

Puck Control



2000 Play Right
International Coaches' Conference
Vancouver, British Columbia
Delegate Drill Manual





2004 INTERNATIONAL COACHES' CONFERENCE
 HOCKEY CANADA
 Calgary, Alberta



Coach: *Del Pedrick*

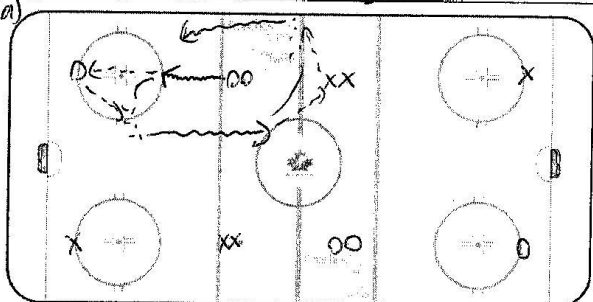
Team: *Swan Valley Stampeders*

Country: *Canada*

Drill Theme: **Puck Control**

LEGEND	⊙	Coach	~	Puck Carrying
	○ ●	Forwards	⇒	Shooting
	△ ▲	Defenders	→	Pass
	G	Goalie	↔	Drop Pass
	—	Stop	↔	Backward Skate
	X	Pylon		Lateral Movement
	⊙	Pucks	—	Defensive Pressure

Drill Name: *Globe Passing*

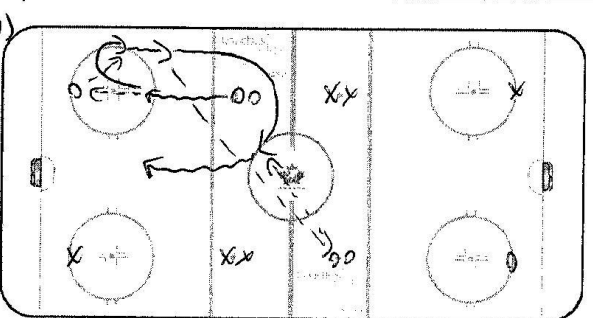


KEY TEACHING POINTS:

- High Tempo
- Tape to Tape Passes
- Open Up to Puck

DRILL DESCRIPTION:

a) inside - outside : Opposite lines go at the same time, skate with puck to top of circles, pass to player at bottom of circle. Open to the puck toward the middle and receive a return pass. Skate with puck to neutral zone and pass to back of line on same side of ice. Open to puck to outside for return pass, drive outside and shoot.



KEY TEACHING POINTS:

DRILL DESCRIPTION:

b) outside - inside : same as above.
 * cross ice pass to back of opposite side line.
 * inside drive + shot



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Coach: Rex Tucker

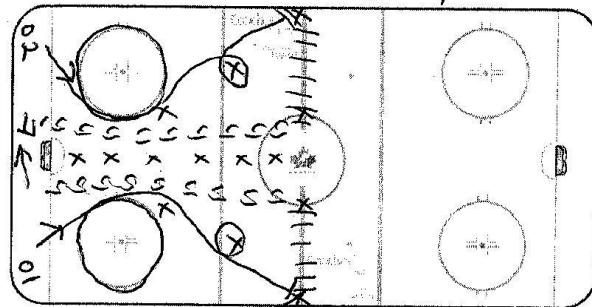
Team: Tucker Hockey

Country: CANADA

Drill Theme: Puck Control

LEGEND	⊙	Coach	~	Puck Carrying
	○ ●	Forwards	⇒	Shooting
	△ ▲	Defenders	⇄	Pass
	G	Goalie	⇄⇄	Drop Pass
	— —	Stop	~	Backward Skate
	X	Pylon		Lateral Movement
⋯	Pucks	— —	Defensive Pressure	

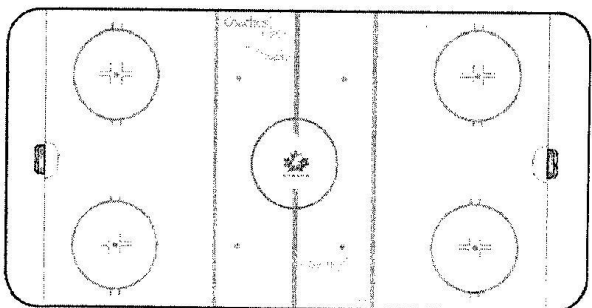
Drill Name: Skating Agility Obstacle Course - Technical Drill



- KEY TEACHING POINTS:
- Skating Skills include:
- x U-Start
 - x Forward Crossovers "Proper Technique"
 - x Tight turns
 - x 2 foot forward stop
 - x Lateral crossovers "Speed"
 - x backward C-cuts
 - x backward crossovers
 - x backward 2 foot stop

DRILL DESCRIPTION:

x This skating agility drill allows a player to improve his/her fundamentals of skating (working on 8 different skating skills within the one drill).
 Note: Have players switch sides to practice both ways
 *Progression with Pucks



- KEY TEACHING POINTS:
-
-
-
-
-
-

DRILL DESCRIPTION:



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Coach: Brett Cox

Team: Olds Grizzlies - AJHL / Team Pacific 2000

Country: Canada

DRILL THEME: **PUCK CONTROL**

LEGEND

⊙	Coach	~>	Puck Carrying
○	Forwards	⇒	Shooting
△	Defenders	→	Pass
G	Goalie	→	Drop Pass
	Stop	~>	Backward Skates
X	Pylon		Lateral Movement
⊛	Pucks	—	Defensive Pressure

○ OFFENSIVE ○ DEFENSIVE

DRILL NAME: Golden Bear Agility Puckhandling

KEY TEACHING POINTS:

- * Head on a swivel
- * Look for "open" ice, create it
- * Try to keep your head up
- * Creative skating

DRILL DESCRIPTION:

X, from each line skates with a puck into the NZ area and skates between his or her $\frac{1}{2}$ of the NZ. The players are encouraged to vary their skating; fwd, bkwd, pivots!! On the whistle, players skate through and finish with 3 shots for goaltenders.

ADDITIONAL TEACHING POINTS:

Variation:

- ① Players can pass to themselves off the boards.
- ② Pass (Give + Go) with the Coach
- ③ A puck exchange with the other players!

PROGRESSION / OPTIONS:



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Coach: GERRY BORDEN

Team: KAMLOOPS - ATOM

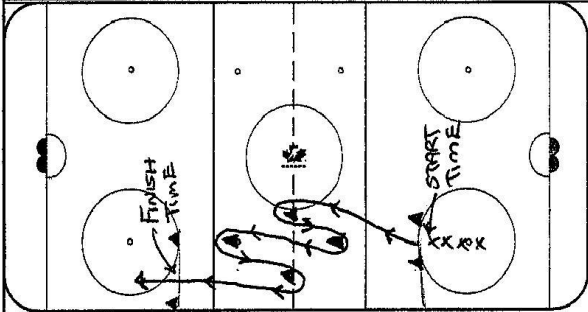
Country: BC, CANADA

DRILL THEME: PUCK CONTROL

LEGEND	⊙	Coach	→	Puck Carrying
	○	Forwards	→	Shooting
	△	Defenders	→	Pass
	G	Goalie	→	Drop Pass
	—	Stop	→	Backward Skata
	X	Pylon		Lateral Movement
⊗	Pucks	—	Defensive Pressure	

○ OFFENSIVE ○ DEFENSIVE

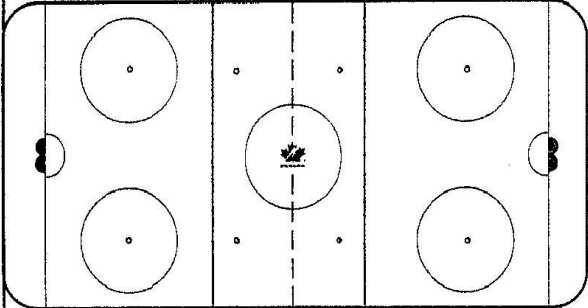
DRILL NAME:



KEY TEACHING POINTS:
USE THIS TIMING DRILL SEVERAL TIMES THROUGHOUT THE YEAR.
RECORD THE INDIVIDUAL PLAYER TIMES AS WELL AS A TEAM AVERAGE.
USED TO JUDGE SKILL DEVELOPMENT AND PLAYER IMPROVEMENT.

DRILL DESCRIPTION:
PUCK CONTROL - TIMING DRILL.

PLAYER STARTS ON WHISTLE - STICKHANDLES THROUGH THE COURSE & DRIVES TO FINISH FOR TIME OUT!
* USE BOTH SIDES OF THE ICE
* ALLOW 15 MINUTES TO COMPLETE



ADDITIONAL TEACHING POINTS:
* IT'S IMPORTANT THAT YOU RECORD THE EXACT CONE PLACEMENT - TO ENSURE TRUE TIMING COMPARISONS!

PROGRESSION / OPTIONS:



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Coach: **GRAHAM ACRES**

Team:

Country: **CANADA**

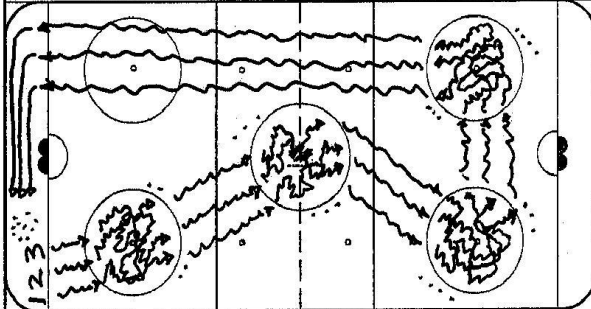
DRILL THEME: **PUCK CONTROL**

LEGEND

⊙	Coach	~	Puck Carrying
○	Forwards	→	Shooting
△	Defenders	⇄	Pass
G	Goalie	⇄	Drop Pass
—	Stop	~	Backward Skate
X	Pylon		Lateral Movement
⊗	Pucks	—	Defensive Pressure

○ OFFENSIVE ○ DEFENSIVE

DRILL NAME: **CIRCLE CHAOS**

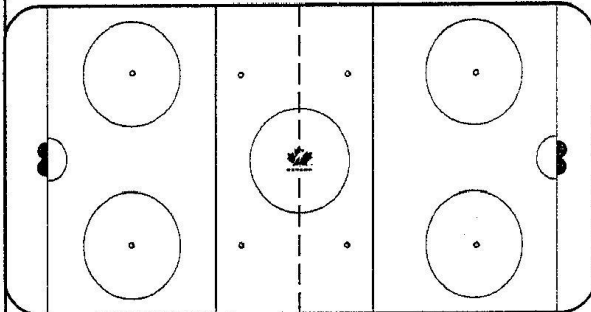


KEY TEACHING POINTS:

- USE GOOD STICKHANDLING POSTURE
- HEAD UP
- CHANGE DIRECTION INSIDE CIRCLE FREQUENTLY - KEEP SKATING
- PLAYERS SHOULD CHALLENGE EACH OTHER

DRILL DESCRIPTION:

1. ON FIRST WHISTLE, 1, 2 & 3 DASH TO NEAREST CIRCLE AND STICKHANDLE ANYWHERE WITHIN THE LINES. DO NOT SKATE IN CIRCULAR MOTION.
2. ON NEXT WHISTLE FIRST SET OF PLAYERS SPRINT TO 2ND CIRCLE AND THREE NEW PLAYERS GO TO FIRST CIRCLE



ADDITIONAL TEACHING POINTS:

- EVERYONE STARTS WITH A PUCK
- KEEP EXTRA PUCKS AROUND EACH CIRCLE
- REPS RANGE FROM 10 SEC TO 30 SEC BASED ON AGE/SKILL LEVEL.

PROGRESSION / OPTIONS:



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Coach: *Paul Strop*

Team: *Dutch National Team (Dordrecht)*

Country: *The Netherlands*

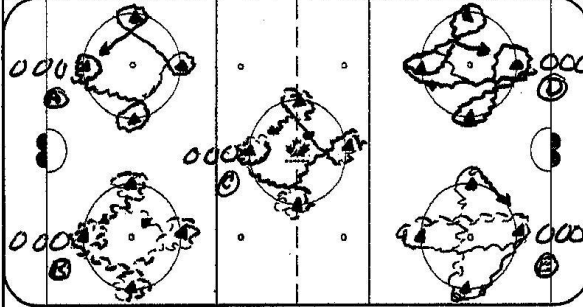
DRILL THEME: **PUCK CONTROL**

LEGEND

⊙	Coach	→	Puck Carrying
○	Forwards	⇨	Shooting
△	Defenders	⇦	Pass
G	Goalie	⇩	Drop Pass
—	Stop	⇧	Backward Skate
X	Pylon	~	Lateral Movement
⊗	Pucks		Defensive Pressure

⊗ OFFENSIVE ○ DEFENSIVE

DRILL NAME: *Double circle drill.*

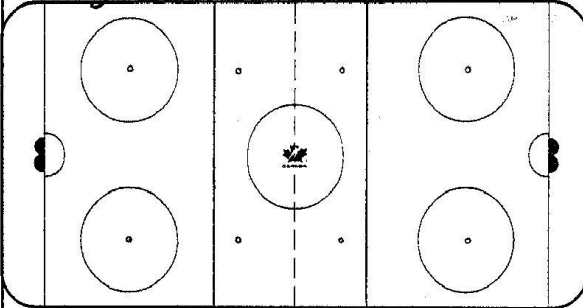


KEY TEACHING POINTS:

*Forward puck control.
Backward puck control.
Pivoting puck control.*

** keeping head up / split vision.
hand eye coordination.
Keep your feet moving.
Elbows free from body.*

- DRILL DESCRIPTION:
- Ⓐ Turning at pylons Forwards with/without puck.
 - Ⓑ Turning at pylons Backwards with/without puck.
 - Ⓒ Pivoting at pylons Forward to Backwards with/without puck.
 - Ⓓ Pivoting at pylons Backward to Forward with/with out puck
 - Ⓔ Figure eight around pylon Forward Skating.



ADDITIONAL TEACHING POINTS:

PROGRESSION / OPTIONS:

Coaches'



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Coach: **GIORD WHITAKER**

Team: **SEATTLE IRONMEN**

Country: **U.S.A.**

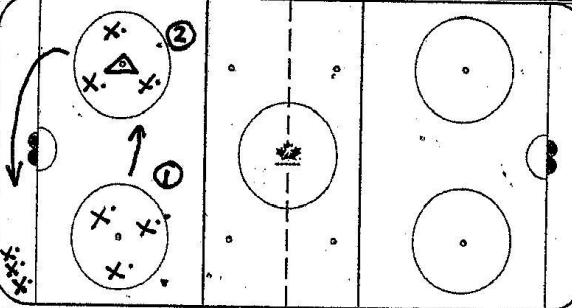
DRILL THEME: **PUCK CONTROL**

LEGEND

⊙	Coach	~	Puck Carrying
○	Forwards	→	Shooting
△	Defenders	⇄	Pass
G	Goalie	↔	Drop Pass
—	Stop	↔	Backward Skate
X	Pylon		Lateral Movement
✱	Pucks	—	Defensive Pressure

OFFENSIVE DEFENSIVE

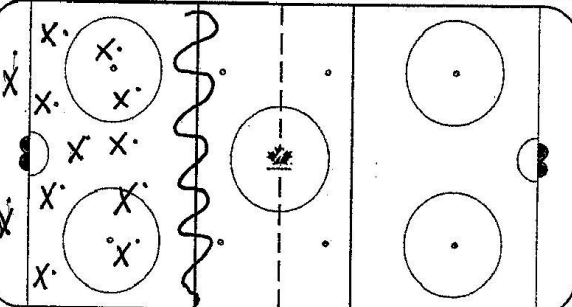
DRILL NAME: **3 MAN CHAOS**



KEY TEACHING POINTS:
EVERY PLAYER HAS A PUCK.
ON THE WHISTLE, THE PLAYERS IN CIRCLES 1 + 2 SKATE TOWARD AND PIVOT INSIDE THE CIRCLES PROTECTING THE PUCK. AFTER 10-15 SECONDS, PLAYERS IN CIRCLE 1 PROGRESS TO CIRCLE 2. CIRCLE 2 GOES TO REST AND 3 NEW PLAYERS ENTER CIRCLE 1. IN CIRCLE 2, INTRODUCE A CHECKER FOR RESISTANCE.

DRILL DESCRIPTION:

DRILL NAME - **PUCK CONTROL FOXCHECK GAME**



ADDITIONAL TEACHING POINTS:
ALL PLAYERS HAVE A PUCK.
WORK FROM THE BLUE LINE IN. (CREATE A ZONE BASED ON NUMBER + ABILITY OF PLAYERS)
ON THE WHISTLE, PLAYERS SKATE IN THE DEFINED ZONE PROTECTING THEIR PUCK, WHILE TRYING TO FOXCHECK AWAY THE PUCKS OF THE OTHER SKATERS.

PROGRESSION / OPTIONS:



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Coach: **ROB JOHNSON**

Team: **N. DELTA TYKE DIV.**

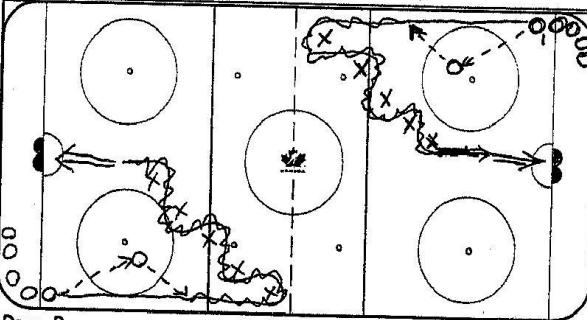
Country: **CANADA**

DRILL THEME: **PUCK CONTROL**

LEGEND	⊙	Coach	~>	Puck Carrying
	○	Forwards	→	Shooting
	△	Defenders	→	Pass
	G	Goalie	→	Drop Pass
	—	Stop	~>	Backward Skate
	X	Pylon		Lateral Movement
	⊙	Pucks	—	Defensive Pressure

OFFENSIVE DEFENSIVE

DRILL NAME: **GIVE + GO**

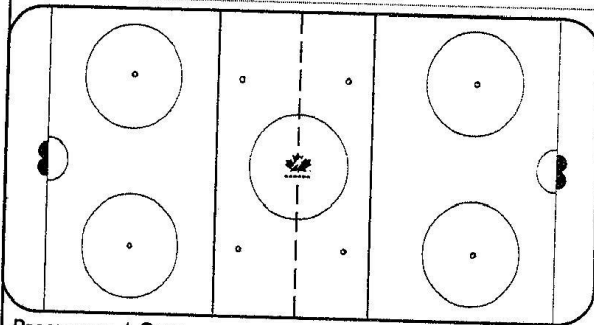


KEY TEACHING POINTS:
ENSURE PASSES ARE HARD, AND PLAYERS ARE SKATING HARD WITH HEADS UP.

OPTION: MOVE CONES CLOSER TO ADD TIGHTER TURNS.

DRILL DESCRIPTION:

PLAYER 1 MAKES HARD PASS, THEN SKATES HARD, WITH HEAD UP TO RECEIVE PASS BACK. HE/SHE THEN CARRIES PUCK THROUGH SERIES OF CONES AND HAS A SHOT ON NET.



ADDITIONAL TEACHING POINTS:

PROGRESSION / OPTIONS:



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Coach: AARON HILLS

Team: NAT OOKS - ACAC

Country: CANADA

DRILL THEME: PUCK CONTROL

LEGEND

⊙	Coach	→	Puck Carrying
○	Forwards	→	Shooting
△	Defenders	→	Pass
G	Goalie	→	Drop Pass
—	Stop	→	Backward Skate
X	Pylon	→	Lateral Movement
⊗	Pucks	→	Defensive Pressure

○ OFFENSIVE ○ DEFENSIVE

DRILL NAME: Zone Chaos

KEY TEACHING POINTS:

- Stickhandling in traffic and finding open ice to skate in.
- Creativity and experimentation.
- Depending on skill level, try to keep a high tempo.
- If player loses their puck, make sure they stop and get it.

DRILL DESCRIPTION:
Divide team into two groups. All players start in Zone 1 skating with a puck. On first whistle group 1 stops and group 2 continues skating with puck. Encourage players to be creative and put puck through the legs of or under the sticks of group 1 players who are standing still. On second whistle, group 1 skates and group 2 stands. On third whistle, entire team jumps to next zone.

ADDITIONAL TEACHING POINTS:

PROGRESSION / OPTIONS:

- Make zones smaller to work on stickhandling in tight places.
- Give players the option of ~~skating~~ passing to players standing still to work on communication and eye contact.



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Coach: *JOHAN HELMUN*

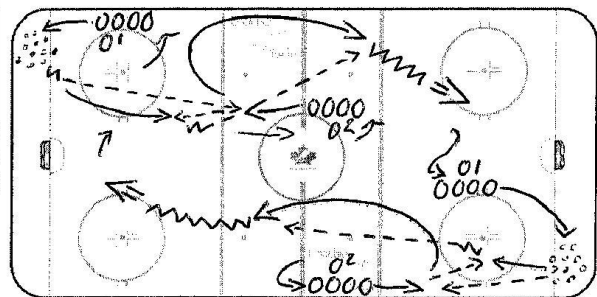
Team: *LINKÖPING HC*

Country: *SWEDEN*

Drill Theme: **Puck Control**

LEGEND	⊙	Coach	~~~~~	Puck Carrying
	○ ●	Forwards	⇒	Shooting
	△ ▲	Defenders	→	Pass
	G	Goalie	⇄	Drop Pass
	—	Stop	⇄	Backward Skate
	X	Pylon		Lateral Movement
	⋯	Pucks	—	Defensive Pressure

Drill Name: *WHATEVER YOU LIKE*



- KEY TEACHING POINTS:
- * FAST TO PUCK
 - * SPLIT VISION - EYE CONTACT
 - * PASS WITHOUT PUCK TRANSPORT
 - * RECEIVE AND PASS BACK
 - * GO FOR THE NET
- USE LONG FIRST PASS ✓

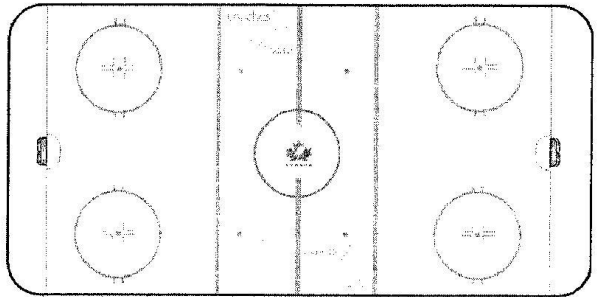
DRILL DESCRIPTION:

O¹ PICKS UP THE PUCK IN CORNER - FAST PASS TO O², NO TRANSPORTATION

O² PASSES BACK AND SKATE THROUGH MID ICE - EYE CONTACT

O¹ MAKES THE FINAL PASS TO O² - O² GO FOR THE NET

→ USE FORHAND/BACKHAND



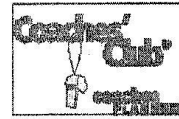
- KEY TEACHING POINTS:
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DRILL DESCRIPTION:



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Coach: Mike MyParland

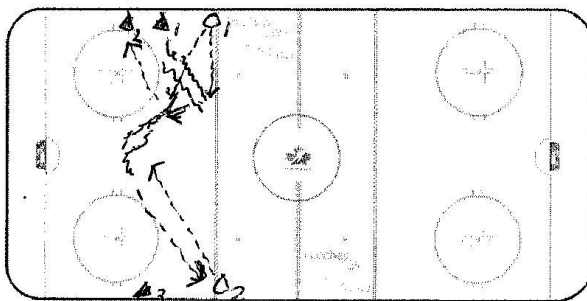
Team: Kassel Huskies

Country: Germany

Drill Theme: Puck Control-Transition

LEGEND	⊙	Coach	~~~~~	Puck Carrying
	○ ●	Forwards	→	Shooting
	△ ▲	Defenders	→→	Pass
	G	Goalie	→→	Drop Pass
		Stop	~~~~~	Backward Skate
	X	Pylon		Lateral Movement
	⋯	Pucks	—	Defensive Pressure

Drill Name:

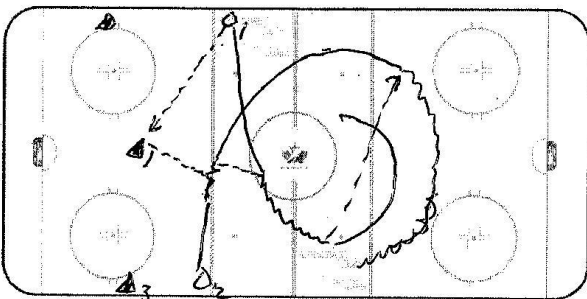


KEY TEACHING POINTS:

- Jump to position
- Quick hard passing
- Good foot movement

DRILL DESCRIPTION:

- ① D1 jumps to middle receives pass from O1 for shot
- ② O1 passes a 2nd puck to O2, after the shot D1 passes right away to O2
- ③ O2 passes a 3rd puck to D1, who returns the pass to O2



KEY TEACHING POINTS:

- Good passes - quick passes
- Good timing
- D1 always moving his head
- Communicate for puck
- attack with speed

DRILL DESCRIPTION:

- ④ O1 passes a 4th time to D1 → D1 moves it right away to O2 who has started off boards across blue line O2 touches it to O1 - both O1 and O2 regroup in middle and have a transition attack 2 on 1 against D1. → other end starts right after.



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Coach: SEIGO HANYU

Team: JAPAN NATIONAL TEAM

Country: JAPAN.

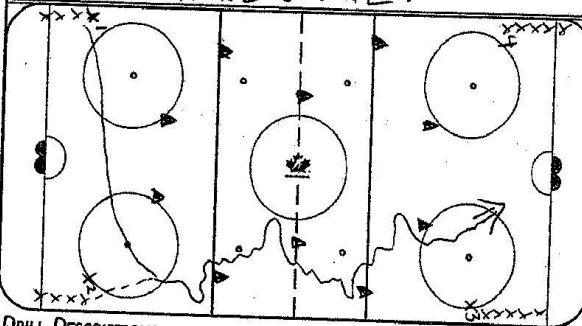
DRILL THEME: **PUCK CONTROL**

LEGEND	⊙	Coach	~>	Puck Carrying
	○	Forwards	→	Shooting
	△	Defenders	→	Pass
	G	Goalie	→	Drop Pass
	—	Stop	~>	Backward Skate
	X	Pylon		Lateral Movement
	⊗	Pucks	—	Defensive Pressure

OFFENSIVE

DEFENSIVE

DRILL NAME: INSIDE OUTSIDE



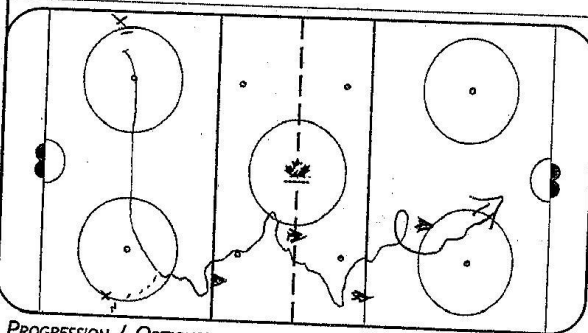
KEY TEACHING POINTS:

KEEP HEAD UP, FEET MOVING
USE INSIDE OUT, OUT SIDE IN FAKES

DRILL DESCRIPTION:

X1 SKATES ACROSS VE, GETS PASS FROM X2 AND STICK HANDLES THROUGH PYLONS.
USING INSIDE OUT, OUTSIDE IN FAKES (HEAD, SHOULDER, STICK)

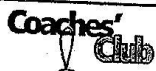
X1 + X3 START TOGETHER, THEN X2 + X4 START



ADDITIONAL TEACHING POINTS:

PROGRESSION / OPTIONS:

ON LAST PYLON USE SPIKE MOVE THEN SHOOT



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