

**Session Objective(s)**

1. Checking Skills
2. 1 on 1's
3. Puck Protection

15  
min**CHECKING SKILLS 4**

## 1. Partner Bumping

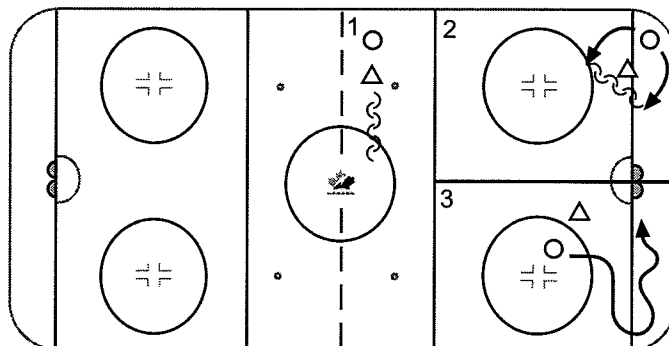
- Players partner up, one player skates backwards, while the other skates forward and bump should to shoulder working on open ice hits and hit reception.

## 2. Corner Contain

- Defender contains forward in the corner and prevents walk out.

## 3. 1 on 1

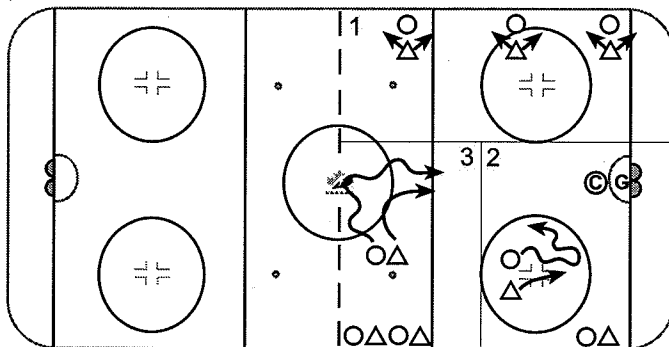
- Forward starts at dot, defender at net front and prevents forward from getting to the net.

**KEY EXECUTION POINTS**15  
min**PUCK PROTECTION**

## 1. Stationary puck protection.

## 2. Moving puck protection, 1-1 in circle.

## 3. 1-1 between red line and top of circle.

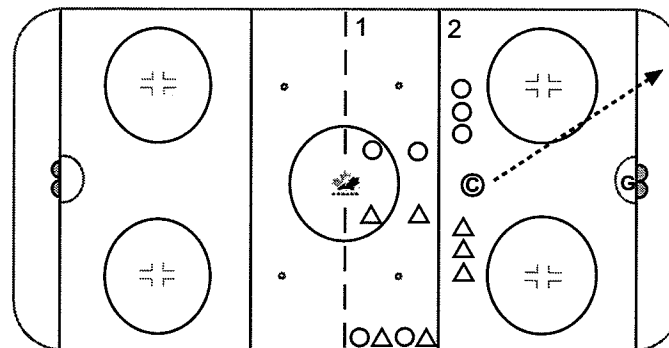
**KEY EXECUTION POINTS**15  
min**CHECKING GAMES**

## 1. 1 on 1 across ice

- Players play 1 on 1 across ice, goal is scored by pinning the puck on the boards.

## 2. 3 on 3

- Coach dumps puck in, defender play with sticks turned over to concentrate on good positioning and foot work.

**KEY EXECUTION POINTS**

## Session Objective(s)

1. Fakes
2. Defensemen Agility
3. Shooting

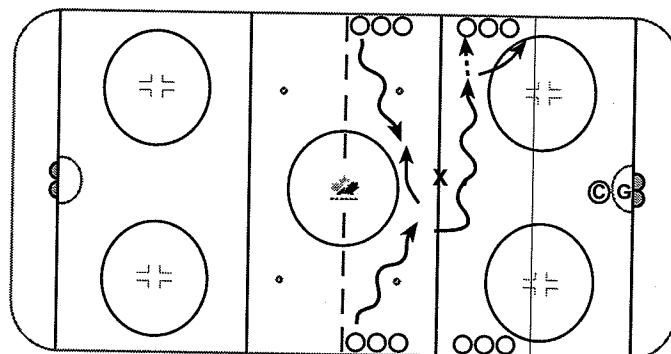
15  
min

### FAKES 1

Choice: body fake, shooting fake, fake pass.

- Four lines.
- Cone in middle.
- One at a time, players fake to cone and pass after fake.

Coach works with goalies on movement.

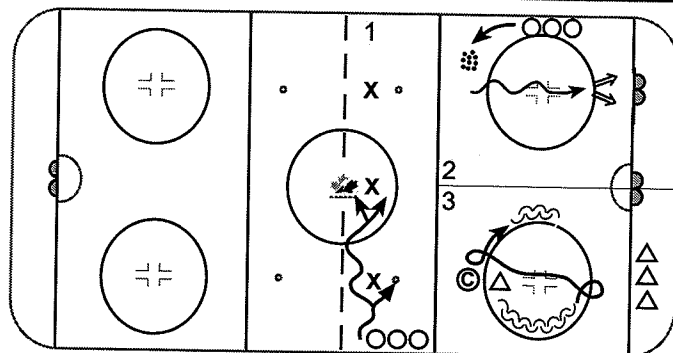


#### KEY EXECUTION POINTS

15  
min

### FAKES 2

1. Skating / Body Fake
  2. Fake Shot
  3. Defensemen Agility
- Skating without puck and with puck.

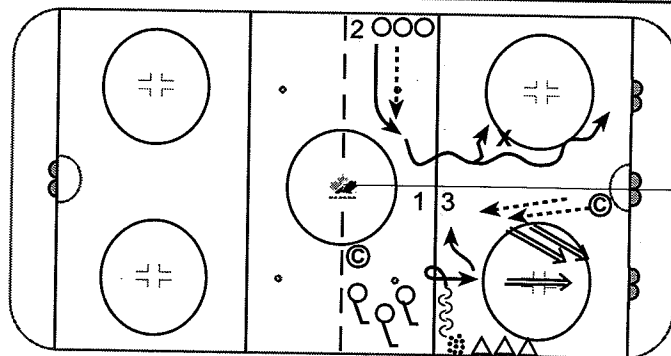


#### KEY EXECUTION POINTS

15  
min

### FAKES 3

1. Stationary fakes
  - Head, shoulders, arms, stick, body weight – all moving on one side to give the impression of going to that side followed with a quick move on the opposite side.
  - Practice on both sides.
2. Player receives pass, drive to the net and fake goalie
3. D three shots.
  - D backward skate on blue line with puck and shoot.
  - Coach makes two passes for two shots.



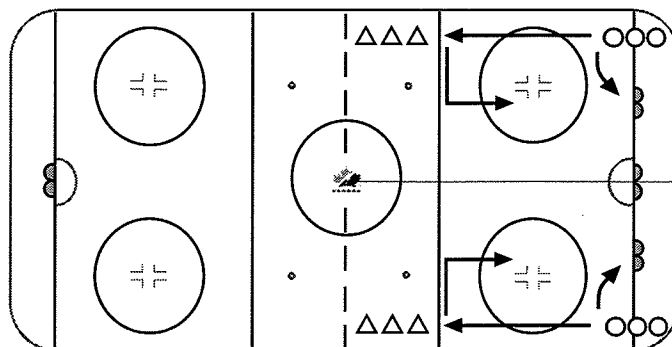
#### KEY EXECUTION POINTS

**Session Objective(s)**

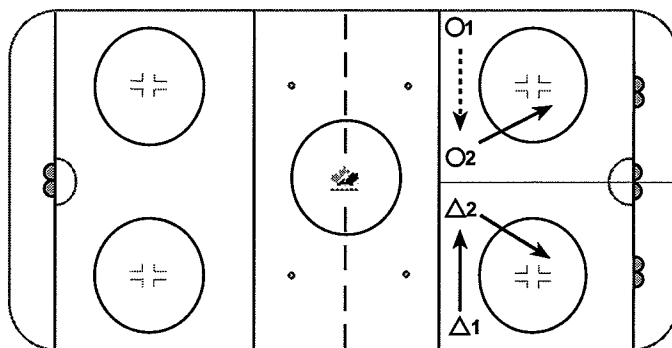
1. Attack Options From the point
2. One-Timers
3. Offensive Tactics

10  
min**ATTACK OPTIONS FROM THE POINT**

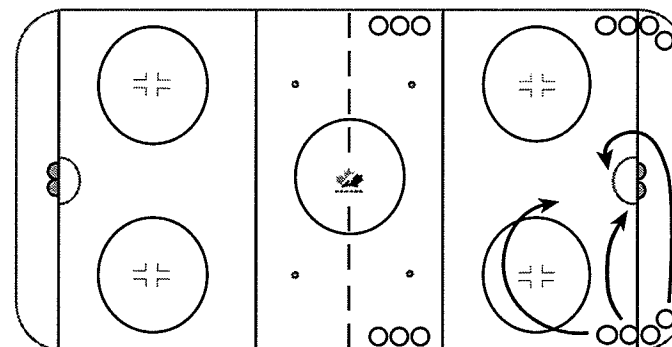
1. Drag and shoot.
  - F1 pass to D.
  - F1 go to net, D drag and shoot.
  - Run both sides simultaneously.
2. Sprint and shoot

**KEY EXECUTION POINTS**10  
min**ONE-TIMERS**

- Player 1 pass to player 2 for one-timer.
- Use both sides of zone, two nets.
- Forwards and Defense are involved.
- Option to put F in front for screen/tip.
- Use neutral zone for technical skills stations.

**KEY EXECUTION POINTS**10  
min**OFFENSIVE TACTICS**

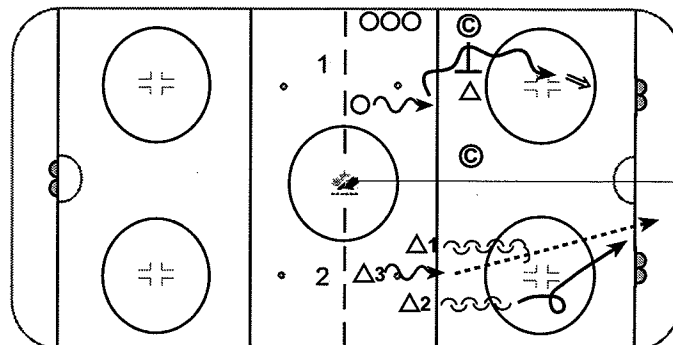
- Secondary Options.
- High and low walkout.
  - Wrap around.
  - Give and go.
  - Fake wrap.
  - Use neutral zone area for other drill (i.e. Skating, puck control, etc.).

**KEY EXECUTION POINTS**

## Session Objective(s) 1. Pick Plays 2. Cycling

### 10 min PICKS

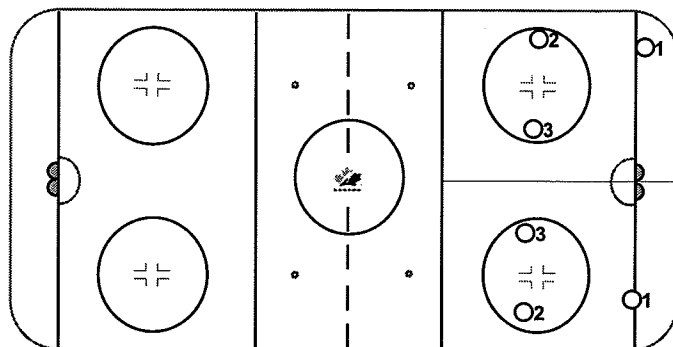
1. Picks
  - Two coaches position as shown.
  - One D in the middle as defensive player.
  - On signal, puck carrier starts moving and one of the coaches moves for a pick on the D.
  - Puck carrier reads the pick and reacts by skating "behind" the pick and shoots.
2. Picks
  - D1 and D2 backward skating.
  - D3 skates with puck and dumps it in.
  - D1 applies the pick while D2 retrieves the puck.



#### KEY EXECUTION POINTS

### 10 min CYCLING

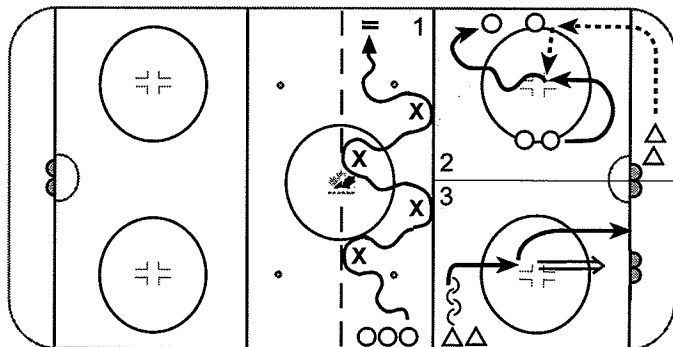
- Use both corners for cycling drill with no shots.
- Low and high cycle.
- Use neutral zone for individual skill work for D and G.



#### KEY EXECUTION POINTS

### 15 min CYCLING 2

1. Moving puck control / fakes / skill work
  - Players work on fakes and puck control moves.
2. Rim Pass reception
  - D rims puck, forwards work on receiving pass off the wall.
3. Puck Retrievals
  - Forwards dumps in puck, Defense work on retrievals.



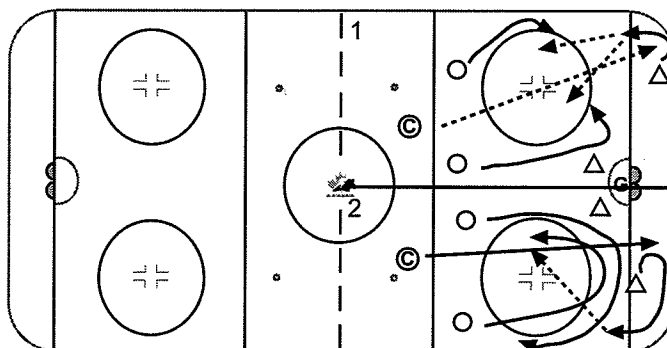
#### KEY EXECUTION POINTS

## Session Objective(s) 1. Breakouts

10  
min

## BREAKOUTS

- Divide players into two groups, and work on basic breakout positioning and passing on each side of the ice.
- Start with Defense stationary and deep, so they have time to gain control of the shoot in and decide what to do.
- Work on all breakout options – wheel, reverse, turn back, quick up.

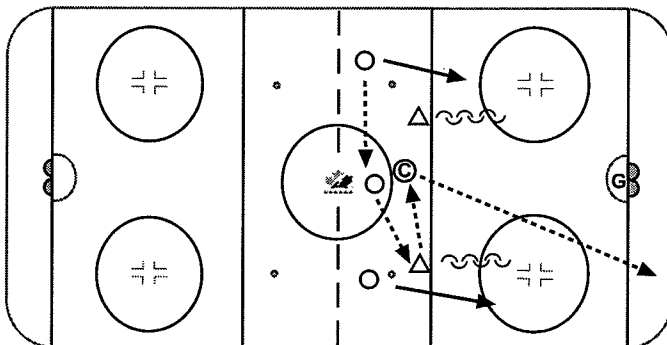


## KEY EXECUTION POINTS

10  
min

## BREAKOUTS 2

- All breakout options.
- 5 players start by passing puck around in neutral zone, once puck is passed to coach, coach dumps it in and player go into zone for breakout.
- Regroup with coach back in zone to attack offensively 3-2.

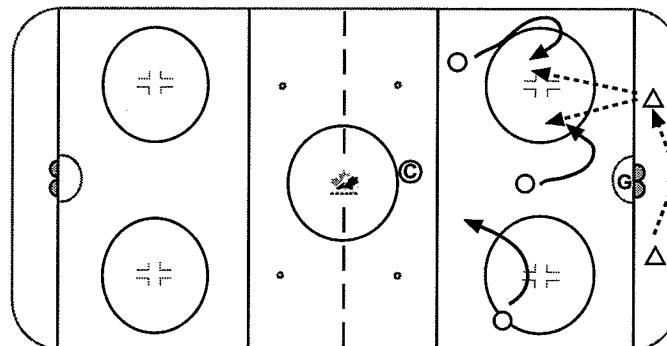


## KEY EXECUTION POINTS

10  
min

## BREAKOUT – OVER PASS

- 5 players start by passing puck around in neutral zone, once puck is passed to coach, coach dumps it in and player go into zone for breakout.
- Regroup with coach back in zone to attack offensively 3-2.



## KEY EXECUTION POINTS

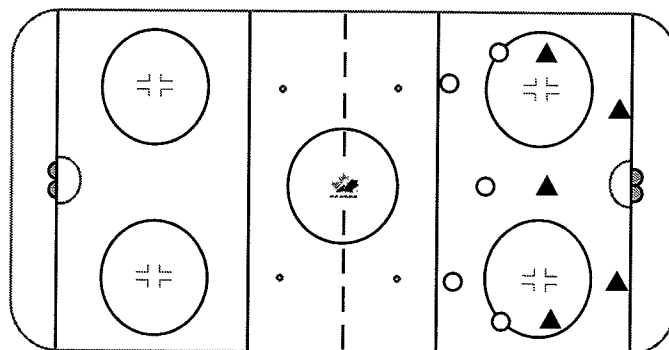
## Session Objective(s) 1. D-Zone Situations 2. D-Zone Coverage

10 min

### D-ZONE SITUATIONS

Use entire end zone to teach defensive responsibilities and situations.

- Puck carrier behind net.
- Defending the cycle.
- Active D.
- Rotation.
- Players not immediately involved are in neutral zone watching or doing technical skill work.



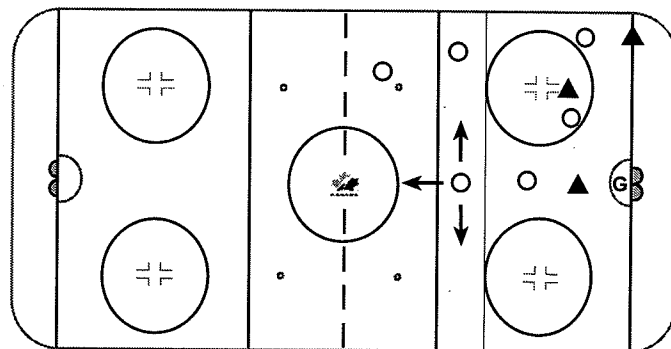
### KEY EXECUTION POINTS

10 min

### D-ZONE COVERAGE

3-3 down low.

- 3-3 play below ringette line.
- Teach coverage, communication, etc.
- Roles of all players involved.
- Players not involved are in neutral zone doing technical skill work.

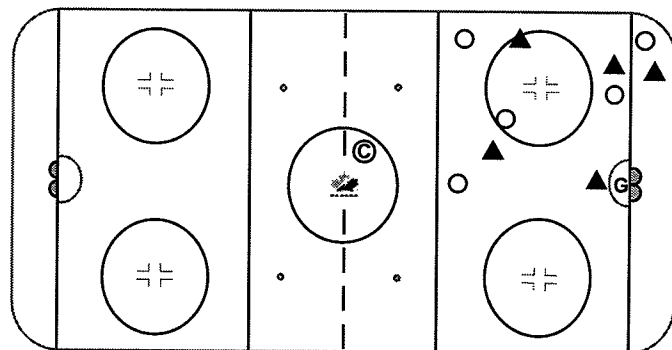


### KEY EXECUTION POINTS

10 min

### D-ZONE COVERAGE

- Coach dumps puck in.
- Players set up in proper D-zone system as instructed by coach.
- Coach moves puck to opposite corner to allow players to transfer set-up.
- Coach can get defensive players to turn sticks over and play 5-5, working on positioning.



### KEY EXECUTION POINTS

**Session Objective(s)**

1. Forechecking
2. Neutral Zone Forecheck

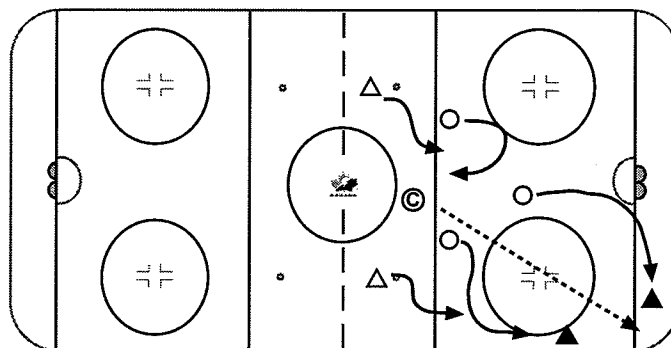
10 min

**FORECHECKING**

- Coach dumps puck in.
- D's forecheck on F's.
- Execute system, ie 1-2-2 then 2-1-2 on second run.

If D get puck out, pass to coach who dumps backing for second forecheck.

If forecheckers get puck, bring out side blue line pass to coach and regroup to go in for second time.

**KEY EXECUTION POINTS**

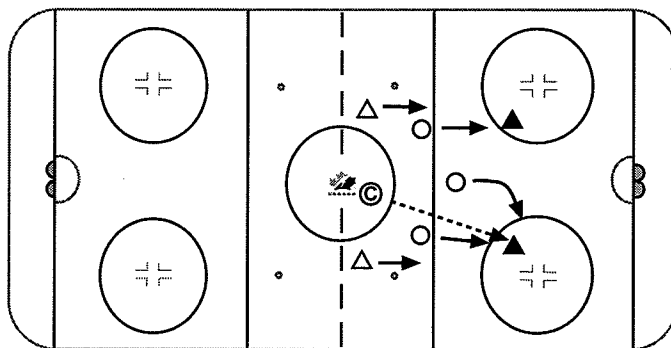
10 min

**NEUTRAL ZONE FORECHECK 1 - 2 - 2**

- Coach moves puck to either D.
- D looks to move up ice with the puck.
- F's forecheck/pressure/angle D.
- Execute 1-2-2 forecheck system as outlined by coach.

If D get puck out, pass to coach who dumps backing for second forecheck.

If forecheckers get puck, bring out side blue line pass to coach and regroup to go in for second time.

**KEY EXECUTION POINTS**

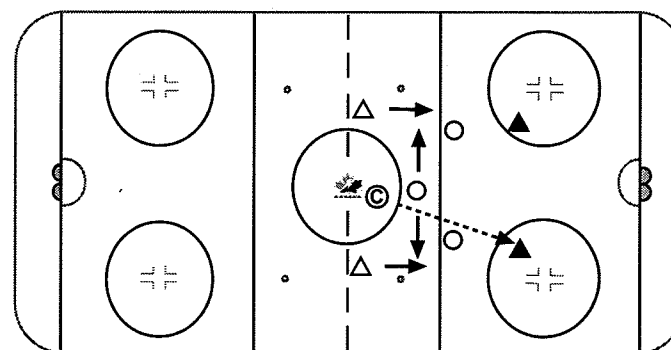
10 min

**NEUTRAL ZONE FORECHECK 2 - 1 - 2**

- Coach moves puck to either D.
- D looks to move up ice with the puck.
- F's forecheck/pressure/angle D.
- Execute 2-1-2 forecheck system as outlined by coach.

If D get puck out, pass to coach who dumps backing for second forecheck.

If forecheckers get puck, bring out side blue line pass to coach and regroup to go in for second time.

**KEY EXECUTION POINTS**

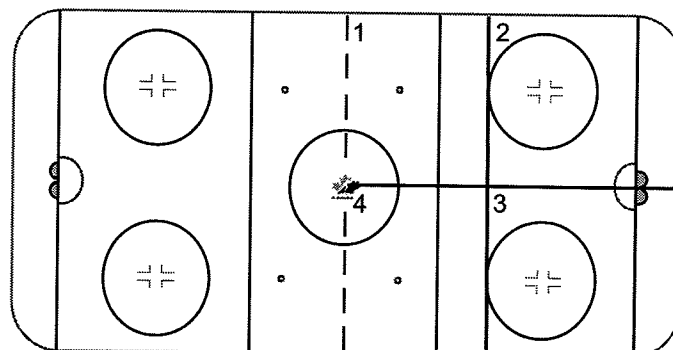
## Session Objective(s)

10 min

### FACE-OFF TECHNIQUES

- Each of the areas is a location for players to practice techniques.
- Each zone can also be used to work on other technical skills.

1. Draw back to D
2. Push Forward
3. Tie up
4. Draw to boards

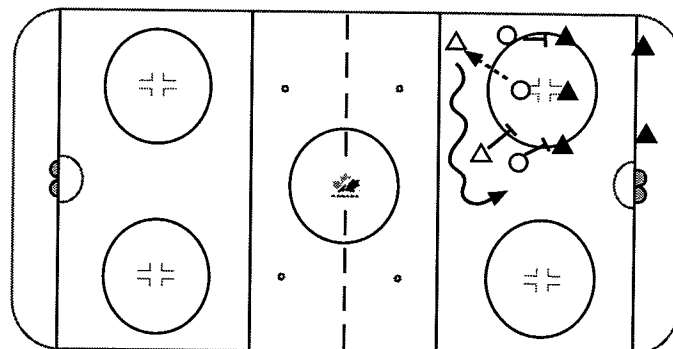


### KEY EXECUTION POINTS

10 min

### FACE-OFF TECHNIQUES

- Each of the areas is a location for players to practice techniques.
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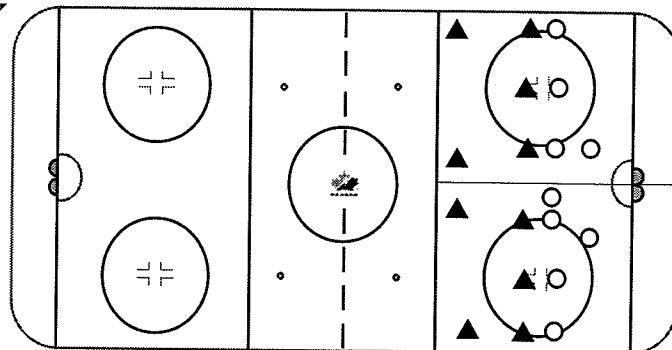


### KEY EXECUTION POINTS

10 min

### FACE-OFFS ALIGNMENT AND RESPONSIBILITY

- Use both circles to teach set-up and alignment.
- Various situations: D-zone, O-zone, PP, PK.
- Techniques.



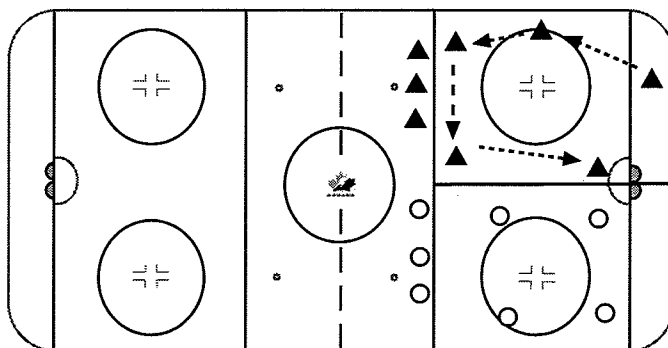
### KEY EXECUTION POINTS



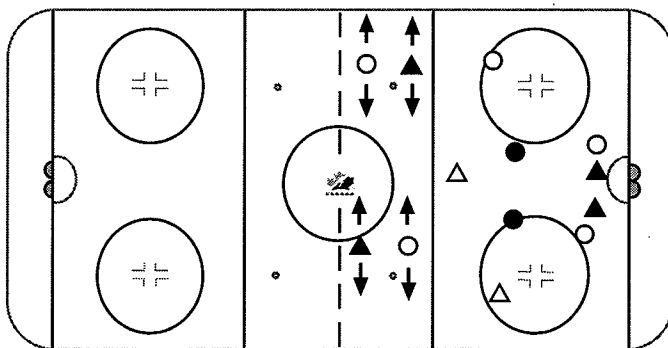
**Session Objective(s)** 1. Penalty Kill  
2. Power Play

10  
min**POWER PLAY AND PK**

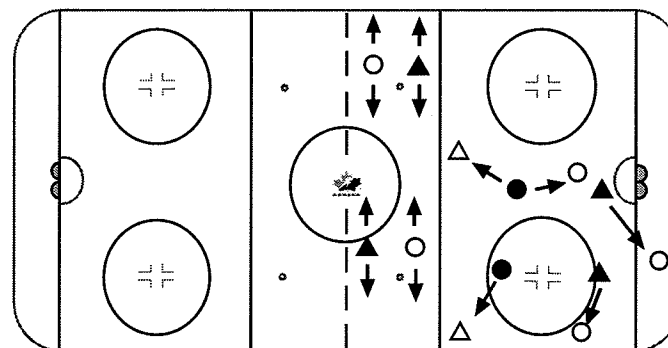
- Start with PP and PK separate so they get used to the movement patterns and assignments.
- Extra players in neutral zone watching or doing technical skill development.
- Both zones can be simulated for work on offensive and defensive purposes.

**KEY EXECUTION POINTS**10  
min**POWER PLAY**

- Umbrella set up.
- Extra players in neutral zone watching or doing technical skill development.
- Can be simulated for work on offensive and defensive purposes.

**KEY EXECUTION POINTS**10  
min**PENALTY KILL**

- Aggressive box set up.
- Extra players in neutral zone watching or doing technical skill development.
- Can be simulated for work on offensive and defensive purposes.

**KEY EXECUTION POINTS**

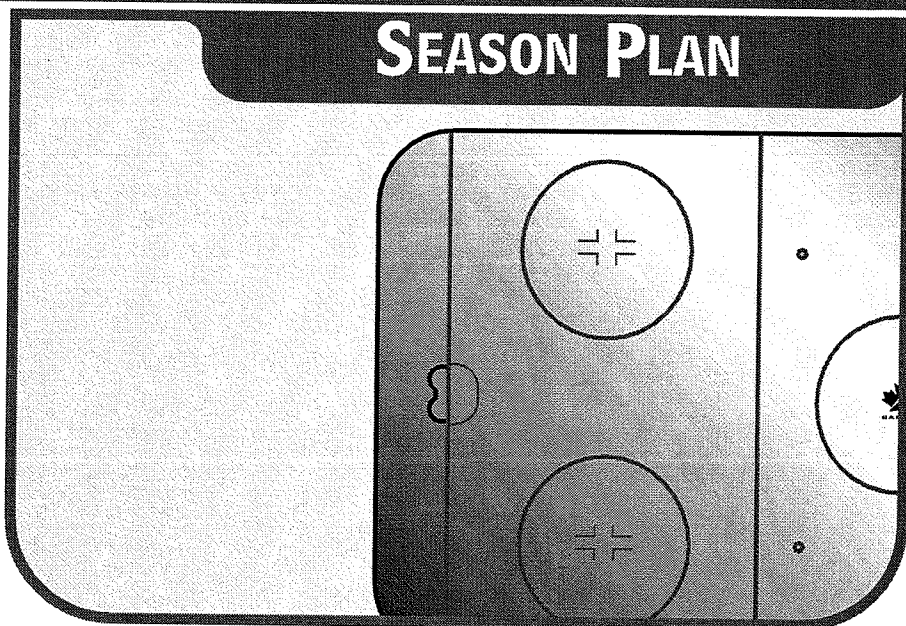
## HALF-ICE SESSIONS

PHASE 1

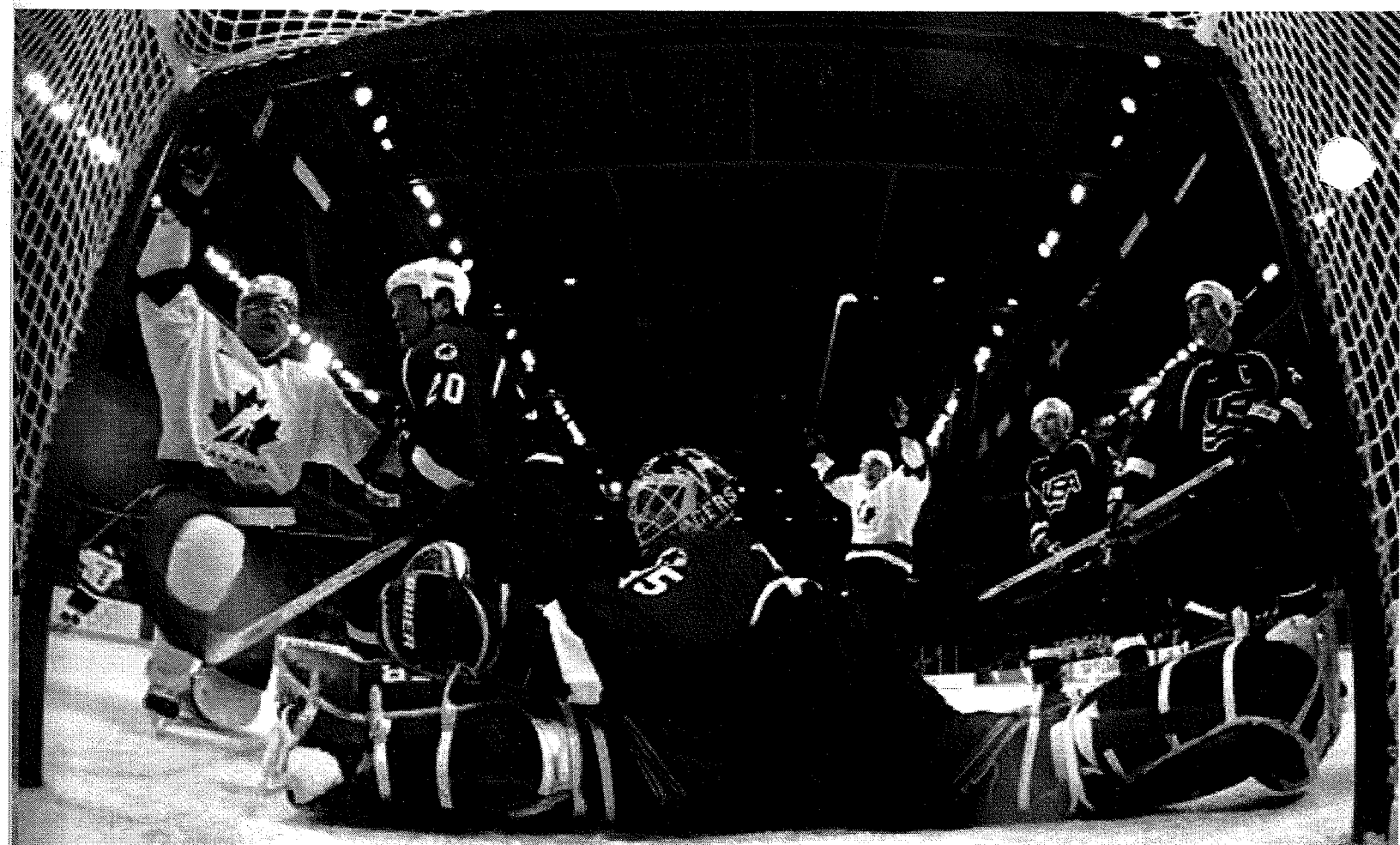
PHASE 2

**PHASE 3**

### HALF-ICE SEASON PLAN



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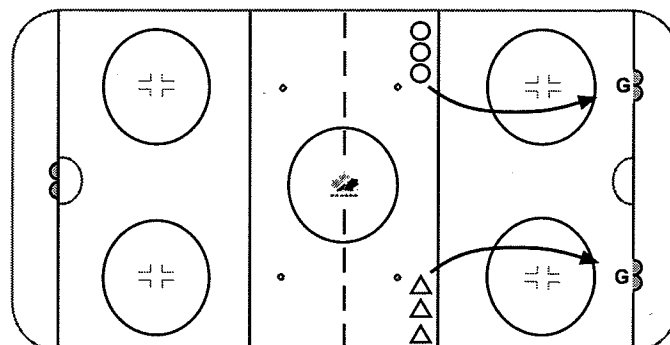
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## Session Objective(s)

10 min

### HALF ICE 3 ON 0

1. Three F's go and shoot- a 3-0.
  2. They all clear zone and get a pass from coach; back for second 3-0.
  3. Next time clear the zone and go back 2-1.
  4. Fourth time go back 1-2.
- The three players decide who D-man is and the D-man get to be the rusher on the 1-2.

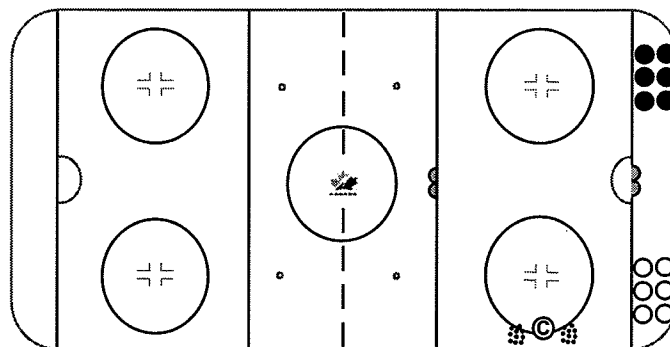


#### KEY EXECUTION POINTS

10 min

### 2-2 / 3-3

- Coach has pucks in the zone, nets at the bluelines.
- On whistle two black and two white players jump in the zone and play a 2-2 game.
- If one team scores, coach ships in a new puck and play continues.
- To change, blow whistle, players leave the puck and four new players jump in.
- Players not playing can stretch if drill is at end or start of practice.
- Shifts should be game-like; 40 seconds.

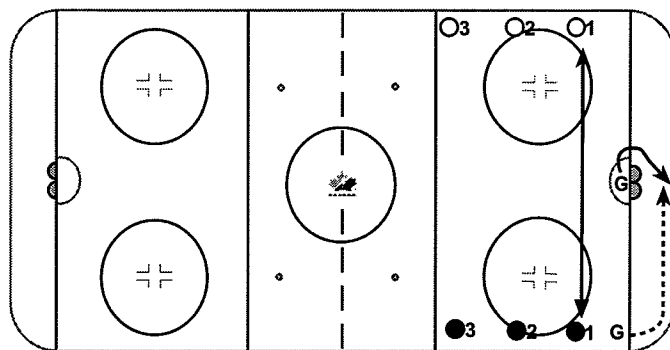


#### KEY EXECUTION POINTS

10 min

### PIN GAME

- Good warm up game, both teams drill.
- Everyone will play 1-1 cross ice.
- Divide players into the three zones and they play 1-1.
- To score a point, a player must press the puck on the boards with their stick, you get three points if you hold it for three seconds.
- Play for two-four minutes.
- Can also cut in half if coaches want.



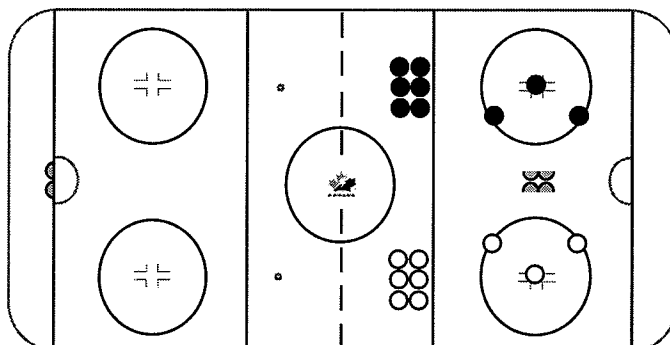
#### KEY EXECUTION POINTS

## Session Objective(s)

10  
min

## BACK TO BACK NETS

- Half ice drill.
- Nets are placed back to back between the hash marks.
- Three black play three white players.
- One black and one white have to stay in contact with the face-off dot; they are the "slot men".
- Play a 40 second shift, anyone can score.
- A great drill for goalies to follow behind the net play.

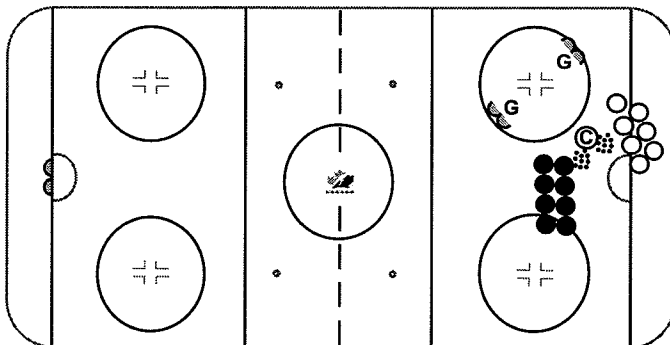


## KEY EXECUTION POINTS

10  
min

## CORNER DRILL

- Half or quarter ice drill.
- Place nets close together on an angle.
- Two black play 2 white players.
- Any puck out of play or if a goal is scored, coach chips in a new puck and keep going.
- Whistle changes players.
- Play to nine goals.
- Can allow 3/4 ice for other team.
- If 1/4 ice have second group in neutral zone, i.e. agility skate.

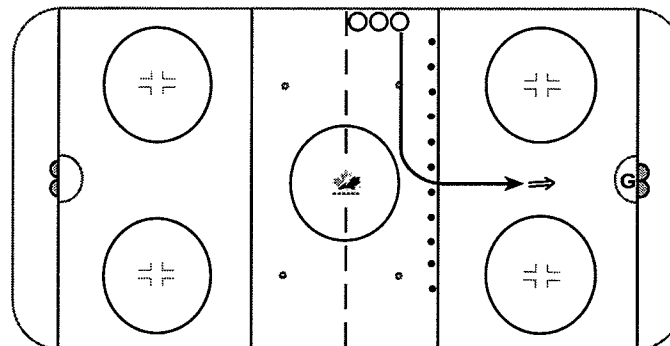


## KEY EXECUTION POINTS

10  
min

## 10 PUCK SHOWDOWN

- Could do half ice or competition for fun between two teams.
- Place 10 pucks on each blue line, black versus white.
- A player has a breakaway, if he scores, the next guy goes.
- If he misses, he retrieves the puck, sets it back on the blueline and goes to the back of the line.
- First team to empty the blueline win.
- Have proper goalie with same age shooter.



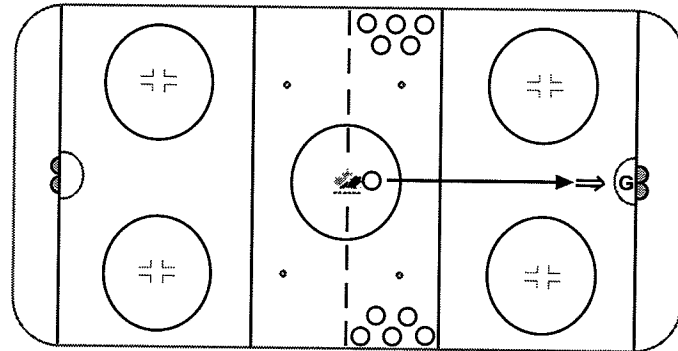
## KEY EXECUTION POINTS

## Session Objective(s)

10  
min

### YES-NO SHOWDOWN

- Half ice, or do as a group.
- Cool down.
- G's at one end.
- A player stands at center ice ready for a breakaway.
- Teammates must predict if he will score or not.
- One side of the ice is "no", the other side is "yes".
- If you predict correctly, there is no task; if wrong, you must do on a hard wall to wall sprint.
- Go until everyone shoots.
- G's skate if scored upon.

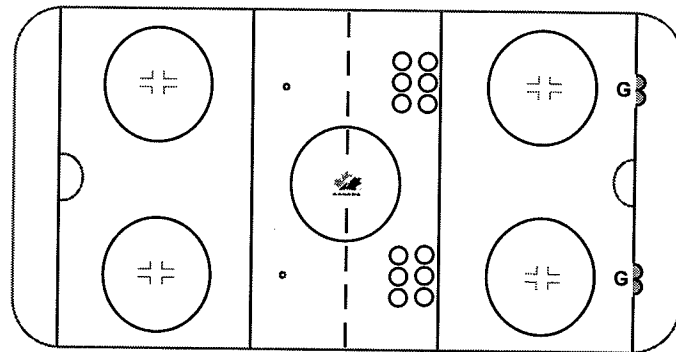


### KEY EXECUTION POINTS

10  
min

### SIDE-BY-SIDE SHOOTOUT

- Place net at one end on the goal line.
- Have a shootout to seven goals – first to score seven wins.
- The next shooter cannot go until the previous shooter clears the zone across the blueline.

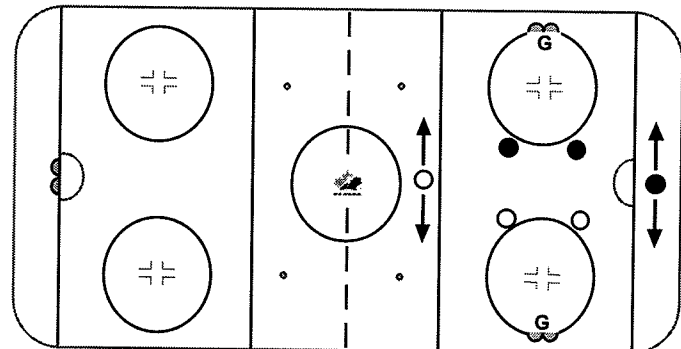


### KEY EXECUTION POINTS

10  
min

### 2-2 CROSS ICE OUTLET

- Put nets at the side boards and play a 2-2 cross ice game.
- However, each team has a player that must stay outside the blueline or below the goal line.
- These players can be used as outlet people but they cannot shoot or score.



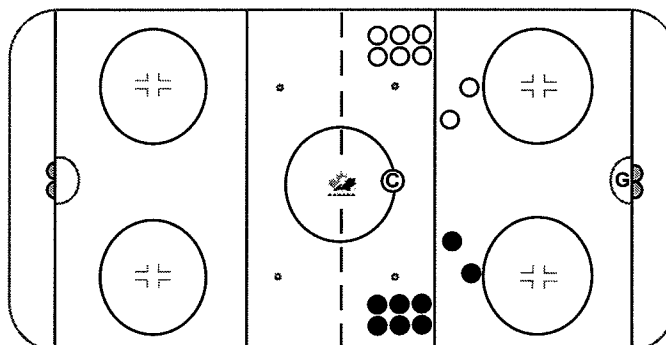
### KEY EXECUTION POINTS

## Session Objective(s)

10  
min

## ONE GOALTENDER 2-2

- If you only have one G or you want to go 1/2 ice, this is a good drill.
- Coach dumps in a puck, the first team to touch it is offense and tries to score.
- The other side tries to turn it over.
- To be on the offence, they must regroup with the coach; this reverses the role of the players.

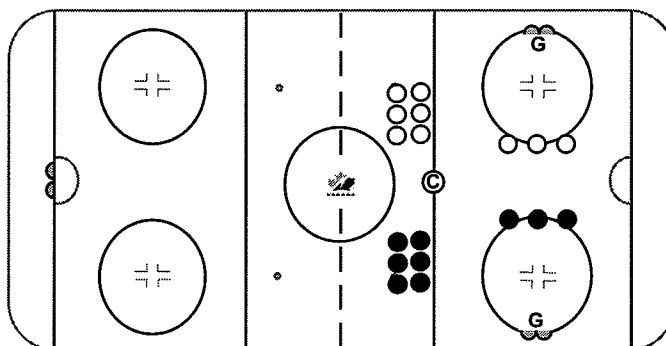


## KEY EXECUTION POINTS

10  
min

## 3-3 CROSS ICE QUICK CHANGE

- Cross ice scrimmage.
- Coach has pucks and throws new puck in if there is a goal or it leaves the zone.
- On the whistle, players leave the puck and new players jump in to play only after the three teammates clear the zone.

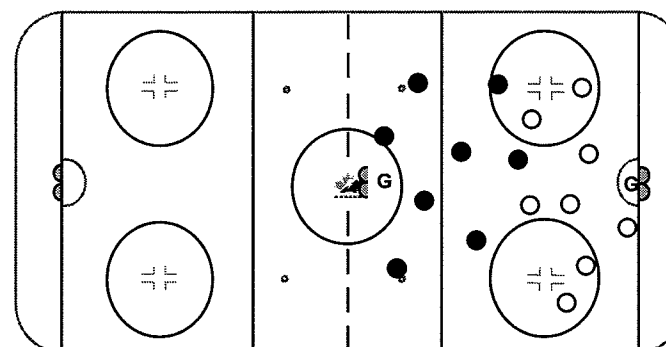


## KEY EXECUTION POINTS

10  
min

## TWO PUCK SCRIMMAGE

- Full ice with two same age teams.
  - Coach introduces two pucks and play a game.
  - The only rules is that only one puck is allowed below the ringette line at a time and the G must be ready for the shot.
- or
- Half ice with one G.
  - Have to bank puck off boards to be offense.



## KEY EXECUTION POINTS