

DRILL: SKATING W/ PUCK & GOALIE WARM-UP

Starts & Stops Sprints – W/Puck

- Forward, Transition, backwards – work on take offs from a stop
- Bottom of circle back to goal, face off dot & back, top of circle & back, blue & back, face off circle & back (or put out cones)
- Players always stopping facing the same way

Inside Edge Big Turns – No Puck

- Forward & backwards
- Players make 180 degree turns on inside edges only. They need to bend their knees and hold the turn to face board to board. They may take ONE stride to regain speed then turn the other way, but optimally if they are using their edges correctly they should be able to regain power/speed simply by driving through the edge.

Outside Edge Big Turns – No Puck

- Forwards & backwards
- Same as above but with outside edges. This requires a lot more balance and edge control. Players may not get fully around, but have them make a valiant effort.

Modified Russian Circles – W/Puck

- Forwards & Transition
- One full circle, transition power turn around each off side dot, down to other circle and make a full loop. Repeat going back.

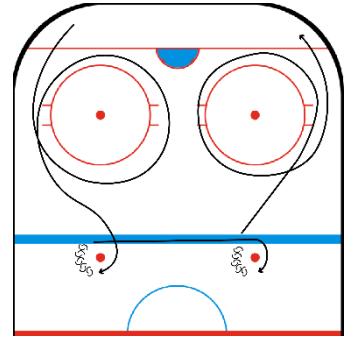


Figure 1 Modified Russian Circles

GOALIE WARM UP WHILE SKATING DRILLS ARE IN PROGRESS

- W Moving Drill - <https://acimaging.net/hockey/goalie-w-drill/>
- Post & Out – to center and to angles
- 5 Puck Drill - <https://acimaging.net/hockey/goalie-5-puck-angle-drill/>

DRILL: LOW-HIGH WARM-UP

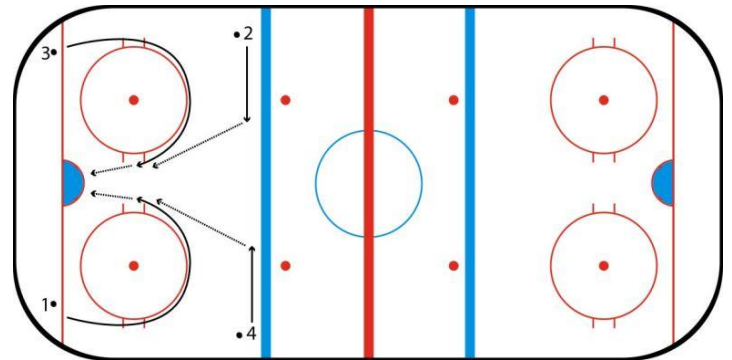
LINK: <https://acimaging.net/hockey/low-high-warm-up/>

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.
- This drill should move quickly. As in, as the person curling is breaking the slot to take a shot, the player at the point should be starting their pull and as the person at the point is getting ready to shoot, the player from the corner should be already starting to move. Players need to get used to doing this drill without prompt to “go.”



GROUP A DRILL: PASSING & KEEP AWAY

PURPOSE

Cover basic passing mechanics – catch & receive and one-touch then passing with pressure – heads up, call for pass, give and find target, etc.

HOW TO

- First, have players pass either with a partner or gather around the circle. Using good passing mechanics, they just pass the puck forehand and backhand.
- Second, play keep away with one player inside the circle and the rest outside the circle. If a pass is broken up, the passer switches with the player in the middle. If a pass is missed by the receiver, they switch into the middle.

GROUP B DRILL: ADM 2-1 FORECHECK (1/4 ICE VERSION)

LINK: <https://acimaging.net/hockey/adm-2-1-forecheck/>

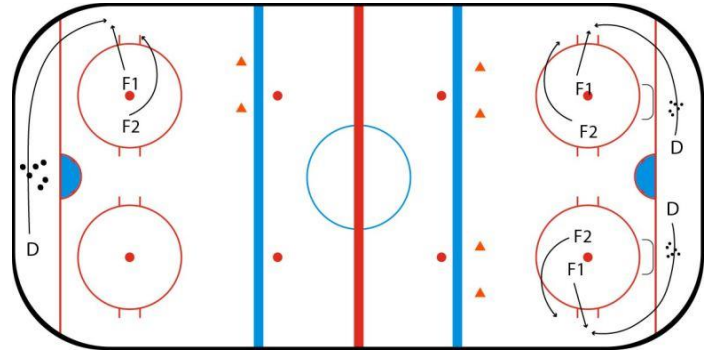
SYSTEMS EXPLANATION: <https://acimaging.net/hockey/2-1-2-forecheck/>

PURPOSE

To teach both body contact angling and introduce an aggressive 2-1 low zone forecheck.

HOW TO

- Player skates behind net to pick up a puck then proceeds to work up board side lane.
- F1, released by coach to give a variable gap, becomes main attacker, while 2, who goes at the same time, becomes support attacker.
- F1 & F2 try to gain possession and score, while “d” player tries to skate through cone gates. F1 goes to line, F2 becomes F1, and D becomes F2.
 - Alternatively, D player can gain gap through cone gates, then come in 1v2 to try to score.



DRILL: 3 BREAKOUT DRILL

LINK: <https://acimaging.net/hockey/3-breakout-drill/> (Sorry, this does not have a diagram. I tried, but it got chaotic.)

PURPOSE

This drill works on building the foundation of breakouts and regrouping with motion passing options 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: 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

- Drill is shown in diagram with two nets, but can be played the same with one net. 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.

