



# Coaches Boot Camp

A guide to mite level  
Hockey coaching

# Preliminary Notes

- **Purpose: We are here to make your job easier not to limit you**
  - We want you to get excited about player development and this is a foundation for you to build from. This list of drills is meant to be the starting point and is not meant to limit your creativity. But be creative with the purpose of using ice-time wisely.
- **Vision: A foundation for long term success**
  - We are here to help Andover hockey to be well prepared in the years ahead. What we are teaching today is meant to pay off over the next 10 years as players move toward the varsity level. As a result, we are focusing on drills that will build fundamental skills clearing the way for practices focused on team-oriented systems at higher levels of hockey. **Skills First!**
- **Coaching Philosophy**
  - Fun – keep the players loving Hockey
  - Skill Development – drill in fundamentals so each player has a solid foundation
  - Roughly Even Participation – in games, everybody should play roughly equal amount of time at this level
- **Transitioning between drills**
  - Set up a new drill as the other one is concluding and in your practice plan, put them in a sequence that allows for easy transitions
- **Recover the puck!**
  - In puck carrying drills, have kids go get the puck if they lose it
- **Pre-hockey nutrition**
  - Have players eat some non-junk food a few hours before hockey
  - If more food is needed closer to hockey, a small sports drink or protein shake is great
- **Dealing with parents**
  - Set expectations with regard to games and practices right away and stay true to them




# Drill Diagram Legend


**S** = "Student" or player on the team


**C** = Coach


 = Player movement across the ice


 = Most often this represents a shot, but it can represent a specific type of player movement, such as one-footed or backward skating

 = Puck movement across the ice either by pass or by stickhandling

 = Specific skate movement required by the drill

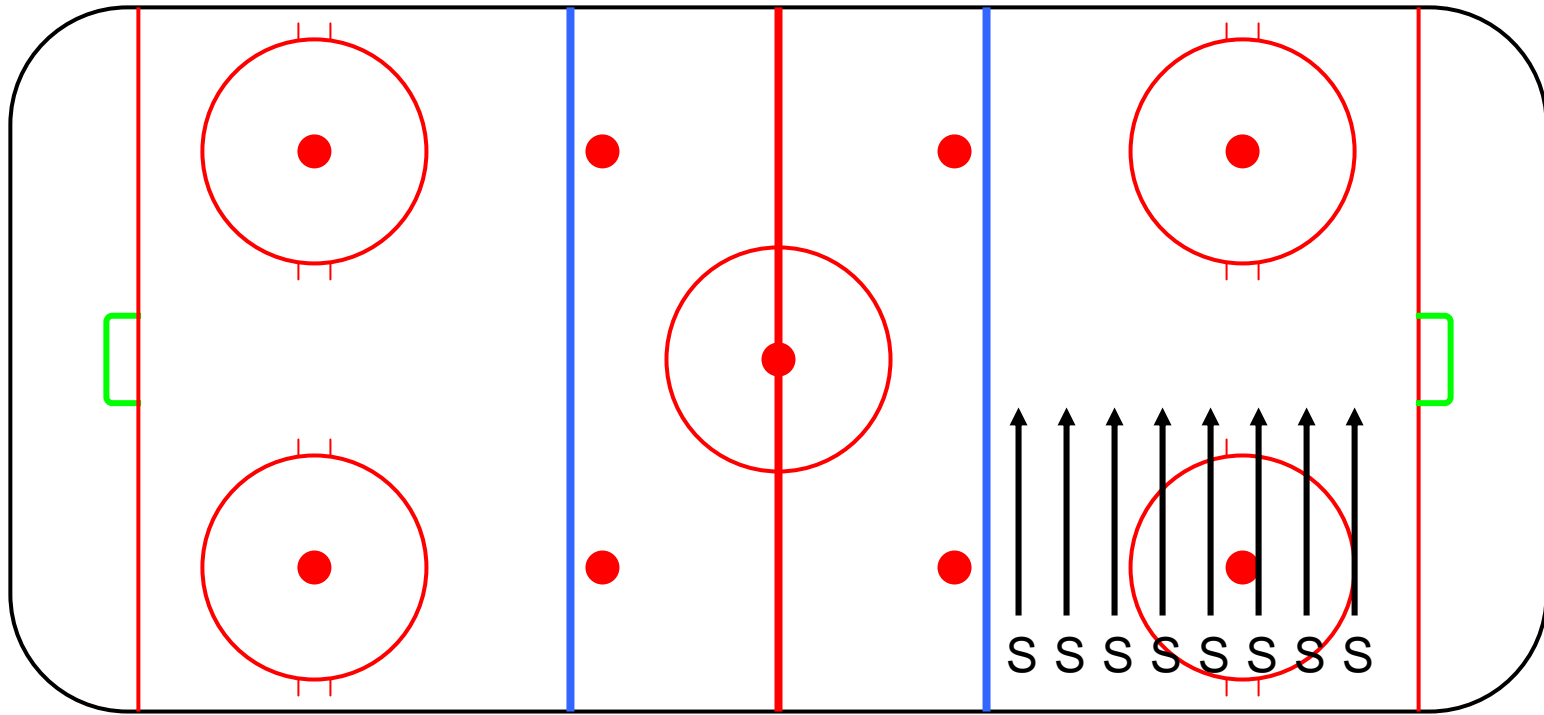
 = Puck

 = Cone or glove

 = Hockey Goal

# One-leg T-push

A Mites  
3-5 Minutes



Description

Objective

Progression

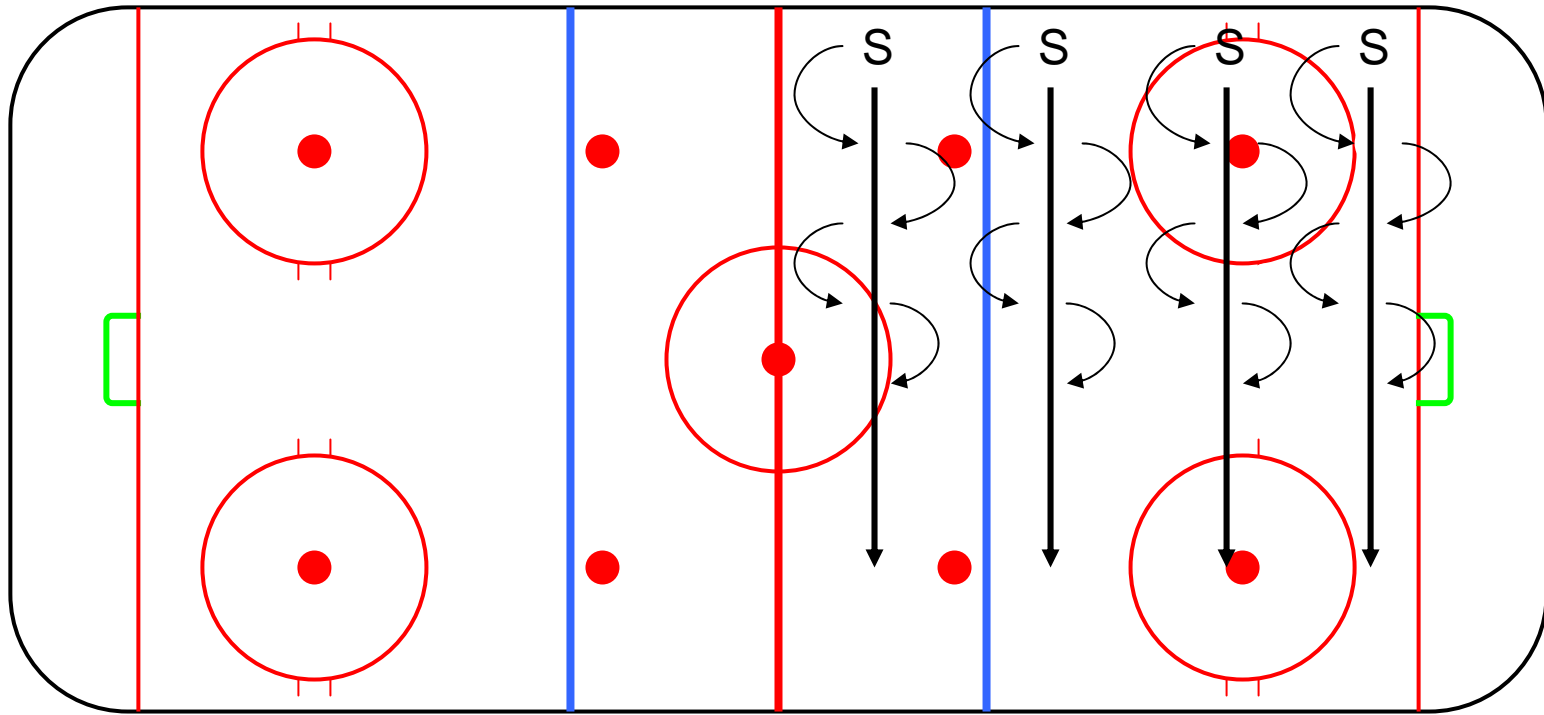
Players will line up along the boards on half of the ice. They will get into hockey position, then adjust their position so that one foot points toward the boards on the other side of the rink and the other is behind that foot and perpendicular to it. They will then push with the back foot moving across the ice and continue pushing in this way until they are across the ice. They will then switch feet and come back across the ice.

To develop initial starting and skating technique

None

# Backwards C-cuts

AB Mites  
3-5 Minutes



Description

Objective

Progression

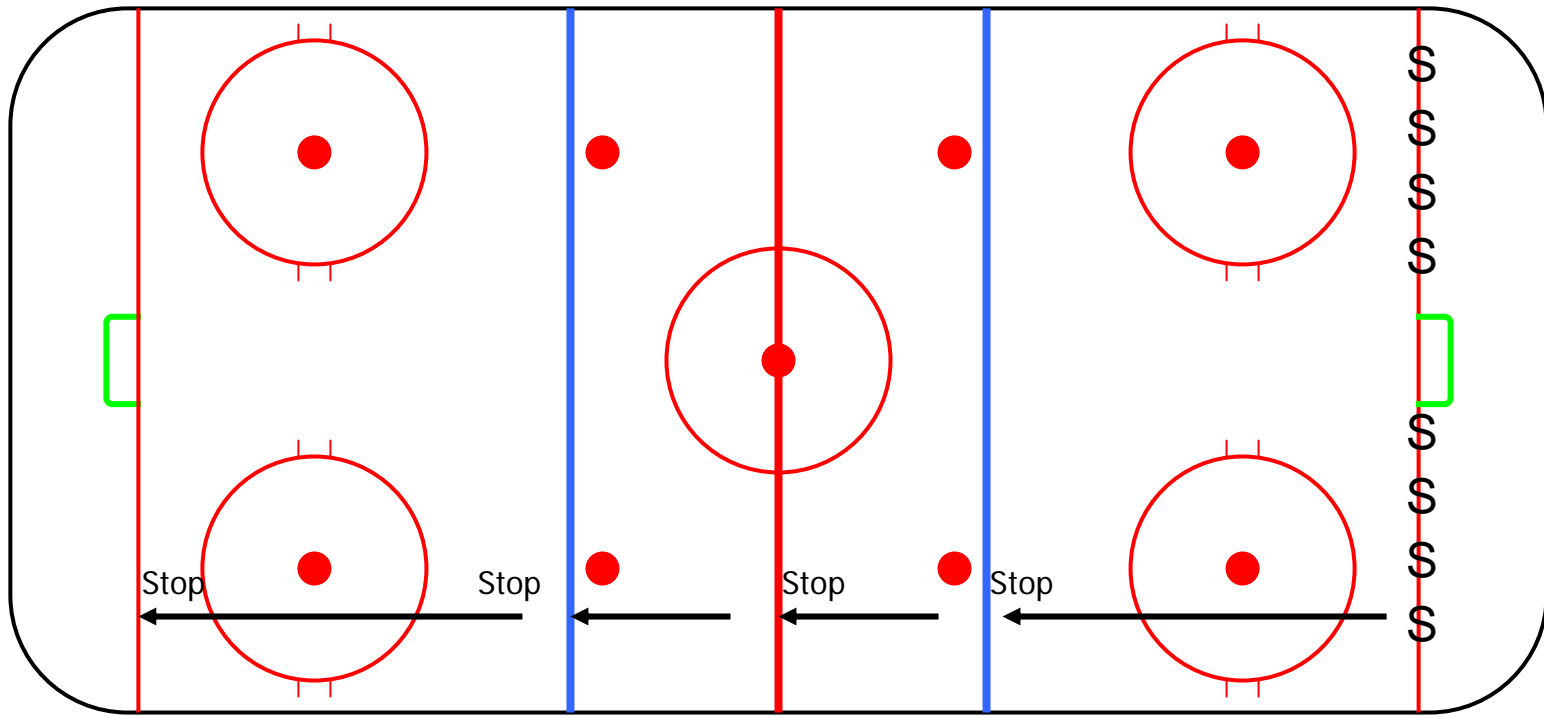
Players will line up along the boards on half of the ice. They will do standard backward skating across the ice. To do this they will make "c" shaped cuts with one skate at a time, alternating skates as they progress across the ice. The "c" shaped cuts begin by bending the knees deeply and turning the toe of one skate toward the center of their body. They will then extend their leg as they begin to move their leg in a "c" pattern and return their foot to the starting point as the "c" concludes.

To develop initial and progressing backward skating technique

None

# Stops on the Lines

AB Mites  
4-8 Minutes



## Description

Players will line up along the goal line at one end of the ice. They will skate to the other end of the ice stopping at every line, then continuing on. Make sure they make complete stops. At first they will do a snow plow stop with a turn to favor one foot at the end. When comfortable doing this both ways, they will then attempt to stop hockey stop style, with both feet pointing the same way. With hockey stops, they should always stop facing the same side of the rink. Go down the rink both ways so they learn to stop each way.

## Objective

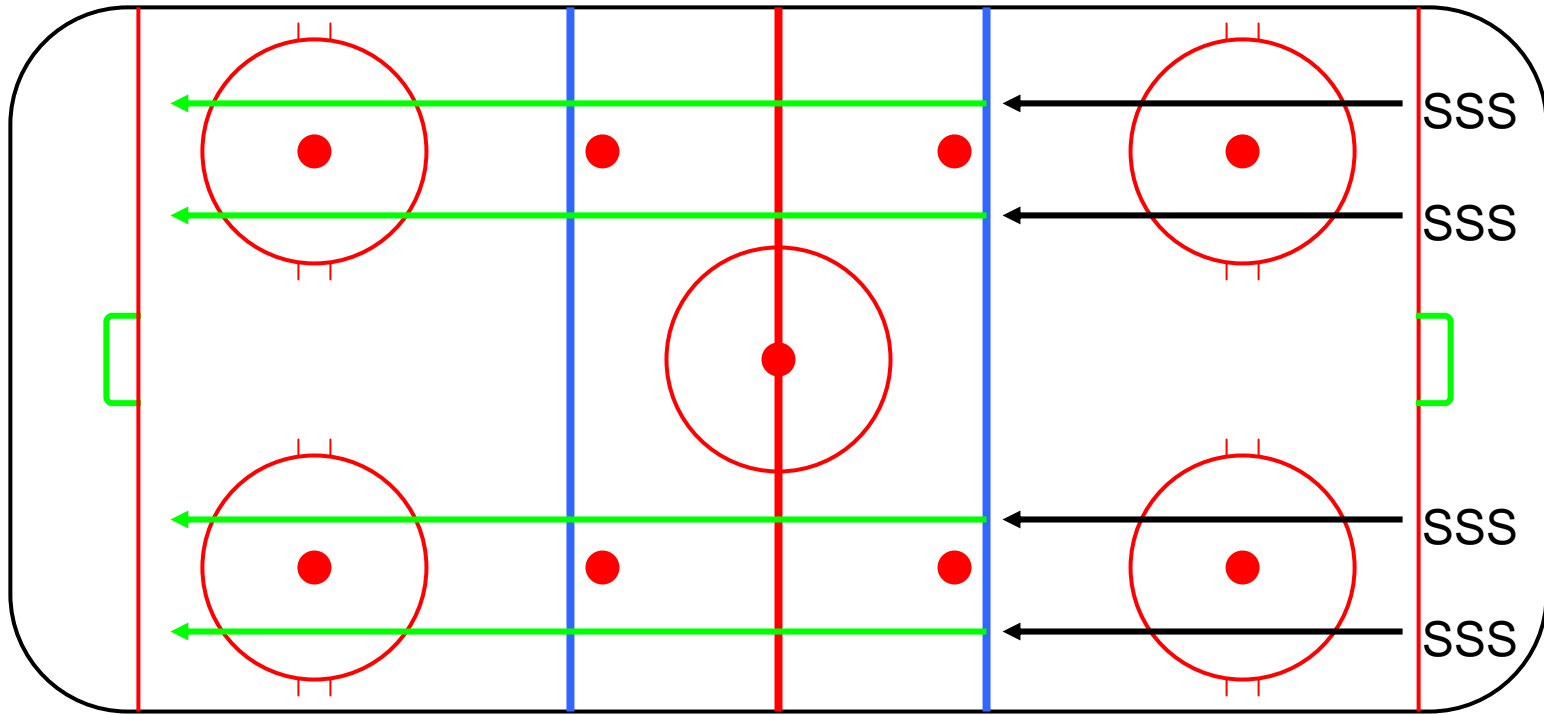
To develop stopping feel and technique

## Progression

1. Snowplow Stops – A mites
2. Snowplow Stops with a turn – A mites
3. Hockey Stops – AB mites
4. Hockey Stops with pucks – B mites

# Single Foot Gliding

AB Mites  
3-5 Minutes



## Description

Players will line up along the goal line at one end of the ice. They will skate pretty fast toward the other end of the ice. When they reach the near blue line they will pick up one of their legs and glide as far as they can on that leg for the rest of the way down the ice. Be sure that players practice this on both legs.

## Objective

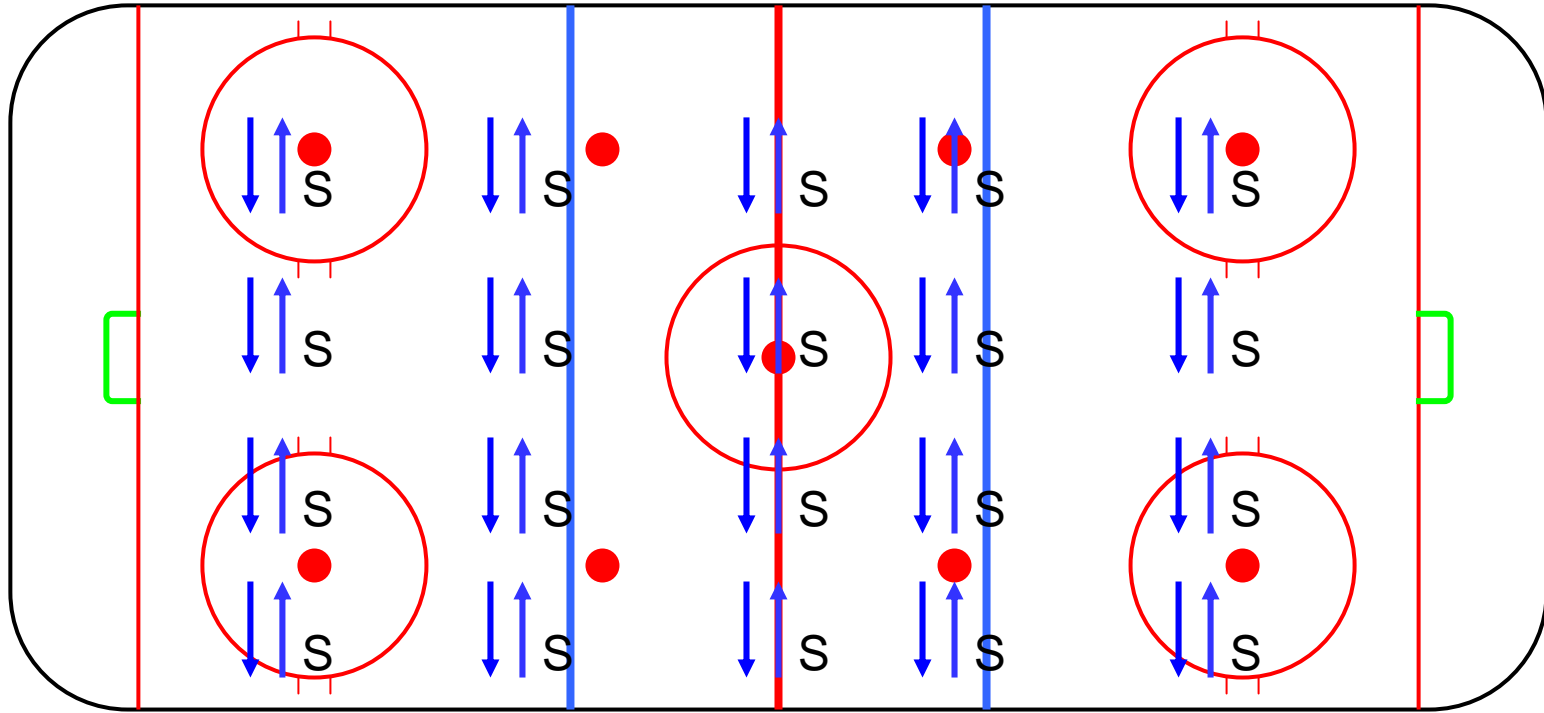
To develop dynamic balance needed for the forward stride which includes a significant amount of time on only one foot

## Progression

1. Execute at reasonably high speed – AB Mites
2. Execute at maximum speed trying to glide on one foot as far as possible – B Mites

# Stationary Stick-handling with Head up

## ABC Mites 7-15 Minutes



### Description

Players will find a patch of ice that has enough space for them to stickhandle. Players will stickhandle in place with their heads up executing a variety of moves.

### Objective

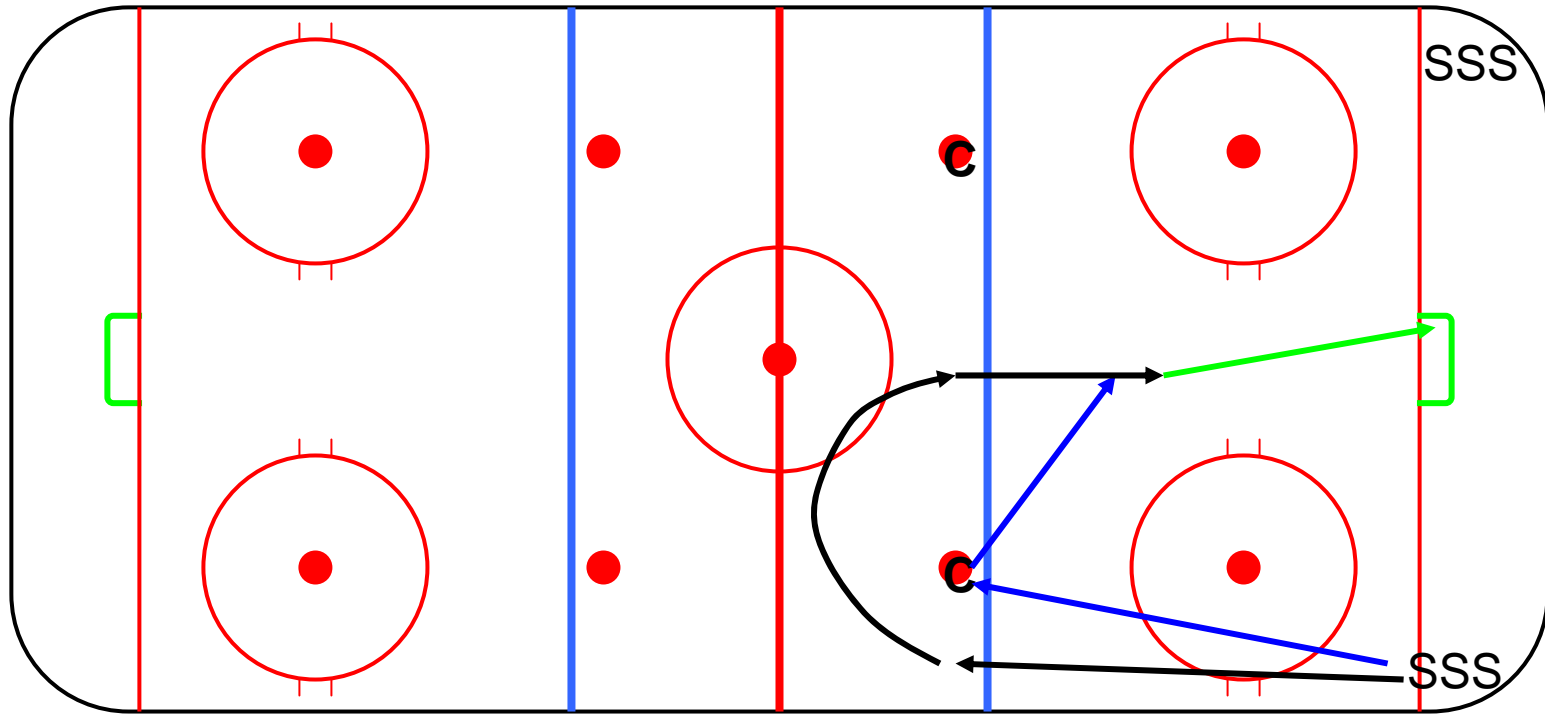
To develop stickhandling skill such that a player becomes more and more comfortable and faster while moving the puck in the different areas around their body

### Progression

1. Basic back and forth – ABC Mites
2. Wide pulls – ABC Mites
3. Various moves around the body – BC Mites

# Pass To Coach Then Re-enter and Catch Pass

ABCD Mites  
5-10 Minutes



Description

Objective

Progression

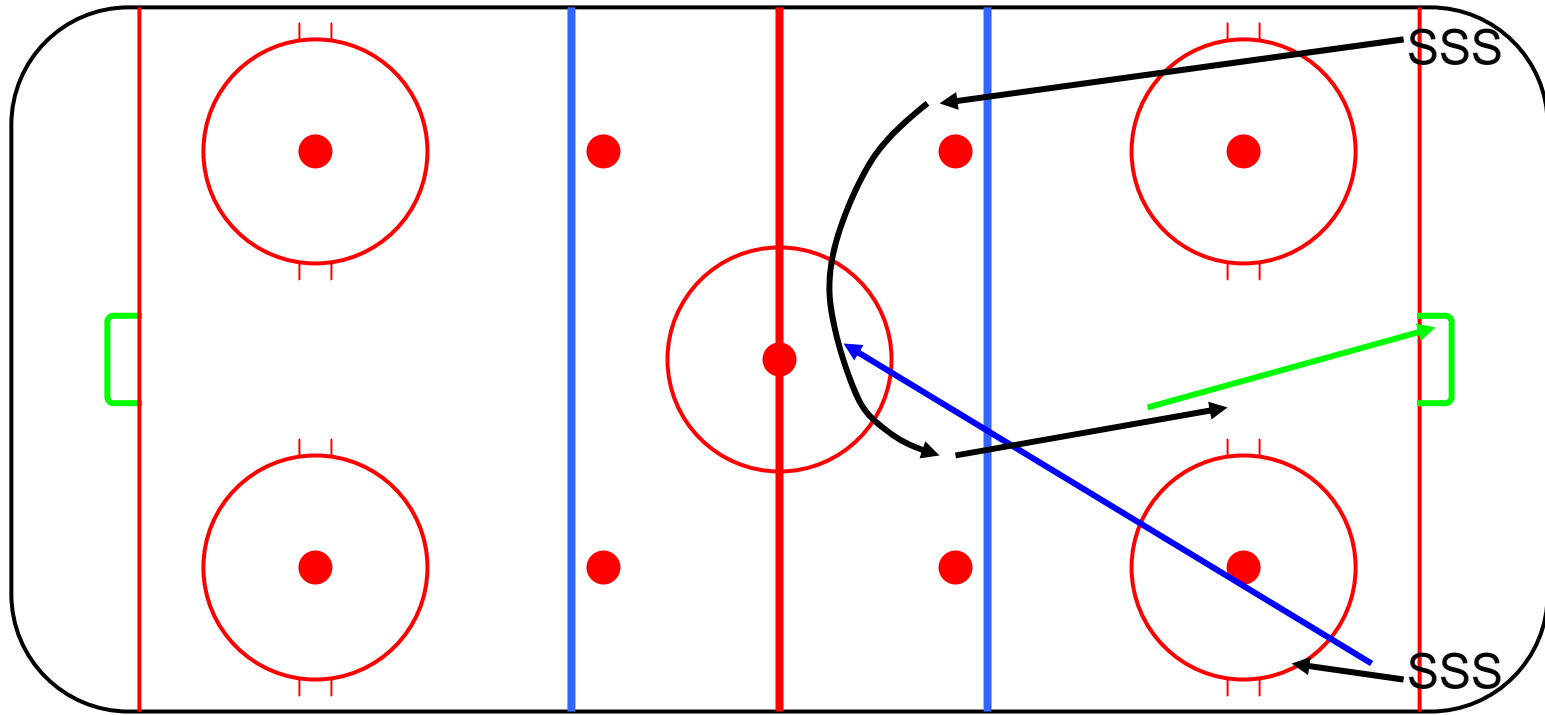
Players will line up in the corners on one half of the ice. In this drill the skater will be lined up in the corner, he will start the drill by throwing a pass to the coach who is at the blue-line, the skater will skate around him, re-enter the zone and receive a return pass from the coach, then go to the net and shoot.

To develop initial passing, skating, and shooting technique

None

# 1/2 Ice Egg Beaters

ABCD Mites  
4-8 Minutes



## Description

## Objective

## Progression

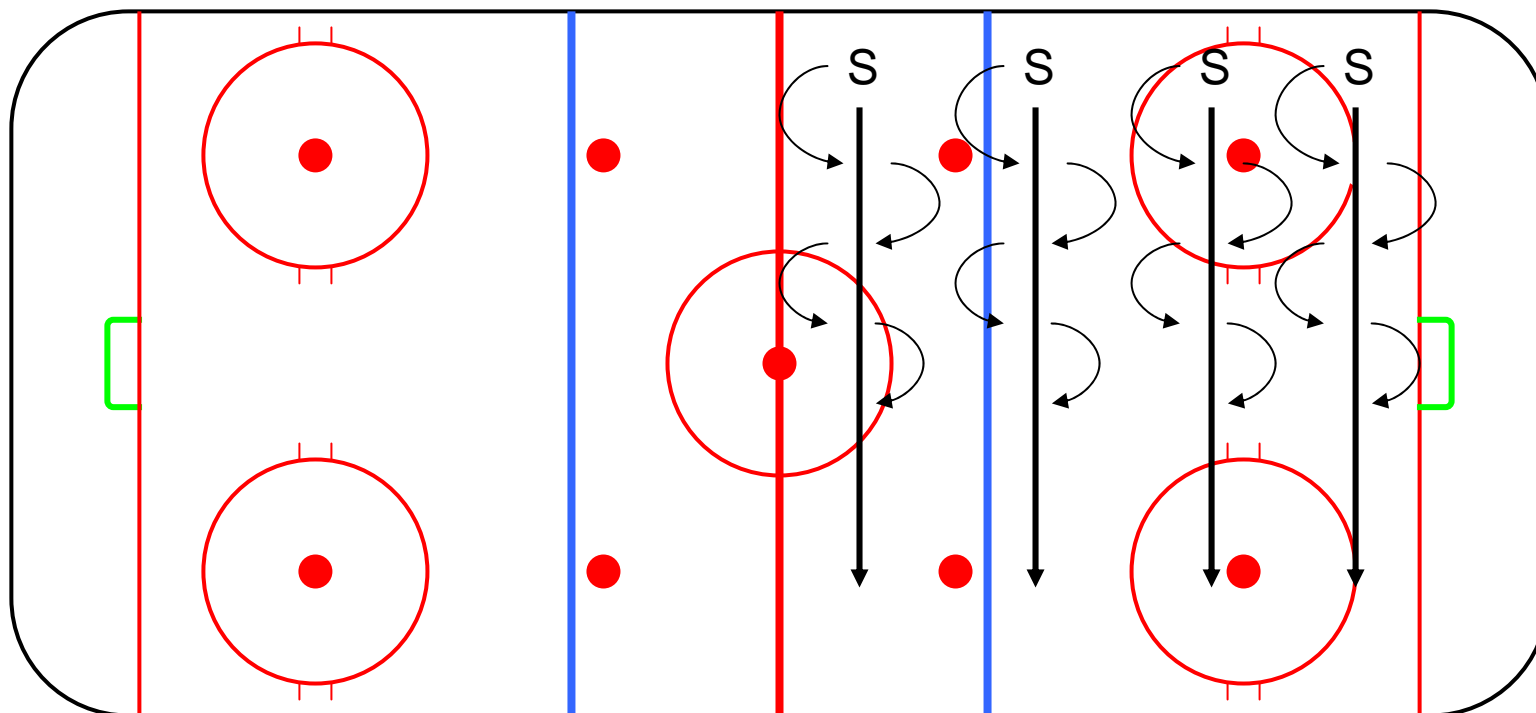
Players will line up in the corners on one half of the ice. A player from one of the corners will skate out to the neutral zone, will curl around and will receive a pass from a player from the opposite corner. As the first player goes in and shoots, the player that made the pass will start by skating out to the neutral zone. This process will just keep repeating.

To develop skating, passing, pass receiving, and shooting technique. This is also a classic warm-up drill for games.

None

# Exaggerated C-Cuts

ABCD Mites  
3-5 Minutes



## Description

Players will line up along the boards on half of the ice and will skate across the ice. Each stride will take 4 or 6 times as long as normal and the player will turn almost 180 degrees with each stride. At first they will stride on their inside edges, meaning they will lean to the left when striding on their right foot and lean to their right when striding on their left foot. Later in the progression they will do crossover c-cuts where they will be on their outside edges, leaning to the same side as the foot they are cutting on.

## Objective

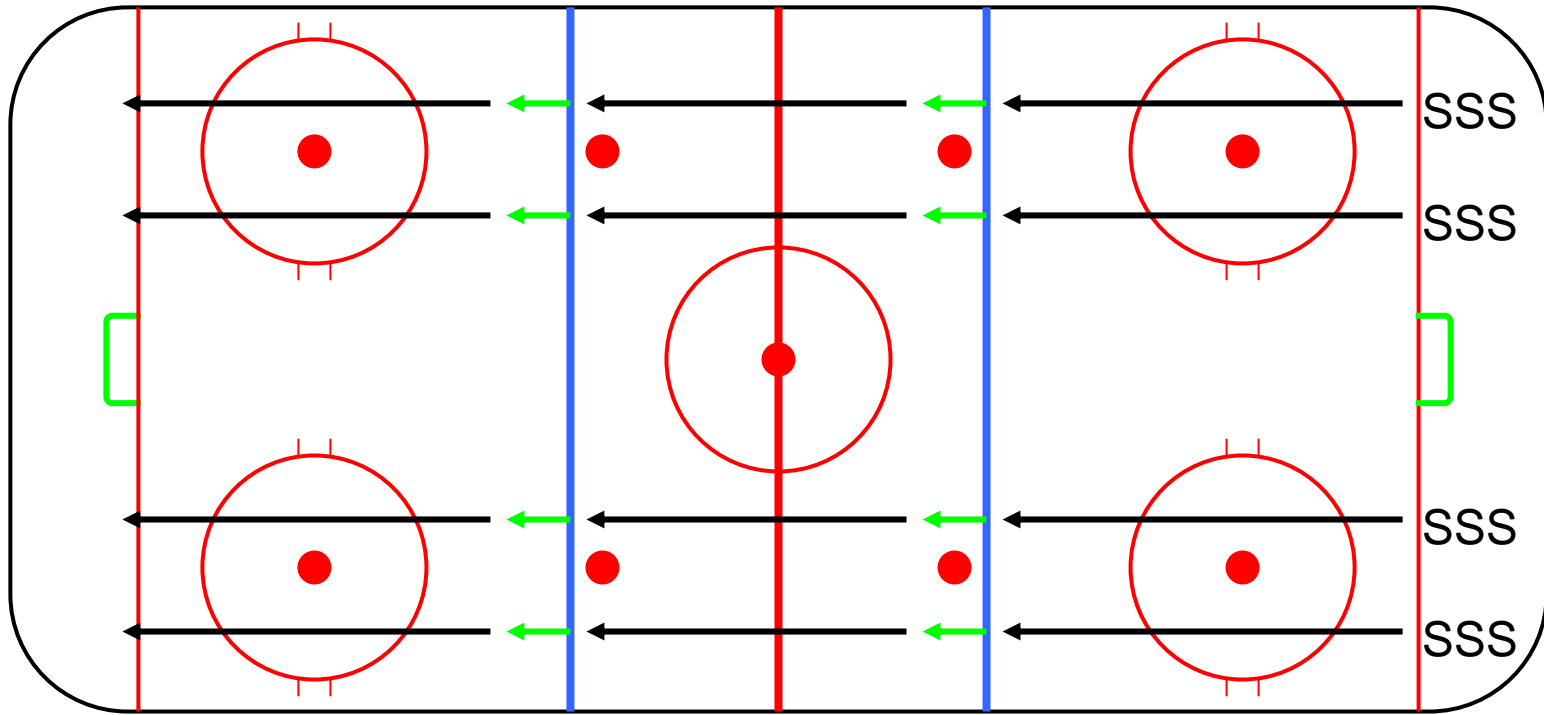
To develop basic edge control that supports skating technique on all four edges (the inside edge on the left skate, the inside edge on the right skate, the outside edge on the left skate, and the outside edge on the right skate)

## Progression

1. Inside Edge C-cuts – ABC Mites
2. With Pucks – BCD Mites
3. Outside Edge “Crossover” C-cuts – CD Mites

# Falling and Getting up Skills

ABCD Mites  
5-10 Minutes



## Description

Players will line up along the goal line at one end of the ice. They will skate to the other end of the ice, but they will fall at each blue line and get back up as quickly as possible. At first they will fall to their knees, and get up quickly, then they will fall to their belly and get up quickly. When players fall to the belly, you can give them the option of rolling over as well.

## Objective

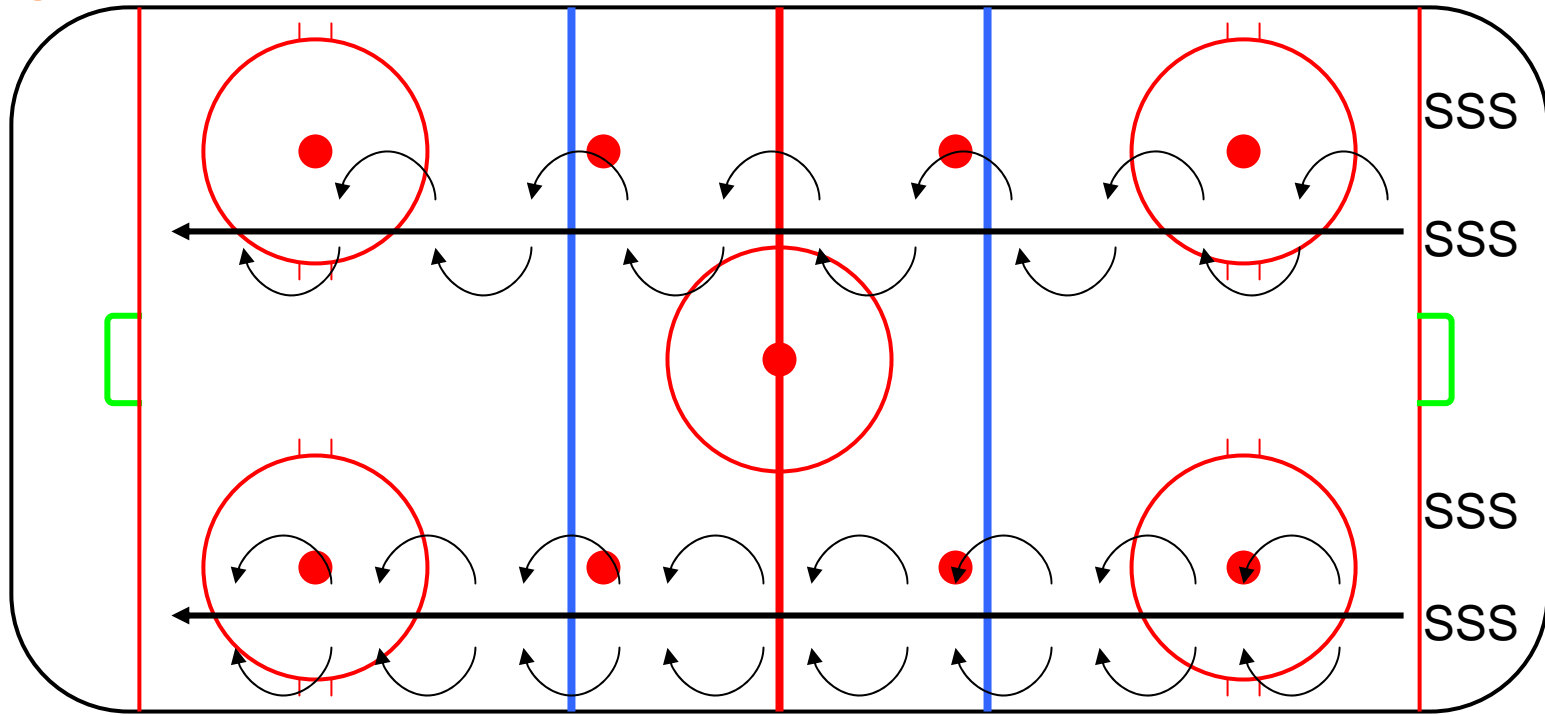
To develop the ability to quickly get back into the play after falling down

## Progression

1. Fall to the knees – ABCD Mites
2. Fall to the belly – BCD Mites
3. Do both with pucks – BCD Mites

# Swizzles and Alternating Leg Swizzles

# ABCD Mites 4-8 Minutes



## Description

## Objective

## Progression

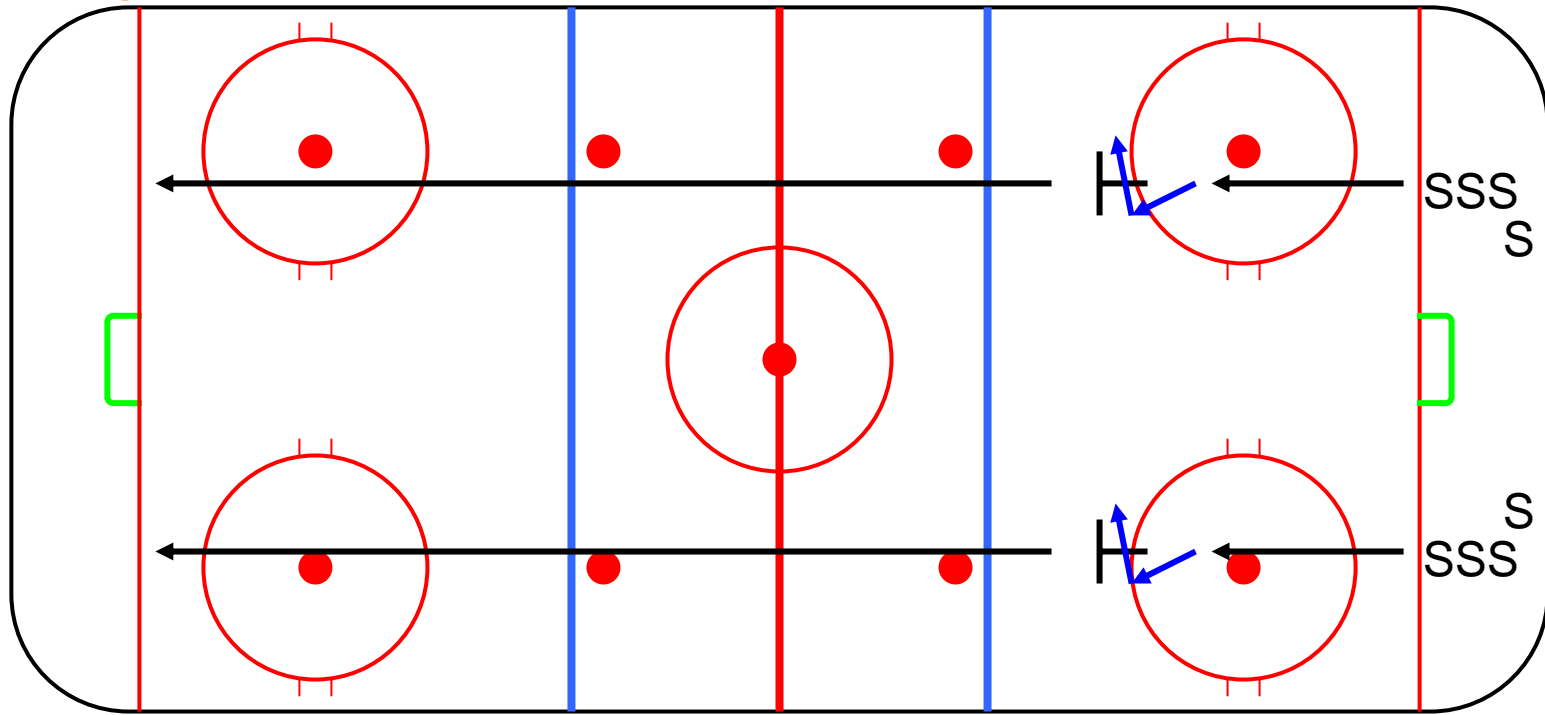
Players will line up along the goal line at one end of the ice. They will skate to the other end of the ice but they will do so in a way such that neither of their skates leaves the ice. In normal swizzles, players will start by turning their toes outward and falling forward. As they start to fall forward they will put pressure backward on their skates. Their skates will move outward (like the skater is doing the splits). After moving some distance outward, the player will turn the skates back inward returning the skates to the starting position from which they'll repeat the move. The other option is to do this with one leg at a time.

To develop leg power, knee bend, and edge control that will support the development of skating technique

1. Swizzles – AB Mites
2. Alternating Leg Swizzles – AB Mites
3. Backward Swizzles – BC Mites
4. All of the above with a puck – BCD Mites

# Drift Through Defenseman Triangle

ABCD Mites  
5-10 Minutes



Description

Objective

Progression

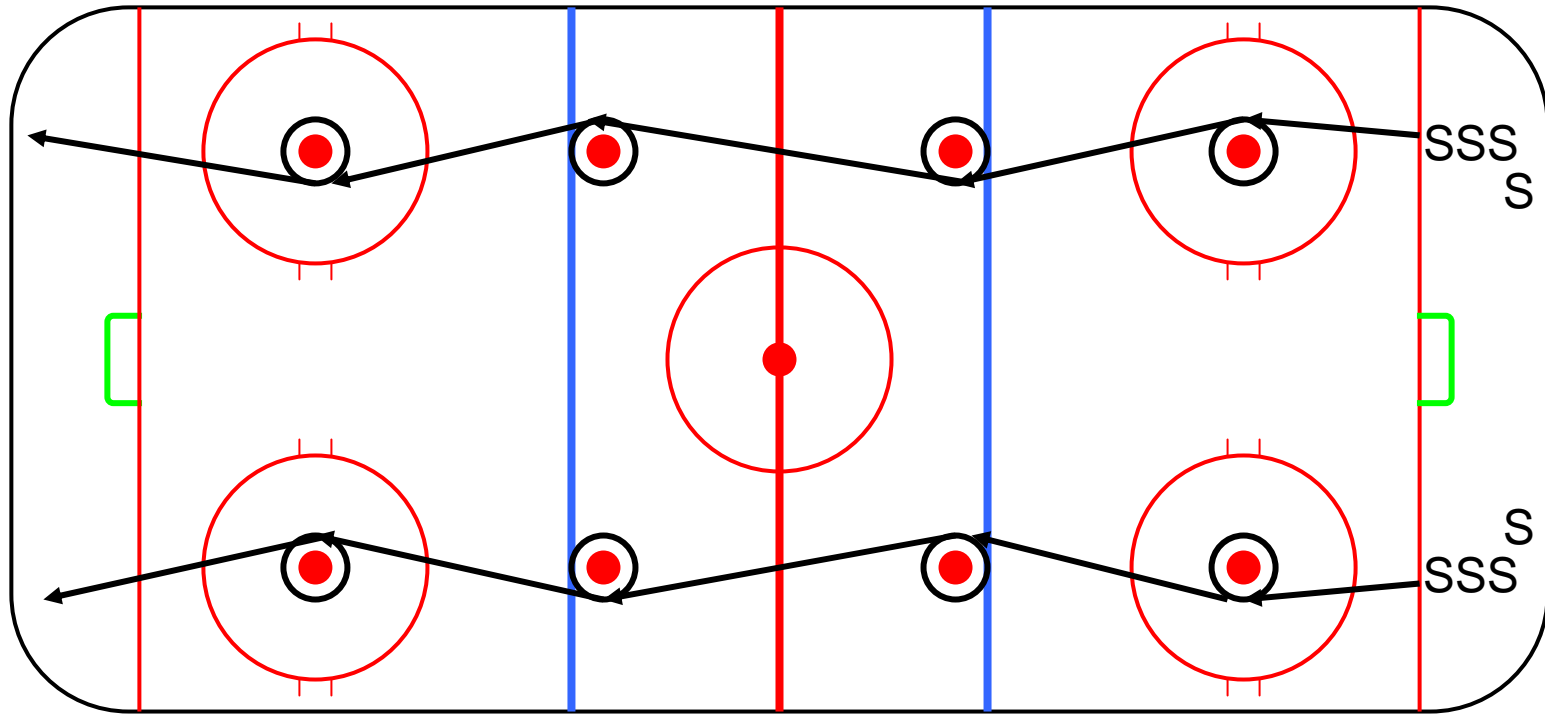
Players will line up in two lines along the goal line at one end of the ice. Players will skate forward, pull the puck to the other side of the triangle, and pull it back between the legs and stick of the defensive triangle, then continue skating. If only half ice is available, simply reduce the skating distance after the move through the triangle.

To teach players how to put the puck into and pull it out of the space occupied by a defender in a way that allows the attacker to retain possession

None

# Power Turn 360s on the Dots

ABCD Mites  
4-8 Minutes



## Description

Players will line up along one end of the rink in line with the face off dots. They will skate to the other end of the rink doing a power turn 360 at each dot and alternating turning direction each time. In power turns, players will keep their feet still and lean to the inside of the turn. The inside leg will be in front of the outside leg. As players progress they will learn to explode out of these turns by executing one, two, or three crossovers during the last 90 degrees of rotation of the turn which will help them re-accumulate speed.

## Objective

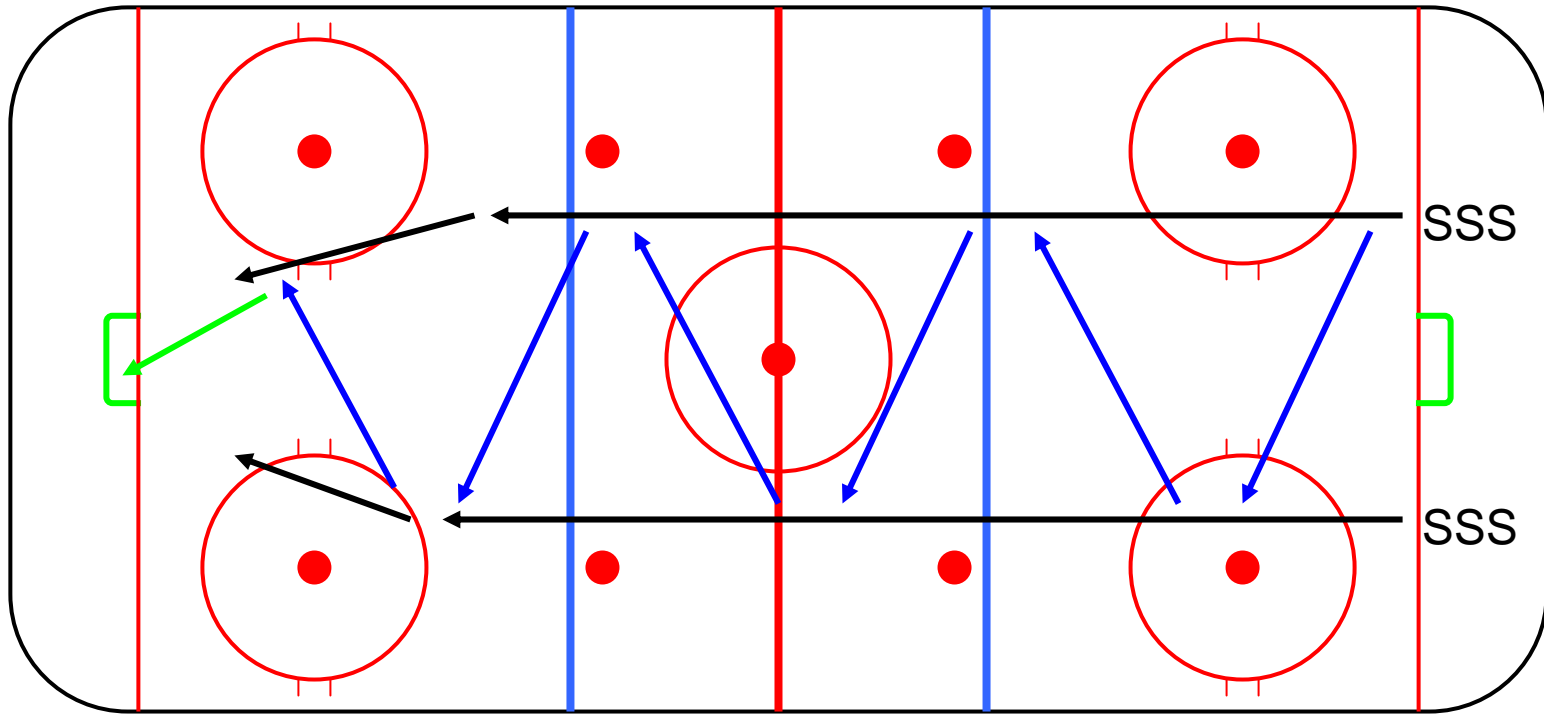
To develop turning technique and skating agility

## Progression

1. Without pucks or crossover exit – AB Mites
2. With Crossover exit – BCD Mites
3. With pucks – CD Mites

# 2 on 0, Full Ice

# ABCD Mites 5-10 Minutes



## Description

Players will line up in two lines along the goal line at one end of the ice. They will begin to skate toward the other end of the ice passing to each other along the way. As they hit the far blue line they will begin to focus on setting up for a shot on the goaltender.

## Objective

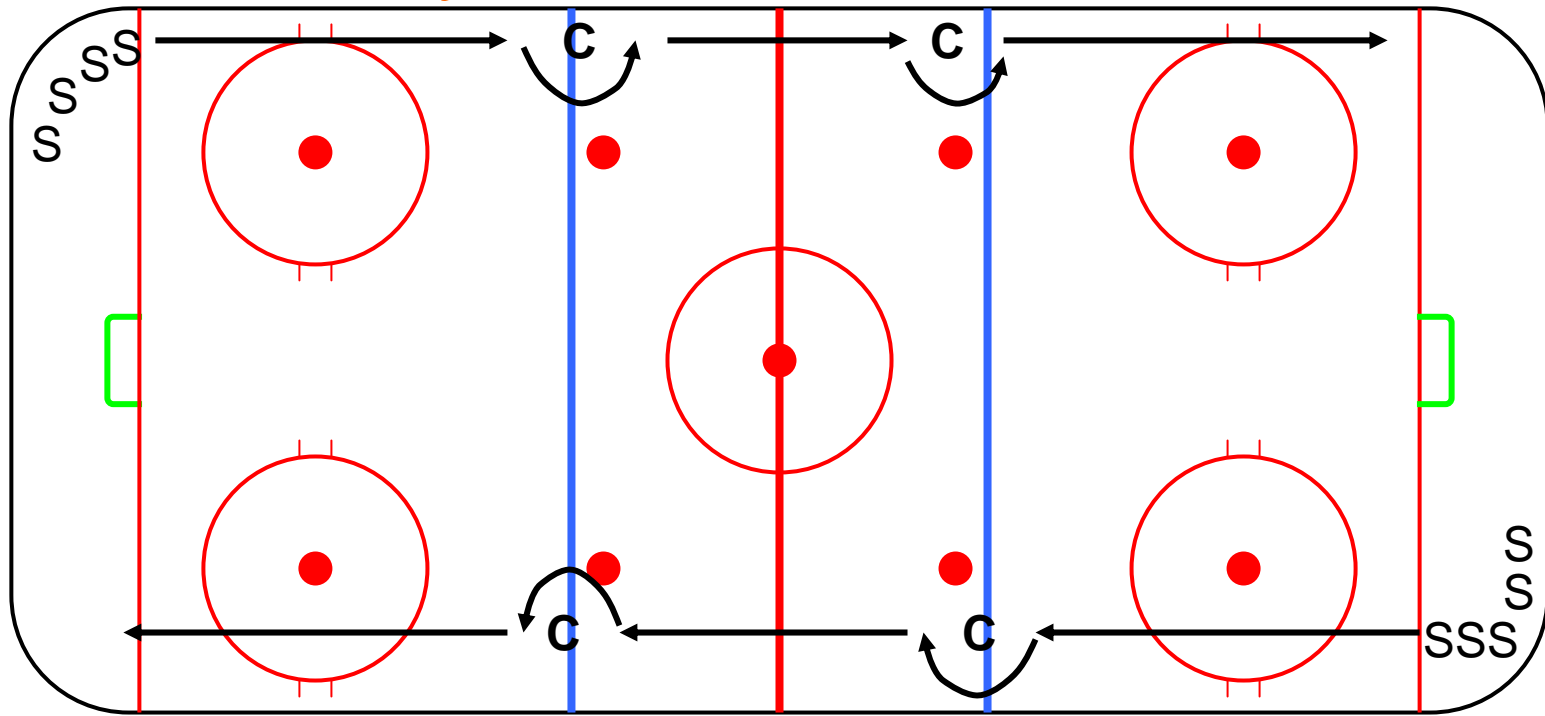
To develop initial passing and team-play concepts

## Progression

1. Standard 2 on 0 stay in lanes – ABC Mites
2. Criss-Crossing 2 on 0, players switch sides while passing. – BCD Mites

# Avoid Or Go Around Coach "Block One Way"

ABCD Mites  
5-10 Minutes



Description

Objective

Progression

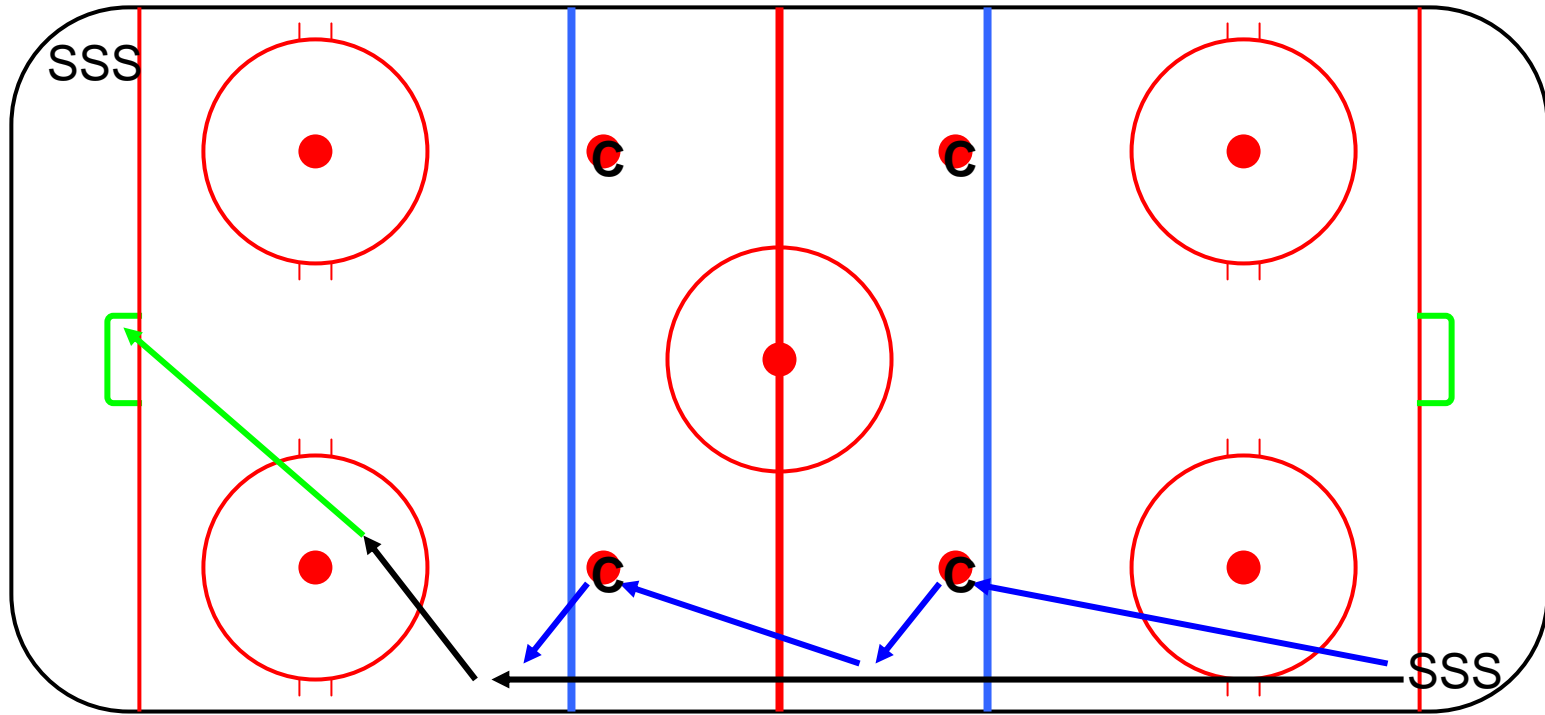
Players will line up in the corners that are opposite corners of the rink. In this drill the players will skate from the corner towards the first coach, who will either block one way or indicate to the player which way to go, forcing the skater to read the coach with his head up. He will then do the same for the next coach. In this drill players will hold the puck on the opposite side of the body from the coach, to practice shielding.

To learn to read and react to the play, to improve lateral acceleration and multidirectional skating, and to learn to shield the puck from a defender in order to maintain possession

None

# Full Ice 2 Passes to Coach and Receive then Shoot

## ABCD Mites 5-10 Minutes



Description

Objective

Progression

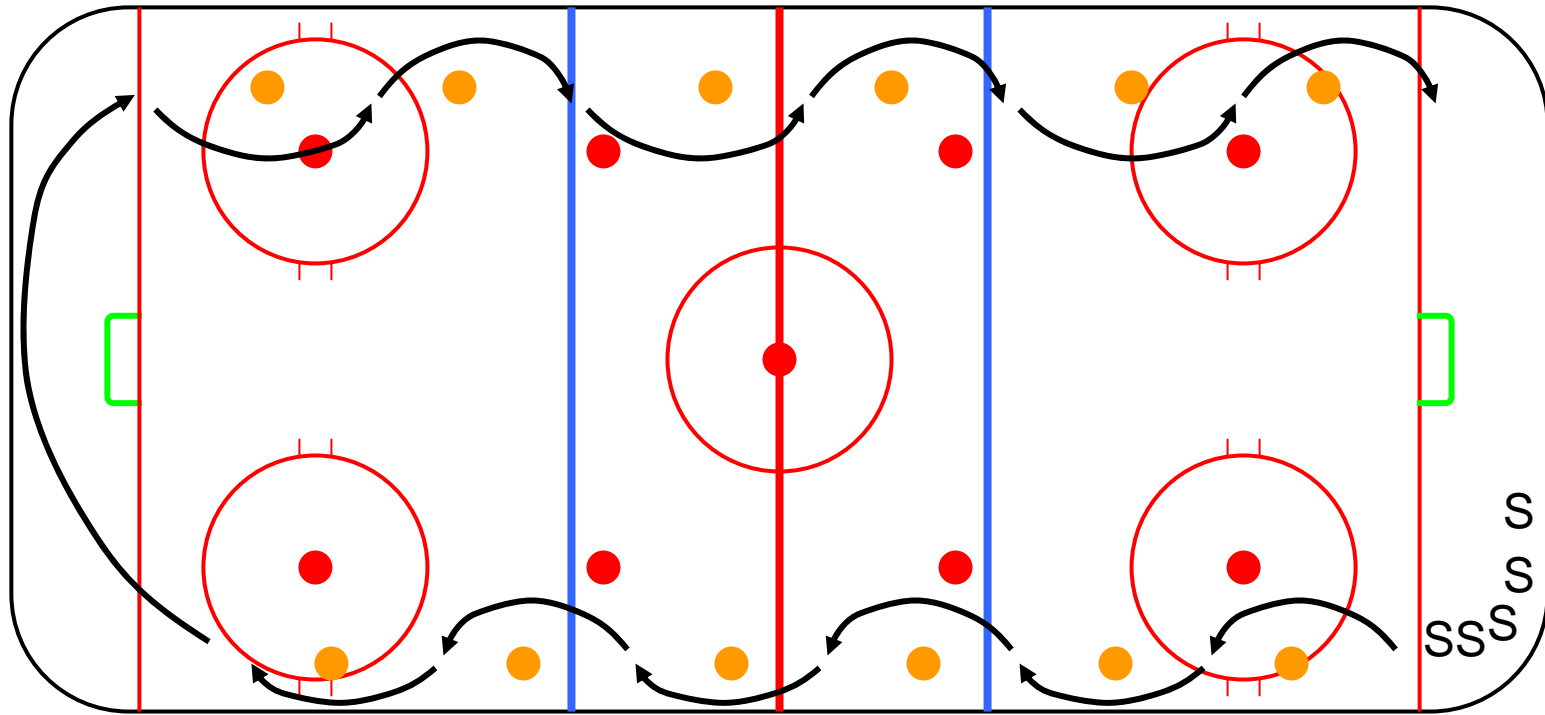
Players will line up in the corners that are opposite corners of the rink. In this drill the skater will skate down the ice, giving passes to the coaches on both dots, then going to the net for the shot.

To develop initial passing, skating, and shooting technique

None

# Weave The Cones

ABCD Mites  
4-8 Minutes



## Description

Players will line up in one corner of the rink. In this drill the players will start in the corner and slalom his way in between each cone and alternating on which side he moves past the cone each time he goes by one. Skaters will hold the puck on the opposite side of their body from the cone to practice shielding the puck from an opponent.

## Objective

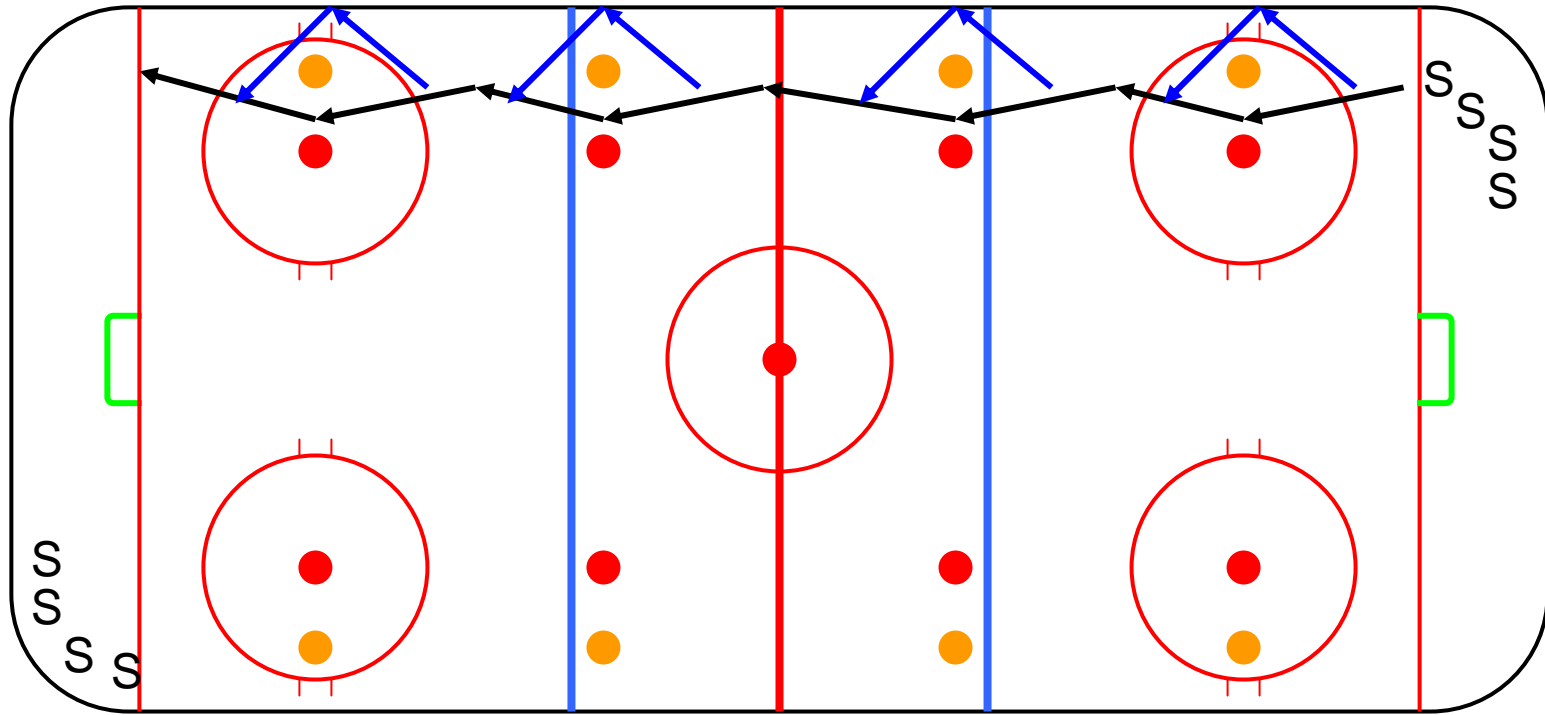
To develop multidirectional skating and stickhandling skills to support deceptive moves players will learn as they get older

## Progression

1. Put cones in a line – ABCD Mites
2. Stagger cones to force players to skate in a zig-zag fashion – BCD Mites

# Passing To Yourself Off Boards Around Cone

ABCD Mites  
5-10 Minutes



Description

Objective

Progression

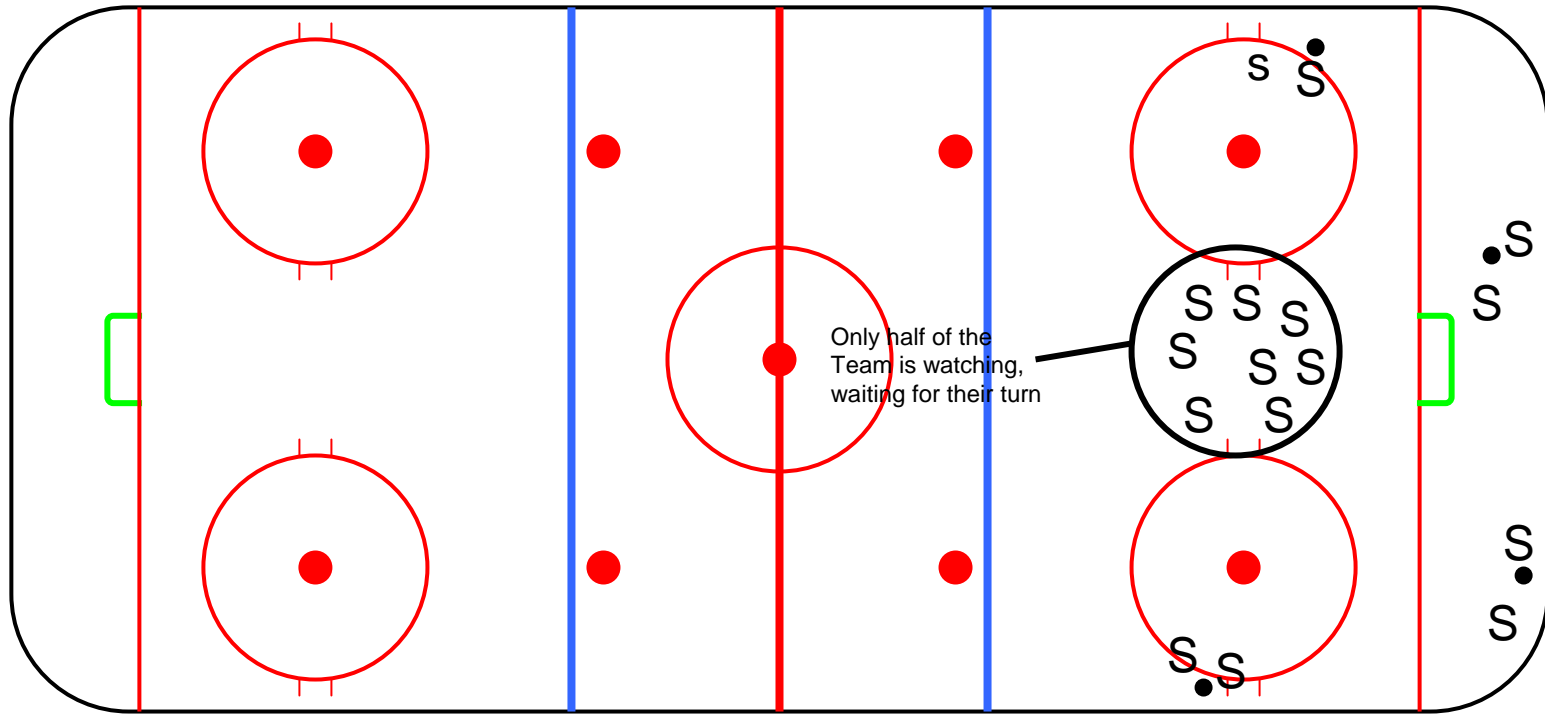
Players will line up in the corners that are opposite corners of the rink. In this drill the player will skate down the ice staying within the red circle, and neutral zone dots, passing the puck off and boards and around the cones.

To add the self-boards-pass to each player's arsenal of move options

None

# 1 on 1 Small Ice Battles

ABCD Mites  
7-15 Minutes



## Description

## Objective

## Progression

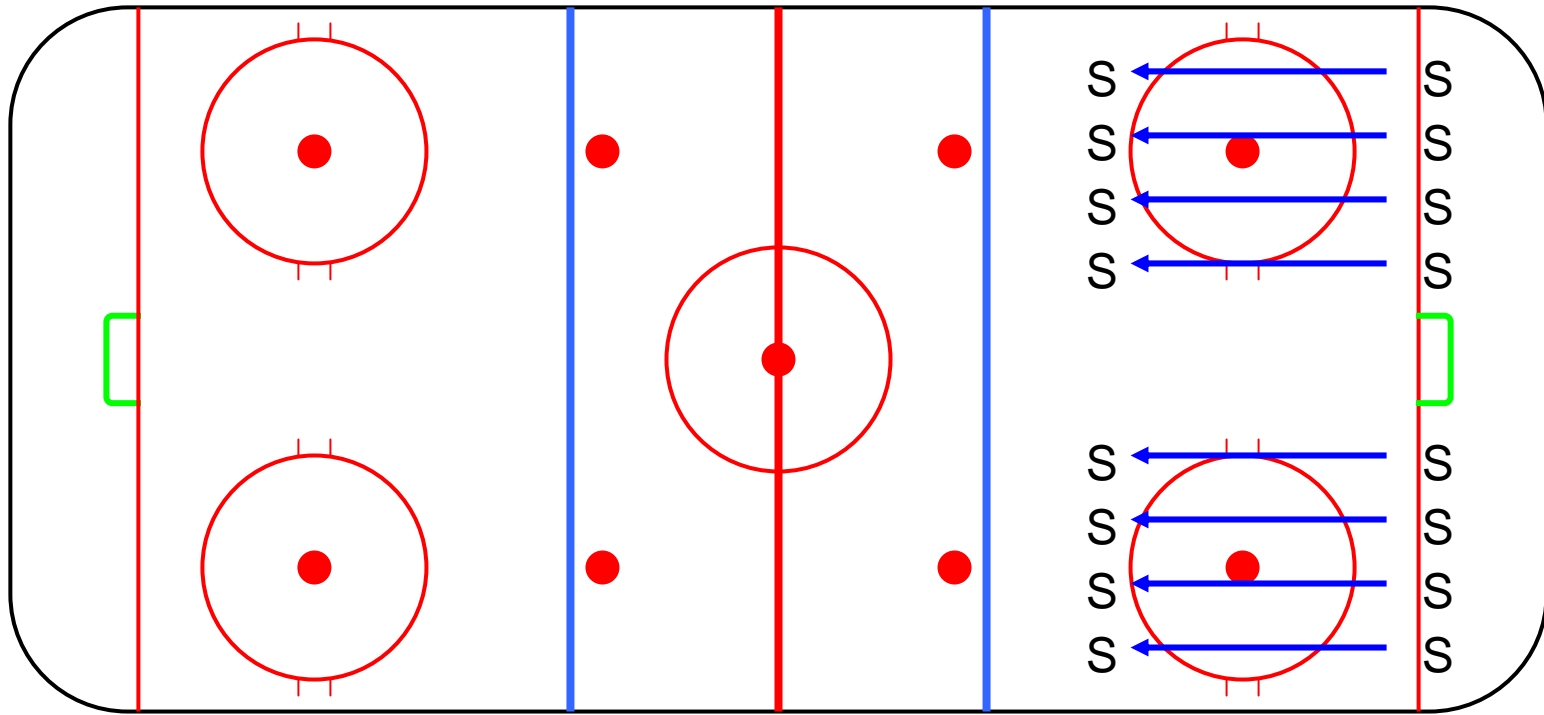
Half the team will watch while the other half pairs off and has one-on-one puck possession battles along the wall. These battles will be focused on shielding the puck from the opponent in order to retain puck possession.

To develop techniques for gaining and retaining possession in puck-possession battles

None

# Stationary Line Passing

ABCD Mites  
4-8 Minutes



## Description

Players will make two lines that face each other. One of the lines will start with the pucks. The players will play "catch", passing the puck back and forth with the player across from them in the other line. They will do this forehand and backhand and can practice one-touch and saucer passing in this way as well.

## Objective

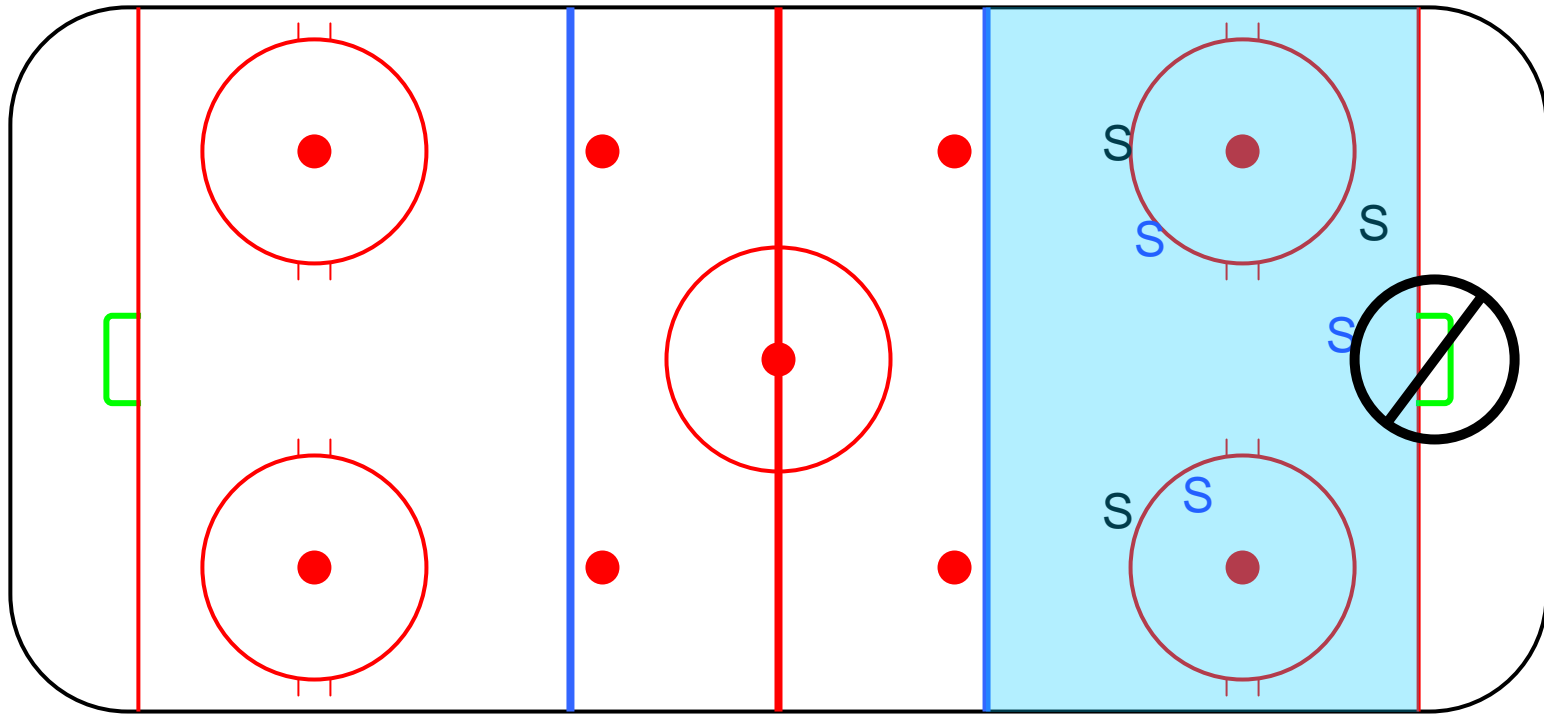
To develop initial passing technique and feel

## Progression

1. Forehand – AB Mites
2. Backhand – AB Mites
3. One-touch – CD Mites
4. Saucers – D Mites

# 3 on 3 In One Zone No Net “Keep Away”

## BCD Mites 5-10 Minutes



### Description

Players will break into 3 person teams and they will set up to play a game in one of the offensive/defensive zones. The team with puck-possession will keep the puck away from the opposing team for as long as possible, players are encouraged to spread-out and pass to help their team retain possession.

### Objective

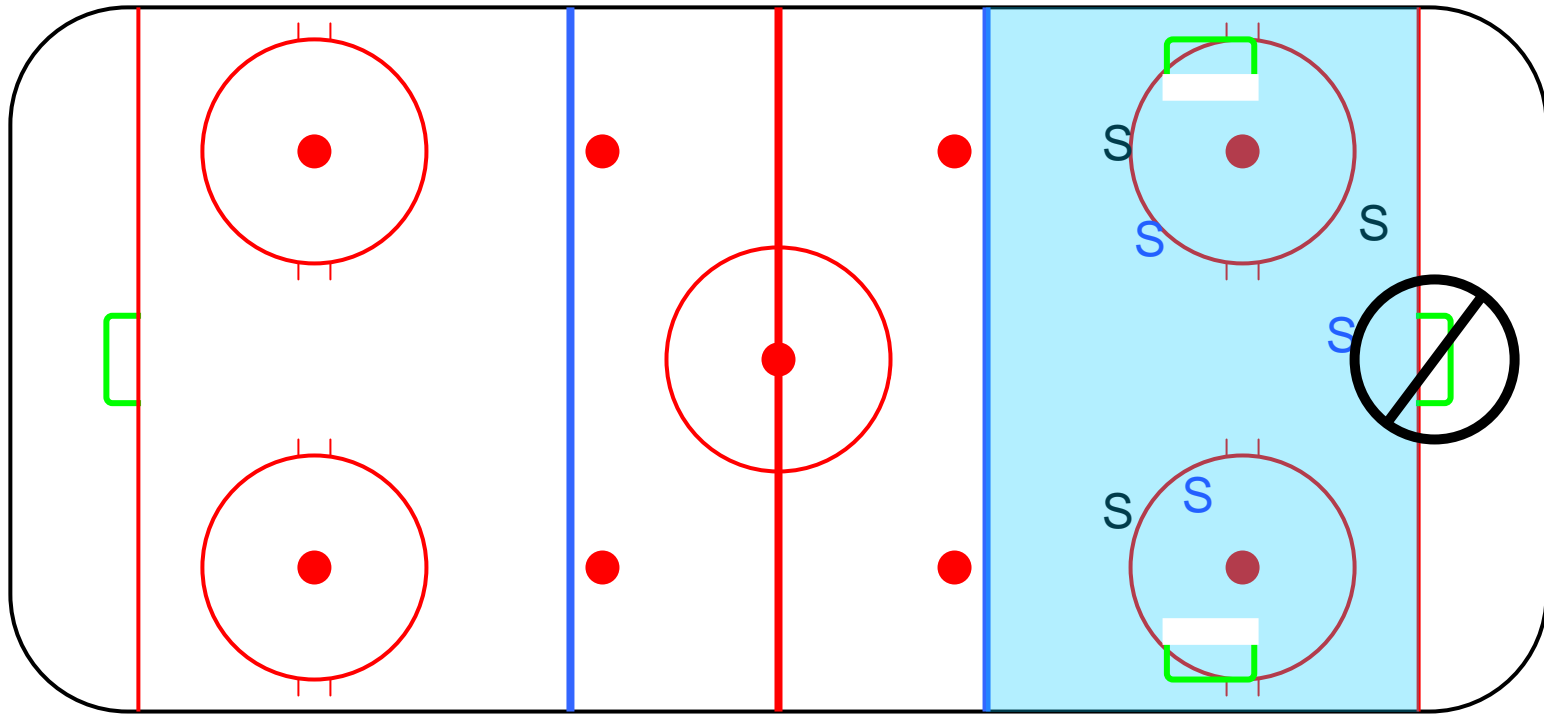
To help players to learn to spread out and pass in order to retain puck possession

### Progression

1. One team will have no sticks, then switch teams with sticks after a while. – BC Mites
2. Both teams have sticks. – BCD Mites

# 3 on 3 In One Zone With 2 Nets “Open ice”

## BCD Mites 5-10 Minutes



### Description

Players will break into 3 person teams and they will set up to play a game in one of the offensive/defensive zones. Teams try to score in either net, creating a dynamic offensive/defensive situation.

### Objective

To develop the mental capacity to operate under space and time pressure and evaluate many choices to choose the best (the key choice in this drill, which must constantly be evaluated, is which net to attack or defend)

### Progression

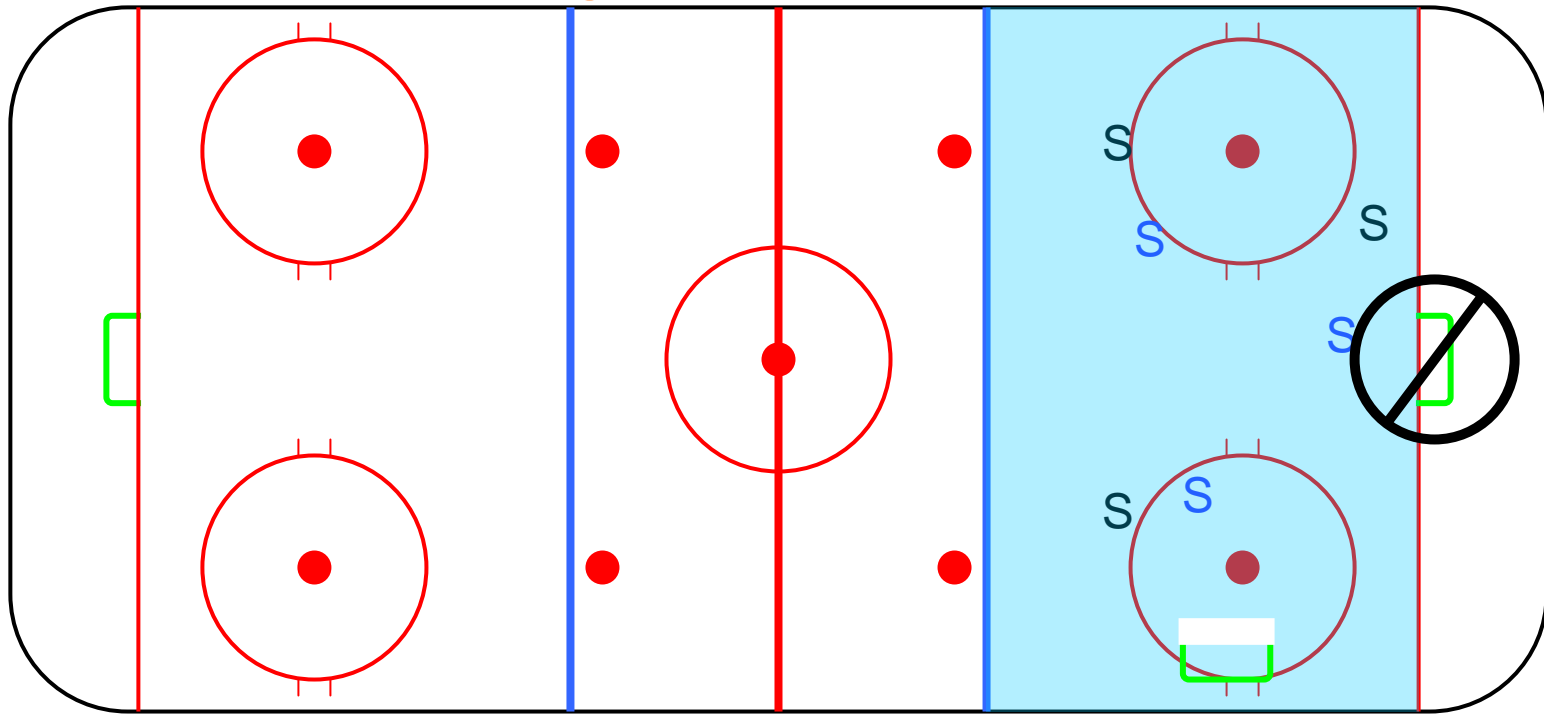
1. Score either net. – BCD Mites
2. Score on specified net. – BCD Mites
3. Play with tennis ball – CD Mites

# 3 Pucks on Same Net

## 3 on 3 – Diminishing Pucks

# BCD Mites

## 7-15 Minutes



### Description

### Objective

### Progression

Players will break into 3 person teams and they will set up to play a game in one of the offensive/defensive zones. Players play 3 on 3, starting the game with three pucks in play. All players go for the same net, and pucks are slowly removed from the game. 3...2...1.

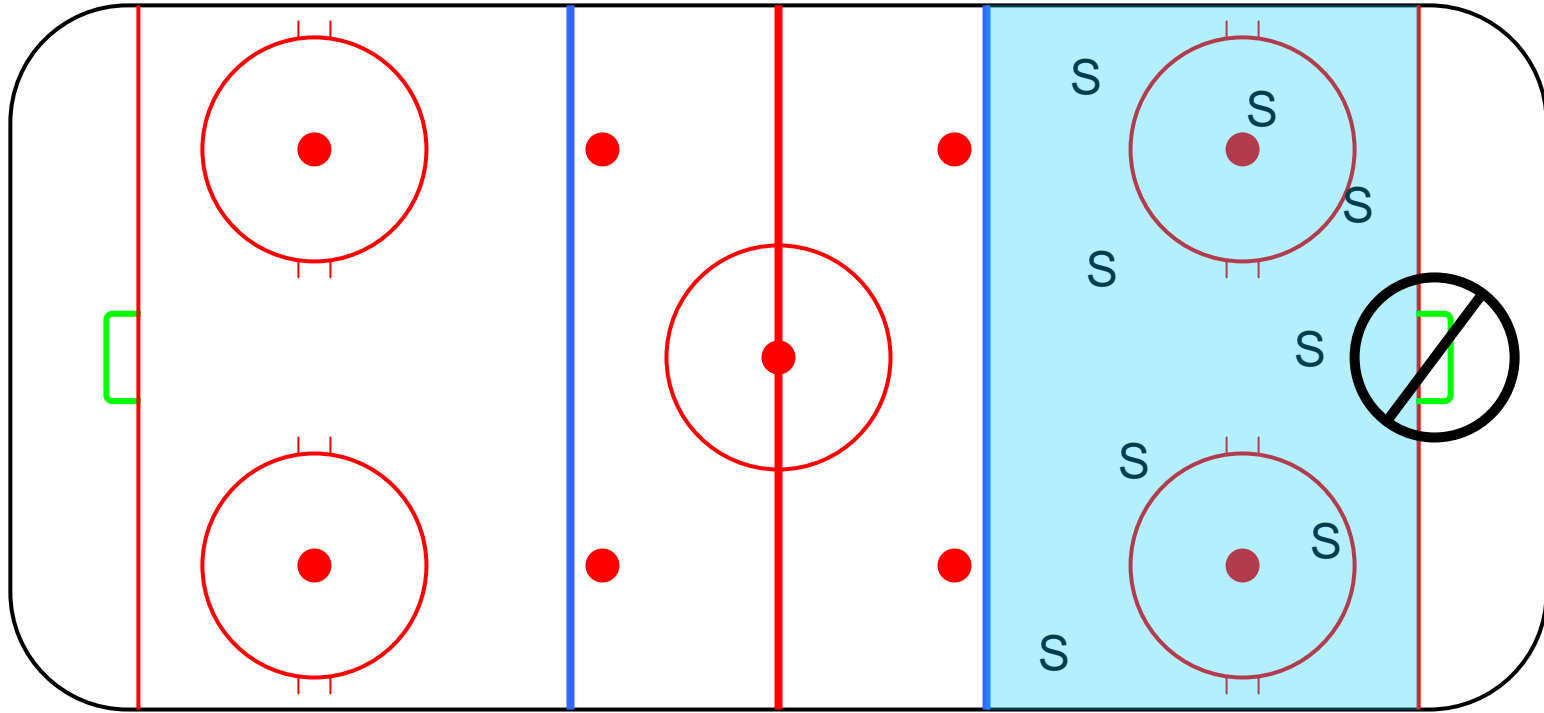
To put players in game-like situations where varied circumstances force players to adjust and where many pucks mean a lot of puck-touch-time for all players in the game

1. 3 Pucks – BCD Mites
2. 2 Pucks – BCD Mites
3. 1 Puck – BCD Mites

# Diminishing Pucks in One Zone

## “Musical Pucks”

BCD Mites  
5-10 Minutes



### Description

Players will skate randomly in one of the offensive/defensive zones. Players try to hold on to the puck, and the players without the puck try to steal one from the people with a puck. Whoever is left without a puck at the end of each round is out. The next round will have fewer players and fewer pucks. To ensure that some players get out each round, there should always be fewer pucks than players. Players that are out will free-stickhandle in the neutral zone so they are not just standing around.

### Objective

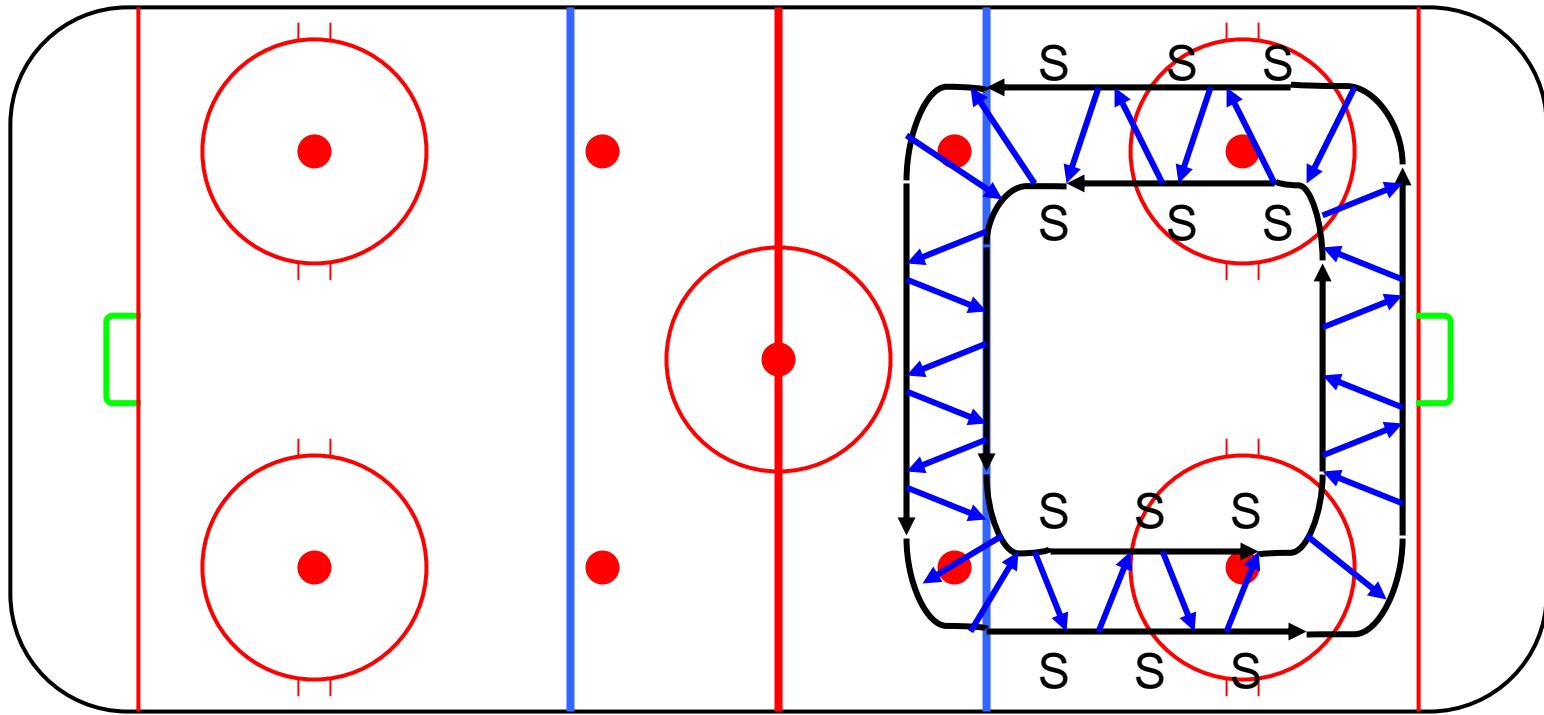
To develop puck protection technique for the puck carrier and puck removal technique for a defender. All players will have to take on both roles in this game.

### Progression

This drill will progress to constantly include fewer and fewer pucks each round.

# Concentric Circle Passing

BCD Mites  
5-10 Minutes



## Description

Players will skate laps around the whole ice or just around half of the ice. One player will be on an inner, smaller, circle and will adjust speed so that they player on the outer circle will stay in phase with them so they can make and receive passes to and from one another. With this drill the direction should be switched and players should switch from the inner to the outer circles and vice versa. Require players to communicate before the pass is made.

## Objective

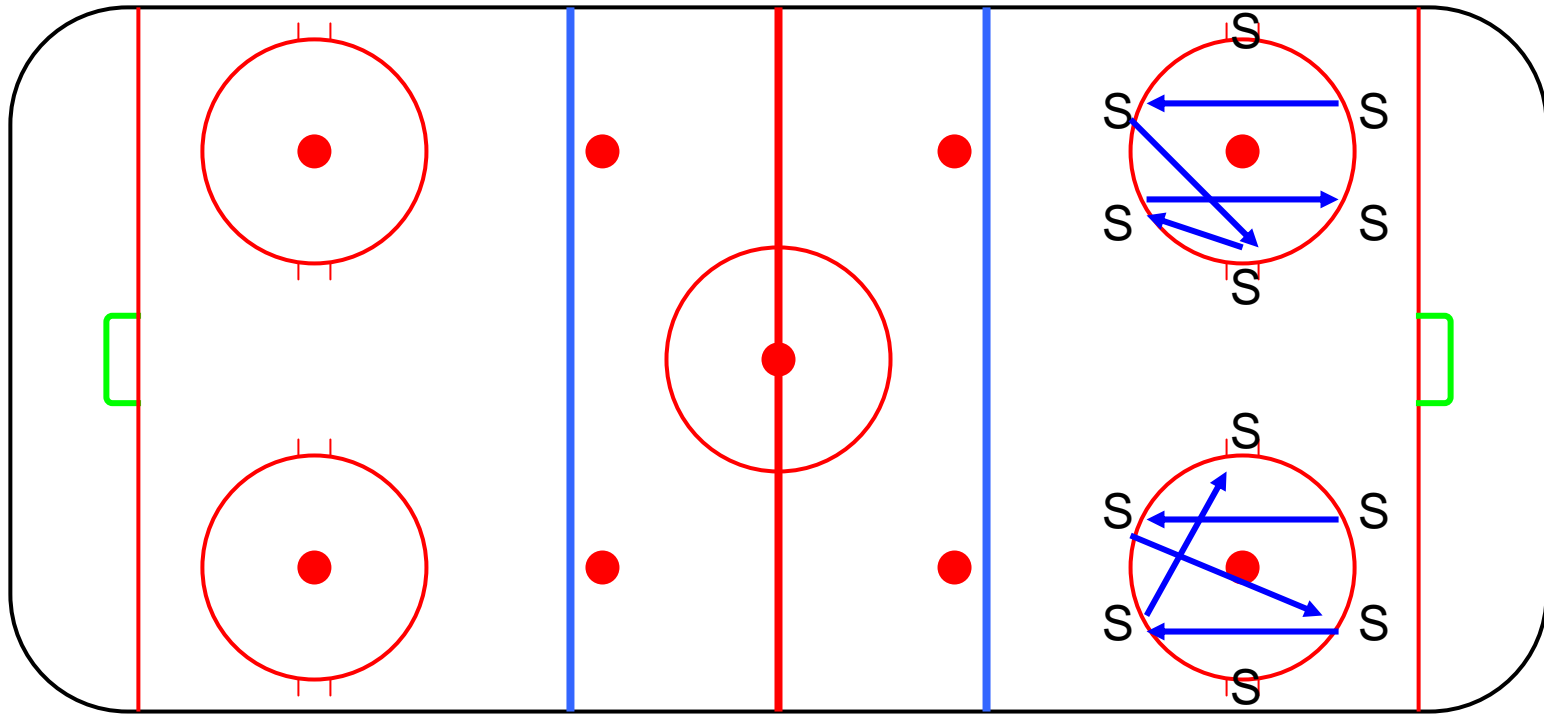
To develop the ability to pass while on the move and to help players learn to communicate as a team

## Progression

1. Forehand – BCD Mites
2. Backhand – BCD Mites
3. Both of the above while skating backwards. – CD Mites

# Passing on Circles (One Touch)

BCD Mites  
3-5 Minutes



Description

Objective

Progression

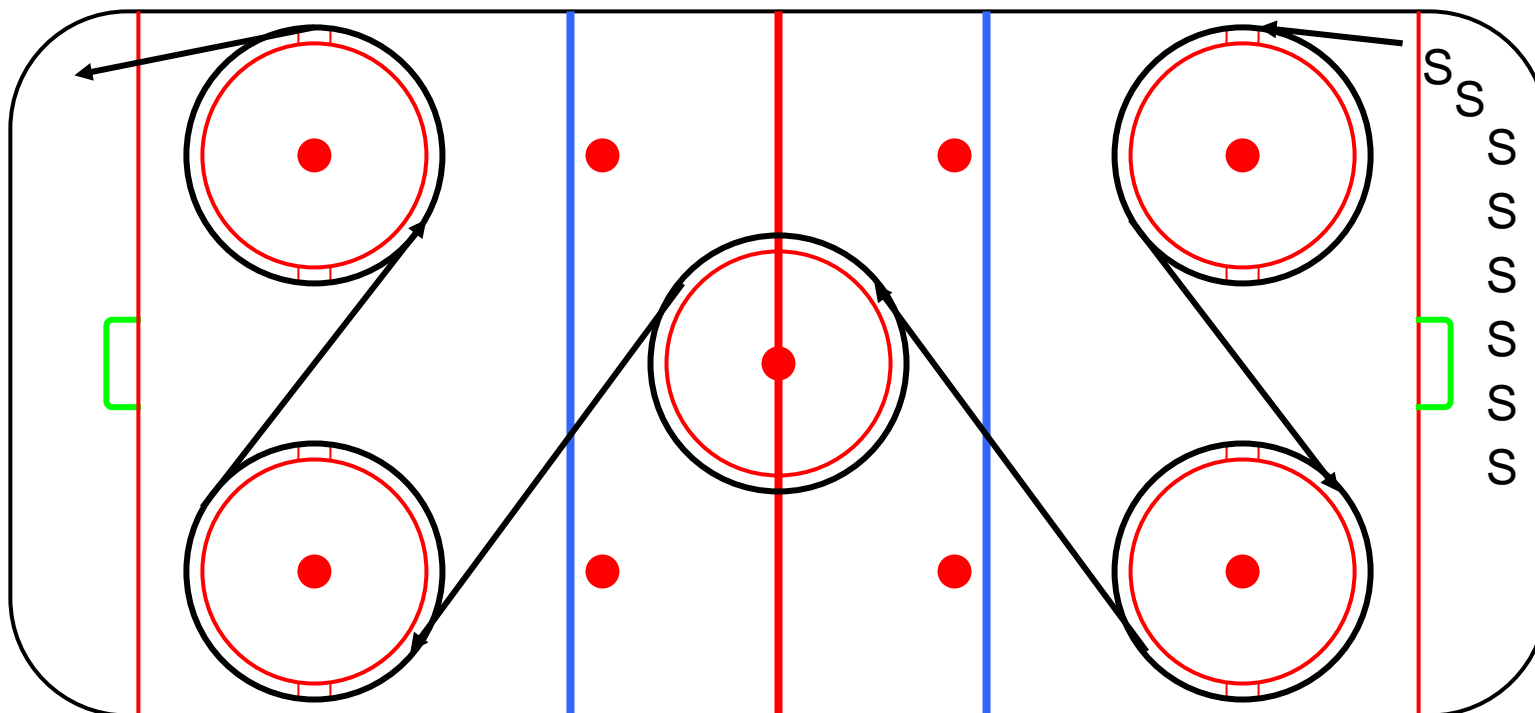
Players will find a position on one of the two face off circles at one end of the ice. A puck will be introduced and the players will pass the puck to anybody else in the circle, eventually making those passes very quickly. They will work on forehand, backhand, one-touch, and saucer passes in this way as they progress.

To develop initial passing technique and feel

1. Forehand – BCD Mites
2. Backhand – BCD Mites
3. One-touch – CD Mites
4. Saucers – D Mites

# Russian Circles

# BCD Mites 5-10 Minutes



## Description

Players will line up in a corner. They will skate to the nearest hash mark on the nearest face of circle. They will then perform crossovers on that circle completing a full revolution plus, then moving on to the next circle and doing a full revolution plus of crossovers the other way. They will then move to the next closest circle alternating crossover direction until all five are done. This can be done backward, with or without pucks, with only partial revolutions on each circle, and with emphasis of staying inside the boundary of each circle.

## Objective

To develop crossover technique and skating agility

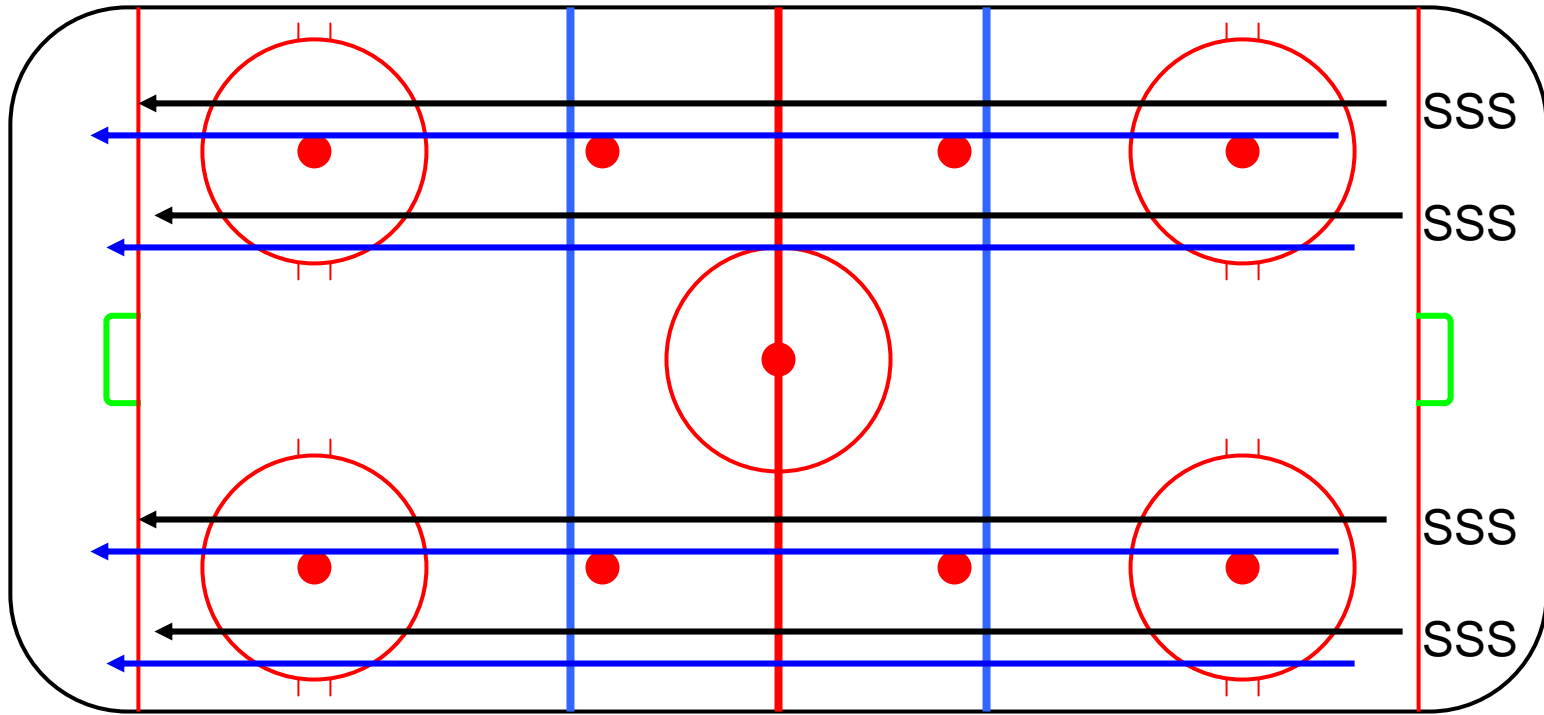
## Progression

1. Forward – BCD Mites
2. Backward – BCD Mites
3. Without complete revolutions – BCD Mites
4. Both directions with pucks – CD Mites
5. Full revolutions with tight turning that stays inside the boundary of the circle – D Mites



# Open Ice Carry With Pucks

BCD Mites  
4-8 Minutes



## Description

Players will line up along the goal line at one end of the ice. They will skate to the other end of the ice while carrying a puck. They will carry the puck by simply pushing it forward with only the top hand on the stick. At first they will have the puck only on their forehand. Then they will learn to carry the puck only on their backhand. Last they will learn the one handed carry where they alternate between forehand and backhand touches.

## Objective

To learn to carry the puck with one hand on the stick to facilitate maximum speed skating

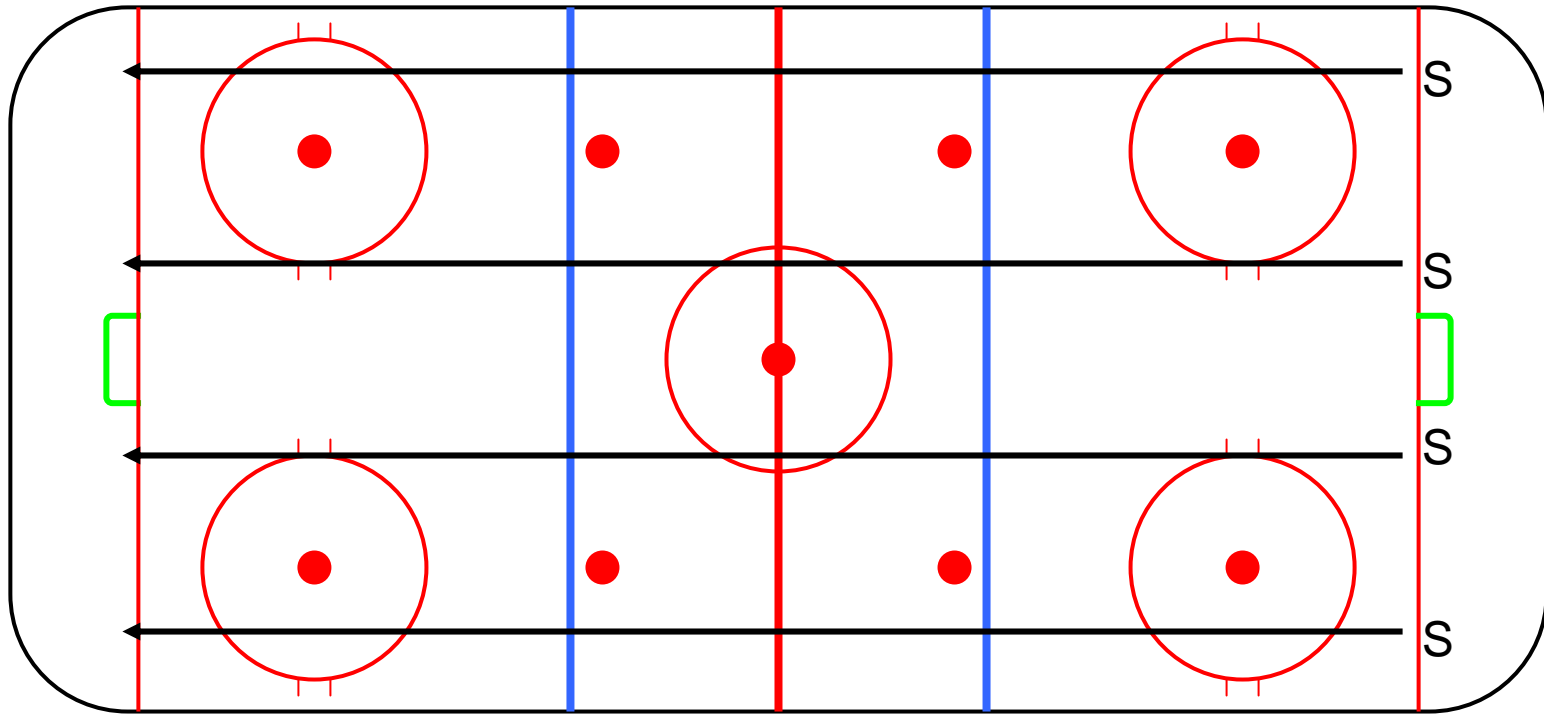
## Progression

1. Carry the puck on the forehand – B Mites
2. Carry the puck on the backhand – B Mites
3. Carry the puck while alternating forehand and backhand touches – BCD Mites



# Slow Knee-Bend Skating (Air Chair)

BCD Mites  
3-5 Minutes



## Description

Players will line up in four lines along the goal line at one end of the ice. Players will skate from one end to the other working on staying lower than normal in their skating stride. The drill is done fairly slowly at first to ensure the skaters can control their stride at a lower position than what they normally do when skating.

## Objective

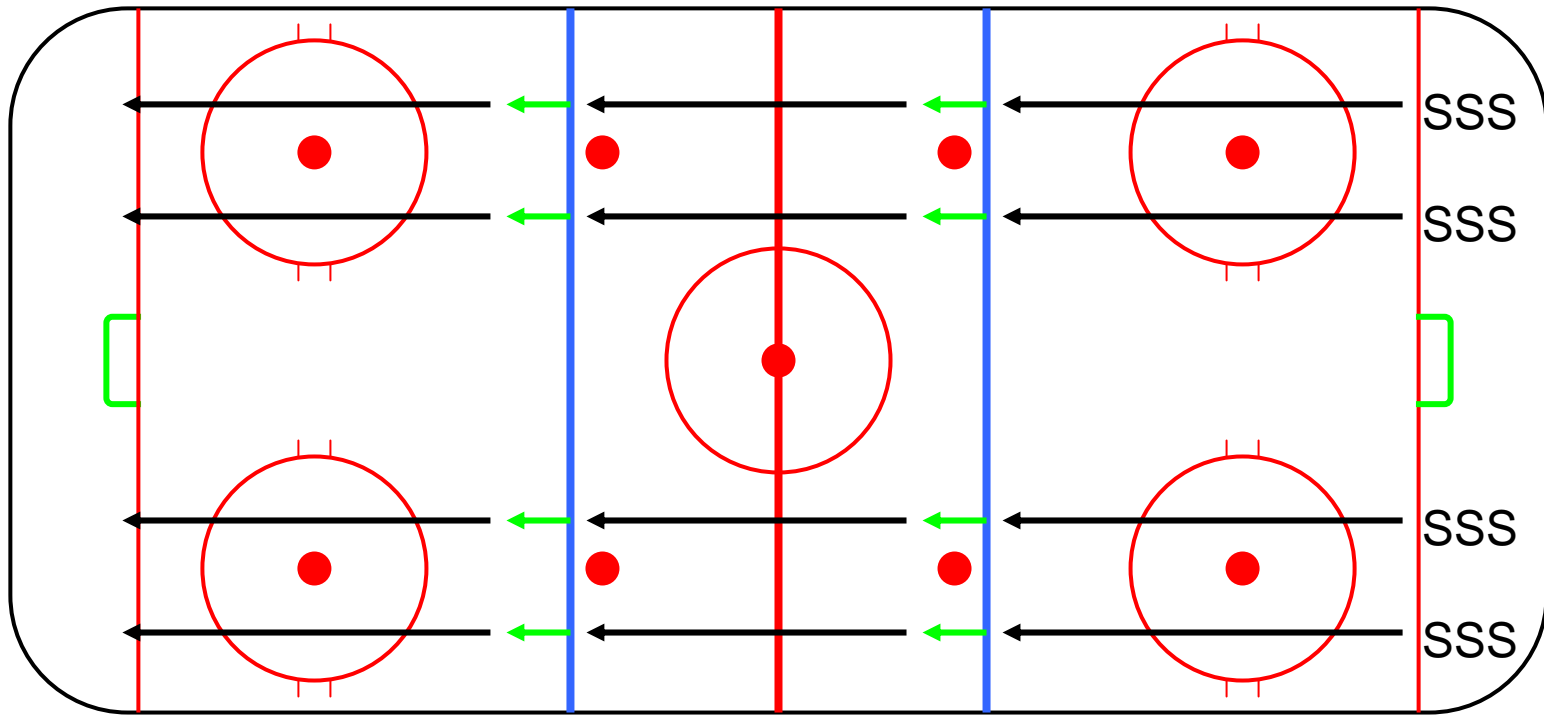
To develop the ability to skate with greater knee bend with helps with forward speed and acceleration and lateral acceleration

## Progression

Continually work on getting hips lower to ice.

# Blue Line Agility

# BCD Mites 5-10 Minutes



## Description

Players will line up along the goal line at one end of the ice. They will skate to the other end of the ice, but they will make an agile move at each blue line. One move is to jump at each blue line and land back on both feet. Another is to do a 360 at each blue line (not a power turn but a transition to backward with an immediate transition back to forward). Also, this drill can be done with both of these tricks done backward.

## Objective

To add variety to each player's capability as a skater

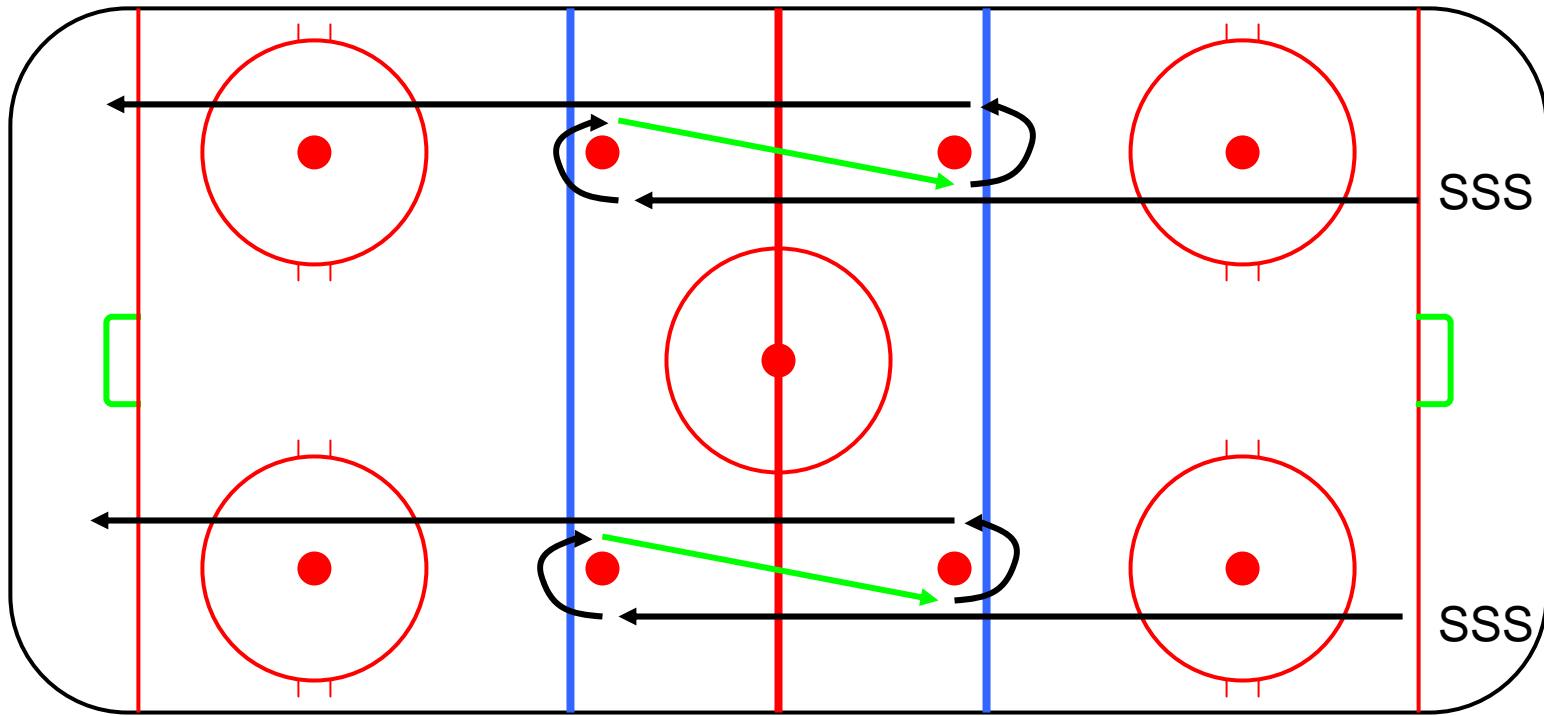
## Progression

1. Jumps at each blue line – BCD Mites
2. 360 at each blue line – CD Mites
3. Both of these done backward – CD Mites
4. Both of these with pucks – D Mites
5. Backward with Pucks – D Mites



# Transitions on Neutral Zone Dots

BCD Mites  
4-8 Minutes



## Description

Players will line up on one end of the ice in line with the face off dots. They will skate down to the other end of the ice. When they hit the face of dot near the far blue line they will continue facing the far end of the rink but transition to skating backward and will skate backward until they hit the other neutral zone face off dot. Then they will transition back to forward and skate to the far end of the rink.

## Objective

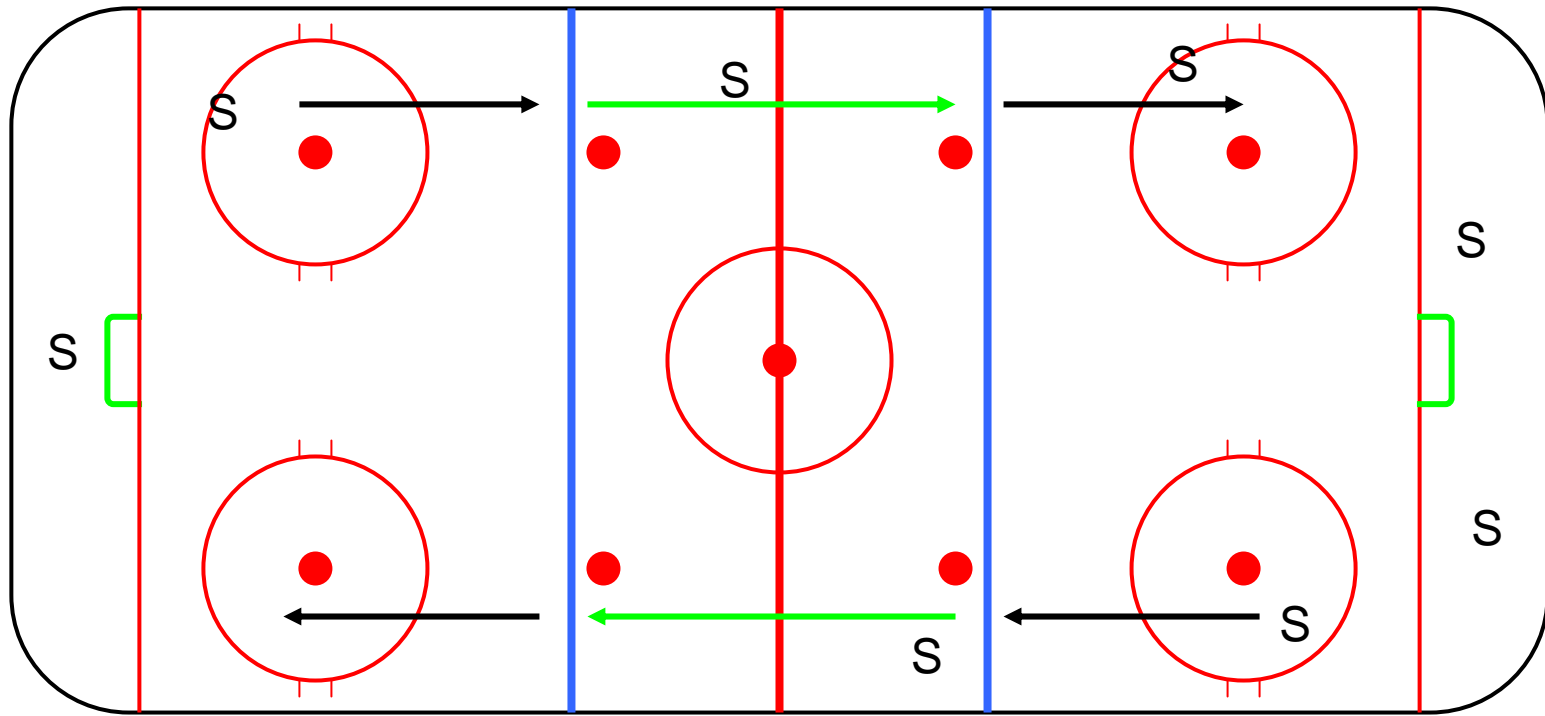
To develop backward skating and transition ability for agile skating

## Progression

1. Skate slowly with long strides forward and slow c-cuts backward for a good warm-up – B Mites
2. Quickly without pucks – BC Mites
3. Both of the above with pucks – CD Mites

# Backward Between the Blues

BCD Mites  
3-5 Minutes



## Description

Players will skate in a large circle around the ice at a moderate to fast pace. They will skate forward except when they are in the neutral zone (between the blue lines). They will transition between forward and backward at each blue line and should do so facing the same side of the rink each time.

## Objective

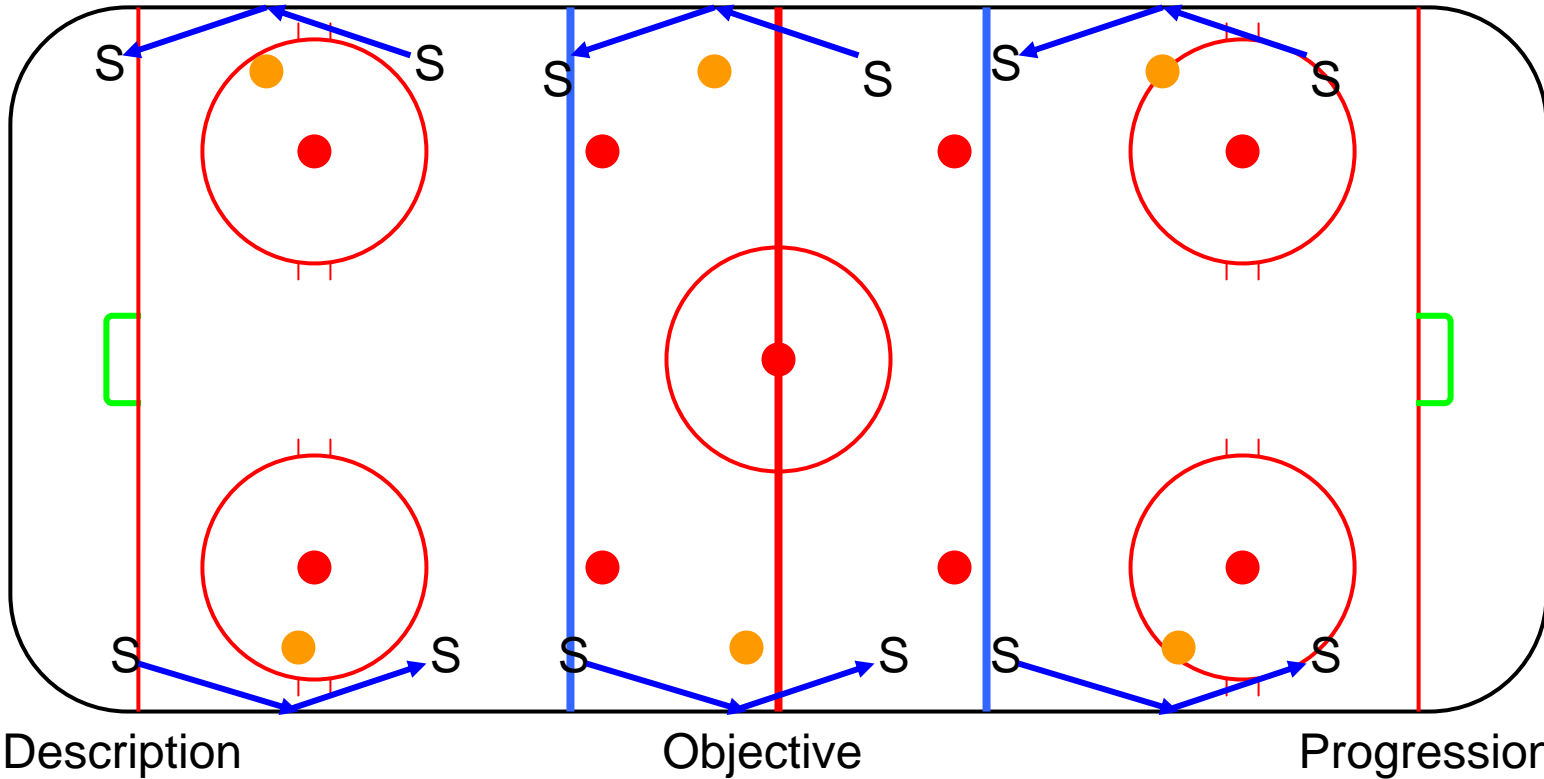
To develop backward skating and transition technique.

## Progression

1. Without pucks – BCD Mites
2. With pucks – CD Mites

# Pass to Teammate Off Boards Around Cone

BCD Mites  
4-8 Minutes



Description

Objective

Progression

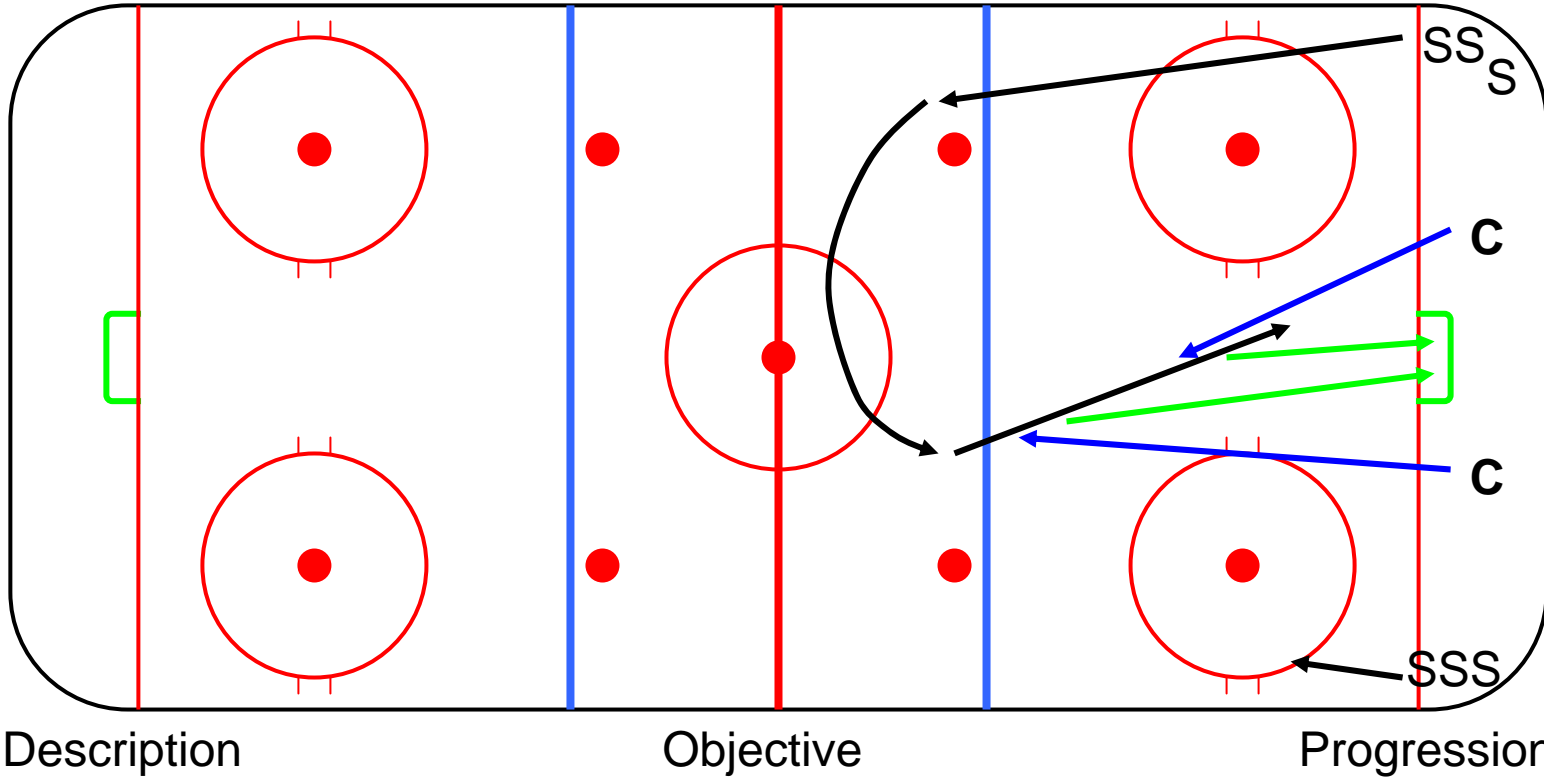
Players will pair up and will find a patch of ice along the boards. In this drill 2 players will line up on each side of the cone, passing off the boards around the cone to the other player.

To learn the technique of the indirect or "boards" pass and to help train players to look for it as an option in games

None

# Shot From Slot and Second Pass From Coach

BCD Mites  
5-10 Minutes



Description

Objective

Progression

Players will line in the corners on one end of the rink and will skate out to the neutral zone then circle back in coming down the slot as in the "Egg Beaters" drill. As they come down the slot they will receive a pass from a coach and will shoot near the top of the circles. They will then receive another pass from another coach as they get deeper into the slot, and will again shoot quickly.

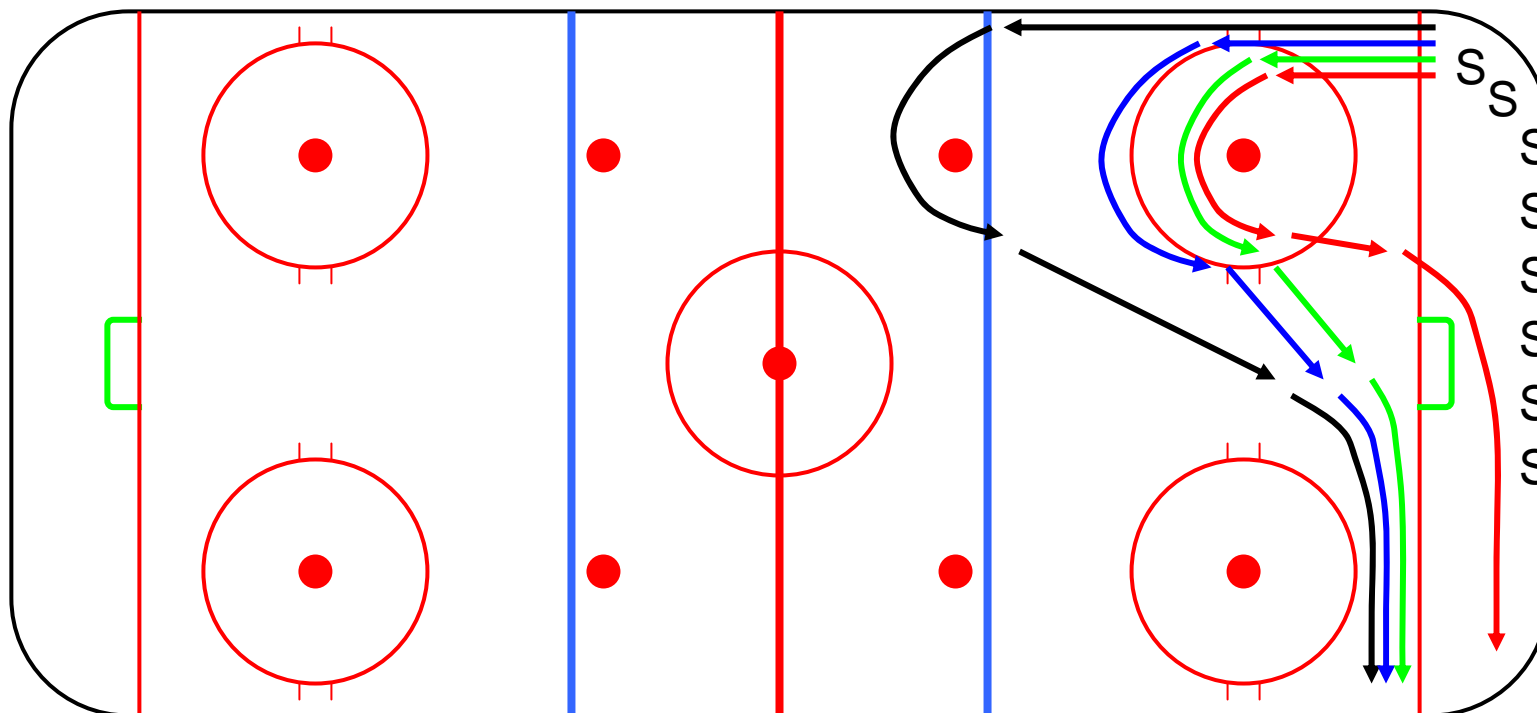
To develop scoring ability and the ability to position one's self to score

None



# Quick Feet Series ½ Ice

BCD Mites  
7-15 Minutes



Description

Objective

Progression

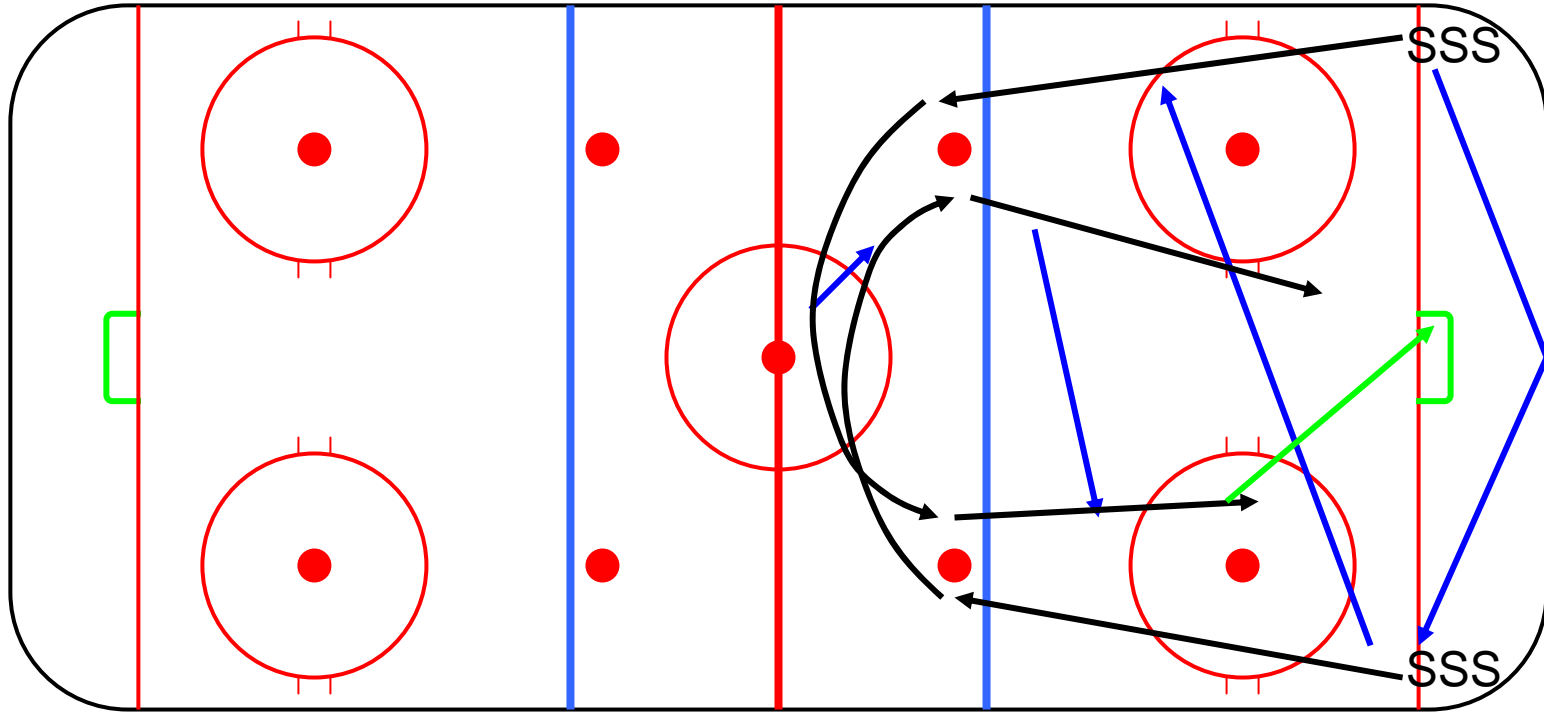
Players will line up in one line in one corner of the rink. They will progress through this series, each time skating to the other corner. After doing it one way the players will do it the opposite way from the other corner. First they will do the black path and its mirror image, then the blue, then the green, and then the red. This can be done without pucks at first then with pucks

To develop quick feet and lateral acceleration

1. Without Pucks – B Mites
2. With Pucks – BC Mites

# Pass Behind Net then 2 on 0 or 2 on 1 - ½ Ice

# BCD Mites 5-10 Minutes



## Description

## Objective

## Progression

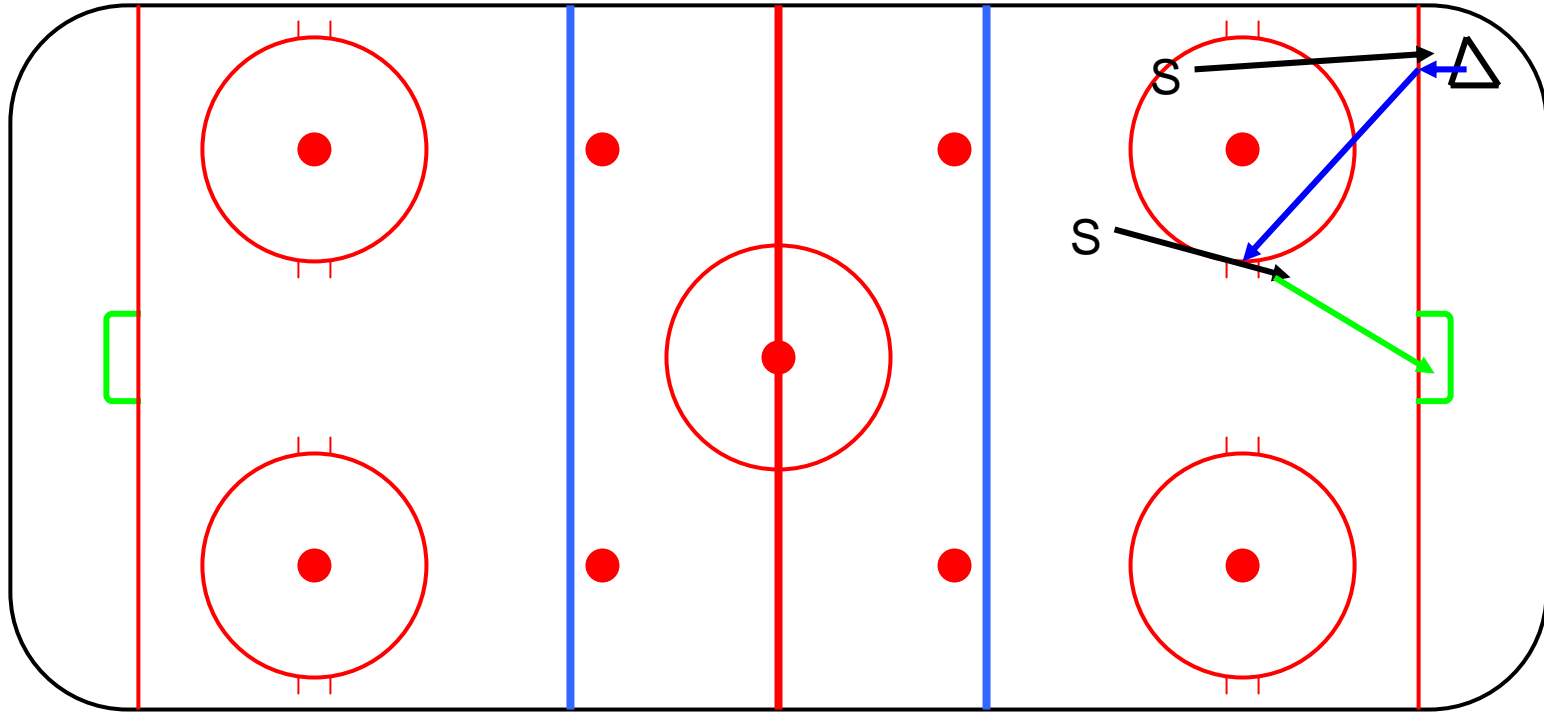
Players will line up in the corners on one half of the ice. In this drill the line with the pucks will throw a pass behind the net to the other line, after he makes the pass he will go and the players will leave the zone as in a 2 on 0. The players will criss-cross between the red and blue-line, leaving a drop-pass. They will re-enter the zone and finish off with a 2 on 0 or 2 on 1.

To develop initial passing, skating, and shooting technique and to help players to think about using the boards when passing

1. 2 on 0 – BC Mites
2. Add Defenseman – CD Mites

# Dig Puck Out of Triangle In Corner And Go To Net

BCD Mites  
5-10 Minutes



Description

Objective

Progression

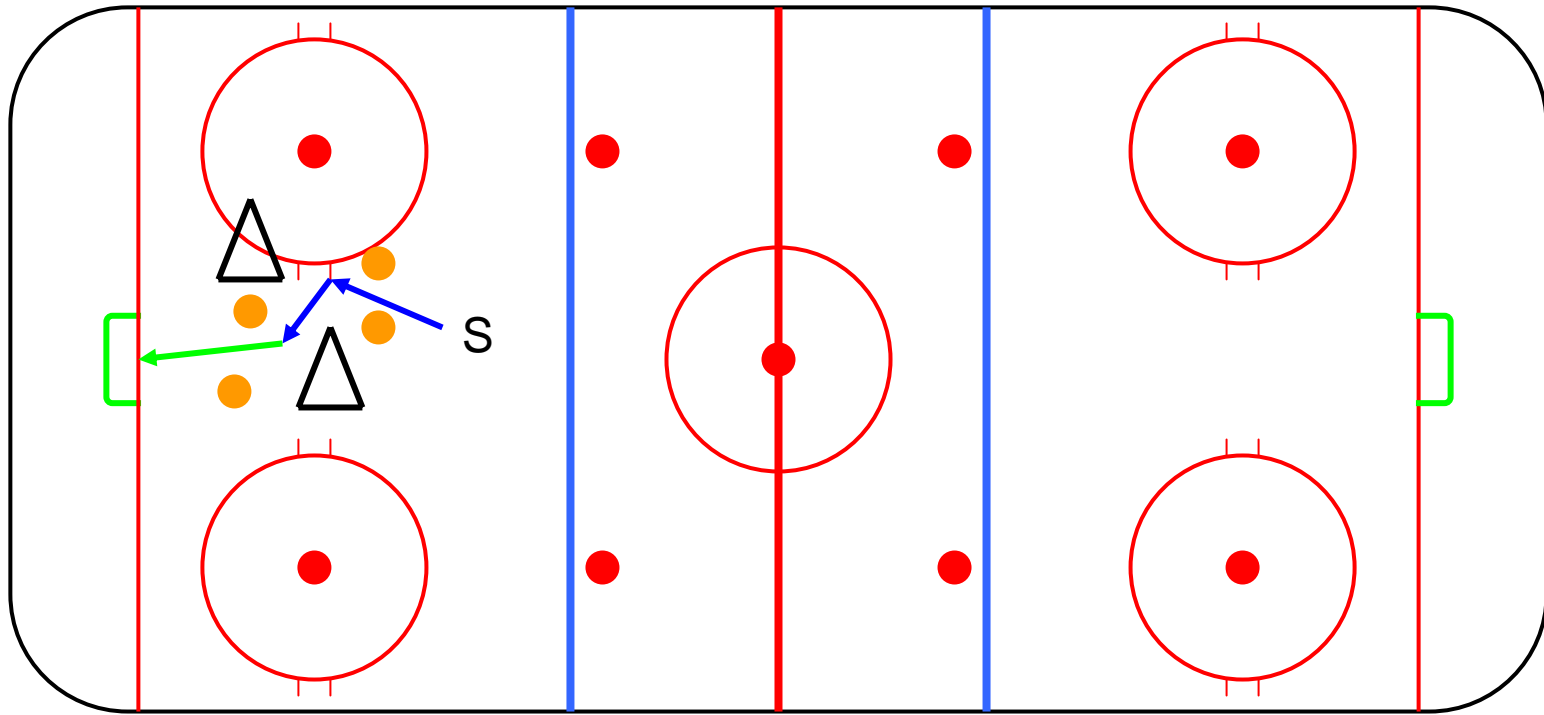
Players will line up in two lines near the top of one of the face-off circles near one corner of the ice. In this drill the player starting at the top of the circle closest to boards will skate to the corner and dig the puck out of the triangle, then pass to the other player in the high slot for a shot.

To develop the ability to dig the puck out of a high-traffic area in the corner and quickly make a play to a teammate

None

# Mess of Cones or Obstacles In Slot

BCD Mites  
5-10 Minutes



Description

Objective

Progression

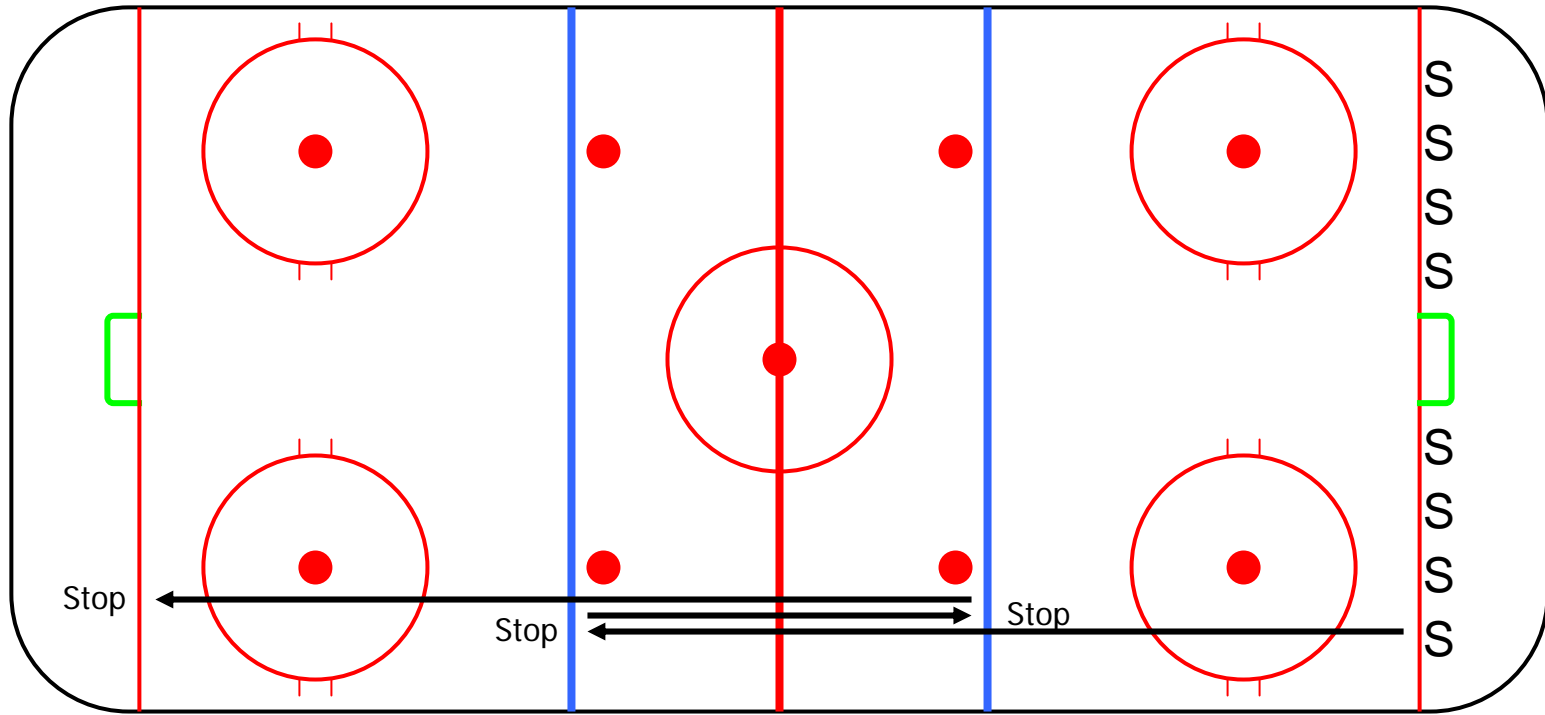
Players will line up in the neutral zone and will proceed one after another into the mess of obstacles in the slot, weaving through them and getting a shot off when the coach blows the whistle.

To learn how to operate effectively in traffic which is very common in the slot during games

None

# Stop and go the other way (on the Lines)

# CD Mites 4-8 Minutes



## Description

Players will line up along the goal line at one end of the ice. They will skate toward the other end of the ice stopping first at the far blue line, coming back to the first blue line, stopping again, and finally skating to the far end of the rink. Make sure they make complete stops. With this drill skaters will be doing hockey stops and will make sure all stops face the same side of the rink to learn to stop both ways. When comfortable with this, they will do this drill with pucks. Shorten the length of each skating phase and this drill can be done on half-ice.

## Objective

To drill in stopping and starting technique

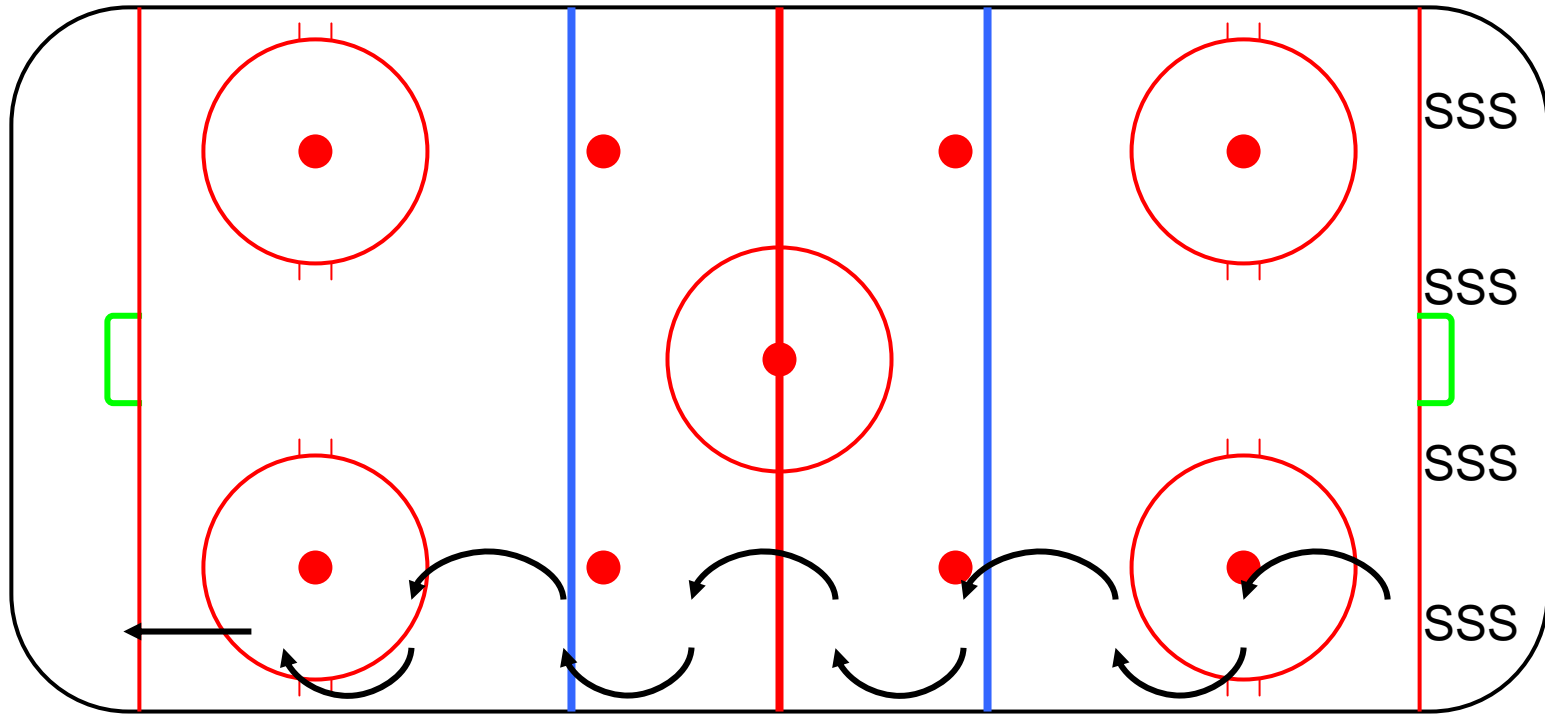
## Progression

1. Work this basic drill – CD Mites
2. As players get good, line them up in two lines and put cones out at each stop. The line that gets the most snow on their cone is the winner – CD Mites
3. Both of the above with pucks – CD Mites



# Alternating Triple Crossovers

CD Mites  
3-5 Minutes



## Description

## Objective

## Progression

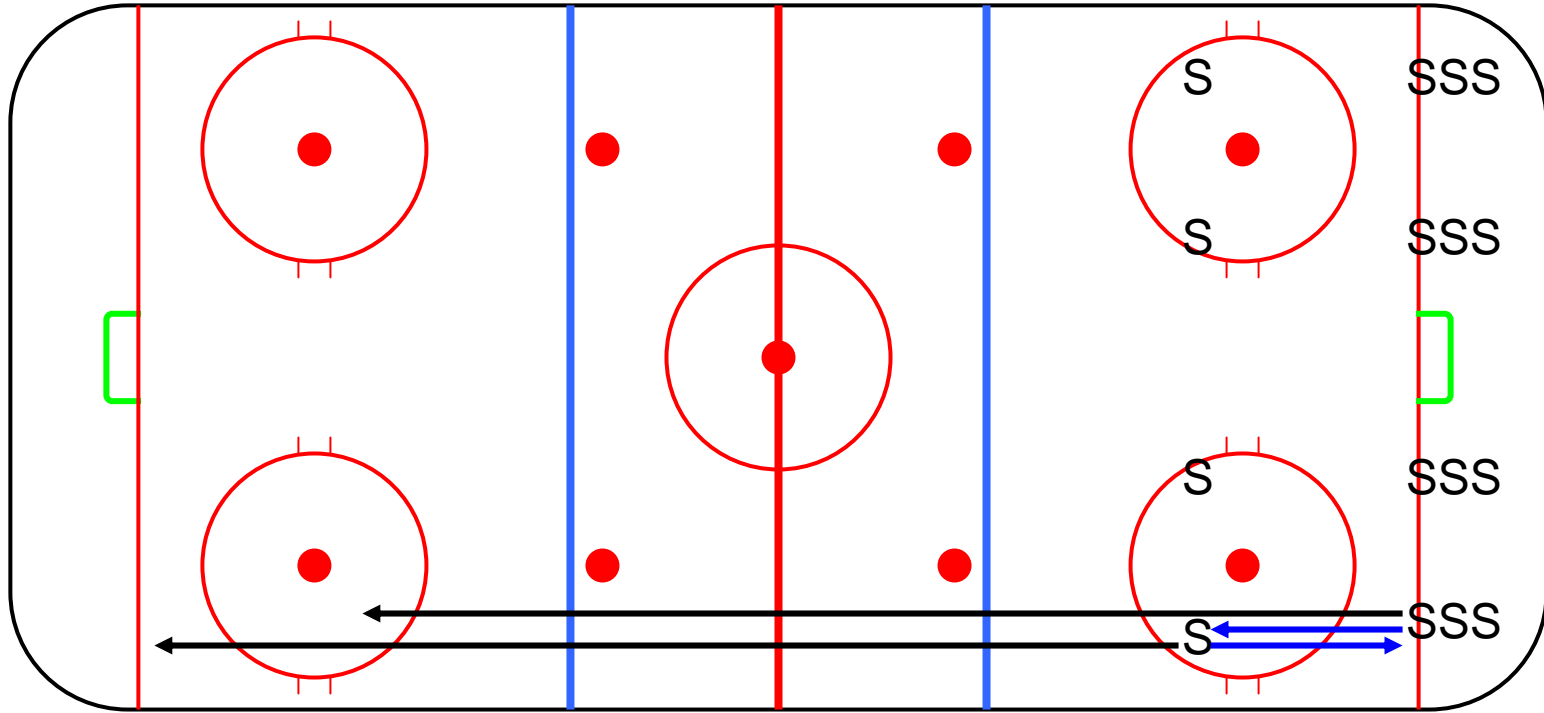
Players will line up along the goal line at one end of the ice. They will skate to the other end, alternating between three crossovers to the right and three crossovers to the left the whole way. When ready, players will do this with pucks.

To develop crossover technique and skating agility

1. Without pucks – CD Mites
2. With pucks – CD Mites

# 4 Line Passing - One Forward - One Backwards

CD Mites  
4-8 Minutes



## Description

## Objective

## Progression

Players will line up in four lines along the goal line at one end of the ice. One player will be skating backwards, and the other will be skating forward. You will pass to each other all the way down the ice in a 10-30 foot gap.

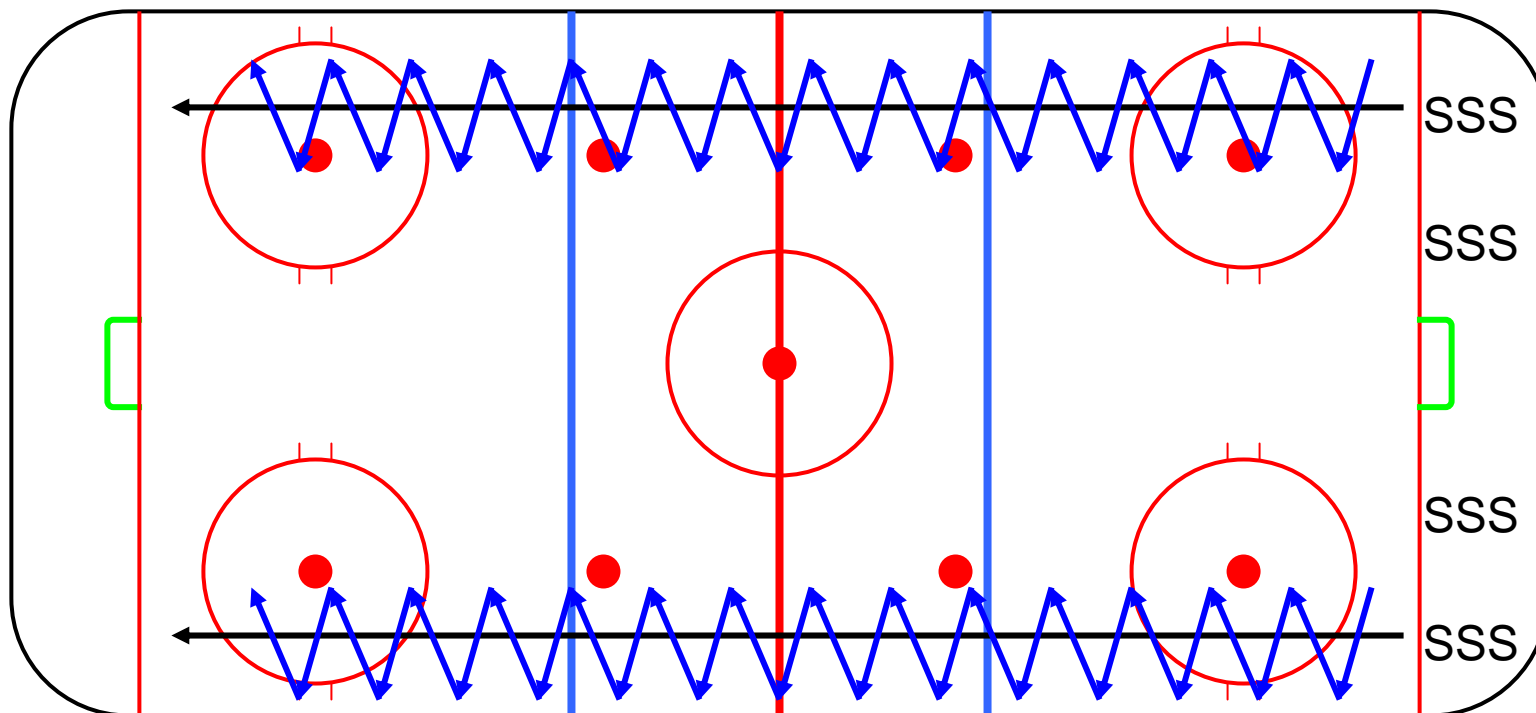
To develop puckhandling skills while skating backward and forward, as well as quick passing skills

1. Take time between receiving each pass and passing the puck back – C Mites
2. Utilize one-touch passing technique and have players pass back and forth very quickly – CD Mites
3. Narrow the gap between the players to raise the tempo of the passes between them – CD Mites



# Wide Pull Stickhandling – Full Stride

CD Mites  
4-8 Minutes



## Description

Players will line up along the goal line at one end of the ice. They will skate fast to the other end of the ice with a puck, and they will be pulling the puck across in front of the body to the forehand then to the backhand, extending nearly as far as they can reach. One option is to do this with small quick stickhandling bursts when you get to each side of the body before pulling the puck back and the other is to simply pull it all the way across the body with each touch of the puck.

## Objective

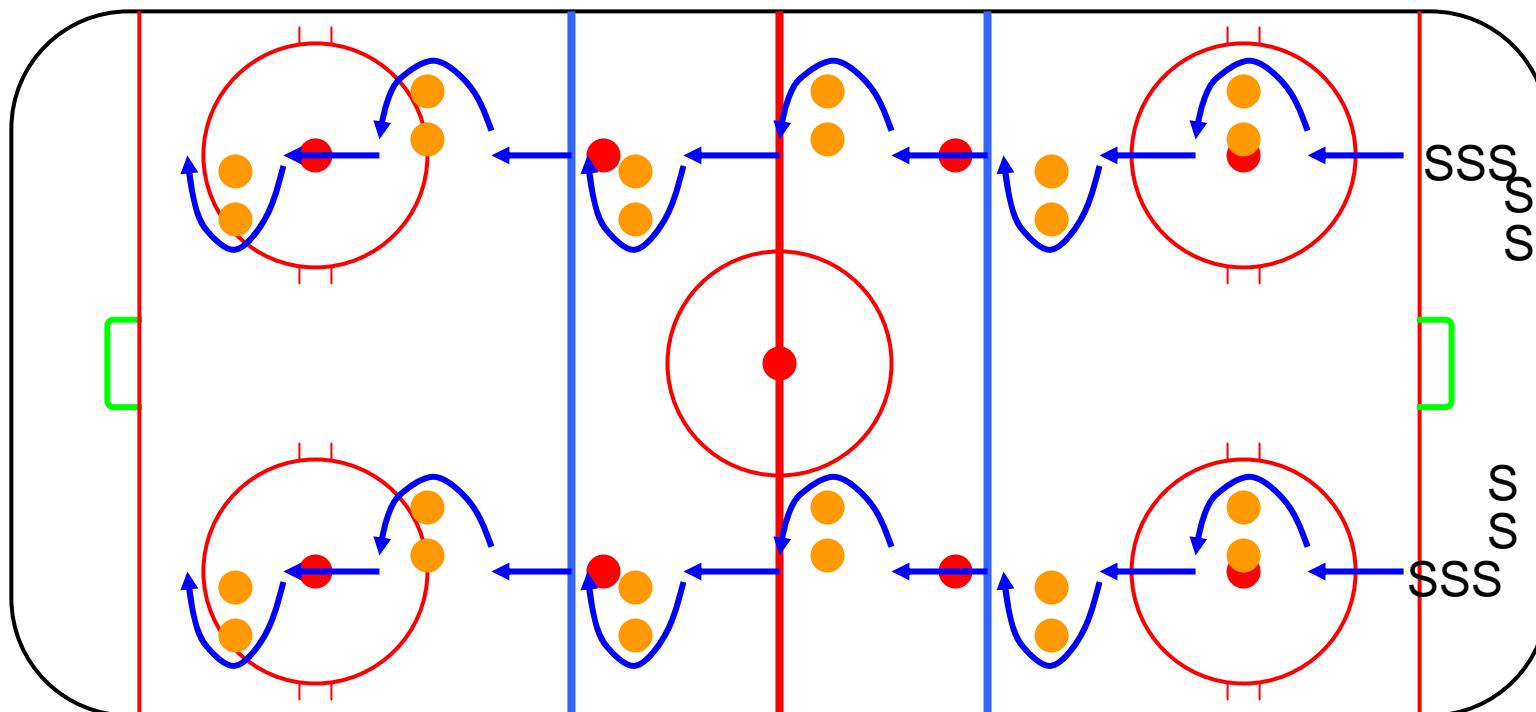
To develop initial the ability to control the puck when the puck and hands are far from the player's body and to learn to pull the puck quickly across which will help them with various moves in the future

## Progression

1. Pull the puck across the body, do a couple of quick stickhandles, then pull it to the other side and do a couple of quick stickhandles – CD Mites
2. Constantly pull the puck across the body – CD Mites

# Wide Pulls With 2 Cones

CD Mites  
5-10 Minutes



Description

Objective

Progression

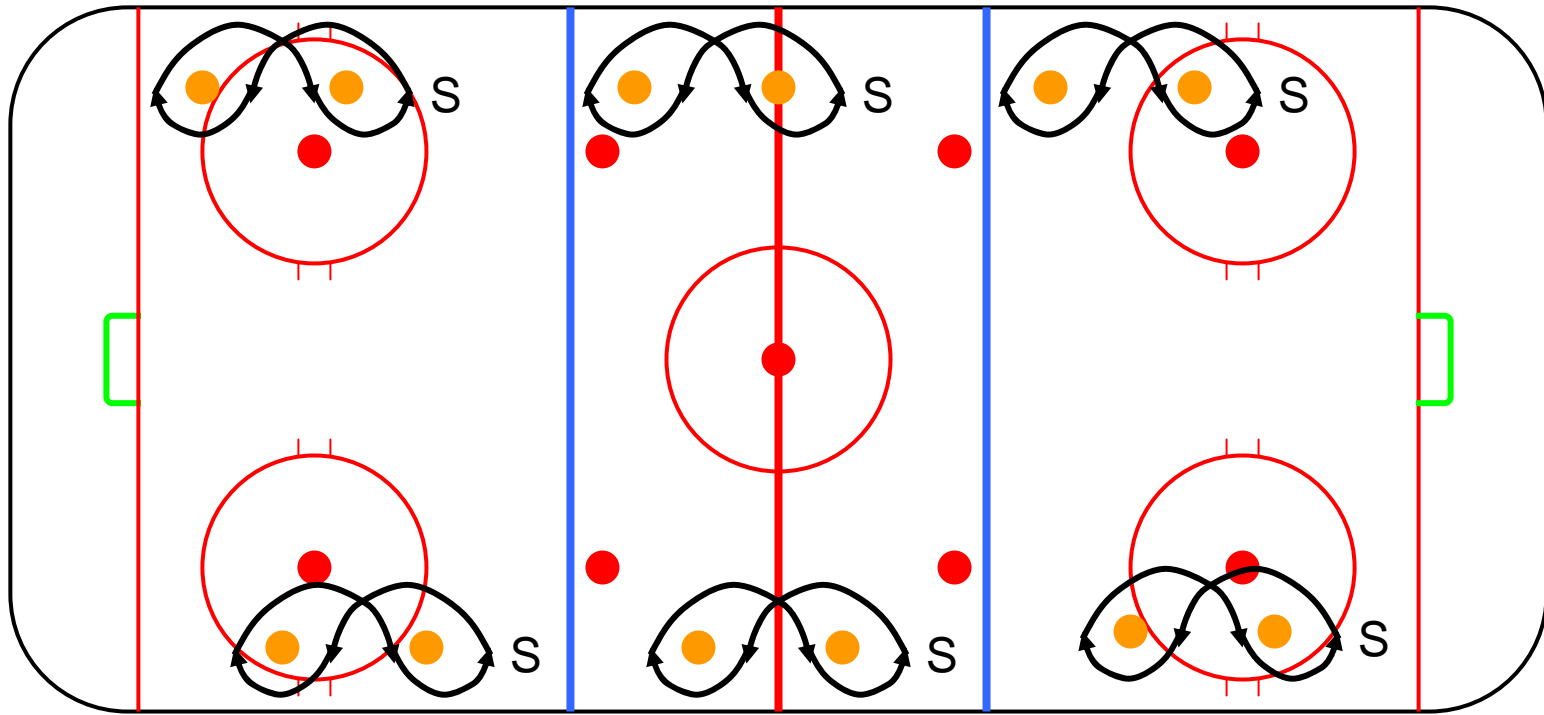
Players will line up in two lines along the goal line at one end of the rink. Players will skate and make wide puck-pulls around the cones. Wide pulls are a stickhandling move where players move the puck from roughly in front of their body to way out wide where they really have to reach to keep their stick on the puck.

To develop the ability to quickly pull the puck out wide to get it outside of a defender's sphere of influence

None

# Figure Eights around Gloves

CD Mites  
10-20 Minutes



## Description

Players will drop their gloves in a spot in the ice where they have some room to themselves. Players will figure skate figure eights around the gloves, forward, then backward, then with transitions at the gloves, and then all of those with the puck. This is a long drill because the whole progression will be done most of the time that you use it.

## Objective

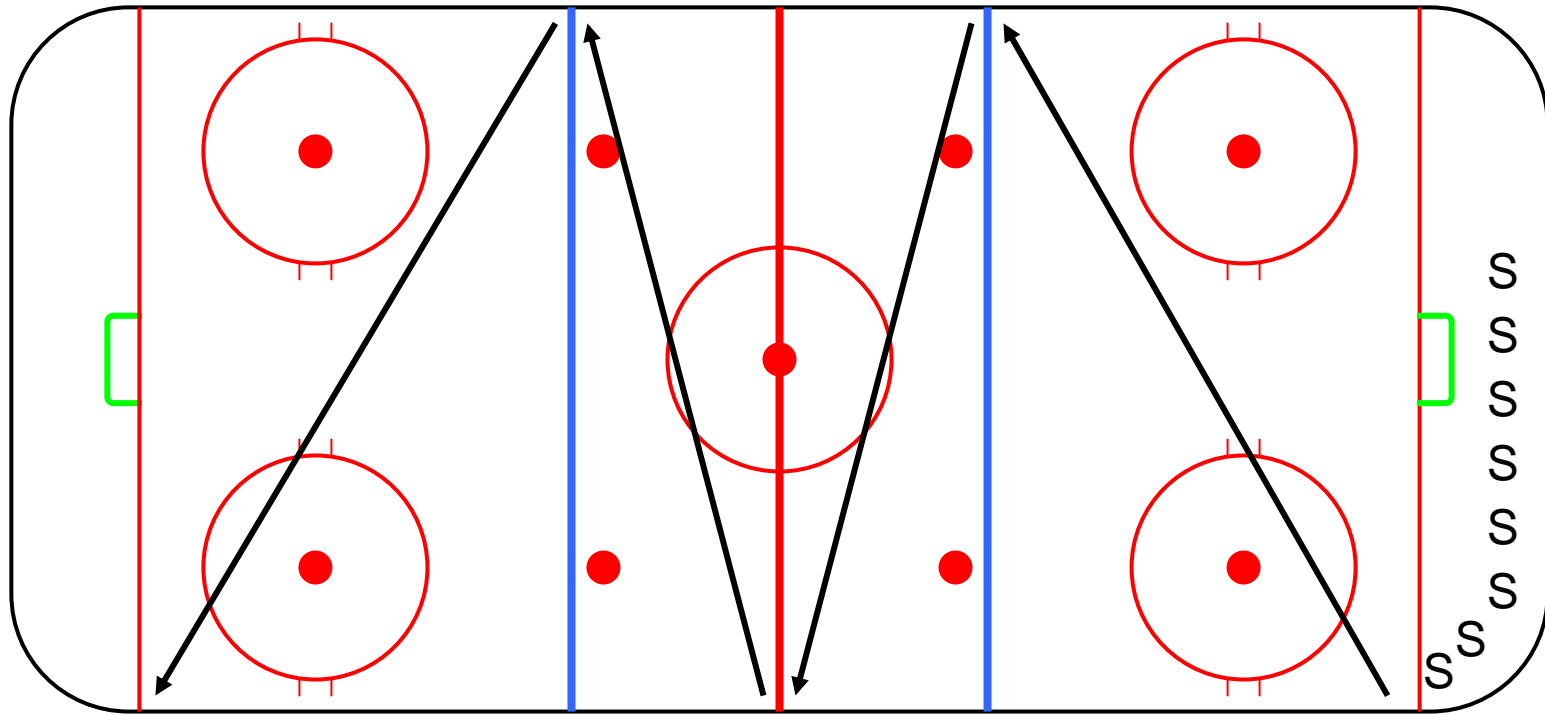
To develop dynamic skating agility and puckhandling ability

## Progression

1. Forward – CD Mites
2. Backward – CD Mites
3. Transitions facing the same side of the rink each time – CD Mites
4. All of the above with pucks – CD Mites

# “M” Pattern Skate, Stop On Line

CD Mites  
4-8 Minutes



## Description

## Objective

## Progression

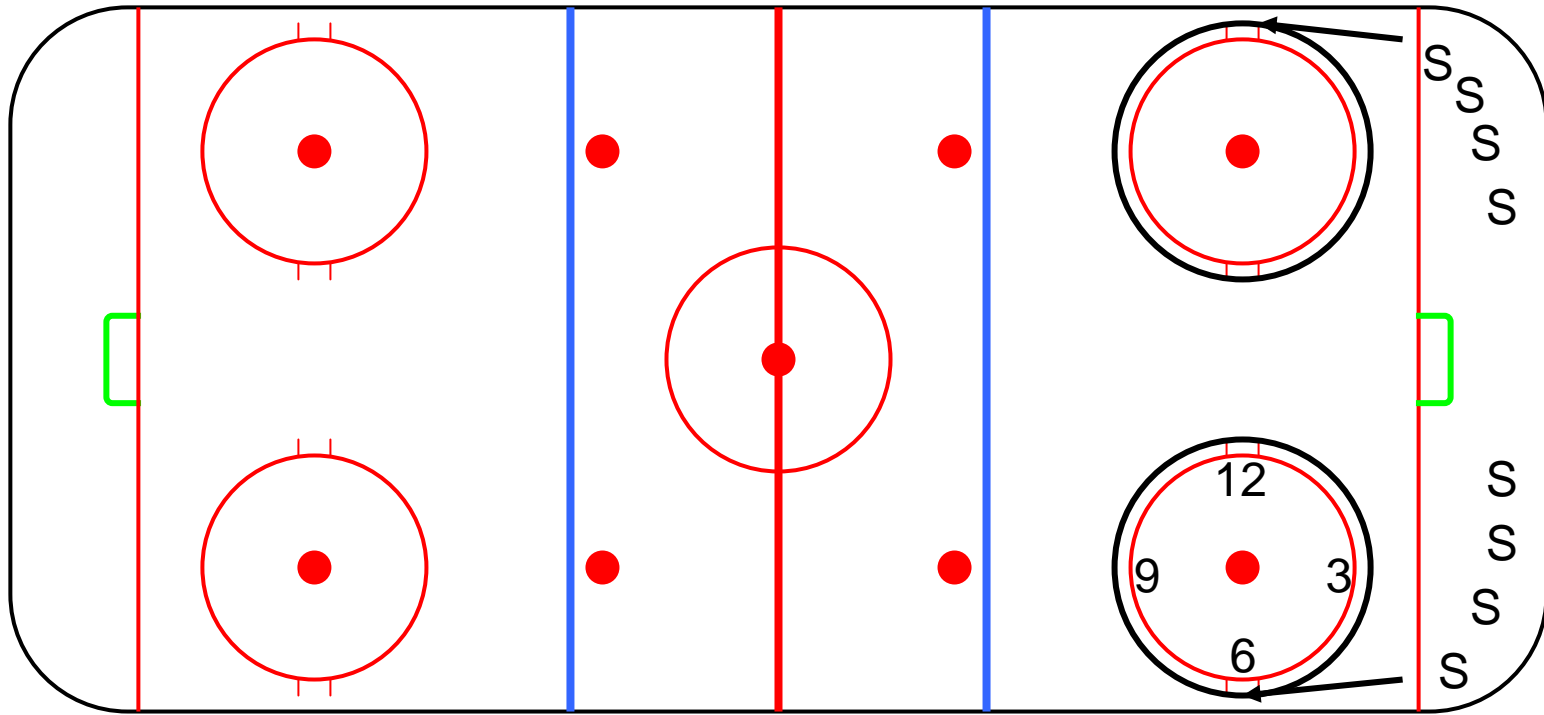
Players will line up in a corner of the rink. They will skate to the intersection of the near blue line and the opposite boards and will stop then start again. They will then skate to the intersection of the center line and the boards across the ice and will stop and start again. They will skate across the ice again to the intersection of the far blue line and the opposite boards. Finally they will skate across the ice a last time, stopping in the opposite corner. Later they will learn to do a quick crossover step to reaccelerate after the stop and will do this with pucks.

To develop initial starting and stopping ability

1. No pucks standard starts – C Mites
2. No pucks crossover starts – CD Mites
3. With pucks with crossover starts – CD Mites

# Single Circle Transitions

CD Mites  
5-10 Minutes



## Description

Players will line up in both corners on one end of the rink and after completing the drill, they will switch to the other corner. They will skate out to the nearest circle and perform transitions from forward to backward and back as they go around it twice. Transitions will happen at the 3, 6, 9, and 12 positions on the circle.

## Objective

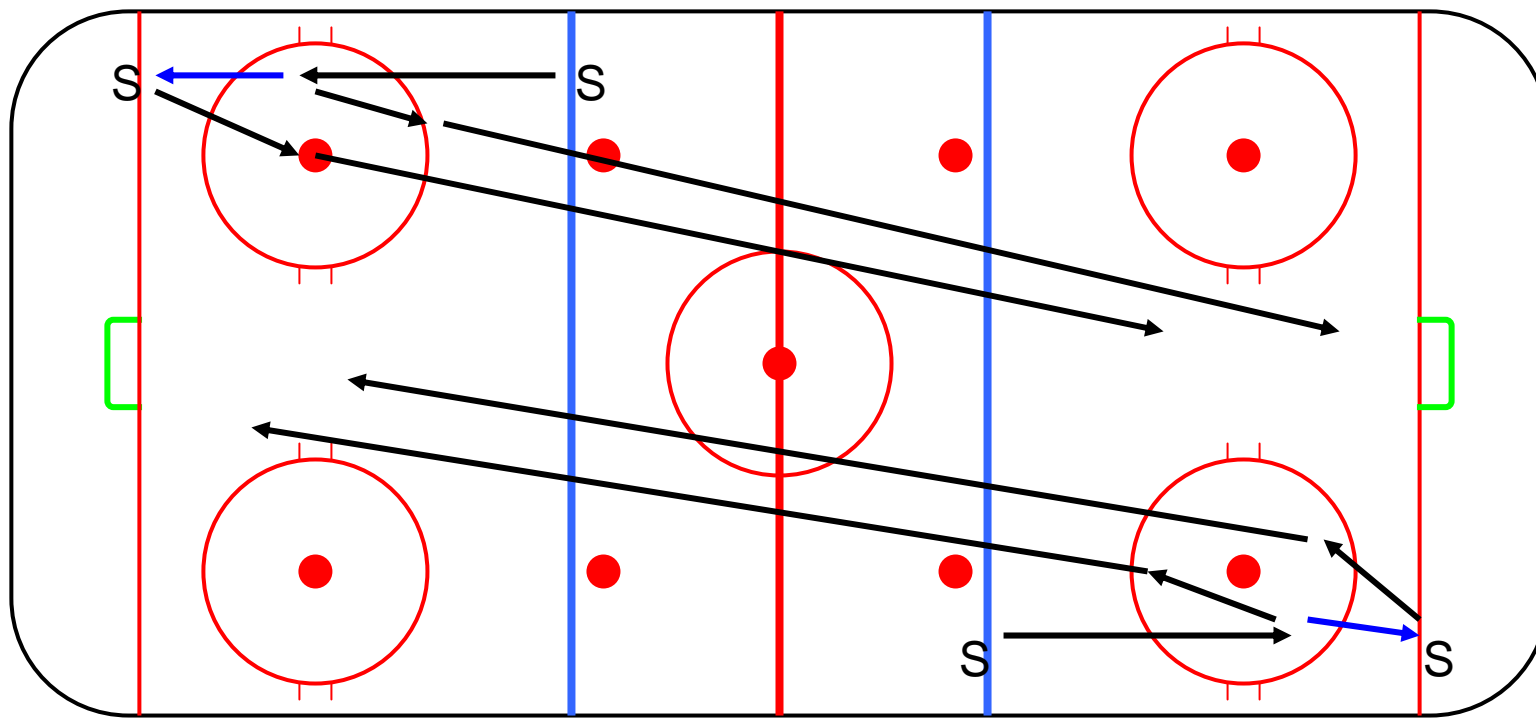
To develop basic ability to transition between forward and backward

## Progression

1. Without Pucks – C Mites
2. With Pucks – CD Mites

# 1 on 1 Full Ice

CD Mites  
5-10 Minutes



## Description

Players will line up in opposite corners of the rink as well as along the wall by the blue line straight out in front of these corners. Defenseman will skate down and give a pass to a forward in the corner, then they will go 1 on 1 all the way down the ice.

## Objective

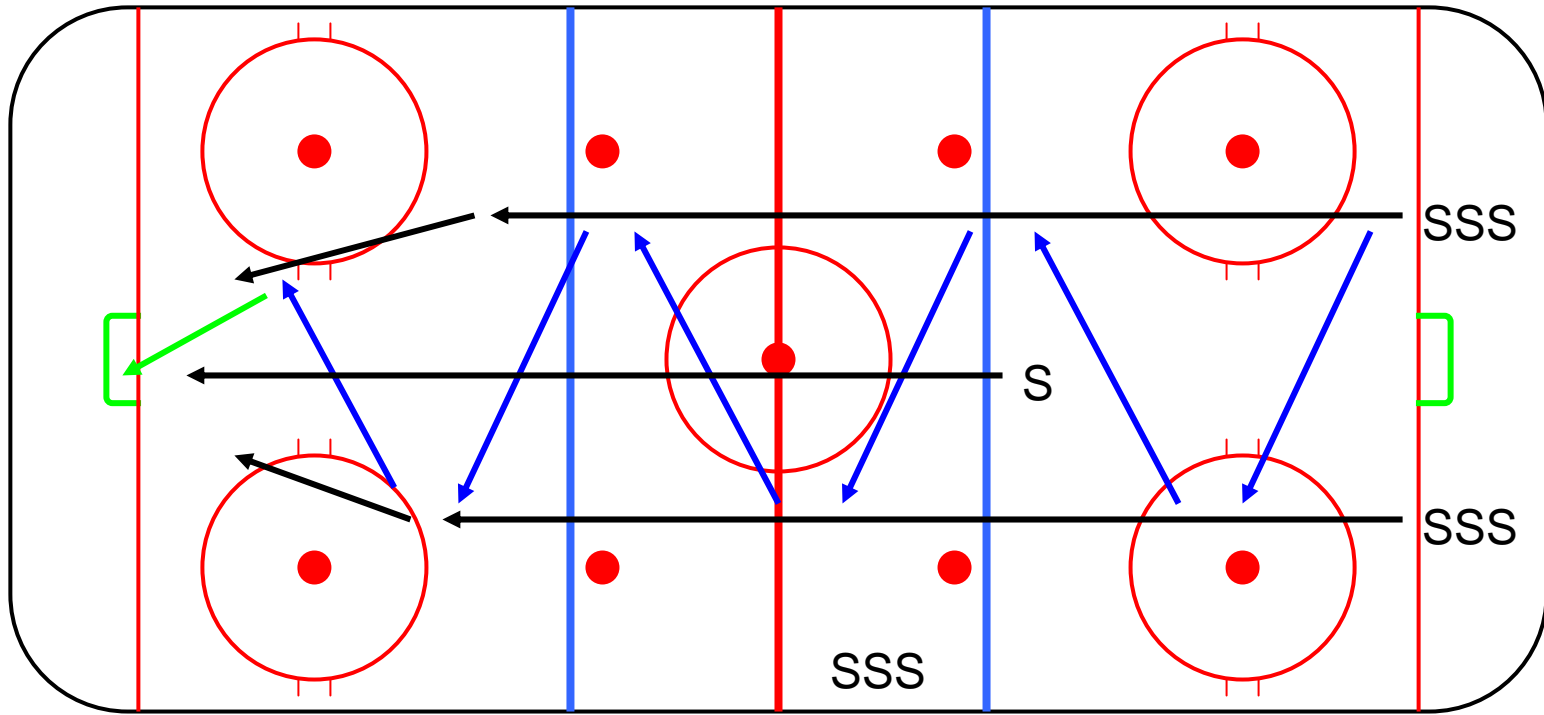
To develop initial one-on-one strategy and technique

## Progression

1. Wide gap – CD Mites
2. Tighten up gap – CD Mites

# 2 on 1 Passing

CD Mites  
5-10 Minutes



## Description

## Objective

## Progression

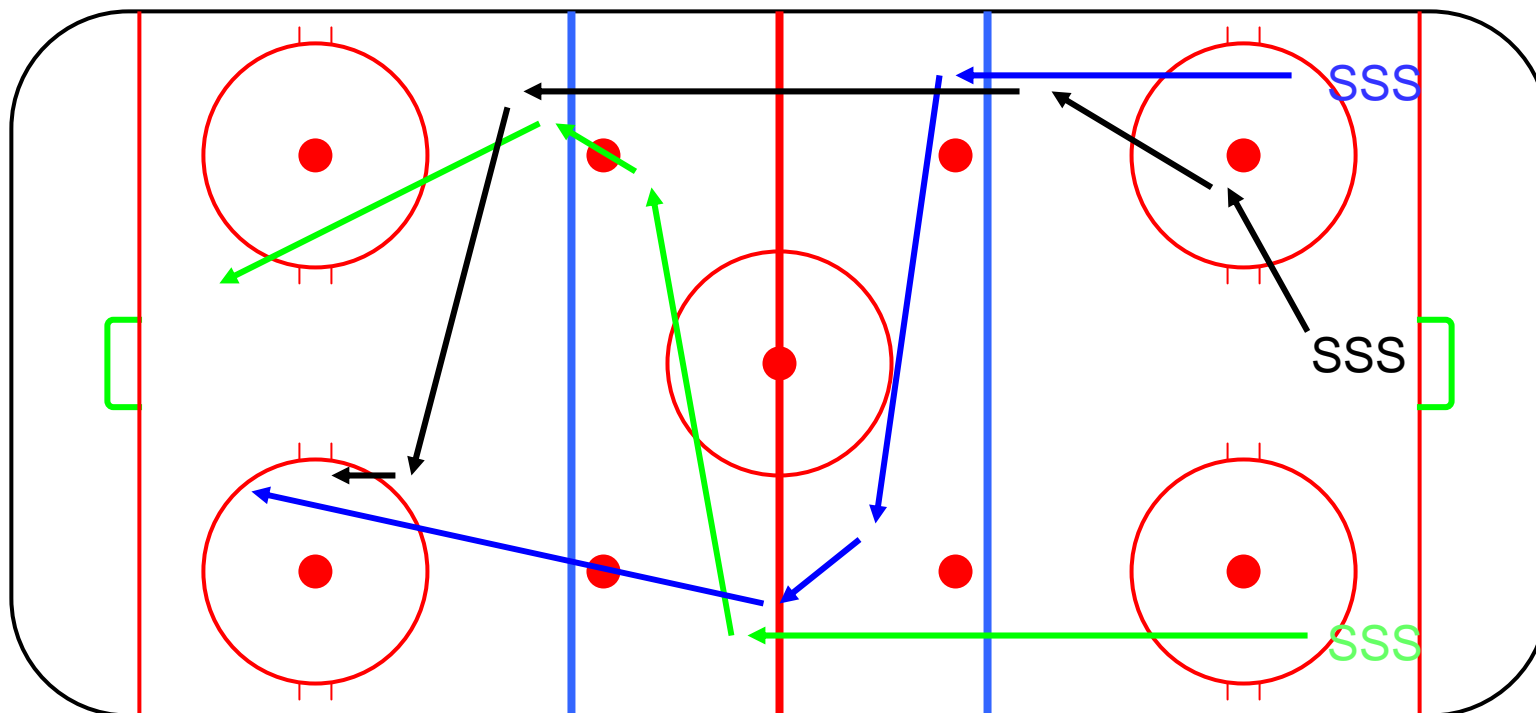
Forwards will line up in two lines along the goal line at one end of the rink. Defensemen will set up near the center of the blue line facing the two lines of forwards. In this drill the 2 forwards will go down the ice against the defenseman passing back and forth. Forwards should avoid making a line with them and the defenseman which would allow the defenseman block all passes. Instead, the forward without the puck should make sure to be in a position such that there is a passing lane from the puck carrier to him.

To develop the skills necessary for 2 on 1 situations and a basic understanding of strategy to best take advantage of these opportunities.

None

# 3 on 0 Follow Your Pass

CD Mites  
5-10 Minutes



## Description

Players will line up in three lines along the goal line at one end of the rink. In this drill the center will start off by passing to one of the forwards, then the 3 will go down the ice 3 on 0. By always skating to where you recently made a pass, the skaters will create a “weave” pattern.

## Objective

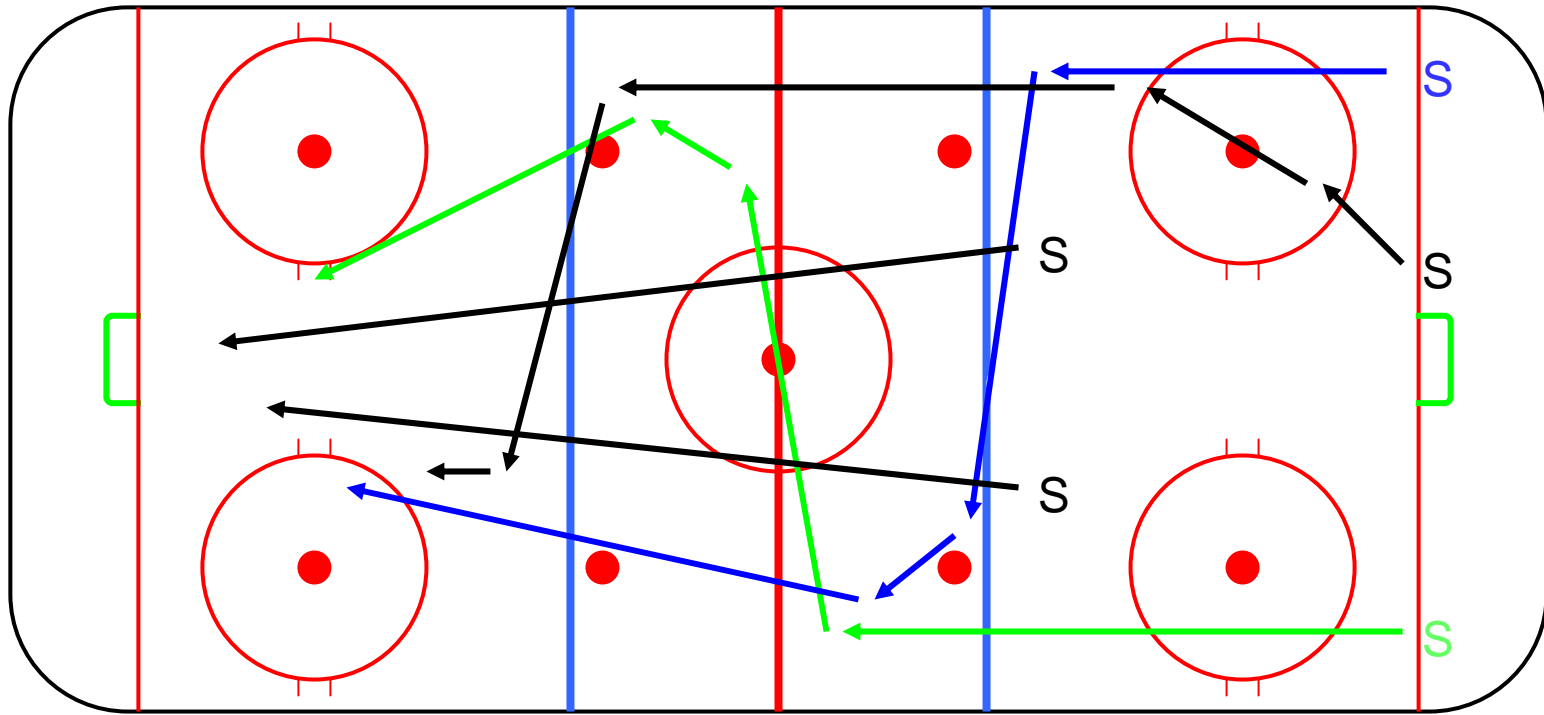
To develop passing and skating ability and to support the concept of multidirectional movement in the offensive attack

## Progression

None

# 3 on 2 Full Ice

CD Mites  
5-10 Minutes



## Description

Forwards will line up in three lines along the goal line at one end of the ice. Defensemen will line up in two lines near the blue line at the same end of the ice. 3 forwards will skate down the ice on 2 defensemen, and it will be played like a regular 3 on 2. We may ask the forwards to stay in their lanes, to weave, or to simply be creative.

## Objective

To apply passing and skating ability and to support the concept of multidirectional movement in the offensive attack and to help defense learn to handle these attacks

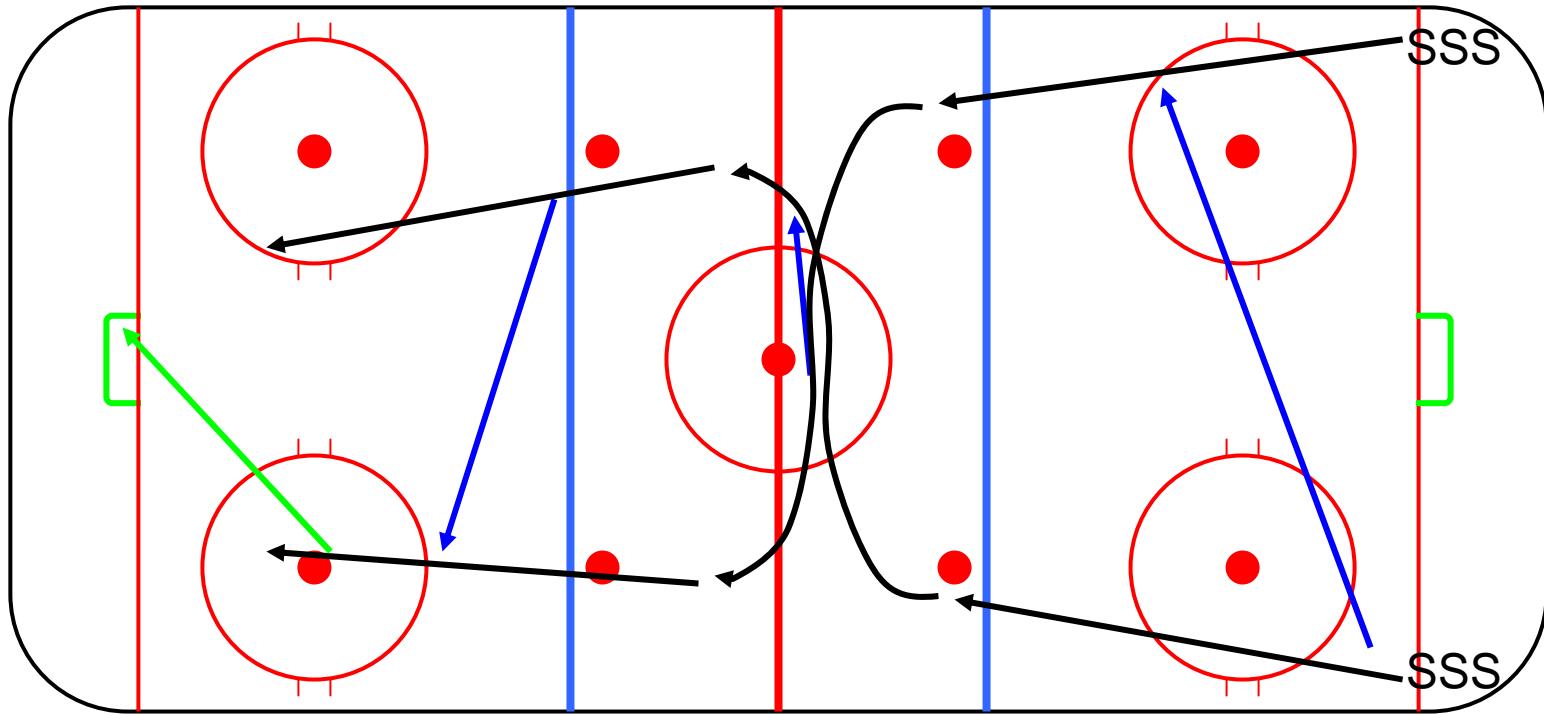
## Progression

1. Forwards will stay in their lanes. – C Mites
2. Forwards will follow their passes, weaving. – CD Mites
3. Forwards will be free to find open space as opposed to rigidly weaving or staying in lanes – CD Mites



# Criss-Cross Neutral Zone

CD Mites  
5-10 Minutes



Description

Objective

Progression

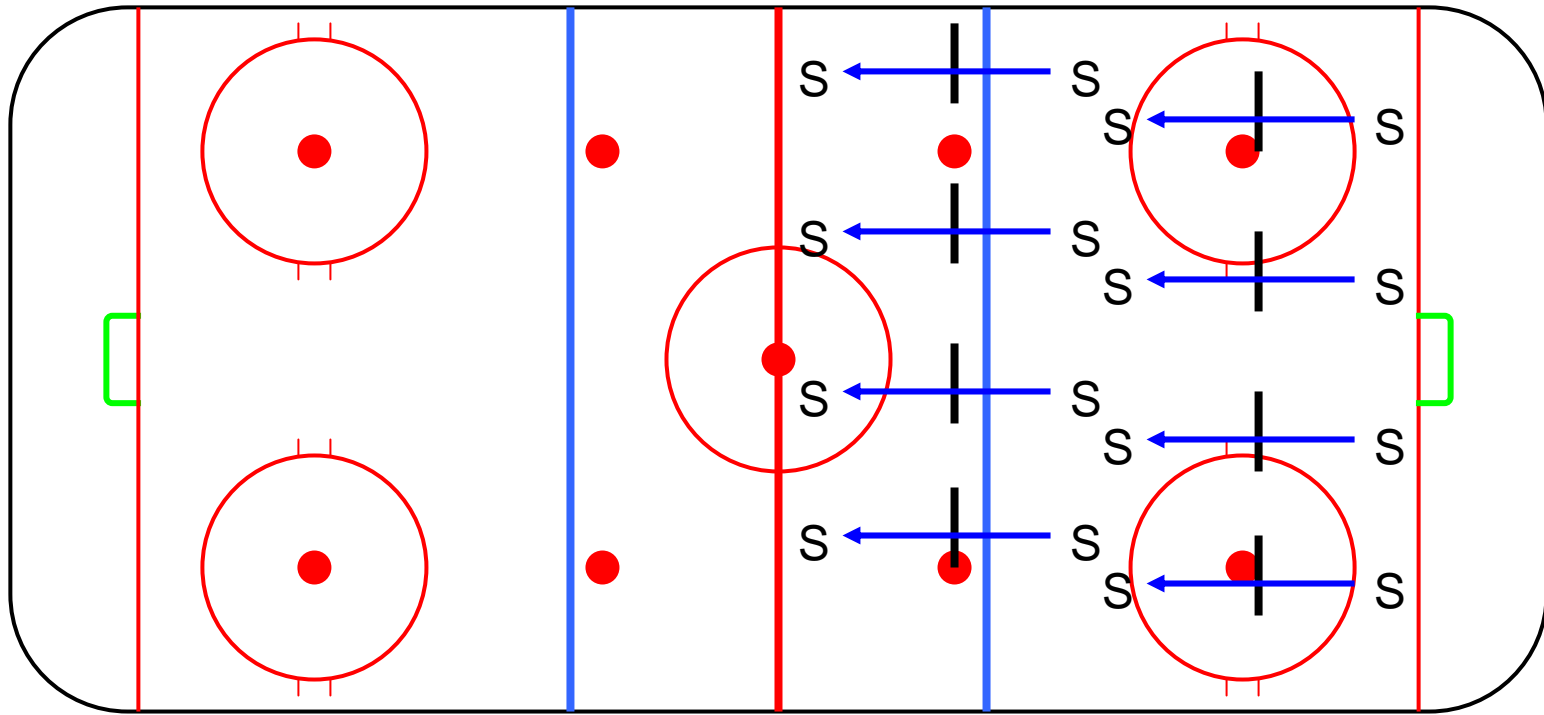
Players will line up in the corners on one half of the ice. In this drill one line will pass to the other line to start off the drill, both skaters will skate to the redline and criss-cross, the skater with the puck will drop the puck to the other. Both skaters will continue down the ice, immediately after the drop pass the skater with the puck will pass to the other, then both will go to the net and shoot.

To prepare players to make productive plays in the chaos that often ensues as plays develop in the neutral zone

None

# Stationary Saucer Passes Over Stick

## CD Mites 4-8 Minutes



### Description

Players will pair up, stand about 30 feet apart from one another, and set a stick between them that would block any pass that is along the ice between the players. In this drill the 2 players will saucer pass back and forth over the stick.

### Objective

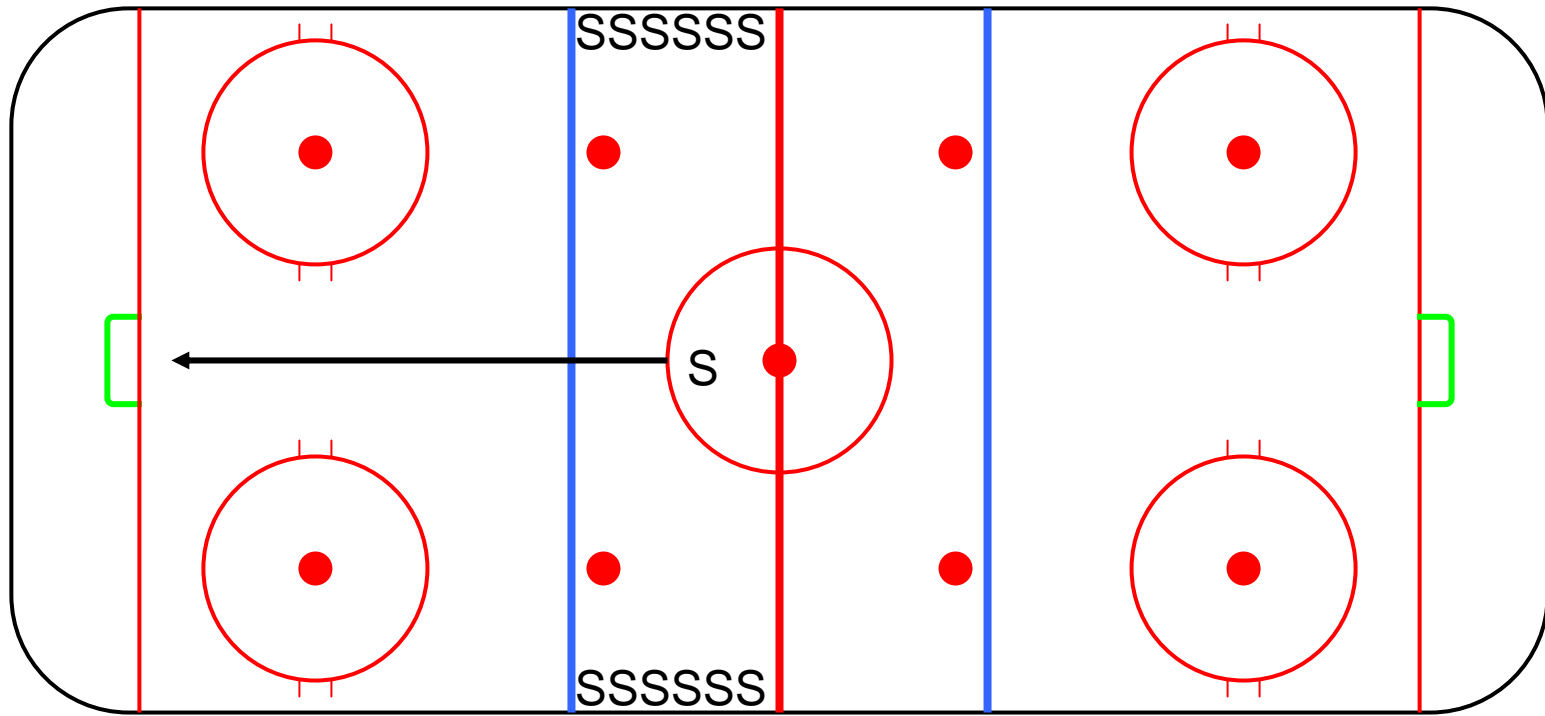
To develop basic passing touch and feel as well as saucer passing technique

### Progression

1. Stickhandling Ball – C Mites
2. Utilize puck for saucer passing when ready. – CD Mites

# Yes Or No Game - Shootout

CD Mites  
5-10 Minutes



Description

Objective

Progression

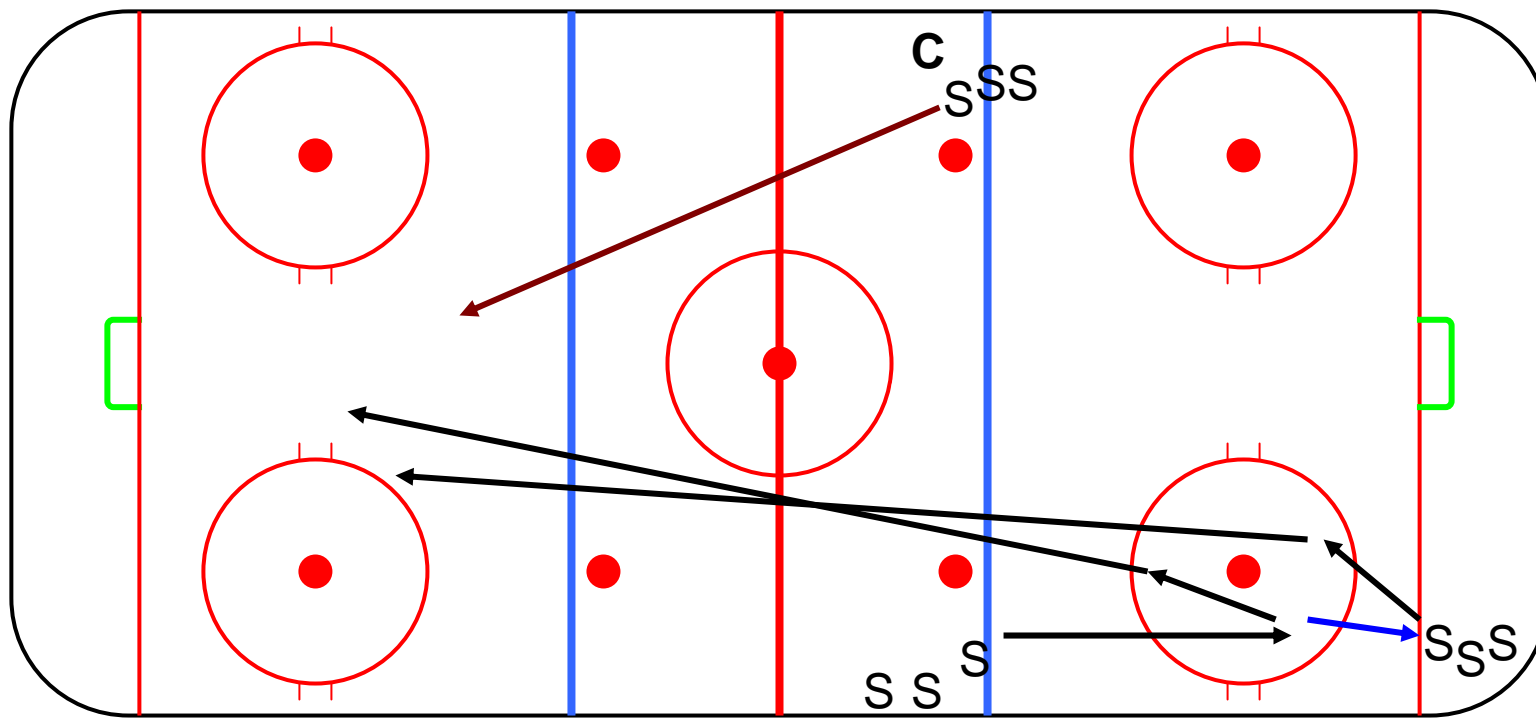
Players will line up along the wall at one side of the rink or the other depending on whether or not they are betting that the shooter or the goaltender will succeed. One of the players, already designated as the shooter will start at center ice and go in for a penalty shot. Losers of the bet will be forced to perform some sort of punishment such as skating a lap or doing 10 push ups.

To reward players for a good practice, to condition those that bet wrong, and to develop scoring and goaltending ability for the ones taking part in the penalty shot

None

# Read The Rush – 1 on 1 or 2 on 1

D Mites  
5-10 Minutes



Description

Objective

Progression

Players will line up in three lines at one end of the rink. The first line will be in one of the corners. The second line will be along the boards near the blue line straight out from that corner. The third line will be straight across the blue line from the second, along the boards with a coach. Defenseman will line up at the blue, come down and give forwards a pass, then the forward and the D will go down the ice as a 1 on 1. Coach will send another skater as a second attacker, but this player will be sent late, forcing the puck carrier to look back during the rush to see if he has help.

To develop the ability to make the most out of a rush based on the assets that are or are not available to the puck carrying attacker. Both the puck carrier and the defender will have to adjust to whether or not a second attacker is joining the rush.

None

# Fun Games to Mix in

(usually as a reward at the end of practice)

- Diminishing Space Round-Up (Cops and Robbers)

- Start game by establishing boundaries and assigning “cops”. Cops will tag the “robbers” out. Tagged robbers will go outside of the boundaries and will grab a puck and free stickhandle while the game concludes. After a minute or so as lots of robbers get tagged out, the coach will establish new, smaller, boundaries to keep the game progressing fast. Last robber not tagged is the winner.

- Pom Pom Pullaway (AKA “Sharks and Minnows” - Tag-style and with Pucks)

- This classic game can be played tag-style or based on keeping puck possession. Players will line up on one end of the ice and one or two players will start in the middle. The players on the end of the ice will have to skate to the other end, right through the group of chasers in the middle. Anybody who is tagged goes in the middle and is now a chasers. Last player to be tagged as he goes through the middle is the winner. If played based on puck possession, instead of tagging, chasers have to get the puck away from puck-carrying players.

- Red Ball Catch Hockey (Team handball with skates)

- Players will be grouped together as teams and will play “hockey” but with no sticks and instead of a puck, they will pass around a red ball that they will try to throw into the net. This game should help them learn to look for teammates to pass to.

- Tennis Ball War

- Players will be divided into two teams who each “own” half of the ice (divided by the center red line). A bunch of tennis balls will be dumped on the ice and players from each team will try to keep all of the tennis balls on the other team’s half of the ice. If one team gets all of the balls on the other team’s half at any time, they would win. If not, a winner can be declared based on which team had more balls on the other team’s half for more of the time.

