

Florida Junior Panthers Off-Ice Training

Drill Suggestions



1. Stickhandling (golf ball or green biscuit)

- Warm-up, stand in place stickhandling. Start with small space quick hands, then move to a slower, wider stickhandle. Start to work in head fakes, shoulder movements, and quick dekes towards the end of the warm-up.
- Place 10 pucks in a straight line, approximately one foot apart. Stickhandle quickly through the pucks keeping the ball/biscuit as close to the pucks as possible. Have each kid go through 3x simply going for accuracy and control. Then, have each go through a fourth time with a greater focus on quick hands in small space.
- Form groups of three. Two people stand across from each other with their sticks straight out in front of them. The third person then figure eights between them while stickhandling and moving the puck around and between each person. Toe drags, under the stick, through the legs, etc. The goal here is simply to work on hands, control, and creativity.
- Each person will have two balls/biscuits stickhandling both at the same time while walking straight forward. Alternating between balls and keeping both close to their body and stick.

2. Workout Drills (Weightless)

- Tennis Ball Drill: Split into pairs, each pair will have one tennis ball. Standing about ten feet apart, one person will be dropping the tennis ball while the other attempts to catch the ball on one bounce. The dropper holds the ball at shoulder length and without saying anything

simply drops the ball. The ball chaser starts with one hand on the ground, jumping off the line as soon as the ball is dropped, attempting to catch the ball before bouncing twice. This drill is designed to work on quickness, reaction time, and hand-eye coordination.

- Sprint relay races. Four teams, 40 yard sprints.
- 25-yard shuttle runs. Two cones 25 yards apart. Player sprints to one cone, touches it, and then sprints to the other.
- Strength Circuit x3
 - 15 push-ups, 30 sit-ups, 30 bodyweight squats, 30 second wall sit/squat hold
- 50 yard lunge walk to sprint. 25 yards of lunge walks, keeping chest up and knee behind toes. At the 25 yard mark, break out of last lunge with 25 yard sprint.

3. Shooting Drills (Need net, pucks, and ideally Plexiglas or artificial ice)

- Rapid Fire warm up. Get the shot and heart rate going by firing 30+ pucks one after another. Don't worry about picking corners here, just get them on net and get warmed up.
- Posts. Hit each post with a slap shot, wrist shot, snap shot, and backhand. Do not move to the next post until you have hit the post with each shot. Keep your head up and look where you're shooting.
- Partner shoot on command. Stickhandle a puck in shooting position. Shoot the puck on your partner's command, taking as little time as possible. You're working on release and accuracy here, it's not about power.
- Tire stack. Stack three rows of three tires, and shoot through the tire holes. Move through each tire one at a time, staying on each tire until you get one in the net.

An ideal off-ice workout will consist of two or three drills of each of these categories and last about an hour. Off-ice workouts will be more intense and more about strength building with the 16U leagues and higher, but with the younger teams, these are some good suggestions. At 14U and younger, we want to continue to develop players and build good habits, and off-ice commitment is a huge part of being a successful hockey player. These are just a few ideas for those looking for drills, and you can always find more on USA Hockey's website or on other sites.