

DRILL: 4 DOT SKATING DRILLS

LINK: <https://acimaging.net/hockey/4-dot-skating-drills>

PURPOSE

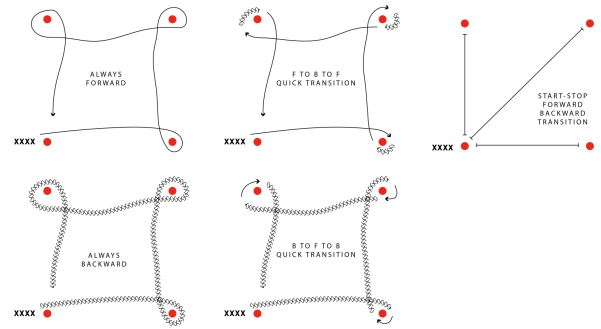
Technical skating with a puck, working on knee bend and leg drive

HOW TO

- Use 4 dots to work on skating. Can also use 4 cones to adjust spacing of drill.

GOALIE:

- 5-PUCK ANGLE DRILL (<https://acimaging.net/hockey/goalie-5-puck-angle-drill/>)
- TRIPLE BUTTERFLY DRILL (<https://acimaging.net/hockey/high-small-shuffle/>)



DRILL: LOW-HIGH WARM-UP - PLAYERS NEED TO RUN THIS EFFICIENTLY WITHOUT PROMPTING!

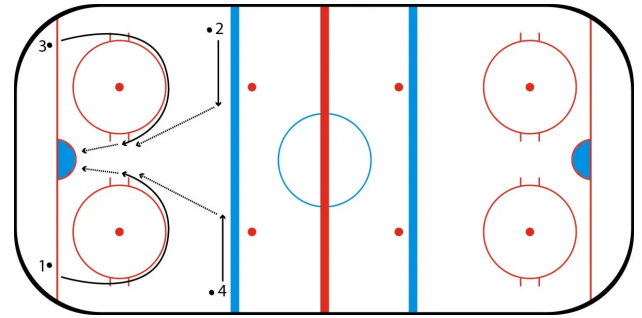
LINK: <https://acimaging.net/hockey/low-high-warm-up/>

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: PASSING BASICS - GOALIE INCLUDED

LINK: No link

PURPOSE

Go over fundamentals of passing across body and front facing.

- Forehand, backhand, on inside foot and outside foot
- Forward/backward passing in motion, transition on whistle

DRILL: PROVIDENCE TRANSITION - 2V1

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

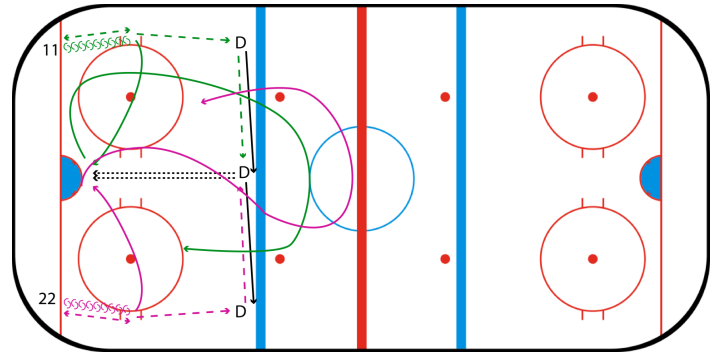
PURPOSE

Screen tip rebounds transitioning to a break out and then back into a zone attack. The low zone part is a common play not only in standard offensive zone coverage (OZC) but also on an overload power play.

HOW TO

**NOTE: Description is for the normal 2v2 finish, due to numbers, we may only run 1 D who does a full blue-line shift and finishes with a 2v1

- 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.



DRILL: SMALL AREA 2v2