



Wayzata Skills Week 4 Drill Set

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 movement required by the drill

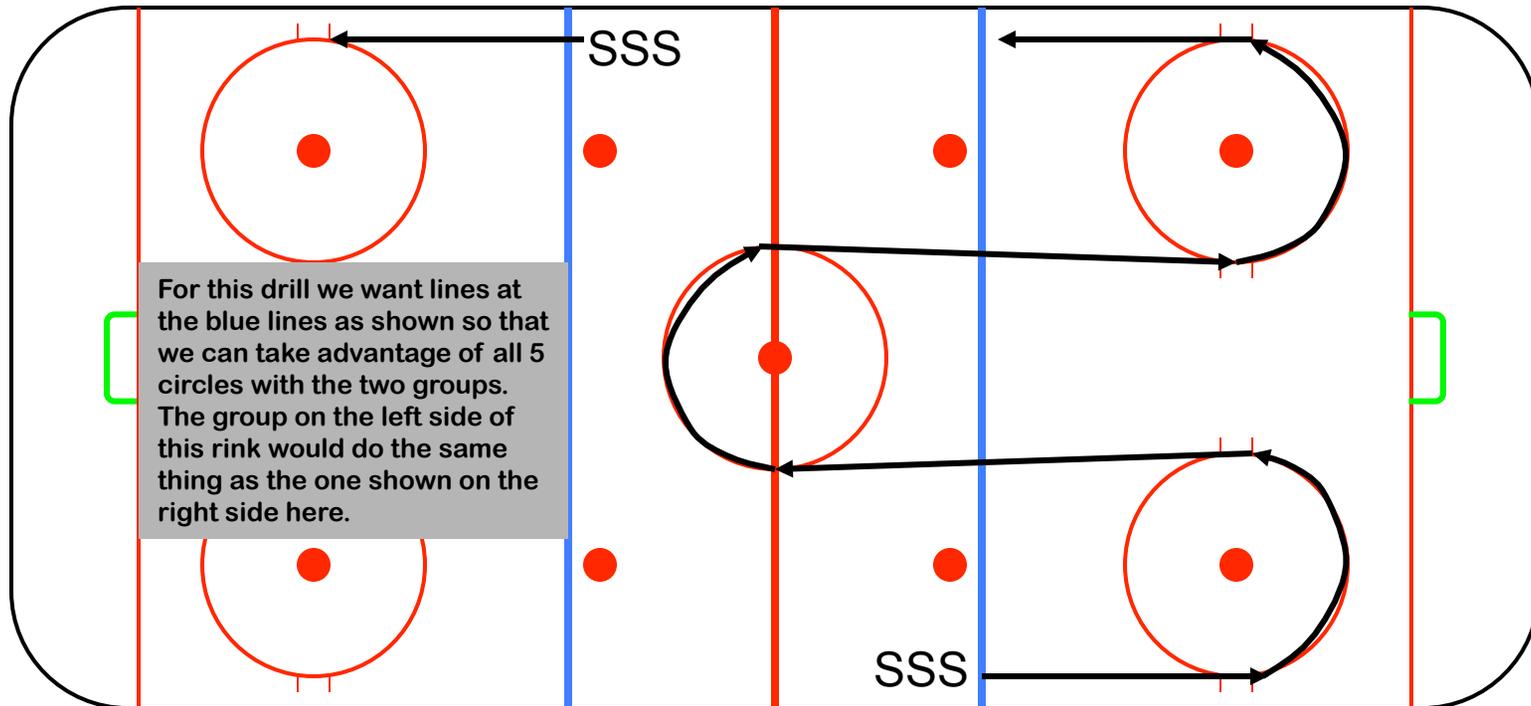
 = Puck

 = Cone or glove

 = Hockey Goal

High Speed Edges

Skilled Mites and Above
4-8 Minutes



Description

In this drill we will use the neutral and one offensive zone. Players will start in the neutral zone and skate along the boards toward an offensive zone face off circle. They will get on to one of their edges as they turn around the path of the face-off circle. They can either use the outside edge of the inside leg or the inside edge of the outside leg (with regard to the legs the terms inside and outside refer to inside and outside of the turn). This turn is to be done at high speed with deep knee bend while trying to exactly trace the circle. The player will then skate to the center ice face off circle and do the same thing the opposite way. He'll then continue to the other face off circle in the same zone as the first face off circle and perform the original turn again on this circle, finishing along the wall, getting in a line and ready to do it the other way.

Objective

To develop high speed balance and edge control with the knee bend needed for hockey.

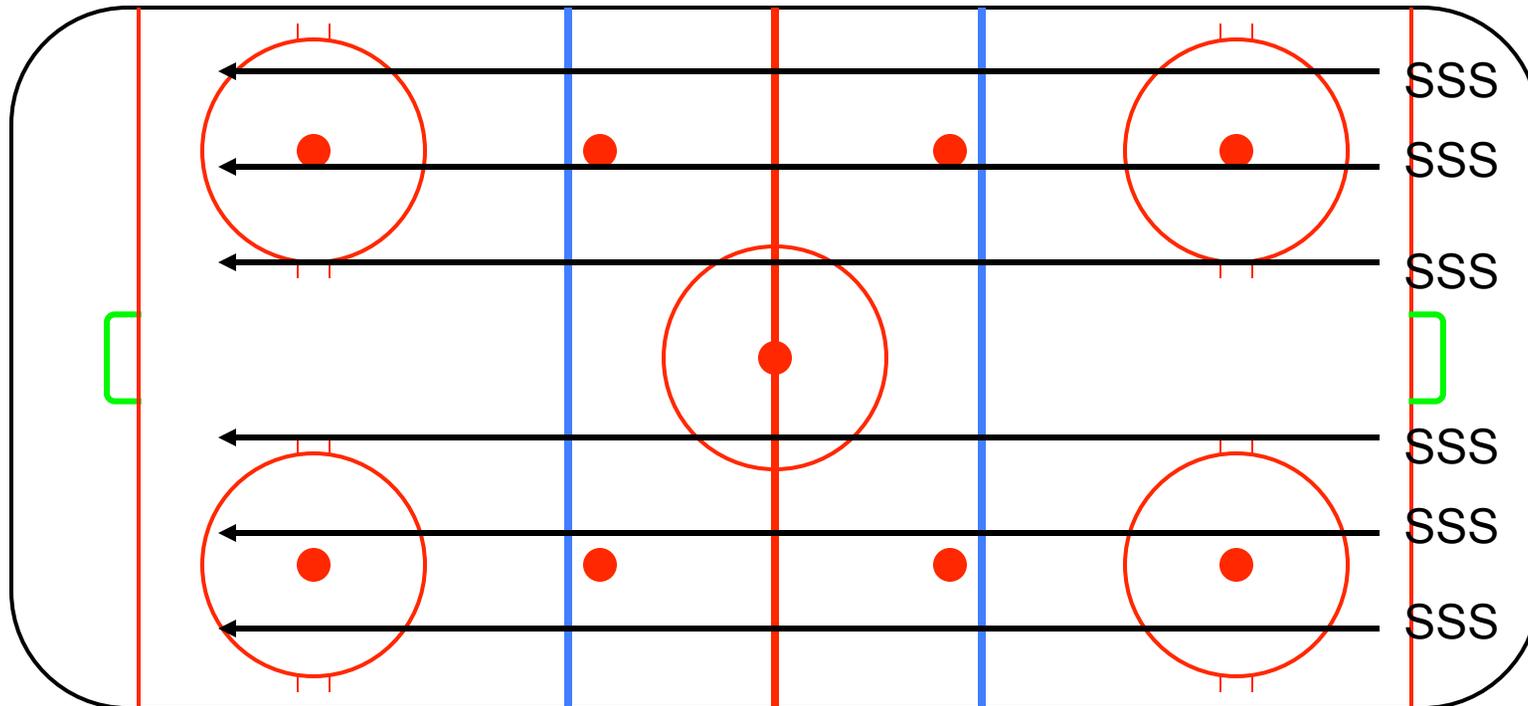
Progression

1. Forward Inside Edges
2. Forward Outside Edges
3. Backward Inside Edges
4. Backward Outside Edges
5. All with cones in place to force an aggressive exit push (the exit of the turn)
6. All with one-foot pivots half way through the turns



Line Drill Set Up

All Ages
10-60 Minutes



Description

Players will line up in six lines along the goal line at one end of the ice. Players will skate to the other end of the ice (or the far blue line if the other end of the rink is being used for goalies) executing a highly specific variation of skating and/or stickhandling as they progress to the other end. Details of what is expected of the players on each of these drills must be communicated very clearly. The primary instructor for this drill will be in the middle of the ice teaching the drills to kids and handling on-the-fly adjustments for the middle two lines. Two other coaches will each handle the two lines on either side of the rink. Extra coaches will mix in and instruct whomever needs it.

Objective

To develop knee bend, stride technique, balance, edge control, and/or quick feet.

Progression

There are hundreds of possible line drills... too many to outline the many possible progressions here.



Key Formula 1 Line Drills

Common Drills

1. FI and FO with Deep Knee Bend (DKB)
2. FI and FO Jumps
3. FI and FO Stops
4. Edge Stickhandle Drills
5. Knee-Heel Touch
6. BI and BO with DKB
7. Backward Swizzles with DKB
8. Backward Heel-heel touch
9. Sideways Foot Speed Variants
 1. Step in Front
 2. Step Behind
 3. Carioca

Key

F = Forward

B = Backward

I = Inside

O = Outside

E - Edge

DKB = Deep Knee Bend

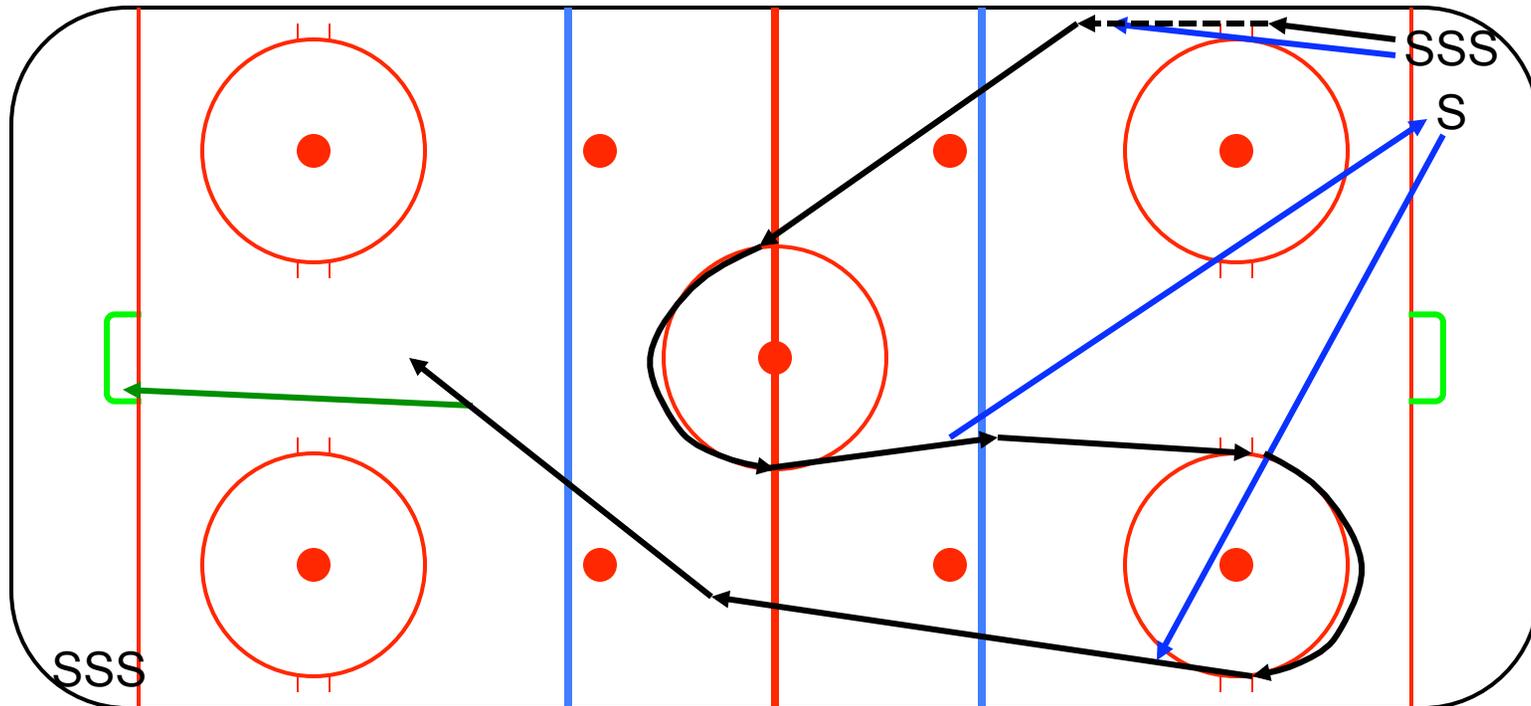
Advanced Drills

1. BI and BO Stops
2. BI and BO Jumps
3. Backward Alternating X-overs 1 and 3 Step
4. F and B Power Pulls
5. Sideways Jumps IE to OE
6. Sideways Jumps OE to IE
7. FI Jumps into Full Stride (quicker and quicker turns until skating cadence – best executed with whistles to create cadence)
8. V-start Standing Broad Jumps
9. Shuffle Stride Variations (wide leg quick cuts)
10. Linear Step-in-fronts alternate side on whistle – Forward and Backward
11. Combination Edges (one foot transitions)
 1. Forward Outside to Backward Inside
 2. Forward Inside to Backward Outside
 3. Backward Inside to Forward Outside
 4. Backward Outside to Forward Inside



Corner “S” Flow

Advanced Mites and Above – 15-25 Minutes



Description

The same exact thing happens out of both corners of this drill (only the one side is drawn to keep the diagram simple). Its base setup is very simple, but much can be done in terms of progression with this drill to make it very challenging. The first player in line will step out and turn to backward (dashed line) to receive a pass from the second player in line. The player will then take the puck and crossover around the top of the center ice circle. When the player returns to the blue line he'll pass to a player who has been selected or a coach near the corner he came from. He'll then skate partway around the circle near the corner he came from, proceeding out wide to receive a pass from the player or coach that he passed to. He'll then head down the ice for a shot and wind up in the line in the opposite corner. The second player in line starts when the first one gets to the top of the center ice circle. Alternatively, if there is only a small group on the ice, the second player in line can be involved with all three passes before going himself.

Objective

This drill incorporates many teachable elements. All are to be executed at a high-level eventually, but none are more important than others.

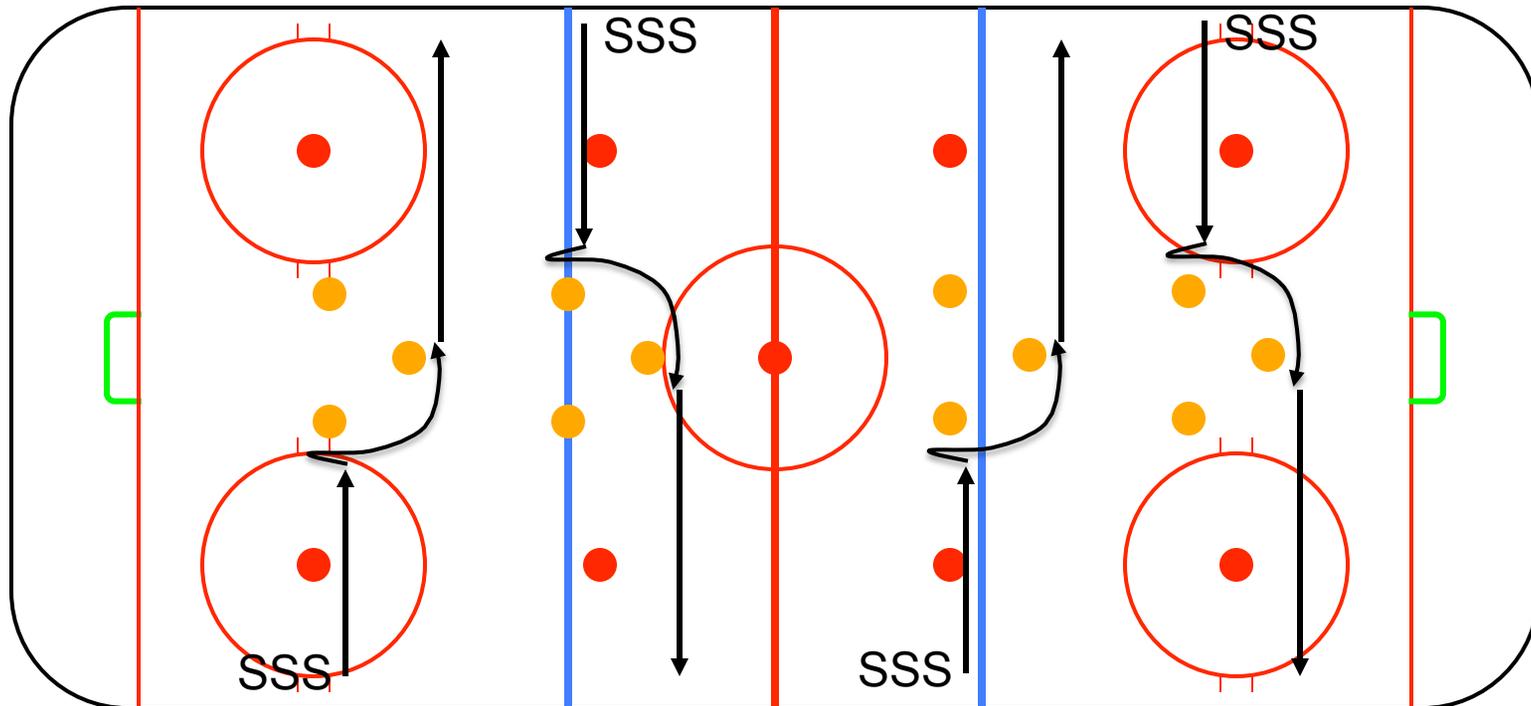


Progression

1. As described in "Description"
2. Extra transitions – turn backward at the top of the center ice circle, back to forward before making the pass at the blue line, backward again to stay facing the passer at the bottom of the near-corner circle, and forward again after receiving the pass back.
3. Transitions with pivot escape – open up toward the board and power turn along the blue line before passing back to the corner.

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.

