

Hockey League Drills

Stick Handling:

Free Movement: Do warm-ups with the sticks. Run down and back without the puck but keeping your stick low below the waste. Add in the balls and use control down and back.

Weave and Shoot Drill: Place 3-4 cones about 3 feet apart from goal to goal. Make a line at one end of the court. The first player will weave in and out of the cones with his/her puck until he/she is in front of the goal and then shoot.

Red Light/Green Light: Line your players up on end of your court. On coach's command "green light" the players will move forward with the puck. On "red light" the players will stop the puck and stand in ready position. You can also have the player stop the puck and tap it back and forth.

Retrieve the Puck: Place all of the pucks inside an area. Have the players walk around the area in a circle. On the coach's command the players will run in and retrieve a puck with their stick and handle it out to a designated area. Remove one puck and then the player who doesn't get a puck can try to steal it from players who do until they get to the designated "safe" area. Keep doing this until one player is left (musical chairs).

Passing:

Accuracy Pass Drill: Pair your players up and place them about 5-10 feet apart. Have them pass back and forth. Make sure they are stopping the puck before they pass it back. Don't just let them swing. Make sure they are still keeping the sticks low. They also need to be stepping towards their target and pushing the puck.

Distance Drill: Divide your team into groups of three. Have two players face each other, as in the passing drill above. Place the other player in-between the pair with his/her legs spread wide. The two players on the end will attempt to pass the puck back and forth between the middle person's legs. Have the kids focus on stepping at their target and pushing the puck with their sticks low.

Give and Go Drill: Divide the team into two lines. Working in pairs, one player will pass down the court to the second player and then run past their teammate to receive a pass. Players continue until they reach the goal and then take a shot.

Circle Drill: Arrange the team into a circle. Have one player start with the puck and pass it to someone in the circle. The person receiving the pass will then run around the outside of the circle stick handling the puck and return to his/her spot. They will then pass the puck to someone else who will continue the drill.

Shooting:

Forehand Shot: Players stand facing the goal, with the stick and puck on his/her dominant side. Dominant hand should be lower on the stick, arm almost fully extended and the palm should be facing up. The other hand should be near the top of the stick and palm facing down. Have them take a shot. They should step forward with the non-dominant foot. On the follow through the stick tip should be

pointing at the target, no higher than the waist. Divide the class and practice shooting at the goal one at a time.

Weave and Shoot: Place 2-3 players between the mid court and the goal. Make one line of kids at the top of the court. Have the first player in line take the puck and weave in and out of the other 3 players and shoot on the goal. They will return to the line and continue on. After a few rounds, switch the people in the middle with the people in line.

One on One: Have the players form two lines at one end of the court. One line is on offense and the other is defense. On go, the offensive player will try to score, the defensive player will try to stop them from scoring. If defense gets the ball, they give it back to the coach and then switch lines. If the offense scores, they will grab the puck and give it to the coach and switch lines.

Two on Two: Same concept as above but with two offensive players and two defensive players. Have the players work on passing to score. Same concepts apply as above. Work on the defense getting between the goal and the puck.

Face Off Drills:

Sweeper Pass Drill: Create one line of players. Place one player on a spot to simulate a face off. Place another player outside the area to have the puck swept to. On the coach's command the player will sweep the puck to a stationary teammate. Have the players rotate from face off, to stationary teammate, to back of line.

Swiftest Sweeper Drill: Divide the team in half. Create a simulated face off. Place one player from team "A" facing one direction and one player from team "B" facing the opposite direction. Have them face off and attempt to hit it back to their own teammates. Switch players around so everyone gets a chance to face off.

Positions

