

U13 SEASON DEVELOPMENT PLAN

40 PRACTICES | BUILD HABITS • DEVELOP DECISIONS • GAME TRANSFER



GREEN PHASE (P1-P14) Foundation

- ✓ Skating Mechanics
- ✓ Puck Control
- ✓ Passing
- ✓ Basic Reads
- ✓ Light Pressure



PRACTICE ROTATIONS

G-A

- Rondo Passing
- Continuous Quick Up
- 1 on 1 Gap Control
- Steelers Angling
- 3v3

G-B

- Finnish 5 Puck
- Chaos Weave
- Use the Net 2 on 1
- Gates Game
- Sabres Puck Race to 3 on 3

G-C

- Rondo Passing
- Tim Turk Pass
- Lancer Breakout
- Gates Game
- 2v2 Backcheck

G-D

- Finnish 5 Puck
- D-to-D Flow
- Around the World 2v1
- Chute Angling
- 3v3 Small Area



ORANGE PHASE (P15-P28) Decision Making

- ✓ Compete
- ✓ Pressure
- ✓ Reads
- ✓ Puck Protection
- ✓ Angling



PRACTICE ROTATIONS

O-A

- Larionov 5v3
- Continuous Quick Up
- 1 on 1 Gap Control
- Breakout Game
- 3v3

O-B

- Finnish 5 Puck
- Chaos Weave
- 3 on 2 Gap Up
- Angling Pursuit
- Sabres Puck Race to 3 on 3

O-C

- Norway Passing
- Tim Turk 8 Pass
- Lancer Breakout
- Point Shot Net Front Battle
- 2v2 Backcheck

O-D

- Red Wing 6v4
- D to D Flow
- Around the World 2 on 1
- Wall Battle Breakout
- 3v3 Small Area



RED PHASE (P29-P40) Game Transfer

- ✓ Speed
- ✓ Chaos
- ✓ Execution
- ✓ Transition
- ✓ Competitive Environment



PRACTICE ROTATIONS

R-A

- Larionov 5v3
- Continuous Quick Up
- 1 v 1 Gap Control
- Breakout Game
- 3 v 3

R-B

- Redwing 6 on 4
- Chaos Weave
- 3 on 2 Gap Up
- Angling Pursuit
- Sabres Puck Race to 3 on 3

R-C

- Norway Passing
- Tim Turk 8 Pass
- 2v1 Gauntlet
- Point Shot Net Front Battle
- 2v2 Backcheck

R-D

- Red Wing 6v4
- D to D Flow
- Around the World 2 on 1
- Wall Battle Breakout
- 3 v 3 Small Area



PRACTICE TEMPLATE

12 min

Elite Habits/
Goalie Training



10 min

Shooting Drill



10 min

Defensive Gap



12 min

Battles, Angling,
Situational



12 min

Small Area Games



SKATING ROTATION

A = STRIDE / POWER



- Stride
- Power Pushes
- Crossovers

B = EDGE WORK



- Inside Edges
- Outside Edges
- Puck Dot Battles



BETTER PLAYERS. BETTER TEAMMATES. LONGER JOURNEYS.



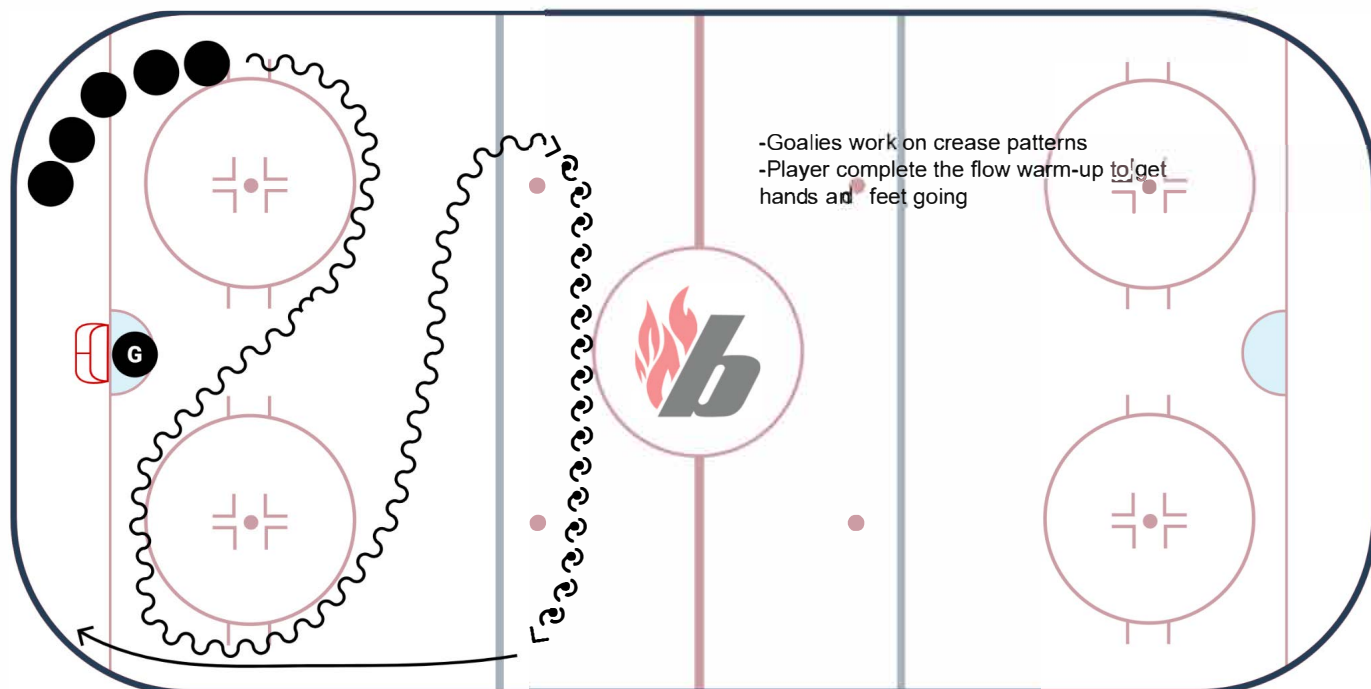
Pre-Game Warm-up

PREGAME EDGE WORK AND PUCK CONTROL



Time:

Station:

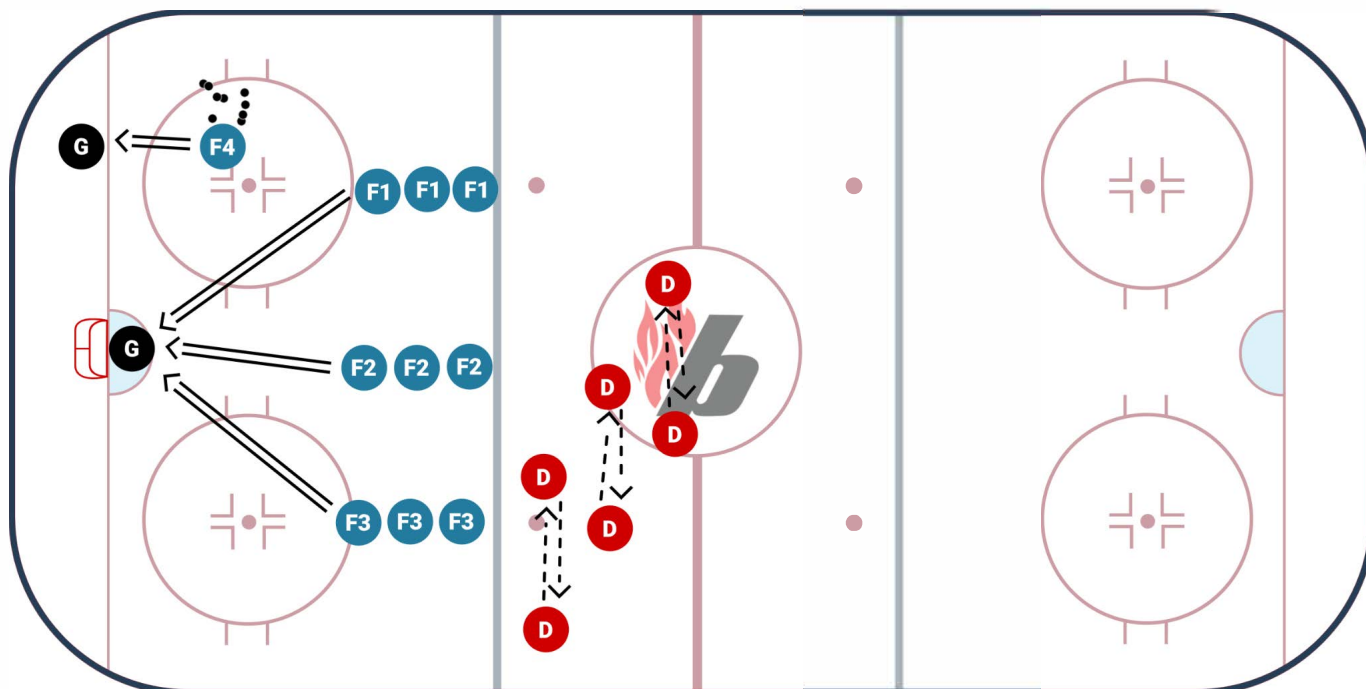


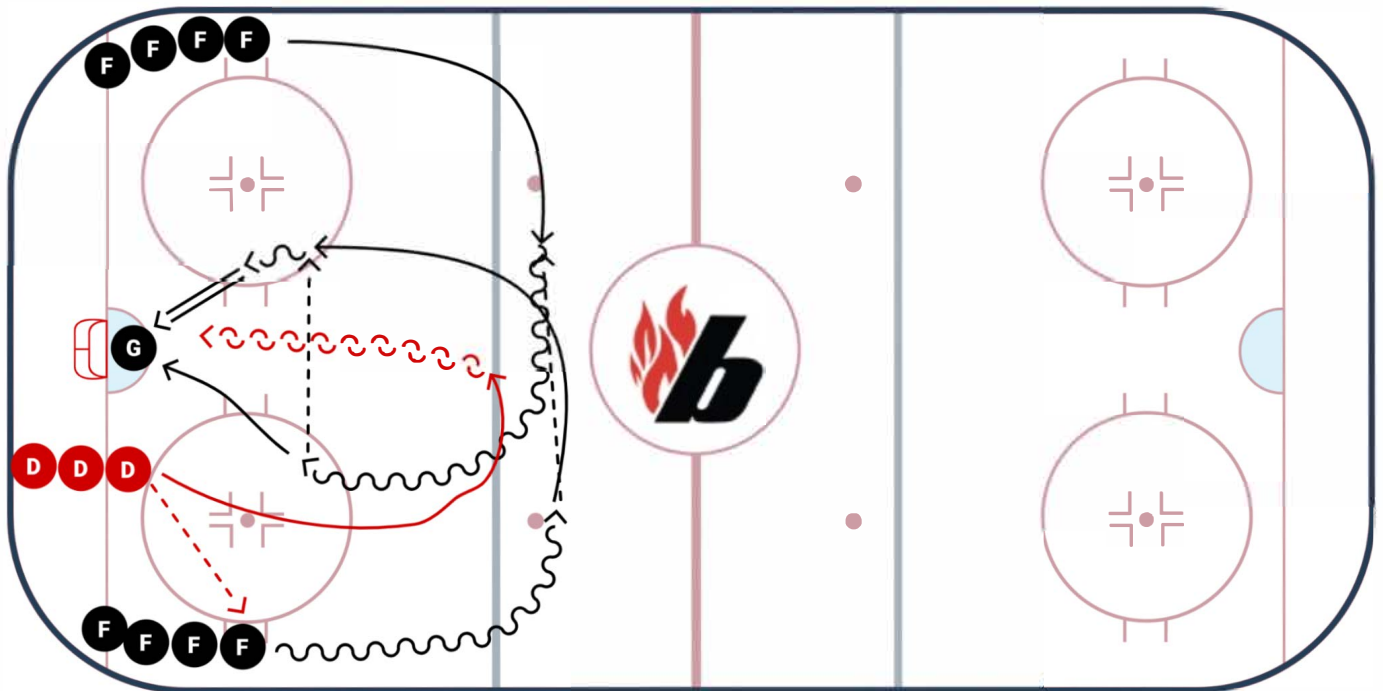
PRE-GAME SHOOTING WARM-UP



Time:

Station:



Station: 

U11 GOALIE

HOCKEY DEVELOPMENT PLAN

BETTER TECHNIQUE | GREATER CONFIDENCE | STRONGER GAME



GOALIE WARMUP



Mobility

(hips, groin, shoulders)



Dynamic Stretching



Glove/Blocker Work

(reaction, hands)



Light Skating

(forward/backward)



GET
LOOSE,
GET
FOCUSED!



GOAL LINE EDGE WORK

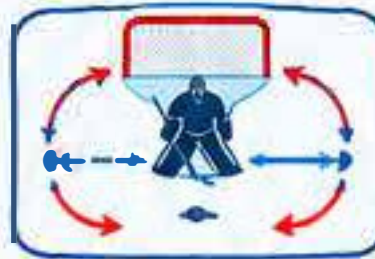
EDGES

- Bubbles
- C-cut forward
- C-cut backwards
- Alternating C-cut



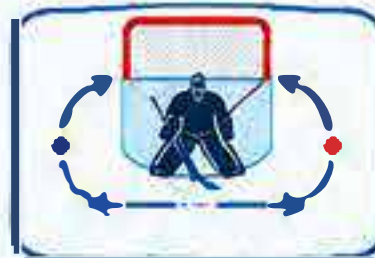
ANGLE BACK

- T-push
- Shuffle
- Small shuffle



PAD SLIDES

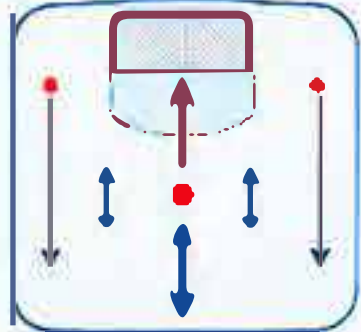
- Down and ups (forwards/backwards)
- 2 push stops
- 2 push 90 turns



PUCK DOT EDGE WORK

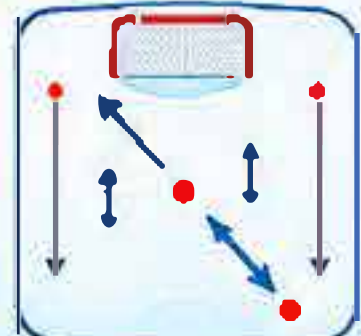
VARIATION 1 – STRAIGHT LINE

- Shuffles
- T-Pushes
- Butterfly Pushes
- Butterfly down and ups



VARIATION 2 – OFFSET

- Shuffles
- T-Pushes
- Butterfly Pushes
- Butterfly Down and ups



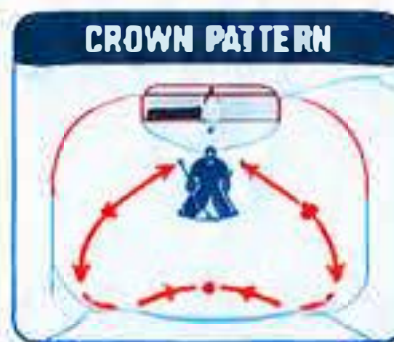
GOALTENDER CIRCLE DRILL

- Single C-Cut/Small Shuffle
- Bubble/Power Shuffle
- C-Cut/T-Push
- Shuffle, Shuffle, T-Push
- C-Cut Down and Ups



CREASE PATTERNS

- Post Play U-Pattern
- 5 Point Patterns
- Three Point Bump out
- Crown Pattern



SHOOTING DRILL

- Warm-up Shots (Glove, Blocker, Stick, Chest Saves)
- Tap Drill
- Goal line glove and blocker
- Lateral Patience
- Six Shot Recovery



REPS
BUILD
CONFIDENCE!

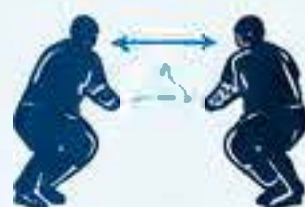


FUN GAMES

- Sumo Wrestling
- Pad slide mirror game
- Simon Says
- Bumper Rebound
- Hungry Hippo



SUMO
WRESTLING



PAD SLIDE
MIRROR GAME



SIMON
SAYS



BUMPER
REBOUND



HUNGRY
HIPPO



PRACTICE • IMPROVE • MAKE SAVES • HAVE FUN



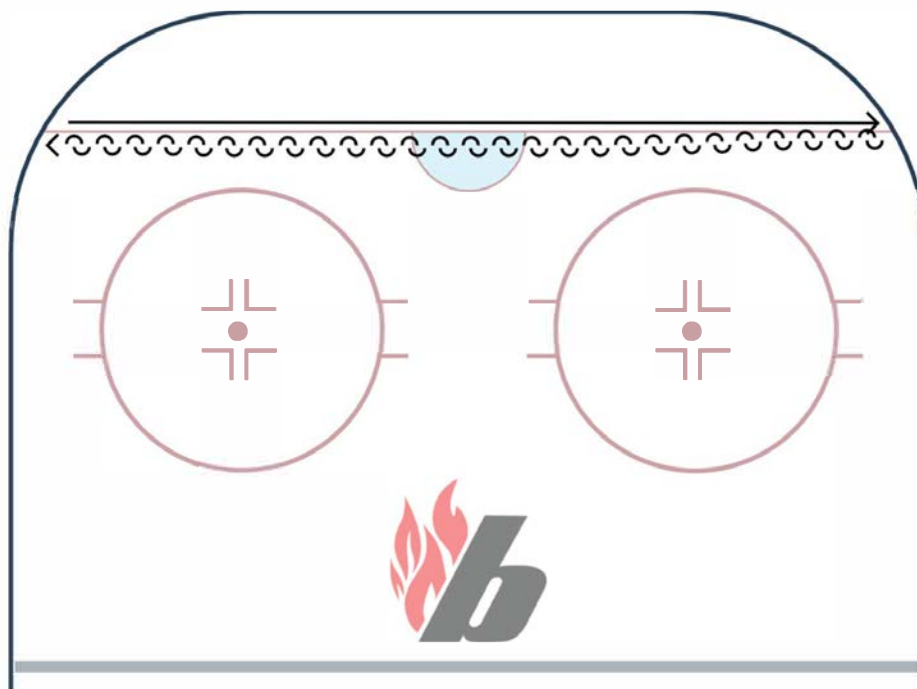
U11 GOALIE DEVELOPMENT

GOAL LINE EDGE WORK



Time:

Station:



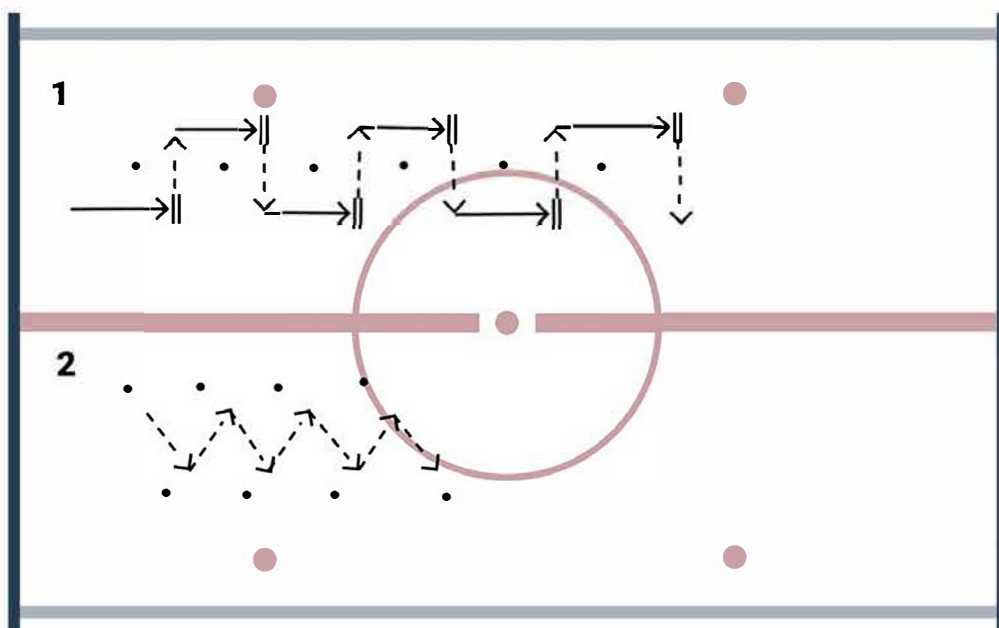
1. Edges
2. Bubbles
3. C-cut forward
4. C-cut backwards
5. Alternating C-cut
Angle back
6. t-push
7. Shuffle
8. Small shuffle
Pad Slides
9. down and ups (forwards/backwards)
10. 2 push stops
11. 2 push 90 turns
- 12.

PUCK DOT GOALIE EDGE WORK



Time:

Station:



Variation 1 - Straight Line

1. Shuffles
2. T-Pushes
3. Butterfly Pushes
4. Butterfly down and ups

Variation 2 - Offset (Good for getting the goalie used to rotating to find puck)

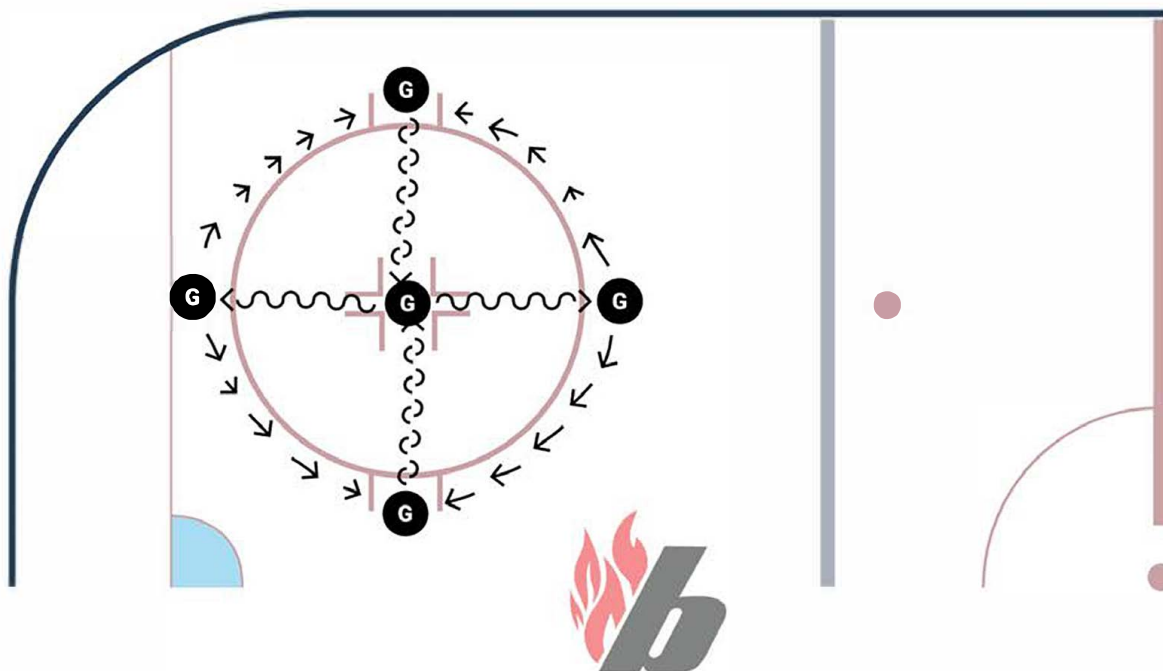
1. Shuffles
2. T-Pushes
3. Butterfly Pushes
4. Butterfly Down and ups

GOALTENDER CIRCLE DRILLS



Time:

Station:



1. Single C-Cut/Small Shuffle
2. Bubble/Power Shuffle
3. C-Cut/T-Push
4. Shuffle, Shuffle, T-Push

– You can go 1/4, 1/2 or full circle

– You can start on the circle or use the dot as a starting point and C-cut to the edge and skate backward to the dot to finish the drill.

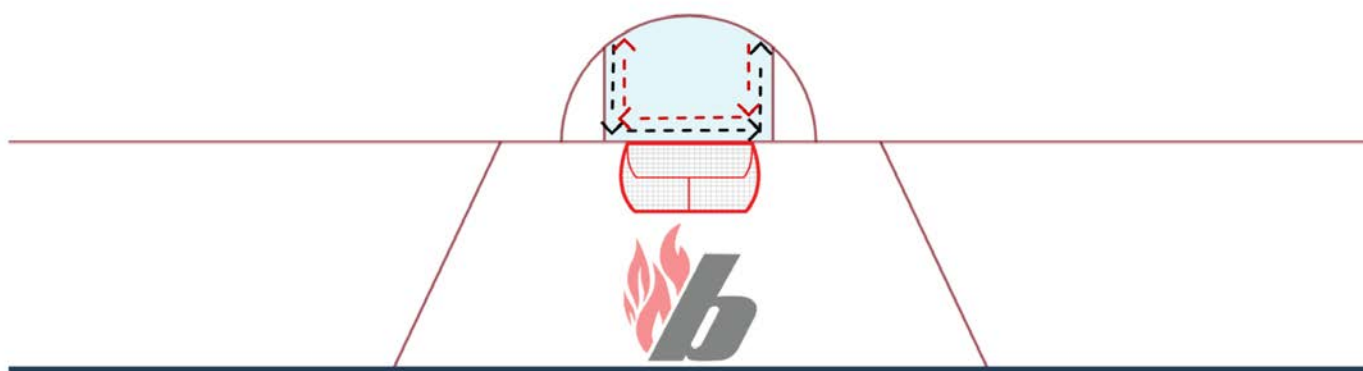
– Always push hard/ stop hard/ set feet with a quiet upper body.– *1 time each sides

POST PLAY U-PATTERN (STANDING OR BUTTERFLY)



Time:

Station:



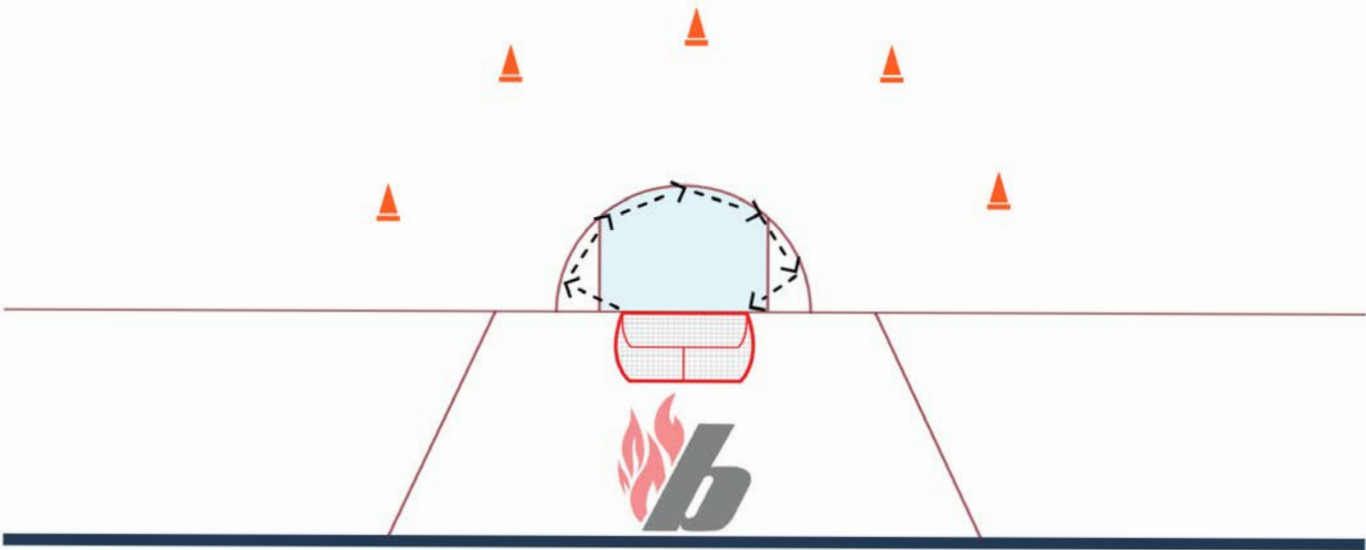
Complete in Both Directions

FIVE POINT SHUFFLE OR SHORT T-PUSH



Time:

Station:

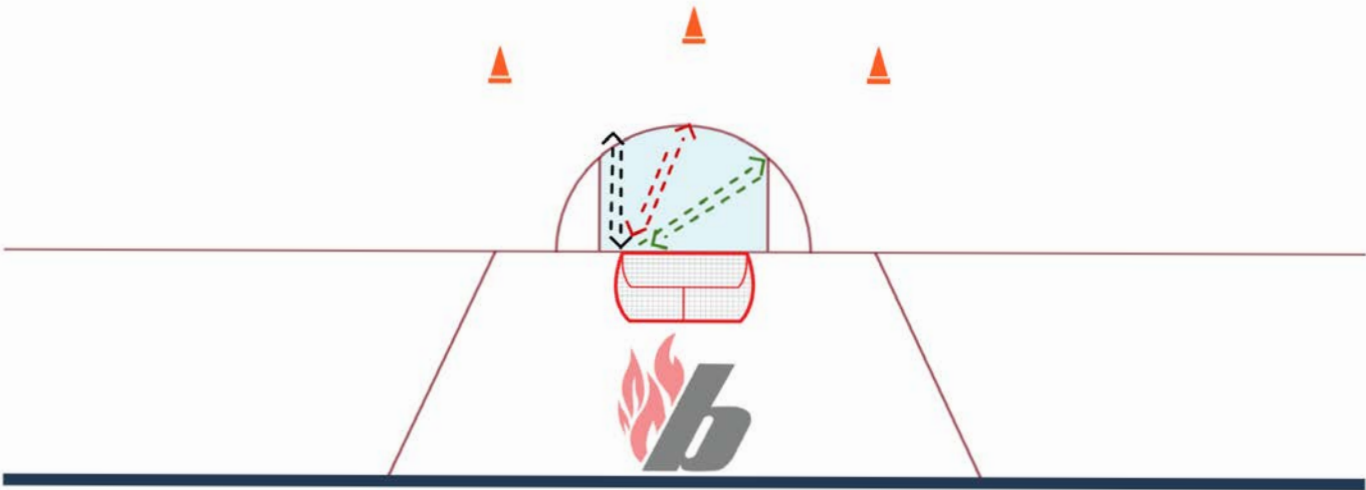


THREE POINT POST BUMP OUT



Time:

Station:

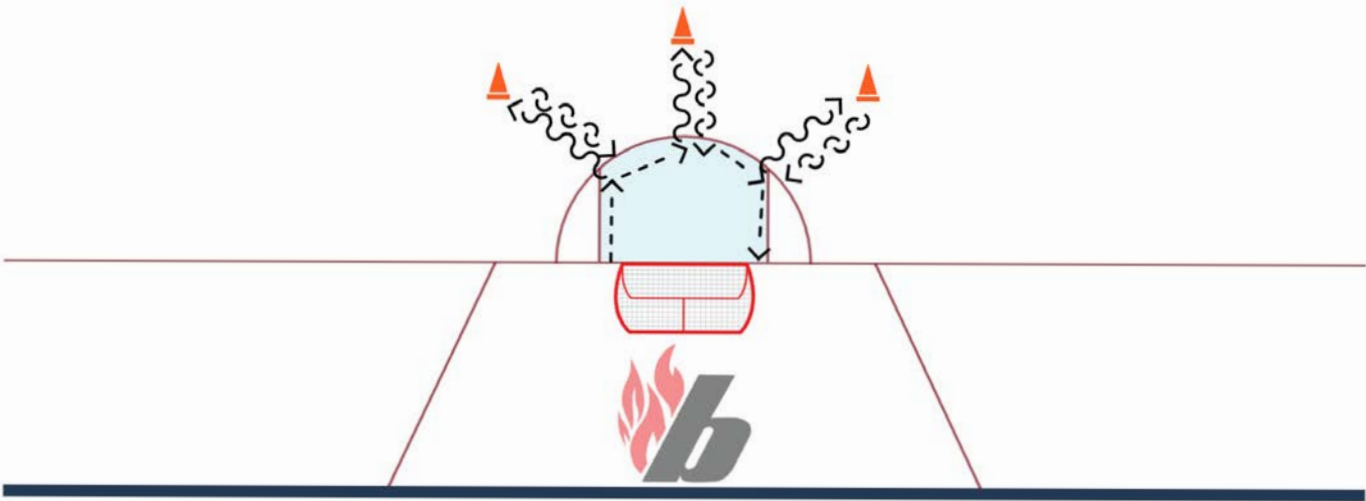


CROWN CREASE PATTERN



Time:

Station:

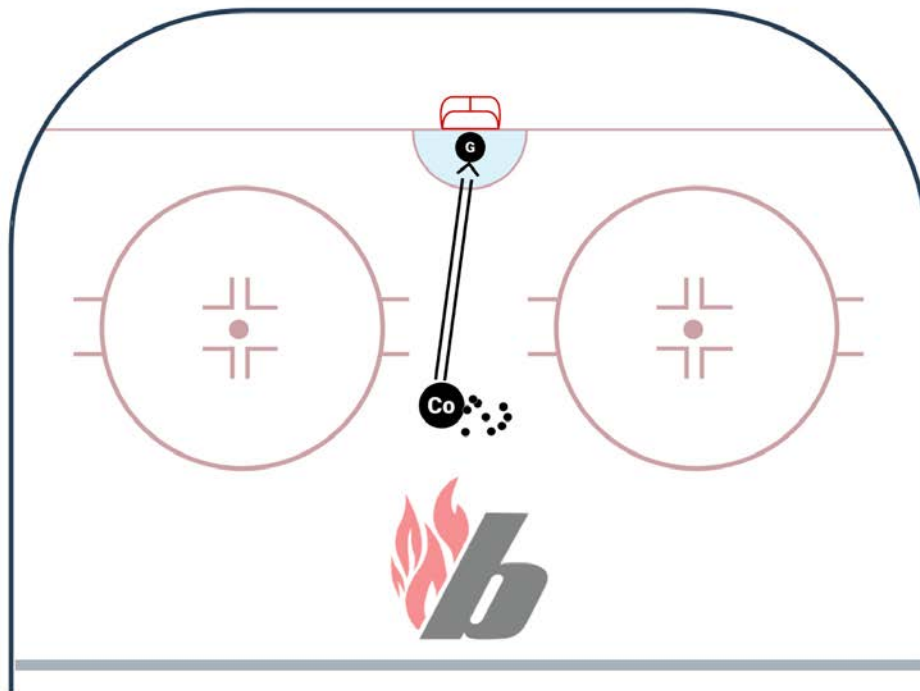


TAP DRILL



Time:

Station:



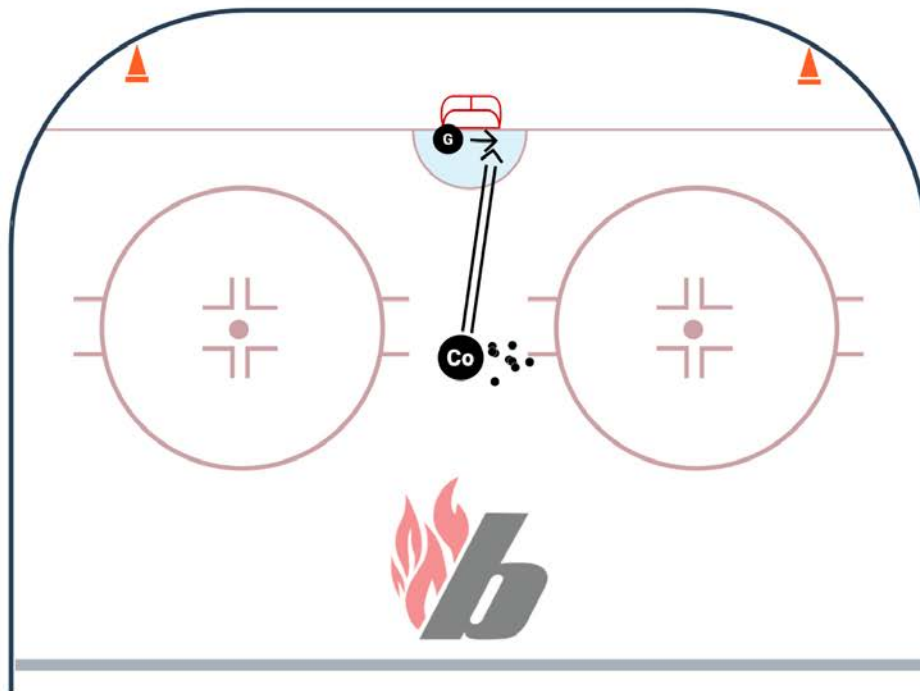
- Coach sets up with puck to hash
- Goalie eyes are down toward ice
- Coach slaps his stick and Goalie looks up
- Coach take a quick shot to glove or blocker
- Goalie must quickly see the puck and track to gloves

GOAL LINE GLOVE AND BLOCKER



Time:

Station:



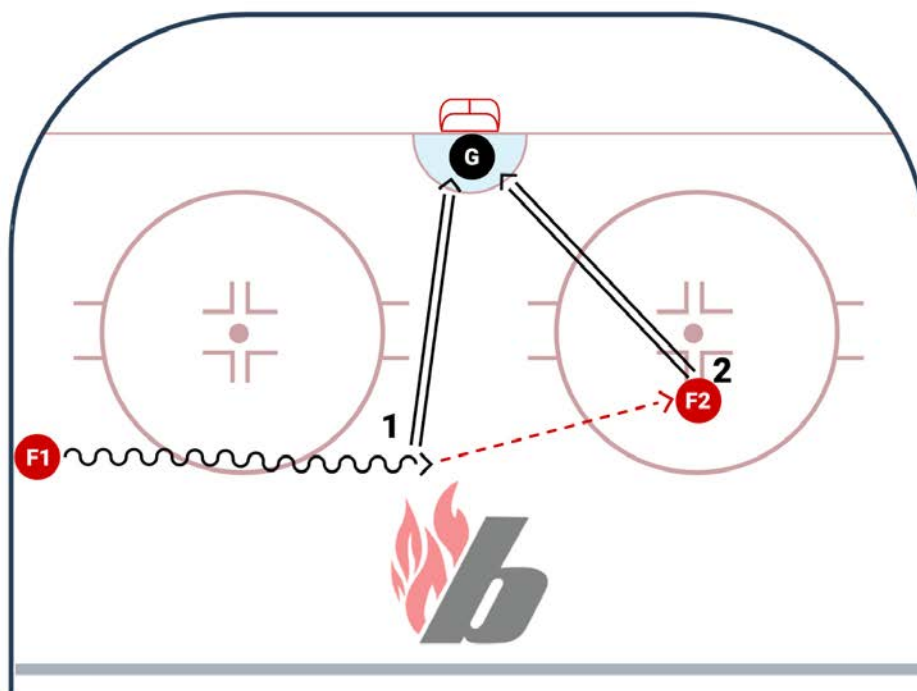
- Pucks are all in the mid-high slot.
- Goalie starts on one post, eyes in the corner (either put a puck in the corner or tell them to look at the yellow part of dasher where the vertical goal line meets). Eyes and head must start here.
- On coach/shooter call (vocal yell or stick clap), goalie gets eyes on puck immediately and pushes laterally to make the save. Shooter aims for the opposite post/elbow/corner from where the goaltender is starting.
- The shooter's timing should be appropriate for the age of the goaltender. Elite goaltenders can make these saves with very little or no time gap at all between the auditory call and shot. The goal is to build reaction time and quickness, not angles or depth...so goalies should push laterally, not out toward the shooter (they may not have enough time to push out anyway).
- A variation allows the goaltenders to butterfly-slide into the save.

LATERAL PATIENCE



Time:

Station:



F1 carries puck across the ice.

Option 1 - Take a shot on net

Option 2 - F1 passes to F2 who will catch and release or one-time puck on net.

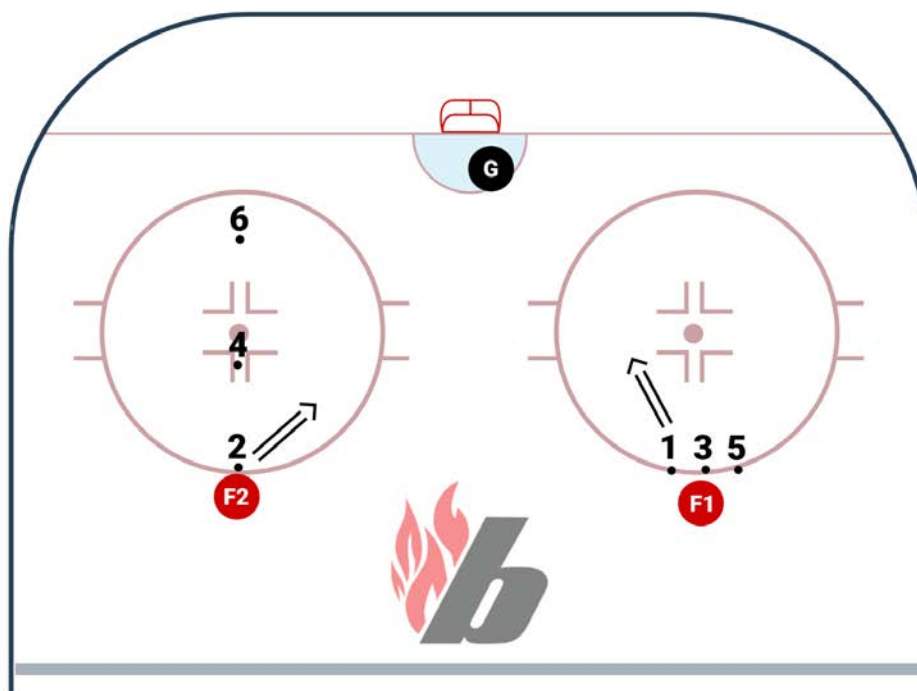
Goaltender must work on staying patient initially with F1 skating across and then push to set on F2 if the pass is made.

6 SHOT RECOVERY



Time:

Station:



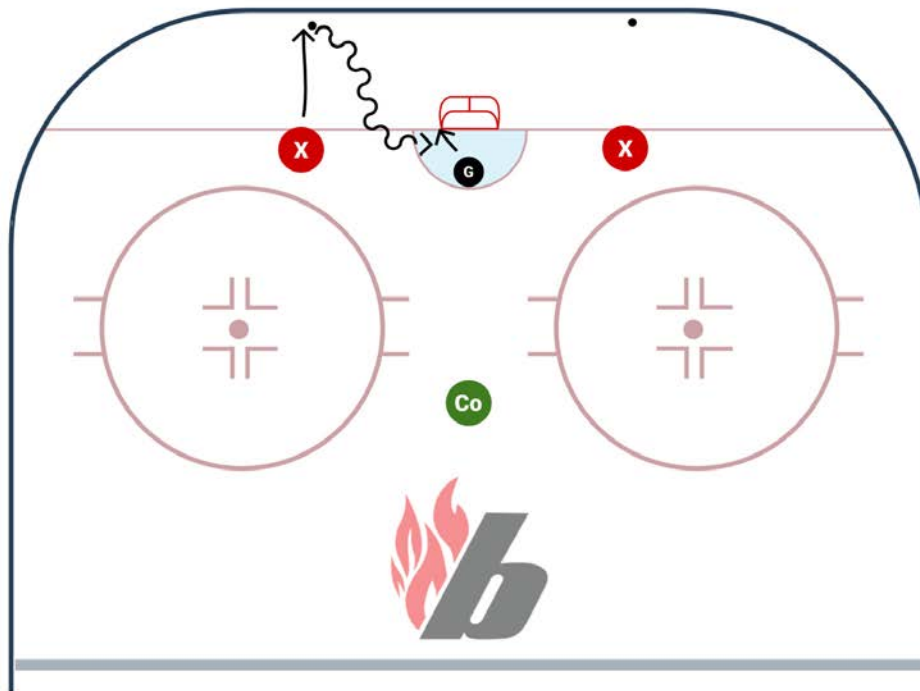
- Goalie steps out to F1 for a longside, low shot
- Butterfly recovery, across to F2, 2nd shot
- Goalie, return to F1, 3rd shot longside
- Butterfly recovery, across to F2, 4th shot
- Goalie, return to F1, 5th shot longside
- Recovery to F2, 6th shot

POST PLAY



Time:

Station:



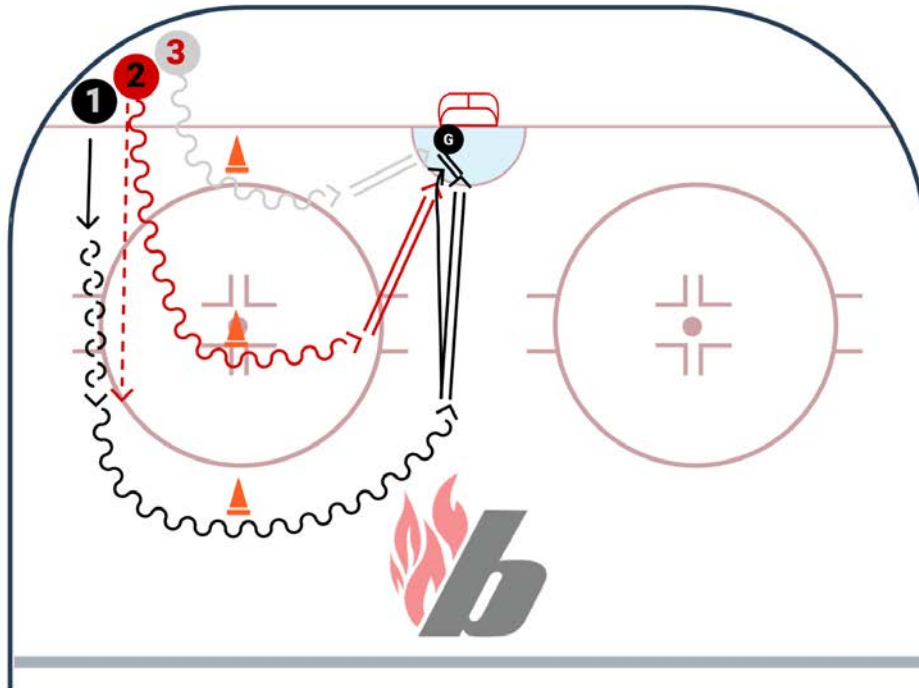
1. Spot a puck on each trap line near the boards. X starts on both goal lines — G starts in their butterfly at the top of the crease — the Coach in front of the goaltender then points to either side — the goaltender recovers staying down to the post the Coach pointed to — the player on that side immediately picks up the puck on that side for a sharp angle play.
2. Same as version 1 except the G must start on feet and butterfly prior first once the Coach points and then recovers to the post.
3. Same as version 2 but the opposite X becomes a pass option in front — the player that picks up the puck can take the puck to either side of the net and attempt to score themselves or find the pass option for a quick shot in front of the net.

POST AWARENESS



Time:

Station:



- G starts on the post.
- F1 leaves without puck, pivots from forward to backwards at hashmarks and receives pass from F2.
- After receiving pass F1 pivots and skates forward around far pylon, then drives to the high slot for a shot.
- G follows the puck, square to the shot.
- After shot, F1 positions himself for a rebound. G gets back to the post.
- F2 with puck drives around the middle pylon and takes a shot. F1 jumps on rebound.
- After F2's shot and rebound, F1 gets back in line. F2 is now net front. Goalie returns to post.
- F3 drives around the low cone and shoots. F2 rebounds. F3 positions himself for a rebound.
- Repeat.

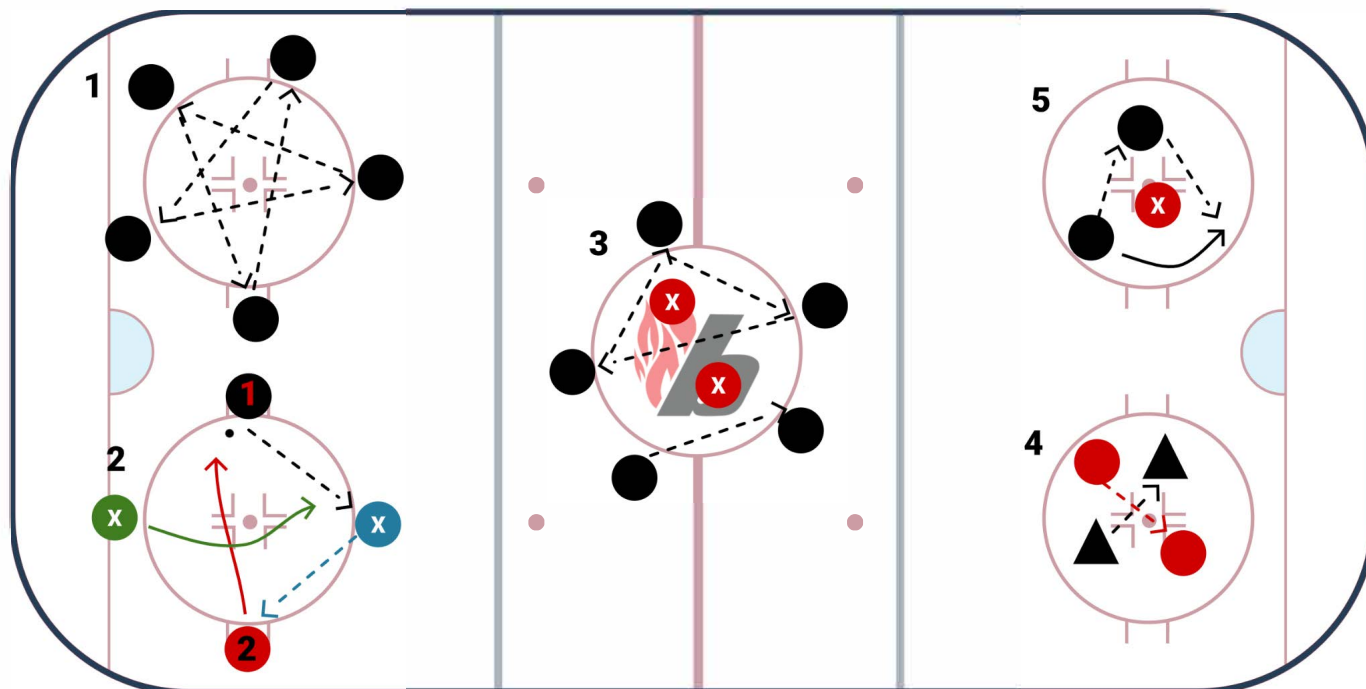
Skills Warm-up

RONDO CIRCLE PASSING SERIES



Time:

Station:



1. Stationary Passing

- Forehand pass
- Backhand pass
- One-touch pass
- Pass, then complete a 360 spin in a pass ready stance. [360 Hockey Drill](#)
- Spin-o-Rama then complete pass
- Follow your pass
- Shrink to middle and expend back out to circle edges
- Two Puck Pass

2. Forecheck Clock Drill - Players line-up in four equal lines around the circle, O1 has puck, O2 directly across from puck skates towards O1 and directs or steers player with puck forcing them to have one outlet option. Player O1 will pass to either X player

3. Monkey in the Middle - Start with one player in the middle and progressively add more players to increase difficulty

4. Partner Circle Pass - 2 pairs of players skate with in circle passing to their partner while avoiding the other team.

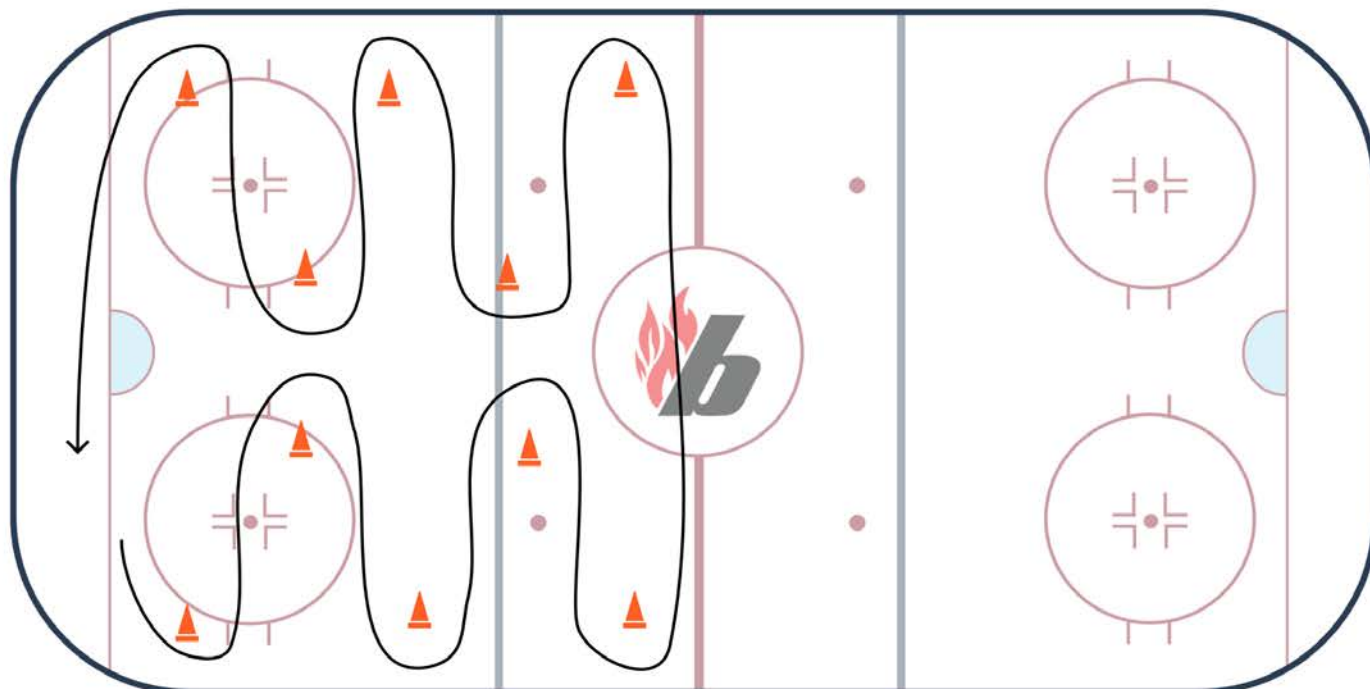
5. 2 v 1 Keep Away - Players work together to pass the puck and play keep away from the two players in the middle. When the defenders steal the puck, it initiates a 2 on 1, where the 2 defenders now go on the offense and the player that passed the intercepted puck becomes the defender on the 2 on 1.

FINNISH SKILLS WARM-UP



Time:

Station:



Glide Turns

- Glide Turn
- Glide Turn with and outside leg power push
- Crossover Turn
- Single leg around pylons
 - Outside leg, inside edge
 - Inside leg, outside edge (hardest to teach)
 - Forwards and Backwards

TIGHT TURNS

- Punch Turn – skate to pylon, hard step with inside skate to force a tight turn.
- Mohawk – Forward C-Cut, Backwards C-cut, T-Push [MOHAWK PIVOT BREAKDOWN](#)
- Eagle – Heel to Heel tight turn around pylons (Crosby and Makar are great examples of players that use this skill).

Escape Turn

Pivots

Add Pucks

- Forehand Only
- Puck Separation (Puck goes on inside, Player goes on outside of Pylon)

Finnish Skills

[26 Hockey Skills Drills - Finnish Skills Warm Up Series](#)

[Finnish Skills Series Part #2 - Ice Hockey Skill Development](#)

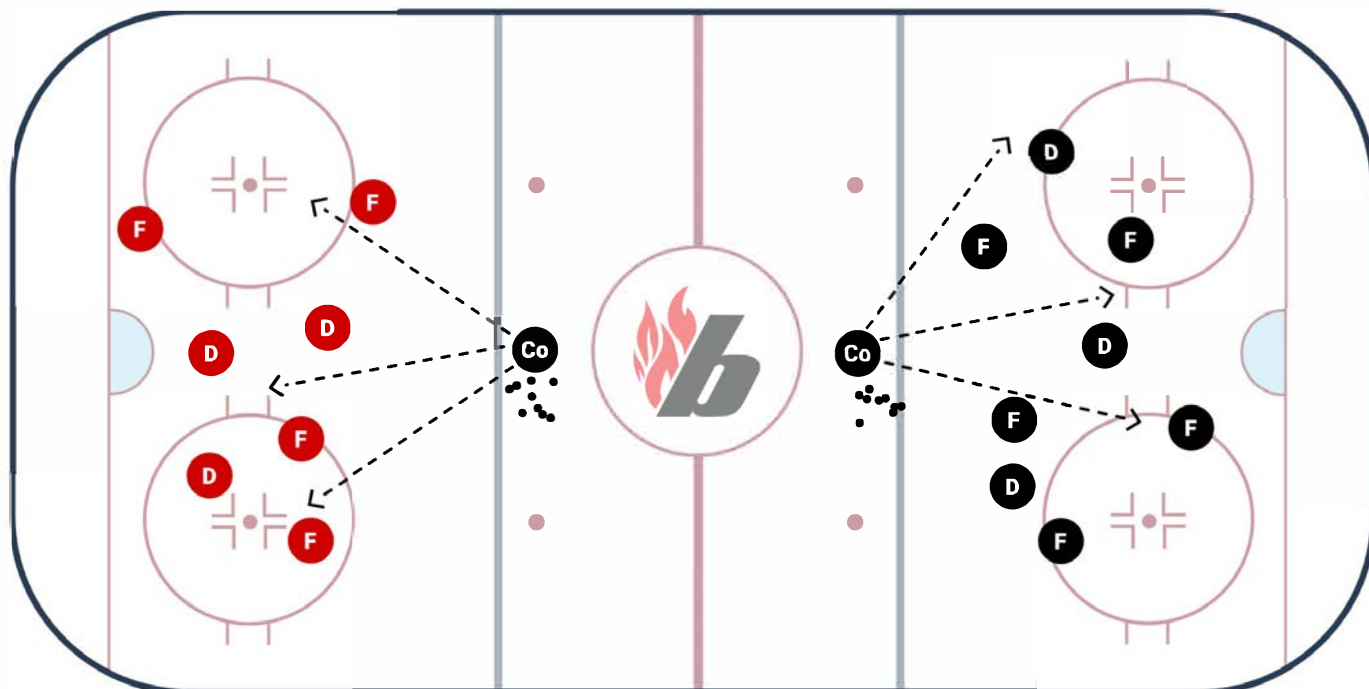
[Finnish Skills Series Part # 3 | Ice Hockey Systems Inc.](#)

3 PUCK KEEP AWAY



Time:

Station:



- Goalies will be warming up with goalie coach in the neutral zone
- Half the players are split to each end, and face the coaches while in motion
- Coaches will throw three pucks into each end (or a designated number) and the players who gain possession will work to keep it as long as they can... players without the puck do the same upon stealing the puck

Note: coaches will replace any puck poked into the neutral zone with a new puck (players are to stay below blue lines at each end)

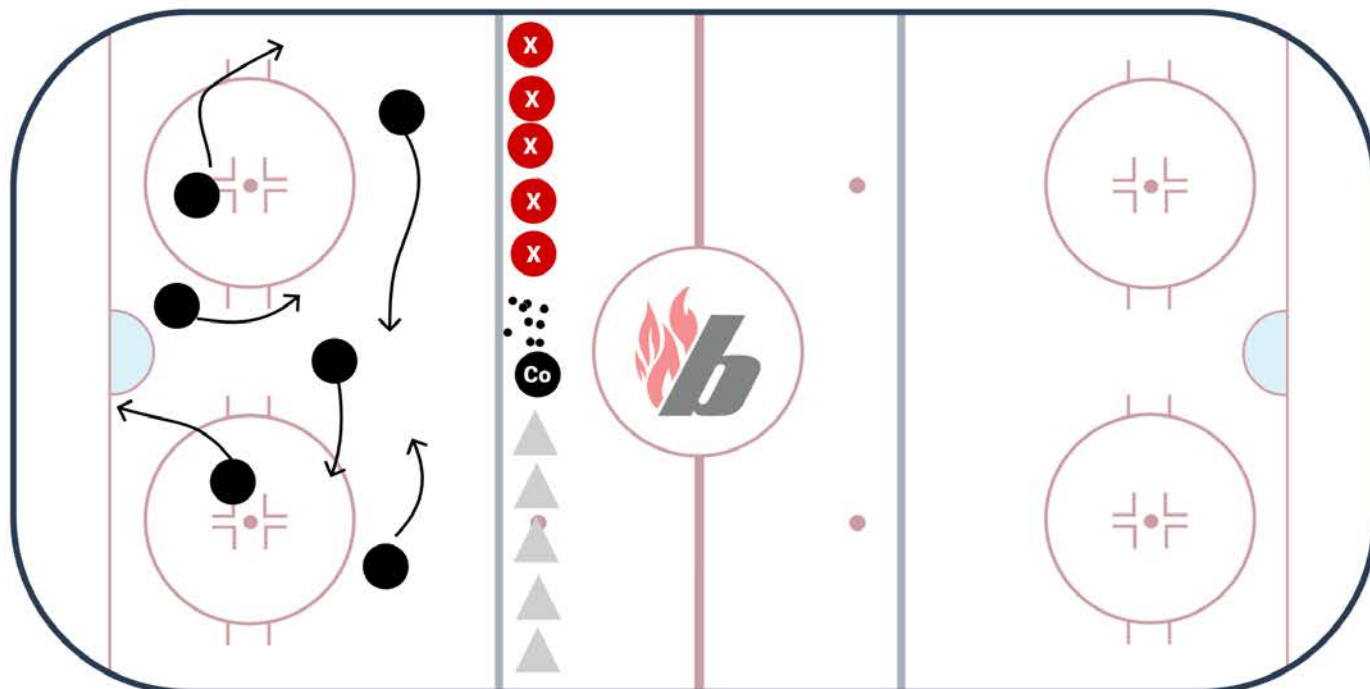
Elite Habit Drills

FINNISH 5 PUCK PROGRESSION



Time:

Station:



In this video, Ben Eaves explains a hockey activity and progression that is excellent for every age and skill level. The activity can be done with 3, 4 or 5 players at a time. The video above shows two groups going through the progression. Group # 1 consists of 4, U18 players and Group # 2 is made up of 5, U10 & U12 players.

The major concept of the Finnish 5 Puck is to **practice dynamic decision making** which will help players learn to play with their head up instead of staring at the puck while they work to memorize a drill. The initial activities are set up to warm up your hands and edges. From there, the activities become more complex as more decisions need to be made within the group. Each Activity encourages players to keep their head up, move to open space, and pass the puck by interacting with their teammates through verbal & non-verbal communication.

If you commit to working on activities like this instead of memorization drills for a portion of each practice, you will marvel at how your team begins to work together. It will look extremely messy at first, but players will get better with each repetition. Moving to open space, and moving the puck will eventually become second nature to the team.

SETUP & ACTIVITY VARIABLES

- Players:** great for 3, 4 or 5 players at a time.
- Time:** You can rotate through groups of players in 45 - 60 second shifts. 5 players can be participating in the activity, while another 5 rest. Blow the whistle and the next 5 jump in.
- Space:** can be set up to be within a zone, or half of a zone (station) or a smaller area. The smaller the space, the more challenging it will be for the players as they are forced to make quicker decisions.
- Added Challenge:** add obstacles within the space to challenge the players further. Tires, cones, sticks, etc placed in the space make it harder to pass and skate around. As time goes on the added obstacles will help improve their reaction & decision making.

Activity # 1: Forward Skating

The goal of this activity is to get players warmed up and comfortable with skating forward to open space with the puck. They should be keeping their head up so they do not run into anyone or any obstacles that are out in the playing area. Players can work on their edges, control turns, mohawk turns, dekes, changing pace and whatever their creative minds (and coaches) can think of!

Activity # 2: Backward Skating

The goal of this second activity is to get players comfortable with skating backwards with the puck to open space. Since players are skating backward, it is crucial that all players keep their head up and look over their shoulders at all times.

Activity # 3: Forehand Only Puck Control

In this activity, players can only stickhandle with their forehand. This encourages players to move their body around the puck. This will help with puck protection along with changing passing and shooting angles. Continue to encourage players to keep head up and move to open space!

Activity # 4: Pass 1 Puck

Now that everyone is warmed up, this is where the fun begins. Encourage players to use verbal and non-verbal communication to pass 1 puck around between the group of players in the activity. Do not let players stand still and pass back and forth. Call out for constant movement and to skate to open space. When players receive the puck, they should take a stride or two, have their head up, and make a pass to an open teammate.

Activity # 5: Pass 2 Pucks

Here we go! With two pucks it is even more critical to keep your head up and communicate. It is important for all players to have an idea of where both pucks are so they can be ready to receive a pass and be ready to make a pass without passing to someone who already has a puck.

Activity # 6: Pass 3 Pucks

With three pucks it is important to read your teammates and anticipate what they are going to do with the puck. If you don't pay attention, you end up receiving a pass you are not ready for, or you pass to someone who isn't looking. Communicate verbally, pay close attention and read body language!

Activity # 7: Pass 4 Pucks

This could be the hardest of all of the activities. It is important to stress patience with the puck in this round. If players do not pay attention they end up all passing to the one open player at once. Keep your head up, be patient and pass when your teammate is ready to receive your pass. Do not rush. If you are the only player without a puck, make it clear with verbal communication who you want the puck from.

Activity # 8: Pass 5 Pucks

With 5 pucks (or 4 pucks with 4 people) it is important to communicate with eye contact and verbal queues. Do not attempt rink-wide or long passes at first. Short and subtle drop passes and slides work excellent in this activity.

Activity # 9: 4 vs 2

Now that everyone has been challenged with passing multiple pucks, it should be extremely easy to pass one puck and keep it away from a defender. Use all of the lessons learned above (moving to space, verbal and non-verbal communication) to make sure that the defender does not have a chance to touch the puck.

Activity # 10: 5 vs 3

5 on 3 will be an increasing challenge to play keep away, but with patience, puck protection and communication, the defenders should still not be able to get the puck.

Added Competitive Challenge:

- Group Challenge: After the group gets comfortable with the exercises, you can add a natural element of competition between the groups by counting the number of successful passes made in the passing activities. Or you can count the number of successful passes made in a row. Either of these can be a fun way to get each group to work harder by having them compete with each other and focus on getting open and making a good pass.
- With a Goalie: when you are playing 4 on 1 or 3 on 2, if the team makes 5 passes in a row you can allow them to shoot on a goalie.

Coaching Points:

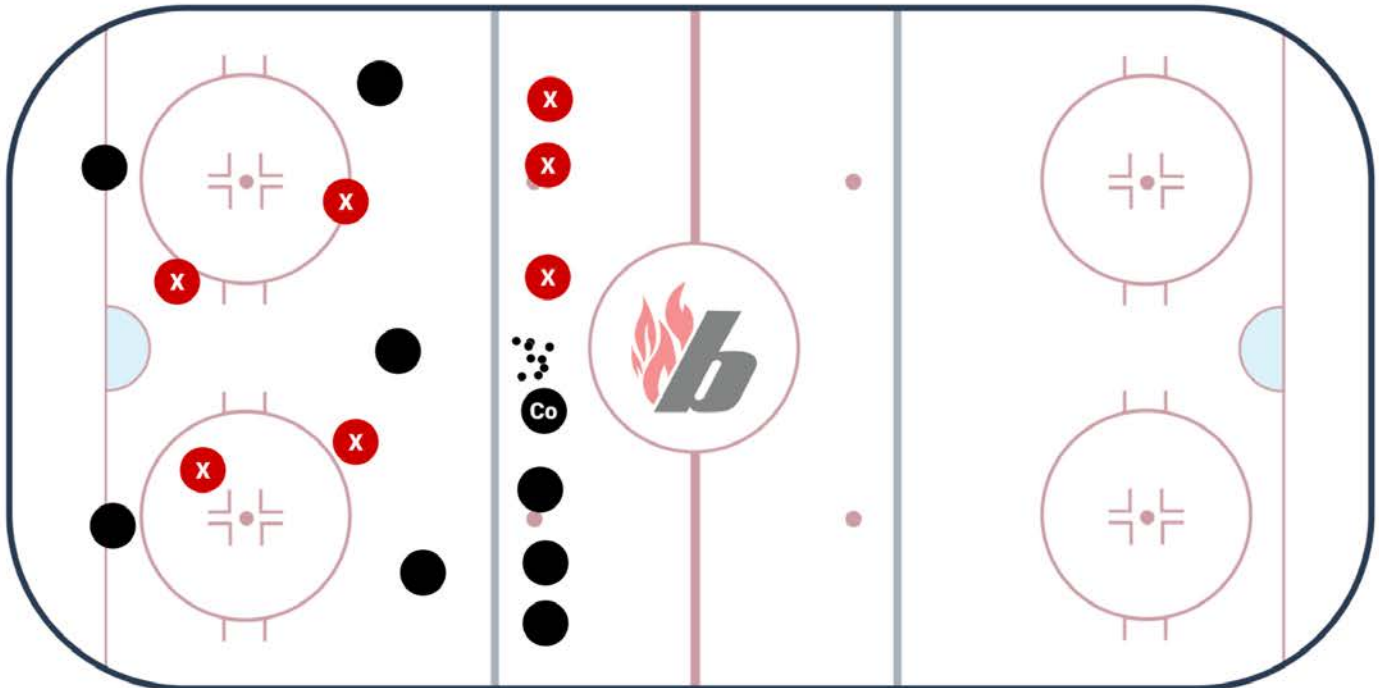
- Encourage players to always move to open space on the ice. Do not allow them to stand still and pass the puck back and forth.
- Encourage verbal communication (calling teammate by name, saying you are open, etc).
- Encourage non-verbal communication (good eye contact, showing a passing target, tapping a stick, etc).
- Allow players to make mistakes. It will take time to get comfortable with these activities. But as time goes on you will see them picking their head up to make a decision, which is the goal of this progression.
- If players holding onto puck too long, use whistle to speed up passess

LARIONOV 5 ON 3



Time:

Station:



<https://www.icehockeysystems.com/hockey-drills/larionov-5-v-3-alternating-warm-drill>

The Larionov 5 v 3 Alternating Warm-Up Drill is a great activity to warm-up players at the beginning of practice. The drill can also be used to practice awareness, puck protection, passing and decision making.

Setup:

- In the offensive zone, set up a 5 on 3.
- On the whistle play keep away.
- Can make it a game - count the number of passes the offense has (can't pass to the same person 2 times in a row).
- Rotate players!

Coaching Points:

- Offense:
 - Players with the puck can use variable speed, cut-backs, tight turns, deception & fakes to create space and open up passing lanes.
 - Players without the puck should keep their sticks on the ice and work to get open, and use scissor / switch techniques with teammates to confuse defenders.
- Defense:
 - Use active sticks to disrupt passing lanes and work to keep the puck to the outside.

Variations:

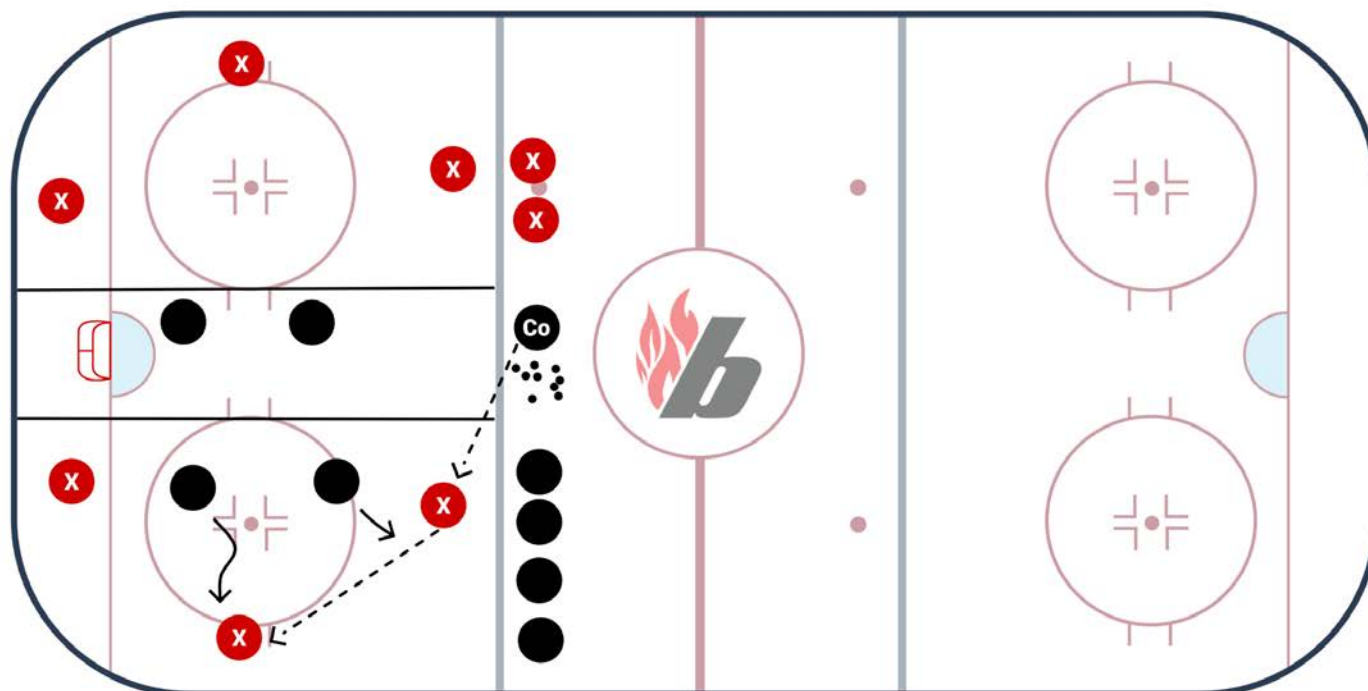
- Can set this up in different areas of the ice.
- Can set up different player amounts.
- If defense is taking the puck away too much, you can have them flip over their sticks.

RED WING 6X4 POSSESSION GAME



Time:

Station:



Key Teaching Points

- Possess puck with strong support and talking
- Defensive awareness to attack puck, cover net and intercept pucks going across.
- Can be used to teach Power Play, Penalty Kill and Defensive zone concepts.

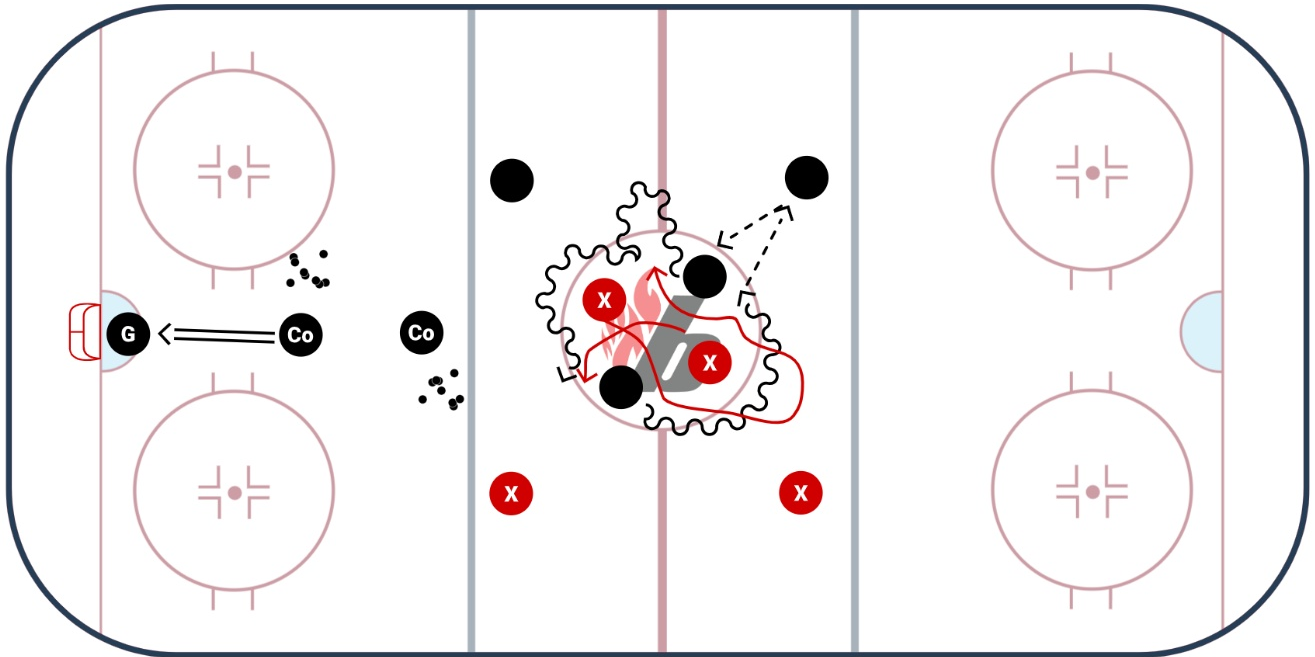
Drill

- Coach dumps a puck in to 3X's. X's play keep away and can use X's on opposite side of the rink
- 2 O's forecheck with great angles and try to create turnovers.
- 2 O's in the House are trying to Pick off any passes being made to the Opposite Side
- When puck changes side the 2 O's in the House begin to forecheck and original O's go to the House

NORWAY POSSESSION

Time:

Station:



Player Placed as shown

- Coach Passes puck to the middle
- Players try to gain possession
- Once possession is gained player try to get to the circle and maintain possession
- Players may use teammate in the middle and teammates on the outside.

Key Points

- Constant movement
- Finding Space
- Own the middle

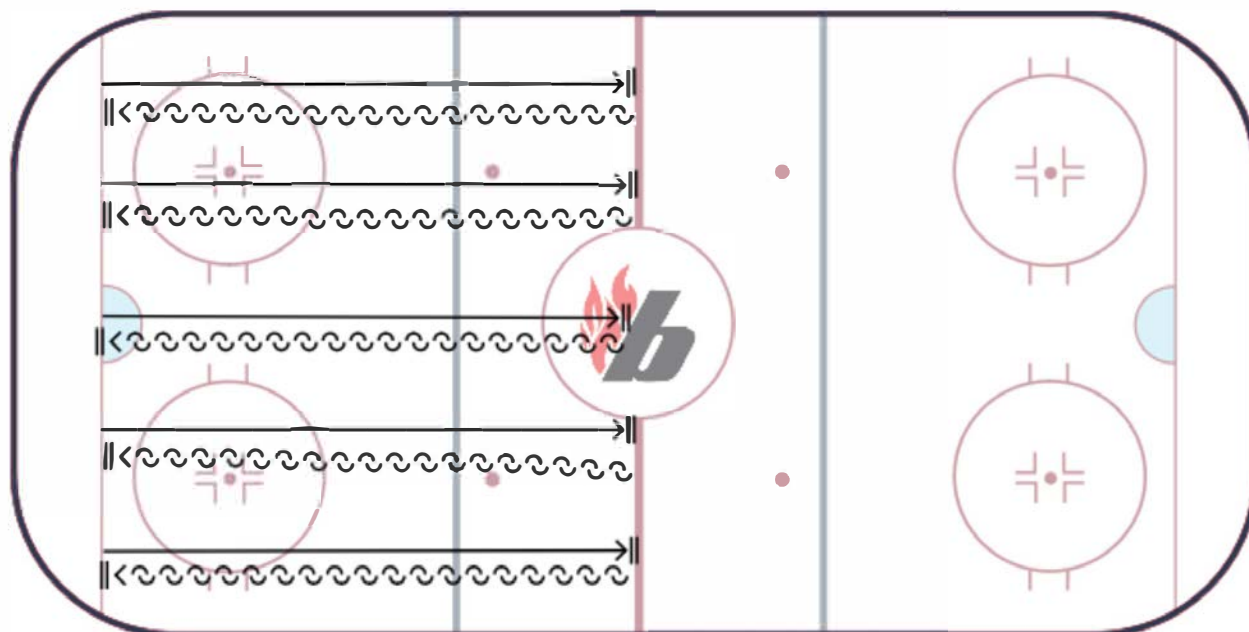
Power Skating Drills

FORWARD/BACKWARD STRIDE AND EDGES



Time:

Station:



Forward Backward Skating Edges

- Bubble - inside/outside edges
- Bubble – Outside Edge Squat
- Forward bubble with cross under
- Backward bubble with cross under
- Bubble Heel Kicks - forwards and backwards**
- Forward C-cut – emphasize big c-cuts so that the skater is facing all the way to the left and then all the way to the right.
- C-Cut, Backfoot Cross under (Progress to alternating)
- C-cut heel only (Quick feet)
- Forward Reverse C-cut - www.youtube.com/watch?v=LPK6xq2kto0
- Backward C-cut –
- 2-Foot Slalom

Stride

- Stationary Alternating Stride - transfer weight side to side <https://m.youtube.com/watch?v=jChppUYkjyg>
- Mcdavid single leg knee drops**
- Stride Pushes – Face towards boards in hockey stance, complete push down ice and other leg does an ice shave.**
- Power Push - single leg/skateboard pushes/long push
- Exaggerated Stride - Low with long stride, moving side to side dragging toe.
- Forward Partner Pulls- C-cuts, bubbles
- Backwards Partner Pulls – C-cuts, bubbles
- Crossover Partner Pulls
- Mirror Drill – One player skating forward opposite player skating backwards trying to match speed and direction on the ice.

Power and Balance Skills

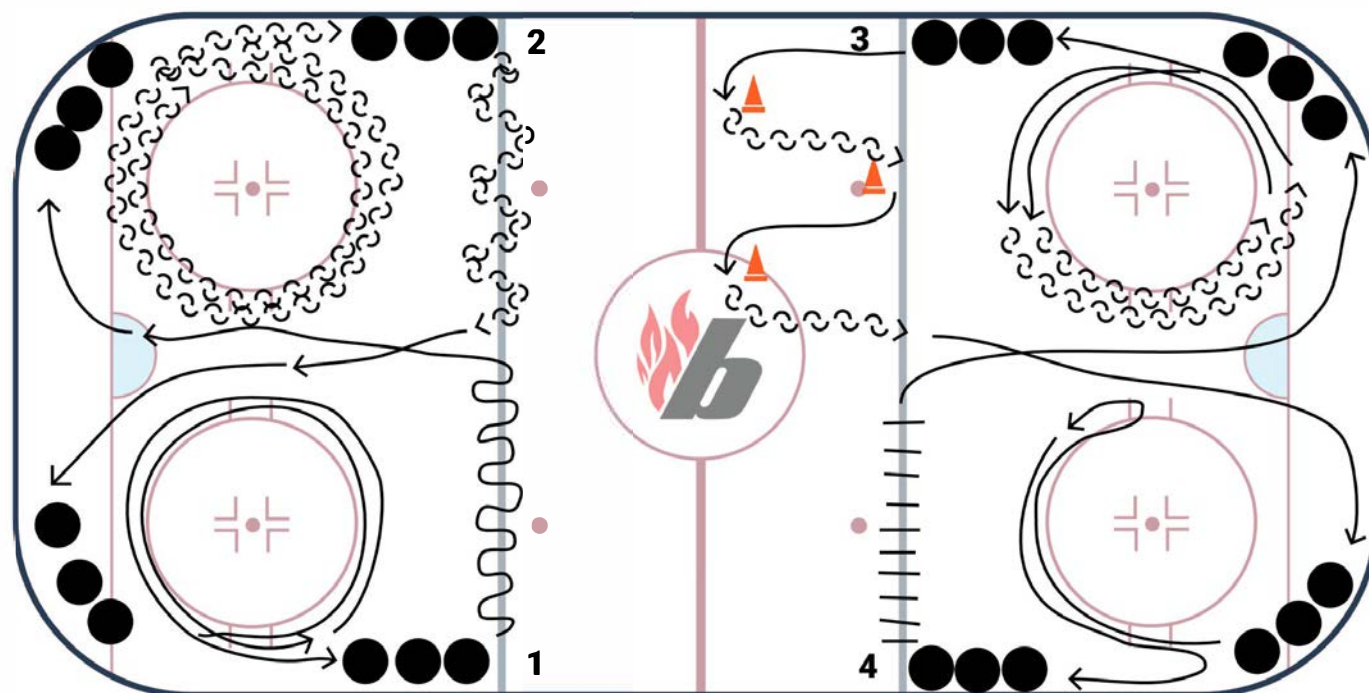
- Deep Squat Frog jumps** – Deep squat jumps down the ice, help create power within legs, as well as working on balance and edges.
- Forward glide front kicks – Deep squat forward glide, slight jump kick feet forward and recover to deep squat.
- Forward glide backwards kicks – Deep squat glide
- Forward Glide Squat jumps - Deep squat forward glide, squat jump and kick feet backwards underneath butt and recover to deep squat.
- Shoot the Duck – Single leg pistol squat with leg out in front

HALF ICE CROSSOVERS, SCISSORS, AND LADDERS



Time:

Station:



1. Forward Progression
 - Outside Leg Power Pushes
 - Crossovers
2. Backwards Progression
 - Outside C-Cut
 - Crossover
3. Pivots
4. Crossover Cut-Backs

Blueline Variations

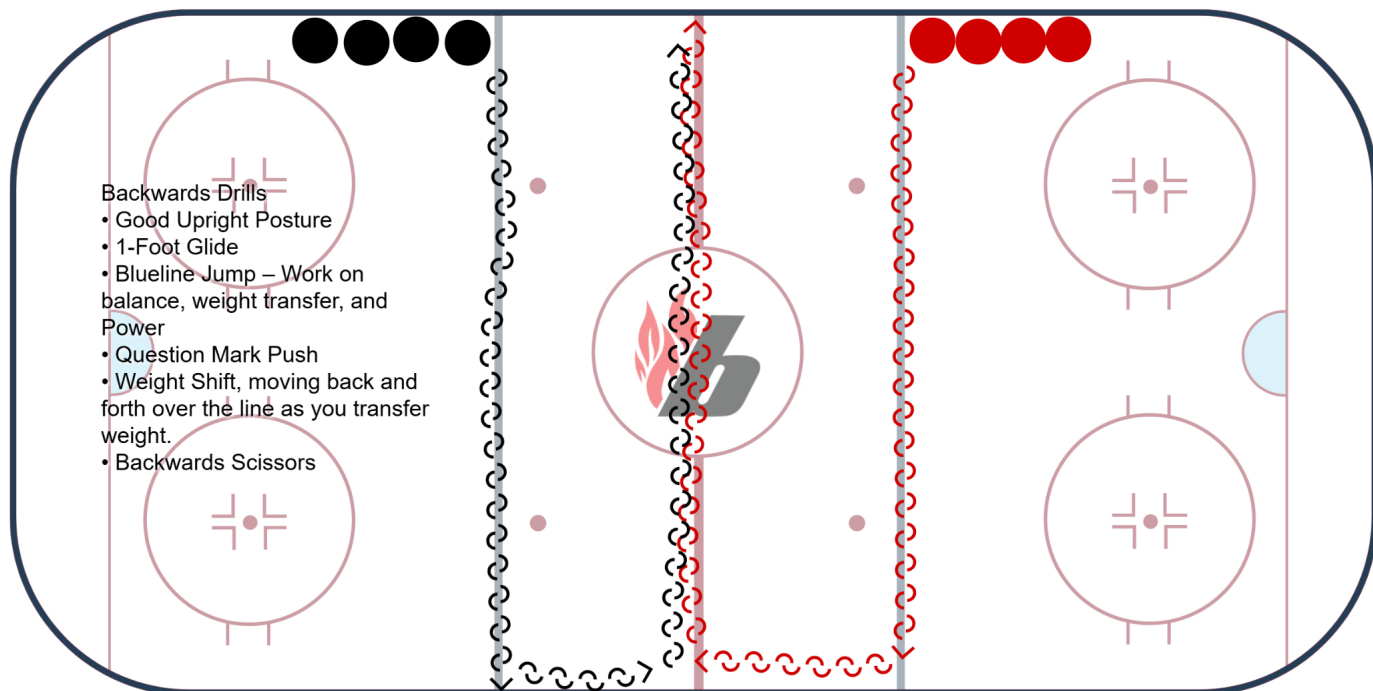
1. Forwards/Backwards Scissors (Quick Small and Long Hold)
2. Forward/Backwards Agility Ladder www.youtube.com/watch?v=5l3397uObpE
3. Pivots
4. Quick Starts or Shuffles

BACKWARDS SKATING



Time:

Station:

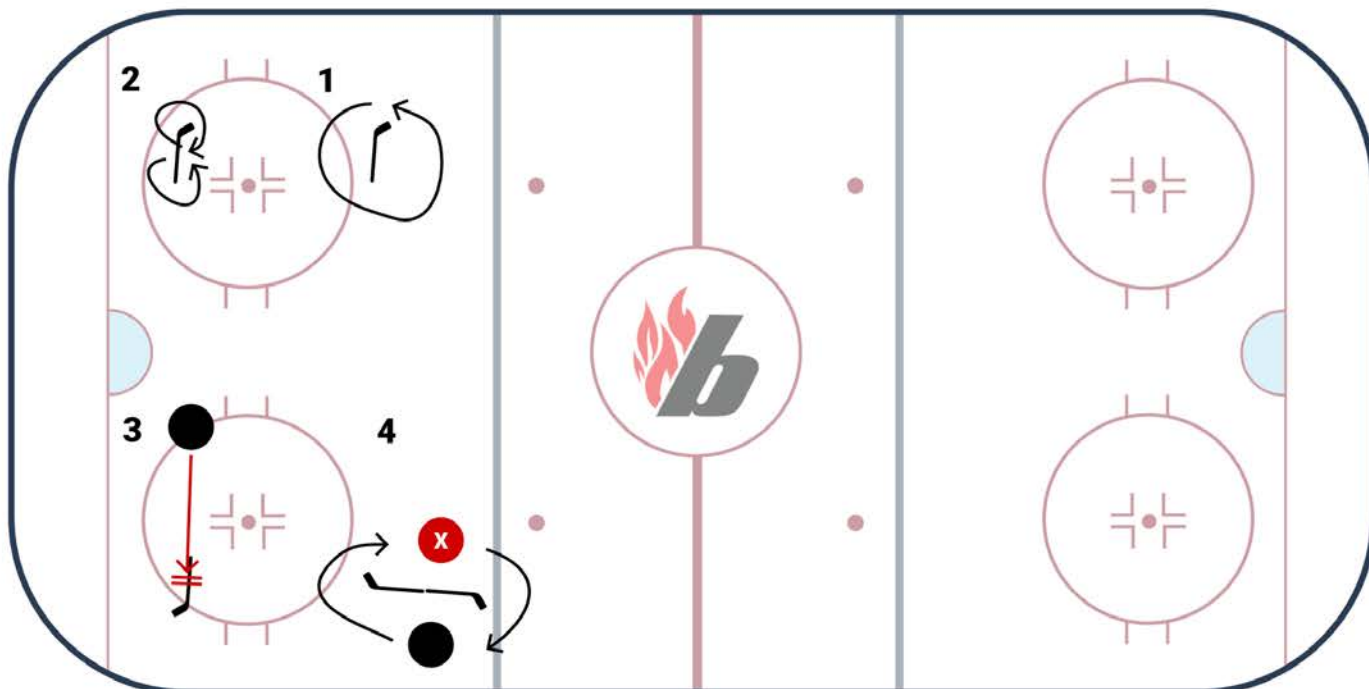


STICK CROSSOVERS AND EDGE WORK



Time:

Station:



Stick Crossovers and Edge Work

Variation 1

- Outside Edge Circles - [Master Your Outside Edge](#)
- Inside Edge Circles - [Master Your Inside Edge](#)
- Mohawk Transitions - [Mohawk Transition Exercise](#)
- Advanced Forward Inside Edge - [Advanced Forward Inside Edge Exercise](#)
- Advanced Hockey Forward Outside Edge Exercise - [Advanced Hockey Forward Outside Edge Exercise - YouTube](#)
- Continuous Lateral Stick Crossover stick – ensure feet stay planted, stepping over stick back and forth
- Forward Inside Edge Power Pulls - [Steps To Increase Edge Control - YouTube](#)
- Forward Outside Edge Pulls - [Part 2: Steps To Increase Edge Control](#)

Variation 2

- Stick Crossover w/ tight turn
- Stick Crossover w/ Mohawk.

Variation 3

- 2-Foot hockey Stops with stick

Variation 4

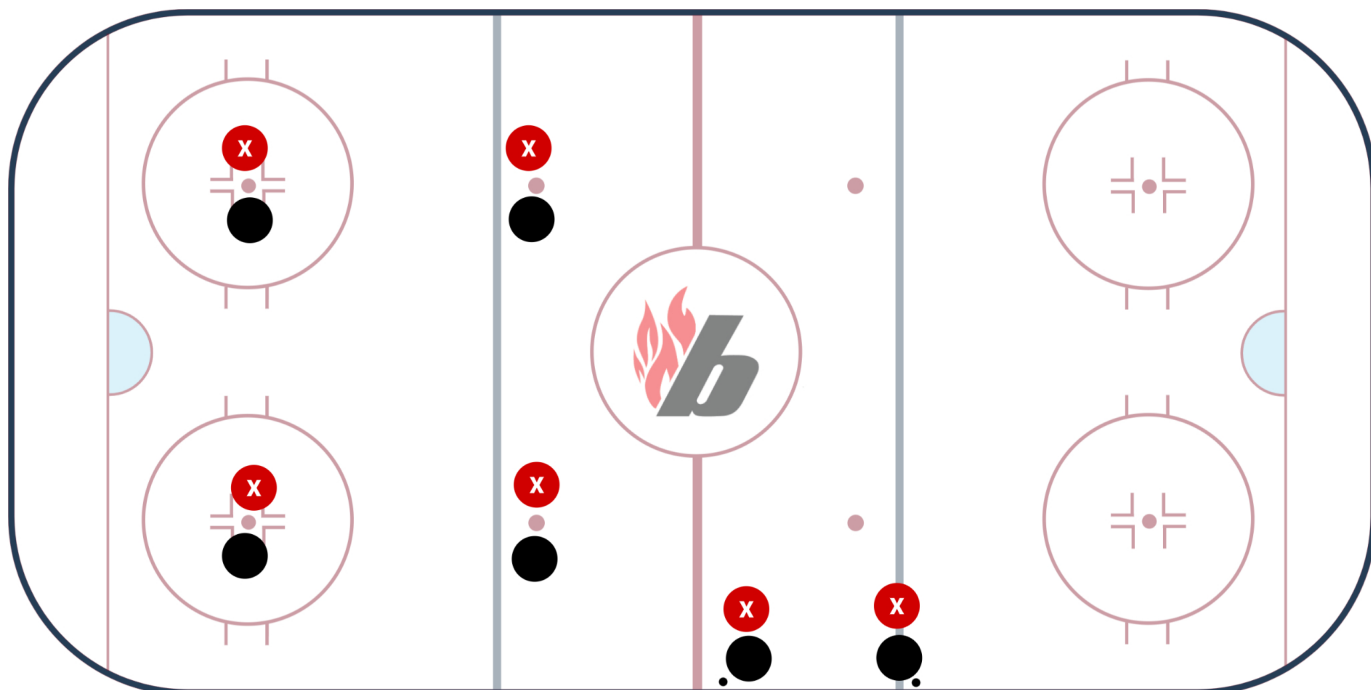
- Edge work Tag – two sticks on ice together inline, play tag using mohawks, crossovers, tight turns, lots of stops and starts!

PUCK PROTECTION PROGRESSION



Time:

Station:



Coach draws 1 X or Uses Faceoff dot for every 2 players on the ice. [MINOR HOCKEY DRILL - 1v1 Puck Protection Progressions](#)

- One player lines up on top of the X/Dot and the other beside them.
- On the single whistle have players battle for position over the X/Dot.
- On the double whistle players stop and change starting positions.

Progress the drill with the following:

1. Add a puck on the dot/X, but no one can touch it.
2. One player handling puck, but they should stay on the X
3. Can move in their area (1vs1 puck protection), but are trying to skate puck over dot while opponent defends.

Circle Variation

1. King of the Ring - Players compete to push opponent out of circle
2. King of the Dot - One Player has puck, and is trying to avoid opponent while skating and stickhandling puck over the face-off dot

Wall Variation

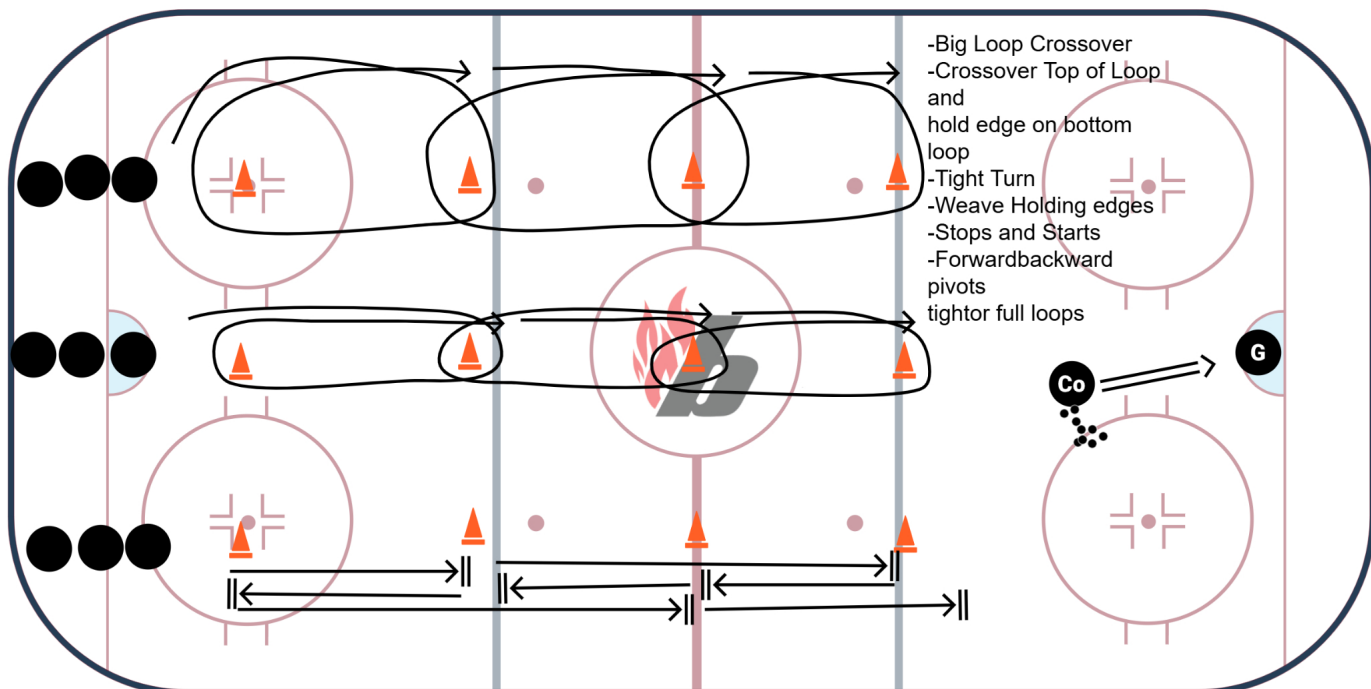
1. Teach Kids to use boards to **Protect Themselves**
2. Teach Opponents to safely battle along the boards **without checking from behind** and to **Respect Opponent**

FULL ICE CROSSOVER AND TIGHT TURNS



Time:

Station:

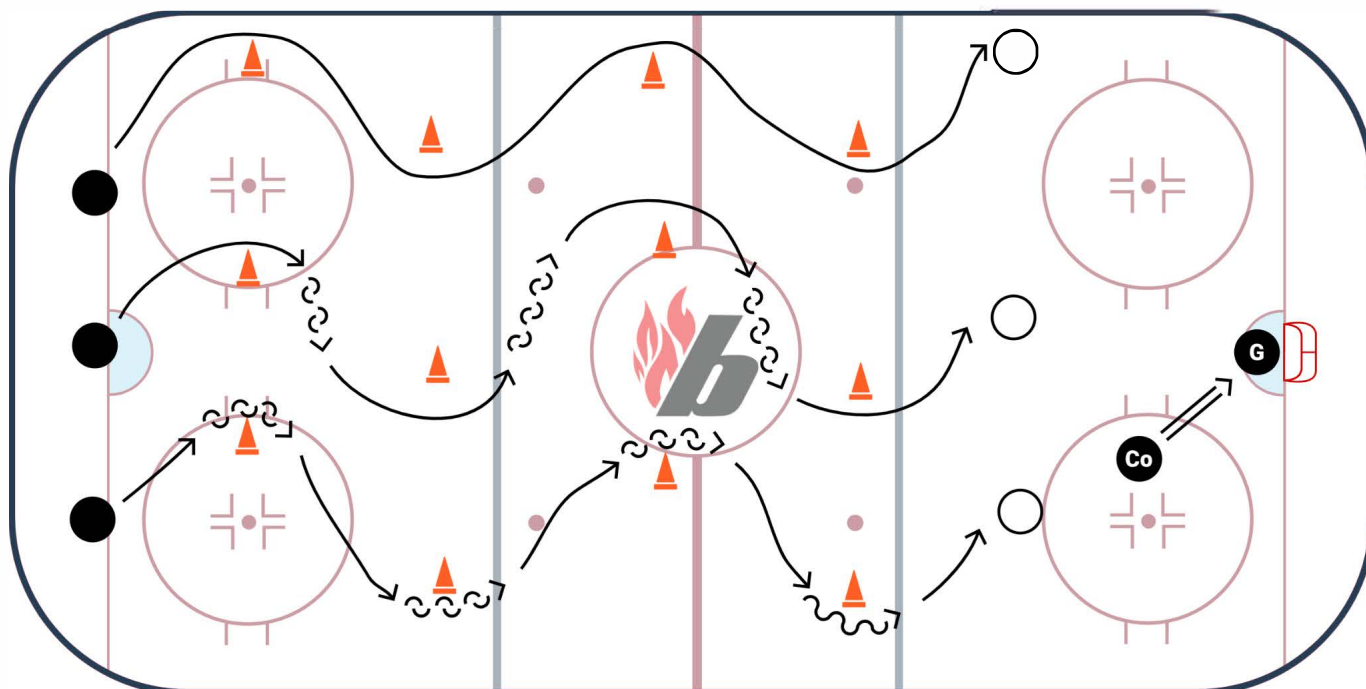


SMOOTH POWER SKATING



Time:

Station:

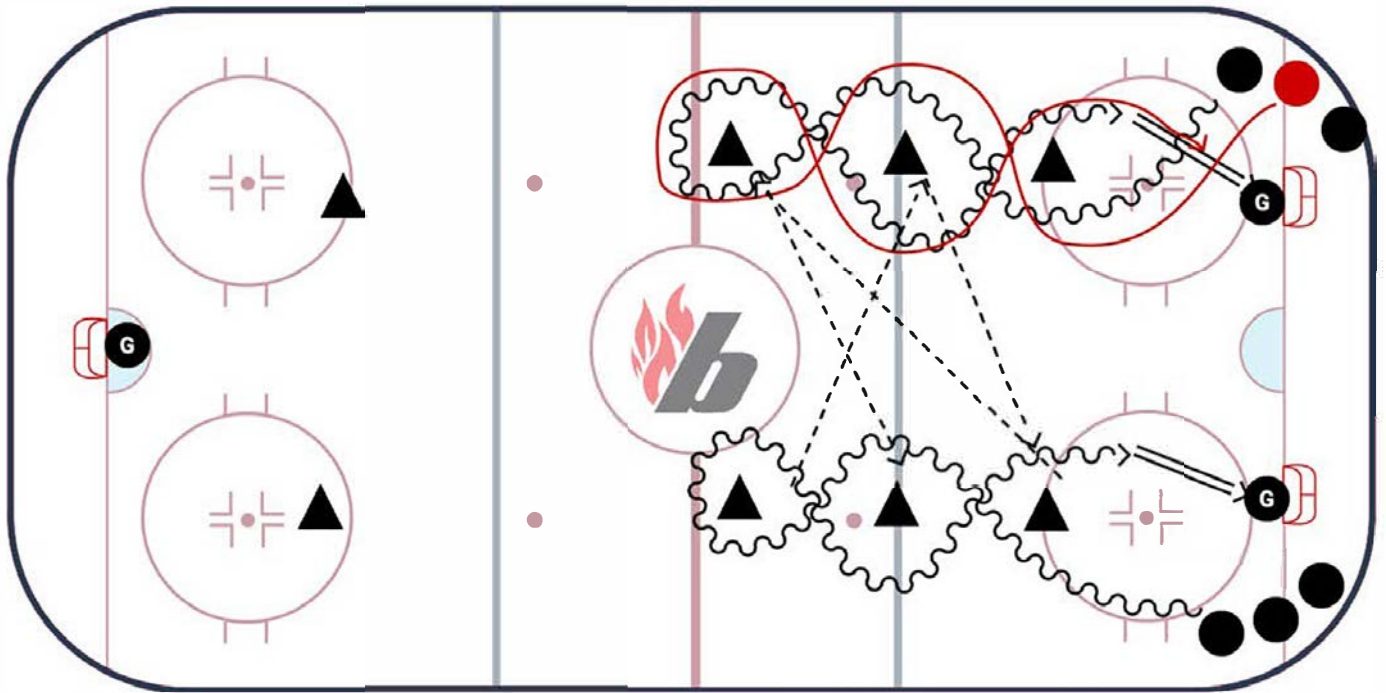


Smooth Power

- Crossover
- Pivot
- Mohawk
-
- Long inside Edge through pylons
- forward outside, backwards inside
- Long inside pivot to backwards
- Long inside edge around pylon
- Attack with crossover and inside edge

Shooting

--



Stationary Player will be passing multiple pucks, requiring them to communicate, be aware of skating players.

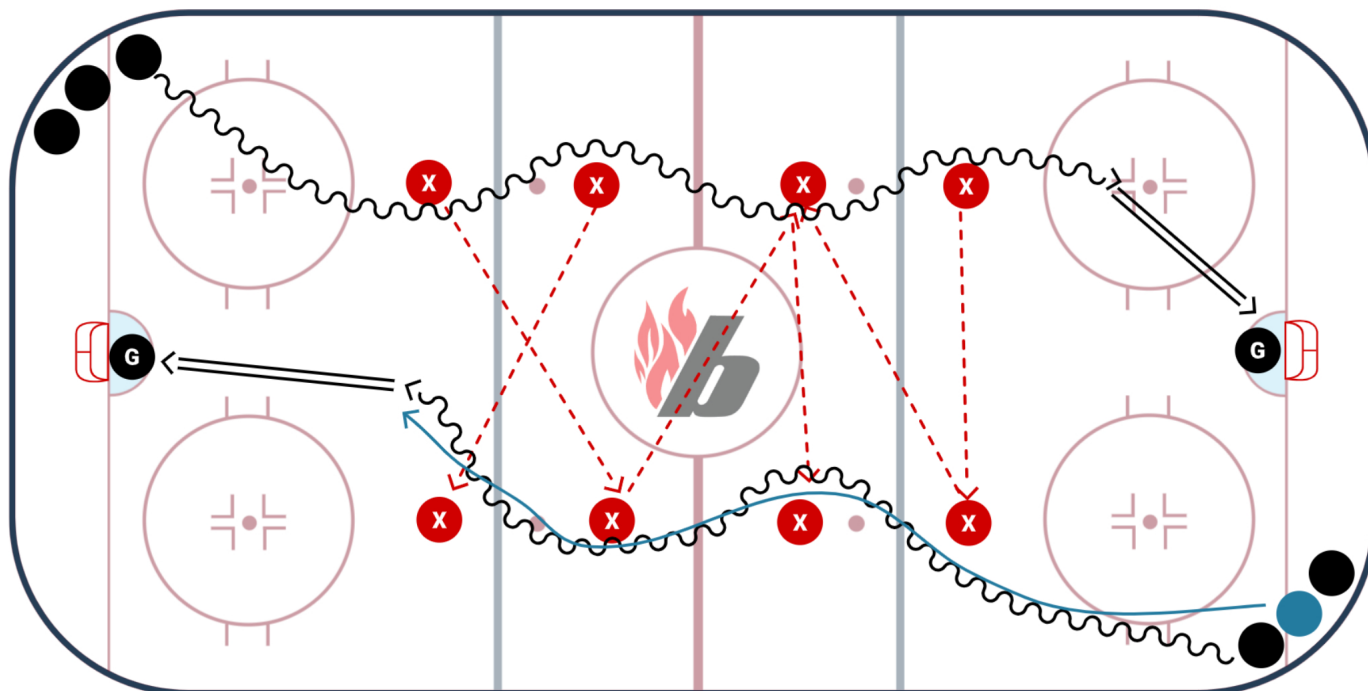
Variation - add backchecker or player in pursuit to add to the chaos and increase player skating urgency.

CHAOS WEAVE FULL ICE



Time:

Station:



The Chaos Weave Passing & Skating Drill

The drill is set up with players in opposite corners and 8 players (4 on each side of the ice) in the neutral zone. The drill can be modified to be full ice, half-ice or station-based.

On the whistle, Black O's on each end start skating with a puck. Their objective is to work on change of direction with the puck and spatial awareness, by weaving in between the players in the NZ. At the same time, the 8 players in the NZ are passing around 3 pucks simultaneously. Players must all be aware of the location of the 3 pucks and be ready for a pass at any moment, while also being aware of skaters weaving in and out of the players on each side of the ice.

Modifications:

- Simple Passing: Simplify to have partner passing in NZ among the 8 players. Instead of 3 pucks moving simultaneously among all the players, have players pair up with one partner and pass back and forth to them while the Blue X's weave (4 pairs of 2 passers, each with a puck).
- Progressions: Add a chaser to the puck carrier. Space out the chaser by about 3 stick lengths. The goal is for the puck carrier to successfully skate, control the puck, and not get caught. Chaser is trying to catch the puck carrier and steal the puck. All still while being aware of the other pucks in the NZ that are being passed around.
- Half-Ice / Station Setup: This drill can be modified to half-ice and three-quarters ice. See diagrams below.
- 3 Lanes: This drill can also be modified with 3 lanes if you have more than 2 goalies.

Edgework Progressions

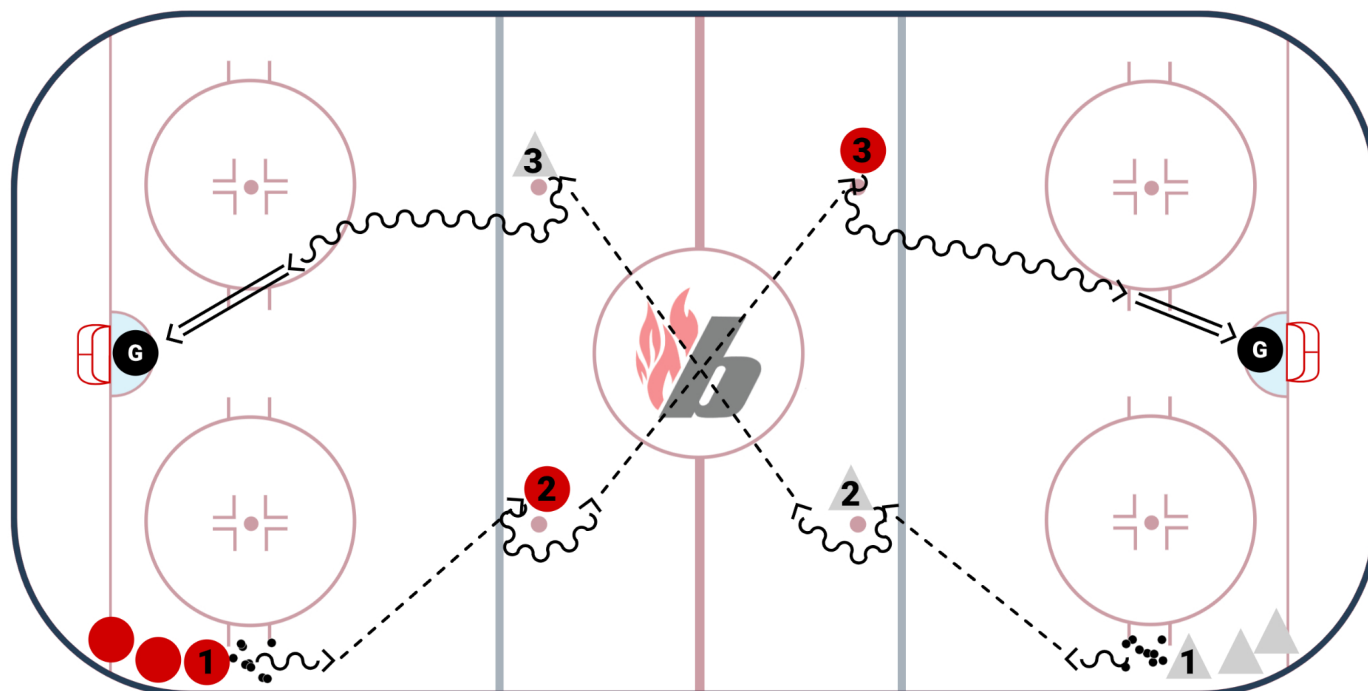
- Mohawk Crossover [Mohawk Crossover Drill](#)
- Weave Deception - [Kris Beech - Power Play Deception Warm Up](#)

CONTINUOUS QUICK UP



Time:

Station:



Both sides run at same time.

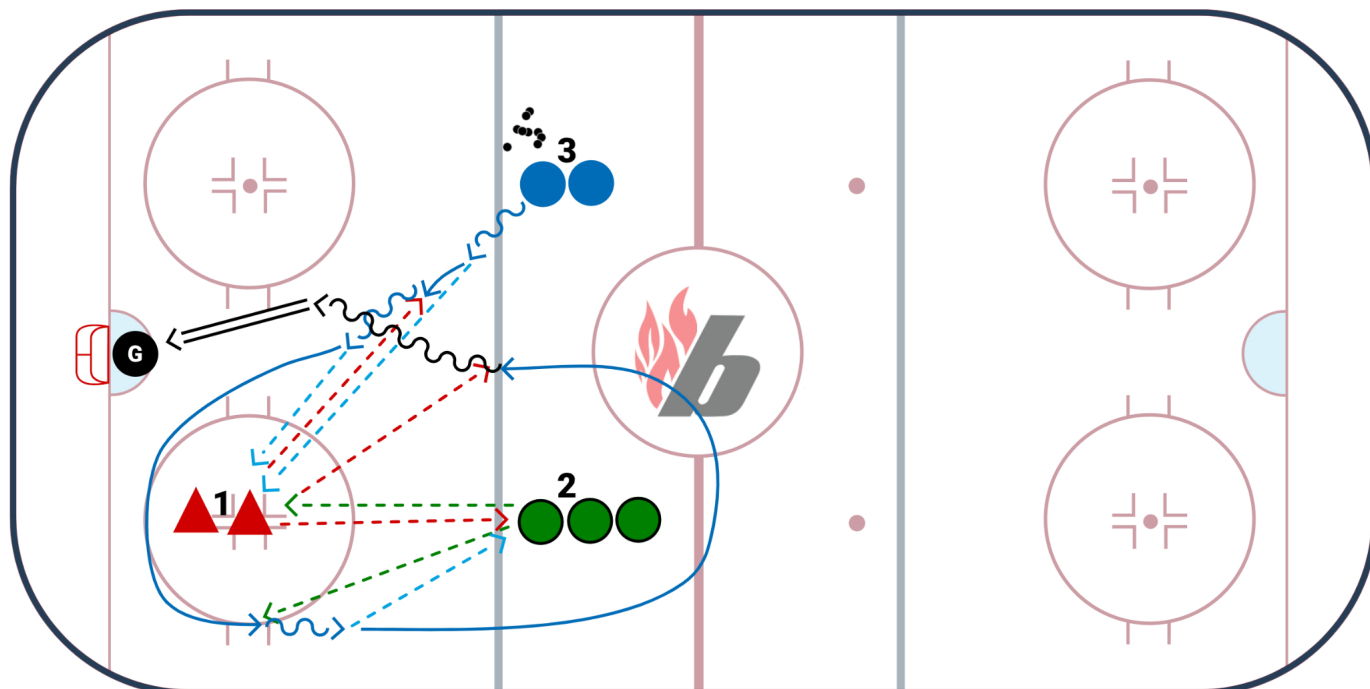
- O1 skates and makes pass to O2.
- O1 follows pass, goes around dot facing back to the line and is now O2.
- O2 receives pass and passes to O3 who goes in for the shot.
- O2 follows pass, goes around dot facing back to previous dot and is now O3.

TIM TURK 8 PASS



Time:

Station:

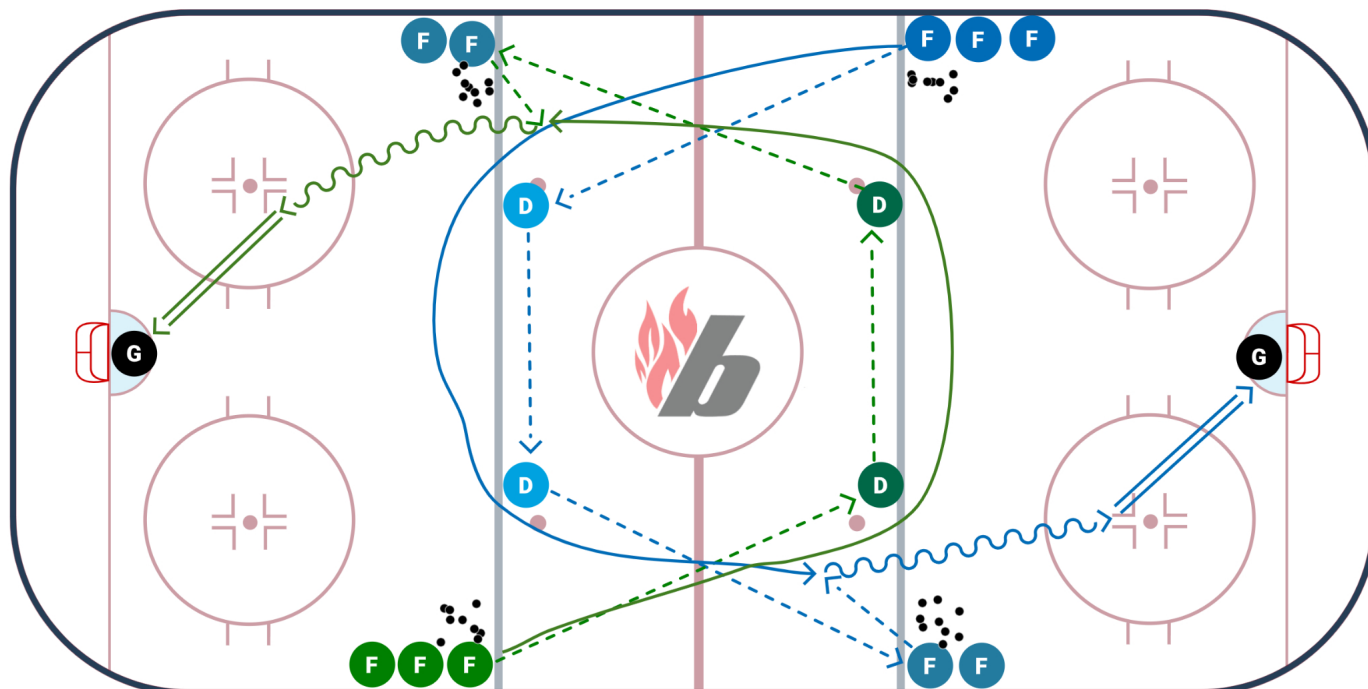


D TO D FLOW DRILL



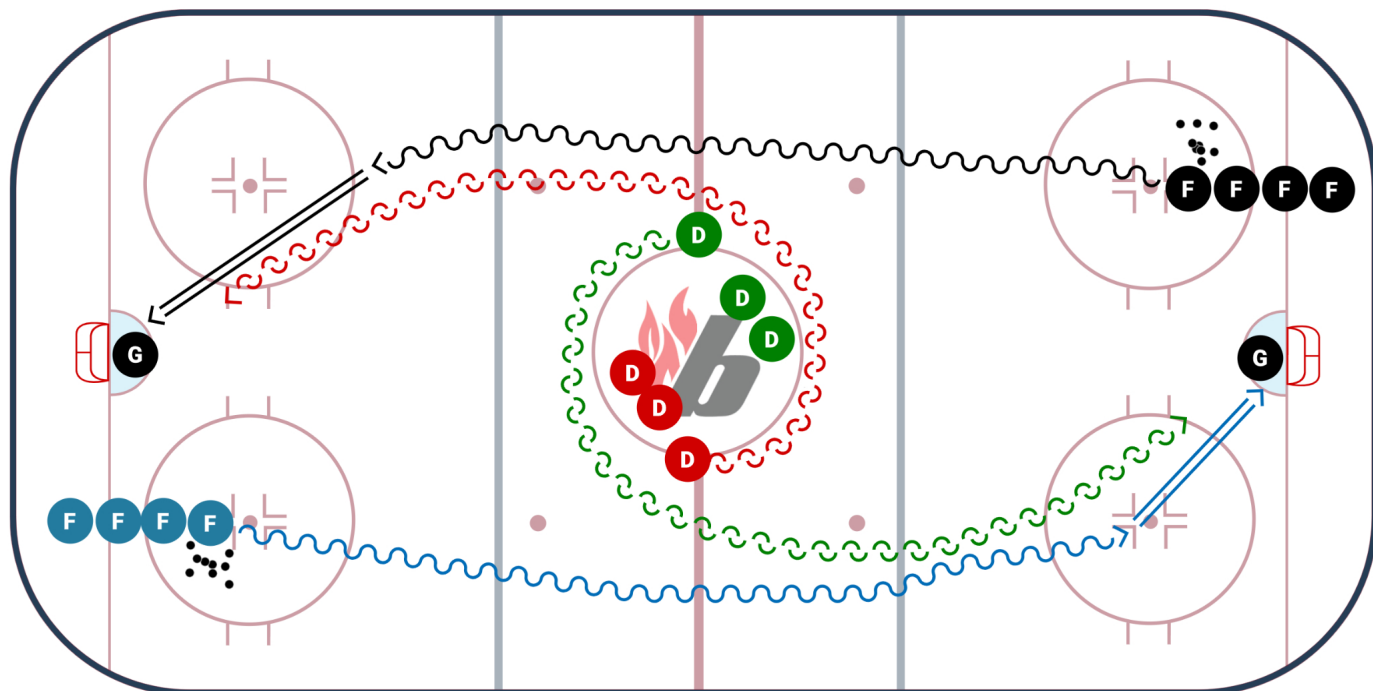
Time:

Station:



Defense Gap Drills

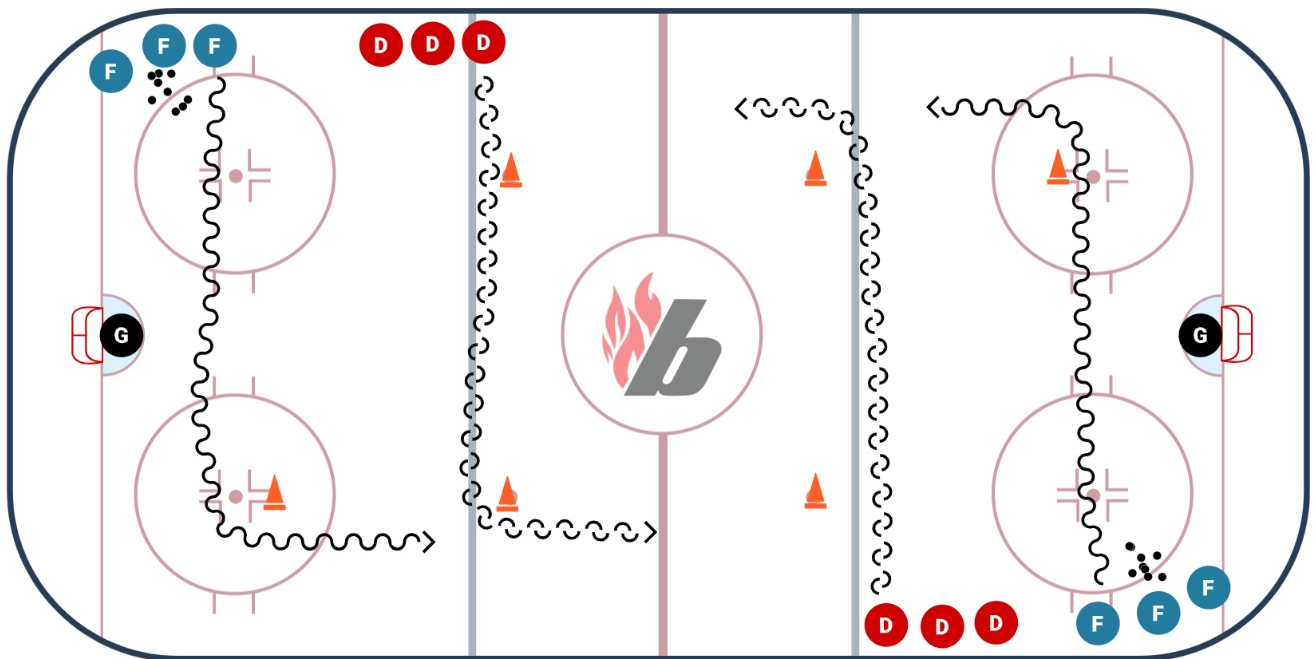
Station:



1 V 1 QUICK FEET

Time:

Station:



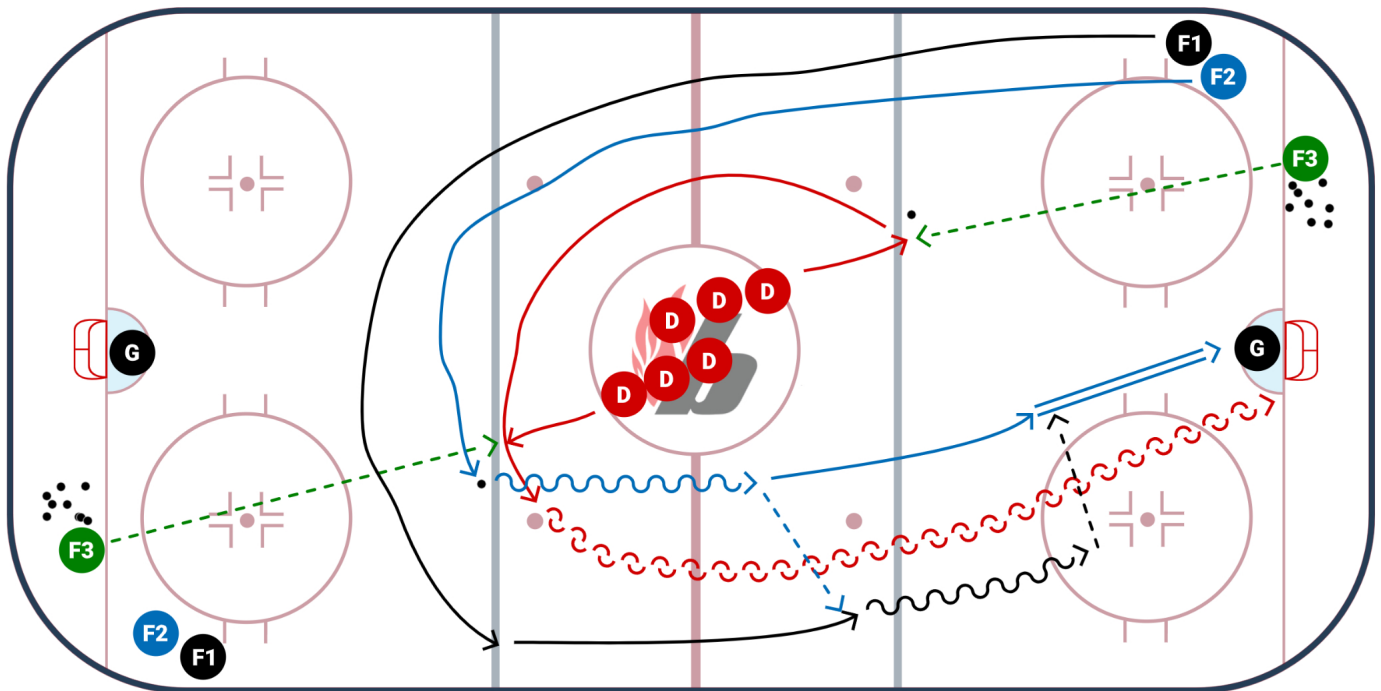
- D1 start at opposite neutral zone dots
- F1s start same side hash
- On whistle all 4 players go
- D1 touch boards with stick and skate and skate backwards around cone
- F1 skates around cone and attacks D1, 1 vs 1

2 ON 1 AROUND THE WORLD



Time:

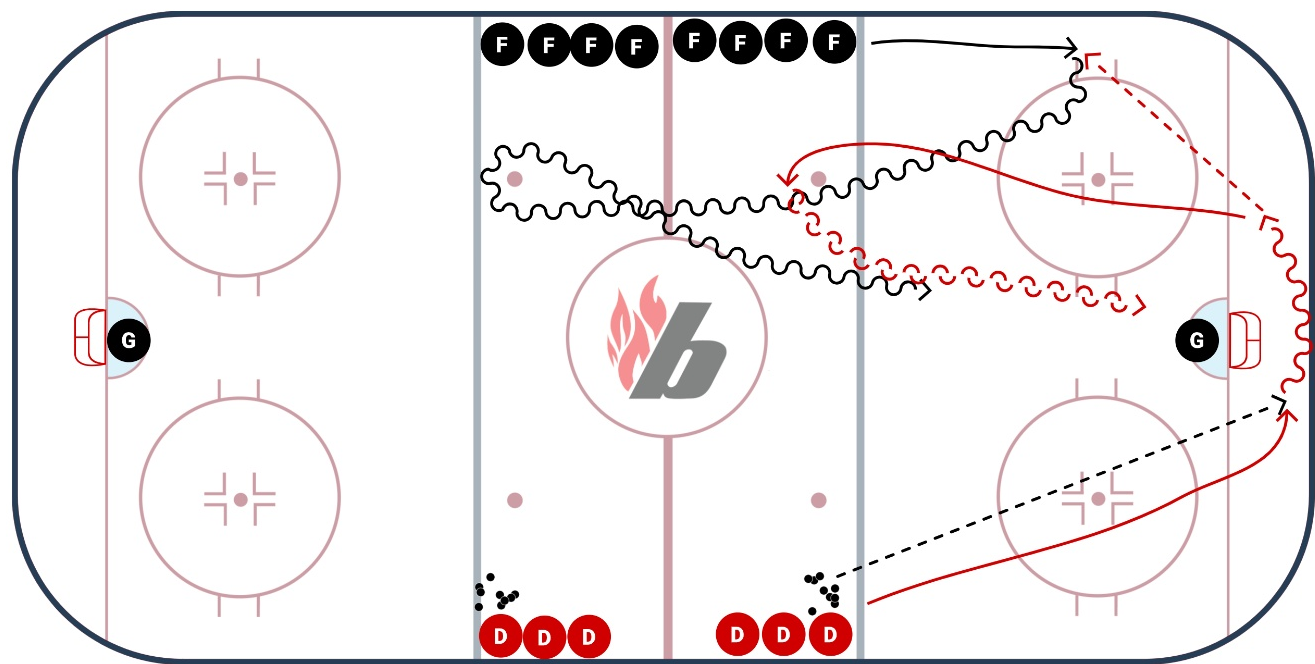
Station:



LANCER BREAKOUT REGROUP

Time:

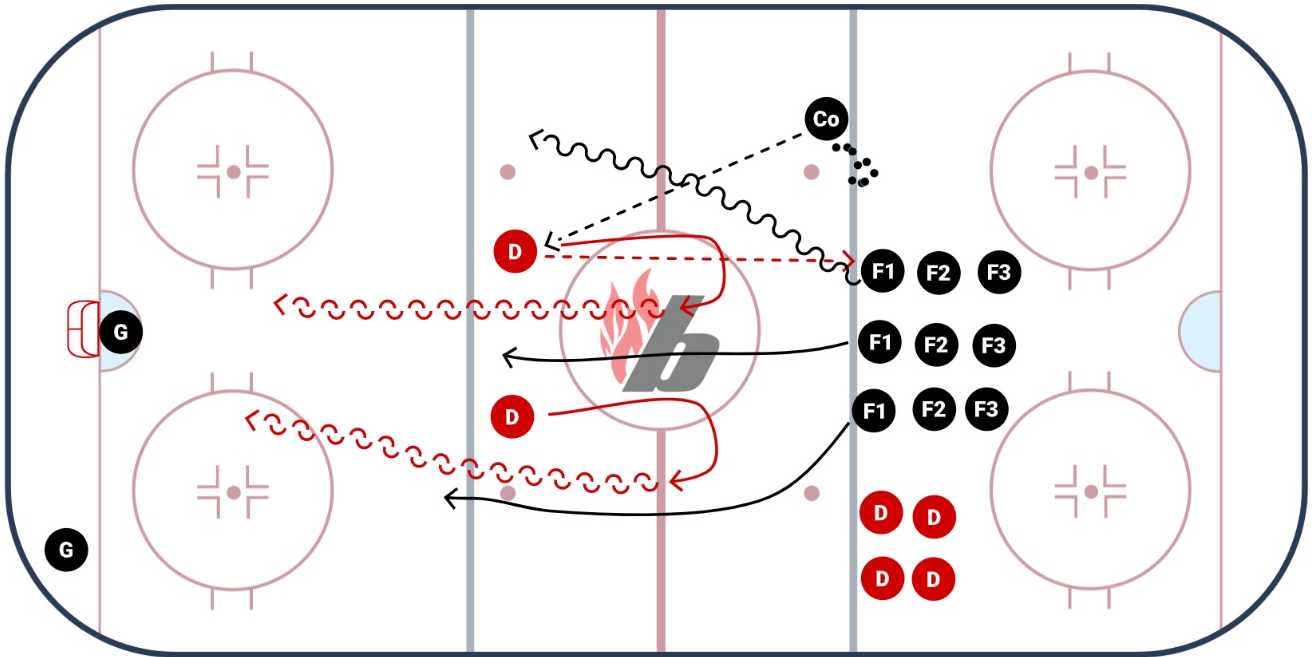
Station:



3 ON 2 GAP UP

Time:

Station:



Position your team with forward and defense at the far blueline.

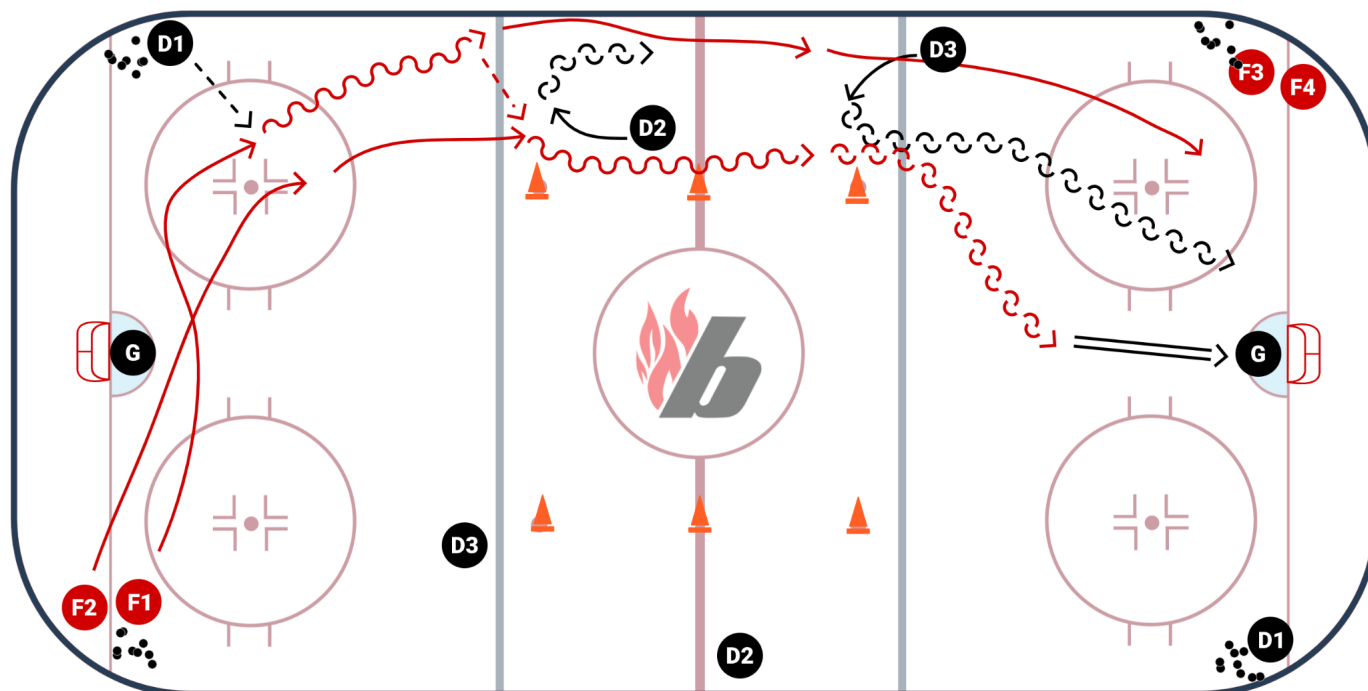
- Start out 3v 2 set up from a stopped position.
- Coach passes to defense, defense passes to forwards and 3 v 2 rush ensues.
- Once there is 3v2 rush is complete with some result (goal, goalie freezes it, leaves zone), whistle blows and everyone in the zone sprints to the blueline.
- Defensive players will leave the zone,
- Drill goes continuous on the coaches whistle

2 ON 1 GAUNTLET



Time:

Station:



Description

- 1F1 & F2 start by skating across and getting a pass from X1.
- 2F1, F2 then attack on D1, who looks after the NZ to the red line.
- 3Once F's cross red line they attack on D2 who plays 2 on 1 down to net.

Key Teaching Points

- Goal is for Forwards to communicate and chip, pass puck by first D. Need to have head up and talk to each other to get past D. Second D has to close gap and play tight 2on1.
- If F's turn puck over or go outside of cones they then just skate hard to goal line at other end.
- D have tight gap and pressure puck.

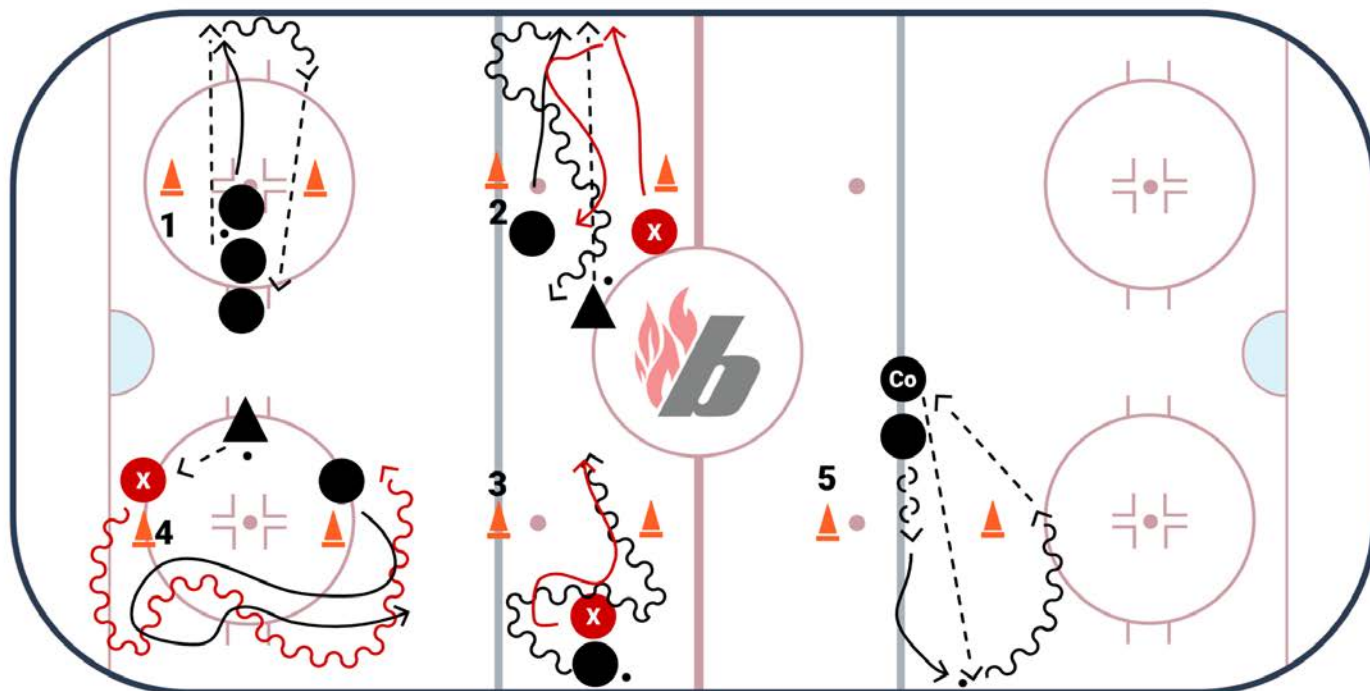
Puck Protection And Wall Battles

WALL PICK-UP AND GATES PROGRESSION



Time:

Station:



1. Wall Pick-up

- Simple dump and pick-up
- Scan (Player waiting put stick on one side and player must react and go that way)

2. Skate Through the Gates 50/50

3. Skate Through the Gate off the Pin - Player Starts pinned on the boards, pushes off to create space, spins out and tries to get through the Gate

4. Chicken- Puck is passed to one player, the try to skate around to other side

5. Defenseman Breakout Puck Retrieval

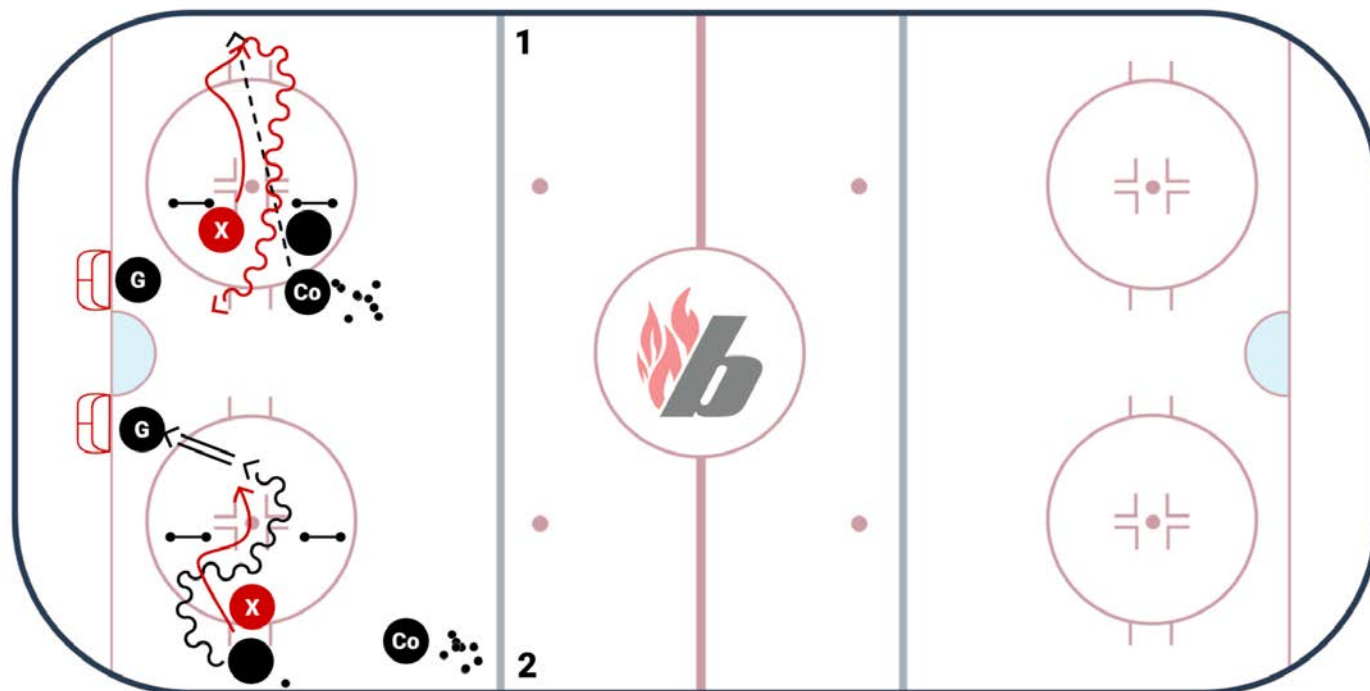
- Player Starts facing the coach or player who then dumps puck into the wall
- Player skates backward, shoulder checks to find puck, then pivots to the puck (Open hips - No crossovers)
- Player secures puck and skates outside the pylons facing up ice and makes pass back to the line

HALF WALL GATE ENTRY BATTLE



Time:

Station:



Set-up two barriers that players will need to skate through to attack the net.

Variation 1 -

- Coach will chip puck to wall, players will battle for the puck, player without the puck will guard the gate and try to recover puck.
- Whomever carries the puck through will get the shot, player without the puck must continue to battle to prevent the shot

Variation 2

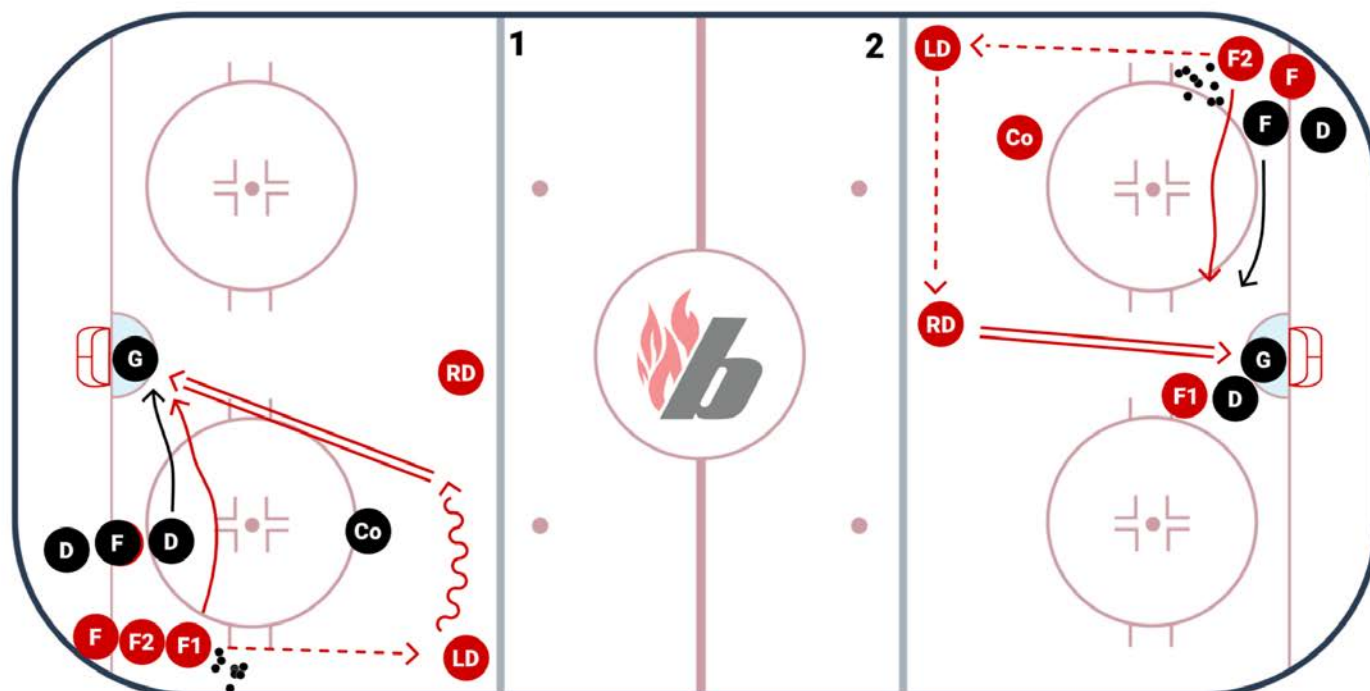
- Offensive player is up against the boards, defender is right behind him
- Offensive player will push off the boards to create room for himself and attack the gate.

POINT SHOT NET FRONT BATTLE



Time:

Station:



Set-up

- For simplicity can run out of one corner
- Forwards and defense set-up as shown
- Coach will be at the point to force defenseman to walk to middle and get head up

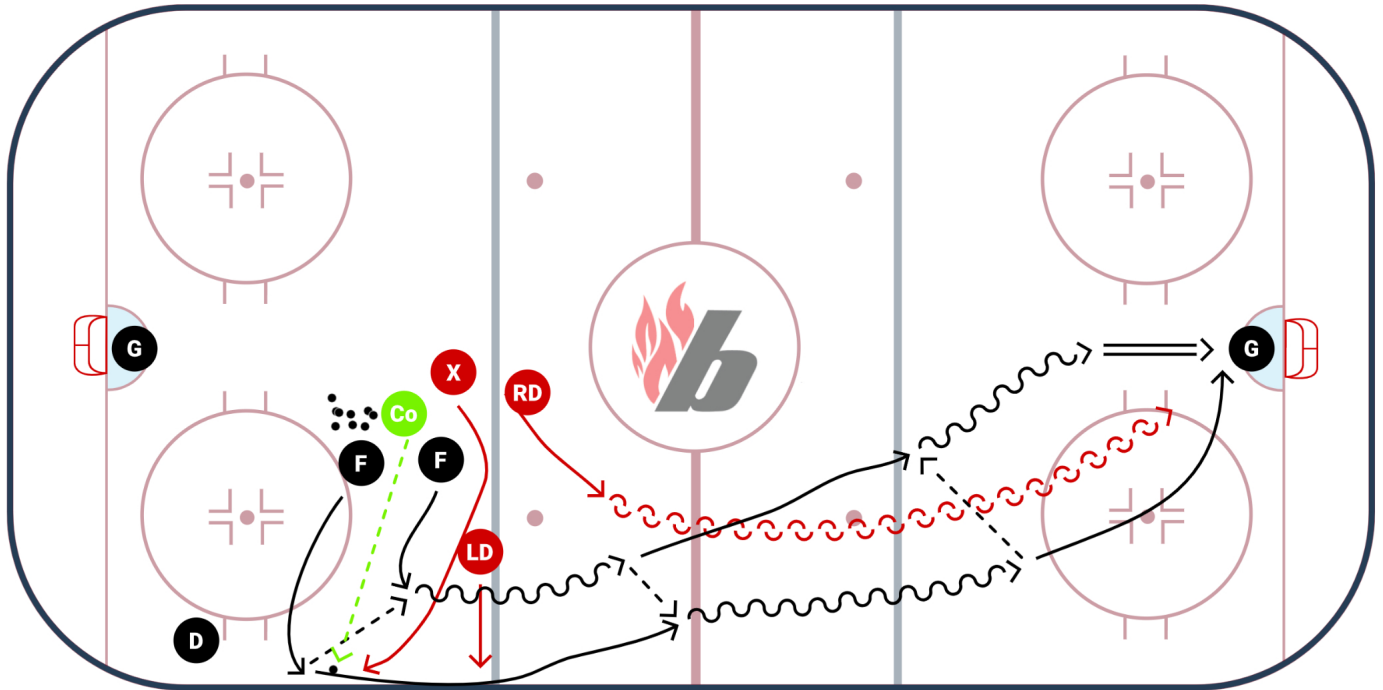
The Drill

- 1 On First Whistle, F1 Pass to LD, F1 Drives to the net while being covered by defenseman, LD walks to middle and takes a shot.
- 2 F2 Passes to LD, F2 drives to the net while being covered by a forward or defenseman, LD passes to RD, RD takes a shot on net.

Key Teaching Point

- Forwards drive to the net
- Defense need to box out and give goalie a clear view of the puck
- Defense and goalies clears the puck

Station:

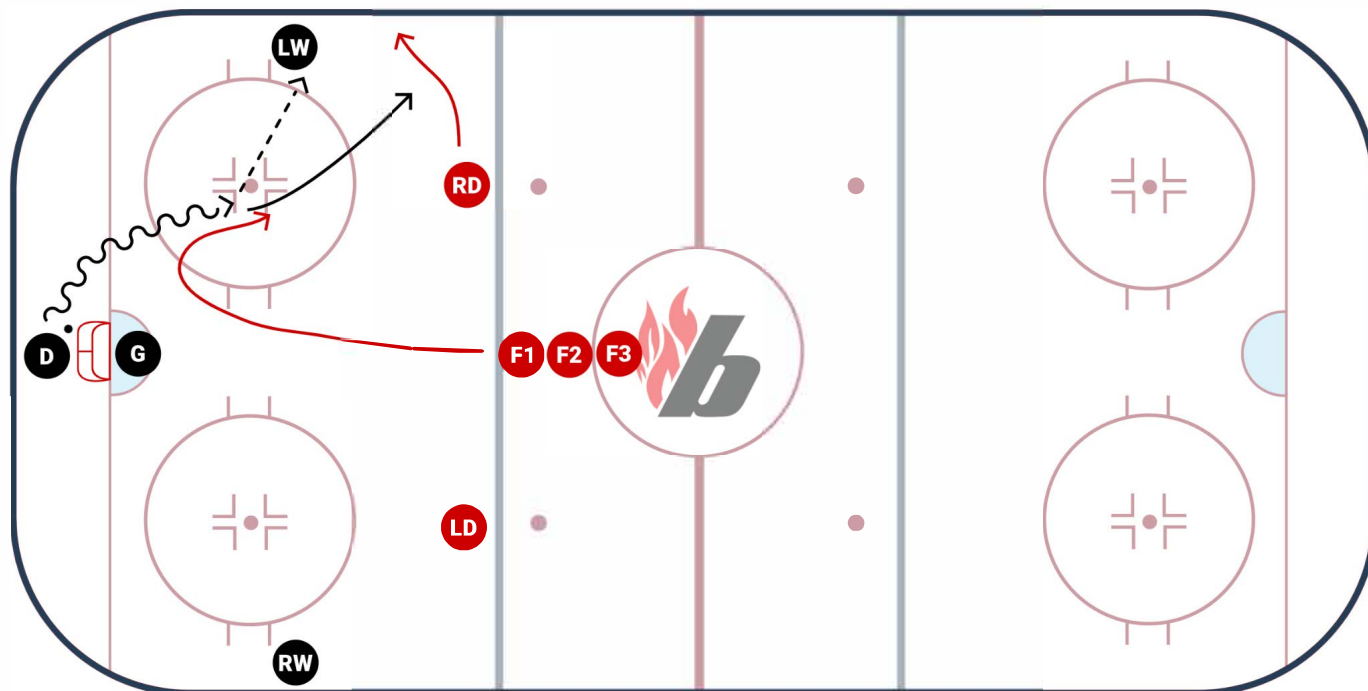


BREAKOUT GAME



Time:

Station:



Phase 1

- Place D behind the net and wingers as outlets.
- F1 forechecks, if D-man skates puck out or makes outlet pass then add a forward
- F1 and F2 will now forecheck, if D-man skates puck out or makes outlet pass then add a forward
- F1, F2, and F3 will now forecheck, if D-man skates puck out or makes outlet pass he wins

Phase 2

- Place D behind the net and wingers as outlets. **Now add** Two D-man at the point to aggressively pinch and hold the line
- F1 fore-checks again, if D-man skates puck out or makes outlet pass to winger who then gets the puck out. Add a forward
- F1 and F2 will now fore-check, if D-man skates puck out or makes outlet pass to winger who then gets the puck out. Add a forward
- F1, F2, and F3 will now fore-check, if D-man skates puck out or makes outlet pass to winger who then gets the puck out. Add a forward

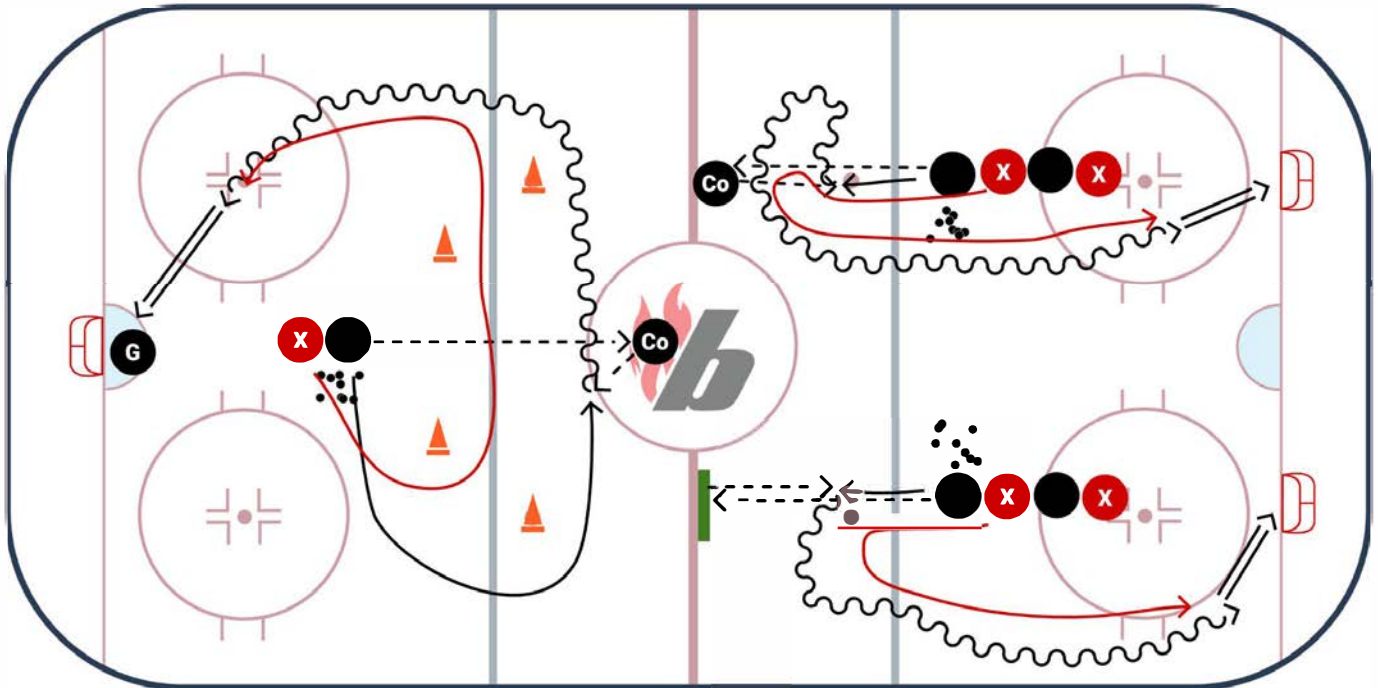
Angling

CHUTE ANGLING



Time:

Station:



Chute Angling 1 v 1 is a fun drill that allows offensive players to practice deceptive retrievals while a defender works to angle them away from a scoring chance.

Setup

- Set the net up below the face-off circle on the goal line.
- Players line up on top of the face-off circle.
- On the whistle, the second player in line shoots the puck up towards the blue line, either hitting a pad, or a coach's stick.
- The first player in line skates up to the puck and works to deceive the second player in line before they retrieve it.
- When the puck is picked up the 1 v 1 starts and the defender is working to take the puck away and skate past the blueline, while the puck carrier works to score.

Coaching Points

•Defender:

- Gap up and match the offensive skaters speed.
- Pay attention to their body, not their head or skates.
- Keep your stick on the ice and angle them towards the boards, do not let them cut back into the middle of the ice.
- Go stick on puck and finish through their hands to remove the puck from their stick.

•Offensive skater:

- Use deception with your skates, legs, body and head to try to throw off the defender.
- Keep your head up and look for an opportunity to cut back into the middle of the ice.
- If there is no space, keep feet moving and try to protect the puck along the boards and drive to the net.

Variations

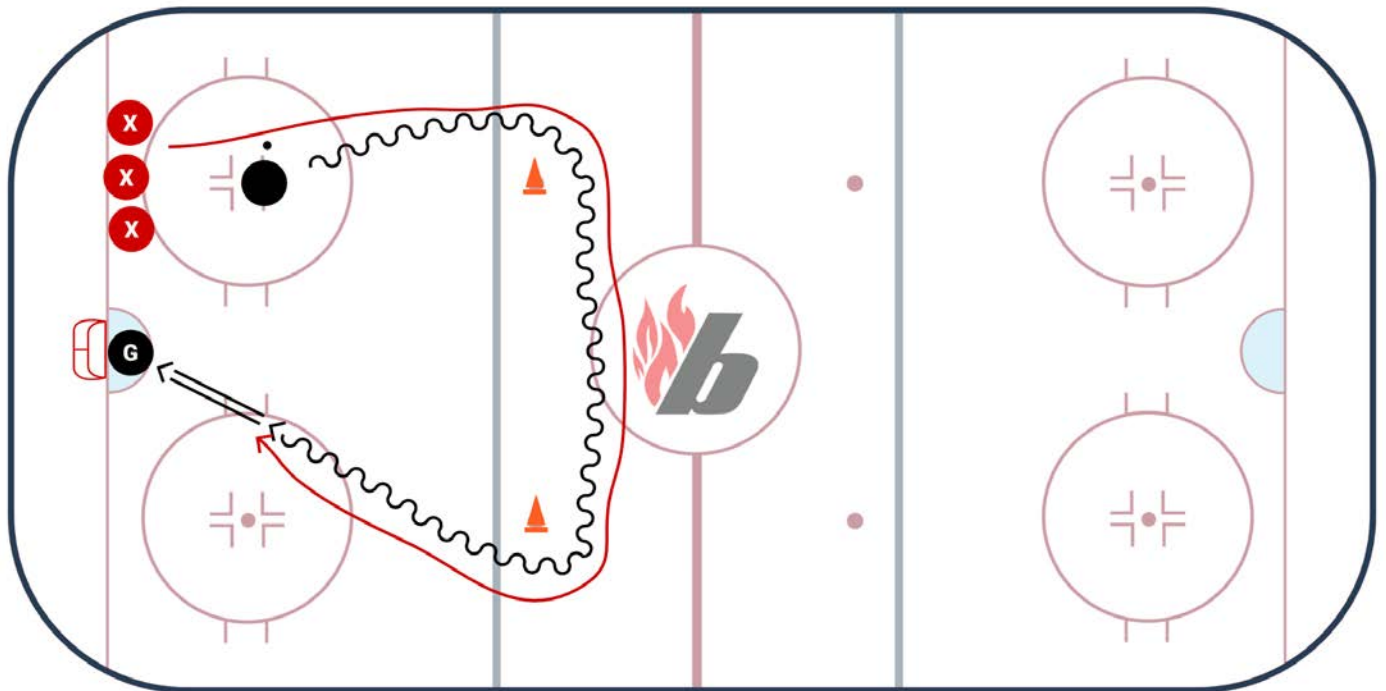
- Can set up to be 1/4 ice or 1/2 ice
- Can set up in different areas of the ice
- Can bounce the puck off of a pad, bumper, coach, player, or boards

FOX HUNT



Time:

Station:

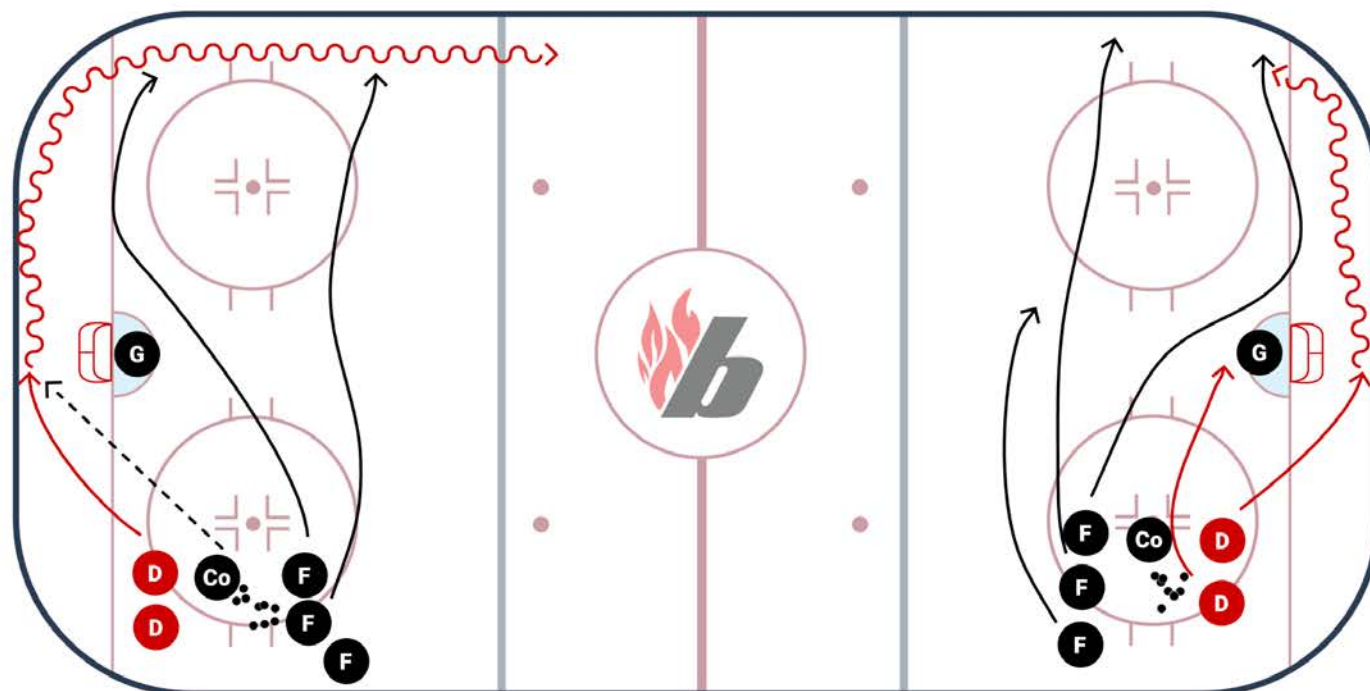


2 V 1, 3 V 2 ANGLING PURSUIT



Time:

Station:



The 2 v 1 Puck Pursuit Angling drill helps offensive players work on forchecking principles, while defenders can work on retrievals and puck protection.

Setup

- Coach sets up an a net on the goal line and a tire out by the blue line.
- On the whistle, a coach, or a player, chips the puck behind the net.
- The defender retrieves the puck and works to wheel around the net, protecting the puck and trying to get past the tire in the blue line. If they are able to get past the tire, they are awarded 2 points.
- The 2 offensive players work to angle the defender, strip them of the puck, and attack the net. If the offensive team scores, they are awarded 1 point.

Coaching Points

•Offense:

- The first forechecker skates at an angle, keeps their stick on the ice, aims to go stick on puck, and check through the defenders hands, separating them from the puck.
- The second forechecker skates at more of a flat angle, and provides support to the first forechecker.

•Defense:

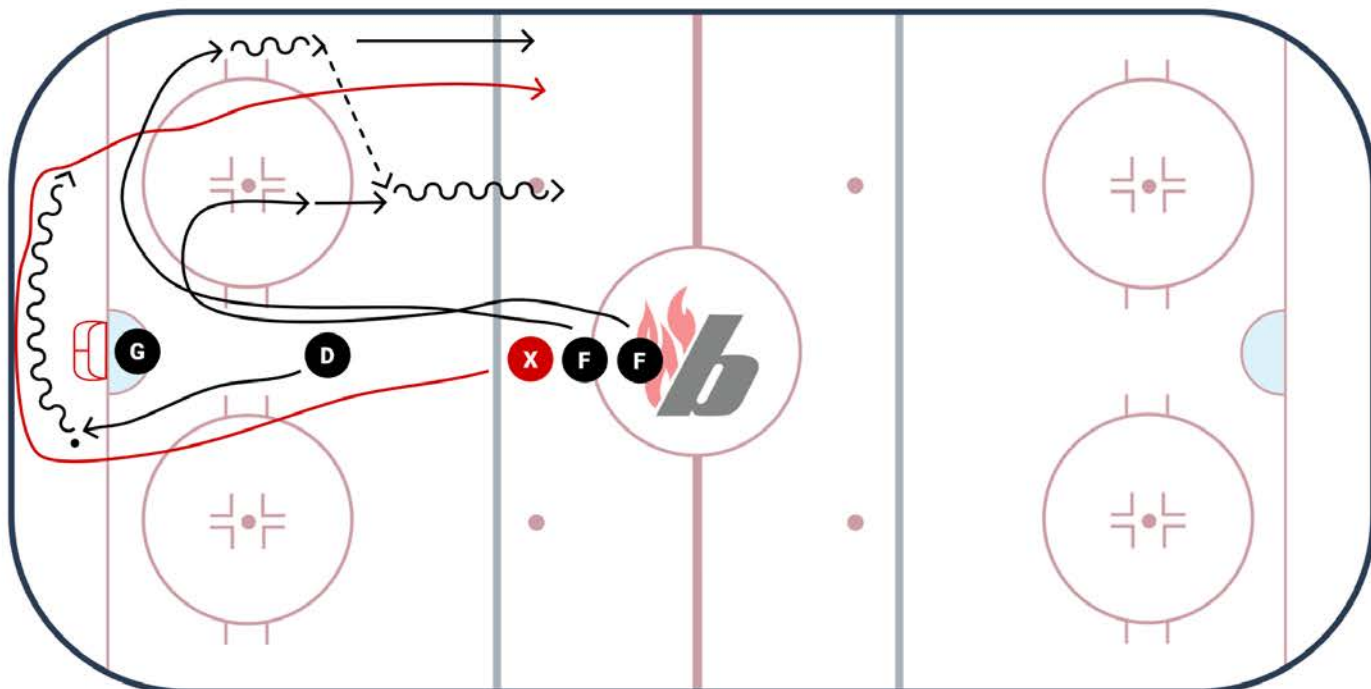
- Protect the puck and use deceptive skating and moves to try to throw off the players forcehcking and angling techniques.

USE THE NET BREAKOUT, REGROUP 2 ON 1



Time:

Station:



Setup:

- A coach chips a puck into the offensive zone and a forward and defenseman start to chase after the puck.
- The defenseman collects the puck and looks over their shoulder to determine where the forechecking pressure is coming from.
- The defenseman uses the net to take a tight turn and protect the puck around the net, or uses the net to cut back up ice.
- After the defenseman uses the net, they make a breakout pass to one of the two wingers, who are reading the play.
- The wingers curl and begin a 2 vs 1 against the original defenseman, while the forechecker skates off back into the line.
- This can be half-ice or used on both ends of the ice to be a full ice drill.

Coaching Points:

•Defenseman:

- Use the net!
- Look over your shoulder to understand where the pressure is coming from.
- Practice deceptive breakout passes (look one way and pass another way). Watch a video of [Cale Makar practicing breakouts and using deception](#).
-

•Forwards:

- Keep your stick on the ice to use your stick to angle and disrupt on the forecheck.

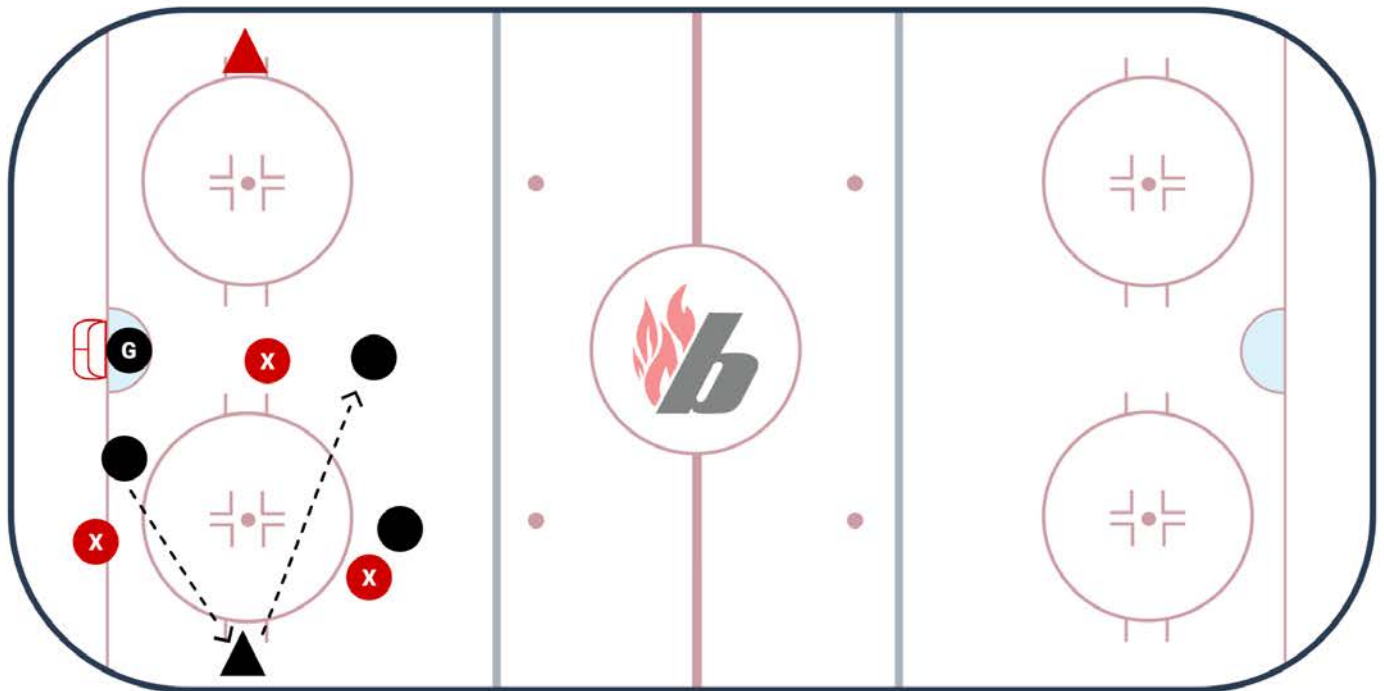
Small Area Games

GRETZKY SCRIMMAGE



Time:

Station:



SETUP:

- Play takes place inside of one zone
- Each team has 3 players who can move anywhere in the zone
- Each team has a Gretzky who must stay on the half wall
- The 3v3 players can't attack the Gretzky or the Coffey
- To activate your team onto offense you must pass to your Gretzky

COACHING POINTS:

- **Offensive players:**
 - Players in the middle of the ice: work on give and go's! Pass and get open.
- **Defensive players:**
 - Head on a swivel and know where all of the players are.
 - Keep stick on ice to block passing lanes.

VARIATIONS:

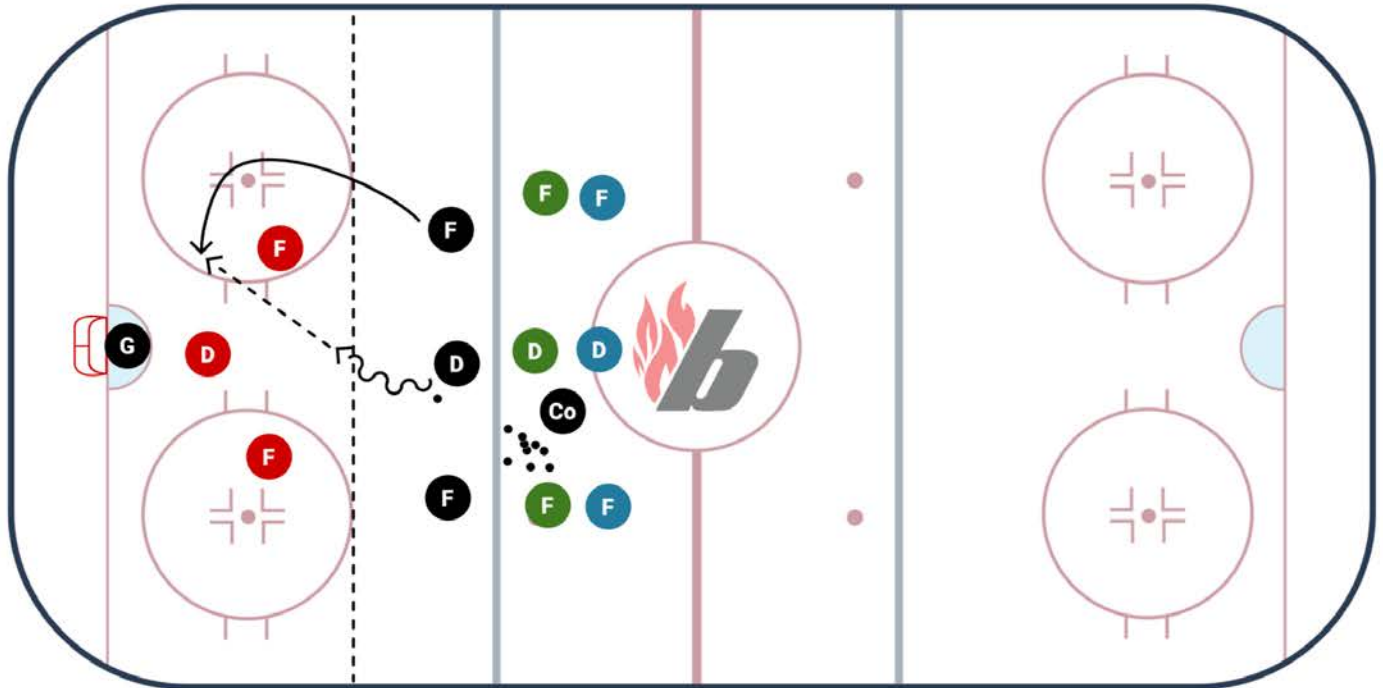
- Can be 2v2 or 3v3 in the middle of the ice
- Can require players to only hold the puck for 1 or 2 seconds or a whistle is blown.
- Can play "Gretzky Activate" when Gretzky is passed to he moves out into the play with the puck and whoever passed to him becomes the Gretzky

OFFENSE DEFENSE OUT



Time:

Station:



Setup

- In this example, 3 players line up on the blue line. The players behind them are on the opposite team.
- On the whistle, coach dumps a puck into the zone to begin a 3 on 3.
- The offensive team is trying to score, while the defensive team is trying to pass the puck to the next players in line.
- When the defensive team passes the puck to the next players in line, the team that was previously playing offense, is now on defense, and the players who just got the puck are now on offense.
- Keep Shifts to 1 minute or less
- Player need to pass or skate to the top of the circles before passing out.
- The game is continuous, keep score!

Coaching Points

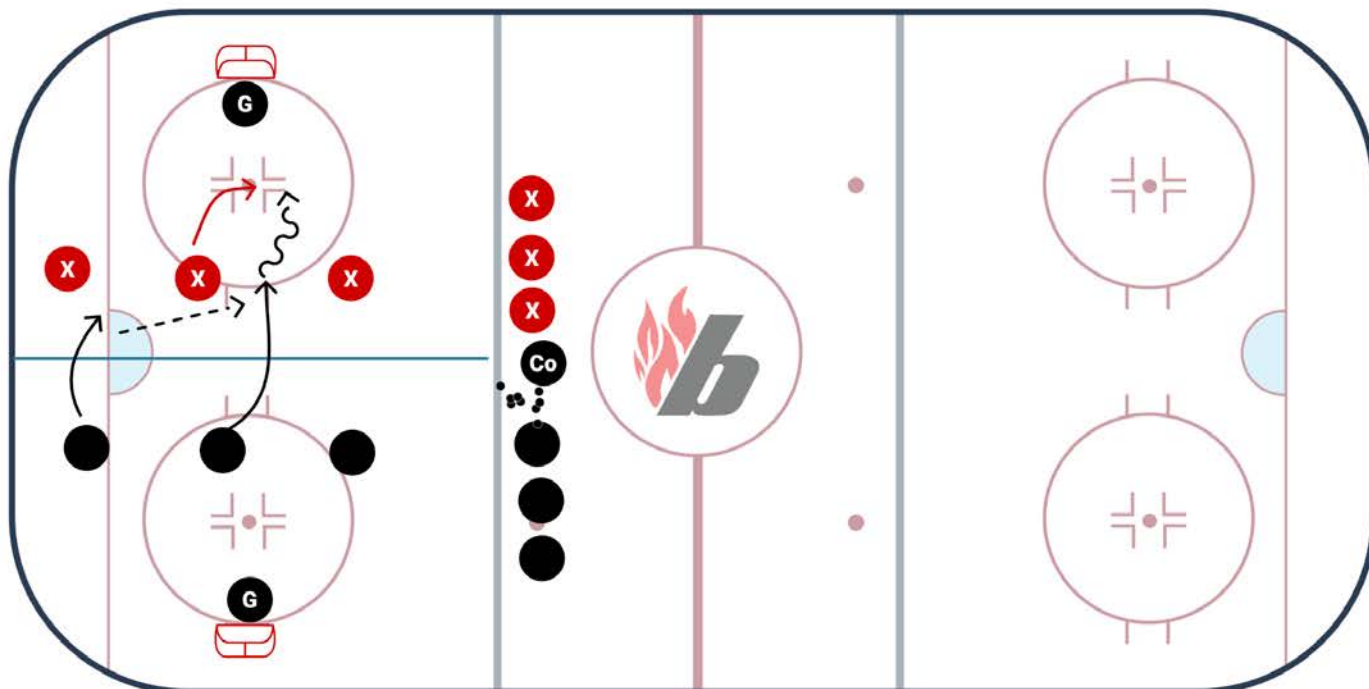
- Offense - support your teammates and be an outlet when you do not have the puck
- Defense - keep sticks on the ice to block passing lanes and angle the offensive team to the outside of the ice
- Everyone - communicate with your teammates

THE OFF-SIDE GAME



Time:

Station:



Details:

The Off-Side game is a normal cross ice 3 v 3 game but requires teams attack by staying outside at the center line.

Setup

- Play 3 v 3 cross ice.
- Setup a center ice "offsides line" which can be drawn or created with two cones or tires.
- Before an attacking team can attack the other team's goal, they must regroup in their defensive half and when they are in their own zone they can attack the opposing net must stay outside at the center line.
- If the team goes offsides, blow a quick whistle to signify a turnover.
- Another variation is to make the attacking team complete a pass before going over the center line.

Coaching Points

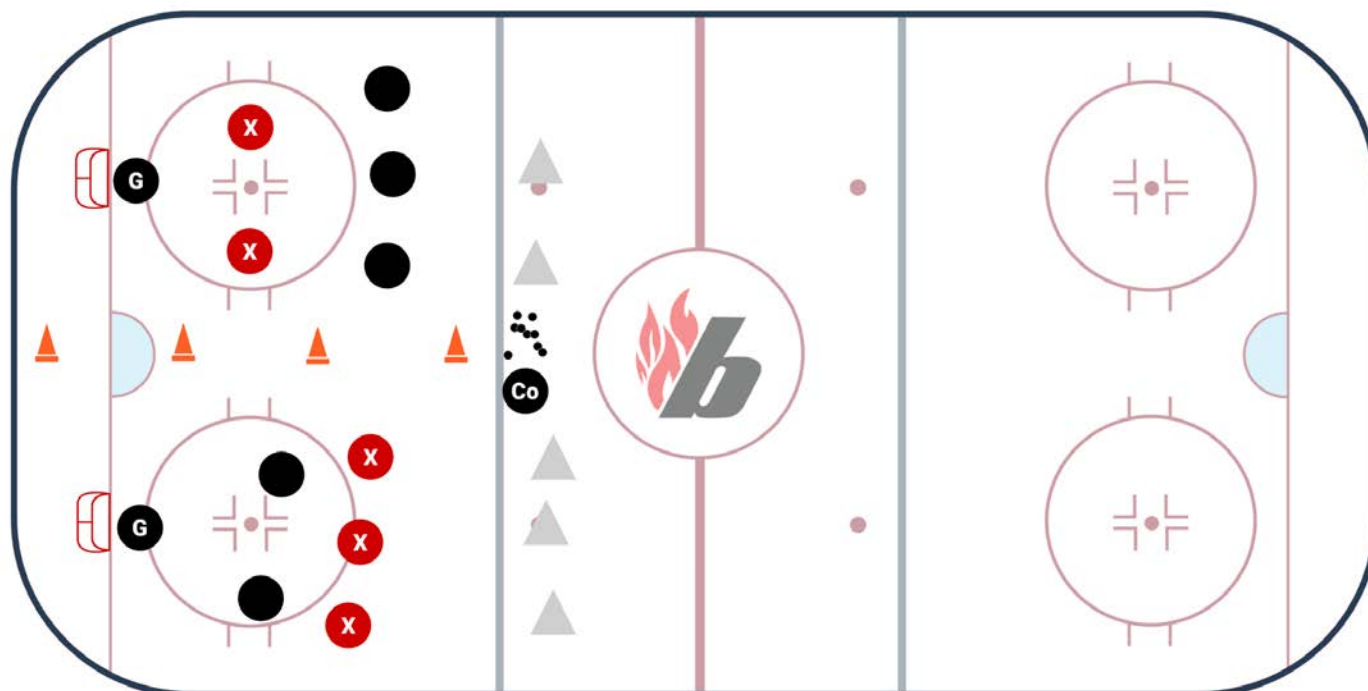
- Offensive team: support your teammates and be outlets for them.
- Defensive team: keep your sticks on the ice to block passing lanes, and angle the offensive team to the outside.

3 V 2 SMALL AREA GAME



Time:

Station:



- Team O vs Team X
- Attack 3 vs 2. Defending players must make a direct pass to your team on the offensive side
- Coach keeps pucks alive
- Players can't cross the line

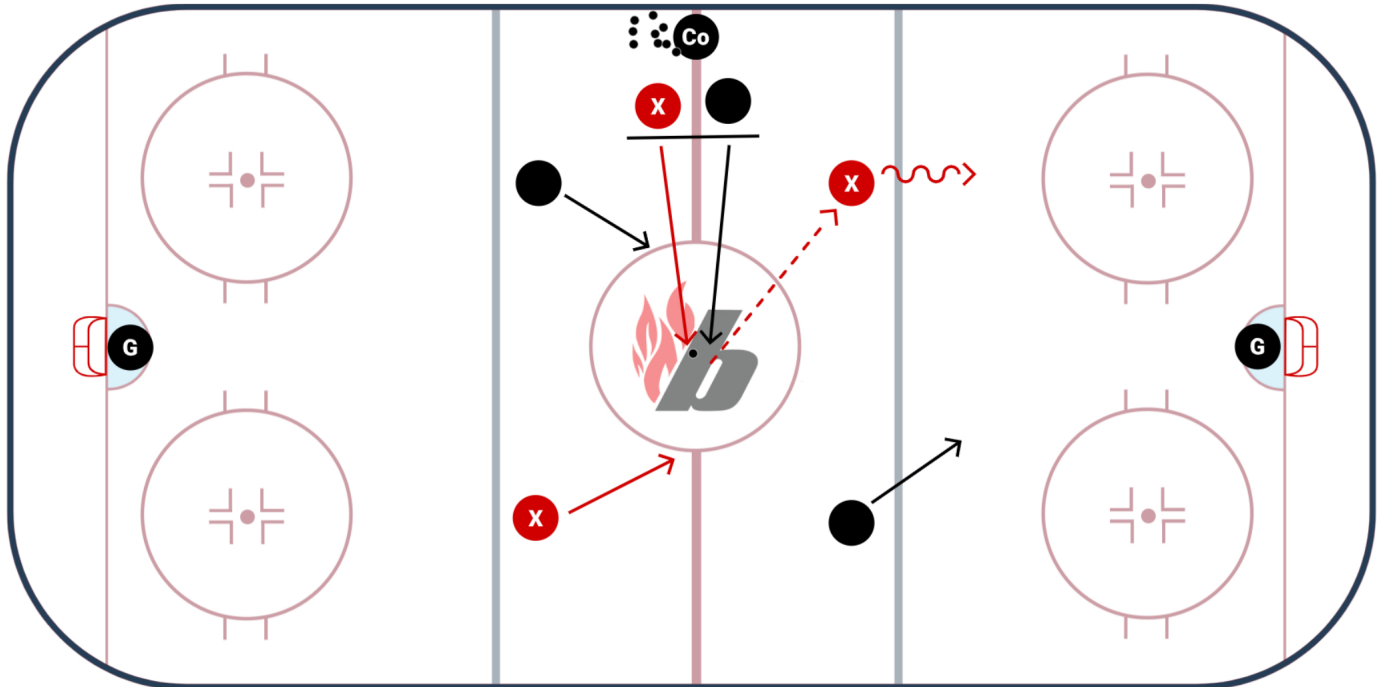
Full Ice Drills

SABRES 1V1 RACE TO THE PUCK → 3V3 TRANSITION DRILL



Time:

Station:



Players race to the puck and battle for possession.

The winner attacks with teammates joining the rush, while the loser immediately transitions to defense with support arriving to backcheck.

Loosing team will try to regain puck, breakout and transition to attack the other end of ice

A great drill to develop:

- Races to loose pucks
- Body positioning & puck protection
- Transition
- Rush attack
- Backchecking concepts

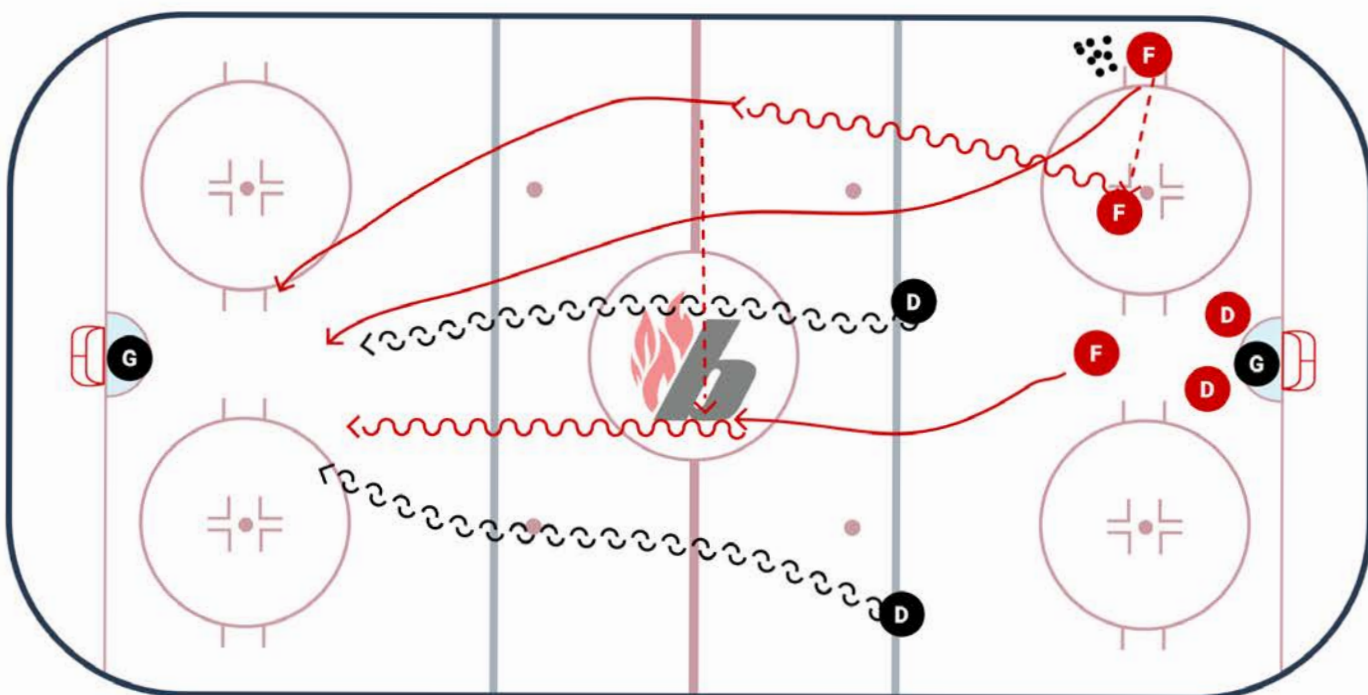
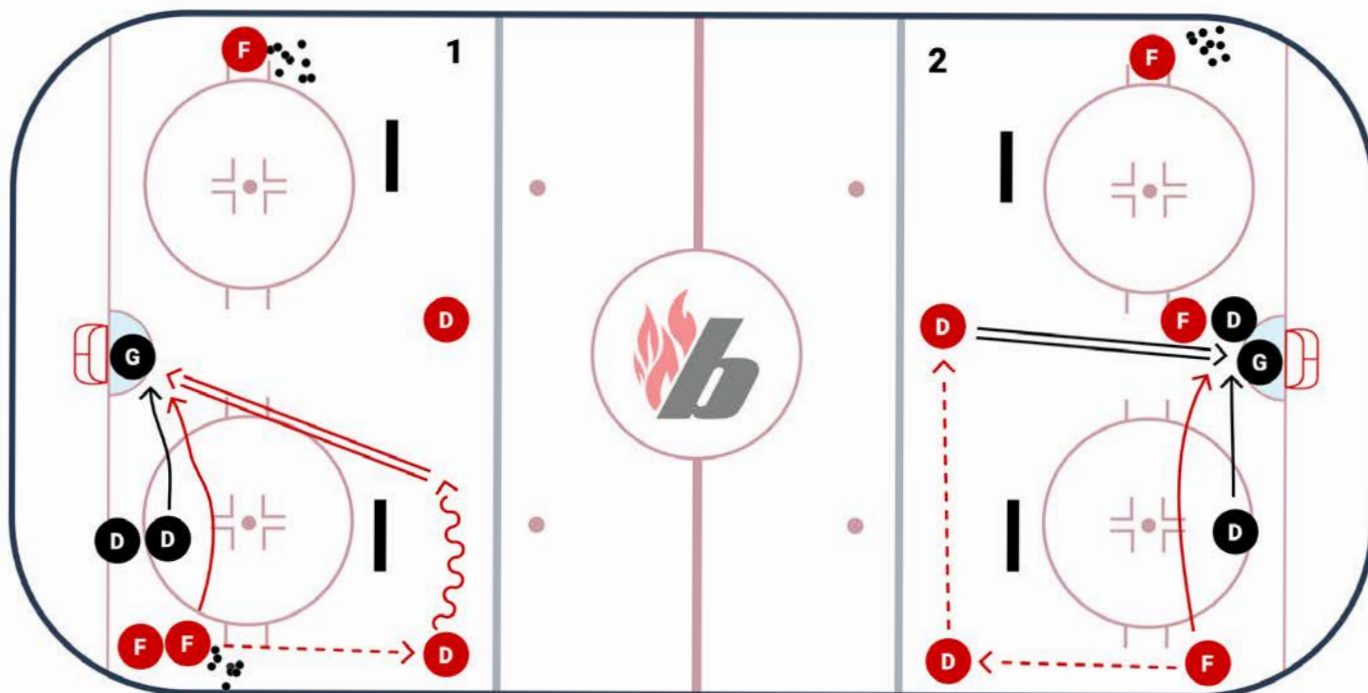
Progression: Add a defenseman on each side and adjust where the support players start.

POINT SHOT NET FRONT BATTLE TO 3 ON 2



Time:

Station:

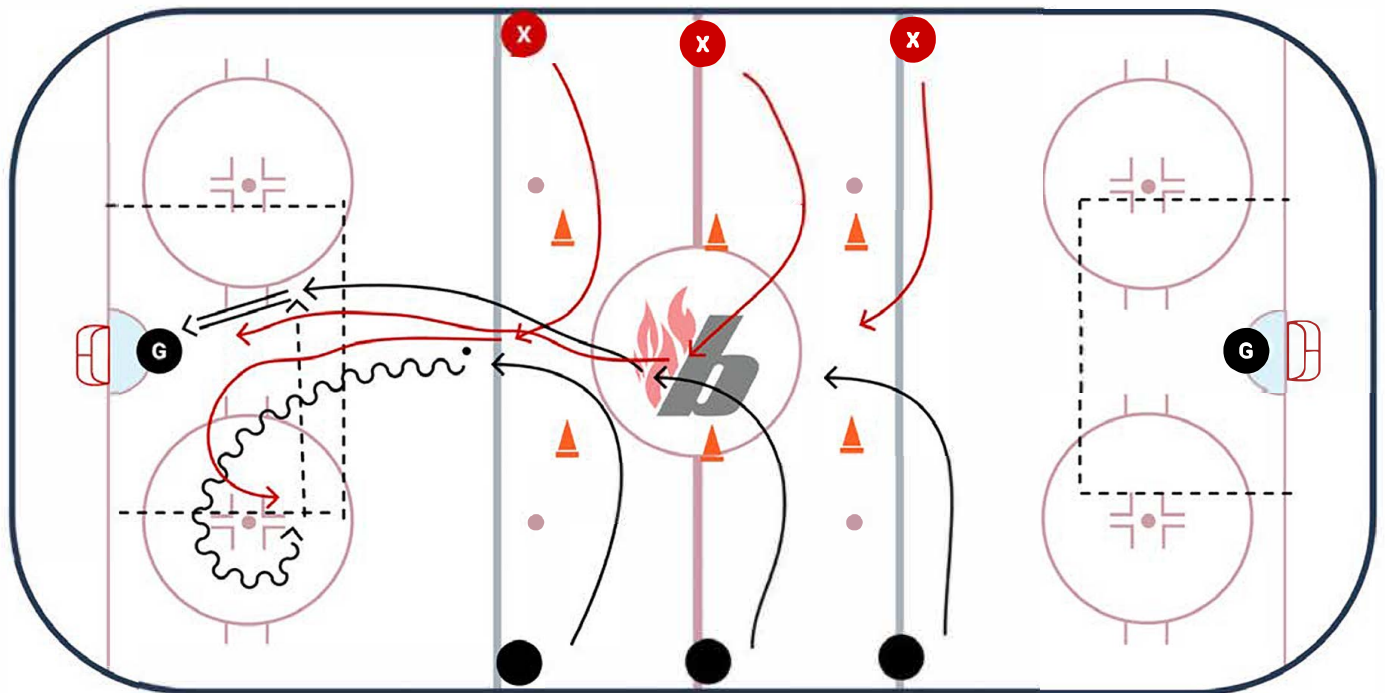


LAYERED CAKE DRILL



Time:

Station:



<https://m.youtube.com/shorts/X4MTcIXXvhY>