

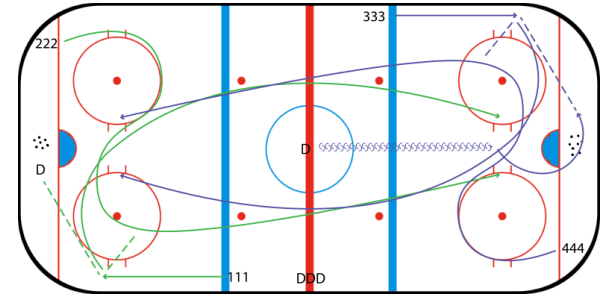
PRACTICE PLAN 9/1/2021

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.

Explain DZC vs Forecheck

CONTROLLED DZC/OZC – 4 D, 6 FORWARDS

PURPOSE

To review basic coverages in controlled but competitive environment

HOW TO

1. 5v5 in the zone. Puck starts behind net with two players in pin/attack position.
2. On go or whistle, players must scrum to get puck loose either turning to the offensive team getting possession and DZC ensuing, or D team getting possession and turning to a forecheck/breakout situation
3. Make sure defensive team CARRIES/PASSES puck out not just fire down to the other end

CLOCK GIVE 'N' GO – REMAINDER OF FORWARDS

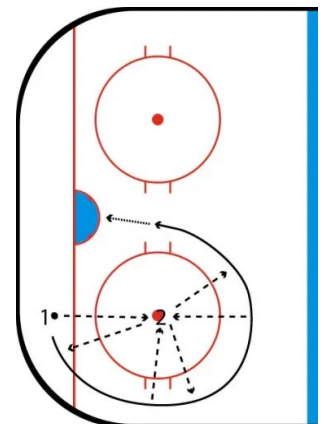
<https://acimaging.net/hockey/clock-give-n-go/>

PURPOSE

Quick tape to tape passing while moving

HOW TO

1. Player 1 in line with face off dot and player 2 on face off dot.
2. Player 1 passes to and receives back from player 2 3 times (at bottom/start, hash marks, and top of circle) maintaining motion, accurate passes, a good passing angle and passing target
3. After receiving third pass back, player 1 drives net and takes a shot then becomes player 2



3v3 Designated Shooter