

DRILL: LITTLE M

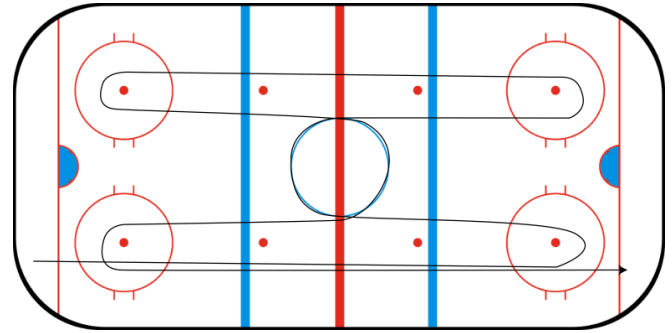
LINK: <https://acimaging.net/hockey/big-m/>

PURPOSE

Skating and conditioning while also learning to generate and maintain speed

HOW TO

- This is the same concept as the Big M, but set up a circle of cones just inside the blue line to act like the center face off circle, and use off side dots as far dots.
- Starting in one corner, players skate down the boards to the far face off dot and turn back up ice. To work tight and wide turns, this can be a power turn.
- Heading toward center ice, they will go around the center face off circle (not dot) and head toward the other far face off dot for another short turn.
- Turning up ice they will go down the boards opposite of where they started to other zone face off dot for another short turn.
- Players then head back to center ice for another wide turn around the center face off circle.
- Back to nearest face off dot by where they started, then finish in the far corner.



GROUP A DRILL: 3 CONE PASSING DRILL – WILL NEED 3 CONES

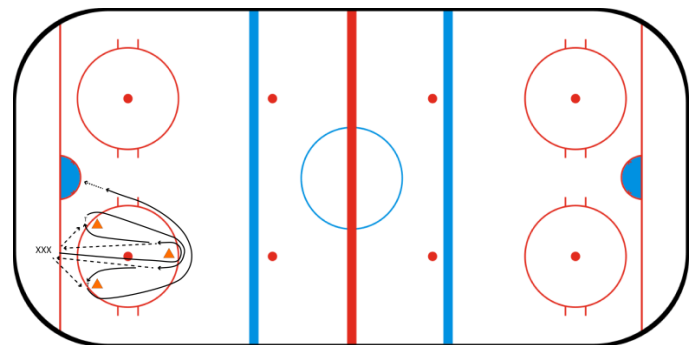
LINK: <https://acimaging.net/hockey/3-cone-passing/>

PURPOSE

Short quick passing in motion and technical skating – 2 birds, one hockey drill.

HOW TO

- Set up three cones in a triangle with players below the goal line in line with the center of the drill.
- First player in line starts toward high cone with a puck. The power turn with the puck and pass back to the next player in line.
- The skate toward low inside cone, open up (transition to open) and receive the puck back.
- Transition back to forward and skate back around high cone then pass back low.
- Skate to bottom outside cone, open up, receive puck back.
- After receiving the puck back, the transition to forward, skate around the outside of the circle and go to the net for a shot.



GROUP B DRILL: QUICK PASS 1V1

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

PURPOSE

Quick, accurate passing, moving feet, and creating time & space. This is basically a reverse keep away, where the players in the middle have to maintain possession.

HOW TO

- Players around circle with 2 players inside.
- Players on the inside must battle for the puck. Once someone has possession, they must make 3 clean passes (or designated number) with players on the outside of the circle. They cannot pass to the same person twice (or twice in a row depending on numbers).
- Other player is trying to intercept and then make their passes.
- Once the 3rd pass is successfully made, the inside and receiving outside player immediately switch spots and that new player starts with possession.
- Players on the outside can move, within reason, around the perimeter, but they cannot step inside or cut through the circle unless they are part of the completion of passing requirements.

DRILL: PREDATORS POST UP – 1 D

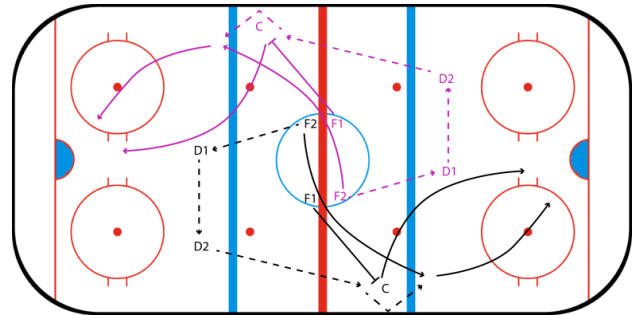
LINK: <https://acimaging.net/hockey/predators-nz-post-up-easy/>

PURPOSE

Quick post up to zone entry or breakout.

HOW TO

- For half ice, shift drill into the zone, player posts up near hash marks
- 4 lines of forwards at neutral zone, 2 D – 1 in each zone, coach at opposite blue lines. Pucks in the middle. (Note: Diagram shown with 2 D)
- F2 passes out to D1. At the time of the pass, F2 wide curls while F1 drives hard toward the coach and posts up.
- D1 delays with a slight shift and passes to F1 posted up. With 1 D, the delay and shift if critical to buy time and space.
- F1 chips around the coach to F2.
- F2 should look to pick up the puck off the chip and drive wide to the net while F1 releases and goes high slot



DRILL: ROYALS RUSH

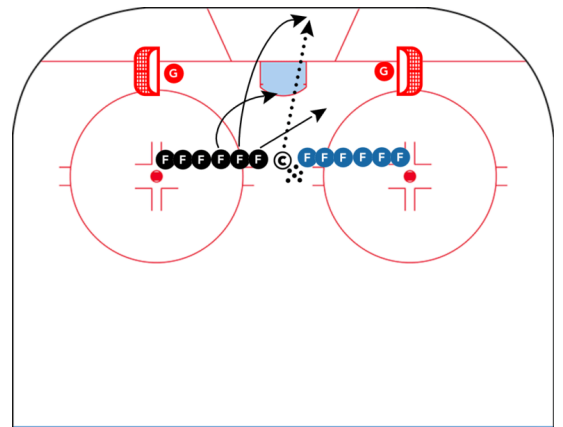
LINK: <https://acimaging.net/hockey/royals-quick-rush-progression/>

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.