

**DRILL: BACKCHECK 2v2**

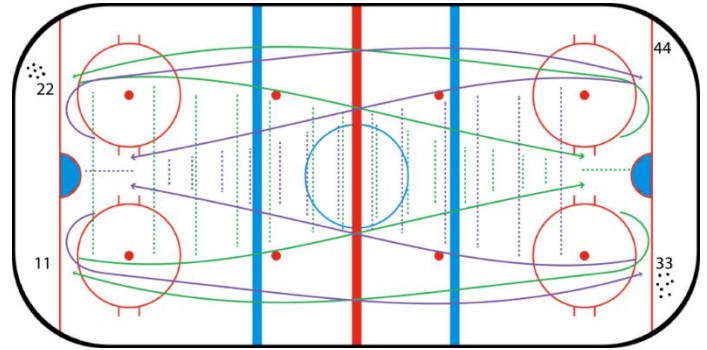
LINK: <https://filthymittshockeytraining.com/2v2-back-check/>

**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: FACE OFFS**

**PURPOSE**

Working on offensive and defensive positioning on faceoffs and winning the draw. We will use an overload on offensive faceoffs when our center is on their FOREHAND. We will use a standard face off when our center is on their BACKHAND. We will practice defense from a standard and shifted/overload position as well so we all know where & who to cover in what event.

I thought I had these on the website but I don't... I will work on getting them up ASAP.

**DRILL: GROUP B: 1v1 TRANSITIONAL ZONE**

LINK: <https://filthymittshockeytraining.com/1v1-transitional-zone/>

**PURPOSE**

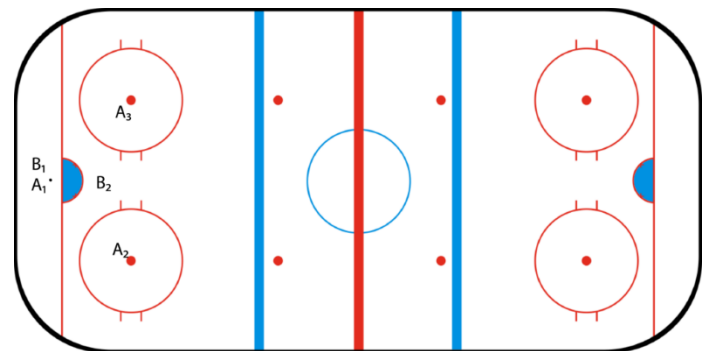
This is a quick skating and passing in motion drill designed to mimic transitional passing plays in games. Using them in progression helps to build the hockey sense related to these skills.

**PURPOSE**

Working on 1v1 battles down low to work the puck back out to the front of the net while retaining the triangle. Also works on the front (home) side defense staying heels to net to monitor behind net play and cut off passing lanes to front forwards.

**HOW TO**

- Forward A1 and defense B1 start with puck behind the net. They must battle for the puck and remain below the goal line. A1's objective is to move the puck to either A2 or A3 in the face off circles.
- Defense B2 must play the passing angles above the goal line and outside the circles, only crossing into the circles while the puck is in the circles. This is the transitional zone as they go from playing a zone, to 1v1/2v1. They are also the outlet for B1 to clear the zone.
- A2 and A3 must move within their circles to create space, receive a pass and either take a quick shot or move the puck back to A1 or A3/A2.
- Cycle A1 to A2 spot. A3 to A1 spot. Or Line to A1, A1 to A2, A3 to line. D rotate low (behind net) to high to line.



1: Liz-Iris-Dylan/Susan-Abby

4: Olivia-Iris-Teagan/Avni-Lydia

2: Olivia-Kat-Teagan/Susan-Abby

5: Liz-Kat-Dylan/Avni-Lydia

3: Liz-Kaylin-Dylan/ Susan-Abby

6: Olivia-Kaylin-Teagan/Avni-Lydia

## DRILL: ROYALS RUSH

LINK: <https://filthymittshockeytraining.com/royals-quick-rush-progression/>

### PURPOSE

Move puck quickly to net and capitalize on odd attack opportunities.

### HOW TO

- Split team in half. Designate one team as offense and other as defense.
- Put puck in play and attacking team gets 2-3 seconds to gather puck and get a shot.
- Then one player from defending team is released to create a 3v1. They get 5-6 seconds to play (one rebound).
- Then another defender is released for a 3v2. They get 10-15 seconds to play.
- If defending team gets possession, they can try to score.
- Flip offensive team on next puck in.

