

DRILL: IRON CROSS AGILITY RELAY

LINK: No link at this time

PURPOSE

Skating, agility, compete, conditioning

HOW TO

- Players at bottom of each circle – players will race.
- Player skates to top of circle, back to middle, out to board side edge of circle, to middle, to the inside edge of circle, to middle, to bottom, then sprint up around face off dot for puck dumped in by the coach to create a 1v1 battle.
- Players switch sides

DRILL: STAR DRILL

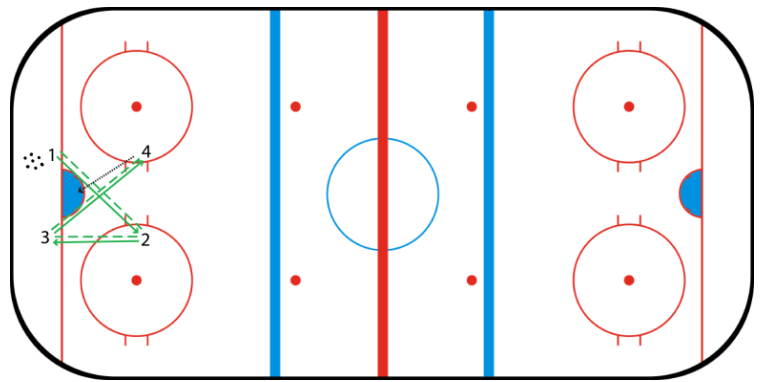
LINK: <https://acimaging.net/hockey/star-drill/>

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 the front of the net to S-T-R, then goes to line 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.



DRILL: ADM 2V1 FORECHECK

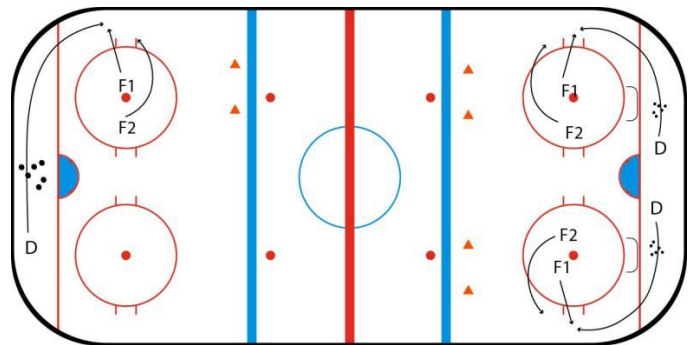
LINK: <https://acimaging.net/hockey/adm-2-1-forecheck/>

PURPOSE

To teach both body contact angling and introduce an aggressive 2-1 low zone forecheck.

HOW TO

- Player starts in far corner and skates behind net to pick up a puck then proceeds to work up board side lane.
- F1, released by coach to give a variable gap, becomes main attacker, while 2, who goes at the same time, becomes support attacker.
- F1 & F2 try to gain possession and score, while "d" player tries to skate out of the zone, around the face off dot and back into the zone for 1v2.



DRILL: QUICK REGROUP DRILL

