

# **Warm-Up Drills With Shooting**

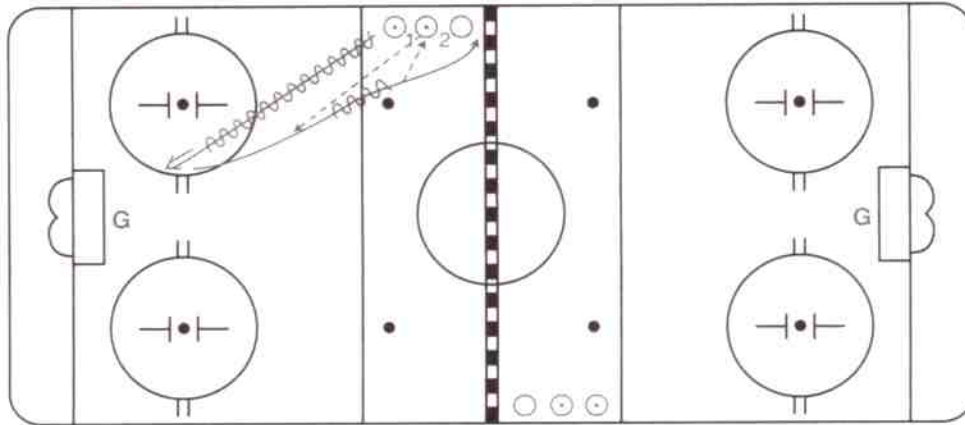
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The drills presented in this chapter are usually done at the beginning of practice to help the players—including the goalies—warm up and prepare for the rest of practice. Only one drill from this chapter should be needed per practice and it should usually follow a drill from chapter 2. The drills in this chapter include passing, skating, puckhandling, and shooting. They are also designed to give the goalies an opportunity to face a good number of shots to ensure that they are warmed up and prepared for the remainder of the practice.

For these drills, slap shots should be taken from no closer than the blue line. Slap shots from closer in can travel at speeds the goalie cannot react to, which can lead to injuries for the goalies. For shots closer to the goal, players should use wrist shots. Also, two-on-zero and three-on-zero drills should include only one or two passes inside the blue line to make the situations as gamelike as possible—in a game, only one or two passes are usually made inside the blue line before a shot is taken on goal. More passes than that only increases the likelihood of a turnover. Spend about five minutes of practice time on warm-up drills with shooting, and watch the players to make sure they are using correct techniques.

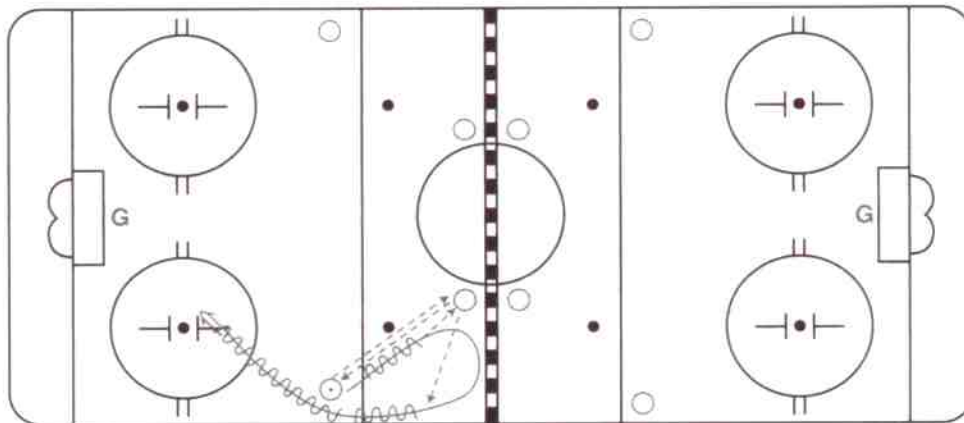
## 37 SHOOT, ONE-TOUCH PASS, NEXT SHOOTER

1. Player 1 skates with the puck and shoots, then turns and skates back to the same line, exchanging a one-touch pass with player 2.
2. Player 2 repeats the drill.
3. The drill is done at both ends.

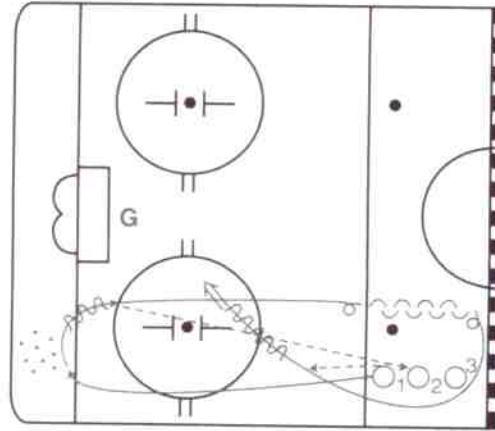


## 38 PUCK EXCHANGE (WITH STATIONARY PLAYER) AND SHOOT

1. The player with the puck inside the blue line one-touch passes with the stationary player at the center circle.
2. The player then loops toward the boards, takes a return pass from the stationary player, and shoots.

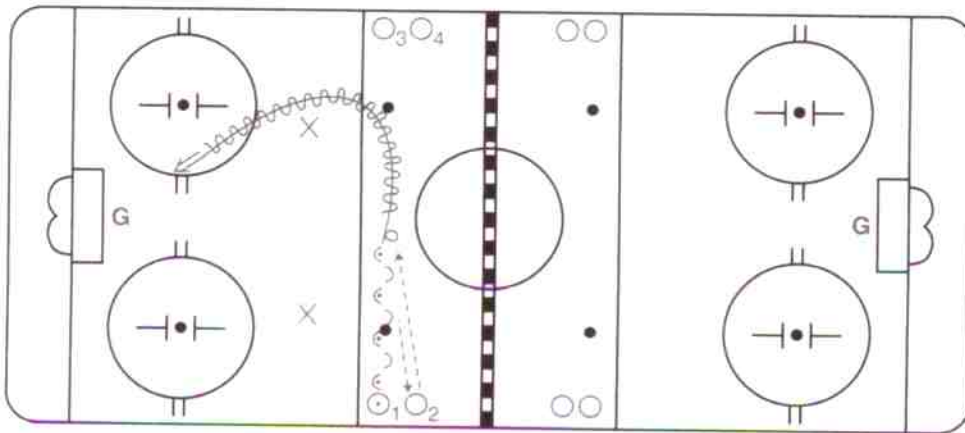


1. Player 1 skates to the corner, gets a puck, and passes to player 2.
2. Player 1 skates to the blue line, pivots, skates backward to the center line, pivots again, and skates forward over the blue line.
3. Player 1 then cuts in toward the net, receives a pass from player 2, and shoots.



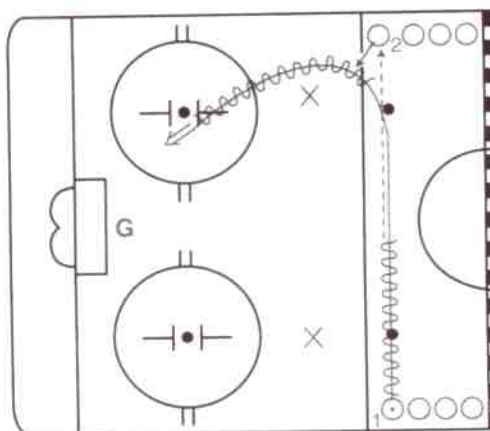
## 40 BACKWARD, ONE-TOUCH PASS, PIVOT, SHOOT

1. Player 1 skates backward with the puck and one-touch passes with player 2.
2. Player 1 then pivots, skates forward around the cone, and shoots.
3. Player 3 starts the next sequence of the drill with player 4.
4. The drill is done at both ends of the rink.



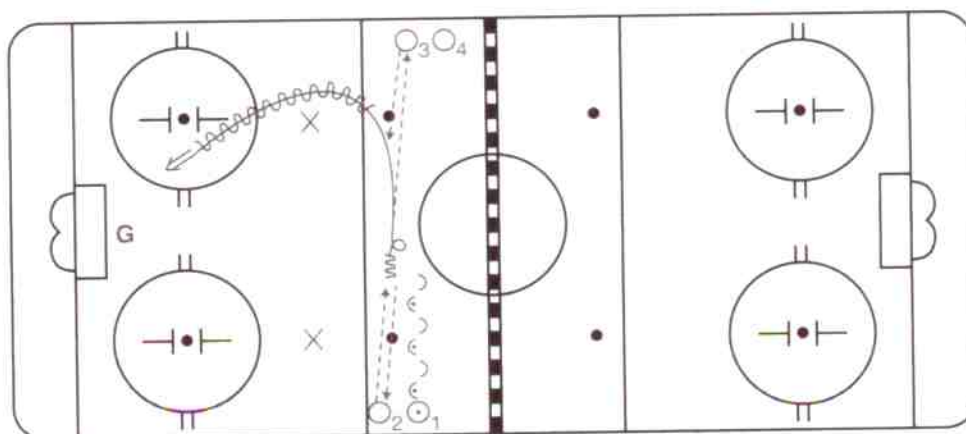
## ONE-TOUCH PASS AND SHOOT

1. Player 1 starts with the puck, skates across the rink along the blue line, one-touch passes with player 2, skates around the cone, and shoots.
2. Player 2 then starts the same drill from the side boards at the opposite side.

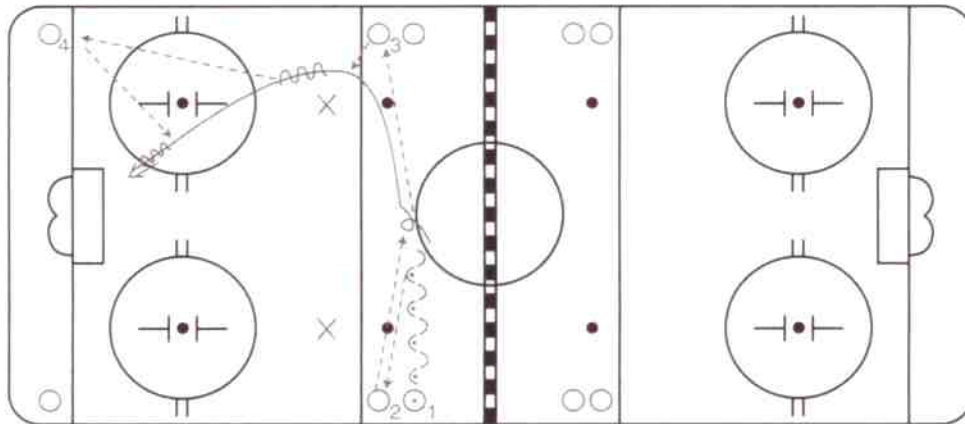


## TWO ONE-TOUCH PASSES AND SHOOT

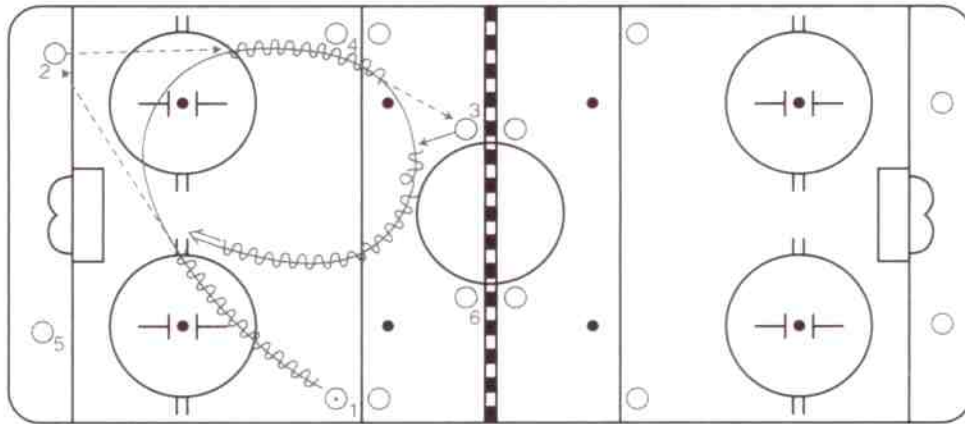
1. Player 1 starts with the puck, skates backward from the boards, and one-touch passes with player 2.
2. Player 1 then pivots, skates forward, and one-touch passes with player 3.
3. Player 1 takes the return pass, skates around the cone, and shoots.
4. Player 3 then starts the same drill from the opposite side boards with player 4.



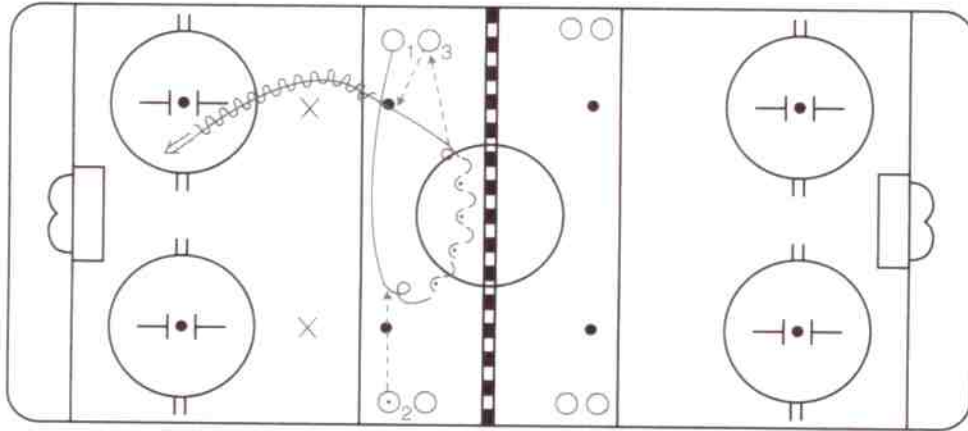
1. Player 1 skates backward with the puck and one-touch passes with player 2.
2. Player 1 pivots, skates forward, and one-touch passes with player 3.
3. Player 1 skates around the cone, one-touch passes with player 4, and shoots.  
(Player 1 then takes the place of player 4.)
4. Player 3 starts the next sequence of the drill.
5. The drill is done at both ends of the rink.



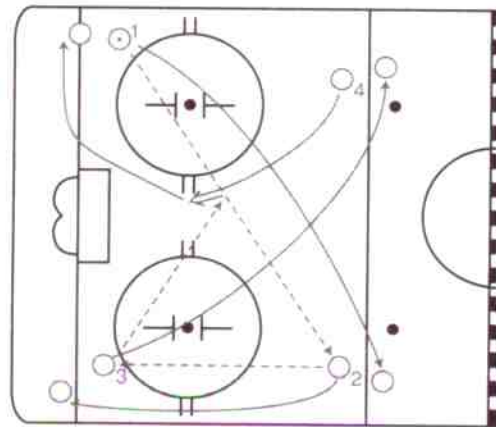
1. Player 1 skates with the puck from the blue line and passes diagonally to player 2 at the goal line. Player 2 returns the pass.
2. Player 1 skates toward the neutral zone and passes to player 3 at the center line. Player 3 returns the pass.
3. Player 1 pivots 360 degrees, skates over the blue line, and shoots.
4. Player 1 takes the position of player 2. Player 2 takes the position of player 3. Player 3 goes to the side boards.
5. Player 4 goes next and passes with player 5 and player 6.
6. The drill is done at both ends of the rink.



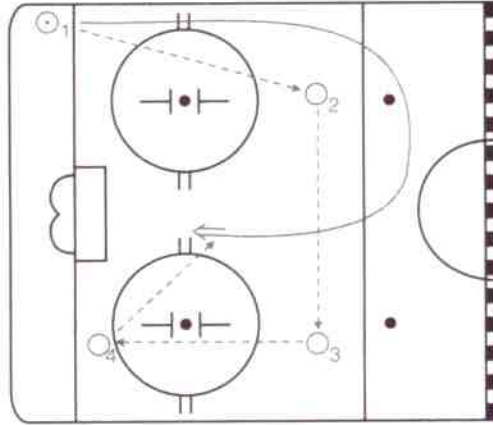
1. Player 1 skates across the ice without a puck and receives a pass from player 2.
2. Player 1 pivots, skates backward with the puck, pivots, exchanges passes with player 3, and shoots.
3. Player 2 starts the same drill from the opposite side.
4. The drill is done at both ends of the rink.



1. Player 1 passes to player 2.
2. Player 1 follows the pass to player 2's line.
3. Player 2 passes to player 3.
4. Player 2 follows the pass to player 3's line.
5. Player 3 passes to player 4.
6. Player 3 follows the pass to player 4's line.
7. Player 4 shoots and then goes to player 1's line.



1. Player 1 passes to player 2.
2. Player 2 passes to player 3.
3. Player 3 passes to player 4.
4. Player 1 skates around player 2, cuts down the middle, receives a pass from player 4, and shoots.
5. Player 1 replaces player 4, and the other players rotate one position backward toward player 1's starting position.



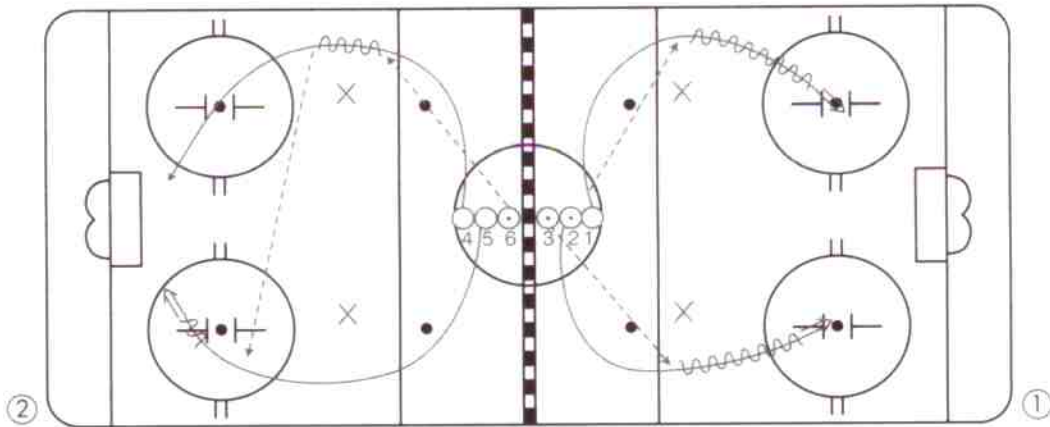
Players should line up at center line and, on the coach's command, perform one of the following two sequences:

#### Sequence 1

1. Player 1 curls toward the boards from the center circle and receives a pass from player 2.
2. Player 1 skates around the cone and shoots.
3. Player 2 then curls to the opposite boards, takes a pass from player 3, and shoots.

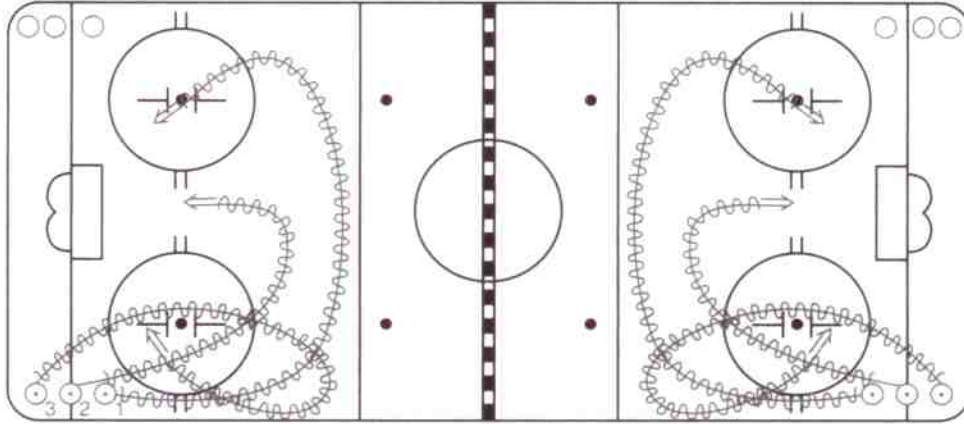
#### Sequence 2

1. Player 4 and player 5 curl toward opposite boards, and one of these players receives a pass from player 6.
2. Player 4 and player 5 skate around the cones, go 2v0, and shoot. (Only one pass is allowed after player 4 and player 5 pass the cones.)





1. Player 1, player 2, and player 3 loop out of the corner inside the blue line. Each player has a puck.
2. Player 1 skates wide toward the far boards and shoots.
3. Player 2 skates to the middle and shoots.
4. Player 3 turns toward the near boards and shoots on the near side.
5. All three players go to the opposite corner.
6. Three new players start from this opposite corner.
7. The drill is done at both ends of the rink.

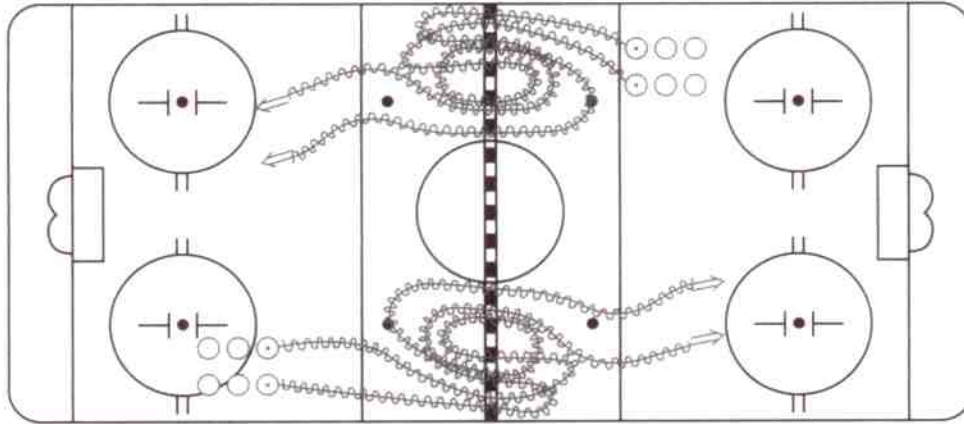


## RUSSIAN STICKHANDLE, TWO SHOTS

1. Two players with pucks come from each side and stickhandle in the neutral zone on each side of the rink.
2. On the whistle, both players on each side go over the blue line and shoot in succession.

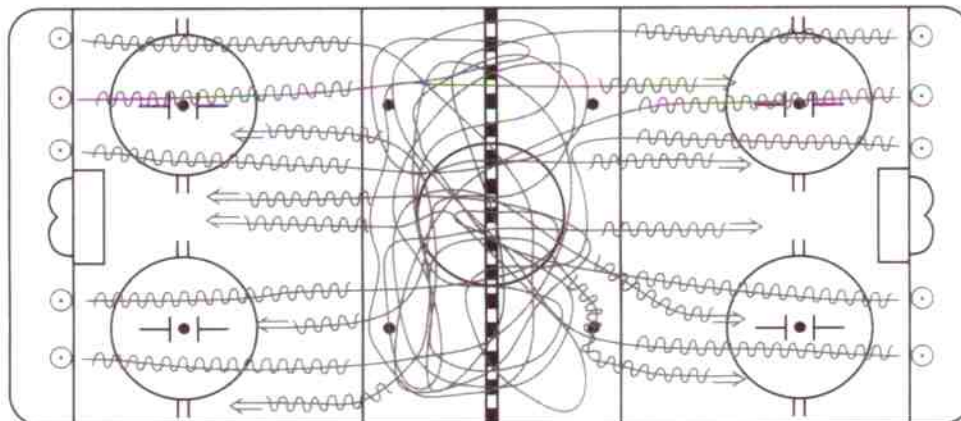
### Variation

The two players on each side of the rink pass and receive one puck in the neutral zone. On the whistle, they go 2v0 and shoot.

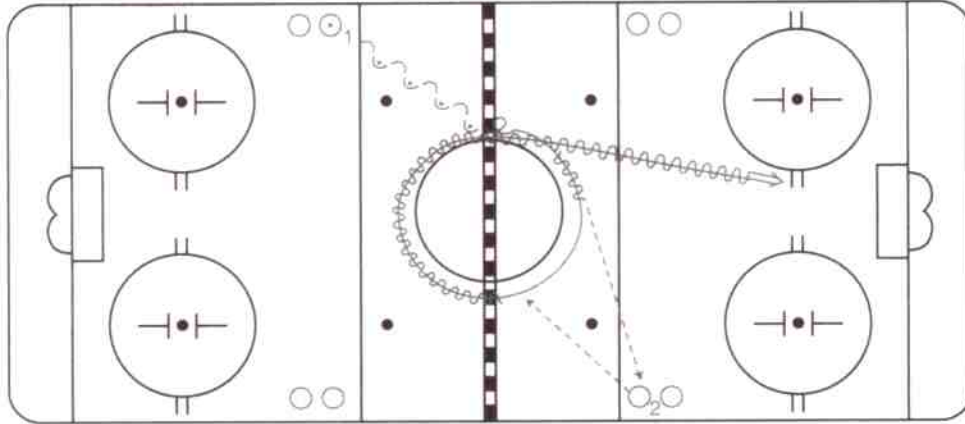


## MINNESOTA SCRAMBLE AND SHOOT

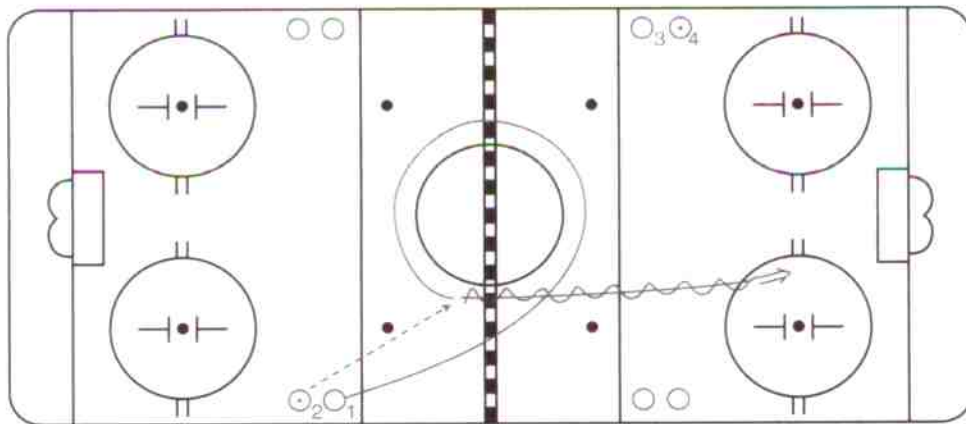
1. Five players with pucks begin behind each goal line.
2. The groups skate from opposite ends with their pucks and stickhandle in the neutral zone in all directions.
3. On the whistle, all 10 players skate with their puck and shoot at the opposite end from where they started.



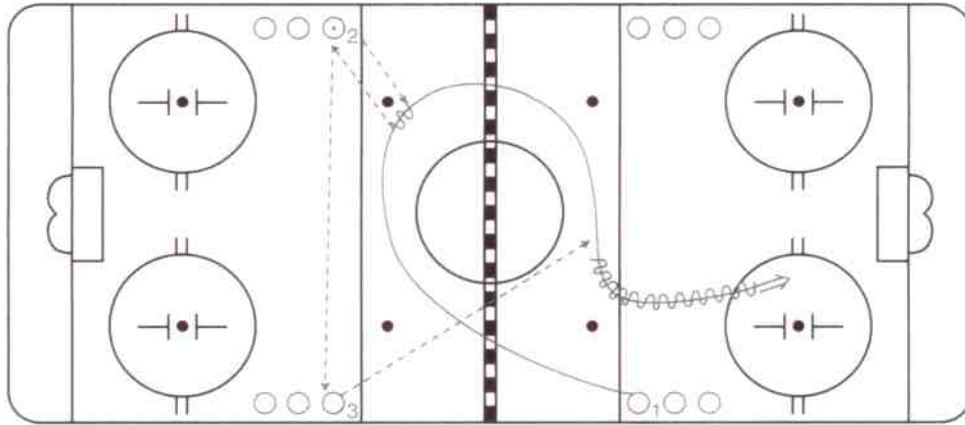
1. Player 1 skates backward with the puck, pivots, skates forward around the center circle, and exchanges passes with player 2.
2. Player 1 finishes skating around the circle and shoots at the end opposite from where the drill started.
3. Player 2 then starts the next sequence of the drill, and player 1 goes to the line diagonally opposite to the line he or she started in.



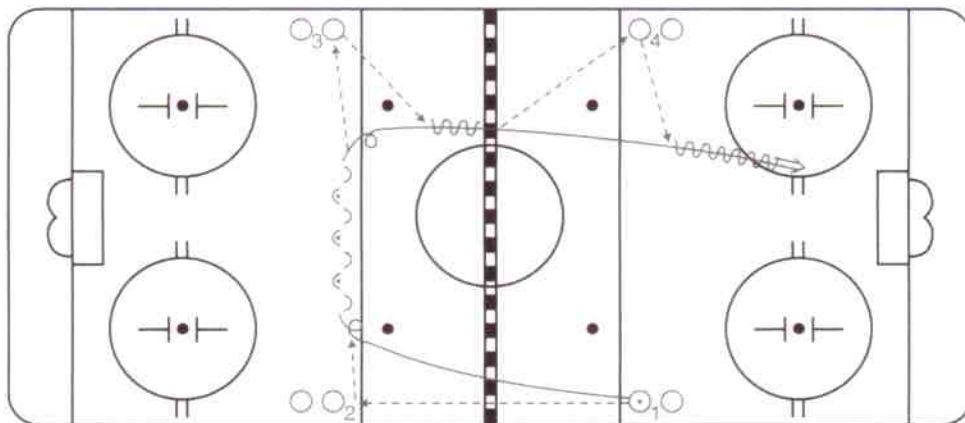
1. Player 1 skates around the center circle, receives a pass from player 2, and shoots at the far end.
2. Player 3 starts the next sequence of the drill.
3. Player 1 goes to the line opposite from the line the drill started at.



1. Player 1 skates through the neutral zone and one-touch passes with player 2.
2. Player 2 passes to player 3.
3. Player 1 skates back through the neutral zone and receives a pass from player 3.
4. Player 1 skates over the blue line and shoots.



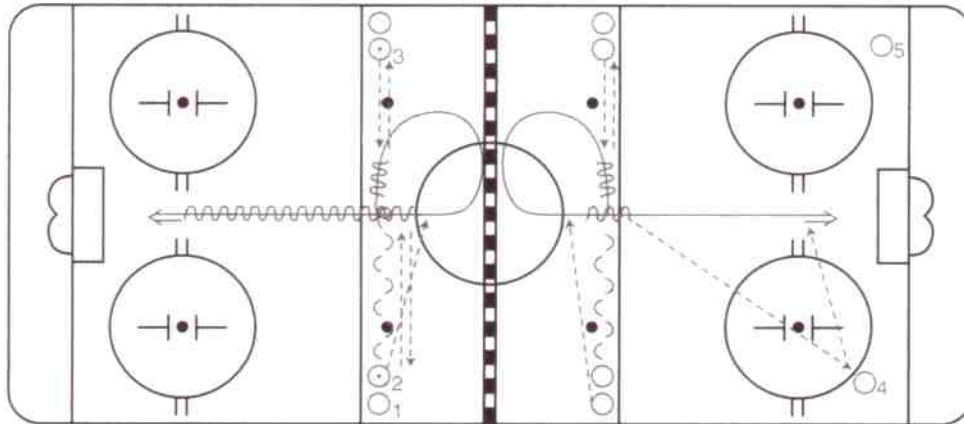
1. Players start in four groups at the blue lines.
2. Player 1 passes the puck to player 2, then skates over the far blue line and takes a return pass from player 2.
3. Player 1 pivots, skates backward with the puck, pivots, skates forward, exchanges passes with player 3 and player 4, and shoots.
4. Player 4 starts the next part of the drill by passing to player 3 and repeats the same pattern. The players return to the same line they started at.



1. Player 1 skates backward and one-touch passes with player 2, then pivots and one-touch passes with player 3.
2. Player 1 circles to the center line, receives a pass from player 2, and shoots at the goalie.

**Variation**

The same sequence is followed but with a give-and-go pass from player 4 or player 5 before shooting.



1. Player 1 and player 3 skate along the two blue lines with pucks and pass to player 2 and player 4 at the same time.
2. Player 1 and player 3 then skate toward the far blue line at opposite ends of the rink.
3. Player 2 and player 4 skate out from the boards with the puck and pass to player 1 and player 3, who go in and shoot.
4. Player 2 and player 4 skate along the blue line with new pucks and repeat the same sequence that player 1 and player 3 just completed.

