

DRILL: POWER SKATING

PURPOSE

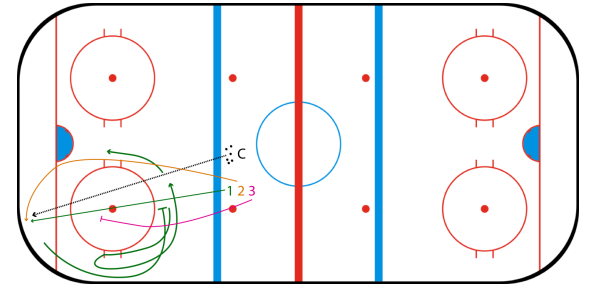
Line and circle drills working on edges, bending knees, cross overs & unders

DRILL: ESCAPE WHEEL & ADVANCED ESCAPE WHEEL

LINK: <https://acimaging.net/hockey/advanced-escape-wheel/>

PURPOSE

Extend principles of the escape wheel and build on escape skating and stick handling skills. This is a great drill for building power play wall technique and low zone cycling and possession hockey.



HOW TO

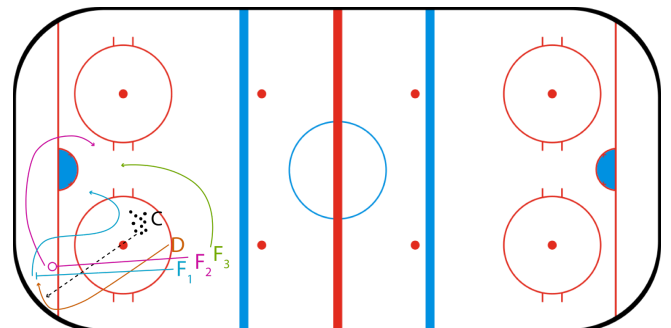
- For regular Escape Wheel, play begins in the corner.
- Player 1 carries puck to the top of the circle, BRAKES, goes back down the board and WHEELS (power turn) then goes back to the top, passing to the player in the corner for the give & go.
- For the Advanced Escape Wheel, three players start in the neutral zone.
- Coach throws puck into corner.
- Player 1 retrieves the puck. Player 2 reads, delays, and supports in the corner, player 3 becomes defender in the circle.
- Player 1 runs normal pattern as Escape Wheel – skates to top of circle, hits breaks, goes back down wall, power turns towards boards shielding puck and then goes back around circle. Player 1 has option to bump off boards to player in the corner or carry around the top of the circle for a high give 'n' go.
- Even though player 2 is not an engaged player initially, they need to keep themselves an option, supporting the puck carrier and calling for the bump if the defender is pushing high, or shifting passing angle to be a better option if they carry.
- Player 2 passes back to player 1 for the shot.

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: FREEZE TAG