

DRILL: DOT SKATING WITH PUCKS

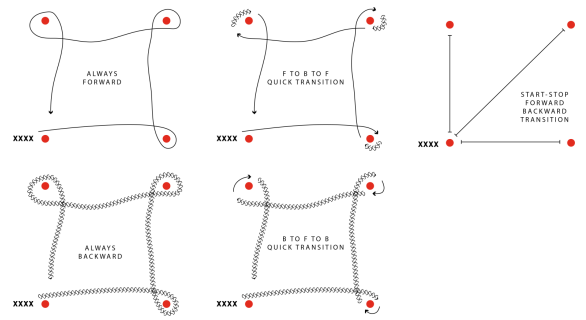
LINK: <https://acimaging.net/hockey/4-dot-skating-drills/>

PURPOSE

Technical skating working on balance, edge control, controlling/gaining speed, and transitions.

HOW TO

- Use 4 dots to work on skating. Can also use 4 cones to adjust spacing of drill.



DRILL: 3 SHOT NET DRIVE

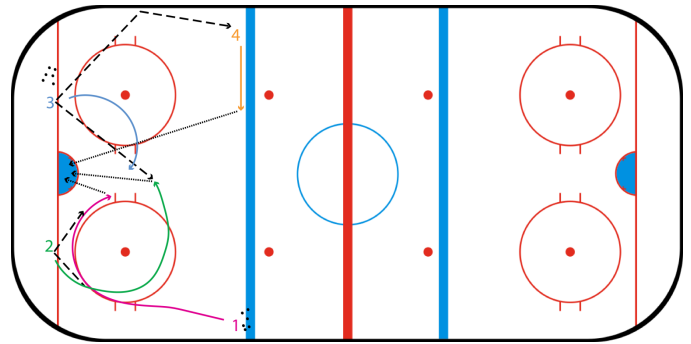
LINK: <https://acimaging.net/hockey/4-shot-net-drive/>

PURPOSE

A quick shot and quick passing drill to work on low, mid, high shots and give & go reads. Finishes with screen-tip-rebound.

HOW TO

- Players at both points and below goal line inline with face off dots. Pucks at one blue line (1) and opposite corner (3).
- Player one carries puck down board and curls toward net, doing a give and go with 2. 1 Takes a quick shot (one timer or catch-release), then goes to front of net.
- Once pass to 1 is released, 2 curls around circle (outside in) to slot and receives a pass from 3 for a quick mid-low slot shot. Player 2 goes to front of net.
- Once pass is released, 3 takes a second puck and uses a board pass to 4 at the point, then drives net as either a passing option or for a third body in front.
- Once 4 takes pass from 3, they drag the blue line a few strides to adjust the shooting angle, then put shot on net or use player three as a pass-shot option.



GROUP B DRILL: PELICAN NET DRIVE

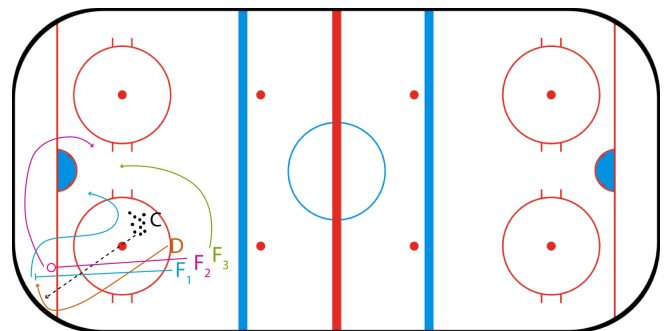
LINK: <https://acimaging.net/hockey/pelican-net-drive/>

PURPOSE

The Pelican Net Drive fundamentally works on basic regrouping and zone entry while adding a side helping of passing and skating.

HOW TO

- A line of players with pucks at the BOTTOM HASH MARKS (2) and a single player around the top of the circle (1).
- Players 1 & 2 pass back and fourth while skating to the neutral zone (one forward, one backward).
- A final pass from 2 to 1 should be made around even with the face off dot.
- Player 2 will open up and receive a regrouping pass from 1. The two players will then go in 2v0.
- The shooting player (typically 2) should aim for the far pad of the goalie to try to create a rebound for the other player.
- Once the shot (and one rebound if available) are taken, player 1 goes into the #2 line and Player 2 immediately becomes player 1 creating a continuous flow drill.



DRILL: CIRCLE RE-GROUP

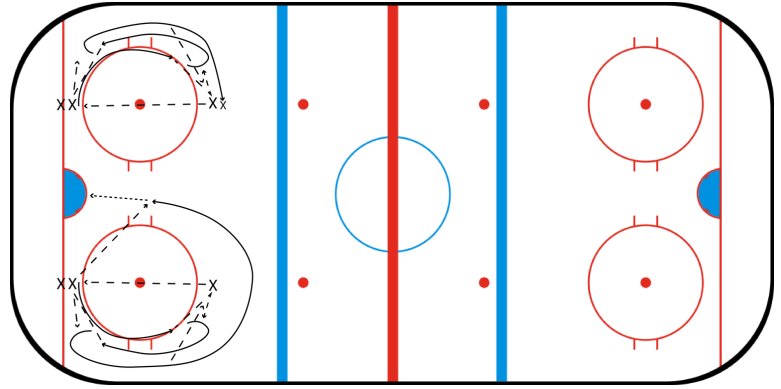
LINK: <https://acimaging.net/hockey/circle-re-group/>

PURPOSE

This technical skating and passing drill is not only good for hard skills but also to work on escapes, puck control in motion and setting up wall support concepts often used in PP situations.

HOW TO – SHOT

- Set up one line at the bottom of a circle and one player at the top (the video does this opposite but the drill functions the same). The bottom line of players has pucks.
- The player with the puck will take 1-2 strides toward the player across from them, get in motion and pass to that player.
- They will then hip out to the edge of the circle and receive the puck back.
- they will take a few strides toward their original line and pass to the next player in line.
- Again they will hip out and receive the puck back.
- Skating toward the other line, they will pass to that player and skate around to the slot.
- At the same time as the player is proceeding to the slot, the top player will pass down to the original line, who then feeds the slot for a shot.
- The player who shot takes the spot of the player at the top. Player at the top gets in line at the bottom.



DRILL: BULL IN THE RING

LINK: <https://acimaging.net/hockey/bull-in-the-ring/>

PURPOSE

This is a body contact drill as well as a skating/edge drill.

HOW TO

- Players go into circle
- On go or whistle, they sumo-style battle each other to try to push the other out of the circle
- Last one in wins
- **Emphasize no hitting, punching, bum-rushing, or otherwise dangerous behavior**

DRILL: GOALIE REBOUND DRILL

DRILL: FREE TIME