

**DRILL: BOARD JUMP CONDITIONING**

**PURPOSE**

Conditioning and working on quick, efficient line changes over the boards.

**DRILL: 2V1 FLOW BREAKOUT**

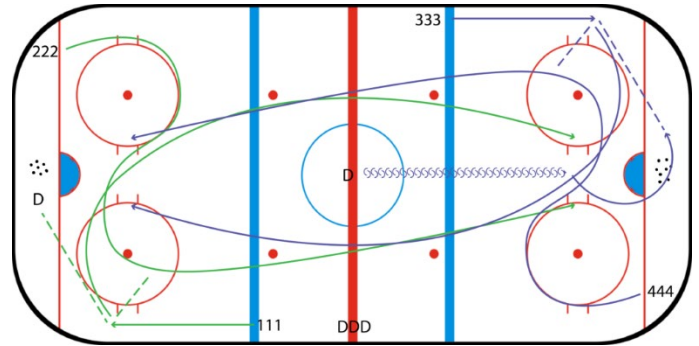
LINK: <https://filthymittshockeytraining.com/2v1-flow-breakout/>

**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 1. 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: CENTRAL RE-GROUP**

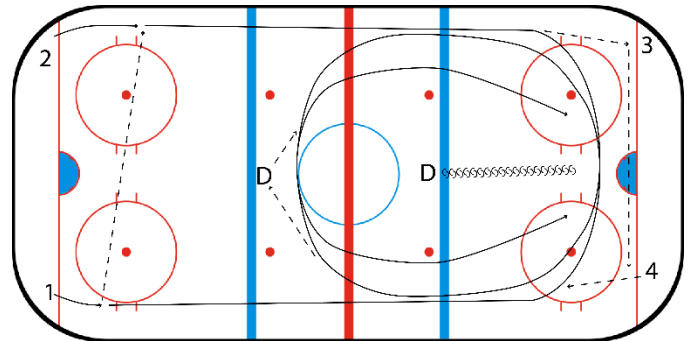
LINK: <https://filthymittshockeytraining.com/category/ice-drills/>

**PURPOSE**

Works on concepts of regrouping and zone entry in motion.

**HOW TO**

- 4 lines of forwards – one in each corner, two with pucks- 4 D at center ice (can use only two D if numbers are low)
- 1 takes a couple of steps forward and slightly in then passes to 2 breaking on a stretch pass.
- 1 & 2 skate down the ice, 2 with the puck.
- 2 passes to 3. 1 & 2 loop low while 3 swing the puck to 4 who outlets back up to player 2 on the loop.
- 1 & 2 head back up ice. 2 passes to the D in the neutral zone.
- 1 & 2 regroup while the D swings to the other D. D with the puck chooses the best outlet pass.
- 1 & 2 go into the zone 2v2 against the other D.
- Drill repeats the other direction.



**DRILL: 5v0/3v2 WITH SINGLE D SUPPORT**

LINK: <https://filthymittshockeytraining.com/5v0-3v2/>

**PURPOSE**

Breakout positioning and breakout variations to a zone entry.

**HOW TO**

- Line of forwards and 2 D outside blue. Dump puck in zone.
- D retreats, forwards set up for break out.
- Breakout of zone and regroup in neutral zone. Try not to enter in a perfectly straight line – create and manage space.
- Enter zone back on the two D that broke the puck out.
- If things are going well, we'll add in forecheckers

GOLD: Kaylin – Makia/Maddie – Iris

RED: Dylan – Makia/Maddie – Liz

GREEN: Olivia - Makia/Maddie - Kat

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**DRILL: GAME IF TIME**