

DRILL: HALF ICE FULL RUSSIAN CIRCLES

LINK: None at this time

PURPOSE

A little skating & conditioning to kick things off.

HOW TO

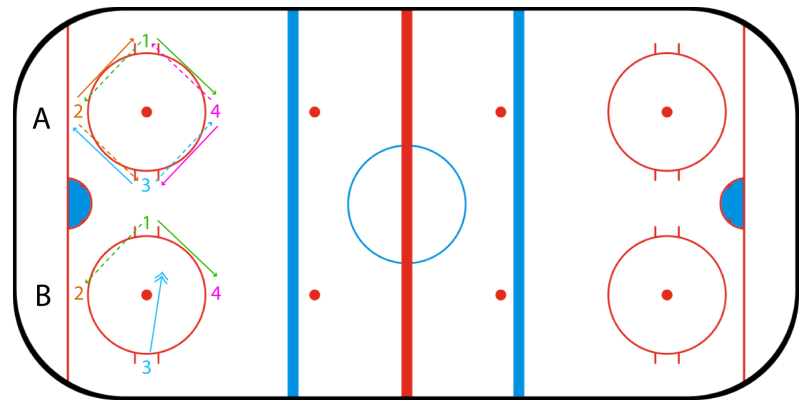
- Start in one corner, take a full lap around each circle, 360 power turn around each dot (one to the left, one to the right) and finish at the boards. Reverse course coming back to starting point

DRILL: LIONS PASS & MOVE

LINK: <https://acimaging.net/hockey/lions-pass-move/>

PURPOSE

This simple passing drill works on the mechanics of passing and moving to an open space. The second version sets up concepts related to reading a play and forcing a player to go to a certain space – hockey sense elements critical to forechecking and space containment.



HOW TO (A)

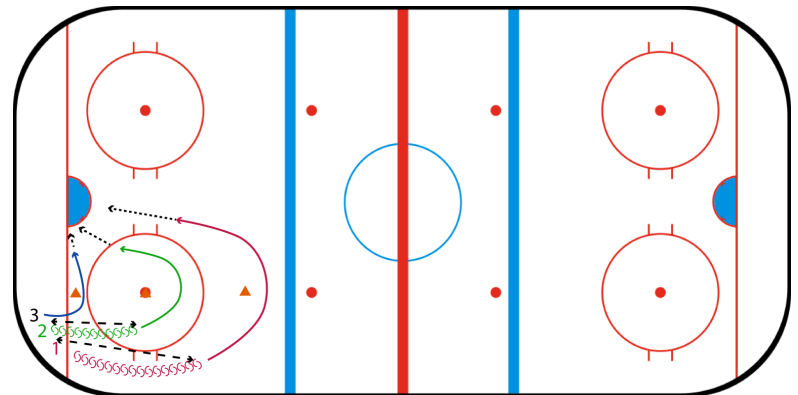
- Players in 4 lines – one on each axis of a circle, one puck in play.
- Starting with player 1, they will pass to one way (to the right #2 in this example) and skate to the line the other direction (#4).
- the passing will continue in this pattern, so now player 2 will pass to their right and skate to #1.

DRILL: 3 SHOT MUSTANG WITH DEFENDER - 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 now becomes a defender

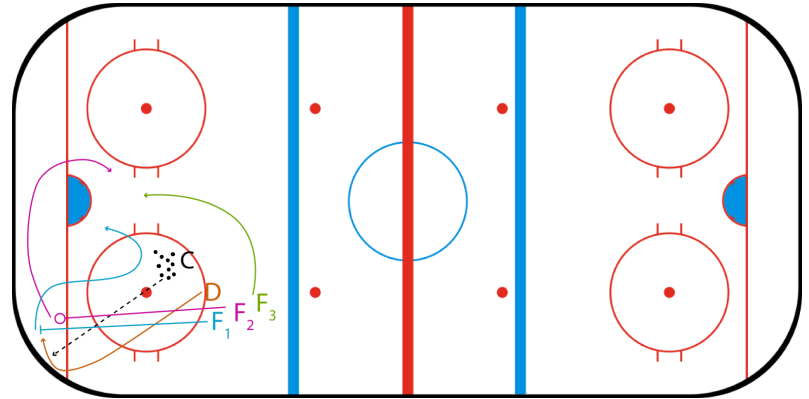
- Immediately after player 1 shoots, player 2 starts backwards passing to next person in line (3), receives puck back, transitions to forwards around middle cone, then drives net to shoot in a 1v1.
- Player 2 then goes to the front to rebound for 3 and play a 2v1.
- Immediately after the shot, player 3 drives around low cone and either shoots or passes to one of the players in front.
- Goalie should focus on tracking puck through shot and quick game-like recovery back to their post to track the next shot.

DRILL: 3v1 FORECHECKING DRILL

LINK: <https://acimaging.net/hockey/3v1-forecheck/>

PURPOSE

Although labeled as a 3v1 drill, this drill fundamentally works on a 2-1-2 forecheck working to a shooting triangle. The focus is highly on the forwards being able to contain the D and gain possession quickly to convert a scoring chance.



HOW TO

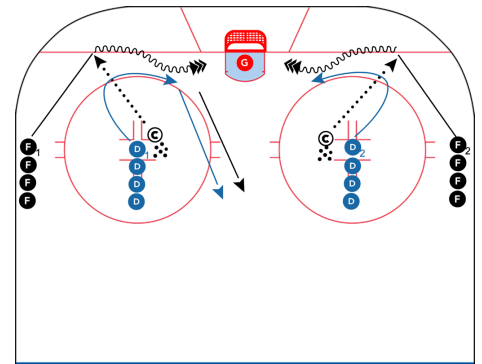
- Working down low from a face off circle and in, set up 1 D and a line of 3 forwards.
- Coach puts puck into the corner. The D retrieves and the first two forwards attack – F1 hard to puck, F2 contains no more than a stick's length away, looking to get the puck out of the scrum.
- F3 heads to the slot area and keeps feet moving to be ready and an option.
- Once the puck comes out of the scrum, F2 (hopefully) goes behind the net, F1 goes to the front with F3, D releases and tries to get back for the quick 3v1.

DRILL: CAROLINA ATTACK DRILL

LINK: <https://acimaging.net/hockey/carolina-attack-drill/>

PURPOSE

This is a forechecking and quick transition drill forcing players to get a little dirty in the corners to battle for the the puck and opportunities



HOW TO

- Set up 4 lines – two off each circle. Diagram shows the inside lines as D, but this can just be 4 lines as it is a 1v1, 1v1, then 2v2.
- Coach dumps puck into one corner and players go in 1v1 and try to get to the net as quick as possible.
- On the whistle (which should be right after a shot) the puck is put into the other corner for a 1v1 out of the other side. The first two hang out in the slot and are ready for the transition.
- On the next whistle, coach puts in a third puck and it becomes a 2v2 with the inside line players on a team and the outside line players on a team.