

**DRILL: 2V1 FLOW BREAKOUT**

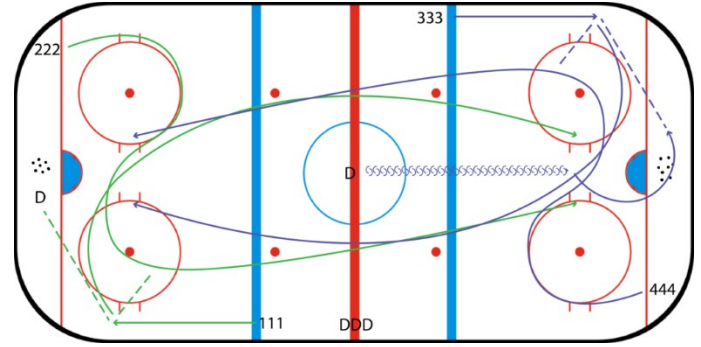
LINK: <https://filthymittshockeytraining.com/2v1-flow-breakout/>

**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: GROUP A: CIRCLE REGROUP**

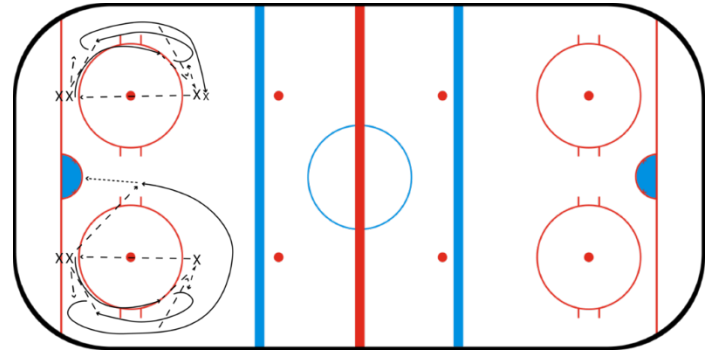
LINK: <https://filthymittshockeytraining.com/circle-re-group/>

**PURPOSE**

While this drill is called a regroup, it doesn't actually have much to do with true regrouping. This technical skating and passing drill is not only good for hard skills (passing, skating) but also to work on escapes, puck control in motion to find an outlet and setting up wall support concepts often used in PP situations.

**HOW TO**

- Set up one line at the bottom of a circle and one player at the top (the video does this opposite but the drill functions the same). The bottom line of players has pucks.
- The player with the puck will take 1-2 strides toward the player across from them get in motion and pass to that player.
- They will then hip out to the edge of the circle and receive the puck back.
- they will take a few strides toward their original line and pass to the next player in line.
- Again they will hip out and receive the puck back.
- Skating toward the other line, they will pass to that player and skate around to the slot.
- At the same time as the player is proceeding to the slot, the top player will pass down to the original line, who then feeds the slot for a shot.
- The player who shot takes the spot of the player at the top. Player at the top gets in line at the bottom.



**DRILL: GROUP B: 3 SHOT MUSTANG**

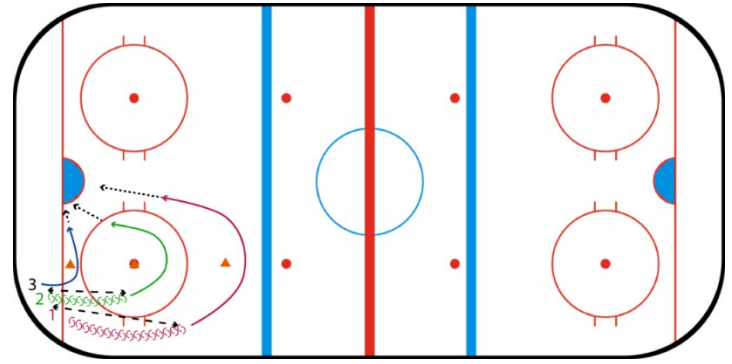
LINK: <https://filthymittshockeytraining.com/advanced-3-shot-mustang/>

**PURPOSE**

For skaters, this is a quick shooting, rebounding and skating drill with ample opportunities for variations. For goalies, this is a great drill for tracking movement coming from the corners, working on post lock-ups (and recovering to/from posts), and controlling/tracking rebounds.

## HOW TO

- Player 1 starts backwards and passes to next player in line (2) and gets puck back. They transition to forwards around cone between blue and top of circle, drives to high slot for shot.
- Then player 1 gets in position to rebound for player 2's shot.
- Immediately after player 1 shoots, player 2 starts backwards passing to next person in line (3), receives puck back, transitions to forwards around middle cone, then drives net to shoot.
- Player 2 then goes to the front to rebound for 3.
- Immediately after the shot, player 3 drives around low cone and either shoots or passes to one of the players in front.
- Goalie should focus on tracking puck through shot and quick game-like recovery back to their post to track the next shot.



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## DRILL: 3 BREAKOUT DRILL

LINK: <https://filthymittshockeytraining.com/swiss-4v2/>

## PURPOSE

This drill works on building the foundation of breakouts and regroup and aids in developing the related hockey sense.

## HOW TO

- Coach at center ice, 3 forwards at center ice and one D just inside the blue line.
- Coach dumps puck into the zone. The D retreats then gathers the puck. F1 gets to the boards, gets open, and takes breakout pass from D.
- F1 skates out of the zone and passes to the coach. D follows play, transitions at the blue and retreats when the coach put the puck back in the zone.
- F1 and now F2 release and get open for a breakout from the D. F1 & F2 breakout, making at least 1 pass between them, then pass to the coach. D follows play, transitions at the blue and retreats when the coach put the puck back in the zone.
- F1, F2, & F3 go into the zone for the 3rd breakout. Making at least 2 passes between them before exiting the zone. All three carry through re-group and go in 3v1.

F: Kaylin – Iris – Olivia

F: Dylan – Maddie – Liz

D: Susan – Avni – Abby

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## DRILL: SMALL AREA GAME