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.
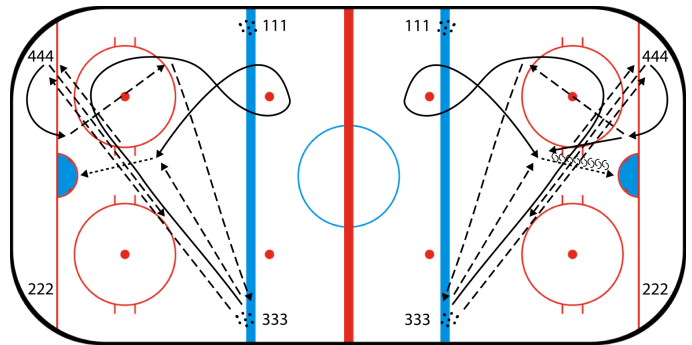
### DRILL: GROUP A: ESCAPE TO DECISION - 2 CONES NEEDED

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
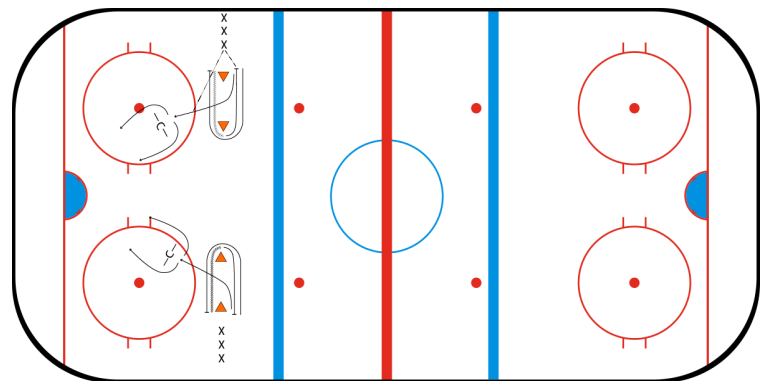
### DRILL: GROUP B: 3 CONE 2v1 - 3 CONES NEEDED

LINK: https://acimaging.net/hockey/3-cone-2v1/

PURPOSE
Simple 1-2 breakout pass, quick re-group, and 2v1 gap control.

HOW TO
- Player 1 carries puck from the corner to the opposite corner while players 2 & 3 go low for the break out.
- Player 2 goes butt to the boards and receives the breakout pass from 1. Player 3 loops outside to in and receives a tip pass from player 2.
- Player 3 carries the puck up ice and around the inside high cone. Player 2 goes around the outside high cone. Player 1 transitions around the bottom cone.
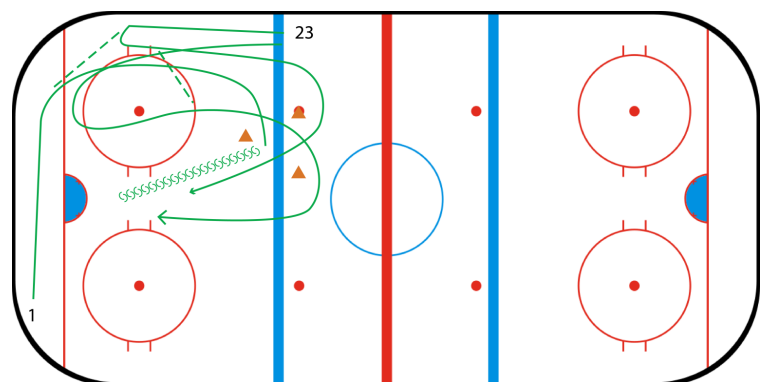
- All three players go 2v1 into zone.

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
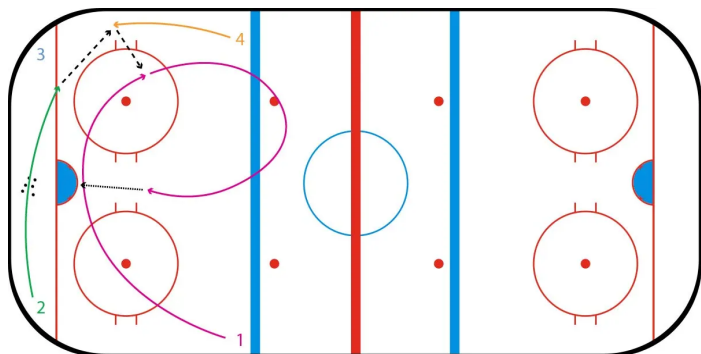
DRILL: PELICAN NET DRIVE (IF CONTINUOUS BREAKOUT FALLS APART)

**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.
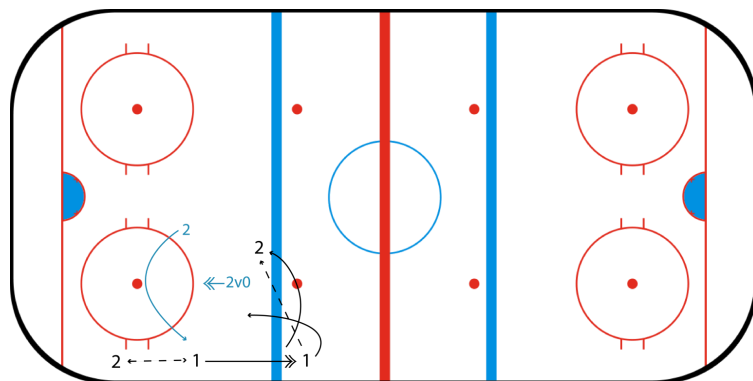
DRILL: SMALL AREA 1 MAN OVER (IF TIME)