

PRACTICE PLAN 8/24/2021

2v2 Backcheck

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

PURPOSE

NEED TO PRACTICE WITH PASSING & SPACE CREATIVITY!

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.

--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, 2nd player in line steps into circle to put pressure on 1.
- 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.
- After shot, 1 goes to circle, 2 goes to line, next person in line skates.

GROUP B: 3 Shot Net Drive

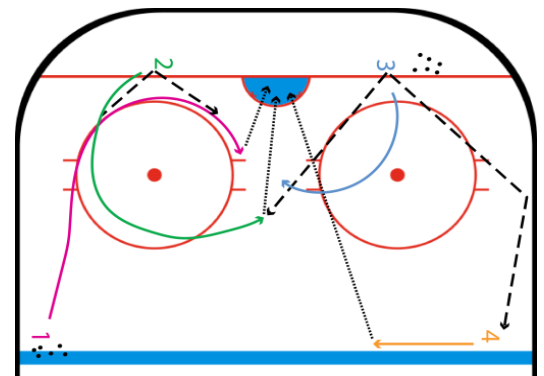
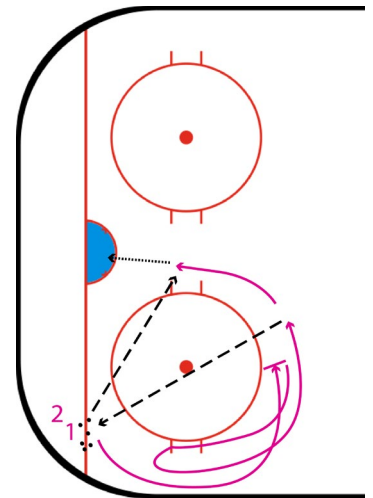
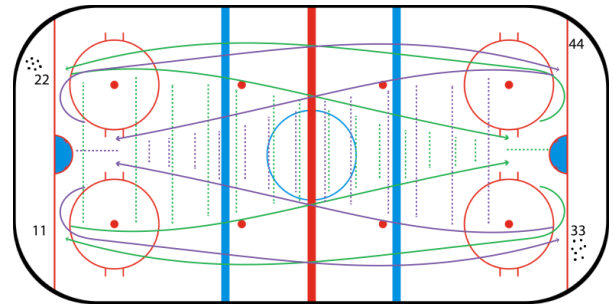
<https://acimaging.net/hockey/4-shot-net-drive/>

PURPOSE

Low zone puck movement and activating D. This is great work developing PP and general net-front presence.

HOW TO

- Players at both points and below goal line in line 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.

ADM 2-1 Forecheck Drill

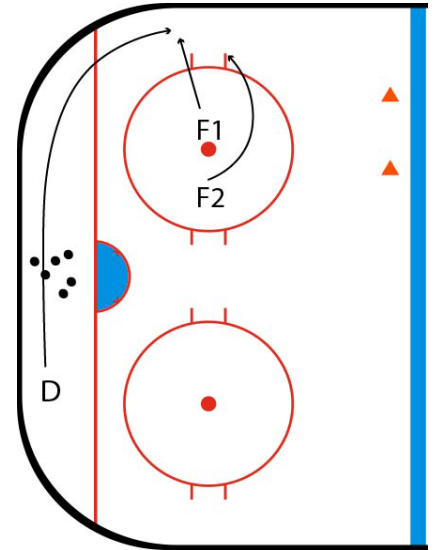
<https://acimaging.net/hockey/adm-2-1-forecheck/>

PURPOSE

To teach both body contact angling and introduce an aggressive 2-1 low zone forecheck.

HOW TO

1. Player starts in far corner and skates behind net to pick up a puck then proceeds to work up board side lane.
2. F1, released by coach to give a variable gap, becomes main attacker, while 2, who goes at the same time, becomes support attacker.
3. F1 & F2 try to gain possession and score, while “d” player tries to skate through cone gates. F1 goes to line, F2 becomes F1, and D becomes F2.



--IF TIME—Designated Shooter 3v3

HOW TO

- Divide team into two. First three line up at blue line. Player 3 is the designated shooter – doesn't have to be a D-man.
- Players 1 skates to edge of circle, player 2 skates to edge of circle twice, player 3 skates to center line and joins play.
- Players must move puck in zone to their designated shooter for a shot. They can then tip or play rebounds, but cannot stick handle the puck or the shot resets.
- Goalies rotate every 2-3