

Hockey Drills

The “V” Start: Line up on the goal line in the “Ready” Position. Ready Position is Shoulders over Knees, Knees over Toes. Place skates so they are in the shape of a V. Take 3 hard/quick strides, and then lengthen your stride until you get to the centre line.

Tip: *Your first 3 strides should almost look like you are running on the ice. This is where you will get your speed and power. Bring your knees to your chest.*

The ‘T’ Start: Line up on the goal line in the Ready position. Place skates in the form of a T. With your back leg push off and glide until you lose momentum. Once you reach the centre line, switch legs so the other one does the pushing off.

Tip: *Really drive your skate blade in on each push to maximize powerful strides.*

Crossover Start: Line up on goal line facing the side boards. Take your back leg and cross it over the front while squaring your upper body to the opposite end of the rink. Go directly into your normal stride afterwards until you get to the center line. Do the same thing back with the other leg.

Tip: *Most commonly used start due to the many changes in direction you will do during a game.*

Snowplow Stop: Once you have mastered how to get going, you should know how to stop yourself. The snowplow stop is a good stepping stone for beginners. Slightly turn your skates in (toes toward the middle like a plow). Apply pressure as needed to bring you to a gradual stop.

Two Foot Stop: The more commonly used stop. This stop allows you to change directions quickly so you can get back into the play. With your knees slightly bent, start straightening up and turning (almost if as you were jumping 90 degrees). Drive your skate blades into the ice. Your body should be in the ready position once you have come to a complete stop.

Tip: *Very important to be comfortable in stopping both directions. Keep your stick on the ice.*

Circles: This exercise will allow you to become more comfortable with your edges. It also is a great way to warm up and get the heart pumping.

Tip: *Remember your crossovers, and keep your head up.*

Making a Pass: There are 3 steps into making a good pass: first, you need control of the puck. Make sure it's in the centre of your blade on your stick. Draw the puck back as if you were going to take a wrist shot. Make sure your head is up and looking at your target, and follow through. The tip of your blade should be facing your target on your follow through.

Tip: *Get a teammate to help practice. Stand 10-12 feet away from one another.*

Receiving a Pass: In order to receive a pass you must make sure your stick is on the ice. Just as the puck makes contact with your stick draw it back as if the puck was an egg. That is called cradling the puck. By doing this you are in a position that you could pass again or shoot the puck. With a teammate, skate down the center of the ice passing back and forth. When you get close to the goal, shoot at the net.

Tip: *Always keep your head up and be aware of the play that's going on around you.*

Head Man the Puck: It's important to be aware of your teammates and what they are doing. If you receive a pass while standing still and want to pass to a teammate who is skating, you must always lead them. Pass the puck ahead of the striking player so he skates into the pass.

Backwards Skating: From time to time you may be required to skate backwards in a game (especially if you play defense). In the 'Ready Position' (see *V-Start*), make big 'C' cuts in the ice one skate at a time. After each 'C' cut always bring your skate back to the ready position. Line up on the goal line, and practice your backwards skating / 'C' cuts until the centre line.

Backwards Skating Circles: This exercise is the exact same as the forwards skating circles, however this time you are going backwards. Use your crossovers, and always keep your head up. Maintain awareness of who or what may be behind you.

Pivoting: This allows you to quickly change the direction you are skating from forward to backward or vice versa. In this exercise you will skate all 5 circles but always facing the same direction.

Tip: *Keep shoulders square to opposite end of the rink at all times.*

Wrist Shot: Make sure you have good control over the puck. Draw the puck back as if you were making a pass, shift your weight to your back leg. Then transfer your weight from your back leg to your front leg and follow through. The blade of your stick should be pointing towards where you want the puck to go. Take 5-10 pucks and practice hitting the corners of the net from the slot.

Backhand Shot: Taking a backhand shot is very similar to a wrist shot. The motion and technique are the exact same but the puck is on the back of the blade on your stick. Cradle to puck back. It should look like you are cupping the puck with the backside of your blade. At the same time, shift your weight to your back leg. When you are ready to take the shot, sweep the puck across your body with your head up, while shifting your weight back onto your front leg. The blade of your stick should point to where you want the puck to go in your follow through. Complete same exercise as wrist shot but only use your backhand.

Slap Shot: The slap shot is a more powerful shot, and used when you are not being rushed by defenders. You gain some power using this shot but loose accuracy. Have to puck centered or slightly up in your stance. With your head up bring the stick up with your weight on your back leg. As you come through to hit the puck, transfer your weight back to your front leg. The blade of your stick should hit the ice approximately 1-2 inches before actually hitting the puck. Take 10-15 pucks to the blue line and practice shooting on the net.

Tip: Do not angle your blade. Let your natural body energy transfer through and slap the puck. Be very aware of surroundings, and have full control over your stick at all times.

Additional Exercises: Line up in any corner, skate up around the circle and take a shot. If you are on your backhand while going round the circle make sure you use a backhand shot. Once you have done that, move to the opposite corner, you should be on your forehand now.