

DRILL: SKATING W/ PUCK & GOALIE WARM-UP

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.
- Goalie skates too, today!

DRILL: 6 PASS DRILL

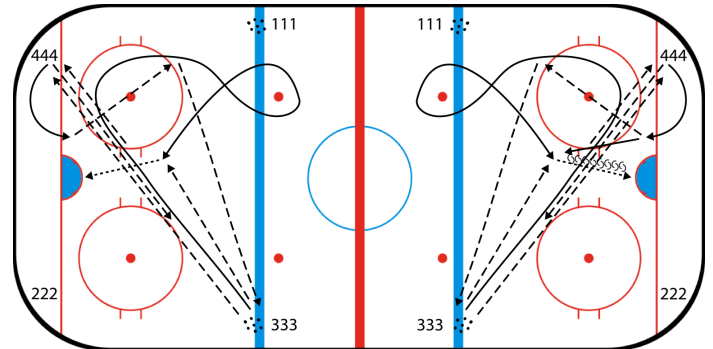
LINK: <https://acimaging.net/hockey/6-pass-drill/>

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: CORNER WAR - GOALIE HERE

PURPOSE

Possession and scoring in a small space

HOW TO

- Can play 1v1 or 2v2
- Place net in corner area to create a small play space
- 2 players from each team get in the small area
- Put puck in play and go!

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

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

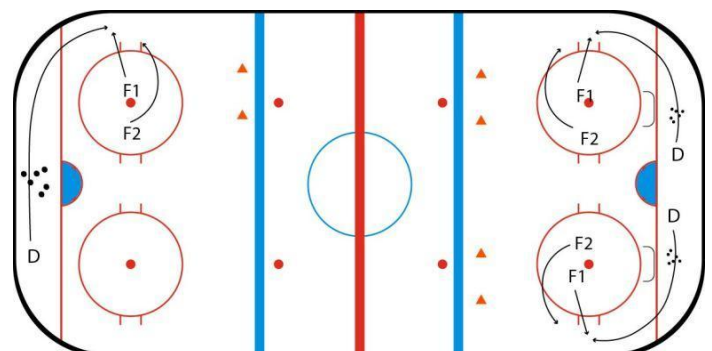
SYSTEMS EXPLANATION: <https://acimaging.net/hockey/2-1-2-forecheck/>

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.
 - o Alternatively, D player can gain gap through cone gates, then come in 1v2 to try to score.



DRILL: PROVIDENCE TRANSITION

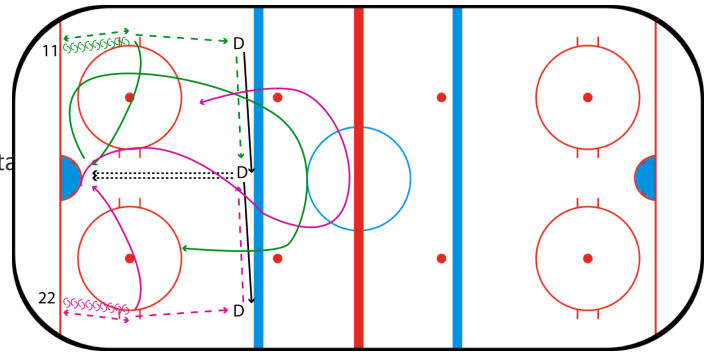
LINK: <https://acimaging.net/hockey/providence-transition-drill/>

PURPOSE

Screen tip rebounds transitioning to a break out and then back into a zone attacking offensive zone coverage (OZC) but also on an overload power play.

HOW TO

- Two lines in the low corners with pucks, two D up top.
- Line 1 starts backwards quick passes and receives puck back, transitions to forwards, then passes to point
- 1 goes to net while D1 swings to D2 who shoots for a screen-tip-rebound (STR).
- 1 stays in front of the net while D shifts and line 2 starts from the other side with the same pattern.
- After the STR shot from 2, one of the players (coach can decide or players choice to encourage creativity) goes low and gets a breakout pass from one of the lines, other player fills gap.
- Forwards go out of the zone and re-group while D takes a few backwards strides, transitions 180, and takes 2v2 rush into the zone.
- SHORT STORY: Screen-tip-rebound from one side. Screen-tip-rebound from the other. Breakout, regroup, then 2v2.



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.

