

DRILL: 6 PASS DRILL 1V1

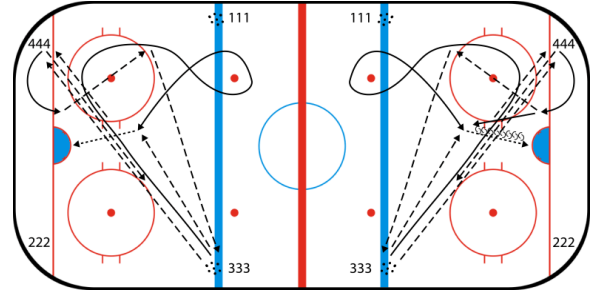
LINK: <https://acimaging.net/hockey/6-pass-drill/>

PURPOSE

Long and short passes on the move, hiping 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). After this pass, 4 steps up into zone to play 1v1 against 3.
- 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 in 1v1 vs 4.



DRILL: RUSH SHOT

LINK: <https://acimaging.net/hockey/rush-shot/>

PURPOSE

The two variations of this drill work on similar concepts of rushing the point to either block or force them to make a decision.

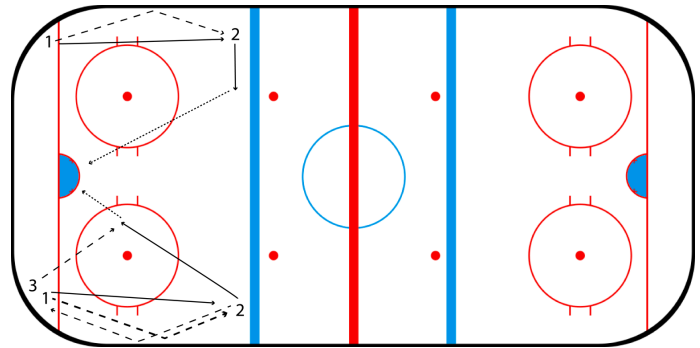
HOW TO

V1 – Rush to block:

- Line of players in the corner and player at the point. To isolate skills, you can separate into D and F.
- Player from corner (1) passes to the point (player 2), ideally bumping it off the boards to build that passing skill.
- Player 2 will receive the pass, drag across the blue, and shoot.
- Player 1, after passing, will immediately attack to the point, rushing their shot and trying to block.
- Player 1 goes to line 2, line 2 goes to line 1.

V2 – D activation:

- Line of players in corner and at point.
- 1 passes to point at 2.
- 1 rushes the point attempting to intercept the board pass.
- 2 passes back down to the next player in line (3) and drives to the net
- 3 passes to the driving D for a shot.



DRILL: PROVIDENCE TRANSITION

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

PURPOSE

Screen tip rebounds transitioning to a break out and then back into a zone attack. The low zone part is a common play not only in standard offensive zone coverage (OZC) but also on an overload power play.

HOW TO

- Two lines in the low corners with pucks, two D up top.
- Line 1 starts backwards quick passes and receives puck back, transitions to forwards, then passes to point
- 1 goes to net while D1 swings to D2 who shoots for a screen-tip-rebound (STR).
- 1 stays in front of the net while D shifts and line 2 starts from the other side with the same pattern.
- After the STR shot from 2, one of the players (coach can decide or players choice to encourage creativity) goes low and gets a breakout pass from one of the lines, other player fills gap.
- Forwards go out of the zone and re-group while D takes a few backwards strides, transitions 180, and takes 2v2 rush into the zone.

DRILL: 5V0/3V2 – WORK REVERSE

VERSION A

F: Claire-Miller-Kaylee

F: Juls-Gianna-Emma

F: Patterson-ROTATE 2 CENTERS-Grace/Maddy

D: Maddy/Grace-Abby

VERSION B

F: Claire-Miller-Kaylee

F: Juls-Gianna-Emma

F: Patterson-Alyssa-Grace/Maddy

D: Maddy/Grace-Abby