

DRILL: PROVIDENCE TRANSITION (1/2 ICE)

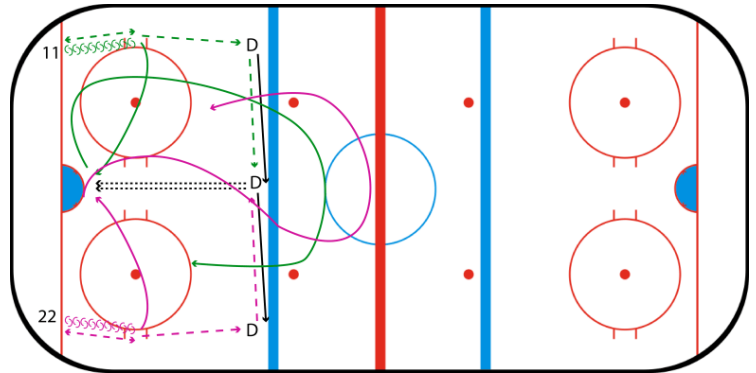
LINK: <https://acimaging.net/hockey/providence-transition-drill/>

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.



GROUP A DRILL: 1V1 TRANSITIONAL ZONE

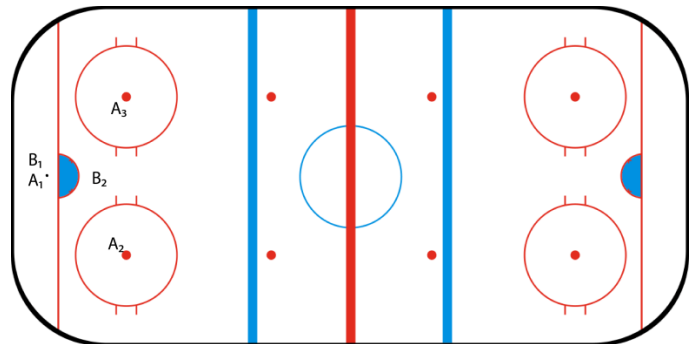
LINK: <https://acimaging.net/hockey/1v1-transitional-zone/>

PURPOSE

Working on 1v1 battles down low to work the puck back out to the front of the net while retaining the triangle. Also works on the front (home) side defense staying heels to net to monitor behind net play and cut off passing lanes to front forwards.

HOW TO

- Forward A1 and defense B1 start with puck behind the net. they must battle for the puck and remain below the goal line. A1's objective is to move the puck to either A2 or A3 in the face off circles.
- Defense B2 must play the passing angles above the goal line and outside the circles, only crossing into the circles while the puck is in the circles. This is the transitional zone as they go from playing a zone, to 1v1/2v1. They are also the outlet for B1 to clear the zone.
- A2 and A3 must move within their circles to create space, receive a pass and either take a quick shot or move the puck back to A1 or A3/A2.
- Cycle A1 to A2 spot. A3 to A1 spot. Or Line to A1, A1 to A2, A3 to line. D rotate low (behind net) to high to line.



1 CLAIRE-GI-BRI | ABBY-MADDY

2 JULS-GI-EMMA | ABBY-MADDY

3 PATTERSON-ALYSSA-KAYLEE | GRACE-KEN

4 PATTERSON-ALYSSA-JULS | GRACE-KEN

If Miller is there, run full lines, plus KEN-ALYSSA-GRACE | CLAIRE-KAYLEE

GROUP B DRILL: GILMOUR 4 PASS – SHOOTER TUTOR

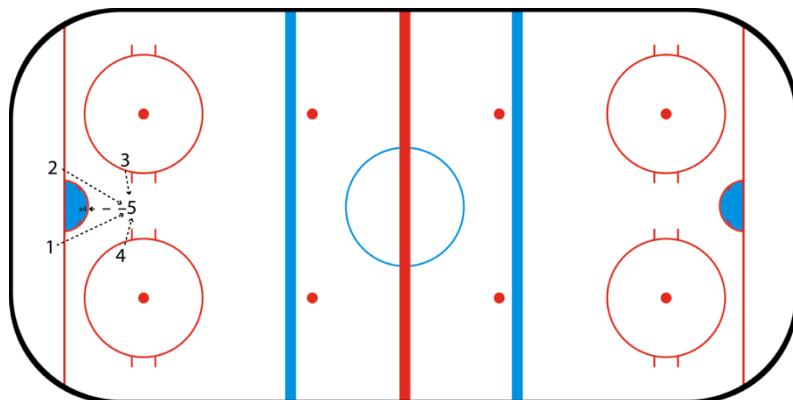
LINK: No link at this time

PURPOSE

Passing and receiving a pass from multiple angles and shooting in-tight.

HOW TO

- 4 players set up in a square. A 5th player sets up between the top two players.
- Each perimeter player will pass to the center player (5) for a quick shot. Player 5 should always face the net, meaning they will catch two passes front to back and two passes left to right.
- Players rotate 1-2-3-4-5-1
- Players have to do 5 push-ups for every puck that misses the net completely. One “best celly” for every top corner they score.



DRILL: HYBRID 5V0/3V2 & QUICK REGROUP

LINK: <https://acimaging.net/hockey/5v0-3v2/> & <https://acimaging.net/hockey/quick-regroup/>

HOW TO

This will be our normal 5v0/3v2 but will start from the slot area instead of at the blue line to work on breaking out from chaos. Once forward possession is retained on the regroup, forwards will dump the puck in the zone to work the forecheck to possession and, hopefully, scoring opportunity.

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.

