



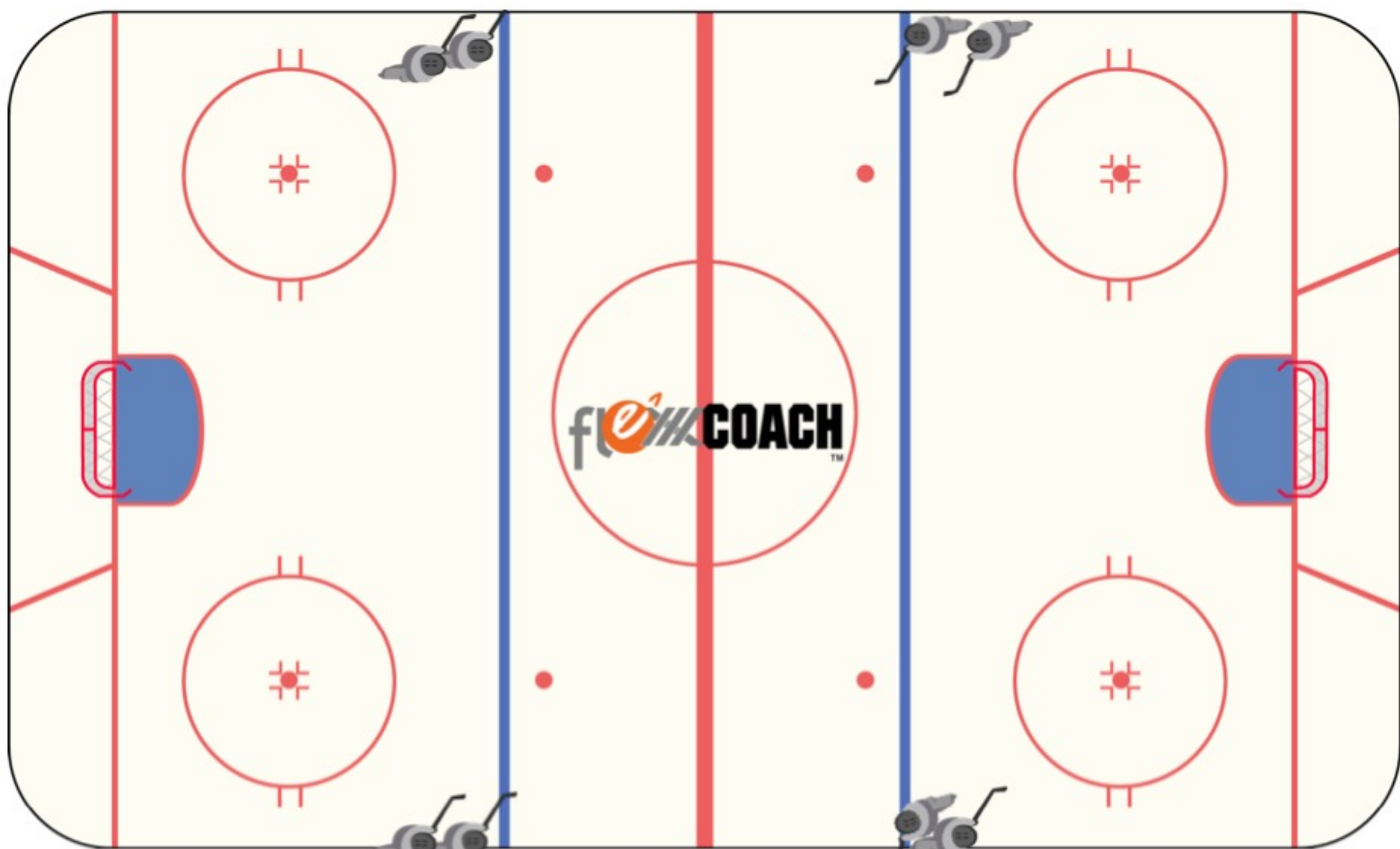
# Drills for Skills

Mag.Oldrich Jindra, 14th of January 2019

# Informations to all drills

- at least 12 players
- max. 20 players
- age groups: from U17 until seniors
- focus at skills in the drills
- very important: communication skills!!!

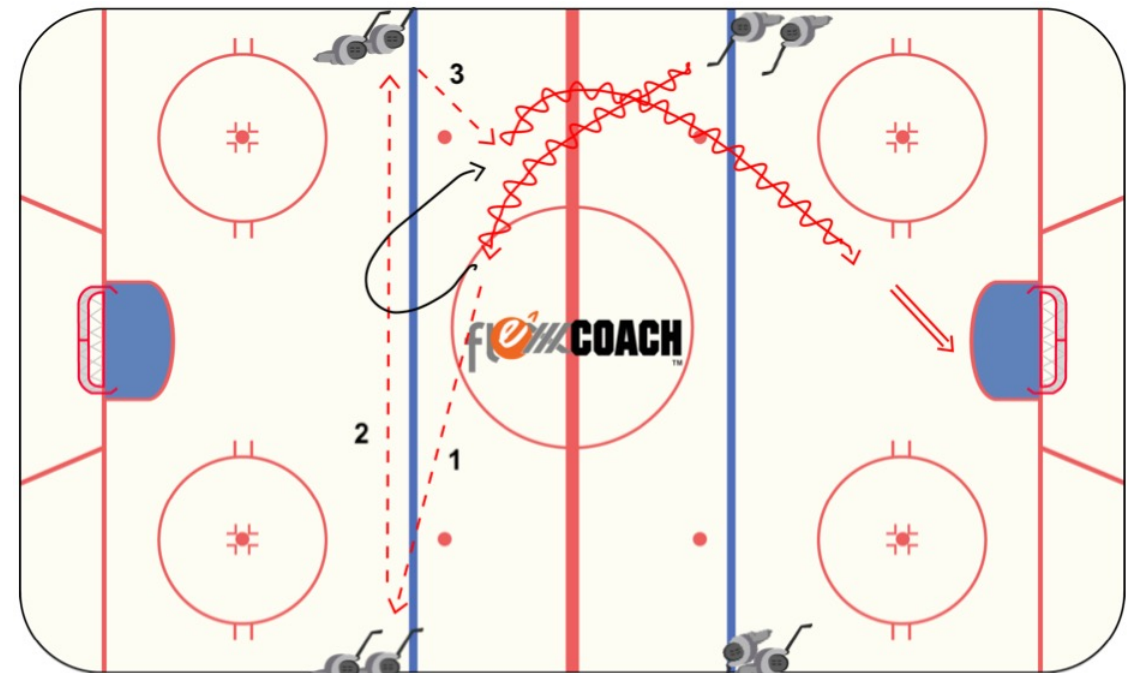




**Set-up of the players for all drills**

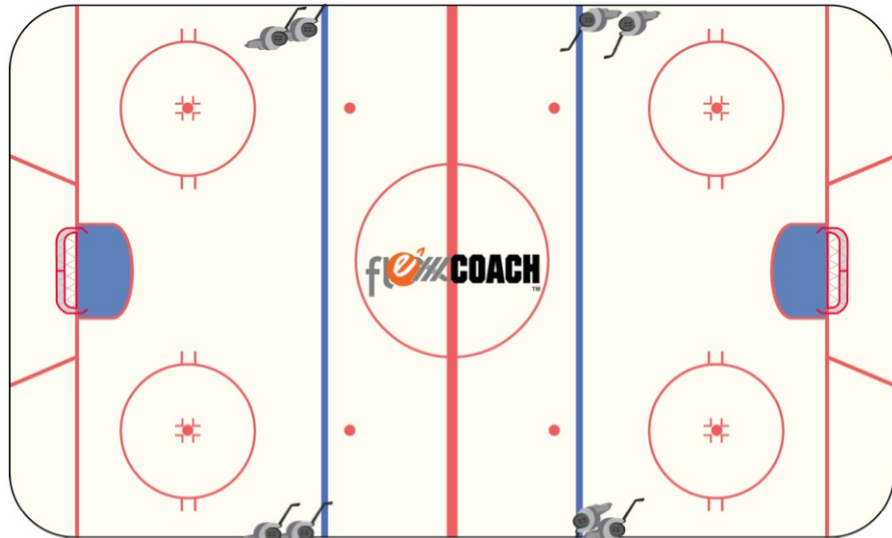
# Drill 1 (1-0)

- Skating skills
- Passing skills
- Shooting
- Reaction
- Read the game
- Positioning of the C - timing

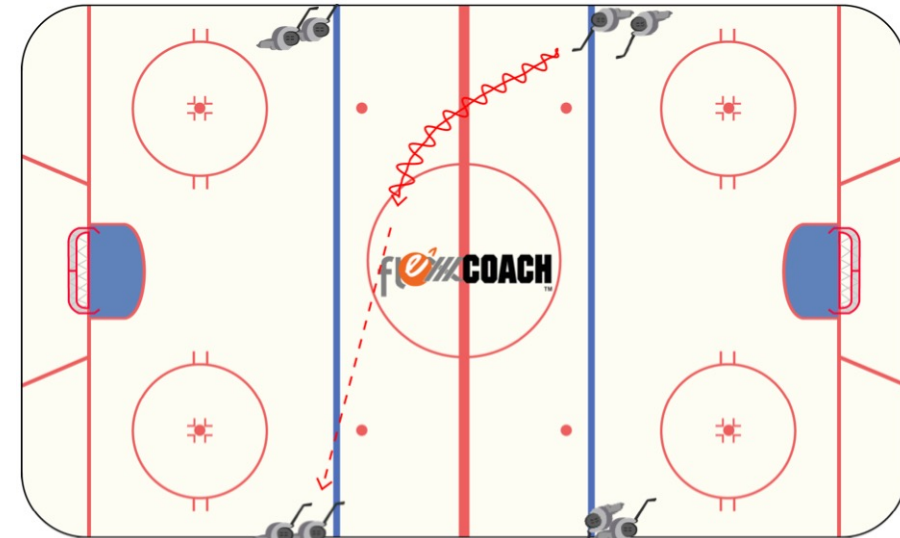


# About the drill 1

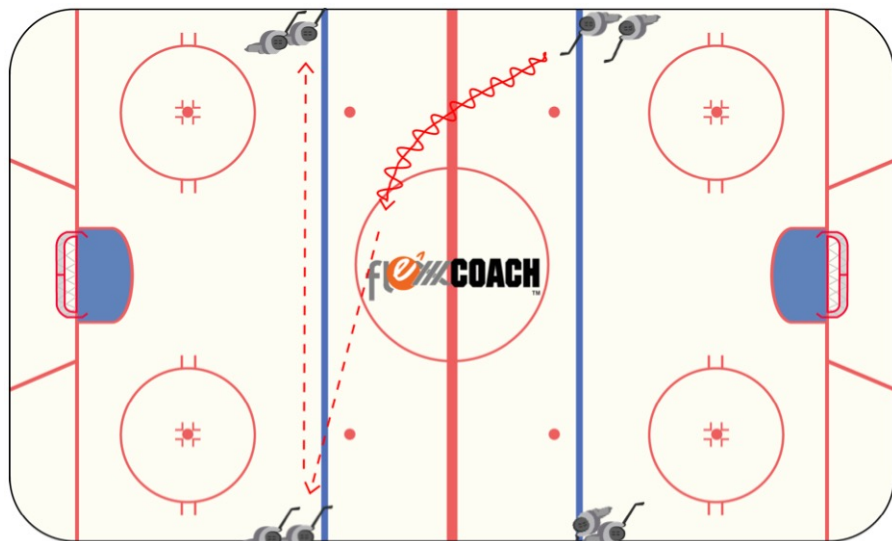
**1.  
Set-up**



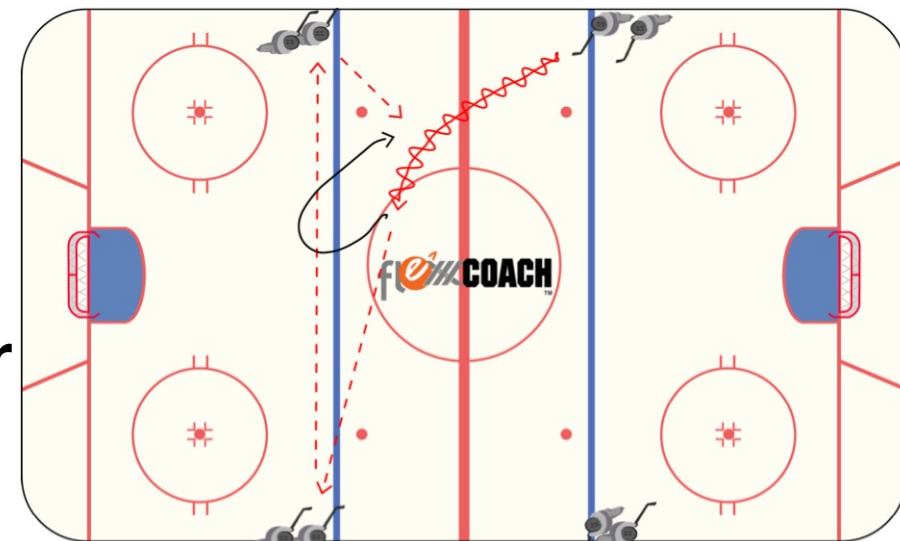
**2.  
Start, skate  
play the pass**

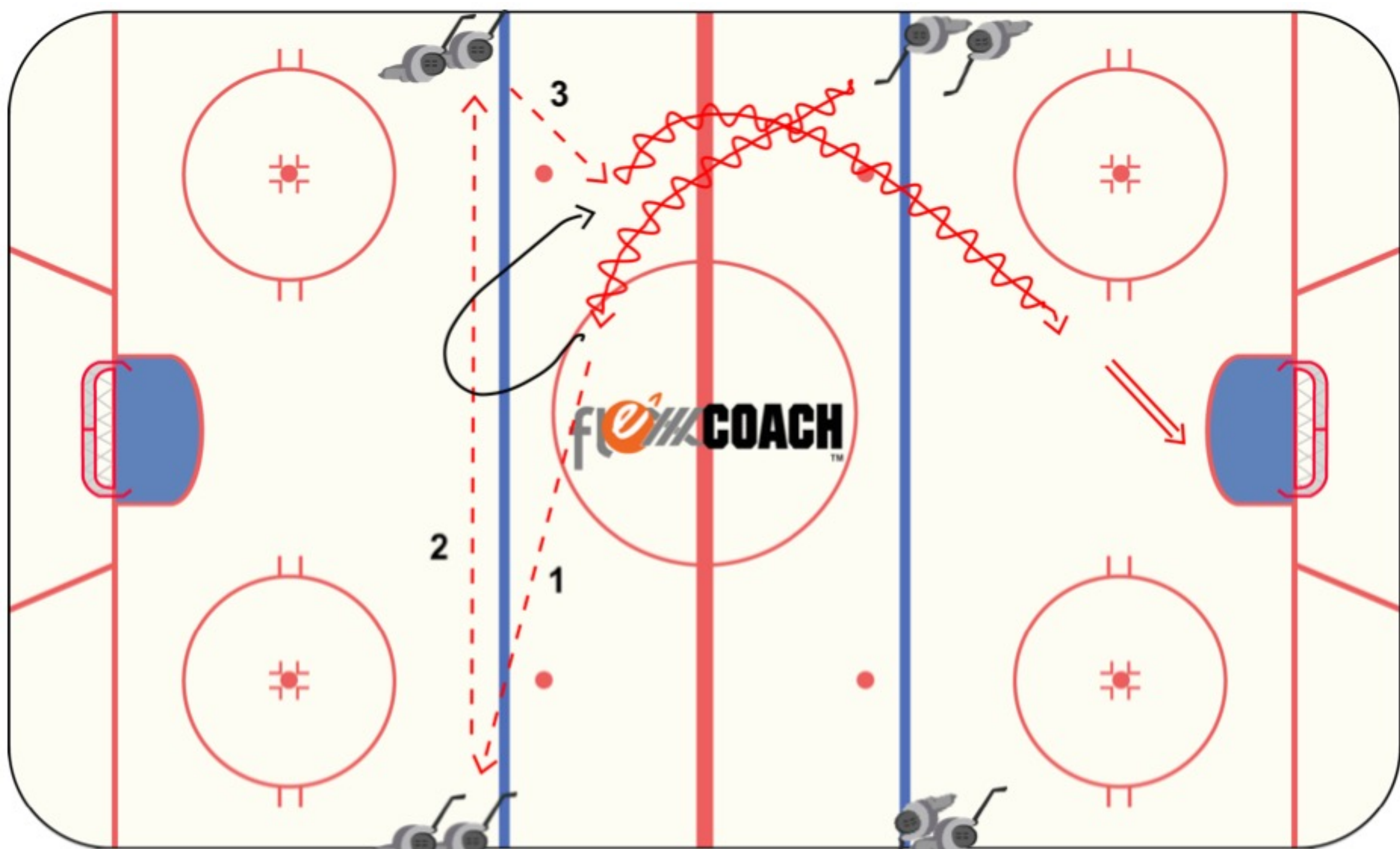


**3.  
Now pass the  
other side**



**4.  
Timing, pass  
to the  
starting player  
back**



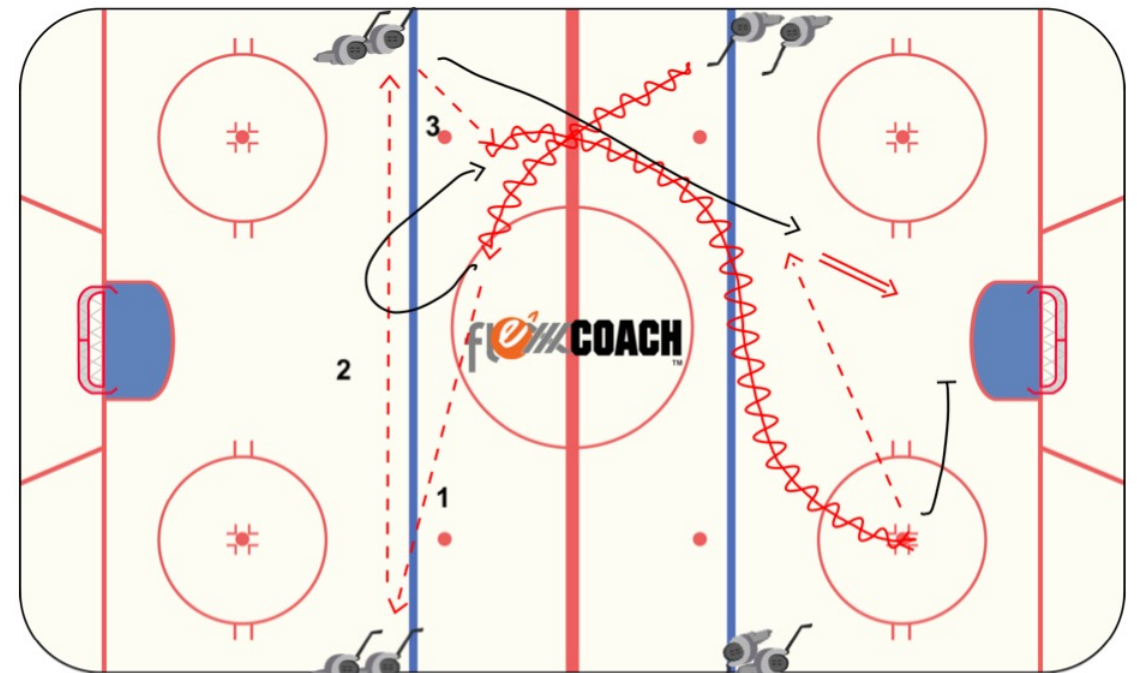


## Drill 1

**Great warm-up drill to challenge all the players**

# Drill 2 (2-0)

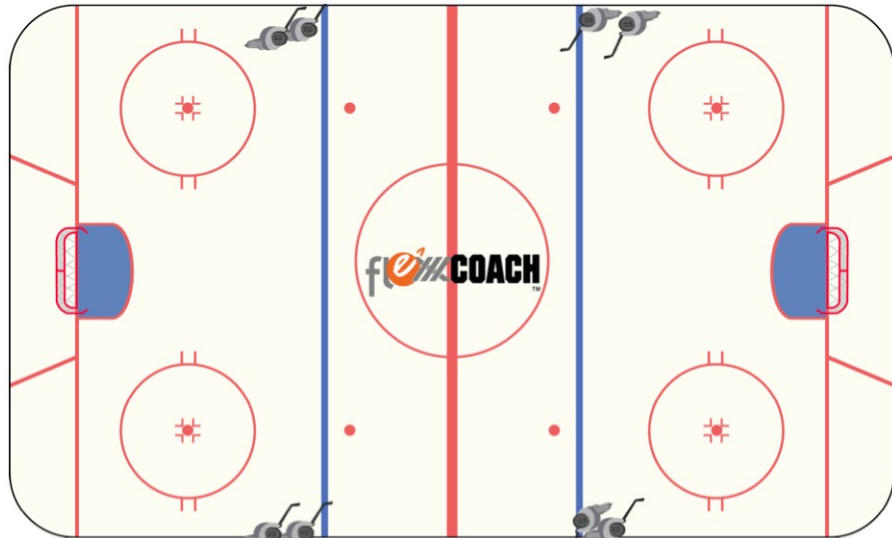
- Skating skills
- Passing skills
- Shooting
- Reaction
- Read the game
- Positioning of the C - timing
- Netdrive
- 2-0 cooperation



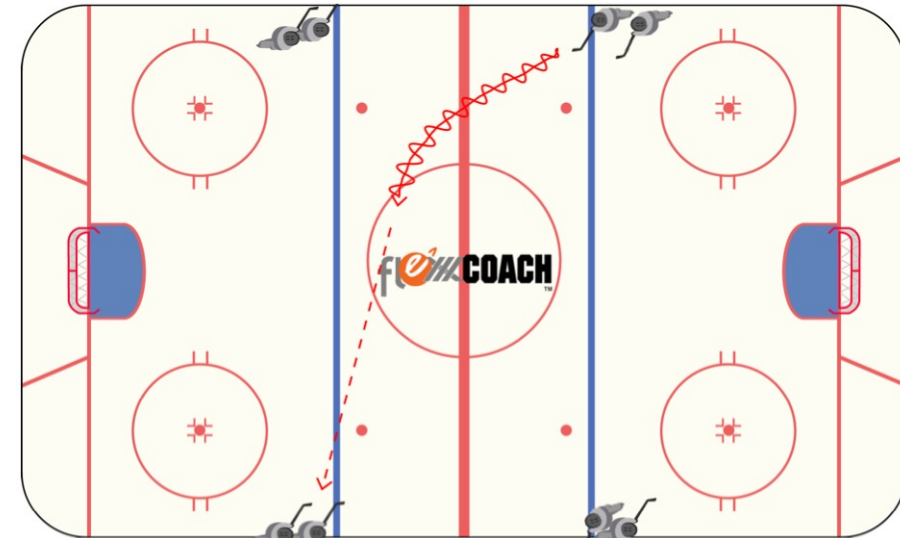


# About the drill 2

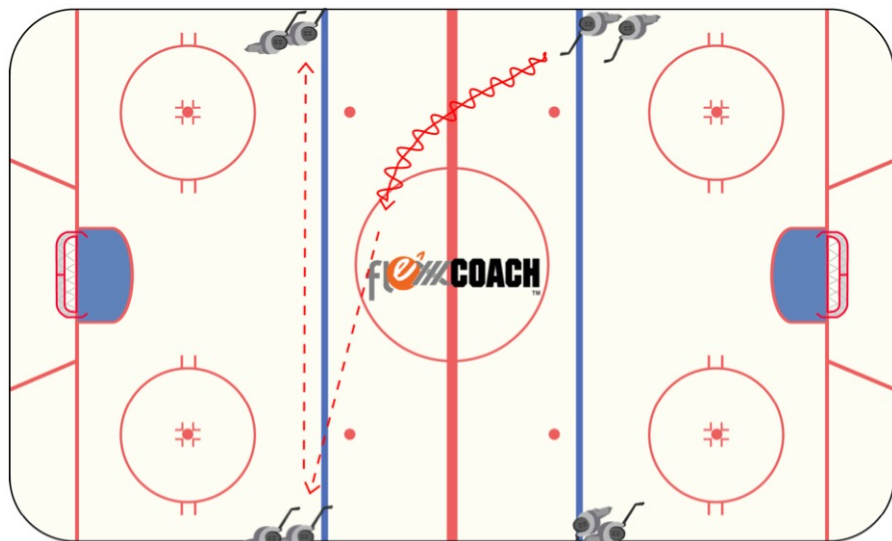
**1.  
Set-up**



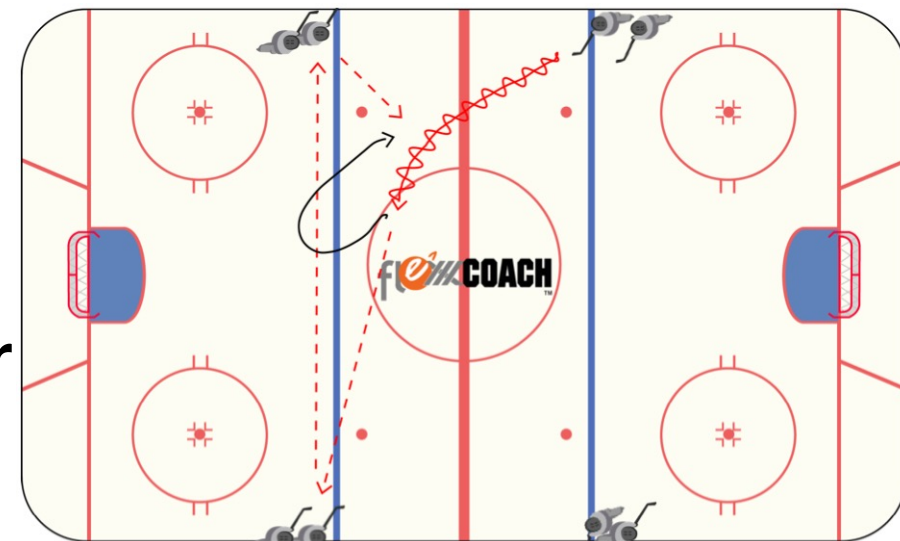
**2.  
Start, skate  
play the pass**



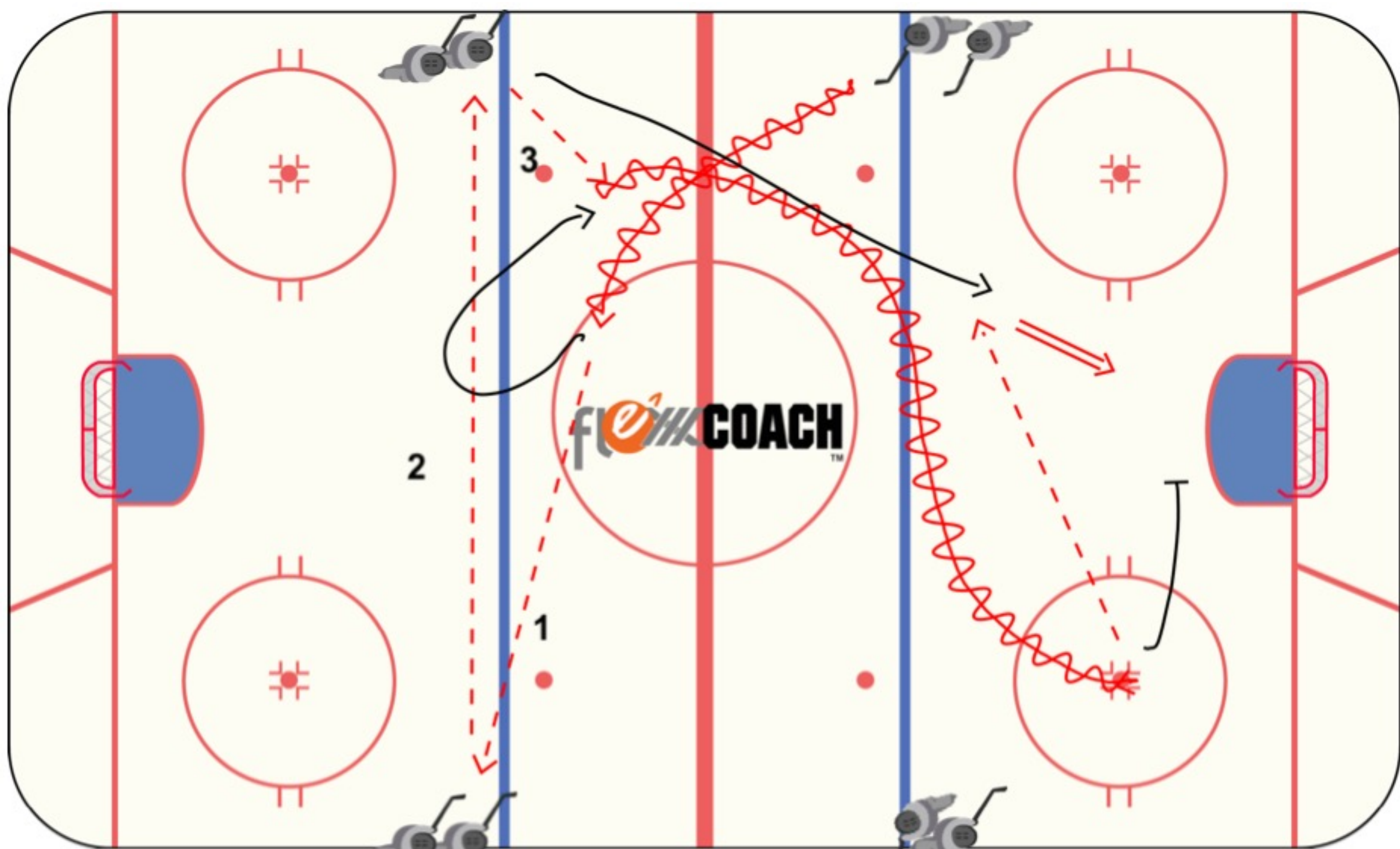
**3.  
Now pass the  
other side**



**4.  
Timing, pass  
to the  
starting player  
back**





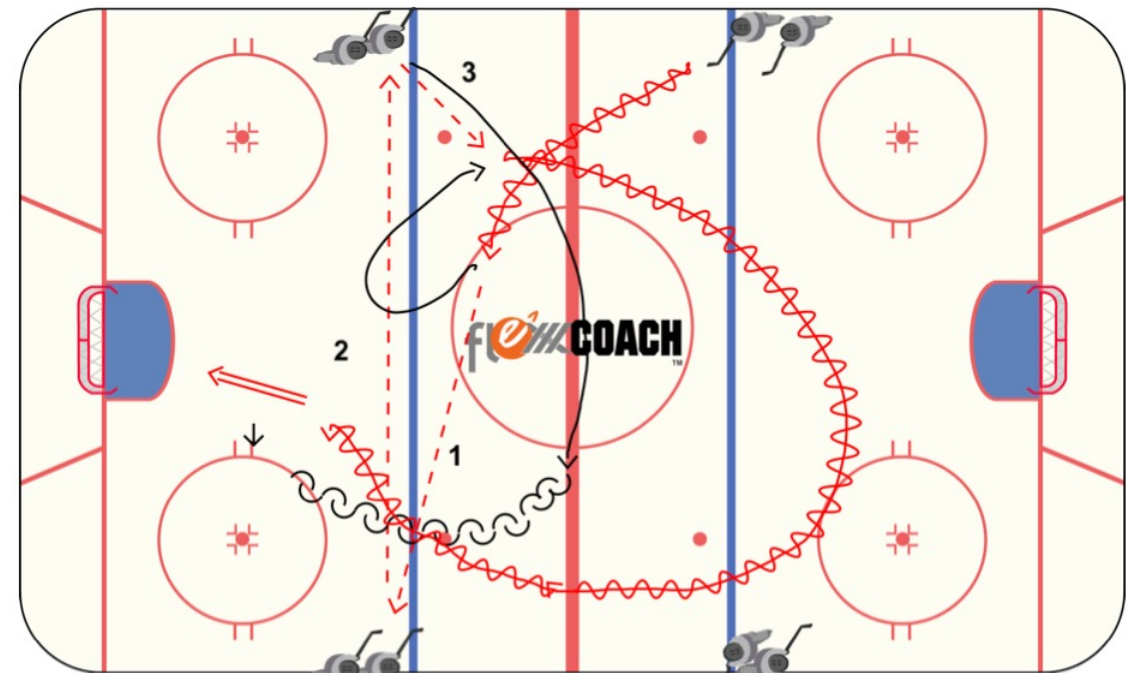


## Drill 2

**After pass 3 starts this player with and skates to the net**

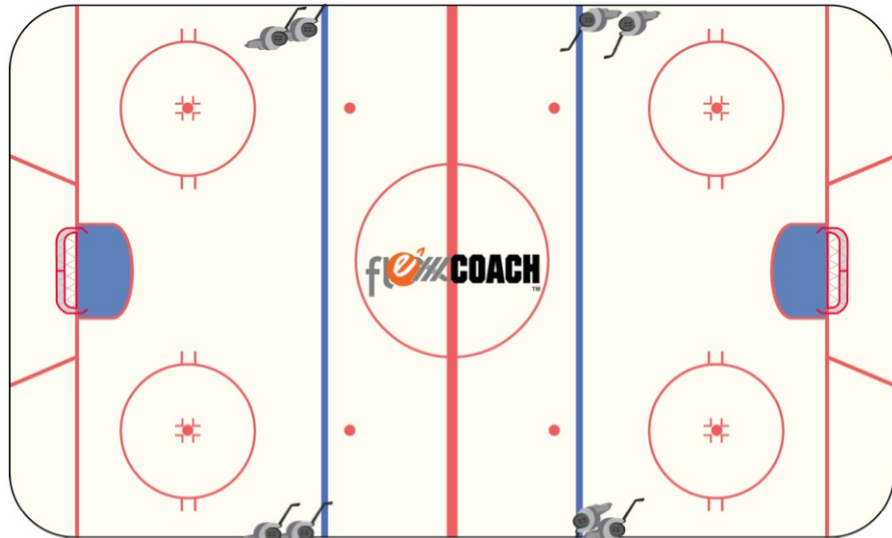
# Drill 3 (1-1)

- Skating skills
- Passing skills
- Shooting
- Reaction
- Read the game
- Positioning of the C - timing
- Speed
- Speed change
- 1-1 behaviour off.-def.

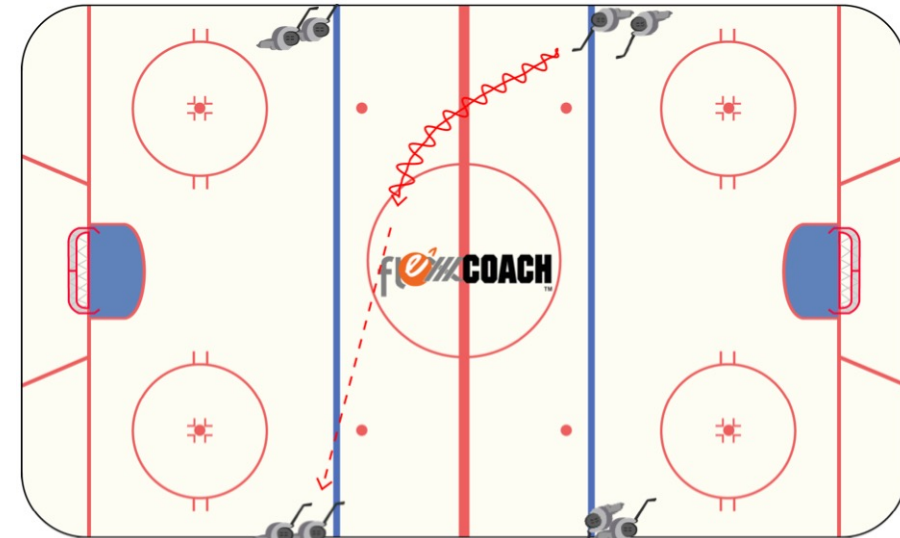


# About the drill 3

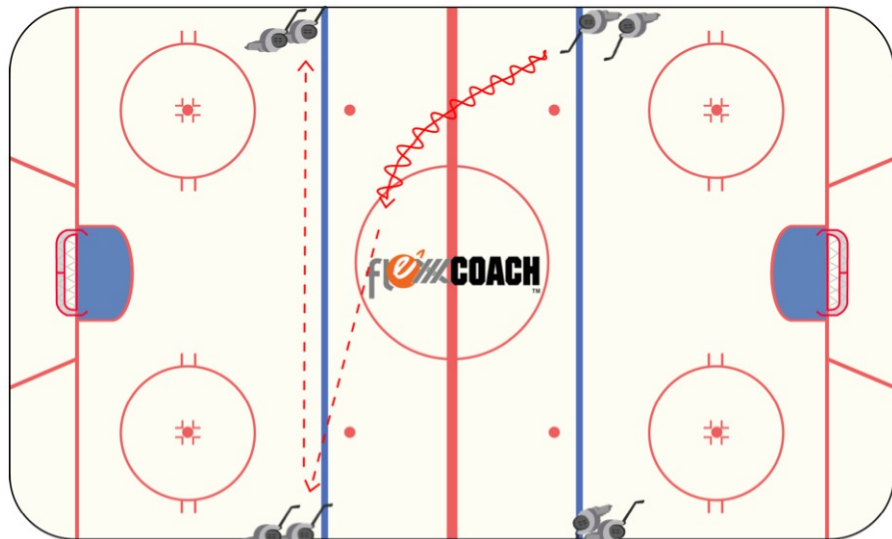
**1.  
Set-up**



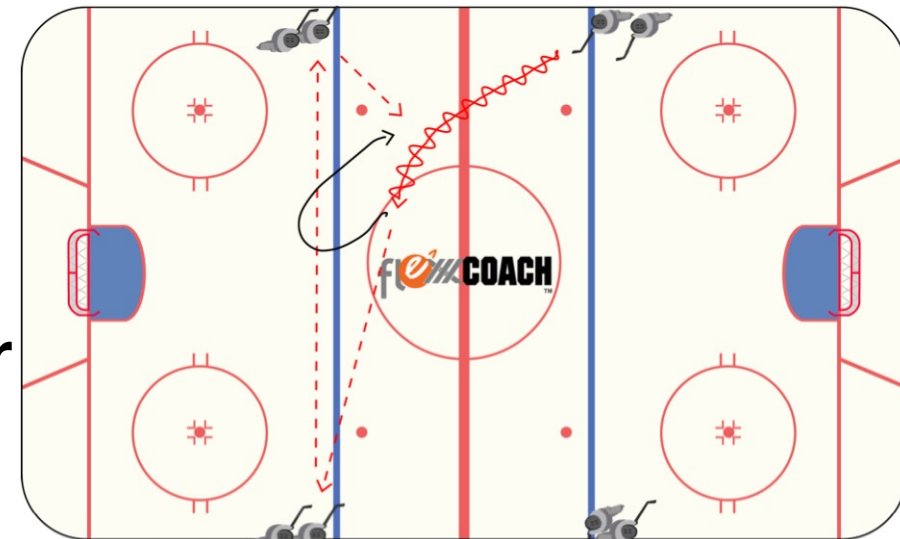
**2.  
Start, skate  
play the pass**



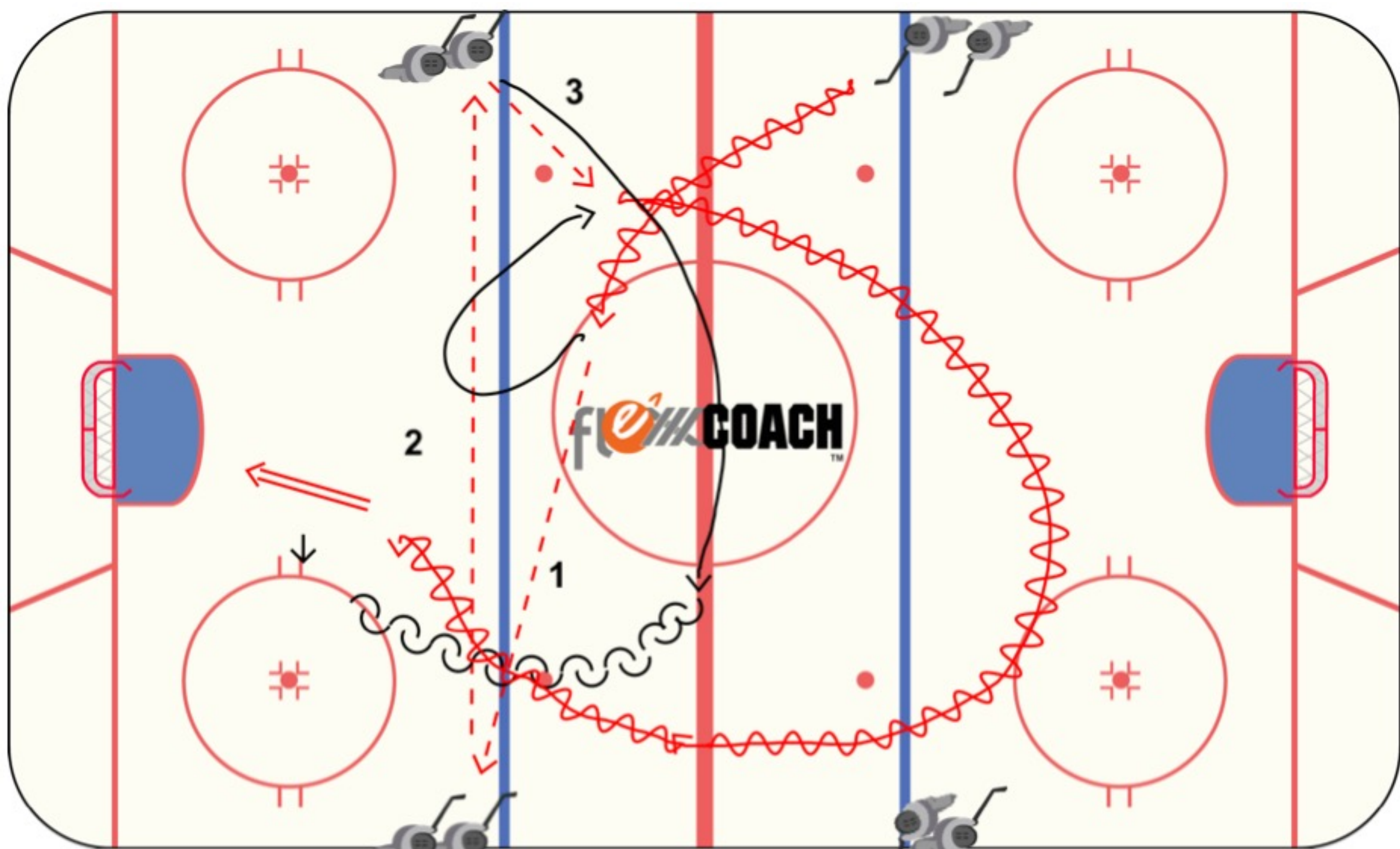
**3.  
Now pass the  
other side**



**4.  
Timing, pass  
to the  
starting player  
back**





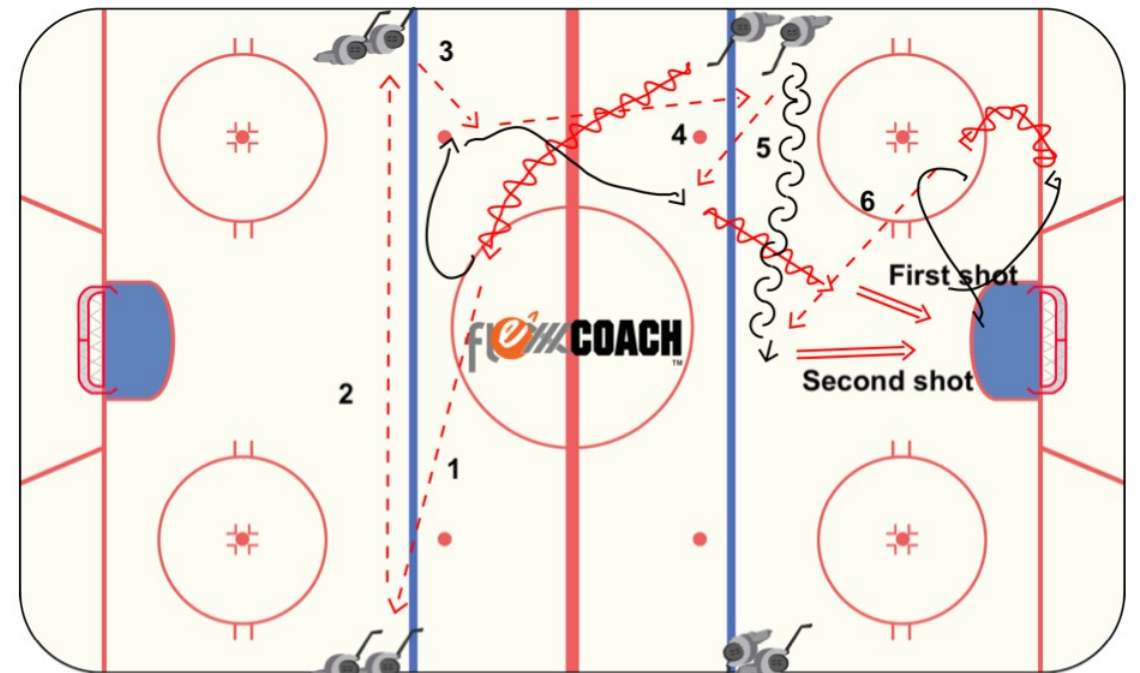


## Drill 3

**After pass 3 starts this player with - contact. He is in the D-position and does press puckcarrier to the boards („bad ice“)**

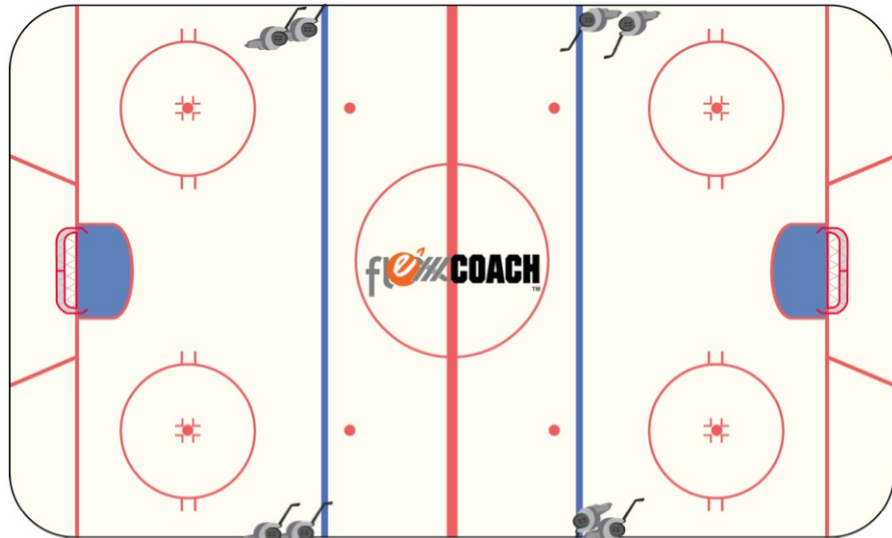
# Drill 4 (1-0, D-shot)

- Skating skills
- Passing skills
- Shooting
- Reaction
- Read the game
- Positioning of the C - timing
- Speed
- Cooperation F-D
- deflection / rebounds

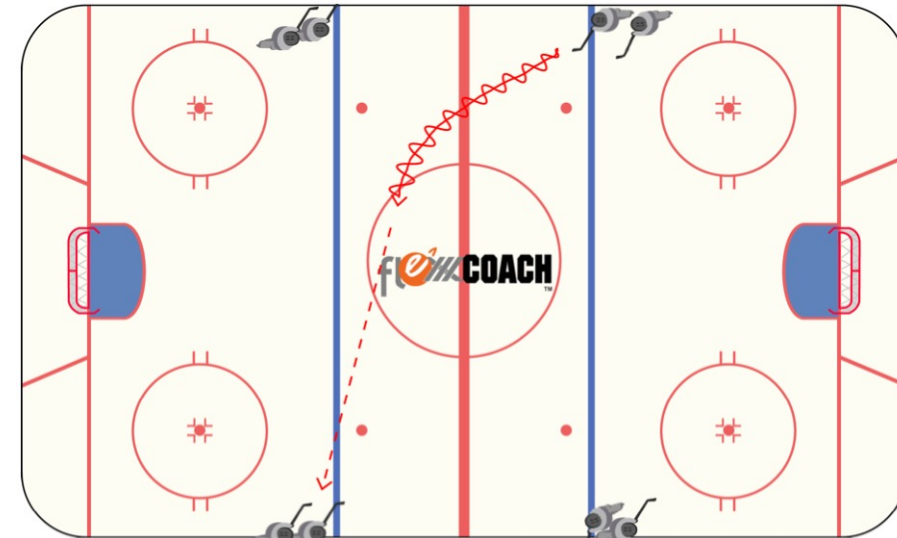


# About the drill 4

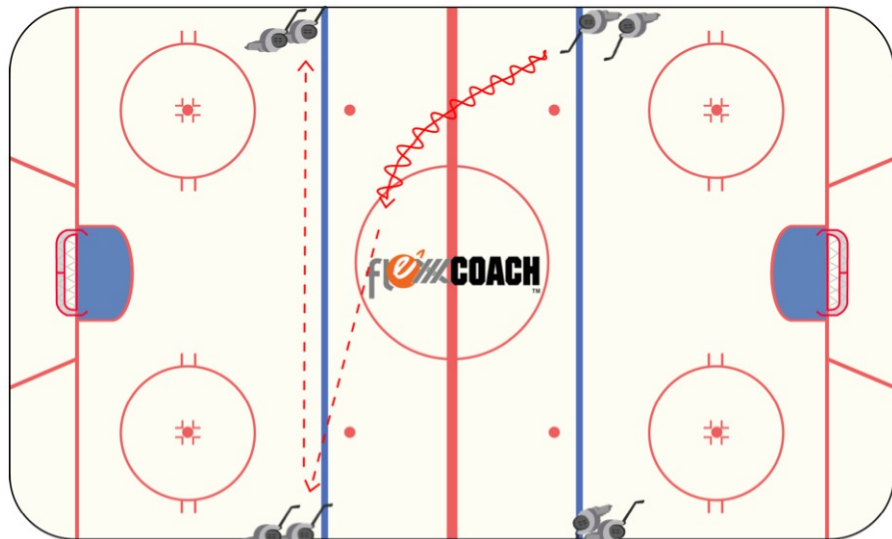
**1.  
Set-up**



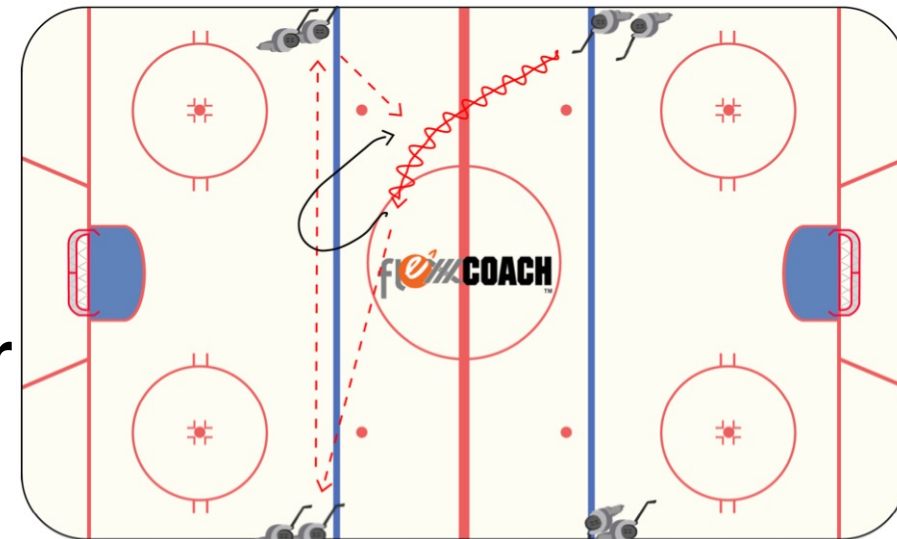
**2.  
Start, skate  
play the pass**



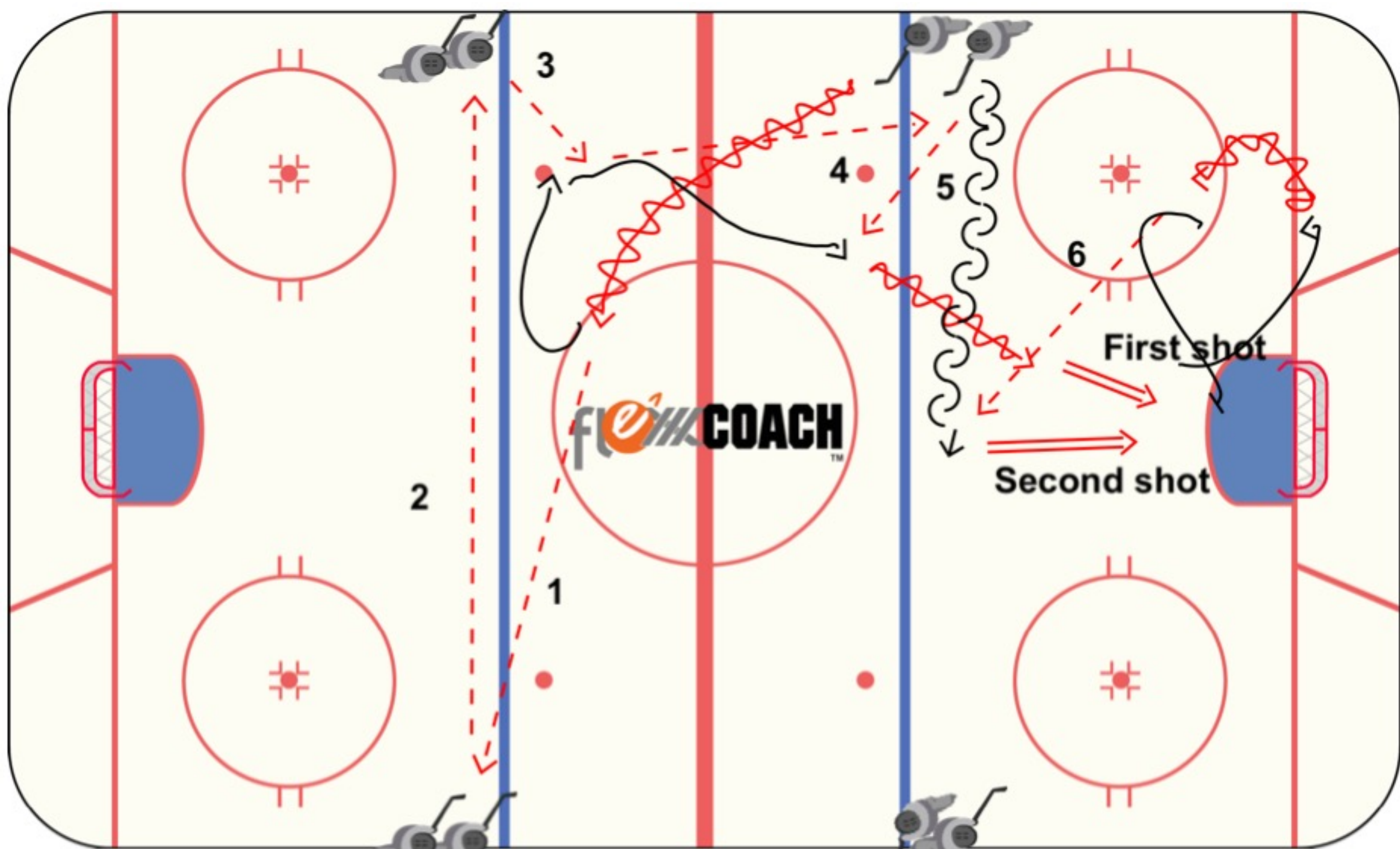
**3.  
Now pass the  
other side**



**4.  
Timing, pass  
to the  
starting player  
back**







## Drill 4

**After pass 5 skates this players backwards. Wait for a pass from the corner done by scorer who did the first shot. Shot/deflection/rebound!**





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