

AMHL  
1/2 Ice Drills

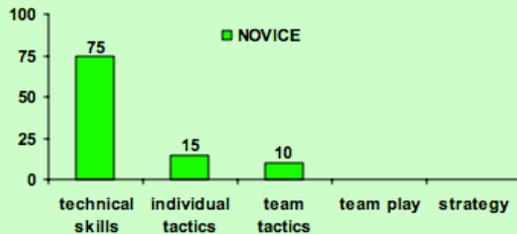


# Training Element Emphasis

## NOVICE SKILL PROGRESSIONS

8 yrs

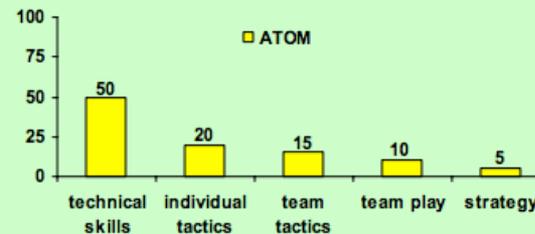
Novice skill development should be built on practicing *individual technical skills* 85% of total practice time.



## ATOM SKILL PROGRESSIONS

9-10 yrs

Atom skill development should be built on practicing *individual technical skills* 50% of total practice time.



## PEEWEE SKILL PROGRESSIONS

11-12 yrs

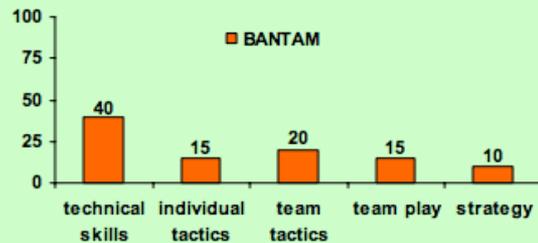
Peewee skill development should be built on practicing *individual technical skills* 45% of total practice time.



## BANTAM SKILL PROGRESSIONS

13-14 yrs

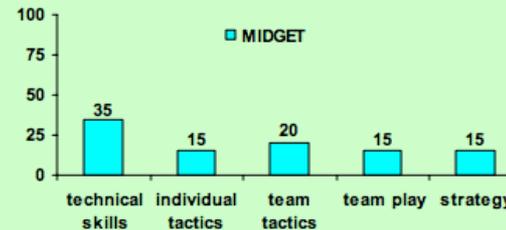
Bantam skill development should be built on practicing *individual technical skills* 40% of total practice time.



## MIDGET SKILL PROGRESSIONS

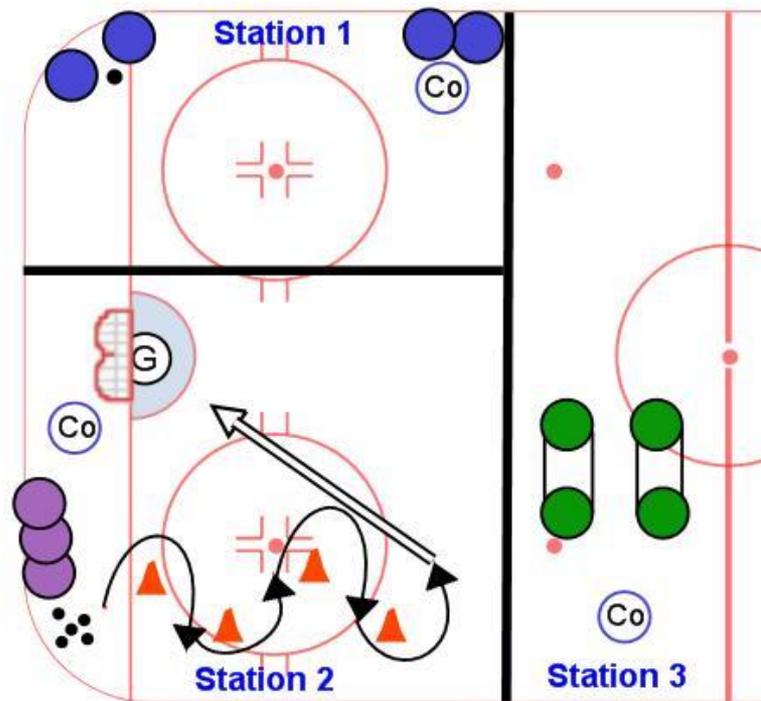
15-17 yrs

Midget skill development should be built on practicing *individual technical skills* 35% of total practice time.



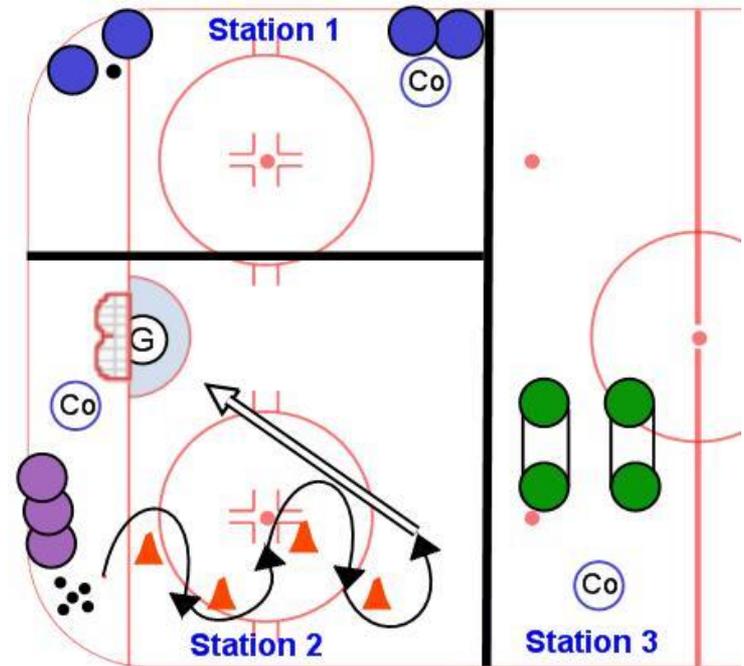
# Practices

- Be prepared with a plan
- Use stations & 3 skill groups
- Adjust # stations by # coaches
- Adjust drills by skill
- Watch the time
  - \* 10 min flood
  - \* 15 min: full ice warmup
  - \* 25 -30 min: 3 stations @ 8 to 10 minutes each
  - \* 5-10 minutes of fun stuff
  - \* 60 minutes are up



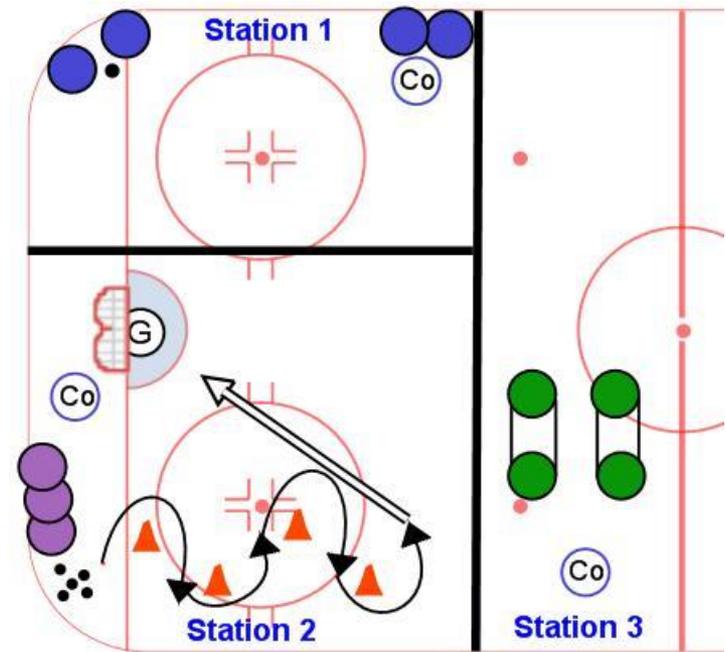
# Practices

- Take charge
- Firm, fair and fun
- Provide feedback
- Use your on-ice coaches
- Behaviour / focus issues



# Practices

- Work on fundamentals
- Skating, skating, skating
- Stick handling
- Passing
- Shooting
- 11 games = 1 practice

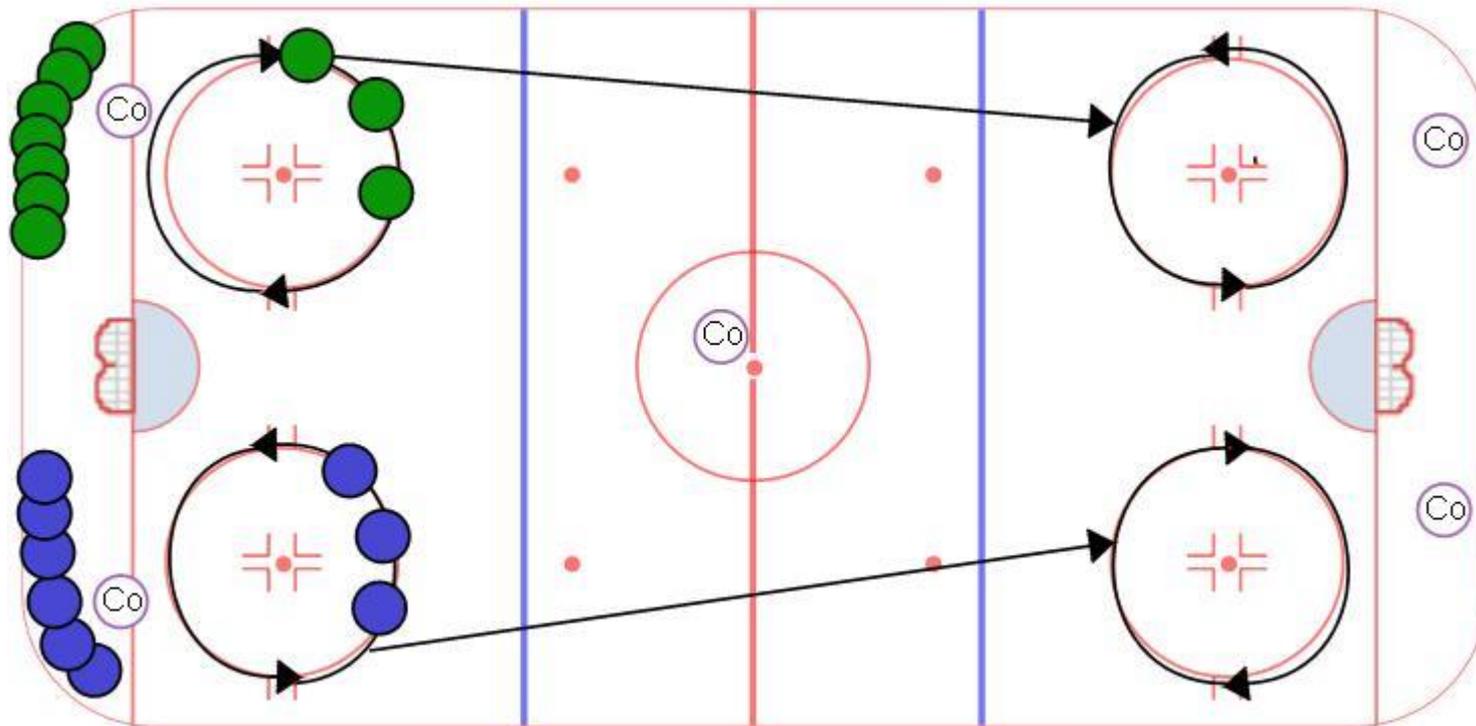


# Practices – Full ice warm up

- One coach runs it
- Two laps and start it
- Use other coaches to:
  - Keep lines even
  - Keep drills moving
  - Move pucks and pylons
  - Use 1 set of pucks



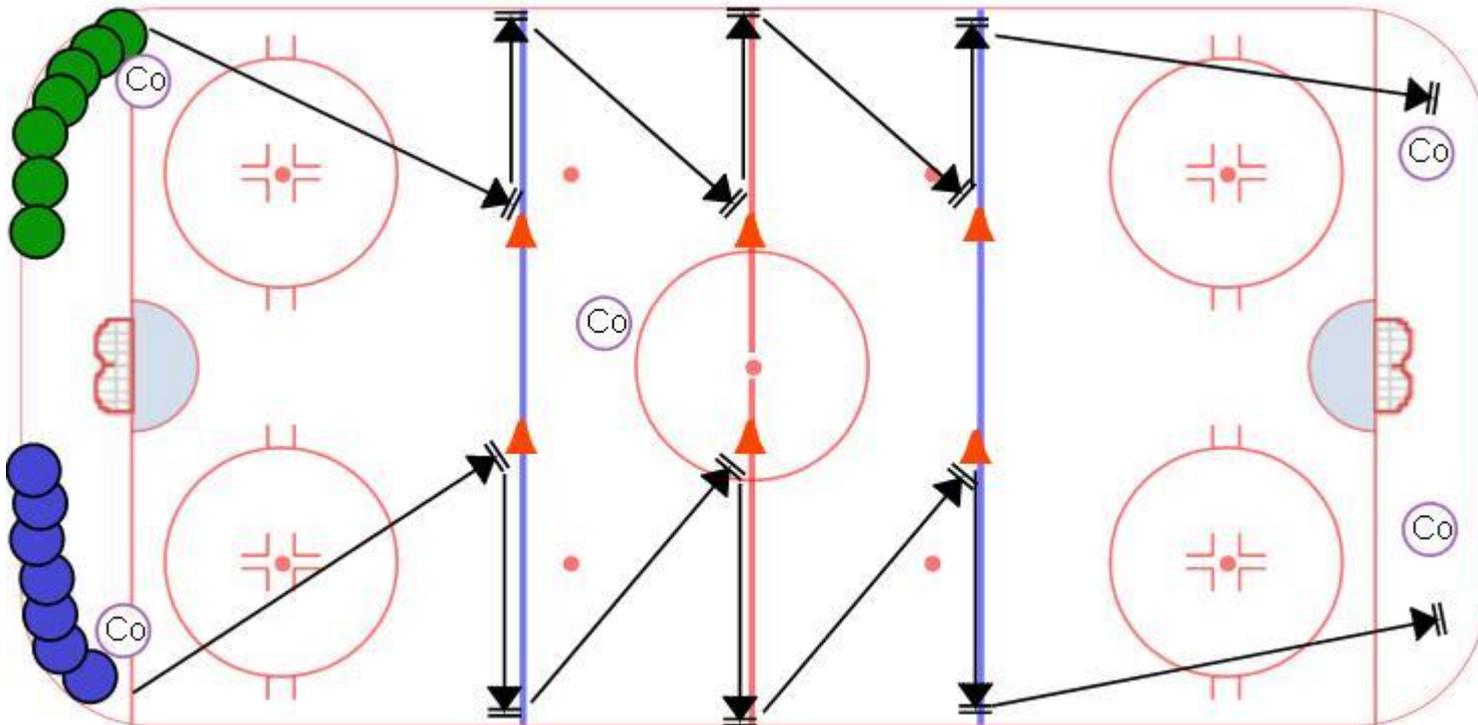
# Practices – Full ice circles



Forward circles (3 / 4 skaters at a time) (switch cross-overs)  
Between blue lines: fwd, bwd, drop to knees at centre line  
Optional: add pucks, do each circle twice, Fwd/bwd circles



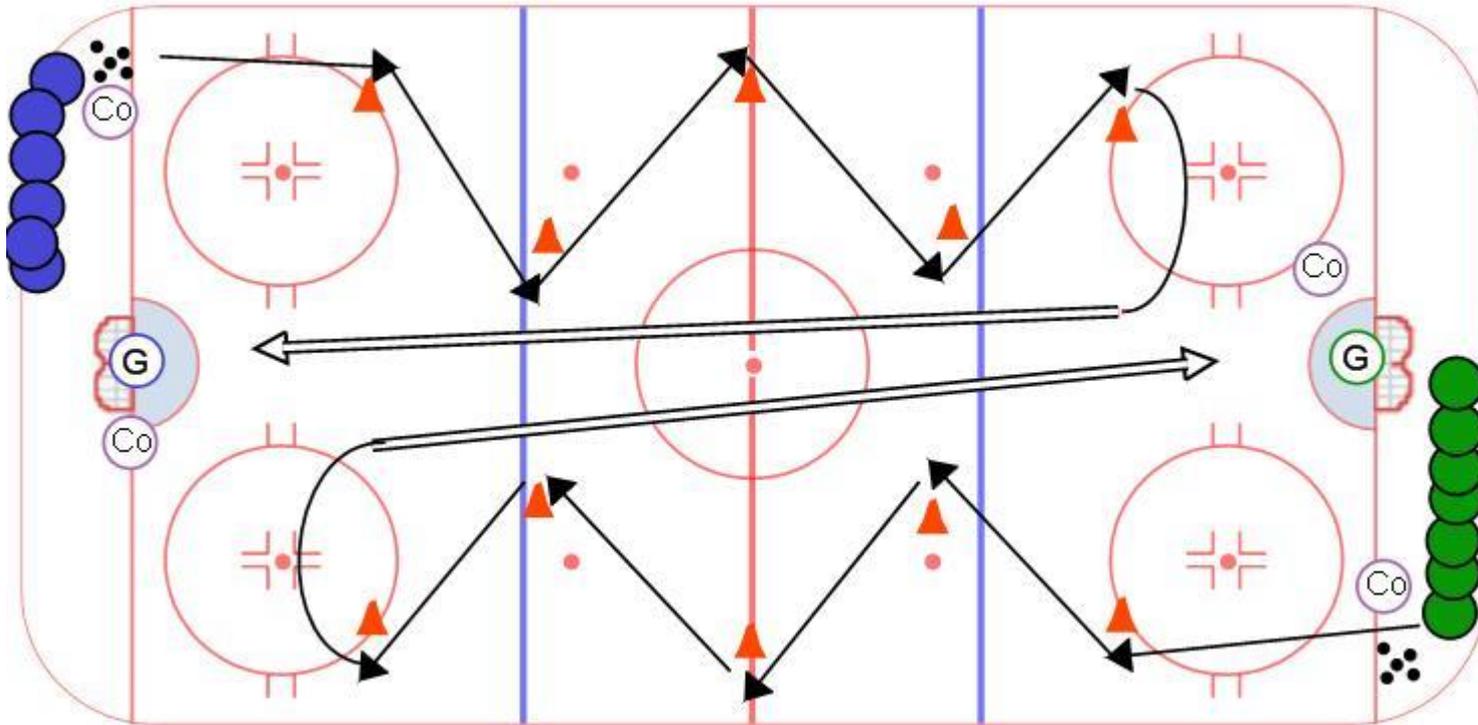
# Practices – Full ice stopping



Full stop, stop on both sides (left, right)



# Practices – Full ice pylon slalom

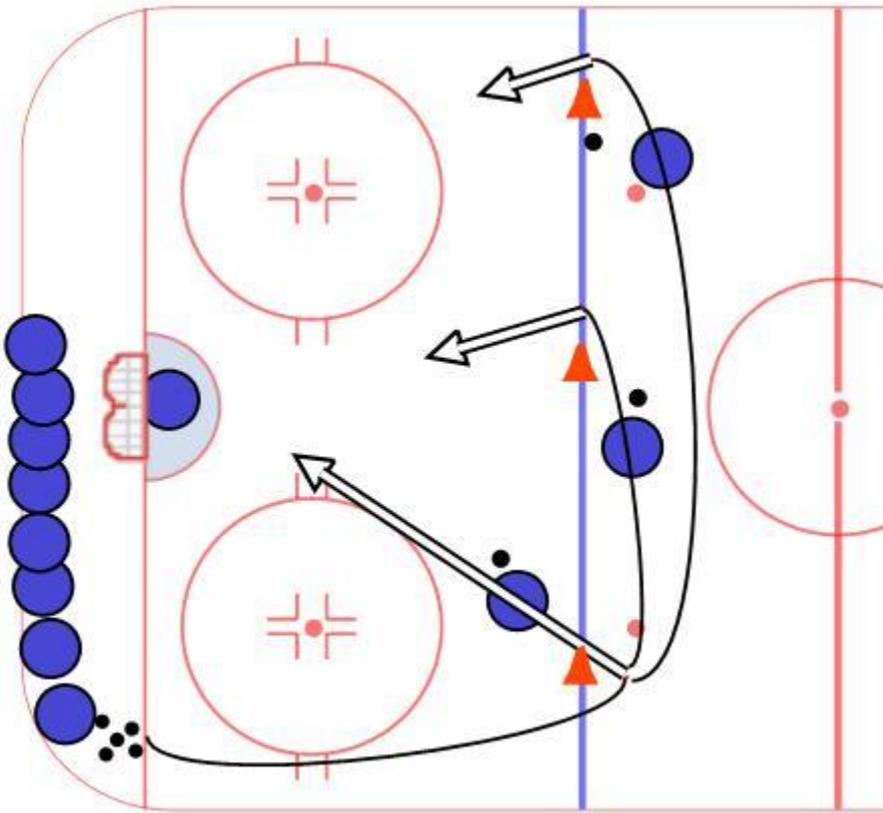


Coaches – keep spacing, reset pylons



# Practices – ½ ice warm-down

## 3 Man Shooting

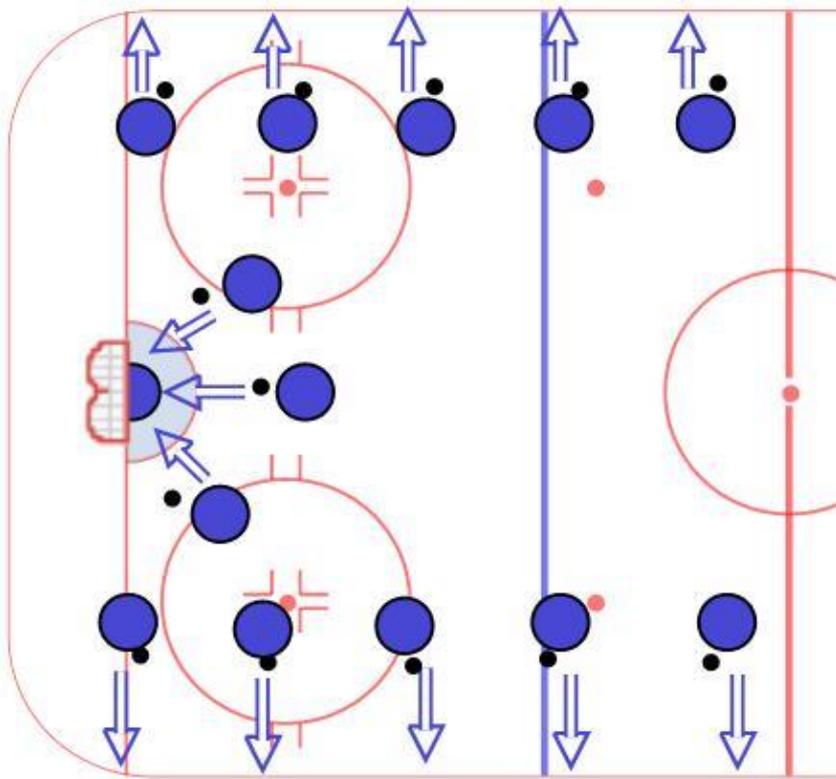


- 3 skaters at time
- Shots from slot only
- Use as a game warm-up



# Practices – ½ ice warm-down

## Shoot Against Boards

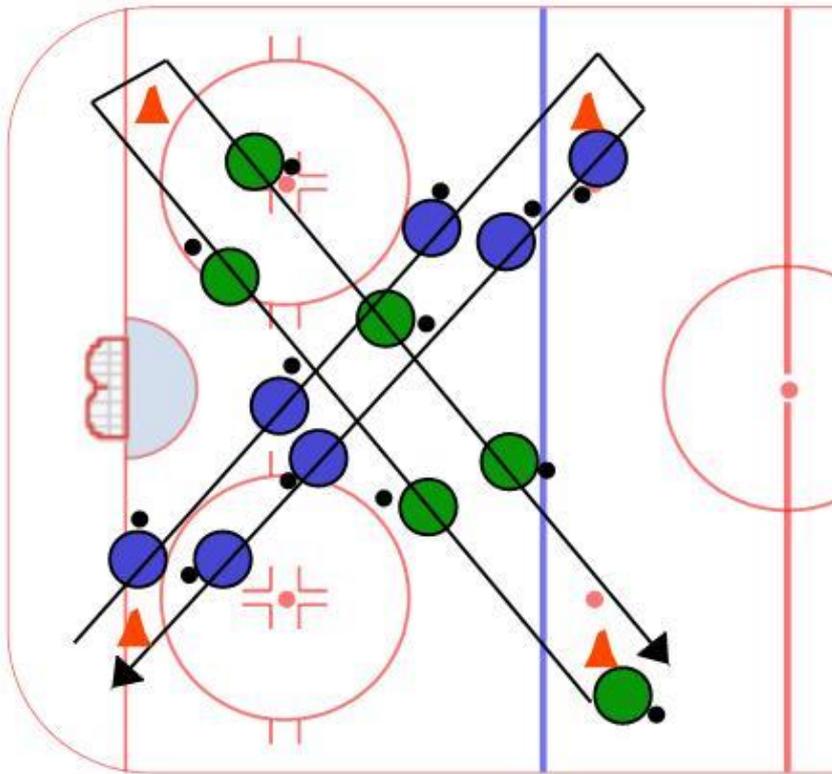


- 3 players shoot on goalie
- Individual instruction
- 25 to 50 shots each
- Not just for scoring
- Need hard shot to clear zone



# Practices – ½ ice warm-down

## Figure 8 Stick Handling

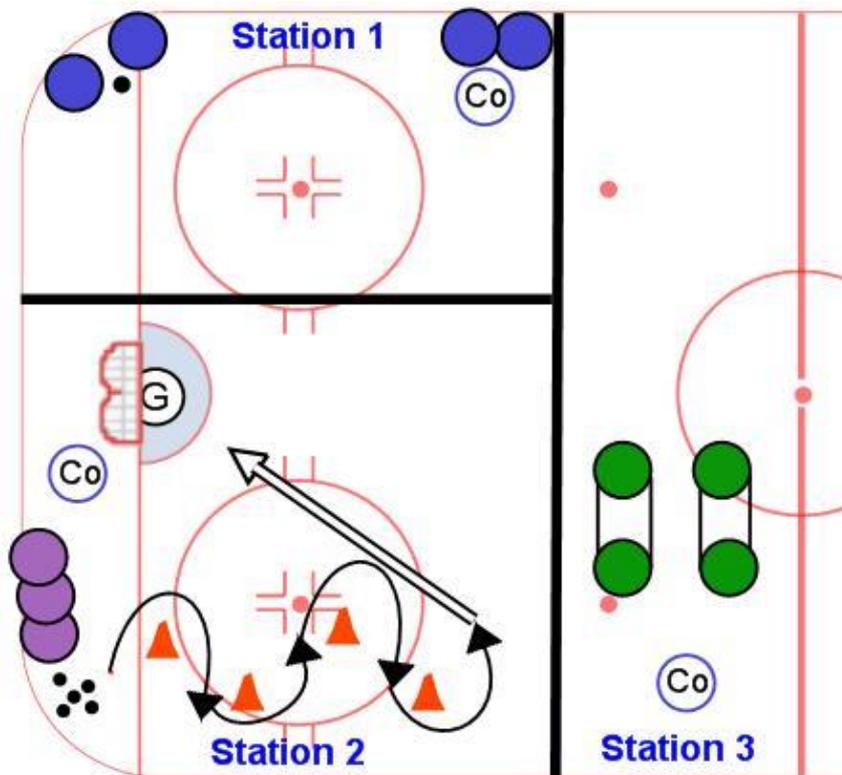


- Divide players in half
- Everyone has a puck
- Skate from pylon to pylon
- Head up, control puck
- Not a race
- Pick up speed as they improve



# Practices – ½ ice 3 stations

## 3 Stations – Ver. 1



Station 1

-1 on 1 in the corner

Station 2

- stick handling, shooting

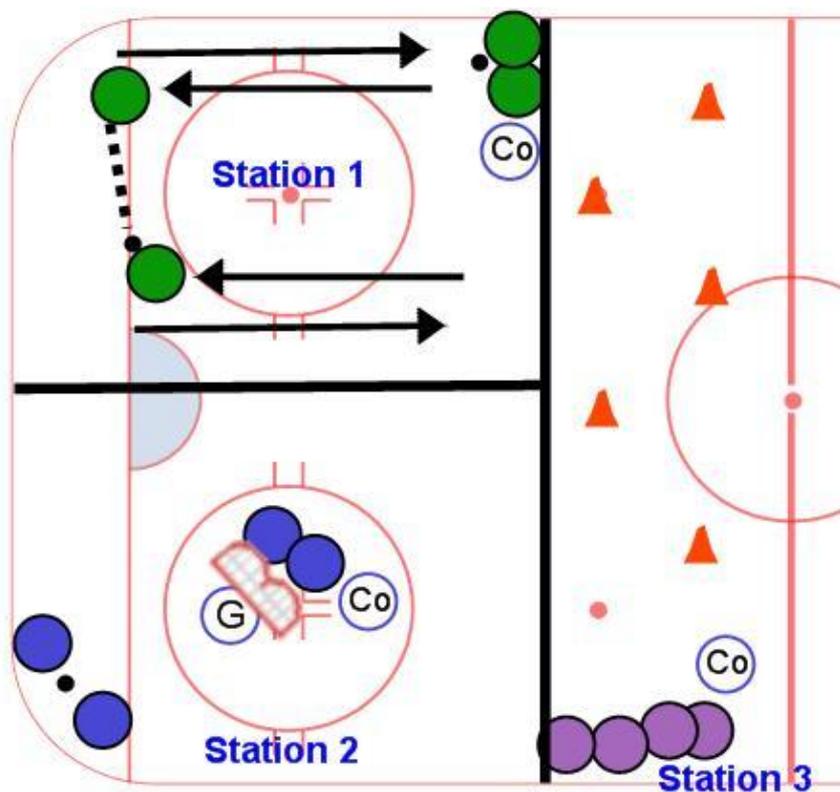
Station 3

- skating, buggy pulls  
- great for bwd skating



# Practices – ½ ice 3 stations

## 3 Stations – Ver. 2



### Station 1

- 2 man passing

### Station 2

- 1 on 1 keep away in the corner
- use body to protect puck
- try to score on whistle

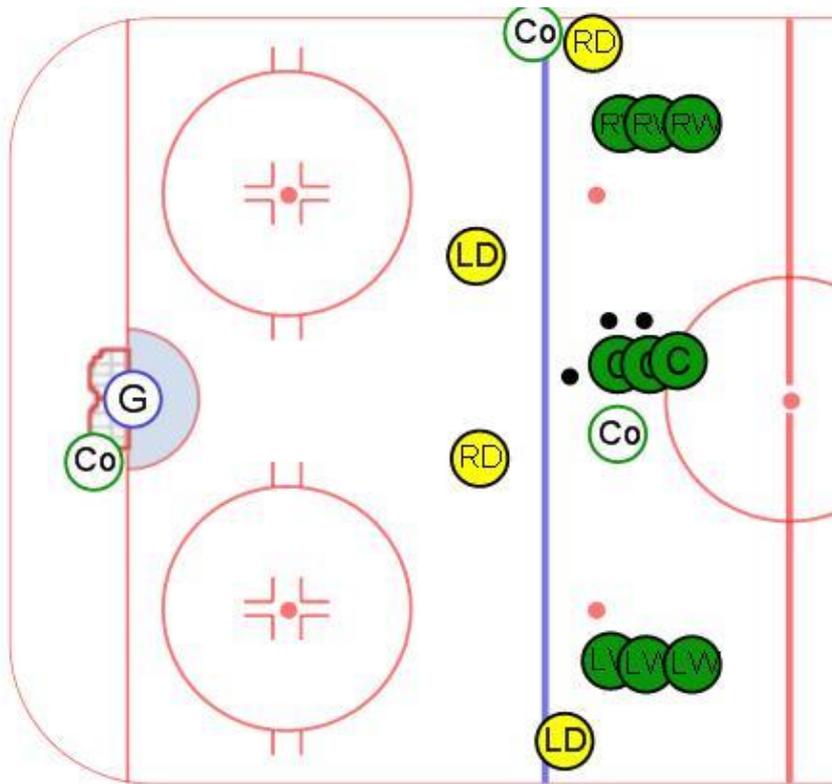
### -Station 3

- tight turns
- fwd, bwd, add pucks



# Practices – ½ ice - 3 on 2 drill

## Starting Positions

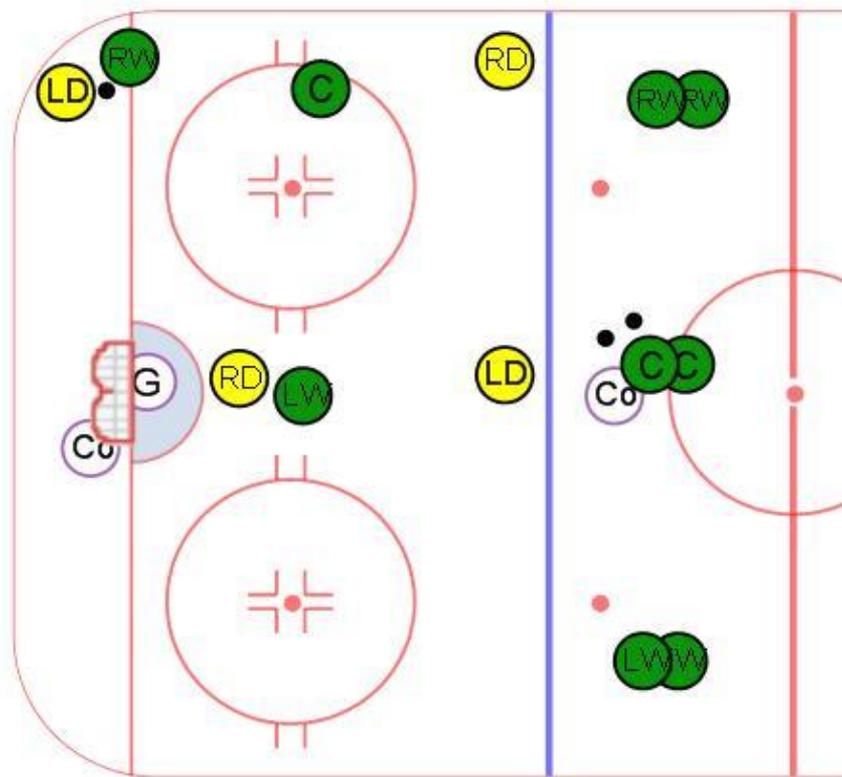


- 3 lines in neutral zone
- Defenseman on blue – line
- Coach shoots puck into corner
- Coaches teach from their spots



# Practices – ½ ice - 3 on 2 drill

## Teaching Points

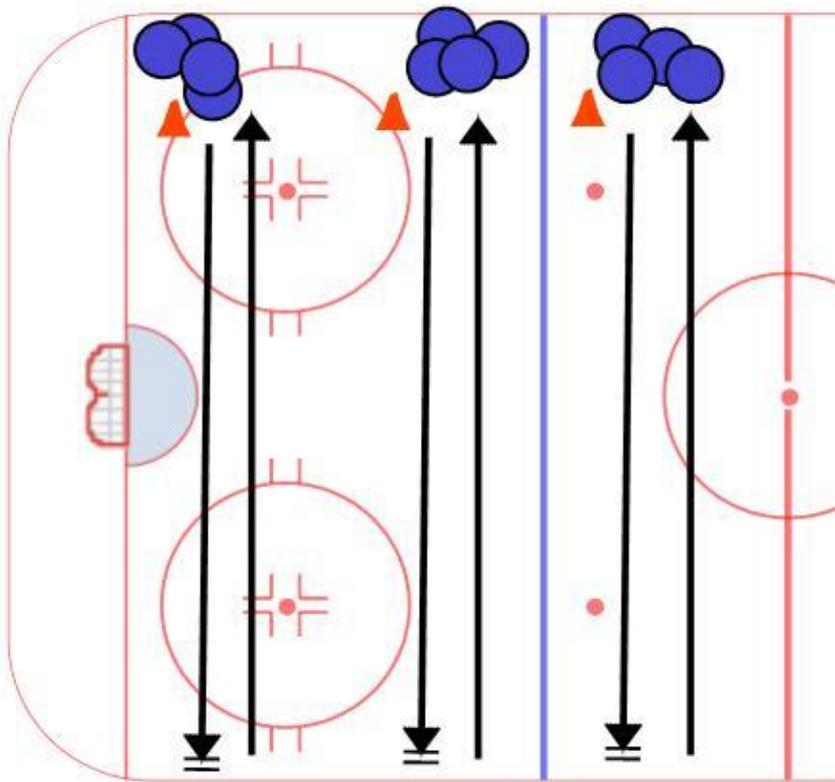


- Fwd positions in offensive zone
- Fwds pass back to D
- D positions in their own zone
- D use the boards to clear
- D on blue line – on boards, move laterally, pass across
- Drill ends when Fwds score, Goalie freezes puck, D clears zone or coach blows whistle



# Practices – ½ ice – Fun drills

## Relay Races

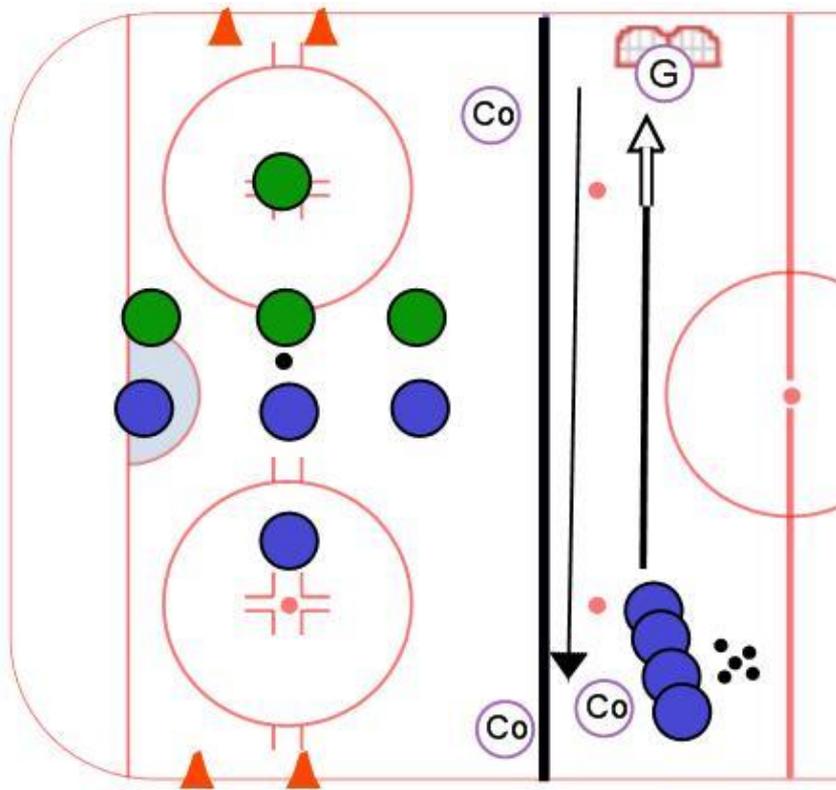


- Divide into equal skating teams
- Fwd there and back
- Fwd there, Bwd back
- Bwd there and back
- Add pucks
- add Pylons before the boards as stopping point to prevent injury



# Practices – ½ ice – Fun drills

## Scrimmage – Break Aways

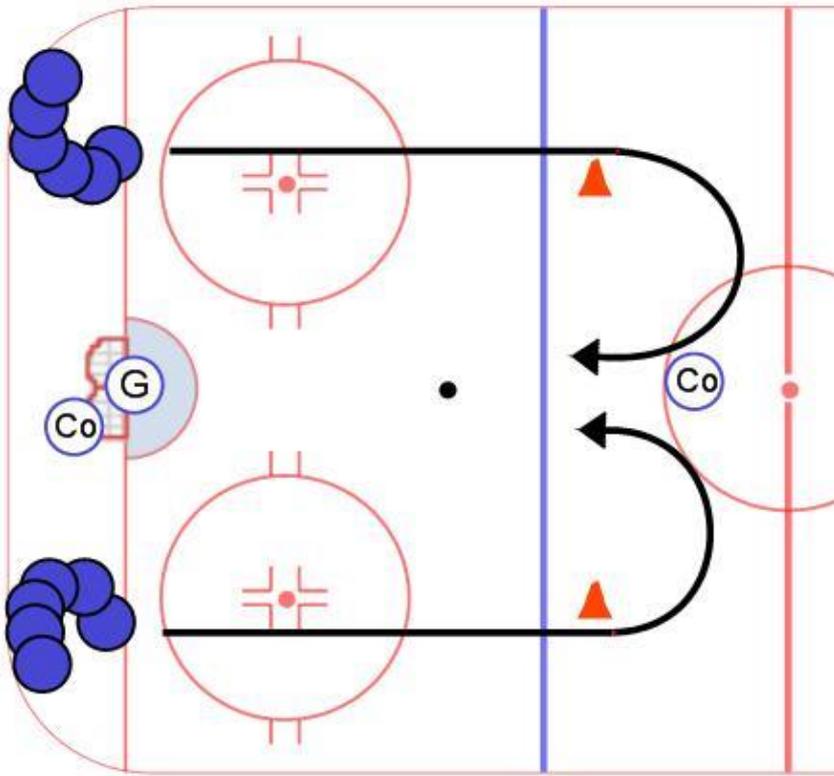


- Break away drill on goalie in between blue and red line
- Shooter gets his own rebound and skates back with it
- scrimmage (pylons for nets)
- no one can play net
- emphasize passing
- coaches on puck patrol at blue line



# Practices – ½ ice – Fun drills

## 1 on 1 Drive to the Net



- Pair kids up by skating ability
- Players take off on whistle
- First player to puck tries to score
- Trailing player tries to stop him
- Coach sets up puck for next pair



# Drill Resources

- Other Coaches
- Hockey Canada Guides -Half Ice, Novice, Atom
- [HockeyPracticeGuide.com](http://HockeyPracticeGuide.com)
- [Jes-Hockey.com](http://Jes-Hockey.com)
- [WeissTechHockey.com/blog/](http://WeissTechHockey.com/blog/)
- [DrillDraw.com](http://DrillDraw.com)

