

**DRILL: BACK CHECK 2v2**

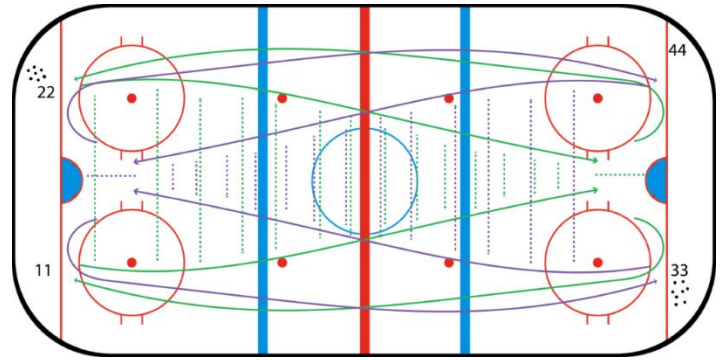
LINK: <https://filthymittshockeytraining.com/2v2-back-check/>

**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: 2V1 FLOW BREAKOUT**

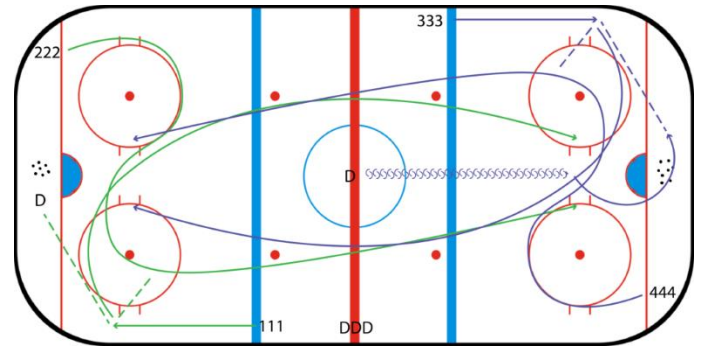
LINK: <https://filthymittshockeytraining.com/2v1-flow-breakout/>

**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. 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: 3V1 FORECHECK**

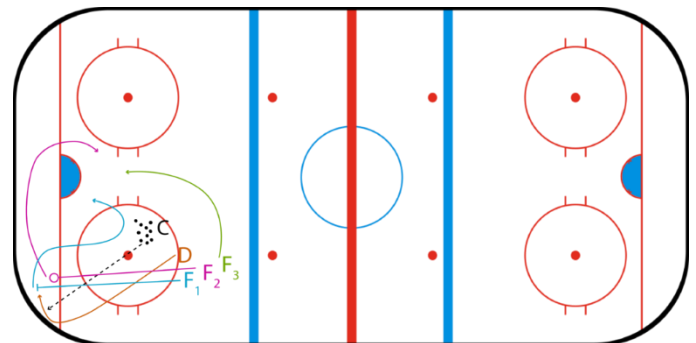
LINK: <https://filthymittshockeytraining.com/3v1-forecheck/>

**PURPOSE**

Although labeled as a 3v1 drill, this drill fundamentally works on a 2-1-2 forecheck working to a shooting triangle. The focus is highly on the forwards being able to contain the D and gain possession quickly to convert a scoring chance.

**HOW TO**

- Working down low from a face off circle and in, set up 1 D and a line of 3 forwards.
- Coach puts puck into the corner. The D retrieves and the first two forwards attack – F1 hard to puck, F2 contains no more than a stick's length away, looking to get the puck out of the scrum.
- F3 heads to the slot area and keeps feet moving to be ready and an option.



- Once the puck comes out of the scrum, F2 (hopefully) goes behind the net, F1 goes to the front with F3, D releases and tries to get back for the quick 3v1.

## DRILL: GROUP B: RED WINGS CYCLE

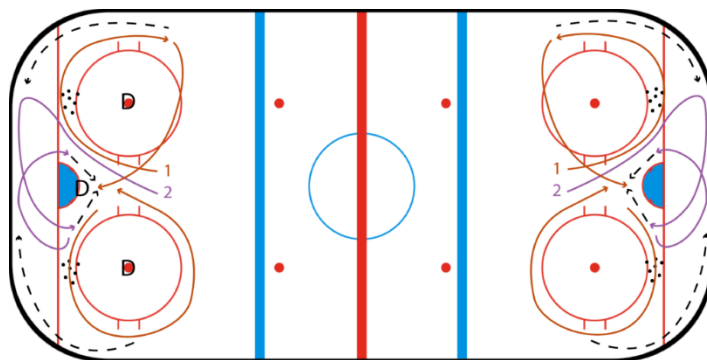
LINK: <https://filthymittshockeytraining.com/red-wing-cycle/>

### PURPOSE

Work on moving the puck down low, finding a shooting gap and getting quick shots from a net-front presence.

### HOW TO

- Two player set up in the high slot area. Player one drives into corner area, pick up puck.
- As player 1 turns up ice, they play the puck back off the boards and into the corner.
- Player 2 needs to read the play – delay if necessary – to pick up the cycled puck and go behind the net.
- At the same time, player 1 drives to the front. Player 2 breaks goal line and hits 1 for the quick shot.
- Then, players immediately release, with player 1 picking up a puck (yes, the same player that started on the first side) and starting the cycle from the other side.
- Once through a few rotations, if the skill concept is present, add D – one pressure the cycle, one in the slot, then rotate on the cycle shift.



## 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.

