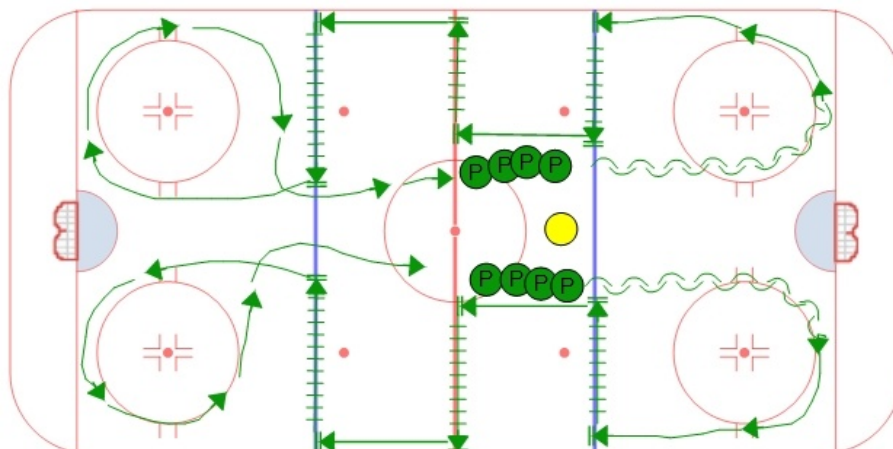


Howie's Warm Up Skating Evaluation Drill

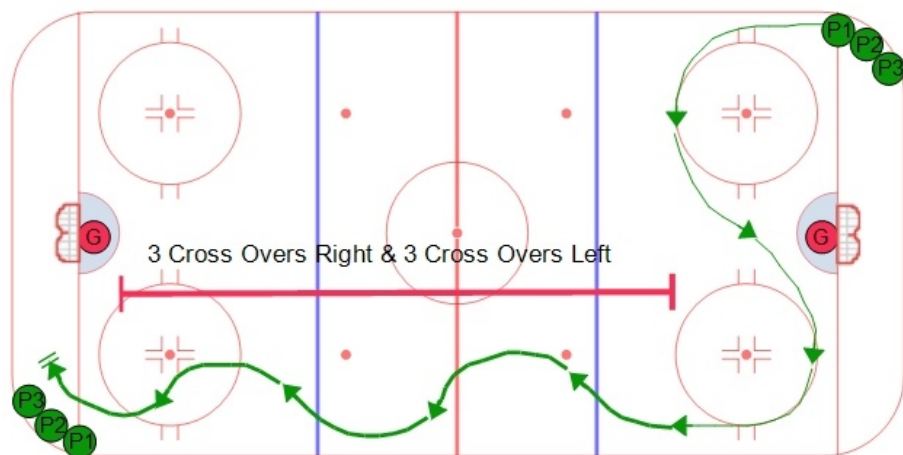


Notes / Coaching Points

Description

This drill starts with players in two parallel lines on each side of the coach between the blue lines. On the first whistle, one skater from each side skates forward and crosses over around the face-off circle on their side of the ice and continues to where the blue line and boards meet where they stop and immediately begin to side-step across the blue line. When they reach the line of forwards they stop and immediately skate forward to the red line where they side-step across to the boards, where once again they stop, skate and finally side-step the blue line before one last stop and then crossover the low face-off circle before getting back in line. Once the first skaters hit the blue line, the coach can blow the whistle and send the next two players in line. There will usually be anywhere from 3 to 4 players completing the drill on each side of the ice at a given time. It's a great drill to use to evaluate your player's skating abilities or to start a practice with. It's also good to have the d-men do the drill skating backwards.

Full Ice Overspeed Skating Progression #3



Notes / Coaching Points

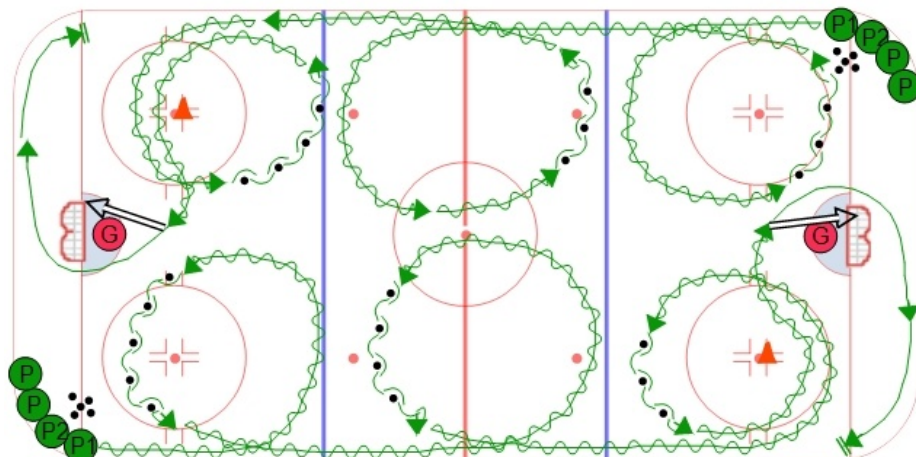
Description

This overspeed skating drill continues in the same format. The players are split up into two lines, each on opposite corners. Two players from each line can go at the same time on the whistle. In this variation the players will move their feet as fast as they can around the top of the circle and then the bottom of the other circle as shown in the diagram. After they come out of the second turn they do 3 cross-overs towards the middle of the ice then three cross-overs back to the outside. They continue doing this while moving their feet as fast as they can all the way down the ice. It is important to stress to the players to get a full three cross-overs as many will try to get by with two. It is also key for the players to use the outside edge of the leg that is crossing under to deliver their lateral explosiveness.

Three Zone Transition Pivots with Pucks



Notes / Coaching Points



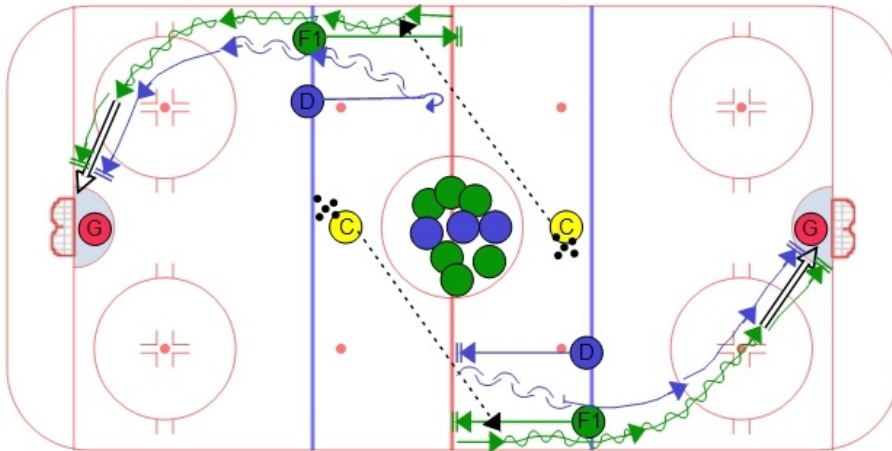
Description

This is a good [skating](#) and puckhandling drill for all ages. This drill can also be performed with or without pucks. More advanced players can add players and a shot at the end. It can be a good overspeed drill as well when you emphasize players moving their feet faster than they are comfortable with.

Place the pucks in opposite corners with two equal lines of players. One player will go at a time with a puck. They carry the puck up the wall and cross over into the middle of the ice in a circle. At the bottom of the circle they will transition backwards and then pivot forwards again while maintaining control of the puck. Once the first player completes the circle and is skating up ice the next player in line can go. The players do this once in each zone for a total of three times. After they do this in the offensive zone they turn sharply off the wall and cut to the middle of the ice for a shot on net. The shot on net is good for goalies and players as they both get to work on a situation where the player is coming through the slot area from side to side.

This is one of many great drills you can run out of the corner so it can be a good idea to have a handful of these drills ready and run them back to back. It gives the players a lot of reps with skating and puck control.

Danger Zone 1 on 1



Notes / Coaching Points

Description

This one on one drill focuses on an area of the ice where a lot of turnovers occur because players chicken out and stop moving their feet. This drill sets players up in a situation where the sole purpose is to have them keep moving their feet as they enter the zone, fighting through the check if they have to. The drill is set up with the pucks and coaches in the middle of the ice at about the edge of the center face-off circle with pucks. The extra players are inside the center circle out of the way. The forward starts on the blue line along the wall and the defense start on the blue line just inside the dots.

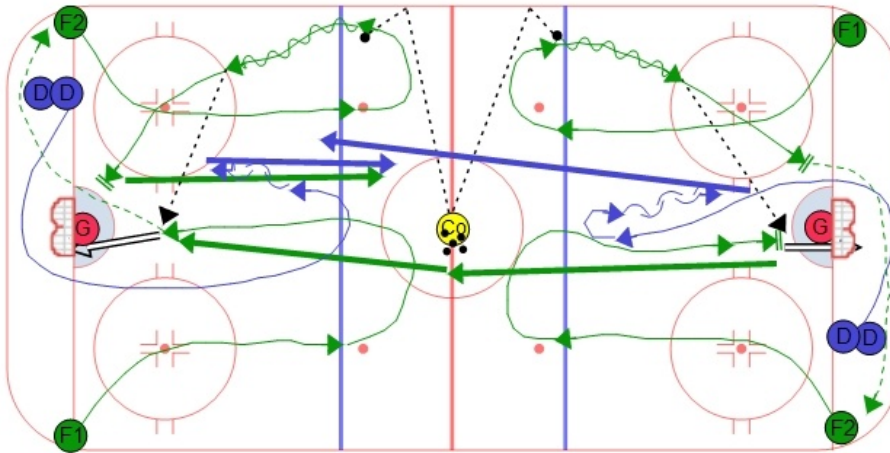
On the whistle both players skate up to the red line and stop. The forward loos to receive a pass from the coach and the defense transitions backwards. The defense should take away as much space as possible and pressure the forward at or before the blue line. The forwards have several options. The first is to use their speed and gain the zone to the outside. If the defense are able to play them at the blue line then they can give themselves a soft chip inside the zone and keep their feet moving through the check. If the defense do not do a good job at the blue line and allow the forward to enter the zone with space then the fowards can cut to the middle of the ice. It is important that the forwards get the puck down deep into the zone in this situation.

This 1 on 1 drill is for a very specific part of the ice. More 1 on 1 situational drills can be viewed on our [1 on 1 hockey drills page](#).

Continuous 2 on 1 with Backchecker



Notes / Coaching Points



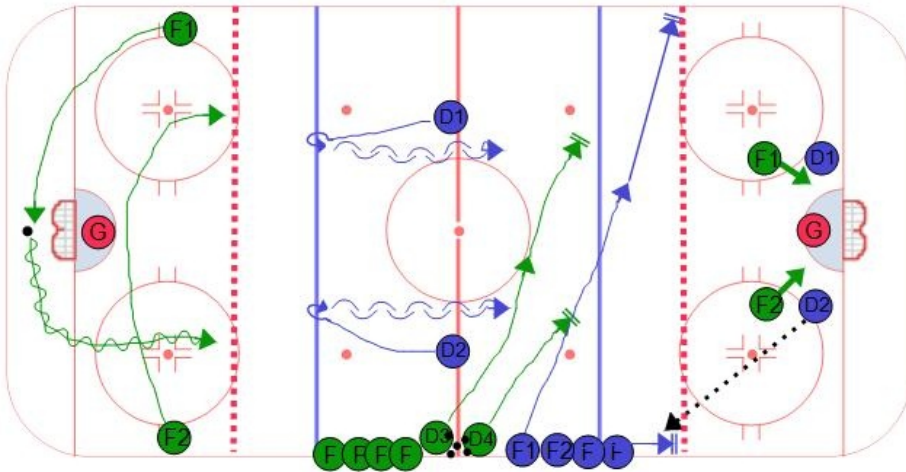
Description

This is a continuous [2 on 1](#) with a backchecker. It is optional to include the defense in the offensive rush to create a 3 on 2 situation. The pucks are with the coach at center ice. On the whistle F1 and F2 sprint out of the zone inline with the dots. The coach signals which way to transition and the forwards react to the coach. The strong side forward opens up and the weak side forward supports. At the same time, D1 skates around the net and re-takes as much ice as possible to play the 2 on 1. After the initial rush at the net, the coach blows the whistle and the players do the same thing from the other side. On the same whistle, F2 backchecks against the players starting from the other side. They need to communicate with the D if they can pick up the weak side. If you are including the defense, then D1 also skates to the other end and looks to become a trailor to make it a 3 on 2. The drill continues back and forth on the whistle. The player that comes from the F2 line is always the backchecker. F1 should go to the F2 line after the whistle.

Continuous 2 on 2 Hockey Drill



Notes / Coaching Points



Description

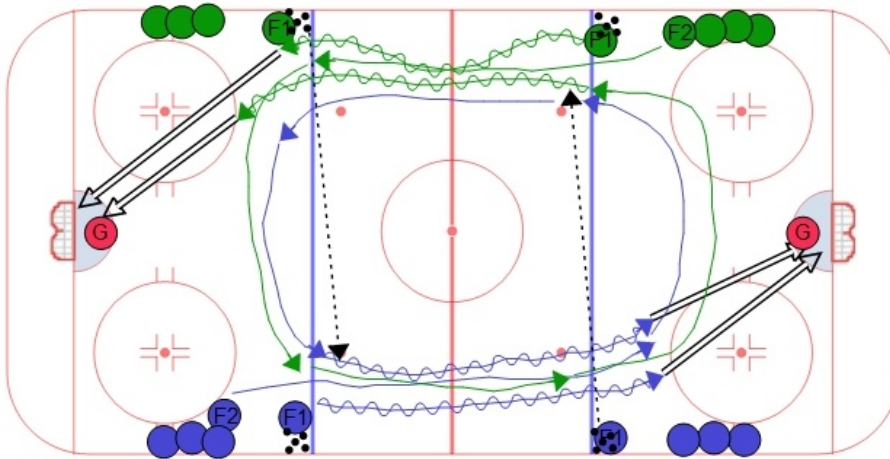
There are several defensive minded key points to this hockey drill. The first is the gap control. The defense should never give up the blue line because it is always a 2 on 2. Offensively, forwards need to make smart plays and chip the puck into the zone instead of trying to beat guys at the blue line.

Down low in the defensive zone the defense need to play tight man on man and make sure not to get beat back to the front of the net. The defense need to limit the time and space of the forwards. The forwards down low in the offensive zone need to maintain possession of the puck and be patient to limit turnovers.

The drill starts with two forwards in one zone at the hash marks and a puck behind the net. The defense start inline with the dots at center ice. On the whistle one forward swings behind the net and picks up the puck, the other swings in front of the net. The two forwards attack the two defense 2 on 2. Once they cross the offensive blue line, two new forwards sprint out to the breakout positions at the top of the circle (they cannot go below the top of the circle). Two new defense also come out to the blue line and should position themselves inline with the dots. Meanwhile, in the 2 on 2 down low, the defense will try to get the puck and make a breakout pass to one of the two new forwards. The two on two is then going the other way against the two new defense.

If the goalie freezes the puck or a goal is scored, the coach plays a new puck into the active zone.

View more of our [defensive hockey drills](#).



Notes / Coaching Points

Description

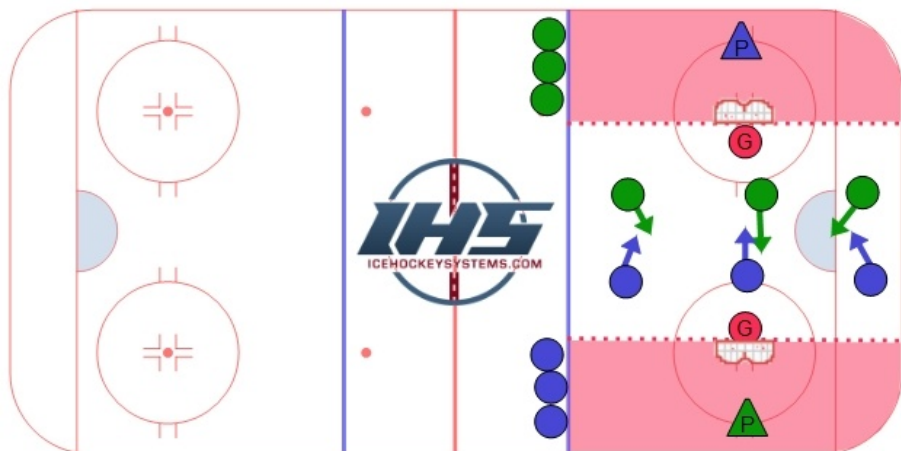
This drill has an emphasis on speed and receiving the puck at top speed and forces the player to do the drill in [overspeed](#). To set up the drill place four equal lines at about the top of the circles along the wall (as shown in the diagram). Depending on the amount of players you can have the two opposite lines go at the same time, this results in four players being active on each repetition.

The first player in line will start with a puck at the blue line. The second player will start 3 - 5 strides behind the first player. On the whistle both players explode towards the opposite net. Player 2 will try to catch Player 1 from behind until the far blue. If player 1 makes it to the far blue line without being caught from behind then they make a hockey move inside the blue line and take a shot on net. Many times we do this as a warm up for the goalies as well so players are required to shoot from the top of the circles.

After the far blue line Player 2 then crosses over without the puck around all four neutral zone dots. The emphasis here is on skating. Players should work on picking up speed with their cross overs. As they come back around to the line from which they started they look for a pass from the line across the ice. They should have a good amount of speed at the point at which they are trying to receive the pass. Encourage players to maintain their speed through the neutral zone as they receive the puck. As they attack the zone have them do at least one hockey move before taking a shot from the top of the circles.

It is key that Player 2 swing a little deeper into the zone so they can receive a flat pass from the opposite line. If players don't swing deep they will always be looking back for the pass in the neutral zone which is not the best habit.

Gretzky 3 on 3



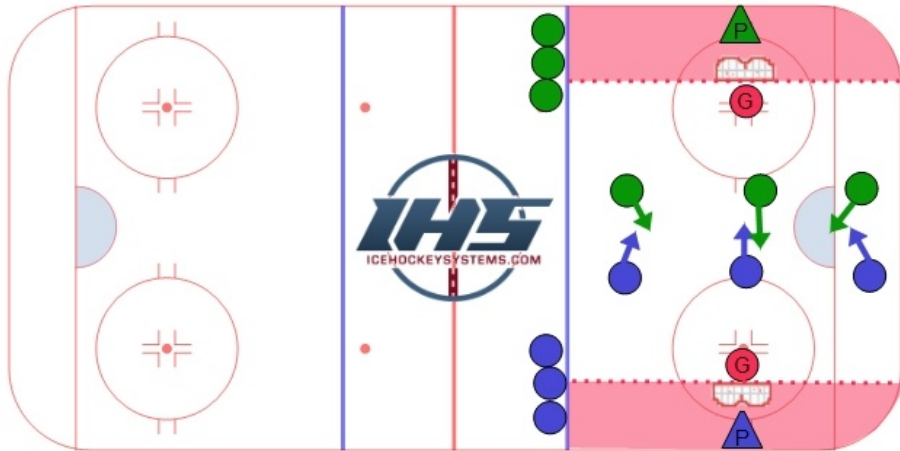
Notes / Coaching Points

Description

This is a 3 on 3 cross ice game where players can take advantage of a "Gretzky" behind the opponents net. The "Gretzky" has to stay behind the goal line and makes passes to players on their team from behind the net.

- On a change of possession players have to make 1 pass to their "Gretzky" before attempting to score.
- Player can go below the goal line to challenge the other team's "Gretzky" and attempt to steal the puck.
- Players can go below the goal line to support their own "Gretzky".
- There is no limit to how many times players can use their "Gretzky".
- On the whistle players leave the puck and skate hard out of the zone and new players enter the game.
- Let each shift run about 30 - 40 seconds to keep the game fast paced and high intensity.

Bourque 3 on 3



Notes / Coaching Points

Description

This 3 on 3 cross ice game is similar to the Gretzky 3 on 3 but now the designated passers are referred to as "Bourque". The "Bourque" is now behind their own goal line and must initiate breakout passes. The nets should be placed a bit closer to the boards to allow more room for executing breakouts.

- Players must use their "Bourque" on a change of possession before making an attempt to score.
- Players may attack the other team's "Bourque" but they may not shadow them.
- There is no limit to how often a team uses their "Bourque".
- Shifts should be 30 - 40 seconds to keep a good pace and high intensity.

Key points of emphasis:

- Have the "Bourque" work on a good first pass.
- Use "false Information" (looking off the pass) to get their players open.
- Players need to skate back to support their "Bourque".
- Fill three lanes and skate to open ice.