

Hockey PEI

Practice Purpose:

Creating Offense

Date:

Drill Focus

Creating offense through passing and set plays
 Communication is key when trying to create offense - players need to talk to each other
 Aim for stick blade - be ready to receive pass and shoot quickly.
 Small / confined area scoring drills - agility skating, accurate passing, quick release

Key Points

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Drill no. : 1 **Duration :** _____ **Minutes** **From :** _____ **To :** _____

Title : Soft Catch & Release **Category #1 :** **Category #2 :**

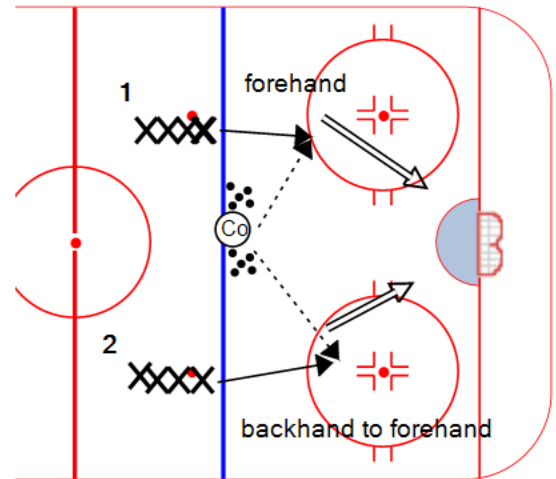
Description

Players line up in 2 lines in NZ. Left handed shots in one line; righthanded shots in other line. Coach inside blueline with pucks

1. Player skates in at controlled speed, receives short pass from coach. Without stickhandling, soft catches the puck and immediately shoots in stride. Puck is on and off stick. receive puck on forehand, cradle pass into shooting position, release puck on net

2. Player skates in at controlled speed, receives short pass from coach. receives pass from coach, this time on backhand. Soft catches pass, without stickhandling of any kind, flips hands over puck and takes forehand shot on net.

**Receive pass off front foot, and quickly transfer weight to other foot while shooting



Key points:

alter shot angle	no stickhandling
Quick release	weight transfer

Drill no. : 2 **Duration :** _____ **Minutes** **From :** _____ **To :** _____

Title : Figure 8 Scoring **Category #1 :** **Category #2 :**

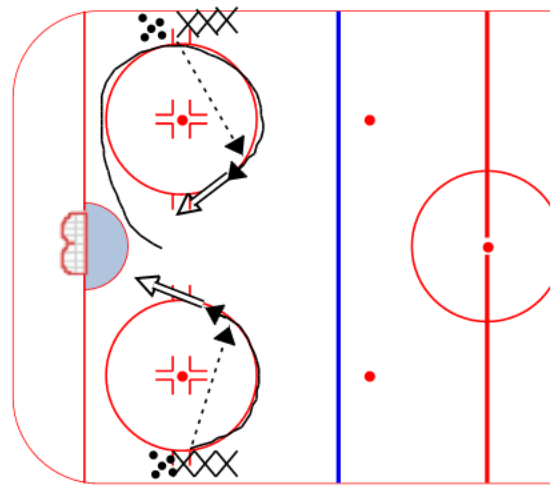
Description

YouTube - 2011 Carolina Hurricanes Prospect Camp 06
 Lines at hashmarks on boards.
 *First player skates around top of circle, opens up for pass and takes quick shot on net.
 * Player then skates around opposite circle, opens up for pass and takes quick shot on net.

Limit stickhandling upon receiving passes - soft catch and release

Drill continues from other side.

Drill can be done with touch passing to and from next player in line as in video.



Key points:

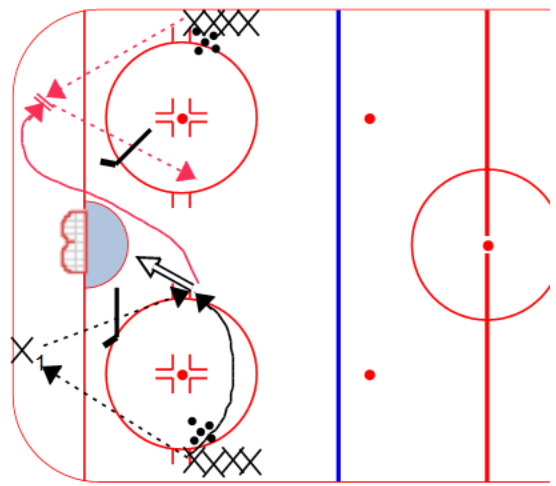
Shoot to score	yell for passes
quick release	quick feet

Drill no. : 3 Duration : _____ Minutes From : _____ To : _____

Title : Give N Go Scoring Category #1 : Category #2 :

Description

Players line up at hashmarks on the boards facing goal line.
 X1 starts behind goal line and calls for puck.
 First Player in line makes pass to X1 and skates around top of circle to hashmarks.
 X1 returns the pass for a quick scoring chance.
 After shot, player skates to opposite corner to receive pass from 1st player in other line.
 Drill continues back and forth. Lay a stick down to saucer pass over.





Key points:

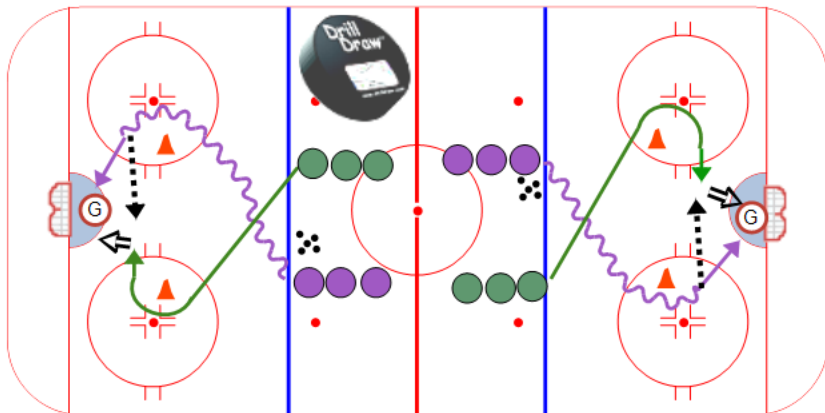
accurate passes	quick release
yell for passes	timing

Drill no. : 4 Duration : _____ Minutes From : _____ To : _____

Title : 2 on 0 Scoring Category #1 : Category #2 :

Description

Player  carrying the puck must go around the pylon, **pass the puck** to  and then go to the net for the rebound.
 The player who receives the pass tries to shot on reception. (one time shot)







Key points :

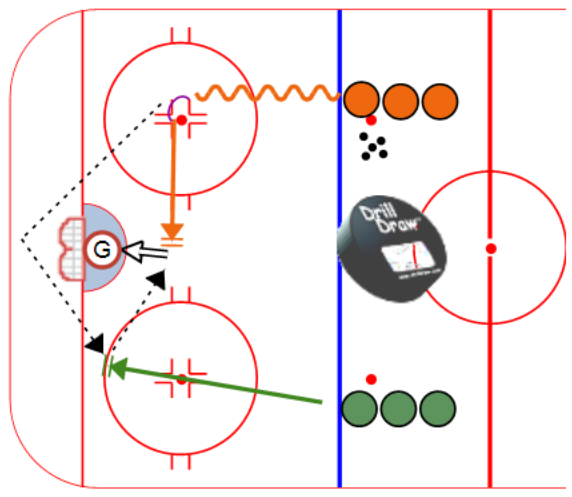
Handling	Accurate passes	Shots	Rebounds
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Drill no. : 5 Duration : _____ Minutes From : _____ To : _____

Title : Bank Pass Scoring Category #1 : Category #2 :

Description

Player  skates to the face off dot, passes the puck behind the net against the boards to player  who passes it back to  as soon as he gets it.
 Player  goes in the slot after his pass. He shoots upon receiving pass.



Key points:

Precision	Quickness
Judgement	

Drill no. : 6 Duration : _____ Minutes From : _____ To : _____

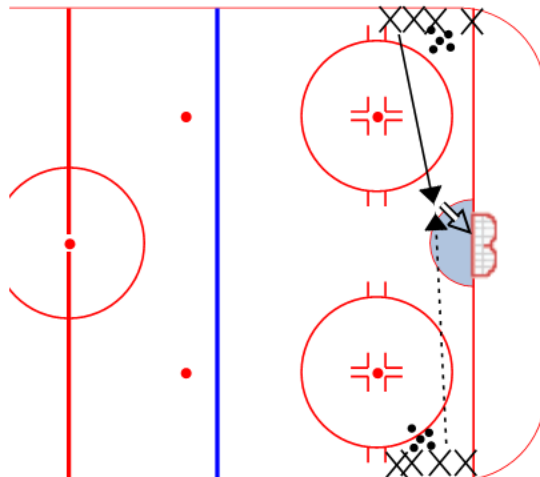
Title : Cross Crease Scoring Category #1 : Category #2 :

Description

Players line up in opposite corners

1st player from one corner drives hard to net and yells for pass. Player in opposite line makes a hard pass just outside top of circle to driving player.

Pass is re-directed or one-timed on net for scoring chance.



Key points:

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Drill no. : 7 Duration : _____ Minutes From : _____ To : _____

Title : Behind the Net Scoring Category #1 : Category #2 :

Description

YouTube - Behind-the-net drill (Pittsburgh Penguins)

One player behind net, line in corner.

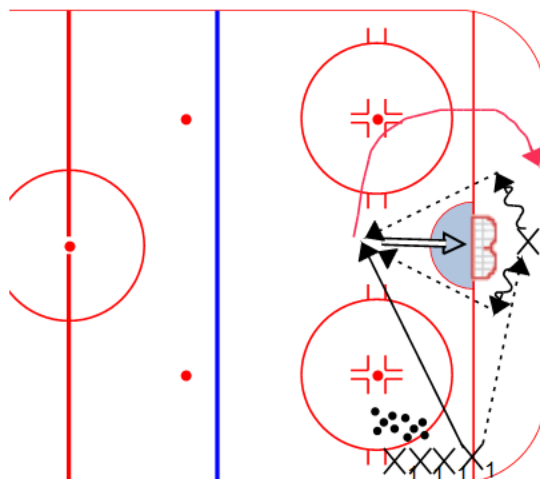
*X1 makes pass to X standing behind the net.

*X1 drives to slot preparing to receive pass.

*X steps out to either side, making quick pass to X1 in slot. Shot on net.

*X returns to line, X1 assumes position behind the net.

Avoid crowding the net.



Key points:

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Drill no. : 8 Duration : _____ Minutes From : _____ To : _____

Title : 3 Pucks Low Category #1 : Category #2 :

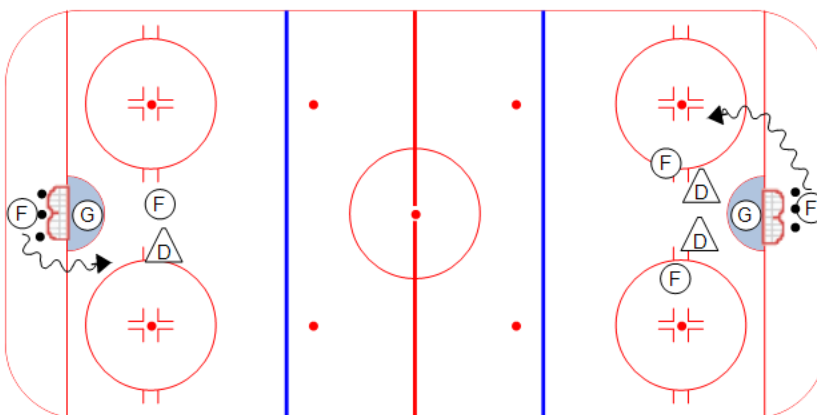
Description

**Drill starts on the whistle. Both ends at the same time.

**This drill is a competition between the forwards and the defence. Each drill has three pucks, the forwards try to score as many times as possible and the defence try to stop them.

On the whistle, the (F) comes out from behind the net with the puck. The (F) and the (D) battle in front of the net for position. The (F) in front of the tries to get open for a pass or set a pick / screen.

Option: 3 on 2.



Key points :

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Drill no. : 9 Duration : Minutes From : To :

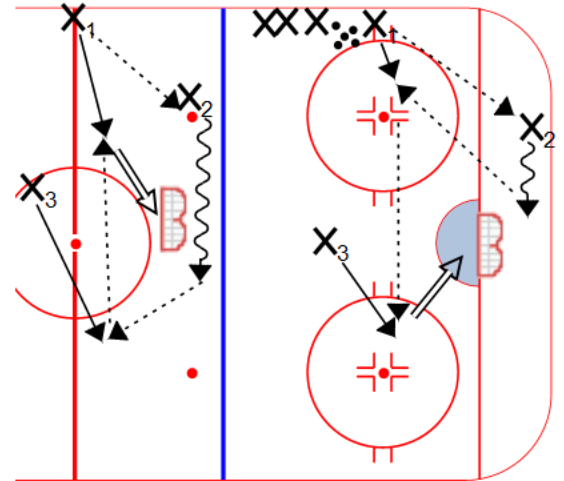
Title : Backdoor passing Category #1 : Scoring Category #2 : Passing

Description

X1 passes to X2 behind goalline.
 *X2 begins to drag puck towards back of net. Has 2 options:
 1. pass back to X1 who is still acting as support coming off wall;
 2. pass to X3 in slot who moves over to circle to receive better passing angle
 *Whether X1 or X3 receives a pass, they immediately fake shot and pass back door to other player.

Don't crowd net, shooters should be 15-20 feet from net.
 Play quick rebound

Option:
 *Add next step in that all 3 players retreat as if backchecking



Key points:

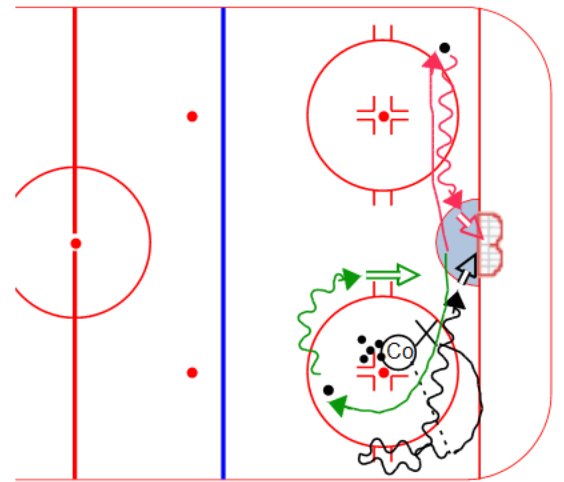
Passing	backdoor scoring option
shooting	game situation

Drill no. : 10 Duration : Minutes From : To :

Title : Sidney Crosby Corner Drill Category #1 : Scoring Category #2 : Offensive Attack

Description

YouTube - Sidney Crosby Practice (3/25/11) March 25 2011 (1:05 mark)
 3 quick scoring sequences, all out of same corner.
 1. (In black) Coach spots puck to the corner, player retrieves puck and carries it up wall as if preparing to cycle the puck. Nearing top of circle, player quickly spins to boards to shed checker and drives to the net for shot.
 2. (In red), coach spots a second puck towards corner. Player returns to retrieve puck and takes shortest, quickest route back to net.
 3. (In green), coach spots puck along mid-boards, player retrieves puck and curls quickly around top of circle for 3rd shot on net.



Key points:

Puck protection	creativity
shoot to score	quickness & agility

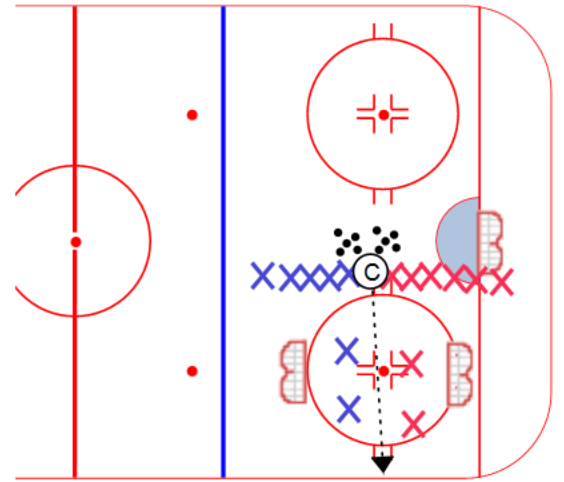
Drill no. : 11 Duration : Minutes From : To :

Title : Small Ice 2 on 2 Category #1 : Fun Category #2 : Scoring

Description

Players divided into 2 teams. Nets moved to top and bottom of faceoff circle.
 *Coach shoots puck against boards, 2 players from each team play 2 on 2.
 *Play continues until coach signals for new players.

Keep score - losing team skates, pushups, picks up pucks, etc.



Key points:

create scoring opps	create space
short passes	work togethe