

DRILL: SKATING

- Inside Edges F & B
- Outside Edges F & B
- Whistle stops & starts
- Knee drops F & B
- 1 foot hops (3 hops, 3 strides, no coast)

DRILL: ANDOVER 1V1, 2V1 IF ENOUGH BODIES

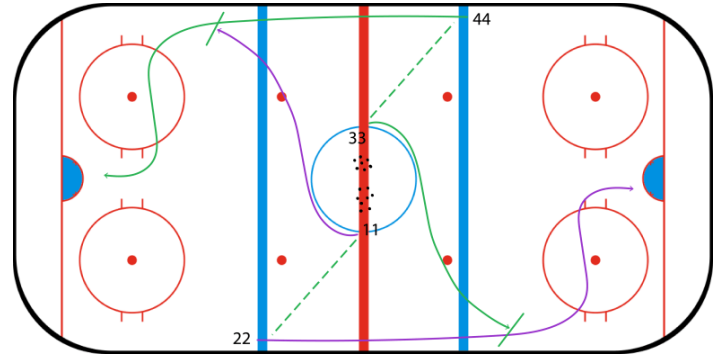
LINK: <https://acimaging.net/hockey/andover-1v1/>

PURPOSE

Angling. Angling. Angling.

HOW TO

- Pucks at center ice. Players at opposite blue lines and opposite sides of the center circle.
- Both sides go at the same time. Play starts with players 1 & 3 pass out to their respective blue line lines (2 & 4).
- Once the pass is made, 1 & 3 skate forward around the circle while 2 & 4 drive boards.
- 1 & 3 should cut off their respective player along the boards between the blue line and hash marks. 2 & 4 should drive wide and then cut in no sooner than the bottom hash marks.
- Intent is to angle the player into the boards for change of possession or to force them wide for as long as possible, reducing passing and shooting lanes.



DRILL: CENTRAL REGROUP

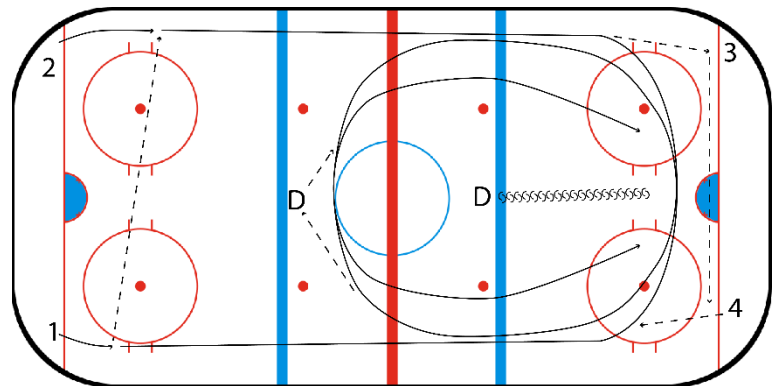
LINK: No link at this time

PURPOSE

Working on regrouping routes – carrying and maintaining speed, timing – and long passing

HOW TO

- Players in all four corners and a D at each blue line. First two players take off with a long stretch pass across the zone (1 & 2)
- That player carries up ice to the far zone and passes to the player in line across from them (3).
- 3 will swing the pass across to 4 while 1 & 2 loop low
- 4 will pass up to the open player swinging (should be 2)
- 2 will carry up to the neutral zone and pass to the D on the blue line of the side they started on
- 1 & 2 will regroup in the neutral zone and get open for a pass from their D
- 1 & 2 will go in 2v1 against the other D.



DRILL: PROVIDENCE TRANSITION (1/2 ICE)

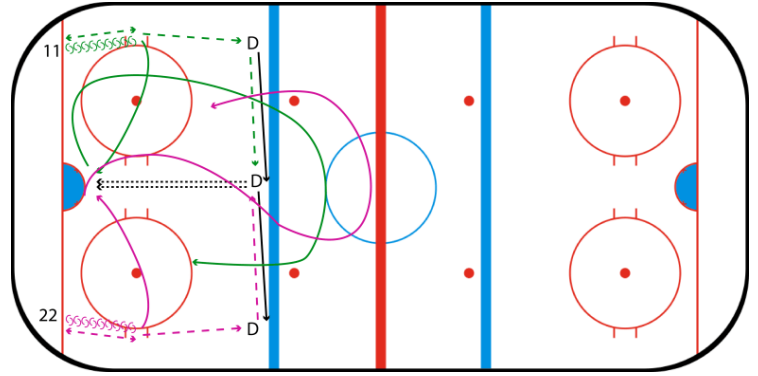
LINK: <https://acimaging.net/hockey/providence-transition-drill/>

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: 3 ZONE TIMING (ONE SIDE ONLY DUE TO NUMBERS)

LINK: <https://acimaging.net/hockey/3-zone-timing/>

PURPOSE

Motion through zone, timing passes, quick ups and zone entry with speed.

HOW TO

- Line of players in opposite corners and coach in same side face off circle with pucks.
- 1 skates down wing and loops low in the opposite zone. 2 swings wide and heads to post up at red line. 3 drives near side wing, wheels towards the board then cuts across the blue line.
- When 2 is approaching the red line, they will receive a pass from the coach opposite them.
- 2 will pass or chip into 2, who passes or chips to 3. Three becomes F1 and F2 and F3 complete triangle.
- Once pass is made to player 1 from player 2, the opposite side starts.

DRILL: ZONES 1V1 GAME

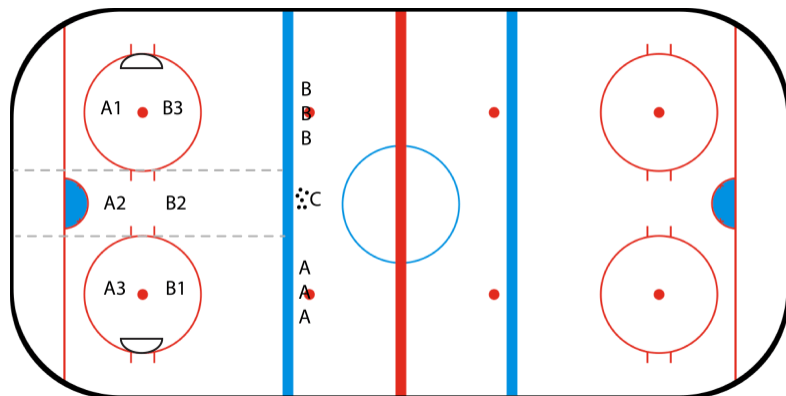
LINK: <https://acimaging.net/hockey/zones-1v1/>

PURPOSE

The main purpose of this is creating and containing space and self-less play to create a scoring chance. Players will need to figure out how to move and get open in their zone to become an option for their teammate.

HOW TO

- Set up the nets like a normal cross ice game. Divide the zone into 3 smaller zones – between the circles and each end – then divide the team in half. This mimics the 3 zones of play on ice.
- Each team will put 3 players in the zone with one in each of the smaller zones – they must stay in their zone. Designate which way each team shoots.



- Coach will shoot a puck into one of the zones. The players must play a 1v1 in their zone to gain possession and try to score by working it to the player in the offensive zone.
- Players in any zone can shoot on their designated net – yes, even from the D zone – but they cannot move into another zone to shoot and they cannot carry or stick handle the puck into that other zone. Players can also pass the puck back into a different zone to create time and space as long as they do not skate into, carry or stick handle the puck into that other zone.