

# Position Specific Skills (Goalkeepers)

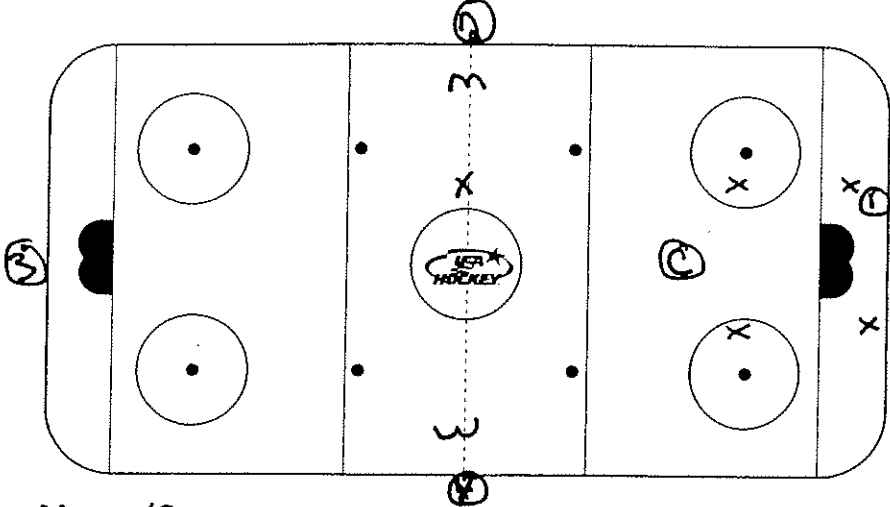




SYSTEM/DRILL Goalie Session

Description 10 min stations

① Coach starts with puck passes to a player they pass puck around box until whistle. On whistle player with puck goes to net with other three crashing

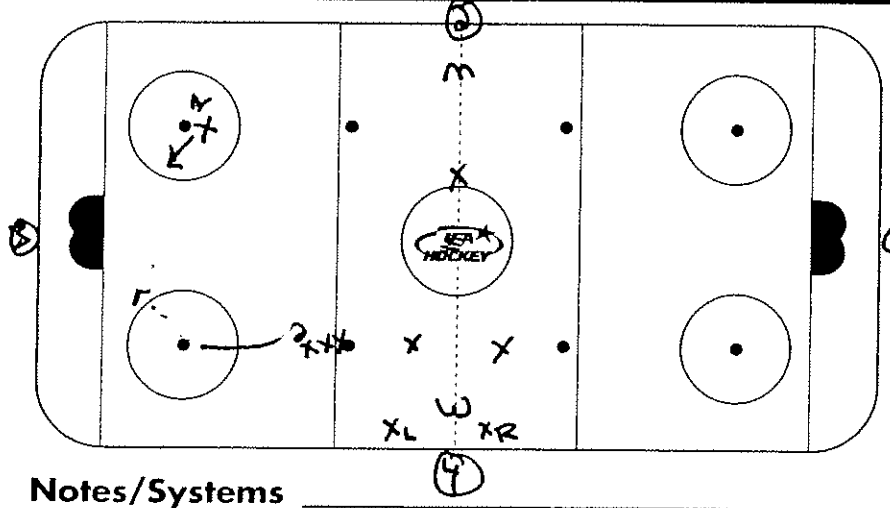


Notes/Systems \_\_\_\_\_

Description \_\_\_\_\_

① Goalie starts on post off post to center of net. stop set. player shoots for his crest. NO Games

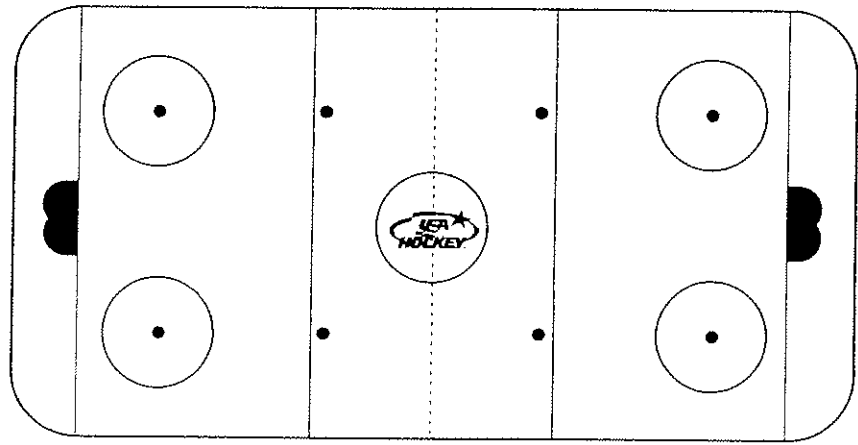
③ ① Starts with shot from dot. after puck reaches crease with goalie ② throws outside sticks a can shoot top of crease to Goalie



Notes/Systems \_\_\_\_\_

Description \_\_\_\_\_

① Goalie starts on Goalie center of net either player passes from behind net as soon as puck is received Goalie explodes out of net for a shot



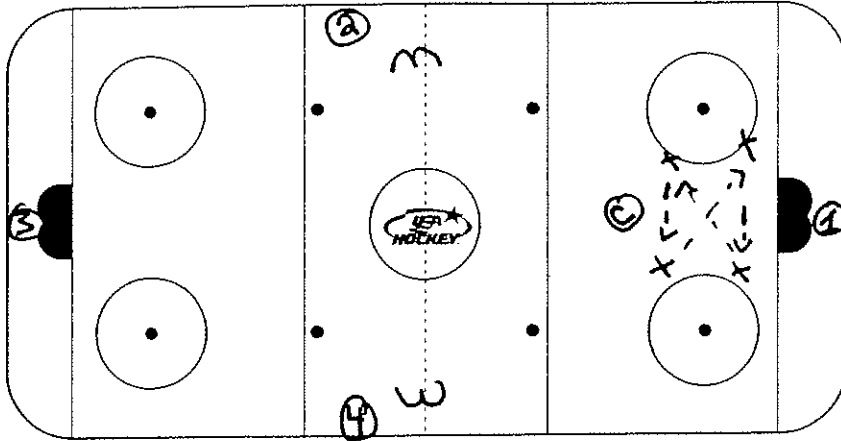
Notes/Systems \_\_\_\_\_





# SYSTEM/DRILL Goalie Session

5-10 minute stretch

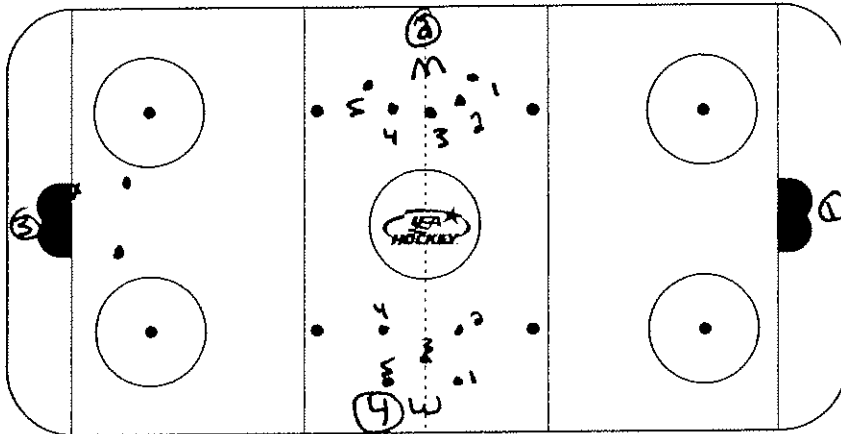


Notes/Systems \_\_\_\_\_

Description \_\_\_\_\_

Four Stations of Movement for 5 minutes

① 30 sec sequence  
 Coach passes puck to one of the players. Puck is passed around group for 30 sec. Goalie moves around net always square to puck.

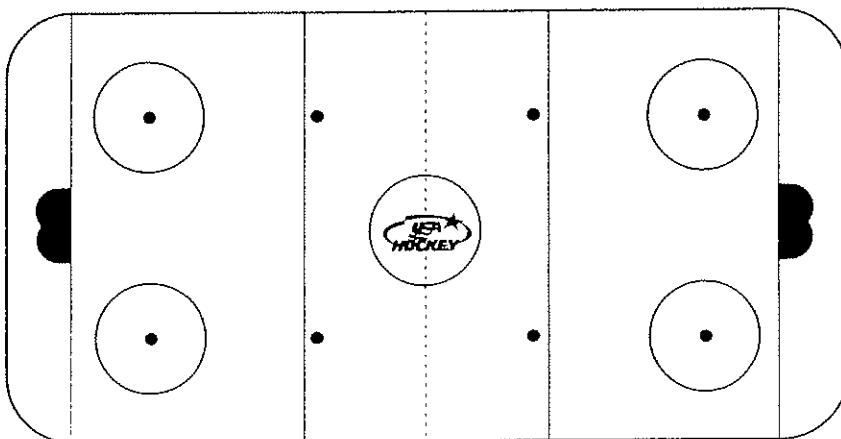


Notes/Systems \_\_\_\_\_

Description \_\_\_\_\_

② 5 puck drill. Start drill in middle of net. Coach calls # Goalie goes up & retreats back to middle of net

③ Post-Post-Puck  
 Goalie starts on post. Coach calls out a post or a puck moves to post until another is called out



Notes/Systems \_\_\_\_\_

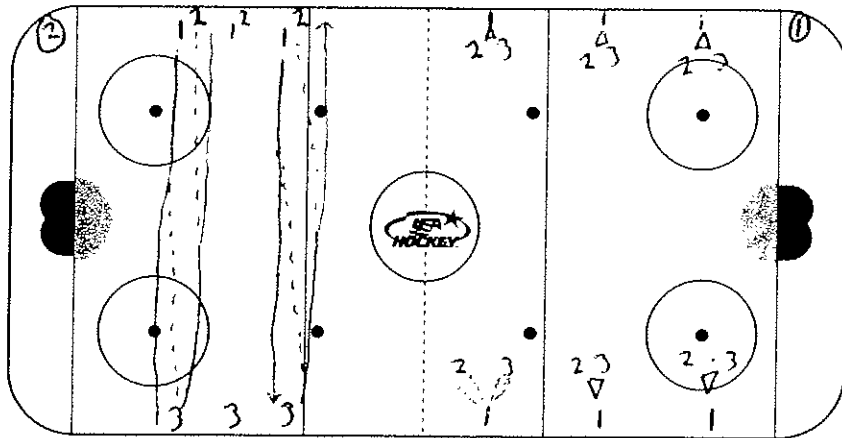
Description \_\_\_\_\_

④ 5 puck drill / pucks are in different areas





# SYSTEM/DRILL Wednesday - Position Specific - Forwards



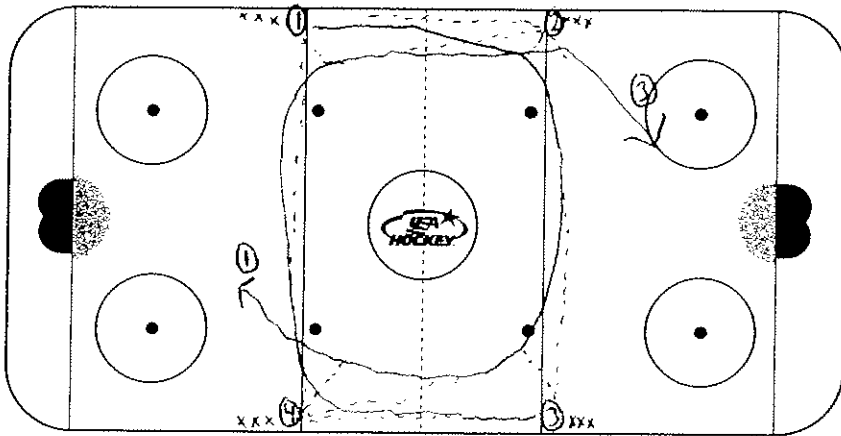
## Description

Warm up-passing 5min

① Pair off in three with two pucks  
Form Triangle with bottom two players  
with pucks. Work one touch passing

② Stay in group of three with two players  
on sideboard and one player directly across.  
Player ① starts with puck and skates towards  
player ②. ② Fires a pass across. Player ③ then  
comes across doing something.

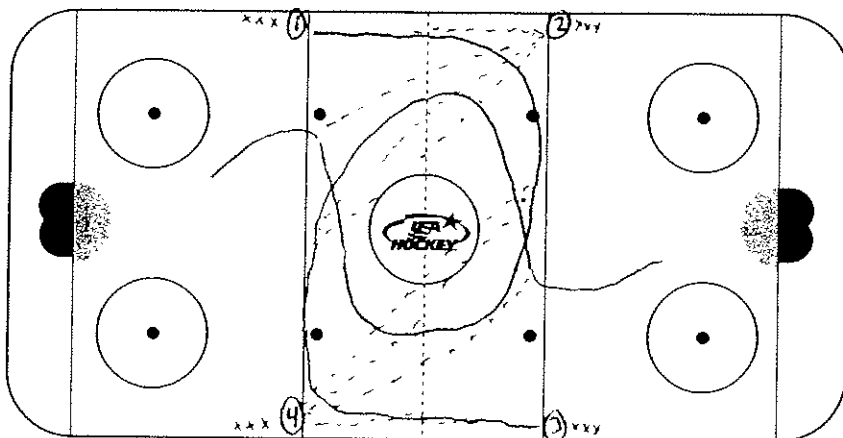
## Notes/Systems



## Description

① One touch passing 7min  
- players line up on all four at the blue  
- ① and ③ go together - ② and ④ go together  
- player ① starts with puck and gives one touch  
passes to line (2, 3, and 4) while ~~skating~~ circling  
through neutral zone. Player ③ starts the  
same time as player ① and gives one touch passes  
to line (4, 1, 2) in order.  
- Lines ② and ④ then go - continuous

## Notes/Systems



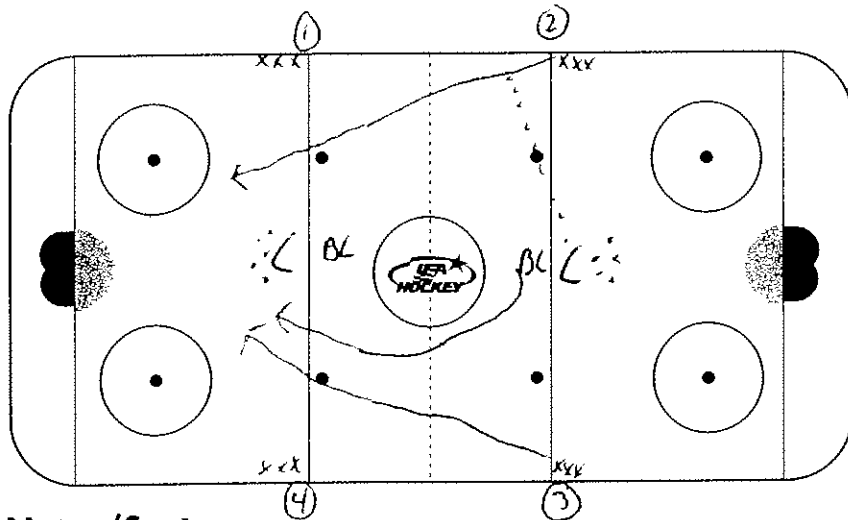
## Description

③ Myhro 7min  
- players stay on all four at blue  
- ① and ③ go together - ② and ④ go together  
- ① starts out with pass to ② - ③ starts out with pass to ④  
- ① will then get pass from ④ and one touch it back to him  
- ③ will get pass from ② and one touch it back to him  
- both ① and ③ continue around neutral zone  
and get passes back from the original line  
they passed to (2 and 4).  
Great timing drill

## Notes/Systems



# SYSTEM/DRILL

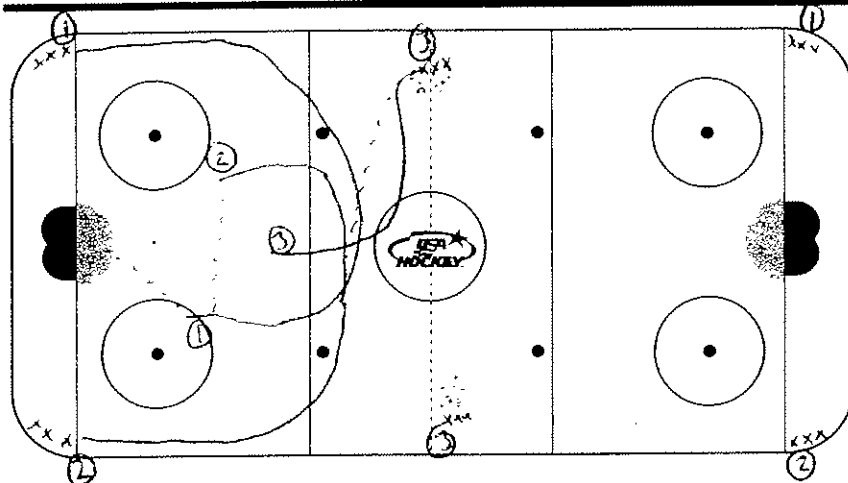


Notes/Systems

## Description

### 2 vs 1 Backcheck

- players line up on all four at blue
- two coaches will stand in middle of blue with pass
- one backchecker will stand facing coach
- one coach will fire a pass to either side to start
- Back checker peels off and picks up weak side
- once they get by far blue, next coach starts with pass

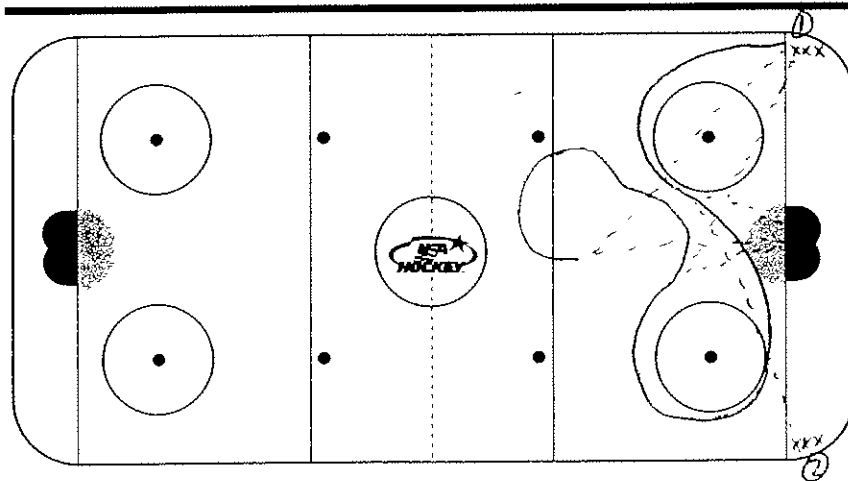


Notes/Systems

## Description

### Post Drill

- players (1 and 2) come out + around neutral zone dots
- player (3) fires pass to player (2) and follows
- players (1 and 2) are going hard to get for shot
- can incorporate A-man for 2on2 Transition



Notes/Systems

## Description

### 3 time 1 time

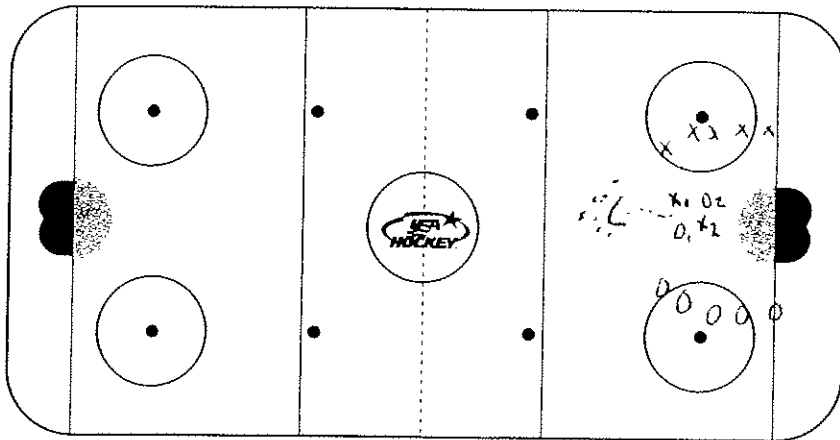
- player (1) comes out to top of circle for pass from
- player (2) continues around bottom of circle for pass
- player (1) then skates out to blue line and opens up for one time from high
- both corners have to be ready for third pass - depends on letter or light spot
- stress one time or collect + quick release

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# SYSTEM/DRILL

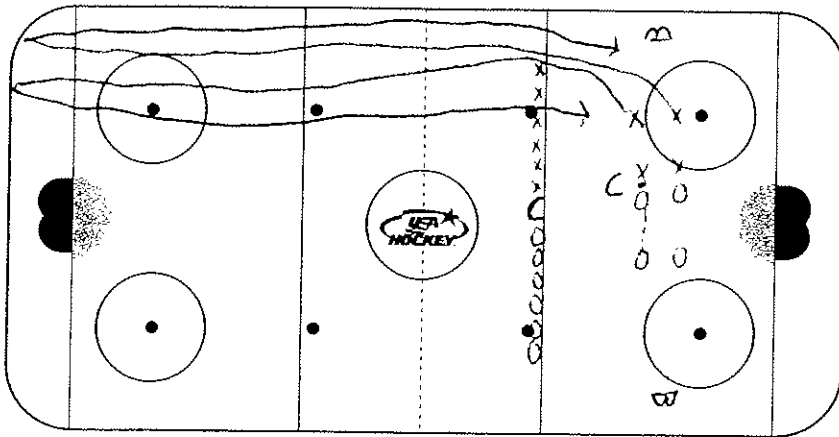


## Description

### The Ring

- 2 vs. 2 in tight area
- both teams are trying to score
- players around outside keep puck in
- coach fires puck in after goal or lost puck
- whistle blows and next 4 players jump in

## Notes/Systems



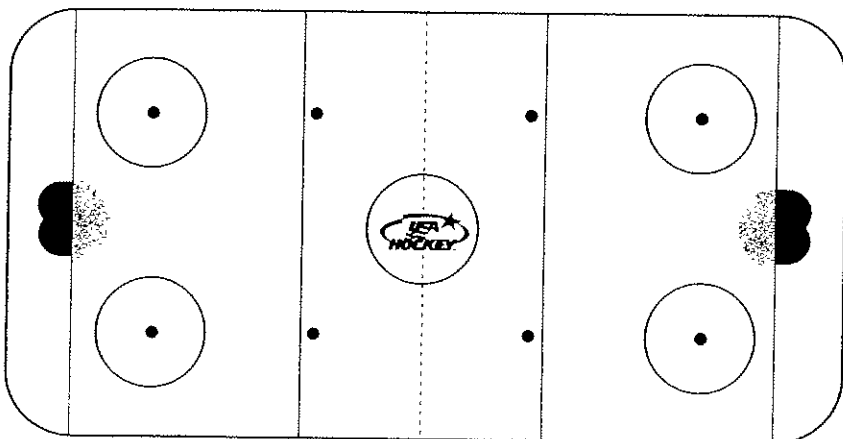
## Description

### Cross-Ice Faceoff Lane

- four players from each team line up for draw
- both teams are trying to gain possession off draw
- the team that loses send their back two players down ice to touch wall and back
- the team that wins draw will have 4 on 2 advantage until players get back
- once players get back play the 4 vs. 4.

## Notes/Systems

- use same drill for 2 vs. 2 - 3 vs. 3 + 5 vs. 5



## Description

## Notes/Systems

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