

IIHF COACH DEVELOPMENT PROGRAM

LEVEL I



TACTICAL



19. INDIVIDUAL OFFENSIVE TACTICS

19. Individual Offensive Tactics

Within the subject area of tactics, the IIHF Coach Development Program presents individual and team tactics for coaches to provide their players with options to solve the many and varying challenges that occur during a hockey game.

Once the players have a sound base of the fundamental technical skills necessary to play hockey, the coach can introduce them to individual tactics and then into team tactics and principles. The next step in the progression is teaching team play systems and, finally, strategy.

In this Level I manual, coaches are introduced to Individual Offensive Tactics and Offensive Team Tactics and Principles. The defensive elements of the game are consciously introduced beginning in Level II to encourage coaches to teach their players to play a creative and dynamic style of hockey.

In Level II, these Individual Offensive Tactics are refined and Individual Defensive Tactics and Defensive Team Tactics and Principles are presented along with Team Play Systems and Special Situations.

The teaching progression pyramid (Table 1), will help coaches understand the teaching progression necessary to be able to understand and teach team strategy.

Upon completion of this chapter, you will be better prepared to:

- *understand individual offensive tactics,*
- *select and teach individual offensive tactics using a four-step progression.*

19.1 Individual Offensive Tactics

A team is on offence when it has or is about to gain possession of the puck.

The objective of offensive play is:

To advance the puck into the offensive zone and to create high percentage scoring opportunities. This can be accomplished by the players on offense using a number of tactics to create time and space.

Table 2 introduces a flow chart which illustrates why individual tactics are indispensable in building team systems. As well, the key content areas for individual tactics in Level I and Level II are outlined.

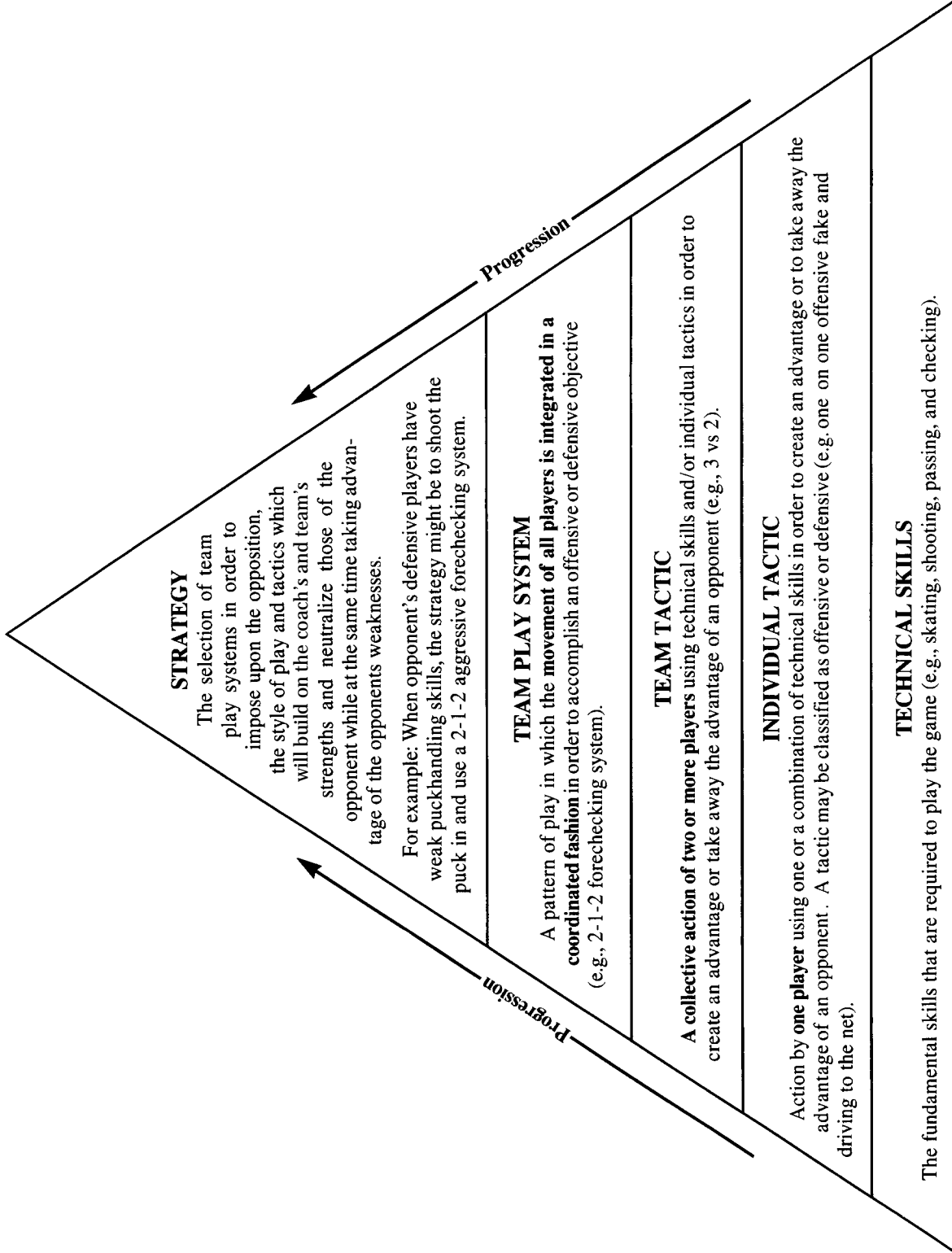


Table 1: Teaching Progression Pyramid.

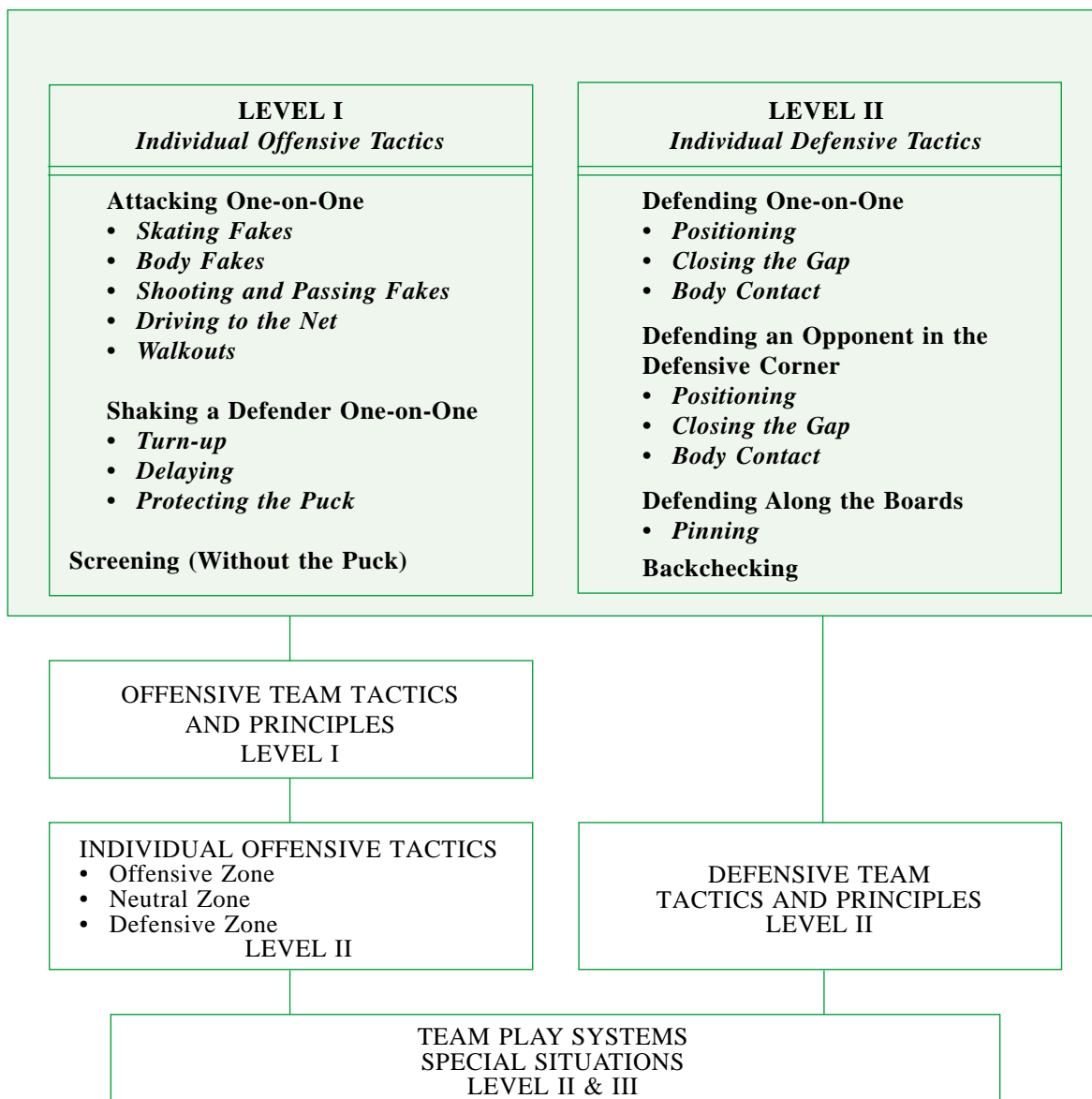


Table 2: Flow Chart Highlighting Individual Tactics in Designing Team Play Systems.

When teaching individual tactics, it is important your players are able not only to perform each tactic under game-like conditions but they are also able to select the most appropriate tactic for a given game situation. Successful individual performance is dependent on a player's ability to read and react to varying game situations. The following four steps can be used to guide a player's performance:

- observe the situation,
- organize and process the information,
- select an appropriate response from the available options,
- execute the correct tactic.

19.1 **Attacking One-on-One**

When attacking one-on-one, the puck carrier must have skating and puck handling skills to keep possession of the puck and to challenge the defender to be able to effectively attack the net.

Skating Fakes

Change of Pace

The puck carrier, by varying the speed of attack through a change of pace (e.g., slowdown, accelerate), may be able to deceive or force a defender to adjust speed and position very quickly.

Outside-In

A player skating on a wide (outside) course forces the defender to adjust wide. When just outside the checking range, the puck carrier makes a quick lateral move to the inside and accelerates past the defender to a scoring position.

Inside-Out

The puck carrier skates in a direction which forces the defender to adjust to an inside position, then skates and moves the puck quickly and laterally to the outside and accelerates past the defender.

Body Fakes

Body fakes may include movement of the head, upper body, or lower body in a deceptive movement designed to force the defender to adjust position or lean in the wrong direction. When this occurs, the puck carrier accelerates quickly in the opposite direction before the defender has time to recover. These fakes are normally initiated just outside the checking range of the opponent. This allows the puck to be moved through the defensive triangle which is formed by the skates and stick of the defender.

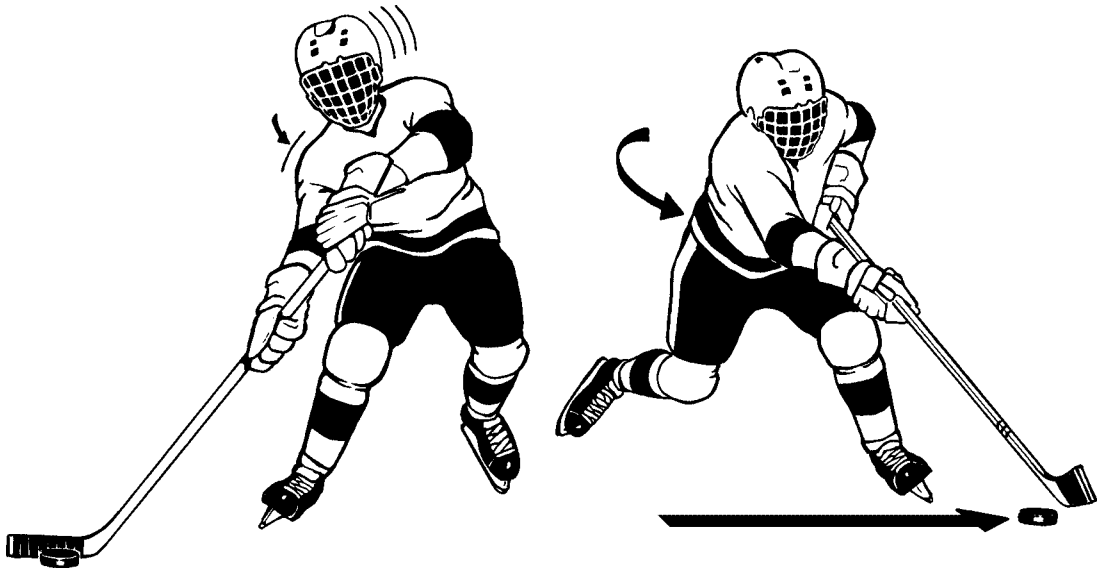


Figure 1: Body Fake

Shooting and Passing Fakes

Fake Shot

The attacker, by initiating a shooting action, may force the defender to momentarily “freeze” in a shot blocking response. This allows the puck carrier to accelerate past the defender and attack the net.

Look Away

The puck carrier, by looking or glancing at a teammate and indicating a passing intention, may force the defender to momentarily adjust position in the direction of the potential pass receiver. This results in the creation of space or an avenue for the puck carrier to attack the net.

Driving to the Net

An offensive player, with an initial outside position on a defender, uses strong crossover strides or leans heavily with an extended inside leg and arm in order to cut to the front of the net for a potential scoring opportunity. The attacker attempts to drive to the far post and maintains one's body position between the puck and the defender so as to protect the puck (Figure 2a and 2b).



Figure 2a: Driving to the Net



Figure 2b: Keeping Body Between the Opponent and the Puck

Walkouts

When in possession of the puck in the offensive zone (behind the goal line or along the side boards), a player should take advantage of any gap or lane to attack the net. The puck carrier fakes a pass to force the defender to adjust position and then accelerates through the open lane to a potential scoring position. In the same way, a player receiving a pass should “fire” through an open lane created by a defender who fails to adjust position quickly enough (Figure 3).

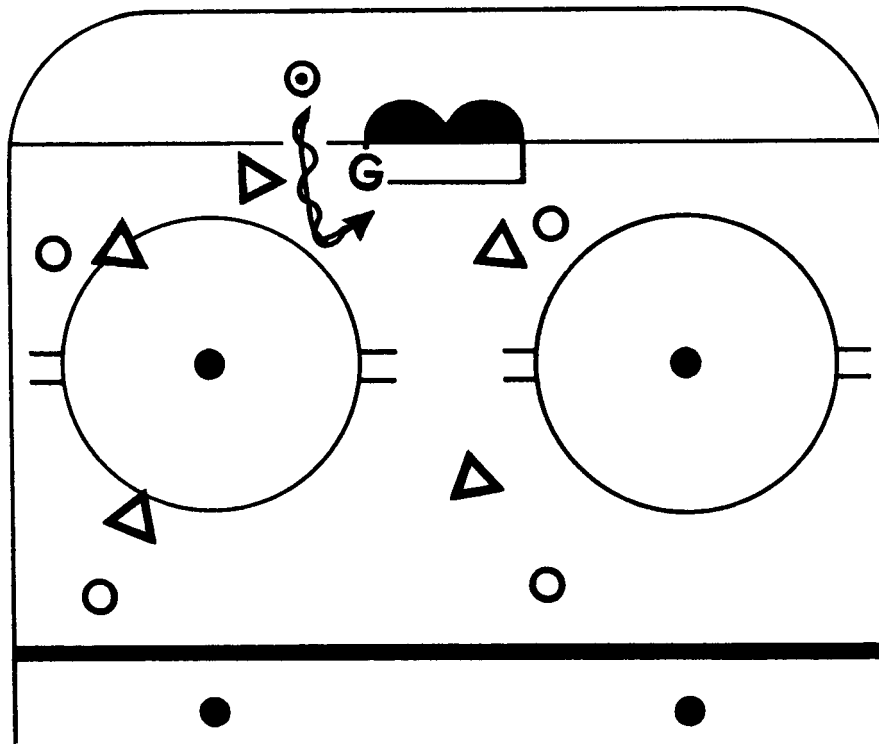


Figure 3: Walkout

19.1.2 Shaking a Defender One-on-One

The puck carrier must also be able to maintain possession of the puck when under checking pressure by a defender. Use of the body, skates, and stick, as well as evasive skating movements, are required to shake a defender one-on-one.

Turn-Up

This is an offensive manoeuvre used by players who have just recovered a loose puck while skating in the direction of their own net. It may also be used by puck carriers who are momentarily forced to retreat towards their own net. The offensive player first executes a fake by dipping the shoulder and angling the skates as if to turn in one direction. The puck carrier then rapidly makes a tight turn (preferably toward the near boards) with the puck in the opposite direction and accelerates as the turn is completed. The attacker is now in a position to pass to a teammate or skate with the puck (Figure 4).

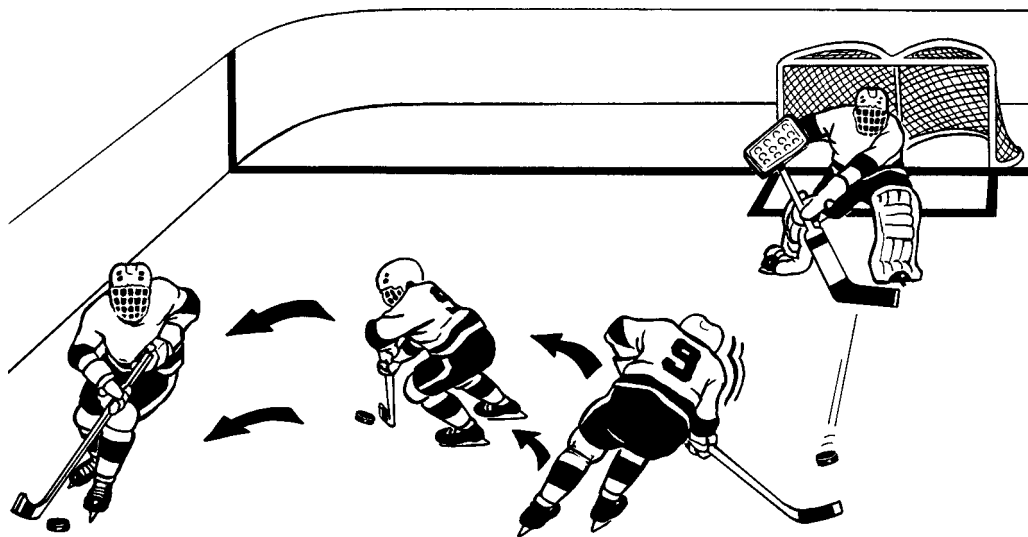


Figure 4: Turn-Up

Delaying

When an attacker is cut off from moving to the net with the puck, a delay movement can create time and space for the attacker (Figure 5), by:

- a tight turn toward the boards to create space between the puck carrier and defender,
- a player “fades” to outside and momentarily creates space for himself,
- a quick stop, facing the centre of the ice surface.

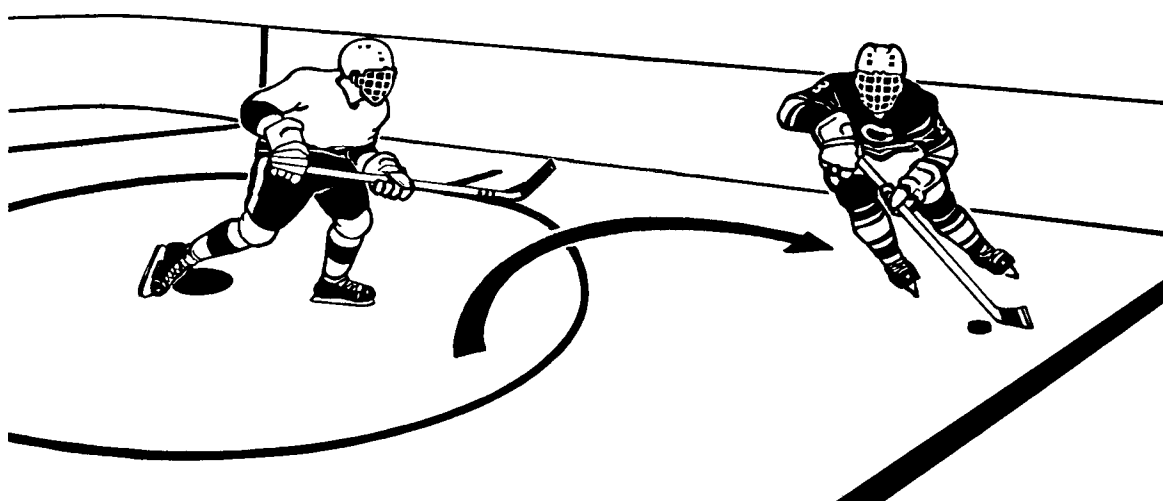
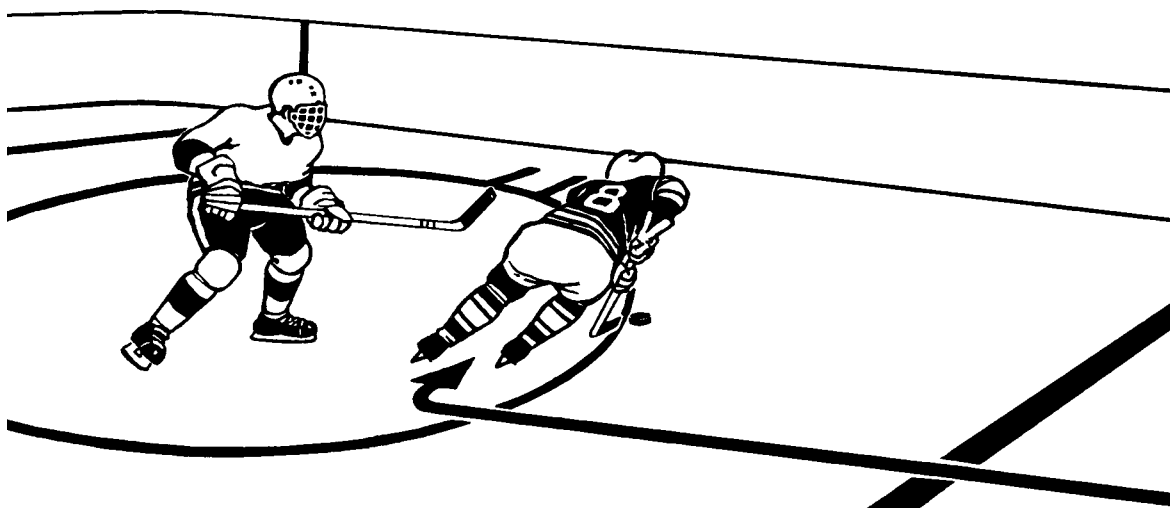
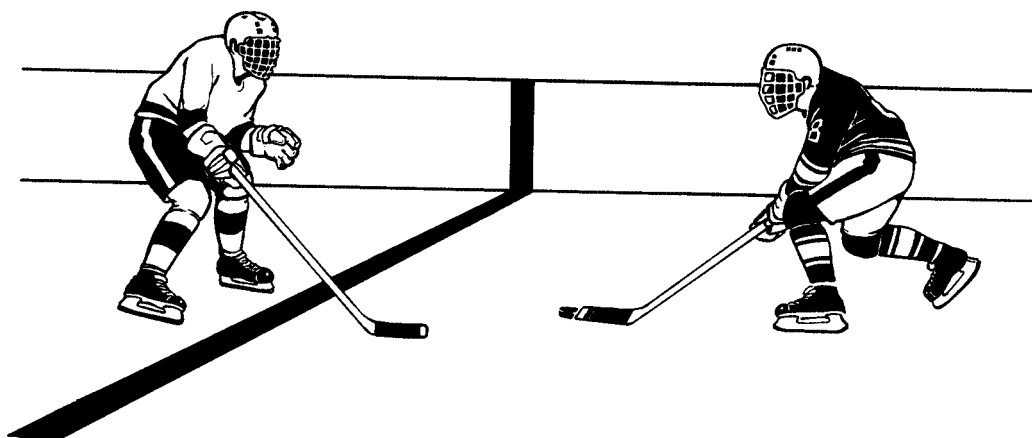


Figure 5a, 5b and 5c: Delaying

Turn Away Pivot

When the outside drive to the net is cut off by a defender, the puck carrier pivots away from the defender by “driving” out towards the boards. This involves a semi-glide turn to the outside and is completed with the puck carrier facing towards the middle of the ice looking for a potential pass receiver (Figure 6).

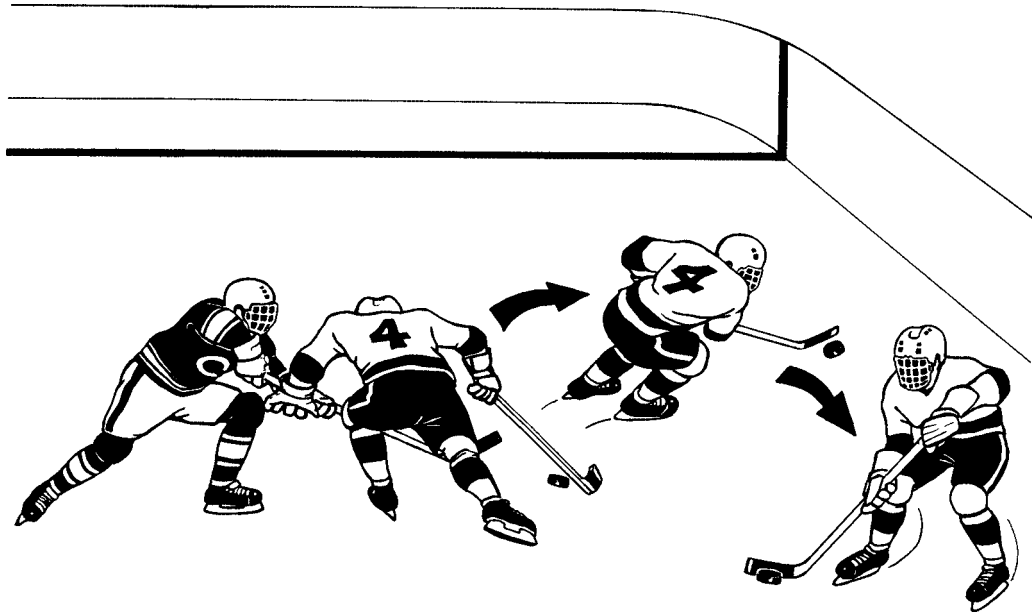


Figure 6: Turn Away Pivot

Quick Stop

As another option, the attacker may execute a quick stop facing in the direction of the middle of the ice. If the defender is not able to stop as quickly, the puck carrier will have space and time in order to look for a passing option or attack the net. Against a skilled defender, it will be necessary for the puck carrier to move laterally with the puck immediately after the quick stop in order to gain the necessary space.

Protecting the Puck

In tight checking situations, it is necessary for the offensive player to protect the puck. This involves the use of the skates and stick to maintain possession of the puck while using the body to establish position, thereby keeping the defender away from the puck. If unable to break loose from the checker, the attacker may attempt to hold off the defender until a teammate moves in to provide support. In some cases it may be necessary to freeze the puck to force a stoppage in play.

19.1.3 Screening (Without the Puck)

Screening (also referred to as picking or blocking) is the tactic of skating under control to a position on the ice that will force a defender to go around the screen on an indirect course in pursuit of the puck carrier or another teammate. Players executing a screen should also be prepared for a possible pass, depending on the reaction of the defenders. This also legitimizes the movement of the player to that particular position on the ice.

Screening a Forechecker (Moving Screen)

In order to delay a forechecker from the direct pursuit of a teammate retrieving a loose puck (e.g., which has been dumped into the defending zone), a player cuts across the intended path of the forechecker thereby providing additional time for the teammate. The screening player must establish position quickly and avoid physically interfering with the defender (Figure 7).



Figure 7: Moving Screen

Screening in the Neutral Zone (Stationary Screening)

A player, by establishing a position along the attacking blue line, can create a screen to open a lane for the puck carrier to enter the offensive zone. The defender must take an indirect route to pursue the puck carrier, which creates the necessary space and time to gain the zone (Figure 8).

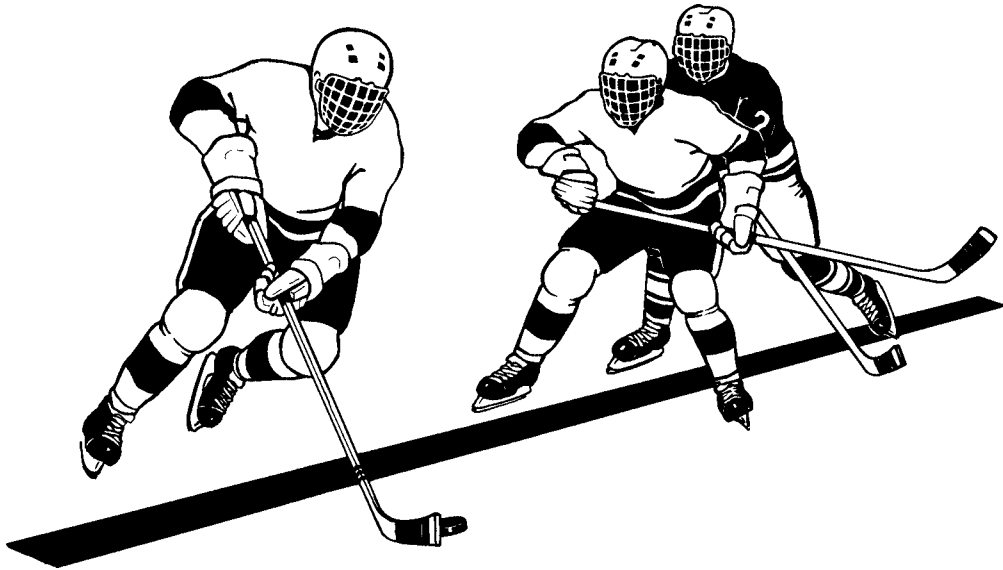


Figure 8: Stationary Screen

Screening in the Offensive Zone

Screens can also be used in the offensive zone to prevent defenders from taking good checking pursuit angles against the puck carrier or intended pass receiver. This tactic is more commonly used in power play situations (Figure 9).

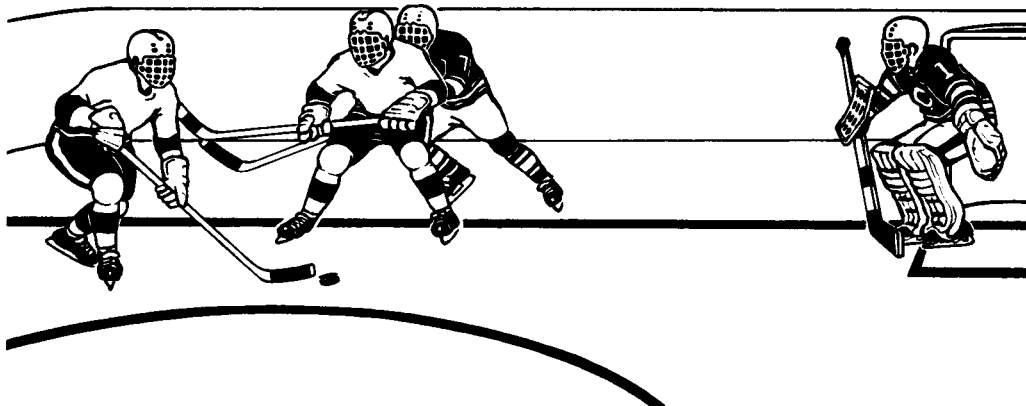


Figure 9: Stationary Screen (Offensive Zone)

Appendix 19.1

Glossary of Terms

Backman Pass:	A pass back, in the direction of your own goal, in order to maintain puck control.
Balanced Defence:	Balance implies depth and width in defensive alignments to counteract triangulation and balance. It requires that defensive players <i>read</i> the offensive pressure and <i>adjust their positions</i> to provide coverage in the area of the puck as well as other areas where the puck may be moved.
Close Coverage:	Defensive hockey term wherein the defensive player plays close or tight to an offensive player.
Closing the Gap:	A retreating defenceman adjusts speed and skating pattern so the distance between him and the puck carrier is lessened in order to get the puck carrier within poke checking range.
Commit:	<p>The degree of puck control by the offensive player will determine whether the defender pressures the player (commits) or stalls (contains).</p> <p>Commit is defined as a final action by a defender on a particular play. For example, if the offensive player is in full control, the defender must approach under control and separate the attacker from the puck.</p>
Concentration of Attack:	Any action or movement in a confined area which creates an offensive numerical advantage.
Cross:	Two offensive players exchange positions to accomplish isolation and force a decision by a defender.
Cycling:	A balanced rotation of players in the offensive zone to maintain puck control.
Defensive Side:	Establishing a position between an opponent and the net.
Drop Pass:	The puck carrier leaves the puck for a crossing or trailing teammate to pick up, either for an immediate shot or to carry into a scoring position. The drop should occur directly in front of the defender.
Force Outside:	Any action by the defender to force the play to the outside away from the middle lane and prime scoring area.
Give and Go:	An offensive tactic; pass and aggressively skate to become an option for the player just passed to.
Headman Pass:	Passing to a player ahead of the puck carrier and in a better offensive position.
Head on a Swivel:	A technique utilized to observe and to read the entire ice surface by quickly rotating the head.
Individual Skills:	The individual who develops quick feet, acceleration with the puck, drive skating, sculling, crossing over to cut in, and cutting to the net, will contribute to a team's ability to execute effective puck control.

Lane:	A specific section of ice identified as a lane of attack or a lane of defence.
Lateral Feed:	An offensive tactic whereby the puck carrier maintains possession after a cross to make a lateral pass.
Player to Player Coverage:	Each offensive player is responsible for an identified defensive player.
Numerical Advantage:	Good support can contribute to the pressure applied on the defence by creating numerical advantage and outnumbering the defenders in a confined area.
Overplay:	<p>A defensive player intentionally plays tighter on a player than normal in order to take away time and space from the offensive player.</p> <p>Similarly, an offensive player can also overplay a situation or an area in order to take a calculated risk to heighten the pressure on a defensive team.</p>
Pinning Technique:	The defensive technique utilized to pin or secure an opponent against the boards.
Pressure (Offensive):	Quick player and/or puck movement which causes the defence to react more quickly than they may be capable of doing.
Pressure (Defensive):	Just as offensive speed creates pressure, <i>defensive speed</i> creates pressure, but on the offensive players. This results in <i>reducing the time and space</i> available to the attackers.
Puck Protection:	Any action or movement that keeps the puck away from the defender through the use of one's body. For example, driving to the net.
Quiet Zones:	Space in the corners and behind the net in the offensive zone which is generally uncovered. These can be used when under pressure to maintain puck control.
Riding Your Check:	Defensive hockey term wherein the defensive player stays with an offensive player in order to prevent offensive play. For example, the defensive player rides or sustains the check on a player who passes the puck, so that this individual cannot get open for a return or give and go pass.
Sagging:	Defenders away from the puck, adjusting their positions to support defenders playing the puck carrier.
Speed:	A quickness to attack that will limit the reaction time of the defender (stress the defence) and force defensive error.
Stall/Contain:	The defensive team will attempt to force an opponent to stop or slow down the speed of an attack to provide time to set up better defensive coverage. This can be accomplished by <i>pressuring</i> the puck carrier or <i>deflecting</i> the attack to the outside lanes.
Stretching the Defence:	Skating aggressively ahead or away from the puck at the appropriate time to spread out the defence.

- Strong Side:** The side of the ice where the puck is being controlled.
- Support:** Players away from the puck make themselves available as a passing option in the attack. Players away from the puck are active by positioning themselves in a manner which restricts options.
- Switching:** Exchange of defensive responsibilities between two defensive players.
- Transition:** Transition is defined as the ability of a team to quickly move from offence to defence and vice versa.
- Triangulation:** Any offensive formation which creates offensive triangles, thus providing the puck carrier two passing options and enabling the offensive team to create *width and depth* in the attack.
- Weak Side (Backside):** The side of the ice opposite to where the puck is being controlled.
- Wideman Pass:** To use width of the ice to change the point of attack.



20. OFFENSIVE TEAM TACTICS AND PRINCIPLES

20. Offensive Team Tactics and Principles

Now that we have been exposed to individual offensive tactics, we should be better prepared for the introduction of offensive team tactics and principles.

Upon completion of this chapter, you will be better prepared to:

- *understand the basic offensive tactics and principles governing team tactics,*
- *teach offensive team tactics and principles.*

A flow chart depicting the interrelationship, between the various levels of hockey technical development is illustrated in Table 1. As well, the key content areas for team tactics and principles are outlined.

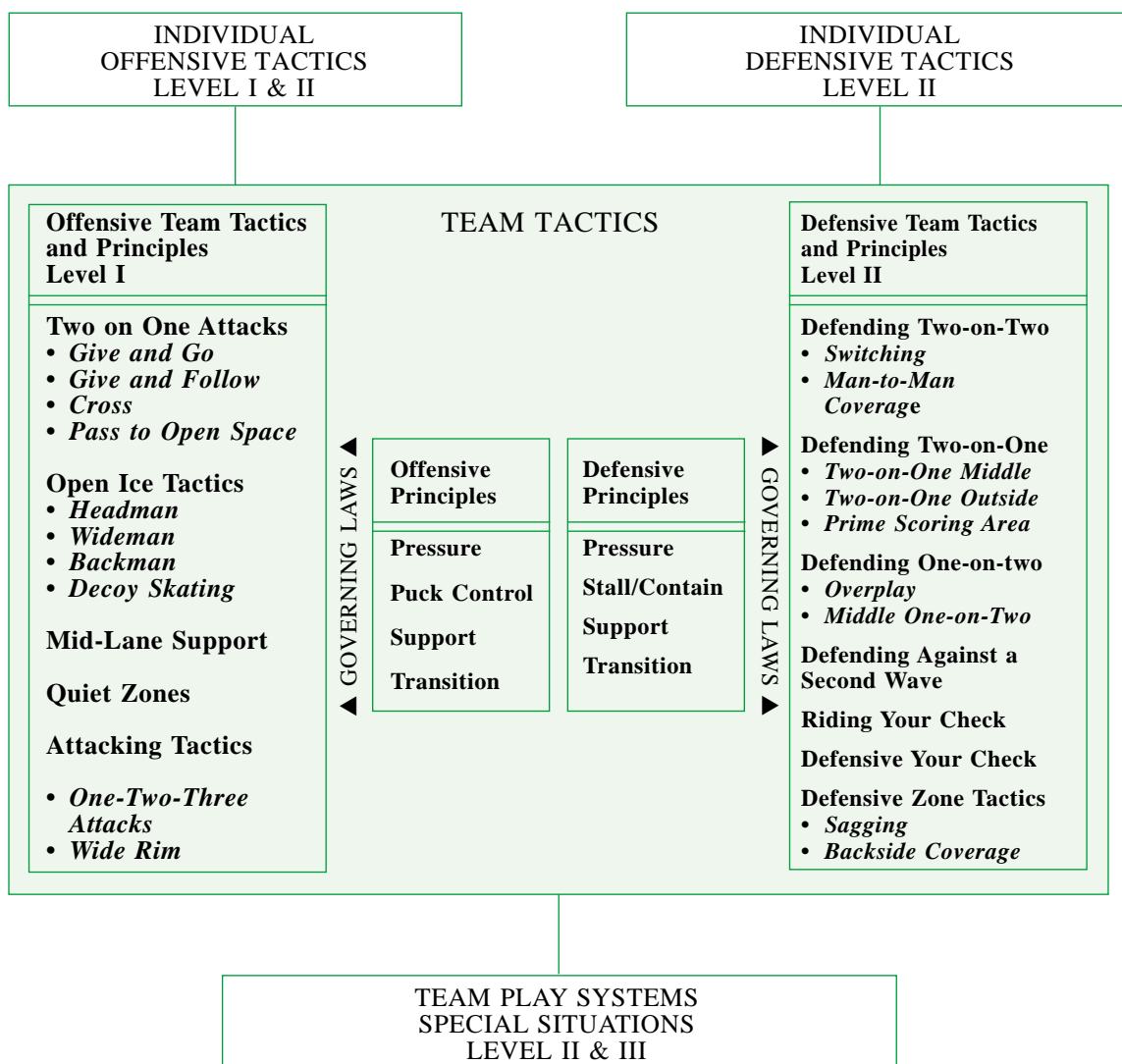


Table 1: Flow Chart Highlighting Team Tactics in Designing Team Play Systems.

20.1 Offensive Principles

Prior to presenting the offensive team tactics, it will be helpful to outline the principles that govern such tactics.

The offensive principles are:

General laws or rules which govern and guide the application of team tactics, systems, and strategies.

For example, offensive players away from the puck must move quickly to a position which makes them available as a passing option. Such player movement illustrate the principle of support.

There are four principles which govern offensive play:

- pressure
- puck control
- support
- transition

Offensive principles serve to create a high percentage of scoring opportunities.
Offensive play begins the moment your team gains possession of the puck.

Offensive Principle #1

Pressure A quick player and/or puck movement that forces the defender to react (e.g., adjust one's position) more quickly than they would like. It creates time and space for the attacker(s).

Accomplished by:

Speed

A quickness to attack that will limit the reaction time of the defender (stress the defence) and force defensive error.

Concentration of Attack

Any action or movement in a confined area which creates an offensive numerical advantage.

Offensive Principle #2

Puck Control As in all possession-oriented sports, the principle of puck control is an important factor contributing to offensive success. A team which is able to maintain possession of the puck will be able to create scoring opportunities.

Accomplished by:

Puck Protection

Any action or movement that keeps the puck away from the defender through the use of one's body. For example, driving to the net.

Individual Skills

The individual who develops quick skating strides, acceleration with the puck, drive skating, sculling, crossing over to cut in, and cutting to the net, will contribute to a team's ability to execute effective puck control.

Offensive Principle #3

Support Players away from the puck must involve themselves as a passing option and as part of the attack. This requires that players are able to read the checking intentions and anticipate the movements of the puck carrier in order to react accordingly.

Accomplished by:

Triangulation

Any offensive formation which creates offensive triangles, thus providing the puck carrier two passing options and enabling the offensive team to create ***width and depth*** in the attack.

Mid Lane

This applies to the offensive attack through the neutral zone which by passing to a teammate in the mid-lane or carrying the puck from an outside lane to the mid-lane, the puck carrier is in a position to initiate a play to either side. In the offensive zone, the attackers will also attempt to penetrate the slot (mid-lane) for a good scoring opportunity.

Numerical Advantage

Good support can contribute to the pressure applied on the defence by creating numerical advantage and outnumbering the defenders in a confined area.

Movement

Players away from the puck must be ***active*** in order to be involved in the attack.

Balance

Although it is desirable to outnumber the opponent in the area of the puck, it is equally desirable to have balance in your attack by filling all three lanes. This will assist *in stretching the defence* which increases the space and time available to the attacking team.

Offensive Principle #4

Transition This is defined as the ability of a team to quickly move from defence to offence and vice versa.

Accomplished by:

Counter Attack

This can be done quickly by a fast break (pressure) or in a controlled manner with puck control.

20.2 Offensive Team Tactics

20.2.1 Two-on-One Attack

When a two-on-one situation is created against a defender, a number of tactics can be utilized to advance the puck past the defender.

Give and Go

As illustrated in Figure 1a and 1b:

- The puck carrier ○ attempts to force the defender △ to commit by threatening to attack with the puck.
- A teammate ○ moves to a position of support to create an open passing lane.
- The puck carrier ○ passes to the teammate ○ and accelerates into an opening for a return pass.

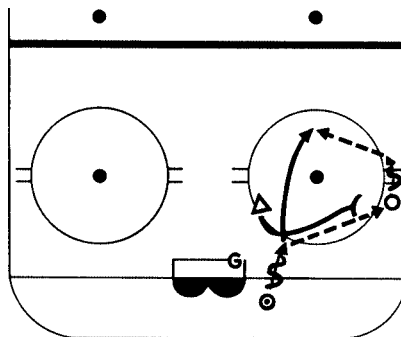


Figure 1a: Give and Go (Two-on-One) Defensive Zone Break Out

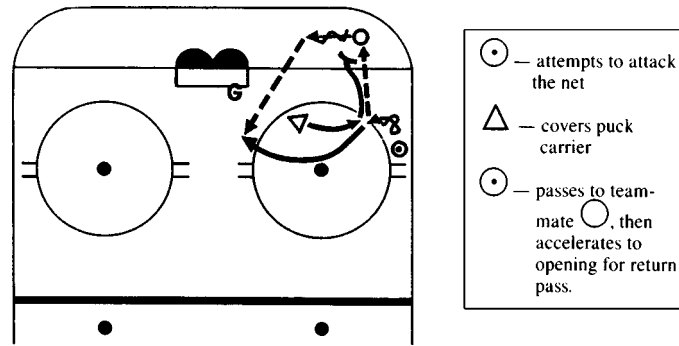


Figure 1b: Give and Go Offensive Zone Attack

Give and Follow

As illustrated in Figure 2:

- Puck carrier \odot attempts to force the defender \triangle to adjust position by threatening with the puck.
- The puck carrier passes to a teammate \circ who has opened up a passing lane.
- The puck carrier moves in the direction of the pass receiver to a position of support for a return pass (e.g, back or drop).

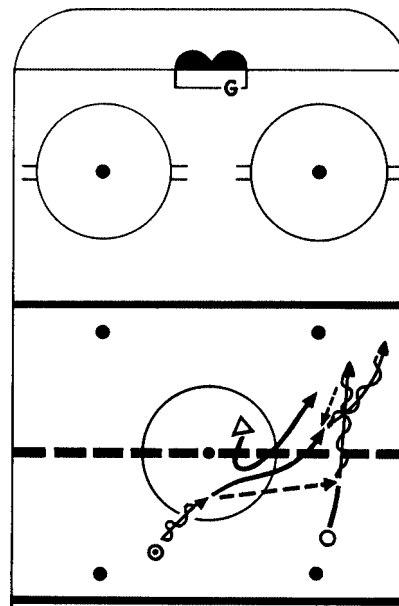


Figure 2: Give and Follow

Cross

As illustrated in Figure 3a, 3b and 3c:

- A cross can be initiated either by the puck carrier or a teammate.
- It involves an exchange of position by two offensive players who try to isolate a defender and force a decision by the defender.
- It is critical that the cross forces the defender to adjust position by moving laterally rather than diagonally.
- By cutting across in a flat arc the attacker is better able to protect the puck and also prolong the decision of the defender.
- The puck carrier should attempt to establish an outside position initially in order to increase the adjustment for the defender once the cross is executed.
- A number of options are available to the puck carrier (e.g., lateral feed, drop or back pass, hold puck and accelerate into opening) as a result of a cross.

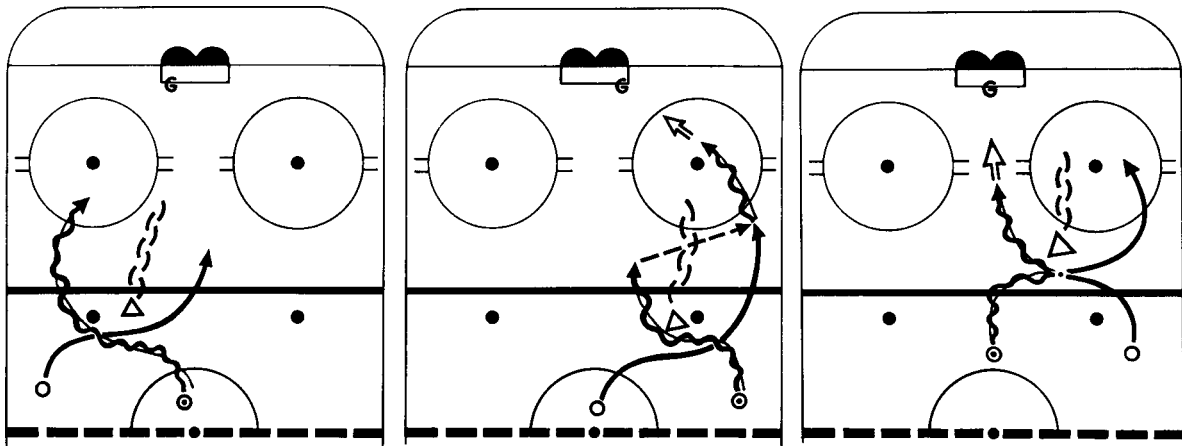


Figure 3a: Cross

**Figure 3b: Cross
(Lateral Feed)**

**Figure 3c: Cross
(Drop After the Cross)**

Pass to Open Space

The puck carrier, by passing to open space instead of attempting a devious pass to a teammate who has arrived at a particular location, does so in such a manner which is difficult for the defender to block. This tactic is difficult to defend against and enables the pass receiver to take the puck at speed (Figure 4).

- The offensive players read the checking pressure and positioning of the defender.
- The player away from the puck initiates the play by attempting to move to open space behind the defender.
- The puck carrier reads the movement of the second attacker and passes the puck into this open space.
- A soft pass is utilized in order to ensure that the puck can be retrieved by the player moving to open space. The boards may also be used to get the puck to open space (e.g., dumping the puck).

- Passing to open space instead of attempting to complete a pass once the teammate has arrived at a particular location, the puck carrier makes it difficult for the defender to block this passing lane.
- This tactic is difficult to defend against since it permits the pass receiver to take the puck at speed.

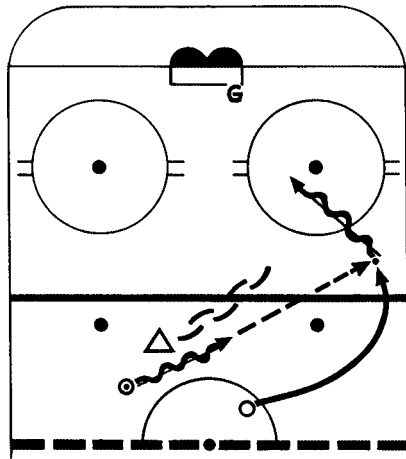


Figure 4a: Pass to Open Space (Offensive Zone)

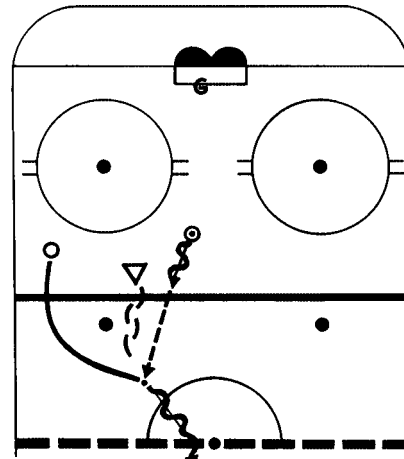


Figure 4b: Pass to Open Space (Neutral Zone)

20.2.2 Open Ice Tactics

In open ice, a number of passing tactics can be used to maintain puck possession, and apply the offensive principles previously described as well as the following tactics:

Headman

- The attack is quicker by using a headman pass to a teammate either higher in the same zone or in an advanced zone.
- This manoeuvre forces the defence to adjust their position by changing the point of attack and thus opens up space offensively.
- It is important the attackers move quickly to support the puck carrier.

Wideman

- A wideman pass can be used effectively in situations in which the defenders are overloaded in the same lane as the puck carrier (Figure 5).
- The puck carrier either reads an overload situation or attempts to draw the checking pressure.
- By moving the puck quickly to a teammate across the width of the ice, the point of attack is changed and the receiver can now use open space to advance the puck.
- Again, the defence is stretched as it attempts to adjust its position to counter this tactic.

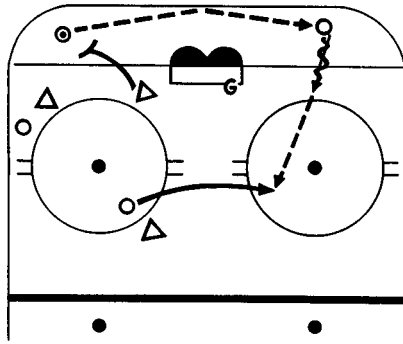


Figure 5a: Wideman Offensive Zone

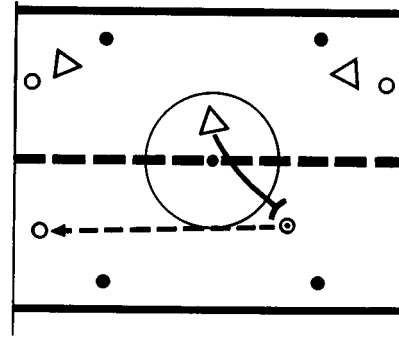


Figure 5b: Wideman Open Ice

Backman

- In certain situations it may be advantageous for the offensive team to pass the puck back in the direction of their own goal in order to maintain puck control.
- Once again this should result in stretching the defence, thus creating additional space to generate an attack.
- This tactic also creates additional time for the offensive team to regroup and begin a new attack.
- A backman pass is often used to start a counterattack after a turnover in the neutral zone.

Stretch Skating

- This is a variation of the headman tactic which, again, can be used to stretch the defence in the neutral zone (Figure 6).
- As the puck carrier (⊙) begins an attack from the defensive zone, a teammate (①) moves quickly up the boards and cuts laterally just outside the offensive blue line.
- This creates an offensive threat which the defenders must respect by sagging deeper, otherwise, a headman pass can be executed.
- By forcing defenders to retreat, additional space is created in the mid-ice zone.
- The defenders must then either honour this threat by backing off their own blue line or risk being caught without speed against the attackers.

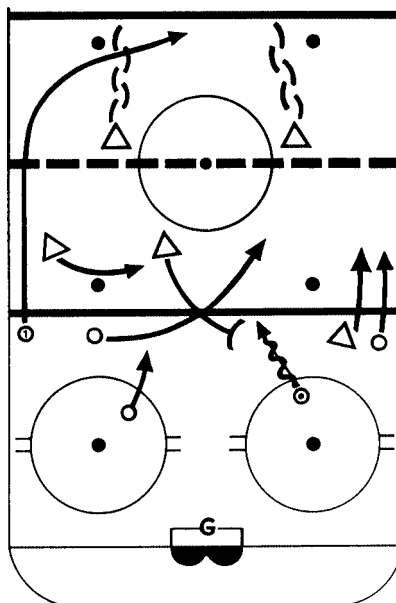


Figure 6: Stretch Skating

20.2.3 Mid-Lane Support

- This tactic is particularly effective on the breakout (Figure 7).
- As the puck carrier (⊙) advances in an outside lane, a weakside (③) winger or a player away from the puck skates into the mid-lane in order to provide close and quick support for (①).
- In order to maintain balance in the attack, another offensive (②) player should move to fill the vacated outside lane.

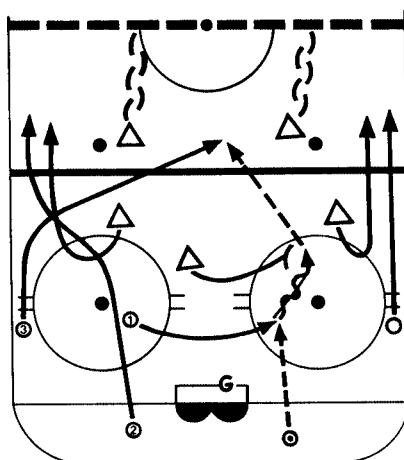


Figure 7: Mid-Lane Support

20.2.4 Attacking Tactics

One-Two-Three Principle of Attack

- The one-two-three principle of attack respects the offensive principles of puck control, pressure, triangulation, and balance (Figure 8).
- I The puck carrier is advancing to attack the net. This will usually take the form of a “driving to the net” action which forces one defender to go with the puck carrier.
 - II A second attacker pressures the net (backside post) in order to create a passing option for the puck carrier, or to draw the second defender deep into the zone.
 - III A third attacker takes up a trail position by slowing down and drifting towards the puck carrier’s lane. This establishes depth to the attack and also puts the third attacker in position to provide good defensive support if the attacking team loses possession of the puck.
- A number of play options can be executed using the one-two-three principle of attack.

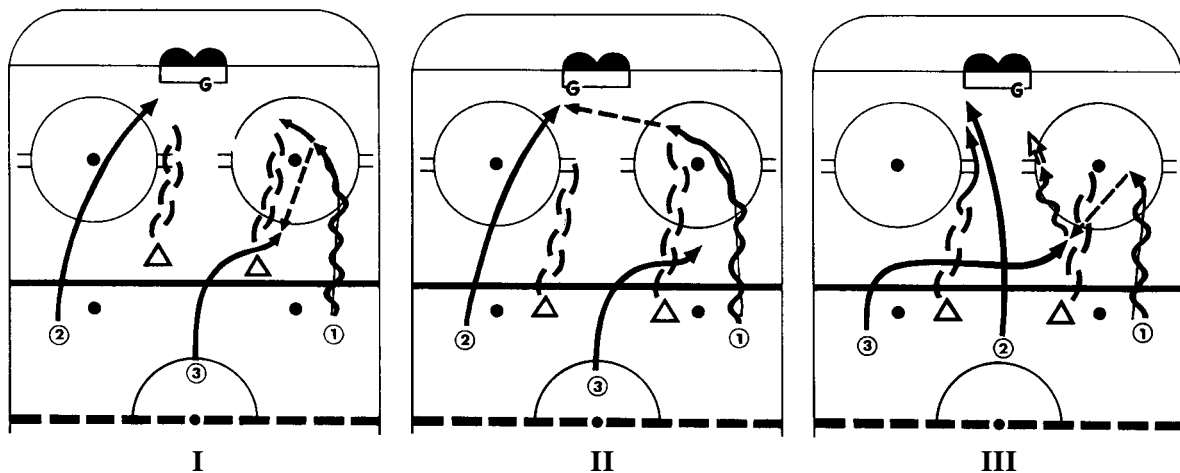


Figure 8: One-Two-Three Principle of Attack

20.2.5 Quiet Zones

- In order to maintain possession of the puck in the offensive zone, the puck can be moved to specific areas of the ice which are considered non-threatening by the defenders. These areas exist in the corners and behind the net (Figure 9a).
- In an attempt to move towards the prime scoring area, the puck carrier may be cut off by a defender. Rather than throwing the puck blindly to the slot, the puck carrier dumps or reverses the puck into one of these quiet zones (Figure 9b).
- A teammate must anticipate this action and begin moving into the area to retrieve the puck.
- The initial puck carrier must then circle around into the slot area in order to create a passing option with a good scoring position.

- The third offensive player also becomes a scoring threat by taking up a position for a possible pass from the initial puck carrier or the player retrieving the puck from the quiet zone.
- If the new puck carrier is also pressured before being able to make a high percentage pass, the same tactic can be repeated with another teammate moving into the quiet zone to retrieve the puck.

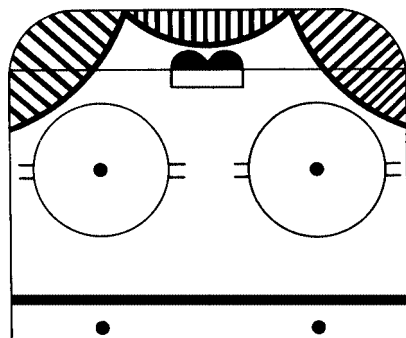


Figure 9a: Quiet Zones

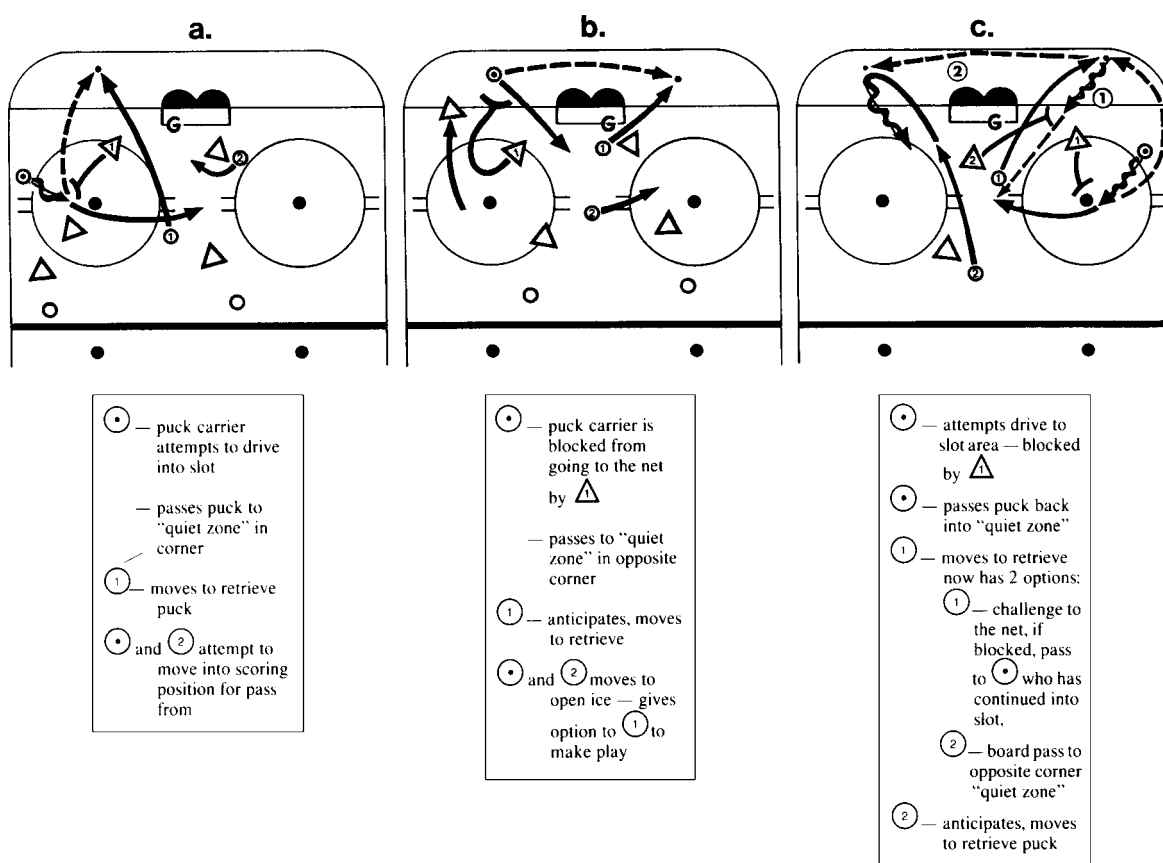


Figure 9b: Attack Exploiting Quiet Zones

Wide Rim

- It may not always be possible to carry the puck into the attacking zone.
- In order to respect the principle of puck control (e.g., maintain possession) a wide rim tactic may be used (Figure 10).
- The puck carrier skates to the centre red line, either already in an outside lane or drifting towards an outside lane.
- On reaching the centre red line, the puck carrier shoots the puck hard into the zone around the boards.
- It is essential that the puck be shot with enough speed to prevent the goalkeeper from being able to stop the puck behind the net.
- A second and third attacker anticipates the movement of the puck and breaks immediately for the boards on the far side in the vicinity of the hash marks in order to trap the puck.
- A third attacker moves quickly into a position of support to assist the player retrieving the puck.

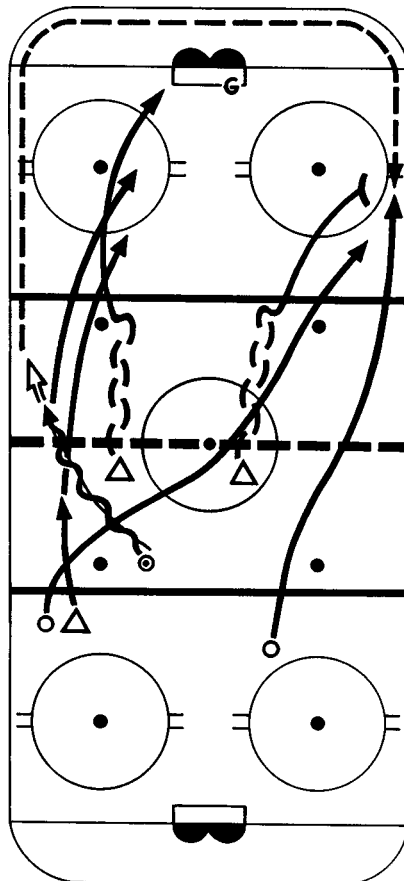


Figure 10: Wide Rim



21. DRILLS

21.1 International Symbols

Throughout this manual, rink diagrams are used to illustrate drills or concepts. These symbols are used on these diagrams.

TEAMS		
OFFENSIVE	DEFENSIVE	
①	△1	GOALTENDER
②	△2	RIGHT DEFENSE
③	△3	LEFT DEFENSE
④	△4	RIGHT WING
⑤	△5	CENTRE
⑥	△6	LEFT WING
②	△2	NEW PLAYER OR POSITION
Ⓒ		COACH
Ⓐ		ASSISTANT

○ △	PLAYERS
→	FORWARD SKATING
~	BACKWARD SKATING
∩	BACKWARD CROSSOVER
//	STOP
↻	PIVOT
→	SKATE AND STICKHANDLE
→	SHOOT
- - - - -	PASS
X	PYLON
G	GOALTENDER
→	DROPPING THE PUCK
	SUDDEN STOP
(BLOCKING (SCREENING)
)	BODY CHECK

21.2 Skating Drills

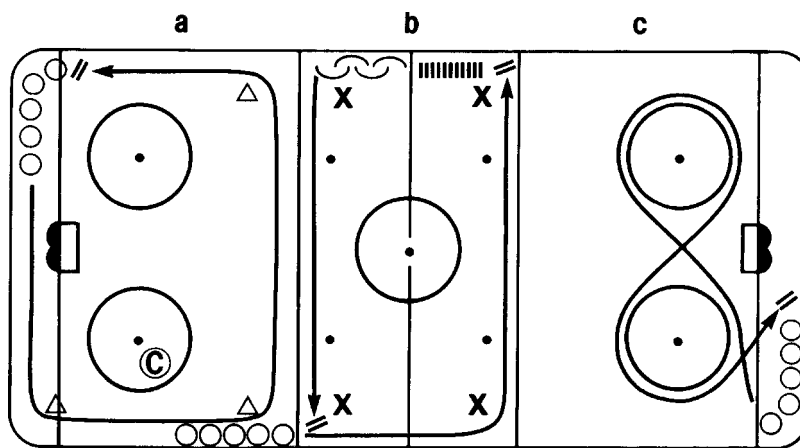
DRILL #1

Name : Circle Square

Purpose : To develop basic skating skills.

Description : a) Tight arc around pylons.
 b) Tight turn – stop – crossover steps – backwards skating – pivot to forward and return.
 c) Crossovers around circles.

Variation : Add pucks.



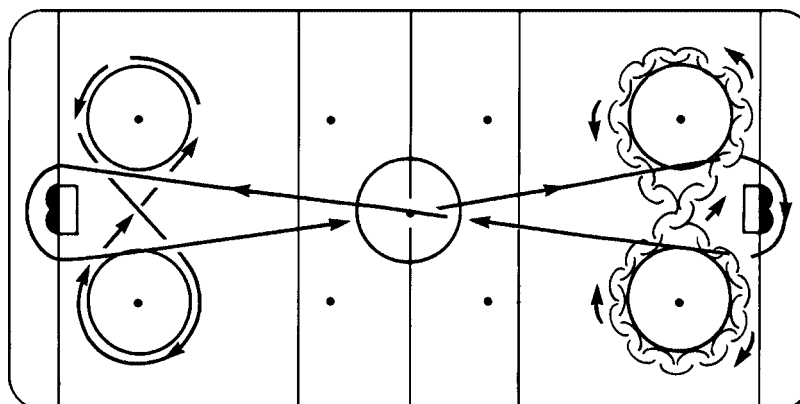
DRILL #2

Name : The Figure 8

Purpose : Forward and backward crossovers, backward skating.

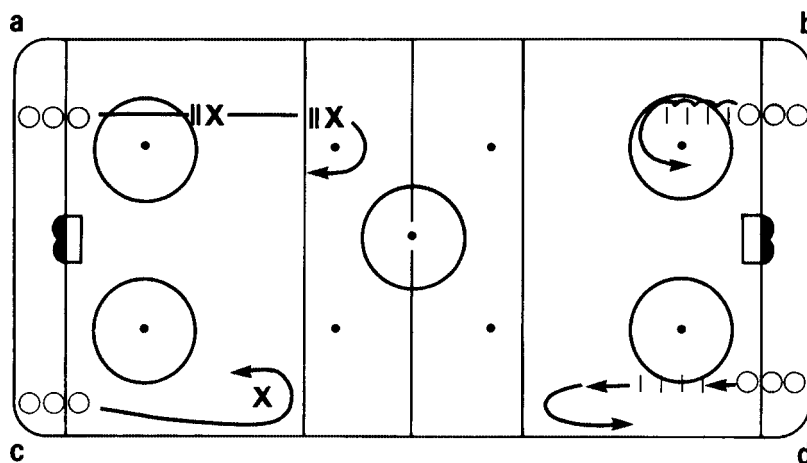
Description : Players form a figure 8 while skating the full length of the rink.

Variation : Same as above, skating the width of the rink.
 Skating backwards; stick-handling with a puck; players using feet to control puck.



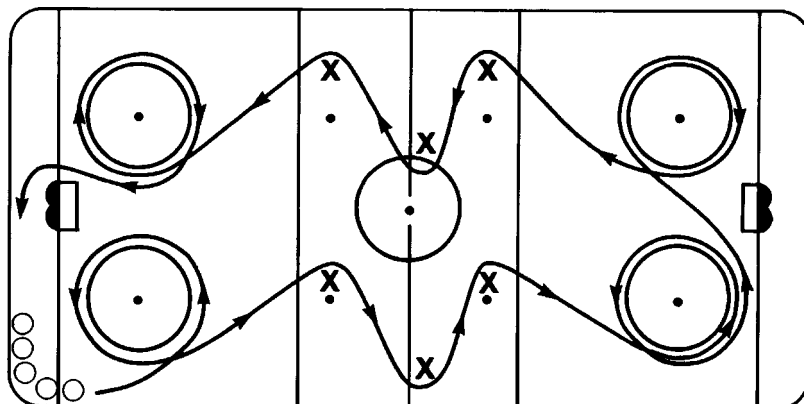
DRILL #3

- Name : Four Corner Skating Skills
- Purpose : To develop basic skating skills.
- Description : – Players in four corners.
 – May have same drill in all corners or use station format.
 a) Player stops at each pylon.
 b) Player performs crossover start through sticks.
 c) Player performs V-start through sticks.
 d) Player performs tight turn at pylon.
- Variations : – Alternate sides.
 – Add pucks.



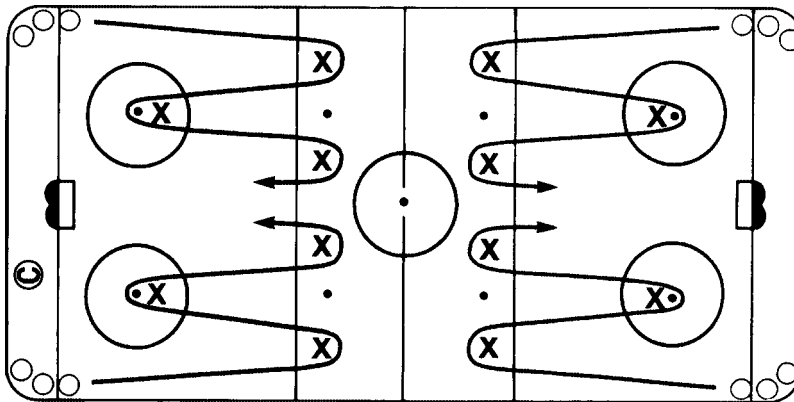
DRILL #4

- Name : Skate the Circles
- Purpose : To develop agility skating.
- Description : Players all start in one corner with three players (slightly spaced) skating together.
- Variations : – Perform while skating backwards.
 – Add pucks.
 – Add shot on goal.



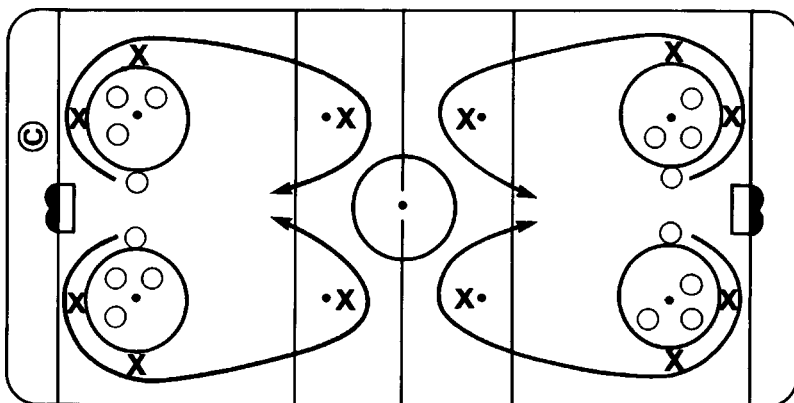
DRILL #5

- Name : Tight Turn Puck Races
 Purpose : To develop tight turn skating skills.
 Description : – Players in adjacent corners.
 – On whistle, players race around pylons.
 Variation : Race backwards with forward pivot at last pylon.



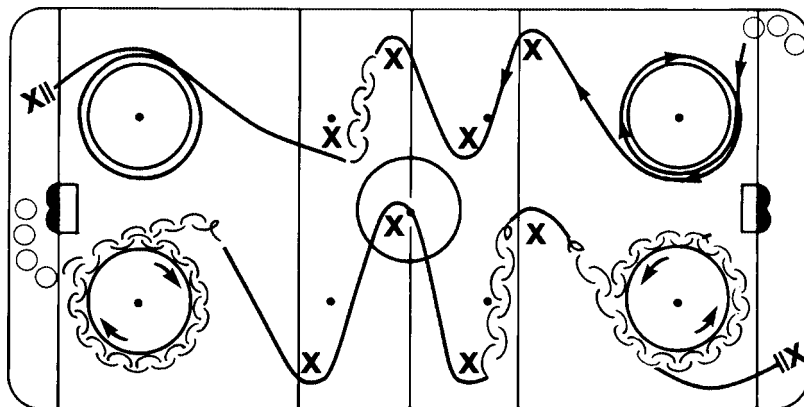
DRILL #6

- Name : Crossover Puck Races
 Purpose : To develop crossover skating skills.
 Description : – Players in diagonal corners.
 – On whistle, players race around pylons for shot.
 Variation : Race backwards with pivot at last pylon.



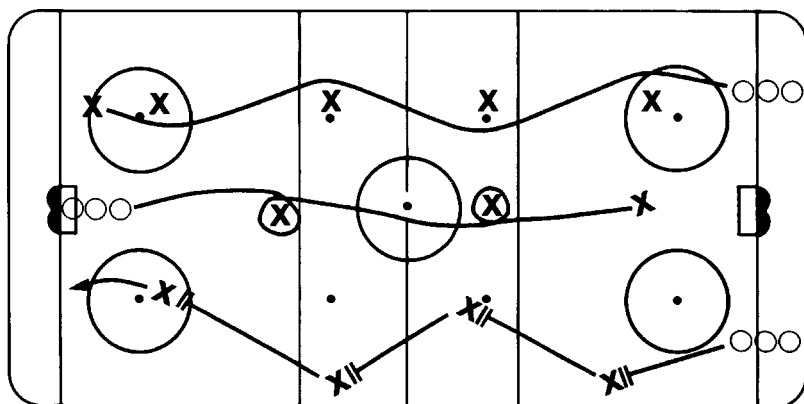
DRILL #7

- Name : Full Ice Obstacle Course
- Purpose : To develop skating agility skills.
- Description : – Players in diagonal corners.
 – Players perform as per diagram executing crossovers (forward and backwards), tight turns (forward and backwards), forward to backward pivoting, backward to forward pivots, stopping.
- Variation : Add pucks.



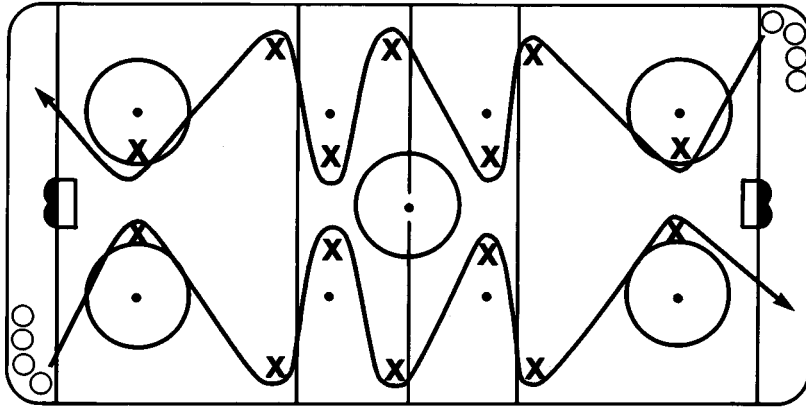
DRILL #8

- Name : Three Lane Skills
- Purpose : To develop basic skating skills.
- Description : – Players aligned as per diagram.
 – Slalom weave through cone, 360 degree turns at each pylon, stops at each pylon.
- Variations : – Add pucks.
 : – Perform skills while skating backwards.



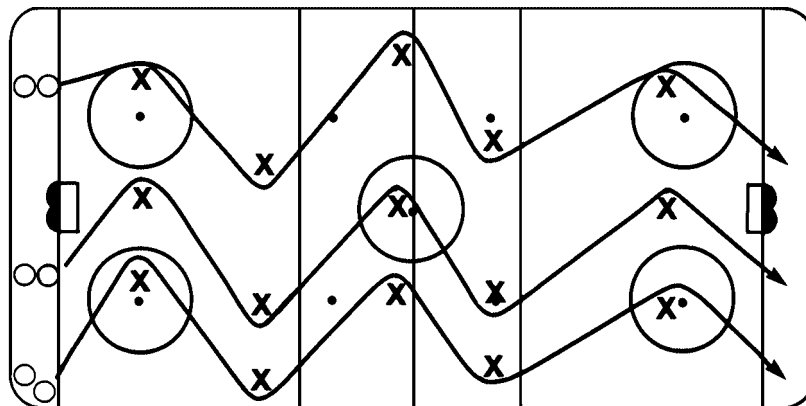
DRILL #9

- Name : Tight Turns
- Purpose : To develop tight turns.
- Description : – Players in alternate corners as per diagram.
 – Upon command, players skate pylon course.
- Variations : – Perform skating backwards.
 – Add pucks.
 – Add shot on goal.



DRILL #10

- Name : Cross-Ice Stroking
- Purpose : Agility Skating.
- Description : – Players in three lines at end of ice surface.
 – Players placed as shown in diagram.
 – Players weave forward through pylons upon command.
- Variations : – Skating backwards.
 – Add pucks.
 – Remove pylons and mirror a partner down ice.



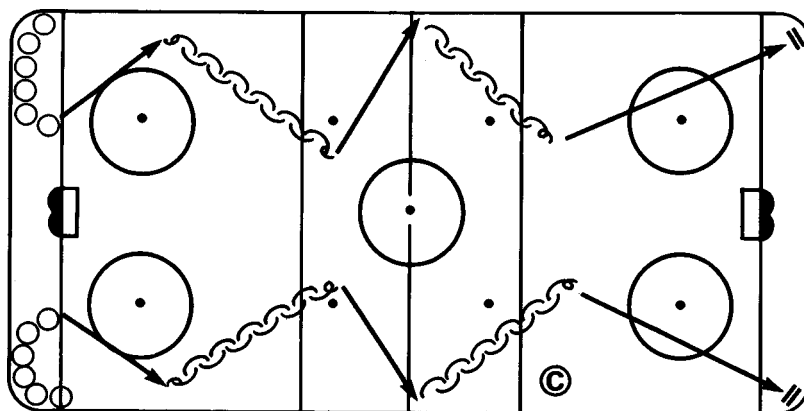
DRILL #11

Name : Back Skating

Purpose : To develop backward skating skills.

Description : – Players in both corners.
 – Skaters follow pattern as per diagram emphasizing good pivots.

Variation : Add pucks.



21.3 Dribbling and Passing

DRILL #1

Name : Stationary Passes

Purpose : To develop passing.

Description : Divide players into pairs.

(a) Players pass the puck over a stick.

(b) Players pass the puck between two objects (gloves, pylons).

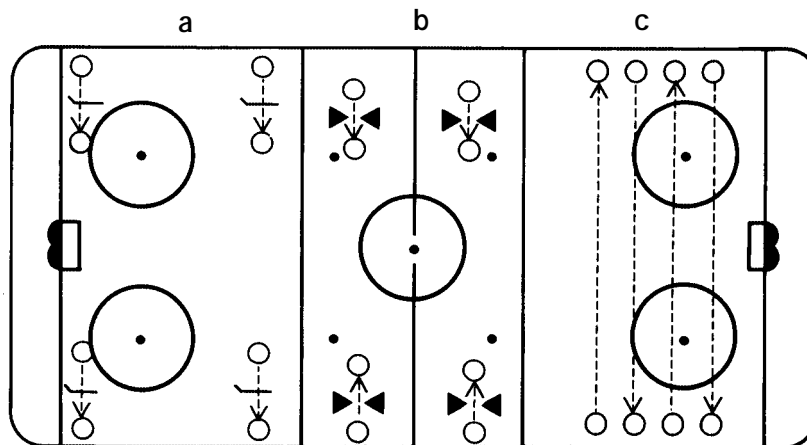
(c) Players pass the puck from one side of the ice to the other.

Variations : – Same drills on the back hand.

– Increase distance with every ten good passes.

– Maximum passes in 30 seconds.

– Players pass while moving forward and backward.



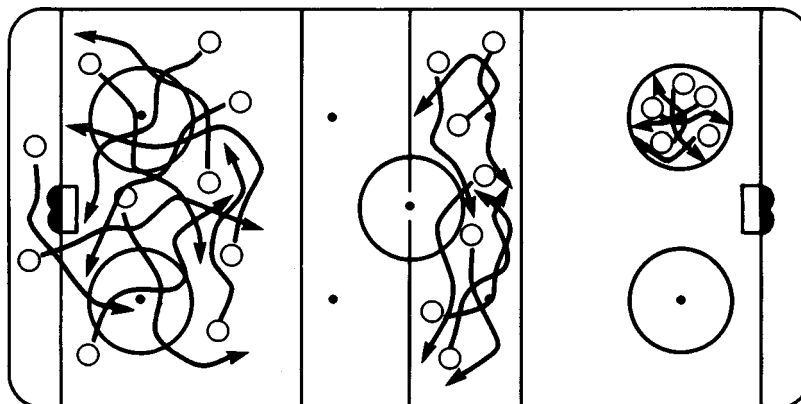
DRILL #2

Name : Chaos Drill

Purpose : Develop dribbling with head up.

Description : – Each player with a puck dribbles (zig zag) in a limited space.

– Reduce space and increase obstacle (drop all gloves on the ice) according to the skills and number of players.



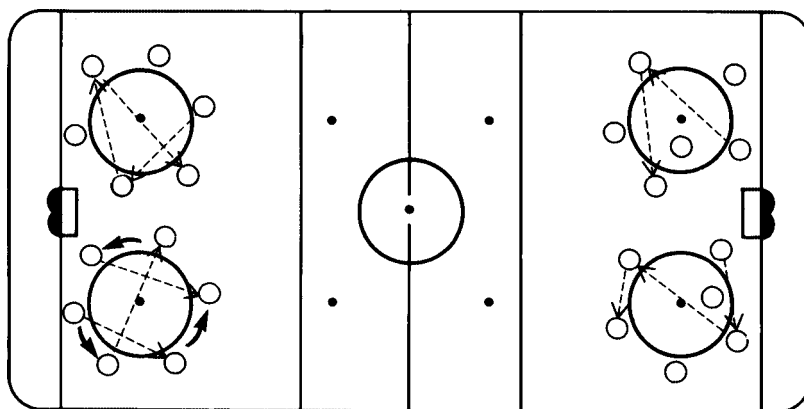
DRILL #3

Name : Monkey Drill

Purpose : Develop passing.

Description : Use six players per face-off circles, five players pass the puck back and forth through the circle and the checker in the middle tries to intercept.

- Variations :
- Add rules (e.g., cannot pass to player next to you, pass to player at least one player away).
 - Same drill, players skate clockwise or counter-clockwise with no checker involved.
 - Use a second puck.



DRILL #4

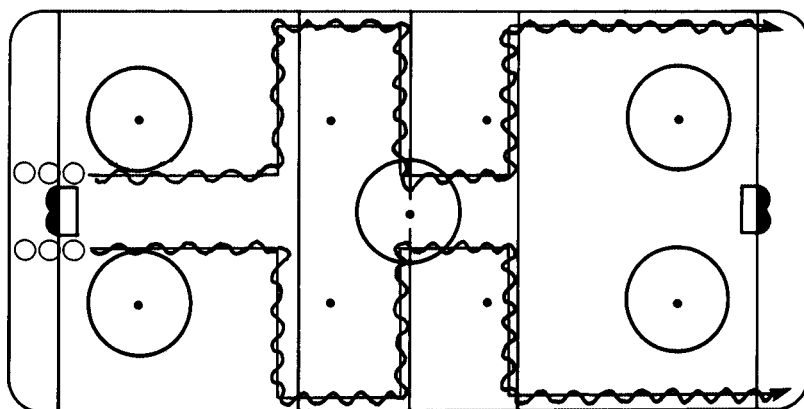
Name : Scenic Drill

Purpose : Dribbling and puck handling.

Description :

- Players in two lines on icing line, goalkeepers at back of line.
- Players skate diagrammed route while carrying a puck.
- At the end of the route they wait in line behind the goal line.

Variation : Same route while skating backwards.



KEY TEACHING POINTS

Hands space approximately 18-20 cm
 Arms and shoulders relaxed
 Head up

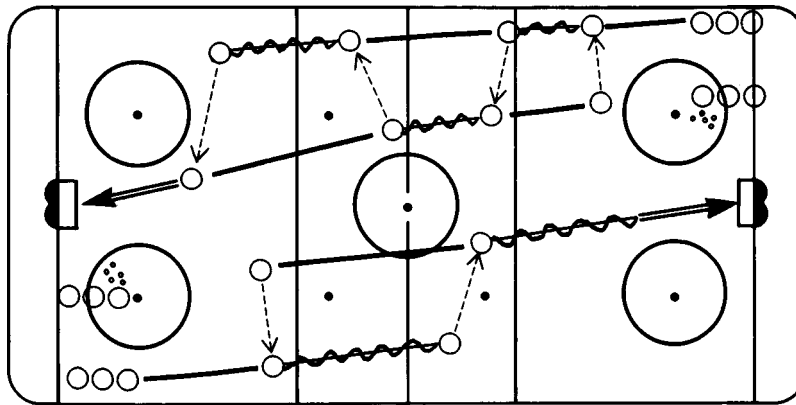
DRILL #5

Name : 2 vs 0 Passing

Purpose : Passing in movement.

Description : – Players paired up in diagonal corners.
 – Players exchange passes and finish with a shot on goal.
 – After the shot, they line-up behind the other players in the opposite corner.

Variations : – Players weave up ice exchanging positions.
 – One player skates forward, one skates backward while passing.
 – Players perform flip passes.
 – Players use two pucks simultaneously.

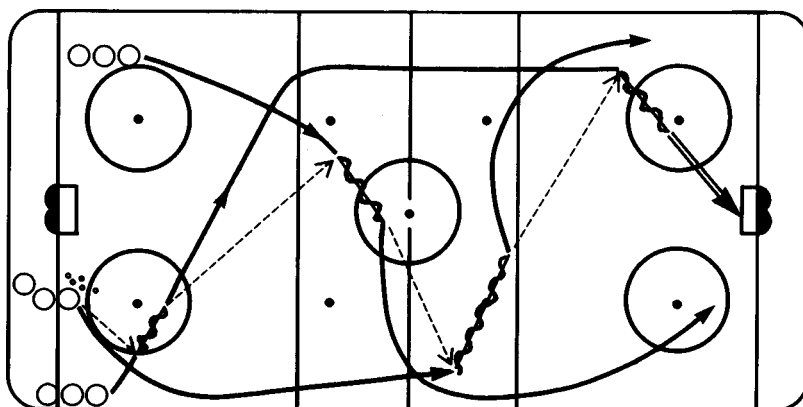


KEY TEACHING POINTS

Same as Drill #4 (passer and receiver)
 Hand in similar position to dribbling
 Eyes fixed on the target (passer)
 Blade on the ice perpendicular to the direction of the oncoming puck

DRILL #6

- Name : 3-Player Weave
- Purpose : Passing and Pass and follow.
- Description : – Players in units of three.
 – Players weave up ice exchanging passes.
 – Following a pass, each player “cuts” behind the player they pass to.
 – Finish with shot on goal.
- Variations : – Two pucks used simultaneously.
 – Simultaneously in both directions.

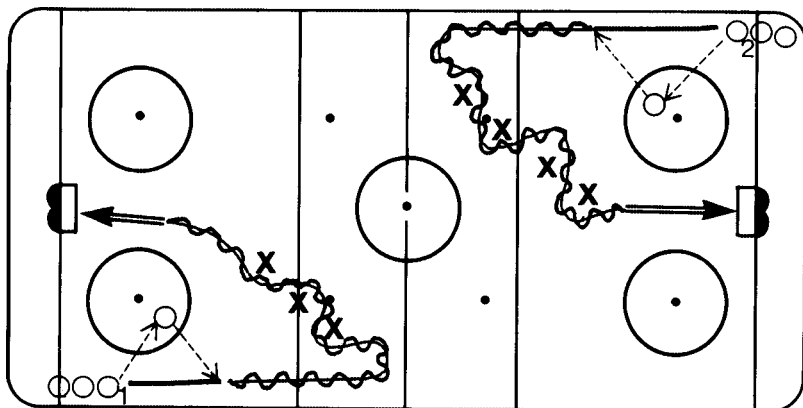


KEY TEACHING POINTS

Same as Drill #4 and Drill #5

DRILL #7

- Name : Give and Go Pylons
- Purpose : Dribbling and shooting.
- Description : – Players in diagonal corners.
 – After give and go, ① weaves through pylons for a shot.
 – ② is performing same task, coming from the opposite direction.
- Variations : – Addition of backchecker.
 – Replace cones by defenceman (create 1 vs 0).



KEY TEACHING POINTS

Same as Drill #4 and Drill #5

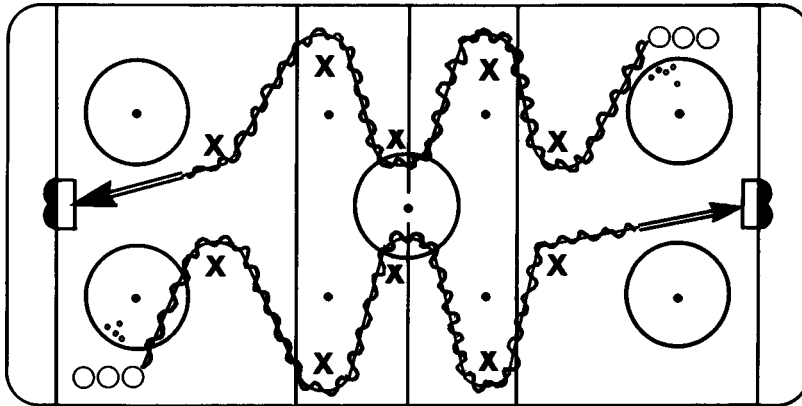
DRILL #8

Name : Pylon Course

Purpose : Dribbling.

Description : Players in diagonal corners weave through designated pylon course.

Variations : – Perform pylon course while skating backward.
 – Addition of a backchecker from red line.



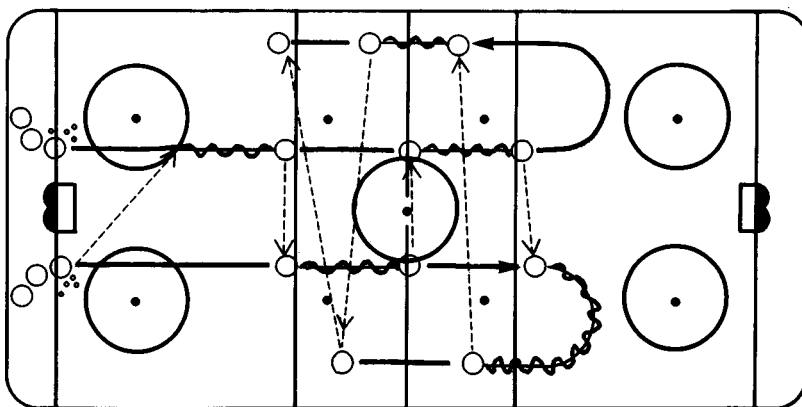
DRILL #9

Name : Down Center Passing

Purpose : Short and long passes.

Description : – Players in two lines beside each post.
 – In pairs, players exchange passes, turning at far face-off circle and returning wide along the boards.
 – Players attempt to make rink-wide passes on the way back.

Variations : – Flip passes.
 – Younger players perform 360 degree pivots on each line while returning instead of wide pass.

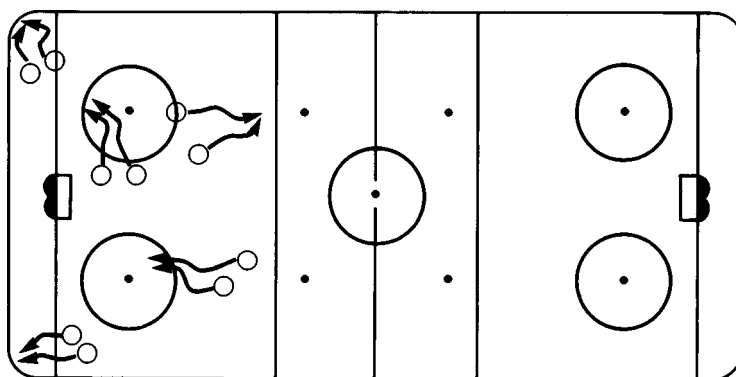


KEY TEACHING POINTS

- Head up
- Eyes on the target
- Blade perpendicular to oncoming pass

DRILL #10

- Name : 5 x One-on-One Simultaneously
- Purpose : Puck protection – puck handling.
- Description : Five one-on-one keepaways, all inside the blue line.
- Variation : One-on-one in face-off circles.

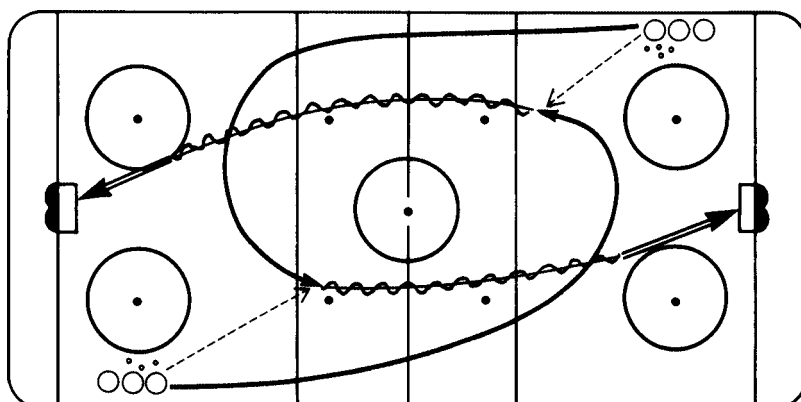


KEY TEACHING POINTS

- Place the body between the puck and the opponent

DRILL #11

- Name : Horseshoe 1 vs 0
- Purpose : Passing and dribbling.
- Description :
 - Players in diagonal corners.
 - Players skate below pylon to receive pass and continue for shot.
- Variations :
 - Send two or three players to create 2 vs 0, 2 vs 1, 1 vs 1.
 - Player placed in corner for additional give and go.

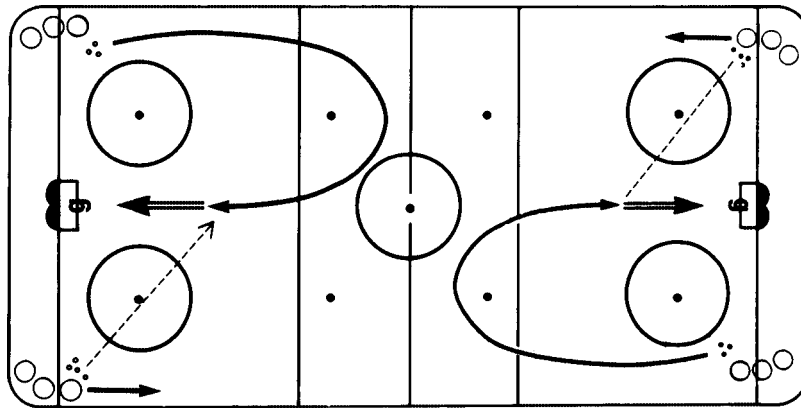


KEY TEACHING POINTS

- Head up
- Eyes on the target
- Blade perpendicular to oncoming pass

DRILL #12

- Name : Pressure Shooting
- Purpose : Good pass reception and reaction.
- Description :
 - Players in both corners with pucks.
 - Players around face-off spot, receive pass, and shoot immediately.
- Variations : Players skate backwards to blue line, pivot to forward, then receive pass.



KEY TEACHING POINTS

- Eyes on the target
- Stick blade perpendicular to oncoming pass

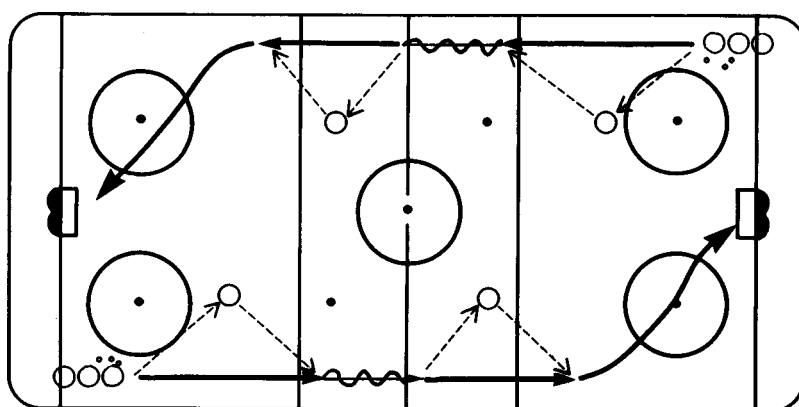
DRILL #13

Name : Double Give and Go

Purpose : Passing and receiving.

Description : – Players in diagonal corners.
 – Players perform give and go pass from designated passers.

Variation : Shoot at blue line and receive second puck from corner.



KEY TEACHING POINTS

Eyes on the target

Stick blade perpendicular to oncoming pass

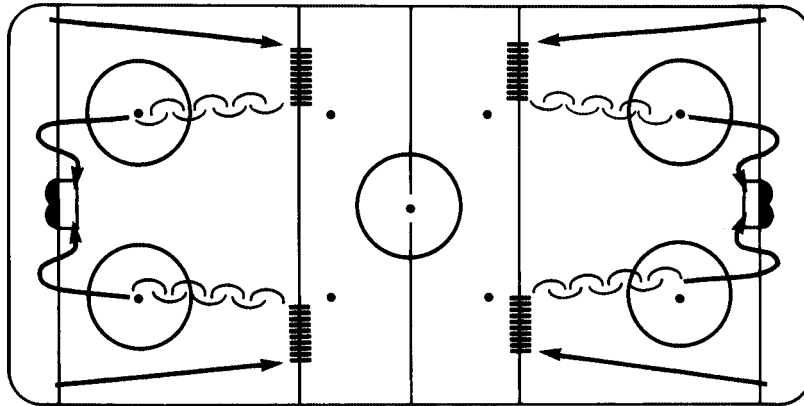
21.4 Checking Drills

DRILL #1

Name : The Square

Purpose : Develop the skating agility in a confined area.

Description : – Skate forward from the goal line to the blue line.
 – Lateral crossovers halfway across the blue line.
 – Skate backward to the outside and skate deep into the corner.
 – Make a sharp turn and return to the front of the net.



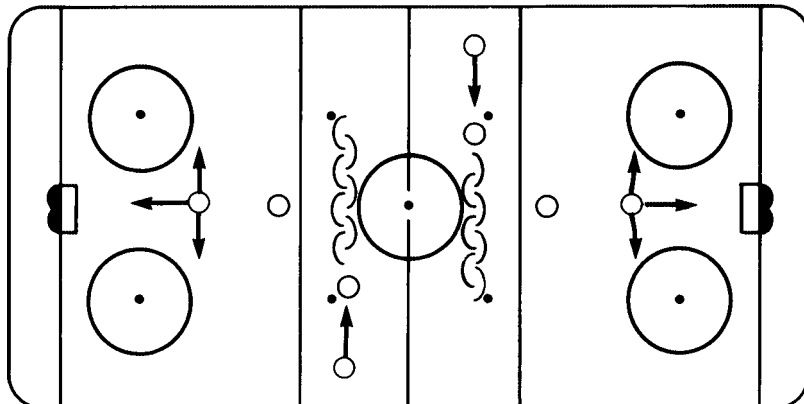
DRILL #2

Name : Shadow Drill

Purpose : Develop skating ability.

Description : – One-on-one.
 – Attacker starts without puck and weaves from side to side.
 – Defender shadows movement of attacker while maintaining a gap of 2.5-3 m.
 – Then have attacker carry puck.

Variations : – Offensive player carries puck.
 – Defensive player without stick.



KEY TEACHING POINTS

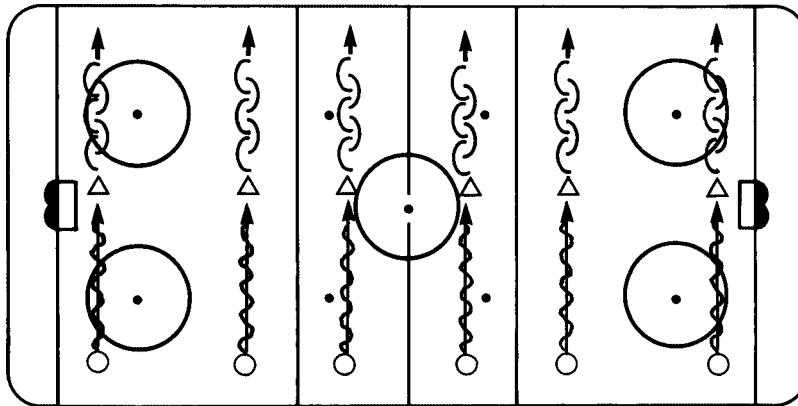
Use lateral, forward and backward crossovers
Stay in a confined area

DRILL #3

Name : One-on-One Cross Ice

Purpose : Body position (defensive player).

Description : Δ skates backwards maintaining proper body position on \circ .



KEY TEACHING POINTS

Maintain proper body position and alignment
Gradually decrease the gap
Establish stick check position and body (shoulder) check position

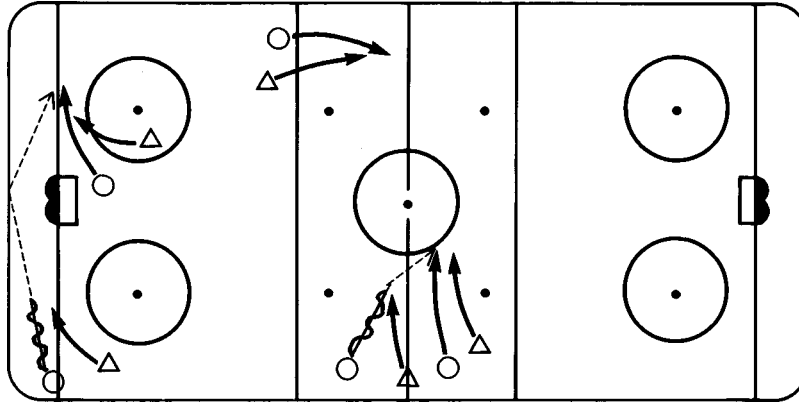
DRILL #4

Name : Team Shadowing Two-on-Two

Purpose : Develop skating ability and opponent coverage.

Description : – Divide ice into sections and divide players into teams.
– The team with the puck uses sticks and must stay in their own zone and attempt to control the puck.
– Checkers with sticks upside down must shadow their respective checks and cut off passing lanes.

Variation : Three-on-three.



KEY TEACHING POINTS

- Angling, body position
- Stick position
- Body position

DRILL #5

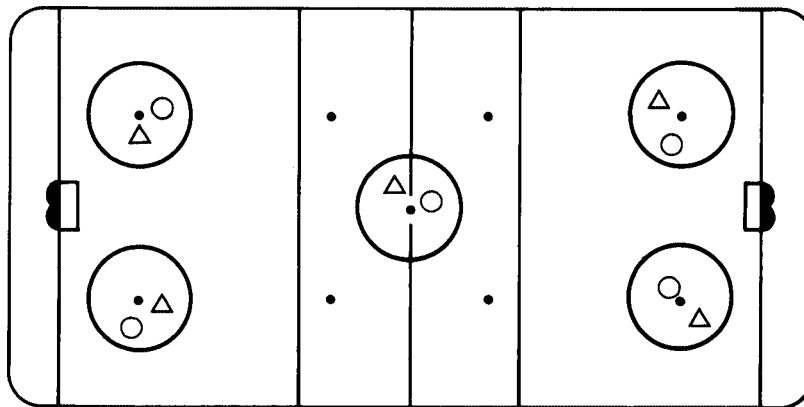
Name : Introduction to Body Contact

Purpose : Body checking progression.

Description : Two step drill:

1. Pairs bumping - have players pair off and practice shoulder bumps stationary.
2. Bull in the Ring - puck carrier and checker in circle together.

- Variation : - Checker has no stick.
 - On signal, checker tries to move puck carrier out of circle.

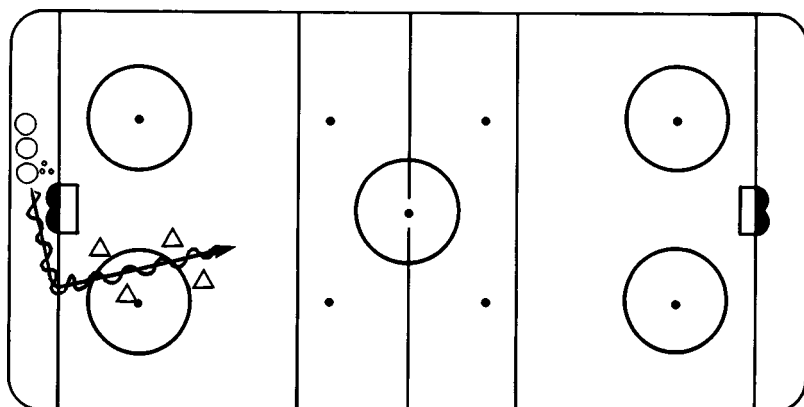


KEY TEACHING POINTS

- If face to face – check through the chest
- If face to back – check through the hips

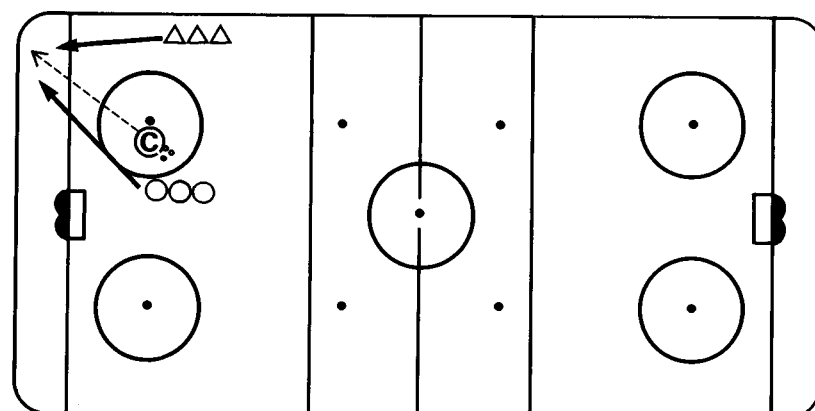
(c) Gauntlet

- Checkers have no sticks.
- Checkers try to push and bump the puck carrier.
- Exercise legal use of hands.



(d) Corner competition drill

- The puck is dumped into corner.
- Two players bump as they try to get possession of the puck.
- Once you have the puck, go to the net while second man tries to defend.



KEY TEACHING POINTS

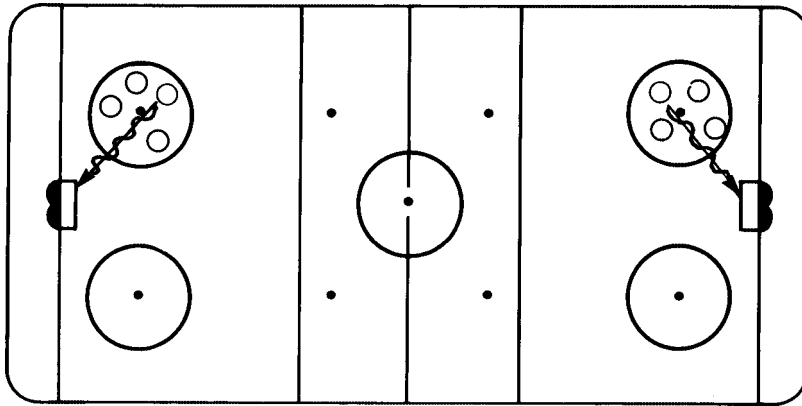
- Primary vision on the opponent
- Hit opponent's chest
- Assume solid base of support
- Extend the leg when finishing check

DRILL #6

Name : Three-on-One In Circle

Purpose : Body contact.

Description : – Groups of four (three defensive, one offensive).
 – Puck carrier skates through circle to try to get shot on net.
 – Defender (without sticks) try to check puck carrier out of the circle.



KEY TEACHING POINTS

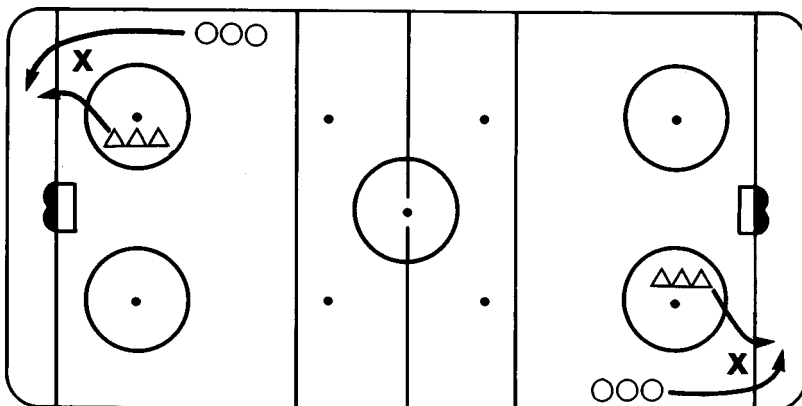
Discourage use of hands for grabbing and pushing and the legs for tripping

DRILL #7

Name : Angling

Purpose : Directing the puck carrier.

Description : – Players are divided in two groups.
 – ○ tries to go to the net after going around pylon.
 – △ angles toward ○, inviting ○ to go in the direction he wants ○ to go.



KEY TEACHING POINTS

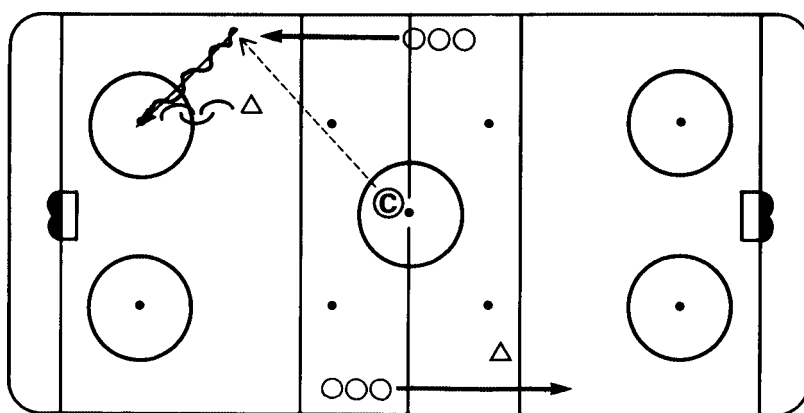
Controlled skating
Stick position
Body position

DRILL #8

Name : One-on-One Wide

Purpose : Body position and gap control.

Description : – Coach passes to attacker (O).
– Once puck is passed, Δ starts to skate backward to play one-on-one, pivot at the top of circle.



KEY TEACHING POINTS

Δ – body position to force or angle attacker outside
Protection against the drive

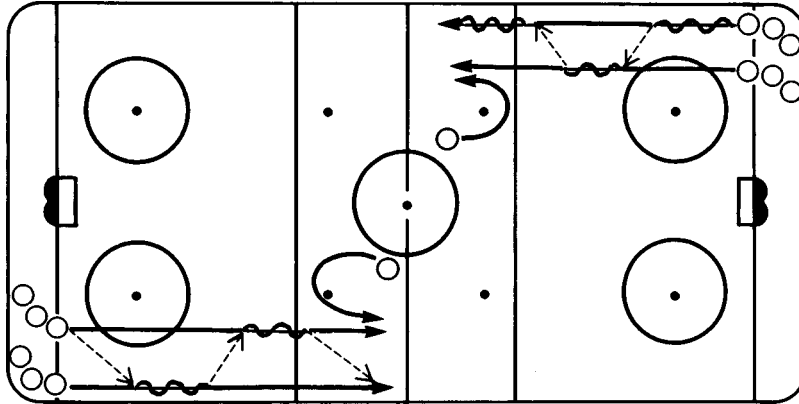
DRILL #9

Name : Two-on-One With One Backchecker

Purpose : Pressure.

Description : – The players are divided in three groups (two attacking groups and one backchecking group).
– The attacking group starts at their goal line and pass or carry the puck to the opposing zone.
– The backchecker stands near the blue line and swings out to defend and put pressure on the forwards.
– The backchecker cannot turn and skate backwards.

Variation : Add a defenseman to make a two-on-two.



KEY TEACHING POINTS

Body position of backchecker

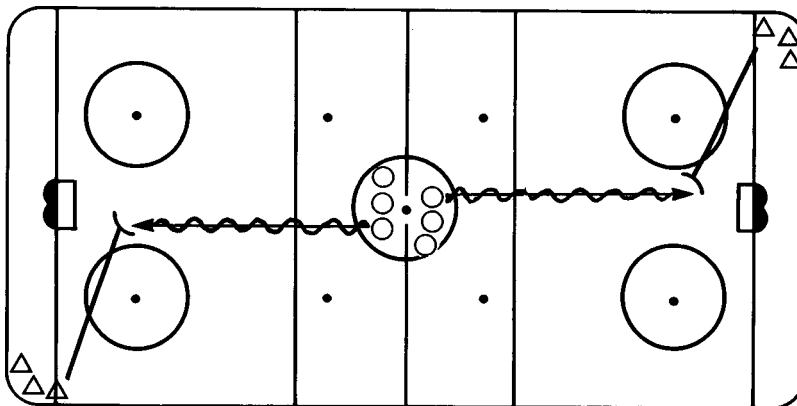
DRILL #10

Name : Checking in the Slot

Purpose : Checking in the slot.

Description : – Puck carrier moves through the slot to the front of the net.
 – Checker moves into the slot from the corner.
 – Checker applies coverage and puck carrier attempts to get a shot on goal.

Variation : Checker approaches from various angles.



KEY TEACHING POINTS

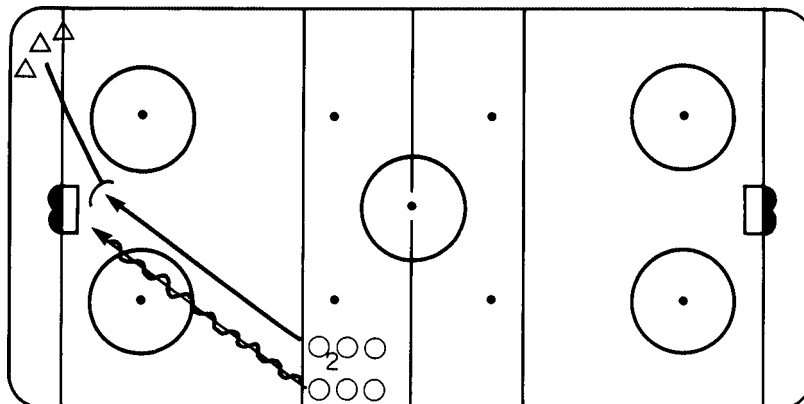
Reach to establish stick check position

DRILL #11

Name : Two-on-One in the Slot

Purpose : Checking in the slot.

Description : – Two attackers start outside the blue line.
 – Puck carrier drives to the net.
 – Second forward breaks to the net attempting to deflect a shot or receive a pass from the puck carrier.
 – Δ moves to slot to cover ② at the same time as ② breaks to the slot.



KEY TEACHING POINTS

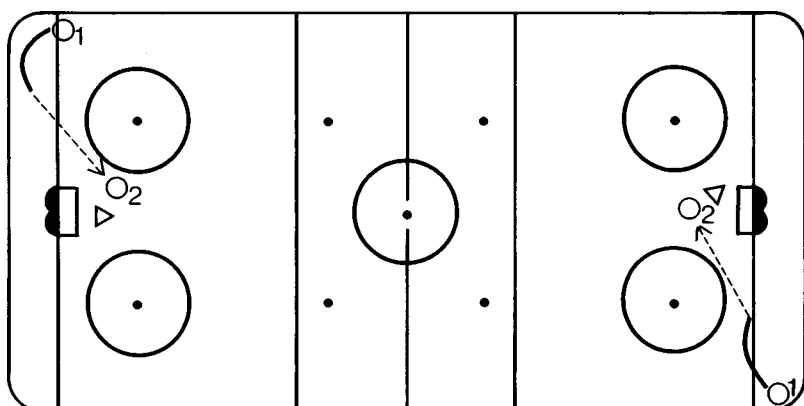
Keep aware of net and puck carrier as you cover ②

DRILL #12

Name : Stick Checks

Purpose : Stick lift or stick press.

Description : – Player ① passes to ② who receives the pass with his skates and tries to shoot at the net.
 – Δ tries to prevent ② from shooting by using a stick lift or stick press.



KEY TEACHING POINTS

- Lift near the heel
- Press below the bottom hand of receiver

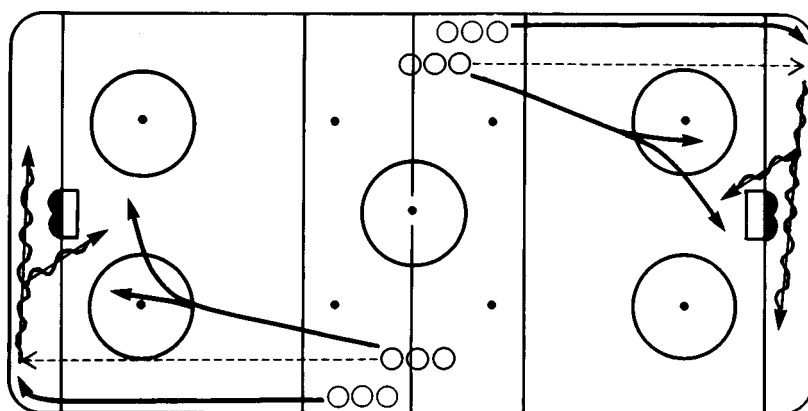
DRILL #13

Name : Forechecking in Corner

Purpose : Angling and body checking.

Description : – The puck is dumped into the corner by the checker at centre ice.
 – The player at the blue line skates into the corner to pick up the puck and tries to come out over the blue line with possession of the puck.
 – The forechecker tries to make the check in the corner where the puck is shot.

Variations : – Forechecker with stick upside down.
 – The skater is confined to certain areas.
 – Two forecheckers.



KEY TEACHING POINTS

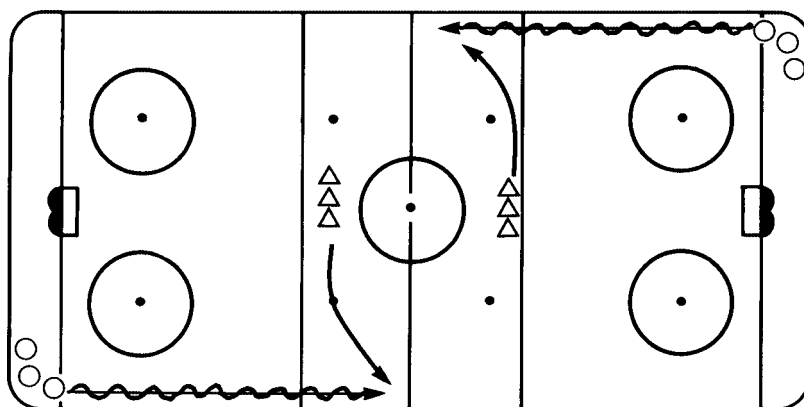
- Controlled skating as approach puck carrier
- Body position – to face outside
- Stick position – to prevent cutting up the middle
- Finish check

DRILL #14

Name : Mid-Ice Angling

Purpose : Mid-ice angling technique.

Description : – Attacker carries the puck out of the corner and along the boards.
 – Checker (Δ) angles the puck carrier and tries to gently rub him out along the boards.



KEY TEACHING POINTS

Δ approaches from inside out

Maintain defensive position when finish check

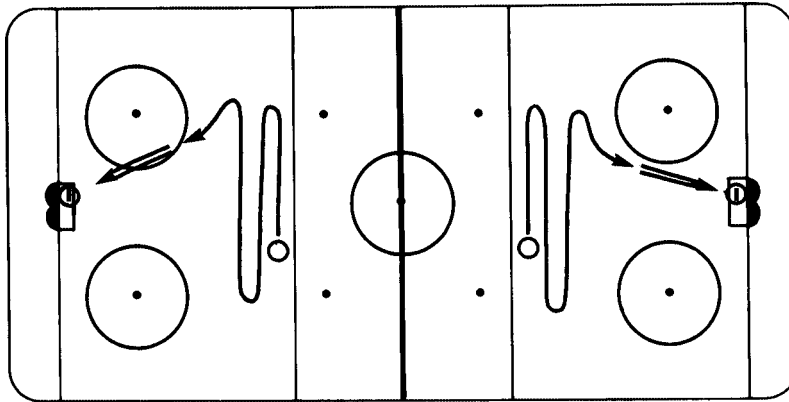
21.5 Goalkeeping Drills

DRILL #1

Name : Puckhandling

Purpose : Puckhandling and rebound control; mobility.

Description : (a) Player skates randomly in high slot area while goalkeeper works on positioning and mobility.
 (b) Player shoots and goalkeeper stops puck, controlling rebound and passing back to shooter for a second shot.

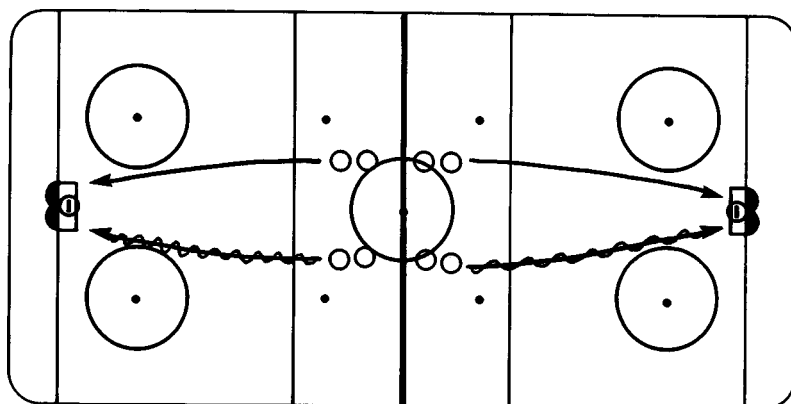


KEY TEACHING POINTS:

Goalkeeper assumes proper positioning and follows visually puck carrier
 Goalkeeper controls rebound, then makes crisp and accurate pass back to the shooter
 Goalkeeper returns to crease area for next shot

DRILL #2

- Name : Two-on-Goalkeeper
- Purpose : Lateral movement, two-foot slide
- Description : - First player drives to net with puck.
 - Second player leaves two seconds later and drives to far post.
 - Lateral pass is made to second player (preferably left hand shot for a one-timer).
- Variation : Give puck carrier option of shooting.



KEY TEACHING POINTS:

- Goalkeeper must respect puck carrier
- Once pass is made, goalkeeper moves laterally or executes a two-foot slide

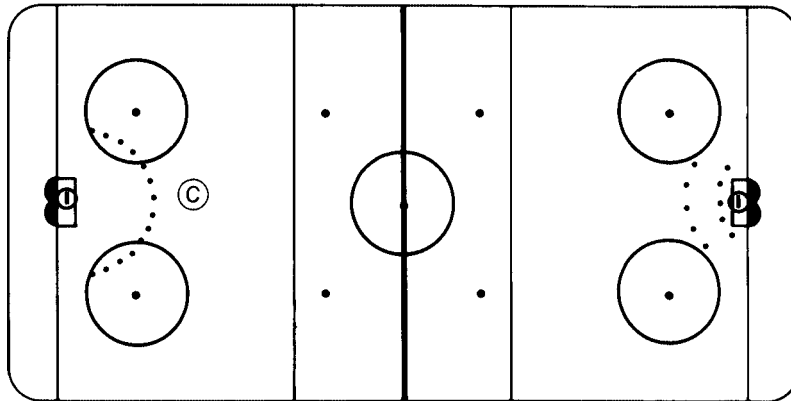
DRILL #3

Name : Poke Checking

Purpose : Development of poke checking skills.

Description : Goalkeeper telescopes out to poke check puck and then quickly returns to crease to stop a shot from the coach.

- Variation :
- Pucks played in pairs.
 - Goalkeeper poke checks first puck while remaining on feet, then dives to poke check the second puck (or hook puck toward body).
 - Return to crease.



KEY TEACHING POINTS:

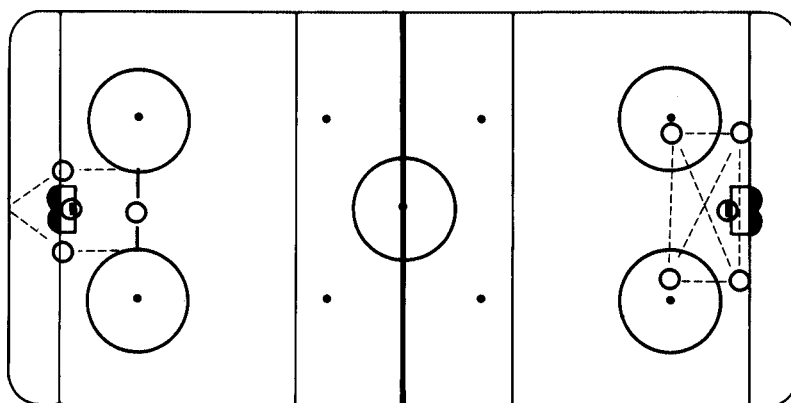
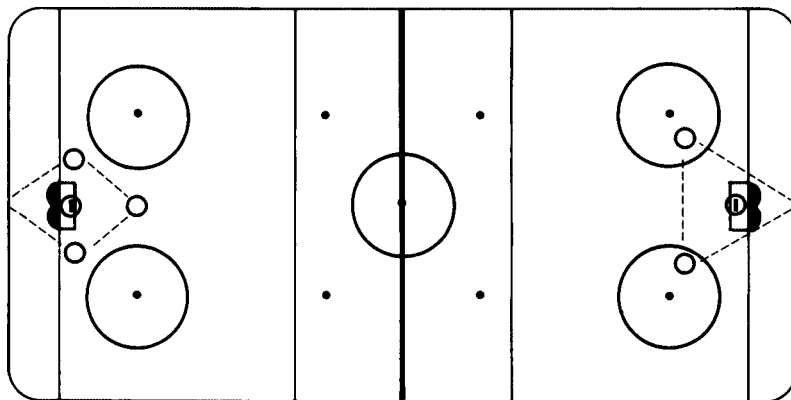
- Quick telescope action
- Use of arm and stick only to poke check
- Quick arm and stick action to poke check first puck
- Go to stomach and then quickly recover to feet for second puck

DRILL #4

Name : Follow the Puck

Purpose : Mobility.

Description : Goalkeeper follows the puck which is passed from player to player in the formations indicated.



KEY TEACHING POINTS:

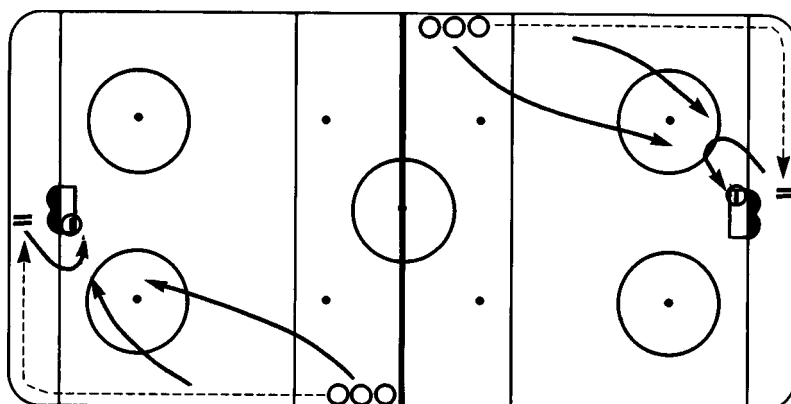
Initially puck must be passed slowly to allow goalkeeper time to adjust (later, shots may be taken)

DRILL #6

Name : Movement Behind the Net

Purpose : Stopping the puck behind the net, deflection/screen shots.

Description : – First player shoots puck around the boards and then skates to the front of the net.
 – Goalkeeper stops and positions (or passes) puck and then returns quickly to the net.
 – Second player shoots for first player to deflect and/or play the rebound.



KEY TEACHING POINTS:

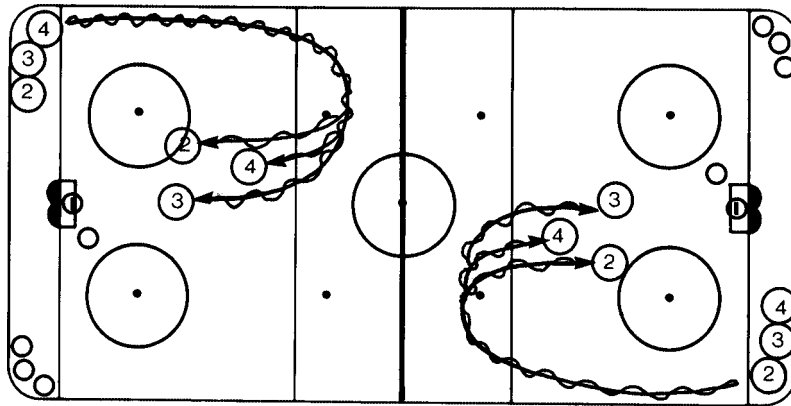
Goalkeeper must leave net quickly to stop and properly position (or pass) the puck
 Goalkeeper returns quickly to the net to face the player
 Goalkeeper reacts to second puck and screen/deflection/rebound

DRILL #7

Name : Shot, Shot, Pass

Purpose : Shot blocking, deflections.

Description : – First player, circles over the blue line and releases a long slap shot (then positions self to the side of the net).
 – Second player circles over the blue line then takes wrist shot from the slot (proceed to the front of the net).
 – Third player circles over the blue line and shoots or passes to either player in front of the net for a tip-in, screen, rebound.
 – Repeat sequence with three players from other corner.



KEY TEACHING POINTS:

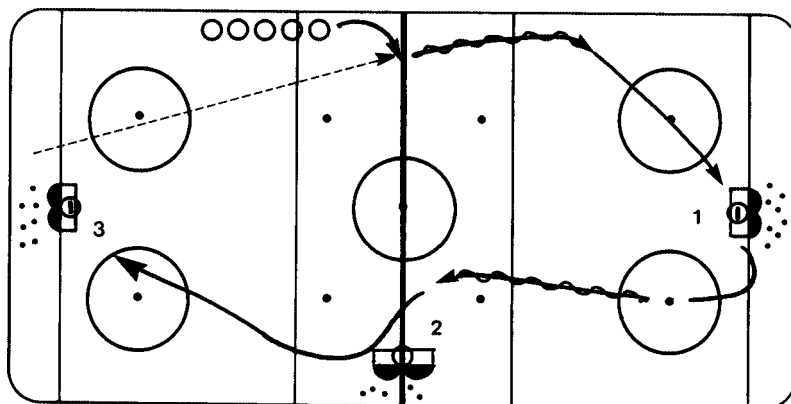
- Goalkeeper must be positioned properly for various angle shots
- Goalkeeper must find puck through a screen
- Goalkeeper control rebounds on all shots

DRILL #8

Name : Three Nets, Three Shots

Purpose : Exposure to a variety of shots.

- Description :
- ○ receives pass then take long slap shot from an angle.
 - Pick up loose puck and take backhand on second net.
 - Pick up loose puck and take wrist shot on third net.
 - Pick up a rebound (if available) or loose puck and initiate the play for next player.
 - Goalkeeper rotates nets periodically.



KEY TEACHING POINTS:

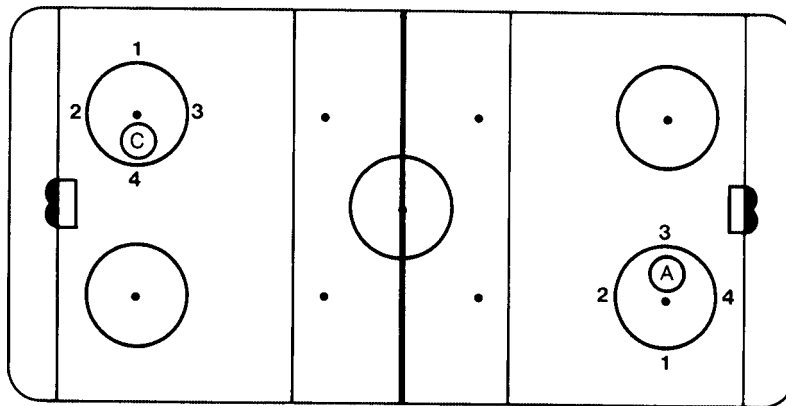
- Goalkeeper position self for shot from various angles
- Rebound control

DRILL #9

Name : Circle Drill

Purpose : Perform four different skills as goalkeeper moves around the circle.

Description : – Shooter/coach is in middle of face-off circle with several pucks.
 – Goalkeeper is positioned outside of circle at 1.
 – Goalkeeper stops shot from coach at 1, then performs a specific movement (e.g., lateral shuffle, poke check, one foot hop, dive poke check, telescope) through moves to 2, 3 and 4.
 – At each position coach takes shot at goalkeeper.



KEY TEACHING POINTS:

Between shots, the goalkeeper must properly perform the required skill/movement prior to facing shot(s) at next station

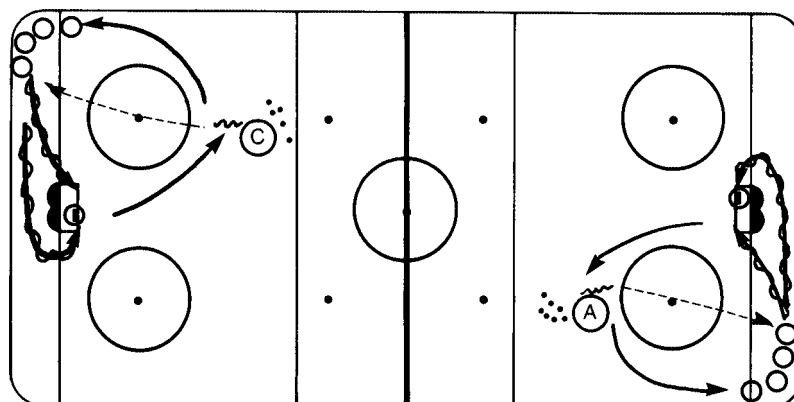
DRILL #10

Name : Walkouts

Purpose : Use of stick.
Play at the post.

Description : – Coach makes initial pass from area of loose pucks.
– O then attempts to walkout.
– Accelerate to loose pucks, then pass to second player.
– Go to end of line.

Variation : Place extra stick in front to limit space of walkout.



KEY TEACHING POINTS:

Use of stick to pokecheck

Lateral movement skills of goaltender

21.6 Competitive Evaluation Drills

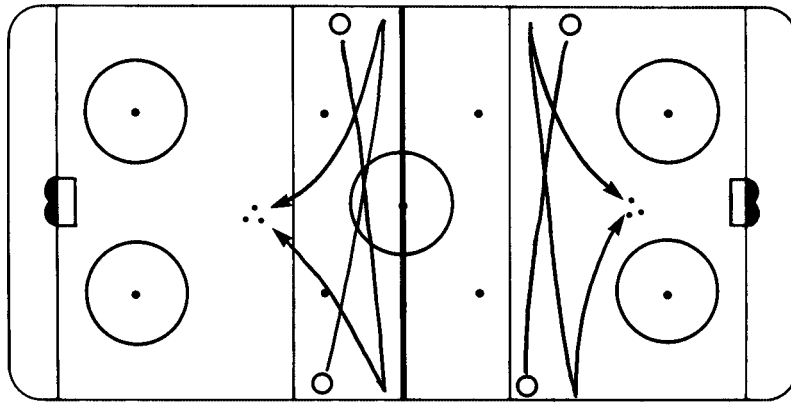
DRILL #1

Name : Acceleration Assessment

Purpose : Skating to evaluate acceleration.

Description : – Both skaters face end boards with stick touching side boards.
 – Both skate across ice and touch opposite boards before racing for puck.
 – Switch sides after each race.

Variation : – Standing start.
 – Kneeling start.

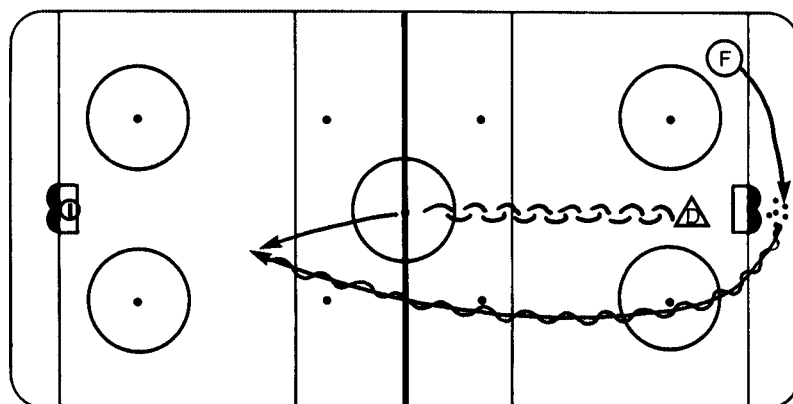


DRILL #2

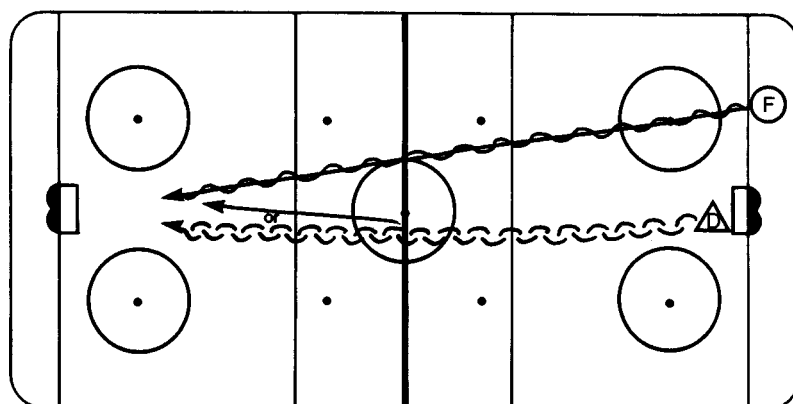
Name : Full Length One-on-One Skating Race

Purpose : To evaluate forwards and defencemens skating ability.

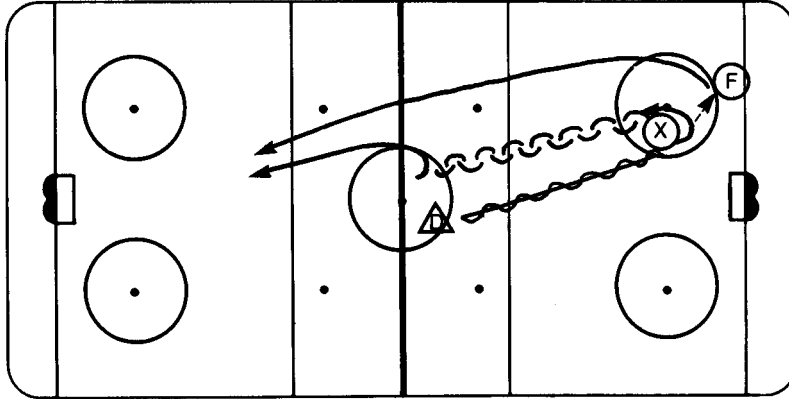
- Description :
- Forward picks up puck behind net and accelerates up ice.
 - Δ cannot leave until ○ touches puck.
 - Δ faces end boards in square stance.
 - Δ must skate backwards until red line.
 - One-on-one race to far goal.



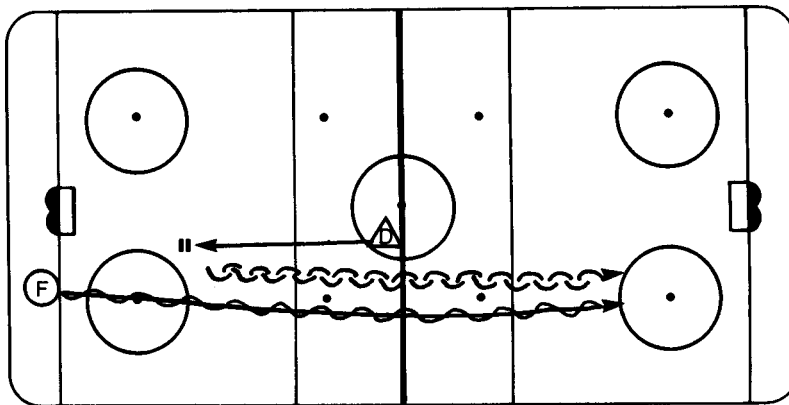
- Variation A: – Run out of both ends simultaneously.
- Vary position of pucks from near side to behind net to far side to present increasing difficulty to defencemen.



- Variation B: – ○ begins from standing start with puck.



- Variation C:– Δ carries puck until he is even with pylon \otimes , makes pass to \circ and skates backward at least until red line.
 – \textcircled{F} receives pass from $\textcircled{\circ}$ and carries puck to make play on goal.



- Variation D:– Δ moves forward with forward skating on first whistle by coach.
 Δ skates backward at least to red line.
 – \circ starts to carry puck on second whistle by coach.
 – Coach \textcircled{C} varies first whistle to increase or decrease pressure on Δ .

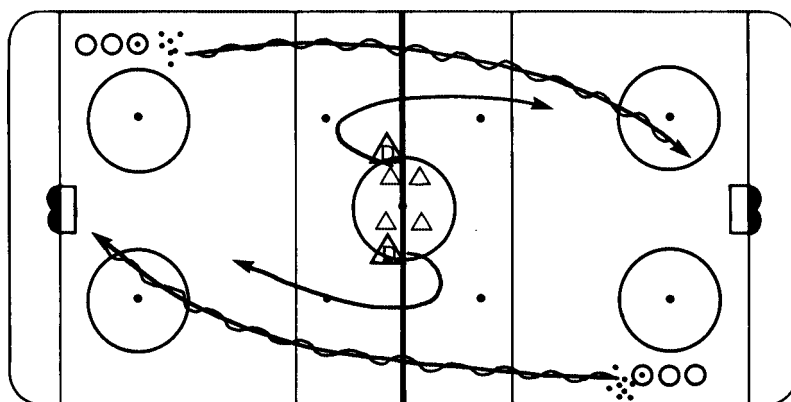
DRILL #3

Name : Drive Drill

Purpose : To develop technique of driving to net.

Description : – Δ is in a square stance at red line facing the \bigcirc .
 – \bigcirc with puck drive skates to make play on goal.
 – Δ chases \bigcirc as soon as \bigcirc crosses red line.
 – Drill can be organized going both directions simultaneously.

Variation : \bigcirc leaves corner without puck and receives pass before red line, then drives to goal.



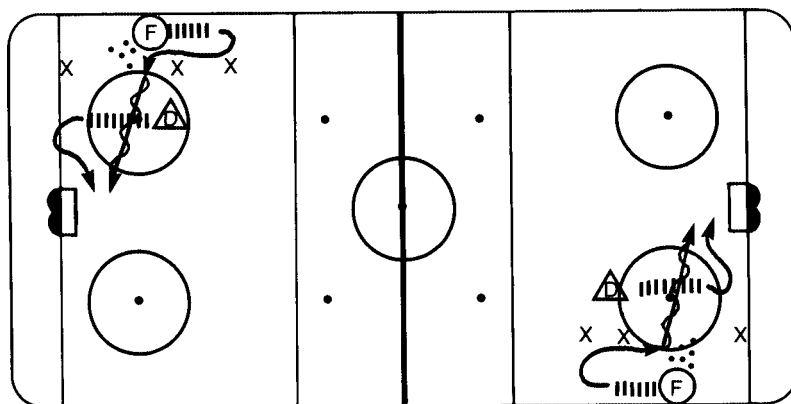
DRILL #4

Name : Lateral Skating/Quickness Assessment

Purpose : To evaluate specific skating skills

Description : - Three pylons (X's) placed so that Δ has further to lateral skate than \circ .
 - On command, both players move opposite directions with lateral skating, Δ towards goal line, \circ towards blue line.
 - \circ returns to pick up puck and make play on goal.
 - Δ returns to prevent play on goal by \circ .

Variation : Switch sides.



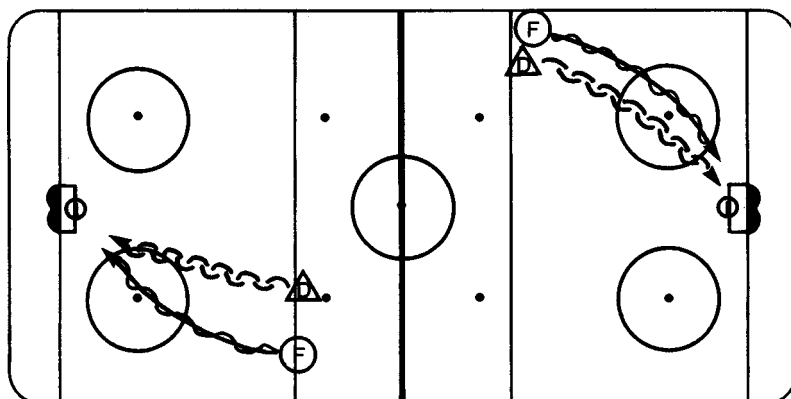
DRILL #5

Name : Acceleration and Drive Skating

Purpose : Skating assessment.

Description : – Both ○ and △ start on command.
 – ○ skates forward to net.
 – △ skates backward to prevent ○ from going to net.

Variation : Switch sides.



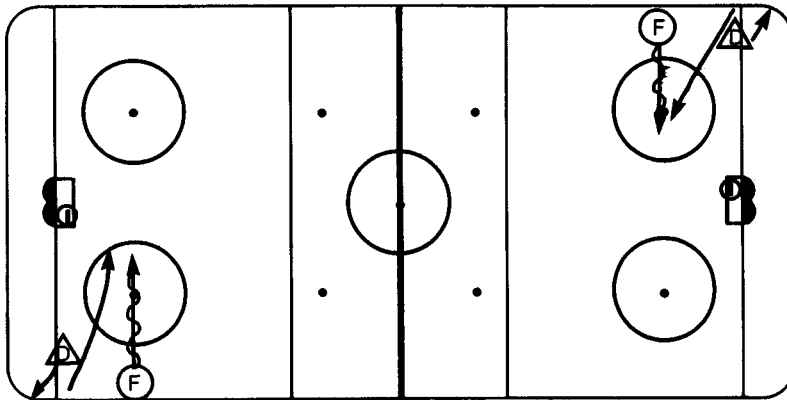
DRILL #6

Name : One-on-One Quickness Out of Corner

Purpose : Agility and quickness assessment.

Description : – ○ attempts to get the shot or play on goal as soon as possible.
 – △ attempts to prevent shot or play on goal.

Variation : Standing with △ facing corner 360 degree pivot before going to net.



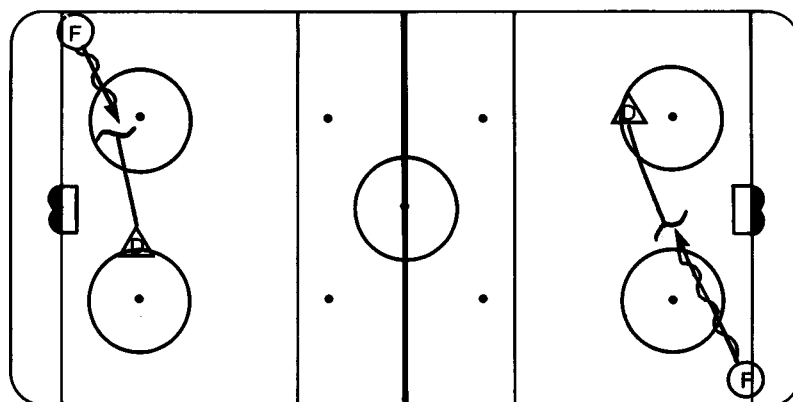
DRILL #7

Name : One-on-One Agility/Checking Out of Corner.

Purpose : Agility assessment.

Description : – Δ starts when \circ starts moving towards goal area.
 – Δ advances quickly to check one-on-one.

Variation : \circ attempts to make play on goal in confined area below dots of:
 – face-off circles,
 – top of circles.



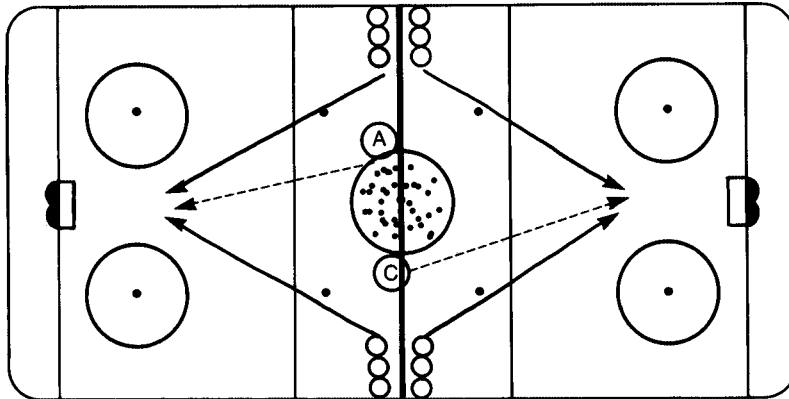
DRILL #8

Name : One-on-One Race to Puck

Purpose : Skating/puck handling assessment.

Description : – Race for puck control and play on goal is initiated by ©, passing puck forward to free area.
 – ○ leaves when pass is made by ©.

Variation : Players start skating backward and pivot at blue line to pursue puck.

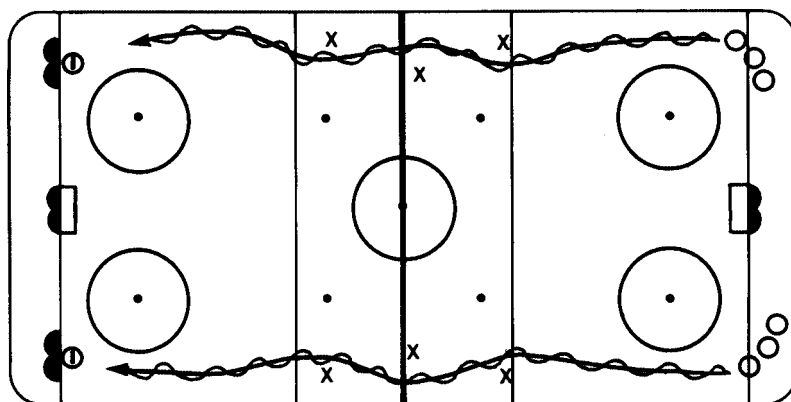


DRILL #9

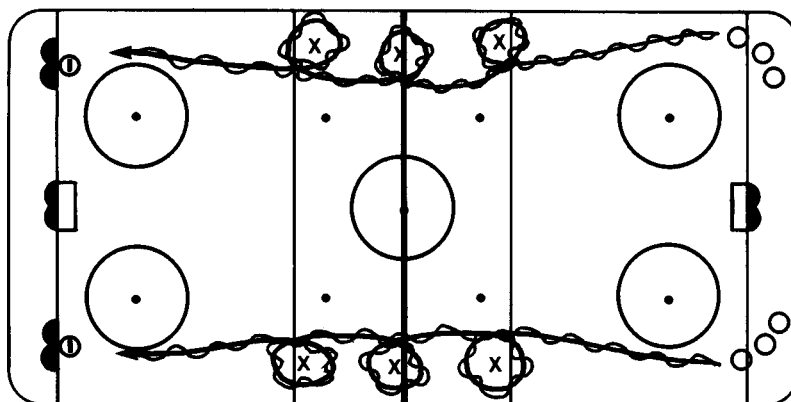
Name : Skating Races With Puck Control

Purpose : Skating and puck control assessment

Description : – Weave through three pylons; race only to far blue line.
 – Players proceed in for shot on goal.
 – Coach set rules for shot/deke.



Variation A: Weave through pylons backwards, pivoting to forward after last pylon.



Variation B: 360 degree turn at each pylon.

21.7 Developing Hockey Sense Drills

To be developed