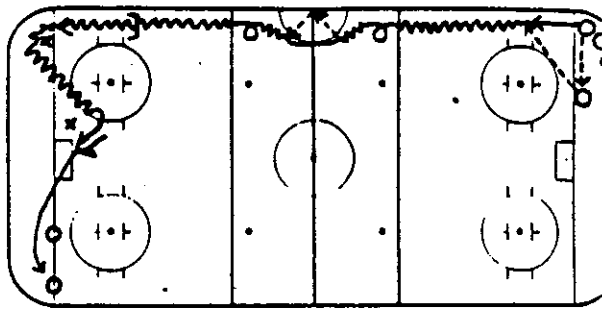
The defensemen pass the puck as many times as is needed between themselves.



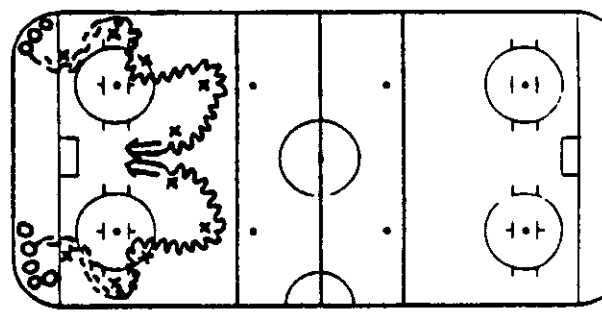
Backward-get pass-passes back-turn up one time, get a new pass-shoot on goal.



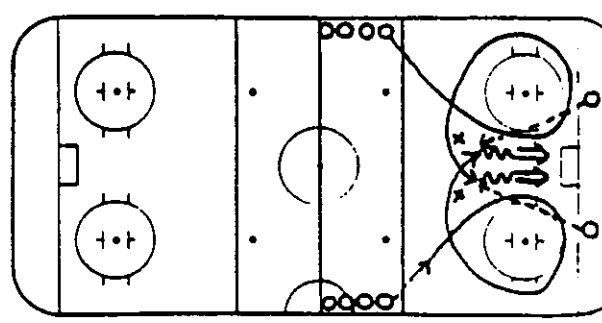
Pass-skate-receive-board pass to yourself-jump-angle shot.

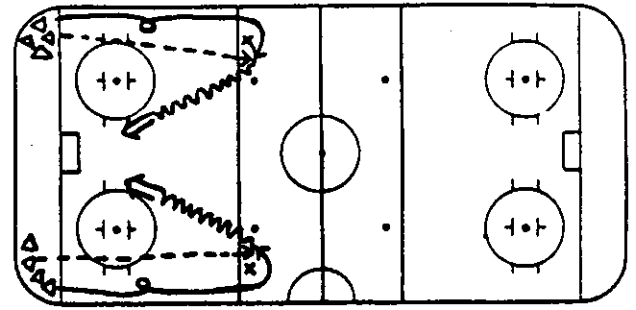


Stickhandle, backward and forward-shoot.

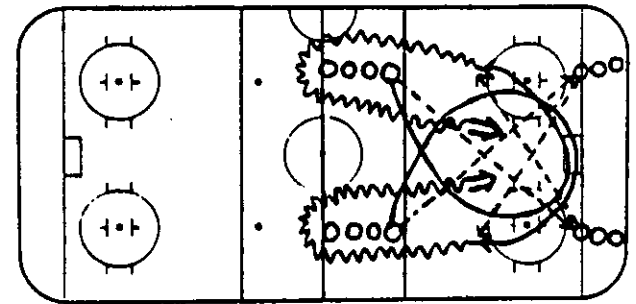


Skate-pass receiving-shoot

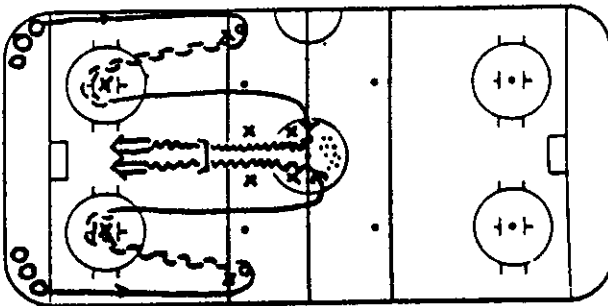




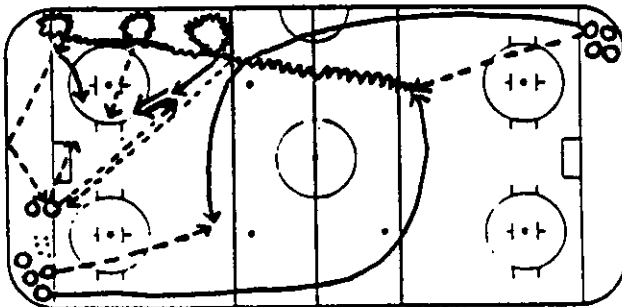
Skate-receive-shoot.



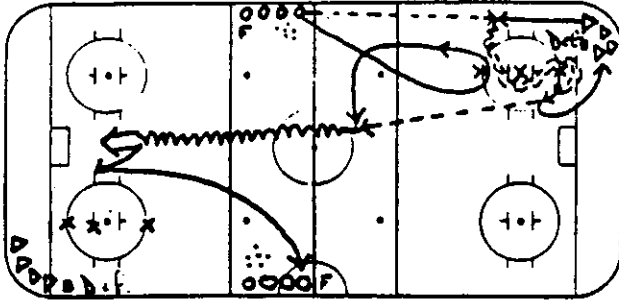
Pass-skate-receive-stickhandle-shoot.



Skate-get puck at center circle-stickhandle-jump over obstacle-shoot.

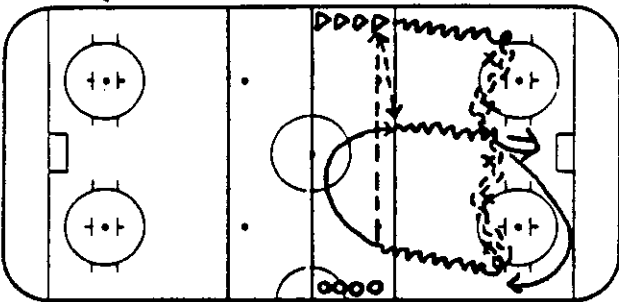


Skate-receive-stickhandle-  
"stride (cut) around"--give-and-go pass-shoot.

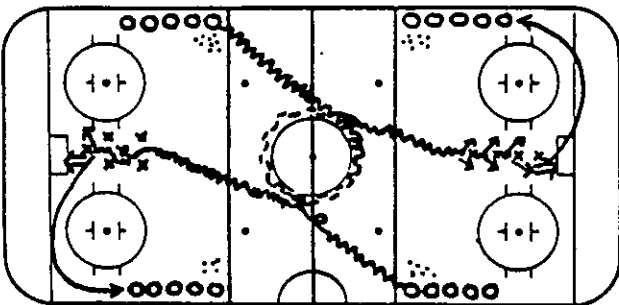


Defensemen: Lateral movement-break-out.

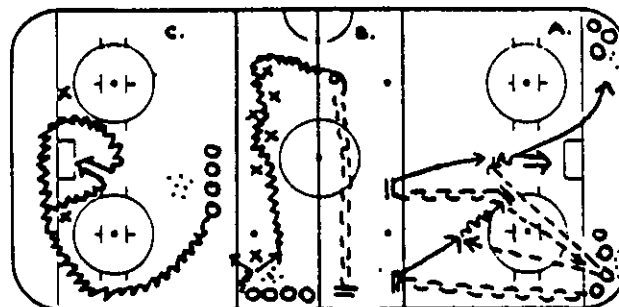
Forwards: Get open on the play.



Stickhandle backwards-pivot-pass-receive.



"Big U" with stick technique-finish-off with right/left fake on goalie.



Examples of station practice:

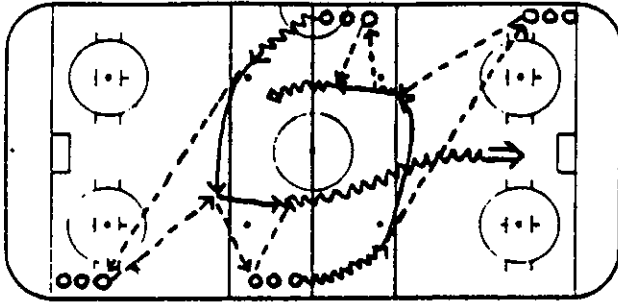
Zone drills:

a: Backward, stop, forward, receive, pass, stickhandle, pass, skate backward, forward, pass, shoot.

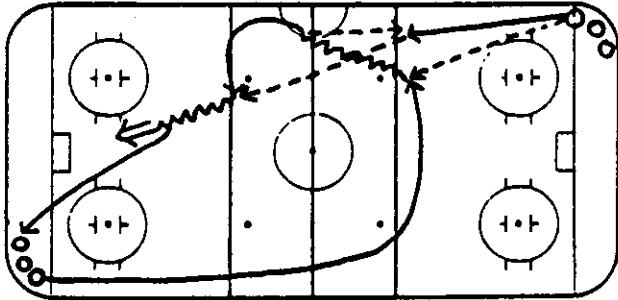
b: Stick/faking techniques.

c: Goalie drill. Own choice first or second post.

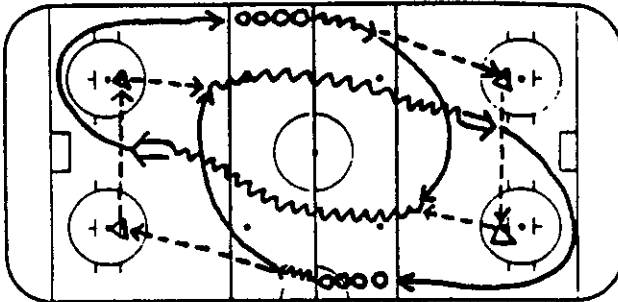
Passing Drills



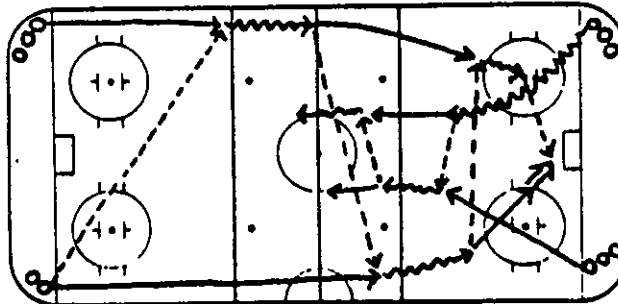
Pass-skate-receive pass-stickhandle-shoot.



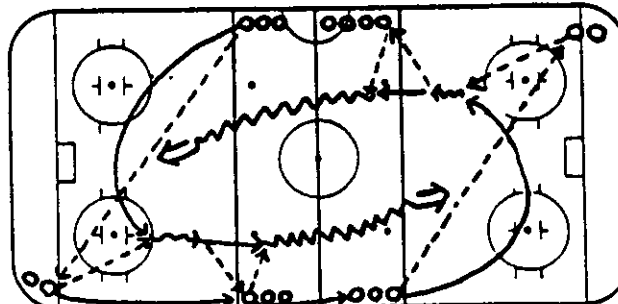
Skate-receive pass-stickhandle-backward pass-receive-stickhandle-shoot.



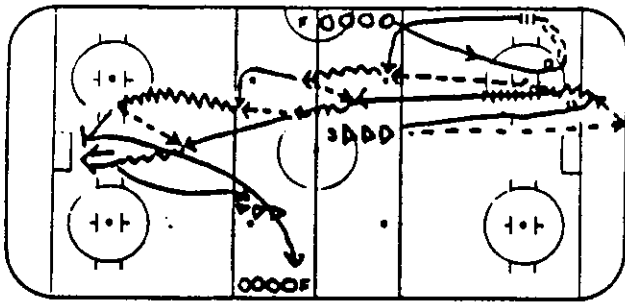
Pass-skate-receive-stickhandle-shoot.



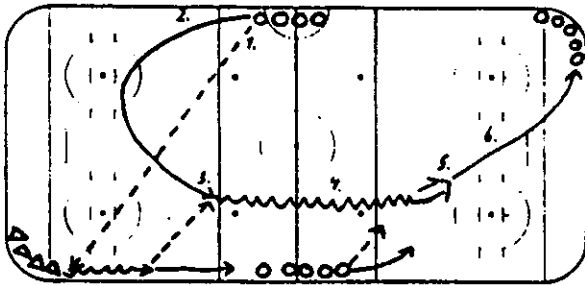
Long lift passes in one direction and short passes in the other direction.



Pass-skate-receive-give-and-go pass-stickhandle-shoot.

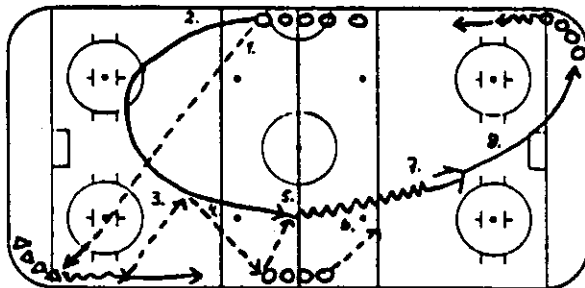


Pass to end boards-defenseman skates after the puck, turns at extended goal-line-carries the puck forward-pass. Forward skates down in zone to get open in the passing pocket. Attack with backward passes.



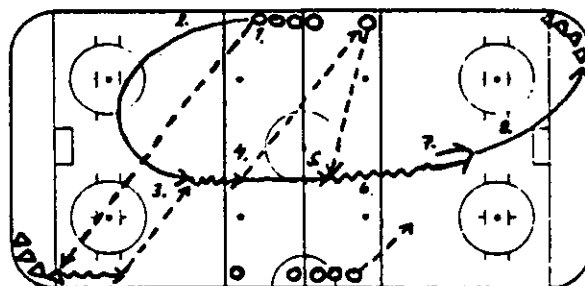
Pass to deep moving forward

- 1) Pass to the corner, deep arc.
- 2) Cross-over skating at even speed.
- 3) Receive.
- 4) Full speed with the puck.
- 5) Low quick shot.
- 6) The rebounds



With One-Touch Passes

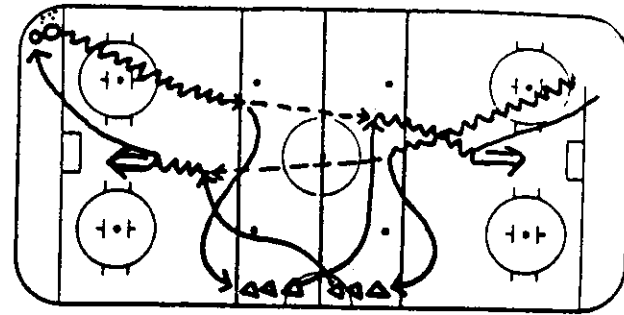
- 1) Pass.
- 2) Deep arc.
- 3) Receive.
- 4) One-touch pass to the one who is last in line in center zone.
- 5) Receive
- 6) Full speed with puck
- 7) Low quick shot.
- 8) The rebounds.



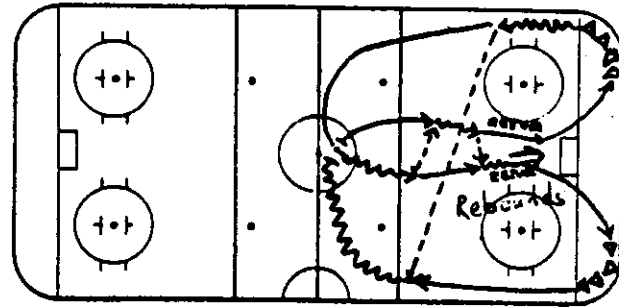
With Cross Passes

- 1) Pass.
- 2) Deep arc.
- 3) Receive.
- 4) Cross pass to the one who stands last in the center zone line, far side
- 5) Receive pass.
- 6) Full speed with the puck.
- 7) Quick lowshot.
- 8) The rebounds.

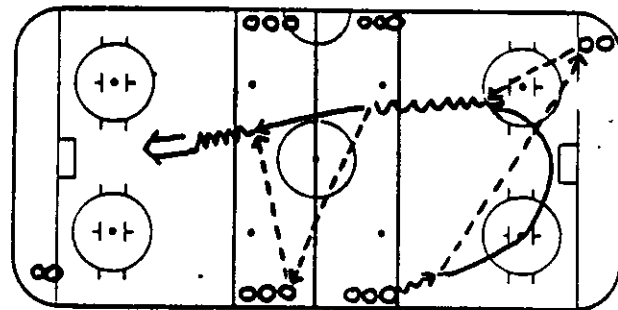
Stickhandle-pass-receive-stickhandle-shoot.



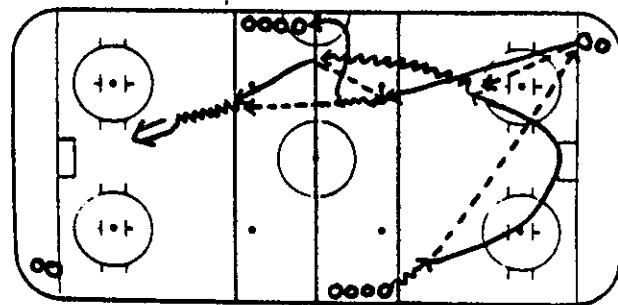
Short and long passes.



Cross Passes.



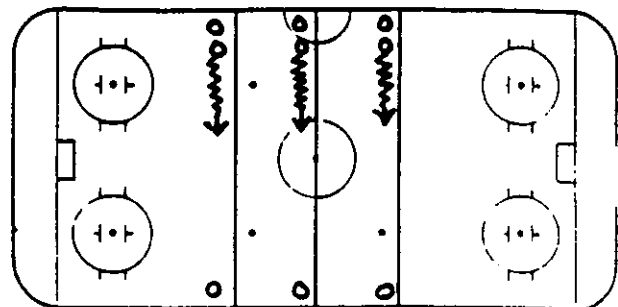
Back passes.

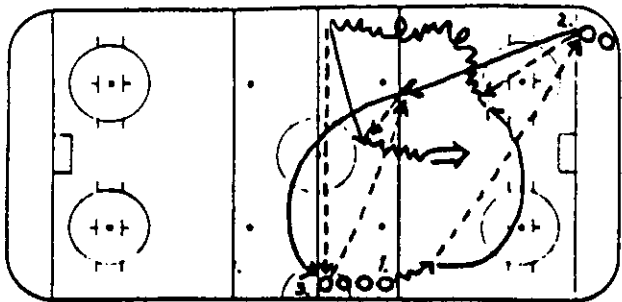


Skating straight across the rink.

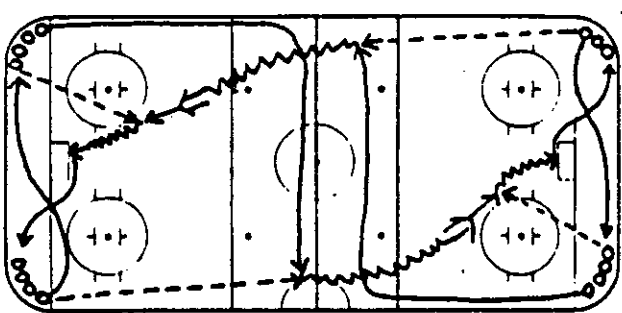
Work in groups of three:

- 1) Long and short draws.
- 2) Pivots, spins and backward
- 3) Lift passes.
- 4) "kick" the puck between the skates.

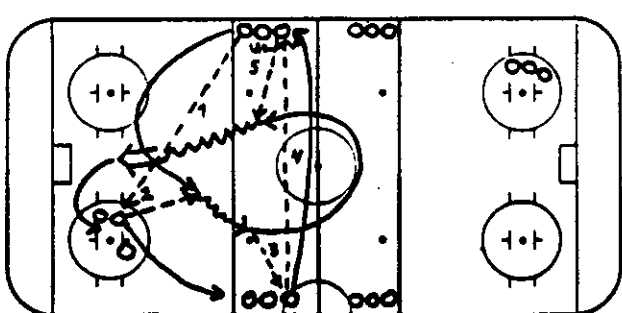




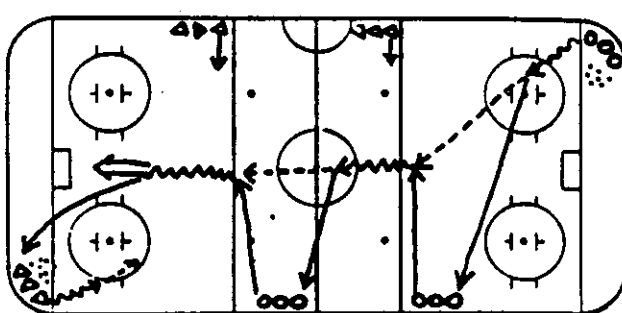
Passes:  
 1) Pass to 2), get back-stickhandle with spin-pass to 3) who passes 2) and latter passes to 1)-shoot.



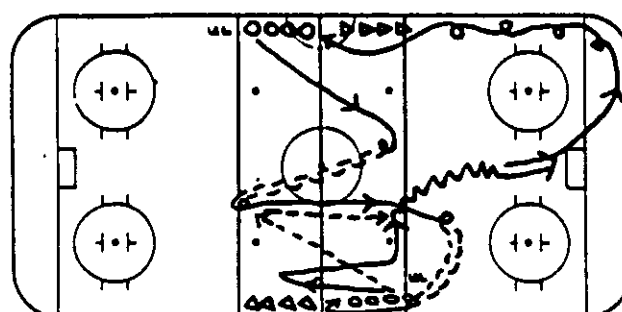
Pass/Shoot  
 Skate-receive-stickhandle-shoot-receive new pass-fake the goalie.



Passing technique. Both sides at the same time.

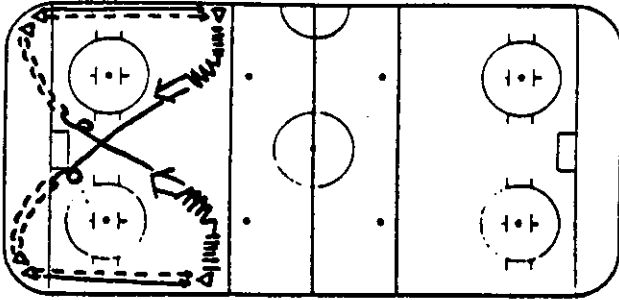


Passing and timing drill. Run in both directions.

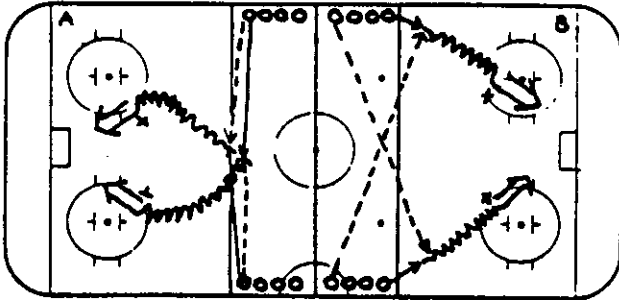


Two players start simultaneously from the two starting positions.



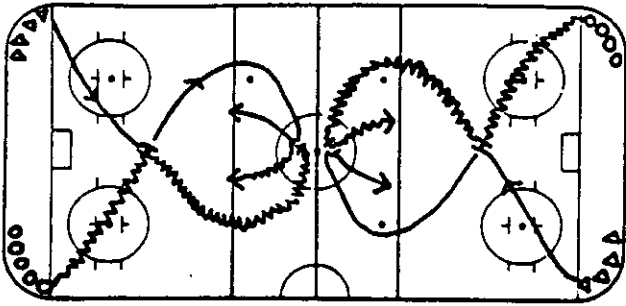


Pass from corner-receive-lateral (sideward) motion-followed by shot. Drill to learn to quickly arrive at blue line for shot. (sweep shot or slap shot).

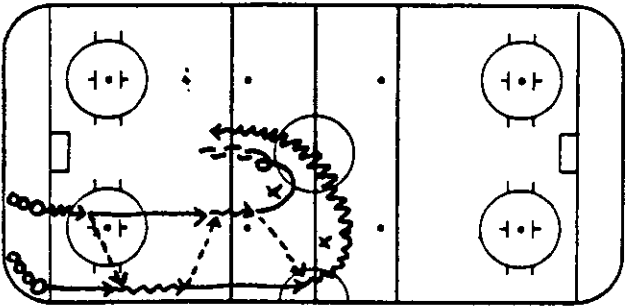


- a) Skate in-receive-stickhandle-angle shot
- b) Pass-skate-receive-angle shot.

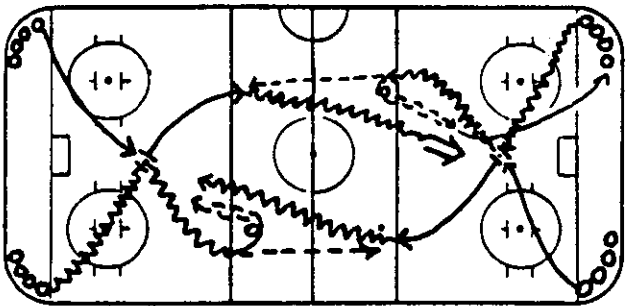




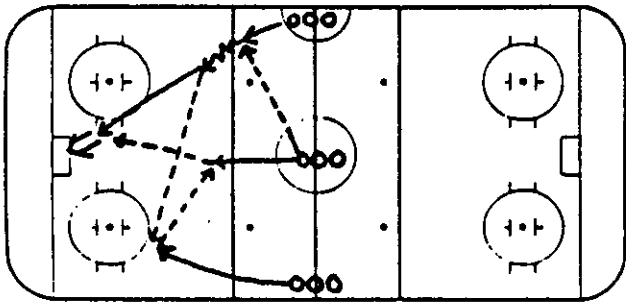
Drop pass  
2-on-0



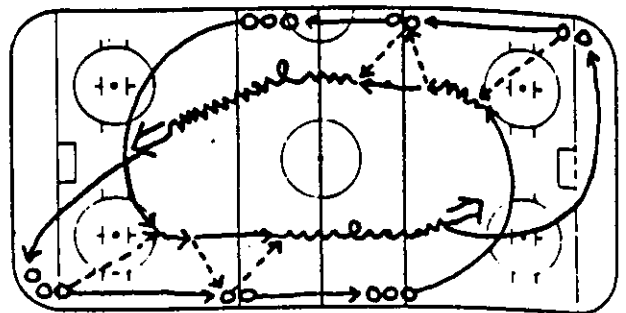
Passes in pairs--1-on-1



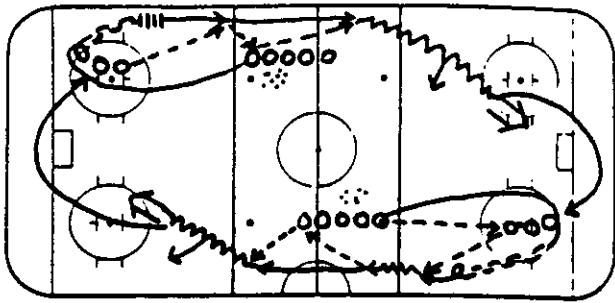
Drop pass--1-on-1. Start simultaneously from both sides.



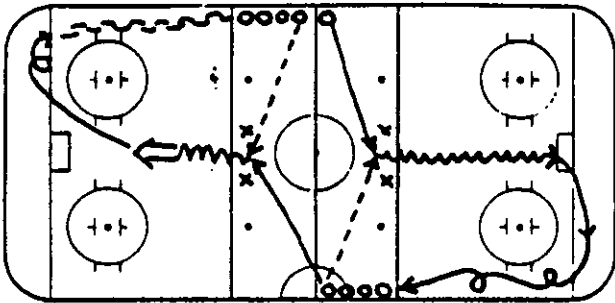
Direct (one-touch) passes--3-on-0



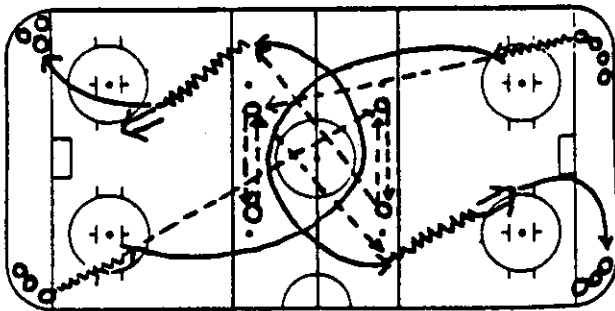
Skate-receive-stickhandle-pass-stick-handle with spin-shoot.



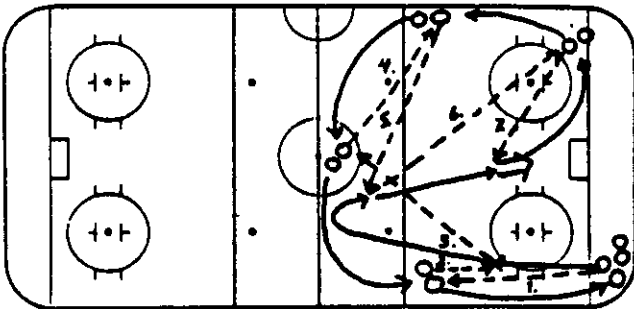
.Pass-spin-backwards-receive-pivot-pass-receive-fake-shoot-rebounds.



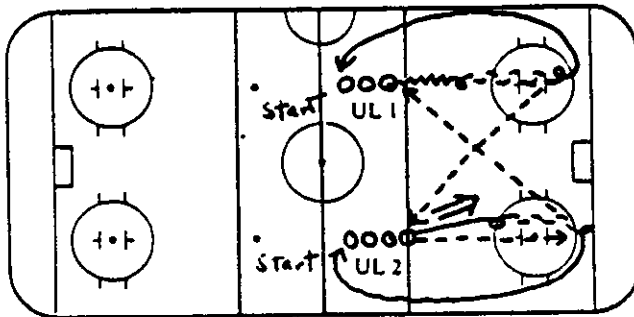
.Skate-receive-stickhandle-shoot/fake. Shoot on one side-dribble on the other. Backwards on one side. Pivots on the other.



.Pass-skate-receive a pass-stickhandle-shoot.



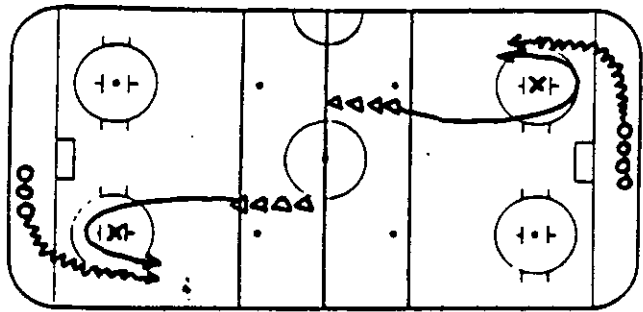
.Passes.



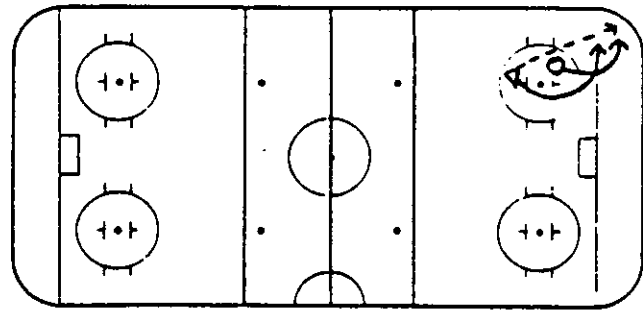
.Start 1  
Receive-stickhandle forward and backward-diagonal pass-last in the line.

Start 2  
Shoot-skate-pivot-receive pass from own line-pass diagonally to the other line last in the line.

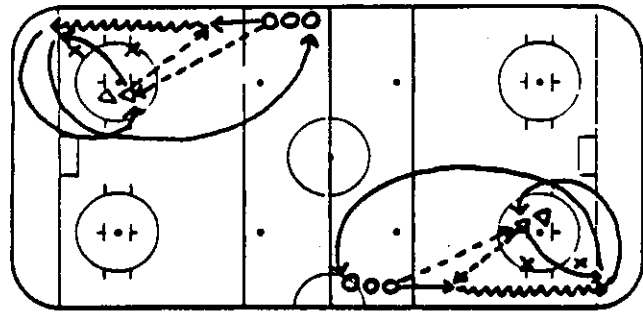
Checking (In-fighting) Drills



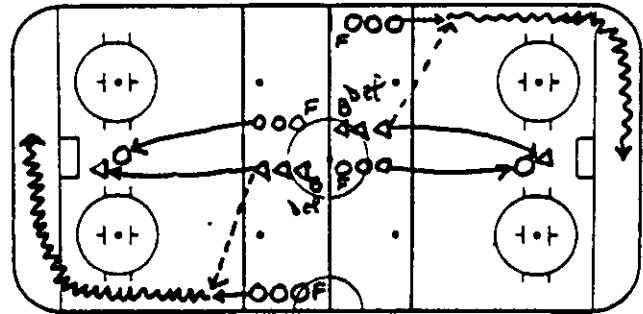
Practice "timing" in approaching the opponent and also rolling check



Checking play--practice angling the opponent.

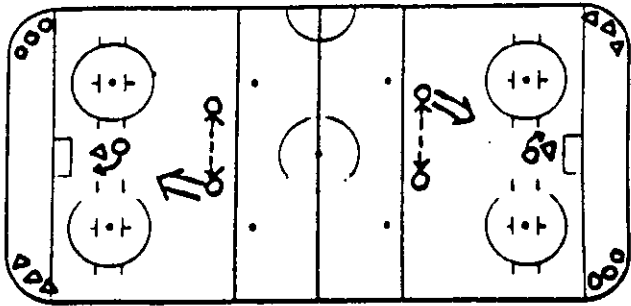


Rolling body blocks. The player attacks as he comes in on the body of the puckcarrier with the back toward the latter and rolls out of the battle with the puck in his possession.

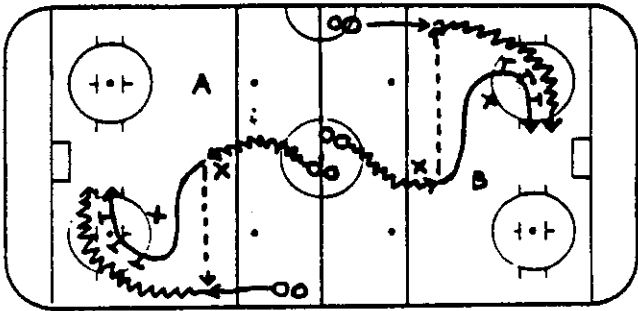


Pass to the forward along the boards stickhandle--the player is allowed to cut in --should try passing. The other forwards should try to get open (rolling away from). The defenseman should cover, don't get "on back" F=Forward---B=Defensemen

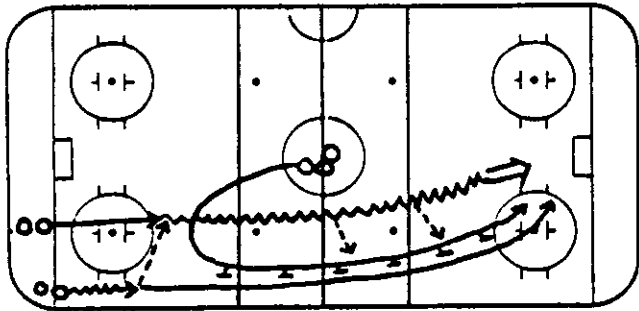
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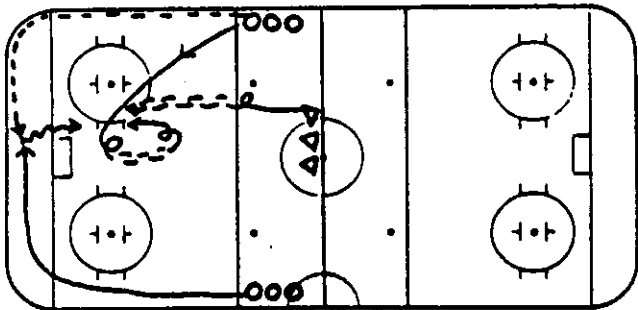
To turn away from covering defenseman  
Get rebound on shot from the blue 1



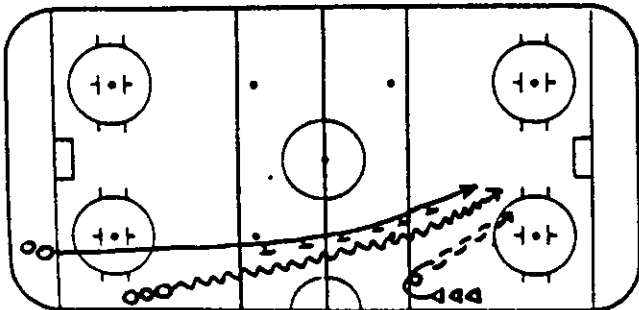
- a) Puckcarrier on knees--starts--"pressurer" chases--break in.
- b) Puckcarrier from center--pass--pressurer/chaser.



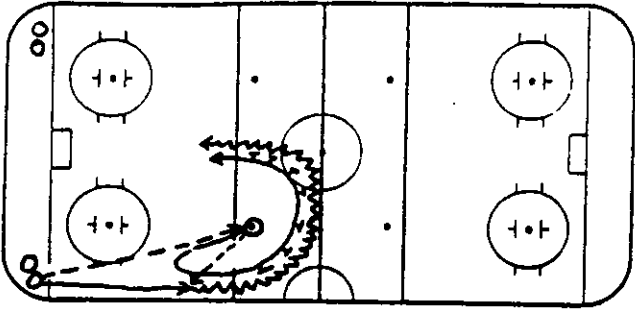
Backchecking drill.



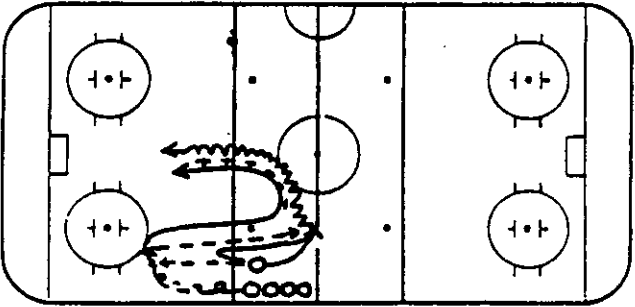
Checking play + getting open on the play (playable). Pass along the boards to the player behind the goal. Skate in front of the goal and get open--always look at the puckcarrier--try to get away from coverage (checking).



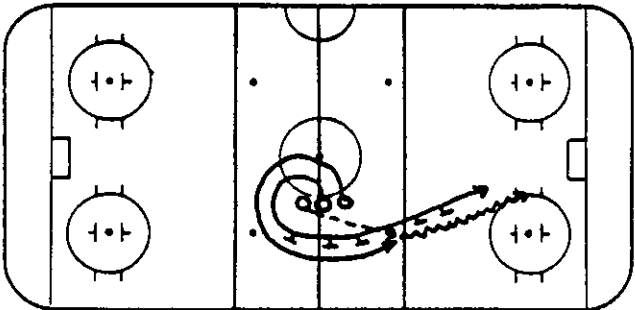
1-on-1 + chaser.



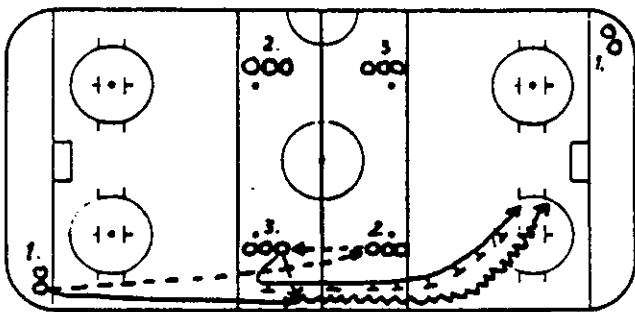
Pass--"give-and-go" back--go in arc--pre the puckcarrier--finish-off.



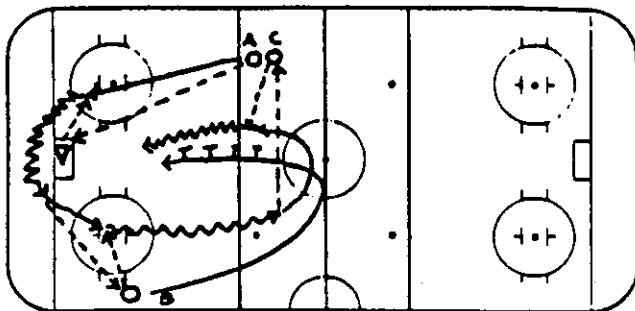
Skate--turn--receive pass--break-out--pressure.



Skate--break-in--pass-shoot. With chaser

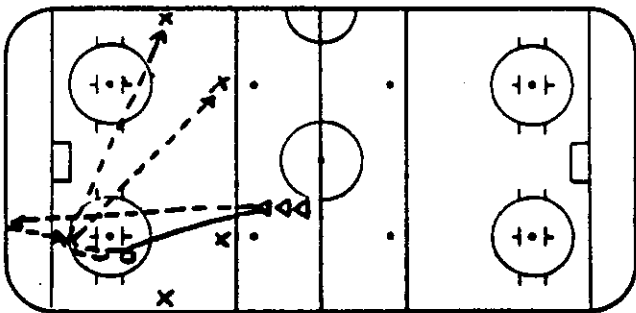
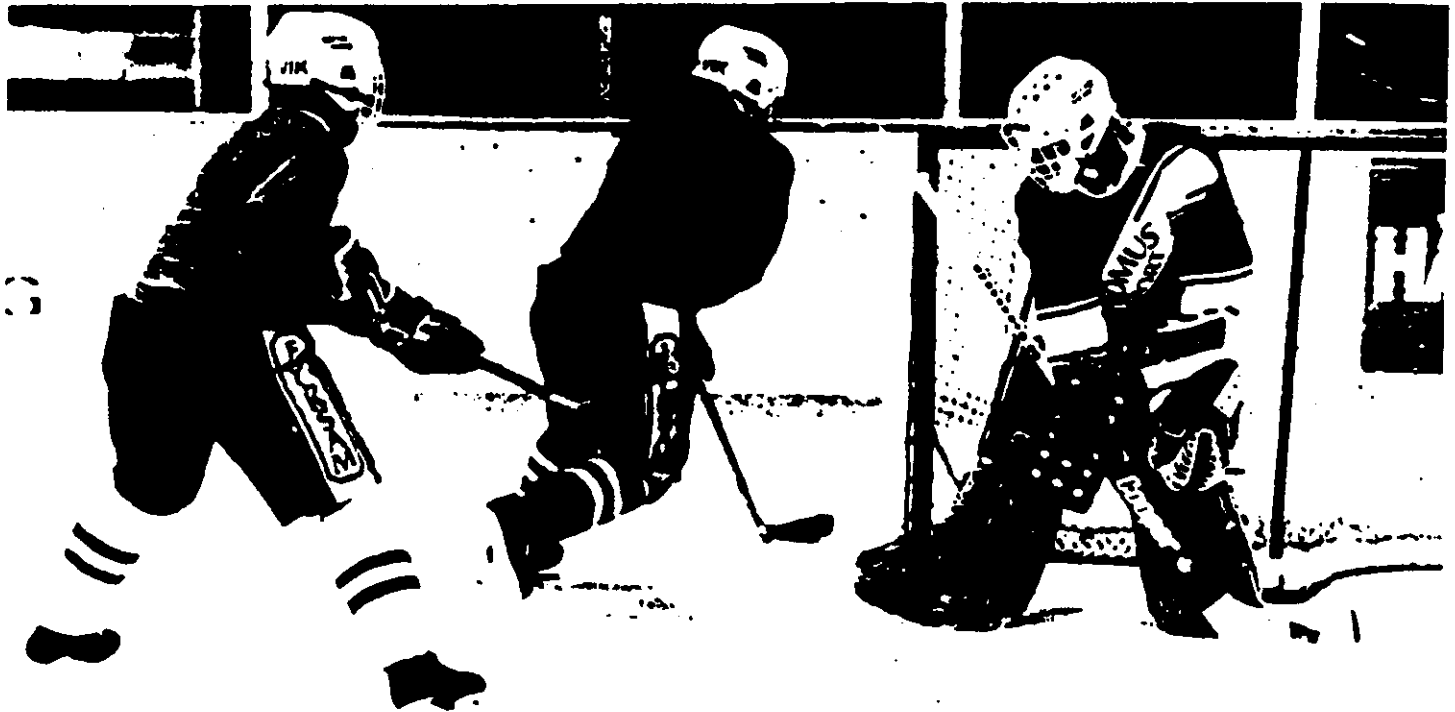


1) pass to 2)--give-and-go pass to 3).  
 1) skates, gets pass from 3)--finish-off.  
 3) -follows 1) and pressures.



A, passes to goalie-gets back-skates-pass  
 B--gets back--skates--pass to C--gets bac  
 B pressures--shoot.

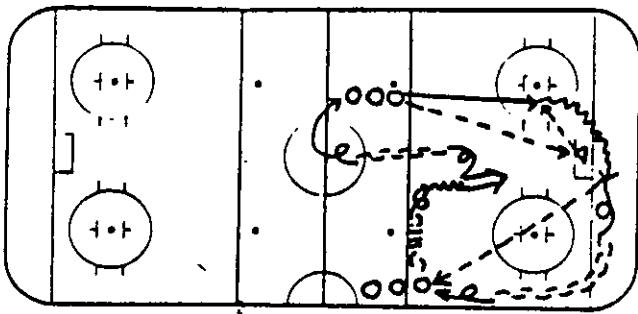
Play Situations



Establish quick break-out from own end boards

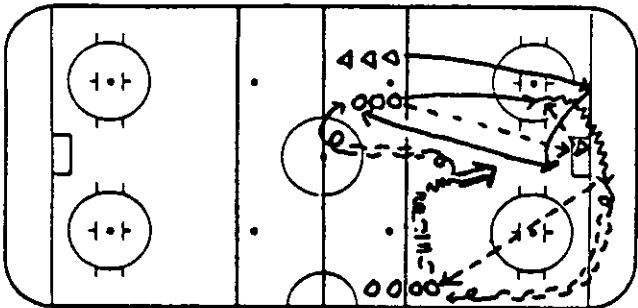
- A player skates toward the end boards--at the same time the puck is slapped down toward the backboards--the player pivots to backward skating just before he receives the puck.

Make the break-out pass as quickly as possible. The player chooses which cone he should hit. In place of a cone, one may place players at the respective positions. The players may have different colors on their jerseys. The coach calls out a color--the pass then should be made to the player with this color. An alternative maybe a player has the stick blade on the ice. The pass then should be made to him.

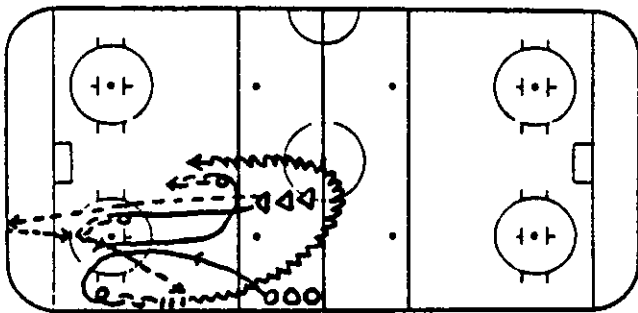


Skating around the goal cage

Pass to the goalie--receive the pass--skate around the goal cage in tight turn. The player at the blue line receives the puck while skating backward, takes a few lateral forward strides with the puck along the blue line and continues forward and shoots.

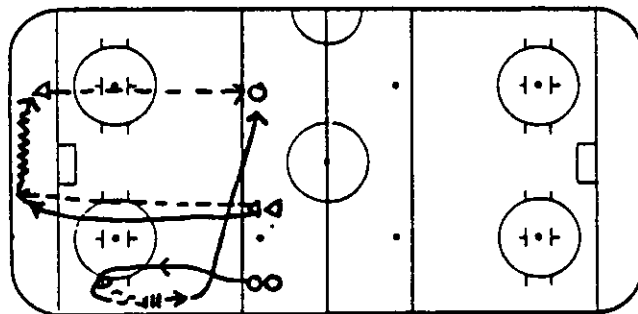


'Same as above but with the addition of a player who chases the puckcarrier. (See photo on previous page.)



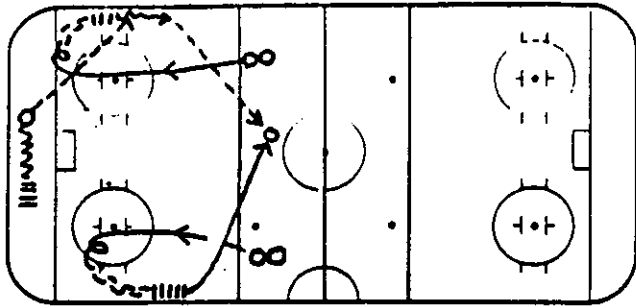
Outlet (Relay)

Break-out with outlet man (relay). Break-out to outlet pocket. The outlet man must look at the puck the whole time.

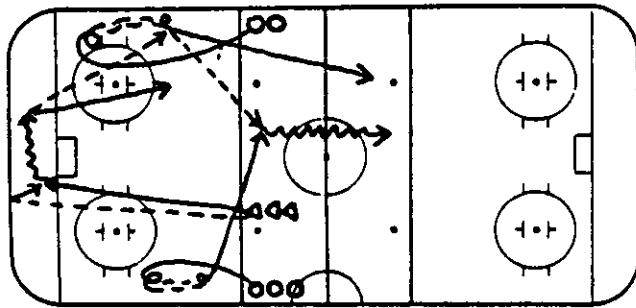


\*Add to the drill so that the break-out player goes around the goal cage and forward on the other side of the goal. The outlet man should at this time cut straight into the rink in order to get open in the middle of the rink.

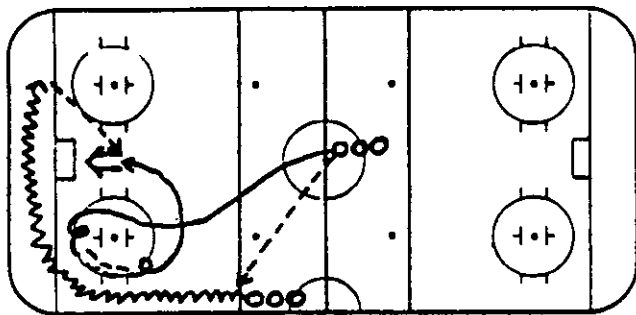




Add to the drill further so that two forwards go down on their own side. The winger who doesn't get the break-out should cut in toward the middle. This drill may start anywhere on the right side.



- Practicing the "outlet".  
2-on-the goalie + one chaser.  
The player who passes up should back-check (chase).

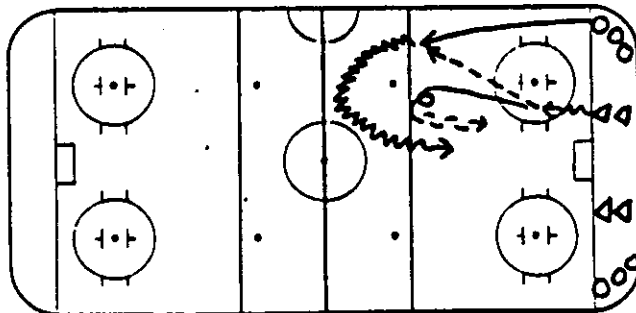


Drill to teach the forwards to get open high in the slot after not getting a pass on the first wave. Forward who skates behind the goal may also stop and skate back and pass out on the same side he came from.

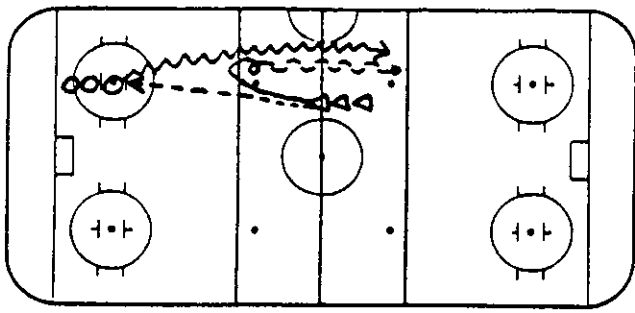
- A) without opposition
- B) with opposition who very passively takes out the shooter.

Play Situations

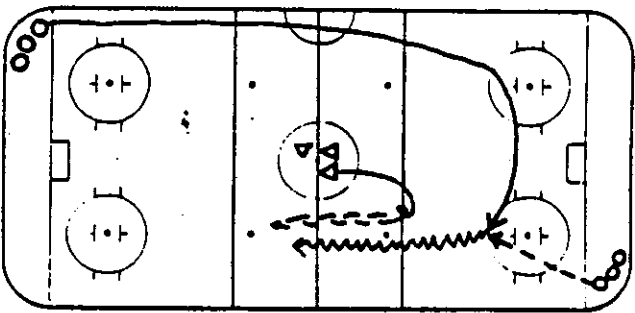
1-on-1



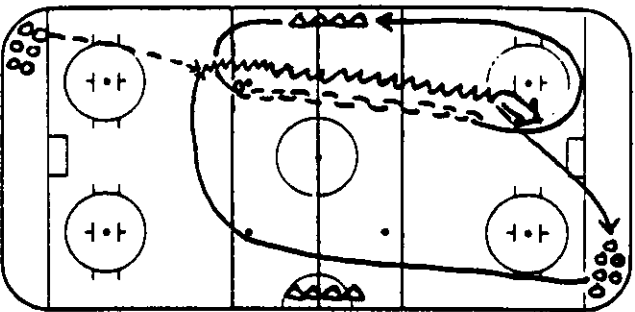
1-on-1 drill is built up to 2-on-1 and 2-on-2.



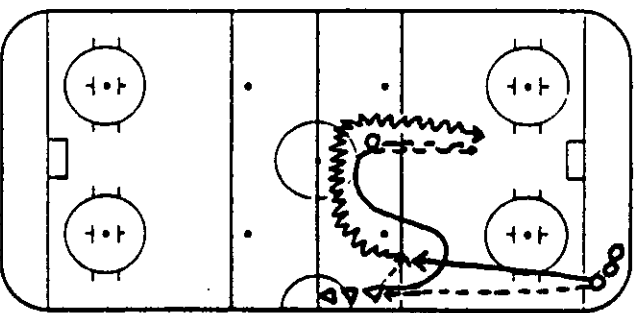
The player on the center line passes, then he skates to the blue line--pivot backward.



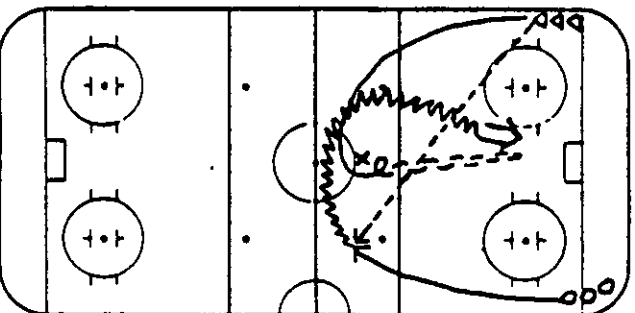
1-on-1 over the whole rink. Important to have close contact between the defender and the forward.

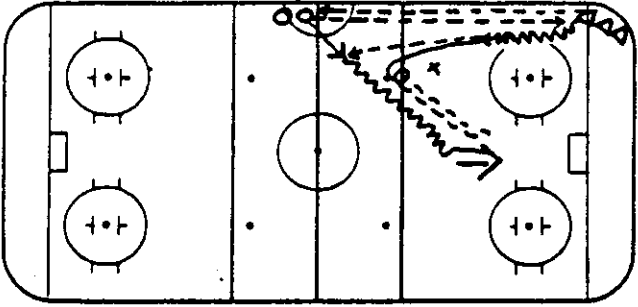


Pass from the player in the corner to the player on the blue line. Skate up--receive pass--skate up toward the center line--1-on-1 situation.

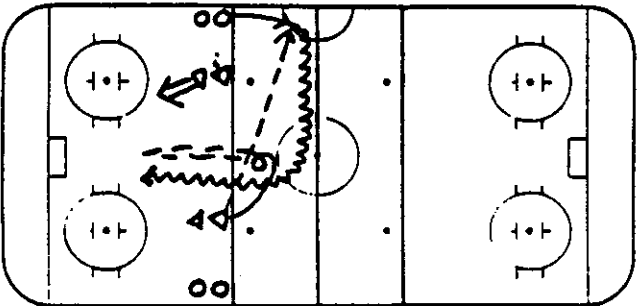


Pass from the corner--the puckcarrier skates up and touches the red line. The passer goes around the cone in the center zone. Then 1-on-1.

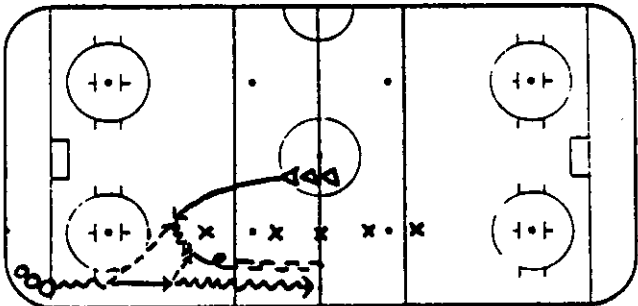




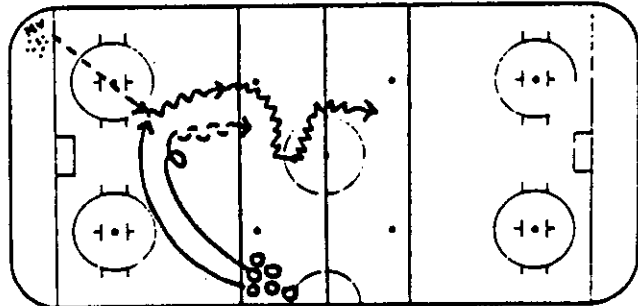
Pass from the corner to the player at the center line. The latter passes back to the player in the corner, who carries the puck up and passes to the player who skates in from the center line.



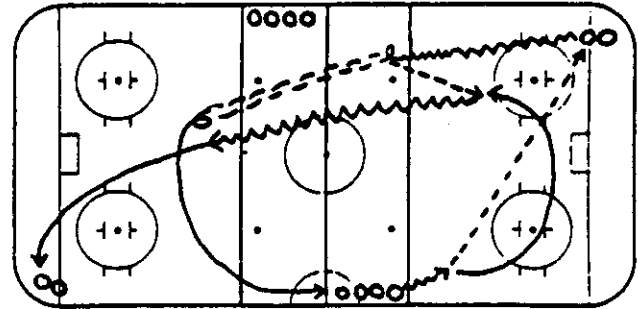
1-on-1 play. After finishing-off, shot comes from the player on the blue line for a deflection.



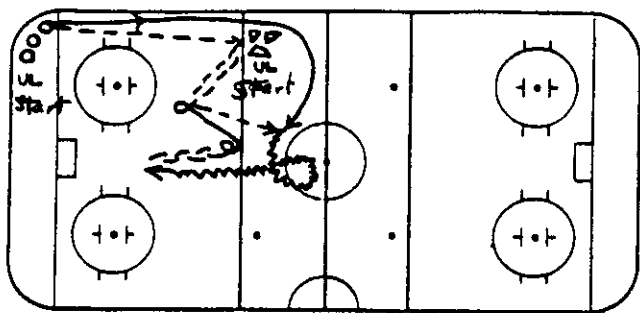
The player in the corner starts with the puck. Then the players make passes each other--then play 1-on-1 inside the cones.



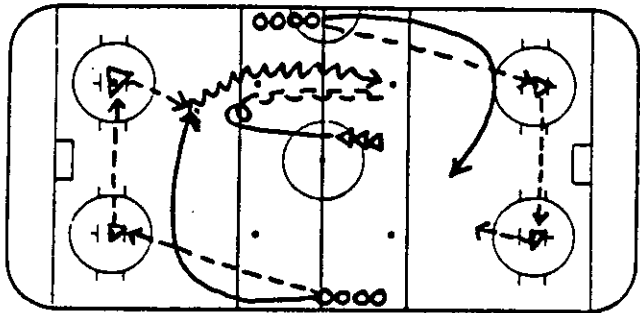
Pass from the goalie-puckcarrier must skate laterally. The defenseman breaks first at the defensive blue line. The defenseman follows the forward through lateral movements.



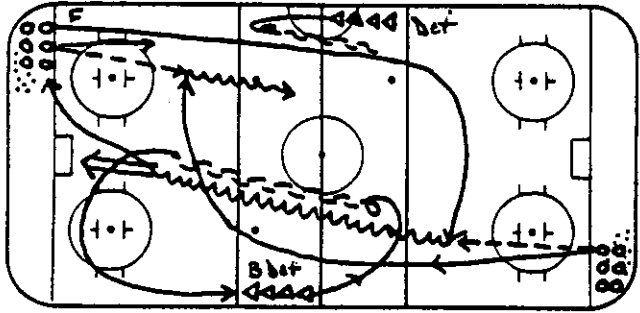
The player in the center zone passes the puck down to the player in the corner. Skates into an arc. Receives the pass. Play 1-on-1.



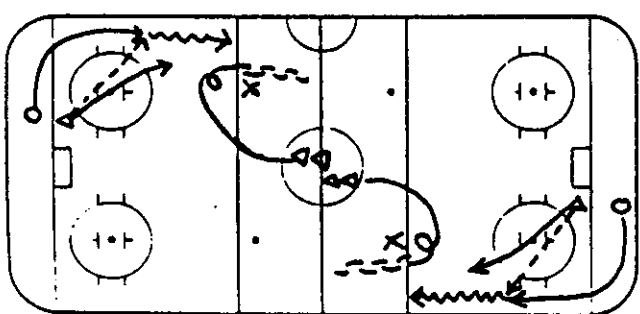
The defensemen have starting positions on the blue line. Receive pass--stick-handle while skating backward--pass to forward who has started in the corner. Then play 1-on-1.



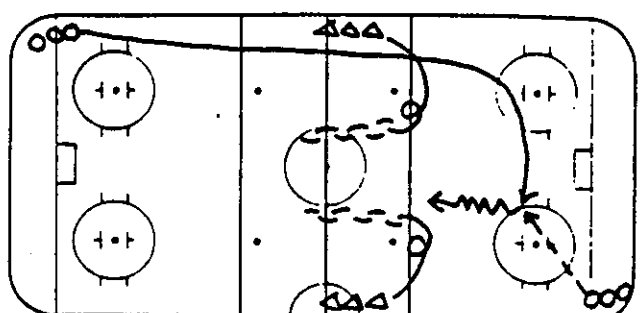
Pass from the player on the center line to a defenseman. Receive and then play 1-on-1. The drill is run in both directions.



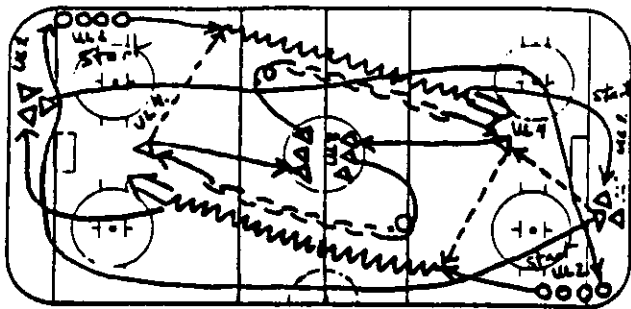
Forward passes the puck up--then skates in a big arc--receives pass. Then play 1-on-1.



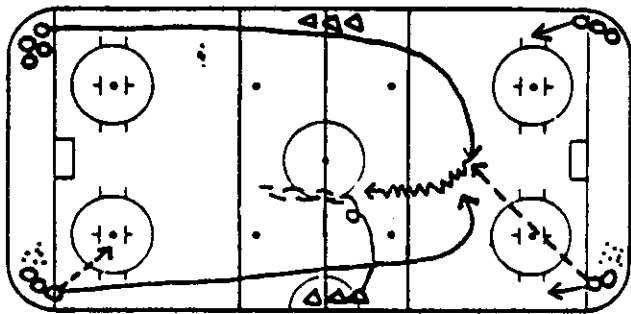
1-on-2  
1-on-1 + a backchecker.



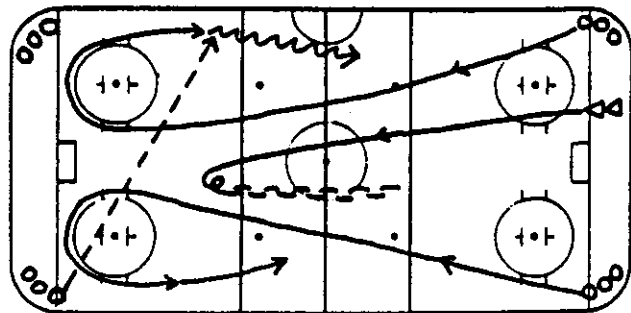
One forward against two defensemen. Cooperation between the defensemen--one takes the puckcarrier, one takes the puck



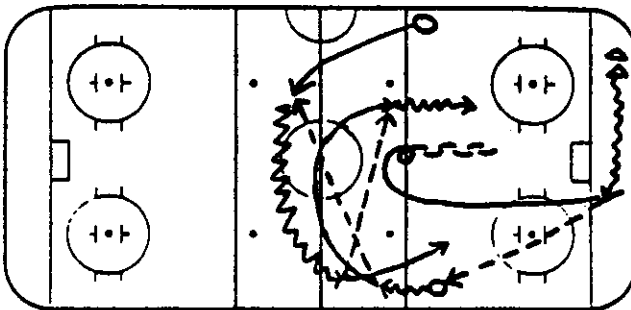
1-on-1 + a chaser.  
 Start Position 1="chaser" passes to Starting position 4 (defense)  
 Start Position 4=Pass to starting Position 2 (attackers).  
 Start Position 3=(defensive defenseman)



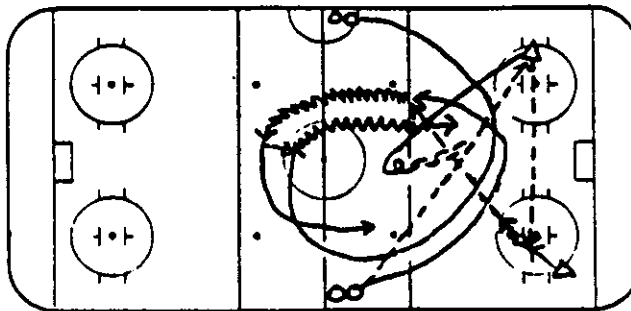
2-on-1  
 2-on-1 over the whole rink. Forwards start in the corner, skate over the rink receive a pass. The defenseman enters from the center line.



2-on-1 over the whole rink. The defenseman skates with and meets the attacker high up in the zone.

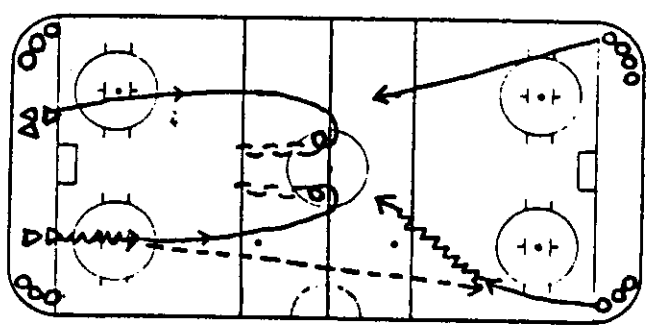


. 2-on-1 over half the rink.



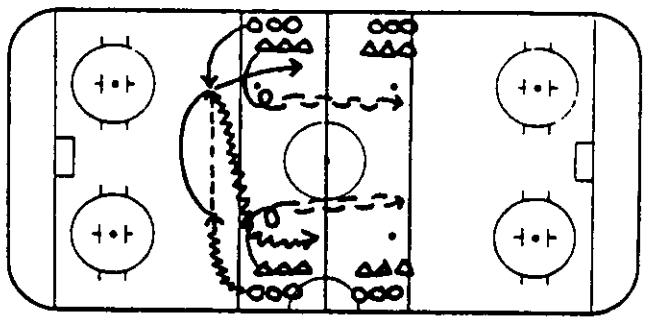
. Shift of the play. Then 2-on-1.

The skating patterns in the drills should be adjusted according to the team's break-out patterns.

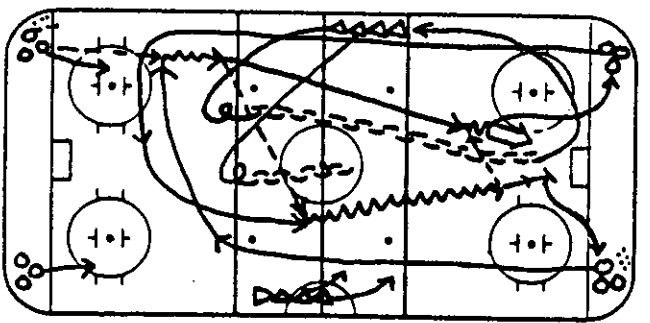


2-on-2

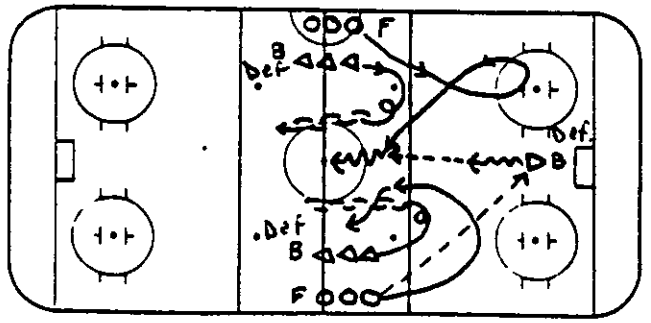
Forwards start from the corners-the defensemen must "time" the forwards' skating.



The drill is run from both sides alternating every other time.

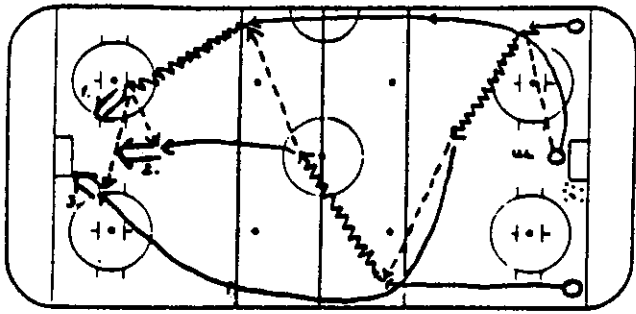


The drill can be run with one or two defensemen. I.e. 2-on-1 or 2-on-2. Forward in front of the goal should get the rebound.



2 forwards against 2 defensemen.

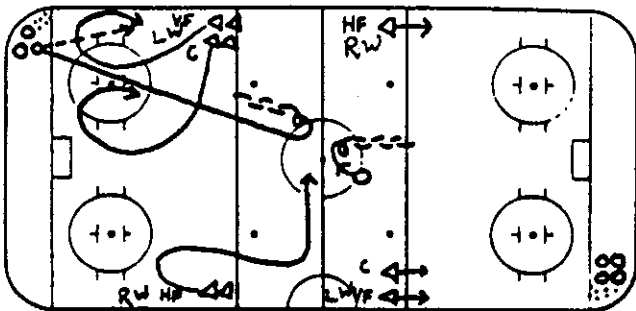
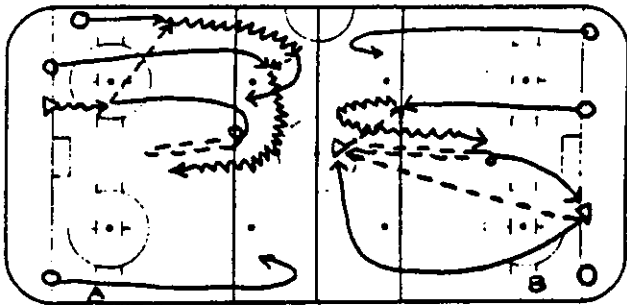
3-on-0 (+ goalie)



Three against the goalie. Follow the passes.  
Three opportunities to finish-off.

3-on-1

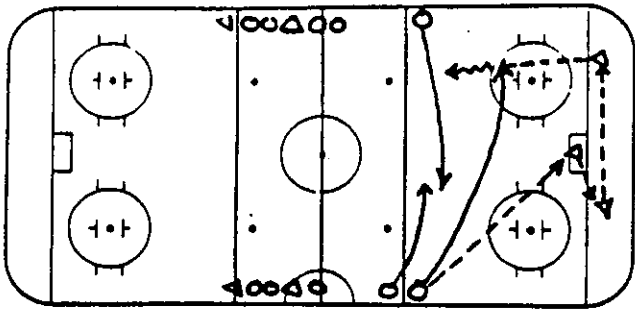
3-on-1 on half the rink.  
Two different drills (A + B).



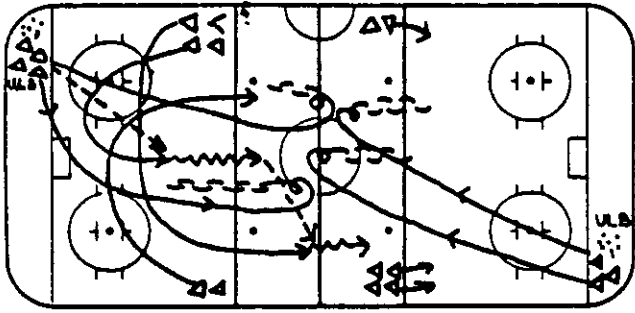
The defenseman who passes up is the defender against the next line. Then the line attacking sets up on the other blue line.



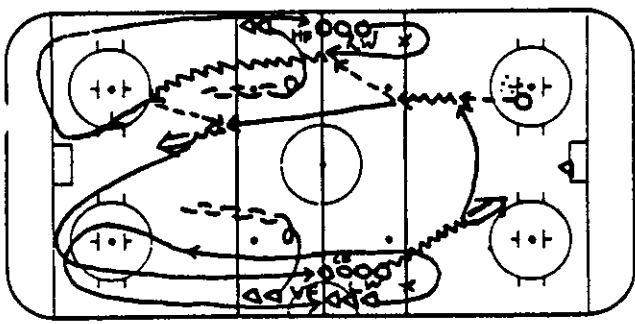
3-on-2



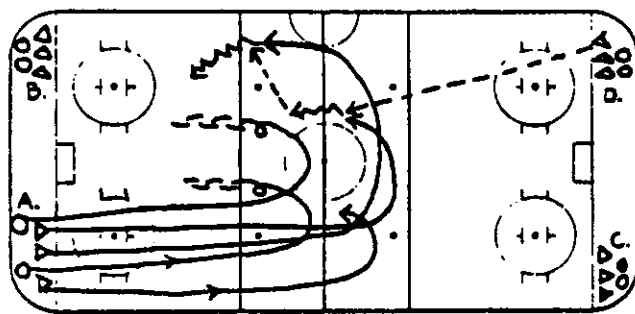
Pass to the goalie. Then the defensemen break-out to the forwards. The forwards turn at the center line. The defensemen skate up over the blue line and pivot to backward skating.



5-on-2 in one direction and 3-on-2 back. The defenseman who passes up is the defender when the next forwards attack. After the line has made its attack it lines up on the other blue line. The drill may also be run so that the line continues directly with the attack back.

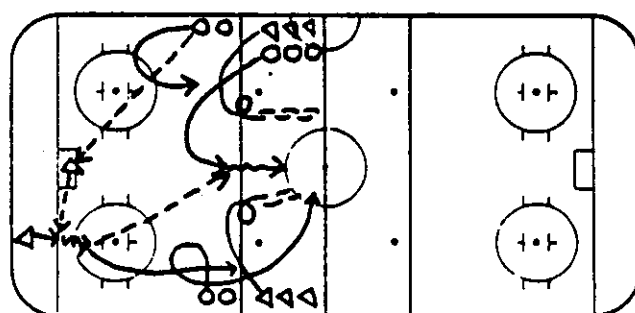


Break-out to center who passes to winger as soon as he has passed the zone line. The trailing forward is the outlet man. Center and defensemen start on the signal.



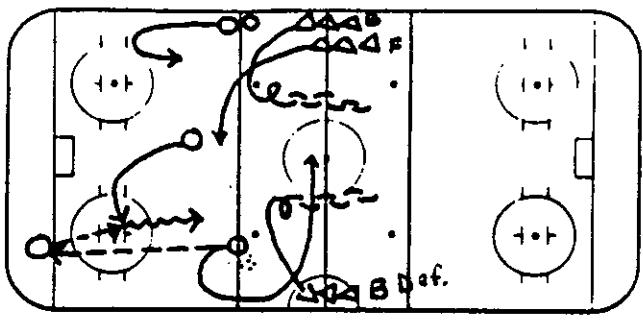
- 1) A five-man unit in each corner.
- 2) Forwards receive pass from diagonal corner.
- 3) Rotation: Start A, pass from D. Then start C-pass B. Start B-pass from C. Start D-pass from A.

3-on-3

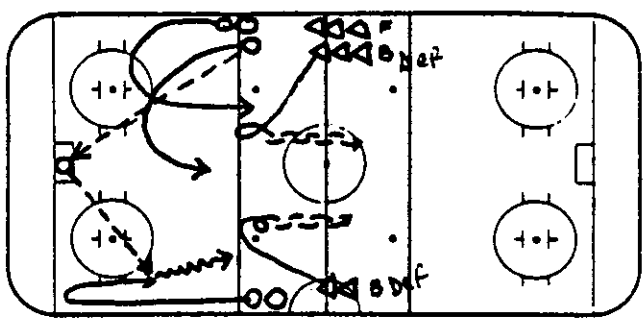


Pass to goalie. Then the defensemen make a break-out play to the forwards. Forwards turn at the center line. The defensemen skate up over the blue line and pivot to backward skating. The defenseman who has passed the puck becomes the backchecker along a wingboard.

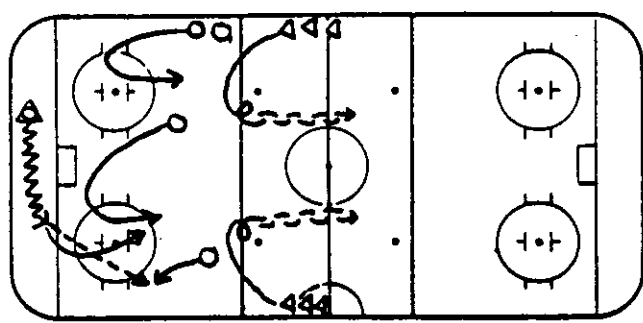




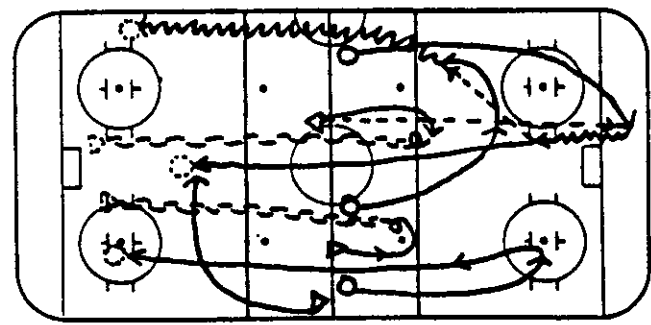
3-on-3 in one direction. Two defensemen and a backchecking forward against three attacking forwards. Forward controls the puckcarrier in the first position (situation) and then works as a defensive forward.



3-on-3  
Defensive forward covers a winger.



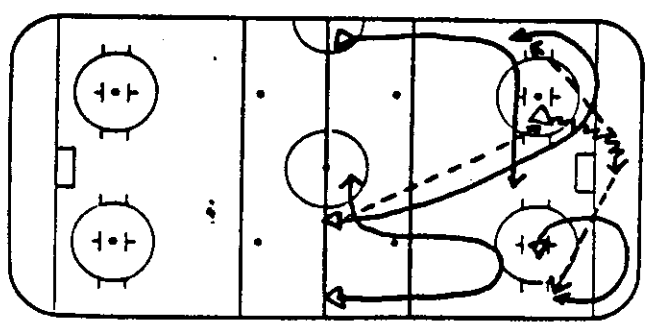
3-on-3 over the whole rink.  
Three forwards skate down for the break out play-break-out pass from a player w after the pass becomes the backchecker.



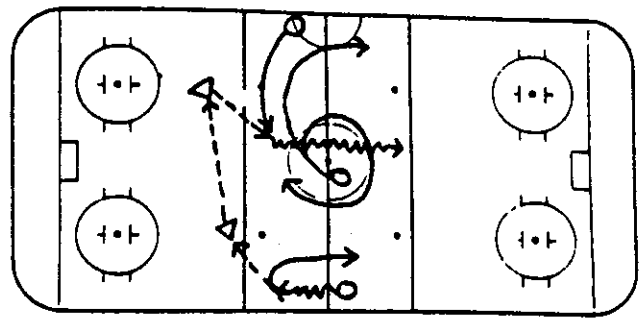
Three forwards skate in and pick up the puck. Two defensemen meet them in cent zone and then play 3-on-2. When the puck is carried into the offensive zone then a defensive forward skates in and cover the trailing forward. Then play 3-on-3

Start the drills from the team's play patterns

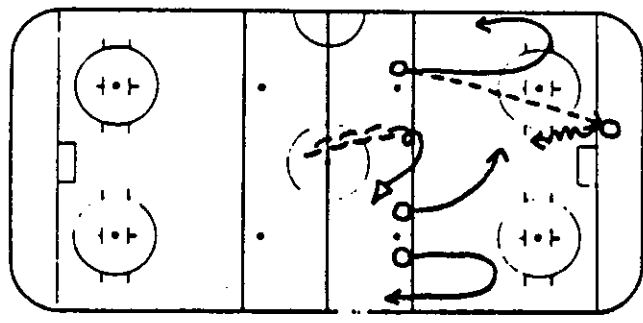
Practice with units of five



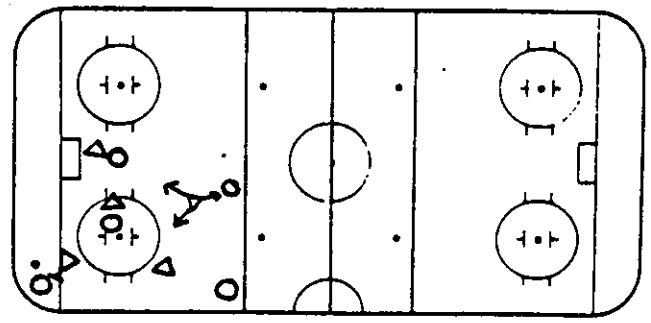
Break-out--5-on-0. The drill begins with a pass to the right defenseman. The last skates behind the goal and then passes to one of his forwards. Turn at the center line--3-on-2 back. Is run 4-5 turns per five-man unit after each other.



After the break-out 5-on-0, turn (shift) center zone. Pass defenseman-defenseman direct (one-touch) passes. Forwards on outlet and start new attack toward goal.



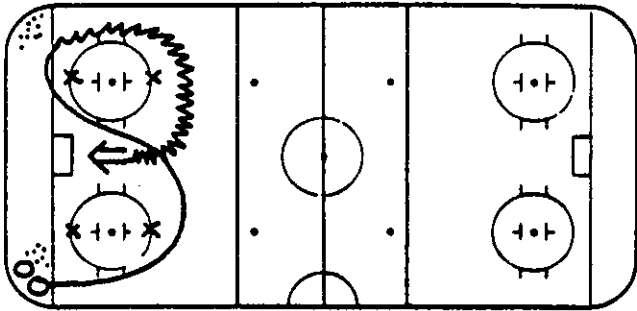
Break-out 1+3-on-1. Three forwards + one defenseman against one defenseman. The defending defenseman becomes the break-out defenseman for next attack in the other direction.



Drill for the practice of defensive play in one's own zone. Play 5-on-5. The defensive players play with their sticks turned over. The goal with the drill is that the players should learn the movement pattern in the defensive play and also learn to take out the player with the body.

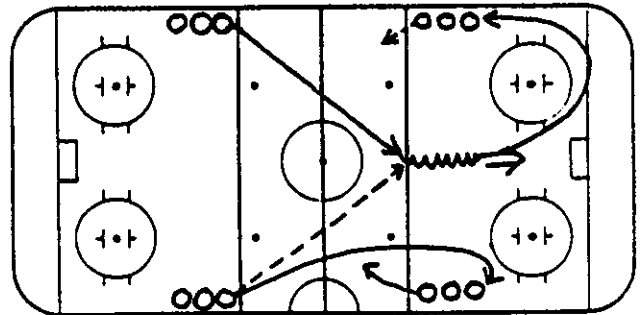
In the figures we see examples of positions which the play may start from.

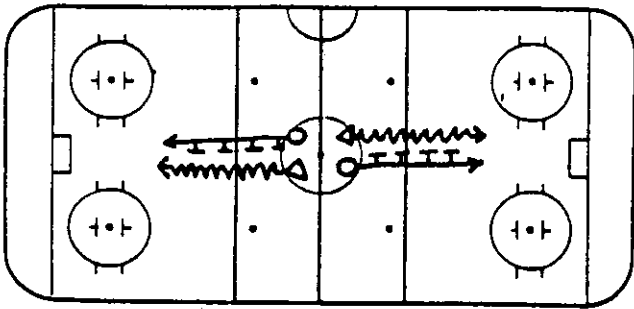
Speed Training



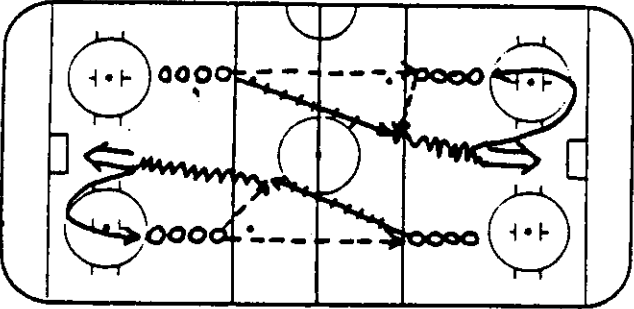
Skate around the circles-take a puck-stickhandle-shoot.  
Start every other time from the right and left corners respectively.

Skate--receive--stickhandle--shoot.

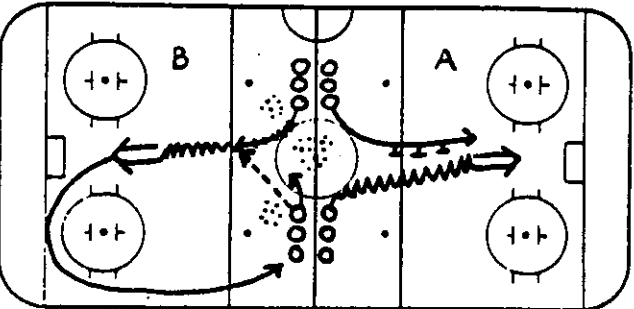




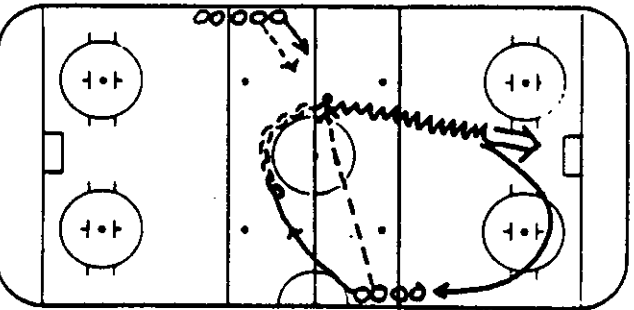
Two players are down on their knees- puckcarrier determines when they should start.



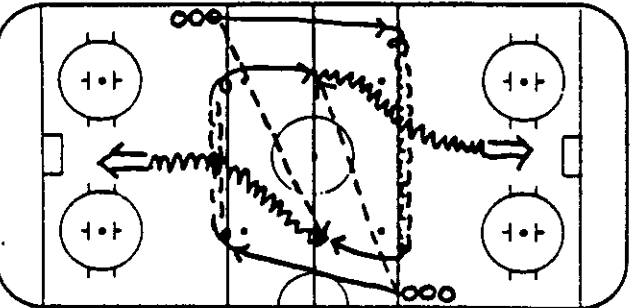
Pass-skate-receive a pass at full speed



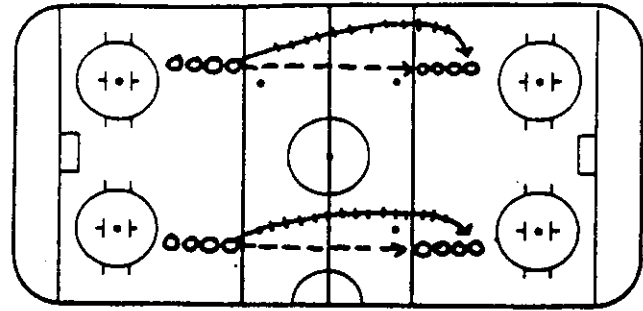
- a) The puckcarrier starts-then a player who chases him starts.
- b) Pass to the player who skates at full speed. The player who passed skates and receives a pass from the first m in the other line.



Forward skating -backward cross-overs-pivot with a reception-stickhandle and shoot.

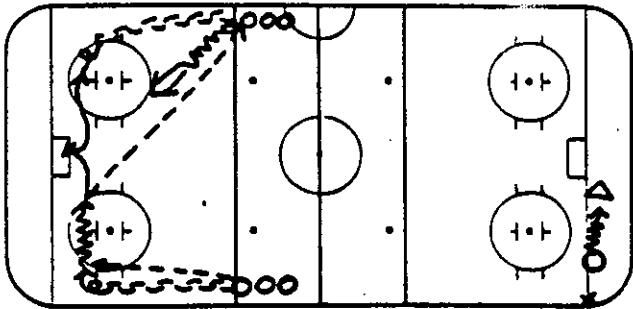


Skate-forward-backward-forward-receive pass-stickhandle-shoot.

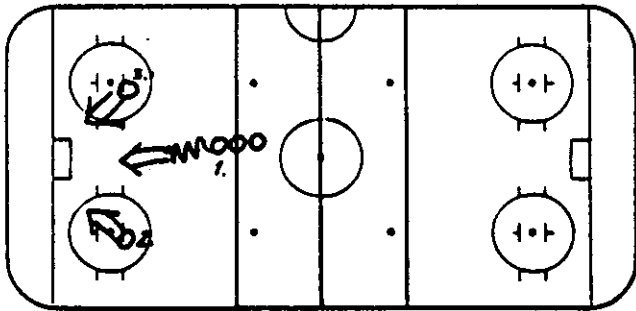


Pass-skate-last in the line on the opposite side.

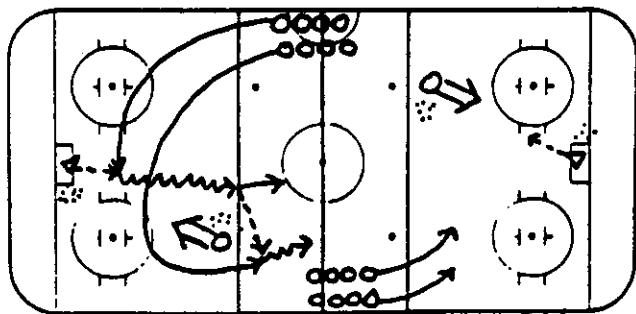
Goalie Drills



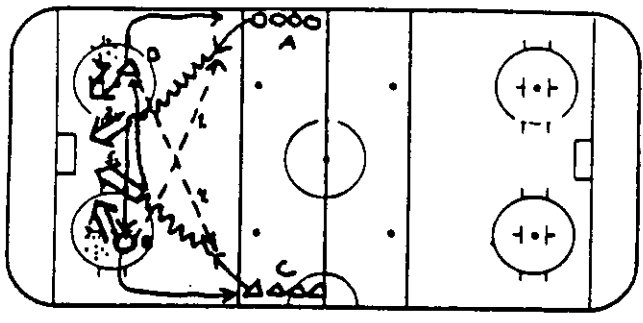
Receive pass while skating backward. Pass to the player on the blue line. Skate in for deflecting. Backward up to the blue line.



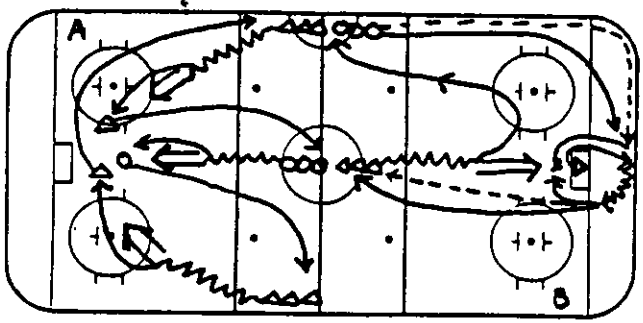
Shots from three different positions. Position 3-shot along the ice at a post.



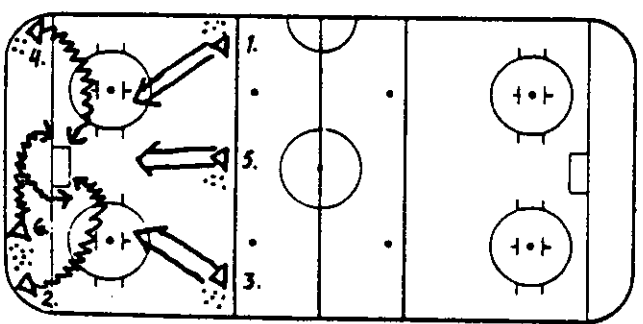
The drill starts with a shot from the player on the blue line. Both of these players shoot at the same time. The goalie makes a break-out pass. The players should be urged to get the rebounds.



Pass from point B to player A. Passer remains--shoots from point B, afterward player A has a shot. Then Player D passes to C. C shoots and then D shoots a so called rebound shot.  
The players move:  
A--B; B--C; C--D; D--A.



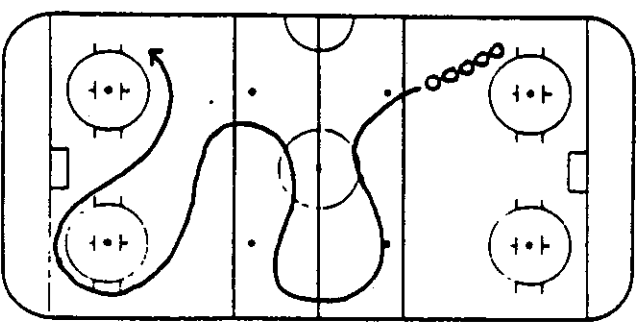
Side A.  
Stickhandle--shoot--in for deflection.  
Side B.  
Pass the puck along the boards--the goalie stops the puck behind the goal--get puck behind the goal--pass to the player on the blue line. In for deflection on shot.



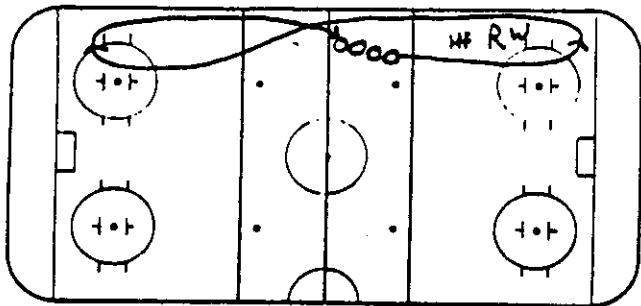
Shots from the players on the blue line. Skate in from the corner. The players skate in numerical order.

Conditioning Training Drills

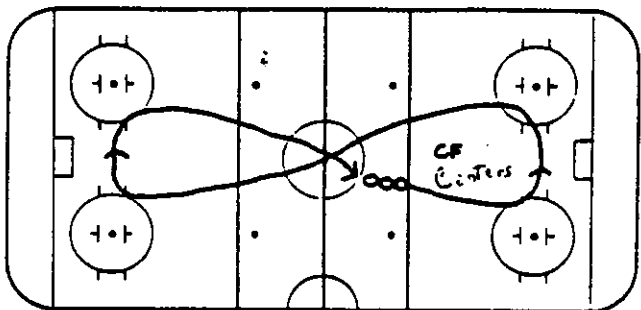
Aerobic Training. The drills are run as a suggestion according to the 70--20 and 15-15 models (70 sec. work--20 sec. rest).



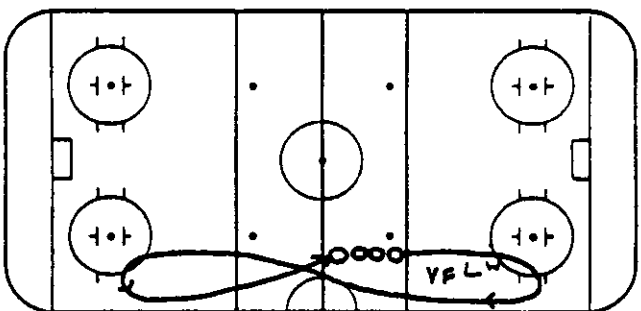
"Follow John"---Skating in groups of five. The players take turns being "John".



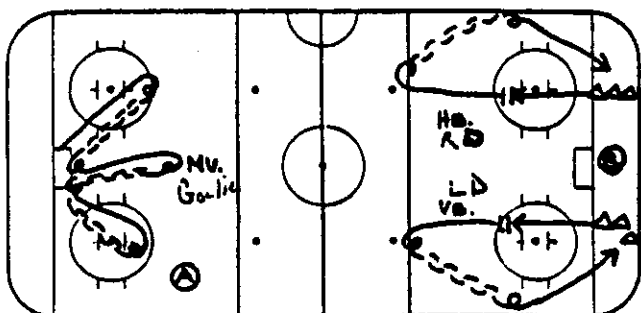
Drill for right wings. Skate according to the diagram.



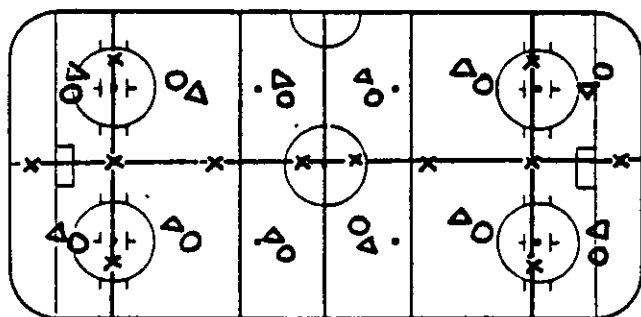
Drill for centers. Skate according to the diagram.



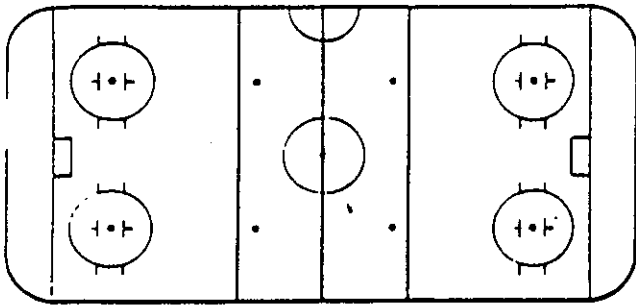
Drill for left wings. Skate according to the diagram.



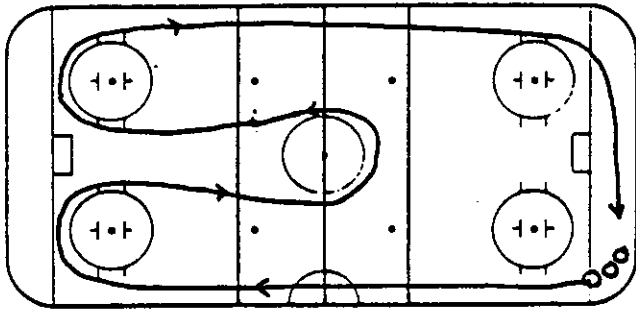
Drill for goalies. Skate according to figure A.  
Drill for defensemen. Skate according to figure B.



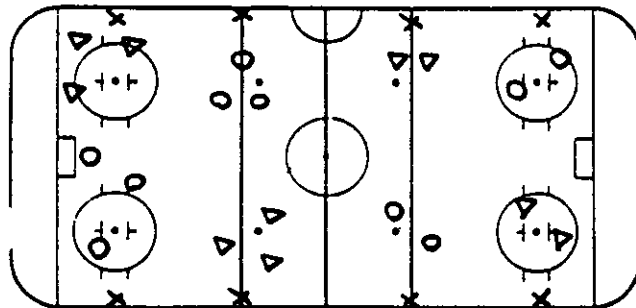
Play 1-on-1 in a defined area. Cones are used for marking off the play area. Cones or markings on the boards maybe used as goals.



Play over the whole rink. 5-on-5 with changing on the fly. Play one or two minutes. Time: 20-25 min.

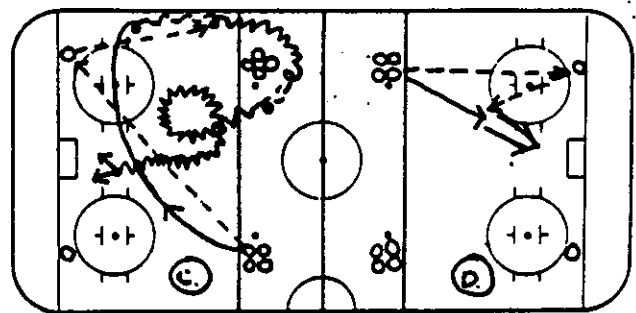
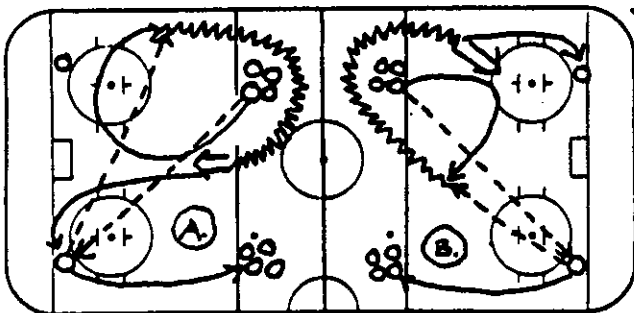


"70-20" Large loop. Skate at 70-80% tempo. Both forward and backward skating. Time: 8-10 min.



Play across the rink. 2-on-2, 3-on-3 according to the "70-20" model.

Warm-up Drills



Four drills, A, B, C, and D. Each player performs each drill four times.

- \* Passing in groups of three. The players skate around the rink and pass in triangles.
- \* Passing in groups of three.--the player who just passes performs gymnastic exercises.
- \* Small team play--defending team changes over to backward skating on loss of the puck on the opponent's half of the rink.