

2v2 Backcheck

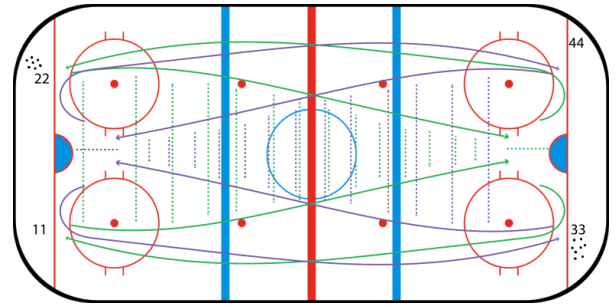
<https://acimaging.net/hockey/2v2-back-check/>

PURPOSE

This drill serves two primary purposes: skating conditioning and back checking with intent. Puck play/shooting is a side effect.

HOW TO

- Players line up in all four corners. Two corners with pucks.
- To start, 1 and 2 take off on a 2v0 to the opposite end, passing the puck back and forth. Ideally, they should make 3+ passes before getting to the opposite end.
- Once a shot is taken, 3 & 4 start the other way. 1 & 2 tag the goal line and then back check 3 & 4.
- Once 3 & 4 get a shot off, the pattern starts again from this end with 3 & 4 back checking.



3v1 Flow Breakout

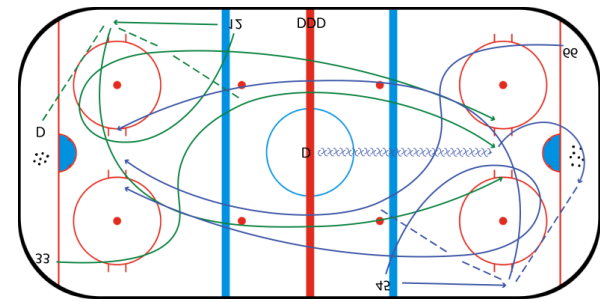
<https://acimaging.net/hockey/3v1-flow-breakout/>

PURPOSE

4v0 breakout to a 3v1 zone entry focusing on quick passing to get up ice and defensive gap control.

HOW TO

- Players in two corners and at opposite blue lines. One D starts behind net with puck and one D at center ice. Other D out of the way along the boards.
- Player 1 drives low to hash marks for break out, player 2 bellies inside out for the quick pass from 1. At the same time player 3 from corner goes up ice a bit, then curls just inside blue line to get pass from 2.
- 1 fills far lane, 2 fills near lane vacated by 1 and 3 takes center lane (2 and 3 can also swap to 3 is in near and 2 is in middle).
- 3 forwards go in 3v1 on center D.
- Once a shot is taken, D releases and starts play pattern the other way.
- D that makes break out pass vacates to boards and a new D comes in to handle the rush coming back at them.



--SPLIT ICE IF TIME--

GROUP A: 1v1 Transitional Zone

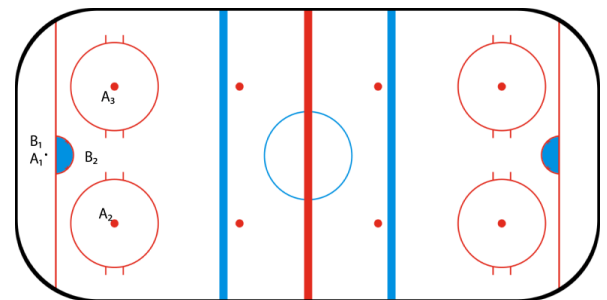
<https://acimaging.net/hockey/1v1-transitional-zone/>

PURPOSE

Working on 1v1 battles down low to work the puck back out to the front of the net while retaining the triangle. Also works on the front (home) side defense staying heels to net to monitor behind net play and cut off passing lanes to front forwards.

HOW TO

- Forward A1 and defense B1 start with puck behind the net. they must battle for the puck and remain below the goal line. A1's objective is to move the puck to either A2 or A3 in the face off circles.
- Defense B2 must play the passing angles above the goal line and outside the circles, only crossing into the circles while the puck is in the circles. This is the transitional zone as they go from playing a zone, to 1v1/2v1. They are also the outlet for B1 to clear the zone.



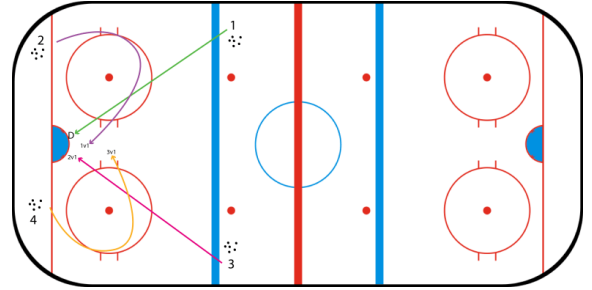
- A2 and A3 must move within their circles to create space, receive a pass and either take a quick shot or move the puck back to A1 or A3/A2.
- Cycle A1 to A2 spot. A3 to A1 spot. Or Line to A1, A1 to A2, A3 to line. D rotate low (behind net) to high to line.

GROUP B: Dangerous Man

<https://acimaging.net/hockey/dangerous-man-progressive/>

PURPOSE

This drill serves two main purposes. Defensively, it serves to recognize the dangerous man, forcing the pass or shot, and sliding between man to man and zone coverage as the play dictates. Offensively, it develops attack angle progression and using the space you have.



HOW TO

- Players are split into 4 lines – at each end of the blue and in each corner.
- Player 1 drives to the net on a 1v0. Once the shot is taken, **they become a D**.
- Immediately after the shot by 1 is taken, 2 curls from the corner and the play is now a 1v1. Once a shot is taken or the puck is covered or cleared, player 3 drives in from the point creating a 2v1. They can shoot or make a play with player 2.
- Once a shot is taken, player 4 curls in from the opposite corner creating a 3v1. Play ends after the shot or on the whistle – coach's choice.

Half ice 3v3 Release

HOW TO

Two lines, start with 1v1 in the space. Players must pass to the next person in the line to release them into play. Play up to 3v3 or until someone scores.