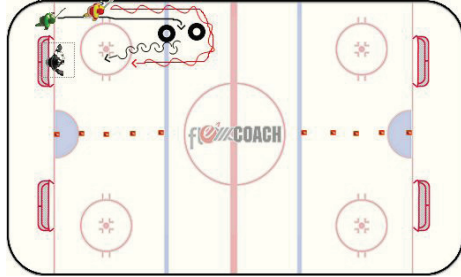


1) 1 on 1's

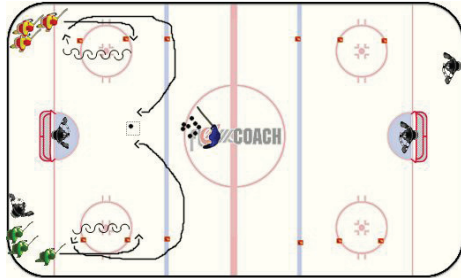


DRILL OBJECTIVE:
KEY ELEMENTS:

16 min.

ORGANIZATION: Split into two equal groups- use all four corners (may want to keep similar player abilities at either end). Forwards start on hash marks and Defense start on goal line. Each player plays D for 4 minutes then plays F for 4 minutes. Switch sides and repeat.
VARIATION:
GOALIE:

2) Transition Drill

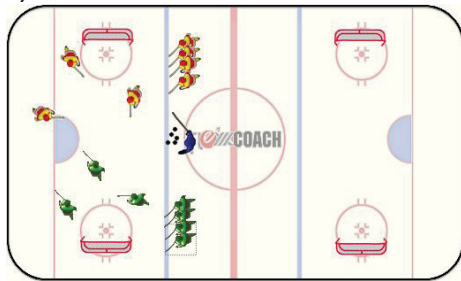


DRILL OBJECTIVE:
KEY ELEMENTS:

8 min.

ORGANIZATION: Split into two equal groups- (may want to keep similar player abilities at either end) Each player must start with one foot on goal line. On whistle players race for single puck. Four minutes on each side (8 minutes total).
VARIATION:
GOALIE:

3) 3 on 3 Cross Ice



DRILL OBJECTIVE:
KEY ELEMENTS:

14 min.

ORGANIZATION: Split into two equal groups- (may want to keep similar player abilities at either end) 40 second shifts - hard out to the blue line on whistle when player's turn is complete!
VARIATION:
GOALIE:

4) Scrimmage Full Ice



DRILL OBJECTIVE:
KEY ELEMENTS:

20 min.

ORGANIZATION: 40 second shifts - On whistle: hard off the ice to bench; next shift lines up at center ice for face off.
VARIATION:
GOALIE:

Post-Practice Comments:

The first 2 minutes players should skate around the rink stretching or stick handling a puck - NO SHOOTING.

Coaches need to set up the first drills cones and get organized quickly.

QUICK water break after the 1 on 1's
