

**DRILL: CIRCLE RE-GROUP WITH SHOT (SPLIT GROUP IN HALF FOR MORE REPS)**

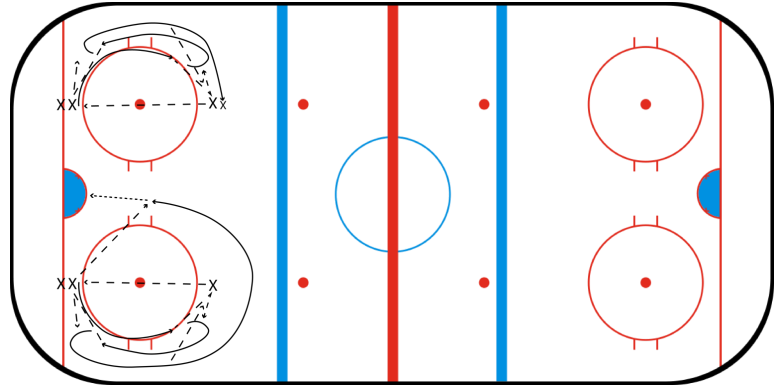
**LINK:** <https://acimaging.net/hockey/circle-re-group/>

**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: 3 SHOT NET DRIVE**

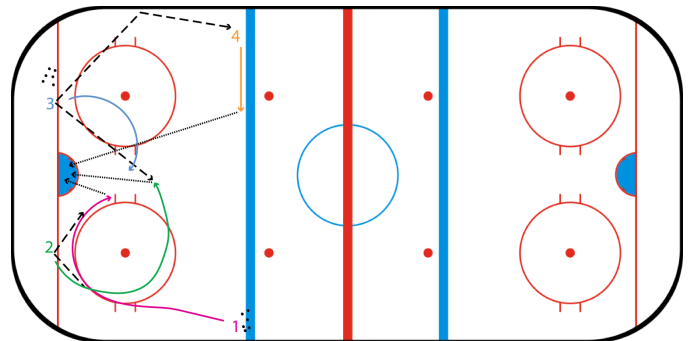
**LINK:** <https://acimaging.net/hockey/4-shot-net-drive/>

**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 in line 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: 3 BREAKOUT DRILL - 3 CONES NEEDED AS LANE MARKERS**

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

**PURPOSE**

This drill works on building the foundation of breakouts and regroupings 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.
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#### **DRILL: PP/PK**

**LINK:** <https://acimaging.net/hockey/overload-power-play/>

#### **PURPOSE**

Review zone concepts as it relates to the overload and how to work from it to create opportunities.

#### **HOW TO**

- Set up 5 players on PK in overload positions, others will be on kill with upside down sticks.