

**DRILL: CENTRAL REGROUP**

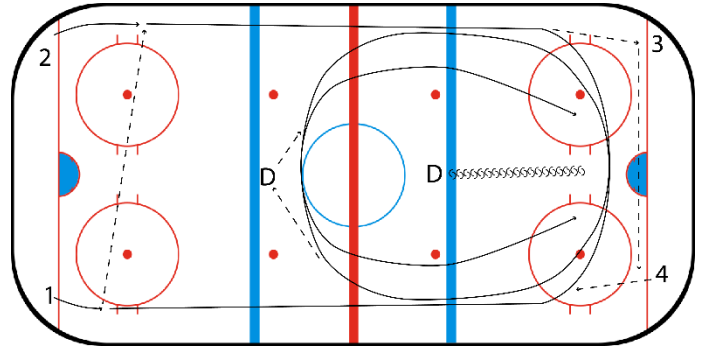
LINK: <https://filthymittshockeytraining.com/central-regroup-full-ice/>

**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: D ZONE COVERAGE/OFFENSIVE ZONE CONTROL**

4+1 Coverage: <https://filthymittshockeytraining.com/41-5-card-d-zone-coverage/>

OZC/Power Play: <https://filthymittshockeytraining.com/overload-power-play/>

**PURPOSE**

Working our 4+1 DZC and getting fundamentals of wall support OZC.

<u>DEFENSE</u>	<u>OFFENSE</u>
1. Kaylin-Makaia-Iris-Susan-Lydia	1. Dylan-Maddie-Liz-Abby-Olivia
2. Dylan-Maddie-Liz-Lydia-Abby	2. Olivia- Makaia -Teagan-Susan-Iris
3. Olivia- Makaia -Teagan-Abby-Susan	3. Kaylin-Maddie-Iris-Lydia-Dylan
4. Kaylin-Maddie-Iris-Susan-Lydia	4. Dylan- Makaia -Liz-Abby-Olivia
5. Dylan- Makaia -Liz-Lydia-Abby	5. Olivia-Maddie-Teagan-Susan-Iris
6. Olivia-Maddie-Teagan-Abby-Susan	6. Kaylin- Makaia -Iris-Lydia-Dylan

**DRILL: GAME IF TIME**