

DRILL: 6 PASS DRILL

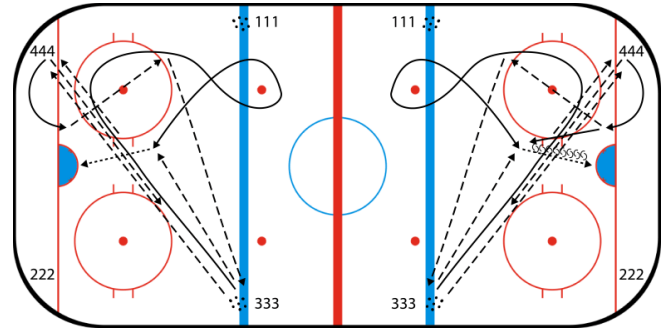
LINK: <https://acimaging.net/hockey/6-pass-drill/>

PURPOSE

Long and short passes on the move, hipping 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.



DRILL: 2 CONE 1V1 – 4 CONES NEEDED

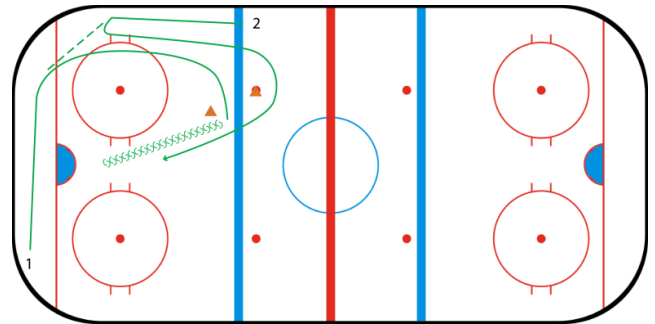
LINK: <https://acimaging.net/hockey/2-cone-1v1/>

PURPOSE

Works on two skills in one drill: simple board breakout pass and zone entry 1v1.

HOW TO

- NOTE: To keep players moving, this will be run out of both sides. Will need players in both corners and at both points.
- At the same time, 1 takes off with puck behind net and curls up boards and 2 drives down to hash marks.
- 1 hits 2 with break out pass. Both head up ice. 1 transitions to backwards around low cone and 2 curls around top cone.
- Play 1v1 to net.



DRILL: 5V0/3V2 | 5V3/3V2

LINK: <https://acimaging.net/hockey/5v0-3v2/>

ADDITIONAL READING:

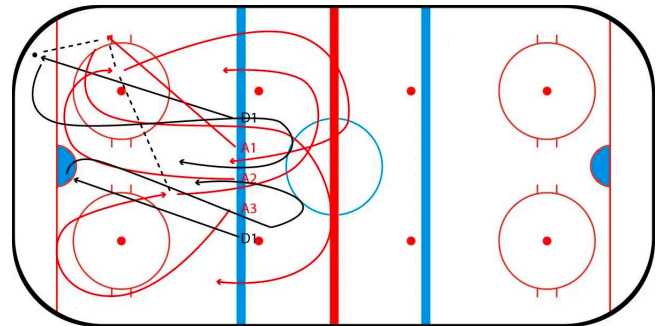
<https://acimaging.net/hockey/breakout-passing-options/>
<https://acimaging.net/hockey/1-2-3-breakout/>

PURPOSE

Breakout positioning and breakout variations to a zone entry.

HOW TO

- Line of forwards and 2 D outside blue. Dump puck in zone.
- D retreats, forwards set up for break out.
- Breakout of zone and regroup in neutral zone. Try not to enter in a perfectly straight line – create and manage space.
- Enter zone back on the two D that broke the puck out.



DRILL: CONTROLLED IN-ZONE SCRIMMAGE