

### 1A2. ANGLE BOARD SKATING

#### Objective


To develop stopping and quick direction changing skills

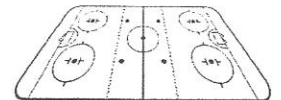
#### Key Teaching Points

- Encourage quick acceleration on the first three strides.
- Encourage players to execute two-footed stops and accelerate quickly in the opposite direction.
- Encourage players to practice stopping on both edges.

#### Description

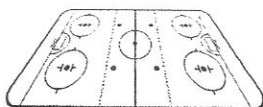
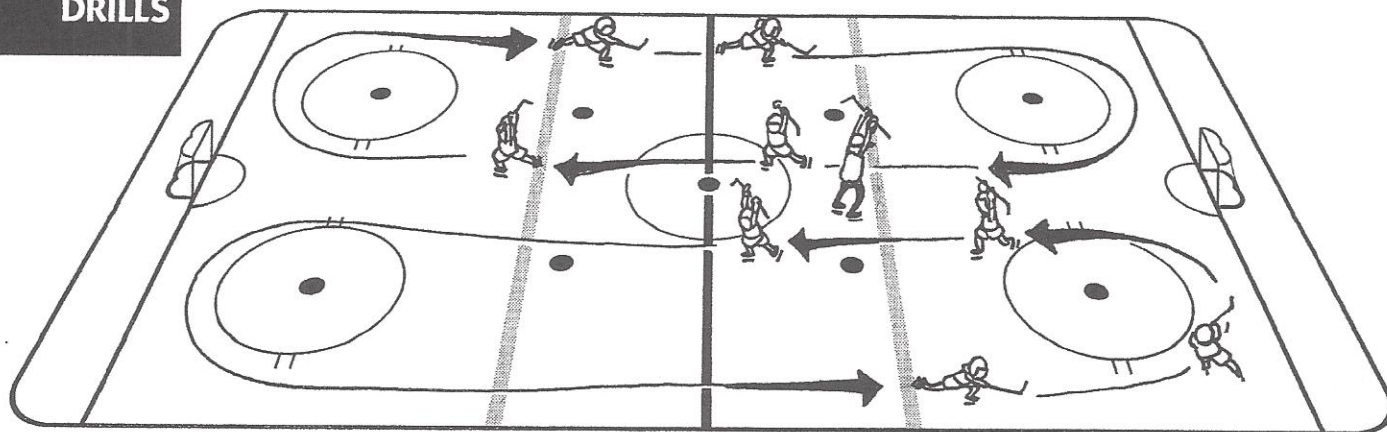
- Players start in one corner of the rink.
- The first player moves with quick speed toward the near blue line across the other side of the rink.
- Once the first player reaches the middle of the rink, the next player begins the drill.
- They execute two-footed stops and pivot, skating hard to the opposite centerline.
- Players continue to the other blue line and the far corner.

 **Expansion:** When players are halfway across the ice, have them go down on both knees, spin around on their knees, jump 360° in the air, jump over a stick, or dive under a stick.



- Ensure that the first few strides are explosive, working on speed training.
- Ensure players keep knees bent when changing directions.

# DIRECTIONAL SKATING DRILLS



## 1B1. DOUBLE CIRCLE WARMUP



### Objective

To develop a consistent dynamic on-ice stretching drill

### Key Teaching Points

- Encourage players to keep skating while they stretch.
- Emphasize long slower strides down the outside of the ice while stretching through the middle.

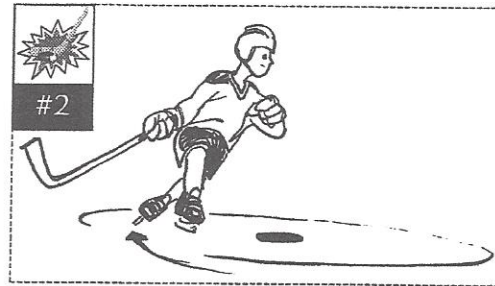
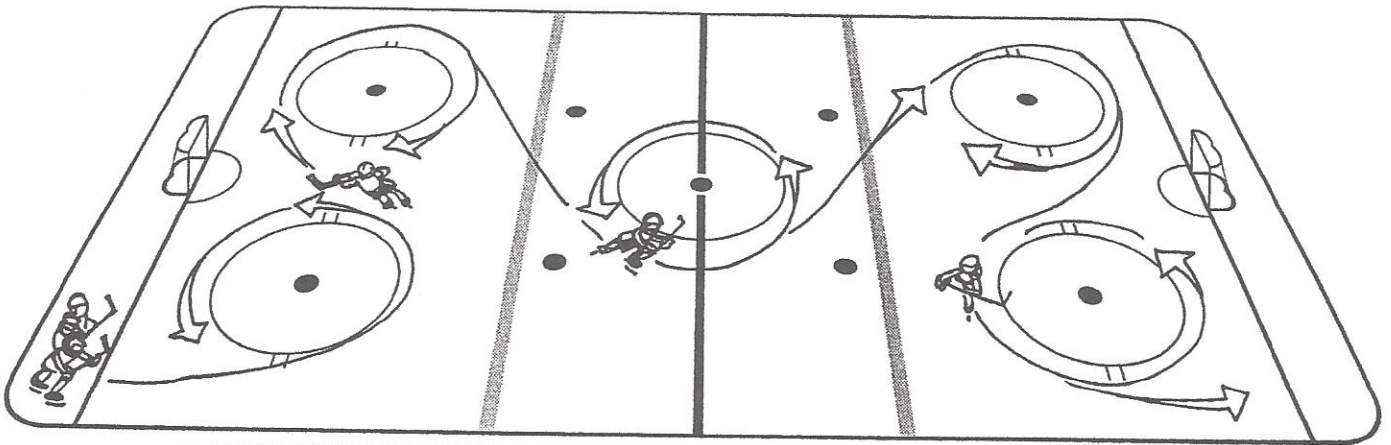
### Description

- This can be the first drill in all of your practices, beginning once all players are on the ice and following an introductory talk about the practice.
- Players skate half speed through the middle of the ice and as they reach the end zone, curl into either corner, skating back down the boards in the opposite direction. The drill is continuous in a double circle skating direction.

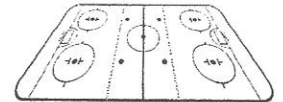
• *The long stride skating practice is designed to encourage full leg extension and should not be a race of any kind.*

- A coach stands stationary in the center of the blue line where the players begin skating through the middle of the ice, demonstrating the stretch that he wants the players to try as they skate through the mid-ice area.
- Two other coaches are located at the far outside blue lines encouraging the players to practice long strides with full leg extension as they skate down the outside of the rink.
- The drill continues until each player has stretched the shoulders, arms, back and legs in this dynamic stretching drill.





## 1B2. FIVE-CIRCLE SKATING



### Objective

To develop the proper technique for crossovers


### Key Teaching Points


- Encourage players to keep knees bent on the corners.
- Emphasize high leg crossovers.
- Emphasize improving crossovers in both directions.


### Description

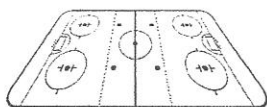
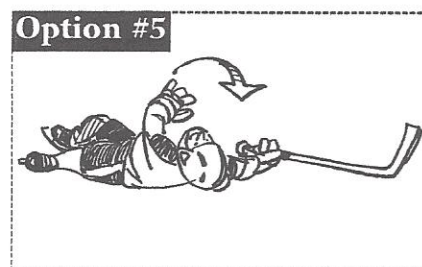
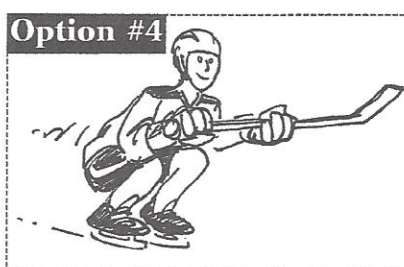
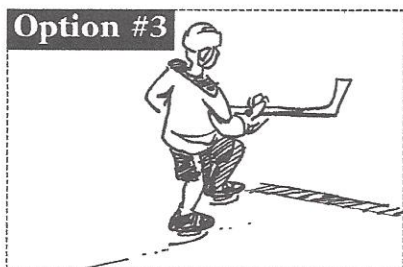
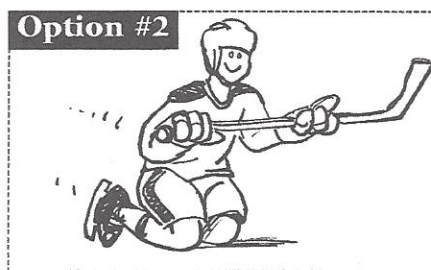
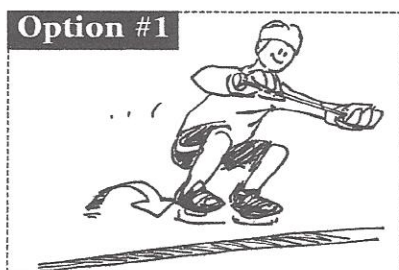
- Start all players in one corner of the rink.
- The first three players skate around the near circle then move to the adjacent circle skating in the opposite direction.
- Players proceed to the center circle and then to the far two circles.
- The next three players start when the previous group has completed the first circle.

• Emphasize holding the stick with two hands while skating forward and using one hand while skating backwards.

 Expansion #1: Have players bring their legs up very high on their crossovers to increase the difficulty.

 Expansion #2: Five-Circle, Look One Way Drill, where players must keep looking at the opposite end of rink while skating around all five circles. They must also make forward and backward transitions twice on each circle.

 Expansion #3: Drill 1B4, Combination Circle and Diagonal Skating, page 25.

**AGILITY  
DRILLS**

**2A1. FULL RINK SKATING**
**Objective**

- To develop agility while working on recovery and balance

**Key Teaching Points**

- Encourage quick tempo.
- Encourage players to sprint at full speed for the first few strides from a stationary position.

**Description**

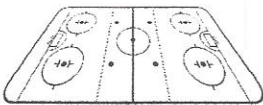
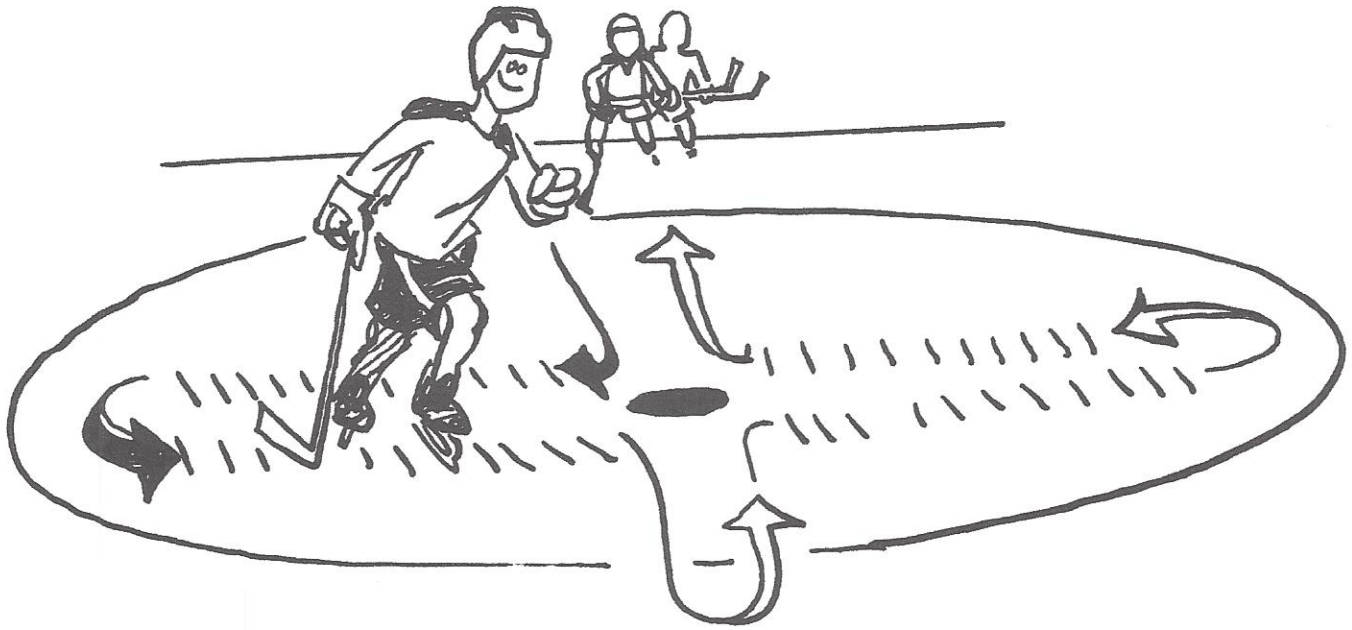
- Divide players into two groups, lining up one group along one goal line and the other directly behind the first.
- On a whistle, the first group skates hard to the other end of the rink.
- As soon as the first group reaches the near blue line, the second group begins skating.

**Options**

1. As they proceed down the ice, players perform two-footed jumps over the near blue line, centerline and far blue line as they skate.
2. Players go down on both knees at each line and hop back up, continuing on to the next line.
3. Players balance on one leg from the centerline to the far end of the rink.
4. Players perform a full squat at the centerline and hold it until all the way to end of the rink.
5. Players perform an Alligator Roll at the centerline—go down on the stomach, do a complete roll, and get back up.







## 2A5. FOUR-CORNER CIRCLE DRILL

### Objective

To develop quick transitions in tight spaces



### Key Teaching Points

- Encourage quick direction changes.
- Encourage good foot speed.
- Promote proper balance when moving laterally.

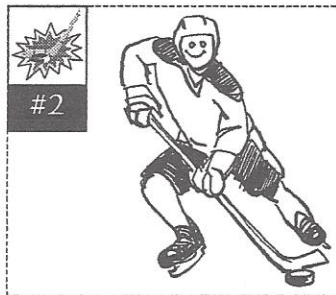
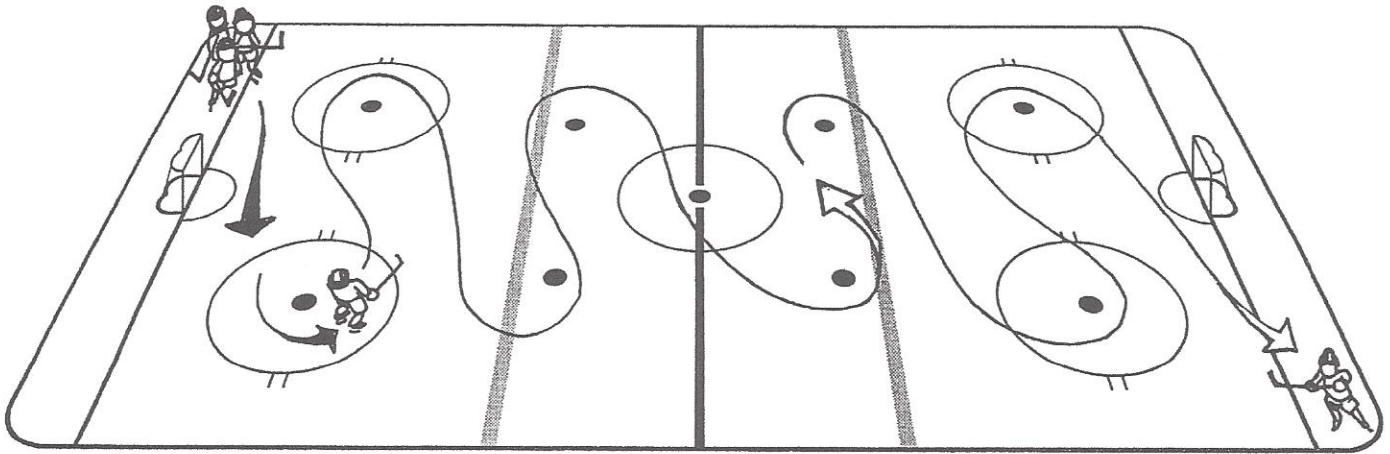
### Description

- Divide players into five equal groups and position a group at each corner circle and the center circle.

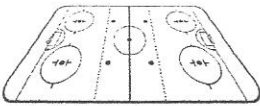
- *Emphasize quickness and bent knees.*
- *Watch for heads up and minimal hip and shoulder rotation.*

- The first player skates from the bottom of the circle to the middle, and back to the bottom always looking toward the middle of the ice.
- The player then skates up to the middle, over to one side, back to the middle, and up to the top.
- From the top, the player skates back to the middle, over to the other side, the middle and finally, to the bottom.
- Each player completes a full-circle skating drill, then the next player begins the drill.

 Expansion: Have players stickhandle pucks while skating.



## 2B2. EIGHT-DOT SKATING



### Objective

To develop improved footwork and quick direction changes

### Key Teaching Points

- Encourage quick foot speed around the dots.
- Encourage players to keep their heads up when skating.
- Encourage players to keep their knees bent to allow tighter corners.

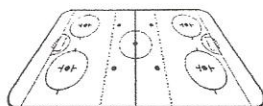
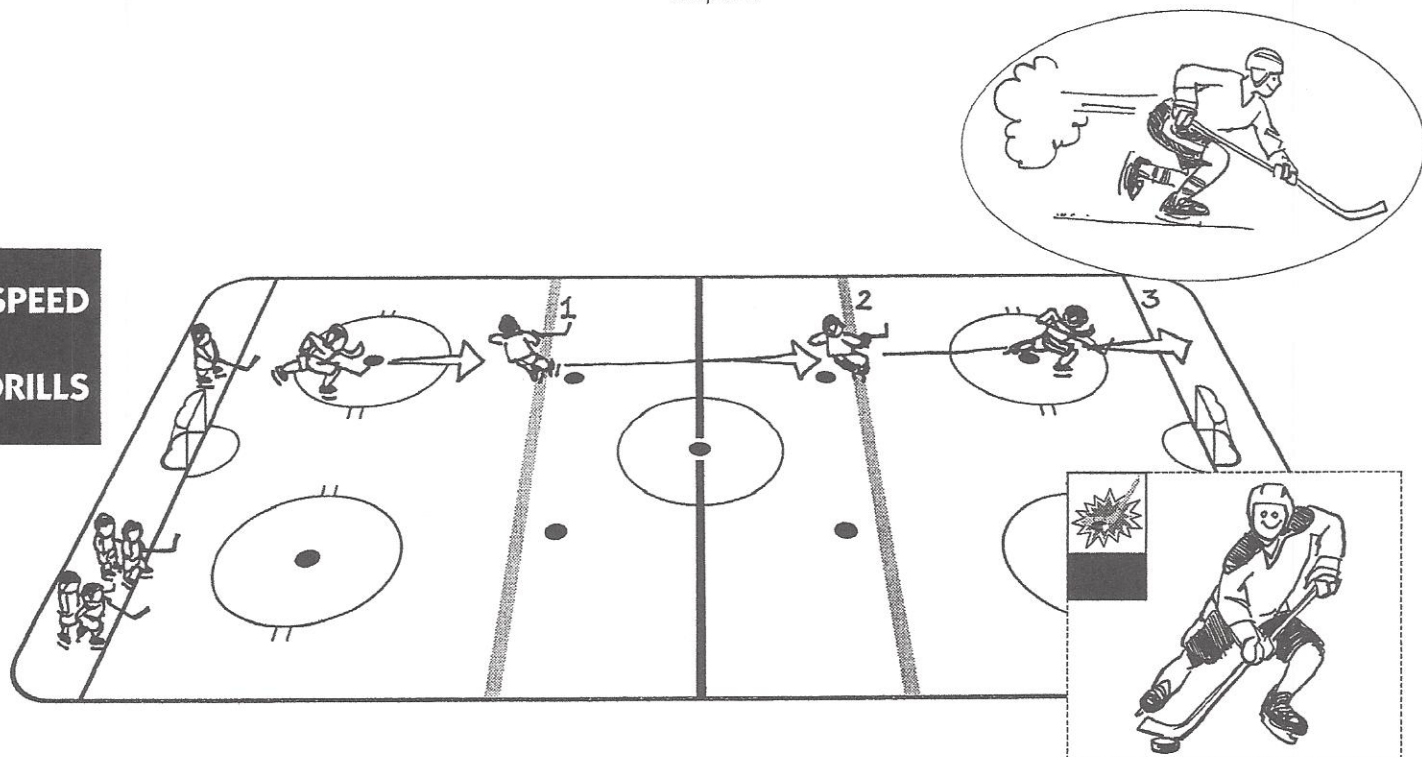
### Description

- Line players up in one corner of the rink.
- One at a time, players skate to the opposite corner dot and circle it.
- The skater proceeds to the close corner dot using the same circling maneuver.
- He continues around the dots outside both blue lines and in the opposite end zone.
- Once the lead player is around the first dot, the next skater begins.

✦ Expansion#1: Have players do complete 540° turns around each dot. (540° is one and one-half times around the dot.)

✦ Expansion#2: Have players stickhandle pucks while skating around the dots.



**SPEED  
DRILLS**

**3A1. LINE-TO-LINE SPRINT**
**Objective**

To develop explosive skating starts

**Key Teaching Points**

- Encourage players to keep knees bent for best skating thrust.
- Emphasize that the first three strides are the most important in developing quickness.
- Encourage players to practice stopping in both directions, facing towards one side of rink throughout the drill.

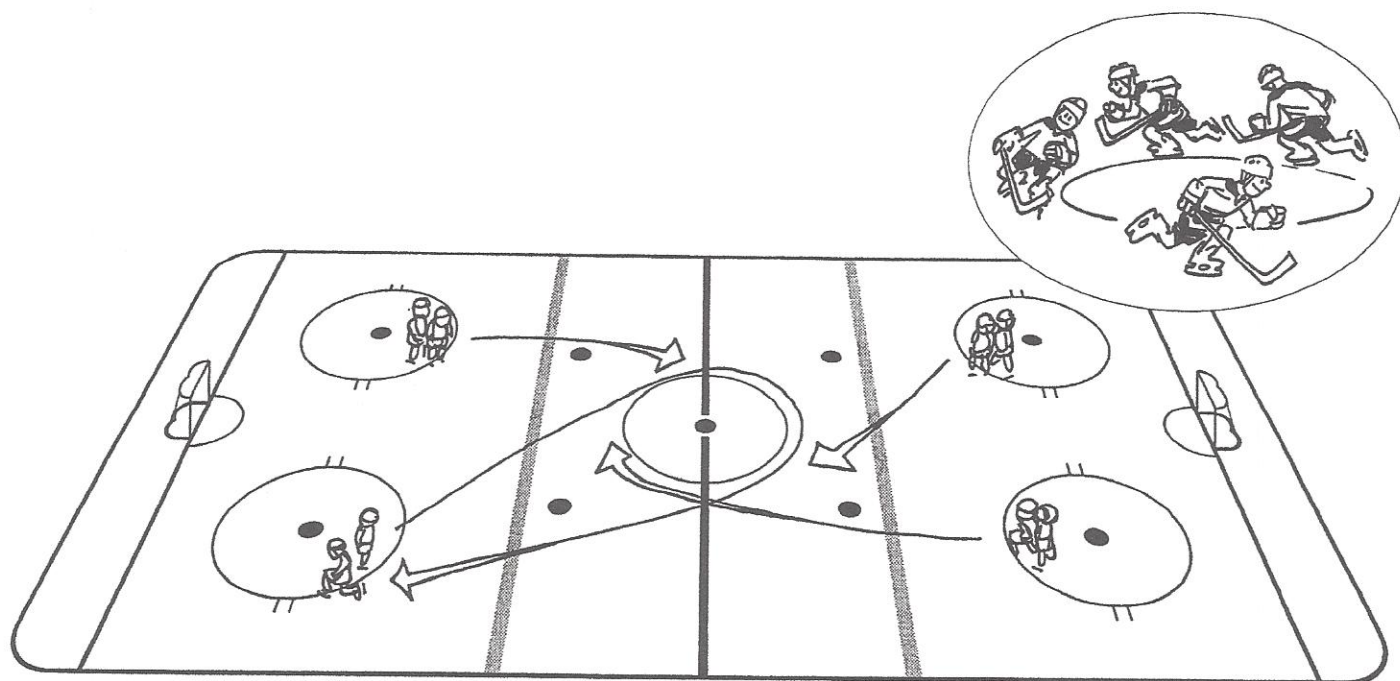
**Description**

- Divide the players into two equal groups, one group lined up on the goal line and the other directly behind.
  - On a whistle, the first group takes three sprinting strides.
  - They stop at the near blue line, always facing the same side of rink.
  - With the next whistle, they begin skating again with three explosive strides to the far blue line.
- On the final whistle, players sprint to the far goal line.
- Once the first group has skated to the near blue line, the second group can also begin the drill at the sound of the whistle.
- Once both groups have finished skating to the opposite end, repeat back to other end, this time stopping while facing towards the same side of rink as before, thereby practicing stopping in both directions.



Expansion: Have players stickhandle pucks while sprinting.

• *Emphasize explosive first three strides.*



### 3B1. FOUR-CORNER CIRCLE RELAY

#### Objective

To encourage team work and quick skating with crossovers

#### Key Teaching Points

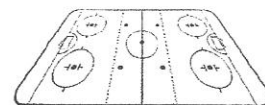
- Encourage explosive skating.
- Encourage players to keep their heads up and knees bent.
- Promote having fun with a relay race.

#### Description

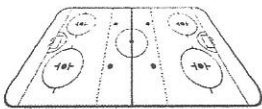
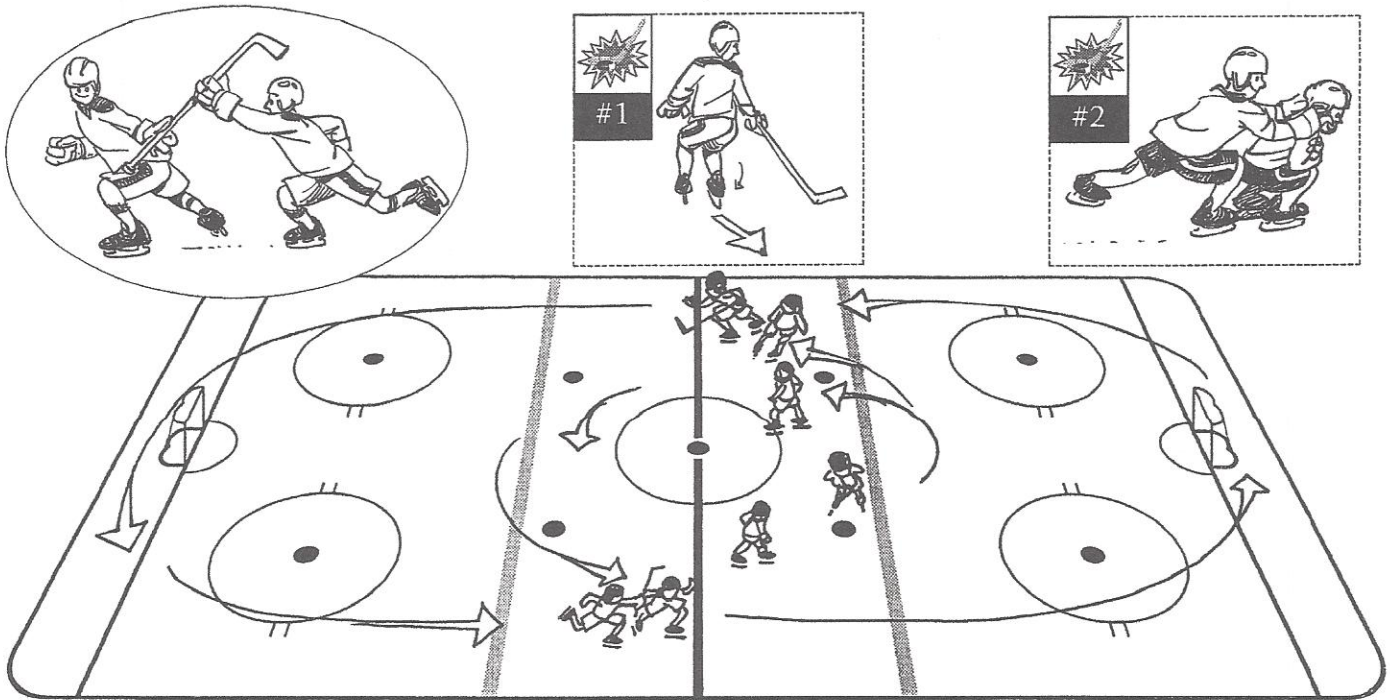
- Divide the team into four groups each located in a corner circle.
- On a whistle, the first player in each group skates quickly to the center circle.
- Players skate around the circle in the same direction and then directly back to their group.
- The next player only leaves the circle when the first player returns to the home circle.
- Players go down on one knee when finished skating. The first team finished is the winner.
- Repeat the drill with all players skating in the opposite direction.

✦ Expansion #1: Have the players skate the circle two or three times before returning to their groups.

✦ Expansion #2: 3B2. Bucket Relay, page 58.







### 3B7. HALF-LAP STICK RELAY

#### Objective

To improve full-speed skating and teamwork

#### Key Teaching Points

- Encourage full-speed skating intervals.
- Encourage teamwork with coordinating stick handoffs.

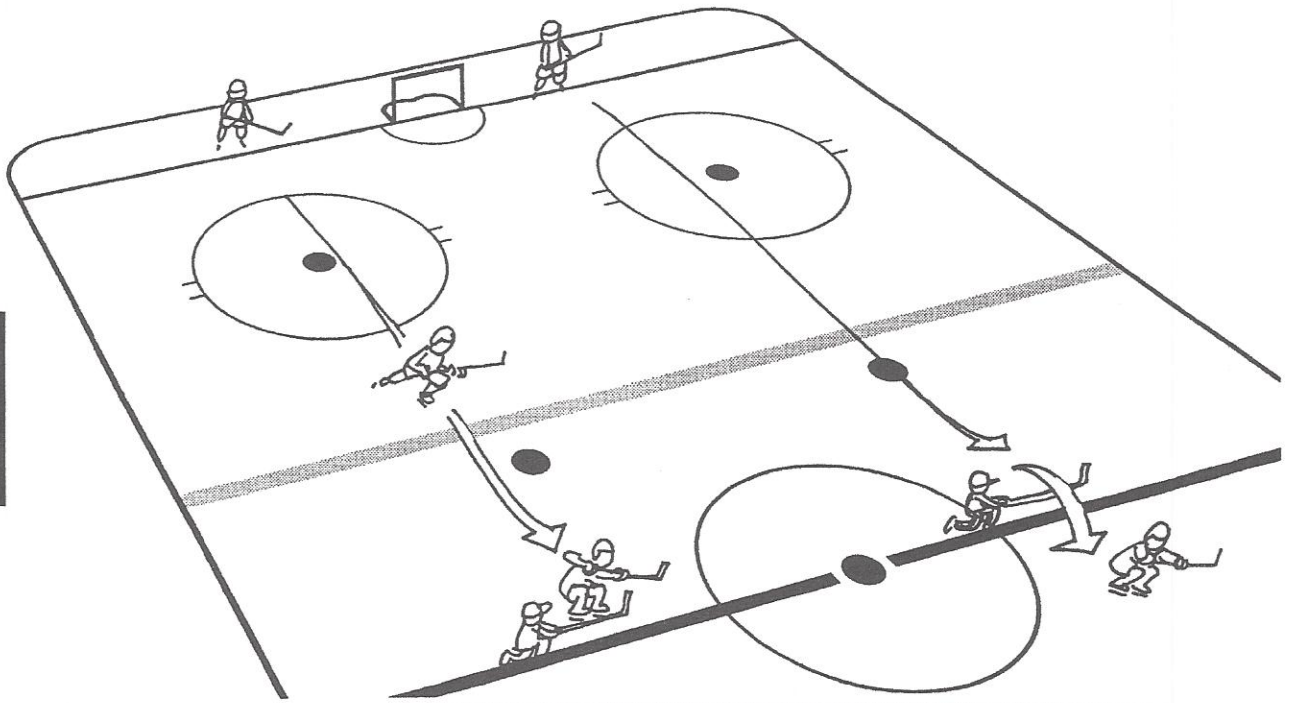
#### Description

- Divide the team into groups of four or five players.
- The first player in each group lines up on one side of the centerline with a stick. All other players discard their sticks in a corner out of the way.
- The other players begin the relay on the inside track of the ice.
- On a whistle, the first players in each group race around the far net while all other players slowly circle in the same direction on the inside track.
- After skating halfway around the ice, the first player of each team "hands off" his stick to a teammate who has started speeding up and merged into the outside track.
- Once the handoff is made, the second player skates hard halfway around the ice while the first player rests, skating slowly around the inside track.
- Continue the race until all players have sprinted halfway around the ice at least five or six times or until it is apparent that the skating intensity has begun to drop off.

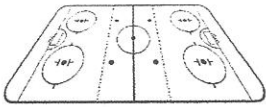
✦ Expansion #1: Have players skate backwards.

✦ Expansion #2: Have a pairs race. One teammate pushes another around the ice, then is pushed by the next teammate, thus incorporating a power development component.

• This drill is meant to be performed at top speed, since it simulates a hockey shift where players go hard for short periods of time then skate at more controlled speeds.



**POWER  
DRILLS**



**4A1. STICK JUMP DRILL**



**Objective**

To develop explosive leg extension and balance with knees bent

**Key Teaching Points**

- Encourage players to keep their knees bent on take-off and landing.
- Instruct players not to rotate their hips using a one-footed take-off, but to use a two-footed jump instead.

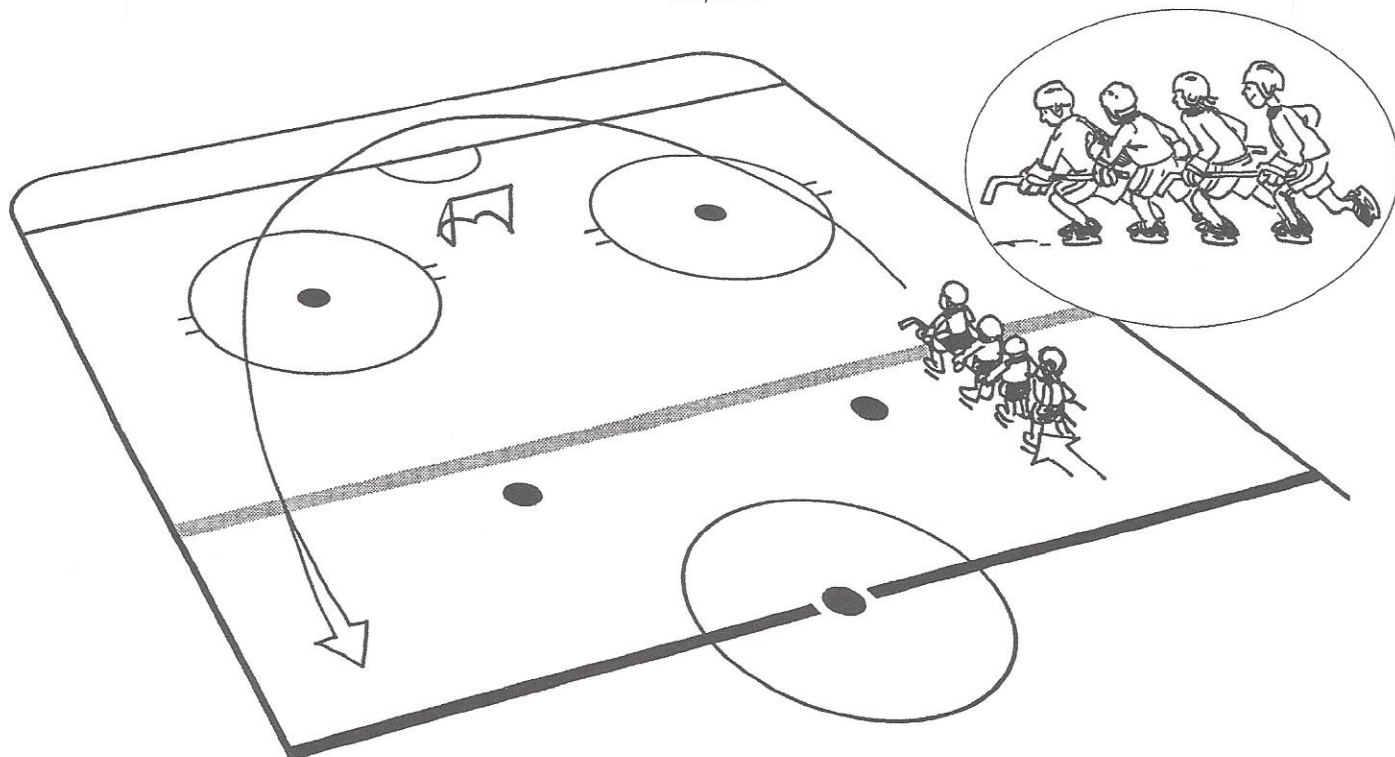
**Description**

- Divide the team into the same number of lines as coaches.
- Line up each group of players on one goal line.

• Encourage proper knee bending when landing.  
 • Encourage players' attempts at jumping over increasing stick heights, not just making successful jumps.

- Coaches kneel at the centerline evenly spaced with a stick extended one foot (30 cm) above the ice.
- One by one players skate fast and jump over the sticks.
- Each player begins skating after the previous player reaches the near blue line.
- ✦ Expansion: Slowly progress to higher stick levels.





## 4B2. HORSE AND WAGON RACE

### Objective

To develop a strong and powerful stride for improved skating

### Key Teaching Points

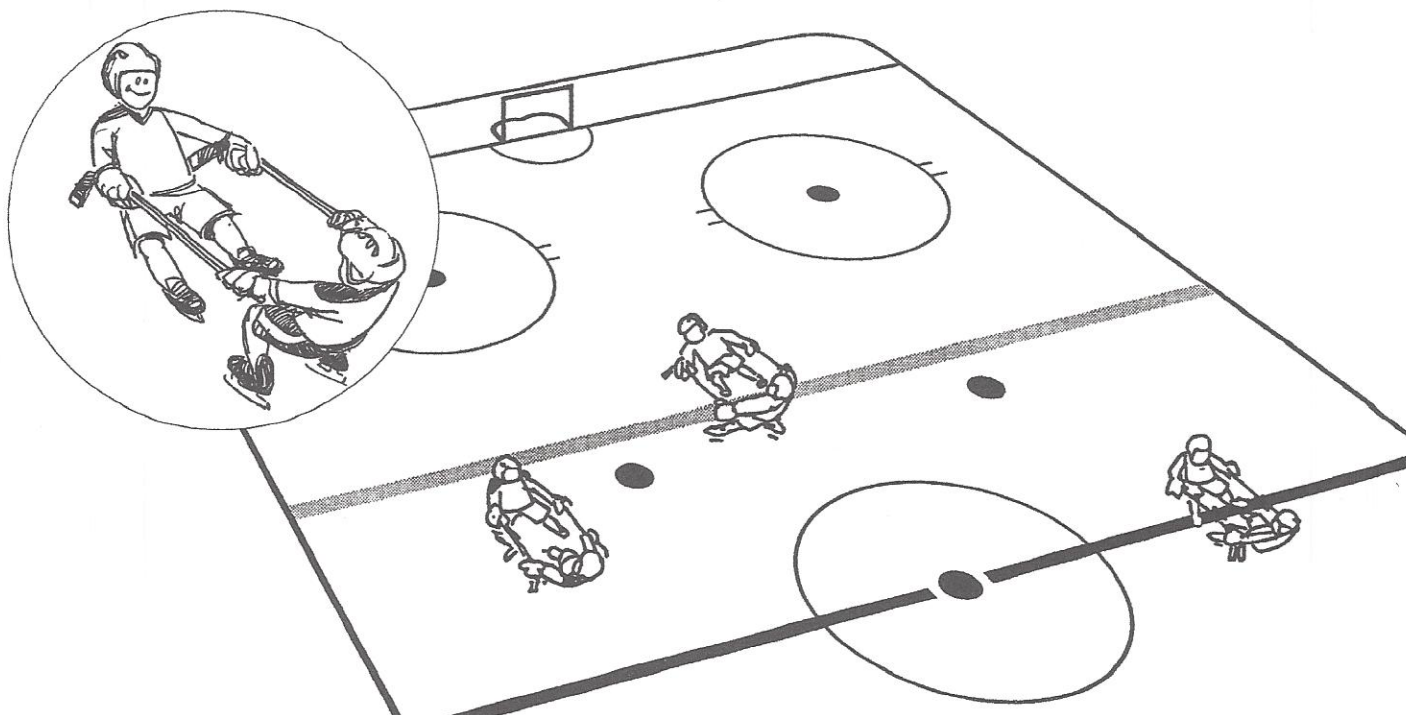
- Encourage teamwork.
- Encourage skating at full speed for one lap.

### Description

- Divide the team into groups of four.
- Have the groups line up in wagon train fashion at the centerline.
- The first player is the horse, the other three are wagons. The wagons connect to the horse with their sticks.
- On a whistle, the horse skates around the rink for one lap, pulling the wagons.
- When the first horse completes a lap, he moves to the back and becomes a wagon.
- The drill is complete when all four players have been horses.

• Make sure the players perform the drill in both directions.





#### 4B4. BACKWARDS SKATING TUG OF WAR



##### Objective

To develop powerful strides when skating backwards

##### Key Teaching Points

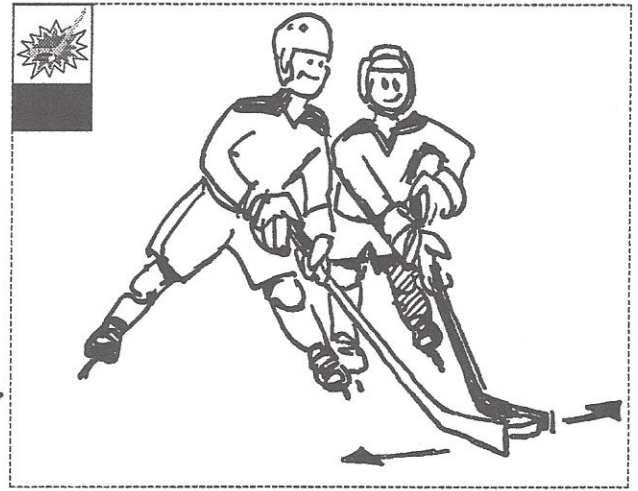
- Encourage players to keep knees bent.
- Encourage full lateral pushoff with each backward stride.

##### Description

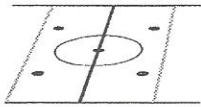
- Pair players up with those of equal size.
- Line pairs up facing each other at the centerline.
  - One player holds two sticks, one in each hand. His opponent holds the opposite ends of the sticks.
  - On a whistle, each player tries to pull his opponent backwards across his respective blue line.
  - The challenge is complete when one player pulls the other fully across the blue line.
  - Stop the drill when the intensity of the drill begins to decrease.

• Stop the drill if players simply stand stationary and not backward striding with full intensity.





**PUCKHANDLING  
DRILLS**



**5A1. SANDWICH DRILL**

**Objective**

To develop proper weight transfer and arm movement during puckhandling

**Key Teaching Points**

- Encourage good arm extension to both sides.
- Encourage cushioning of the puck throughout the movement.

**Description**

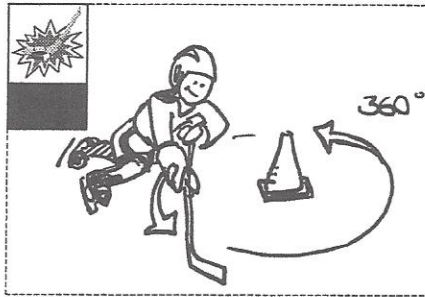
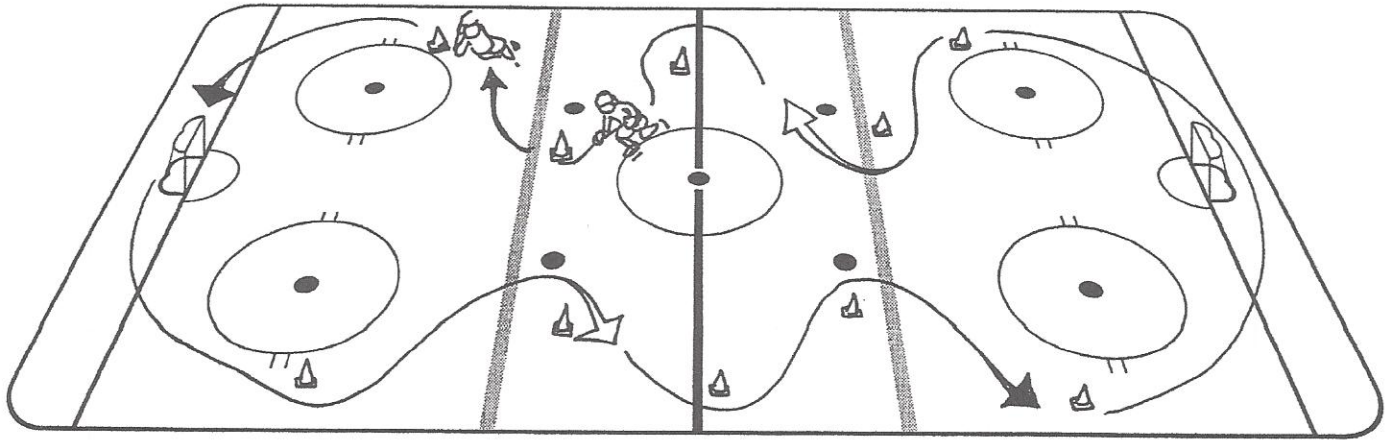
- Pair up players in the neutral zone, standing with near skates directly beside each other.
- Using one puck, players put their sticks on either side of the puck.

• *Ensure players have knees bent and arms extended.*

- Players push and receive the puck back and forth between them while staying stationary on the ice.
- Players extend their arms away from the body and cushion the puck properly.
- Have players continue for about 30 seconds and then rest.



Expansion: Have players handle the puck on their backhands.



### 5A4. PYLON STICKHANDLING COURSE

#### Objective


To develop a wide variety of stickhandling challenges

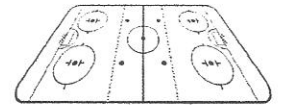
#### Key Teaching Points

- Encourage wide stickhandling.
- Encourage players to keep their heads up while skating.
- Promote good cushioning of the puck while stickhandling.

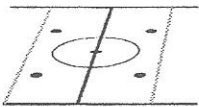
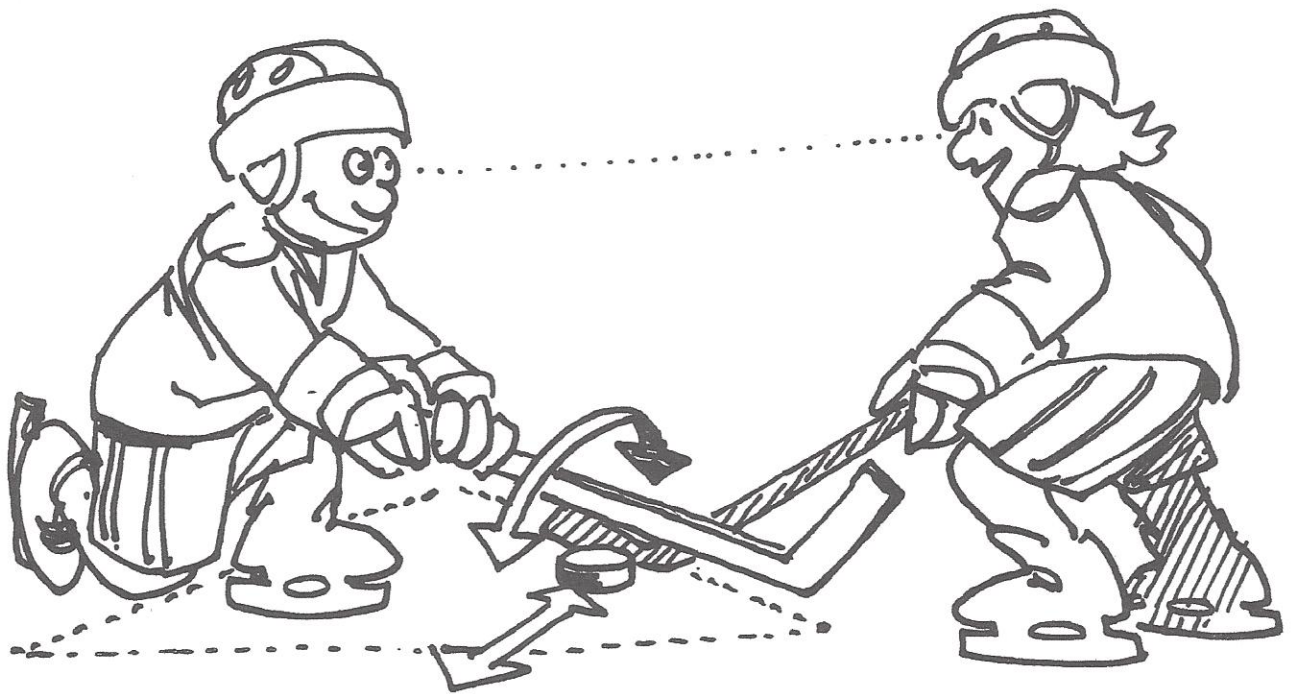
#### Description

- Arrange pylons around the outside of the rink.
- Have players skate full rink circles with pucks.
- The players stickhandle between and around the pylons.
- Have players work on agility, keeping their heads up, and using soft hands.

 Expansion: Have players add full 360° turns around the pylons before they advance to the next pylon.







### 5A5. ATTACK THE TRIANGLE

#### Objective

To develop close-quarters stickhandling

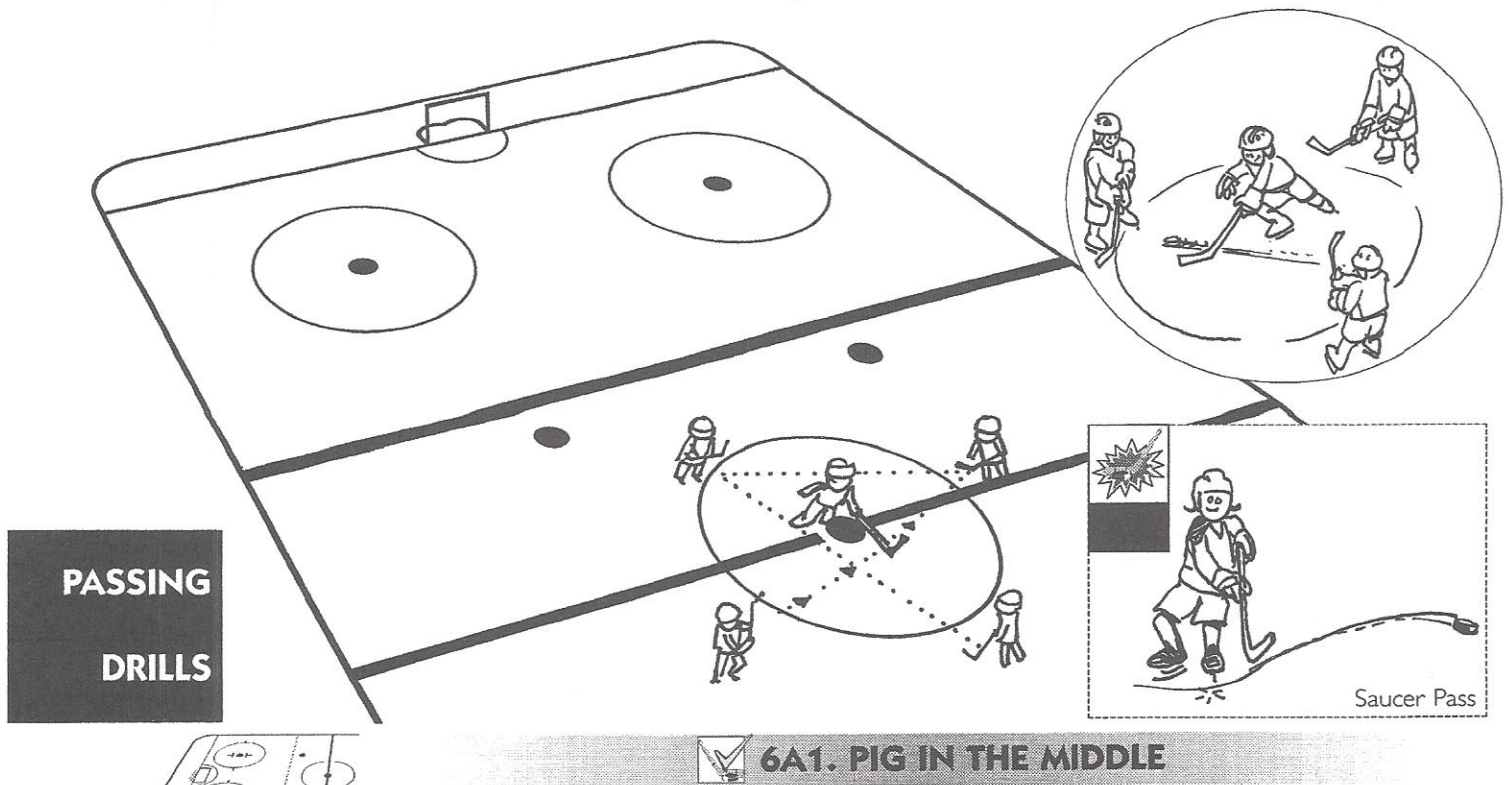
#### Key Teaching Points

- Encourage exaggerated stickhandling.
- Encourage players to keep heads up when stickhandling.

#### Description

- Pair up players.
- One player holds a stick stationary at a low angle off the ice.
- The second player stickhandles the puck under the stick.
- The puckhandler's stick must come up and over the stationary stick.
- The stationary player watches his partner's eyes and if he looks down too long, then he encourages the puckhandler to look up.
- Players switch positions after one to two minutes.

• *Emphasize wide stickhandling.*



## PASSING DRILLS

### 6A1. PIG IN THE MIDDLE

#### Objective

To develop good pass receiving and quick pass-offs

#### Key Teaching Points

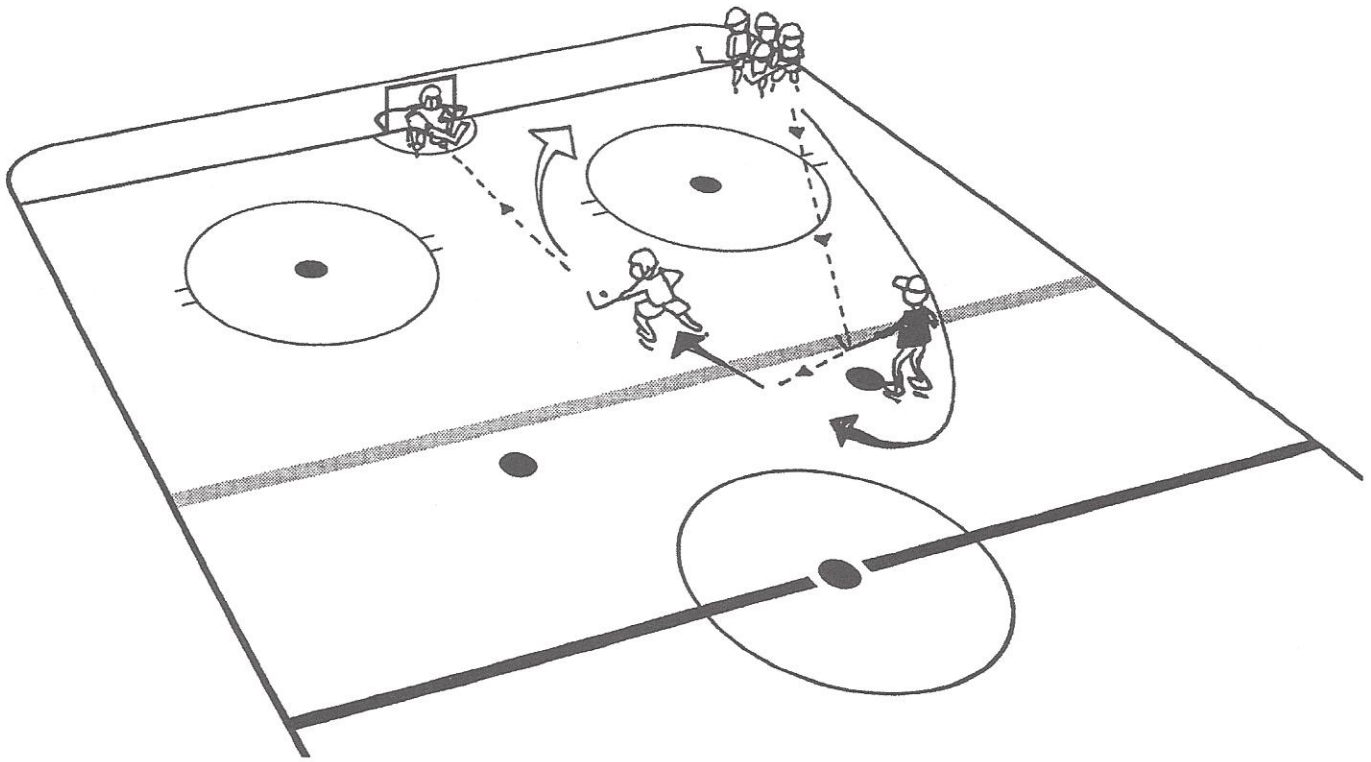
- Encourage good stick control.
- Promote good pass anticipation.
- Provide a fun challenge.

#### Description

- Divide players into groups of five or six with each group positioned around one circle.
- One player skating inside the circle is "the Pig."
- The other players remain stationary around the outside of the circle while the Pig stays inside.
- Have players pass quickly through the circle to teammates.
- The Pig tries to intercept the passes.
- If the Pig successfully intercepts the pass or if there is a bad pass, then the passer becomes the new Pig.
- After ten consecutive good passes, all players go down on one knee and continue the drill.
- After an additional ten consecutive good passes, all players go down on two knees and continue the drill. This gives a weaker skating pig a better chance of intercepting a pass and also makes for an enjoyable yet competitive environment.

✦ Expansion: Have players use only saucer passes or only backhand passes.





### 6B1. BLUE LINE HORSESHOE DRILL

#### Objective

To develop good passing while skating at full speed and receiving a return pass

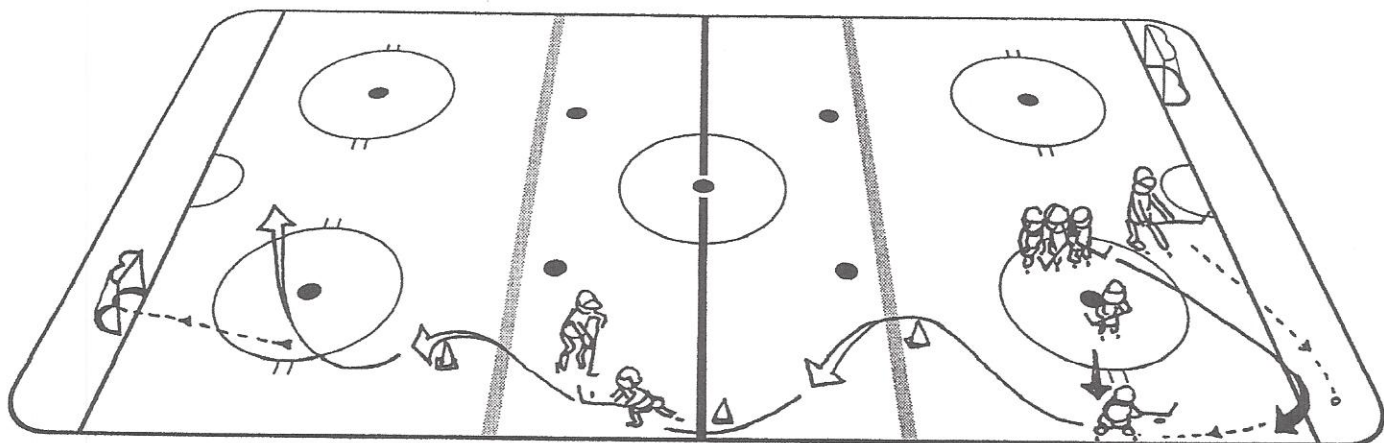
#### Key Teaching Points

- Begin the drill with a signal, e.g., tapping a stick on the ice.
- Encourage full-speed skating.
- Ensure the first pass is made while the passer is skating.

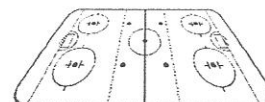
#### Description

- Line players up in one corner of the rink.
- The coach stands at the blue line dot outside the blue line and begins the drill by tapping his stick on the ice.
- The first player begins skating then passes the puck to the coach.
- The player circles around the coach, receives a return pass, and goes in for a shot on goal.
- Switch the drill to the adjacent corner after four to five minutes so that players practice both turning directions.
- ✦ Expansion: Include an additional player at the top of the far circle who is used for a give-and-go pass before the shot. Rotate players into this passing position every few minutes.





**6B2. DEFENSE-TO-WING PASS AND SHOOT**



**Objective**

To develop preliminary defensive zone breakout technique

**Key Teaching Points**

- Encourage defensemen to check over their shoulders before reaching the puck.
- Encourage the winger to position himself with his back directly on the boards.
- Promote good passing technique.

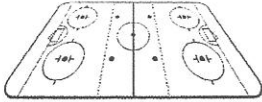
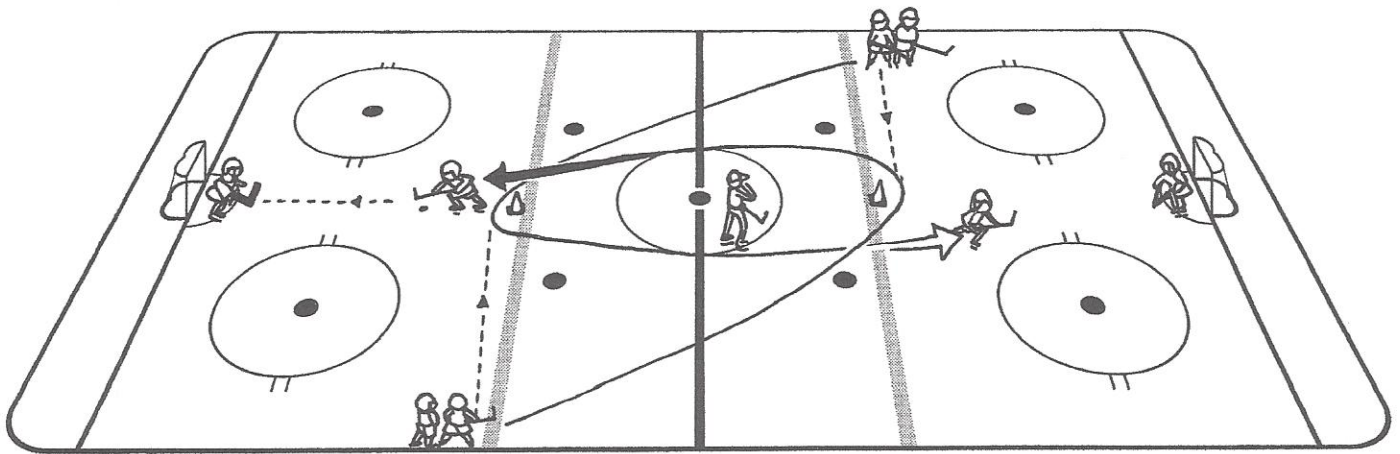
**Description**

- Line players up on the inside edge of the corner circles at diagonal ends of the rink and move both nets down the goal line away from the lineups.
- One player stands on the circle dot in a defensive wing position.
- A coach stands at the front of the lineup and dumps the puck into the corner; the first player retrieves it as a defenseman.
- The defenseman turns quickly and passes to the winger who has skated to the boards.
- The winger must have his back directly on the boards in order to see the pass more easily and to prevent serious injury.
- The winger receives the pass and skates down the ice for a shot.
- Extra coaches can try pokechecking the skating wingers or use pylons for a slalom course down each side of the rink.
- The defenseman in the first breakout then becomes the winger and begins the next drill standing on the circle dot, the proper defensive position for wingers when their team does not have control of the puck.

• *It is important that the wingers become accustomed to positioning themselves with their backs directly on the boards to prevent serious neck and back injuries.*

Expansion: Incorporate a center position as in Drill 6B3. Defense-to-... Wing-to-Center Pass and Shoot, page 116.





## 7B1. FULL-ICE HORSESHOE DRILL



### Objective

To practice receiving a pass at full speed and to develop an offensive attack

### Key Teaching Points

- Control the start of the drill with a whistle.
- Encourage full-speed skating during the drill.
- Encourage players to concentrate on passing accurately onto the stick blade.

### Description

- Divide players with pucks into two groups located on opposite blue lines.
- Set up a pylon directly in the middle of both blue lines.

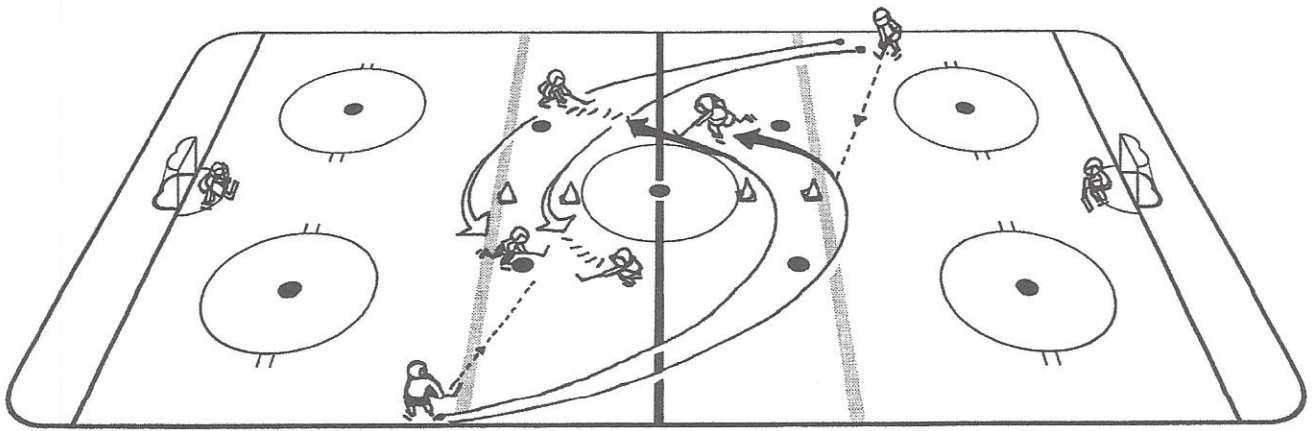
✦ Expansions for this drill follow.

#### a) Offensive Horseshoe Drill

- On a whistle, the first player in each line skates around the far pylon and receives a pass from a player at the front of the opposite line.
- The player then skates full speed for a shot on goal and possible rebound.
- On a whistle, the next players skate around the pylons, receive a pass, and repeat.

✦ Expansion: Organize two-on-zero, three-on-zero plays using both sides of the rink.

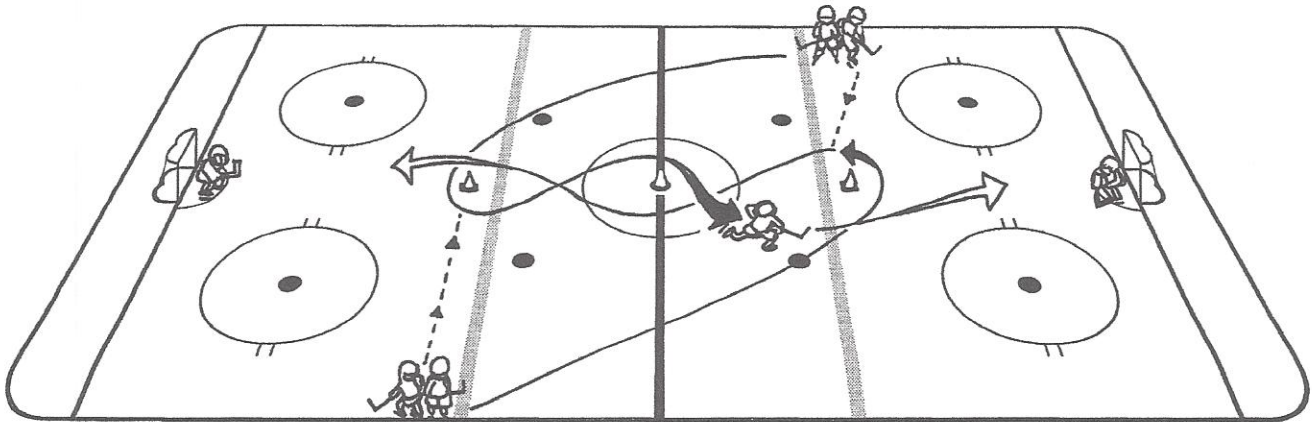
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### b) One-On-One Horseshoe Drill

- Add two pylons, each one three meters (nine feet) closer to center ice than the existing pylons.
- On a whistle, the first player from each side skates around the far pylon and becomes a forward.
- The second player in the line skates around the close pylon and becomes the defenseman.
- The third player in line passes the puck to the opposite line forward.
- One-on-one play continues down both sides of the rink; a whistle begins the next rotation.

✦ Expansion: Move the defensive pylons closer to the offensive pylons to challenge defensive players to close the gap before the one-on-one play. Pylons may end up as close as one meter (three feet) apart.



### c) Middle-Loop Horseshoe Drill

- Add one pylon, located directly on the center ice face-off dot.
- On a whistle, the first player in each line skates around the far pylons.
- The players receive a pass from the first players in the opposite line, then angle around the mid-ice pylon.
- Once around the mid-ice pylon, they skate hard to the nets for a shot.

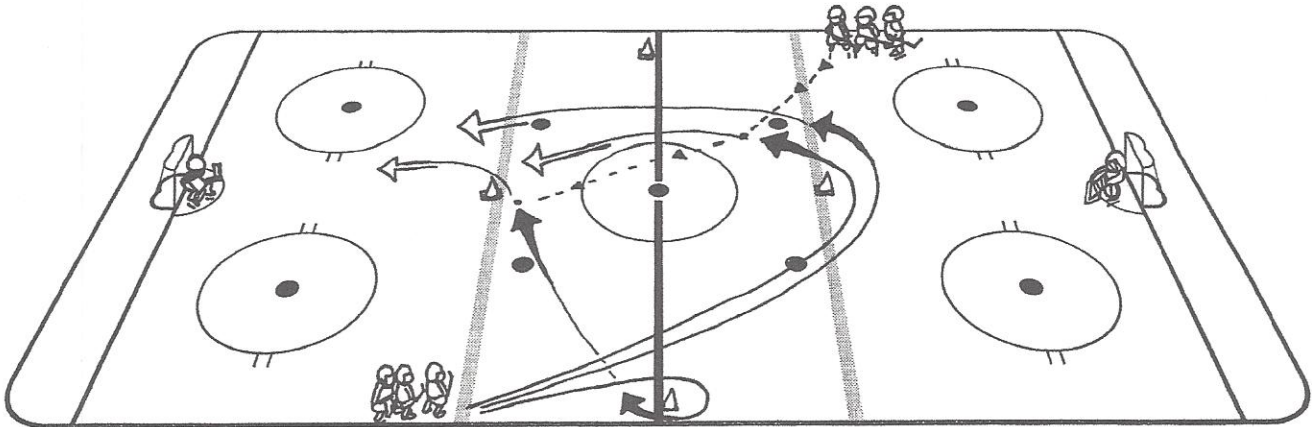
✦ Expansion: Play a two-on-zero with one wide skater and one skating around the mid-ice pylon.

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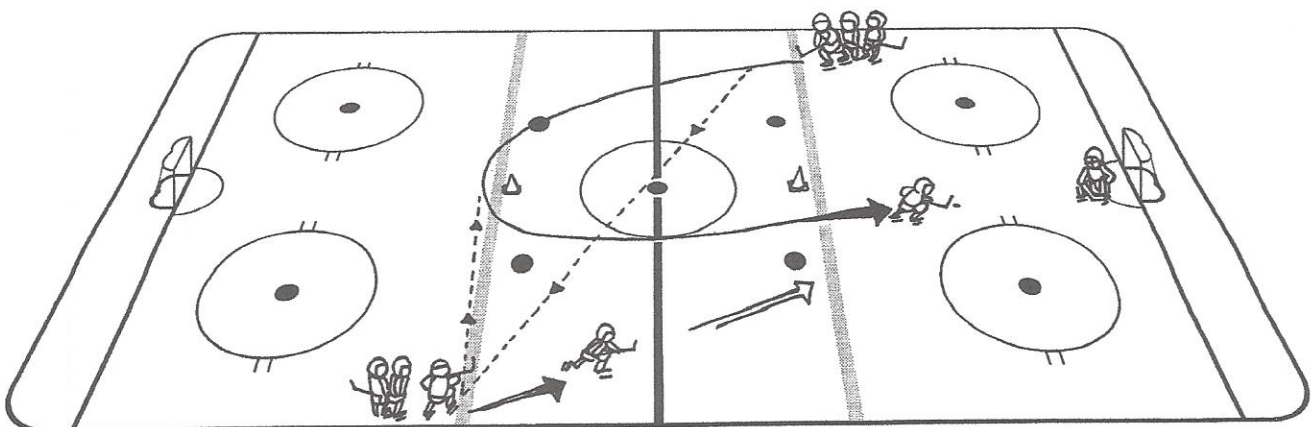
- The pass may go to the inside skater for a wide pass when entering the offensive zone or to the outside player with a wide drive and a pass across the slot area.

✦ Expansion: Have the outside player receive the pass, curl back to the outside once over the blue line, and pass then across to the trailing inside player.



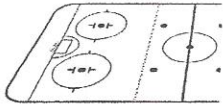
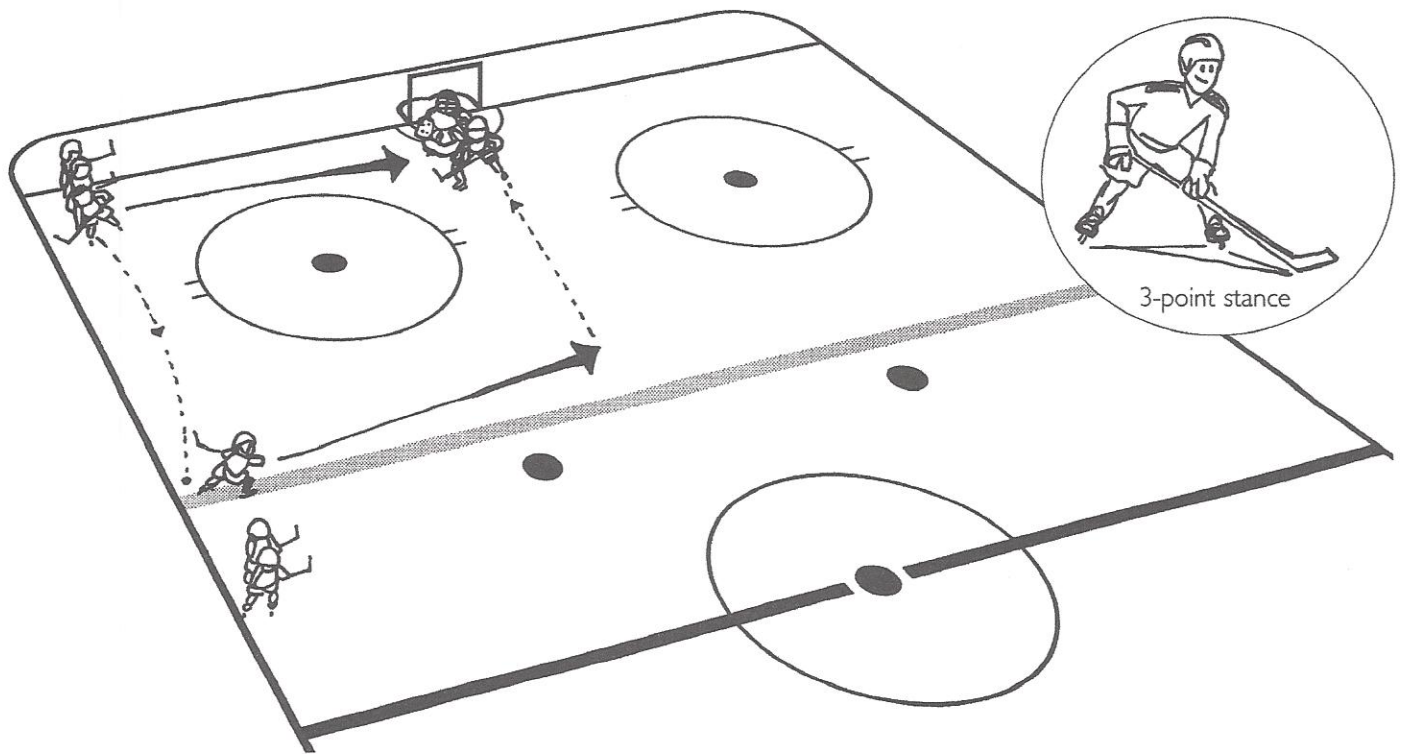
#### d) Three-Man Horseshoe with a Far-Side Pass

- The first three players from one line begin skating.
- The first two players skate around the blue line pylon and receive a pass from the first player in the opposite line.
- The third player cuts back around a pylon positioned near the outer red line and skates through the mid-ice area.
- As the third player is cutting across the blue line he receives a centering pass from his line mates.
- All three players skate hard to the net for a shot and a rebound.
- Once the far-side pass is made, the first three players from the other line begin the play.



#### e) Pass and Horseshoe Drill

- The first player in each line begins skating with a puck and passes it to the front of the opposite line prior to skating around the far pylon.
- The skater then receives a return pass after skating around the pylon, completing the play by skating full speed for a shot on goal and possible rebound.



### 7B3. BLUE LINE SHOT AND TIP-IN

#### Objective

To develop control of the offensive blue line and a good shot for deflections

#### Key Teaching Points

- Encourage the defenseman to keep control of the puck in front of his body.
- Encourage forwards to work on smart positioning in front of the net.
- Ensure forwards assume the three-point stance in front of the net.

#### Description

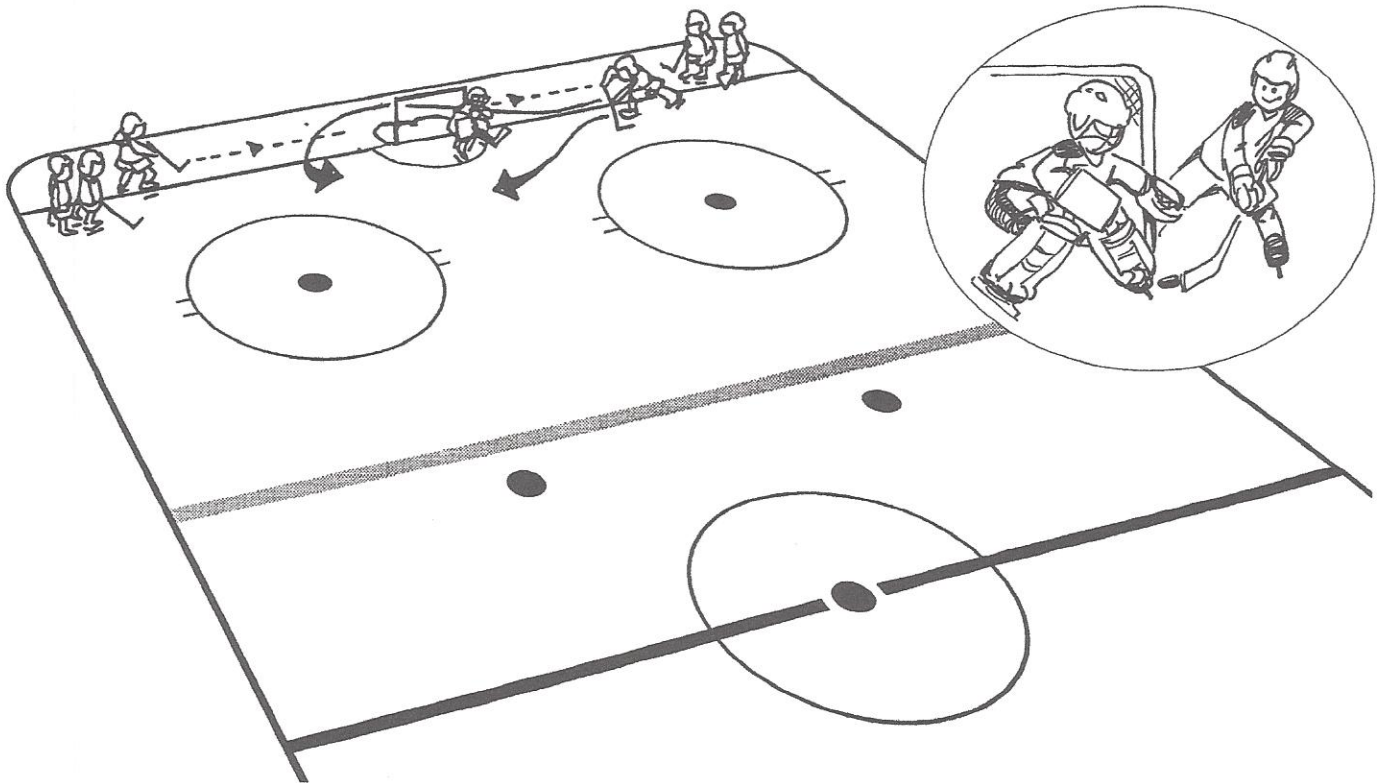
- Line up the defensemen outside the blue line near the boards, with the forwards in the offensive near corner.

- *Work the drill from both sides of the rink.*
- *Ensure that the defensemen keep their shots low on the ice.*

- The first defenseman lines up inside the blue line near the boards.
- The first forward flips the puck toward the defenseman and skates directly to the net. The puck can be flipped directly at the defenseman or off the glass or boards to simulate a dump-out play.
- The defenseman controls the puck inside the zone and skates laterally with the puck to the mid-blue line area.
- The defenseman takes a shot on net while the forward tries to tip in the shot or score on a rebound.
- ✦ **Expansion:** Have the forward from the previous drill stay in front of the net and act as a defenseman battling one-on-one for position with the forward. The defenseman may delay his shot to allow for a dynamic crease one-on-one challenge.



## Shooting



### 7B4. BEHIND THE NET ATTACK

#### Objective

To develop attacking skills from the corner and behind the net

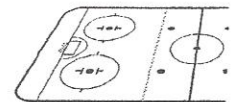
#### Key Teaching Points

- Encourage high speed skating.
- Encourage players to develop fakes to each side of the net trying to fool the goalie.

#### Description

- Divide players into two groups placed in both corners of one end zone.
- The first player in one line, Player #1, passes a puck behind the net to the first player in the opposite line, Player #2.
- Player #2 receives the puck and skates toward the net. He can either deke behind or come out in front of the net.
- Player #2 also has the option of skating around the net to try and beat the goalie on the far side of the net.
- The goalie works on staying close to the goalpost and on making quick lateral crease movement.

✦ Expansion: Have the goalie play without a stick, thereby challenging him to develop better body control and positioning.





### 8A1. ONE-ON-ONE STATIONARY KEEPAWAY

## CHECKING DRILLS



#### Objective

To develop proper positioning and stability while protecting the puck

#### Key Teaching Points

- Encourage players to keep the opposing players controlled off their strong shoulders (the shoulder that controls the lower hand on the stick).
- Promote a tripod stance with knees bent to maximize strength.
- Control the drill with a whistle to ensure high intensity at all times.

#### Description

- Pair up players of equal ability and size in the neutral zone.
- Provide each pair with one puck that is left stationary on the ice.
- One player protects the puck from the other but does not move the puck.
- The puck defender tries to keep his opponent off his strong shoulder, that is, the shoulder that controls the lower hand on the stick. This technique allows for better leverage of the stick if necessary during the one-on-one drill.
- Both players face the puck, moving laterally as needed.
- The attacker tries to fake and make quick lateral movements to get by the defender and reach the puck.
- Begin and end the drill with a whistle to ensure high intensity.

 **Expansion:** Have the defensive player play without a stick to increase the challenge.





### 8A4. BULL IN THE RING

#### Objective

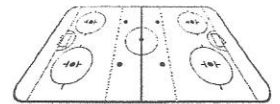
To develop strong one-on-one physical skills

#### Key Teaching Points

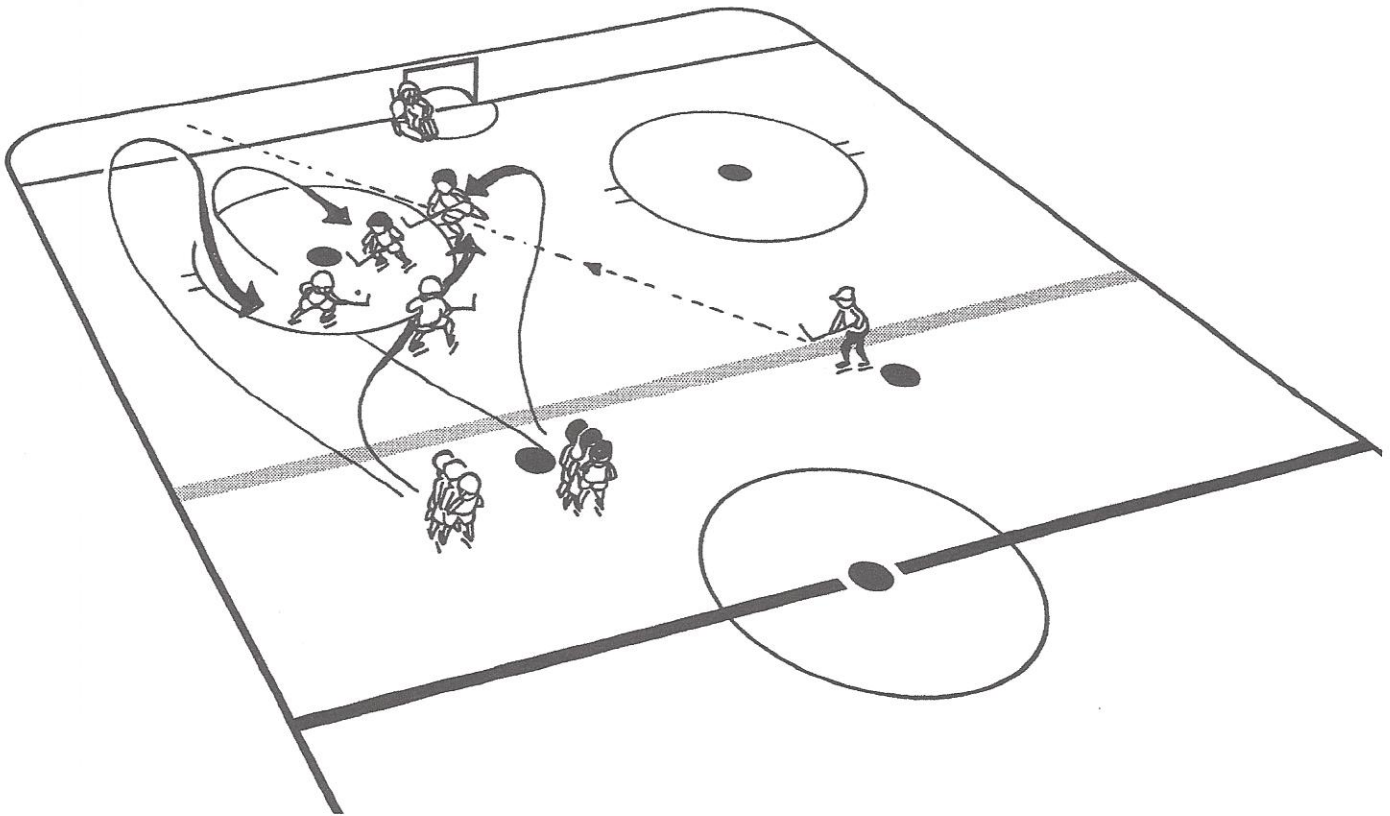
- Encourage a strong tripod stance by the puck carrier.
- Encourage the defensive player to keep two-handed pressure on the puck carrier.
- Encourage players to have knees bent for better power.

#### Description

- Pair up players relative to their size and ability and divide the pairs among the four corner circles with a coach at each circle.
- In each circle, Player #1 has both a stick and the puck, Player #2 has no stick.
- Player #1 stands in the middle of the circle with the puck on the center dot.
- On a whistle, Player #2 tries to push the puck carrier out of the circle while Player #1 tries to keep the puck as close to the center dot as possible.
- Blow the whistle after five to ten seconds of play to ensure high intensity.
- Players switch positions at each whistle, trying both offensive and defensive positions.



• Ensure players have good balance on both skates.



### 8B6. TWO-ON-TWO INSIDE THE BLUE LINE

#### Objective

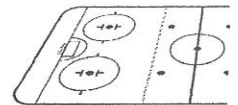
To develop aggressive two-on-two skills

#### Key Teaching Points

- Encourage quick transitions between groups.
- Promote movement into open ice areas for passes.
- Encourage proper one-on-one positioning.

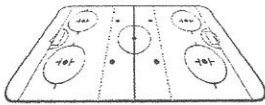
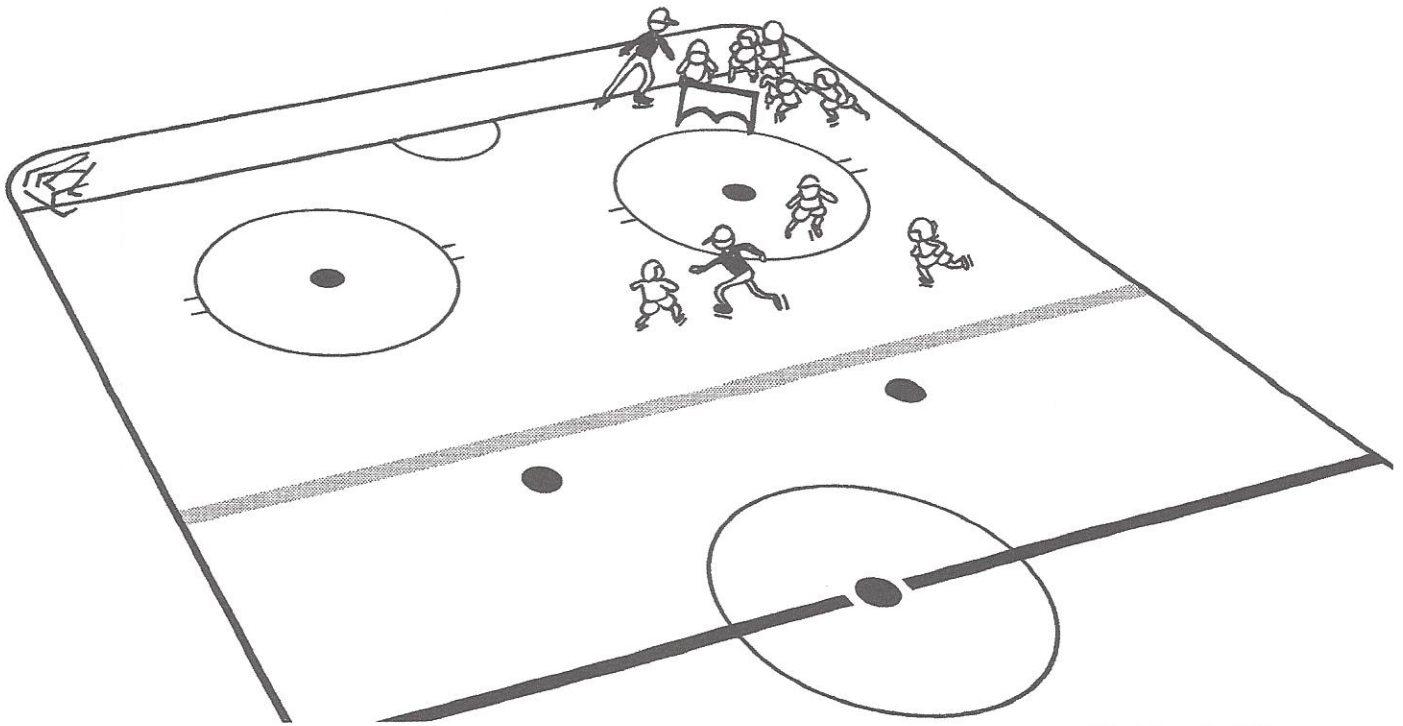
#### Description

- Divide players into two groups lined up outside the blue line and facing the net.
- On a whistle, two players from each group skate into the zone.
- Shoot a puck into the end zone to begin a two-on-two challenge.
- After 20 to 30 seconds, blow the whistle to stop the play.
- The next two players from each group immediately skate into the zone to begin, while the first two groups skate out of the zone quickly without touching the puck.



• *Emphasize high intensity and good one-on-one positioning.*





### 14A1. PRISONER'S BASE



#### Objective

To develop skating and agility skills

#### Key Teaching Points

- Challenge players to make quick turns and accelerations.
- Encourage the strategy of helping other skaters.
- Have fun, fun, fun.

#### Description

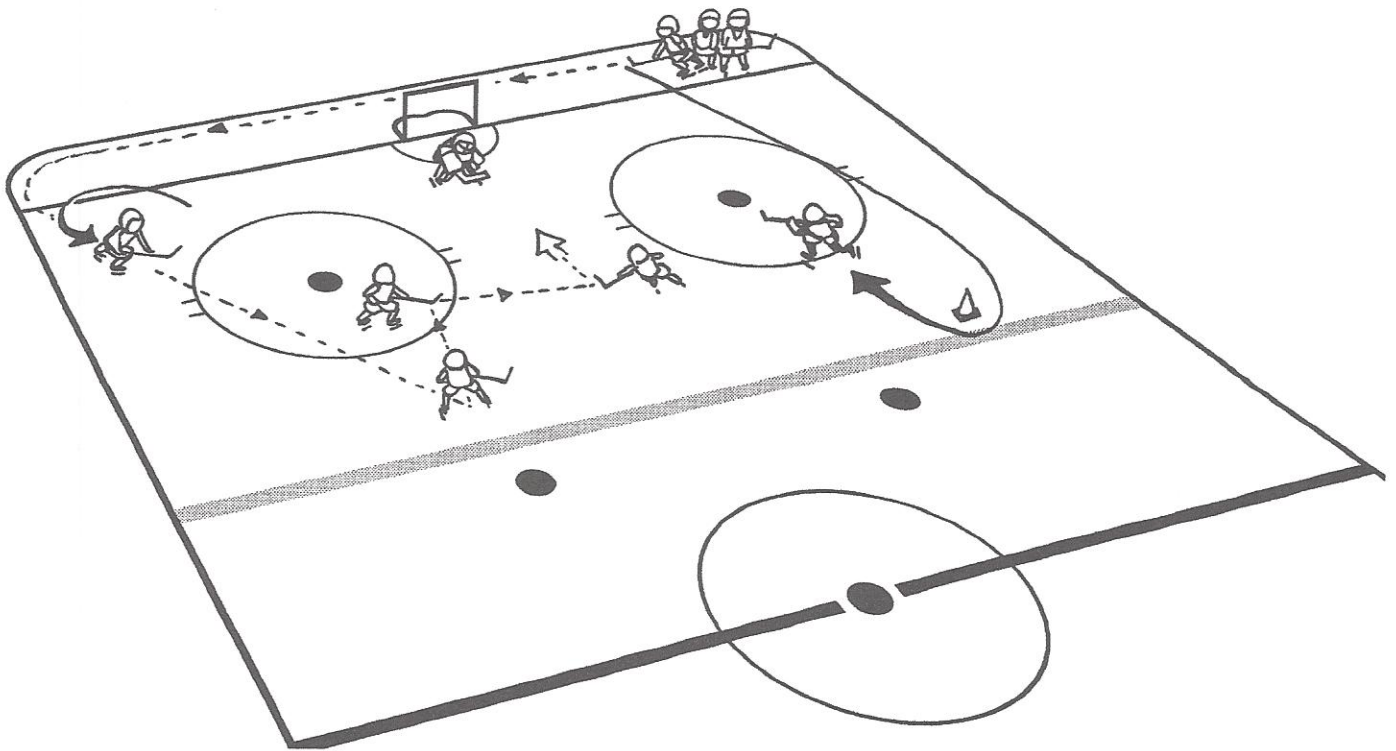
- Move one net to the corner of the rink, three meters (nine feet) from the boards.
- Lay all sticks in an opposing corner out of the way as they are not required in this game.
- The area between the net and the boards is the prison and it is guarded by one of the coaches who is the prison guard.
- The other coaches take the role of policemen. They skate hard to touch all the players once the whistle goes to start the game.
- If a policeman or prison guard touches a player, then that player skates directly to prison.
- The player must stay in jail until another player sneaks in and touches him, releasing him from prison.
- Allow prison breaks occasionally to keep the flow of the game going.



Expansion: Have more experienced players become prison guards and policemen.

GAME

DRILLS



### 14B3. HALF-ICE BASEBALL

#### Objective

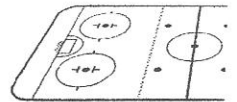
To develop quick and accurate passing skills

#### Key Teaching Points

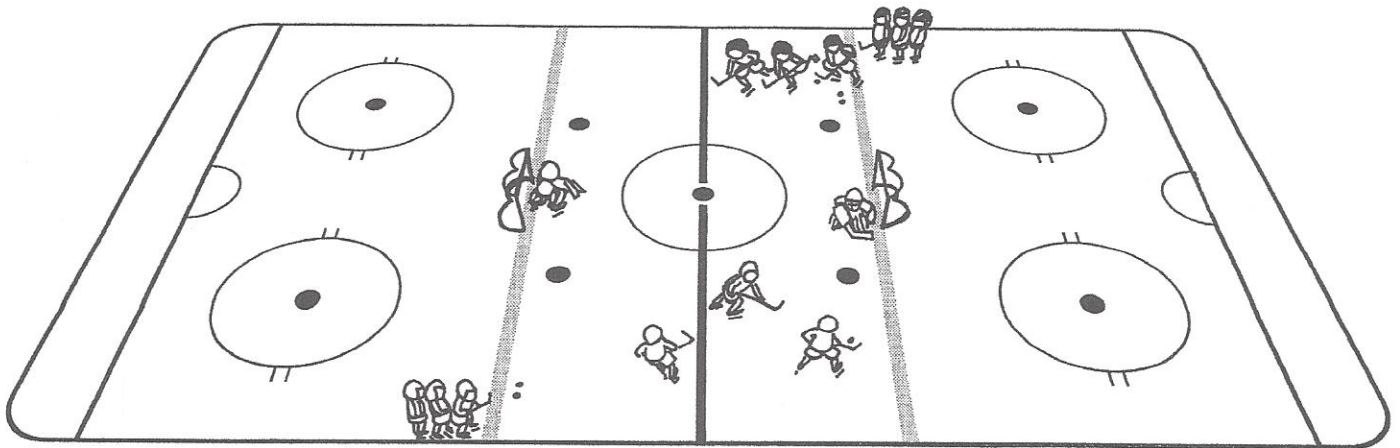
- The hitter must skate at full speed.
- Encourage the infielders to work together to pass and attack the net.

#### Description

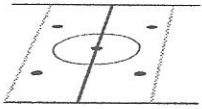
- Divide players into four teams with two teams playing in both ends of the rink.
- The team that is up to bat lines up in one corner of the rink.
- The other team is in the infield and is spread out inside the blue line.
- The first hitter shoots the puck somewhere inside the blue line. If the puck goes outside the blue line, then it is a foul ball and must be hit again.
- The infielders must retrieve the puck, pass it three times, and then try to score.
- Once he makes a hit, the hitter skates quickly around a pylon located outside the blue line and returns across the goal line.
- If the infielders score before the hitter crosses the goal line, then that is an out and the next hitter is up to bat.
- If the hitter crosses the goal line before a goal is scored, then that is a home run.
- After three out, the teams switch positions.
- Keep score to encourage fun and competitive spirit.







### 14B4. MID-ICE THREE-PUCK CHALLENGE



#### Objective

To develop quick offensive power and regrouping strategy

#### Key Teaching Points

- Encourage rapid and effective offensive thrust.
- Encourage the development of a team strategy to advance the puck on net.

#### Description

- Position the nets in the center of both blue lines, facing each other.
  - Choose two teams and begin near the boards at the two blue lines across the ice from each other.
  - The first three skaters in each line form a team; they have three pucks placed on the blue line beside them.
  - On a whistle, each team of three takes one puck and skates to the opposite net and tries to score.
  - If the goalie makes a save, then he quickly clears the puck from the net.
  - Once a team scores a goal, they quickly skate back to the original blue line and get the next puck.
  - The team makes a second offensive play and when they have scored twice, they quickly skate back to the original blue line and retrieve the final puck.
  - The team makes a third offensive play and when they have scored three times, all three players skate quickly back over the original blue line.
  - The first team with all their players over the blue line are winners.
  - The next two groups of three skaters begin once the pucks are set up again.
- ✦ Expansion: Have the goal nets reversed so that they face away from each other, making it much harder to score and defend against.