

Forward Drills

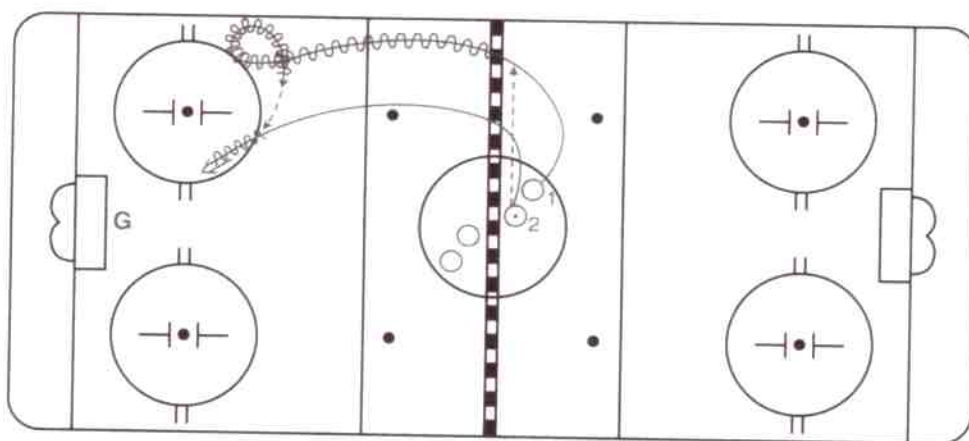
This chapter includes drills that are designed specifically for forwards to work on skating, puck handling, shooting, and defensive play. Skating maneuvers such as change of pace, quick starts and stops, and tight turns, as well as all stickhandling and passing skills, including cycling and shooting with quick release and one timers should be included for the development of forward skills. Most of the drills included in other chapters develop these skills for all players. The drills in this chapter, however, are specifically for forwards. Checking drills, which forwards also need to develop, are included in chapter 9.

The drills in this chapter should be performed at game intensity to simulate game situations. The coach should watch that skills are performed using the proper technique and can stop the drill to correct players, or he can instruct players after the drill is complete. Goalies should also be used when the drill requires a shot be taken to simulate game situations and to help forwards work on skills such as shot placement and deking.

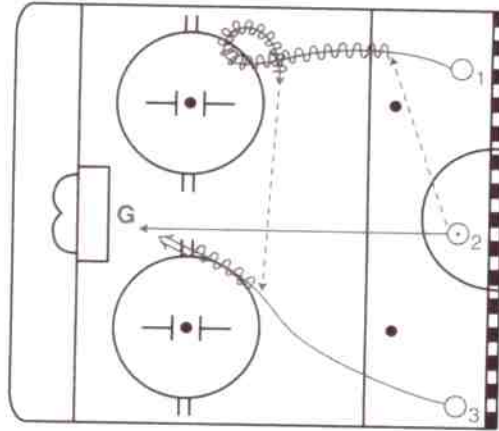
1. Forward 1 skates out of the center circle.
2. Forward 2 starts with the puck and passes to forward 1.
3. Forward 1 skates over the blue line and does a curl at the top of the face-off circle.
4. After passing to forward 1, forward 2 delays and then skates over the blue line.
5. Forward 1 passes to offensive forward 2.
6. Forward 2 shoots.
7. This drill can be done in both directions from the center circle.

Variation

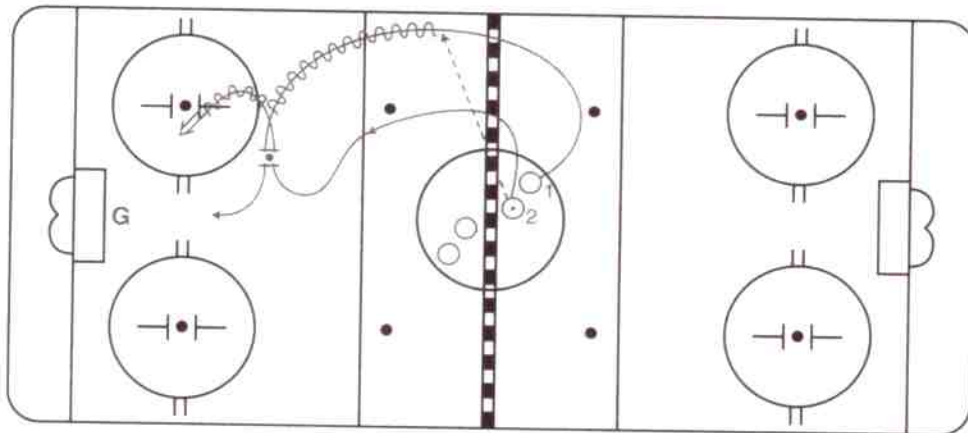
The curl is done lower at the hash marks of the face-off circle or near the goal line.



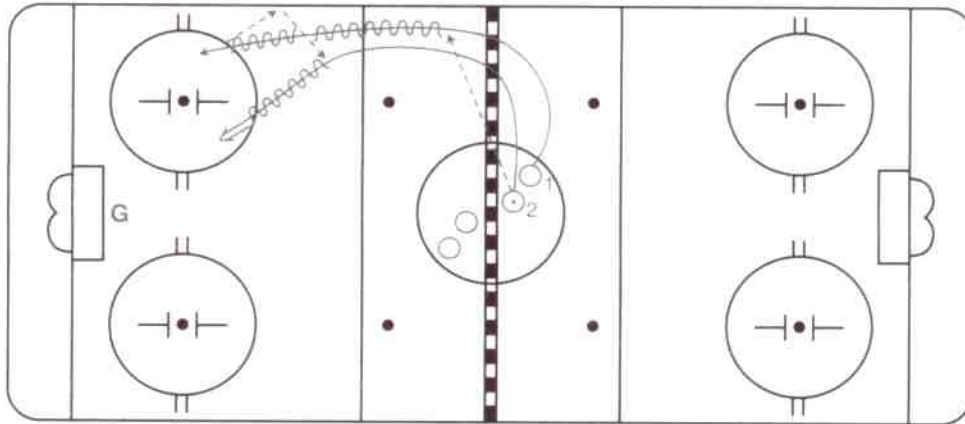
1. Forward 2 starts with the puck and passes to forward 1.
2. Forward 2 goes to the net.
3. Forward 1 skates over the blue line with the puck and curls toward the boards.
4. Forward 3 delays, then skates over the blue line.
5. Forward 1 passes to forward 3.
6. Forward 3 skates in and shoots.
7. The drill is done in both directions.
8. The players rotate and change lines for the next sequence of the drill.



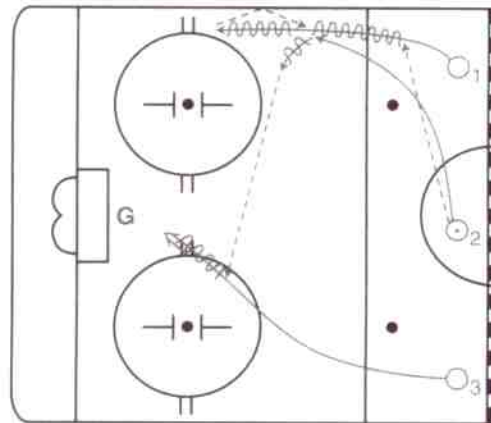
1. Forward 1 skates out of the center circle.
2. Forward 2 starts with the puck and passes to forward 1.
3. Forward 1 skates over the blue line and cuts to the middle of the ice.
4. Forward 2 delays, then skates over the blue line.
5. Forward 1 drop passes to forward 2.
6. Forward 2 cuts to the outside and shoots.
7. This drill is done in both directions from the center circle.



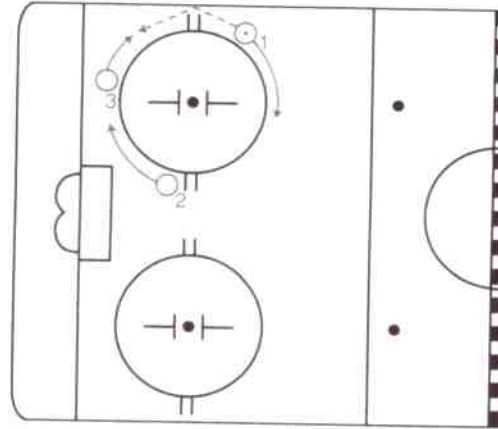
1. Forward 1 skates out of the center circle.
2. Forward 2 passes to forward 1.
3. Forward 1 skates over the blue line near the boards.
4. Forward 2 delays, then skates over the blue line behind forward 1.
5. Forward 1 passes the puck backward off the boards to forward 2.
6. Forward 2 skates in with the puck and shoots.
7. This drill is done in both directions from the center circle.



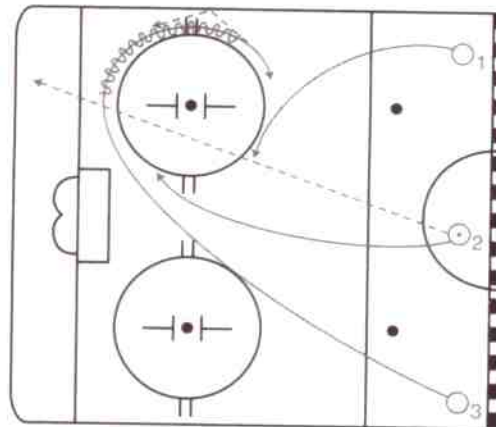
1. Forward 2 starts with the puck and passes to forward 1.
2. Forward 1 skates over the blue line and passes the puck backward off the boards to forward 2, who has followed forward 1 over the blue line.
3. Forward 3 delays and then skates over the blue line.
4. Forward 2 passes to forward 3.
5. Forward 3 shoots.
6. The drill is done in both directions.
7. Players rotate and change lines for the next sequence of the drill.



1. Forwards 1, 2, and 3 skate clockwise around the face-off circle and pass the puck back off the boards three times.
2. After the third pass, the player with the puck shoots.



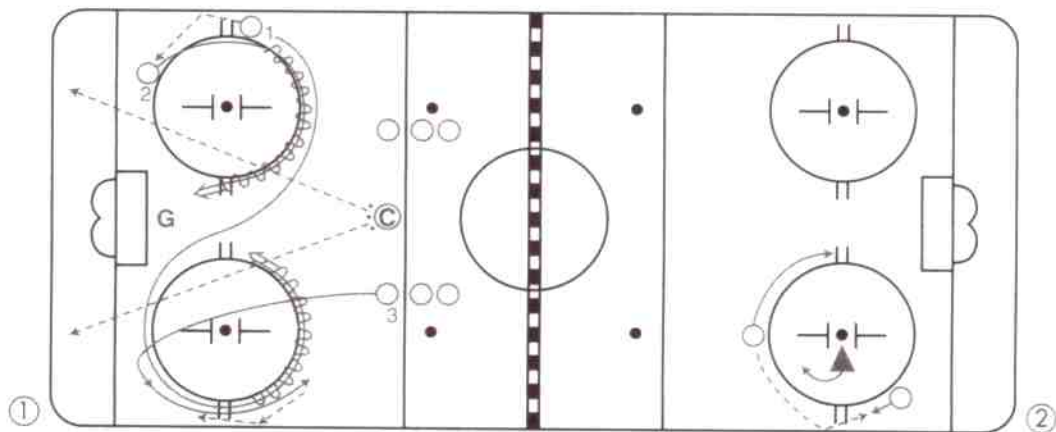
1. Forward 2 starts with the puck and shoots it into the corner.
2. Forwards 1, 2, and 3 skate clockwise around the face-off circle, with the first player to the corner getting the puck.
3. Forwards 1, 2, and 3 cycle around the circle and make board passes back to the player behind them.
4. After three passes, the player with the puck shoots.
5. The puck is shot into the opposite corner to start the drill each time so the cycle can be done around both face-off circles.
6. The drill is done in both directions.



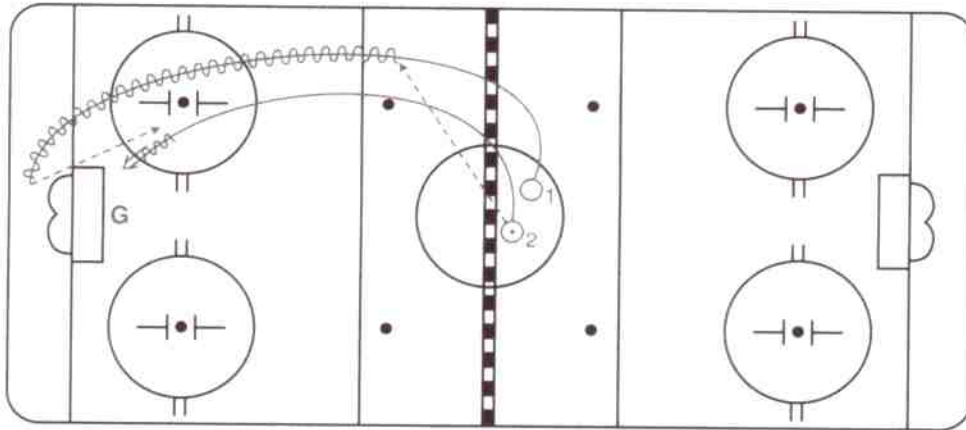
1. The coach shoots the puck into the corner to start the play (see figure 1).
2. Forward 1 and forward 2 skate clockwise around the face-off circle.
3. After two backward board passes, forward 2 shoots.
4. Forward 1 goes to the opposite face-off circle.
5. The coach shoots another puck into that corner.
6. Forward 3 joins forward 1, and they skate counter-clockwise around the circle.
7. After two backward board passes, forward 1 shoots.
8. The drill is continuous, with the player who does not shoot going to the opposite face-off circle, cycling, and then shooting.

Variation

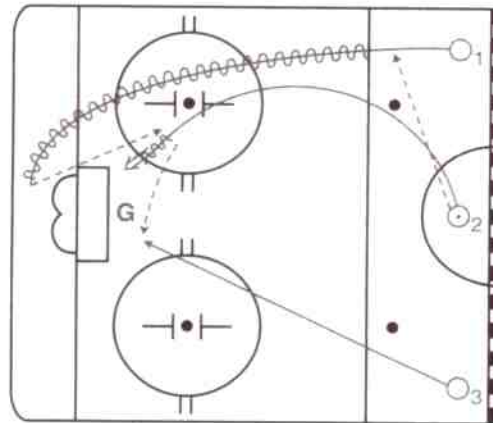
A defenseman is added at both face-off circles to give resistance during the cycle, making it 2v1 (see figure 2).



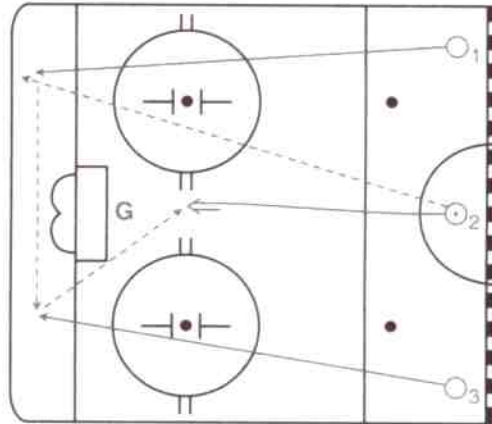
1. Forward 1 skates out of the center circle.
2. Forward 2 starts with the puck and passes to forward 1.
3. Forward 2 delays, then skates behind forward 1.
4. Forward 1 starts to skate behind the net.
5. Forward 1 passes the puck back on the same side to forward 2.
6. Forward 2 shoots.
7. This drill is done in both directions from the center circle.



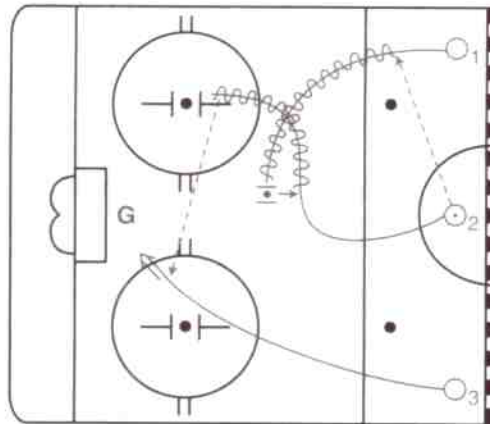
1. Forward 2 starts with the puck and passes to forward 1.
2. Forward 1 skates over the blue line and starts to skate behind the net with the puck.
3. Forward 2 follows forward 1 over the blue line.
4. Forward 1 passes back to forward 2.
5. Forward 2 shoots or passes to forward 3 who goes to the net.
6. The drill is done on both side of the rink.
7. Players rotate and change lines for the next sequence of the drill.



1. Forward 2 starts with the puck and shoots it into the corner.
2. Forward 1 goes to the corner and gets the puck.
3. Forward 3 goes to the opposite corner, and forward 1 passes behind the net to forward 3.
4. Forward 2 goes to the high slot.
5. Forward 3 passes to forward 2, and forward 2 shoots.
6. Players rotate and change lines for the next sequence of the drill.
7. The drill is done in both directions.

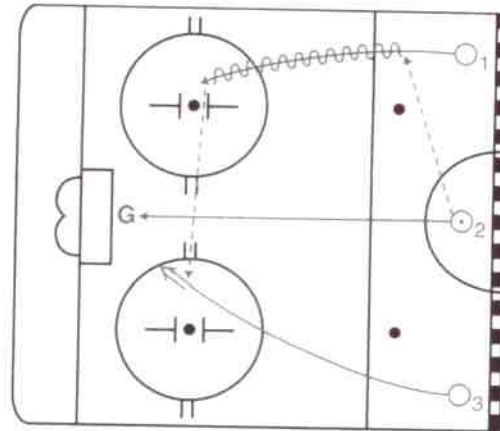


1. Forward 2 starts with the puck and passes to forward 1.
2. Forward 1 skates over the blue line and cuts to the middle of the ice.
3. Forward 2 skates over the blue line.
4. Forward 1 drop passes to forward 2.
5. Forward 2 cuts toward the boards.
6. Forward 3 skates wide to the net.
7. Forward 2 passes to forward 3.
8. Forward 3 shoots.
9. The drill is done in both directions.
10. The players rotate and change lines for the next sequence of the drill.



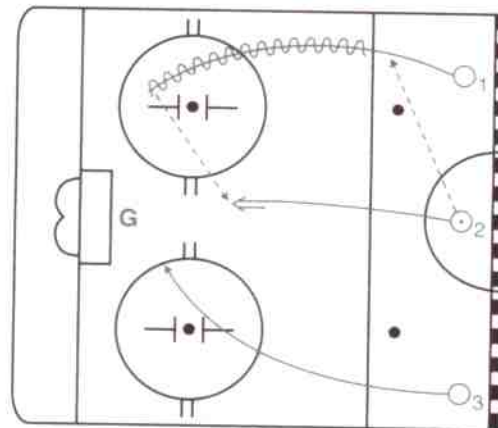
3VO DRIVE FOR THE NET

1. Forward 2 starts with the puck and passes to forward 1.
2. Forward 1 skates over the blue line.
3. Forward 2 skates to the net.
4. Forward 3 skates wide over the blue line.
5. Forward 1 passes across to forward 3.
6. Forward 3 shoots.
7. Forward 2 is in front of the net for a screen or rebound.
8. The drill is done in both directions.
9. The players rotate and change lines for the next sequence of the drill.

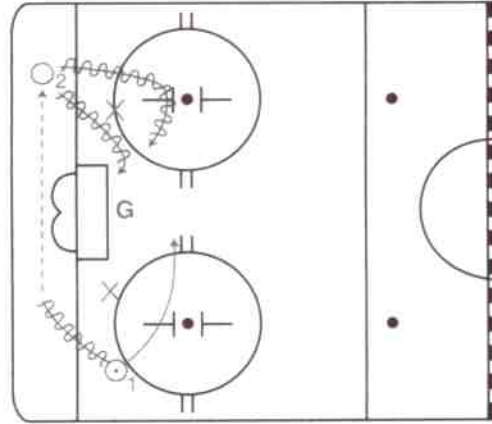


3VO HIGH-SLOT SHOT

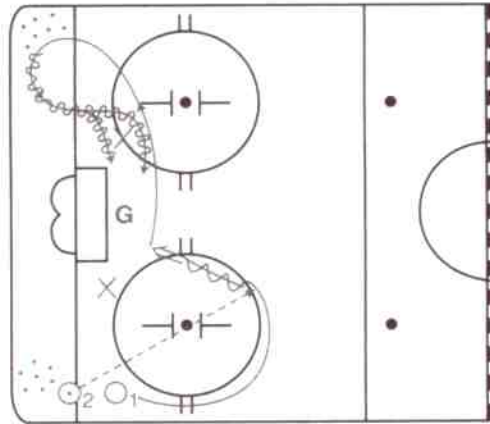
1. Forward 2 starts with the puck and passes to forward 1.
2. Forward 1 skates over the blue line and skates wide to the face-off circle.
3. Forward 2 trails forward 1 in the high slot.
4. Forward 1 passes back to forward 2.
5. Forward 2 shoots.
6. Forward 3 skates wide to the net.
7. The drill is done in both directions.
8. The players rotate and change lines for the next sequence of the drill.



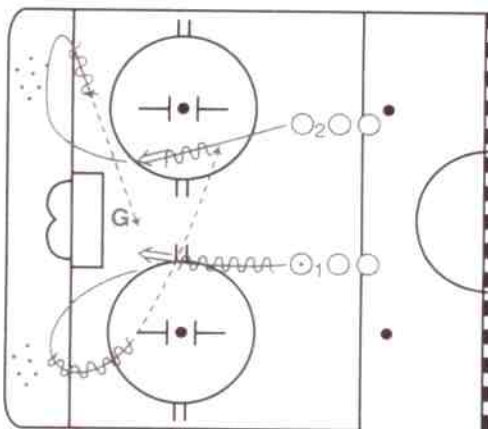
1. Forward 1 starts with the puck and passes behind the net to forward 2.
2. Forward 2 skates from the corner with the puck, going inside or outside the cone, and either shoots or passes to forward 1, who has skated to the front of the net.



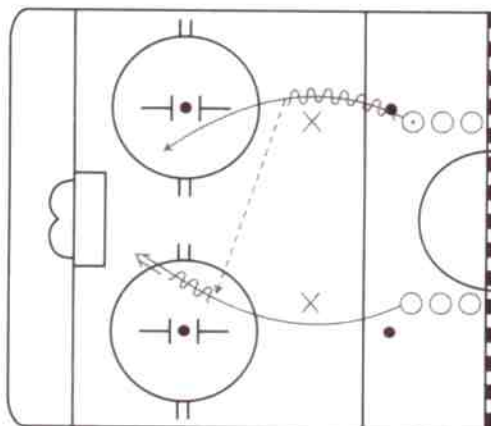
1. Forward 1 skates around the face-off circle, receives a pass from forward 2, and shoots.
2. Forward 1 goes to the opposite corner and gets a puck.
3. Forward 1 comes out in front of the net from the corner, skating on either side of the cone, and shoots.



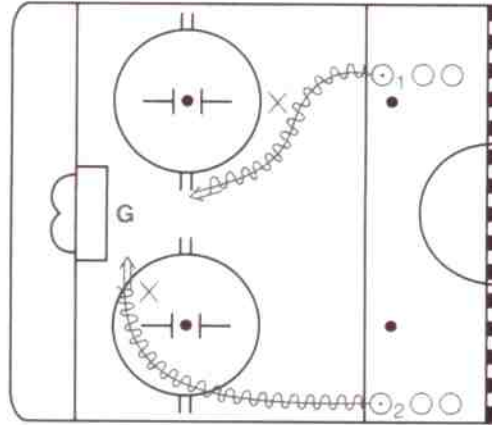
1. The players are in two lines at the blue line.
2. Forward 1 starts with the puck, shoots, goes to the corner on the same side, gets a puck, and passes to forward 2, who shoots and repeats the same pattern.
3. The drill is continuous. The forward should attempt to shoot quickly with one timer during this drill.



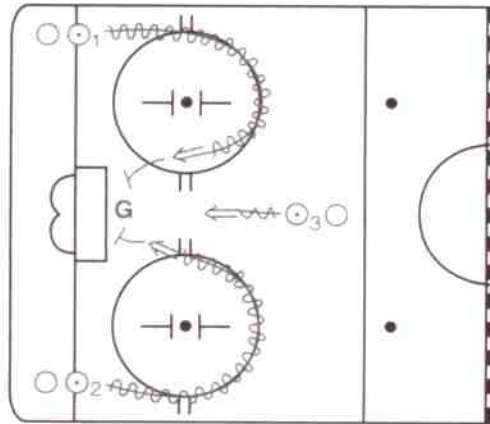
1. The players are in two lines at center ice.
2. Two players, one with the puck, skate 2v0 past the cones, and the player with the puck either shoots or passes to the other player, who shoots.
3. This is a quick drill. If there is a pass, there is only one.



1. Forward 1 skates to the high cone at the top of the circle, cuts toward the middle, and shoots.
2. Forward 2 skates around the low cone at the bottom of the circle and shoots.
3. The players change lines after shooting.



1. Forward 1 skates out of the corner with a puck, skates around the face-off circle, shoots, and stays in front of the net for a screen, deflection, or rebound on the next shot.
2. Forward 2 skates with a puck out of the opposite corner, skates around the face-off circle, shoots, and then stays in front of the net for a screen, deflection, or rebound on the next shot.
3. Forward 3 then skates in with a puck and shoots, with forward 1 and forward 2 in front of the net to screen, deflect, or rebound.
4. Forwards 1, 2, and 3 change lines.
5. The drill is continuous with three players each time.



315 QUICK SHOOT, PASS, SHOOT IN CLOSE

Players can perform the following patterns on both ends simultaneously to utilize the full rink.

Sequence 1

1. Forward 1 shoots, gets a puck at the goal line, and passes to forward 2, who shoots quickly.
2. Forward 3 then shoots, gets a puck on the other side of the goal, and passes to forward 4, who shoots quickly.

Sequence 2

Forward 5 shoots, gets a puck at the goal line, skates behind the net, and passes to forward 6, who shoots quickly.

