

DRILL: MIRROR 1V1

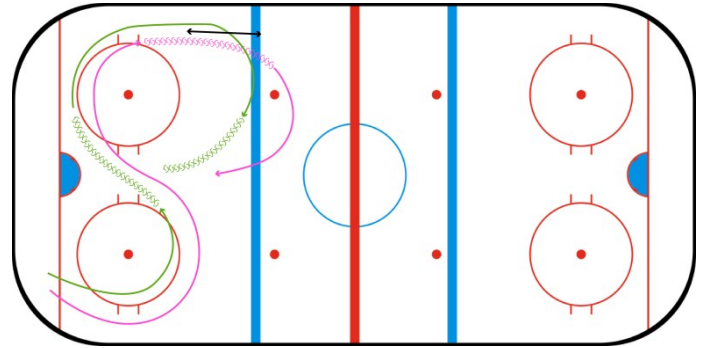
LINK: <https://acimaging.net/hockey/half-ice-mirror-1v1/>

PURPOSE

This drill works on technical skating while also reinforcing concepts of stick mirroring and defensive containment.

HOW TO

- Players start in corner. First player from corner skates with puck forward around the outside of the first circle and inside the second circle.
- Second player will mirror them with keeping their chest facing forward/toward player 1. So, they will skate forward on the inside of the first circle, transition to backwards to the second and transition back to forward outside the second circle.
- Player 1 transitions to backwards at the hash mark to face player 2. Two players pass back and forth to the blue line.
- Player 1 transitions back to forwards, Player 2 to backwards at the blue line and two players go 1v1 to the net.



DRILL: DANGEROUS MAN PROGRESSIVE

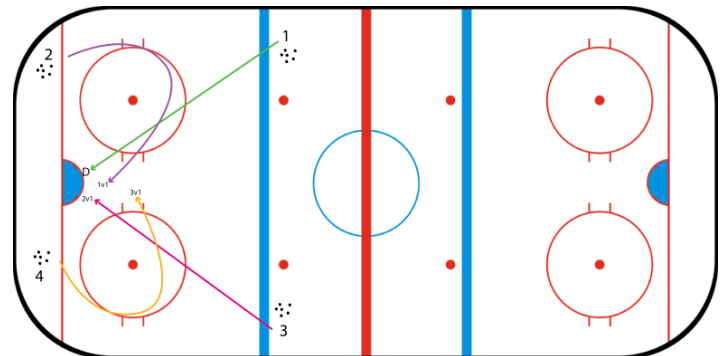
LINK: <https://acimaging.net/hockey/dangerous-man-progressive/>

PURPOSE

This drill serves two main purposes. Defensively, it serves to recognize the dangerous man, forcing the pass or shot, and sliding between man to man and zone coverage as the play dictates. Offensively, it develops attack angle progression and using the space you have.

HOW TO

- Players are split into 4 lines – at each end of the blue and in each corner.
- Player 1 drives to the net on a 1v0. Once the shot is taken, they become a D.
- Immediately after the shot by 1 is taken, 2 curls from the corner and the play is now a 1v1. Once a shot is taken or the puck is cleared, player 3 drives in from the point creating a 2v1. They can shoot or make a play with player 2.
- Once a shot is taken, player 4 curls in from the opposite corner creating a 3v1. Play ends after the shot or on the whistle – coach's choice.



DRILL: HPEL ANGLING

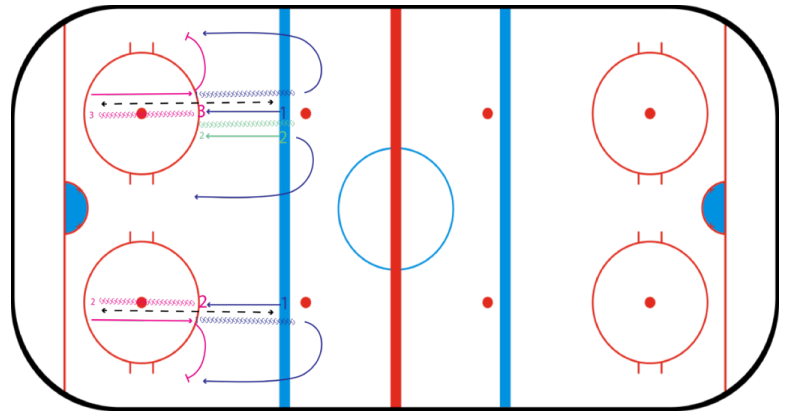
LINK: <https://acimaging.net/hockey/usah-hpel-angling-drill/>

PURPOSE

Work on angling, body contact, and keeping players to the front and/or outside in a tight area, controlled manner.

HOW TO - 2v1

- 2 players at the blue line (1 without a puck & 2 with a puck) and one player at the top of the circle (3). All three players will go at the same time.
- 1 & 2 will skate forward to the top of the circle. 3 will skate backward to the bottom of the circle. After a few strides (about halfway) player 2 will pass to player 3.
- Players 1 & 2 will transition to backwards at the top of the circle while player 3 will transition to forwards.
- After a few strides (again, about halfway), player 3 will pass to player 1.
- At the blue line, player 1 will transition to forwards and drive down the board with the puck. Player 2 will transition to forwards and go inside toward the net/high slot being an option. Player 3 will try to angle player 1 and get puck possession.
- Player 1 becomes player 2, 2 becomes 3, 3 becomes 1.



DRILL: 3V3 BREAKOUT – MODIFIED FOR ONE GOALIE

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

PURPOSE

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. Puck is dumped in for 3v3 play.
- At change of possession, a player must carry the puck behind the net, break out of the zone and re-group outside the blue before they can go back on the attack.