




COMPETITIVE EDGE HAND SKILLS DRILL LIBRARY


Drill Diagram Legend


S = "Student" or player on the team


C = Coach


 = Player movement across the ice

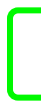
 = Most often this represents a shot, but it can represent a specific type of player movement, such as one-footed or backward skating

 = Puck movement across the ice either by pass or by stickhandling

 = Specific skate or puck movement required by the drill

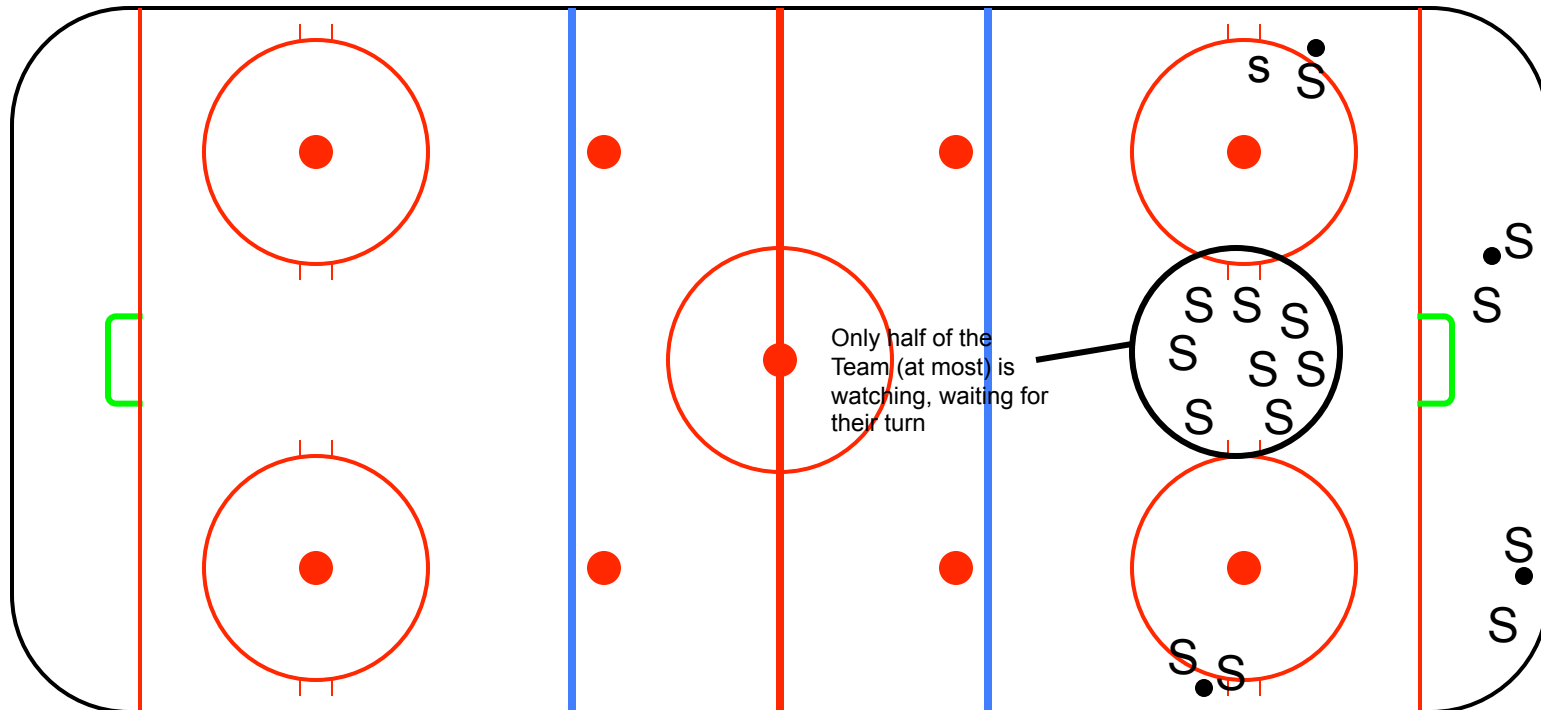
 = Puck

 = Cone or glove

 = Hockey Goal

1 on 1 Small Ice Battles

5-10 Minutes



Description

Objective

Progression

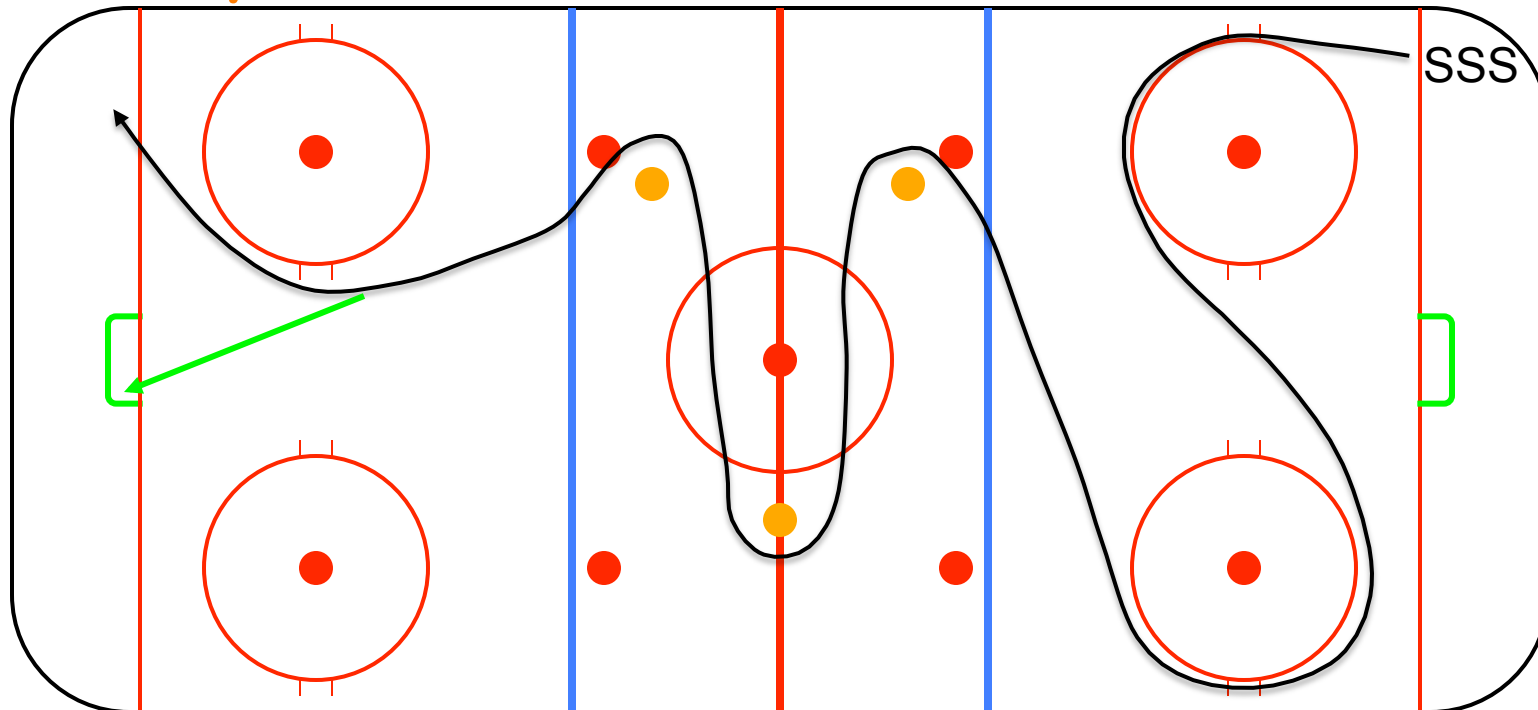
Half the team will watch while the other half pairs off and has one-on-one puck possession battles along the wall. These battles will be focused on shielding the puck from the opponent in order to retain puck possession.

To develop techniques for gaining and retaining possession in puck-possession battles

None

Puck Protection Skating Warm Up

5-10 Minutes



Description

Players will line up in the corner of the rink and follow the path laid out in the diagram above. The first two circles include crossovers both ways on the top and bottom of the circles while the players work to keep the puck out wider than their feet. To do this, players should work to get their both hands on the same side of their body... to the same side where the puck is being held out wide. This same hands positioning is expected during the power turns on the three cones as well. After these 5 turns, players will shoot and get in the corner on the other end of the rink as shown.

Objective

To develop the ability to handle the puck wide on both sides of the body while executing skating maneuvers. Also, to work on puck protection.

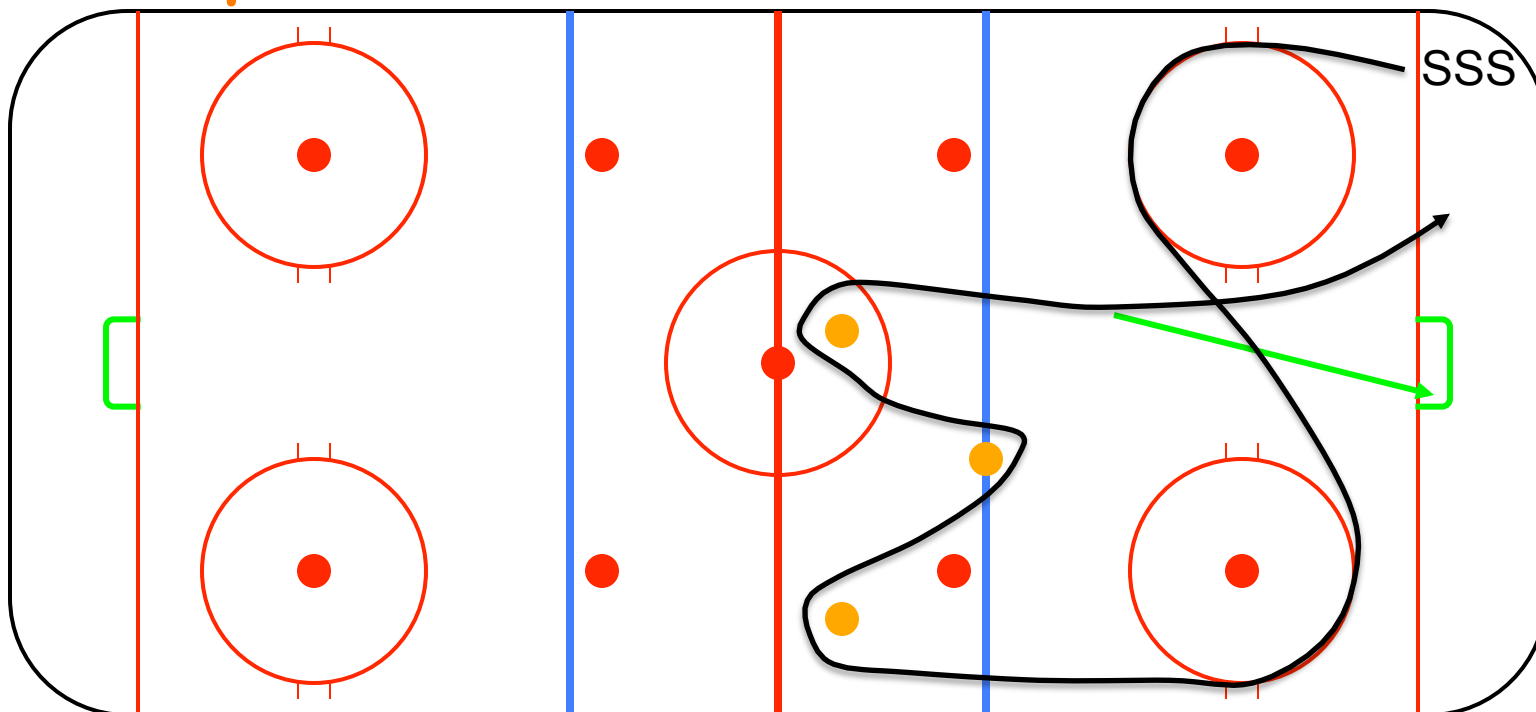
Progression

1. As shown above
2. With 270 degree turns around cones (go to far side first and turn back and around)



Puck Protection Skating Warm Up Half Ice

5-10 Minutes



Description

Players will line up in the corner of the rink and follow the path laid out in the diagram above. The first two circles include crossovers both ways on the top and bottom of the circles while the players work to keep the puck out wider than their feet. To do this, players should work to get their both hands on the same side of their body... to the same side where the puck is being held out wide. This same hands positioning is expected during the power turns on the three cones as well. After these 5 turns, players will come back toward the end of the rink where they started, shoot with their head up to avoid their team mates, and get back in line.

Objective

To develop the ability to handle the puck wide on both sides of the body while executing skating maneuvers. Also, to work on puck protection. We use the half ice version to accomplish all of this on both ends of the ice at once.

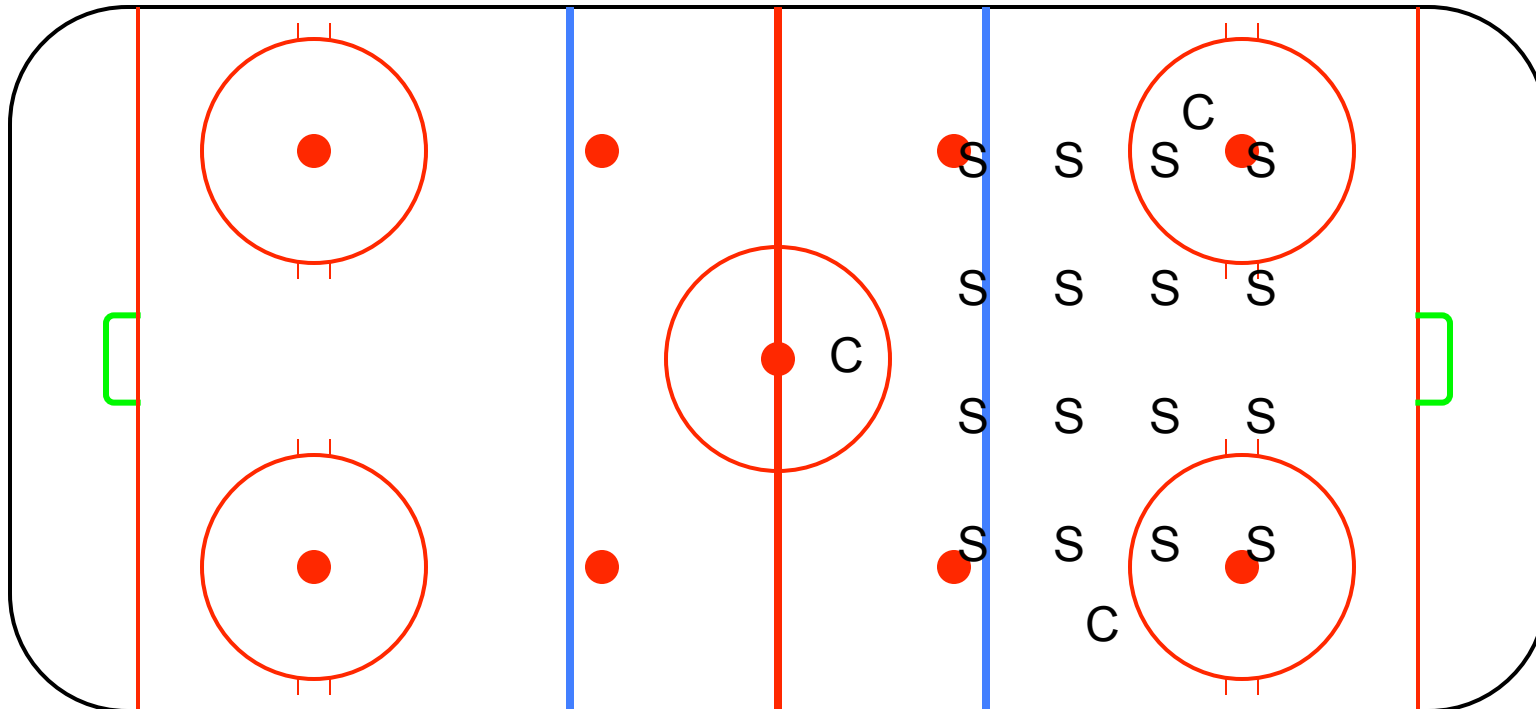
Progression

1. As shown above
2. With 270 degree turns around cones (go to far side first and turn back and around)



Stationary Puckhandling

5-10 Minutes



Description

Players will get a puck and spread out in one zone of the rink. A coach will stand in front of the players and direct them through several stickhandling patterns (see Puckhandling Patterns List slides on subsequent pages). Other coaches should be mixing in with the players as they do it to make corrections.

Stationary puckhandling should be done very quickly and just to get patterns into players' heads before moving on to line drills.

Objective

To develop puckhandling movement patterns in a very controlled way so players can focus on them in a very detailed way.

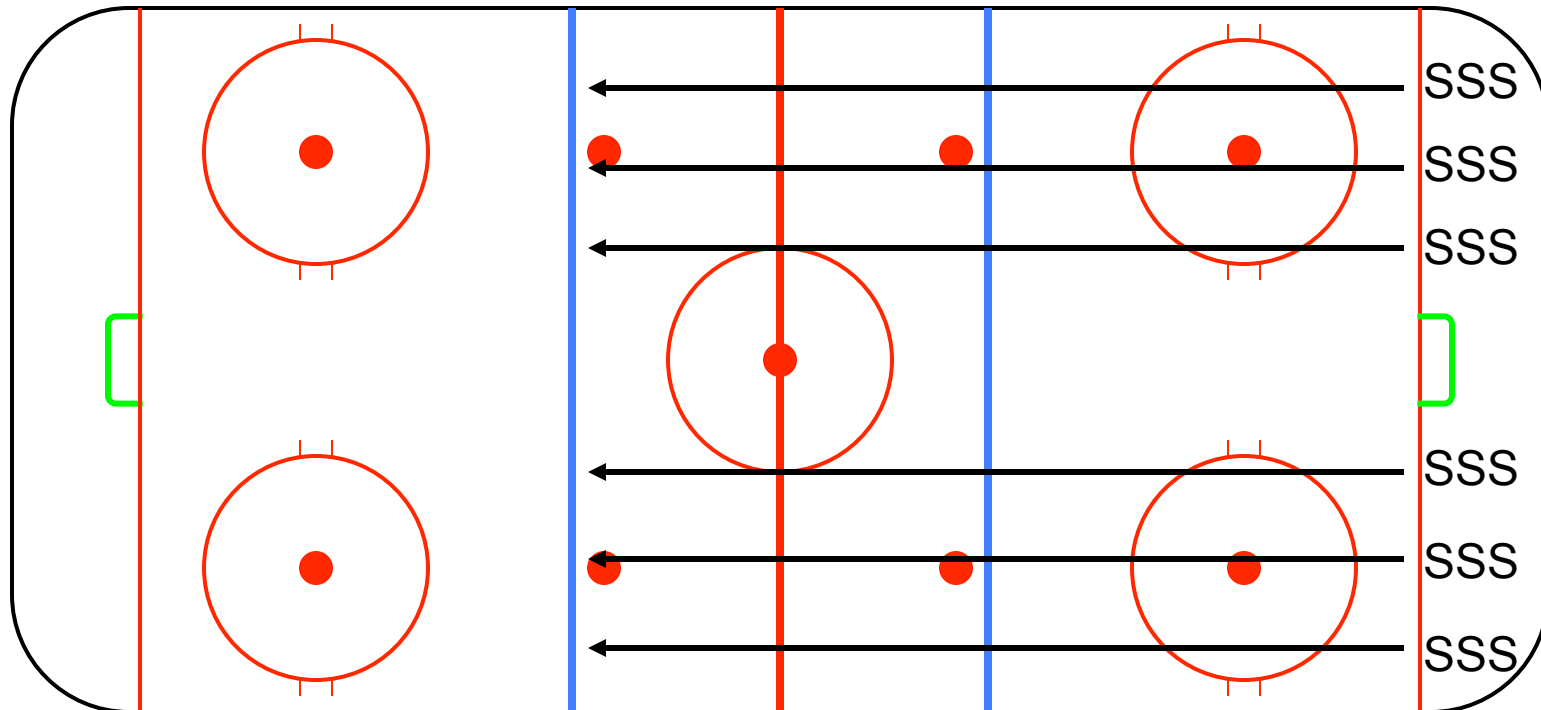
Progression

Simply progress through the drills in the "Stationary Hand Skills" list on the "Puckhandling Line Drills Hand Skills" slide.



Line Drills Puckhandling Patterns

10-20 Minutes



Description

Players line up in several lines along the goal line and prepare to do puckhandling patterns from one goal line to the far blue line or to the other goal line. Typically these are done out of a 2-footed “heel” or “shuffle” stride, but could be done with a full forward stride, a backward stride, or a lateral step format to emphasize direction change. Often they are done first without a puck to get used to the stride type we will use with the puckhandling. Puckhandling patterns to use are listed in the following slides.

Objective

To develop puckhandling movement patterns in-motion and with real direction change when the puck is pulled wide.

Progression

1. Progress through the drills listed on the following slides.





Puckhandling Line Drills Patterns List

Stationary Hand Skills

1. Wrist Roll Dribbles – Between The Feet
2. Wrist Roll Dribbles – In Front of Right Foot
3. Wrist Roll Dribbles – In Front of Left Foot
4. Skate to Skate
5. Skate to Skate to Wide to Wide

Notes:

1. Players need to get used to stickhandling with the top hand in front of the body.
2. On Dribbles the puck should only move about 2 to 3 inches.
3. Rolling the wrist essentially means that when dribbling players should “cup” the puck on both sides.
4. Players should use the heel of the stick blade on dribbles.
5. Players should execute these while on 2 inside edges.
6. A medium knee bend is preferred while practicing hand skills patterns.
7. When executing fake patterns, we want to move the body weight to “sell” the fake and then change direction when we go out wide.
8. Fakes should be about as wide as the shoulders, or, as we say, “skate to skate”.
9. In games we may not need to do everything to the maximum degree to get around a player, but if we can exaggerate things, we can always do things to a smaller degree if that is all the game demands. The best example of this is to get the puck way out wide during the “wide” parts at the end of fake patterns.

Line Drills Puckhandling (Basic Progression)

1. Shuffle Stride – no pucks (The shuffle stride is a forward stride where we keep both feet on the ice. It may be better described as the “Heel Stride”. It involves getting the feet a bit wider than the shoulders and getting on the inside edges. To propel ourselves forward we just make little “c” shapes, one foot at a time, sort of kicking the heels out to put pressure into the ice and propel us forward).
2. Shuffle Stride – wrist rolls between the feet
3. Shuffle Stride – wrist rolls in front of right foot
4. Shuffle Stride – wrist rolls in front of left foot
5. Skate to Skate
6. Skate to Skate – Dribble in front of each skate between skate to skate pulls
7. Single Front Fake Right – Skate to skate then wide
8. Single Front Fake Left
9. Double Front Fake Right – Skate to skate to skate then wide
10. Double Front Fake Left

Additional Line Drills Progressions on Next Page



Puckhandling Line Drills Patterns List

Pre-Puckhandling Line Drills (These are done out of a standard stride and are largely built around pushing the puck)

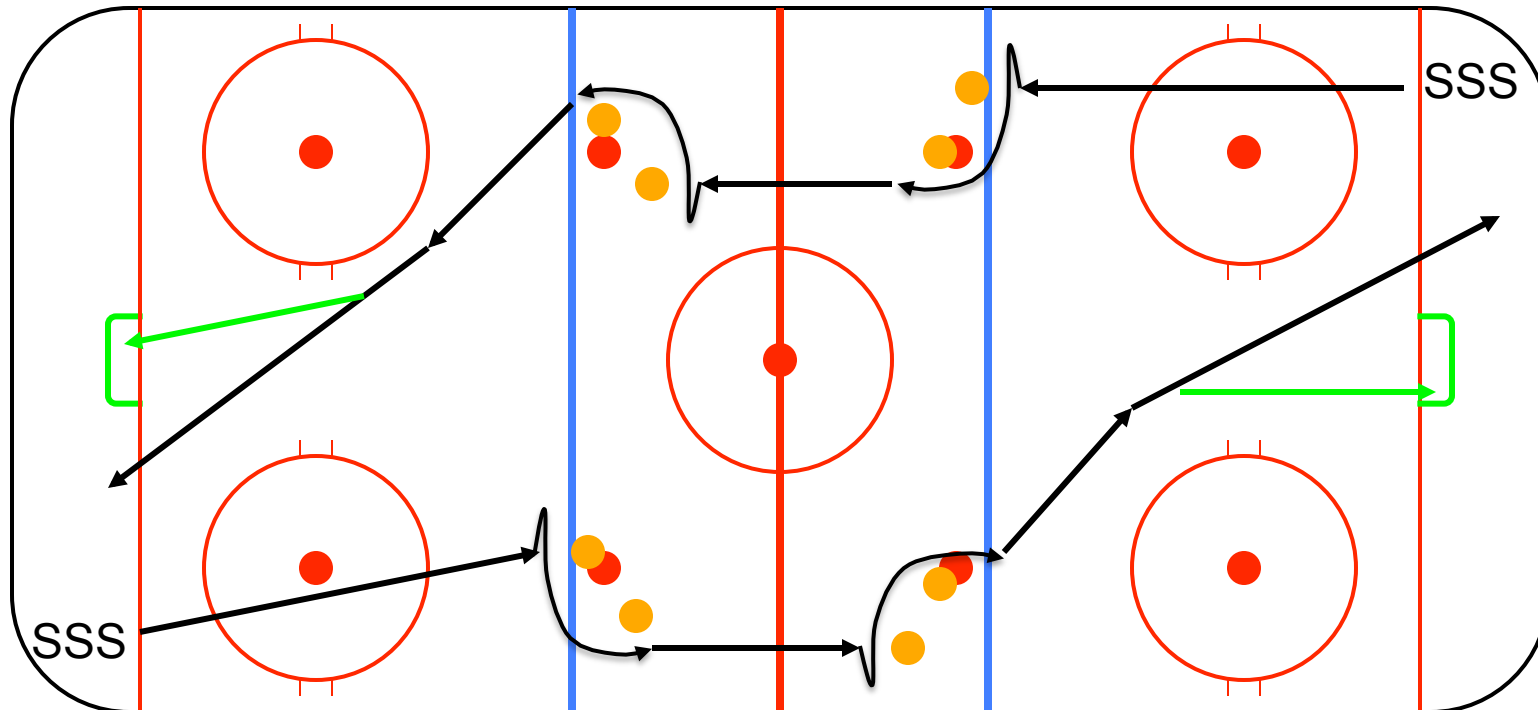
1. Forehand Side Push the Puck – 2 Hands
2. Backhand Side Push the Puck – 1 Hand
3. Backhand Side Push the Puck – 2 Hands (hands crossed over)
4. Forehand Push to Blue Line – 1 Hand Backhand Speed Burst the rest of the way
5. Forehand Push to Blue Line – 2 Hand Backhand to far Blue Line – Forehand Push the rest of the way
6. 2 Hand Forehand Push switch between Forehand and Backhand every three strides
7. 2 Crossovers Each Way, Cup the Puck on Each Side

Backwards Line Drills Puckhandling (Used to exaggerate the challenge level of the patterns)

1. Backward Stride – wrist rolls between the feet
2. Backward Stride – wrist rolls in front of right foot
3. Backward Stride – wrist rolls in front of left foot
4. Backward Stride – forehand side wrist roll dribbles (the puck should be in a forehand shooting or passing position)
5. Skate to Skate
6. Skate to Skate – Dribble in front of each skate between skate to skate pulls
7. Single Front Fake Right – Skate to skate then wide
8. Single Front Fake Left
9. Double Front Fake Right – Skate to skate to skate then wide
10. Double Front Fake Left

Corner Cycle Fakes on Cones

10-20 Minutes



Description

Players will work their way from a corner, along a wall down the ice, take a shot, and then get into the opposite corner. On the way they will do the fake patterns shown above. These patterns are executed on pairs of cones with players skating toward the cone that is closest to them and going wide in the direction of and around the second cone in the pair (the one further away). They should emphasize proper set up, skate to skate fakes, direction change, wide puck control, and acceleration around the second cones.

Objective

To develop full multitasking patterns associated with proper fake patterns that actually work in a game.

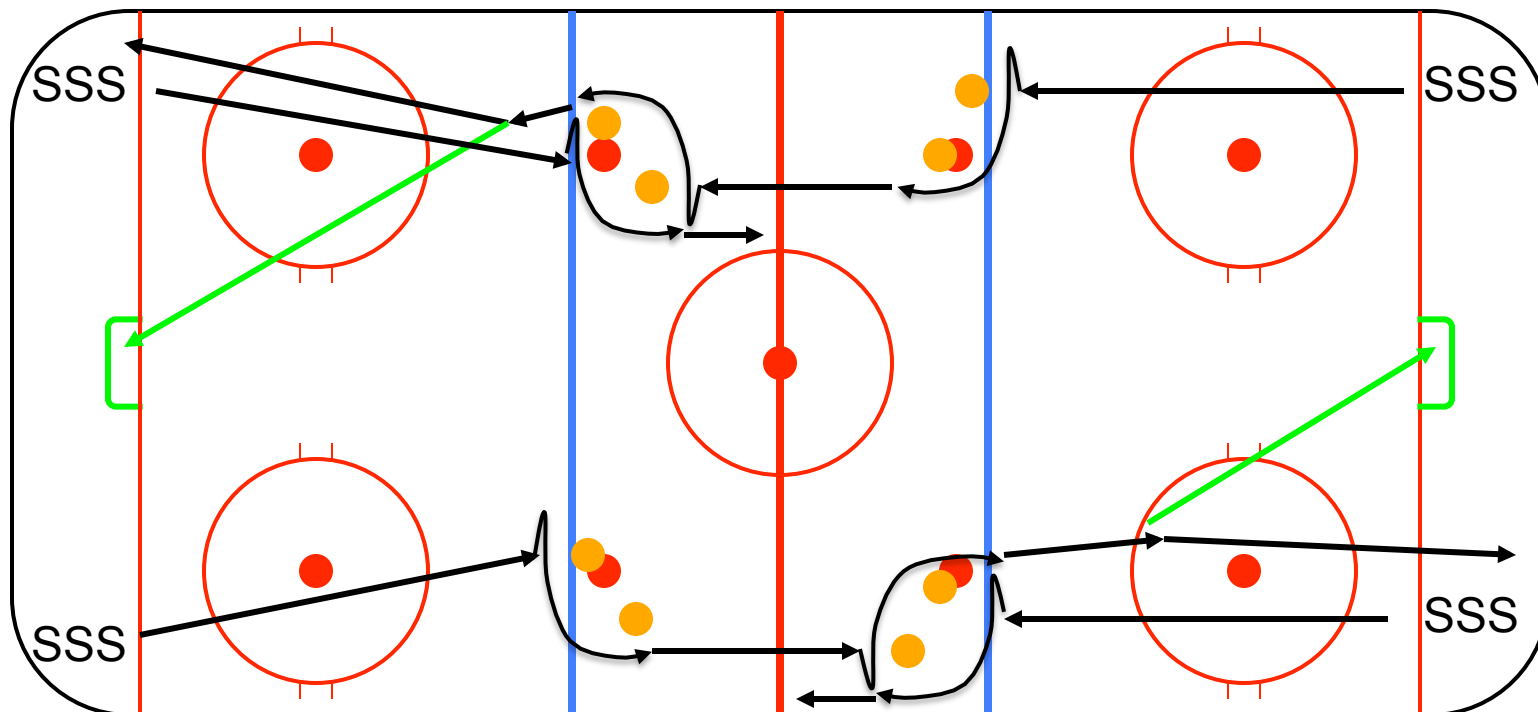
Progression

1. Progress through the different fake pattern types listed in the "Puckhandling on Cones Patterns List" slide that follows in a few slides.



4 Corners Head-on Dynamic Fakes on Cones

10-20 Minutes



Description

Players will work their way from a corner, along a wall down the ice, take a shot, and then get into the corner on the opposite end of the rink, but along the same side wall. All four corners will be used on this drill. On the way they will do the fake patterns shown above. These patterns are executed on pairs of cones with players skating toward the cone that is closest to them and going wide in the direction of and around the second cone in the pair (the one further away). They should emphasize proper set up, skate to skate fakes, direction change, wide puck control, and acceleration around the second cones. In this case, players will go on a whistle and will encounter the player coming the other way in between sets of cones. They must keep their head up, maintain awareness to avoid them, and then quickly set up again for the second fake.

Objective

To develop full multitasking patterns associated with proper fake patterns that actually work in a game.

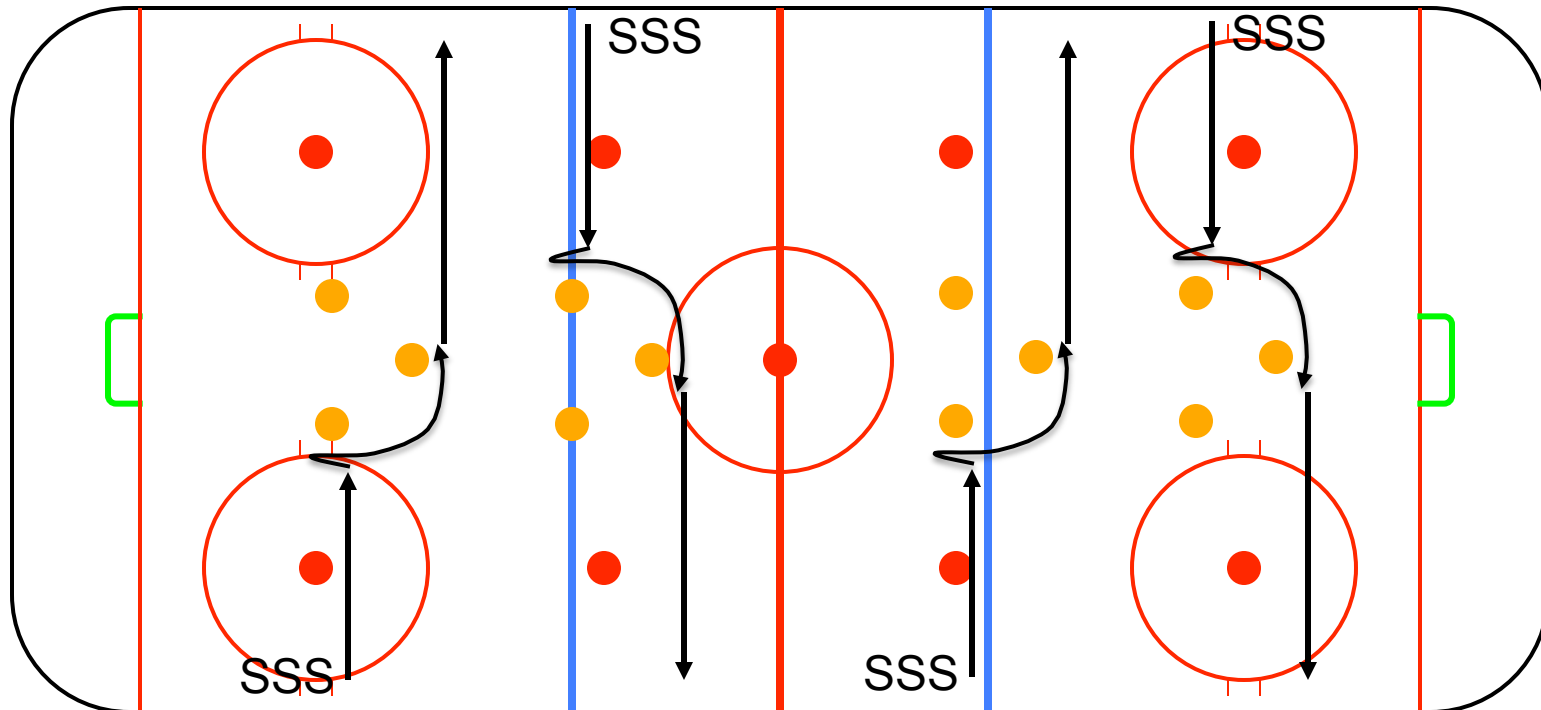
Progression

1. Progress through the different fake pattern types listed in the "Puckhandling on Cones Patterns List" slide that follows in a few slides.



Boards to Boards Fakes on Cones

10-20 Minutes



Description

Players will work their way from a line on a sidewall toward a set of 3 cones near the middle of the rink. They should go straight toward the closest cone and go wide around the cone that is by itself off to the side. They will use the 3rd cone when they come back from the other side. They should emphasize proper set up, skate to skate fakes, direction change, wide puck control, and acceleration around the second cones.

Objective

To develop full multitasking patterns associated with proper fake patterns that actually work in a game.

Progression

1. Progress through the different fake pattern types listed in the "Puckhandling on Cones Patterns List" slide that follows in a few slides.





Puckhandling On Cones Patterns List

Drills

1. Single Front Fakes
2. Double Front Fakes
3. Pull In / Pull In Counter
4. Near Skate Kick Back / Pull Through Feet
5. Near Skate Kick Back / Pull to Far Skate Kick Up

Notes:

1. Players need to plan each pattern in advance of the cones that they will put the “fake” on
2. Players should prepare for each fake by getting onto two inside edges with the feet a bit wide and the knees bent. That way they are a threat to go either way by driving off of either inside edge.
3. Players should shift their body weight between the feet on fakes
4. Players should drive explosively off of their inside edge in the direction of the wide pull at the end of the fake when they go “wide”
5. Players should work to exaggerate the width of their wide pull when they go wide at the end of the fake
6. Players should keep the puck wide as they go around whichever cone is set up to force them to change direction and wide and as they do this, crossover and accelerate.