

Mite/Squirt Hockey Drills

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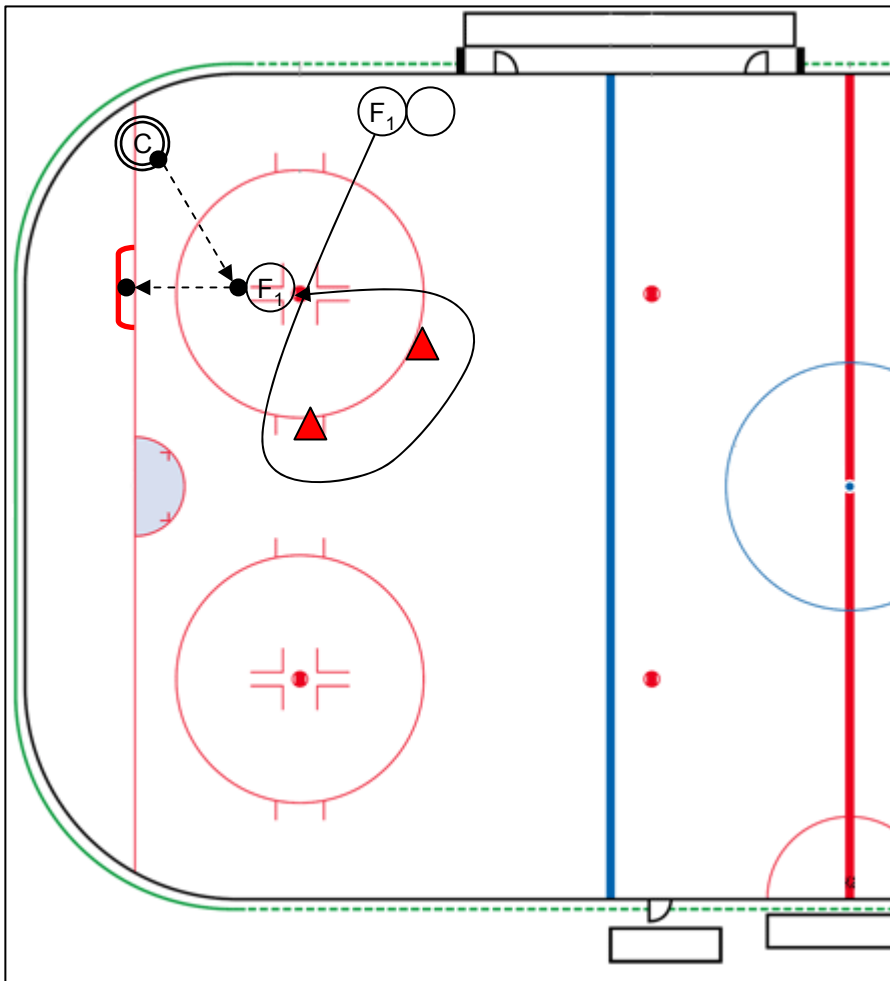
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Drill Name: **Slot Drill 1**

Age: Mite • Level: In-House • Ice: $\frac{1}{4}$ • Type: Slot • Duration: 10 minutes



Steps

1. Player F_1 skates around both cones.
2. Coach C passes puck to F_1 in slot.
3. F_1 receives pass and shoots on net with wrist shot.

Progression

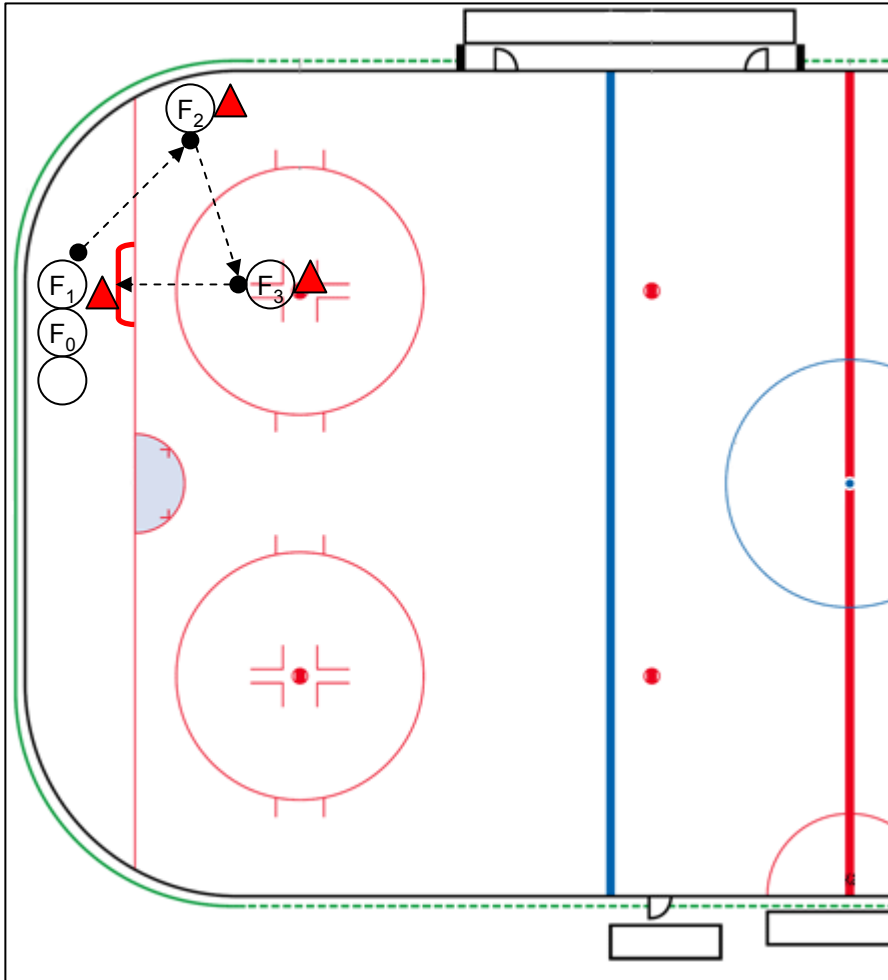
1. Coach changes passing position.
2. Players take coach's position, making passes.
3. Coach passes to after F_1 starts skating. F_2 passes to F_1 .
4. Add goalie.

Coaching points

1. Player to pick up *speed* around cones, using crossovers.
2. Player takes pass and shoots *without stopping*.
3. On a missed pass, player returns to the line up.
4. Player should have stick on ice in slot, giving the passer a target to shoot at.

Drill Name: **Slot Drill 4**

Age: Mite • Level: In-House • Ice: $\frac{1}{4}$ • Type: Slot • Duration: 10 minutes



Steps

1. Start with players F_1 , F_2 and F_3 positioned at cones.
2. F_1 passes to F_2 .
3. F_2 passes to F_3 .
4. F_3 shoots.
5. F_0 moves to F_1 's position, F_1 moves to F_2 's position. F_2 moves to F_3 position. F_3 returns to the end of the line.

Progression

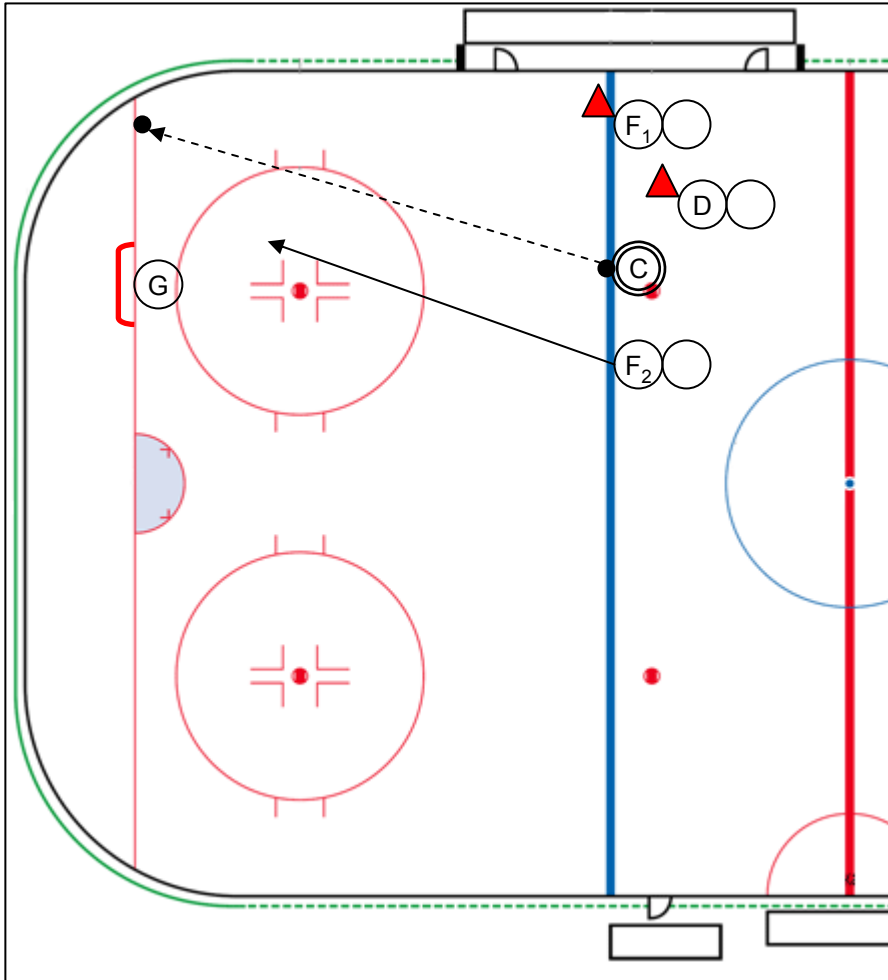
1. Add goalie.
2. F_1 uses pass along boards to F_2 .
3. Add defenseman to check F_2 or block pass to F_3 .
4. Separate into three lines, have F_2 and F_3 skate *into* position.

Coaching points

1. Emphasize short, crisp passes (something mite players *can* do successfully).
2. This low-end cycling drill simulates a *game* situation.
3. Use cones to keep players positioned correctly.

Drill Name: **Slot Drill 5**

Age: Mite/Squirt • Level: In-House • Ice: ¼ • Type: Slot • Duration: 10 minutes



Steps

1. Coach C shoots puck into the corner.
2. F_1 and D race for the puck.
3. F_2 positions for short pass from F_1 into the slot.
4. F_2 attempts to score unless D gains control.
5. F_1 returns to the end of D's line, D returns to the end of F_2 's line and F_2 returns to the end of F_1 's line.

Progression

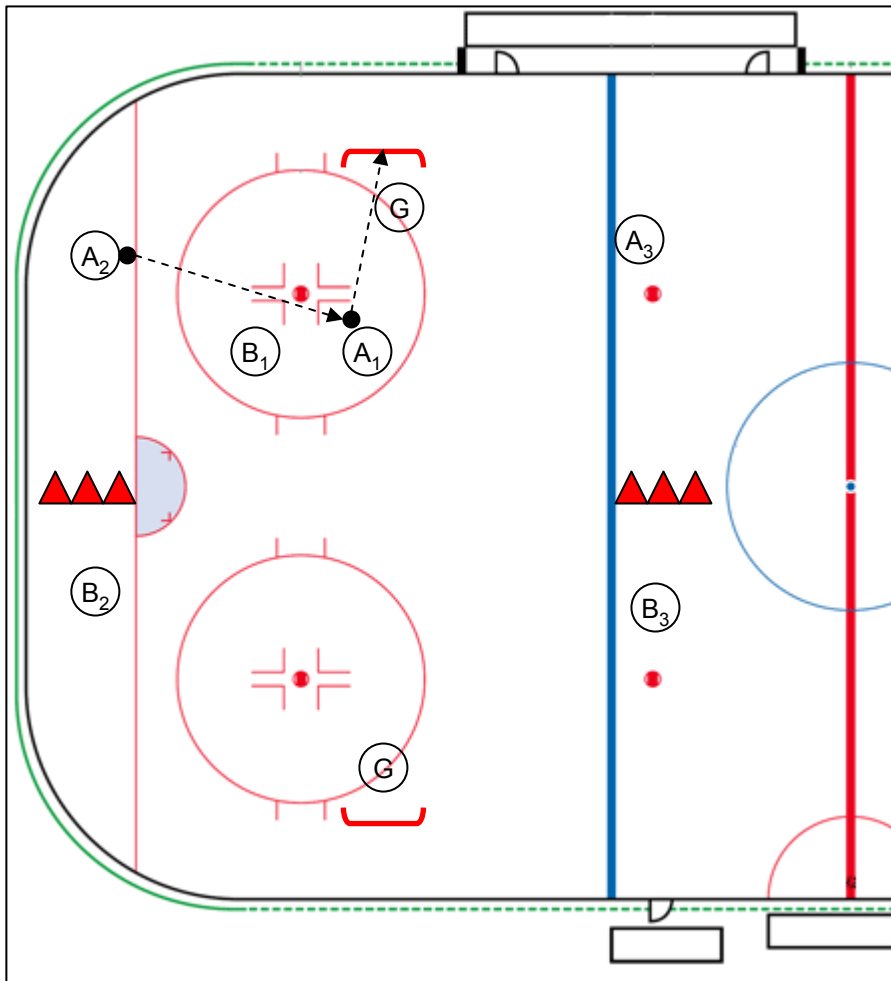
1. Allow either F_1 or F_2 to gain first possession but one should position into the slot.

Coaching points

1. Give F_1 a slight advantage over D at the start.
2. F_2 should position for a short, crisp pass from F_1 .
3. F_1 should gain control and pass immediately. F_1 should always be aware of F_2 's position.
4. If D does not win the battle, he should protect the slot (where F_2 is positioned).
5. F_2 should not shoot.
6. Stress aggressiveness (winning the battle for the puck). Stop or restart the drill if players are putting enough effort into the drill.

Drill Name: **Slot Drill 7**

Age: Squirt • Level: In-House • Ice: ½ • Type: Slot • Duration: 10 minutes



Rules

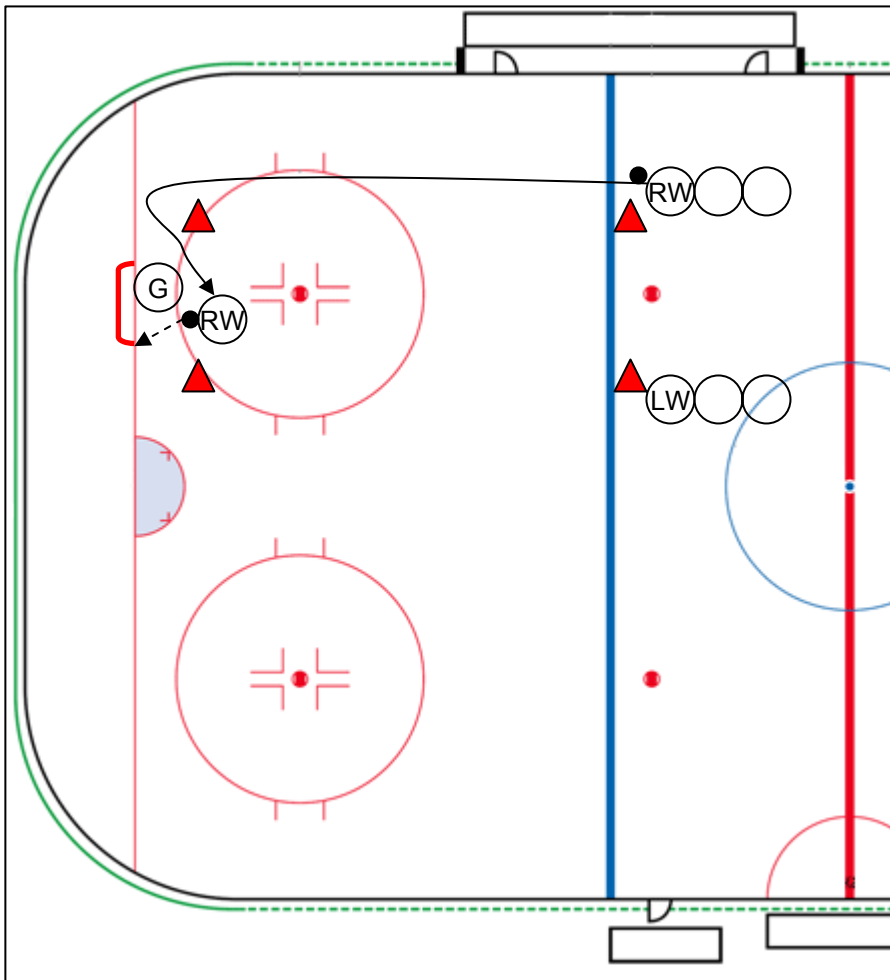
1. 3-on-3 scrimmage (A vs. B).
2. A₁ and B₁ must stay inside the goal line and blue line.
3. A₂ and B₂ must stay between the goal line and the boards in the offensive zone.
4. A₃ and B₃ must stay outside the blue line and in the offensive zone.
5. If B₁ touches the puck, A₁ must receive a new pass from A₂ or A₃ in order to score (and vice versa).

Coaching points

1. Bring nets off boards in order to shorten the playing area.
2. Rotate players every two minutes.
3. Emphasize short, accurate and hard passes.
4. Emphasize “getting open.” Even two players will “bunch up” at the Mite level.

Drill Name: **Slot Drill 8**

Age: Mite/Squirt • Level: In-House • Ice: ¼ • Type: Slot • Duration: 10 minutes



Steps

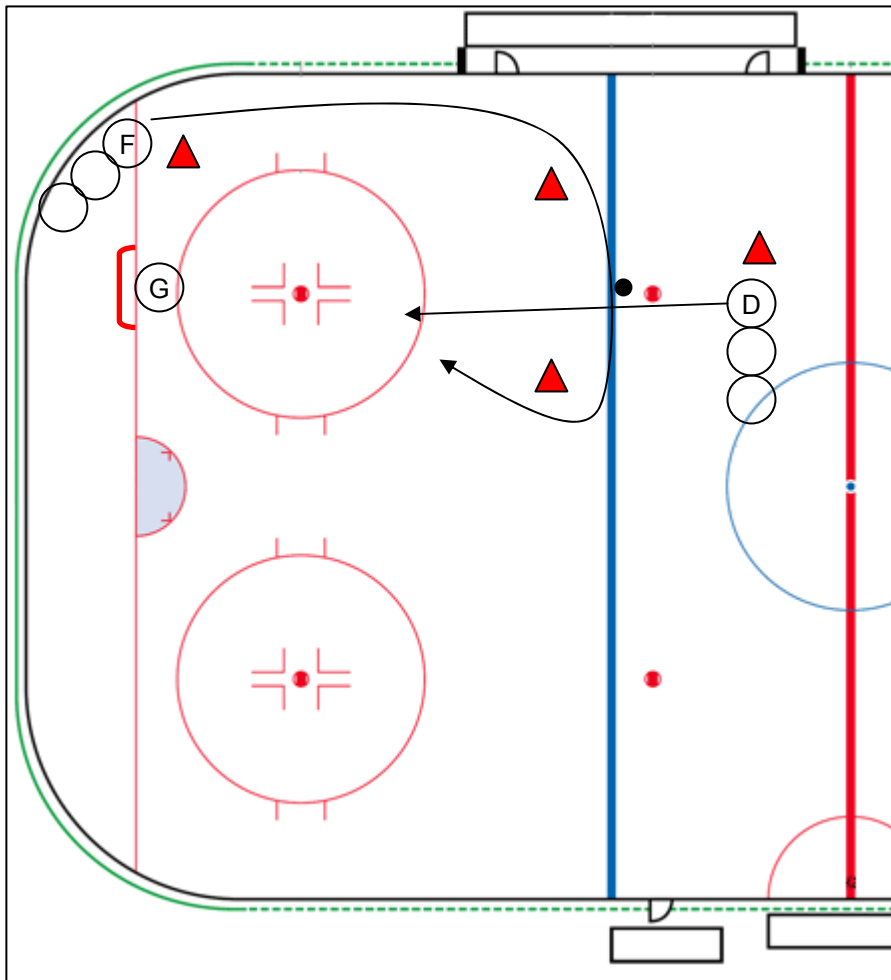
1. Starting at the blue line, RW carries the puck around the far cone.
2. RW cuts in front of the net and shoots.
3. LW does the same on the other side.
4. After RW completes the drill, he returns to the LW line. LW does the same, returning to the RW line.

Coaching points

1. Adjust the position of the cone, moving it closer to the net and making the turn sharper and more difficult.

Drill Name: **Defensive Drill 1**

Age: Mite/Squirt • Level: In-House • Ice: ¼ • Type: Slot • Duration: 10 minutes



Steps

1. F skates around cones, picking up the puck between the second and third cone.
2. When F picks up puck, D skates into his defensive zone to prevent F from shooting inside the slot.

Progression

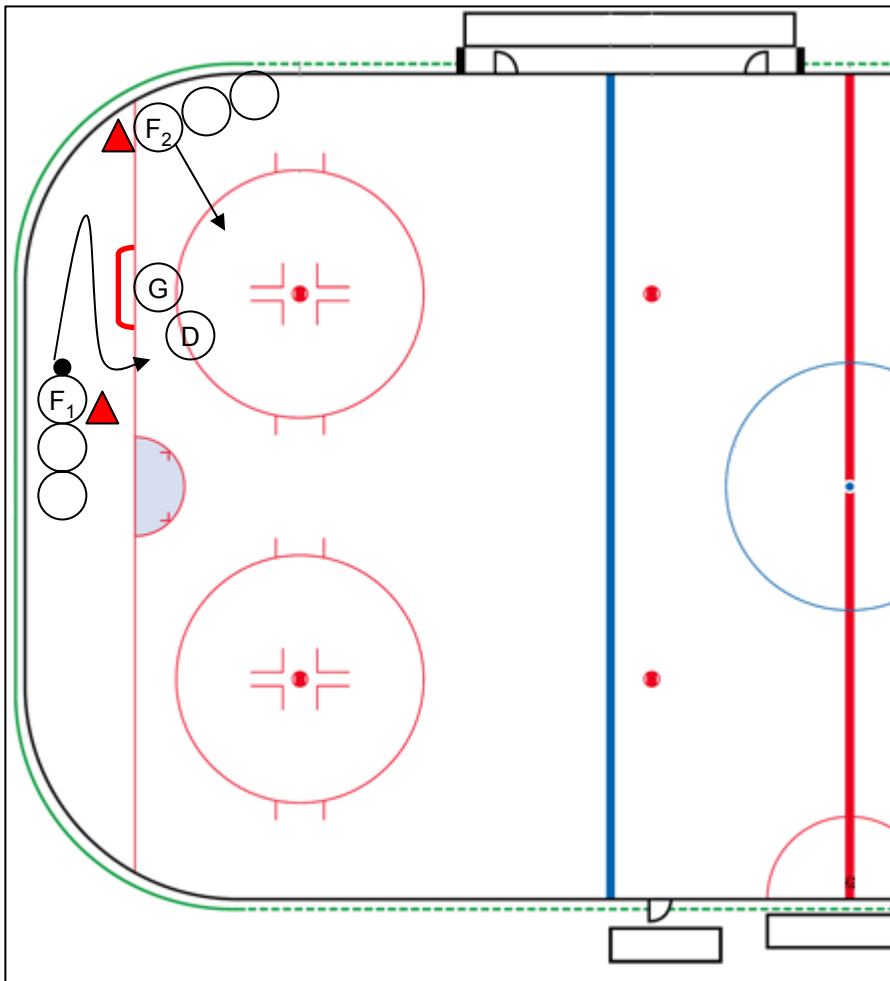
1. Add short coach/player pass to F from various positions.

Coaching points

1. D starts out of position and must be aggressive.
2. D must direct F to side, away from slot.
3. No long shots by F, he must make a play for the slot.
4. D should transition accordingly to match F's attack.

Drill Name: **Defensive Drill 3**

Age: Mite/Squirt • Level: In-House • Ice: ¼ • Type: Slot • Duration: 10 minutes



Steps

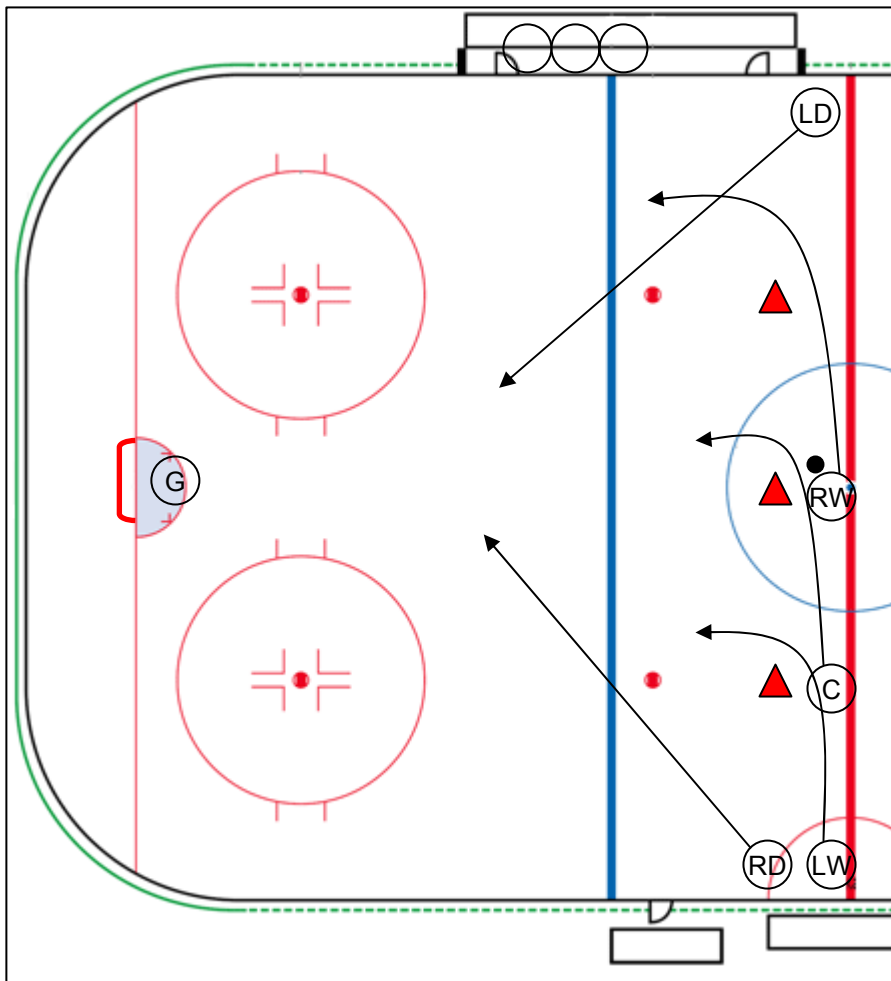
1. On whistle, F_1 carries puck behind net, F_2 skates into slot and D defends slot.
2. Allow 3-5 repetitions before rotating in a new D.
3. After play is made, F_1 and F_2 change lines.

Coaching points

1. F_1 can use a wrap-around or pass to F_2 .
2. F_1 and F_2 attempt to get the goalie or D out of position for a goal.
3. End the drill after 15 seconds if F_1 and F_2 do not make a play.

Drill Name: **Defensive Drill 4**

Age: Squirt • Level: In-House • Ice: ½ • Type: Slot • Duration: 10 minutes



Steps

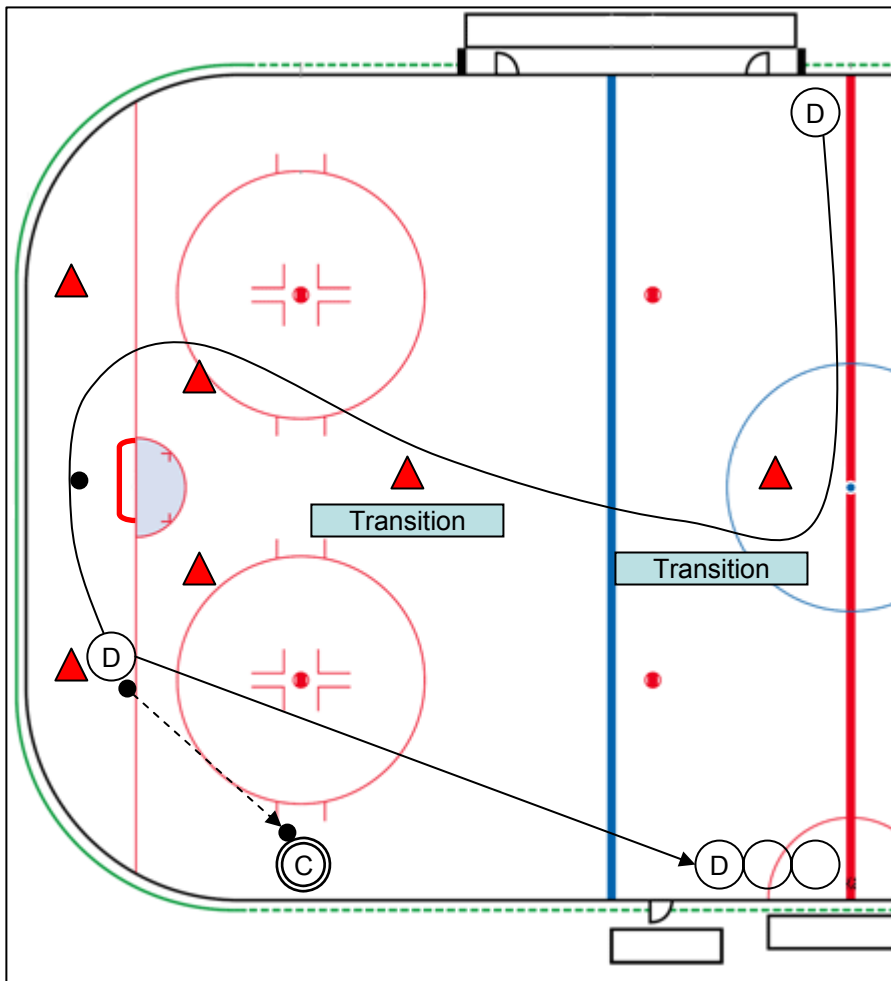
1. 3-on-2. On whistle, RW carries the puck around cone, C and LW skate around closest cone.
2. LD and RD race towards the slot.
3. 3-5 repetitions.

Coaching points

1. Non-participating players wait on bench.
2. Forwards make a play for the slot. Passing is not required, but shooting from inside the slot is. Restart if the forward line loses possession or after 10 seconds if forwards fail to make a play.
3. Use cones to mark slot if necessary.

Drill Name: **Defensive Drill 5**

Age: Mite/Squirt • Level: In-House • Ice: ½ • Type: Slot • Duration: 10 minutes



Steps

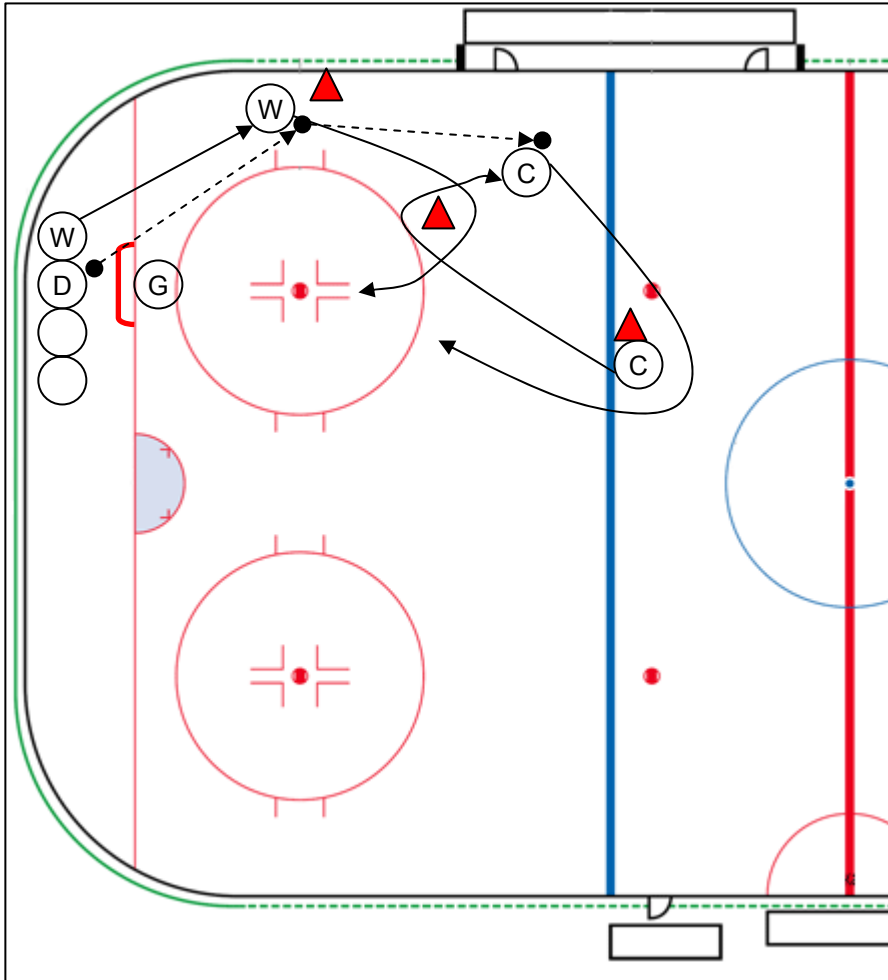
1. Player D skates around cone near center ice.
2. Player D transitions, skating backwards to the second cone in the high slot.
3. Player D transitions again, skating forward around the third cone and around the net.
4. Player D makes a breakout pass to the coach at the face off hash marks near boards.
5. Player D skates the end of the line near the center line (across from where he started).
6. After all players have completed the drill, start from the opposite side.

Coaching points

1. If player D does not pick up the puck at the back of the net on the first attempt, he should continue skating.
2. Run the drill quickly, starting the next player at the second transition and with the breakout pass. Have three players skating.

Drill Name: Breakout Drill 2

Age: Squirt • Level: In-House • Ice: ¼ • Type: Breakout • Duration: 10 minutes



Steps

1. W skates to the cone at boards. C skates towards the middle cone.
2. D makes a **breakout** pass to W. C curls around middle cone.
3. W makes a **breakout** pass to C.
4. W skates around middle cone and plays defense. C skates around cone at blue line.
5. One-on-One play.
6. D takes W's position. W takes C's position. C returns to the end of the line.

Progression

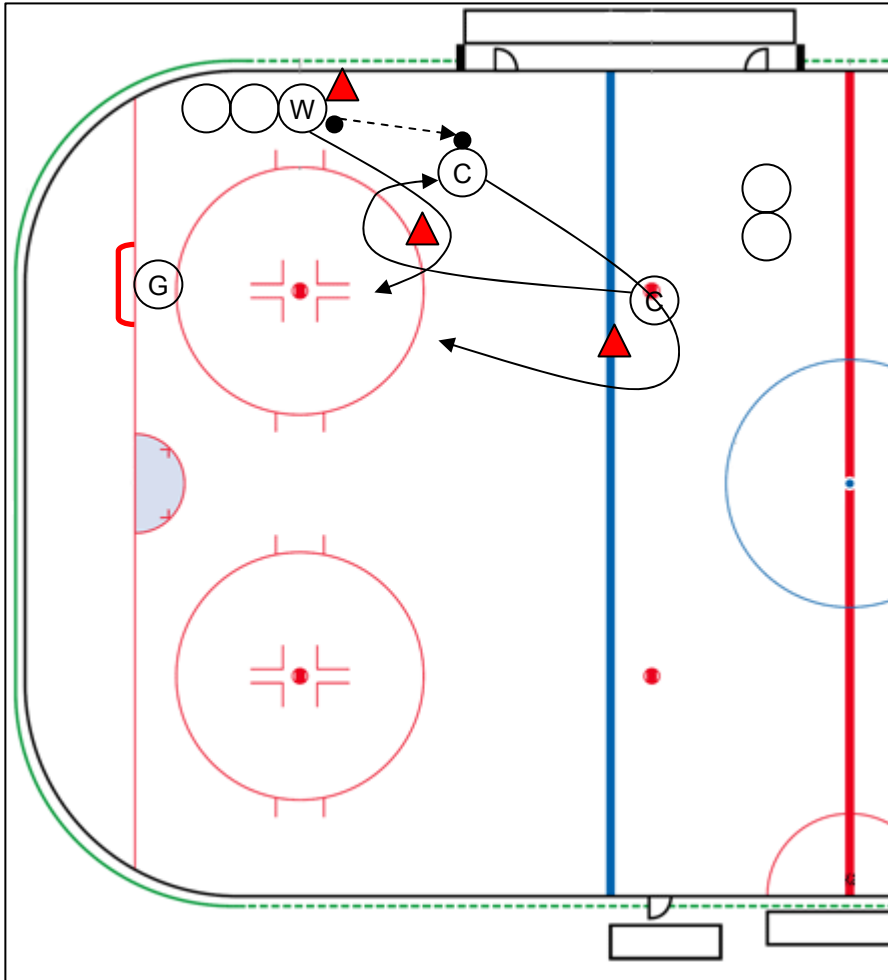
1. Add third breakout pass from C to coach at center ice. Coach makes on side pass back C at blue line.
2. Start with all the players at center ice. Coach dumps the puck, players set up for the breakout.

Coaching points

1. Work on timing. This drills should be fast.
2. The second breakout pass from the winger to the center will be difficult. Focus on this aspect of the drill.

Drill Name: Breakout Drill 5

Age: Mite • Level: In-House • Ice: ¼ • Type: Breakout • Duration: 10 minutes



Steps

1. C moves into position (near the cone at the blue line).
2. C curls around the center cone.
3. W makes a short **breakout** pass to C **after** C has curled around the middle cone and is ready to breakout.
4. W skates around the middle cone, to play defense. C skates around the cone at the blue line.
5. The drill concludes with a 1-on-1 play.
6. W and C changes lines.

Progression

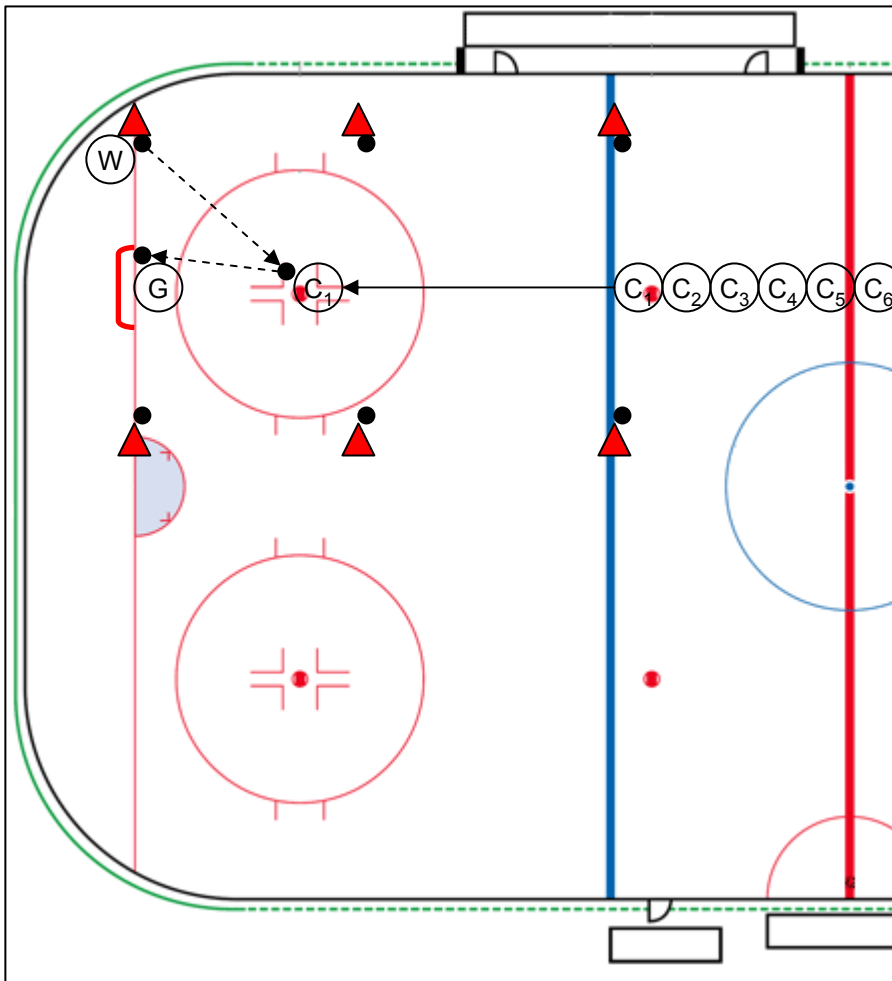
1. D makes breakout pass to F on the boards.

Coaching points

1. As with breakout drill 4, the primary purpose of this drill is for the two players to successfully complete the breakout pass.
2. C should curl fast around the cone with either a sharp turn and/or crossovers.
3. Player W will likely have difficulty timing the pass to C at first. Get the players to remember this is breakout drill. C must finish the turn around the middle cone before the pass is made.
4. With 1-on-1 plays, make sure the forward attempts to “beat” the defense, shooting from the slot.

Drill Name: **Passing Drill 1**

Age: Mite • Level: In-House • Ice: ¼ • Type: Passing • Duration: 10 minutes



Steps

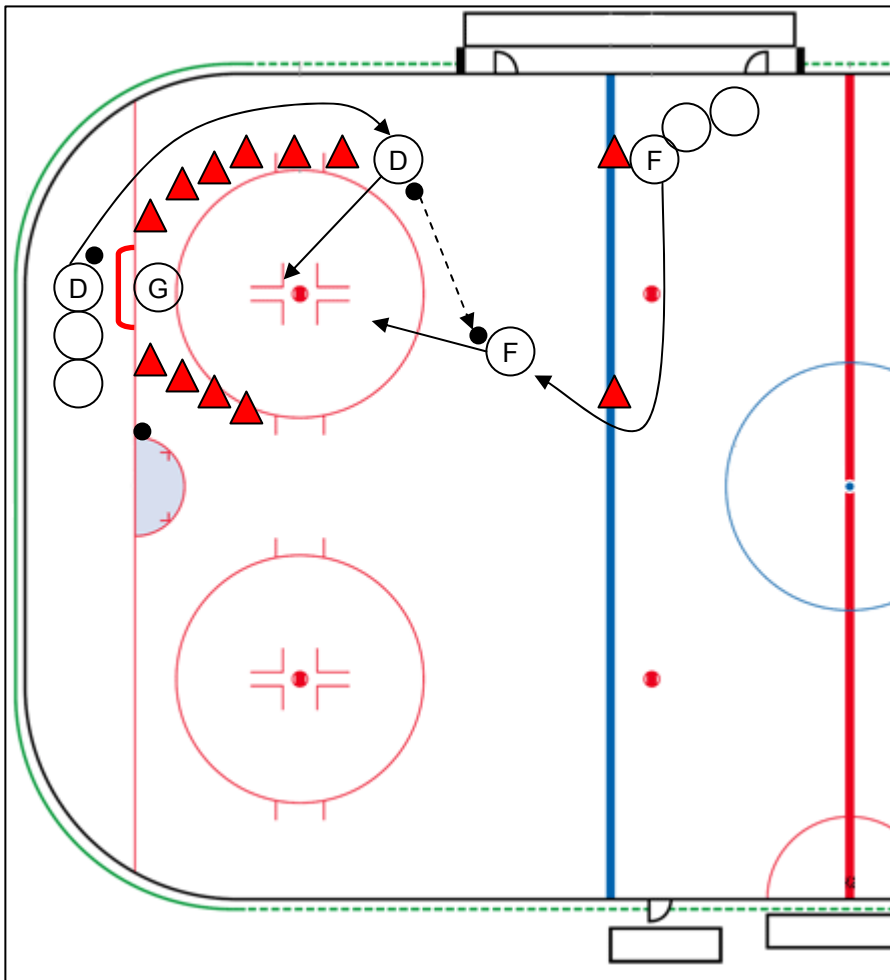
1. Place a puck near all six cones.
2. Start the passer (W) at the one of the cones at the goal line.
3. Line up the forwards (C_1, C_2, \dots, C_6) at the blue line between the cones.
4. C_1 skates forward towards the net
5. W passes the puck to C_1 as he enters the slot.
6. C_1 shoots.
7. W moves to the cone directly across at the goal line.
8. C_1 returns to the end of the line.
9. C_2 begins repeats the drill.
10. W completes drill after passing to six centers (C_1, C_2, \dots, C_6) from all six cones.
11. Select a new player to be passer and repeat the drill until every player has passed the puck six times.

Coaching points

1. The center always starts the drill.
2. The center never stops skating.
3. The center should trap, then shoot.
4. Encourage passer to move quickly from cone to cone.
5. This drill is meant to move quickly.
6. Replace pucks quickly or put several pucks at each cone.

Drill Name: **Passing Drill 2**

Age: Mite • Level: In-House • Ice: $\frac{1}{4}$ • Type: Passing • Duration: 10 minutes



Steps

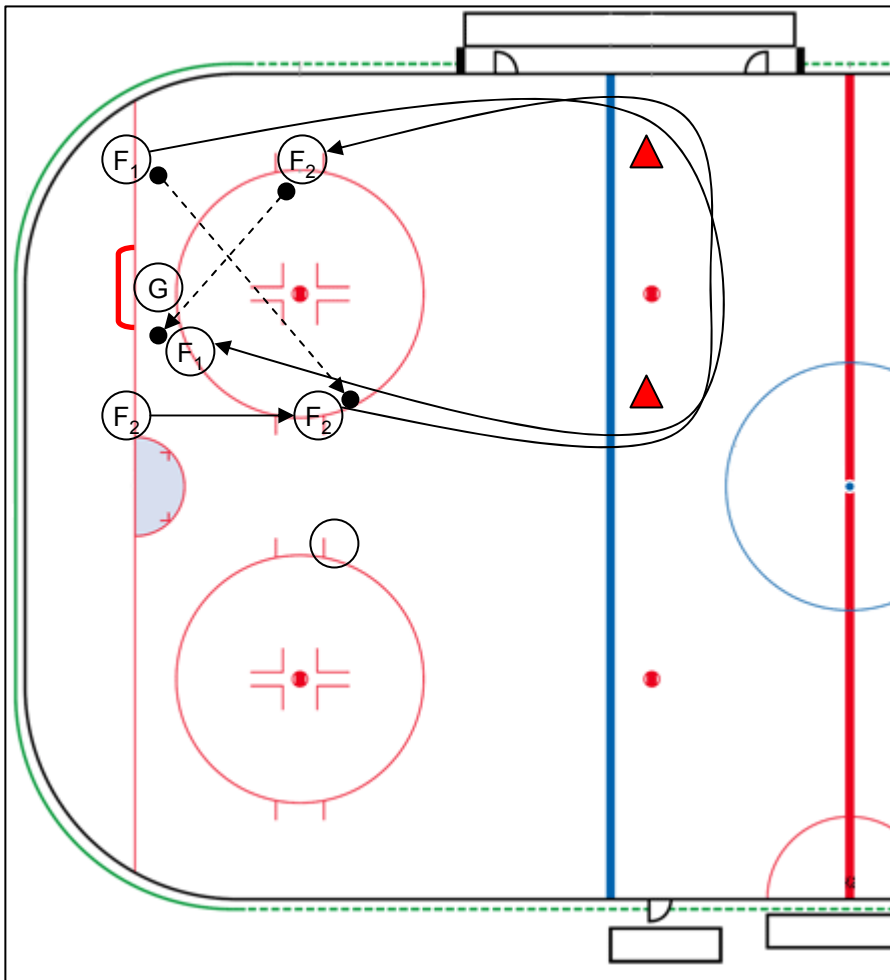
1. D skates around cones at boards. F skates around far cone on blue line.
2. As D and F curl around cone, D makes a short pass to F.
3. D and F go one-on-one to complete the drill.
4. D and F change lines.

Coaching points

1. This drill is more difficult than it appears as it requires the defenseman (D) to time not only his shot but the speed of his skating.
2. The cones placed near the side of the net are intended to keep the one-on-one play in the slot.

Drill Name: **Passing Drill 4**

Age: Mite/Squirt • Level: In-House • Ice: ¼ • Type: Passing • Duration: 10 min



Steps

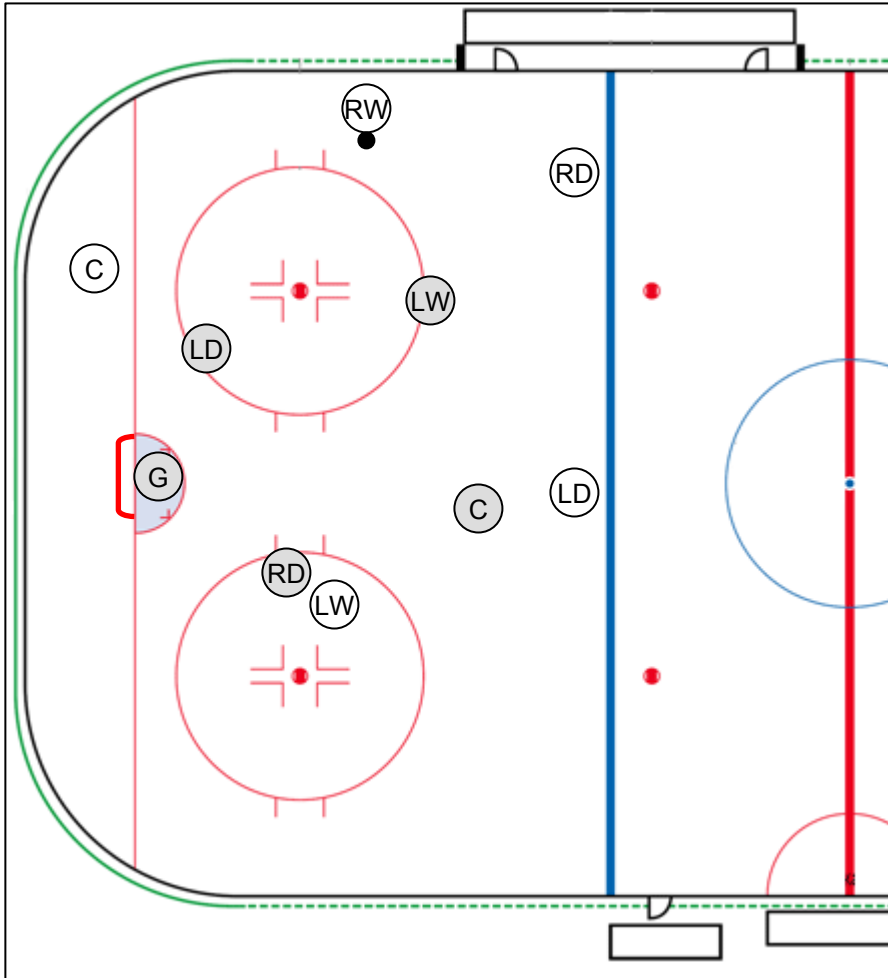
1. F_2 starts by skating forward 2 or 3 strides.
2. F_1 passes the puck to F_2 .
3. F_2 carries the puck around both cones, entering the offensive zone **wide**. F_1 skates around both cones, continuing toward the goal post.
4. F_2 passes the puck to F_1 .
5. F_1 attempts a quick shot.

Coaching points

1. If F_1 is not positioned correctly, F_2 should take the shot.
2. If G has given F_1 no shot, F_1 can slide the puck back to F_2 .
3. After F_2 passes, he should go to the slot for a rebound or pass.
4. Allow for one rebound and then end the drill.

Drill Name: **Passing Drill 5 (Power Play/Penalty Kill/Cycling)**

Age: Squirt • Level: In-House • Ice: ½ • Type: Passing • Duration: 10 min



Steps

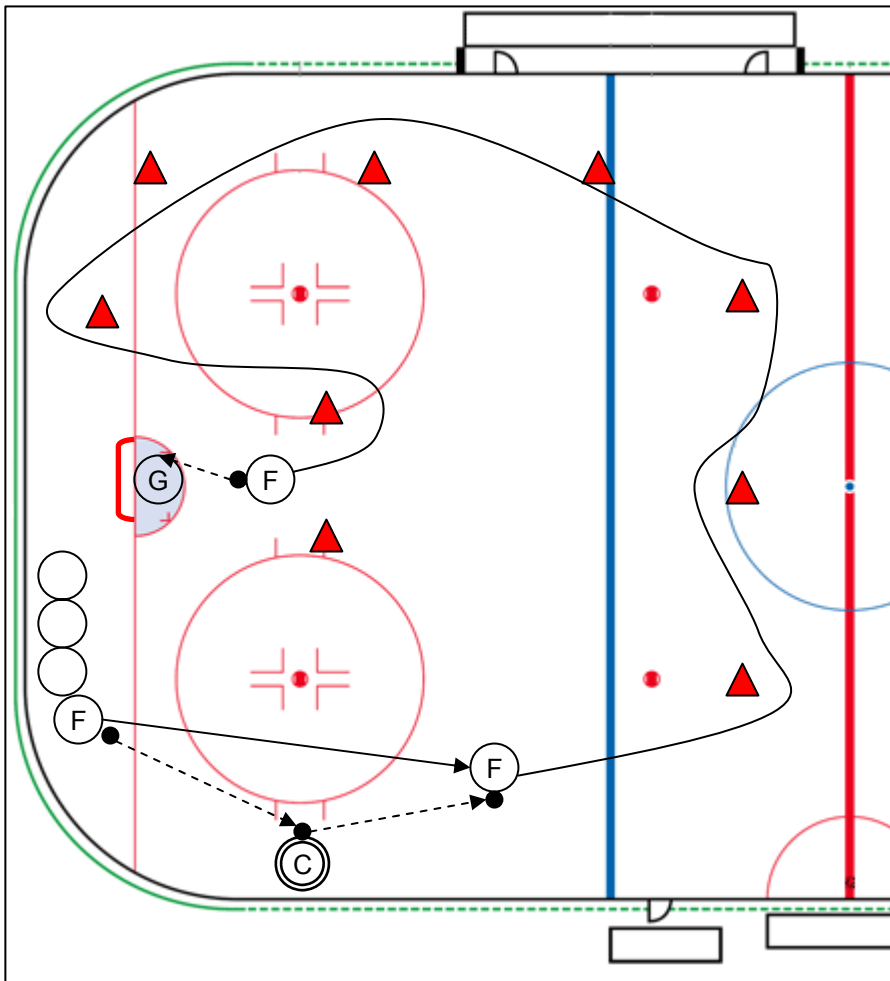
1. Position the players approximately as shown.
2. Start the play with RW on the white team in possession of the puck.
3. The white team attempts to score from the slot. The gray team attempts to prevent a shot from the slot.
4. The drill ends when the gray team gains possession and is clearly able to ice the puck or move it out of the defensive zone.

Coaching points

1. The white team will likely lose the puck almost immediately. It may be necessary to make it a 5-on-3 or even a 5-on-2 with coaches playing defense and instructing the players when to pass.
2. Explain the “box” defense before beginning the drill.

Drill Name: **Stick Handling Drill 1**

Age: Mite/Squirt • Level: In-House • Ice: ½ • Type: Passing • Duration: 10 min.



Steps

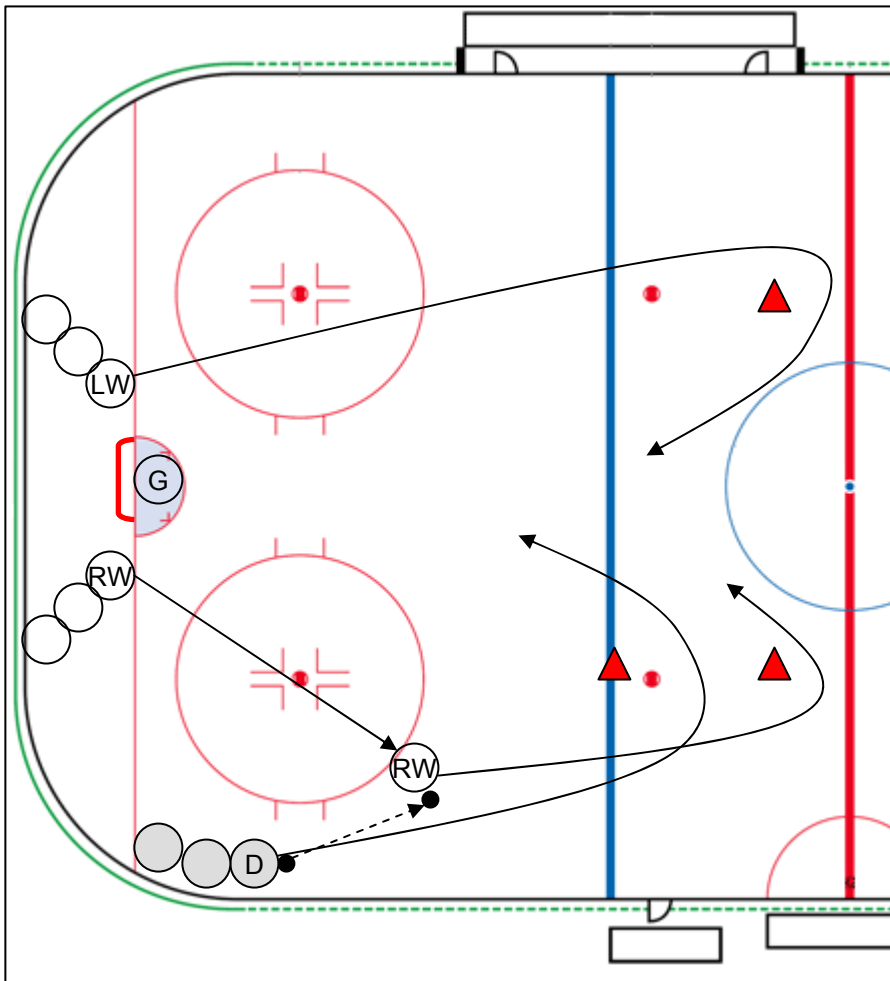
1. F starts behind the goal line with breakout pass to the coach, C.
2. C completes the give-and-go pass.
3. F carries puck around cones and shoots from the slot.

Coaching points

1. Have three players skating.
2. Player F should not stop skating, waiting for the pass back from the coach.
3. Encourage players to look up at all times, using their peripheral vision to watch the puck.

Drill Name: 2-on-1 Drill 1

Age: Mite/Squirt • Level: In-House • Ice: ½ • Type: Passing • Duration: 10 min.



Steps

1. LW and RW on the white team begin the drill by skating towards the cones at center ice.
2. RW accepts a breakout pass from D on the gray team.
3. LW and RW skate around cones near center ice. D skates around cone at blue line.
4. LW and RW make **any on side play**.
5. The drill completes when D gains control of the puck or LW/RW make one shot and one rebound.

Progression

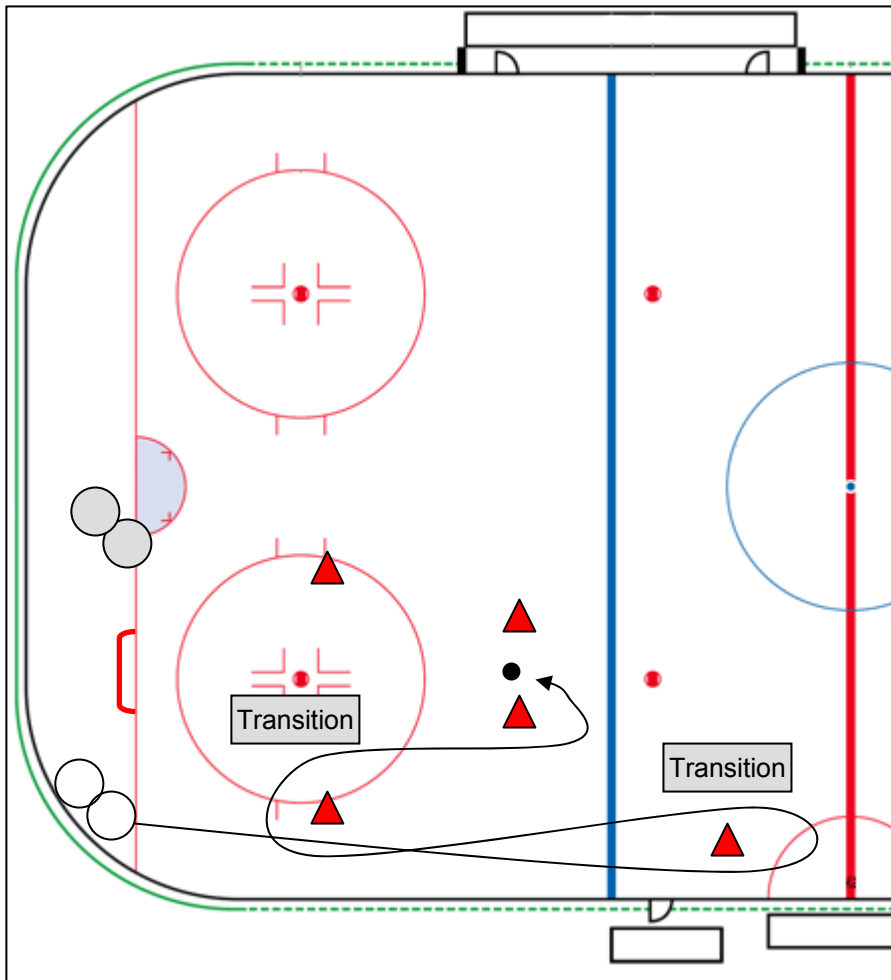
1. Add one forward and one defenseman (3-on-2).

Coaching points

1. Encourage offensive creativity.
2. The puck carrier should beat the defenseman using speed (first option) or a pass (second option). Do not encourage passing for the sake of passing. In this drill, the forwards must make the play most likely to lead to a goal.

Drill Name: **Skating Drill 1**

Age: Mite/Squirt • Level: In-House • Ice: ¼ • Type: Passing • Duration: 10 min.



Steps

1. Two players race to the puck.
2. Players skate forward to cone in neutral zone.
3. Players skate backwards to cone at face off circle.
4. Player skate forward around cone in high slot.
5. First player to reach the puck is offense. Second player tries to catch the first, playing defense.
6. Players switch lines after drill.

Coaching points

1. Match players as evenly as possible.