

DRILL: LOW-HIGH WARM-UP - MODIFIED | 2 MINUTE DRILL

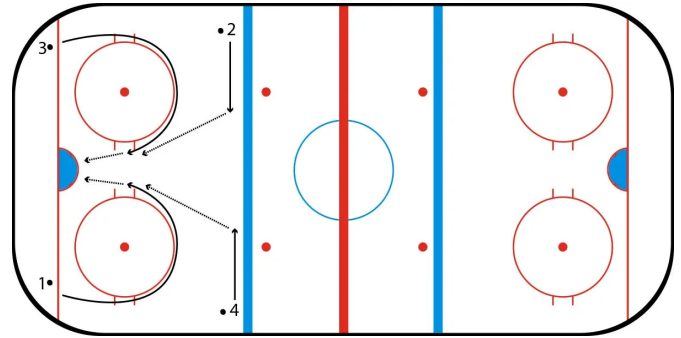
LINK: <https://acimaging.net/hockey/low-high-warm-up/>

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

- NOTE: The diagram shows it in the normal crossing method. We will be altering this to go in a counter clockwise manner to make this easier to comprehend and speed up repetition. Pattern now, in relation to diagram is 1-4-2-3.
- Players in each corner at and each point with pucks.
- Player 1 curls around top of circle for quick shot.
- Player 4 pulls across blue for another long 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.
- Players follow in counter clockwise rotation



DRILL: SYSTEMS WALK THROUGH - FORECHECK/D ZONE COVERAGE

ADDITIONAL READING:

<https://acimaging.net/hockey/41-5-card-d-zone-coverage/>

<https://acimaging.net/hockey/2-1-2-forecheck/>

DRILL: 5v0/3v2 | 5v3/3v2

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

ADDITIONAL READING:

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

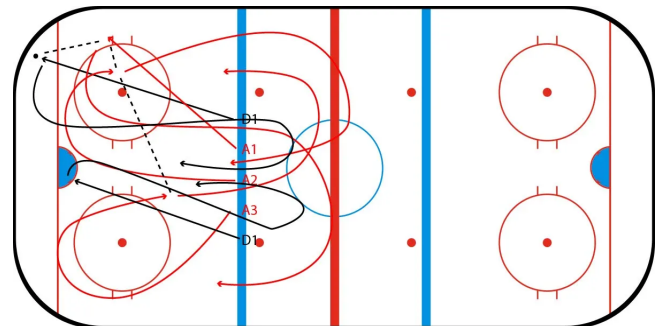
<https://acimaging.net/hockey/1-2-3-breakout/>

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