

PRACTICE PLAN 9/12/2021

3v3 Backcheck

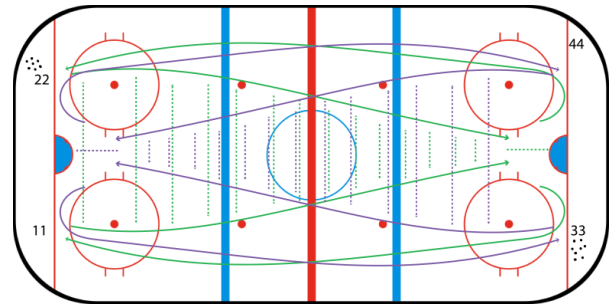
<https://acimaging.net/hockey/2v2-back-check/>

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 plus a line near the net. Two corners with pucks.
- To start, 1, 2, and 3 take-off on a 3v0 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, and 5 start the other way. 1, 2 & 3 tag the goal line and then back check.
- Drill is the same as 2v2 but with another line added in for more of a game like feel and for more chaos/competition



Andover 1v1 & 2v1

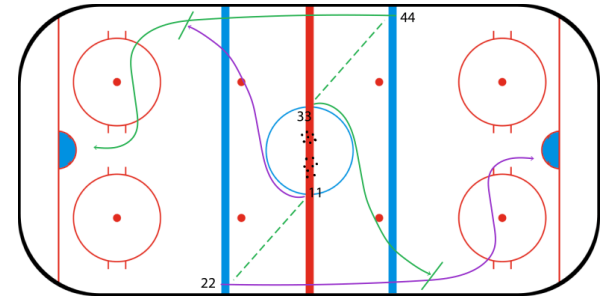
<https://acimaging.net/hockey/andover-1v1/>

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.
- Repeat with 2v1



3v1 High Drive (Modified Andover 3v1)

<https://acimaging.net/hockey/3v1-high-drive/>

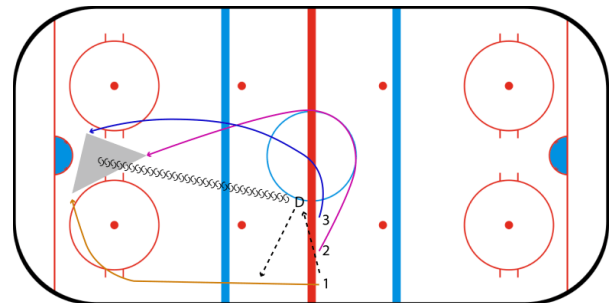
PURPOSE

For offensive players, this works on zone entry with speed and creating the shooting triangle down low with a high net drive.

HOW TO

Drill is shown to one side. Can be run from both side simultaneously. This is also a variation on Andover 3v1.

- D lines up in center ice, 3 lines of players to board side of circle.
- All three lines go at the same time.
- 1 passes to D and proceeds up ice receiving puck back. 2 goes around the center circle and drive high. 3 Cuts through the circle and drive far post.
- D, after passing, retreats and plays 3v1 having to force play wide while still identifying the dangerous man.



LOW-HIGH WARM-UP

I want this to be our new pre-game warm-up. It should be more effective for getting more players moving as well as the goalies seeing a larger variety of shots.

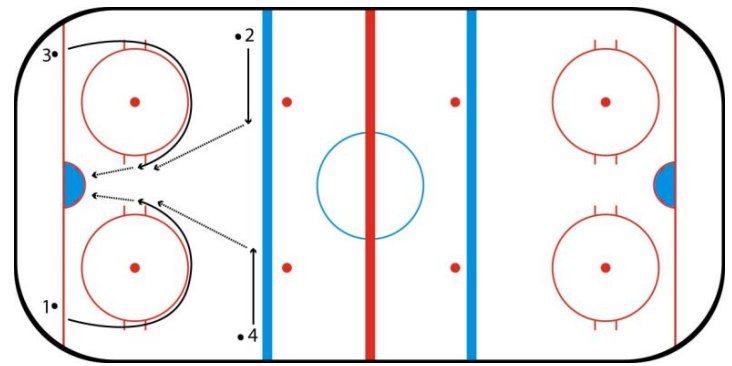
<https://acimaging.net/hockey/low-high-warm-up/>

PURPOSE

This is a basic warm-up drill focusing on skating, shooting, and adjusting shot angles. More importantly, it gets goalies moving from low to high and vice versa having to adjust to new shooting angles and depths.

HOW TO

- Players in each corner at and each point with pucks.
- Player 1 curls around top of circle for quick shot.
- Player 2 from point **pulls across the blue line** and takes a long shot.
- Player 3 curls in from other corner for quick shot.
- Player 4 **pulls across blue** for another long shot.



OVERSPEED

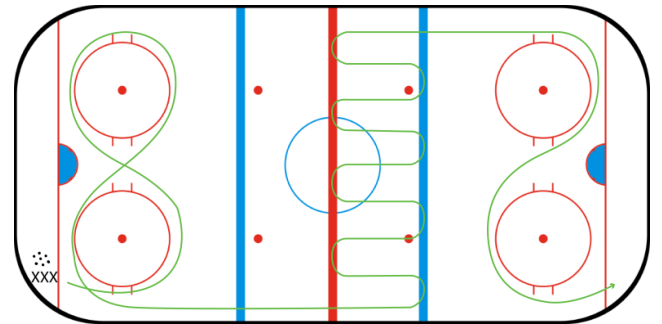
<https://acimaging.net/hockey/overspeed/>

PURPOSE

Technical skating drill working on generating and maintaining speed. Also great for effective game-ready conditioning.

HOW TO

- Player starts in corner and skates a figure 8 around the near zone face off circles.
- Then heads up ice and does as many power turns between the far blue and center red line as they can. There should be no less than 6 turns (3 each way).
- Proceed into the far zone and finish with a half Russian around the far face off circles, ending in the corner opposite the corner they started.



SWISS 4v2

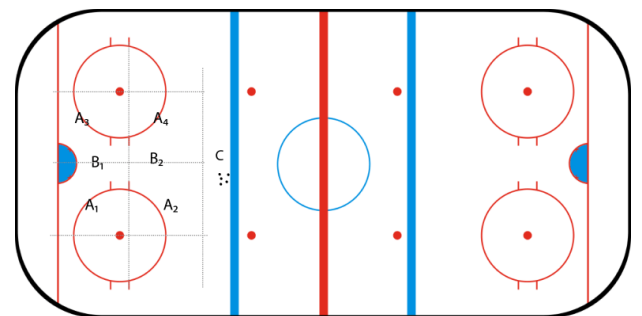
<https://acimaging.net/hockey/swiss-4v2/>

PURPOSE

Offensively: working the puck low to high, finding optimal passing and shooting lanes, and scoring from a triangle. Defensively: Recognizing dangerous man, controlling passing and shooting lanes and working with a partner in a man on man with zone support. This drill sets up nicely for working on PP/PK – what U. Wisconsin men's hockey uses it for!

HOW TO

- Set up a grid on the ice between the face off dots and up to an area above the face off circles, but not to the blue line. There should be 4 boxes.
- 4 players from team A take up each of the 4 quadrants. 2 players from team B are defending the bottom two and/or top two quadrants.



- A puck is put into play to team A who moves the puck between their quadrants to get a shot on net. Players must stay within their quadrant and utilize the space they are given. B players play 4v2 and must stay in their respective halves of the quadrant.
- Once a goal is scored or coach determines the change, 2 players are added from team B and 2 players from team A exit while 2 players stay and become the defenders.

AROUND THE WORLD/ALL-IN

<https://acimaging.net/hockey/around-the-world-all-in/>

PURPOSE

Game to work on controlling time and space in chaos

HOW TO

- Split team up into 3+ groups, usually teams of 2-3 players (by lines, colors, age, height, let them pick...)
- Set the parameters – where they have to shoot, how many passes, what happens on a turnover
- For example, first round they have to re-set to coach on turn-over. Second round they have to make 3 consecutive passes.
- Put everyone in one zone or small area, coach dumps puck in and we go!