

GROUP B DRILL: SWISS 4v2

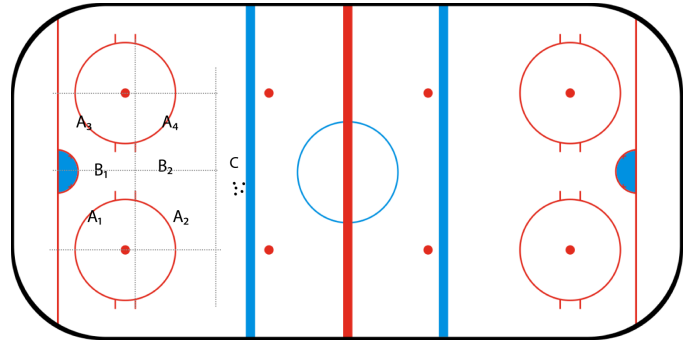
LINK: <https://acimaging.net/hockey/swiss-4v2/>

PURPOSE

Offensively: working the puck low to high, finding optimal passing and shooting lanes, and scoring from a triangle. Defensively: Recognizing dangerous man, controlling passing and shooting lanes and working with a partner in a man on man with zone support situation.

HOW TO

- Set up a grid on the ice between the face off dots and up to an area above the face off circles, but not to the blue line. There should be 4 boxes.
- 4 players from team A take up each of the 4 quadrants. 2 players from team B are defending the bottom two and/or top two quadrants.
- A puck is put into play to team A who moves the puck between their quadrants to get a shot on net. Players must stay within their quadrant and utilize the space they are given. B players play 4v2 and must stay in their respective halves of the quadrant.
- Once a goal is scored or coach determines the change, players from the left move to the center, players from center move to right, players from right get in line, players from line move into left boxes. This is solely for easing confusion of rotation based on who put the puck out of play/scored and from where.



DRILL: CIRCLE REGROUP EXPANDED

LINK: <https://acimaging.net/hockey/circle-regroup-expanded/>

PURPOSE

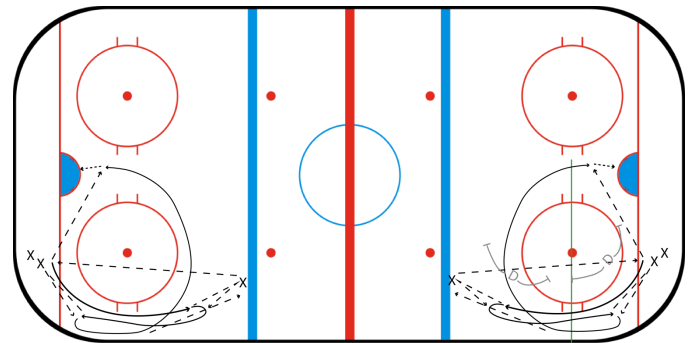
This drill expands in two ways on the original, small-area Circle Regroup drill. It helps to emphasize puck possession, wall support, and creating passing lanes through motion and deception. Ideal for overload power play situations, it is also useful for regular zone control, defensive coverage concepts (full strength and kill) and can be modified for an umbrella as well by rotating to manage the blue line.

HOW TO – 1v0

- Puck starts in corner with player at point area.
- First player skates with the puck toward the D and passes to the point.
- They transition open and receive the puck back.
- they skate towards the original line, pass, transition open. and receive back.
- They repeat to the point again, but instead of receiving it back they drive to the net around the top of the circle area.
- The point passes down to the player in the corner (wall bank pass preferred to optimize control/possession concepts).
- Player from corner passes to the player in the slot. The shooter goes to the point, the point person gets in line. *Can have only D play at the point if you want to be specific about this work.

HOW TO – 3v1 or 3v2

- Skating/shooting concept is the same as above.
- For this variation, we add in defenders who have to pressure the puck carrier. If one D, they pressure the full wall then release with the shooter. If 3v2, defenders play top and bottom quarters.
- Wall player needs to make a minimum of 3 passes (preferably like original drill) but can make more if necessary to create a lane to the net. The pass inside can come directly from the low player if that's where the last pass was or go high > low > inside.
- Players are allowed to then play out the 3v1/2 on their half of the ice.



DRILL: 3v3 RELEASE (IF TIME)