

PRACTICE PLAN 9/15/2021

Backcheck 3v3

PURPOSE

Controlling time & space, zone entry

HOW TO

- Same as Backcheck 2v2 but with one more line. More people, more chaos.

Explain PP/PK

CONTROLLED PP/PK

PURPOSE

Review basic coverage and work on puck movement

HOW TO

1. 5v4 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

--FORWARDS NOT IN PP/PK DRILL--

CLOCK GIVE 'N' GO <https://acimaging.net/hockey/clock-give-n-go/>

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

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

5v3/5v2 Breakout & Regroup

<https://acimaging.net/hockey/5v0-3v2/>

PURPOSE

Breaking out against pressure and motion regrouping in neutral zone

HOW TO

1. 6 forwards and 2 D at blue line with 2 D in neutral ready to go
2. Puck is dumped in the zone and D retreats. One line of Fs are trying to breakout and one set it forechecking trying to gain possession and score.
3. If the breaking out line gets out of the zone, they pass to the D in neutral, cross to create time & space, and receive puck to go back in zone. D from neutral join rush creating a 5v2. Forechecking team, once D team gets out of the zone, releases. They will be the next line up to breakout.
4. If the forechecking team get possession they can try to score.

3v3 IF TIME

