



# RETURN to HOCKEY

COVID-19 RESPONSE

## Alternative Skills Instruction



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# Safety Guidelines

The following is overview of the safety guidelines applicable to players and coaches, taken from Hockey Canada's Return to Hockey [Safety Guidelines](#) document. Please review both prior to the start of your season. Consider the following in your decision-making process when creating operations plans:

Participant numbers will be based on public health authority guidelines.

- Players must arrive just before (15 minutes) the start of the practice and leave immediately after (15 minutes).
- Players must arrive already dressed in as much of their equipment as possible, and should shower at home afterwards. If the shower is taken at the arena, each player must use their own shampoo, soap and toiletries.
- Training groups cannot be modified. Groups should not add new members as the weeks progress.
- Traffic in the arena must be coordinated in such a way that players who enter the rink do not have to cross the group leaving the arena.
- Exercises that are not technical and specific to hockey (fitness, for example) should be facilitated outdoors.
- Participants must wash their hands upon entering and prior to leaving the arena.
- Each participant must bring their own towel and bottle of water.
- Spitting and/or blowing of the nose without tissue is absolutely prohibited.
- No touching other participants' equipment.
- A safe space of two metres must be respected between participants for all off-ice activities, including in the dressing room.

## Players

- Absolutely no sharing of food or beverages.
- Towels should only be left on the bench under the guidance of the safety person/trainer and are for emergency use only. A towel should only be used once and then taken off the bench and washed.
- Paper towels/tissue can be on hand to wipe the face or blow the nose while on the bench. Ensure tissues are properly disposed of. Lined garbage cans or a plastic bag should be placed close by the bench for disposal.
- Each player should have a labelled water bottle, which must be washed after each practice or ice session.
- It is recommended players shower at home, not at the facility. Follow facility guidelines specific to the use of showers. If showers are used, physical distancing must be followed.
- Some equipment should also be washed (jerseys, pant shells, socks) after each training session following manufacturer guidelines. It is important that players ensure equipment is kept clean.
- Hand sanitizer and disinfectant wipes should be available as players enter and leave the facility.
- All base layers should be washed after each session.

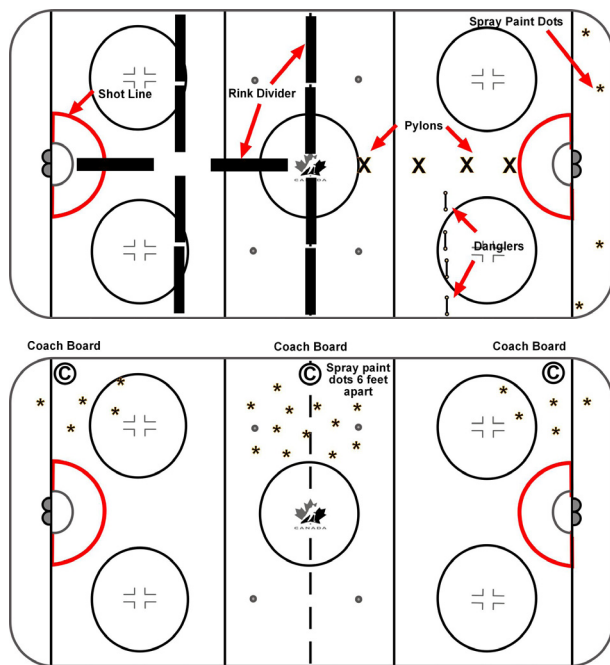
## Coaches

- Coaches and team staff should wear cloth masks where physical distancing is not possible; for example, in the dressing room or on the bench.
- All coaching staff must maintain physical distancing with players whenever possible.
- Facility doors are considered high-risk touchpoints and participants are encouraged to use their elbow to open. Minimize going in and out of doors, including the dressing room, to avoid unnecessary contact with the door handles.
- Team warm-ups and practices should adapt to proper spacing by reducing the number of one-area stations, including the players coming together in one group for instruction.
- For age groups where parents need to assist players with equipment, limit the number of parents in the dressing room/change area at any one time to one per player. Entry should be controlled to meet physical-distancing requirements.
- Team/group meetings should only be held in a controlled environment where physical distancing can be followed.



# On-Ice Set-Up

## Equipment Needed



**OPTION 1** – All players come to coach board – kneel by dot six feet apart and six feet from coach.

**OPTION 2** – Use two coach boards at different location on the ice where each coach has smaller group of players – kneel by dot six feet apart and six feet from coach.

- Ideally, coaches should spend as little time at the board as possible to alleviate opportunities for players to come together.
- All of the drills found on the subsequent pages of this resource can be found free of charge on the [Hockey Canada Network](#).
- Utilizing online video calls can also be a great way to pre-ice players.

### Description:

The use of equipment such as pylons, rink dividers, dangles and spray paint can be effective to split the ice into zones and also ensure proper physical distancing for players.

### PYLONS

- To divide ice into zones
- To mark proper spacing distances
- Indicator of where players not in activity should wait for their turn
- Use as obstacles for stickhandling

### SPRAY PAINT

- To divide ice into zones (water-based spray paint to be used after getting permission from facility)
- To mark proper spacing distances
- Indicator of where players not in activity should wait for their turn

### MARKERS

- To mark proper spacing distances
- To show skating paths or directions within drills

### SHOT LINE

- Line spray painted six feet in front of crease for skaters to avoid
- Ensure proper distance between player and goaltender

### RINK DIVIDERS

- To divide ice into zones
- To mark proper spacing distances
- Indicator of where players not in activity should wait for their turn
- Can be used to sit on

### DANGLERS

- To divide ice into zones
- Ensure proper zone rotation
- Use as stickhandling obstacles

### SIGNAGE FOR ZONES

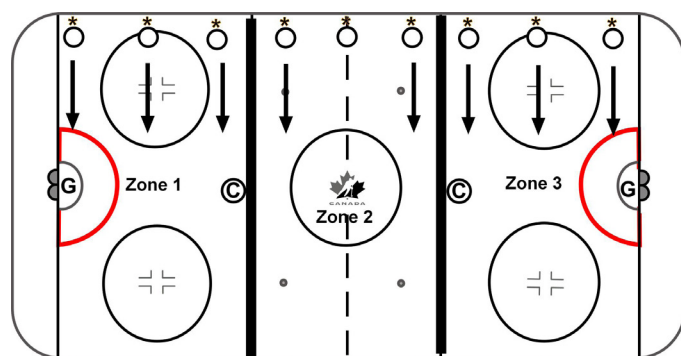
- Tape to glass to indicate zone number
- Ensure proper zone rotation

DRILL THEME:

# Skating

DRILL NAME:

## Three-Zone Set-Up



**9 Skaters / 2 Goalies / 2 Coaches**

Goalies can skate with players or work on crease skating patterns.

### Drill Description:

The three-zone set-up is great for isolated stride work and crossover work. Coaches should be stationed at each zone. Coaches can either teach the same skill in each zone or assign a separate task for each zone. Rotate through the zones/skills every 3-5 minutes. Coaches should be mindful of work-to-rest ratios depending on the number of players on the ice and at each station. Make sure there is proper rest and hydration.

### Skills:

#### SEQUENCE #1

- Inside edge glide
- Slalom skating
- Alternate lead foot

#### SEQUENCE #2

- Jumping skate to skate
- Stride and bend
- Gliding on one skate

#### SEQUENCE #3

- One crossover each way
- Two crossovers each way
- Linear crossovers

#### SEQUENCE #4

- Backward c-cuts
- Backward one crossover – reach
- Backward gliding with knee bend

#### SEQUENCE #5

- Shoot the duck – forward and backward
- One leg weaving – forward
- One leg weaving – backward

#### SEQUENCE #6

- Forward scissor skate – small
- Backward scissor skate – small
- Slalom – alternating lead foot

#### SEQUENCE #7

- Inside edge glide
- Backward scissor skate – large
- Forward scissor skate – large

#### SEQUENCE #8

- Crossover start
- Front v-start
- Backward c-cut start

#### SEQUENCE #9

- Crossover start and stop
- Backward crossover start and stop

#### SEQUENCE #10

- Outside leg stop
- One-leg backward stop
- Heel to heel

#### SEQUENCE #11

- Random skating pattern
- 360s
- Glide / stride / glide

#### SEQUENCE #12

- Tight turn – dive into turn
- Exaggerated stride
- Crossovers – forward

#### SEQUENCE #13

- Jump stride
- Pivots – backward to forward and forward to backward
- Jump stride – backward

#### SEQUENCE #14

- Figure 8s – forward – inside edge
- Figure 8s – backward – inside edge
- Crossovers – backward

#### SEQUENCE #15

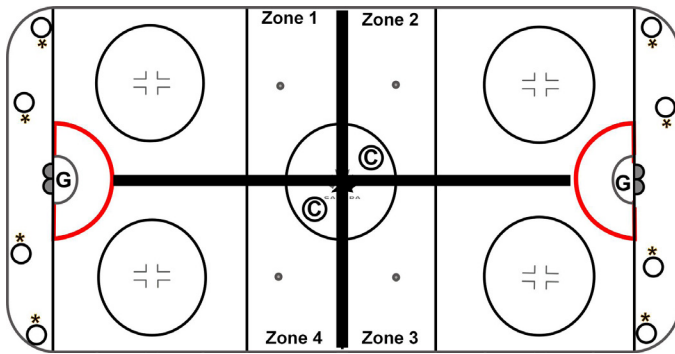
- Figure 8s – forward – outside edge
- Alternating – heel to heel
- Figure 8s – backward – outside edge

DRILL THEME:

# Skating

DRILL NAME:

## Four-Zone Set-Up



**4 – 12 Skaters / 2 Goalies / 2 Coaches**

Goalies can skate with players or work on crease skating patterns.

### Drill Description:

The four-zone set-up allows for strong teaching ratios where the skating skills can be isolated in a controlled space. Coaches should be stationed between zones. Coaches can either teach the same skill in each zone or assign a separate task for each zone. Rotate through the zones/skills every 3-5 minutes. Coaches should be mindful of work-to-rest ratios depending on the number of players on the ice and at each station. Make sure there is proper rest and hydration.

### Skills:

#### SEQUENCE #1

- Edge control
- Crossovers
- Pivots

#### SEQUENCE #2

- Gliding on two skates
- Gliding on one skate – forward
- Gliding on one skate – backward
- Gliding with knee bend

#### SEQUENCE #3

- Shoot the duck – forward and backward
- One leg weaving – forward
- One leg weaving – backward

#### SEQUENCE #4

- Inside edge glides
- Forward scissor skate
- Backward scissor skate

#### SEQUENCE #5

- Linear crossovers
- Backward c-cuts
- Crossovers on circle
- Random agility skate

#### SEQUENCE #6

- Slalom skating
- Random skating pattern
- Slalom – alternating lead foot

#### SEQUENCE #7

- Speed progressions
- Edge control
- Backward skating
- Jump stride – forward

#### SEQUENCE #8

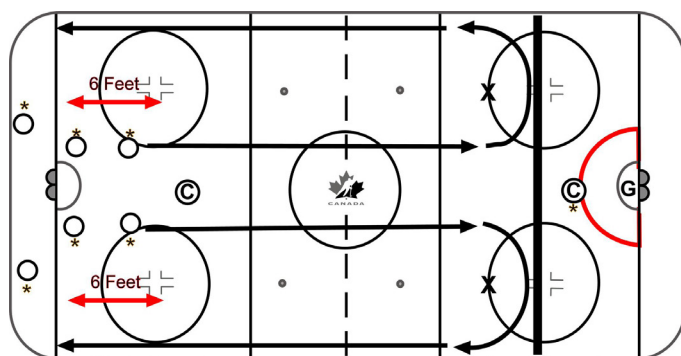
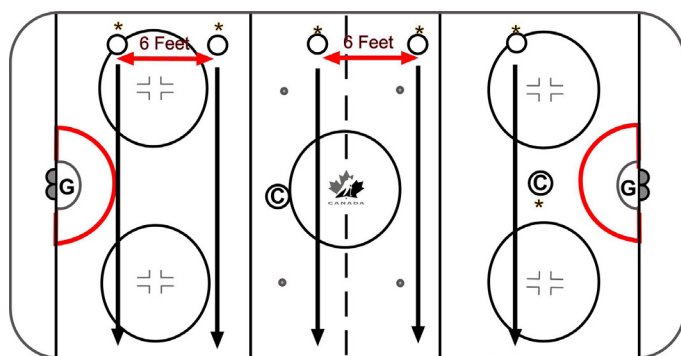
- 360s left and right
- Pivots – backward to forward and forward to backward
- Backward crossovers

## DRILL THEME:

# Skating

## DRILL NAME:

### Cross-Ice – ¾ Ice



**4 – 10 Skaters / 2 Goalies / 2 Coaches**

Goalies can skate and puck-handle with players  
or work on crease skating patterns with a goalie coach.

### Drill Description:

The wave formation allows for the isolation of stride technique. Coaches can place two pylons at the top of the far circles as shown above so players can return to their original starting point to maintain flow. Have each player complete the skill 3-5 times before attempting a new skill. Coaches should be mindful of work-to-rest ratios depending on the number of players on the ice and at each station. Make sure there is proper rest and hydration.

## Skills:

### SEQUENCE #1

- Edge control
- Crossovers
- Pivots

### SEQUENCE #2

- Gliding on two skates
- Gliding on one skate – forward
- Gliding on one skate – backward
- Gliding with knee bend

### SEQUENCE #3

- Shoot the duck – forward and backward
- One leg weaving – forward
- One leg weaving – backward

### SEQUENCE #4

- Inside edge glides
- Forward scissor skate
- Backward scissor skate

### SEQUENCE #5

- Linear crossovers
- Backward c-cuts
- Random agility skate

### SEQUENCE #6

- Slalom skating
- Random skating pattern
- Slalom – alternating lead foot

### SEQUENCE #7

- Speed progressions
- Edge control
- Backward skating
- Jump stride – forward

### SEQUENCE #8

- 360s left and right
- Pivots – backward to forward and forward to backward
- Backward crossovers

## Goalie Skills:

### SEQUENCE #1

- Skating skills
- Crease skating skills
- Stationary shots

### SEQUENCE #2

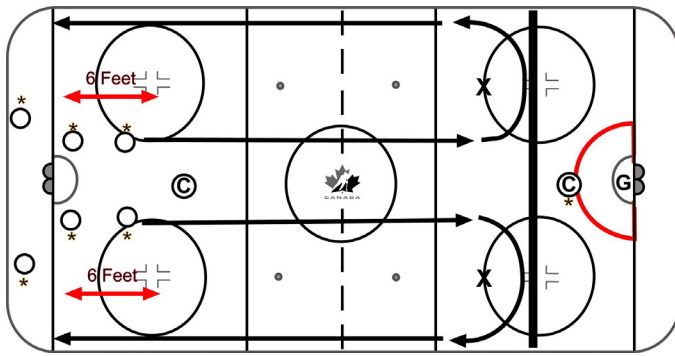
- Hands drills
- Sliding skills
- Moving shots

DRILL THEME:

# Skating

DRILL NAME:

## Butterfly Lane Set-Up



**6 – 10 Skaters / 2 Goalies / 2 Coaches**

Goalies can skate and puck-handle with players or work on crease skating patterns with a goalie coach.

### Drill Description:

The butterfly lane set up provides for great flow while working on skating technique and repetition. Players are organized into two lines and flow through the butterfly pattern – down the middle and back along the wall. Coaches can identify different skills to be practiced. Rotate through different skills every 2-3 repetitions. Coaches should be mindful of work-to-rest ratios depending on the number of players on the ice and at each station. Make sure there is proper rest and hydration.

### Skills:

#### SEQUENCE #1

- Edge control
- Crossovers
- Pivots

#### SEQUENCE #2

- Gliding on two skates
- Gliding on one skate – forward
- Gliding on one skate – backward
- Gliding with knee bend

#### SEQUENCE #3

- Shoot the duck – forward and backward
- One leg weaving – forward
- One leg weaving – backward

#### SEQUENCE #4

- Inside edge glides
- Forward scissor skate
- Backward scissor skate

#### SEQUENCE #5

- Linear crossovers
- Backward c-cuts
- Random agility skate

#### SEQUENCE #6

- Slalom skating
- Random skating pattern
- Slalom – alternating lead foot

#### SEQUENCE #7

- Speed progressions
- Edge control
- Backward skating
- Jump stride – forward

#### SEQUENCE #8

- 360s left and right
- Pivots – backward to forward and forward to backward
- Backward crossovers

### Goalie Skills:

#### SEQUENCE #1

- Skating skills
- Crease skating skills
- Stationary shots

#### SEQUENCE #2

- Hands drills
- Sliding skills
- Moving shots

#### SEQUENCE #3

- Stick saves
- Rebounds
- Tips and deflections

#### SEQUENCE #4

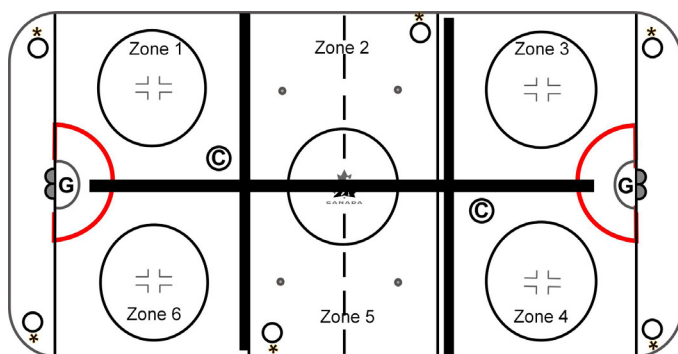
- East-west plays
- High-to-low / low-to-high plays

## DRILL THEME:

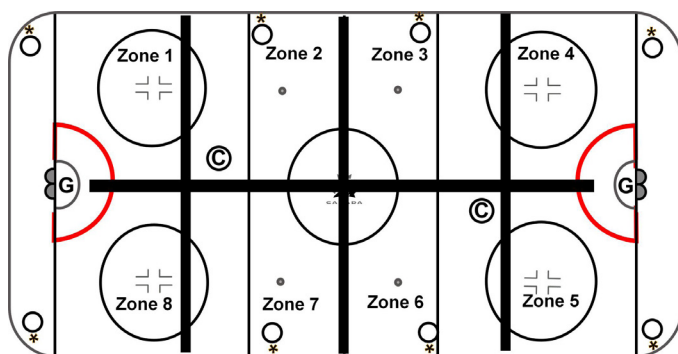
# Stationary Puck Control

## DRILL NAME:

### Six-Zone / Eight-Zone Set-Up



**6 – 12 Skaters / 2 Goalies / 2 Coaches**



**8 – 16 Skaters / 2 Goalies / 2 Coaches**

### Drill Description:

Use the six or eight zones and identify one stationary Puck-handling skill to be taught at each zone. Coaches Should be stationed so they can watch three zones To facilitate teaching. Rotate zones or skills every 3-5 Minutes. Each skills sequence provides a sample of puck Control skills to be used. Coaches should be mindful of Work-to-rest ratios depending on the number of players On the ice and at each station. Make sure there is proper Rest and hydration.

**Goalies can skate and puck-handle with players or work on crease skating patterns with a goalie coach.**

## Skills:

### SEQUENCE #1

- Stationary puck control – narrow
- Stationary puck control – wide
- Stationary puck control – hands together
- Stationary puck control – hands wide
- Stationary puck control – two pucks
- Stationary puck dots

### SEQUENCE #2

- Stationary puck control – narrow & wide combination
- Stationary puck control – one hand
- Stationary puck control – toe drag – side
- Stationary puck control – switch hands
- Stationary puck control – figure 8s – two hands
- Stationary puck control – side - front - side

### SEQUENCE #3

- Stationary puck control – toe drag – side and front
- Stationary puck control – around the body – triangle
- Stationary puck control – puck through legs from back
- Stationary puck control – body / stick – opposite
- Stationary puck control – puck scoop – forehand

### SEQUENCE #4

- Stationary puck control – rotation
- Stationary puck control – toe drag – front
- Stationary puck control – figure 8s – one hand
- Stationary puck control – around the body – box
- Stationary puck control – stick through legs

## Goalie Skills:

### SEQUENCE #1

- Skating skills
- Crease skating skills
- Stationary shots

### SEQUENCE #2

- Hands drills
- Sliding skills
- Moving shots

### SEQUENCE #3

- Stick saves
- Rebounds
- Tips and deflections

### SEQUENCE #4

- East-west plays
- High-to-low / low-to-high plays

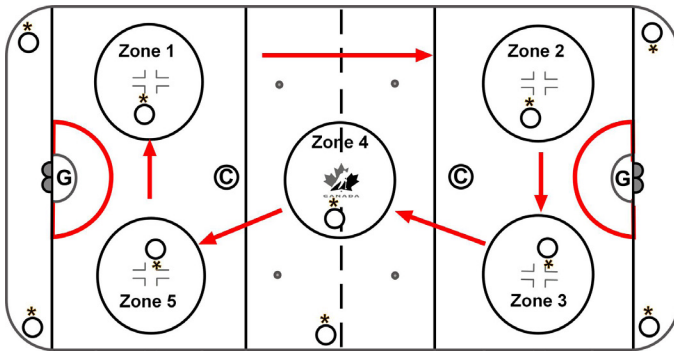


DRILL THEME:

# Stationary Puck Control

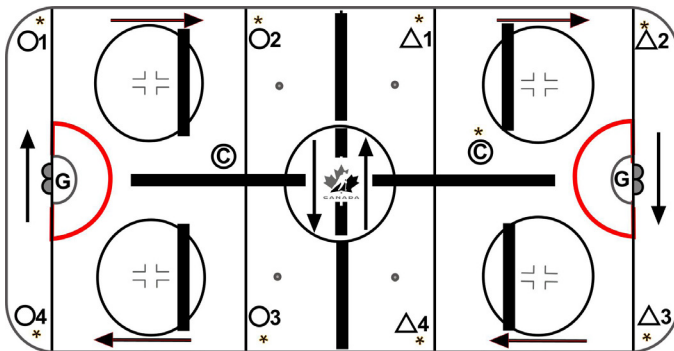
DRILL NAME:

Five-Circle Set-Up /  
Four-Station Set-Up /  
Two-Station Half-Ice Set-Up

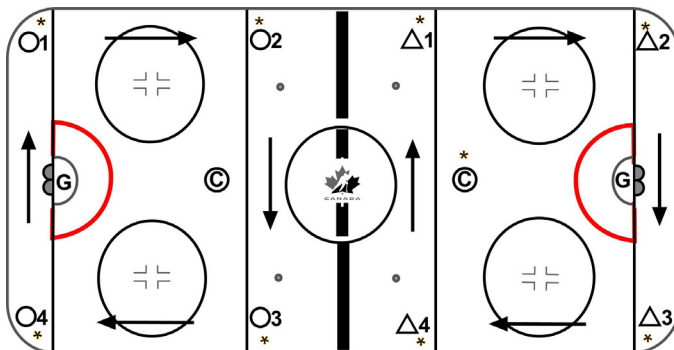


**5 - 10 Skaters / 2 Goalies / 2 Coaches**

Goalies can skate and puck-handle with players or work on crease skating patterns with a goalie coach.



**8 - 16 Skaters / 2 Goalies / 2 Coaches**



**8 - 16 Skaters / 2 Goalies / 2 Coaches**

## Skills:

### SEQUENCE #1

- Stationary puck control – narrow
- Stationary puck control – wide
- Stationary puck control – side - front - side
- Stationary puck control – toe drag – side
- Stationary puck control – one hand

### SEQUENCE #2

- Stationary puck control – narrow & wide combination
- Stationary puck control – hands together
- Stationary puck control – hands wide
- Stationary puck control – toe drag – side
- Stationary puck control – puck scoop – forehand

### SEQUENCE #3

- Stationary puck control – rotation
- Stationary puck control – toe drag – front

- Stationary puck control – figure 8s – two hands
- Stationary puck control – around the body – box
- Stationary puck control – puck scoop – backhand

### SEQUENCE #4

- Stationary puck control – toe drag – side & front
- Stationary puck control – figure 8s – one hand
- Stationary puck control – around the body – triangle
- Stationary puck control – stick through legs

### SEQUENCE #5

- Stationary puck control – puck through legs from back
- Stationary puck control – switch hands
- Stationary puck control – bounce puck on blade
- Stationary puck control – flip puck up – knock down

## Goalie Skills:

### SEQUENCE #1

- Skating skills
- Crease skating skills
- Stationary shots

### SEQUENCE #2

- Hands drills
- Sliding skills
- Moving shots

### SEQUENCE #3

- Stick saves
- Rebounds
- Tips and deflections

### SEQUENCE #4

- East-west plays
- High-to-low / low-to-high plays

### Drill Description:

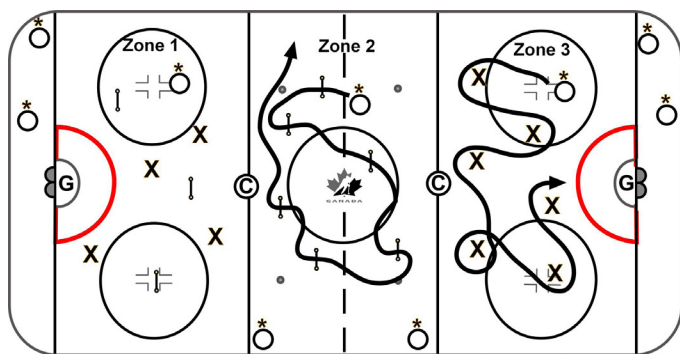
Use the five circles and identify one stationary puck-handling skill to be taught at each circle. Coaches should be stationed so they can instruct at 2-3 circles to facilitate teaching. Follow the rotation outlined every 3-5 minutes. Coaches should be mindful of work-to-rest ratios depending on the number of players on the ice and at each station. Make sure there is proper rest and hydration.

## DRILL THEME:

# Moving Puck Control

## DRILL NAME:

### Three-Zone Set-Up



**8 – 12 Skaters / 2 Goalies / 2 Coaches**

**Goalies receive shots in Zone 1 and Zone 3.**

### Drill Description:

Use the three-zone set-up and identify one moving puck-handling skill to be taught at each zone. Within each zone coaches can set up pylons or other obstacles that players can maneuver through while focusing on their puck-control skills, or players can simply maneuver through the zone in a free flowing “chaos” type drill. Coaches should be stationed so they can observe two zones to facilitate teaching. Rotate skills every 3-5 minutes. Coaches should be mindful of work-to-rest ratios depending on the number of players on the ice and at each station. Make sure there is proper rest and hydration.

## Skills:

### SEQUENCE #1

- Moving puck control – narrow
- Moving puck control – wide
- Moving puck control – weaving with puck

### SEQUENCE #2

- Moving puck control – narrow and wide combination
- Moving puck control – side - front - side
- Moving puck control – one leg – left and right

### SEQUENCE #3

- Moving puck control – one leg – left and right / front and back
- Moving puck control – one hand
- Moving puck control – behind body – side to side

### SEQUENCE #4

- Moving puck control – hands together
- Moving puck control – hands wide
- Moving puck control – stick through legs

### SEQUENCE #5

- Moving puck control – rotation
- Moving puck control – puck through legs from back
- Moving puck control – switch hands

### SEQUENCE #6

- Moving puck control – toe drag – front and side
- Moving puck control – body / puck – opposite
- Moving puck control – puck in feet

### SEQUENCE #7

- Moving puck control – body / stick – opposite
- Moving puck control – c-cuts heel – narrow
- Moving puck control – c-cuts heel – wide

### SEQUENCE #8

- Moving puck control – slalom narrow and wide / toe drag combination
- Moving puck control – puck scoop – forehand
- Moving puck control – heel to heel – skates

### SEQUENCE #9

- Moving puck control – puck scoop – backhand
- Moving puck control – 360 spin – left and right
- Moving puck control – figure 8s – two pylons

### SEQUENCE #10

- Moving puck control – figure 8s – transition
- Moving puck control – two pucks – stick and feet
- Moving puck control – fake – toe drag

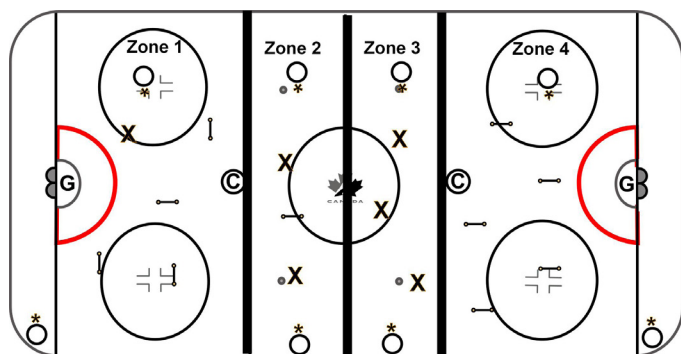


DRILL THEME:

# Moving Puck Control

DRILL NAME:

## Four-Zone Set-Up



**8 – 12 Skaters / 2 Goalies / 2 Coaches**

**Goalies receive shots in Zone 1 and Zone 4.**

### Drill Description:

Use the four-zone set-up and identify one moving puck-handling skill to be taught at each zone. Within each zone coaches can set up pylons or other obstacles that players can maneuver through while focusing on their puck control skills, or players can simply maneuver through the zone in a free flowing “chaos” type drill. Coaches should be stationed so they observe two zones to facilitate teaching. Rotate skills every 3-5 minutes. Coaches should be mindful of work-to-rest ratios depending on the number of players on the ice and at each station. Make sure there is proper rest and hydration.

### Skills:

#### SEQUENCE #1

- Moving puck control – narrow
- Moving puck control – wide
- Moving puck control – side - front - side
- Moving puck control – weaving with puck

#### SEQUENCE #2

- Moving puck control – one leg – left and right
- Moving puck control – narrow and wide combination
- Moving puck control – hands together
- Moving puck control – hands wide

#### SEQUENCE #3

- Moving puck control – behind body – side to side
- Moving puck control – rotation
- Moving puck control – stick through legs
- Moving puck control –

puck through legs  
from back

#### SEQUENCE #4

- Moving puck control – switch hands
- Moving puck control – toe drag – front and side
- Moving puck control – puck in feet
- Moving puck control – slalom narrow and wide / toe drag combination

#### SEQUENCE #5

- Moving puck control – two pucks – stick and feet
- Moving puck control – toe drag – skates on one side
- Moving puck control – forehand only – with pylons
- Moving puck control – puck inside pylon – off stick

#### SEQUENCE #6

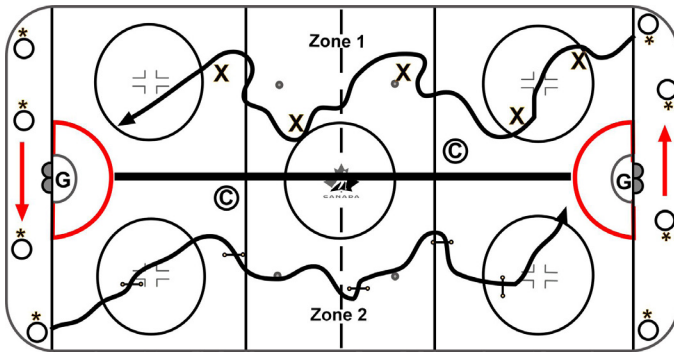
- Moving puck control – fake – toe drag
- Moving puck control – puck inside pylon – on stick
- Moving puck control – forehand – one hand – with pylons
- Moving puck control – puck scoop – forehand

DRILL THEME:

# Moving Puck Control

DRILL NAME:

## Two-Lane Set-Up



**8 – 12 Skaters / 2 Goalies / 2 Coaches**

**Goalies receive shots at the end of the drill.**

### Drill Description:

The two-lane set-up works well with pylon courses as well as open-ice puck-control skills. Pylons/obstacles can be staggered narrow or wide. Players are organized at opposite ends and flow through one lane per repetition. Coaches can identify one skill to be practiced in both lanes, or identify one skill per lane (two skills total). Rotate through different skills every 3-5 minutes. Coaches should be mindful of work-to-rest ratios depending on the number of players on the ice and at each station. Make sure there is proper rest and hydration.

### Skills:

#### SEQUENCE #1

- Moving puck control – one hand
- Moving puck control – open ice carry – forehand

#### SEQUENCE #2

- Moving puck control – hands together
- Moving puck control – open ice carry – backhand

#### SEQUENCE #3

- Moving puck control – open ice carry – combination
- Moving puck control – hands wide

#### SEQUENCE #4

- Moving puck control – switch hands
- Moving puck control – weaving with puck

#### SEQUENCE #5

- Moving puck control – forehand only – with pylons
- Moving puck control – three crossovers – carry the puck

#### SEQUENCE #6

- Moving puck control – forehand – one hand – with pylons
- Moving puck control – three crossovers – stickhandling the puck

#### SEQUENCE #7

- Moving puck control – backhand – one hand – with pylons
- Moving puck control – two pucks

#### SEQUENCE #8

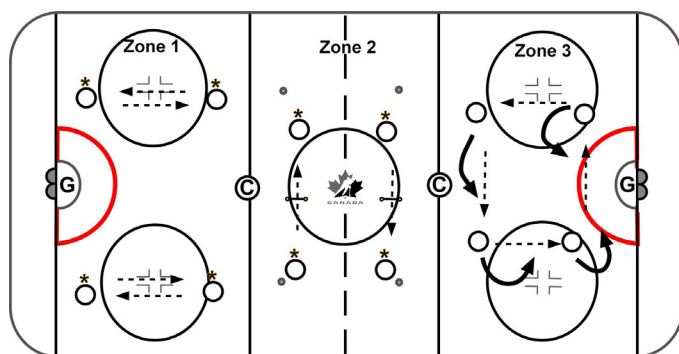
- Moving puck control – puck inside pylon – off stick
- Moving puck control – puck inside pylon – on stick

DRILL THEME:

# Stationary Passing and Receiving

DRILL NAME:

## Three-Zone Set-Up



**8 – 12 Skaters / 2 Goalies / 2 Coaches**

Goalies can work on passing or work with a goalie coach.

### Drill Description:

Split the ice into three zones and identify a stationary passing skill to be learned in each zone. A coach should be stationed in between zones to facilitate learning. The coach can vary the passing length by adjusting the position of the players. Challenge players by adding obstacles, which players must pass over/around. Rotate skills every 3-5 minutes. Coaches should be mindful of work-to-rest ratios depending on the number of players on the ice and at each station. Make sure there is proper rest and hydration.

### Skills:

#### SEQUENCE #1

- Stationary forehand pass
- Stationary backhand pass
- Passing support

#### SEQUENCE #2

- Stationary backhand pass – forehand receive
- Stationary forehand pass – backhand receive
- Stationary saucer pass – forehand

#### SEQUENCE #3

- Stationary saucer pass – backhand
- Flip puck to partner – knock down pass back
- Pass behind – pull puck back through legs

#### SEQUENCE #4

- Pass behind – take off skate to stick
- Pass and follow
- Stationary saucer pass – forehand

### Goalie Skills:

#### SEQUENCE #1

- Stick saves
- Rebounds
- Tips and deflections

#### SEQUENCE #2

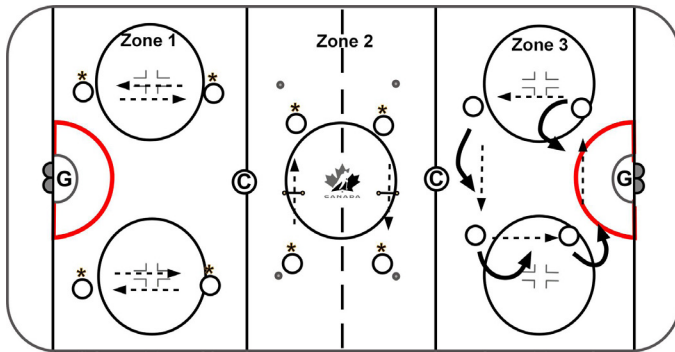
- East-west plays
- High-to-low / low-to-high plays

DRILL THEME:

# Stationary Passing and Receiving

DRILL NAME:

## Five Circles



**8 – 12 Skaters / 2 Goalies / 2 Coaches**

Goalies can work on passing or work with a goalie coach.

### Drill Description:

Use the five circles and identify one stationary passing skill to be taught at each circle. Coaches should be stationed so they can observe 2-3 circles to facilitate teaching. Rotate skills every 3-5 minutes. Coaches should be mindful of work-to-rest ratios depending on the number of players on the ice and at each station. Make sure there is proper rest and hydration.

### Skills:

#### SEQUENCE #1

- Stationary forehand pass
- Stationary backhand pass
- Stationary backhand pass – forehand receive
- Stationary forehand pass – backhand receive
- Pass and follow

#### SEQUENCE #2

- Stationary saucer pass – forehand
- Stationary saucer pass – backhand
- Flip puck to partner – knock down pass back
- Pass behind – pull puck back through legs
- Pass behind – take off skate to stick

### Goalie Skills:

#### SEQUENCE #1

- Skating skills
- Crease skating skills
- Stationary shots

#### SEQUENCE #2

- Hands drills
- Sliding skills
- Moving shots

#### SEQUENCE #3

- Stick saves
- Rebounds
- Tips and deflections

#### SEQUENCE #3

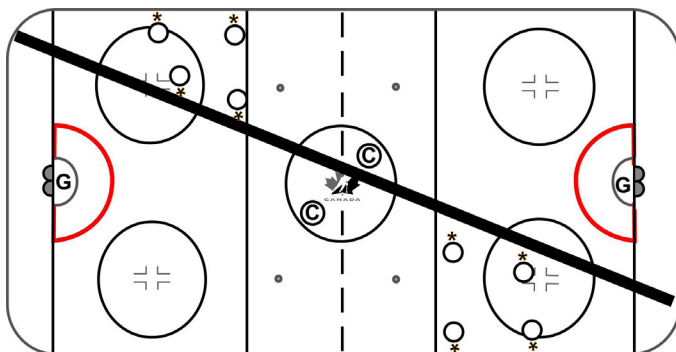
- East-west plays
- High-to-low / low-to-high plays

DRILL THEME:

# Moving Passing and Receiving

DRILL NAME:

## Diagonal Set-Up



**8 – 12 Skaters / 2 Goalies / 2 Coaches**

**Goalies receive shots at the end of the drill.**

### Drill Description:

The diagonal set-up allows the players to practice their passing and receiving at various distances throughout the length of the ice. This set-up allows the players to finish the drill with a scoring opportunity. Coaches should be mindful of work-to-rest ratios depending on the number of players on the ice and at each station. Make sure there is proper rest and hydration.

### Skills:

#### SEQUENCE #1

- Moving forehand pass
- Moving backhand pass

#### SEQUENCE #2

- Moving forehand pass / receive – one touch
- Moving backhand pass / receive – one touchpass – forehand

#### SEQUENCE #3

- Moving saucer pass – forehand
- Moving saucer pass – backhand

#### SEQUENCE #4

- Pairs passing – double weave
- Pass and follow

#### SEQUENCE #5

- Moving bank pass – forehand
- Moving bank pass – backhand

#### SEQUENCE #6

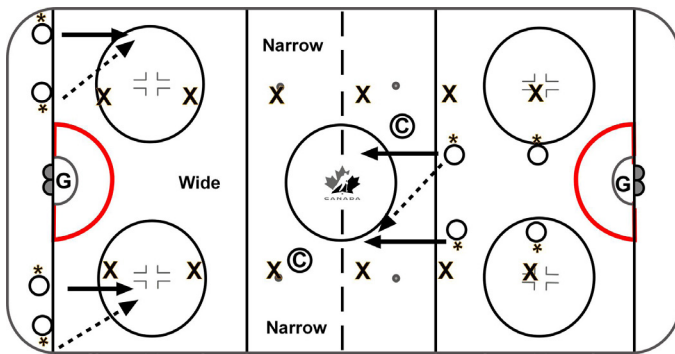
- Pass behind – pull puck through legs
- Pass behind – off skate to stick

DRILL THEME:

# Moving Passing and Receiving

DRILL NAME:

## Narrow/Wide Set-Up



**8 – 12 Skaters / 2 Goalies / 2 Coaches**

**Goalies receive shots at the end of the drill.**

### Drill Description:

The narrow/wide set-up allows for maximum ice use while challenging players' passing/receiving skills. Narrow/wide lanes go at the same time in order to offer players an added challenge. Coaches should be mindful of work-to-rest ratios depending on the number of players on the ice and at each station. Make sure there is proper rest and hydration.

### Skills:

#### SEQUENCE #1

- Moving forehand pass
- Moving backhand pass

#### SEQUENCE #2

- Moving forehand pass / receive – one touch
- Moving backhand pass / receive – one touch

#### SEQUENCE #3

- Moving saucer pass – forehand
- Moving saucer pass – backhand

#### SEQUENCE #4

- Pairs passing – double weave
- Pass and follow

#### SEQUENCE #5

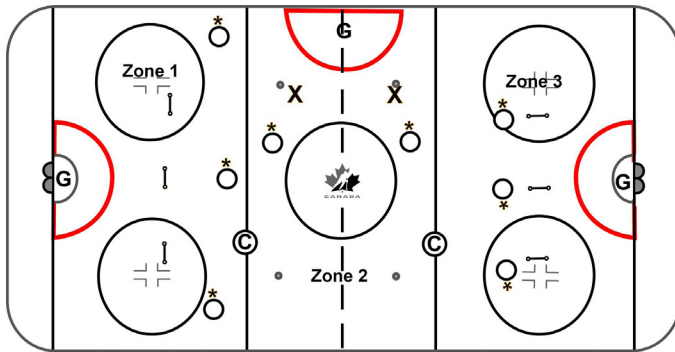
- Pass behind – pull puck through legs
- Pass behind – off skate to stick

DRILL THEME:

# Stationary Shooting and Scoring

DRILL NAME:

## Three-Zone Set-Up



**8 – 12 Skaters / 2 Goalies / 2 Coaches**

**Goalies receive shots in Zone 1 and Zone 3.**

### Drill Description:

Identify one stationary/moving shooting skill for each zone. Coaches should be stationed between zones to facilitate teaching. Rotate every 3-5 minutes. Coaches should be mindful of work-to-rest ratios depending on the number of players on the ice and at each station. Make sure there is proper rest and hydration.

### Skills:

#### SEQUENCE #1

- Wrist shot
- Backhand
- Pull in / push out

#### SEQUENCE #2

- Backhand
- Snap shot
- Shoot in motion

#### SEQUENCE #3

- Wrist shot – change angle
- Wrist shot – quick release
- Shot off a pass

#### SEQUENCE #4

- Shot off a pass
- Change shooting angle
- One-timer

#### SEQUENCE #5

- Shooting off net drive
- Slap shot – one-timer
- Stationary tips / deflections

#### SEQUENCE #6

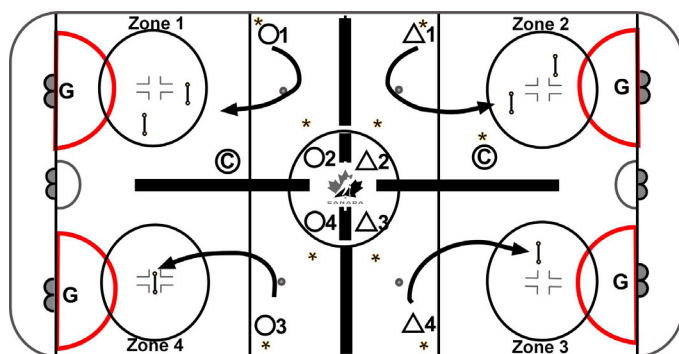
- Tips / deflections
- Stationary tips – out of air – forehand and backhand
- Stationary tips – between legs – forehand and backhand

DRILL THEME:

# Moving Shooting and Scoring

DRILL NAME:

## Four-Zone Set-Up



**4 - 12 Skaters / 4 Goalies / 2 Coaches**

Goalies receive shots in all zones.

### Drill Description:

Use the four-zone set-up to teach shooting and scoring in motion. Positioning the nets along the goal line gives the shooter more space before attempting a shot. Coaches should be stationed between zones to facilitate teaching. Rotate every 3-5 minutes. Coaches should be mindful of work-to-rest ratios depending on the number of players on the ice and at each station. Make sure there is proper rest and hydration.

### Skills:

#### SEQUENCE #1

- Wrist shot / backhand
- Puck protect with shot
- Shoot front foot

#### SEQUENCE #2

- Fake shot forehand – go backhand
- Fake shot backhand – go forehand

#### SEQUENCE #2

- Change angle
- Fake shot shoot
- Slap shot – in motion

#### SEQUENCE #3

- Backhand
- Snap shot
- Shoot in motion

#### SEQUENCE #4

- Delay – net drive
- Change angle
- Shoot on inside foot

#### SEQUENCE #5

- Pull in / push out
- Backhand
- Shooting on outside leg

#### SEQUENCE #6

- Stick through legs flip shot
- Quick release

### Goalie Skills:

#### SEQUENCE #1

- Skating skills
- Crease skating skills
- Stationary shots

#### SEQUENCE #2

- Hands drills
- Sliding skills
- Moving shots

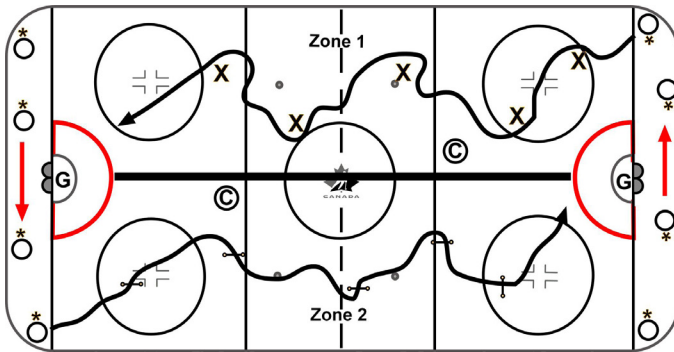


DRILL THEME:

# Moving Shooting and Scoring

DRILL NAME:

## Two-Lane Set-Up



**8 – 12 Skaters / 2 Goalies / 2 Coaches**

Goalies receive shots at the end of the drill.

### Drill Description:

The two-lane set-up is a great set-up to facilitate the learning of dekes and fakes. Create an environment that will foster further speed with skill development. Introduce a new skill every 3-5 minutes or repetitions. Coaches should be mindful of work-to-rest ratios depending on the number of players on the ice and at each station. Make sure there is proper rest and hydration.

### Skills:

#### SEQUENCE #1

- Wrist shot / backhand
- Puck protect with shot

#### SEQUENCE #2

- Fake shot forehand – go backhand
- Fake shot backhand – go forehand

#### SEQUENCE #3

- Change angle
- Fake shot shoot

#### SEQUENCE #4

- Delay – net drive
- Change angle

#### SEQUENCE #5

- Pull in / push out
- Backhand

#### SEQUENCE #6

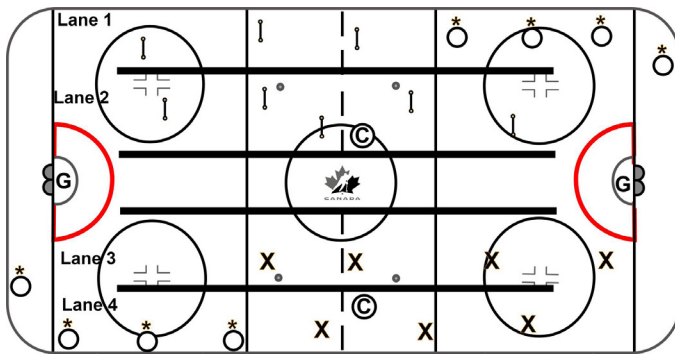
- Stick through legs flip shot
- Quick release

DRILL THEME:

# Offensive Attack

DRILL NAME:

## Four-Lane Set-Up



**8 - 12 Skaters / 2 Goalies / 2 Coaches**

Goalies receive shots in Lane 2 and Lane 3.

### Drill Description:

The four-lane set-up works well with pylon courses as well as open-ice puck-control skills. Pylons can be staggered narrow or wide. Players are organized into a single line and flow through all four lanes. Coaches can identify one skill to be practiced in all four lanes or identify four separate skills to be practiced in each individual lane. Rotate through different skills every 3-5 minutes. Coaches should be mindful of work-to-rest ratios depending on the number of players on the ice and at each station. Make sure there is proper rest and hydration.

### Skills:

#### SEQUENCE #1

- Moving puck control – open ice carry – forehand
- Moving puck control – weaving with puck
- Moving puck control – one leg – left and right
- Moving puck control – open-ice carry – backhand

#### SEQUENCE #2

- Moving puck control – open-ice carry – combination
- Moving puck control – one hand
- Moving puck control – three crossovers – carry the puck
- Moving puck control – switch hands

#### SEQUENCE #3

- Moving puck control – three crossovers – stickhandling the puck
- Moving puck control – 360 spin – left and right
- Moving puck control – forehand only – with pylons
- Moving puck control – edge control – inside edge

#### SEQUENCE #4

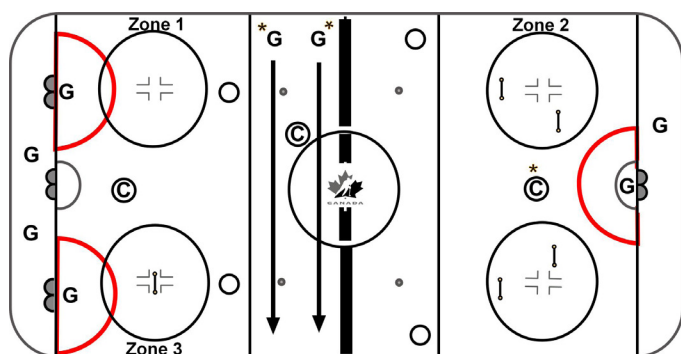
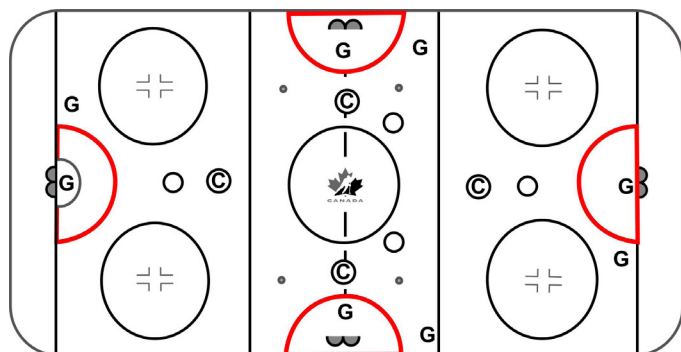
- Moving puck control – slalom narrow and wide / toe drag combination
- Moving puck control – backhand – one hand – with pylons
- Moving puck control – puck in feet
- Moving puck control – puck inside pylon – off stick

DRILL THEME:

# Goaltenders

DRILL NAME:

## Three-Zone Goaltender Set-Up



**8 Goalies / 4-6 Shooters / 2-3 Coaches**

### Drill Description:

The three-zone set-up works well with approximately eight goalies on the ice (while still allowing for shooters and respecting proper distancing), making sure goalies get enough net time. Maximum of two goalies per net. Coaches can identify skills in each zone to be practiced in and out of the crease. Rotate through different skills every 3-5 minutes. Coaches should be mindful of work-to-rest ratios depending on the number of players on the ice and at each station. Make sure there is proper rest and hydration.

### Skills:

#### SEQUENCE #1

- Skating skills
- Crease skating skills
- Stationary shots

#### SEQUENCE #2

- Hands drills
- Sliding skills
- Moving shots

#### SEQUENCE #3

- Stick saves
- Rebounds
- Tips and deflections

#### SEQUENCE #4

- East-west plays
- High-to-low / low-to-high plays
- Entries

