

Hatfield Ice

Coaches Drill Book



Practice Rules & Tips

1.) Keep the players moving as much as possible! The less the players stand around, the less likely they will lose focus or interest in the practice.

2.) All Coaches at any level should always focus on the following areas AND work on them in this order: Skating, Individual Skills, Team Drills, Competition, mini game.

Start your practice off with some focus of skating & endurance. After 15 to 20 minutes, move onto stickhandling, passing and shooting drills for another 20 to 25 minutes, then you can work on incorporating the skills you just worked on into team drills and game situations. You should not do positioning or system work until the last 10-15 minutes of practice. This should be even less so at the Mite & Squirt levels.

Try to do some sort of fun activity or game at the end. Players will feel like they are rewarded for their hard work. If it focuses on any kind of skill work, even better!

3.) If the players are doing a drill wrong, STOP THE DRILL! Do not let the drill continue while the players do it incorrectly. Blow the whistle, stop everything and explain to the kids exactly what you are looking for.

Make sure everybody is paying attention when you talk. If they goof while you are teaching, then you need to stop them and instruct them to listen before you continue. If they still misbehave after that warning, then you may need to skate the whole team to get your point across.

4.) Try to have drills ready to go right after one drill is done. Use your assistant coaches to help setup the next drill while you instruct the kids. Ice time is precious and it is important to make the most out of it.

5.) Try to keep the chalk talk to a minimum. If you take only 5 minutes to explain each drill, that might be 20 or 30 minutes of non-activity. Bring the kids in, explain the drill and then instruct them where to go. This should only take about 45 seconds to a 1 minute to set the kids up and go over it. If it takes you as long to explain and setup the drill as it is to run it, then you should not run that specific drill.

Once you get the drill going, make sure they run it correctly. Again, do not hesitate to stop the drill.

6.) Try to always put some sort of practice plan together on paper. Focus hard on 2 or 3 specific things. Do not overload. Practice Plans are even more important when using assistant coaches. Keep them on the same page with what you are trying to do. Keep them interested. They should not be just firing pucks around.

7.) Try to stay away from yelling and screaming unless necessary. If you yell all the time, kids of any age will just start tuning you out. Stay positive with your players!

Hockey IQ Tips

Skating:

- **Basics:** Always skate with knees bent, Head Up, Chest up. Skating is angling your feet and pushing off the ice, from the middle of your body and back. Once they do this correctly, have them focus on extending their stride back as far as they can.
- **Stance:** When starting any drill, the kids should begin in hockey position. Hockey position is a stand still position, knees bent, chest up, head up, 2 hands on the stick, and stick on the ice.
- **Skating Turns:**
 - **Hockey Turns** - A Hockey turn is a tight turn used for changing directions quickly. Feet should be close to together and you should lean on your inside foot while leaning both feet the same direction. If they are doing a LEFT turn, they should lead with their LEFT foot. If they are doing a RIGHT turn, they should lead with their RIGHT foot. Stick should be pointing where they are going. Both Skates should be on the ice.
 - **Crossover Turns:** Used for keeping speed up while turning. Both skates should be leaning the same way. You are stepping your outside foot over your inside foot. Try having them stand still and crossing over with their Toes pointing forward. Once they are able to do this, then you can have them crossing over while moving forward.
- **Backwards Skating:** Players should begin learning how to skate backwards by doing C-cuts, 1 foot at a time. Once they know how to do that, then they should learn on crossing their feet over to gain speed.

Players should start out holding 2 hands on their stick. Once they are competent in skating backwards, then they can hold 1 hand on the stick. Make sure to emphasize on keeping the stick under control and in front of their body.
- **Stick Use:** Players should always have 2 hands on their stick unless they are chasing the puck or an opponent. They should skate as if they are always ready for the puck to come to them. If they skate with 1 hand on their stick, they need to pump their arms back and forth, not side to side. Stick should always stay in front of them and when turning, pointing where they are going to go. This helps with balance and control.
- **Edges:** Players have an INSIDE Edge and an OUTSIDE Edge on both feet. The inside edge is the inside of their skate. The outside edge is on the outside of their skate. Try to focus on skating drills where they have to use both of these edges. When they do hockey turns and crossovers correctly with both skates on the ice and leaning the same way, they are using both their edges

(Example: Skate is on their inside edge → / / ← skate is on their outside edge.
- **Body Movement:** Players should not be bobbing their head or over working their upper body when skating. All speed and skating strength comes from their lower body (hip, legs and feet). Their head should be up and eyes pointed forward. Arms should only be used for swinging back and forth when chasing OR for when stickhandling. If they are pumping their shoulders and arms, but not moving very fast, then they are not concentrating enough on using their legs.

Puck Skills:

- **Stickhandling:** This is an important skill to controlling the puck and setting up other skills properly (passing & shooting). When teaching this skill, focus on the following:
 - 2 Hands on the stick, lower hand towards the middle of the stick. They should not hold it like a golf club.
 - Little noise should be heard. There should be no banging of the stick on the ice.

- The length you stickhandle from 1 side to the other should be the length between your feet. When stationary, feet should be about body length apart.
 - Try to keep your head up. It is ok to look down to check where the puck is, but encourage players to work on keeping their head up while stickhandling stationary and while skating.
- **Passing:** This is a skill set you can teach in almost in any type of drill or situation. When working on this skill, focus on the following:

- Always 2 hands on the stick, stick on the ice.
- The best and easiest way to teach passing is stationary. Have each player pair up with a partner and have them about 2 to 3 stick lengths away. The older they are, the further you can separate them, but start it close and then widen it if you feel they are ready.
 - **Passing Position:** Their stick blades should be open and facing each other. Their top hand's shoulder should point to where they are passing, with the chest and toes facing the side. **See the picture →**
 - Players should start the puck in the middle of their blade towards the heel of their stick.
- When passing, encourage the players to SWEEP the puck, not slap it. This is a bad habit that most young players have. They should start the puck near their back foot and push the puck forward.
- When passing, the players need to STICK HANDLE the puck into proper passing position, as explained above.
- For backhand passes, the same rules apply. They should bring their stick back and sweep the puck.



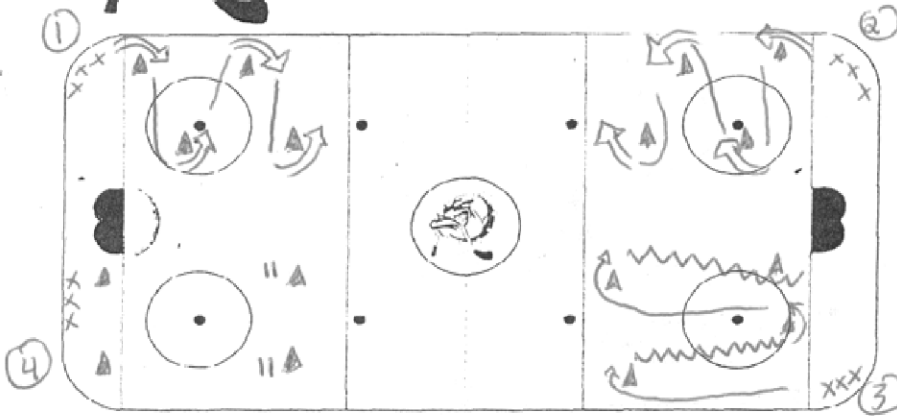
- **Shooting:** Players are generally self motivated to get better at shooting. With that said, you need to focus on same basic techniques in order to help them:
 - Keep 2 hands on the stick, with the lower hand towards the middle of the stick.
 - Like passing, the best and easiest way to teach shooting is stationary. Line the players up across the ice and allow them to shoot one at a time so you can focus on each player.
 - **Shooting Position:** This is similar to passing position. Their stick blades should be open and facing the net. Their top hand's shoulder should point to where they are shooting, with the chest and toes facing the side.
 - Players need to stick handle the puck into the correct position. They should start the puck near their back foot and push the puck forward.
 - They should start the puck in the middle of their blade towards the heel of their stick. When they shoot, they should follow through with their stick to the target.

Skating Drills



SYSTEM/DRILL

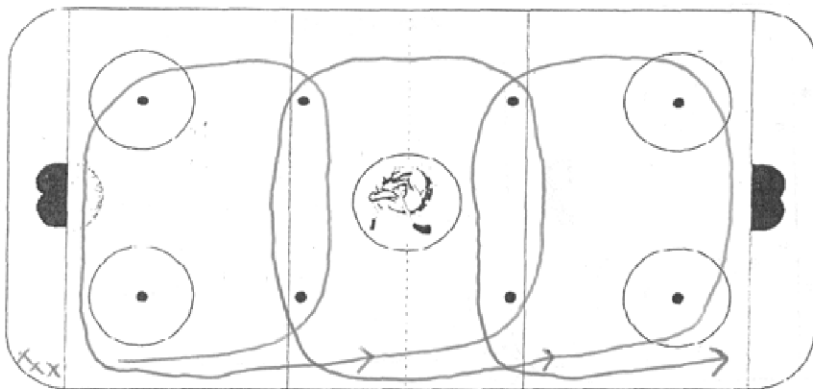
Skating Stations/Endurance



Description

- ① skate to cones lifting inside leg around cones leaning on inside edge.
- ② skate to cones lifting outside leg around cones leaning on outside edge.
- ③ Forward to backward transition
- ④ Cross overs around circle stop @ cone. Repeat in the other direction.

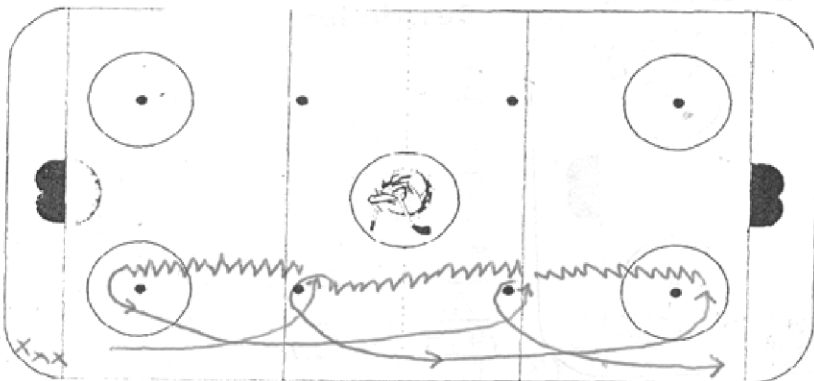
Notes/Systems



Description Full Ice Skating

Big circles around dots in offensive, neutral, & defensive zones. Constantly cross feet over in wide circles.

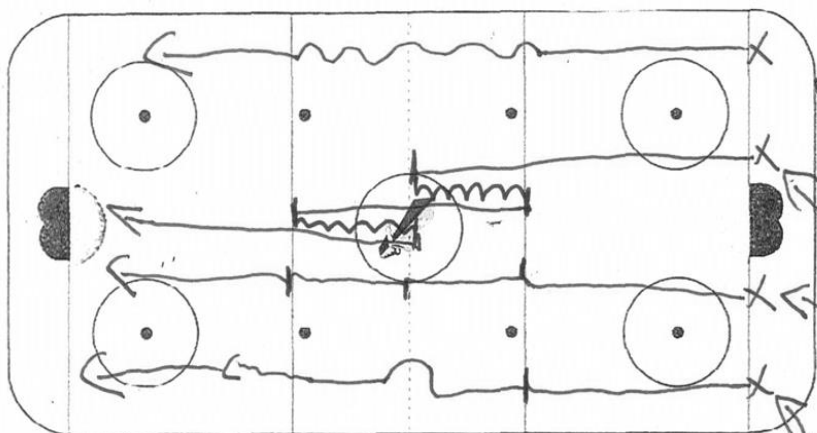
Notes/Systems



Description Full Ice Skating

Forward to backward transitions around offensive, neutral, & defensive zone dots.

Notes/Systems



Notes/Systems Skating Lines

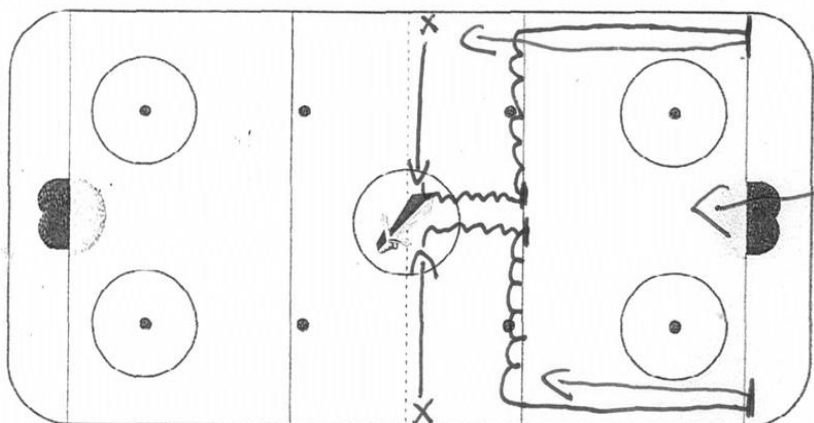
Description

4-6 Lines

- Pivots: FWD to BWD + BWD to FWD

- Agility: FWD to Red Line,
Crossovers back to Blue line
FWD to Far Blue, BWD to Red
FWD to Goalline

Balance: Right knee Blue line,
Left knee Red, Both knees far
Blue line



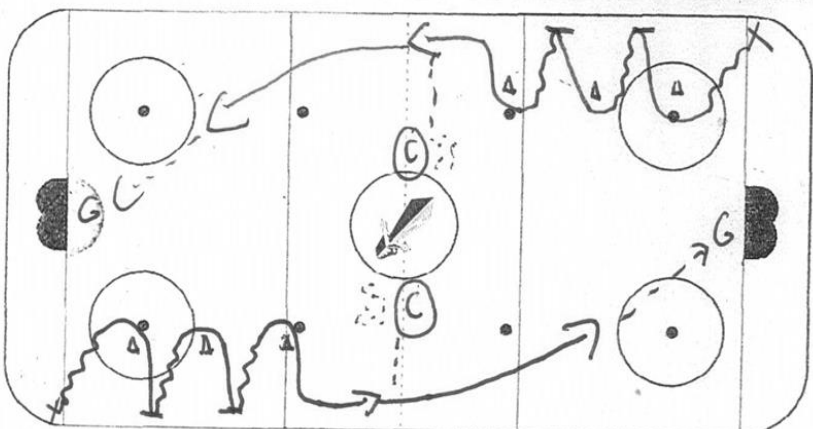
Notes/Systems Agility

Description

Balance: Both knees Blue, Jump Red
Stomach on Far Blue

Skating Progression: 4 Lines or
2 Lines

- Forwards to the middle, Pivot
- Backwards to the Blue Line.
- Crossover steps to the Boards
- Turn forwards at the Boards
Skate FWD to the Goalline
and skate hard back to Line



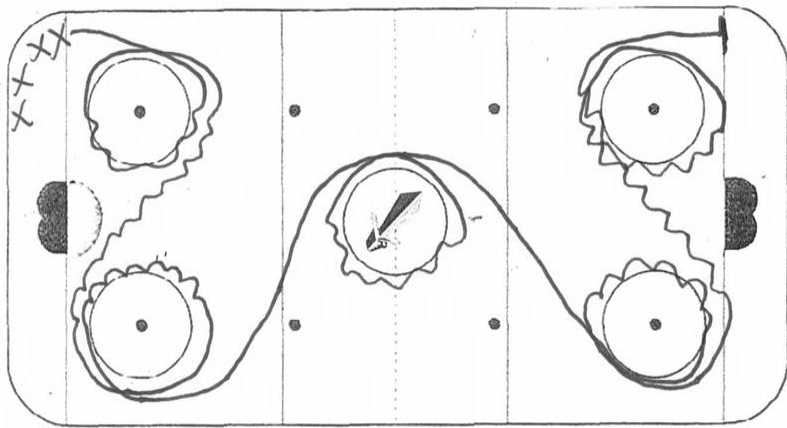
Notes/Systems Pivots

Description

- 2 Lines, Opposite Corners
- Pucks in the middle w/ 2
Coaches.

- Players start BWD, pivot FWD
at cones, FWD to the Boards,
Pivot BWD from boards to cones

- After 3rd cone, Pivot FWD,
catch a pass from the
Coach, go in and shoot.

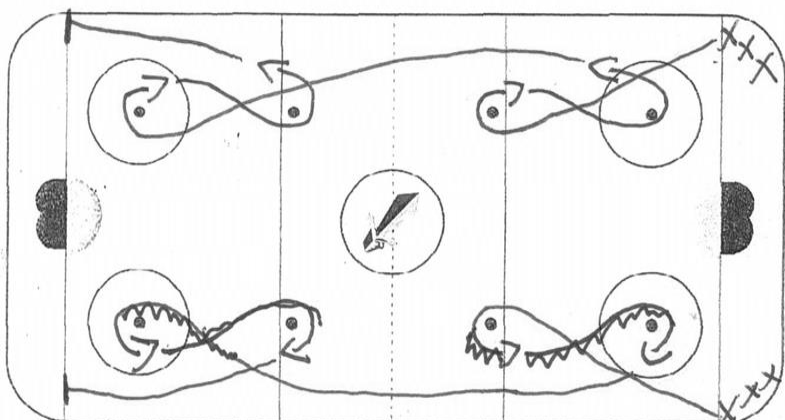


Notes/Systems Cross overs

Description

Circles: Forwards
Backwards
Pivots

* To speed up the tempo, you can these Drills in Half Circles. This gets them moving faster through their crossovers.



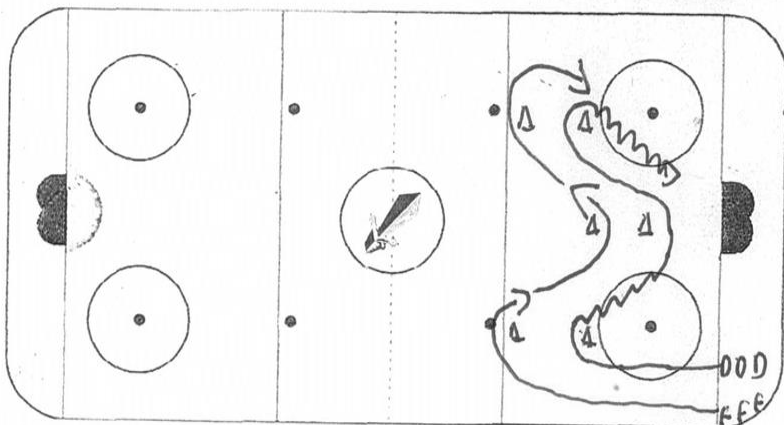
Notes/Systems Hockey Turns + Pivots

Description

2 Lines

Drill order: 2nd Dot
1st Dot
Hockey Turns { 4th Dot
3rd Dot

Pivots Drill { 2nd Dot
(Same as above) 1st Dot
4th Dot
Pivots { 3rd Dot



Notes/Systems Pivots + Transition

Description

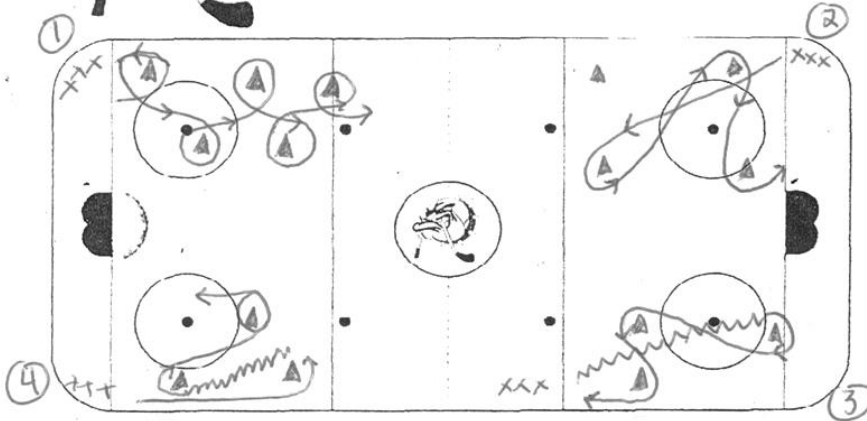
1-on-1 Drill: Line of forwards
D-men

- Forward Always skates forward w/ Puck
- D-Man faces 1 Direction and does Pivots, 1-on-1 after final Cone.

Skill Drills



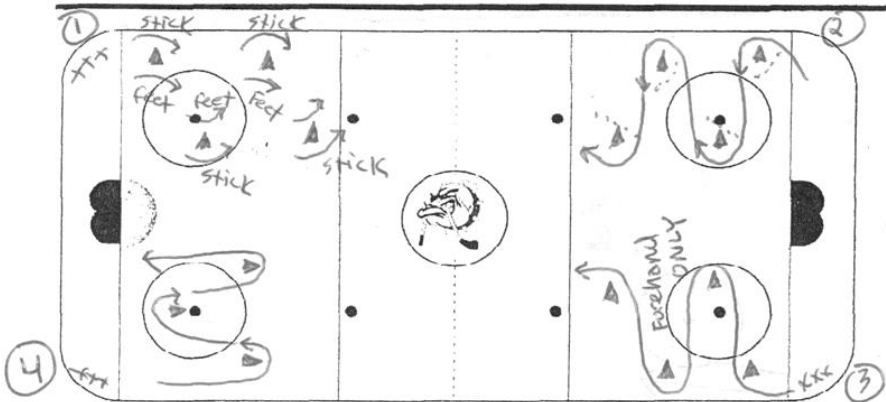
SYSTEM/DRILL Stickhandling Stations



Notes/Systems _____

Description

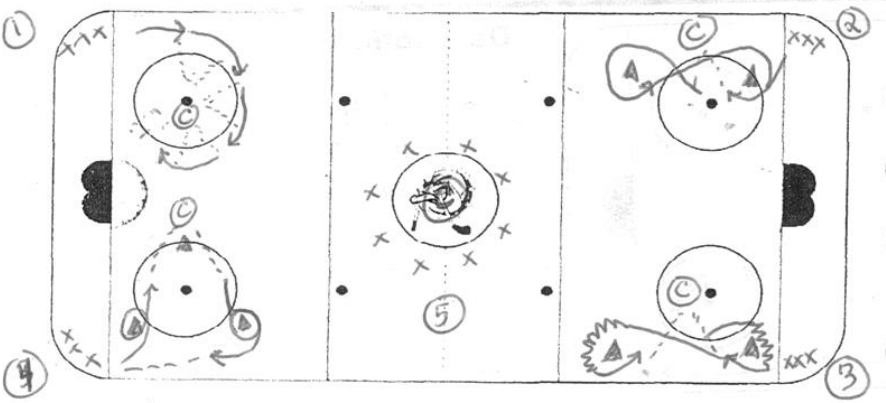
- ① Stay between cones. Inside/out turns. Always come up middle of cones.
- ② Forward to top cone, left turn around to bottom cone, right turn around to last cone left turn.
- ③ Start backwards to bottom cone, transition forwards to top cone, left turn then right turn.
- ④ Forward to top cone, transition backwards to bottom cone forward to third cone, tight turn around cone.



Notes/Systems _____

Description

- ① Feet stay inside of cones. Reach stick/puck outside + around cones.
- ② Forward around cones. Slide puck inside + around the cones.
- ③ Forward around each cone. Always keep puck on forehand. Do not move puck to backhand.
- ④ Forward around each cone, w pattern.

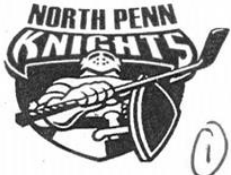


Notes/Systems _____

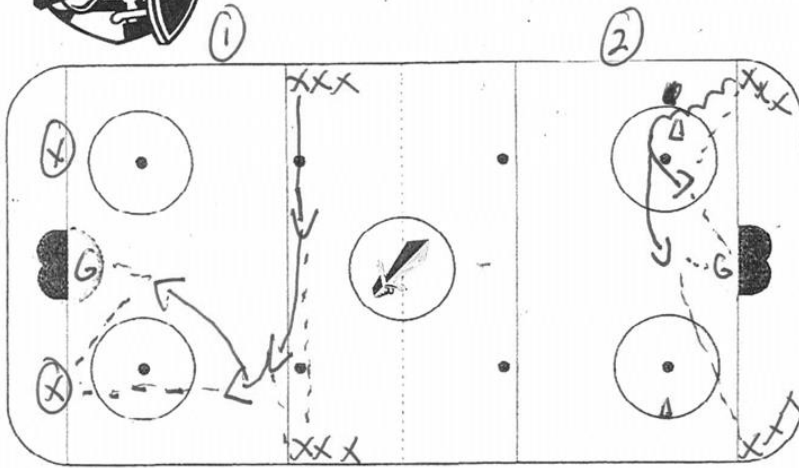
Description Passing Stations

- ① Forward around circle passing back + forth w/coach.
- ② Figure 8 passing w/coach. 2 times around.
- ③ Figure 8 passing w/coach. Transition forward to backward around each cone. Always forward through middle.
- ④ Tight turn around 1st cone, pass to coach, receive back around 2nd cone, tight turn 3rd cone, pass to next player in line.

⑤ Monkey in the Middle. Keep puck away from coach by passing to team mates.



SYSTEM/DRILL Passing Drills

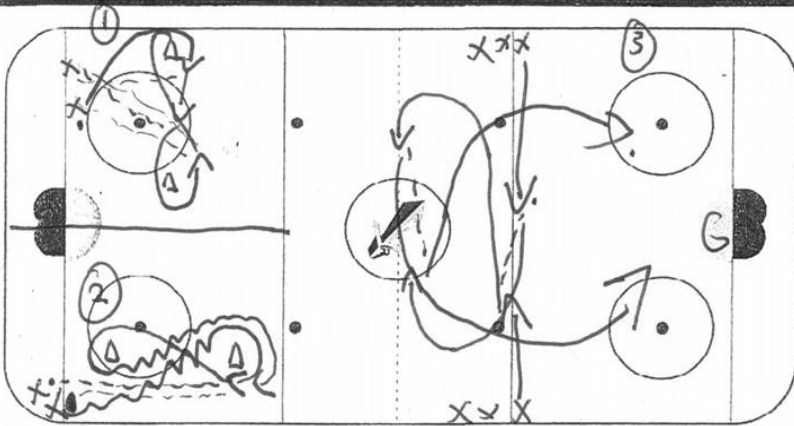


Notes/Systems Player must OPEN UP and Give Target to Passer

Description ① 2 Lines w/ Pucks
 - Skate across, Pass to other line
 - Return Pass, skate towards Pucker
 - Give n Go Pass, → Shot

② 2 Lines w/ Pucks
 - Skate Backwards around Cone, catch Pass from same line. → Shot

- Go to the net, catch Pass from opposite line, shot on net.

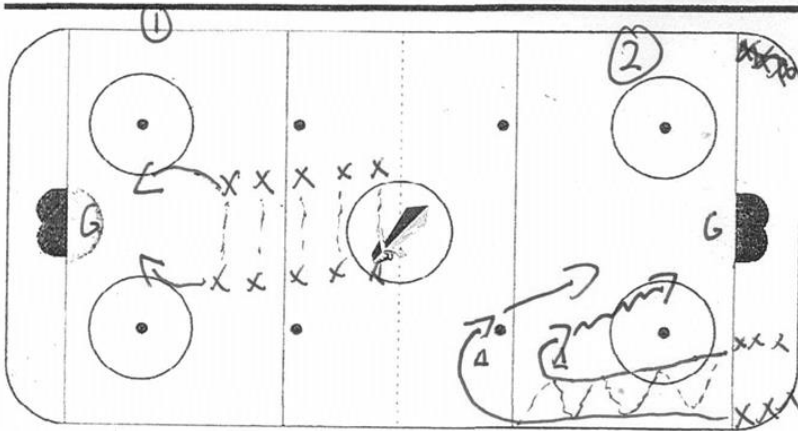


Notes/Systems Focus on Passing on ~~Forehand~~ Forehand and Backhand.

Description ① 1 Line w/ Pucks
 - first Player will skate w/ Puck, doing figure 8's.
 - After every turn, Pass the Puck back and forth with 2nd Player in line

② same as Drill ①, except they do Pivots.

③ 2 Lines, Pucks on 1 side. Player from each line do crisscross + Pass 2x and come back in 2 on 0.



Notes/Systems _____

Description

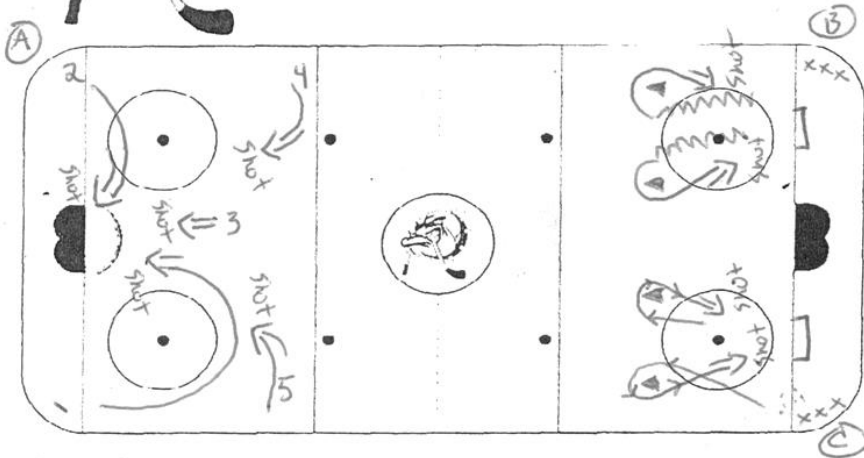
① Stationary Passing + 2 on 0
 - Have players in lines Passing back and forth.
 - On whistle, first pair go in for a shot. ~~They then go back in line.~~
 - They then go back in line.

② 2 Lines: 2 on 0 Passing up to Cones. Player on boards goes to top Cone w/ puck. Inside Player pivots around 1st Cone, 1 on 1.



SYSTEM/DRILL

Shooting Stations

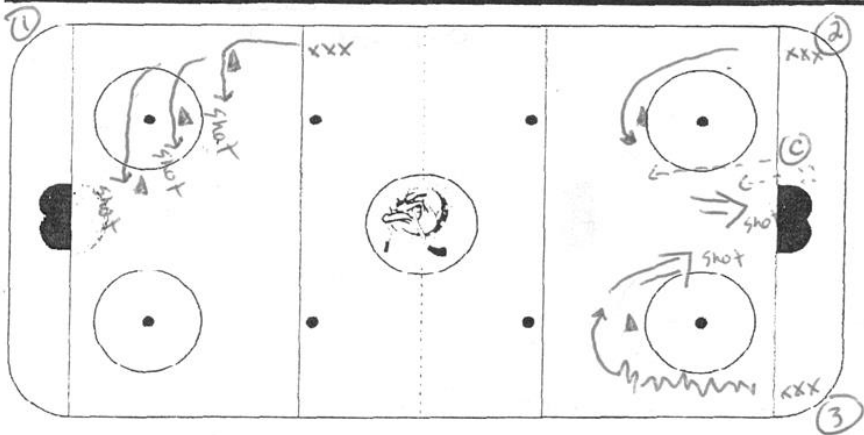


Description

- ① Follow Pattern 1 → 2 → 3 → 4 → 5 → 1. Lines @ all 5 stations.
- ② Backward transition forward around cone + shot.
- ③ Forward inside/out turn and shot.

Variation: Add passes from coach after player turns around cones.

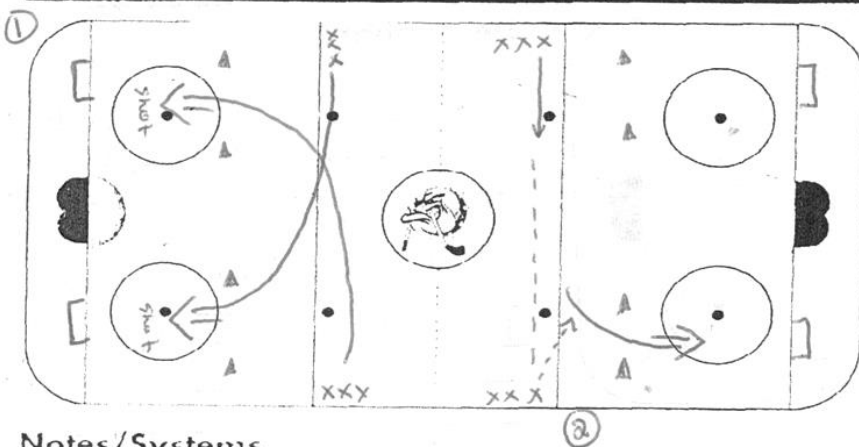
Notes/Systems



Description

- ① Progression Shooting. Around 1st cone w/ long shot, 2nd cone w/ mid shot, 3rd cone w/ short shot.
- ② Forward around cone, receive pass from coach, quick shot, go to net + receive 2nd pass + shot.
- ③ Backwards to start. Around cone, transition forwards + take shot.

Notes/Systems



Description

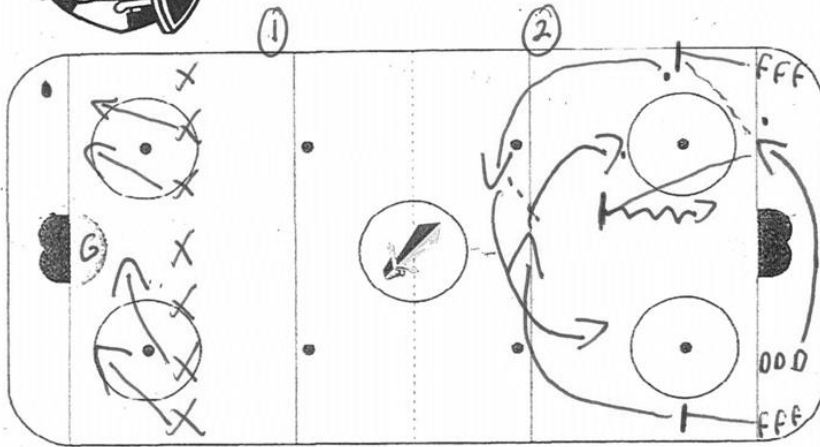
- ① Skate to opposite set of cones. Shoot as soon as player goes through cones. Follow for rebound
- ② Same set up. Make pass to player in opposite line, receive pass back, through cones w/ quick shot.

Notes/Systems

Team Drills



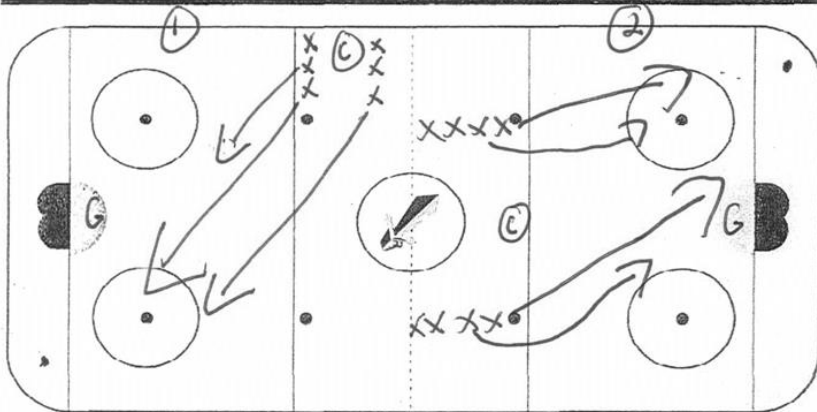
SYSTEM/DRILL Team Drills



Description ① Half Zone 2 on 2
 - Line up all players in straight line across the ice
 - Pair kids up, dump puck in and pick 2 pairs to go in and battle for the puck.

② Breakout → 2 on 1
 - Defense starts w/ puck behind net, skates around net and passes puck to forward.
 - Forwards crisscross and pass, come back in 2 on 1.

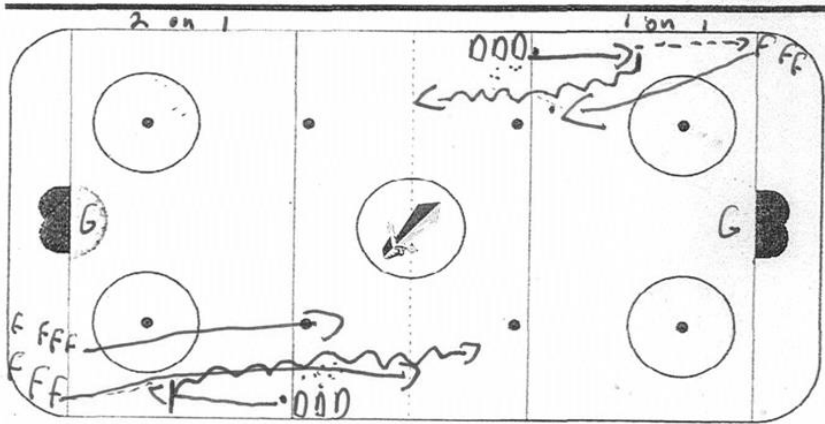
Notes/Systems Competition



Description ① Situations:
 - 2 Lines: 2 Players from line 1, 1 player from line 2 will go.
 - Coach dumps puck in. It starts out as a 2 on 1. The coach will then add players in from each team. This will change the situations on the fly.

② - 2 Lines: Coach in the middle. Coach dumps puck in, 2 players from each line go. 2 on 2. Team that passes the puck back to coach is on offense. Other team is on defense.

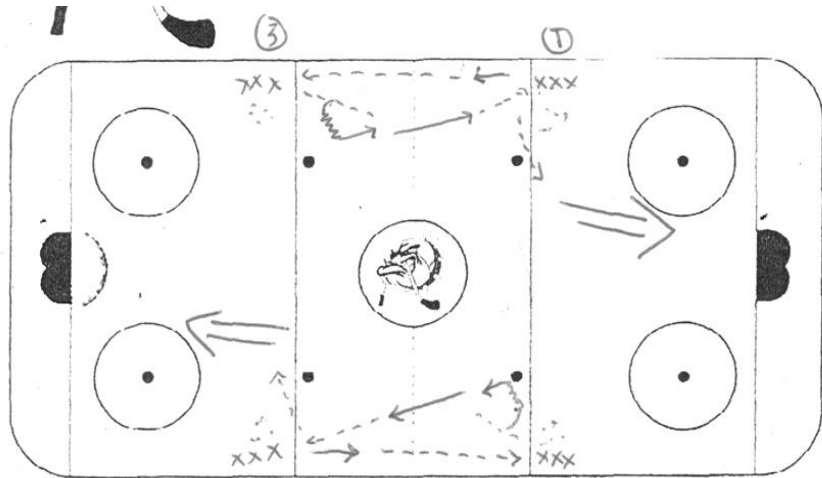
Notes/Systems Battle for Puck, Situations



Description
 2 Defense Lines, opposite sides
 2 Forward Lines, opposite sides
 - Defense starts w/ pucks
 - Defense skates towards forwards passes puck to forward then pivots back. 1 on 1 each direction.

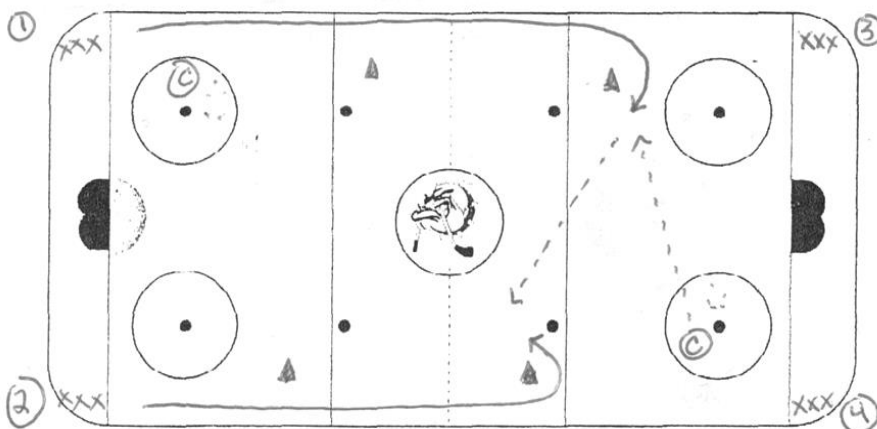
- You can send 2 forwards and create 2 on 1 situations

Notes/Systems 1 on 1's, 2 on 1's



Notes/Systems (2) Warm-Up (4)

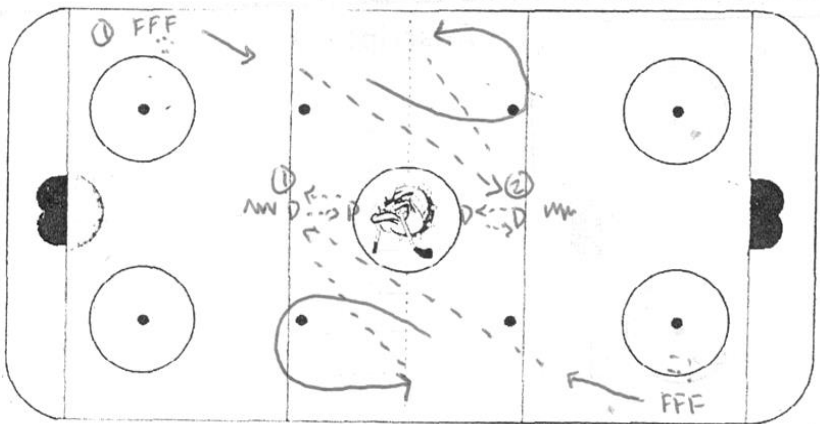
Description 1+2, 3+4 go together
 Pass to line directly ahead,
 transition + receive pass back,
 pass back to line you started
 in, receive back + shoot.



Notes/Systems 2v0

Description 1+2, 3+4 go together
 1+2 leave (2) same time skate
 around cones, 1 receives pass from
 coach, passes to 2, go down ice
 together for 2v0.

After 1+2 pass red line,
 3+4 go.

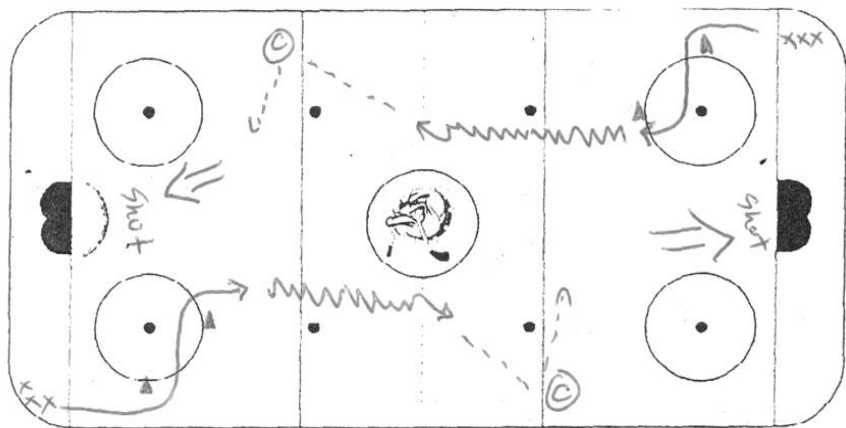


Notes/Systems 2v1 (2)

Description
 Forward starts by making pass
 to defenseman, D receives, back pedal
 makes pass back to forward.

After Pass: D. Plays opposite
 Forward on 1v1.

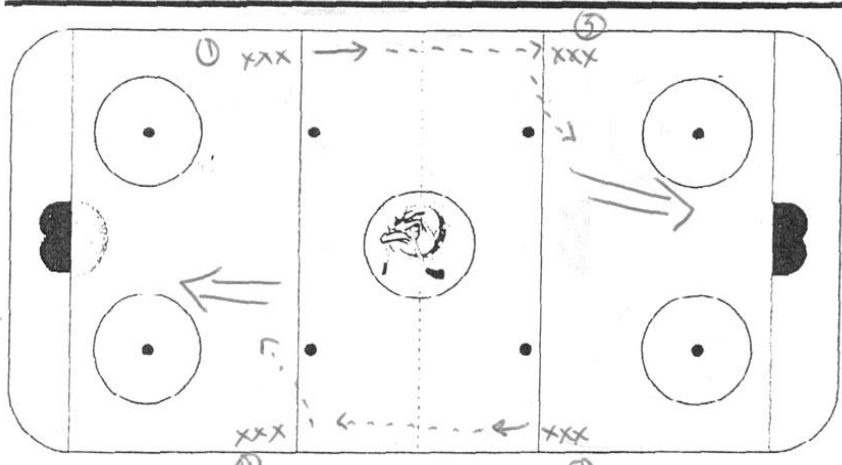
1 plays 1, 2 plays 2.



Notes/Systems Warm-Up

Description

Forwards through cones, transition to backward @ 2nd cone, backwards to Red line, transition forwards, - pass to Coach, receive pass back, take shot.

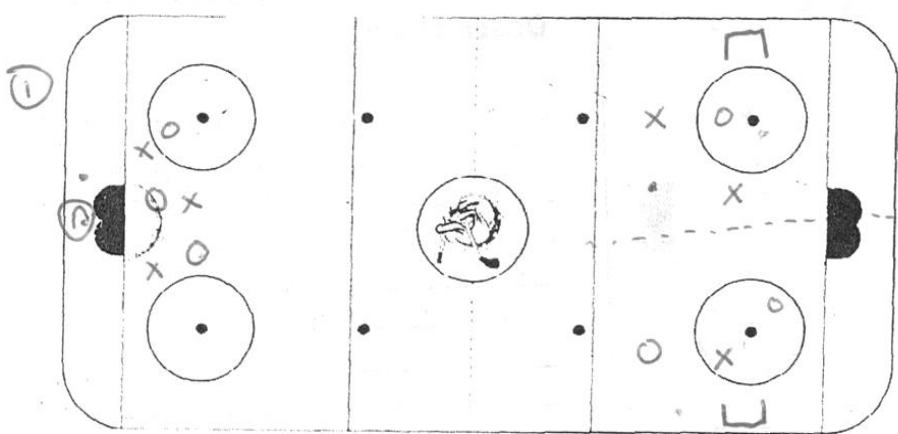


Notes/Systems

Description

1+2, 3+4 go together. 1 passes to 3, 3 chips pass back to 1 across blue line, go in + shoot.

1+2 @ same time. Then 3+4 @ same time.



Notes/Systems

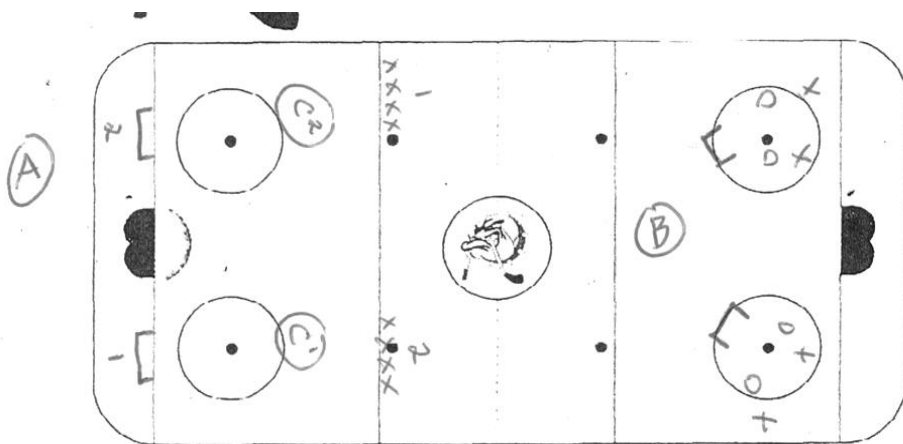
Description

Small Ice Games

① 3v3 Below circles. Can use coach behind net for offense. Must pass to coach to change possession.

② 2v1 → O plays 2v1, if he gets possession, passes to O teammates on opposite end. Can NOT go past middle divider. Must stay on own end.

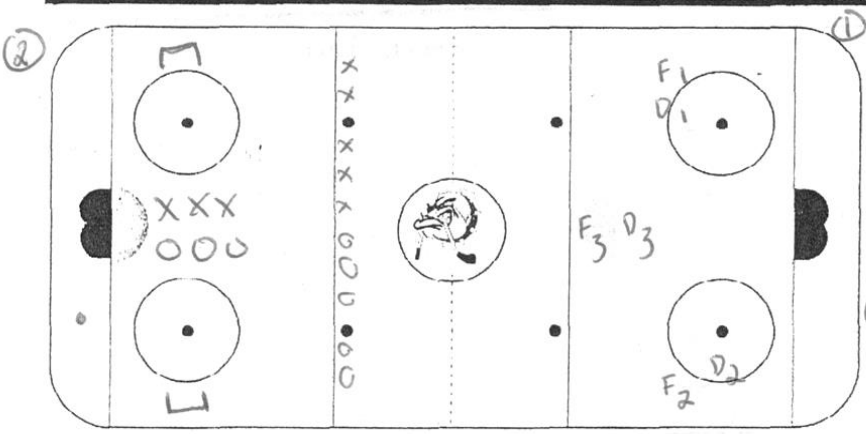
Mini Games



Description 3v3 on opposite nets. Line 1 must pass to Coach 1 when possession is gained + shoot on net 1. Line 2 must pass to Coach 2 when possession is gained + shoot on net 2.

B 2v2 out of corner. Whistles every 30-45 seconds to change.

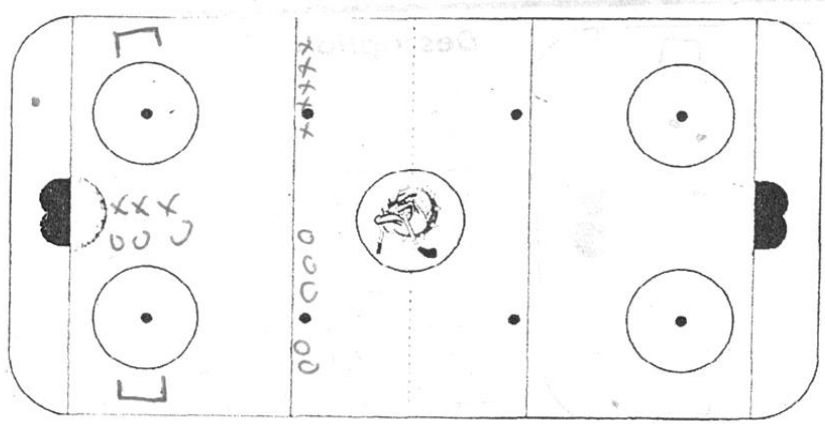
Notes/Systems _____



Description
 1 F1 plays D1 1v1. On whistle, F1 + F2 play D1 + D2 2v2. On next whistle, F1 F2 F3 play D1 D2 D3 3v3.

2 3v3 Cross Ice game 30-45 second whistles. Mix players up.

Notes/Systems _____



Description
 3v3 cross ice game. Once possession is gained, teams can pass to next player in line to play 4v3. Can go to 5v3. Teams can end up 3v3, 4v3, 4v4, or 5v5.

Notes/Systems _____