

PRACTICE PLAN 10/13/2021

Flow 2v1

<https://acimaging.net/hockey/2v1-flow-breakout/>

PURPOSE

Skating, passing, breakouts

HOW TO

- Normal breakout flow, however the line from the corner is moved to the blue.
- Add bumpers to all 4 lines to simulate board side pressure
- Have D make the decision which way to break out to so forwards have to adjust. Have forwards focus on chipping inside or outside (post-up) for the center.

Predators Post Up

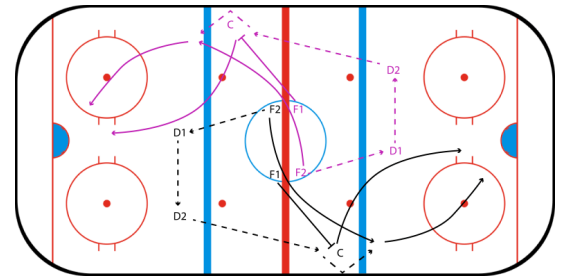
<https://acimaging.net/hockey/predators-nz-post-up-easy/>

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



3 Zone Timing

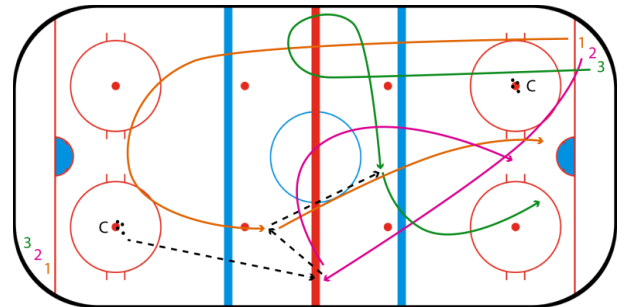
<https://acimaging.net/hockey/3-zone-timing/>

PURPOSE

Motion through zone, timing passes, quick ups and zone entry with speed.

HOW TO

1. Line of players in opposite corners and coach in same side face off circle with pucks.
2. 1 skates down wing and loops low in the opposite zone. 2 swings wide and heads to post up at red line. 3 drives near side wing, wheels towards the board then cuts across the blue line.
3. When 2 is approaching the red line, they will receive a pass from the coach opposite them.
4. 2 will pass or chip into 2, who passes or chips to 3. Three becomes F1 and F2 and F3 complete triangle.
5. Once pass is made to player 1 from player 2, the opposite side starts.



5v4 PP/PK Break out, Regroup, Rush

No URL at this time

PURPOSE

Zone control on PP/PK, breaking out with pressure, and transitioning to full ice rush

HOW TO

- Puck goes in to zone 5v4.
- PP team must break out and re-group against PK
- On whistle, low D transition to PP, high D transition to PK and 5v4 goes full ice the other way

3v3 Release with touch passes

PP	PK
MAX-ROMEO-INDI	PHIL-SEAN
TONY-JOSH	ANDREW-AVERY
SEAN-RJ-PHIL	ROMEO-MAX
ANDREW-AVERY	TONY-JOSH
GRAHAM-MAX-TONY	SEAN-RJ
JOSH-PHIL	ANDREW-AVERY
SEAN-RJ-AVERY	GRAHAM-TONY
MAX-ROMEO	JOSH-ANDREW