

DRILL: HALF-ICE CENTRAL REGROUP

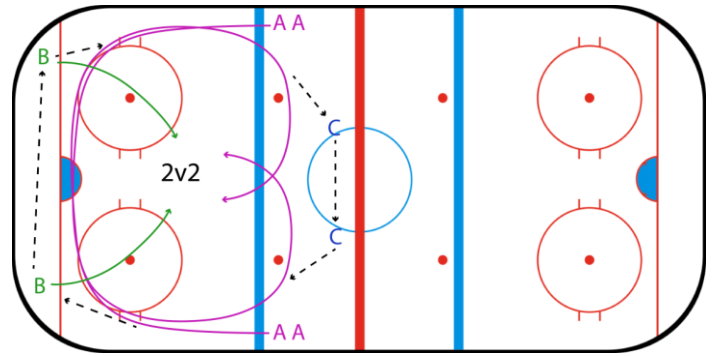
LINK: <https://filthymittshockeytraining.com/central-regroup-half-ice/>

PURPOSE

This half ice version works the same concepts of regrouping and zone entry as the full ice version, while creating a more high-pressure environment by shrinking the space available.

HOW TO

- There will be two lines of players – one on each board at blue lines (A), two players low – one in each corner (B), two players high like your neutral zone D (C).
- On the whistle, a player from line A will carry the puck a few strides then pass down to the player across from them (B). The other A player will skate down their board at the same time.
- Player B who receives the pass will swing the puck behind the net to the other B player, while players A swing and cross in front of the net.
- The second player B will pass to one of the swinging players A.
- Once players A head out of the zone, players B will step into the zone and prepare to take the rush.
- Players A will carry out of the zone and pass to players C, then swing and cross on the re-group.
- Players C will pass “D to D” then pass in to one of the players A.
- Players A will then go into the zone and play 2v2 against players B.
- Players A go to corners, players B go to points, players C get in line at A spots.



THIS IS NOT A HARD DRILL BUT IT DOES REQUIRE PATIENCE AND ATTENTION TO DETAIL!

DRILL: 2 GROUPS – 3 CONE PASSING DRILL – NEED 6 CONES

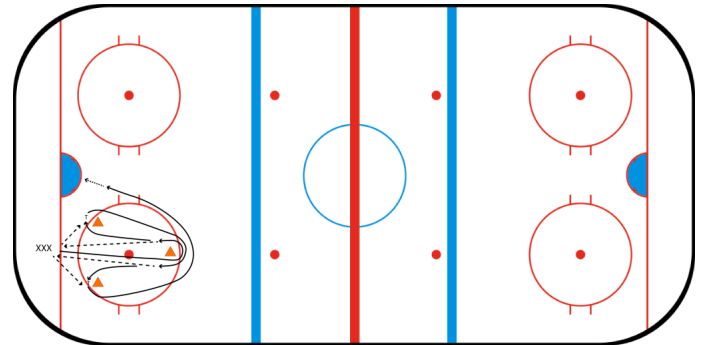
LINK: <https://filthymittshockeytraining.com/3-cone-passing/>

PURPOSE

Short quick passing in motion and technical skating – 2 birds, one hockey drill. This drill can be anywhere on the ice or zone, but works easiest from a face off circle as it gives the kids a reference. This can also be helpful for teaching cycling and wall side drive concepts from a technical aspect.

HOW TO

- Set up three cones in a triangle with players below the goal line in line with the center of the drill.
- First player in line starts toward high cone with a puck. The power turn with the puck and pass back to the next player in line.
- The skate toward low inside cone, open up (transition to open) and receive the puck back.
- Transition back to forward and skate back around high cone then pass back low.
- Skate to bottom outside cone, open up, receive puck back.
- After receiving the puck back, the transition to forward, skate around the outside of the circle and go to the net for a shot.



DRILL: 2 GROUPS – CIRCLE REGROUP

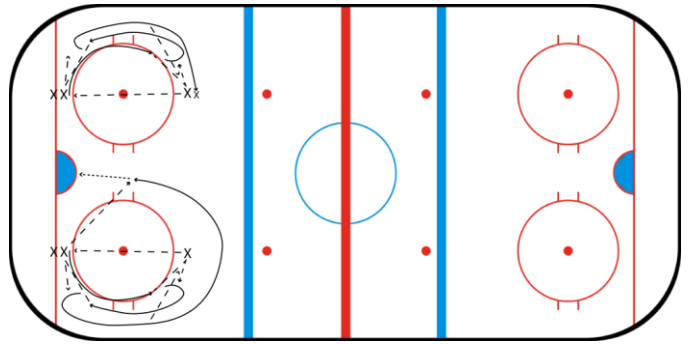
LINK: <https://filthymittshockeytraining.com/circle-re-group/>

PURPOSE

While this drill is called a regroup, it doesn't actually have much to do with true regrouping. This technical skating and passing drill is not only good for hard skills (passing, skating) but also to work on escapes, puck control in motion to find an outlet and setting up wall support concepts often used in PP situations.

HOW TO

- Set up one line at the bottom of a circle and one player at the top (the video does this opposite but the drill functions the same). The bottom line of players has pucks.
- The player with the puck will take 1-2 strides toward the player across from them get in motion and pass to that player.
- They will then hip out to the edge of the circle and receive the puck back.
- they will take a few strides toward their original line and pass to the next player in line.
- Again they will hip out and receive the puck back.
- Skating toward the other line, they will pass to that player and skate around to the slot.
- At the same time as the player is proceeding to the slot, the top player will pass down to the original line, who then feeds the slot for a shot.
- The player who shot takes the spot of the player at the top. Player at the top gets in line at the bottom.



DRILL: GRETZKY CURL

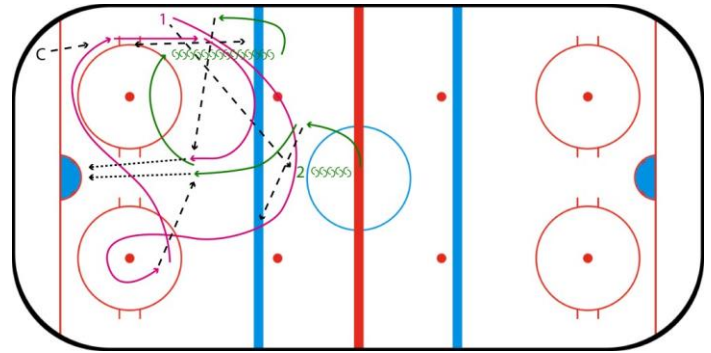
LINK: <https://filthymittshockeytraining.com/gretzky-curl/>

PURPOSE

This technical skill is great for building hockey sense around finding and creating space and using your options.

HOW TO

- PART A:
 - Player 1 at half board and player 2 at center ice. Player 1 starts with puck, loops out of zone. At the same time, 2 retreats a little, and receives pass from 1.
 - 1 continues through neutral zone while 2 makes a short step out to the opposite direction creating a better passing lane.
 - 1 carries puck low and wheels around faceoff circle while 2 drives to the high slot. 1 passes to 2 for the shot.
- PART B:
 - 1 skates around the bottom of the other circle, opens up and gets a breakout pass from the coach, while 2 loops through the high part of the circle, transitions to backwards.
 - 1 and 2 pass back and forth till the blue line.
 - 1 curls inside and heads to the net, 2 transitions board side and passes to 1 for the shot in the slot.



DRILL: PROVIDENCE TRANSITION

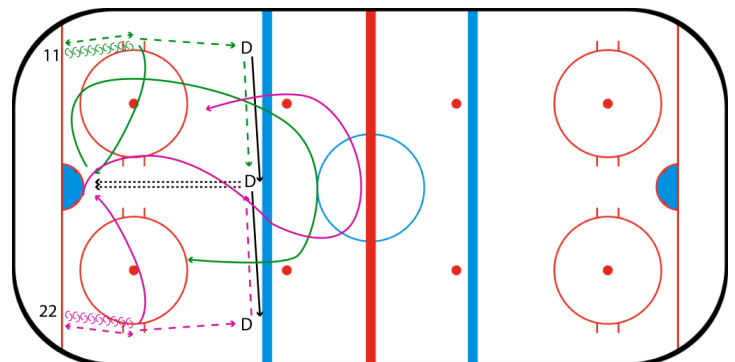
LINK: <https://filthymittshockeytraining.com/providence-transition-drill/>

PURPOSE

<https://filthymittshockeytraining.com/providence-transition-drill/>

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.



DRILL: 2v2 SMALL AREA