

PRACTICE PLAN 10/6/2021

Iron Cross Races

No URL at this time

PURPOSE

Conditioning, skating, stick handling, and compete

HOW TO

- Skaters do an iron cross pattern with skating and carrying a puck (forward to top, backward to center, out to left, across to right, backward to bottom).
- Player leaves puck at the bottom of the circle and sprints to the face off dot and curls INSIDE OUT.
- Coach put puck into zone.
- First player to the puck is on offense, second is on defense.

Backcheck 3v3

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

PURPOSE

Back checking and attacking with puck movement. Also serves as conditioning drill.

HOW TO

- Same as 2v2 Backcheck
- Three lines. First set drives down ice 3v0 and gets a shot.
- Once they shoot, group from that end goes the other way with original 3 back checking
- Add in bumpers randomly to center ice to force movement and heads up play

Predators Post Up

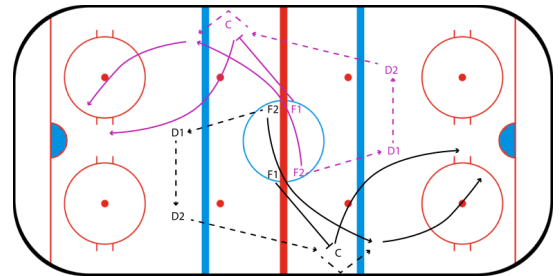
<https://acimaging.net/hockey/predators-nz-post-up-easy/>

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



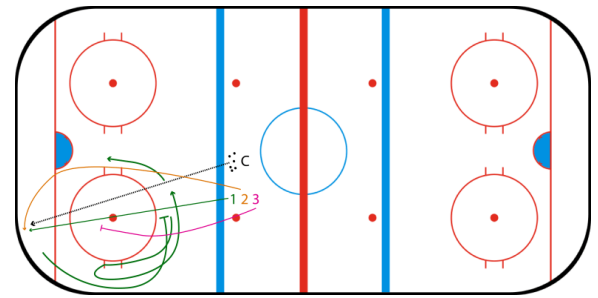
--- 2 GROUPS ---

GROUP 1 : Advanced Escape Wheel

<https://acimaging.net/hockey/advanced-escape-wheel/>

PURPOSE

Extend principles of the escape wheel and build on escape skating and stick handling skills. This is a great drill for building power play wall technique and low zone cycling.



HOW TO

- Three players start in the neutral zone.
- Coach throws puck into corner.
- Player 1 retrieves the puck. Player 2 reads, delays, and supports in the corner, player 3 becomes defender in the circle.
- Player 1 runs normal pattern as Escape Wheel – skates to top of circle, hits breaks, goes back down wall, power turns towards boards shielding puck and then goes back around circle. Player 1 has option to bump off boards to player in the corner or carry around the top of the circle for a high give 'n' go.
- Even though player 2 is not an engaged player initially, they need to keep themselves an option, supporting the puck carrier and calling for the bump if the defender is pushing high, or shifting passing angle to be a better option if they carry.
- Player 2 passes back to player 1 for the shot.

GROUP 2: 5v4 PP/PK

No URL at this time

PURPOSE

Zone control on PP/PK

HOW TO

- Puck goes in to zone 5v4.
- Players must set up overload and move puck quickly to get shot against PK in box
- PK players must move puck out of the zone, not just fling it.
- Can re-group 5v4

5v3 Breakout/Regroup

No URL at this time

PURPOSE

Breaking out against pressure, re-grouping in neutral zone for zone entry and then breaking out again to quick attack.

HOW TO

- Dump puck into zone 3 forwards on defense with two D (breaking out) and 3 forwards on offense (forechecking). 2 additional D in neutral zone.
- Players need to break out and give puck to neutral zone D to break out. Forecheckers get on the bench. Attack 5v2 (or 3v2 with support if that is better understood).
- On whistle, players transition back to break out.
- This time, the entire low unit attacks high D to far zone.
- Repeat to other end so both goalies get work.

3v3 Net to Net Designated Shooter if time