

**DRILL: BACK CHECK 2v2**

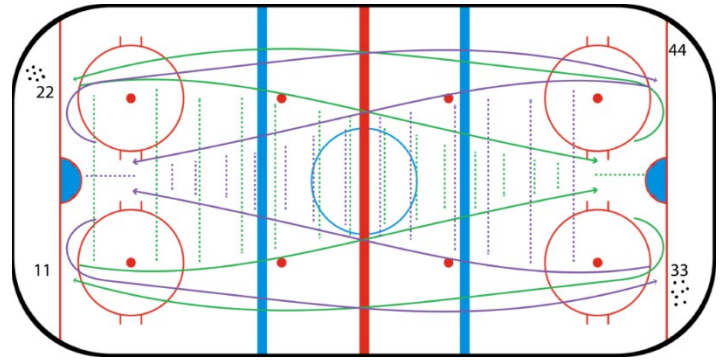
LINK: <https://filthymittshockeytraining.com/2v2-back-check/>

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

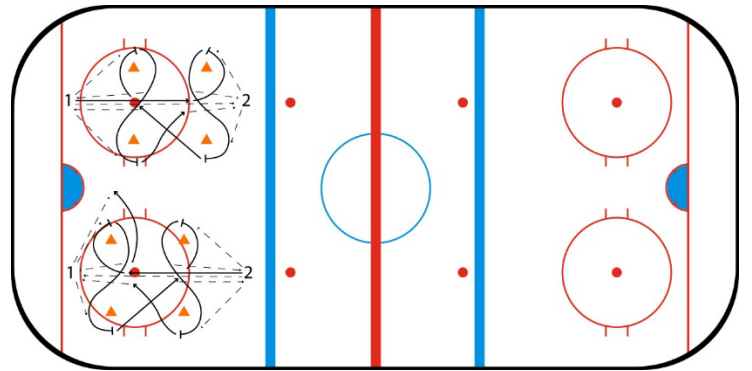
LINK: <https://filthymittshockeytraining.com/4-spot-passing/>

**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.



**DRILL: GROUP B: GILMOUR PASS-PULL-SHOOT – ONE BUMPER NEEDED**

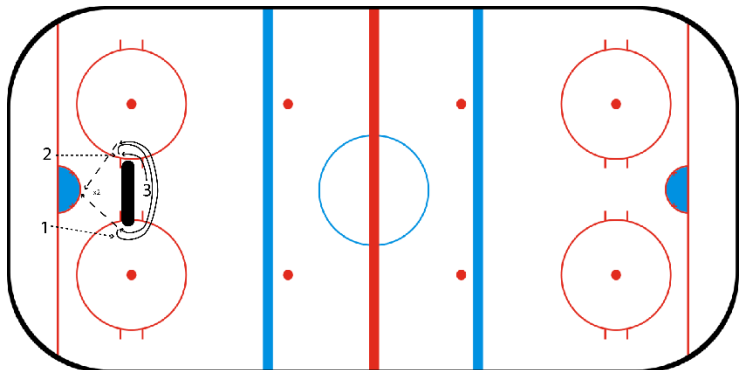
LINK: <https://filthymittshockeytraining.com/gilmour-pass-pull-shoot/>

**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



### DRILL: 3 BREAKOUT DRILL

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

- PURPOSE

This drill works on building the foundation of breakouts and regroup 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.

### DRILL: ADM 2-1 FORECHECK

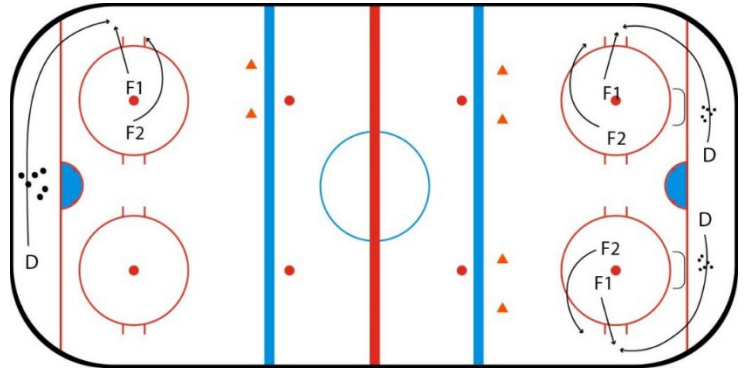
LINK: <https://filthymittshockeytraining.com/adm-2-1-forecheck/>

#### 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: SWISS 4V2

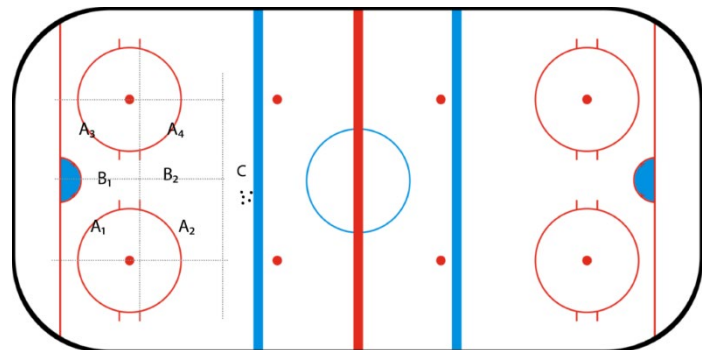
LINK: <https://filthymittshockeytraining.com/swiss-4v2/>

#### PURPOSE

Offensively: working the puck low to high, finding optimal passing and shooting lanes, and scoring from an triangle. Defensively: Recognizing dangerous man, controlling passing and shooting lanes and working with a partner in a man on man with zone support.

#### HOW TO

- Set up a grid on the ice between the face off dots and up to an area above the face off circles, but not to the blue line. There should be 4 boxes.
- 4 players from team A take up each of the 4 quadrants. 2 players from team B are defending the bottom two and/or top two quadrants.
- A puck is put into play to team A who moves the puck between their quadrants to get a shot on net. Players must stay within their quadrant and utilize the space they are given. B players play 4v2 and must stay in their respective halves of the quadrant.



- Once a goal is scored or coach determines the change, 2 players are added from team B and 2 players from team A exit while 2 players stay and become the defenders.