

PRACTICE PLAN 10/20/2021

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.
- 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

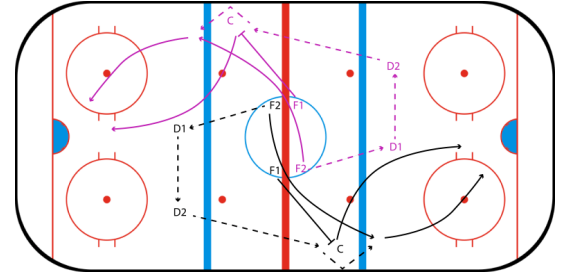
<https://acimaging.net/hockey/predators-nz-post-up-easy/>

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/F4 passes out to D1. At the time of the pass, F2/F4 wide curls while F1 drives hard toward the blue line and posts up.
- D1 passes to D2 who passes to F1 posted up.
- After D1 swings the pass, they will attack the player driving to the post-up (instead of coach)
- F1 chips around the D or can dish inside depending on pressure to F2.
- D2 releases to cover zone rush after passing to post up (F1/F3)
- F2 drives to net while F1 releases and also goes to net for 2v2



3 Zone Timing

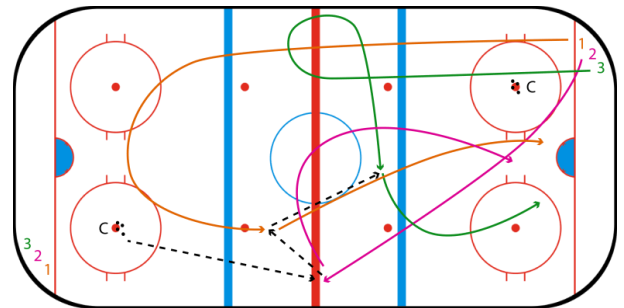
<https://acimaging.net/hockey/3-zone-timing/>

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 faceoff 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.

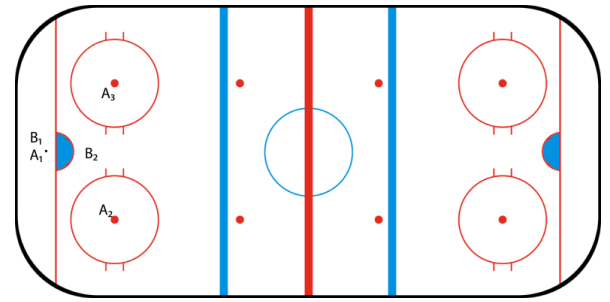


GROUP A: 1v1 Transitional Zone

<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.
- 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 spot. A3 to A1 spot. Or Line to A1, A1 to A2, A3 to line. D rotate low (behind net) to high to line.

GROUP B: QUICK PASS 1v1

PURPOSE

Quick passing in a small area and battling 1v1

HOW TO

- 2 Players in one faceoff circle, all others spread around perimeter.
- 1 Puck played into the middle. 2 players must battle to get possession, move in the small space, and make 3-5 passes without losing possession.
- Cannot pass to the same person twice in a row.
- Who ever they make the final designated pass to, they immediately come into the circle
- Players on the perimeter can move, within reason, around the perimeter, but cannot cut through or step into the circle unless they are the final pass.

Torpedo Relay Race

PURPOSE

Skating, agility, conditioning, fun

HOW TO

- Two groups, goalie in net, coach with pucks near center ice
- On whistle, first two in each line go (yes TWO) do a full lap in transition around their faceoff circle.
- After the circle, they will need to spread apart a little and at the blue line they will both torpedo, recover and then head back into the original zone to collect a puck and play 2v2.