

DRILL: ½ ICE 3 PASS DRILL

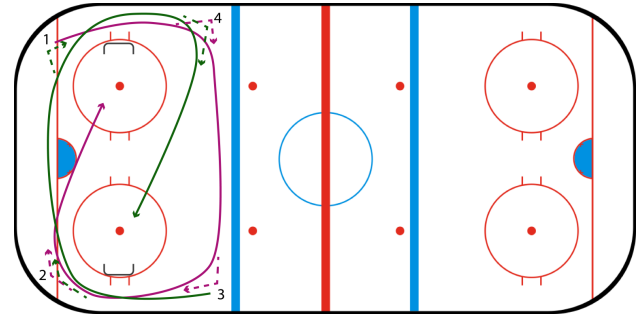
LINK: <https://acimaging.net/hockey/3-pass-drill/>

PURPOSE

This simple drill, often used for warm-ups, is great for working on simple one-touch passing in motion, and sets up concepts of regrouping.

HOW TO

- Split into four lines - each corner and each side of blue
- 1 & 3 go at the same time (2 & 4 together as well). For explanation purposes, I'll only explain the route of #1 as it is mirrored in the other groups.
- 1 skates forward with the puck and passes to line 4 and gets the puck back.
- 1 continues in a wide arch and passes to 3 on the swing and gets the puck back.
- 1 then passes to 2 for an on-side give & go, then drives to the net.
- If this is a warm-up or early drill, have them shoot from farther out



DRILL: CONTINUOUS BREAKOUT 1V1

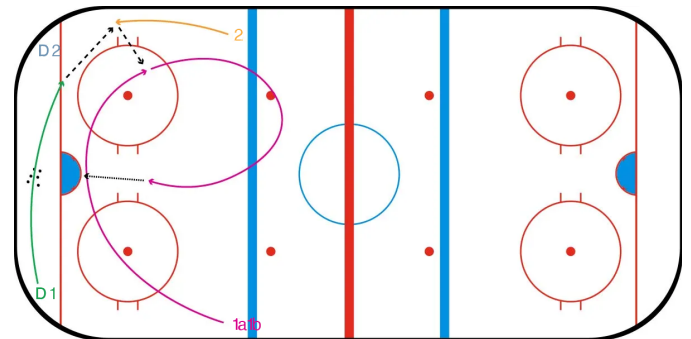
LINK: <https://acimaging.net/hockey/continuous-breakout-1v1/>

PURPOSE

Break out drill to emphasize getting open for the pass on the wall and low center swing. Also great for quick passing and working on constant flow through traffic.

HOW TO

- Players D1, 1a and 2 start the drill. D1 picks up a puck behind net while 2 posts up on the far board (at the hash marks) for the break out pass. 1a sweeps low and swings for the inside pass.
- 1 proceeds to re-group at blue while D1 steps into the center lane. The two go in 1v1.
- Once 4 makes their inside pass, they trigger the drill to go the other way... 3 picks up puck behind net, next person in line at 1 (1b) goes to half-wall, 2 (who just made pass on far side) now swings for the pass from 1b creating a continuous flow
- Ds switch sides and forwards switch sides. Goalie rotate every 4-5
- This drill isn't difficult, but it does require concentration and attention to detail.



GROUP A DRILL: GOALIE REBOUND DRILL - IN NEUTRAL ZONE

LINK: <https://www.youtube.com/watch?v=aqycSpDuLIY> - except instead of playing the puck off the back of a net, you're playing it off a goalie's inside pad

PURPOSE

Work on quick gathering rebounds and finding open net. For goalies, works on adjusting to second shot.

HOW TO

- On an angle, have goalie in butterfly without their stick and a player in front of them, slightly to the center.
- Coach will play the puck off the goalie's inside pad.
- Player will need to find the puck/rebound and make a small adjustment to put the puck in the net.
- Each player will get 3 then next player in to keep it moving
- Focus on getting players to find the open net and/or go upstairs with the puck instead of trying to bash it through the goalies legs. For goalies, work on getting them to adjust to that second shot.

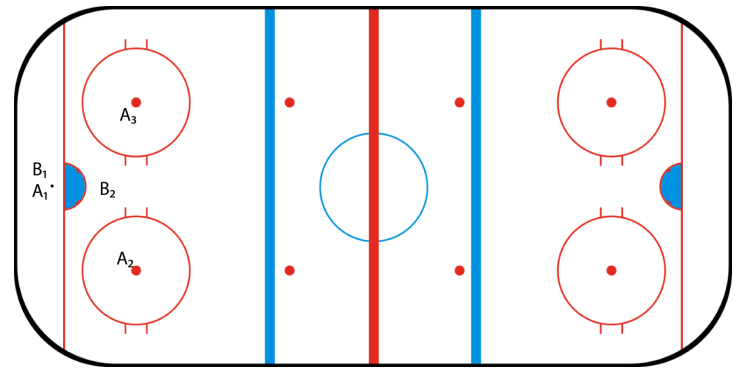
GROUP B DRILL: 1v1 TRANSITIONAL ZONE

LINK: <https://acimaging.net/hockey/1v1-transitional-zone/>

PURPOSE

Working on 1v1 battles down low to work the puck back out to the front of the net while retaining the triangle. Also works on the front (home) side defense staying heels to the net to monitor behind net play and cut off passing lanes to front forwards and attacking to the dangerous man.

HOW TO



- Forward A1 and defense B1 start with puck behind the net. they must battle for the puck and remain below the goal line. A1's objective is to move the puck to either A2 or A3 in the face off circles.
- Defense B2 must play the passing angles above the goal line and outside the circles, only crossing into the circles while the puck is in the circles. This is the transitional zone as they go from playing a zone, to 1v1/2v1. They are also the outlet for B1 to clear the zone.
- A2 and A3 must move within their circles to create space, receive a pass and either take a quick shot or move the puck back to A1 or A3/A2.
- Cycle A1 to A2 spot. A3 to A1 spot. Or Line to A1, A1 to A2, A3 to line. D rotate low (behind net) to high to line.

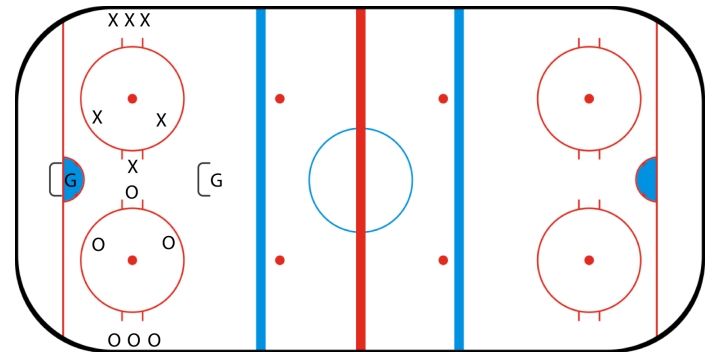
DRILL: LEVELS

LINK: <https://acimaging.net/hockey/pens-levels-3v3/>

PURPOSE

- Control & create space in time, adjusting to small areas and new shooting angles
- 3v3 in the zone. Second goal is just outside the tops of circles facing the same direction as a normal goal. Extra players on sideboards.

HOW TO



- Puck is played in by coaches.
- Players must pass to their team on the side board after a turn over.
- Players can shoot on either goal.
- Board players are NOT in the play. They cannot be attacked and they cannot move from their spot (within reason).