

**OMGHA**

COACHES BOOK



## WELCOME COACHES!

As coaches within OMGHA, we strive to provide a positive environment for our athletes that promotes development of hockey skills, good sportsmanship, competitive play and fun for all players.

In order to reach these Goals, our coaches are asked to do their best to ensure all players have a positive experience and enjoy the sport.

To help meet the stated goals, we have put together the following book to assist you in developing better players for future success at whatever age and skill level.

Included in this book are drills covering all aspects of skills, tactics, and some systems. Key hockey habits, on ice and off ice planning guides, parent meeting template, and much more.

A few notes about the book (online version):

- Each drill in the table of contents has a link directly to that drill.
- At the bottom of each page is a link that will take you back to the table of contents.
- The first 4 Chapters, labeled “Top Shelf” are drills each level should have as standard for practices. Players should know them by name, so as they progress through levels, all a coach has to do is say the name of drill and everyone knows how it is run.
- For each drill, there is also a link provided to the actual drill within [Hockey Share](#) if you want to view or copy to your files.
  - *You will need to log in to hockey share to view*
- For drills that have an \* there is animation within the drill on [Hockey Share](#) so you can watch to gain a better understanding on how it flows.

Sincerely,  
OMGHA Skills Committee



## TABLE OF CONTENTS

- Top Shelf Drills
  - [Chapter 1](#) - 10U/Squirt
    - [Narrow Narrow Passing / MN Mile](#)
    - [Eagle River / Peanut Drill](#)
    - [16 Cone Warm Up / Hi Low](#)
    - [Hurricane 1v1 / Skate to Lines](#)
    - [Continuous Line Rushes\\* /Taylor Swift](#)
    - [2v2 Off Wall \(Wallee\)\\*](#)
  - [Chapter 2](#) - 12U/Peewee
    - [NZ Exchange / 3-2-1 Quick Pass](#)
    - [2:0 Stretch Pass / 3 Man Weave](#)
    - [Continuous Breakout \\*/ Culver Counter 2v1\\*](#)
    - [Double Swing 2v1 / BONZ 3v2](#)
  - [Chapter 3](#) - 14U/Bantam
    - [Cutter & Buck / Quick Hands](#)
    - [Purcell Breakout](#)
    - [3 Cone Curry / Curry Chicken](#)
    - [Murray 1v1 / 7 Touch 2v1](#)
    - [Storm Regroup 2v1](#)
    - [3v2 Low 3v2 High](#)
    - [Old MacDonald / Russian Hot Box](#)
    - [Jackie Robinson SAG](#)
  - [Chapter 4](#) - Advanced
    - [Sioux 6 Shooter / WD 40](#)
    - [NZ Angle 1v1 / Greeny 1v1](#)
    - [Greeny 2v1 / Greeny 3v2](#)
    - [Speed Gap 2v2 / Falcon 3v2](#)
    - [No Name Steak / NZ Reload](#)
    - [Gatekeeper SAG](#)



## TABLE OF CONTENTS

- Drills
  - [Chapter 5 - Skills](#)
    - [Jamie Benn / Shoot Around Traffic](#)
    - [Backhand Shooter / Lift Bridge Shooting](#)
    - [Traffic Jam / 3 Shot Spin Cycle](#)
    - [Beaver](#)
    - [Ottawa](#)
    - [Spin O Rama / Parise](#)
    - [Tight Area / Slip Shot](#)
    - [Reilly Retrieve / Ottawa Stick](#)
    - [Lift Bridge / Suik It](#)
  - [Chapter 6 - Skating](#)
    - [Figure 8 4 Dot / Cone Heads](#)
    - [Ness Edges / Skating Butterfly](#)
    - [PaddyWagon / Super Series](#)
  - [Chapter 7 - Shooting & Scoring](#)
    - [1-2-3 / Figure 8 Shooting](#)
    - [Tire Chip / Guns & Roses](#)
    - [3 Shot / Alcatraz Island](#)
    - [Lindsey Vonn / Catch & Shoot](#)
  - [Chapter 8 - Passing & Puck Protect](#)
    - [1 Puck / Stop & Start](#)
    - [Rondo / Goose Getty Up](#)
    - [Wild 6 Shooter](#)
  - [Chapter 9 - Stickhandling](#)
    - [Bloomington / Fancy Like That](#)
    - [Handle Bars](#)
    - [Bermuda Triangle / Datsuyk](#)
  - [Chapter 10 - Puck Control](#)
    - [Mr. T / Ziggy Marley](#)
    - [Walking Taco / Swiftly](#)
    - [McDavid / Indy500](#)



## TABLE OF CONTENTS

- Drills
  - [Chapter 11](#) - Warm Up
    - [Finders Keepers / Zebra Mussels](#)
    - [Around the World / Bermie](#)
    - [Finnish 5 Puck / Handball](#)
    - [Muse 4 Pass / Muse 4v2](#)
    - [Tag / Tag Squared](#)
  - [Chapter 12](#) - Defensemen
    - [3 Whistle / D Pass & Shoot](#)
    - [Quick Up / Toes Up](#)
    - [Golden Retrieval / Double Shot](#)
    - [Breakout / Pointer](#)
  - [Chapter 13](#) - Goalie
    - [3 Puck 4 Square / Patrick Swayze](#)
    - [Keep Away / In a Box](#)
    - [Slip Sliding Away](#)
  - [Chapter 14](#) - Competitive - 1v1
    - [Quick 1v1/ 2 Cone](#)
    - [Border Patrol / Badger 1v1](#)
    - [FlowRider1v1](#)
    - [Gopher 1v1](#)
  - [Chapter 15](#) - Competitive – 2v1
    - [2v1 Low 2v1 High / Anaheim 2v1](#)
    - [Ringer 2v1 / Plattsburgh 2v1](#)
    - [Crimson 2v1](#)
  - [Chapter 16](#) - Competitive – 3v2
    - [Slapshot 3v2](#)
    - [Don't Stop 3v2](#)
    - [Zoom 3v2 / Get Back 3v2](#)



## TABLE OF CONTENTS

- Drills
  - [Chapter 17](#) - Competitive – Races
    - [Ball Bouncer / Race for Puck](#)
    - [Mamba #9 / Moving Day](#)
    - [Scoring Machine/ Relay Race](#)
    - [Short Track / Green Bay](#)
  - [Chapter 18](#) - Angling
    - [Snake Show](#)
    - [TO / Open Gate](#)
    - [Over Under / O Zone](#)
  - [Chapter 19](#) - Tactics – Regroup
    - [Boody / Aussie 4 Shot](#)
    - [King James 3v2](#)
    - [Trifecta / Rickie Foggie](#)
  - [Chapter 20](#) - Tactics – Fore Check & Zone Entry
    - [Oh Canada](#)
    - [Hampshire 3v2](#)
    - [Wild Night / Maverick\\*](#)
  - [Chapter 21](#) - Small Area Games – SAG's
    - [5 Puck / Pepper](#)
    - [Bobby Orr / Gretzky Squared](#)
    - [Hamburglar / Face Off](#)
    - [All by Myself / This is Hockey](#)
    - [Suter Regroup / St. Louis](#)
    - [Activation / Snapper](#)
    - [Girdle / 3<sup>rd</sup> High](#)
    - [3 Zone Scrimmage](#)



## TABLE OF CONTENTS

- [Chapter 22](#) - Body Contact
  - [Shoulder Check / Pad Slide](#)
  - [Stationary Contact / Moving Board Contact](#)
  - [Stationary Angling / Dynamic Steering](#)
  - [NZ Steering / In the Paint](#)
  - [Parise's Playhouse](#)
- [Chapter 23](#) - Hockey Habits
  - [Introduction](#)
  - [Pass Like a Pro](#)
  - [Play without the Puck](#)
  - [Stick on Puck / Stick Positioning](#)
  - [Create Time & Space](#)
  - [Deception](#)
  - [Puck Protection](#)
  - [Steering / Angling Opponent](#)
  - [Change Shooting Angle](#)
- [Chapter 24](#) - Practice Planning
  - [Effective Practice](#)
  - [Practice Plan Examples](#)
  - [Practice Plan Template](#)
  - [Body Contact Plan](#)
- [Chapter 25](#) - Off Ice/Dryland
  - [Warm Up](#)
  - [Stickhandling](#)
  - [Shooting](#)
  - [Strength](#)
  - [Sleep & Nutrition](#)
  - [Plan Template](#)
- [Chapter 26](#) - Coaching Excellence
  - [5 C's to Coaching](#)



## TABLE OF CONTENTS

- [Chapter 27](#) - Parent Meeting
  - [Outline & Meeting Template](#)
- [Chapter 28](#) - Player Bio
  - [Skater Notes](#)
  - [Goalie Notes](#)
  - [Skater Evaluation](#)
  - [Goalie Evaluation](#)
- [Chapter 29](#) - Notes
  - [Rink & Notes](#)
  - [Blank Notes](#)
- [Chapter 30](#) - Line Up & Game Notes
  - [Line Up Chart](#)
  - [Game Card](#)
  - [Post Game](#)
- [Chapter 31](#) - Brilliant Coaching
  - [Secrets to be more Effective](#)
- [Appendix](#)
  - [Half Ice Drills](#)
  - [Full Ice Drills](#)



# **CHAPTER 1**

**TOP SHELF  
10U/SQUIRT**

## Narrow Narrow Passing

### Description

**Skills:** Catching & receiving passes, presenting target with stick, agility.

Pairs pass down the middle and BOTH turn right or left.

Next pair goes down the opposite side

Pick whatever ones you have time for

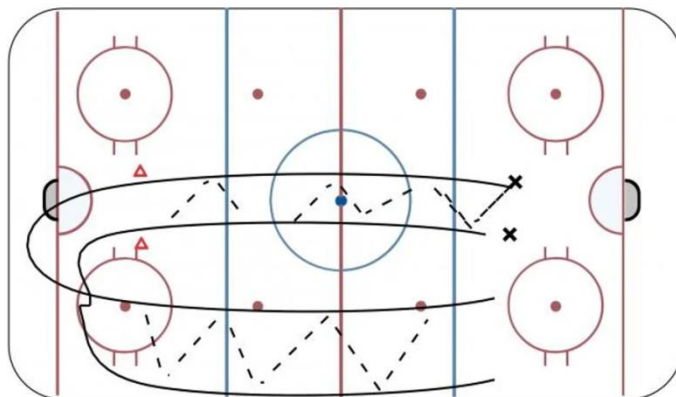
Forward

Pass in Skates

Pass and Cut Behind

Both Skate backwards

One Backwards one Forward



### Hockey Share Link

<https://www.hockeyshare.com/drill/775090>

## MN Mile

### Description

**Skills:** Balance, edgework, chest & eyes up, deep knee bend.

Skate the pattern shown.

Options: Skate all 8 dots if the goalie area isn't needed. The drill should be done at medium pace.

Options (Progressions):

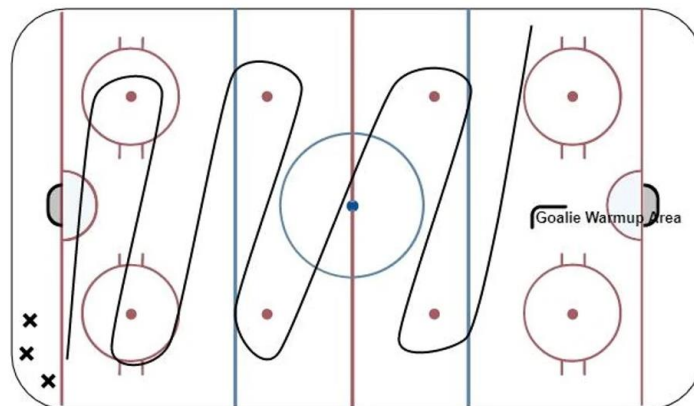
1-Inside Edge (Hand down, elbow down, knee down, backwards)

2-Outside Edge (Hand down, backwards)

3-Mohawks

4-Transitions

5-With Pucks



### Hockey Share Link

<https://www.hockeyshare.com/drill/526187>

### Video Link

<https://www.omgha.com/coachresources>



## Description

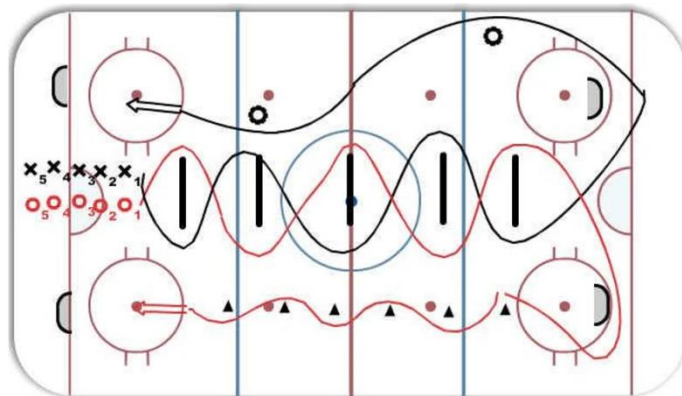
**Skills:** Skating, edgework, agility, puck control.

Skate the course as shown carrying a puck. Borders should be placed so the kids are not performing power turns, but they are using lateral crossovers. The straight line formation, they can use inside edges for a "rhythm skate" or they can perform crossovers as well.

### Secret Sauce:

Basic: Have them skate the course and vary where they pick up a puck.

Advanced: Perform mohawks down the middle, or transitions. Coaches can also stand behind the border and make them protect the puck.



Hockey Share Link

<https://www.hockeyshare.com/drill/202312>

## Peanut Drill

### Description

**Skills:** Skating, balance, edgework, speed, chest & eyes up, deep knee bend.

Skate the pattern shown.

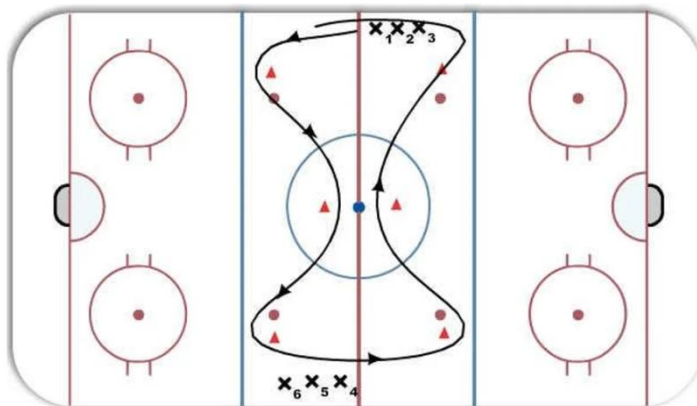
Options: Skaters can start on opposite sides or on the same side going opposite ways so they cross each other half way through. The drill should be done at full speed.

Options (Progressions):

- 1-Forward skating with x-overs
- 2-Forward skating with power turns
- 3-Mohawks (inside facing)
- 4-Reverse Mohawks (outside facing)
- 4-Transitions

### Secret Sauce:

Can be run with or without pucks and either as half ice or full ice.



Hockey Share Link

<https://www.hockeyshare.com/drill/526187>

# 16 Cone Warm Up



## Description

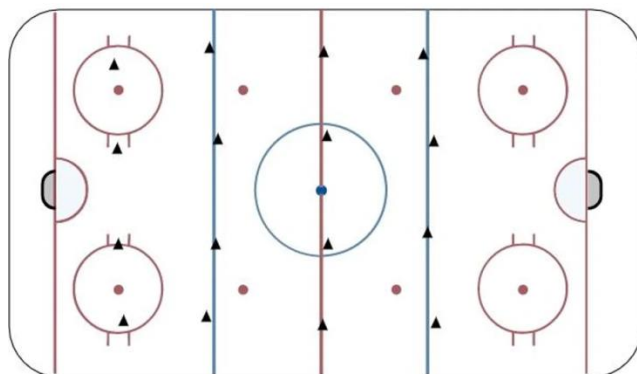
**Skills:** Balance, agility, edgework, puck control.

Skate Edgework through Cones

With or without puck. Start without puck and progress to adding a puck in.

Skaters can start on sidewall to work on a pair of cones, or from goal line to stretch it out, coach decision.

Key on proper form, chest and eyes up with deep knee bend.



**Hockey Share Link**

<https://www.hockeyshare.com/drill/569288>

## Hi Low

## Description

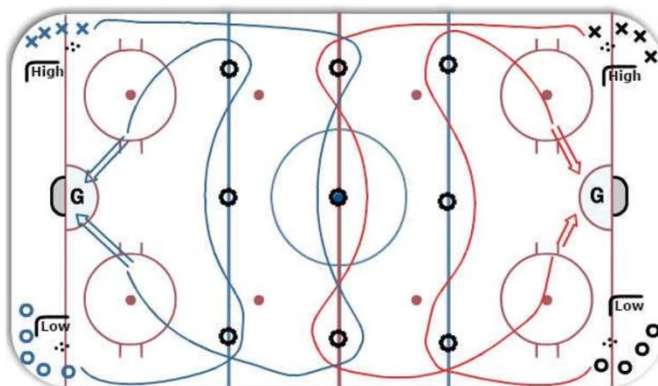
**Skills:** Puck control, shooting in motion, eyes up

One side goes high, the other side goes low.

Switch sides after each shot. Instruct players to keep their head up in the middle.

**Secret Sauce:**

Add a chaser that tries to catch the puck carrier. Option to narrow track if you want to run it for half ice. Put tires/cones at top of circles, and just outside the blue line.



**Hockey Share Link**

<https://www.hockeyshare.com/drill/813228>

## Hurricane 1v1



### Description

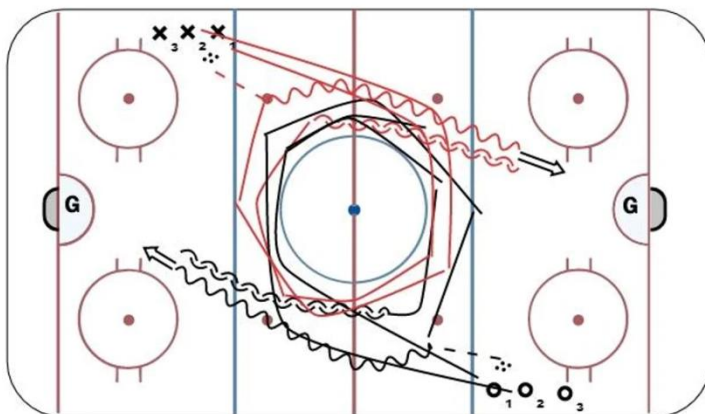
**Skills:** Speed, foot work, compete, stick positioning, creativity.

X1 and X2 skate without pucks around half circle. X2 receives a pass from X3 and skates in for shot. X1 transitions to defender and X2 is the forward.

#### Secret Sauce:

Progression: Add X3 as a 2nd forward for 2 on 1

Progression: Add X4 as a back checker for 2 on 2



#### Hockey Share Link

<https://www.hockeyshare.com/drill/601823>

## Skate to Lines 3v2

### Description

**Skills:** Compete, skating, puck handling, passing, positioning.

#### 3v2 Drill

Wings should be flipped so they are entering on the correct side.

D should skate to the Red Line and Transition towards the center of the ice.

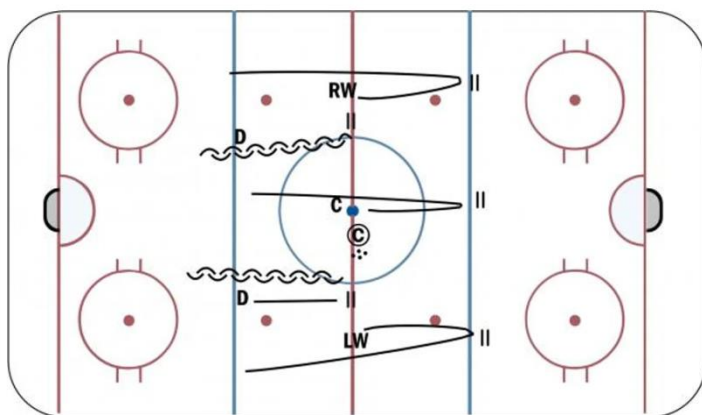
F should start on red line and skate and stop to the far blue line.

#### Secret Sauce:

Coach can control the type of zone entry they are working on by passing the puck to that specific Forward

#### Hockey Share Link

<https://www.hockeyshare.com/drill/790572>



## Continuous Line Rushes\*

### Description

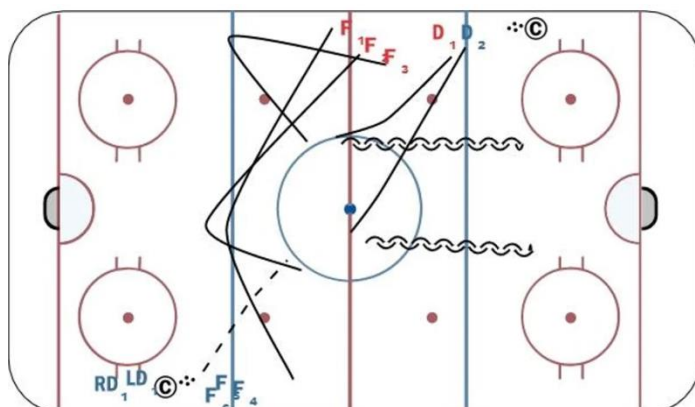
**Skills:** Skating, passing, zone entry, compete, creativity.

Each team on their own side

All 5 players from one line leave and get a pass from opposite side coach

2 Defenseman gap up and play 3:2

- Once Zone Clears then the other side goes on the whistle



**Hockey Share Link**

<https://www.hockeyshare.com/drill/137464>

**Video Link**

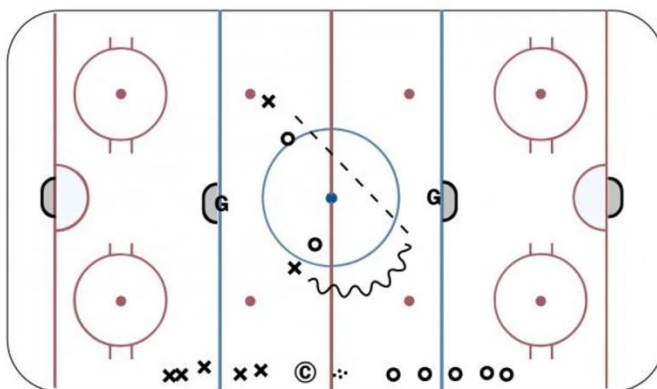
<https://www.omgha.com/coachresources>

## Taylor Swift

### Description

**Skills:** Compete, fast pace, support, scoring, defending, creativity.

Players separate into two groups. Pucks put into refs circle. Coach shoots puck into play, play continues 2v2 or 3v3 until it goes out of play (past the blue line) or in the net. Once this happens, new group goes out and a new puck in play. Focus on intensity, fast pace of play.



**Hockey Share Link**

<https://www.hockeyshare.com/drill/813256>

## 2v2 Off Wall (Wallee)\*



### Description

**Skills:** Compete, skating, passing, scoring, defending, creativity.

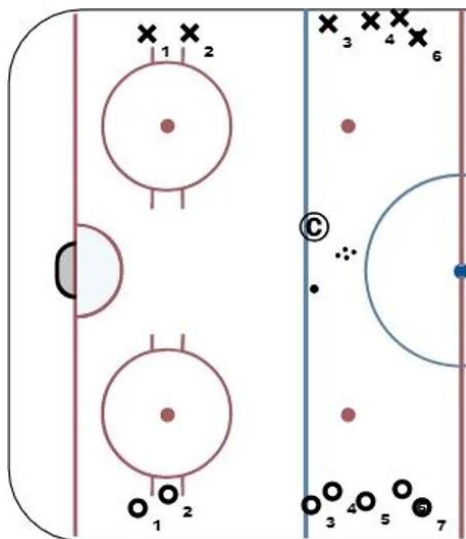
Team of 2 is on offense and team of 2 in on defense. The defense team also has 2 players on the side wall waiting for possession. If the defensive team gets possession and gets the puck to the team on the wall, the team on the wall become offense and the offense team becomes defense. Coach dumps puck in corner when goal is scored or goalie covers the puck.

#### Hockey Share Link

<https://www.hockeyshare.com/drill/601811>

#### Video Link

<https://www.omgha.com/coachresources>





# CHAPTER 2

## TOP SHELF 12U/PEEWEE



## Description

**Skills:** Skating, passing, receiving, shooting, rebounds.

Pucks start on inside line. Make 3 passes (older kids can pass as many as they want)

Outside guy, hits inside guy swinging on the other side

Outside guy, follows up and is the high guy in the slot.

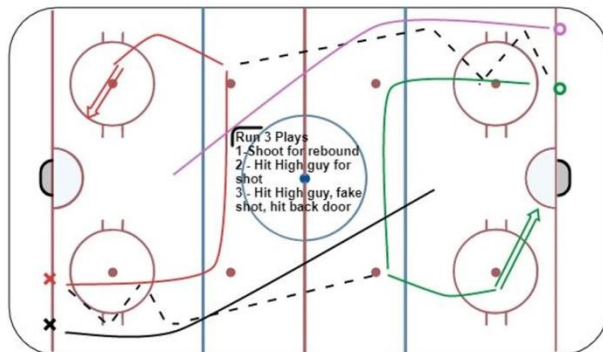
Run 3 plays in progression---make sure they are always running the same one. Goalies are allowed to cheat and "reasonably" anticipate the play.

Play 1: Shoot from outside the dots. Pass off pads and high guy is looking for rebound. Goalie is trying to control rebound or clear to a corner.

Play 2: Fake shot (use eyes, stick, or hesitation) and then pass to the high guy in the slot for a shot (advanced: 1 timer) Both crash for rebound

Play 3: Get the puck to high guy, he fakes a shot (eyes, stick, leg-kick), pass backdoor for tap in.

**Secret Sauce:** Getting the inside player outside the dots is the hardest thing. They need to skate HARD across the blue line. Make sure to run all the plays. It sometimes will take 15mn. to run them all if you are running on both sides.



**Hockey Share Link**

<https://www.hockeyshare.com/drill/551347>

**Video Link**

[https://youtu.be/eBiF7\\_R3rO4](https://youtu.be/eBiF7_R3rO4)

## **3-2-1 Quick Pass**

### Description

**Skills:** Passing, receiving, shooting, scoring, zone entry.

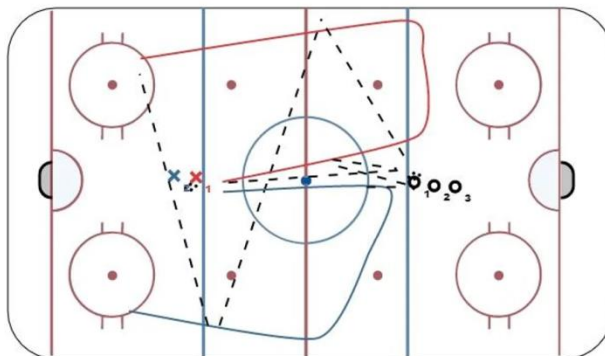
X1 Passes to O, gets return pass, passes again and times his curl to receive pass on the red line boards

X2 Does a quick exchange with O and curls up the opposite boards to receive pass from X1.

Run in opposite Direction

Quick, on ice passes, flat passes. Have receivers stay wide

**Secret Sauce:** 3passes skating at opposite lines  
2 passes in neutral zone  
1 pass in Offensive Zone



**Hockey Share Link**

<https://www.hockeyshare.com/drill/453665>

## 2:0 Stretch Pass

### Description

**Skills:** Skating, passing, receiving, shooting, rebounds.

Drill runs out of both ends at the same time.

Forwards skate around the center circle

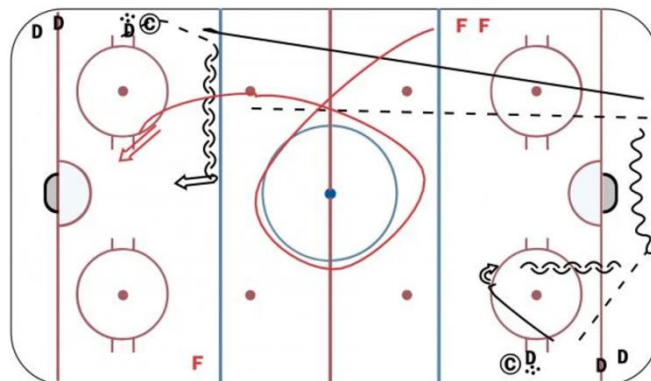
Defenseman skates to the top of the circle and pivots to skate backwards and then pick a puck up from behind the net, cut up the ice and make a hard pass to the forward.

Forward skates in and shoots (and stays for a rebound)

Defense follows up the play, STOPS at the blue line, gets a pass from the coach, walks to the middle of the ice for a shot.

#### Secret Sauce:

Have coach give pressure on BO pass and entering zone so players have to read and adjust.



#### Hockey Share Link

<https://www.hockeyshare.com/drill/682674>

#### Video Link

<https://www.omgha.com/coachresources>

## 3 Man Weave

### Description

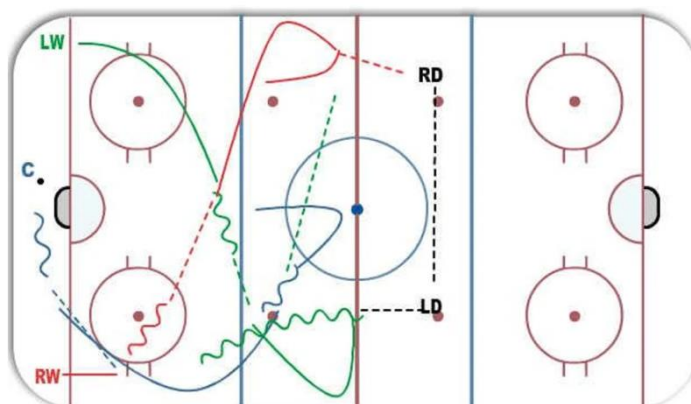
**Skills:** Passing, receiving, shooting, scoring, zone entry.

3 man Weave: Pass and Cut Behind length of ice. Diagramed as Pass to D, regroup and go back in 3:0.

#### Secret Sauce:

Drill can be altered so the 3 skaters that are going make a pass to the next line at the far end once they hit the far blue line, regroup, receive a pass back, then finish with a 3:0.

If Defense are regrouping, have them take multiple reps before switching out with others.



#### Hockey Share Link

<https://www.hockeyshare.com/drill/453665>

#### Video Link

<https://www.omgha.com/coachresources>

## Continuous Breakout\*

### Description

**Skills:** Skating, passing, receiving, positioning, timing.

Can be run with 1 team or 2 teams.

1: Coach dumps the puck in and Line 1 breaks out, crosses the red line, and dumps the puck in

2: Next line retrieves puck, breaks out, crosses the red line and dumps the puck in.

Drill is Continuous

**Secret Sauce:** Coaching should be done during the drill or on the sides after each turn is taken. Coaches can also skate alongside a player with instructions, or take the place of a player to demonstrate what you are trying to do.

\*\*Advanced: Send in coaches as fore checkers or 1-2 players after they dumped the puck in.

\*\*Goalies: Should know the teams breakouts and be able to talk, so they can participate. Also, they can work on playing the puck, or the goalie coach can work on shots or breakaways after the side of the ice is cleared.



Hockey Share Link

<https://www.hockeyshare.com/drill/530031>

## Culver Counter 2v1\*

### Description

**Skills:** Passing, receiving, shooting, scoring, zone entry, timing, creativity, defending.

F1 carries puck across blue line and passes to D1

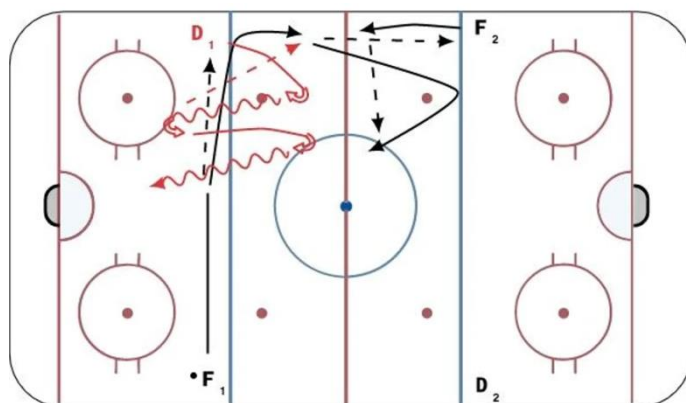
D1 jumps up ice, then pivots backwards

F1 continues to loop wide and gets a return pass from D1

F1 passes to F2 and cuts back up ice

D1 re-gaps

F2 jumps creating a 2v1 w/ F1 vs D1



Hockey Share Link

<https://www.hockeyshare.com/drill/738846>

## Double Swing 2v1

### Description

**Skills:** Skating, passing, receiving, timing, pace, creativity, defending.

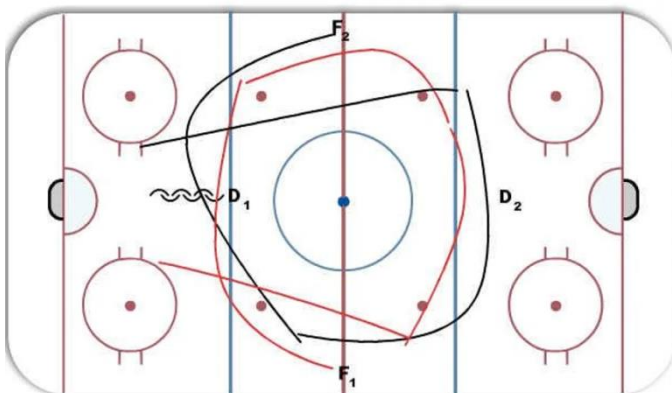
Forwards start with Puck, pass to D1 after he back skates.

Forwards swing in front and receive pass from D.

Forwards then make another regroup with D2

After receiving Pass, attack D1 2:1

**Secret Sauce:** Try to get both forwards to touch the puck before regroup.



Hockey Share Link

<https://www.hockeyshare.com/drill/447656>

## BONZ 3v2

### Description

**Skills:** Breakout, Face offs, Regroup, Zone Entry, 3v2, Compete.

*One variation (diagramed):*

Lineup in standard Face off Formation

2) Coach drops puck and Team runs designed Faceoff play and breakout

3) Regroup in Neutral Zone with Red Defenseman

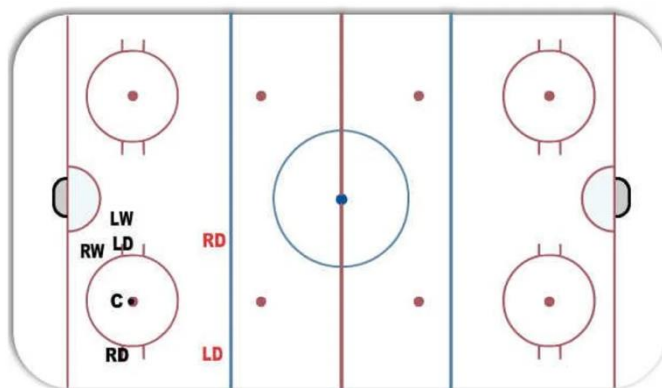
4) Blue Defenseman gap up to Blue line and play returning 3v2

*Second Variation:*

5 players from one team line up in NZ with 2 D from the opposite team. Coach dumps puck in to a zone for the 5 players to perform a breakout.

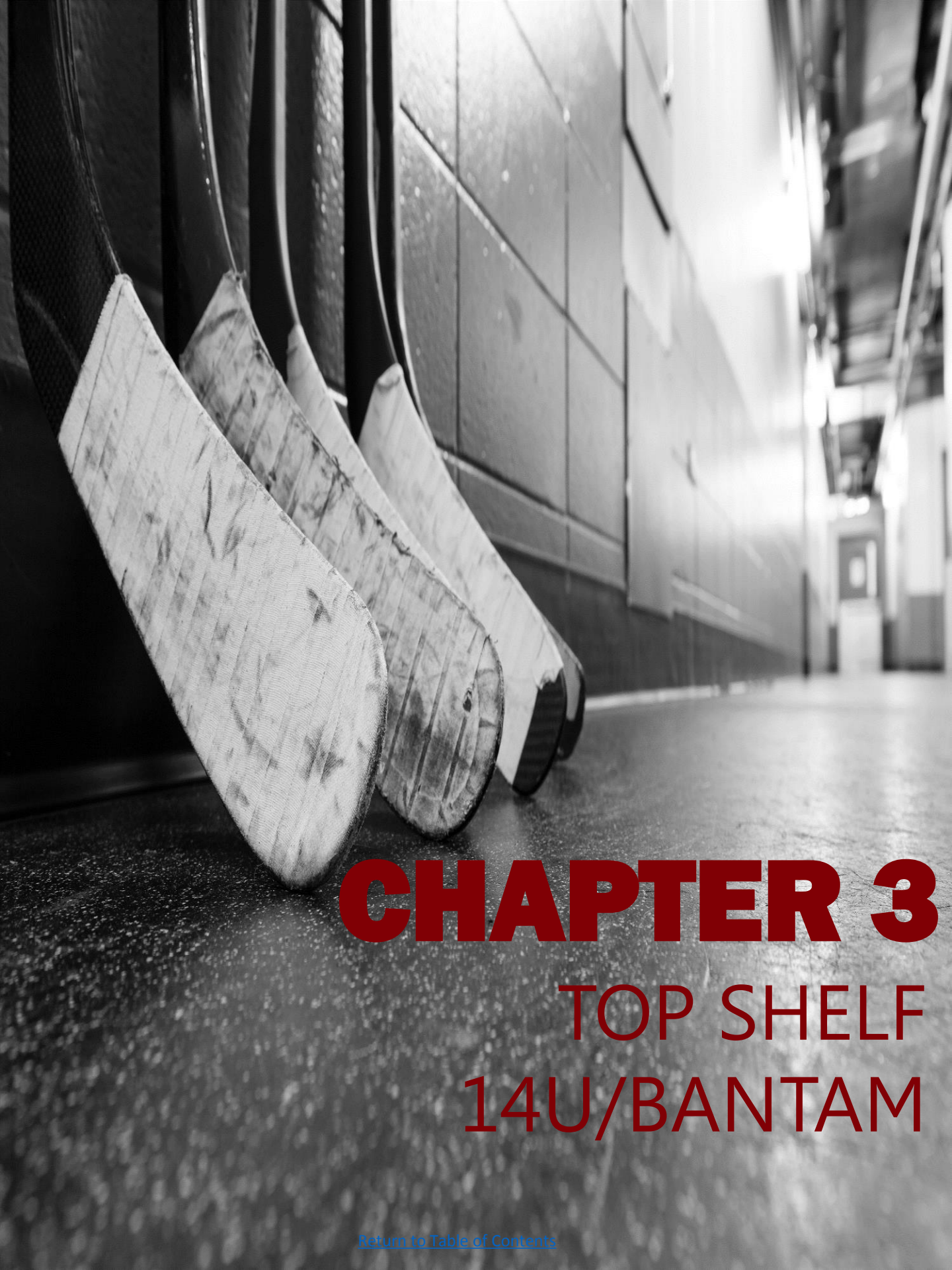
After breaking out, they can regroup with the 2 D still in NZ, then attack 3:2 against the D that started the breakout. New players come on, and the coach starts the same sequence at the other end.

**Secret Sauce:** This drill can be run with another team with coordination of the other team's coach.



Hockey Share Link

<https://www.hockeyshare.com/drill/328156>



# CHAPTER 3

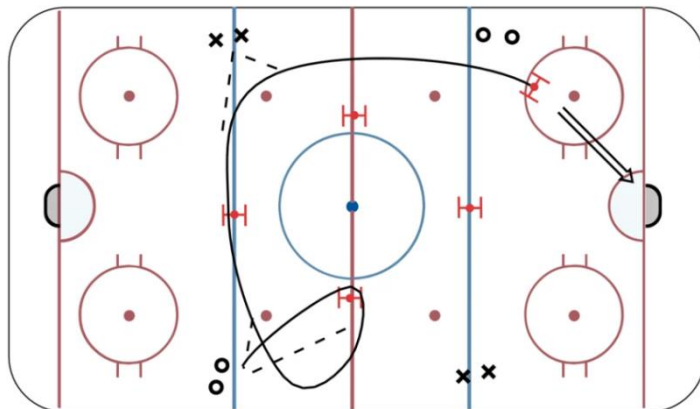
## TOP SHELF 14U/BANTAM

## Cutter & Buck

### Description

**Skills:** Skating, stick handling, passing, receiving, timing, creativity, shooting in motion.

- 1 - Leave from your line and do an inside-out tap through turn and pass back to your line (emphasize moving the puck quickly after tap through)
- 2 - Receive puck back quickly from your line. Make another move through the blue line tap through or make flat pass under tap through to opposite line
- 3 - Receive puck back make one last move on tap through and shoot.
- 4 - Stop and wait for rebound on other side.



**Hockey Share Link**

<https://www.hockeyshare.com/drill/822099>

**Secret Sauce:** Can Be adapted to a quadrant drill if move lines to tops of the circles and put slip through underneath the red line.

Can do any variation of stickhandling moves through or around the slip thru. Be creative

## Quick Hands

### Description

**Skills:** 1 touch Passing, receiving, speed, shooting in motion.

All 4 lines with pucks - Coaches or barriers in high slot.

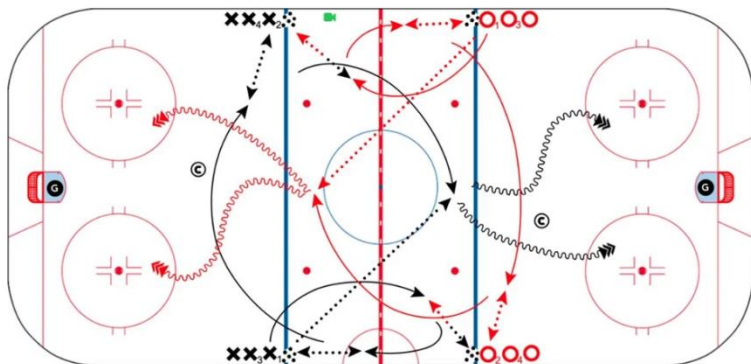
On whistle X1 & O1 leave without puck. Diagram and description highlights X1.

X1 performs give n go with O2, turns back toward starting line.

X1 performs give n go with X3, continues on.

X1 performs give n go with X2, delays if needed, then cuts to middle and receives pass from X3.

X1 continues into zone, does move around coach or barrier, and shoots.



**Hockey Share Link**

<https://www.hockeyshare.com/drill/923279>



## Purcell Breakout

### Description

**Skills:** Skating, agility, opening to puck, passing, zone entry, shooting, reading play.

Forwards, 1 Center and 1 Wing, are at center ice. Defenders are at opposite corners. Coaches are set up in each zone.

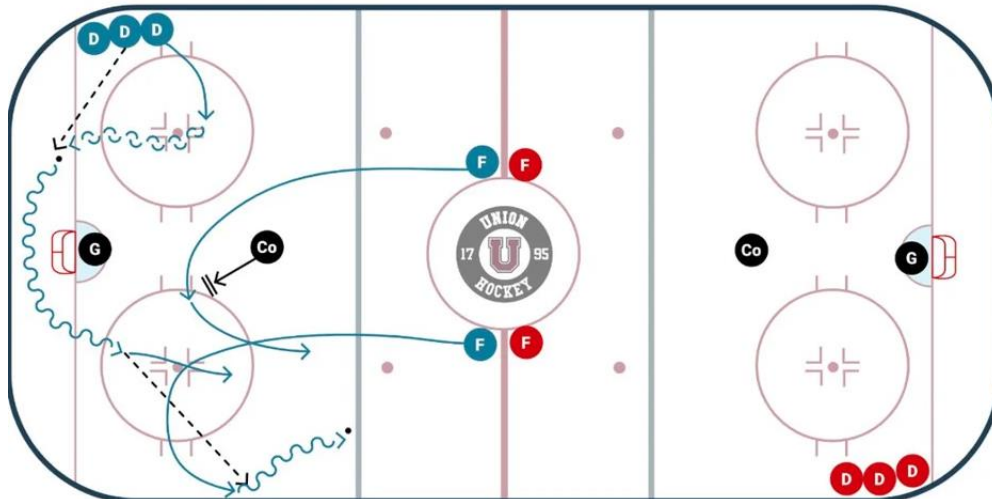
On the whistle, the first D will skate and pivot forwards to backwards around the first dot. The second D chips a puck behind the goal line for the first D to pick up and wheel around the net.

One F (Wing) goes to the boards as a breakout option and the other F (Center) swings low in the middle of the ice for support. The coach in the zone will take the center or wing option away.

This makes the D keep their head up so they can select the appropriate passing option. After the D makes the pass, they activate into the rush so it is a 3 on 0. After initial shot, D gets to blue line on wall, receives a pass from corner, walks the line (extra coach can add resistance) for a second shot, F's to net for screen/tip.

### Secret Sauce:

Coaches can be an obstacle in the offensive zone so players work on various zone entry options before they attack the net.



Hockey Share Link

<https://www.hockeyshare.com/drill/983412>



## 3 Cone Curry

### Description

**Skills:** Skating, shooting, angling, stick position/pressure, compete.

X1 starts around circle and receives pass from X2 for a quick catch and release, then continues around circle.

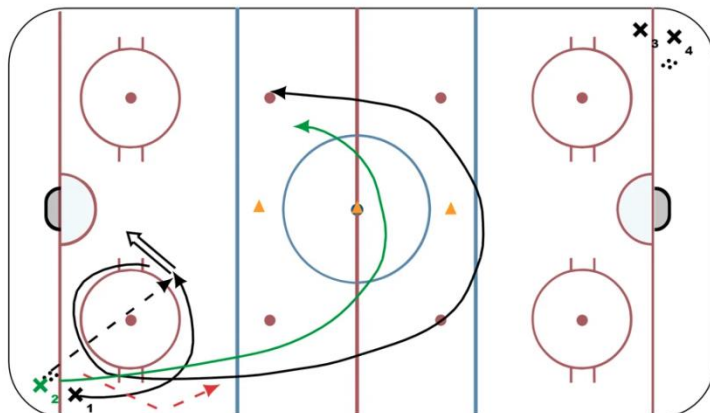
X2 makes a second pass or chip to X1.

X1 carries puck around far cone.

X2 mirrors X1 around the center cone and looks to properly angle him/her out in the NZ.

**Secret Sauce** Play continues as a 1v1. Whoever maintains possession of puck is rewarded with a scoring chance.

2nd drill on video



**Hockey Share Link**

<https://www.hockeyshare.com/drill/910825>

**Video Link**

<https://youtu.be/PyjkeEzSA1o?t=38>

## Curry Chicken

### Description

**Skills:** Skating, angling, stick position/pressure, compete.

On whistle - Run on each side, opposite ways

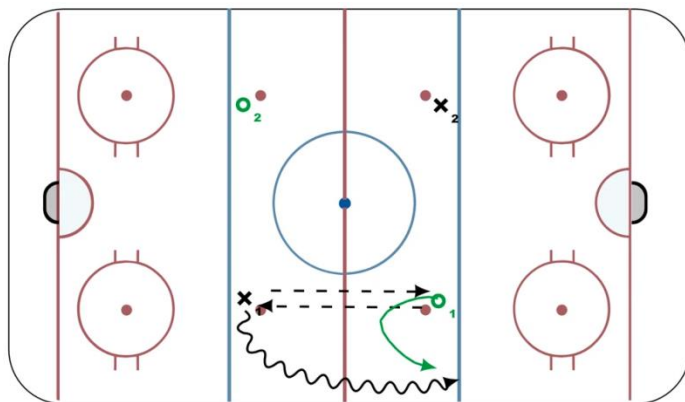
X1 makes pass to O1, O1 returns pass.

X1 receives puck, and gets up ice along wall.

O1 looks to angle X1 and get puck away.

**Secret Sauce** Whoever maintains possession can take a shot.

1st Drill in video



**Hockey Share Link**

<https://www.hockeyshare.com/drill/910823>

**Video Link**

<https://youtu.be/PyjkeEzSA1o>

## Murray 1v1

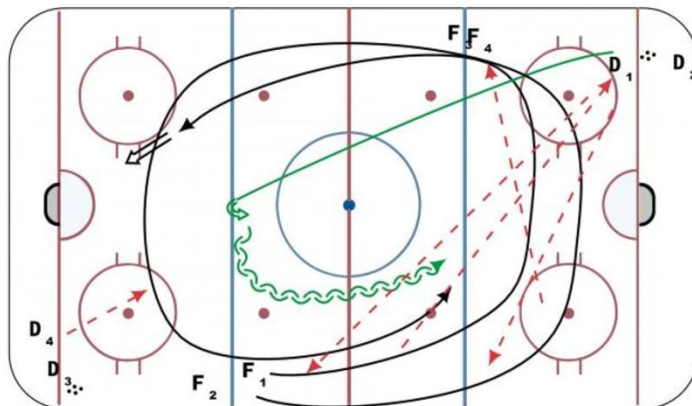
### Description

**Skills:** Skating, passing, shooting, compete, creativity.

F1 starts skating in to far zone and receives pass from D1. F1 return passes to D1 who makes pass to F2 coming down the wall. F2 makes cross ice pass to F1 who goes in and shoots. F2 follows up the ice, gathers speed across top of circle, and receives pass from D4. After making second pass, D2 follows F2 up the ice, mirrors and closes gap, then plays 1v1 back into zone where they started.

Run out of both sides.

**Secret Sauce:** F1 has to adjust pace or path so that they don't get too far up ice before receive puck from F2. The pass from F2 to F1 should be more cross ice then up ice.



Hockey Share Link

<https://www.hockeyshare.com/drill/792228>

## 7 Touch 2v1

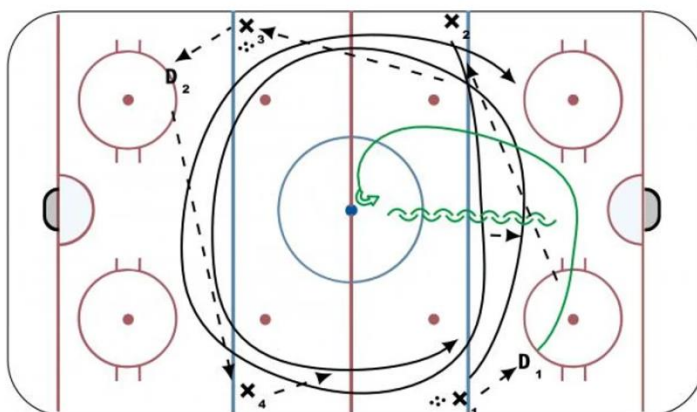
### Description

**Skills:** Skating, passing, timing, speed, shooting, compete, creativity.

X1 pass to D1  
 D1 pass to X2  
 X2 drop pass in middle to X1  
 X1 moves puck to X3  
 X3 pass to D2  
 D2 passes to X4 on far wall  
 X4 chips to X1 coming through or cross ice to X2  
 X1 & X2 attack for a 2v1 against D1 who has followed play up to close gap.

**Secret Sauce:** Passes should be 1 touch. Guys moving with speed and calling for puck.

Have forwards being creative on zone entries, attacking D.

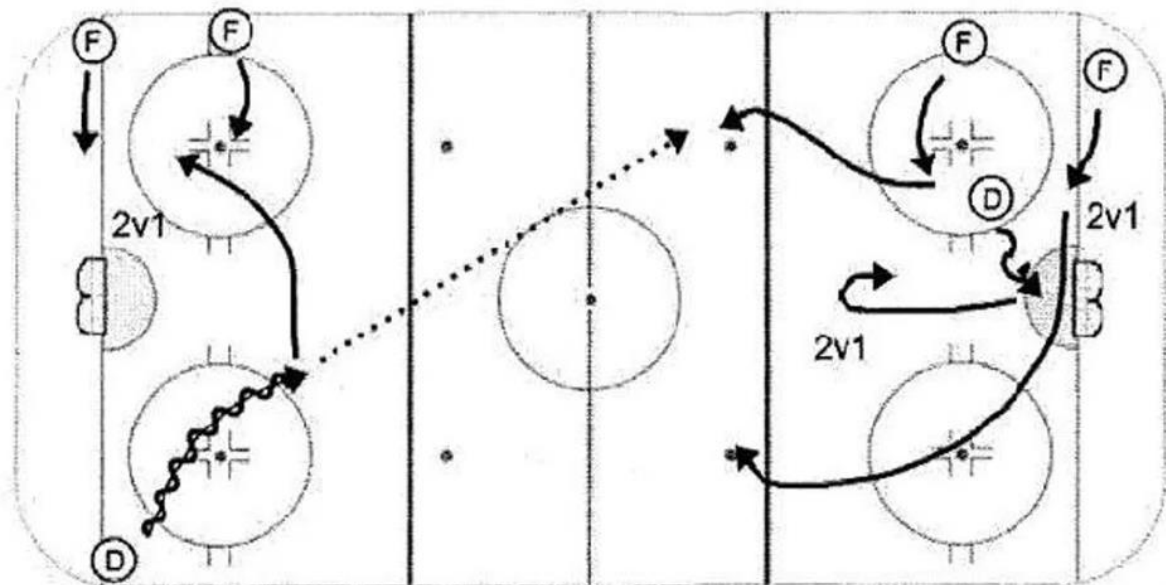


Hockey Share Link

<https://www.hockeyshare.com/drill/812929>



## 3v2 Low 3v2 High



### Description

**Skills:** Skating, passing, compete, creativity, regrouping, zone entry.

Diagram is shown as 2v1, but run as 3v2.

The drill starts with F's in one corner and D in the other, on both ends of ice.

To start, 3 F's attack 2 D in a tight area off the wall (right side of diagram).

On whistle, 2 D will step out of corner (opposite side), one with a puck, while the original F's get out into the neutral zone and the D gap up.

The D that walked out of corner with puck will pass to one of the original F's. D should let forwards get out into neutral before making the pass. F's receive pass, swing back and attack the 2 D for a 3v2. Play it out.

Once the D that stepped out make the pass, they immediately recover and start the 3v2 tight area on the F side of the ice.

On whistle, the 3 F's get out into neutral, D gap up, far side D step out to make pass, the 3 F's attack 3v2.

Drill continues.

**Secret Sauce:** This drill works on 3v2 attack options. It tests players off the rush and in tight area situations., D need to have their head up, have a good stick, and good vision., F's need to recognize and attack weaknesses, attempting to get pucks to the net and generate scoring opportunities.

**Hockey Share Link**

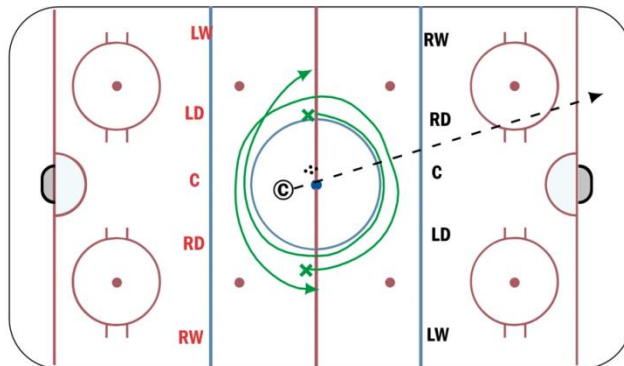
<https://www.hockeyshare.com/drill/812929>

## Old MacDonald

### Description

**Skills:** Skating, passing, angling, breakout, fore check.

1. On whistle, fore checkers take a lap around the center circle
2. As the fore checkers finish their lap, coach dumps the puck in
3. Fore checkers attack, 5-man unit breaks out
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 fore checkers (forwards must communicate who goes!)
6. As fore checkers 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



**Hockey Share Link**

<https://www.hockeyshare.com/drill/874036>

**Video Link**

[https://youtu.be/ehFWg1TK\\_aE](https://youtu.be/ehFWg1TK_aE)

## Russian Hot Box

### Description

**Skills:** Skating, defending, stick positioning, compete, creativity.

Line Up as shown. 3 Parts to his drill

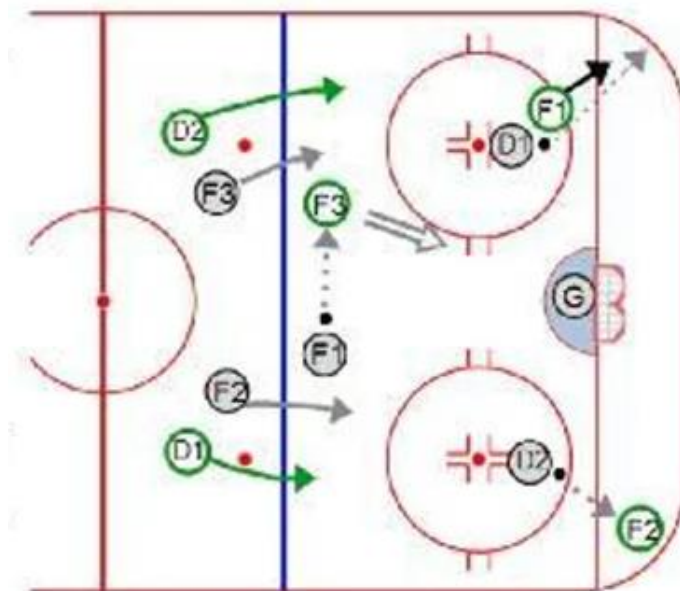
Part 1 - D1 puts a puck in corner for F1 to retrieve. D1 & F1 play 1v1

Part 2 – On whistle, D1 & F1 come to net, D2 passes to F2, this starts a 2v2 low with F1 & F2 going against D1 & D2.

Part 3 – On next whistle, coach gives puck to F3 high, all players outside blue line are now engaged for a 5v5. F3 can shoot or look to make a play to other teammates.

**Secret Sauce:** The object is for defending team to keep inside position, create a turnover, and make a clean exit out of zone. Offensive team is looking to score.

Coach can indicate what D zone scheme to run, or set any other parameter they choose.

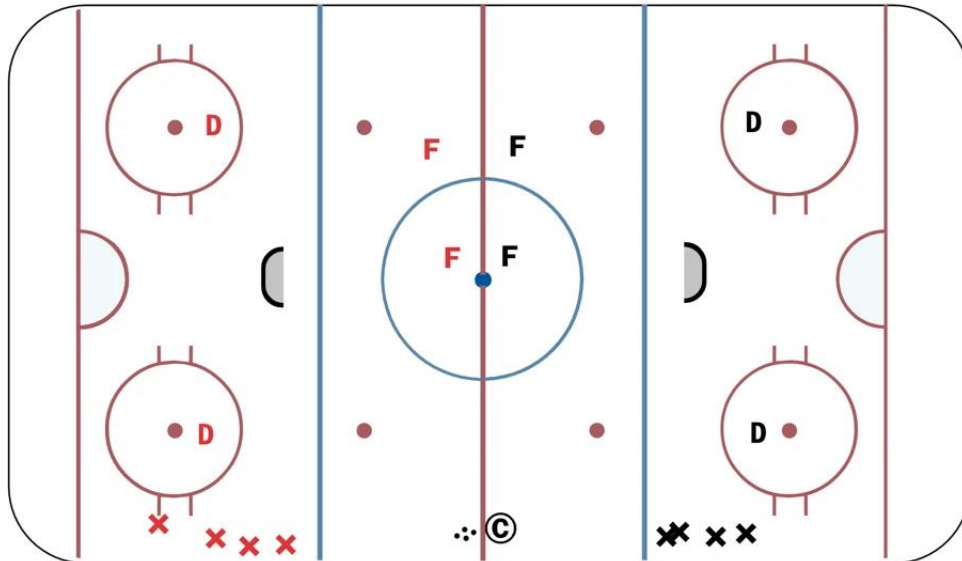


**Hockey Share Link**

<https://www.hockeyshare.com/drill/659255>



## Jackie Robinson SAG



### Description

**Skills:** Skating, passing, compete, support, puck protection, creativity, regrouping.

All goals must be scored with 4v2.

Forwards must pass to Defenseman to activate offense

Defense must pass D to D before going on offense. D can also execute a scissors play to activate.

- Goalie Covers automatically go to Defense
- When puck goes below the tops of the circles, Defenseman must retreat

**Secret Sauce:** Each rep can start with a NZ face off so teams compete for possession.

**Hockey Share Link**

<https://www.hockeyshare.com/drill/927890>



# **CHAPTER 4**

## **TOP SHELF ADVANCED**

## Sioux 6 Shooter

### Description

**Skills:** Skating, passing, timing, shooting, screens, tips.

F3 & F4 start forward down ice, F3 with puck, and D skating backwards.

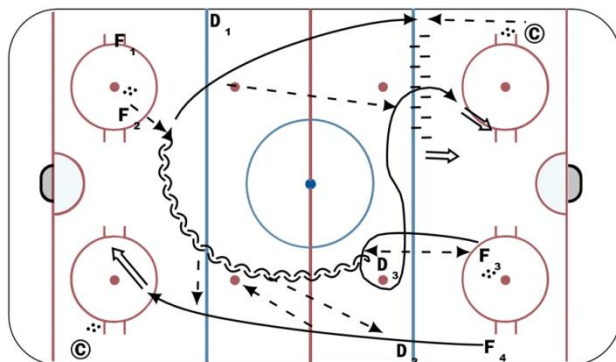
F3 performs 1 touch passing with D3, then button hooks through NZ.

D3 then performs 1 touch passing with F4, with F4 getting last pass and goes in for shot, then stays for screen/tip.

D3 pivots forward, receives puck from opposite side (F2), then stretch passes to D3 who goes in for shot, and stays for high screen tip.

D3 follows up to blue line, receives pass from coach, walks line, and takes shot.

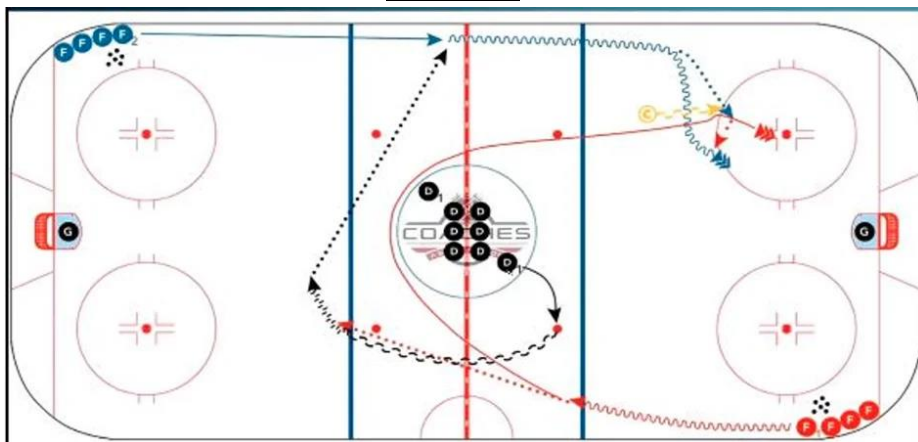
Runs out of both sides.



**Hockey Share Link**

<https://www.hockeyshare.com/drill/899423>

### WD 40



### Description

**Skills:** Skating, passing, timing, zone entry, shooting.

On whistle, D (only) step out make agility move through off side dots.

F1's wait until D get through dots, then take off in sprint w/puck.

F1's should make pass just as D gets to blue line.

F2 times up wall, to get pass inside just inside red.

F1 sling shots around center circle, and then in to coaches heals.

F2 can make slip pass to F1, or cut and drive.

F1 should get through heals, then back to near post.

Option - Put pucks in all 4 corners. After initial shot, One F retrieves puck from corner, gives pass to D that follows up for second shot, working on layered hi/low screen or flash deflection. Play out any rebound.

**Hockey Share Link**

<https://www.hockeyshare.com/drill/890890>

## NZ Angle 1v1

### Description

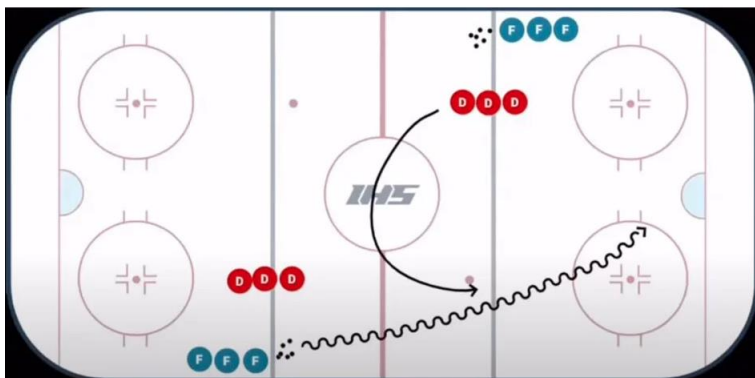
**Skills:** Skating, angling, stick position, compete, creativity.

F's start with puck. D surf and play 1v1. Read F & Dictate

**Secret Sauce:** Coaches decide D routes; fwd skating only, let them transition, etc. Emphasize stick position; not allow cut backs, stick on puck, etc. use it as real estate to control space.

F's should work on attacking D to manipulate feet; change pace, change route, skate right at D, make one move & go, etc.

Understand what D wants you to do, and decide what should you do.



Hockey Share Link

<https://www.hockeyshare.com/drill/923281>

## Greeny 1v1

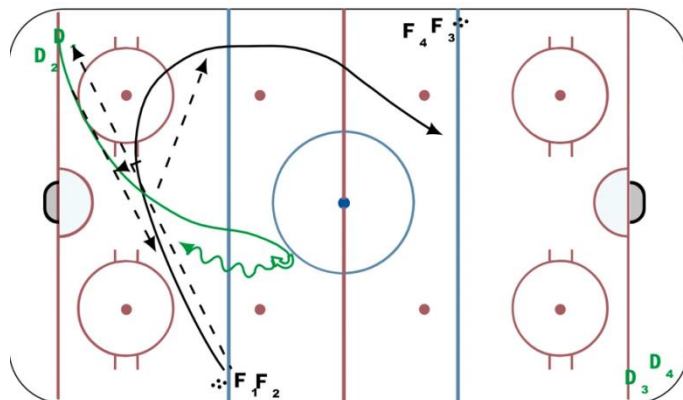
### Description

**Skills:** Skating, passing, timing, defending, stick positioning, gap control, compete, creativity.

1v1 Run out of each side.

F1 starts with puck and zips pass to D1. D1 & F1 perform another give n go in zone, then F1 swings through zone and opens up.

D1 starts moving up ice and passes to F1 before engaging with F3 from the other end for a 1v1 rush.



Hockey Share Link

<https://www.hockeyshare.com/drill/949470>

Video Link

<https://youtu.be/soKn8sgtppM>

## Greeny 2v1

### Description

**Skills:** Skating, passing, timing, defending, stick positioning, gap control, compete, creativity.

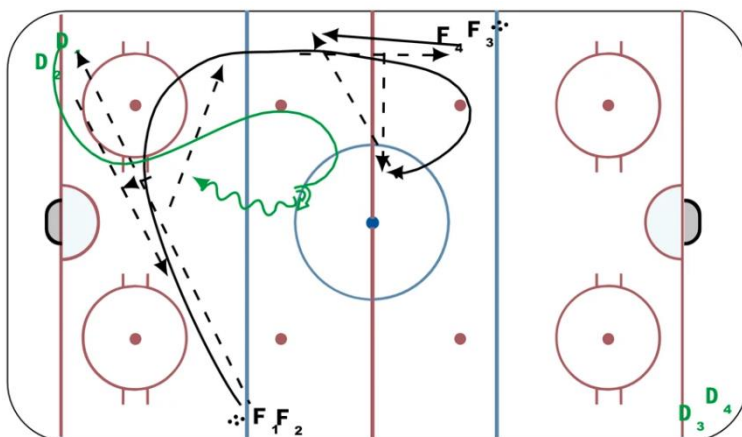
2v1 Run out of each side.

F1 starts with puck and zips pass to D1. D1 & F1 perform another give n go in zone, then F1 swings through zone and opens up.

D1 starts moving up ice and passes to F1.

F1 exchanges puck with F4 from other side of ice, swings, and attacks 2v1 vs D1 that has gapped up.

Keep head up through NZ.



#### Hockey Share Link

<https://www.hockeyshare.com/drill/949657>

#### Video Link

<https://youtu.be/xcWfVxtefOc>

## Greeny 3v2

### Description

**Skills:** Skating, passing, timing, defending, stick positioning, gap control, compete, creativity.

3v2 - One side at a time.

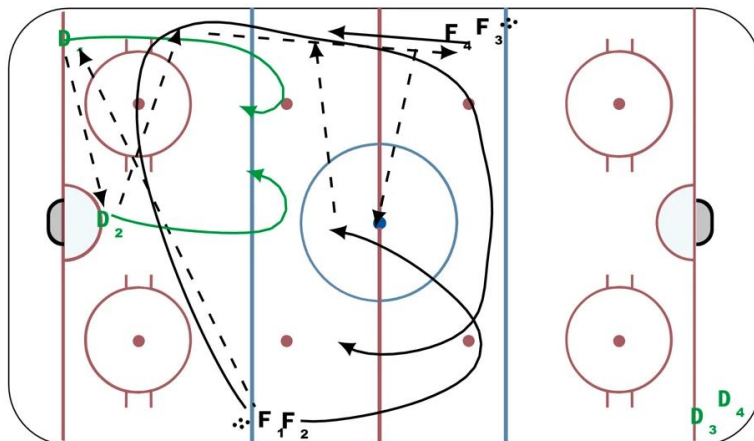
F1 starts with puck and zips pass to D1. D1 makes pass to D2 who is in front of net.

F1 swings through zone and opens up to receive pass from D2.

F1 makes pass to F4 from other side of ice. F2 times and swings through middle of ice (drive).

F1 will swing through NZ and become dot driver on weak side.

D1 & D2 gap, then play 3v2.



#### Hockey Share Link

<https://www.hockeyshare.com/drill/949661>

#### Video Link

<https://youtu.be/RffWyg7qjt4>

## Speed Gap 2v2

### Description

**Skills:** Skating, timing, defending, stick positioning, gap control, compete, creativity.

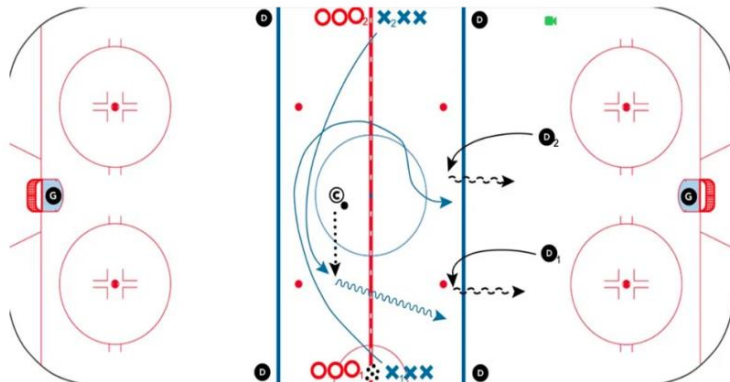
Coach in middle with pucks.

D start on top of circles.

On whistle, X1 & X2 swing over top of circle, coach gives either side a puck. D gap up. Can surf, or transition depending on speed and where forwards go.

Play it out as a 2v2. D need to get puck back to coach, F's trying to score.

2nd whistle stops rep and start new one going the other way.



Hockey Share Link

<https://www.hockeyshare.com/drill/923285>

## Falcon 3v2

### Description

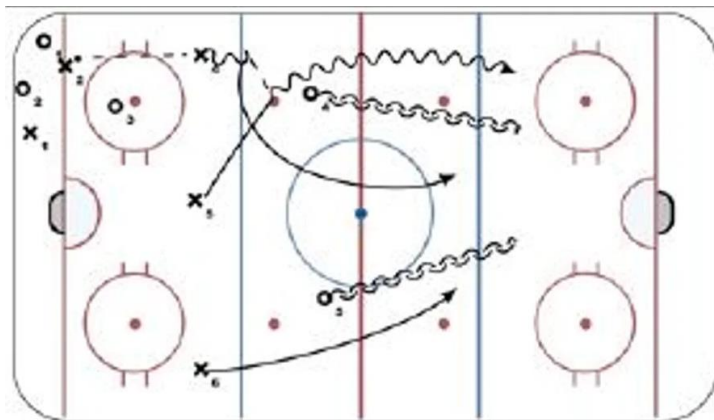
**Skills:** Compete, defending, stick positioning, gap control, zone entry, creativity.

Starts 3v2 low. Offense trying to score, defenders trying to get puck and breakout their F's waiting inside blue line.

Once breakout occurs, 3v2 rush down ice.

As they clear NZ, 2 new D and 3 new F's step in.

Continuous play



Hockey Share Link

<https://www.hockeyshare.com/drill/994841>

## No Name Steak

### Description

**Skills:** Skating, passing, defending, stick positioning, gap control, zone entry, compete, creativity.

Each color/team always sends 5 guys for each rep (10 players going each rep).

5-man breakout out of one end against a 1-man fore check and 2 D.

Down-ice 3-on-2 with a back-checker (same guy who fore checked during previous step)

As 3v2 crosses the far blue line, 2 F's are released to attack the remaining 2 D back down on the near side of the ice.

Culminates with a 3v3 on one end of the ice and a 2v2 on the other end of the ice.

Double whistle kills the rep.



Hockey Share Link

<https://www.hockeyshare.com/drill/916116>

## NZ Reload

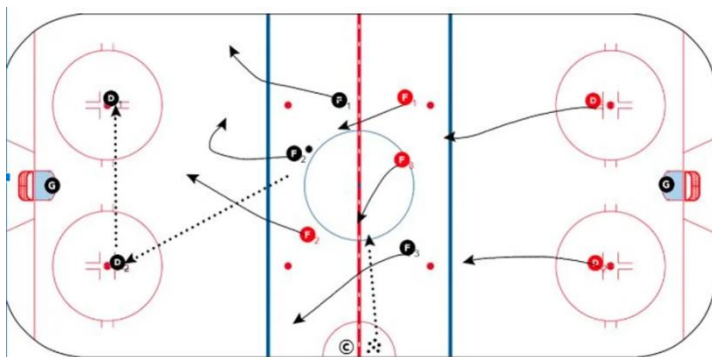
### Description

**Skills:** Compete, puck control, support, defending, gap control, zone entry, creativity.

Sequence begins with 3vs 3 play in the NZone. Team needs to hold possession. When coach blows whistle; team with the possession has to pass back to their Defense. The Defense have to go D2D. All players in the NZone as well as the other D from other end activate.

Play becomes 5 vs 5; defensive team works on NZone scheme and offensive team works on transition. Play goes on for approx. 30 seconds.

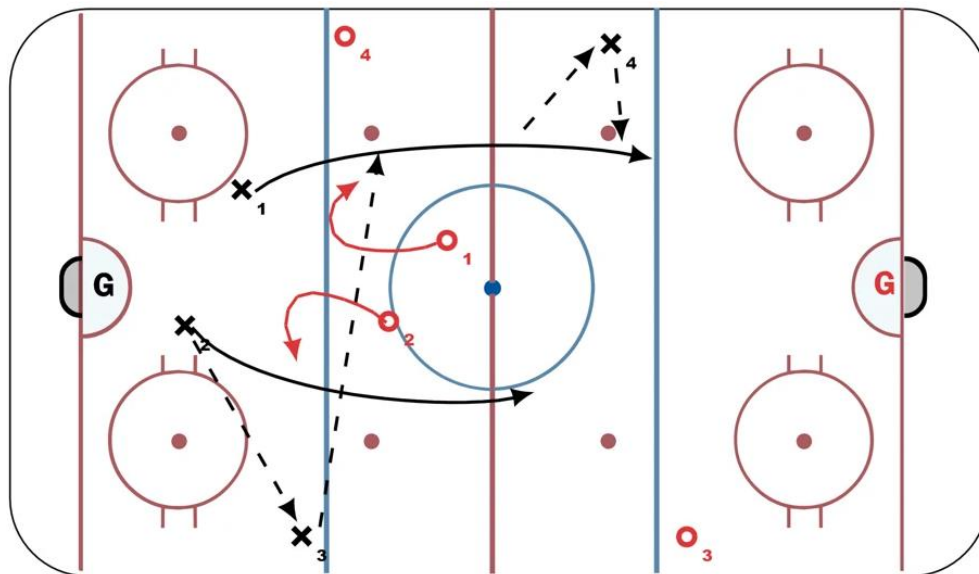
**Secret Sauce:** 3 vs 3 Play, puck protection, support, move your feet; find open ice  
Man coverage, head on swivel, Sticks on puck  
NZone Play, Good sticks: take away passing lanes,  
Proper Angling; Protect the middle, Play between dots;  
Good gap. Be on the right side: ( D-Side),  
Hold the blue line.



Hockey Share Link

<https://www.hockeyshare.com/drill/886819>

## Gate Keeper SAG



### Description

**Skills:** Skating, passing, compete, support, creativity.

X1 & X2 play full ice vs. O1 & O2.

Must use gatekeepers (X3/X4/O3/O4) to gain neutral zone and o-zone; i.e. X1 & X2 must give and go with X3 to gain neutral and X4 to gain o-zone.

Gatekeepers must possess the puck. One touch passes are ok, but deflections are not.

20-25 second shifts. Line changes are signaled by a whistle.

Players off the bench become new gatekeepers, while old gatekeepers play the 2v2.

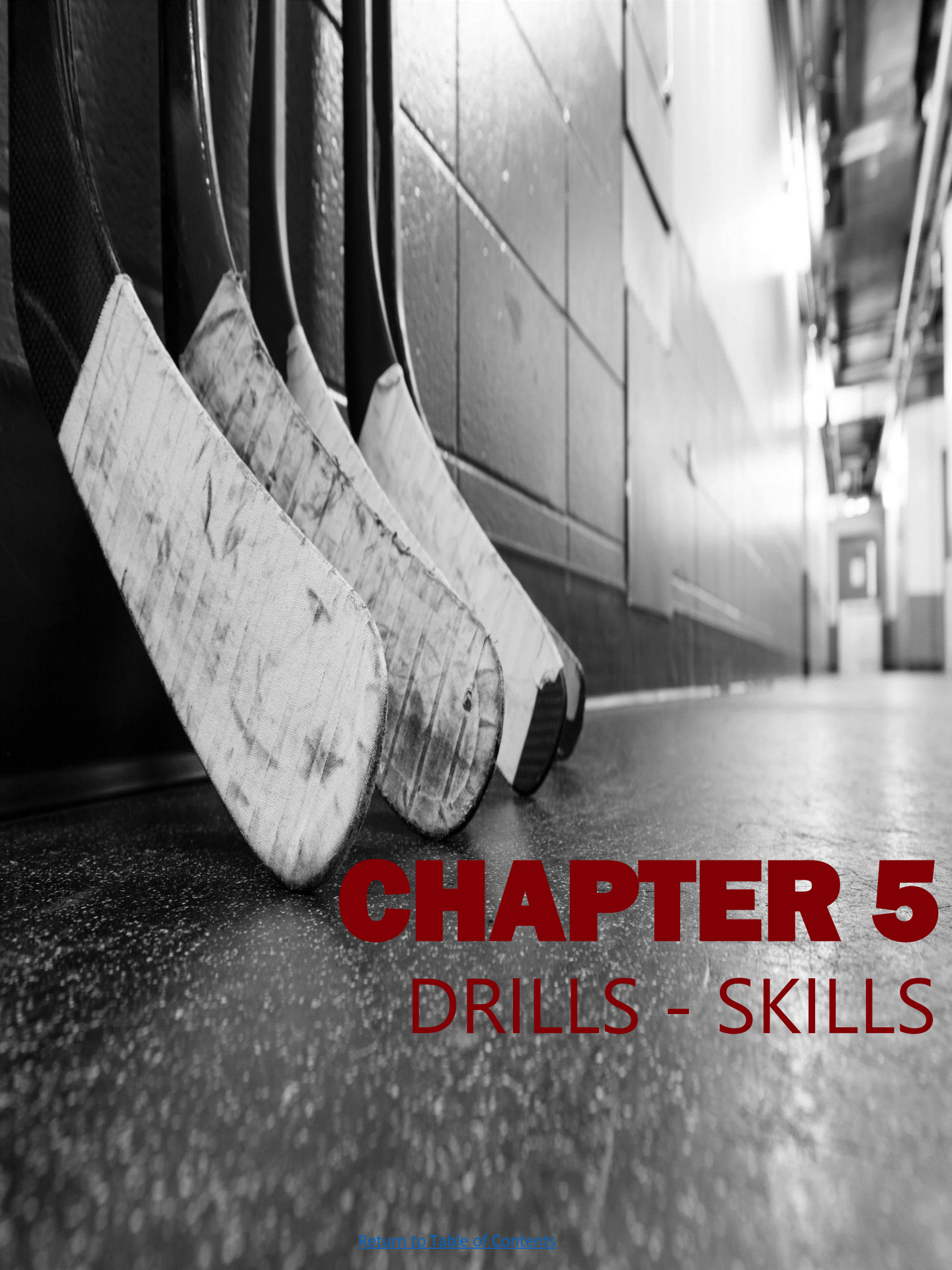
**Secret Sauce:** A full ice game where players are improving their passing and anticipation skills.

Thinking ahead to the next pass in order to become an option to the stationary gatekeeper are important skills to be learned and will help the player advance to the next level.

The one touch pass is a great skill that will open up a lot of ice for players. Keep score and make it fun.

### Hockey Share Link

<https://www.hockeyshare.com/drill/820059>



# **CHAPTER 5**

## **DRILLS - SKILLS**



## Description

**Skills:** Getting pucks off wall. In tight scoring.

Coach rims puck on wall behind net.

Player gets behind net, catches puck on wall, and explodes out front for jam, or get in position to shoot over goalie.

Add coach pressure as player gets puck so they have to protect as they move out front.

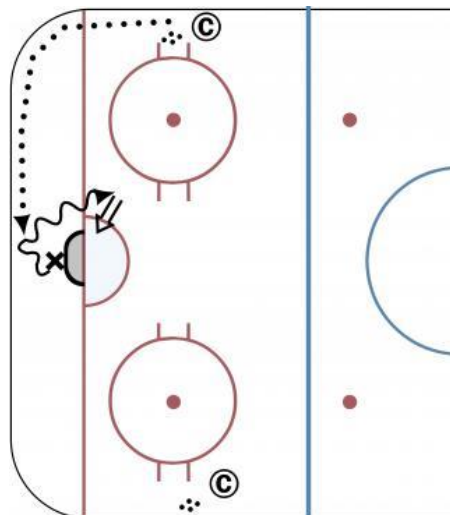
**Secret Sauce:** Quick retrieval of puck and getting to front for scoring.

Run out of both sides.

**Tags:** Quick Shot, In Traffic Scenario

**Hockey Share Link**

<https://www.hockeyshare.com/s/9c30XDEV0E>



## Shoot Around Traffic

### Description

**Skills:** Shooting in Traffic

Progression # 1: The shooter works on pushing or pulling the puck around the traffic (net).

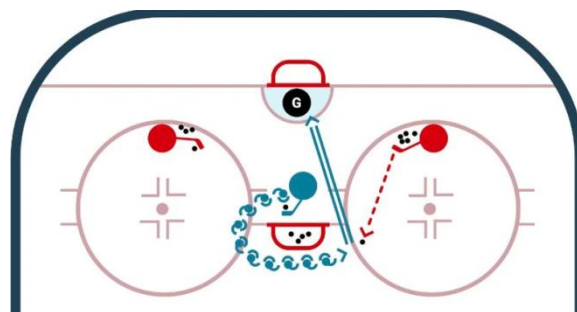
Progression # 2: The shooter works on 2 escape moves while pushing or pulling the puck around the traffic (net). 1st escape move is a stop while they are going backwards, and the 2nd escape move is a curl to protect the puck.

Progression # 3: The shooter must work on their timing while they jump to the open ice to get a shot on net.

**Secret Sauce:** Communication: Both verbal and non-verbal communication for receiving passes. Verbal with your voice, non-verbal is presenting your stick where you want the puck.

Head up: Don't throw pucks at the net, get your eyes up and shoot to score, mix up your shot locations!

Under Handle The Puck: Receive, move, shoot. Try not to stickhandle before shooting.



**Hockey Share Link**

<https://hkysr.com/d/W0TNUNmdla>

**Video Link**

<https://www.icehockeysystems.com/hockey-drills/shoot-around-traffic>

## Backhand Shooter



### Description

**Skills:** Works on receiving pucks on both sides of stick. Quick Release.

Coach or player pass to shooter through object.  
Shooter catches on backhand, pulls puck back through object to forehand, takes shot.  
Work passes from each side.

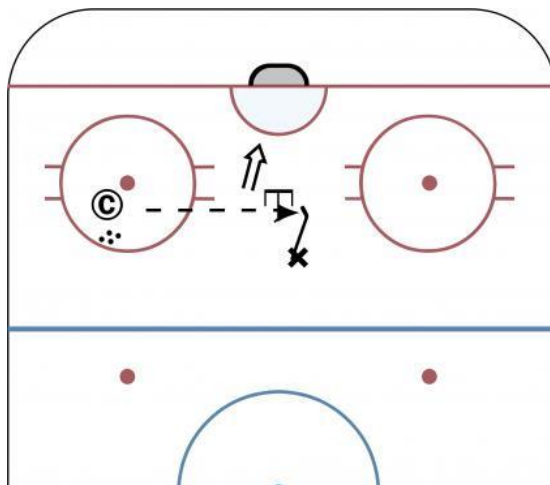
**Secret Sauce:** Quick Shot, In Traffic Scenario

#### Hockey Share Link

<https://www.hockeyshare.com/s/xr4T9LTqtJ>

#### Video Link

[https://www.instagram.com/p/Bk\\_8RsgfbR/?igshid=1j0mqk0agd6uf](https://www.instagram.com/p/Bk_8RsgfbR/?igshid=1j0mqk0agd6uf)



## Lift Bridge Shooting

### Description

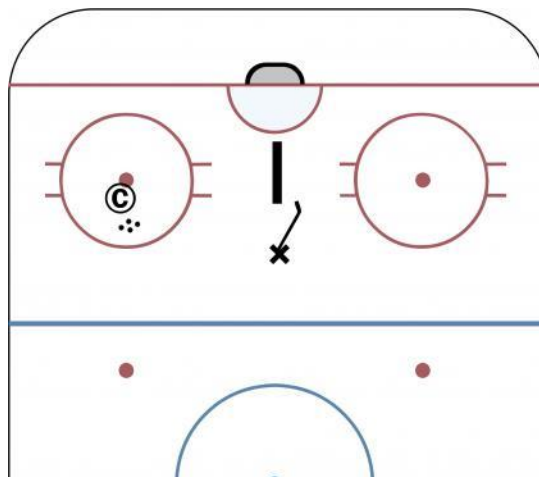
**Skills:** Works on receiving passes in traffic, and being able to initiate stick contact to gain upper hand on opposition.

Coach or Player can make passes.

Pass 1: Close side of pad, catch, pull around, shoot.

Pass 2: Over Pad, knock out of air, shoot

Pass 3: Lift pad, catch, shoot. (can catch and pull around before shot as option)



#### Hockey Share Link

<https://www.hockeyshare.com/s/sV10cY0i57>

#### Video Link

<https://www.instagram.com/p/B7M4swFJdDR/?igshid=qjrlm6py4uvo>



## Description

**Skills:** Another drill that works on receiving passes in traffic, and being able to initiate stick contact to gain upper hand on opposition.

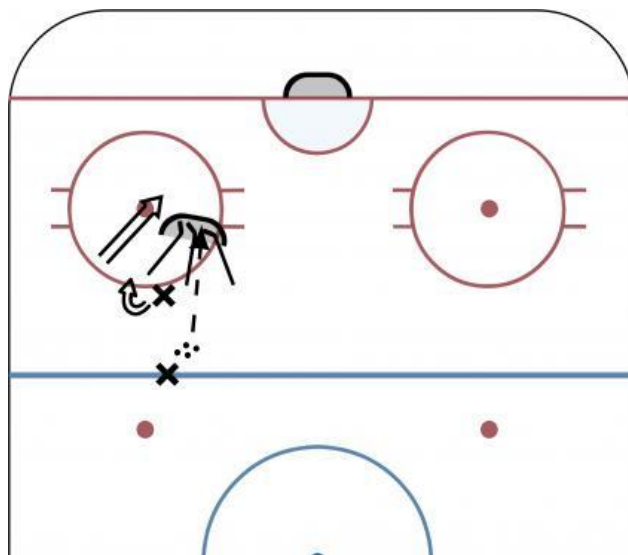
Turn Net Over (bottom of net closest to player), and place stick blades in netting so sticks hang down.

Have one player face the net.

Second player stands behind and passes pucks into net.

Player facing net has to lift sticks that are in net before retrieving puck, gain control, then pull around net to get shot.

**Secret Sauce:** See video for different variations. Player can face net they will eventually shoot on. Player can have back to net, so they have to spin before shot.



### Hockey Share Link

<https://www.hockeyshare.com/s/mYTcvFvThd>

### Video Link

<https://twitter.com/NextGenHKY/status/1207818874877620224>

## 3 Shot Spin Cycle

### Description

**Skills:** Works on handling pucks in tight areas, shooting in motion, retrieving pucks off wall with feet moving gaining separation on opposition.

1. X1 stick handles own puck. Receive a puck from X2 and toe drag around puck they were stick handling to shoot.
2. Recover the same puck and goes. Leave his puck. Receive a puck and shot.
3. Recover the same puck turn around and goes for a shot.

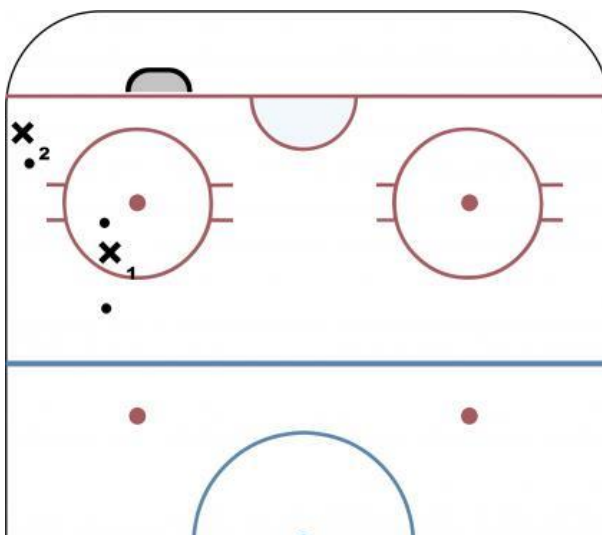
**Secret Sauce:** Add in give n go board to perform a catch and shoot or 1-timer for another variation on 3rd shot.

### Hockey Share Link

<https://www.hockeyshare.com/s/4di652JKFI>

### Video Link

<https://twitter.com/coachchenner/status/1199891567382806528>





## Beaver

### Description

**Skills:** One touch passing, position feet to receive passes/make passes/quick release shot, 1-timers

#### Many Variations

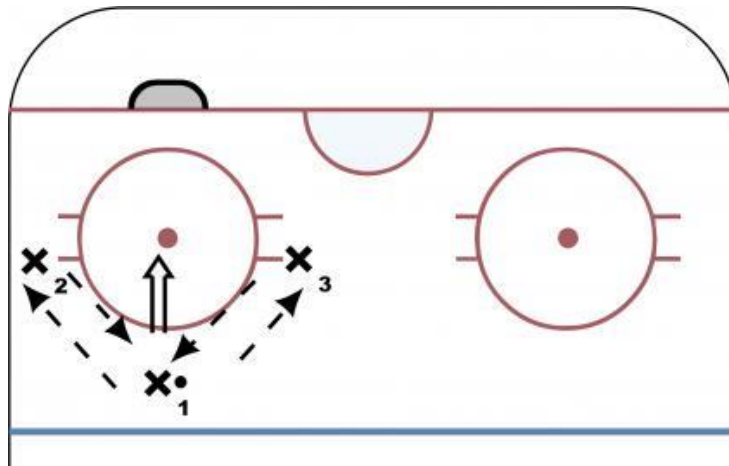
1 - X3 passes to X1, X1 one touches back, pivots and receives pass from X2 for 1-Timer. Repeat starting on X2 side.

2 - X1 receives pass from X3, pivots to make pass to X2, X2 one touches back to X1 for a catch and shoot or 1-Timer.

**Secret Sauce:** Be creative in sequence of passing before shot.

#### Hockey Share Link

<https://www.hockeyshare.com/s/wJuAhxNiYw>



#### Video Link

<https://twitter.com/Edzo16/status/1196928828104425473>

## Beaver 2

### Description

**Skills:** 1-timers while moving, catch and shoot while moving

X1 skates forwards around tires and receives pass from X2 as they get around far tire for either a catch and shoot or 1-Timer.

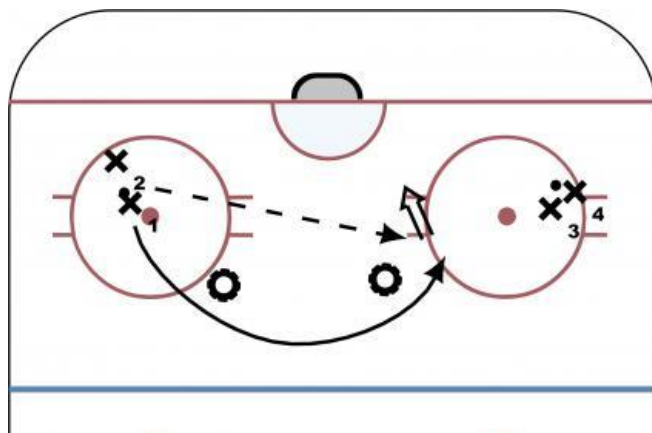
Repeat from opposite side with X3 & X4.

**Secret Sauce:** Be creative in sequence. Could add a saucer pass over obstacle. Catch pass off skate before shot, etc...

#### Other Option:

Put Lefties on one circle and righties on the other circle. (allows more throughput for shooters).

Put a pile of pucks on outside hash, and catch going down the middle (catch and shoot)  
Move pucks to inside hash, go around circle or some obstacle and work on off-hand shots



#### Hockey Share Link

<https://www.hockeyshare.com/s/aR0oolrFRk>

#### Video Link

<https://twitter.com/Edzo16/status/1196928828104425473>

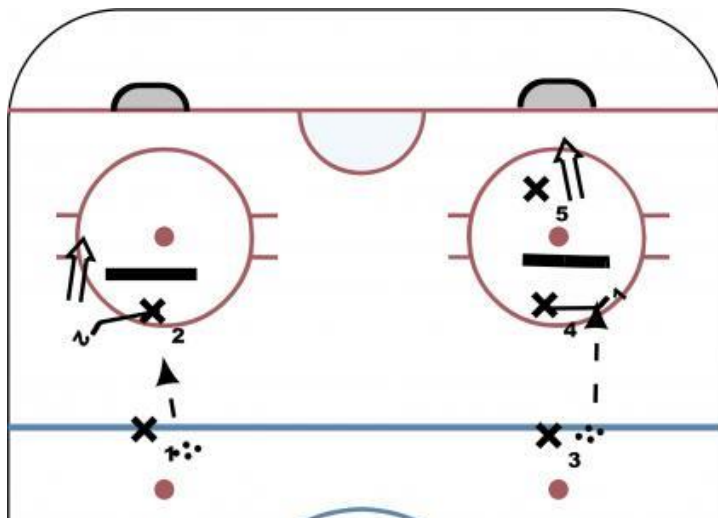
## Ottawa Knock & Shot

### Description

**Skills:** Good for tight area and traffic game scenarios.

A couple Different Drills

1. Left side of diagram - X1 does flip pass or high saucer to X2. X2 must knock down, control puck, work around board or pad, and finish with shot.
2. Right side of diagram. X3 makes hard pass/shot to X4. X4 needs to deflect it over the board/pad to X5. X5 controls, spins, and get off tight shot.



#### Hockey Share Link

<https://www.hockeyshare.com/s/TGp1mdleJD>

#### Video Link

<https://twitter.com/NextGenHKY/status/119688058683885681>

## Ottawa Give n Go

### Description

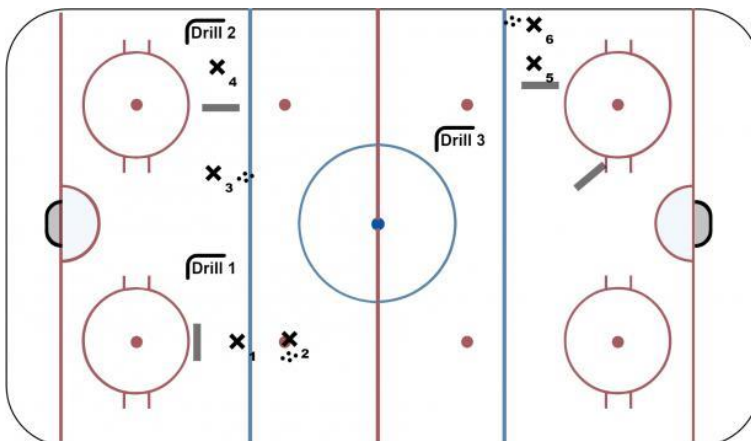
**Skills:** Good shooting drills for D, but can be used by all.

Drill 1 - X2 passes between X1 legs off the Give n Go. X1 controls puck, then pivots to side for shot. Get reps going both ways.

Drill 2 - X3 saucer pucks over the give n go. X4 knocks puck down, controls, moves around give n go for a shot. Get reps both directions.

Drill 3 - 3 shot part progression

1. X6 passes between X5 legs off give n go. X5 1-Times puck.
2. X6 passes between X5 legs off give n go. X5 controls puck and work around board for shot.
3. X5 moves around top board, X6 makes pass off diagonal give n go, X5 either 1-times puck, or quick catch and shot.



#### Hockey Share Link

<https://www.hockeyshare.com/s/Ex2fUxt7jQ>

#### Video Link

<https://twitter.com/NextGenHKY/status/1196593050455334912>

# Spin-o-Rama



## Description

**Skills:** Working on quick release. If you can get a shot off before the goalie is set, you have a better chance at finding the back of the net!!

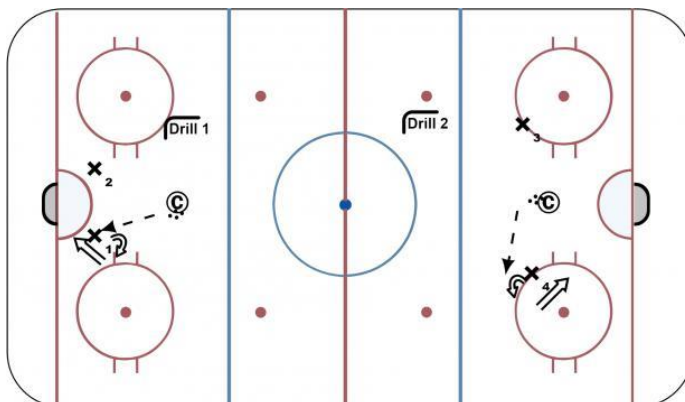
Coach or player can make passes.

### Drill 1 - Close Range

X1 & X2 face up ice (towards coach). Coach will make pass to one side, player receives, makes quick pivot, and gets shot off.

### Drill 2 - Slot Shot

X3 & X4 face the net. Coach will make pass to one side, behind player. Player must pivot to receive puck, continue turning to 360 while executing a shot.



### Hockey Share Link

<https://www.hockeyshare.com/s/aKlSnTkV8J>

### Video Link

<https://twitter.com/icehockeydrills/status/1191459723901460481>

## Parise

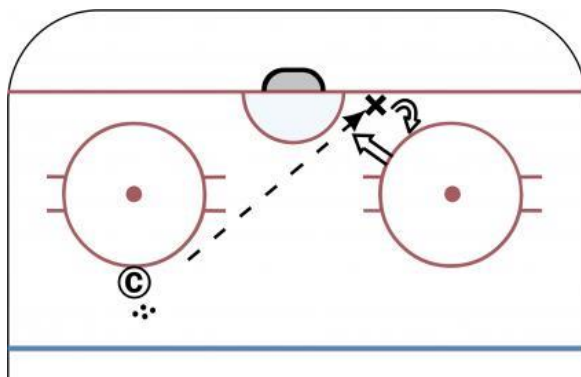
## Description

**Skills:** Tight area scoring. Receiving passes, footwork to change angle.

Have coach or player pass pucks to low man, just off net.

Low man open ups to get a little better angle, and picks corner, working on going upstairs.

**Secret Sauce:** Progression is to pass in puck to low man in corner, low man then performs quick figure 8, then attacks net, again, focusing on going upstairs while in tight.



### Hockey Share Link

<https://www.hockeyshare.com/s/y8lvaDe0G6>

### Video Link

<https://twitter.com/fsnorth/status/1183795502392971264>



## Tight Area

### Description

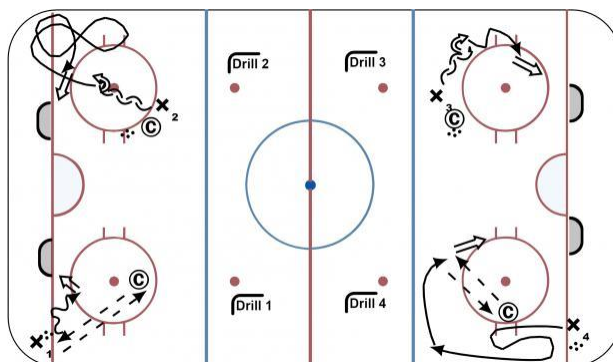
**Skills:** Tight area scoring, edge work, puck control, deception moves. Many reps.

**Drill 1** - Simple give n go with coach out of corner down the goal line and shelf.

**Drill 2** - Start backward and receive puck from coach. Escape move (work both ways) and into corner, do figure eight up wall protecting puck, come out of corner with speed attacking net for shot.

**Drill 3** - Start backward and receive puck from coach. Escape move (work both ways), freelance, work around barrier, shelf.

**Drill 4** - Start with puck out of corner. Escape to wall, protecting puck from pressure. Continue forward around top of zone, give n go with coach, and finish with shot.



**Secret Sauce:** All drills should use tripod or some barrier to work around. Simulate game scenarios where there is traffic/tight spaces and a need to be agile to create scoring chances. Wide range of options within these. Use own creativity in setting up the drills in challenging players.

#### Hockey Share Link

<https://www.hockeyshare.com/s/g8kd3wlnNc>

#### Video Link

<https://www.instagram.com/p/B4JNg7GFYojeNExQdr8ZsNuZBJ1582ERyrKHXw0/?igshid=o4q5bu7nhvg6>

## Slip Shot

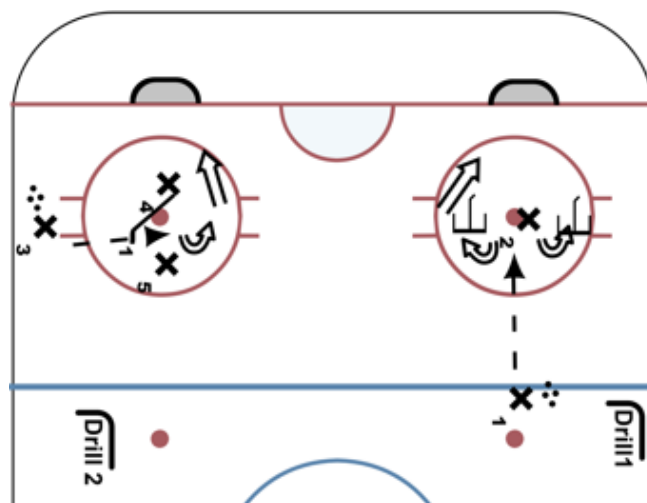
### Description

**Skills:** Shooting, Quick Feet, Stick Lift, Scoring in Traffic

**Drill 1** - X1 makes pass to X2 who is facing X1. X2 receives pass, turns to make quick move through obstacle, and gets off shot. Player should do each way before rotating.

**Drill 2:** X3 makes pass to X5. Before receiving pass, X5 does quick lift of X4's stick, catches puck, moves to side, and gets off shot.

X3 should make passes from both sides so that players get comfortable receiving on both forehand and backhand.



#### Hockey Share Link

<https://hkysr.com/d/ljSdlt420>

#### Video Link

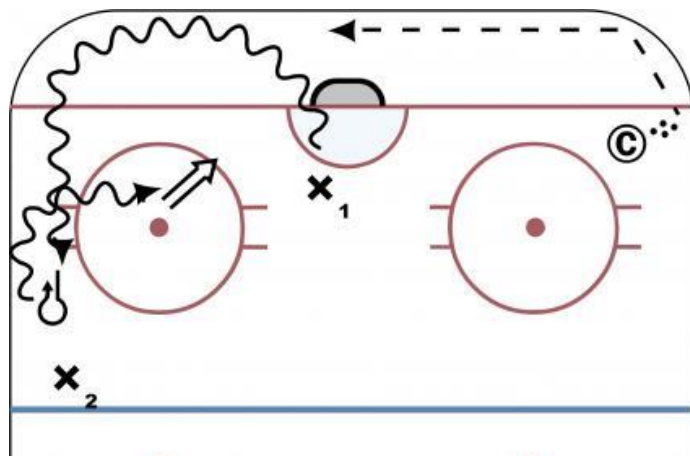
<https://twitter.com/MacLennan28/status/1275925324031766531>

## Reilly Retrieve

### Description

**Skills:** Shoulder checks, Feet Positioning when receiving puck to deceive opposition. Eyes - How to add deception to confuse opposition. Puck retrievals off wall.

Have coach move puck behind net. Player in front moves behind net to retrieve puck off wall. They can go either direction (add pressure to player receiving puck). Player continues with puck up wall. Escapes to board, and explodes to net for shot. Read notes for other variations, and watch video for more explanation.



**Hockey Share Link**

<https://www.hockeyshare.com/s/QDS8evQ8it>

**Video Link**

<https://youtu.be/EUKt9E56K-8>

**Secret Sauce:** Many ways to set this skill up. Can add X2 for scissor/switch support, mimicking game scenarios.

Add obstacles to move around after escape.

Add pressure from coach along wall, or as player receives puck by net.

Player with puck has to protect puck, shoulder check where pressure is, and read opposition to determine outlets for pass or shot.

## Ottawa Stick

### Description

**Skills:** Stickhandling, sticks skills, receiving various passes and adjusting to puck placement.

#### Drill 1

X2 faces boards. X1 passes puck through X2 legs off wall. X2 controls puck, and can move around obstacle or stickhandle through, before a return pass to X1.

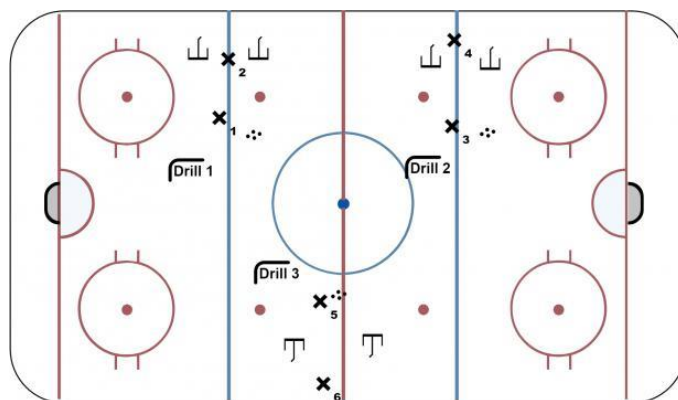
#### Drill 2

X4 faces X3. X3 moves puck to X4. X4 stickhandles around obstacle before return pass to X3. X4 can also deflect pass from X3 over obstacle, stickhandle, then make return pass.

#### Drill 3

X6 faces X5. X5 tries to saucer/shoot puck off wall. X6 must knock puck down, stickhandle around/through obstacle, then make return pass to X5.

**Secret Sauce:** Use any variation you see fit.



**Hockey Share Link**

<https://www.hockeyshare.com/s/bn6Z8IkSqa>

**Video Link**

<https://twitter.com/NextGenHKY/status/1194607420779175943>

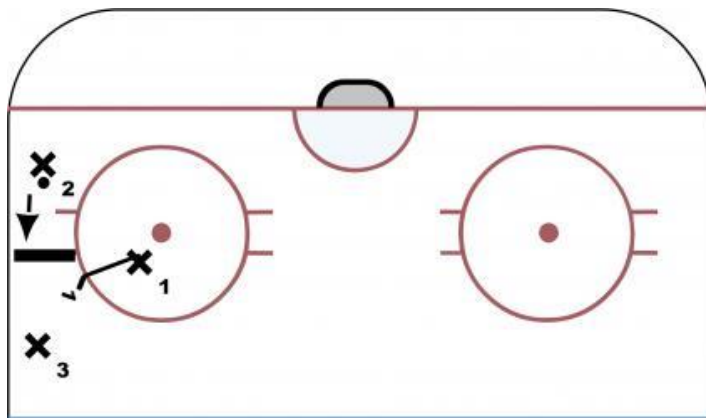
## Lift Bridge

### Description

**Skills:** Receiving/Intercepting pucks in different game situations – High, low, in traffic.

X2 will try and make pass to X3 on ice.  
 X1 lifts pad with stick before intercepting pass.  
 X1 controls puck, then passes to X3.  
 Skill repeats from opposite side.

**Secret Sauce:** Vary drill so X2 & X3 do saucer pass over pad, and have X1 try to knock it down.



#### Hockey Share Link

<https://www.hockeyshare.com/s/arqIST6Yhx>

#### Video Link

<https://www.instagram.com/p/B-TF3r4J4ep/?igshid=1kv05rcz8ozke>

## Suik It

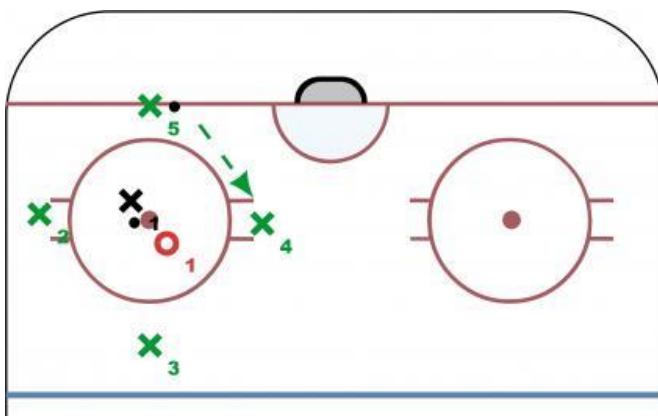
### Description

**Skills:** Passing/Puck Protection. Environment for cognition, scanning & decisions.

Drill:

- Two pucks moving at all times
- 1 "X" and 1 "O" player in the middle
- "X" player protects the puck & find free outside guy,
- 2nd puck is constantly moving among outside players.

**Secret Sauce:** Variation: outside players moving & criss-crossing

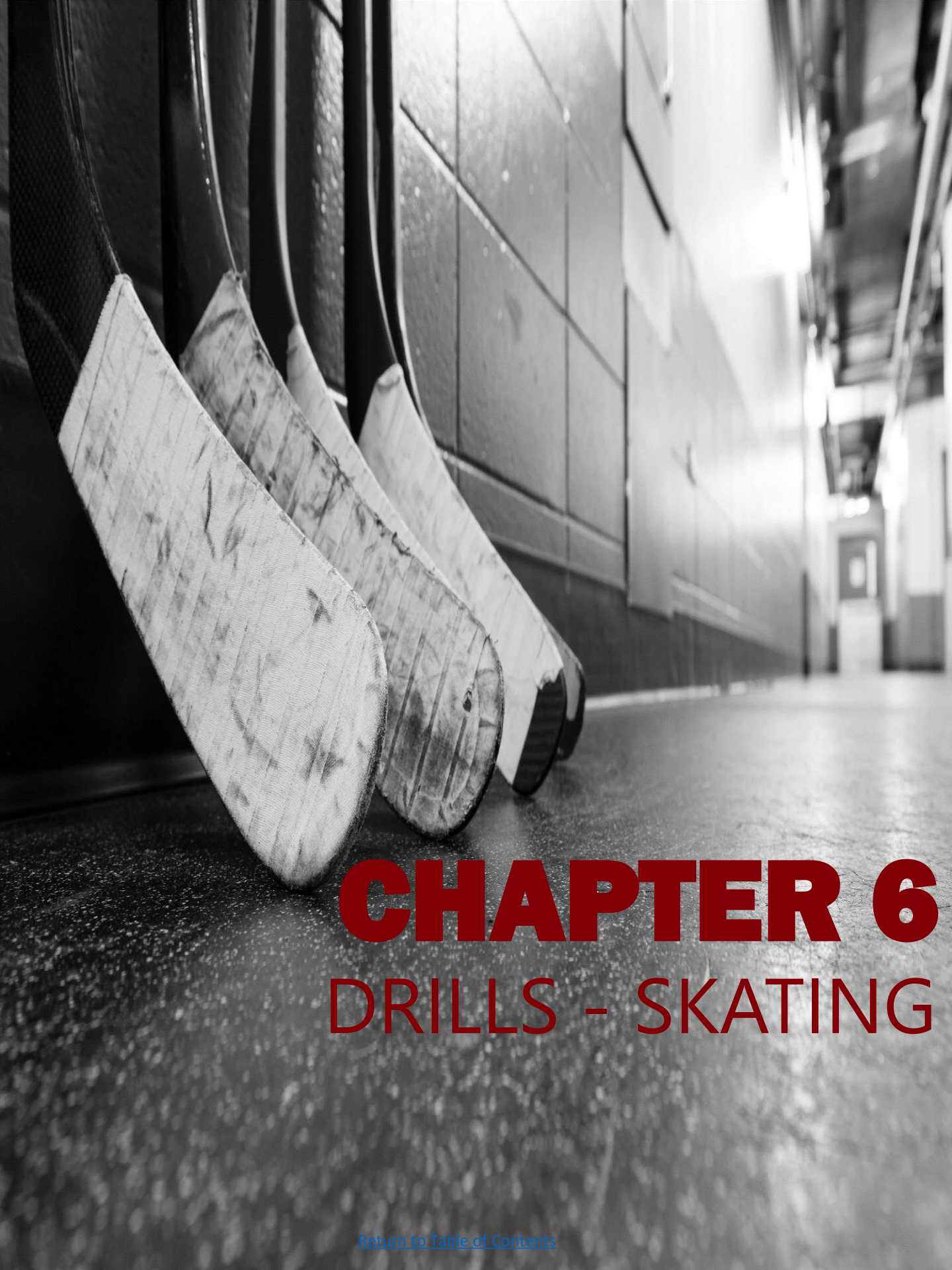


#### Hockey Share Link

<https://www.hockeyshare.com/s/CGBxrcuNIJ>

#### Video Link

<https://twitter.com/suihkonenhockey/status/1246790922282717185>



# **CHAPTER 6**

## **DRILLS - SKATING**

## Figure 8 4 Dot

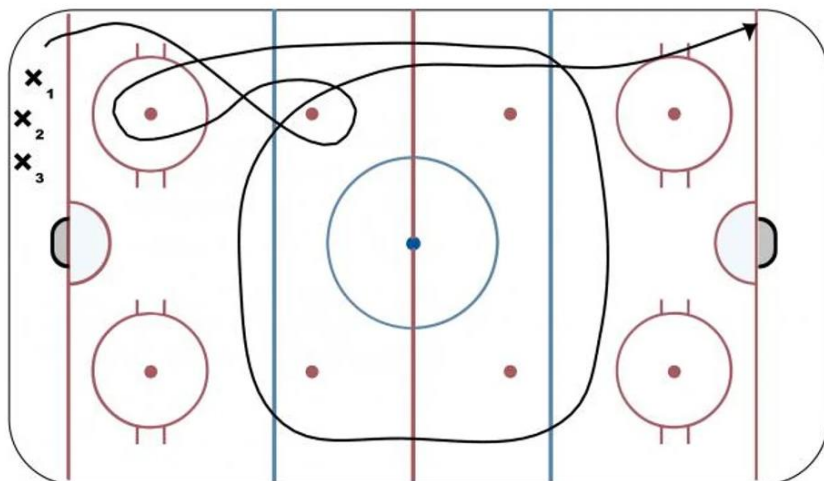
### Description

Players skate 3 at a time with our without pucks. Go forward, backward and with transitions. For transition always face far end of the rink.

**Secret Sauce:** This drill should be run out of both ends, with players in opposite corners. Goalie warm up can be run in the slot/crease areas without disrupting the drill.

#### Hockey Share Link

<https://www.hockeyshare.com/drill/777655>



## Cone Heads

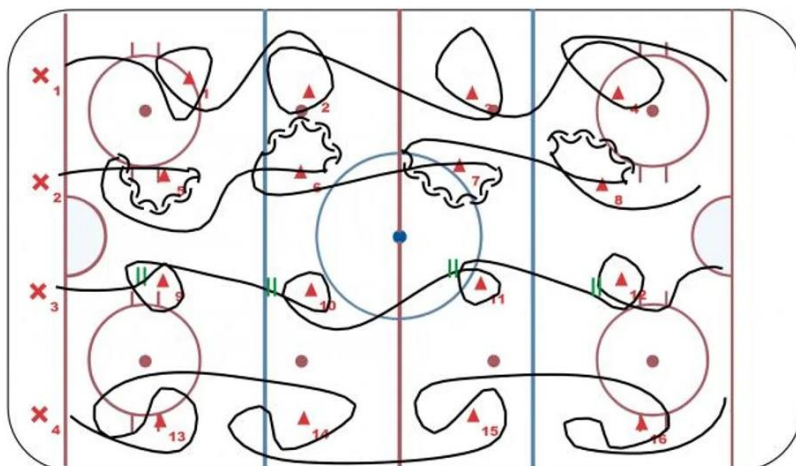
### Description

Line Skate Cone Series

1. Big Circles around Cone with PALM on the ice - x-overs
2. Jump over cone, transition backwards and bobby orr
3. Two foot stop, powerturn and finish with quick x-overs
4. Big Power Turn around cone, half way through the turn, powerturn back
5. Forward to the cone, turn backwards at the cone and complete bwd x-overs around the cone - add palm to the ice to make it more challenging.

**Secret Sauce:** This drill can be run with 2 lines on each side of net, leaving room for goalies to get a warmed up in the slot/crease area.

Or, run to the top of circle on one end, leaving the bottom half of zone for goalies..



#### Hockey Share Link

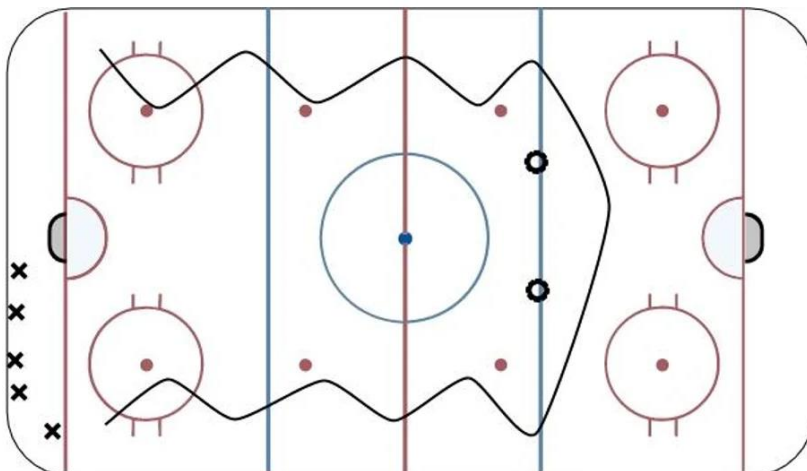
<https://www.hockeyshare.com/drill/758033>



## Ness Edges

### Description

Edge Warmup Drills  
Inside Edges  
Outside Edges  
Mohawks  
Forwards/Backwards  
Can Send 2 At a time.  
Can start in corner, or up middle and down the wall  
Provides a goalie warmup area.



Hockey Share Link

<https://www.hockeyshare.com/drill/526642>

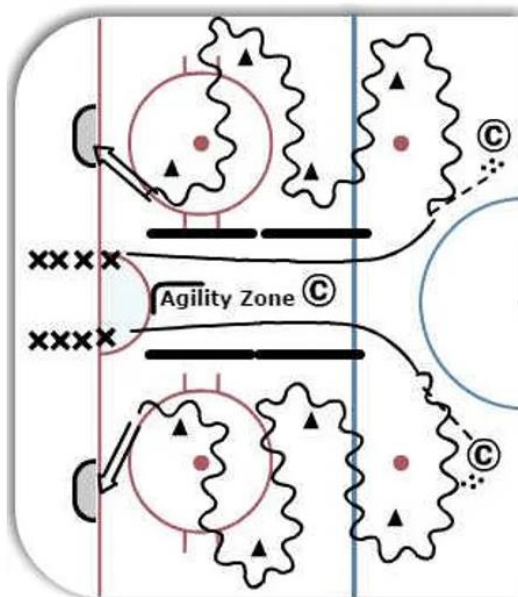
## Skating Butterfly

### Description

Players perform agility moves and then receive pass from coach and then perform power turns around cones and then shoot on net.

**Secret Sauce:** Agility moves could be but not limited to the following:

Inside Edges  
Outside Edges  
Mohawk  
Swizzles  
Slalom  
1 leg C cuts  
Fwd to Bkwd  
Bkwd Only



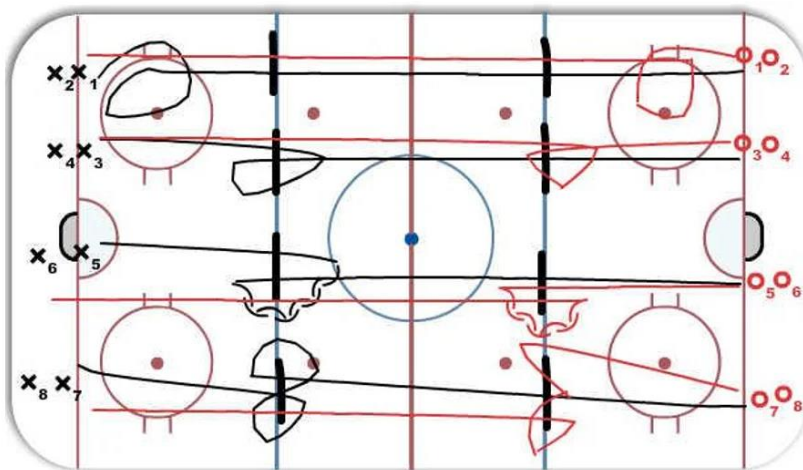
Hockey Share Link

<https://www.hockeyshare.com/drill/601822>

## Paddy Wagon

### Description

1. Small circle, gain acceleration jump over pads in stride (execute clockwise and counterclockwise circle)
2. One circle around pad and sprint down (both ways)
3. Transition around pad. Make sure kids are not turning in the air. Want them to land square and quickly turn feet
4. Figure 8
5. (not shown) Lightning: Forwards to Redline, back to pad at blue line, sprint in.



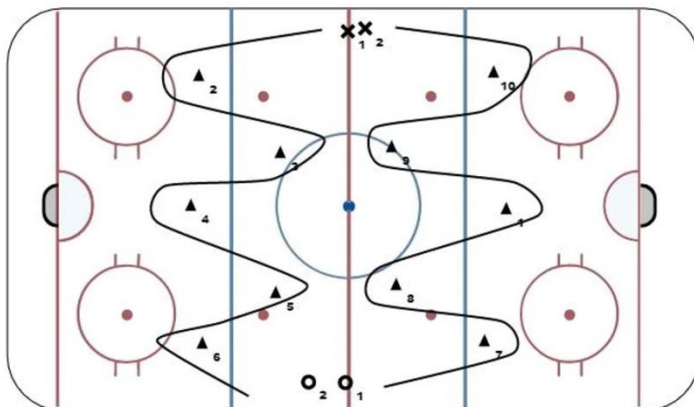
Hockey Share Link

<https://www.hockeyshare.com/drill/116199>

## Super Series

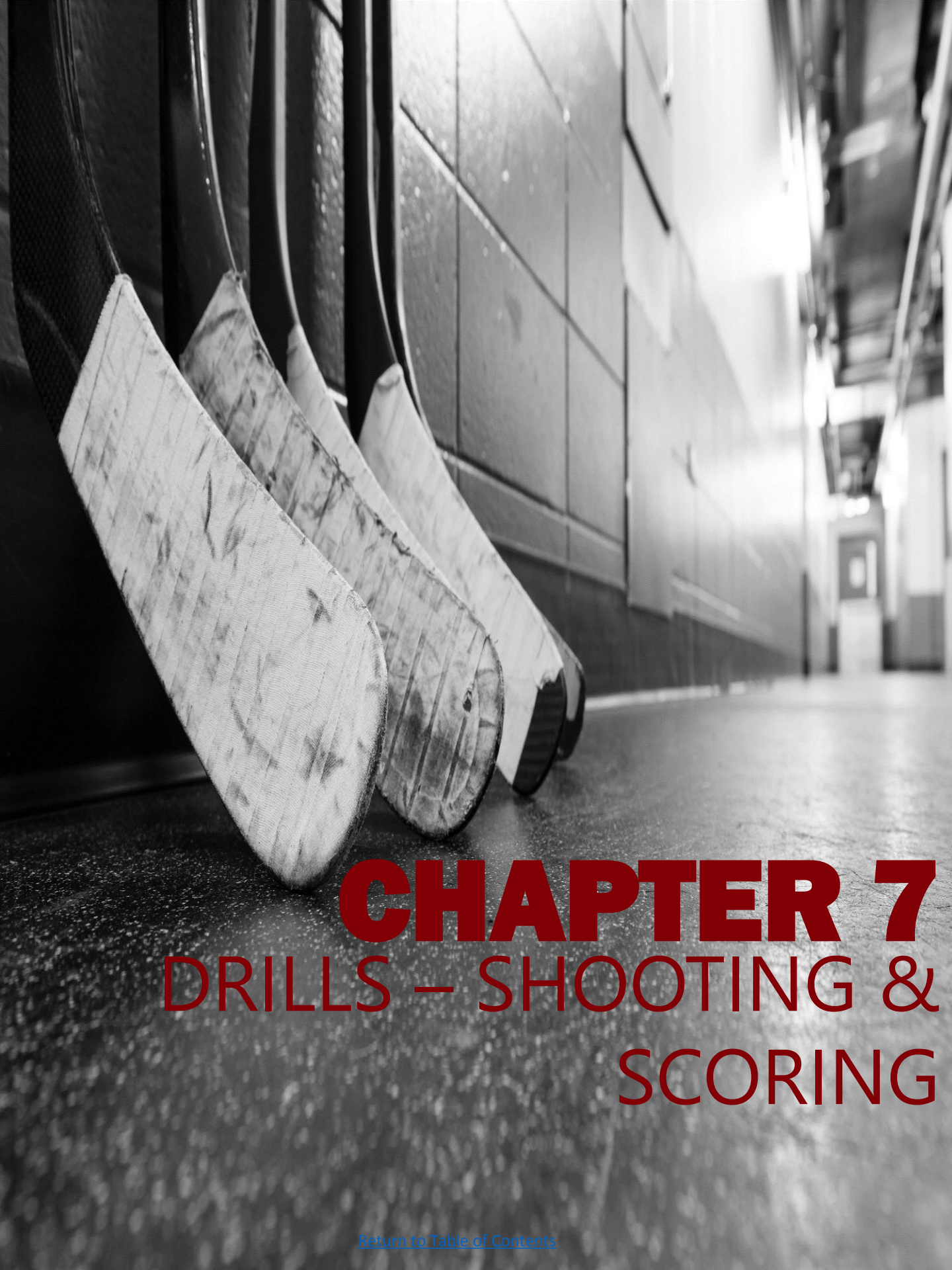
### Description

- Skate around 5 cones performing edgework:
- inside edge
  - outside edge
  - power turns
  - transition
  - mohawks
  - inside leg, outside edge to inside edge
  - inside knee on ice, using outside leg/edge for turn
  - outside edge stop



Hockey Share Link

<https://www.hockeyshare.com/drill/603326>



# **CHAPTER 7**

## **DRILLS – SHOOTING & SCORING**

## 1-2-3 Shooter

### Description

**Skills:** Catching passing, shooting in stride.

X1, X2, X3 leave at same time.

X1 around dot, receive pass from far coach, shoot.

X2 around top of circle, receive pass from near coach, shoot before hash mark.

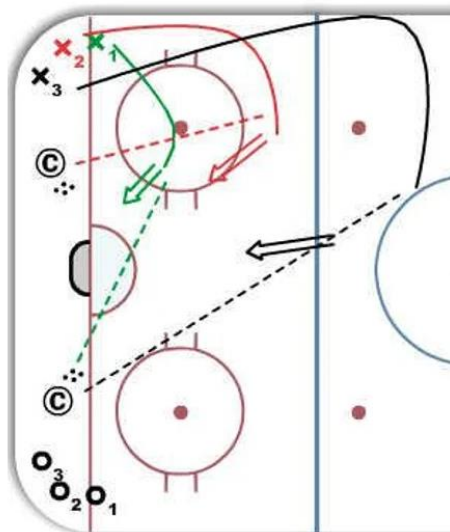
X3 around NZ dot, receive pass from coach and shoot above top of circle.

Play out any rebound after 3<sup>rd</sup> shot

Coaches can vary type of pass player has to receive, depending on skill level (Saucer, to backhand, in feet, etc.)

Drill then repeats from opposite corner.

Good drill for goalie movement.



**Hockey Share Link**

<https://www.hockeyshare.com/drill/212335>

**Secret Sauce:** Shooter 3 from previous rep stays in front as D man to help clear the last rebound from 3<sup>rd</sup> shot. Adds a little defense to the drill so the 3 F's have to make a play with some resistance.

## Figure 8 Shooting

### Description

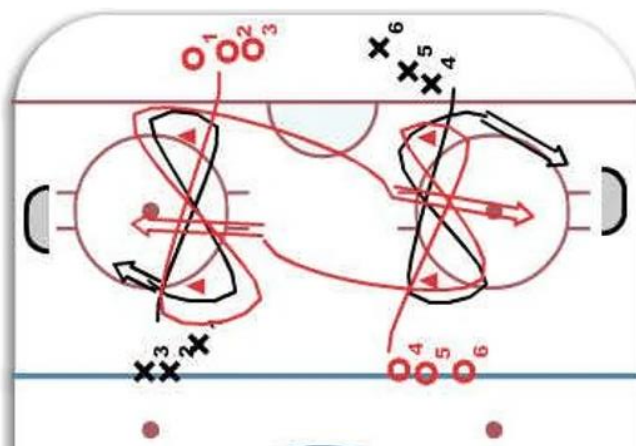
4 Skaters start on the whistle.

Xs = LOW, Os = HIGH

Xs start LOW (under the cone), figure 8 and shoot on the same side they started.

Os start HIGH (above the cone), figure 8 and shoot on the opposite side.

Forwards, Transitions, Bobby Orr



**Hockey Share Link**

<https://www.hockeyshare.com/drill/207546>

## Tire Chip

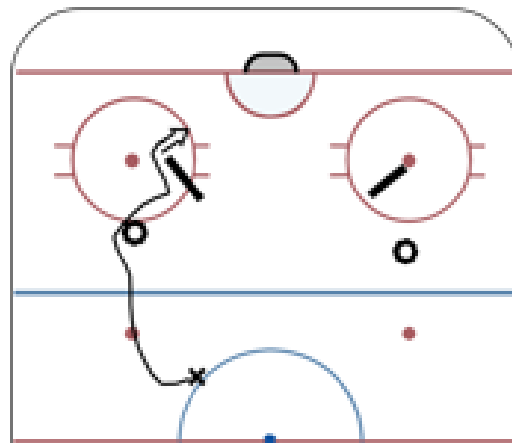
### Description

**Skills:** Puck Handling, Shooting in stride, Moves  
Skater can perform different moves around tire and pad before shot:

1. Reach around on forehand or backhand
2. Chip through tire forehand
3. Chip through tire backhand

#### Hockey Share Link

<https://www.hockeyshare.com/drill/851117>



#### Video Link

[https://www.instagram.com/p/CF-AB\\_6ATJn/?igshid=1bsgo5u7523fj](https://www.instagram.com/p/CF-AB_6ATJn/?igshid=1bsgo5u7523fj)

## Guns & Roses

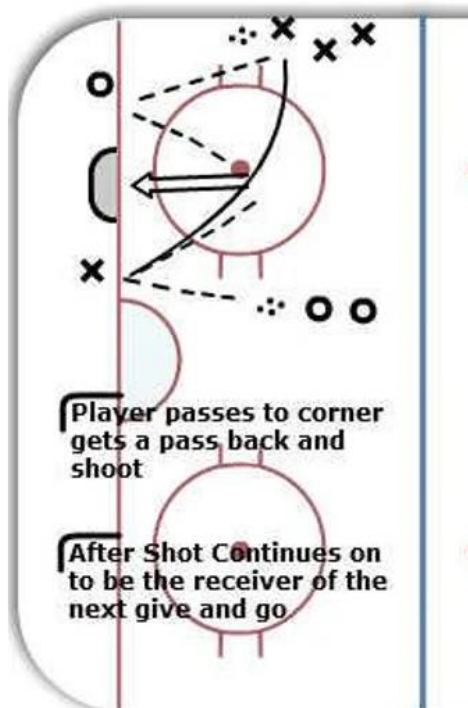
### Description

Drill starts with a shot from the X line  
X then skates below end line on O's side.  
Execute a "Give and Go" with O line.  
O continues to the other side.

Drill is continuous

#### Hockey Share Link

<https://www.hockeyshare.com/drill/66415>



## Small Area 3 Shot

### Description

3 Shots

Shot #1 (in black) - Skate around tire and shoot.

Shot #2 (in red) - After Shot #1, Stop and transition skating backwards to get open. Receive pass from next player in line and shoot.

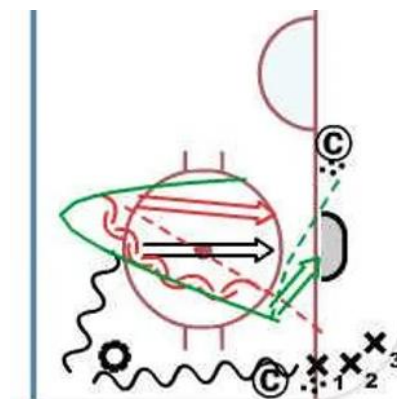
Shot #3 (in Green) - After Shot #2, turn and skate around to the top of the circle and attack net on your offhand.

Open up and receive pass from coach for one-timer.

Coaches should be positioned on either side to make sure the one-timer is setup properly.

If no goalies: Next player should go right after shot #2.

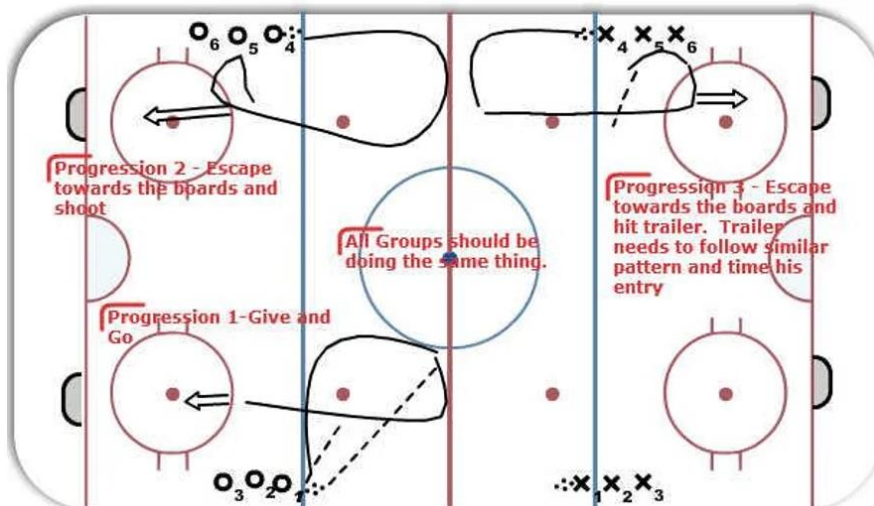
Shoot while feet are moving



**Hockey Share Link**

<https://www.hockeyshare.com/drill/63686>

## Alcatraz Island



### Description

Each group should be working on the same thing

1 – Give n Go

2 – Escape towards boards, finish with shot

3 – Escape towards boards, hit trailer. Trailer needs to follow similar path and time entry.

**Hockey Share Link**

<https://www.hockeyshare.com/drill/123238>

## Lindsey Vonn

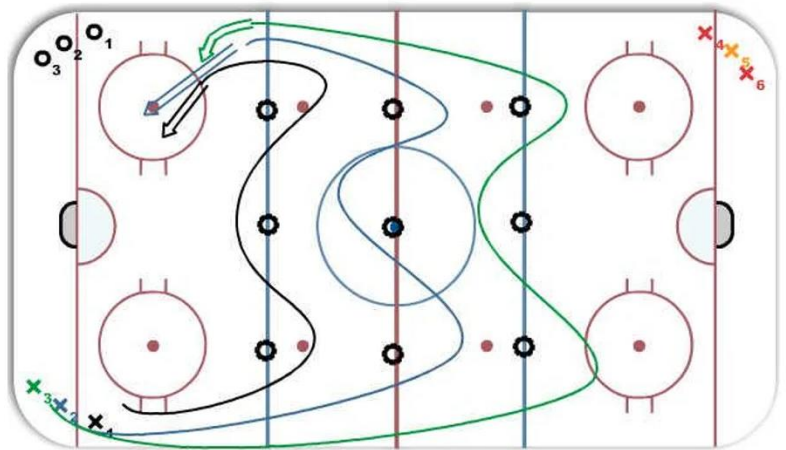
### Description

3 Skaters leave from each side and slalom the cones and finish with a shot.

After shooting, stay in front for a tip.

Hockey Share Link

<https://www.hockeyshare.com/drill/449071>



## Catch & Shoot

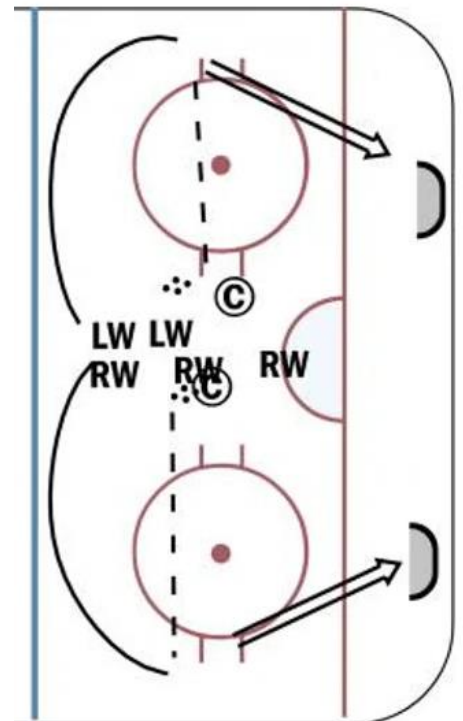
### Description

Lefties on one side, righties on the other  
Skate to the blue line, catch and shoot all in one motion. \*\*NO STICKHANDLING\*\*

**Secret Sauce:** Try to hit left post, right post, and cross bar

Hockey Share Link

<https://www.hockeyshare.com/drill/686260>





# **CHAPTER 8**

## **DRILLS – PASSING & PUCK PROTECT**

## 1 Puck

### Description

X1 starts skating and receives a pass from X3.

X1 Passes to X5, while X3 starts skating.

X1 goes to X3 Line.

X5 passes to X3, X3 passes to X7.

X3 goes to X5 Line.

X5 skates and receives a pass from X7.

X5 passes to X2.

X5 goes to X7 Line.

X2 passes to X7.

X7 passes to X4.

X7 goes to X1 Line.

Keeps going around and around. Should only use 1 puck.



#### Hockey Share Link

<https://www.hockeyshare.com/drill/526218>

## Stop & Start

### Description

Pass back and forth with coach while stopping at each end of the border. Should run for about 20-30 seconds. Emphasize one foot stops and dragging the back foot.

#### Secret Sauce:

- Catch on backhand, Use skates to catch the puck
- Have another player take coach spot
- Have player catch puck, skate to the other side and pass
- If coach doesn't pass in 3 seconds, move to the other side (practice getting open)



#### Hockey Share Link

<https://www.hockeyshare.com/drill/64416>



## Rondo

### Description

What are we developing offensively  
 Quick decision-making through ice awareness, Deception, Possession/body positioning, Small area passing, Timing and making small adjustments.

What are we developing on defense?  
 Dictating play (angling and stick positioning), Working together, Understanding rotations, Desire to win the puck back and maintain possession

**Secret Sauce:** Progressions:

One touch passing only

Offensive player located in the middle bumper

1v1 in middle, use outlets on circle to maintain possession.



Hockey Share Link

<https://www.hockeyshare.com/drill/815293>

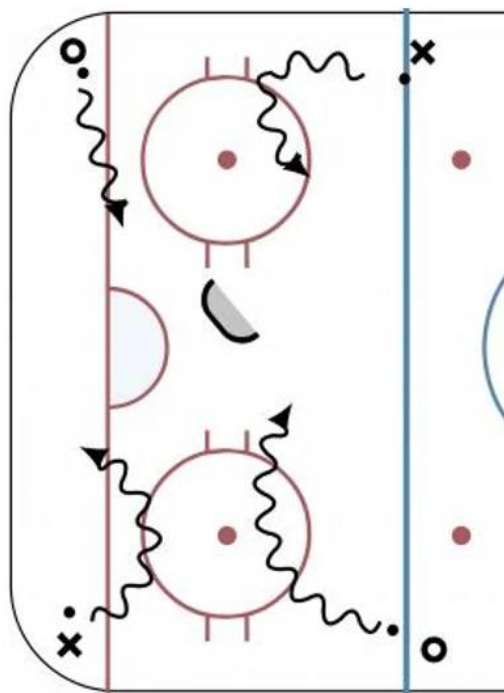
## Goose Getty Up

### Description

All 4 players leave at same time with puck. The idea is to move around the zone and make passes with any line, focusing on opening up to puck when receiving return pass.

After a few minutes, you can adjust to go 2v2, O's vs. X's with one puck. O's are playing keep away from X's by moving the puck to each other, or any line. The focus on O player(s) without the puck is to move to open ice and become an outlet. X's are trying to defend and intercept passes by playing 1v1 defense.

Passes can be to any open player, can go to any line, can go from line to line.



Hockey Share Link

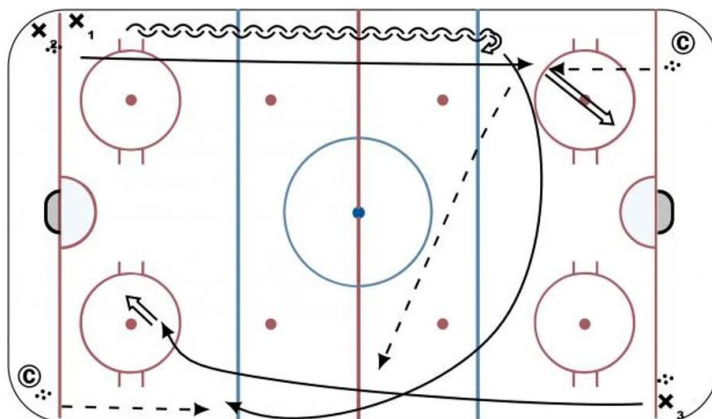
<https://www.hockeyshare.com/drill/812957>



## Wild 6 Shooter

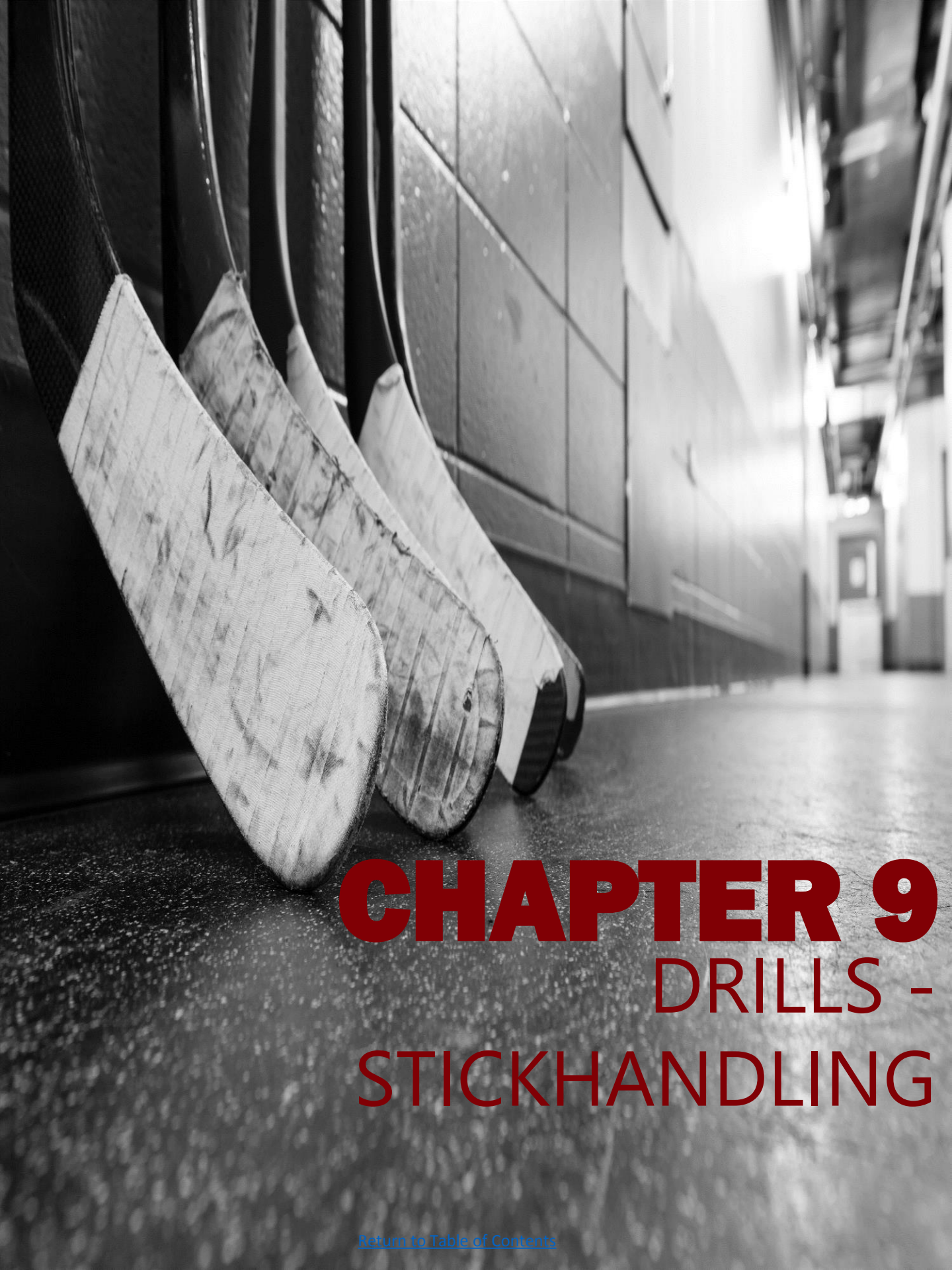
### Description

X1 & X2 exchange 1 touch passes. At far blue, X1 steps out and makes cross ice pass to X3 that has times their leave up the wall. X2 receives pass from coach for shot, and stays in front for screen/tip. X3 takes shot after receiving pass then stays in front for screen/tip rebound. X1 continues up ice after making pass to X3, receives puck from coach, walks the line, and takes shot. Run out of both sides.



### Hockey Share Link

<https://www.hockeyshare.com/drill/812898>



# **CHAPTER 9**

## **DRILLS - STICKHANDLING**

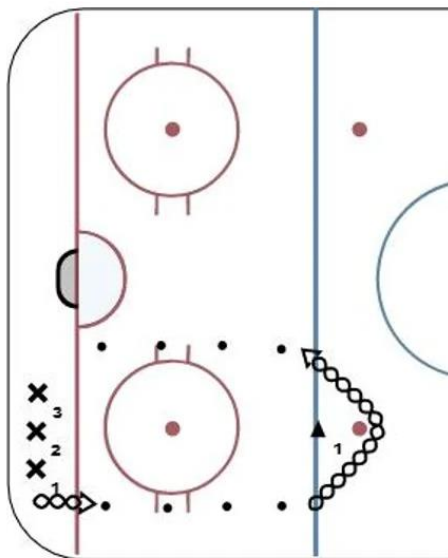
[Return to Table of Contents](#)

## Bloomington

### Description

Line up a series of pucks in a line as shown and complete the following stickhandling pattern:

- 360 around the puck - clockwise and counter-clockwise
- Forehand toe drag
- Forehand only weave



Hockey Share Link

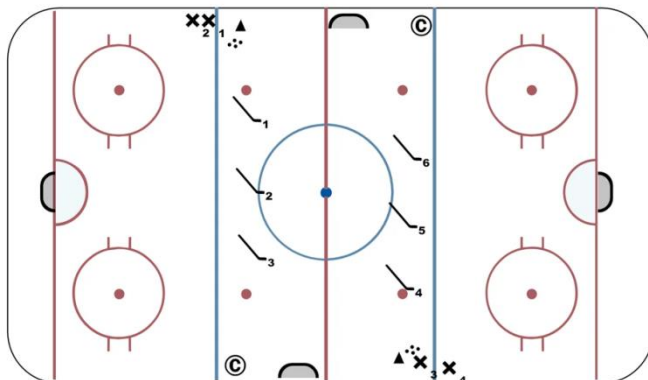
<https://www.hockeyshare.com/drill/601743>

## Fancy Like That

### Description

Stick handle around the sticks, pass to the coach and shoot.

Work on pulling in both directions, have them pull underneath the sticks, can have them do power turns around and slide puck underneath stick as well. Get creative and mix it up.



Hockey Share Link

<https://www.hockeyshare.com/drill/994941>



## Handle Bars

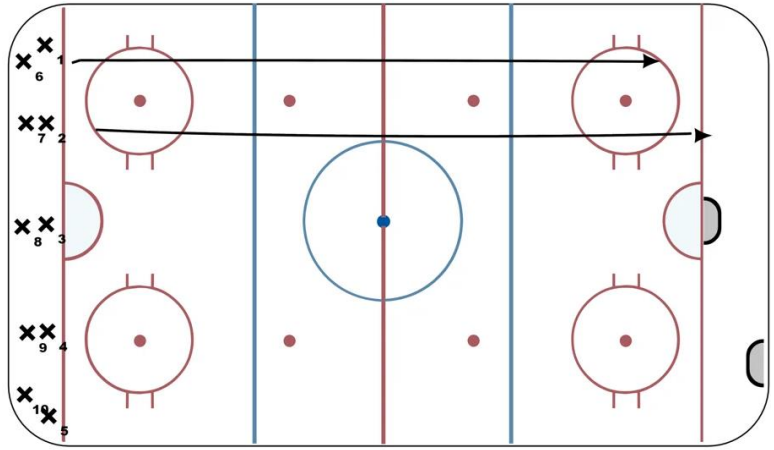
### Description

- stick handle out front, quick hands X 2
- stick handle on forehand side X 2
- Stick handle on backhand side X 2
- Rainbow X 2
- Fwd, Bkwd, Fwd Pivots with puck X 2

**Secret Sauce:** Can also be run in a station

**Hockey Share Link**

<https://www.hockeyshare.com/drill/916552>



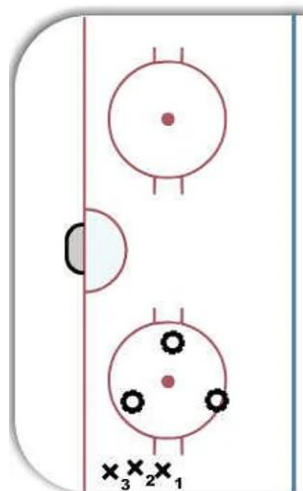
## Bermuda Triangle

### Description

Skates and Body should always be facing forwards. Stickhandle around tires while working on a variety of stickhandling moves. Cupping the puck, toe pull, pull backs.

#### Hockey Share Link

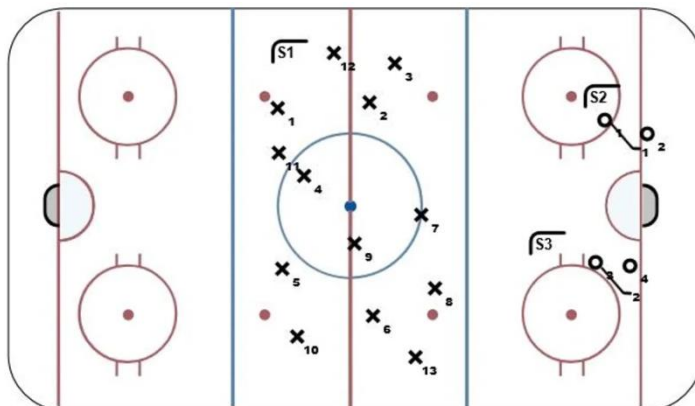
<https://www.hockeyshare.com/drill/308046>



## Datsuyk

### Description

S1 - All players skate in NZ with puck - Need to keep moving and keep your puck while attempting make others lose their puck - Elimination style - If you lose your puck you are out for that round - When down to 7 players move to center circle.  
 S2 O1 stands stationary with stick out front - O2 stickhandles for 30 seconds around and between O1's skate and stick. Switch  
 S3 O3 lays on ice with stick on ice in front - O4 Stickhandles for 30 seconds while jumping over moving stick of O3 - Encourage eyes up and doing multiple things at once.



#### Hockey Share Link

<https://www.hockeyshare.com/drill/563715>



# **CHAPTER 10**

## **DRILLS – PUCK CONTROL**

[Return to Table of Contents](#)



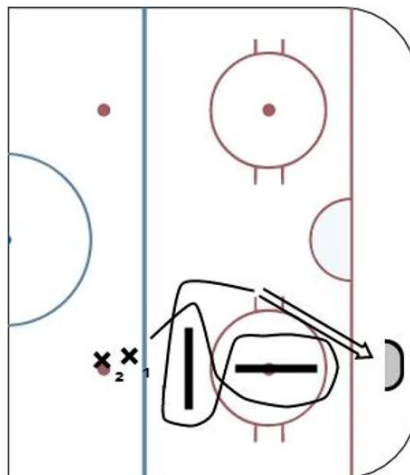
## Mr. T

### Description

Carry puck around the border pads executing x-overs and power turns then taking a shot on a net

Hockey Share Link

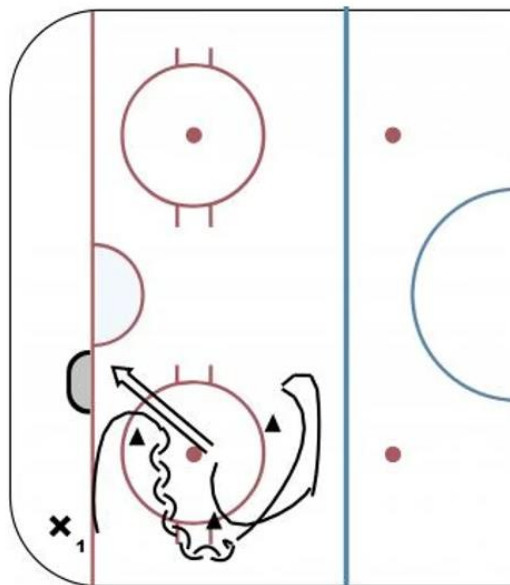
<https://www.hockeyshare.com/drill/603334>



## Ziggy Marley

### Description

Carry a puck  
Forward to backwards around 1st cone  
Transition fwd around 2nd cone  
Long power turn around last cone and jab turn  
back with x-overs  
Deke on 2nd cone and shoot on net



Hockey Share Link

<https://www.hockeyshare.com/drill/763681>

## Walking Taco

### Description

Carry the puck and skate fwd around the border patrol

Transition bwd around the patrol

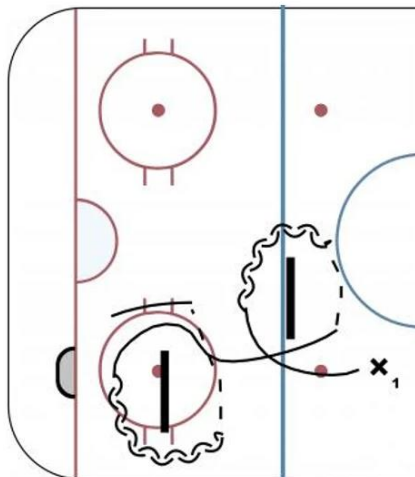
Mohawk walk around the top of the pad

Complete the same pattern going the other direction on the other pad

Finish with a shot.

#### Hockey Share Link

<https://www.hockeyshare.com/drill/763347>



## Swiftly

### Description

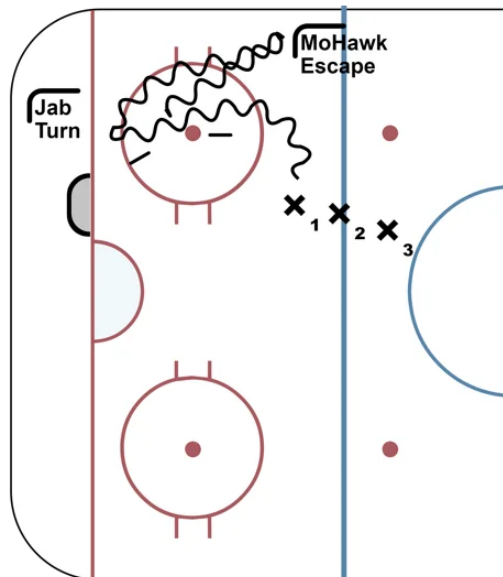
Carry puck with x-overs around slip thru, at bottom slip through jab turn escape away from slip through and skate up board. Open up to a Mohawk and escape towards the boards. Drive to the net with a slip through and shot on net.

#### Hockey Share Link

<https://www.hockeyshare.com/drill/967828>

#### Drill Video

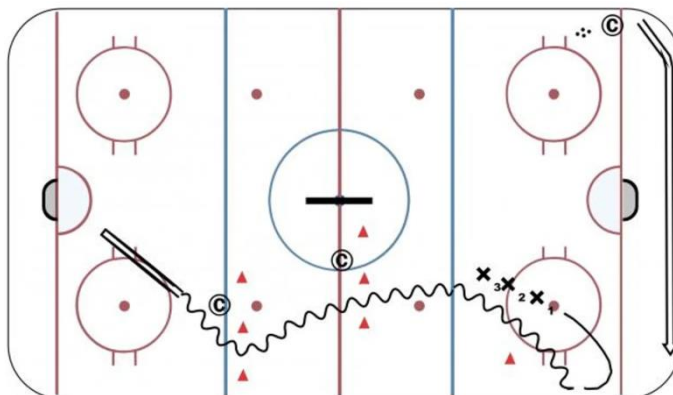
<https://youtu.be/aPcXlm84Tcg>



## McDavid

### Description

Coach rings the puck around the boards, player gets puck off boards and takes hard stride off the boards and up the ice around 1st cone. Player carries puck into nz where they will need to decide which lane to go through based on the coach closes a lane at both sets of cone. Player shoots on net and stops at the net for the rebound.



#### Hockey Share Link

<https://www.hockeyshare.com/drill/758230>

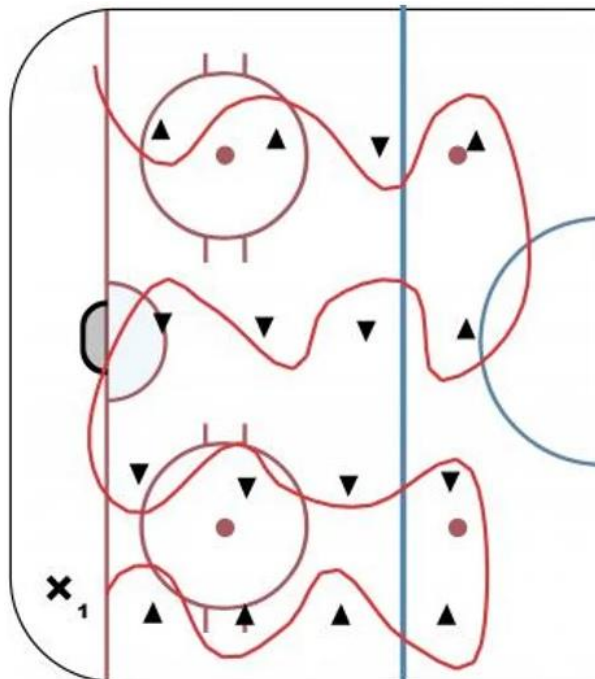
## Indy 500

### Description

Indy course with a puck  
 Standard weave  
 Weave on forehand only  
 360 around each cone  
 Toe Drag  
 Backhand Pull Back  
 Double Cone - Power turns, Mohawks, transitions, crossovers

#### Hockey Share Link

<https://www.hockeyshare.com/drill/763081>





# **CHAPTER 11**

## **DRILLS – WARM UP**



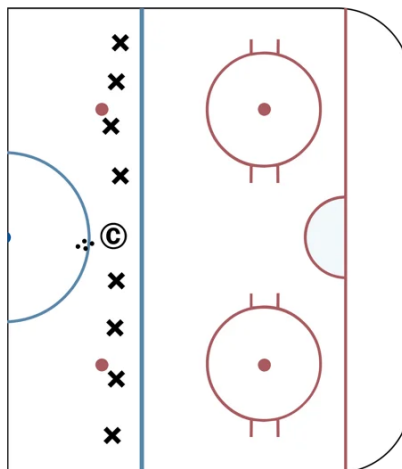
## Finders Keepers

### Description

Finders Keepers w/ Goalies NZ

Finders Keepers:

- Coach will decide to put in a maximum of 5 pucks
- Coach will send in fewer pucks than there are players active
- Example: If Coach puts in 5 players, they can only put in a maximum of 4 pucks
- Players are to compete for pucks and try to be holding one when the Coach whistles the rep done
- If a player does not have a puck at the whistle, they do 3 pushups upon returning to line



Hockey Share Link

<https://www.hockeyshare.com/drill/822433>

## Zebra Mussels

### Description

Skills: Angling & Evasive Skating

X2 receives pass from X1 on wall.

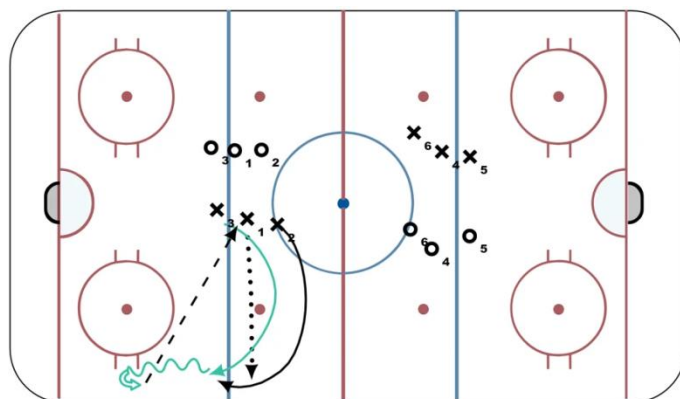
X3 angles X2, takes puck, performs some evasive skating, makes pass back to X1.

Rotate players

**Secret Sauce:** Use cut back.

Double cut back to middle.

Add in other evasive moves that you prefer.



Hockey Share Link

<https://www.hockeyshare.com/drill/814889#!>

Video Link

<https://youtu.be/YPvcKAKLqDM>

## Around the World

### Description

Skills - Passing, Vision, Hockey Sense, Quick Starts, Communication

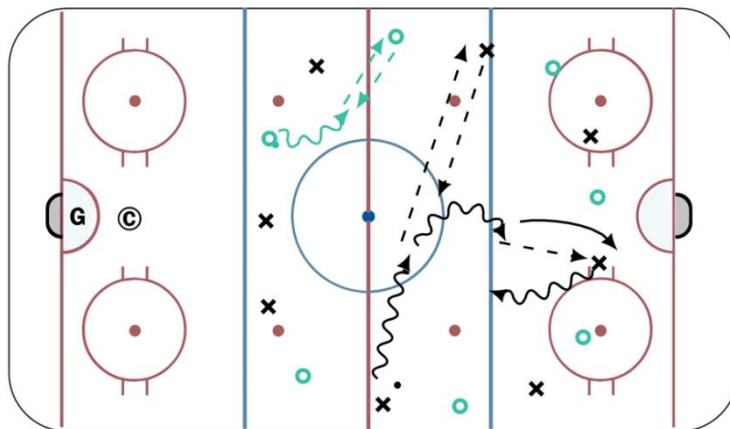
1st X Takes off with puck. Makes pass to another player, continues skating towards player, and gets a return pass. They then find a new player, make pass to them, then replace them in line. That player takes off with puck, eyes up someone and continues sequence.

After 1st X completes sequence, have another player start with a new puck, and do the same. Keep adding pucks up to 5.

Notes: Make sure players are ready in line. They should be scanning ice, looking for passes. Emphasize quick take offs and communication.

Multiple players should be going to create a little chaos, working on vision.

Goalies can be going through a warm up with coach on the other end.



Hockey Share Link

<https://www.hockeyshare.com/drill/814534>

## Bermie

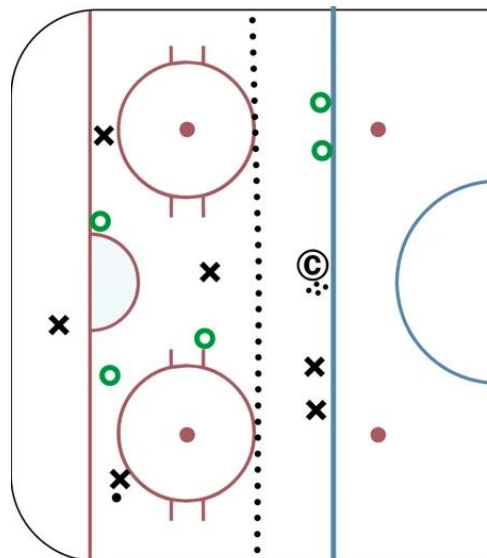
### Description

4v3 Keep away from below the top of circles, or full zone, whatever coach prefers.

No set rules, just straight keep away.

Hockey Share Link

<https://www.hockeyshare.com/drill/925913>



## Finnish 5 Puck

### Description

5 players at a time, Rotate 45 - 60 second shifts, full zone, or half of a zone (station), add obstacles.

ACTIVITY # 1: FORWARD SKATING w/puck, be creative

ACTIVITY # 2: BACKWARD SKATING w/puck, shoulder checks

ACTIVITY # 3: FOREHAND ONLY Stick handling

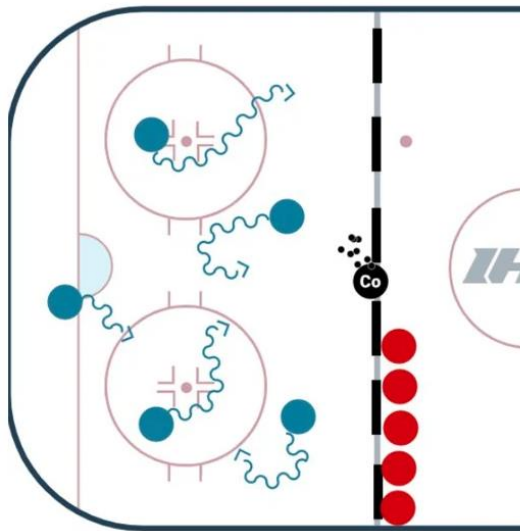
ACTIVITY # 4: PASS 1 PUCK, communicate, find space

ACTIVITY # 5: PASS 2 PUCKS, can't pass to someone that has a puck

ACTIVITY # 6: PASS 3 PUCKS

ACTIVITY # 7: PASS 4 PUCKS, eyes up, patience with puck

ACTIVITY # 8: 3 VS 2



Hockey Share Link

<https://www.hockeyshare.com/drill/922435>

Video Link

<https://youtu.be/SbhQEYZFnc>

## Handball

### Description

2 nets, tires, or cones and two teams.

Can only have the ball for 2 seconds. You must get rid of the ball quick (give & go!)

If a player has the ball for longer than 2 seconds, the coach blows the whistle and there is a change of possession.

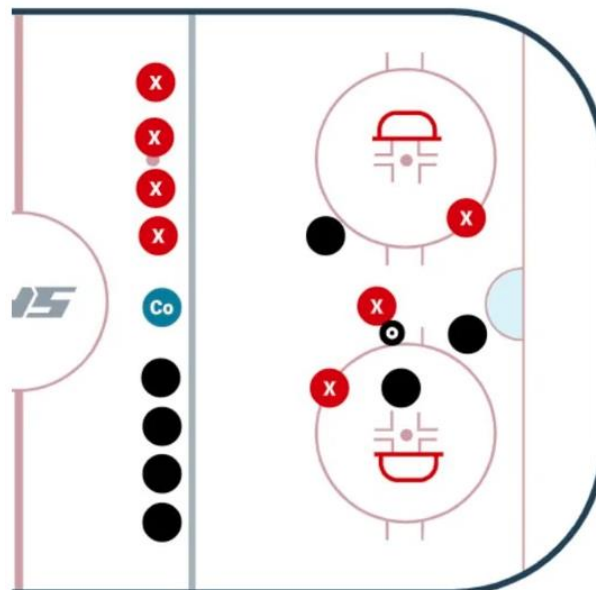
If the ball falls to the ice, it is a change of possession.

15 - 30 second shifts.

**Secret Sauce:** Give and go's!

Support the ball by being an outlet for your teammate.

Get open!



Hockey Share Link

<https://www.hockeyshare.com/drill/913013>

## "Muse 4 Pass



### Description

Starts with 4 players passing puck (stationary). Work on 1 or 2 touch passing. On Whistle, it becomes a 2v2 or 3v2 keep away game, whatever coach indicates.

#### Hockey Share Link

<https://www.hockeyshare.com/drill/933468>

## Muse 4v2



### Description

4v2 PP possession game on each side. Can implement 1 or 2 touch passing.

#### Hockey Share Link

<https://www.hockeyshare.com/drill/933451>

## Tag

### Description

Great warm up of tag and fun game for any level.

Works on: Pivots, edges, communication, forward/backward skating, transition and more.

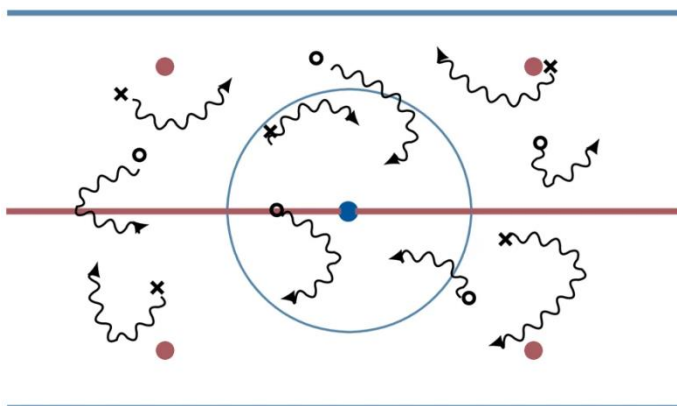
Can have person that is not "it" skate backwards only

A good station drill

**Secret Sauce:** If tagged, player must freeze. Only way to continue is to have someone slide between legs. Frozen player is thawed and can get back in game.

Hockey Share Link

<https://www.hockeyshare.com/drill/813941>



## Tag Squared

### Description

Coach can set up zone to whatever way fits the number of players.

Each player has a puck and moves in designated area with their opponent (X & O)

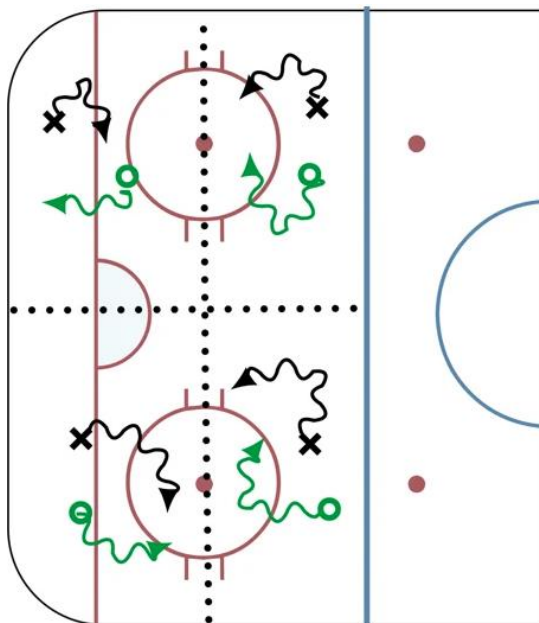
Simple game of tag to work on:

Creativity, Scanning, Decision Making, Deception, Stick Handling, Skating, Manipulate/Create Space

**Secret Sauce:** One simple, golden rule. You must control your puck at all times, even when tagging your opponent! You are not allowed to leave your puck.

Hockey Share Link

<https://www.hockeyshare.com/drill/983394>





# **CHAPTER 12**

## **DRILLS – DEFENSEMEN**

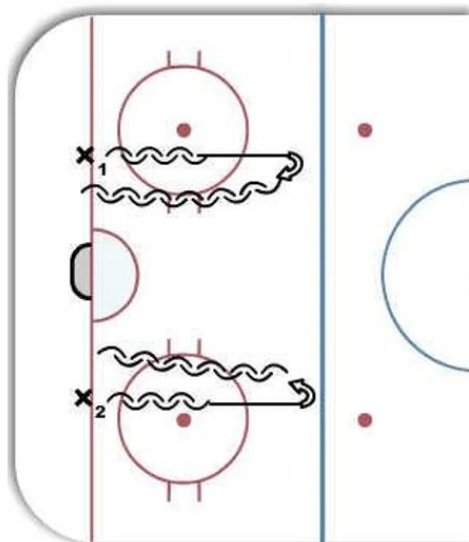
## 3 Whistle

### Description

Begin Backwards on Whistle open to forward,  
next whistle, backwards to goal line

Minimum cross overs

Always face outside - butts to the middle of the ice



Hockey Share Link

<https://www.hockeyshare.com/drill/601814>

## D Pass & Shoot

### Description

D1 passes to D2 (or can put in corner for retrieval)

D2 passes to D3 (can be a bank pass, rim, or direct)

D3 Passes to D4 (bank, bounce, rim, whatever)

D4 pulls to Middle and shoots

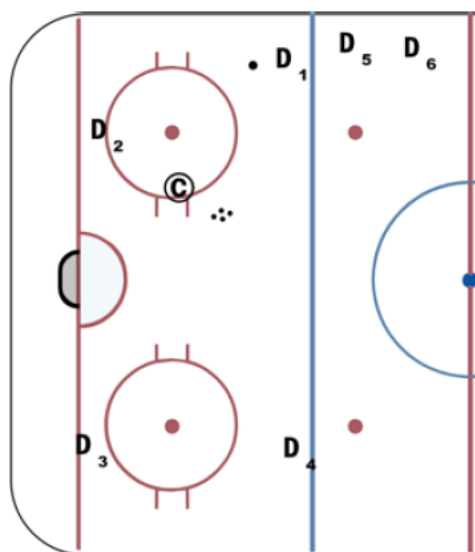
---

During the drill D1 moves to D2, D2>D3, etc.

D5 steps in to start drill again.

**Secret Sauce:** Coaches discretion to what types of passes and/or skills the Defense are working on.

You can leave players in their positions if you want to work on quicker puck movement and repetitions. Have them rotate after 3-4 reps. Make sure to work the other direction



## Quick Up

### Description

Defenseman steps up around pylon, retrieves the puck and makes an outlet to defenseman at blue line who then shoots

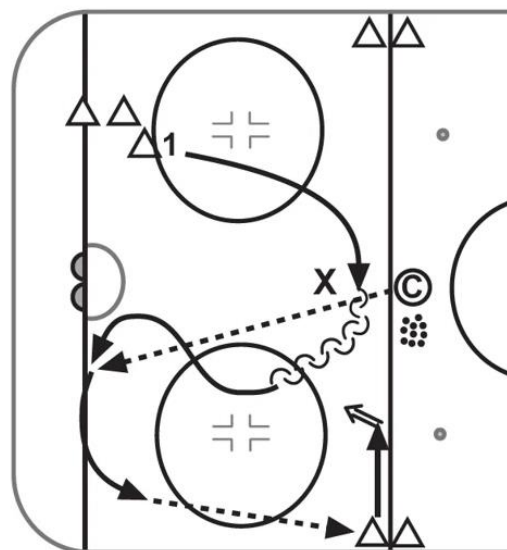
- Defenseman keeps going up around pylon, retrieves puck from other corner and makes an outlet at blue line who then shoots
- Next defenseman goes

#### Secret Sauce:

- Quick to the puck
- Shoulder check ; both shoulders if time
- Decide what to do before you touch the puck
- Pick puck up on a good skating angle, get it on your forehand and make a good pass
- Good shooting fundamentals at the blue line

#### Hockey Share Link

<https://www.hockeyshare.com/drill/956899>



#### Video Link

<https://youtu.be/wG-NqnHT9nk>

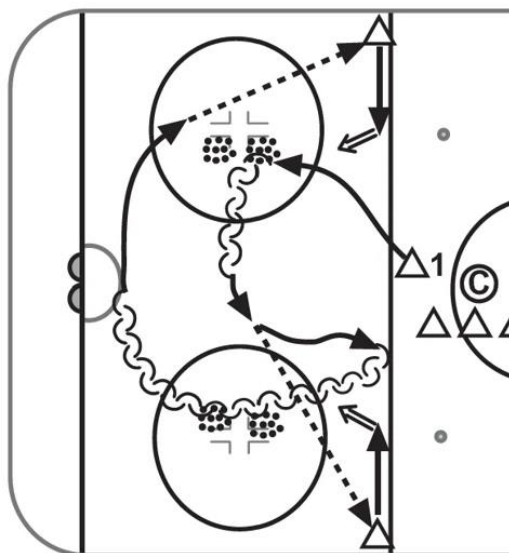
## Toes Up

### Description

- 3 defensemen, 2 are shooters and 1 retrieves pucks
- Defenseman retrieves puck from circle, using toes up, passes to a D at blue line and he shoots. Same defenseman picks up second puck toes up ice, passes to other D at blue line and he shoots
- Switch defensemen

#### Secret Sauce:

- Shoulder check as you approach the puck. If no immediate pressure then pick puck up toes up ice
- On backhand pick up, pull the puck to forehand as quickly as possible
- Do not slow down, slide stop and maintain speed
- Head up, move your feet and get the puck loaded as soon as possible
- Good shooting fundamentals at blue line



#### Hockey Share Link

<https://www.hockeyshare.com/drill/956950>

#### Video Link

<https://youtu.be/FpL1dhtRvQc>

## Golden Retrieval

### Description

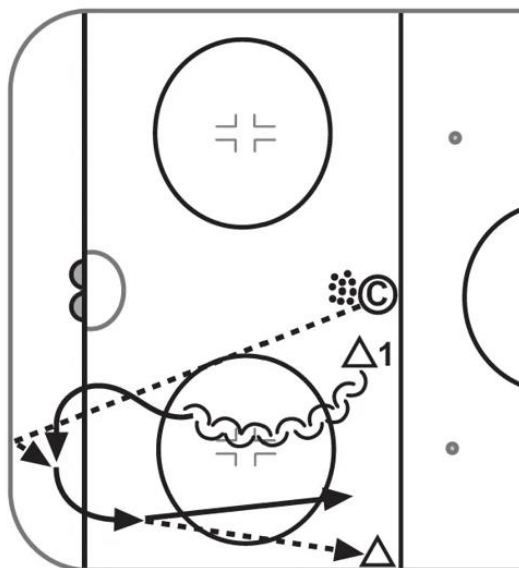
- Coach spots puck to corner
- Defense starts backwards, pivots, shoulders check and picks up puck
- Pick up puck and make an outlet pass
- Be deceptive - escapes, tight turns, change directions

#### Secret Sauce:

- Deception to be unpredictable
- Get puck loaded for quick pass

#### Hockey Share Link

<https://www.hockeyshare.com/drill/956923>



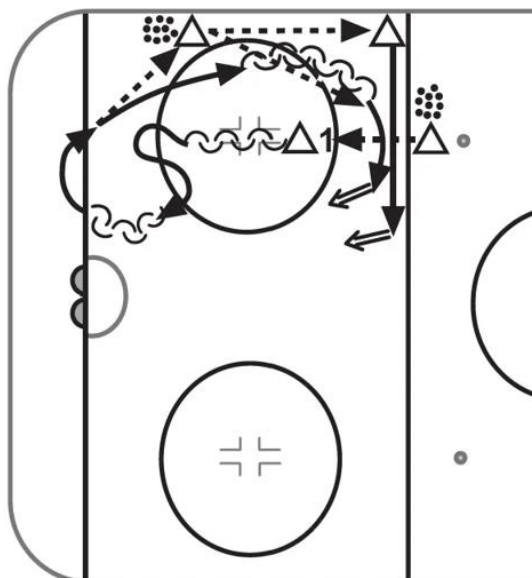
## Double Shot

### Description

- Pass with player at blue line, escape, slide stop and pass to outlet
- Work on backhand and forehand escapes
- Outlet, to defenseman at blue line and shoot
- Breakout defenseman keeps going, pivots, receives pass and shoots

#### Secret Sauce:

- Escape moves need defensemen to keep their speed and come out of the maneuver with speed
  - Turn head and shoulders and body will follow.
- Head up
- Keep full blade on the puck
  - Get the puck on forehand as soon as possible
  - Maintain a good knee bend
  - Good shooting fundamentals at blue line



#### Hockey Share Link

<https://www.hockeyshare.com/drill/956930>

#### Video Link

<https://youtu.be/hp3YxjARhqI>

## Breakout

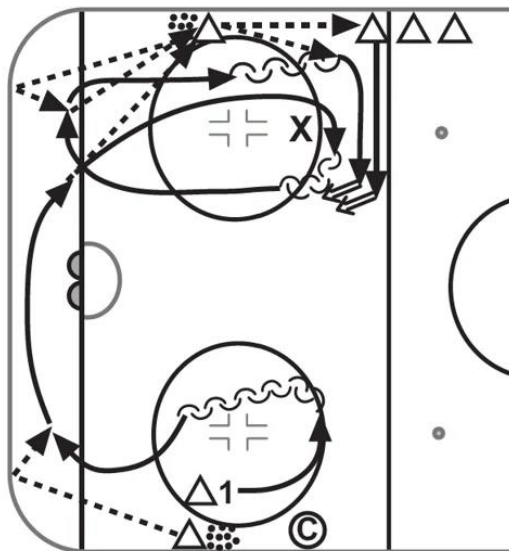
### Description

Defenseman steps up, wheels net and passes to outlet

- Outlet passed to defenseman at blue line and he shoots
- Breakout defenseman steps up and outlet spots puck. Defenseman retrieves, to outlet and pivots. Outlet passes to defenseman for a shot

#### Secret Sauce:

- Quick to the puck, the faster you get there the more time you have
- Shoulder check for pressure and support; both shoulders if time
- Decide what to do before you touch the puck
- Pick puck up on a good skating angle, get it on your forehand and make a good pass
- Use good shooting techniques at the blue line



#### Hockey Share Link

<https://www.hockeyshare.com/drill/956910>

#### Video Link

<https://youtu.be/YFK-RG-9jBc>

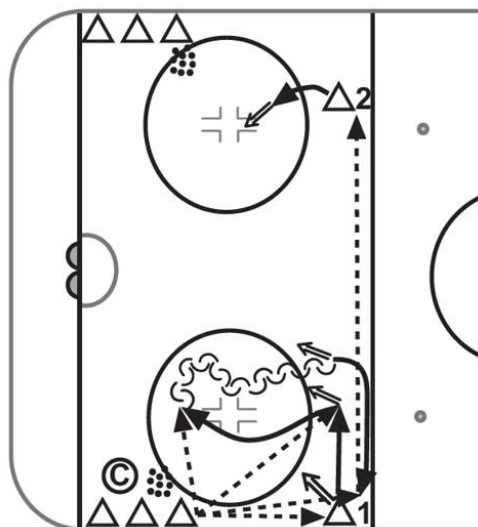
## Pointer

### Description

- 4 shots using different options
- Receive pass and take 2 steps and shoot
- Wall player to D for one timer
- D picks up 3rd puck at circle tops and shoots
- Wall player to D, then D-D with partner and partner shoots
- Other side starts same 4 shot process

#### Secret Sauce:

- Keep your feet moving
- Walk the blue line with speed and feet close to or outside blue line
- Head up on all shots and hit the net
- Get the puck off the ice



#### Hockey Share Link

<https://www.hockeyshare.com/drill/956921>

#### Video Link

<https://youtu.be/HPE7NaH7IdQ>



# **CHAPTER 13**

## **DRILLS – GOALIE**

## 3 Puck 4 Square

### Description

**Skills:** Puck handling, setting puck, edgework

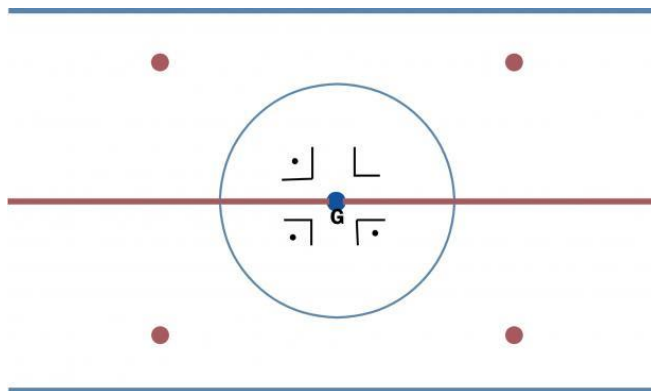
Set up 3 pucks as show around face off dot, so one quadrant is open.

Drill starts by moving any puck to an open quadrant.

Continue by moving a different puck to the new open quadrant.

Keep repeating

Object is to move as many pucks as you can in 10 seconds.



**Secret Sauce:**

Vary drill

Short Handed (one hand on stick)

Long Handed (both hands on stick)

Pushing and stopping hard are keys, when setting pucks.

**Hockey Share Link**

<https://www.hockeyshare.com/s/QRwcbzLyUf>

**Video Link**

[https://www.youtube.com/watch?v=\\_5UVR2LLp3l&feature=youtu.be](https://www.youtube.com/watch?v=_5UVR2LLp3l&feature=youtu.be)

## Patrick Swayze

### Description

**Skills:** Develop goaltenders ability to use their edges as well as develop power and agility.

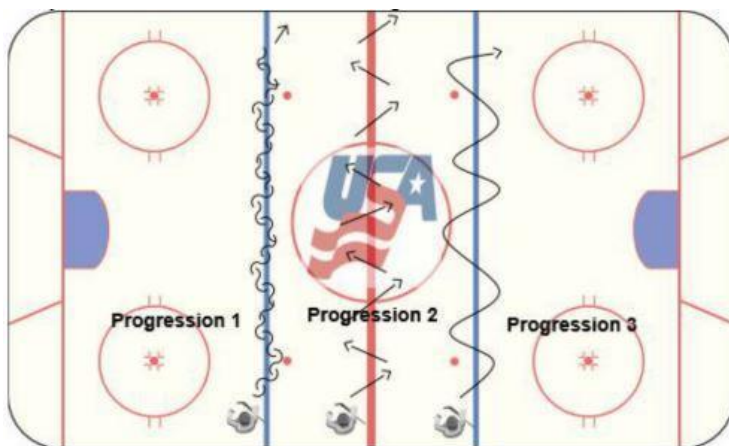
Goaltenders begin along the boards at the blue line or red line. Coach leads the group through a series of c cuts, lateral bounds and ice touches.

**GOALIE:** Utilize good knee bend. Lead movements with eyes and hand. Maintain good body control. Push your limits to make improvements.

**Secret Sauce:**

**VARIATION:** This can be done anywhere on the ice. (with or without coaches)

**KEYPOINTS:** Use the entire skate blade (heel to toe), Maintain body control, Get comfortable being uncomfortable



**Hockey Share Link**

<https://www.hockeyshare.com/s/LqRMPIEMFB>

## Keep Away

### Description

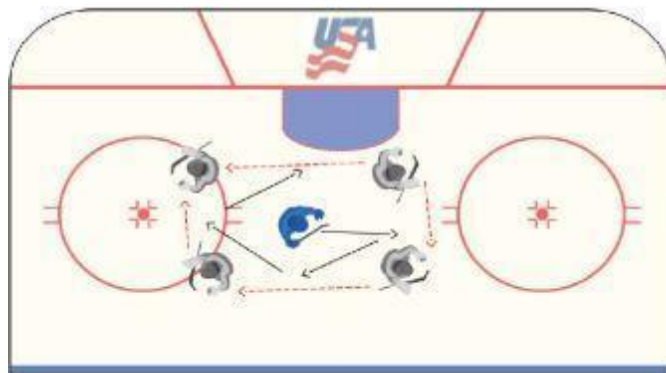
**Skills:** Develop the goaltender's ability to make passes and decisions with backside pressure.

Key Elements Maintain back to the circle, Replicate handling the puck behind the net. Coach is the 'monkey in the middle', No required passing pattern

Goalies set up in a square as shown, or if just 2 goalies, across from each other (will have to move across top of circle to get open) with their backs to the middle.

One goalie starts with the puck. The coach is trying to get the puck.

**Secret Sauce:** Goalie use your body to protect the puck. Read the pressure from the coach. Make good flat passes to your goalie partner.



**Hockey Share Link**

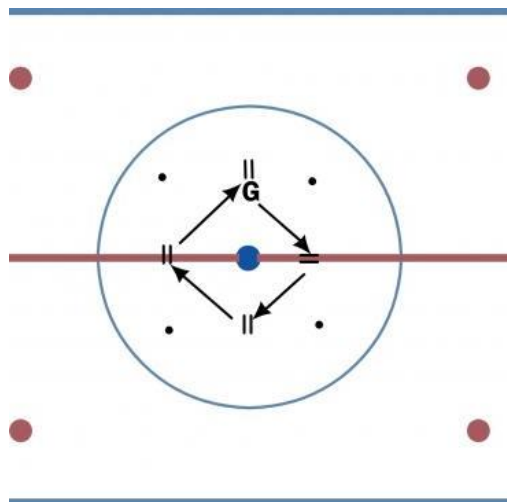
<https://www.hockeyshare.com/s/q1d4PX1gIH>

## In A Box

### Description

**Skills:** Goalie Agility & Movement

Drill starts in goalie stance between 2 pucks. Work on Shuffle and T Push to Full Recovery, stopping between pucks. Go twice around each way, each movement.



**Hockey Share Link**

<https://www.hockeyshare.com/s/71Z20eHjMq>

**Video Link**

<https://video.newstartmobile.com/nsm-video/PlayVideo?source=youtube&v=imXMTEmQ6jo>



## Slip Sliding Away

### Description

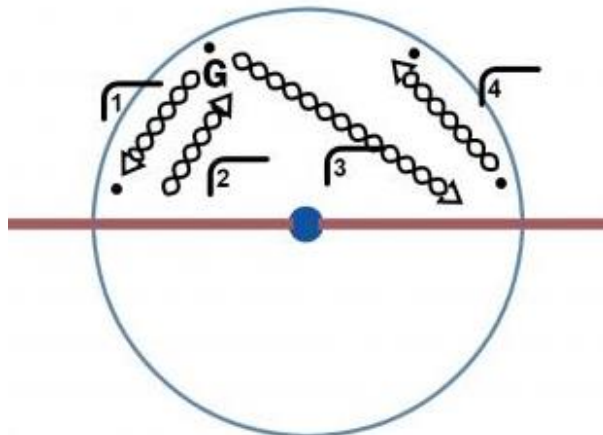
**Skills:** Butterfly slides & Recovery

Set up 4 pucks as shown.

1. Goalie starts in butterfly at top left puck, pushes and slides on left leg to back Left puck/post.
  2. Goalie pushes and slides on right leg back to start position.
  3. Goalie slides again on right leg to back Right puck/post.
  4. Goalie slides on left leg to top Right puck/post, resets and recovers to starting stance.
- Drill repeats starting at top Right puck, reversing the order.

**Secret Sauce:** Combine both parts:

Butterfly, slide, slide back, slide far post, slide up, recover, butterfly, slide, slide back, slide far post, slide up, recover.



**Hockey Share Link**

<https://www.hockeyshare.com/s/8QHWCWGU23>

**Video Link**

<https://video.newstartmobile.com/nsm-video/PlayVideo?source=youtube&v=F8e9dgUGhco>



# **CHAPTER 14**

## **DRILLS – 1V1**



## Quick 1v1

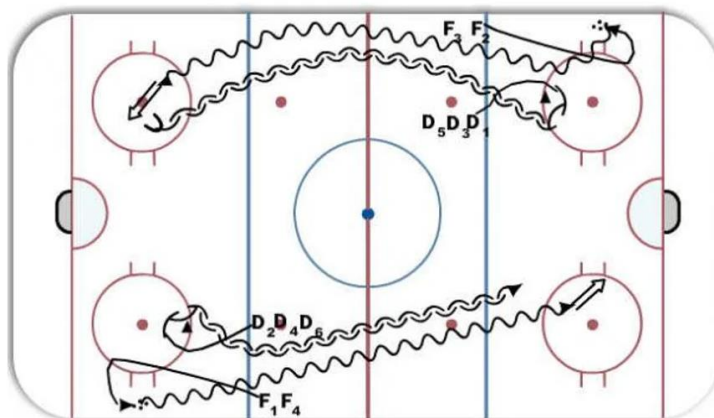
### Description

On whistle.

D gap around cone, butt to middle

F sprint down wall, escape to get puck, and start rush.

Simultaneously from two sides



Hockey Share Link

<https://www.hockeyshare.com/drill/328068>

## 2 Cone

### Description

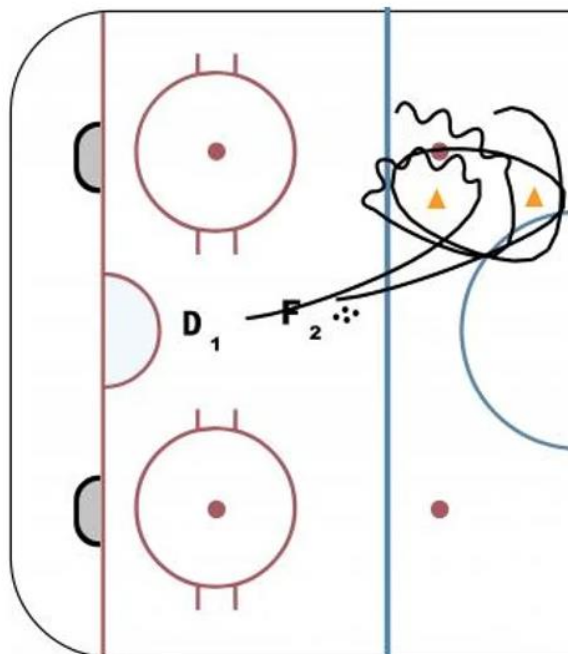
Fwd carries puck around the 2 cones

Def shadows fwd to maintain gap area

Players play out the 1 on 1

**Secret Sauce:**

Def should poke check puck at the blue line



Hockey Share Link

<https://www.hockeyshare.com/drill/698329>



## Border Patrol

### Description

Fwd carry puck around border patrol

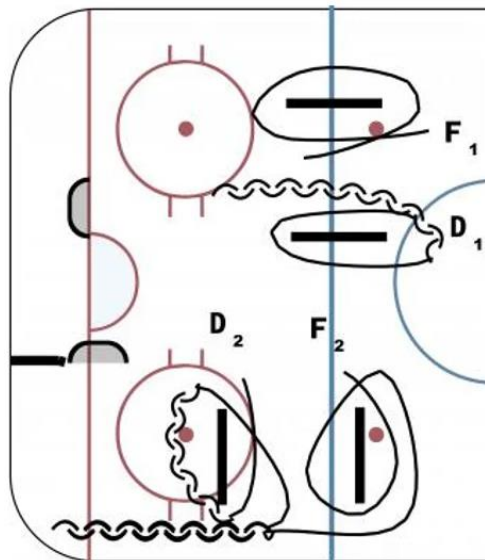
D skates fwd around pad and transition bwd

Players leave at the same time and play out 1 on 1 to the net

**Secret Sauce:** Setup drill in either configuration

**Hockey Share Link**

<https://www.hockeyshare.com/drill/763744>



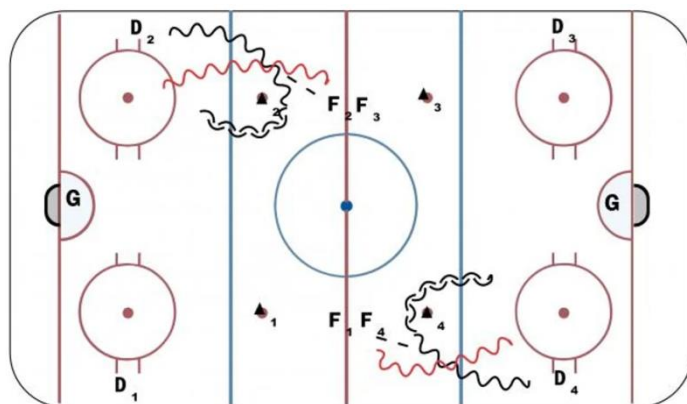
## Badger 1v1

### Description

D starts on the hash marks and carries puck. As they approach the cone, they pass or drop (exchange) with the fwd and then transition backwards around the cone.

The fwd can go as soon as they touch the puck.

The players play out the one on one. Two groups can go at the same time in opposite corners.



**Hockey Share Link**

<https://www.hockeyshare.com/drill/792228>



## Flow Rider 1v1

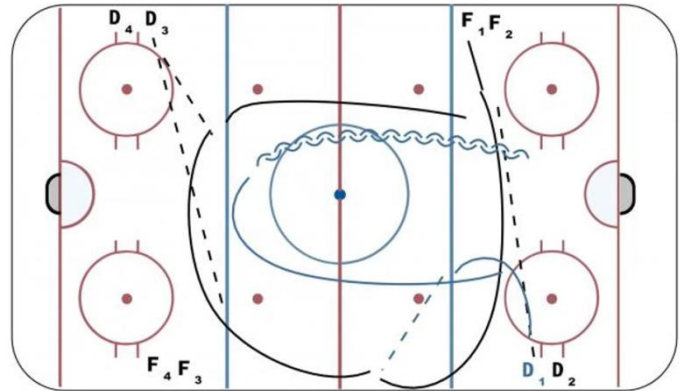
### Description

F1 takes 3 strides and passes cross ice to D1  
D1 steps out with the puck and makes a return  
pass to F1 on the boards in the NZ  
D1 continues skating and gaps up  
F1 - Exchanges a pass with D4 and plays 1:1  
with F1

**Secret Sauce:** \*\*Drill is run in both directions

**Hockey Share Link**

<https://www.hockeyshare.com/drill/649984>





## Gopher 1v1

### Description

All D in center circle with Pucks, F's in opposite corners.

Run both sides.

On whistle, D2 steps out from circle backward skating and receives pass from D1.

After receiving pass, D2 pivots, makes pass to O1 and then closes gap.

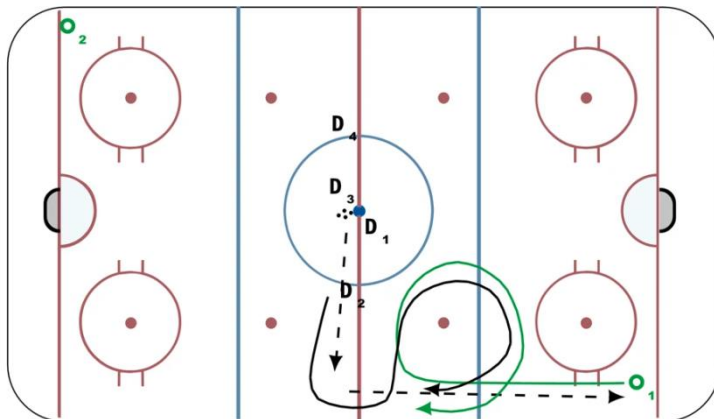
O1 will skate with puck, and can free skate in center, do a loop, whatever they choose. D2 has to work on keeping tight gap on O1 throughout their skate.

Drill finishes with a full length 1v1 rush,

**Secret Sauce:** D minded drill, emphasizing gap control, stick on puck.

D should also focus on staying inside dot line, protecting the middle of ice.

After 1v1, drill can play out until a goal, freeze, or double whistle by coach.




**Hockey Share Link**

<https://www.hockeyshare.com/drill/763744>

**Video Link**

<https://youtu.be/62Vby4QdYDg>



# **CHAPTER 15**

## **DRILLS – 2V1**

## 2v1 Low, 2v1 High

### Description

The drill starts with F's in one corner and D in the other, on both ends of ice.

To start, 2 F's attack 1 D in a tight area off the wall (right side of diagram).

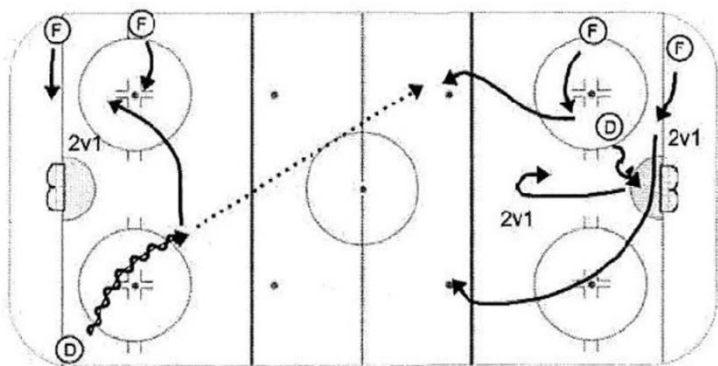
On whistle, 1 D will step out of corner (opposite side), with a puck, while the original F's get out into the neutral zone and the D gap up.

The D that walked out of corner with puck will pass to one of the original F's. F's receive pass, swing back and attack the D for a 2v1. Play it out.

Once the D that stepped out makes the pass, they immediately recover and start the 2v1 tight area on the F side of the ice.

On whistle, the 2 F's get out into neutral, D gap up, far side D step out to make pass, the 2 F's attack 2v1.

Drill continues.



Hockey Share Link

<https://www.hockeyshare.com/drill/902111>

## Anaheim 2v1

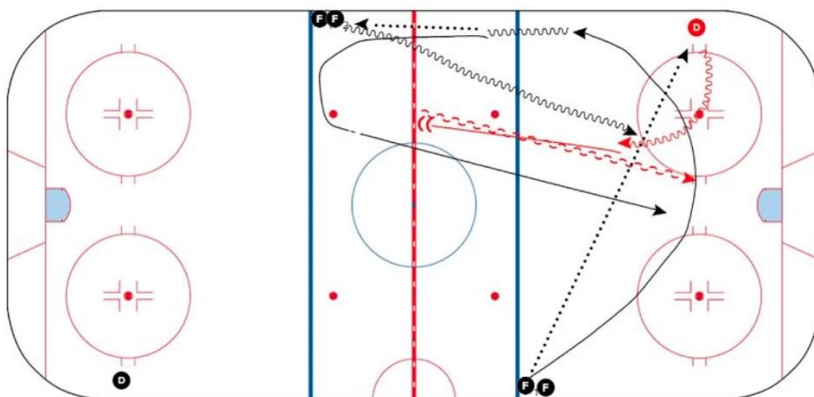
### Description

F1 snaps puck to D, then swings low and outside.

D steps out and makes pass to F1.

F1 passes to F2 and they attack D 2v1.

Run out of both sides.



Hockey Share Link

<https://www.hockeyshare.com/drill/886823>

## Ringer 2v1

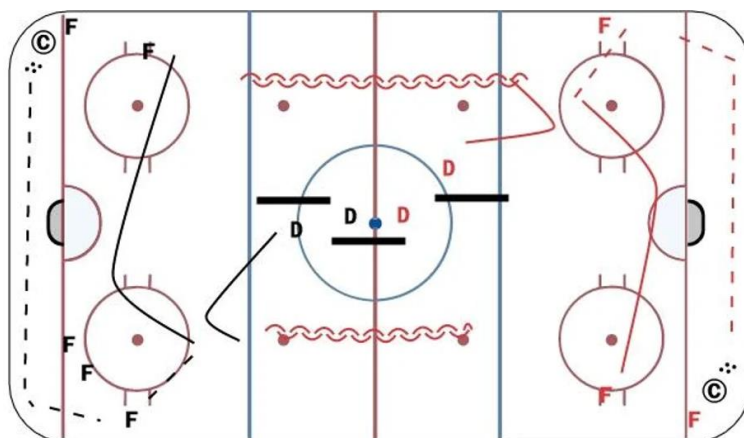
### Description

On the whistle Coach rings a puck for forward to stop and make a breakout to the swinging forward

D Gaps up appropriately and plays the 2:1

Hockey Share Link

<https://www.hockeyshare.com/drill/478036>



## Plattsburgh 2v1

### Description

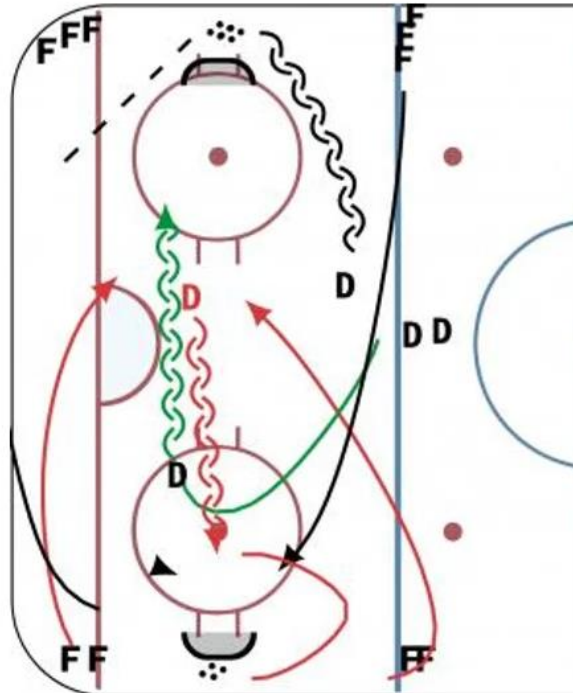
2v1 with a breakout pass. One shot and quick rebound run continuous

**Secret Sauce:** D breaks out puck behind net to F. Fs play 2v1 against D2. After shot, D2 breaks out new puck to F2s going other way against D3.

Continuous drill

Hockey Share Link

<https://www.hockeyshare.com/drill/678374>

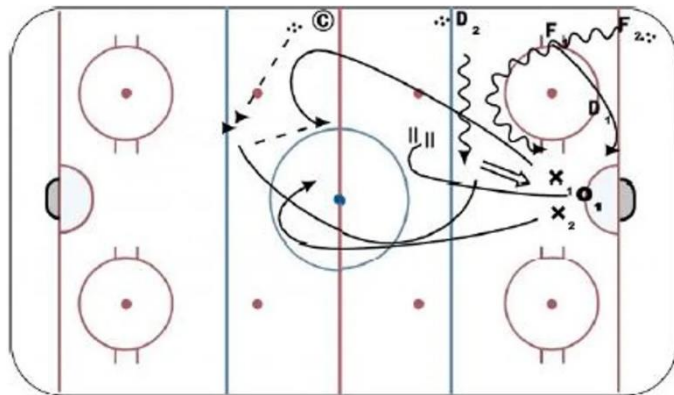




## Crimson 2v1


### Description

- Fs begin in corner with a puck. They scissor and then attack D1 2vs1
- After play on net, D2 walks the line and takes a shot with Fs in front and D1 boxing out.
  - After shot, D2 retreats to own blue line and receives a puck from the Coach
  - Fs regroup in NZ, get pass from D2 and attack D1 on a second 2vs1



### Hockey Share Link

<https://www.hockeyshare.com/drill/923288>



# **CHAPTER 16**

## **DRILLS – 3V2**





## Don't Stop 3v2

### Description

#### Set Up

Rotation for D is Regroup, Play 3v2 Rush, Out D that are regrouping need to get up first, then transition backward to gain space, before starting the regroup.

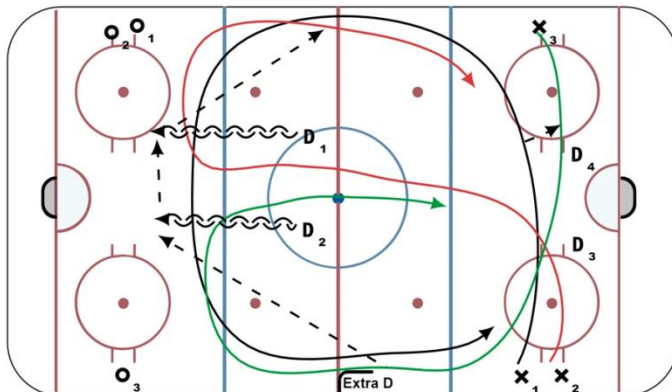
#### Start:

1. X1, X2, X3 start on whistle. X1 makes exchange with X3.
2. X1, X2, X3, Regroup with D1 & D2.
3. X1, X2, X3 then go 3v2 vs. D3 & D4 who gap up.

Play out in Zone.

Next whistle starts O1, O2, O3 from opposite side, regrouping with 2 new D that step out to center.

**Secret Sauce:** Players need to be ready, both F & D, and fill in to designated areas once a rep starts.



#### Hockey Share Link

<https://www.hockeyshare.com/drill/923288>

## Zoom 3v2

### Description

On Whistle

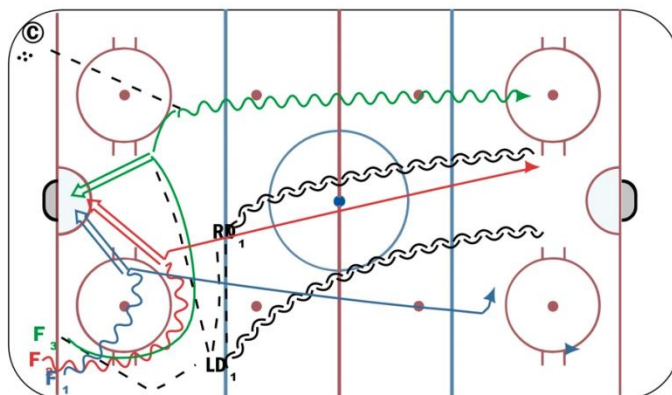
F1 carries puck around top of circle, takes a shot, follows to net.

F2 delays 1 sec, carries puck around top of circle, takes shot, follows to net.

F3 pass to D1, D1 to D2 back to D1. F3 loops to weak side, receives pass from D1 for shot.

After 3 shots, coach places puck, F's retrieve and go 3v2 vs D1 & D2.

All lines go, then repeat from opposite end of ice.



**Hockey Share Link**

<https://www.hockeyshare.com/drill/945975>

## Get Back 3v2

### Description

Drill starts with coach passing puck to O1, O1 takes a shot then back checks.

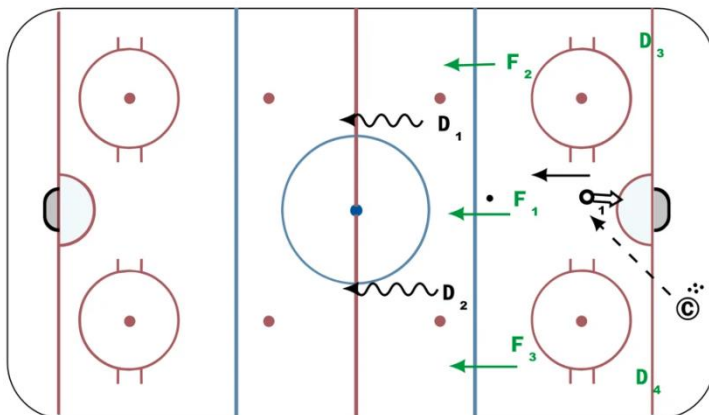
As coach passes puck to O1, F1, F2, & F3 attack D1 & D2 3v2.

D3 & D4 join rush, play it out in far end.

On whistle, coach throws puck in to the neutral zone, D3 & D4 regroup F1, F2, & F3, they attack for 2nd 3v2. O1 stays in to pressure D3 & D4 on the regroup. Play it out.

On next whistle, reset with D3 & D4 taking the spots of D1 & D2 for next rep.

**Secret Sauce:** One line can be the back checker until everyone goes through, then switch lines for this role.



**Hockey Share Link**

<https://www.hockeyshare.com/drill/813325>



# **CHAPTER 17**

## **DRILLS – RACES**

## Ball Bouncer

### Description

**Skills:** Quick Feet

Drill: X2 cant start until X1 does.

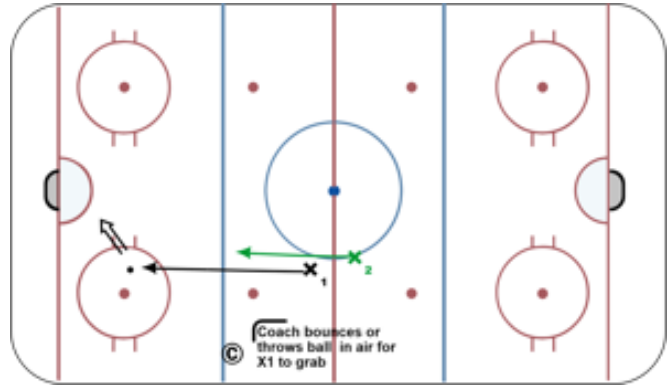
Coach starts by throwing ball in air.

X1 needs to field ball, on fly or after bounce, then get puck.

If X1 jumps too soon they end up having to slow down or reach up & X2 then gets inside position.

**Secret Sauce:** Competitive Race

Timing important to be able to field ball without slowing down.



**Hockey Share Link**

<https://www.hockeyshare.com/drill/822740>

**Video Link**

[https://twitter.com/peter\\_russo9/status/1287744385090818048](https://twitter.com/peter_russo9/status/1287744385090818048)

## Race for Puck

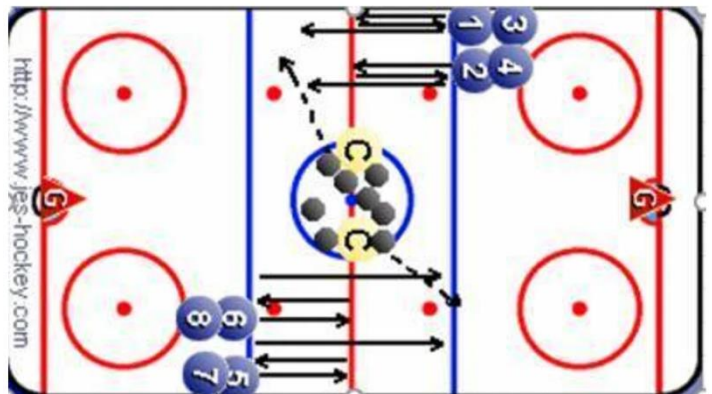
### Description

2 players start on belly on each blue line (can adjust number of players going).

On whistle, players skate forward to red, stop, back to blue, stop, then race for puck that coach has placed.

**Secret Sauce:** Coach can vary the skating; Forward, Backward, Power turns instead of stops, transition, etc. and the number of players in race.

Work on explosion and compete level.



**Hockey Share Link**

<https://www.hockeyshare.com/drill/812939>

## Mamba #9

### Description

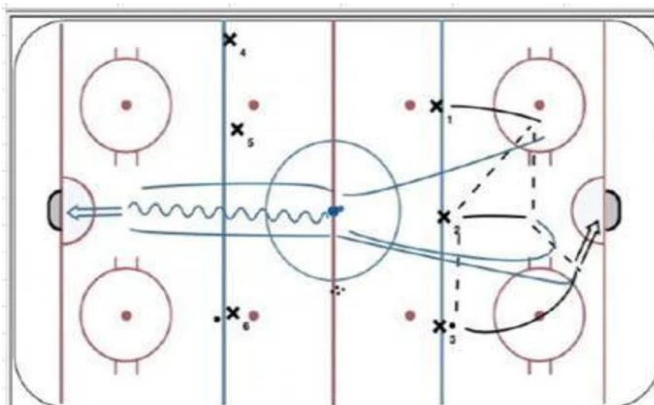
3v0 to start drill. 3 players skate in and get shot.

On whistle, the 3 players skate towards center ice and battle for puck that has been placed on face off dot. Play it out in zone.

On 2nd whistle the 3 players that started become defense, and play 3v3 in zone against the next group of 3 that are now activated (x4, x5, x6 in diagram).

Next whistle x4, x5, x6 race for puck that has been placed on the center ice dot, and the drill continues.

**Secret Sauce:** Great for conditioning, but players don't realize it as they are focused on competing for the puck and scoring.



#### Hockey Share Link

<https://www.hockeyshare.com/drill/812940>

## Moving Day

### Description

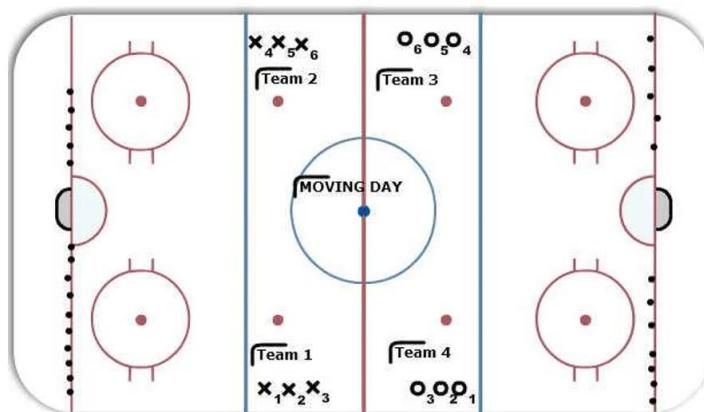
Create 4 equal teams and line up on blue line boards.

Each team has 10 pucks placed on the goal line.

The goal of the game is to get all of your pucks placed on the blue line.

Send 2 players at a time.

**Secret Sauce:** Pucks must be stopped on the blue line.



#### Hockey Share Link

<https://www.hockeyshare.com/drill/201407>



## Scoring Machine

### Description

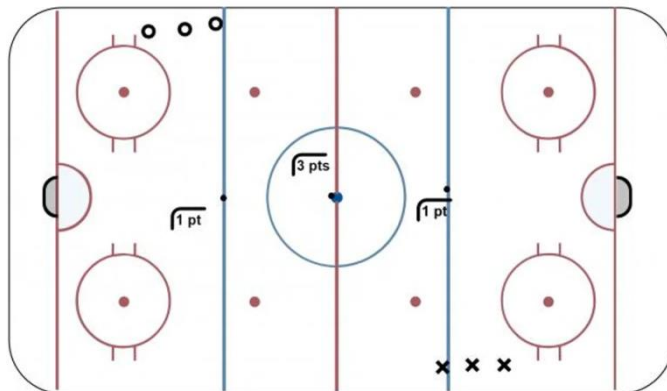
Xs vs Os – 3 from each side

Puck on the blue line is worth one point if you score.

Center ice puck is worth 3 points. Must score the 1pt puck before you can score the 3 point puck.

\*\*Variation: Allow teams to defend the 3pt puck while the 1pt puck is being tried to score.  
(creates a 3v1 and a 2v0)

**Secret Sauce:** Can change any number of players.  
Can also play the game cross ice.



**Hockey Share**

<https://www.hockeyshare.com/drill/812850>

## Relay Race

### Description

3 Different Races

Complete skating around the cone and pad and pass back to the next player in line.

Next player has to stay below the circles before leaving.

Last player has to skate the puck across the end line.

Complete all Races in both directions

**Secret Sauce:** Power turns

Transitions - (does not need the cones)

Stopping - Stop at the far end of the pad, near end of the pad and all the way around the pad.



**Hockey Share Link**

<https://www.hockeyshare.com/drill/66790>

## Short Track

### Description

Multiple players race around the cones 2 laps.  
 Be creative in structuring  
 Example: Create brackets, where winners race other winners, and losers race other losers.  
 Have players dive across finish line or into a pad.  
 Races can be done forward skating only, backward skating, Mohawk only, etc.  
**Secret Sauce:** "Rubbing is Racing" – let them bump a little.

Hockey Share

<https://www.hockeyshare.com/drill/603572>



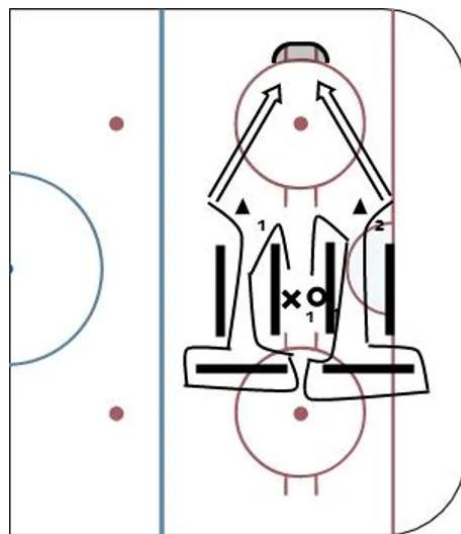
## Green Bay


### Description

Setup course as shown, two teams each start with a puck, on the coaches command, each player skates through the course with a puck.  
 Player to score first wins the relay. Drill doesn't use a goalie and player can't shoot until they get past the cone.

Hockey Share Link

<https://www.hockeyshare.com/drill/601899>





# **CHAPTER 18**

## **DRILLS – ANGLING**

## Snake Show

### Description

Simple Angle Drill

X starts with puck and moves through cones.

O skates around coach or cone and works to angle X.

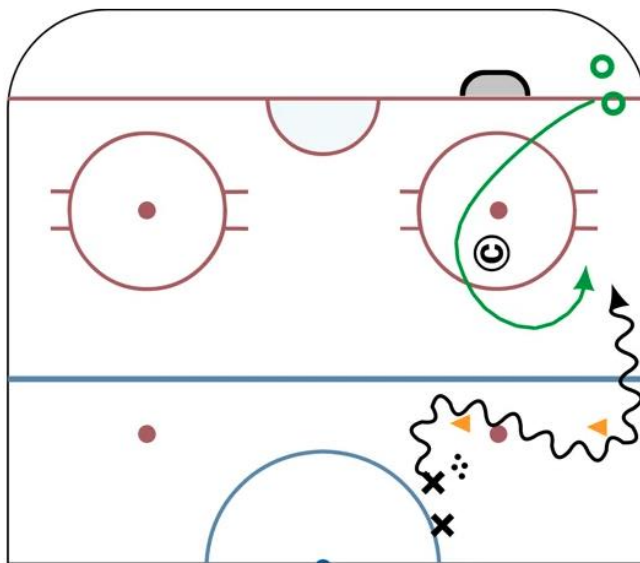
Play it out to a shot.

Angle: Accelerate into puck carrier, stick positioned in middle to start not allowing cutback, as player accelerates, move to stick on stick, hips into hands.

**Secret Sauce:** Change sides half way through to work both directions.

**Hockey Share Link**

<https://www.hockeyshare.com/drill/924521>



## NZ 1v1

### Description

F's start with puck. D surf to play 1v1, read F &

Dictate path they take

Coaches decide D routes; fwd skating only, let them transition, etc.

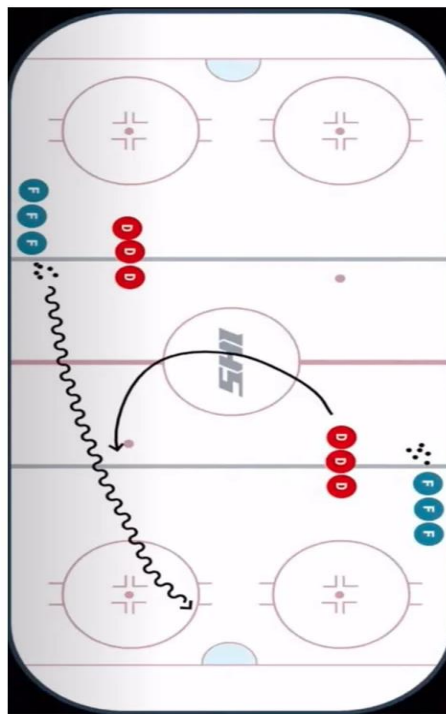
Emphasize stick position; not allow cut backs, stick on puck, etc. use it as real estate to control space.

F's should work on attacking D to manipulate feet; change pace, change route, skate right at D, make one move & go, etc.

**Secret Sauce:** Understand what D wants you to do, and decide what should you do.

**Hockey Share Link**

<https://www.hockeyshare.com/drill/923281>



## Turnover - TO

### Description

Simple Angling Drill.

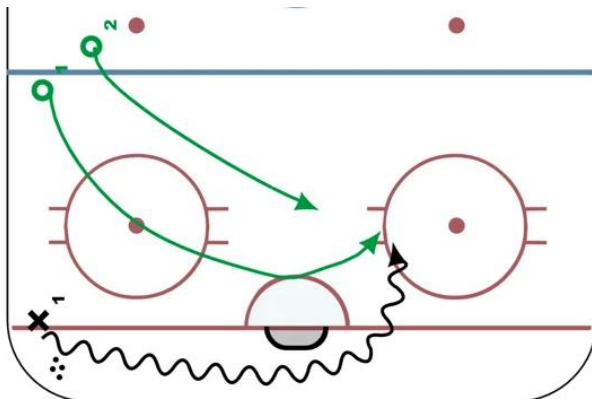
X1 leaves with puck from corner and behind net.

O1 starts inside blue line, mirrors X1 path, then angles looking to create turnover.

O2 provides support.

On turnover, O1 & O2 make a play to the net, X1 becomes defender.

Play it out.



Hockey Share Link

<https://www.hockeyshare.com/drill/916557>

## Open Gate

### Description

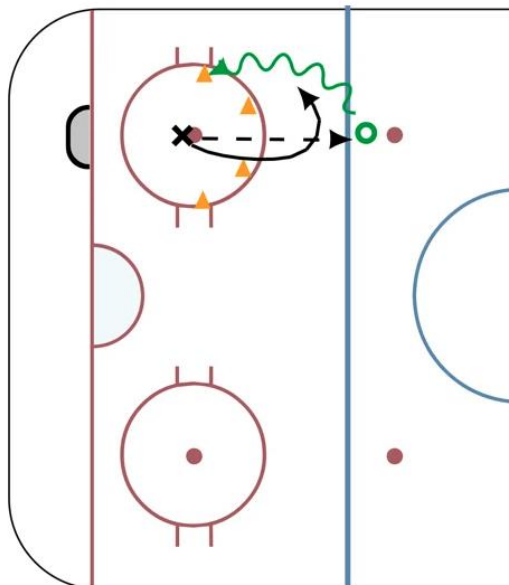
Open ice angling

X1 starts by zipping pass to O1.

O1 must skate through gate with puck before shooting.

X1 must angle up and over the gate.

**Secret Sauce:** Good stick position, stick on puck, accelerate into opposition, bring hips to hands



Hockey Share Link

<https://www.hockeyshare.com/drill/947171>

## Over/Under

### Description

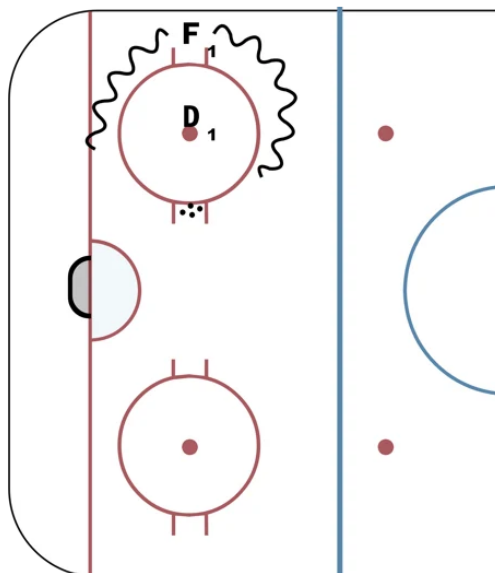
Simple Angling Drill.

Fwd and D face each other, coach passes puck to fwd through D legs and fwd chooses to drive to net either on top or under the circle to the net. Play it out

**Secret Sauce:** Good stick position, stick on puck, accelerate into opposition, bring hips to hands

**Hockey Share Link**

<https://www.hockeyshare.com/drill/980235>



## O Zone

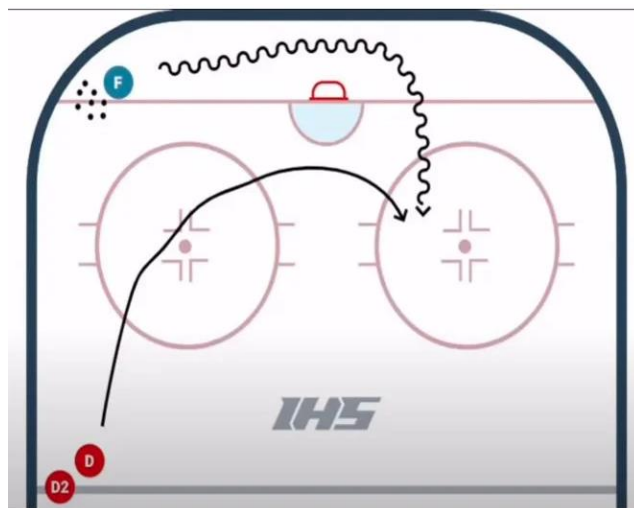
### Description

Open ice angling

Simple angling drill. Coaches can set any parameters you want.

Blue starts with puck and skates around net. Red starts at same time and works to angle blue into bad ice, accelerate into puck carrier, stick on puck, and eliminate to force a turnover. Finish with shot after angling and stripping puck, or have puck carrier work to get through a gate that can be set at top of circle.

**Secret Sauce:** Can run as 1v1 surf/angle or add in 2 anglers, 1 supporting to retrieve puck.



**Hockey Share Link**

<https://www.hockeyshare.com/drill/923283>



# **CHAPTER 19**

## **DRILLS – REGROUPING**

## Boody

### Description

F1 Pass to D2, then D2D pass.

D1 shoots, looking for high tip from F1

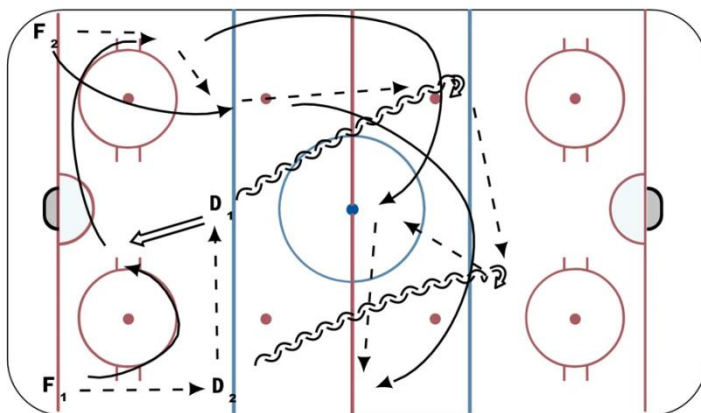
F1 continues and gets pass from F2, to start on 2v0.

Regroup with D in Neutral, with D2D pass then back to middle F.

Kick puck to outside F for shot as they enter zone. 1 Shot. D follow up after regroup.

Puck from F3 out of corner, D2D pass, then shot, with F1 & F2 layering in front for screen and deflection.

Run out of both sides.



#### Hockey Share Link

<https://www.hockeyshare.com/drill/803855>

## Aussie 4 Shot

### Description

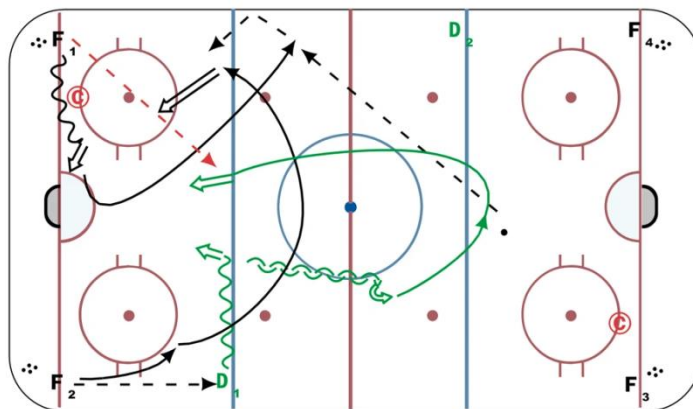
4 Shots

1. F1 moves around coach for drive to net or wrap, then stays in front.

2. F2 makes pass to D1 and moves up wall. D1 walks blue line and shoots, with F1 in front for screen/tip.

3. After D1 takes shot, they backward skate, open up, and retrieve puck that has been placed by a F or coach at opposite end. F1 & F2 release to NZ, F1 to wall, F2 through middle. D1 makes pass to F1 on wall, they chip to F2 coming through who finishes with drive & shot. F1 & F2 finish routes to net.

4. D1 follows up to Blue, get a pass from F or coach, and takes point shot from middle of ice. F1 & F2 are in front for screen, tip, rebound, layered, whatever coach prefers to run.



#### Hockey Share Link

<https://www.hockeyshare.com/drill/920481>

## King James 3v2

### Description

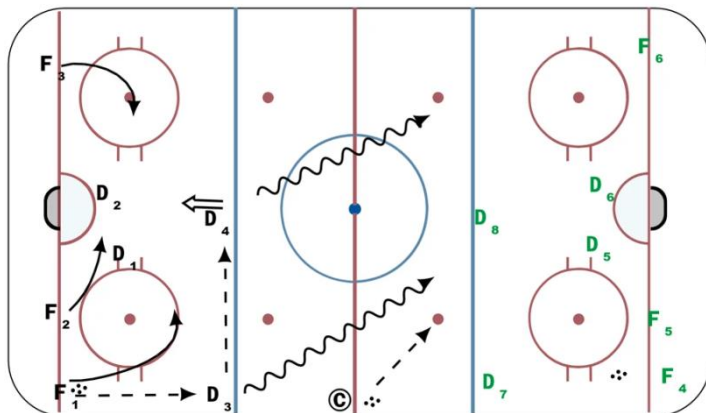
3v2 drill with point shot.

1st Whistle - F1 passes to D3, D2D pass to D4 & shot. F1, F2, F3 compete against D1 & D2 after shot for a 3v2 low.

2nd Whistle - Coach spots a puck in NZ. F1, F2 & F3 release and regroup with D3 & D4, then attack D1 & D2. Play it out.

3rd Whistle - After regroup clears NZ, same sequence starts on opposite end with F4 passing to D7.

**Secret Sauce:** Drill works on in-zone 3v2 play, regroup, and zone entries.



### Hockey Share Link

<https://www.hockeyshare.com/drill/913287>

## Trifecta

### Description

To begin the forwards pass the puck to the D in Zone One.

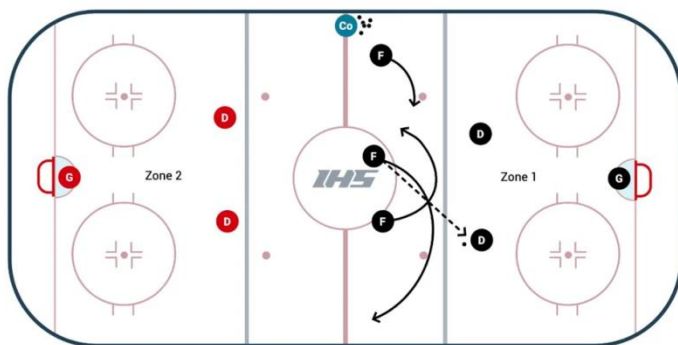
Forwards regroup, swing up ice and receive a pass from D back in Zone One

The forwards then pass to the Defensemen in Zone # 2 and swing to begin a second regroup.

The forwards get a puck back from the Defensemen in Zone # 2 and begin a 3rd regroup with the Defensemen in Zone # 1.

The forwards get the puck back from the Defensemen in Zone # 1 and charge in for a 3v2 against the Defensemen in Zone # 2.

**Secret Sauce:** Run whatever neutral zone regroup you choose to do.



Hockey Share Link

<https://www.hockeyshare.com/drill/870466>

Video Link

<https://youtu.be/1Xzr0FDPbQk>

## Rickie Foggie

### Description

On whistle the D quickly come back for the spotted puck by Coach

F's also have to get back & get ready for whatever way the puck is moving.

Coach can tell the D before the drill what their options are & NOT tell the F's so they have to react to the options or can tell everyone.

As soon as the puck goes up everyone attacks the net quickly 3 vs 0.

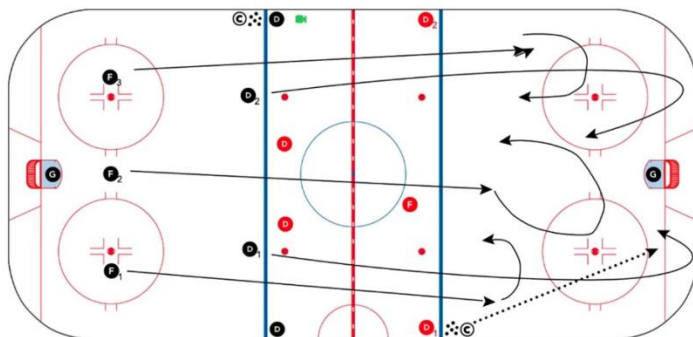
After group goes by next line sets up, whistle starts drill & they regroup attack the other end.

**Secret Sauce:**

D1 to D2 up wide

D1 to D2 up middle

D1 to D2 flat pass across to F1



Hockey Share Link

<https://www.hockeyshare.com/drill/939974>



# **CHAPTER 20**

## **DRILLS – FORE CHECK & ZONE ENTRY**



## Oh Canada!

### Description

Set up players to start as diagrammed.

On whistle, 2 green F's swing above circle. The 2 D need to get feet inside circle, then transition back.

As green F's get to red, 3rd F dumps puck in zone.

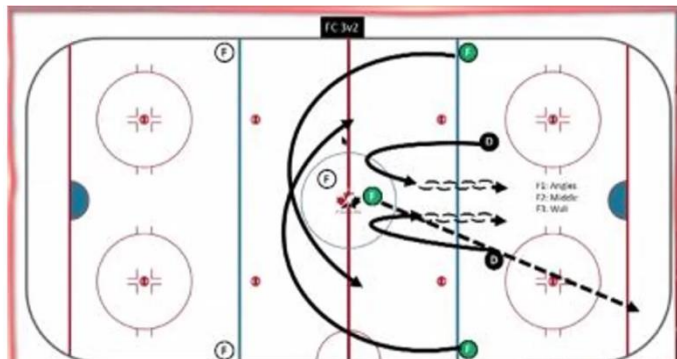
The puck can be dumped to any spot.

F's now have to make reads. F1 should be the skater with most speed to set FCheck. They can go outside/in, or inside/out. F2 & F3 read off F1 to create triangle attack, sealing wall & middle, or taking away D2D and sealing middle.

If F's turn puck over, it becomes a 3v2 and they try to score.

D need to carry puck above top of circle to stop rep.

**Secret Sauce:** Can add in a regroup (coach spot a puck in NZ) after initial play is stopped



Hockey Share Link

<https://www.hockeyshare.com/drill/895446>



## Hampshire 3v2

### Description

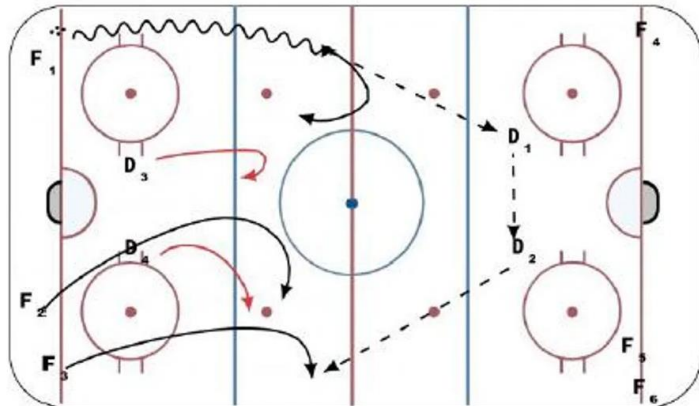
F1 starts with puck, and passes clean and flat to D for a regroup

— 1 F fills offensive side of red line, 1 F slashes across for middle and chip support and 1 F picks their lane on the weak side

— D defends on a 3v2 rush

— After D defends the 3v2 they will regroup the new Fs

Coach can vary regroup.





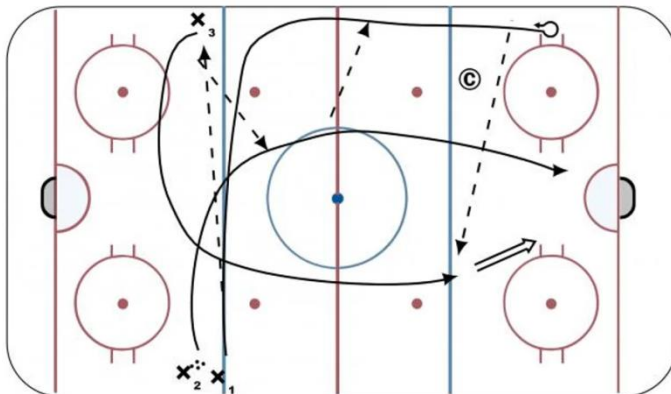
## Wild Night

### Description

X1 & X2 start across ice. X1 makes pass to X3. X3 steps out and passes to X2, who kicks it out to X1. X1 drives on coach, who pressure, then makes pass to X3.

X2 drives net. X3 delays path to be far side high when receiving pass from X1. Finish with shot and play out any rebound.

X1 should continue to net front high after making pass, and help finish.



#### Hockey Share Link

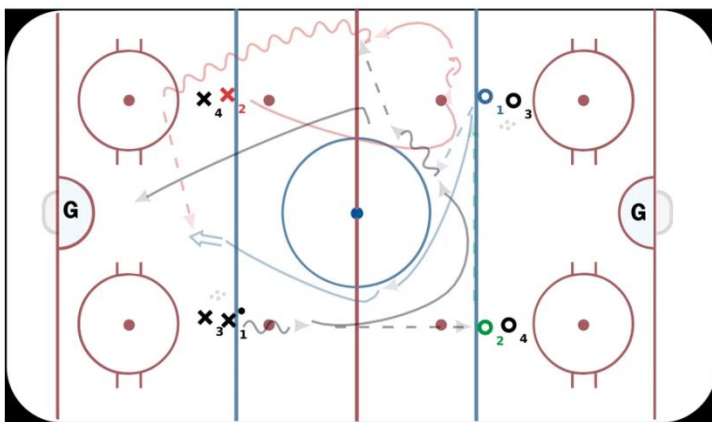
<https://www.hockeyshare.com/drill/812899>

## Maverick\*

### Description

A great drill to reinforce space, timing, communication, & zone entry: 3rd of 3 progressions.

1. Drill starts on whistle. X1 take 2 hard strides & moves puck to O2. O2 immediately moves puck to O1 (simulating a neutral ice regroup).
2. X1 continues on arc to fill middle lane, presenting a good stick to O1 & using good timing (better late than early). X2 times hook & curl on new strong side.
3. O1 quick touches puck to X1. X1 quick touches to X2; both skaters use good zone entry.
4. After moving puck O1 arcs around center circle & acts as activated defenseman on rush or trailing forward.



#### Hockey Share Link

<https://www.hockeyshare.com/drill/873847>

**Secret Sauce:** Present Stick, Read Play & Use Timing, X1 Must Center Drive, X2 Must Enter Wide, O1 Trail Play for Zone Entry Play,



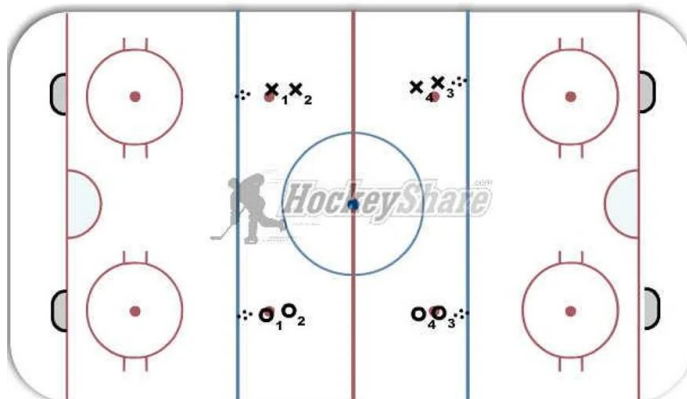
# **CHAPTER 21**

## **DRILLS – SAG'S**

## 5 Puck

### Description

Place 2 nets in one zone. Each team has 5 pucks. First team to score all pucks wins. After scoring a goal, the player must cross the blue line before the next player in line goes. If no goal is scored, then the same puck has to be passed back to the line. Goalies revenge is allowed--shooting rebounds, blocking passes, but they cannot freeze a puck



#### Hockey Share Link

<https://www.hockeyshare.com/drill/198094>

## Pepper

### Description

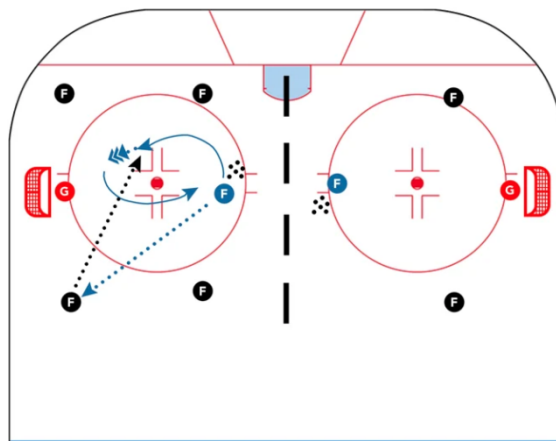
One active player (F) starts with pucks in the slot area.

2-4 support players are spaced out on each side of the net

The active player (F) has up to 30 seconds to take as many shots as they can while their feet are moving. He/she must pass to and receive a pass back from at least one support player before each shot and engage all support players during the allotted time.

Players should be encouraged to utilize creativity and apply various game concepts such as give-and-go's, escapes, rebounds, one-timers, etc.

**Secret Sauce:** Coaches can implement additional rules to encourage players to work on desired skills such as backwards skating, transitions, starts/stops, one-touch passes, communication, etc.



#### Hockey Share Link

<https://www.hockeyshare.com/drill/872384#!>

#### Video Link

<https://youtu.be/nQVbxocwjGo>

## Bobby Orr

### Description

Play 3v3

Team with possession of the puck must pass to the coach or anyone on their team to go on offense before a goal can be scored.

**Hockey Share Link**

<https://www.hockeyshare.com/drill/198093>



## Gretzky Squared

### Description

A spin on the "Gretzky" Game.

Put 2 nets out.

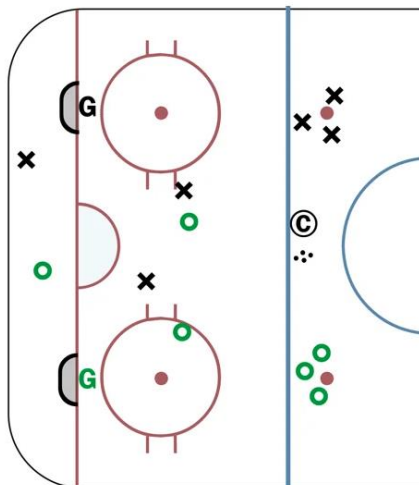
1 player from each team below goal line. Creates competition down low as well. These players still need to stay below line.

2v2 in zone. Change of possession, team needs to make play to their Gretzky before creating scoring chance.

**Secret Sauce:** Variation: Add player "Coffee" above circles, so change of possession can go hi or low. Teams can score on designated net, or either net.

**Hockey Share Link**

<https://www.hockeyshare.com/drill/885133>

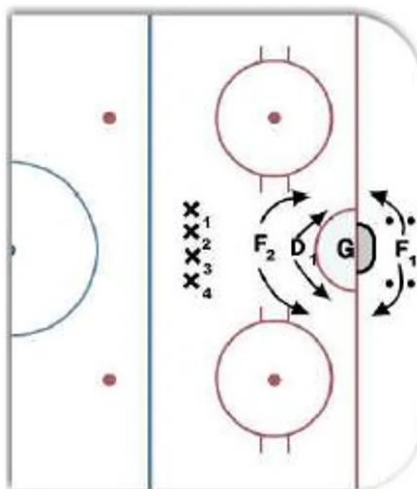


## Hamburglar

### Description

This is a 2 on 1 drill. F1 must stay below the goal line and tries to pass to F2. F2 tries to get open while D covers him.

F1 gets four pucks and 10 seconds tops to make a pass. After F1 makes a pass, the should grab another puck and try again.



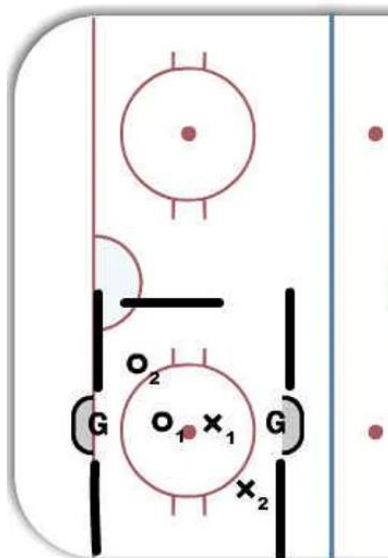
#### Hockey Share Link

<https://www.hockeyshare.com/drill/921334>

## Face Off

### Description

2v2. Nets facing each other on a circle. Drop the puck and play the game out until the puck leaves the circle. Can also place borders in a box to make sure to keep pucks in.



#### Hockey Share Link

<https://www.hockeyshare.com/drill/198096>

## All By Myself

### Description

1v2>2v2 fore check game

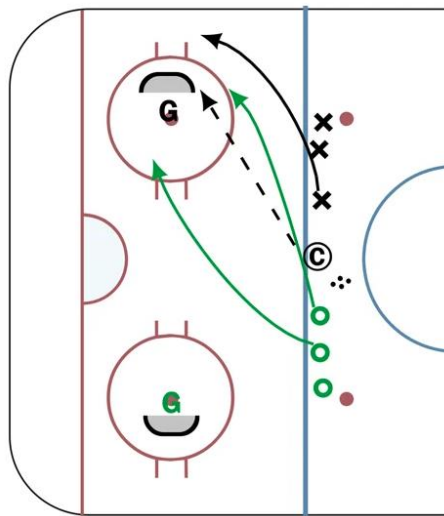
Game starts with 1 breakout player and 2 fore checkers.

Coach dumps puck to G who sets behind net for X to get.

X attempts to skate the puck into the zone. If this is achieved a second X joins.

O's angle and work together trying to cause a turnover (behind net). If this occurs, they attempt to attack net quickly for scoring chance before second X is released.

X's get their 2nd player on turnover (coach can delay adding 2nd player)



Hockey Share Link

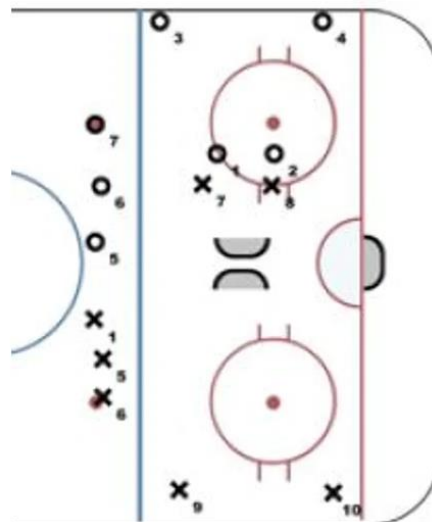
<https://www.hockeyshare.com/drill/947175>

## This is Hockey

### Description

2v2 with Shooters (can set up to be 2v2 on each side)

Defense work on boxing out and getting puck to opposite side. Offense work on net front and picking up rebounds.



Hockey Share Link

<https://www.hockeyshare.com/drill/921331>

## Suter Regroup

### Description

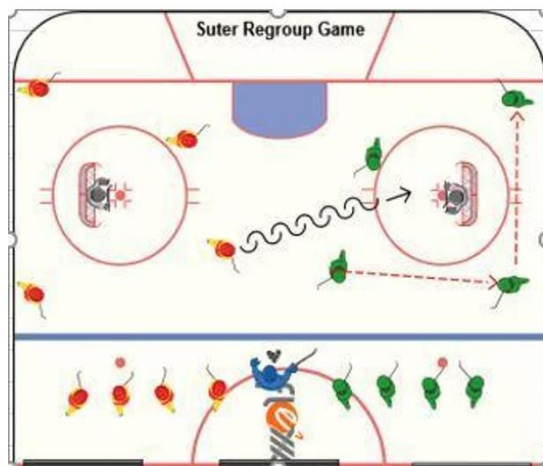
Players play 2v2 with 2 support players behind their defensive net. On change of possession offensive players must regroup puck off defensive players behind their net before they can attack.

**Add On Options:** After one regroup pass is made 1 of the 2 defense can jump up into play to make it 3v2...on change of possession one of the 3 players must get back behind the net.

**Secret Sauce:** Can also be played 3v3 with 3 support players. Works better as 3v3 doing it in center ice with support players on top of end zone circles.

**Hockey Share Link**

<https://www.hockeyshare.com/drill/812961>



## St. Louis

### Description

Game starts as 3v3

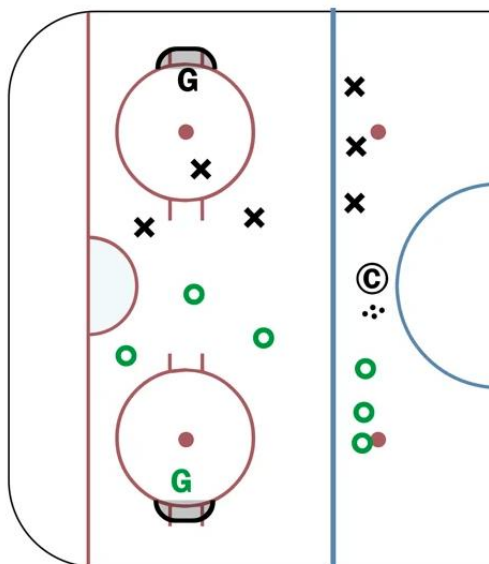
If player makes a bad read, or at any time, coach yells name, that player skates to red line & back, creating a short period of 3v2 play.

Players need to react to situation, both offensively & defensively.

**Secret Sauce:** Don't force players into set plays, allow them to make reads, decisions.

**Hockey Share Link**

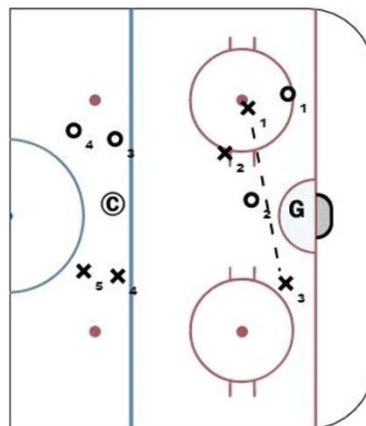
<https://www.hockeyshare.com/drill/833162>



## Activation

### Description

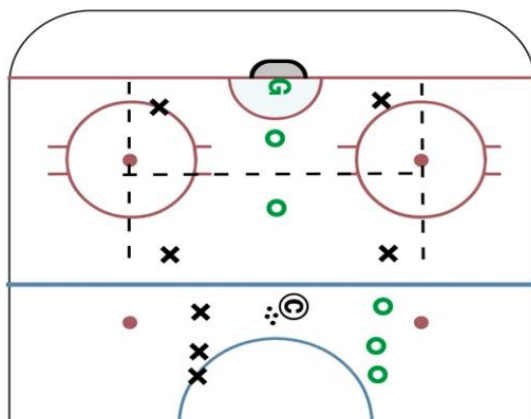
Start zone game 2v2, team can either score or pass to line to activate another player, the puck must go below the dots below a return pass to the line for additional activated players.



#### Hockey Share Link

<https://www.hockeyshare.com/drill/603322>

## Snapper



### Description

The Game is, in essence, two 2v1's that are constrained within a tight space. The offense is trying to score.

There is a High 2v1 (above the hash mark) and a Low 2v1 (below the hash mark)

Start of Game: Coach gives a puck to the offensive players who can move within their dotted area.

Offensive players look to attack the net and score on the 4v2. Offensive players can shoot at any time and pass to any other teammate

Defensive player must also defend (stay) within his dotted area

Offense gets a new puck IF: Offensive team scores the goalie makes a save and the puck goes outside the boundary Coach yells CHANGE IF: The Offensive Players miss the net Goalie freezes the puck, The

Offense gets their puck knocked out of the boundary, Take longer than 5 seconds to shoot

**Secret Sauce:** CHANGE Rotation:

The two Offensive players on the goal line (low 2v1) are out of the game and they go to the back of the line

The two Defending players now take up Offensive positions on the goal line (low 2v1)

The two Offensive players above the Hash Marks (high 2v1) now are the two Defending Players

One must play the low 2v1 and one player must play the high 2v1

Two new Offensive Players in line become part of the game and get a new puck from Coach

#### Hockey Share Link

<https://www.hockeyshare.com/drill/818590>

## Girdle



### Description

Side Support is on the offensive side, and can pass or shoot.

#### Hockey Share Link

<https://www.hockeyshare.com/drill/933360>

## 3<sup>rd</sup> Man High

### Description

Coach draws line down center.

Game begins as 3v3, but only 2 players can be in O zone, the 3<sup>rd</sup> player has to stay above center line.

All 3 players can be on their D zone side of ice.

High man can change. If a low man comes high, the high player can rotate low into O zone.

Coach blows whistle to change players.

**Secret Sauce:** Works on 3<sup>rd</sup> high attack, both for offense, but also being in good position during changes of possession.

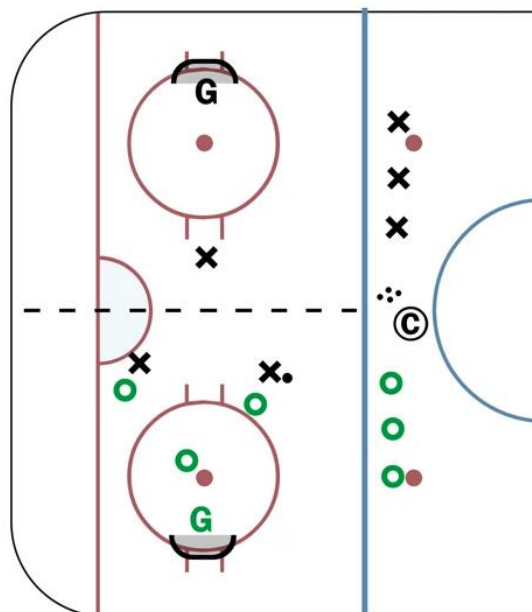
High man should always support puck.

#### Hockey Share Link

<https://www.hockeyshare.com/drill/817883>

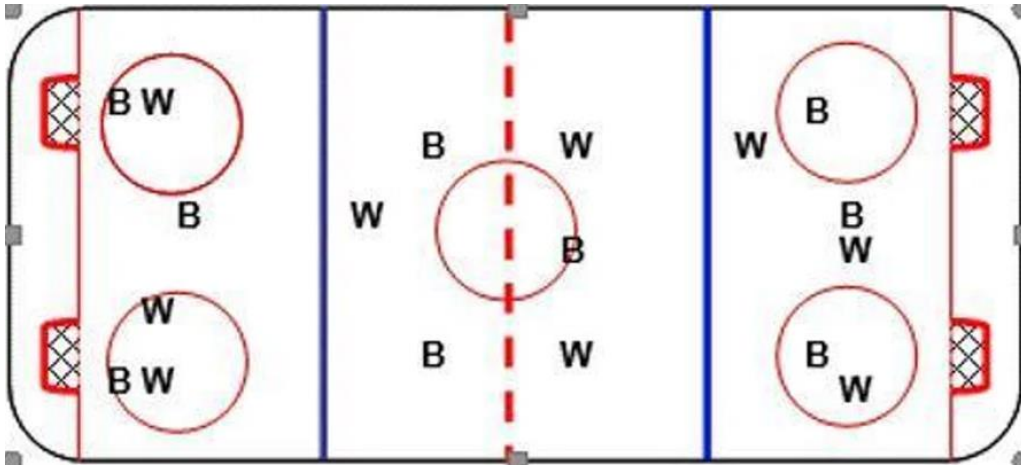
#### Video Link

<https://youtu.be/AalOk51iBZY>





## 3 Zone Scrimmage



### Description

Teams are split into 3 zones by color.

The black team (B) is attacking one direction while the white team (W) is attacking the other direction.

The goal is for the teams to advance the puck, zone by zone, to their teammates and then for the group in the offensive zone to score.

Only players in the offensive zone are allowed to score. The players in the neutral zone and defensive zone must maintain possession of the puck until they can pass to a player in the offensive zone.

Encourage communicating and calling for pucks. Discourage dumping pucks out and in and just getting rid of it. MAKE PLAYS!!!! Players will rotate zones every couple of minutes so they play in each zone.

**Secret Sauce:** Good for 2 teams.

**Hockey Share Link**

<https://www.hockeyshare.com/drill/813202>



# **CHAPTER 22**

## **DRILLS – BODY CONTACT**

[Return to Table of Contents](#)

## Puck Retrieval, Shoulder Check

### Description

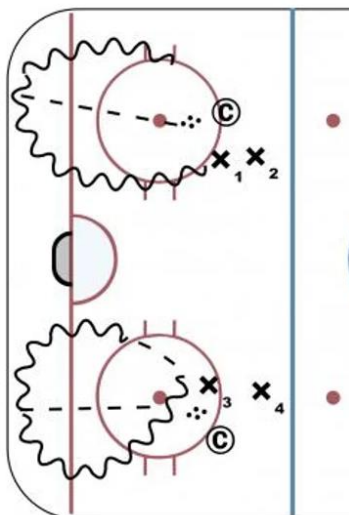
Puck Retrieve

1. Coach shoots puck into the corner
2. Player skates to the puck, looks over both shoulders (shoulder check) and surrounds the puck
3. Player picks up the puck and then passes it back to the coach

**Secret Sauce:** Add pressure to make the player make a decision in the direction to pick up the puck

**Hockey Share Link**

<https://www.hockeyshare.com/drill/756884>



## Pad Slide

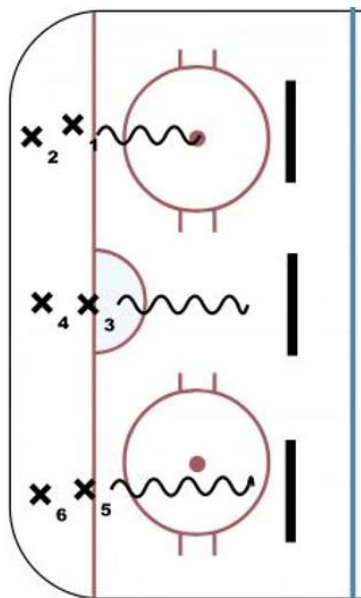
### Description

Pad Slide

1. Slide on belly keeping your head up and arms extended with a slight bend
2. Slide on belly and turn to side of body to make contact with boards with knees and forearms
3. Slide on belly and get up with a one foot stop before hitting the pad

**Hockey Share Link**

<https://www.hockeyshare.com/drill/756881>



## Stationary Contact

### Description

Stationary Body Contact

Drill 1 - protect the dot

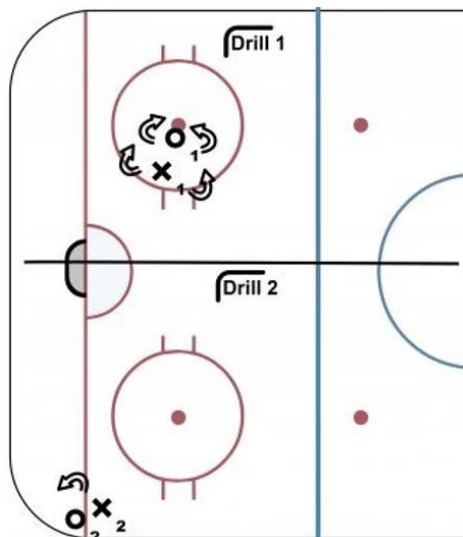
Mark a spot on the ice, one player protect the dot as the other player tries to gain the dot

Drill 2 - protect your crack

Find a crack on the boards, one player protect the crack on the boards as the other player tries to gain possession of the crack

Hockey Share Link

<https://www.hockeyshare.com/drill/756891>



## Moving Board Contact

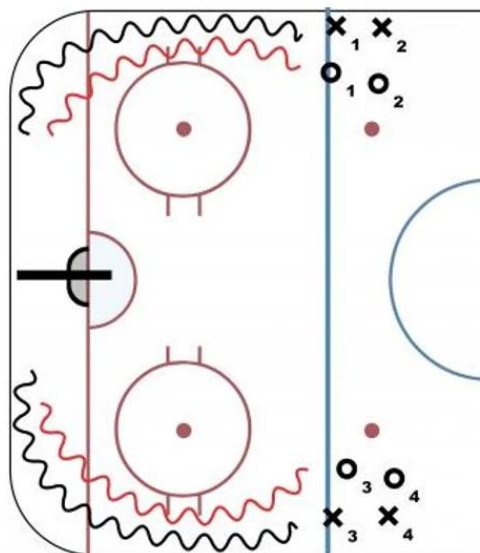
### Description

Moving board contact

Player x skates along the board as the other player skates along and 2 hands pushes the player into the boards

Hockey Share Link

<https://www.hockeyshare.com/drill/756896>

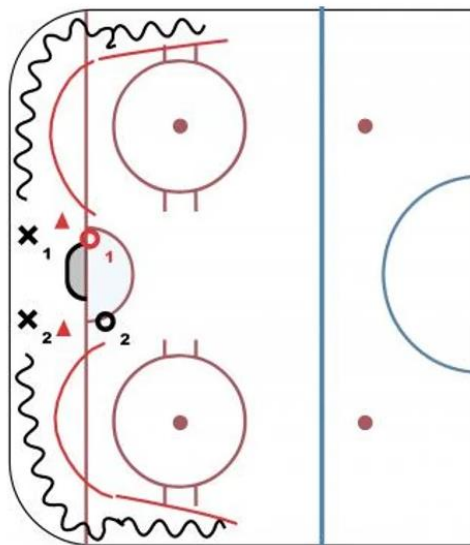


## Stationary Angling

### Description

Player x carries puck along boards and skates up to the blueline

Player o steer player carrying puck to separate the player from the puck



Hockey Share Link

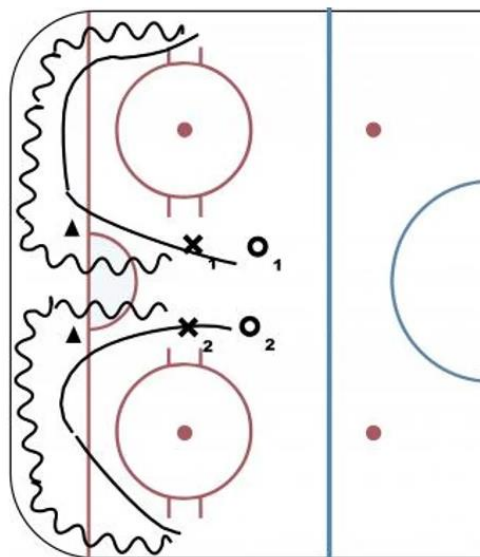
<https://www.hockeyshare.com/drill/756906>

## Dynamic Steering

### Description

Player x carries puck along boards and skates up to the blueline

Player o steer player carrying puck to separate the player from the puck



Hockey Share Link

<https://www.hockeyshare.com/drill/756909>

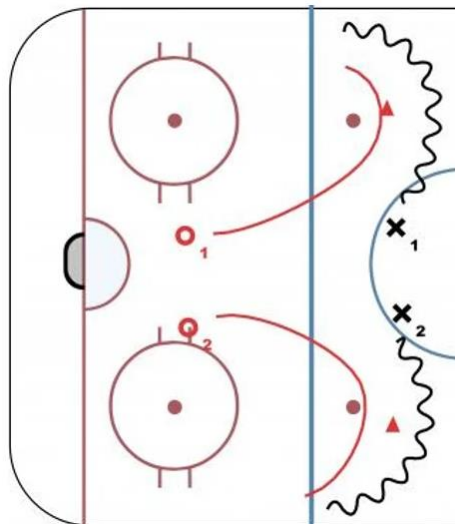
## NZ Steering

### Description

Player x carries puck along redline and skates down to the blueline

Player o steer player carrying puck to separate the player from the puck

Have o's take reps steering by only forward skating and also transitioning to backward skating.



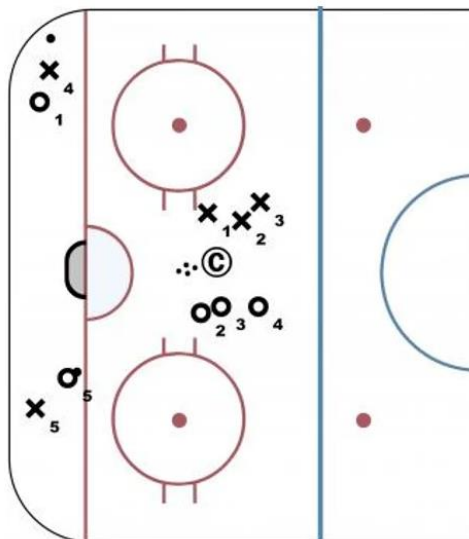
### Hockey Share Link

<https://www.hockeyshare.com/drill/756911>

## In the Paint

### Description

1v1 battles - player can only score if the puck is in the blue crease - play game with multiple groups at the same time. player focus on puck protection and deception. win the race for the puck - keep score either by team or player up to a number



### Hockey Share Link

<https://www.hockeyshare.com/drill/763947>



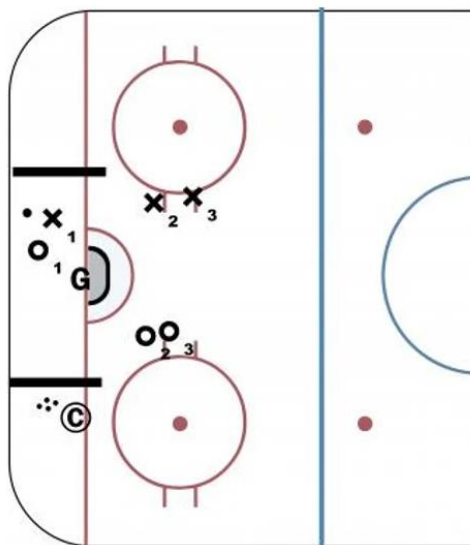
## Parise's Playhouse

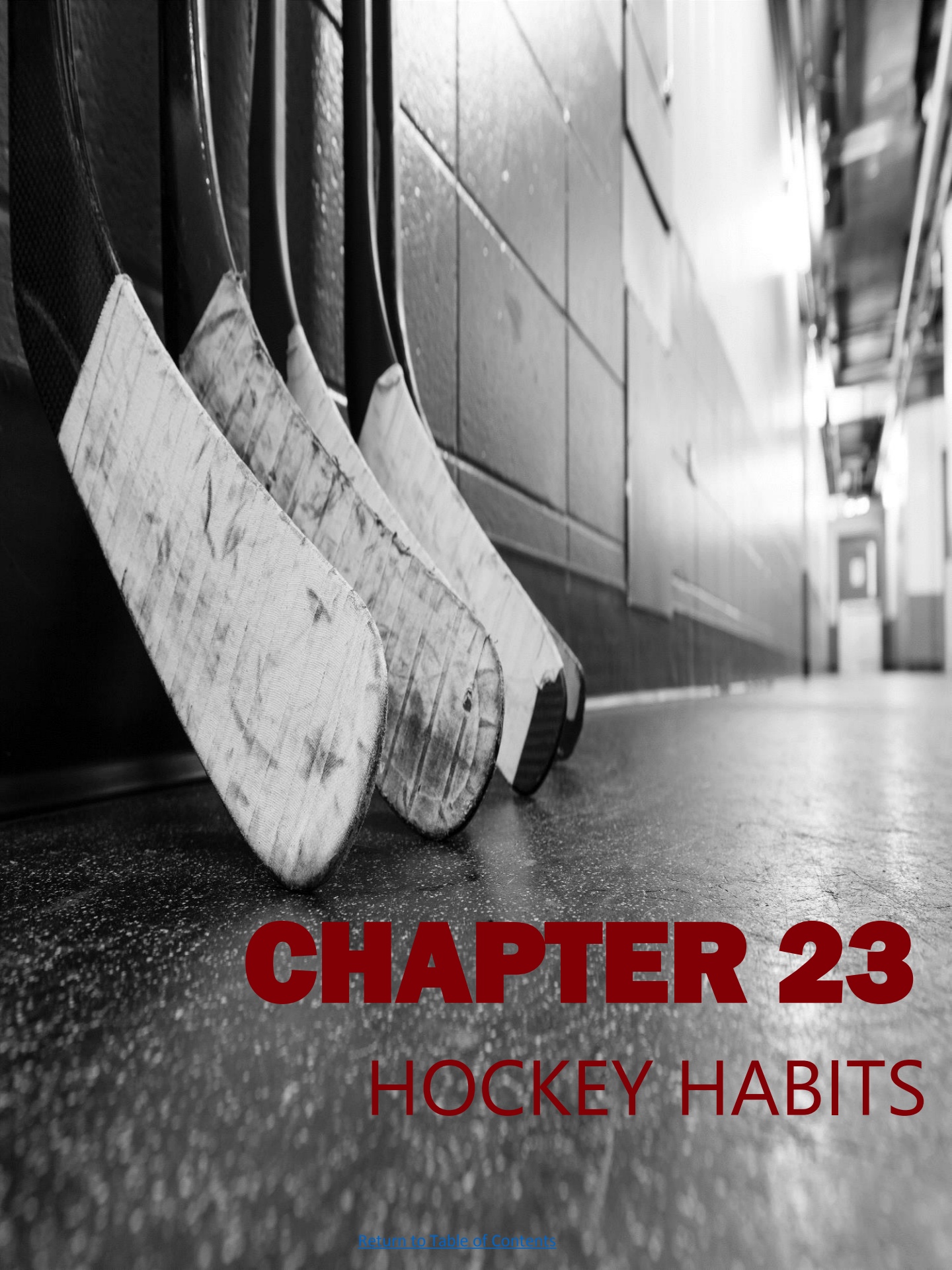
### Description

Turn net around and place borders along side so that it creates a small space. Play 1v1 or 2v2 within the small space. If the puck leaves the space or scores, then add another puck. Play for 30 secs. Focus on using body contact and position so that puck is protected to get good scoring chances.

### Hockey Share Link

<https://www.hockeyshare.com/drill/812866>





# **CHAPTER 23**

## **HOCKEY HABITS**

[Return to Table of Contents](#)



## INTRODUCTION

### OMGHA MISSION

The members of OMGHA will strive to provide a positive environment that promotes the development of hockey skills, good sportsmanship, competitive play, and fun for all players.

### OMGHA GOALS

Our goals as members of OMGHA are as follows:

- To provide a quality program at a reasonable cost
- Quality training for all players Consistent skill development
- Positive community representation Promote personal growth and positive attitudes
- Fun for all

### WEBSITE

[www.omgha.com/coachresources](http://www.omgha.com/coachresources)

### COACHING DIRECTOR

[aace@omgha.com](mailto:aace@omgha.com)

As part of the 2021-2022 season, we are establishing a Hockey Habits series to help our players and coaches develop some of the fundamentals needed to be successful at all levels of hockey. Skill and drill highlights will be sent out throughout the season, but this handbook is provided as a reference resource when planning for your season and player development.

Some Hockey Habits are conventional in nature and should be included in everything that our players do. Others are more situational or positionally focused. This handbook will provide drills for practicing the habit – conventional, situational, or position-specific – as well as video whenever possible of the drill or habit.

Feel free to use these as you see within your team planning and development structure. In the past coaches used the habits as talking points with the kids, some made their players memorize them and others only used the drills. They are meant to be an extra tool to help guide skill and game play development as the season progresses, no matter the age or level of play.



## OMGHA COACHES PLAYER DEVELOPMENT CHECKLIST

### HOCKEY I.Q. – WHAT IS IT?

Hockey I.Q. is a collective term that includes a player's:

- 1) Understanding of the Game
- 2) Ice Awareness
- 3) Pattern Recognition
- 4) Problem Solving

Remember: the most skilled hockey players will not win you many games if they do not know what to do with that skill.

It is up to us as coaches to focus on building smarter hockey players. Better decision makers on the ice lead to more development, success, and fun.

### FOCUS POINTS

- Coach all players to their ability
- Engaged coaching staff
- Explain the 'how' and the 'why'
- Active practices
- Fun for all

### WEBSITE

[www.admkids.com](http://www.admkids.com)

### Emphasize the Fundamentals

In every drill, every practice and every dryland put a priority on building a foundation of skills and good hockey habits by properly teaching the basics. Learning core fundamentals and perfecting them through focused repetition every level of play is essential to having any chance of success ... and success breeds fun.

### Keep Them Moving

Whether it is warm-ups before a game, on-ice practice or a dryland session, skill development sessions and practice plans should be designed to keep players engaged, challenged, and moving as much as possible. This is a critical component of skill development *and* passion for the game – especially at early ages.

### Vary Skill Development for Each Player

It will be necessary to modify drills or skill progression based on player ability and level of play. It is you and your staff's responsibility to teach every player on your team. Our OMGHA Mission is to provide an environment for hockey skill development and fun for *all* players. When we teach skills in the proper order, to all players no matter their current ability, our associations success will continue to grow.

### Incorporate Strategy and Game Play Scenarios

At times, even when you have all the players moving and engaged in drills at practice, things can become repetitious and monotonous. Taking time to explain to the players the purpose of a drill and providing an example of how it could be executed in a game allows players to visualize how they would use a particular skill. Relate what you do in practice to games – they all want to play games.

### Maximize Skill Development in Every Practice Session

Basic Skill Development (skating, puck control, passing, shooting) should comprise most of your practice time. Remember you can work skills in game-like drills. Skill Development should not be considered boring!

### Provide Positive and Specific Feedback

All coaches on the ice should be engage and communicating with all players at all practice and skill sessions. The best coaches roll their sleeves up, get involved and teach. Set the same expectations at the beginning of the year for all assistant coaches – and give them the space to do that. Your team – and players – will be better for it.



## GAME KNOWLEDGE

Hockey is a game of options – know how, know what, know when. Player development requires both skills and knowledge.

In addition to providing the ability to execute, OMGHA coaches should teach and practice situation-specific play options, so players can quickly make the right choice in any game situation.

## 10 HABITS ALL PLAYERS ARE CAPABLE OF

1. Being on time
2. Work ethic
3. Putting in effort
4. Being positive
5. Being passionate
6. Being teachable
7. Being prepared
8. Doing extra
9. Being supportive
10. Being kind

## OMGHA PLAYER DEVELOPMENT CHECKLIST – THE HABITS OF HOCKEY

From an early age in our youth programs OMGHA puts a heavy emphasis on our players ability to skate and skate skillfully with the puck. The ADM model promotes station-based practices to maximize repetition and skill development. This approach should not be forgotten when entering traveling hockey.

While developing advanced individual skills and game tactics/strategy become a larger component of practice time, it is critical at all ages to continue to prioritize skating as a skill – speed, acceleration, agility and power benefit forwards, defense, and goaltenders alike. From that solid foundation, we can begin to develop the basic skills of hockey: skating, stickhandling, passing and shooting.

The following pages emphasize what we believe are critical core habits we want all OMGHA hockey players – at all levels – to become proficient at.

### OMGHA HABITS

- Pass like a Pro
- Play without the puck
- Stick on puck / stick positioning
- Deception
- Create time and space
- Puck protection
- Steering / angling opponent
- Change shooting angles

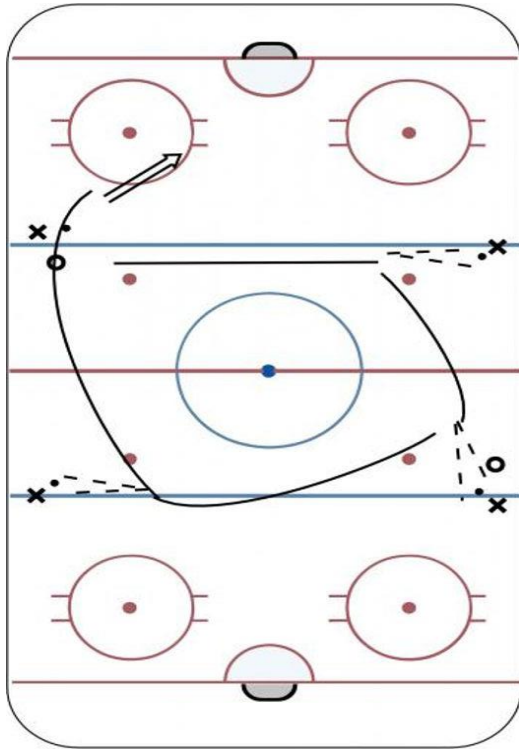
**Systems don't win games – having players who have great fundamentals and habits allow players to seize the opportunity to make plays and find success. Develop great fundamentals and habits to improve player and team**

**SUCCESS.**



## OMGHA DRILL EXAMPLES – PASS LIKE A PRO

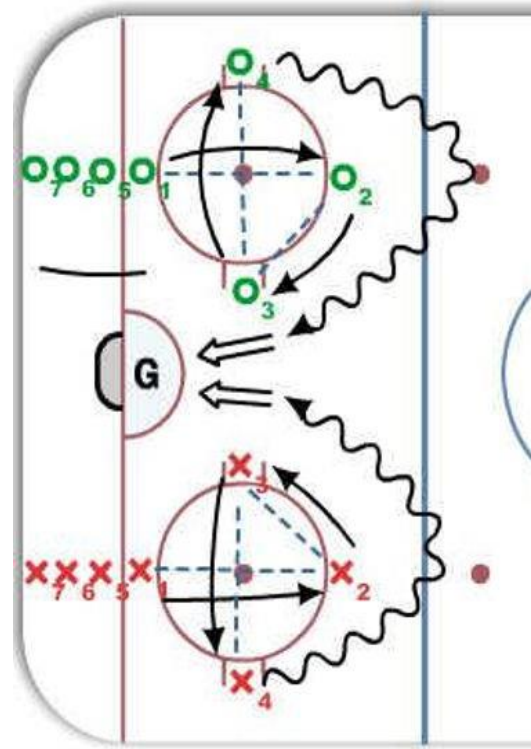
### Around the World



#### Description

Opposite sides start at the same time  
 Players Leave without a puck and  
 1- give and go along blue line  
 2- give and go with next line  
 3- give and go along other blue line  
 4- get puck from original line and go in and shoot.

### Shuttle Passing



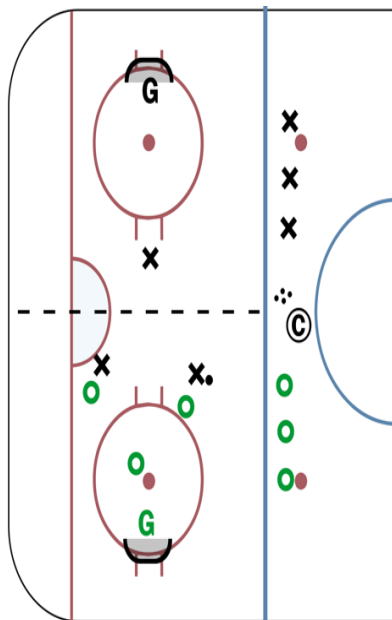
#### Description

1. x1 starts the drill
2. x1 passes to x2 and follows pass to take x2 position
3. x2 passes to x3 and follows pass to take x3 position
4. x3 passes to x4 and follows pass to take x4 position
5. x4 carries puck out and back down into the slot and shoots on net.

x4 shot activates o1 and the drill alternates sides.

## OMGHA GAME EXAMPLES – PASS LIKE A PRO

### SAG: 3<sup>rd</sup> Man High



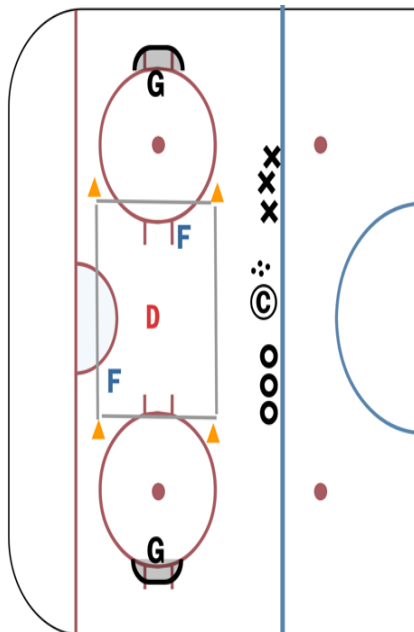
#### Description

Game begins as 3v3, but only 2 players can be in O zone, the 3rd player must stay above center line. All 3 players can be on their D zone side of ice.

High man can change. If a low man comes high, the high player can rotate low into O zone. Change on whistle.

Works on 3<sup>rd</sup> high attack, both for offense, but also being in good position during changes of possession. High man should always support puck.

### SAG: Swedish 2v1 Cross Ice

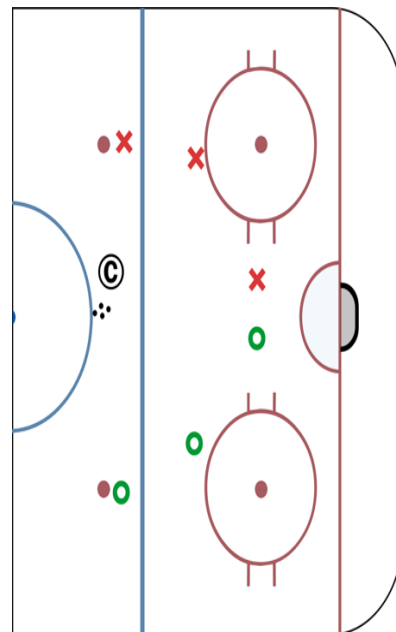


#### Description

The coach starts the drill by passing a puck to one of the offensive players. The players will play 2 vs 1 inside the playing area. The goal of the offensive players is to make 3 consecutive passes.

If they succeed, then the player with the puck chooses a net to shoot at while the other offensive player looks for a pass from the coach and takes a shot on the other net. If the defensive player knocks the puck out of the playing area two times, then they get a pass from the coach and take a shot on one of the goalies.

### SAG: Three Pass



#### Description

Play starts with coach putting puck in play. X's and O's battle for possession. When possession is gained, offense team must activate a teammate with a tape-to-tape pass.

Three passes must be completed in a possession before a shot can be taken. The goal is to encourage skaters to move to open space and support the puck to allow for quick passes. On turnover, defense can activate a third player to make it a 3v3.



## OMGHA PLAYER DEVELOPMENT CHECKLIST – THE HABITS OF HOCKEY

### Habit: Play without the Puck / Puck Support

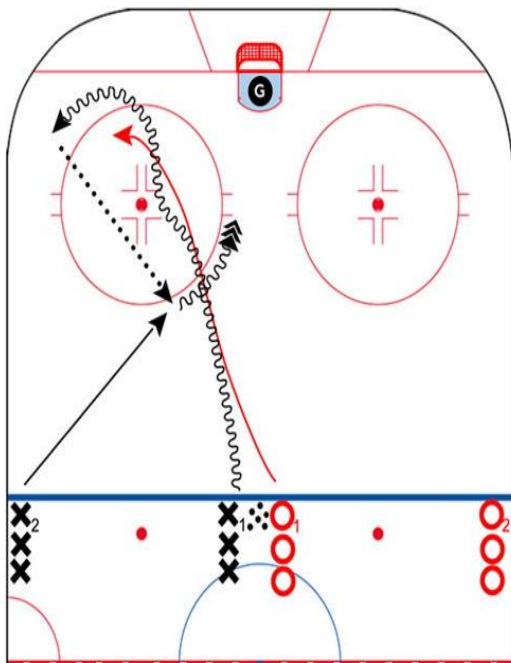
Moving to open space when your team has possession is a great concept for every player and team to learn. It will not always create a scoring opportunity, but it will be harder for the defense to defend and will give your teammate an outlet if they need it.

#### KEY POINTS:

- **Head-Up:** keep your head up! Be aware of where the puck is and what your surroundings are
- **Scan Ice:** don't just stare at the puck. Look around and scan the ice. Scanning the ice allows you to see where everyone is and where the open ice is
- **Go to Space:** jump to the open space quickly or with deception (fake going one way and go another or start slow & go fast) so that the defending team can not easily follow you
- **Communicate:** use verbal and non-verbal communication with your teammates so they know where you are and where you are going

## OMGHA DRILL EXAMPLES – PLAY WITHOUT THE PUCK

### Pressure Behind – 2<sup>nd</sup> Man Support



#### Description

This drill combines reading pressure from the defender and using deception to find a supporting forward for a shot on net.

X1 starts with a puck and is in front of O1 maintaining position.

X1 uses fakes & misdirection to create space between the opposition.

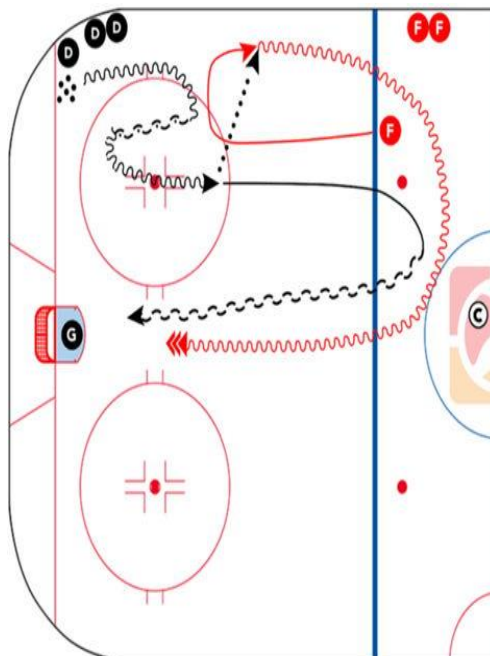
X2 times their route to the net. Faster is not always better.

X1 makes the move either right or left to open up and pass puck to the driving X2.

X2 finishes with a shot.

O's begin with the puck on the other side.

### Puck Support 1v1



#### Description

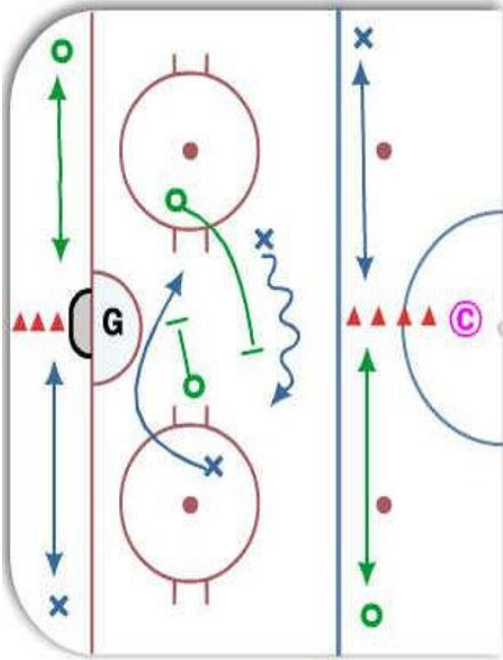
The puck support 1 vs 1 is works on gap control and stick position for defense, and a half-ice over speed attack for forwards. Additional focus should surround the zone entry, with the defense pivoting above the blue line and attempting to cut the play early.

D start in corner with puck, F on dot outside blue line. D skates forwards with puck then pivots and skates backwards, forward skates toward defense, then open pivots toward boards giving D a flat passing option. D passes to forward who skates into neutral zone, then regroups and attacks 1 on 1

Progression – add second forward to make it a 2 on 1. 1 forward towards boards, second forward to middle

## OMGHA GAME EXAMPLES – PLAY WITHOUT THE PUCK

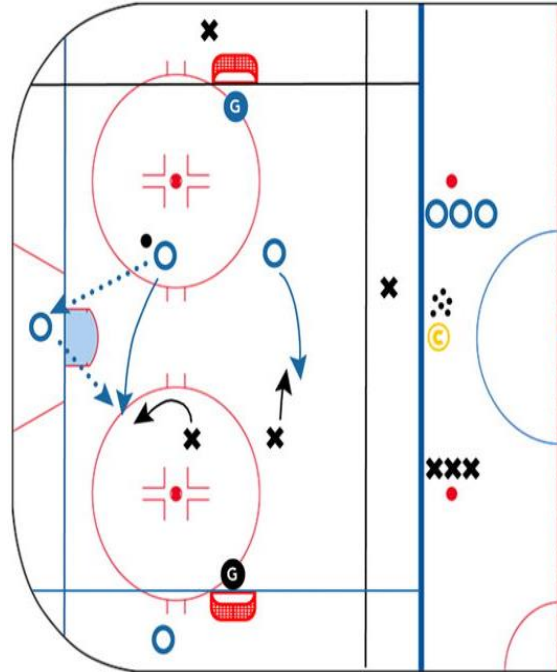
### SAG: 4-on-4 Support Game



### Description

- 1) Play 2-on-2 with two support players (opposite corners).
- 2) On change of possession, pass must be made to at least one support player before attacking net.
- 3) Support players can skate across the goal line or the blue line and cannot leave this area.

### 2v2 Barrier Support



### Description

The role of barrier players (outside) is key as they will open up the play and force the defending team to defend their opposition while being away from the puck.

Drill set up as shown. Support Xs own space above far net and left side of blue line, support Os own space below red line and below lower goalie net. These support players can only move within their owned space but can pass to any of the players on their team. Set up cones at four corners as needed to establish areas. Coach spots puck, and players compete 2 vs 2 in zone. Must make a pass to support player before scoring



## OMGHA PLAYER DEVELOPMENT CHECKLIST – THE HABITS OF HOCKEY

### Habit: Stick on Stick / Stick Positioning

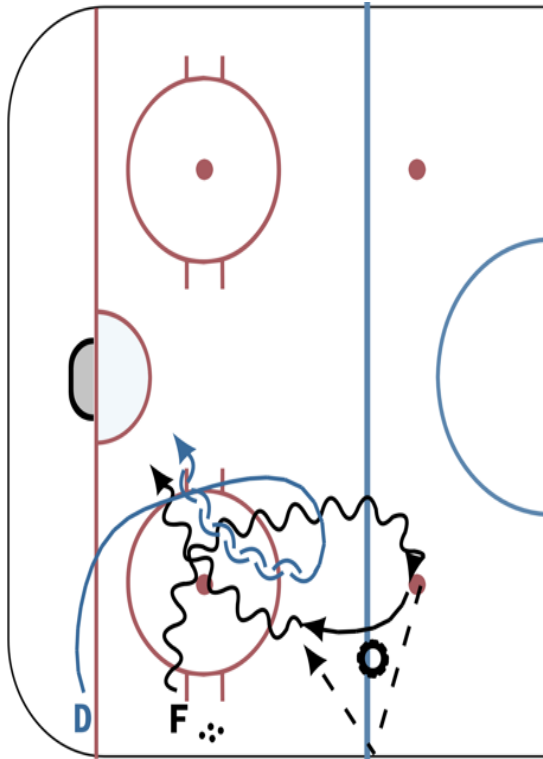
An active stick as a defender is a critical habit for all players. Where a defender places their stick is a subtle yet extremely effective vehicle for taking away time and space. When defending a rush or engaging a player with the puck in the defensive zone, a common mistake is to lunge or dive at the puck. Instead, your body should remain centered on the puck carrier's body, "body on body". Your stick is free to try to poke the puck "stick on stick", but not if it pulls your body out of position. Remind players to maintain "D-side" positioning while playing stick on stick, body on body.

#### KEY POINTS:

- **Net Side ("D-Side") Position:** keep your body between the puck and the defending net
- **Stick on Stick, Body on Body:** remain centered on the puck carrier's body, "body on body", and maintain an active stick taking away passing and shooting lanes
- **Net Front:** In front of the net is a special position for defensemen. This is where it is your job to engage forwards who are trying to create chaos in front. Maintain D-side, lift sticks, fight for position and vision of puck

## OMGHA DRILL EXAMPLES – STICK POSITIONING

### Stick Check Stakeout



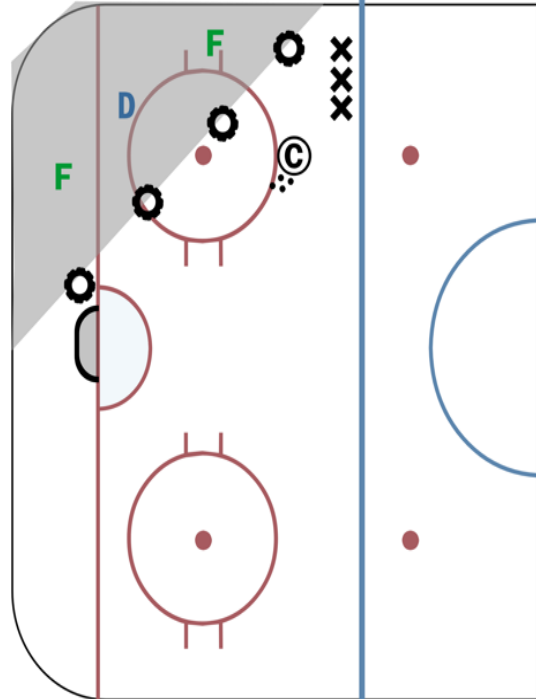
#### Description

F skates into middle of ice, turns and bounces puck off boards around tire or rebounder and then picks it up to attack Defender 1 on 1. D mirrors F's path and transitions to play 1 on 1. When offensive player gets puck into range, defender sweeps stick to the side to knock the puck off the stick.

Move players to start on boards in neutral zone if you have more space to increase the speed of the 1v1.

### Corner to Half Wall 2

vs 1



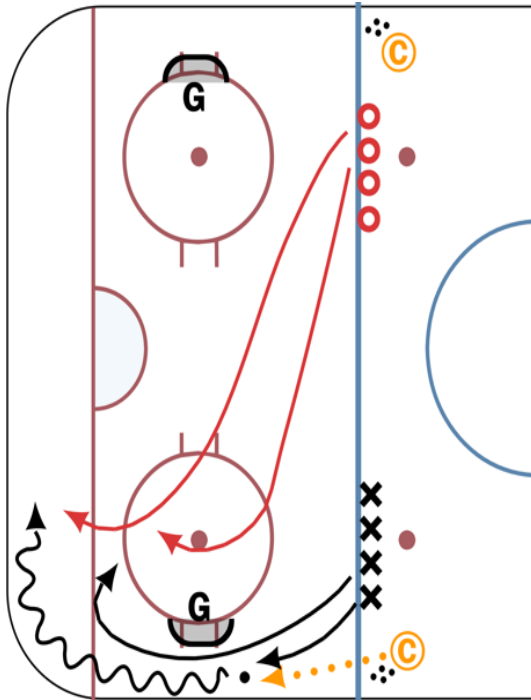
#### Description

The goal of the game is for the offense is to connect on 4 consecutive passes in a row. If they do so, they win and are allowed to shoot on net. If the defense takes the puck away, or the puck goes out of bounds 2 times during the game the defense wins and is awarded a shot on net. This can be set up as a station with a goalie, or without. If you use a goalie they can be placed in the crease or the net can be moved to the point.

The game reinforces important skills like keeping your head up, moving to open spaces, protecting the puck, and verbal & non-verbal communication. Offensive players should practice using the boards to make bank passes. Defense should have active sticks in passing lanes.

## OMGHA GAME EXAMPLES – STICK POSITIONING

**SAG: 2v2 Angling**

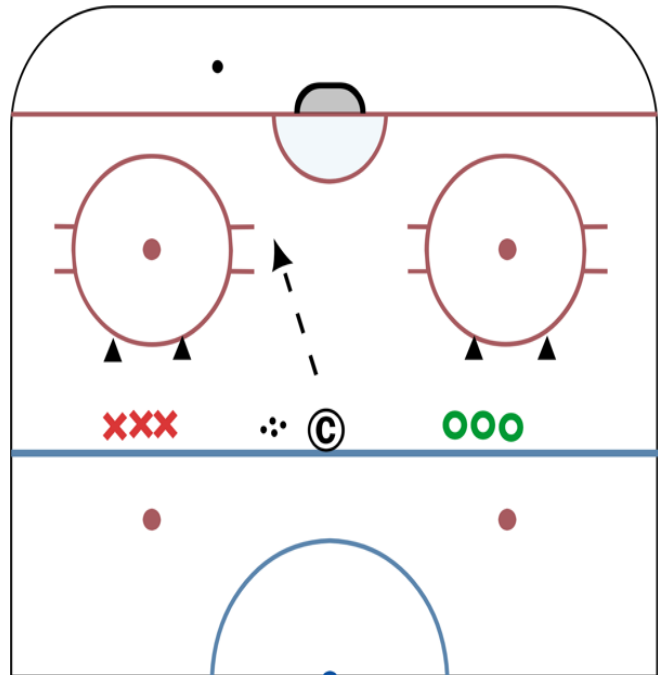


### Description

Coach lays puck behind net, first two X's go around net, either X can pick up puck. 2 O's at the far end of the line, gain ice and angle, play live 2v2. On whistle, opposite side coach lays puck and four new players go.

Defending players use stick to steer their opposition into bad ice and use "stick on puck" to take it away.

**SAG: Gate Game**



### Description

Drill starts with the coach dumping the puck in the corner or with a shot on net. Play the drill 2 v 1. The X team scores a point for retrieving the puck and skating through either set of cones. The O team (2 players) score by taking the puck away from the X team and scoring on the goalie. Once either team scores reset with new players. Play to 5 and then switch. Focus on active stick in passing/shooting lanes.

Alternate version: No goalie, 1v1. Player with puck wins by skating puck through gates. Defending player needs to steer with stick and body to prevent zone exit.



## OMGHA PLAYER DEVELOPMENT CHECKLIST – THE HABITS OF HOCKEY

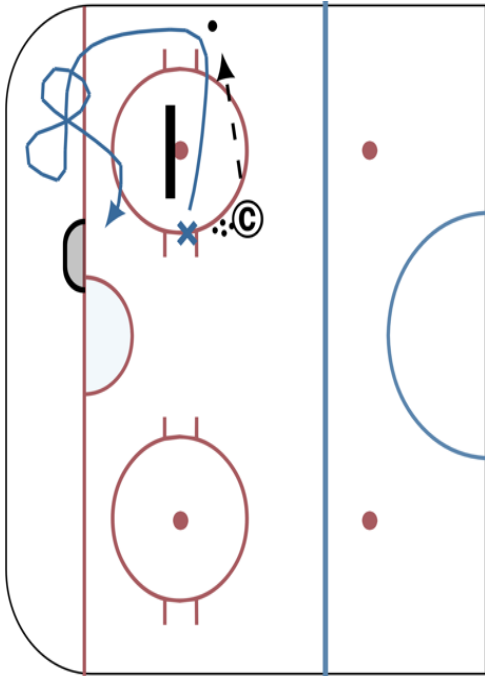
### Habit: Create Time and Space

Making great hockey plays in traffic is hard. The best players figure out a way to create space, buy a little time and then make a play. Change speeds, making tight turns, switching places with a teammate and using deception can all create confusion for opponents, providing more time and space to create offense.

Time and space are something every good offensive player will try to exploit. Time and space is fleeting, it's temporary, so you not only need to be able to create it, but also use it. You're always looking to open up the ice, reading and reacting to what the defense is doing and taking what they are giving you. Being a good skater helps; it's hard to create time and space if you're lumbering out there.

## OMGHA DRILL EXAMPLES – CREATE TIME AND SPACE

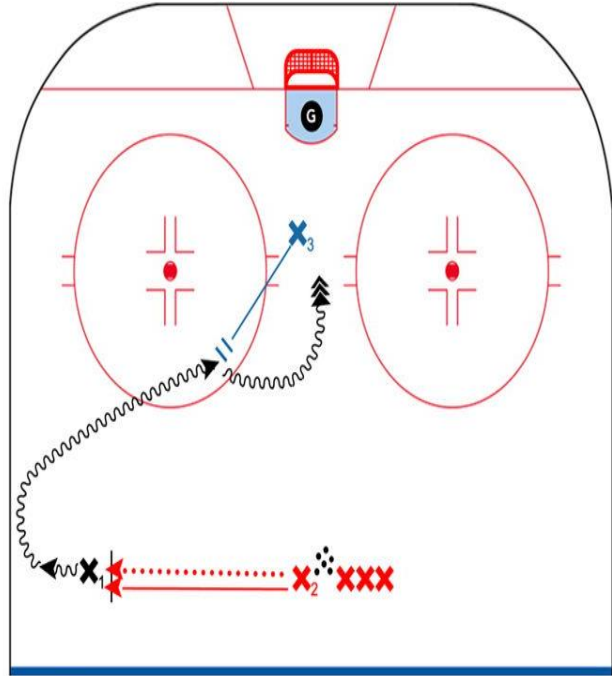
### Corner Escape



#### Description

Coach passes puck off wall, X retrieves puck with a stop turn and drives down wall into corner. X completes two escape moves with the puck (a Figure 8) and drives the net for quick shot. Coach can apply pressure.

### Reading the Second Wave

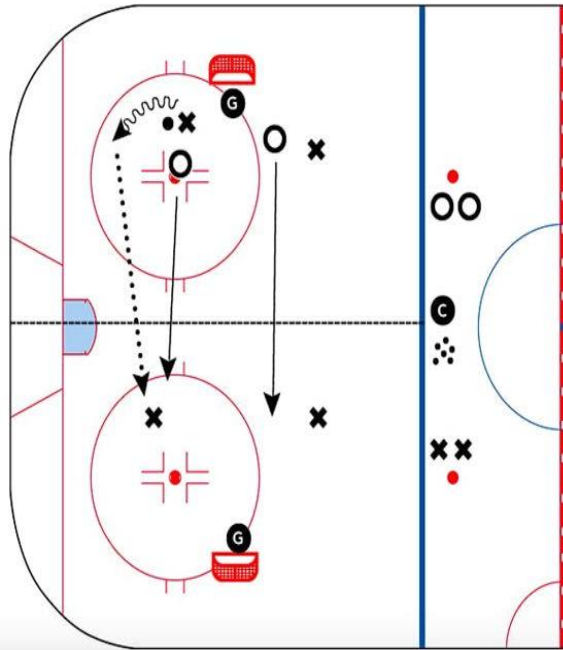


#### Description

The drill starts with X1 standing facing the boards and receiving a pass from X2. X2 follows their pass and provides token pressure towards X1. X1 must use shoulder checks to read the pressure, shield up from attackers and then use an evasive move to spin away from their opponent. X1 then attacks the net and uses another evasive move around X3 who acts as a defender, also providing token pressure. Defenders should focus on active sticks, one hand, to take away inside lanes.

## OMGHA GAME EXAMPLES – CREATE TIME AND SPACE

### Backcheck Game

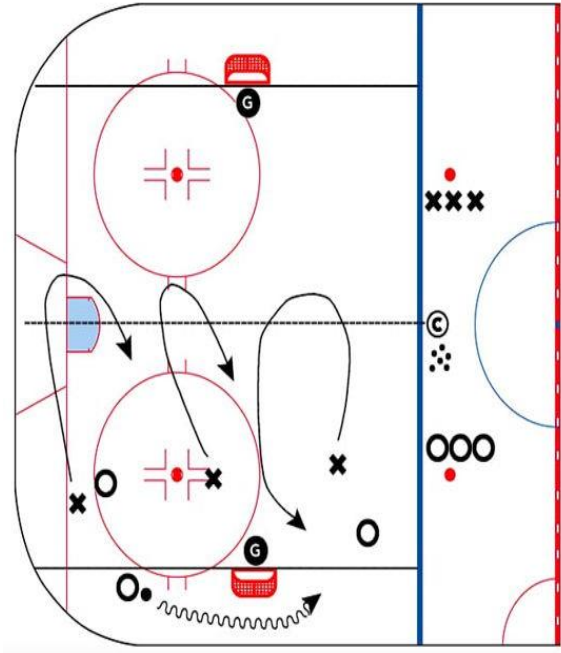


#### Description

The game begins with a 2v0 (O's), with two opposing players (X's) backchecking them. There are also two more players (X's) who are on the backchecking team, positioned on the other half of the ice. Game is played 2v2 after initial set up. When the back checkers gain possession of the puck, they breakout the two players on their team waiting on the other side of the ice. After the offensive players lose possession and the puck is transitioned, they become the back checkers.

The shift is as follows: **Offense -> Defense -> Change**  
If there is a goal a new puck is given to the offence and the game continues. New offensive players should slide into position every time the play transitions the opposite way

### Angle 3V3



#### Description

Encourage quick transition, both offensively and defensively. Quick breakout transition on offense and quick sorting and pressure from the defensive players.

- Offensive team tries to score, while defensive team pressures and tries to gain possession
- Once defending team gains possession, they must breakout from behind the net
- Attacking team now must tag up at the center line and pressure/forecheck accordingly
- 30 to 40 second shifts



## OMGHA PLAYER DEVELOPMENT CHECKLIST – THE HABITS OF HOCKEY

### Habit: Deception

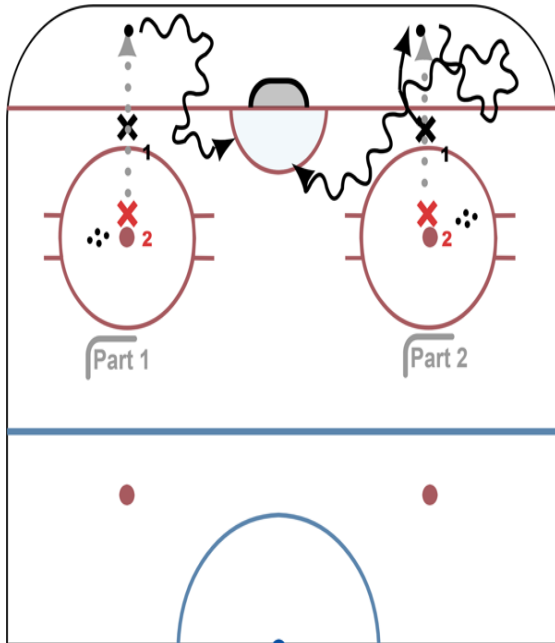
The new generation of players skate with deception. The goal is to create space through deception. Some players can create time and space with speed alone but adding deception as a habit will provide another level for your player to create time and space. Skating with deception includes:

- removing predictable skill patterns,
- attacking what is being taken away before moving into the open ice,
- being deceptive with both routes and skills
- doing the opposite of what you want to do, before you do it

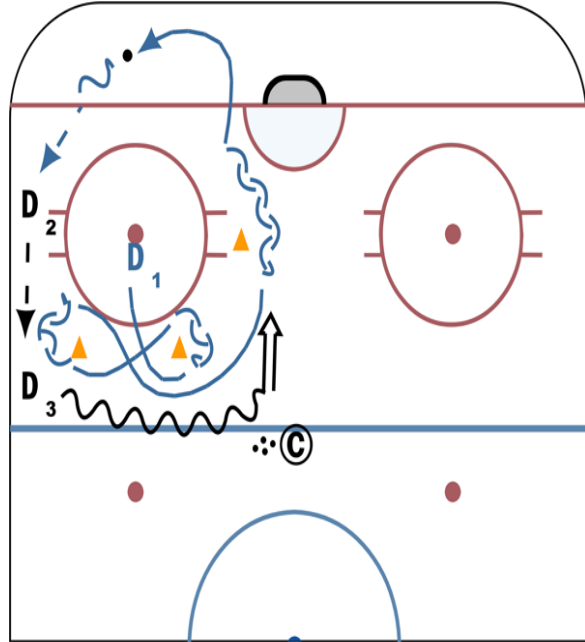
Players should take advantage to first fake/step into the skating routes of defenders, then subsequently push away aggressively into the opposite direction. Deception can occur with and without the puck!

## OMGHA DRILL EXAMPLES – DECEPTION

### Deceptive Retrieval, Net Drive - low



### Defense Agility Retrievals



#### Description

The drill starts with X1 standing facing the boards and receiving a spotted puck between their legs, from X2.

X1 retrieves the puck using shoulder checks and deception.

**Part 1:** Attack the net directly

**Part 2:** Climb the wall and then attack the net

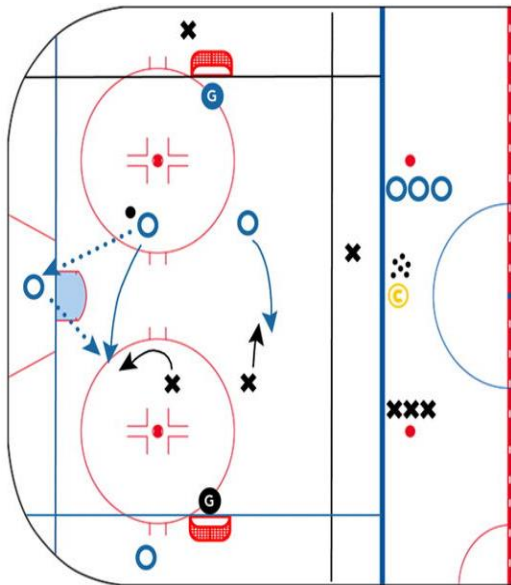
#### Description

D1 steps up from dot, does a figure eight around cones (with quick feet), goes forward to backward around the cone, does a shoulder check, retrieves puck that coach spots, fake, then passes to D2 on the wall, D2 then to D3, D3 drags & shoots along blue line.

Set up a rotation to get all the D through quick.

## OMGHA GAME EXAMPLES – DECEPTION

### 2v2 Barrier Support

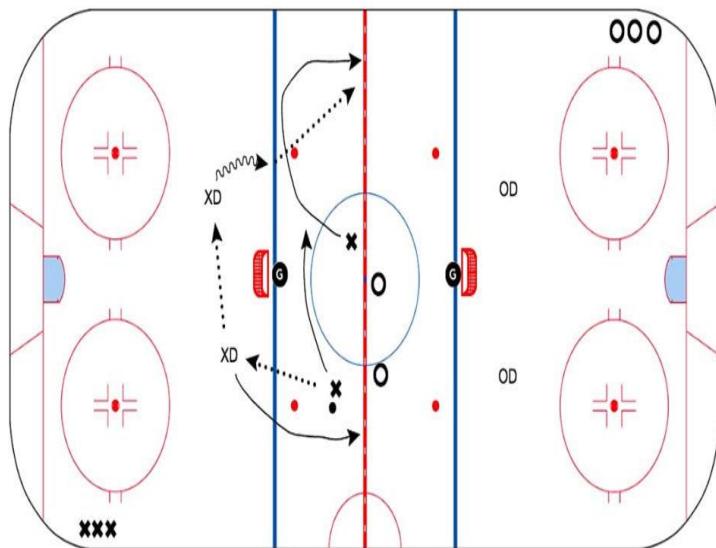


#### Description

The role of barrier players (outside) is key as they will open up the play and force the defending team to defend their opposition while being away from the puck.

Drill set up as shown. Support Xs own space above far net and left side of blue line, support Os own space below red line and below lower goalie net. These support players can only move within their owned space but can pass to any of the players on their team. Set up cones at four corners as needed to establish areas. Coach spots puck, and players compete 2 vs 2 in zone. Must make a pass to support player before scoring

### Neutral Zone D Activation Game



#### Description

Purpose: Develop team transition skills while encouraging defense to join and support the rush. Players will also be forced to execute and defend line rushes off of transition.

Two nets on opposite blue lines, two defense behind the “goal line” for each team, as well as two “inside” players. First two players in each line race to puck to gain possession. Two defense from each line skate behind nets and become defensive players, ready to receive a pass from “inside” players.

Once possession is gained the offensive players must move puck to either of the defense on their team. When D receives the puck, they attack and create a rush resulting in a 4v2. Once the defending O’s intercept the puck and move to OD’s, then the two XD’s return back behind their defending net and the OD’s activate and attack 4v2

Can be played cross-ice in one zone as well.



## OMGHA PLAYER DEVELOPMENT CHECKLIST – THE HABITS OF HOCKEY

### Habit: Puck Protection

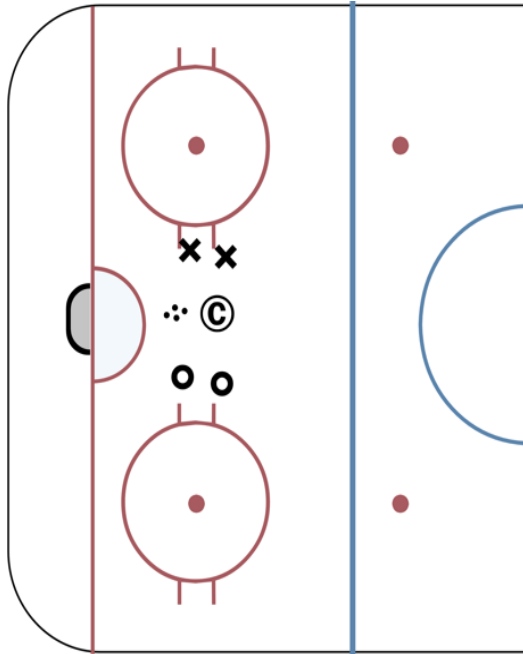
Puck protection is an important skill for each player throughout the lineup. Not only do players need to protect the puck while keeping their feet moving (because every defender can skate in today's game), but they also need to keep their head up and look for potential options. Puck protection includes delays, escapes and deception.

1. **Gaining Body Position:** Establish position, control puck, keep puck furthest distance from opponent.
2. **Cutbacks and Punch Turns:** Adding deception while controlling the puck away from the defender.
3. **Become a Threat:** Creating offense and attacking the net are important elements to effective puck protection and possession.



## OMGHA DRILL EXAMPLES – PUCK PROTECTION

### In the Crease

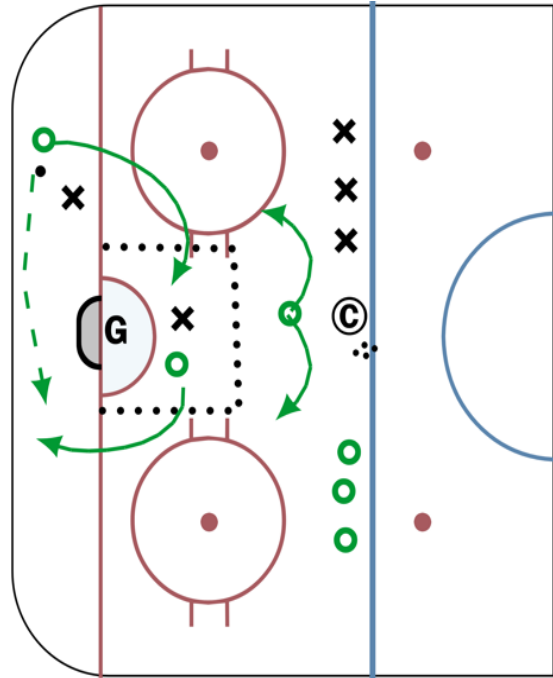


### Description

Two lines in slot. Boundary is goal line; puck leaves a new puck is sent in. Puck sent in by coach, player w/puck tries to enter the paint with possession and score. Full possession in paint earns 1 point. Keep score.

Players switch from O to D as possession changes.

### Box Game



### Description

Played as a 3v2 game.

Rule: Only one offensive player in the box at any time until the puck goes in there.

No one has to be in the box, but 1 max.

Offensive players should find soft areas outside box.

Defensive players should have sticks in lanes, take away space.



## OMGHA PLAYER DEVELOPMENT CHECKLIST – THE HABITS OF HOCKEY

### Habit: Steering / Angling Opponent

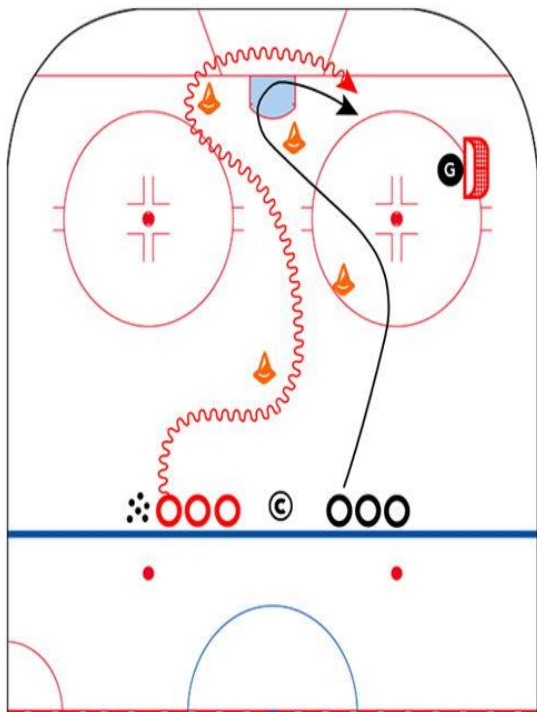
Angling is one of the most important individual skills tactics in the game of hockey. It allows a player to dictate and control the play by putting pressure on the opposing team. After reading the offensive rush and backchecking pressure and making sure that the feet and stick are in a good position, the defender should look to angle the puck carrier towards the boards, eliminating the last amount of space.

Keys to teaching angling ... static into chaos.

- **Stick Positioning:** Allows you to dictate the area of the play
- **Angle:** Inside out, takes away the middle of the ice first. Force the opponent to play from outside the dots, in.
- **Accelerate:** Accelerating off the arm provides the momentum to take away the opponent's hands.
- **Physical:** Hands to belly, hips to hands, stick on puck

## OMGHA DRILL EXAMPLES – STEERING / ANGLING

### Jet's Angling 1v1

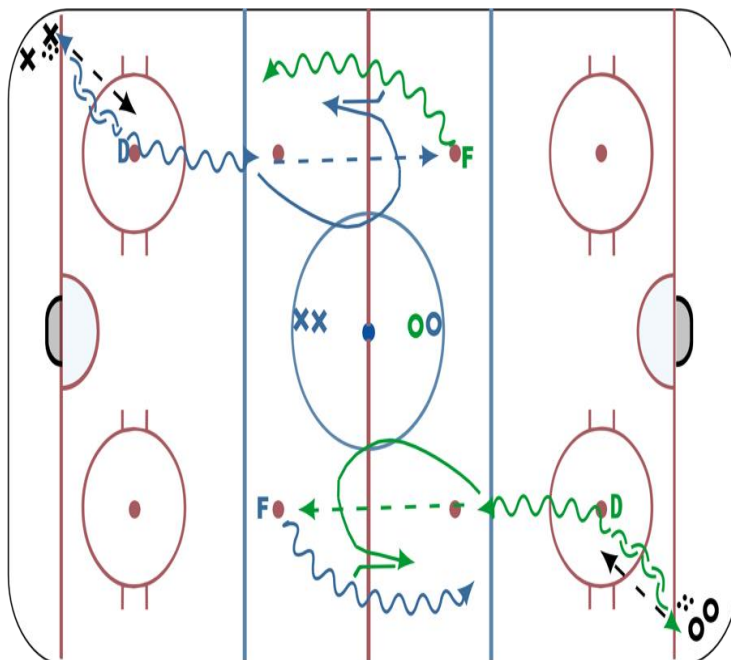


#### Description

This drill helps players practice their angling skills with body and stick positioning by forcing a unique route to the puck. O carries puck around cones and tries to score.

O mirrors O's skating and takes a great angle to stop the play. Both players must skate forward the whole time. Patience, timing and keeping the feet moving are key points.

### Wedge 1v1 Angling



#### Description

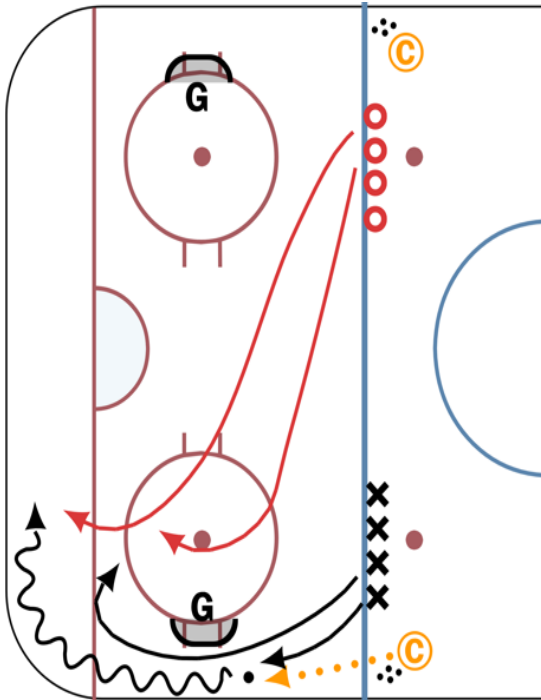
Utilize stick (drag) to steer attacking player to outside (bad ice) and away from the middle (good ice).

Drill begins players in corner skating backwards, two touch passes with next player in line. At top of circle player transitions with puck and skates forward to blue line, passes to F at far dot and begins his angle on attacking player.

Player on dot can not leave dot until they catch the pass. They must attack outside the dots in NZ, then enter zone entry to score. D player works hard on proper angle to keep player to outside with stick, body position and contact through hands and hips.

## OMGHA GAME EXAMPLES – STEERING / ANGLING

**SAG: 2v2 Angling**

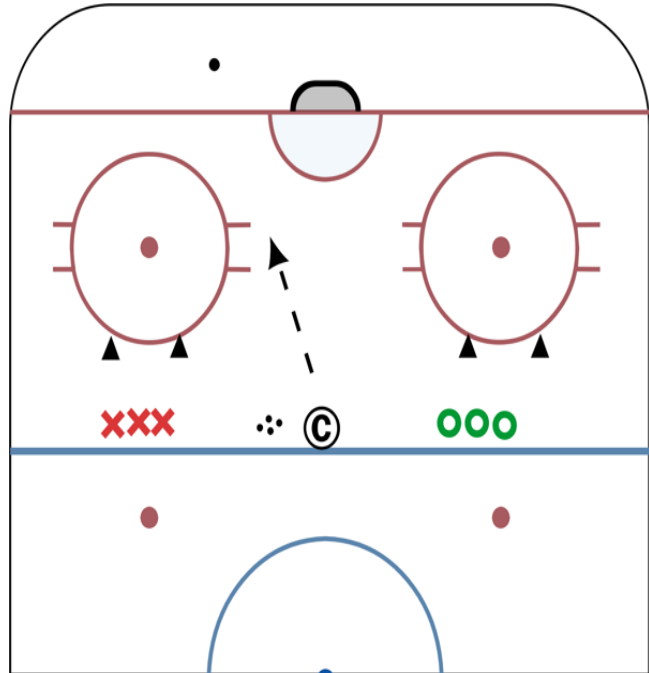


### Description

Coach lays puck behind net, first two X's go around net, either X can pick up puck. 2 O's at the far end of the line, gain ice and angle, play live 2v2. On whistle, opposite side coach lays puck and four new players go.

Defending players use stick to steer their opposition into bad ice and use "stick on puck" to take it away.

**SAG: Gate Game**



### Description

Drill starts with the coach dumping the puck in the corner or with a shot on net. Play the drill 2 v 1. The X team scores a point for retrieving the puck and skating through either set of cones. The O team (2 players) score by taking the puck away from the X team and scoring on the goalie. Once either team scores reset with new players. Play to 5 and then switch. Focus on active stick in passing/shooting lanes.

Alternate version: No goalie, 1v1. Player with puck wins by skating puck through gates. Defending player needs to steer with stick and body to prevent zone exit.



## OMGHA PLAYER DEVELOPMENT CHECKLIST – THE HABITS OF HOCKEY

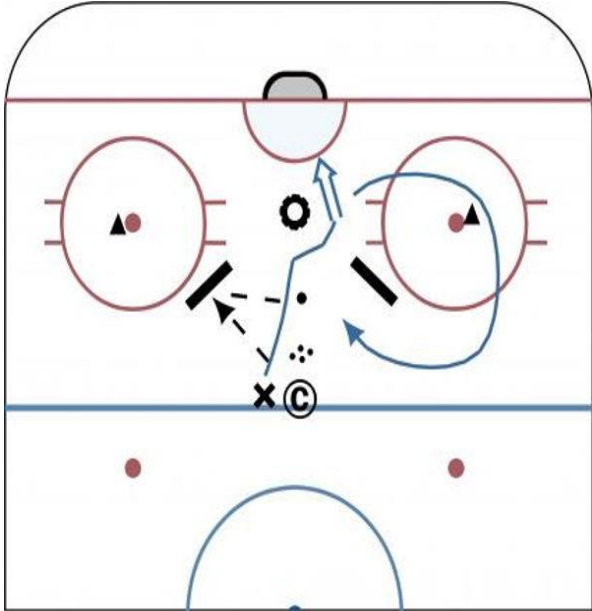
### Habit: Change Shooting Angles

Getting shots through traffic – from the point or other scoring areas – is extremely important. It can be the difference between a wasted scoring opportunity or breakaway for the other team.

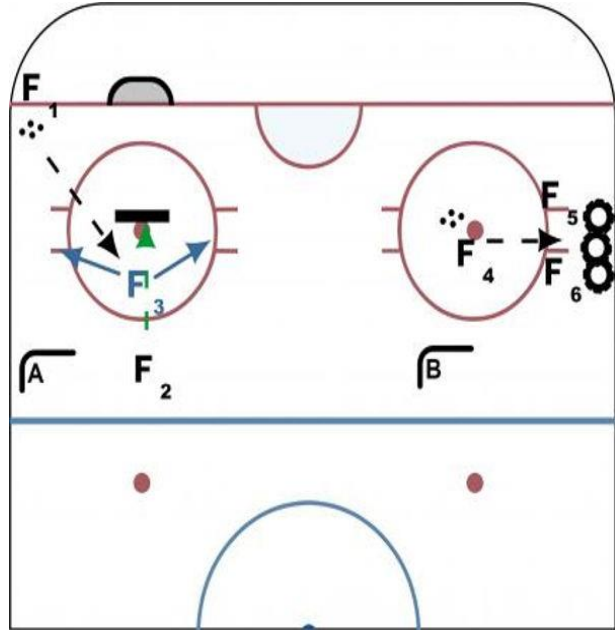
Changing the angle of the shot can be practiced on ice, but it should also be a heavy component of off ice, dryland work as a team and individually. The goal is to get comfortable with quickly getting the puck to an open shooting lane and breaking the habit of the player keeping their head down and shooting right into an attacking player.

## OMGHA DRILL EXAMPLES – CHANGE SHOOTING ANGLES

### Read & React Shooting



### Bumper Circuit



### Description

1. Coach gently puts puck off bumper, skater reacts and receives puck in stride and makes deke move around tire to shoot.
2. Skater wheels -- either way -- around cone with head up, catches 2nd puck from coach. Catch and shoot. 2nd puck can be fed off bumper or slid to player in stride.

### Description

#### Part A

- F1 passes to F3 -> F3 goes around bumper and shoots (goalie or no goalie)
- After shot, F2 puts puck off bumper, F3 reacts to it, gets puck and shoots

#### Part B - Side Station

- 2 tires, flat together on wall - 1 is upright on top of them
- F4 pucks puck off tire -> F5 & F6 react & hammer puck through tire



# **CHAPTER 24**

## **PRACTICE PLANNING**

# Effective Practice

*“Tell me and I’ll forget, show me and I might remember, involve me and I’ll understand.”*

- **Before Practice**

- Have a Plan
  - Set Objectives or Theme
  - Prepare Plan
    - Ice Utilization (don’t waste it), # of Teams, Coach Utilization & Role, Keep Players Active, Timing, Teach concepts through Games
  - Share Plan
    - With Coaches, with Players, Post in Locker Room & On Glass
  - At rink, organize any objects needed for on the ice – Borders, Cones, Extra Nets, etc.
  - Pre draw any drills on dry erase that you may need to go over while on the ice.
  - Have enough pucks – A full bucket is approx. 100 pucks.
    - 1 team – half bucket
    - 2 team – full bucket

- **On Ice**

- Execute Plan
  - Monitor clock for timing
  - Pucks spotted in appropriate areas (coach & player help)
  - Inform players of whistle sequence as needed
  - Relate to why you are doing a specific drill or tactic, and how it will assist the team
  - Make it safe/ok to fail
  - Remove the joystick – Guide them, but let them play and figure it out too
  - If plan calls for running a drill that has players perform exercises around cones or an object, be sure to move after a couple reps so the ice doesn’t get chewed up too bad.
  - Smile, have fun, be patient, speak loud & clear, observe than correct,

- **Post Practice**

- Evaluate plan and effectiveness
  - Talk with players on what they liked and didn’t like & why

- **Other**

- Make sure each player is responsible for their own full water bottle
- Locker room needs to be better than when your team arrived – **NO EXCEPTIONS!**
  - Clean, garbage picked up, water dumped in drain not garbage can

Length	Start	Drill Name	Category	Notes
10	12:00pm	<b>MN Mile</b>	Skating	Goalies Warmup on Crease. Skate the pattern shown. Options: Skate all 8 dots if the goalie area isn't needed. The drill should be done at medium pace. Options (Progressions): 1-Inside Edge (Hand down, elbow down, knee down, backwards) 2-Outside Edge (Hand down, backwards) 3-Mohawks, 4-Transitions, 5-With Pucks
10	12:10pm	<b>Figure 8 - 4 Dot Drill</b>	Skating	Goalies Warmup on Crease
7	12:20pm	<b>Stop/Start- Triangle Passing</b>	Passing	Pass back and forth with coach while stopping at each end of the border. Should run for about 20-30 seconds. Progressions: - Catch on backhand, Use skates to catch the puck - Have another player take coach spot - Have player catch puck, skate to the other side and pass - If coach doesn't pass in 3 seconds, move to the other side (practice getting open)
7	12:27pm	<b>Give and Go Shooting</b>	Shooting	Drill starts with a shot from the X line X then skates below end line on O's side. Execute a "Give and Go" with O line. O continues to the other side. Drill is continuous
6	12:34pm	<b>1 puck passing</b>	Passing	X1 starts skating and receives a pass from X3. X1 Passes to X5, while X3 starts skating. X1 goes to X3 Line. X5 passes to X3, X3 passes to X7. X3 goes to X5 Line. X5 skates and receives a pass from X7. X5 passes to X2. X5 goes to X7 Line. X2 passes to X7. X7 passes to X4. X7 goes to X1 Line. Keeps going around and around. Should only use 1 puck.
10	12:40pm	<b>Cross Ice 3v3</b>	Competition	White/Black
10	12:50pm	<b>Gopher 2:0</b>	Passing	Os start on the whistle and execute passes down the ice. Forehand to forehand. End with a shot on net. As soon as the Os shoot, Xs do the same thing in the other direction. The game continues until one team scores 5 goals. Players should turn to the outside and hustle back to their line.

MN Mile

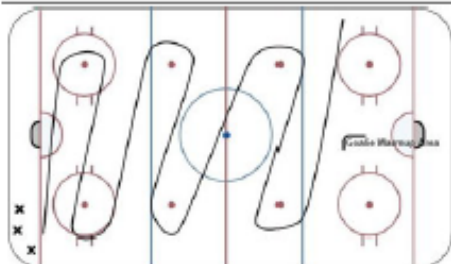
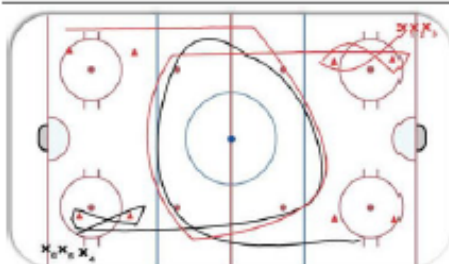


Figure 8 - 4 Dot Drill



Stop/Start- Triangle Passing



Give and Go Shooting



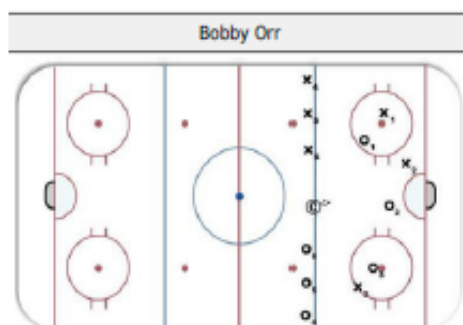
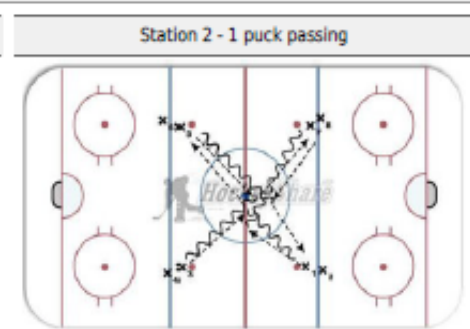
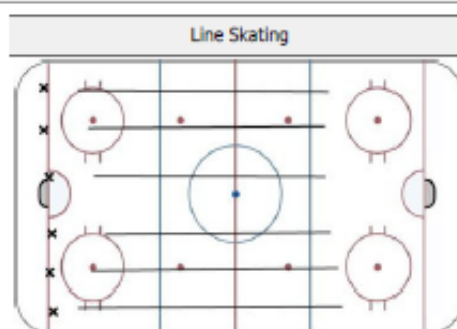
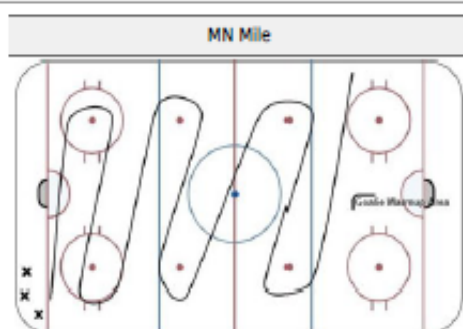
1 puck passing



Gopher 2:0

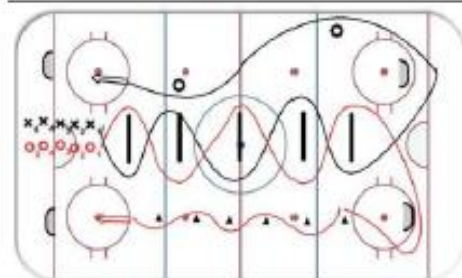


Length	Start	Drill Name	Category	Notes
10	12:00pm	<b>MN Mile</b>	Skating	Skate the pattern shown. Options: Skate all 8 dots if the goalie area isn't needed. The drill should be done at medium pace. Options (Progressions): 1-Inside Edge (Hand down, elbow down, knee down, backwards) 2-Outside Edge (Hand down, backwards) 3-Mohawks 4-Transitions 5-With Pucks
10	12:10pm	<b>Line Skating</b>	Skating	
8	12:20pm	<b>Station 1 - Skating on the Circles</b>	Skating	Work on skating fundamentals on the circles. Detailed Crossover Work on the Circles
8	12:28pm	<b>Station 2 - 1 puck passing</b>	Passing	X1 starts skating and receives a pass from X3. X1 Passes to X5, while X3 starts skating. X1 goes to X3 Line. X5 passes to X3, X3 passes to X7. X3 goes to X5 Line. X5 skates and receives a pass from X7. X5 passes to X2. X5 goes to X7 Line. X2 passes to X7. X7 passes to X4. X7 goes to X1 Line. Keeps going around and around. Should only use 1 puck.
8	12:36pm	<b>Station 3 - Shooting Drill</b>	Shooting	Skill-Level Specific Shooting Drill
8	12:44pm	<b>Bobby Orr</b>	Small Game	Team with possession of the puck and pass to the coach or anyone on their team to become the offense and play 3 on 3.
8	12:52pm	<b>5 Puck</b>	Small Game	Place 2 nets in one zone. Each team has 5 pucks. First team to score all pucks wins. After scoring a goal, the player must cross the blue line before the next player in line goes. If no goal is scored, then the same puck has to be passed back to the line. Goalies revenge is allowed--shooting rebounds, blocking passes, but they cannot freeze a puck

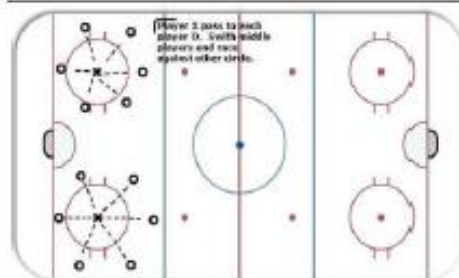


Length	Start	Drill Name	Category	Notes
10	12:00pm	<b>Eagle River</b>	Puck Control	Skate the course as shown carrying a puck. Borders should be placed so the kids are not performing power turns, but they are using lateral crossovers. The straight line formation, they can use inside edges for a "rhythm skate" or they can perform crossovers as well. Basic: Have them skate the course and vary where they pick up a puck. Advanced: Perform mohawks down the middle, or transitions. Coaches can also stand behind the border and make them protect the puck.
10	12:10pm	<b>Gatlin Gun - Passing</b>	Passing	Make passes forehand, backhand, in skates, one touch, etc to switch it up.
10	12:20pm	<b>Peanut Drill</b>	Skating	
10	12:30pm	<b>Goal Scoring Royal Road</b>	Forwards	x1 and x2 touch pass to the cones, x1 powerturns around cone with puck and chips off the boards. x2 powerturns around cone and picks puck off boards. x1 skates to other skates across drill to receive pass. x2 passes puck to x1 then takes shot on net.
10	12:40pm	<b>Gopher 2:0</b>	Passing	Os start on the whistle and execute passes down the ice. Forehand to forehand. End with a shot on net. As soon as the Os shoot, Xs do the same thing in the other direction. The game continues until one team scores 5 goals. Players should turn to the outside and hustle back to their line.
10	12:50pm	<b>Special K Animation</b>	Competitive	Each player goes on the whistle in succession from F1 to F5.

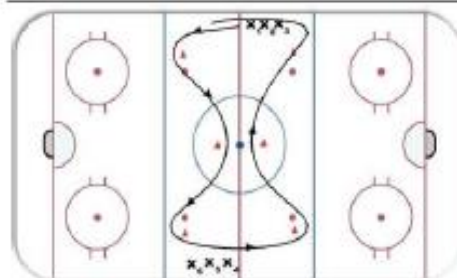
Eagle River



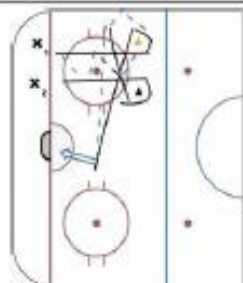
Gatlin Gun - Passing



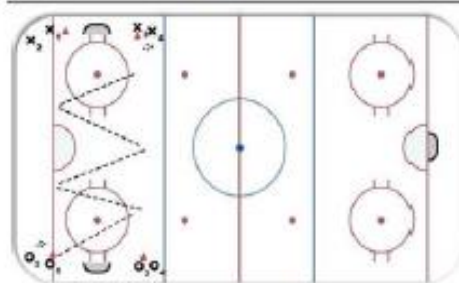
Peanut Drill



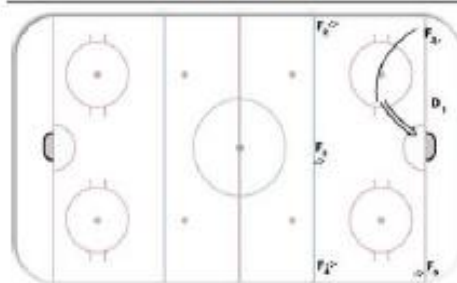
Goal Scoring Royal Road



Gopher 2:0

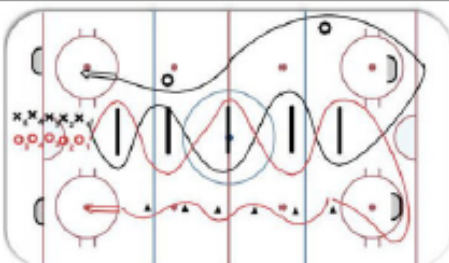


Special K Animation

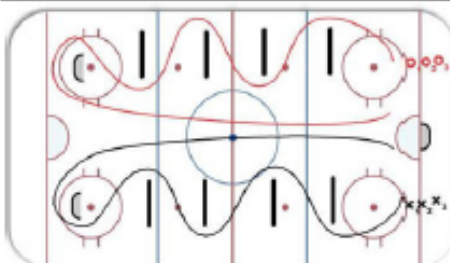


Length	Start	Drill Name	Category	Notes
10	12:00pm	<b>Line Skating</b>	Skating	Line Skating Options: Forward Stride Work Balance/Agility (Knee slides, superman, backwards) Backwards (Gap control) Carrying the Puck
10	12:10pm	<b>Eagle River</b>	Skating	Skate the course as shown carrying a puck. Borders should be placed so the kids are not performing power turns, but they are using lateral crossovers. The straight line formation, they can use inside edges for a "rhythm skate" or they can perform crossovers as well. Basic: Have them skate the course and vary where they pick up a puck. Advanced: Perform mohawks down the middle, or transitions. Coaches can also stand behind the border and make them protect the puck.
8	12:20pm	<b>Station 1 - Full Ice Border Battle</b>	Warmup	STATIONS START HERE: Run in NZ
8	12:28pm	<b>Station 2 - Montreal</b>	Passing	1 Passes to 2 and skates to red line and between 2&3 2 passes to 3 3 passes to 4 4 passes to 1 for a shot on goal. To keep players moving, you can have them move up one spot after every rep. The person in the front of the line will miss his turn and have to take 2s spot.
8	12:36pm	<b>Station 3 - Makar Gap</b>	Angling	
8	12:44pm	<b>Stackers</b>	Small Area Games	3v3 Game played Xs vs Os. Team can score on either net after making a pass to a coach. Goalies should switch nets halfway through.
8	12:52pm	<b>SAG - Activation</b>	Small Game	Start zone game 2v2, team can either score or pass to line to activate another player, the puck must go below the dots below a return pass to the line for additional activated players.

Eagle River



Station 1 - Full Ice Border Battle



Station 2 - Montreal



Station 3 - Makar Gap



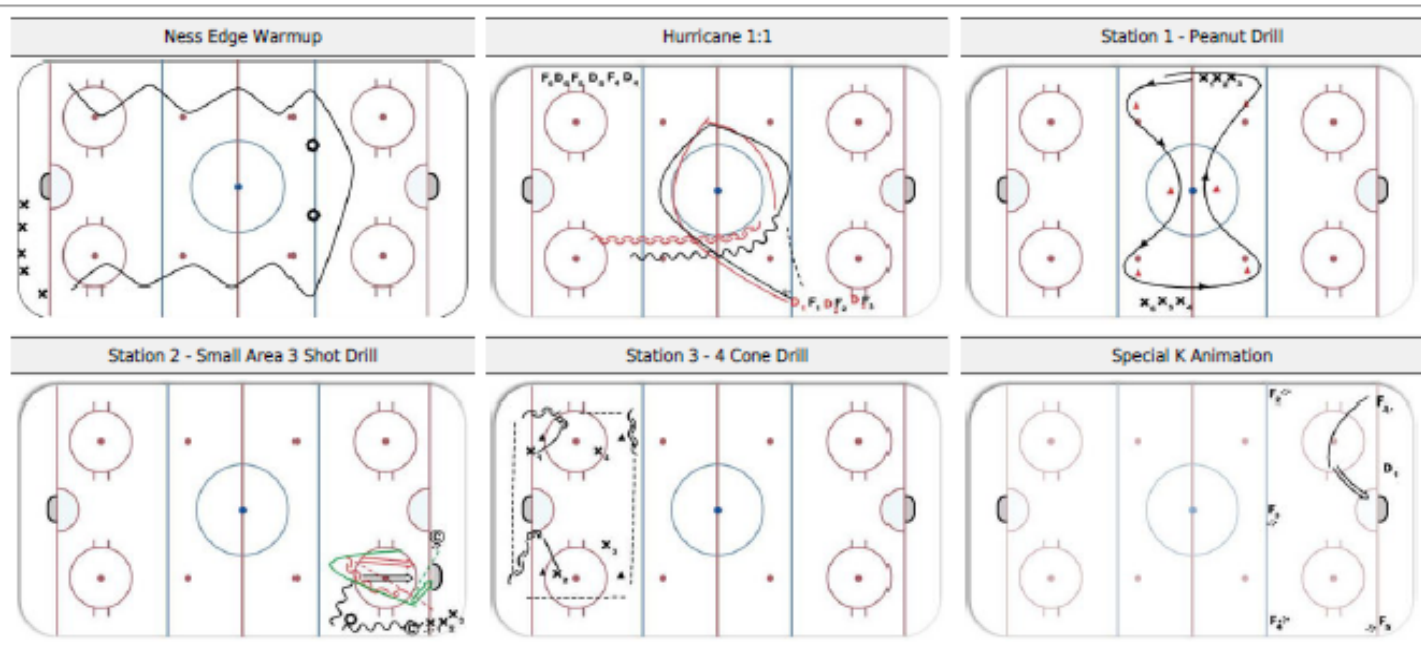
Stackers



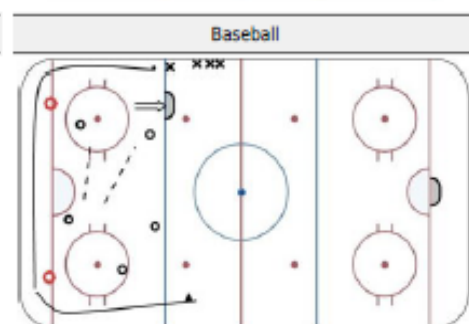
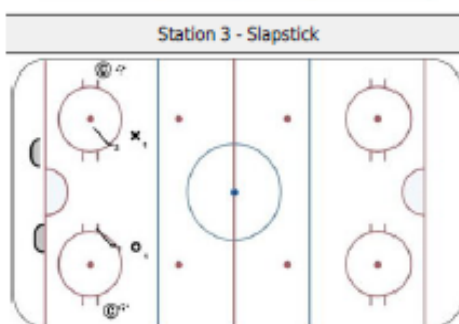
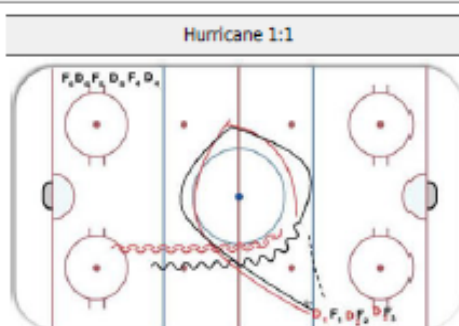
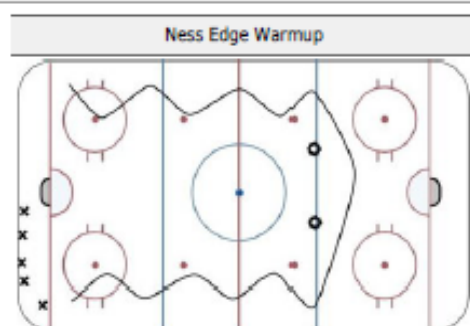
SAG - Activation



Length	Start	Drill Name	Category	Notes
10	12:00pm	<b>Ness Edge Warmup</b>	Skating	Edge Warmup Drills: Inside Edges, Outside Edges, Mohawks, Forwards/Backwards, Can Send 2 At a time. Provides a goalie warmup area.
10	12:10pm	<b>Hurricane 1:1</b>	Shooting >> Misc	D starts a stride or two ahead of F D transitions to backwards 3/4 of the way around the circle F gets a pass from his line (coach or next player) 1:1 plays out Drill should be run from both sides and high tempo
8	12:20pm	<b>Station 1 - Peanut Drill</b>	Skating	
8	12:28pm	<b>Station 2 - Small Area 3 Shot Drill</b>	Shooting	3 Shots Shot #1 (in black) - Skate around tire and shoot. Shot #2 (in red) - After Shot #1, Stop and transition skating backwards to get open. Receive pass from next player in line and shoot. Shot #3 (in Green) - After Shot #2, turn and skate around to the top of the circle and attack net on your offhand. Open up and receive pass from coach for one-timer. Coaches should be positioned on either side to make sure the one-timer is setup properly. If no goalies: Next player should go right after shot #2.
8	12:36pm	<b>Station 3 - 4 Cone Drill</b>	Defense	Players pass around the 4 cones. Working on Quick Hands and quick feet. Can utilize a bank pass behind the net. Feet should be constantly moving. Gapping up and watching while the puck is moving around the square. Focusing on Tape to Tape passes. Receivers should be presenting sticks where they want the puck.
8	12:44pm	<b>3v2 HI Guy Activation</b>	Small Area Games	Game is played 2v2. Extra player is on the top of the circles. Must activate him to score. If other team activates their own player, the opposing team must send that player back.
8	12:52pm	<b>Special K Animation</b>	Competitive	



Length	Start	Drill Name	Category	Notes
10	12:00pm	<b>Ness Edge Warmup</b>	Skating	Edge Warmup Drills: Inside Edges, Outside Edges, Mohawks, Forwards/Backwards Can Send 2 At a time. Provides a goalie warmup area.
10	12:10pm	<b>Hurricane 1:1</b>	Shooting >> Misc	D starts a stride or two ahead of F D transitions to backwards 3/4 of the way around the circle F gets a pass from his line (coach or next player) 1:1 plays out Drill should be run from both sides and high tempo
7	12:20pm	<b>Station 1 - Border Tag</b>	Stations	Tagger no puck, Taguee has the puck Coaches be creative. Make it two hand tag...teach them creative moves.
7	12:27pm	<b>Station 2 - 4 Corner Passing Drill</b>	Passing	Xs are stationary in the corners of the zone. Os skate around with pucks and exchange with the Xs. Can skate in a pattern or allow kids to make various freestyle skating throughout the zone. Xs should switch out after 1-2 reps. Each repetition should last 30 seconds.
6	12:34pm	<b>Station 3 - Slapstick</b>	Shooting	Coach passes pucks from the boards. Shooters (X and O) should have skates facing up ice Players with a weak stick should face the shooter. Coach passes the puck and the player quickly "Pops" the defender stick and catches the puck and shoots. If on backhand, catch, pull to your forehand and shoot. If on Forehand, catch, open up and drift and shoot.
10	12:40pm	<b>Cross Ice 3v2</b>	Small Area Games	One team gets 3, the other gets 2. Work on moving the puck when you have the 3.
10	12:50pm	<b>Baseball</b>	Competitive	



# Practice Plan Templates



Length	Start	Drill Name	Category	Notes
10	12:00pm	<b>Warm Up</b>	Warm Up	
10	12:10pm	<b>Passing &amp; Shooting (Full Ice)</b>	Warm Up	
8	12:20pm	<b>Station 1</b>	Stations	Edgework
8	12:28pm	<b>Station 2</b>	Stations	Shooting
8	12:36pm	<b>Station 3</b>	Stations	Puck Handling
8	12:44pm	<b>Station 4</b>	Stations	Compete
8	12:52pm	<b>SAG</b>	Small Area Games	

Warm Up



Passing & Shooting (Full Ice)



Station 1



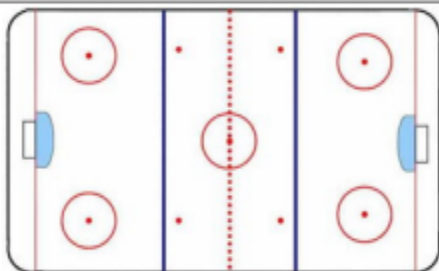
SAG



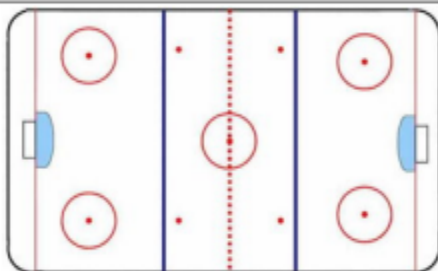


Length	Start	Drill Name	Category	Notes
10	12:00pm	<b>Warm Up</b>	Warm Up	
10	12:10pm	<b>Passing &amp; Shooting (Full Ice)</b>	Warm Up	
6	12:20pm	<b>Station 1</b>	Stations	Passing
6	12:26pm	<b>Station 2</b>	Stations	Edgework
6	12:32pm	<b>Station 3</b>	Stations	Shooting
6	12:38pm	<b>Station 4</b>	Stations	Puck Handling
6	12:44pm	<b>Station 5</b>	Stations	Compete
10	12:50pm	<b>SAG</b>	Small Area Games	

Warm Up



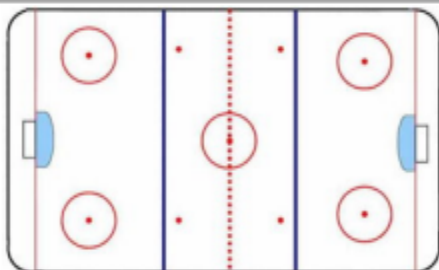
Passing & Shooting (Full Ice)



Station 1



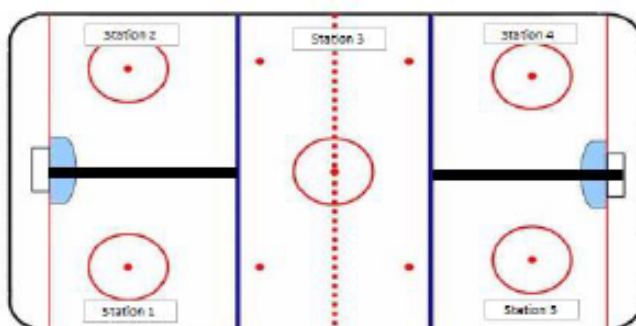
SAG



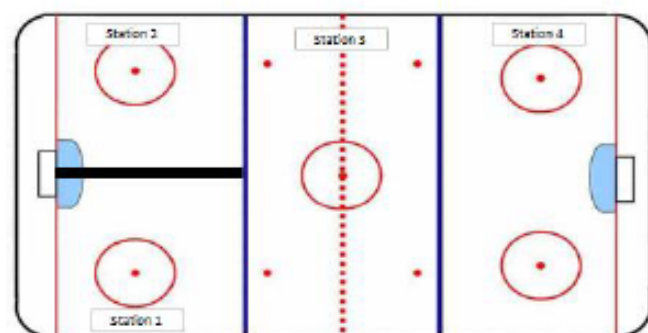


DATE:		Time	
RINK:			
LEAD:			
EQUIP:			

OPEN	Warm up	Coach



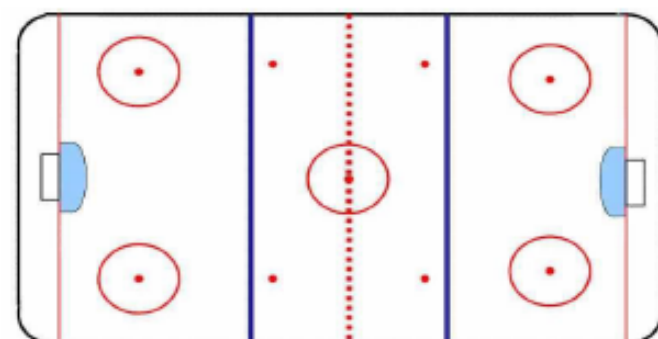
Full	Drill/skill	Coach



81	Drill/skill	Coach

82	Drill/skill	Coach

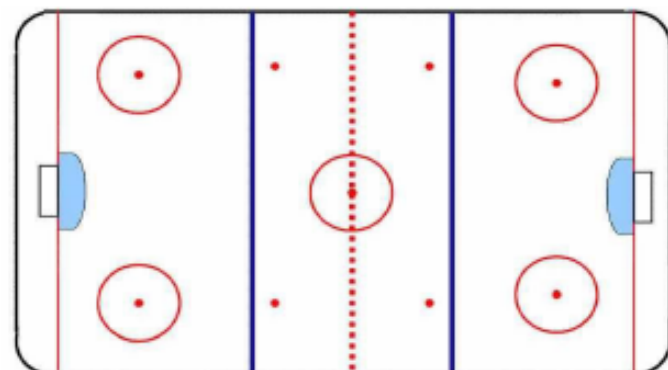
83	Drill/skill	Coach



84	Drill/skill	Coach

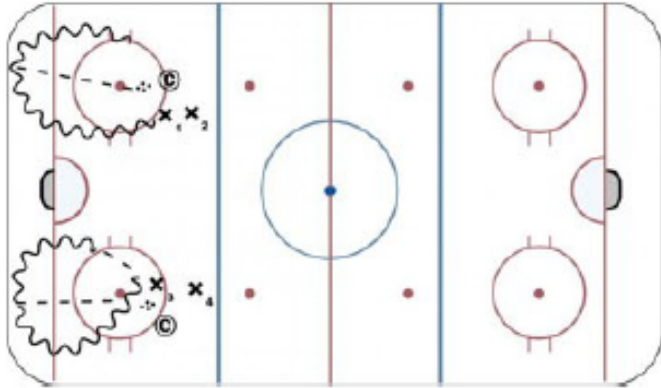
86	Drill/skill	Coach

FINAL	Drill/skill	



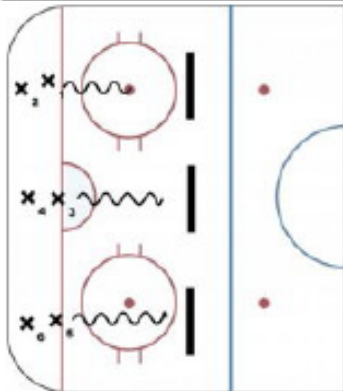
	Start	End	MN	Groupings
OPEN	0:00	0:10	10	
FULL	0:10	0:18	8	
81	0:18	0:25	7	
82	0:25	0:32	7	
83	0:32	0:39	7	
84	0:39	0:46	7	
86	0:46	0:53	7	
FINAL	0:53	1:00	7	
Total				60
Coaches Notes				

Talk to kids about safety with equipment (helmet), contact to boards and checking other players (checks from behind)

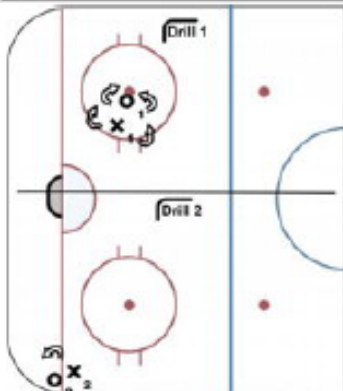
**Puck Retrieve**

1. Coach shoots puck into the corner
2. Player skates to the puck, looks over both shoulders (shoulder check) and surrounds the puck
3. Player picks up the puck and then passes it back to the coach

Add pressure to make the player make a decision in the direction to pick up the puck

**Pad Slide**

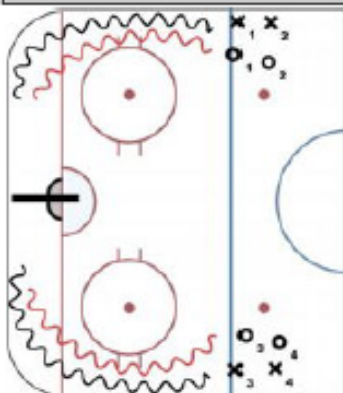
1. Slide on belly keeping your head up and arms extended with a slight bend
2. Slide on belly and turn to side of body to make contact with boards with knees and forearms
3. Slide on belly and get up with a one foot stop before hitting the pad

**Stationary Body Contact****Drill 1 - protect the dot**

Mark a spot on the ice, one player protect the dot as the other player tries to gain the dot

**Drill 2 - protect your crack**

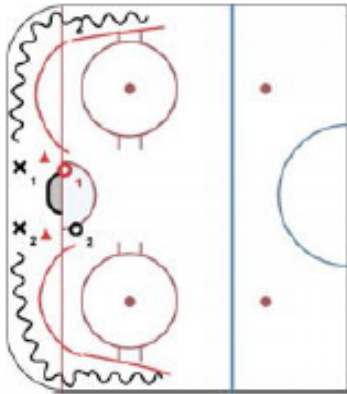
Find a crack on the boards, one player protect the crack on the boards as the other player tries to gain possession of the crack

**Moving board contact**

Player X skates along the board as the other player skates along and 2 hands pushes the player into the boards

**Body Contact - Stationary Angling - 6 mins**

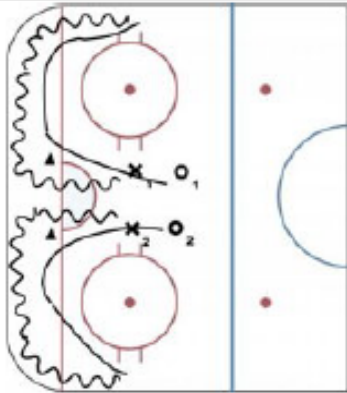
7:31pm



Player x carries puck along boards and skates up to the blueline  
Player o steer player carrying puck to separate the player from the puck

**Body Contact - Dynamic Steering - 6 mins**

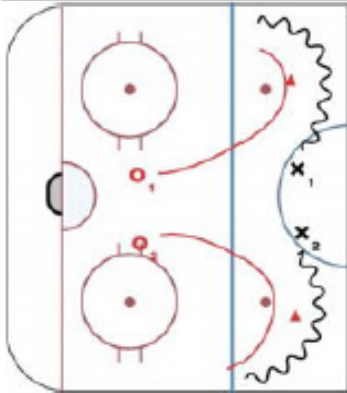
7:37pm



Player x carries puck along boards and skates up to the blueline  
Player o steer player carrying puck to separate the player from the puck

**Body Contact - NZ Steering - 7 mins**

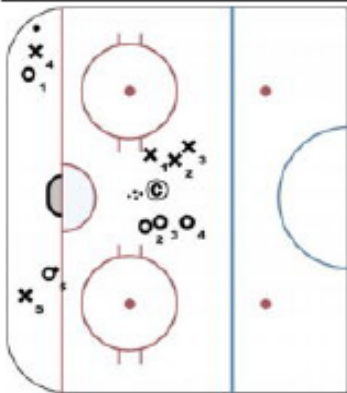
7:43pm



Player x carries puck along redline and skates down to the blueline  
Player o steer player carrying puck to separate the player from the puck

**SAG - In the Paint - 5 mins**

7:50pm



1v1 battles - player can only score if the puck is in the blue crease - play game with multiple groups at the same time. player focus on puck protection and deception. win the race for the puck - keep score either by team or player up to a number



Turn net around and place borders along side so that it creates a small space. Play 1v1 or 2v2 within the small space. If the puck leaves the space or scores, then add another puck. Play for 30 secs. Focus on using body contact and position so that puck is protected to get good scoring chances.



# **CHAPTER 25**

## **OFF ICE/DRYLAND**

# Off Ice/Dryland

## Warm Up

## On Ground to Active Stretches

### 1. Supine Glute Stretch

Lay supine (back on the floor) on the ground and bring one of your knees towards your chest and then cross your other leg over the leg that is flexed with the knee bent. Then you will lightly pull your leg (the leg under the one that is crossed over) towards your chest. Proceed to stretch the glute of the side in which the leg that is crossed over is on.

**Sets:** 1

**Reps:** 20 seconds contracting and relaxing on each side.



### 2. Supine Active Hamstring Stretch

Lay supine (back on floor) on the ground with arms extended out on the floor. While keeping both of your knees fully extended, raise one leg up at a time as high as you can while keeping your knee extended and flexing at the hip. Alternate between legs, with 3-5 second holds.

**Sets:** 1

**Reps:** 10 each leg with 3-5 second hold at the top



### 3. Prone Glute Stretch

Sit on floor with lower leg bent in front so that it is perpendicular to the body. Keep the opposite leg extended back on the floor with your hands out in front of you on the ground. Ease down onto the leg that is crossed in front of you and hold the stretch for 3-5 seconds.

**Sets:**

**Reps:** 5 each leg with 3-5 second holds on the stretch (contract and relax)

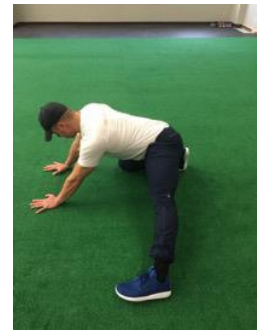


#### 4. Split-Stance Kneeling Adductor Active Stretch

Kneel down on the floor with hands placed in front of you on the ground. Place one knee on the floor with the opposite leg extended out to the side. Rock forwards and back with leg fully extended.

**Sets:** 1

**Reps:** 20 reps working forward/backwards (Each Side)



#### 5. Walking Lunge with Overhead Reach

Lunge forward with one leg while bringing both arms up overhead with your elbows fully extended and you go into the lunge position.

**Sets:** 1

**Reps:** 10 each leg w overhead reach on all of them



#### 6. Walking Spiderman Stretch with Reach

Perform a deep lunge away from your mid-line, with both arms inside of the knee. Rotate through your upper back and reach for the ceiling with the arm on the side on the leg you lunged forward with.

**Sets:** 1

**Reps:** 10 each leg with reach on all of them



#### 7. Push Up to Inch Worm

Begin the push-up position and perform a push-up, as you are coming up on the push-up, place your feet flat on the ground as you drive your hips up into the air while keeping your knees extended and your hands flat on the ground in front of you.

**Sets:** 1

**Reps:** 10





## **Speed Progression/Game Ready**

### **1. Cherry Pickers**

Skip forward while bringing one knee up high towards the chest and

also bringing the opposite arm up at the same time.

**Sets:** 1

**Reps:** 10 each leg

### **2. Active Hamstring Kicks**

Walk forward while kicking one leg up at a time towards the opposite

hand. Be sure to keep arms and knees fully extended.

**Sets:** 1

**Reps:** 10 each leg

### **3. High Knees**

Jog forward while alternating bringing your knees up to your chest.

**Sets:** 2

**Reps:** 20 (10 each leg)

### **4. 20 Yard Sprints**

30% Sprint x 1-20 Yards - 50% Sprint x 1- 20 Yards

70% Sprint x 1-20 Yards - 100% Sprint x 1- 20 Yards

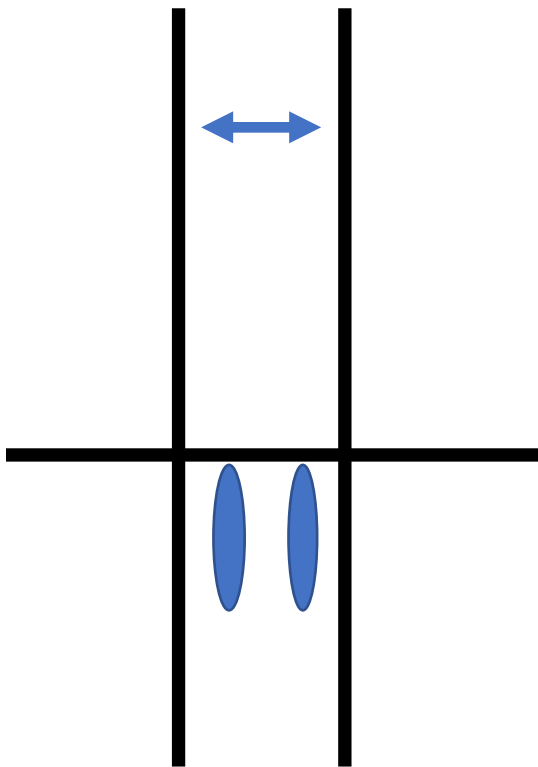
# Off Ice/Dryland

## Stickhandling

# Stickhandling Setup

- Stickhandling Grid – Mark Floor

- Stickhandling Equipment



Shoulder Width Apart  
**(Power Stance)**



- Attack Triangle



# Stickhandling Setup

DO

DON'T



Thumb  
on side  
of Stick

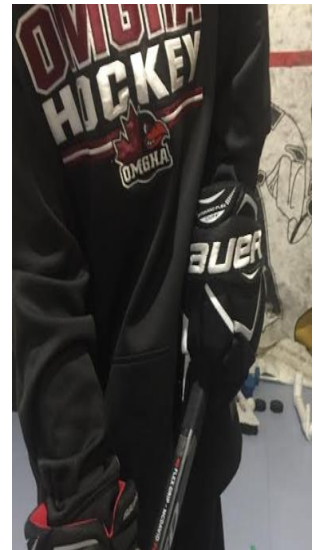


Thumb  
on Top of  
Stick

Top  
Hand in  
Front of  
Body



Top Hand  
on Side of  
Body (Hip  
Lock)



Heel of  
Stick Blade  
on the  
Ground



Tip of Stick  
Blade on  
the Ground





# Dribbling

Drill	Description
Dribble Ball in Front	Dribble in front of your body.
Dribble Ball on Forehand	Dribble on your forehand
Dribble Behind your body	Dribble behind your body, ONLY bending at the torso
Dribble in Front and Make 2 Wide Stickhandles	Dribble in front and then 2 wide stickhandles
Dribble in Front and Switch to Forehand	Dribble in front and then switch to forehand.
Dribble on Backhand Side	Dribble on your backhand side only bending at the torso
Dribble on Forehand/in front/backhand	Dribble on all sides of your body
Dribble with Weighted Stick (Tape pucks, stick weight, etc)	Add some weight to your stick or use a weighted ball. Try going from foot to foot
Dribble-Dribble-Forehand Reach	Dribble in front and then a long reach to your forehand side
Narrow Dribble through line of 10 pucks	Setup a course of 10 pucks in a straight line and try to dribble through all of them without losing it
Wide Dribble through line of 10 pucks	Place pucks in a staggered pattern just over a stick length apart. Walk down the middle trying to stickhandle around the pucks on the outside



# Cupping

Drill	Description
Around the Square Drill	Place 4 pucks in a square pattern. Stick handle around the square trying to stay close proximity to each of the pucks - Random Stickhandle through the box
Expansion of Reach - Wide Stickhandle	Stickhandle as wide as you can reach to each side. Sliding your bottom closer to your top hand on the ends
Figure 8	Place 2 pucks in front of you about a stick-length apart. Stickhandle a ball in a figure 8 pattern - Vary distance between the pucks
Figure 8 on backhand	Place 2 pucks on your backhand side about a stick-length apart. Stickhandle in a figure 8 pattern, working on "cupping" the puck - Vary distance between the pucks
Figure 8 on Forehand	Place 2 pucks on your forehand side about a stick-length apart. Stickhandle in a figure 8 pattern, working on "cupping" the puck - Vary distance between the pucks
Foot to Foot Stickhandle	Start with feet shoulder width apart. Stickhandle from foot to foot
Triangle Pattern	Place 3 pucks in a triangle. Stick handle around the pucks trying to stay close to proximity to each of the pucks



# Toe Control

Category	Drill
Toe Control	Around the World or Spoke Pattern
Toe Control	Heel Toe (Toe Drag)
Toe Control	L Pattern (toe drag)
Toe Control	M Pattern (Heel-toe)
Toe Control	W Pattern (heel-toe)

V drill



W drill



L drill



Spoke drill





# Fakes/Moves

<b>Drill</b>	<b>Description</b>
Dribble-Dribble-Backhand Reach	Dribble in front and then a long reach to your backhand side
Dribble-dribble-Push out/Pull Back	Dribble on your forehand - 3 times, push the puck out, and pull it back (toe drag)
Dribble in Front and Make 2 Wide Stickhandles	Dribble in Front and Make 2 Wide Stickhandles
Make your own obstacle Course	Make up your own obstacle course in the garage/basement and try to complete it. Use moves taught in the DA
Wide Dribble thru 10 pucks, then narrow dribble through 10	Combination obstacle course



# Tricks

Drill	Description
Ball Taps - forehand only	Try to tap a ball as many times as possible without hitting the ground. Choke up on the stick the first few times until you gain mastery
Ball Taps (forehand/backhand)	Tap a ball forehand and then on your backhand
Flip ball over stick	Lay a stick on the ground and try to flip it over to the other side. You may need to dribble a little bit on each side of the stick
Puck Flips	Once you've got the puck on your blade, flip it in the air and try to catch it. - Vary the height of your toss. Try small flips and then a few high flips. You can also try to exchange pucks with a partner
Flip Puck up on Stick	**This is the basis of the puck flip tricks** Using your forehand, push down on a small corner of the puck and get it to flip over on your stick
Puck Flip Between Legs	Flip the puck on your stick with your stick between your legs. Flip it up in the air, pull the stick out from in between your legs and catch it on your blade
Puck Flips - Forehand to Backhand	Flip the Puck up and catch on your backhand. Then vice versa



# Wrist Strength

<b>Drill</b>	<b>Description</b>
Dribble BasketBall with Top Hand only	Dribble a basketball with your top hand, trying to increase strength and coordination
Dribble with Top Hand	Dribble a stickhandling ball with your top hand on the stick only
Wrist Rolls	Use a wrist roller to build strength



# Stickhandling Plan

Week	Activity	Category	Action
1	Wrist Rolls	wrist	3 Reps of 30 Secs
1	Dribble Ball in Front	dribble	3 Reps of 30 Secs
1	Forehand Dribble	dribble	3 Reps of 30 Secs
1	Expansion of Reach - Wide Stickhandle	cupping	3 Reps of 30 Secs
1	Toe Drag	toe control	3 Reps of 30 Secs
1	Bottom of Blade Scoop	trick	3 minutes
2	Wrist Rolls	wrist	3 Reps of 30 Secs
2	Dribble Ball with Top Hand	wrist	3 Reps of 30 Secs
2	Dribble Ball on Forehand	dribble	3 Reps of 30 Secs
2	Dribble in Front of Each Foot	cupping	3 Reps of 30 Secs
2	Around the World	dribble	3 Reps of 30 Secs
2	Toe Drag	toe control	3 Reps of 30 Secs
2	Tight Toe Drag	toe control	3 Reps of 30 Secs
3	Dribble with Top Hand	wrist	3 Reps of 30 Secs
3	Fast Dribble	dribble	3 Reps of 30 Secs
3	Dribble in Front of Each Foot	dribble	3 Reps of 30 Secs
3	Dribble-Dribble-Forehand Reach	fake	3 Reps of 30 Secs
3	Dribble-Dribble-Backhand Reach	fake	3 Reps of 30 Secs
3	Figure 8 on Forehand	cupping	3 Reps of 30 Secs
3	L Pattern (toe drag)	toe control	3 Reps of 30 Secs
3	Flip Puck on Stick	trick	5 forehand, 5 backhand
4	Dribble with Top Hand	wrist	3 Reps of 30 Secs
4	Wide Dribble with Top Hand	dribble	3 Reps of 30 Secs
4	Dribble-Dribble-Forehand Reach	fake	3 Reps of 30 Secs
4	Dribble-Dribble-Backhand Reach	fake	3 Reps of 30 Secs
4	Figure 8 on forehand	cupping	3 Reps of 30 Secs
4	W Pattern (heel-toe)	toe control	3 Reps of 30 Secs
4	Ball Taps - forehand only	trick	As many as you can



# Stickhandling Plan

Week	Activity	Category	Action
5	Dribble in Front of Each Foot	dribble	3 Reps of 30 Secs
5	Backhand Toe Drag	Toe Drag	3 Reps of 30 Secs
5	Narrow Dribble through line of 10 pucks	dribble	3 Reps of 30 Secs
5	Dribble-dribble-Push out/Pull Back	fakes	5 forehand, 5 backhand
5	Figure 8 on backhand	cupping	3 Reps of 30 Secs
5	M Pattern (Heel-toe)	toe control	3 Reps of 30 Secs
5	Ball Taps (forehand/backhand)	trick	3 Reps of 30 Secs
<b>Week 6</b>			
6	Dribble on Forehand/in front/backhand	dribble	3 Reps of 30 Secs
6	Dribble Behind your body	dribble	3 Reps of 30 Secs
6	Wide Dribble through line of 10 pucks	dribble	3 Reps of 30 Secs
6	Expansion of Reach - Wide Stickhandle	cupping	3 Reps of 30 Secs
6	Around the Square Drill	cupping	2 reps of 30 secs each way
6	Around the World or Spoke Pattern	toe control	3 Reps of 30 Secs
6	Flip ball over stick	trick	10 flips
<b>Week 7</b>			
7	Dribble with Weighted Stick (Tape pucks, stick weight, etc)	dribble	3 Reps of 30 Secs
7	Dribble in Front and Switch to Forehand	dribble	3 Reps of 30 Secs
7	Dribble in Front and Make 2 Wide Stickhandles	moves	3 Reps of 30 Secs
7	Wide Dribble thru 10 pucks, then narrow dribble through 10	moves	3 Reps of 30 Secs
7	Figure 8	cupping	3 Reps of 30 Secs
7	L Pattern	toe control	3 Reps of 30 Secs
7	Puck Flips - Forehand to Backhand	trick	10 flips
7	Come up with a new deke	fun	
<b>Week 8</b>			
8	Dribble with Weighted Stick (Tape pucks, stick weight, etc)	dribble	3 Reps of 30 Secs
8	Dribble in Front and Switch to Forehand	dribble	3 Reps of 30 Secs
8	Dribble in Front and Make 2 Wide Stickhandles	dribble	3 Reps of 30 Secs
8	Make your own obstacle Course	moves	3 Reps of 30 Secs
8	Triangle Pattern	cupping	5 forehand, 5 backhand
8	M Pattern	toe control	3 Reps of 30 Secs
8	Puck Flip Between Legs	trick	3 Reps of 30 Secs

# Off Ice/Dryland Shooting



<b>Shot</b>	<b>Shot Description</b>
Wrist Shot (All Ages)	Transfer weight from back foot to front foot and finish stick to target
Side Pull Wrist (All Ages)	Toes face target and pull puck from side of body and take shot
One Foot Wrist/Snap (12U & Older)	Toes face target and stand on inside foot (foot closest to puck)
Backhand/ Forehand Wrist Shot (12U & Older)	Toes face target, puck should move from backhand front to forehand back and shoot
Push/Push Wrist (12U & Older)	Toes face target and heel push puck to the outside then pull in with a shot
Slap Shot (12U & Older)	Drop arms and swing them while transferring weight and finish to target
Stationary Run Shot (12U & Older)	Toes face target and run in place then take shot while stepping with inside foot
Moving Run Shot (12U & Older)	Toes face target and run towards target then take a shot with step of inside foot
Fake Slap Push Shot (12U & Older)	Toes fake a slap shot, push puck away from body and then take a shot
Standing Bar Down (All Ages)	Standing close to the net (think on top of blue paint) and toes facing target, pull puck from backhand to forehand and shoot puck to upper corner

# Off Ice/Dryland Strength



## Warm Up

- [See Warm Up Section Above](#)

## Strength Plan Examples (Below)

- Plans listed can be administered a couple ways:
  1. 2-3 sets of each exercise as listed, with 10 secs of rest between a rep, then a 1 minute rest between sets.
  2. Progression (Superset) – Player performs each exercise in succession, with 10 secs of rest between each rep, then a 1 minute rest between sets.
  3. Time and quantities can be adjusted based on age group and comfort within the exercise as the season progresses.
  4. A [Cool Down Stretch](#) should follow each work out
  5. Plans and exercises can be tailored to the specific needs of your group.

### Strength Plan - Total Body 1

- 20-30 sec Sumo Squats
- 20-30 sec Chair Steps – Alternating leg
- 20-30 sec Mountain Climber
- 20-30 sec Push Ups
- 20-30 sec Plank
- Cool Down Stretch

### Strength Plan – Total Body 2

- 20-30 sec Alternating Reverse Lunge
- 20-30 sec Curtsey Lunge
- 20-30 sec Sit Ups
- 20-30 sec Russian Twist
- 20-30 sec Triceps Dip
- Cool Down Stretch

### Strength Plan – Total Body 3

- 20-30 sec Squat Jumps
- 20-30 sec Forward Lunge
- 20-30 sec Plank
- 20-30 sec Triceps Dip
- 20-30 sec Push Ups
- Cool Down Stretch



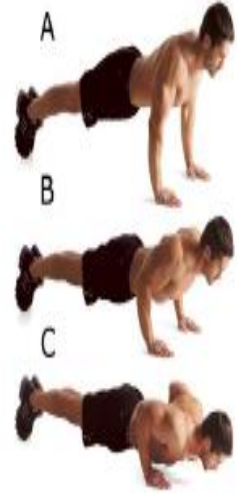
### Triceps Dip



### Mountain Climbers



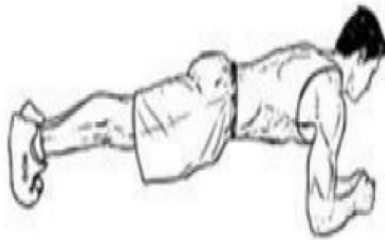
### Push Ups



### Russian Twists



### Plank



### Sit Ups





## Reverse Lunge



## Chair Step Up



## Squat Jumps



## Curtsey Lunge



## Sumo Squats



## Forward Lunge





# Cool Down Stretch

Hold each stretch 8-10 seconds

Focus on controlled breathing: In through the nose, out through the mouth



# Off Ice/Dryland

## Sleep & Nutrition



# Sleep and Nutrition Habits

## Sleep

- Target 9 to 10 hours per night
- Have a small snack 1-2 hours before bed
- Limit caffeine amount during the day
- Get regular exercise
- Make bedroom dark and comfortable
- No electronics in the bedroom
- Read a book in bed to help relax

## Nutrition

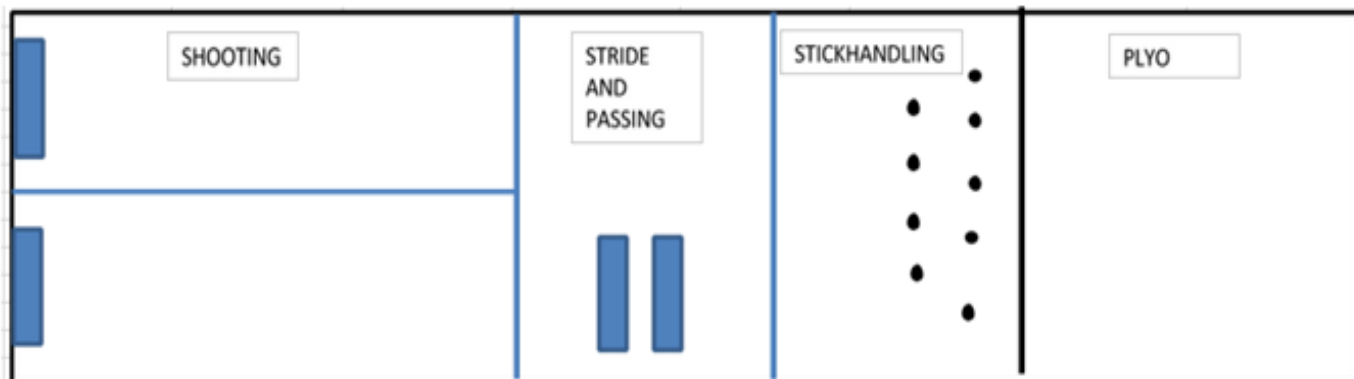
- 3 Balance Meals per Day
- Try to eat every 3 to 4 hours
- At least 2 servings of vegetables per day
- At least 2 servings of fruit per day
- **Water Intake** = Half you body weight per day
- **Between Periods**: Applesauce, fruit chews, Gatorade, cliff 2 fruit, fruit leather, banana, orange slices
- **Post Training (Carbs, Fluids, Electrolytes, Protein)**: Fresh Fruit, Wild Caught Salmon, Low-fat Chocolate Milk, Whole-Grain – Brown Rice, Quinoa, Oats, Lean proteins, Chicken, Turkey Breast, Steak, Ham, Eggs
- **Pre-Training/Game: (Lean Protein and Carbohydrate)**: Protein-> Turkey, Beans/Humus, Ham, Lean Red Meat  
Carbohydrate-> Bagel with PB, Cereal with Milk, Fruit with Toast, Fruit Smoothie, Sandwich, Cereal Bars, French Toast

# Off Ice/Dryland

## Plan Template



Arena		Date		Time	5:15 PM
Warmup	Notes	Description	Start	End	Length
Warmup	See "Warm Up Plan" for length and amount of each exercise	Glute Stretches Hamstring Stretch Abductor Stretch Forward Walking Lunges & Spiderman Cherry Pickers & Hamstring Kicks High Knees & Sprints	5:15 PM	5:27 PM	12
Shooting	3 Sets - 30 secs on, 30 secs off - If with a partner, the rest is while partner is shooting	Sweep Wrist Shot Toe Pull Wrist Shot Snap Shot Slap Shot Backhand	5:27 PM	5:39 PM	12
Passing	3 Sets - A minimum of 10 passes for each set	Triangle Passing Partner Passing Shuttle Passing	5:39 PM	5:51 PM	12
Stickhandling	3 Sets - 30 secs on, 30 secs off - If with a partner, the rest is while partner is shooting	Dribbling Cupping Toe Control Dynamic Handling	5:51 PM	6:03 PM	12
Strength/Plyo	See Dryland Plan for Options:	Sumo Squats Chair Steps Mountain Climbers Push Ups Plank	6:03 PM	6:15 PM	12
					60





# **CHAPTER 26**

## **COACHING EXCELLENCE**

### **5 C'S**



# Coaching Excellence

- Caring
- Character
- Commitment
- Captivating
- Communication



# Coaching Excellence - Caring

**Question :** What is the #1 things players want from a coach?

**Answer :** They want to be liked by their coach

- Think about activities or interactions/actions between you and the players that allows you to developments



# Coaching Excellence - Caring

- Culture
  - ▣ Locker Room – Being Present
  - ▣ Quotes – Word of the Day
  - ▣ Team Activities, Nicknames, Pre-Game Ritual
- Skate and Talk with players – pick one a practice
  - ▣ Get/Give Feedback
  - ▣ Learn how they are doing
  - ▣ Hockey or Other



# Coaching Excellence - Character

**Question :** How do we teach our players to respect the game and represent the community?

**Answer :** Lead by Example

- ❑ No yelling at refs and the use of profanity
- ❑ Always shake hands with your opponent and refs
- ❑ Keep locker rooms and dryland space organized and clean
- ❑ Ask players to carry bag from the car to the locker room
- ❑ Put hockey equipment away after practice



# Coaching Excellence - Committed

**Question :** What behavior can really setup coaches for success of player development?

**Answer :** Commitment

- Preparation
  - ▣ Practice plans with themes and focused for age specific
  - ▣ Pre-practice routine
  - ▣ Communication to your assistant coaches
  - ▣ Be Accountable Yourself



# Coaching Excellence - Committed

## □ Practice Execution

- Active and efficient practice – reps and puck touches
- Is your rink setup for success – Closing doors, hour clock, posted plans, equipment, assistant coach communication
- Goalie Training

## □ Knowledge and Education

- Go to Resources – USA Hockey and ADM Drills, OMGHA Website and OMGHAKY Instagram drills, Hockey Share, YouTube, Each other, Skills Team
- Training – CEP, Concussion, SafeSport
- Evolve – Learn from others, be Open-Minded



# Coaching Excellence - Captivating

**Question :** What is your  
“practice” fun factor?

**Answer :** Train in “fun” practice environment that keeps kids engaged and leaves a impressions to develop a passion for the game.

- Practice to Game Environment
  - Keep Score – Goalie challenge
- Preach Hockey Habits



# Coaching Excellence - Communicate

**Question :** What behavior sets coaches apart from one another?

**Answer :** Communication

- ❑ Team meetings – video sessions and season expectation
- ❑ Fill the Glass – “Its not the end of the world”
- ❑ Hockey Words – Steer, Stop on Puck, Hip on Hands,
- ❑ Provide feedback – Embrace Failure
- ❑ Communicate to your assistant coaches – take charge and delegate



# **CHAPTER 27**

## **PARENT MEETING**



# Osseo Maple Grove Team

(Example Agenda – Topics to Cover)

## **I. Introductions**

### **I. Roles**

## **II. Schedule**

## **III. Goal**

## **IV. Plan/Approach**

## **V. Expectations**

### **I. Manager Update**



# Osseo Maple Grove Team Schedule

## Location

Tourney

Tourney

Tourney

Tourney

Districts

Regions

State

## Date

Oct XX-XX

Nov XX-XX

Nov XX-XX

Dec XX-XX

Feb XX-XX

Mar XX-XX

Mar XX-XX



# What Does It Mean to Play For OMGHA?

- Be Proud
- Be Humble
- Earn it Everyday – Nothing is Given
- Represent OMGHA With Passion
- Attitude & Effort
- Communication
  - With Each Other, Coaches



## **Example - Ultimate Goal of Season** **(Players/Coaches/Parents)**

- **Program Respected By All – Respect Opponents/Earn Respect**
  - Other Hockey Associations
  - Community
- **Have an Identity Based on Integrity, Character, Hard Work, Team, Accountability and Sportsmanship**
- **No Excuses**
  - Listen, Live, Learn
- **Be Leaders**
  - Serve Each Other before Yourself
- **What Else**
  - Apparel – Wear it
  - Districts, Regions, State
- **Tardiness**
  - Consequences
  - Excused (Church, School, Illness/Injury)
- **Write your own story**
  - Goals/Your Team



## Example - Expectation of Players/Coaches

### • Practice Expectations

- At rink no less than 45mn prior
  - Pre-Practice Warm Up
  - Ready 10mn early
  - Go through Plan
  - Fill Water Bottle
  - Extra Stick/Mouthguard
  - Pick up pucks/Nets
- Listen
- Work Hard
- Positive Attitude
- High Tempo Practices
- Treat All Players With Respect
- Locker Room Expectations
  - No Phones
  - No Swearing
  - Pick up yourself/others/leave better than found
- Disciplinary Actions
  - If late - 20 pushups
- 70/30 – Skill Development vs. Systems
- Players call if you cannot make a practice

### • Game Expectations

- Be At The Rink 1 hour Before Game
  - Sweatshirt, Pants, Hat to Games
  - Meet for 10mn
  - Warm Up 15mn
  - Dressed/Prepare/Water Bottle 25mn
  - Coach Time 10mn
- Call if Late
  - No Cell Phones out in Locker room
- TEAM COMES FIRST
  - Leave as a team - win as a team, lose as a team
- Have Fun/Enjoy the Moment
- Play Both Ways
- Short Shifts
- Be A Good Sport
- No Cheap Play-Play w/Edge
- Don't Talk Back To Coaches, Refs or Opposing Players
- Positive Attitude....Never Give Up – COMPETE!
- No show boating after goals....celebrate as a team



## Example - Expectation of Parents/Coaches

- **It's a Process**
- **Sportsmanship**
  - **Other Teams - Respect**
  - **Refs**
  - **Hold Each Other Accountable**
  - **Control the Controllable**
- **Offer Support & Encouragement**
- **Communication with Players**
- **Issues**
  - **Face to Face Conversation**
  - **With Player**



## Example - Manager Update

- **Weekly Communication**
- **Website**
- **Forms/Checks**
  - Jersey Deposit Form = \$ check
  - Volunteer Form = \$ check
  - Team Roster Fee = \$ check
  - Team Slush Fund = \$ check
- **Scoresheet System**
- **Team Responsibilities**
  - Mix book, Pictures, Finances
- **Team Photo**
- **Other**
  - Service Project



# **CHAPTER 28**

**PLAYER BIO**



# Player Bio – Skater

<b>Player Name</b>	<b>Notes</b>
Skating	
Shooting	
Puck Handling	
Attitude/Compete	
Strength/Toughness	
Leadership	
Coach ability	
Hockey Sense	
Strengths	
Areas of Focus	
Goals	
Goals	
Other	
Other	
Other	
Other	

<b>Player Name</b>	<b>Notes</b>
Skating	
Shooting	
Puck Handling	
Attitude/Compete	
Strength/Toughness	
Leadership	
Coach ability	
Hockey Sense	
Strengths	
Areas of Focus	
Goals	
Goals	
Other	
Other	
Other	
Other	



# Player Bio – Goalie

Player Name	Notes
Skating-Edgework-Push	
Saves-Glove/Blocker/Stick	
Saves-Butterfly	
Playing Angles	
Positioning in Net/Square	
Rebound Control	
Handling Puck	
Attitude/Effort/Compete	
Leadership	
Coach ability	
Composure & Awareness	
Strengths	
Areas of Focus	
Goals	
Goals	
Other	
Other	

Player Name	Notes
Skating-Edgework-Push	
Saves-Glove/Blocker/Stick	
Saves-Butterfly	
Playing Angles	
Positioning in Net/Square	
Rebound Control	
Handling Puck	
Attitude/Effort/Compete	
Leadership	
Coach ability	
Composure & Awareness	
Strengths	
Areas of Focus	
Goals	
Goals	
Other	
Other	



## Player/Coach Feedback

Team:						
Player:		Low		Med	High	
		1	2	3	4	5
Physical	Forward Skating					
Physical	Backward Skating					
Physical	Lateral Movement					
Physical	Balance, Agility, Speed					
Physical	Passing					
Physical	Shooting					
Physical	Stick Handling (hands)					
Physical	Scoring Ability					
Physical	On-Ice Vision					
Physical	Strength On Skates/Puck					
Mental	Listening					
Mental	Leadership					
Mental	Team Player					
Mental	Hockey Sense					
Intangibles	Coach ability					
Intangibles	Heart/Hustle/Desire					
Intangibles	Intensity					

**Strengths:**

**Development Areas:**

**OMGHA HOCKEY**  
**MID-SEASON GOALTENDER EVALUATION**



Player Name \_\_\_\_\_

Team: \_\_\_\_\_

**FUNDAMENTALS**

**Skating:**

Forward Technique \_\_\_\_\_  
Backward Technique \_\_\_\_\_  
Shuffle \_\_\_\_\_  
Balance/Agility \_\_\_\_\_  
Quickness \_\_\_\_\_  
T-Glide \_\_\_\_\_

**Saves:**

Glove save \_\_\_\_\_  
Blocker save \_\_\_\_\_  
Stick save \_\_\_\_\_  
½ V/Butterfly \_\_\_\_\_  
Full V/Butterfly \_\_\_\_\_

**Other:**

Playing Angles \_\_\_\_\_  
Square to Puck \_\_\_\_\_  
Handling Puck \_\_\_\_\_  
Rebound Control \_\_\_\_\_  
Positioning in Net \_\_\_\_\_

**INTANGIBLES**

Attitude \_\_\_\_\_  
Hustle \_\_\_\_\_  
Coachability \_\_\_\_\_  
Team Play \_\_\_\_\_  
Composure \_\_\_\_\_

**Scale**

5 - Outstanding  
4 - Good  
3 - Average  
2 - Needs Improvement  
1 - Poor

**OVERALL EVALUATION COMMENTS**

**Strengths**

**Developmental Focuses**



# **CHAPTER 29**

## **NOTES**







# **CHAPTER 30**

**LINE UP & GAME NOTES**

# OMGHA Line Chart



vs:  
Rink:  
Time:

<i>Left Wing</i>		<i>Center</i>		<i>Right Wing</i>	
Birthday Grade Shot	Birthday Grade Shot	Birthday Grade Shot	Birthday Grade Shot	Birthday Grade Shot	Birthday Grade Shot
Birthday Grade Shot	Birthday Grade Shot	Birthday Grade Shot	Birthday Grade Shot	Birthday Grade Shot	Birthday Grade Shot
Birthday Grade Shot	Birthday Grade Shot	Birthday Grade Shot	Birthday Grade Shot	Birthday Grade Shot	Birthday Grade Shot
		<i>Left Defense</i>		<i>Right Defense</i>	
		Birthday Grade Shot	Birthday Grade Shot	Birthday Grade Shot	Birthday Grade Shot
		Birthday Grade Shot	Birthday Grade Shot	Birthday Grade Shot	Birthday Grade Shot
		Birthday Grade Shot	Birthday Grade Shot	Birthday Grade Shot	Birthday Grade Shot
<i>COACHING STAFF</i>		<i>Starting Goalie</i>			
Head Coach: Asst Coach: Asst Coach: Asst Coach: Asst Coach: Asst Coach:		Birthday Grade Hand	Birthday Grade Hand	Birthday Grade Hand	Birthday Grade Hand

**Game Plan Notes**

Our Way	
1	
2	
3	
Quote	
Opponent Notes	

# OMGHA BANTAM AA Line Chart

3/18/22

**vs:** Moorhead  
**Rink:** Lake of the Woods Arena  
**Time:** 12:00 PM



<i>Left Wing</i>		<i>Center</i>		<i>Right Wing</i>	
<b>10</b>	<b>GARRETT PLAUDE</b>	<b>7</b>	<b>JOEY LEAFBLAD</b>	<b>9</b>	<b>CHARLIE GRAVES</b>
Birthdate	8/24/2006	Birthdate	10/30/2006	Birthdate	11/8/2006
Grade	9th Grade	Grade	9th Grade	Grade	9th Grade
Shot	Left	Shot	Right	Shot	Left
<b>13</b>	<b>DYLAN DEAN</b>	<b>15</b>	<b>LANE GLENDE</b>	<b>16</b>	<b>JACOB BARBER</b>
Birthdate	5/14/2008	Birthdate	7/26/2007	Birthdate	6/6/2006
Grade	8th Grade	Grade	8th Grade	Grade	9th Grade
Shot	Left	Shot	Left	Shot	Right
<b>12</b>	<b>GAVYN KRZOSKA</b>	<b>17</b>	<b>ANDREW KARKOC</b>	<b>4</b>	<b>BRADY AUBUT</b>
Birthdate	10/11/2006	Birthdate	6/23/2006	Birthdate	2/9/2007
Grade	9th Grade	Grade	10th Grade	Grade	9th Grade
Shot	Left	Shot	Left	Shot	Left
		<i>Left Defense</i>		<i>Right Defense</i>	
		<b>6</b>	<b>KELLAN JUENKE</b>	<b>2</b>	<b>BRENDEN KRANZ</b>
		Birthdate	4/12/2007	Birthdate	2/10/2007
		Grade	9th Grade	Grade	9th Grade
Shot	Left	Shot	Right		
		<b>18</b>	<b>TATE BRINK</b>	<b>8</b>	<b>CAMERON DEAN</b>
		Birthdate	5/11/2007	Birthdate	7/3/2006
		Grade	9th Grade	Grade	9th Grade
		Shot	Left	Shot	Right
		<b>14</b>	<b>JONNIE HICKS</b>		
		Birthdate	12/8/2006		
		Grade	9th Grade		
		Shot	Left		
<i>COACHING STAFF</i>		<i>Starting Goalie</i>			
Head Coach: Kurt Holstrom		<b>30</b>	<b>ZACHARY PRICE</b>	<b>1</b>	<b>LUKE CARRITHERS</b>
Asst Coach: Dave Brown		Birthdate	8/24/2006	Birthdate	1/11/2008
Asst Coach: Chase Carey		Grade	9th Grade	Grade	8th Grade
Asst Coach: Eli Duncan		Hand	Left Catch	Hand	Left Catch
Asst Coach: Erik Kukkonen					
Asst Coach: Nate Wood					

<i>Game Plan Notes</i>	
<b>Our Way</b>	Compete, Energy, Unselfish Play, Discipline, Commitment, Respect, Be Accountable, Earn It, Resilient
<b>1</b>	Purpose with Puck - Manage/Control - Pressure
<b>2</b>	Rink Inside Rink - Create Offense with Good Defense - Play 200 feet
<b>3</b>	Man Not Puck - Discipline & Communication - 3rd Man High
<b>Quote</b>	<i>Write your own Story - "Play aggressive, play together, play for each other. That's what it's all about. Play for each other." - Stay in the moment</i>
<b>Opponent Notes</b>	

## Game Information

Team _____	Date _____
Opponent _____	Time _____
Final Score _____	Loc _____

## Lineup

_____	_____	_____
_____	_____	_____
LW	C	RW
_____	_____	_____
LW	C	RW
_____	_____	_____
_____	_____	_____
LD	RD	_____
_____	_____	_____
LD	RD	_____
□	□	_____
G	G	_____

## OPPONENT LINES

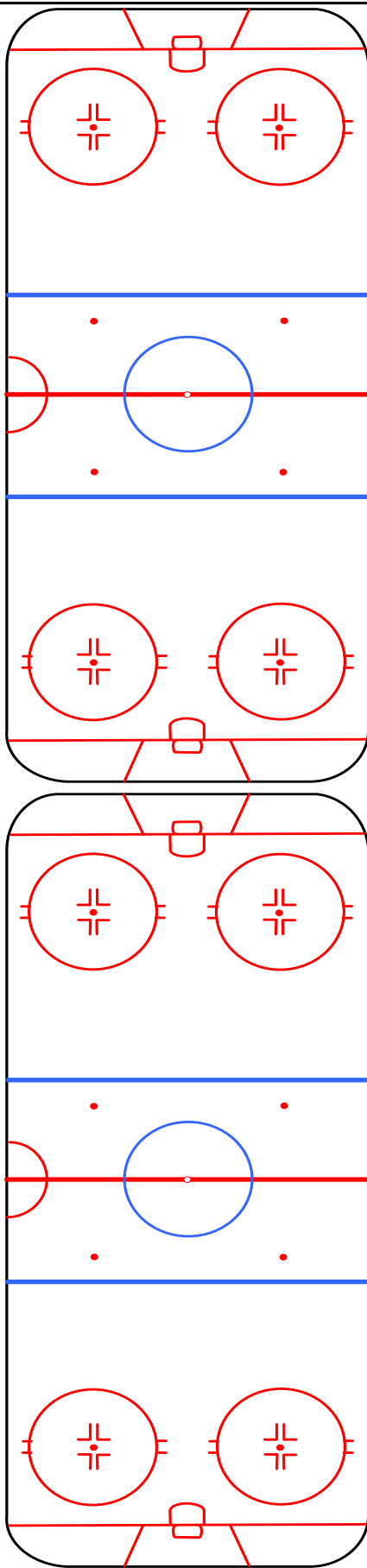
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
LW	C	RW
_____	_____	_____
LD	RD	_____

### Specialty Teams

_____	_____
_____	_____
_____	_____
_____	_____

### Last Minute

1st 5	_____
1st 6v5	_____
2nd 6v5	_____
2nd 6v5	_____





Date \_\_\_\_\_

Opponent \_\_\_\_\_ 0

Final Score \_\_\_\_\_



**What our team did well:**

**Skill or Tactic**

**Reason we were successful**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

**Our team needs to work on:**

**Skill or Tactic**

**Why we are not having success**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

**Objective observations:**

_____
_____
_____
_____
_____
_____



# **CHAPTER 31**

## **BRILLIANT COACHING**

# 35 Secrets of Brilliant Coaches



While superior knowledge of the sport is a cornerstone of a brilliant coach, it takes so much more than content and procedural knowledge to be a brilliant coach or teacher. Brilliant coaches...

1. **Cherish the child over the athlete.** Brilliant coaches know that being an athlete is just a small part of being a child. Brilliant coaches never do anything to advance the athlete at the risk of the child.
2. **Treat their, and all other, athletes with respect.** Brilliant coaches treat all of the kids in the gym, on the field, court etc. with total respect. No matter what.
3. **Communicate with parents.** Brilliant coaches understand that parents are not the enemy and, in fact, are an important ally in the development of the athlete.
4. **Listen to their athletes concerns.** Brilliant coaches don't tune out athletes worries, fears or mentions of injury.
5. **Connect before they direct.** Brilliant coaches understand the importance of emotional connection. You matter. You belong. You are important to me. Not you the athlete; rather, you the person. Our most fundamental need is safety. When we feel safe we can trust and when we trust we can learn. Brilliant coaches know that this foundation of trust is essential.
6. **Begin with the end in mind.** Brilliant coaches keep their focus on the big picture of the goal of the athlete. They have a plan, but are flexible as they are aware the road to success is filled with twists and turns.
7. **Are obsessive about fundamentals.** Brilliant coaches understand the value of fundamentals as the core of all skills. The stronger the core, the more successful the athlete. Legendary basketball coach John Wooden would spend his first practice with his players instructing them how to put on socks. Correct wearing of socks prevents blisters, and feet absent of blisters can attend basketball practice.
8. **Break skills into chunks.** Brilliant coaches don't simply teach a cartwheel. They break that cartwheel into several key sub-skills and instruct on those skills first before putting them together to perform the cartwheel. Brilliant coaches know that by isolating the individual elements that are woven together to achieve the skill athletes will succeed faster.
9. **Embrace athletes' struggle.** Brilliant coaches understand that learning is a curve. Like muscle needs to break down before building up, athletes need to struggle to push forward. A brilliant coach doesn't panic when this struggle happens.
10. **Make the boring interesting.** Brilliant coaches connect the tedious to the goal and make games out of those things that can be counted. They issue challenges and create missions. The goal is to make these dull, but necessary moments more engaging.



11. **State corrections in the positive.** Brilliant coaches say "do this" not "don't do this." Don't bend your arms is less effective feedback than "push your arms straight."
12. **Find the bright spots and build from there.** Brilliant coaches are aware of weaknesses and try to improve them to meet minimal standard but spend much more focus on the areas that an athlete excels. Trying to turn a strong pitcher into a better batter is less effective than trying to make him better at his curve ball.
13. **Don't try to break bad habits; rather, they build new habits.** Brilliant coaches know that the most effective way to break a bad feedback loop is to replace one habit for another.
14. **Give feedback in short, clear spurts that are precise and action oriented.** No long speeches. John Wooden was once followed for a whole season so his motivational techniques could be studied. Wooden's average "speech" was four sentences. Furthermore, brilliant coaches do not engage in observational coaching. ("Get your arms up." Up where? "Your knees are bent." Tell me how to fix that.) Concrete feedback ("Your arms need to be right behind your ears." And "Squeeze this muscle and this muscle in your leg to make it straight.") is given instead.
15. **Are careful about how they measure success.** Brilliant coaches do not use scores or win-loss records as their sole measure of success. Brilliant coaches understand that doing so can erode the long term development of the athlete. Brilliant coaches instead develop competencies for the long run, even if that means sacrificing success at the beginning of journey. If you had to choose, would you rather have your child be the strongest student in the first grade or in the twelfth grade?
16. **Use the right mixture of attainable and reach goals.** Brilliant coaches have zoned in on the sweet spot of challenge.
17. **Keep momentum moving forward.** Brilliant coaches understand that objects in motion stay in motion, so there is not a lot of waiting around time in practice.
18. **Constantly are seeking continuing education.** Brilliant coaches never believe they know it all or that they cannot improve themselves. Quite the opposite. Brilliant coaches read journals, articles, books and scour the internet for training ideas. They attend professional workshops and seek mentorships from other coaches.
19. **Create, instead of finding, talent.** Brilliant coaches appreciate natural aptitude but know that it can only take an athlete so far. Furthermore, brilliant coaches are humble enough to admit that they are not perfect at predicting success, so they just get in there and work. Finally, brilliant coaches concede that extraordinary talent is not a fair assessment of their value as a coach; rather, they measure their coaching efficacy by taking an athlete who is less gifted and helping that athlete succeed.
20. **Observe intently.** Brilliant coaches are always trying to figure out what makes people tick so they can better reach them.
21. **Understand interpersonal relationships of the team are important.** Team building and bonding is not a waste of time but an essential element for success.
22. **Use imagery in coaching.** Brilliant coaches paint pictures in the athletes' minds. "Jump as high as you can," becomes "Push the floor away from you like a rocket blasting into space and reach that rocket to the stars."



23. **Separate learning from practice.** Brilliant coaches understand that practice begins after the athletes learn. As a result, they do not have athlete "practicing" something they have not yet learned so as to avoid creating bad habits. Learning takes place with close observation and direct instruction.

24. **Focus the athlete on what to do, not what to avoid.** Brilliant coaches tell their athletes things like "Shoulders squared and body tight" versus saying "Don't fall."

25. **Focus on the multiple ways of learning.** Brilliant coaches use auditory, visual and kinesthetic modes of teaching each skill, acknowledging that people learn differently.

26. **Understand child development.** Brilliant coaches have a working knowledge of the milestones of childhood and tailor their actions and expectations to meet the athletes where they are.

27. **End practice before athlete is exhausted.** Brilliant coaches know that bad habits and short cuts ensue when athletes are drained.

28. **Give plenty of time for new skills to develop.** Brilliant coaches allow at least eight weeks for athletes to learn a new skill. As the athlete progresses in the sport that time frame will actually get longer, not shorter, as the skills are increasingly complex.

29. **Use positive coaching techniques.** Brilliant coaches do not yell, belittle, threaten or intimidate. They do not need to bully to get results. While short term success may occur under such pressure filled environments, a brilliant coach knows that in the long run these techniques will backfire and are dangerous to the development of the child.

30. **Have a growth mindset.** Brilliant coaches believe that our basic skills can be developed through dedication and hard work. They reinforce this with their athletes over and over so their athletes feel motivated and are productive.

31. **Know what they don't know.** Brilliant coaches are not afraid to admit that they don't have all the answers. They do not allow their ego to prevent them from getting additional help, training or even suggesting to an athlete's family that the athlete needs to move to a more experienced coach.

32. **Educate their athletes.** Brilliant coaches go beyond instructing their athletes, instead educating them in an age-appropriate way regarding the purpose of and objective of various drills, skill sequences and conditioning circuits.

33. **Have clear rules and logical consequences.** Brilliant coaches do not keep their athletes guessing with respect to the standards of conduct or the result that can be expected for breaches of those standards. Rules are applied justly without shame to all athletes, including the stars.

34. **Understand that fun is an essential element in training, no matter how elite an athlete becomes.** The number one reason that athletes quit sports, even sports that they love and in which they are succeeding, is because they are no longer having fun. Fun is not a frivolous sentiment but is the foundation of an athlete's healthy commitment to a sport.

35. **End practice on a positive note.** Brilliant coaches always find a way to seek the positive at the end of even the most awful workout. Even if it is as simple as "Tomorrow is a new day," brilliant coaches know that both success and failure are temporary states.



# APPENDIX



- Skills
  - [Jamie Benn / Shoot Around Traffic](#)
  - [Backhand Shooter / Lift Bridge Shooting](#)
  - [Traffic Jam / 3 Shot Spin Cycle](#)
  - [Beaver](#)
  - [Ottawa](#)
  - [Spin O Rama / Parise](#)
  - [Tight Area / Slip Shot](#)
  - [Reilly Retrieve / Ottawa Stick](#)
  - [Lift Bridge / Suik It](#)
- Skating
  - [Peanut Drill](#)
  - [Skating Butterfly](#)
  - [Super Series](#)
- Shooting & Scoring
  - [1-2-3 / Figure 8 Shooting](#)
  - [Tire Chip / Guns & Roses](#)
  - [3 Shot](#)
  - [Catch & Shoot](#)
- Passing & Puck Protect
  - [1 Puck / Stop & Start](#)
  - [Rondo / Goose Getty Up](#)
- Stickhandling
  - [Bloomington / Fancy Like That](#)
  - [Bermuda Triangle / Datsuyk](#)
- Puck Control
  - [Mr. T / Ziggy Marley](#)
  - [Walking Taco / Swifty](#)
  - [Indy500](#)
- Warm Up
  - [Finders Keepers / Zebra Mussels](#)
  - [Around the World / Bermie](#)
  - [Finnish 5 Puck / Handball](#)
  - [Muse 4 Pass / Muse 4v2](#)
  - [Tag / Tag Squared](#)
- Defensemen
  - [3 Whistle / D Pass & Shoot](#)
  - [Quick Up / Toes Up](#)
  - [Golden Retrieval / Double Shot](#)
  - [Breakout / Pointer](#)
- Goalie
  - [3 Puck 4 Square / John Carroll](#)
  - [Keep Away / In a Box](#)
  - [Slip Sliding Away](#)
- Competitive - 1v1
  - [2 Cone](#)
  - [Border Patrol / Badger 1v1](#)
- Competitive – 2v1
  - [Plattsburgh 2v1](#)
- Competitive – Races
  - [Ball Bouncer](#)
  - [Relay Race](#)
  - [Short Track / Green Bay](#)
- Angling
  - [Snake Show](#)
  - [TO / Open Gate](#)
  - [Over Under / O Zone](#)
- Small Area Games – SAG's
  - [2v2 Off Wall \(Wallee\)](#)
  - [Russian Hot Box](#)
  - [5 Puck / Pepper](#)
  - [Bobby Orr / Gretzky Squared](#)
  - [Hamburglar / Face Off](#)
  - [All by Myself / This is Hockey](#)
  - [Suter Regroup / St. Louis](#)
  - [Activation / Snapper](#)
  - [Girdle / 3<sup>rd</sup> High](#)
- Body Contact
  - [Shoulder Check / Pad Slide](#)
  - [Stationary Contact / Moving Board Contact](#)
  - [Stationary Angling / Dynamic Steering](#)
  - [NZ Steering / In the Paint](#)
  - [Parise's Playhouse](#)



- Skating
  - [MN Mile](#)
  - [Eagle River](#)
  - [16 Cone Warm Up](#)
  - [Figure 8 4 Dot/ Cone Heads](#)
  - [Ness Edges](#)
  - [PaddyWagon](#)
- Shooting & Scoring
  - [Hi Low](#)
  - [Alcatraz Island](#)
  - [Lindsey Vonn](#)
- Passing & Puck Protect
  - [Narrow/Narrow Passing](#)
  - [NZ Exchange / 3-2-1 Quick Pass](#)
  - [2:0 Stretch Pass / 3 Man Weave](#)
  - [Cutter & Buck / Quick Hands](#)
  - [Purcell Breakout](#)
  - [Sioux 6 Shooter / WD 40](#)
  - [Wild 6 Shooter](#)
- Stickhandling
  - [Handle Bars](#)
- Puck Control
  - [McDavid](#)
- Angling
  - [3 Cone Curry / Curry Chicken](#)
  - [NZ Angle 1v1](#)
  - [Speed Gap 2v2](#)
- Competitive - 1v1
  - [Hurricane 1v1](#)
  - [Murray 1v1](#)
  - [Greeny 1v1](#)
  - [Quick 1v1](#)
  - [FlowRider1v1](#)
  - [Gopher 1v1](#)
- Competitive – 2v1
  - [Culver Counter 2v1](#)
  - [Double Swing 2v1](#)
  - [7 Touch 2v1](#)
  - [Greeny 2v1](#)
  - [2v1 Low 2v1 High / Anaheim 2v1](#)
  - [Ringer 2v1](#)
  - [Crimson 2v1](#)
- Competitive – 3v2
  - [Skate to Lines](#)
  - [BONZ 3v2](#)
  - [3v2 Low 3v2 High](#)
  - [Greeny 3v2](#)
  - [Falcon 3v2](#)
  - [Slapshot 3v2](#)
  - [Don't Stop 3v2](#)
  - [Zoom 3v2 / Get Back 3v2](#)
- Competitive – Races
  - [Race for Puck](#)
  - [Mamba #9 / Moving Day](#)
  - [Scoring Machine](#)
- Tactics – Regroup
  - [Storm Regroup 2v1](#)
  - [Boody / Aussie 4 Shot](#)
  - [King James 3v2](#)
  - [Trifecta / Rickie Foggie](#)
- Tactics – Fore Check & Zone Entry
  - [Continuous Line Rushes](#)
  - [Continuous Breakout](#)
  - [No Name Steak / NZ Reload](#)
  - [Oh Canada](#)
  - [Hampshire 3v2](#)
  - [Wild Night / Maverick](#)
- Small Area Games – SAG's
  - [Taylor Swift](#)
  - [Old MacDonald](#)
  - [Jackie Robinson](#)
  - [Gatekeeper](#)
  - [3 Zone Scrimmage](#)