

**DRILL: 3 PASS DRILL**

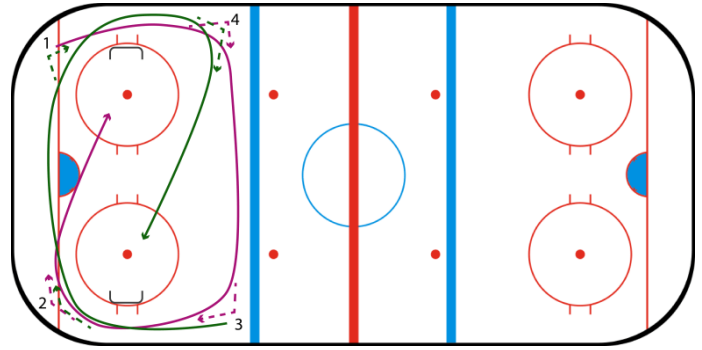
LINK: <https://acimaging.net/hockey/3-pass-drill/>

**PURPOSE**

This simple drill, often used for warm-ups, is great for working on simple one-touch passing in motion, and sets up concepts of regrouping.

**HOW TO**

- Split into four lines at each blue.
- 1 & 3 go at the same time (2 & 4 together as well). For explanation purposes, I'll only explain the route of #1 as it is mirrored in the other groups.
- 1 skates forward with the puck and passes to line 4 and gets the puck back.
- 1 continues in a wide arch and passes to 3 on the swing and gets the puck back.
- 1 then passes to 2 for an on-side give & go, then drives to the net.
- If this is a warm-up or early drill, have them shoot from farther out.



**DRILL: 3V1 KEEP AWAY – SMALL GROUPS, 8-ISH CONES, GOALIES WORK WITH COACH AMANDA**

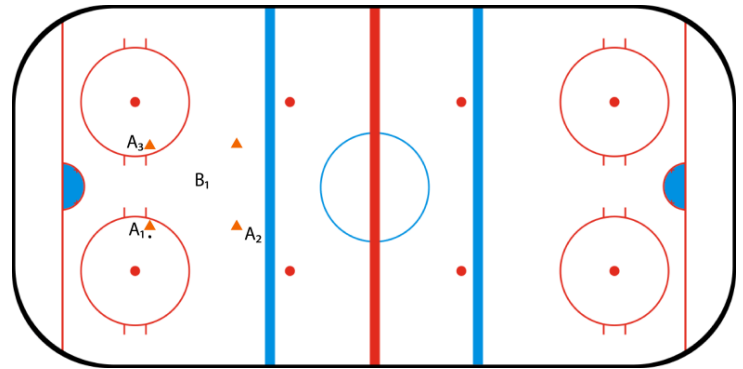
LINK: <https://acimaging.net/hockey/3v1-keep-away/>

**PURPOSE**

The purpose of this simple keep away game is to recognize and go to open space, passing, and defensively controlling passing lanes.

**HOW TO**

- Set up 4 cones in a square, no more than 8 feet apart in any vertical or horizontal direction.
- Place 3 players on 3 of the 4 cones and one player in the middle.
- Players on the perimeter must pass between themselves and utilize the empty cone to become an option.
- Players should NOT pass through the box because it doesn't usually foster the concept of moving to space to become an option. Rather, it tends to reinforce making forced passes through traffic.
- Extra players will need to be worked into the drill groups



**DRILL: CIRCLE REGROUP EXPANDED – SPLIT IN HALF, NETS ON OUTSIDE EDGES OF CREASE**

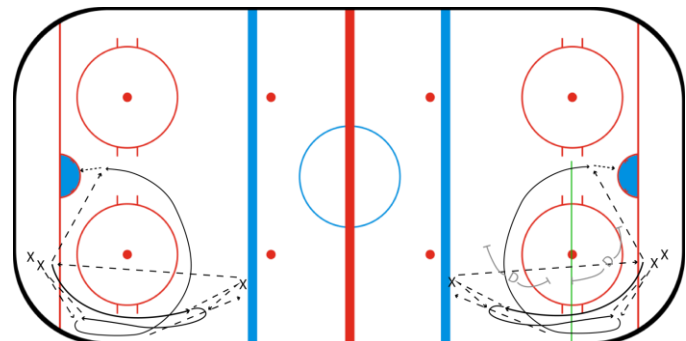
LINK: <https://acimaging.net/hockey/circle-regroup-expanded/>

**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
  - After a bit, have coach apply pressure to wall support to force decision making, better awareness, and control
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## **DRILL: 5V3/3V2**

### **LINKS TO BREAKOUT & FORECHECK CONCEPTS:**

<https://acimaging.net/hockey/1-2-3-breakout/>

<https://acimaging.net/hockey/breakout-passing-options/>

<https://acimaging.net/hockey/2-1-2-forecheck/>

### **PURPOSE**

Breakout positioning and breakout variations to a zone entry.

### **HOW TO**

- Line of forwards and 2 D outside blue. Plus extra line of forwards designated as forecheckers. Dump puck in zone.
- D retreats, forwards set up for break out. Forecheckers attack.
  - If forecheckers gain possession, they are allowed to shoot and try to score.
- Breakout of zone and regroup in neutral zone. Try not to enter in a perfectly straight line – create and manage space. Forecheckers release once they gain the blue and allow them to regroup and enter the zone.
- Enter zone back on the two D that broke the puck out.