





Wayzata Skills Week 7 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

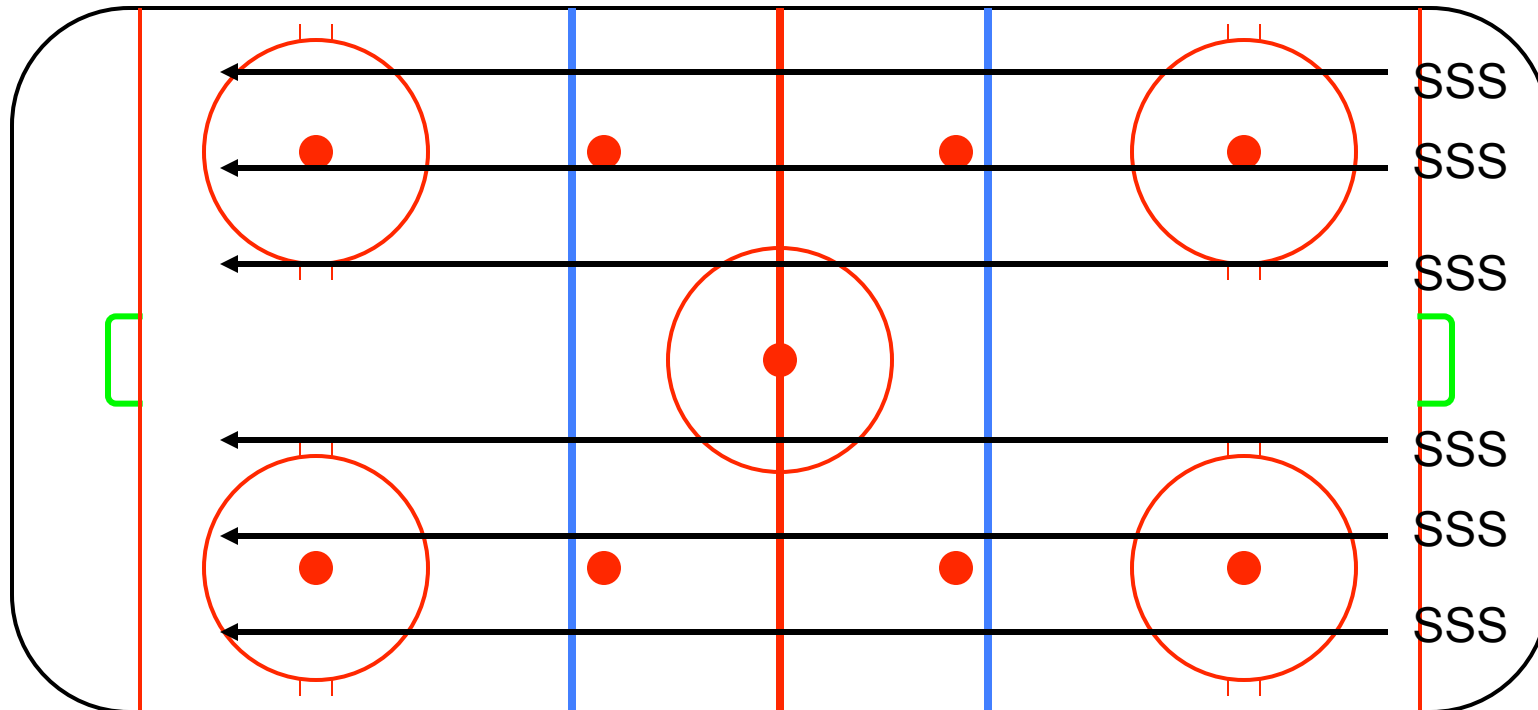
 = Puck

 = 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 CE 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

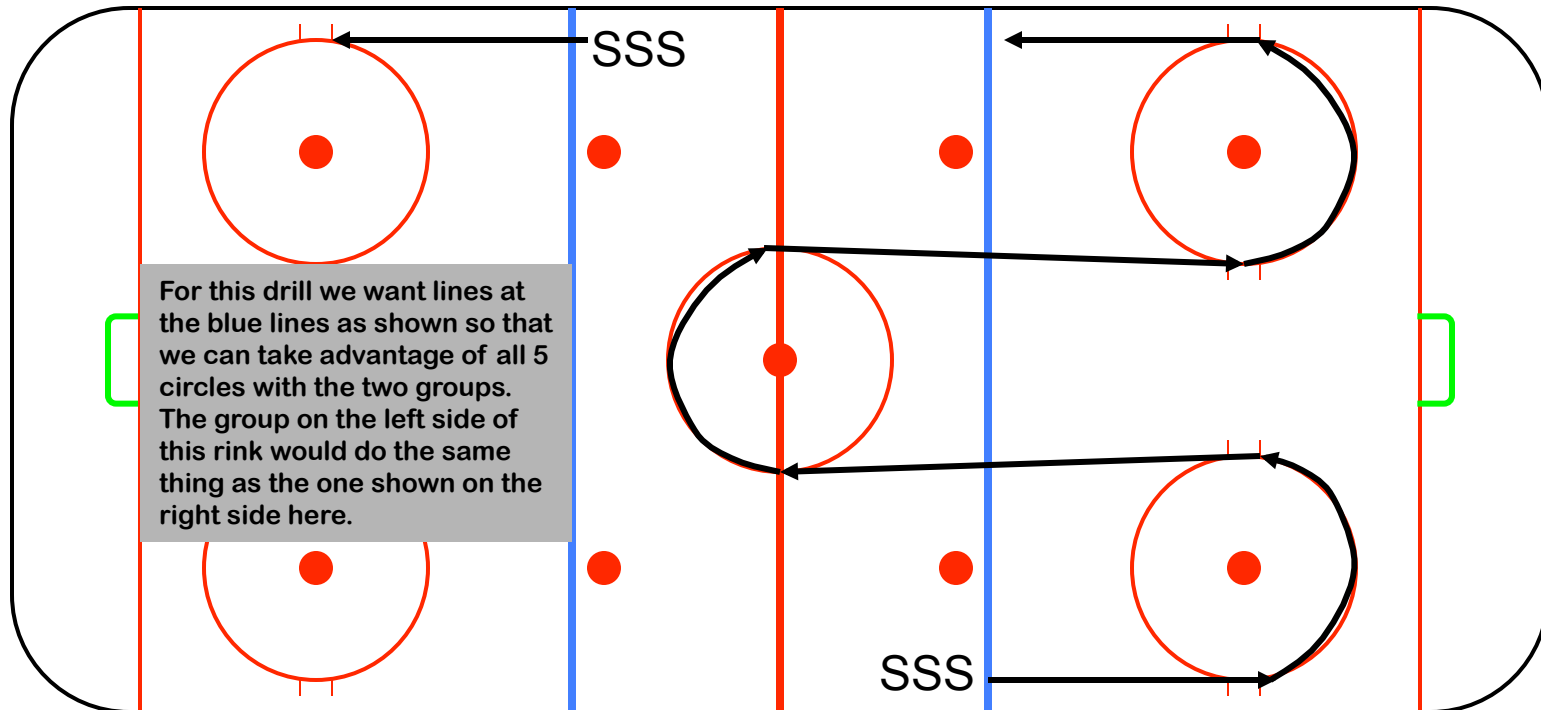
Advanced Drills

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



High Speed Edges

Skilled Mites and Above
4-8 Minutes



For this drill we want lines at the blue lines as shown so that we can take advantage of all 5 circles with the two groups. The group on the left side of this rink would do the same thing as the one shown on the right side here.

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.

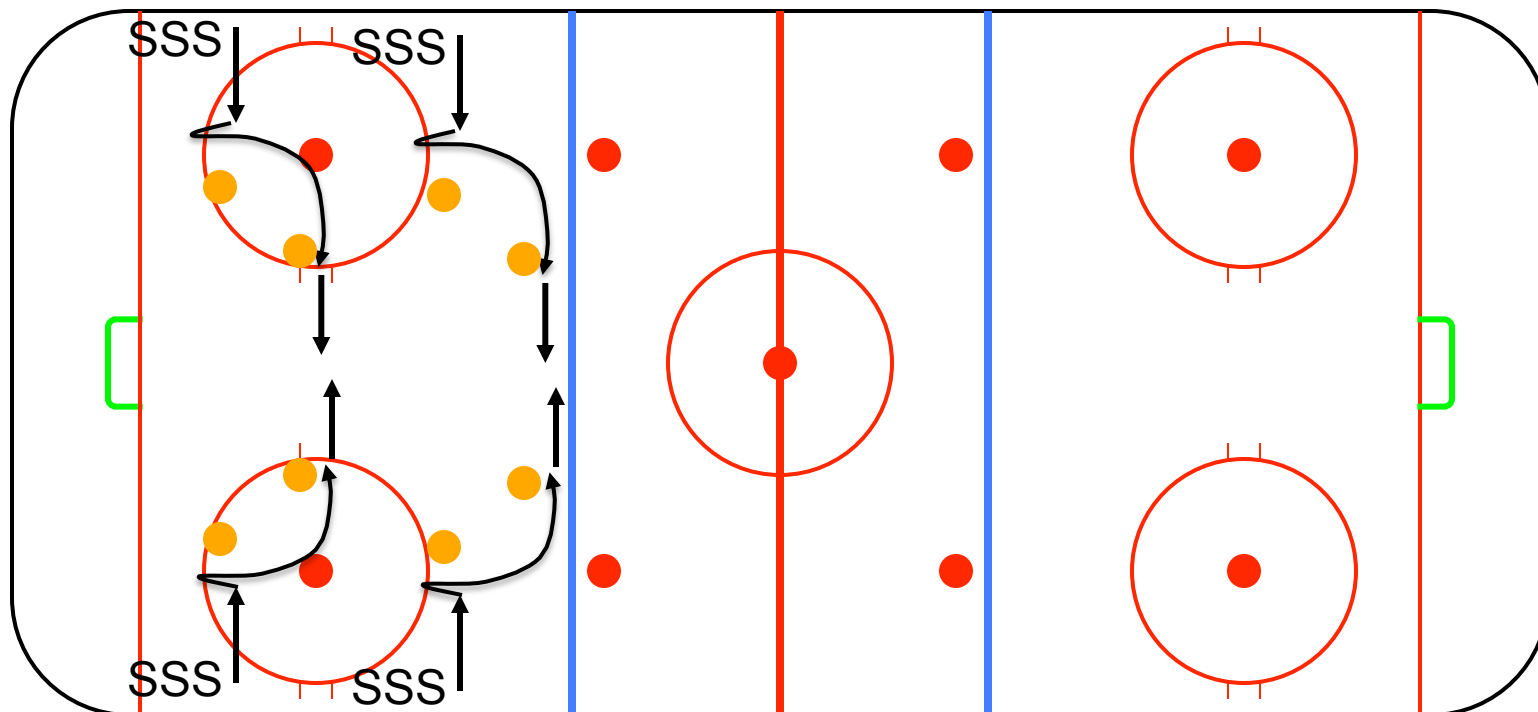
Progression

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



Head-on Boards to Boards Fake Wide Twice on Cones

10-30 Minutes



Description

Players will work their way from a line on a sidewall toward a set of 4 cones near the middle of the rink. They should go straight toward the closest cone and go wide around the second cone on both pairs of cones that they encounter. They will go wide the opposite way first when they come back through from the other side of the rink. They should emphasize proper set up, skate to skate fakes, direction change, wide puck control, and acceleration around the second cones. This version forces awareness and improvisation for the skaters to avoid each other in between the two fake patterns.

Objective

To develop full multitasking patterns associated with proper fake patterns that actually work in a game and to add an element of improvisation into the process.

Progression

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



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.

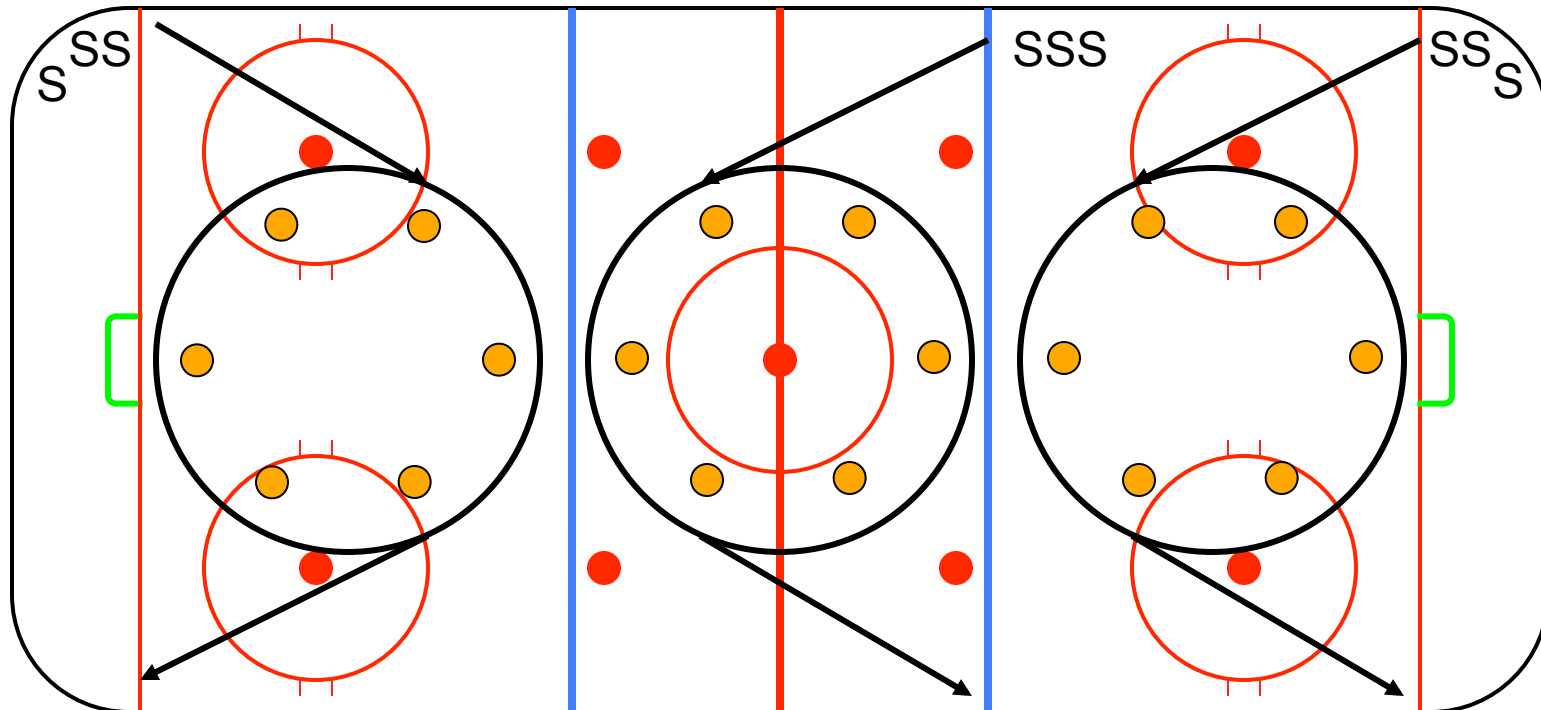
Line Drills Puckhandling (Basic Progression)

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

Hexagon Crossovers

Skilled Mites and Above
5-10 Minutes



Description

Players will start in the corner of a zone and skate out to top cone in the hexagon shown. Once at the top cone the skater will take one step at each cone and must balance on a single edge between the cones. This is a within a Crossover type process, so your edges that you will be on between cones will be in a repeating pattern as follows; inside, outside, inside, outside, inside, outside. There should be only 6 steps each time around the circle. Typically this drill is done with only one time around the circle for each skater before heading into the other corner of the zone. Players should be spaced out tightly to keep lots of players moving, but not too tight so they interfere with each other.

Objective

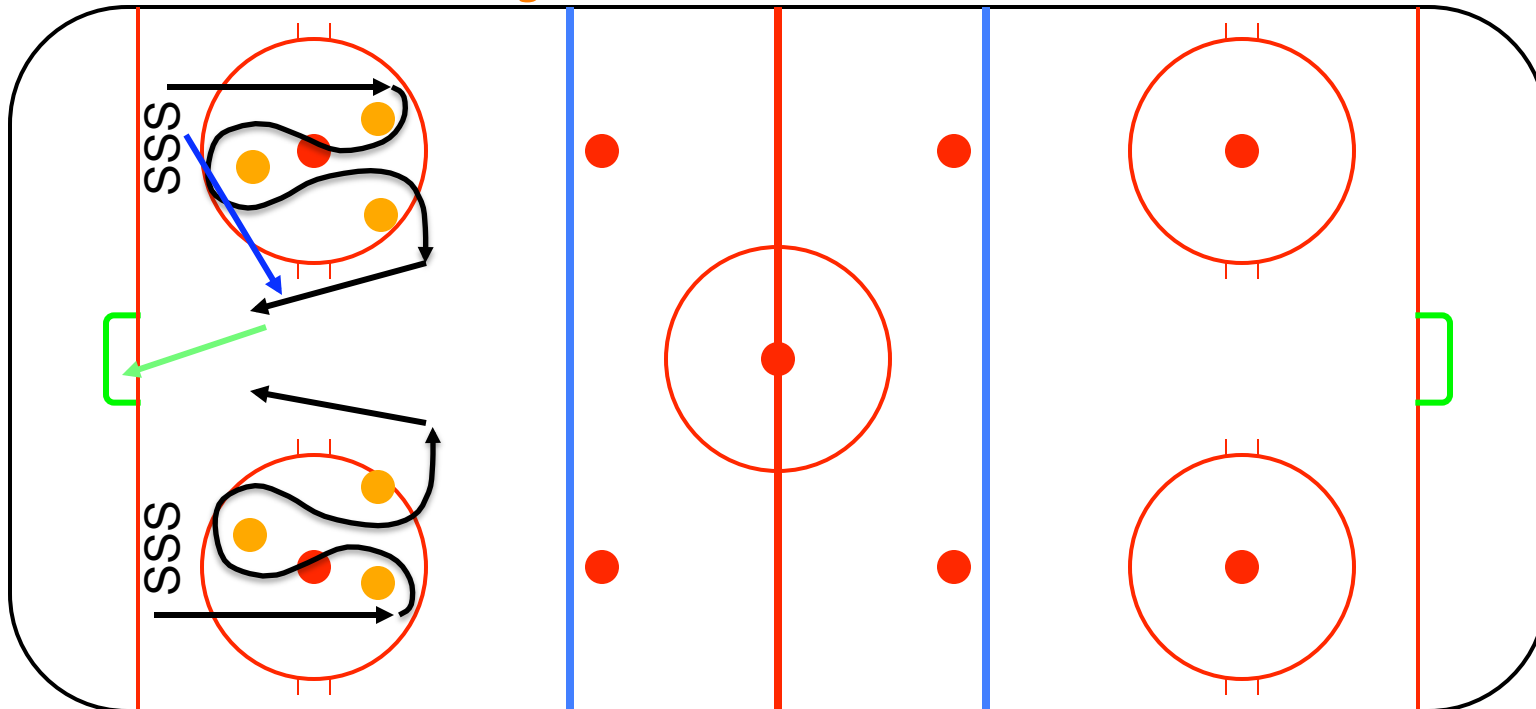
To force players into having more comfort on their edges during crossovers and to give them time to exaggerate key points such as knee bend, extension with both legs, posture, etc. The glide times force them to get power out of each push as well.

Progression

1. Forward Edge Focus Delayed Crossovers
2. Forward Knee Bend / Extension Focus Continuous Crossovers
3. Both of the above with a bigger hexagon.
4. Same process backward

3 Cone Multitasking 1 Zone Station Style

10-20 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. 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. This can also be done as a continuous drill with the guy behind passing to the player in at the end of the drill and activating after that or simply activating when the player in front shoots if it is a “with puck” version.

Objective

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

Progression

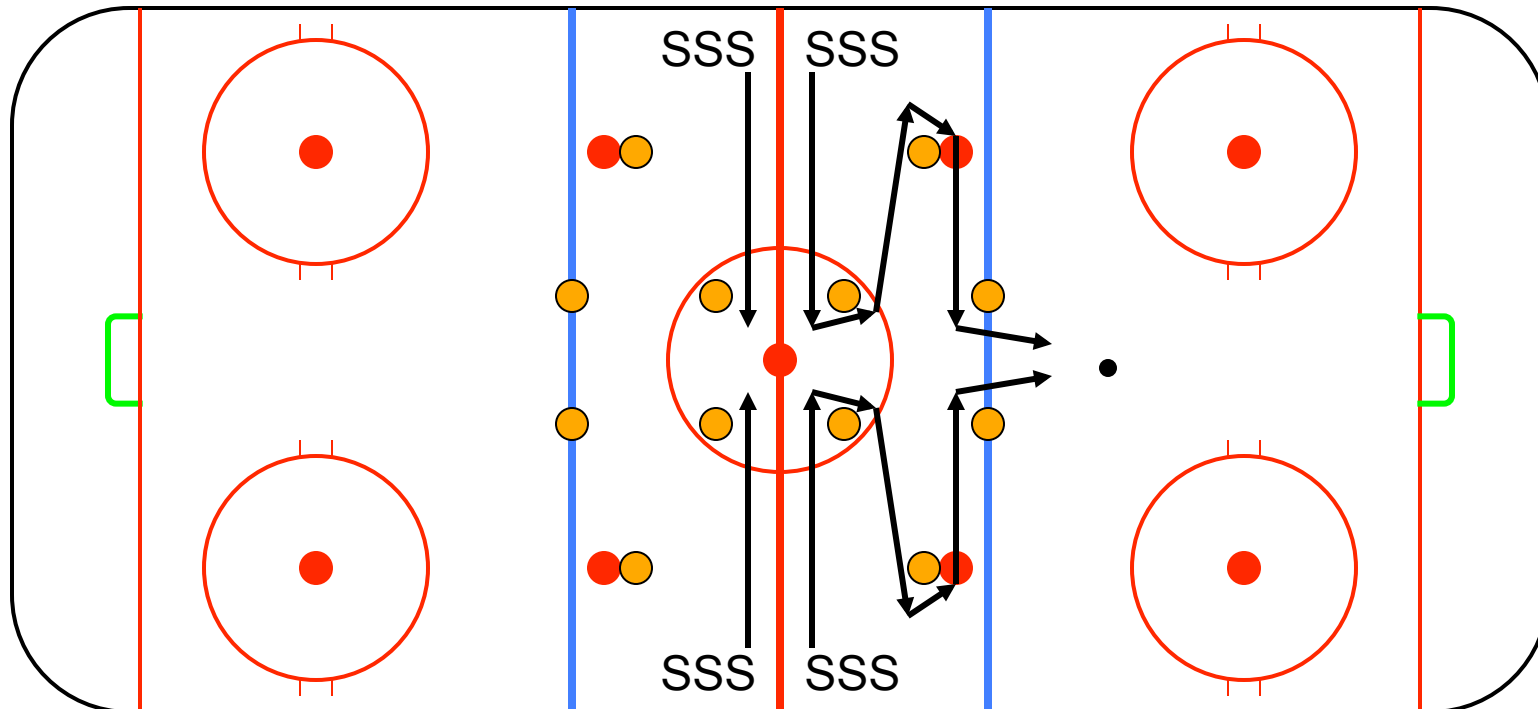
1. 3-Cone multitasking has an extensive progression that can be built from the basic path and this simply involves applying different skills at each cone or even in between the cones. Outside of this, it is typical that one will progress from doing this without a puck and then doing it with a puck.



LPR RL 2

3 Turn Races

Advanced Mites and Above – 15-30 Minutes



Description

This drill facilitates first, technical instruction on skating maneuvers and then a competitive setting that motivates players for very high tempo execution. Players will form four lines each along the boards and facing the place where the center red line intersects the side boards. From here, all four lines will send a player through the drill simultaneously. Each player will skate to a cone near center ice and then do a power turn of about 180 degrees, will skate to another cone, do a power turn the other way of about 180 degrees, and then skate to their last cone power turning about 90 degrees. If it is a race, they will find a loose puck there or carry a puck through a finish area that is set up. They switch lines every time.

Objective

This drill gets a lot of kids performing the skills at once and motivates players to perform at a very high tempo. Skills should be done correctly to the degree possible, but the competition here is the key to the drill as it facilitates game-realistic execution.

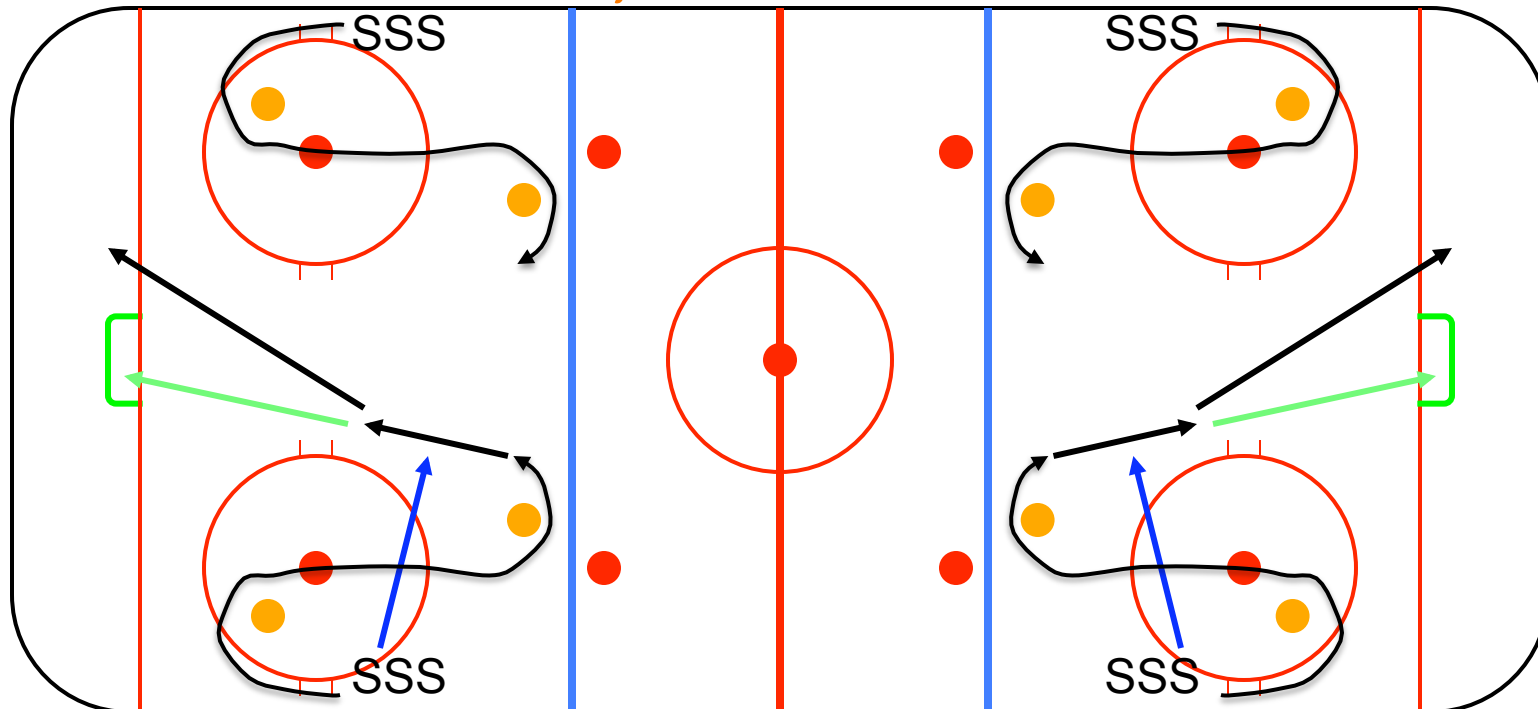


Progression

1. Power Turns No Pucks
2. Power Turns Loose Puck Races
3. Power Turns With Puck Races
4. All three variations with Heel-to-heel turns (360 degree turn at last cone)
5. All three variations with face-same-way transitions at the first two cones
6. All three variations with stop-spins at the cones (spray the cone and spin away from it – the second cone should be pushed wider toward the sideboards for this version)

Shooting Focus Drill Set Up (4 Nets is Preferred)

10-40 Minutes



Description

Players will line up in the four corners of the rink and skate in the path shown. If going with a puck, they will come around the second cone with the puck in front of them until they are skating toward the net. Then they will quickly pull the puck to a shooting position and release quickly. If they are going without the puck they will receive a pass from the next skater in line after the second cone and will work on getting the puck to the shooting position as quickly as possible from the pass and releasing quickly. This is most commonly done while working with a snap shot technique.

Objective

To work on shooting technique while in motion eventually building to very quick release skill with high velocity and good accuracy.

Progression

1. Forward with Power turns
2. Forward Backward Forward
3. With Puck using a Quick Pull Back for the Shot
4. Without Puck and With Pass to the Forehand from the Next guy in line for Catch and Shoot Work
5. Pass to Backhand
6. Pass Into Skates and Release and Shoot

