

# MONTHLY **DRILL** BOOK

SEPTEMBER 2020



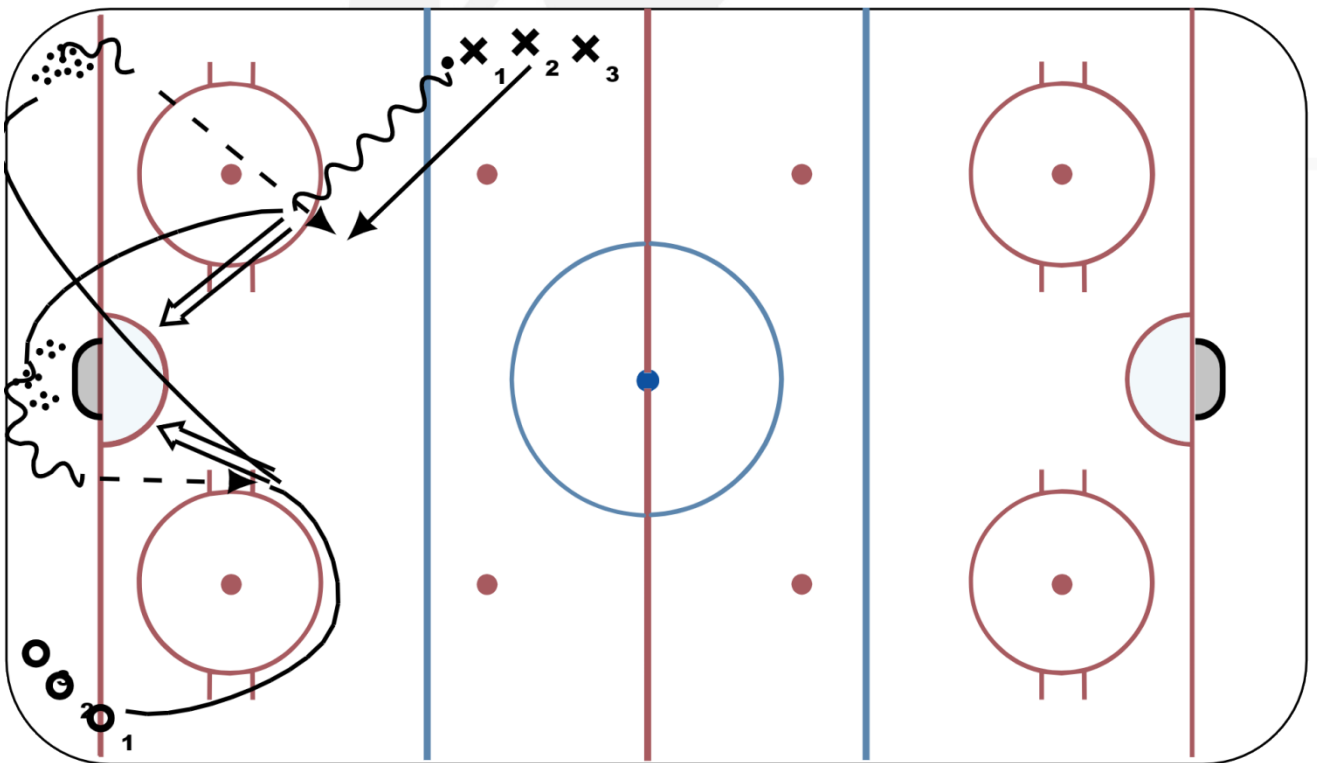
# PASSING DRILLS

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

# 2 Player Slot Passing

X1 Skates in and shoots from the slot. X1 then continues behind the net, picks up a puck and passes to O1 who skated around the circle. O1 shoots and skates to the corner and picks up a puck to pass to X2 who has skated in the slot.

Drill can run continuously with X and O switching lines.



**Posted By:** Chad Ellis

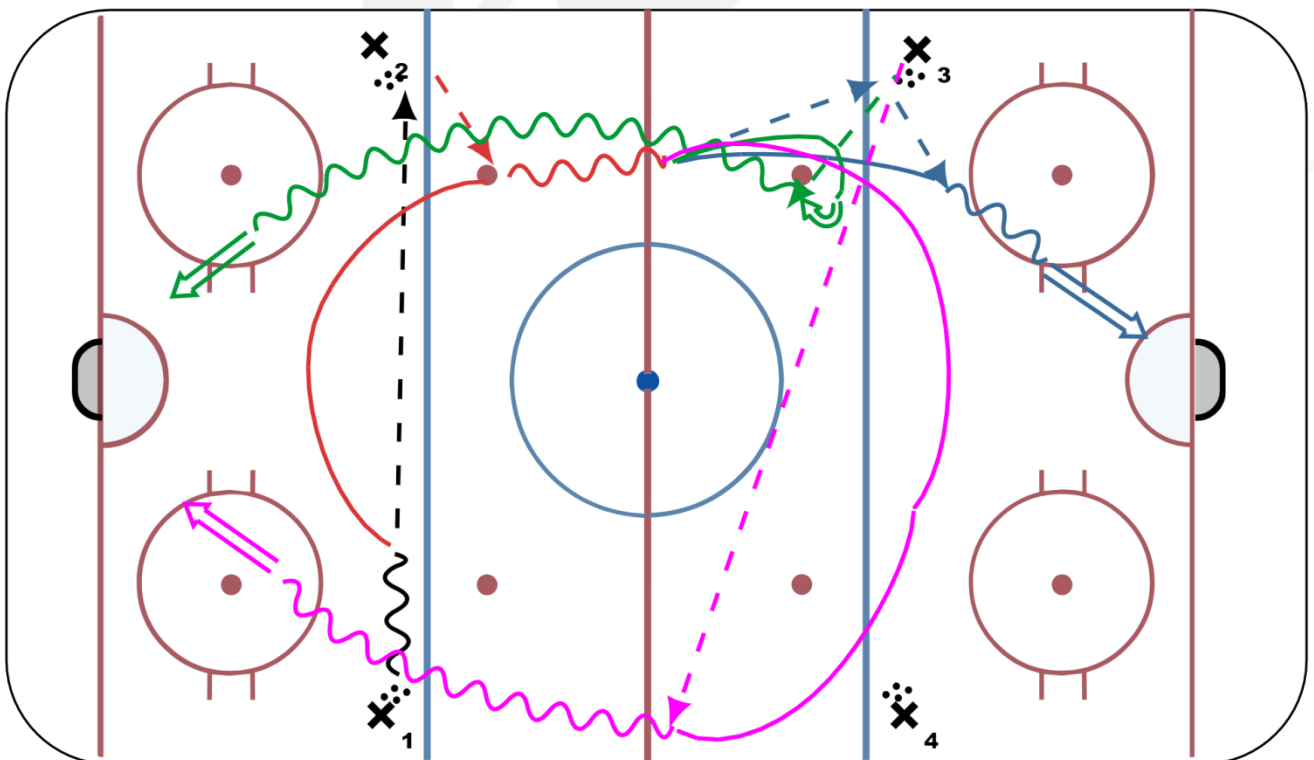
<https://www.hockeyshare.com/drill/DUwO8ivG5O>

## 4 Corner neutral zone progression

Seq #1 X1 starts with puck and passes to X2 on far side then takes a deep lane to receive pass back from X2. X1 then passes to X3 for a give and go with a shot.

Seq #2 Instead of give and go with X3 with shot on far net he reverse pivots and supports X3 for a pass and shot on near net.

Seq #4 X1 passes to X3 as in Seq #1 then keeps going around to far and accelerating for a pass from X3 before shot on near G.



**Posted By:** Pat Garritty

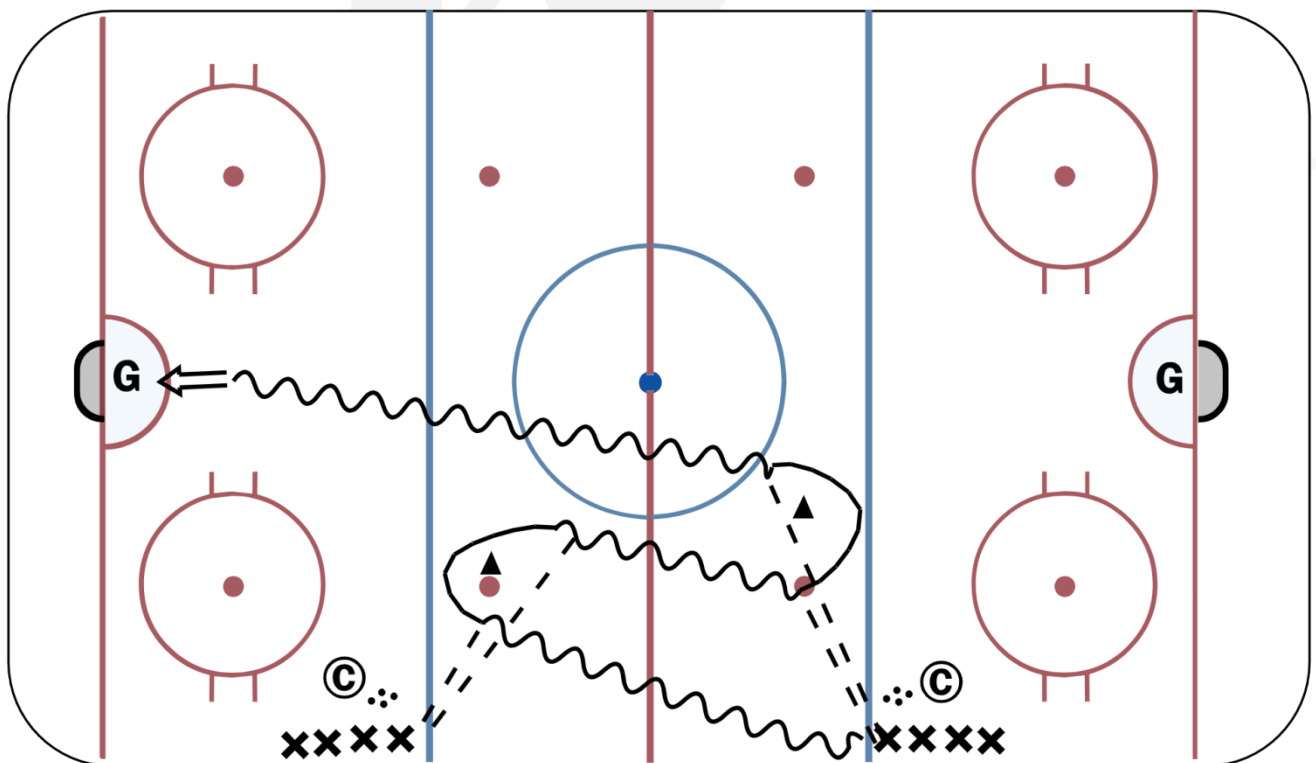
<https://www.hockeyshare.com/drill/KjCWN6E584>

# "S" Touch Pass

Player starts skating with the puck then short passes to player staged at opposite blue line. Player who received the pass will wait for skater to curl around cone then hit them with the return pass. Skater will repeat at opposite blue line then skate toward forward net and shoot on goal.

After the player leaves the neutral zone, the next skater will start that is opposite from where the last skater started. Repeat until satisfied with outcome.

**Notes:** Little confusing to players who have never seen it on the ice. May need some demonstration. With enough players you can mirror drill on other side of ice.



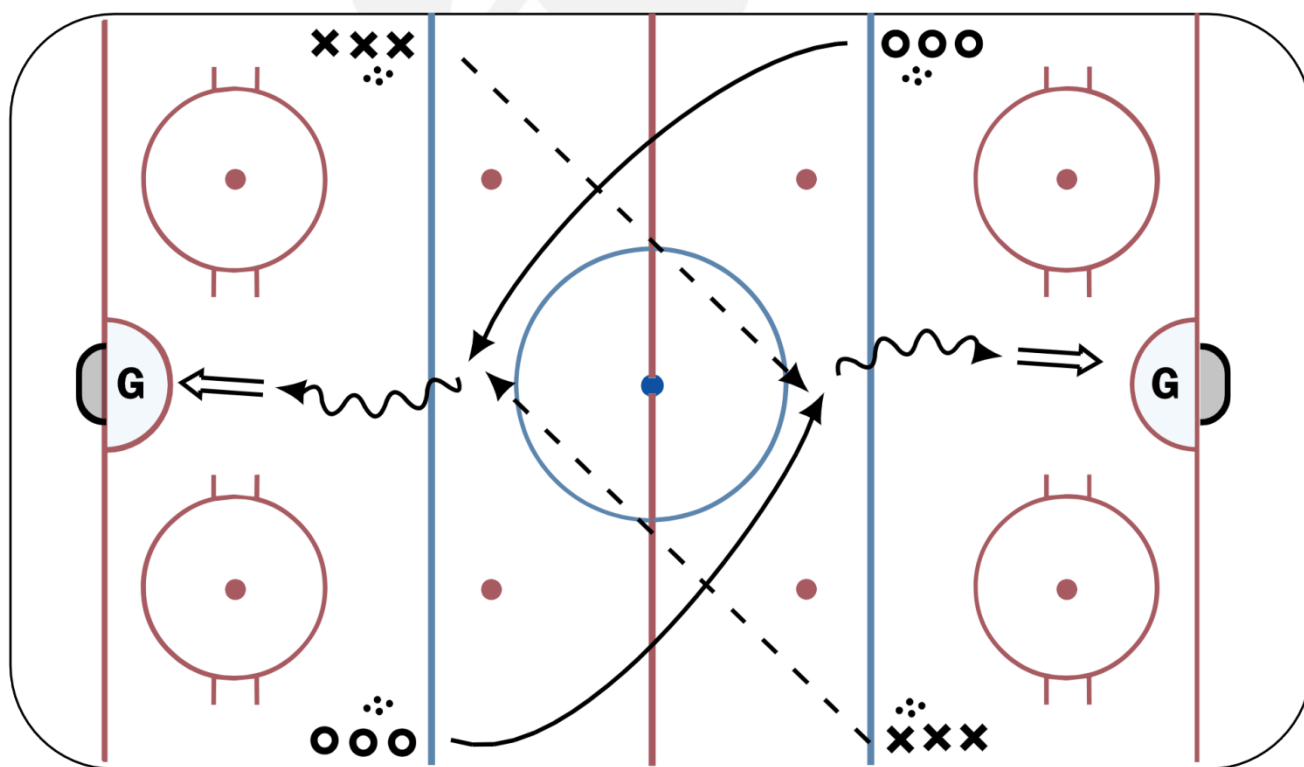
**Posted By:** Wally Paciorkowski

<https://www.hockeyshare.com/drill/yGQaqKT5yT>

# 1 on 0, quick long pass drill

O starts an cut to the middle, gets a long pass from X, skates 1 on 0.

**Notes:** Simple high speed drill



**Posted By:** Detlev Bauernfeind

<https://www.hockeyshare.com/drill/YwohST5d8w>

# 1 puck 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.

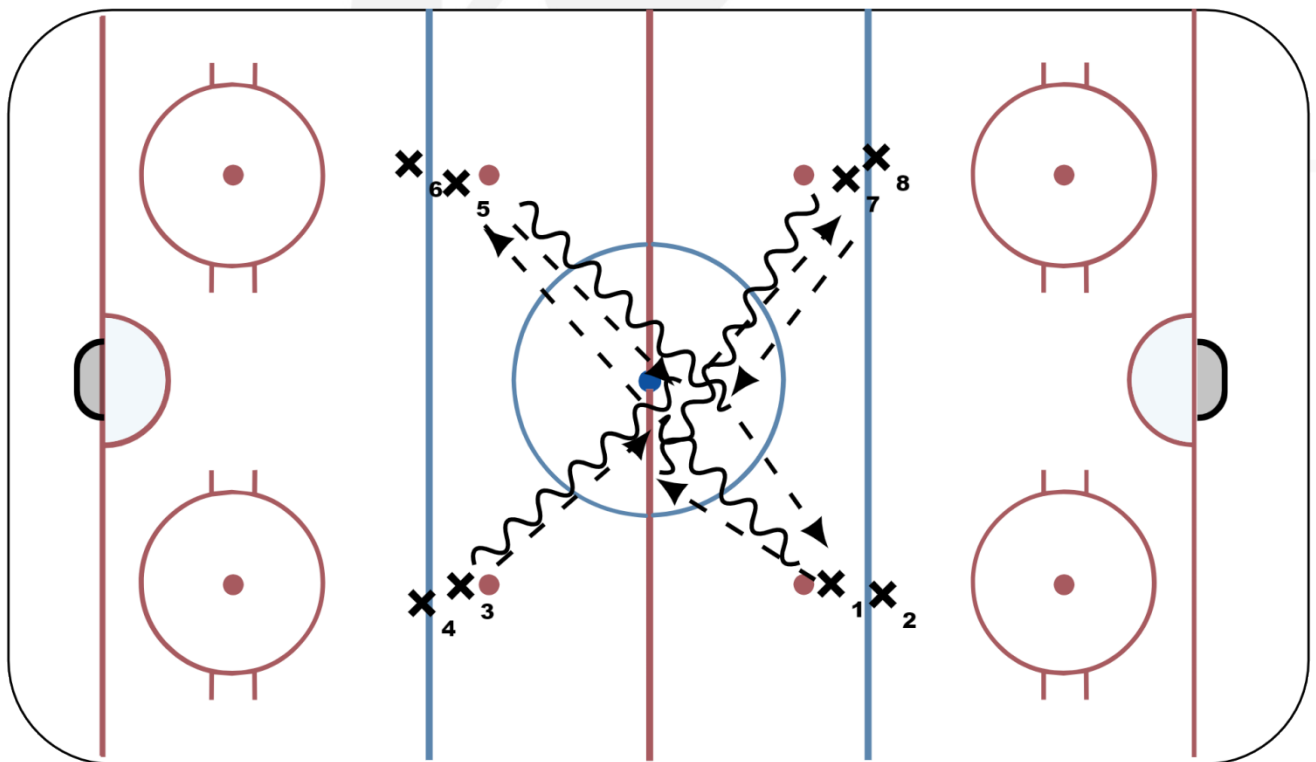
X5 goes to X7 Line.

X2 passes to X7.

X7 passes to X4.

X7 goes to X1 Line.

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



**Posted By:** Christina Young

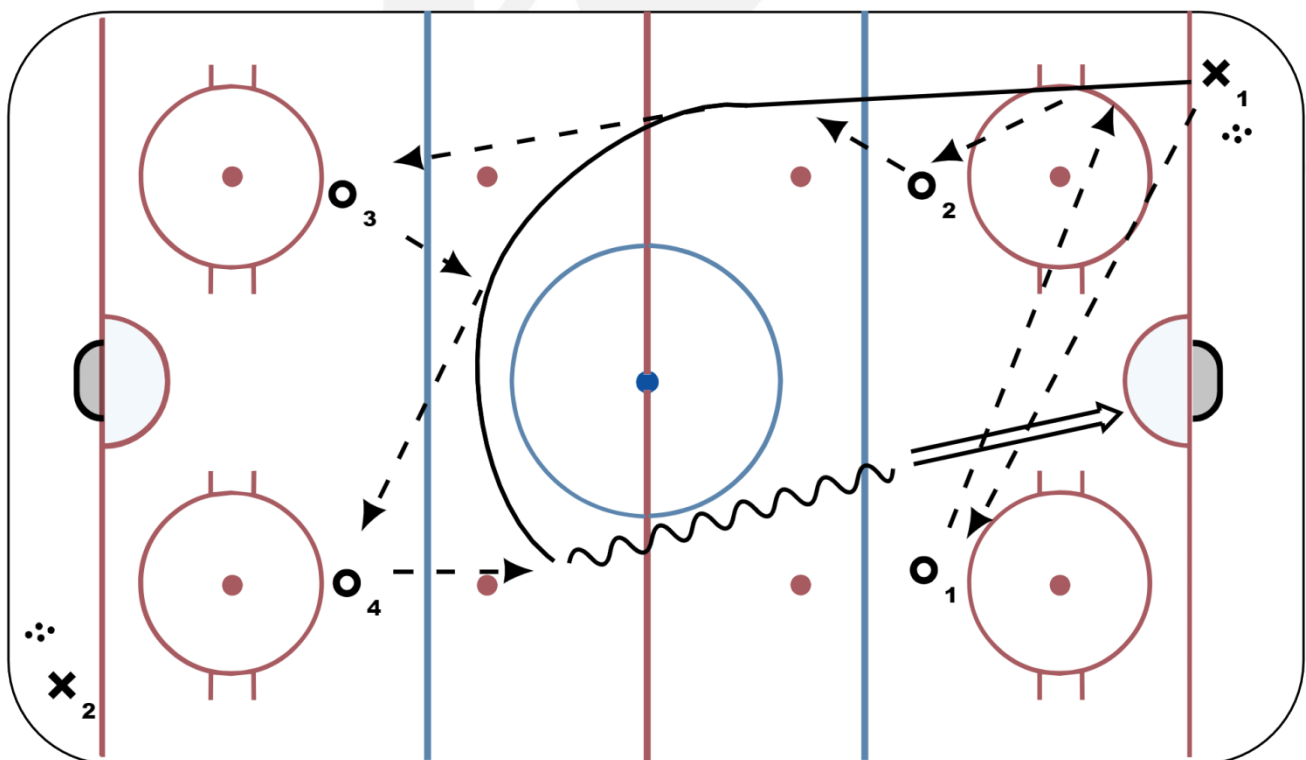
<https://www.hockeyshare.com/drill/npzftWru5Z>

# 1 Touch World

\*For shorter ice rinks or younger players you can alter drill by cutting out the first pass and only having players complete 3 one touch passes and returns.

\*\*Drill to be ran out of both ends at the same time.

- Player X passes to Player O1, quickly alternate touches both knees to the ice, then takes off and receives pass from Player O1.
- Player X passes to Player O2, keeps skating and receives pass from Player O2.
- Player X passes to Player O3, keeps skating and receives pass from Player O3.
- Player X passes to Player O4, keeps skating and receives pass from Player O4.
- Player X then turns up ice and skates just inside the blue line to the top of the slot and shoot the puck on net.

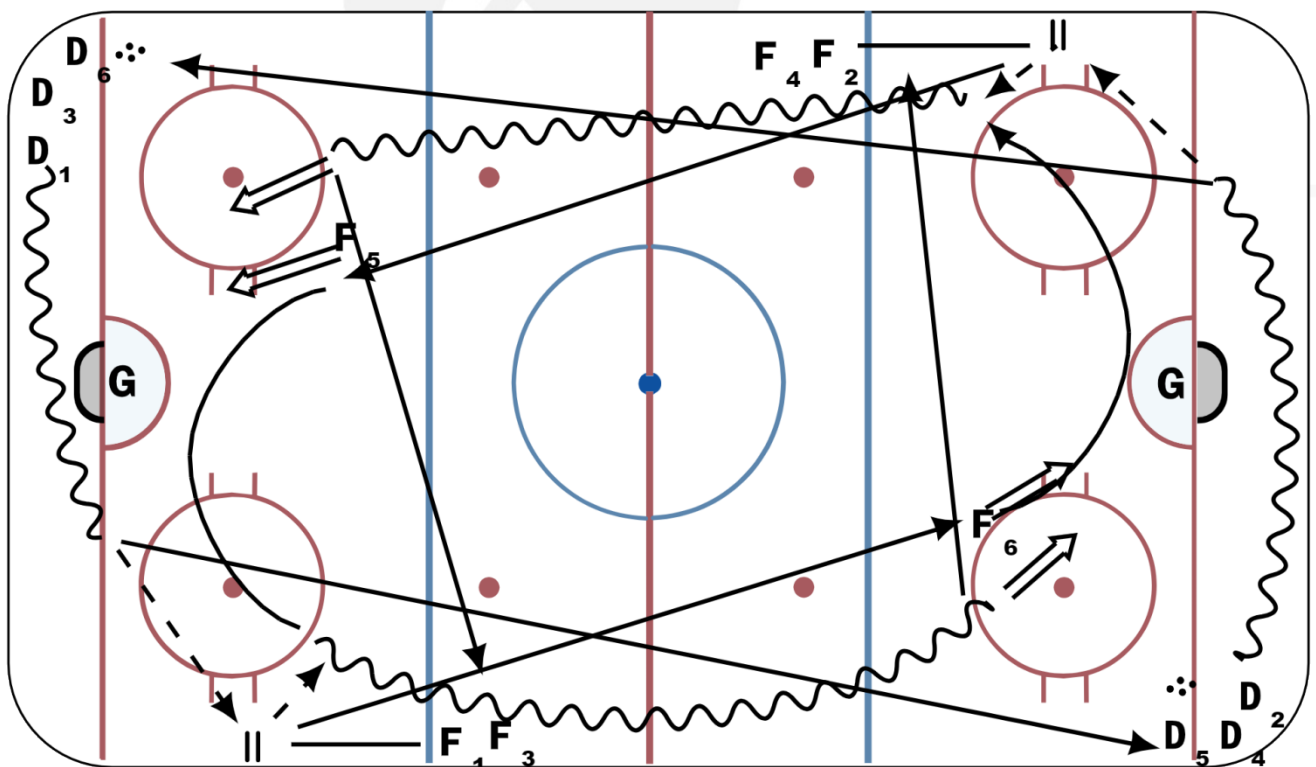


**Posted By:** Cullen Revel

<https://www.hockeyshare.com/drill/dKcw6v4JTD>

# 1-0 swing with breakout pass

1. On whistle, F1/2 skate to hash marks for pass from D1/2. F5/6 shoot, then curl to boards.
2. F1/2 hit F5/6 with touch pass/chip pass off boards. F5/6 carry puck in for high slot shot. Once they shoot, they go to back of F lines. D1/2 go to opposite ends of D lines.
3. F1/2 follow F5/6, swing and curl to F3/4, while D3/4 skate behind net and hit F3/4 with outlet pass.
4. F1/2 get pass from F3/4, repeat drill



**Posted By:** Jackie Mackenzie

<https://www.hockeyshare.com/drill/IP2nnW6w4A>



# 1/2 Ice Passing #3

## Option 1

Have players set up outside of faceoff circle.

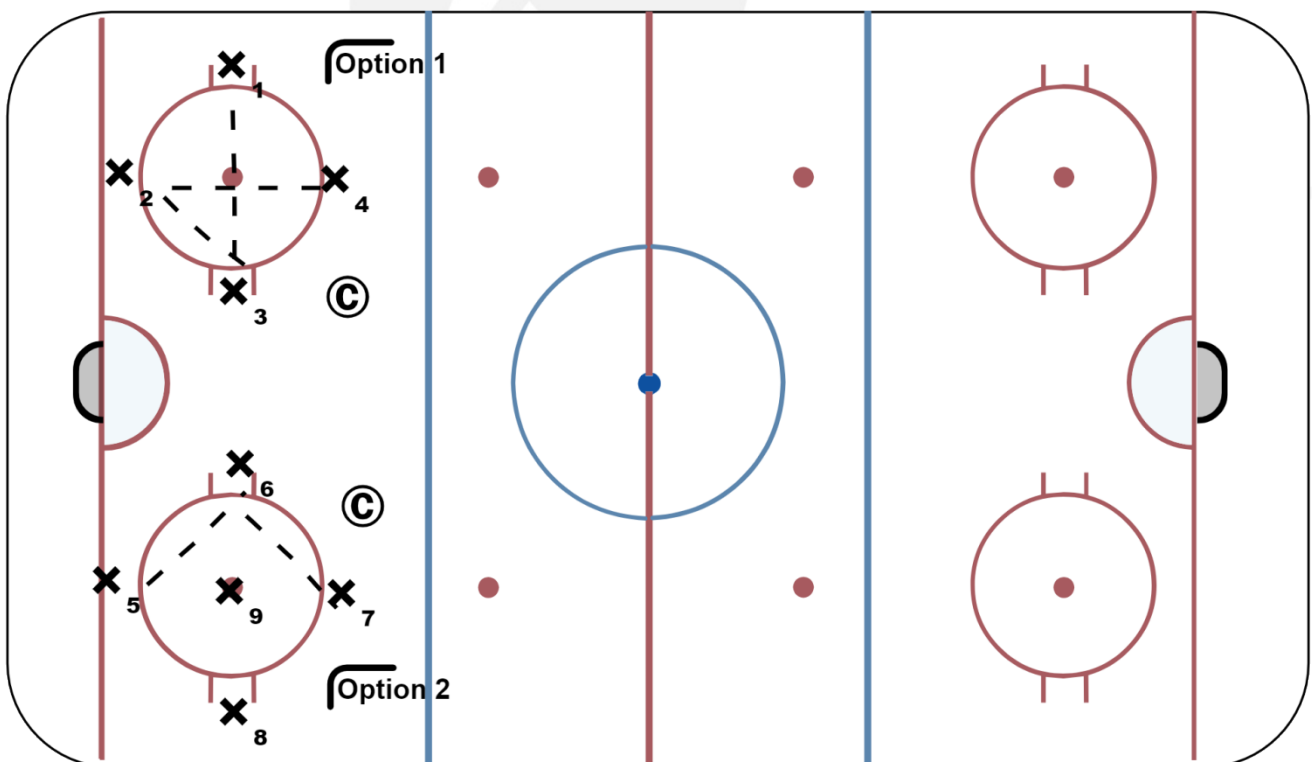
Players execute passes to each other.

Use backhand, one touch and forehand passes.

## Option 2

Same as option 1 but have a player in the middle to pressure the passer. If player in middle intercepts a pass he takes the place of the passer.

**Notes:** Coaches in place to execute drill and reinforce teaching points.  
Option 1; add movement to drill, forward and backward skating around circle while still making passes.  
Open up for pass refers to facing passer and showing a target.



**Posted By:** Ralph Petersen

<https://www.hockeyshare.com/drill/DJ6jwoPrtb>

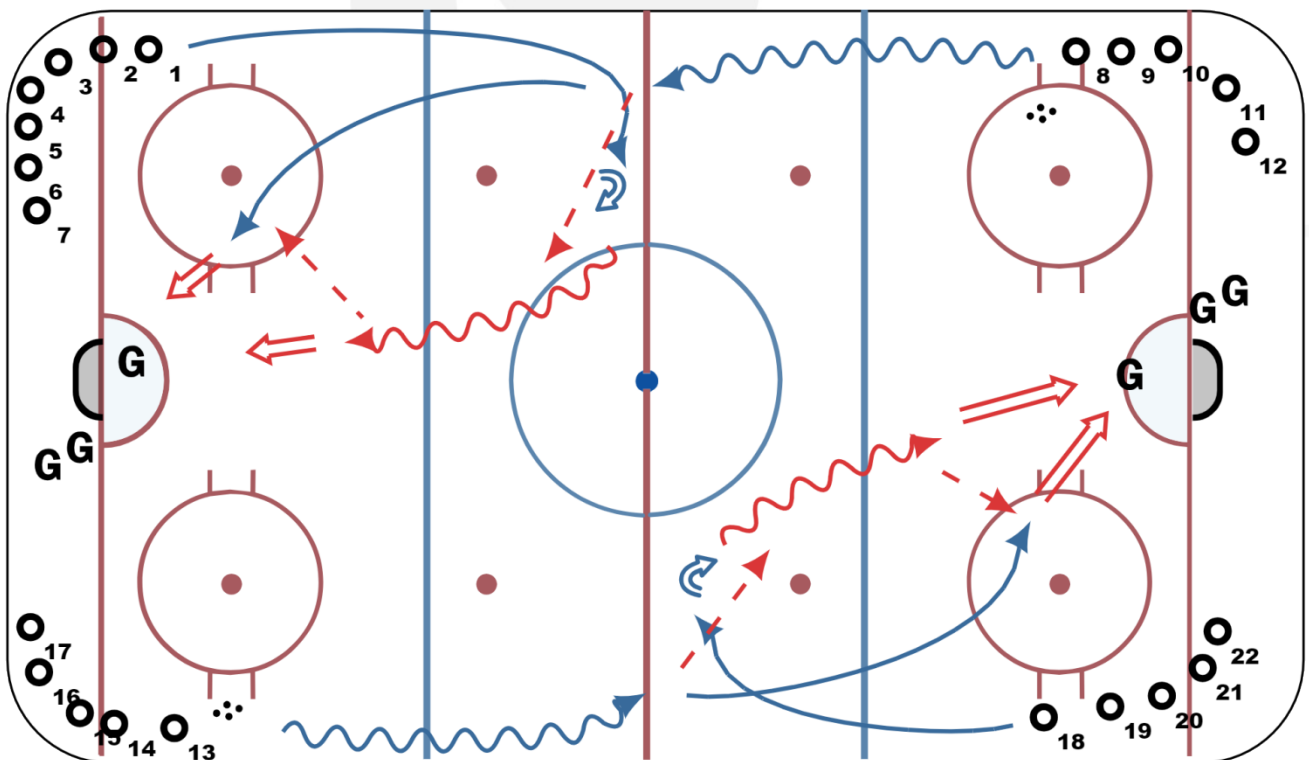
# 2 On 0 Pass and Shoot

All 4 corners leave at same time.

Opposite corners leave with the puck looking to make pass to a pivoting player in the neutral zone. After he makes pass he should drive the net for return pass and shot or rebound.

Other player skates without the puck and pivots in Neutral zone to face puck carrier for pass. After receiving the pass he should drive net to shoot/pass/rebound.

Change Sides

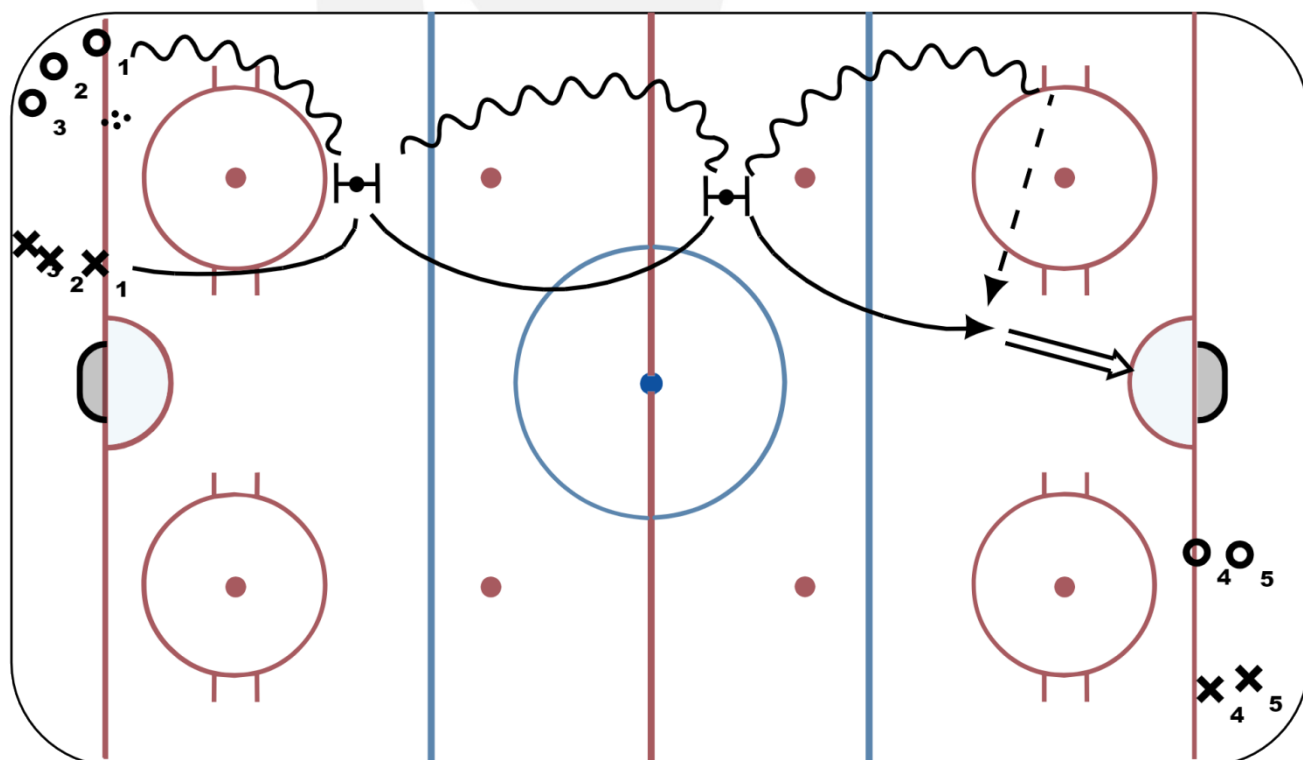


**Posted By:** HockeyShare Drills

<https://www.hockeyshare.com/drill/SJWV96mpD2>

# 2 on 0 - Double Drop Pass- Double Drive - Pass and Shoot

- Puck carrier crosses first, drops puck
- Player receiving drop crosses behind
- Make two drop passes then pass back to slot for shot
- Do same thing on both sides
- Alternate lines.



**Posted By:** Michael Murray

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