

**DRILL: 3 PERSON WEAVE – Need lots of cones**

LINK: None at this time

**PURPOSE**

Oldie but goodie warm-up working on passing

**HOW TO**

- Players line up in 3 lines on the goal line opposite end of the goalie. Pucks with the center line.
- Player in the center passes out to one player (doesn't matter which) and follows their pass.
- Receiving player then passes over to the other person and follows their pass
- Drill continues with passing and following your pass to the other end
- When near the goal, set up a shooting triangle and try to score

**\*\*NOTE:** Cones will be scattered in the neutral zone so not only do you have to make a good pass, but you have to make a smart pass to avoid the obstacles. Each hit cone is 5 push ups.

**DRILL: GROUP A: STAR DRILL**

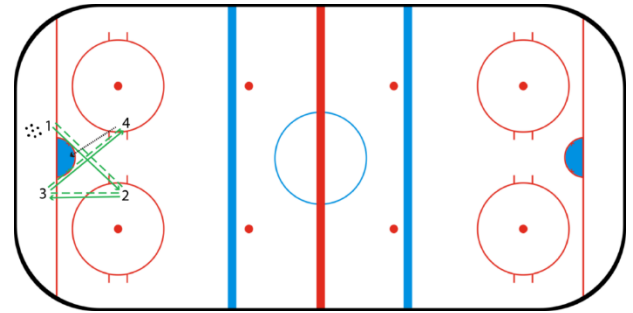
LINK: <https://filthymittshockeytraining.com/star-drill/>

**PURPOSE**

Quick passing and shooting. Focus on tape to tape passing quickly and getting a shot off quickly. You should not be stick handling the puck at all. Catch & release or one-time.

**HOW TO**

- Players are set up in a square around the net with pucks at one post.
- 1 passes diagonally to 2 and follows pass. 2 passes down to 3 and follows pass. 3 passes diagonally to 4 and follows pass. 4 takes a one time shot or catch and release if the pass is not on target. 4 goes to 1.
- Players need to MOVE immediately after their pass. DO NOT sit and watch the whole drill. This creates a more game-like motion with traffic in front.



**DRILL: GROUP B: ROAD RUNNERS**

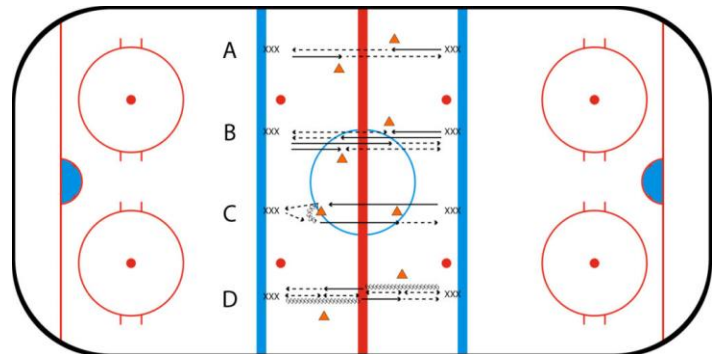
LINK: <https://filthymittshockeytraining.com/roadrunner-skating-passing/>

**PURPOSE**

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

**HOW TO**

- VERSION B:
  - Two pass version of A.
  - Players make first pass to opposite line at near cone, receive puck back, then make a second pass near second cone.
- VERSION C:
  - Players from each side go at the SAME time
  - Players carry puck toward their far cone.



- At the cone they will pass to the line nearest them (opposite from where they started), transition open and receive puck back.
  - Player will then skate forward toward their original line and at the next cone, pass to the next person in line to start over.
  - VERSION D:
    - This one is closer to A & B, but involves a quick transition, making it more technical than C, so here we are.
    - First player in a line skates backward with a puck and makes 2 passes to their original line (one at first cone, one near center of the drill).
    - Transitions to forwards and makes one pass to the other line, who starts the drill from the other side.
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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: Dylan – Maddie/Iris - Liz

F: Olivia – Kat/Iris - Teagan

D: Susan – Abby

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### **DRILL: SMALL AREA GAME**