<u>PRACTICE PLAN 9/8/2021</u>

2v2 Backcheck

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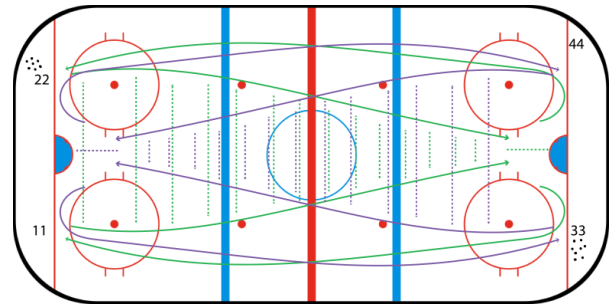
PURPOSE

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. Two corners with pucks.
- To start, 1 and 2 take off on a 2v0 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 start the other way. 1 & 2 tag the goal line and then back check 3 & 4.
- Once 3 & 4 get a shot off, the pattern starts again from this end with 3 & 4 back checking.

--SPLIT—

GROUP 1: 1v1 Transitional Zone

https://acimaging.net/hockey/1v1-transitional-zone/

PURPOSE

Working on 1v1 battles down low to work the puck back out to the front of the net while retaining the triangle. Also works on the front (home) side defense staying heels to net to monitor behind net play and cut off passing lanes to front forwards.

HOW TO

- Forward (A1) and defense (B1) start with puck behind the net. They must battle for the puck and remain below the goal line. A1's objective is to move the puck to either A2 or A3 in the face off circles.
- Defense B2 must play the passing angles above the goal line and outside the circles, only crossing into the circles while the puck is in the circles. This is the transitional zone as they go from playing a zone, to 1v1/2v1. They are also the outlet for B1 to clear the zone.
  - B2 can go anywhere in the zone ABOVE the goal line and OUTSIDE the circles to be an option for B1.
  - B2 CAN go INTO the circles once the puck is in the circle. If the puck leaves the circle, they have to vacate.
- A2 and A3 must move within their circles to create space, receive a pass and either take a quick shot or move the puck back to A1 or A3/A2.
- Cycle A1 to A2, A2 to A3, A3 to line, or swap in whole lines. D rotate low (behind net) to high to line.

GROUP 2: 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.
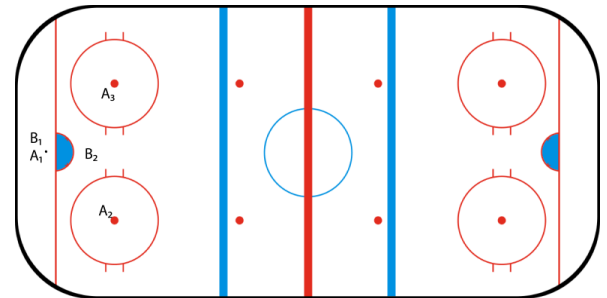
HOW TO

- 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.

5v3/3v2
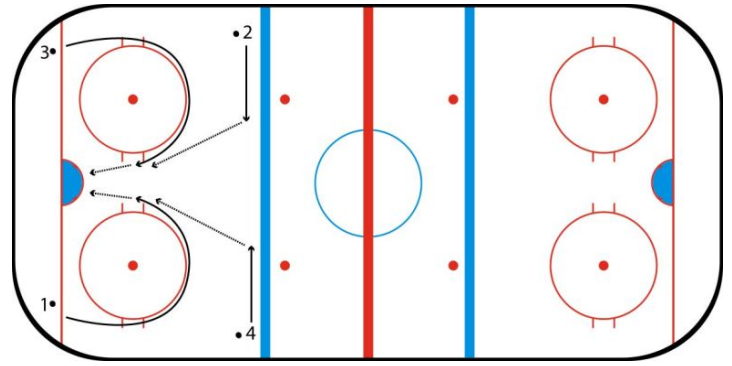
https://acimaging.net/hockey/5v0-3v2/ - please note this is the variations with forecheckers at the bottom of the web page.

PURPOSE

- Breakout positioning and breakout variations to a zone entry.

HOW TO

- Line of forwards and 2 D outside blue a second line of forwards at red line. Dump puck in zone.
- D retreats, forwards set up for break out second line of forwards forecheck.
- First line breakouts of zone and regroups in neutral zone. Second line of forwards, if break out is accomplished, gets out of the way.
    - Try not to enter in a perfectly straight line – create and manage space.
- Enter zone back on the two D that broke the puck out for 3v2.
- If forechecking group gets possession, they can try to score, creating an opportunity for DZC work.
    - If they score or the puck is frozen, the same group runs it again till a successful breakout and regroup
    - If the forecheckers turn it back over, first forward line can then breakout as planned and drill continues.
- Forecheckers become next breakout line and line after them becomes next forecheckers.
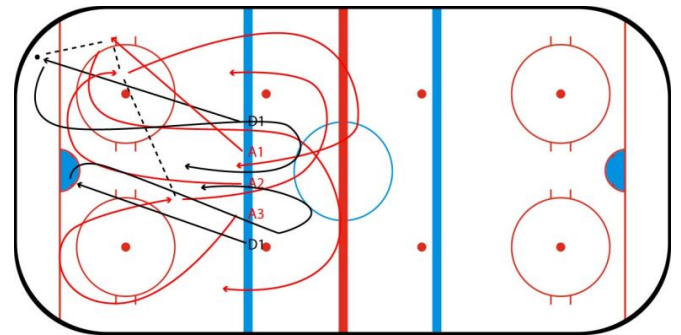
3v3 Release – Net to Net Variation (if time)

PURPOSE

Creativity, teamwork, time & space. For goalies it's tracking around/behind the net and post to post movements.

HOW TO

- Place nets in the center of one zone back to back.
- Players start 1v1 and must pass to their next teammate in line to "release" them into the game. They can release up to a 3v3.