

DRILL: 3 SHOT MUSTANG – 3 CONES NEEDED

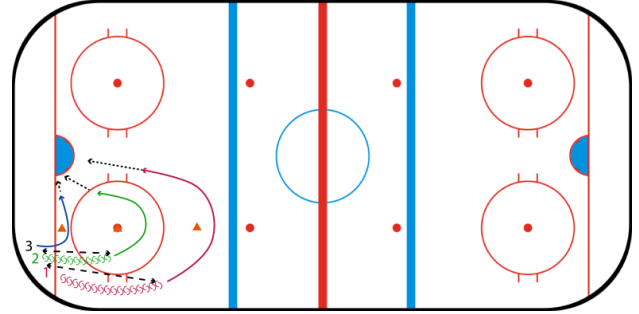
LINK: <https://acimaging.net/hockey/advanced-3-shot-mustang/>

PURPOSE

For skaters, this is a quick shooting, rebounding and skating drill with ample opportunities for variations. For goalies, this is a great drill for tracking movement coming from the corners, working on post lock-ups (and recovering to/from posts), and controlling/tracking rebounds.

HOW TO

- Player 1 starts backwards and passes to next player in line (2) and gets puck back. They transition to forwards around cone between blue and top of circle, drives to high slot for shot. Then player 1 gets in position to rebound for player 2's shot.
- Immediately after player 1 shoots, player 2 starts backwards passing to next person in line (3), receives puck back, transitions to forwards around middle cone, then drives net to shoot. Player 2 then goes to the front to rebound for 3.
- Immediately after the shot, player 3 drives around low cone (they do not pass to the line!) and either shoots or passes to one of the players in front.

**DRILL: 5V0/3V2**

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

- Work from face offs
- Review DZC
- Begin 2-1-2 Low Zone Forecheck