

**DRILL: BACK CHECK 2v2**

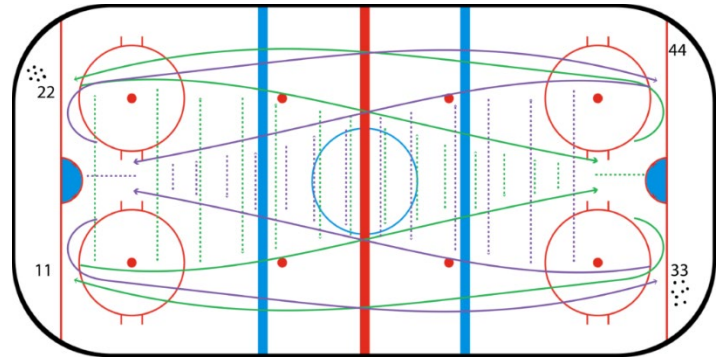
LINK: <https://filthymittshockeytraining.com/2v2-back-check/>

**PURPOSE**

This drill serves two primary purposes: skating conditioning and back checking with intent. Puck play/shooting is a side effect.

**HOW TO**

- Players line up in all four corners. Two corners with pucks.
- To start, 1 and 2 take off on a 2v0 to the opposite end, passing the puck back and forth. Ideally, they should make 3 passes before getting to the opposite end.
- Once a shot is taken, 3 & 4 start the other way. 1 & 2 tag the goal line and then back check 3 & 4.
- Once 3 & 4 get a shot off, the pattern starts again from this end with 3 & 4 back checking.



**DRILL: 3 PASS DRILL - MODIFIED**

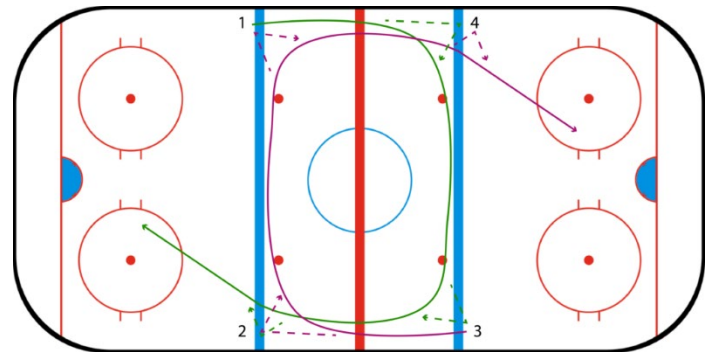
LINK: <https://filthymittshockeytraining.com/3-pass-drill/>

**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 goes around the circle.
- 2 hits 1 with an on-side stretch pass



\*\*NOTE: Diagram is for regular 3 pass drill, but hopefully you get the idea.

**DRILL: GROUP A: 4 SPOT PASSING – 4 CONES NEEDED**

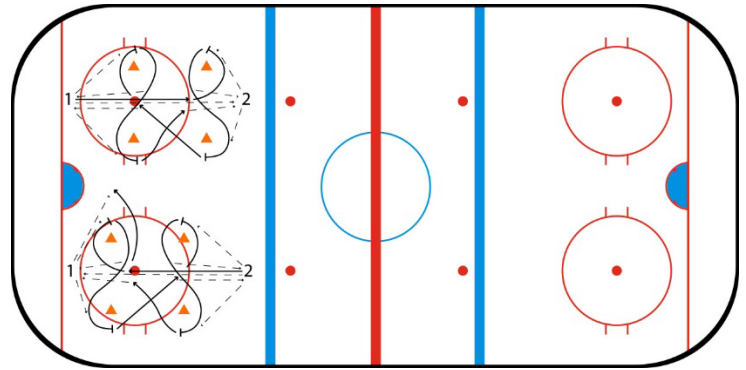
LINK: <https://filthymittshockeytraining.com/4-spot-passing/>

**PURPOSE**

This drill works on quick, accurate passing in a tight space and escapability with puck possession.

## HOW TO – WITH SHOT

- 2 lines of players and 4 cones, pucks with line 1
- Player 1 starts to skate forward and passes through the box to player 2
- Player 1 transitions around one cone (right, for demonstration purposes) and receives the puck back.
- The transition back to the inside and pass to 2 again then repeat the transition to the left.
- After the second cone they will pivot to face the line they came from and pass to the next player in line 1.
- They will skate through the cones and transition around the now left cone and receive a pass back.
- Then transition around the right cone, pivot and turn to face line 2.
- Player 1 will pass to player 2 one more time, skate through the box toward the net and receive a pass back from player 2 for a quick shot.
- Once player 1 finishes the 10 pass sequence and shot, they get to the back of line 2.



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## DRILL: GROUP B: CLOCK GIVE 'N' GO

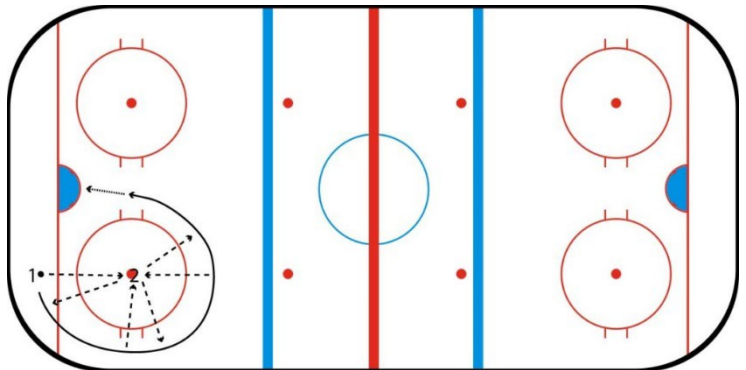
LINK: <https://filthymittshockeytraining.com/clock-give-n-go/>

### PURPOSE

- Quick tape to tape passing while moving

### HOW TO

- Player 1 in line with face off dot and player 2 on face off dot.
- Player 1 passes to and receives back from player 2 3 times (at bottom/start, hash marks, and top of circle) maintaining motion, accurate passes, a good passing angle and passing target
- After receiving third pass back, player 1 drives net and takes a shot then becomes player 2



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## DRILL: RELAYS