

# LPAH HOCKEY

## COACHING DRILLS

Following are a variety of coaching drills. The goal would be to incorporate 3 to 5 each week in the 20 minute practice before each game. Some skills (like skating) you could introduce from day 1 and do every week. Other skills that are more involved or complicated may be best to introduce after a number of weeks when the kid's skill levels and comprehension has increased. Also some drills are more applicable to younger kids, some to older. These drills are samples only: add your own variations!

### 1. SKATING

- **Stop/start:** have all the kids line up on one of the side boards. When you whistle, they start skating, when you whistle, they stop, and so on. *Variation:* when you whistle they stop, and immediately skate in the opposite direction until you whistle again, when they stop and skate in the opposite direction, etc.
- **Superman:** have all the kids line up on one of the side boards. When you whistle they start skating, when you whistle again they fall down (like Superman) and slide on the ice, getting back up immediately and skating again (this teaches them how to get back up quickly when they will inevitably fall during a game). *Variation:* when they fall down and slide, they get back up and skate the other way.
- **Cone race:** set up two rows of cones from the back boards out to the blue line (3 to 5 cones in each row). Divide the kids into two teams, and line up on the backboards. When you whistle, one kid from each team skates through the cones, weaving in and out of the cones, and then after the last cone they skate right back straight to the back boards, and the next kid goes, and so on until all have gone and one side has won.
- **Follow the leader:** have all the kids chase the Coach around the rink, with the coach weaving and bobbing, starting and stopping (practices the fast stop/start nature of a hockey game)
- **Jump the sticks:** take the coaches sticks and lay them down one each in two lines. Have the kids line up in two lines on the back boards. On the whistle, one kid from each line skates up to the stick and jumps over it, and then turns and returns back to his team, and the next kid goes and so on until all have gone (teaches kids stability on their feet)
- **Pull team-mate:** players pair off, get rid of one stick, and then pull each other around on the ice, then switch. (this is fun, and teaches stronger skating)

- **Balance:** players all line up on the back boards and will be skating towards the centre line. They start skating on your whistle, and when the whistle goes again, they glide on one skate (the other skate held in the air) until the whistle goes, and then they switch to the other foot (again one skate only). (teaches skating strength and balance)
- **Over and back:** split up the players into two groups with one group on one of the side boards and the other group on the other side. On your whistle both sides at the same time skate to the other boards and back, avoiding all the other players, and when they get to the other side they stop, and come back immediately (teaches strong skating and avoiding other players like in a game)
- **Sprints/slow:** have the kids skate in a circle from behind the net to the centre line, skating in fast sprints from the blue line to the centre line (and from the centre line to the blue line) but in slow glides when they are circling around the centre line and the goal.

## 2. PUCK PLAY/MOVEMENT:

- **Puck handling:** all players line up on the back boards divided in two teams. Put 3 – 5 cones out from the back for each team, and give each kid a puck. On the whistle one kid from each team skates out and stick handles the puck around the cones, and then when they reach the last cone, they skate with the puck back to the line and the next kid goes.
- **Corner puck "fight":** Have the kids line up in two rows at the blue line (it helps to put cones where you want them to stand). The coach is also there with pucks. The coach shoots a puck into one or the other corner (mix it up), and one player from each row race into the corner and the two players "fight" (no body checking) for the puck. The one who gets it then tries to shoot on net, while the other keeps fighting for the puck (teaches them how to "fight" for puck from the other team, and not wait for it to come to them). Remind the kids of ways to get the puck, e.g.: lift the other kids stick and poke check the other stick.
- **Boards passing:** have the kids line up in two lines at the blue line. Put cones where the lines should start to keep the kids in a line. Also put a cone about 15' in towards the net from the line, ~5' out from the boards. Coaches are at the nets with the pucks. Each Coach shoots the puck out from the net (one coach to one lineup, the other coach to the other lineup, both at the same time to keep things moving), and the kid receives the puck and then starts skating, but when they reach the cone, they shoot the puck at the boards, and then skate forward and retrieve the puck, and then shoot on net. (teaches kids to use the boards to move the puck past opponents).

- **Get puck/pass:** have the kids line up in two teams at the bluelines. The coach has the pucks at the blueline. The coach shoots the puck into one corner and the kid whose lineup is on the same side as the corner where the puck goes, he/she goes for the puck, and the other kid from the other lineup goes to the net and awaits the pass. The kid that goes into the corner to retrieve the puck passes it to the other kid who is in front of the net. The kid in front of the net shoots after receiving the puck. (teaches passing and quick shooting)
- **Group puck "fight":** Line up the players at the bluelines in three rows. The coach is also at the blueline with the pucks. At the whistle the coach fires the puck into one of the corners, and one kid from each line goes into the corner, and all 3 kids fight for the puck. Let each drill run for ~ 10 seconds, so the kids can fight several times to gain/fight for the puck possession. (teaches kids to not sit back and wait for the puck to come to them)

### **3. SHOOTING:**

- **Shots on net:** have the kids line up in two lines at the blue line (set up cones to delineate where to stand, otherwise they keep coming in closer and closer), and have a coach or two at the net. The coach(s) have the pucks, and they shoot them out to each line at the same time. The kid learns to stop the puck and receive the pass, and then skate in and shoot. Teach the kid how to angle his stick blade down to cushion the puck stop (and keep the puck from bouncing away), and also to look before they shoot (to see their target).
- **Pass/shots on net:** have the kids line up in two lines at the blue-line (set up cones to show them where). The Coach has the pucks at the net, and he shoots the puck to one of the line-ups (alternate shooting at different line-ups). The kid whom the puck is shot at receives the puck and starts to skate towards the net and the other kid in the other line-up starts to skate too. The kid with the puck after a few strides then passes the puck to the other kid who shoots at the net. (teaches passing/shooting)
- **Corner start, puck carry, shoot:** have the kids line up in two teams on the back boards, and every kid has their own puck. There is a pylon at the blueline for each line. On the whistle one kid from each line starts out with the puck, skates with the puck to the pylon, circles the pylon, and heads to the net to take a shot. Run both lines at once to save time, and it makes it interesting when the two kids often merge in the centre and need to avoid each other like in a real game. It also gives the goalie lots of quick shots

#### 4. **PASSING:**

- **Pass to each other:** have the kids pair up and face their partner with one puck per two kids. Space the kids around the rink, varying the distance (start from 10 feet, move to 15, then 20). The kids then stand in place and pass to each other, moving farther out from each other as they get better. (teaches them to look up before passing, and how to receive passes)
- **Pass to each other & skate:** have the kids in two rows at the blueline. The coach has the pucks at the net, and he/she passes them out to one of the kids. A kid from each line (one with the puck, one without) skate toward the net), passing the puck to each other as many times as possible before they get to the net. (teaches them how to pass, how to shoot, how to look for/at the other player)