



DRILL E-BOOK

COLLECTION OF DRILLS SUBMITTED AT THE 2021 GLOBAL SKILLS SHOWCASE

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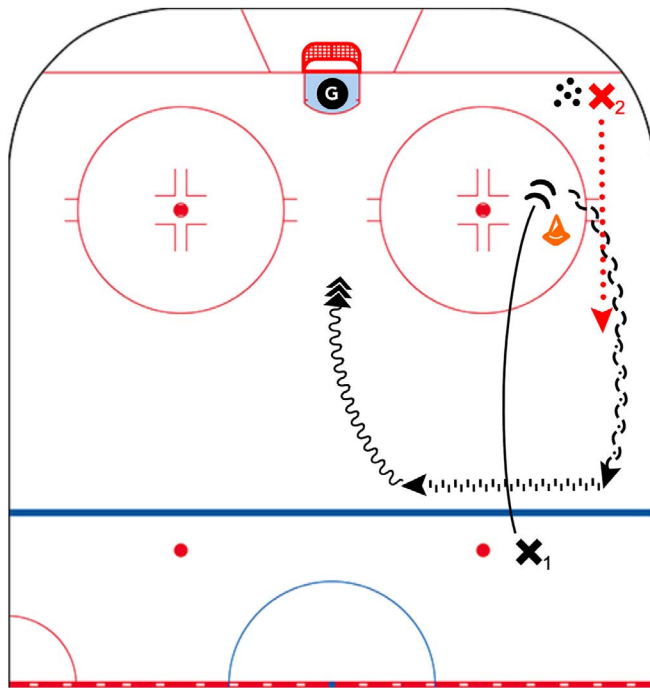


ALEŠ HYBNER
ELITE HOCKEY TRAINING CENTRE

LATERAL MOVEMENTS

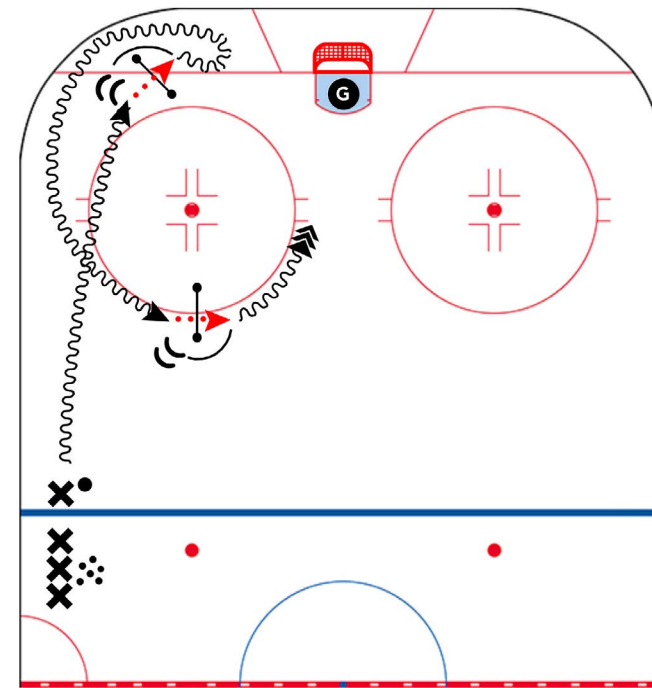
4 BLUE LINE D-WORK LATERAL CROSSOVER

- **X1** skates down low around pylon and pivots backwards, skating back up the ice.
- When **X1** gets half way up the boards, **X2** passes them a puck from the corner.
- When **X1** hits the blue line, they skate laterally across the ice, before exploding towards the net for a shot.



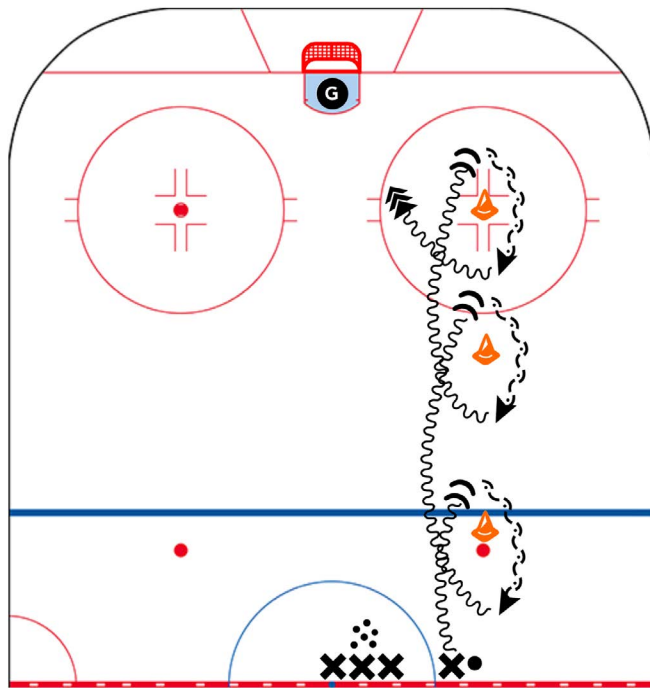
5 FZONE HALF WALL OPEN HIPS ESCAPE

- Player starts drill at the blue line with a puck and skates down along the boards towards the deviator at the goal line.
- Player slides puck under deviator and performs open hip maneuver around the device.
- Player picks up the puck, does a tight turn back up the half wall and attacks the middle.
- Player performs another open hip maneuver around a second deviator before going in for a shot.



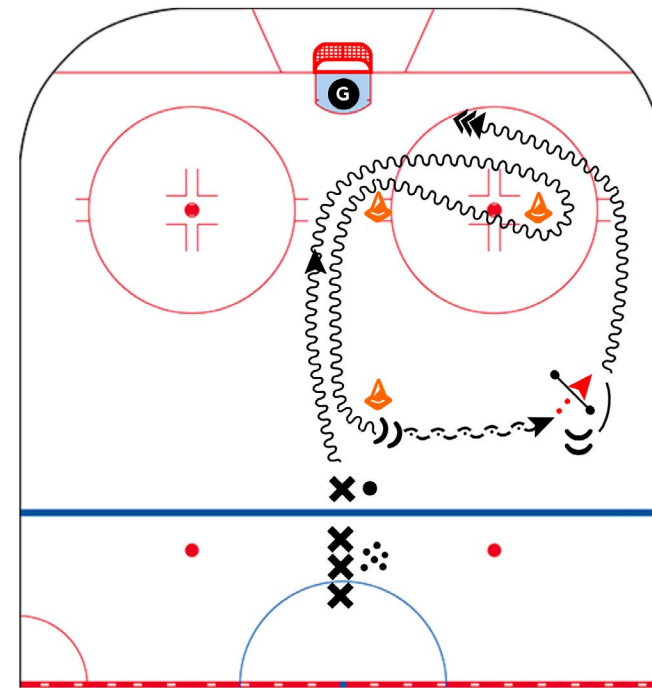
6 LATERAL PUSH D-SKATING

- Player starts drill at the red line with a puck.
- Player skates down to each pylon, pivots backwards around the pylon and skates back to the top, before pivoting back forwards.
- Repeat sequence with the three pylons before going in for a shot on net.



7 LATERAL TO LINEAR D-SKATING

- Player starts drill at the blue line with a puck and skates down the middle of the ice around the pylons before turning back up ice towards the blue line.
- At the blue line pylon, the player pivots backwards and skates across the line before sliding puck underneath deviator.
- Player uses open hip maneuver around the deviator, retrieves puck and drives down low for a shot on goal.



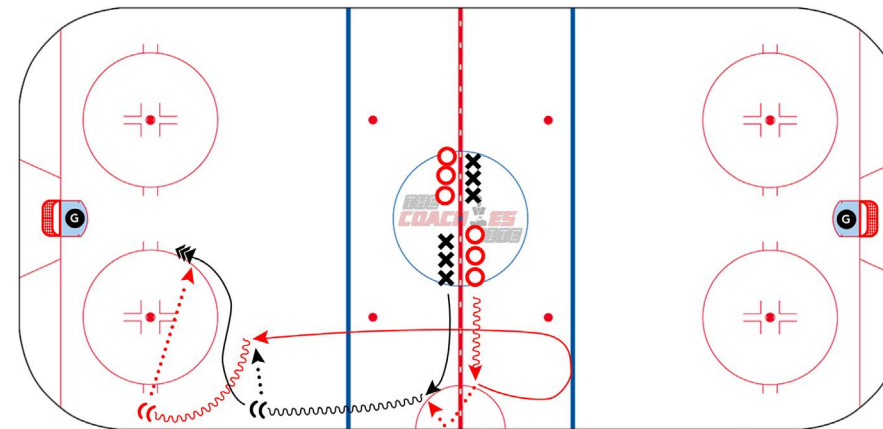


BRANDON NAURATO
DETROIT RED WINGS/NAURATO HOCKEY

CONNECTING THE MISSING LINKS INSIDE A DEVELOPMENT PLAN



2 MAN ENTRY SEQUENCE-SKILL BLENDS-CUTBACKS & DELAYS

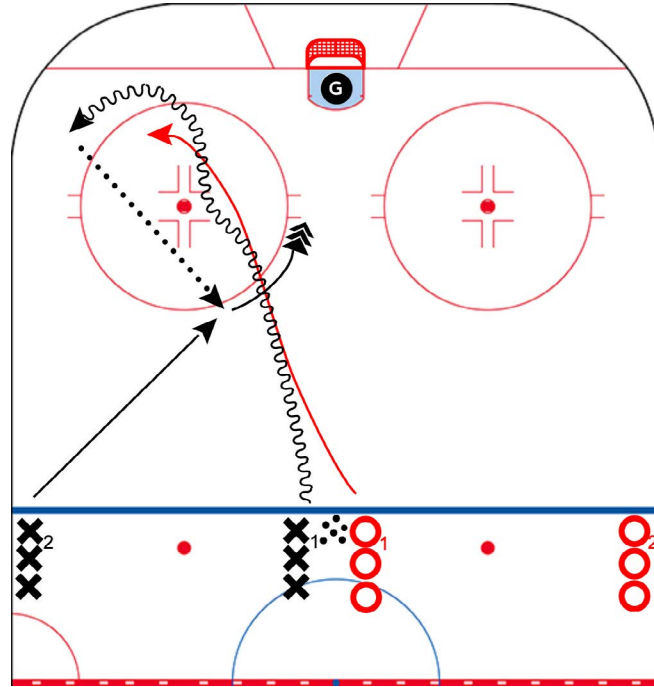


- **O** starts skating with puck and passes off boards to **X**.
- **O** swings out and touches blue line before driving down the middle.
- As **X** enters the zone, player makes a cutback or delays & passes to **O**.
- **O** does a similar play as they head towards the boards.
- **X** jumps to the middle for the pass and shot.

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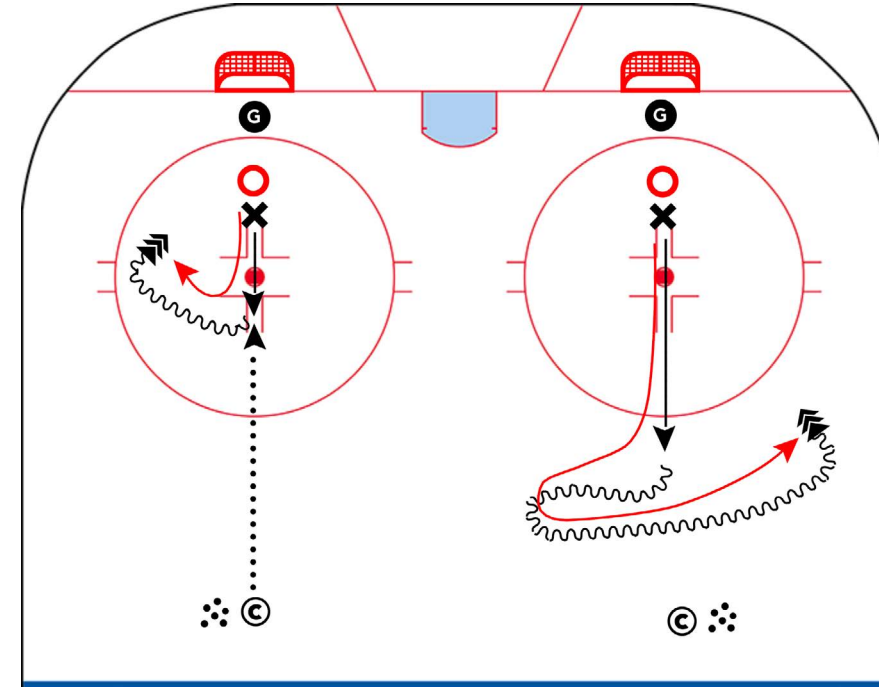
CREATE SPACE-PRESSURE BEHIND-2ND MAN SUPPORT

- **X1** starts with a puck and is in front of **O1** maintaining position.
- **X1** uses fakes & misdirection to create space between the opposition.
- **X2** times their route to the net. Faster is not always better.
- **X1** makes the move either right or left to open up and pass puck to the driving **X2**.
- **X2** finishes with a shot.
- **O**'s begin with the puck on the other side.



GOAL SCORING-MANAGE SPACE-PRESSURE BEHIND

- **X** starts drill by skating towards coach.
- Coach passes at any time to **X**.
- **X** has to make it back to the net for a shot and **O** has to defend.
- Find out new ways to create space to make the shot.





DARREN ROMMERDAHL

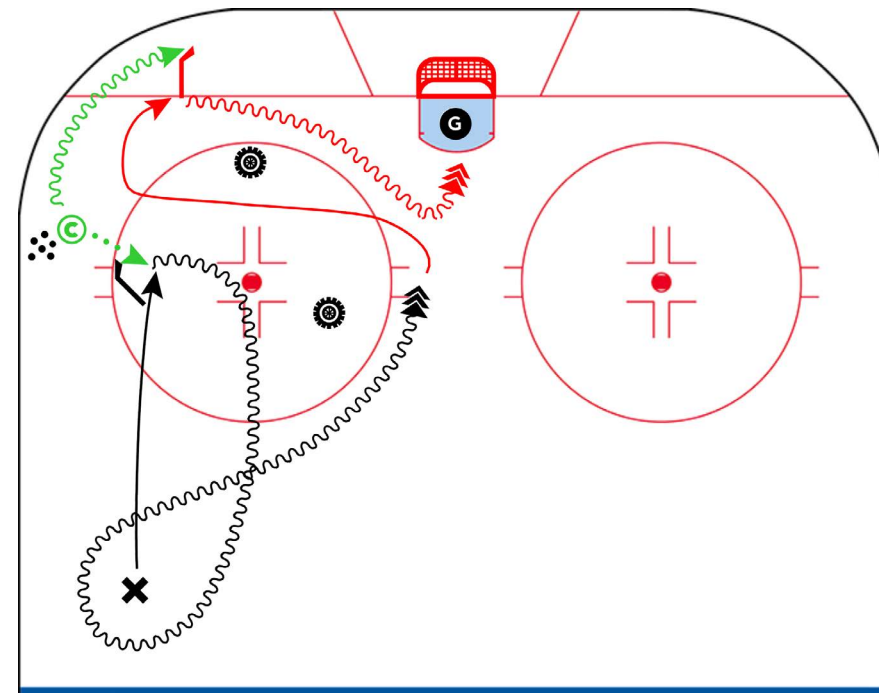
CRASH CONDITIONING

RETURN TO WORK: IN-SEASON SKILLS SESSION

 @Darren_Rommer22

DISRUPTION - TAKE AWAYS

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SET UP: Coach in corner with pucks. Place two obstacles to pass through in slot. First sequence shown in black, the second in red.

- **X** comes down and disrupts pass attempt from coach to middle.
- **X** then gets away up to the blue line and turns back towards boards and attacks the net.
- After shot, coach carries puck up wall, down wall or in middle.
- **X** tracks down coach and takes puck away and attacks net for second shot.

Options:

- Use various pass options: in air for knock down, back hand, forehand, etc.
- Coach carry puck on different sides of body to allow player to go at them from different angles.

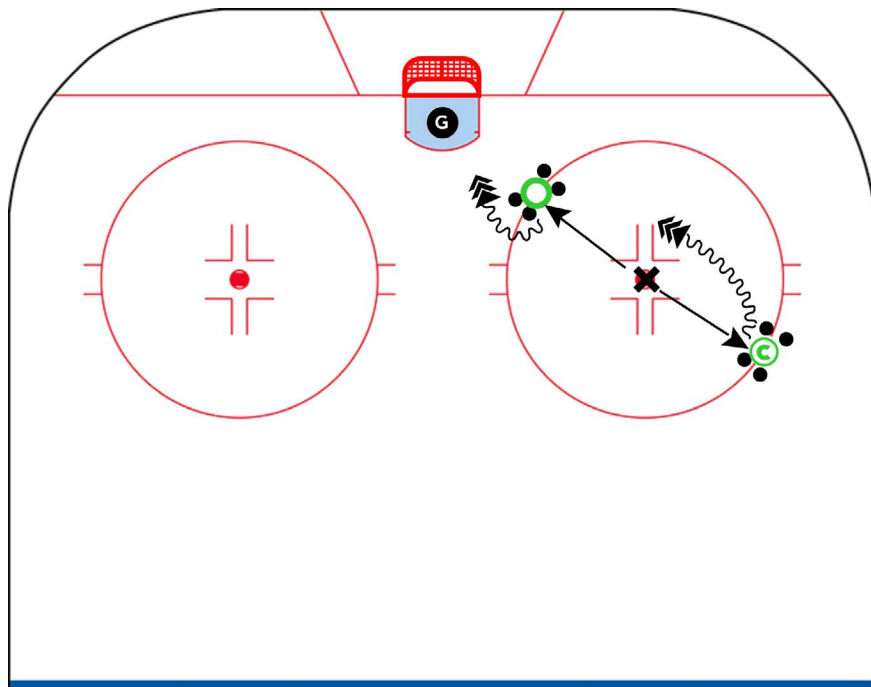
PICK POCKET SHOOTING

SET UP: Pick pockets are set up, 1 in shooting lane and other randomly on the circle. Place 4 pucks at each of the pick pockets.

- Player starts at the faceoff dot, toes pointing at goal.
- Player skates and collects one puck at a time from pick pocket.
- Player must get back to faceoff area before shooting on net.
- Repeat with all 4 pucks.

Options:

- Use rebounder before shooting
- Give/go pass to coach
- Use players/coaches as pick pockets
- Put a chaser after swiping puck



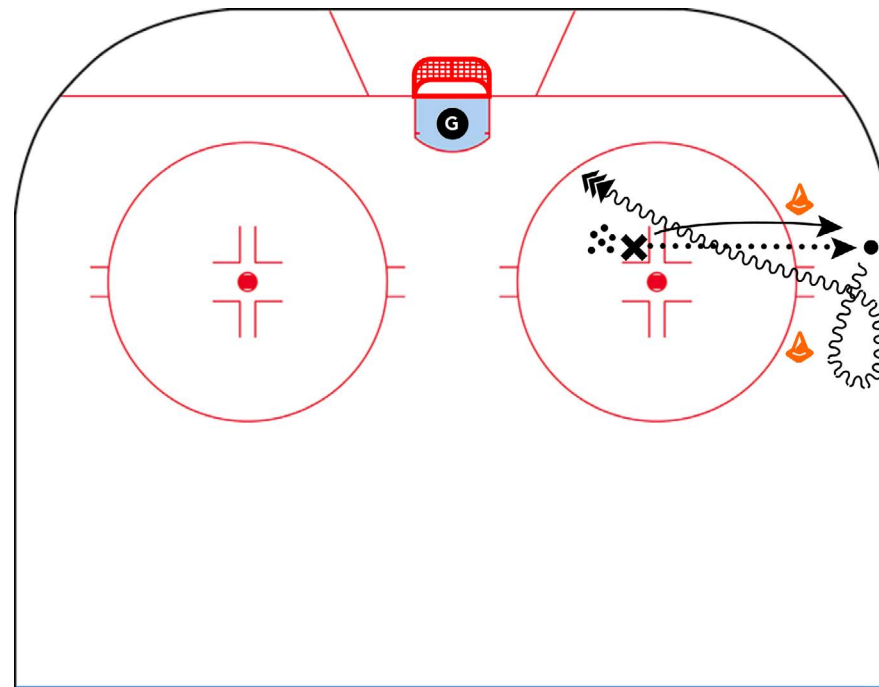
SHOOT THE GAP

SET UP: Place two pylons (sticks about 20 feet apart close to boards, either half wall or goal line). Place pucks out of way to one side of pylons.

- Player places puck near boards on one side of pylon.
- Player goes in and gathers loose puck.
- With puck, player slides to other pylon where they escape back the other direction and come out through middle attacking the goal.
- Can add 2nd player as defender.

3 sequences:

1. Toes out - simulating has time with puck.
2. Back out - simulating under pressure.
3. Escaping - they have a defender chasing down and must use agile move to escape.



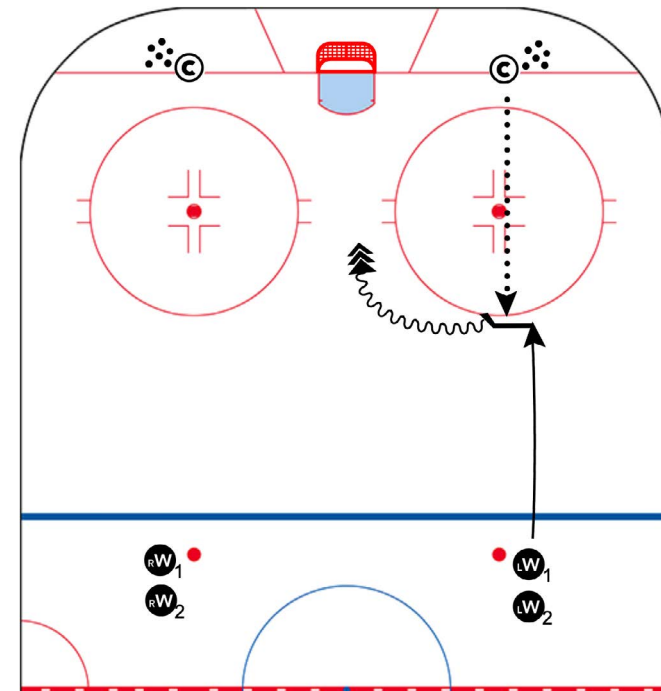


DAVID CUNIFF
WORCESTER RAILERS

ARE WE DOING A GOOD ENOUGH JOB AT TEACHING SCORING

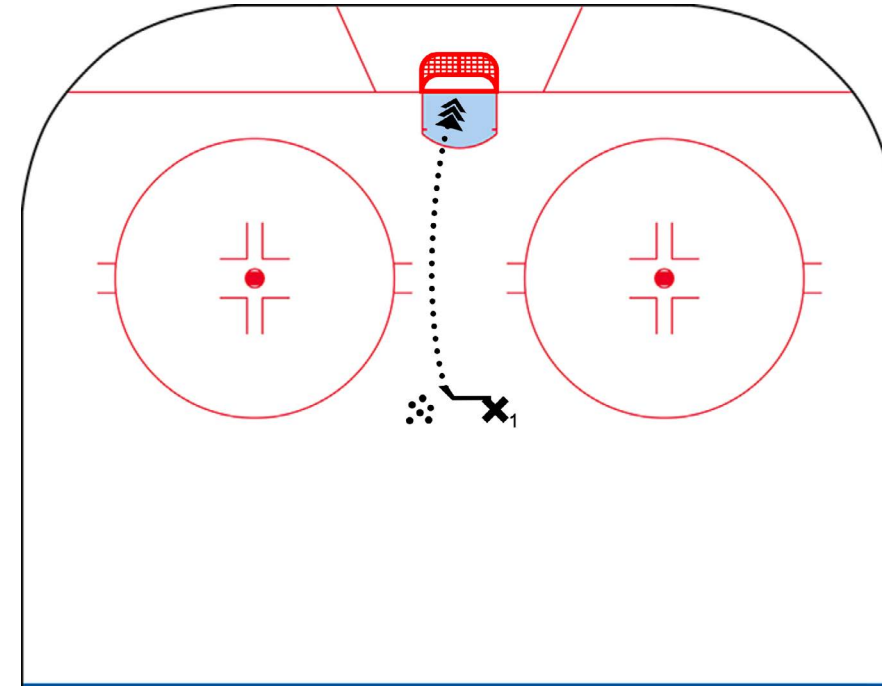
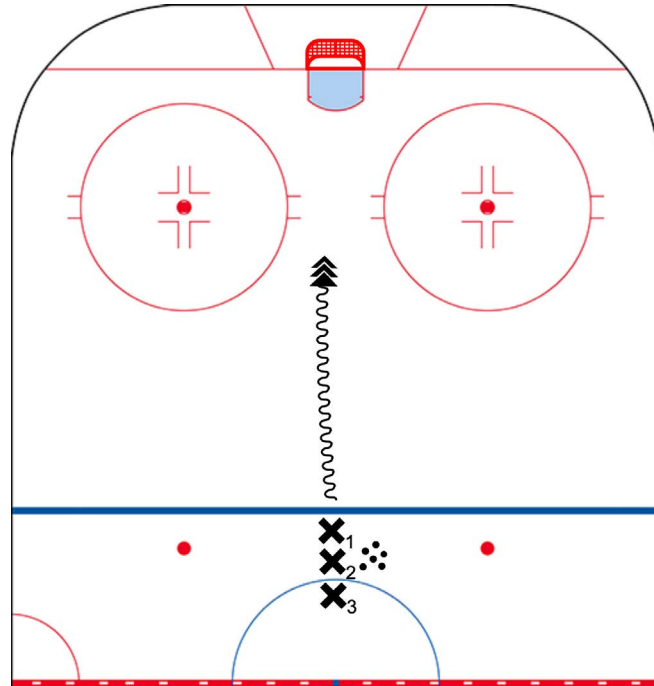


OVER SKATE W/ LATERAL SKATE SHOOTING



- **LW** skates down the dot lane. They catch a pass from the coach on their forehand & over skate the puck, pushing it to the middle while moving laterally across the slot without stick handling.
- The player pushes laterally & can shoot at anytime.
- **NOTES:** Stay on forehand. Short wind up & be sure to break off the follow through. At the end of your shot send bottom hand & blade to the net.

- Players carry a puck in from the NZ. Players should have the puck off their hip. They can be stick handling forward to backward as they stay athletic & continue to skate in toward the net. Players shoot in stride.
- **NOTES:** Scoring is about deception. It's not always about how hard we shoot it's about shooting before the goalie is set.

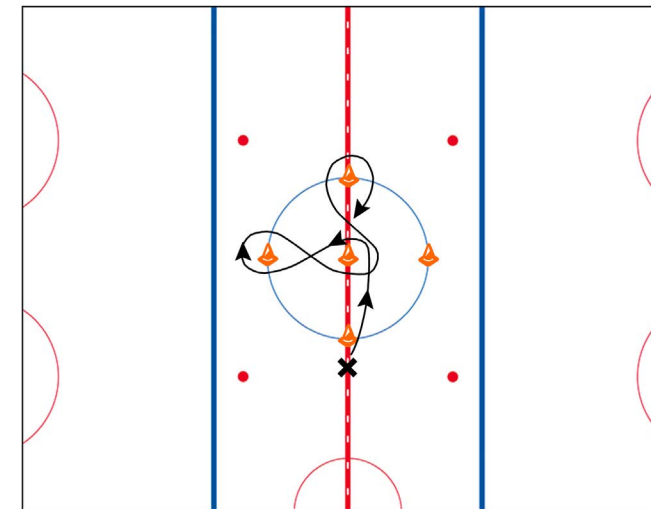


- When players are learning to use different clubs they have to start slow. I like to have them start by having them make a saucer pass to the back of the net. Pull the puck out of the pile & swipe the puck heel to middle. Try to break off the follow through. That way the goalie has a harder time reading the shot. Try to shoot each shot harder without pulling the puck.



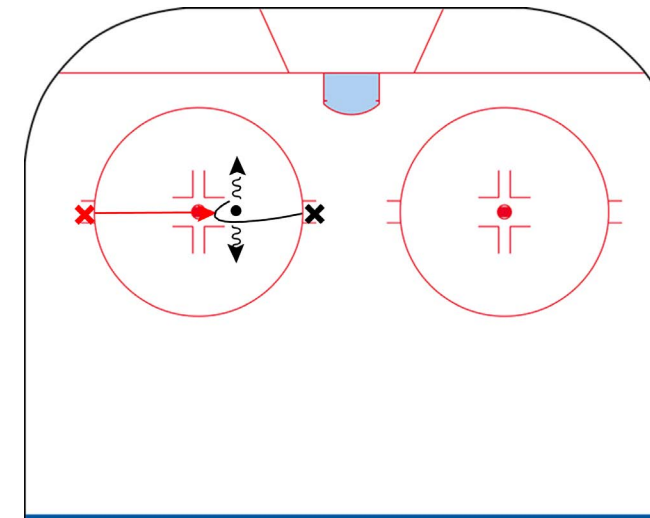
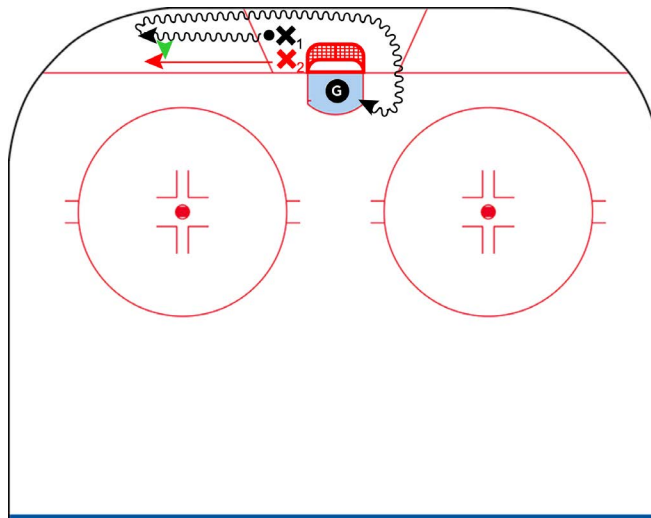
DEREK MILLER
NEXT GENERATION HKY

ANATOMY OF TACTICAL SKILL DEVELOPMENT



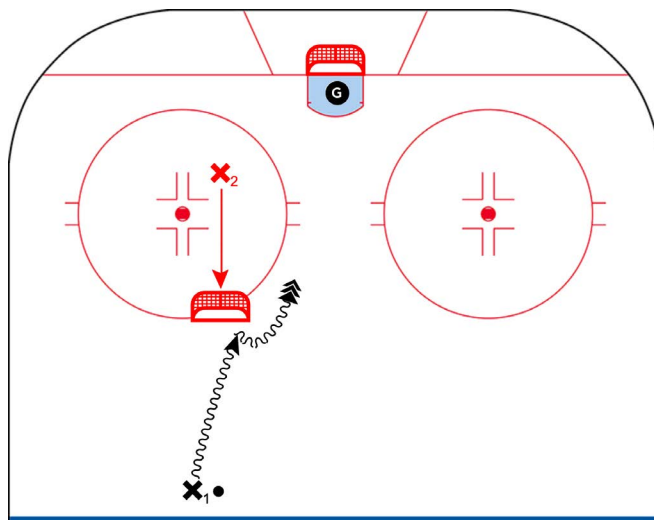
- Four pylons will be set up as shown. Players will use these 4 cones along with the dot as their guide.
- At each cone the players will turn in one direction and at the center dot the players will turn in the other direction.
- Along with being a great drill for working on change of direction, this drill is also a great platform to isolate the skills needed for puck protection. Coaches can isolate hand/body positioning (with and without puck) and also add in passive or more active pressure when protecting the puck, with a focus of establishing 'their ice' when entering and exiting a turn.
- **Progression 1:** No pucks - focus on hand and feet position
- **Progression 2:** With pucks
- **Progression 3:** With pucks and passive pressure from coach

- This is a great drill to work on proactive puck protection through the usage of a counter-bump.
- For this drill there will be two players, one giving a counter bump and the other player receiving. The player giving the counter-bump will skate up the boards and step into the ice of their opponent, giving a counter-bump, before making a tight turn, establishing their lane and then sprinting out of the drill.
- This drill can be done in many different areas of the ice to mimic different game situations where counter-bumps can be used and a corresponding 'second' action such as a shot or the 'cutting of the net' (as shown in this illustration) can be added into mimic gameplay.
- This drill can be done passively with the secondary player allowing themselves to be bumped and then also under "stress" where the players are actually competing for a loose puck.

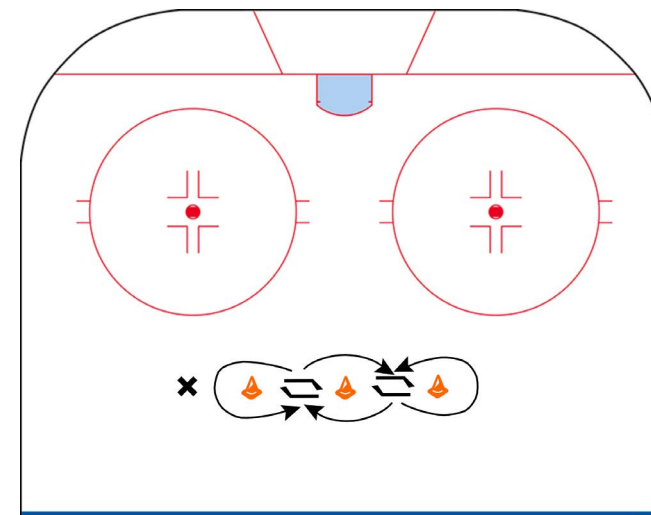


- This drill teaches the concept of 'position over possession' - looking to establish strong body positioning before obtaining puck protection to maximize your opportunity for success.
- For this drill there will be two players on opposite hashmarks on the circle. The puck will be set slightly off to one side to make it more advantageous for that player. On the coaches go the players will race for the puck.
- The player who is closest to the puck **MUST** establish body positioning prior to touching the puck. This is done by the athlete racing to the far side of the puck and showing their back/surrounding the puck to get in a puck protection position. By doing so the player has prioritized their body positioning allowing them the best opportunity to control the situation.
- Once the player has surrounded the puck they may now go anywhere in the circle while protecting the puck as their opponent attempts to separate them from the puck or knock it out of the circle.

- This drill teaches is a great drill to work on changing the angle and pulling pucks around a screen. Within this drill there are 3 phases:
- **Phase 1:** Players will use a tire or net as an obstacle to drag and fire around. During this phase both the obstacle and the player will be stationary. Players are focusing on their hands and feet working in sequence during this phase.
- **Phase 2:** Players will continue to use a tire or net as an obstacle to drag and fire around. During this phase both the obstacle will be stationary, however the player will be moving. The goal in this phase is to establish the footwork/cadence needed to shoot in motion.
- **Phase 3:** This is the phase shown in the illustration. Players will use a net as an obstacle to fire around. During this phase a partner will be slowly pushing the net at their partner to replicate a moving screen. The angle the net is being pushed from and the players starting point can be altered to mimic different shooting situations. During this phase we are looking to add 'stress' into the drill to better mimic gameplay.
- During all three phases hand positioning, puck preparation and footwork should be an emphasis. Similar progressions can be used for push, under handle and 'stop up' shooting techniques.



- The purpose of this drill is for players to place a focus on the edgework and the corresponding balance, body control and edge techniques needed. For this drill three pylons will be placed down as markers, with the pattern representing three small circle or a 'snowman'.
- **Technique:** All three Pylons will be placed on the ice as shown in the illustration however, no sticks will be placed on the ice. Players will make the pattern shown in the illustration staying on one foot and their inside edges the entire time. Every time a player reaches the center of the pylons they will stride out and switch which leg/inside edge he/she is on. This same process can then be applied for outside only. Focus is on good body positioning and technique for this progression.
- **Power:** Sticks will now be placed on the ice with two stick in between each pylon. Players will make the same pattern, while being on one foot/edge at a time, but now be forced to be more explosive as they clear each set of sticks. Focus is on maintaining good technique while being.
- **Footwork:** Players can now perform a series of different footwork techniques in between the two sticks as they complete the same pattern. This includes two foot taps, crossovers, single foot jumps etc. . . Get creative!





DWAYNE BLAIS

NATIONAL SKILL DEVELOPMENT ASSOCIATION (NSDA)

THE SKILL OF DECEPTION



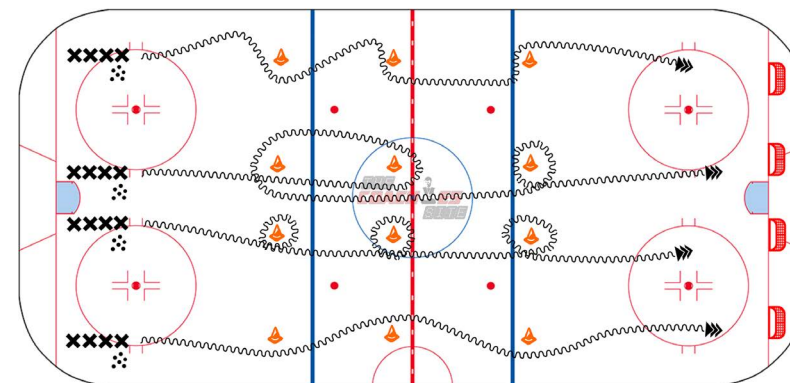
@nsdahockey



National Skill Development Association

DECEPTION - STICK HANDLING WARM UP

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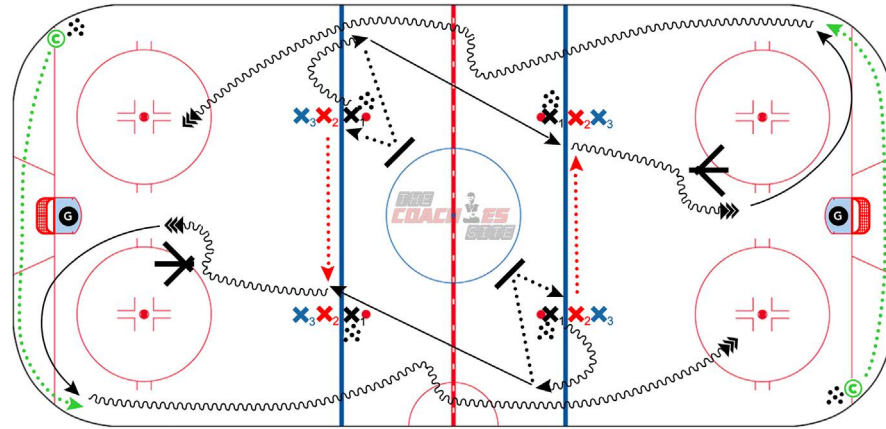


- Review puck handling - hands in good position, top hand up (keeps blade flat on ice), cup blade over puck on forehand and backhand, head up, top hand (control hand) controls blade and bottom hand (power hand) adds power to stick and blade.
 - For all of the 1-4 warm-up waves, have each line perform the same moves and patterns, start with #1 then #2.... Focus on keeping head up, scanning the ice, being aware of surroundings.
1. Have players control puck around the cones, work on quick moves at cone, look, move puck and feet one way and cut opposite way, finish with shot.
 2. Glide turns around cones, players skate to cone 2 and glide back to cone 1 then skate to cone 3 and tight turn around the cone and go to net for shot, keep head up, scan ice.
 3. Control puck around cones, players do tight turns with puck around all 3 cones then shoot, keep head up, scan ice.
 4. Lateral movements, player skate with puck while crossing over around 3 cones, looking opposite direction that they cut, finish with shot.

There are two parts to the drill which coach will blow whistle to start.

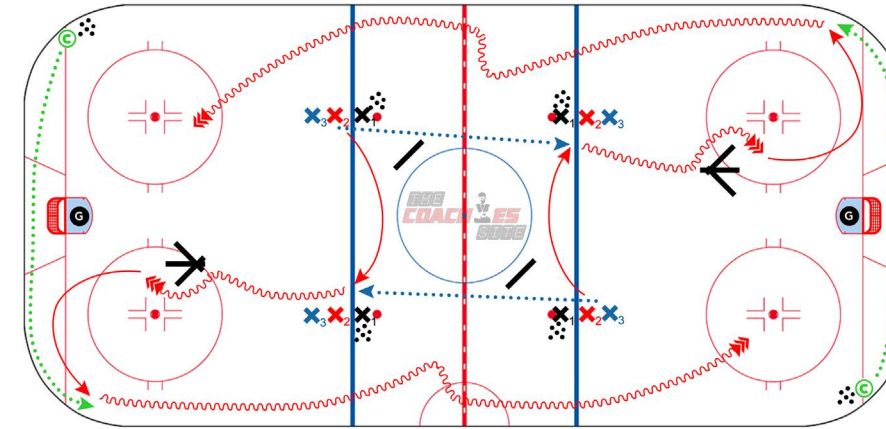
PART 1

- **X1** leaves with puck fakes inside blue line & cuts back passes to **X2** off passer.
- **X1** then skates to far blue line to receive puck from **X2** in opposite line to drive in for a shot.
- **X1** receives a rim from the coach, **MUST** shoulder check, handle & drive down the ice.
- At center ice **X1** makes a power move to the outside for a second shot.
- **PART 2** begins on whistle.



PART 2

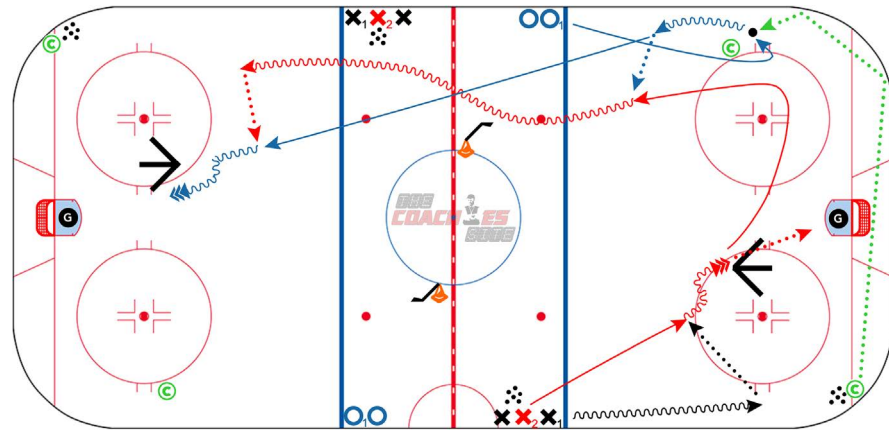
- On whistle **X2** leaves without a puck and cuts across the blue line for a pass from **X3**.
- **X2** then skates and makes a move to the outside for a shot.
- **X2** receives a rim from the coach, **MUST** shoulder check, handle & drive down the ice.
- At center ice **X2** makes a power move to the outside for a second shot.
- Continue with **PART 1** begins on whistle. Alternate between both parts.



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QUICK SHOT - RIM TO HIGH SLOT SHOT

- **X1** leaves down the wall with puck, makes a deceptive pass (look off pass) to **X2** who makes a quick move and shoots through tripod.
- **O1** leaves on same whistle and receives rim from the coach. **O1** must protect puck from coach and find **X2** who supports following shot.
- **X2** drives middle and then outside adding deception with head, stick/puck and feet then drives in zone fakes shot on net and passes to **O1** for shot through tripod.



GARY TAN

GARY TAN (G10) ICE HOCKEY ACADEMY

- All players start with a puck.

Progression 1

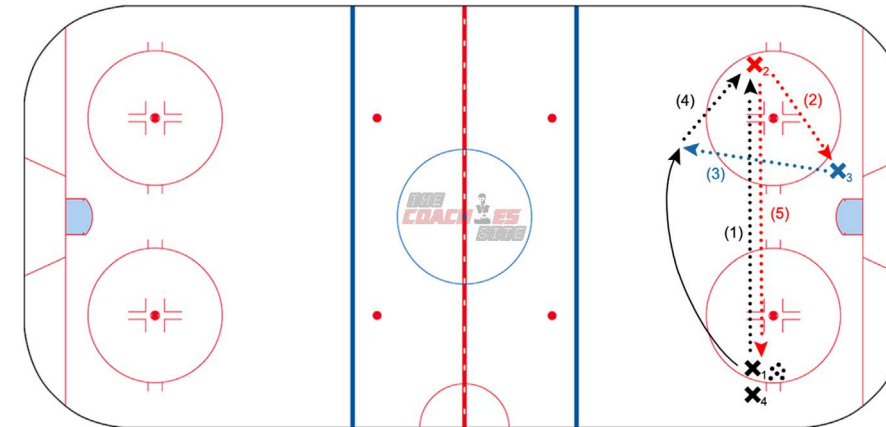
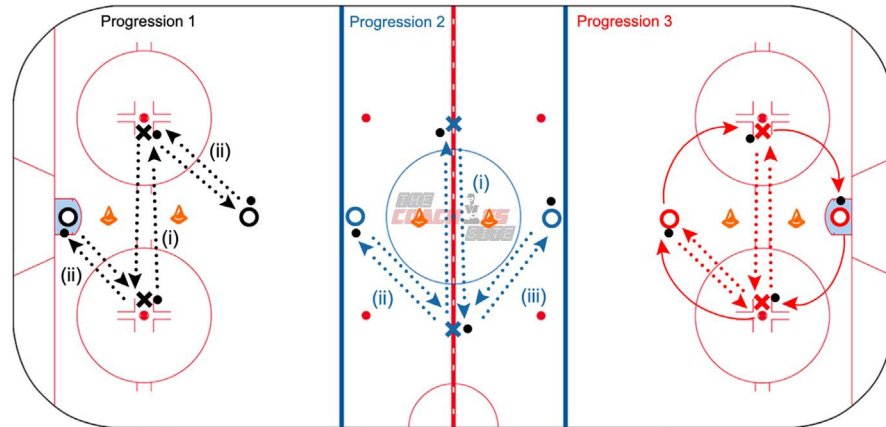
- X**s pass to each other
- X** and **O** pass to each other, change positions after 5 rounds

Progression 2

- Same drill as above, but add on another pass to the other side

Progression 3

- Complete i & ii - then move clockwise to change positions



- Pass 1: **X1** pass to **X2**
- Pass 2: **X2** pass to **X3**
- Pass 3: **X3** pass to **X1** who is skating
- Pass 4: **X1** passes back to **X2**
- Pass 5: **X2** pass to **X4**
- X1 > X2 > X3 > behind the line

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PASSING PROGRESSION 3

Part 1 and Part 2 take place in the same area. This drill is drawn in two zones for simplicity.

Pass 1: **X** passes to **O**

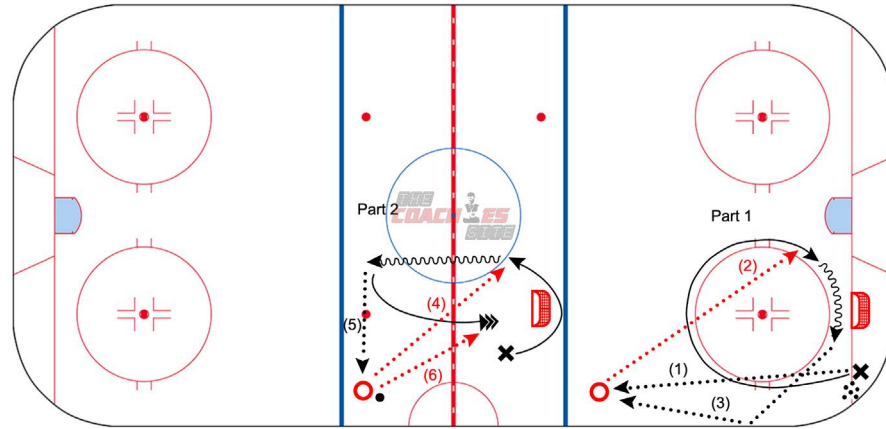
Pass 2: **X** circles around zone and receives diagonal pass from **O**, from behind

Pass 3: After receiving pass, **X** skates and makes a bank pass back to **O**

Pass 4: After bank pass, **X** curls back and goes around net and receives diagonal pass from the front

Pass 5: **X** skates back towards the point and passes back to **O**

Pass 6: **X** cuts to the middle and **O** passes back to **X** for a shot on net

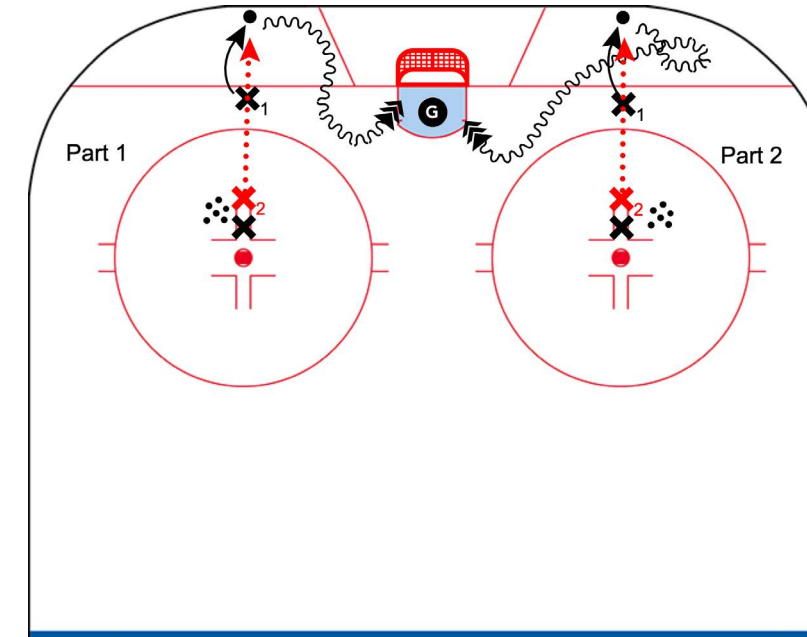
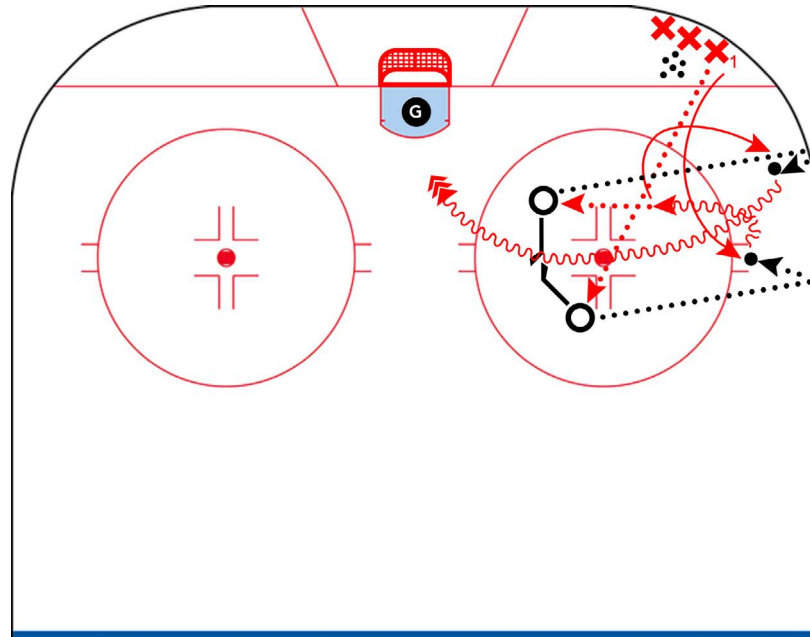


JOEL LENIUS
SKATE TO EXCEL INC.

JAB STEPS: SLIDING WITH OUTSIDE EDGE

Drill focuses on attacking the net through defenders, instead of around them.

- **X1** starts by passing to either **O** player in the circle.
- **O** immediately spots the puck along the boards for **X1** to retrieve.
- **X1** recovers puck and passes to the other **O**, who also one touch passes it to the boards.
- Upon retrieving the second puck, **X1** attacks the net between token defenders **O**, using their body and stick to shield the puck.

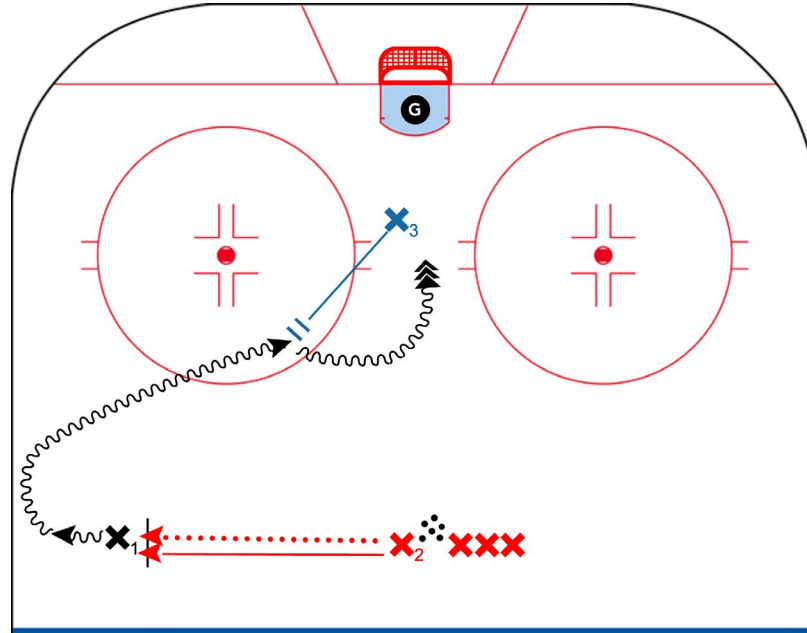


- The drill starts with **X1** standing facing the boards and receiving a spotted puck between their legs, from **X2**.
- **X1** retrieves the puck using shoulder checks and deception.

Part 1: Attack the net directly

Part 2: Climb the wall and then attack the net

- The drill starts with **X1** standing facing the boards and receiving a spotted puck from **X2**.
- **X2** follows their pass and provides token pressure towards **X1**.
- **X1** must use shoulder checks to read the pressure and then use an evasive move to spin away from their opponent.
- **X1** then attacks the net and uses another evasive move around **X3** who acts as a defender, also providing token pressure.

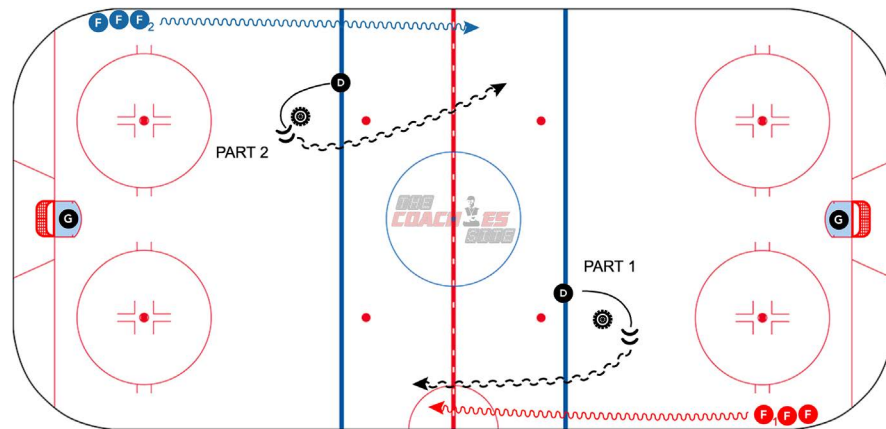


JOHN KENNEDY JR
NATIONAL SPORTS ACADEMY

DEFENDING WITH YOUR FEET

Part 1:

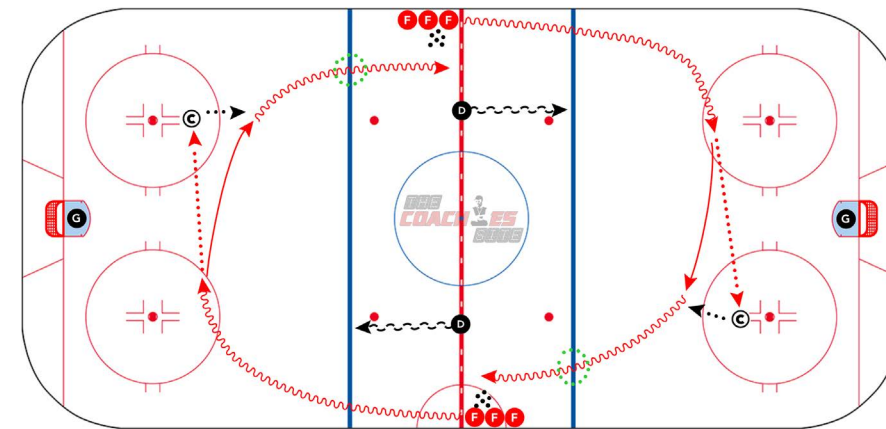
- **F** starts on the boards near the hash marks. **D** starts on the blue line with cone/tire placed in the zone.
- On the coach's call, **F** starts skating with the puck, while **D** gaps up around the tire coming from the inside and pivoting outside to take on the rush.



Part 2:

- Identical to part 1, however, **D** now pivots to the middle and has to cut down the angle as they approach their defensive zone.

Note: To challenge the defence, you can have them start on their knees or stomach. Also adjusting the depth of the cone/tire to force them out of their comfort zone.



- **F**s start at the same time with pucks while **D** is stationary on the red line facing up ice.
- **F**s carry the puck into the zone skating inside the circle then delivering a pass to the coach in the adjacent circle. The players continue route and receive a pass back from the coach.
- Once the **F** touches the blueline, the **D** can initiate a crossover quick start and continue skating backward to take on the 1v1.
- Play 1v1 until the whistle.



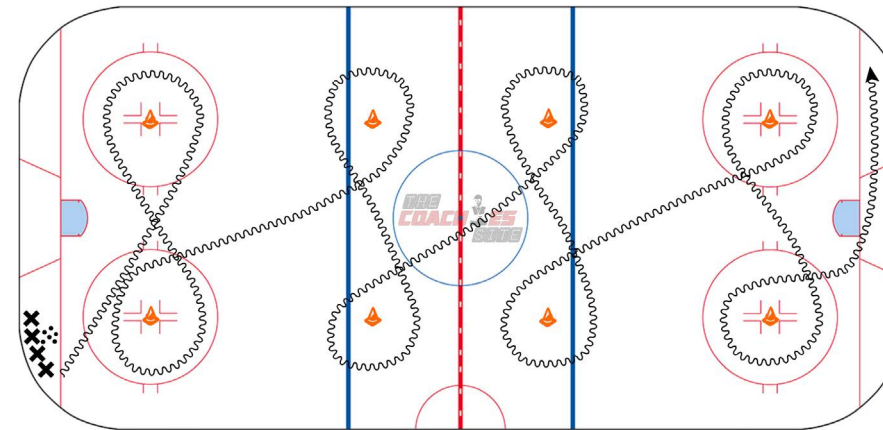
JOHN RILEY
PHILADELPHIA FLYERS

CREATING OPTIONS: STICK, HANDS, AND BODY SYNERGY

 @jdr1122

TOP HAND DEXTERITY - WARM UP

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- Skate and carry puck, at casual speed, with TOP HAND ONLY.

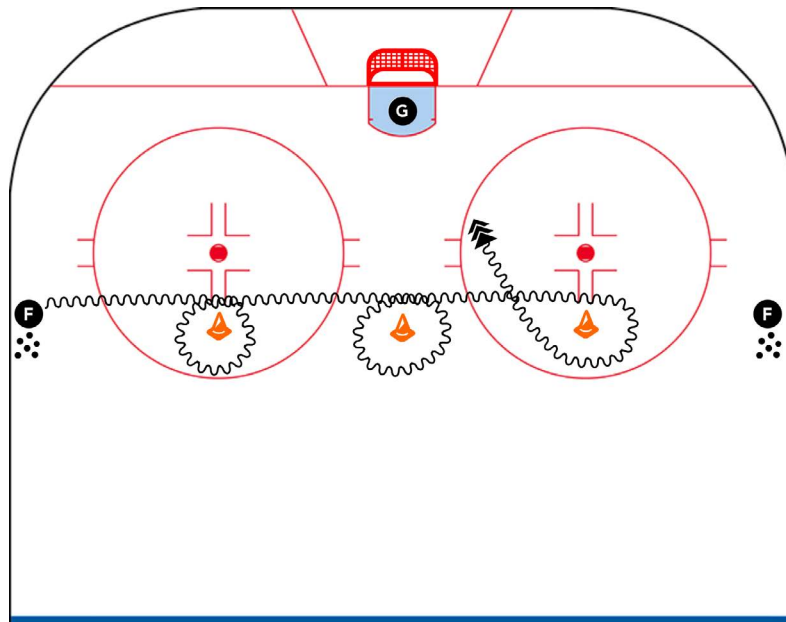
FOCUS:
Maximize blade on ice, elbow up, keep puck on forehand.

44 FOREHAND TURN - WITH SHOT

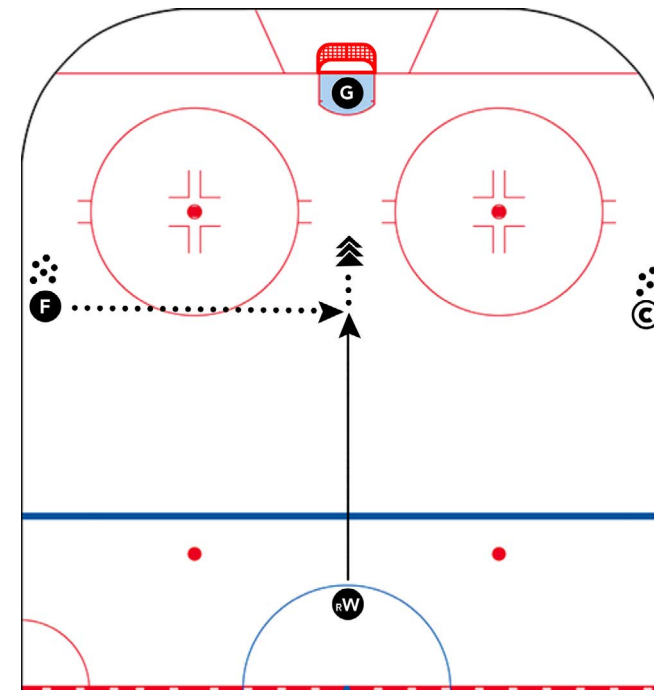
- Fs on both sides at top of circles.
- Skate with puck and go around 3 cones, keeping puck on forehand, turning to weak side.
- Alternate sides.

FOCUS:

Boxed hands. Strong elbow up. Maximize blade on ice.



SEPARATION SHOT 45



- RW (or LW) Start at center circle – skate towards goal. Fs (or coach) at top of circles on wall, on both sides.
- As forward enters zone – square hands and ‘separate’ upper/lower body, Forward opens blade on forehand to receive pass.
- RW catch puck with upper body rotated and then release puck.

FOCUS:

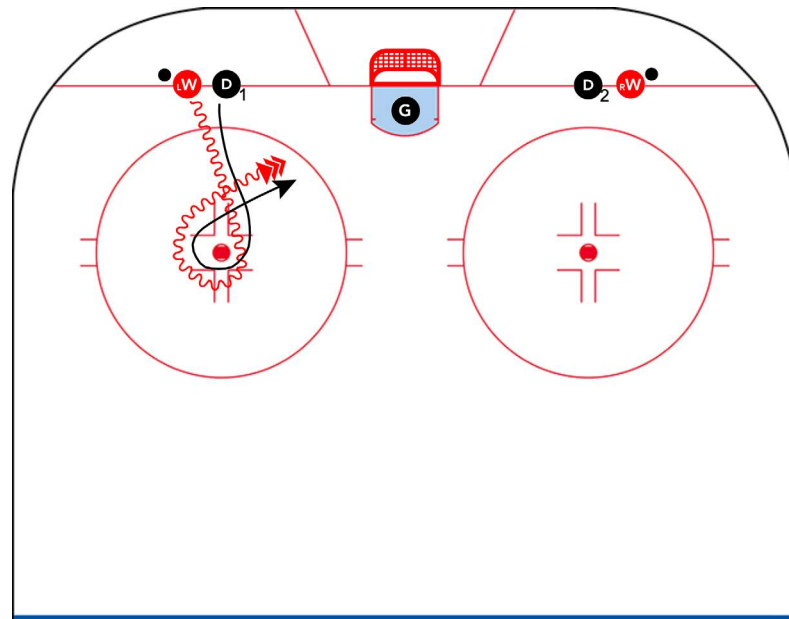
- Rotation of upper body. Open upper body. Keep toes to net. Box hands. Work to get top hand away from body.
- Start slowly. Increase pace as progression allows.

46 WS CUTBACK ATTACK

- F & D line in each corner - on goal line.
- RW on right side, LW on left side
- Alternating sides - Forwards skate towards blue line with puck. Defence mirrors the forward skating. Try to stay 'connected'!
- At or above face-off dot... Forward should 'cutback' turning towards wall. Quick shot – or attack net.

FOCUS:

- Protect puck.
- Box hands. Top elbow up – DO NOT CROSS HANDS on cutback.
- Athletic position. Explode out of turn. Protect puck.
- Quick release on shot – no dust.

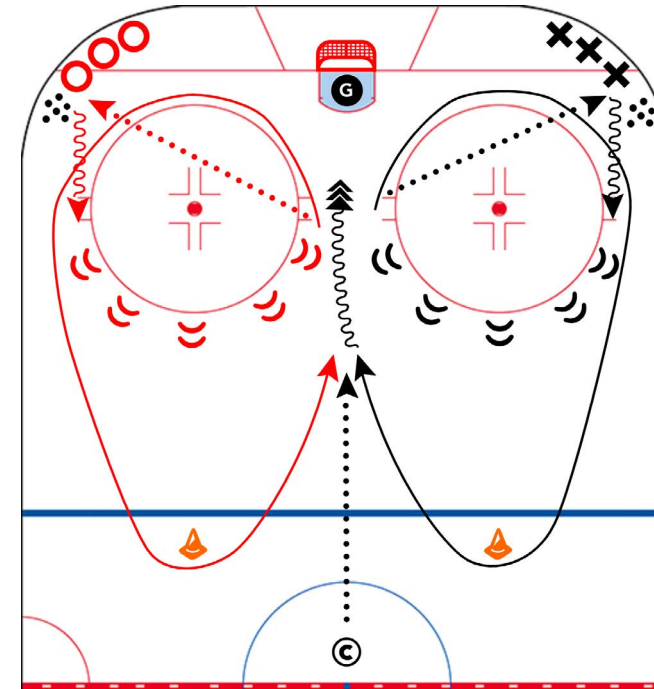
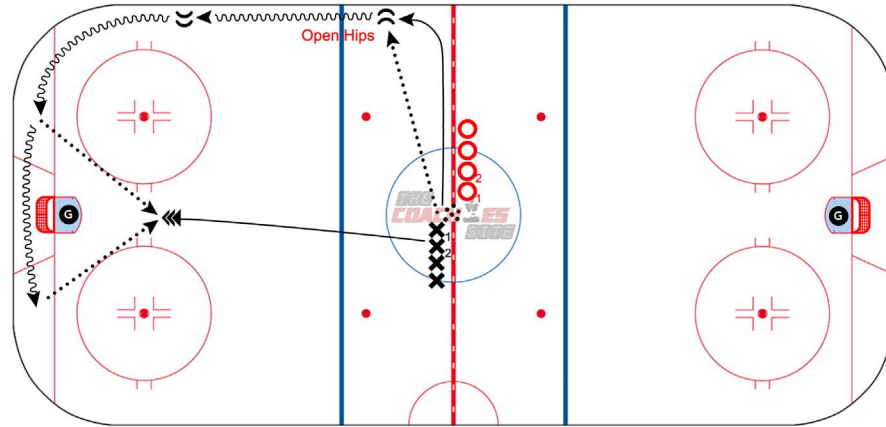


MARCEL JUHASZ

MARCEL'S HOCKEY SCHOOL/ HC LANDSBERG

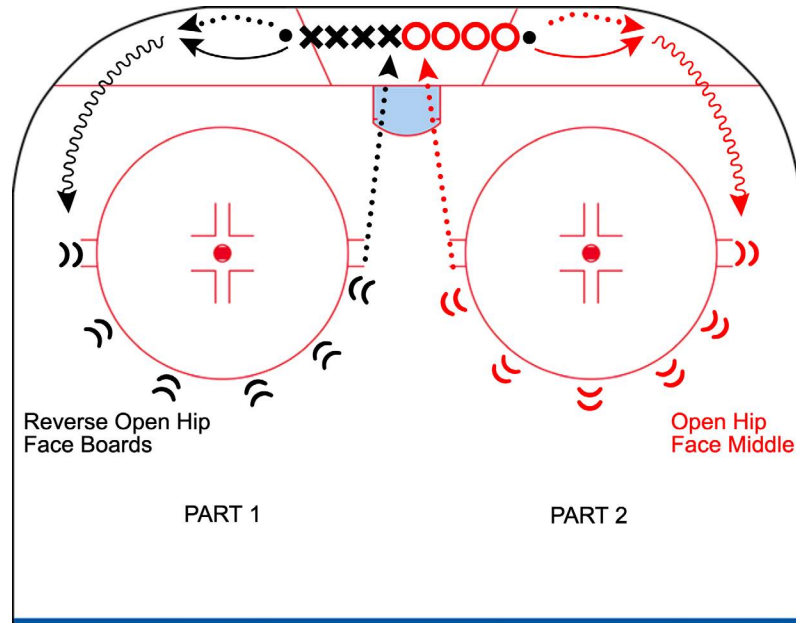
PROGRESSION TO TEACH OPEN HIP TURNS

- **X1** skates to the boards and receives a bad pass and has to open up to receive puck from **X2**.
- **X1** skates down the wing, opens up one time towards boards.
- **X1** continues towards net, opens up, and passes either before or after net to **X2** who comes in with timing for a shot.

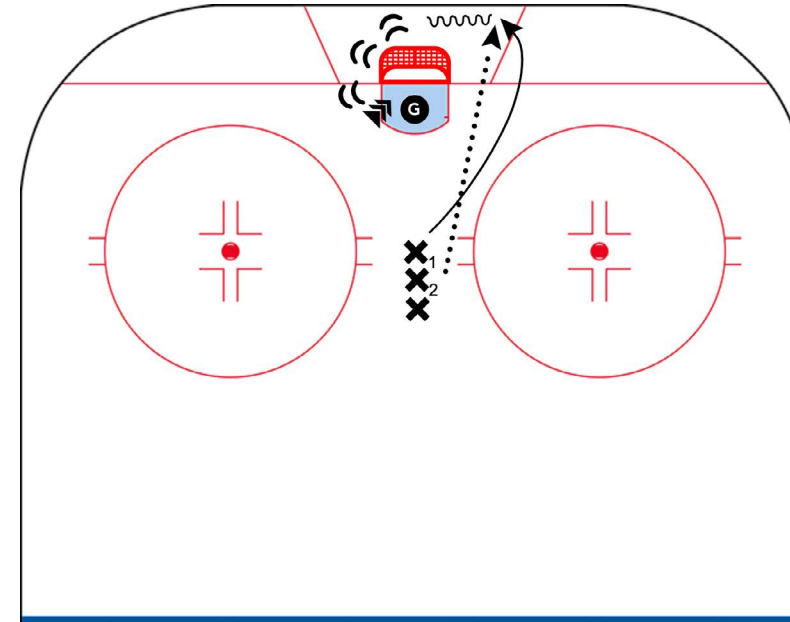


- Both players start as coach plays a puck down the middle (no whistle).
- Players skate with puck to the circle then open hip from hashmark to hashmark.
- At hash, players pass puck to next player in line, crossover around rest of circle, skate around pylon in the neutral zone and race for puck.
- First player to reach puck has a breakaway and second backchecks.

- Player plays short, soft dump into corner.
- Player picks up puck and skates with open hips around the puck.
- Player passes to next player in line.
- PART 2: Reverse open hips



- **X2** soft dumps to the side of net.
- **X1** retrieves puck, crosses over, then wraps puck with open hips.
- Do 3 reps in a row then next player goes.





PAT MALLOY

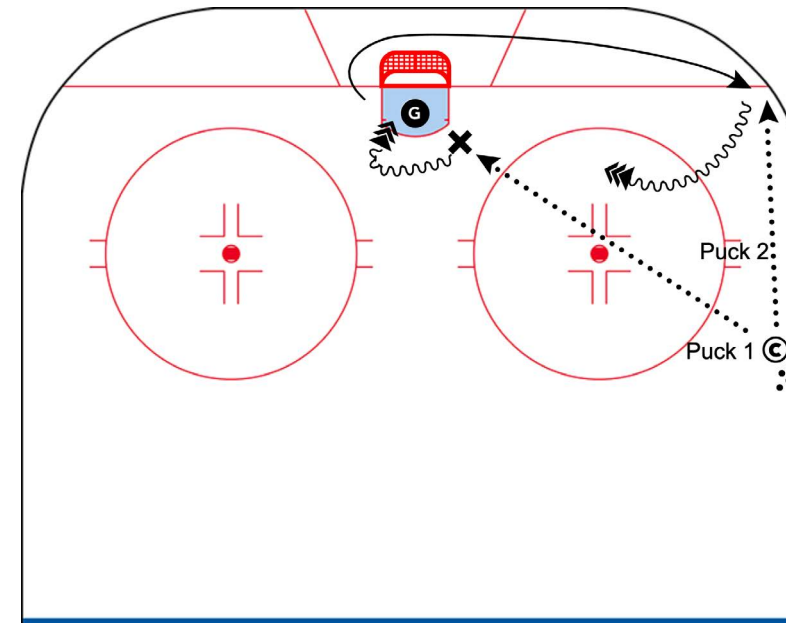
PEAK CENTRE FOR HUMAN PERFORMANCE

CREATING POCKETS OF TIME FOR HIGH % FIRST TOUCHES

 @MalloyHockey

ACCELERATE ON 1ST TOUCH

53



PUCK 1

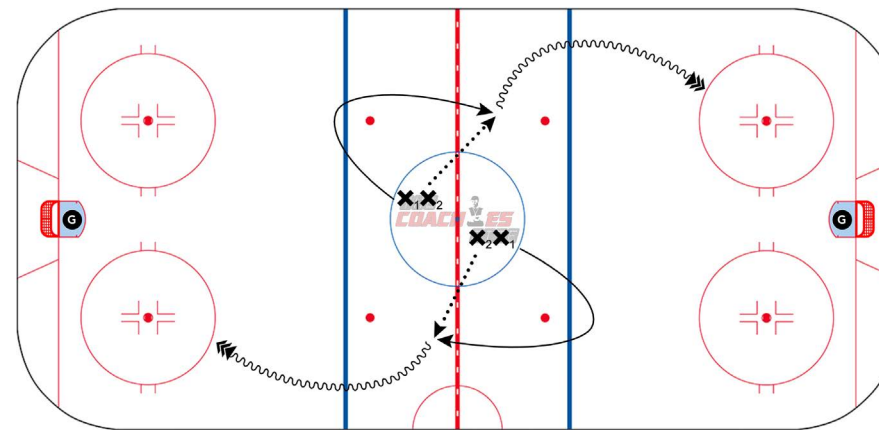
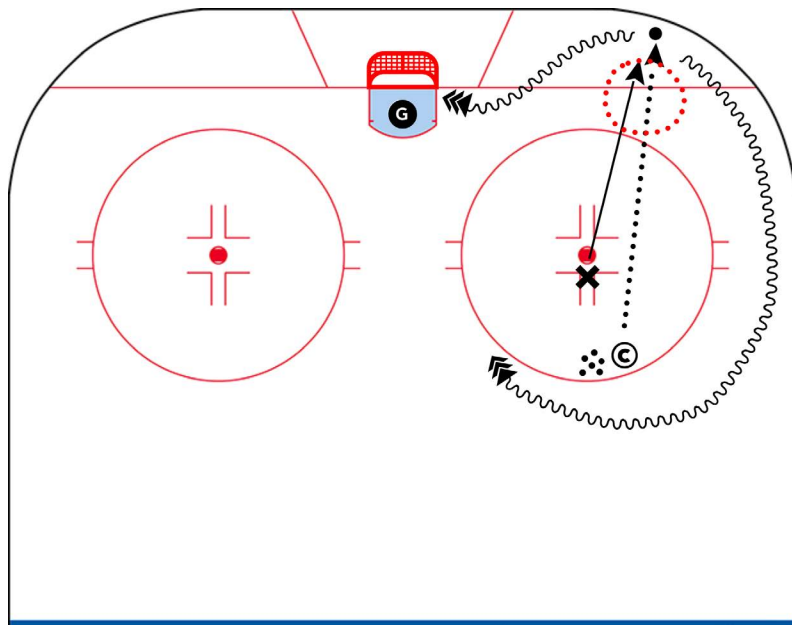
- Coach passes puck to **X** who has locked post and screened goalie, **X** takes pass and swings net front to score.

PUCK 2

- Coach rims puck to **X** who shoulder checks on way to puck after first shot, on 1st touch **X** accelerates, fakes a cutback and moves to open space and shoots on net.
- Shoulder checks/threat assessment.
- Accelerate moving onto 1st touch of puck.
- Provide misinformation via fake movements prior to charging to net for shot.

- Coach and pucks at top portion of circle. Coach spots puck in corners for **X** to retrieve.
- Prior to possession, (red circle area) **X** performs shoulder check and provides deceptiveness via:
 - Weight shift
 - Punch turn
 - Head/Shoulder/Stick Fakes-Dropping bottom hand shoulder.

Players can either #1 cut and drive net for shot or #2 roll up wall and cut to net for shot.



Simple warm up drill that can be used to introduce and reinforce getting lateral off the catch of a pass.

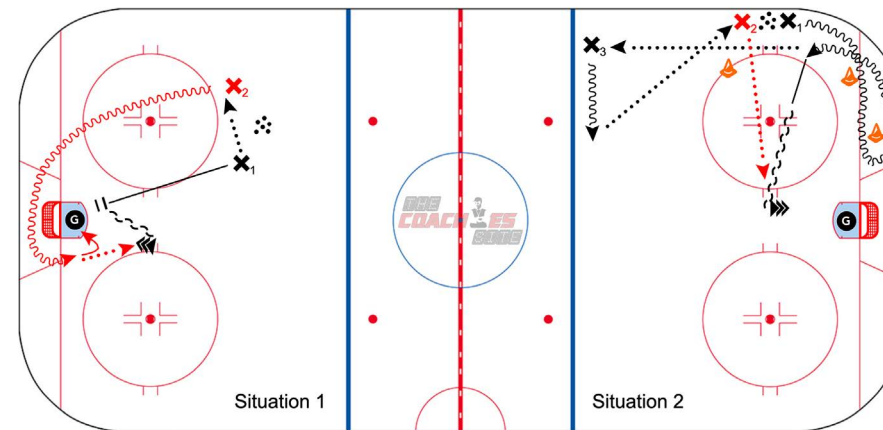
- Start by having players and pucks in the middle ice circle facing opposite ends.
- First player skates out and around NZ dot and skates down dot line past player line.
- Next player in line passes puck to skating player who uses power of the pass to move laterally away toward wall upon receiving puck.
- Change of pace upon 1st lateral step and activating additional lateral steps on way to net finishing with a shot on net.



PAUL ULLRICH
SKILLZ COMPANY

THE ART OF THE ONE-TIMER

GAME SITUATIONS



SITUATION 1

- **X1** starts with a pass to **X2**.
- **X2** drives behind the net while **X1** goes net front.
- As **X2** goes behind the net **X1** skates backwards to the hash marks for a one-timer.
- After pass **X2** goes for rebound.

SITUATION 2

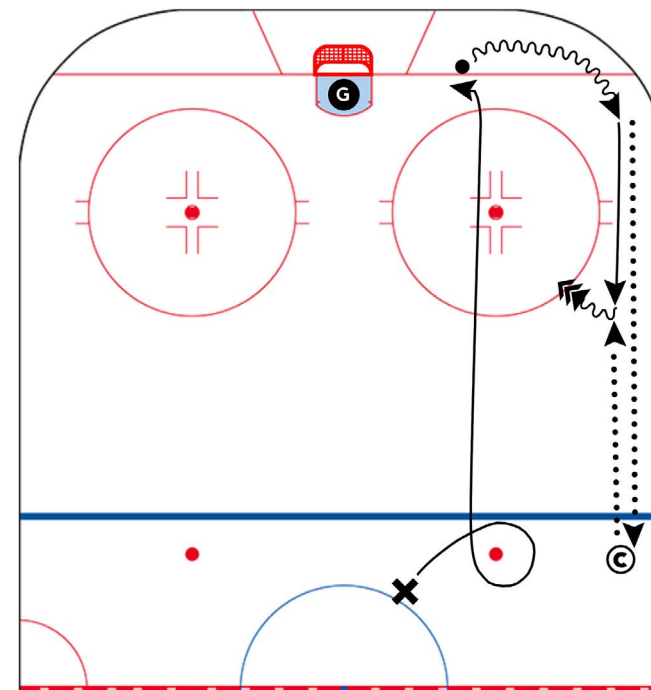
- **X1** starts with pick at half-wall.
- **X1** goes around the cones and then passes to **X3** at point.
- **X3** drags puck to middle, fakes and passes to **X2**.
- After **X1** passes they set up in the high slot for the final pass from **X2**.



SCOTT JONES

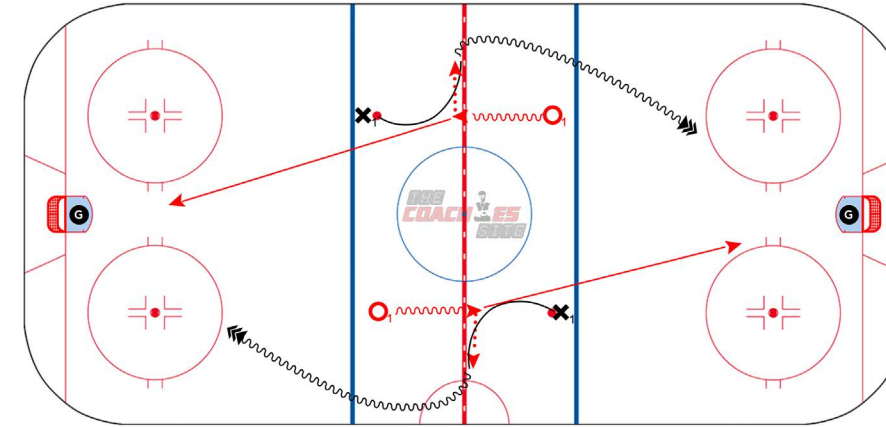
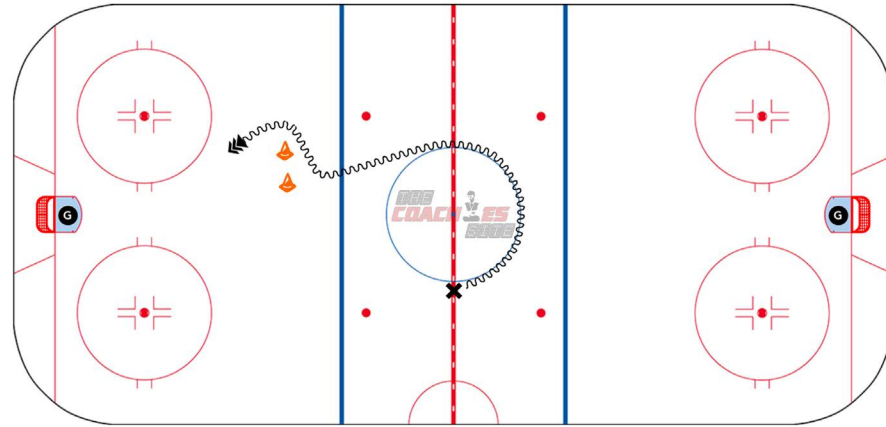
PRO PLAYER HOCKEY DEVELOPMENT

SKILL STACKING: JAM TURNS, PUNCH TURNS, AND TAPS



- Drill begins by player curling around dot to gain speed then hunts the puck in the corner (forecheck).
- Upon arrival at the puck the player will punch towards the back of the net then jam-up the wall and immediately pass to the coach.
- While the player climbs the wall the coach returns the pass for the player to tap to the middle and shoot as quick as possible.

- Player carries a puck around the top of the circle and attacks on the cones where they punch to the middle then crossover around the outside to protect the puck.
- Shoot in stride as soon as possible.

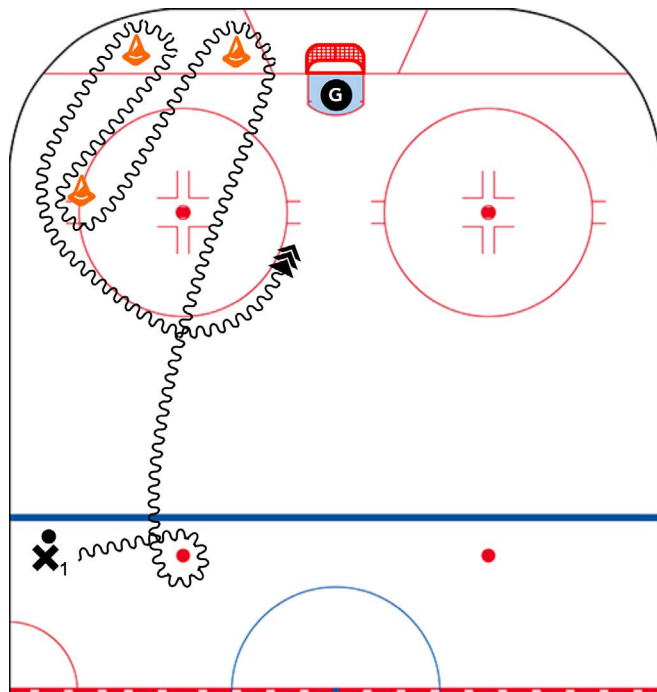


- Opposite lines leave on the whistle.
- **O1** skates straight at **X1**. After crossing the red line **O1** will pass to **X1** on the middle of the ice.
- **X1** will then tap the puck across their body, crossover for body position and enter the zone for a shot with **O1** driving net.



3 CONE DRILL

- Player starts drill with a puck and builds speed around the NZ dot, they then enter the zone and drive the net.
- At the bottom cone the player will jam and skate to the top cone where they will once again jam to the middle cone.
- After the 3rd or middle cone player crosses over to the top of the circle for a shot.



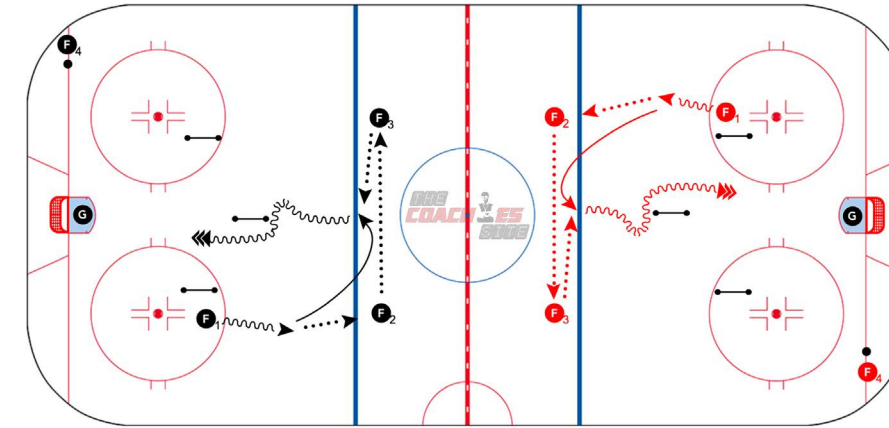
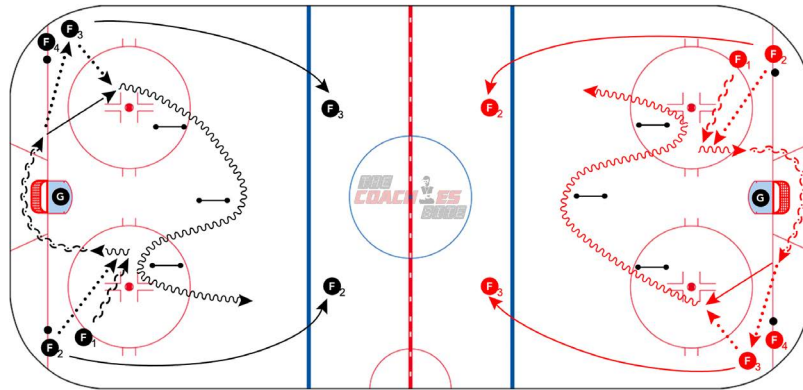
TED SUIHKONEN
NEURO HOCKEY

IMPORTANCE OF COGNITION AND VARIABILITY

We are going for the game's timing aspect with both ends going simultaneously. Exchanging of pucks and switching our support partners.

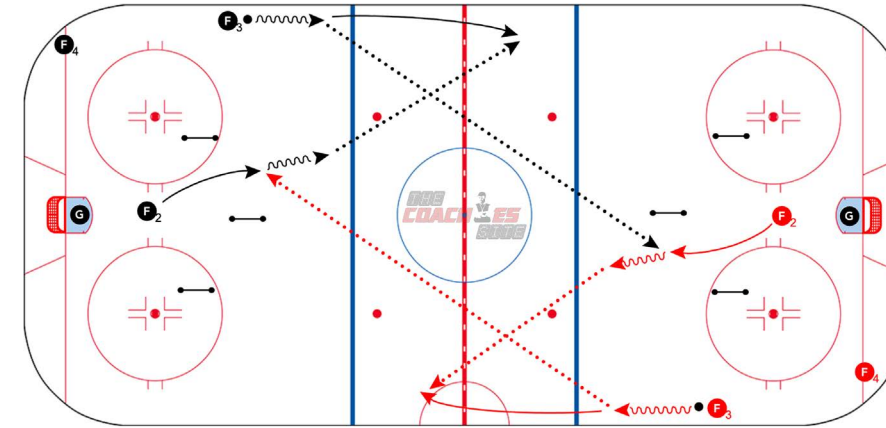
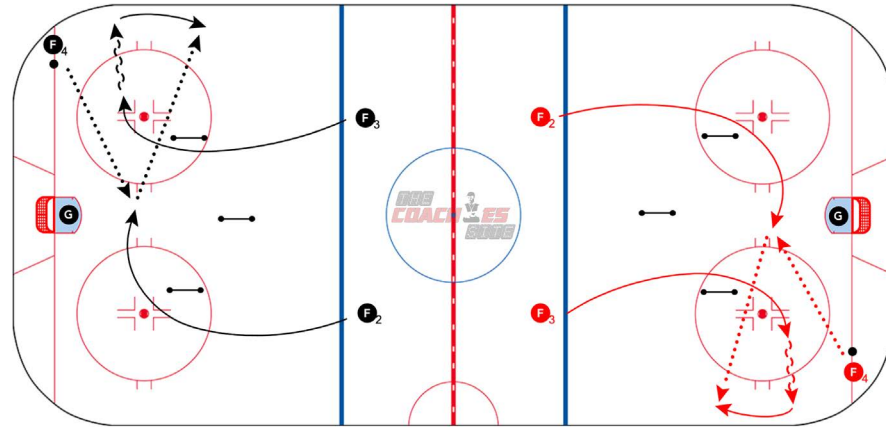
1. Timing
2. Passing
3. Communication
4. Support

- F1s start backwards without a puck and receive a pass from F2s.
- F1s pivot to forward when they receive the pass and go behind the nets, where they pass to F3.
- F3 then quickly gives the puck back to F1.
- F1 then goes through the stick handling obstacles. Here they can do open hips, puck under the obstacles, whatever you want them to do, just be creative.
- F2 and F3, once making their passes head up to the face-off dots outside the zone.



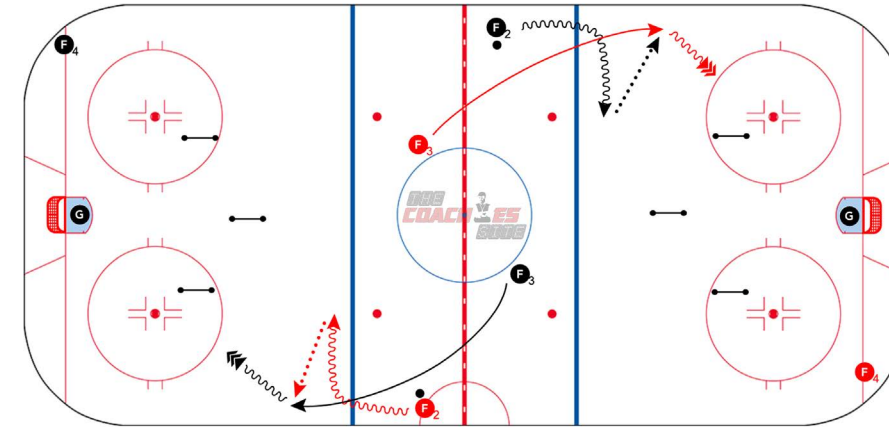
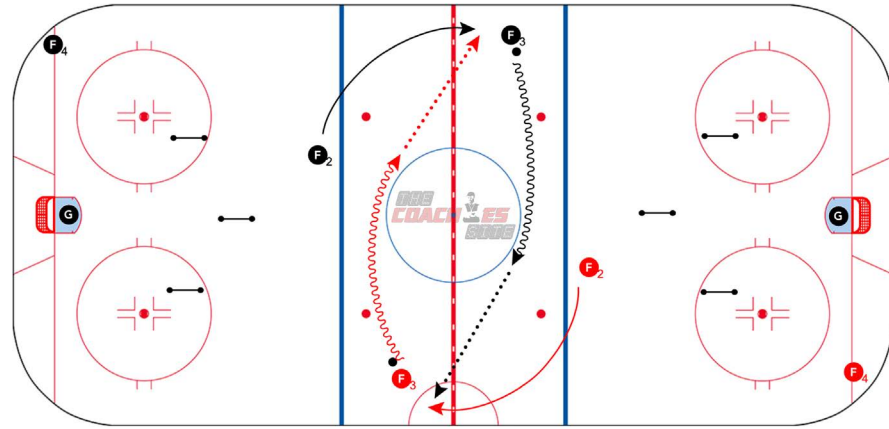
- Once F1 is through the obstacles, they pass to F2, who then quickly passes to F3.
- F1 times it by coming outside the zone and receives a pass from F3.
- F1 now has options to come in. He/She can make a move on any obstacle or drive one of the 4 lanes and get a shot on the net.
- Once the shot is taken, F1 is done with the drill.

- F2s loop to the outside and through the middle, receiving a pass from F4.
- F3s loop to the middle and then pivot, opening up towards the boards.
- F2s quickly passes to F3s.



- F3s pass to the opposite ends F2s.
- F3s time the play, staying on the boards and looping to the center.
- F2 now delivers the puck to the F3s on their side of the rink.

- F3s now loop towards the boards switching partners.
- Once they pass, F2s get out wide and receive the pass from their new partners.



- With their new partners they attack the zone.
- Zone entry can be whatever you as a coach would like to work on, or you can allow your players to be creative.
- They can cross at the blue lines and attack, they can drive and delay... let them explore!



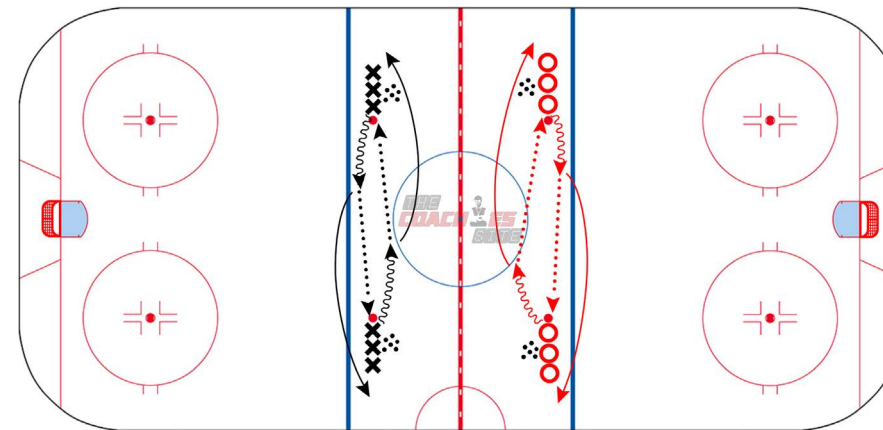
TIM TURK
TIM TURK HOCKEY

TECHNICAL SHOOTING AND SCORING

   @timturkhockey

PASSING SHUTTLE - FOLLOW YOUR PASS IN A STRAIGHT LINE FORWARD

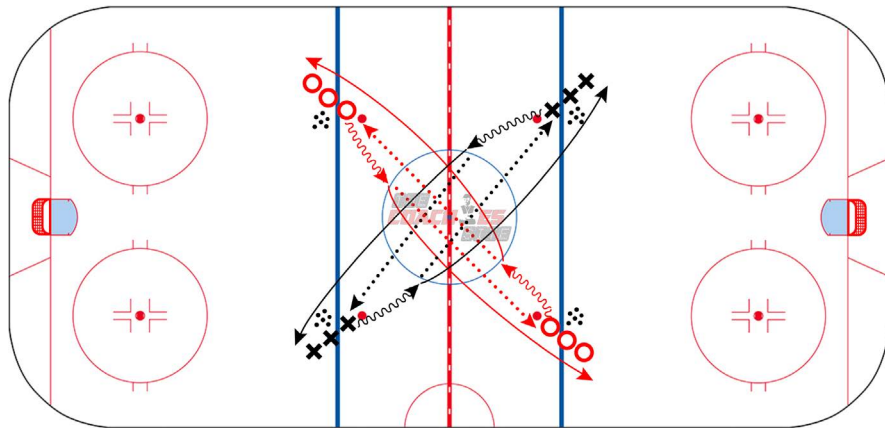
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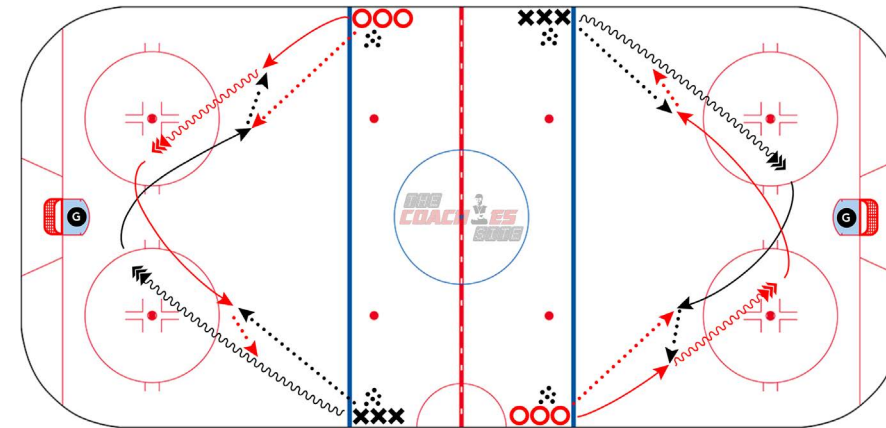
- Xs and Os go at the same time.
- First player in line takes 3 strides forward with a puck and passes to the player at the front of the opposite line.
- Player follows their pass and skates to the back of the line, while the drill is continuous running back the opposite way.

PASSING SHUTTLE WITH TRAFFIC - FOLLOW YOUR PASS

- **Xs** and **O**s go at the same time.
- First player in line takes 3 strides forward with a puck and passes to the player at the front of the opposite line.
- Player follows their pass through the neutral zone traffic and skate to the back of the line, while the drill is continuous running back the opposite way.



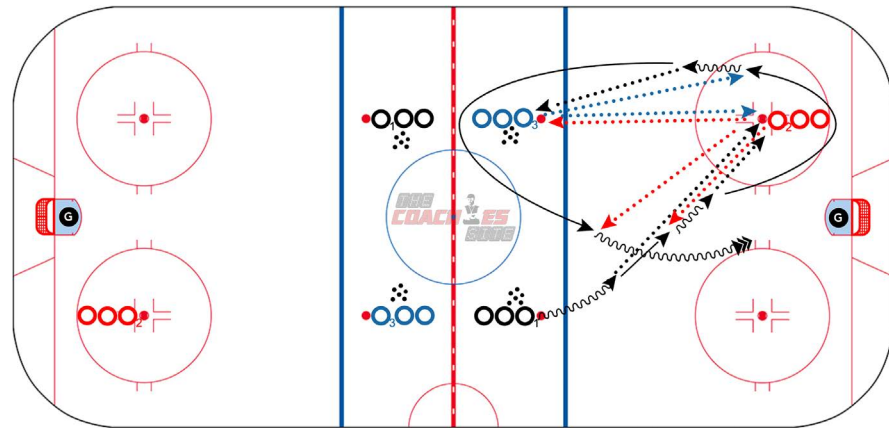
CONTINUOUS SWING WITH A BUMP PASS - EVALUATION



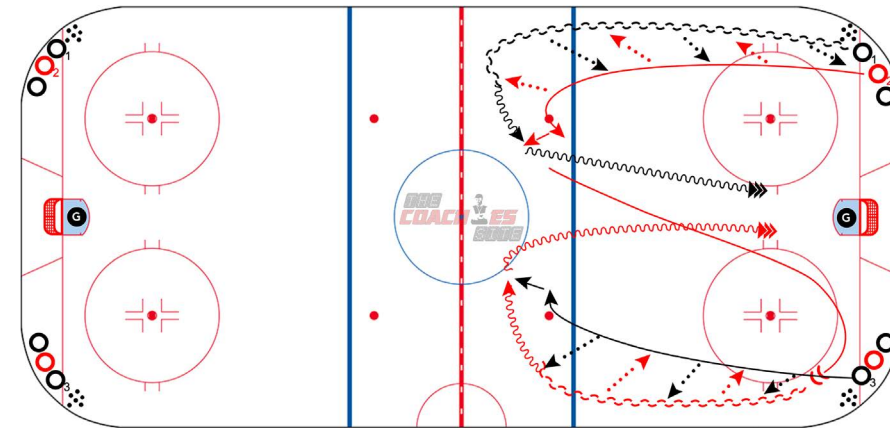
- One side starts in both ends of the ice.
- **X** enters the zone on an angle and takes a quick release shot (always check for and play the feasible rebounds)!
- **X** then heads directly to the other side (opposite line at the blue line in the same end) with their stick on the ice ready to receive a pass from the front player in that line **O** (do a puck exchange, bump pass).
- **O** continues the drill going the other way. It's continuous going from side to side in both ends.

8 PASS DRILL - TRIANGULAR SET UP - BOTH ENDS

- **O1** starts with a puck, makes a long pass **O2** (1st pass).
- **O2** passes it back to **O1** (2nd pass), who one touches to **O2** (3rd pass).
- As **O1** circles below the line, **O2** passes to **O3** (4th pass).
- **O3** then passes puck to **O1** (5th pass) who one touches it back (6th pass).
- As **O1** circles around line **O3** passes back to **O2** (7th pass) who then passes to **O1** just inside the zone for a shot.
- Player Rotation: **O1** to **O2** to **O3**

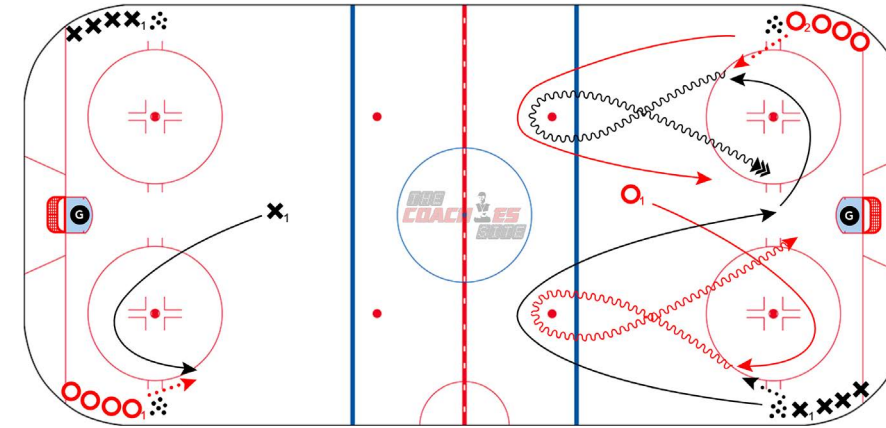
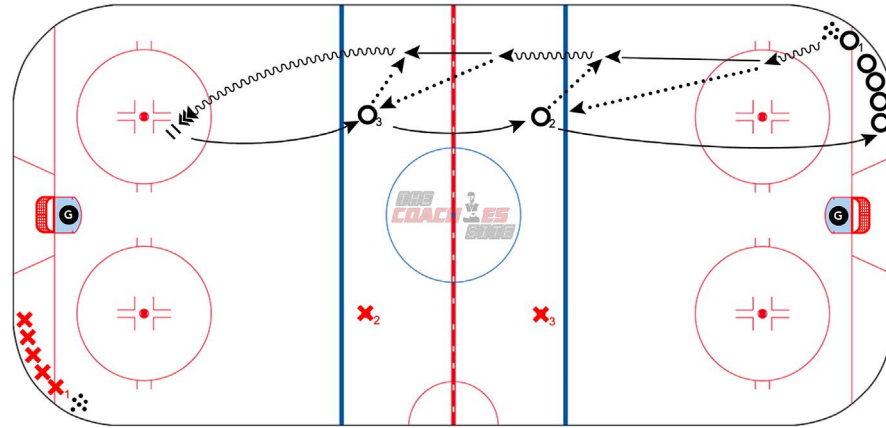


CONTINUOUS TOUCH PASSES - SLOT SHOT - WITH PIVOTS/EVASIONS



- This is a continuous drill with touch passes, pivots, evasions and a single shot.
- Both ends can be done at the same time.
- **O1** skates backwards and **O2** forwards, passing puck back and forth 2-3 times while keeping a consistent gap (about a stick length apart).
- When **O1** reaches blue line, he/she takes puck and does an evasion spin or opens up the take puck to net with shot.
- **O2** heads across to other side, pivots and now becomes the backwards skating to continue drill passing with **O3**. **O2** becomes the next shooter.

- Continuous drill.
- On whistle **O1** leaves with a puck and passes to **O2**.
- **O2** passes back and **O1** passes to **O3** who returns puck for **O1** shot on goal.
- Rotation: **O1** replaces **O3** and **O3** replaces **O2**. **O2** goes back into the line.



- Continuous drill.
- To start the drill **O1** is set up in the middle.
- On whistle **O1** swings below dot and accepts a pass from **X1**.
- **O1** takes puck around neutral dot towards boards and heads to the net for a shot.
- SHOTS: Look for rebounds and low far side pad passes when shooting.
- After **X1** passes this player swings above dot and drives the net looking for rebound.
- After rebound **X1** continues to the corner for the pass from **O2** to continue the drill.



VENLA HOVI

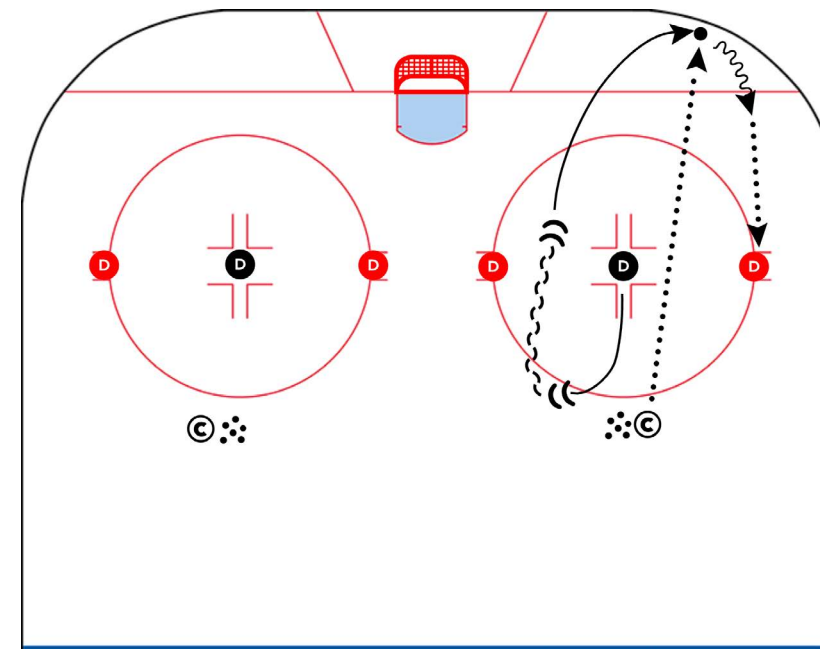
OKANAGAN HOCKEY ACADEMY

DECEPTIVE TECHNIQUES FOR PUCK RETRIEVALS

 @vhovs  @VenlaHovi

27 BO

79



- 3 D line up across circle. **D** on the dot will complete 3-4 reps and the other 2 **D** represent the middle support and wall support players.
 - Coach spots a puck in the corner and **D** gaps up and transitions for puck retrieval, shoulder checks and utilizes deceptive techniques.
 - Options/progressions:
 - Up Wall - up middle with acceleration
 - Up Wall - up middle with pressure
 - Add Partner - reverses each way with pressure
 - On your back - bump to middle support
- Both sides run at the same time.

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SHAKE OFF BATTLE

- On the whistle, **F1** spots a puck in the corner and races to it.
- Utilizing deceptive techniques, the forward tries to create time and space to shake off the **D**. If the **D** gets the puck, they move it to the coach.
- 2nd whistle will activate **F2** who races for the spotted puck vs **D2**. **F1** and **D1** join to create a 2v2.
- On the 3rd whistle, **F3** will shoot for a rebound and activate to create a 3v2 play in the zone
1v1 = condensed space. 2v2 = below top of the circles. 3v2 = full zone

