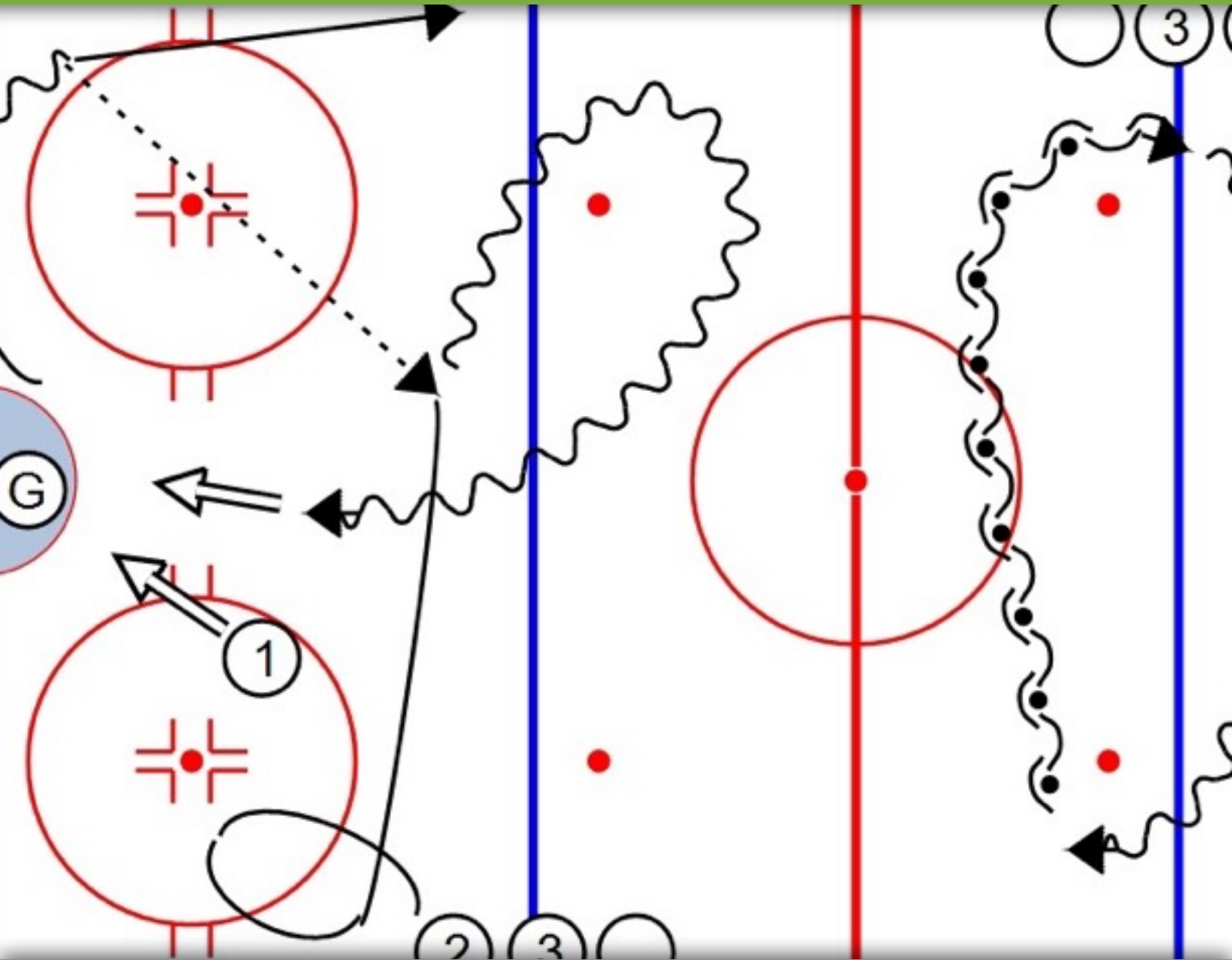


HOCKEY HALF-ICE DRILL BOOK

“Mini Drill Book for Coaches”



12 Awesome Drills for Half-Ice Practices

By Jeremy Weiss

<http://weisstechhockey.com>

HOCKEY HALF-ICE MINI DRILL BOOK

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INTRODUCTION

In 2008 I started my drills and skills blog at <http://weisstechhockey.com>. Initially, my objective was to provide a hockey resource to help local coaches plan their practices. One thing led to another, and before long I was in contact with coaches from all over the world!

Since then I've had the opportunity to rub shoulders with thousands of coaches from many different countries. Although I'm often playing the role of "teacher," I find I learn something from almost every coach I ever talk to.

I'm a firm believer in life-long learning, and my web endeavors have allowed me to glean knowledge from people who I would have never met otherwise. For this I am truly thankful.

The drills contained in this book are literally a world-wide compilation. Some are drills I picked up as a player, some are drills I've come across from books and other resources, many are drills that have been sent to me from friends, coaches, and acquaintances I've met online.

With the advent of the internet, and the capability to connect with coaches from around the world, it's an exciting time for hockey development! This book is a product of our current technological age, and I'm excited to be able to present it to you.

Enjoy!


Jeremy Weiss

PS - Please note that I like "creative" dividing of the ice in half-ice practices. Therefore, some of the drills contained herein are 2/3 ice drills. I recommend coordinating your planning with the coach of the other team. Offer to give him/her 15 minutes of 2/3 ice in exchange for you taking 15 minutes of 2/3 ice afterward. Then stay true to your word, be punctual, and both teams will benefit!

KEY TO DIAGRAMS

KEY TO DIAGRAMS:

 Player

 Opposing Player

 Pass

 Forward Skating without Puck

 Forward Skating with Puck

 Backward Skating without Puck

 Backward Skating with Puck

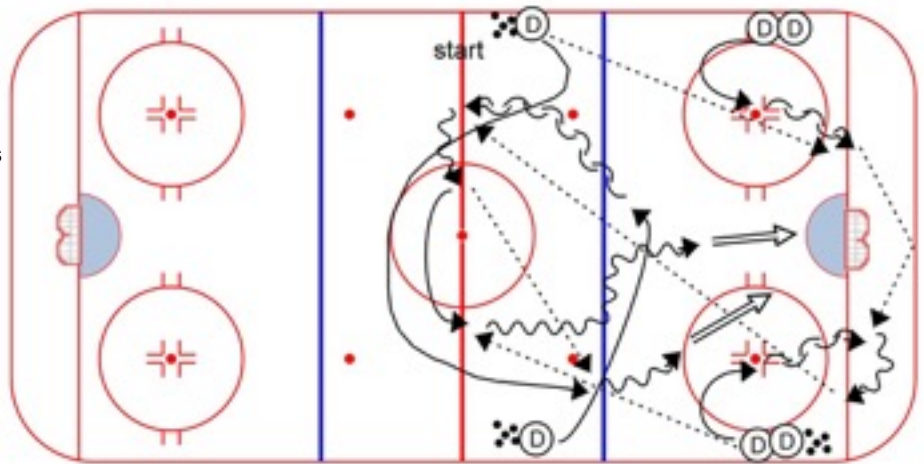
 Shot

DEFENSEMEN DRILLS

DEFENSEMEN DRILLS

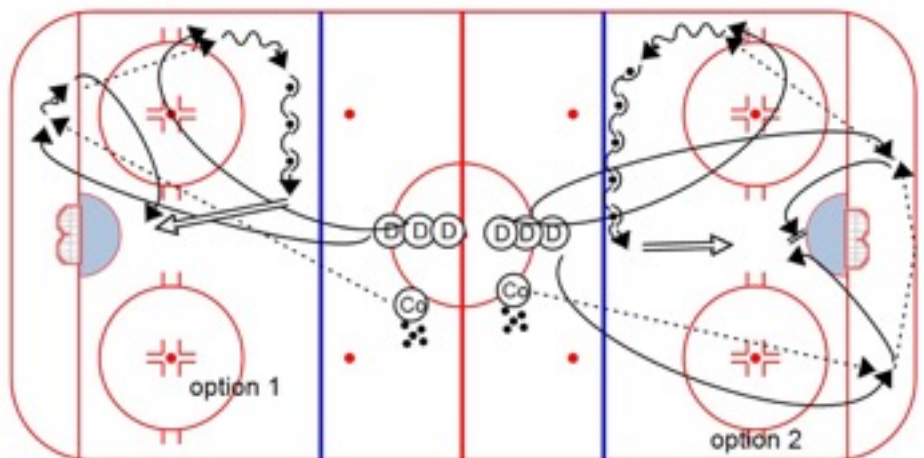
Breakout Regroup Combo:

1. NZ D makes a pass down to near-side corner D
2. Corner D initiates a D to D breakout pass, then gets back to the front of the line for his turn on the next rotation
3. D in the other corner picks up the breakout pass, and makes a stretch pass to the D backing up on the far side
4. Far-side D picks up the pass and headmans the puck to the D who started the drill, who has timed it and is breaking into the zone for a shot
5. After making the pass, the far-side D follows up the play, receives a pass from the near corner line, and takes a shot



Breakout Tip:

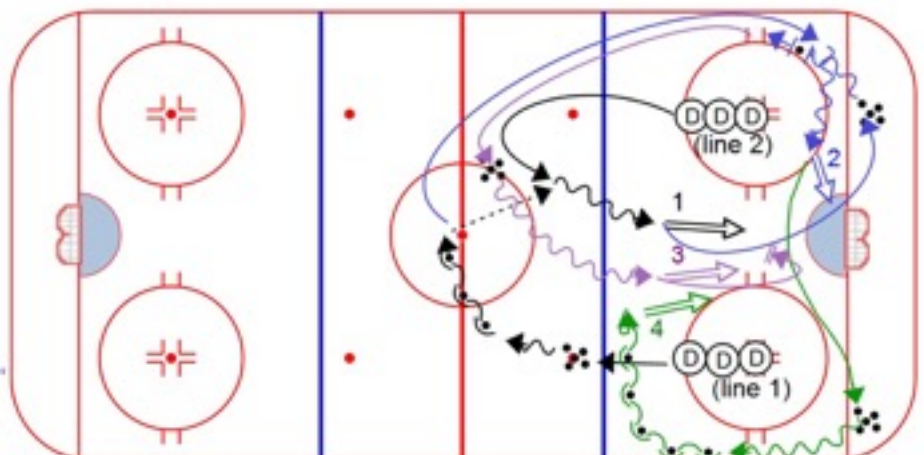
1. Coach dumps puck in to either corner.
2. First D picks it up and initiates a strong-side breakout (add option to skate behind the net for a weak-side breakout later on)
3. Second D swings open for an outlet pass along the boards, simulating a board-side breakout
4. After receiving the pass, the second D opens up along the blue line and lets a shot go at the net
5. First D gets to the net for a tip-in or a rebound



NOTE: Another option is to send the first two D deep for a D to D pass. After the breakout, both D battle in front for the tip/rebound

Swedish 4 Shot:

1. First D in line 1 picks up a puck, pivots backward, then passes to the first D from line 2, who is swinging through for a pass
2. D from line 2 shoots (shot 1), then picks up a puck from the corner
3. Both D criss cross in the corner. D from line 2 does a drop pass to the other D, who drives low for a shot (shot 2)
4. After the drop pass, D from line 2 picks up a puck in the NZ, steps over the blue line and shoots (shot 3), then stays at the net for a tip
5. After the low shot, D from line 1 picks up a puck in the corner, drag skates across the blue line, and shoots (shot 4)



PASSING DRILLS

PASSING DRILLS

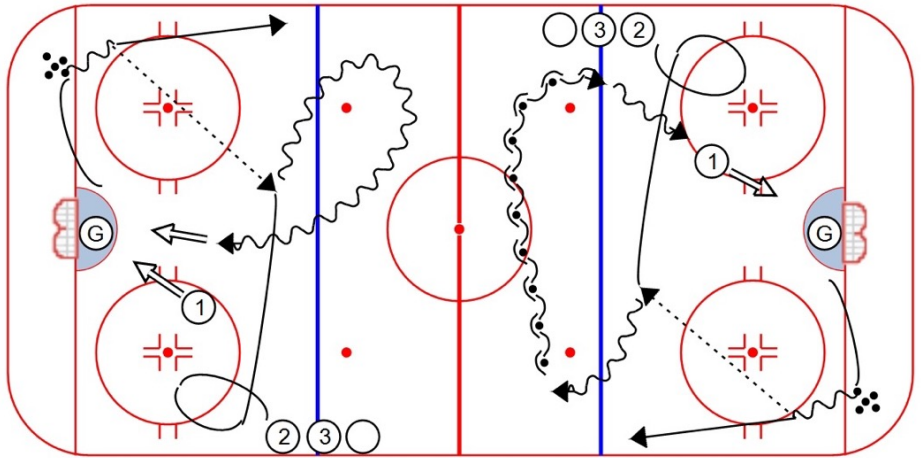
Modified 1 on 0 Quick Up Timing:

Variation 1:

1. Player 1 shoots, then swings into the corner to pick up a puck
2. Player 2 times it, then cuts across the middle to receive the pass from Player 1.
3. After the pass is made, Player 1 lines up on the other side. Player 2 shoots, then swings into the corner to make a pass to Player 3.

Variation 2:

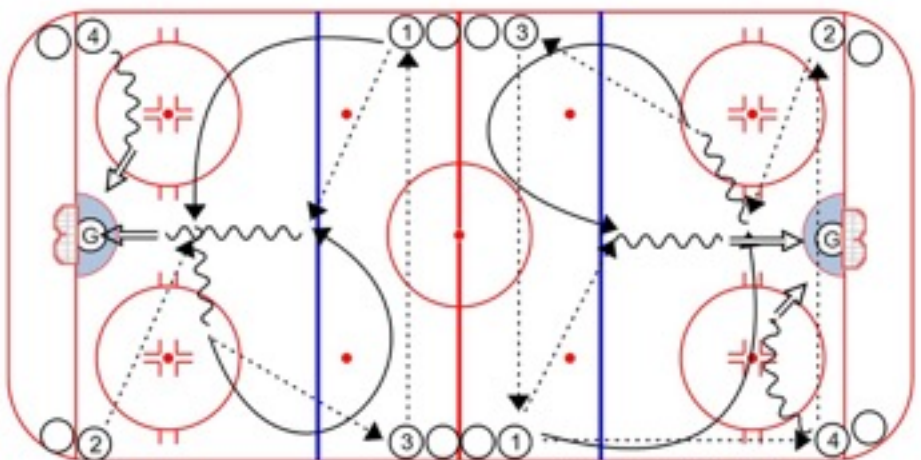
1. Same as Variation 1, but add some agility skating before the shot.



Finesse Hockey Passing Drill:

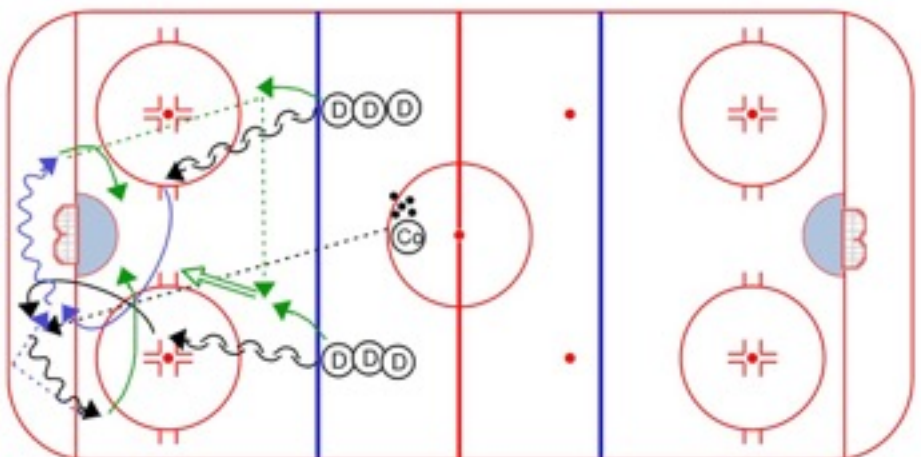
1. Player 1 skates through the slot and receives a pass from 2.
2. As 1 skates through the slot, player 4 skates out with a puck and goes to the net for a shot.
3. 1 makes a pass to 3 and continues to skate through the neutral zone.
4. 3 makes a pass to the 1 line.
5. 1 receives a pass back from the 1 line and shoots on the net.

Variation: 1 starts the drill with a pass down to 4. 4 passes across to 2, and then 4 takes a puck to the net for a shot. 2 passes to 1 in the slot.



Swedish Reverse:

1. Coach dumps puck into either corner
2. First D in each line reacts, closest one picks up the puck, the other one supports
3. Puck-carrying D turns up ice toward the boards, then executes a reverse pass to the other D
4. The other D picks up the puck, skates behind the net, and passes to the next player in line
5. Player receives the puck, and executes a D to D pass for a shot on net
6. Both low players drive the net for tips and rebounds



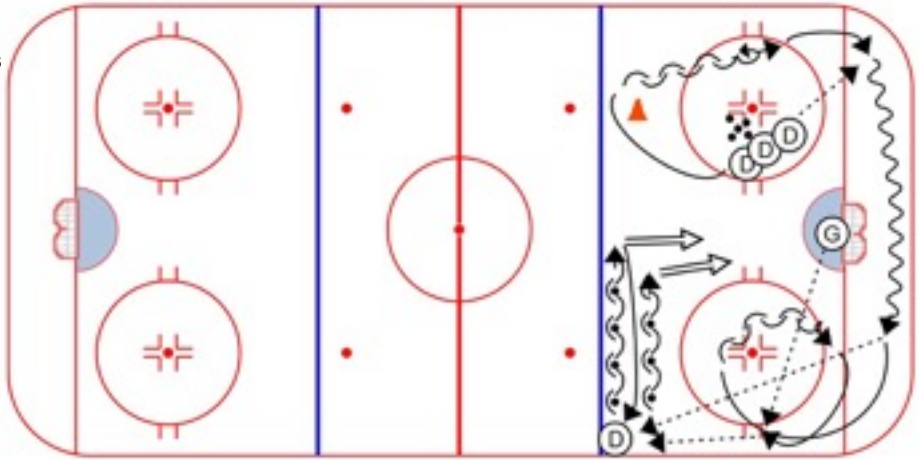
NOTE: Try pitting the two guys in front against each other. Whoever received dump in attacks, the other player defends the front

SHOOTING DRILLS

SHOOTING DRILLS

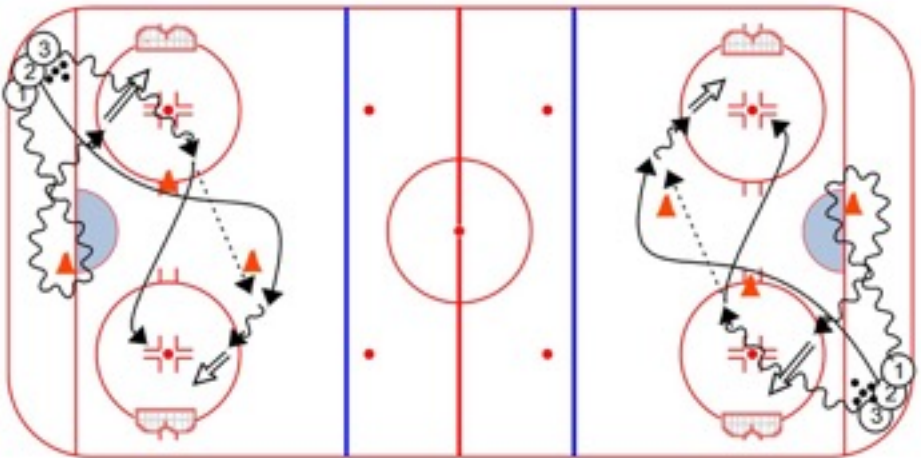
Calgary Defense Drill:

1. First defenseman in line skates up and around the cone, pivots backward, then turns and picks up dumped in puck in the corner
2. Puck-carrying defenseman skates puck behind the net, hits defenseman at blue line
3. Defenseman at blue line drag skates puck across the line, lets a shot go, then busts back to the boards
4. Goalie controls shot, and makes a breakout pass to the first defenseman, who has looped around to become a breakout option
5. After receiving breakout pass, first d-man passes up to the blue line d-man again, who drag skates across for a second shot on net, then joins line of defensemen
6. First d-man becomes blue line d-man



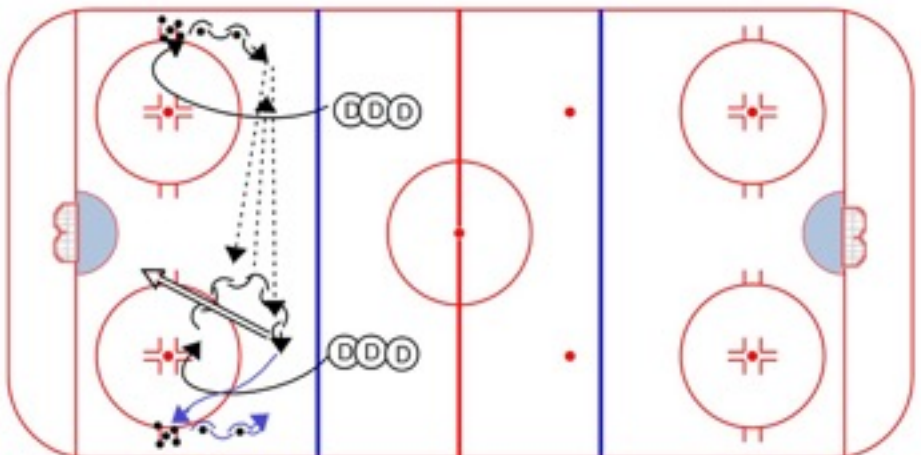
Cross-Ice 1 on 0, 2 on 0:

1. Player 1 skates around the close cone and shoots
2. Player 2 weaves, receives a pass from Player 3, and attacks 2 on 0 with Player 3



D to D Touch Pass One-Timer:

1. First D from each line leaves at the same time
2. One D goes down, picks up a puck, and skates backward toward the blue line
3. The other D loops and opens up to receive a pass
4. Puck-carrying D passes across, gets a touch pass back, then returns a touch pass for a one-time shot
5. D who just shot it loops low to pick up another puck and starts the drill going the other way with a new defenseman from the other line.
6. Drill is perpetual



SKATING DRILLS

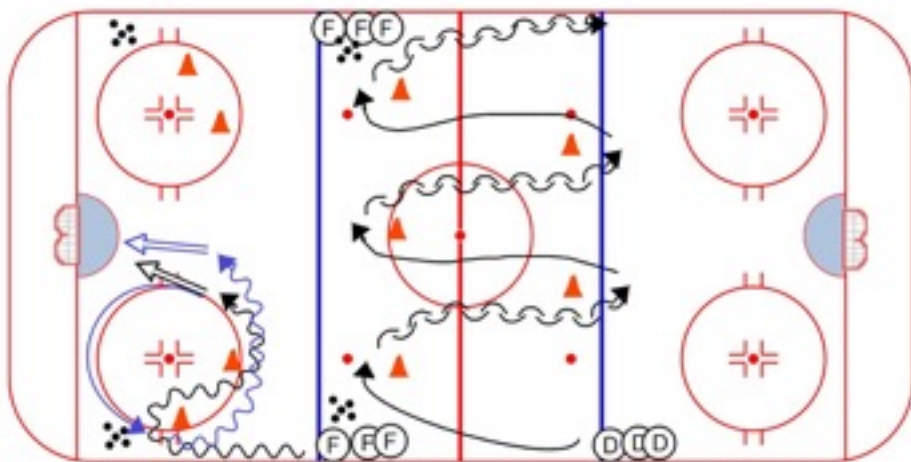
SKATING DRILLS

Fwd/Def Stations:

FORWARDS: Cut & Shoot / Circle Drive

DEFENSEMEN: Pivots w/explosive transition

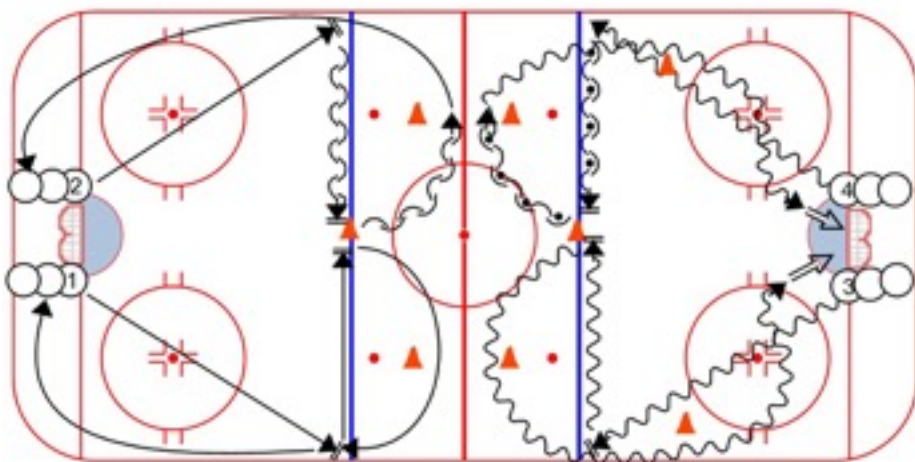
1. Start with no puck one man at a time
2. Two at a time, facing each other, maintaining tight gap (keep stick touching partner's hip)
3. One at a time w/puck
4. Two at a time, facing each other, w/pass



Half-Ice Bednar Conditioning:

1. Option 1: Skate through the pattern forward
2. Option 2: Skate through the pattern, pivoting backward as diagrammed
3. Option 3: Skate through the pattern, forward, with a puck. Add shot at the end.
4. Option 4: Skate through the pattern with a puck, pivoting backward as diagrammed. Add shot at the end.

NOTE: make sure players are alternating lines so they develop stops and starts in both directions



Spice Agility 1 on 1:

1. Defensemen and Forwards line up as shown, D have pucks
2. On whistle, D-man skates a figure 8 through the cones (with the puck)
3. Forward skates to hash mark, makes a quick stop, then explodes back to the goal line, makes a quick stop, then heads up ice for a pass
4. After skating the figure 8, the defenseman hits the forward for a pass, then gets out and closes the gap
5. Forward picks up the pass, and skates out around the cone and plays the 1 on 1

NOTE: Run the drill out of both corners to reduce "line time"

