

**DRILL: CONTINUOUS WARM-UP**

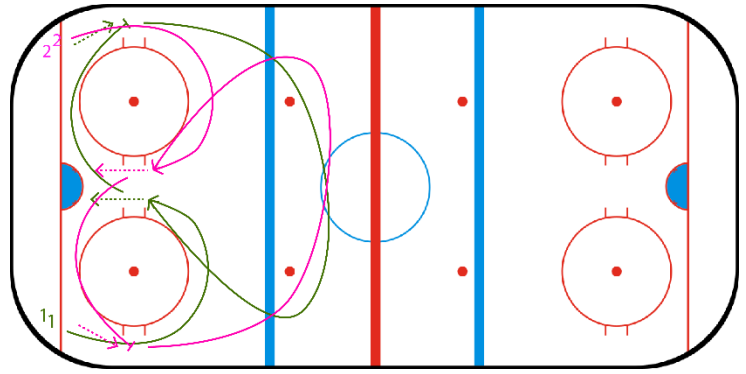
LINK: <https://filthymittshockeytraining.com/continuous-warm-up/>

**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: 6 PASS DRILL**

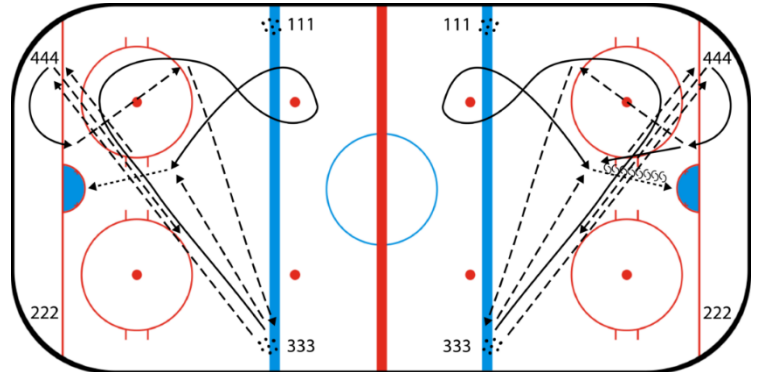
LINK: <https://filthymittshockeytraining.com/6-pass-drill/>

**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.



**DRILL: CONTINUOUS BREAKOUT 1v0/1v1**

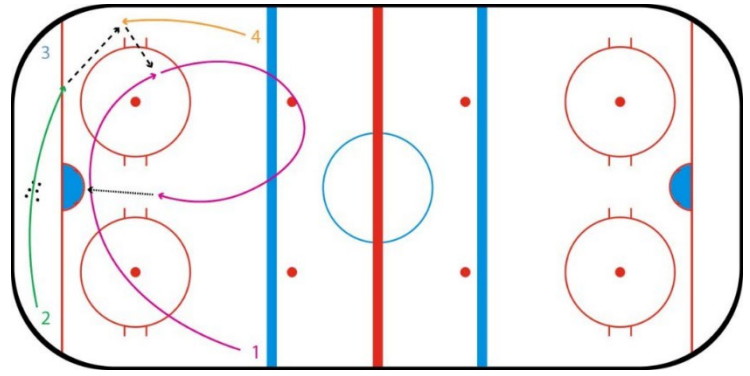
LINK: <https://filthymittshockeytraining.com/continuous-breakout-1v1/>

**PURPOSE**

Simple break out drill to emphasize getting open for the pass on the wall and low center swing. Also a great warm-up drill.

### HOW TO

- Players 1, 2, and 4 start the drill. 2 picks up a puck behind net while 4 posts up on the far board for the break out pass. 1 sweeps low and swings for the inside pass.
- 1 proceeds to re-group at blue and go in 1v0. If early in practice, have players focus on mid-range shots instead of dekes.
- Once 4 makes their inside pass, they trigger the drill to go the other way. 3 picks up puck behind net, next person in line at 1 goes to half-wall, 4 (who just made pass on far side) now swings for the pass from 1 creating a continuous flow
- Switch sides and balance lines




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### DRILL: 3 BREAK OUT DRILL

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

### PURPOSE

This drill works on building the foundation of breakouts and regroupings and aids in developing the related hockey sense.

### HOW TO

- Coach at center ice, 3 forwards at center ice and one D just inside the blue line.
- Coach dumps puck into the zone. The D retreats then gathers the puck. F1 gets to the boards, gets open, and takes breakout pass from D.
- F1 skates out of the zone and passes to the coach. D follows play, transitions at the blue and retreats when the coach put the puck back in the zone.
- F1 and now F2 release and get open for a breakout from the D. F1 & F2 breakout, making at least 1 pass between them, then pass to the coach. D follows play, transitions at the blue and retreats when the coach put the puck back in the zone.
- F1, F2, & F3 go into the zone for the 3rd breakout. Making at least 2 passes between them before exiting the zone. All three carry through re-group and go in 3v1.

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### DRILL: DESIGNATED SHOOTER

#### FORWARDS

BLUE Teagan Maddison Kaylin

RED Dylan Iris Olivia

GOLD Liz Kat Makaia

#### DEFENSE

GREEN Lydia Abby Susan