

# MONTHLY **DRILL** BOOK

NOVEMBER 2020



# STATIONS

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

# 3 Zone Basic

## Stick Catch:

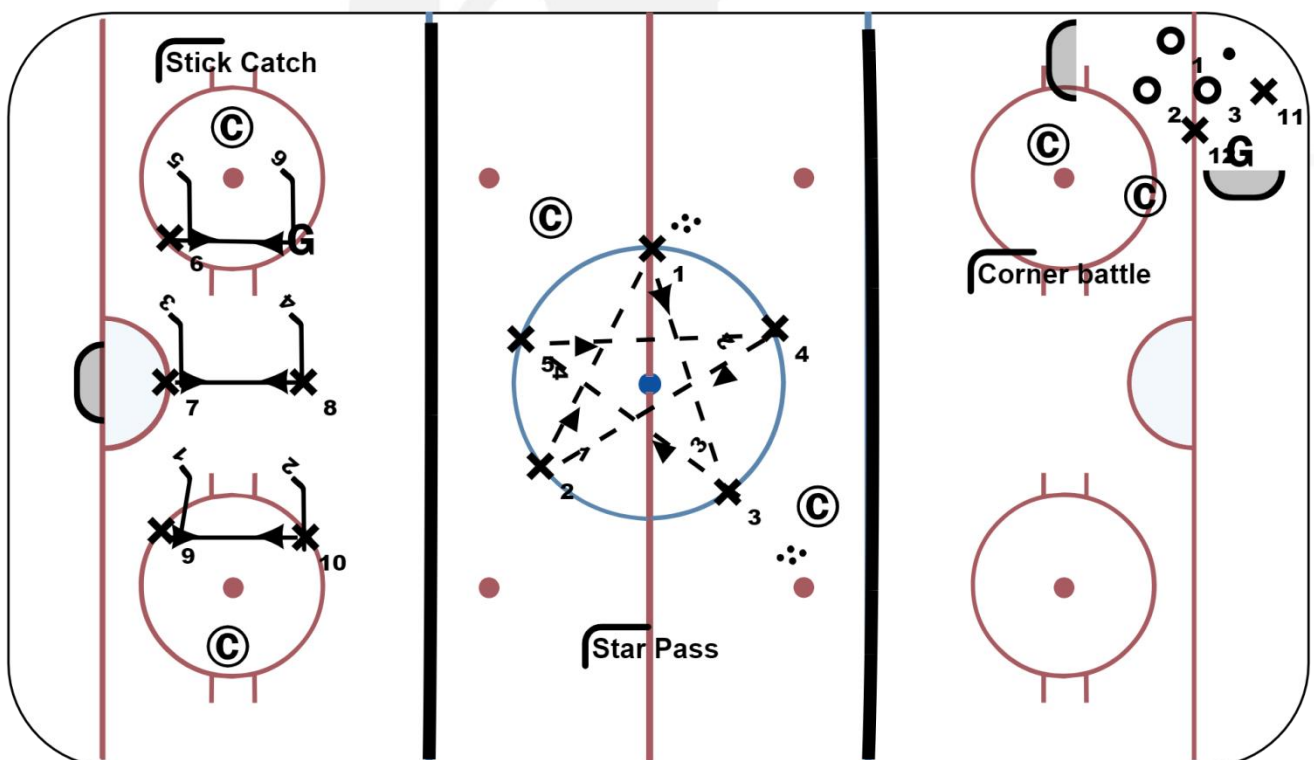
Line up about 5 feet apart; stick with the buttend on the ice and holding in one hand; have the players communicate to each other that they are ready; let go of stick and race to catch partners stick before it falls; if both able to do it 3 time in a row move them further back.

## Star Pass:

Line up evenly spaced around the circle; start with one player looking for target and getting confirmation that receiver is ready; sweep puck to next player be ready to receive a pass. Continue around to next player; Do not chase puck if it is passed outside of circle coaches retrieve; if going well add another puck.

## Corner battle:

Forwards versus defense and goalie protect the puck play in front of nets; focus on passing and getting used to bumping; reset on smother of puck or goal.

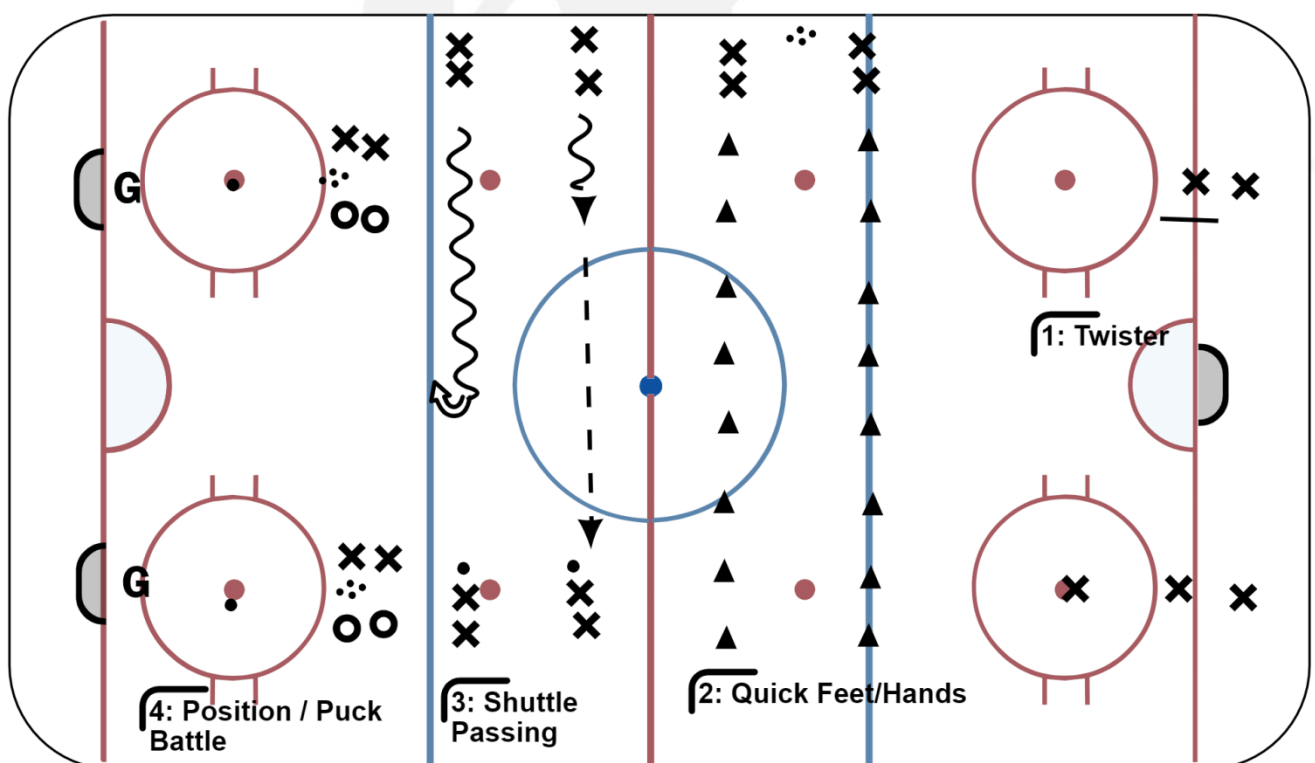


**Posted By:** Corey Little

<https://hkyshr.com/d/3JKzpodK1c>

# 1v1 & Skill Stations

1. Twister - Dot, right, front, left, back. Drop to knees, belly. Can add pass at top of circle.
2. Quick feet through cones with & without a puck. Can also stay to one side of cone and move puck through the cones as you skate
3. Shuttle Passing- Straight ahead and pivots.
4. Battle for puck - on coaches GO signal players enter circle and battle for position around puck. Can NOT touch puck until coach blows whistle. Attach net after.



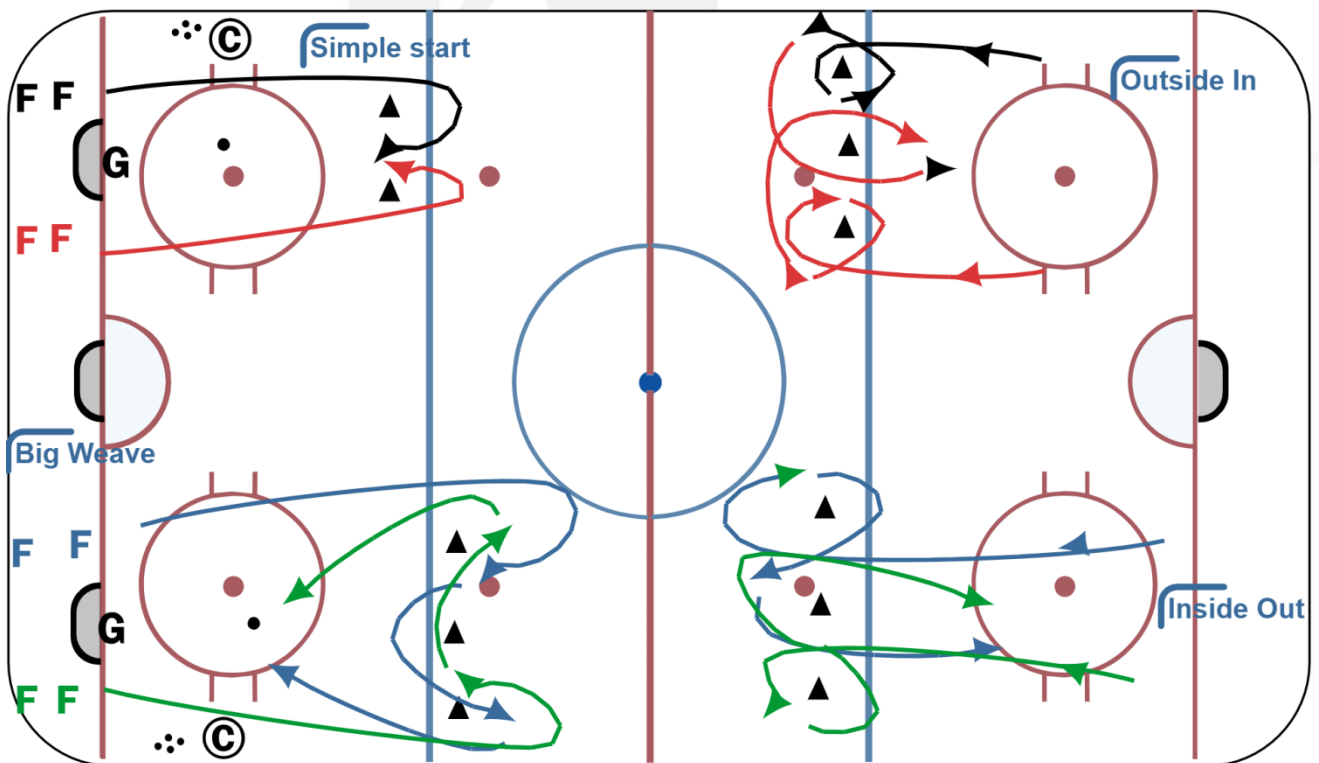
**Posted By:** Luke Cioffi

<https://hkyshr.com/d/8VOjYX78xK>

# 2 corner skill development

4 different variations to the same drill

1. Simple start - 2 cones
2. Big Weave - 3 cones - potential collision points
3. Outside In - 3 cones
4. Inside Out - 3 cones

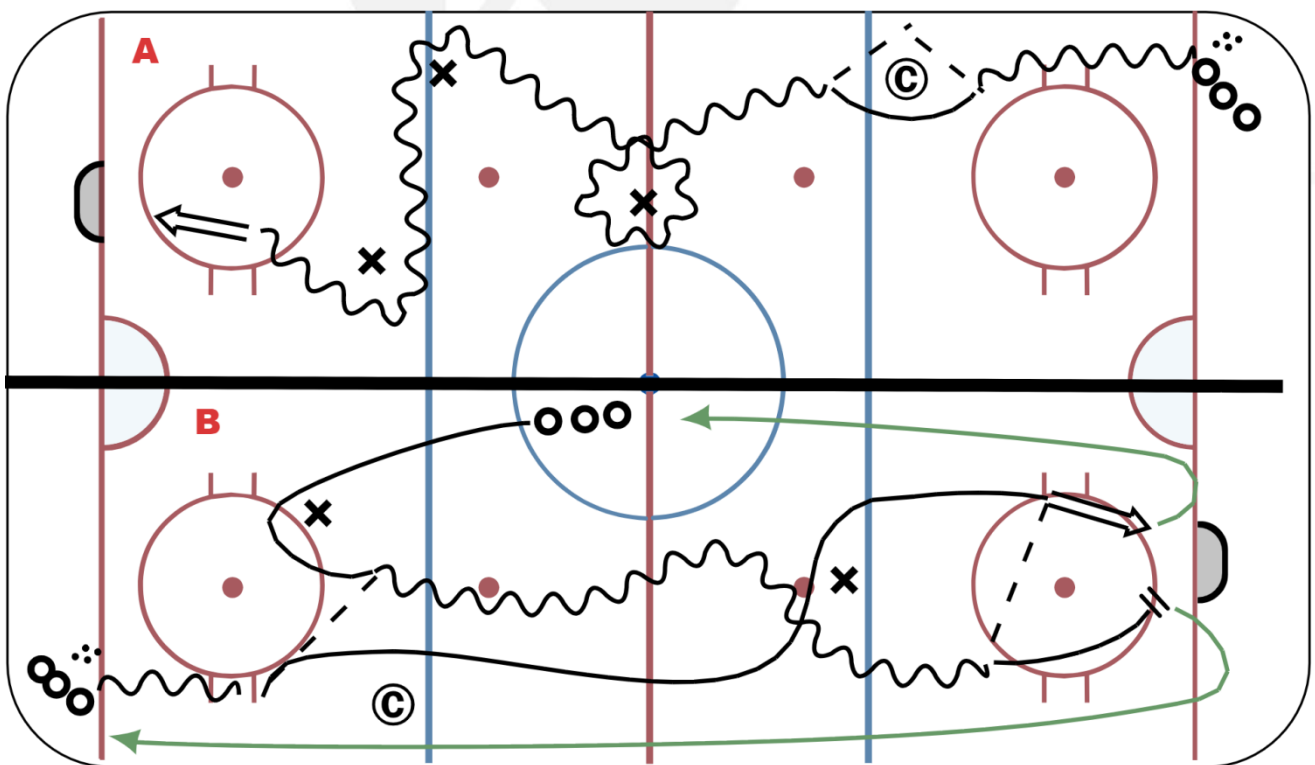


**Posted By:** Gord Wright

<https://hkyshr.com/d/wl7bMkjdoS>

## 2 STAT / Bank Boards & Give n' Go 2on0 Breakout

- A. Carry Puck up ice from corner, chip off boards around defender (C), circle or deke cone @ 1/2 ice, stickhandle through traffic, shoot or deke goalie.
- B. Centre starts in face off circle, skates back to pick up breakout pass, winger times it to skate up to hash marks and pass to center (uses his body to hold defender(C)). Both skate up to offensive zone and change-over before blue line (watch the off side). Puck carrier gives centering pass for one timer.

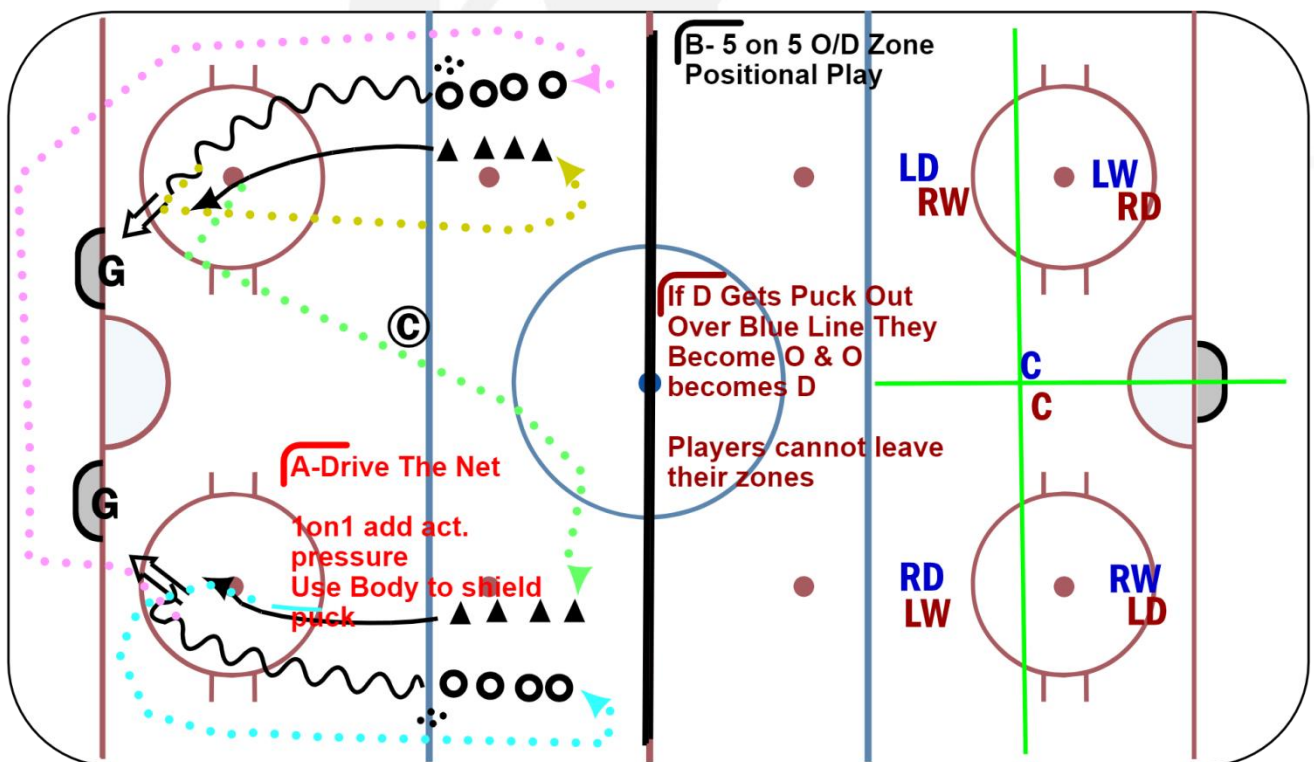


**Posted By:** Cory Burr

<https://hkyshr.com/d/cLJIZx8DnT>

## 2 STAT / Drive Net / Positional Play

- A. Drive the Net  
Use Body to Protect the Puck  
Drive Hard and fast to net  
Use backhand & forehand shots  
Chaser adds active pressure  
Advance Queues (Top toward Bottom) after each go
- B. 5 on 5 O/D Zone Positional Play  
Players not allowed to leave their zone  
Focus on players playing 5 sets of 1 on 1  
Work on communication & passing  
4 Roles  
Move puck around outside  
Stop play to see where players are.



**Posted By:** Cory Burr

<https://hkyshr.com/d/f8K29JcHBn>

# Angling

## Station 1 - Angling and head on a swivel

Coach dumps puck to corner, player retrieves puck focusing on a proper angle. Once the player has the puck they should drive to the net for a shot.

## Station 2 - Open ice angling - Facing goal

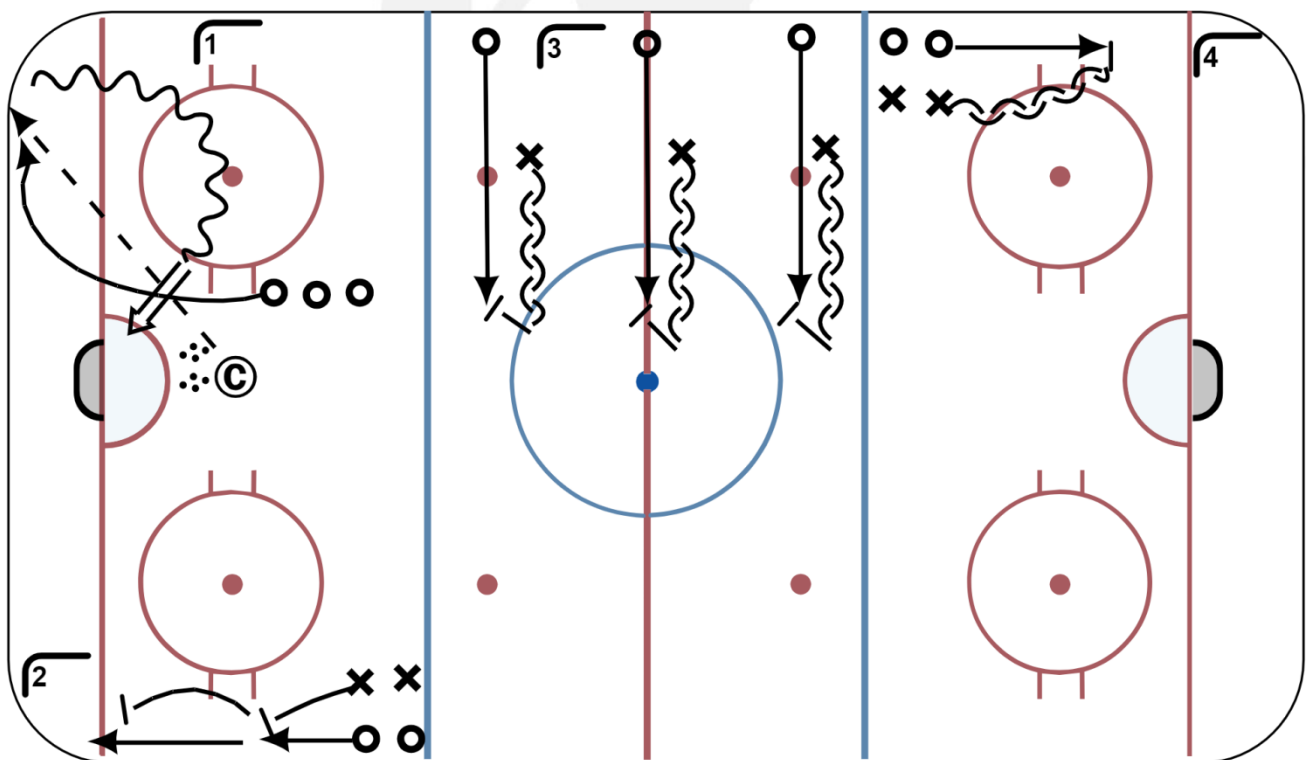
Players pair up both facing the goal. Defender inside position forces player to move board side. Defender keeps player to board side, attacks his stick where blade meets shaft and squeezes angled player out while getting the puck.

## Station 3 - Open ice angling - Defensive positioning 1 on 1

Players partner up, work on defensive positioning, outside shoulder of defender with inside shoulder of attacker.

## Station 4 - Open ice angling - Facing inside shoulder

Players partner up with attacker facing the goal and defender facing the attacking player. Defender's helmet lines up with inside shoulder of attacker and while skating backward, forces player to move to board side.



**Posted By:** Rob Milman

<https://hkyshr.com/d/eMmk3PMIz5>

# 3 Station - Turning

## **Station 1:** Four-Pylon Race

Left/right turn races

Backwards

Winner is the first person to catch another player

## **Station 2:**

Backward C-cuts outside skate

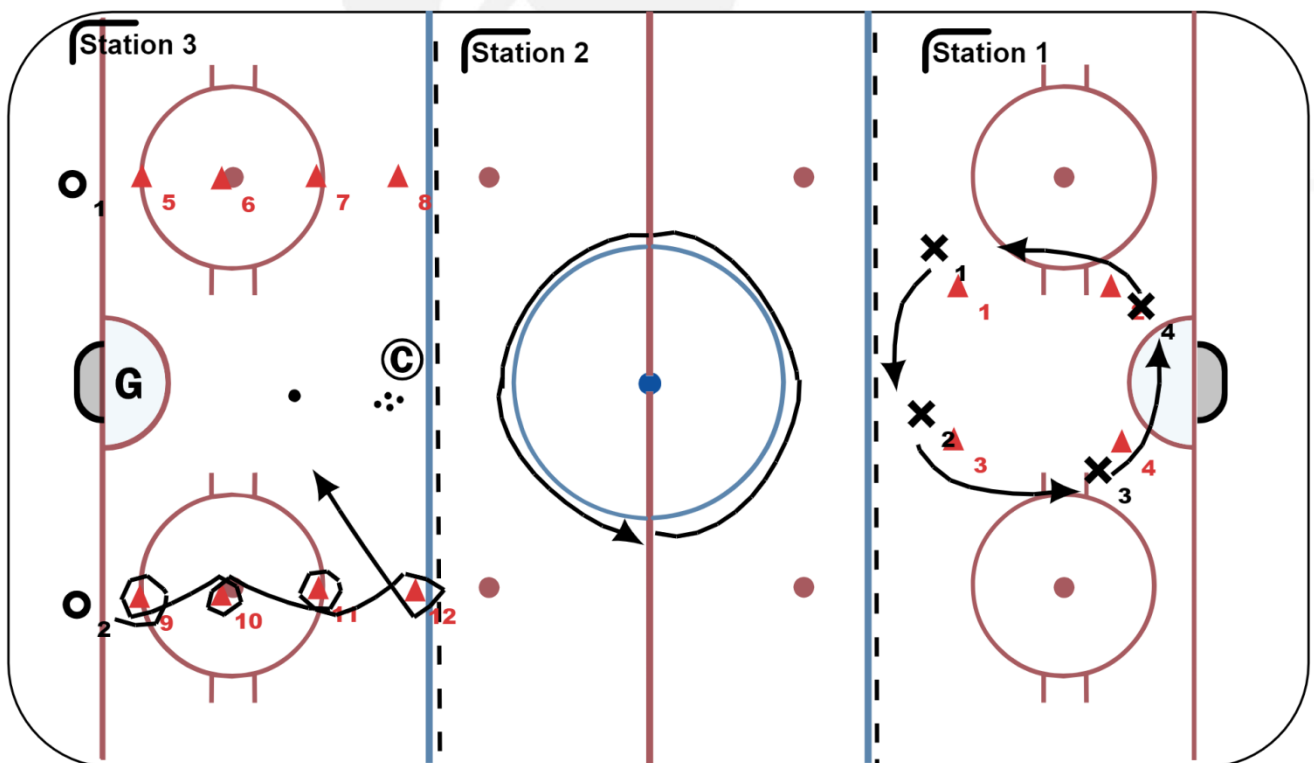
Backward C-cuts inside skate

Backward C-cuts inside skate w/ crossunder

Backwards Cross over

Agility drill # 1.

## **Station 3:** Race to the puck with 360 turns around cones



**Posted By:** Patrick Minahan

<https://hkyshr.com/d/EK4VyyHhpV>

# Give and go

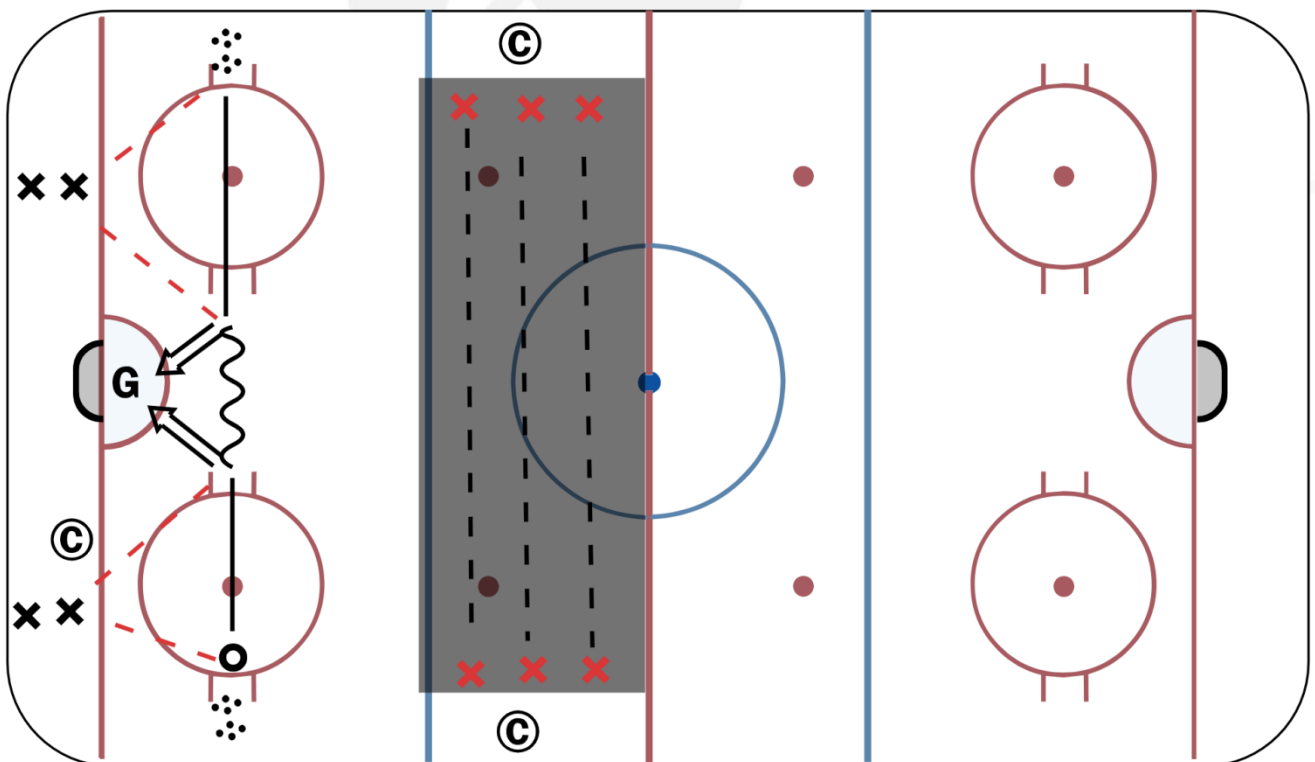
1 player starts with puck at hash marks.

Pass to player bottom of the circle head to net for give and go.

Backhand or snap

keeps moving across ice picks up puck and repeats give and go from other side

**Notes:** Between blue line and red line work on giving and receiving passes. Can incorporate some forward and backward skating between players. If players are struggling start closer.



**Posted By:** Stewart

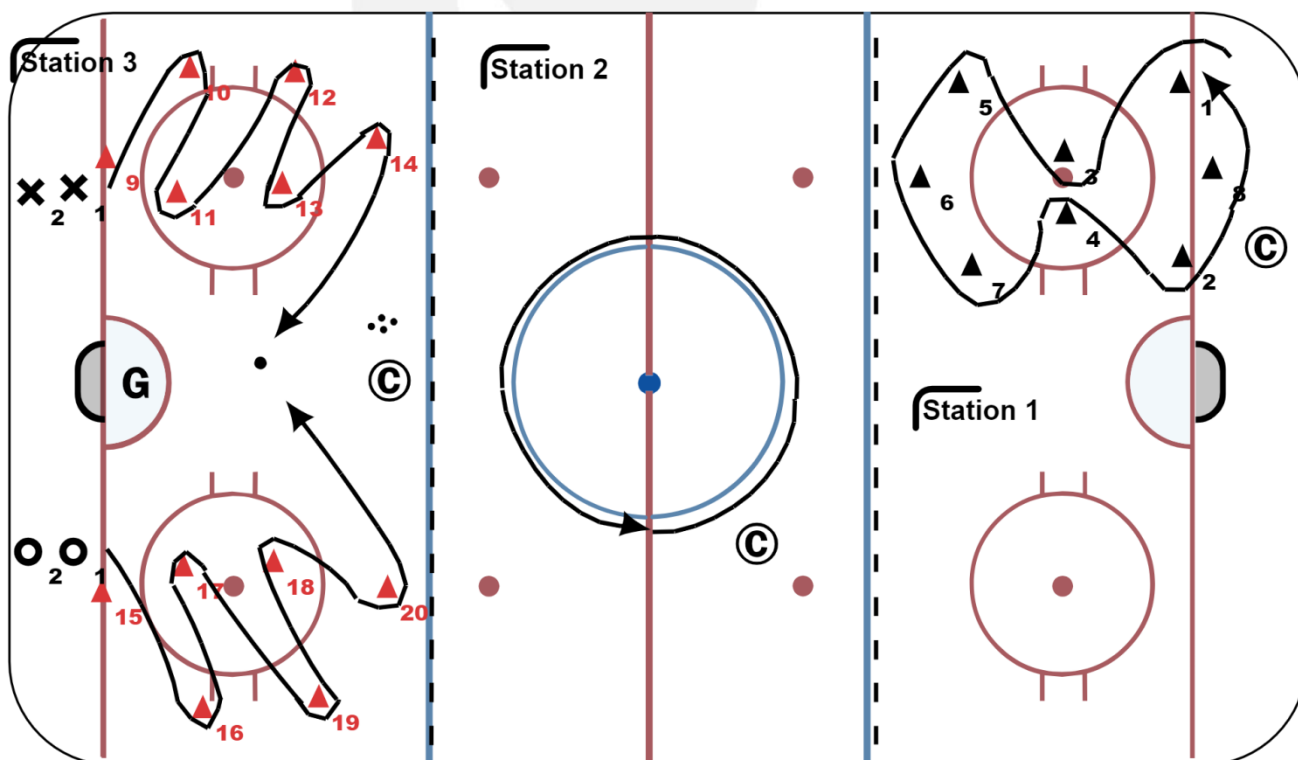
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# 3 station drill 1 - turning

3 stations x 6-7 minutes

Break up into Three groups of 4-5 players.

Station 1:	Station 2:	Station 3:
Have players make two or three laps through the peanut skating pattern using both cross-overs and tight turns. Have players skate both to the right and then to the left. Focus on: players lead with the stick, dive into tight turns, get feet moving as soon as possible after tight turn, and heads up.	Crossover drills - Outside C-cuts L/R Inside foot C-cuts L/R Alternating C-cuts Inside foot C-cuts cross unders Forward Crossovers Cross overs - grab stick low	race to the puck with tight turns. Make sure players dive into turns leading with sticks. Heads up!!



**Posted By:** Patrick Minahan

<https://hkyshr.com/d/7EPfyEKKPu>

# Defense Station Drills

**Station 1:** Coach shoots puck around boards. D stops puck, backward pivots or crosses over to middle and takes shot

**Station 2:** Coach shoots puck off board. D retrieves it and passes to other D. D receiving pass takes a few strides and shoots

**Station 3:** D starts on one knee. Coach blows whistle and forward (X) skates with puck and tries to get to the net. D prevents X from getting a shot on net.

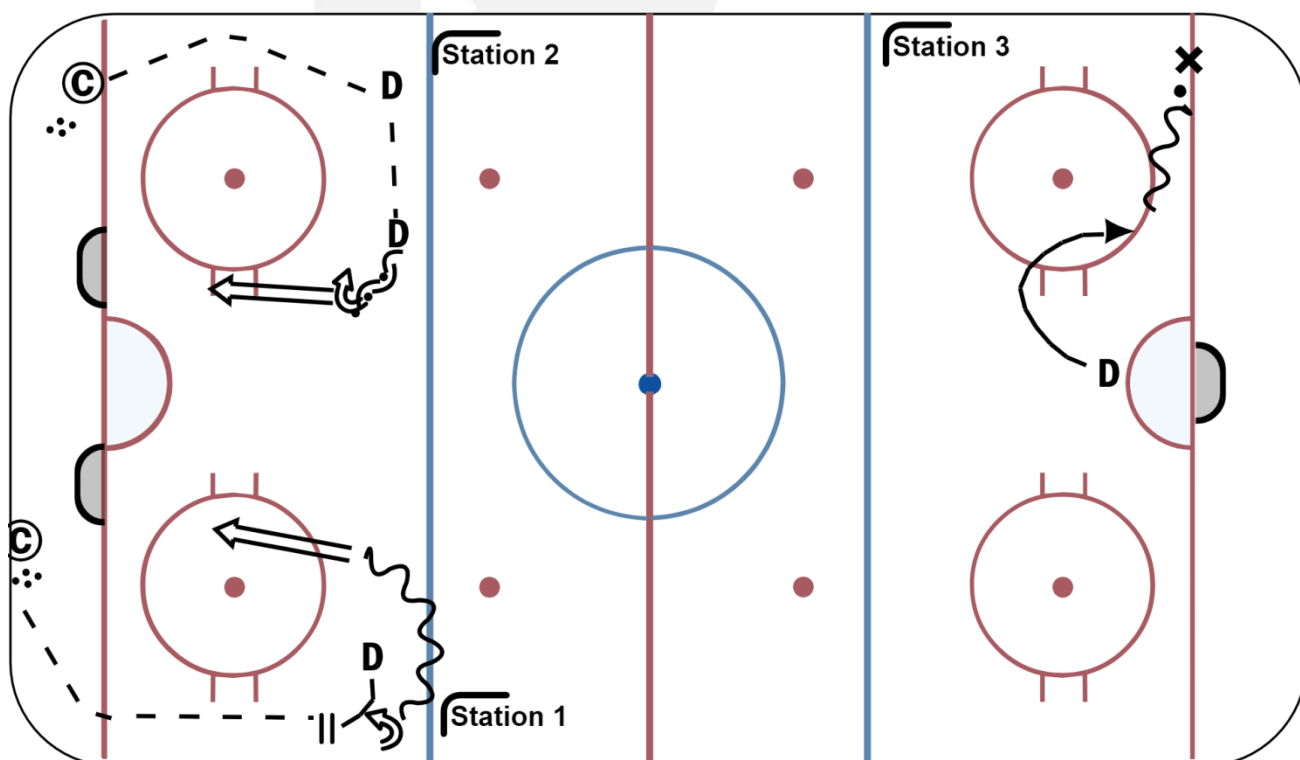
## Notes:

**Station 1:** Show Defense how to properly stop puck on boards using skate or body

**Station 2:** Focus on quick D to D passes. Encourage backhand passes

**Station 3:** Be sure D takes an angle at forward coming to the net.

Defensemen does not want to attack straight on as forward can simply make a left or right move around D.



**Posted By:** Lino Persi

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