

## PRACTICE PLAN 10/27/2021

### 3 Zone Timing - Modified

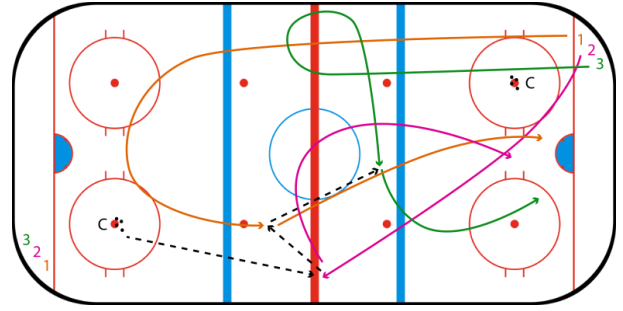
<https://acimaging.net/hockey/3-zone-timing/>

#### PURPOSE

Motion through zone, timing passes, quick ups and zone entry with speed. This is modified to try to get the players to be a better option and sets up for adding a defensive swing and quick up.

#### HOW TO

1. Line of players in opposite corners
2. 1 skates down wing and loops low in the opposite zone with puck. 2 swings wide and heads to post up across red line. 3 drives near side wing, wheels towards the board then cuts across area between circle and face off dots.
3. Player 1, when approaching tops of circles, they will pass to player in corner. Player in corner will make the stretch pass up ice to 2, which player 1 loops to head up ice.
4. 2 will pass or chip into 1, 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.



### Predators Post Up

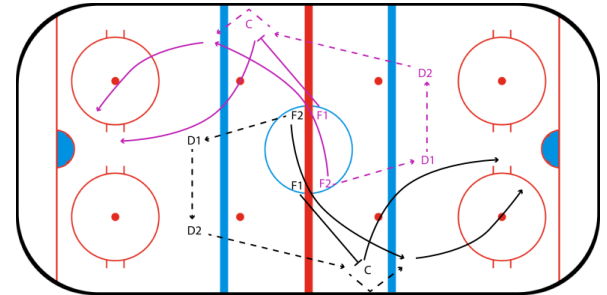
<https://acimaging.net/hockey/predators-nz-post-up-easy/>

#### 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



### Neutral Zone Angling (Buffalo Sabers/Erie Monsters among others)

<https://acimaging.net/hockey/neutral-zone-angling-2v2/>

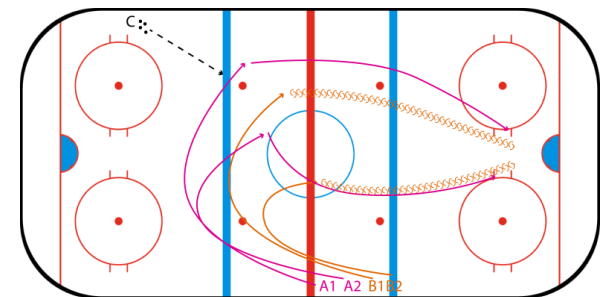
#### PURPOSE

Quick up to 2v2 focusing on reading play and angling players wide to prevent shot.

#### HOW TO

\*\*Drill will be run out of both sides, but only illustrated on one to ease diagram confusion.\*\*

1. Groups of players at boards. For this purpose, A will be on offense and B will be on defense. Have all players run both offensively and defensively. Coach in the zone on the same side near the hash marks.



2. On whistle, players drive towards the opposite zone and coach plays puck to one of the A players. They turn up ice. B players transition to defense. Play goes into zone nearest where they started.
3. On next whistle, play begins from the other side.

### **5v5 Breakout/Regroup**

#### **PURPOSE**

Break out and re-group with pressure focusing on DZC positioning tonight. May have D players (except on breakout) play with upside down sticks to make them focus more on body position and good coverage of passing lanes rather than trying to fish so much.

#### **HOW TO**

- 10 players. Dump puck into zone. Break puck out to high D players in neutral zone. All players “offensive” players and “defensive” forwards must exit zone, re-group, and go back in 5v5.
- D forwards exiting zone helps in making them recognize where to go on coverage instead of always being in the right place at the right time – makes it more game like.
- Players not in the drill are on the bench so they watch and don’t wander. They’ll hate it, but it needs to happen.

#### **3v3**

Cross ice with Breakout behind net on change of possession