





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

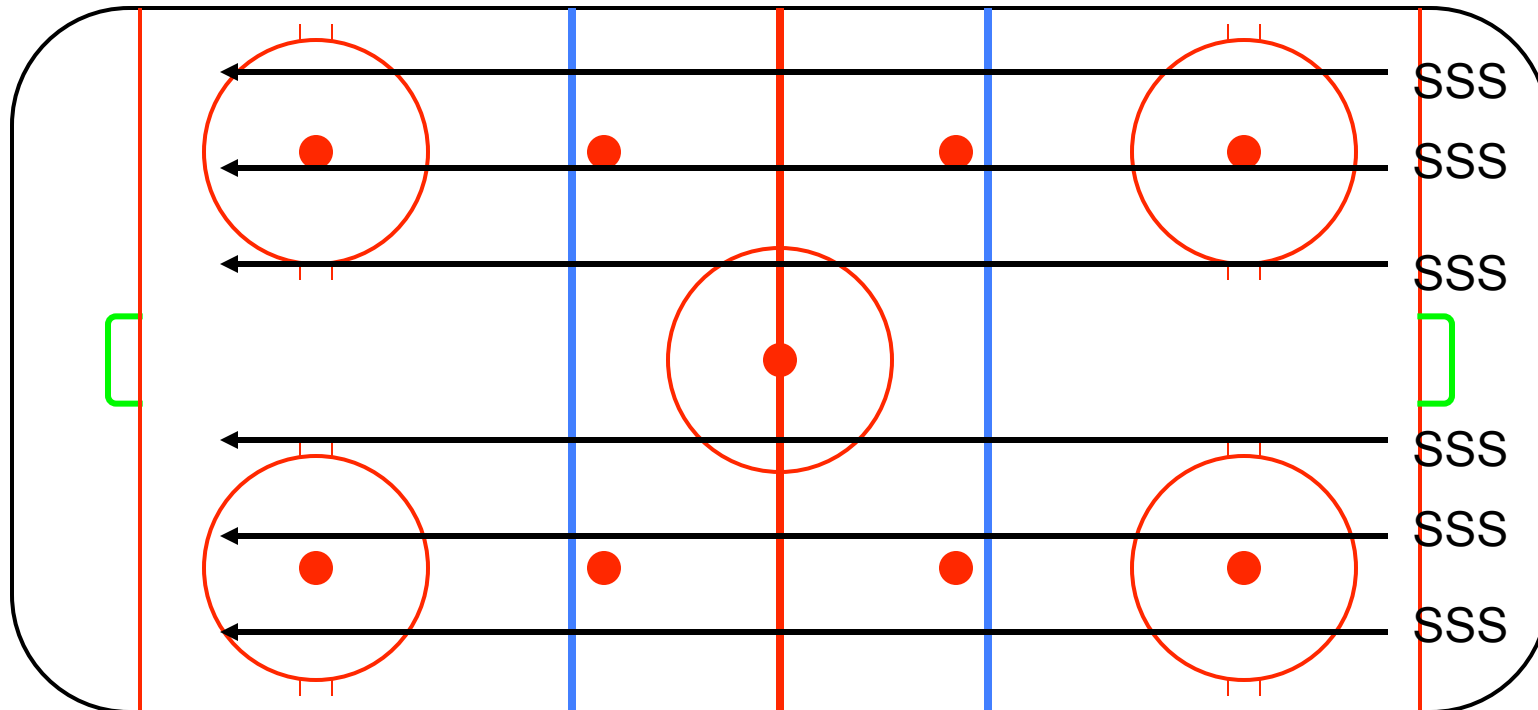
 = Puck

 = Cone or glove

 = Hockey Goal

Line Drill Set Up

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

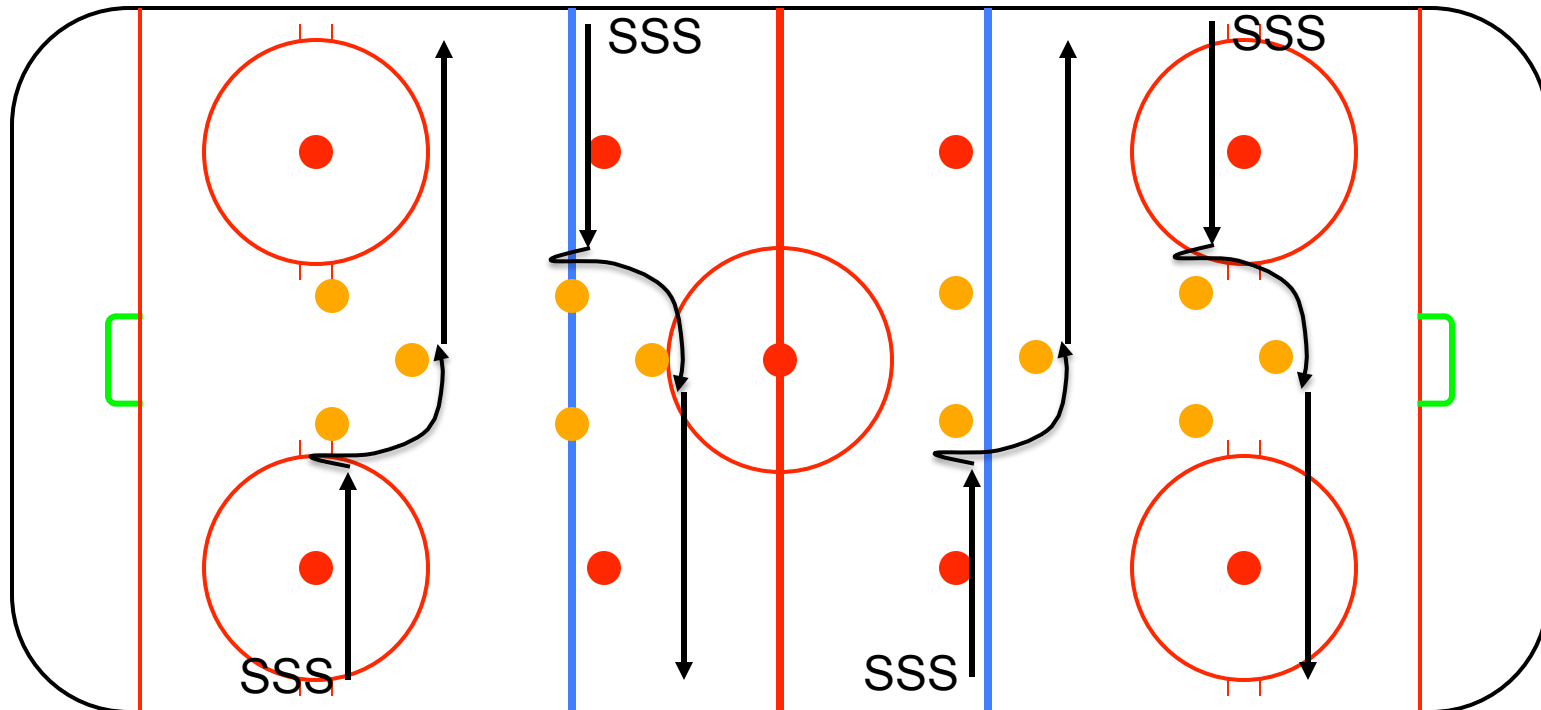
Advanced Drills

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



Boards to Boards Fakes on Cones

10-30 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.

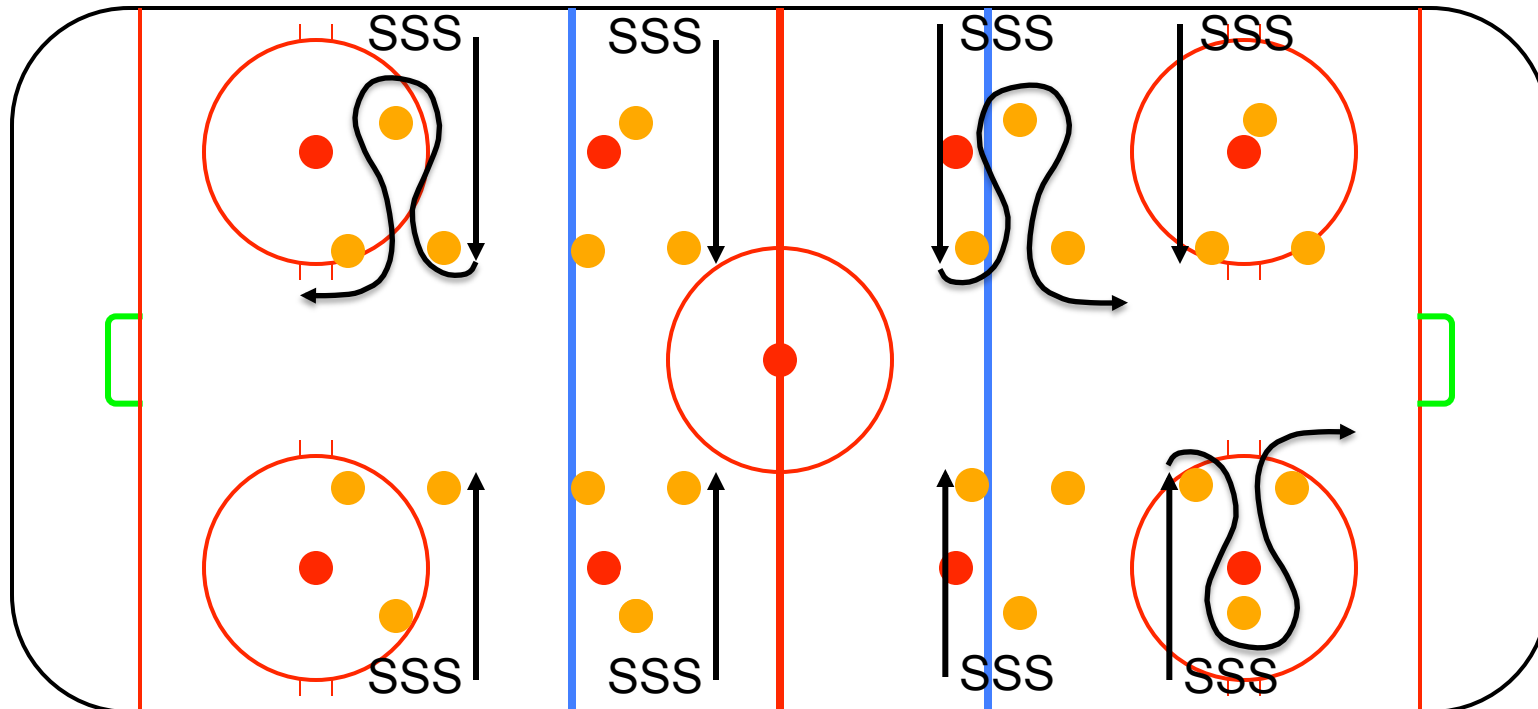
Progression

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



3 Cone Multitasking

10-60 Minutes



Description

Players will either perform these drills with a puck or without. When performing without, we may optionally have the next skater in line pass to the skater as they finish the drill so that they can go in and take a shot. Players will either all start on a whistle or go when the player in front of them finishes. They will follow the path shown above around the three cones in front of them performing the skills the coach asks for at each cone. The basic version of this is just power turns at each cone. Players on one half of the ice will go toward the goal at one end and players on the other half will go toward their closest goal for their shots.

Objective

To push player's ability to perform more skills simultaneously or in rapid succession while at the same time, performing them correctly.

Progression

1. 3-Cone multitasking has an extensive progression that can be built from the basic path and this simply involves applying different skills at each cone or even in between the cones. Outside of this, it is typical that one will progress from doing this without a puck and then doing it with a puck.

