

USA HOCKEY INLINE  
AGE-SPECIFIC DRILL BOOKS

10-AND-UNDER





# COACHING EDUCATION PROGRAM

*presented by*



**EASTON**<sup>®</sup>

# USA HOCKEY INLINE AGE-SPECIFIC DRILL BOOKS



## 10-AND-UNDER

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# 10-AND-UNDER

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## LEGEND

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 FORWARD SKATING	 SHOT
 FORWARD SKATING with PUCK	 PIVOT
 BACKWARD SKATING	 STOP
 BACKWARD SKATING with PUCK	 CROSSOVER inside edge
 SHUFFLE STEPS	 CROSSOVER outside edge
 PASS	 PYLON
	 PUCK

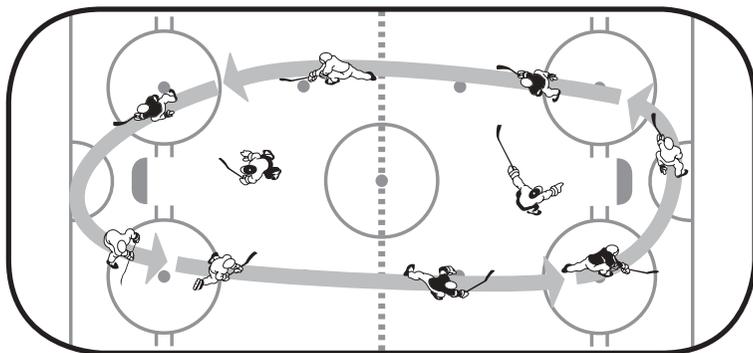


## WARM-UP DRILLS

### Drill #1 — STRETCH N' EASY SKATE

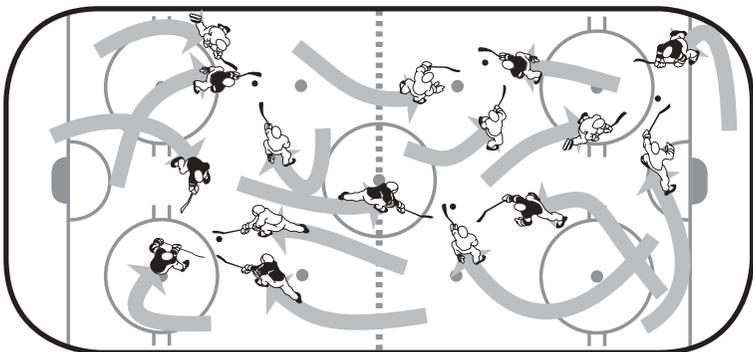
Coaches pull the nets out 15 feet at each end and have the players skate around them in the same direction.

1. While skating have them spread their legs out and bring them back.
2. Holding the stick with two hands, raise it above the head and bring it down and touch your toes.
3. Spread the legs out with two hands together on top of the stick. Lay the stick out and try to touch the surface with the back of your gloves.
4. Slowly stretch the groin by dragging one leg back and lowering your body.
5. Pick it up on the whistle and slow down on the second whistle.



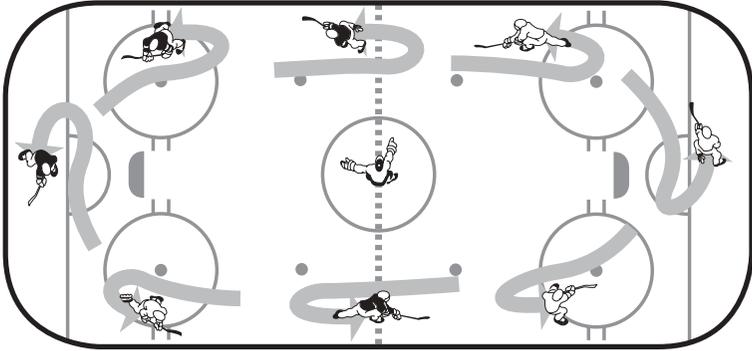
### Drill #2 — FIVE PUCK KEEP AWAY

Take five pucks and place them on the surface. All players participate and play keep away.



### Drill #3 — TIGHT TURN AND OTHER WAY

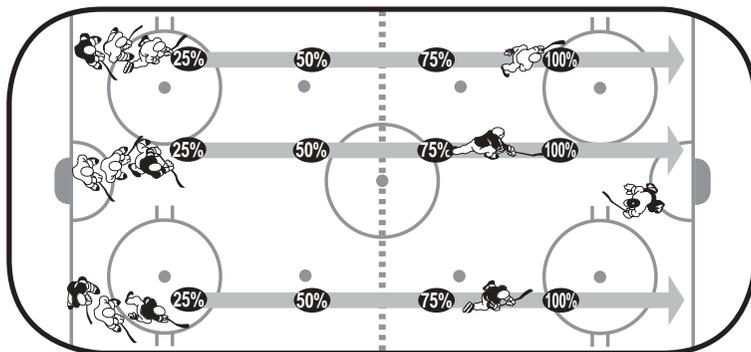
Move the goal nets out 10 feet at each end. All the players skate around the nets in the same direction. On the whistle the players immediately do a tight turn facing the boards and go the other way. Perform the drill with pucks after they do it for a few minutes.



## SKATING DRILLS

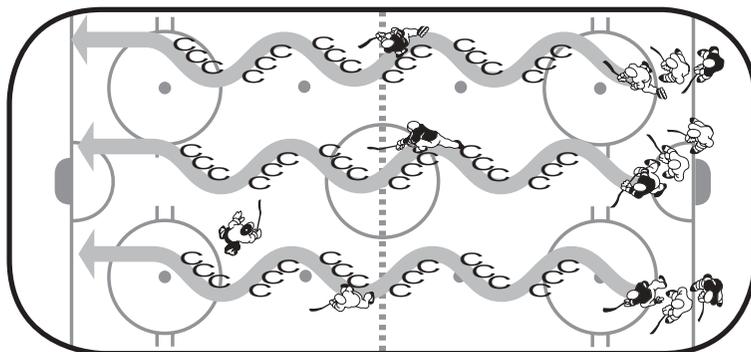
### Drill #4 — SPEED CHANGE DRILL

Divide the players into three groups at one end of the rink. The first player in each line starts the drill. Each player starts out slowly and increases speed throughout the drill. Stress the importance of changing speeds and accelerating.



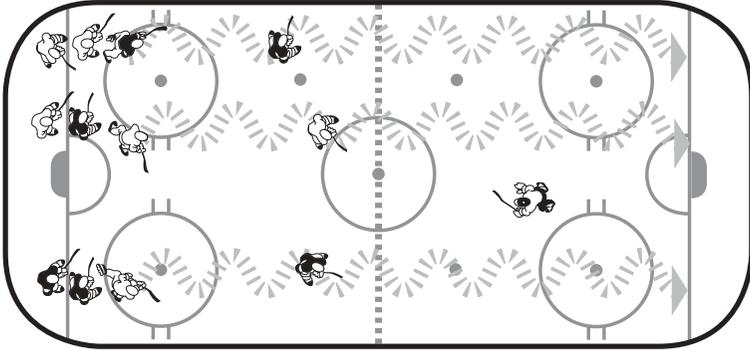
### Drill #5 — THREE CROSS-OVER DRILL

Divide the players into three groups at one end of the rink. The first player in each line starts the drill. The players start out by crossing over three times to their left, then stride and then three crossovers to the right, then stride. Repeat the drill and use pucks once they are skating well.



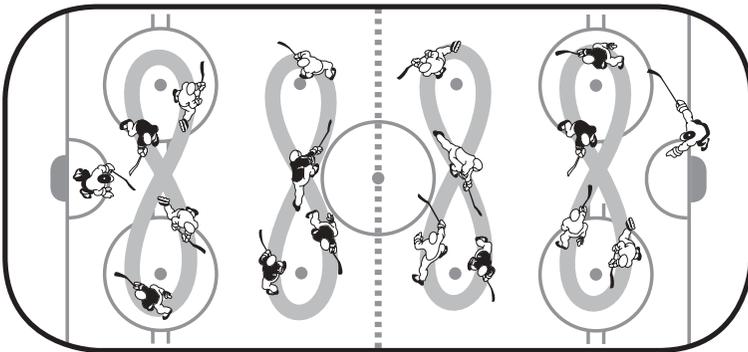
### Drill #6 — SKIING-SEAT CUTS

Start with the players in their three groups. The first player in each line starts the drill. The players must leave their wheels on the surface throughout the drill and ski back and forth down the surface.



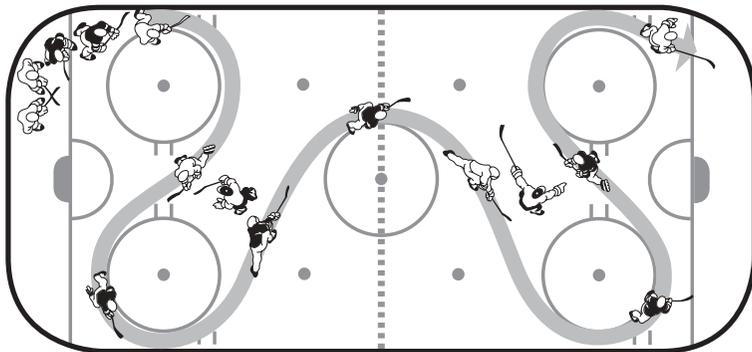
### Drill #7 — FOUR PLAYER FIGURE EIGHT

Divide the players into four even groups. Have the players use the face off dots and skate figure eight's around them. Change direction a couple of times and once they get used to it, have them try it with a puck.

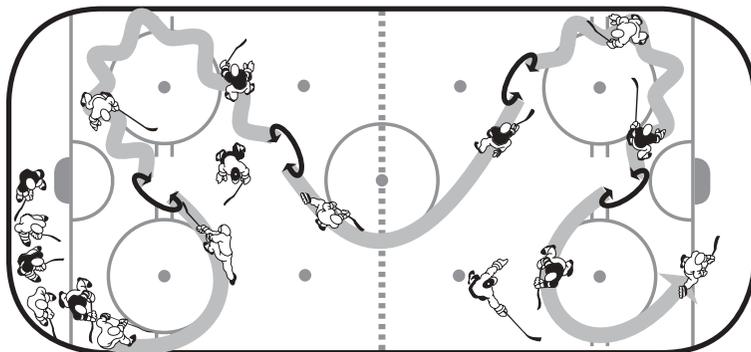


**Drill #8 — HALF CIRCLES**

1. Line the players up in one corner of the surface. Have the players go one at a time. The next player goes when the first player is past the first hash mark. They skate hard cutting the circles in half keeping their feet moving.
2. When they do the drill consistently well, have them try it with a puck.

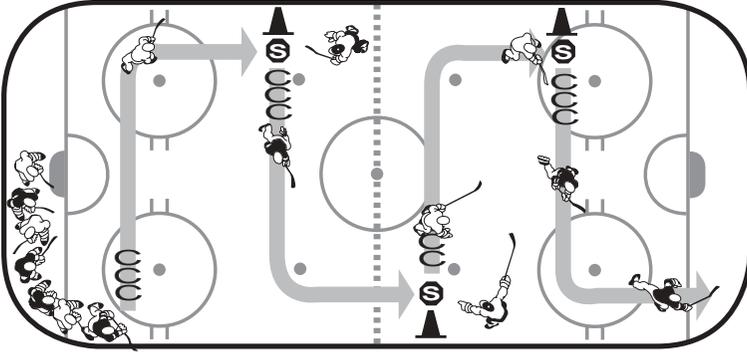
**Drill #9 — CUT THE CIRCLES IN HALF FORWARD & BACKWARD**

1. Line the players up in one corner of the surface. Have the players go one at a time. The next player goes when the first player is past the first hash mark. After skating around the first half circle the player pivots to backward and then forward changing at each circle.
2. Once the players progress well through the drill do it again using pucks.



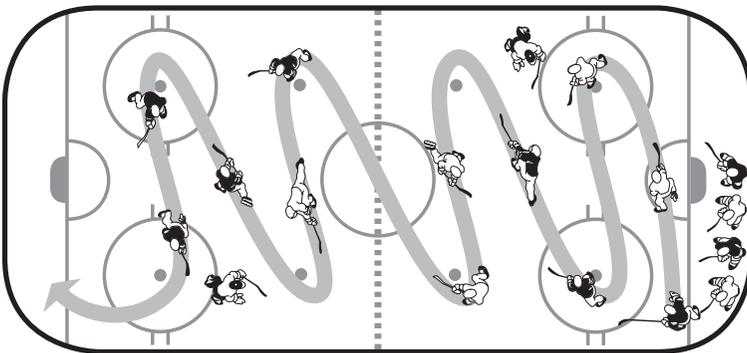
### Drill #10 — THREE CROSSOVER AND GO

Start with the players in one corner of the surface. They start on the first hash mark and do three quick crossovers then quickly skate hard to the other side. They then skate up and stop at the near pylon and repeat the drill back to the near side. Encourage the players to move their feet quickly.



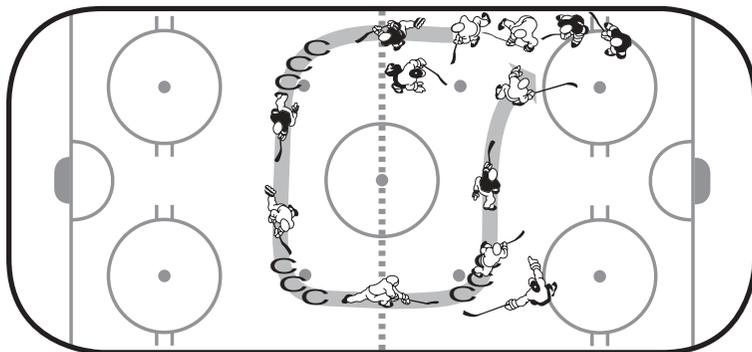
### Drill #11 — FULL SURFACE TIGHT TURNS

Start with the players lined up in one corner. The first player skates and tight turns around all the face off dots on the surface going from side to side. The next player in line goes when the player ahead gets half way to the first dot. Repeat the drill, then try it with pucks.

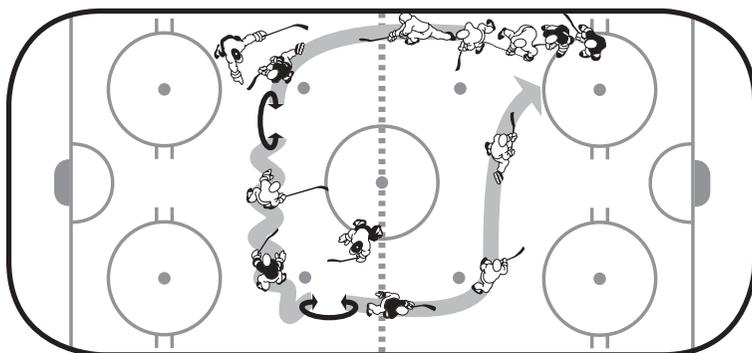


**Drill #12 — FULL-SPEED CROSSOVERS**

1. Start with the players lined up along the boards near a high zone face off dot. Each player skates full out, one at a time, crossing over quickly around the middle face off dots and then back into line.
2. Change direction so the players crossover both ways.
3. Have them repeat the drill using a puck.
4. Change direction using pucks and finally rotate to backward.

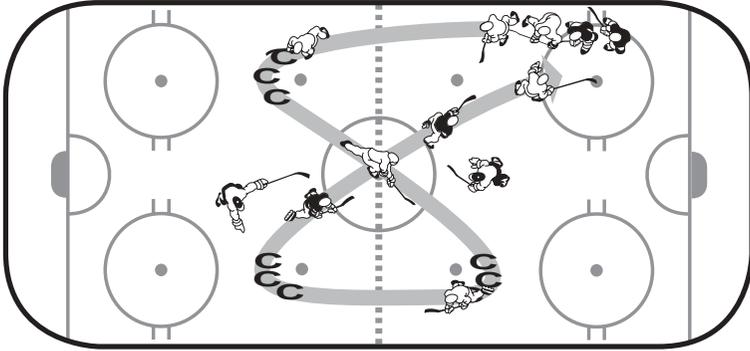
**Drill #13 — FULL-SPEED CROSSOVER AND PIVOT**

1. Start with the players on one side near a high zone face off dot. The first player starts out, skates hard around the first dot and then pivots to backwards. The player then skates backward to the next dot and then pivots back to forward.
2. Change direction and repeat the drill.
3. Use pucks and repeat the drill again both ways.



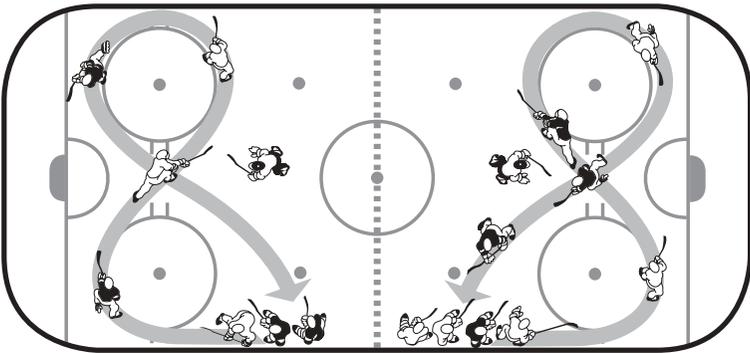
### Drill #14 — FULL-SPEED CROSSOVER FIGURE EIGHT'S

1. Start with the players on one side near a high-end face off dot. The first player skates in a figure eight and back into line. Stagger the players every five seconds.
2. Repeat the drill using a puck. Stress the importance of keeping their heads up.



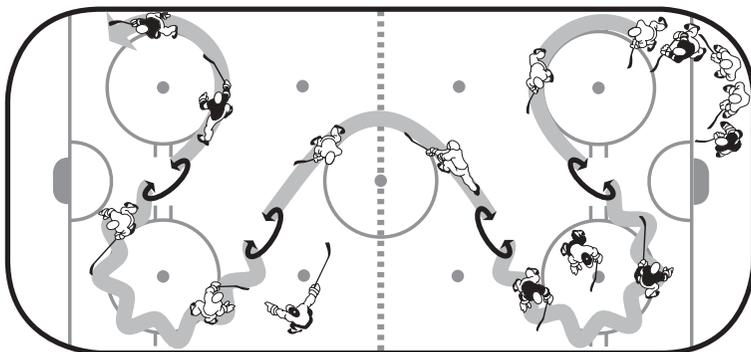
### Drill #15 — HALF-SURFACE FIGURE EIGHT'S

1. Divide the players into two groups and place them at both ends of the rink. The first player in line starts the drill by skating around the circles in a figure eight. Stagger the players every few seconds.
2. Repeat the drill skating backwards.
3. Repeat the drill using a puck. Encourage the players to always keep their heads up.

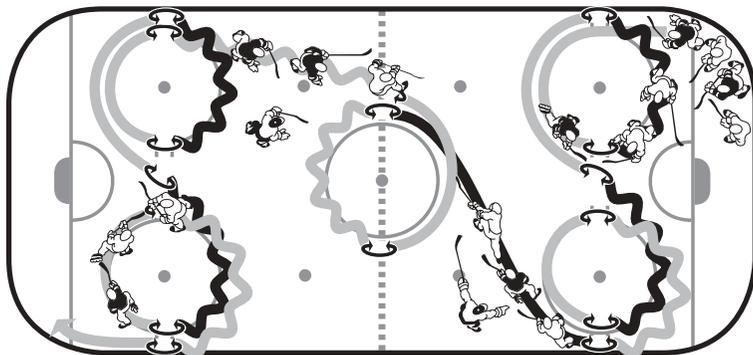


**Drill #16 — HALF-CIRCLE FORWARD AND BACKWARD**

1. Start with the players in one corner of the surface. The first player goes halfway around the circle and then pivots to backwards and then back to forward and so on. The next player in line goes when the player ahead gets past the hash mark.
2. Repeat the drill using pucks after they do the skating well.

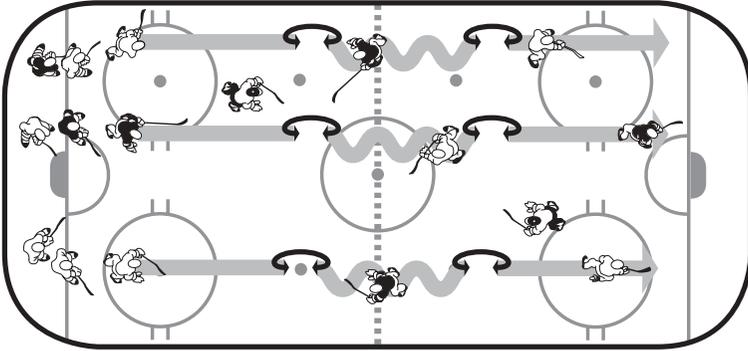
**Drill #17 — FULL-CIRCLE PIVOT DRILL**

Start with the players in one corner of the surface. Have them skate full circles pivoting from forward to backward and back to forward at every hash mark. Send three players at a time and stagger them five feet apart when starting the drill.



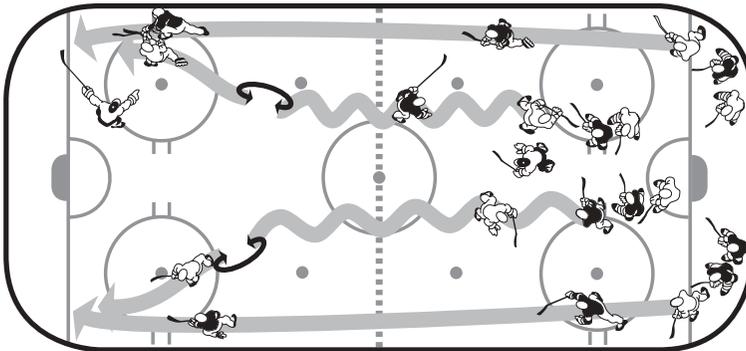
### Drill #18 — THE PIVOT DRILL

Divide the players up into three groups on the goal line at one end. Have the first player in each line start the drill. The players start out skating forward, then they pivot to backward and then back to forward. Make sure the players face the same direction when turning coming back so they learn to pivot both ways.



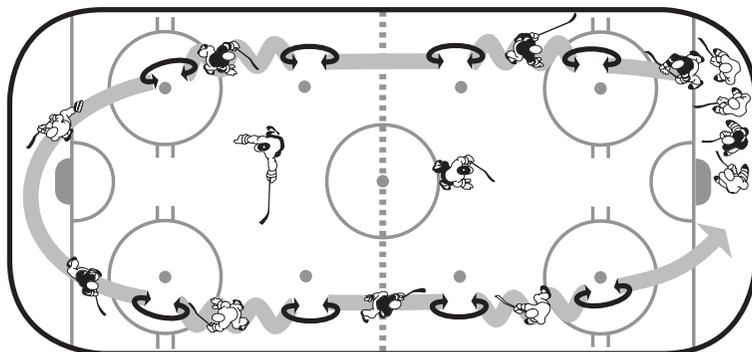
### Drill #19 — BACKWARD-TO-FORWARD FULL-LENGTH PIVOT

Divide the players into four groups, two on each side. The inside lines start at the top of the circle. The players in the corner skate forward and stay on the outside until the end. The players at the top of the circle skate backward and then time the other players speed and pivot to backward and guide them into the corner. Once completed repeat the drill coming back and rotate the players so everyone goes forward and backward.



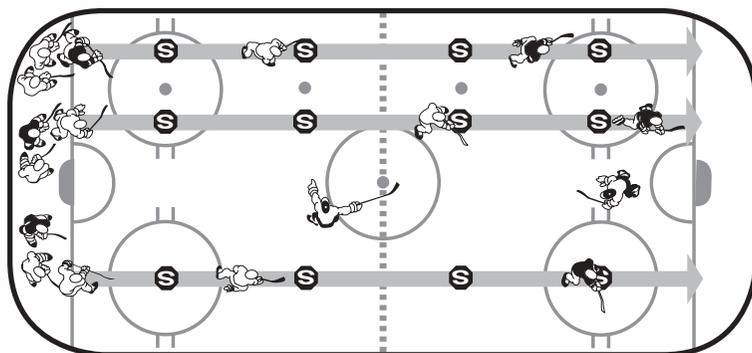
### Drill #20 — FULL-SURFACE PIVOTS

Start the drill with all the players in line in one corner. The first player starts out forward and pivots to backward at the first dot and back to forward at the next and so on. Make sure the players pivot facing the boards each time so they work on pivoting both ways. Repeat the drill going back the other way.



### Drill #21 — THE DOT STOP

Divide your players into three groups at one end of the surface. The first players in line start the drill skating forward and stop at the first face off dots. On the whistle they skate and stop at the next dots while the next three players stop at the first set of dots. On the next whistle they move to the next dots and so on.



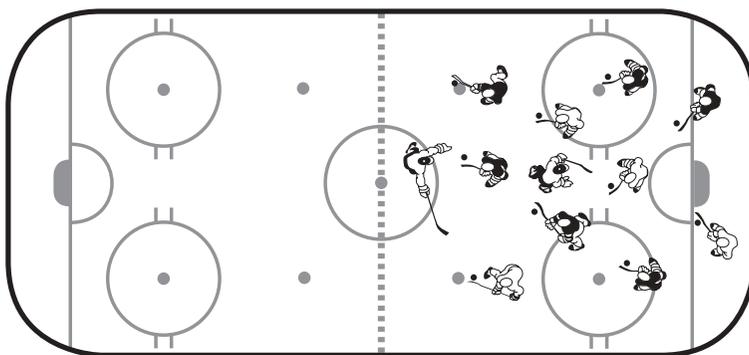


## PUCKHANDLING DRILLS

### Drill #22 — STATIONARY PUCKHANDLING

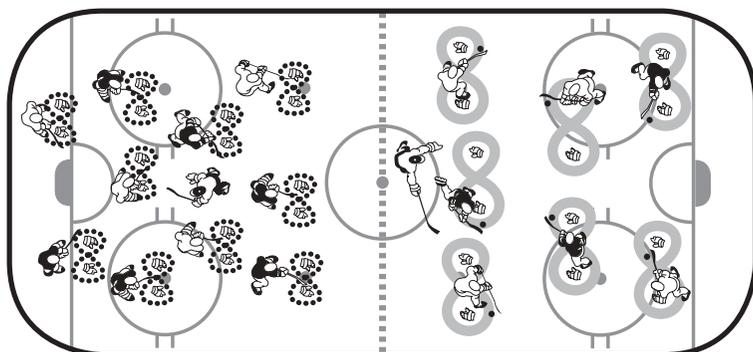
Using half the surface spread the players out and have them face the coach with each player handling a puck.

1. Make sure they have their head up.
2. Alternate stickhandling on the right side, the left side, then across side-to-side.



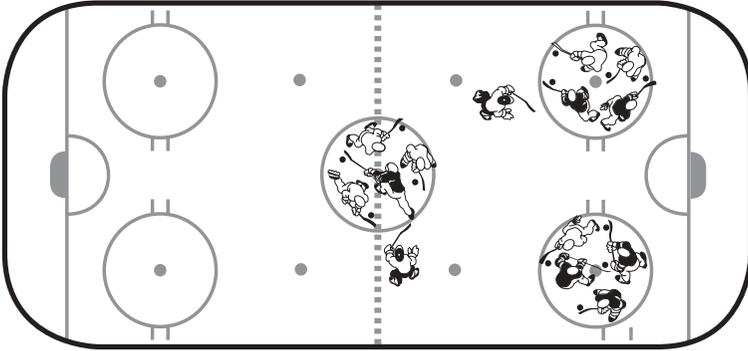
### Drill #23 — STATIONARY & MOVING THROUGH THE GLOVES

1. Spread the players out at one end facing the coach with a puck on their stick. Have them take off their gloves and place them out in front of the player three feet apart. With little skating have them stickhandle the puck through and around the gloves.
2. Move the gloves to six feet apart and have the players skate figure eight's around and through the gloves with a puck.



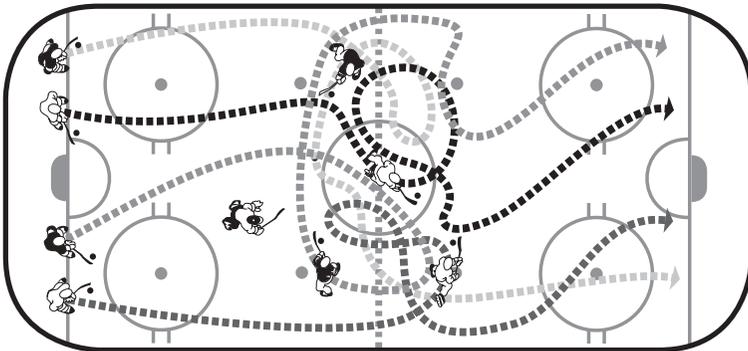
### Drill #24 — PUCKHANDLING IN TRAFFIC

Divide the team into three groups and place each group inside a face off circle. Give every player a puck. The players must stay inside the face off circle but have them skate full speed on the whistle and half speed on the second whistle.



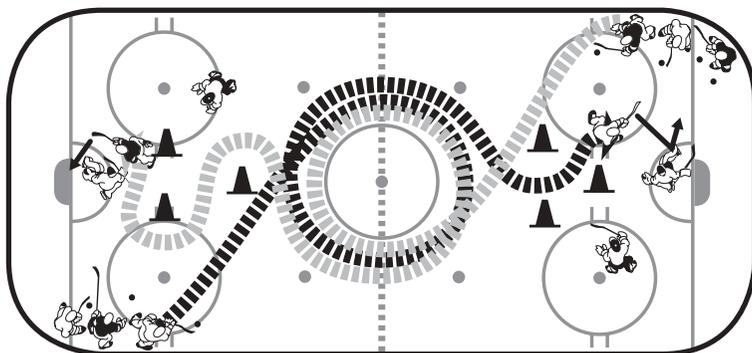
### Drill #25 — CENTER PUCKHANDLE DRILL

Divide the players into two groups. Group 1 starts on the line. On the first whistle Group 1 skates to the middle of the surface handling a puck and staying between the high zone face off dots. Keeping their heads up they skate in any direction between the dots. On the next whistle Group 1 skates to the far end and Group 2 begins the drill.

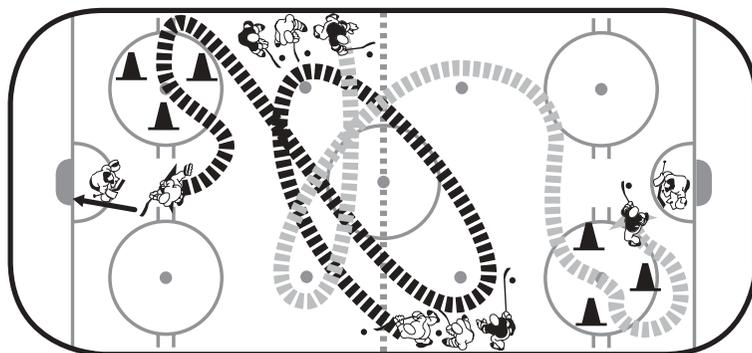


**Drill #26 — THREE PYLON PUCKHANDLE**

Divide the players into two groups, one group in each corner. The first player in each corner begins the drill. They skate around the center face off circle in different directions. They then skate to the far end darting in and out of the pylons and taking a shot. The next player goes when the first player clears the circle.

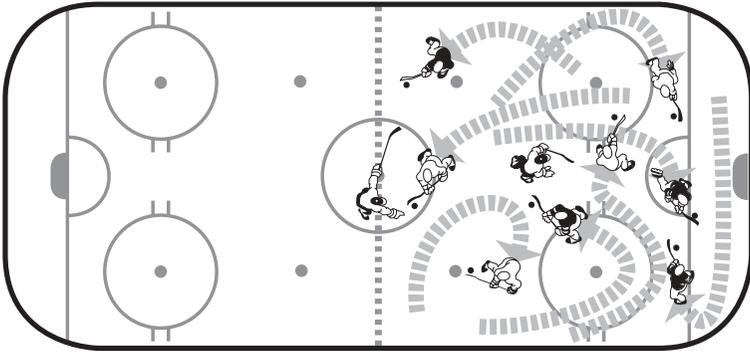
**Drill #27 — THREE PYLON CORNER PUCKHANDLE**

Divide the players into two groups at opposite sides near the center line. The first player from each line skates around opposite center pylons. They then skate to the far end corner, go through the pylons and take a shot. The next player in line goes when the first player clears the center area.



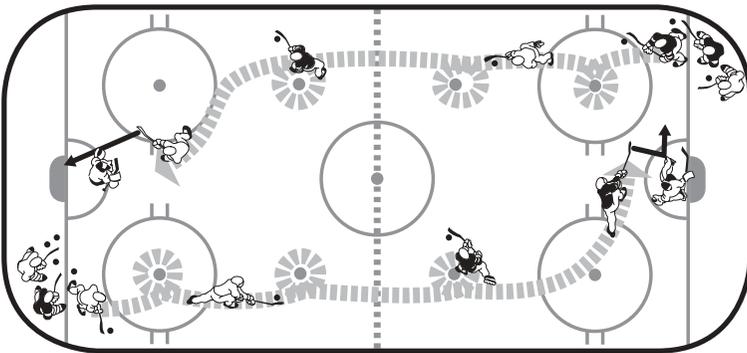
### Drill #28 — HALF-SURFACE PUCKHANDLE

Move the nets back against the boards. Using only one side of the offensive zone on one side of the surface, spread the players out with pucks. The players skate anywhere with a puck staying inside the center line. The coaches then skate and take the pucks away and send them down to the far end. The players that lose the pucks then help the coaches check the remaining players. Using the other end repeat the drill.



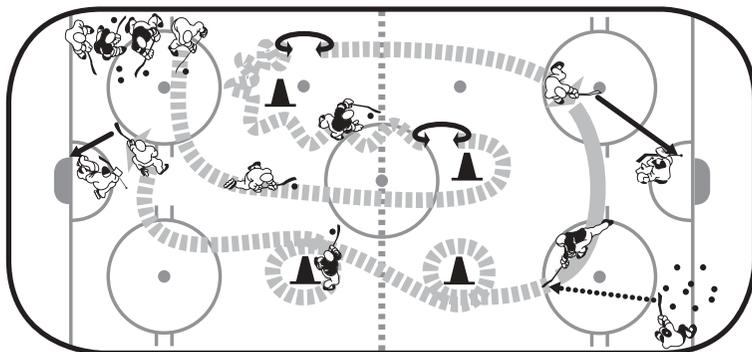
### Drill #29 — 360-DEGREE SKATE N' SHOOT

Divide the players into two groups and place them in opposite corners of the surface. The first player in each line begins the drill. Skate down the surface doing three complete 360-degree turns and then shooting from the high slot. Make sure they turn both ways.



**Drill #30 — PUCKHANDLE DOUBLE SHOT**

Line the players up in one corner of the surface. The first player takes a puck and skates around the far pylon, pivots to backward and then goes around the near pylon, pivots back to forwards and then skates and takes a shot. The player then receives a pass from the coach in the corner, skates up the surface and does two tight turns around the pylons and takes a shot at the far end.



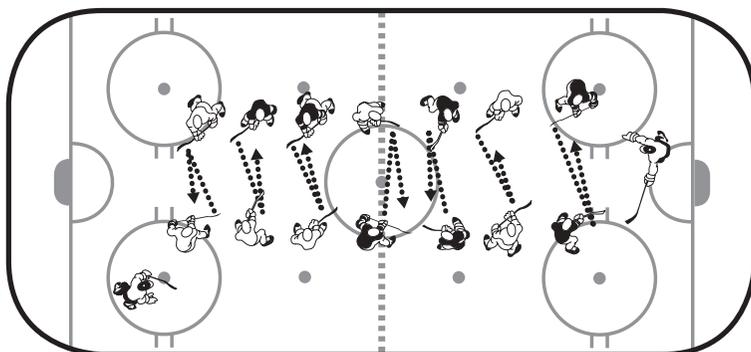


## PASSING DRILLS

### Drill #31 — SWEEP PASS FOREHAND & BACKHAND WITH MOVEMENT

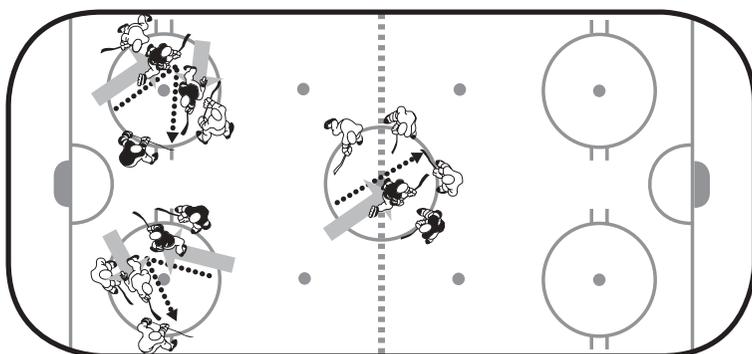
Divide the players into two lines down the middle of the surface. Each player should be no more than 10 feet apart from their partner.

1. Have the players make forehand sweep passes back and forth for a few minutes.
2. Have the players make backhand sweep passes back and forth.
3. One player skates forward and one skates backward. The player skating forward skates half way to the middle and passes, the other player receives the pass then skates forward and the passer pivots to backward and backs up to the boards and then gets the pass. Repeat for 2-3 minutes.



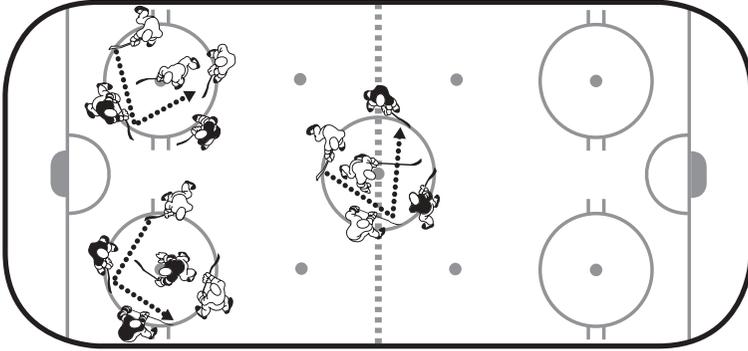
### Drill #32 — PASS N' FOLLOW

Divide the players up and put them around the face off circles. Each group only has one puck. The players spread out around the circle with their sticks on the surface. The puck carrier passes and then follows the pass and takes the place of the person he/she passed to.



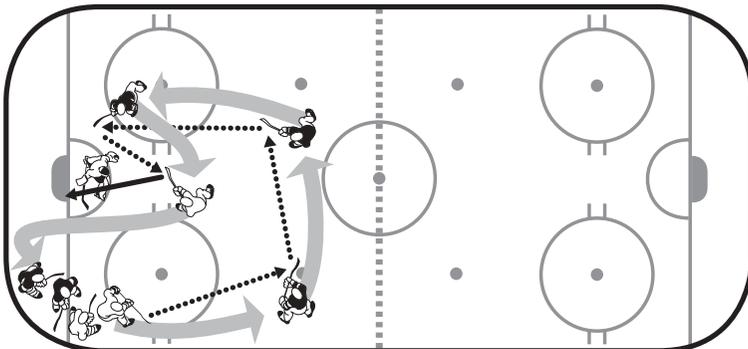
### Drill #33 — PLAYER IN THE MIDDLE

Divide the players up and place them around the circles. One player goes in the middle and tries to intercept the puck. The other players pass the puck to each other. If a bad pass is made or intercepted the player who made the bad pass goes in the middle.



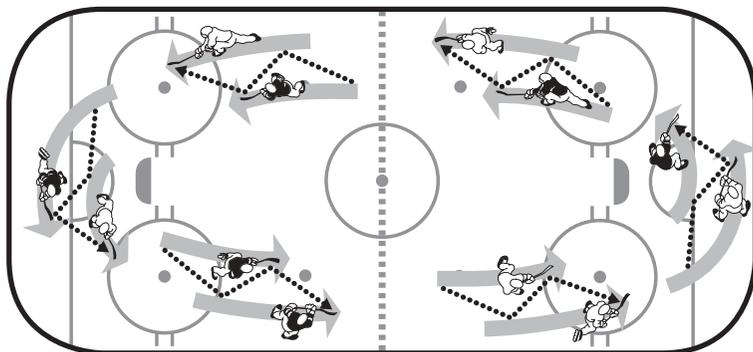
### Drill #34 — PASS N' ROTATE

Place one player just before the high-end face off dot. Place another player 15-20 feet beside the first player. Place another one off the far post, and one in the slot. The first player in line passes to the high player and then skates and takes that position. The high player passes over then rotates. The second player passes to the third position then follows. The third person passes to the fourth person in the slot who shoots and then goes to the back of the line. After each pass the players rotate.

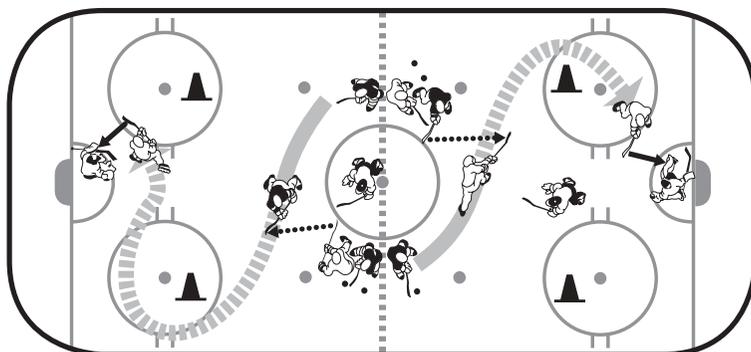


**Drill #35 — ONE-TOUCH PASSING AROUND THE NETS**

Pull the nets out about 10 feet. Divide the players into groups of two and they pass back and forth and go around the nets. They pick it up on the first whistle and slow down on the second whistle. Make them change direction and also try it backward.

**Drill #36 — ANGLE, PASS N' SHOOT**

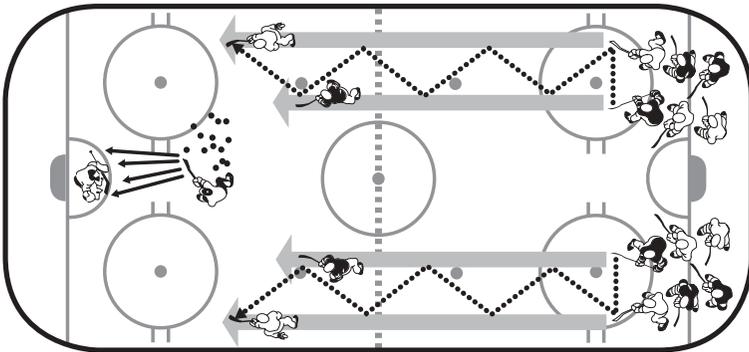
Divide the players up into four even groups, two on each side of the surface. Set up four pylons, one at the low-end face off dot. The first player who starts the drill skates toward the other line, receives a pass, goes around the pylon and tries to score. The player who passed the puck repeats the drill on the other side. Make sure the players try both sides.



### Drill #37 — ONE-TOUCH PASSING

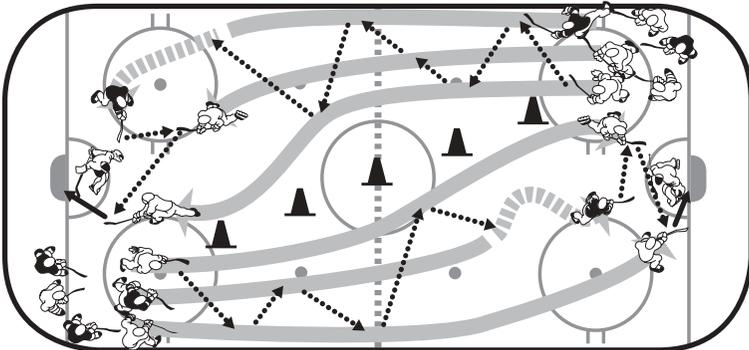
1. One coach takes the goalie to one end and warms them up. The other coach divides the players into two lines starting in both corners. The first two players pass the puck back and forth down the surface. The next players in line do the same.
2. Have the players repeat the drill backward.
3. Have one player skate forward and one backward.
4. Weave.

If there is only one coach choose a new player each practice to warm up the goalie.



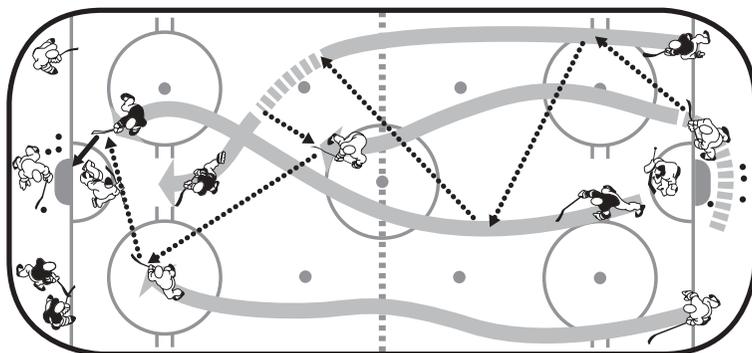
### Drill #38 — 3-ON-0

Divide the players into groups of three. Place five pylons on an angle down the middle of the surface. The players pass back and forth. When they get over the center line they need to spread out, pass the puck and shoot. The next three go to the far end when the first group takes the shot.



**Drill #39 — 4-ON-0**

Line the players up into three lines at both ends. The drill begins by having a defenseman pick up a puck behind the net, pass to one of the three players who then pass to each other moving up the floor. The defenseman who initiated the drill steps up into the play and becomes a fourth attacker. The next group goes on the whistle.

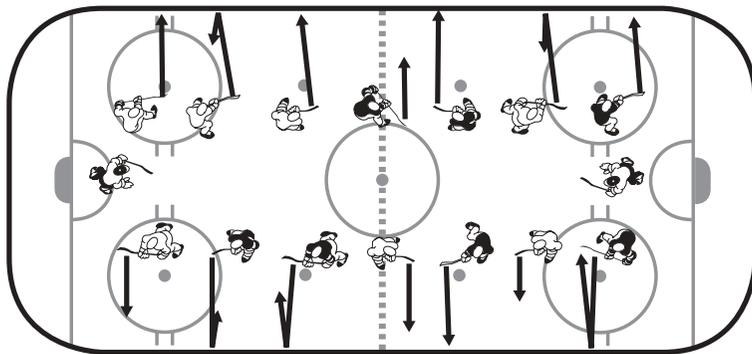




## SHOOTING DRILLS

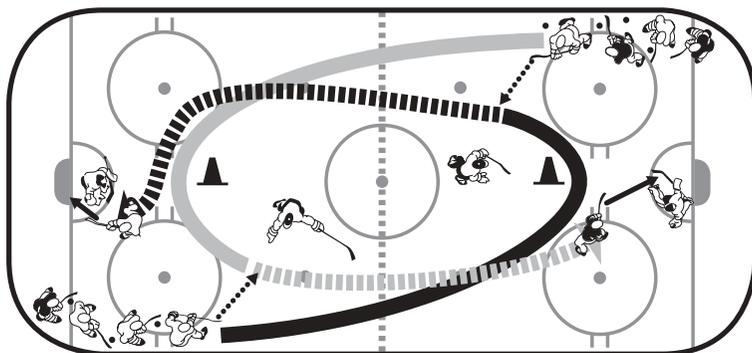
### Drill #40 — INDIVIDUAL TARGET PRACTICE

After a brief demonstration of the wrist shot and backhand shot spread the players out around the rink. Give each player a puck and have them face the boards and shoot. First practice the wrist shot, then the backhand. For fun have them pick a target on the boards and have them try to hit it.



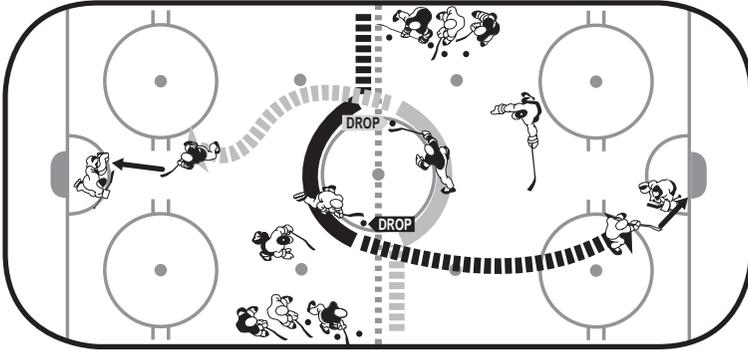
### Drill #41 — FULL-SURFACE PASS N' SHOOT

Divide the players into two groups and each group set up in opposite corners. Put two pylons out just about the face-off circles. The first player in each line skates around the far pylon, receives a pass from the opposite line and then goes down and takes a shot.



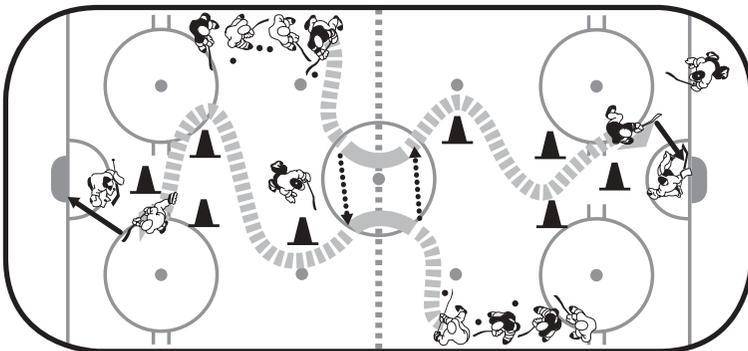
### Drill #42 — DROP N' SHOOT

Divide the players into two lines, one on each side of the rink at the center line. The first player in each line carries a puck in a straight line, drops it at the circle and then skates around the circle picks up the other puck and goes in for a shot.



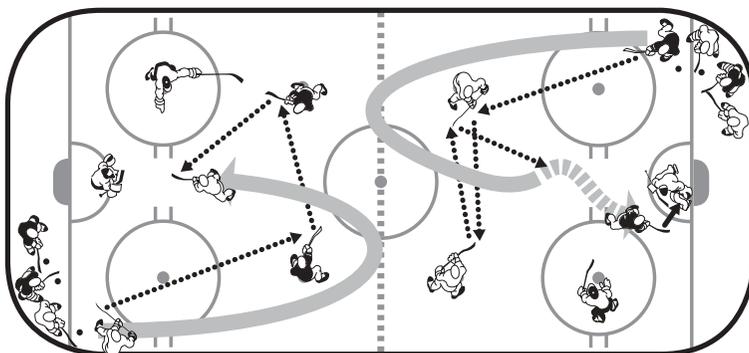
### Drill #43 — PASS, DEKE AND SHOOT

Divide the players into two equal lines out near the center line. Set up three pylons in a triangle 15 feet in front of the net. The first player in each line goes at the same time. They carry a puck and then pass to each other. After receiving the pass they skate in opposite directions around the first pylon then through the next three pylons and shoot.

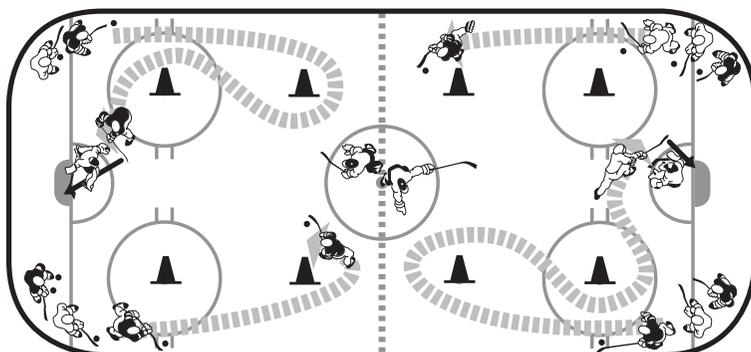


**Drill #44 — PASS N' CIRCLE**

Place two players on both sides at the high-end face off dots. The first player in each line starts the drill by passing to one of the two high players. After passing, the player skates around the dot and between them. The two high players pass back-and-forth and then hit the player skating with a pass. The player goes in and shoots and then skates back into line.

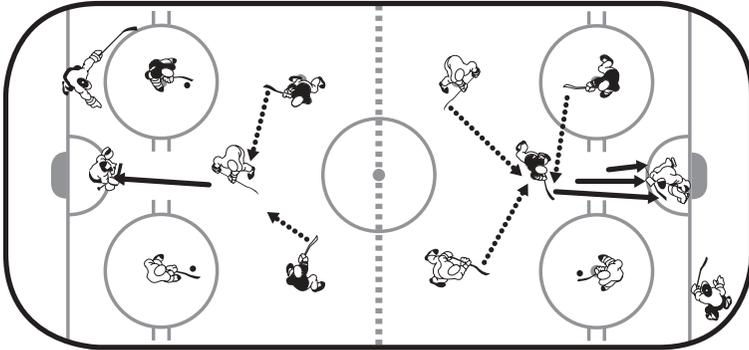
**Drill #45 — ANGLE DEKE**

Divide the players up into four equal lines and place them in each of the four corners. Place a pylon on each face off dot. The players skate to the far pylon then back to the near pylon. Skate in and deke the goalie. Rotate sides and repeat the drill.



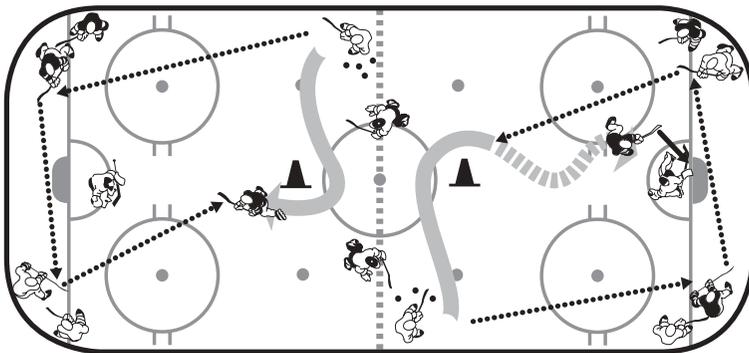
### Drill #46 — FIVE PLAYER ROTATION

Set up four or five players in each end. Place one player in the slot. Surround that player with others who all have pucks. The player in the slot takes turns receiving passes from each of the players and shooting on goal. After four or five shots the players quickly rotate positions and the drill begins again.



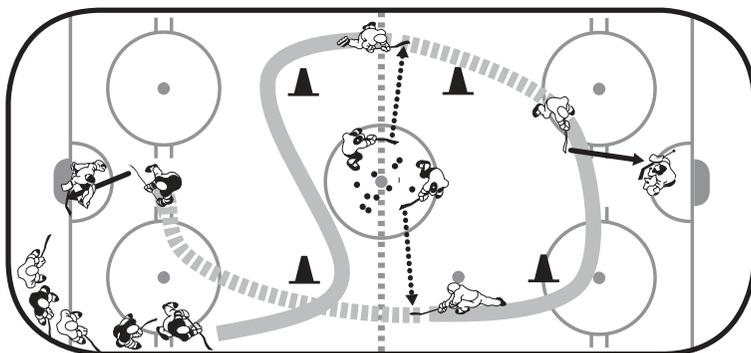
### Drill #47 — THREE LINE ROTATION

Working out of one or both ends, divide the players into three groups. The first player in line near the high face off dot passes it to the closest corner and skates around the pylon. The puck is passed from one corner to the other corner where the first player in that line hits the player who started the drill in the slot for a shot. Rotate players each time.



**Drill #48 — DOUBLE SHOT**

Line up the players in one corner. Place all the pucks inside the center circle. The first player in line skates around the two pylons at the high-end face off dots and gets a pass from a coach and goes in and shoots. The player then skates back up the surface, gets a second pass from the other coach or player and then shoots again.

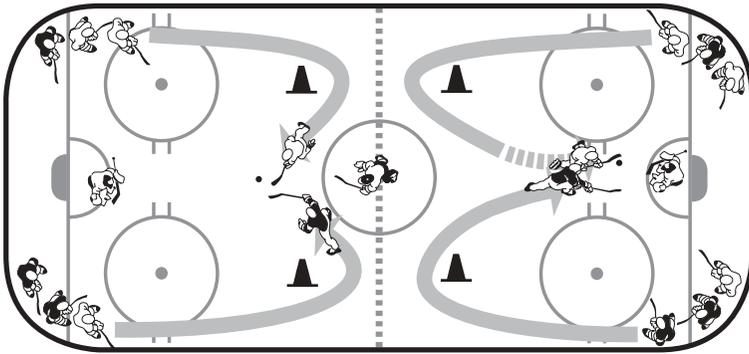




## ONE-ON-ONE DRILLS

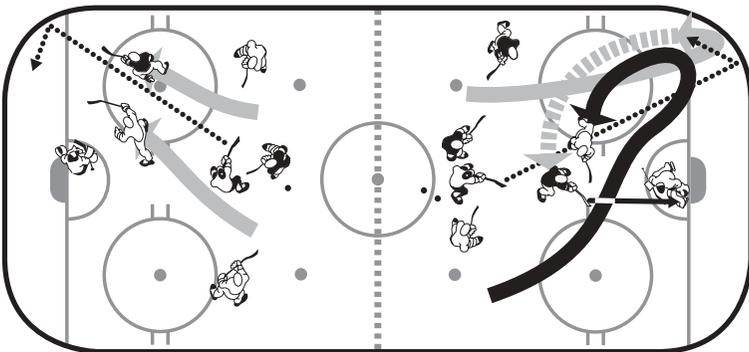
### Drill #49 — CHASE DRILLS

This drill can be performed out of one or both ends. Start with the players divided up in the corners. Set up two pylons at each end at the high zone face off dots. The players start on the hash mark. On the whistle they skate hard around the pylon and battle for the puck. Whoever gets the puck first tries to score while the other player continues to check and steal the puck back.



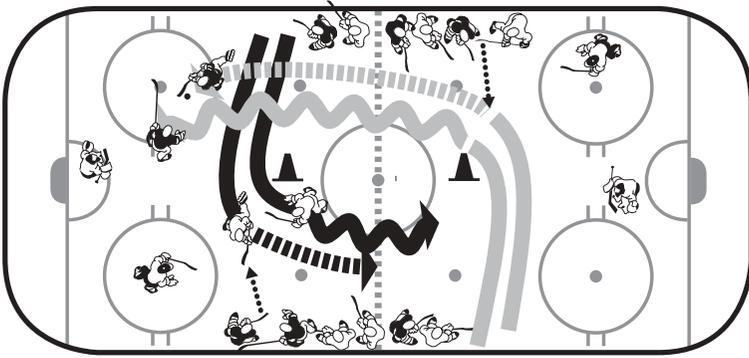
### Drill #50 — ONE-ON-ONE BATTLE DRILL

Divide the players up into two groups using one or both ends. The coach picks two players and shoots the puck in. The two players battle for the puck. The drill ends when one of the players scores. Then the drill is repeated with two new players.



### Drill #51 — MID-SURFACE ONE-ON-ONE

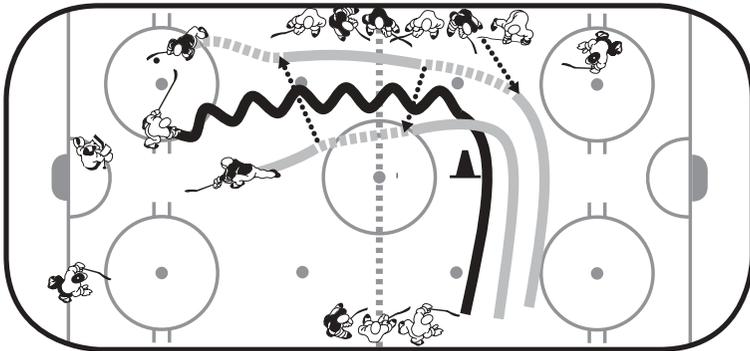
Divide the players up into four groups, one on each side of the center line. Place one pylon on each side between the high zone face off dots. Two players from each side start the drill. The first player skates close to the pylon and pivots to backward. The second player swings deeper and then receives a pass from the line on the boards and skates in one on one. Rotate sides.



## TWO-ON-ONE DRILLS

### Drill #52 — MID-SURFACE TWO-ON-ONE

Divide the players into four groups two on each side of the center line. Depending on the number of players use four lines or two lines. Three players skate over, the first player skates around the pylon and pivots to backward. The two other players swing deep and receive a pass from the boards and go in on a two-on-one and try to score. Rotate sides.

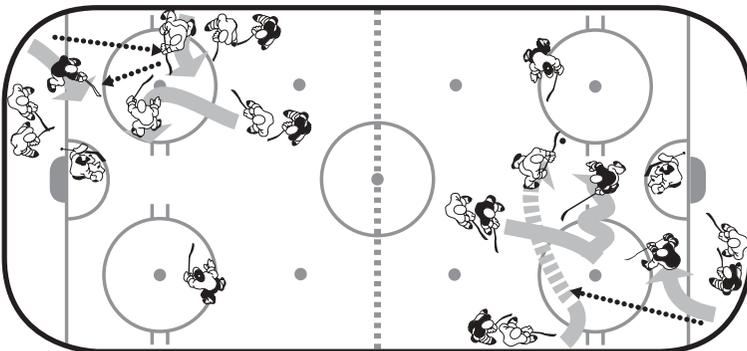


**Drill #53 — TWO-ON-ONE FROM THE BOARDS**

Divide the players into two lines on opposite sides of the center line. Divide the defensemen into lines up near the center line. Two players skate over from each side and receive a pass. The defensemen skates out from the boards and the two forwards skate in on a two-on-one.

**Drill #54 — TWO-ON-ONE FROM THE CORNER**

Place your players into three lines. The line at the top of the circle are the defensemen. Place one line of forwards at the hash mark and another line between the net and the corner. The two forwards skate towards the net passing and trying to score while the defensemen tries to stop them.

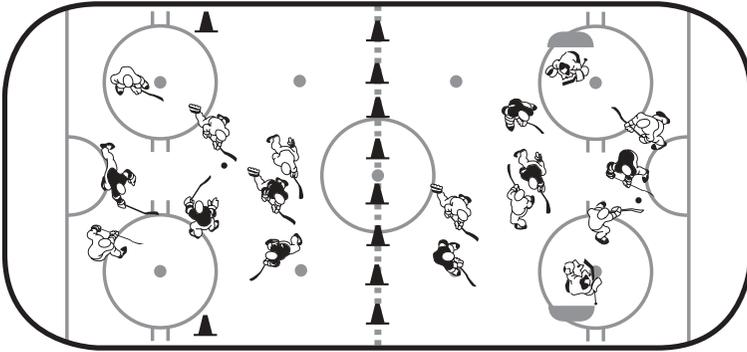




## FUN GAMES

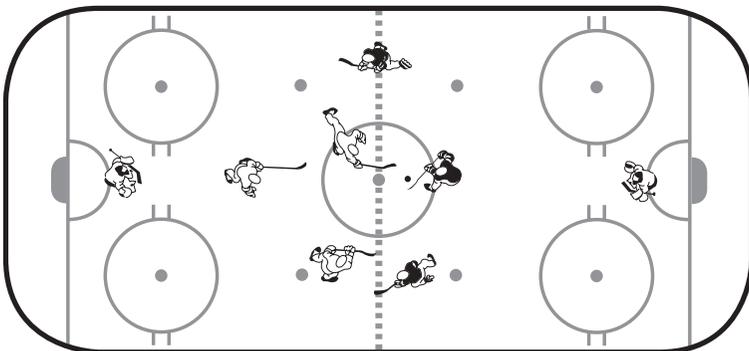
### Drill #55 — PYLON SCRIMMAGE

Divide the rink in half and set up four small teams. You can play with two to four on each team. At one end use the nets and goalies and play a cross surface game. At the other end use two pylons and play a game. The players have to hit the pylon to score. Rotate sides and teams.



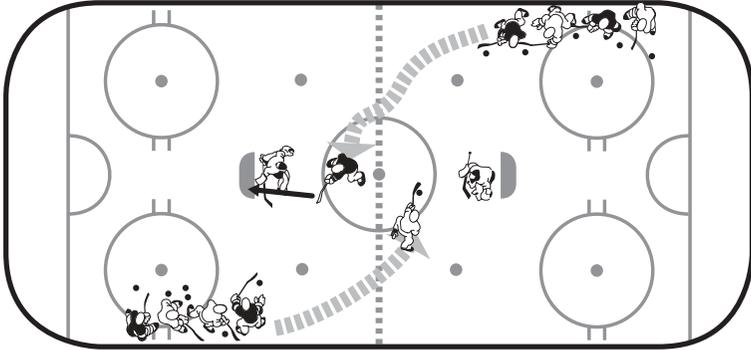
### Drill #56 — SCRIMMAGE THREE-ON-THREE/FOUR-ON-FOUR

Full scrimmage. Start out playing three-on-three and then play four-on-four. Encourage the players to be creative and pass the puck.



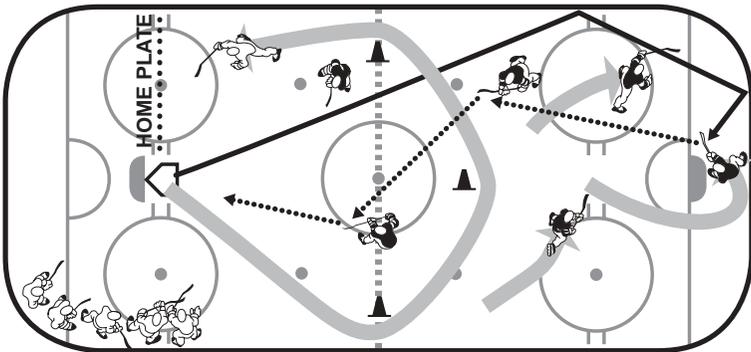
### Drill #57 — HALF-SURFACE SHOWDOWN RELAY

Move the nets up so they are near the high-end face off dots. Divide your players into two teams. Put the goalies in the nets. It is a relay race. Each player skates in and must score before they go back into line. The goalie can shoot away rebounds. The race is over when each player on one team has scored and skated back into line.



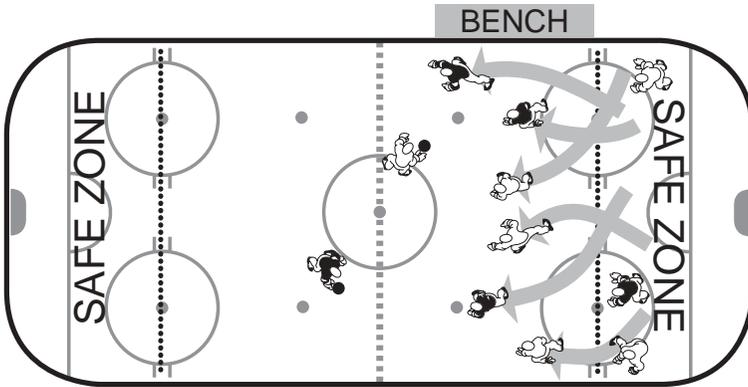
### Drill #58 — BASEBALL

Move the net out at one end of the rink (home plate). Divide your players up into two teams. One team hits while the other is spread out around the rink. Set up three pylons. The player at bat shoots the puck anywhere on the surface and then tries to skate around the pylons and make it to home plate before the team in the field makes two passes and shoots it into the net (home plate). The player is out if the puck is shot out of the rink.

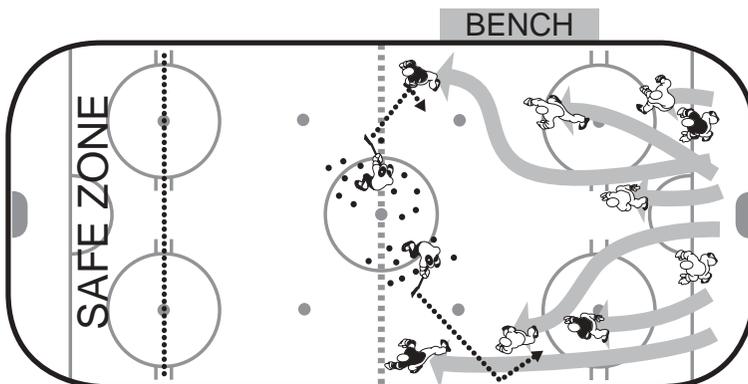


**Drill #59 — TWO-MAN DODGE BALL**

The coach selects two players to be the ball throwers. Using 10-15 volleyballs or rubber soccer balls the two players try to hit the other players before they get to the far end. When a player is hit they must stop and then help the original two hit everyone else. The other players try to get to the far end. Players are safe from the face off dots to the boards so they have space to stop.

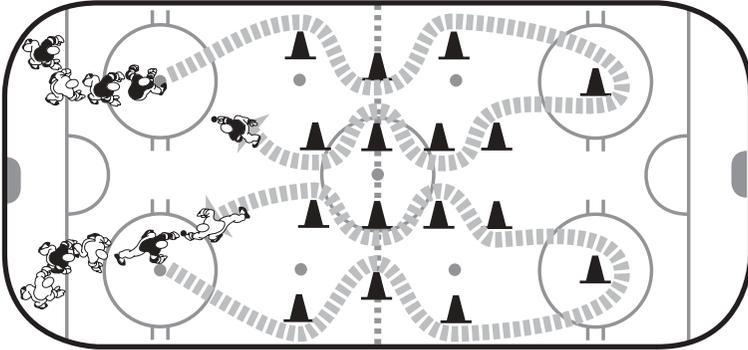
**Drill #60 — GRENADES (COACHES TARGET PRACTICE)**

Line all the players up in one end. The coaches are in the middle with the pucks or tennis balls. The kids skate to the far end and try not to get hit. If they get hit they must go to the players bench and stay there. The game is over when the last player gets hit. When using pucks the coaches must shoot them along the surface only. When using tennis balls they can shoot them higher.



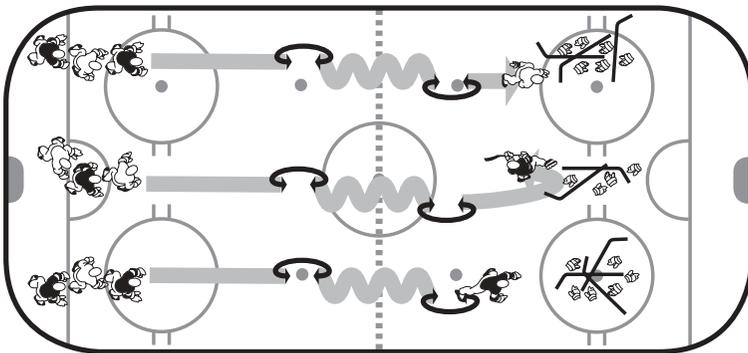
### Drill #61 — EQUIPMENT PILE-UP

Divide the players into three lines. Have them take off their gloves and place them and their sticks in one pile at the far end and keep their helmets on. They skate to the high zone face off dots pivot to backward and then back to forward. They then stop at the pile, find their gloves and stick, pick them up, skate back into line.



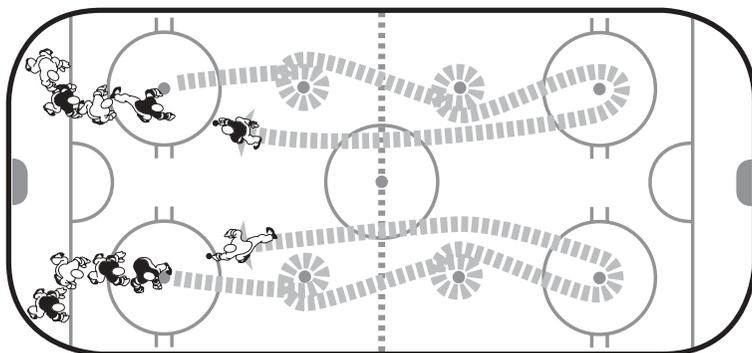
### Drill #62 — TIGHT TURN PUCK RELAY

Divide the players into two lines. The first two players in each line carry a puck and complete three full turns around the dots and then skate back into line.

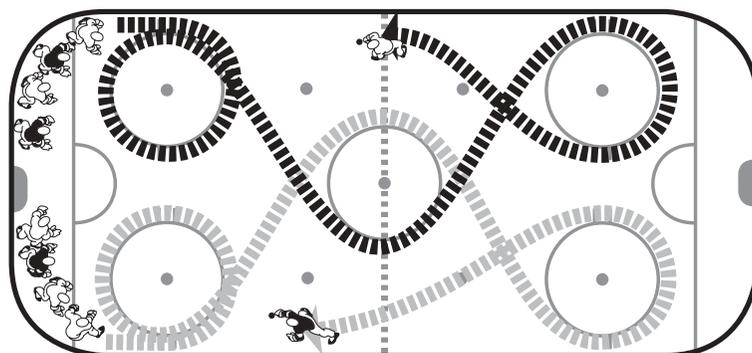


**Drill #63 — FORWARD PUCK SLALOM RELAY**

Divide the players up into two lines. Set up pylons on each side. The first two players carrying a puck, skate in and out of the pylons set up near the boards and then skate around the far pylon. They then skate back through four pylons in the middle and then pass off to the next player in line.

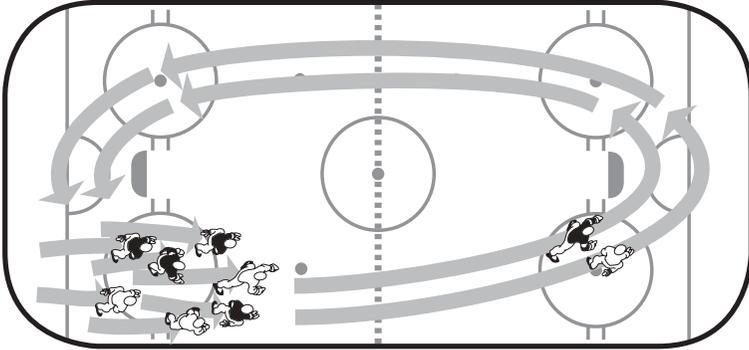
**Drill #64 — CIRCLE RELAY**

Divide the players up into two lines and place one in each corner at one end. The first player in each line starts the drill. The players skate around their closest circle and then the center circle, and the far end circle, and then skate down the boards and back into line. This relay should also be done using a puck.



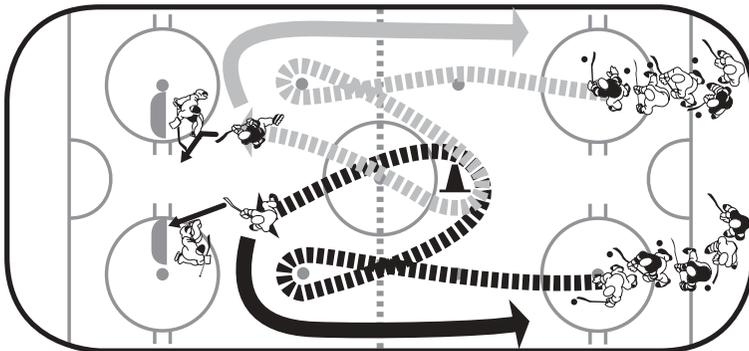
### Drill #65 — CHASE THE RABBIT

Place two players out in front of the high zone face off spot and the rest on the goal line. The two players start the drill on their stomachs. On the whistle the two players get up and are quickly chased by the rest. The race is one lap and the two players do five push-ups for everyone who passes them.



### Drill #66 — FIGURE EIGHT AND SHOOT

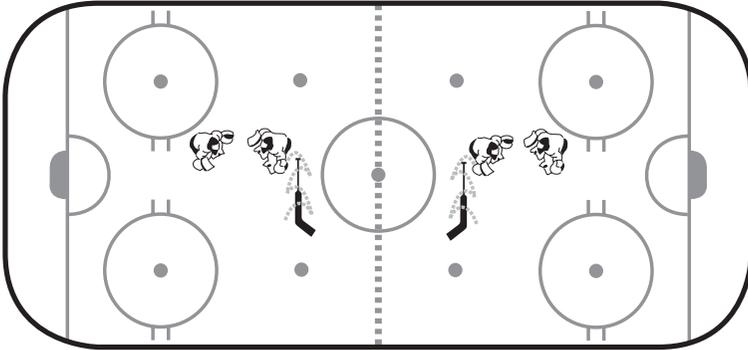
Place both nets at one end. Divide the players into two lines. The first two players start the drill. They skate a figure eight through the two face off dots, come back and tight turn around the middle pylon and then go in and shoot. After the shot they must hustle back in line skating down the boards.



## GOALTENDING DRILLS

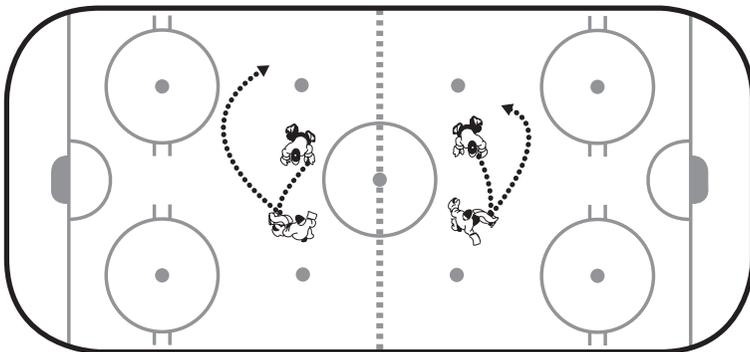
### Drill #67 — ONE LEG STICK JUMP

The goalies drop their stick on the surface. With the left leg they jump back and forth over the stick. While one goalie is going, the other one counts. Change legs and repeat drill.



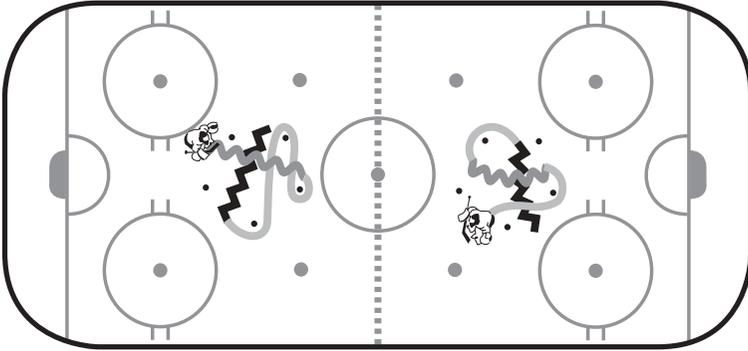
### Drill #68 — GOALIE KICK WITH COACH

The coaches kneel down and pitch underhand pucks to the goalies. The goalies without a stick try to kick the pucks with their leg pads over the coaches head. This drill promotes good balance.



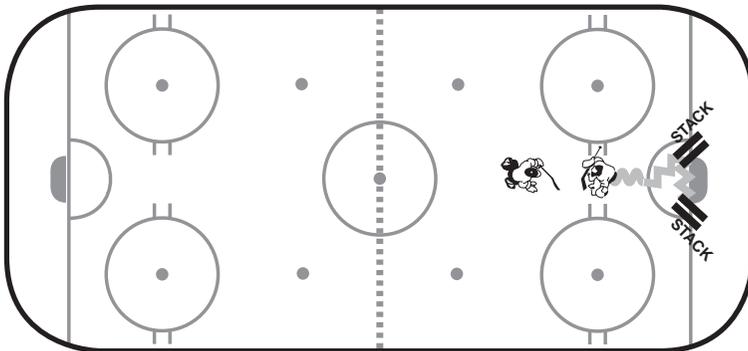
### Drill #69 — FIVE PUCK OBSTACLE COURSE

Place five pucks around the surface. The goalie must skate in and out of them. Shuffle, C-carve, forward skate, backward skate while staying low in the crouch position. Constantly challenge the goalie by changing direction.



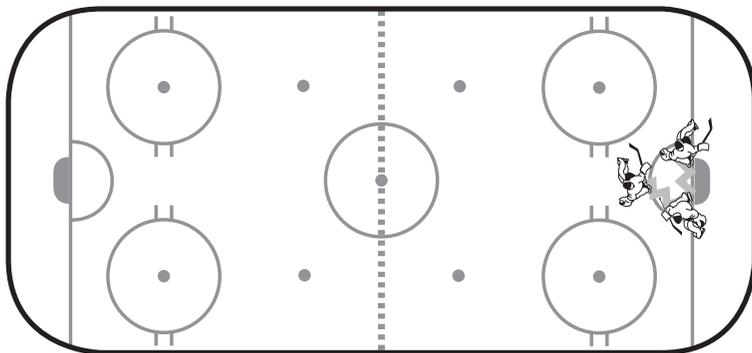
### Drill #70 — SHUFFLE DRILL WITH STACK

The goalie starts the drill 10 feet out from the goal line in the middle of the crease. The goalie moves backward into the crease then shuffles using C-carves to one side and stacks the pads by going down with both pads together towards the post. The goalie then gets up and shuffles to the other side and stacks the pads again.

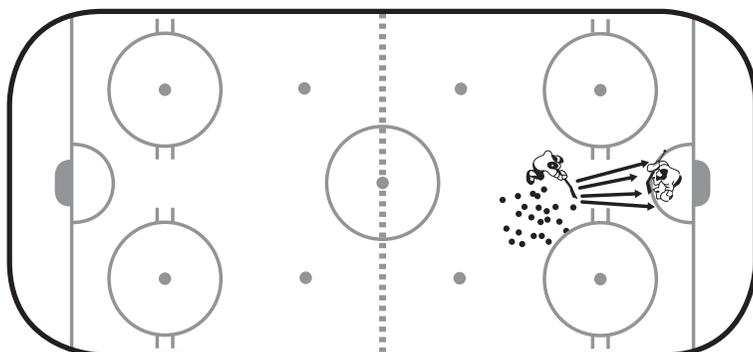


**Drill #71 — TRIPLE BUTTERFLY**

The goalie starts the drill in the middle of the crease, then shuffles using C-carves to one side and goes down in a butterfly style, then gets up, shuffles to the other side and butterflies. Then the goalie gets up shuffles using C-carves to the middle and butterflies one more time. Repeat the drill.

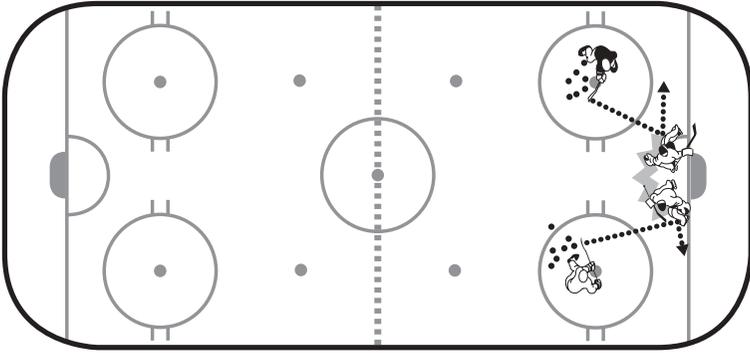
**Drill #72 — FOUR CORNER SHOOTING GALLERY**

The coach or player assembles the pucks 10 feet in front of the net. The coach shoots five pucks along the surface to the right, then five pucks along the surface to the left. Then five pucks high to the blocker side, then five pucks high to the glove side. Finish the drill by shooting five pucks anywhere on the net. Rotate goalies and repeat the drill.



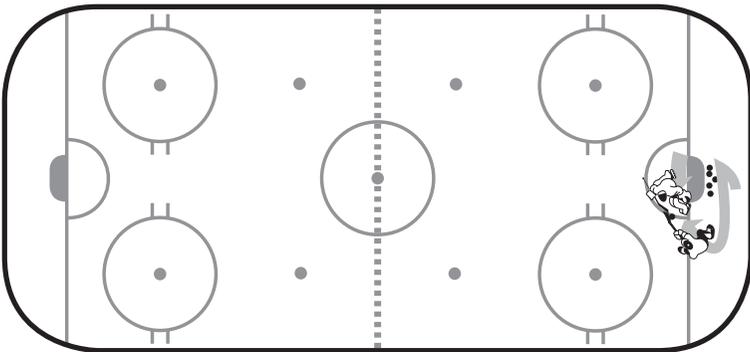
### Drill #73 — TWO PLAYER ANGLE SHOTS

Set up the drill with two players one on each face off dot. The goalie starts on one side of the net. The player on that side begins the drill with a shot. After the goalie tries to make the save he/she then shuffles using C-carves to the other side where the other player then shoots. The idea is to work on the goalies angle play. The players should not shoot until the goalie moves into position.



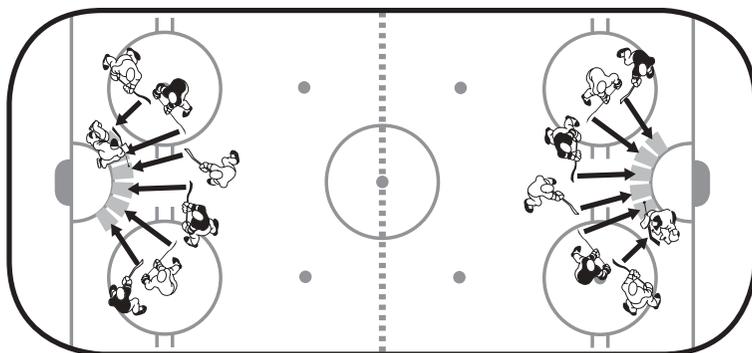
### Drill #74 — WRAP AROUND

The drill starts with a coach or player behind the net. The goalie stays in position in front looking behind at the player. The player fakes one way then comes around quickly and tries to stuff the puck into the net before the goalie can get over to the post and make the save. This drill should be done five times on each side then rotate goalies.

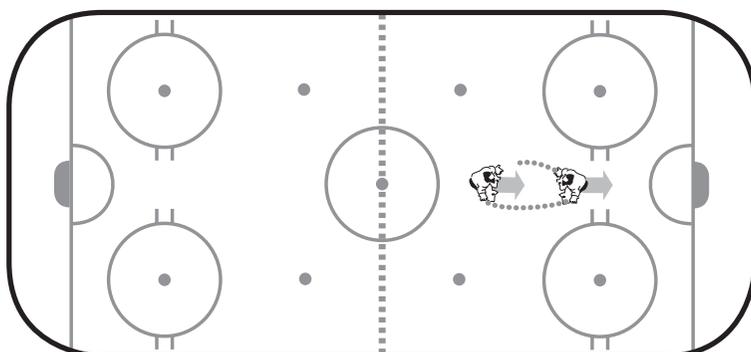


**Drill #75 — SEMI-CIRCLE ROTATION (SIDE-TO-SIDE)**

Line the players up in a semi-circle about 10-15 feet in front of the net. Start the drill with players shooting in order from one side then the next drill do the same from the other side. Then have the players shoot rotating side to side so the goalie can work on angles.

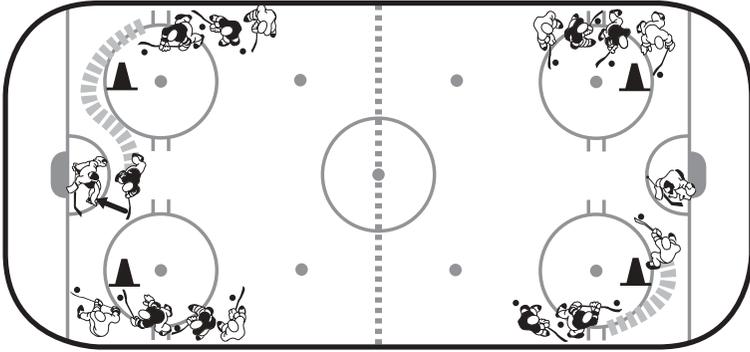
**Drill #76 — TWO GOALIE TENNIS BALL DRILL**

Goalies pair off without gloves. If you have only one goalie use a coach. Start the drill stationary with two tennis balls. Have the goalies pass them back and forth. After they do the drill well, add movement. Have one goalie skate forward and the other backward. Then switch so the player who was skating backward is now skating forward and vice versa.



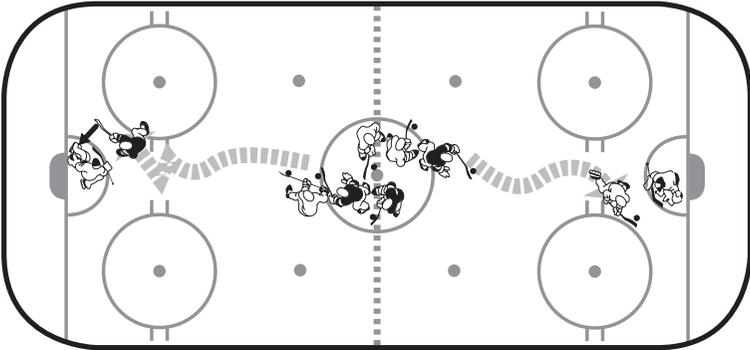
### Drill #77 — HASH-MARK NET DRIVES

Divide the players up into two or four corners. They take turns skating inside the pylons and going quickly and shooting or deking. Alternate sides.



### Drill #78 — BREAKAWAYS

Line the players up into one or two groups at the center line. They go in one at a time and try to score. They keep going if they score. If they do not score they go to the bench or the other line with the others who didn't score.

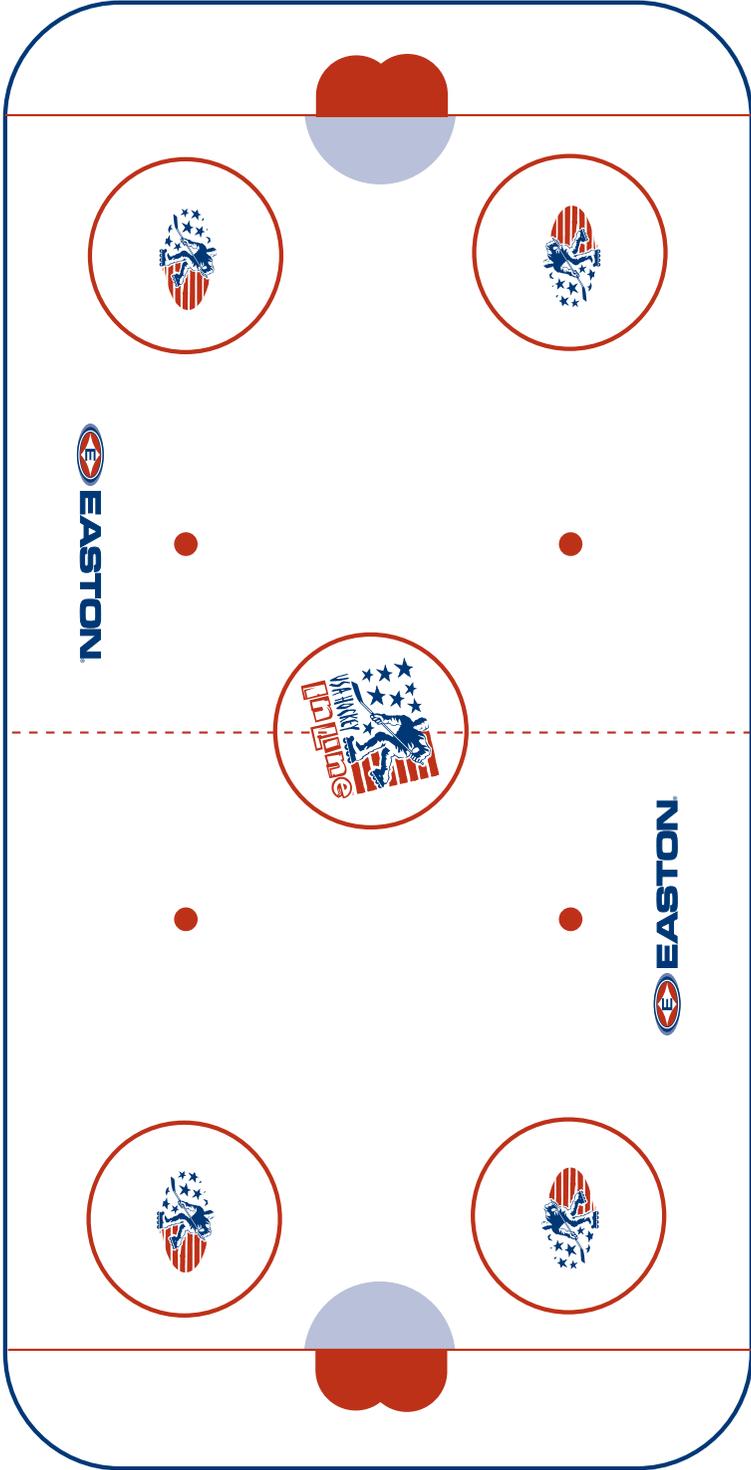


## THANKS

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USA Hockey InLine wishes to thank the following coaches for their help and expertise with the content of the Age-Specific Drill Books. Their advice and contributions to these manuals has been greatly appreciated. Thank you: Keith Allain, Joe Baldarotta, Val Belmonte, Pat Ferrill, Tim Gerrish, Al Godfrey, Jack McLaughlin, Kevin McLaughlin, Doug Palazzari, the late Dave Peterson, Lou Vairo.







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