

**DRILL: BIG M**

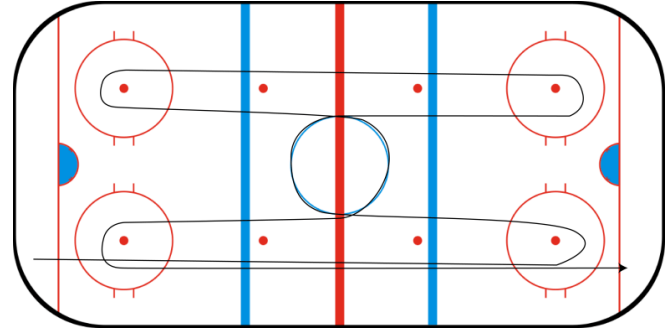
**LINK:** <https://acimaging.net/hockey/big-m/>

**PURPOSE**

Skating and conditioning while also learning to generate and maintain speed

**HOW TO**

- 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.



**DRILL: BACKCHECK 2V2 – WILL NEED 3-4 BUMPERS TO PUT IN NEUTRAL ZONE**

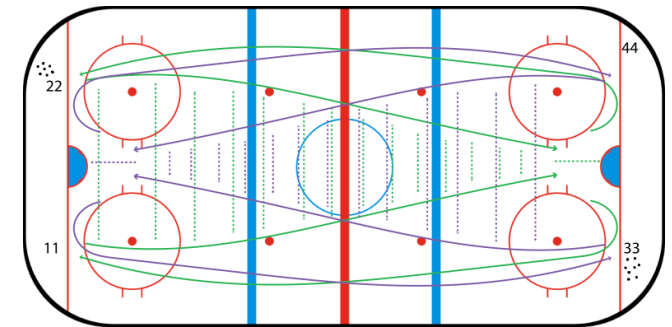
**LINK:** <https://acimaging.net/hockey/2v2-back-check/>

**PURPOSE**

This drill serves two primary purposes: skating conditioning and back checking with intent. Puck play/shooting is a side effect.

**HOW TO**

- Players line up in all four corners. Two corners with pucks.
- To start, 1 and 2 take off on a 2v0 to the opposite end, passing the puck back and forth. Ideally, they should make 3 passes before getting to the opposite end.
- Once a shot is taken, 3 & 4 start the other way. 1 & 2 tag the goal line and then back check 3 & 4.
- Once 3 & 4 get a shot off, the pattern starts again from this end with 3 & 4 back checking.



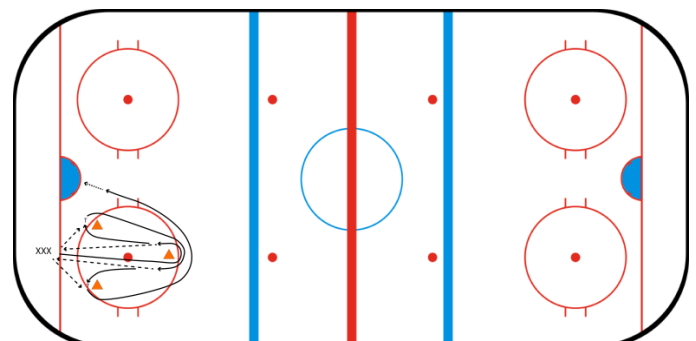
**GROUP A DRILL: 3 CONE PASSING DRILL – WILL NEED 3 CONES**

**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: BUMPER TAG

**LINK:** No link at this time

### PURPOSE

Competitiveness, skating/agility, fun

### HOW TO

- One bumper between two players
- Players play tag around the bumper, trying to stay as close to it as possible. The “it” player can reach across the bumper to tag, but neither player can jump over the bumper to tag or escape.

## 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

- 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

