



MONTHLY **DRILL** BOOK

DECEMBER 2020



PUCK CONTROL

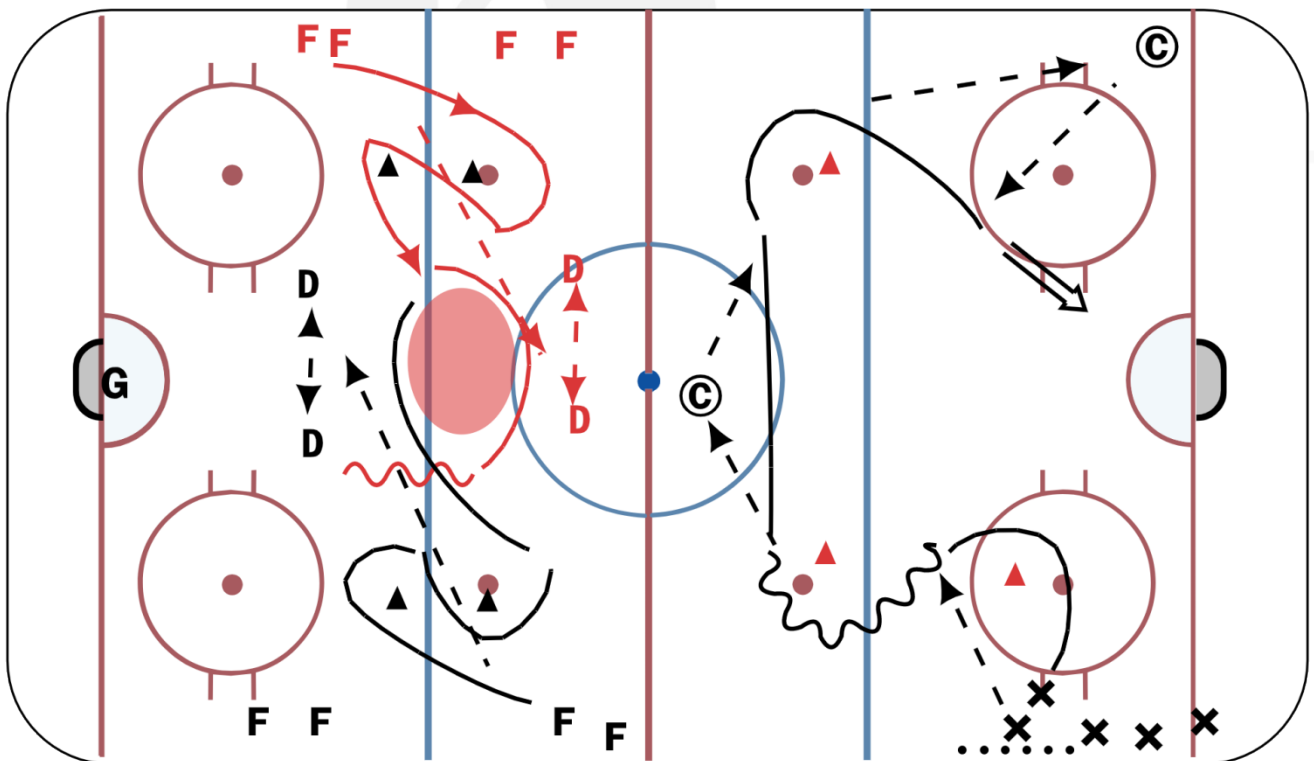
www.hockeyshare.com



1/2 ice two cone pivot & Larsen give and go

Mark out oval in middle.

HIGH skater needs to delay to allow 1st shooter to go



Posted By: Gord Wright

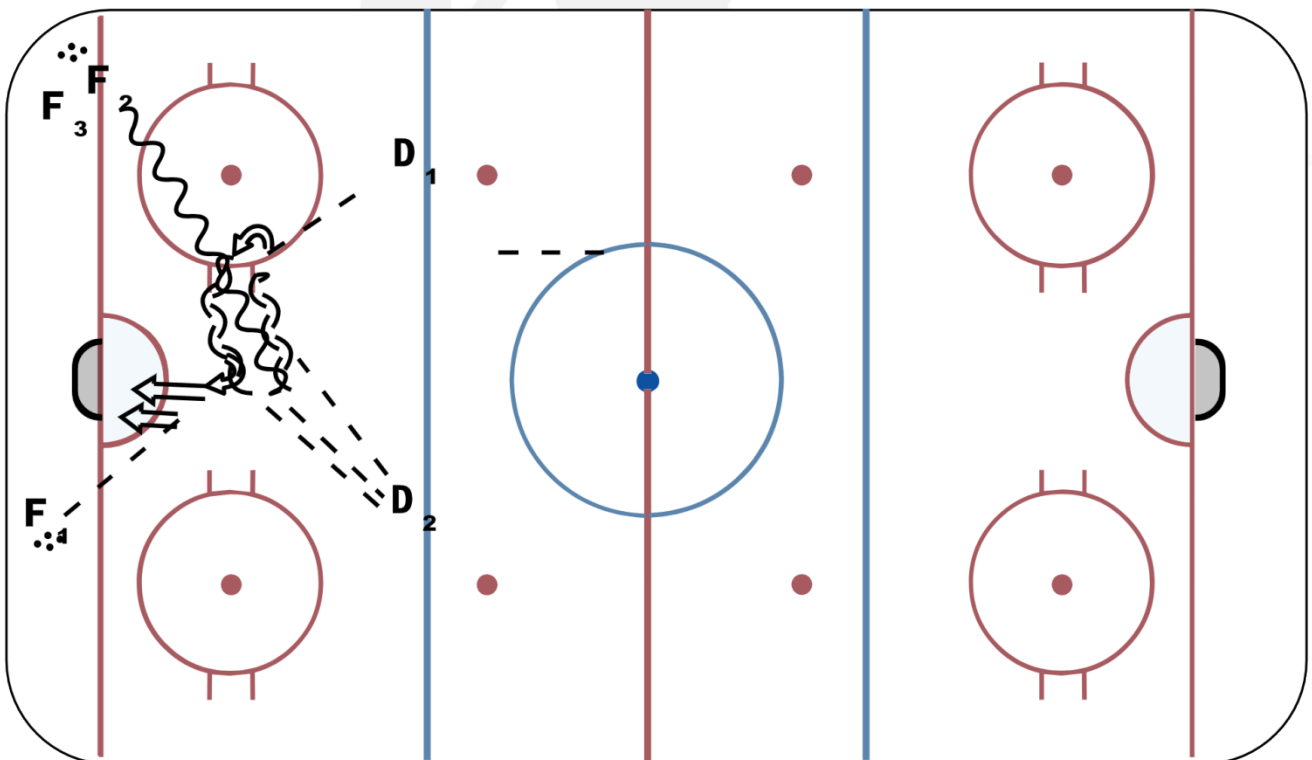
<https://hkyshr.com/d/jd4n3DgIDo>

1/3 ice feet with point pass



F2 starts puck passes to D2
pivots to backwards - always facing D2
D2 passes back to F2
F2 passes to D1 - pivots to backwards
Gets pass back from D1
Passes to D2 - pivots to face net
Gets pass back from D2 - goes in for shot
Then receives pass from F1 - 2nd shot

Notes: Variation can be instead of getting pass back from D2 near end of drill, D2 shoots from point. F2 goes for rebound before getting pass from F1.



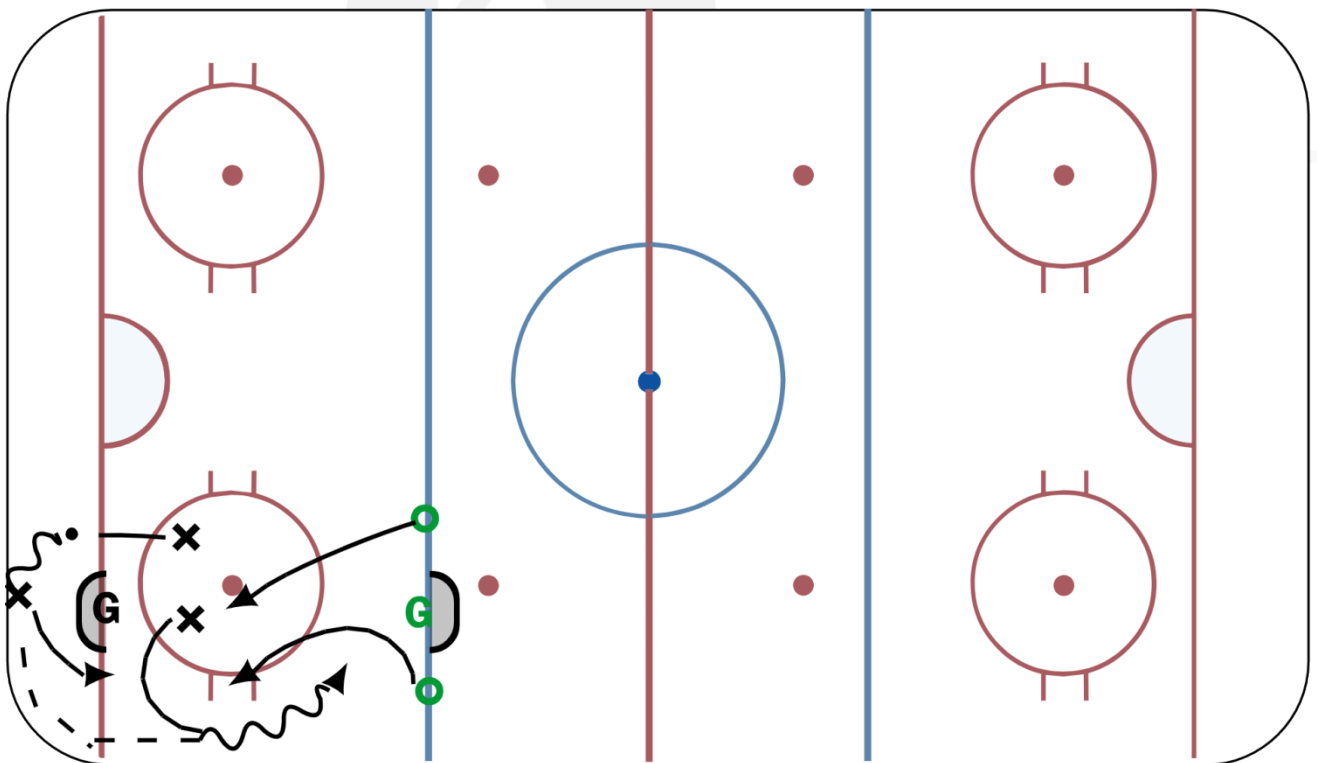
Posted By: Mark

<https://hkyshr.com/d/kL9eSHsAYu>

2v2 B/O ring Game



2v2 in a small space. One X goes around the net and rings the puck to the other X. O's have to wait until the puck is rung before they can defend



Posted By: Scott Wiley

<https://hkyshr.com/d/PAHplDYdAm>

1v0 Sides 2v0 Middle



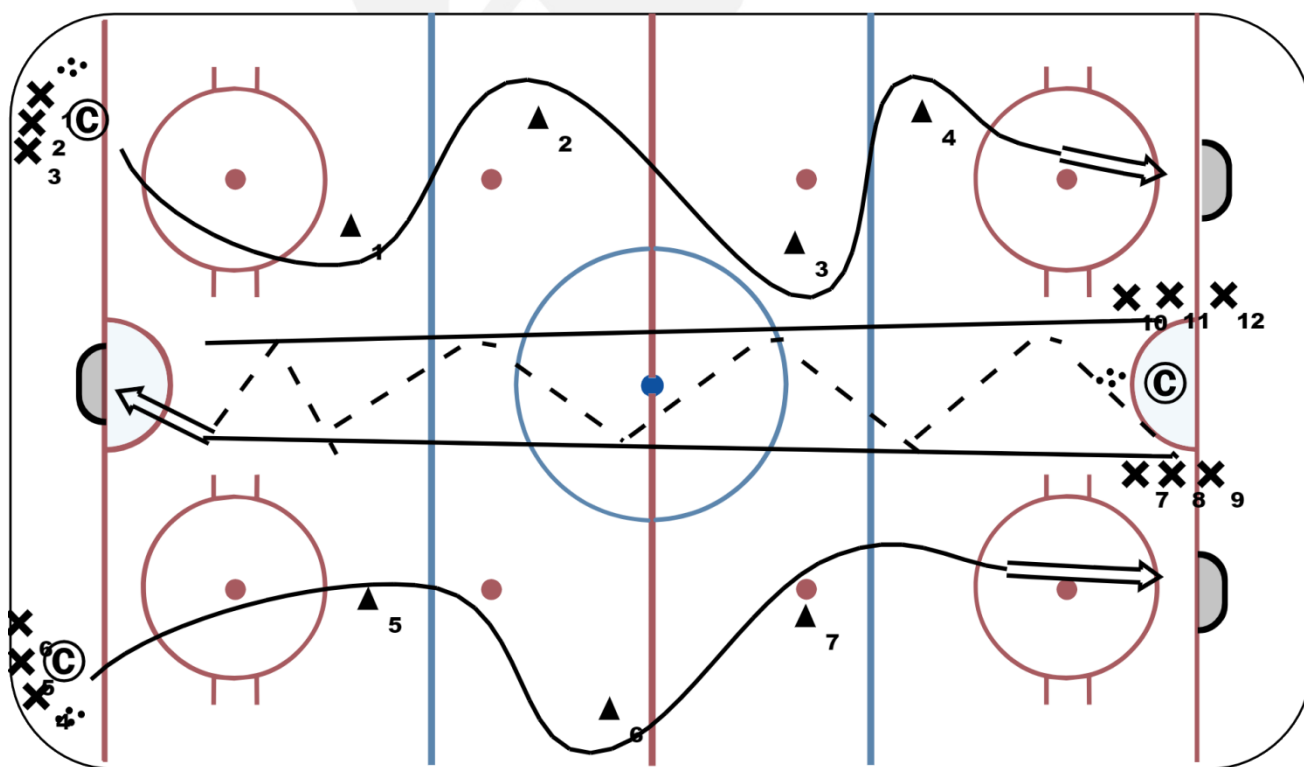
2v0 Up the middle with 1v0 around cones up the boards.

Points of Emphasis:

Passing ahead of your teammate on 2v0.

Keeping puck on your stick on 1v0 (don't chip and chase)

Notes: VARIATION: Move cones to boards for bounce passing off boards on both sides / Change 2v0 up middle to 1v1. Coach designates which line is defense, which line is offense.



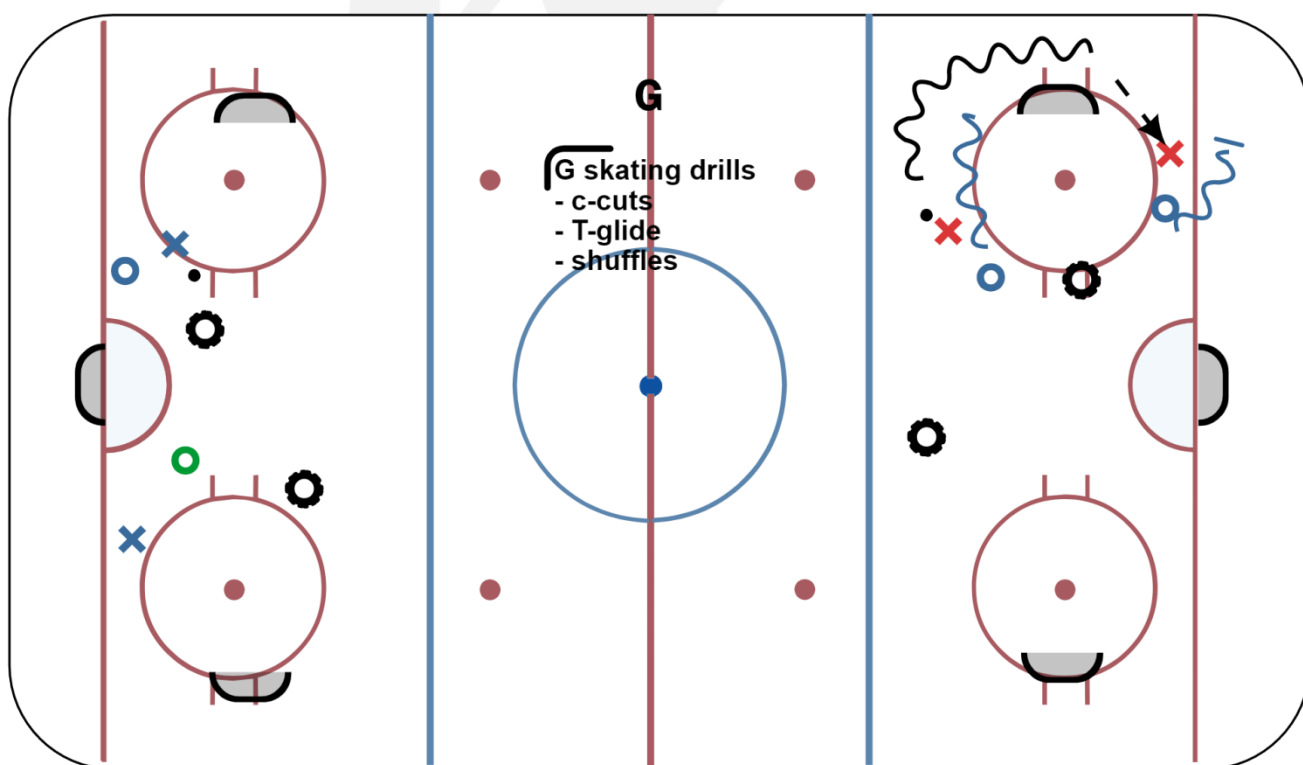
Posted By: Conor Sedam

<https://hkyshr.com/d/QSNkaQRvKN>



2v2 Keepaway

Players play 2v2 keepaway in confined area. (Progressively shrink). May use obstacles to use for creativity.



Posted By: Anonymous

<https://hkyshr.com/d/L3yx3yh20j>

3 Lanes of Dynamite



- Even number of player at each station to start the drill.
- Goalies at all 3 nets.

#1 Bottom Left Corner:

- players stay between boards and row of pylons.
- plenty of different skills to choose from here (heel steer, one-foot hop over the lines, two-foot hop over the lines, eyes closed stickhandling, different puck handling exercises, etc.)
- when they reach the far blueline they attack the net for a shot.
- after the shot, the player skates backwards along the face-off dots doing another skill (backwards skating with puck, backwards cross-unders, backward-to-forward transitions from blue to red, etc).
- as soon as they reach the far end they skate forwards behind the net and enter the back of the line of lane 2.

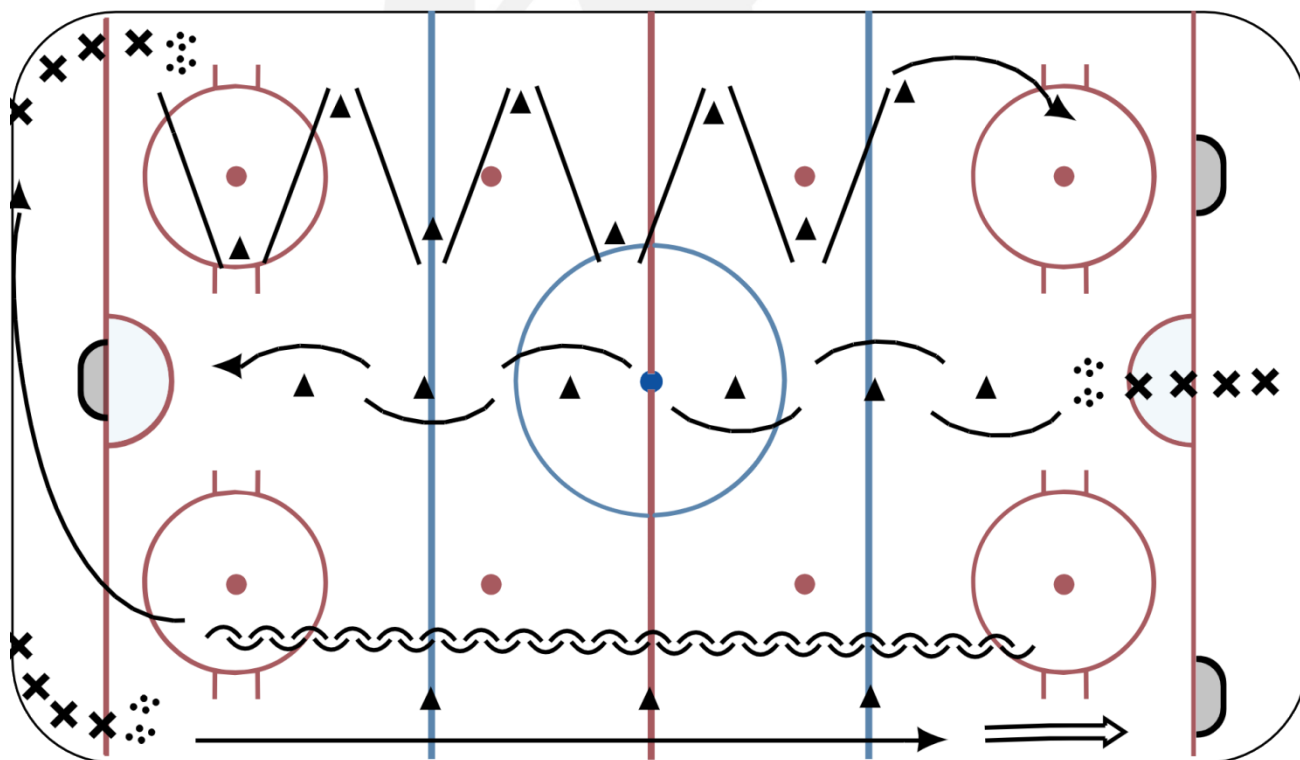
#2 Top Left Corner:

- weave through the pylons and attack the net at the far end.
- after shooting, go to the back of the line of lane 3.

#3 Middle:

- player straddles the pylons and stickhandles quickly while in a heel-steer.
- take a shot on net and then go to back of line in lane 1.

Notes: The idea of this drill is to engage every player on the ice at the same time while utilizing 3+ goalies. This drill can be done with 4 nets and 4 goalies simply by adding a net after the player skates backwards along the dots (see #1). Switch up the skills at each lane after 1-2 minutes. Lane 2 can be incorporated in to a backward weave, forward-to-backward transition, lateral cross-overs, two-man passing, etc. Be creative and use lots of different skills to progress the drill.



Posted By: Rykin Zoltron

<https://hkyshr.com/d/mc2PP83F4s>

3 Line Pass

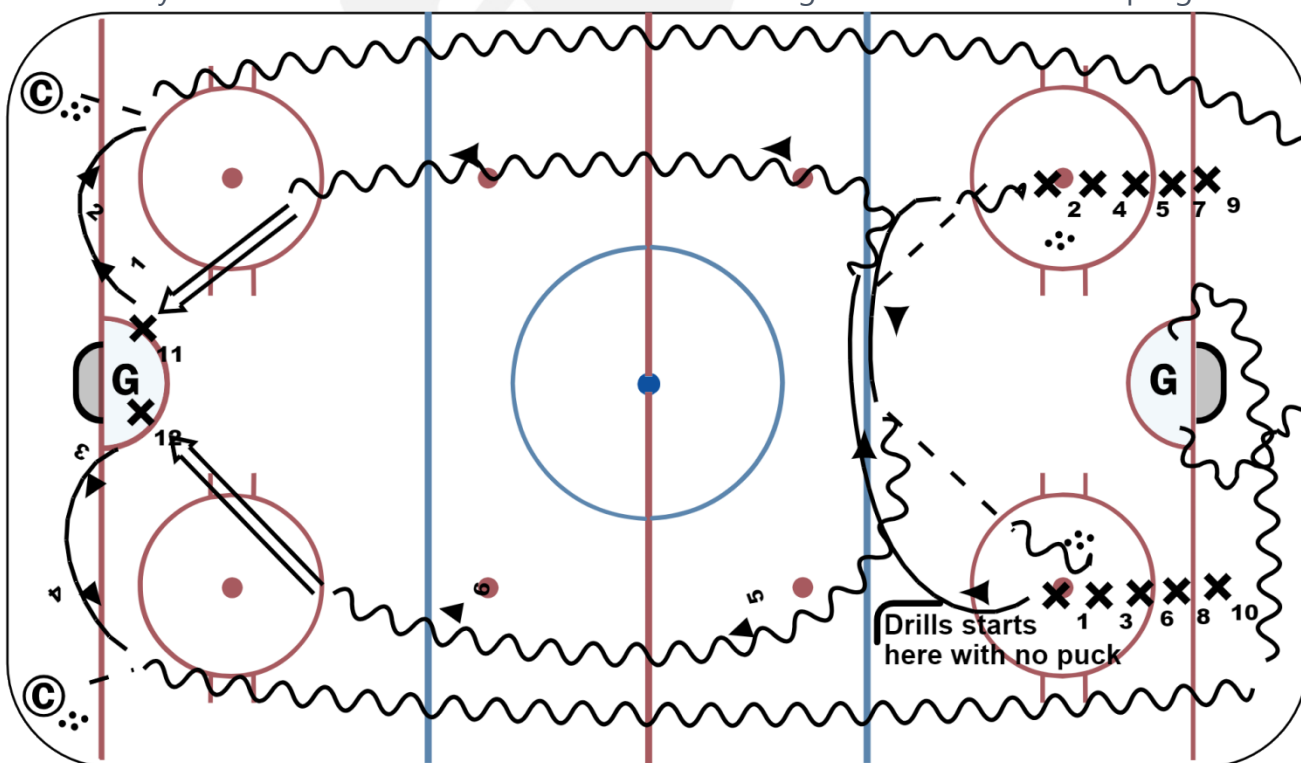


This is a fast moving drill which develops various skills: passing while in motion, skating with a puck, shooting while in motion, and offensive net play.

The drill begins with X 1 skating directly forward (without a puck) and then turning and cutting along the blue line. X 2 skates out from her starting position and delivers a puck in front of X 1. [Leading with the puck is key]. X 1 receives the puck and skates wide down ice and takes a screened shot. The shot is to be taken at the top of the circle. Once X 1 takes the shot, she continues to the net and provides a screen for the next player who is skating down the other side of the ice. Once X 1 completes the screen, she moves to the side-boards and receives a pass from the Coach. She skates down ice. When she is between the blue lines the Coach will have given her a specific skill task. She continues skating and ends with a wrap-around attempt on the goalie.

The drill progresses to using the RED line; then finishes with the far BLUE line. Goalies work on making a save through a screen and the wrap-around attempt.

Notes: Players are to alternate lines. Goalies are to change ends after each line progression.

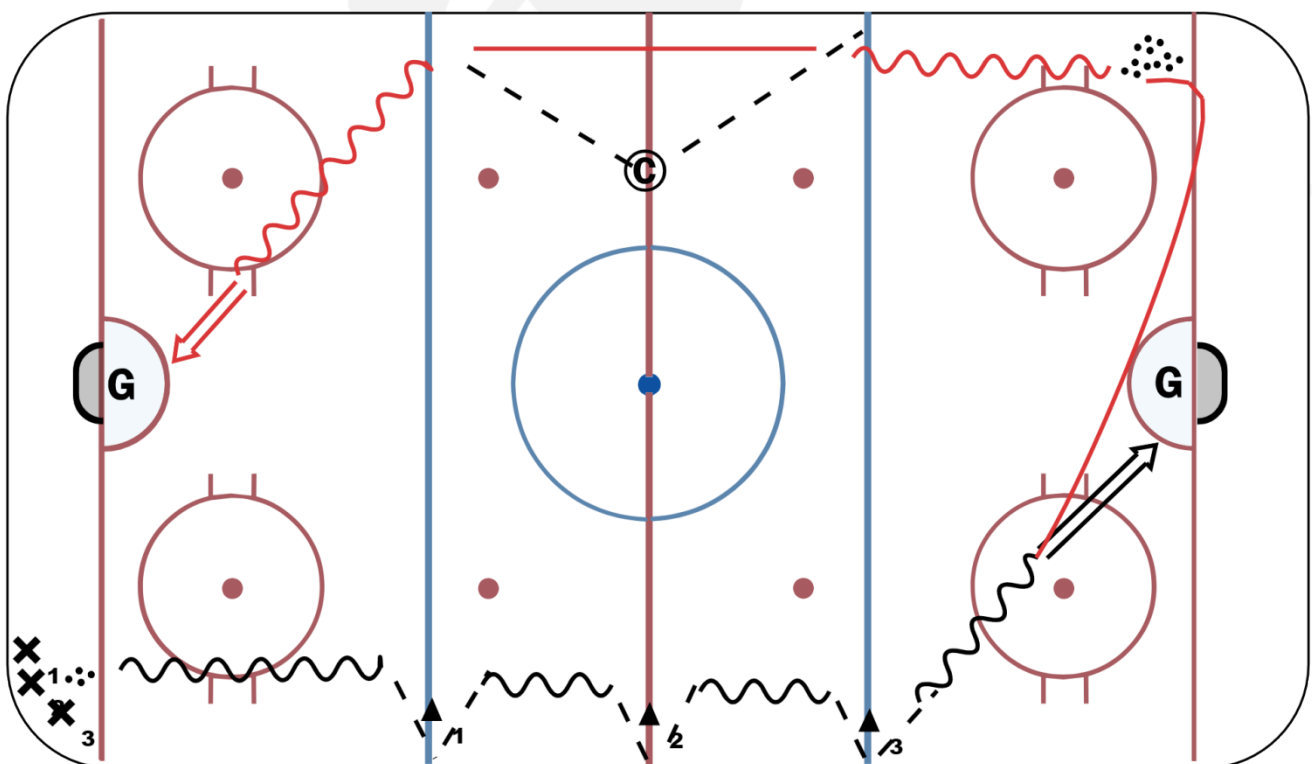


Posted By: Will

<https://hkyshr.com/d/NNK1VNNiB7>

ot

- continues up ice and hit
ses back to player and
y shot.



Posted By: Peter KopKo

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

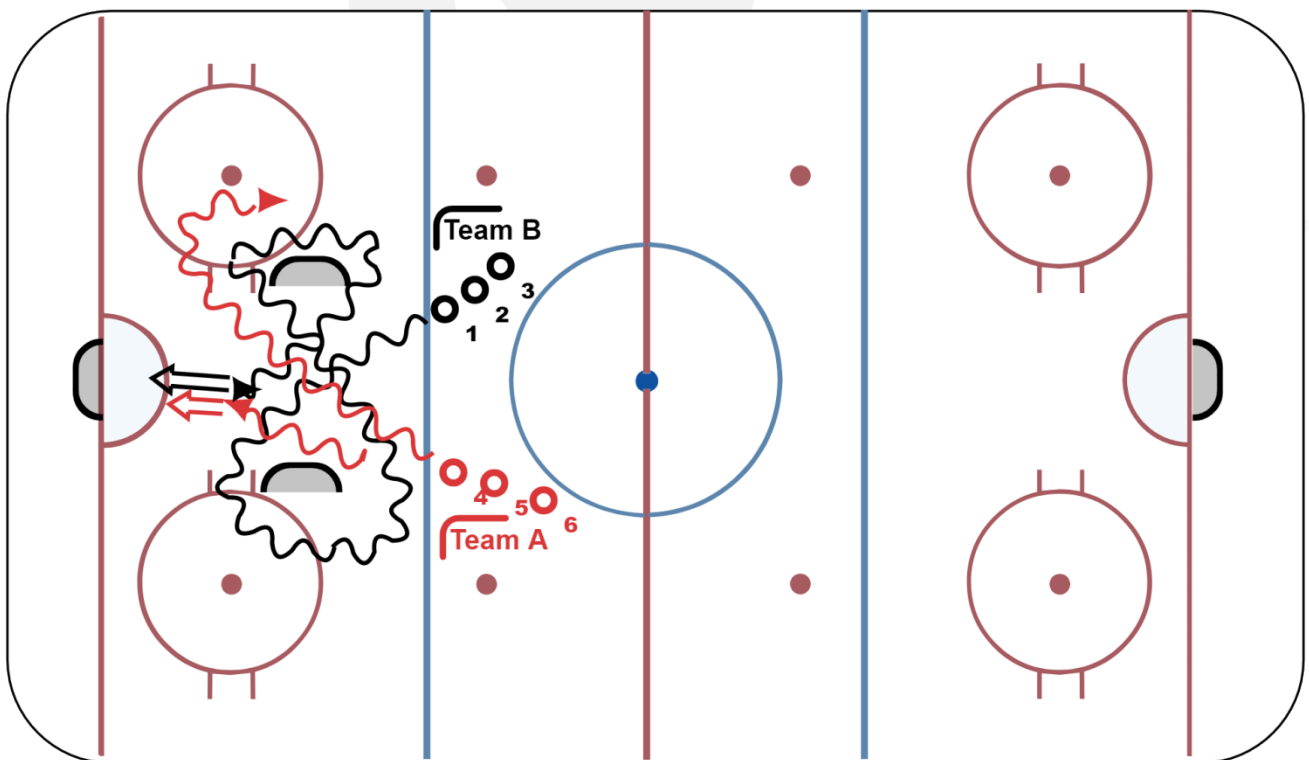
Eights and Shooting



2 Teams - 2 players start simultaneously

Team A skate one eight.

Team B skate two eights.



Posted By: Marek Dvorak

<https://hkyshr.com/d/GE7iVhzea9>

Transitions/Puck Control



1 starts w/puck to nz face off dot(redline).

Tight transition to backwards(blueline).

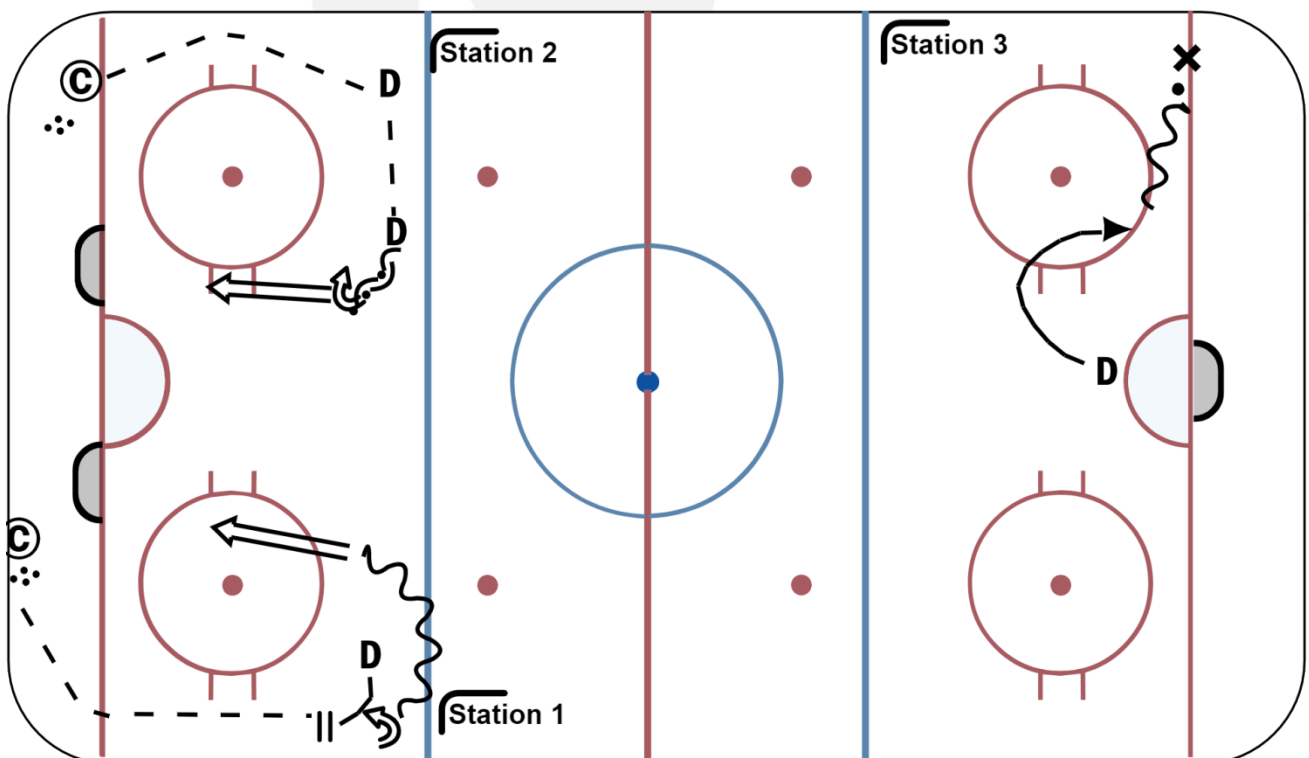
1/2 way around circle,transition to forward(greenline).

To nz face off dot(tight turn)& shoot on net at top of slot.

After #1 shoots go to the front of net for tip or rebound for #2 and so on.

#2 starts when #1 is transitioning from backwards to forwards around circle and so on.

Switch lines after every time to work both ways.



Posted By: Troy Fisher

<https://hkyshr.com/d/9656Vkpvr>

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