

DRILL: 3 ZONE TIMING

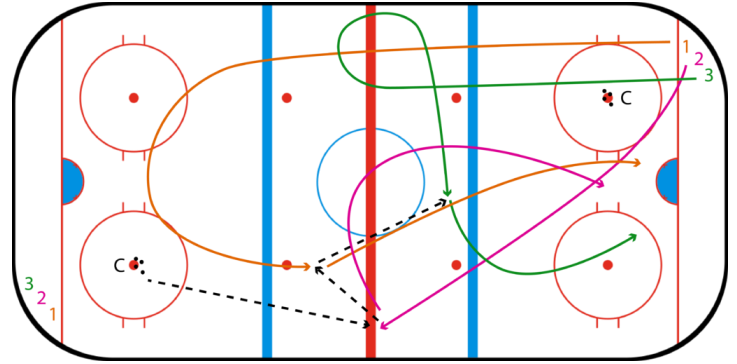
LINK: <https://filthymittshockeytraining.com/3-zone-timing/>

PURPOSE

Motion through zone, timing passes, quick ups and zone entry with speed.

HOW TO

- Line of players in opposite corners and coach in same side face off circle with pucks.
- 1 skates down wing and loops low in the opposite zone. 2 swings wide and heads to post up at red line. 3 drives near side wing, wheels towards the board then cuts across the blue line.
- When 2 is approaching the red line, they will receive a pass from the coach opposite them.
- 2 will pass or chip into 2, who passes or chips to 3. Three becomes F1 and F2 and F3 complete triangle.
- Once pass is made to player 1 from player 2, the opposite side starts.



DRILL: ANDOVER 1v1/2V1

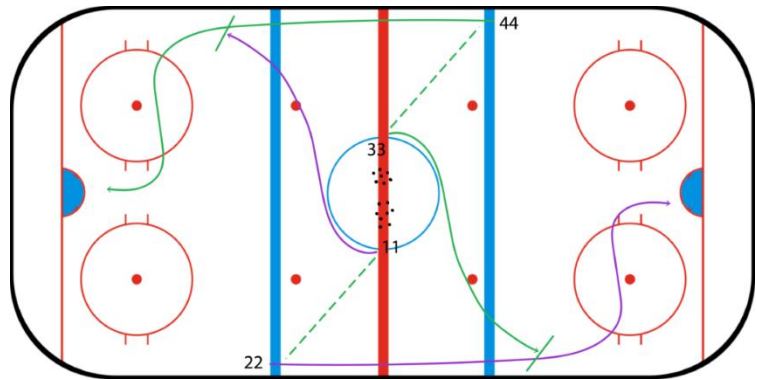
LINK: <https://filthymittshockeytraining.com/andover-1v1/>

PURPOSE

Angling. Angling. Angling.

HOW TO

- Pucks at center ice. Players at opposite blue lines and opposite sides of the center circle.
- Both sides go at the same time. Play starts with players 1 & 3 pass out to their respective blue line lines (2 & 4).
- Once the pass is made, 1 & 3 skate forward around the circle while 2 & 4 drive boards.
- 1 & 3 should cut off their respective player along the boards between the blue line and hash marks. 2 & 4 should drive wide and then cut in no sooner than the bottom hash marks.
- Intent is to angle the player into the boards for change of possession or to force them wide for as long as possible, reducing passing and shooting lanes.



DRILL: 3 SHOT NET DRIVE

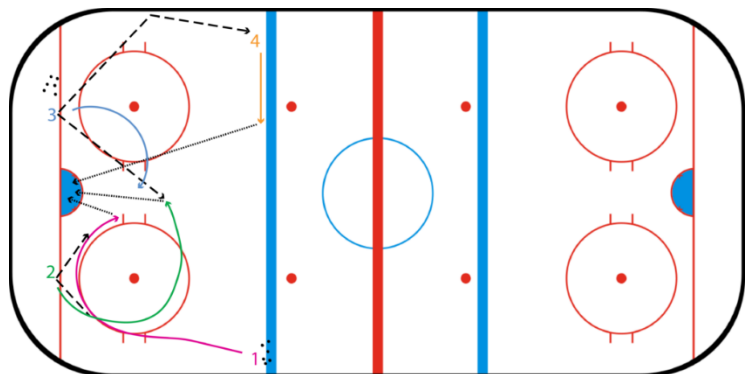
LINK: <https://filthymittshockeytraining.com/4-shot-net-drive/>

PURPOSE

A quick shot and quick passing drill to work on low, mid, high shots and give & go reads. Finishes with screen-tip-rebound.

HOW TO

- Players at both points and below goal line inline with face off dots. Pucks at one blue line (1) and opposite corner (3).
- Player one carries puck down board and curls toward net, doing a give and go with 2. 1 Takes a quick shot (one timer or catch-release), then goes to front of net.
- Once pass to 1 is released, 2 curls around circle (outside in) to slot and receives a pass from 3 for a quick mid-low slot shot. Player 2 goes to front of net.



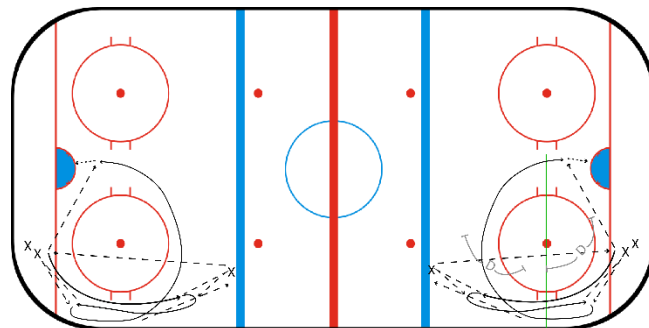
- Once pass is released, 3 takes a second puck and uses a board pass to 4 at the point, then drives net as either a passing option or for a third body in front.
- Once 4 takes pass from 3, they drag the blue line a few strides to adjust the shooting angle, then put shot on net or use player three as a pass-shot option.

DRILL: CIRCLE REGROUP - EXPANDED

LINK: <https://filthymittshockeytraining.com/circle-regroup-expanded/>

PURPOSE

This drill expands in two ways on the original, small-area Circle Regroup drill. It helps to emphasize puck possession, wall support, and creating passing lanes through motion and deception. Ideal for overload power play situations, it is also useful for regular zone control, defensive coverage concepts (full strength and kill) and can be modified for an umbrella as well by rotating to manage the blue line.



HOW TO

- Puck starts in corner with player at point area.
- First player skates with the puck toward the D and passes to the point.
- They transition open and receive the puck back.
- they skate towards the original line, pass, transition open. and receive back.
- They repeat to the point again, but instead of receiving it back they drive to the net around the top of the circle area.
- The point passes down to the player in the corner (wall bank pass preferred to optimize control/possession concepts).
- Player from corner passes to the player in the slot. The shooter goes to the point, the point person gets in line.
- If going well, move to a 3v2

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.

