

PRACTICE PLAN 8/11/2021

2v2 Backcheck

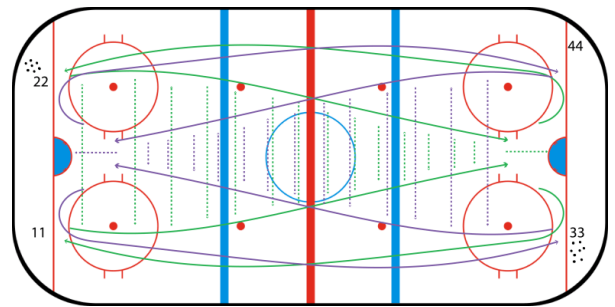
<https://acimaging.net/hockey/2v2-back-check/>

PURPOSE

This drill serves two primary purposes: skating conditioning and back checking with intent. Puck play/shooting is a side effect.

HOW TO

- Players line up in all four corners. Two corners with pucks.
- To start, 1 and 2 take off on a 2v0 to the opposite end, passing the puck back and forth. Ideally, they should make 3+ passes before getting to the opposite end.
- Once a shot is taken, 3 & 4 start the other way. 1 & 2 tag the goal line and then back check 3 & 4.
- Once 3 & 4 get a shot off, the pattern starts again from this end with 3 & 4 back checking.



Andover 1v1

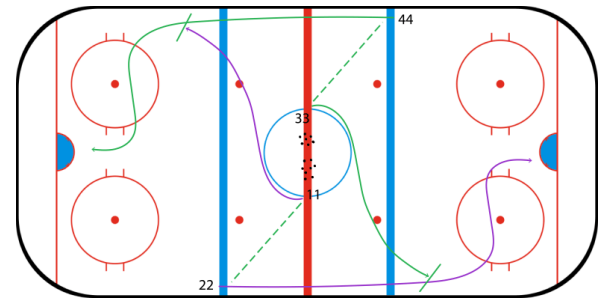
<https://acimaging.net/hockey/andover-1v1/>

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.



2v1 Flow Breakout

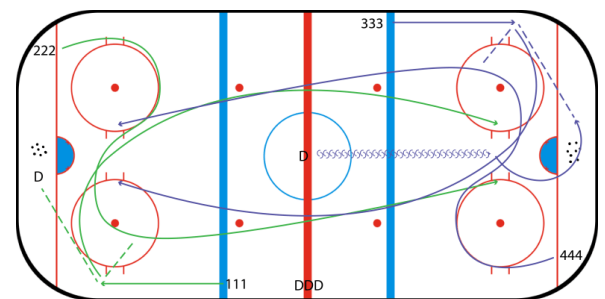
<https://acimaging.net/hockey/2v1-flow-breakout/>

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 2. 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.

--SPLIT ICE --

GROUP A: Escape Wheel

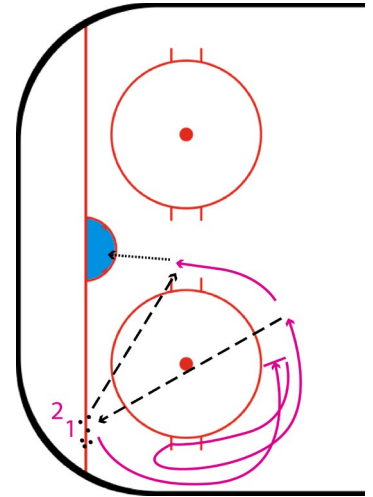
<https://acimaging.net/hockey/escape-wheel/>

PURPOSE

Quick escapes in a small space to set up for cycling and overload powerplay down the road

HOW TO

- Player 1 from corner curls wide around circle with puck
- At top of the circle they make a full, hard stop away from the net and “escape” back toward the board side. THIS IS NOT A POWER TURN!
- At the low hash mark they will wheel (power turn) toward the boards THIS IS NOT A STOP!
- As they break the top of the circle they will make a give & go pass with the next player in line for a quick (hopefully one-time) shot on net. This requires timing. Too soon and there’s too much gap. Too late and there isn’t enough.



GROUP B: Shield Drill

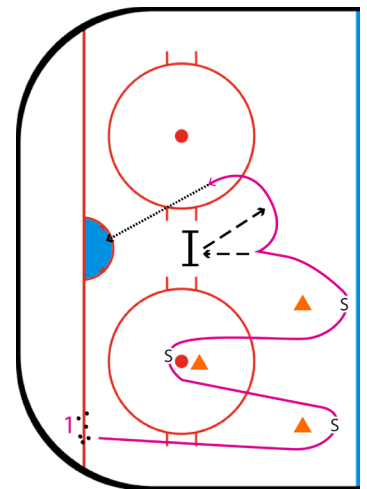
<https://acimaging.net/hockey/shield-drill/>

PURPOSE

Stick handling drill to work on shielding the puck from an opponent and adjusting shooting angle of a deflection or quick pass

HOW TO

- Player out of corner skates through cones shielding away from the cone with their body as if it is a defender
- After 3rd cone, skater makes quick pass off rebounder, makes quick adjustment of shooting angle (turn body around puck to open up more, get from backhand to forehand, etc.) and take quick shot



--IF TIME-- Half ice 3v3 Release

HOW TO

Two lines, start with 1v1 in the space. Players must pass to the next person in the line to release them into play. Play up to 3v3 or until someone scores.