

SFYHA DRILL BOOK

More Drills and Skills at <http://weisstechhockey.com>

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Introduction

These drills are intended to give players the ability to master the given skill. Practices should be skating and skills-based and also have a team or system component. By teaching the players through a progression of individual skills to team strategies, SFYHA hockey players can maximize their successes. There are more drills in various places and more will be added to the drill book. Take a look at USAH, Flexxcoach, this blog - <http://weisstechhockey.com/blog>, and other places for more ideas. Many of the drills below require full-ice and may need to be adapted for half-ice practices.

The Bowie Approach will include:

1. **Pre-season off-ice review** of concepts for players and coaches. This will take the form of the players reading the playbook and off-ice sessions to walk through the concepts.
2. As you are putting new concepts into place, **assign** videos from the Coaches' Training Course as *homework* for their players to watch BEFORE coming to the rink for practice.
3. **Review** the assigned homework at the rink during chalk-talk, using the playbook as the discussion material.
4. **Re-enforce** the concepts on the ice during practice

This drill book is divided into sections that coincide exactly with the sections found in the playbook. The drills in each section are designed to help you work on that topic with your team, and are formatted to fit the exact systems and positional patterns we recommend in the playbook.

Each section has been subdivided into age groups 6-10, 11-14, and 15+, and contains three top-notch drills per age group. It is important to note that these age groups are general, and are designed to be "minimum age groups." For example, a team should be at least 11-14 years old to do well with the drills in that section.

Obviously, there will be quite a bit of crossover within the drills for each age group, so just pick the drills that make the most sense for your team's age and skill level. Find and share new drills with other SFYHA coaches.

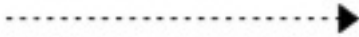
KEY TO DIAGRAMS:



.....Player



.....Opposing Player



.....Pass



..... Forward Skating without Puck



..... Forward Skating with Puck



..... Backward Skating without Puck



..... Backward Skating with Puck



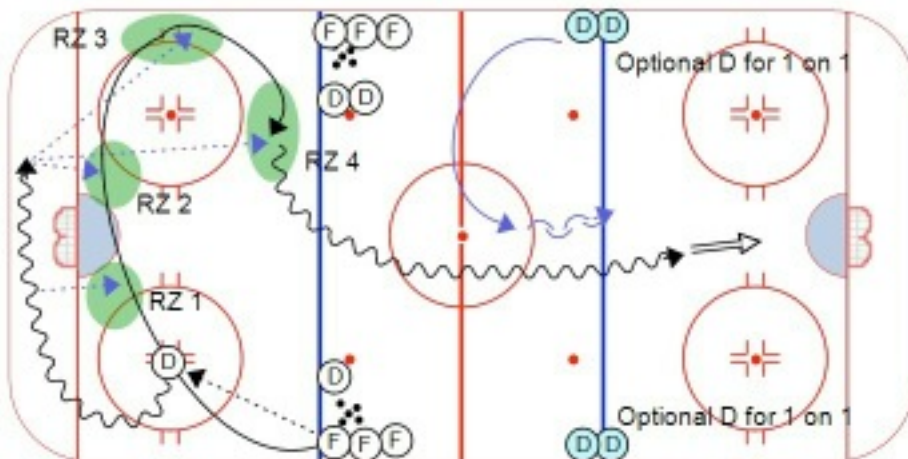
..... Shot

TIMING & SUPPORT

Timing and Support: Ages 6-10

Controlled Skating with Multiple Receiving Zones:

1. 2 lines of Fs and Ds on the blue lines (out of the way)
2. D starts drill on dot
3. On the whistle, F passes to D, who pivots toward the boards, then skates behind the net to initiate a breakout
4. F control skates through each of the 4 receiving zones, presenting him or herself as a passing option in each zone (never taking eye off puck)
5. After receiving pass, F attacks 1 on 0

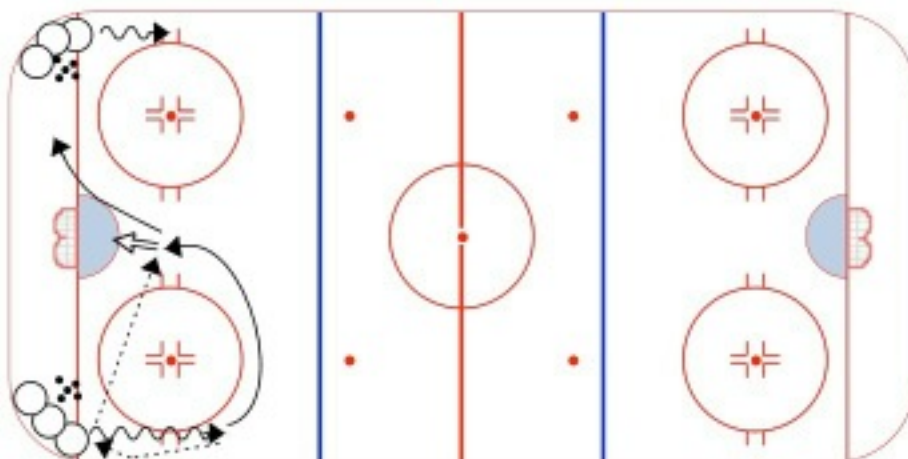


Option: Add D to the far blue lines for a 1 on 1

1

2. Man Cycle from Corner:

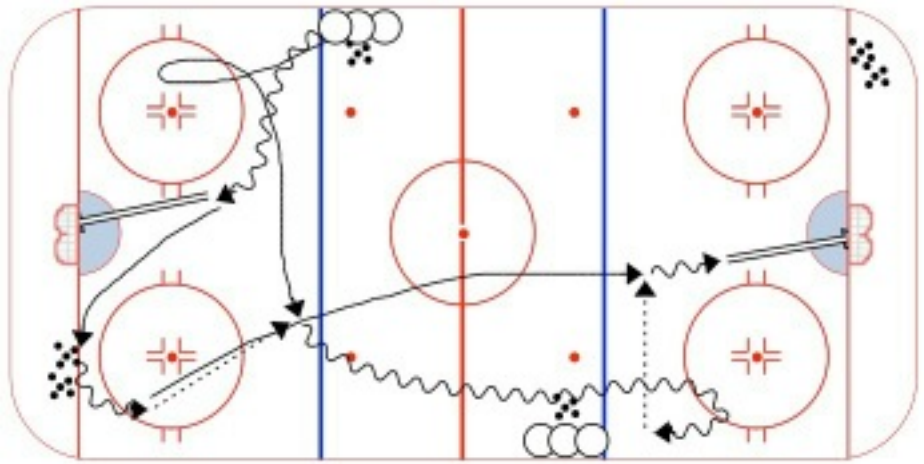
1. Lines in each corner
2. On whistle, first player steps out with puck, cycles back to the next player in line, then drives through the "seam" to the net
3. Next player in line receives the cycle, steps out and hits the first player for a one-time shot



Timed Delay:

1. First player in line walks in and shoots, then picks up a puck from the corner.
2. Second player in line times it, then explodes as first player is ready to make the pass.
3. After receiving the pass, second player drives wide, then delays with a misdirection toward the boards.
4. First player times it to cross the blue line as the second player is coming out of his misdirection.
5. First player picks up the pass and shoots.

Note: Run both sides of the ice at the same time.

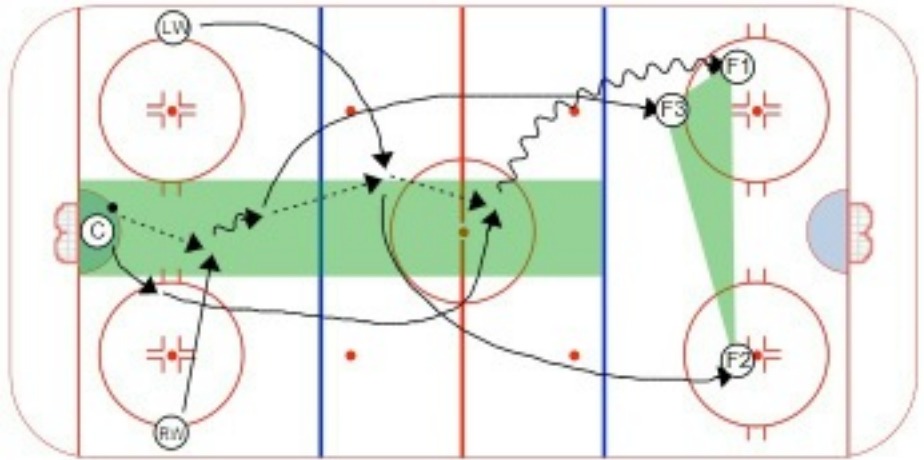


Timing and Support: Ages 11-14

3. Man Weave:

1. On whistle, center passes to one of the two wingers, who is cutting through the middle for a pass.
2. After making pass, passer loops in behind receiver, providing back-side support, then explodes up ice to become the front-side option for the 3rd player.
3. Receiver picks up pass, then head-mans to the 3rd player, who is providing a front-side passing option
4. Players enter zone using "Attack Triangle"

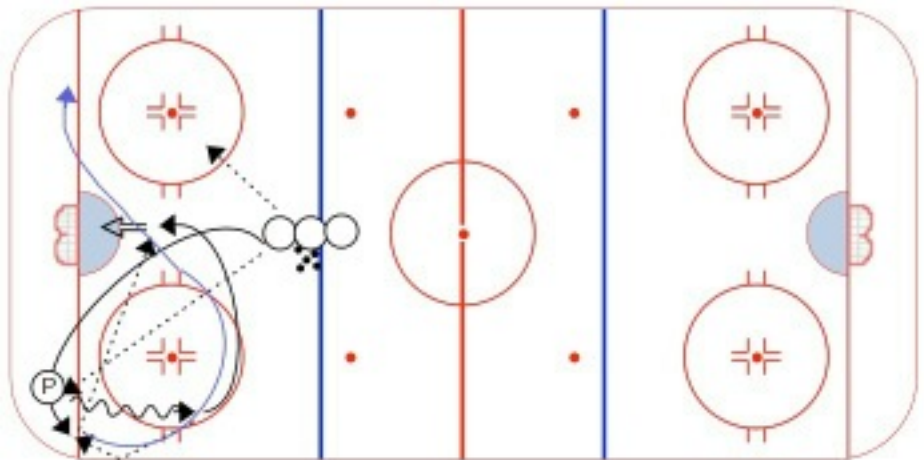
Note: If performed correctly, most passes should



take place in the middle of the ice

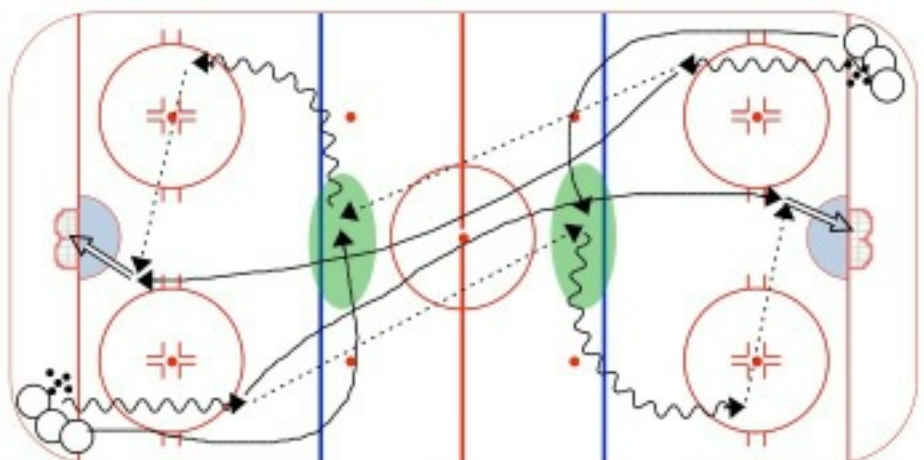
Perpetual Cycle:

1. First player dumps puck into corner, where a passer (P) is waiting to start the drill
2. After dump in, first player swings in
3. P picks up puck and cycles it back to support player, then drives through seam
4. Support player passes out for a one-timer
5. After the pass is made, the first player from the other line dumps it in his corner. The player who just made the pass continues up around the top of the circle, then drives into the corner to pick up the dump
6. Play starts again from the other side



Center Lag Timing:

1. On whistle, 2 players leave from each line
2. First player from each line leaves without puck, skates up to the blue line and cuts across (staying on side)
3. Second player from each line leaves with puck, skates up and hits the first player of the opposite line in receiving zone
4. Receiver takes puck wide
5. Passer drives the net
6. After driving wide, first player passes across to the second player for the one-

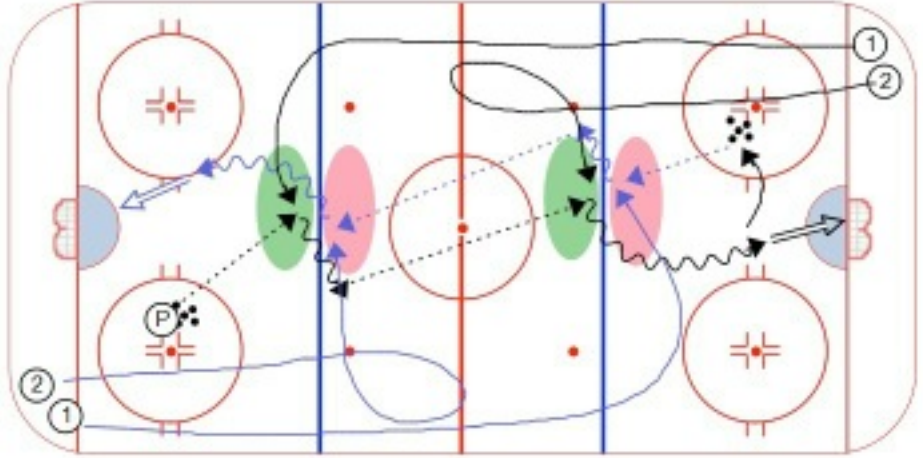


timer

Timing and Support: Ages 15+

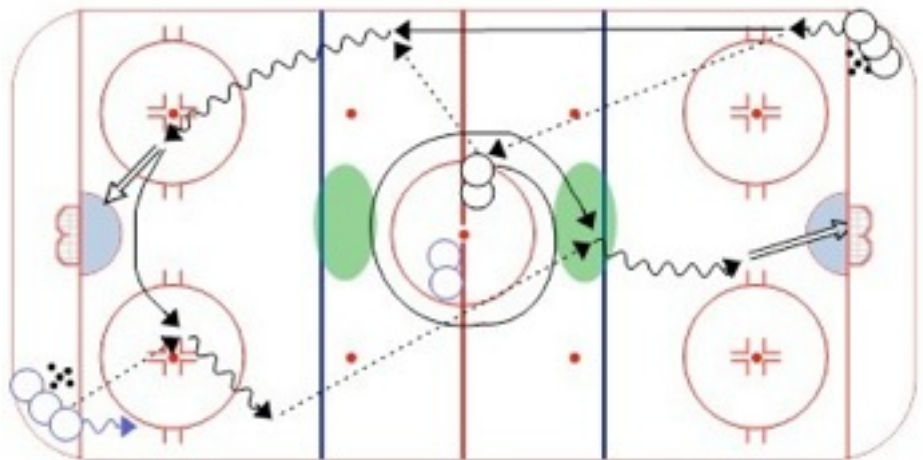
3-Zone Timing:

1. To start the drill, 2 players leave from the corner and swing through receiving zones
2. Passer (P) hits the receiver in the first green receiving zone, then gets in line
3. Receiver controls puck, then hits the second player in the second green receiving zone
4. Receiver takes a shot, picks up a puck from the circle, and hits the first player of the other line in the first red receiving zone.
5. Drill continues perpetually



Give and Go Timing:

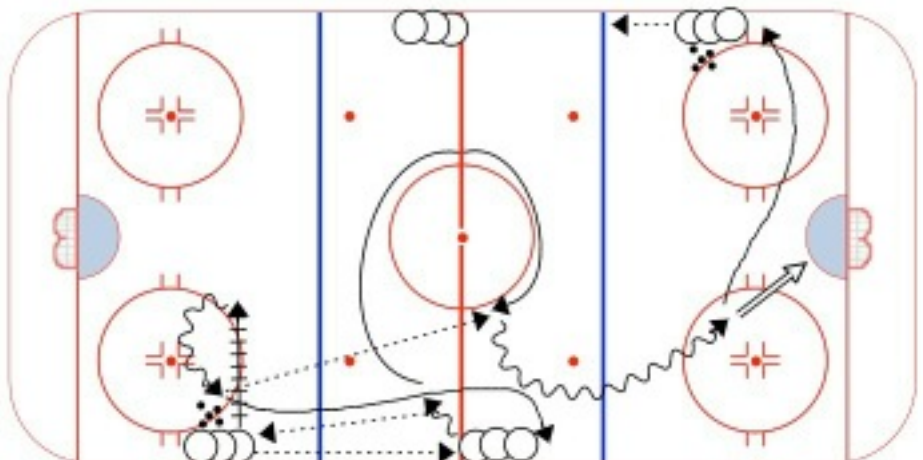
1. Players leave corners at same time on whistle and perform give and go with player at center line
2. After give and go, corner players take a shot, then swing to pick up a pass from the next player in opposite corner line
3. After completing the give and go pass, the player at center ice will skate around the circle TOWARD the passing corner, and time it to receive a pass in his or her receiving zone



4. After picking up the pass from the next player in line, the player who took the first shot will control the puck then hit his give and go partner for a breakaway pass.

Slovak 3-Pass & Shot:

1. Player from low line passes to the first player from the line at center ice.
2. Player from center line one-touch passes back, then loops around the center circle.
3. Player from low line receives pass, then executes side-step crossovers to the far side of the circle, powerturns out of the crossovers, and hits the other player with a long pass.



Option: After making long pass, low man plays

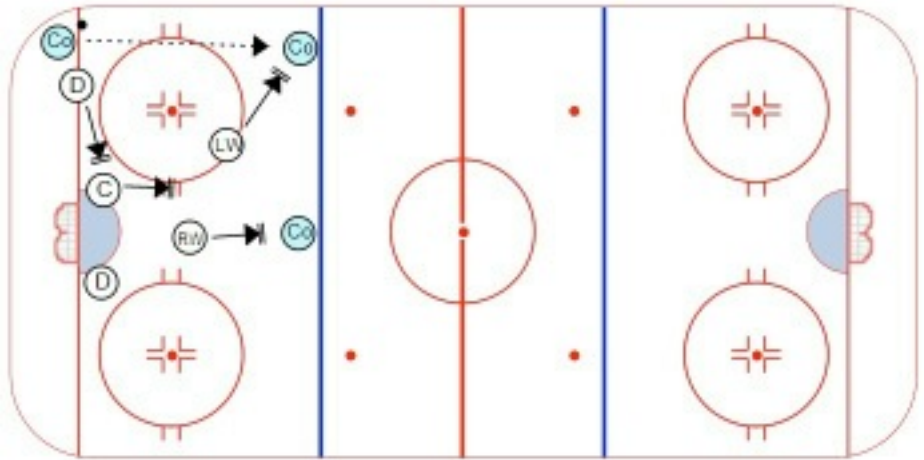
defense against attacker from the other line for a 1
on 1

DEFENSIVE ZONE COVERAG E

Defensive Zone Coverage: Ages 6-10

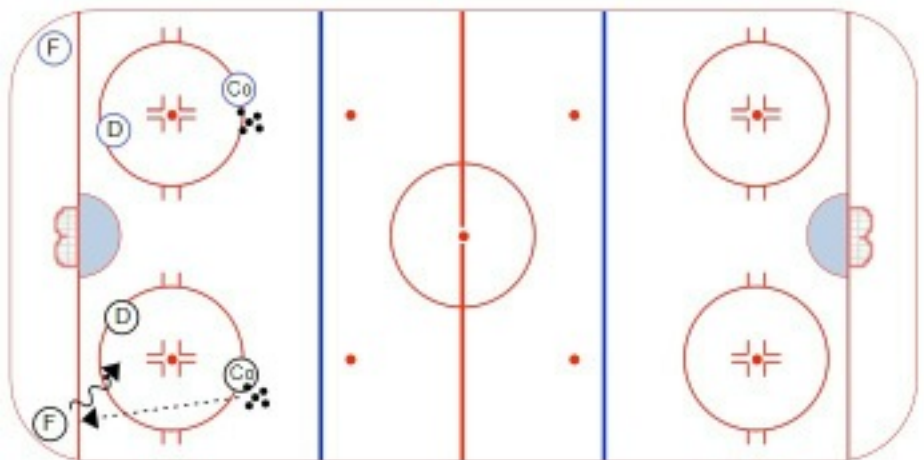
Basic Positional Walkthrough:

1. 5-man unit starts in 5-card formation
2. 3 coaches (or stand-in players) pass the puck around the perimeter, allowing players to adjust to the proper positions before passing
3. Defenders go to their positions and stop
4. Coach corrects any positional mistakes at each puck location
5. Gradually speed up perimeter passing, forcing players to think more quickly



Force vs Contain 1 on 1:

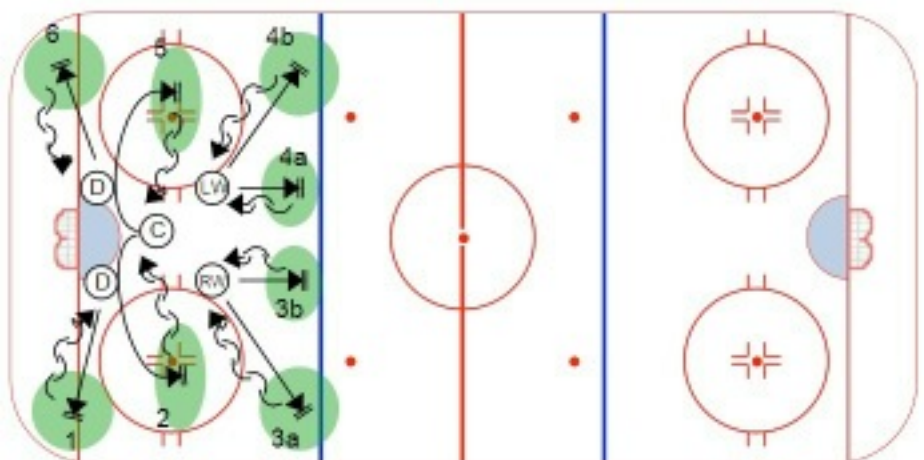
1. Forward starts in the corner, on a knee. Defenseman starts off the near post, on a knee.
2. Drill starts as soon as coach passes to the forward.
3. After pass, forward and defenseman play a 1 on 1
4. Defenseman reads the forward's puck control, and decides whether to force or contain



Option: Set up another forward and defenseman in the other corner. After the first 1 on 1 the initial forward and defenseman stay in the play for a 2 on 2

5-Card Skating:

1. Players start in 5-card formation
2. On whistle, each position skates full speed out to his or her designated attack area, pivots, then skates backward into 5-card position
3. Sequence follows, position by position. Center covers for the corner positions until they get back, and takes the seam (attack areas 2 and 5)
4. Wingers alternate between attack positions

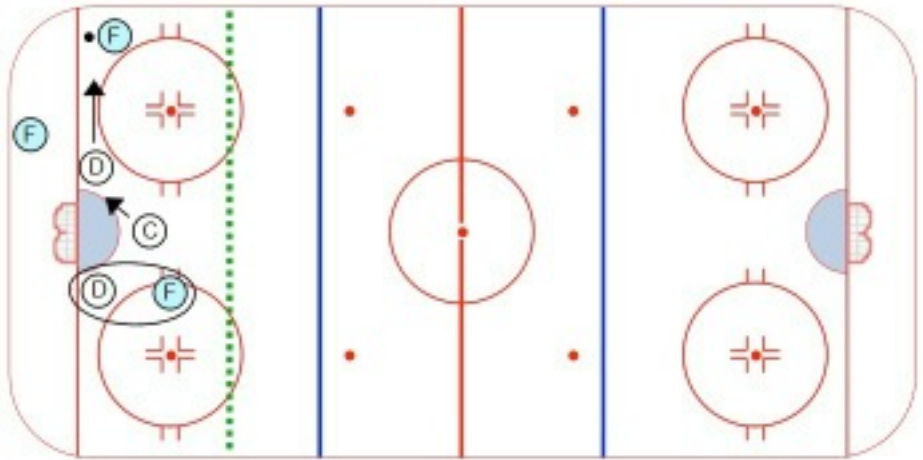


- each "lap"
5. Do 4 "laps" then switch out 5-man unit for a new one

Defensive Zone Coverage: Ages 11 ¹⁴

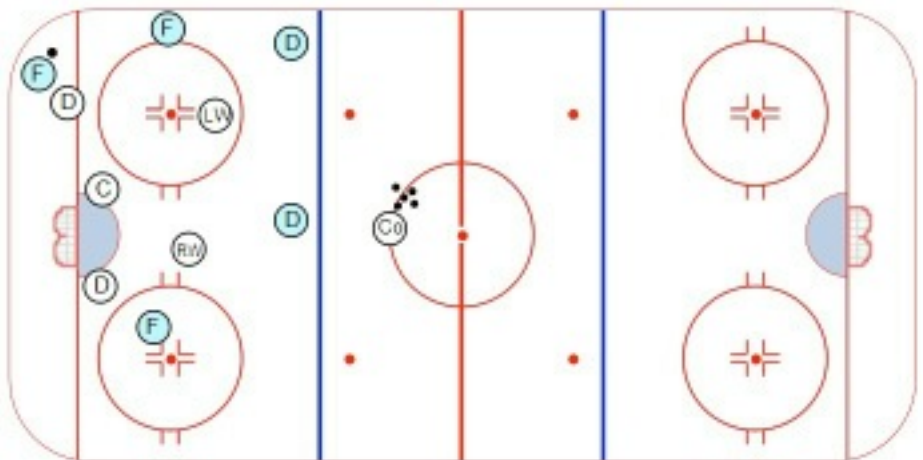
D-Zone Coverage - Defense and Center, low 3 on 3:

1. 2 Defensemen and a Center play a low 3 on 3
2. Opposing forwards must stay below the top of the circles
3. Focus on communication, force vs contain reads, and smooth transitions



5 on 5 Controlled Scrimmage - No Sticks:

1. 5 on 5 controlled scrimmage
2. Offensive team is trying to score, defensive team has to defend without sticks. This forces defenders to rely on proper body positioning rather than fancy stick work
3. If puck comes out of the zone, coach dumps a new one back in
4. Coach stops play if anyone is out of position defensively



Note: Communication is huge in D-Zone

Coverage, make sure your players are practicing it here

Perpetual D-Zone Coverage & Breakout:

1. Two 5-man units at each end. The offensive unit of one end is on the same team as the defensive unit of the other end
2. Coach dumps the puck into one end. Offensive team tries to score, defensive team tries to defend and break out
3. Once the defensive team successfully breaks the puck out past the blue line, they pass or dump it in for their offensive "teammates" at the other end, who try to score while the defenders try to stop them
4. Drill continues perpetually. If a goal is

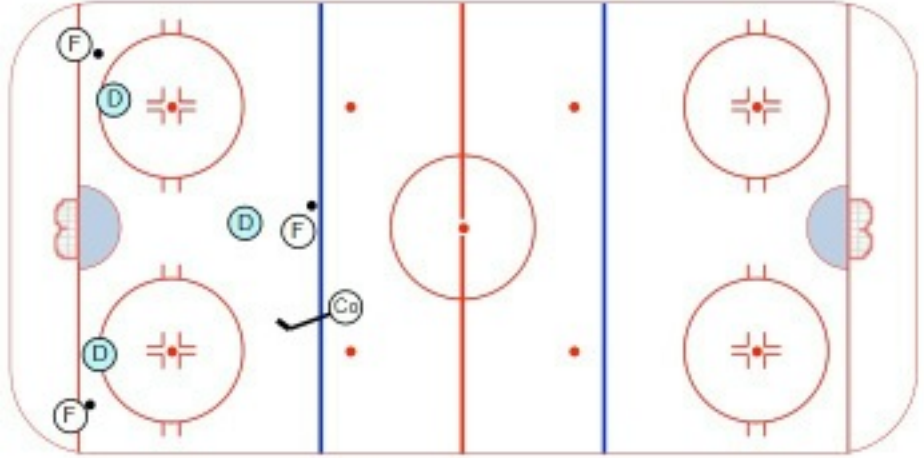


scored, the coach dumps a new puck into the opposite end.

Defensive Zone Coverage: Ages 15+

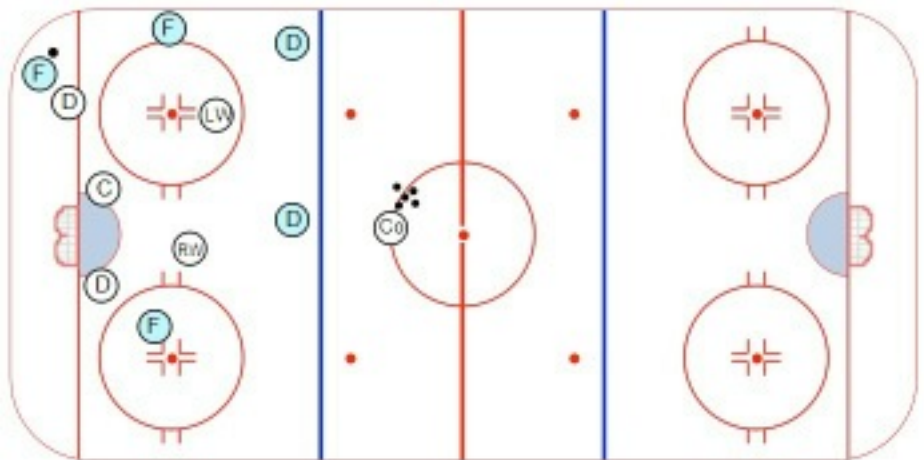
1 on 1, 2 on 2, 3 on 3:

1. Set up players as shown.
2. On whistle, Coach designates which pairing goes by pointing with the stick.
3. Designated pairing plays a one-on-one battle until the next whistle.
4. On next whistle, Coach designates another pairing to go, and the first pairing stays in the play, making it a 2 on 2.
5. On the next whistle, the last pairing goes, with the first two pairings staying in. Play becomes a 3 on 3.



5 on 5 Controlled Scrimmage - Defenders' Sticks are Upside Down:

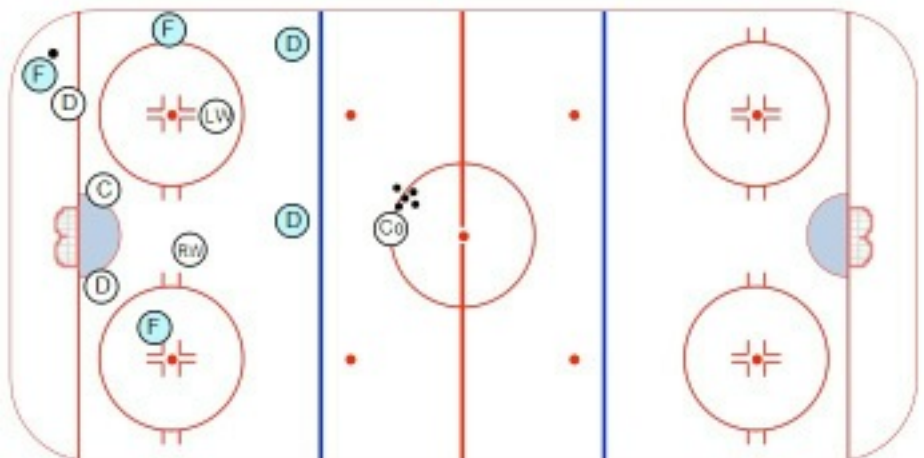
1. 5 on 5 controlled scrimmage
2. Offensive team is trying to score, defensive team has to defend with sticks turned upside down. This forces defenders to rely more on proper body positioning, with some stick ability, but not much.
3. If puck comes out of the zone, coach dumps a new one back in.
4. Coach stops play if anyone is out of position defensively.



Note: Communication is huge in D-Zone Coverage, make sure your players are practicing it here

5 on 5 Full-Speed Controlled Scrimmage - Defenders' Sticks Right Side Up:

1. 5 on 5 controlled scrimmage
2. Offensive team is trying to score, defensive team defends.
3. If puck comes out of the zone, coach dumps a new one back in.
4. Coach stops play if anyone is out of position defensively.



Note: Communication is huge in D-Zone Coverage, make sure your players are practicing it

here

BREAKOUTS

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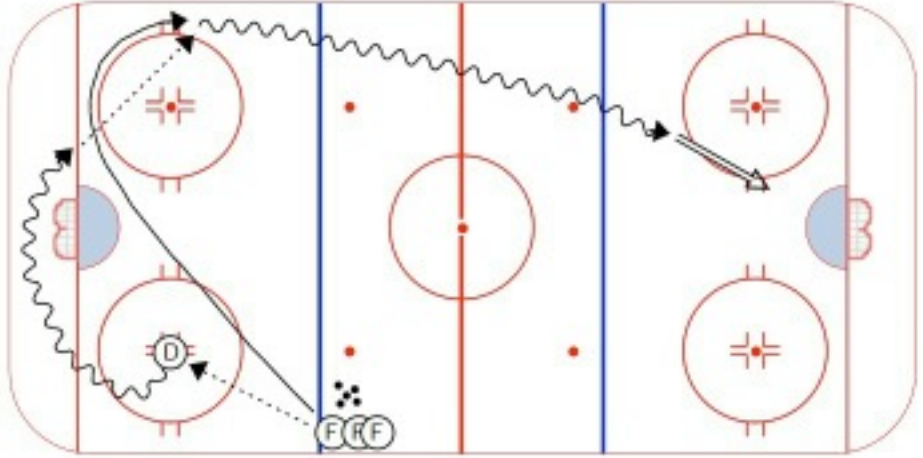
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Breakouts: Ages 6-10

Breakout Progression (phase 1):

1. Set up forwards on the blue line, with defensemen on the close hash mark. Defenseman who is going steps out to the dot
2. On whistle, first forward in line passes to the defenseman, then skates down around the bottom of the circle and opens up for a breakout pass
3. Defenseman skates behind the net, then passes to the forward on the boards, who skates down for a shot

Note: Teach forwards to pivot and keep their eyes

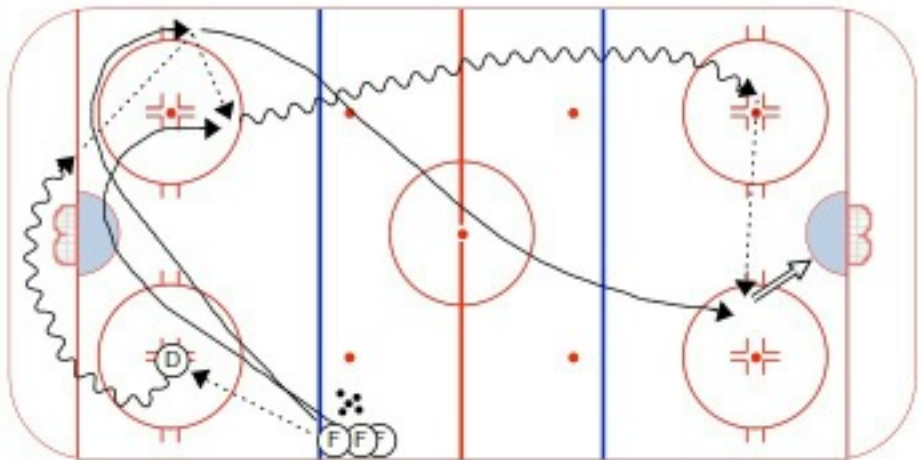


on the passer while receiving the pass

Breakout Progression (phase 2):

1. Same set-up as phase 1
2. On whistle, first forward passes to the defenseman, then skates the same route as in phase one
3. Second forward in line plays the role of the centerman, and "shadows" the defenseman, who is skating the puck behind the net
4. Pass is made to the board-side forward, then a touch pass to the second forward, who is swinging through for support
5. Forwards attack 2 on 0

Note: As players improve, open up the option for a

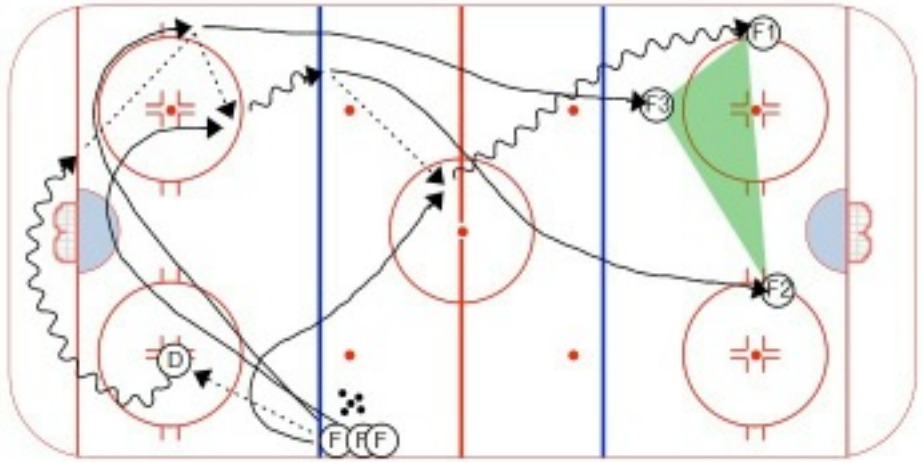


middle breakout to the second forward

Breakout Progression (phase 3):

1. Same set-up as phases 1 and 2
2. Drill begins the same as in phases 1 and 2, this time we add the third forward as a breakaway man
3. The third forward times the play so he is breaking through the middle for a pass as the second forward receives the pass and gains control of the puck
4. Players attack 3 on 0 using the attack triangle

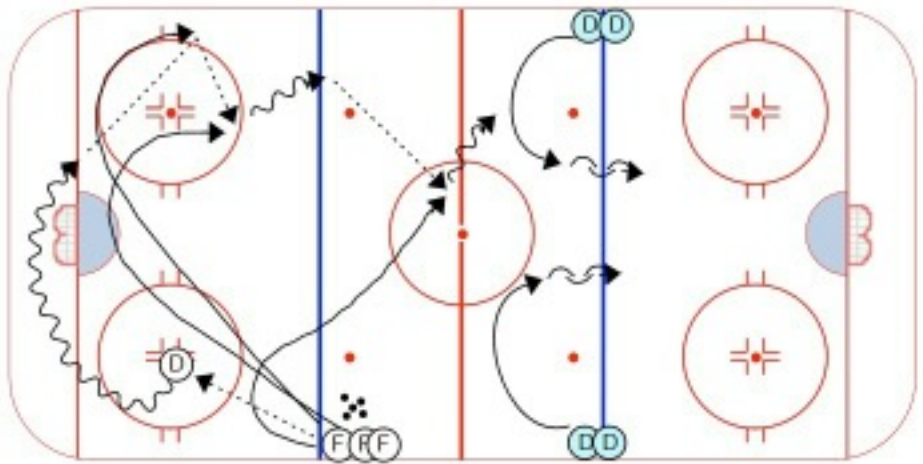
Note: Be creative with this set-up. Try adding a second defenseman for a D to D pass in stead of skating it behind the net. Open up multiple breakout options.



Breakout Progression (phase 4):

1. Same set-up as phases 1, 2, and 3, except now it ends in a 3 on 1, or a 3 on 2

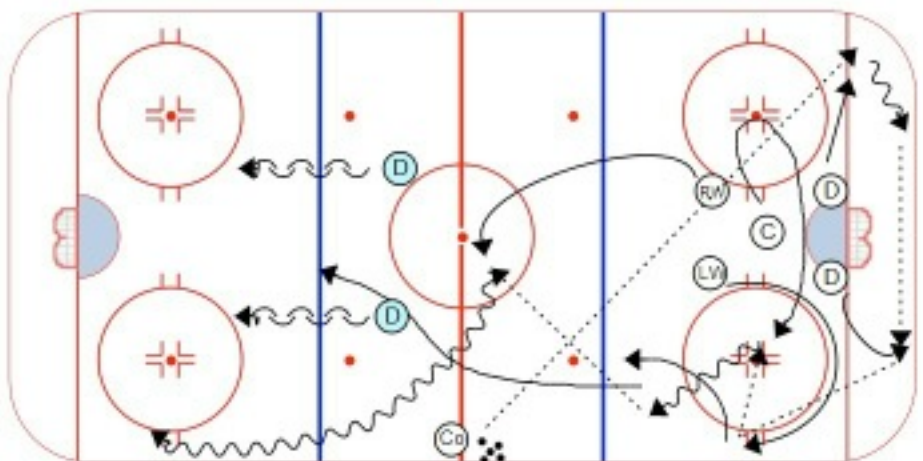
Note: Remind forwards to keep their heads up in the neutral zone. Work with your defensemen on judging when and when not to step up and intercept the stretch pass



5-Card Breakout, 5 on 2:

1. 5-man unit starts in 5-card formation. 2 opposing defensemen start in neutral zone
2. Coach dumps the puck in to start the drill
3. Players execute a 5-man breakout, then attack 5 on 2.

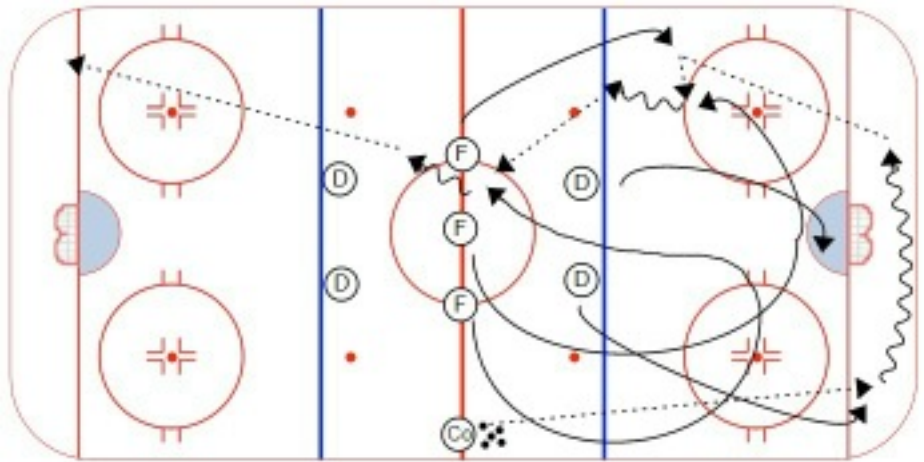
Option: As players improve, add 1 or 2 forecheckers to give resistance



Breakout, Breakout, Attack:

1. 3 forwards and 4 defensemen line up in the neutral zone, as shown
2. Coach dumps the puck into one end for a 5-man breakout
3. After the puck crosses the center line, forwards dump it into the other end and execute another breakout
4. After second breakout, players attack 5 on 2 against the first set of defensemen

Option: As players improve, add 1 or 2 forecheckers to give resistance

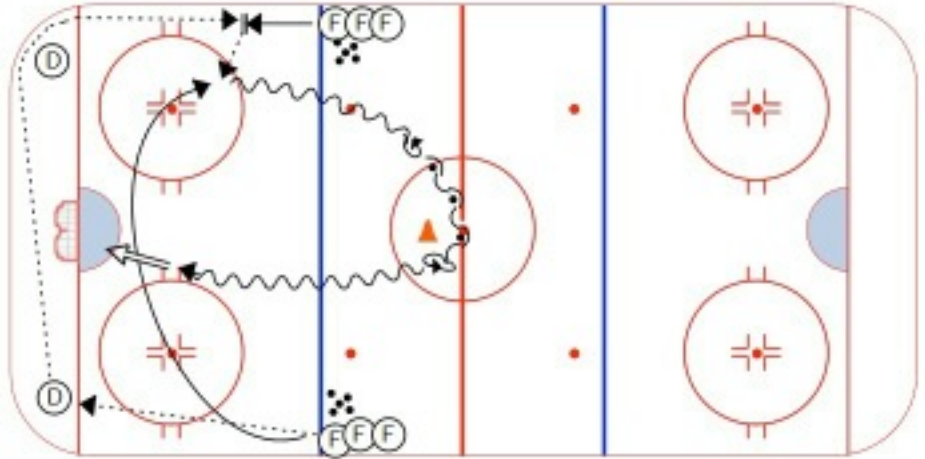


Breakouts: Age 11-14

Ring Breakout:

1. On whistle, first forward passes to the near defenseman, then supports
2. Defenseman executes a hard ring to the first forward in the far-side line
3. First forward in far-side line slides down, and touch passes to the other forward swinging through
4. Forward skates puck around the cone and shoots

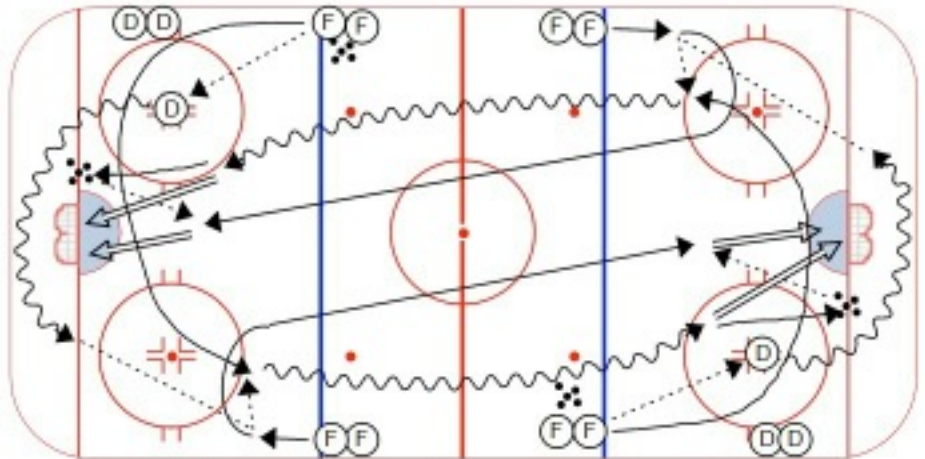
Note: The purpose of this drill is to work on controlling the ring breakout. After the far-side winger redirects the ring, he passes to the D, and



the drill repeats in the opposite direction.

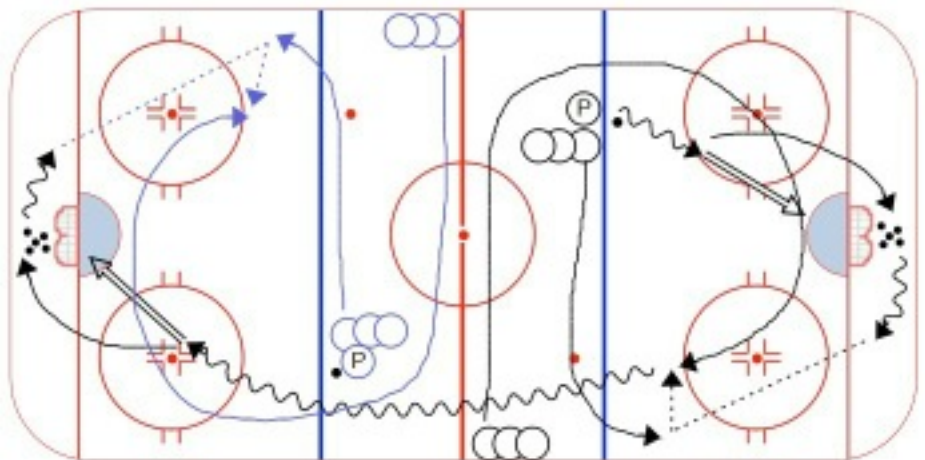
Breakout 2 on 0:

1. Forward passes to the defenseman, then supports in the role of the centerman
2. Defenseman skates the puck behind the net, then passes to the first forward in the other line
3. Forward touch passes to the first forward swinging through, who takes it down the ice and shoots
4. After shooting, the first forward picks up a puck and hits the second forward, who is coming in as a "trailer man," for a one-time shot



Patrick Perpetual Breakout:

1. 2 passers start the drill by shooting then picking up a puck behind the net to initiate the breakout
2. Low forward simulates winger, and swings in to pick up board-side breakout pass
3. High forward swings through and acts as the centerman, providing middle support
4. Winger touch-passes to center, who attacks and shoots, then initiates breakout in far zone
5. Winger moves to middle line



Note: winger can swing from top down, or from

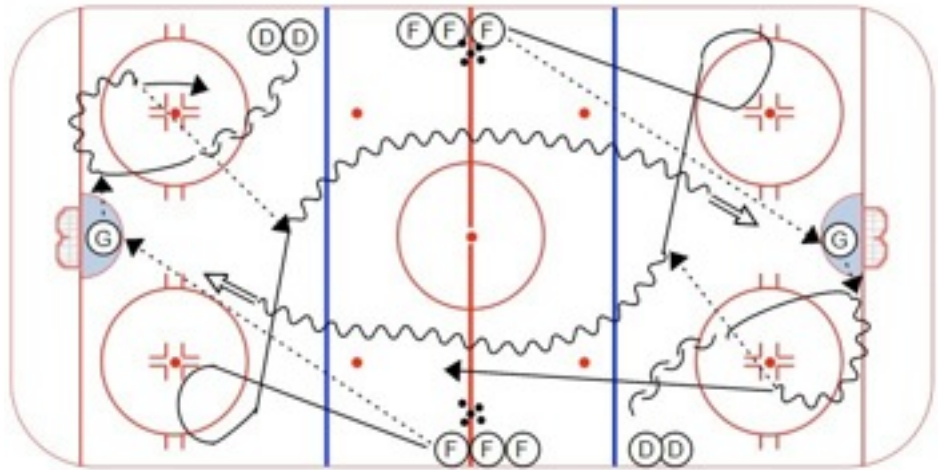
bottom up, depending on your team's breakout set up.

Breakouts: Age 15+

Fukami Breakout Warm-up:

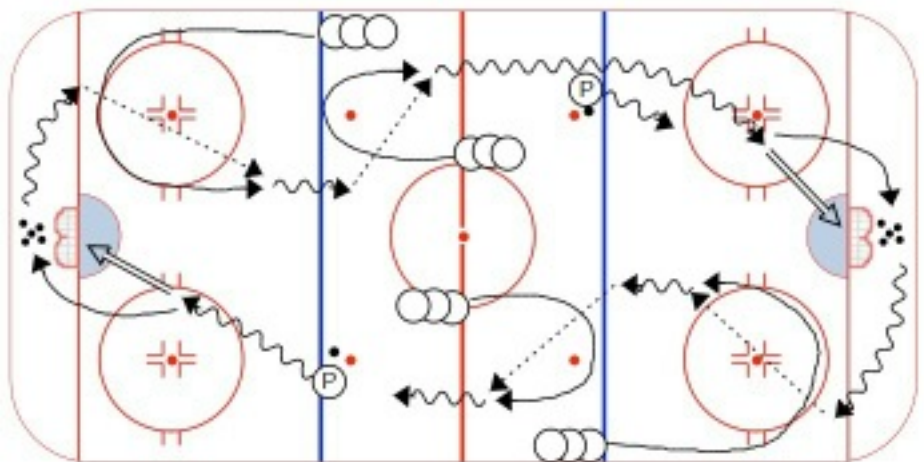
1. On the whistle, forward dumps a puck on net
2. Goalie sets the the puck up for the defenseman, who has skated back to retrieve it
3. Forward times his/her skating, and explodes through the middle to receive a pass from the defenseman, then shoots

Option: The forward can delay in the corner, then make a pass to the defenseman for a shot on net. (Not shown)



Loop Breakout:

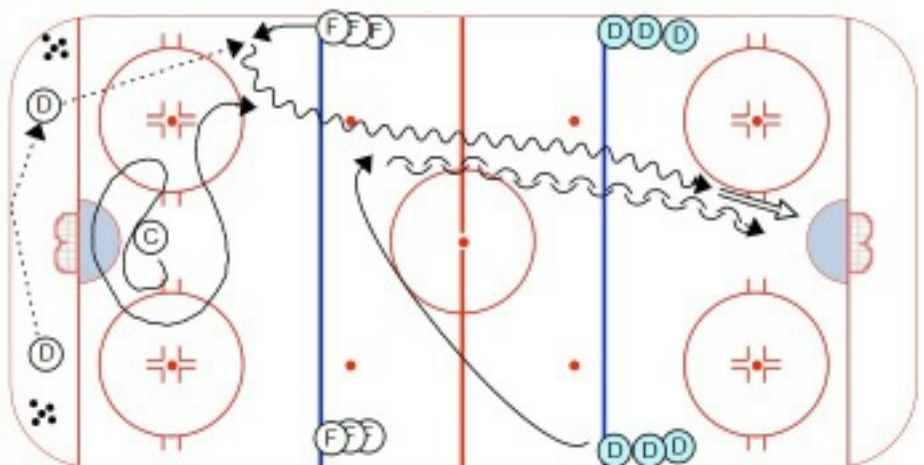
1. On whistle, 2 passers start drill by shooting, then picking up a puck behind the net, and making a breakout pass
2. First player on blue line loops low, outside-in, receives breakout pass, takes two strides, then hits the first player from the red line. After pass, he joins the line on the red line
3. First player on red line loops low, timing the play, picks up the pass, then shoots
4. After shot, he/she swings in behind the net,



picking up another puck and initiates the breakout going the other way

Full Speed Breakout Progression (phase 1):

1. D to D to Forward
2. D to D to Forward
3. D to D to Forward, touch-pass to Center, who has been shadowing the puck
4. D to D to Forward, touch-pass back to D who follows up play, then goes down for a shot
5. Rotate a new D in for the one who went down for the shot
6. Start again from the other side

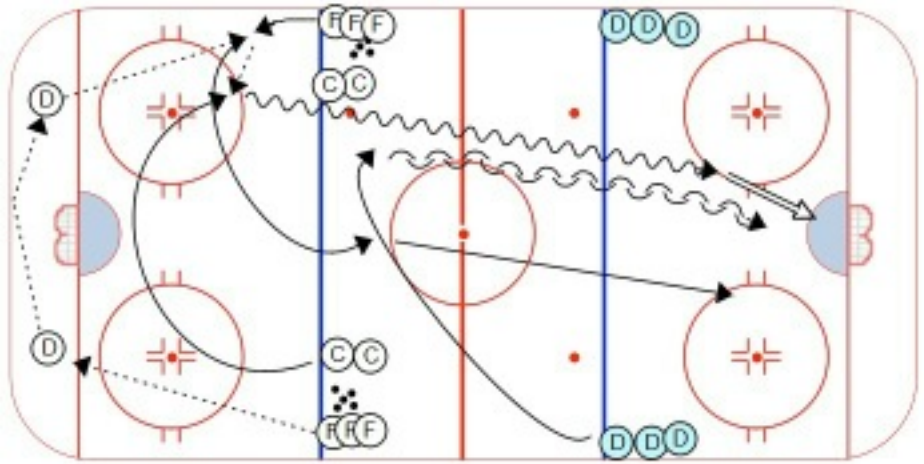


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Option: Put defensemen on far blue line for a 1 on 1.

Full Speed Breakout Progression (phase 2):

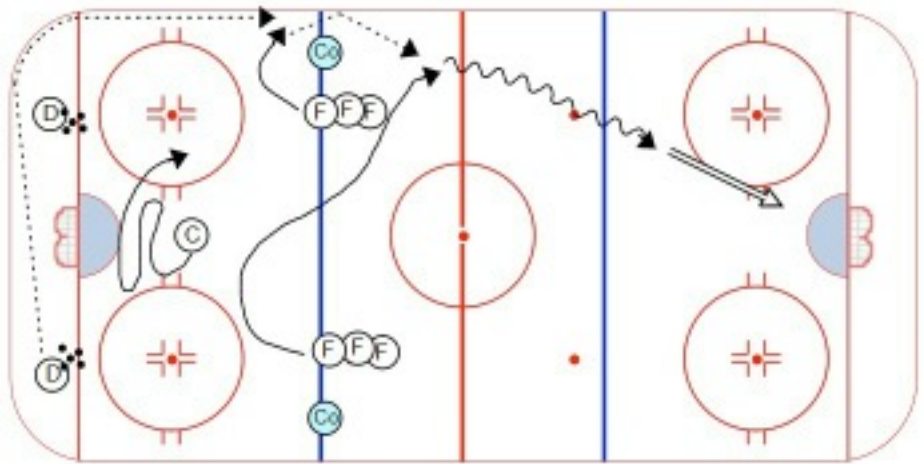
1. Forward passes down to Defenseman
2. D to D Pass
3. Board-side breakout, with touch-pass to Centerman swinging through
4. Forward loops in behind Centerman for a 2 on 1



Full Speed Breakout Progression (phase 3):

1. Ring to chip, weak-side forward picks it up
2. Ring to chip, weak-side forward picks it up
3. D to D to Center (chip around coach, pick it up on the other side)
4. D to D, pivot toward boards and Walk (chip around coach, pick it up on the other side)

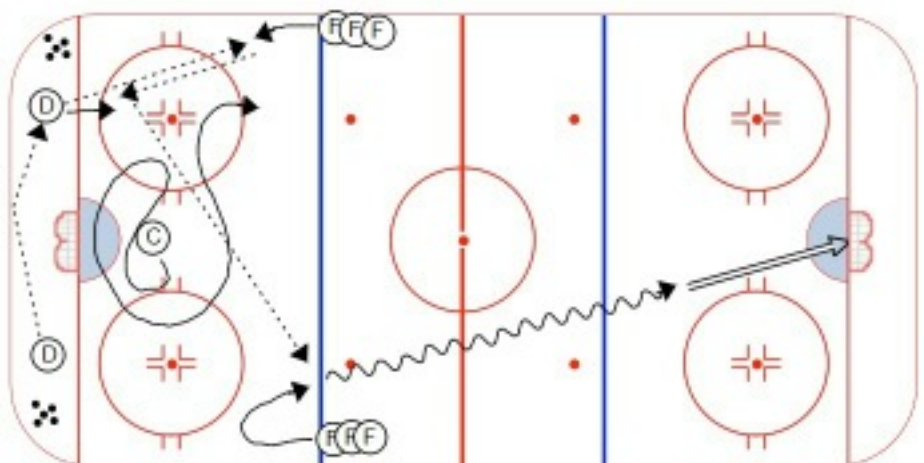
Note: Coach provides token resistance at blue line. Increase resistance as players get better at executing chip.



Full Speed Breakout Progression (phase 4):

1. D to D to Forward, touch-pass back to D, hard pass across to Weak-side Forward
2. Same thing other way
3. D to D to Center (direct pass)
4. D to D, skate behind net, cut tight and wheel

Note: Use this option to work on beating the neutral zone trap.



OFFENSIVE ATTACK

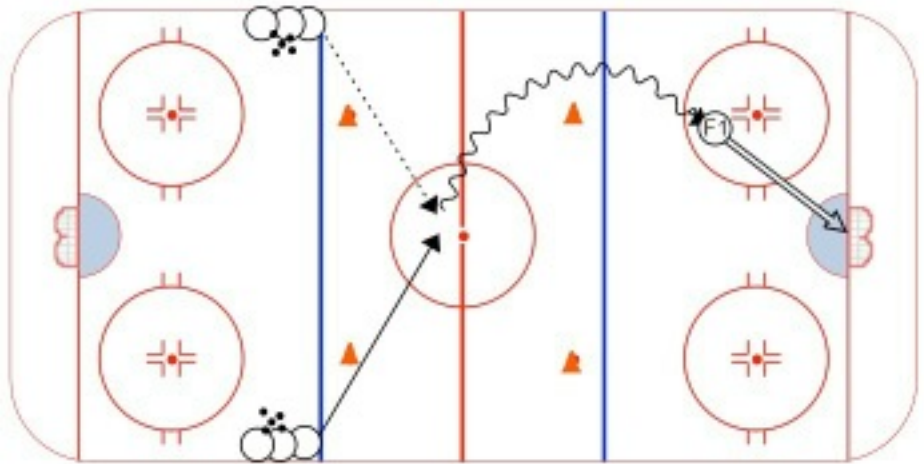
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Offensive Attack: Ages 6-10

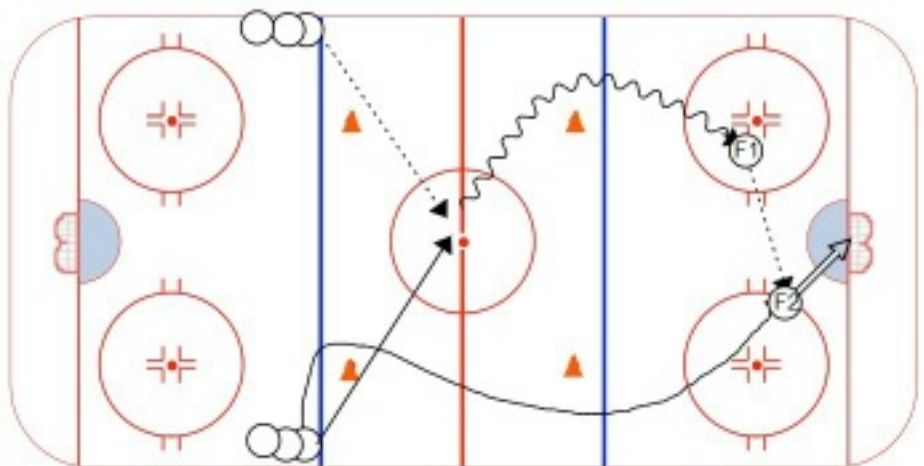
Attack Triangle Progression (phase 1):

1. On whistle, player (F1) leaves without puck, cuts across neutral zone
2. Player receives pass in stride
3. Puck carrier drives wide and shoots
4. After making the pass, first player in other line does the same thing



Attack Triangle Progression (phase 2):

1. On whistle, first player (F1) does same thing as in phase 1.
2. Second player in same line becomes F2. cuts inside first cone, then drives wide and cuts to the net for a 1-timer



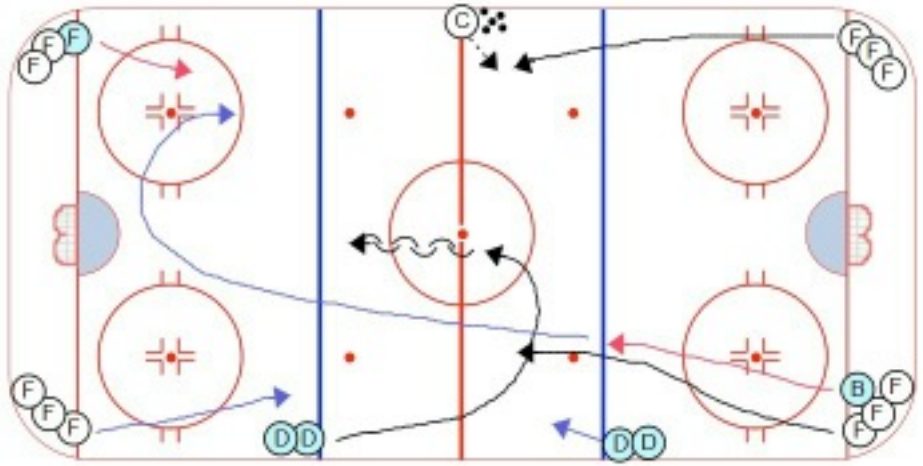
Attack Triangle Progression (phase 3):

1. F1 and F2 do the same thing as in phase 2
2. Player who makes pass becomes F3 and follows up the puck carrier to form an attack triangle
3. Within the attack triangle, work whatever options you want



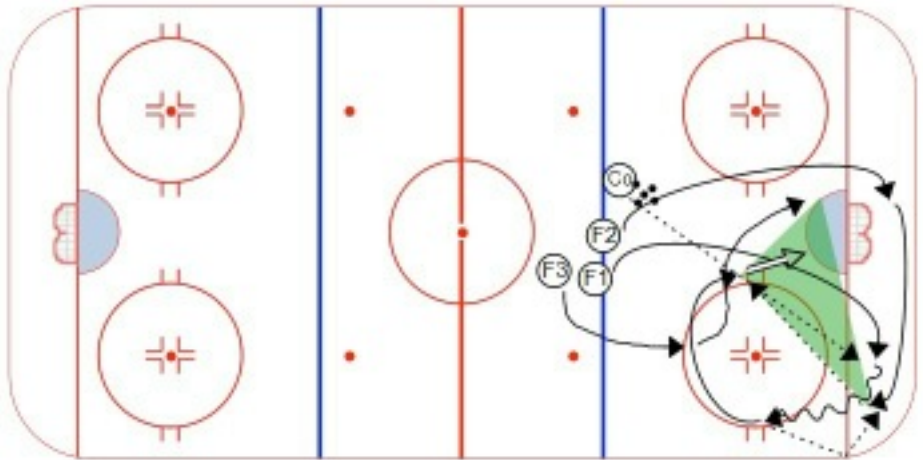
2. on 1 Perpetual Backcheck

1. On whistle, two forwards leave from one end, with a backchecker chasing (designate a backchecker to start the drill)
2. Coach passes to either forward
3. Defenseman from far blue line steps out to play 2 on 1 with backchecker
4. After the attack, the backchecker swings to one side or the other, becoming one of the forwards on the next 2 on 1
5. The forward on the same side the backchecker swings to becomes the next backchecker
6. Drill repeats going the other direction



Cycle Introduction:

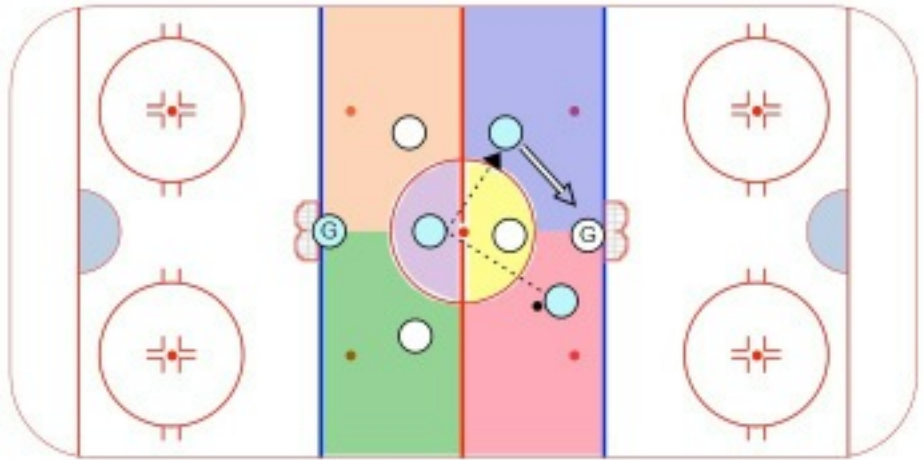
1. To start drill, coach dumps puck into the corner
2. F1 picks up puck, F2 goes to far post, F3 goes to high slot
3. F1 decides which way to initiate the rotation (either low behind the net, or high toward the seam)
4. F2 and F3 read, and begin the rotation based off F1's decision
5. Players execute continuous cycle and rotation, maintaining a triangle, until coach blows the whistle
6. On whistle, player with puck moves it to the front of the net for a shot



Offensive Attack: Ages 11-14

Triangle One-Timer Small Area Game:

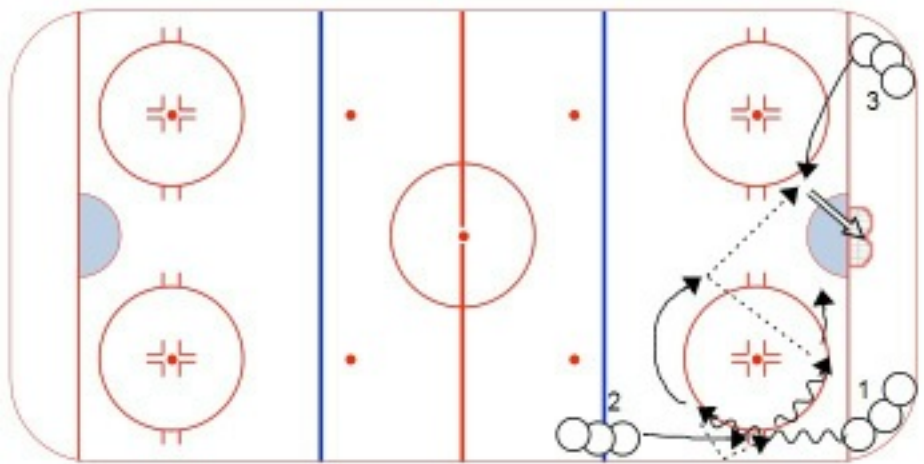
1. Players are divided into two, 3-man teams
2. Each player is confined within the lines of his/her area
3. Work puck around and try to score
4. Focus on quick puck movement. Touch-passes and One-time shots



Cycle Give & Go:

1. Player from line 1 leaves with the puck and walks up the boards
2. He/she cycles back to player from line 2, who is dropping down for back-side support
3. Player from line 1 drives through the seam for a give and go pass from the corner, receives the pass from player 2, then one-touches to player 3 or 2 for a one-timer

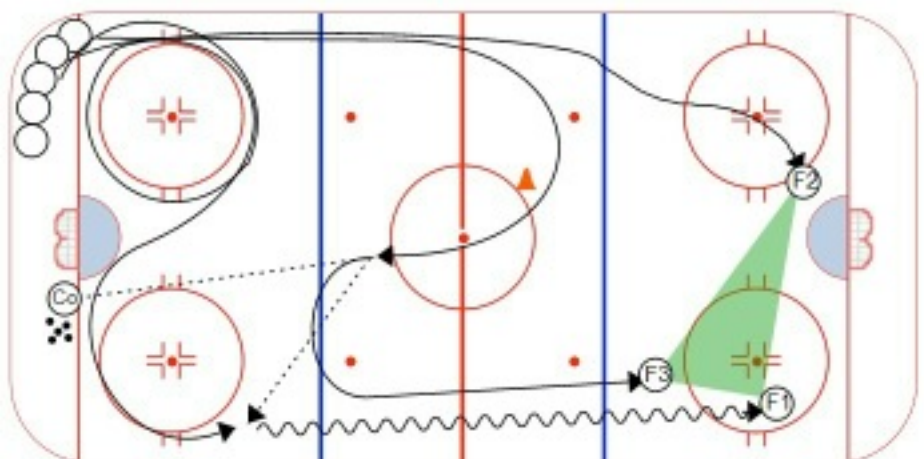
Option: As players progress, allow player 1 to either shoot, pass to player 3, or pass to player



2. This flexibility will keep the goalie from cheating on the play

Wiseman Drill (phase 1):

1. On whistle, three players leave together
2. First player skates up and around the cone, then skates straight back toward the coach
3. Second player skates the "S," never taking his eyes off the coach
4. Third player does a full circle, never taking his eyes off the coach
5. Coach passes to the middle man, who one touches a pass to either winger
6. Winger who receives the pass skates wide and becomes F1
7. Weak-side winger drives to the net as F2

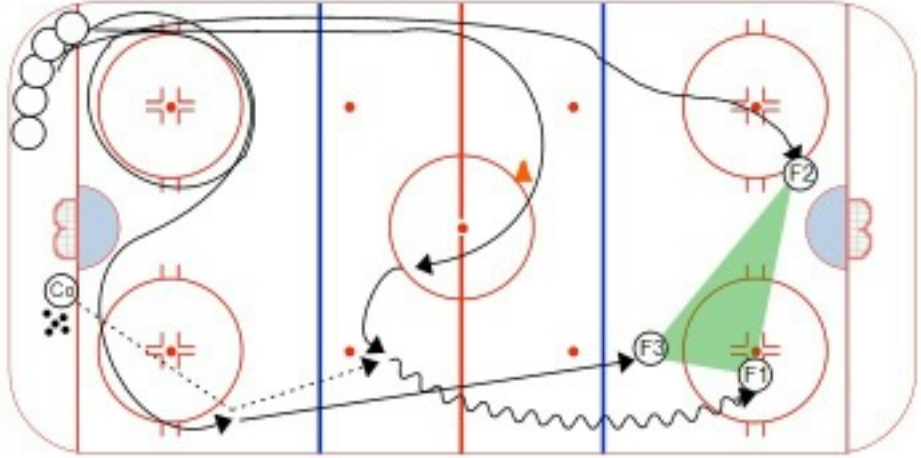


8. Middle man loops in behind the winger he passed to and becomes F3

Wiseman Drill (phase 2):

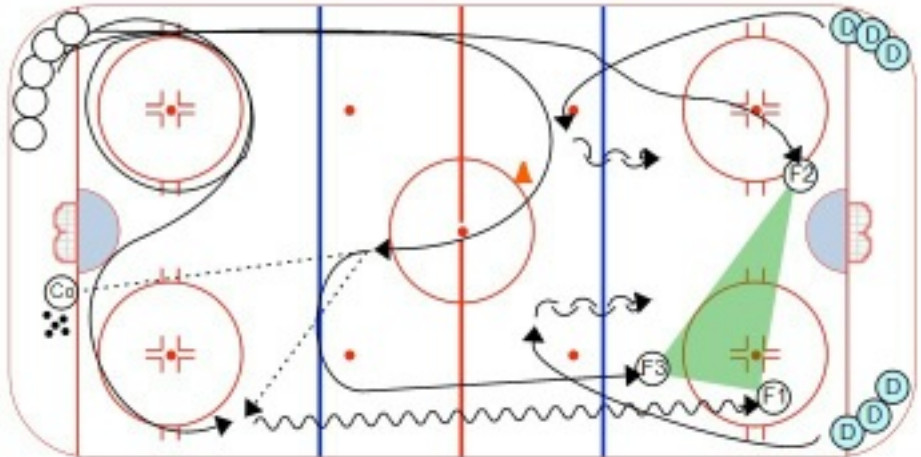
1. Same set-up as phase 1
2. This time, coach can pass to any of the three forwards
3. If coach passes to one of the low forwards, the middle player cuts toward the puck carrier, and opens up for a head-man pass
4. First player in becomes F1, second becomes F2, third becomes F3

Note: If executed properly, the player who receives the initial pass from the coach should end up as F3



Wiseman Drill (phase 3):

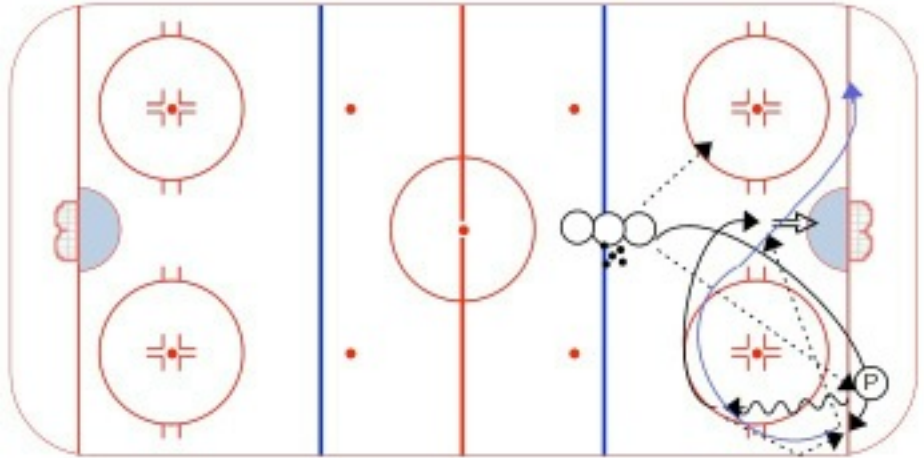
1. Same as phase 2, but add defensemen to turn it into a 3 on 2



Offensive Attack: Ages 15+

Perpetual Cycle:

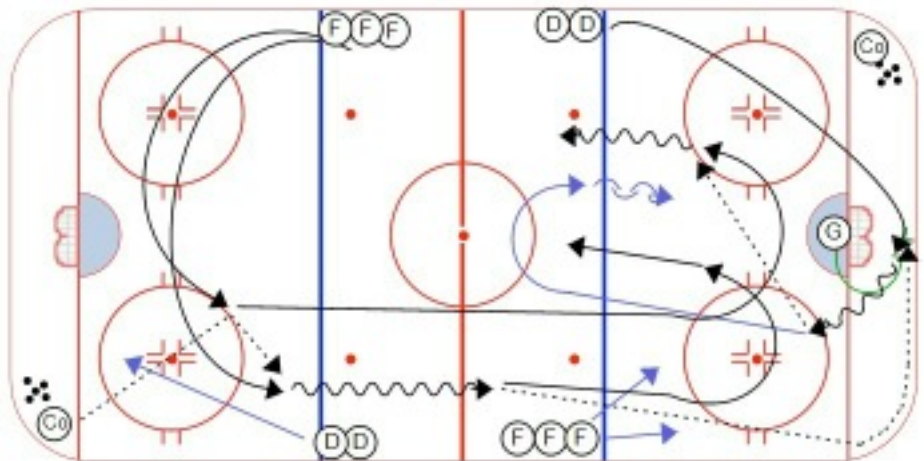
1. On whistle, first player in line dumps the puck into the corner to the passer
2. First player follows his dump in, providing back-side support for the passer
3. Passer skates the puck up the boards, cycles back to the support player, then drives through the seam and receives a pass from the support player for a one-time shot
4. Next player in line dumps puck into the other corner
5. Support player skates through the seam, picks up the dump-in, and starts the drill



from the other side

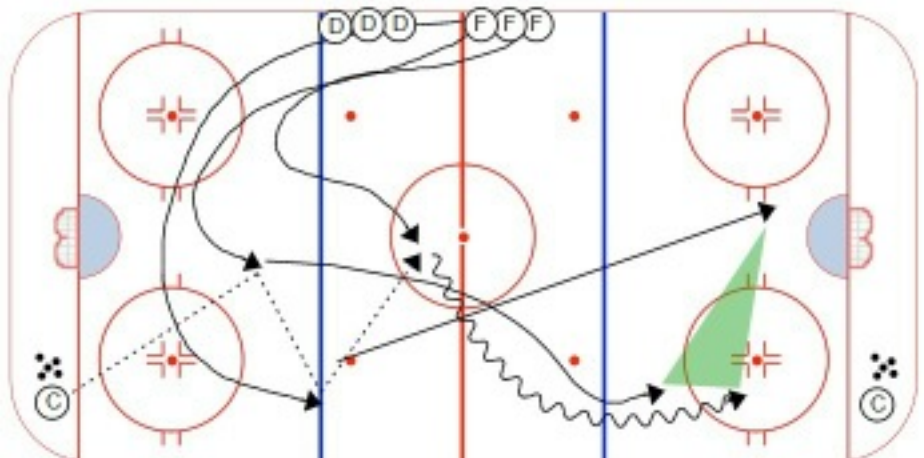
Tom Renney Warm-up:

1. Both sides go at the same time
2. Two forwards swing low and receive a pass from the coach, then step over the center line and dump it in
3. Goalie stops the puck for the defenseman, who initiates the breakout, then plays 2 on 1 against forwards from the other line
4. Forwards attack 2 on 1 against the defenseman from the other line



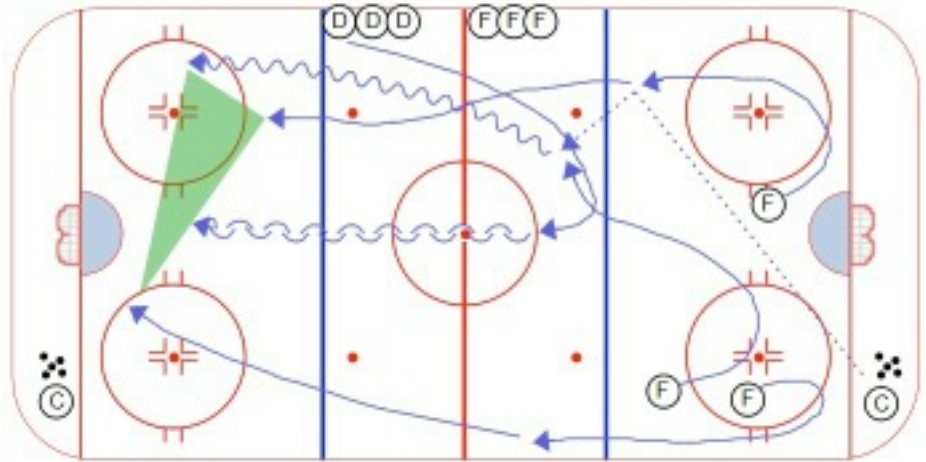
3 on 0, 3 on 1, 3 on 2:

1. Forwards in one bench, Defensemen in the other
2. On whistle, 3 Forwards swing low and receive a breakout pass from the Coach, then attack 3 on 0



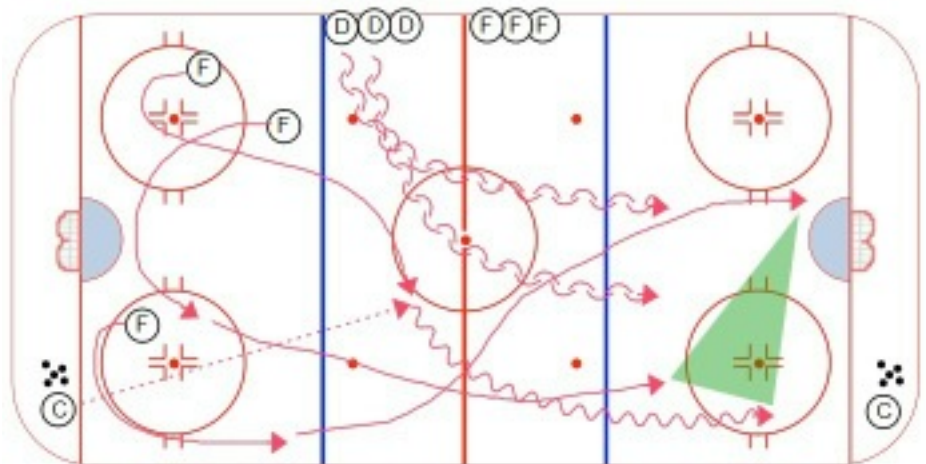
3 on 0, 3 on 1, 3 on 2 (continued):

3. After a quick attack, the same 3 Forwards swing to present themselves again for a breakout, while a Defenseman closes the gap
4. Coach initiates breakout and Forwards attack 3 on 1



3 on 0, 3 on 1, 3 on 2 (continued):

5. After the 3 on 1, the same Forwards will swing again, receive a third breakout pass, then attack 3 on 2 with a new set of Defensemen

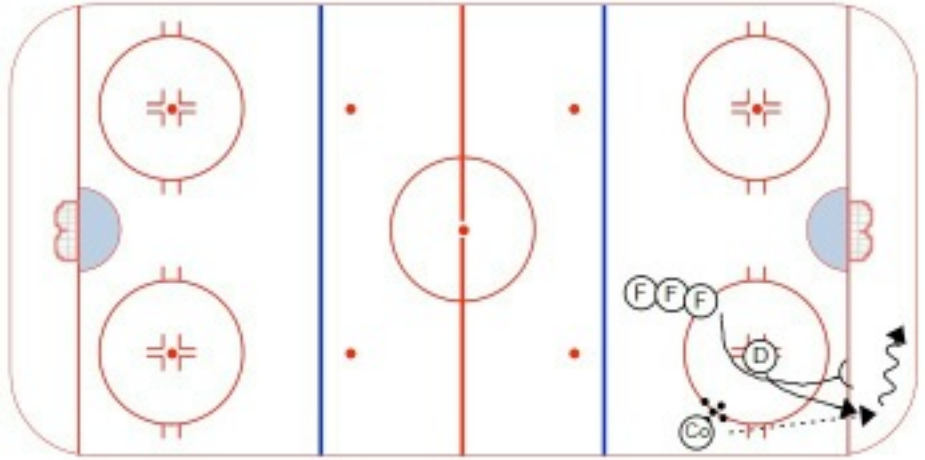


FORECHECK

Forecheck: Ages 6-10

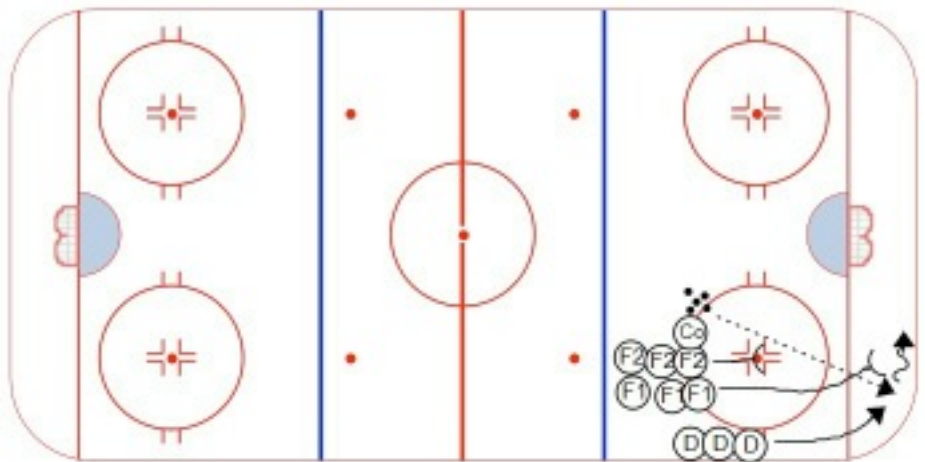
1 on 1 Isolation:

1. Forward and Defenseman start on a knee
2. Coach dumps puck into corner
3. Defenseman tries to initiate a breakout, either by misdirecting and passing back to the coach, or by skating behind the net and passing back to the Forward line
4. Forward tries to angle, and take puck off the Defenseman, then attack the net for a shot on goal



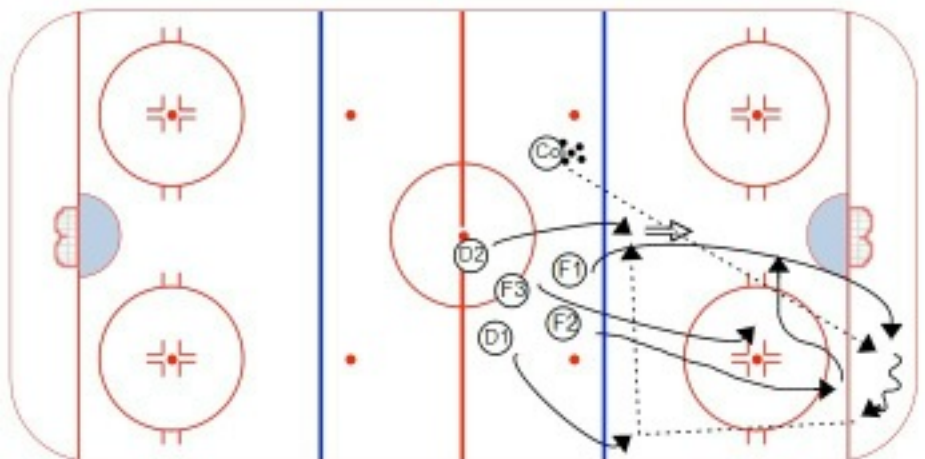
Isolated 2-man forecheck:

1. Coach dumps puck into corner
2. Defenseman tries to initiate a breakout, either by misdirecting and passing back to the Defense line, or by skating behind the net and passing back to the Coach
3. F1 angles, cutting off lane behind the net
4. F2 reads the possible pass, and/or picks up the puck after F1 causes a turnover.
5. After turnover, Forwards attack the net, Defenseman tries to defend.



2-1-2 sequence:

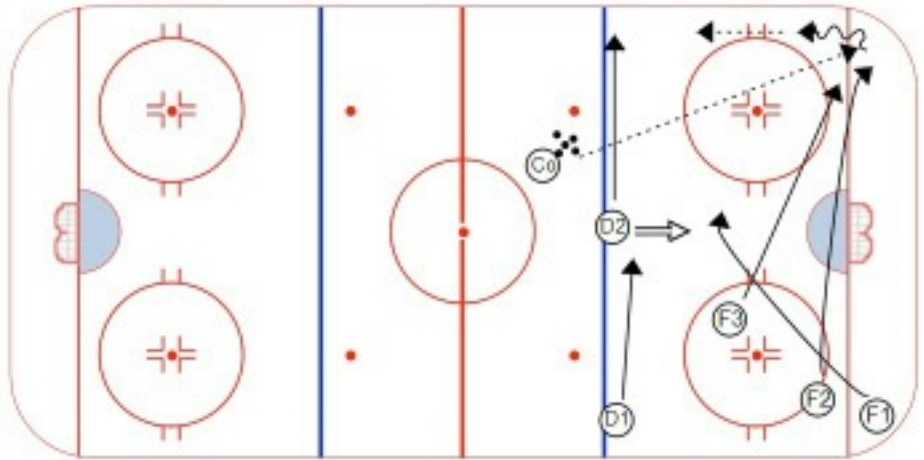
1. Drill starts with all players outside of the blue line
2. On the whistle, coach dumps the puck into the corner, and all players enter the zone
3. F1 skates in an inside-out pattern to the corner while F2 skates towards the boards into the corner
4. While that's happening the defense and F3 take their positions
5. F1 passes to D1, who then passes to D2. While this is happening, F1, F2, & F3 go to the front of the net for deflections and



rebounds. D2 shoots the puck

2-1-2 sequence (continued):

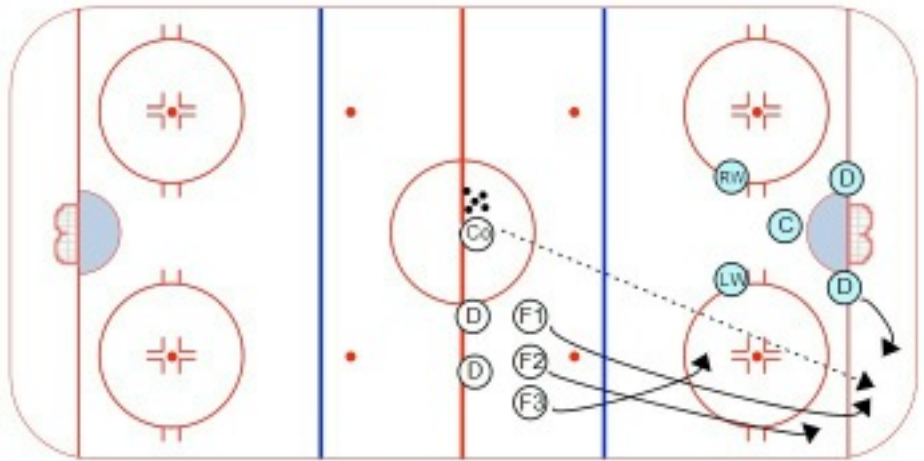
6. After D2 shoots the puck, coach dumps the puck into the other corner
7. F3 hustles into the opposite corner to pick up puck
8. Either F1 or F2, whoever is closer to the corner, join F3 in the corner
9. While that's happening, the last forward in front of the net moves up to the top of the circles to become the new F3. Pass comes out to D2, D to D pass, then drill ends with D1 shooting the puck.



Forecheck: Ages 11-14

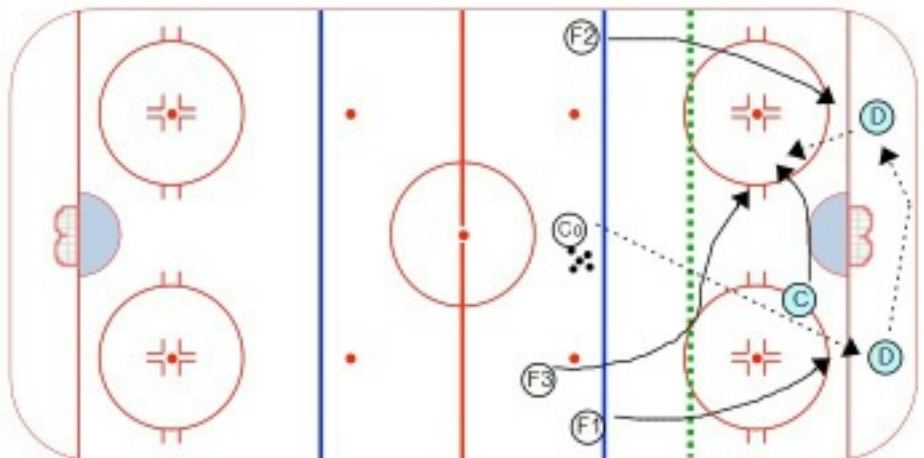
Controlled 5 on 5 Forecheck:

1. 5-man forechecking unit starts in the neutral zone
2. 5-man breakout unit starts in defensive zone
3. Coach dumps puck in, breakout unit attempts to breakout, forechecking unit attacks
4. Controlled "scrimmage" using a designated forechecking set-up (coach whistles play dead if anyone is out of position)
5. When breakout unit gets the puck out, coach dumps a new puck in, forechecking unit clears the zone and attacks again



3 on 3 Controlled Keep-away:

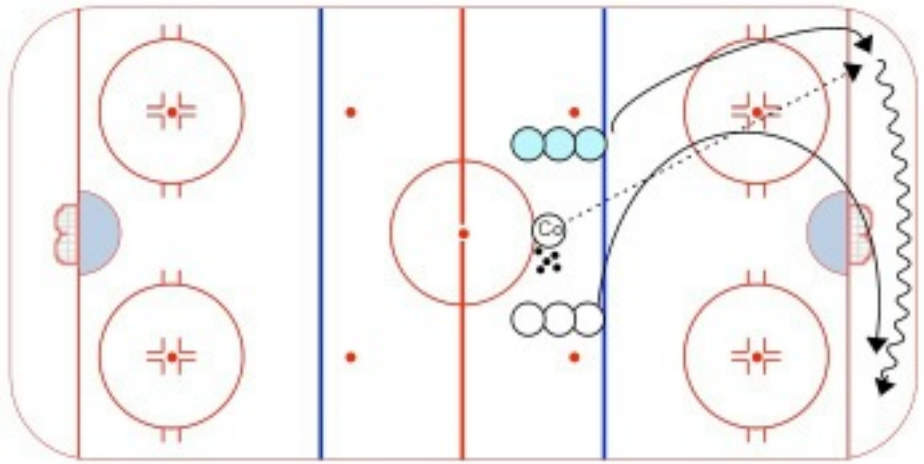
1. Coach dumps puck to either Defenseman Center and Defensemen play "keep away" from the forecheckers, while executing "mock" breakouts (they can't breakout past the top of the circles)
2. Forecheckers execute a designated forecheck until they gain possession, then attack the net
3. If the forecheckers take too long to regain possession, Coach whistles play dead, and forecheckers do push-ups



Flush Forecheck 1 on 1:

Use this to work on the first phase of the 1-2-2
Foosball Forecheck

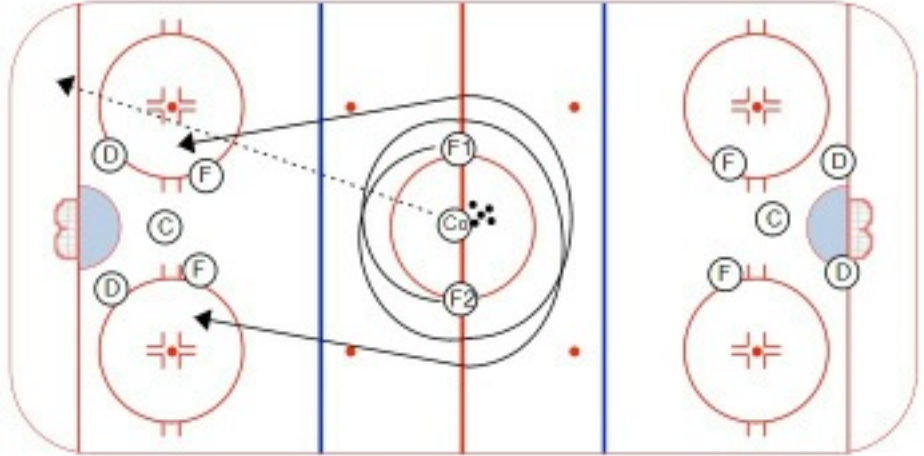
1. Coach dumps puck into the corner
2. First player from close line picks up puck in the corner and tries to skate it behind the net and out of the zone
3. First player in the other line angles and tries to take the puck away
4. After the initial attempt, puck carrier can misdirect and skate the other way
5. If/when the attacker steals the puck, roles reverse. Play continues until one of the skaters makes it out of the zone
6. Allow puck carrier to cut inside as players improve angling skills



Forecheck: Ages 15+

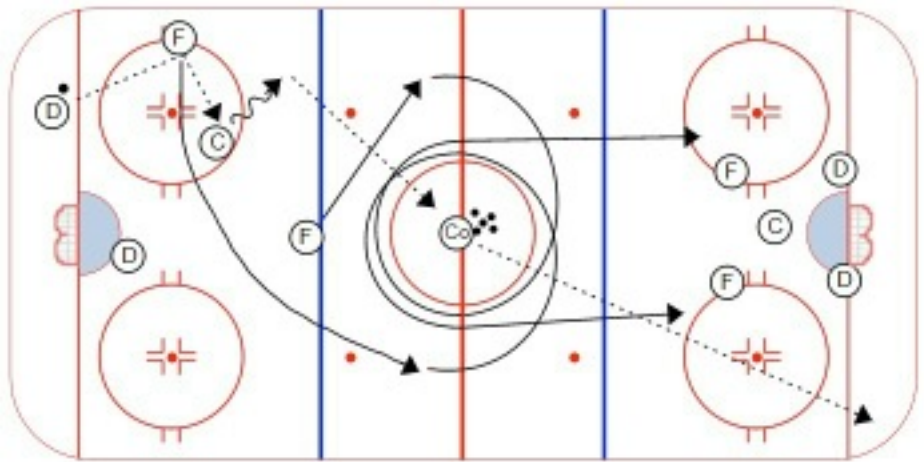
MacDonald Forecheck:

1. On whistle, forecheckers take a lap around the center circle
2. As the forecheckers finish their lap, coach dumps the puck in
3. Forecheckers attack, 5-man unit breaks out



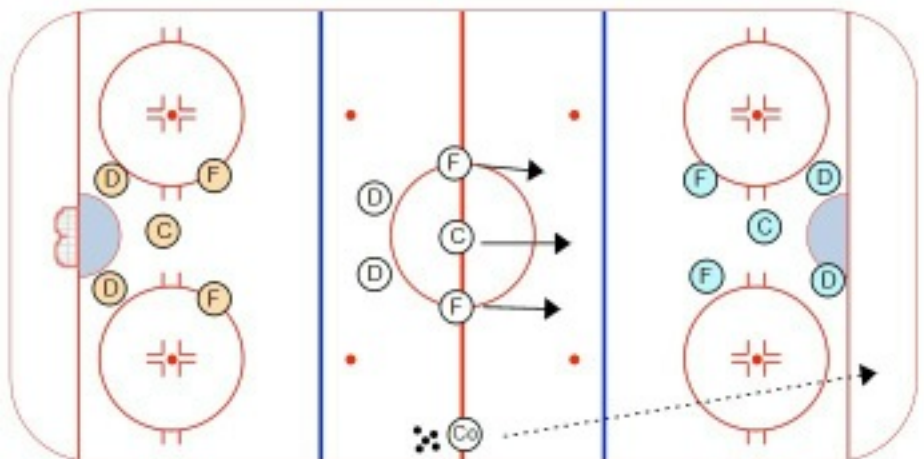
MacDonald Forecheck (continued):

4. After the breakout occurs, puck is passed back to the coach
5. 2 of the 3 forwards peel out to take a lap around the middle circle, becoming the new forecheckers (forwards must communicate who goes!)
6. As forecheckers finish the turn, coach dumps the puck in for a breakout from the far end
7. New 5-man unit moves into the end that just broke out



Perpetual Forecheck:

1. 5-man unit starts in "5 card" formation
2. Coach dumps the puck in
3. 5 attackers forecheck using a specified forechecking system
4. Defending unit executes d-zone coverage until they are able to break out
5. After the defenders break out of the zone, the attackers peel off to the bench
6. Break out unit crosses the center line, and dumps the puck in for the 5 new defenders who have lined up in "5 card" formation
7. The 5 who dumped it in become the new



forecheckers and the drill repeats

8. New 5-man defending unit slides into the far end.

Flow Forecheck:

1. Coach passes out to strong-side Defenseman for a shot on goal (forwards deflect and rebound)
2. Coach passes out to Centerman in high slot for a shot on goal (wingers deflect and rebound)
3. Coach passes out to weak-side Defenseman, who is sneaking into the low slot for a shot on goal (forwards deflect and rebound)
4. After 3rd shot, weak-side Defenseman swings in behind the net and picks up a puck to initiate the breakout (see next

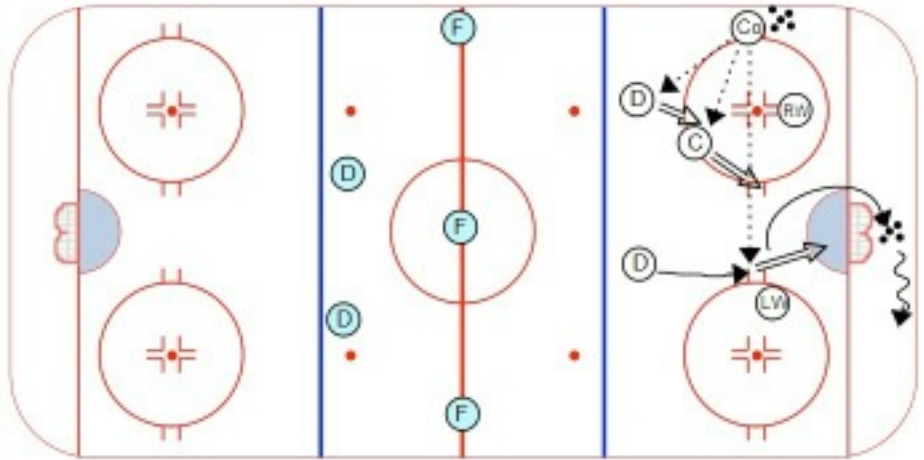
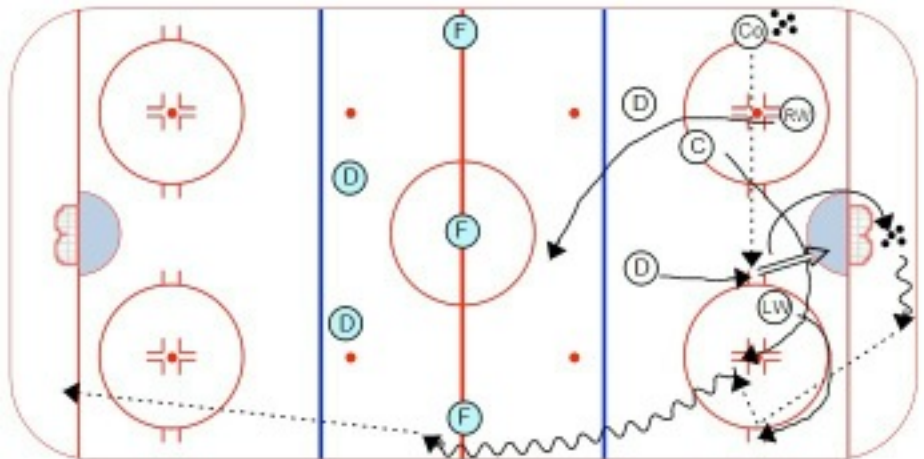


diagram)

Flow Forecheck (continued):

5. After the 3rd shot, the forwards open up into breakout formation
6. Forwards execute a breakout, step over the center line, and dump it in
7. The 5-man unit in the Neutral Zone attempts to break out of the far end, while forwards who dumped it in forecheck
8. Once the 5-man unit makes it out of the zone, they attack 5 on 0, then stay in the zone for the passes from the coach.
9. Forechecking unit is done, 5 new players come into the Neutral Zone



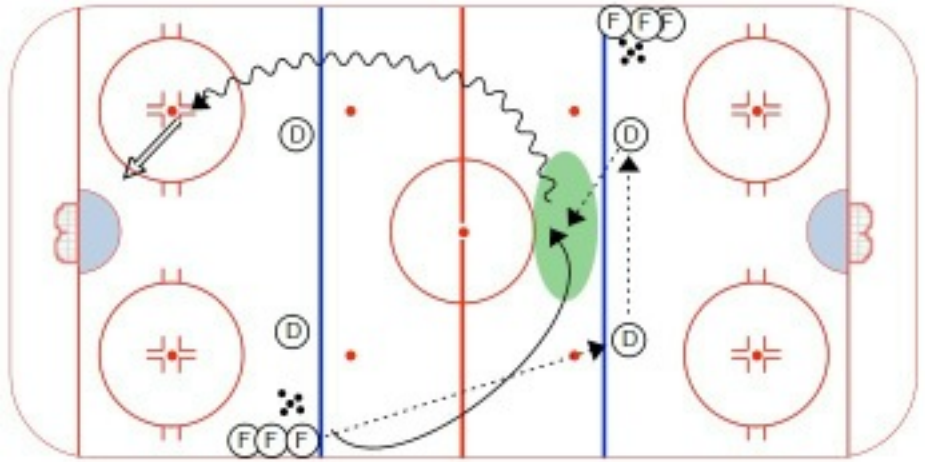
**REGROUPS &
NEUTRAL
ZONE PLAY**

Regroup and Neutral Zone Play: Ages 6-10

Regroup Progression (phase 1):

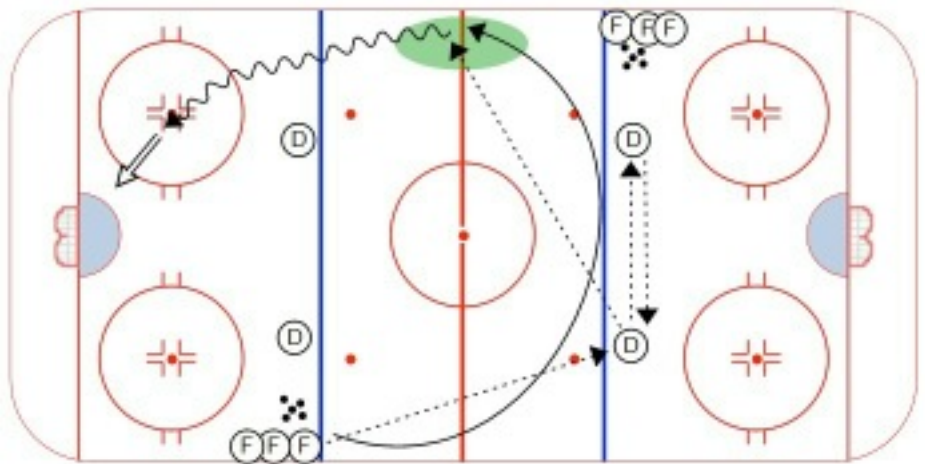
1. On whistle, first forward in line passes to the close defenseman, then skates through the receiving zone, timing it to arrive when the second defenseman is ready to pass
2. D to D pass, then a touch pass to the receiving zone
3. Forward picks up the puck, drives wide, and attacks 1 on 0

Note: It's the receiver's responsibility to arrive on time, with speed



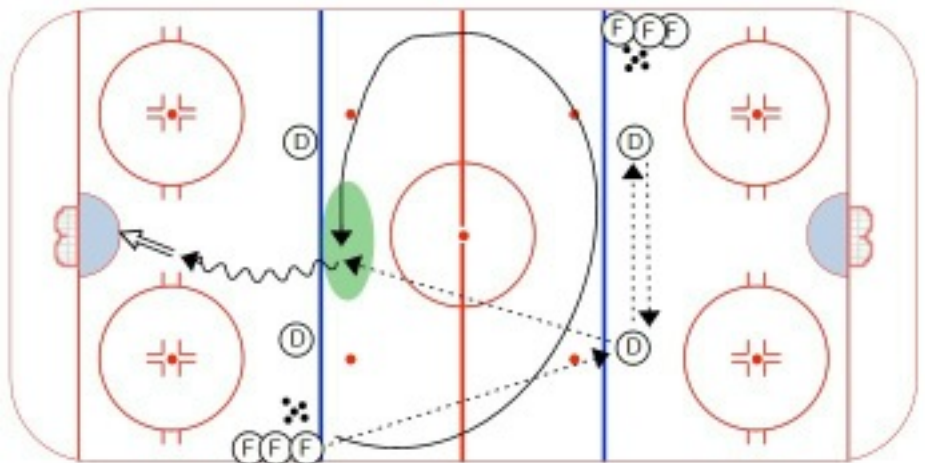
Regroup Progression (phase 2):

1. On whistle, first forward in line passes to the close defenseman, then presents him or herself as a passing option in the first receiving zone
2. When the forward doesn't receive it there, he or she opens up to the second receiving zone
3. Defensemen execute two D to D passes, then a cross-ice pass to the Forward
4. Forward attacks 1 on 0



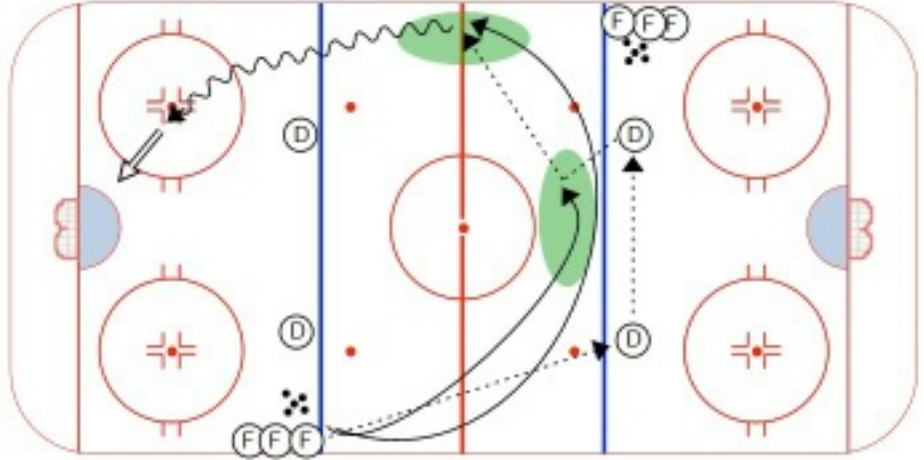
Regroup Progression (phase 3):

1. On whistle, first forward in line passes to the close defenseman, then presents him or herself as a passing option in the first & second receiving zones
2. When the forward doesn't receive it in either of the first two zones, he or she cuts across the blue line to the third receiving zone
3. Defensemen execute a few D to D passes, then a stretch pass to the Forward
4. Forward attacks 1 on 0



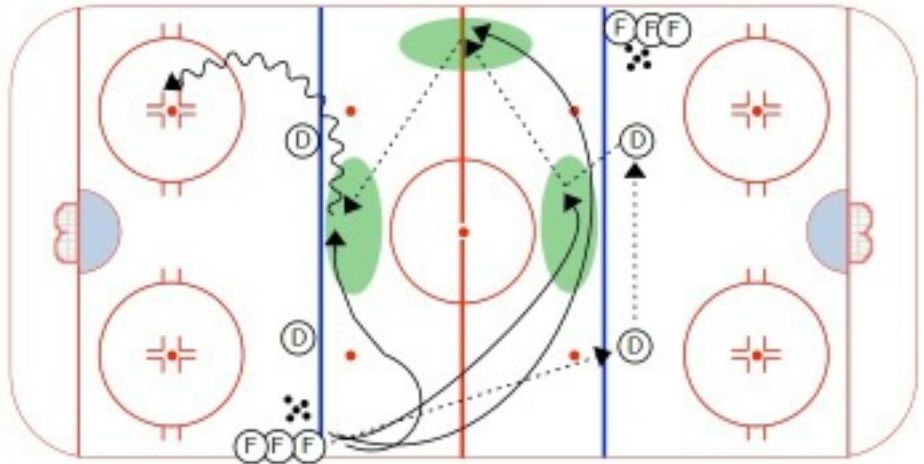
Regroup Progression (phase 4):

1. On whistle, first forward in line passes to the close defenseman, then presents him or herself as a passing option in the first & second receiving zones
2. Second player delays, then follows the first forward, about a line behind
3. Defensemen execute a few D to D passes, then pass to the second forward, in the first receiving zone
4. Second forward head-mans the puck to the first forward, who should be in the second receiving zone
5. Both players attack 2 on 0



Regroup Progression (phase 5):

1. On whistle, first forward in line passes to the close defenseman, then presents him or herself as a passing option in the first & second receiving zones
2. Second player delays, then follows the first forward, about a line behind
3. Defensemen execute a few D to D passes, then pass to the second forward, in the first receiving zone
4. Second forward head-mans the puck to the first forward, who should be in the second receiving zone
5. Third forward times it and cuts through the middle for a pass from the second forward

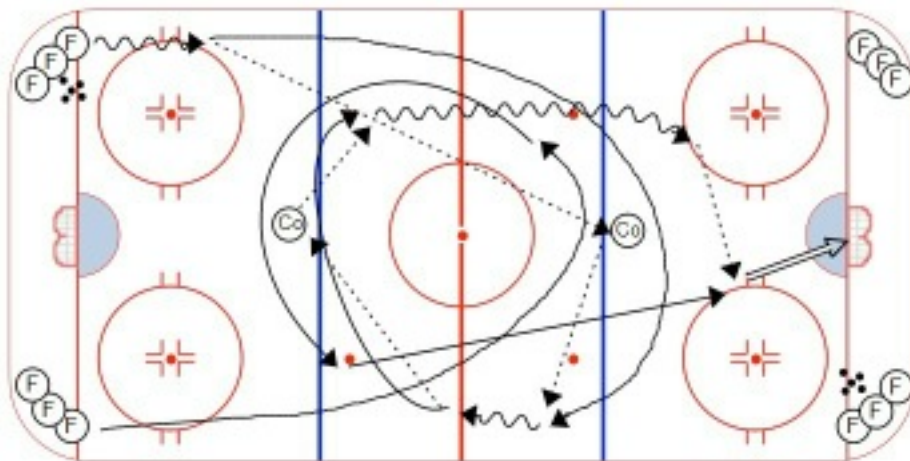


6. Forwards attack 3 on 0, using triangle

2. Man Coach Regroup:

1. Forward steps out, passes to far Coach.
2. Both forwards from that side of the ice swing through for a regroup pass
3. After receiving the return pass, forwards regroup with other Coach, then attack 2 on 0.

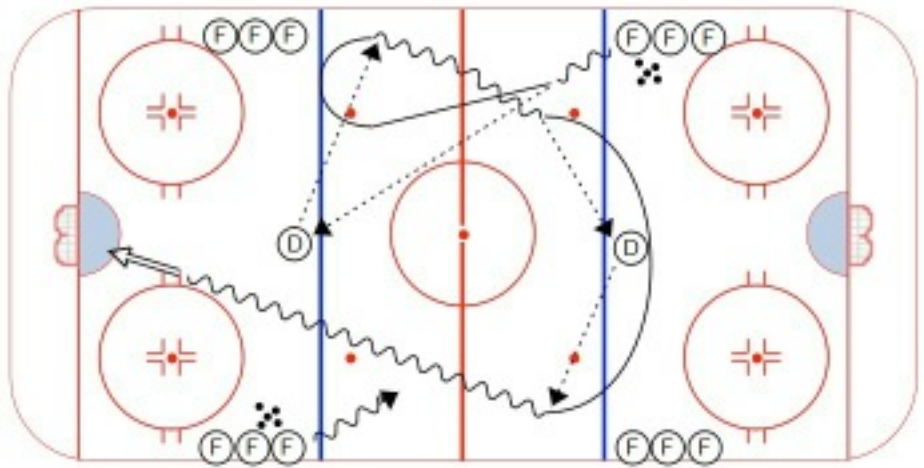
OPTIONS: start simple with one side at a time, progress to both sides simultaneously, then swap out the coaches for defensemen, and have the forwards attack 2 on 1



Vasby IK Shooting Warm-up:

1. On the whistle, both ends at the same time
2. First forward leaves with a puck and passes to the defenseman
3. Forward turns to the boards and receives a return pass
4. Forward makes a pass to the second defenseman, skates around to the other side, and receives a return pass, then attacks 1 on 0

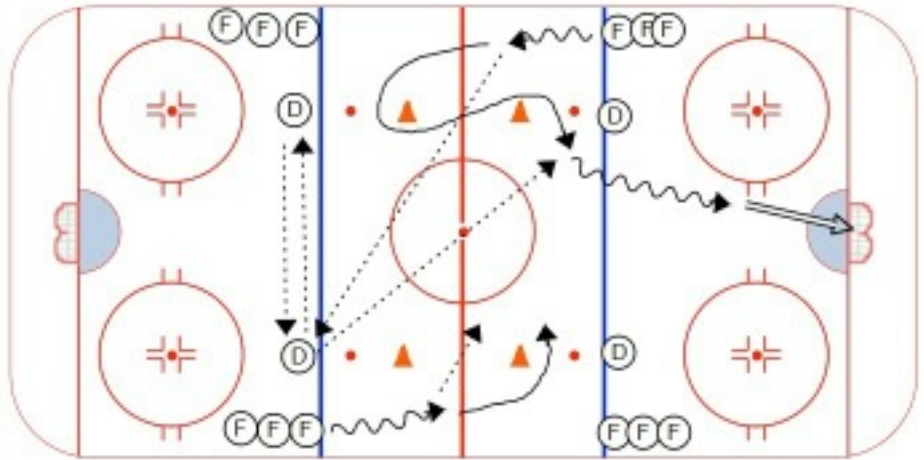
Note: Run forwards on all four blue line spots.



Regroups and Neutral Zone Play: Ages 11-14

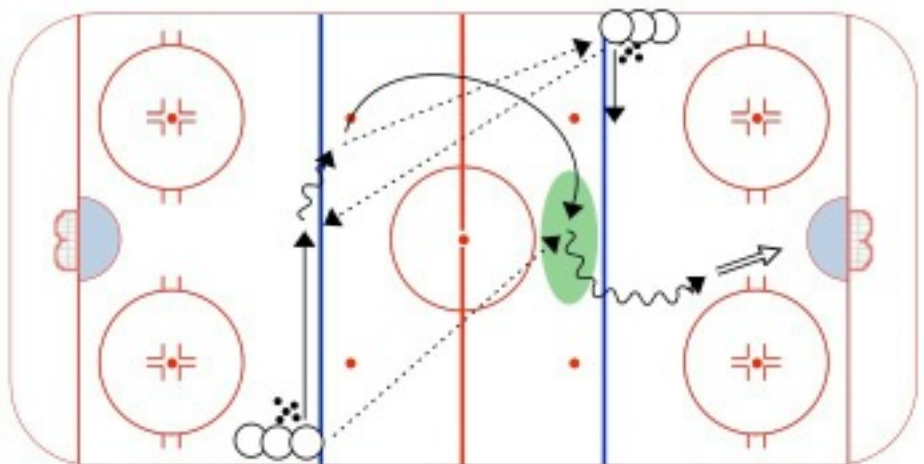
Figure 8 Warm-up:

1. On the whistle, first forwards from diagonal lines step out and pass to far-side defenseman
2. Forwards skate the figure 8, then open up for a stretch pass
3. Defensemen make a few "D to D" passes, then hit the forward as he/she power turns around the far cone
4. Forward picks up the puck, splits the defensemen, and attacks 1 on 0



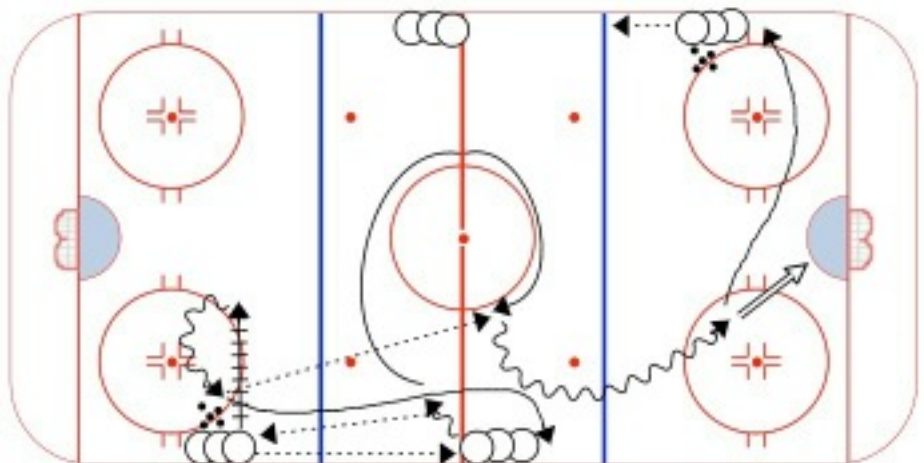
3. Pass & Shot Drill:

1. On the whistle, the first player from each line skates across the blue line and receives a pass from the opposite line
2. The receiver controls the pass and gives a pass back to the player who passed to him
3. After giving the return pass, player circles around, presenting himself as an option in the receiving zone, where he receives a pass from the line he originally left from
4. Receiver turns up ice and takes a shot, then skates to the back of the other line



Slovakian 3-Pass & Shot

1. On whistle, first player from each low line passes to the first player from the line at center ice
2. Players at center ice touch-pass back, then loop around the center circle
3. Players from low line receive pass, side-step crossover to the far side of the circle, powerturn out of the crossovers, then hit the player from the center line with a pass
4. Receiver picks up pass, turns up ice, and attacks 1 on 0



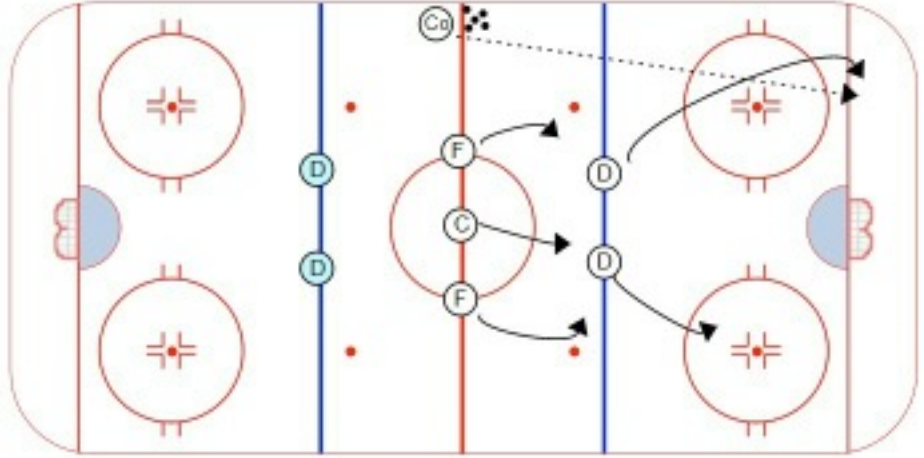
Option: Put defensemen in the low line. After

making stretch pass, they play 1 on 1 with forward
from other line

Regroups and Neutral Zone Play: Ages 15+

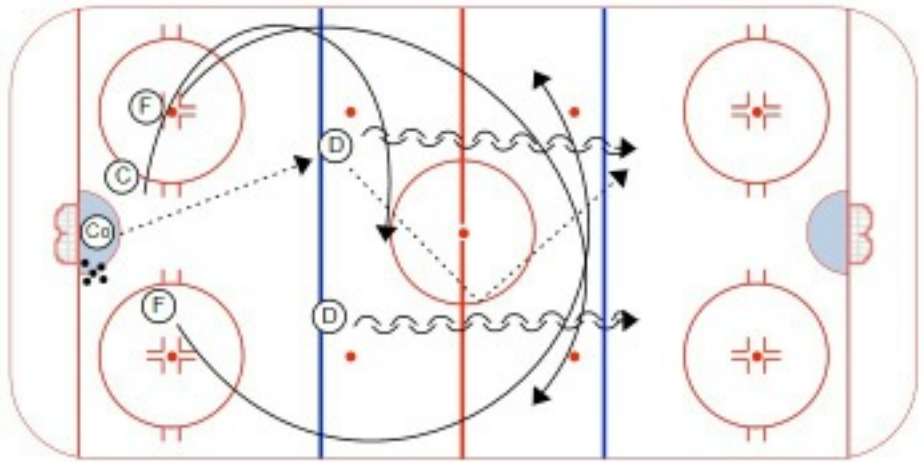
Breakout, Regroup, Regroup, Attack:

1. Coach dumps puck in to one end, players execute a breakout
2. After breakout, forwards perform a regroup with the far defensemen, then regroup with the first set of defensemen (same ones they broke out with)
3. After second regroup, attack 3 on 2



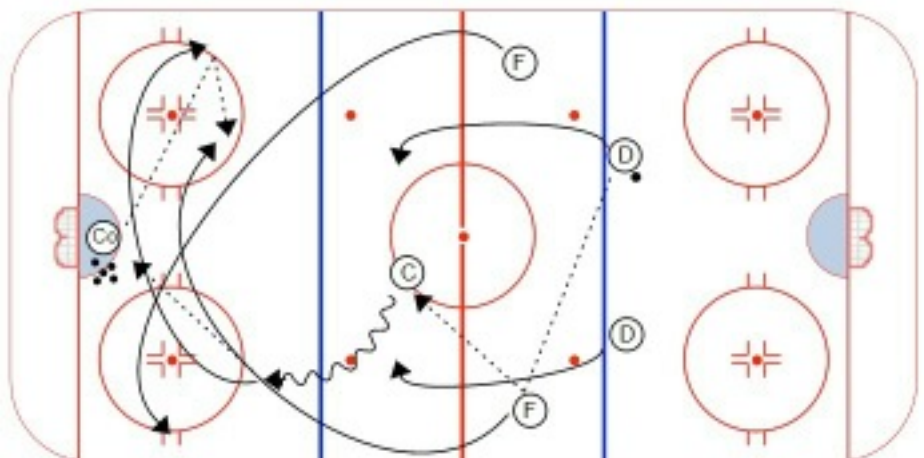
Coach Regroup 3 on 2:

1. Coach passes to defensemen to start the drill
2. Both defensemen back up, passing back and forth to the far blue line
3. Forwards swing through for a regroup



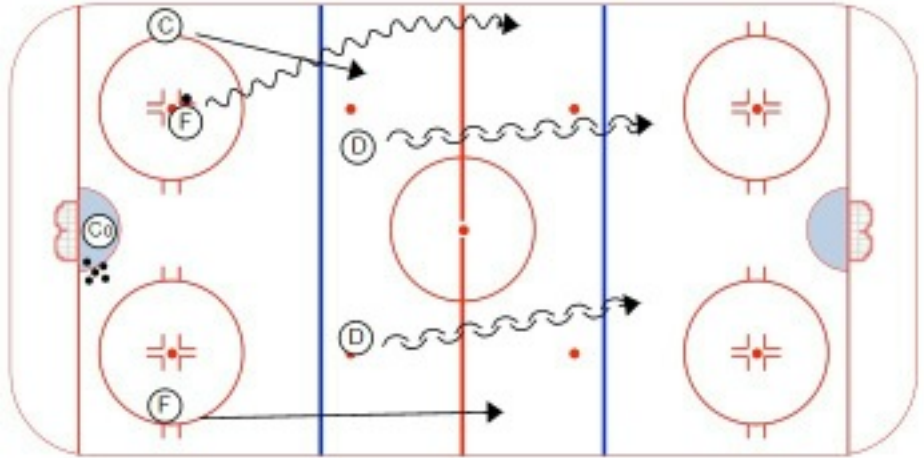
Coach Regroup 3 on 2 (continued):

4. After the regroup, the forwards pass to the coach, and swing again for a deep regroup



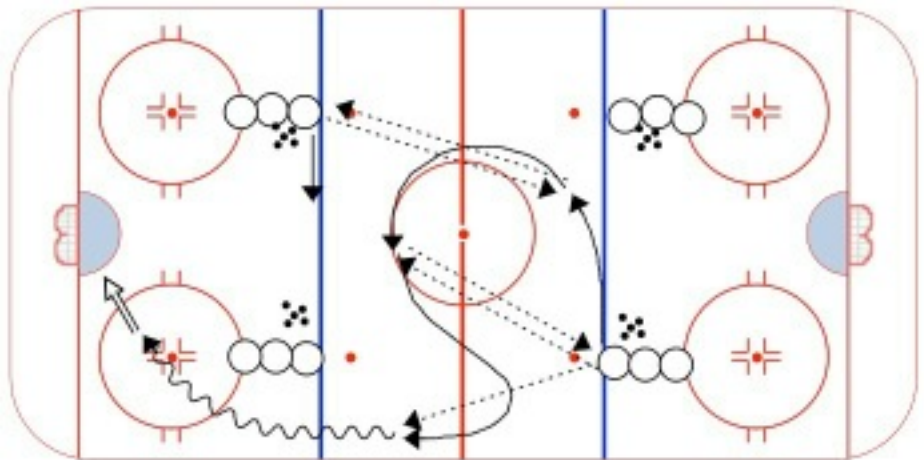
Coach Regroup 3 on 2 (continued):

5. Defensemen close the gap and defend against the 3 on 2



Swedish 5 Pass & Shot:

1. On whistle, first player from each diagonal line leaves without a puck (one line shown)
2. First player skates across the blue line, receives a pass from the second player of the opposite line, then touch-passes it back
3. After passing it back, he or she loops around the top of the center-ice circle, receives a pass from the same line he or she left from, then touch-passes it back
4. After the second touch pass, player loops out wide, opens up as an outlet pass, receives another pass from the same line he/she left from, and attacks 1 on 0

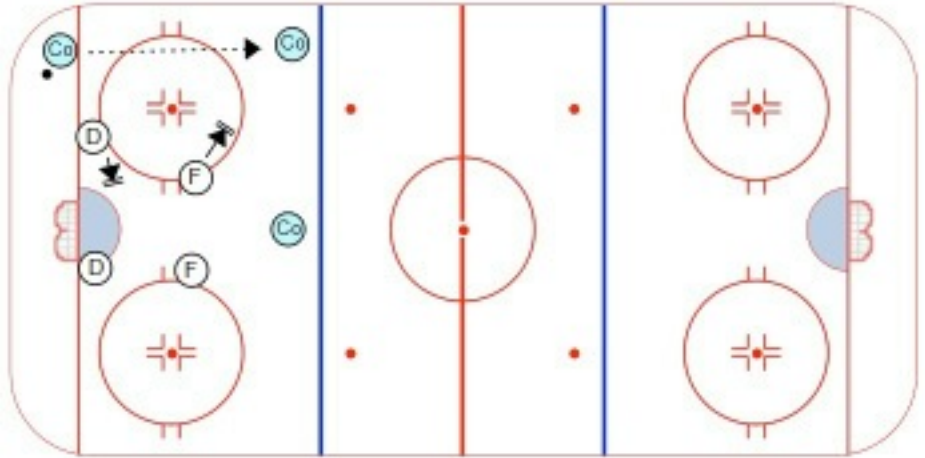


SPECIAL TEAMS

Special Teams: Ages 6-10

Basic Box Walkthrough:

1. PK unit sets up in basic box formation (or whichever PK set-up you want to use)
2. Coaches work the puck to different locations on the ice, stopping and waiting for players to get into position before moving it again
3. Each player moves to proper position based on where the puck is, and stops (players don't try to take the puck)
4. Head coach checks that everyone is in the correct position, then gives the "OK" to move puck to a new location.
5. Gradually speed up the pace until players

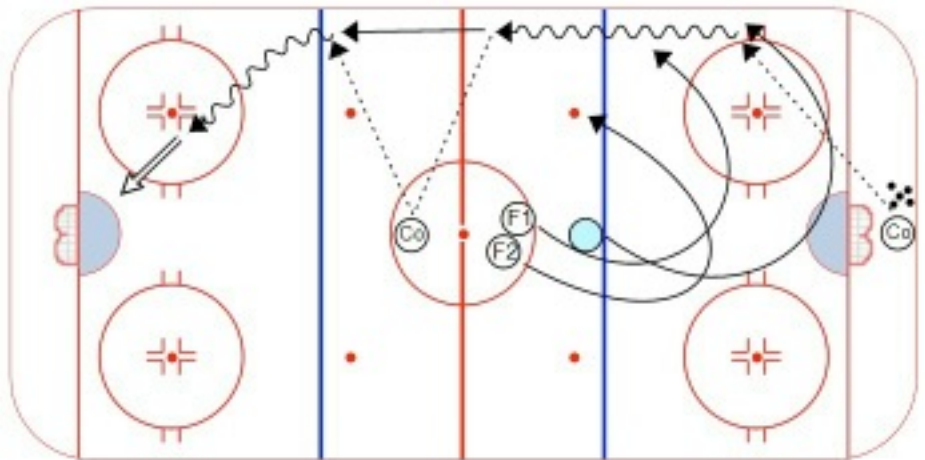


are reading and reacting fluently

PK Forecheck Angling:

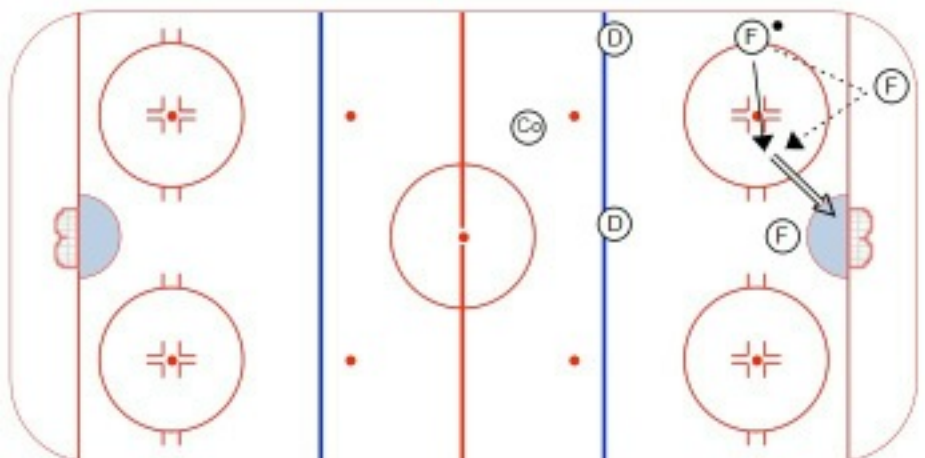
1. Breakout man skates in, and opens up to either side for a breakout pass from the coach
2. F1 and F2 angle to take away the skating lane and passing lanes, respectively
3. If F1 and F2 fail to eliminate the breakout, the breakout man passes to the NZ coach for a give and go, and a shot on net

Note: This drill can be run as a 2/3 ice drill by eliminating the option for a shot on goal. Play would end with the pass back to the NZ coach



PP Walkthrough:

1. Forwards set up in designated PP formation, in the diagram it is the Overload
2. Players walk through a series of isolated options, starting with highest scoring percentage plays first. Here's an example:
 1. give and go out of the corner
 2. work puck to defenseman, D to D pass, shot on goal with forwards crashing
 3. criss-cross drop pass with player in the corner, who drives puck



through the seam, then hits the far-side winger for a one-time shot

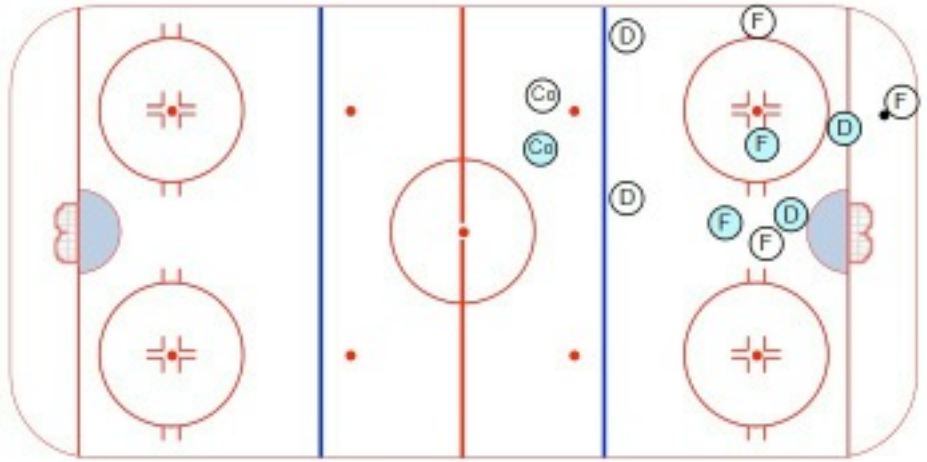
3. Nail down passing patterns and accuracy with no pressure

Special Teams: Ages 11-14

5 on 4 - Defenders Without Sticks

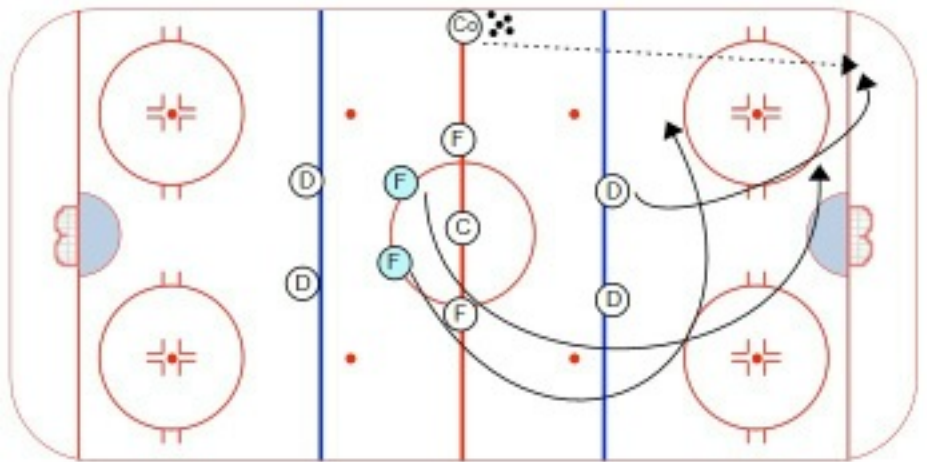
1. Controlled 5 on 4 scrimmage, use the PP and PK set-ups of your choice.
2. Defenders have no sticks
3. One coach watches PP, the other coach watches PK
4. Coach whistles the play dead if anyone gets caught out of position

Note: this is a great way to force PK unit to use proper body positioning. It also allows the PP unit a little more time while they work on nailing down patterns.



Breakout, Breakout, Attack 5 on 4:

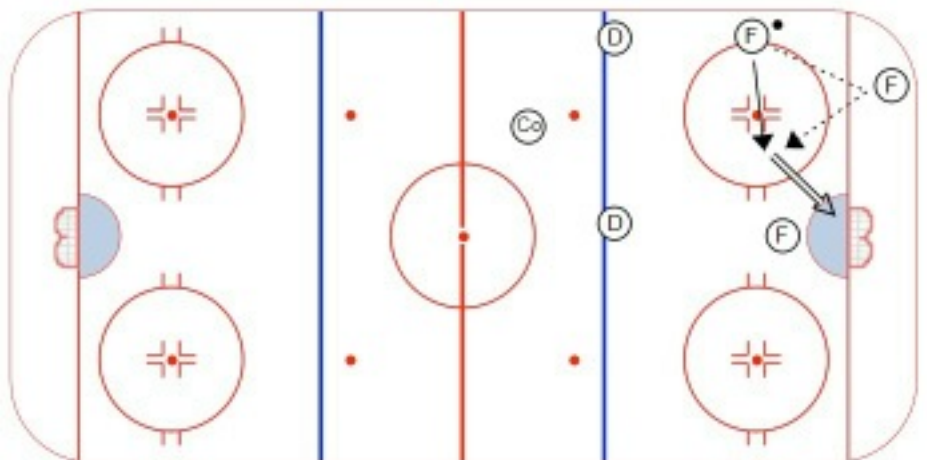
1. Coach dumps puck in to start the drill
2. Close defensemen and PP forwards move into breakout position
3. PK forwards and far defensemen execute a PK forecheck, attempting to keep the puck in
4. After breakout occurs, PP forwards dump the puck into the other end, and set-up another PP breakout
5. PK forwards forecheck again, along with defensemen who did the initial breakout



6. PP unit breaks out, and attacks 5 on 4, gets the set-up, and works the designated PP formation

Full-Speed PP Passing Sequence:

1. Forwards set up in designated PP formation, in the diagram it is the Overload
2. Players work, 5 on 0, through a series of isolated attack options at full speed
3. Players must work the option, recover the rebound, then get the puck back into the set-up formation before taking another shot on goal
4. Coach blows the whistle if play doesn't run perfectly, the purpose of this drill is to work on precision!

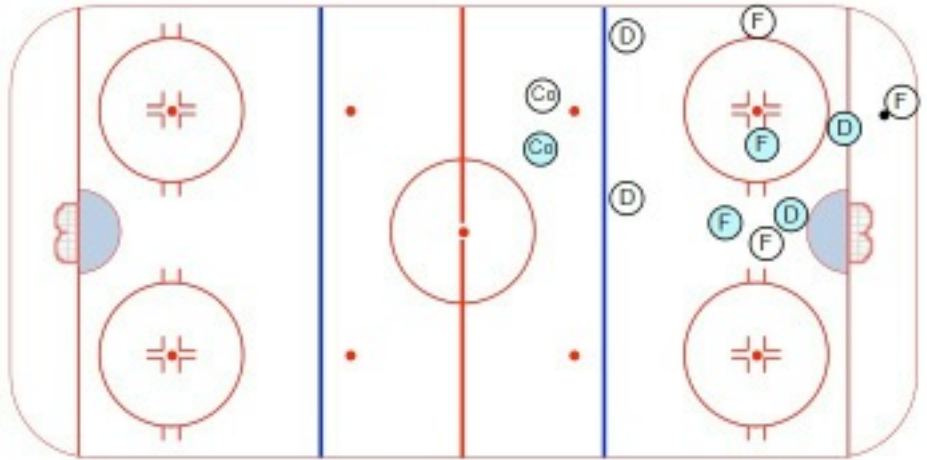


Special Teams: Ages 15+

5 on 4 - Defenders with Sticks Upside-Down:

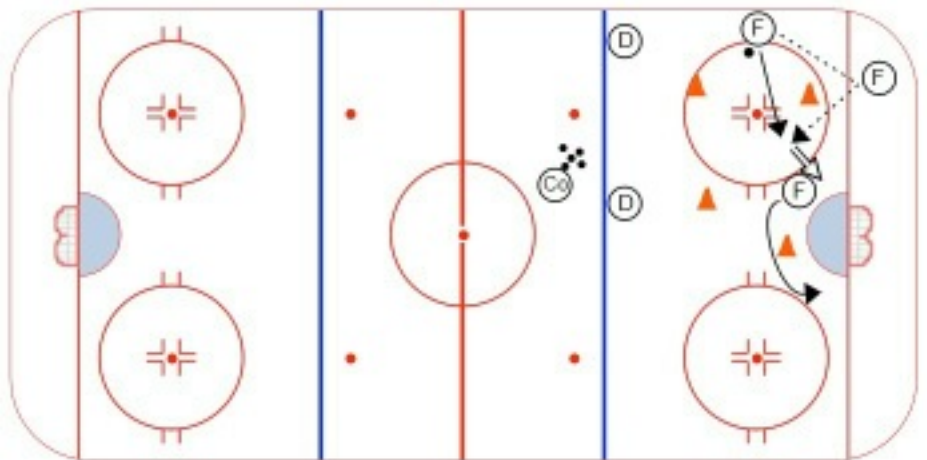
1. Controlled 5 on 4 scrimmage, use the PP and PK set-ups of your choice.
2. Defenders turn sticks upside-down
3. One coach watches PP, the other coach watches PK
4. Coach whistles the play dead if anyone gets caught out of position

Note: this is a great way to force PK unit to use proper body positioning, and to rely less on stickwork. It also allows the PP unit a little more time while they work on nailing down patterns.



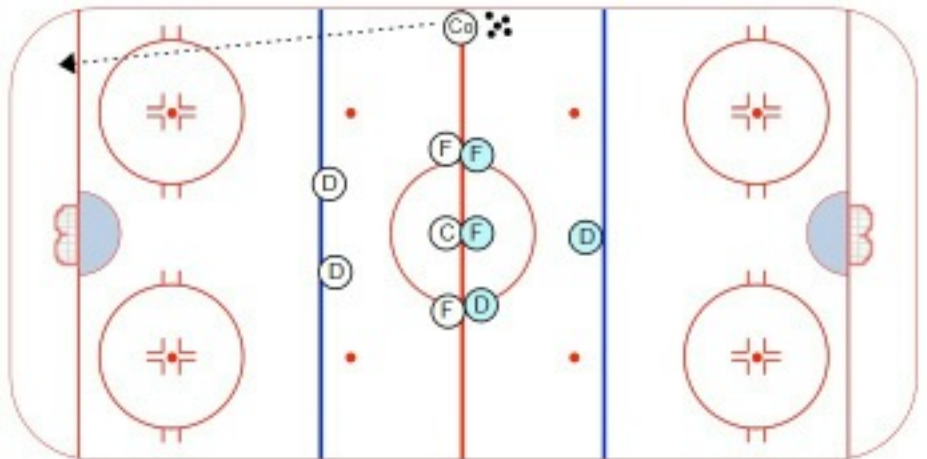
Full-Speed PP Passing Sequence with Cones:

1. Players line up in proper position for your team's power play set-up (in this case it's the Overload set-up)
2. Place cones in positions where the opposing defenders will likely be
3. Work through your attack options, in order from highest probability to lowest
4. Focus on running through "set-up, attack, rebound, and back to set-up," with crisp passes, always executing at full speed



Full-Speed, Full-Ice 5 on 4 Controlled Scrimmage:

1. Coach sets up various game situations, such as PP breakout, PK defensive zone face-off, etc.
2. Players compete 5 on 4, full ice
3. Coach whistles the play dead if a situation isn't executed properly, or if a player is out of position
4. Rotate players after about 90 seconds of action



FACE-OFFS

Face Offs: All Ages

Face-off Technique without Competition:

1. Take centers aside and work on face-off technique with no competition. One coach drops the puck, another watches the player's form
2. Have each player win it back to backhand and forehand sides, and forward to backhand and forehand sides
3. Key points to be watching for: balance, strong lower hand, watch ref's hand for timing, avoid reversing bottom hand when winning it back to backhand side, as it telegraphs your intentions

Face-off Technique vs. Opponent:

1. Two centers face off against each other
2. Coach watches and discusses what's going right, and what's going wrong, based on the technical instruction that happened previously
3. Work through various attempts, designating where you'd like each player to win the puck

Face-off Strategy:

1. Two centermen face off against each other
2. Centermen read the situation and adjust their strategy based on what the opponent is likely to be attempting. For example, if my opponent is facing off against me in his defensive corner, it is likely he will try to win it back to his near-side corner. As the offensive center, I want to stop this attempt, then move the puck where I want it. I block his stick with my stick, use my body position to block him out, then move the puck where I want it. If I'm facing off in my own defensive zone, I know the opposing center expects me to win it back to my corner, so I might coordinate with my winger for forward win, catching my opponent off guard
3. Discuss with your centermen when to try for a clean win, and when to just tie up the opponent's stick
4. Discuss strategy for taking face-offs when you're "hot" (winning lots of face-offs) vs when you're "cold" (not winning many face-offs)

There are many ways of strategizing face-offs. The key is to outline possible options with your centermen, then make sure they coordinate their intentions with their wingers and defensemen during the games.

Face-off Positioning & Set Plays without Competition:

1. Set up players in a face-off situation where you'd like to see a set play take place (i.e. defensive zone face-off)
2. Drop puck and let players execute the set play with no pressure - this is similar to the walkthrough-style drills in this book
3. Work each option of each set play until players can execute it perfectly with no pressure

Face-off Positioning & Set Plays - Opponents with Stick Upside-Down:

1. Set up players in a face-off situation where you'd like to see a set play take place (i.e. defensive zone face-off)
2. Bring in a 5-man unit as opponents, with sticks upside-down

3. Drop puck and let players execute the set play, full speed, with the opponents trying to stop them
4. Work each option of each set play until players can execute it perfectly under pressure

Face-off Positioning & Set Plays - Sticks Right-Side Up, Controlled Scrimmage:

1. Set up players in a face-off situation where you'd like to see a set play take place (i.e. defensive zone face-off)
2. Bring in a 5-man unit as opponents
3. Designate face-off set-ups for each team
4. Drop puck and let each team attempt to execute their set play, full speed, with the opponents trying to stop them
5. After the face-off, let the play develop for a few seconds
6. Play is dead as soon as coach blows whistle

Advanced items

Power Play: Swing Breakout

<http://weisstechhockey.com/pp-breakout>

RESPONSIBILITIES:

R1 (Quarterback)

- Takes puck behind the net and stops
- Waits for teammates to get into position
- Passes to L1 and follows pass
- Receives pass back from L1 and passes across to R2 **OR**
- Occasionally, R1 can step out to the right side of the net, and fire a long pass up to R/L if R/L reads that the pass is open and is swinging through. This is a riskier play and should only be executed when R1 is sure he can get the puck through.

R2 (Far-side Receiver)

- Swings through to the right-side boards
- Become trailer man and follows up puck carrier into the zone, then drives deep to become corner man on the overload

R3 (Outlet Pass Receiver)

- Could receive outlet pass from L1
- Either skates puck in or becomes front man

L1 (Receiver)

- Swings through to the left-side boards (must swing low)
- Receives pass from R1
- When opposing forward comes to him, he passes it back to R1 who is swinging through behind him (can also look to R3 as a possible outlet man)
- Becomes far-side defenseman on the attack (must hustle!)

R/L (Possible Breakaway Man)

- Times it out and presents himself as an option either for R1 or R2
- If he receives the pass and can split the opposing defensemen, goes in for a shot
- If he receives it and cannot beat the opposing defensemen, he must have poise with the puck and carry it in to his position and set up the power play

Remember: Timing is essential in the Swing Breakout. If players are swinging too fast or too slow, the breakout could fall apart, leaving us vulnerable to a scoring chance from the other team. Also, players breaking out must isolate the opposing player, and then pass it. Don't pass until you have drawn a man to you.

Also, the initial pass from R1 to L1 will draw the opposing penalty killer to L1. When the puck moves quickly back to R1, and then across to R2, this will catch the other team off guard and R2 should be able to move up the ice with speed. These passes must be executed with precision for this breakout to work. Stick to stick passes are a must!

Power Play: Swing Breakout Transition (Advanced)

Note: The initial offensive set-up will be the same for both the Overload, and the Hybrid power play formations. Breakouts will vary depending on the option used. After entering the offensive zone, players should work the puck around to the proper set-up side before attacking the net.

RESPONSIBILITIES:

R1

- Follows up the play after making the breakout pass
- Provides backside support
- Sets up as Quarterback on strong-side boards

R2

- Receives pass from R1 then quickly moves puck to R/L
- Becomes trailer man, then corner man in the zone

R3

- Presents himself as an outlet for L1. If he gets the pass from L1, he drives wide and sets up on the boards
- Takes his offensive zone position on the boards if the pass doesn't come to him

L1

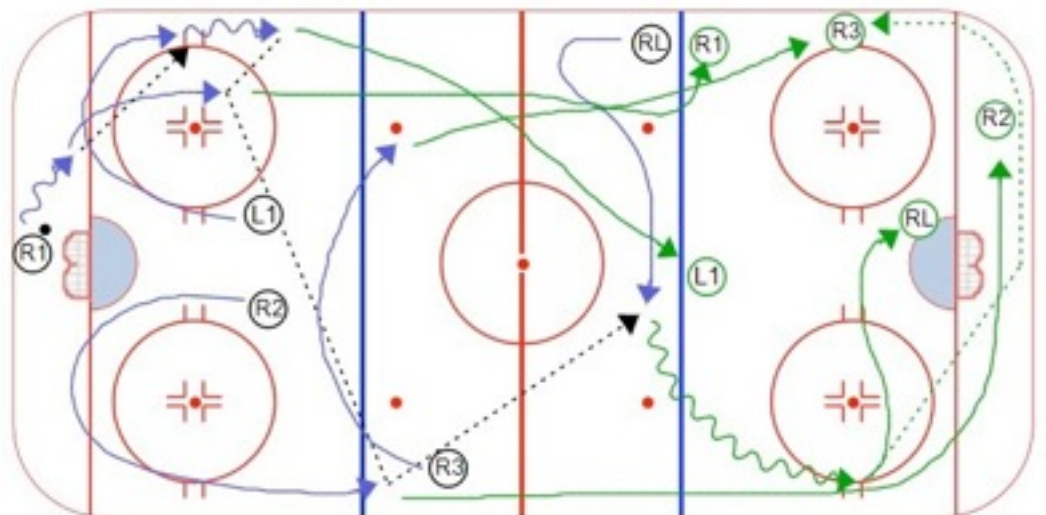
- Must hustle up the ice after the breakout pass has been made
- Takes his position as the middle defenseman on the offensive zone set-up

R/L

- Breakaway man
- Drives deep and works the puck to the proper set-up position
- Sets up in front of the net
- No matter what, he/she must get the puck into the offensive zone, and set up the play

Note: Once the puck is in the offensive zone forwards should not try to score until the rest of the team has set up in their proper positions – this requires poise. This general rule should be followed unless there is a blatant scoring opportunity before the rest of the team has set up.

Swing Breakout with
Transition to Power
Play Set-up



Power Play: Wiseman Breakout (Advanced)

RESPONSIBILITIES:

R1 (Quarterback)

- Takes puck behind the net and stops
- Waits for teammates to get into position
- Passes to R2 or L1 and follows pass
- Supports for a possible pass back from the initial receiver – in this case the breakout would set up similar to the swing breakout **OR**
- Occasionally, R1 can step out to the right side of the net, and fire a long pass up to R3. If this happens R3 will one-touch the puck to either L1 or R2, then swing in behind whomever he passed to.

R2 (Receiver)

- Swings through to the right-side boards
- Could receive pass from R1
- Head-mans the puck to R3 who will be providing front-side support for the initial receiver
- Becomes the trailer man if the breakout initiates from his side, then sets up in the corner in the offensive zone

R3 (Possible Receiver or Breakaway Man)

- Times it out and presents himself as an option initially for R1 then for either R2 or L1, depending on who receives the initial breakout pass
- If he receives the pass he will one-touch the puck to either R2 or L1, then follow up as back-side support, and trailer man. Upon entering the offensive zone, will set up on the boards
- If R2 or L1 receives the initial pass, R3 becomes the front-side outlet option, and swings in front of the play as a possible “breakaway man” or lead attacker. Upon entering the zone, will drive wide, misdirect, and set up the power play, positioning himself on the boards

L1 (Receiver)

- Swings through to the left-side boards (must swing low)
- Could receive pass from R1
- Head-mans the puck to R3 who will be providing front-side support for the initial receiver
- Becomes the trailer man if the breakout initiates from his side, then sets up on the blue line in the offensive zone

R/L (Emergency Man)

- Sets up in front of the net incase of a broken play or intercepted pass
- Follows up play and sets up in front of the net in the offensive zone

Power Play: Wiseman Breakout Transition (Advanced)

Note: The offensive set-up will be the same for both the Overload, and the Umbrella power play formations

RESPONSIBILITIES:

R1

- Follows up the play after making the breakout pass
- Provides backside support
- Sets up as Quarterback on strong-side boards

R2

- If he receives pass from R1, quickly moves puck to R3. Subsequently becomes trailer man, then corner man in the zone
- If initial pass goes to R3, he will either receive the puck and become the lead attacker, or become the corner man if the puck goes from R3 to L1

R3

- Front side outlet for L1 and R2, then becomes lead attacker
- Possible initial receiver for breakout, then becomes trailer man and sets up on the boards in the offensive zone

L1

- If he receives pass from R1, quickly moves puck to R3. Subsequently becomes trailer man, then far-side defenseman
- If initial pass goes to R3, he will either receive the puck and become the lead attacker, or become the far-side defenseman if the puck goes from R3 to R2

R/L

- Support in front of net incase of botched play
- Sets up at appropriate spot in front of the net in the offensive zone

Note: Once the puck is in the offensive zone forwards should not try to score until the rest of the team has set up in their proper positions – this requires poise. This general rule should be followed unless there is a blatant scoring opportunity before the rest of the team has set up.

Wiseman
Breakout with
Transition to
Power Play
Set-up

