DRILL: 3 PASS DRILL

LINK: https://acimaging.net/hockey/3-pass-drill/

PURPOSE

This simple drill, often used for warm-ups, is great for working on simple one-touch passing in motion, and sets up concepts of regrouping.

HOW TO

- Split into four lines at each blue.
- 1 & 3 go at the same time (2 & 4 together as well). For explanation purposes, I'll only explain the route of #1 as it is mirrored in the other groups.
- 1 skates forward with the puck and passes to line 4 and gets the puck back.
- 1 continues in a wide arch and passes to 3 on the swing and gets the puck back.
- 1 then passes to 2 for an on-side give & go, then drives to the net.
- If this is a warm-up or early drill, have them shoot from farther out.

DRILL: CLOCK GIVE

BASE ON THIS: <u>https://acimaging.net/hockey/clock-give-n-go/</u>

PURPOSE

Quick tape to tape passing while moving, skating, and competition

HOW TO

- Player 1 in line with face off dot and player 2 on face off dot.
- Player 1 passes to and receives back from player 2 3 times (at bottom/start, hash marks, and top of circle) maintaining motion, accurate passes, a good passing angle and passing target
- After taking their shot, 1 proceeds around other circle (DON'T CUT MY CIRCLE!!!) and gets pass in slot for second shot.
- Middle player now becomes shooter, shooter goes to back of line, next person in line steps into the middle.

DRILL: ROYALS QUICK RUSH PROGRESSION

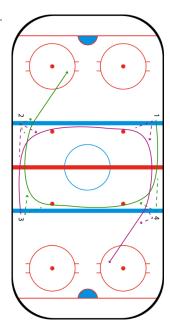
LINK: https://acimaging.net/hockey/category/ice-drills/small-area-games/

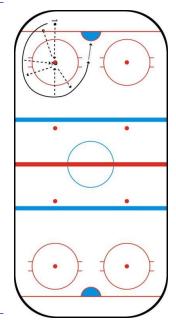
PURPOSE

Move puck quickly to net and capitalize on odd attack opportunities.

HOW TO

- Split team in half. Designate one team as offense and other as defense.
- Put puck in play and attacking team gets 2-3 seconds to gather puck and get a shot.





- Players CANNOT skate with the puck. They must use time and space away from the puck to become an option
- Then one player from defending team is released to create a 3v1. They get 5-6 seconds to play (one rebound).
- Then another defender is released for a 3v2. They get 10-15 seconds to play.
- If defending team gets possession, they can try to score.
- Flip offensive team on next puck in.

DRILL: 3 BREAKOUT DRILL

LINK: https://acimaging.net/hockey/3-breakout-drill/

PURPOSE

This drill works on building the foundation of breakouts and regroups and aids in developing the related hockey sense.

HOW TO

- Coach at center ice, 3 forwards at center ice and one D just inside the blue line.
- Coach dumps puck into the zone. The D retreats then gathers the puck. F1 gets to the boards, gets open, and takes breakout pass from D.
- F1 skates out of the zone and passes to the coach. D follows play, transitions at the blue and retreats when the coach put the puck back in the zone.
- F1 and now F2 release and get open for a breakout from the D. F1 & F2 breakout, making at least 1 pass between them, then pass to the coach. D follows play, transitions at the blue and retreats when the coach put the puck back in the zone.
- F1, F2, & F3 go into the zone for the 3rd breakout. Making at least 2 passes between them before exiting the zone. All three carry through re-group and go in 3v1.

DRILL: SWISS 4v2

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

PURPOSE: Offensively: working the puck low to high, finding optimal passing and shooting lanes, and scoring from an triangle. Defensively: Recognizing dangerous man, controlling passing and shooting lanes and working with a partner in a man on man with zone support.

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.

