

DRILL: HALF ICE BACK CHECK 2v2

LINK: <https://acimaging.net/hockey/2v2-back-check/>

PURPOSE

This drill serves two primary purposes: skating conditioning and back checking with intent. Puck play/shooting is a side effect. In the small area, hockey sense is developed by players realizing that one should stay higher than the other as a “cover” player.

HOW TO

- Players line up in 2 corners and at each blue. Nets on half walls
- Concept is exactly the same a full ice.
- 2 players from one side start 2v0 and take a shot. As soon as they shoot, two players from the other side take off in the other direction. The first two have to back check.

DRILL: HALF ICE 3 PASS DRILL

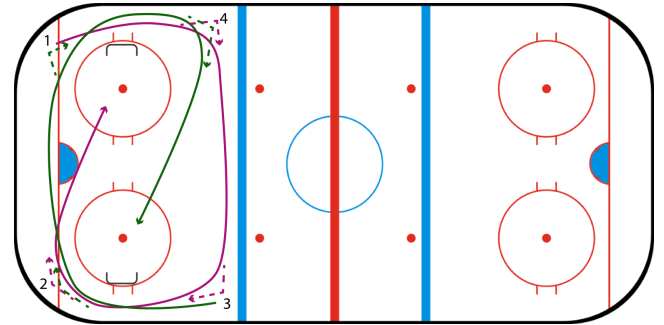
LINK: <https://acimaging.net/hockey/3-pass-drill/>

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 and cycling.

HOW TO

- Split into four lines - each corner and each 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 (short way) BEHIND THE NET and passes to line 4 and gets the puck back.
- 1 continues in a wide arch (long way) and passes to 3 on the swing and gets the puck back.
- 1 then skates down (short way) BEHIND THE NET and passes to 2 then drives to the net on the half of the ice they started from.



DRILL: 3 BREAKOUT DRILL

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

PURPOSE

This drill works on building the foundation of breakouts and regrouping and aids in developing the related hockey sense.

HOW TO

- Coach at center ice, 3 forwards at center ice and one D just inside the blue line.
- Coach dumps puck into the zone. The D retreats then gathers the puck. F1 gets to the boards, gets open, and takes breakout pass from D.
- F1 skates out of the zone and passes to the coach. D follows play, transitions at the blue and retreats when the coach put the puck back in the zone.
- F1 and now F2 release and get open for a breakout from the D. F1 & F2 breakout, making at least 1 pass between them, then pass to the coach. D follows play, transitions at the blue and retreats when the coach put the puck back in the zone.
- F1, F2, & F3 go into the zone for the 3rd breakout. Making at least 2 passes between them before exiting the zone. All three carry through re-group and go in 3v1.

DRILL: PK REVIEW

LINK: <https://acimaging.net/hockey/box-penalty-kill/>

PURPOSE

Review proper PK positioning and work through some PP/PK movement concepts

DRILL: 3v3 BREAKOUT

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

PURPOSE

Cross ice game for fun and hockey sense development. For this game, players must look to pass as well as score by making a breakout on puck possession changes.

HOW TO

- Split into two teams, nets places cross zone. Puck is dumped in for 3v3 play.
- Players must score on designated goal.
- At change of possession, a player must carry the puck behind their net and “break out” to a teammate before they can go back on the attack.
- As game progresses, coaches can add in passing parameters, or other game-like situations to overcome.