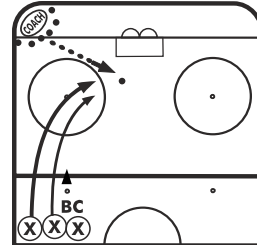
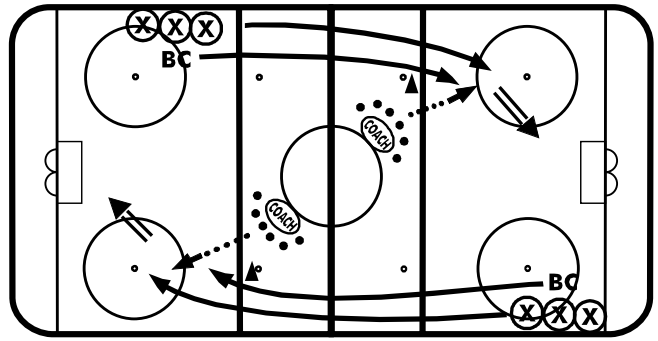


COMPETITIVE DRILLS

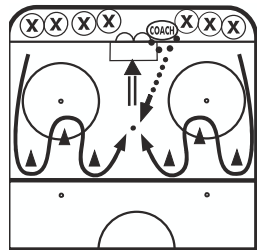
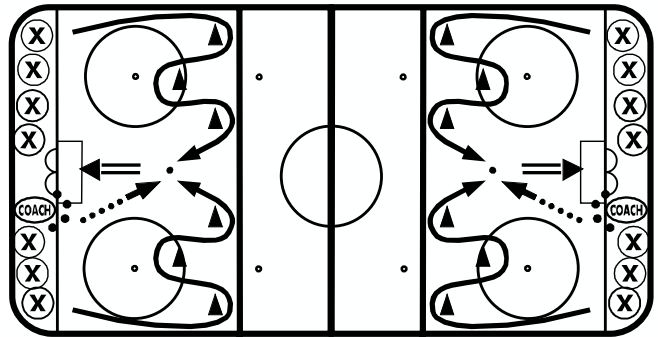
1 ON 1 RACE TO PUCK

1. Form a line in opposite corners and put a cone on the ice near the far blue line on each side
2. A coach with pucks slides a puck out for the two players racing around the cone
3. The first player in each line skates up the ice and around the cone, second player is the backchecker
4. The first player gets the loose puck and shoots on goal
5. The backchecker tries to prevent the shot



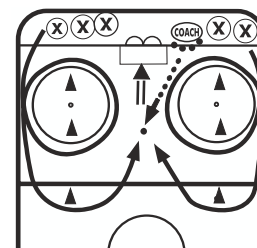
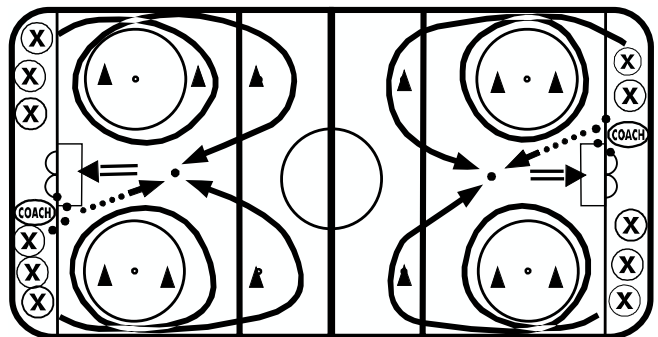
THREE CONE TRIANGLE - CONTROL TURNS - RACE

1. Form a line in each corner and set up a small triangle with three cones near the blue line
2. First player in each line races up to cones and does control turns
3. First player to puck gets to shoot



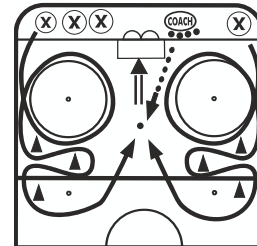
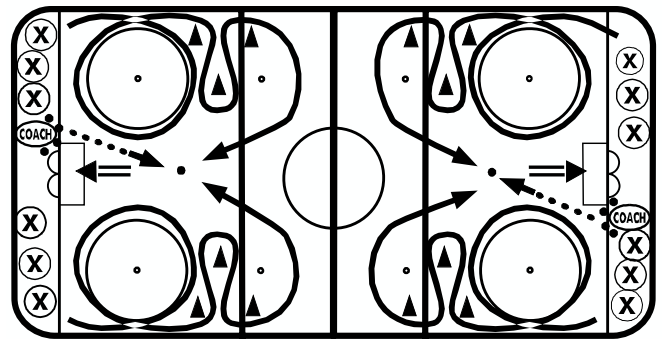
CIRCLE CROSSOVERS - CONTROL TURN - RACE

1. Form one line in each corner and set up one cone out near blue line
2. First player in each line does forward cross-overs around circle and control turn on cone
3. First player to puck gets to shoot



CIRCLE CROSSOVERS - CONTROL TURNS - RACE

1. Form a line in each corner and set up three cone triangles near blue line
2. First player in each line does crossovers on circle and control turns on 3 cones
3. First player to puck gets to shoot



CIRCLE CROSSOVERS - CONTROL TURNS - BACKWARD STEP-OUT - RACE

1. Form a line in each corner, set up three cone triangle near blue lines and one cone near red line
2. First player in each line does crossovers on circle, three control turns, backwards at cone and backward step-out at blue line
3. First player to puck gets to shoot

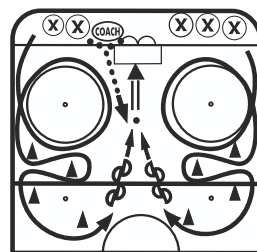
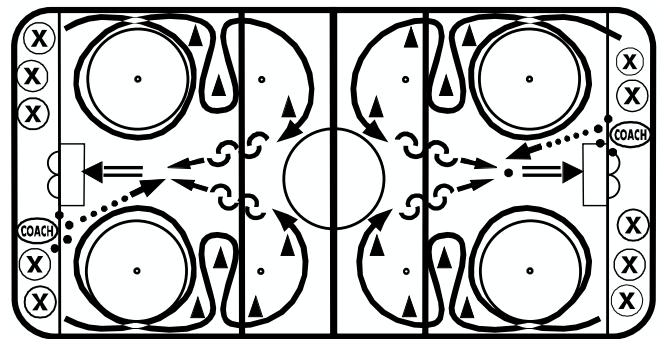
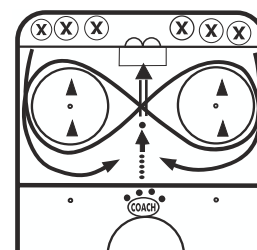
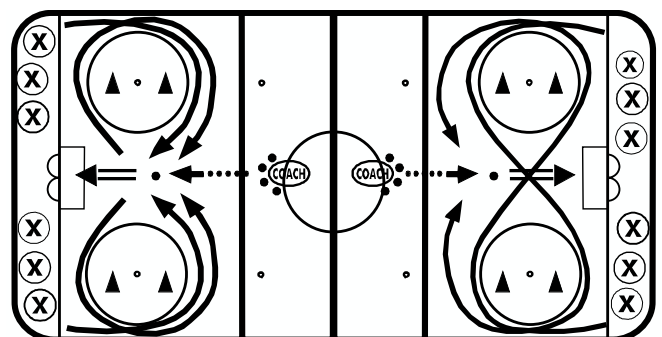


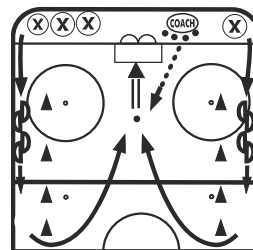
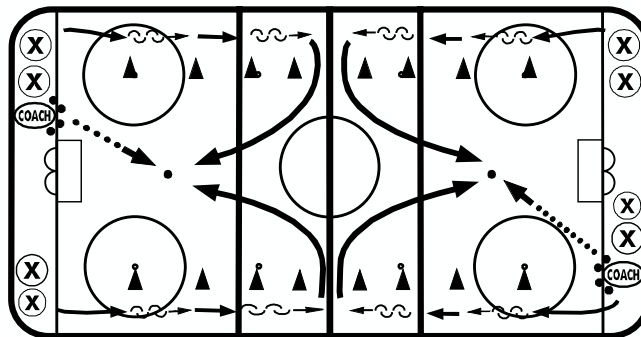
FIGURE 8 CROSSOVERS RACE

1. Form a line in each corner
2. First player in each line does forward crossovers in figure 8 motion on both circles
3. First player to the puck gets to shoot



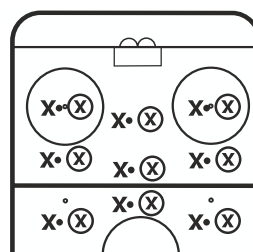
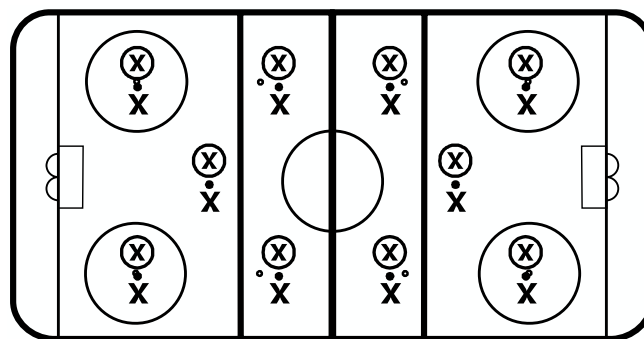
FORWARD-BACKWARD ON CONE — RACE

1. Form a line in each corner, in line with dots on each side of net. Spread four cones out evenly from goal line face-off dot to dot outside blue line
2. First player in each line skates forward to cone then backwards to next cone then forward, etc.
3. First player to puck gets to shoot



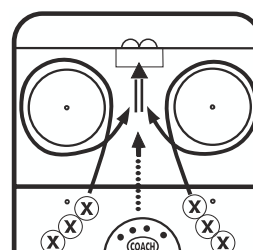
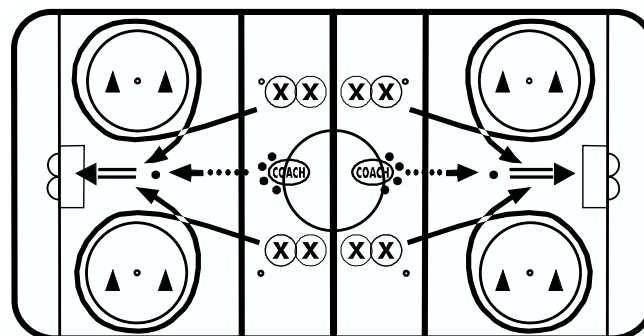
1 ON 1 WAR — PROTECT PUCK

1. Players pair up with one puck in between them
2. Players face each other in face-off position. On whistle, each player tries and keeps the puck away from their partner
3. Players must stay in a confined area
4. Blow whistle after 20-30 seconds, and player with puck wins



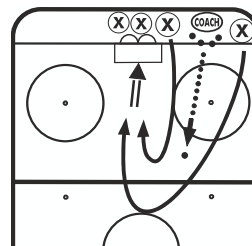
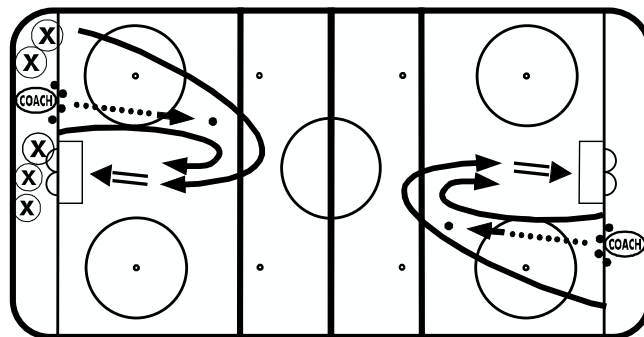
INTO ZONE CROSSOVERS — RACE

1. Form two lines at blue line, 10 feet apart
2. First player in each line skates to circle and does crossovers around top of circle
3. First player to the puck gets to shoot



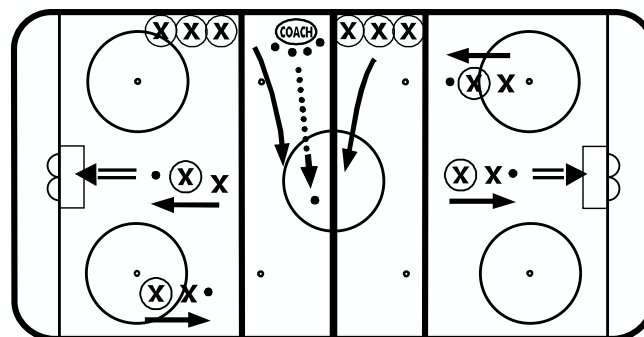
PUCK CHASE OUT AND BACK INTO THE ZONE

1. Form two lines in one corner about 10 feet apart
2. When puck is slid out, the first player in each line races to get puck
3. Once one player gets the puck, try to enter the zone and shoot
4. Players must learn to protect the puck with their body and shield the puck from opponent



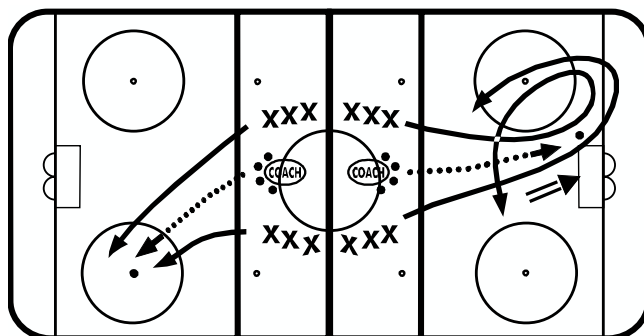
1 ON 1 "ALL OVER" THE ICE

1. Form two lines on one side of rink against sideboards near center ice
2. First player in each line races to puck that is slid out by coach
3. Both players battle each other until one scores
4. Have three to four groups out playing at once
5. At end of time count, how many pucks are in goal to see which line won



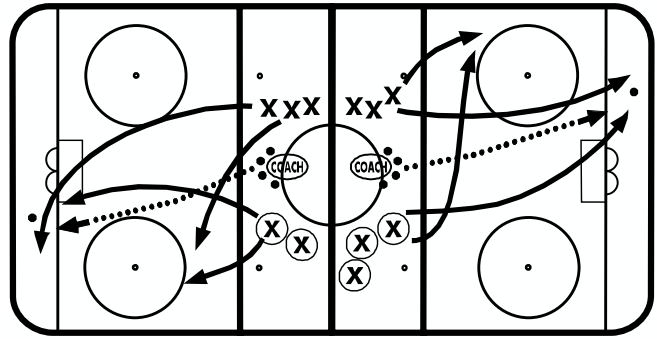
1 ON 1 PUCK CHASE IN THE ZONE

1. Form two lines at blue line, about 10 feet apart
2. Coach slides puck into zone and first two player race to it
3. Players continue to battle until one scores or coach blows whistle



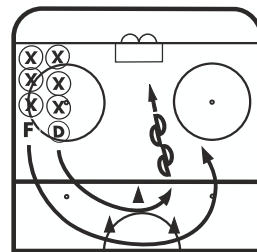
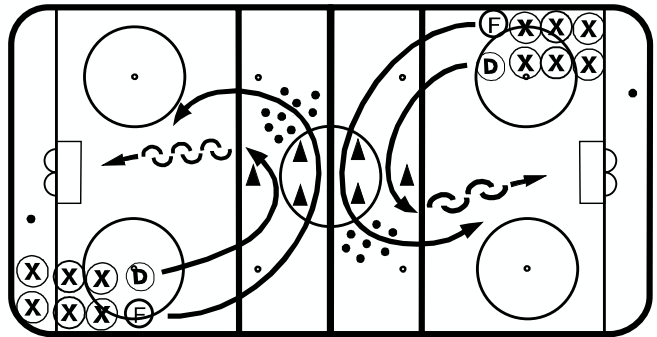
2 ON 2 PUCK CHASE IN THE ZONE

1. Form two lines at blue line, about 10 feet apart
2. Coach slides puck into zone, and first two players form each line chase the puck
3. Stress to players to cover a player when not in possession of the puck
4. Continue to play until one group scores or coach blows whistle



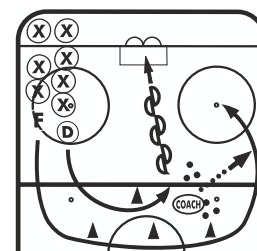
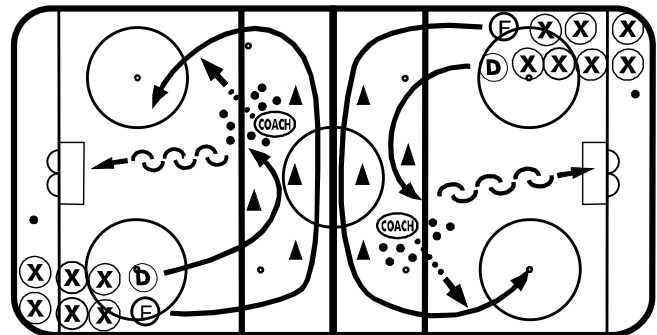
1 ON 1 HALF ICE

1. Form two lines at top of circle, inside line is defensive line and outside line is offensive
2. Put one cone on blue line and other near red line with pucks
3. Defensive line skates to cone at blue line and turns backwards, offensive skates forward to cones near red line and picks up a puck
4. Offensive player tries to score while defensive player tries to prevent a goal



1 ON 1 HALF ICE — PASS TO FORWARD

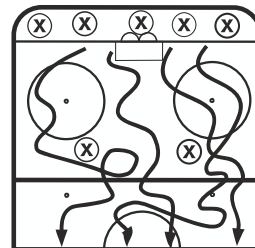
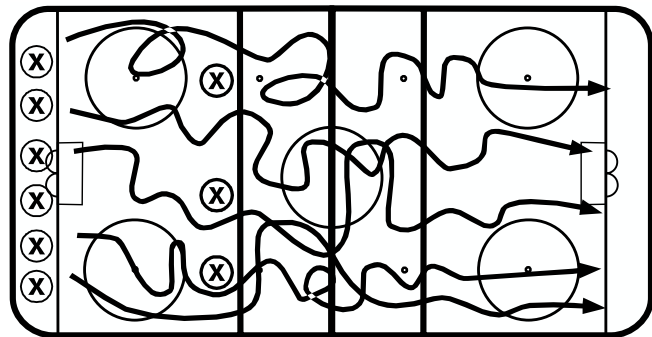
1. Form two lines at top of circle, inside line is defense and outside line is forwards
2. Put one cone on blue line and other near red line with a coach and pucks
3. Defensive line skates to cone on blue line and turns backwards, forward skates forward around cone and coach slides a puck to him
4. Forward tries to beat defensive player



TAG GAMES AND AGILITY RELAYS

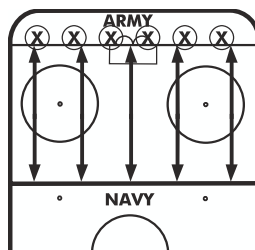
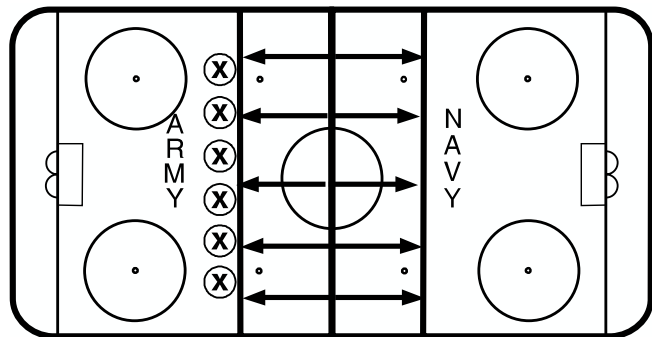
POM-POM PULL AWAY

1. Players are spread out on the goal line two or three players are chosen to be "it"
2. When the "it" players yell "pom-pom pull away," all players try to make it to the other goal line before being tagged
3. If tagged, players move out in the middle and become taggers
4. Last two to three players left are the winners and become "it" for the next game



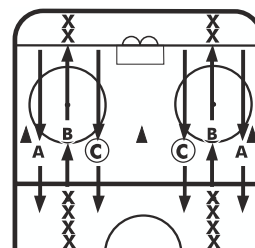
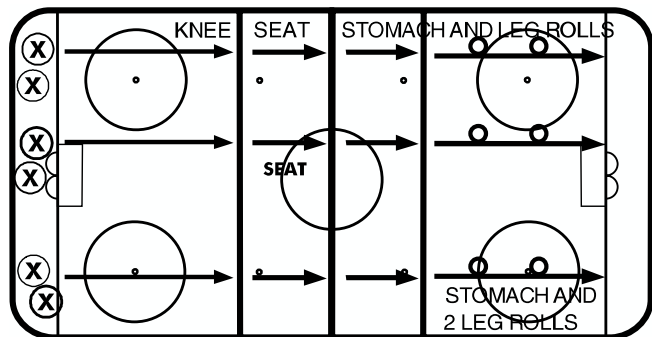
ARMY-NAVY

1. Designate two lines, one Army the other Navy
2. Spread players out on Army line — Coach yells "Navy," all players race to Navy line — last player to line is out of game
3. Coach can call the other line while players are racing to a line, players then have to stop immediately and go to that line — if a player falls down while he is stopping he is out of the game
4. If Coach calls "hit the deck," players must fall onto stomachs. Players can only get up when coach calls "All Clear — Army or Navy" — coach can try and trick players by calling the line without saying "all clear" first



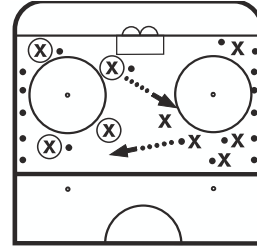
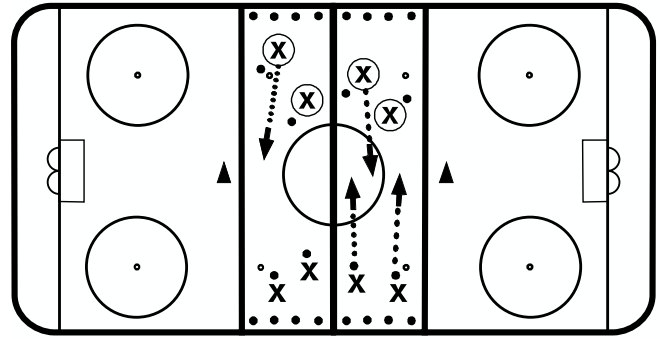
KNEE-SEAT-STOMACH-LOG ROLL RELAY

1. Full ice: Divide players into three to four lines
 - First player in each line races toward the far goal line in neutral area
 - Near blue line — double knee drop
 - Red line — seat drop
 - Far blue line — stomach slide and two log rolls
 - When player gets past cone they raise stick for next player in line to go
2. Half Ice: Make two groups, divide each group into two lines
 - Skate to cone and do one of the stunts:
 - First time - knee drop
 - Second time - seat drop
 - Third time - stomach slide and two log rolls
 - Tag next player in opposite line
 - When all players in a group complete all three stunts, they win



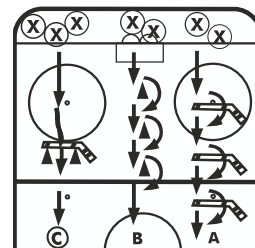
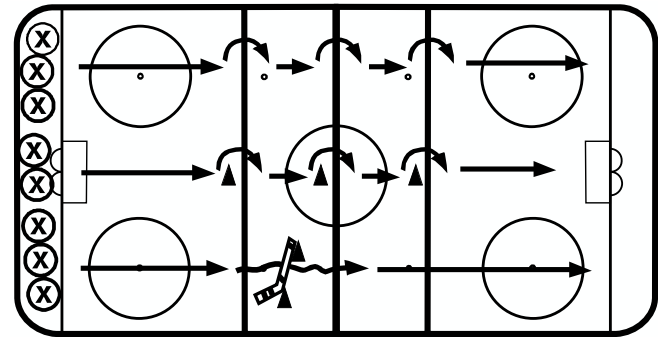
TENNIS BALL DODGE BALL

1. Divide players into two groups and put each group on opposite sides of ice
2. Place 10-20 tennis balls on the ice
3. Players must stay on their half of ice and shoot tennis balls at the opponents
4. Any player hit with a tennis ball is out of the game
5. A player can go back in when an opponent is hit with a ball



AGILITY SKILLS ON OBSTACLES

1. Form two to four lines on a designated line
2. Have players do certain agility skills like:
 - A. Jump with two skates over line
 - B. Jump with two skates over small cones
 - C. Slide on stomach, under two cones with stick lying on top of cones
3. Next player goes when player skates by cone and raises stick



BUMPER TAG IN CIRCLES

1. Divide players into equal groups inside each circle
2. Players skate around backwards and try to push all other players out of circle
3. If player falls down inside the circle they are out
4. Last player to be standing inside the circle is the winner

