

USA HOCKEY INLINE
AGE-SPECIFIC DRILL BOOKS

12-AND-UNDER





COACHING EDUCATION PROGRAM

presented by



EASTON[®]

USA HOCKEY INLINE AGE-SPECIFIC DRILL BOOKS



12-AND-UNDER

Author:

Dan Brennan, Manager, USA Hockey InLine

Editors:

Aaron Kriss, Coordinator, Coaching & Player Development

Chuck Menke, Director, Media & Public Relations

Illustrator:

Mike Curti

Production Manager:

Dana Ausec



USA Hockey InLine
Walter L. Bush, Jr. Center
1775 Bob Johnson Drive
Colorado Springs, CO 80906-4090

Ron DeGregorio, President
Doug Palazzari, Executive Director
Gary Del Vecchio, Jr., Director, USA Hockey InLine

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12-AND-UNDER

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LEGEND



FORWARD SKATING

FORWARD SKATING
with PUCK

BACKWARD SKATING

BACKWARD SKATING
with PUCK

SHUFFLE STEPS



PASS



SHOT



PIVOT



STOP



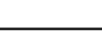
CROSSOVER

inside



CROSSOVER

inside edge



CROSSOVER

outside edge



PYLON

•

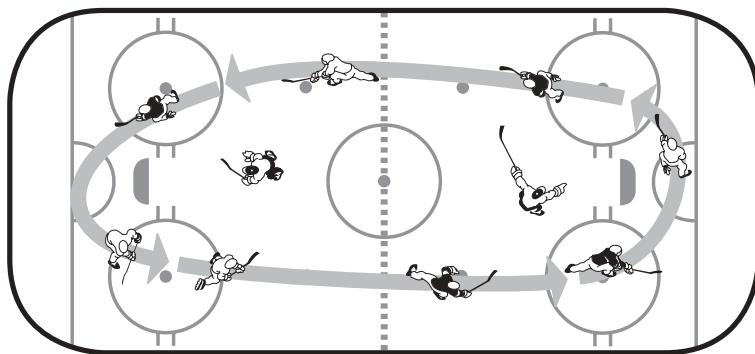
PUCK

WARM-UP DRILLS

Drill #1 — STRETCH N' SKATE

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

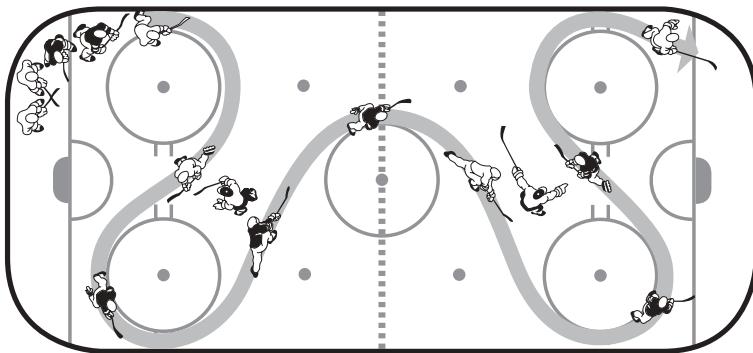
1. While skating have them spread their legs out and bring them back.
2. Holding the stick with two hands raise it above the head and bring it down and touch your toes.
3. Spread the legs out and with both hands together, lay the hands on top of the stick, lay the stick out and try to touch the surface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



SKATING DRILLS

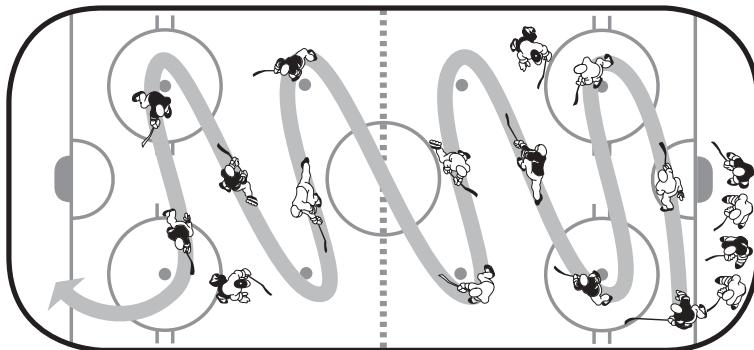
Drill #2 — HALF-CIRCLES WITH PUCKS

1. Start the drill with the players in one corner. The first player in line starts the drill. Carrying a puck, the player skates full out half way around the circles and stays at the far end. The next player goes when the first player is past the first circle.
2. Same drill but pivot to backward then back to forwards. Alternate circles.



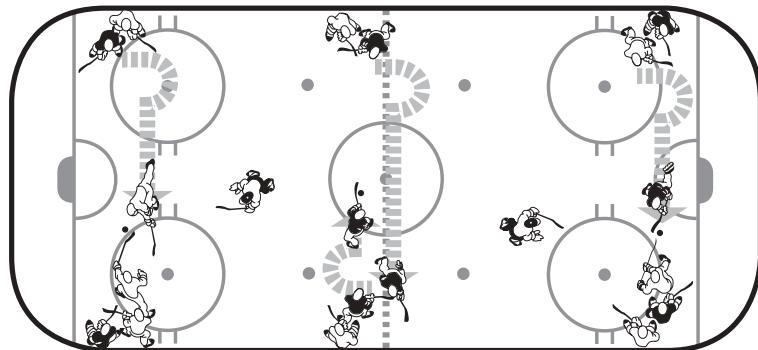
Drill #3 — TIGHT TURNS WITH PUCKS

Start the drill with the players in one corner. Carrying a puck they tight turn around each face off dot and stay in the corner at the far end. The next player in line goes when the first player is past the second dot.



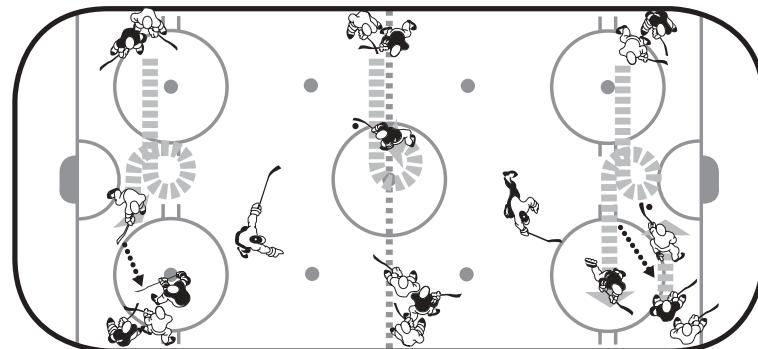
Drill #4 — THREE LINE SPEED CHANGE WITH PUCKS

Divide the players into three lines on each side of the rink. The players start the drill on their stomachs. On the whistle the first three players on one side of the rink get up quickly and skate with a puck to the other side. When they get there they leave the puck and the first player in the other line gets up quickly and skates to the other side and so on. Each player should go 3-5 times.



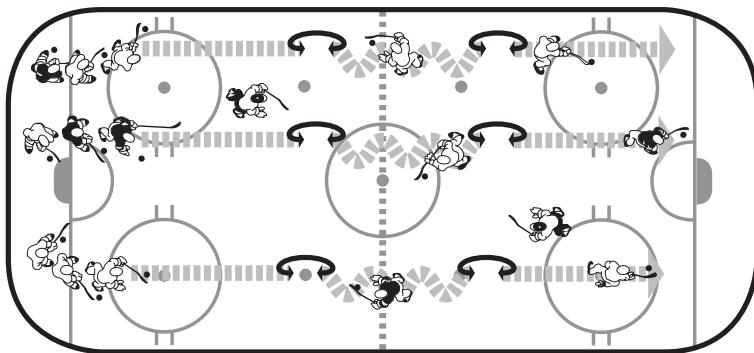
Drill #5 — THREE LINE 360-DEGREE WITH PUCKS

Divide the players into three lines on each side of the rink. The players start the drill with pucks. The first three players on one side carry the puck over, do a 360-degree turn then pass to the first player in line on the other side and then get back in line on the new side.



Drill #6 — FORWARD-TO-BACKWARD WITH PUCKS

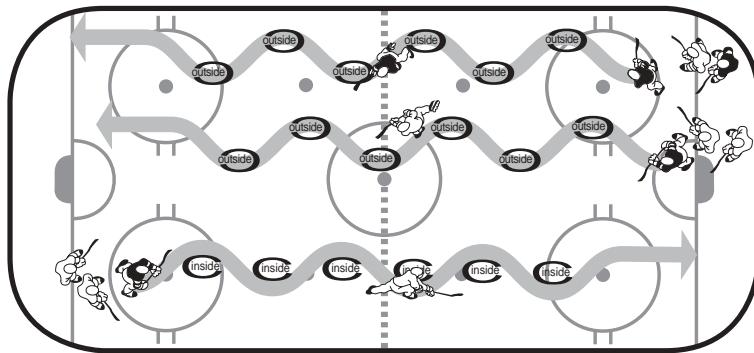
Divide the players into three or four lines on one end and have them set up on the goal line. The first players in line carry a puck to the high zone face off dot, pivot to backward then back to forward to the far end where they stay. Make sure there are enough pucks for everyone participating in the drill.



Drill #7 — EDGE CONTROL DRILL

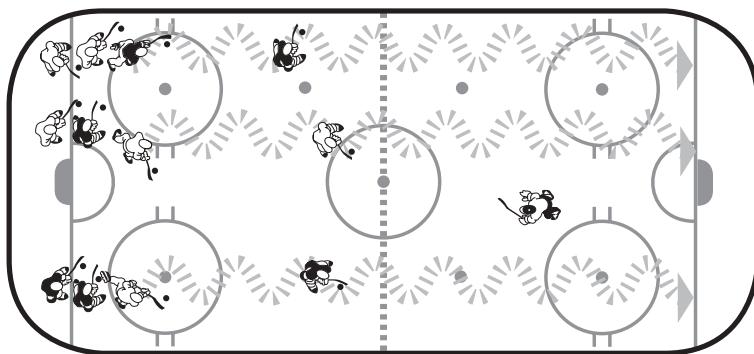
Divide the players into three groups.

1. The first drill the players skate to the far end repeating crossovers on the outside edge.
2. The second drill the players do the same but they crossover on the inside edge.



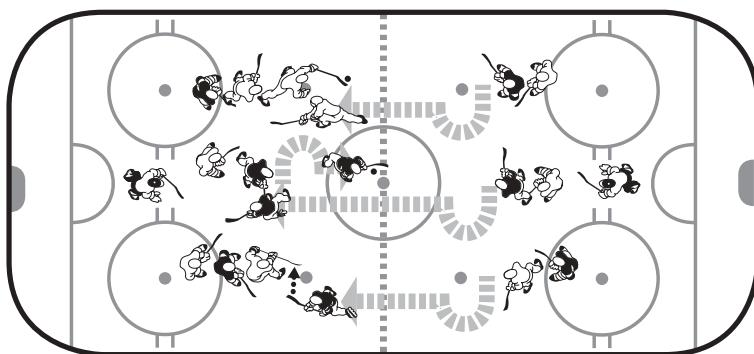
Drill #8 — SKIING WITH PUCKS

Divide the players up into three lines. Each player gets a puck. The first player in each line starts the drill. The players must keep their wheels on the surface and push off side-to-side working on their inside edges and outside edges. They ski to the far end handling a puck and they stay there. Repeat drill two or three times.



Drill #9 — THREE LINE SPRINT WITH PUCKS

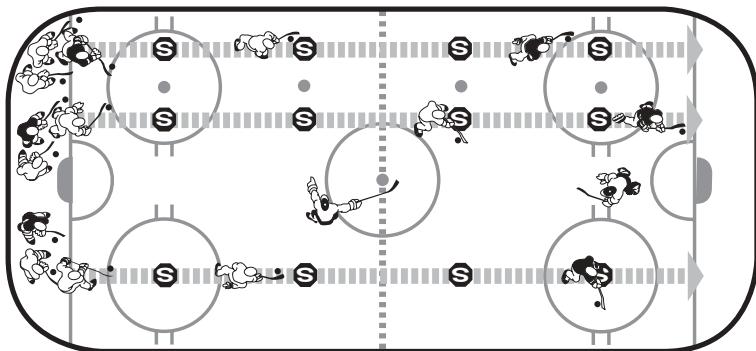
This drill is designed to improve foot speed. Divide the players into three groups on each side of the center line. The first player in each of the three lines starts the drill. On the first whistle they run on their toes stationary and on the second whistle they skate to the other side and drop the puck for the next player on the other side. On the next whistle the first player in the other line gets up on their toes stationary and repeats the same drill. Each player should go five times.



PUCKHANDLING DRILLS

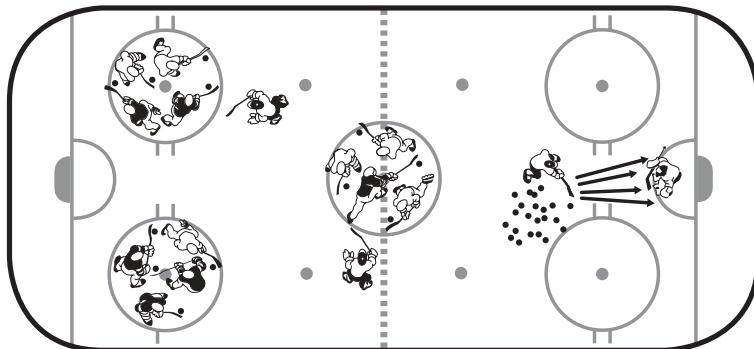
Drill #10 — STOPS N' STARTS WITH PUCKS

Divide the players into three lines at one end of the rink. The first players in each line start the drill on the whistle. Carrying a puck they stop at each face off dot. On the next whistle the next players in line go on the second whistle and so on. Have the players stop facing the same way to the far end and the same way coming back. The players continue stickhandling after they stop at each dot.



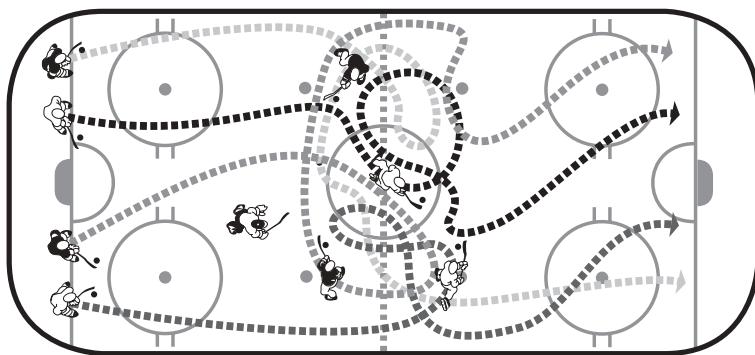
Drill #11 — THREE CIRCLE PUCKHANDLING

Divide the players into three groups and place them in three face-off circles. They all have pucks. On the first whistle they speed up on the second whistle they slow down. They cannot leave the circle and they must weave in and out of each other with their heads up. The assistant coach or captain should use the other end to warm up the goalies.



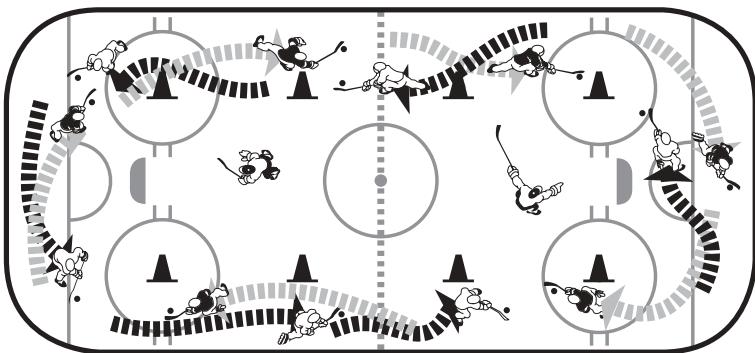
Drill #12 — CENTER SURFACE CHAOS DRILL

Divide the players into four lines with pucks. On the whistle the first players in each line skate out to the high zone face off dot and then they skate in any direction staying between the high zone dots. On the next whistle they skate to the far end and the next players in line go. On the way back, combine two lines so there is more traffic and it is more challenging for the players.



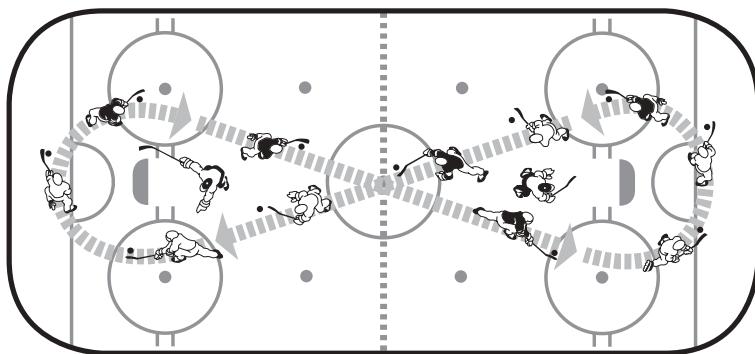
Drill #13 — HEADS-UP FULL LENGTH SKATE

Divide the players into two groups. Each player gets a puck. Set pylons up on every face off dot. Half the players skate clockwise around the surface and the other group skates counter-clockwise. The players skate hard on the whistle and half speed on the second whistle. They must handle the puck with their heads up.

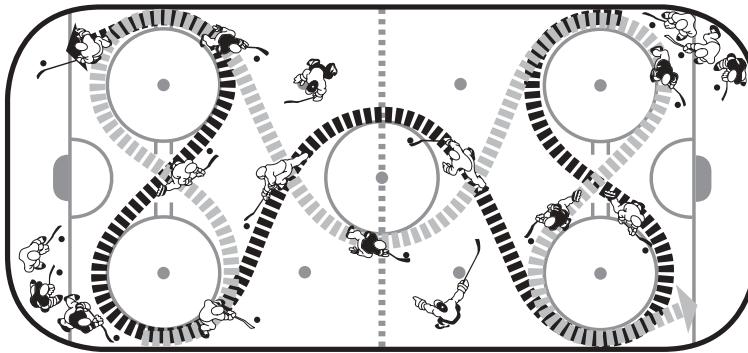


Drill #14 — FULL-LENGTH CRISS CROSS

Divide the players into two groups and place them in opposite corners of the rink. The first player in each line starts the drill. When the player gets to the second circle, the next player goes. They must skate half circles full length keeping their heads up because the players at the far end are doing the same drill coming back.

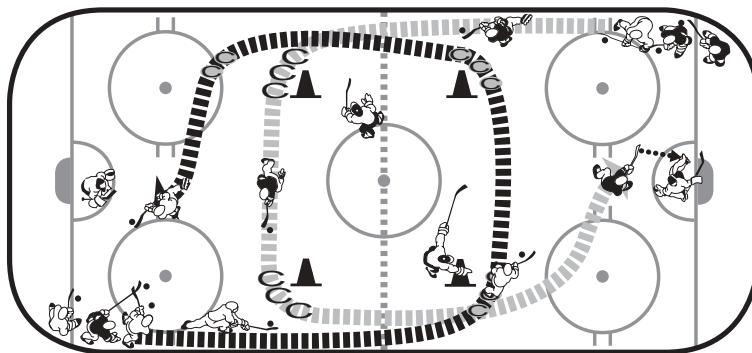
**Drill #15 — FIGURE EIGHT PUCKHANDLING**

To begin the drill, pull the nets out 15-20 feet at each end. The players skate with a puck in a figure eight formation criss-crossing each other at the center line. The players must keep their heads up at all times.



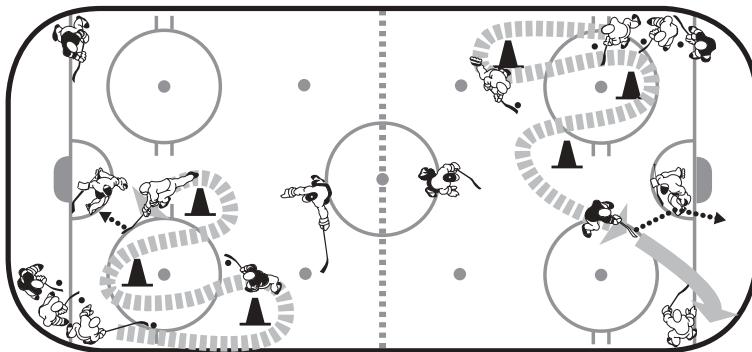
Drill #16 — CROSS-OVER CIRCLE AND SHOT

Divide the players up into two lines and place them into opposite corners. Set up four pylons on the high zone face off dots. The first player in each line starts the drill. They skate quickly around all four pylons crossing over and go in and shoot, and then go to the end of the new line.



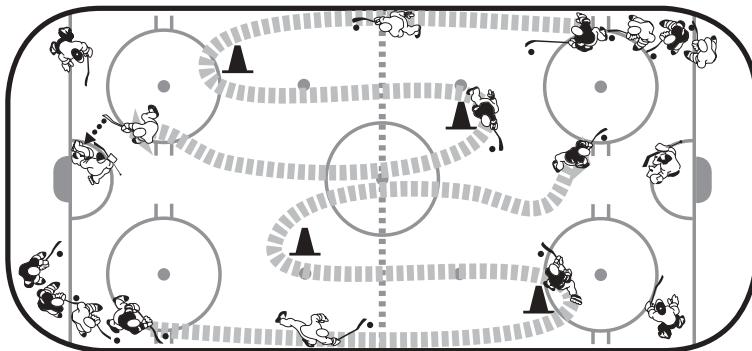
Drill #17 — TRIANGLE DEKE-AND-SHOOT

Divide the players into two groups and place them in opposite corners. Set up three pylons at each end on one side. The first players in line start the drill. They carry the puck around the pylons and then shoot and skate over to the other corner and stay there. After the last player, move the pylons to the other side and repeat the drill.

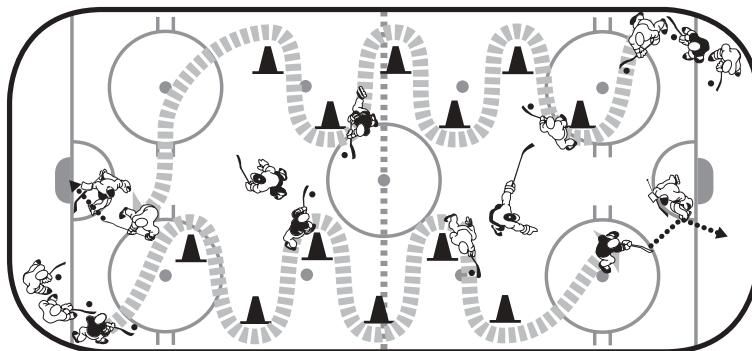


Drill #18 — FULL-LENGTH CROSSOVERS AND SHOT

Divide the players into two groups and place them in opposite corners. Set up four pylons. The first player in each line starts the drill. They skate around the far pylon and back to the near pylon and then down to the far end for a shot.

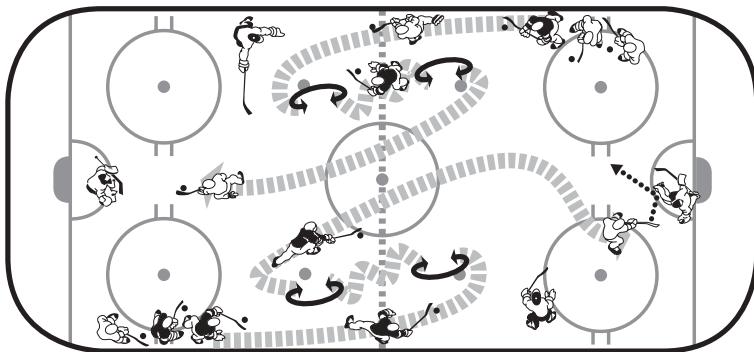
**Drill #19 — SLALOM DRILL**

Divide the players into two groups one in each opposite corner of the rink. Set up four cones on each side. The first player in each line starts the drill. They carry a puck and skate around the four pylons and go in and shoot. The next player goes when the first player reaches the second pylon. After shooting the players go to the back of the next line.



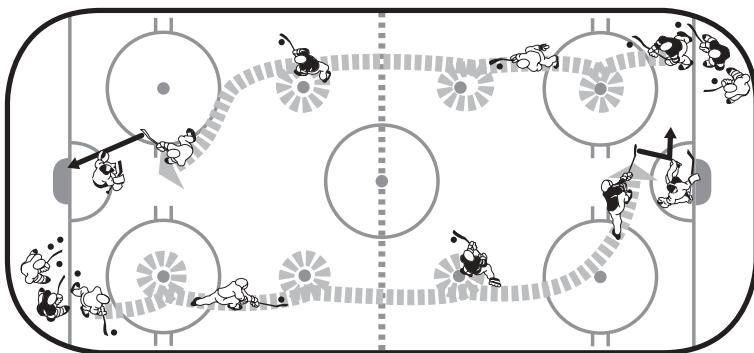
Drill #20 — FORWARD-BACKWARD FIGURE EIGHT SHOT

Divide the players into two groups and place them along the side boards in line with the high zone face off dots. The first players in each line carry a puck around the far dot and pivot back to forwards and go in and shoot. The next player in line goes when the first player reaches the second dot.



Drill #21 — 360-DEGREE TURNS/SHOT

Divide the players into two groups and place them in opposite corners of the rink. The first player in line skates and does a complete 360-degree around the first three face off dots and goes in and shoots. The next player in line goes when the first player reaches the second dot.

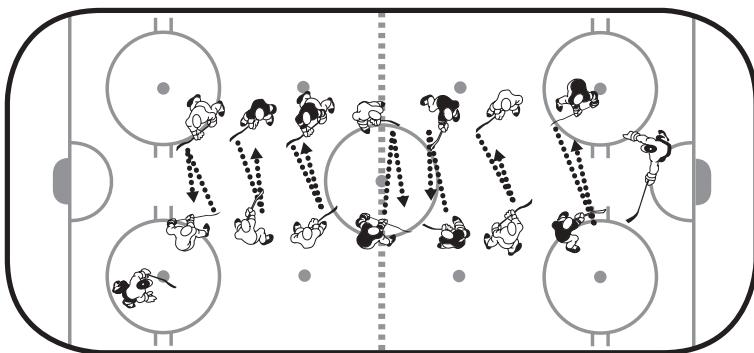


PASSING DRILLS

Drill #22 — STATIONARY

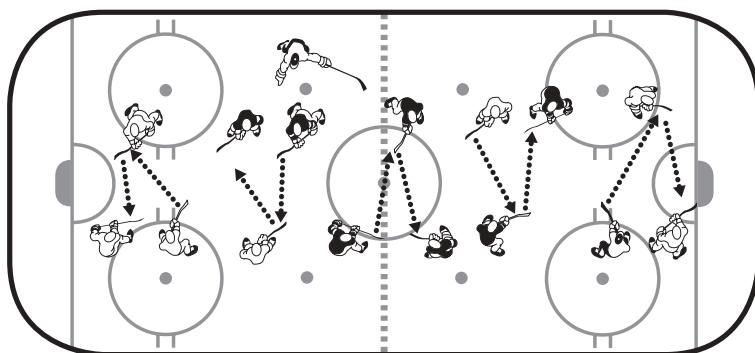
Place the players in two lines facing each other using the full surface.

1. Have the players pass back and forth using the forehand.
2. Have the players pass back and forth using the backhand.
3. One player skates forwards while the other skates backward, pass, then alternate.



Drill #23 — THREE PLAYER TWO PUCK PASSING

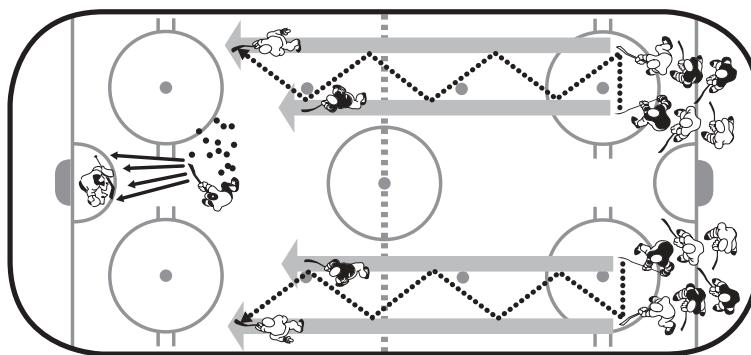
Divide the players into groups of three. Each group gets two pucks. One player is the designated receiver, the other two start with pucks. The first player passes to the receiver and quickly gets it back. The next player passes to the receiver and quickly gets it back. After a minute rotate. Once every player has been the receiver the drill is over.



Drill #24 — TWO LINE ONE-TOUCH PASSING

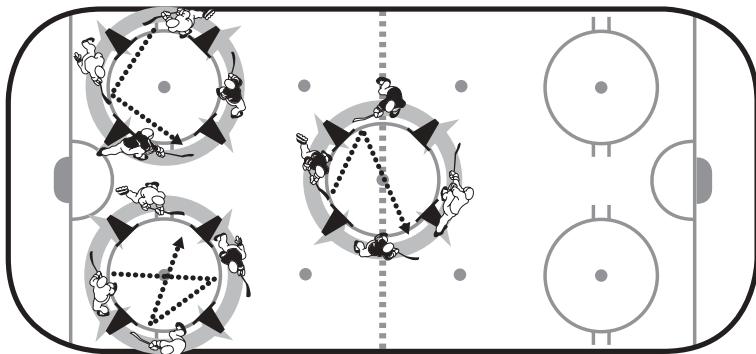
Divide the players into two lines on both sides in two corners. Select a coach or player to warm up the goalies.

1. Paired up, the players pass back and forth to the far end. The next two go when they reach the high zone face off dot.
2. Both players skate backward passing.
3. One forward, one backward, rotate on the way back.
4. Weave.



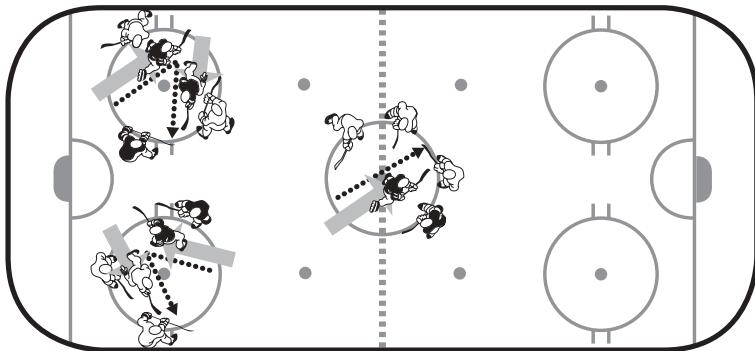
Drill #25 — CIRCLE PASSING WITH PYLONS

Set four or five pylons around two or three circles. Divide the players up into two or three even groups. Have the players skate around the circle passing to each other through the pylons. Change direction after a minute.

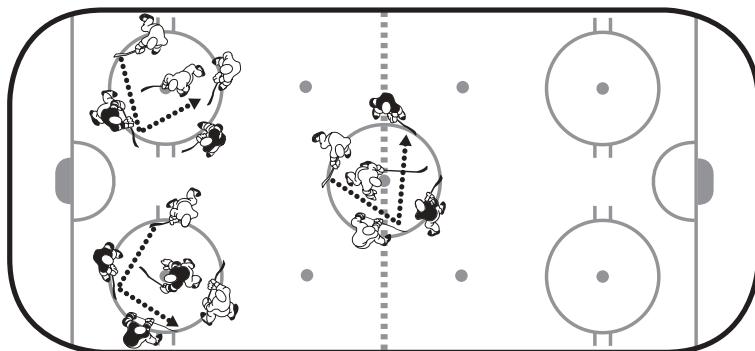


Drill #26 — PASS N' FOLLOW

Divide the players up into equal numbered groups and place them around the face off circles. Using one puck the players pass, follow their pass and get ready for another one. This should be done half speed first then full speed.

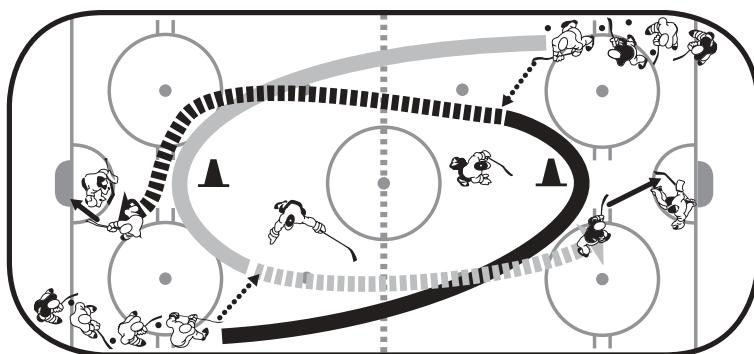
**Drill #27 — PLAYER IN THE MIDDLE**

Divide the players up into equal numbered groups and place one player in the middle at each circle. The players pass to each other while the player in the middle tries to intercept the pass. If the pass is intercepted the player who made the bad pass changes with the player in the middle.



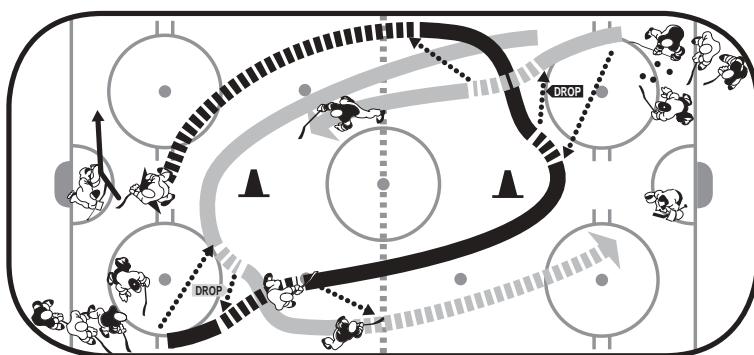
Drill #28 — HORSESHOE DRILL

Divide the players up into two groups and place them in opposite corners of the rink. Place two pylons, one at each end, in the middle just above the face off dots. The first player in each line starts the drill. They skate around the far pylon and receive a pass from the other line. They then skate back and take a shot on net. After passing the next player in line goes.



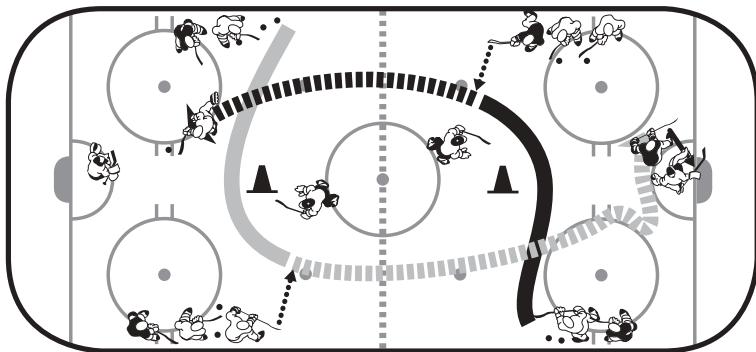
Drill #29 — HORSESHOE DROP PASS

Divide the players into two groups and place them in opposite corners of the rink. Place one pylon above the face off circles in the middle of the surface. The first player in each line skates around the far cone and receives a pass from the other line. After receiving the pass the player immediately drops it back to the passer and then skates up the boards. The passer then passes back to the player and then skates to the far end to receive the next pass and so on.



Drill #30 — FOUR LINE 1-0

Divide the players into four groups and place them along the boards by each high zone face off dot. Place two pylons in the middle past the dots. First two players from opposite sides and lines skate around the cones and receive a pass from the first player in line. They then go in and shoot on goal. The passers then skate over and receive a pass. Go on the whistle alternating on each whistle afterwards.

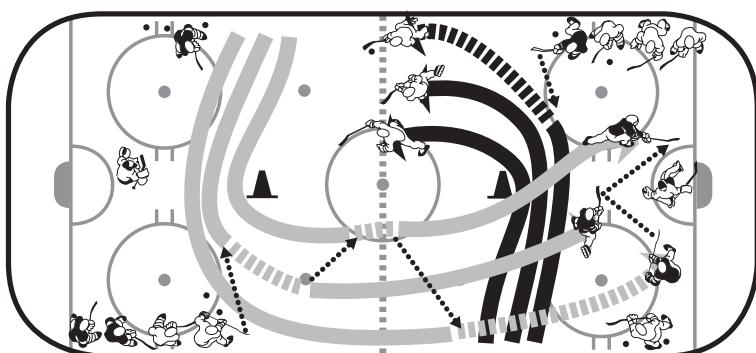
**Drill #31 — FOUR LINE 2-ON-0**

Divide the players into four groups and put them along the boards near the high zone face off dots. Two players on opposite sides and lines, skate around the pylons, receive a pass and skate in 2 on 0. On the next whistle, two from the other lines go. Rotate each time on the whistle. (Use only two lines if using a small player roster.)



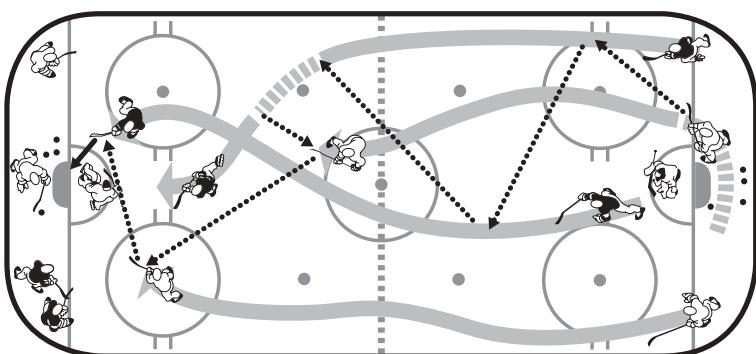
Drill #32 — FOUR LINE 3-ON-0

Divide the players into four groups and put them along the boards near the high zone face off dots. Three players on opposite sides and lines skate around the pylons, get a pass and skate in three on zero. On the next whistle three from the other lines go. Rotate sides each time on the whistle. Use only two lines if using a small player roster.



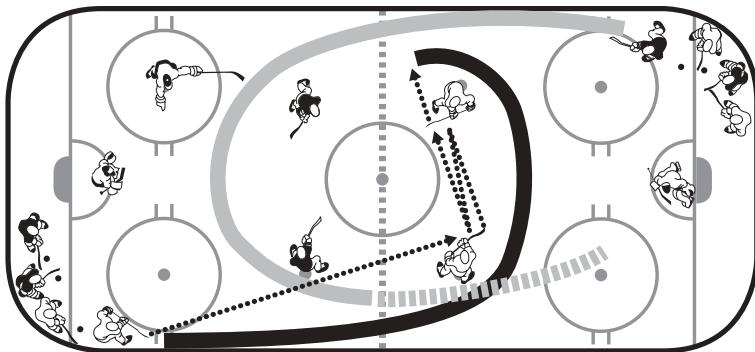
Drill #33 — FULL LENGTH 4-ON-0 COMPETITION

Place two lines of four, one at each end. On the whistle the first group of four goes with one player picking up the puck. They skate down to the far end passing back and forth and then take a shot. The next group goes back on the whistle. The first group to score three goals (no rebounds) wins the competition.

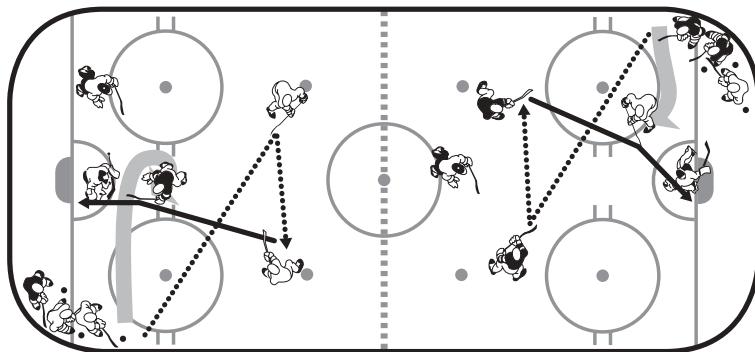


Drill #34 — FOUR PLAYER PASS

Divide the players into two lines, one in each opposite corner of the rink. Place two players on each side out by the high zone face off dots. The first player in each line passes to the far two players. They pass back and forth while the first players in line skate all the way around them, get a pass back and then go in and shoot. The next two go on the whistle.

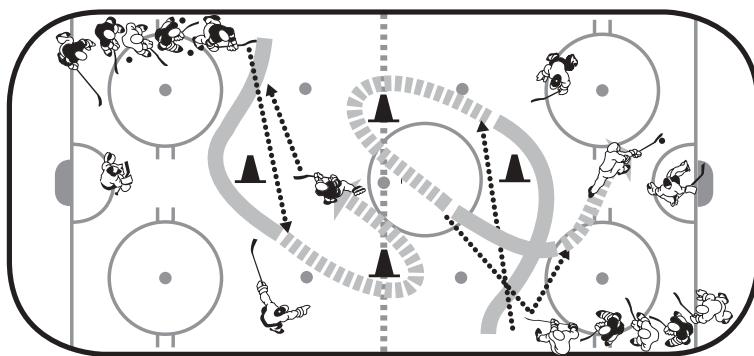
**Drill #35 — THREE PLAYER PASS TIP N' REPLACE**

Divide your players into two groups one at each opposite corner of the rink. Place two players inside the high zone face off dots. The player passes out of the corner. The high players make two passes to each other and then shoot while the other player in front tries to tip the puck in. Rotate the players on every 5-10 shots.



Drill #36 — HALF CIRCLE DOUBLE PASS

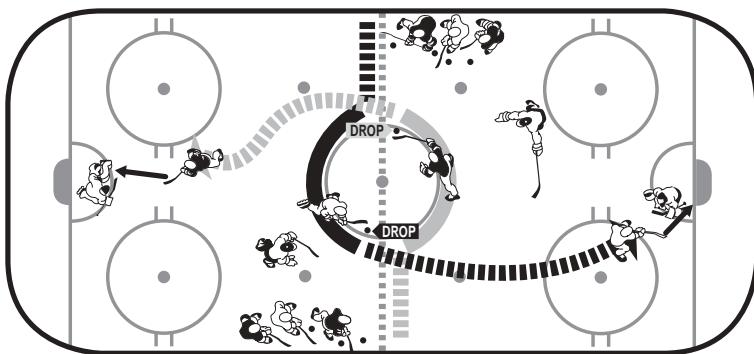
Divide the players into two groups, one on each side near the high zone dot. Place two pylons on each side, one at the red line and another in the middle. The first player in line skates around the first pylon and gets a pass from the second player in line. The first player skates around the second pylon and passes it back then gets a return pass and goes in and shoots. The next player goes on the whistle.



SHOOTING DRILLS

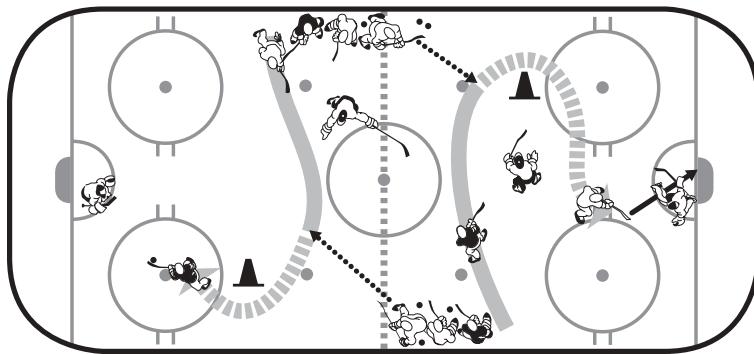
Drill #37 — HALF-CIRCLE DROP

Divide the players into two groups and place them on opposite sides of the center line near the boards. The first player in each line skates with a puck to the center circle closest hash mark and drops the puck. The skaters then skate around the circle, pick up the other puck and go in and shoot.



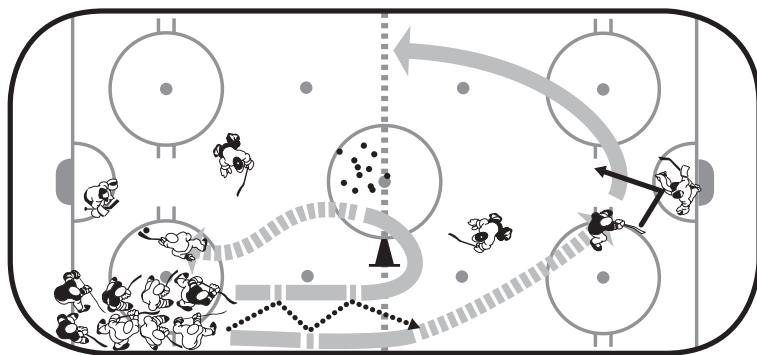
Drill #38 — ONE PASS SHOT

Divide the players up into two groups and place them against the boards on opposite sides of the center line. The first player in each line skates over, receives a pass from the other line, skates around the pylon and shoots. The next player goes when the first player gets to the pylon. Change sides and pylons after a few minutes.



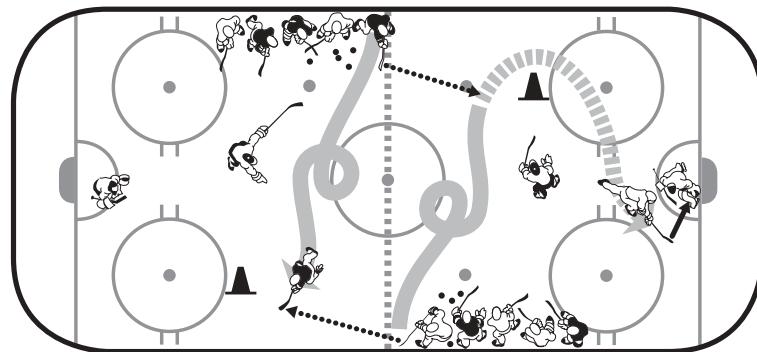
Drill #39 — TWO LINE BREAKAWAYS

Place the players in one corner in two lines. The first two players start out passing to each other. When they get to the center line the player closest to the boards takes the puck, skates to the far end, shoots then skates back into line on the opposite side. The other player picks up a puck in the center circle and goes in and shoots, then changes sides.



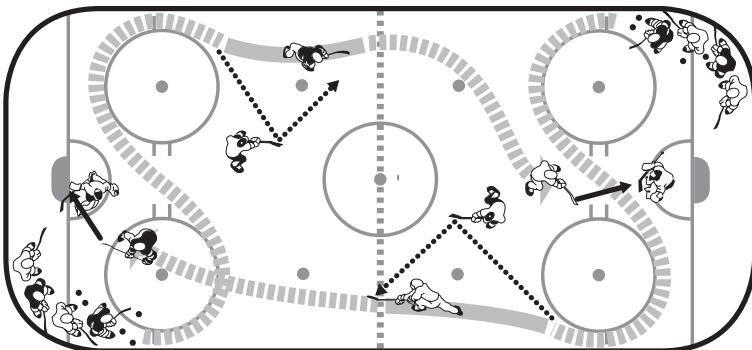
Drill #40 — 360-DEGREE ONE PASS SHOT

Divide the players into two lines, one on each side of the center line. The first player in each line skates to the middle, does a 360-degree turn and then receives a pass from the other line, skates around the pylon and shoots. After a few minutes, change sides and the pylons, so the players are skating both ways to the net.

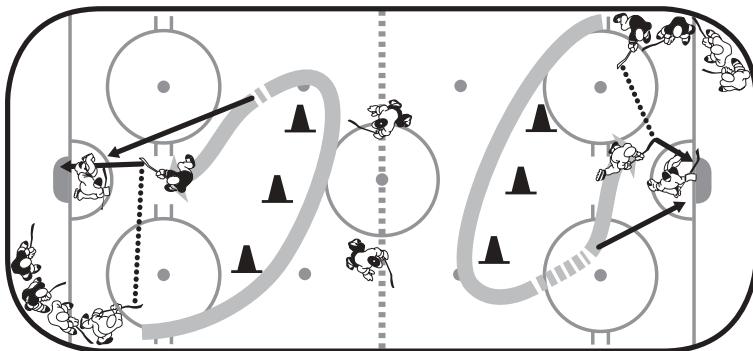


Drill #41 — FIGURES PASS N' SHOOT

Starting in both corners the first player in each line starts out with a puck, skates half way around the circles and passes to the coach or another player, gets the pass back and goes in and shoots.

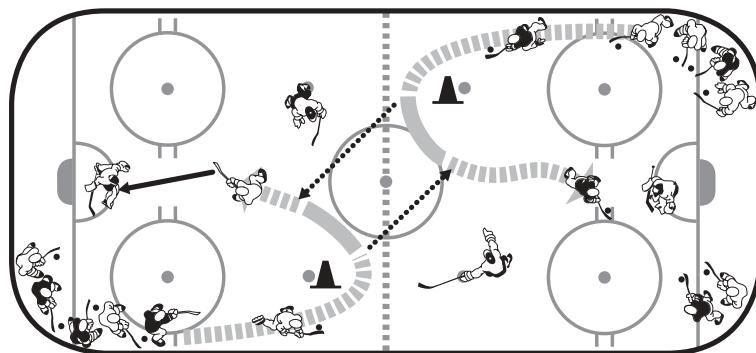
**Drill #42 — CORNER DOUBLE SHOT**

From the corner the first player in line skates with a puck around the pylons and shoots right away. The player then gets a pass from the second player in line and then shoots again. After everyone has done the drill change sides and adjust the pylons and repeat the drill.



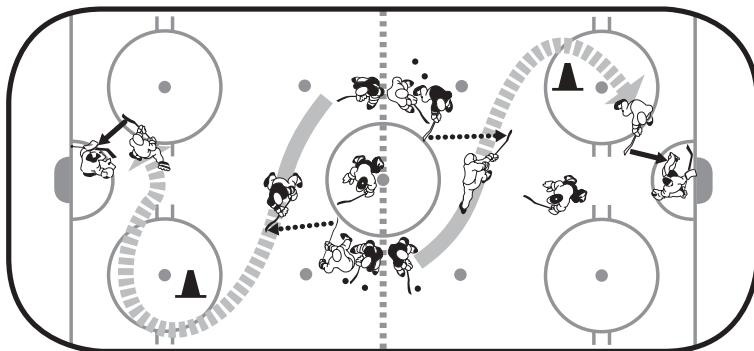
Drill #43 — PASS N' RECEIVE

Divide the players up into two groups at the hash marks at opposite corner face off circles. The first player in each line starts out with a puck. They skate around the pylon and pass to each other, receive the pass and then skate in and shoot. Switch sides and pylons when everyone has completed the drill and then repeat the drill.



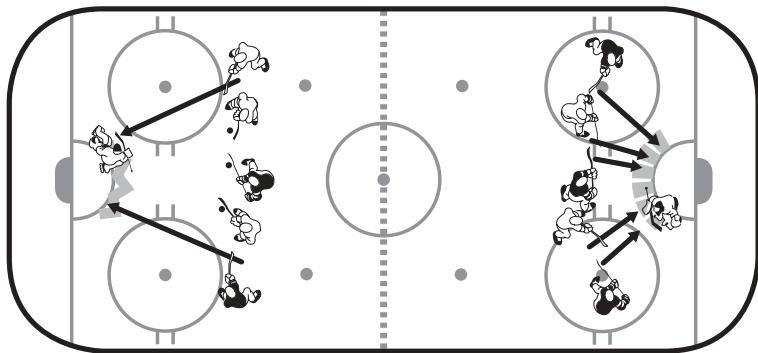
Drill #44 — ANGLE DEKES

Divide the players into two or four lines. The first player skates over, receives a pass, skates around the pylon and tries to deke the goalie and score.



Drill #45 — HALF-MOON STATIONARY SHOTS

Spread the players out in a half moon formation. Start with the players even with the face off dots. One at a time from one side wrist shots only. Then alternate shots from each side waiting for the goalie to be ready. Then move the players back repeating the drill using a snap or slap shot.



ONE-ON-ONE DRILLS

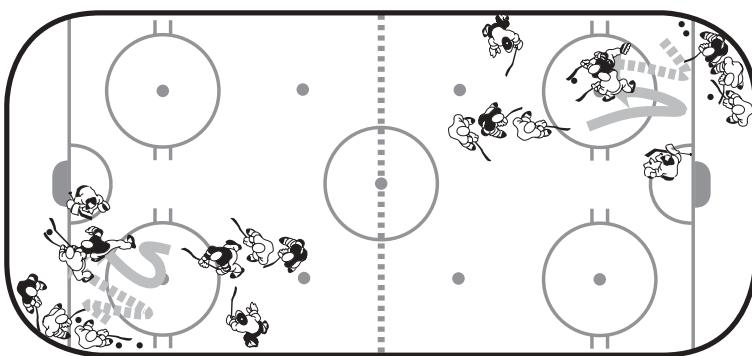
Drill #46 — FOUR GROUP 1-ON-1

Divide the players up into four groups each in line with the high zone face off dots against the boards. The first two players from opposite sides of the red line skate across, the first player pivots to backward, the second player swings deeper then receives a pass and skates in one-on-one. Rotate sides and start every time on the whistle.



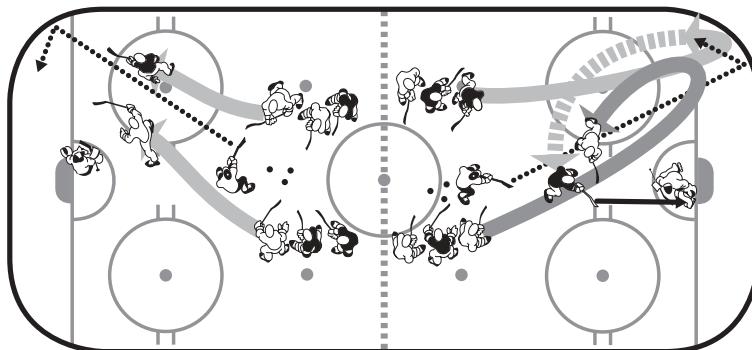
Drill #47 — CORNER ONE-ON-ONE

Divide the players into two lines in the corner. The first line in the corner is on offense. The second line at the face off dot is defense. The first player in the corner tries to take the puck to the net for a scoring opportunity. The defensive player tries to angle the offensive player away from the net keeping defensive position between the opponent and the net.



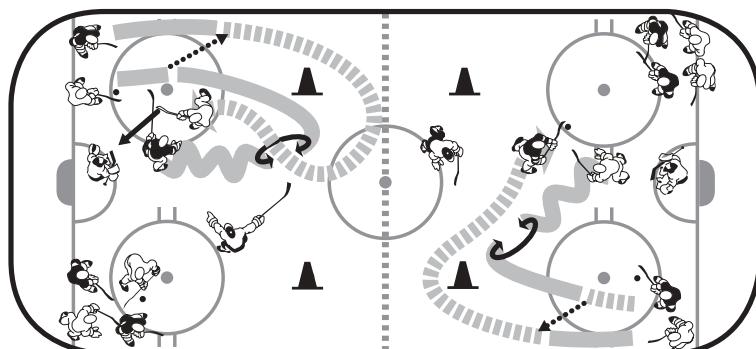
Drill #48 — DUMP IN BATTLE DRILL

Divide the players into two or four groups. In two even lines the coach dumps the puck into the corner and the first two players battle for it. They play for :30 or a goal scored, whichever comes first. Rotate the players so they do the drill against someone new.



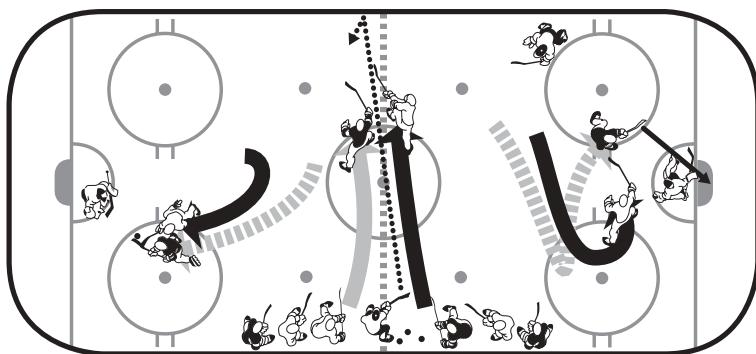
Drill #49 — ONE ZONE ONE-ON-ONE

Using one or both ends set up two lines on each side in the corner. The players on the outside lane are on offense. The inside players are on defense. The defensemen passes the puck to the forward and then skates to the middle and pivots to backward. The forward takes the puck around the cone and skates in one-on-one.

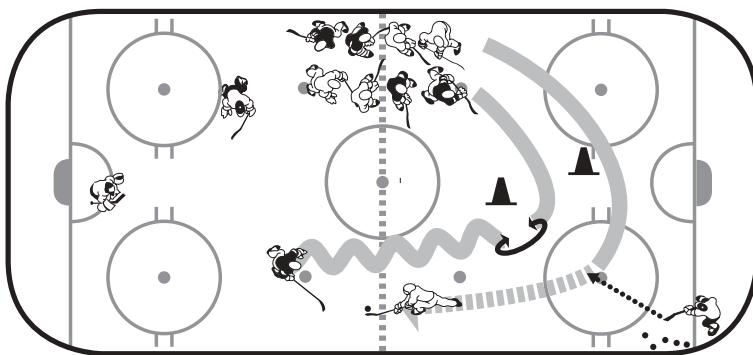


Drill #50 — FULL SURFACE ONE-ON-ONE

Line the players up in two lines, one on each side of the center line. The first player in each line gets ready. The coach shoots the puck across and the two players battle full length to score. The drill continues until someone scores. There should be three one-on-one's going at the same time. This is monitored by the coach.

**Drill #51 — TWO LINE CHANGE ONE-ON-ONE**

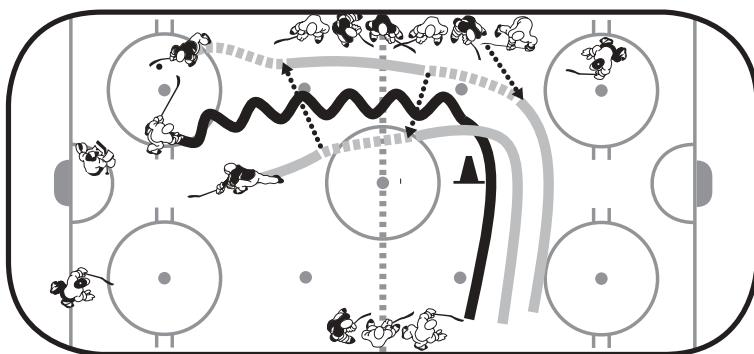
Line the players up into two lines on one side of the center line. The first player on the inside line is the defenseman and the player on the outside is the forward. The defenseman skates around the high pylon and pivots to backward. The forward swings deeper, receives a pass from the coach and skates down one-on-one. Players switch lines so they play both defense and forward. Rotate sides.



TWO-ON-ONE DRILLS

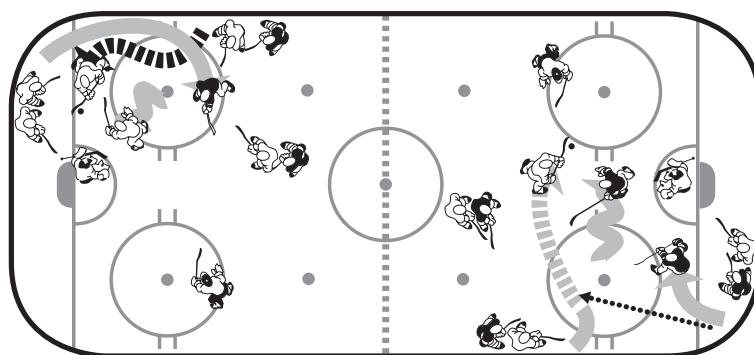
Drill #52 — MID-SURFACE TWO-ON-ONE

Line the players up into two or four groups depending on how many players you have. Three players from one side skate over. The first player pivots to backward. The second players swing deeper receiving a pass from the other side and skate in two-on-one. The players must hurry back into line to keep the drill moving.



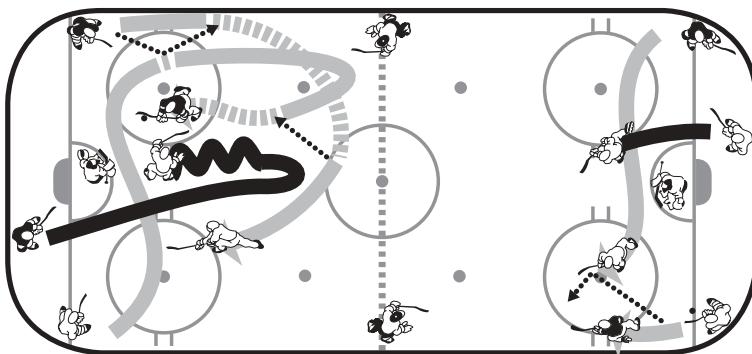
Drill #53 — CORNER TWO-ON-ONE

Place the players in three lines. The forward are in line on the hashmarks against the boards and in the corner against the boards. The defensemen start on the face off dot. The first players in line start the drill with the forward skating in two-on-one on the defensemen from the corner.

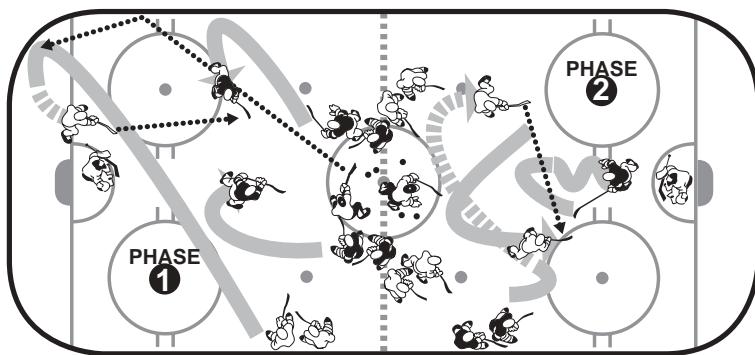


Drill #54 — HALF-SURFACE TWO-ON-ONE

Place the players into three groups on one or two ends depending on how many players you have. The defense line up behind the net to the side. The forward line up in the corners. A forward skates over, gets a pass from the other side, the passer then joins in at the same time the defense skates out. The forward curl back in the zone two-on-one.

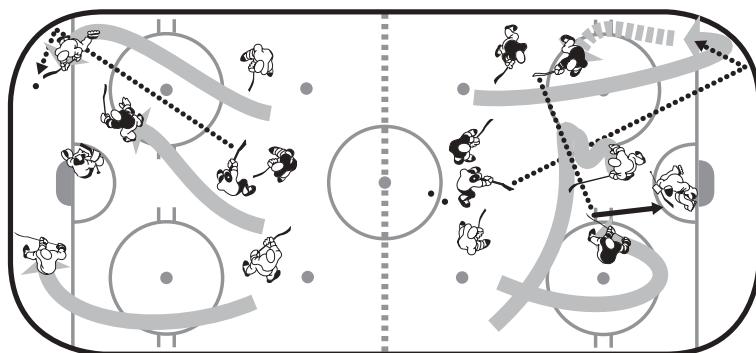
**Drill #55 — DUMP REGROUP TWO-ON-ONE**

1. The players are divided into two or four groups. The coach dumps the puck in, the defensemen picks it up. The two forward breakout, one to the hashmarks and the other skates over for support.
2. The forward re-group at the high-zone face off dots and skate back in two-on-one on the defensemen.



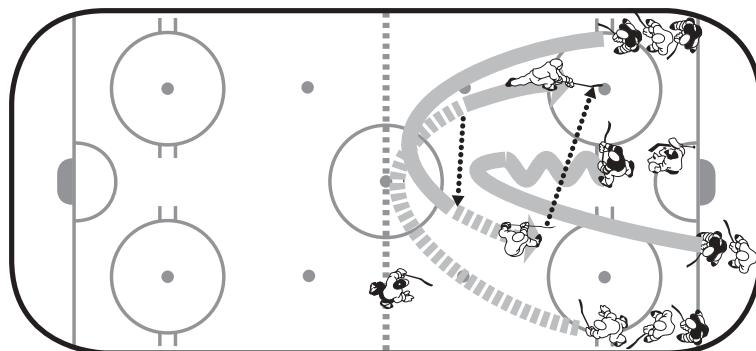
Drill #56 — TWO-ON-ONE BATTLE DRILL

Spread the players out in a semi-circle above the end zone face off circles. The coach selects one player to be the defensemen and two players to be forward. The coach then dumps the puck in and the forward play two-on-one until they score. The other players dump the puck in continually until a goal is scored. Repeat the drill until every player has played defense.



Drill #57 — CORNER REGROUP TWO-ON-ONE

Divide the players into three lines, one line of forward on each side of the boards in the corner. The defense are behind the goal line. On the whistle the forward start with one player carrying the puck. They swing up high and come back two-on-one with the defensemen skating up and then backward to challenge them.



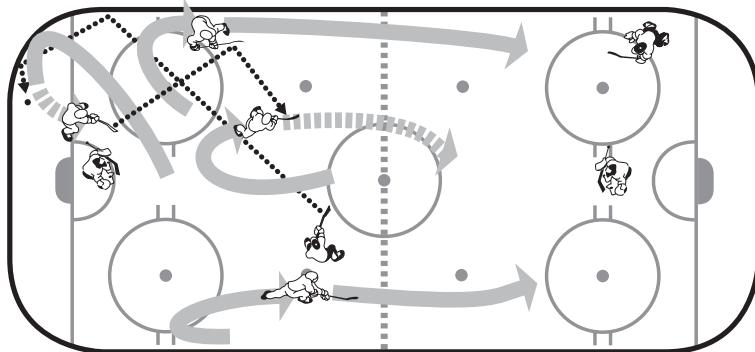
BREAKOUT DRILLS

Drill #58 — 1-3 BREAKOUT DRILL

The coach dumps the puck into one corner. One defensemen picks it up while the other goes to the open lane on the boards. One forward fills the other lane at the hashmarks, the center curls deep into the zone. The defensemen has four options.

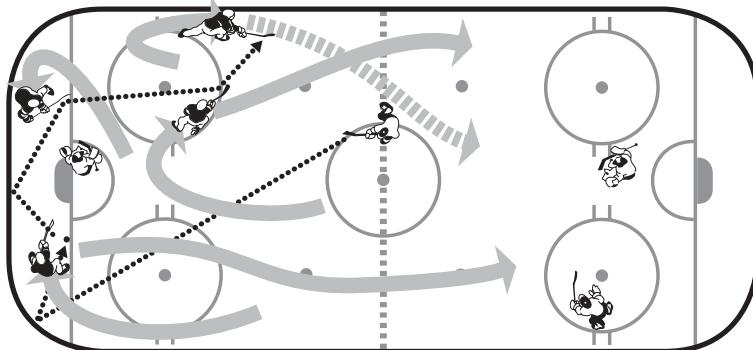
1. To pass to defensemen on the boards.
2. Hit the center with a pass.
3. Reverse it by passing around the boards to the other wing.
4. The defensemen skates it out.

Finish the drill with a shot.



Drill #59 — 2-2 BREAKOUT

The coach dumps the puck in. One defensemen goes to the corner, picks up the puck and passes it to the other defensemen who hits the wing or center. The other defensemen turns up the surface to compliment the line rush. Finish the drill with a shot at the far end.

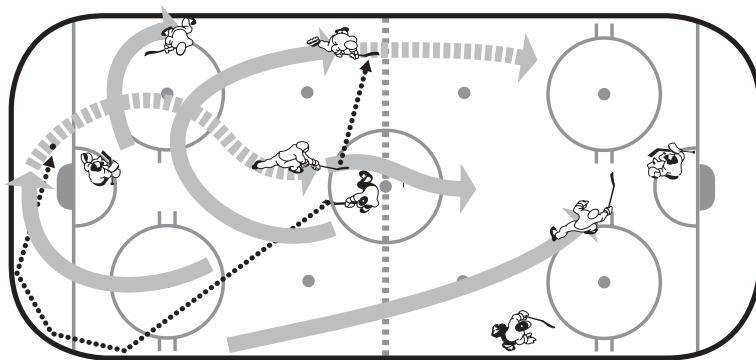


Drill #60 — STRONG SIDE BREAKAWAY BREAKOUT

The coach dumps the puck in. One defensemen picks it up and the other goes to the boards. The offensive wing leaves the zone stretching the defensive team and forcing them to leave the zone on the forecheck. The defensemen can now:

1. Pass to the other defensemen who passes to the center.
2. Pass to the center who in turn passes to the far end where the wing is.
3. Carry it out.

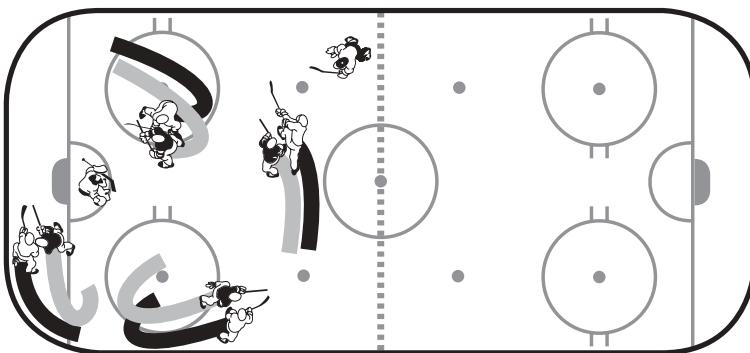
End with a shot on the net.



BASIC DEFENSIVE COVERAGE DRILLS

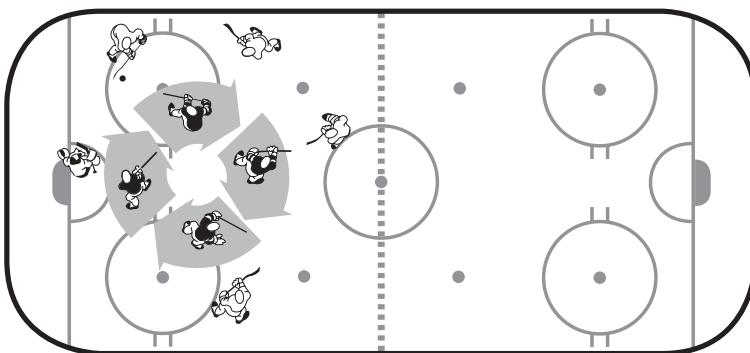
Drill #61 — MAN-TO-MAN DRILL

Basic man-to-man coverage. Place the defensive players man-to-man on the surface with their sticks turned upside down. Each player covers their check all over the zone, keeping their bodies between their net and the player they are checking. On the whistle simulate a game situation. After a few minutes, then defensive players switch and play offense and vice versa.



Drill #62 — ZONE ROTATION

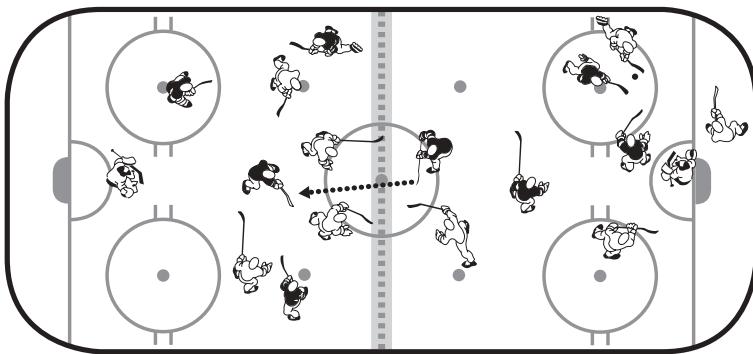
Zone defense drill. Each player is responsible for a particular area. The defensive players turn their sticks upside down at first. Simulate a game situation with each player covering their area and rotating so there are no gaps. This system is designed to keep the puck out to the side so there are no high percentage scoring chances. They take advantage of turnovers to regain possession. Rotate lines so everyone is on offense and defense.



FUN GAMES

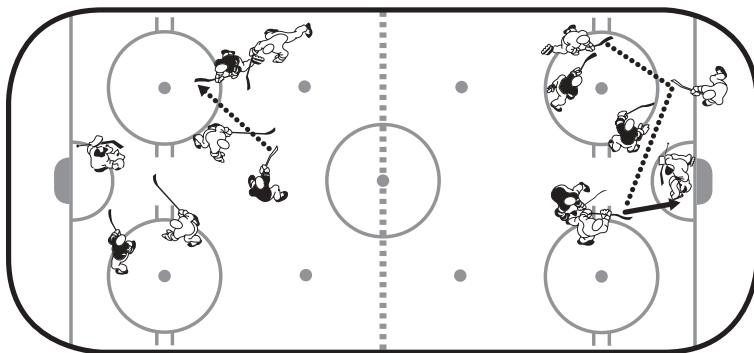
Drill #63 — FULL SURFACE EIGHT-ON-EIGHT

1. This drill is played with two pucks. It's basically four-on-four at both ends. Both sides can score but they can not cross the center line. The puck can be passed to the other side.
2. Choose one team at each end to be offense and one to be defense so one team is going one way and the other team is going the other way. They can not leave their zones. The puck is passed to the other side. Rotate players so they play both offense and defense.



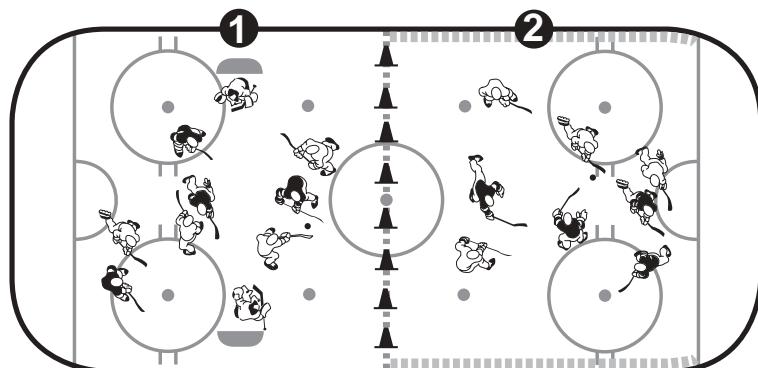
Drill #64 — DOUBLE HALF COURT 3-ON-3

Using both ends of the rink, have two half-court games. Rotate every few minutes so each team plays three mini-games against each other.



Drill #65 — SIDE-TO-SIDE MINI-GAMES

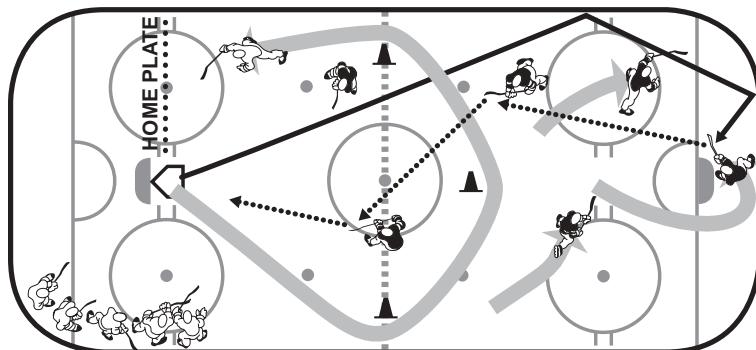
1. Divide the rink in half. At one end using the nets the players play a cross surface game.
2. On the other side the players play a cross surface game but to score they must be able to cup the puck against the side board without shooting it.



Drill #66 — BASEBALL

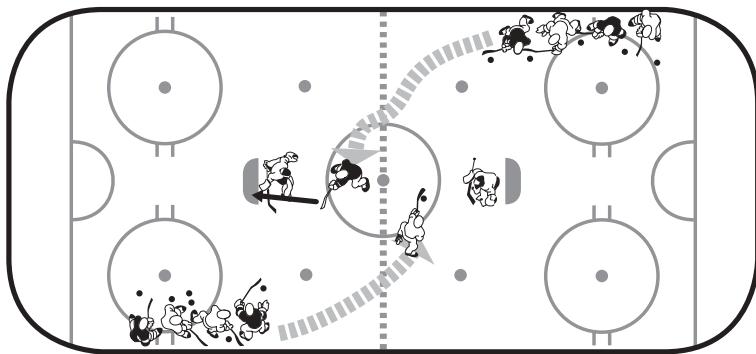
Move the net out at one end of the rink (home plate). Divide your players up into two teams. One team hits while the other is spread out around the rink. Set up three pylons. The player at bat shoots the puck anywhere on the surface and then tries to skate around the pylons and make it to home plate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

1. If the puck goes over the side boards, the player is out.
2. Place a net at the far end. If the puck goes in the net, it's a home run.

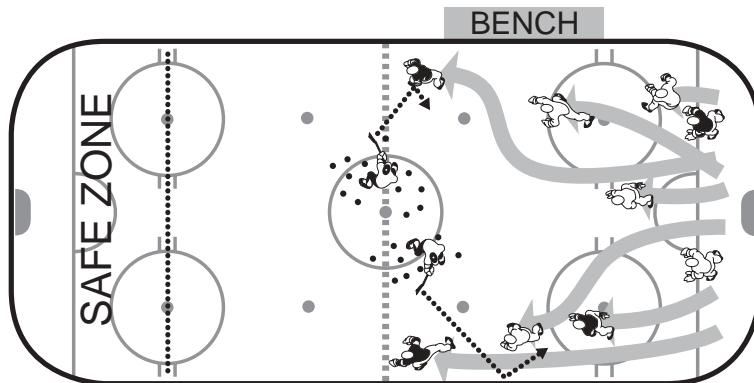


Drill #67 — BREAKAWAY CHALLENGE RELAY

Divide the players into two groups. Move the nets up close to the high-zone face off dots. On the whistle the first player in each line goes in on a breakaway. The player must score before going back into line. The next player goes when the first one has scored and skated back past the dot and into line. The goalies can shoot the puck away in any direction after a save.

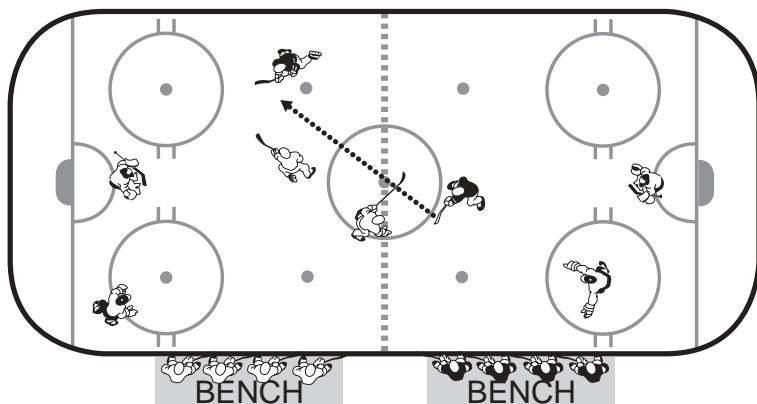
**Drill #68 — TENNIS BALL TARGETS**

The players line up at one end without sticks. They try to skate from one end to the next without getting hit by a tennis ball. The coaches shoot the balls at the kids. If a player gets hit they go to the players bench and stay there until the game is over. The game is over when the last player gets hit. The players are safe from the face off dots in, so they have time to stop.



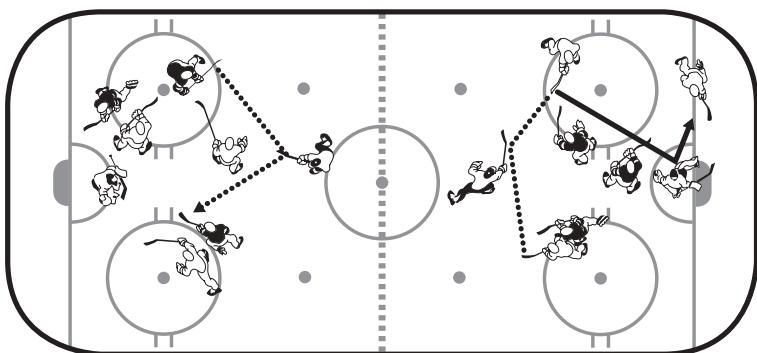
Drill #69 — WHISTLE SCRIMMAGE

Divide the players into two teams. Depending on how many whistles the coaches blow determines how many players play. If the coach blows the whistle three times it's three-on-three, if the coach blows the whistle once it's one-on-one. If the coach blows the whistle six times, it's six-on-six, etc. Players change on the whistle.



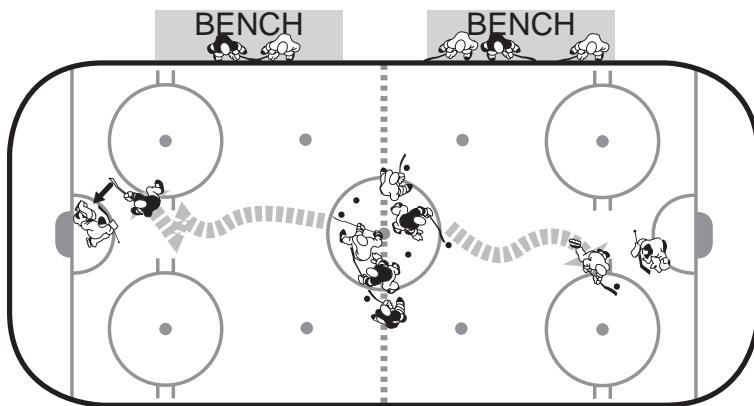
Drill #70 — THREE-ON-THREE WITH COACH 4-3 POSSESSION

Using both ends, or one end, divide the players into two teams of three-on-three. The coach plays for both sides on offense only. The coach stays at the top. The offensive team, the one that has the puck, can pass to the coach. When the puck changes teams, that team now can use the coach to create scoring chances.



Drill #71 — BREAKAWAYS

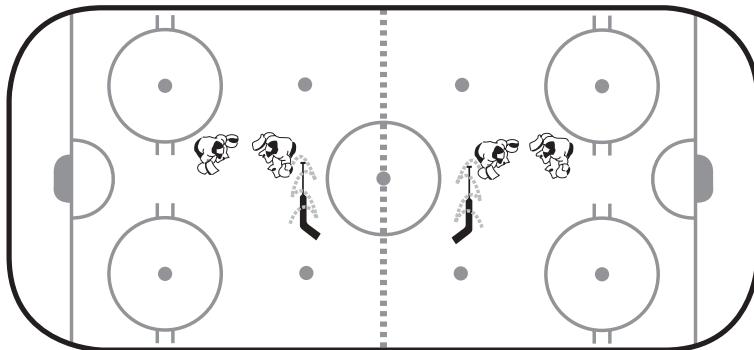
Using one goalie or two and both ends, divide your players into two groups. Taking turns each player skates in all alone on the goalie and tries to score. The players who score continue, the players who don't go to the bench. It's a great drill to end practice with.



GOALTENDING DRILLS

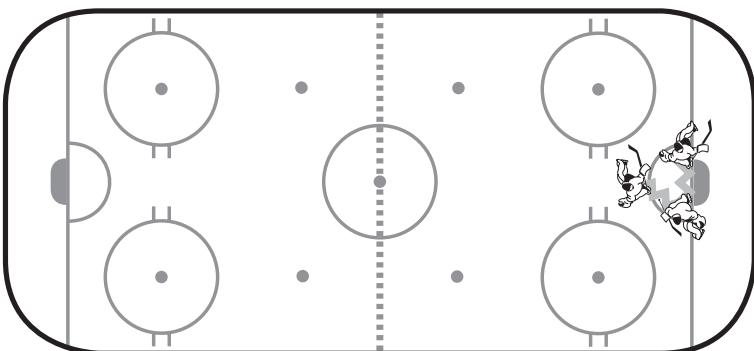
Drill #72 — ONE LEG STICK JUMP

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



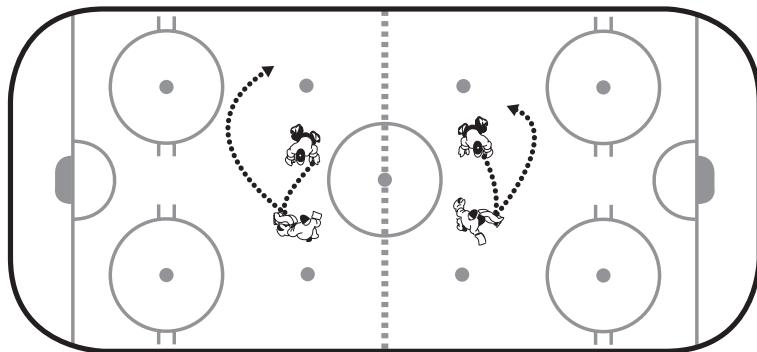
Drill #73 — TRIPLE BUTTERFLY

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



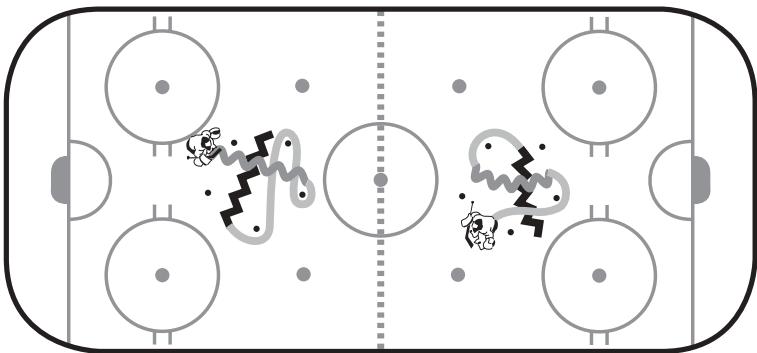
Drill #74 — GOALIE KICK WITH COACH OR PARTNER

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 fun and good balance.



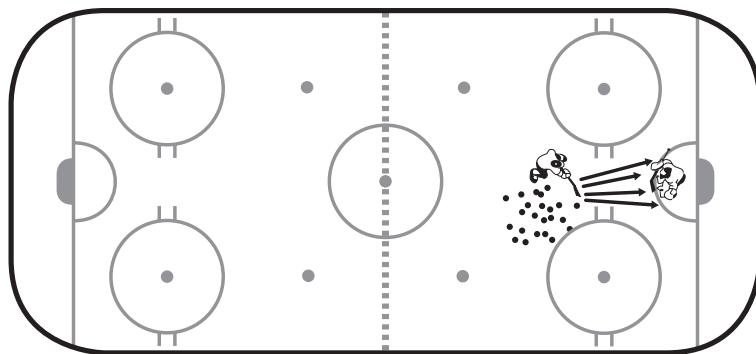
Drill #75 — FIVE PUCK OBSTACLE COURSE

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



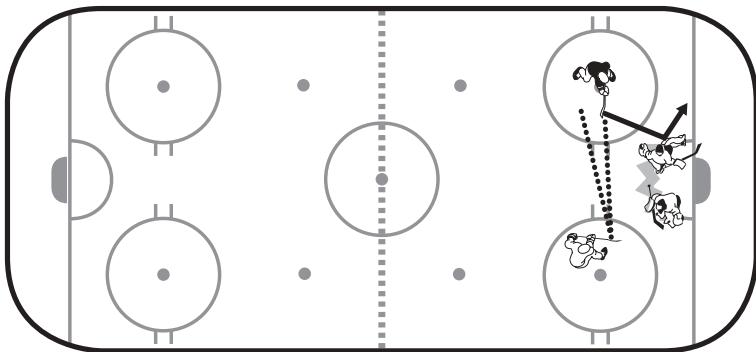
Drill #76 — FOUR CORNER SHOOTING GALLERY

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, five pucks high to the blocker side and five pucks high to the glove hand. Finish the drill by shooting five pucks anywhere on the net. Rotate goalies and repeat the drill.



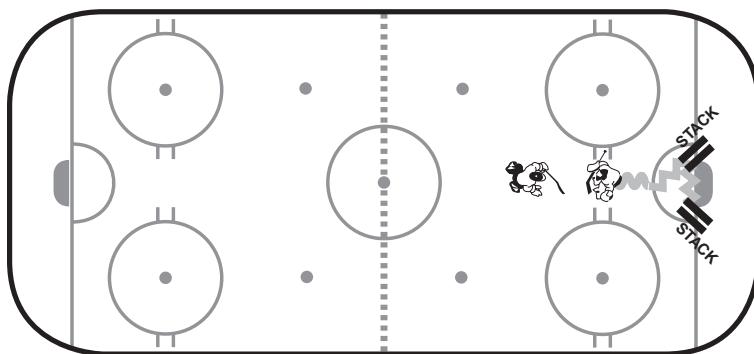
Drill #77 — TWO PLAYER ANGLE SHOTS WITH PASS

Set up the drill with two players, one on each face off dot. The goalie starts on one side of the net facing the puck carrier. The players pass back and forth and then shoot, changing it up every time. The goalie follows the puck side-to-side and then makes the save.



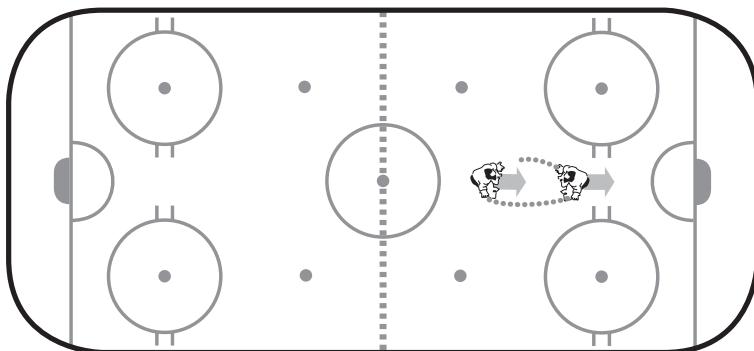
Drill #78 — SHUFFLE DRILL WITH STACK

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 to one side and stacks the pads by going down with both pads together with the goalie on his side towards the post. The goalie then gets up and shuffles to the other side and stacks the pads again.



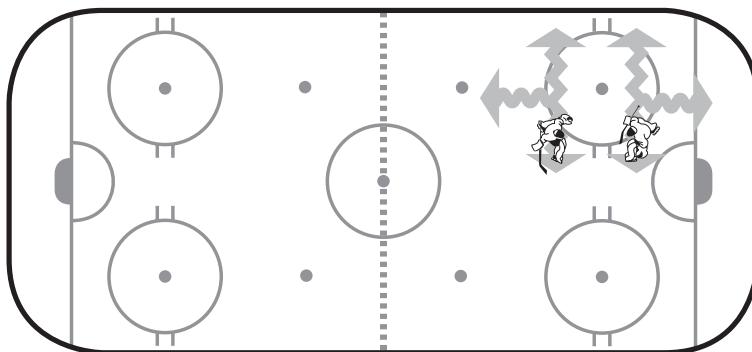
Drill #79 — TWO GOALIE TENNIS BALL DRILL

Goalies pair off without using gloves (if only one goalie use your assistant 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.

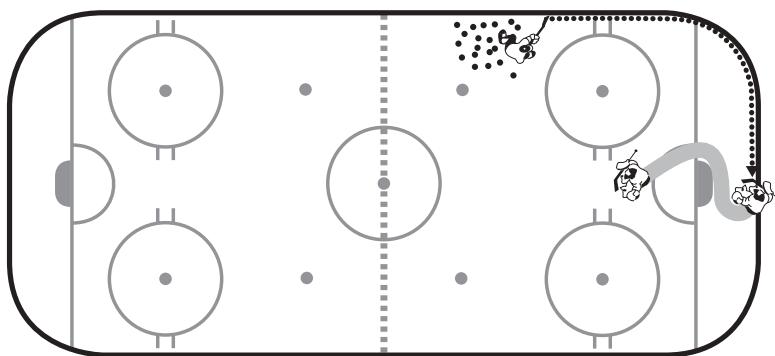


Drill #80 — PARTNER MIRROR WARM-UP

With two goalies or one goalie with an assistant coach, have them face each other. The one goalie goes through a routine of skating C-carves, butterflies, stacking, etc. The partner imitates every drill. After a break change them so the other goalie leads the drills.

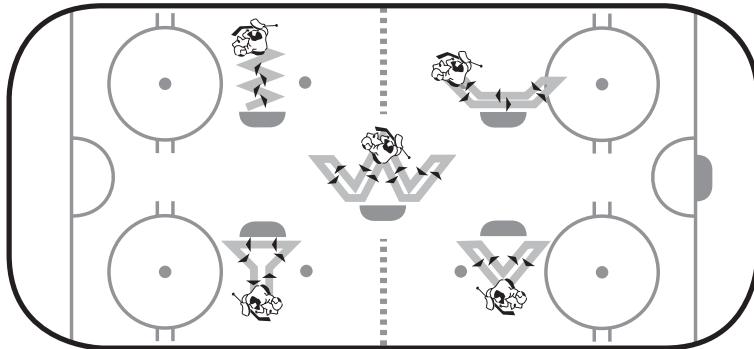
**Drill #81 — BEHIND THE NET PICK-UP**

Coach takes twenty pucks on one side. The goalie starts the drill just above the crease. The coach dumps the puck in around the boards. The goalie must skate quickly behind the net and trap the puck. The goalie must stop the puck behind the middle of the net so if the puck rebounds off the stick it will hit the back of the net and not go in front. After 20 dumps change sides and repeat drill.



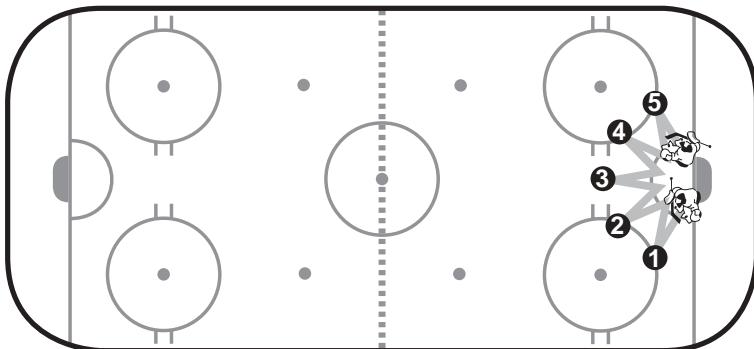
Drill #82 — CREASE MOVEMENT Z'S, U'S, W'S, Y'S, V'S

Have the goalie letter skate as a warm up. They skate in the direction of the letters Z, U, W, Y, V. This drill is excellent for goaltender movement.



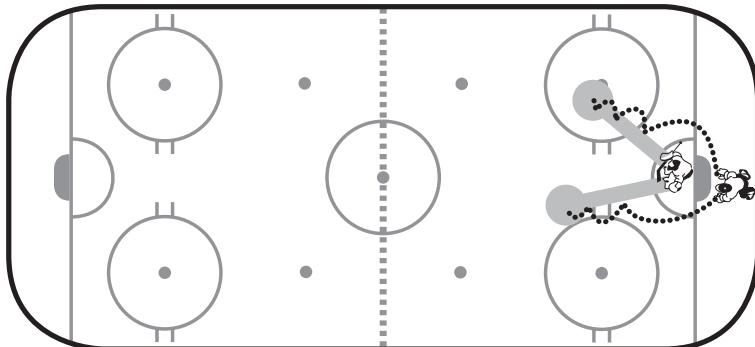
Drill #83 — ONE-TO-FIVE ANGLE DRILL

Starting the drill on one post, the goalie comes out at angle #1 and then moves back to the net. Have the goalie skate 1 back to 5 and then start at 5 and come back down to one.



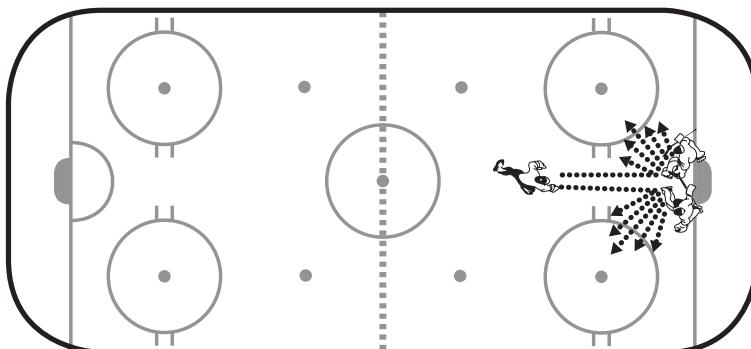
Drill #84 — PUCK GATHER

The goalie starts the drill in the net just above the goal line. The coach has a hand full of pucks. The coach tosses the puck easily over the net. The goalie must locate the puck, dive and cover it up.



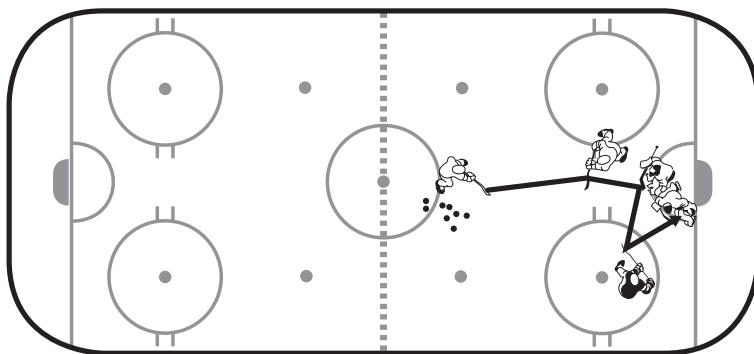
Drill #85 — SIDE-TO-SIDE KICK DRILL

The goalie starts the drill on one post. The coach throws a puck to the middle of the net and the goalie must kick it out. After five to ten pucks, change sides and repeat the drill.



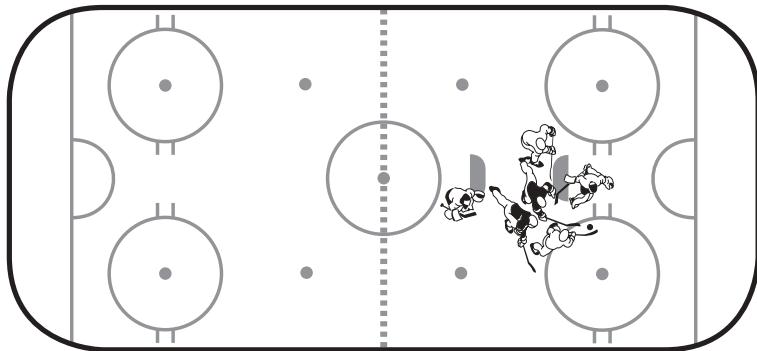
Drill #86 — THREE PLAYER SCREEN DRILL WITH REBOUND

Three players line up with two in front of the net and one high in the slot who is the shooter. The goalie stays in position just above the crease. The player shoots and the other two players try to tip-in and they also play the rebound. The goalie does not quit until the puck is either in the net, covered up or behind the net. Every five shots the players rotate.



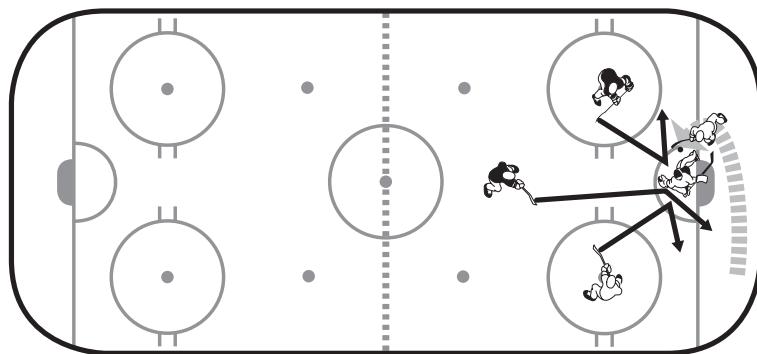
Drill #87 — TWO-ON-TWO SHOOTING DRILL

In one end set up the net so they are back-to-back with 10 feet in between them. The players play two-on-two but they can shoot on either net to score.



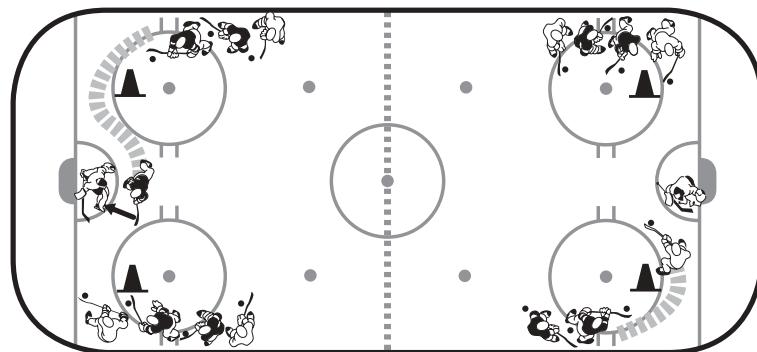
Drill #88 — FOUR POINT SHOOTING GALLERY

Set four players up at one end with the goalie in the net. Place a player in the high slot, one at each end face off dot and one just off to the side close to the corner so the player does not get hit by a puck. In turn each player shoots with the final player coming from behind the net for a wrap around. Rotate players and repeat drill.



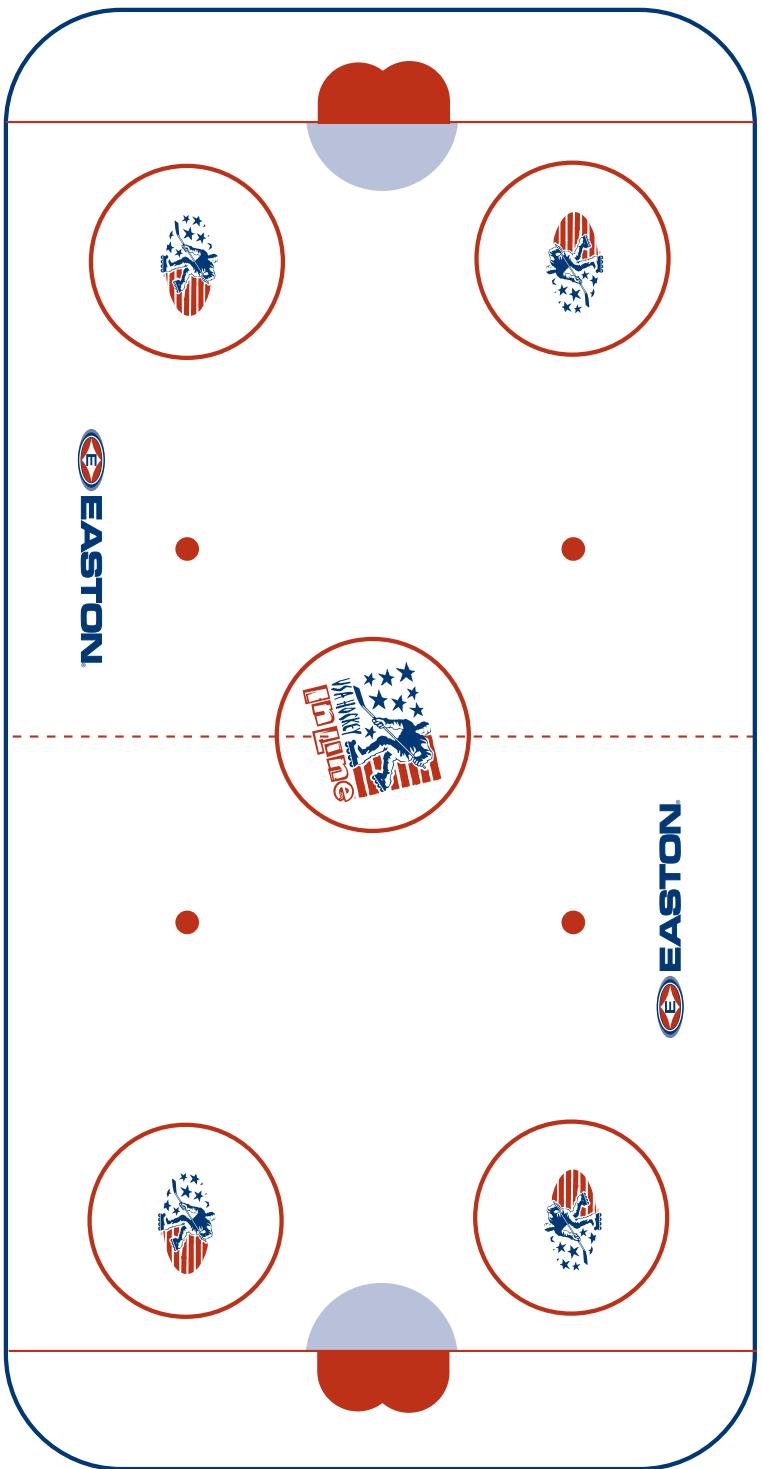
Drill #89 — ANGLE BREAKAWAYS

Divide the players into two groups and place two pylons in line with the crease on the face off circles. Alternate lines. The players skate around the pylon and try to score. The goalie cuts down the angle and tries to stop the puck. Give the goalie time to get set before the next player goes.



THANKS

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.





USA HOCKEY INLINE
Walter L. Bush, Jr. Center
1775 Bob Johnson Drive
Colorado Springs, CO 80906
800.888.INLN

www.usahockeyinline.com