



**POWERHOCKEY**  
**CANADA**

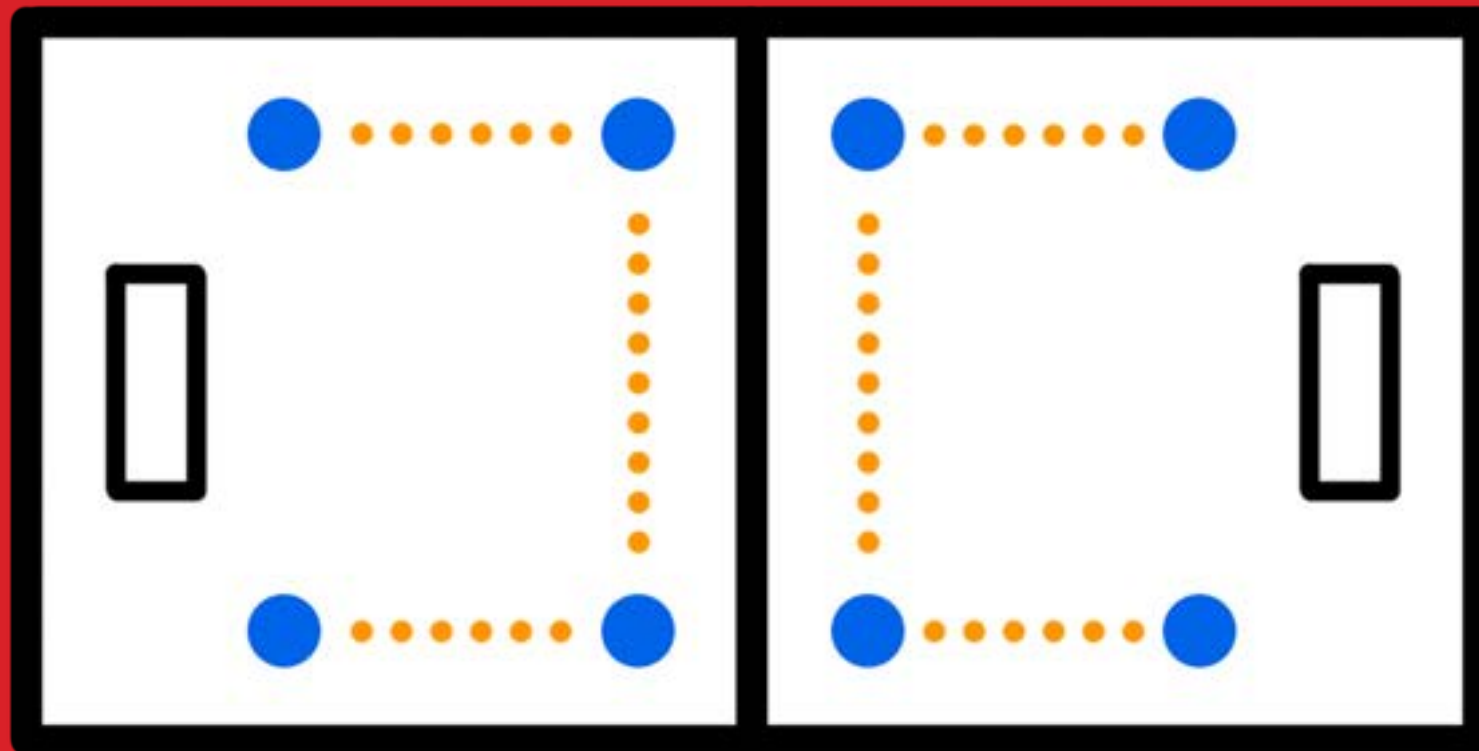


**DRILLS &  
EXERCISES**

# PASSING

**TYPE OF DRILL:** Offensive

**DIFFICULTY:** Low



**PURPOSE:** Passing is one of the fundamental skills when learning powerhockey. Many great plays start with a pass!

**DRILL:** **Players** are positioned short distances apart and **pass** the ball back and forth between them.

*TIP: Keeping the ball on the ground increases the odds of a successful pass.*



# PASSING & SHOOTING

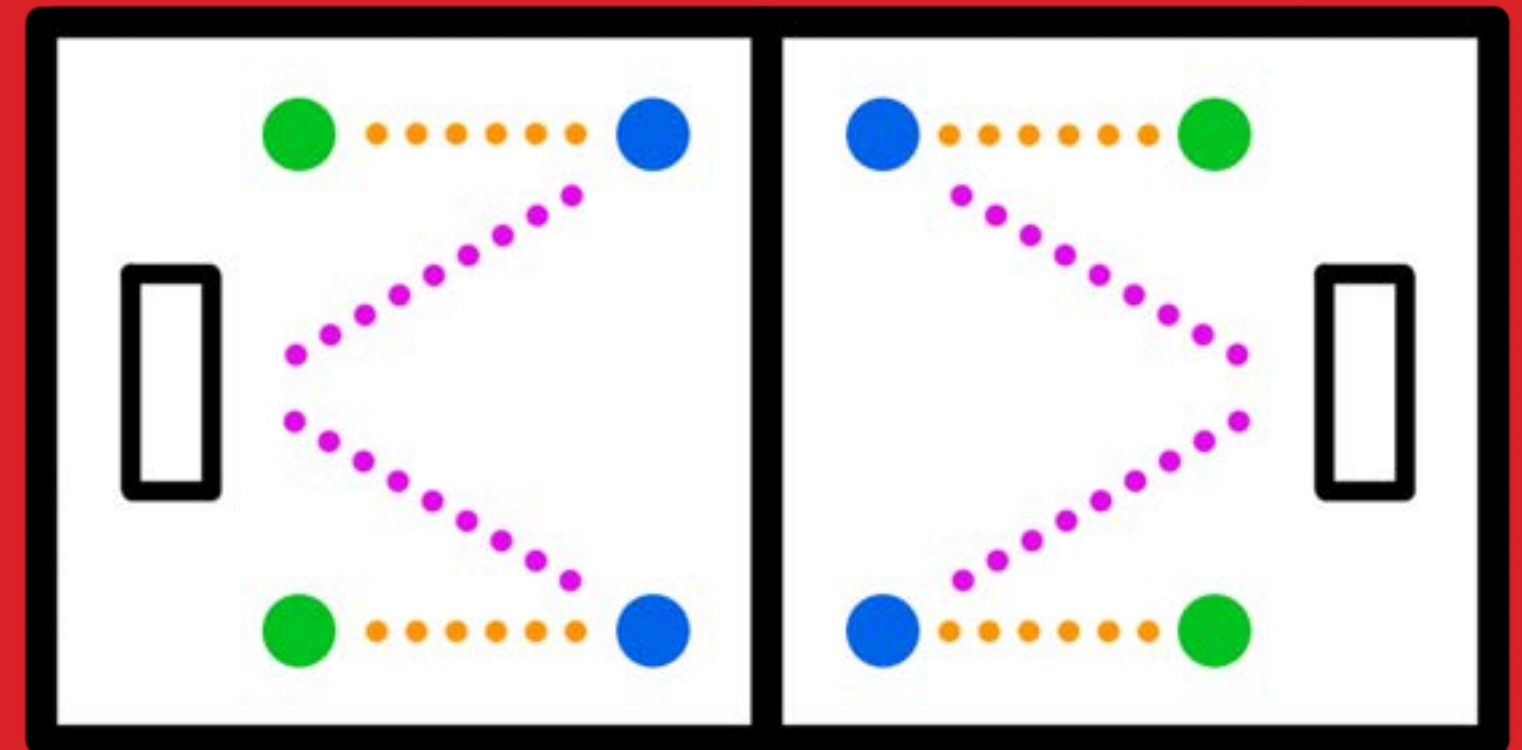
**PURPOSE:** After learning to pass, it can be coupled with shooting from a stationary position. Putting these together is a great way to build on skillsets.

**DRILL:** **Volunteers** make **passes** to **players** positioned at each point and they alternate **shots**.

*TIP: Take your time and don't rush the shot. Trying to hit it as hard as you can will result in less accuracy and less goals!*

**TYPE OF DRILL:** Offensive

**DIFFICULTY:** Low to moderate

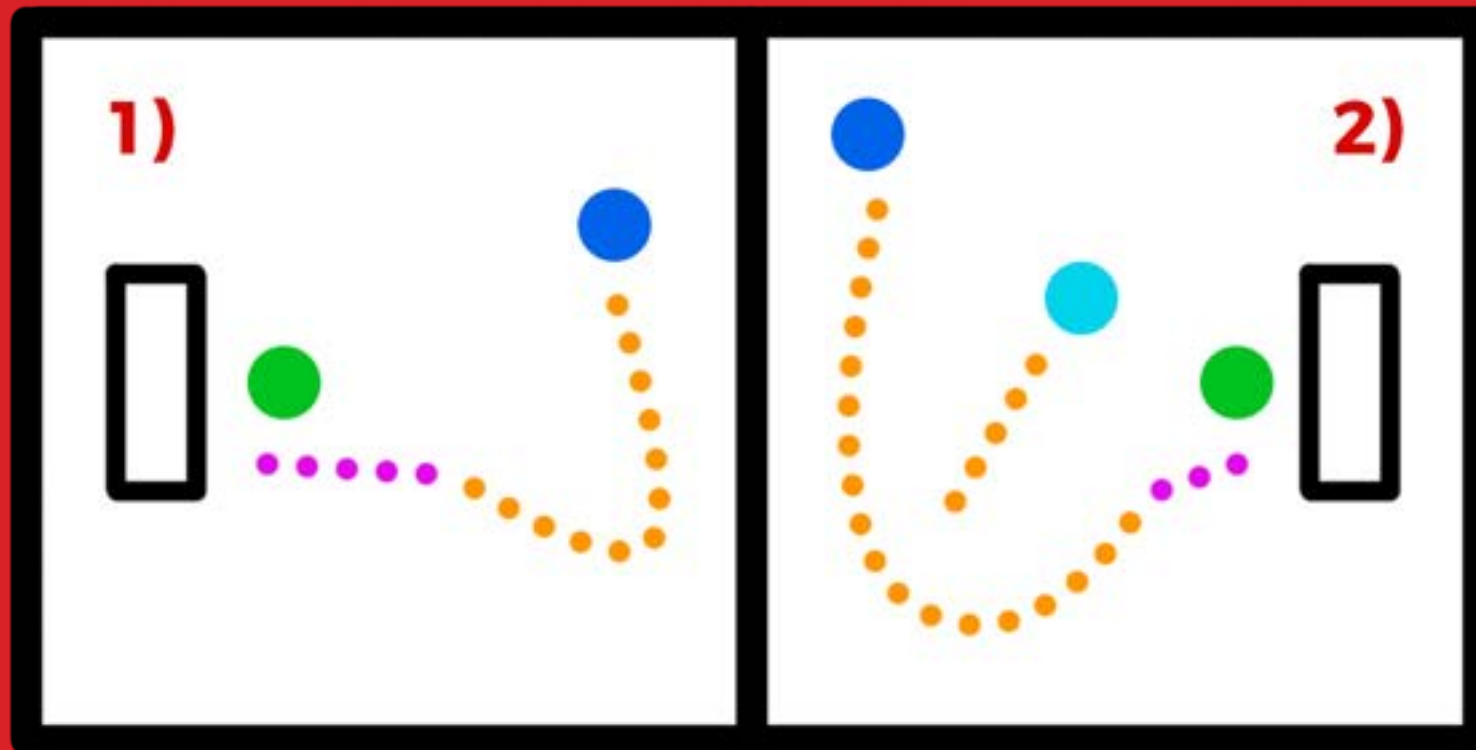




# MOVING WHILE SHOOTING

**TYPE OF DRILL:** All

**DIFFICULTY:** Moderate to high



**PURPOSE:** Building on the stationary shooting, players now include ball control. Depending on the player, difficulty can be increased to make it more challenging.

**DRILL:** 1) **Players** **carry the ball** and try to **score** on the **goalie**. 2) **Players** **carry the ball** and avoid the **defence** to **score** on the **goalie**.

*TIP: Keeping the play simple and not too fancy can be effective. Be unpredictable!*



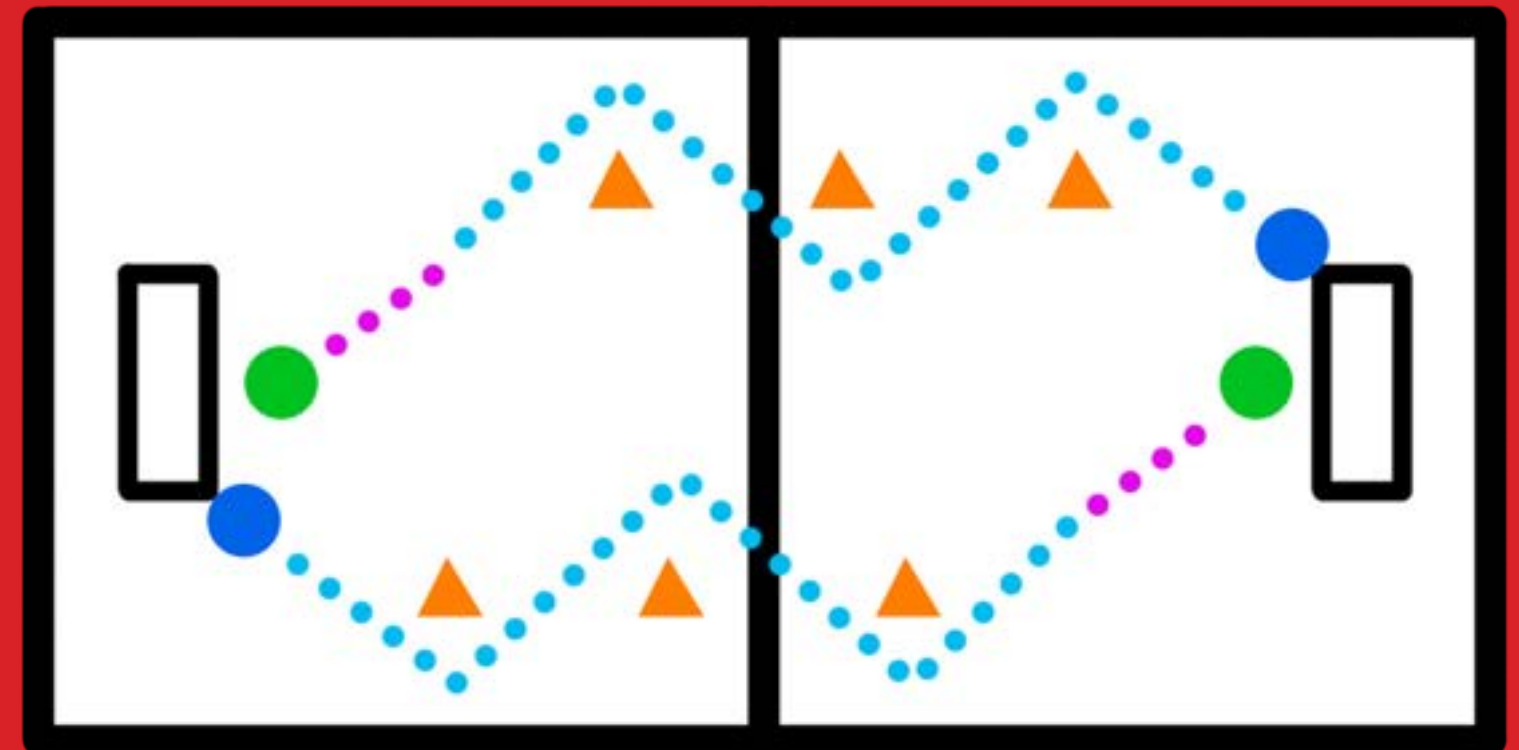
# BALL CONTROL & SHOOTING

**PURPOSE:** Powerhockey is a quick game and it's necessary to learn to move with the ball. This brings the two shooting drills together while adding ball control and a goalie.

**DRILL:** **Players** alternate **carrying the ball** through a **series of pylons** and take a **shot** on the **goalie**.

*TIP: Let the stick do the work and carry the ball instead of stick-handling it.*

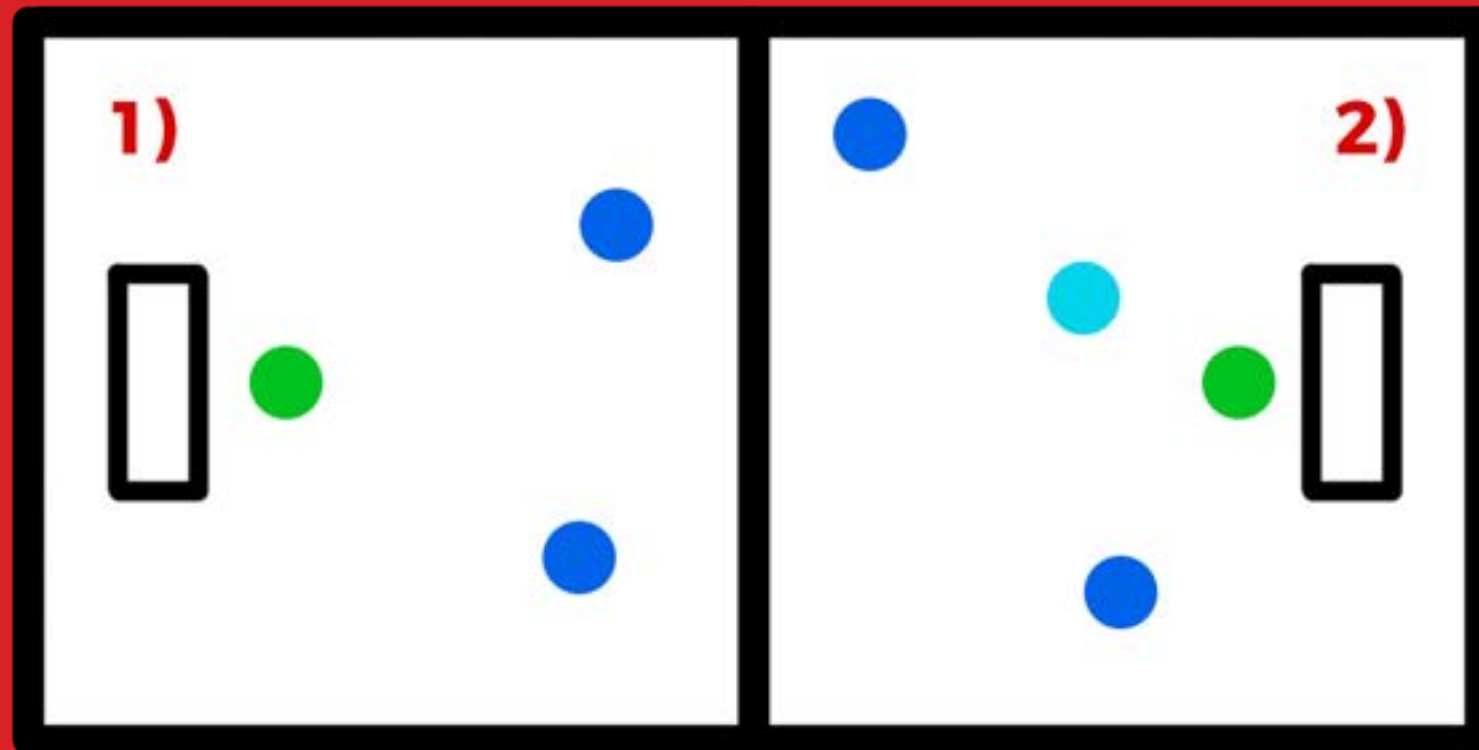
**TYPE OF DRILL:** Offensive/Goalie  
**DIFFICULTY:** Moderate



# SHOOTING (W/ DEFENCE & GOALIE)

**TYPE OF DRILL:** All

**DIFFICULTY:** Moderate to high



**PURPOSE:** This simulates a game situation and adds the element of a defender. The players will learn to adapt and be responsive to the changing play.

**DRILL:**

1) **Players** work together to score on the **goalie**.

2) **Players** avoid the **defence** to score on the **goalie**.

*TIP: The defender can try to challenge the offensive player to force the pass.*



# CONNECT WITH US



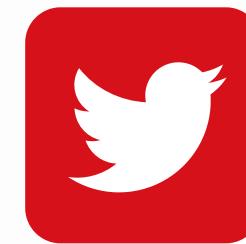
## POWERHOCKEY CANADA

**WEBSITE**

**[WWW.POWERHOCKEYCANADA.COM](http://WWW.POWERHOCKEYCANADA.COM)**

**EMAIL**

**[INFO@POWERHOCKEYCANADA.COM](mailto:INFO@POWERHOCKEYCANADA.COM)**



**@POWERHOCKEYCAN**

