

DRILL: SKATING

- Stitch - F, B, T
- Full Russians - F, B, T
- Inside Edges - F, B
- Outside Edges - F, B

DRILL: CHIP DRILL

LINK: No link at this time

PURPOSE

Basic passing/chipping drill to develop passing sense and reading plays

HOW TO

- Line of players in corner, one player on boards at top hash mark, second at blue line, coach in zone somewhere between blue and top of circles.
- Player from corner takes a couple of strides and passes to board player 1 who chips back inside
- Player from corner repeats with player at blue line.
- Then they curl into the zone (like a regroup) and passes to the coach who will either put the puck to the right or left for the player to read. They gather then go in and shoot.

DRILL: ESCAPE TO DECISION - 2 CONES NEEDED

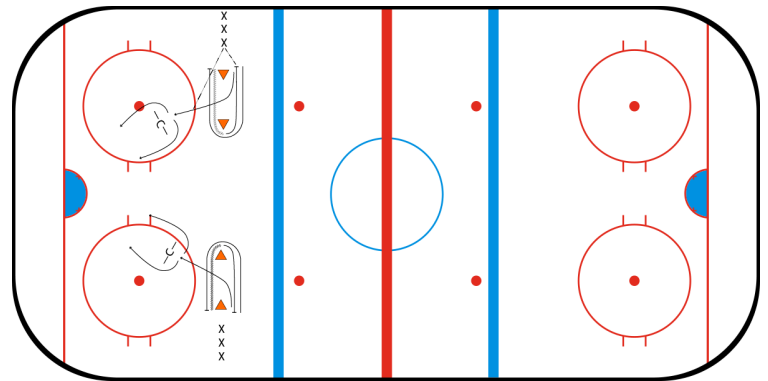
LINK: <https://acimaging.net/hockey/escape-to-decision/>

PURPOSE

Working on puck control and escape maneuvers in a tight area while also incorporating hockey sense and decision making.

HOW TO

- Using two cones as markers, the first player in line with a puck skates forwards around far cone and back to first cone.
- The stop facing toward the cones then transition to backwards.
- The skate backwards to top cone, transition back to forwards and proceed to first cone.
- The stop facing toward the cones, then open up and skate between the cones.
- Just past the cones, they will have to make a decision which way to go around the coach (coach should use stick/body to angle the player to the inside or outside).
- Once around the coach, the player takes a shot on net.
- *NOTE: If we do not have a second net already, eliminate the decision/shot aspect and simply use it as a puck control drill



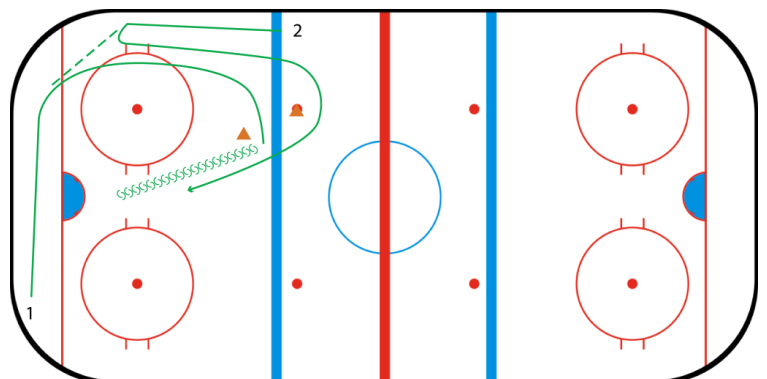
DRILL: 2 CONE 1v1 - 2 CONES NEEDED

LINK: <https://acimaging.net/hockey/2-cone-1v1/>

PURPOSE

Works on two skills in one drill: simple board breakout pass and zone entry 1v1.

HOW TO



- Line of players in corner with pucks (1) and line of players at opposite blue line (2).
- At the same time, 1 takes off with puck behind net and curls up boards and 2 drives down to hash marks.
- 1 hits 2 with break out pass. Both head up ice. 1 transitions to backwards around low cone and 2 curls around top cone.
- Play 1v1 to net.

DRILL: PELICAN NET DRIVE

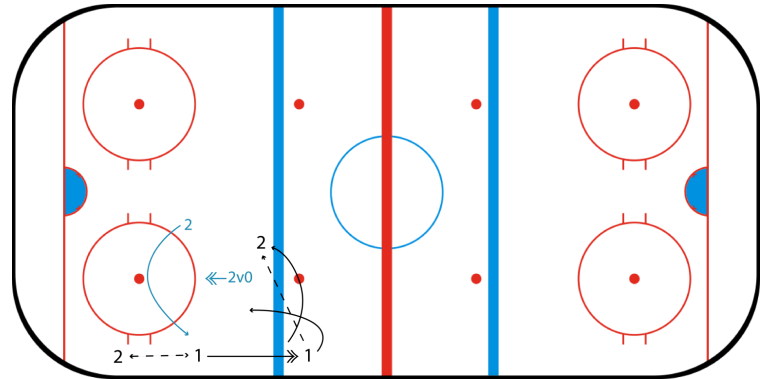
LINK: <https://acimaging.net/hockey/pelican-net-drive/>

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: 3 ZONE TIMING DRILL

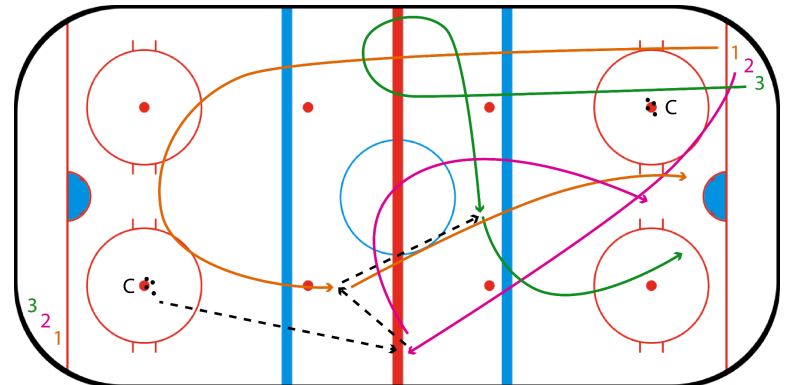
LINK: <https://acimaging.net/hockey/3-zone-timing/>

PURPOSE

Motion through zone, timing passes, quick ups and zone entry with speed.

HOW TO

1. Line of players in opposite corners and coach in same side face off circle with pucks.
2. 1 skates down wing and loops low in the opposite zone. 2 swings wide and heads to post up at red line. 3 drives near side wing, wheels towards the board then cuts across the blue line.
3. When 2 is approaching the red line, they will receive a pass from the coach opposite them.
4. 2 will pass or chip into 2, who passes or chips to 3. Three becomes F1 and F2 and F3 complete triangle.



DRILL: 2v2 BANKSHOT