

DRILL: 3 ZONE TIMING

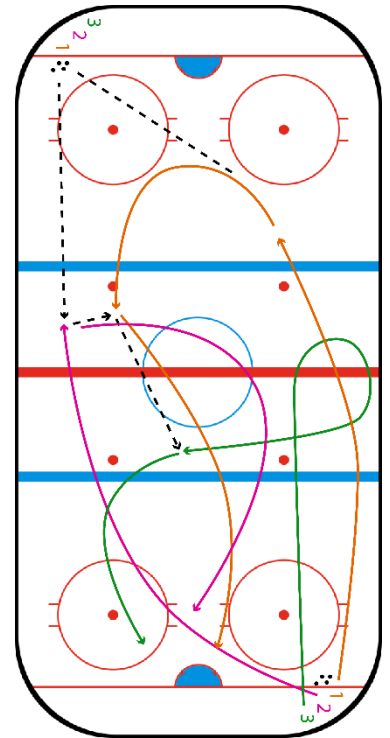
LINK: <https://acimaging.net/hockey/3-zone-timing/>

PURPOSE: This flow drill works on timing passes through motion, quick ups, and zone entry with speed. This drill is also great for focusing on PP and line change breakouts where there is time and for catching teams in transition. The OZ side can also be used as a quick regroup pattern.

SKILLS: Skating, systems/hockey sense, passing in motion, being an option to a play

HOW TO

- Line of players in opposite corners and coach in same side faceoff circle with pucks.
- 1 skates down wing and loops low in the opposite zone. 2 swings wide and heads to post up at red line. 3 drives near side wing, wheels towards the board then cuts across the blue line.
- When 2 is approaching the red line, they will receive a pass from the coach opposite them.
- 2 will pass or chip into 3, who passes or chips to 1. Three becomes F1 and F2 and F3 complete triangle.
- Once pass is made to player 1 from player 2, the opposite side starts.



DRILL: CONTINUOUS BREAKOUT 1v0/1v1

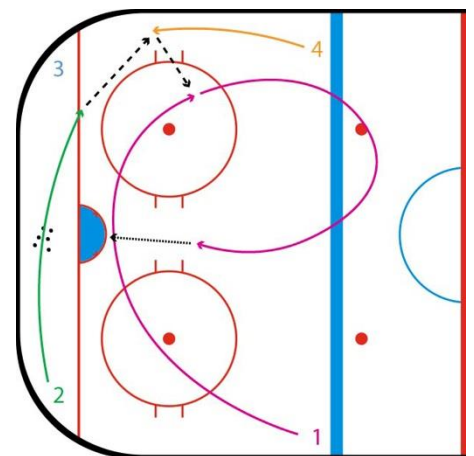
LINK: <https://acimaging.net/hockey/continuous-breakout-1v1/>

PURPOSE: This half ice flow drill serves the purpose of working on both getting low to the hashmarks to break out as well as a center swing for the 1-2 combo. The flow of the drill creates some chaos in the middle of the zone, forcing players to keep their heads up and pay attention to what is going on around them and can mimic the visual sensory field of a real game.

SKILLS: Passing, skating, hockey sense

HOW TO

- Players 1, 2, and 4 start the drill. 2 picks up a puck behind net while 4 posts up on the far board for the break out pass – needs to get low to be an adequate passing option. 1 sweeps low and swings for the inside pass.
- 1 proceeds to re-group at blue and go in 1v0. If early in practice, have players focus on mid-range shots instead of dekes.



- Once 4 makes their inside pass, they trigger the drill to go the other way. 3 picks up puck behind net, next person in line at 1 goes to half-wall, 4 (who just made pass on far side) now swings for the pass from 1 creating a continuous flow
- Players rotates 1-2-3-4
- After a bit, the players from the corners now step out and play the 1v1.

DRILL: GROUP B: DOUBLE GIVE & GO

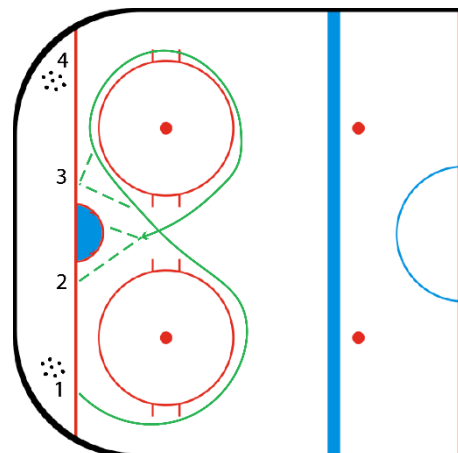
LINK: <https://acimaging.net/hockey/double-give-n-go/>

PURPOSE: This low-zone drill focuses on quick passes in motion to a quick shot in motion. Players should be keyed in on short tape to tape passes and taking a one time or catch & shoot shot without stick handling or deking. This drill is effective for building cycle concepts as well as driving from a half-wall position.

SKILLS: Short passing in motion, skating, shooting

HOW TO

- Lines in both corners and on each side of the net. Pucks in corners.
- Player 1 takes off around circle with puck. When they get to the low slot, they will pass to 3 and get the puck back immediately.
- 1 carries puck around top of faceoff circle and delivers pass to 2 and gets puck back immediately for quick shot on net.
- Repeat from other side.
- 1 goes to 2, 2 to 3, 3 to 4, 4 to 1.



DRILL: SWISS 4v2

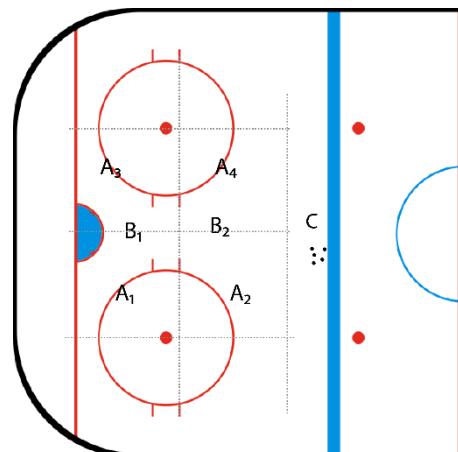
LINK: <https://acimaging.net/hockey/swiss-4v2/>

PURPOSE: Offensively, this drill works the puck low to high, finding optimal passing and shooting lanes, and scoring from a triangle. Defensively, it works on recognizing dangerous man, controlling passing and shooting lanes and working with a partner in a man on man with zone support. The concepts in this drill are useful not only for general DZC – covering open players in the slot, especially in an out-manned situation – but also for concepts relating to the PK box.

SKILLS: Teamwork, quick shots, puck movement, defensive coverage

HOW TO

- Set up a grid on the ice between the face off dots and up to an area above the face off circles, but not to the blue line. There should be 4 boxes.



- 4 players from team A take up each of the 4 quadrants. 2 players from team B are defending the bottom two and/or top two quadrants.
- A puck is put into play to team A who moves the puck between their quadrants to get a shot on net. Players must stay within their quadrant and utilize the space they are given. B players play 4v2 and must stay in their respective halves of the quadrant.
- Once a goal is scored or coach determines the change, 2 players are added from team B and 2 players from team A exit while 2 players stay and become the defenders.

DRILL: 5v5 CONTINUOUS BREAKOUT/REGROUP

PURPOSE: In an on-going need to break out better, this drill forces both breakouts with pressure and quick re-groups in a transitional manner. By running it as a continuous drill, teams get a feel for forced transitions, in a game like environment.

SKILLS: hockey sense, breakout & regroup patterns, passing, DZC, OZC

HOW TO

- 10 players, designate one as the forecheckers and one as the breakout team. 2 D low and 2 D high.
- Dump puck in. Breakout set and low D try to break puck out of the zone against the other 5. As puck comes out of the zone, the high D retreats to accept the re-group.
- Players re-group into the zone, now flipping on offense and defense (breaking out team is now trying to score, forechecking team is now defending).
- If puck is turned over, the defending team now tries to break out, regroup and come in on the other team.
- Can also play 5v4 or 4v4, depending on numbers.