

# CKM Sports Drill Book

Sample

Thursday, December 4, 2025

As a forward areas of focus are a physical presence, solid against the walls, pressure on the puck, and have the ability to create space, have great vision, puck movement, tempo control, the ability to creating options have exceptional finishing ability, timing, and are a scoring threat anywhere responsible with the puck, reliable in all three zones, great with reads & pressure. Players who

Your focus should be:

- Peeling pucks off walls and puck retrievals
- Driving pucks low offensively
- Puck battle drills along the walls
- Cutting off plays in the neutral zone physically
- Hitting
- Self chips with speed
- Passing at speed
- Forward punch turns
- Skate tracks and crossovers
- Driving pucks low offensively
- The high flip
- One-timers
- Passing at speed (for catch-and-release timing)
- Skate tracks and crossovers (for finding shooting lanes)
- Self chips with speed (separation into shooting areas)
- Defensive coverage on the backcheck
- Cutting off plays in the neutral zone physically
- The crackback in the defensive zone
- Peeling pucks off walls and puck retrievals (defensive application)
- Self chips with speed (zone exit tool)
- Faceoff drills

Stick with these, be intentional with the work, and check in on your progress as you go.

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### **Angle & Retrieve Drill (Strong-Side Wing Focus)**

**Purpose:** Work on angling, shoulder checks, and quick puck retrieval along the wall under light pressure.

**Setup:**

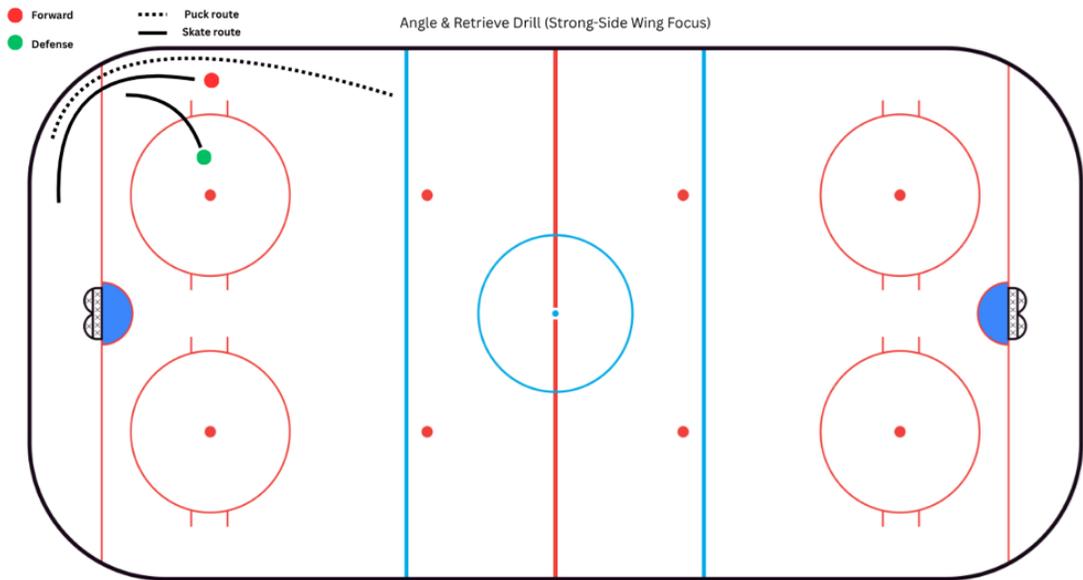
- Start the forward on the half-wall near the defensive zone faceoff circle.
- Coach dumps puck into the corner.

- On whistle, the forward skates to retrieve it, checking over both shoulders.
- A coach or another player pressures lightly from behind.

**Progression:** Add a pass back to a support D or a chip up the wall.

**Coaching Points:**

- ✓ Shoulder check before and during approach.
- ✓ Use skating edge to stop quickly and pivot.
- ✓ Get your body between the puck and pressure.
- ✓ Stick on the inside (toward the play), not on the boards.



**Rim Retrieval to Outlet Drill (Breakout Pattern)**

**Purpose:** Simulate a rimmed puck during a breakout for a winger.

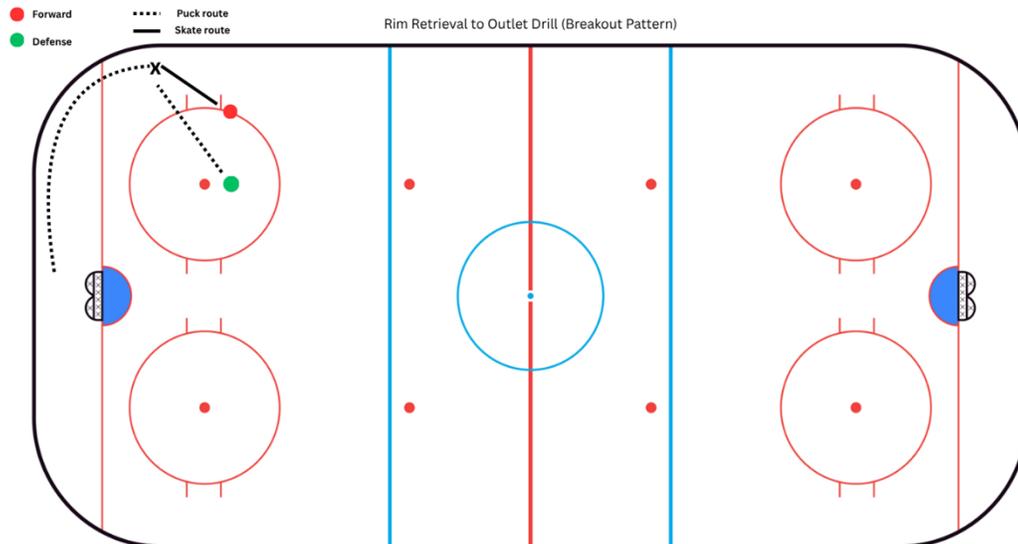
**Setup:**

- Coach stands behind the net and rims a puck around the boards.

- The forward starts from the hash marks and skates down the wall to retrieve.
- Retrieve, absorb contact (from a pad or coach stick pressure), and make an outlet pass to a supporting D or center.

**Coaching Points:**

- ✓ Angle stick blade and body to catch the rim cleanly.
- ✓ Use body to shield and pivot up-ice.
- ✓ Don't panic under pressure—make a clean play.



**Reverse Shoulder Check Retrieval Drill (Support Pass Read)**

**Purpose:** Teach forwards to retrieve with awareness and find the best support option.

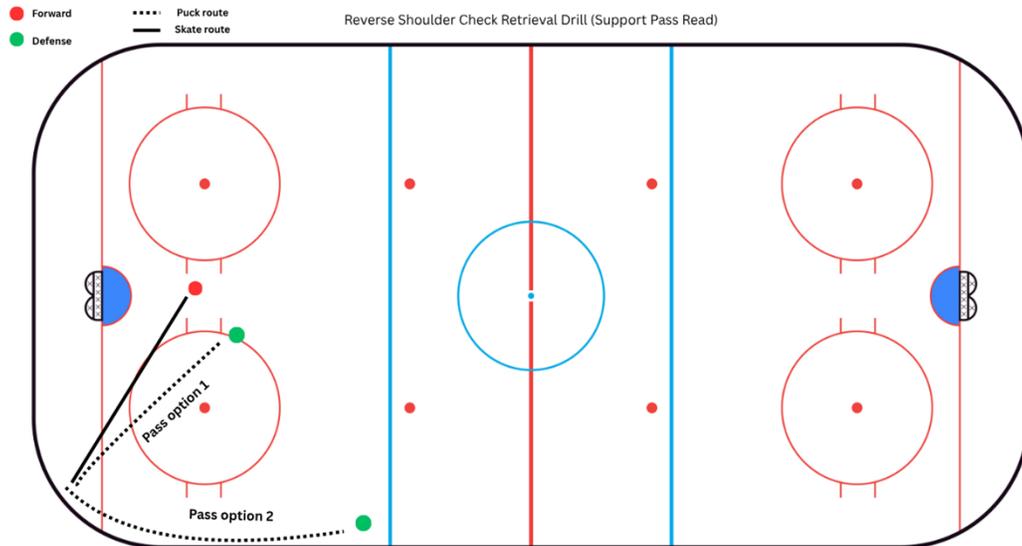
**Setup:**

- Coach places puck in the corner.

- Forward skates in from the slot.
- Shoulder checks both sides before puck retrieval.
- A support option (D or C) shows either up the wall or in the middle.
- Forward must retrieve, pivot, and make the right pass.

**Coaching Points:**

- ✓ Head on a swivel to read the ice early.
- ✓ Stick blade protects the puck on the wall.
- ✓ Quick pivot and escape into space.



**Pressure Retrieval Drill (Live 1v1 or 1v2)**

**Purpose:** Add realistic pressure to improve poise and physicality under duress.

**Setup:**

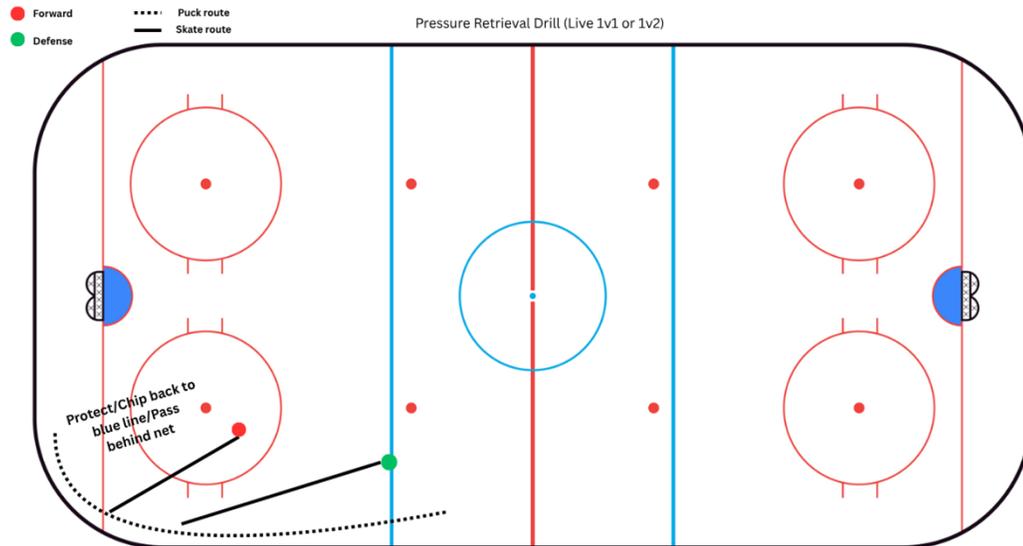
- Coach dumps puck into the corner.

- One forward retrieves. A defender starts at the blue line and pressures.
- The forward must retrieve, protect, and either escape or chip to support.

**Progression:** Add a second F for wall support or a second D for 2v2 battle.

**Coaching Points:**

- ✓ Protect the puck with your body, not just reach with your stick.
- ✓ Use quick cutbacks or reverses.
- ✓ Communicate with teammates for outlet options.



**Punch Turn Retrieval Drill**

**Purpose:** Improve cutback and redirection off the wall when under pressure.

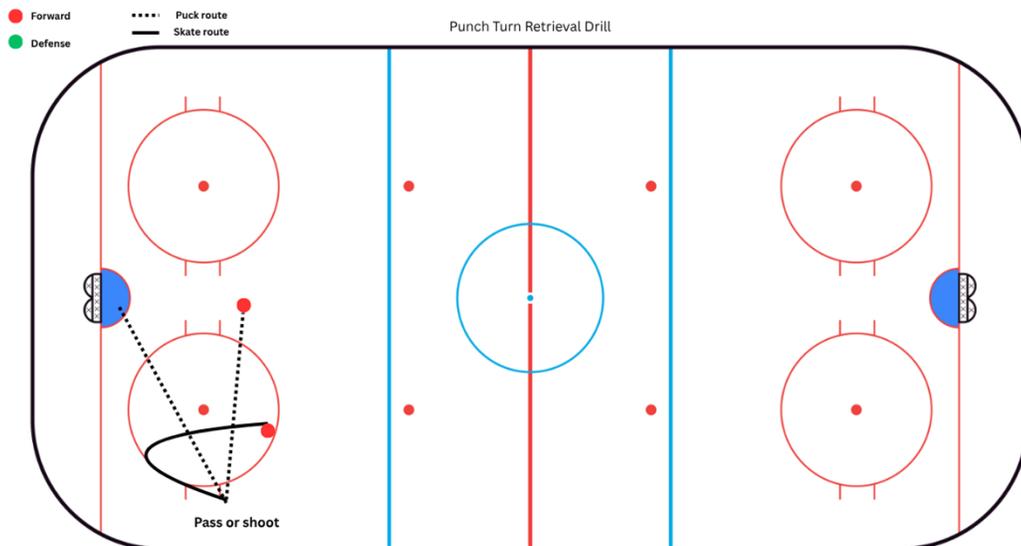
**Setup:**

- Place puck at the bottom of the circle or near the hashmarks.
- Forward retrieves, then immediately executes a punch turn or cutback around a coach (or cone) simulating pressure.

- Accelerate out and pass to a coach or shoot on net.

**Coaching Points:**

- ✓ Keep knees bent and explode out of the turn.
- ✓ Stick in tight with puck close to the feet.
- ✓ Make a decision quickly after the escape.



**Continuous Retrieval & Cycle Drill**

**Purpose:** Develop puck retrieval in offensive zone with support cycling.

**Setup:**

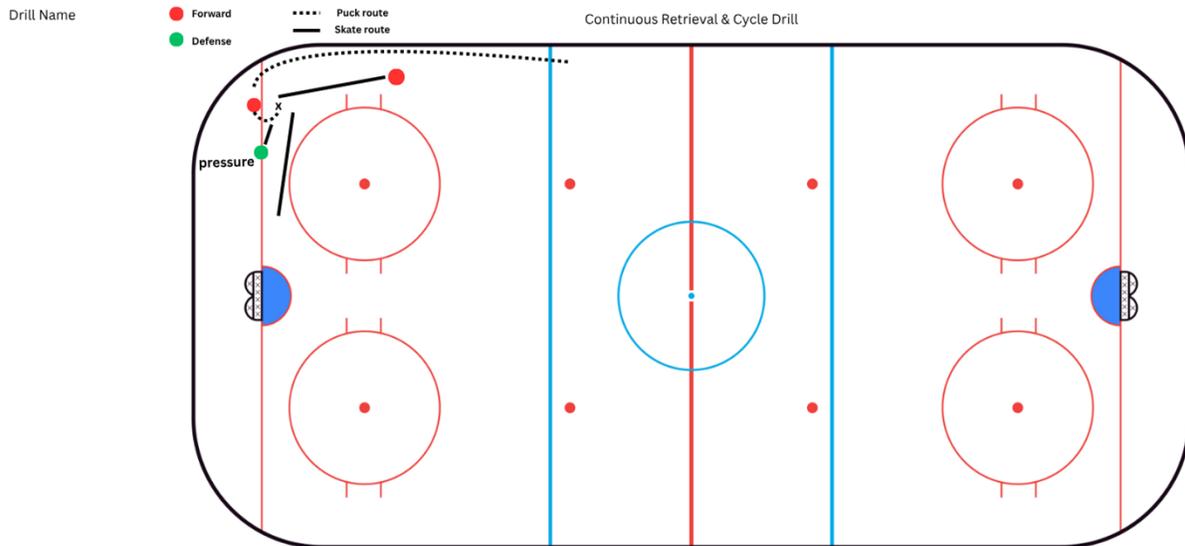
- Two forwards start in the corner.

- Coach rims or soft chips the puck around the boards.
- First forward retrieves and bumps the puck to the second forward in motion.
- Second F cycles back to the original retrieval spot or attacks the net.

**Progression:** Add a defender to apply soft pressure or break up the cycle.

**Coaching Points:**

- ✓ Communicate during puck retrieval.
- ✓ Angle hips to protect and pass off the wall.
- ✓ Use fast puck movement to escape pressure.



**Wide Drive to Net or Delay Drill**

**Purpose:** Help forwards decide when to take the puck deep vs. cut to the middle.

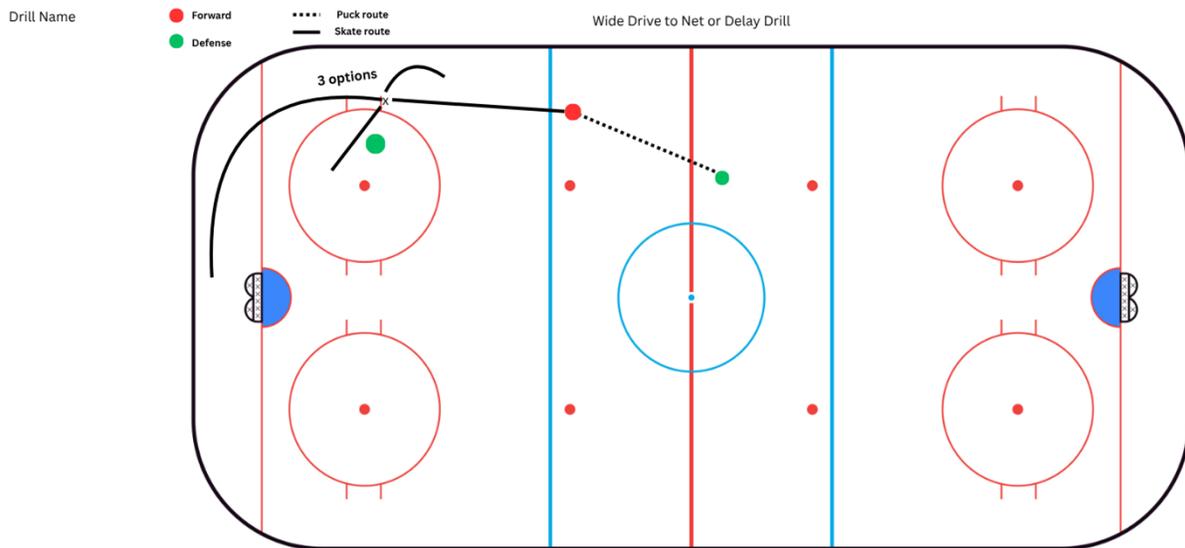
**Setup:**

- Forward starts on the wing with a pass from the D.

- Drives wide into the offensive zone with a defender applying gap pressure.
- Player must make one of three reads:
  - Cut to the net
  - Delay turn below the hashmarks
  - Take it behind the net for a wrap or pass

**Coaching Points:**

- ✓ Shoulder check before entering the zone.
- ✓ Keep feet moving around pressure.
- ✓ Use body to protect puck on delays or cutbacks.



**Chip & Chase Drive Drill**

**Purpose:** Teach players to use chip-ins as a tactical way to get pucks deep.

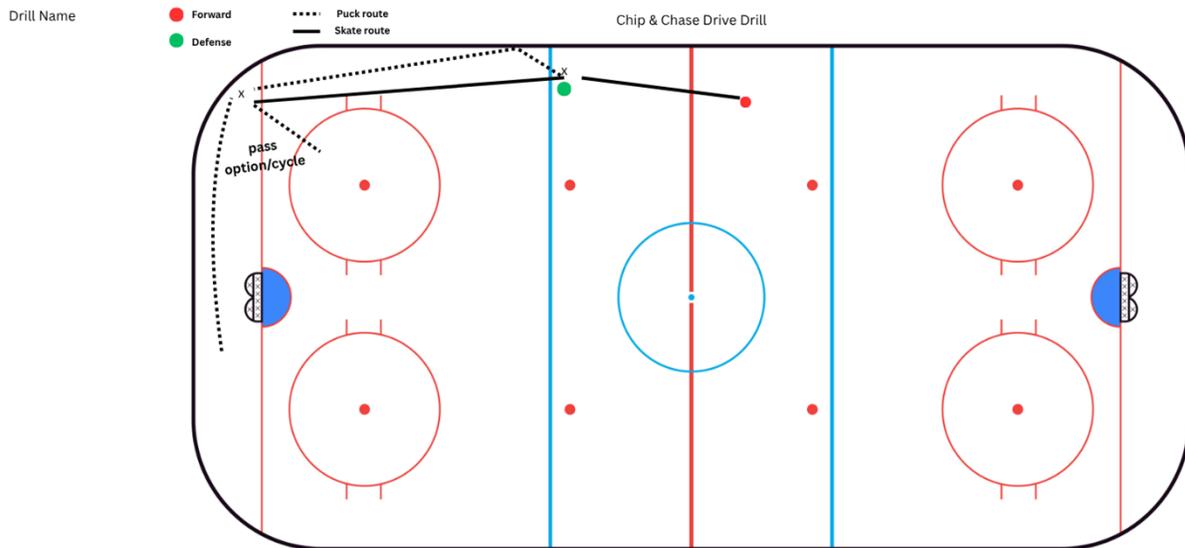
**Setup:**

- Coach stands on the blue line. Forward skates with puck and simulates a defender in the way.

- Forward chips puck off boards and accelerates past the cone or simulated pressure.
- Retrieve below the goal line, protect the puck, and make a play to the slot or cycle.

**Coaching Points:**

- ✓ Chip the puck with purpose — angle it so you can retrieve it.
- ✓ Accelerate after the chip to win the race.
- ✓ On retrieval, get eyes up and protect with your hips.



**Dump & Retrieval with F2 Support Drill**

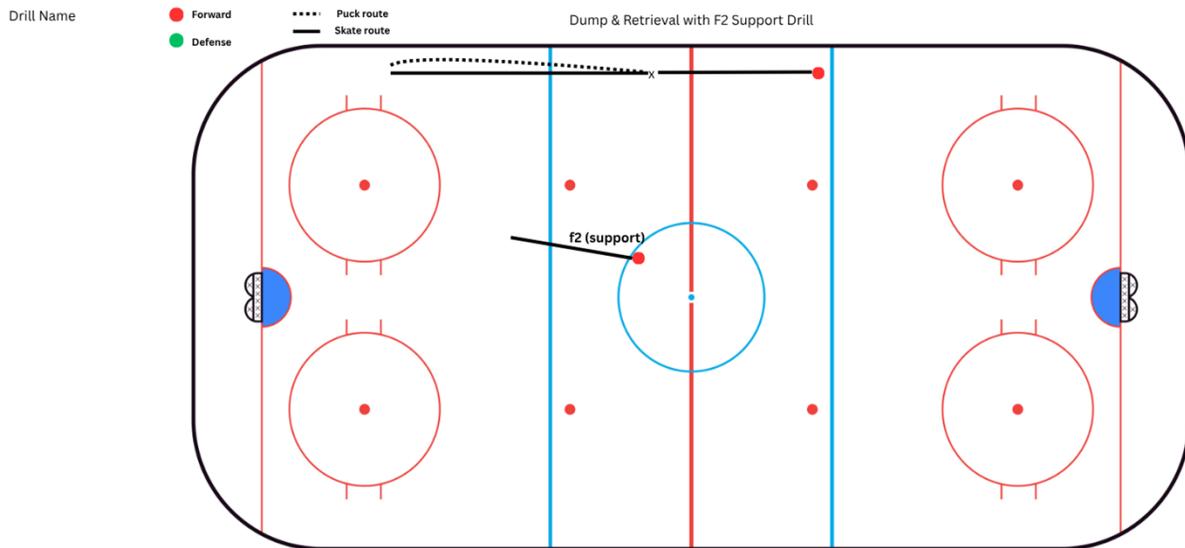
**Purpose:** Teach F1 to get the puck deep while F2 reads and supports.

**Setup:**

- F1 crosses the red line and dumps puck into the strong-side corner.
- F1 retrieves; F2 supports by either reading low (corner cycle) or high (slot support).
- Puck must go low before a play is made to the net.

**Coaching Points:**

- ✓ F1 makes the zone entry safe and purposeful.
- ✓ F2 reads the play and creates a passing option.
- ✓ Communicate, cycle, or drive the net after retrieval.



**Low-to-High Passing Drill**

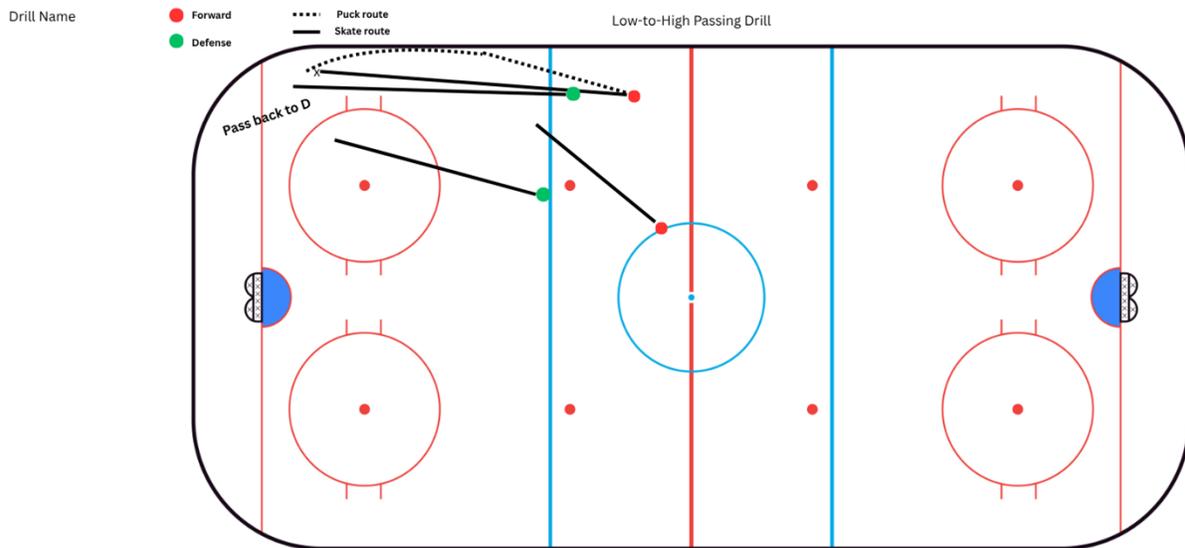
**Purpose:** Reinforce the habit of bringing pucks deep, drawing defenders low, then dishing up top.

**Setup:**

- Start with a 2-on-2 or 3-on-3 in zone.
- Forwards must get puck below the hashmarks before they can pass high.
- Once puck goes low, they look to feed D for a point shot.

**Coaching Points:**

- ✓ Get defenders turning by going below the goal line.
- ✓ Quick turn-ups or reversals after going deep.
- ✓ Time low-to-high pass to avoid blocked lanes.



**Corner Drive & Pop-Out Drill**

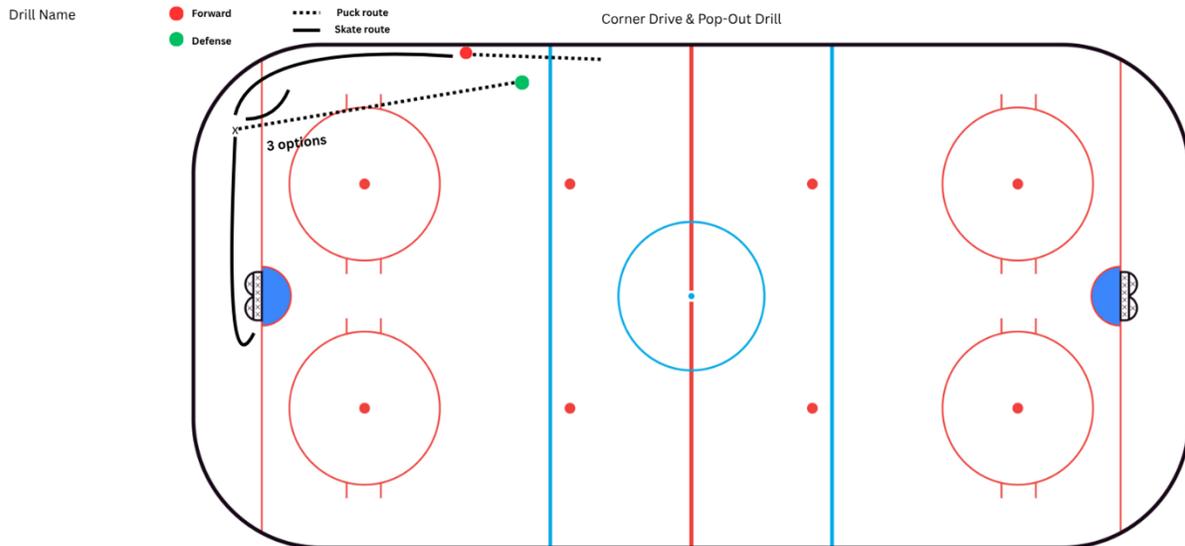
**Purpose:** Teach forwards to get pucks deep and create offense from below the goal line.

**Setup:**

- Forward starts at the half wall, receives a puck, and drives down the wall.
  
- After reaching below the goal line, they either:
  - Cut behind the net for a wrap attempt
  - Pass to a high slot shooter
  - Stop and reverse direction for a quick pop-out

**Coaching Points:**

- ✓ Keep head up through the drive.
- ✓ Make quick, decisive plays from low areas.
- ✓ Use edges and cutbacks to create separation.



**Deep Delay to Trailer Drill**

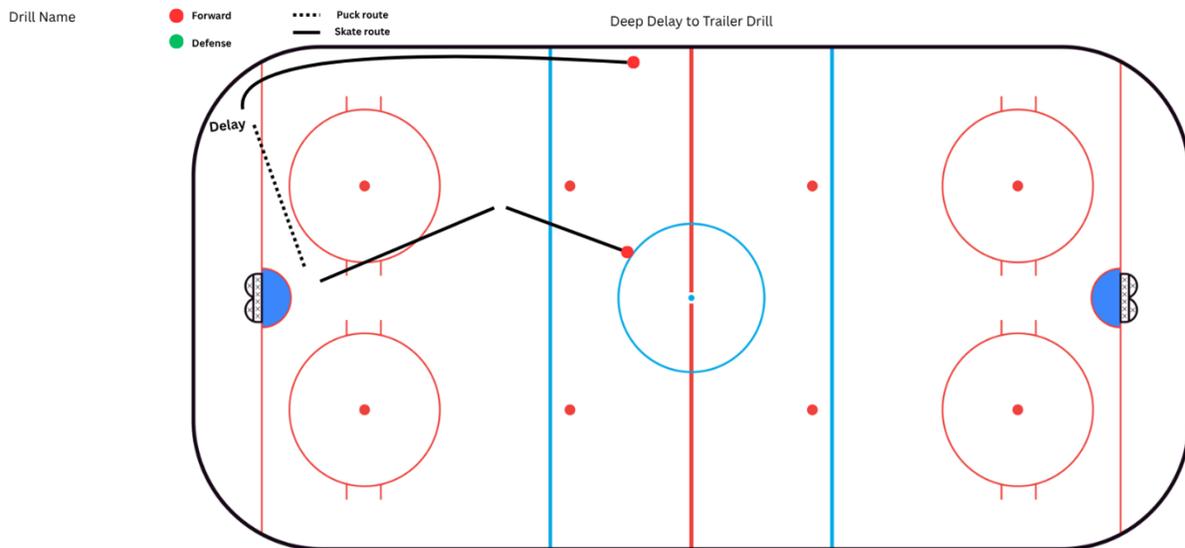
**Purpose:** Develop timing and awareness when puck carrier goes deep and hits trailing support.

**Setup:**

- Forward enters zone and drives puck deep, curling below the goal line.
- A second forward (trailer) enters late and gets into soft ice.
- Puck carrier delays, then finds the late support in the slot.

**Coaching Points:**

- ✓ Timing matters — trailer should be in motion, not standing.
- ✓ Delay long enough to open passing lanes.
- ✓ Puck carrier must use edgework to protect and scan.



**Continuous Cycle & Drive Drill**

**Purpose:** Build the habit of keeping puck movement low and creating lanes by rotating through.

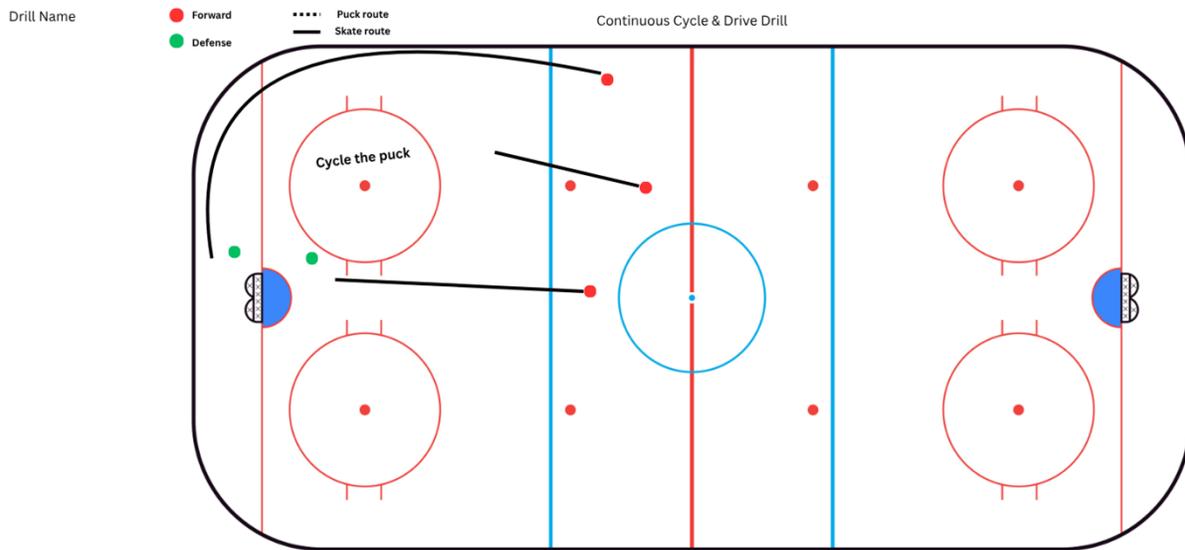
**Setup:**

- 3 forwards cycle puck low for 20–30 seconds.
- One must drive behind the net, one supports low, one rotates high.
- After 3 cycles, they attack the net.

**Coaching Points:**

- ✓ Keep pucks below the hashmarks to force defensive collapse.
- ✓ Communicate throughout cycles.
- ✓ Attack net once space opens up or defenders overcommit.

Puck Battle Drills along the walls



**Wall Pin Battle Drill (1v1)**

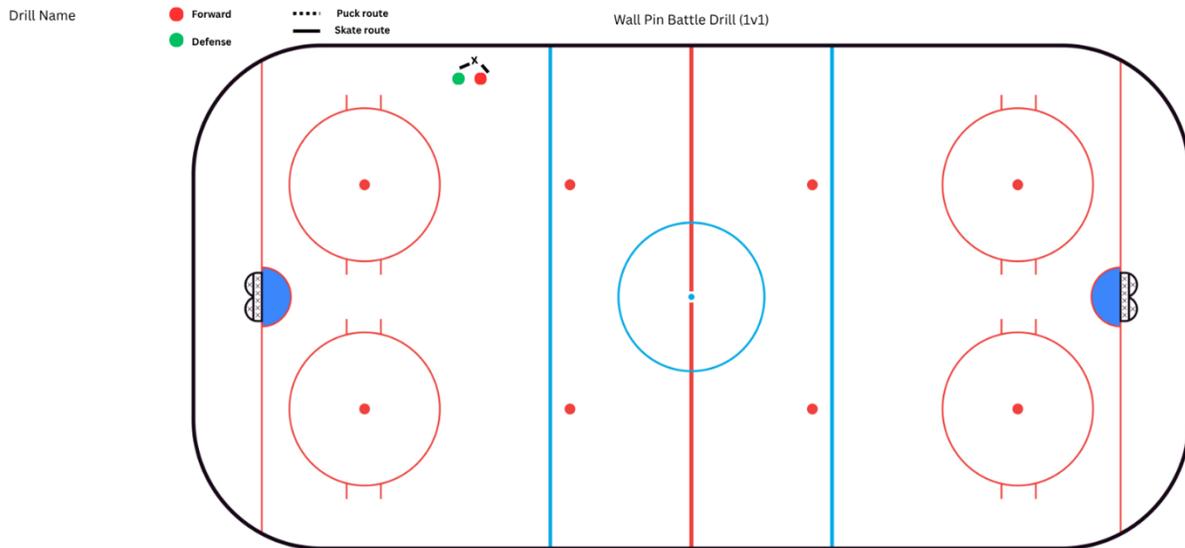
**Purpose:** Teach forwards how to win puck battles when pinned against the boards.

**Setup:**

- Coach places a puck along the wall just above the hashmarks.
- Two players start shoulder-to-shoulder—one inside (defensive side), one outside (board side).
- On whistle, they battle for possession and must either escape with the puck or protect it for 5 seconds.

**Coaching Points:**

- ✓ Stay low and wide—strong base.
- ✓ Use hips and stick to seal and spin off pressure.
- ✓ Win body position before going for the puck.



**Corner Battle & Escape Drill (1v1 with Outlet)**

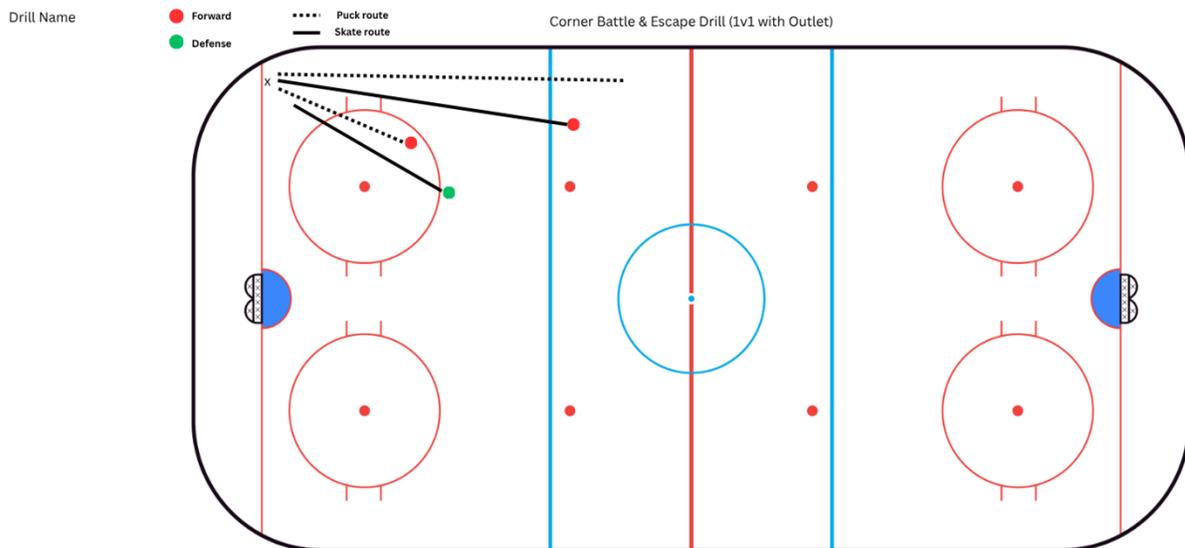
**Purpose:** Train forwards to protect the puck under pressure and find an outlet.

**Setup:**

- Coach dumps a puck into the corner.
- One forward chases and protects; one defender pressures.
- A second forward supports at the half-wall or low circle.
- The puck carrier must escape pressure and make a clean pass.

**Coaching Points:**

- ✓ Use cutbacks, reverses, and shoulder fakes.
- ✓ Read support and move the puck quickly.
- ✓ Body between puck and defender—always.



**Sidewall 2v2 Continuous Battles**

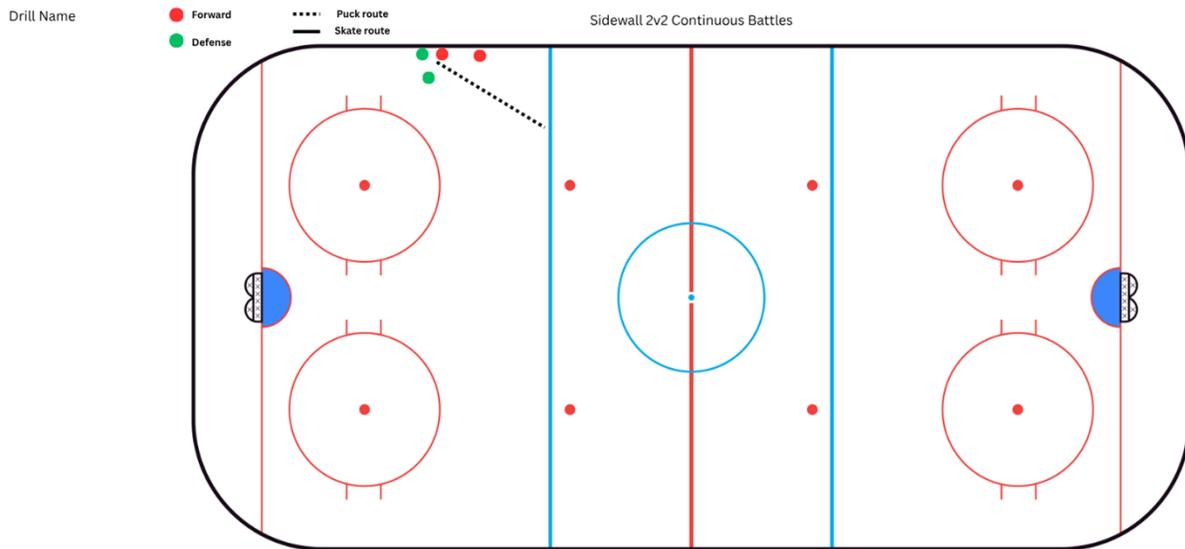
**Purpose:** Create multiple decision-making opportunities under board pressure.

**Setup:**

- 2 forwards and 2 defenders battle in a narrow zone along the boards (from hashmarks to blue line).
- Coach throws in a puck. After each win/loss, coach throws in another puck.
- Drill continues for 30–40 seconds.

**Coaching Points:**

- ✓ Protect and move the puck with purpose.
- ✓ Switch sides of the battle if stalled.
- ✓ Use short passes, quick chips, or skate escapes.



**Shoulder Check Retrieval + Battle (1v1)**

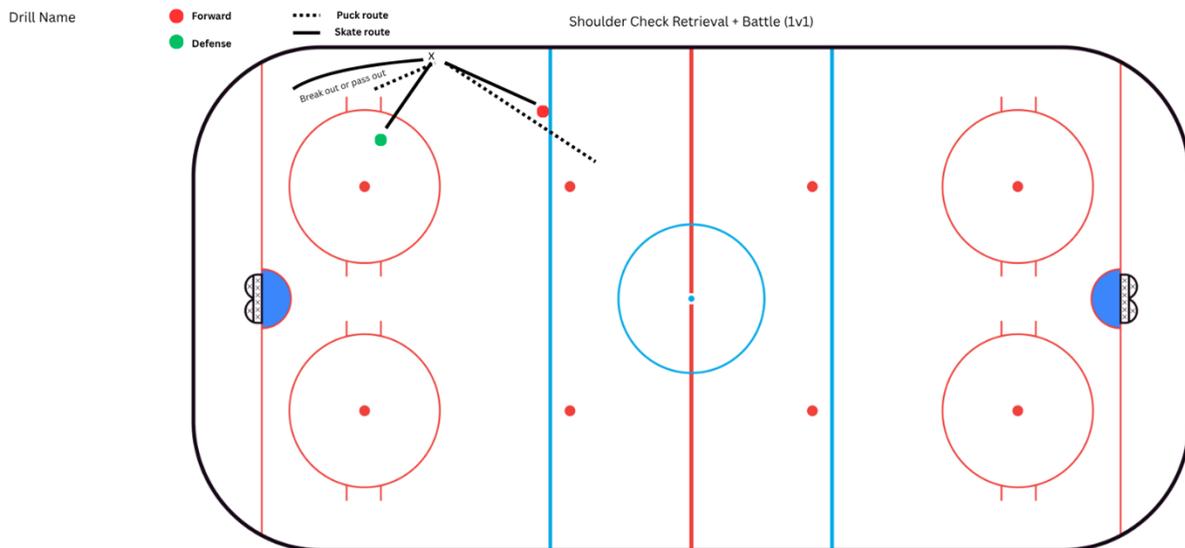
**Purpose:** Combines puck retrieval with immediate physical pressure.

**Setup:**

- Coach soft chips a puck to the boards.
- Forward retrieves, must shoulder check twice on the way.
- Defender starts 1 second behind and pressures immediately.
- Forward must win the battle and make a short breakout pass or skate out.

**Coaching Points:**

- ✓ Check both shoulders to assess pressure.
- ✓ Shield puck and pivot strong side.
- ✓ Keep feet moving to avoid getting pinned.



**Circle Battle to Net Drill**

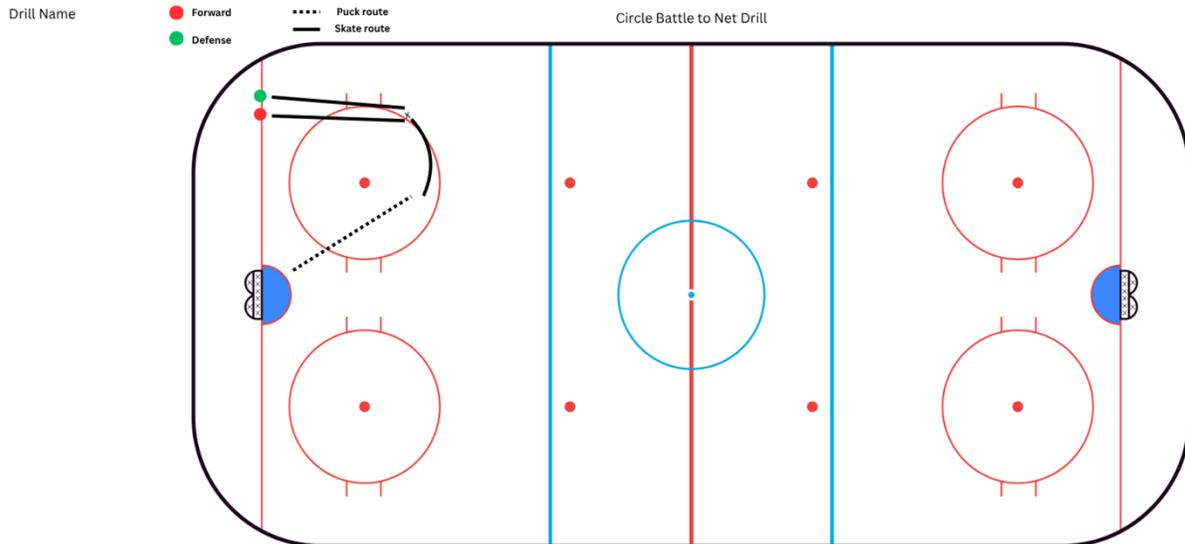
**Purpose:** Encourage forwards to fight off defenders and take puck from the wall to the net.

**Setup:**

- Puck is placed at the top of the circle near the wall.
- Forward and defender start side-by-side.
- On whistle, both players race to the puck.
- Forward must win it and cut to the net. Defender tries to prevent shot.

**Coaching Points:**

- ✓ First step explosion is key.
- ✓ Use body contact to protect during turn.
- ✓ Attack net hard after winning the battle.



**Low Cycle Battle Drill (2v2 or 3v3)**

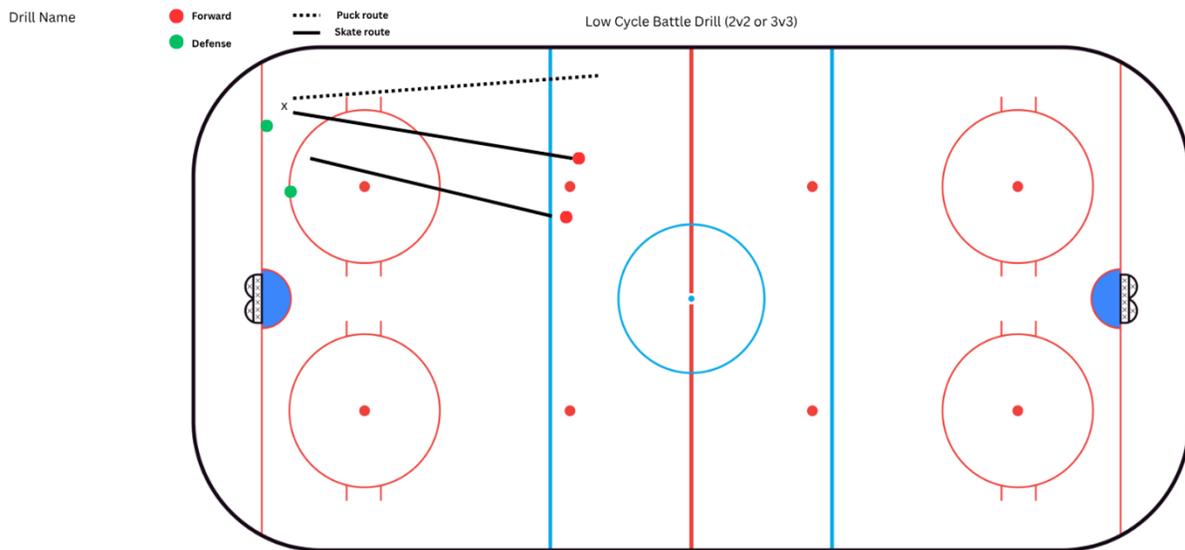
**Purpose:** Practice cycling under pressure and battling to maintain puck possession.

**Setup:**

- Small area in the offensive zone corner.
- Coach throws in puck. Two forwards cycle low and try to create space.
- Two defenders apply pressure.
- Goal is to keep puck for 10–15 seconds or make a clean pass to slot.

**Coaching Points:**

- ✓ Constant movement and communication.
- ✓ If you're stalled, use contact to separate and reset the cycle.
- ✓ Keep your head up even in close contact.



**“Win It, Keep It” Wall Game (Station-Based)**

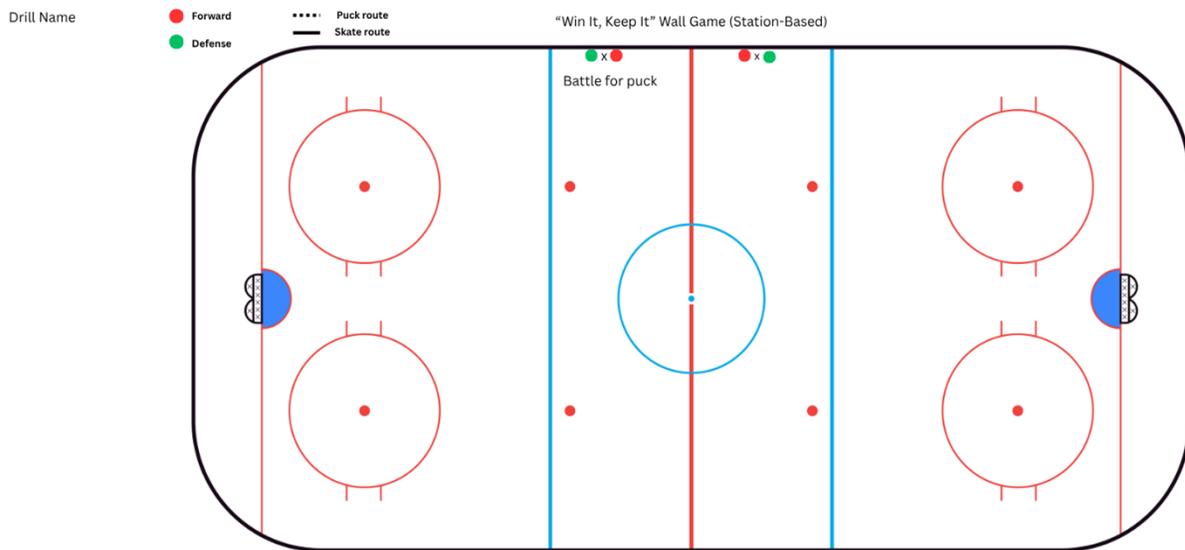
**Purpose:** Pure competitive puck battle in a tight wall zone.

**Setup:**

- Divide boards into 3–4 short lanes (can use cones or sticks).
- Place puck in each. Two players battle for 8–10 seconds.
- Winner keeps puck; loser immediately rotates out for new opponent.
- Keep score or rotate rounds quickly.

**Coaching Points:**

- ✓ Explosive starts, then anchor down to win position.
- ✓ Stick on puck, body on body.
- ✓ Quick transitions from retrieval to protection.



**Quick Pop One-Timer Drill**

**Purpose:** Work on timing & quick stick positioning for slot shots.

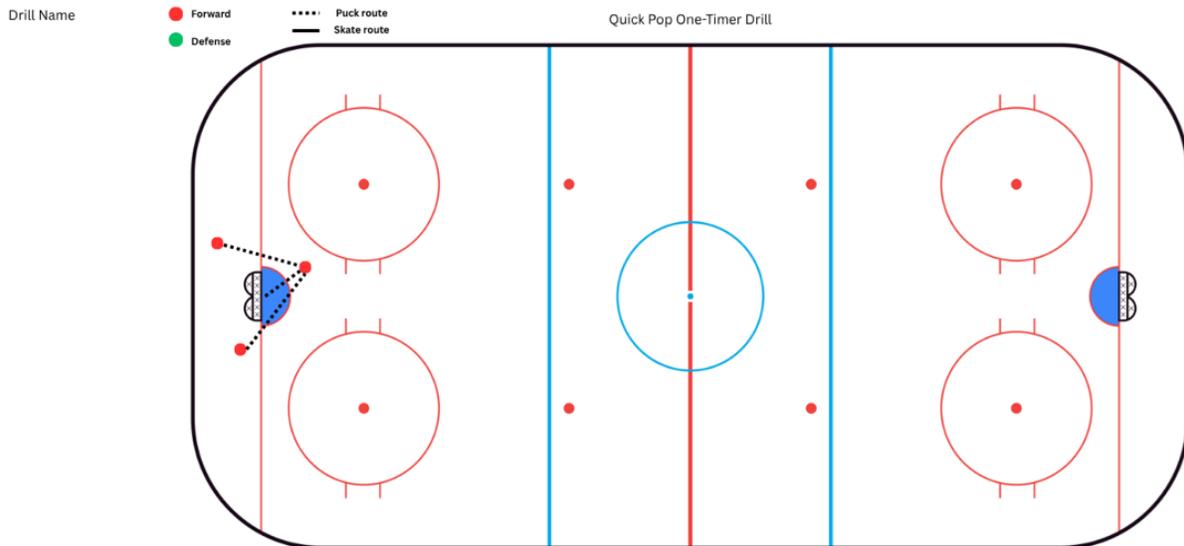
**Setup:**

- Forward starts low in the slot.
- Coach or partner passes from below the goal line or corner.
- Puck is passed into the soft ice for a one-time shot.

**Progression:** Pass from both sides to force players to adjust stick angle and feet.

**Coaching Points:**

- ✓ Stick on the ice early.
- ✓ Knees bent, ready to shift weight.
- ✓ Meet the puck out in front, not beside you.



**Cross-Ice One-Timer Drill (Power Play Look)**

**Purpose:** Simulates weak-side one-timers on the PP.

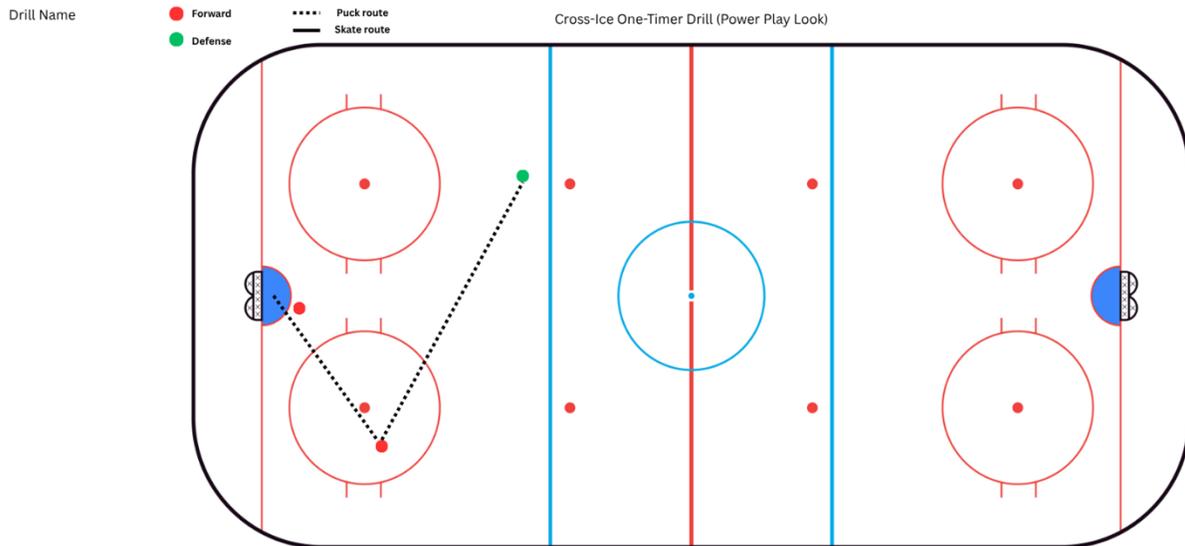
**Setup:**

- Forward sets up on the off-wing flank.
- Coach or D passes across the zone from the blue line or opposite wall.
- Forward steps into the pass for a one-timer.

**Progression:** Add a “bumper” option for deception or redirection.

**Coaching Points:**

- ✓ Keep stick blade open and ready.
- ✓ Time the weight transfer—don't slap early.
- ✓ Shoulder check before the pass to know your angle.



**Skate to Open Ice One-Timer**

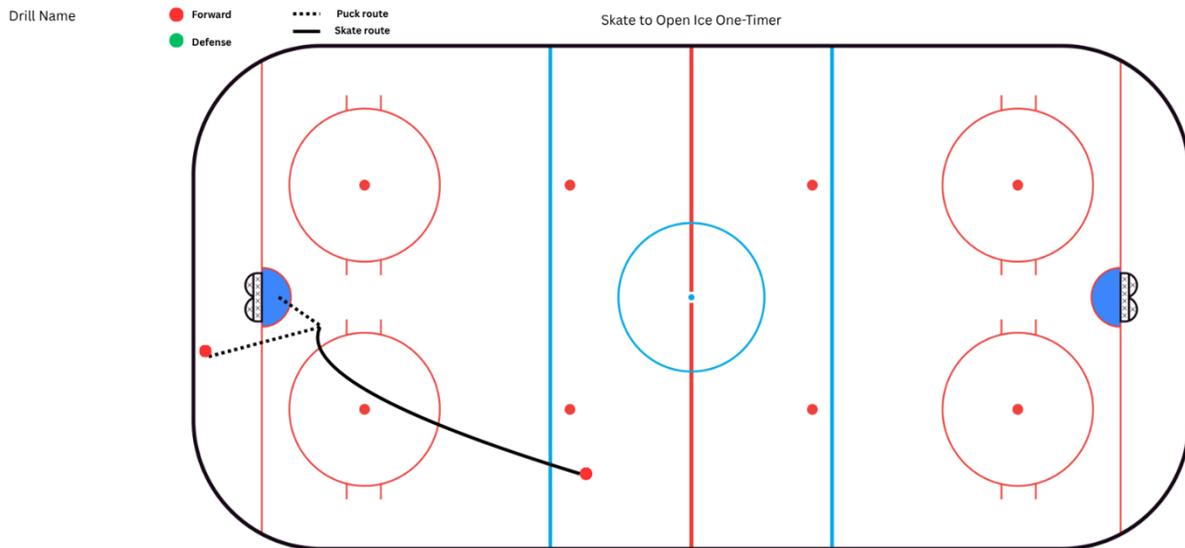
**Purpose:** Teach forwards to find lanes before the shot.

**Setup:**

- Forward starts in motion, weaving through cones or changing layers.
- On coach's cue, they pop into open space (slot or dot lane).
- Pass comes from half wall or behind net—one-time shot on arrival.

**Coaching Points:**

- ✓ Move first—get open, then shoot.
- ✓ Feet should be set *just before* the puck arrives.
- ✓ Catch the puck in your shooting lane, not across your body.



## Point Shot Tip to One-Timer Drill

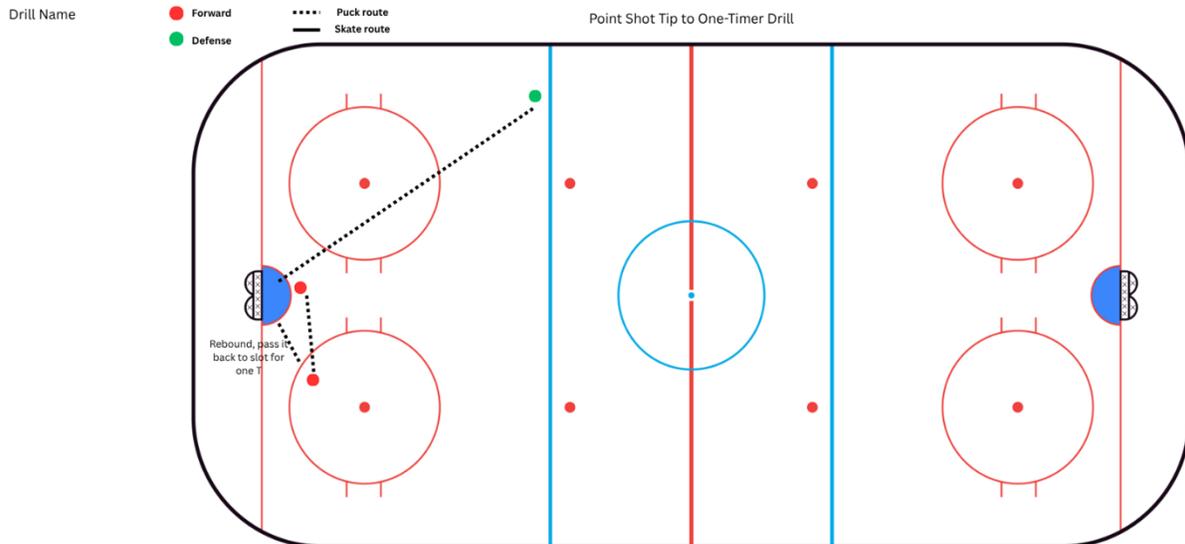
**Purpose:** React to rebounds or tips and shoot quickly.

**Setup:**

- D or coach takes a shot from the blue line.
- Forward at the net either tips or screens.
- If puck rebounds to open ice, another coach passes it across to the forward in the slot for a one-timer.

**Coaching Points:**

- ✓ Always be ready after the tip or screen — expect the puck.
- ✓ Reset stick angle quickly for second shot.
- ✓ Look for rebound lanes, not just the net.



## 2-FWD Low One-Timer Pass-Off Drill

**Purpose:** Practice timing one-timers from short passes below the circles.

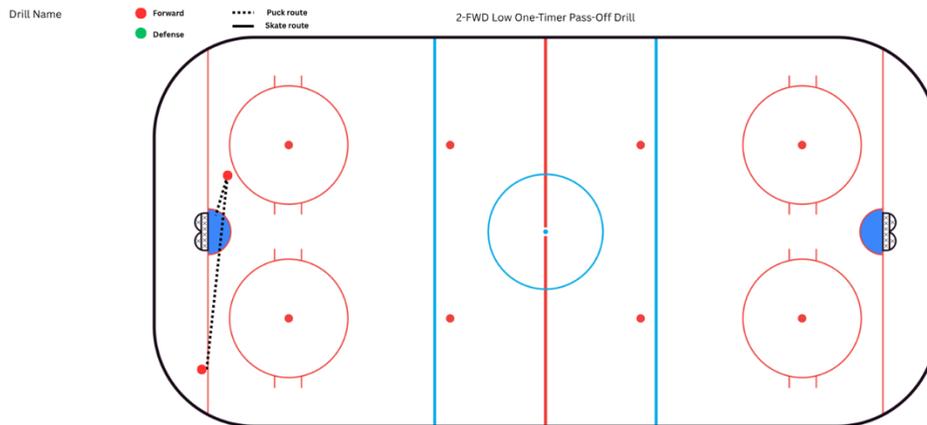
**Setup:**

- 2 forwards in the corner/low half-wall zone.
- One forward makes a quick pass across or behind net, the other one-times from a sharp angle.

**Progression:** Move into triangle passing with a bumper.

**Coaching Points:**

- ✓ Quick release even on bad angles.
- ✓ Keep blade closed if you're close to the net to control elevation.
- ✓ Stick pressure matters—be strong through the shot.



## One-Timer Chaos Drill (Rebound + Cross-Ice)

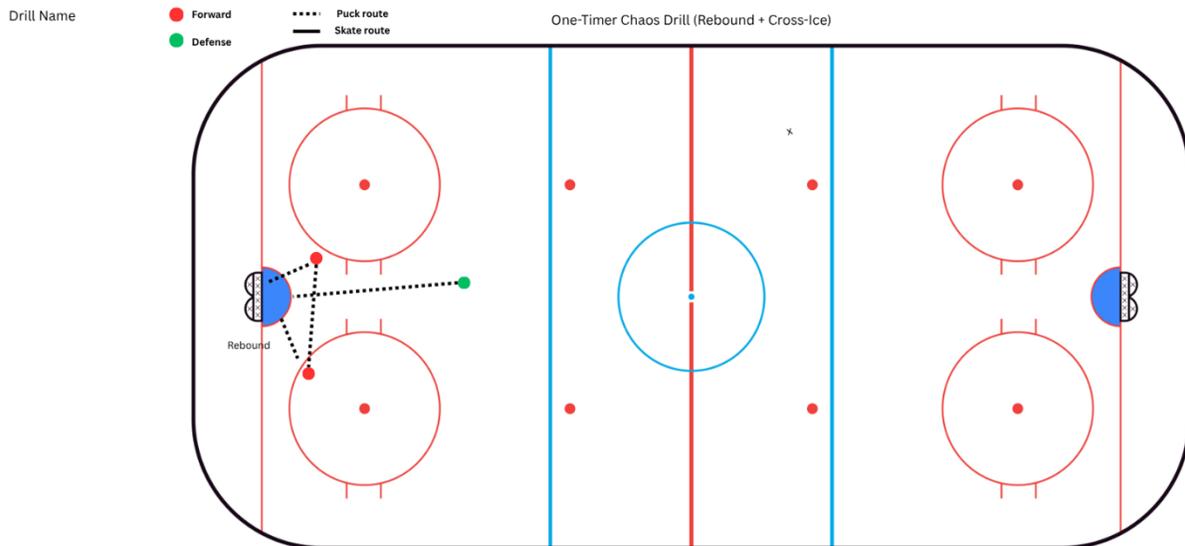
**Purpose:** Train fast decision-making and tracking.

**Setup:**

- Coach shoots low on net to create rebound.
- 2 forwards at slot/off-dot.
- Whichever forward doesn't get the rebound gets a quick cross-ice pass for a one-timer.

**Coaching Points:**

- ✓ React quickly—read where the puck goes.
- ✓ Be set and ready, stick in shooting lane.
- ✓ Call for it loud.



## Continuous 3-Puck One-Timer Drill

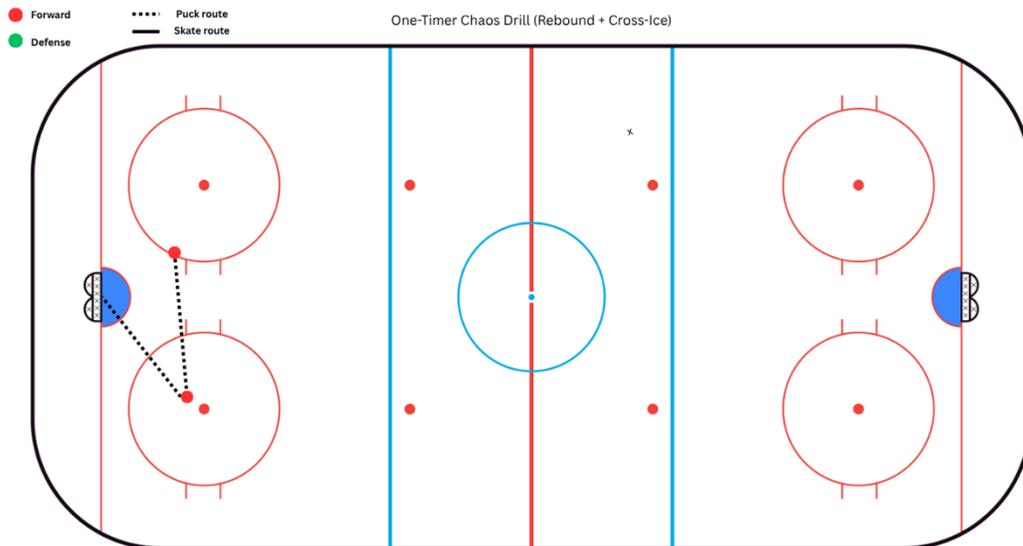
**Purpose:** Build rhythm and endurance for one-time shooting.

**Setup:**

- Forward in their shooting spot (slot, dot, flank).
- Coach has 3 pucks lined up, passing one every 2–3 seconds.
- Forward takes three consecutive one-timers, focusing on clean contact each time.

**Coaching Points:**

- ✓ Reset body and stick each time.
- ✓ Don't overswing—it's about contact and timing, not power.
- ✓ Eyes on the puck until it's off the blade.



## Reaction & Quick Draw Drill (1v1)

**Purpose:** Improve hand speed and reaction off the whistle.

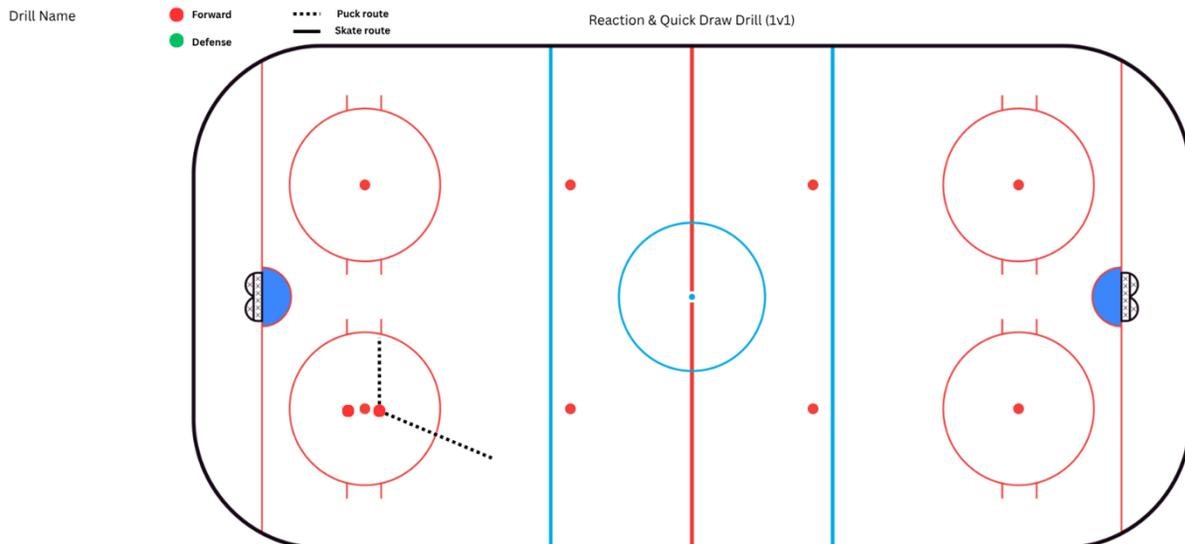
**Setup:**

- Two players line up at the dot with coach holding the puck.
- On *whistle, hand clap, or puck drop*, players battle to win it clean.
- Winner must push puck back or sideways to coach target (simulate D).

**Variations:** Use a tennis ball to force softer hands and quicker reactions.

**Coaching Points:**

- ✓ Eyes locked on puck.
- ✓ Bottom hand snaps quickly, top hand rotates.
- ✓ Get low — strong base wins leverage.



## Win & Execute Drill (with D support)

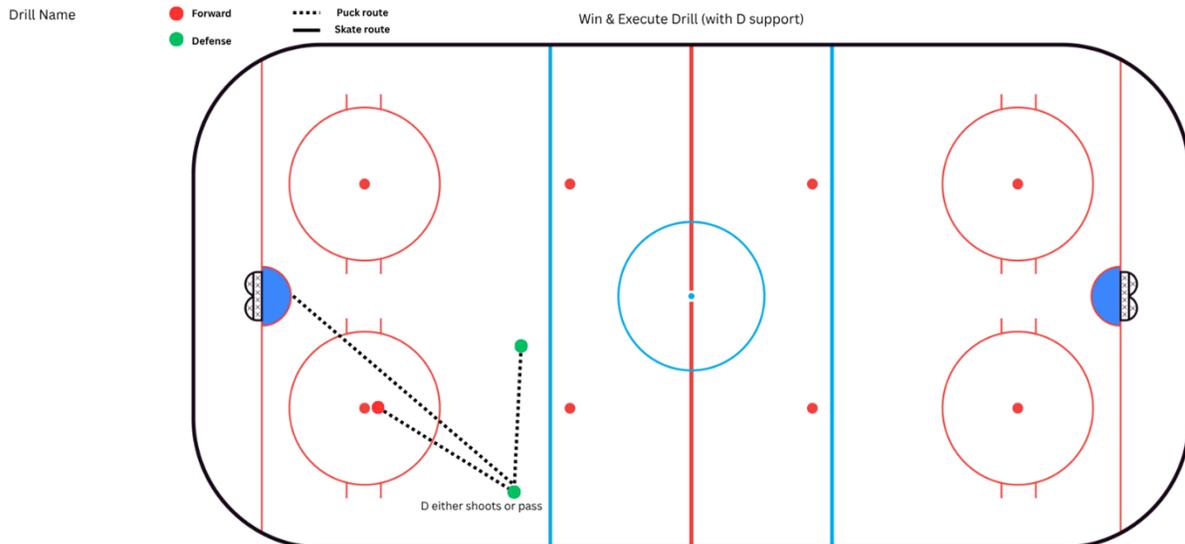
**Purpose:** Reinforce set-up draw wins with puck support.

**Setup:**

- 1 C + 2 D.
  
- After clean face-off win, puck must go back to D, then D makes a play (shot, pass, breakout).
  
- Repeat 5–6 times with timing cue from coach.

**Coaching Points:**

- ✓ Wingers must be set and still before draw.
- ✓ C communicates play type pre-draw (e.g., “wheel,” “rim,” “clean back”).
- ✓ Fast execution after win — don’t waste the possession.



## Tie-Up & Win Drill (1v1 + Support)

**Purpose:** Teach players how to tie-up on draws and rely on winger to retrieve.

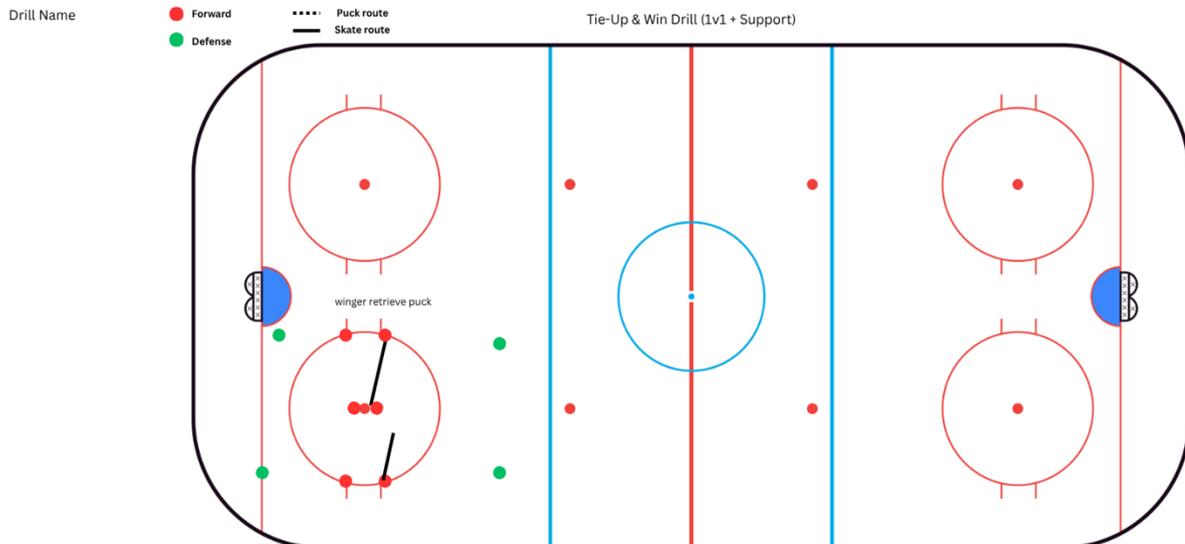
**Setup:**

- Center vs center, winger lines up on side.
  
- C's tie each other up intentionally, winger must jump in and retrieve puck.

**Progression:** Add full line to simulate O-zone/D-zone faceoff execution.

**Coaching Points:**

- ✓ Stick tie-up first, then body engagement.
- ✓ Wingers: be explosive off the line — puck isn't waiting.
- ✓ Have a plan: puck placement matters.



## Backhand Win Placement Drill

**Purpose:** Focus on backhand draws to exact target (under pressure or off-hand).

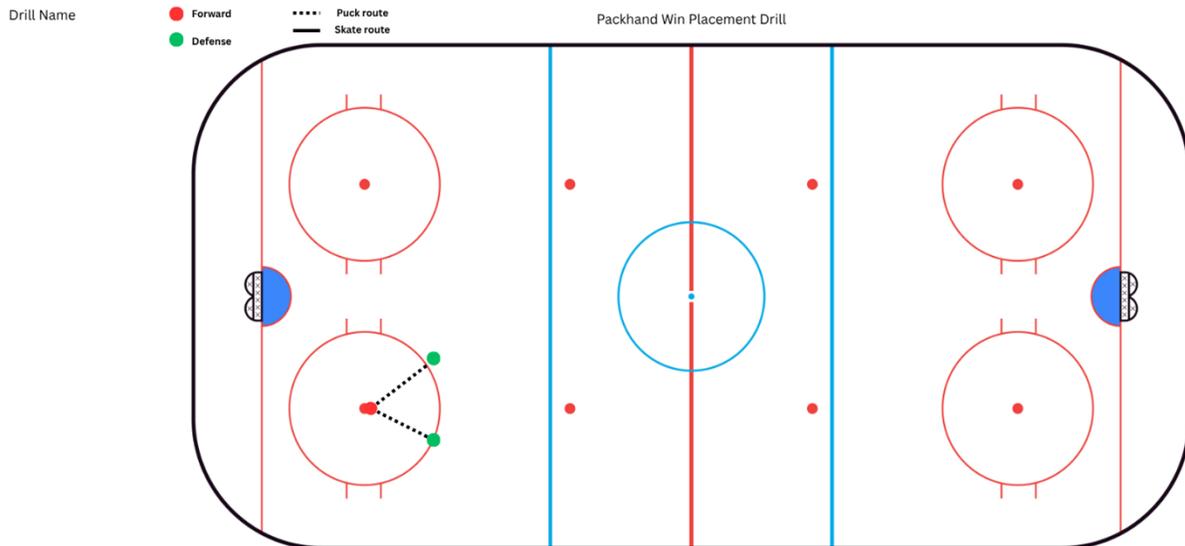
**Setup:**

- Center tries to pull puck back to a cone or mark 3 feet behind them using only the backhand.
  
- Coach or D at target receives puck.

**Variations:** Add a timing clock — puck must reach cone within 1.5 seconds.

**Coaching Points:**

- ✓ Elbow tucked on pullback.
- ✓ Body turns slightly with motion.
- ✓ Wrist snap, not arm swing.



## Face-Off Battle Circuit (Stations)

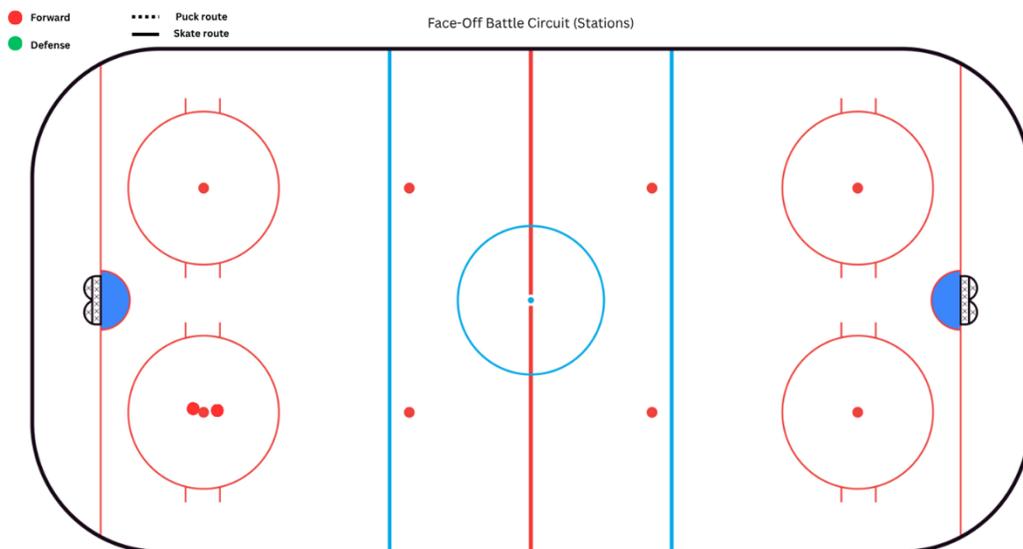
**Purpose:** Combine draw repetition with physical/mental endurance.

**Setup:**

- 3–4 face-off dots. Players rotate through:
  - Clean draw station
  - Tie-up & push
  - Body box-out after draw
  - Reaction draw with surprise drop
- Each round = 20–30 seconds, then rotate.

**Coaching Points:**

- ✓ Reinforce quick reset between reps.
- ✓ Focus on hand positioning between stations.
- ✓ Make each rep competitive — don't coast.



## Face-Off to Offensive Play Drill (Set Play)

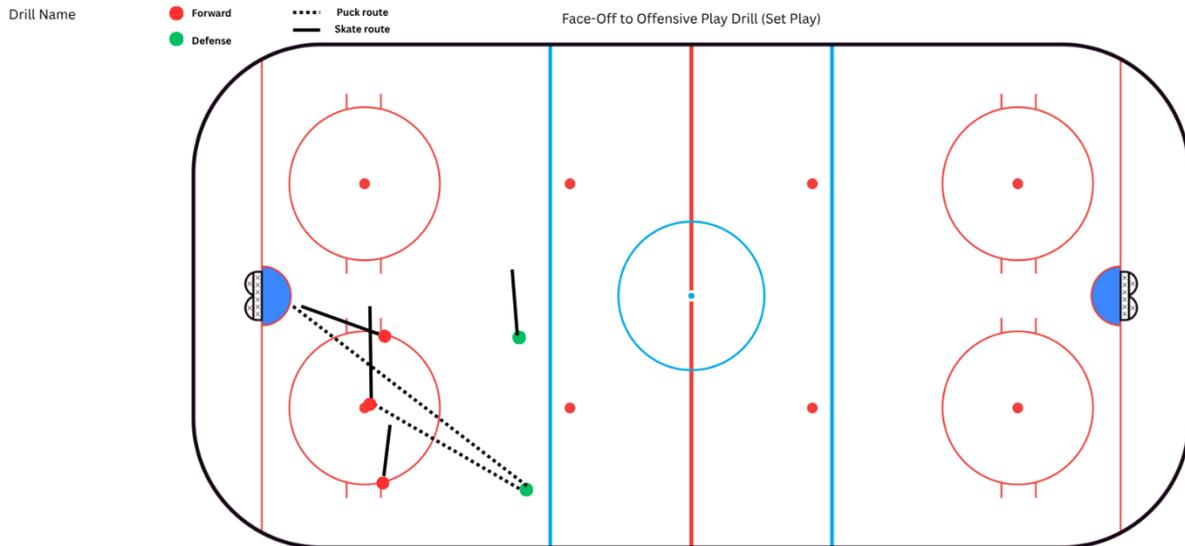
**Purpose:** Build habits around winning faceoffs and executing a scoring play.

**Setup:**

- Full forward unit and D in offensive zone.
- Execute pre-called faceoff play (e.g., “Strong-side tip,” “Middle bump,” “Point shot screen”).
- Emphasis is on puck movement within 3–5 seconds of draw win.

**Coaching Points:**

- ✓ Everyone has a job, especially wingers.
- ✓ Center must time the win — don’t rush.
- ✓ Drive net immediately after win.





## **Face-Off Games**

Fun, high compete faceoff games to add to a faceoff focussed skill session.

### **“Face-Off King” Challenge**

- Knockout-style tourney — winners advance, losers eliminated.
- Speed rounds + random play calls.
- Keep points for clean wins, tie-ups, recoveries.

### **“Face-Off Gauntlet”**

- 1 center vs 5 others in a row.
- Each win = 1 point, each loss = -1.
- Add sprint penalty for poor technique.

## Straight Line Self-Chip Race Drill

**Purpose:** Teach forwards to chip puck past pressure and win the race.

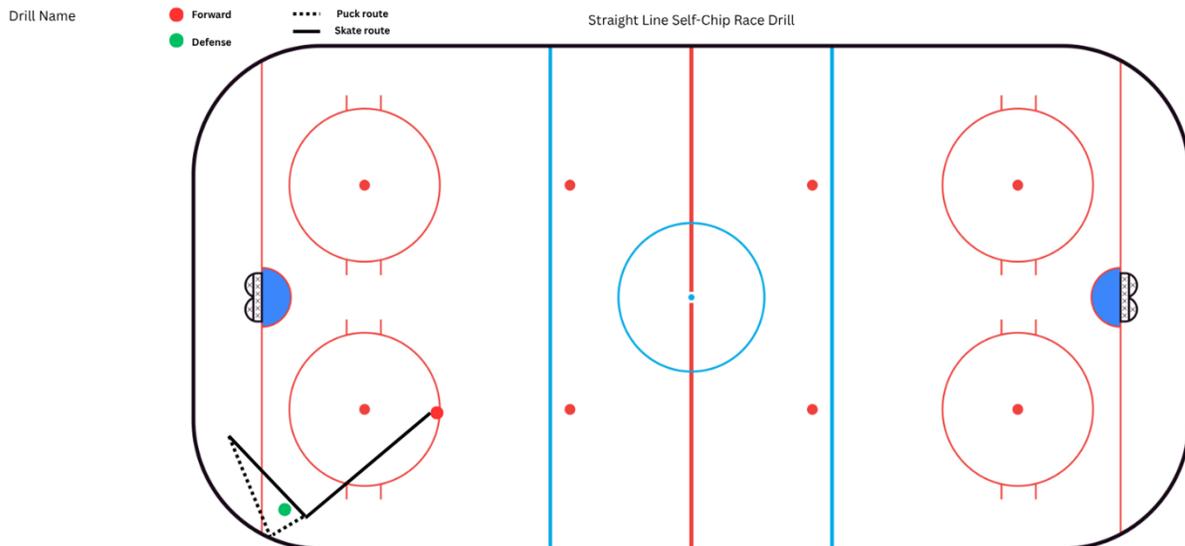
**Setup:**

- Forward starts at top of the circle with puck.
- Coach or cone set at red line as an imaginary defender.
- Player skates toward the cone and chips puck past it, then accelerates to retrieve puck at full speed.

**Progression:** Add passive or active defender.

**Coaching Points:**

- ✓ Chip puck softly off boards—not too far.
- ✓ Eyes up: pick your lane before chip.
- ✓ Explode into open ice right after release.



## Wide Drive Self-Chip Drill (Outside Lane)

**Purpose:** Simulate winger driving wide past a D to create a scoring chance.

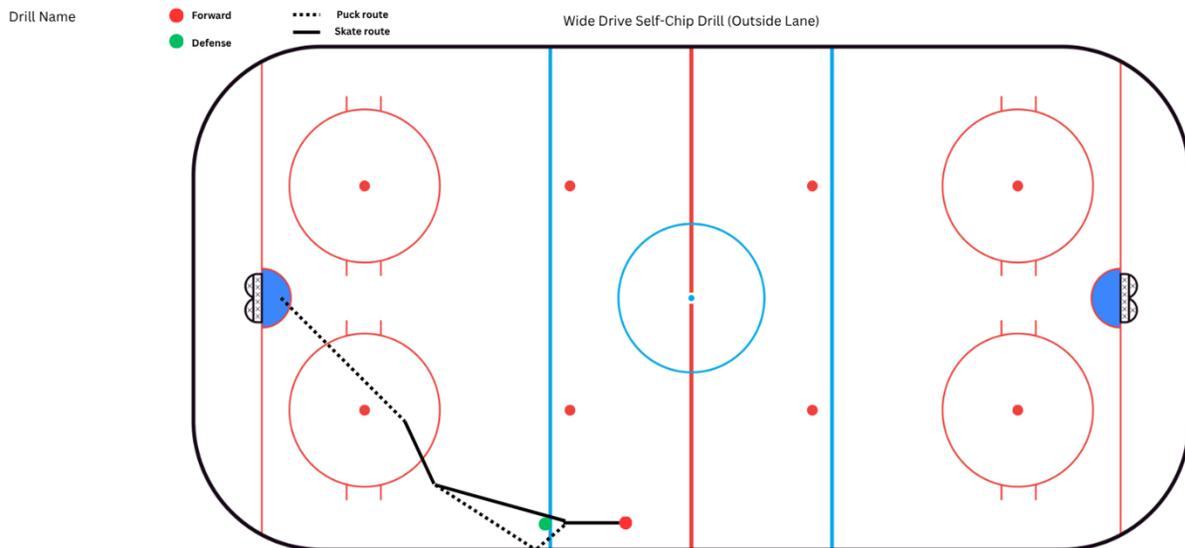
**Setup:**

- Player starts near blue line with puck.
- Cones or coach at offensive blue line simulating defender gap.
- Player chips puck to space wide off boards and cuts to net.
- Finish with a shot in stride.

**Progression:** Add D skating backward to apply light pressure.

**Coaching Points:**

- ✓ Use boards as an ally — angle matters.
- ✓ Get body inside after chip to seal off defender.
- ✓ Shot must come in stride — no glide or delay.



## Middle Drive Self-Chip with Delay Option

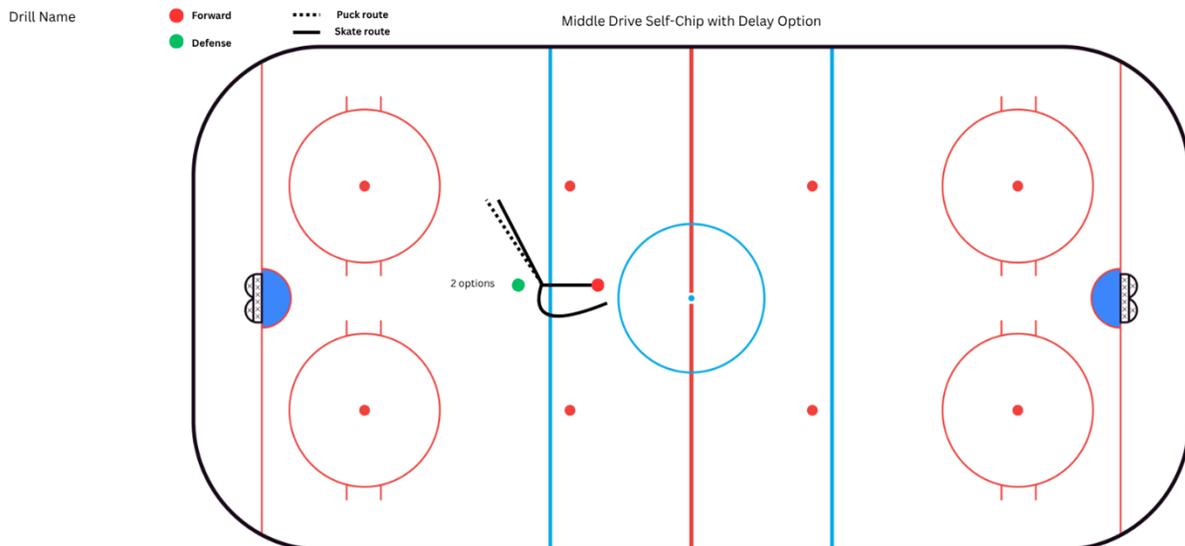
**Purpose:** Work on reading middle lane pressure, chip puck behind defender, or delay if unavailable.

**Setup:**

- Forward starts neutral zone middle.
- D or coach simulates gap control at offensive blue.
- Forward must decide:
  - A) chip to open ice and skate past
  - B) curl for delay/late pass option

**Coaching Points:**

- ✓ Keep puck on forehand before chip — protects from stick lift.
- ✓ Hips stay open when cutting wide.
- ✓ Read the D's stick — go opposite.



## “Chip to Chase” 2v0 Drill

**Purpose:** Build puck awareness and teamwork off chip passes.

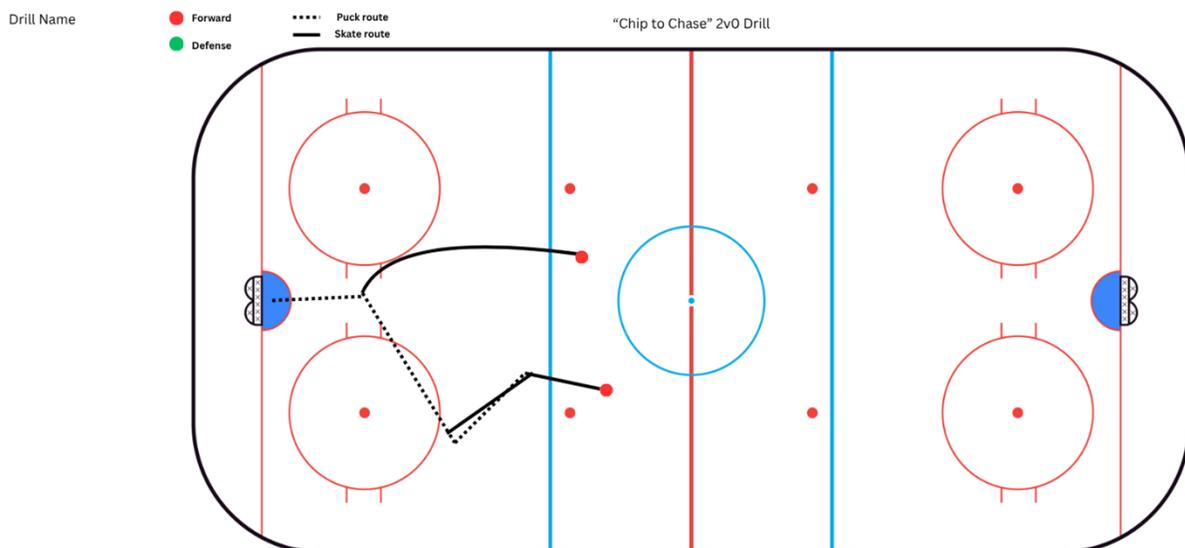
**Setup:**

- Two forwards start with a puck at center.
- First forward chips puck past imaginary defender or cone.
- Second forward supports through middle.
- Retrieve puck and attack 2v0 for quick give-and-go or cross-ice finish.

**Progression:** Add a backchecker.

**Coaching Points:**

- ✓ Chip should be controlled — don’t just dump and chase.
- ✓ Communicate early — call support.
- ✓ Timing between both forwards is key.



## Neutral Zone Wall Chip Entry Drill

**Purpose:** Simulate using the wall for zone entries under pressure.

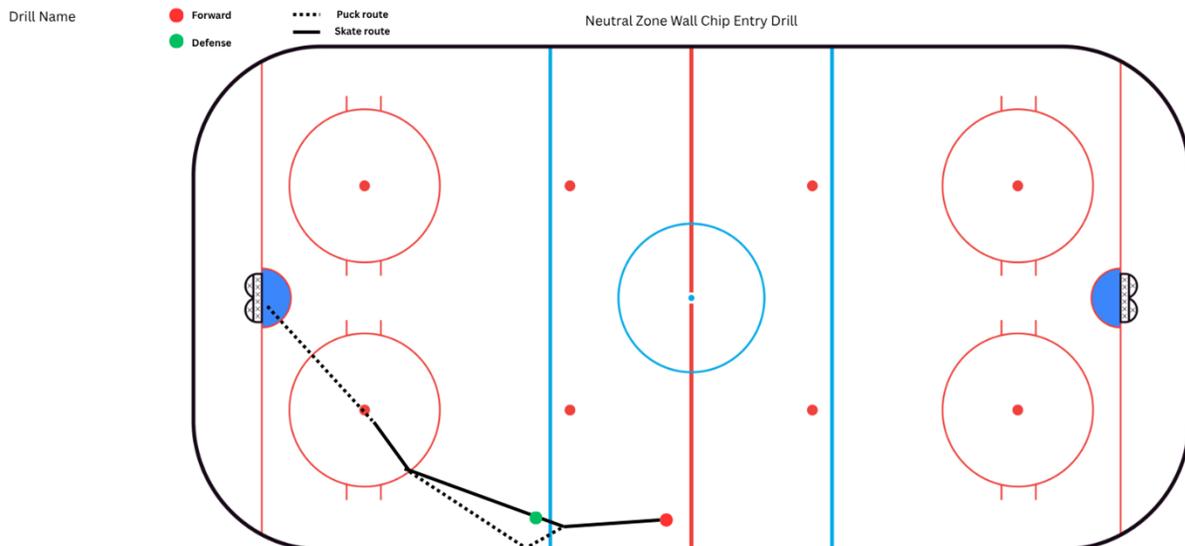
**Setup:**

- Player starts just inside the red line.
- D or coach shadows at blue line.
- Forward must chip puck off wall and chase into zone with control.
- Finish with shot from circle.

**Progression:** Add low D gap and second forward layer for pressure.

**Coaching Points:**

- ✓ Pre-chip scan to identify pressure.
- ✓ Hard cut after chip to re-possess quickly.
- ✓ Don't chip blindly — pick a retrieval spot.



## Game Situational Chip Drill (F1/F2 Support)

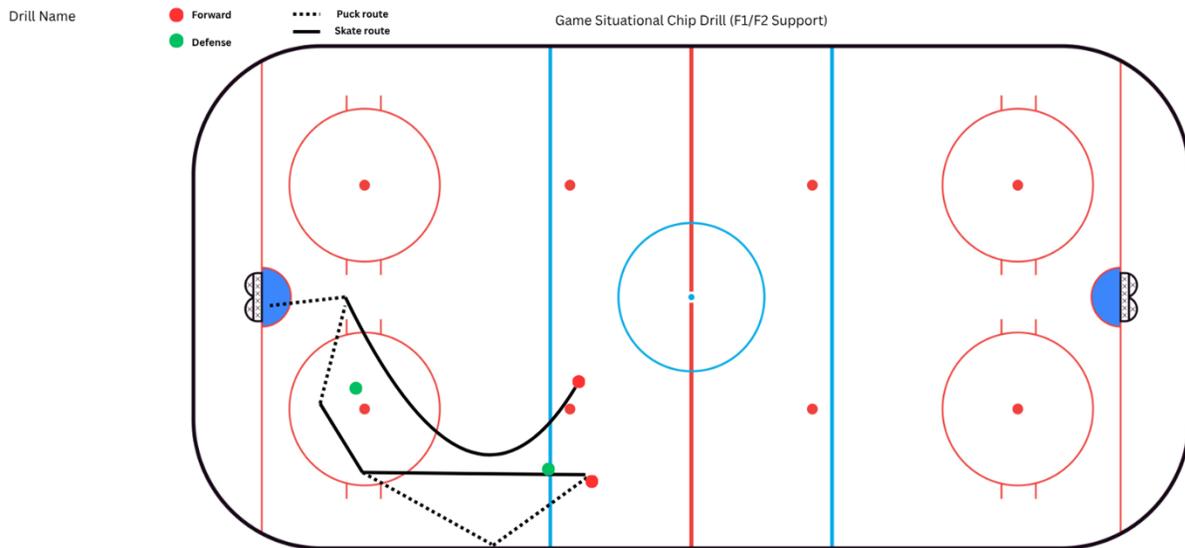
**Purpose:** Full transition sequence simulating pressure and zone entry.

**Setup:**

- F1 carries puck through neutral zone.
- Coach simulates tight D at the blue line.
- F1 chips puck off wall, F2 supports inside.
- Retrieve and attack 2v1 vs passive coach.

**Coaching Points:**

- ✓ F1 commits defender, then releases puck with pace.
- ✓ F2 reads chip angle and adjusts speed.
- ✓ Don't over-chip — puck should stay below waist off wall.

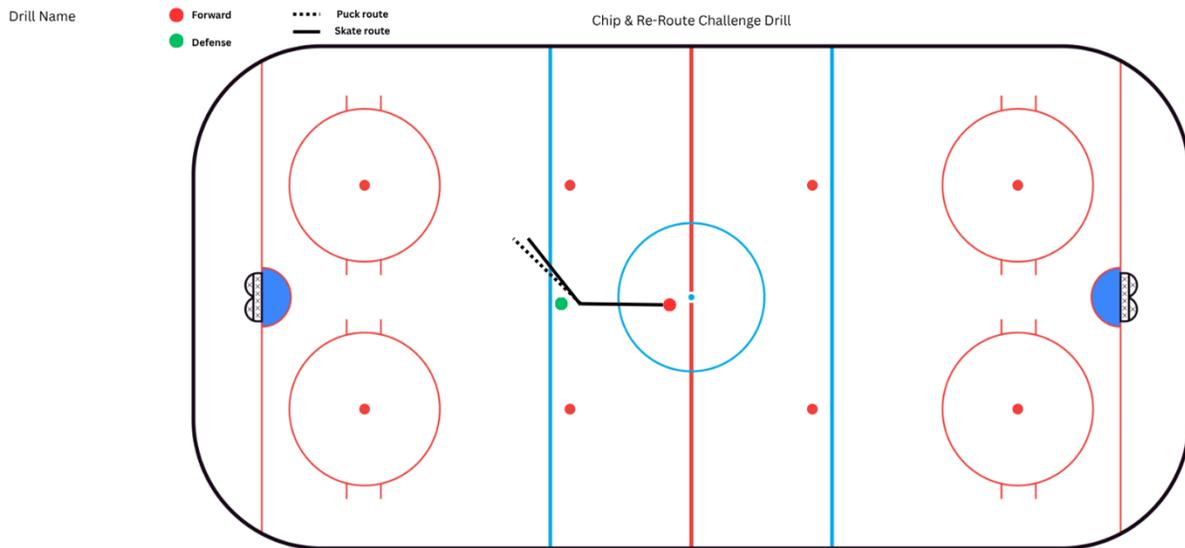


## Chip & Re-Route Challenge Drill

### Competitive version:

- 1v1 in neutral zone.
- Forward must chip puck past D and re-route to retrieve.
- If D wins puck, transition to quick 1v1 the other way.

### Game-like pressure + quick decision-making.



## Stationary Punch Turn Reps

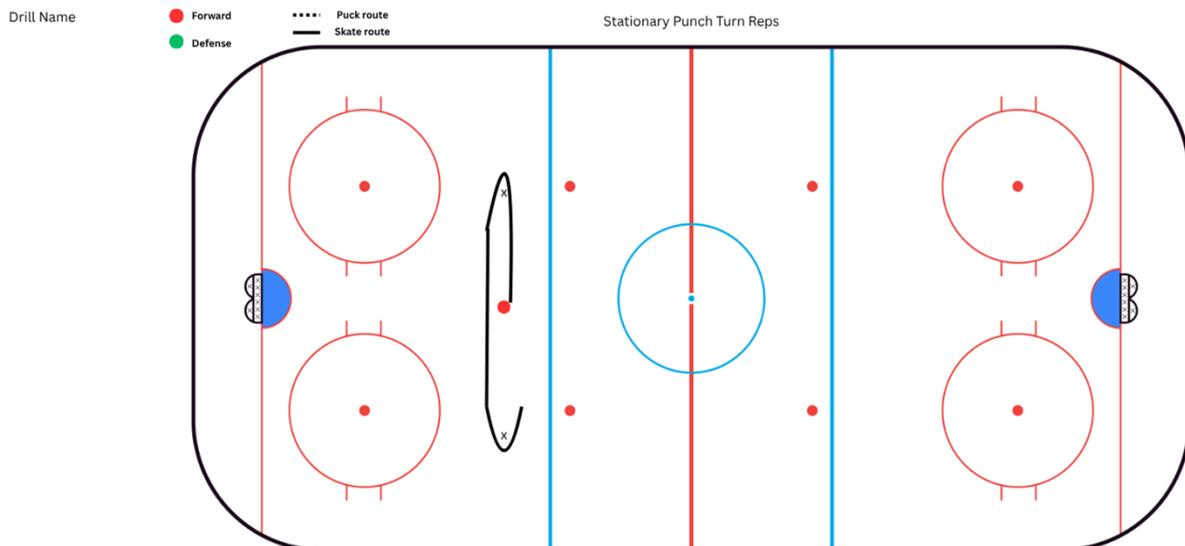
**Purpose:** Build muscle memory and edge control.

**Setup:**

- Set 2 cones ~10 feet apart.
- Player starts between cones with puck.
- Tight punch turn around one cone, quick crossover stride to next cone, repeat in continuous motion.

**Coaching Points:**

- ✓ Drop hips low, knees bent.
- ✓ Lead with inside shoulder.
- ✓ Keep puck on hip, away from pressure side.



## Corner Punch Turn Retrieval Drill

**Purpose:** Simulate puck retrieval and tight escape from pressure.

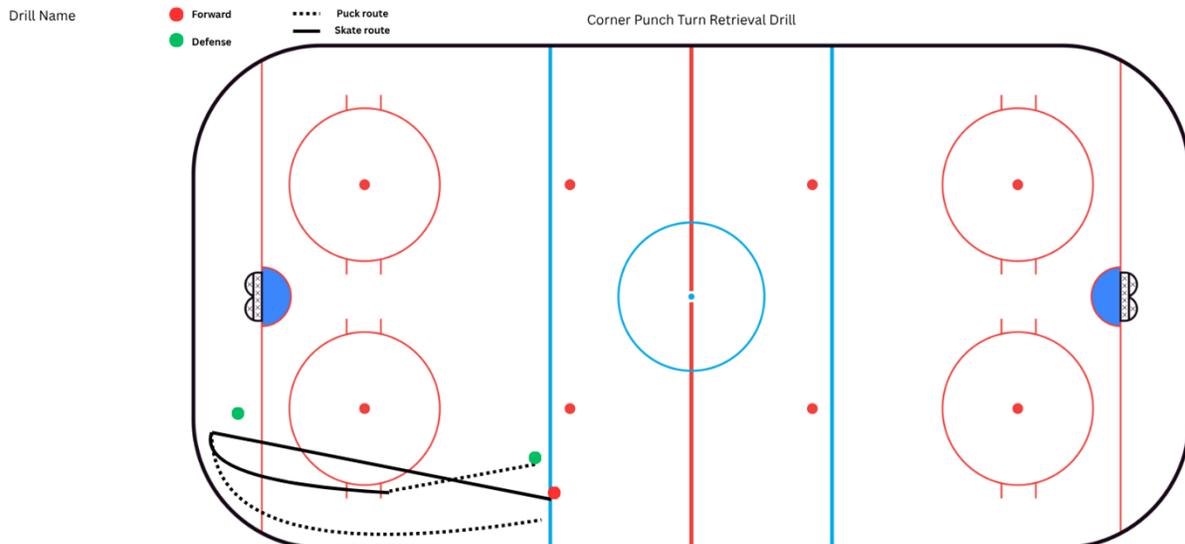
**Setup:**

- Coach rims puck into corner.
- Forward skates down wall, retrieves puck, and executes punch turn up the wall or back behind the net.
- Quick pass to D or finish with shot.

**Progression:** Add a light pressure defender.

**Coaching Points:**

- ✓ Shoulder check before retrieval.
- ✓ Use net or wall as shield after punch turn.
- ✓ Quick feet into acceleration after turn.



## Figure-8 Punch Turn Drill

**Purpose:** Quick changes of direction and edge activation.

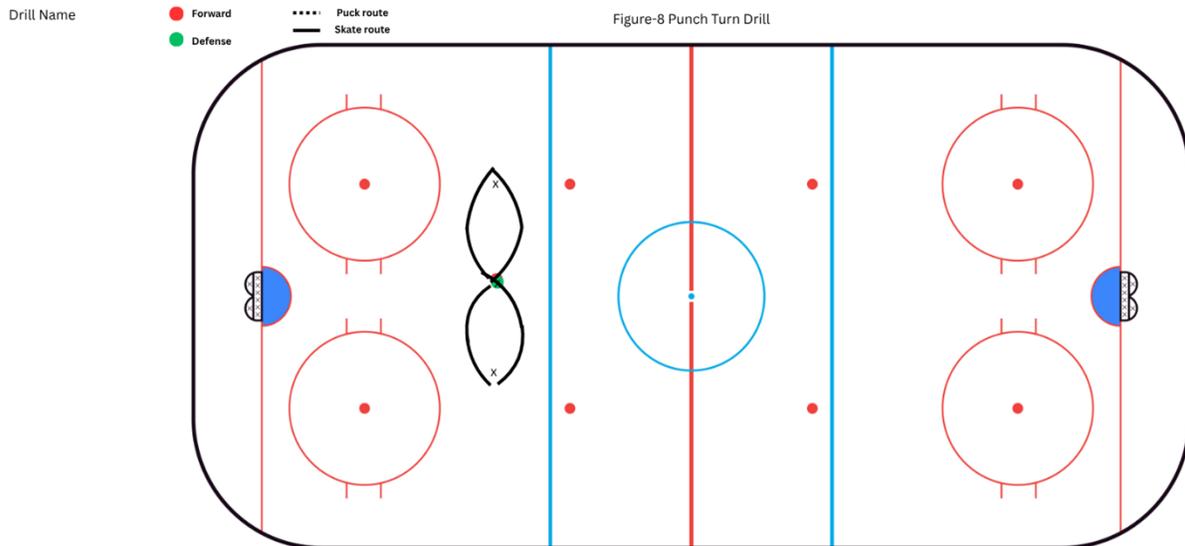
**Setup:**

- Set two cones at the top of the circles.
- Player skates figure-8 pattern with punch turns around each cone.
- Carry puck throughout; increase speed each round.

**Progression:** Add a pass-and-return with a coach between each cone.

**Coaching Points:**

- ✓ Head up through turns.
- ✓ Push off outside foot after each turn.
- ✓ Stick stays loaded to protect puck through motion.



## Offensive Zone Cutback Drill

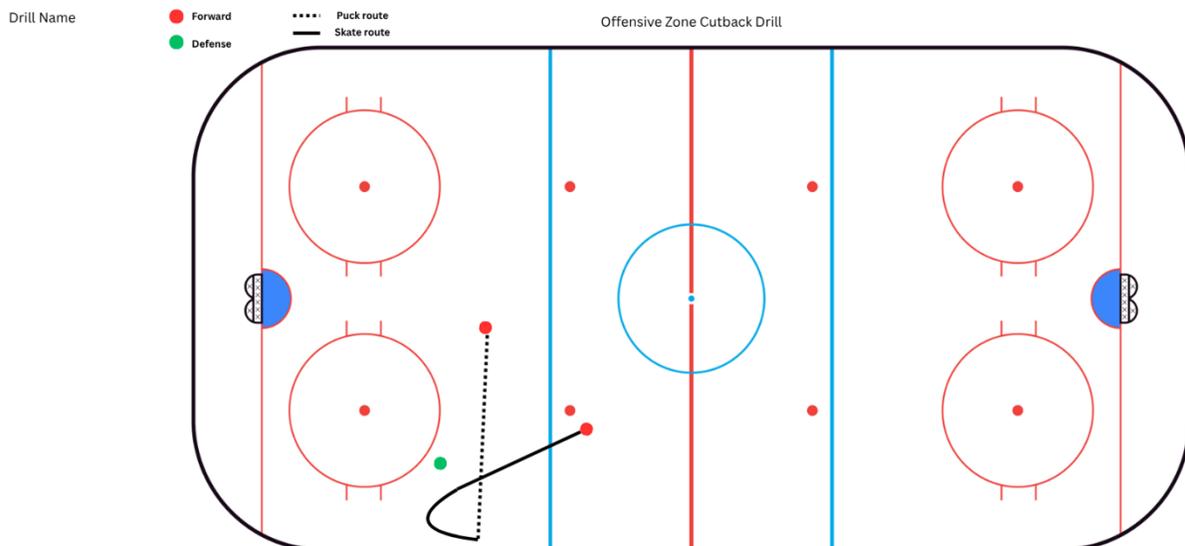
**Purpose:** Use punch turn in zone to shake D and create time.

**Setup:**

- Forward enters zone wide with puck.
- Defender applies light gap pressure.
- Forward fakes drive, punch turns toward boards or inside lane.
- Finish with shot or pass to trailer.

**Coaching Points:**

- ✓ Sell speed before cutback.
- ✓ Stay low through turn — don't stand up.
- ✓ Puck stays close — under the body, not reaching.



## Breakout to Punch Turn Regroup Drill

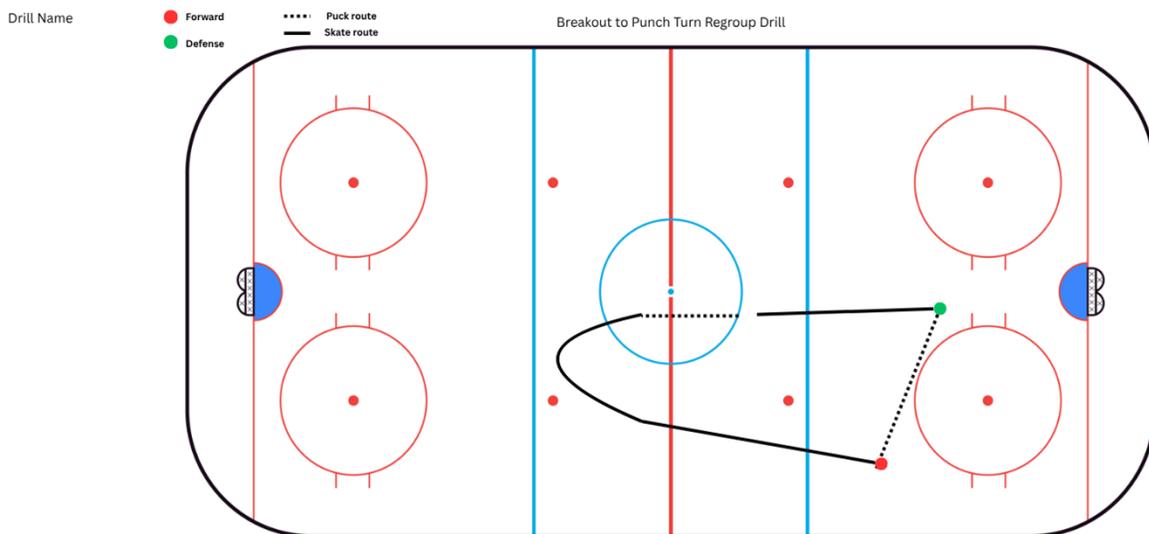
**Purpose:** Game-style rep with transition punch turn.

**Setup:**

- Forward starts low in D-zone.
- D passes to wing.
- Forward skates up wall, fakes breakout, punch turns back to D for regroup pass.
- Then reattacks neutral zone off regroup.

**Coaching Points:**

- ✓ Shoulder check before puck touch.
- ✓ Punch turn must be smooth and quick.
- ✓ Puck stays on hip for regroup pass.

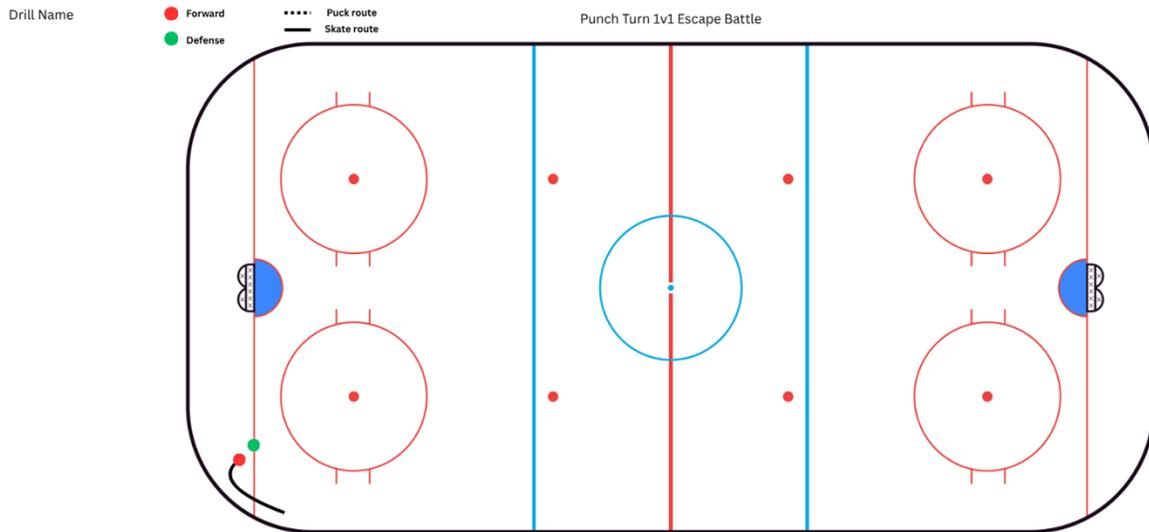


## Punch Turn 1v1 Escape Battle

**Setup:**

- 2 players in corner, 1 puck.
- Puck carrier must escape with a punch turn and get to far cone.
- Defender applies light body/stick pressure.
- Switch roles after every rep.

**Teaches real-time escape use of punch turns under game pressure.**



## Rapid 2-Line Weave Drill

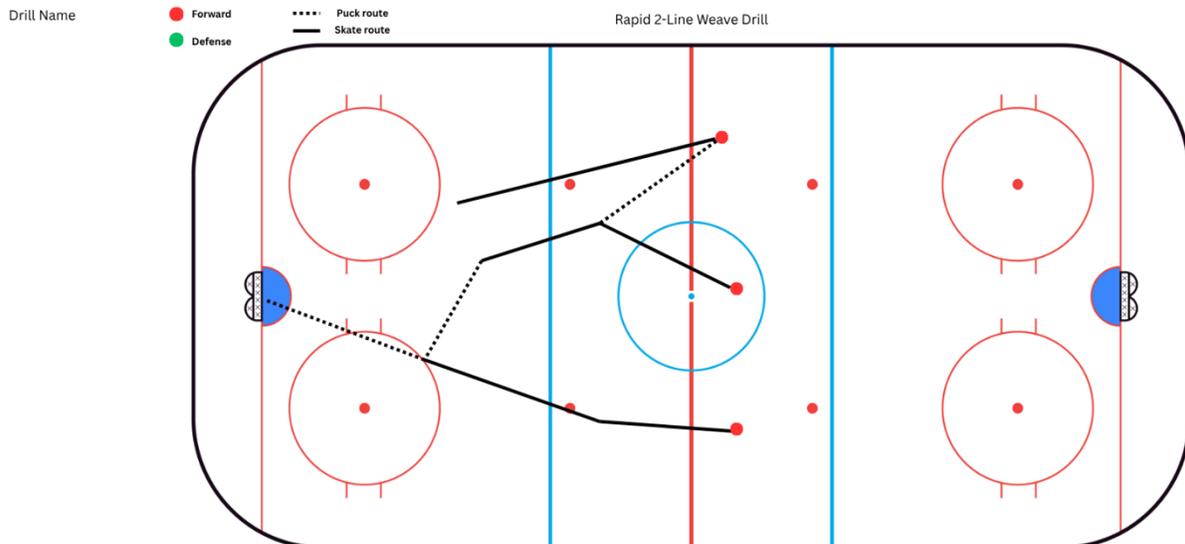
**Purpose:** Passing, timing, and body position while moving laterally.

**Setup:**

- Three players across width of ice.
- Weave up ice passing to each other in a 2-line wide formation.
- Final pass to outside lane, player drives for shot.

**Coaching Points:**

- ✓ Open up hips to face pass receiver.
- ✓ Deliver pass to the tape — not behind the stride.
- ✓ Shoulder check before next pass — know who's next.



## Cross-Ice Speed Passing Drill

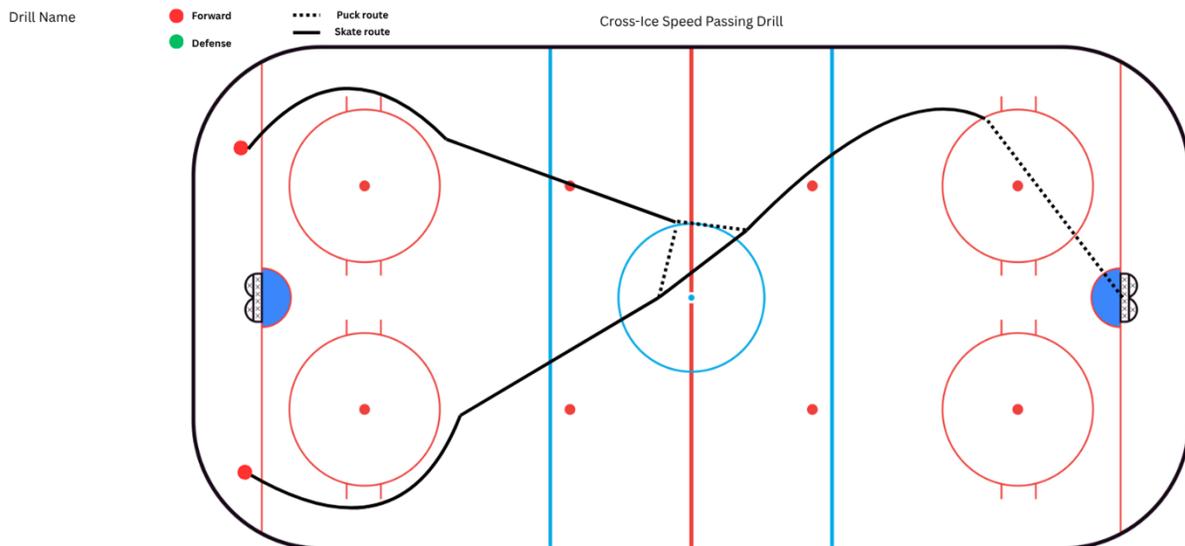
**Purpose:** Passing on the move through seams.

**Setup:**

- Two forwards start on opposite sides behind goal line.
- Each skates up to hash marks, cuts across ice toward each other.
- Quick give-and-go in the neutral zone while both are moving.
- Finish with puck carrier driving wide and shooting.

**Coaching Points:**

- ✓ Soft hands — puck shouldn't bounce.
- ✓ Time cut across ice so passes happen in motion.
- ✓ Stick position ready before puck arrives.



## “Catch & Release” Speed Touch Drill

**Purpose:** Build one-touch passes or quick two-touch reps at speed.

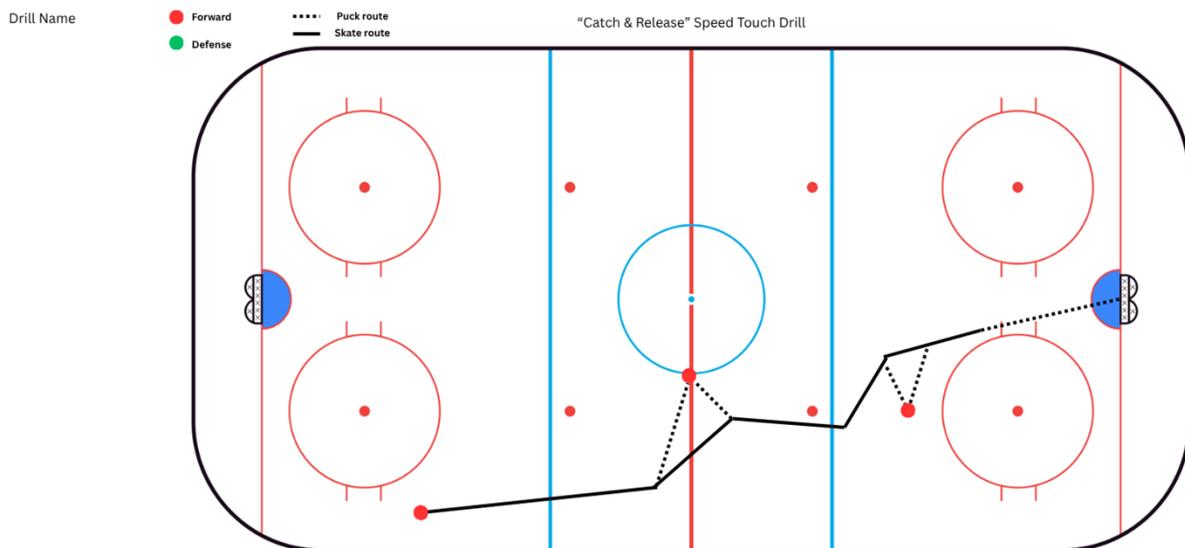
**Setup:**

- Forward skates up boards with a puck.
- At red line, gives a quick pass to coach.
- Coach returns it instantly — F controls and sends it back again or continues with it into zone.

**Progression:** Add second coach for one-touch give-go-give combo.

**Coaching Points:**

- ✓ Keep stick blade flat — angle to receive smoothly.
- ✓ First touch controls, second moves puck.
- ✓ Keep stride rhythm during pass — don’t coast.



## Neutral Zone Circle Passing Sprint Drill

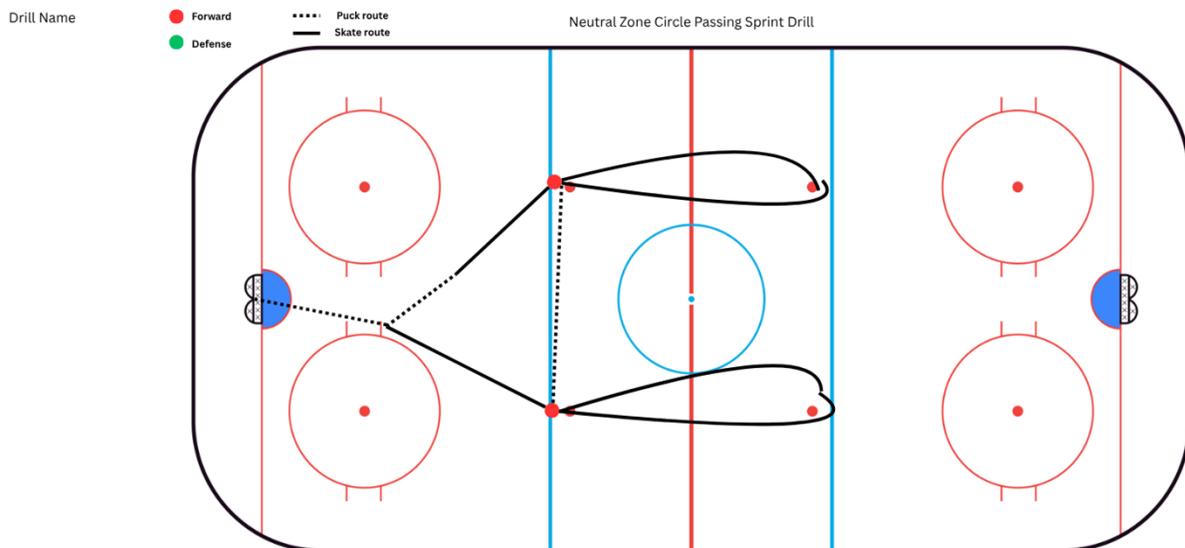
**Purpose:** Force passing while under fatigue and speed pressure.

**Setup:**

- Two players sprint around opposite neutral zone circles.
- Exchange 3–4 passes while circling.
- On coach whistle, break out and drive 2v0.

**Coaching Points:**

- ✓ Keep head up through movement.
- ✓ Quick passes — no dusting.
- ✓ Communication: call for puck, give verbal cues.



## D-to-F Passing Timing Drill (Game Simulation)

**Purpose:** Train forwards to receive pucks from D at full speed through neutral zone.

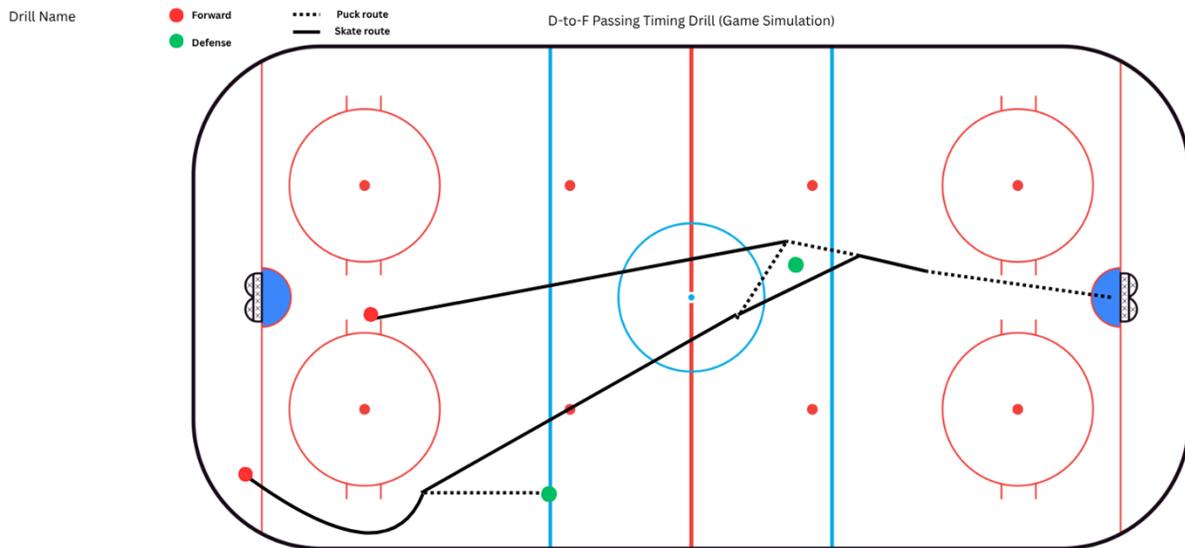
**Setup:**

- D at blue line passes to F curling low in zone.
- F picks up puck in stride, accelerates through neutral zone.
- At blue line, gives quick pass to support F, receives return inside zone, and shoots.

**Progression:** Add backchecker or passive D.

**Coaching Points:**

- ✓ Pass must be in front of F — leads stride.
- ✓ Don't curl too deep or flat-foot.
- ✓ Communicate timing early — eye contact helps.

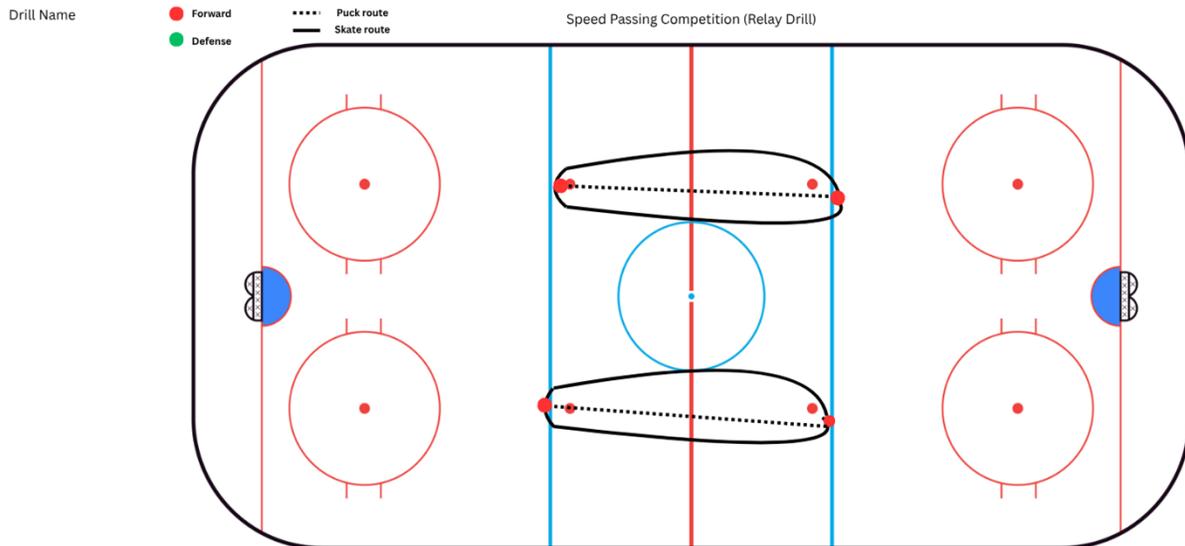


## Speed Passing Competition (Relay Drill)

**Setup:**

- 3–4 teams, 2 cones across neutral zone.
- Each team must complete 5-6 tape-to-tape passes while skating full laps around cones.
- Every drop or fumble = restart.

**Competitive + high tempo. Great energy builder.**



## Crossover Figure-8 Flow Drill

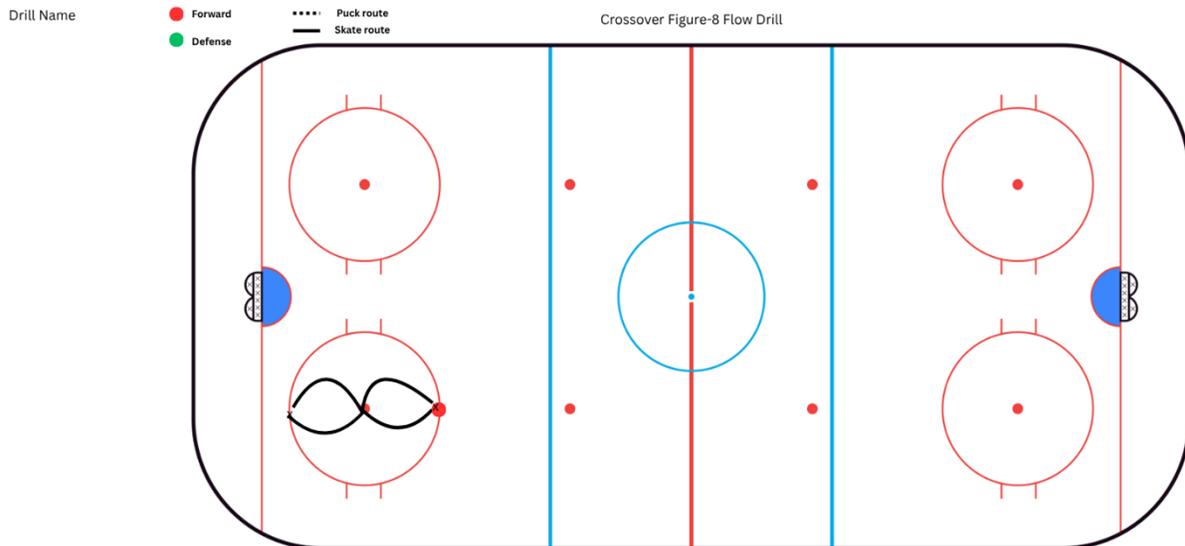
**Purpose:** Build lateral quickness and rhythm.

**Setup:**

- Place two cones at the top of the circles ~10–15 feet apart.
- Forward skates continuous figure-8s around cones using ONLY crossovers.
- Add a puck after 2–3 rounds.

**Coaching Points:**

- ✓ Stay low — hips engaged.
- ✓ Push with inside edge, pull with outside.
- ✓ Head stays up throughout — scan.



## Offensive Zone Cycle Crossover Track

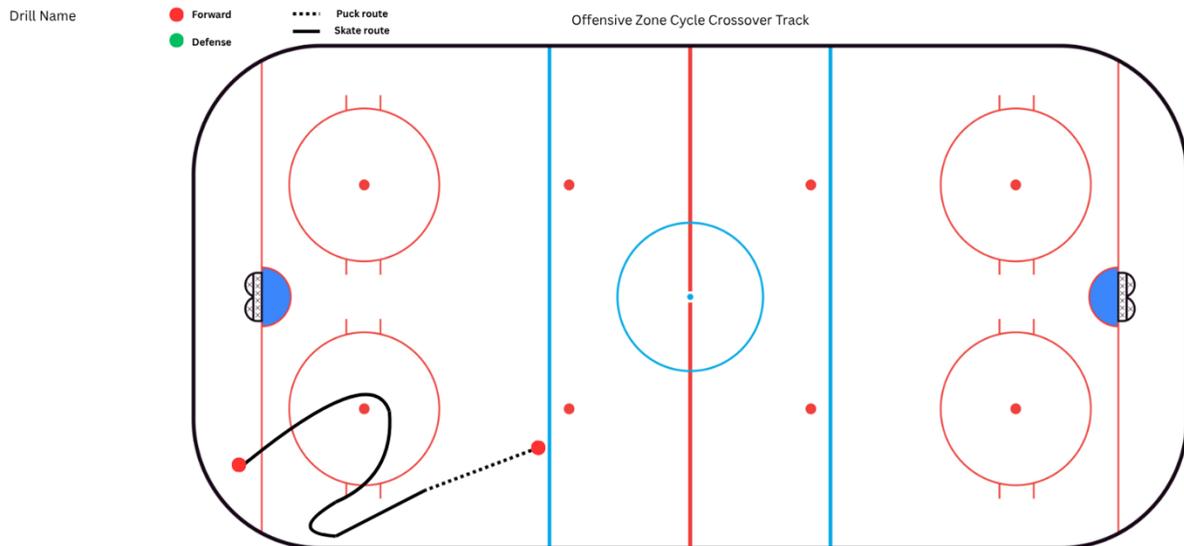
**Purpose:** Train forwards on cycle routes using crossover mechanics.

**Setup:**

- Set up cones along the wall (below goal line, half-wall, top circle).
- Player starts low, executes a crossover curl up the wall, then cuts back down.
- Repeat with puck, simulating a D-zone pass, give-and-go, or cycle retrieval.

**Coaching Points:**

- ✓ Stay loaded on inside leg during turn.
- ✓ Curling up the wall? Crossovers should open up to face ice.
- ✓ Push tempo even while turning — no gliding.



## Crossover Neutral Zone Weave

**Purpose:** Increase speed through lateral cuts and efficient ice use.

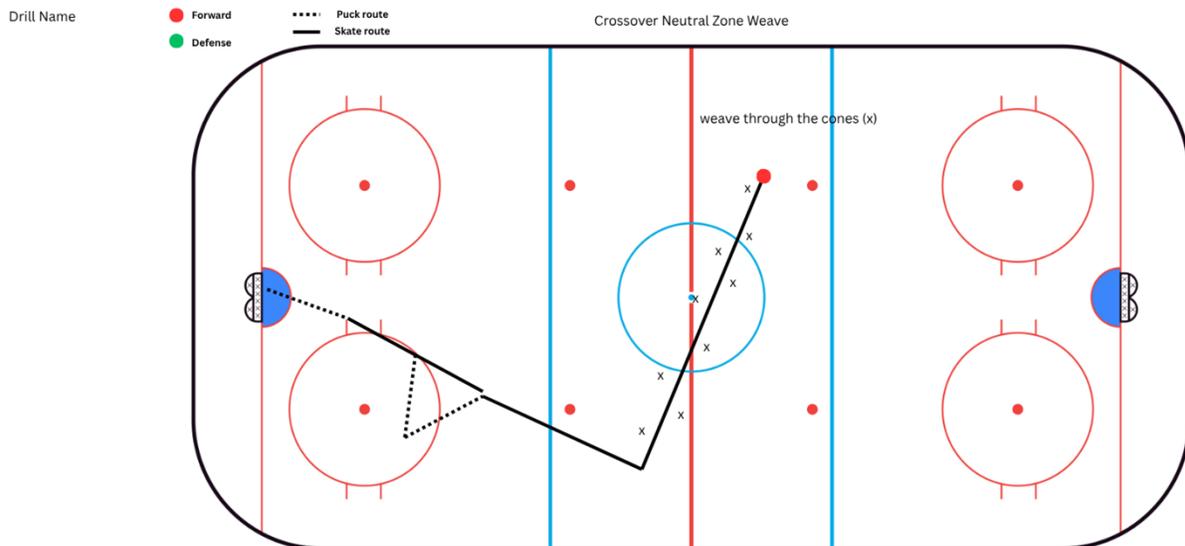
**Setup:**

- 4–5 cones diagonally across neutral zone.
- Forwards weave through cones using crossovers, not full stops or direct turns.
- Finish with a shot or pass.

**Progression:** Add puck support player for give-and-go at end.

**Coaching Points:**

- ✓ Eyes up — scan between cones.
- ✓ Efficient path — no wide loops.
- ✓ Every crossover = stride, not just pivot.



## Continuous Zone Entry Curl Drill

**Purpose:** Game-style pattern skating with lateral motion and puck protection.

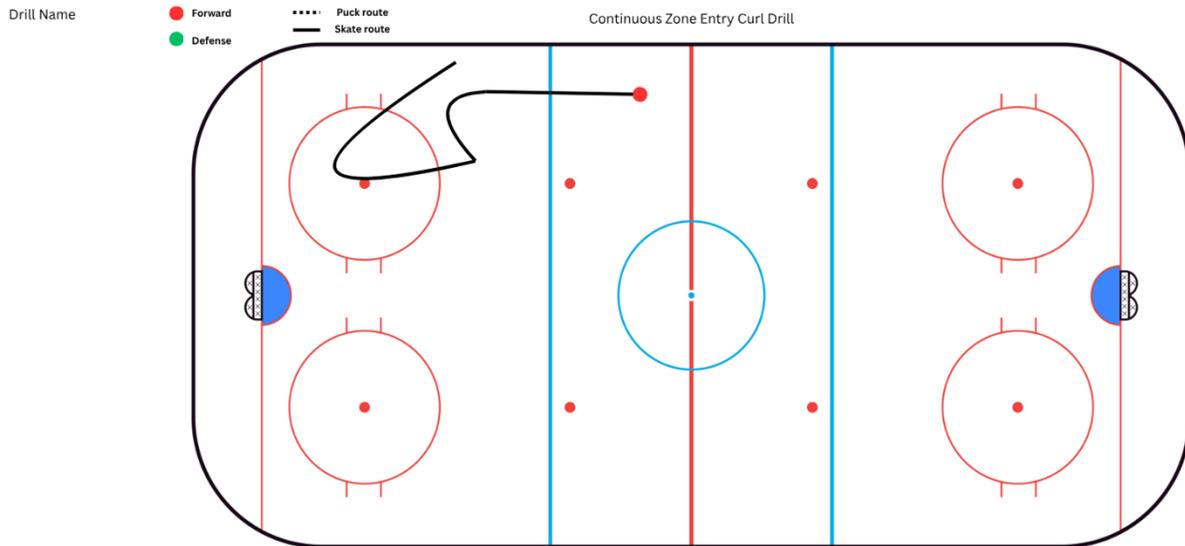
**Setup:**

- Player starts in neutral zone, drives toward blue line wide.
- At cone or coach, tight crossover curl toward middle (simulating a cutback).
- Then skate down wall again using a tight crossover turn, back up to the point.

**Think:** zone entry, cut middle, recycle back, or hit D-man.

**Coaching Points:**

- ✓ Inside edge usage in curl is key.
- ✓ Read pressure imaginary defender — vary when to curl or commit.
- ✓ Stick position stays “loaded” to fake pass/shot.



## Triangle Cross Crossover Route Drill

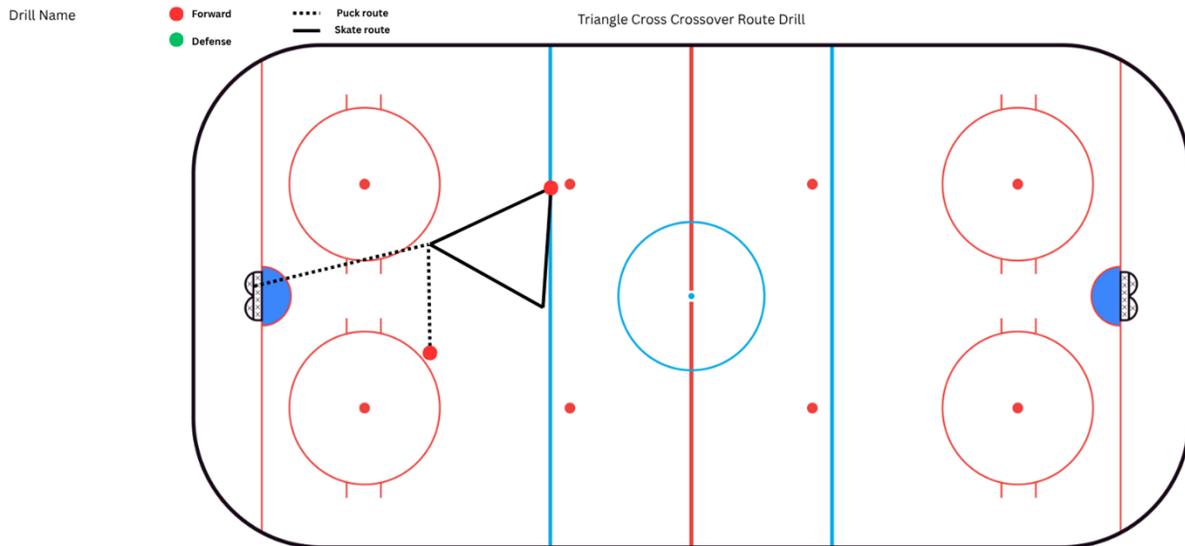
**Purpose:** Build angular speed with changes in direction.

**Setup:**

- Set up a triangle of 3 cones (like a forward forecheck or offensive triangle).
- Player executes tight crossover cuts at each point, making a continuous loop.
- Add a pass from a coach on final leg into shot.

**Coaching Points:**

- ✓ Route should be quick and clean — no drifting.
- ✓ Use top hand away from body to protect puck.
- ✓ Accelerate out of each crossover, not into it.



## Down-Low Cutback Crossover Drill (O-Zone)

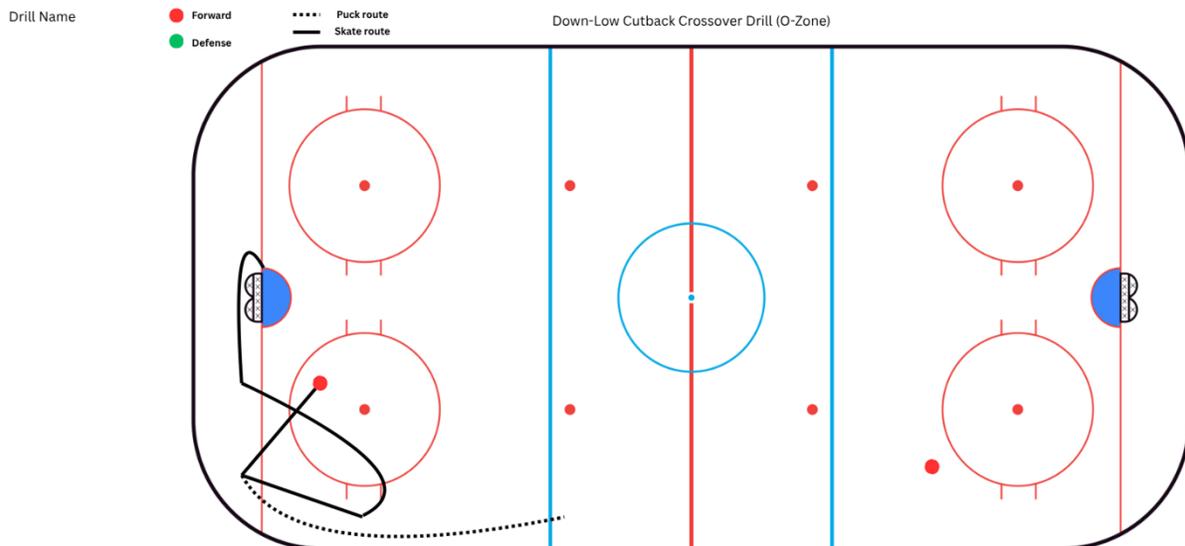
**Purpose:** Teach small area movement with escape speed.

**Setup:**

- Coach rims puck into corner.
- Forward picks it up, does a crossover escape up the wall, then cuts back down behind the net.
- Finish with a pass out front or wraparound.

**Coaching Points:**

- ✓ Punch turn → crossover = speed burst.
- ✓ Don't square up too early — hide intentions.
- ✓ Quick feet after each escape motion.



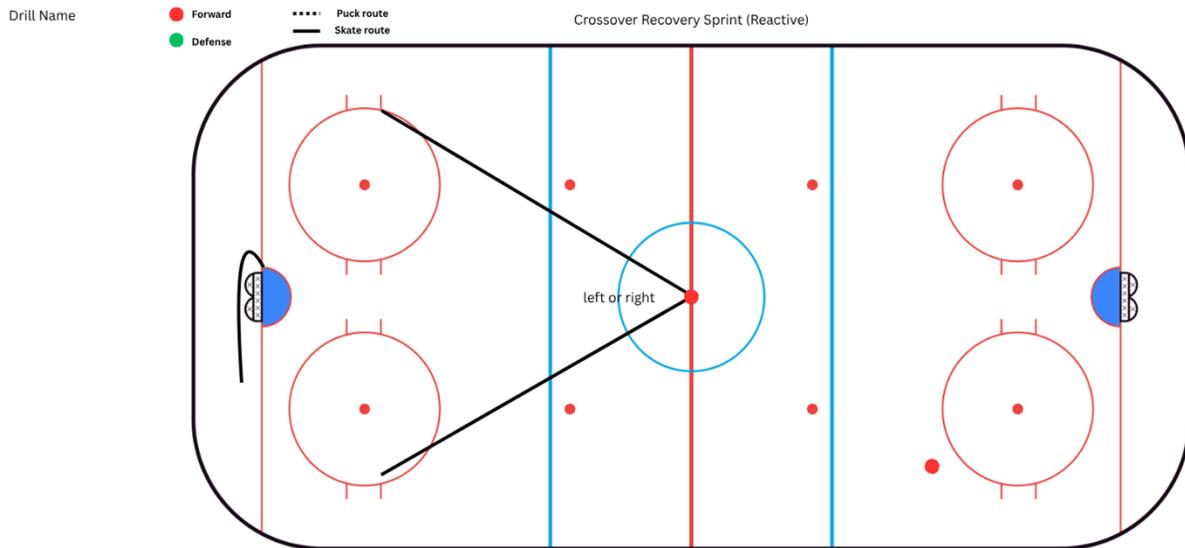
## Crossover Recovery Sprint (Reactive)

**Purpose:** Recovery skating using explosive crossover transitions.

**Setup:**

- Player starts at center circle.
- Coach points L or R randomly.
- Player uses explosive crossover start in that direction, sprints to hash, returns.

**Game situation:** puck turns over — recover back using crossover cuts.

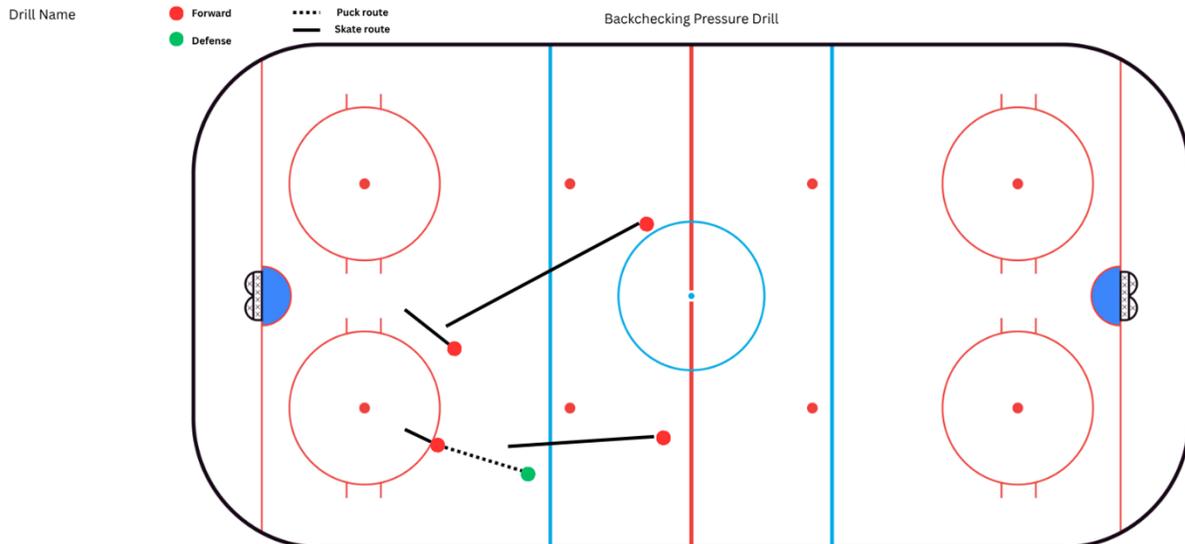


## Backchecking Pressure Drill

**Focus:** Awareness, speed, and pressure on the puck carrier.

- **Setup:** Place three offensive players (2 forwards and 1 defenseman) in the offensive zone, and two defensive players (forwards) in the neutral zone. The puck is passed to the offensive players and they begin an attack toward the net.
  
- **Objective:** The forwards in the neutral zone need to backcheck at full speed to pressure the puck carrier, prevent the entry into the zone, and track the third player to ensure no one is left open.
  
- **Execution:** The backchecking forwards should focus on closing the gap quickly, staying between the puck carrier and the net, and forcing the puck carrier to make a mistake.

**Progression:** Add a third offensive player or more to increase difficulty.

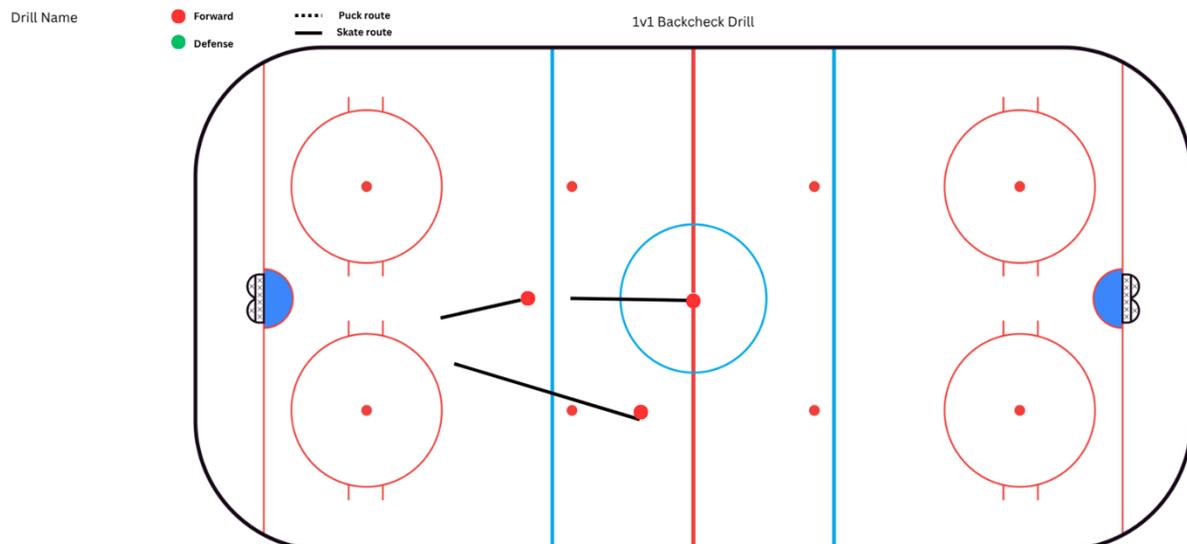


## 1v1 Backcheck Drill

**Focus:** Tracking an opposing forward and staying in defensive position.

- **Setup:** Place a forward at center ice with a puck and a defensive player (forward) at the blue line. The puck carrier starts skating with the puck toward the neutral zone, and the defensive player starts at the blue line.
  
- **Objective:** The backchecking forward must skate hard and maintain good positioning to stay between the puck carrier and the net.
  
- **Execution:** The forward should focus on skating hard, keeping their stick in passing lanes, and forcing the puck carrier to the outside.

**Progression:** Add a second offensive player so the defender has to cover two players, forcing a quick decision.

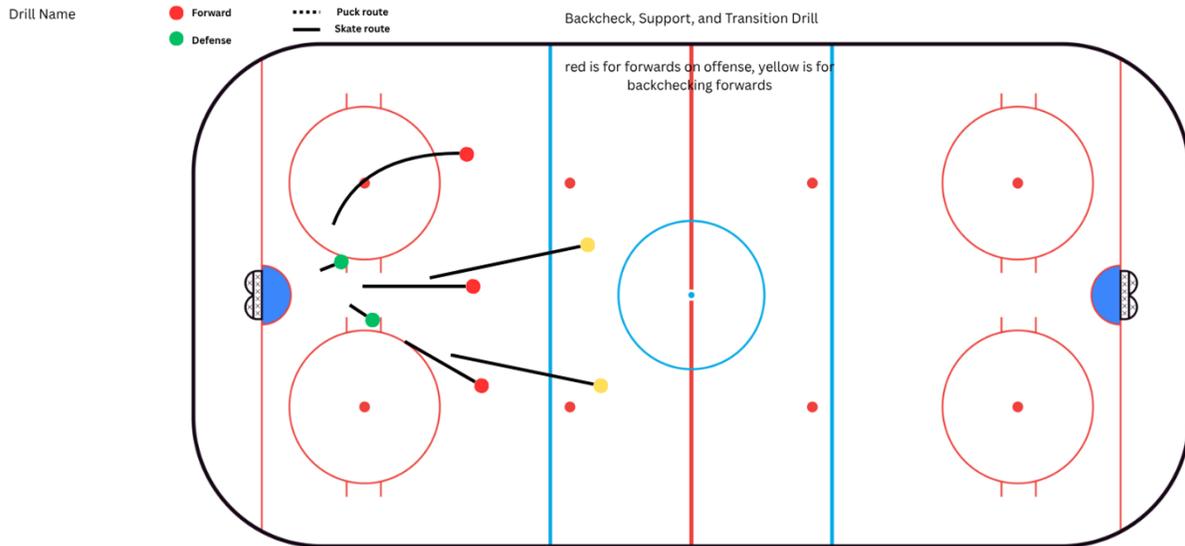


## Backcheck, Support, and Transition Drill

**Focus:** Backchecking awareness, quick transitions, and supporting the puck.

- **Setup:** Divide the players into two teams. One team is on the attack, with two forwards entering the offensive zone. The other team starts in the neutral zone.
  
- **Objective:** The forwards in the neutral zone need to backcheck hard and support their defense by pressuring the puck carrier. Once the puck is turned over, the backchecking forwards need to transition quickly and join the offensive rush.
  
- **Execution:** The backchecking forwards should focus on closing down lanes and pressuring the puck while making sure to quickly transition to offense after the turnover.

**Progression:** Add more attackers and defenders to increase the complexity of the drill.

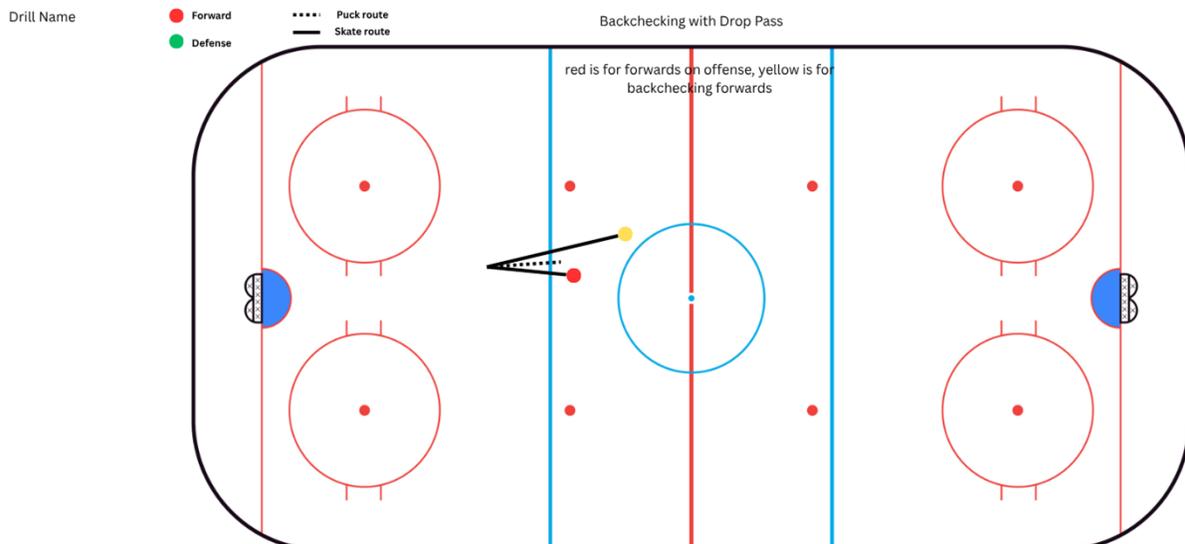


## Backchecking with Drop Pass

**Focus:** Speed, positioning, and communication.

- **Setup:** The offensive team has a puck carrier and one trailing forward. The defensive player starts behind the offensive players.
  
- **Objective:** The forward with the puck attempts to enter the zone, while the backchecking forward must prevent a clean entry. Once the puck carrier enters the zone, the trailing offensive player makes a drop pass for the backchecker to pick up and transition quickly.

**Execution:** The backchecking forward should pressure the puck carrier, deny the easy entry, and prevent the drop pass from getting to the attacker. If the puck is turned over, the backchecking forward should immediately turn the play into an offensive opportunity.

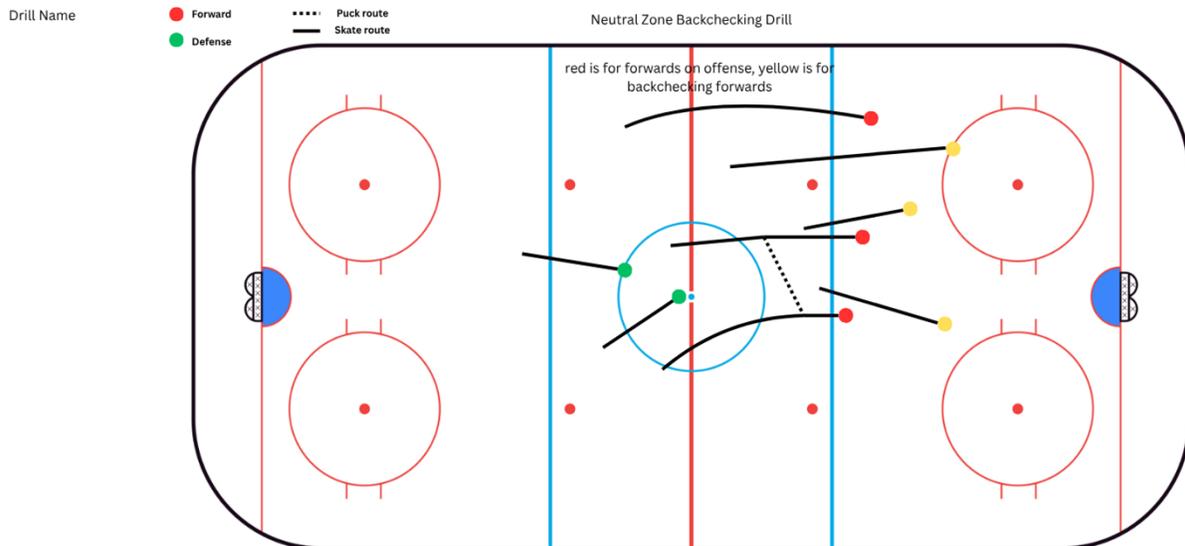


## Neutral Zone Backchecking Drill

**Focus:** Awareness, gap control, and defensive positioning.

- **Setup:** Divide the players into two teams. Place two forwards from the offensive team at the blue line and two defenders at center ice. The offensive team passes the puck back and forth, trying to break into the neutral zone.
  
- **Objective:** The forwards need to backcheck by skating hard, positioning themselves to prevent the offensive players from entering the zone cleanly.
  
- **Execution:** The backchecking forwards should aim to maintain gap control, staying between the puck carrier and the net, and avoid getting beaten wide or allowing an easy entry into the zone.

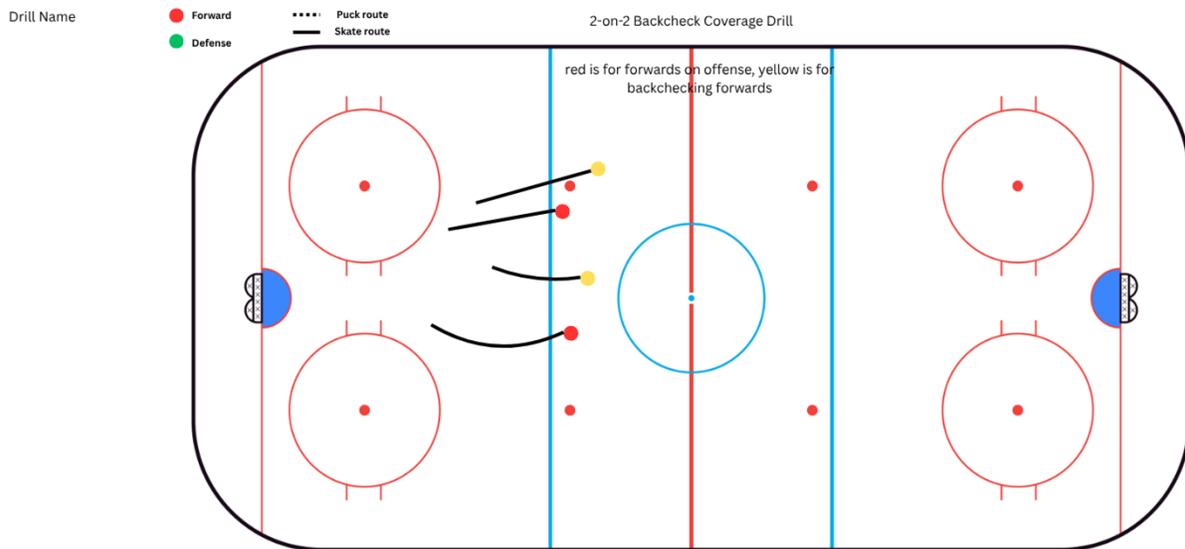
**Progression:** Add more offensive players to increase pressure and force the backchecking forwards to adjust their positioning and decision-making.



## 2-on-2 Backcheck Coverage Drill

**Focus:** Covering opponents, communication, and positioning.

- **Setup:** Set up two offensive players and two defensive players. The offensive players will attempt to attack the defensive zone, while the defensive forwards work on backchecking and covering the two attackers.
  
- **Objective:** The backchecking forwards need to work together to cover the two attacking players, ensuring there's no open space for easy passes or shots.
  
- **Execution:** The forwards should communicate to determine who takes which player and work to keep the attackers to the outside.
  
- **Progression:** Add a third offensive player, forcing the backchecking forwards to work harder to cover multiple attackers.

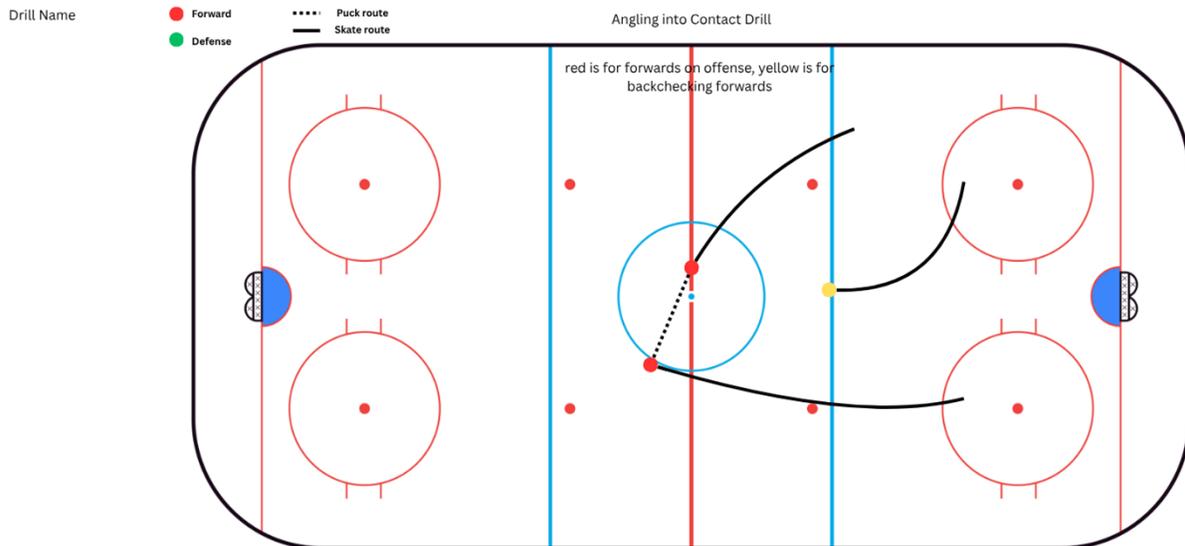


## Angling into Contact Drill

**Focus:** Controlled physicality, stick positioning, and angle timing.

- **Setup:** One forward starts at the center circle with the puck; another forward starts at the defensive blue line. A cone or imaginary lane is set up to force direction.
  
- **Execution:**
  - The puck carrier tries to skate through the neutral zone.
  
  - The defender forward skates toward them on an angle, taking away the middle and forcing them to the boards — where they can **finish a clean, legal hit**.
  
- **Variation:** Add another offensive player to make it a 2-on-1 read for the backchecker.

**Coaching Points:** Keep stick in lane, close gap fast, angle to wall, use hips/shoulder to finish the play. Don't lunge.

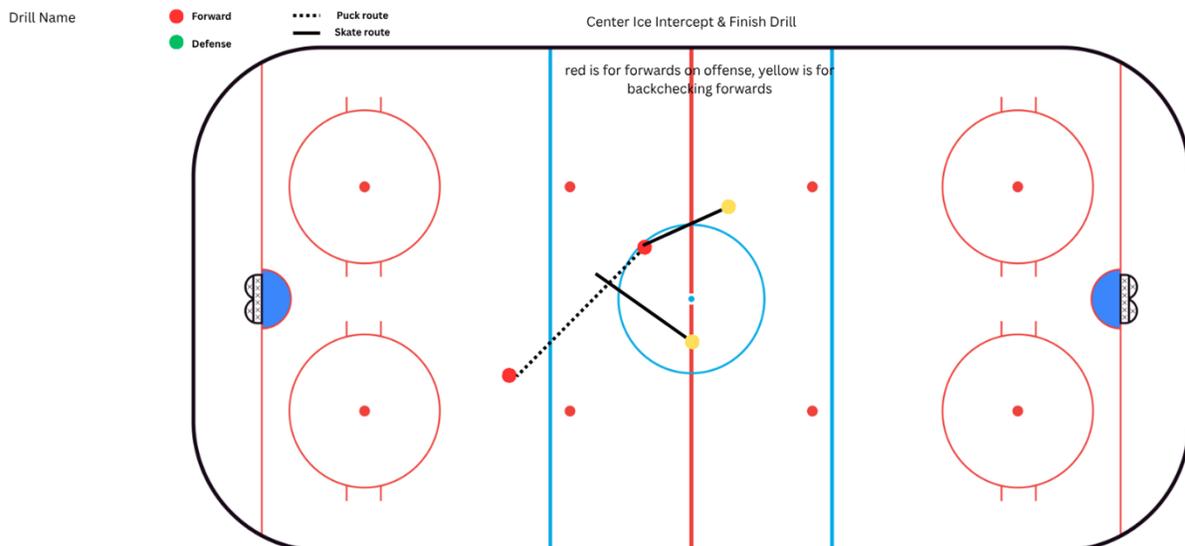


## Center Ice Intercept & Finish Drill

**Focus:** Reading pass options, stepping up with contact.

- **Setup:** 2 offensive forwards try to pass through the neutral zone. 1–2 defensive forwards are positioned at the red line or top of the neutral zone.
  
- **Execution:**
  - Offensive players try to connect passes through the neutral zone.
  - Defensive forwards anticipate, jump the passing lane, and either:
    - Intercept the puck and transition,
    - Or step up into the puck receiver with **controlled contact**.

**Coaching Points:** Anticipate movement, **commit to the read**, and finish through the body. Teach “stick, body, finish.”

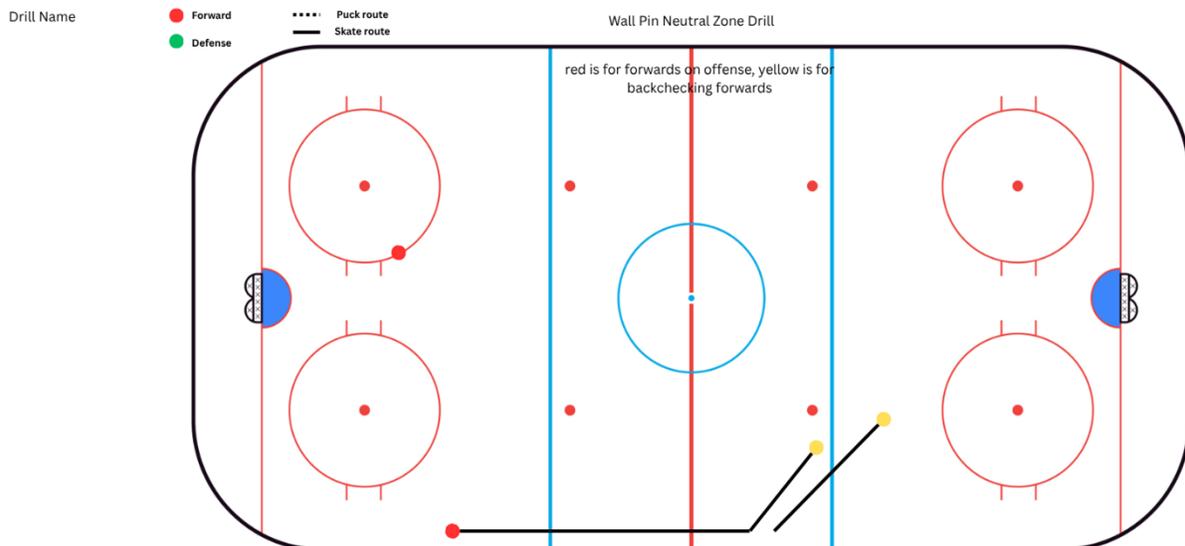


## Wall Pin Neutral Zone Drill

**Focus:** Forwards pinning puck carriers at the boards.

- **Setup:** A puck carrier skates up the boards from the D-zone into neutral ice. A forechecking forward shadows from the inside.
  
- **Execution:**
  - Forechecking forward takes away the inside and times a **physical wall pin** just before the offensive blue line.
  
  - Option to have another forward support for puck pickup.
  
- **Variation:** Add a second offensive player for a chip-and-chase option that needs to be neutralized.

**Coaching Points:** Stick pressure first, take away space, use momentum + inside leg to pin without boarding or holding.

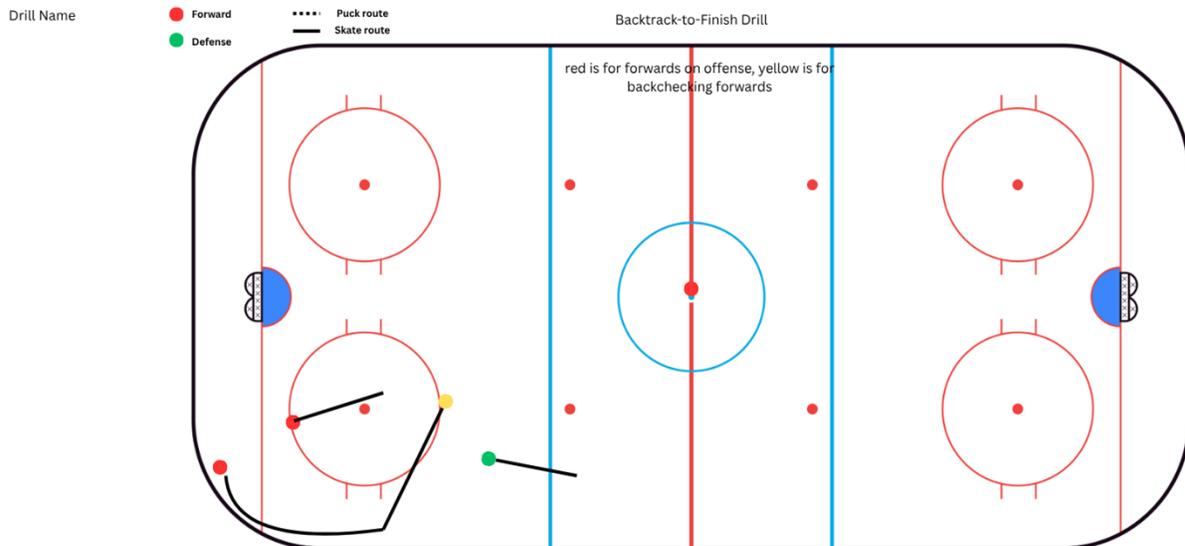


## Backtrack-to-Finish Drill

**Focus:** Transition to defense and finishing check in the neutral zone.

- **Setup:** Offensive player starts with the puck on a controlled breakout. A forward who just turned the puck over backtracks hard to catch and finish the puck carrier.
  
- **Execution:** Teach the recovering forward to:
  - Quickly identify the puck carrier,
  - Sprint to catch them from behind,
  - **Angle from the inside**, and finish with a clean shoulder/bump before they gain zone entry.

**Coaching Points:** Stick lift, timing, skating through the body. Watch for illegal contact (avoid from behind or high hits).



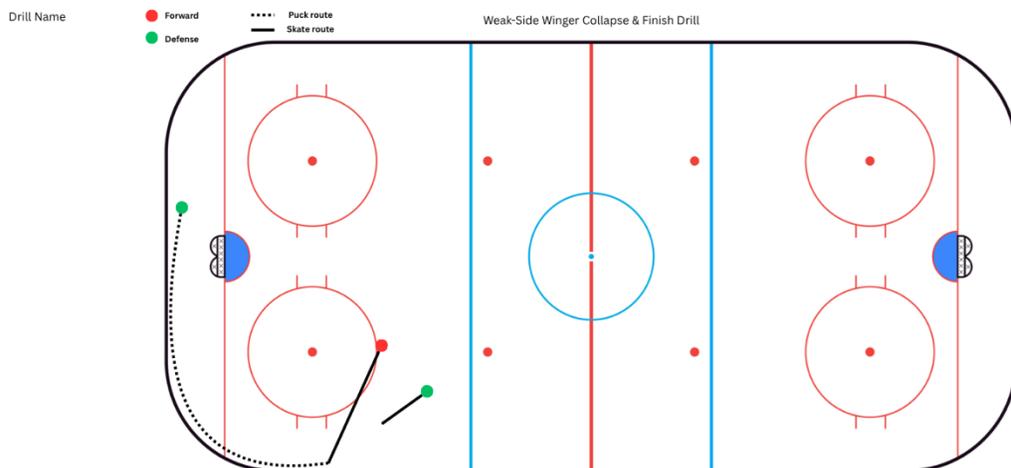
## Weak-Side Winger Collapse & Finish Drill

**Focus:** Timing physical step-down from high to low support.

- **Setup:**
  - Simulate a rim or cycle along the strong-side boards.
  - D-man or puck carrier wheels up the boards.
  - Weak-side winger collapses from the high slot with speed.
- **Execution:**
  - The winger closes the gap diagonally (think slash-to-dot angle) and finishes **clean physical contact** just as the puck carrier reaches top of circles or hashmarks.
  - Teammate D-man contains low, forcing play up wall into the forward's path.
- **Variation:**

Run this drill from both strong and weak sides to force read-react skills.
- **Coaching Points:**
  - Angle through hands and hips, don't overskate.
  - Step down with commitment — don't glide in.

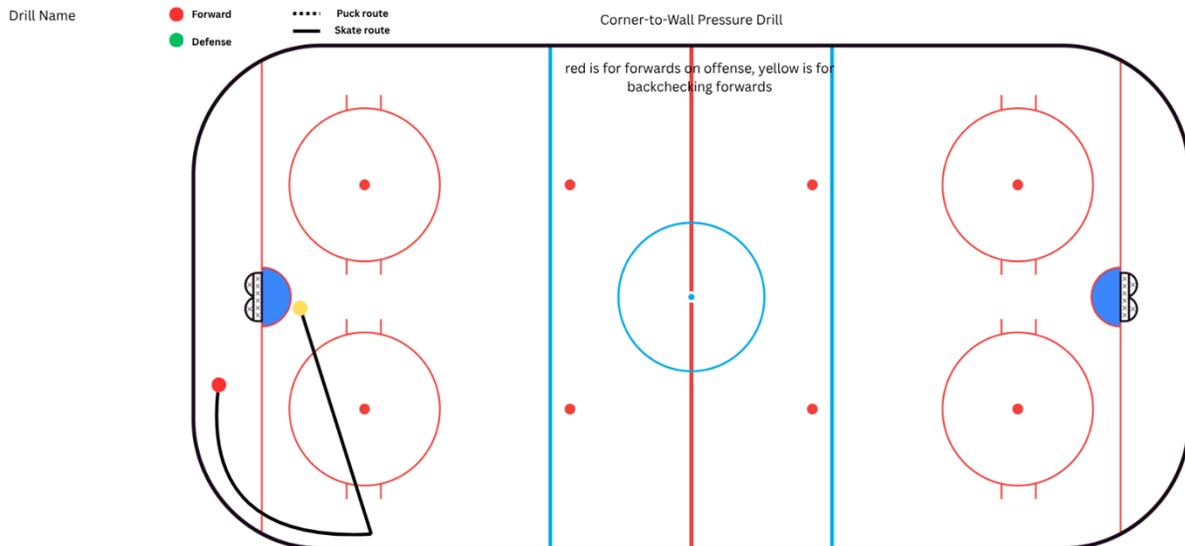
Always recover back to the house if you miss.



## Corner-to-Wall Pressure Drill

**Focus:** Transitioning from net-front to wall pressure as a forward.

- **Setup:**
  - Start with a puck retrieval in the corner.
  - Puck carrier wheels up the boards.
  - A net-front forward breaks off coverage and **pursues up the wall**.
  
- **Execution:**
  - The forward times a hard step into the puck carrier just as they exit the corner.
  - Emphasize proper angling and shoulder contact — not chasing from behind.
  
- **Coaching Points:**
  - Come up through the middle to avoid getting caught on the wall.
  - Look for stick lift opportunity, then shoulder through chest.
  - Hit and separate — then recover the puck.



## 2v2 Low Zone Battle + Step-Down

**Focus:** Realistic zone reads & tracking up the wall for contact.

- **Setup:**

- 2 offensive players start below the goal line.
- 2 defenders (1 D, 1 F) defend.
- Puck starts behind the net. Offensive players try to cycle up the wall and pass low to high.

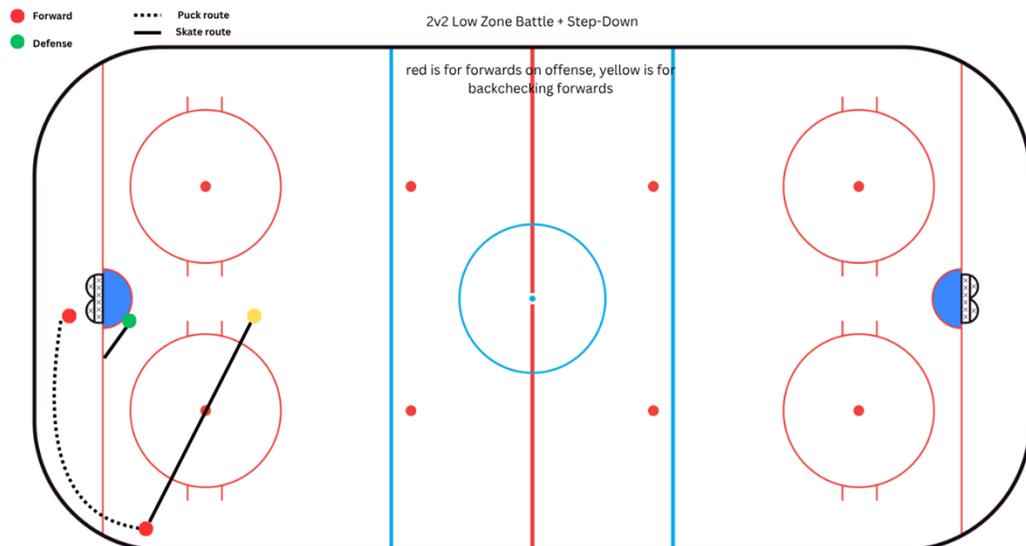
- **Execution:**

- As puck moves up the boards, the defensive forward recognizes their check trying to escape and **steps down with physical contact**.
- Defensive D holds net-front or pressures the low man.
- Option to play it out for 10–15 seconds.

- **Coaching Points:**

- Identify threat early: when the puck carrier turns up the wall, it's green light to step down.
- Stay inside-out, finish contact, don't lunge or get caught wide.
- Reinforce "hit through, then box out."

Drill Name



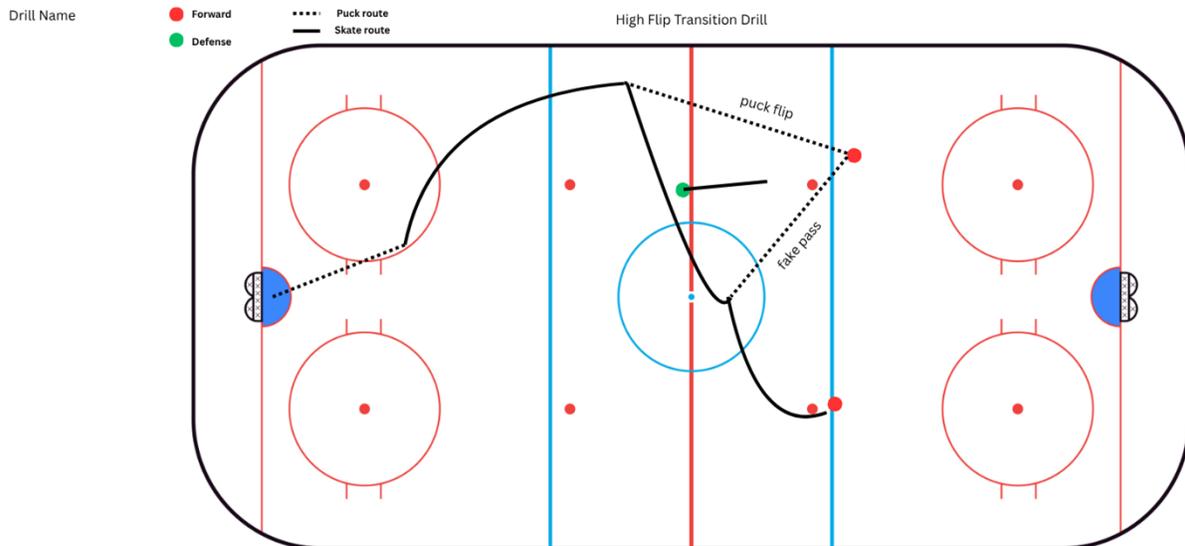
## High Flip Transition Drill

**Focus:** Executing the high flip with timing + catching it in stride.

- **Setup:**
  - One forward starts with the puck below their own blue line.
  - A second forward starts at the far blue line or near the red line, curling to build speed.
  - A coach or D simulates pressure on the puck carrier.
- **Execution:**
  - Puck carrier **sells a short pass**, then flips the puck high and soft into space past the D.
  - Receiving forward tracks the flip, times the catch on the bounce, and continues into a rush.
  - Finish with a shot.
- **Progression:**

Add a live defender trying to intercept the flip. This trains trajectory, timing, and deception.
- **Coaching Points:**
  - Loft it over the D with **soft touch**, not a rocket.
  - Flip it **into space**, not directly to a stick.

Receiving forward must watch the puck arc, catch cleanly or settle it with one touch.

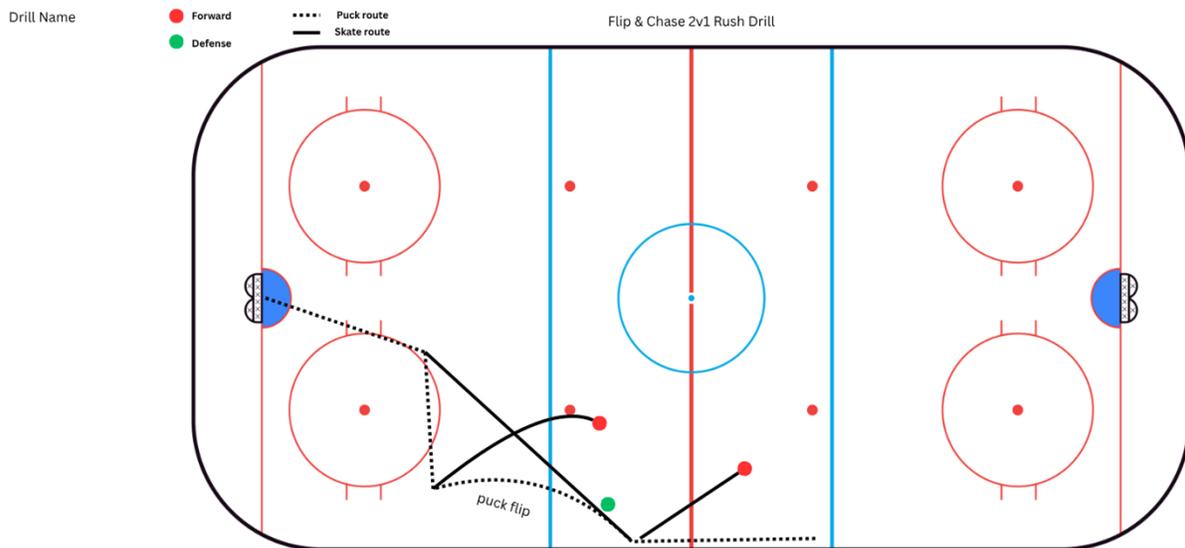


## Flip & Chase 2v1 Rush Drill

**Focus:** Game-speed flip pass to spring a 2-on-1.

- **Setup:**
  - Two forwards begin in the neutral zone.
  - One defender holds the blue line gap.
  - Coach dumps a puck to the near side.
- **Execution:**
  - Puck is retrieved under pressure → **quick flip pass** over defender.
  - Second forward jumps behind D with speed, collects puck, creates a 2-on-1 rush.
  - First forward supports as trailer.
- **Coaching Points:**
  - D-man forces puck carrier to flip under duress — teaches how to do it when rushed.
  - Flip with eyes up. Avoid flipping blindly into the middle.

Communicate: receiving forward should call for space or flip.



## Breakout Flip Option Drill

**Focus:** Teaching D-to-FWD breakout flips as a 3rd option.

- **Setup:**

- D-man behind the net has 3 breakout options:
  1. Rim to winger
  2. Direct pass to center low
  3. **High flip** to weak-side forward stretching the ice

- **Execution:**

- Coach yells option 3 → D flips puck into neutral zone soft and high.
- Stretch forward times route to catch it with speed at far blue.
- Simulate timing it off a line change or fast transition.

- **Coaching Points:**

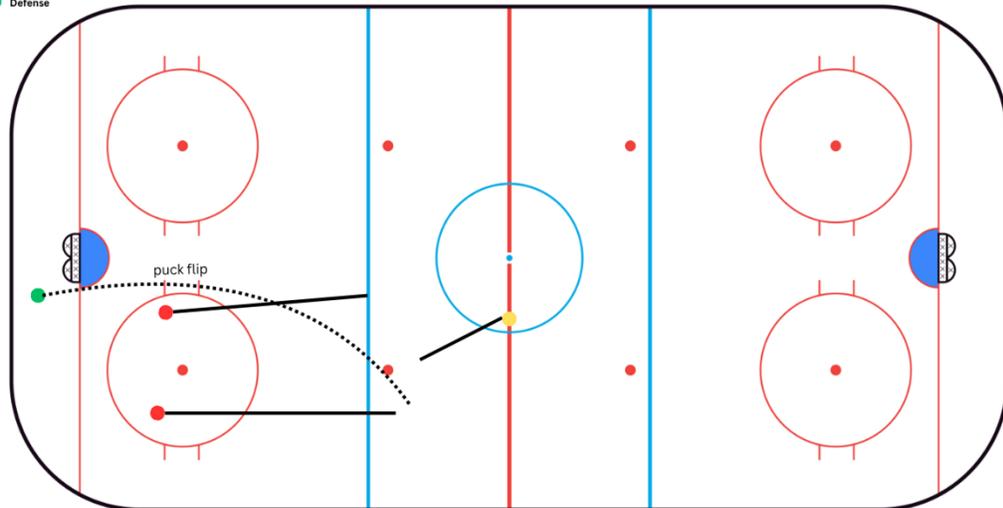
- Don't ice it — flip it **into a controllable bounce**.
- Flips should land **a stick length ahead of the receiver**, not right on them.
- Stretch forward must start wide and stay outside.

Drill Name

- Forward
- Defense

- ..... Puck route
- Skate route

Breakout Flip Option Drill



## Catching the Flip – Solo Skill Drill

**Focus:** Settling high pucks in stride.

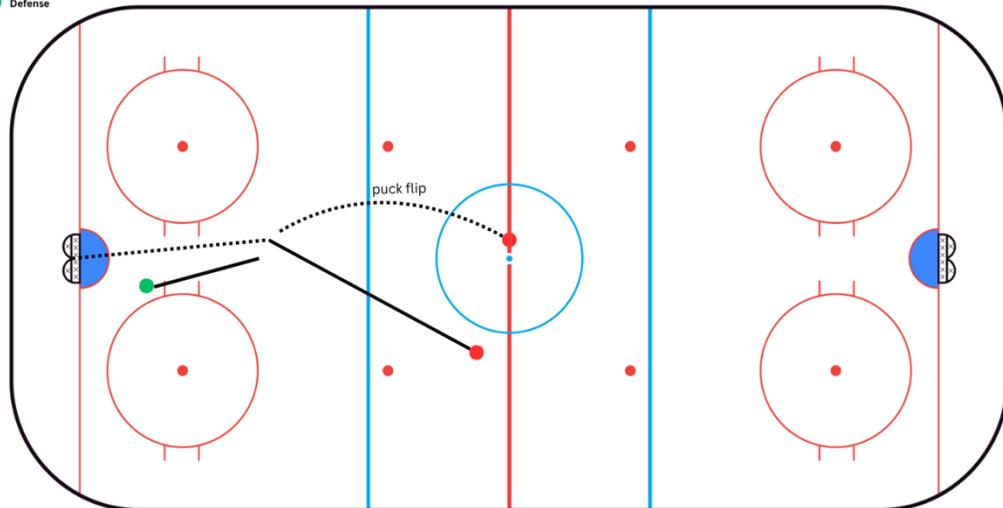
- **Setup:**
  - Players line up at center ice.
  - Coach or teammate lofts flip passes into space.
  
- **Execution:**
  - Players skate into the flip, catch or settle the puck on their stick, then take a shot.
  - Add cones or defenders as obstacles later.
  
- **Coaching Points:**
  - Watch puck into hands → use **glove, shaft, or blade** to control bounce.
  - Don't slap at it — calm hands.
  - Practice both forehand and backhand side flip catches.

Drill Name

- Forward
- Defense

- ..... Puck route
- Skate route

Catching the Flip – Solo Skill Drill

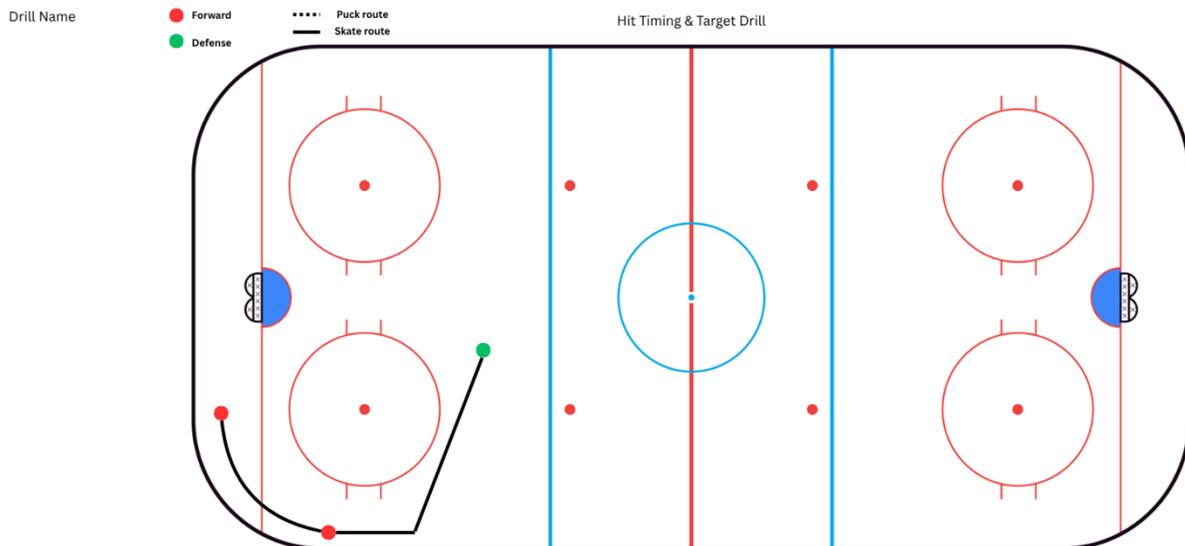


## Hit Timing & Target Drill

**Purpose:** Teach when and where to deliver legal contact.

- **Setup:**
  - Place 2–3 players along the boards with pucks, skating slowly up the wall.
  - Forward skates in from center ice angle (not straight on).
- **Execution:**
  - On whistle, forward angles and finishes a **legal shoulder check** on puck carrier.
  - Focus on hitting through **center mass**, not from behind.
  - Switch roles every 3 reps.
- **Coaching Points:**
  - **Hands low, knees bent, eyes up.**
  - Initiate contact through **hips and shoulders**, not arms.
  - **No gliding** into contact — accelerate through it.

**Lead with stick-on-puck, then hit through the chest/shoulders.**

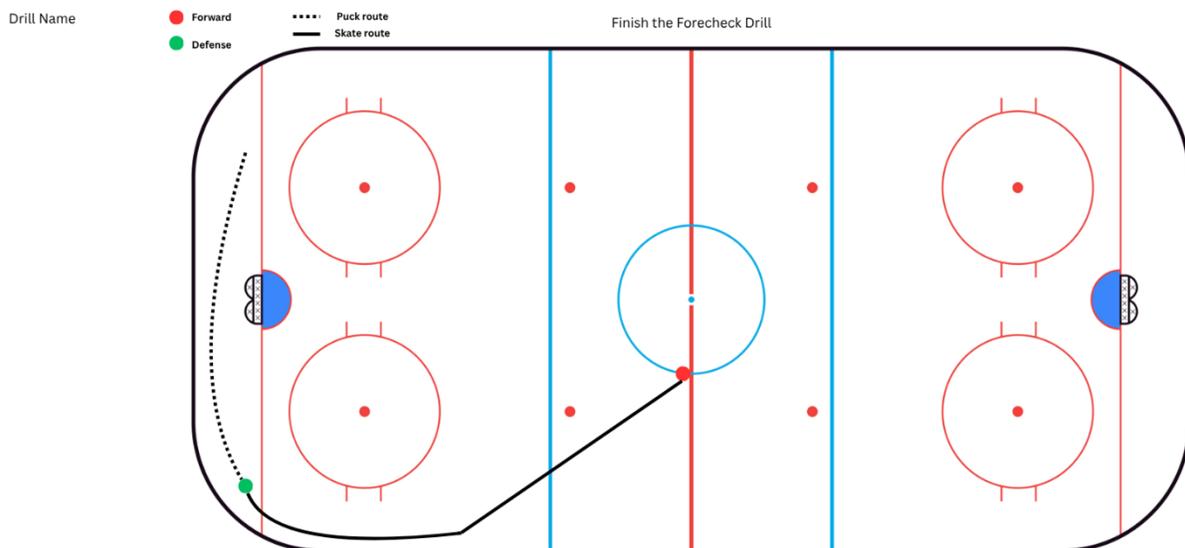


## Finish the Forecheck Drill

**Purpose:** Teach forwards to **close time and space** and hit through the hands and chest.

- **Setup:**
  - Coach rims puck to the far-side D behind the net.
  - Forward forechecker starts at the red line and pressures hard.
- **Execution:**
  - D skates puck up the wall or behind net.
  - Forward **closes quickly**, finishes the check into the boards.
  - Alternate sides. Add read-and-react component later (cut off reverse, etc.).
- **Coaching Points:**
  - Time your **angle, not your speed**.
  - Drive **through the hands** — no stick lift first, just a clean hit.

Don't overshoot. Think **chest through hands** with controlled impact.



## Continuous Shoulder Contact Drill

**Purpose:** Build physical confidence and repetition.

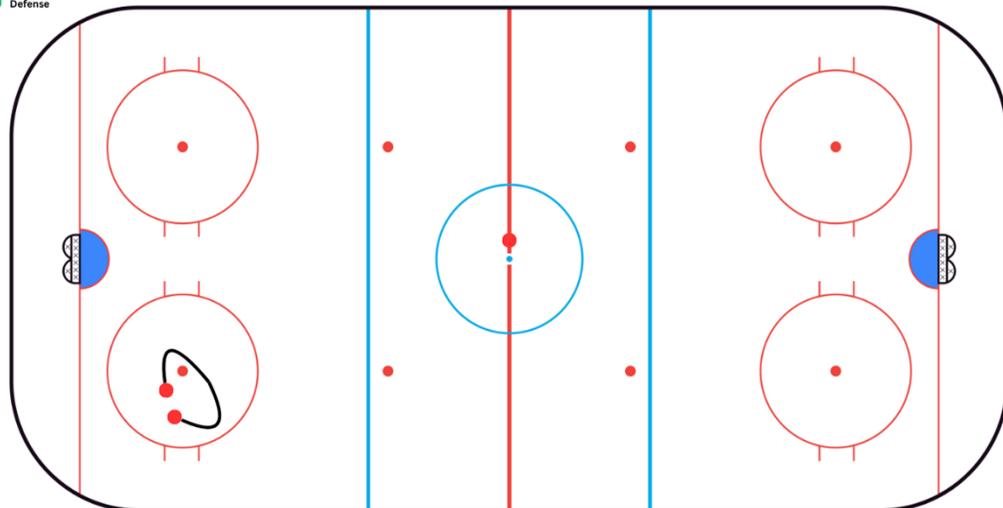
- **Setup:**
  - Two players skate small loops from opposite ends toward each other.
  - Each loop finishes with a **controlled shoulder-to-shoulder hit**.
- **Execution:**
  - Continuous motion → skate, hit, loop, return.
  - Keep posture upright and legal contact.
  - Switch shoulders each rep (left side, right side).
- **Coaching Points:**
  - Focus on **proper contact zone**: mid-body, shoulder in, no head or numbers.
  - Keep knees bent and **explode through the legs**.
  - Make sure both players finish on their feet. This is about *form*, not big hits.

Drill Name

- Forward
- Defense

- ..... Puck route
- Skate route

Continuous Shoulder Contact Drill

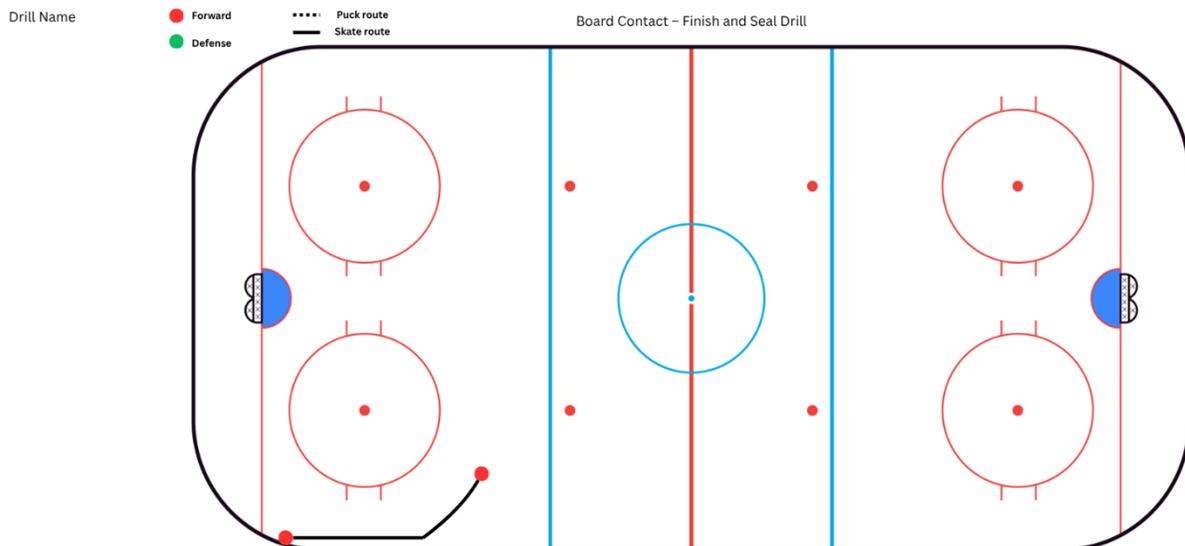


## Board Contact – Finish and Seal Drill

**Purpose:** Teach forwards to finish a hit **without running through the wall** — pin and separate.

- **Setup:**
  - Coach places puck along the wall, player A picks it up and starts up the boards.
  - Player B angles and delivers a hit into the boards.
- **Execution:**
  - Player B **drives through hands and hips**, then seals player A to the boards.
  - On contact: control, pin, and separate puck.
  - Swap roles every 3 reps.
- **Coaching Points:**
  - Avoid **hitting through numbers** — hit shoulder-to-shoulder.
  - Pin with **legs under you** and **stick down**.

Finish hit → recover puck.

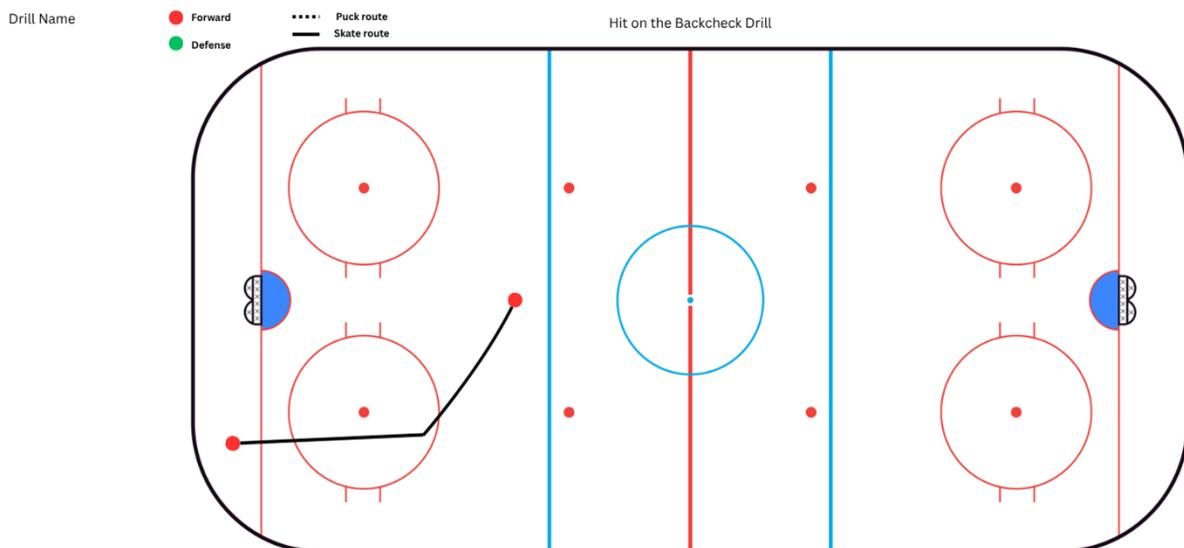


## Hit on the Backcheck Drill

**Purpose:** Practice stepping into a puck carrier with body contact from the inside.

- **Setup:**
  - Puck carrier starts wide off the rush.
  - Backchecking forward starts from center and tracks inside shoulder.
- **Execution:**
  - Forward angles and **steps into the puck carrier** at the top of the circle or hashmarks.
  - Focus on contact, not just poke-checking or angling.
- **Coaching Points:**
  - **Feet moving**, finish through **body**.
  - Aim for **shoulder to shoulder** – no reaching or gliding.

Track inside → step out hard at right moment.



## D Retrieval & Skate Breakout Drill

Focus: Quick retrieval, shoulder check, read & explode.

- Setup:
  - Coach rims or soft chips a puck into the corner.
  - D starts at the dot or hashmarks.
  - F1 supports low, F2 swings high.
- Execution:
  - D retrieves puck, shoulder checks once before and once during pickup.
  - Skates puck behind net or up strong-side.
  - Makes pass to F1 or F2 OR skates it out (based on coach signal).
- Variations:
  - Coach calls “wheel”, “reverse”, or “carry” on retrieval.
  - Add a forechecker for pressure.
- Coaching Points:
  - First 3 strides after pickup = explosive.
  - Head up before touching the puck.
  - Use deception (look-off, shoulder fake).

Keep hands outside body frame for quick moves.

