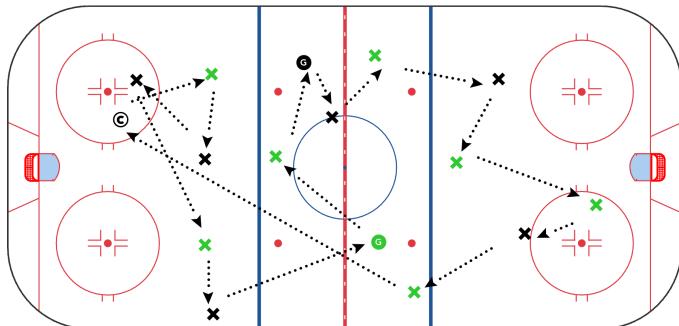


Chainsmoking

5 mins

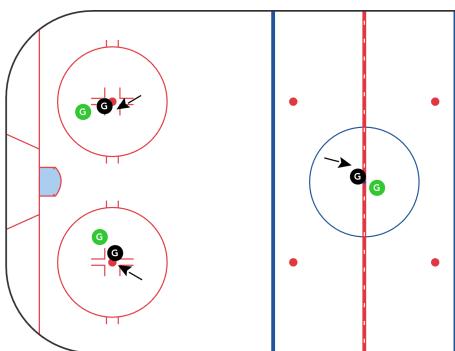


A good drill out of a bad habit.

Players skate anywhere on the ice, goalies included. Start with one puck, pass to player 1, who passes to player 2, so on and so on until puck gets passed to original player (usually the coach).

Goalie Sumo Wrestling

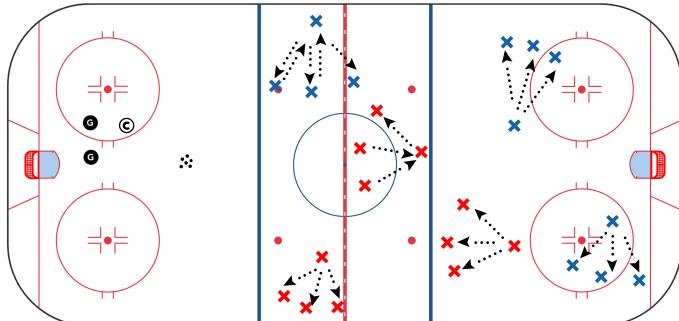
6 mins



Two goalies slide on pads and try to push the opponent out of the circle.

Pivot Passing

6 mins



Stationary passing, pass to the pivot person in the middle fan style
Progress to backhand passing and receiving, one touches, saucer passes, etc.

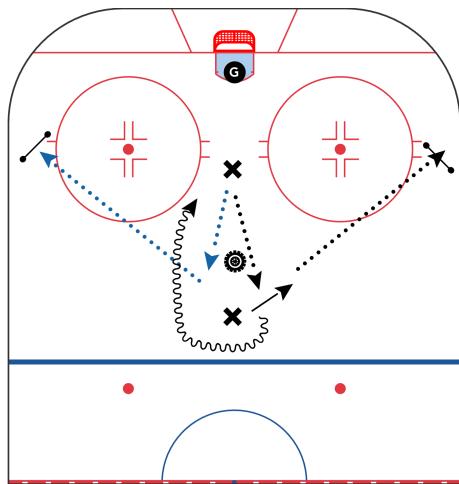
Key Points

Maintain good posture and stick readiness - stick should not come up in the air after each pass

Keep feet quiet - don't spend unnecessary energy

Body Around Puck Passing

8 mins



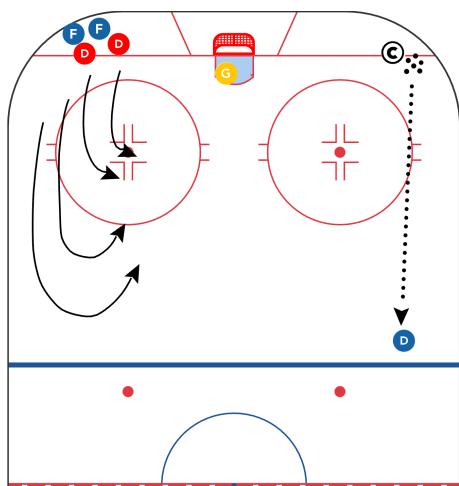
One player passes next to tire for player to receive

Receiving player has to move feet to receive on the forehand every time, then move feet to pass through gate with no dust

Repeat, then after third pass, player escapes and shoots

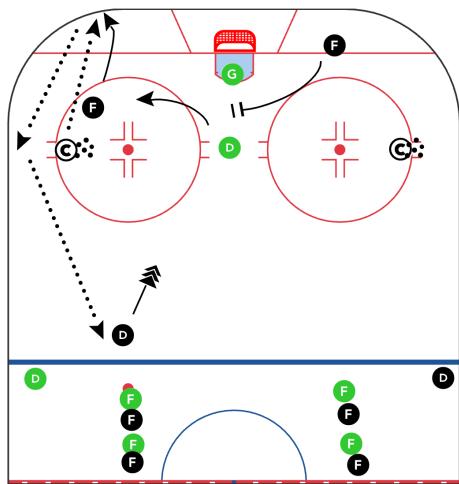
Race Track Net Drive

8 mins



Stop at Net 2 Shot

7 mins



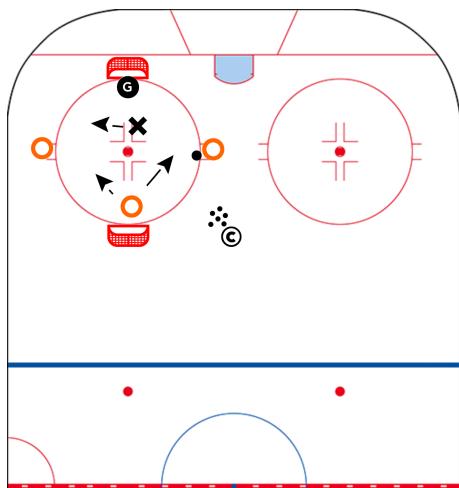
- Two forwards retrieve pucks from the corner against one defenceman
- Coaches (or players) chip pucks in corner, alternating sides, for forwards to retrieve and pass low to high
- Forwards must arrive on time at net
- After initial shot from D, forwards can collect puck for rebound

Key Points

- Defenceman plays aggressive - don't play a normal D-zone structure, use feet to check and make life difficult for forwards
- Forwards stop and start - one forward needs to play net front while the other is retrieving
- Bonus - goalie coaches will love this one
- **Progressions**
 - Add second defensive defenceman to play 2on2 in-zone
 - Add second shooter on point
 - Add third forward

1 Goalie 3v1 Small Powerplay

10 mins



3 O's are trying to score vs 1 X and 1 goalie
O's on hashmarks are stationary, players in circle can move
Choose tactics: goalie presence, take away the goalie's eyes, sell false info
Defender or goalie can score into empty net