
DRILL: OVERSPEED

LINK: <https://acimaging.net/hockey/overspeed/>

PURPOSE

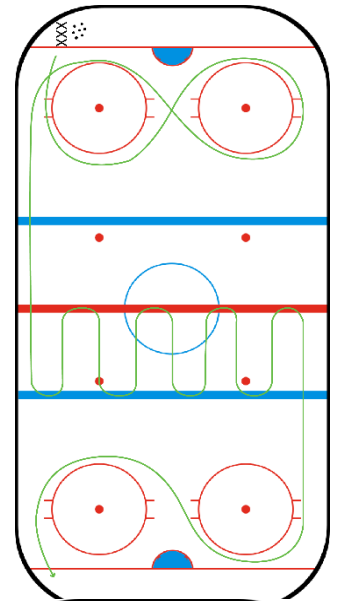
Technical skating drill working on generating and maintaining speed. Also great for effective game-ready conditioning.

HOW TO

Player starts in corner and skates a figure 8 around the near zone face off circles.

Then heads up ice and does as many power turns between the far blue and center red line as they can. There should be no less than 6 turns (3 each way).

Proceed into the far zone and finish with a half Russian around the far face off circles, ending in the corner opposite the corner they started.



DRILL: 6-PASS DRILL

LINK: <https://acimaging.net/hockey/6-pass-drill/>

PURPOSE

Long and short passes on the move, hiping out to open up for passes, as well as catching and receiving passes on-side.

HOW TO

Please note, drill is shown on one side (3 & 4). Can be run alternating sides 1 & 2 then 3 & 4).

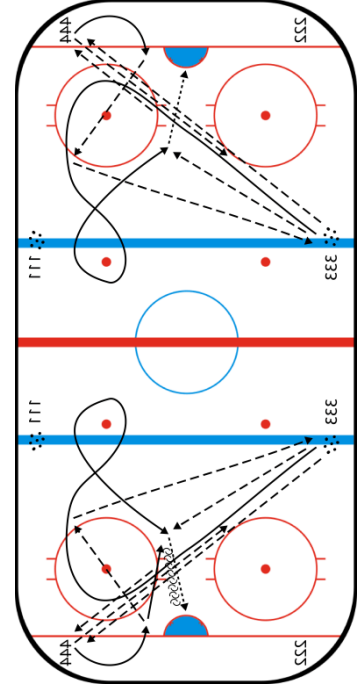
3 starts by making the long pass to 4 in the corner.

3 receive puck back and returns for passes 2 & 3.

4 curls inside while 3 curls up boards and opens up to receive inside out breakout pass from 4 (pass 4).

3 turns up ice and makes long pass back to line 3 (pass 5).

3 curls around face off dot (or cone set up inside blue if working on off-side control) and receives pass back (pass 6) for shot on net.



DRILL: CLOCK GIVE

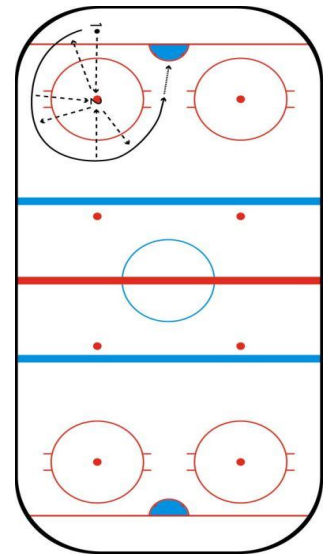
BASE ON THIS: <https://acimaging.net/hockey/clock-give-n-go/>

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: SLOT TO BACK SIDE READ

PURPOSE

For skaters, this works on getting to the net in a ready position. For goalies, this is play reading through motion and traffic.

HOW TO

- To start, have two players in the high slot with 2 sets of cones to each side of the low slot. On go, one player goes to each set of cones and skates a figure 8 through them, then goes to the net.
- Coach then passes to one of the players or shoots.
- Depending on play, players either shoot or crash for a rebound.
- Goalie must read the play and track the puck to contact.
- For variation, shift cones so one set is in the high slot and one off to the side, with the coach to the other side.

DRILL: MIRROR 1v1

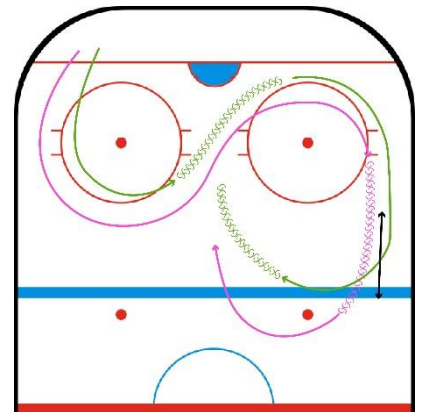
LINK: <https://acimaging.net/hockey/half-ice-mirror-1v1/>

PURPOSE

This drill works on technical skating while also reinforcing concepts of stick mirroring and defensive containment.

HOW TO

- Players start in corner. First corner skates with puck forward around the outside of the first circle and inside the second circle.
- Second player will mirror them with keeping their chest facing forward/toward player 1. So, they will skate forward on the inside of the first circle, transition to backwards to the second and transition back to forward outside the second circle.
- Player 1 transitions to backwards at the hash mark to face player 2. Two players pass back and forth to the blue line.
- Player 1 transitions back to forwards, Player 2 to backwards and two players go 1v1 to the net.



DRILL: 3 BREAKOUT DRILL

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

PURPOSE

This drill works on building the foundation of breakouts and regrouping 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: SMALL AREA 2v2 OR PLAYERS CHOICE