

DRILL: BOARD JUMP CONDITIONING

LINK: None at this time

PURPOSE

If we're going to skate in straight lines, might as well work on something useful like line changes.

HOW TO

- Divide team into 3 groups, all on the bench.
- Group 1 goes over the boards, to the far wall and back. Next group goes over the boards and back, and then the third.
- Skate board to board, change (over the boards) on the whistle.

DRILL: CONTINUOUS WARM-UP

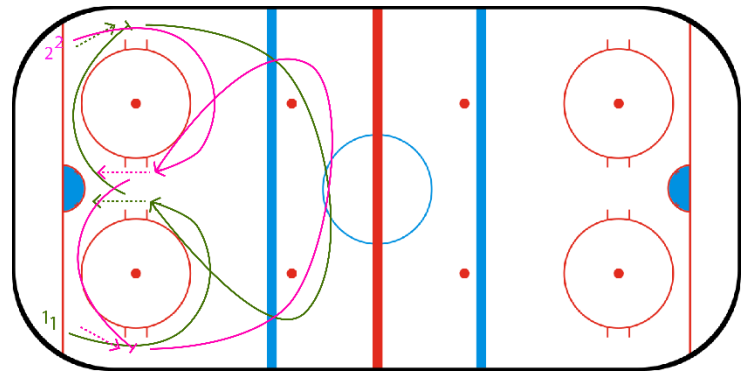
LINK: <https://filthymittshockeytraining.com/continuous-warm-up/>

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: CENTRAL REGROUP

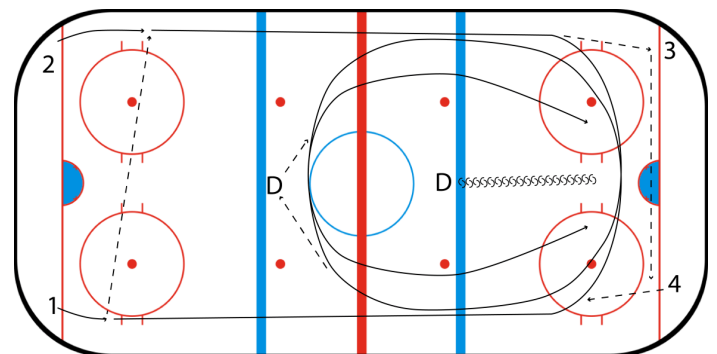
LINK: <https://filthymittshockeytraining.com/central-regroup-full-ice/>

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: 2v1 FLOW BREAKOUT

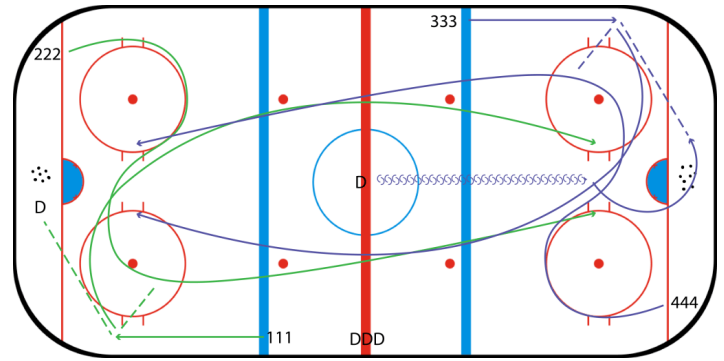
LINK: <https://filthymittshockeytraining.com/2v1-flow-breakout/>

PURPOSE

Works on simple 1-2 breakout with wing drive zone entry. Emphasize passing, timing, and gap control.

HOW TO

- Players line up on opposite blue lines and corners. All pucks behind the nets. Start with one D behind a net and one at center ice. All other D get out of the way along the boards.
- Play starts with one forward (1) going down the board and the player from the corner (2) going around the top of their near circle then hooking up ice inside the second circle.
- The D behind the net passes to 1. 1 passes to 2 for the inside drive. 1 fills the far lane and 2 fills the near lane. 1 and 2 go in on a 2v1. This D will go off ice and a new D will fill into the center to take the 2v1 the other direction (3-4 side)
- Once a shot is taken, the D releases and picks up a puck behind the net. This triggers 3 to go down the boards and 4 to hook up ice like 2 for the drill to head the other way. After the D passes, they leave the ice and a new D steps in to take the 2v1 from the 1-2 side.



DRILL: ROYALS RUSH

LINK: <https://filthymittshockeytraining.com/royals-quick-rush-progression/>

PURPOSE

Move puck quickly to net and capitalize on odd attack opportunities.

HOW TO

- Split team in half. Designate one team as offense and other as defense.
- Put puck in play and attacking team gets 2-3 seconds to gather puck and get a shot.
- Then one player from defending team is released to create a 3v1. They get 5-6 seconds to play (one rebound).
- Then another defender is released for a 3v2. They get 10-15 seconds to play.
- If defending team gets possession, they can try to score.
- Flip offensive team on next puck in.
- Since we only have one goalie, we will turn the net backwards to create a smaller attack zone

