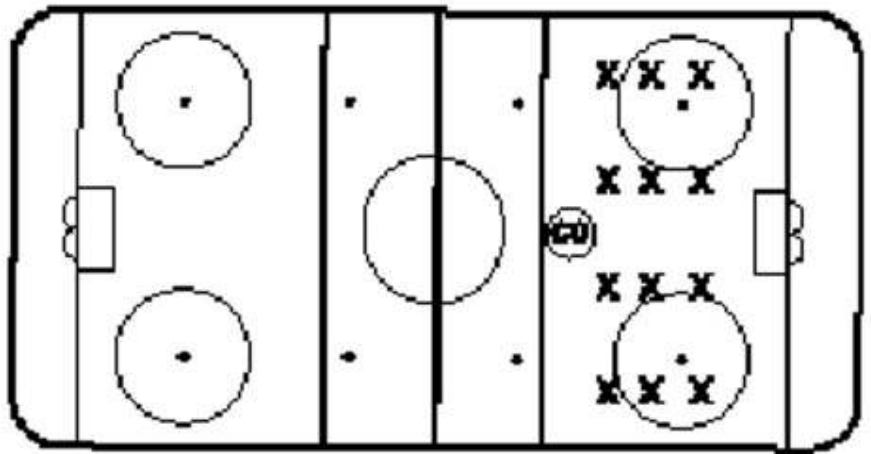


**Additional Drills**  
**For**  
**10-and-UNDER**  
**(Squirt)**

## Description: Power Stance

1. Feet shoulder width apart.
2. Slightly on inside edges.
3. Knees bent - butt low like sitting in a chair.
4. Chest up - back straight.
5. Head up.
6. Two hands on stick - hands 10" to 12" apart.
7. Stick on ice, in front of body - not off to one side.

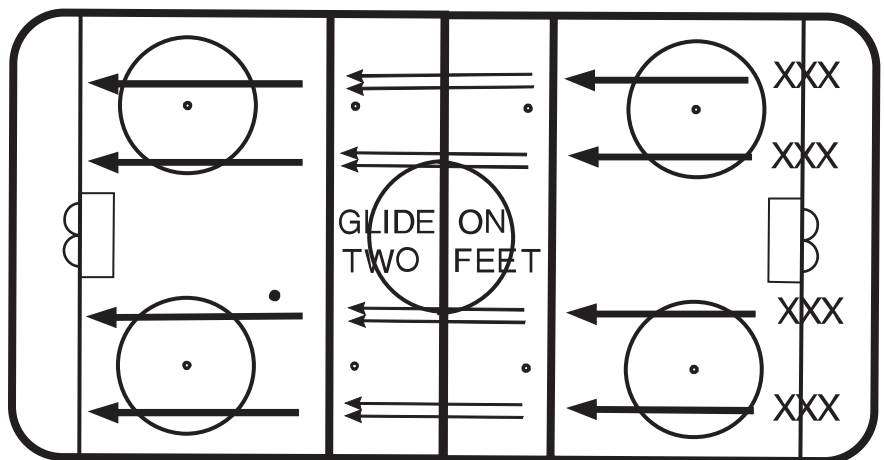
Theme: Ready Position



## Description: Glide In Ready Position

1. Skate to blue line and glide to far blue line in ready position.
2. Two hands on stick - stick in front of body.

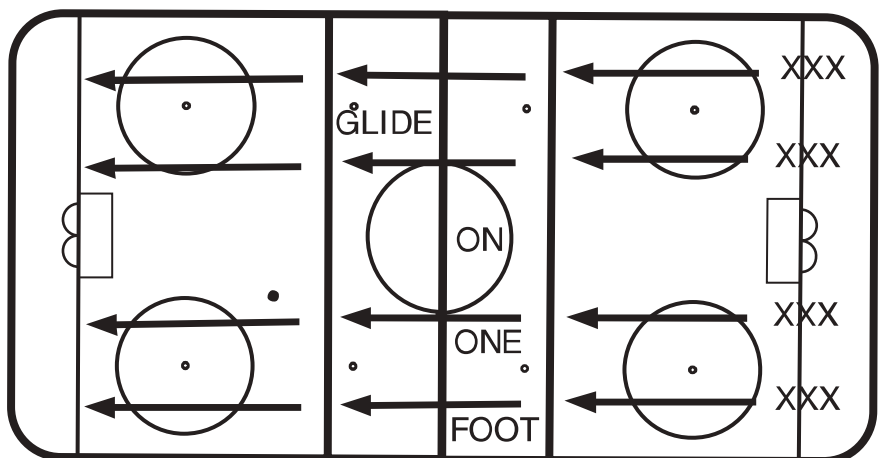
Theme: Ready Position



## Description: One Foot Glide

1. Skate to blue line and glide on one foot to far blue line.
2. Emphasize - the knee bent - the more bent the knee, the easier the balance.
3. Come back doing the other foot.

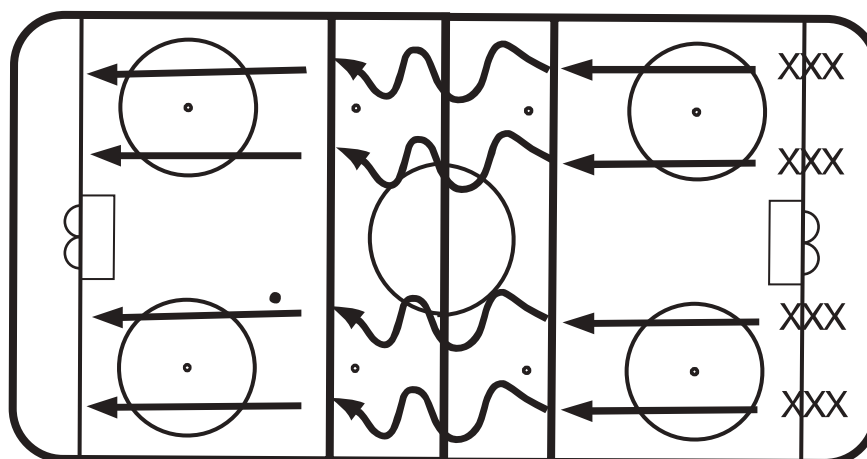
Theme: Balance



## Description: One Foot Glide - Weave

1. Skate to blue line and glide on one skate. Weave (back and forth) on skate.
2. Players will start to feel the edges.
3. Knees well bent.
4. Come back with other foot.

Theme: Balance

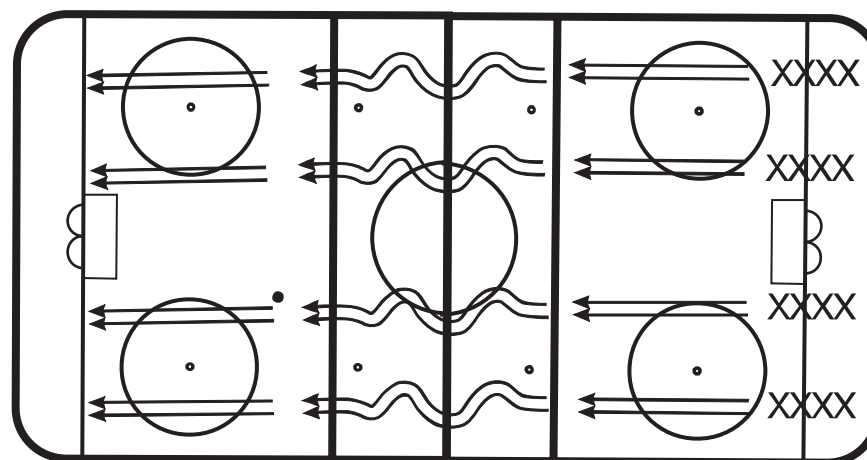


## Description: Flip-Flop

Do this drill stationary.

Have players put skates close together. Have them "flop" ankles to right (one skate on outside edge right, left skate on inside edge). Then flop to other side - left skate outside edge, right skate inside edge. Now do the drill while moving - skate to blue line put feet together, flip-flop to far blue line, then skate to end of rink.

Theme: Inside and Outside Edges

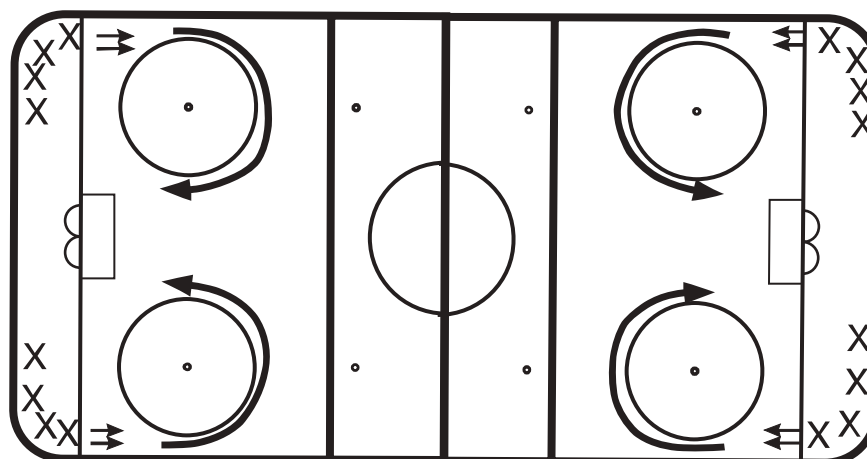


## Description: Edges on Circle

Line players up in corner. Have them take two strides and glide on foot on inside edge. Then have them go the opposite way and do inside edge of other skate. Repeat doing with outside edge gliding around circle.

Stress: Power Position.

Theme: Inside and Outside Edges



Notes/Comments: Keep the knee well bent over gliding foot.

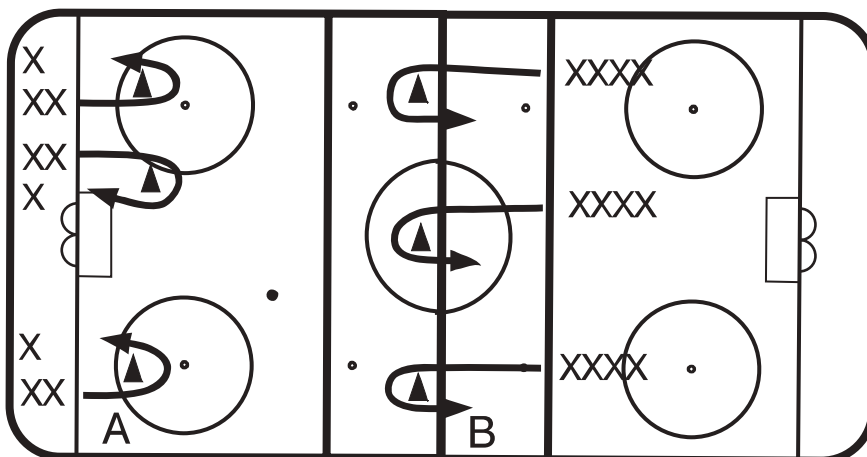
## Description: One Cone

Inside Edge - Skate up to cone - pick up left skate and turn around cone on right inside edge.

Keep the right knee well bent, two hands on stick.

Outside Edge - Skate up to cone, pick up right skate and turn around cone on left outside edge.

## Theme: Inside and Outside Edges



**Notes/Comments:** Can start with (A) cone 4-5 ft. from line. Then go to (B) cone 30 ft. from player line.

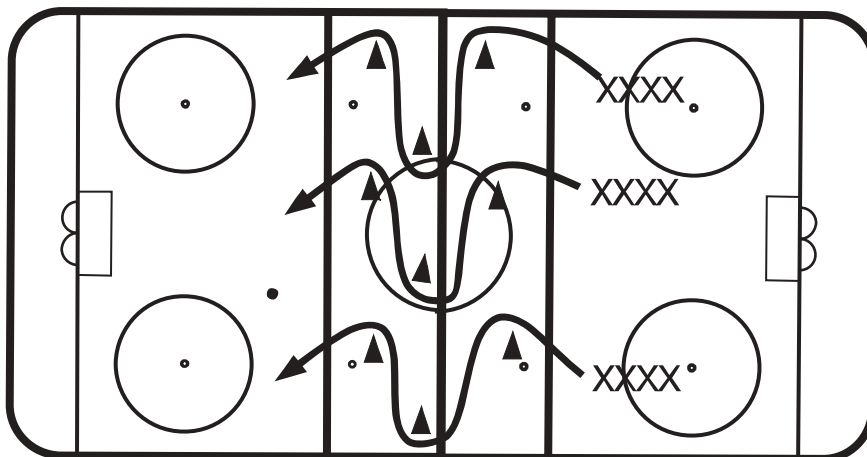
## Description: Three Cone

Take three cones and make a equal lateral triangle, each about 15 ft. apart. Skate up to cone alternate right and left skates using inside edges.

Outside Edge - Start with left skate first, on outside edge.

Stress - the importance of staying down in power stance. Keep two hands on stick and on the ice in front of player.

## Theme: Inside and Outside Edges

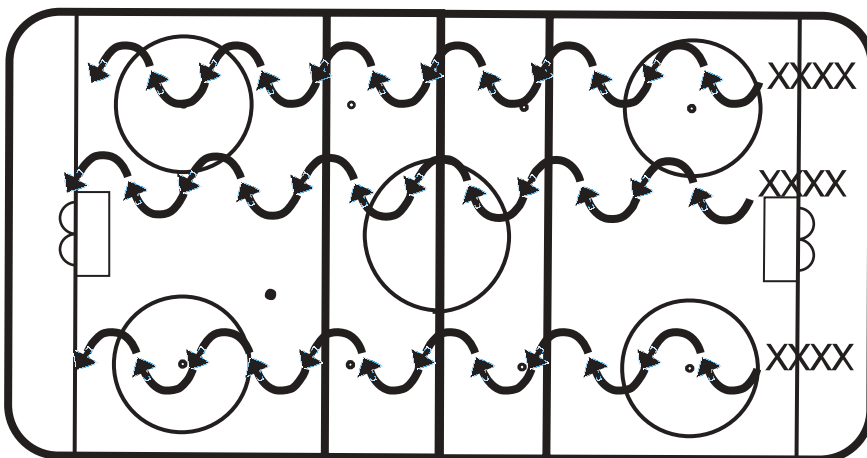


**Notes/Comments:** As the players get confident with their edges, make the distance between the cones shorter.

## Description: Big C

Alternate left, right inside edges. The pattern is at least a half circle pattern with each skate. Emphasize the power stance and pushing down hard on the inside edge of each skate.

## Theme: Inside Edges

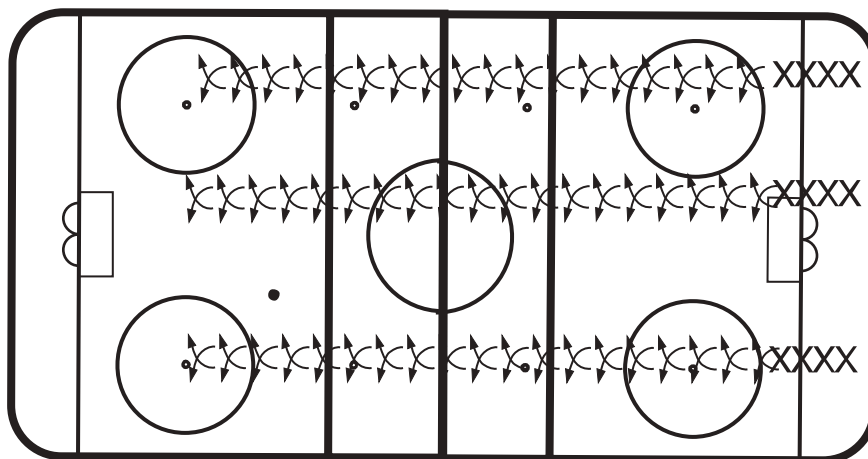


## Description: Exaggerated Crossovers Forward

Do forward crossovers straight down the ice. Over exaggerate the crossover. Emphasize knee over knee

Stay down in the power stance position.

## Theme: Outside Edges



**Notes/Comments:** Have the players hold the outside edge a second longer than a usual crossover.

## Description: Stationary Slide to Each Side Stride

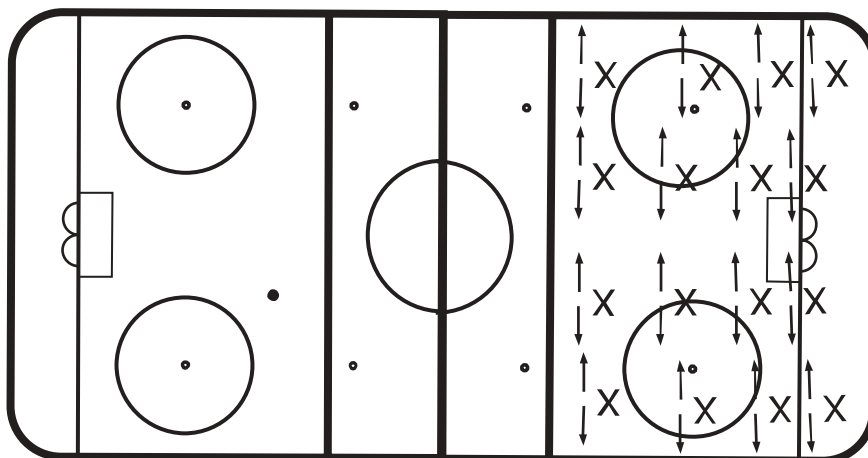
Have players in power stance, two hands on stick in front and on the ice.

Have players slide sideways moving a stick to bent knee.

Example: to slide to right, push off with left skate, slide to right on right skate with bent knee. Stick moves to in front of right knee.

KEEP SKATES POINTING STRAIGHT AHEAD.

## Theme: Stick Movement with Forward



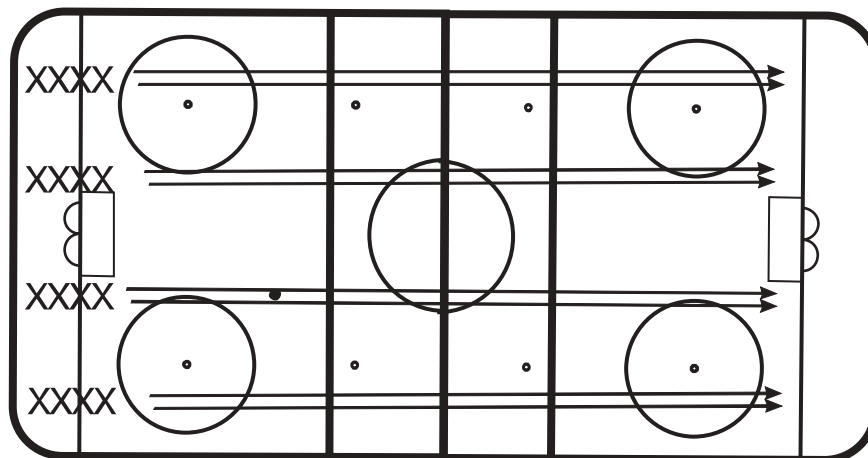
**Notes/Comments:** Grip - hands are 10 inches apart and hold stick with fingers of each hand.

## Description: Railroad Tracks

First do stationary then have them move down the ice. Get in power stance position. Shift the weight from one side to the other - have stick move in line with bent knee. One leg bends while the other extends.

After doing stationary, move down the ice (keep both skates on the ice all the time) shifting weight by bending and extending legs.

## Theme: Shifting Weight



### Description: Push-Touch-Coast

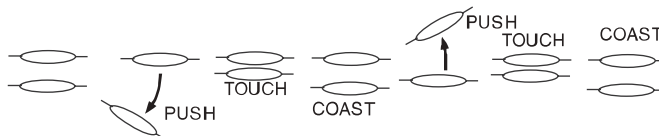
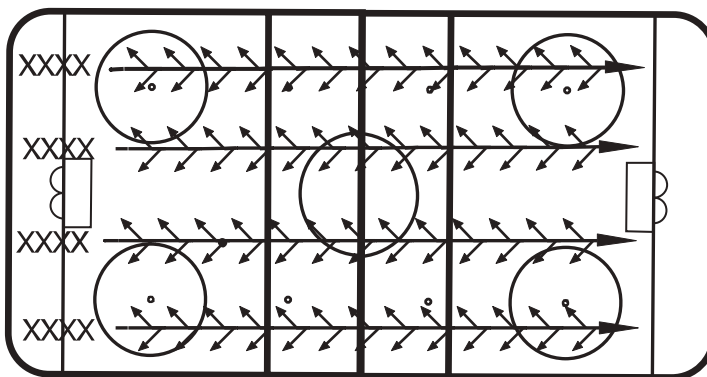
Push right skate to full extension. Then recover with right skate and touch left skate.

Then coast in ready position. Then push left skate to full extension. Recover with left skate and touch right skate. Then coast in ready position.

*Cadence - push-touch-coast*

Stress - power position, two hands on stick. Stick moves to bent knee.

### Theme: Forward Skating Stride



### Description: Push-Almost Touch

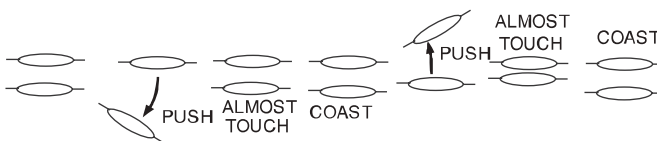
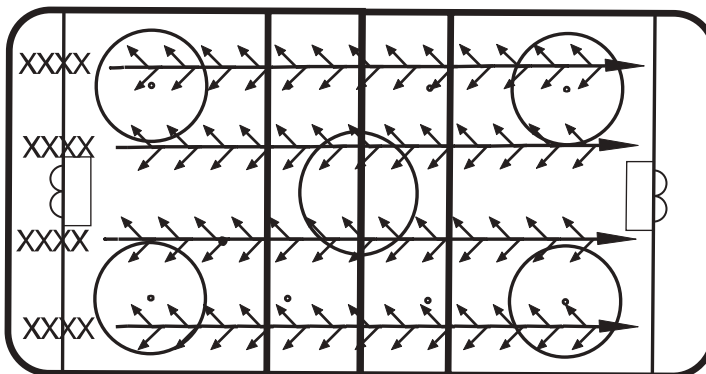
Push right skate to full extension. Then recover with right skate and almost touch left skate. Right skate should recover under right hip.

Then immediately push left skate to full extension. Recover with left skate and almost touch right skate.

*Cadence - push-almost touch - push*

Stress - power position, shifting weight to bent knee, stick moves to bent knee.

### Theme: Forward Skating Stride



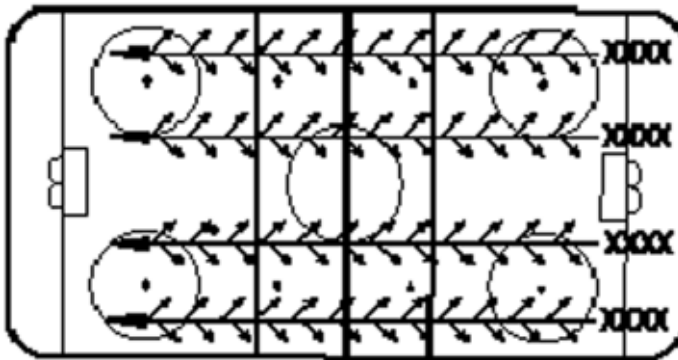
### Description: Push-Touch-No Coast

Push right skate to full extension. Then recover with right skate and touch left skate. Then push left skate to full extension. Then recover with left skate and touch right skate.

*Cadence - push - touch*

Stress - power position, two hands on stick on ice. Stick move to bent knee.

### Theme: Forward Skating Stride



## Theme: Inside Edges - Skating Rhythm

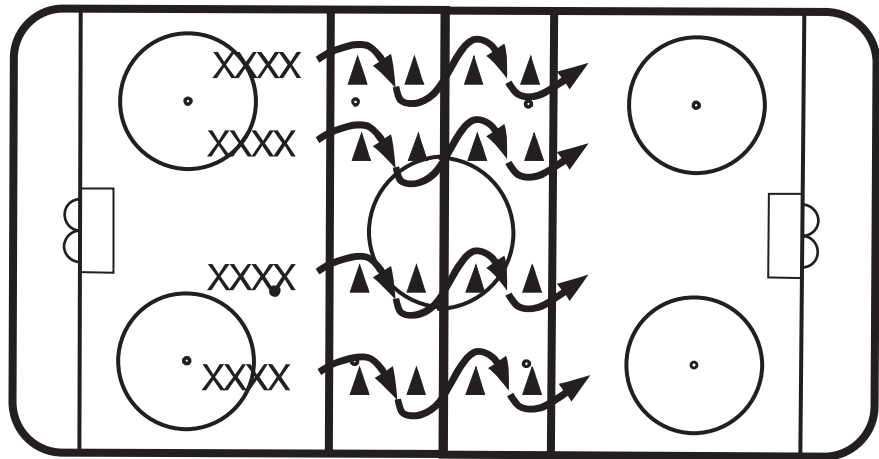
### Description: Four Cones

Put the cones about 10 feet apart.

Do a natural skating stroke but hold the edge a little longer than usual.

Stay down in power position and keep the stick in front (two hands on stick) and move stick to bent knee.

Alternate right and left skate, inside edges.



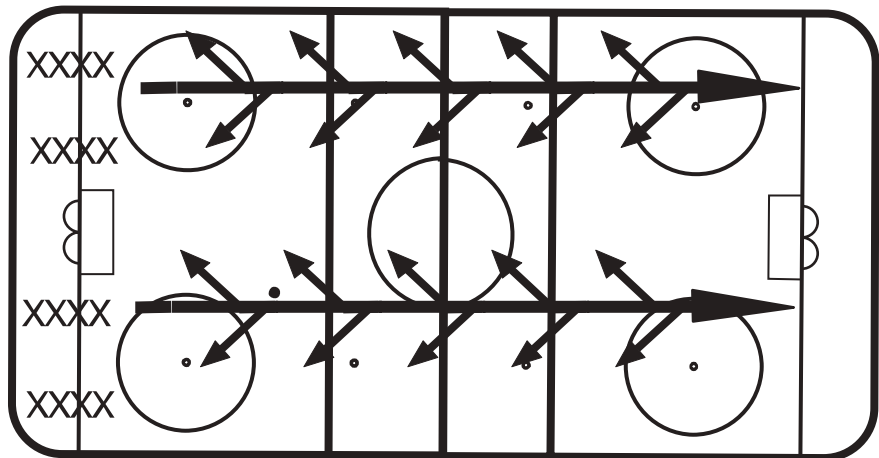
**Notes/Comments:** Shorten the distance between cones as players gain confidence. Later on you may use pucks with this drill (pull puck to bent leg). Also add one or two more cones.

## Theme: Power Strokes

### Description: 10 Strokes

Have players skate to other end of rink in only 10 strokes. To do this players must do full extension with the push leg, stay in a good power stance position with their body and good shifting of weight.

Stress - full extension, lower power stance position, good weight shift, two hands on stick.

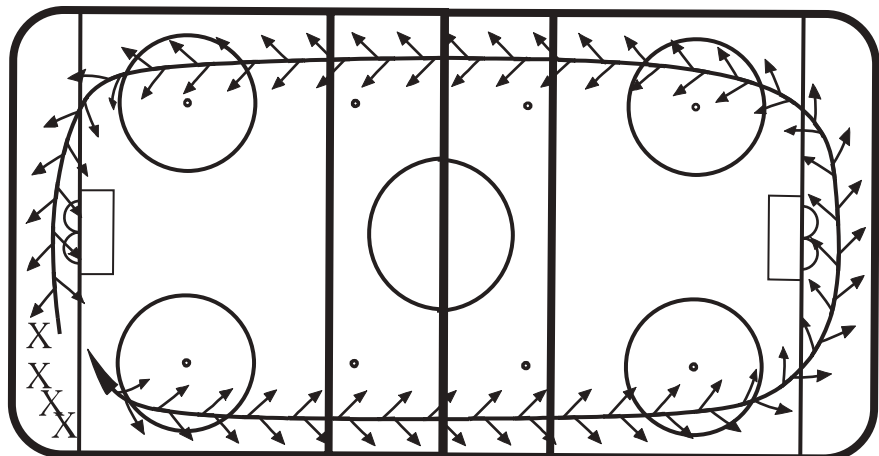


## Theme: Power Strokes

### Description: Two to Five Laps Power Strokes

Have players do two to five laps around boards taking full extension power strokes. Every lap should produce more speed without changing the foot speed of extension/recovery.

Power produces speed/force



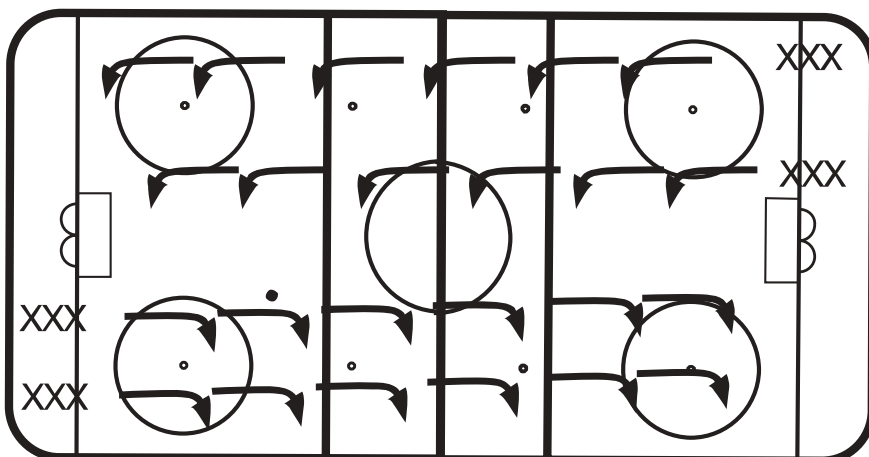
### Description: Snap Hip Sideways Position

Skate forward-glide-then snap hip to one side and push down on inside edges.

When stopping, push forward and downward with knee.

Stop in ready position, knees bent, stick on ice in front, skates shoulder width apart.

### Theme: Forward Stop to Ready Position

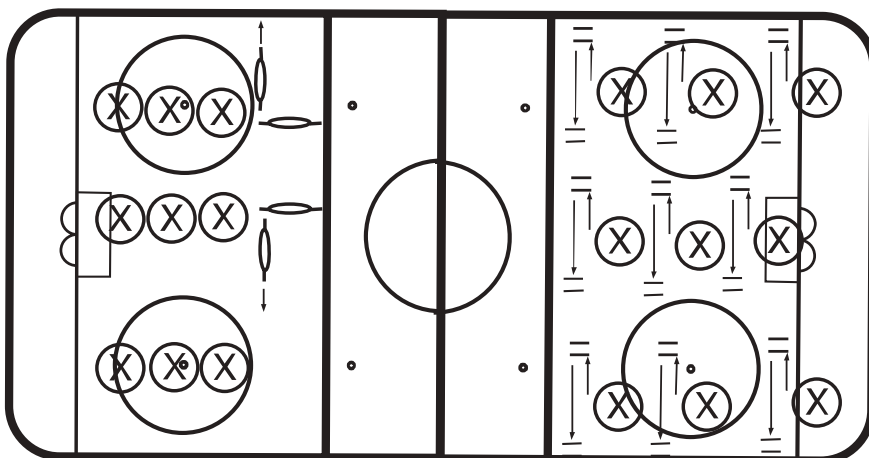


### Description: Sideway Slide Stop- L Start

Do one push glide to side with an L start. Stop on one foot and do L start back the other way.

Example: Glide to left by making an L with skates, stop on left foot and make an L with skates back the other way, and glide to right.

### Theme: Forward L Start and One Foot Stop



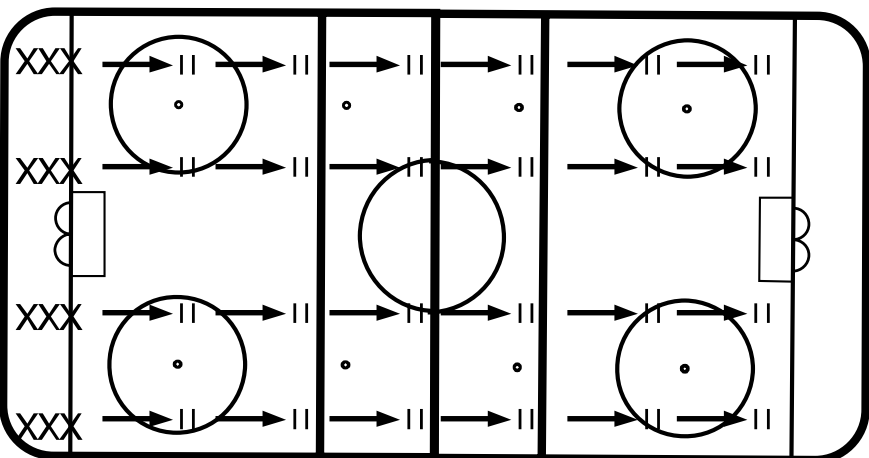
### Description: Whistle Stops and Starts

Stop and start on whistle.

Always stop facing the same direction.

Always stop with one foot and drag the other underneath hip when stopped.

### Theme: One Foot Stops and L Starts





## Description: Power Strokes to Acceleration Strokes

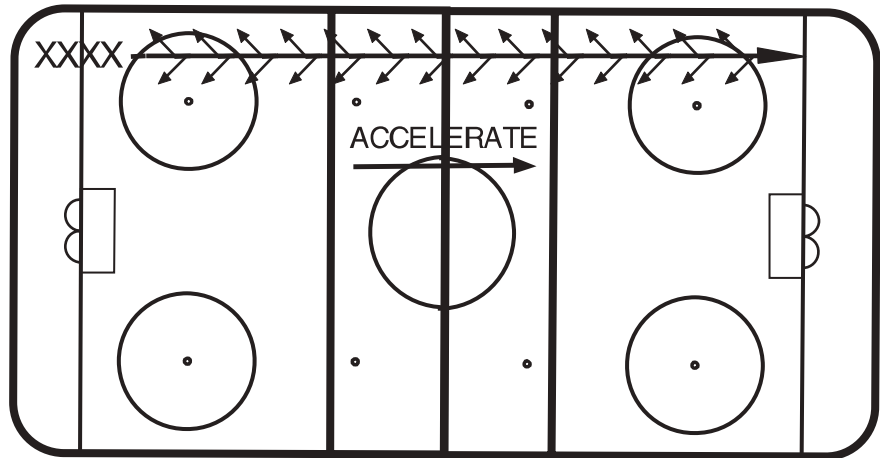
Have players take full extension power strokes to blue line.

Then players accelerate as fast as they can to far blue line.

Teach them that acceleration is accomplished by quick recovery after pushing out.

Stress - on recovery the skate must be placed under hip.

### Theme: Acceleration Strokes



**Notes/Comments:** Most players when accelerating, keep their feet too wide apart. Stress full recovery, not short recovery which we call the bantam spread.

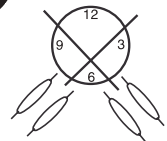
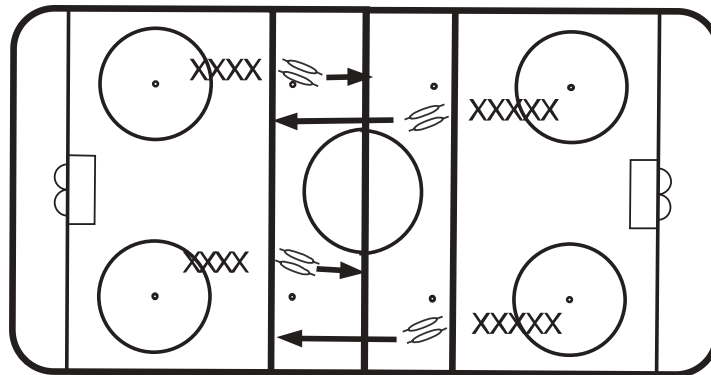
## Description: Blue Line to Red Line - Blue to Blue

Start - turn body and skates either to a Two o'clock or 10 o'clock angle. The more the knees are bent, the more explosive the start.

The first three strides are three-quarters length then full extension.

Quickness comes from how fast feet can recover after push. Feet must recover under hips.

### Theme: Strokes/Quick Acceleration



**Notes/Comments:** Blue line to red line - five to six strides. Blue line to blue line - 11 to 12 strides.

## Description: Red to Blue Accelerations and Stop Starts

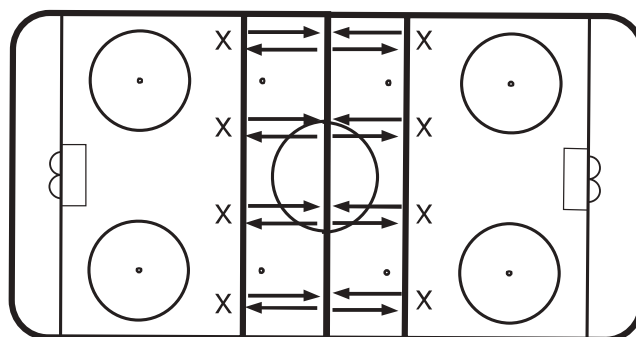
Start with two or 10 o'clock start.. Accelerate to red line. Stop by doing one foot power stop.

Start with the "L" position.

Example: stop on left skate, start by pointing right skate the way you want to go and reaching out with the right skate as you push off with left skate.

Stress - good power position, well bent knee when stopping and starting.

### Theme: Stop and Start Acceleration



**Notes/Comments:** Stop on left skate and right skate points back the way you want to go.

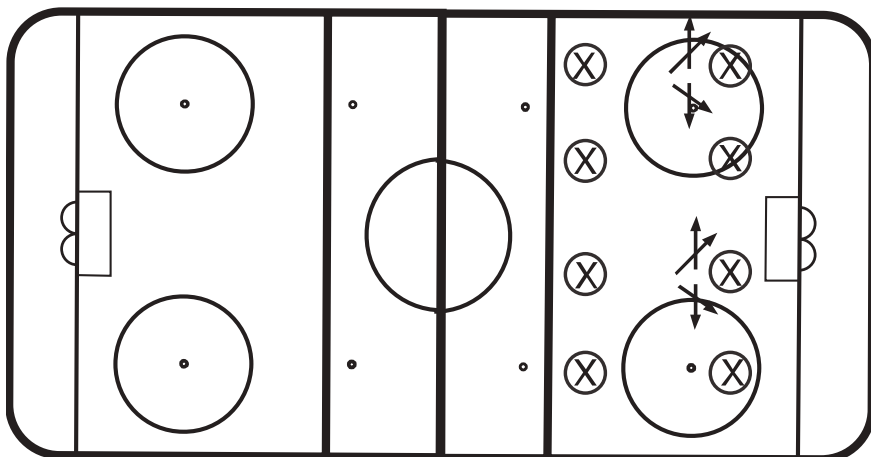
## Description: Stationary Crossovers

*Command: Knee up - Foot over*

Keep skates pointing straight ahead. Take the right leg, pick it up, knee up then have right skate cross over in front of left foot over then step sideways with left.

Have players balance as long as possible on one skate (outside edge) while holding the other foot up in crossing pattern.

**Theme: Forward Crossovers**



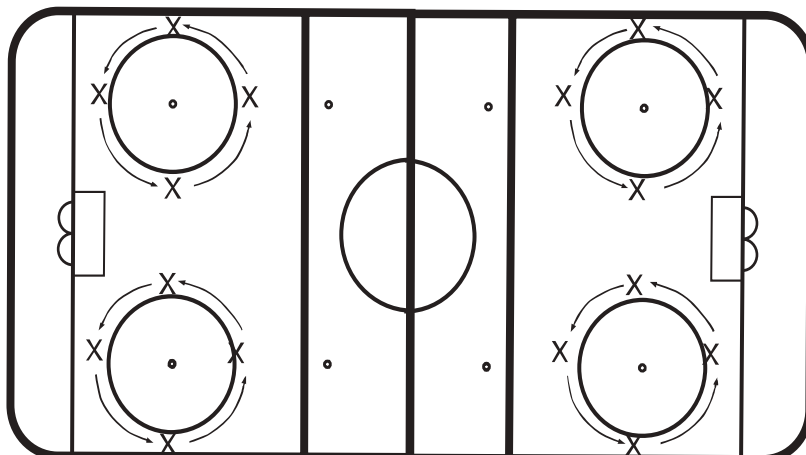
## Description: Crossovers on Circle

*Command: Knee up, Foot over*

Players will need to practice balancing on outside edge of inside skate, while the player is lifting the outside skate over the inside.

Then finish off by pushing the inside skate under the outside. You push with the inside edge of outside skate and outside edge of inside skate.

**Theme: Forward Crossovers**



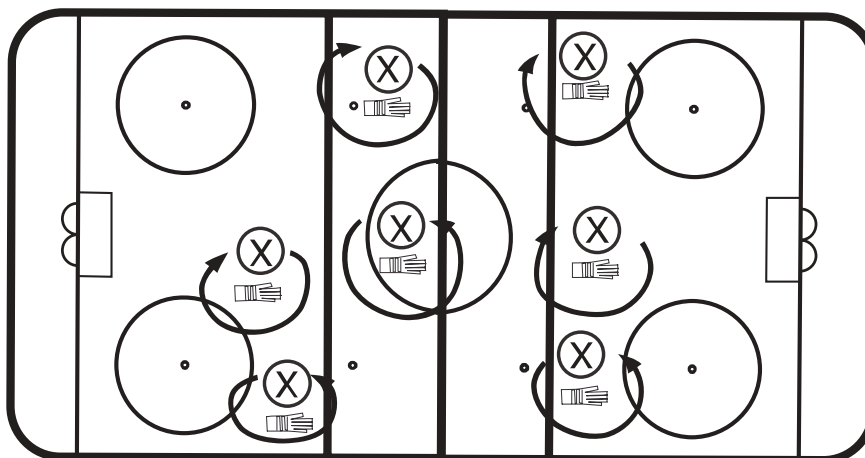
**Notes/Comments:** Keep two hands on stick on the on the ice. Shoulders must stay level.

## Description: Crossovers on Glove

Put one glove on ice and do crossovers around it.

Emphasize: stay close to glove, quick feet, keep shoulders level.

**Theme: Forward Crossovers**

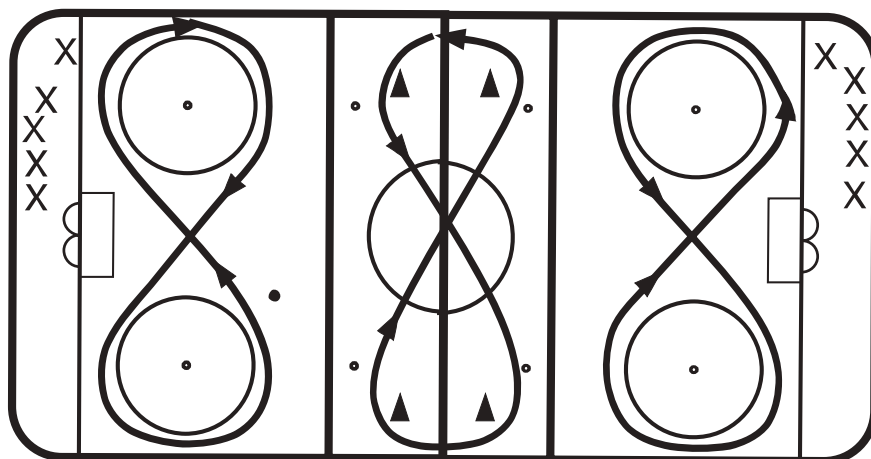


## Description: Three Zones - Figure 8

Split players into three groups, have two or three players go from a group at once. Do for 30 seconds then have two or three more go.

Stay in lower power stance - Go full speed!

Theme: Forward Crossovers



## Description: Out of Zone

One player from each line goes out same time.

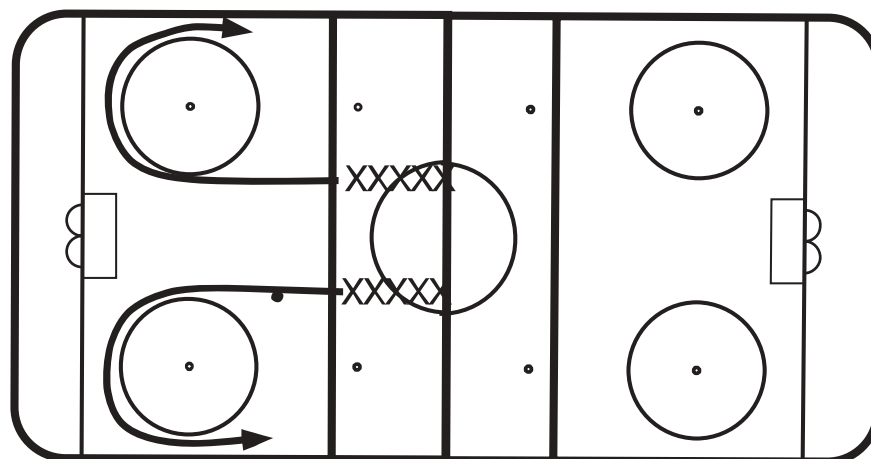
Skate to bottom of circle. Do crossovers around bottom of circle.

Keep two hands on stick and stick on ice.

Look over shoulder and look at coach standing by goal.

Switch lines.

Theme: Forward Crossovers



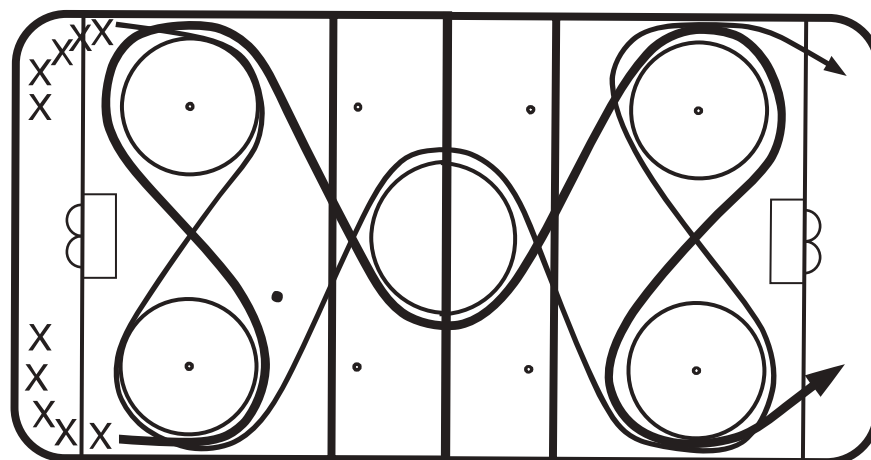
## Description: Russian Circles - Two Corners

One player from each line, goes at same time.

Full Speed - No Gliding

Stick on ice.

Theme: Forward Crossovers

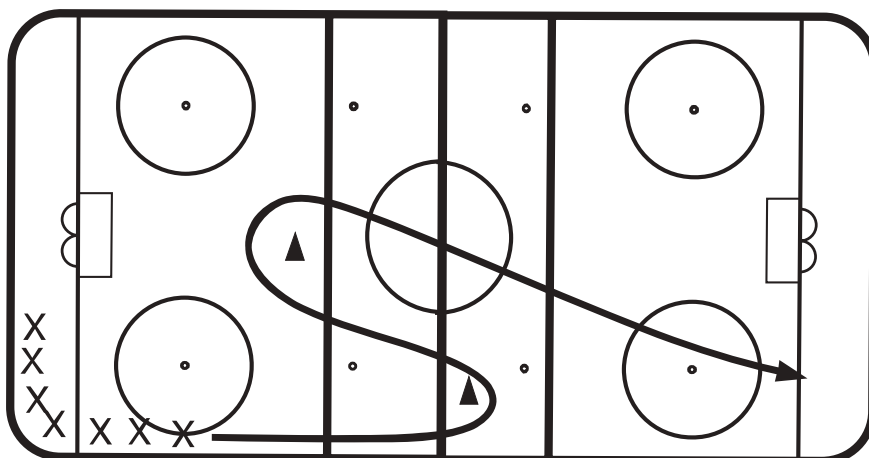


## Description: Two Cone Crossovers

Must go full speed. No gliding - crossovers on each cone.

Keep the skates moving. Keep shoulders level.

**Theme: Forward Crossovers - Aggressive**



## Description: New Big-Ice

Need 18 cones (three cones in small triangle on circle, three cones on blue line, red line six feet from boards, blue line three cones in small triangle on far circle). Set up second course on opposite side.

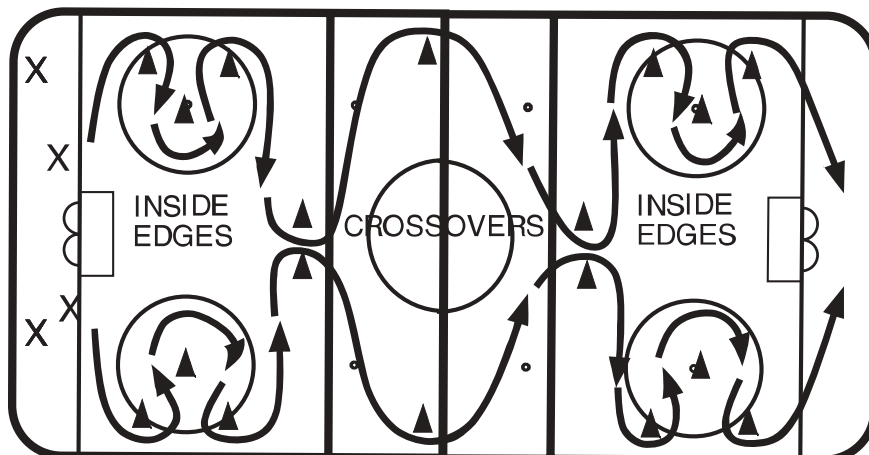
First three cones - skating motion, inside edges.

Middle three cones - forward crossovers

Last three cones - inside edges

Stress - two hands on stick - power position.

**Theme: Inside and Outside Edges**



**Notes/Comments:** Alternative - do power turns (hockey turns) on first three cones and last three cones, instead of inside edges.

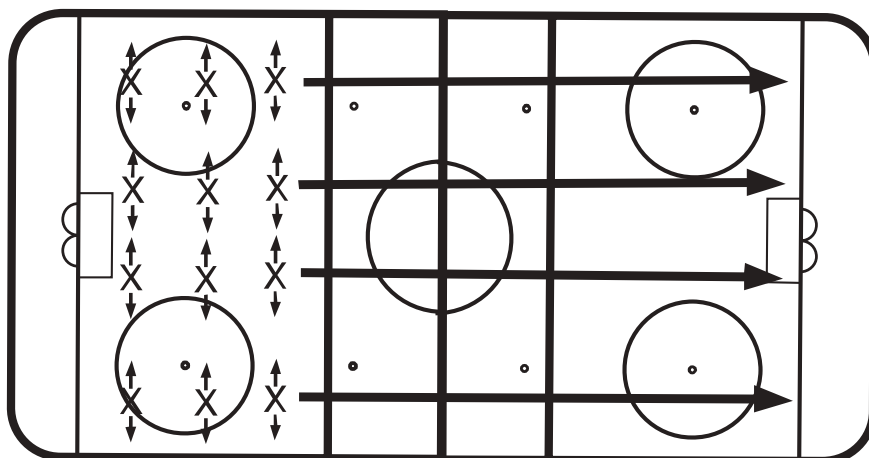
## Description: Stationary Shift

Some rules as power stance except one hand on stick, free hand raised up in front of chest. Keep back straight, chest up! Pretend you are sitting in a chair.

Stationary shifting of weight -

1. Bend one leg and put weight over it and extend the other.
2. Go back and forth, shifting weight. After a few moments, tell them to move backwards, shifting weight.

**Theme: Backward Basics-Wt. Shift**



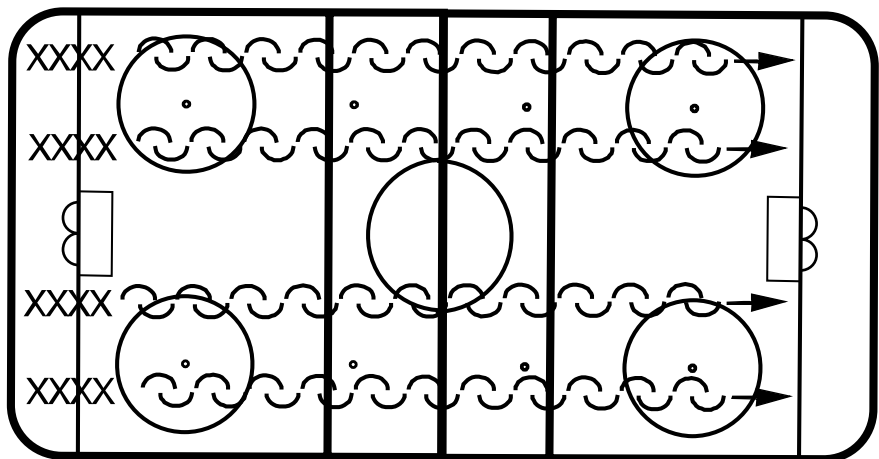
**Notes/Comments:** Start with no stick and hands on hips.

## Description: Backwards Straight

- Start in ready backward position.
- have player skate backwards
  - emphasize full leg extension
  - recovery by pulling leg back underneath hip
  - head and chest up

Stress - upper body stays still, don't swing arms and shoulders.

## Theme: Backwards Strokes



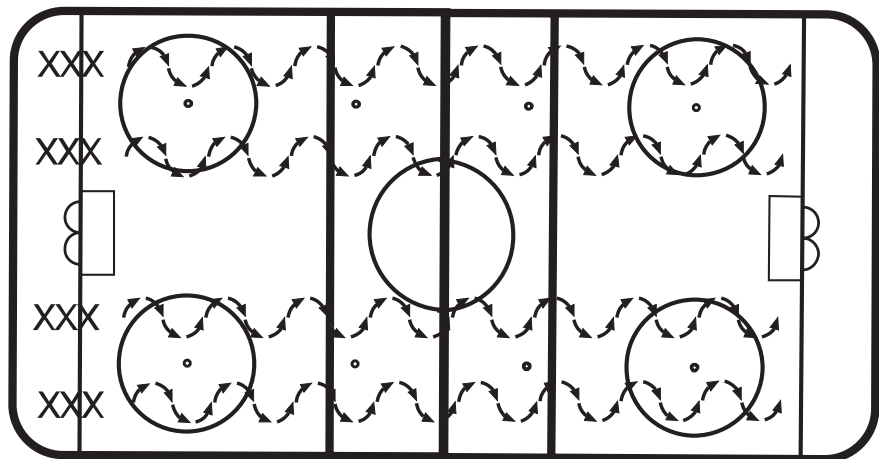
## Description: Backward - Three Pump

The pump is used to adjust to puck carrier coming down of player.

1. Start with three pumps with left skate then three pumps with right skate.
2. Don't do backward crossovers.

Stress - good backward power position - Keep upper body straight and erect.

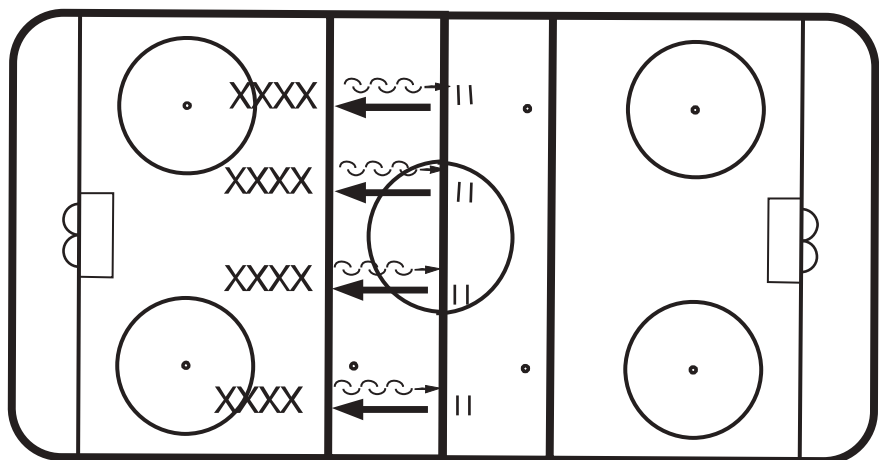
## Theme: Backward Pumps



## Description: One Foot Power Stop

1. Start on blue line and skate backwards to red line.
2. Turn right skate to side and stop on inside edge, bending the right knee.
3. At same time as right skate is stopping - reach out with the left skate back towards the blue line.
4. Push off with the right skate as left skate is reaching out.

## Theme: Backward Stop



## Description: Backward Crossovers Stationary

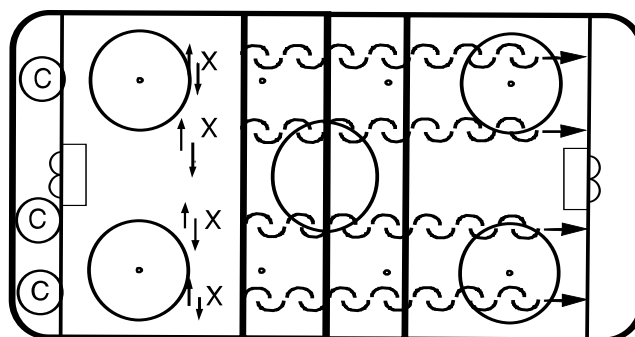
Get in a good backward power stance position.

Start with right foot. Push with right foot, then pick up right foot and crossover in front of left foot.

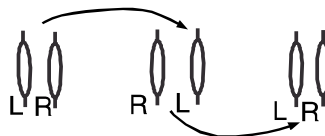
Step out with left foot to left. Then reverse the procedure starting with the left foot.

*Cadence - Push-Cross-Reach.* After doing six to eight times stationary, have players move backwards doing crossovers.

## Theme: Backward Crossovers



PUSH W/  
LEFT      CROSS W/  
LEFT      REACH W/  
RIGHT



## Description: Backward Stationary Crossovers

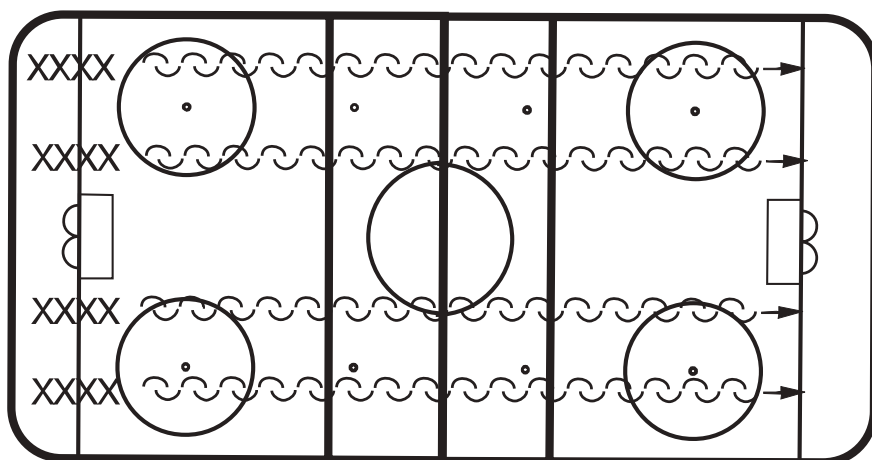
Get into good backward power stance position.

Do backward crossovers, alternating sides down the ice. Keep the chest and back straight.

*Cadence - Push-Cross-Reach*

Emphasize - Reaching Way Out

## Theme: Backward Crossovers

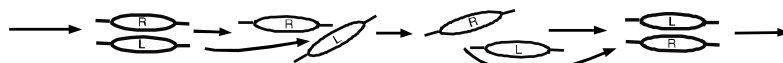
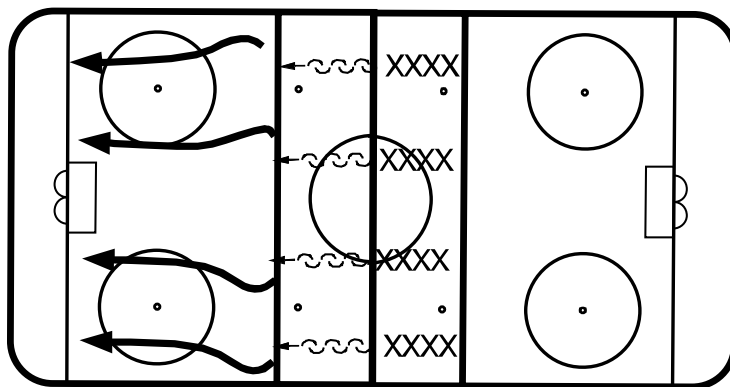


## Theme: Backward to Forward

## Description: Step Out to Forward

1. Skate backwards to blue line
2. Cross left skate behind right skate.
3. Step out with left and off with right skate.

Note: players need to learn good balance on edges.

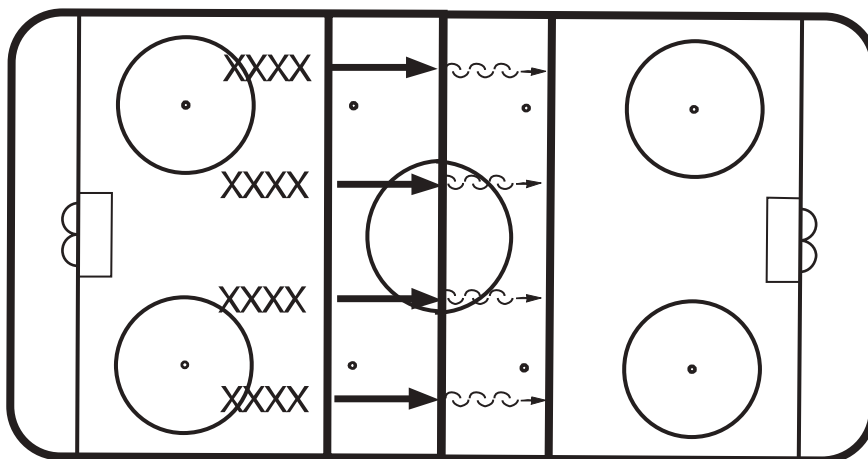


## Description: Forward to Backward

1. Skate forward to red line.
2. Pick up right skate and place down on other side of left skate, facing the opposite way.
3. Pick up left skate and place it down facing the same as the right skate.
4. Skate backwards.

Stress - picking up the skates, not scrapping on the ice as you turn.

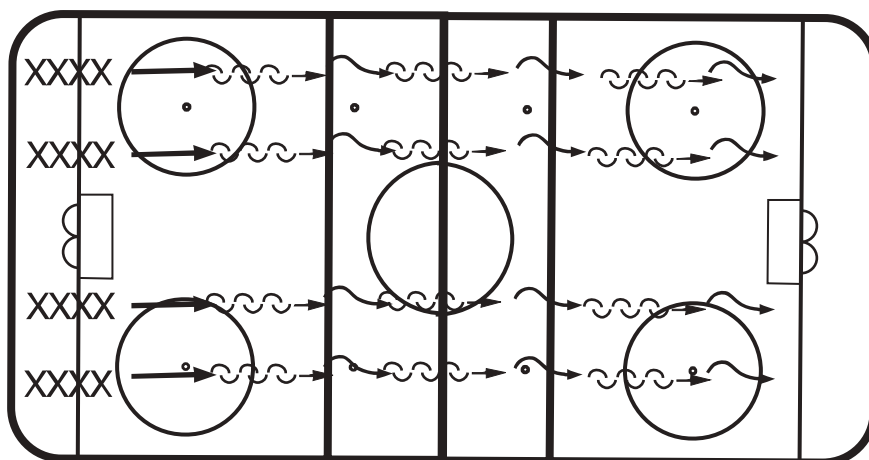
## Theme: Forward to Backward



## Description: Whistle Pivots

1. Start out skating forward.
2. On whistle - turn backwards.
3. Every whistle - pivot forward or backwards.

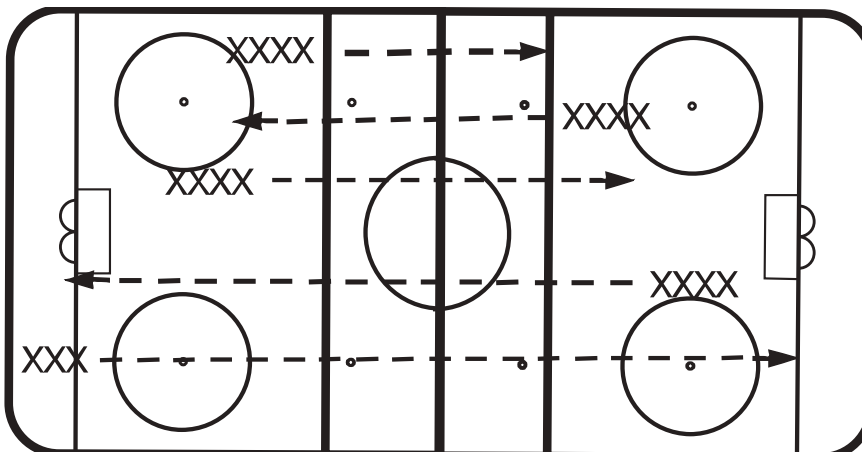
## Theme: Forward/Backward Pivots



## Description: Accelerating with Puck

1. One hand on stick (top hand). Put puck out in front, not to side.
2. Get in low power stance.
3. Push puck with blade of stick at 45 -60 degree angle to puck.
4. When puck starts to slip off blade of stick - roll the wrist over and turn the blade of the stick over the other way.
5. Keep arm extended straight out in front of body.

## Theme: Puckhandling - Push Puck



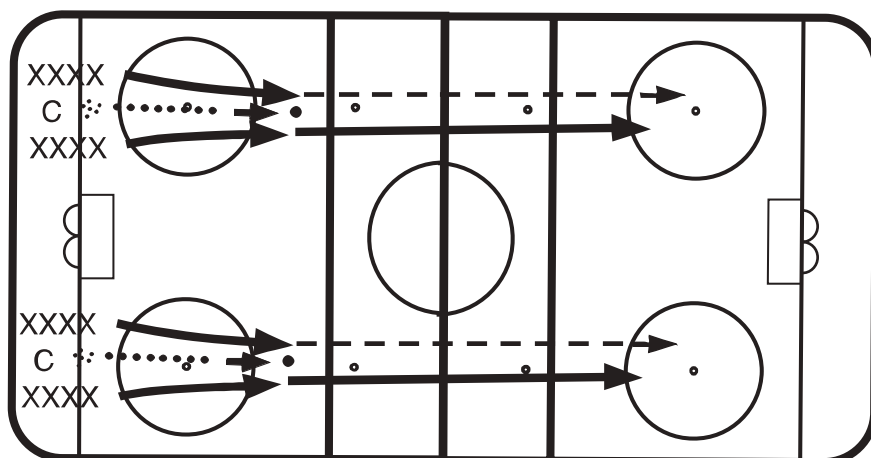
Roll wrist and turn blade over the other way when puck starts to slip off.



### Description: 1 on 1 Puck Acceleration Race

1. Set up two groups with two lines in a group.
2. Coach stands between the lines with pucks.
3. Coach slides puck out and first player in each line races for puck.
4. First player to puck - pushes puck down ice, accelerating. Other player tries and gets puck away.

### Theme: Puckhandling - Race to Puck Accelerating with Puck

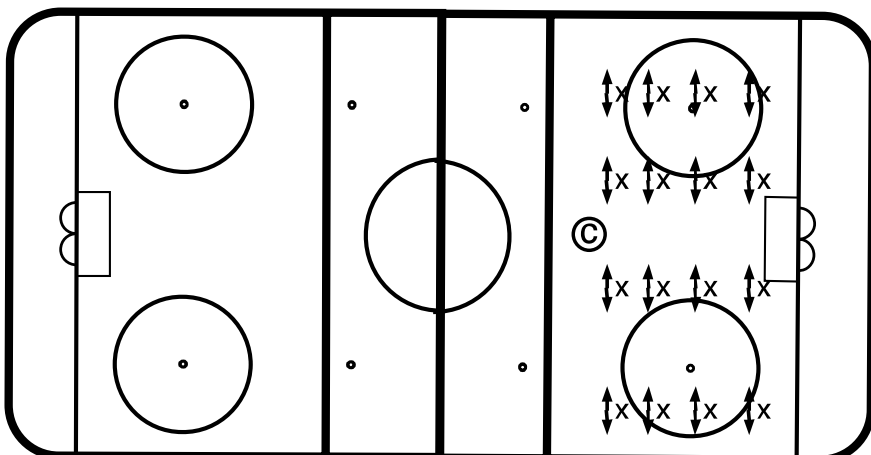


### Description: Grip and Wrist Roll

1. Take gloves off.
2. Grip stick with hands: 10-12 inches apart.
3. Hold stick in fingers.
4. A "V" should be formed on top part of stick with thumb and first finger.
5. Move stick side to side as you roll wrists.

Teach right away - Eyes Up!

### Theme: Puckhandling - Hand Positioning

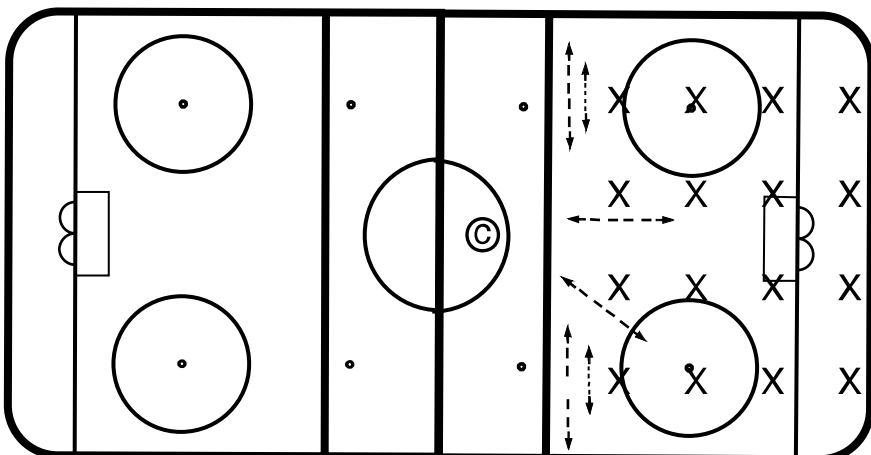


**Notes/Comments:** Alternative - have players shift. No pucks at first, later add pucks. Weight and move stick to bent knee.

### Description: Stationary Stickhandling

1. Short and Wide.
2. Front and Back.
3. Diagonal.
4. Pull stickhand short - then pull as far as possible to one side.

### Theme: Puckhandling - Basic Movements



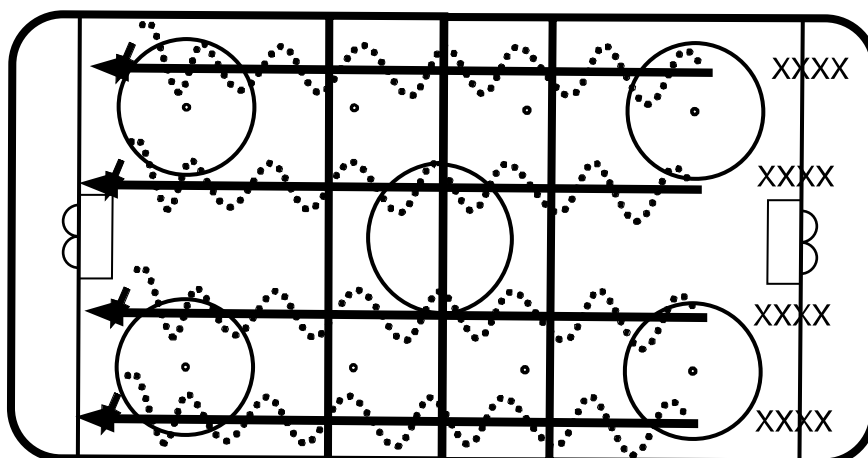
**Notes/Comments:** Teach players to keep head and eyes up. Teach split vision; see puck out of bottom of eyes.



## Description: Pull Puck Wide in Stride

1. Have player pull puck as wide as possible on each stride.
2. Teach them to pull puck quickly across body when going from one side to the other side.
3. Don't go fast - emphasize wide pulls with quick hands.

### Theme: Puckhandling

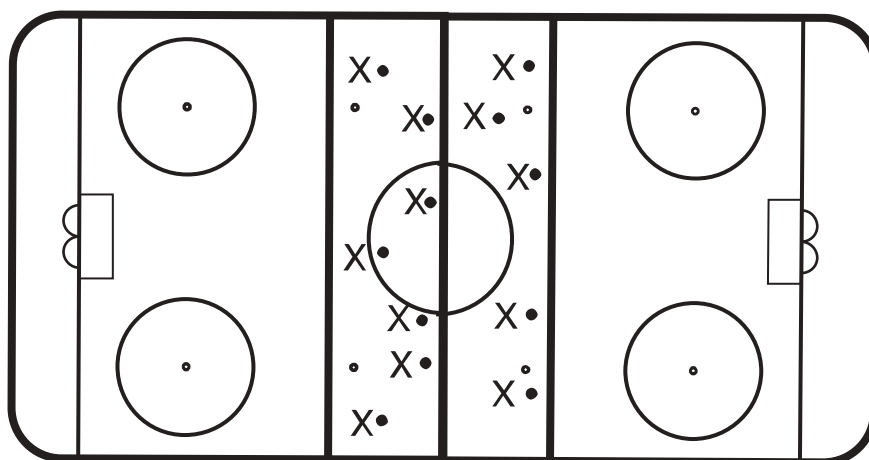


## Description: Jam Zone

Teach split vision and avoid contact with other players.

1. Stay in zone.
2. Go as fast as possible.
3. Change direction often.

### Theme: Puckhandling - Split Vision

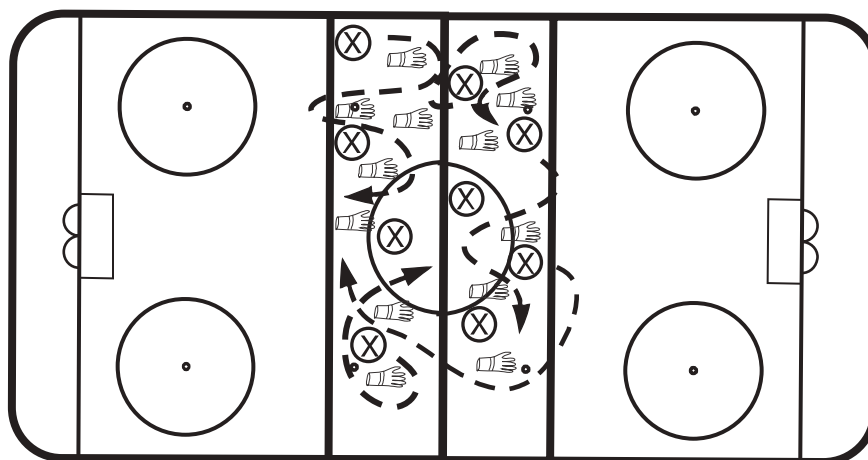


## Description: Jam Gloves on Ice

1. Have players put gloves on ice in a zone.
2. Have players stickhandle around gloves, avoiding other players.

Stress - Split vision, see the puck out of the bottom of the eyes.

### Theme: Puckhandling

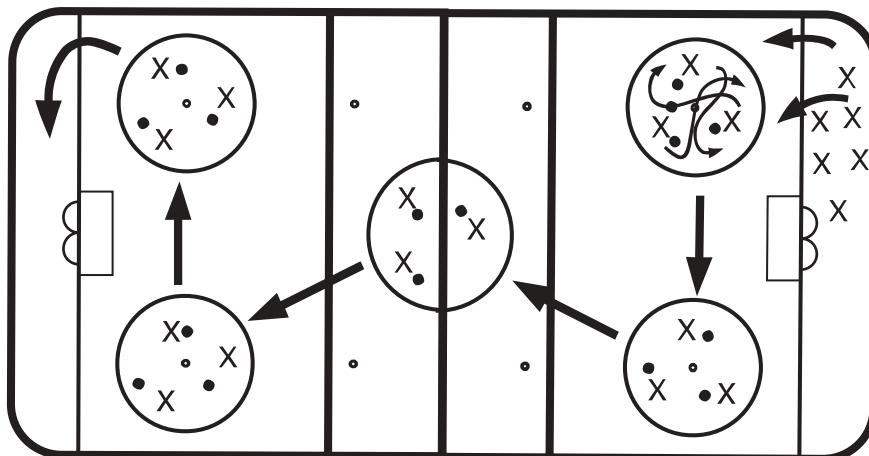


## Description: Jam the Circle

Theme: Puckhandling

1. Put players into three lines.
2. First player in each line gets into circle and stickhandles around avoiding the other two.
3. On the whistle, the first group moves to the next circle and three more players move into the circle.
4. This continues until every group gets down to the other end.

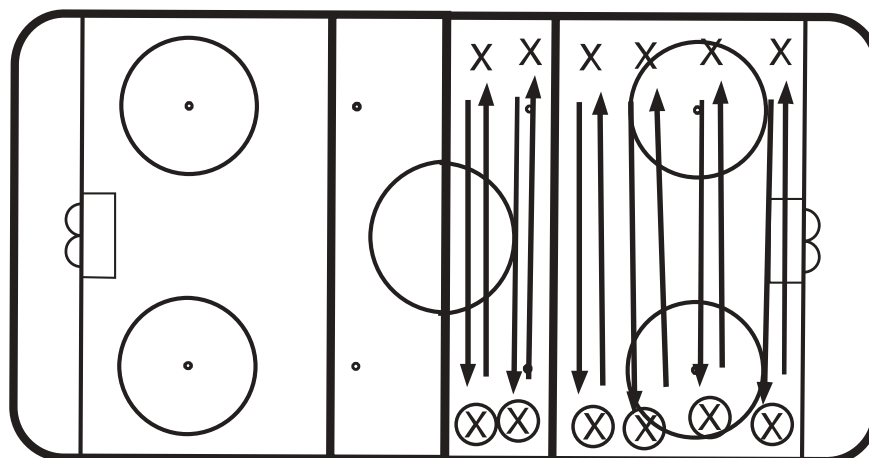
Stress - Do all kinds of moves and skating movements - EYES UP!



## Description: Two Directions - Over and Back

Theme: Puckhandling

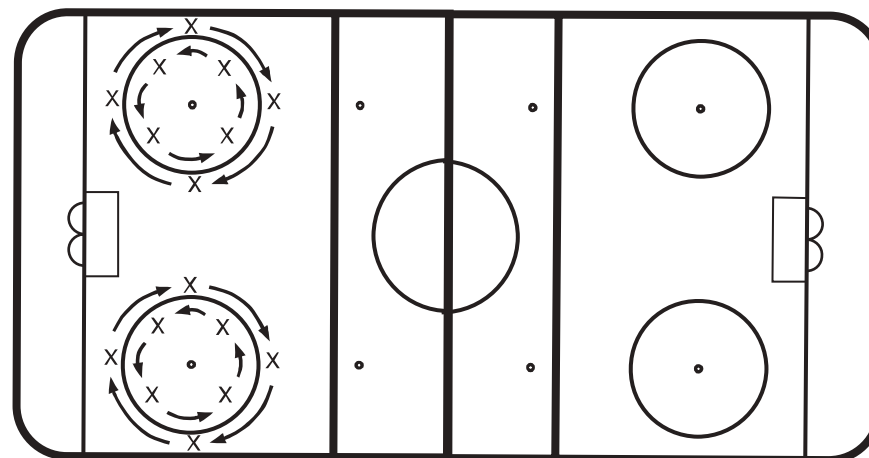
1. Split players into two groups.
2. Put each group on the side boards.
3. On command have them skate to other side and then back.
4. Build the drill up so they go over three to five times without stopping.



## Description: Two Directions on Circle

Theme: Puckhandling - Split Vision

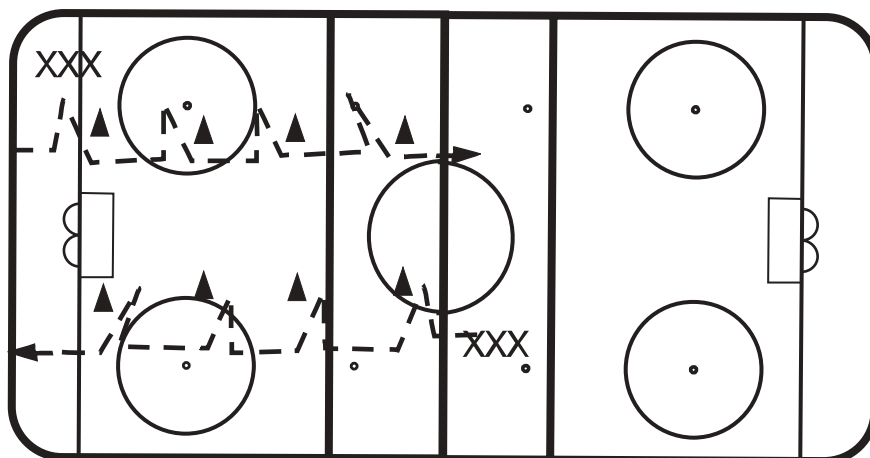
1. Split players into two groups.
2. One group go clockwise on circle, other group go counter clockwise on circle.
3. Start with one group skating inside part of circle, and the other group skating outside part of circle.



### Description: Pulls on Cones

1. Set up four cones.
2. Have players pull to the right and all four cones.
3. Teach them to pull puck as far away from cone as possible.

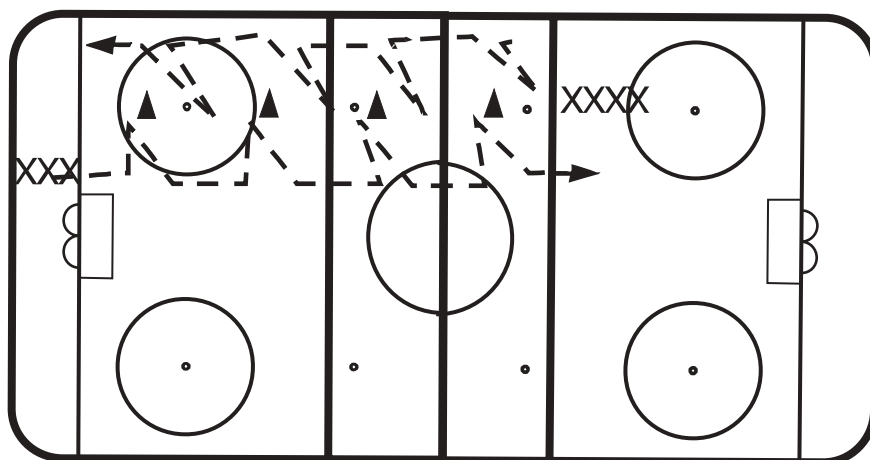
### Theme: Puckhandling - Pulls



### Description: Pulls Two Directions on Cones

1. Set up four cones.
2. Have two lines going at once on the cones. Each line pulls on cones in one direction.
3. Give enough space before starting next players.
4. Players must keep eyes up.

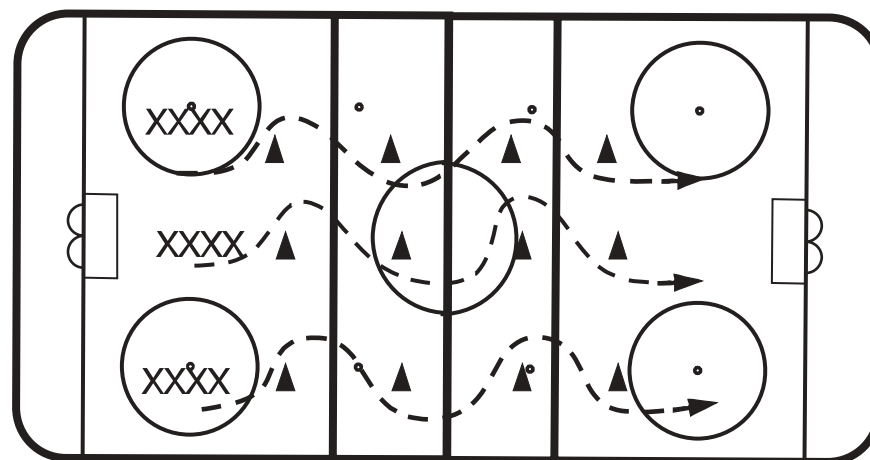
### Theme: Puckhandling - Pulls



### Description: Four Cone - Rhythm Skating and Pulls

1. Have players zig-zag cones in good skating position with good strokes.
2. Pull puck on each cone.
3. Emphasize - stay low in good skating position.
4. Players will have to pull puck quickly on each cone.

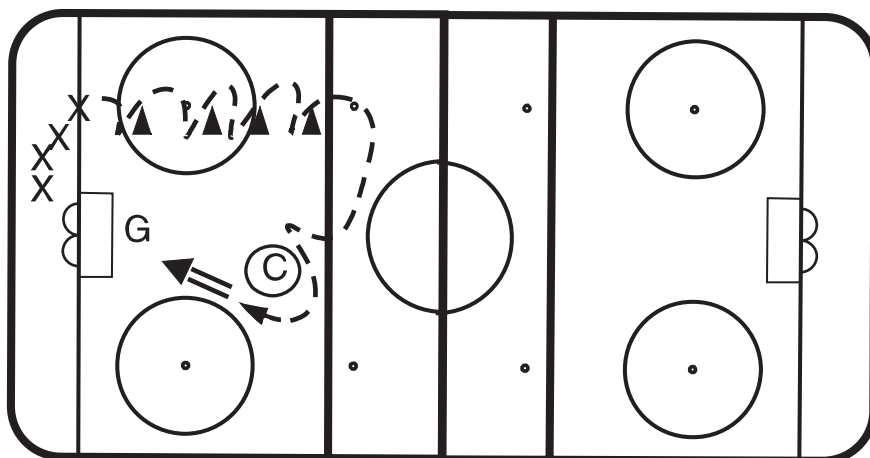
### Theme: Puckhandling - Pulls



## Description: Pulls Cone and Coach

Theme: Puckhandling

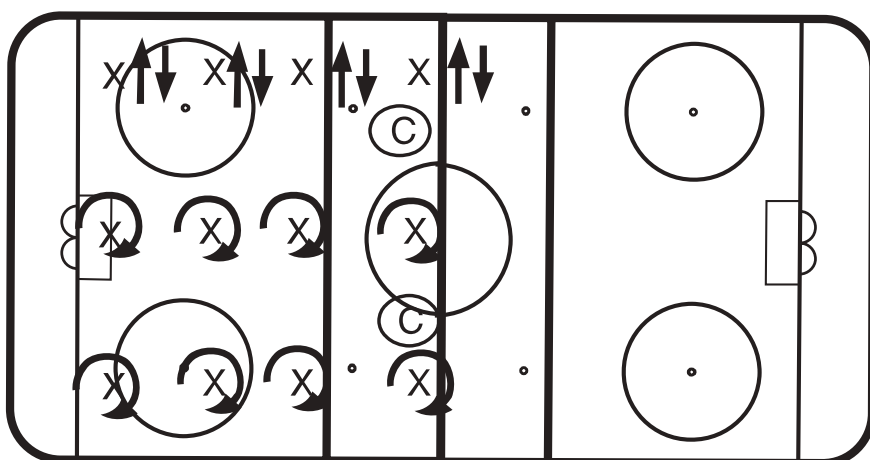
1. Pull to same side on every cone.
2. Do crossovers in neutral zone.
3. Come back into zone and pull and shoot on the coach.



## Description: Hockey Turn Stationary and Forward Pivot

Theme: Hockey Turn

1. Teach players that to make a turn to the right - the right leg is bent and the left leg is extended. Have players lean to the right from the left.
2. Forward pivot - pivot around right foot that is stationary - keep right leg bent. Extend left leg as far out to side as possible, while going around in a circle forward. Teaches extension and bent leg for hockey turn.

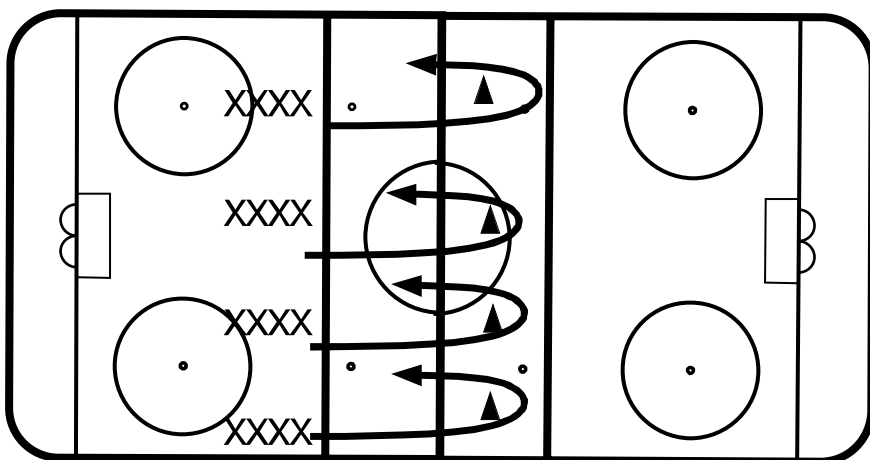


Notes/Comments: Command - Bend and Extend

## Description: Hockey Turn - One Cone

Theme: Hockey Turn

1. Have players turn left, first.
2. Place left skate near cone and bend leg.
3. Throw the right skate out to the side, full extension.
4. Keep upper body straight.  
Note: teach players to stay down coming out of turn and accelerate. After awhile use pucks.



Command - Bend and Extend.

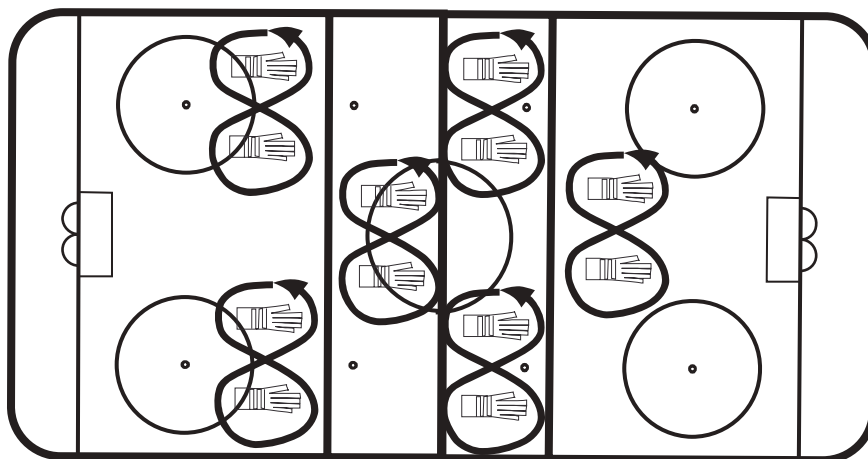
## Description: Hockey Turn - Figure 8 on Gloves

1. Put hockey gloves on ice about two stick lengths apart.
2. Do hockey turns in figure 8 pattern around gloves.  
Reminder - player must stay low throughout the figure 8.  
Use pucks after awhile.

Command - Bend and extend.

Note - the extended leg should move toward and cross in front of bent leg when coming out of turn to accelerate.

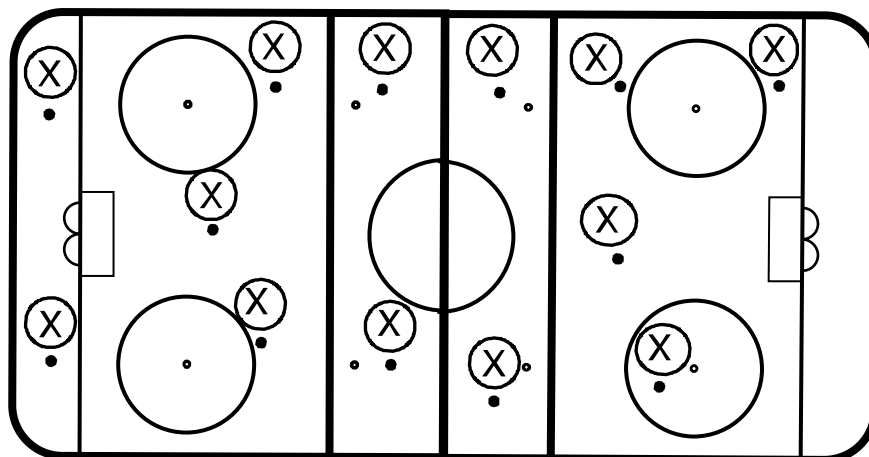
Theme: Hockey Turn



## Description: 1 on 1 War

1. Pair players with one puck per pair.
2. Spread out around the rink. Get in face-off position.
3. Tell players they can move only in a small area (not all over the ice).
4. On the whistle, the players try and keep the puck away from their partner. Do for 20-30 seconds.
5. Blow the whistle at end of time, players that have the pucks are the winners.

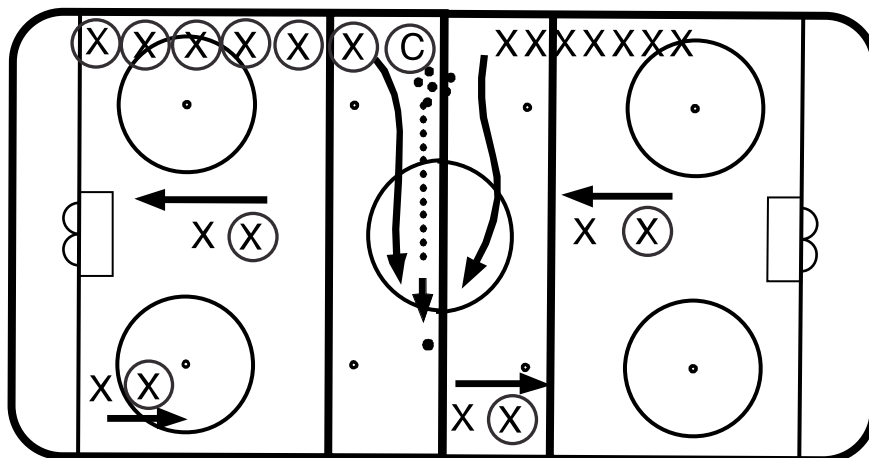
Theme: Puckhandling



## Description: 1 on 1 All Over the Ice

1. Divide players into two teams. Line each team up against boards at center line.
2. Coach slides puck out and first player from each line goes after puck.
3. The two players stay out until one scores and then goes to back of each line.
4. Have four to five groups going at a time.

Theme: Puckhandling



**Description:**  
**Forehand/Receiving**  
**Stationary**

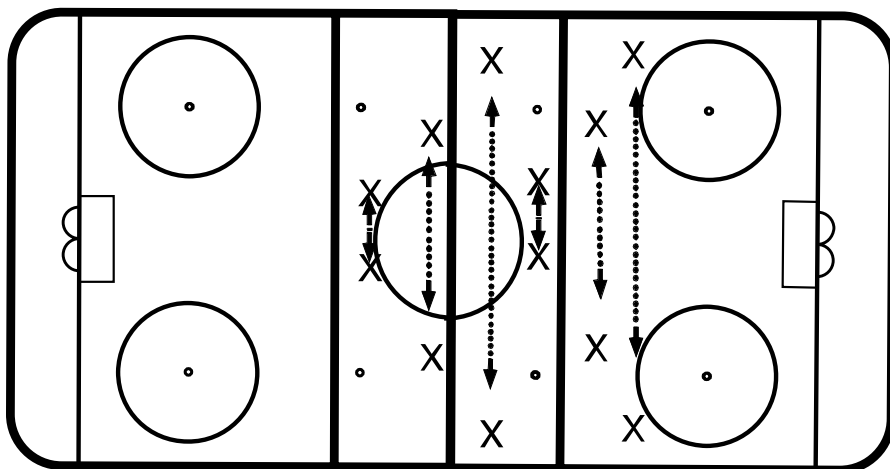
**Forehand Skills**

1. Start the pass on back foot.
2. Cup the blade over puck.
3. Look-Slide-Guide-Point. Look at target. Slide puck to front foot. Guide puck rolls from heel to toe of stick. Point release puck and point end of stick at target.

**Receiving Skills**

1. Start stick on front foot.
2. Cup blade over puck.
3. Give as puck contracts blade towards back foot.

**Theme: Passing - Forehand and Receiving**



- Notes/Comments:**
1. Start 3-4 feet apart Look-Slide-Guide-Point and Cup and Give - 10 passes.
  2. Move 10 feet apart - 10 passes.
  3. Move 15-20 feet apart - 10 passes.

**Description:**  
**Backhand/Receiving**  
**Stationary**

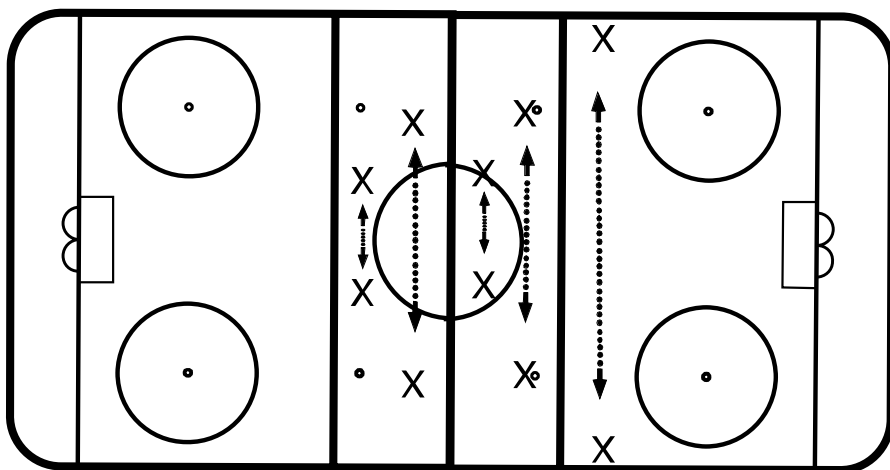
**Backhand Skills**

1. Start the pass on back foot.
2. Cup the blade over puck. Start puck on heel of stick. Release puck at middle of blade.
3. Look-Slide-Guide-Point

**Receiving Skills**

1. Start stick on front foot.
2. Cup blade over puck.
3. Give as puck contacts blade, move stick towards back foot.

**Theme: Passing - Backhand and Receiving**

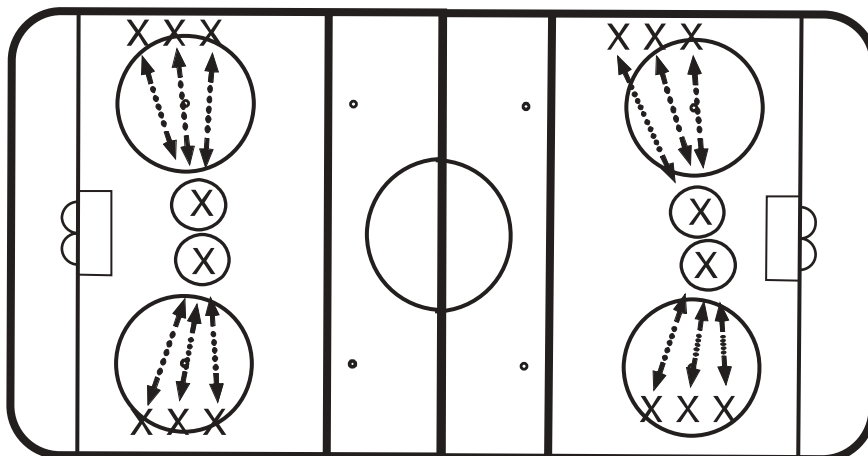


- Notes/Comments:**
1. Start 3-4 feet apart Look-Slide-Guide-Point and Cup and Give - 10 passes.
  2. Move 10 feet apart - 10 passes.
  3. Move 15-20 feet apart - 10 passes.

## Description: Pepper Passing Groups

1. Get players into groups of four.
2. Have one player pass to every other player down and back.
3. Then have another player come out and do it.

Theme: Passing - Forehand

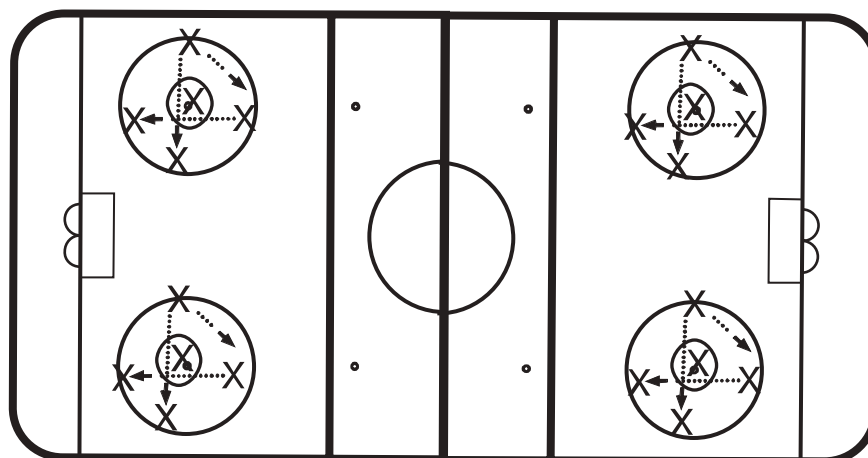


## Description: Circle Keep-A-Way

1. Put four players on circle and one in the middle.
2. Pass the puck around, keeping it away from player in middle.
3. When player in middle intercepts a pass - the player who made the pass gets into the middle.

Note: Teach players to be ready all the time!

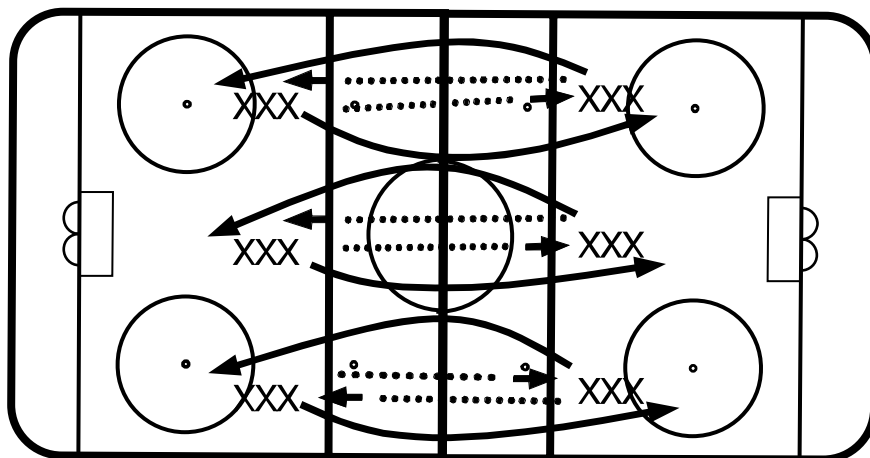
Theme: Passing-Games, Forehand/Backhand



## Description: Give and Go Relay

1. Set players up into two or three teams. Split teams into two lines - one line at each blue line.
2. Pass puck, stationary - then skate to other line.
3. When players have passed four times each, have them sit down in the line.

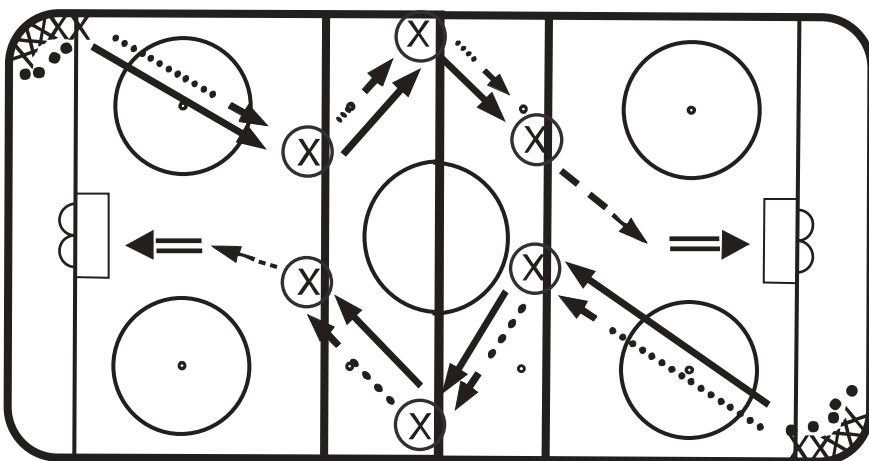
Theme: Passing - Game



## Description: Zig-Zag Passing and Movement

1. Split players into two groups, one at each end of the rink.
2. Have three players on each side stand stationary at the blue-red-blue lines.
3. First player in each line passes to stationary player at near blue line then skates to blue line.
4. Each player in turn passes to next stationary player and then skates to that line.
5. Last stationary player receives and goes in and shoots on goal.

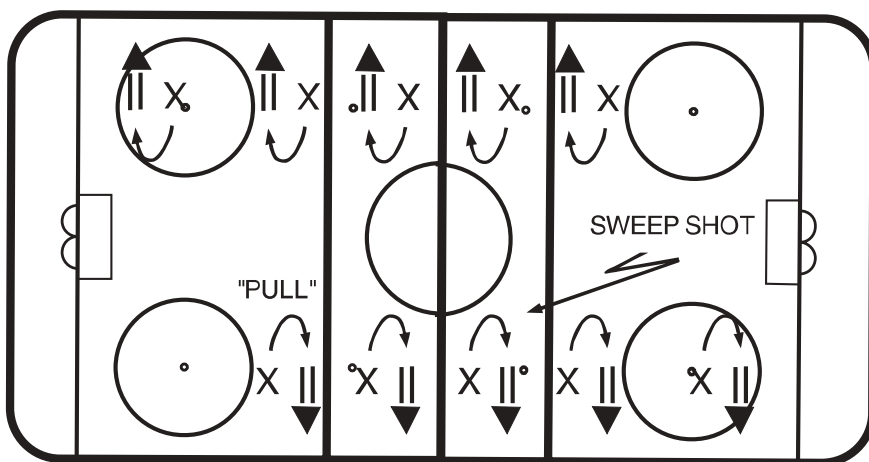
Theme: Passing-Forehand/Backhand



## Description: Pull and Sweep Shot

1. Have players stand 10 feet away from boards.
2. Have players face boards then pull puck back - turn sideways and sweep shot/pass towards boards.
3. Hands should be 15" apart. Puck pulls back to back foot.
4. Stay low - move puck forward quickly and shift weight from back to front leg.
5. Puck starts on middle half of blade.

Theme: Shooting - Wrist/Sweep Shot



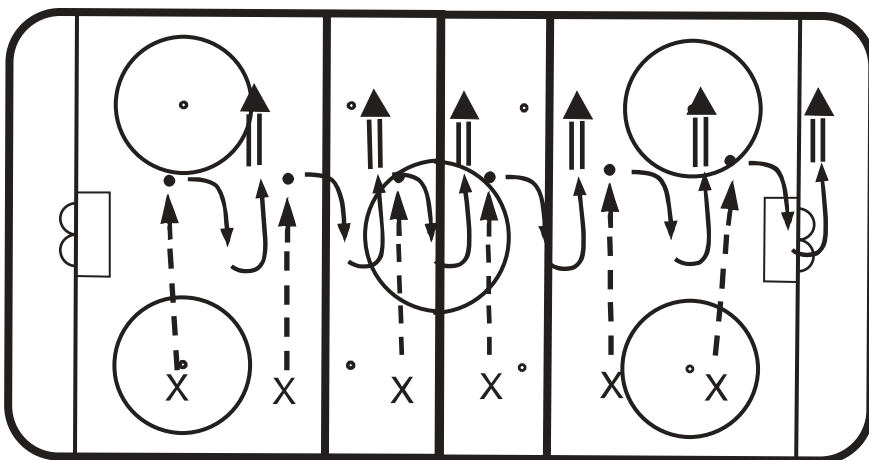
## Description: Pull and Wrist Shot

Spread players out on one side boards.

Players skate to middle of ice - Pull puck back to forehand side - sweep through to wrist shot.

Stress - players need to transfer weight from back foot to front foot.

Theme: Shooting - Wrist (Sweep) Shot

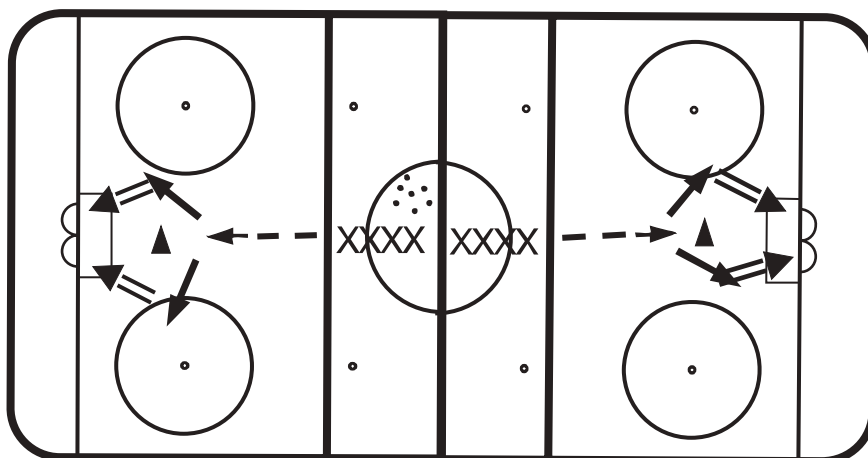




## Description: Pull and Sweep Shot on Cone

1. Put one cone 20 feet out from goal.
2. Have players start at blue line.
3. Skate to cone - pull puck to forehand and shoot.
4. Put two or three cones in goal and see if players can shoot and hit them.

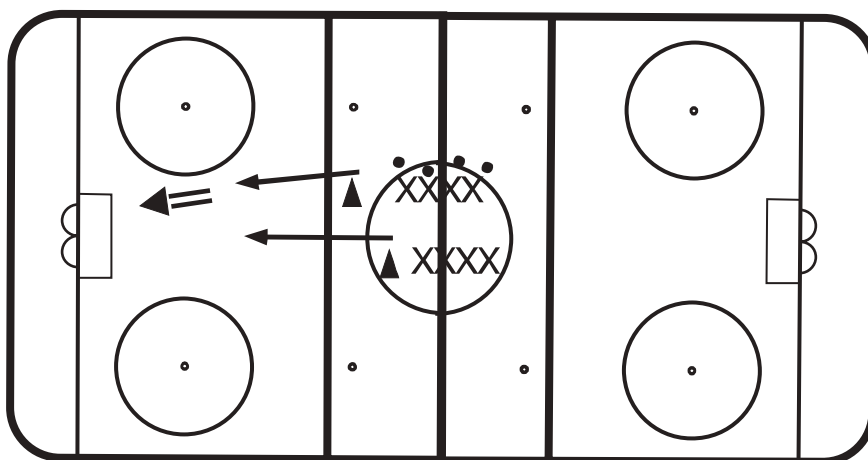
**Theme: Shooting - Wrist/Sweep Shot**



## Description: 1 on 1 - Stick Lift and Backcheck

1. Two lines - puck carrying line five to eight feet in front of backcheck line.
2. Skate towards goal and shoot - backchecker lifts shooter sticks.

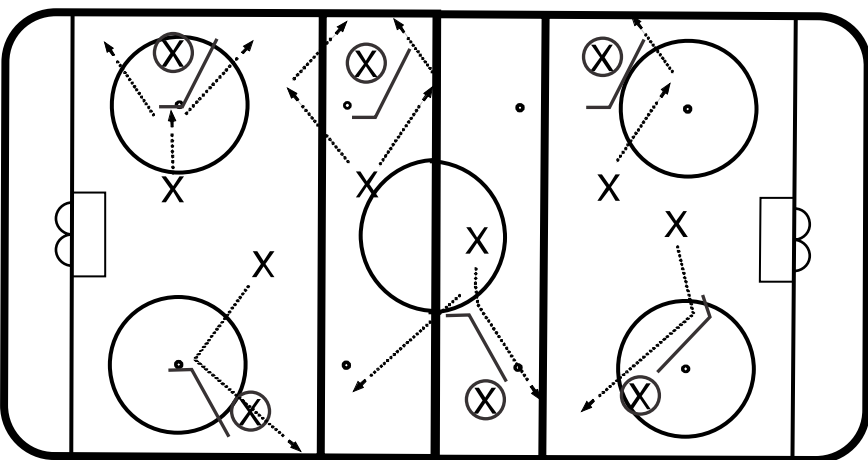
**Theme: Shooting and Stick Check and Backcheck**



## Description: Shoot/Deflection on Boards

1. Partners - shooter in center ice area. Deflector, close to boards.
2. Deflector - stand with feet apart and stick on ice in between skates in front of body.
3. When puck is shot - get blade of stick in front of puck and turn blade one way or the other. DO NOT TILT STICK TO DEFLECT PUCK UPWARD!
4. Try and change direction of puck.
5. Keep hands close together on stick to give good reach.

**Theme: Shooting - Deflection/Screen**

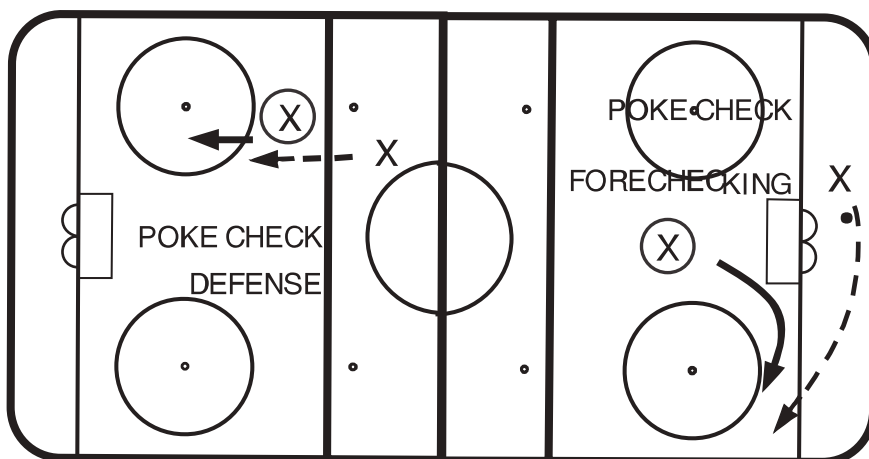


## Description: Poke Check - Forechecking/Defense

DEFENSE - the use of blade of stick to knock away the puck.

1. Poke check only with arm, don't lunge with body. Stick hand, keep elbow bent, extend only the arm when poke checking.
2. When poke checking - always play opponent's body with yours. Keep eye on opponent's mid-section, not on the puck.

## Theme: Checking - Poke Check

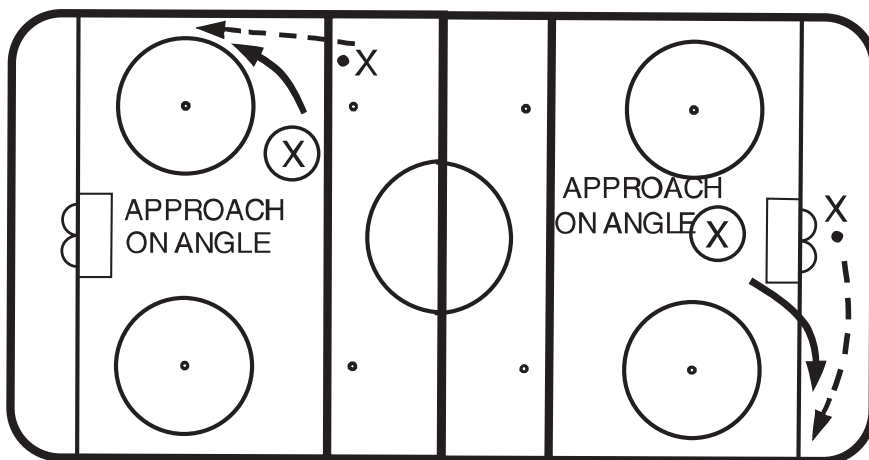


## Description: Lift Stick Check - Forechecking/Defense

DEFENSE - approach puck carrier from angle, get your stick under opponent's and lift stick.

1. Approach puck carrier on angle, make sure you have control of body first, then go after his/her stick.
2. Keep skating while lifting stick, so you are able to get puck and get out of there.

## Theme: Checking - Lift Stick Check

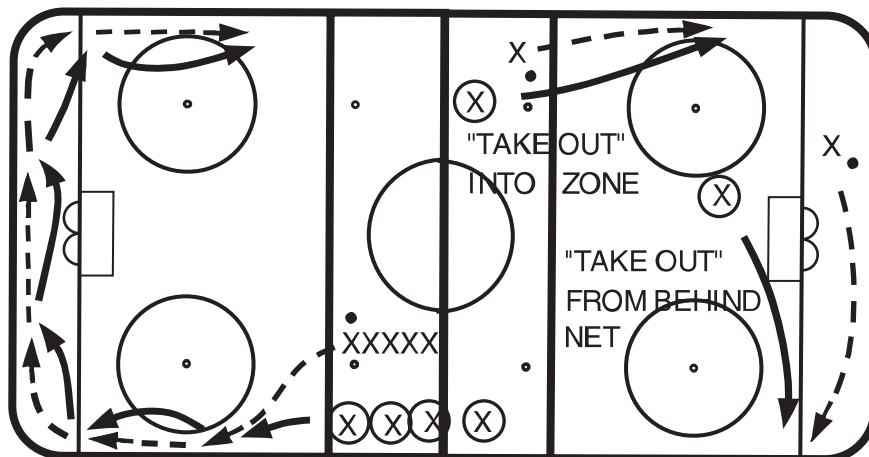


## Description: Take-Out-Check Weave

DEFENSE - force puck carrier to boards, then ride him/her on boards.

1. Come at puck carrier on angle.
2. Aim for the puck carrier's gloves with your hip.
3. Accelerate to get slightly in front of puck carrier and snap hip into puck carrier's gloves.
4. Put your stick under puck carriers, ride him/her out and puck up puck.

## Theme: Checking - Take Out Check

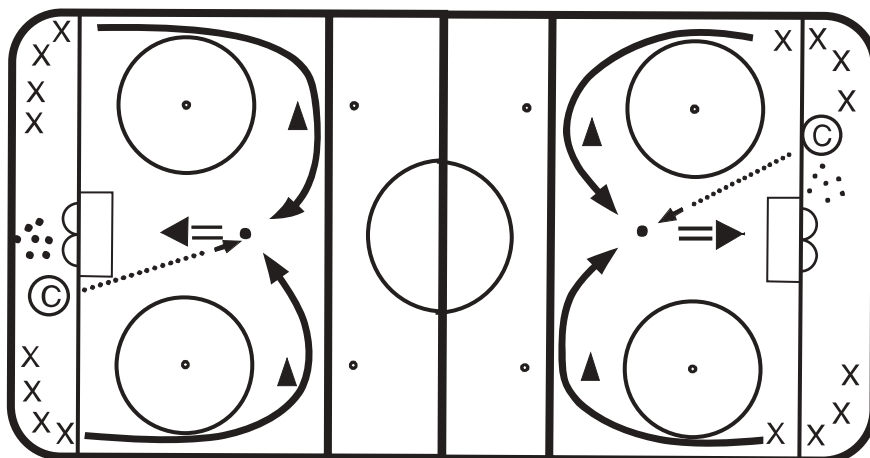


**Notes/Comments:** Remember in squirts, you can not hit the body - so take out the stick.

### Description: 1 on 1 Around Cone - Puck Chase

1. Put a group in each corner, behind goal line.
2. Put two cones, one on each side - near blue line.
3. Coach slides puck into slot.
4. First player from each line races up around cone to puck.
5. First player to puck - shoots. Second player tries and prevents shot.

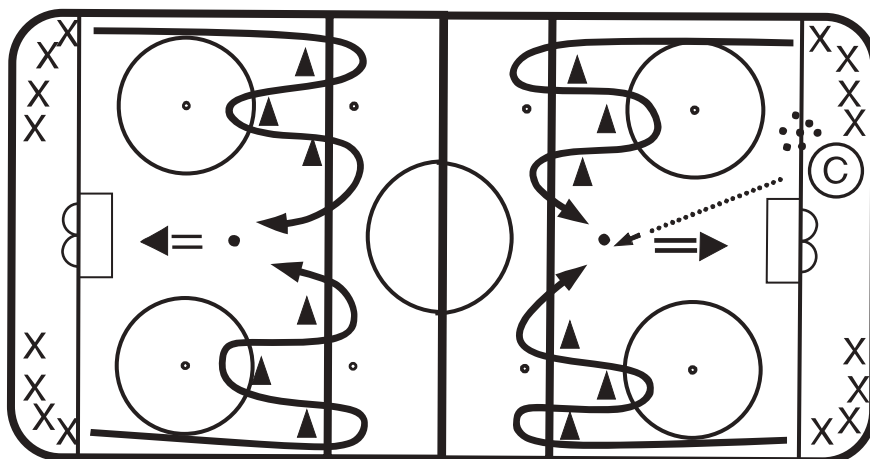
Theme: Competition 1 on 1



### Description: Three Cone Triangle Hockey Turns-Race for the Puck

1. One line in each corner. First player in each line, skates up to cones and does hockey turns.
2. They then race to get puck and get shot off.

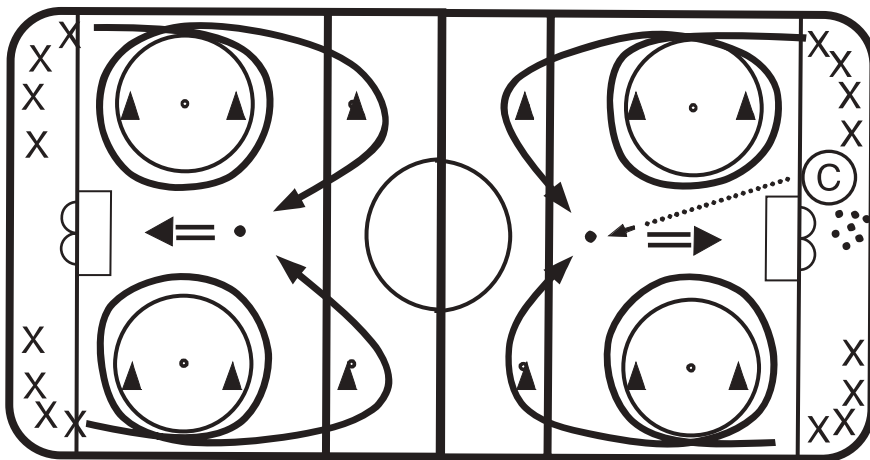
Theme: Competitive Skating Drills



### Description: Circle Crossovers - One Cone Hockey Turn - Race for Puck

1. One line in each corner.
2. First player in each line does forward crossovers around circle.
3. Then skate up to cone and do tight hockey turn.
4. Then race to get puck and shot off.

Theme: Competitive Skating Drills

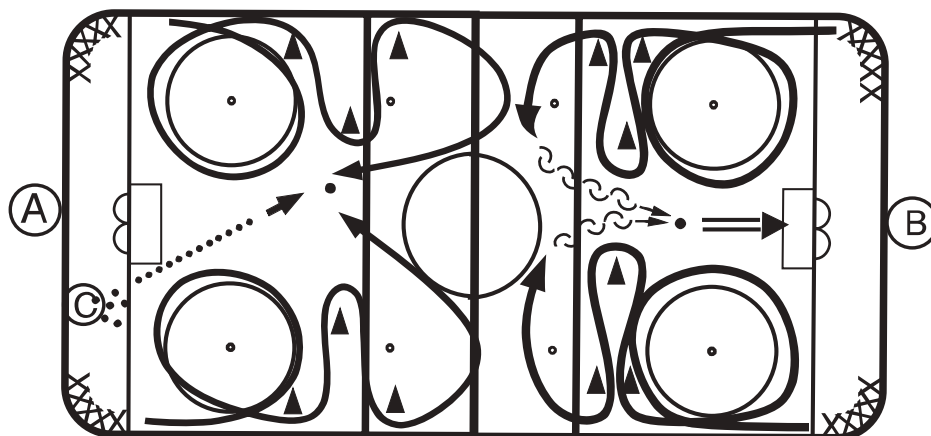


**Description: Crossovers on Circle - Three Cone Hockey Turns - Backwards to Forward - Race to Puck**

(A) Same as (B) but no backward skating.

(B) 1. Two lines in each corner.  
2. Crossovers on circle, three hockey turns around cones, forward up to cone, step out backward to blue line, step out forward, race to puck and shoot.

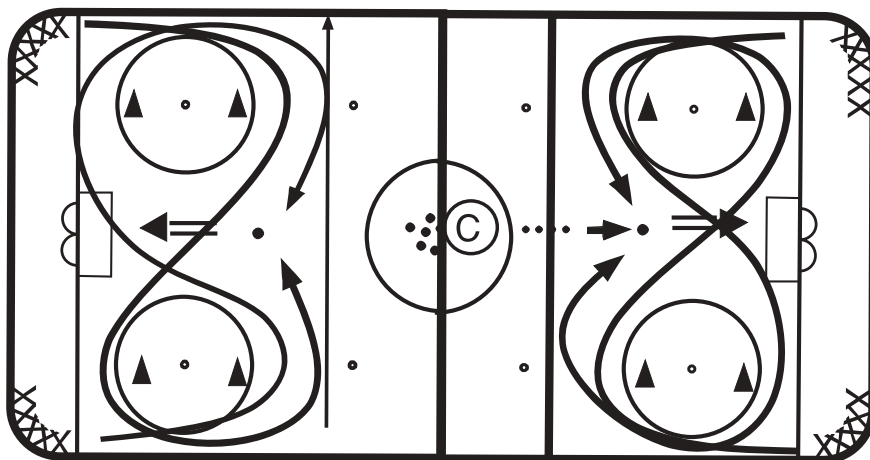
**Theme: Competitive Skating Drills**



**Description: Figure 8 Crossovers - Race for Puck**

1. Two lines in each corner.  
2. First player in each line does crossovers on top of first circle and bottom of second circle.  
3. Then race to puck and get shot off.

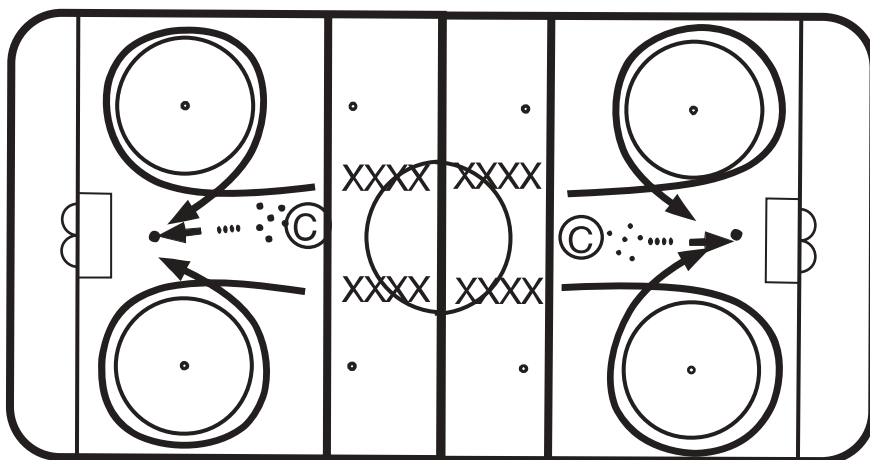
**Theme: Competitive Skating Drills**



**Description: Into Zone Crossovers - Around Circle - Race for Puck**

1. Two lines close together on blue line.  
2. First player in each line skates into zone and does forward crossovers around circle.  
3. Then race to puck and get off shot.

**Theme: Competitive Skating Drills**

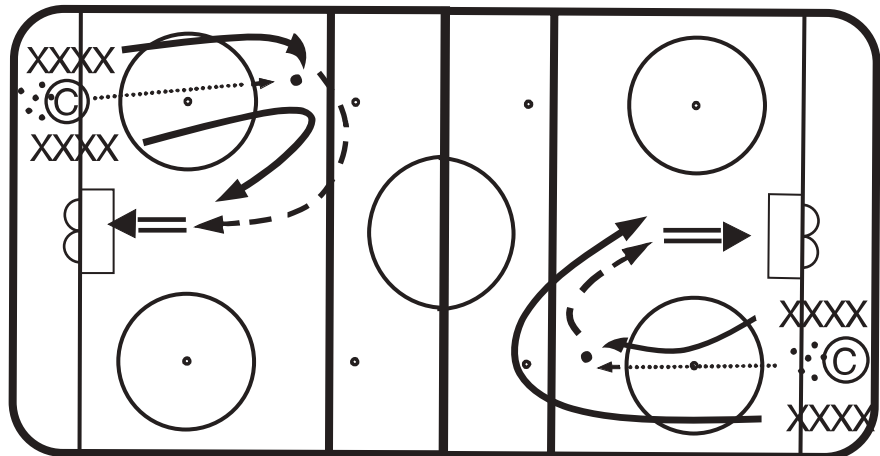


**Description: 1 on 1 Puck Chase Out of and Back into the Zone**

1. Two lines, close together on goal line.
2. First player in each line races to get puck.
3. Once one player gets puck, player tries and enters zone and gets a shot.

Note: players must learn to protect the puck from opponent by using their body as a shield.

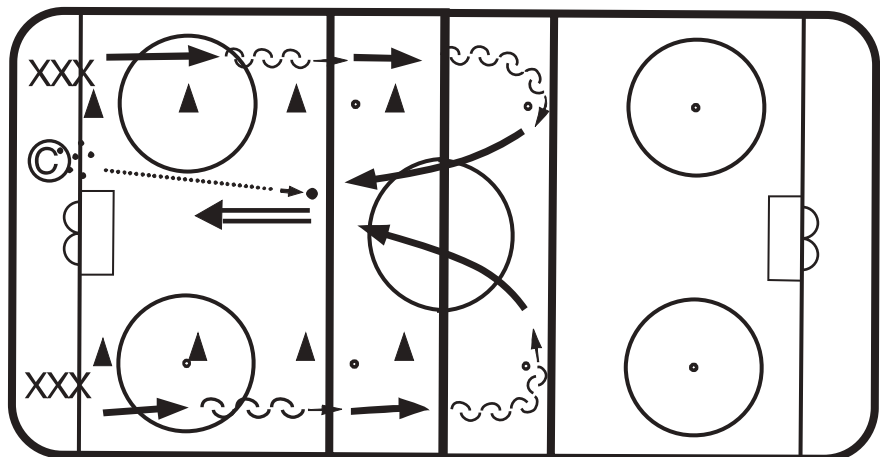
**Theme: Competitive Skating Drills**



**Description: Forward/Backward at Each Cone - To Race for Puck**

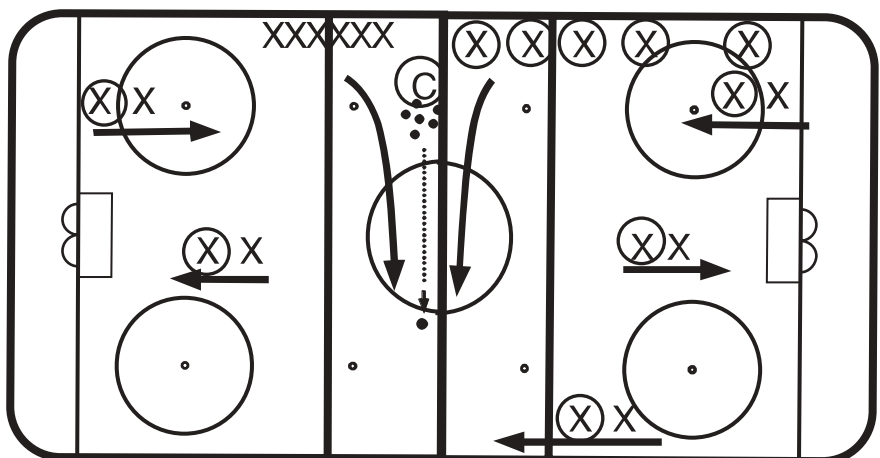
1. Two lines, one in each corner.
2. Start forward turn backwards at first cone, continue alternating forward/backward at each cone.
3. Step out forward and race to puck and shoot.

**Theme: Competitive Skating Drills**



**Description: 1 on 1 - All Over the Ice**

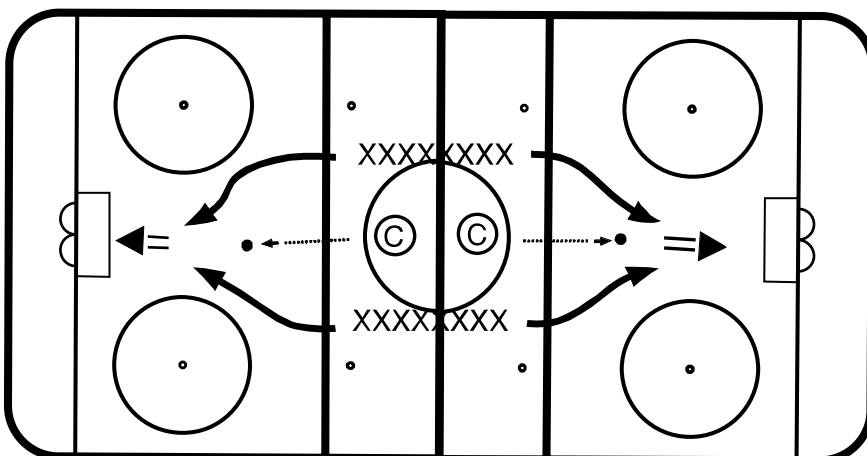
**Theme: Competition 1 on 1**



**Description: 1 on 1 Straight - Puck Chase**

1. Two lines at blue line.
2. Coach slides puck into zone.
3. First player in each line races for puck.
4. First player to puck - shoots. Second player tries and takes puck away.

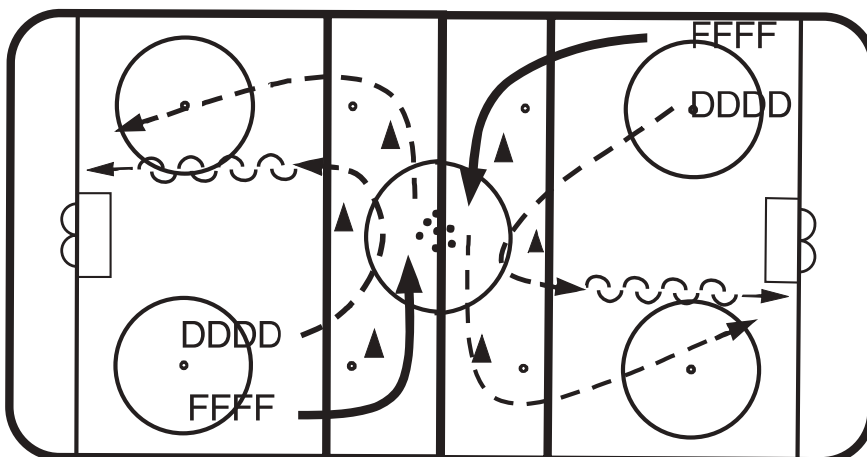
**Theme: Competitive 1 on 1 and Backcheck**



**Description: 1 on 1 - Half Ice - Forward/Defense Arch in Neutral Zone**

1. Line defenseman and forwards up at top of circle.
2. Put two cones up by red line with pucks behind cones. Put one cone in middle, just in front of blue line.
3. Forward arches and gets puck, defenseman skates forward to cone then goes backward.

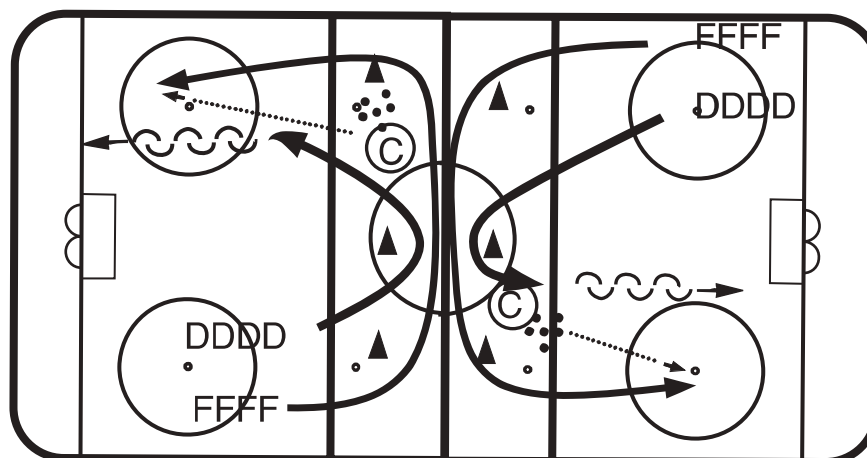
**Theme: 1 on 1 - Mites/Squirts**



**Description: 1 on 1 - Half Ice - Forward/Defense Arch - Coach Passes to Forward**

1. Line defenseman and forwards up at top of circle.
2. Put two cones up by red line and one cone just over blue line.
3. Coach starts in middle with pucks and gives pass to forward arching to far side boards. Defense skates forward to cone then backwards.

**Theme: 1 on 1 Mites/Squirts**



System/Drill \_\_\_\_\_

Description \_\_\_\_\_

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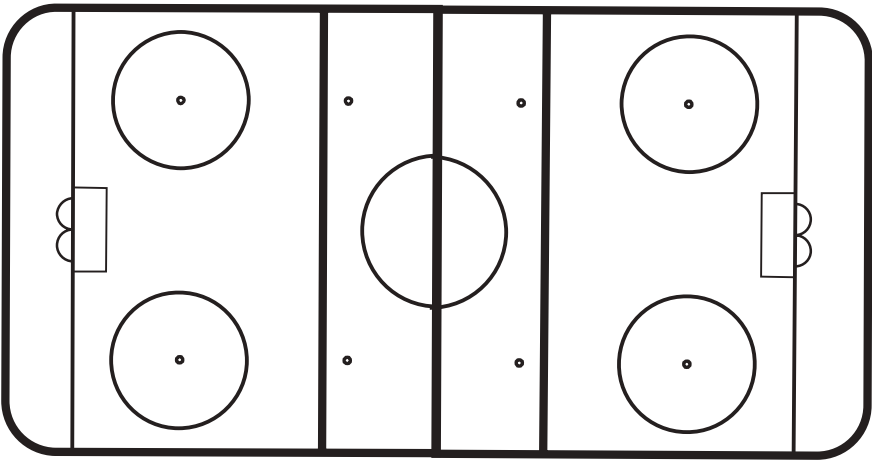
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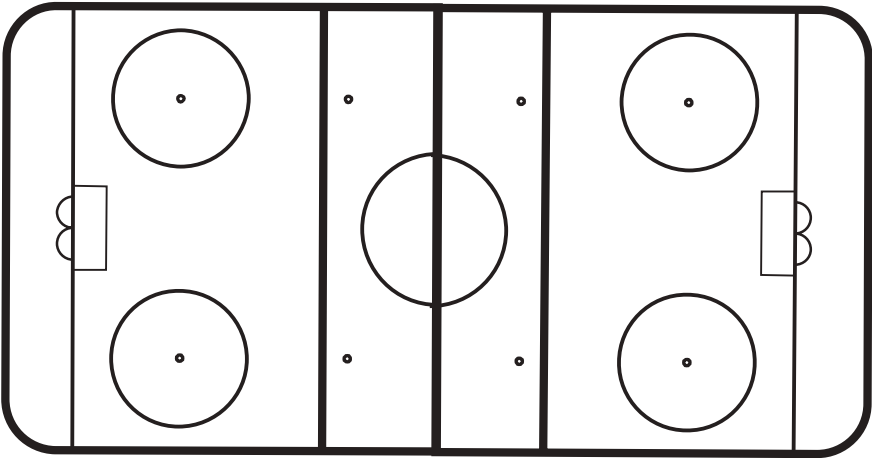
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Notes/Comments \_\_\_\_\_

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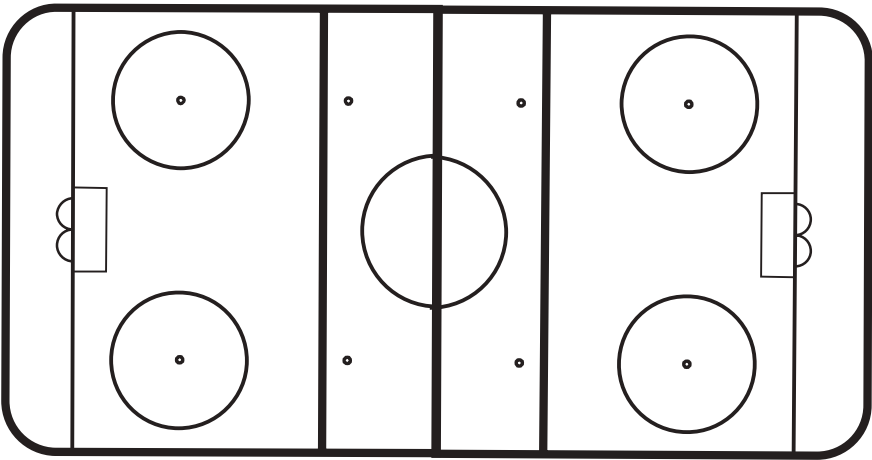
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Notes/Comments \_\_\_\_\_