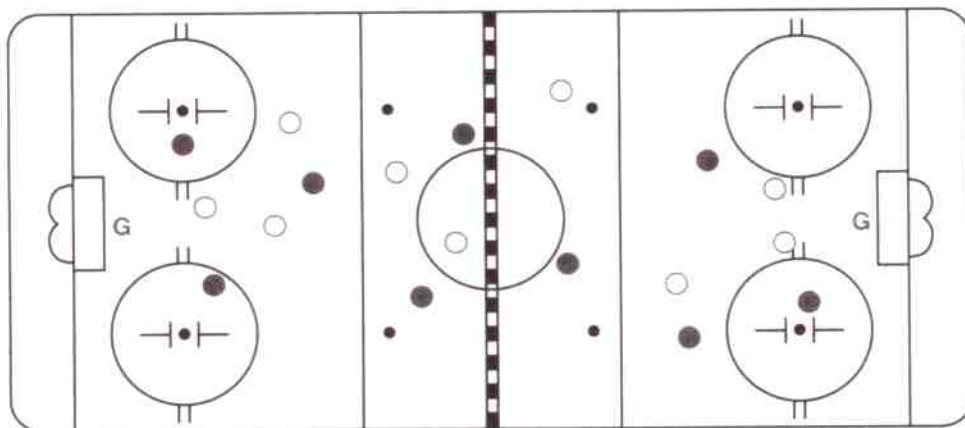


Competitive Drills and Games

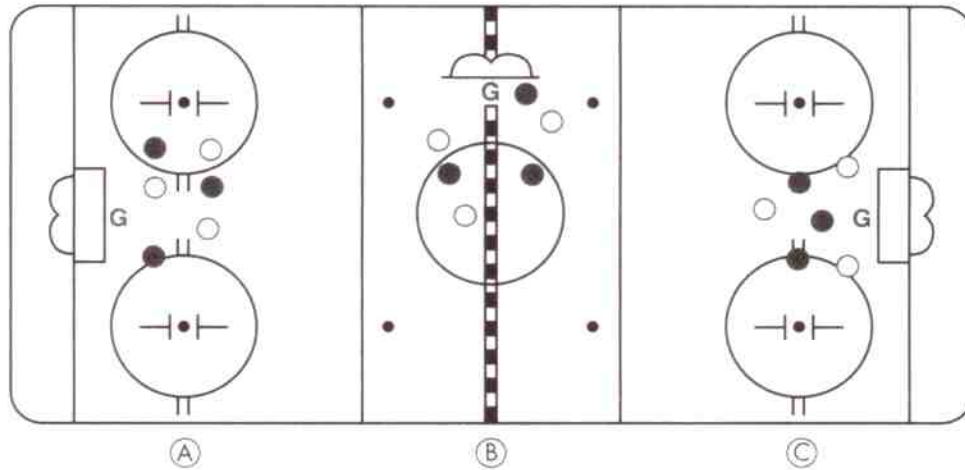
Most of the drills included in this chapter are hockey-related games that add enjoyment and competition to practices. A good idea is to include one fun drill in each practice, usually at the beginning or the end of the practice.

The drills here each contain multiple hockey-specific skills that the players can “work on” in a fun environment so, keeping that in mind, the coach should not correct incorrectly performed skills when running these drills. They are designed to be fun and competitive, providing a break from the normal work of practice. There is plenty of time during practice to make sure skills are performed with proper technique. Also, because of the competitive nature of these drills, players will likely perform them at a high intensity and, therefore, they should be incorporated into practice either after the warm-up at the beginning of practice or before the cool-down at the end of practice to prevent injury.

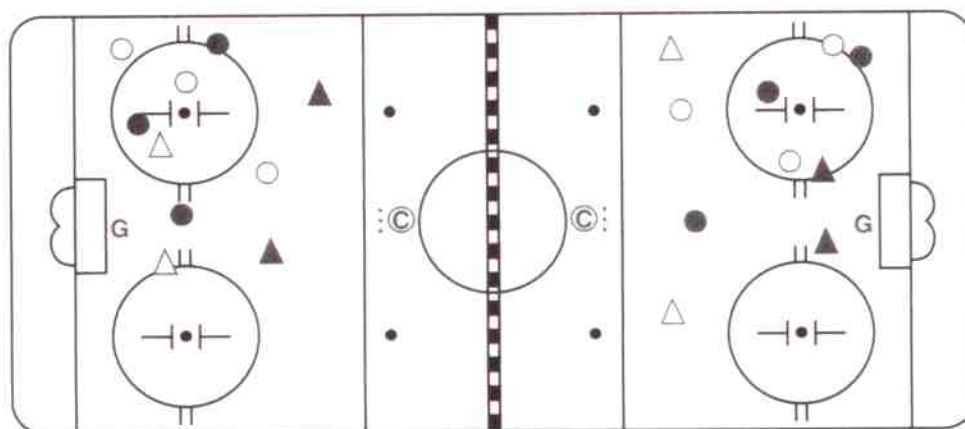
1. All the players are on the ice at one time. They are divided into two teams.
2. The red lines and blue lines are not in play, because there are no offside or icings.
3. The game is played with two pucks.
4. The first puck scored is 1 point, and the second puck is 2 points.
5. The coach puts two more pucks into play when the second puck is scored.
6. The first team to 10 is the winner. (If the game goes on too long, play to a lower score.)



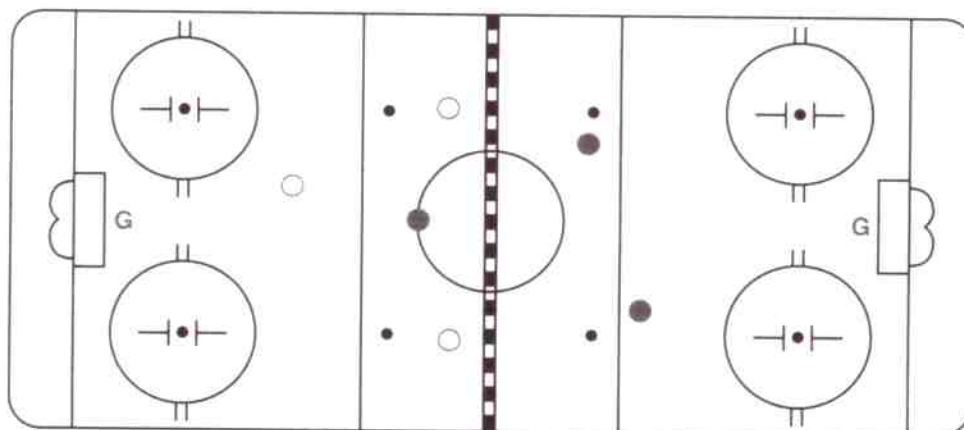
1. The rink is divided into three zones. Three nets and three goalies are required for this drill.
2. Players play 3v3 in zones A, B, and C. After a team gains possession of the puck, two passes are required before shooting.
3. Teams rotate every three minutes to a different zone to play against a different goalie.
4. A record is kept of the goals scored by each team, and a winner is declared after rotation to all three zones.



1. Players play 5v5 at both ends of the rink, with the two teams at each end shooting at the same goalie.
2. When one team gains possession of the puck, they must pass the puck two times before shooting.
3. The coaches stand outside the blue lines and give a new puck if the puck in play goes over the blue line and out of the zone.

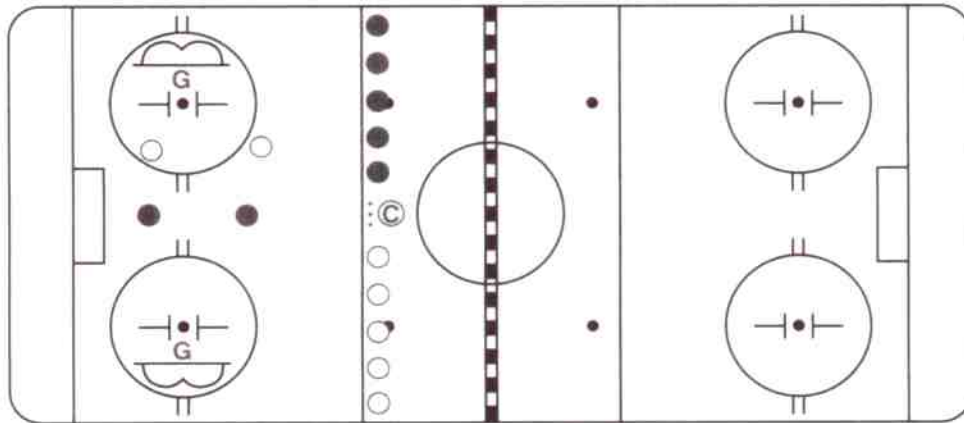


1. Players play 3v3 the full length of the ice.
2. On the coach's whistle, the team with the puck passes back to their goalie, and the players change for the next 3v3.
3. The players change every 30 to 40 seconds, with the next three players on each bench entering the game.
4. Offsides are called in this drill.
5. When one team scores, they must clear out of the offensive zone, and the team scored on skates out of their own defensive zone.

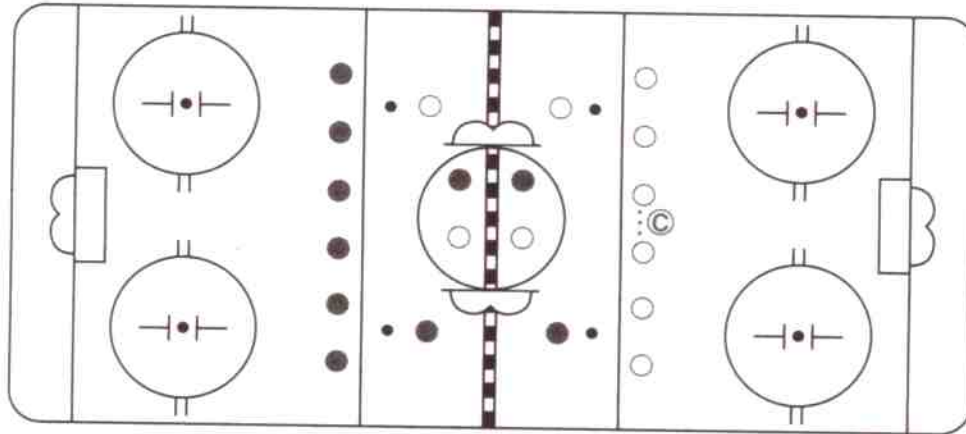


Note: Though this drill is included in this chapter as a fun drill, it is regularly used by experienced coaches, as the confined space is excellent for developing puck-handling, passing, and shooting.

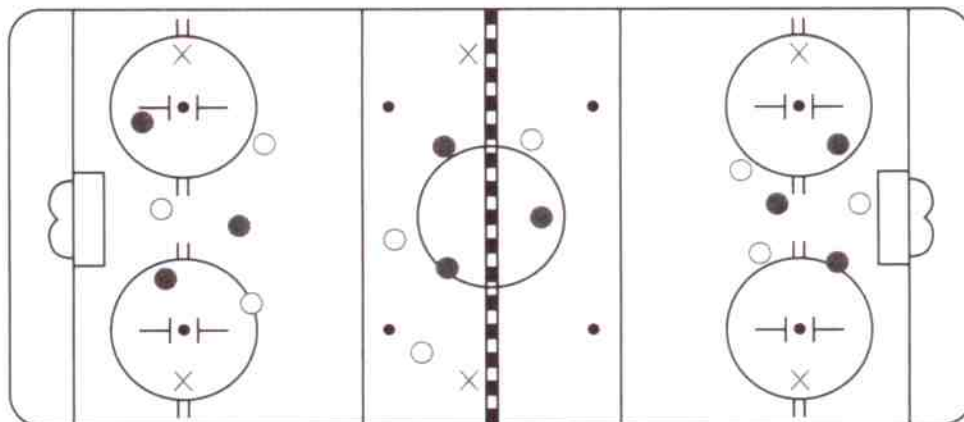
1. The nets are placed facing across the ice inside the blue line.
2. The players play 2v2 cross ice inside the blue line. The coach whistles for a change every 30 to 40 seconds.
3. If the puck goes over the blue line or a goal is scored, the coach shoots another puck in the zone.
4. The players not playing line up on the blue line and are allowed to keep the puck inside the blue line if it comes to them.
5. The game can be played 2v2 or 3v3.



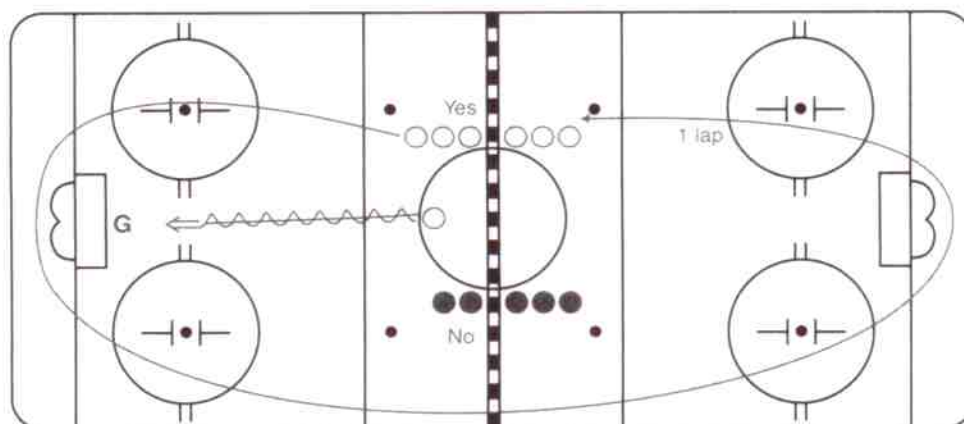
1. Players play 2v2 with two stationary players from the same team behind the net at the offensive end.
2. The two offensive players can pass to the two stationary players behind the net.
3. The stationary players must pass the puck within 3 seconds and cannot skate with the puck.
4. On the coach's whistle, the players change (every 20 to 30 seconds). The two new players take the stationary positions behind the net, and the two stationary players become offensive players.
5. If the puck goes outside the neutral zone, the coach gives a new puck.



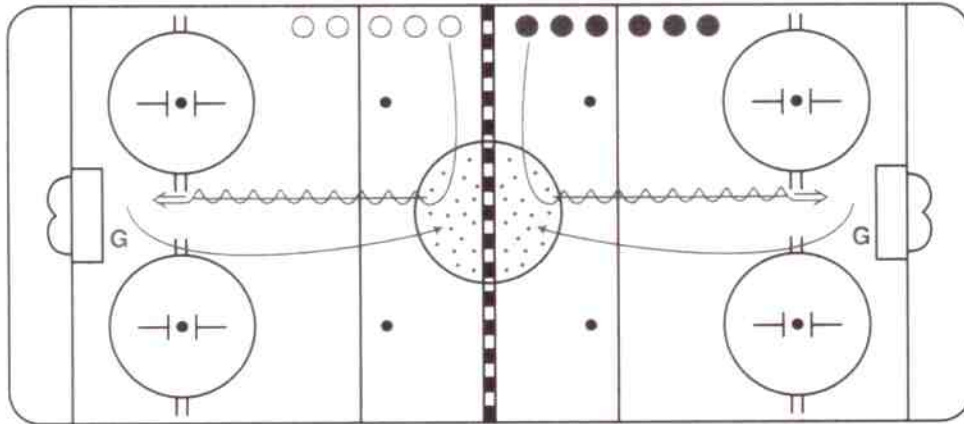
1. Players play 3v3 using cones as the goals. The cones are placed horizontal with the open ends facing inward.
2. A goal is scored by shooting the puck into the open end of the cone.
3. Goalies can play as forwards or can be warmed up separately by the coaches.



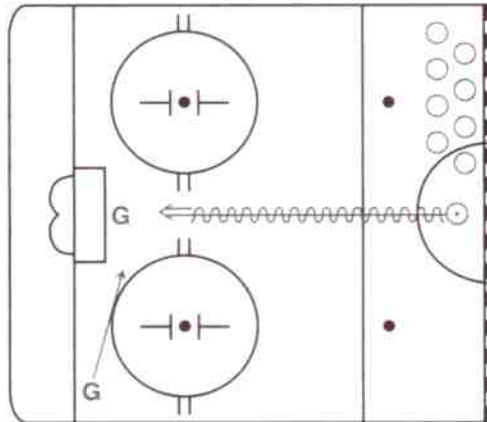
1. Each player shoots one puck.
2. Before each player shoots, all the other players guess whether or not the player will score, and they divide into two groups (score and no score).
3. The group of players that guesses incorrectly skates one lap.



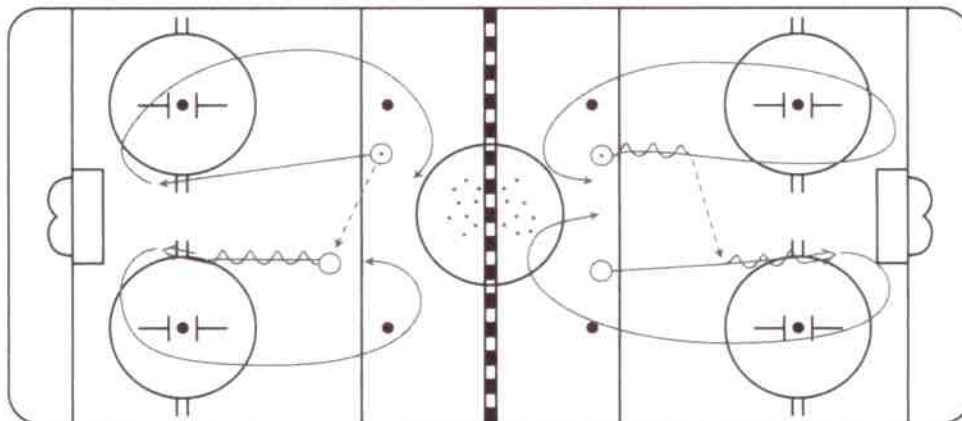
1. Two teams of players are lined up along the boards on opposite sides of the center line. Each team has 10 pucks within the center circle.
2. Each player takes a puck from the center circle, skates in, and takes a shot on the goal.
3. If the player doesn't score, the puck must be brought back to the center circle before the next player goes.
4. If the player scores, he or she returns to the center circle for another puck and has another shot on goal; the player shoots until no goal is scored and the puck is returned to the center circle.
5. The first team to score all 10 pucks is the winner.



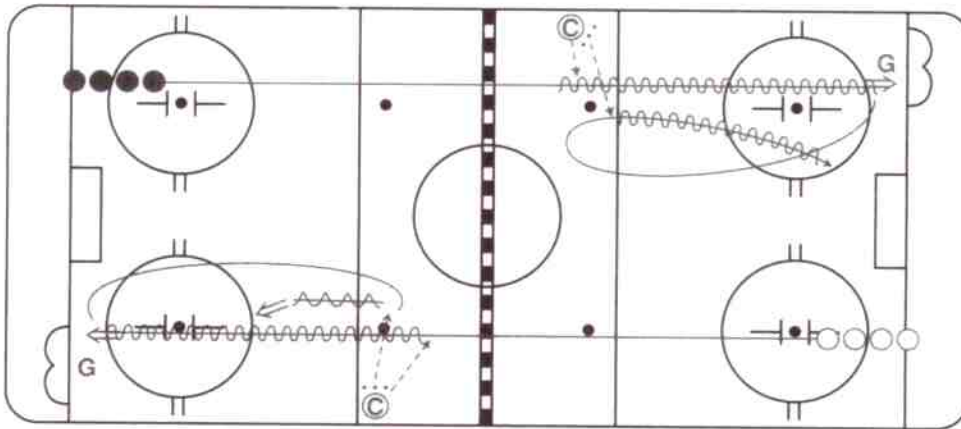
1. All players take turns shooting at one end on a breakaway from the center circle.
2. The goalies rotate every three shots, and the coach keeps a record of goals scored against.
3. If a player scores, he or she stays at the same end.
4. The goalie with the most goals scored against after every player has shot goes to the opposite end, along with all the players who did not score.
5. The players who scored go again at the same end and stay if they score until one player is left.
6. When only one player is left, that player does three breakaways from the blue line.
7. Either the goalie or the forward wins best of three.
8. The players who didn't score shoot at the other end.



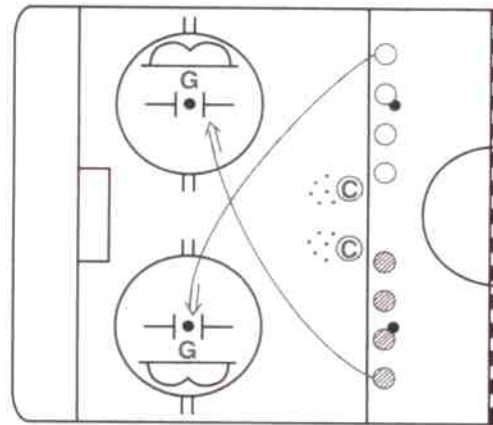
1. Two or three players at a time have one minute to score as many goals as possible.
2. If a goal is scored, the players must clear the zone and retrieve another puck from the center circle.
3. The group of two or three players that score the most goals in one minute are the winners.



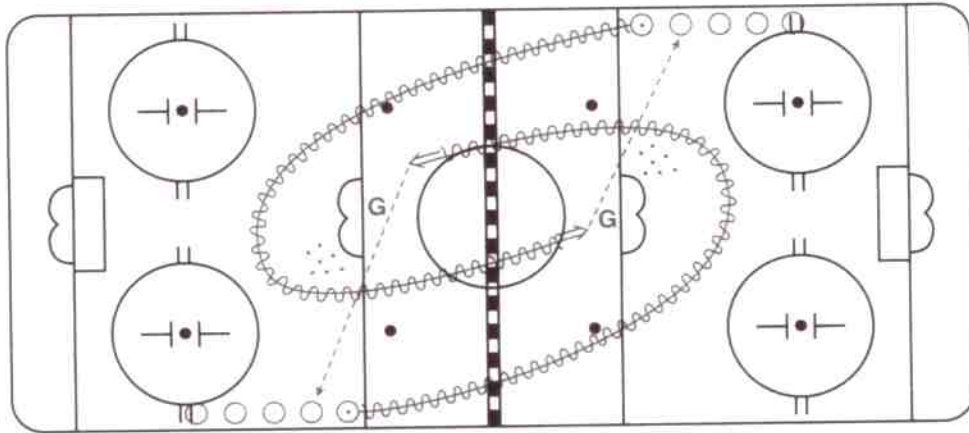
1. Each player skates the length of the ice, takes a pass from the coach at the far blue line, and shoots.
2. The player has a designated time (usually 30 to 40 seconds) to score as many goals as possible.
3. If the player scores a goal, he or she must go outside the blue line, receive another puck from the coach, and try to score again.
4. The player who scores the most goals in the designated time is the winner.



1. Players divide into teams.
2. Players get one shot, and then the next player on the team shoots.
3. Each player must shoot until he scores a goal.
4. If a player doesn't score on his shot, the next player goes, but that player must stay in rotation until he or she scores.
5. The first team to have each player score is the winner.
6. The coaches pass the pucks.



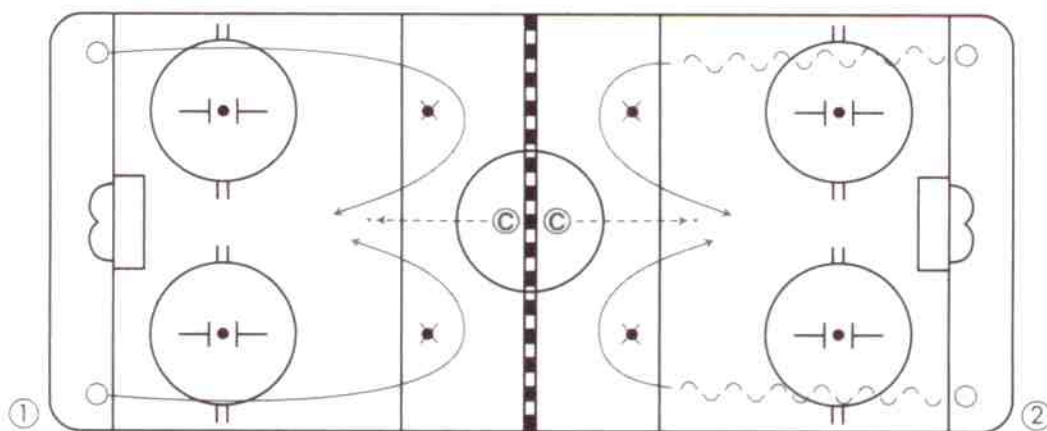
1. The nets are set up at the blue lines.
2. Players skate around the far net and try to score at the near net.
3. The game can be played to 10 goals, or a time limit can be used (with the team scoring the most goals in the specified time as the winner).
4. After shooting or scoring, the player passes to the next player in line. (If the puck is in the net, the player gets one of the extra pucks beside the net to pass to the next player.)



1. On the whistle, two players skate from the corners, skate around the cones, and race for the puck, which is placed on the blue line by the coach.
2. The drill is done at both ends of the rink (see figure 1).

Variation

The two players skate backward to the blue line, pivot, skate around the cones, and race for the puck (see figure 2).



1. Two teams are lined up at the center line.
2. Each team has only one stick.
3. The first player skates completely around the line of players carrying the stick.
4. After one loop around, the player with the stick hands it to the next player in line.
5. The rest of the players repeat the same move until the last player has gone.
6. Then the first player repeats the drill going in the opposite direction.
7. The team that completes the two rounds first by passing the stick is the winner.

