### **DRILL: 6 PASS DRILL**

LINK: https://acimaging.net/hockey/6-pass-drill/

## PURPOSE

Long and short passes on the move, hipping out to open up for passes, as well as catching and receiving passes on-side.

## HOW TO

- Please note, drill is shown on one side (3 & 4). Can be run alternating sides 1 & 2 then 3 & 4).
- 3 starts by making the long pass to 4 in the corner.
- 3 receive puck back and returns for passes 2 & 3.
- 4 curls inside while 3 curls up boards and opens up to receive inside out breakout pass from 4 (pass 4).
- 3 turns up ice and makes long pass back to line 3 (pass 5).
- 3 curls around face off dot (or cone set up inside blue if working on off-side control) and receives pass back (pass 6) for shot on net.

# DRILL: CONTINUOUS BREAKOUT 1v0/1v1

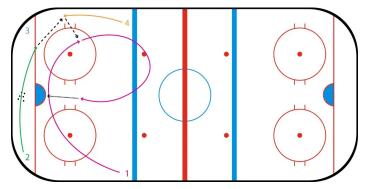
LINK: https://acimaging.net/hockey/continuous-breakout-1v1/

#### PURPOSE

Simple break out drill to emphasize getting open for the pass on the wall and low center swing. Also a great warm-up drill.

## HOW TO

- Players 1, 2, and 4 start the drill. 2 picks up a puck behind net while 4 posts up on the far board for the break out pass. 1 sweeps low and swings for the inside pass.
- 1 proceeds to re-group at blue and go in 1v0. If early in practice, have players focus on mid-range shots instead of dekes.



- Once 4 makes their inside pass, they trigger the drill to go the other way. 3 picks up puck behind net, next person in line at 1 goes to half-wall, 4 (who just made pass on far side) now swings for the pass from 1 creating a continuous flow
- Players rotates 1-2-3-4

## **DRILL: 3 BREAKOUT DRILL**

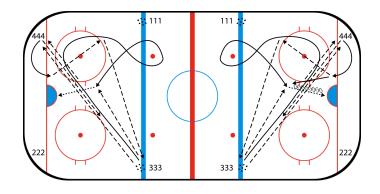
LINK: https://acimaging.net/hockey/3-breakout-drill/

## PURPOSE

This drill works on building the foundation of breakouts and regroups and aids in developing the related hockey sense.

## HOW TO

- Coach at center ice, 3 forwards at center ice and D just inside the blue line.
- Coach dumps puck into the zone. The D retreats then gathers the puck. F1 (winger) gets to the boards, gets open, and takes the breakout pass from D. For today, F1 will be the strong side winger. Forwards waiting in the neutral zone will have to read the play and determine if they are the one to go.
- 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 (center) 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 (second winger) 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. DO NOT PASS TO THE COACH! REGROUP AND GO INTO THE ZONE!

**DRILL: SMALL AREA SOMETHING**