

**DRILL: 4 Dots Skating**

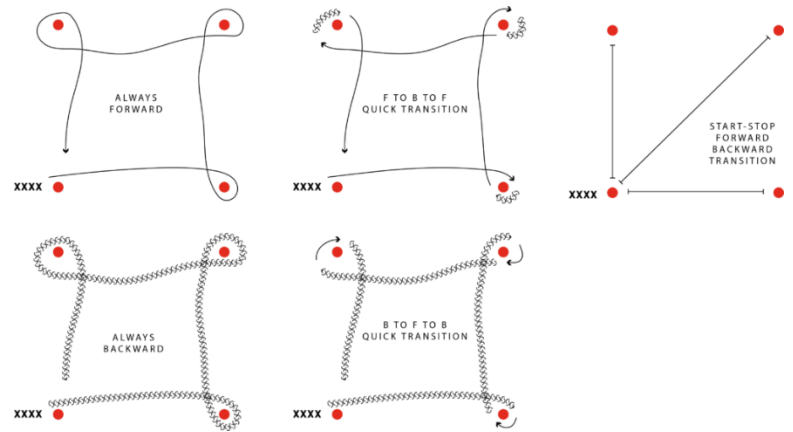
**LINK:** <https://acimaging.net/hockey/4-dot-skating-drills/>

**PURPOSE**

Technical skating working on edges, power turns and transitions

**HOW TO**

Skating using the four center ice dots. First is an inside-out power turn, second is an inside-out backwards power turn, third is an inside out transition, fourth is stops and starts in a ray pattern.



**DRILL: 6-PASS DRILL**

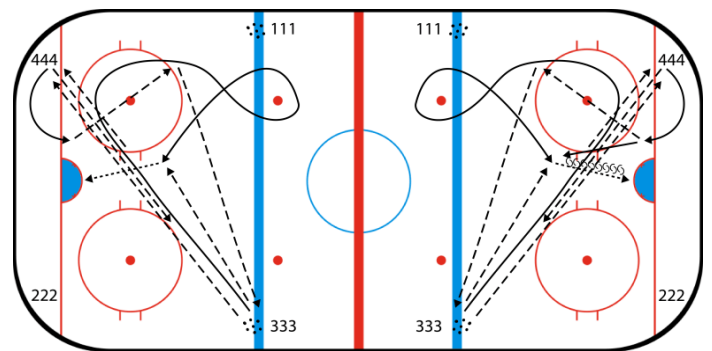
**LINK:** <https://acimaging.net/hockey/6-pass-drill/>

**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.



**GROUP A DRILL: ESCAPE WHEEL**

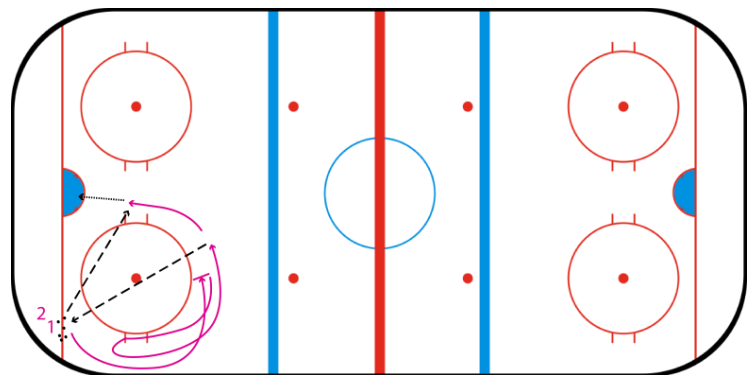
**LINK:** <https://acimaging.net/hockey/escape-wheel/>

**PURPOSE**

Escaping with stops/starts and power turns in a small area. This helps set up nicely for teaching cycling and overload power play situations.

**HOW TO**

- Player 1 from corner curls wide around circle with puck.
- At top of the circle they make a full, hard stop away from the net and “escape” back toward the board side.
  - THIS IS NOT A POWER TURN!
- At the low hash mark they will wheel (power turn) toward the boards.
  - THIS IS NOT A STOP!
- As they break the top of the circle they will make a give & go pass with the next player in line for a quick (hopefully one-time) shot on net.
- Drill can be run out of both sides alternating, or one side then switch.



## GROUP B DRILL: DOUBLE GIVE 'N' GO

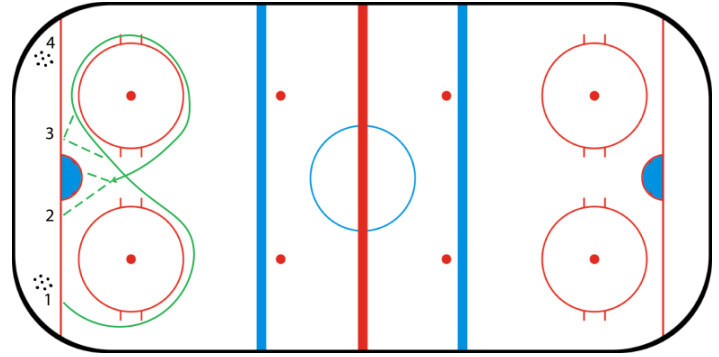
LINK: <https://acimaging.net/hockey/double-give-n-go/>

### PURPOSE

Quick passing and opening up for quick shot.

### 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 face off 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.
  - If there's only 3 players, run out of one side, the switch to the other side. Rotate 1 to 2, 2 to 3, 3 to 1.



## DRILL: 3v1 HIGH DRIVE

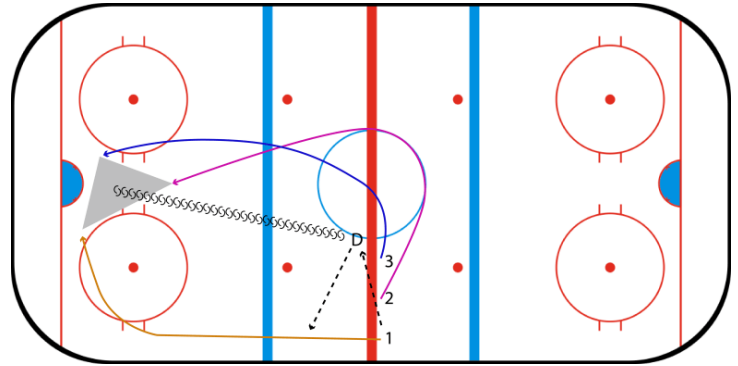
LINK: <https://acimaging.net/hockey/3v1-high-drive/>

### PURPOSE

For offensive players, this works on zone entry with speed and creating the shooting triangle down low with a high net drive.

### HOW TO

- D lines up in center ice, 3 lines of players to board side of circle.
- All three lines go at the same time.
- 1 passes to D and proceeds up ice receiving puck back. 2 goes around the center circle and drive high. 3 cuts through the circle and drive far post.
- D, after passing, retreats and plays 3v1 having to force play wide while still identifying the dangerous man.



## DRILL: SMALL AREA 2v2