

**USA HOCKEY INLINE**  
**AGE-SPECIFIC DRILL BOOKS**

**14/17-AND-UNDER**





# **COACHING EDUCATION PROGRAM**

*presented by*



**EASTON<sup>®</sup>**

# USA HOCKEY INLINE AGE-SPECIFIC DRILL BOOKS



## 14/17-AND-UNDER

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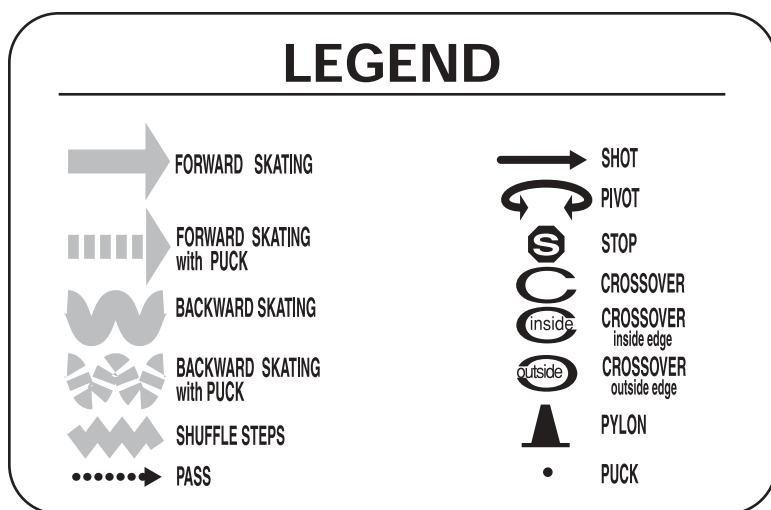
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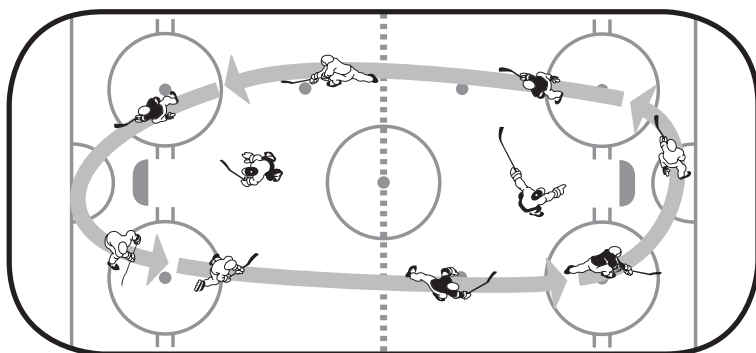


## WARM-UP DRILLS

### Drill #1 — STRETCH N' SKATE

Coaches pull the nets out 15 feet at each end and have the players skate around them in the same direction.

1. While skating have them spread their legs out and bring them back in.
2. Holding the stick with two hands, raise it above the head and bring it down and touch your toes.
3. Spread the legs out and with both hands together on top of the stick lay the stick out and try to touch the surface with the back of your gloves.
4. Slowly stretch the groin by dragging one leg back and lowering your body.
5. Pick up speed on the whistle.

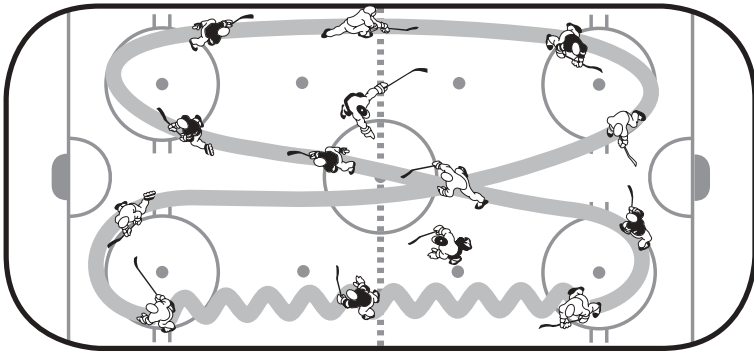


## Drill #2 — BUTTERFLY WARM-UP

The players start out skating up the middle of the surface. They can veer off either side and come back down the boards. The coach then gives them skating drills.

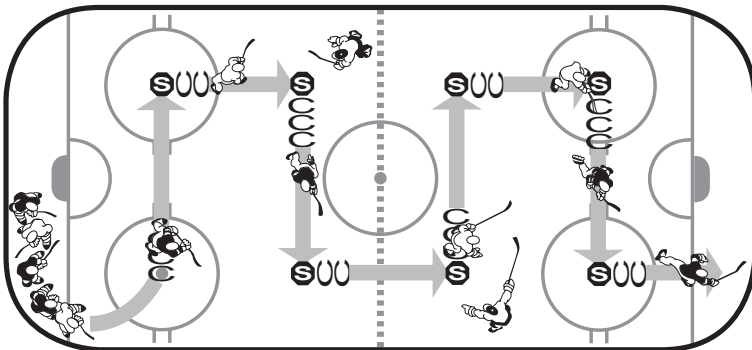
1. Hard down the center, easy up the boards.
2. Backward down the middle, forward coming back.
3. Carrying a puck 360-degree turn up the middle, hard up the boards forward.
4. Passing with a partner apart up the middle close passes down the boards.

Be creative. There are many other drills you can do with this formation.



## Drill #3 — CROSSOVER WARM-UP

Start with the players in one corner of the rink. The first player starts the drill by skating to the first face off dot, stops, three hard crossovers and then skates to the other dot, stops, three hard crossovers and then up to the next dot and so on. The next player in line goes when the first player gets to the second dot.

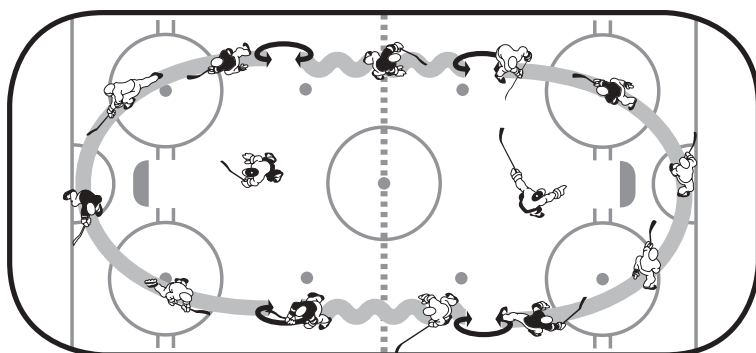




**Drill #4 — CIRCLE HUSTLE DRILLS**

Start with the players skating clockwise.

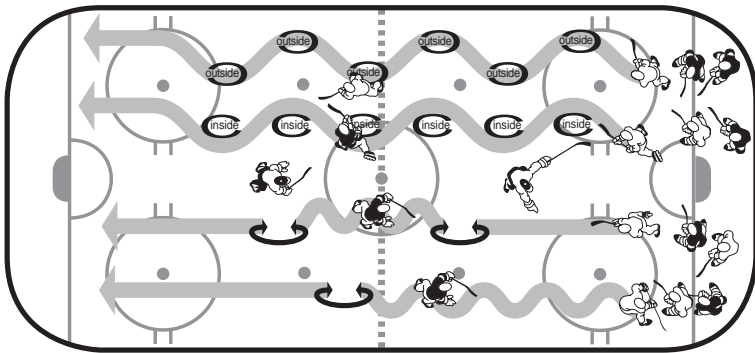
1. Have them skate hard on one side and easy on the other.
2. Have them skate hard from one high face off dot around the net to the other and then easy. Change direction and go counter clockwise and repeat drill.
3. Backward between the high zone face off dots.
4. Carrying a puck have them tight turn and go the other way on the whistle.
5. Finish with one hard lap around the nets.



## Drill #5 — FOUR LINE AGILITY DRILLS

Line the players up into four lines.

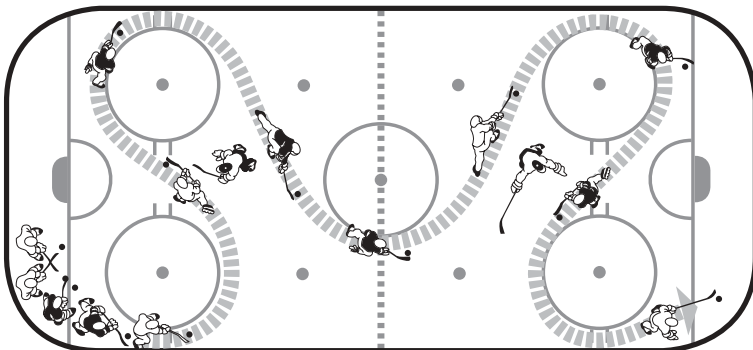
1. Crossovers on the outside edge.
2. Crossovers on the inside edge.
3. Skate on left leg only to far end.
4. Skate on right leg only to far end.
5. Forward to backward pivot.
6. Backward to forward pivot.
7. Forward to backward and back to forward pivot.
8. Two full tight turns one at each high zone face off dot.
9. Change speeds with puck going full speed by the third face off dot.



## Drill #6 — HALF-CIRCLES WITH PUCKS

Line the players up in one corner.

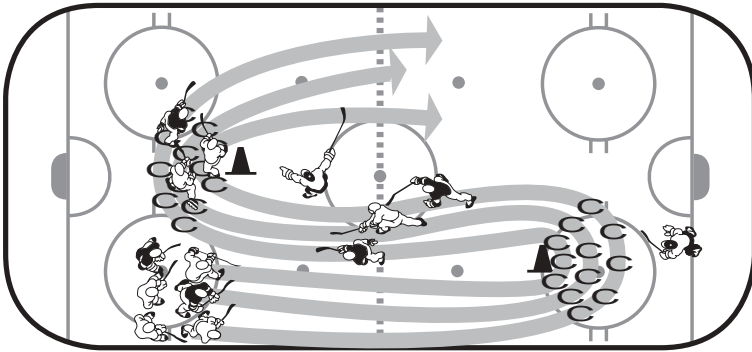
1. Skating forward with a puck cut each circle in half until you finish and stay at this far end.
2. Carrying a puck skate forward on the first circle and then pivot to backwards at the next, and then forward changing at each circle.



### Drill #7 — THREE LINE SURFACE CROSSOVERS

Divide the players into three lines at one corner face off circle.

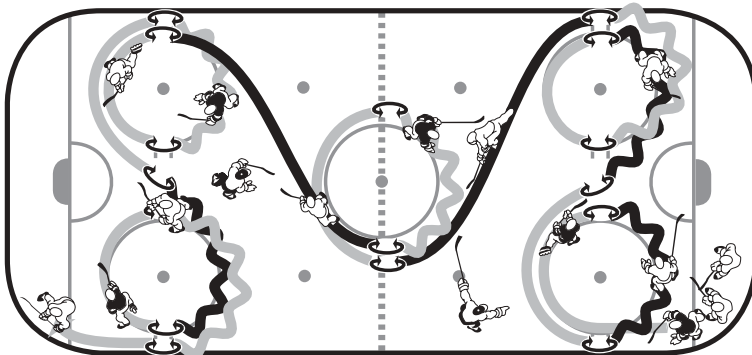
1. The first three players skate around the far pylon then come back around the near pylon and then full out to the far end.
2. Same drill using pucks.
3. Forward to the far pylon then backward skating back then pivot to the far end.
4. Same drill using pucks.



### Drill #8 — HASH-MARK PIVOTS

Line the players up in one corner.

1. The first player starts the drill by skating around each circle and pivoting from forward to backward and backward to forward, rotating at each hashmark. The next player in line goes when the first player finishes the first pivot.
2. Repeat the drill with pucks.

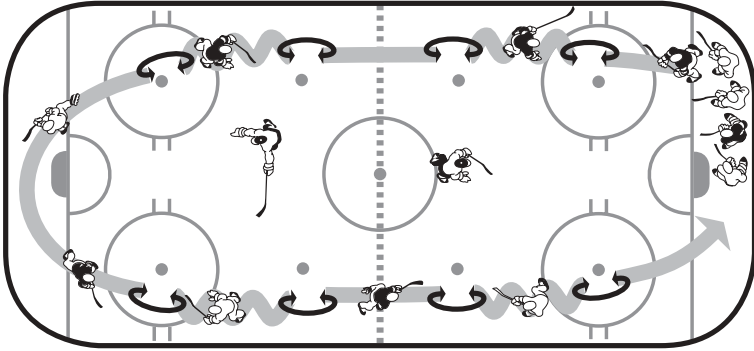


## Drill #9 — FULL-LENGTH DOT PIVOTS

Line the players up in one corner of the rink.

1. The first player skates down the boards and pivots from forward to backward and vice versa at each dot.
2. Repeat the drill using pucks.

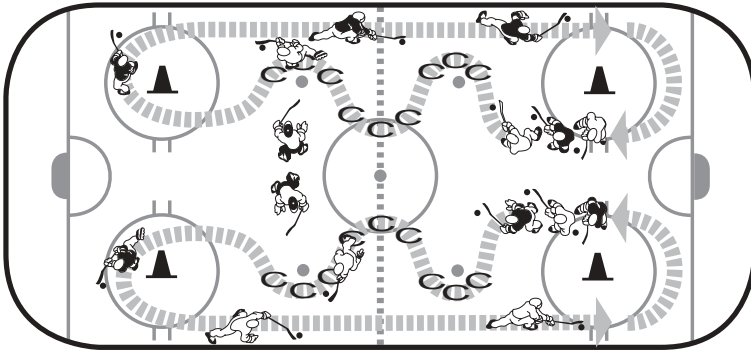
Each pivot should be done facing the boards.



## STICKHANDLING DRILLS

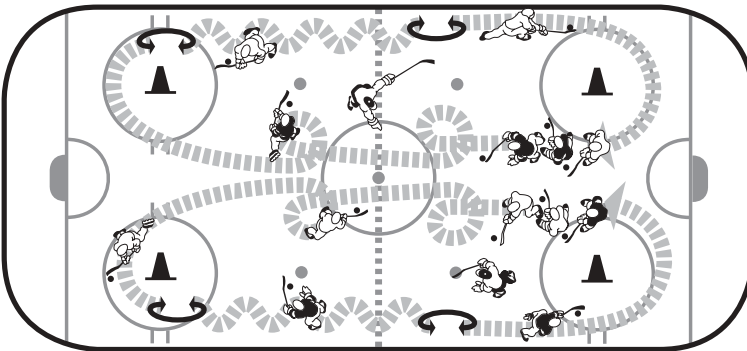
### Drill #10 — MID-TO-FAR END PUCKHANDLING #1

The players skate up the middle of the surface with pucks. They do three crossovers to one side and three to the other side. They then skate around the far pylon full out, then back into line. The players can skate on either side coming back but they should alternate sides each time. Each player should do the drill four times.



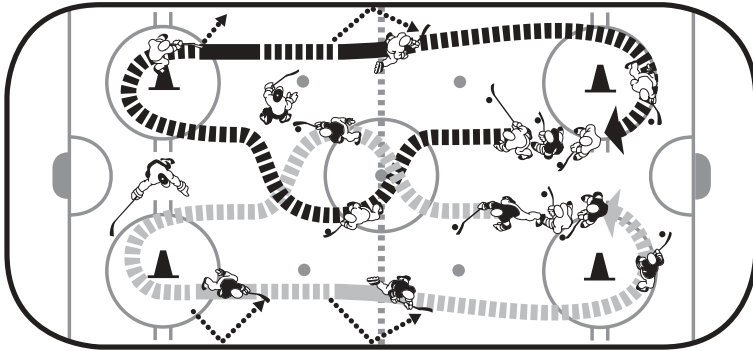
### Drill #11 — MID-TO-FAR END PUCKHANDLING #2

The players skate with pucks and do two 360-degree turns. On the way back they pivot to backwards and skate back into line.



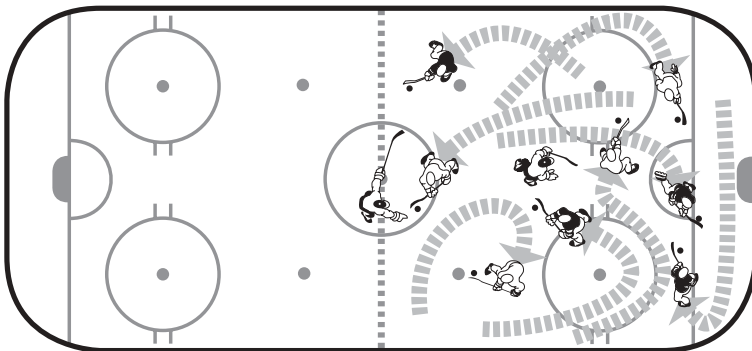
### Drill #12 — MID-TO-FAR END PUCKHANDLING #3

The players line up at one end. The first one in each line takes off carrying a puck. They weave in and out of each other. Each player then goes around a pylon at the far end and passes back and forth off the boards and then gets back into line. The players change sides each time. Repeat the drill four times.



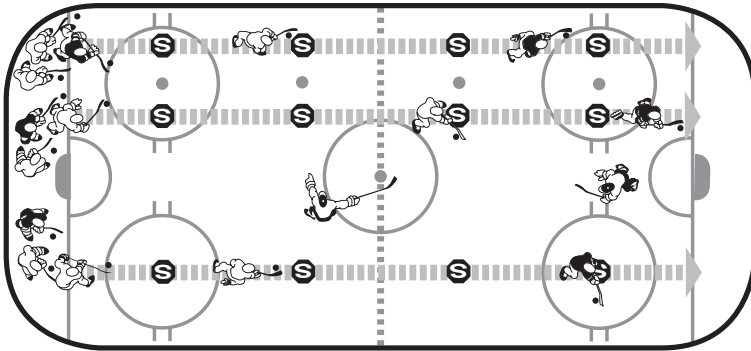
### Drill #13 — HALF-SURFACE CHAOS DRILLS

1. The players each have a puck and they must stay inside the red line at one end. They skate hard on the first whistle in any direction and easy on the second.
2. Place the players in the two end zone face off circles. Repeat the drill. They cannot leave the circles.
3. Place all the players at one end. They must stay between the boards and the goal line. Repeat the drill.



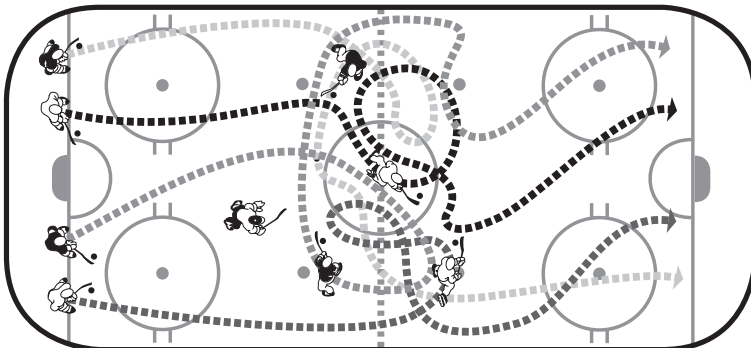
### Drill #14 — STOP N' START STICKHANDLING

Divide the players up into three lines. Each player carries a puck. On the whistle the first player in line in each group skates to the first dot or hash mark, stops facing the same boards, and continues to stickhandle while stopped. On the next whistle they skate to the next dot and stickhandle. The second player in line goes to the first dot. Continue the drill until everyone has stopped four times and is waiting at the far end. On the way back, stop facing the same way.



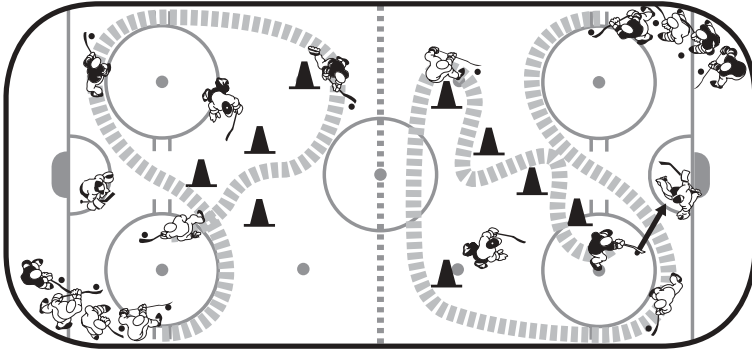
### Drill #15 — CENTER SURFACE CHAOS DRILL

1. Divide the players up into three groups. On the whistle the first players in line carrying a puck skate to the middle of the surface. They skate in any direction staying between the high zone face off dots. On the next whistle they skate to the far end and the next in line goes.
2. Combine lines to increase traffic on the way back.



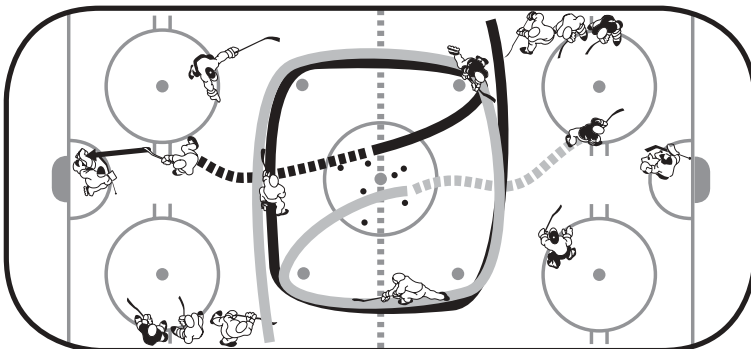
### Drill #16 — ZIG ZAG

1. Line the players up in one corner. The first player in line skates halfway around the circles and then skates around and through the pylons and then goes in and shoots. The next player goes when the first player gets to the second circle. At the other end change the formation of the pylons. Switch groups after 3-5 minutes.



### Drill #17 — CIRCLE N' SHOOT

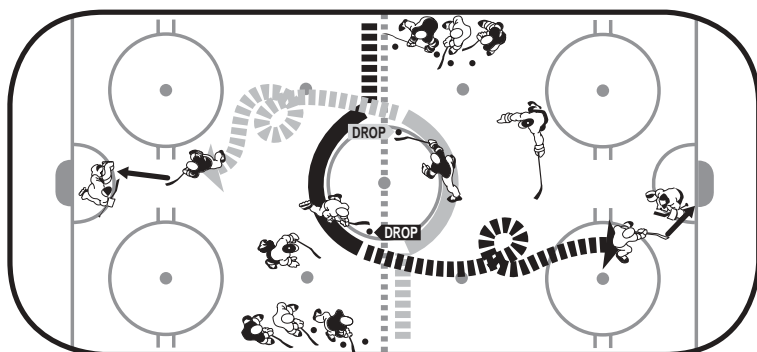
Divide the players into two lines. One player from each side skates around all four dots, into the middle, picks up a puck and goes in and shoots on opposite end goaltenders. After shooting the players change sides so they will work on crossing over both ways.





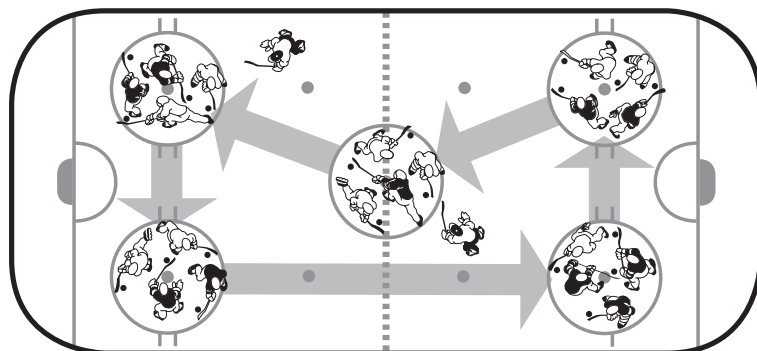
### Drill #18 — DROP 360-DEGREE N' SHOOT

Divide the players up into two lines and place them on the boards on each side at the center line. The first player in each line starts the drill by carrying a puck to the first hash mark. They drop the puck, skate around the circle, pick up the other puck, do a 360-degree turn and go in and shoot at opposite ends.



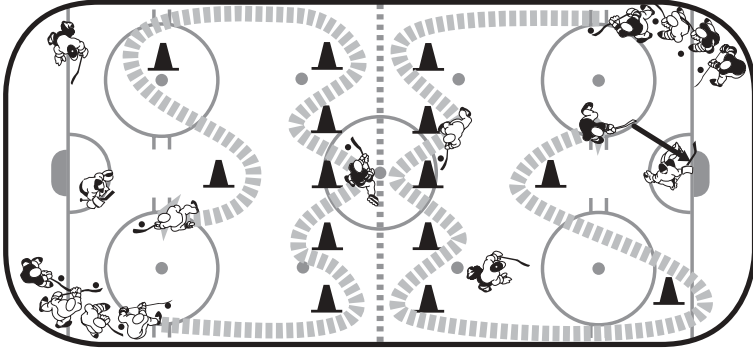
### Drill #19 — FIVE CIRCLE ROTATION CHAOS

Divide the players up into even numbers and place them in the face off circles. On the first whistle the players skate in any direction staying inside the circle. On the second whistle they rotate circles. The drill is over when each group has been in each circle. Change circles every :30.



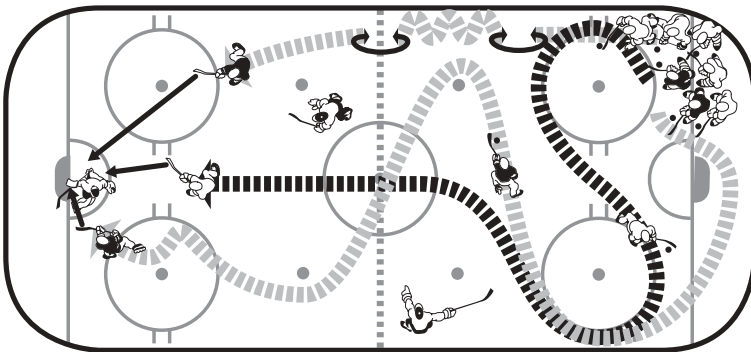
### Drill #20 — PYLON SWERVE

Using half the rink or the full surface depending on how many players you have, line up seven pylons and have the players skate through them and take a shot from the slot. Change sides after a few minutes so the players skate and stick handle both ways.



### Drill #21 — THREE PLAYER OBSTACLE SHOT

Start with three lines in one corner. Players in line #1 skate, pivot to backward then back to forward and shoot from the outside. Players in line #2 skate around the face off circles down the middle and shoot from the slot. Players in line #3 skate around the second circle around two opposite high zone face off circles and goes in on a breakaway. Stagger the players and change lines on the way back. Repeat six times.

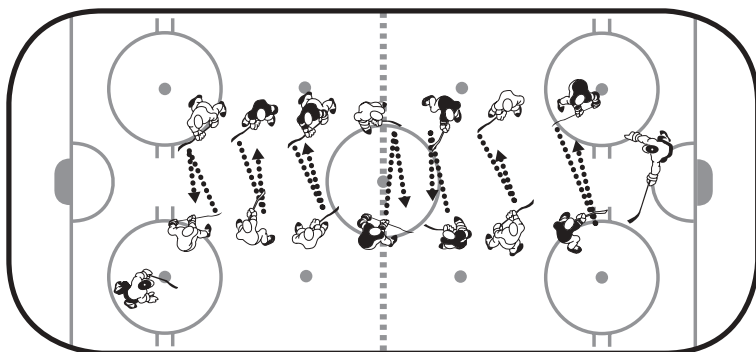


## PASSING DRILLS

### Drill #22 — STATIONARY PROGRESSION

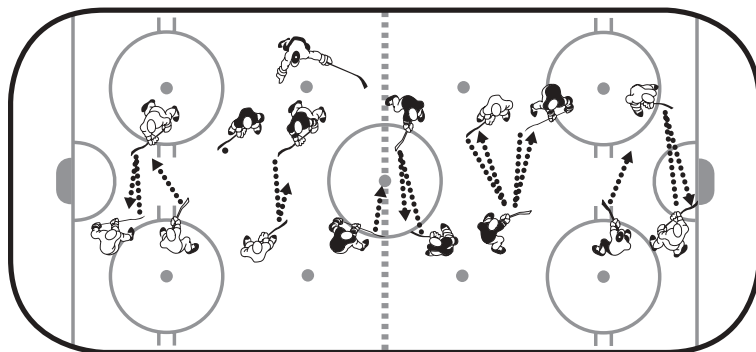
Place the players in two lines facing each other using half or the full surface.

1. Have the players pass back-and-forth on the forehand.
2. Have the players pass back-and-forth on the backhand.
3. One player skates forward and the other backward, pass then alternate.
4. One player is stationary and the other skates forward around the other player, pivots to backwards, skates backward back, stops and passes to the partner who then repeats the drill. Each player should go four times.



### Drill #23 — THREE PLAYER, TWO PUCK PASSING

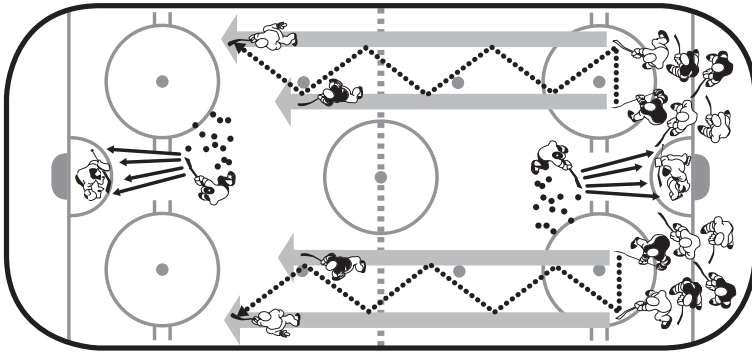
Divide the players into groups of three. Each group gets two pucks. One player is the designated receiver, the other two start with pucks. The first player passes to the receiver and quickly gets it back. The next player passes to the receiver and quickly gets it back. After a minute rotate. Once every player has been the receiver the drill is over.



## Drill #24 — TWO LINE, ONE-TOUCH PASSING

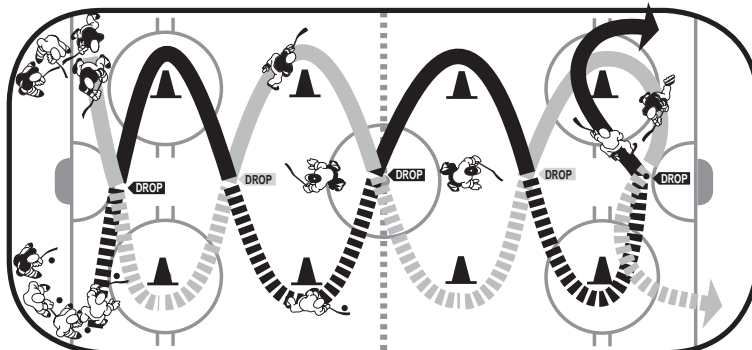
Divide the players into two lines on both sides in two corners. Select a player or assistant coach to warm up the goalies.

1. Paired up, the players pass back-and-forth to the far end. The next two in line go when the first two reach the nearest high zone face off dot.
2. Both players repeat the drill skating backwards.
3. One forward, one backward, rotate on the way back.
4. Weave
5. 3-on-0 one-touch
6. 3-on-0 weave



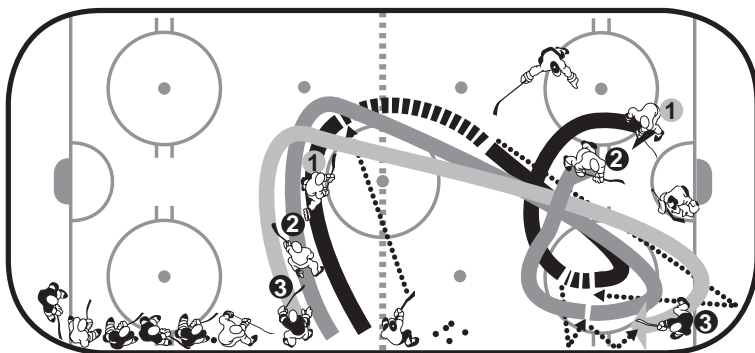
## Drill #25 — FULL-LENGTH DROP PASS DRILL

Divide your players into two lines. One line starts with the pucks. The first player in each line skates towards each other. The puck carrier is always in front. The puck carrier drops the puck to the other player. They both skate around the pylons and repeat the drill. Continue doing the same until the far end. The next two players in line go when the first two are skating around the second pylons.



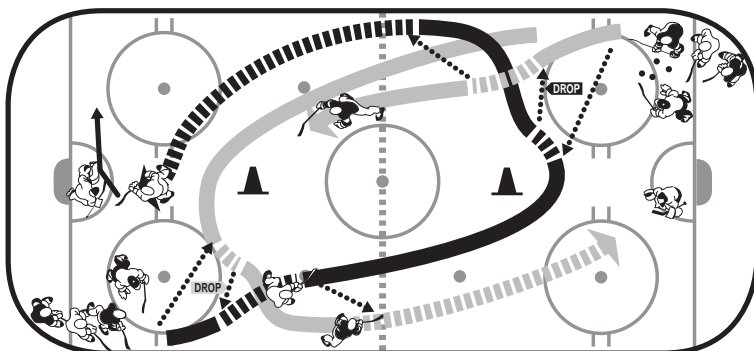
### Drill #26 — BOARD BANK PASSING DRILL

Start the drill with three players. The first player skates around the center circle. The next follow, staggered 10 feet apart. The coach hits the first player with a pass. The player then dumps the puck and the other two follow. The first player picks up the puck in the corner skates up the side boards and banks it back towards the corner off the boards. The second player picks it up and does the same. The third player picks up the puck and passes to either player who are now in front for a shot. Try the drill with four players also and a shot from the point.



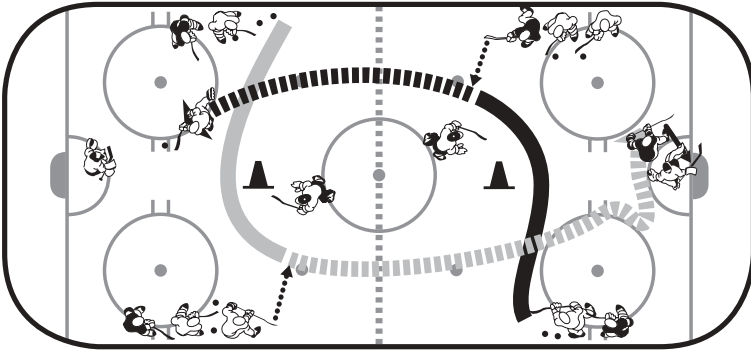
### Drill #27 — HORSESHOE N' DROP PASS

Divide the players into two groups and place them in opposite corners of the rink. Place one pylon above the face off circles in the middle of the surface. The first player in each line skates around the far pylon and receives a pass from the other line. After receiving the pass the player immediately drops it back to the passer and then skates up the boards. The passer then passes back to the player and then skates to the far end to receive the next pass and so on .



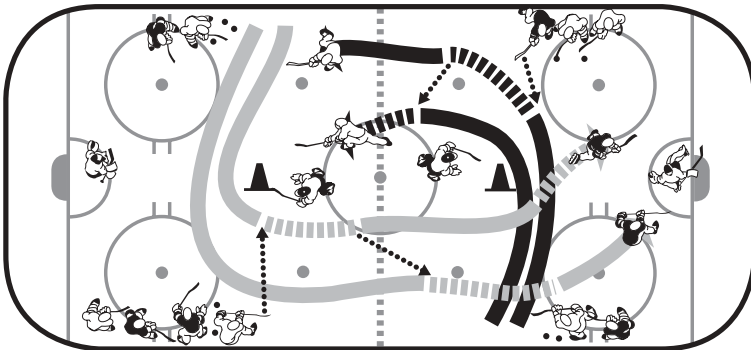
### Drill #28 — 1-ON-0

Divide the players into four groups and place them along the boards by each high zone face off dot. Place two pylons in the middle, past the dots. The first two players from opposite sides and lines skate around the pylons and receive a pass from the first player in line. They then go in and shoot on goal. The passers then skate over and receive a pass. Go on the whistle alternating lines each time.



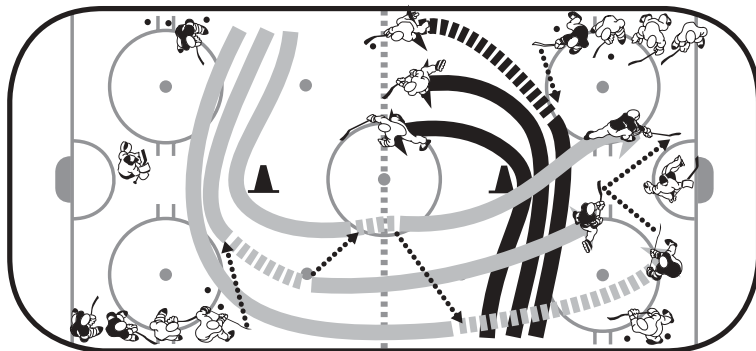
### Drill #29 — 2-ON-0

Divide the players into four groups and put them along the boards near the high zone face off dots. Players on opposite sides and lines skate around the pylons, get a pass and skate in passing 2-on-0. On the next whistle two from the other lines go. Alternate each time on the whistle. Use only two lines if using a small roster.

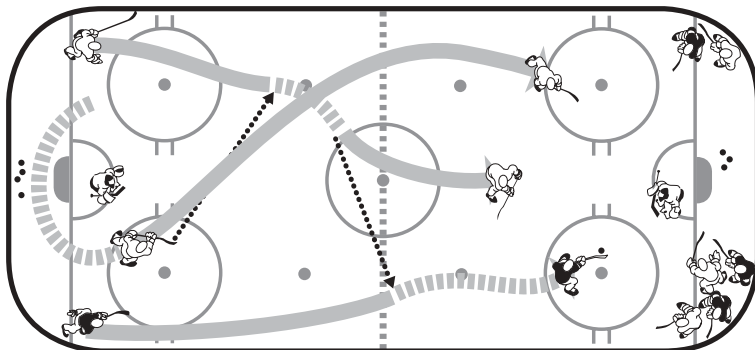


**Drill #30 — 3-ON-0**

Divide the players into four groups and put them along the boards near the high zone face off dots. Three players on opposite sides and lines skate around the pylons, get a pass and skate in three on zero. On the next whistle three from the other lines go. Alternate sides each time on the whistle. Use only two lines if you have a small playing roster.

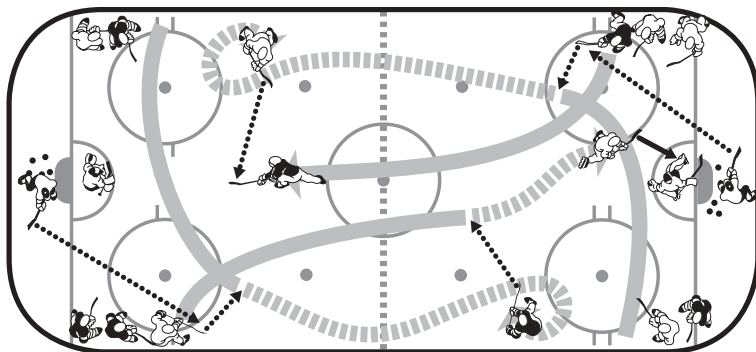
**Drill #31 — FULL LENGTH 3-ON-0 COMPETITION**

Divide the players into groups of three and place them into wing and center positions, including the defensemen. One line at one end at a time. The center goes behind the net, picks up a puck and passes. The three players skate to the far end changing lanes and passing. They then try to score. Make it a competition. The first line to score three goals wins and the others skate one full length around the rink full out.



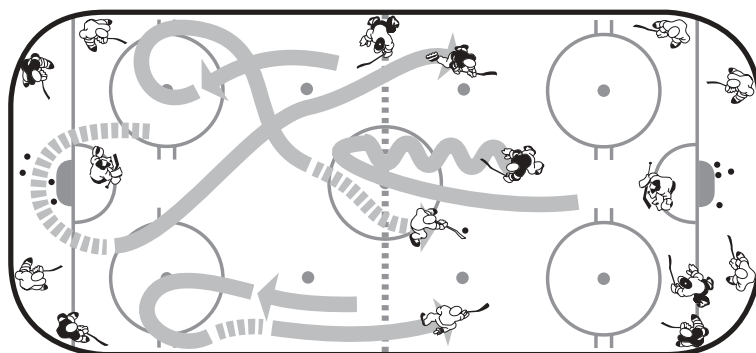
### **Drill #32 — 2-ON-0 PULL UP**

Divide the players into four lines, one line at each hash mark against the boards at the corner face off circles. The coaches are in one corner, they start the drill by passing to the wing. The forward on the other side skates over and receives a pass from the wing. The puck carrier skates into the offensive zone, pulls up with a tight turn and passes to the passer who is trailing the play for a shot.



### **Drill #33 — 4-ON-0 FULL LENGTH BREAKOUT COMPETITION BACK 3-1**

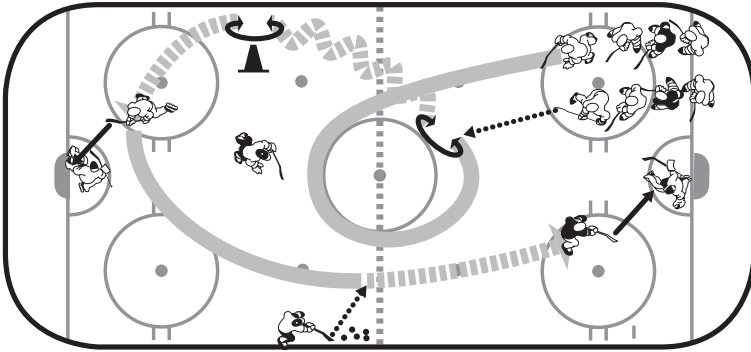
Make sure the players go in their assigned lines. One defenseman breaks them out. They skate down to the far end passing and changing lanes. After the shot they come back picking up another puck from behind the net 3-on-1. The next line goes on the whistle.





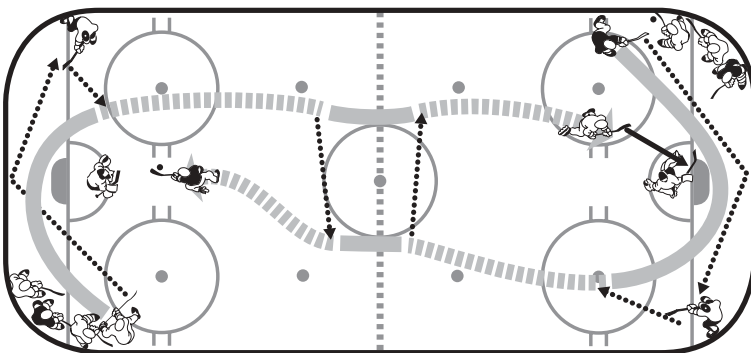
### Drill #34 — CIRCLE SPRINT

Place the players in two lines in one corner. You can use two or four lines using the other corner depending on how many players you have. The first player in line skates full out around the center circle and then receives a pass, pivots to backwards to the pylon then pivots to forward and goes in and shoots. The player then skates back, receives a pass from the coach on the side boards and goes in and shoots. Players change lines. Change sides after every player has gone two or three times and repeat drill.



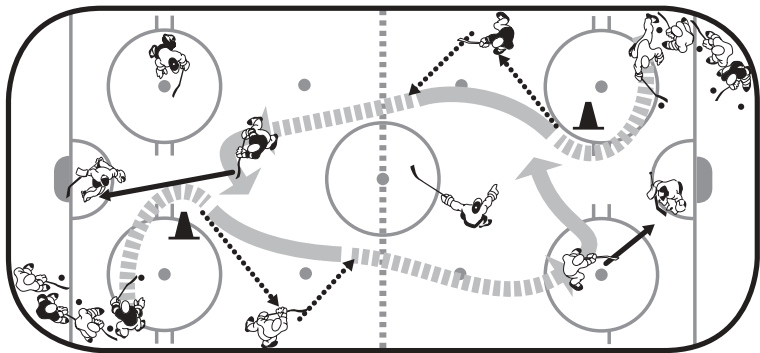
### Drill #35 — MIDDLE DOUBLE PASS

Divide the players up into two lines one in each corner. The first player in each line passes to the coach or designated player. The coach passes back to the player who has gone behind the net and is now skating up the surface. As the two players near the center line they pass to each other, receive the other puck and go in and shoot.



**Drill #36 — SHOOT N’ PASS REPLACE**

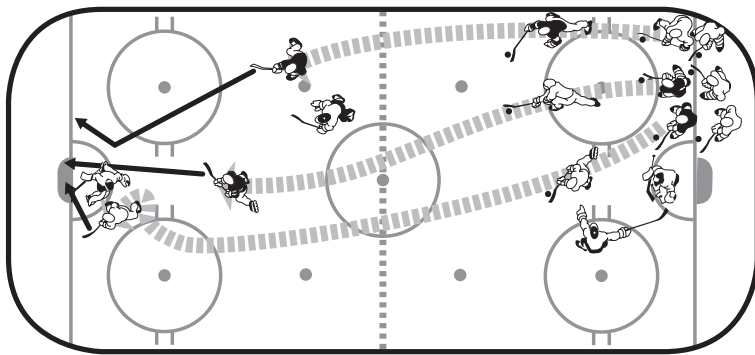
Divide the players into two lines, one in each corner. Place one player along the side boards. The first player in line skates around the pylon passes to the wing and gets it back and goes in and shoots. After the shot, the shooter skates over to the boards and becomes the passer. The original passer goes to the end of the line.



## SHOOTING DRILLS

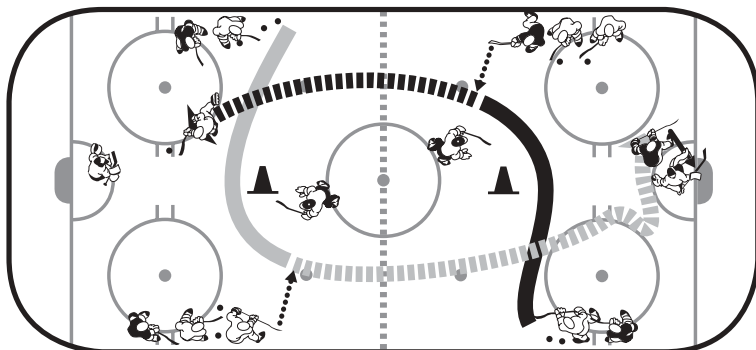
### Drill #37 — TRIPLE SHOT

Set the players up in one corner and three lines. The first player takes the puck near the boards and skates up the floor, crosses the far high zone face off dot and takes a snap shot from the slot. The third player staggers, goes in and dekes the goalie. The players stay at the far end after they have shot. They repeat the drill coming back after changing lanes. Repeat the drill three to six times.



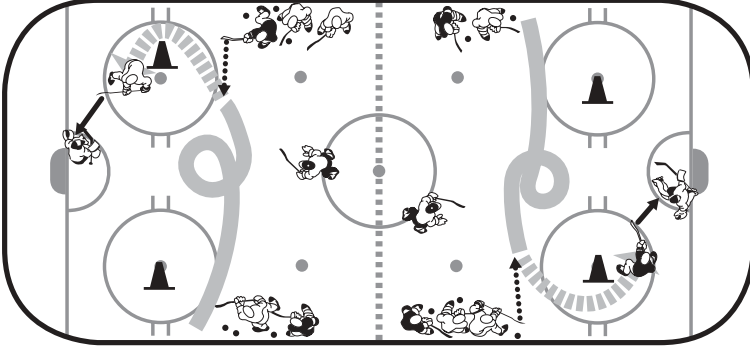
### Drill #38 — FOUR LINE 1-ON-0

Divide the players into four groups and place them along the boards by each high zone face off dot. Place two pylons in the middle past the dots. First two players from opposite sides and lines skate around the pylons and receive a pass from the first player in line. They then go in and shoot on goal. The passers then skate over and receive a pass. Go on the whistle rotating sides.



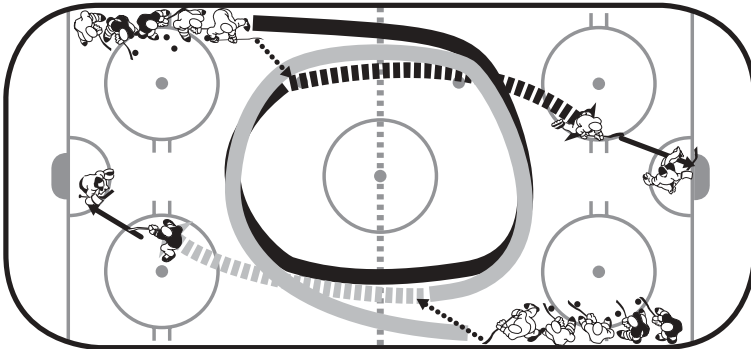
### Drill #39 — 360-DEGREE ANGLE SHOT

Divide the players into four groups one on each side above the face off circles. Place one pylon in each circle. The first player skates over, does a quick 360-degree turn, receives a pass from the other side and then skates around the pylon and shoots. Rotate and change sides on the whistle.



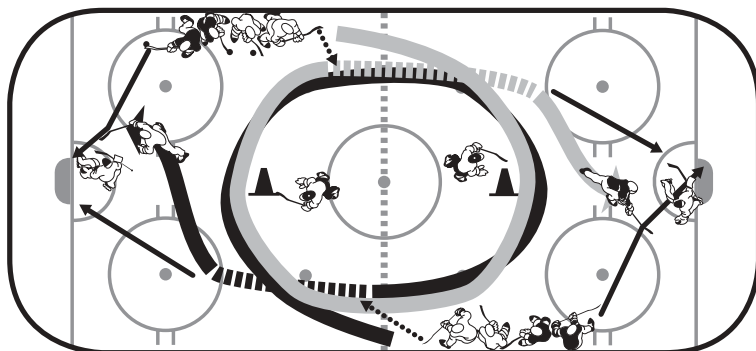
### Drill #40 — CENTER CIRCLE SHOT

Divide the players into two lines, one on each side board near the high zone face off dots. The first player in each line skates around all four face off dots full speed and receives a pass from the second player in line and goes in and shoots. On the whistle the next two go. The players rotate lines and change direction so the players skate both ways.

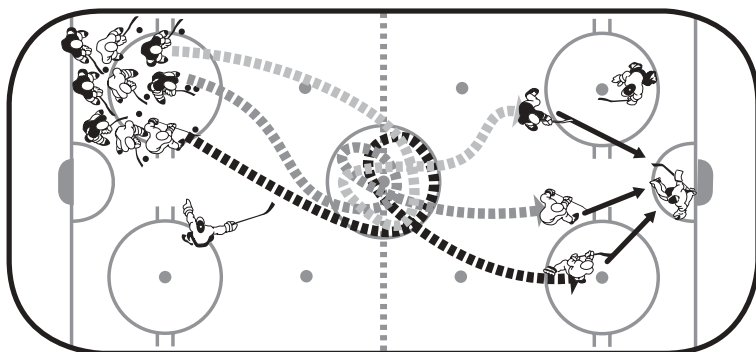


**Drill #41 — SHOT N' TIP PROGRESSION**

Divide the players into two lines, one on each side board, near the high zone face off dots. The first player in each line skates around the four high zone face off dots, receives a pass from the second player in line and then goes in and shoots. After the shot the last player in both lines shoots and the first player tips it in. The next players go on the whistle.

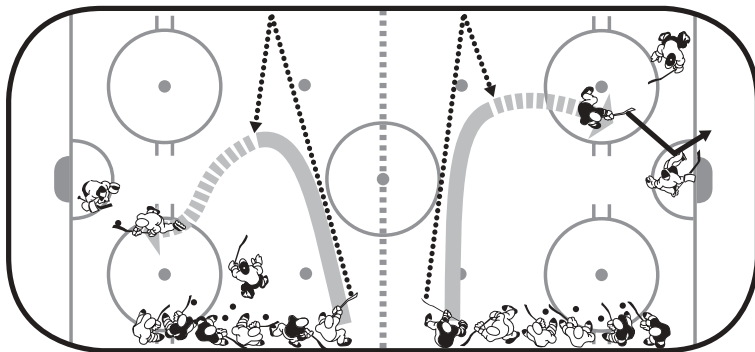
**Drill #42 — THREE LINE SCRAMBLE SHOT**

On the whistle the first three players in line carrying pucks skate to the center circle. On the whistle the first player skates out of the circle and shoots. The second and third skaters follow. At the same time the next three in line go. After a few times put five in each line and repeat the drill. After shooting the players stay at the far end.



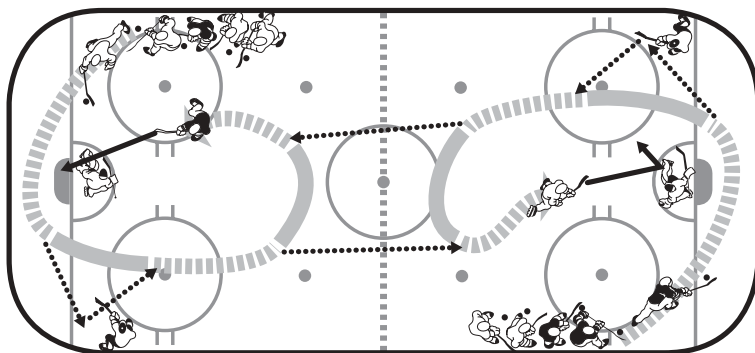
### Drill #43 — BOARD PICK-UP SHOT

Divide the players into two lines and place them on the boards with the center line between them. The first two players start the drill. They shoot the puck off the far boards hard and then skate, pick up the puck and go in and shoot.



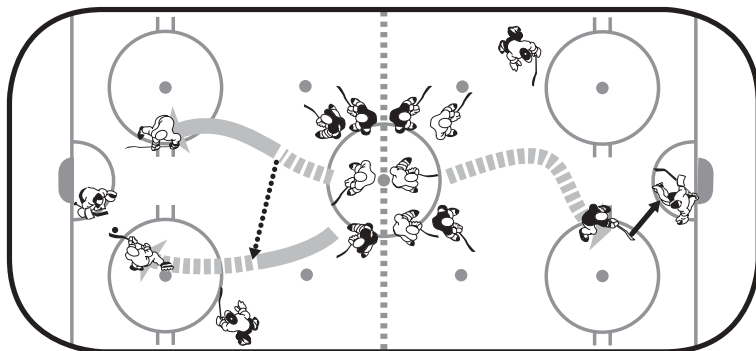
### Drill #44 — COMEBACK N' SHOOT

Divide the players into two lines just above opposite corner face off circles. The first two players in line carry the puck behind the net and pass to a coach or player. They then get the pass back and skate to the high zone face off dots and pass to the player on the other side of the center line. They both then receive the pass, curl back and go in and shoot.



**Drill #45 — LINE ROTATION BREAKAWAYS**

Place the players in lines of three using one or both ends. The first player goes on a breakaway. If the player scores the line goes in 2-on-0. If they score, then all three go in three on zero. Make it a competition. If the 1-on-0 or the 2-on-0 is not a goal then the next line goes. They only keep going if they score.



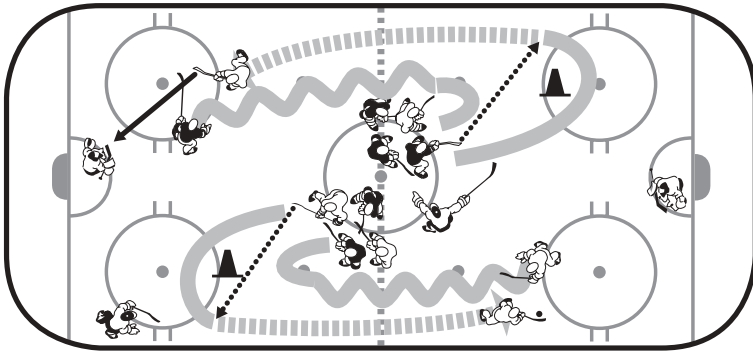




## ONE-ON-ONE DRILLS

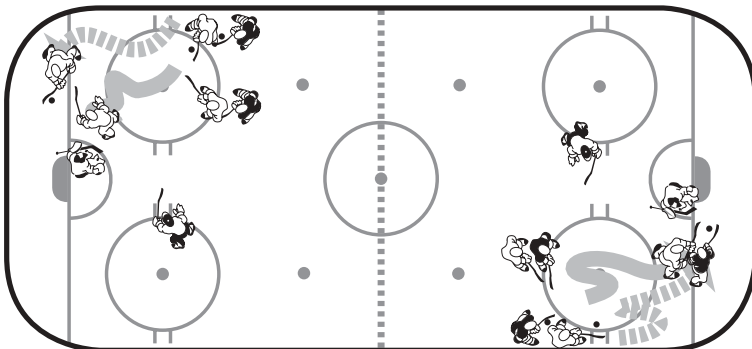
### Drill #46 — MID SURFACE ONE-ON-ONE

Divide the players into four lines. A line of forward and defensemen on each side at the center line. The first players in line skate around the pylon and receive a pass from the second forward in line. At the same time a defensemen skates out and the forward skates in on a one-on-one. The players change lines each time.



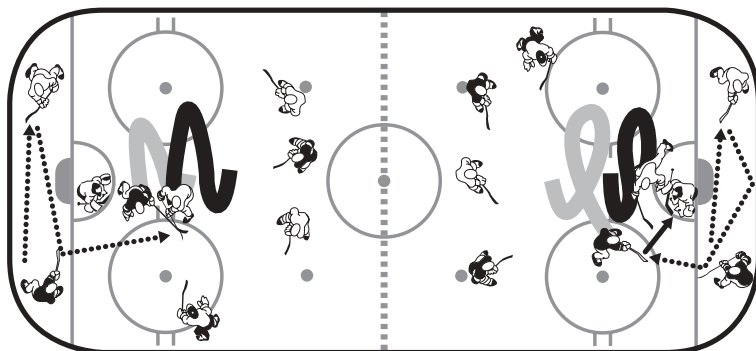
### Drill #47 — CORNER ONE-ON-ONE

Divide the players into two lines in the corner. The first line in the corner is on offense. The second line at the face off dot is on defense. The first player in the corner tries to take the puck to the net for a scoring opportunity. The defensive player tries to angle the offensive player away from the net keeping defensive position between the opponent and the net.



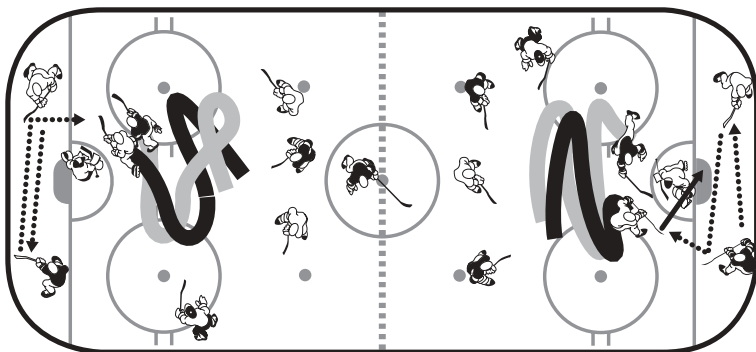
### Drill #48 — CREASE BATTLE #1

Two players start behind the net with pucks. Two others are in front of the net, the rest are back waiting their turn keeping the puck in play. The two behind the net pass back and forth and try to hit the player playing on offense while the defensive player tries to stop him/her. Rotate the players and repeat the drill every :30.



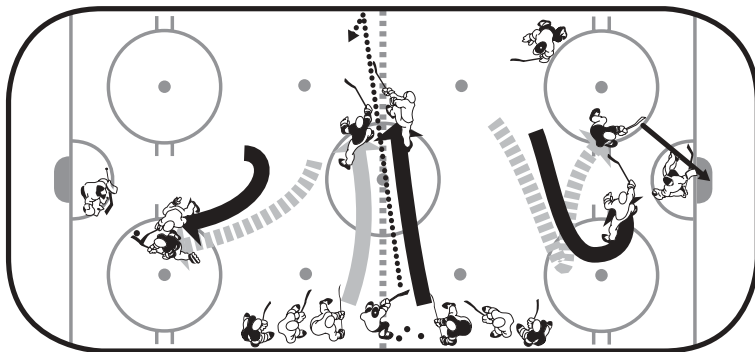
### Drill #49 — CREASE BATTLE #2

Same as Crease Battle #1 except the players behind the net can pass to either player in front of the net. Both players must react immediately playing offense or defense. Make it a competition up to three. The loser must stay in front while the winner is replaced or goes behind the net and switches with a passer.



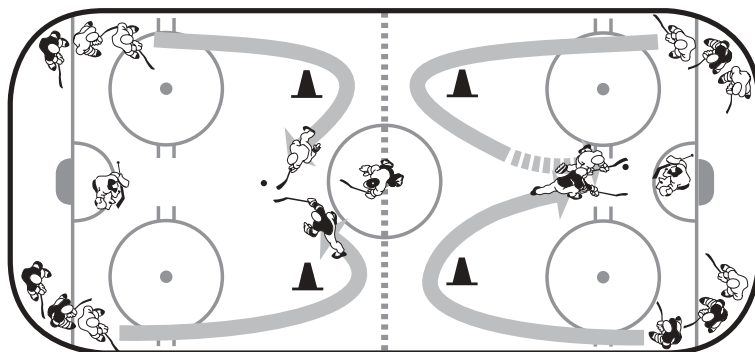
### Drill #50 — FULL-SURFACE BATTLE DRILL

Line the players up in two lines one on each side of the center line. The first two players in each line get ready. The coach shoots the puck across to the other side and the two players battle full length to score. The players on the right try to score on the left net and vice versa. The drill continues until someone scores. There should be three one-on-one's going on at the same time. This is monitored by the coach.



### Drill #51 — MIDDLE PUCK BATTLE

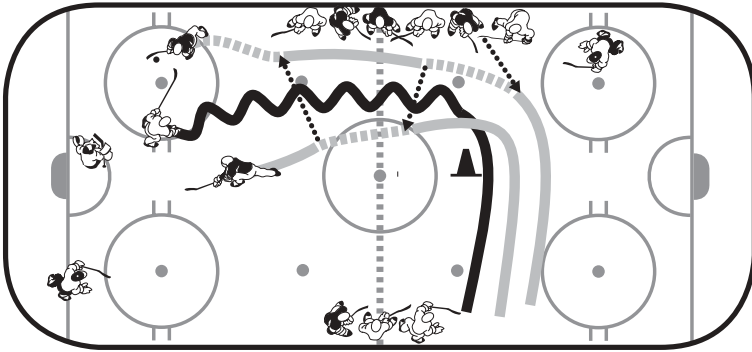
Using one or both ends set up two lines on each side in the corner hash marks. The first players in line skate on the whistle around the pylons and try to pick up the puck and go in and score. Both players battle for the loose puck. If one player is ahead, the other must back check and try to stop him/her from scoring.



## TWO-ON-ONE DRILLS

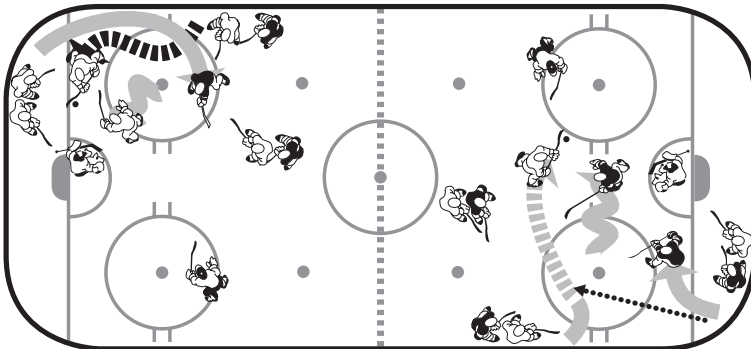
### Drill #52 — MID-SURFACE TWO-ON-ONE

Using two or four lines, set up the players against the boards by the high zone face off dots three players across the surface. The first player cuts sharply around the pylon, pivots to backwards and becomes the defensemen. The other two swing deeper, receive a pass from the side boards and skate in two-on-one. Rotate sides on the whistle.



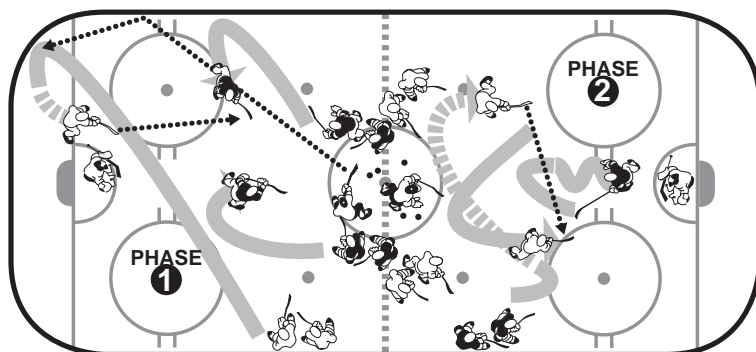
### Drill #53 — TWO-ON-ONE CORNER DRILL

Place the players in three lines. The forward are in line on the hash marks against the boards and in the corner against the boards. The defensemen start on the face off dot. The first players in line start the drill with the forward skating in two-on-one on the defensemen from the corner.



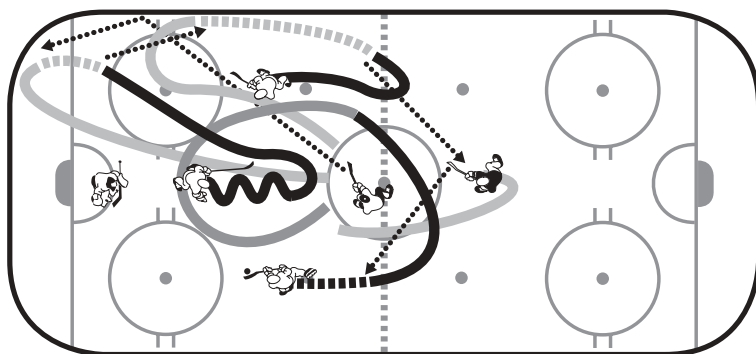
### Drill #54 — BREAKOUT TWO-ON-ONE

The coach dumps the puck in. The players are set up in three lines. The defenseman skates in, picks up the puck and hits the wing or the center who is coming over from the other boards. They curl back at the center line and skate in two-on-one on the defenseman who broke them out.



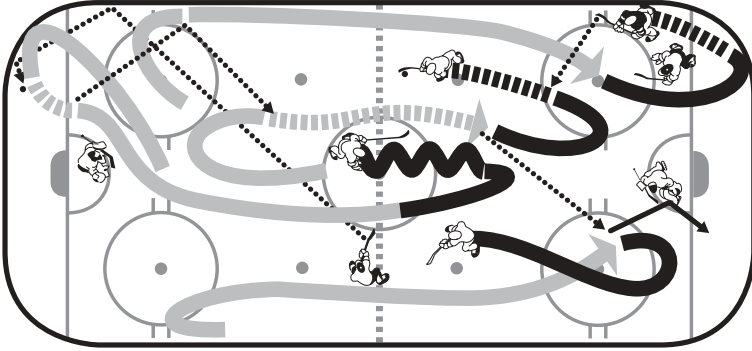
### Drill #55 — TWO-ON-ONE REGROUP

Using four players set them up at the center line. Place one defenseman between the far high zone face off dots. The coach dumps the puck in and the other defenseman retrieves it. One wing goes to the nearest boards at the hash mark. The other forward curls deep and supports. The defenseman with the puck breaks them out. The forward then pass to the other defenseman, pass the center line, they regroup in the middle, get a pass and go back two-on-one.



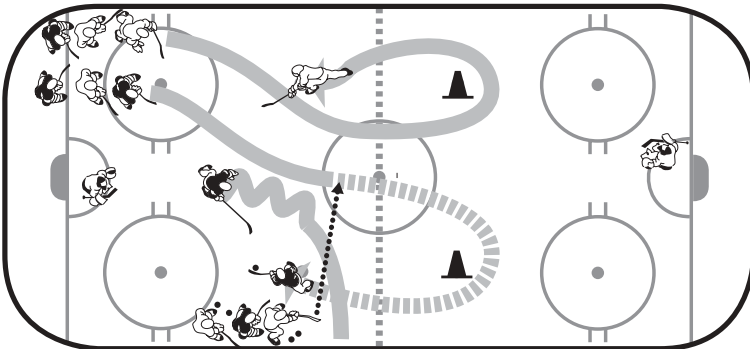
### Drill #56 — FOUR-ON-ZERO BACK TWO-ON-ONE

The coach dumps the puck in. All four players from one line skate in and then pass the puck around in the zone. On the whistle they breakout four-on-zero. After a shot, one defenseman stays high, the other breaks the forward out and they come back two-on-one.



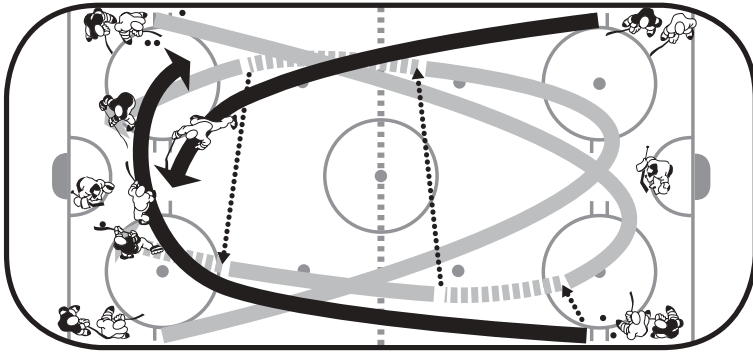
### Drill #57 — BUTTERFLY TWO-ON-ONE

Set the players up into two lines in one corner and one line of defensemen up at the center line. The first two players skate from the corner to the middle of the surface and go around the pylons. One defenseman skates out to defend them and the second defenseman in line passes them a puck and they go in two-on-one.



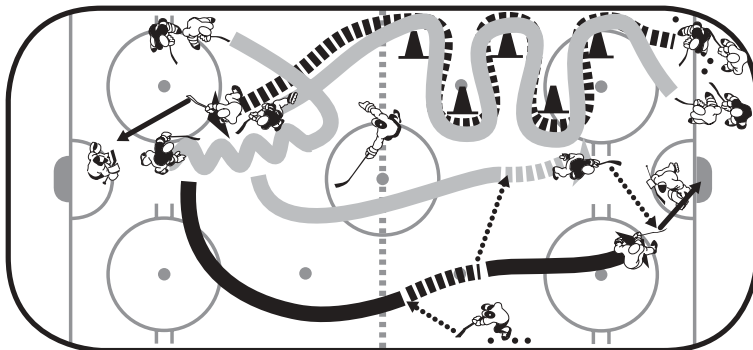
### Drill #58 — BREAKOUT TWO-ON-ZERO COMEBACK WITH BACK CHECKS

Divide the players into four groups and place them in each corner at the hash marks of each face off circle. The first two players from the far end start the drill. They skate down to the far end, change lanes deep in the zone and receive a pass from one line only. They skate up the surface. The first person in each line back checking them all the way back. The back checkers then peel off, get a pass and come back two-on-zero with two back checkers and so on.



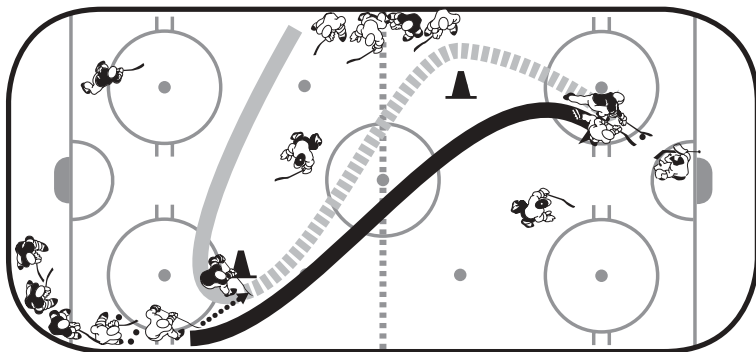
### Drill #59 — BACK CHECK WITH DEFENSE BACK 2-0

Set the players up into two lines in the corner. Line #1 starts the drill. The first player in line carries the puck through the pylons. The player in line #2 delays then back checks #1. After going through the pylons #1 has to try to beat a defenseman who comes off the boards and a back checker. After the play the two forward skate back, get a pass from the coach and skate in two-on-zero.



## Drill #60 — RETURN PASS BACK CHECK

Divide the players into two lines one at the center line and one on the hash marks by the opposite face off circles. Player one starts the drill by skating around the pylon and then receives a pass from player two. Player one then skates full out to the far pylon and goes in and shoots. Player two back checks full out and tries to take the angle away from the shooter. Change lines.

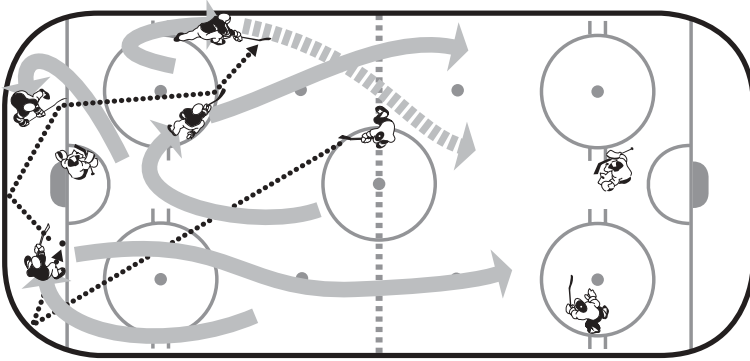




## BREAKOUT DRILLS

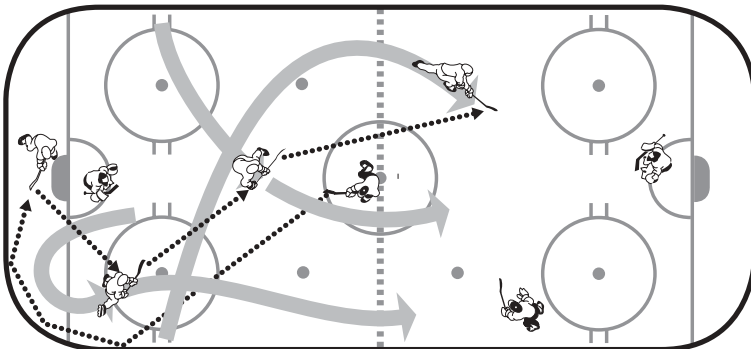
### Drill #61 — D-TO-D BREAKOUT 3 - 0

The coach dumps the puck in the corner. The first defenseman picks up the puck and passes it to the other side straight or off the boards to the other defenseman and assumes the role of a forward. The other defenseman passes to the center or near wing and they go down three-on-zero.



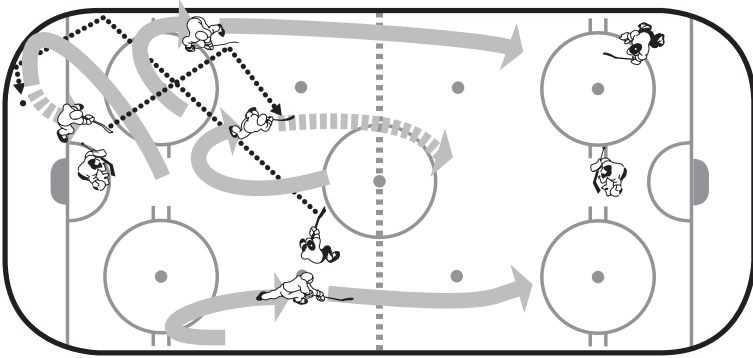
### Drill #62 — STRETCH BREAKOUT

The coach dumps the puck in, the goalie stops it and the first defenseman picks it up behind the net. The wing skates from the boards across the surface and up the opposite boards to the far end. The center curls deep, gets a pass from the defenseman and hits the other defenseman with a pass or the far end player for a breakaway. The second defenseman could also do this. Use your options.



### Drill #63 — 1-3 BREAKOUT

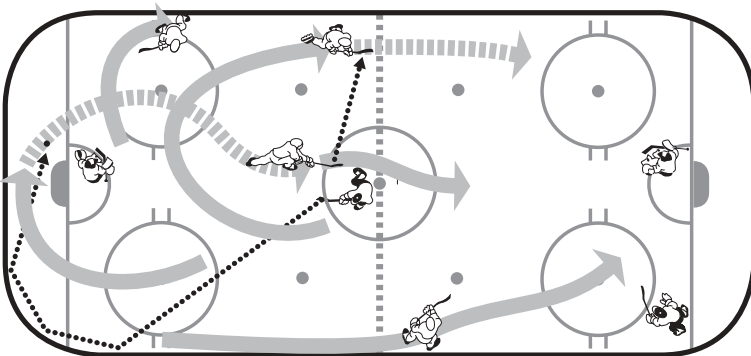
Simple breakout, the coach dumps the puck in, one defenseman picks it up and the other goes to the near boards. The defenseman has three options. Pass to the near boards, pass to the center who is curling or make a cross surface pass to the breaking wing. The wing reads the play where they either go up the floor together or he/she leaves the zone to look for a breakaway pass.



### Drill #64 — WING STRETCH BREAKOUT

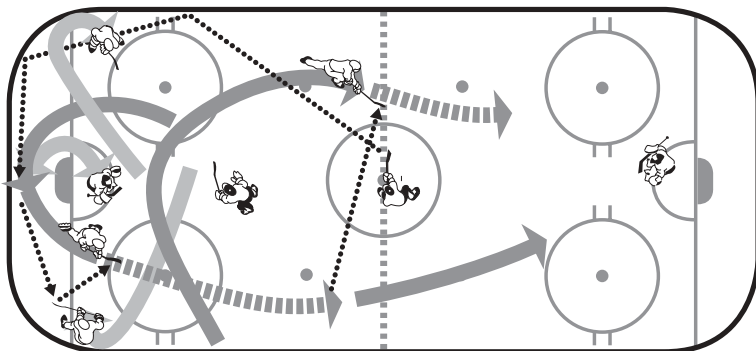
The coach dumps the puck in. The first defenseman picks the puck up and goes behind the net. The center waits. The other defenseman goes to the boards to play wing. The other wing is in position past the center line in the offensive zone. The defenseman now has four options.

1. Pass to the other defenseman who then hits the center with a pass.
2. Ring the puck hard around to the wing in the offensive zone.
3. Hit the center up the middle
4. Carry it out.

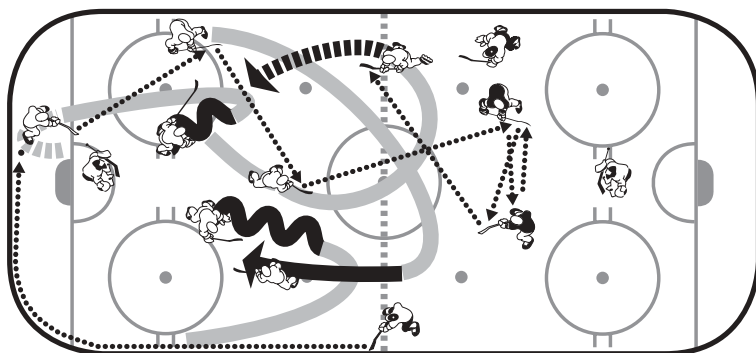


**Drill #65 — CENTER PICK-UP**

The coach dumps the puck in, the goalie stops it, the center goes behind to pick up the puck. Both defense curl off to the boards and the wing becomes the center. The center passes to one of the defensemen who quickly passes back to the center and they break out.

**Drill #66 — NEUTRAL ZONE REGROUP TWO-ON-TWO**

The coach dumps the puck in and the defense breaks the forward out. Place two other defense behind the far high zone face off dots. The forward break out, pass to the far defense and then regroup in the neutral zone. The neutral zone defense passes back to the forward who curl back two-on-two.

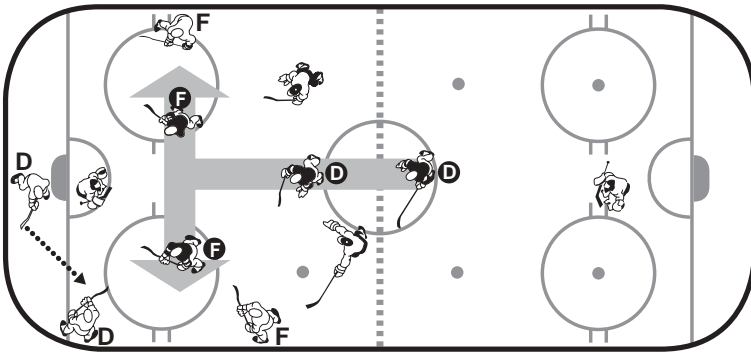




## FORECHECKING DRILLS

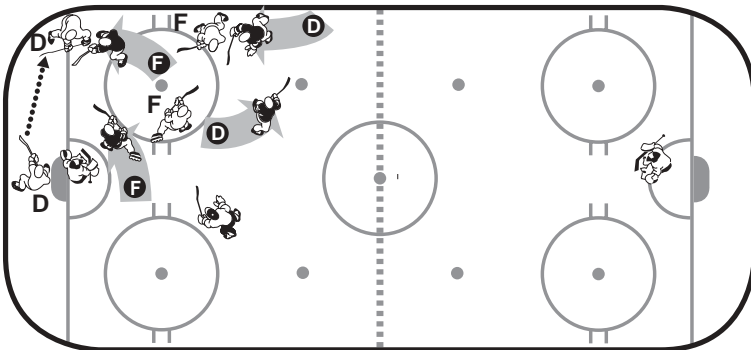
### Drill #67 — T-FORMATION

The T-formation is the original set up. Place your players in this formation and have them read and react on the forecheck. One team breaks out and the other forechecks. The defensive team tries to hem the offensive team in their own zone, and the offensive team tries to get the puck out and maintain possession.



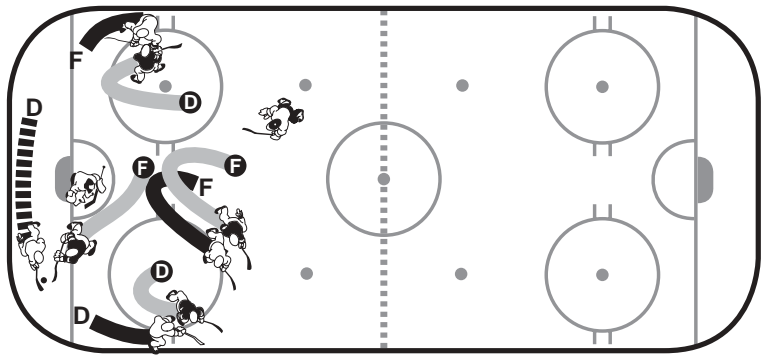
### Drill #68 — OVERLOAD PINCH

The coach dumps the puck in and the forecheckers overload the strong side with the defense pinching along the boards. If the offensive team reverses the play, the defensive team rotates over with the left defense pinching in.



**Drill #69 — MAN-ON-MAN**

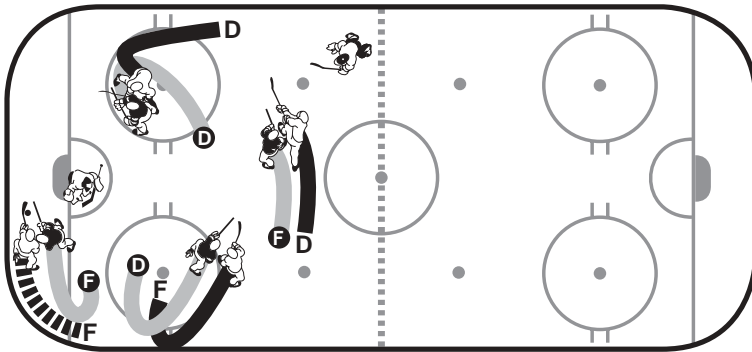
The coach dumps the puck in. Each forechecker picks a man and stays on him aggressively. This is a very aggressive forecheck, it is designed to hem a team in and not let them use their speed. Every player must keep their assigned player in check especially if there is no clearing rule.



## DEFENSIVE COVERAGE DRILLS

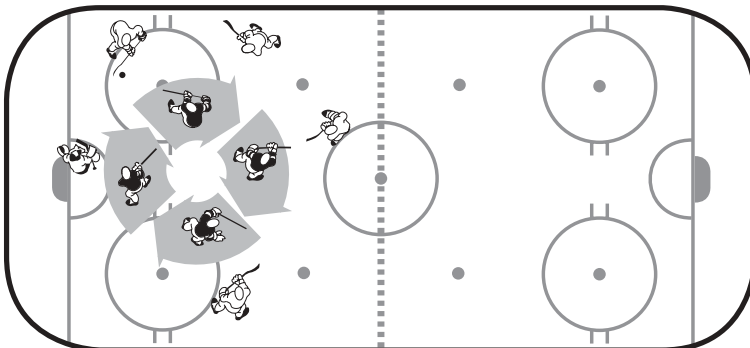
### Drill #70 — MAN-ON-MAN DEFENSIVE ZONE

Basic man-to-man coverage. Place the defensive players man-to-man on the surface with their sticks turned upside down. Each player covers their check all over the zone keeping their bodies between their net and the player they are checking. On the whistle simulate a game situation. After a few minutes, the defensive players switch and play offense and vice versa.



### Drill #71 — ZONE COVERAGE (ROTATION)

Zone defense drill. Each player is responsible for a particular area. The defensive players turn their sticks upside down at first. Simulate a game situation with each player covering their area and rotating so there are no gaps. This system is designed to keep the puck out to the side so there are no high percentage scoring opportunities. They take advantage of turnovers to regain possession. Rotate lines so everyone plays offense and defense.



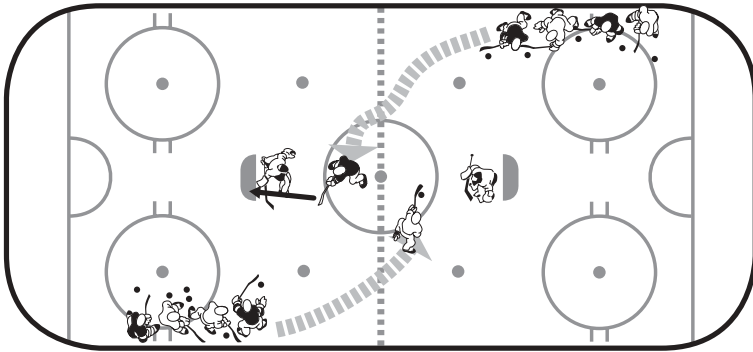




## FUN GAMES

### Drill #72 — BREAKAWAY RELAY CHALLENGE

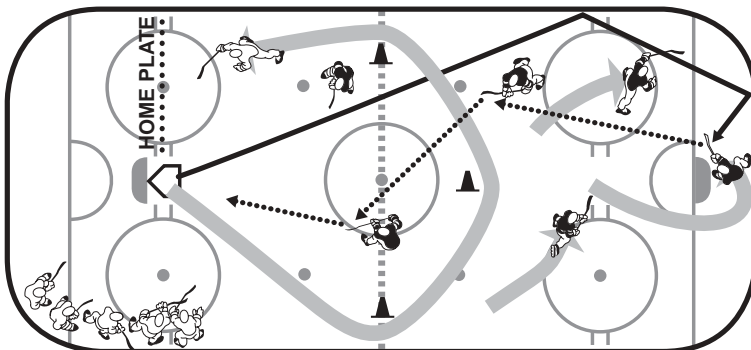
Divide the players into two groups. Move the nets up close to the high zone face off dots. On the whistle, the first player in each line goes in on a breakaway. The player must score before going back into line. The next player goes when the first one has scored and skated back past the dot and back into line. The goalies can shoot the puck away in any direction after a save.



### Drill #73 — BASEBALL

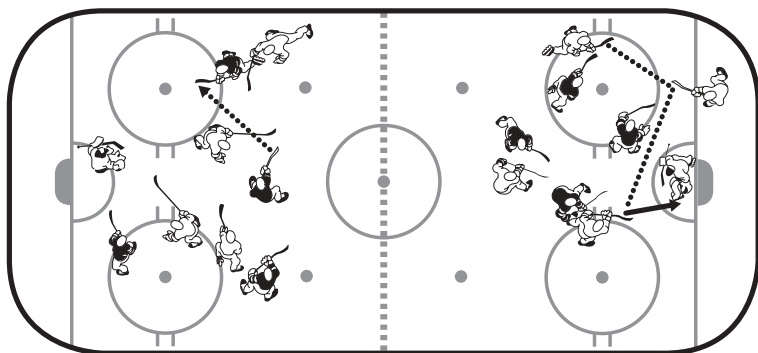
Move the net out at one end of the rink (home plate). Divide your players up into two teams. One team hits while the other is spread out around the rink. Set up three pylons. The player at bat shoots the puck anywhere on the surface and then tries to skate around the pylons and make it to home plate before the team out in the field makes two passes and shoots it into the open net.

1. If the puck goes over the side boards, the player is out.
2. Set a net up at the far end, if the puck goes in the net it's a home run.



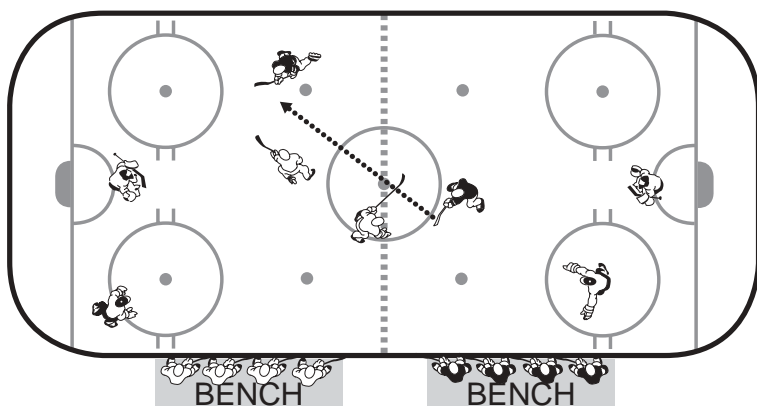
### Drill #74 — FOUR-ON-FOUR HALF SCRIMMAGE

Divide the team in half. Using both ends, you set up two four-on-four scrimmages. You don't have to take the puck out. Whoever has possession can score. This drill can also be used as a good warm-up to start practice.



### Drill #75 — WHISTLE SCRIMMAGE

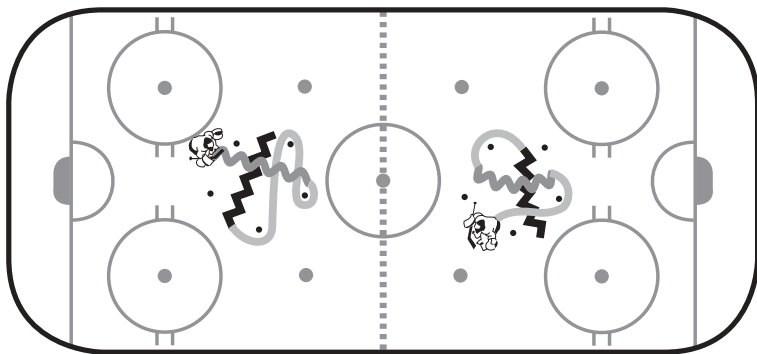
Start the drill by dividing the team in half and place all the players on both benches. The coach starts the scrimmage. Depending on how many whistles, the coaches blow determines how many players play. If the coach blows the whistle twice, two players on each team play. If the coach blows the whistle four times, four players on each team play against each other, etc.



## GOALTENDING DRILLS

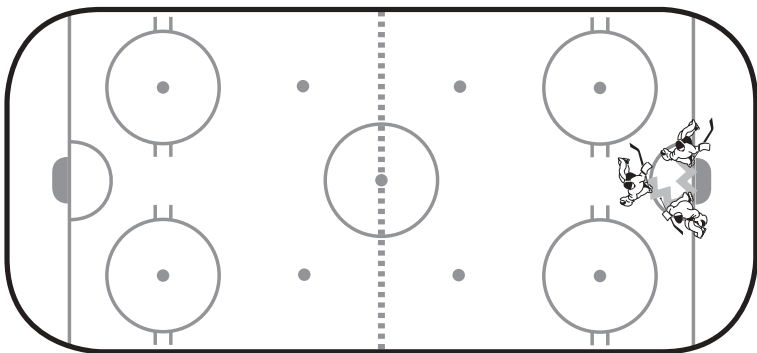
### Drill #76 — FIVE PUCK OBSTACLE COURSE

Place five pucks around the surface. The goalie must skate in-and-out of them. Shuffle with C-carves, forward skate, and backward skate while staying low in the crouch position. Constantly challenge the goalie by changing direction and skating skills.



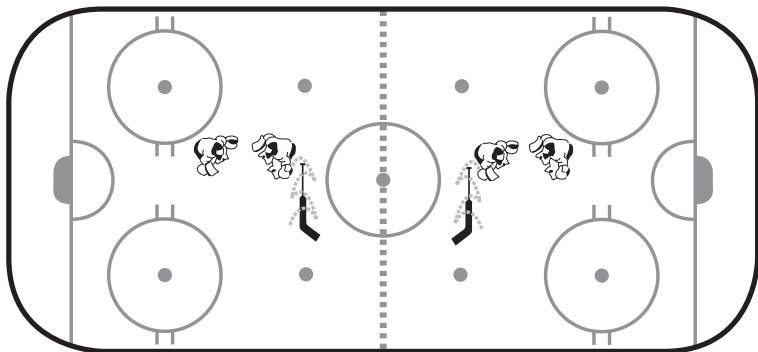
### Drill #77 — TRIPLE BUTTERFLY STACK

The goalie starts the drill in the middle of the crease then shuffles to one side and goes down in the butterfly style and then quickly stacks the pads and gets up. Then the goalie C-carve shuffles to the other side and repeats the drill. The goalie then C-carve shuffles to the middle, butterflies and then dives and covers a loose puck.



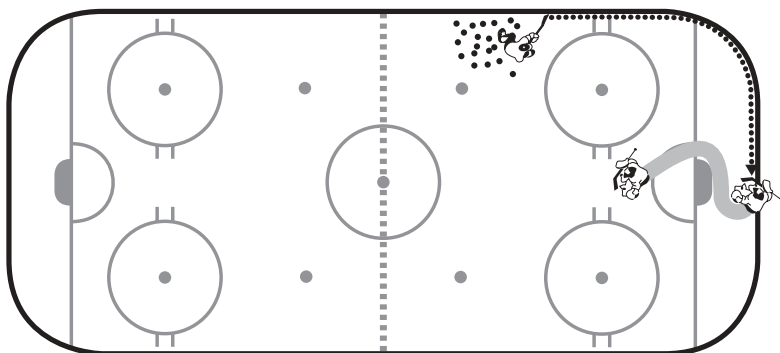
### Drill #78 — ONE LEG STICK JUMP

The goalies drop their stick on the surface. With the left leg first, they jump back-and-forth over the stick. While one goalie is going the other one (or coach) counts. Change legs and repeat drill.



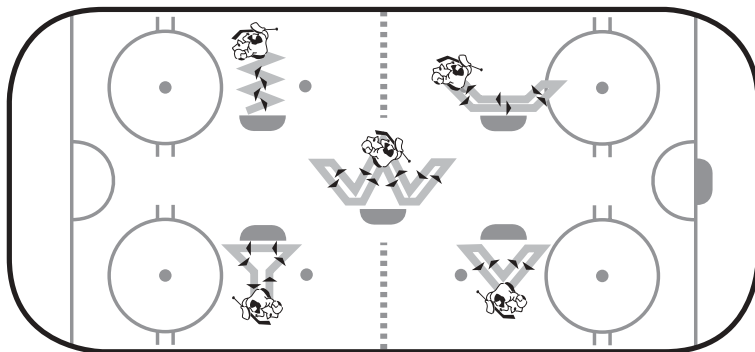
### Drill #79 — BEHIND THE NET PICK UP

Coach takes twenty pucks on one side. The goalie starts the drill just above the crease. The coach dumps the puck in, around the boards. The goalie must skate quickly behind the net and trap the puck. The goalie must stop the puck behind the middle of the net so if the puck rebounds off the stick, it will hit the back of the net and not go in front. After 20 dumps, change sides and repeat drill.

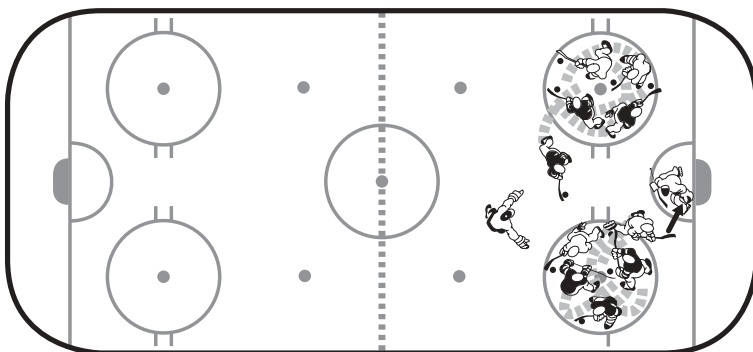


**Drill #80 — CREASE MOVEMENT Z'S U'S W'S Y'S V'S**

Have the goalie letter skate as a warm up. They skate in the direction of the letters Z, U, W, Y, V. This drill is excellent for goaltender movement.

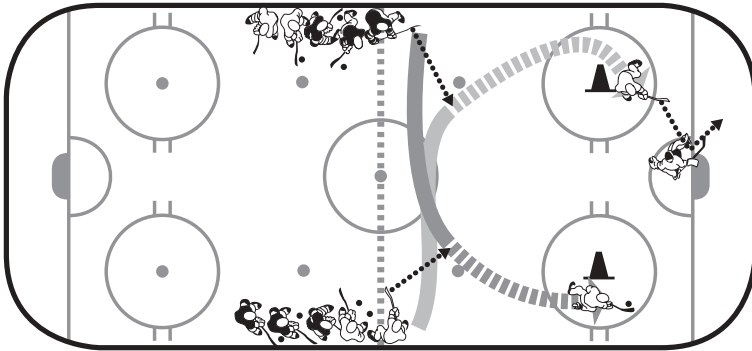
**Drill #81 — TEN-PLAYER SCRAMBLE**

Place five players in each circle and give them a number. The goalie starts rotating, facing circle #1. The players skate in and out of each other and when their number is called the player shoots. After the shot the goalie skates to the other side of the crease to face a shot from the other circle. The coach must call the numbers as the goalie moves from side to side stopping the puck.



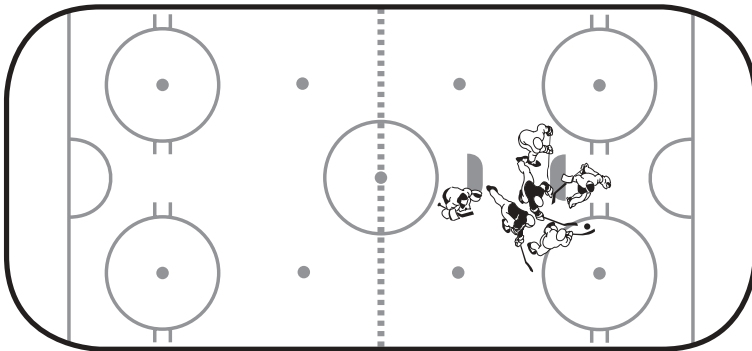
### Drill #82 — ANGLE SHOTS/ANGLE DEKE

1. Set the players up in two lines, one on each opposite boards just inside the center line. The first player from one line skates over to the other side, gets a pass and shoots from the pylon. Rotate sides.
2. Same drill but instead of shooting the players come around the pylon and go straight for the net and deke the goalie.



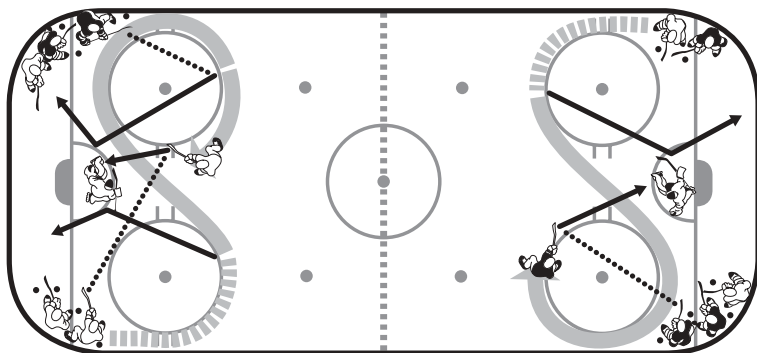
### Drill #83 — TWO-ON-TWO SHOOTING DRILL

1. In one end set up the nets so they are back-to-back with 10 feet in between them. The players play two-on-two.
2. Same game but they can score on either net.



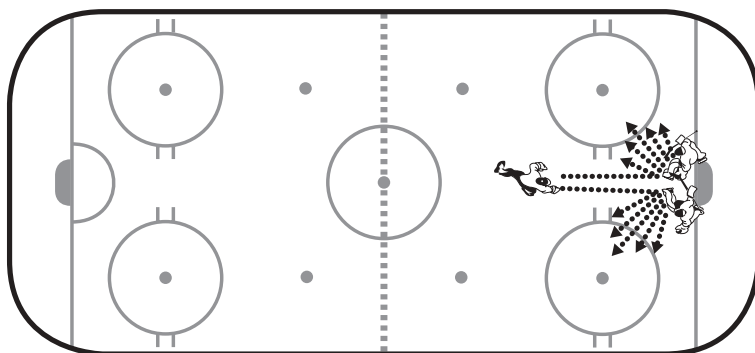
### Drill #84 — THREE SHOT CIRCLE DRILL

In one or two ends, divide your players and place them in the corners. The first player on one side starts the drill carrying a puck. The player skates to the top of the circle, shoots, then continues to the other circle, gets a pass from the other line and shoots again from the top of the circle. The player one times a pass in the slot from the second player in the first line. Rotate sides.



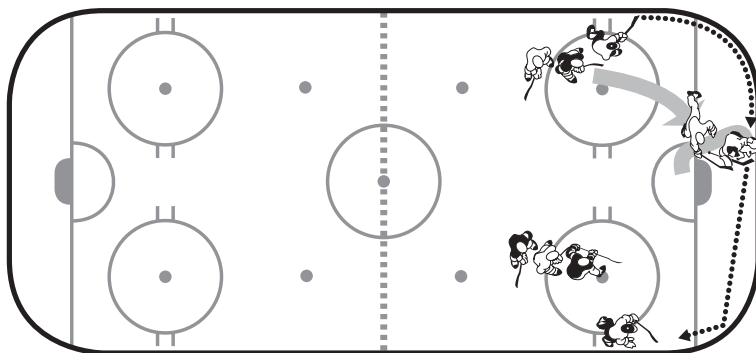
### Drill #85 — SIDE-TO-SIDE KICK DRILL

The goalie starts the drill on one post. The coach throws a puck to the middle of the net and the goalie must kick it out. After 5 to 10 pucks change sides and repeat drill.



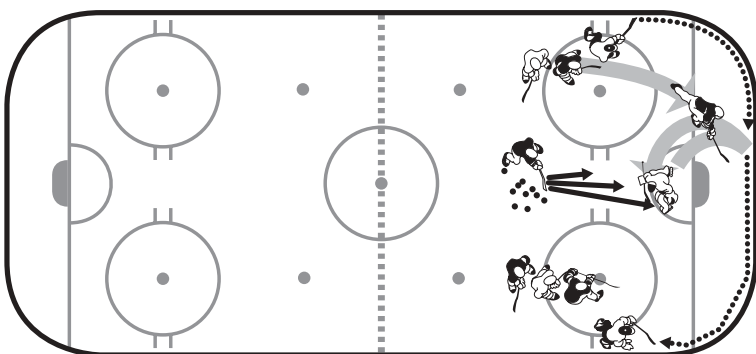
### **Drill #86 — CORNER PUCK CLEARING DRILL**

The coach dumps the puck in around the boards. The goalie skates behind the net and stops it. One forward at the same time skates in and tries to get the puck. The goalie must react quickly and move the puck back against the boards or reverse it. Use both sides, and sometimes use two players forechecking.



### **Drill #87 — CORNER PUCK CLEARING WITH SHOOTER**

The coach dumps the puck around the boards. The goalie skates behind the net and stops it. At the same time a forward forechecks and tries to get the puck after moving the puck off the boards or reversing it. The goalie then scrambles back in the net to face three quick shots from a shooter in front.

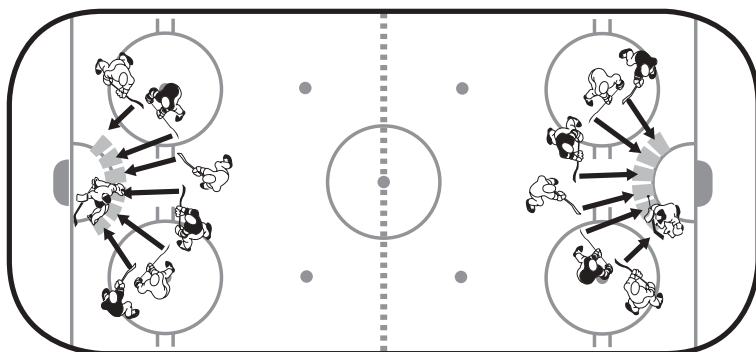




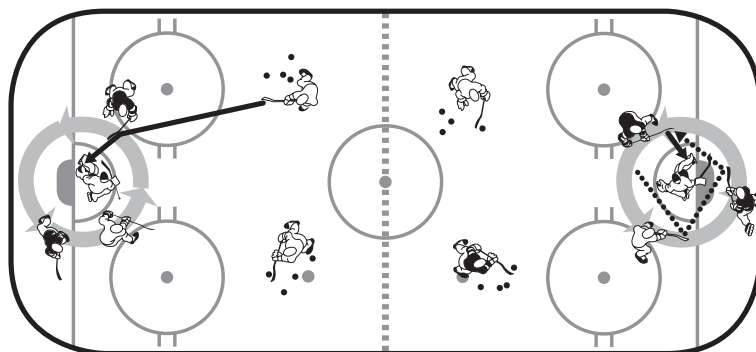
**Drill #88 — SEMI-CIRCLE ELIMINATION**

Place the players in a semi-circle in front of the net. Each player gets a puck. Starting on one side, go through the whole row with the players using a wrist or snap shot. Have two competitions.

1. Two miss shooting elimination.
2. Two miss in close deke elimination.

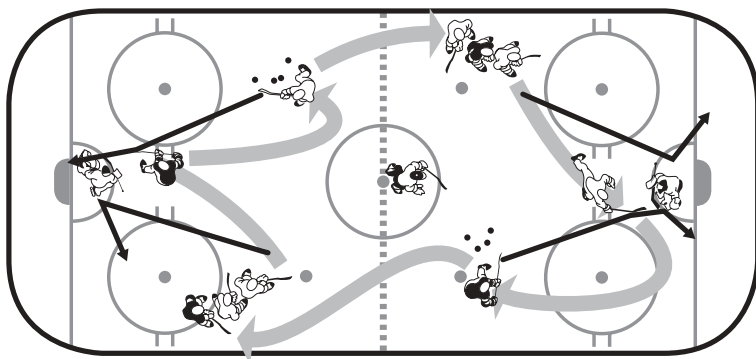
**Drill #89 — THREE PLAYER ROTATION/TIP-INS**

Three players rotate around the net passing. The goalie follows the puck. After three passes the players can shoot. After the shot, two players shoot one at a time from the point and the players in front try to deflect the shots. Repeat the drill many times and rotate the players and have them change direction as well.



## Drill #90 — FIVE SHOT, FIVE TIP DRILL

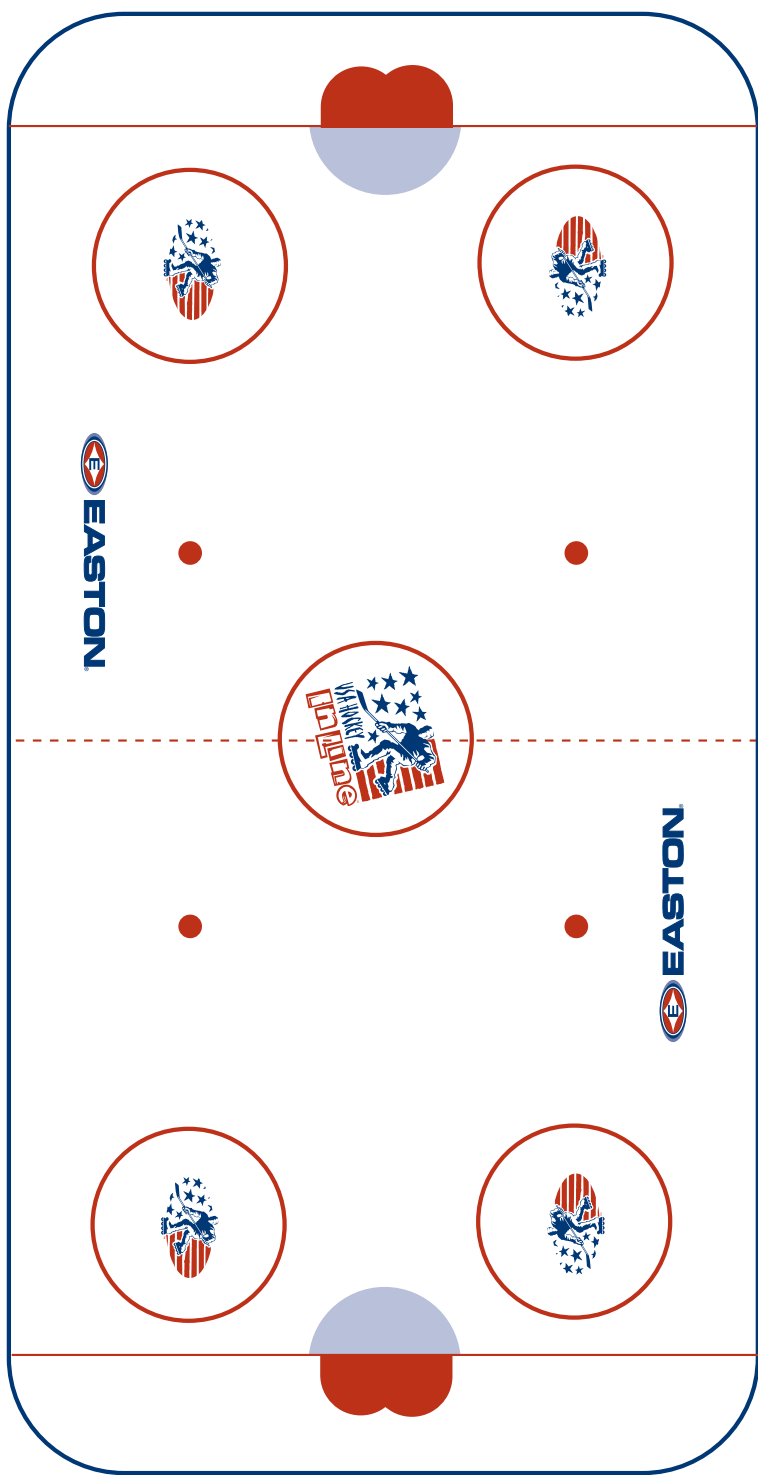
Divide the players into two lines, one at opposite sides above the corner face off dots. Designate one player to shoot from the other side. The first player shoots then skates in for a deflection. After the tip-in, the player who takes the second shot goes to the line at the far end. The player who tips the second shot then becomes the second shooter.



## THANKS

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