STREET HOCKEY
DRILL BOOK

HEALTH
UNIVERSITY OF UTAH

AMERICA FIRST
CREDIT UNION

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OBJECTIVES

- Learning the fundamentals of street hockey with the goal of joining a team or league and feel confident while playing the game
- Create a fun, team oriented, and supportive environment
- Building and establishing a street hockey community throughout Utah

GLOSSARY

TYPES OF LINES:



ACTIVATOR: Ⓐ Typically a coach who is passing a ball into a drill or “resetting” a drill.

PLAYERS: X’s/O’s

HAND PLACEMENT ON THE STICK

1. Players should use their dominant hand to maintain control of the stick.
2. Determine which side of the body players naturally hold the stick. If the player holds the stick on the left side of the body, they are considered a left-handed hockey player. If the player naturally holds the stick on the right side of the body, they are considered a right-handed player.
3. Looking down at the stick from the point of view of holding it. Left-handed sticks have a blade within a curve to the right, and right-handed sticks have a blade with a curve to the left.
4. The height of the stick should be at a players nose.
5. LEFT-HANDED PLAYERS - Right hand should be placed at the top of the stick with the thumb pointed downward towards the blade. Left hand should be about a forearm's length away from the top hand, placed about midway down the shaft of the stick. Again, the thumb should be pointing downwards towards the blade. The stick should be on the left side of the body.
6. RIGHT-HANDED PLAYERS - Left hand should be placed at the top of the stick with the thumb pointed downwards towards the blade. The right hand should be about a forearm's length away from the top hand, place about midway down the shaft of the stick. Again, the thumb should be pointing downwards towards the blade. The stick should be on the right side of the body.

RIGHT-HANDED PLAYERS





LEFT-HANDED PLAYERS





HELPFUL HINT

Golf hands vs. Hockey Hands: Hockey hands should never look like a player is holding a golf club. Hands need to be at least a forearm's length apart to ensure control of the stick, ball, and body.

HOCKEY-READY POSITION

1. Stand in hockey position and be sure to hold the stick correctly.
2. Tap the ball back and forth, using the backhand and forehand of the blade.
3. Between using your forehand (inside of blade) and backhand (outside of the blade), slightly lift the blade of the stick to get your blade either in front of or behind the ball. Do not lift the stick higher than the knee.
4. Weight will be shifting from left to right in your feet as you stickhandle with both forehand and backhand. Try to stay as balanced as possible while stickhandling.

HOCKEY POSITION

1. Hockey position is being ready to receive the ball, pass, or move.
2. To be in the hockey position, feet are shoulder length apart, knees are bent, back is straight, hands are away from the body.





HELPFUL HINT

Bent knees are similar to a sitting action.

STICKHANDLING

1. Stand in hockey position and be sure to hold the stick correctly with control.
2. Drag the ball back and forth, using the backhand and forehand of the blade rolling the wrists on either side of the stick.
3. Between using your forehand (inside of blade) and backhand (back side of the blade), slightly lift the blade of the stick to get your blade either in front of or behind the ball. Do not lift the stick higher than the knee.
4. Weight will be shifting from left to right in your feet as your stickhandle with both forehand and backhand. Try to stay as balanced as possible while stickhandling.
5. Maintain control of the ball and keep it close to your body

HELPFUL HINTS

1. Rotate wrists slightly to cup the ball with the stick blade.
2. The rotating motion is similar to opening a doorknob.
3. Cupping the ball with the blade ensures it stays on the blade while handling.







PASSING

GIVING A PASS

1. Players feet should be facing towards the target.
2. Passes are similar to a sweeping motion, sweeping the stick across the floor.
3. Look at your target --partner's blade-- and keep your head up while passing.
4. Follow through after the pass by pointing the toe (point) of the blade at the target for accuracy.

RECEIVING A PASS

1. Players feet should be facing towards the target.
2. Catching the ball upon receiving keeps the ball from bouncing off the stick.
   Bring the stick blade back with the ball, catching it near or behind your back foot.
3. Bring the ball back to a more central position on the player's body, starting position.
   Stick handle to regain and maintain control.



FOREHAND & BACKHAND PASSES

1. Keep the stick blade below the knee.
2. Use proper hand placement and hockey position.

   Create a sweeping motion, bringing the stick across the floor.
4. The bottom hand should be pushing the stick across the body.
5. The difference between forehand and backhand is which side of the blade is being used: Forehand is the inside of the blade, and backhand is the outside of the blade.

SHOOTING

1. Players will be in hockey position with toes pointing at the target and hips parallel to the net, just as they were in the passing drill.
2. Bring the ball to the back foot, mirroring the weight to the back foot.
3. Keep your head up and look at the target.
4. Transfer weight from back foot to the front foot as the ball is swept forward across the body. Push the ball across the body by sweeping the stick blade.
5. The bottom hand should be pushing the stick across the body. The top hand is there for control.
6. Flick or snap the wrists while maintaining the sweeping motion into the follow-through to create velocity. Flicking the wrist is similar to the motion of turning a doorknob.
7. Point the stick toe blade at the target during the follow-through to help with accuracy.
8. KEEP THE STICK BELOW THE KNEES ON THE WIND UP AND FOLLOW THROUGH.

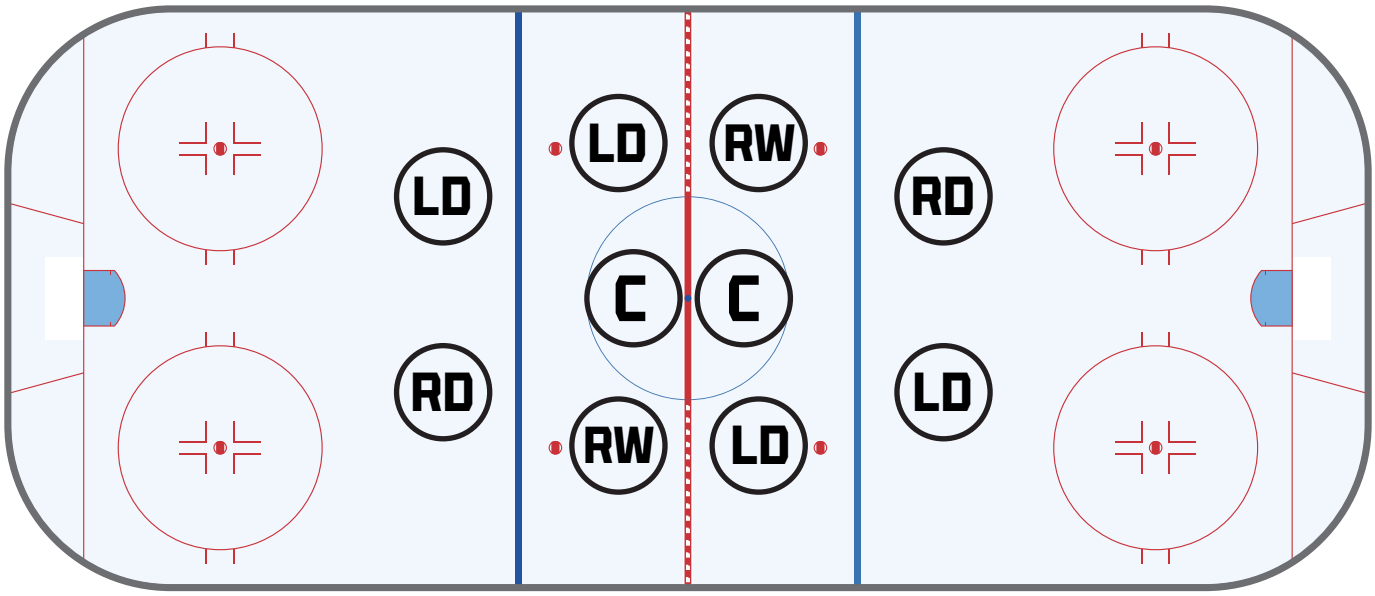


FACEOFFS & HOW TO START THE GAME

1. Games are started in the center of the playing area

2. Faceoffs start play at the beginning of the game, after a goal is scored, and at the beginning of each period.

3. Faceoffs are as follows; two opposing players are facing each other at the center of the rink. The ball is between them on the ground, players hit the ground with their stick blades and then their opponent's stick shaft three times while saying, "U, H, C" between each ground hit and stick tap. Once the three taps have occurred, the ball is live and the players can play the ball.



POSITIONING & ZONES

Hockey players have designated zones on the ice. The zones are important to follow in street and ice hockey.

- The colors on the ice outline where each position should cover
- Players are responsible for the play in their designated zones 80% of the time.
- Centers (C) will support all other players in both offensive and defensive zones.

C *CENTER*

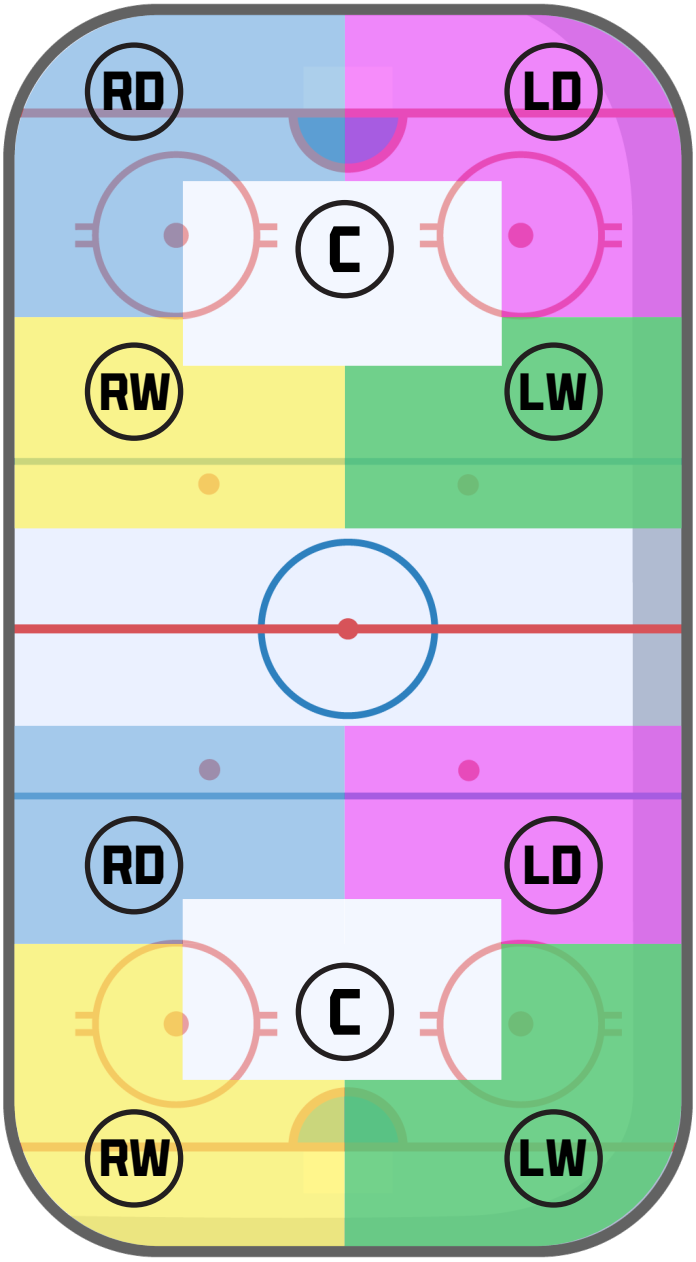
RW *RIGHT WING*

LW *LEFT WING*

RD *RIGHT DEFENSEMEN*

LD *LEFT DEFENSEMEN*

DEFENSIVE ZONE



OFFENSIVE ZONE

STICKHANDLING



STICKHANDLING

STICKHANDLING BASICS - When stickhandling, maintaining control is in your top hand. A firm grip with your bottom hand creates choppy stickhandling. Make sure player's knees are bent, and their chest and head are up.

THE WHY

MAINTAINING POSSESSION OF THE BALL WHILE IN PLAY

MAIN TAKEAWAYS

1. Stickhandling optimizes ball control and improves confidence.
2. Using both inside (forehand) and outside (backhand) of the blade increases control of the ball.

REMEMBER

1. Stick blades MUST stay below the player's knees at all times - including while waiting in line for their turn and as they take part in drills. Players should get in the habit of this rule.
2. Start slow and controlled with stickhandling. As skill and confidence build, ramp up the speed.
3. Stickhandling is similar to turning a doorknob in the wrist movement. Your top hand should be in control.

STICKHANDLING

LEVEL 1

DRILL 1 STATIONARY

Have each player find a space in the rink and be at least a stick length away from another player. Their feet should be about shoulder width apart and remain stationary in their space as they stickhandle in front of themselves from foot to foot.



HELPFUL HINT

Keep the ball under control. Walk--don't run--while moving until comfortable to move farther.

PART 2 STICKHANDLING ON THE MOVE

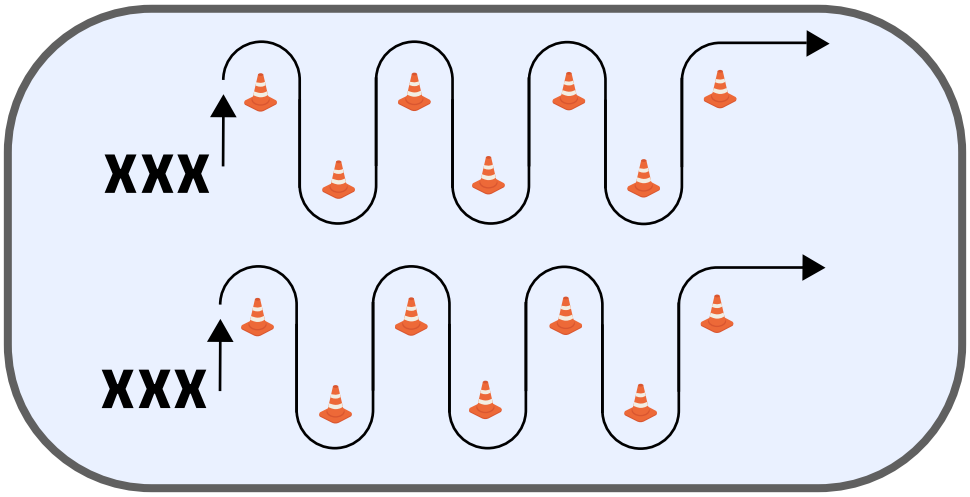
Players are free moving while stickhandling in the same space.
They should keep their heads up, knees bent, and backs straight.

STICKHANDLING

LEVEL 1

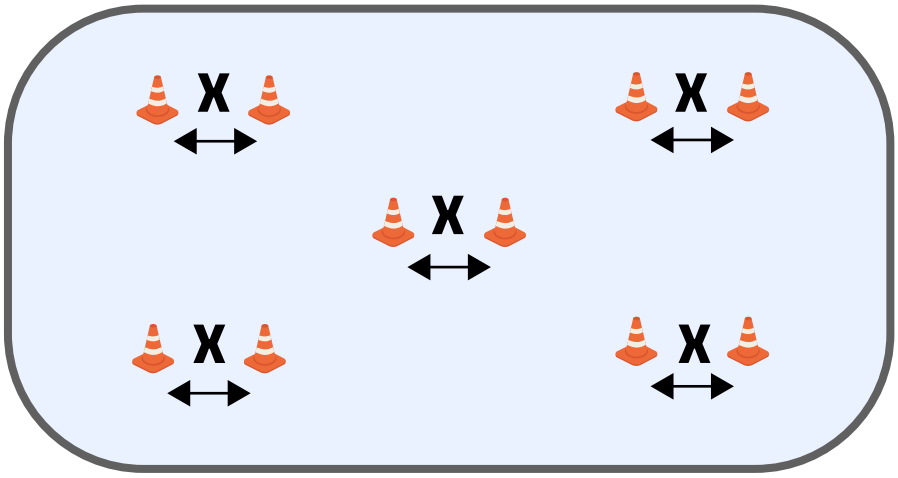
DRILL 2 STICKHANDLING WHILE MOVING

Coaches will set up a line of cones appropriate to the space given. Players will begin to weave through the cones while maintaining control of the ball.



DRILL 3 TWO CONE STICKHANDLING

Have the players put two cones about a stick length apart. With their ball, have the players begin stick handling around both cones.



ADVANCED

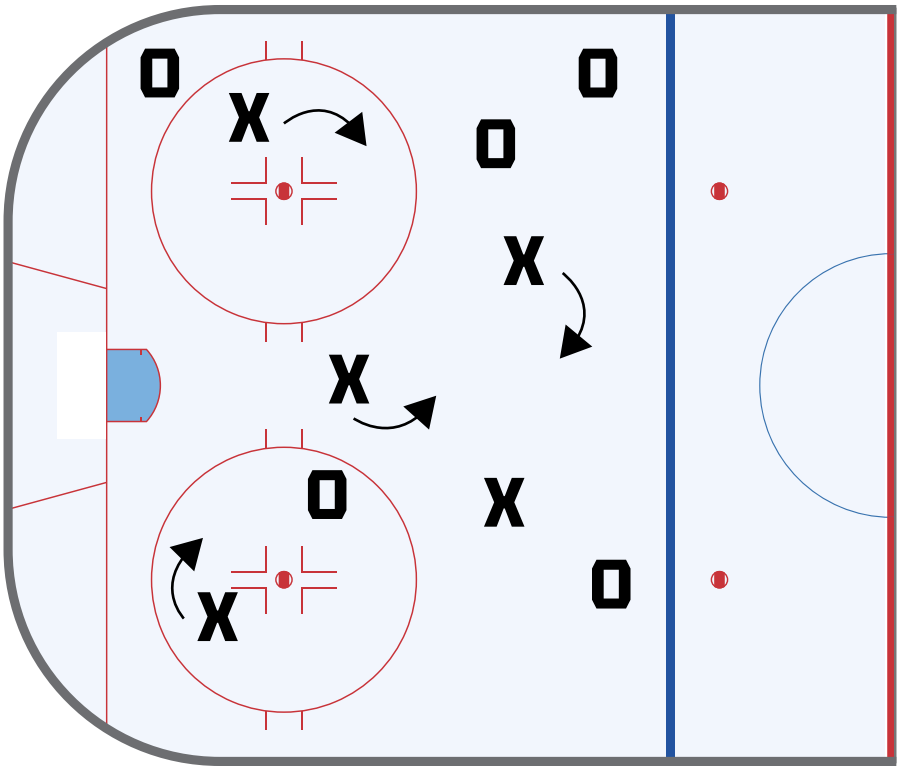
Circular, or figure 8 motions. In 30-45 second increments. Rest for 30 seconds.

STICKHANDLING

LEVEL 1

GAME 1 BALL BURGLER

Select three to four players and take their ball away. The players who don't have a ball are "burgler." Burglers are trying to steal a ball from a player with a ball. Once a player has their ball taken away by a burgler, they become a burgler but cannot steal the ball back from the person who took it from them. The object of the game is to keep your ball safe from a burgler by stickhandling away. Burglers are trying to steal the ball and gain control by stickhandling.



X's
Players with balls

O's
Burglers

HELPFUL HINT

This is not just a game of just hitting the ball away from the other players. It's about maintaining control of the ball, and hanging on to it as best as possible.

STICKHANDLING

LEVEL 2

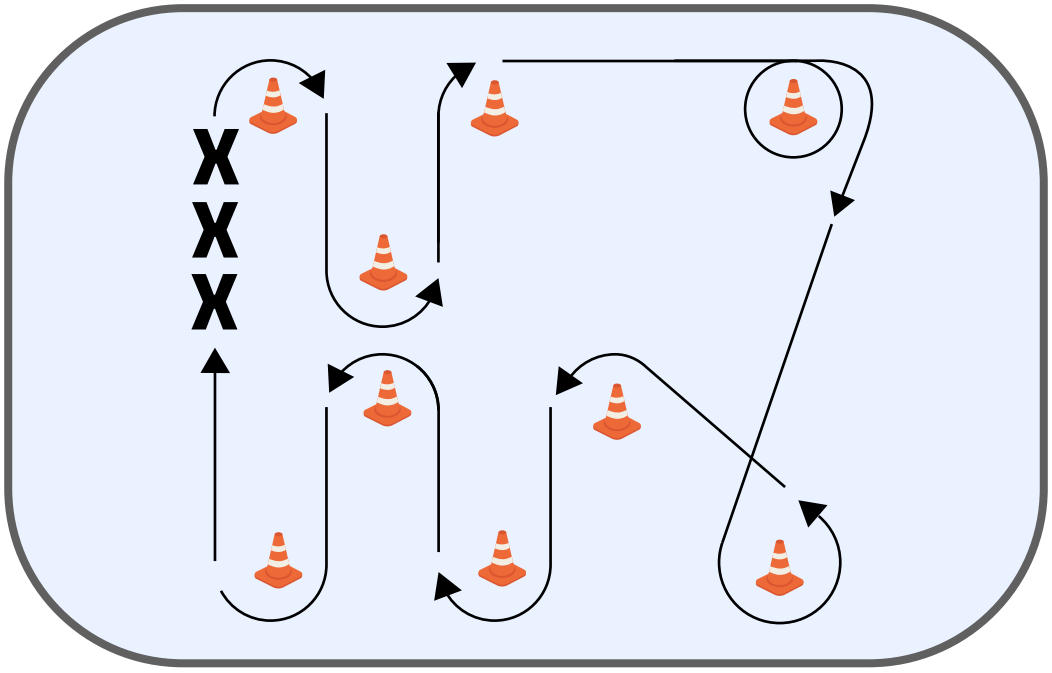
DRILL 1 TOP HAND STICKHANDLING



To begin, have players start with only their top hand on their stick. Have them start with small motion back and forth before moving to wide, large stick motions. Once they begin to have a feel of using their top hand only, they can use both hands but continue to emphasize the light grip on the bottom hand. Continue with small, quick stick motion and then large, wide stick motion.

DRILL 2 SLALOM STICKHANDLING

Place nine cones in a slalom formation, forming two lines. Players line up behind the first cone. Each player starts with a ball.



STICKHANDLING

LEVEL 2

DRILL 3 AROUND THE WORLD

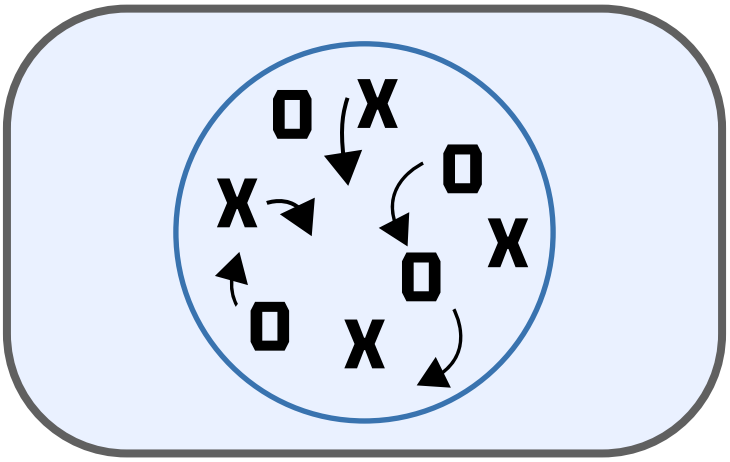
Players are stationary and are stickhandling around the front of their body. Place four cones in a half circle around each player if direction is needed. They will stickhandle around their body, starting on the far left and working around their body all the way to the right side of the body.





GAME 1 CHAOS

Coaches will make a circle with cones. Players will be inside the circle, each with a ball on their stick blade. On the coache's "Go", players will stickhandle inside the circle while everyone tries to knock each other's ball outside the circle. The last player to maintain possession of their ball wins.



USA Hockey Video
"Off-Ice Stickhandling"
(part 1)

PASSING



PASSING

PASSING BASICS - Player uses top hand to maintain control while pushing with their bottom hand with control. Do not let players slap the ball. Passes should be a smooth sweeping motion, NOT a slap. Blades should not rise higher then knees of players.

THE WHY — MAINTAINING POSSESSION OF THE BALL

MAIN TAKEAWAYS

1. Making sure passes are done in a sweeping motion, not smacking the ball.
2. Receiving passes is about cushioning or catching the ball by slowing the ball down and dragging your blade backwards.

REMEMBER

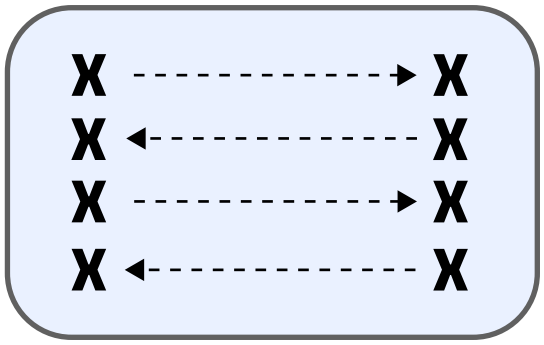
1. Stick blades MUST stay below the player's knees at all times, including while waiting in line for their turn and as they take part in drills. Players should get in the habit of this rule.
2. Accuracy is more important than power in passing -- don't blast the ball at a team mate.
3. Helpful Hint - Rolling your wrists and pointing the toe (top of the blade) at your target will help with accuracy.

PASSING

LEVEL 1

DRILL 1

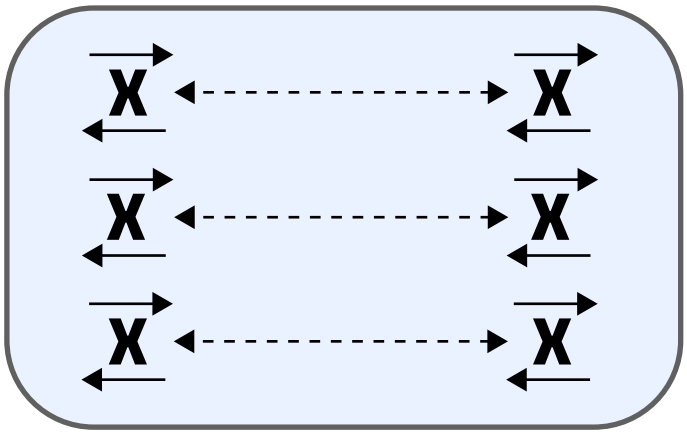
Have players find a partner and create a distance about two stick lengths apart. Players will begin to pass back and forth.



Passing - getting a new URL with USA Hockey

DRILL EXTENSION

Once players are comfortable, they can move forwards and backwards while keeping their distance and continue to pass. They'll be passing back and forth while walking in a straight line, working forwards and backwards, keeping their distance between one another about five feet.

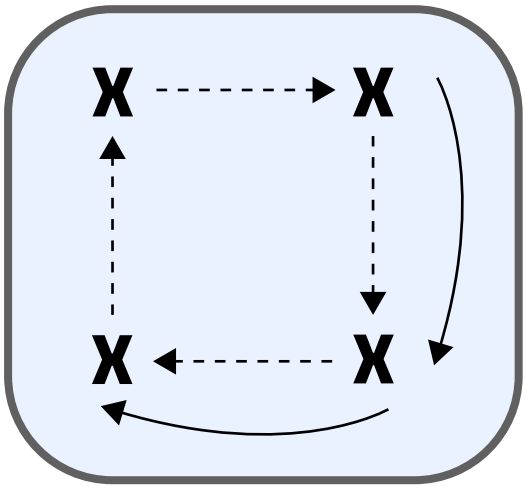


ADVANCED

Move as a pair. You and your partner are open to move anywhere in the playing area keeping heads up and maintaining control.

DRILL 2 ONE-TOUCH PASSING

Use four cones to set up a box shape about 10-12 feet apart. One player at each cone The object of the drill is to pass the ball accurately from one position to another taking only one touch to make the pass.



ADVANCED

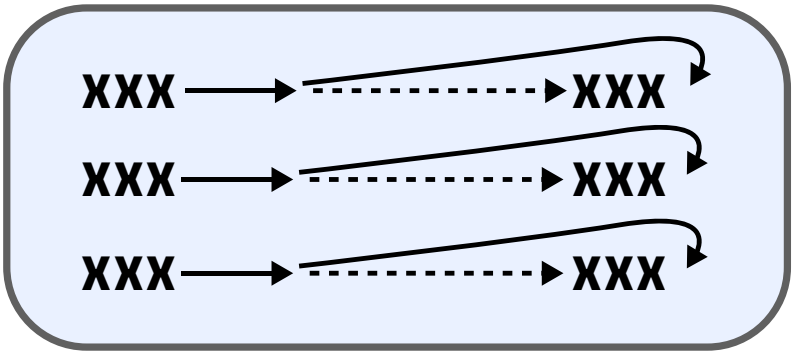
Opposite direction - make the passes backhand.

PASSING

LEVEL 1

DRILL 3 SHUTTLE PASSING

Use two cones about 10 feet apart, creating three lines. Lines of players facing one another. The player at the front of the line will stickhandle the ball for three steps to control the ball then pass to the player at the front of the other line. Once the player has passed the ball to the opposite line, they follow their pass and join the back of the other line. This is a continuous drill, once the ball is passed and received the players join the opposing line across from them .

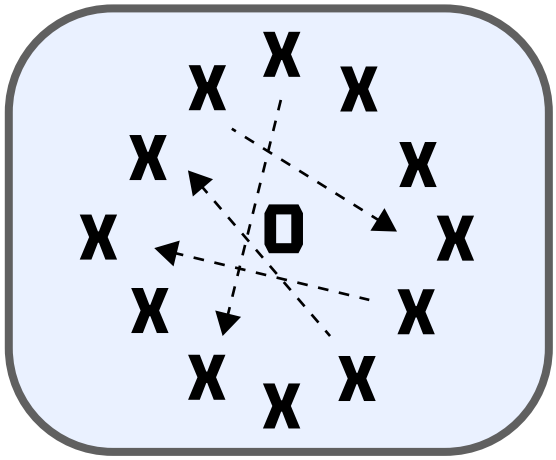


HELPFUL HINT

Practice accuracy while sweeping and catching the ball. Follow your pass

GAME 1 PLAYER IN THE MIDDLE

Have players make a circle with players on the outside of the circle passing balls to each other. Start with one ball, add additional balls when the group is comfortable. When a ball is intercepted, that player now switches positions with the player who passed it.



HELPFUL HINT

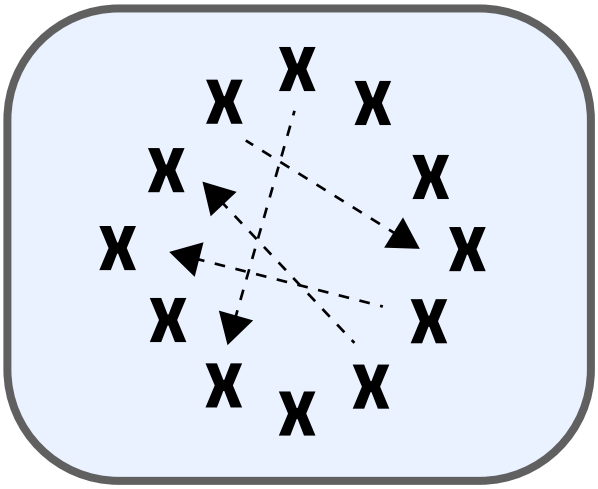
Focus on catching the ball before passing the ball

PASSING

LEVEL 2

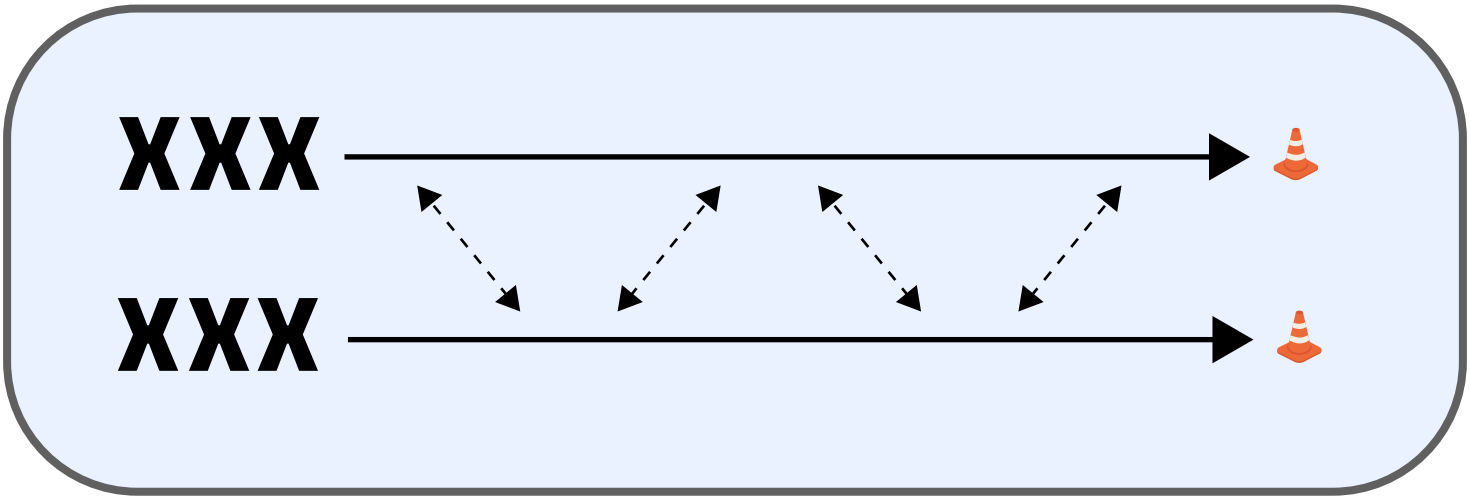
DRILL 1 HEADS UP PASSING

Multiple players will circle up and pass back and forth. Encourage eye contact and communication while passing.



DRILL 2 PASS WHILE MOVING

Players will partner up side by side and start moving while passing side to side. Players will need to utilize both their backhand and forehand to successfully accomplish this drill. Players can start slow and then progress to full speed.

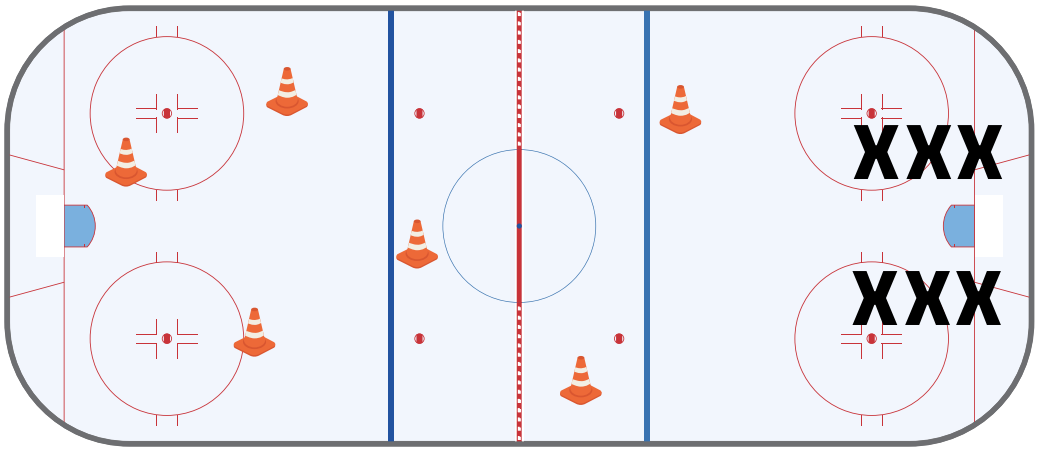


PASSING

LEVEL 2

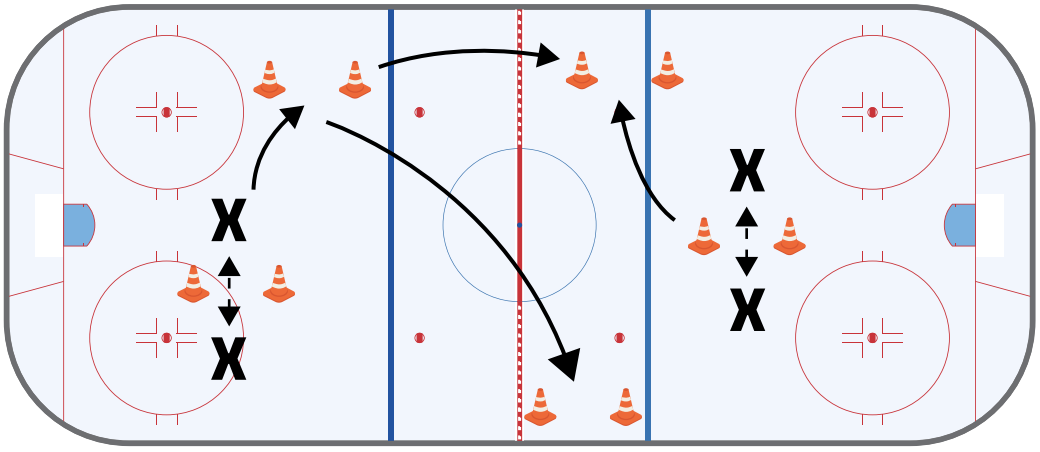
DRILL 3 HIT THE TARGET

Set up targets (cones, pins, etc.) and players will aim to knock over their target once a player has moved through all the targets the next player will begin.



GAME 1 GATES

Set up pairs of cones all around the playing space, utilizing the entire space. The cone pairs need to be three feet apart. Players will be in partners, and will pass between the cones to each other to score a point. Once they go through a “gate” they must move to another gate to score another point.



HELPFUL HINT

Focus on catching the ball before passing the ball

ADVANCED

Have one pair become defensemen and try to stop the other pairs from passing through the gates.

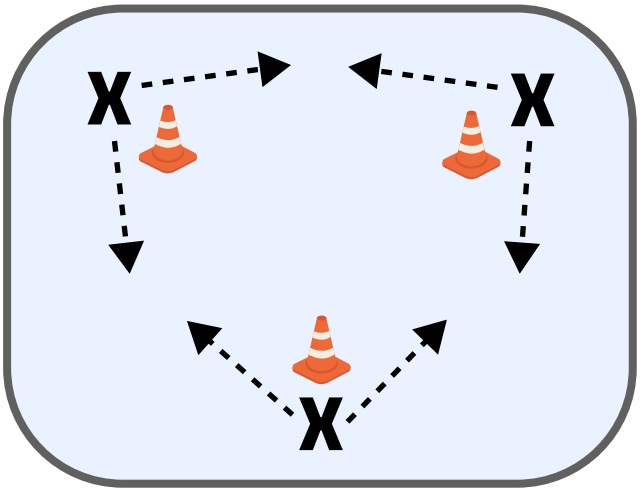
STICKHANDLING & PASSING

STICKHANDLING & PASSING

LEVEL 3

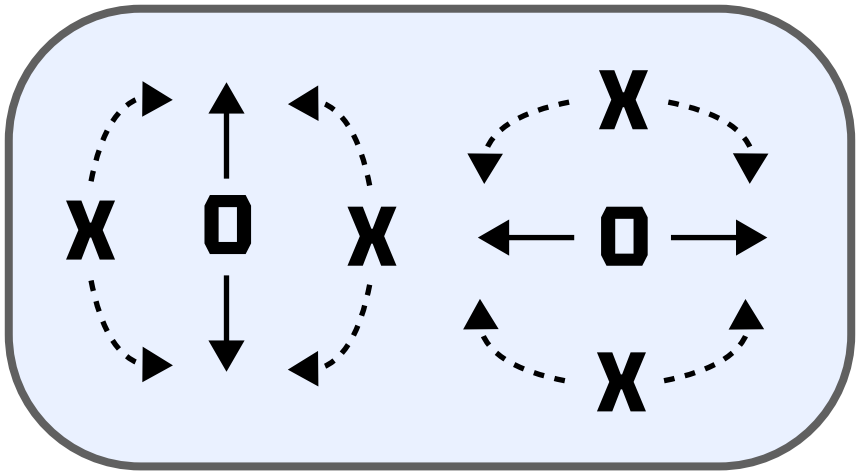
DRILL 1 PASSING AROUND AN OBSTACLE, SUPPORTING THE BALL, AND CARRYING THE BALL

In groups of three to four, have each group find space, with each player having a cone of their own. Set the cones up in a triangular shape. Two balls will be in play, and the players will pass while carrying the ball behind the cone to pass to another player. The goal is to make accurate passes without hitting the cones at any time.



DRILL 2 KEEP AWAY

Continue in the group of three or four. Two players will pass around the defender in the middle, the defender is trying to intercept the ball. Passes should be about 10-15 feet, using cones to determine playing space for the defender and passers. Passers can only move laterally.



STICKHANDLING & PASSING

LEVEL 3

DRILL 3 SAUCER PASS

Each player will have an obstacle (cone, stick, pinnie, line on the court, etc.) in front of them. The players will practice lifting the ball over the obstacle to a partner set up across from them. On the whistle, players will pass the ball to another player and rotate to another obstacle.



HELPFUL HINT

To lift the ball, position the stick slightly behind the ball, flick wrists upwards while opening the blade of the stick and angling the blade upwards.

SHOOTING



SHOOTING

SHOOTING BASICS - Similar to passing, players should be getting their top hand away from their body when they shoot, pulling with their top hand and pushing with their bottom hand. This also allows the players to get the ball behind their back foot when they shoot, allowing them to get more power in their shot. They should try to avoid shooting with the ball in front of their body.

THE WHY ***SHOOTING ACCURATELY IS THE BEST WAY TO SCORE IN STREET HOCKEY.***

MAIN TAKEAWAYS

1. Flick or snap the wrists to create velocity on the shot during the follow-through.
2. Accuracy is more important than power during the foundational phase.

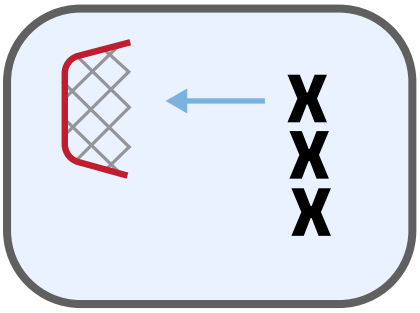
REMEMBER

1. There are NO SLAP SHOTS in street hockey. The blade of the stick CANNOT be raised above the knee on the wind-up or the follow-through.
2. Helpful Hint - Rolling your wrists and pointing the toe (top of the blade) at your target will help with accuracy.

SHOOTING

LEVEL 1

DRILL 1 WRIST SHOTS - BASICS



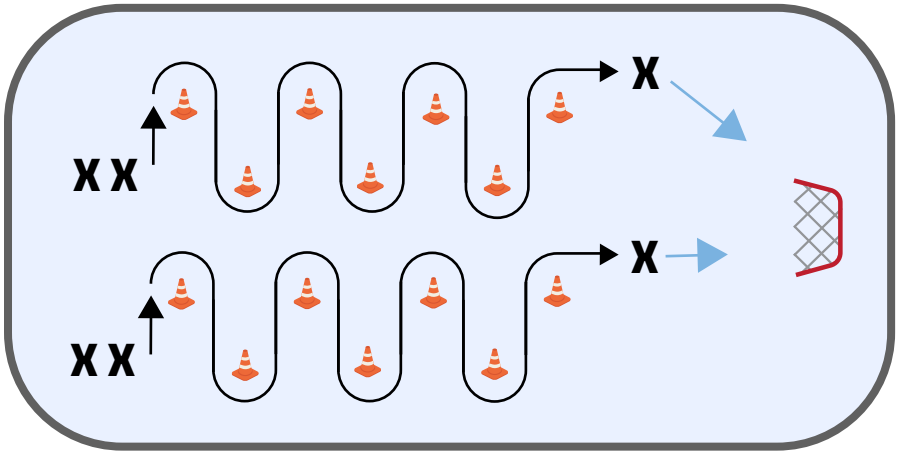
Line players up about 10 feet in front of the goal.
Each player will get three shots on the goal.

CORRECT TECHNIQUE AND HOW TO TEACH A WRIST SHOT

- The player's toes should be pointed forward with their hips parallel to the net.
- As you bring the ball to the back foot, shift weight to the back leg, creating power.
- While sweeping the ball forward, transfer weight from back foot to front foot. This will be a sweeping motion with the stick across the whole body.
- The bottom hand will be pushing the stick through the floor to generate power.
- FOCUS on looking at the net during shot.
- Roll the wrists and point the blade towards the target after the shot on the follow-through to help with accuracy.
- Stick blade must stay below the knee during wind-up and follow-through of all shots.

DRILL 2 WEAVE SHOOTING

Set out three cones to stickhandle through. Once the player gets to the last cone, they take a shot on net.



DRILL EXTENSION

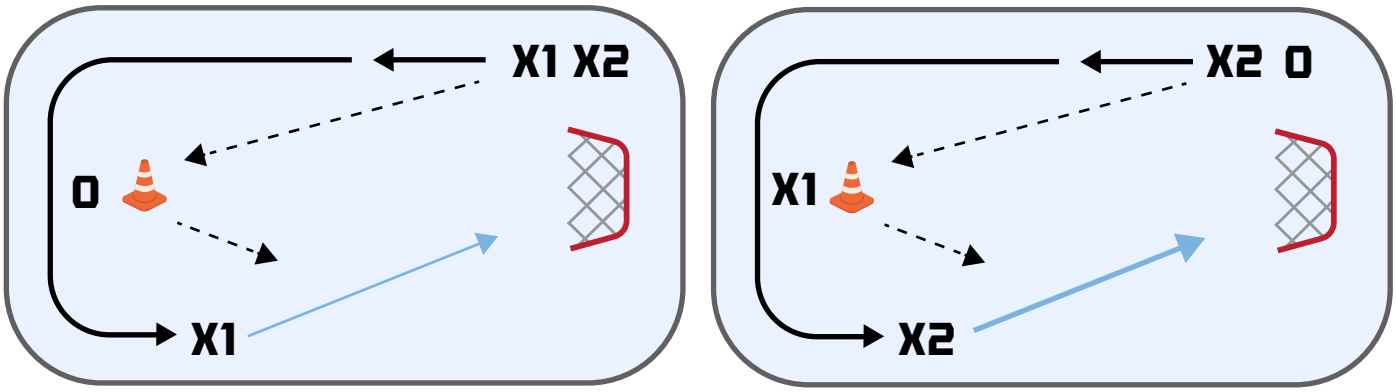
Use the backhand to take a shot. Try to lift the ball or set out targets to hit while shooting.

SHOOTING

LEVEL 1

DRILL 3 RECEIVING AND SHOOTING

Set up one cone across from the net, have the line start there. Have another cone about 20 feet away. Players will run to the cone, receive a pass from the first player in line, and shoot. Once that player shoots, they'll retrieve their ball, and get back in line. The player that passed the ball will now be the shooter.

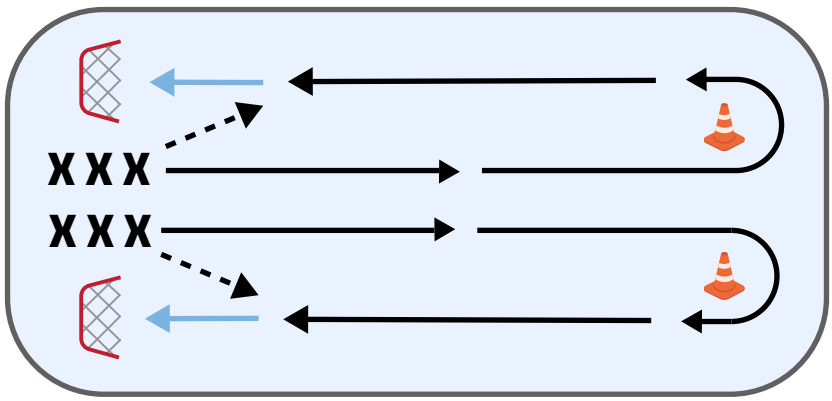


DRILL EXTENSION

Halfway through the drill, switch to the other side of the net to form the line. Encourage using both forehand and backhand.

GAME 1 RECEIVING PASS AND SHOOTING RELAY RACE

Same set up as Drill 3. Just, adding in the relay aspect. Each player needs to make a good pass and make a shot. The team that makes all successful passes wins the relay.

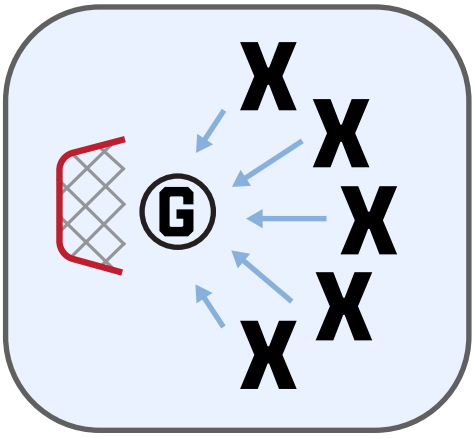


SHOOTING

LEVEL 2

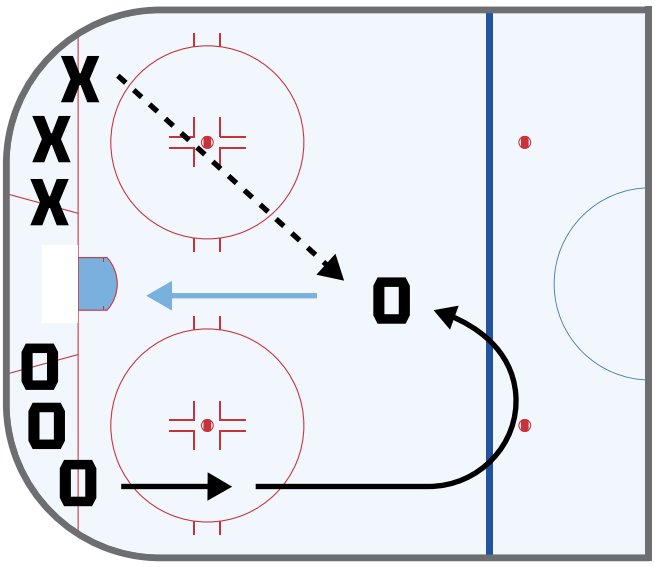
DRILL 1 HALF CIRCLE SHOOTING

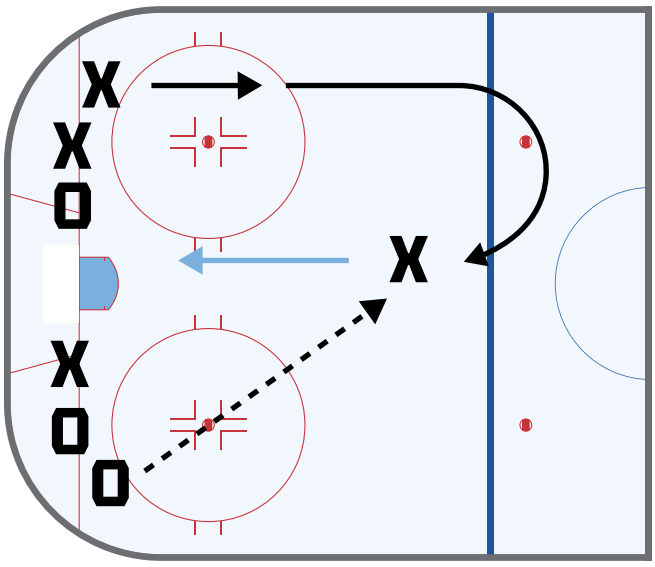
Players will line up around the net and take shots one at a time. After they shoot they will retrieve their ball, then find a new angle to shoot from in the half circle. This will encourage goalies to practice positioning and to take shots from different angles.



DRILL 2 HORSE SHOE

Players will make lines on both sides of the net. One player will run, players will and come in at a high angle from the net and receive a pass from the opposite line carry it in and shoot. Once the player in the other line passes, he or she will be the next player to go.



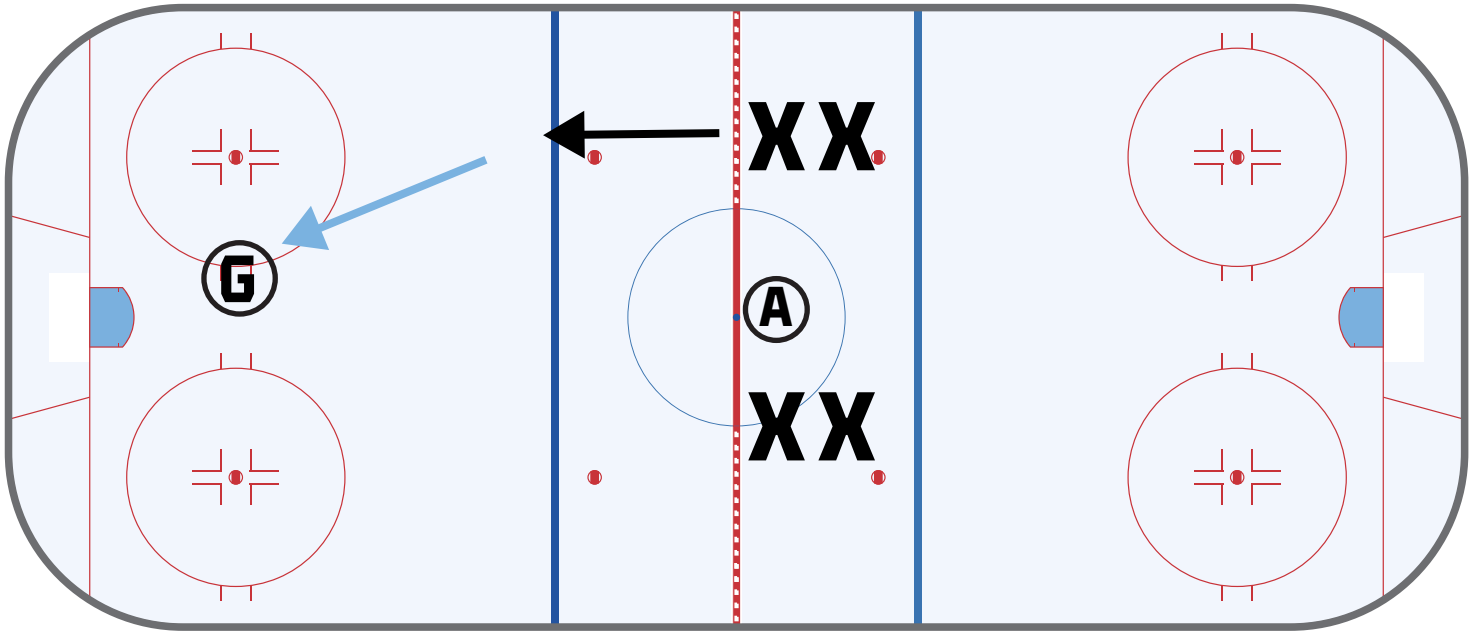


SHOOTING

LEVEL 2

DRILL 3 SHOOT OUT

Players will dribble the ball one-on-one against the goalie and take a shot. The ball is put in to play by the activator.



If no goalie, shooting targets can be used or tip the goals to make a smaller target. Once a shot has been made, the two players will rejoin the lines - they're able to switch lines or say in the assigned lines

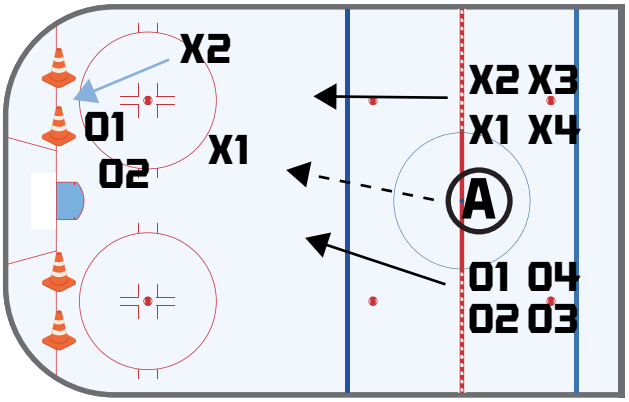
LONG PASSES, TIME & SPACE

LONG PASSES & PLAYING INTO SPACE

LEVEL 3

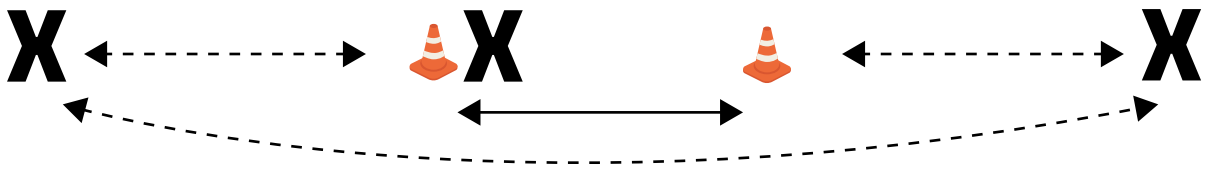
DRILL 1 SMALL RUMBLES

Split the team into two groups, giving all players a number. The coach will call out any number combination, for example 1 & 2. The players that represent those numbers will become active. The two teams will try to retrieve the live ball. The object of the game is to get the ball into the scoring area. Make two targets for the players to pass the ball into. The goal is to teach how to look for open space and make long passes away from opposing players.



DRILL 2 SHORT SHORT LONG

Split the team into groups of three. Have two members of the group stand about 10 feet apart with the third team member in between the two. One ball is used for the group. Start the ball in the middle, passing short to the outside player, outside player passing back. The middle player is checking the ball and creating space for a pass. Once the outside player has the ball, the outside player will pass the ball long to the other member of the group. They should make it an accurate 40 foot pass. The drill continues with middle player checking to the pass, creating two short passes for the long pass. Rotate players around each station.



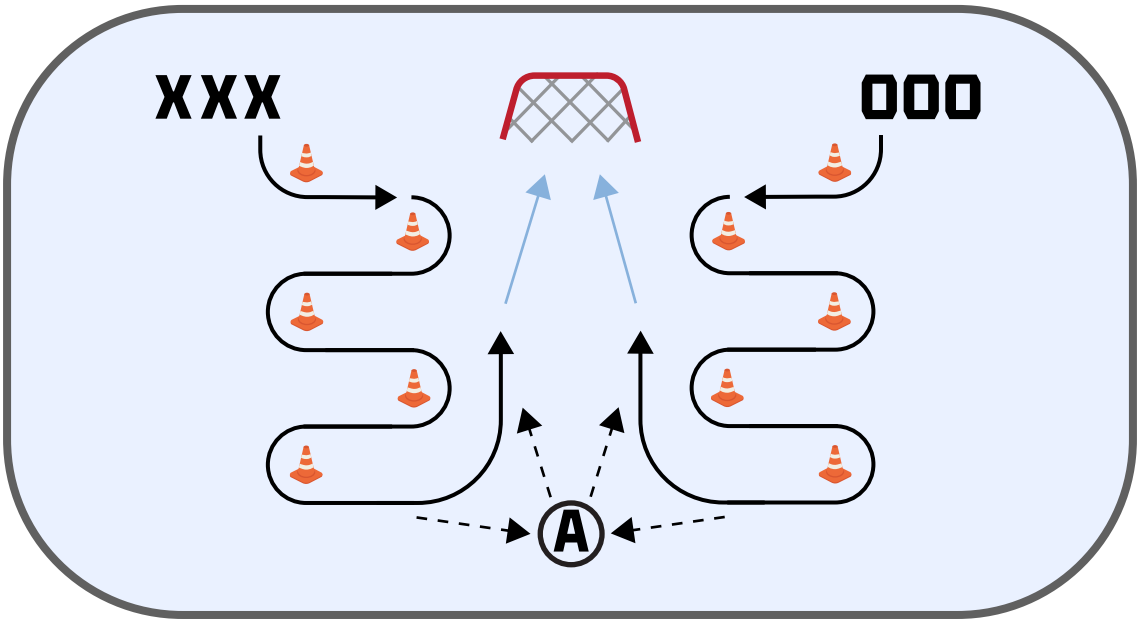
HELPFUL HINT set cones of how far the middle person should be checking and remind the long passers to keep their sticks low on the long pass. Blades don't rise above the knee.

LONG PASSES & PLAYING INTO SPACE

LEVEL 3

GAME 1 1 ON 1 RACE

Make two lines of players. Place five cones in front of each line in a zig-zag formation. When the coach says "Go," a player from each line will run through the cones. Once both players have reached the final cone the activator will pass the ball in the middle. Both players will battle to win the ball and take the shot. The player who does not gain control will be on the defense. Switch lines after each play.



GAME PLAY

SIMULATING GAME PLAY

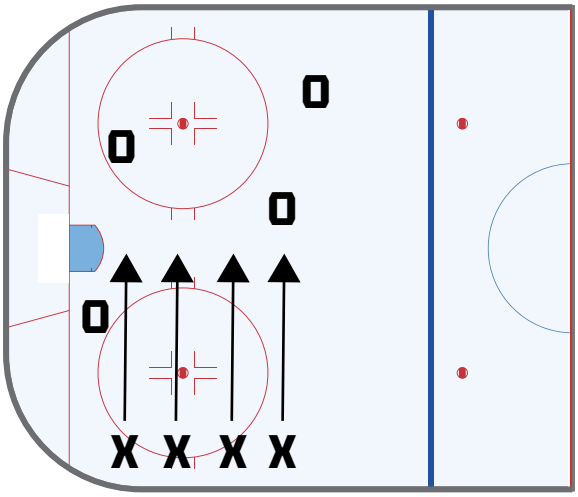
GAME PLAY OBJECTIVES

Goal of games are to encourage the players to have fun but also get an idea for playing the game of hockey and bringing their skills to life in a game scenario. Game play helps players learn to compete, work as a team, and combine skills.

GAME PLAY

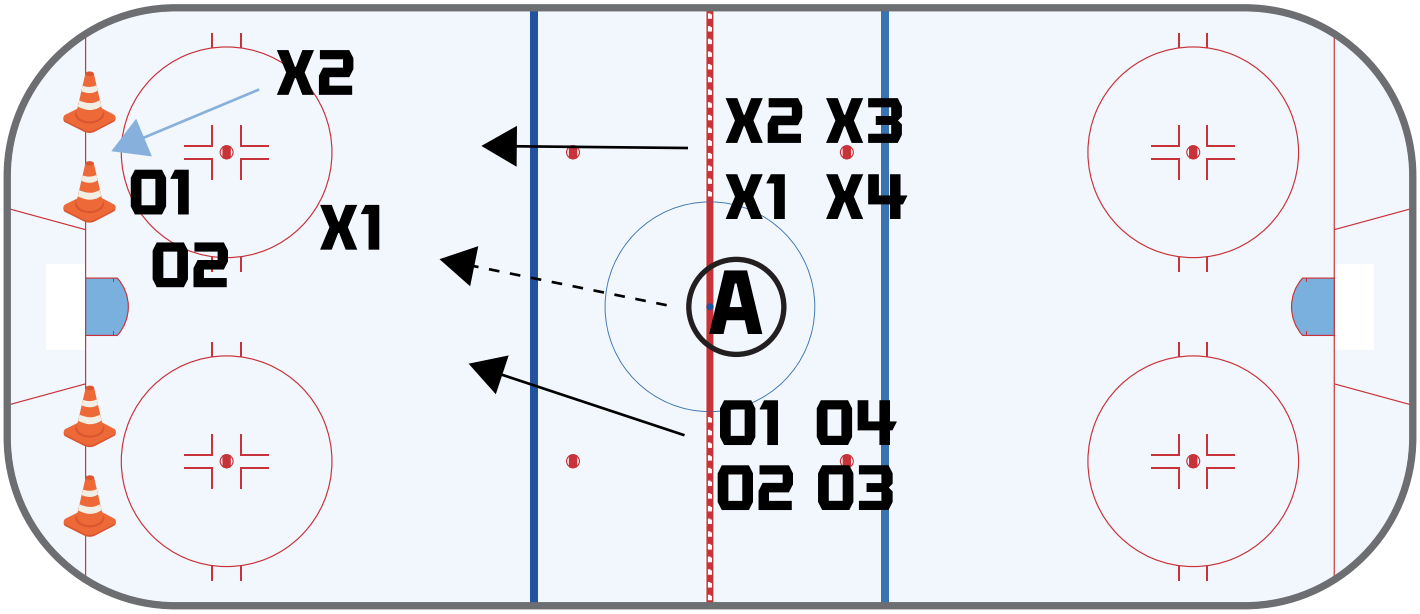
GAME 1 SHARKS AND MINNOWS

Players will start at one end and go across the floor with their ball while trying to avoid getting their ball knocked away from a shark in the middle.



GAME 2 NUMBER BATTLES

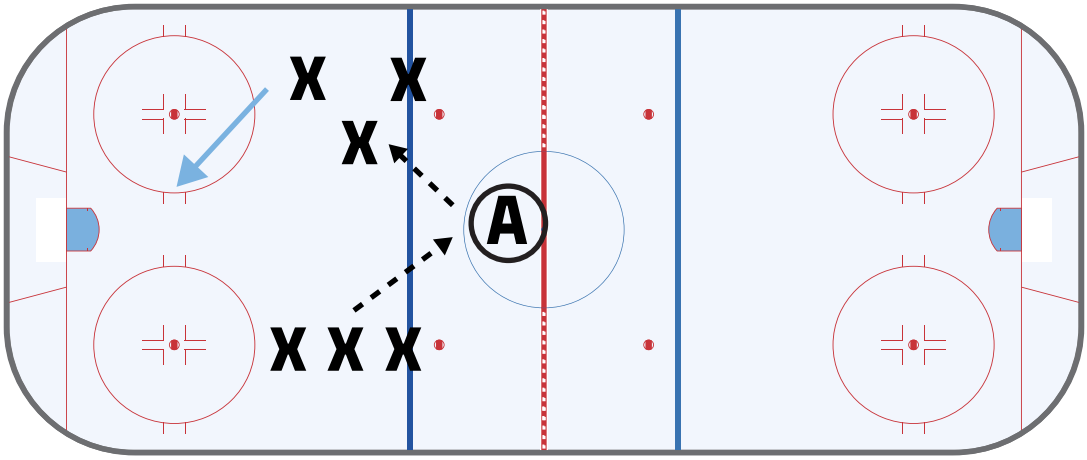
Teams will be split in half. Coaches will yell a number --ex: 1v1, 2v2, or 3v3-- the first players in line will retrieve a ball and begin to play.



GAME PLAY

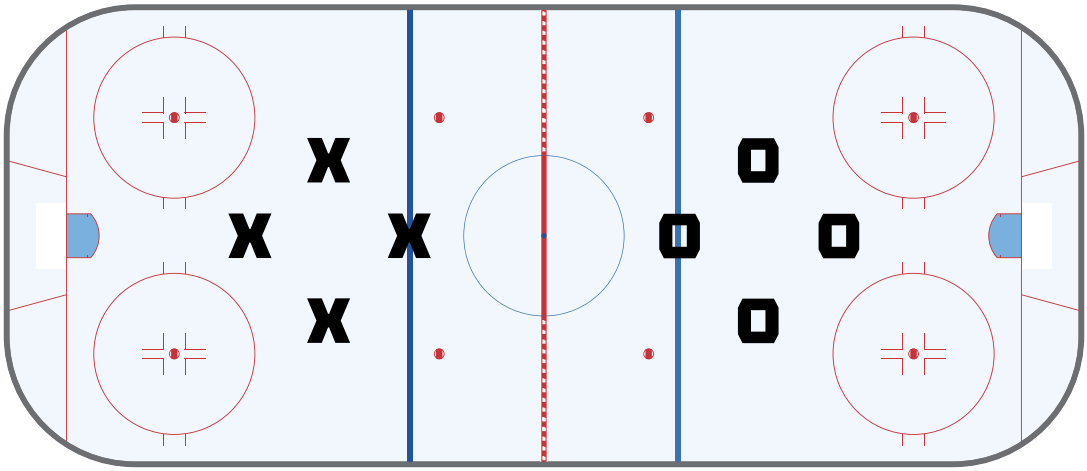
GAME 3 ACTIVATOR

Players will play three-on-three. In order for them to score on net they must pass to a coach who is an activator. This forces players to move the ball and find space to get open. Once opposing team retrieves the ball, the game resets. All players must touch the ball before scoring.



GAME 4 SCRIMMAGE

Let the kids play and have fun! Can be played 3v3,4v4, or 5v5. If a goalie isn't used, use shooting targets or smaller goals. Utilize scrimmage time to work on positioning.



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