

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.

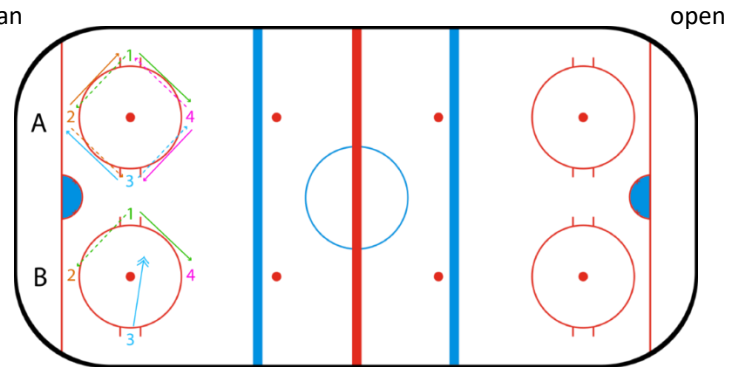
DRILL: GROUP A: LIONS PASS & MOVE

PURPOSE

This simple passing drill works on the mechanics of passing and moving to an space. The second version sets up concepts related to reading a play and forcing a player to go to a certain space – hockey sense elements critical to forechecking and space containment.

HOW TO (A)

- Players in 4 lines – one on each axis of a circle, one puck in play.
- Starting with player 1, they will pass to one way (to the right #2 in this example) and skate to the line the other direction (#4).
- the passing will continue in this pattern, so now player 2 will pass to their right and skate to #1.



HOW TO (B)

- Set up like version A.
- This time, player 3 will pressure (80/20) forcing the passing player (#1) to make a decision on where to pass to. In this example, Player #3 is forcing them to pass to player #2.
- #1 will still go to the line the other way from their pass (#4). Player 3 will get in line #1.
- Pattern will continue with Player #4 pressuring Player #2, etc.
- To start, have players only pass and pressure to one side to get the concept. As the drill advances, players can then choose the side they want to pressure and the passing player (along with potential receivers) have to be heads up about their options.

DRILL: GROUP B: 1v1 TRANSITIONAL ZONE

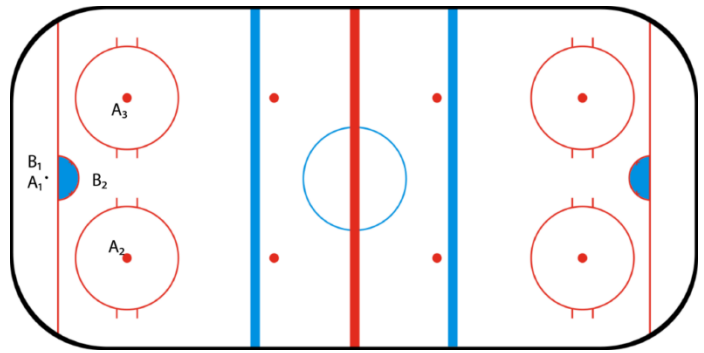
LINK: <https://filthymittshockeytraining.com/1v1-transitional-zone/>

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.

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: Kaylin-Maddie-Iris-Susan-Avni

2: Dylan-Kat-Liz-Avni-Abby

3: Olivia-Maddie-Teagan-Susan-Abby

4: Kaylin-Teagan-Liz-Abby-Avni

DRILL: 3 BREAKOUT DRILL

LINK: <https://filthymittshockeytraining.com/3-breakout-drill/>

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.

Y: Kaylin – Kat/Maddie – Iris

R: Dylan – Kat/Maddie – Liz

G: Olivia – Kat/Maddie – Teagan

B: Susan – Abby – Avni

DRILL: SMALL AREA GAME