

## PRACTICE PLAN 8/28/2021

### 6 Pass Drill

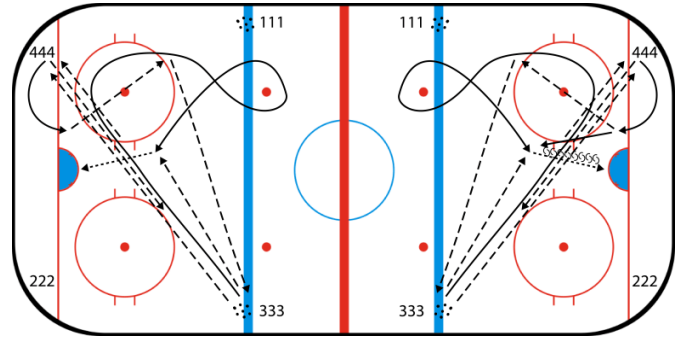
<https://acimaging.net/hockey/6-pass-drill/>

#### PURPOSE

Long and short passes on the move, hipping out to open up for passes, as well as catching and receiving passes on-side.

#### HOW TO

- Please note, drill is shown on one side (3 & 4). Can be run alternating sides 1 & 2 then 3 & 4).
- 3 starts by making the long pass to 4 in the corner.
- 3 receive puck back and returns for passes 2 & 3.
- 4 curls inside while 3 curls up boards and opens up to receive breakout pass from 4 (pass 4).
- 3 turns up ice and makes long pass back to line 3 (pass 5).
- 3 curls around face off dot inside out to create space and receives pass back (pass 6) for shot on net.
- 4, after making their breakout pass, steps in to defend 1v1
- 1 to 2, 2 to 3, 3 to 4, 4 to 1



### 3 Shot Net Drive

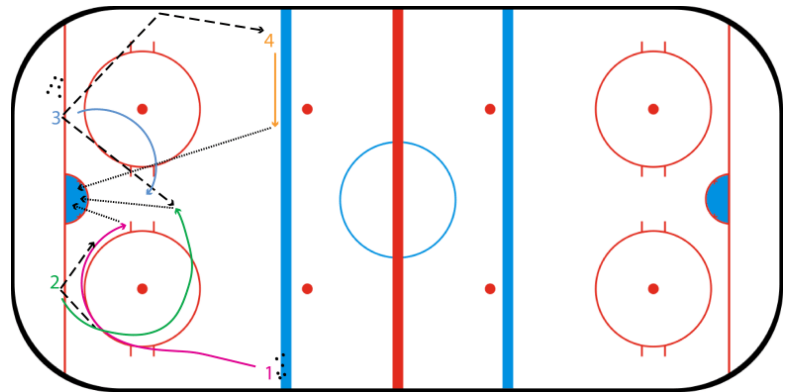
<https://acimaging.net/hockey/4-shot-net-drive/>

#### 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 rushes the point to force them to make a decision before shooting**
- 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.



**\*\*PLEASE NOTE THE CHANGE TO THIS DRILL FOR PLAYER 3\*\***

## ADM 2-1 Forecheck Drill – 2 GROUPS

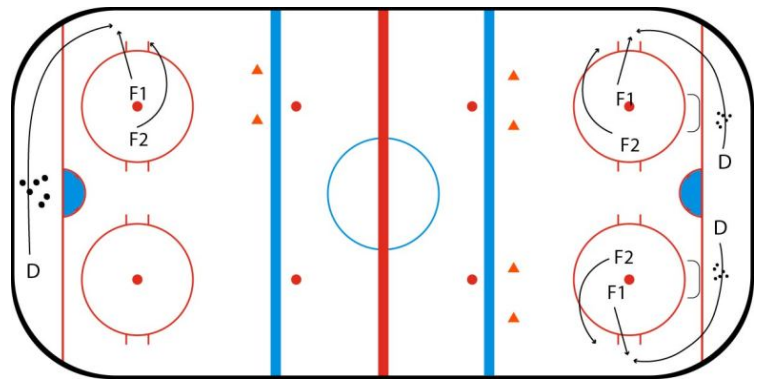
<https://acimaging.net/hockey/adm-2-1-forecheck/>

### PURPOSE

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

### HOW TO

1. Split into 2 groups and use both corners with carry lines (D) in center area
2. On FIRST go, D carries puck behind net on SECOND go F1 and F2 release to attack and support pressure. Coaches should vary release so that players have to adjust to different speeds and attack angles
3. F1 & F2 try to gain possession and get a scoring chance while D tries to skate out of the zone and through target cones
4. Can add in a challenge like backward or on belly before releasing F1 & F2



## Reverse Corner War – 2 GROUPS

Sorry, no URL at this time

### PURPOSE

Controlling, finding or creating time and space with high pressure in battle mode

### HOW TO

Set up like a normal corner war with net in the corner and players on perimeter. Except instead of the net facing the corner, it faces out

Toss puck in zone for 2v2 battle. They must get possession in the small area and try to work to the front of the net for a scoring chance.

--IF TIME--MASH

### PURPOSE

Fun, camaraderie, and skating without realizing their skating

### HOW TO

- Dodgeball with a medic (goalies)