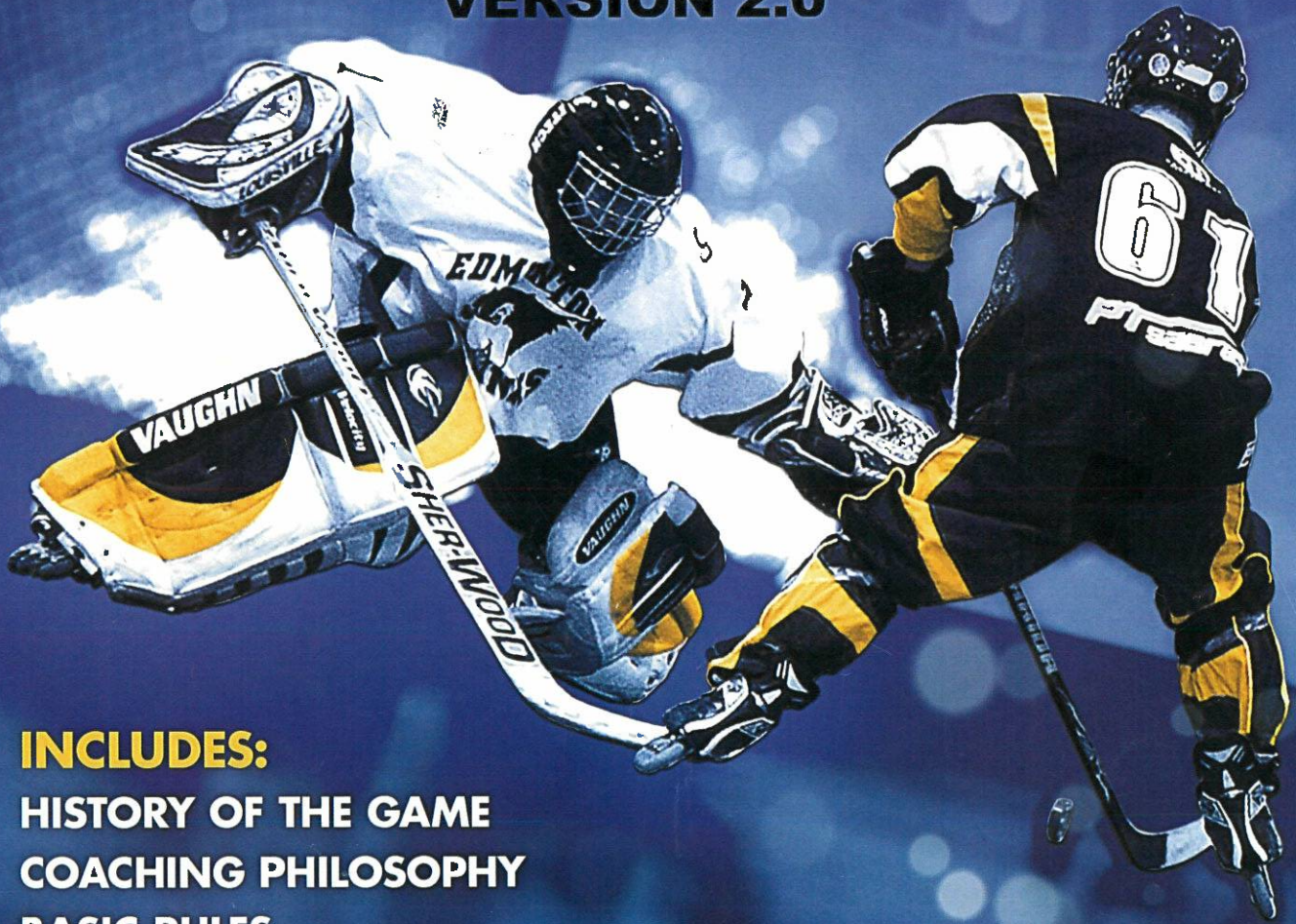


ALBERTA MINOR ROLLER HOCKEY ASSOCIATION

ENTRY LEVEL INLINE-ROLLER HOCKEY COACHING MANUAL VERSION 2.0



INCLUDES:

HISTORY OF THE GAME
COACHING PHILOSOPHY
BASIC RULES
RISK MANAGEMENT
EQUIPMENT
DRILLS

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The Alberta Minor Roller Hockey Association

Entry Level Inline-Roller Hockey Coaching Manual

Inline Hockey vs. Roller Hockey

Roller (Quad) Hockey was created in the early 1900's and played wearing Roller Skates field hockey sticks and a ball. The flat Inline puck was invented in the 60's and with the help of quad skates, created a new sport called puck hockey. This started in Texas and quickly spread throughout the USA. The game we now know as Roller Hockey or Inline Hockey began to take shape. In 1980, the modern version of the Inline Skate was invented by the American company Roller Blade- it naturally began to be a term players used to describe this hockey sport on wheels with their roller blades. Now players began to shift from the quad skate to the more manoeuvrable inline skate to play Puck Hockey. The game of Puck Hockey quickly took over in popularity over the older Roller (Quad) Hockey, while North Americans continued to promote the term Roller Hockey. Over the last 30 years, various levels of governing bodies started to form, the technical term of Inline-Roller Hockey or just Inline Hockey was used to identify the new sport.

As time, has gone by, the country where the sport of Inline Hockey is most popular is also the country that refers to it as roller hockey. It is correct to refer to the sport as either Inline Hockey or Roller Hockey, but the true technical term to describe the sport is Inline-Roller Hockey.

Benefits of Inline Hockey

Conditioning

Improved Skill Development

Skill Maintenance

Skating

Improved Passing Techniques

Shooting

Improved Puck Control

Team Play

Offensive Creativity

Defense Man to Man Coverage

Quick Facts

- Four skaters and one goalie allowed on surface at one time
- 14 players per team allowed on the bench (12 +2) max
- Maximum of three team officials allowed on bench during game i.e. coaches
- Two periods of play each game
- No body checking
- No offside's, two line passes, or icing
- Minor penalties are two minutes
- Major penalties result in automatic game misconduct
- Power plays can be 4 vs. 3, 4 vs. 2, or 3 vs. 2
- Minimum number of skaters during play is two per team
- In most leagues and tournaments, game clocks will change to runtime once scores are lopsided
- Roller Hockey when played correctly resembles basketball more than ice hockey
- Playing surface can be cement, asphalt, roll-on, or plastic tile
- Official puck of AMRHA is the IDS Puck weighing between 3-4 ounces
- The net is 6 feet by 4 and rink dimensions should be 85'x 180' to 100'x200'

The Benefits of a Practice

- One effective practice will likely give players more individual skill than 11 games combined
- Each player should have the puck on their stick for 8-12 minutes on average per practice
- Players should have a minimum of 30 shots on goal each session
- Coaches should try to run between four and five different drills/games/activities in each practice. More is not better. Execution equals development
- A maximum of five minutes is to be used for drill planning while explaining on the whiteboard

Tips

- If you have 10 players on surface, strive to keep 2-3 players moving at all times
- If you have 15 players on surface, strive to keep 4-5 players moving at all times
- If you have 20 players on surface, strive to keep 6-7 players moving at all times

Philosophy of the Game

- Skating, Shooting, Passing
 - These are the key components of the game and the players must be encouraged to perform these skills
 - Roller hockey is an east/west game not north/south such as Ice Hockey
 - Change of speed and pace should constantly be used to catch your opponent off guard
- Body Contact Yes, Body Checking No

Ensure players are aware of the difference between battling for the puck and full on body checking (where focus is no longer on the puck but only on the individual). The puck must always be the higher priority, not the body of the opponent. Body checking penalties will always be called when player step out of path and into opponent or try to separate opponent from puck with their body. Players battling for the puck and pushing/ shoving while trying to gain position on the puck is acceptable Body Contact
- Safety

Each participant must understand and accept his/her role in ensuring the safety of all participants by adhering to rules and guidelines at all times
- Zero Tolerance

This is a fundamental aspect of the philosophy of the game. Players and Coaches who neglect to play by the rules of AMRHA are unwelcome.
- Respect
 - Players, Coaches, Players and Parents must work together to have mutual respect and develop the sport in a positive direction.
 - Respect is something that should be given and earned. You should always respect the leaders of the sport, the officials, the coaches and your fellow players. You in turn should strive to earn that respect back from those individuals
 - As a coach you should learn to control your players and set a good example. Controlling their behavior towards the other team such as verbal abuse as well as running up scores on a weaker opponent

Risk Management

The four steps of Risk Management:

1. Identify Risks
2. Assess the relative significance of all risks
3. Eliminate or minimize identified risks
4. Provide Insurance as protection against unavoidable risks

Risk Checklist

- Ensure there are no cracks in the floor, debris, or water
- No protrusions
- No garbage in bench area
- All gates must remain closed
- Lighting must function properly
- 100% control and supervision of players at all times
- Enforce all official playing rules (No body checking or fighting)
- Rest periods and re-hydration should be taken
- Be aware of illnesses among players

The Role of the Coach

The coach has four main roles – to be a communicator, leader, teacher, and organizer. To ensure communication, you must have a strong and positive message for your team to follow. Lead your team by setting achievable goals. As a coach, you are seen as a teacher to your players. Make sure you know all material and use proper coaching techniques at all times. Be respectful of your team, the opposing team, officials, and all others involved in your game. Lastly, as an organizer you will ensure that practices, games and communication runs smoothly and with minimal error.

Coaching Ethics

- Respect for Participants
 - Act within the accepted jurisdiction of the role of the coach
 - Do not participate or tolerate any form of discrimination or harassment
 - When giving feedback to players, use constructive criticism of the performance, not attacking the player's character

- Responsible Coaching
 - Use your influence as coach only in a positive and constructive manner
 - Up to date technical knowledge is essential – have complete knowledge of rules, regulations and accepted standards
 - Always ensure the well being of the athlete
 - Only use accepted training techniques as outlined in this manual

- Integrity
 - Fulfill commitments – be on time for games and practices and fully prepared
 - Coach only within the guidelines
 - Ensure views are based on facts
 - Acknowledge contributions of others by giving praise and voicing concerns when necessary

- Honoring the Sport
 - Promote the positive aspects of the sport
 - Endorse and embrace the rules
 - Respect and honor the officials
 - Promote drug free sports

Equipment

Mandatory Player Equipment as per National Rule Book

- CSA approved helmet and face mask
- Roller Blades or Inline Skates (No Brake)
- Gloves
- Elbow Pads
- Shin Pads
- Hockey pants or Inline Pants
- Protective Cup
- Stick



Mandatory Goalie Equipment as per National Rule Book (not covered above)

- CSA approved goaltender mask and CSA approved neck protector
- Goalie Pads
- Chest and Arm protectors
- Catching Glove
- Blocker
- Goalie Stick



Wheels

Wheels come in various sizes with 72mm to 80mm being the most common for roller hockey. Many chassis now include wheels of different sizes known as high-low configuration. For example the front two wheels are 72mm while the back two are 80mm. There are wheels specifically made for goalies, they are usually smaller, fatter and harder, ex. 59mm / 80A

The hardness of the wheel (durometer) typically ranges from 74A – 82A for a hockey specific wheel. With the 74A being the softer wheel and the 82A being the harder wheel. Wheel size and durometer are labeled on all wheels

pros of a softer wheel – softer, smooth ride, better grip

cons of a soft wheel- short wear life

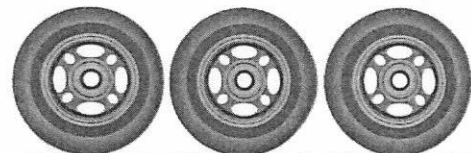
pros of harder wheel – harder, long wear life

cons of harder wheel – less grip, rough ride

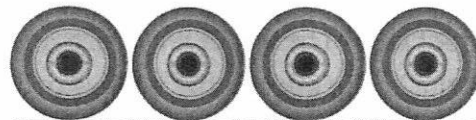
Many players have begun to use a combination of wheels, soft wheels in the front and hard wheels in the back. The soft wheels will allow for better grip while stopping and even quicker movements. The hard wheels in the back will allow the player to get up to quicker top speeds



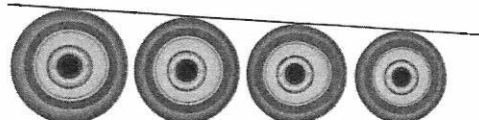
Basic Inline Skate Wheel Setups



Flat inline skate setup with no rocker



Flat inline skate setup with no rocker



High-to-low inline skate setup with no rocker

Bearings are located in the center of each wheel. A four wheel skate will contain 8 bearings, two in each wheel. Each bearing consists of small steel balls in a track called a race. The ABEC rating system is a good reference to check when determining the quality of bearings. The typical inline bearing rating is ABEC 1-3- 5-7. The higher the number the faster and smoother the bearing will be, also the more it will cost.

Stopping

Forward Stopping

T-Stop – Also known as the foot drag method. This method is not intended to stop a player quickly, but rather it will slow the player down or enable a controlled stop to be made. The player simply places one foot at 90 degree angle to the glide foot, places it on the surface behind the glide foot and increases pressure on the wheels causing the player to slow down.

Powerslide- This method is effective when the player is going fast and needs a quick stop. It is difficult to master, but very useful once practiced.

While skating forward, the player will pick up one skate, turn it 90 degrees to the direction of travel, pivot on the other skate while driving the wheels of the skate that is at 90 degrees into the floor. The wheels must be angled properly in order for them to slide to a stop. The player will then be facing the opposite direction in which he/she was traveling upon completion of the power slide

Hockey stop- performed just as in ice hockey

Backwards Stopping

Snow plow- as the player is skating backwards he/she will lean forward slightly and turn the toes of their skates outward, and heels inward. Pressure is put on the inside edge of the skates until they come to a stop. Do not hold the snow plow for long

One foot stop- The player will place one foot back at a 90 degree angle to the other foot, and plant the inside edge of the wheels on the surface. Applying pressure on the surface will slow down backward movement. From this position, the player will end up in a T-start and can transfer to forward skating very quickly. This is similar to the power slide.

Goaltending

In Inline hockey, a goalie faces unique challenges that need to be addressed and appreciated for the position to be perfected.

One of the most important things a coach can do for the goaltender is to instill confidence. Ensure the goaltender realizes that the game of Inline Hockey is played in such a manner that allows for a lot of scoring chances. Therefore, the score tends to be higher than in ice hockey not by fault of the goalie. Explain to the goaltender and the rest of the team that it is the number of scoring chances that is more important in numbers than the actual number of goals allowed.

Goaltender Considerations

- Goaltenders are responsible for the stopping of an initial shot. In order to do this, the goaltender must always be set and square to the shooter. Playing the angle and focusing primarily on the shooter is the responsibility of the goaltender. Teammates are responsible for clearing rebounds and picking up the opposing players.
- Goaltenders constantly need to work on controlling rebounds. This will drastically reduce the number of second and third scoring opportunities.
- They must pay special attention to the position of their feet when trying to move across the goal. Inline goaltenders will have to fight the friction between their skate wheels and the surface
- Goaltenders will likely be used to moving out of their crease to challenge shooters as they do in ice hockey. Once they do this in inline hockey, it will be more difficult to get back in the net because of decreased mobility. Stay up and square as long as possible.
- With the absence of blue and red lines, goaltenders that can play the puck for both short and long passes will be a great advantage to the team and the strategy the team will use. It should be worked on at every opportunity.
- Roller Hockey helps a goalies athleticism, keeps them on their feet and doesn't allow them to cheat while shuffling from side to side in the butterfly position

Strategies to work with parents

1. Have a Parent Meeting Before the Season Starts

You can nip a lot of problems in the bud simply by meeting with parents at the start of the season. Get to know them, and spend some time talking about your past coaching experience and how you're going to manage this season. Make sure you go over what you expect from players, and what kind of practice schedule you're going to keep.

What to discuss in that meeting

- Parent expectations
- Guidelines for playing time
- Team rules and expectations
- Team goals, priorities, and philosophy.

2. Explain your coaching philosophy.

3. Know your system – Teach your system

4. Let parents watch practice

5. Sell your system to the players and parents

6. Designate a parent liaison

7. Establish a complaint process for everyone

8. Always calmly handle disputes

9. Create a FUN and POSITIVE environment

Tips for effective practices and proper instruction of skill

- Inline hockey is a game of patience and having confidence with the puck.
- You can hold on to the puck a lot longer and move it around more.
- Inline hockey is a game of control.
- Key skill to learn -- stopping.
- Big key word is control.
- Ice hockey is a dump and chase game, but because there are no off-sides or icing in inline hockey, you don't have to dump.
- Good quick passes and set up for one-timers, and quick release shots.
- Compare offense to basketball. You want to bring the puck down, throw it around and set up for that one good shot.
- There is a lot more thinking involved -- set plays and picks.
- Different for goaltenders. You can't challenge the shooter because there is a lot of dishing off. You have to stay back in the net. Moving from side to side and shuffling is a lot more difficult than on the ice.

Basic Tips for an Effective Practice

1. Coaches should have a minimum of 3 pucks for each player in their bucket.
2. Players must be on time, all the time. Coaches set the standard and lead by example.
3. Don't waste floor time stretching. Stretching should be performed in the dressing room prior to the floor time.
4. The use of stations in practices leads to a dynamic practice. Have players spend 3 – 8 minutes per station before switching. 2 – 3 stations are recommended. (Must be a coach at each station)
5. Basic Skill Development (skating, puck control, passing, shooting) should comprise 90% of your practice time.
6. Positive and Specific Feedback are imperative.
7. Routines in practice are dangerous. Players will pace themselves and become bored very quickly. Routine practices develop great practice players. Players also enjoy time on their own. 2 – 5 minutes per practice should be sufficient.
8. "Tell me and I'll forget, show me and I might remember, involve me and I'll understand."
9. Practice Execution by coaches is of principle importance. Execution involves using all staff on the floor.
10. Relate what you do in practices to games and vice versa. "Players, we are doing this drill because in our last game we were unable to finish around the net." or "This drill will assist you in keeping your stick and body away from the checker and in an effective scoring position."

Practice Planning

1. Set overall goals.
2. Set specific goals.
3. Build in Principles of an effective practice.
4. Design the practice with time in mind.

Drill Section Legend



C = COACH

D = DEFENSIVE PLAYER

F = OFFENSIVE PLAYER

O = PLAYER

X = PLAYER

--> = PUCK PASS OR SHOT

 **= BACKWARDS SKATING**

 **= CARRYING PUCK**

 **= CHOPSTICKS**

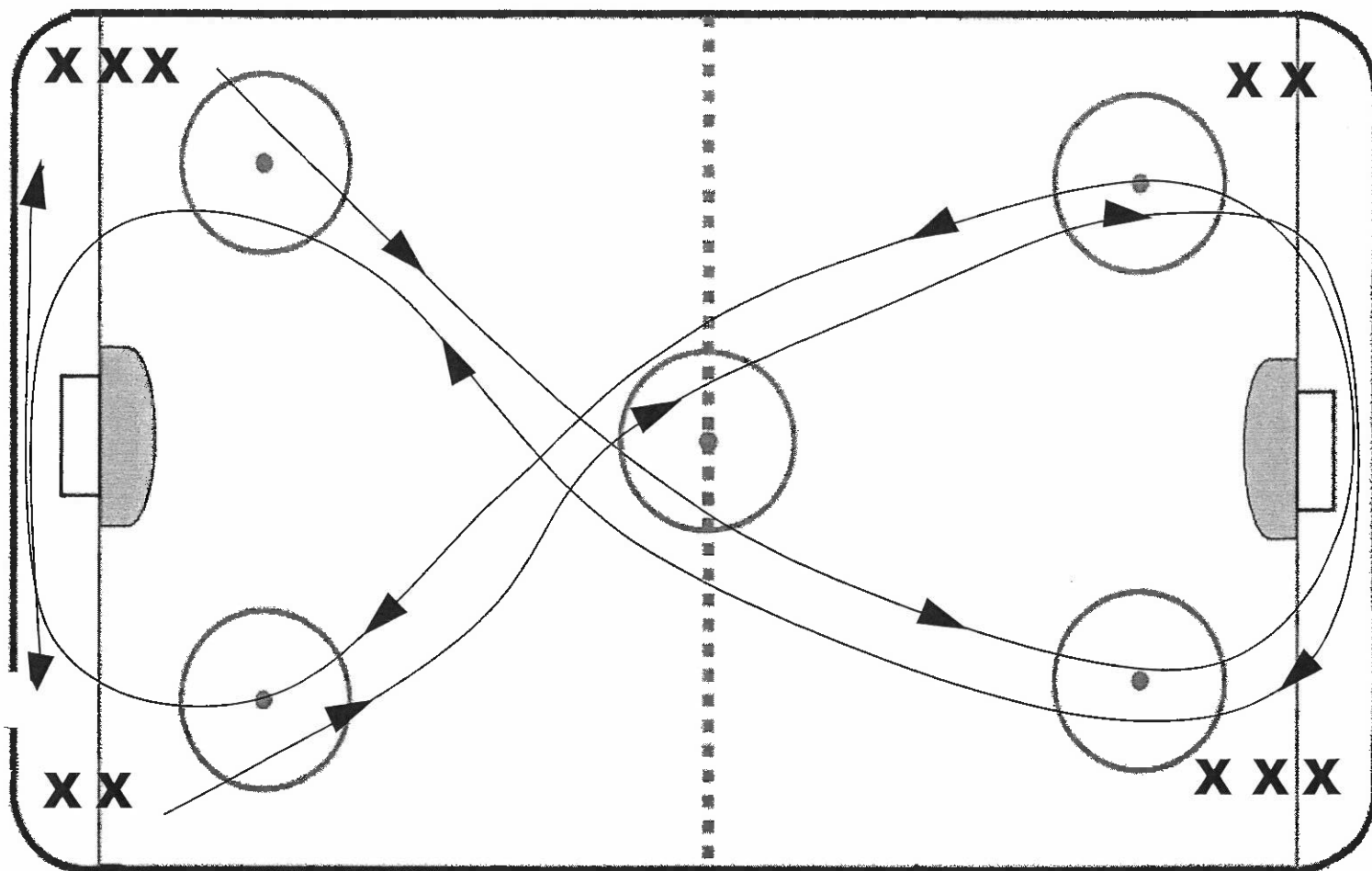
 **= PUCK IS RELEASED**

 **= PYLON**

 **= PLAYER MOVEMENT**

Warm ups Drills #1

Long Figure 8



Purpose of Drill: To develop maximum extension (long strides) during the full out skating

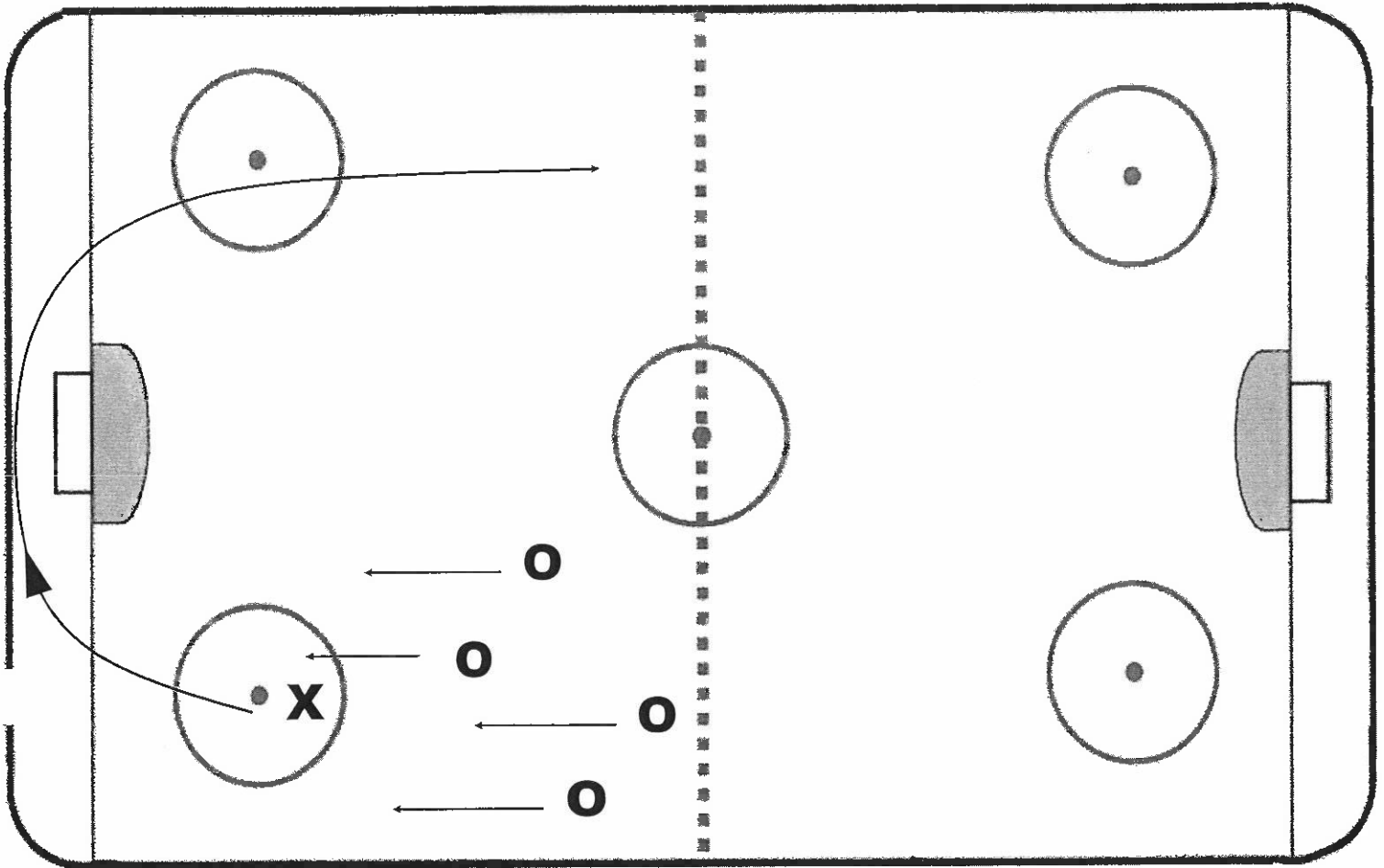
Description: Players form 4 equal groups, 1 in each corner. At the whistle, 2 groups from the same end, begin a figure 8 loop, in the opposite directions. At the next whistle, players from the groups at the other end start. Drill continues until all players have done the drill twice

Key Teaching Points: Players focus on long strides, technique opposed to speed

Variations: Do the drill backwards, add pucks

Games #1

Lead Dog



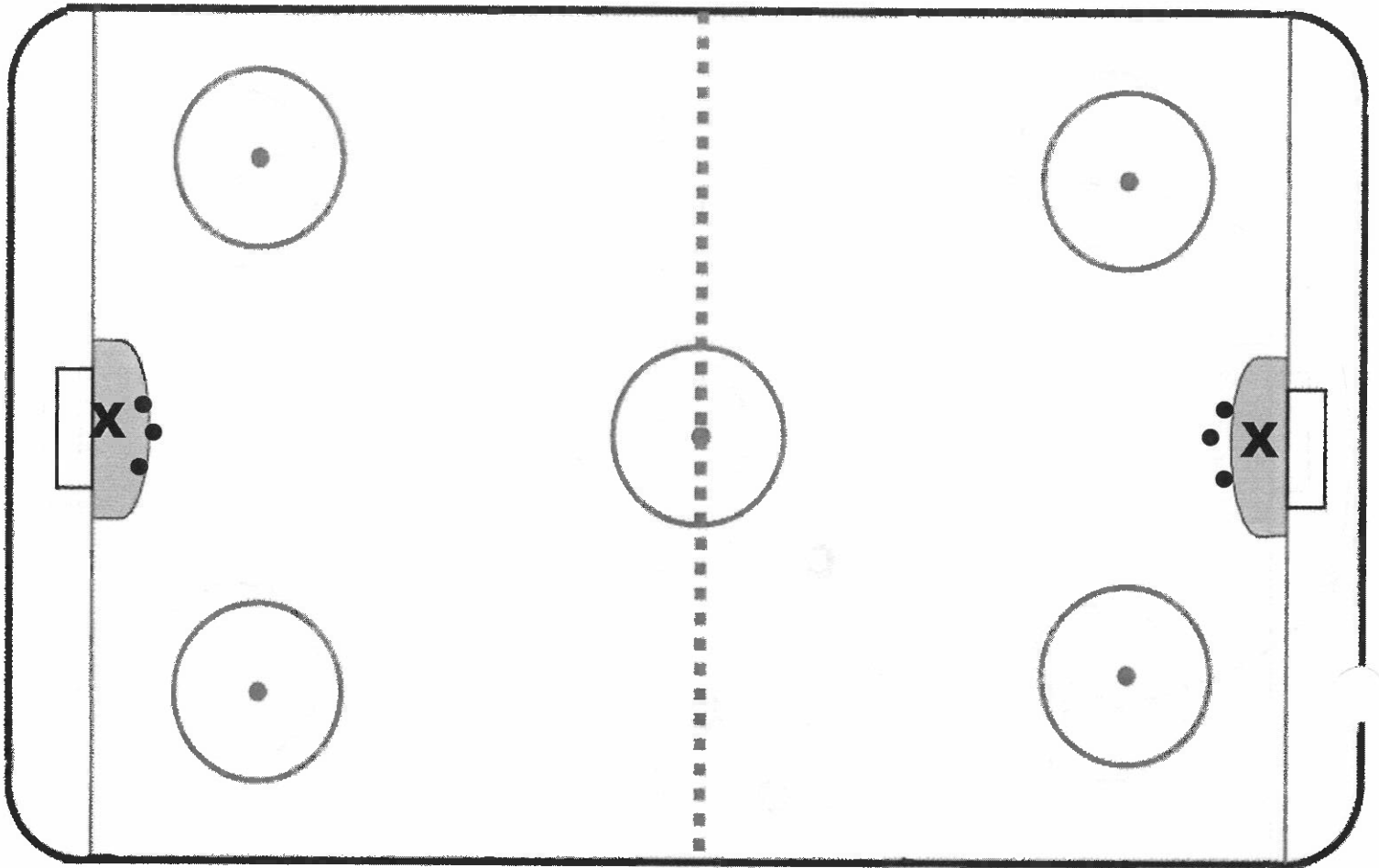
Purpose of Game: To create an overspeed situation where players extend themselves completely.

Description: Divide players into the two teams, one team stretches in the center circle, the other skates around the outside of the rink. The lead dog gets a 10 ft head start, on the whistle the lead dog sprints for two laps while trying to get caught. At the next whistle, the teams trade positions

Key Teaching Points: Player need sufficient rest after the sprint. If the lead dog gets caught, then he or she is lead dog again for the next chase as well

Games #2

Goalie Game



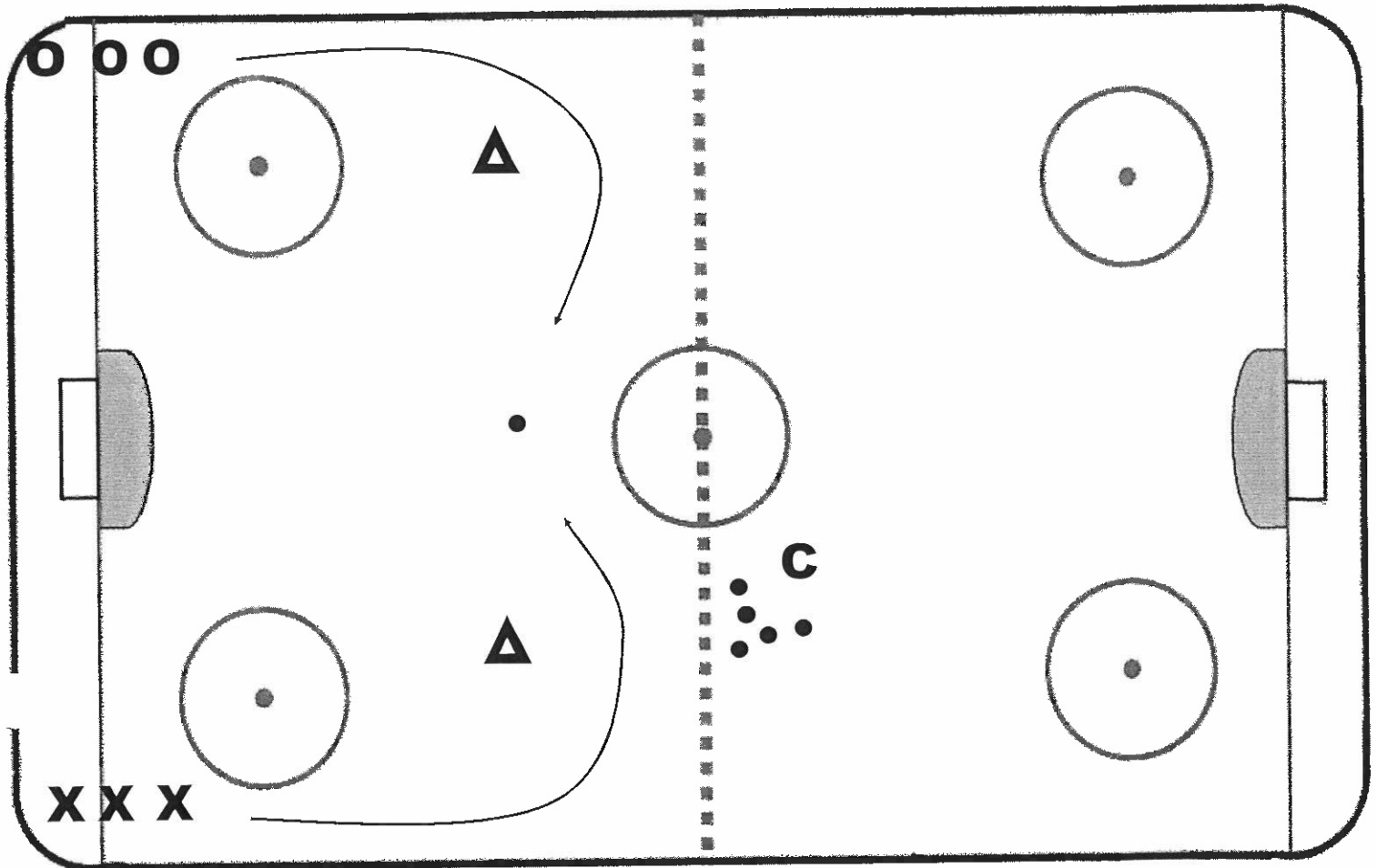
Purpose of Game: To teach the goaltender to pick up the puck quickly in the crease with their trapper.

Description: Each goalie gets 10 pucks. At the whistle goalies drop to their knees and pick up puck with the trapper and place in bucket. This is repeated till all 10 pucks have been picked up and placed in the bag

Key Teaching Point: Always use your trapper to get your puck. Get the puck off the surface quickly to avoid stray pucks into the net. Using trapper reduces chances of injury while attempting to use blocker to cover puck

Game #3

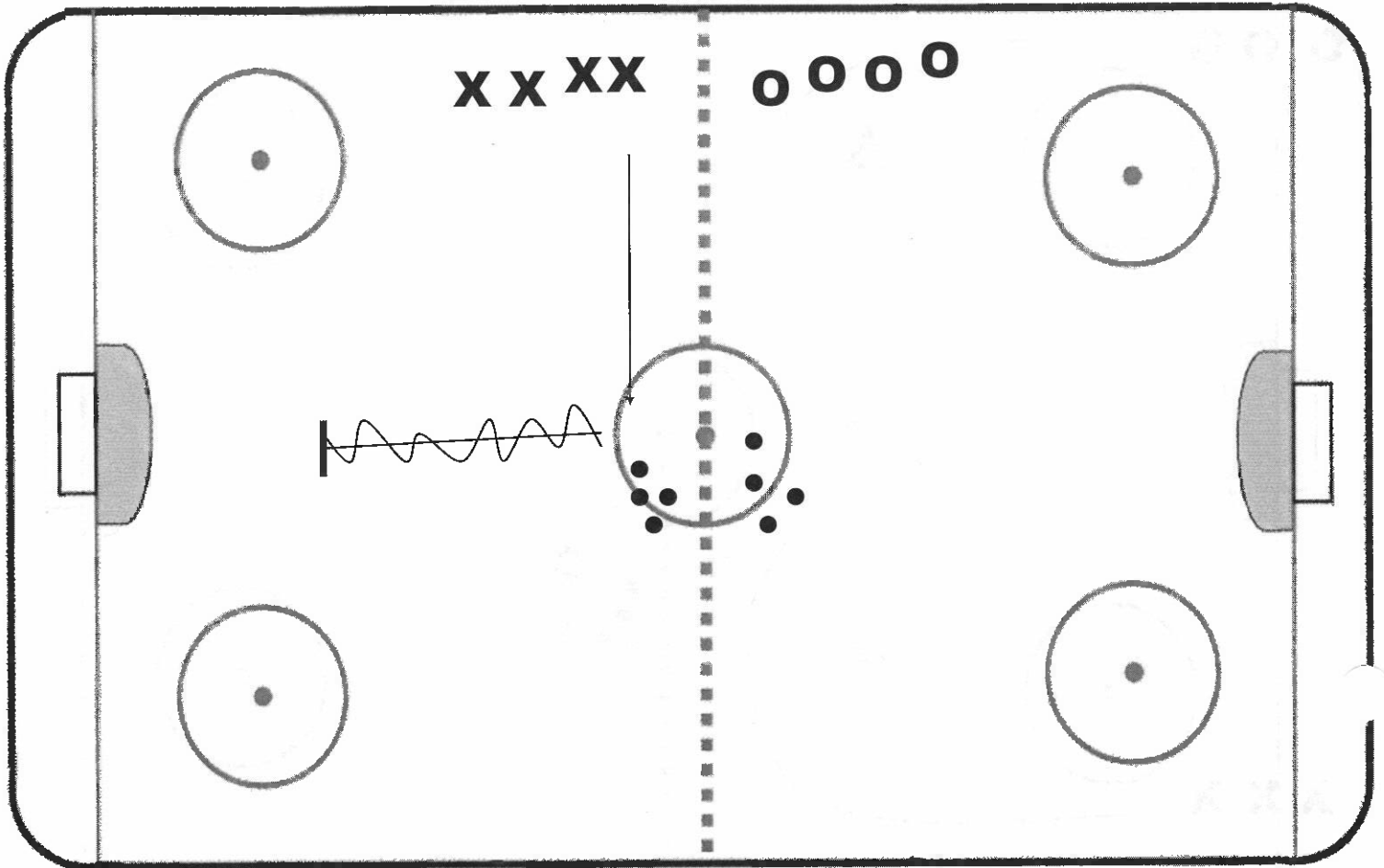
Race to the Puck



Purpose of Game: Skate hard for loose pucks and if you loose the battle, accept role as the defender

Description: X1 and O1 go around pylon towards puck that the coach has placed. First player to puck goes in to shoot on goalie. Player without puck to play defender or back check

Game #4
Shoot out

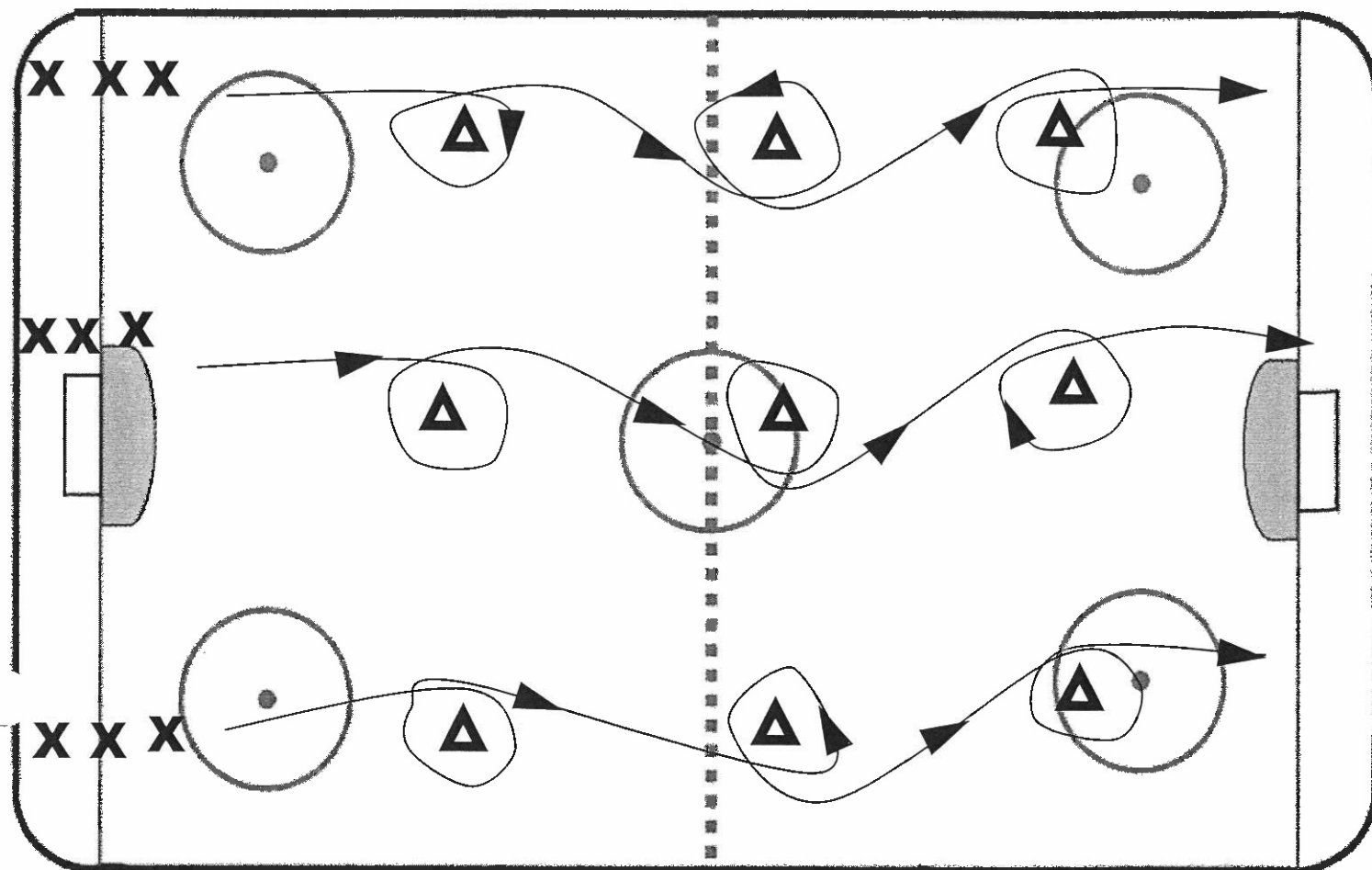


Purpose of Game: practice shoot outs and 1-0's

Description: With 2 goalies. Have 10 pucks at center, 5 on each half of surface. Split players into 2 groups. Players skate to center pick up puck and go in for shot on goal. If player scores puck stays in net. If player does not score player has to bring puck back to their side of center.

Beginner Drills #1

Tight Turn Killer



Purpose of Drill: To develop tight turn skills using a gliding motion

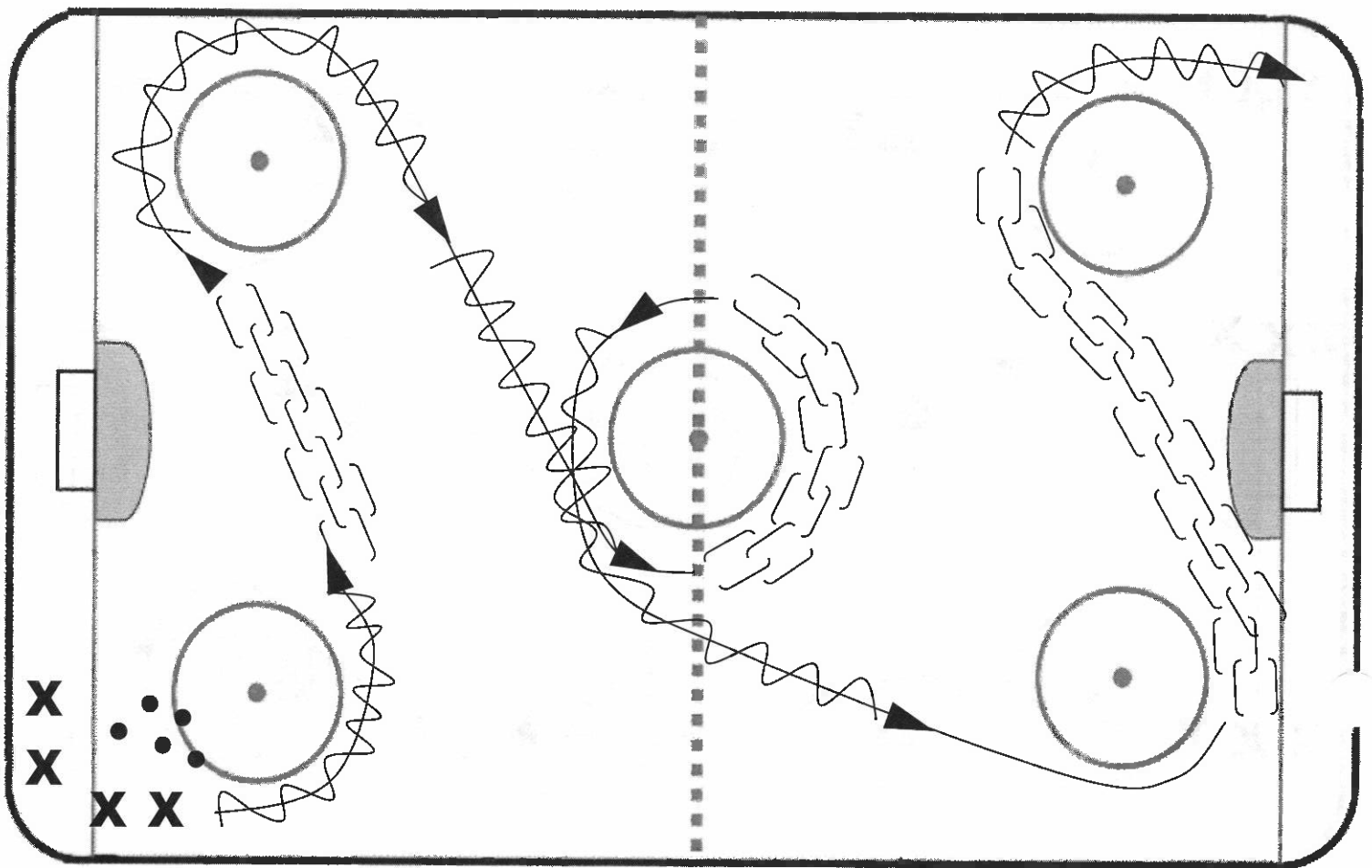
Description: Players form 3-4 lines at one end of the rink. At the whistle, the first player skates forward to the pylon and glides 360 degrees, while keeping the skates static. Players complete the drill by gliding around each pylon in the lane, finishing at the other end

Key Teaching Points: Practice turning to the left and the right. Second player starts when first player finishes the first turn

Variations: Increase the number of pylons. Add a puck, so the players are controlling a puck during all the turns

Beginner Drills #2

Face the Flag



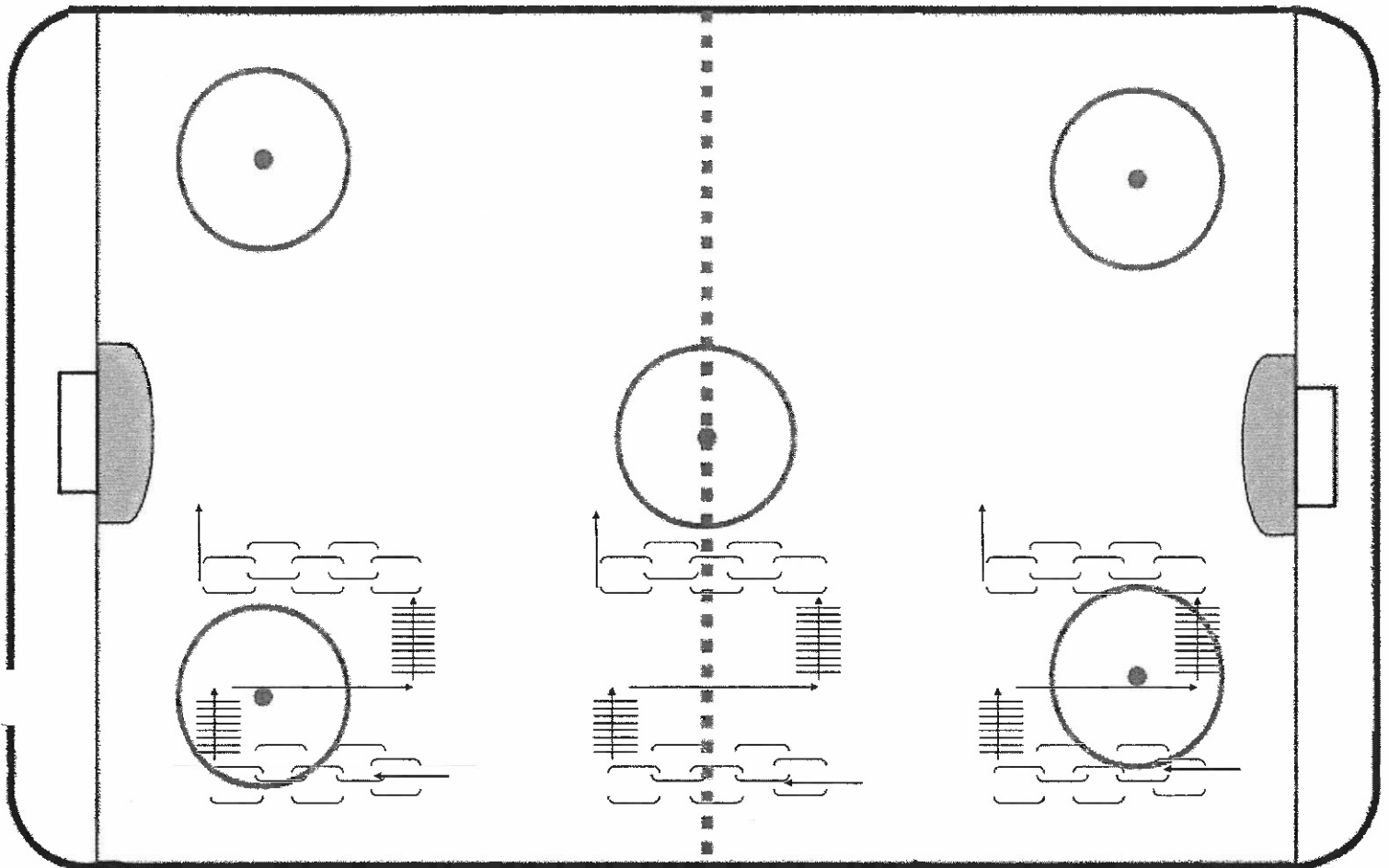
Purpose of Drill: To reinforce puck handling skills while skating either forward or backwards

Description: Always facing only one end of the rink, players skate around the 5 face-off circles. Players pivot forward to backward and vice versa while controlling the puck. Players follow one another in a single line

Key Teaching Points: Players need enough room between them to recover in case of a mistake

Beginner Drills #3

The Shuffle



Purpose of Drill: To develop superior skills in changing from backward to forward skating

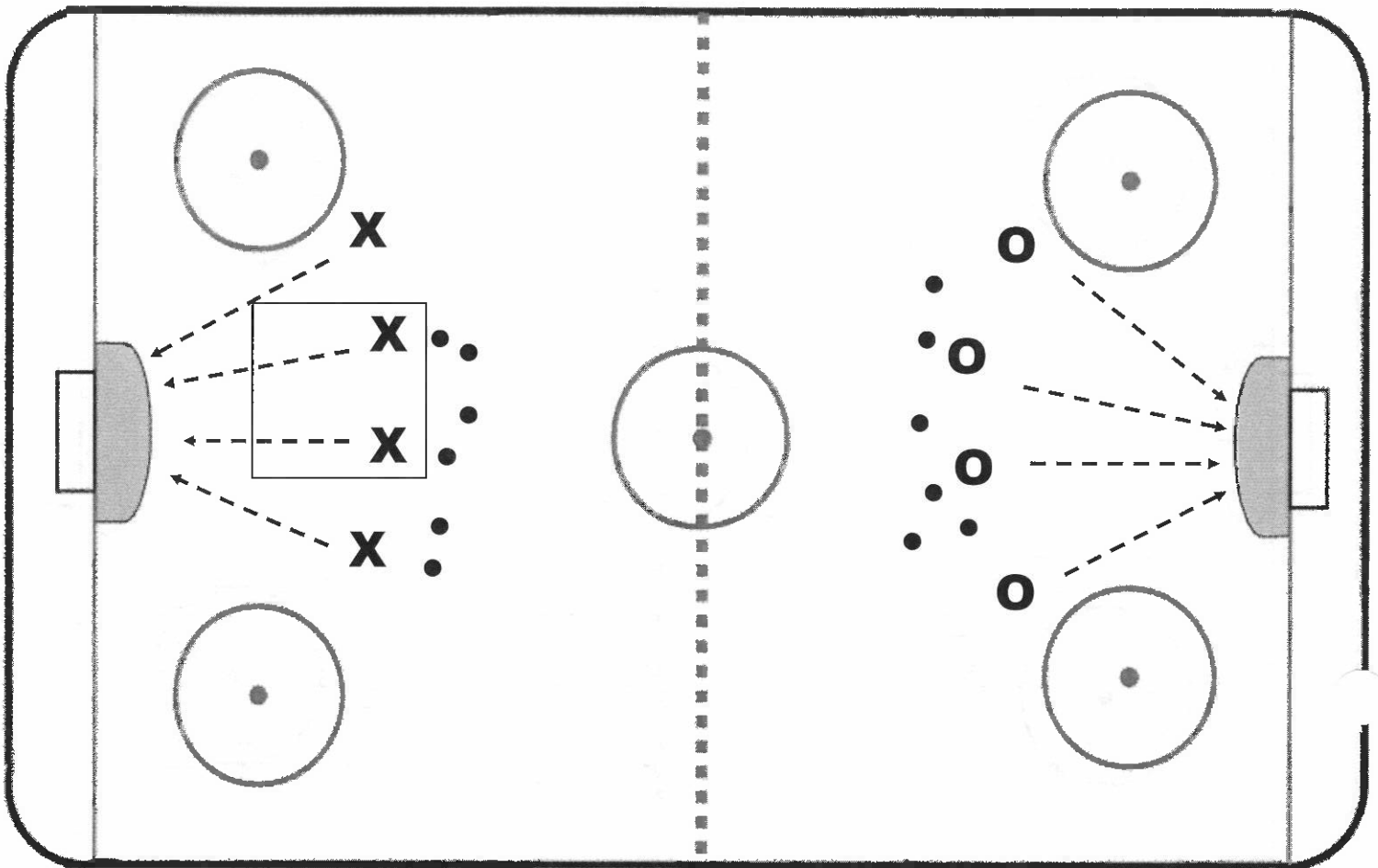
Description: Allowing each other enough space, players skate around the rink surface backward in the same direction. At the whistle all players chopstick to the opposite side of the rink, at next whistle they will change direction to skating forward. Every whistle they will continue this rotation until they reach the boards

Key Teaching Points: Practice pivoting to left and the right

Variations: Speed up the whistles or add a puck

Beginner Drills #4

Horseshoe



Purpose of Drill: To give goalies a variety of shots from various angles, and have shooters practice shooting

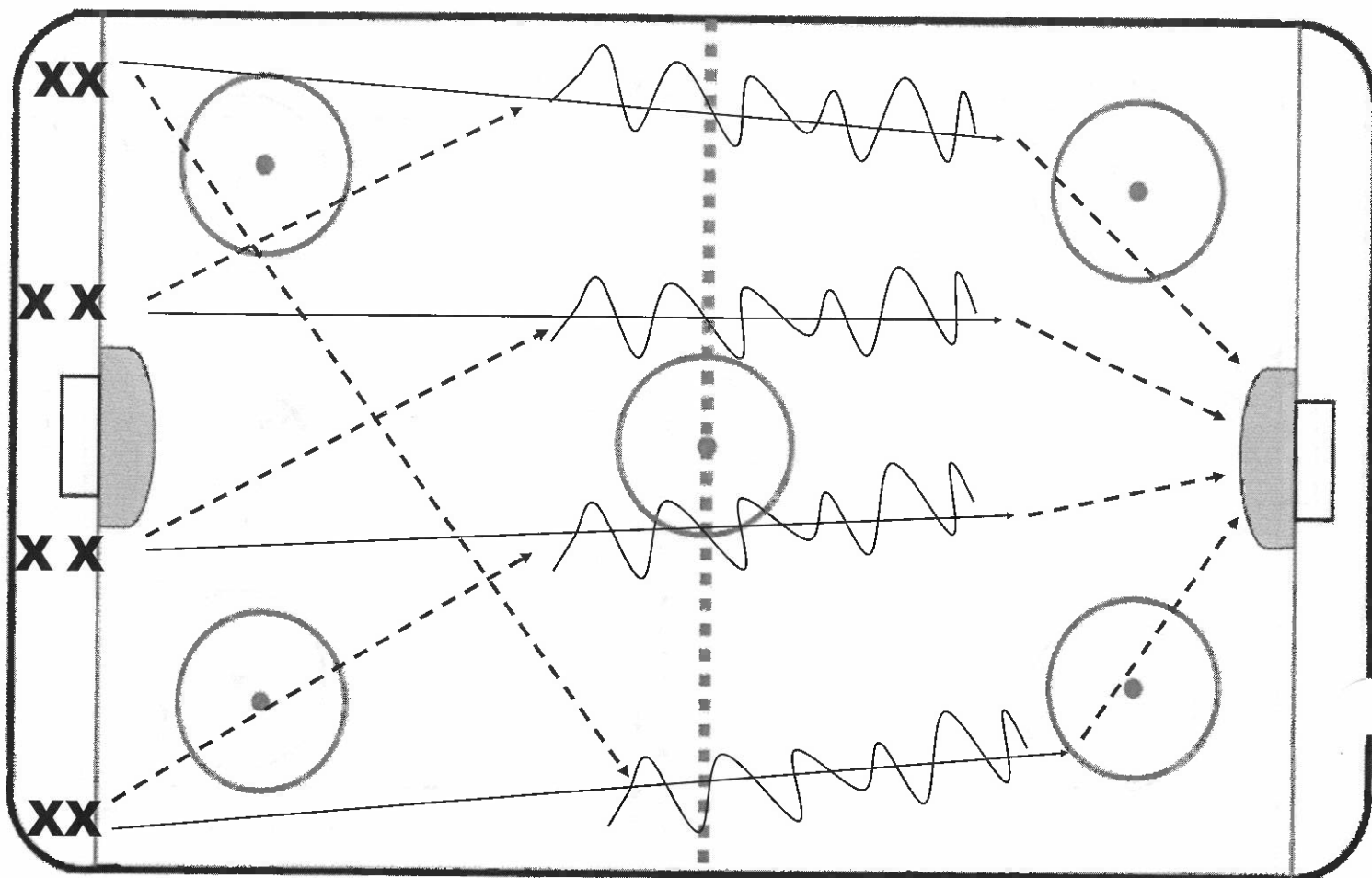
Description: Players assemble with pucks in a U-formation around the goalie. First player shoots, second player dekes and so on.

Key Teaching Points: Make sure that the next shooter is ready, and that the goalie has a chance to get set

Variations: Alternate sides, left side shoots, right side dekes, etc.

Beginner Drills #6

Breakaway Pass



Purpose of Drill: To practice passing the puck forward to breaking teammate

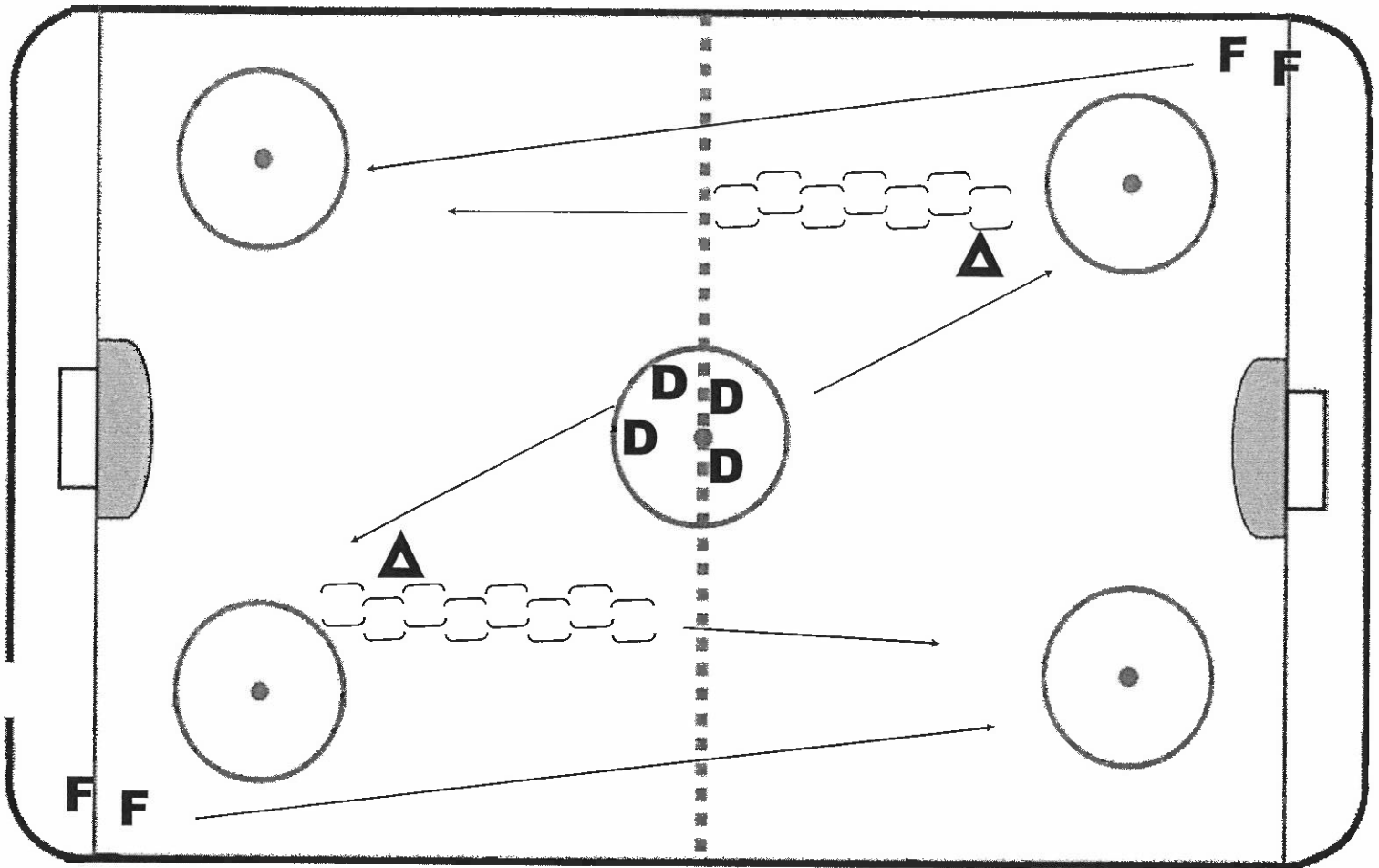
Description: Players are in 1 of 4 lines at one end of the rink. Players in line 1 skates forward, receives a pass from line 2, then continues forward to shoot on goal at the other end, remaining there. Player from line 2 then receives pass from line 3, whom in turn receives pass from line 4. The last pass is from line 1 across the rink to line 4. When all players are at the other end, the drill starts again

Key Teaching Points: Players must know where they are passing to, and where pass comes from

Variations: Start out skating backwards

Beginner Drills #7

1 on 1 D drill



Purpose of Drill: Help defencemen develop foot speed

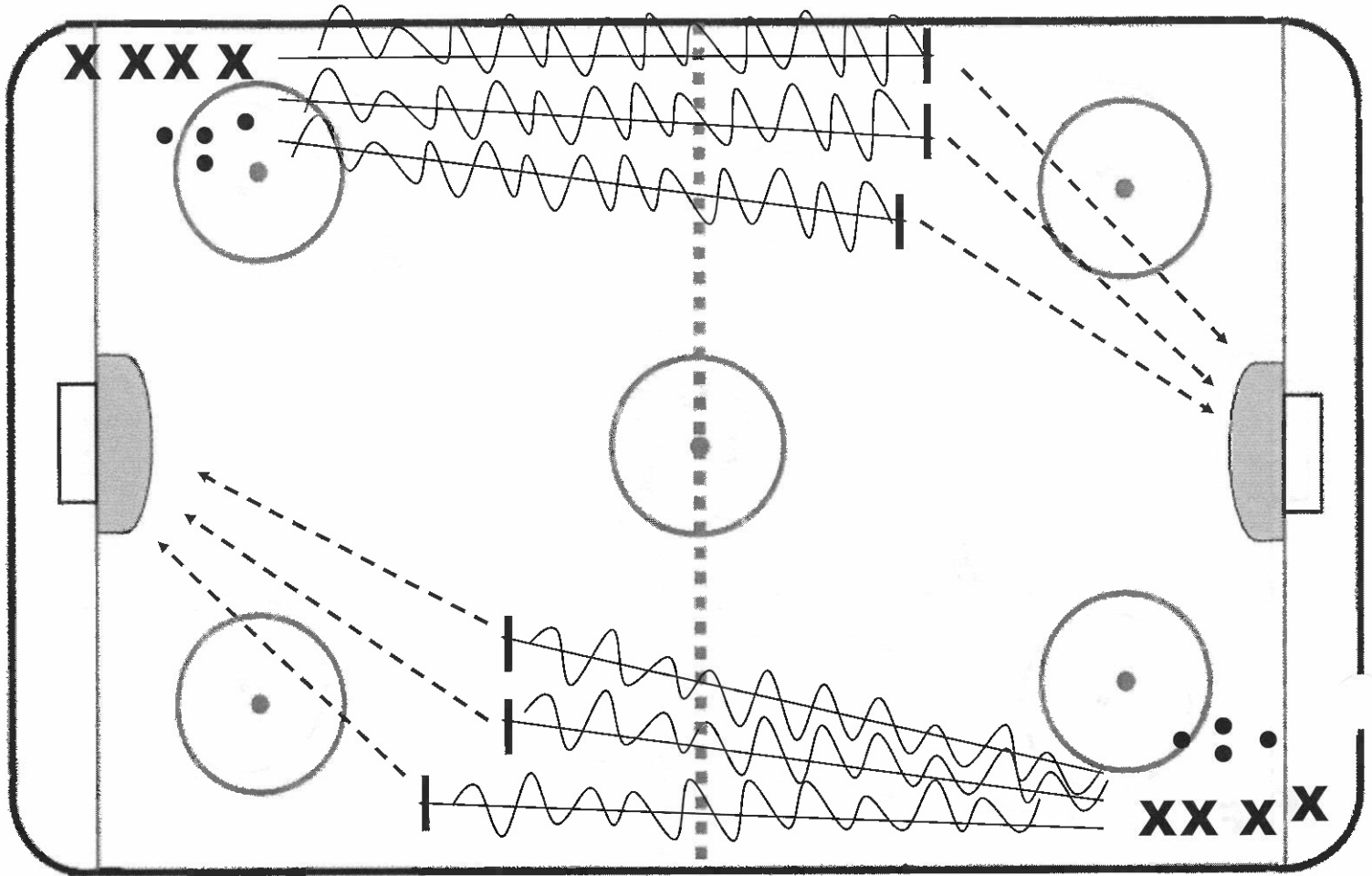
Description: On whistle defenseman skates to pylon. When defenseman turns to skate backwards at pylon, forward breaks towards other end. Defenseman skates backwards to center line before he can turn to chase forward

Key Teaching Points: defensemen must keep feet moving. Timing is important

Variations: Change sides

Beginner Drills #8

Rapid Fire



Purpose of Drill: To give goalies a variety of shots from various angles, and have shooters practice shooting

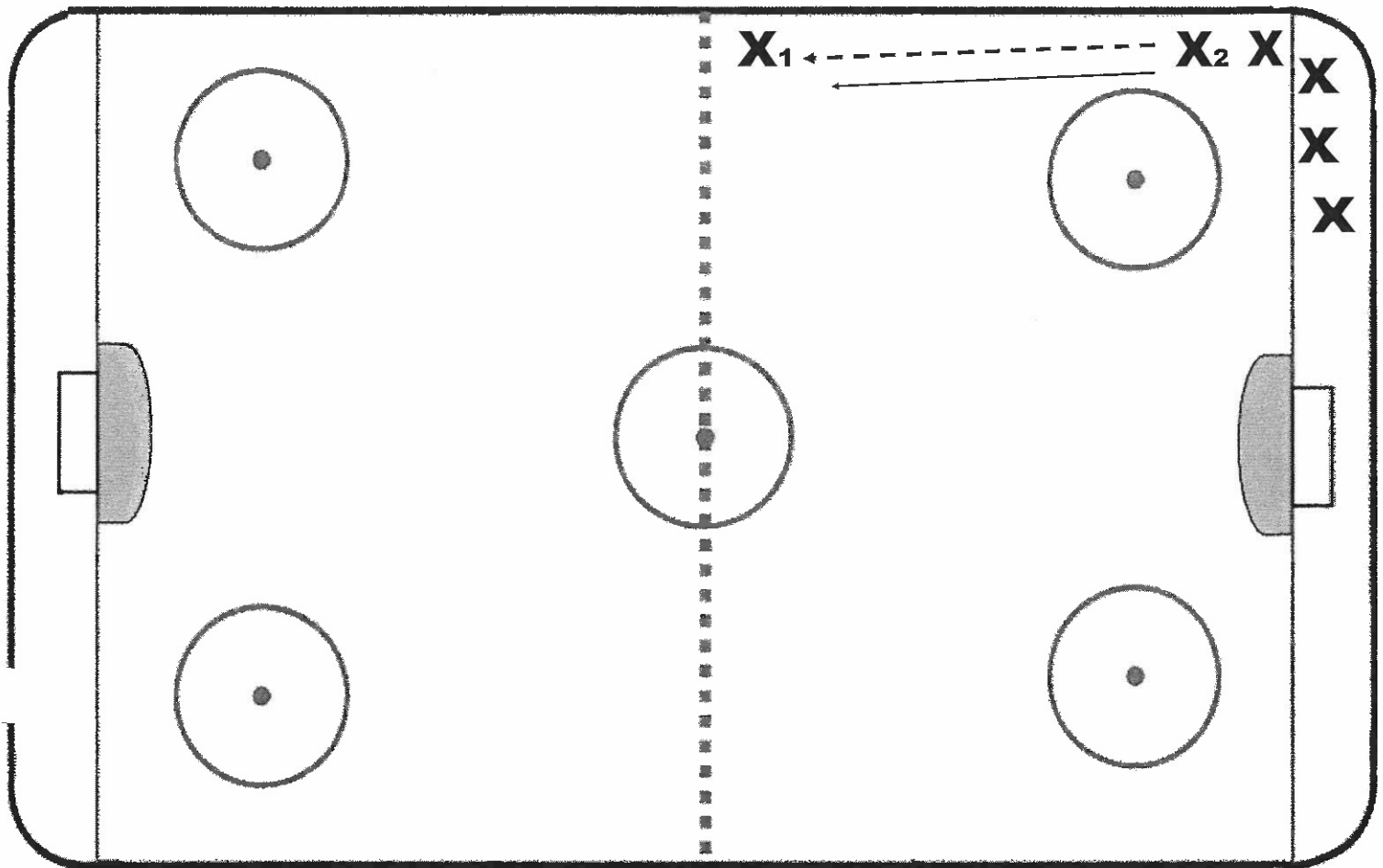
Description: Players are in 2 equal groups in opposite corners of the rink. At the whistle, players skate toward the far end and shoot in rapid succession. Players finish by going to the corner to reload

Key Teaching Points: Players remain spaced out enough to allow the goalie to recover. Goalies practice standing up, so they are ready for the next shot

Variations: After shot, first player stops and tries to tip the 2nd and 3rd shots

Beginner Drills #9

Follow Me #2



Purpose of Drill: Accepting the pass while skating backwards, give n' go passes

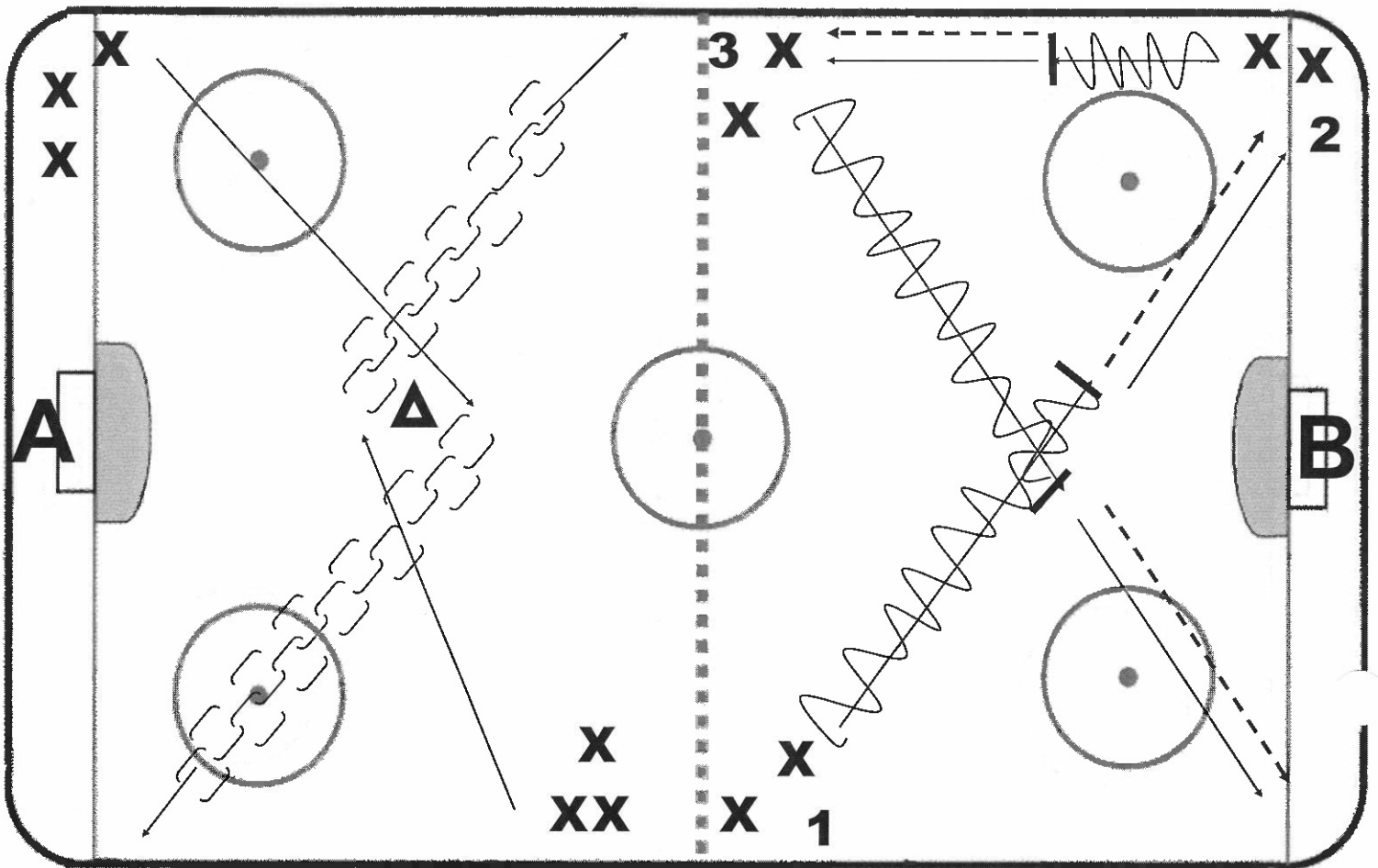
Description: X1 begins skating, X2 gives player some room and follows with the puck. X1 will then pivot to start skating backwards and accept pass from X2. X1 will then turn with the puck and look to pass to a breaking X2. Both players will proceed to net on 2-0 to shoot on goalie. If you have enough players start line in opposite corner

Key Teaching Points: All players to receive pass during backward skating. Passes must be crisp and flat to the forehand side of each player

Variations: make player receive pass on backhand side

Intermediate Drills #1

Speed and Agility



Purpose of Drill: To develop explosive speed from a dead stop

Description: A) skating full out, pivot at cone and skate backwards to opposite corner.
Repeat 4-5 times

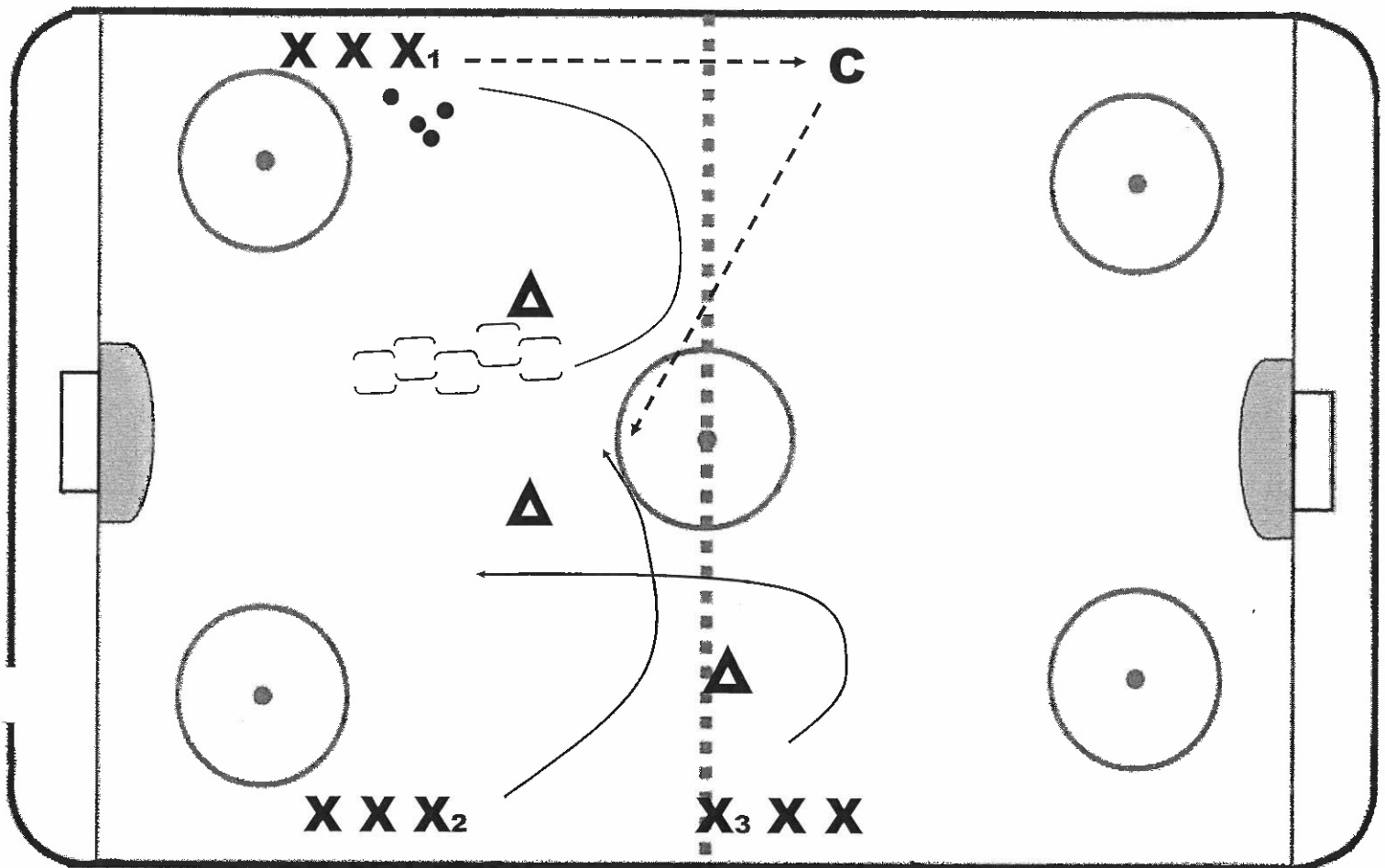
B) players start carrying puck, then pass it to the corner and follow pass.
Repeat at high tempo

Key Teaching Points: Keep feet moving, always face passer. Keep feet moving during the pass

Variations: add another puck

Intermediate Drills #2

1 - 1 and 2 - 1



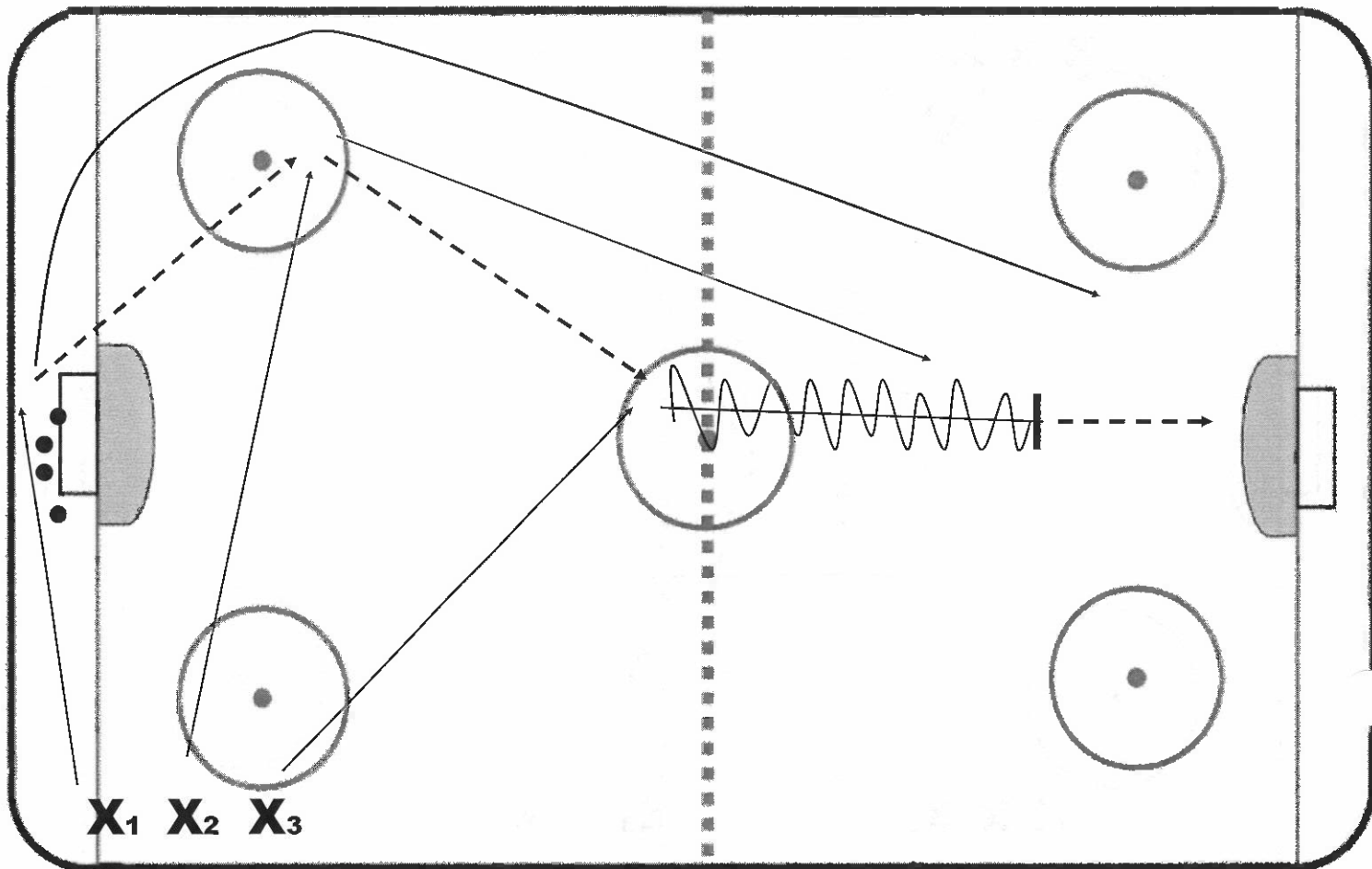
Purpose of Drill: to practice defence and odd man rushes

Description: At the whistle X1 passes to the coach, skates to pylon, pivots, skates backwards and plays defence. X2 skates to pylon curls and accepts pass from the coach. 1 on 1 headed to the net

Variations: Add X3 to create a 2 on 1

Intermediate Drills #3

Breakout #1



Purpose of Drill: practice breakout from behind the net

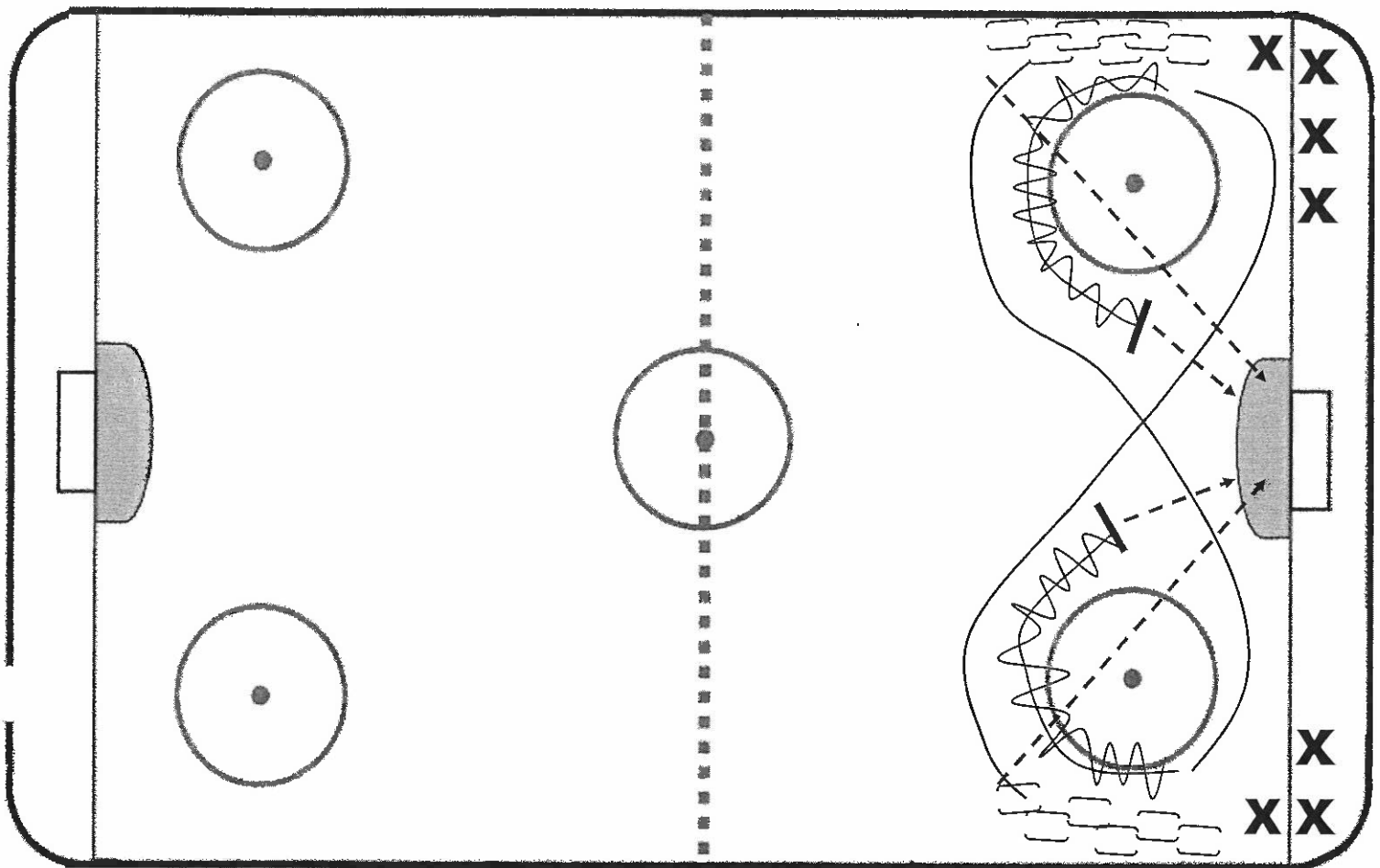
Description: At the whistle X1 breaks behind the net to retrieve the puck. X2 heads to face-off dot to receive pass from X1. X2 will pivot while receiving pass and pass forward to a streaking X3. X1 and X2 break to attacking zone

Key Teaching Points: X1 drives to net for rebound, X2 drops behind X3 for the drop pass, X3 drives to net after shooting it looking for rebound

Variations: pass puck back to X1 for a shot off the wing, hit X2 with the drop pass and screen from X3

Intermediate Drills #4

Crazy 8's



Purpose of Drill: To develop quick feet, quick shot, and proper passing angles

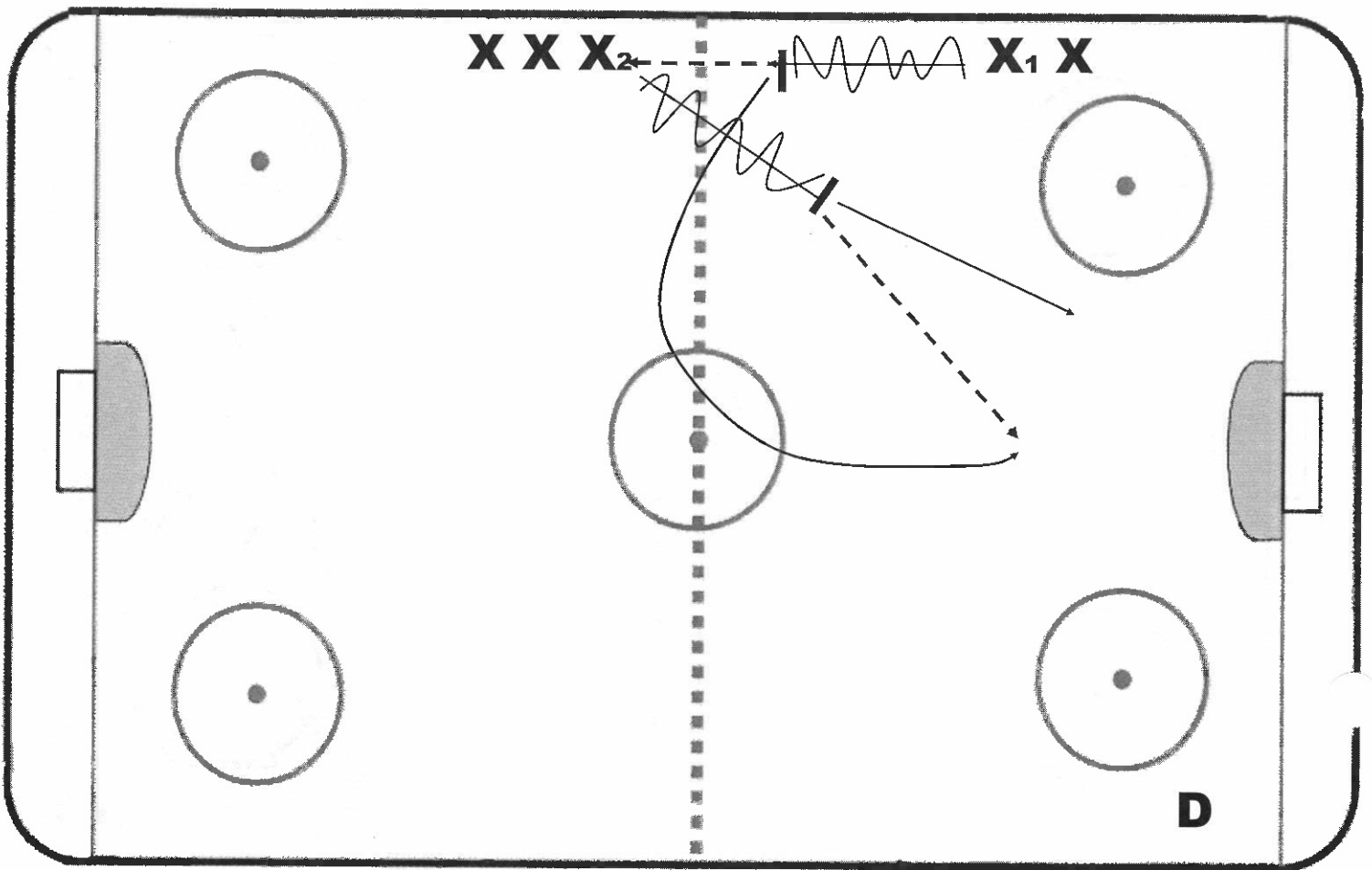
Description: player starts out of one corner by skating backwards, receives a pass, pivots and takes a quick shot on net. He then curls down below goal line and loops around circle while accepting pass from corner. Player finishes the loop while carrying the puck and shoots from the slot. Opposite corner repeats the drill

Key Teaching Points: Keep feet moving, always face passer, keep stick down, quick shots with head up

Variations: Start skating forwards, then pivot backwards

Intermediate Drills #5

Relief Curl



Purpose of Drill: to teach players to curl away from the pass and open up the zone

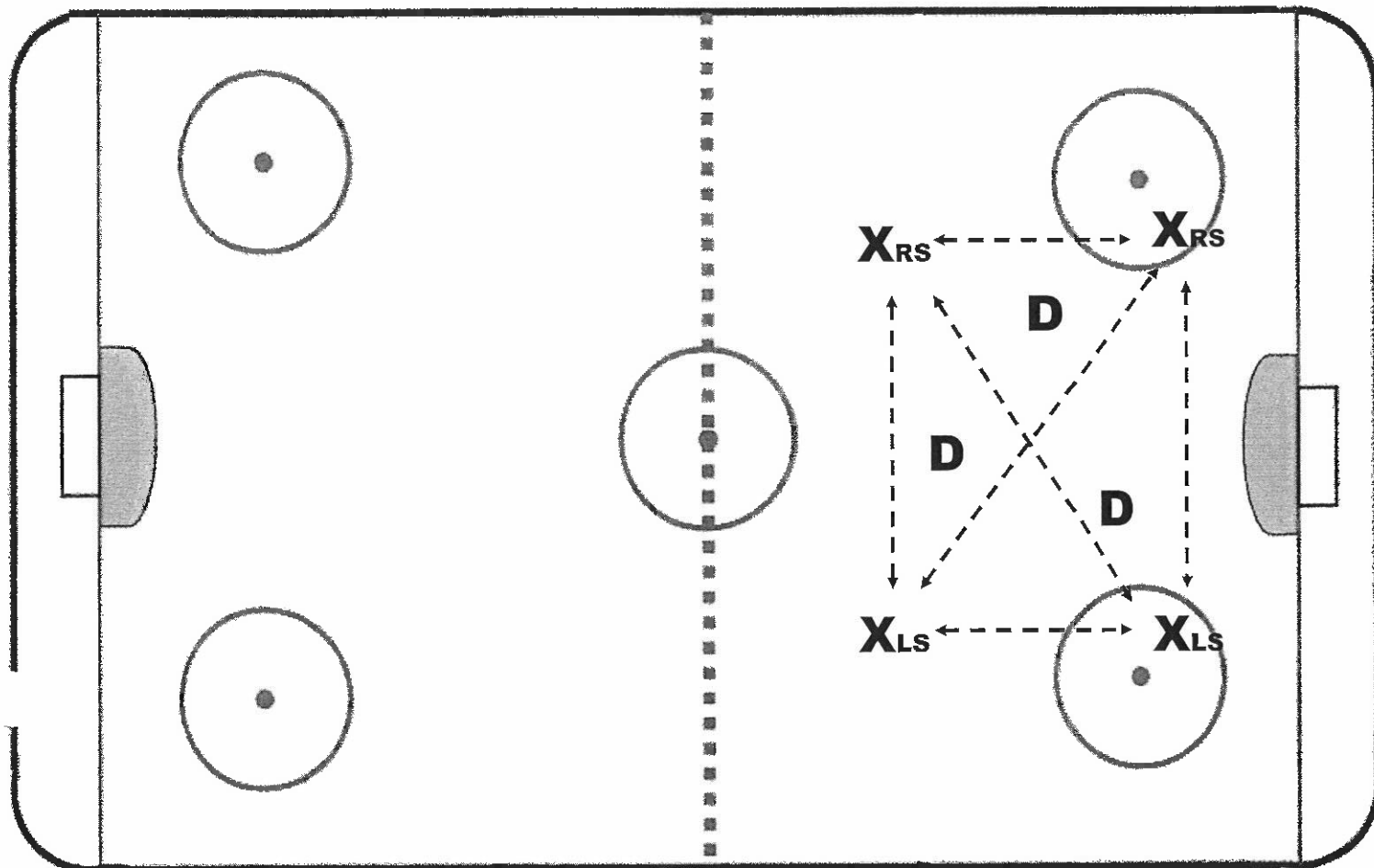
Description: X1 to carry puck 3-4 strides, pass puck to X2. X1 carries onto circle and then break towards net. X2 carries puck then passes to X1 creating a 2-0. X1 and X2 go in on goal passing back and forth, take a shot and look for a rebound

Key Teaching Points: X2 not to leave position until after X1 begins to curl

Variations: Add someone in from opposite corner to move in and play defence

Intermediate Drills #6

Basic Power play



Purpose of Drill: Demonstrate puck movement on powerplay

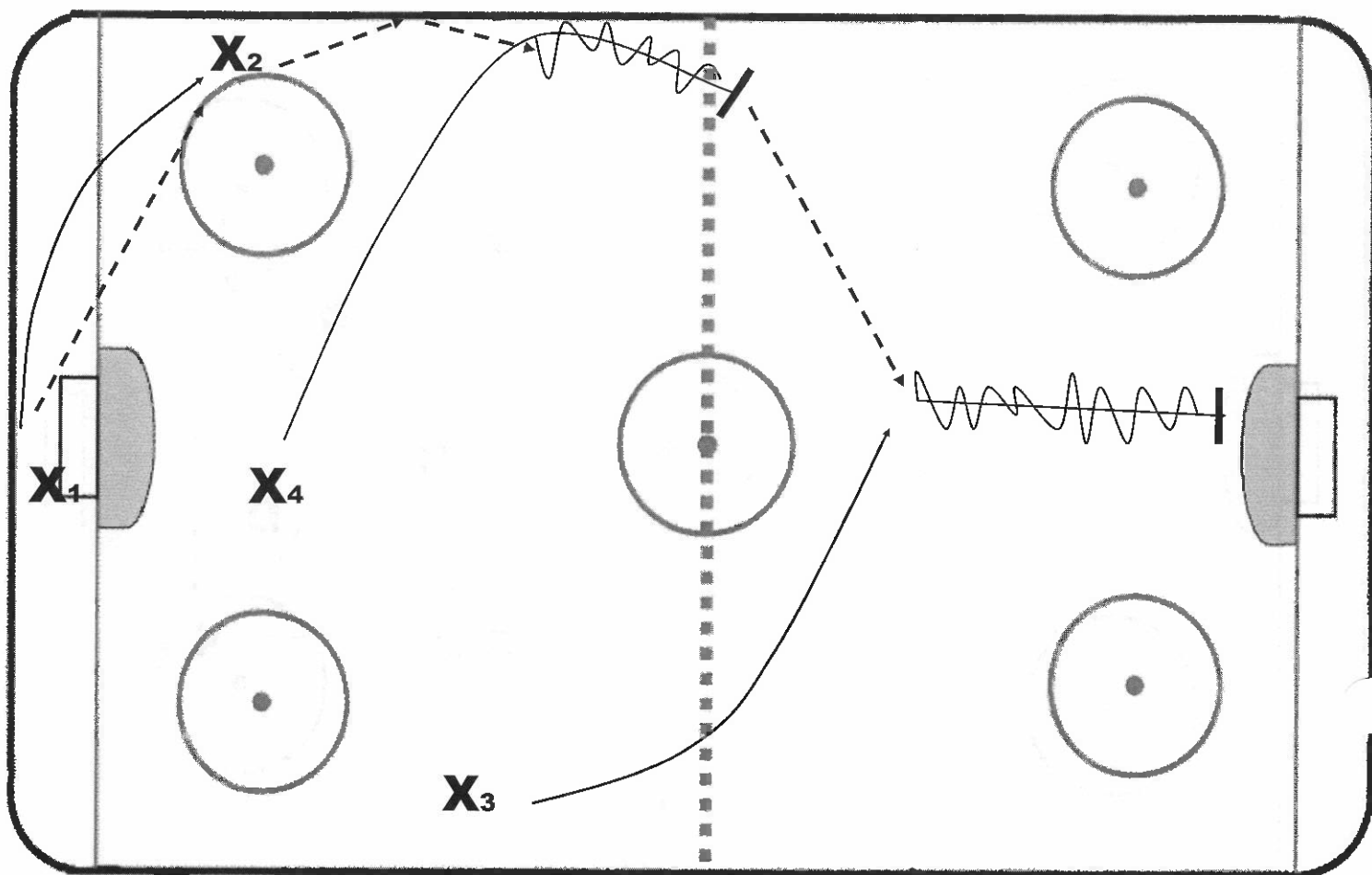
Description: All players play on off wing, enabling each player to shoot or pass puck very quickly. Diagram shows passing lanes.

Key Teaching Points: Good puck movement, call for pass

Variations: Add pressure from penalty kill

Intermediate Drills #7

Breakout #2



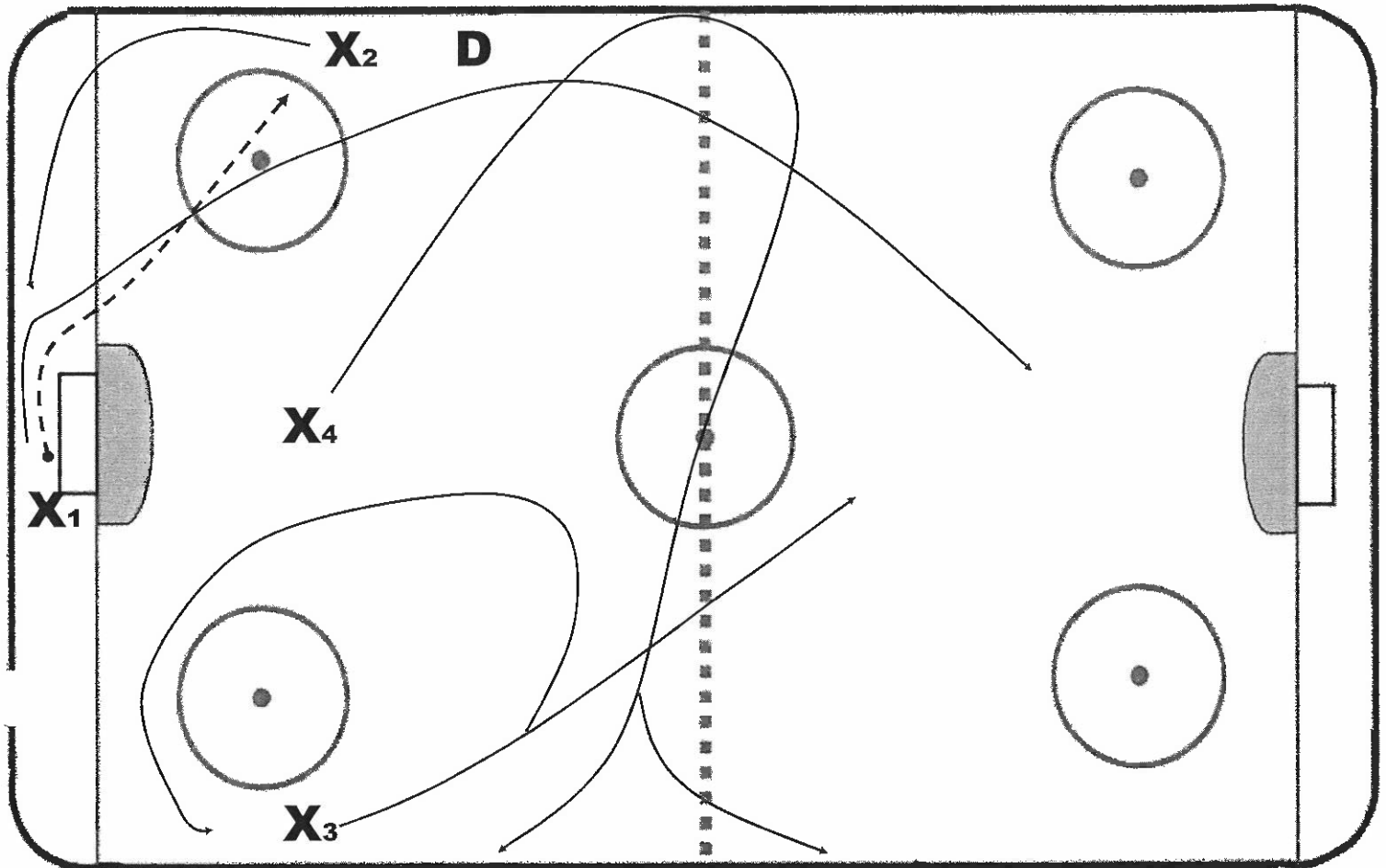
Purpose of Drill: Demonstrate another version of a breakout

Description: At the whistle X1 passes to X2 and follows pass. X4 breaks out of zone above X2 near boards. X3 to breakout of zone and curl in towards center. X2 chips pass off boards to X4. X4 then skates with puck 5-6 strides and passes to X3 breaking towards the net

Key Teaching Points: Timing

Advanced Drills #1

Breakout #3 Defence Pressure



Purpose of Drill: Demonstrate another version of a breakout

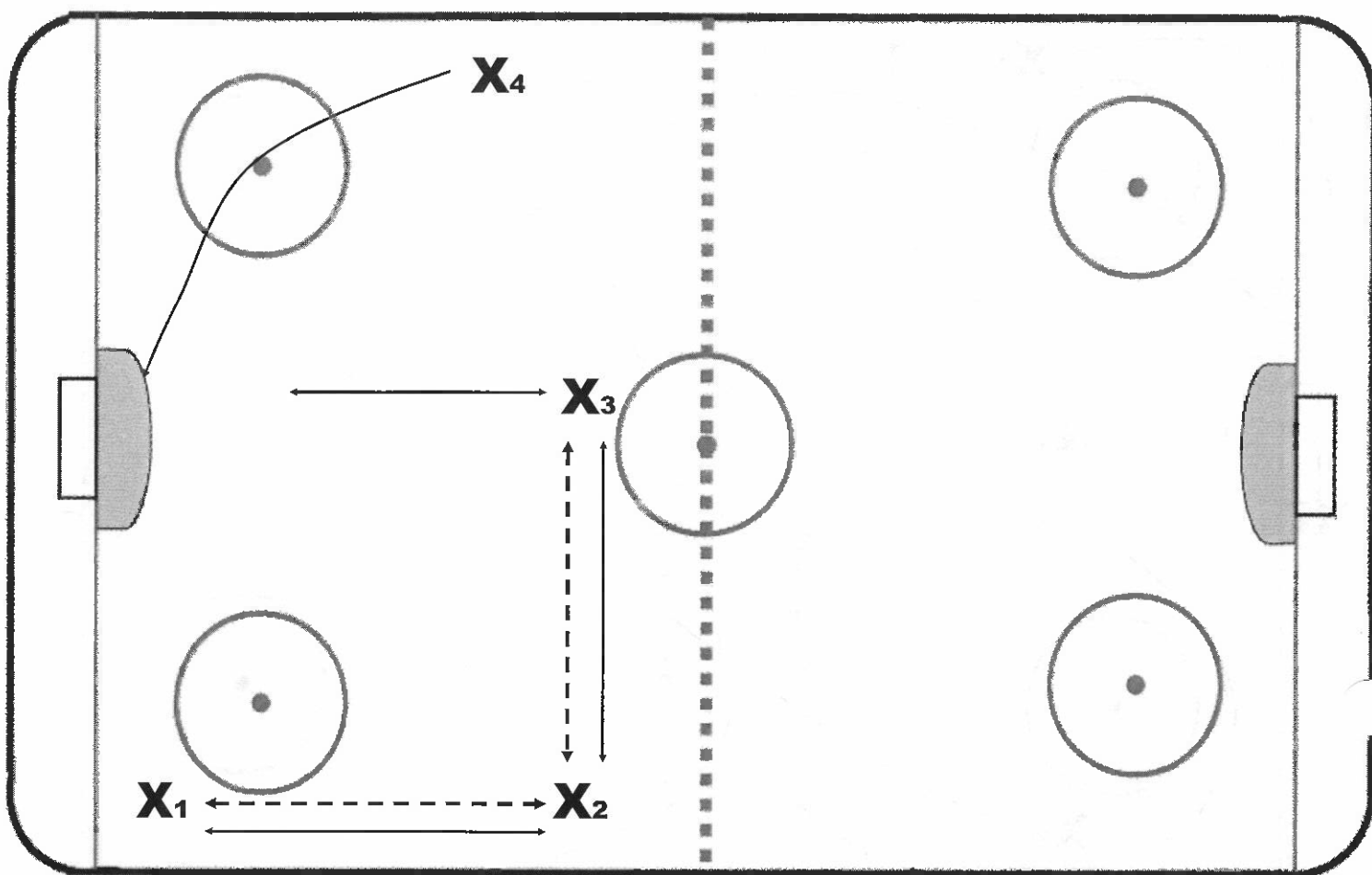
Description: At whistle X1 pass to X2, X3 and X4 break. When D presses on X2, X2 reverses back behind net. X1 continues to break out of zone. X3 will curl back to support X2, X4 curls to boards to provide outlet for X2.

Key Teaching Points: remember to break off route options if puck begins to move.

Variations:

Advanced Drills #2

Advanced Power play



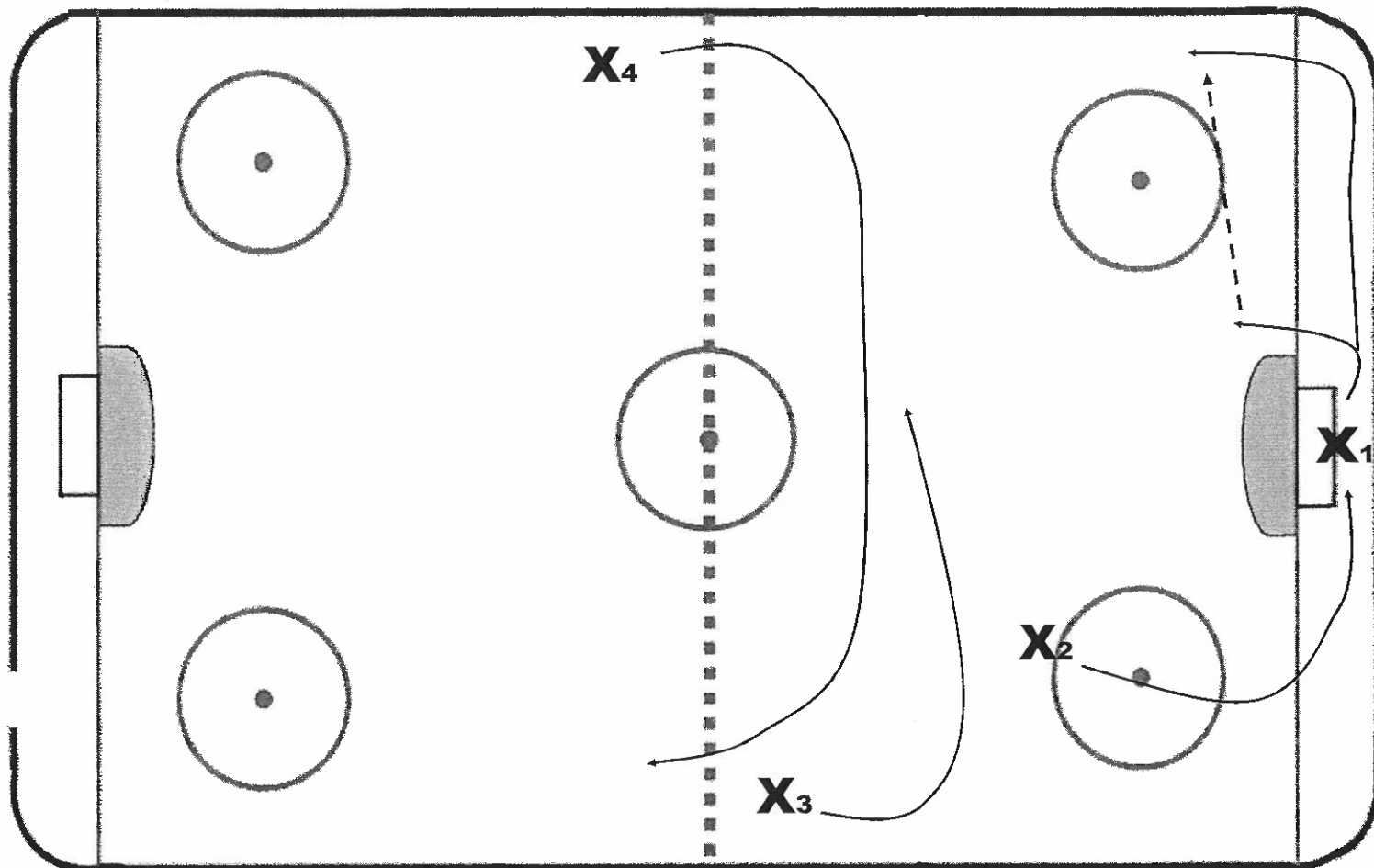
Purpose of Drill: Create distraction for defenders to free up man in the back door

Description: X1, X2, X3 set up into an L shape passing puck back and forth. X3 to pressure net when X1 and X2 have puck, X3 to slide back to provide outlet for X2. X4 will slip into back door of net (preferably off wing shooter) X1, X2, X3 must be aware when X4 in position for a tap in goal.

Key Teaching Points: X4 needs to be quiet and rely on teammates to see him in position

Variations: add some defence

Advanced Drills #3 Power play Breakout



Purpose of Drill: Power play breakout

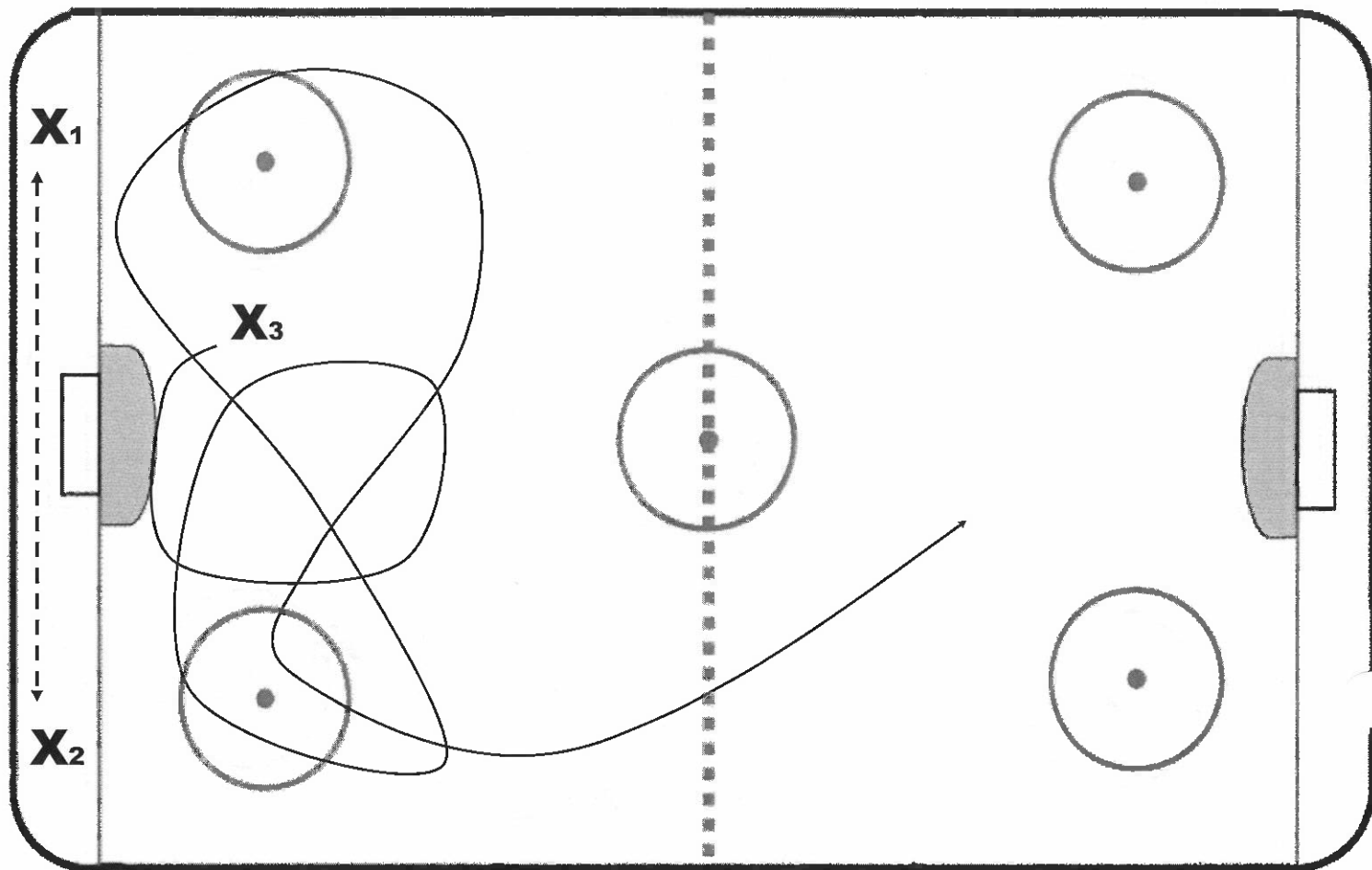
Description: X1 behind net waits for X2 to come down for support. When this happens X1 takes puck wide and X2 supports. X1 can pass back to X2 or carry puck up boards with speed. X3 curls for support, X4 swings wide for cross floor pass

Key Teaching Points: Good puck movement, call for pass

Variations: X2 can take pass and go with it

Advanced Drills #4

Advanced Penalty Kill



Purpose of Drill: To setup scoring opportunity on penalty kill

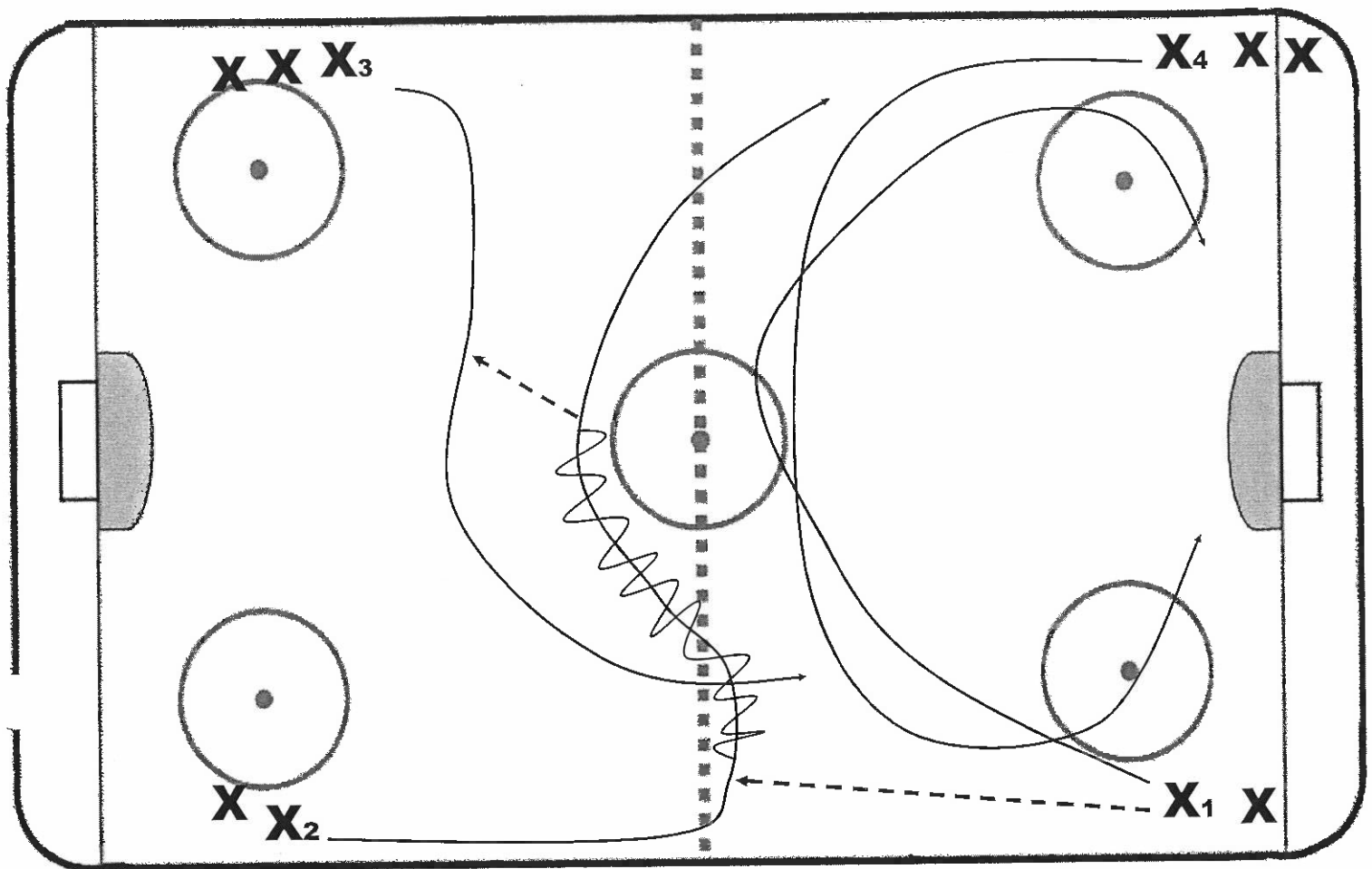
Description: get puck behind, X1 and X2 pass puck back and forth, move side to side if necessary to relieve pressure. X3 moves side to side in front of net until 3 attacking players have committed to puck. X3 now breaks to attacking zone, X1/X2 now forces stretch pass to X3 who drives net

Key Teaching Points: puck control, goalie talks to players, lets X3 know when to break

Variations:

Advanced Drills #5

Depth Charge



Purpose of Drill: 4 man attack with concentration on width and depth

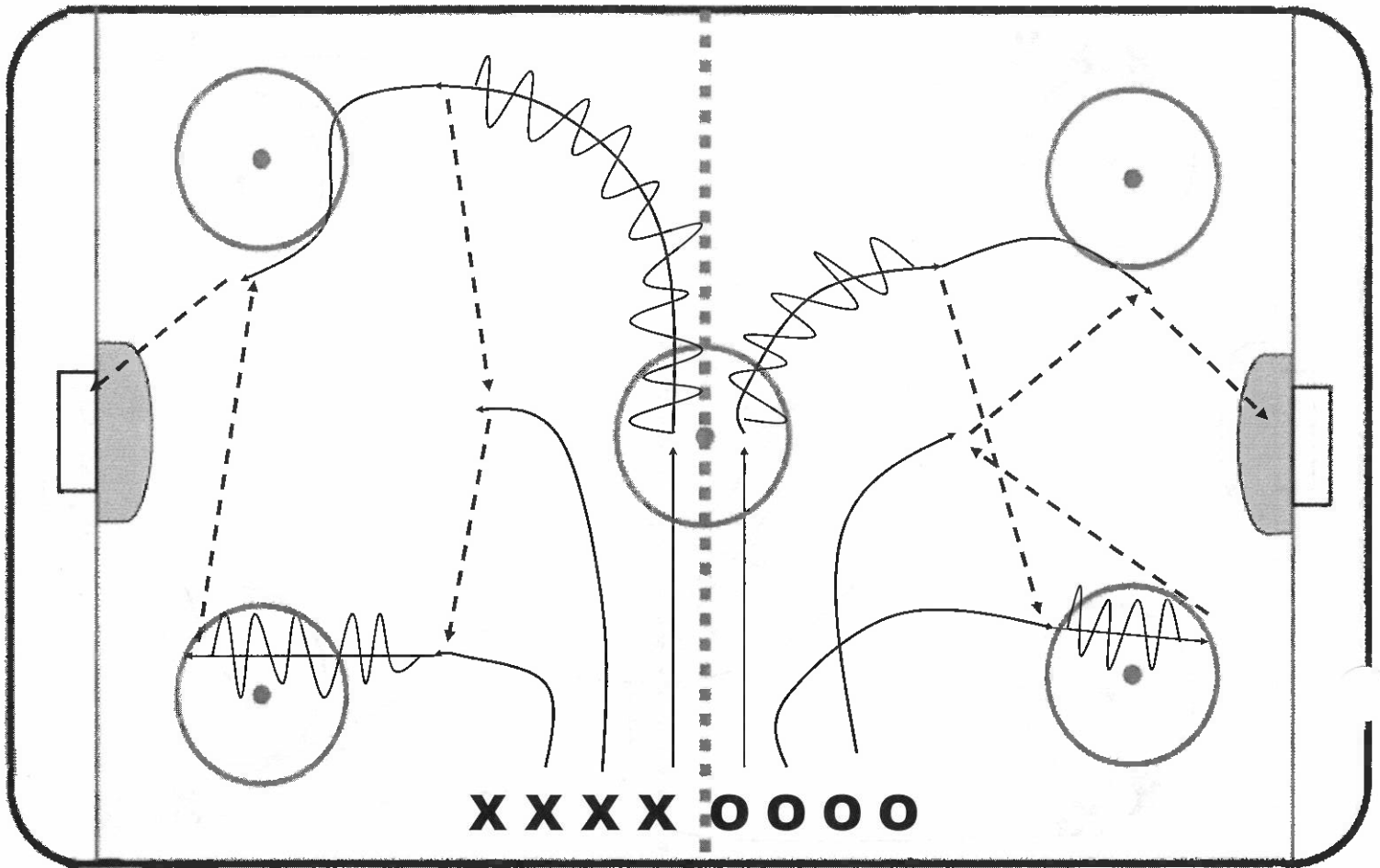
Description: X2 starts drill forward skating towards X1. X2 then receives pass from X1, X2 skates laterally across for exchange with X3 and X2 either drop passes or keeps the puck depending on pressure. If there is a lot of pressure by coach, X3 should run screen while X2 keeps puck. X1 and X4 exchange positions at different depths through middle. Rotate after shot clockwise

Key Teaching Points: There should be 2 designated backcheckers after each shot. Be sure someone is left for outlet or turnover

Variations: add pressure, 4 on 2, 4 on 3, 4 on 4 (passive or aggressive)

Advanced Drills #6

Three Pass kicker



Purpose of Drill: To develop passing and receiving skills while on offence

Description: Split the team, into 2 even groups, with each group assigned to a bench. At the whistle, 3 players come on the surface and pick up one puck from center. Each player must touch the puck before a shot on goal can be taken. The first team to have all 3 players score, gets a point

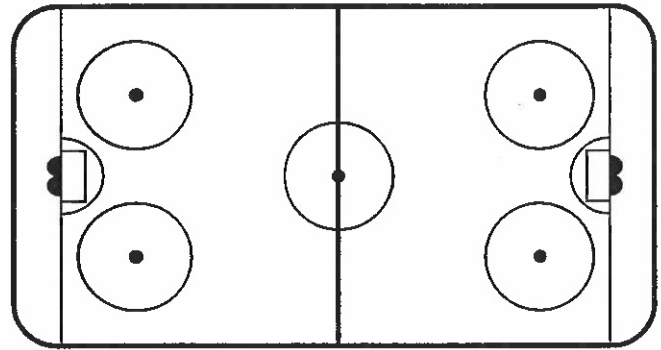
Key Teaching Points: All players must touch the puck. Team with most points wins

Variations: Utilize one time passes and shots only. Add a defensive player from the other team

PRACTICE PLAN



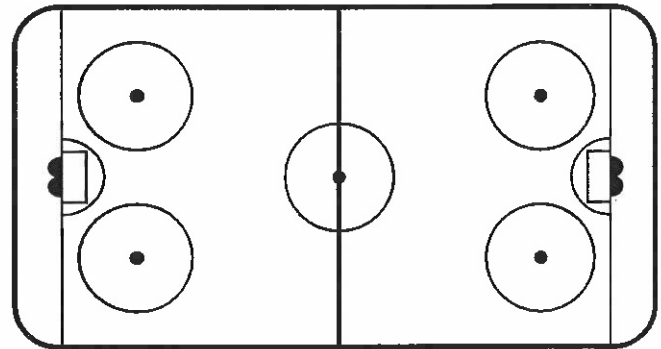
TIME DRILL



KEY TECHNICAL POINTS

KEY EXECUTION POINTS

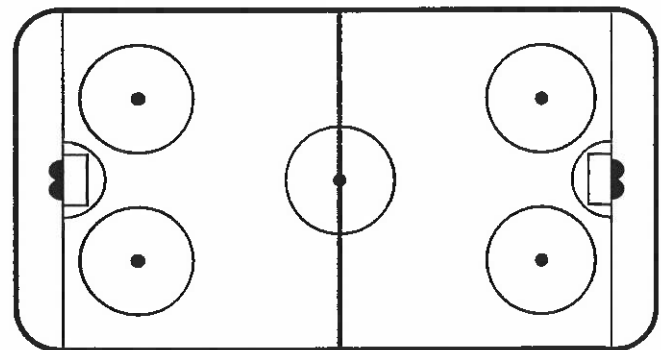
TIME DRILL



KEY TECHNICAL POINTS

KEY EXECUTION POINTS

TIME DRILL



KEY TECHNICAL POINTS

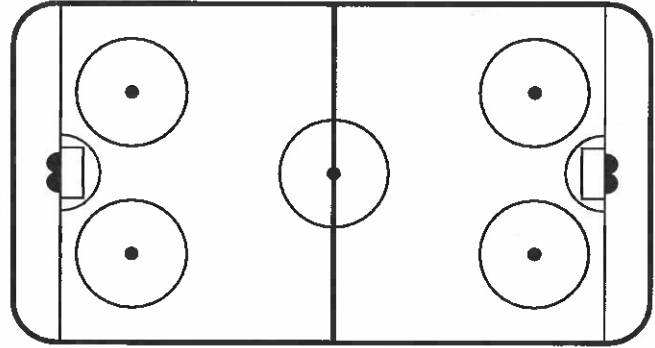
KEY EXECUTION POINTS

PRACTICE PLAN



TIME DRILL

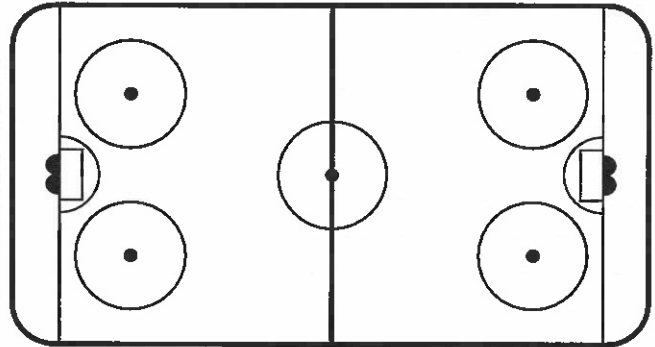
KEY TECHNICAL POINTS



KEY EXECUTION POINTS

TIME DRILL

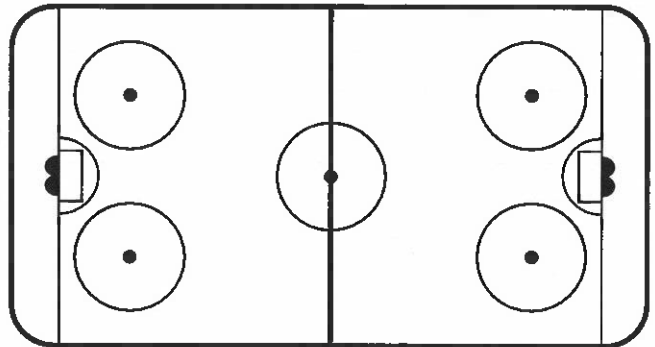
KEY TECHNICAL POINTS



KEY EXECUTION POINTS

TIME DRILL

KEY TECHNICAL POINTS

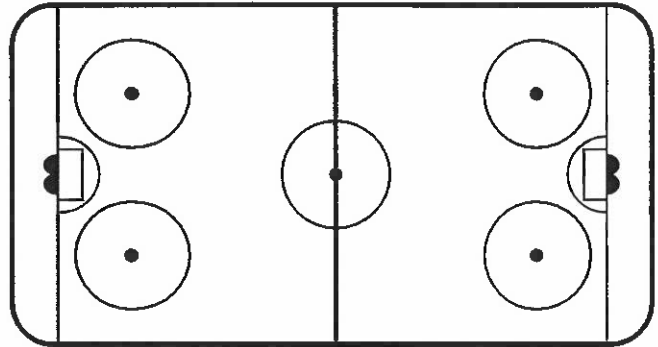


KEY EXECUTION POINTS

PRACTICE PLAN



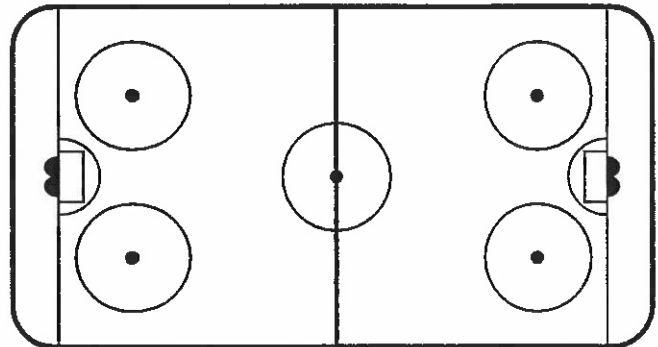
TIME DRILL



KEY TECHNICAL POINTS

KEY EXECUTION POINTS

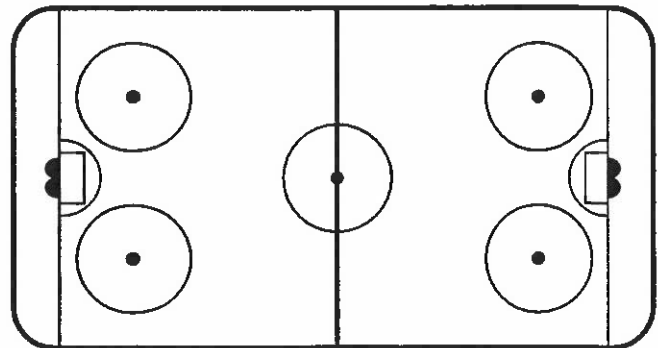
TIME DRILL



KEY TECHNICAL POINTS

KEY EXECUTION POINTS

TIME DRILL



KEY TECHNICAL POINTS

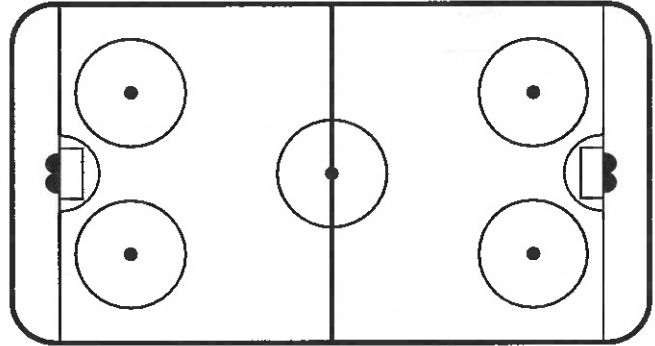
KEY EXECUTION POINTS

PRACTICE PLAN



TIME DRILL

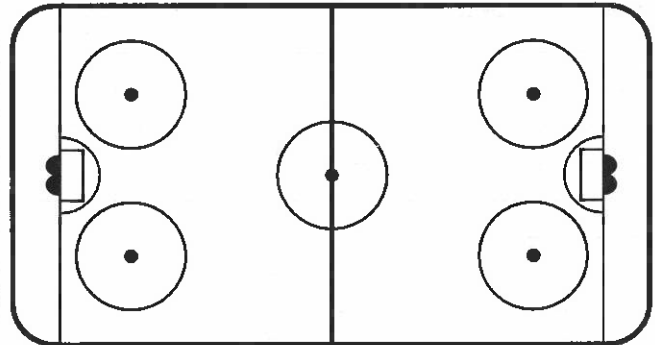
KEY TECHNICAL POINTS



KEY EXECUTION POINTS

TIME DRILL

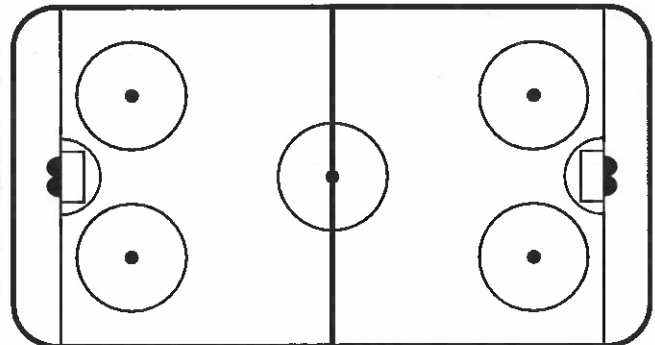
KEY TECHNICAL POINTS



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KEY EXECUTION POINTS
