

OMHA HOMETOWN HOCKEY TIPS
CIRCLE PASSING DRILLS

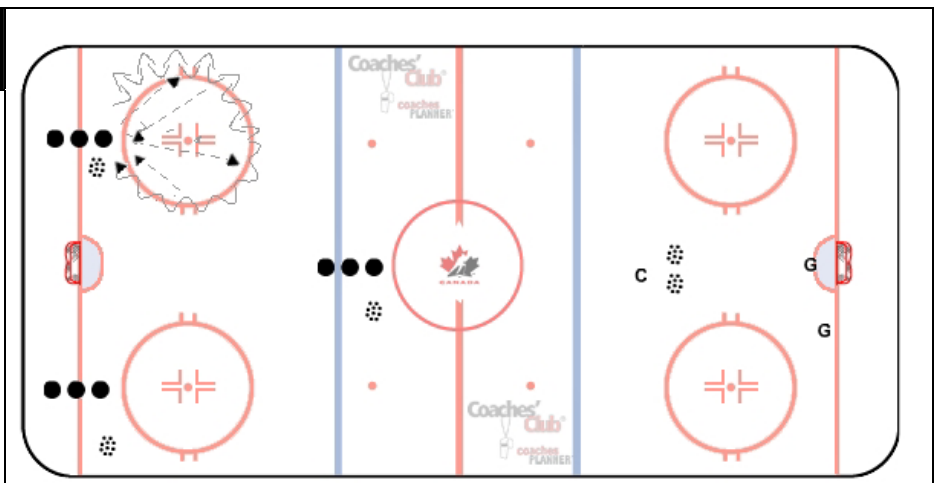
& SMALL AREA GAMES - SKILL PROGRESSION

The focus of this session is to provide examples of how to introduce drill progressions focusing on skill development and the use of small-sided games to re-enforce and develop player's skills. These drills force the player to think in a game-like situation, all fun, competitive environment.

CIRCLE PASSING PROGRESSION:
DRILL 1

CIRCLE PASSING - WARM-UP

DRILL DESCRIPTION



KEY TEACHING POINTS:
 Rapid puck movement Soft hands - eye contact before making return pass Face the puck - be an option.

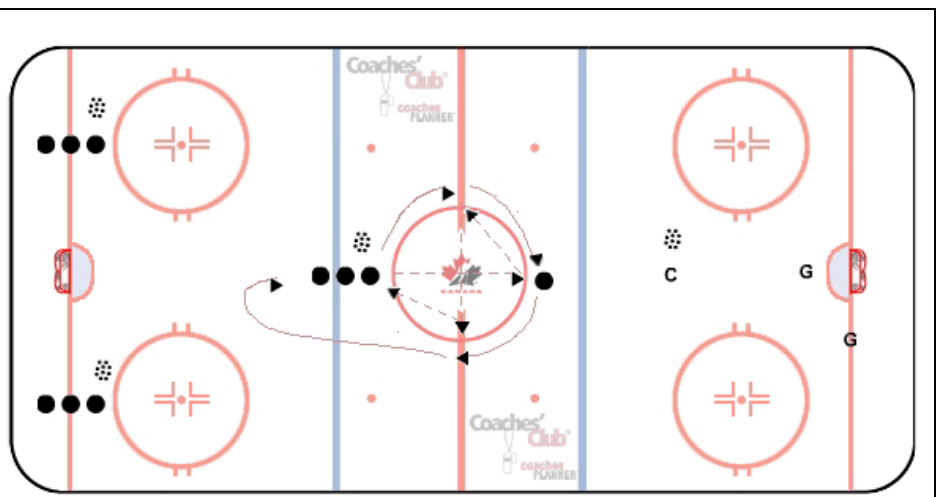
DRILL 2

CIRCLE SUPPORT PASS

DRILL DESCRIPTION

Confined space drill involves a quick series of give & goes. It is a continuous drill.

Line 4-6 skaters off the end of one of the face off circles and start one skater on the circle opposite the line of players.



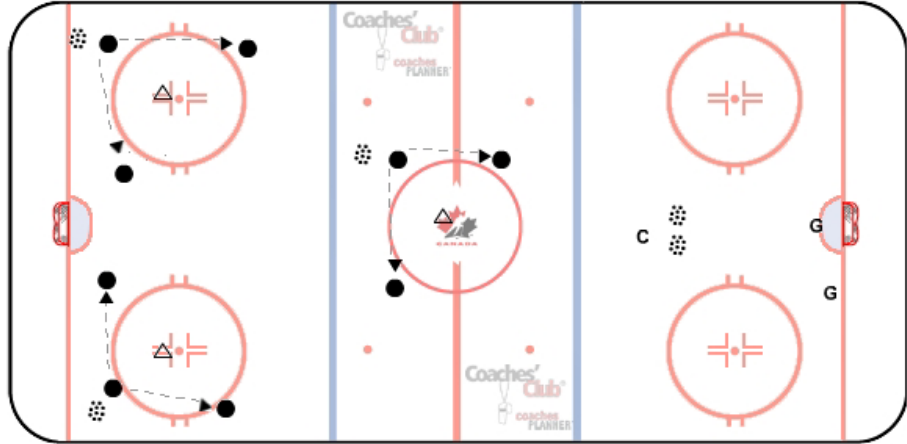
KEY TEACHING POINTS:
 Communication - Eye contact - Verbal - Present the stick as a target.

DRILL 3

CIRCLE SUPPORT / MOVE TO SPACE (MONKEY IN THE MIDDLE)

DRILL DESCRIPTION

Players line up as shown - 3 players on outside of circle vs. one defender. Players without puck must skate to support puck carrier and provide passing option. Players aim to maintain possession while defender aims to intercept pass. Defender switches when possession is gained or after 30-45 seconds.



OPTION: To increase difficulty, use one-touch passing.

KEY TEACHING POINTS:

- Rapid puck movement
- Soft hands - eye contact before making return pass
- Move to space to support puck

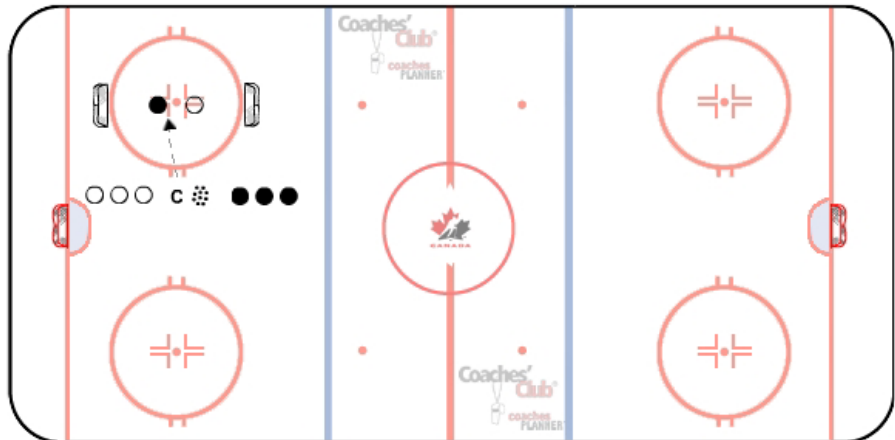
SMALL AREA GAMES

DRILL 1

1V1 / 2V2 CIRCLE GAME

DRILL DESCRIPTION

Confined space, game of 1v1 or 2v2, played within the face-off circle. When a goal is scored, coach shoots new puck into the zone and players continue to play. On whistle, players skate out of circle and new players skate into circle and a new puck is served into zone by coach.



KEY TEACHING POINTS:

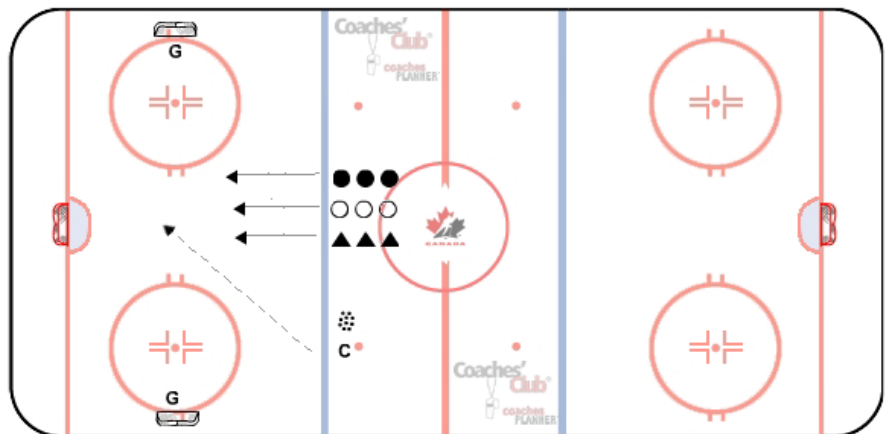
Feet moving / Read & React / Stops & Starts / Game situation & intensity.

DRILL 2

CROSS-ICE - 3 PLAYER HOG

DRILL DESCRIPTION

Players line up outside the blue line on one knee. On whistle, coach shoots puck into zone and players attempt to gain possession of the puck and shoot/score on goal. When a goal is scored, coach shoots new puck into the zone and players continue to play. On whistle, players skate out of zone and 3 new players skate into zone and a new puck is served into zone by coach.



KEY TEACHING POINTS

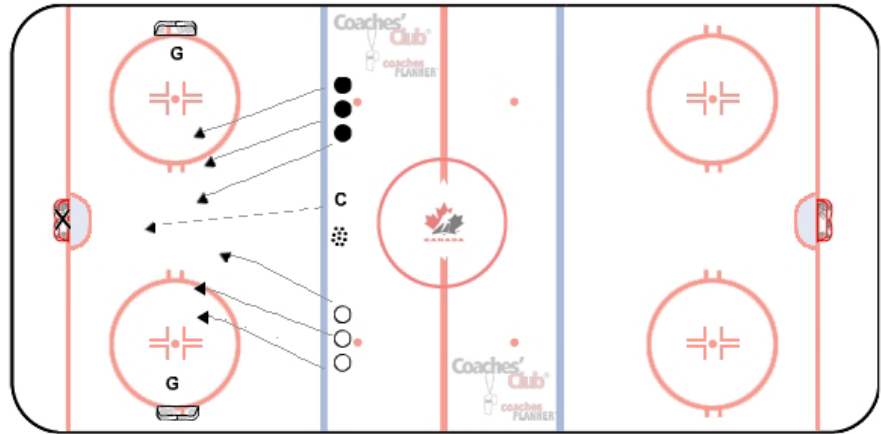
Feet moving / Read & React / Stops & Starts / Game situation & intensity.

DRILL 3

CROSS-ICE - 3V3

DRILL DESCRIPTION

Players are divided into three teams. On whistle, coach shoots puck into zone and players play 3 vs. 3 cross-ice below the blue line. When a goal is scored, coach shoots new puck into the zone and players continue to play. On whistle, players skate out of zone and 6 new players skate into zone and a new puck is served into zone by coach.



KEY TEACHING POINTS

Feet moving / Read & React / Stops & Starts / Game situation & intensity.