

DRILL: LOW-HIGH WARM-UP

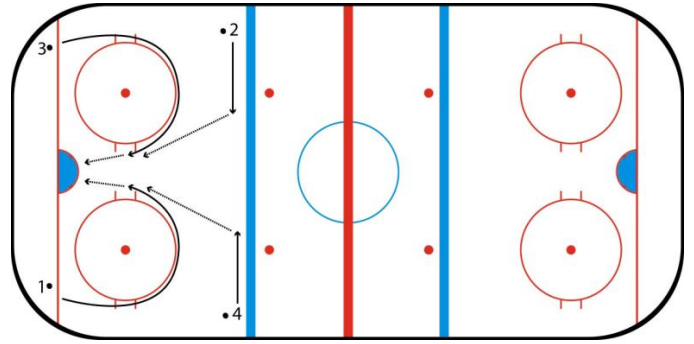
LINK: <https://acimaging.net/hockey/low-high-warm-up/>

PURPOSE

This is a basic warm-up drill focusing on skating, shooting, and adjusting shot angles. More importantly, it gets goalies moving from low to high and vice versa having to adjust to new shooting angles and depths.

HOW TO

- Players in each corner at and each point with pucks.
- Player 1 curls around top of circle for quick shot.
- Player 2 from point pulls across the blue line and takes a long shot.
- Player 3 curls in from other corner for quick shot.
- Player 4 pulls across blue for another long shot.



DRILL: 6 PASS DRILL

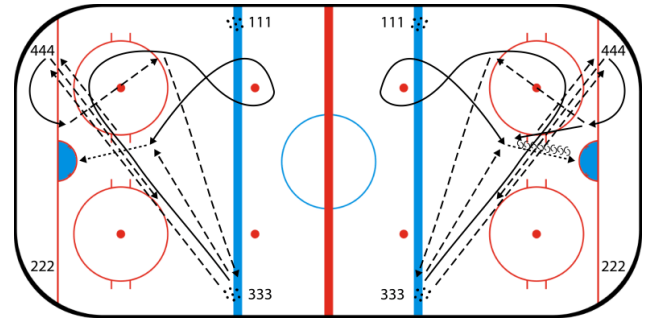
LINK: <https://acimaging.net/hockey/6-pass-drill/>

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: POWER SKATING

DEEP KNEE BEND STRIDE & GLIDE

- Players get into a deep and slightly wide stance (like they're sitting in a chair) and then stride out to one side, hold glide for 3-5 seconds then repeat to the other leg. 4 reps. Repeat backwards.

CROSSED EDGES

- Players take 3 strides then cross skates as wide as they can to glide on outside edges of both skates. This requires them to have a deep knee bend and work on balance and edge control to stay in a straight line. This will also help develop cross over strength and extension. 4 reps. Repeat backwards.

DUCK TAKE OFFS

- With deep knee bend, players will step one foot in front of the other with toes out. On 3rd step they will drive forward to gain full speed in 3-5 strides. Stop and repeat leading off with the other foot. 4 reps.

GROUP B DRILL: 2 CONE 1V1

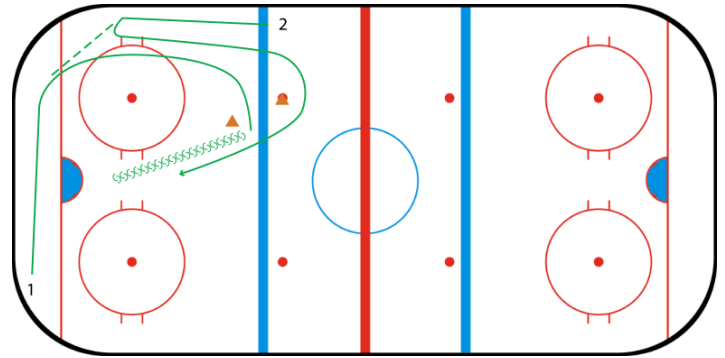
LINK: <https://acimaging.net/hockey/2-cone-1v1/>

PURPOSE

Works on two skills in one drill: simple board breakout pass and zone entry 1v1.

HOW TO

- Line of players in corner with pucks (1) and line of players at opposite blue line (2).
- At the same time, 1 takes off with puck behind net and curls up boards and 2 drives down to hash marks.
- 1 hits 2 with break out pass. Both head up ice. 1 transitions to backwards around low cone and 2 curls around top cone.
- Play 1v1 to net.



DRILL: IRON CROSS RELAY

PURPOSE

Technical skating and conditioning in a fun 1v1 competition

HOW TO

- Split into two groups – one at each face off circle
- Each group will skate an iron cross pattern as designated by the coach
- At the completion of each's cross, they will skate up to the off side dot, around, and try to get to the puck a coach plays into the zone.
- If they win the race and get possession of the puck, they are offense, if they lose, they must try to get possession (play defense) to score.

DRILL: ROYALS RUSH

LINK: <https://acimaging.net/hockey/royals-quick-rush-progression/>

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.
- 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.