

**DRILL: ANDOVER 1v1**

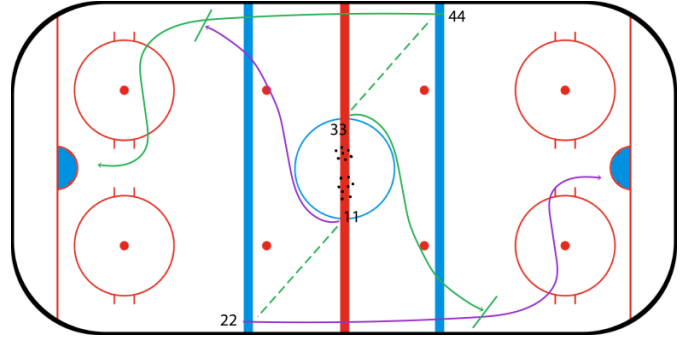
LINK: <https://filthymittshockeytraining.com/andover-1v1/>

**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**

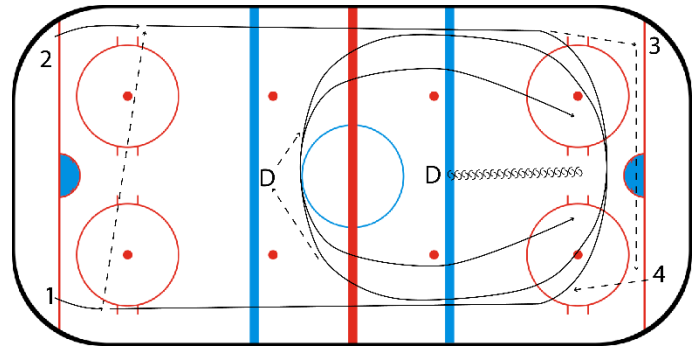
LINK: <https://filthymittshockeytraining.com/central-regroup-full-ice/>

**PURPOSE**

Works on concepts of regrouping and zone entry in motion.

**HOW TO**

- 4 lines of forwards – one in each corner, two with pucks- 4 D at center ice (can use only two D if numbers are low)
- 1 takes a couple of steps forward and slightly in then passes to 2 breaking on a stretch pass.
- 1 & 2 skate down the ice, 2 with the puck.
- 2 passes to 3. 1 & 2 loop low while 3 swing the puck to 4 who outlets back up to player 2 on the loop.
- 1 & 2 head back up ice. 2 passes to the D in the neutral zone.
- 1 & 2 regroup while the D swings to the other D. D with the puck chooses the best outlet pass.
- 1 & 2 go into the zone 2v2 against the other D.
- • Drill repeats the other direction.



**DRILL: 6 PASS DRILL**

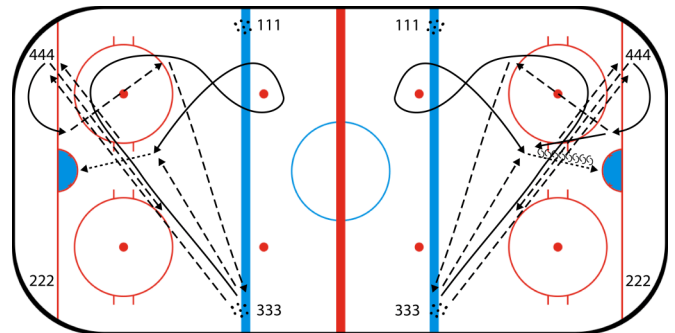
LINK: <https://filthymittshockeytraining.com/6-pass-drill/>

**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).



- 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.

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#### DRILL: CYCLE TO NET DRIVE

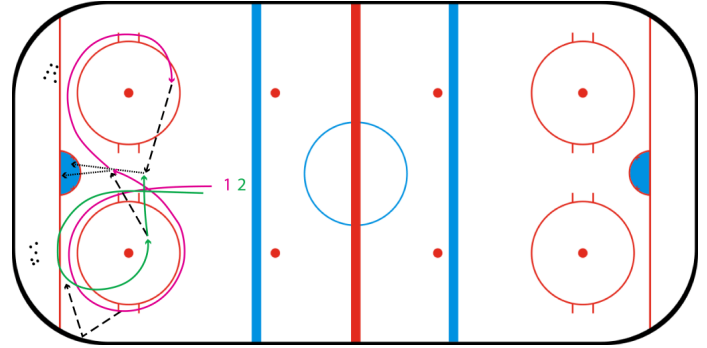
LINK: <https://filthymittshockeytraining.com/cycle-to-net-drive/>

#### PURPOSE

Cycling and east-west play to create space and chaos. For goalies, it works tracking from corner to front with quick adjustments for rebounds.

#### HOW TO

- Players 1 & 2 set up at top of zone, pucks in both corners. Player 1 rushes to corner to pick up puck. 2 follows with smart delay for speed and gap.
- Player 1 uses boards to cycle to player 2 and curls toward net.
- Player 2 reads speed and gap to pass to player 1 for quick shot in slot.
- Player 1 releases to opposite corner to pick up puck. Curls around circle and looks for player 2 in slot for second quick shot.




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#### DRILL: 3v3 Release