

PRACTICE PLAN 9/19/2021

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.

Predators Post Up

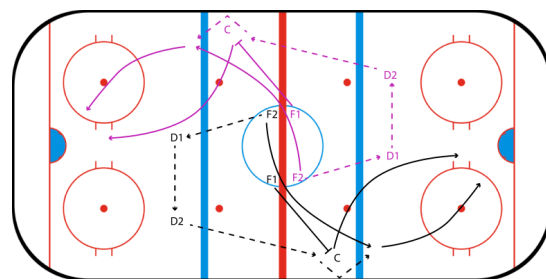
<https://acimaging.net/hockey/predators-nz-post-up-easy/>

PURPOSE

Quick post up to zone entry or breakout.

HOW TO

- 4 lines of forwards at neutral zone, 4 D – 2 in each zone, coach at opposite blue lines. Pucks in the middle.
- F2 passes out to D1. At the time of the pass, F2 wide curls while F1 drives hard toward the coach and posts up.
- D1 passes to D2 who passes to F1 posted up.
- F1 chips around the coach to F2.
- F2 drives to net while F1 releases and also goes to net for 2v0



ADM 2-1 Forecheck (Both Ends)

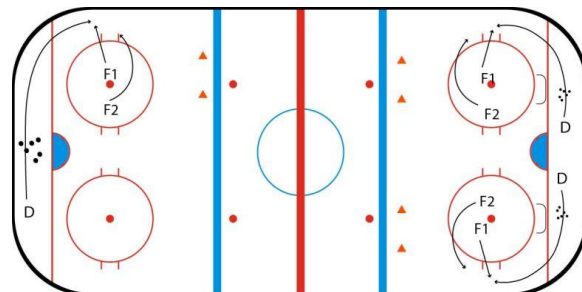
<https://acimaging.net/hockey/adm-2-1-forecheck/>

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.



5v3/5v2 Breakout & Regroup w/ bonus breakout

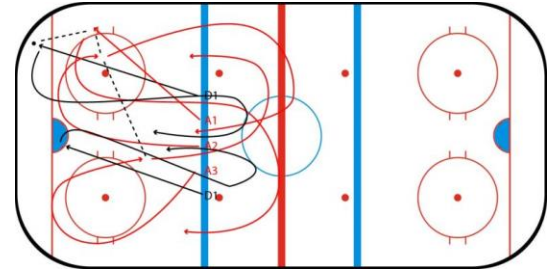
<https://acimaging.net/hockey/5v0-3v2/>

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.
5. On whistle, 2 D breakout to 3 forwards again (this time without pressure) and go all the way to the other end against the 2 D that were offensive.



Pens Levels 3v3

<https://acimaging.net/hockey/pens-levels-3v3/>

PURPOSE

- Control & create space and time, adjusting to small areas and new shooting angles
- 3v3 in the zone. Second goal just outside tops of circles facing same direction as normal goal. Extra players on side boards.

HOW TO

- Puck is played in by coaches.
- Players must pass to their team on the side board after a turn over.
- Players can shoot on either goal.
- Board players are NOT in the play. They cannot be attacked and they cannot move from their spot (within reason).

