

**DRILL: AROUND THE WORLD - CONDITIONING**

LINK: None at this time

**DRILL: 3 PASS DRILL - MODIFIED**

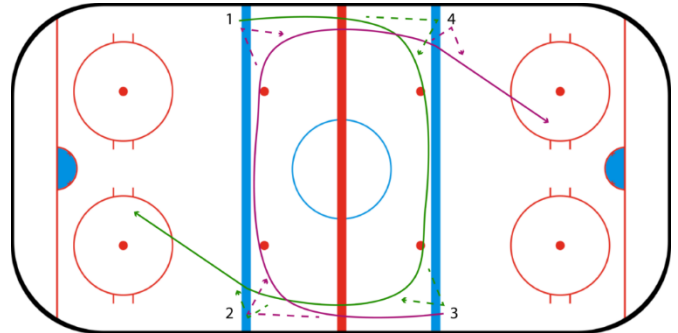
LINK: <https://filthymittshockeytraining.com/3-pass-drill/>

**PURPOSE**

This simple drill, often used for warm-ups, is great for working on simple one-touch passing in motion and sets up concepts of regrouping.

**HOW TO**

- Split into four lines at each blue.
- 1 & 3 go at the same time (2 & 4 together as well). For explanation purposes, I'll only explain the route of #1 as it is mirrored in the other groups.
- 1 skates forward with the puck and passes to line 4 and gets the puck back.
- 1 continues in a wide arch and passes to 3 on the swing and gets the puck back.
- 1 then passes to 2. 2 holds while 1 proceeds around the circle. 2 passes to 1 on the stretch pass.



\*NOTE: diagram shows standard 3 pass drill, not modified with a stretch pass

**DRILL: PREDATORS POST UP**

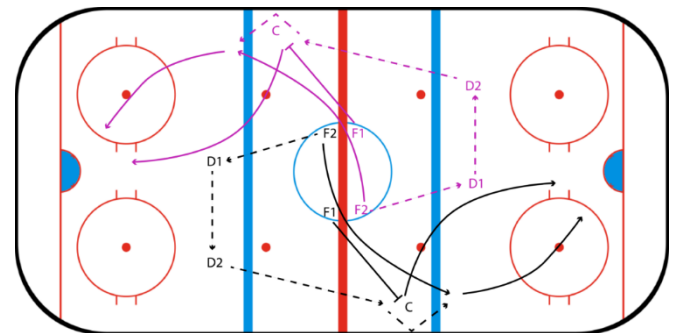
LINK: <https://filthymittshockeytraining.com/predators-nz-post-up-easy/>

**PURPOSE**

Quick post up to zone entry or breakout.

**HOW TO**

- 4 lines of forwards at neutral zone, 4 D – 2 in each zone, coach at opposite blue lines. Pucks in the middle.
- F2 passes out to D1. At the time of the pass, F2 wide curls while F1 drives hard toward the coach and posts up.
- D1 passes to D2 who passes to F1 posted up.
- F1 chips around the coach to F2.
- F2 drives to net while F1 releases and also goes to net for 2v0



**DRILL: 2v1 FLOW BREAKOUT**

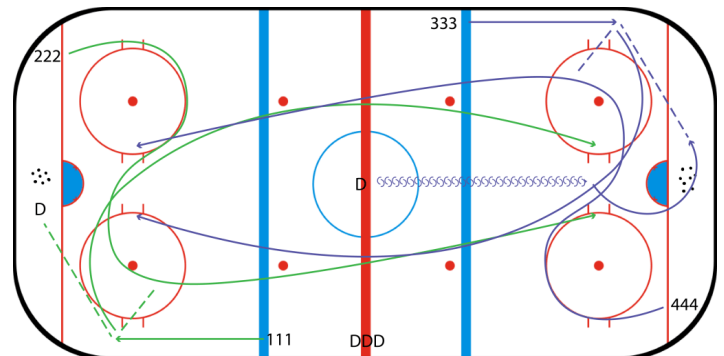
LINK: <https://filthymittshockeytraining.com/2v1-flow-breakout/>

**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: GROUP A – ADM 2-1 FORECHECK

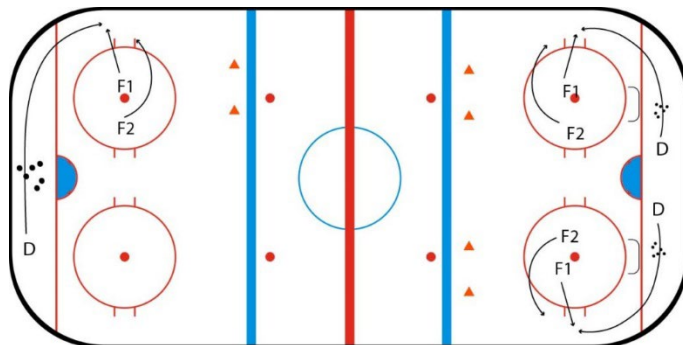
LINK: <https://filthymittshockeytraining.com/adm-2-1-forecheck/>

#### PURPOSE

To teach both body contact angling and introduce an aggressive 2-1 low zone forecheck.

#### HOW TO

- Player starts in far corner and skates behind net to pick up a puck then proceeds to work up board side lane.
- F1, released by coach to give a variable gap, becomes main attacker, while 2, who goes at the same time, becomes support attacker.
- F1 & F2 try to gain possession and score, while “d” player tries to skate through cone gates. F1 goes to line, F2 becomes F1, and D becomes F2.



### DRILL: GROUP B – 1v1 TRANSITIONAL ZONE

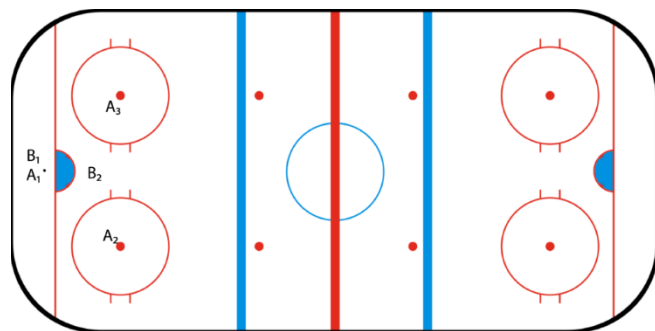
LINK: <https://filthymittshockeytraining.com/1v1-transitional-zone/>

#### 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.



### DRILL: DESIGNATED SHOOTER OR BANK SHOT