

DRILL: CONTINUOUS WARM-UP

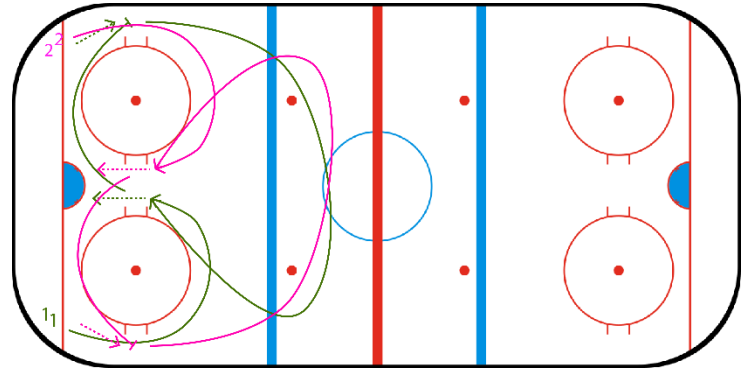
LINK: No link at this time.

PURPOSE

This half ice warm up drill is great for getting the legs moving, getting shots on net, and basic board breakout passing. For goalies it works on short and mid to long range shots in a continuous manner.

HOW TO

- Lines in each corner with pucks.
- First player in line 1 skates around circle with puck and takes a shot on net.
- They release to the bottom of the other circle, open up and get a breakout pass from the first player in line 2.
- Player 1 will carry out to the neutral zone, around both face off dots, and then in for a mid to long range shot.
- Immediately after player 2 makes the pass, they follow player 1 out and repeat the pattern from the other side. Ideally, player 2's shot will come before player 1's mid range shot.
- Drill continues in a constant flow



*THIS DRILL REQUIRES TIMING TO NOT SHOOT AT THE SAME TIME!

DRILL: HALF-ICE CENTRAL REGROUP

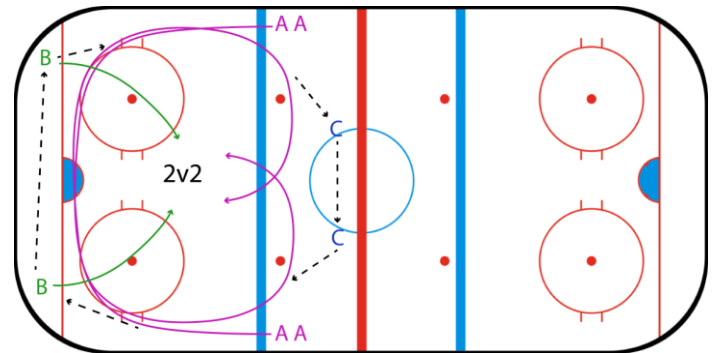
LINK: <https://filthymittshockeytraining.com/central-regroup-half-ice/>

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 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: VIRGINIA TECH ZONE ENTRY – NEED 2 CONES

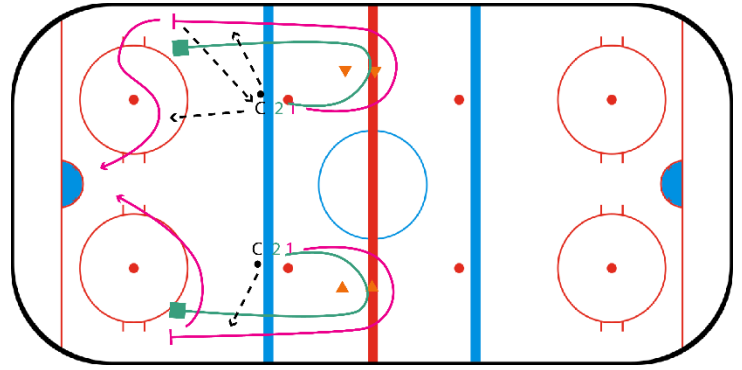
LINK: None at this time

PURPOSE

The purposes of this drill are skating into a puck in an area, controlling in a tight space to get open, and containing space on defense.

HOW TO

- V1:
- Players line up just outside the blue line with two cones close together near the red line.
- First player (1) skates without the puck around far cone. Player 2 chases and skates around the near cone.
- Both players then go into a 1v1 type of situation with player 1 on offense and player 2 containing the inside lane on defense.
- Player 1 will receive a pass near the blue line from a coach and drive down the board.
- Player 2 will contain to the outside board with medium pressure. Player 1 should try to escape to the net between the hash marks and top of the circle. Player 2 will release when player 1 gets away from them.
- V2:
- Set up is the same as V1, but now the offensive player (1) escapes, passes to the coach then gets open either curling high or low, gets a pass back and a quick shot.
- This works on wall support concepts after zone entry



THIS IS NOT A FULL ZONE, FULL PRESS DRILL.

DRILL: QUICK PASS 1v1

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

PURPOSE

Passing with pressure and finding time & space, and small area battles/compete. Low-key also works on stick handling, passing, and edgework skating.

HOW TO

- Players around circle with 2 players inside.
- Players on the inside must battle for the puck. Once someone has possession, they must make 3 clean passes (or designated number) with players on the outside of the circle. They cannot pass to the same person twice (or twice in a row depending on numbers).
- Other player is trying to intercept and then make their passes.
- Once the 3rd pass is successfully made, the inside and receiving outside player immediately switch spots and that new player starts with possession.
- Players on the outside can move, within reason, around the perimeter, but they cannot step inside or cut through the circle unless they are part of the completion of passing requirement.

DRILL: PROVIDENCE TRANSITION

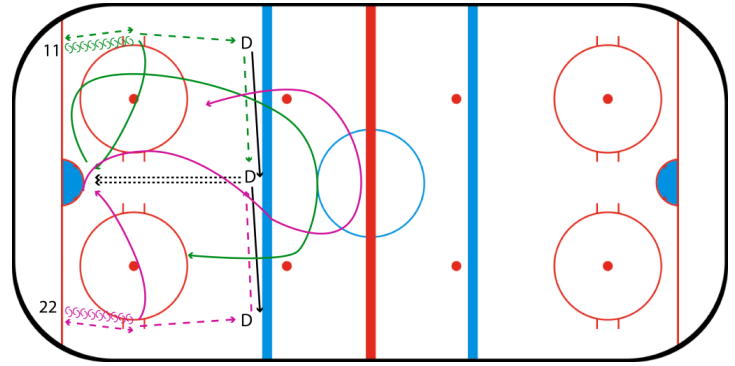
LINK: <https://filthymittshockeytraining.com/providence-transition-drill/>

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: RELEASE