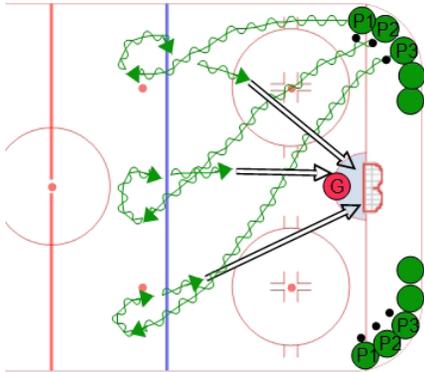




Squirt Half Ice Practice #1

Age Level: Squirt | Emphasis: Breakouts, 1 on 1's , 2 on 1's

HALF ICE THREE LANE CONTROL TURN SHOOTING

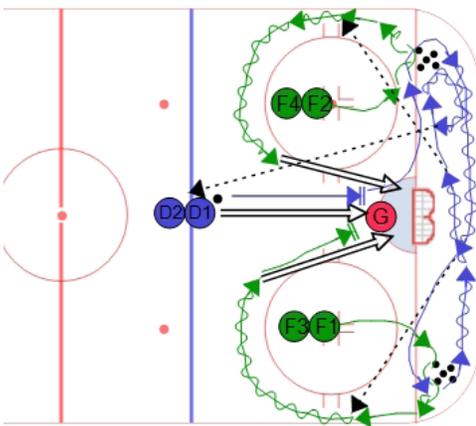


Setup

Place half of the players in each corner with the pucks. On the whistle, the first three players in the first line go with a puck. The first player (P1) skates straight ahead out to the blue line, makes a control turn towards the boards and skates back into the zone for a shot on net. This drill is as much for the goalies as it is for the players so make sure the players stay in their lanes to take the shots. The second player in line (P2) skates out to the blue line as well but towards the middle of the ice. They do a control turn as well (back towards the line they started from) just outside the blue line and come back in the middle lane for a shot on net. The third player (P3) does the same thing except they skate to the opposite side of the ice, make their control turn, and come back into the zone to take a shot from the outside lane. After the third shot on net the next three players from the other line begin.

My Notes

TIGERS HALF ICE SHOOTING DRILL



Setup

The drill starts with D1 taking a shot from the point and following it to the net for a rebound. After they stop at the net they continue to the corner to get a puck and carry the puck back around the net. While they are picking up the puck F1 curls towards the boards and gets in position to receive a breakout pass from D1. Once they receive the pass they curl into the slot behind the line of forwards and take a shot on net. F1 follows their shot for a rebound and then returns to the end of the line. D1 continues the drill by picking up another puck from the other corner and carrying it around the net to make another outlet pass to F2. F2 does the same thing as F1 on the other side. After D1 makes the second pass they continue to the corner one more time to retrieve a third puck. This time they make a pass out to the blue line to the next defense who starts the drill over again.

Coaching Points

- » Hit the net
- » Good first pass from D
- » Forwards need to face puck at all times and get feet pointed up ice

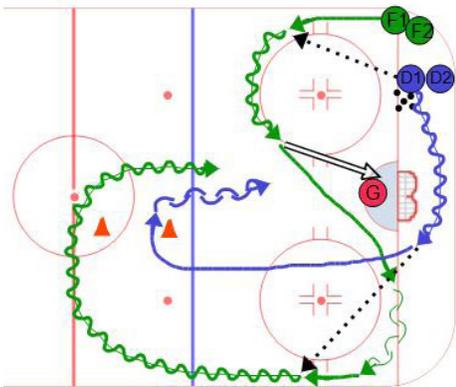
My Notes



Squirt Half Ice Practice #1

Age Level: Squirt | Emphasis: Breakouts, 1 on 1's , 2 on 1's

EAGLES HALF ICE 1 ON 1



My Notes

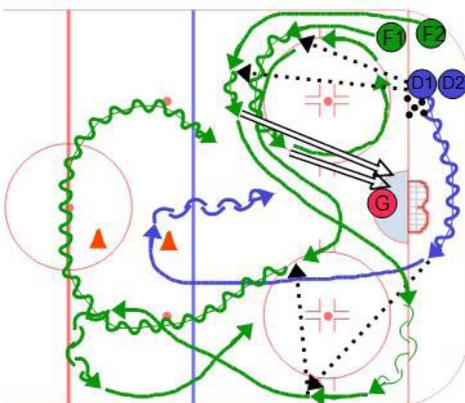
Setup

The forwards all line up in the corner without pucks. The defense line up just inside the forwards with the pucks as shown in the diagram. To start the drill F1 skates up along the boards and receives a pass from D1. F1 receives the pass, skates around the circle and takes a shot on net. F1 transitions around the bottom of the other circle so they are always facing the play. After F1's shot, D1 takes a puck and skates around the net to give F1 a breakout pass. F1 receives the breakout pass and skates up near center ice and around the cone or tire closest to the red line. D1 follows the play and transitions around the cone closest to the blue line to play F1 in a 1 on 1 back towards the net.

Coaching Points

- » Good first passes by defense
- » Forwards always face puck and give defense a good target
- » Defense should re-take as much ice as possible

EAGLES HALF ICE 2 ON 1



My Notes

Setup

Now we add a forward to make it a 2 on 1. The forwards all line up in the corner without pucks. The defense line up just inside the forwards with the pucks as shown in the diagram. To start the drill F1 skates up along the boards and receives a pass from D1. F1 receives the pass, skates around the circle and takes a shot on net. F1 then continues around the circle. F2 follows F1 out of the corner and also receives a pass from D1 out of the corner. After their shot, F2 transitions around the bottom of the other circle to receive a breakout pass from D1. F1 times their break into the slot to receive a pass from F2. F1 and F2 then continue outside the blue line and transition back against D1 in a 2 on 1 situation.

Coaching Points

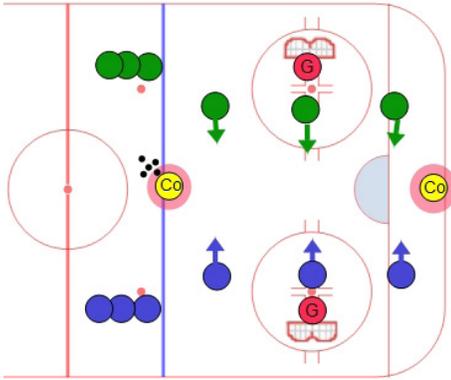
- » Defense has to make good first passes
- » Defense should try to force a bad angle shot while taking away the pass



Squirt Half Ice Practice #1

Age Level: Squirt | Emphasis: Breakouts, 1 on 1's , 2 on 1's

THE GREATEST DRILL IN THE WORLD



Setup

Players love this drill so much it was referred to as “The Greatest Drill in the World” within our team, hence the name. This drill is a variation of the typical 3 on 3 cross ice game. In this variation coaches, or designated players, are placed on each side as shown in the diagram. These coaches (or players) are used as outlets for each team. Therefore, when a team has control of the puck they will have a 5 on 3 advantage because they can use either of these outlets. When they receive a pass, the designated coaches (or players) must pass back to a player on the same team from which they received the pass. Encourage quick puck movement, moving without the puck, lots of talking, puck protection, and taking advantage of 2 on 1 situations.

Coaching Points

- » Players should look to pass the puck often
- » Constant communication

My Notes