



**Juhani
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Das **ABC** des internationalen Eishockey



E1, 2 on 0 Shootout Race

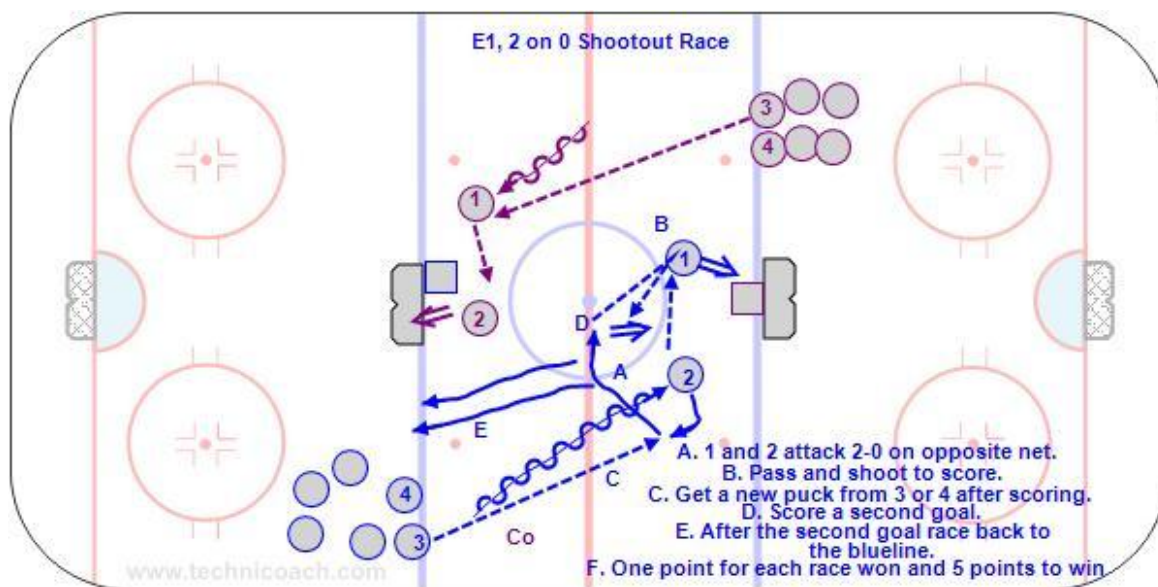
Key Points:

Work on shooting one timers and scoring on rebounds. Good habits like face the puck, give a target with the stick on the ice.

Description:

- A. 1 and 2 attack 2-0 on opposite net.
- B. Pass and shoot to score.
- C. Get a new puck from 3 or 4 after scoring.
- D. Score a second goal.
- E. After the second goal race back to the blue line.
- F. One point for each race won and 5 points to win the game.

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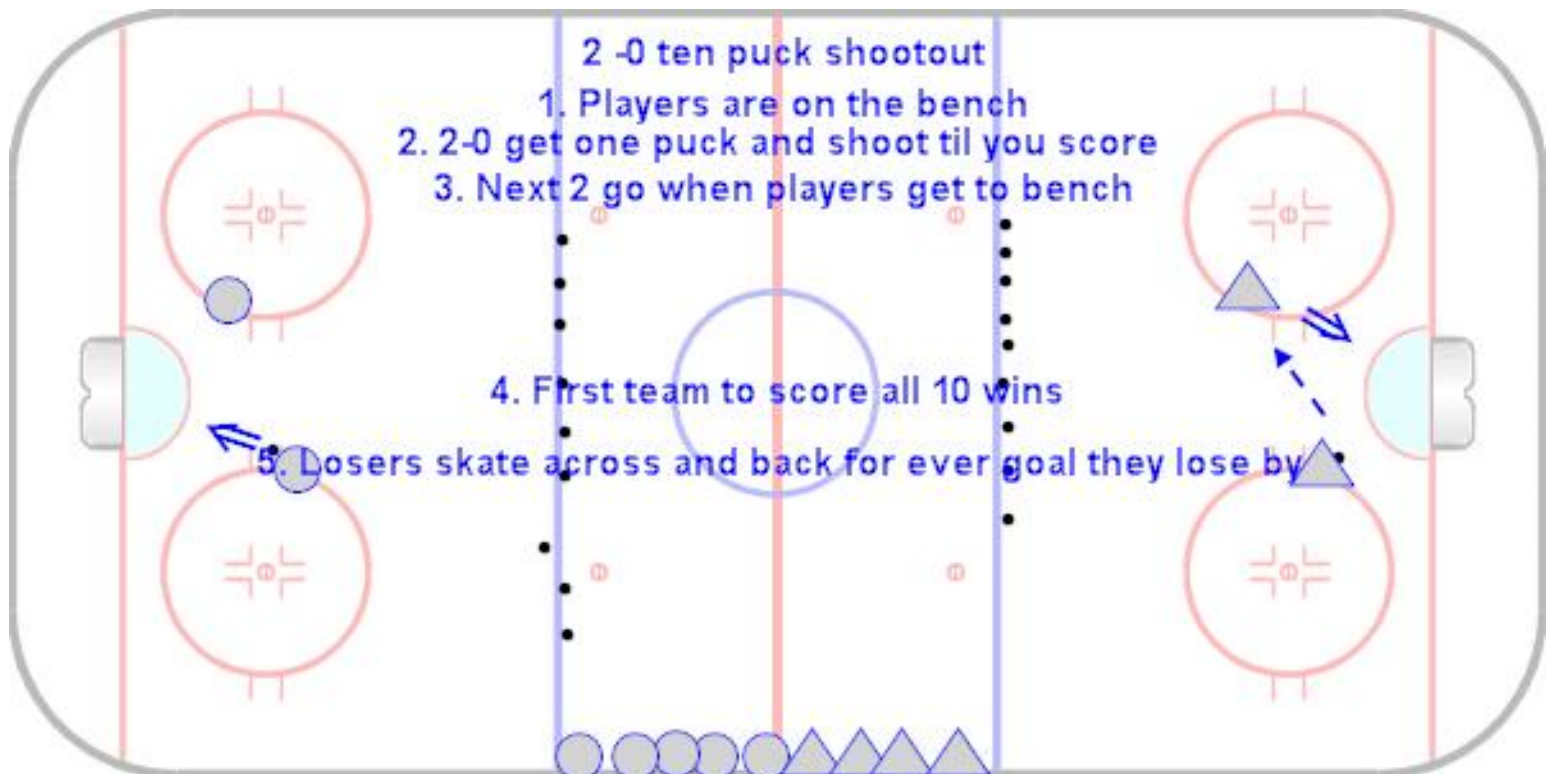
E1 10 puck 2-0 shootout

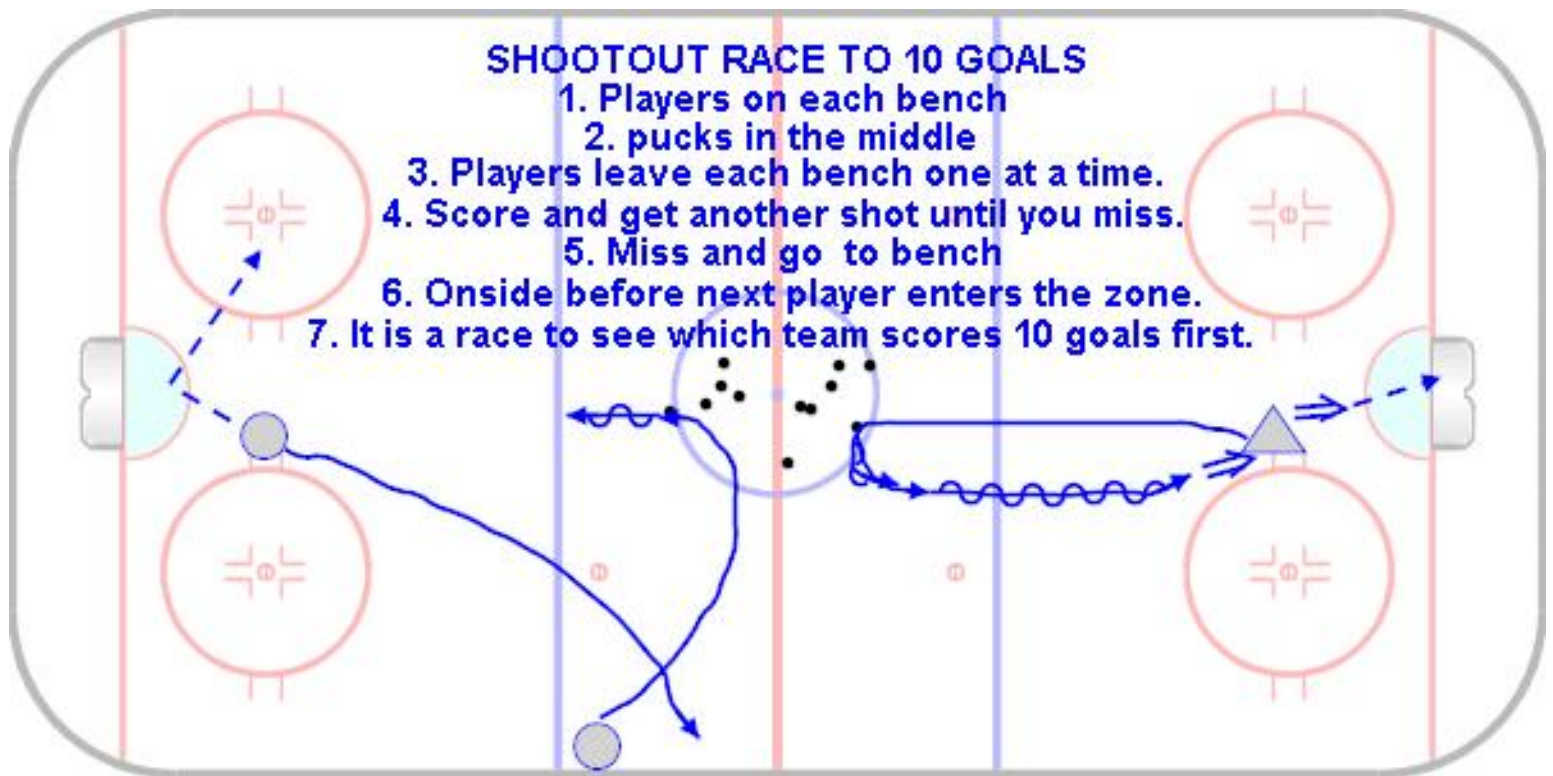
Key Points:

Allow only one or maybe two passes before shooting. Place 10 pucks on the goal line or less if you don't have much time.

Description:

1. Players are on the bench and can't leave until the scorers get within one stick length of the gate.
2. Race back to the bench hard to simulate changing on the fly.
3. Next two players go and pick up another puck from the blue line.
4. Goalie can shoot the puck away but keep it in the zone.
5. Losing team do something like skate or push ups for each goal they lose by.

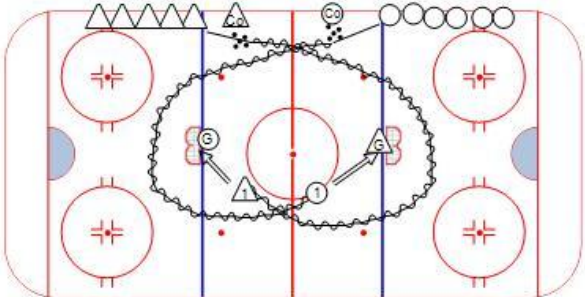




10 Puck Relay:

Description:

- Coaches have 10 pucks each
- Players skate around opposite net and come back to goal nearest their line.
- Both sides go at same time
- Players shoot, rebound, then pass to their line.
- Shots that miss net must be retrieved.
- New pucks handed out only after a goal
- First team to score 10 goals wins
- Can also be done 2 v 0

Categories		Drill Title :
<input type="text" value="Scoring"/>		<input type="text" value="10 Puck Relay"/>
<input type="text" value="Competitive Games"/>		Components : <input type="text"/>
Content elements :		
Description	Key Points	
10 Puck Relay: -Coaches have 10 pucks each -Players skate around opposite net and come back to goal nearest their line. -Both sides go at same time -Players shoot, rebound, then pass to their line. -Shots that miss net must be retrieved. -New pucks handed out only after a goal -First team to score 10 goals wins -Can also be done 2 v 0	<input type="text" value="Heads Up"/> <input type="text" value="Hit Net"/> <input type="text"/> <input type="text"/>	

E1 Change on the Go Shootout

Key Points:

Players should work on selling the fake, change of pace and making the goalie move first. The goalie must time his retreat into the net to keep good angles on shots and cover the goal line on dekes.

Description:

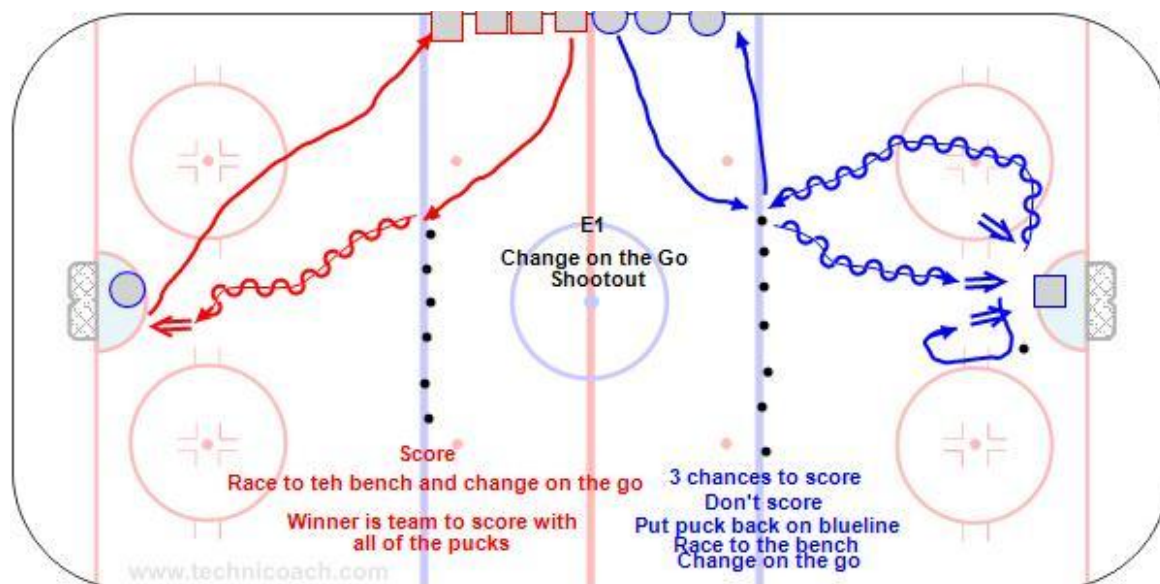
Players are in the box and one puck on each blue line for every player.

Player from each team leaves the box and tries to score. If they score they race to the box and touch the boards and then the next player can leave.

Max 3 shots and then they must change of the go with another player.

First team to score with all the pucks wins. It works better to put the pucks on the blue line than in the middle as in the diagram.

To make it realistic the goalie should practice starting from the goal line and coming out.



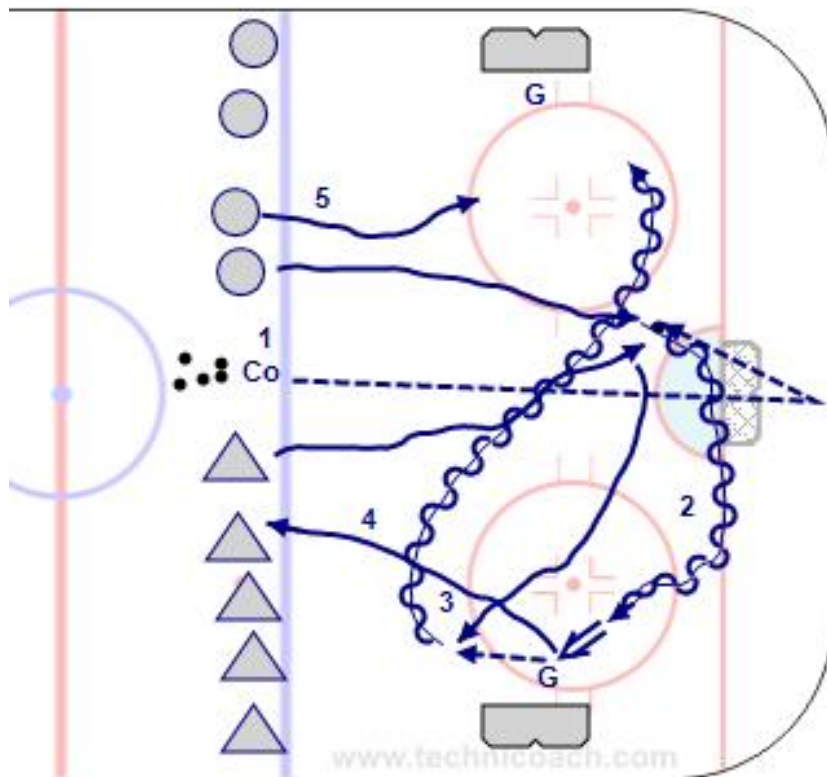
E1 D200 Shootout Game

Key Points:

As soon as there is a rebound or goal the defender pick up the puck and attack the other way.

Description:

1. Coach dumps the puck in and players race for it.
2. Puck carrier try to score defender defend.
3. On rebound or goal defender attack other way.
4. Shooter must get outside of the blue line.
5. When teammate onside then first player in the line backchecks.



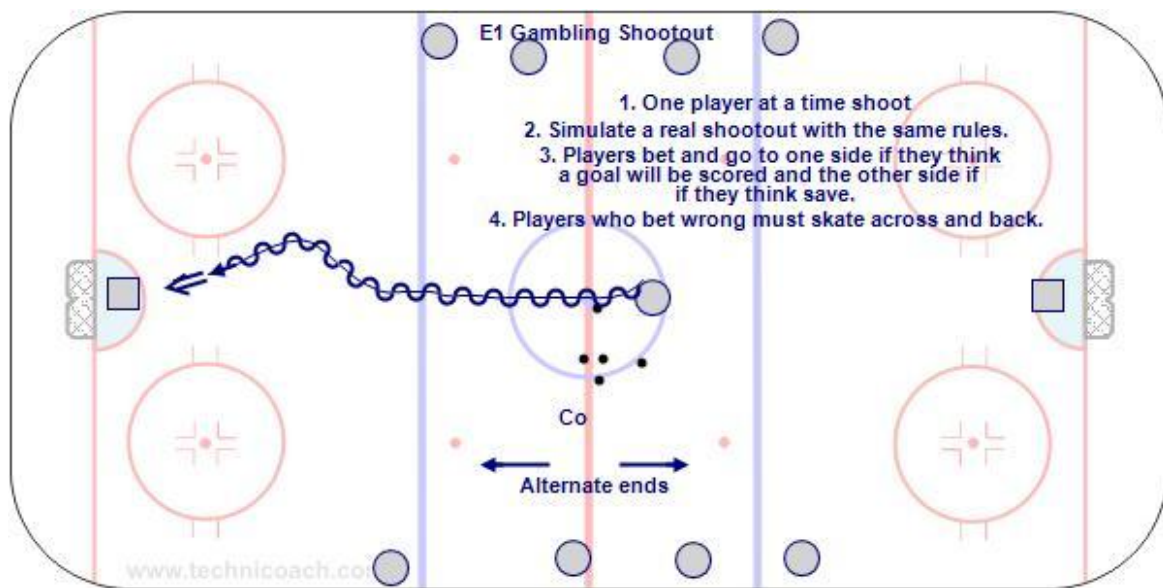
E1 Gambling Shootout

Key Points:

Simulate a real shootout by placing the puck on the dot and the player starting on the whistle and the goalie not moving until the player touches the puck. Get the goalie used to shootout skating.

Description:

1. One player at a time shoots.
2. Simulate a real shootout with the same rules.
3. Players bet and go to one side if they think a goal will be scored and the other side if they think save.
4. Players who bet wrong must skate across and back.
5. Alternate ends.



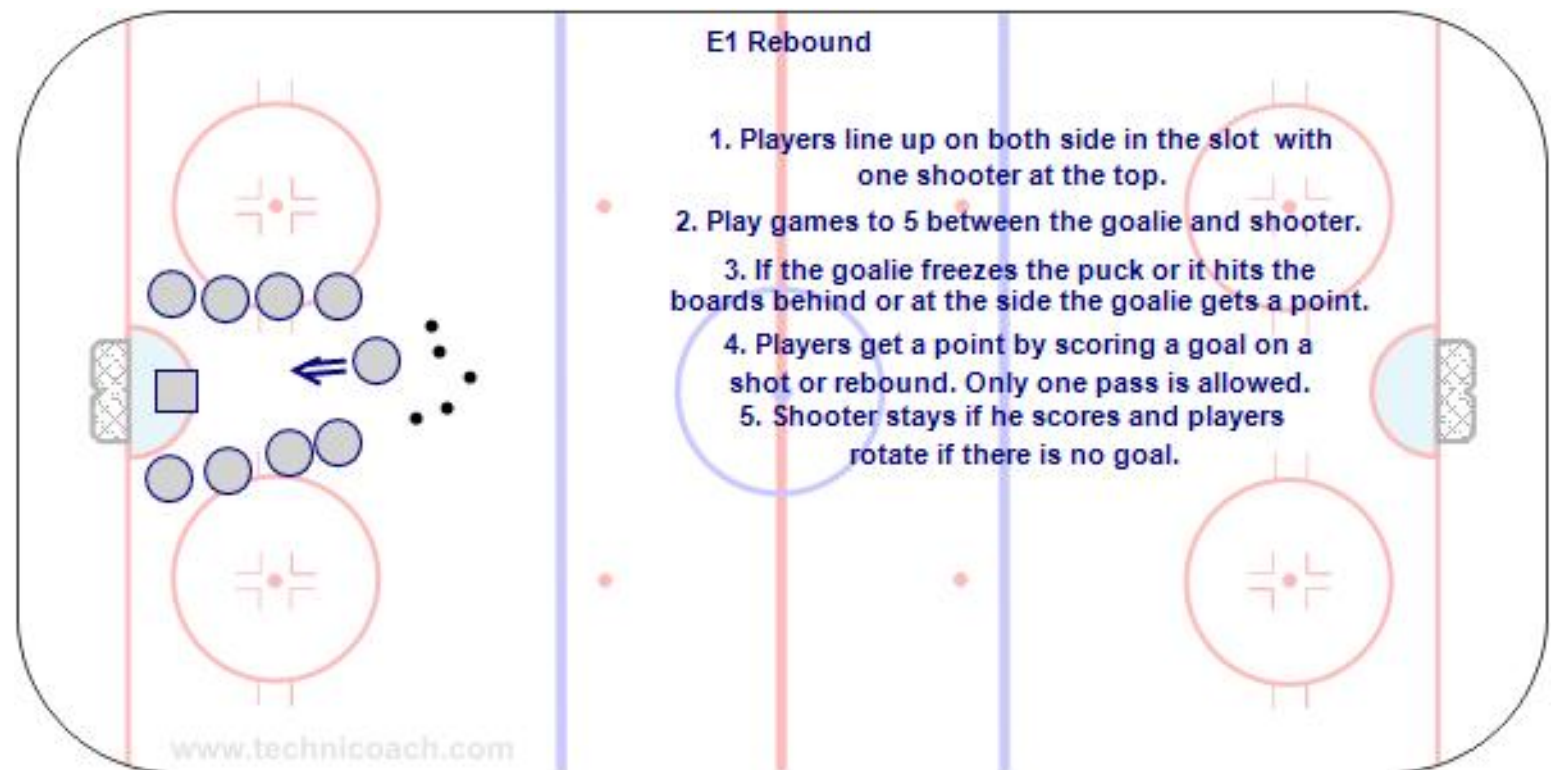
E1 Rebound

Key Points:

Make quick shots and one timers and goalie read the play.

Description:

1. Players line up on both side in the slot with one shooter at the top.
2. Play games to 5 between the goalie and shooter.
3. If the goalie freezes the puck or it hits the boards behind or at the side the goalie gets a point.
4. Players get a point by scoring a goal on a shot or rebound. Only one pass is allowed.
5. Shooter stays if he scores and players rotate if there is no goal.



E1 Rebound Game

This is a scoring contest that seems to be loved by players of all ages everywhere in the hockey world.

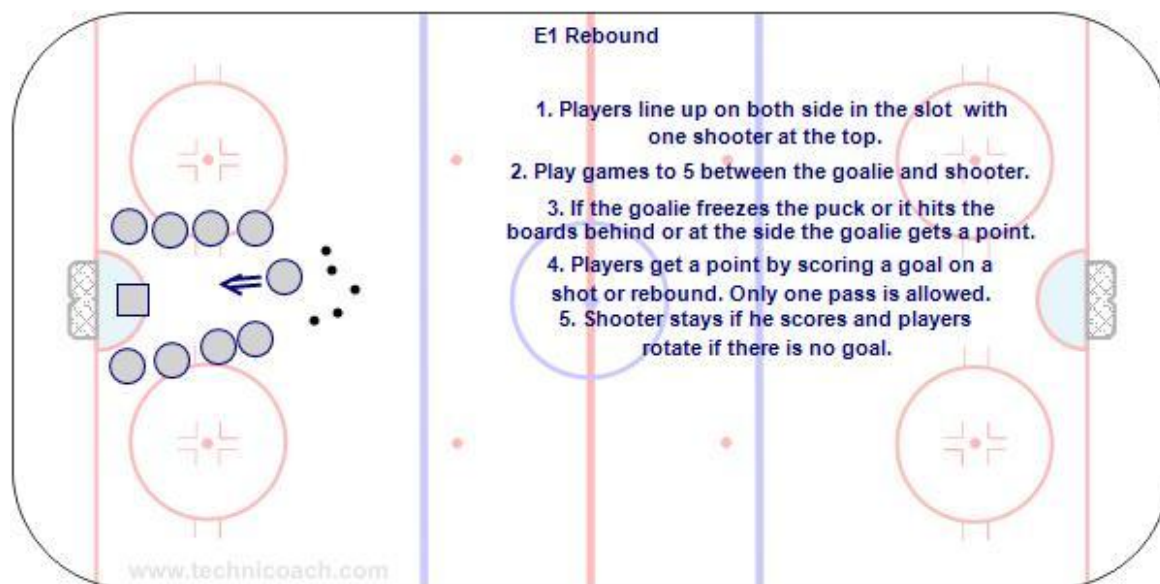
Key Points:

Make quick shots and one timers and goalie read the play.

Description:

1. Players line up on both side in the slot with one shooter at the top.
2. Play games to 5 between the goalie and shooter.
3. If the goalie freezes the puck or it hits the boards behind or at the side the goalie gets a point.
4. Players get a point by scoring a goal on a shot or rebound. Only one pass is allowed.
5. Shooter stays if he scores and players rotate if there is no goal.

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E1 Shootout 2 Shots

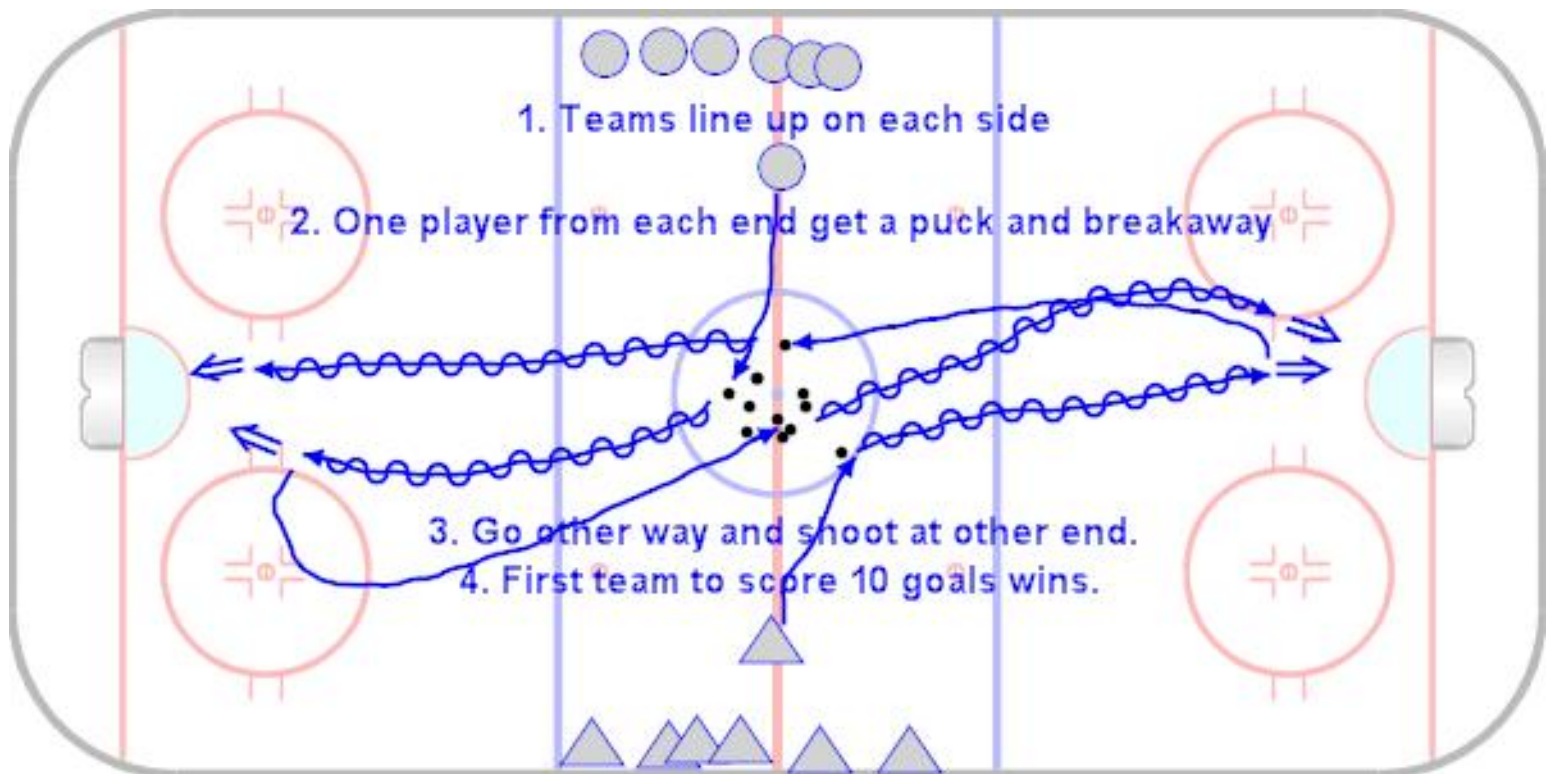
Key Points:

Players should come in and make a hard move and shoot. The general rule on a breakaway is if the goalie is out far deke and if he backs in shoot.

Description:

1. Teams line up across from each other and the pucks are in the middle circle.
2. One player from each team leaves and shoot at opposite ends.
3. The same players turn back and get another puck from the middle and shoot at the other end.
4. Continue until all the players have shot and keep score.

You can also decide the winner by saying the most goals in a certain time or the first team to 10 or another total wins.



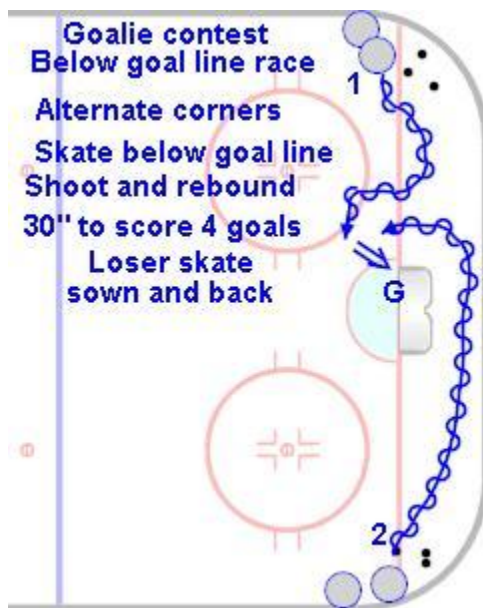
E1 Shootout Contest Below the Goal Line

Key Points:

Players must walk out from below the goal line with power moves. Protect the puck and shoot high on butterfly goalies, to the far post on stand ups or through the legs on either style. Another option on a wrap around is to jam it inside the near post before the goalie gets across the net.

Description:

1. Players line up in each corner. The coach could put a glove or cone to mark where they can walk out.
2. Players carry the puck and either walk out or wrap around to score.
3. Alternate corners.
4. The player gets 30" to score 4 goals.
5. Players who don't score 4 goals must skate down and back.
6. If the goalie allows a certain number of players to score 4 goals then he skates down and back at the end of the contest.
7. Alternative is to go one player at a time from alternate corners and keep score.



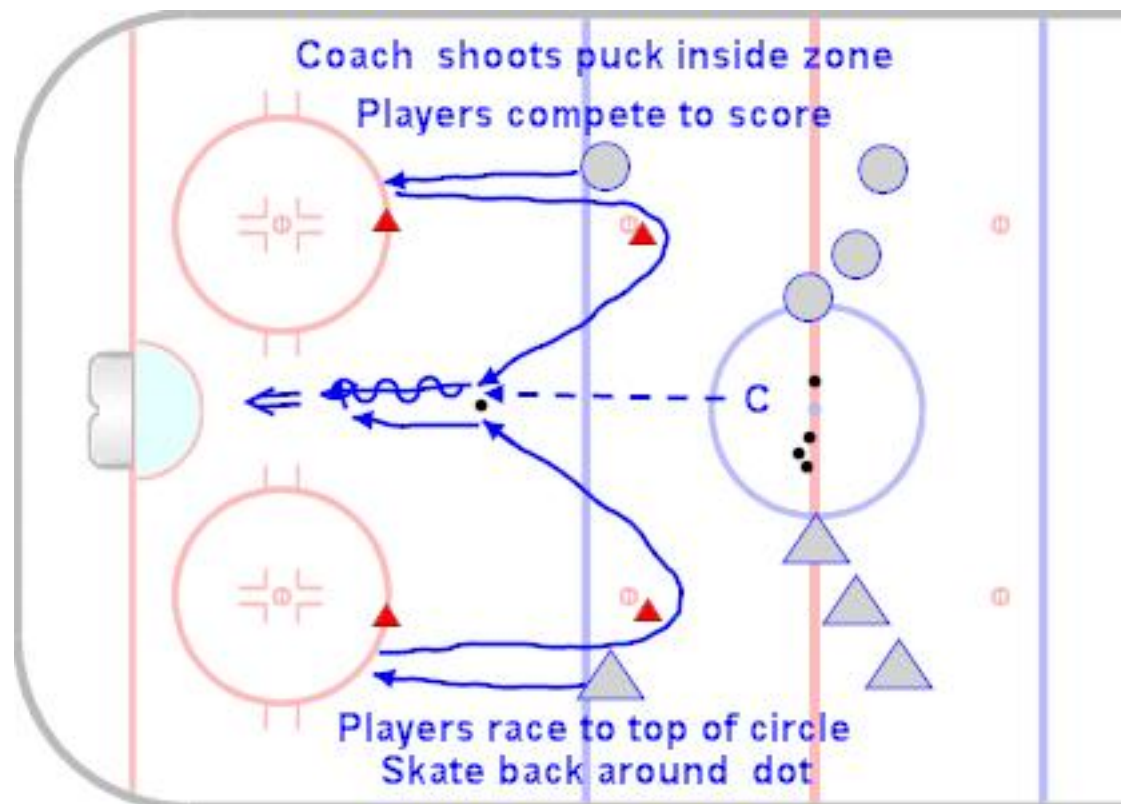
E1 Shootout Race

Key Points:

Players do tight turns and protect the puck. No penalties.

Description:

1. Players line up in the neutral zone and the coach has pucks to dump inside blueline.
2. Players start from the blueline and race to the top of the circle, tight turn, back around the nzone faceoff dot and then compete for the puck.
3. No penalties but fight hard.
4. Goals come from the original shot or a quick shot following any rebound in the slot.



E1 Shootout Race 1

Key Points

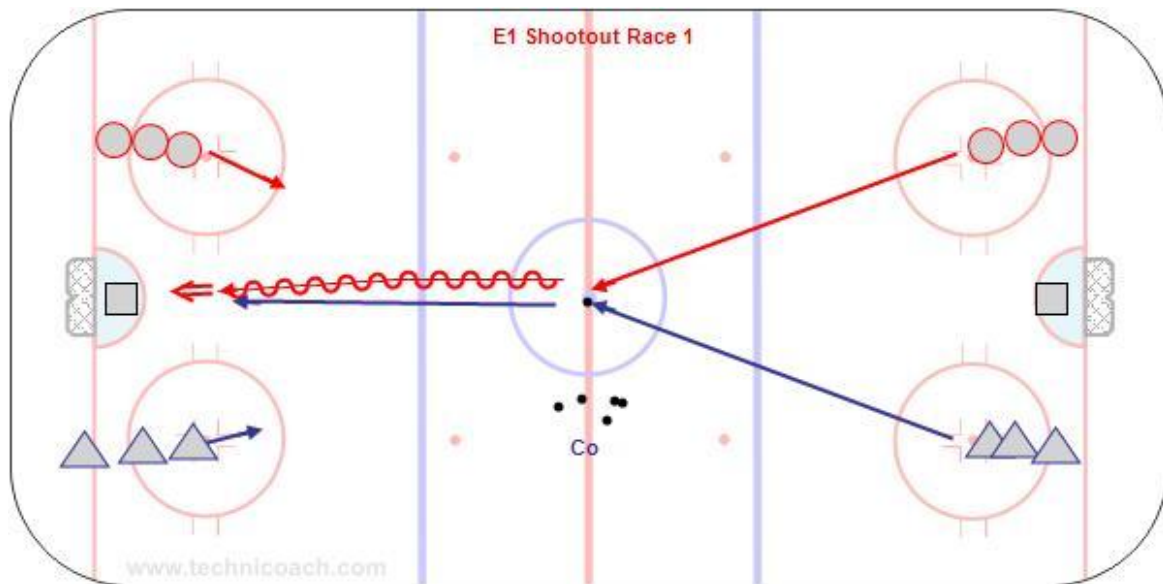
Players must have one skate on the dot at the start. No hooking or tripping. Skate to get D side and get the puck.

*This is a great contest for puck protection, battling, scoring and a good anaerobic conditioning exercise. Keep score with one colour vs the other.

Description

1. Players are lined up behind the face of dots at each end.
2. A player from each team race for the puck which the coach puts on the middle dot.
3. Protect the puck and try to score vs backchecking opponent.
4. Another puck on the dot and repeat the other way.

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E1 Two Shot Shootout

Key Points:

Players should come in and make a hard move and shoot. The general rule on a breakaway is if the goalie is out far deke and if he backs in shoot.

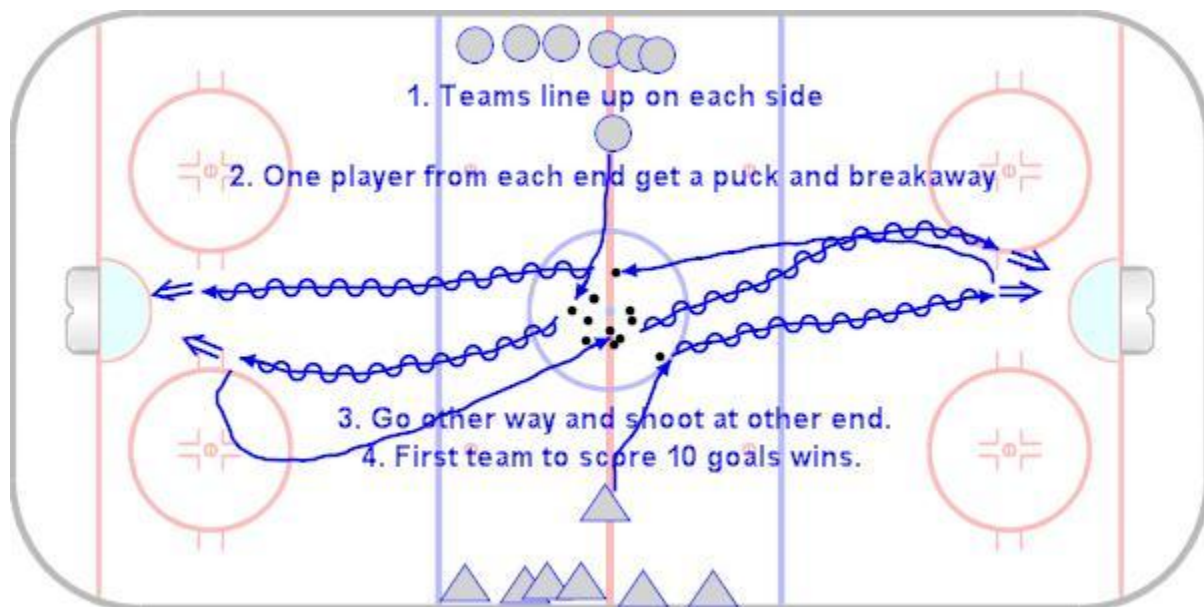
Description:

1. Teams line up across from each other and the pucks are in the middle circle.
2. One player from each team leaves and shoot at opposite ends.
3. The same players turn back and get another puck from the middle and shoot at the other end.
4. Continue until all the players have shot and keep score.

You can also decide the winner by saying the most goals in a certain time or the first team to 10 or another total wins.

- Players that score no goals do 2 laps, those who score one goal skate one lap and those who score on both shots zero laps.

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Categories

Scoring

Competitive Games

Drill Title : 5 Puck Full Ice Race

Components :

Content elements :

Description

5 Puck Full Ice Race:
-Players take push-up position facing red line.
-Coach puts 5 pucks across red line
-On whistle teams race to score goals at opposite end
-First team to 3 wins
-Players can defend own net too
-Only one shot at a time on goalie

Key Points

Goalie Must be Ready!



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