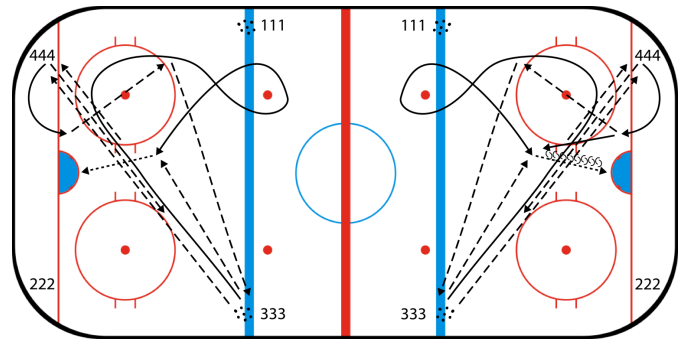


**DRILL: 6 PASS DRILL 1v1**

**LINK:** <https://acimaging.net/hockey/6-pass-drill/>

**PURPOSE**

Long and short passes on the move, hiping out to open up for passes, as well as catching and receiving passes on-side.



**HOW TO**

- Please note, drill is shown on one side (3 & 4). Can be run alternating sides 1 & 2 then 3 & 4).
- 3 starts by making the long pass to 4 in the corner.
- 3 receive puck back and returns for passes 2 & 3.
- 4 curls inside while 3 curls up boards and opens up to receive inside out breakout pass from 4 (pass 4).
- 3 turns up ice and makes long pass back to line 3 (pass 5).
- 3 curls around face off dot (or cone set up inside blue if working on off-side control) and receives pass back (pass 6) for shot on net.

**GROUP A DRILL: SHOOTING MECHANICS - CENTER ICE-ISH ALONG BOARDS**

**PURPOSE**

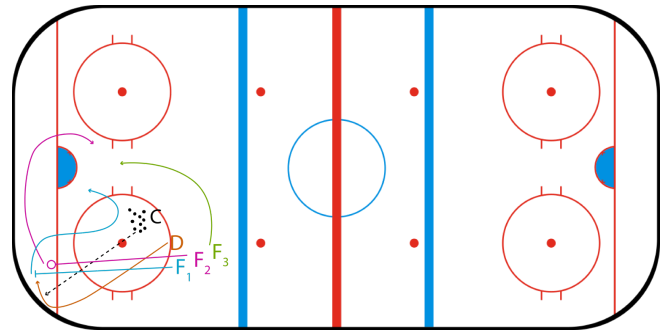
Working on proper technique so that we can shoot more effectively and consistently

**GROUP B DRILL: 3v1 FORECHECK**

**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: PP/PK WITH CONTROLLED SCRIMMAGE**

**PURPOSE**

Review proper PP/PK positioning and work through some PP/PK movement concepts plus integrate face offs