

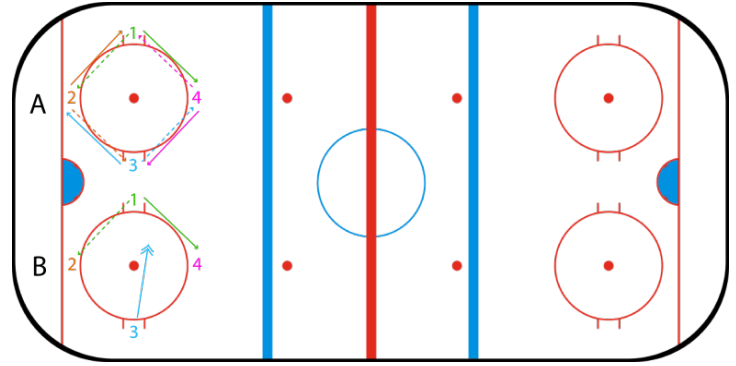
DRILL: LIONS PASS & MOVE/GOALIE DRILLS

LINK: <https://acimaging.net/hockey/lions-pass-move/>

PURPOSE

This simple passing drill works on the mechanics of passing and moving to an open space. The second version sets up concepts related to reading a play and forcing a player to go to a certain space – hockey sense elements critical to forechecking and space containment.

HOW TO (A)



- Players in 4 lines – one on each axis of a circle, one puck in play.
- Starting with player 1, they will pass to one way (to the right #2 in this example) and skate to the line the other direction (#4).
- The passing will continue in this pattern, so now player 2 will pass to their right and skate to #1.
- After a bit, repeat to the other side (pass to left, skate to right)
- The passer’s choice – pass one way, skate the other. Players have to be heads up, ready to receive any any time and know where they want to go next. There should be no delay “deciding” where to pass to and where to go.

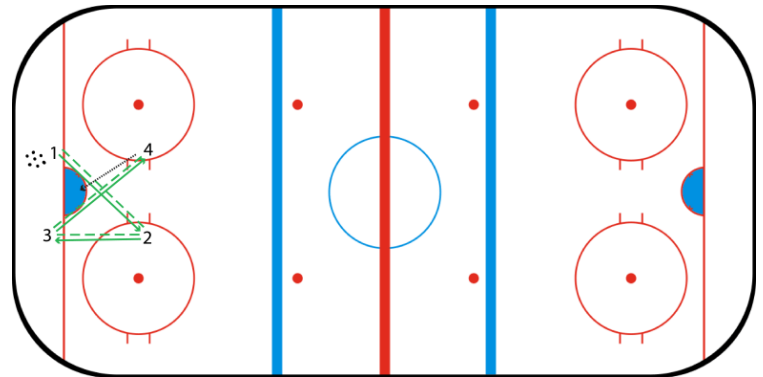
GROUP A DRILL: STAR DRILL – 2 BUMPER PADS STACKED

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

PURPOSE

Quick passing and shooting.

HOW TO



- Players are set up in a square around the net with pucks at one post.
- 1 passes diagonally to 2 and follows pass. 2 passes down to 3 and follows pass. 3 passes diagonally to 4 and follows pass. 4 takes a one-time shot or catch and release if the pass is not on target. 4 goes to 1.
- This should be fast. Do not wait and watch your pass or for the drill to complete before moving. Make sure you’re setting up for the second pass before you receive the first – good targets provided and acknowledged.

GROUP B DRILL: ADVANCED GOALIE REBOUNDING DRILL

LINK: No link at this time

PURPOSE

For players this works on cleaning up garbage. For goalies it works on adjusting to rebounds and second chances.

HOW TO

- Two lines off angles 2 & 4
- Pass from line 1 goes across low slot to player 2. Goalie will butterfly slide with pass. Player 2 looks to shoot/pass off inside pad of goalie creating a rebound. Both players clean up garbage.

DRILL: QUICK REGROUP DRILL

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

PURPOSE

Working from a possession transition concept, this regrouping drill focuses on quickly moving the puck low in the neutral zone and back into an OZ attack with speed.

HOW TO

- Forwards in the slot (F1 and F2), two D in the neutral zone (D1 and D2), and one D in front of the net (D3). Pucks behind the net.
- D3 will go behind the net and pick up a puck and start the breakout. For example purposes, they will breakout to F1.
- At the same time, they begin to go behind the net, F1 and F2 curl out to break out positions head up ice preparing for the breakout. D1 and D2 attack the zone, transition, and retreat to the neutral zone.
- F1 will receive the breakout pass, take a few strides then pass to D1. F2 will just continue up ice and out of the zone.
- F1 and F2 will re-group low in the neutral zone. D1 will swing to D2 who will hit F1 or F2 in stride heading into the OZ ON SIDE!
- F1 and F2 will then play 2v1 against D3.
- Players not in the drill, get out of the way, watch & pay attention to learn from teammates and better understand drill/concepts.

