

DRILL: TIGHT FIGURE 8s

NEEDED: 16 CONES OR OBSTACLES

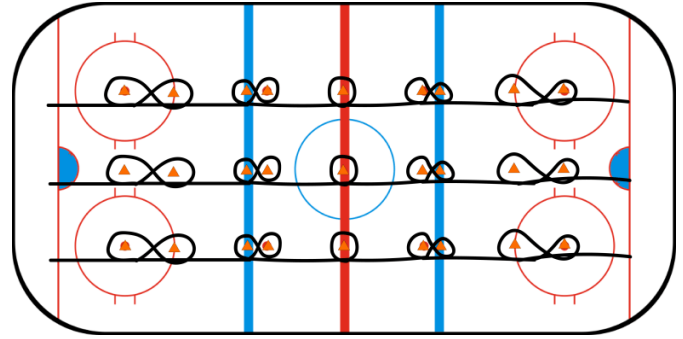
LINK: <https://acimaging.net/hockey/tigh-figure-8s-skating/>

PURPOSE

Technical skating

HOW TO

- Drill in runs north south in lines
- Place 8 cones per line - each face off dot, tops of circles, and all three center lines.
- Player skates forwards on one side of the cone then cuts inside of first set of cones, power turns and does a figure 8 around the set of cones. Pattern repeats at each double set of cone.
- For the single cone at the red line, player will do a tight power turn around the single cone.
- Once all players get to the other end, repeat back to the original side. If players started on the right side of the cone, they will return on the left



DRILL: BACK CHECK 2v2

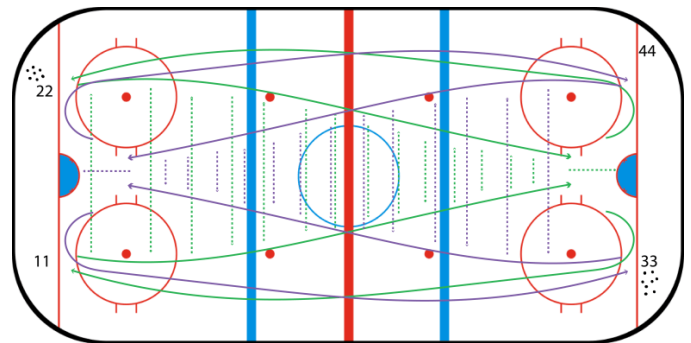
LINK: <https://acimaging.net/hockey/2v2-back-check/>

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: FLOW 2V1 BREAKOUT

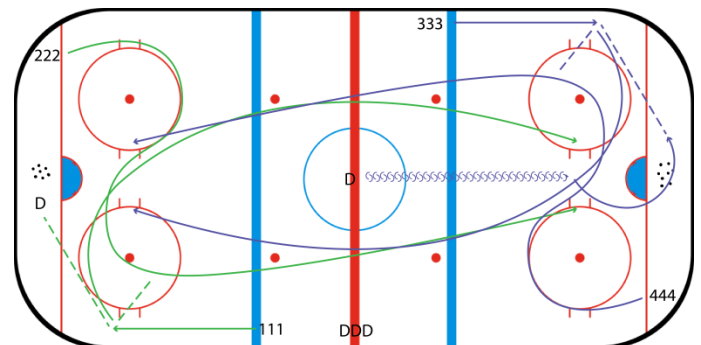
LINK: <https://acimaging.net/hockey/2v1-flow-breakout/>

PURPOSE

Works on simple 1-2 breakout with wing drive zone entry. Emphasize passing, timing, and gap control.

HOW TO

- Players line up on opposite blue lines and corners. All pucks behind the nets. Start with one D behind a net and one at center ice. All other D get out of the way along the boards.
- Play starts with one forward (1) going down the board and the player from the corner (2) going around the top of their near circle then hooking up ice inside the second circle.
- The D behind the net passes to 1. 1 passes to 1. 1 fills the far lane and 2 fills the near lane. 1 and 2 go in on a 2v1. This D will go off ice and a new D will fill into the center to take the 2v1 the other direction (3-4 side)



- Once a shot is taken, the D releases and picks up a puck behind the net. This triggers 3 to go down the boards and 4 to hook up ice like 2 for the drill to head the other way. After the D passes, they leave the ice and a new D steps in to take the 2v1 from the 1-2 side.

DRILL: ANDOVER 1v1

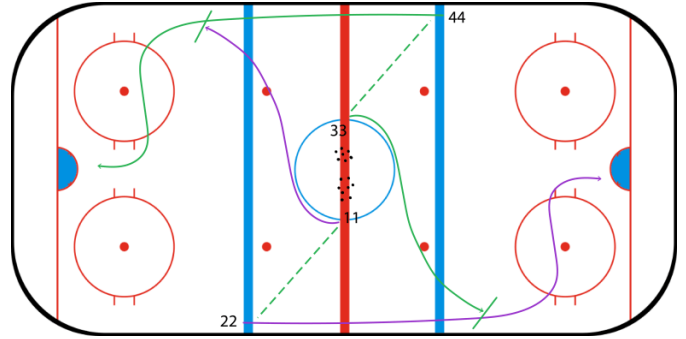
LINK: <https://acimaging.net/hockey/andover-1v1/>

PURPOSE

Angling. Angling. Angling.

HOW TO

- Pucks at center ice. Players at opposite blue lines and opposite sides of the center circle.
- Both sides go at the same time. Play starts with players 1 & 3 pass out to their respective blue line lines (2 & 4).
- Once the pass is made, 1 & 3 skate forward around the circle while 2 & 4 drive boards.
- 1 & 3 should cut off their respective player along the boards between the blue line and hash marks. 2 & 4 should drive wide and then cut in no sooner than the bottom hash marks.
- Intent is to angle the player into the boards for change of possession or to force them wide for as long as possible, reducing passing and shooting lanes.



DRILL: 3v1 HIGH DRIVE

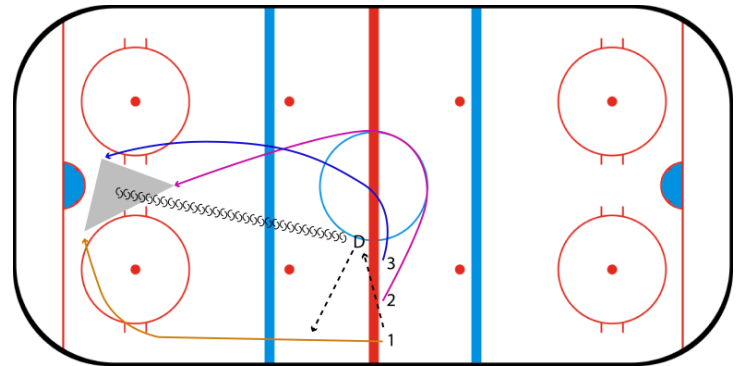
LINK: <https://acimaging.net/hockey/3v1-high-drive/>

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.
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DRILL: DESIGNATED SHOOTER 3v3