

## PRACTICE PLAN 9/29/2021

### 2v1 w/trailer Flow Breakout

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

#### PURPOSE

Works on simple 1-2 breakout with wing drive zone entry. Emphasize passing, timing, and gap control.

#### HOW TO

- Players line up on opposite blue lines and corners. All pucks behind the nets. Start with one D behind a net and one at center ice. All other D get out of the way along the boards.
- Play starts with one forward (1) going down the board and the player from the corner (2) going around the top of their near circle then hooking up ice inside the second circle.
- The D behind the net passes to 1. 1 passes to 2. 1 fills the far lane and 2 fills the near lane. 1 and 2 go in on a 2v1.
- This D joins rush and become high trailer. Then after shot will go off ice and new D will fill into the center to take the 2v1 the other direction (3-4 side).
- Once a shot is taken, the D releases and picks up a puck behind the net. This triggers the drill to start from the other end.

### Predators Post Up

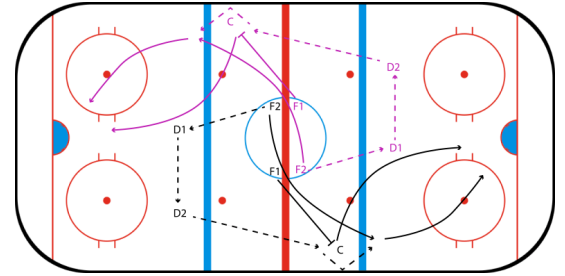
<https://acimaging.net/hockey/predators-nz-post-up-easy/>

#### 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



### Advanced Escape Wheel – 2 Groups

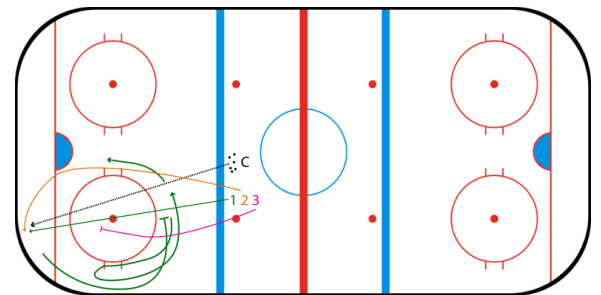
<https://acimaging.net/hockey/advanced-escape-wheel/>

#### 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.

#### **5v4 PP/PK Breakout**

No URL at this time

#### **PURPOSE**

Breaking out against PK pressure, regrouping, and setting up PP/PK in the zone.

#### **HOW TO**

- Similar to 5v0/3v2.
- 9 players in neutral zone. 3 forwards designated as breaking out to PP, 2 designated as forecheckers to PK. 2 Ds on each side of the play – 2 to break out then defend on PK, 2 to work in re-group to PP.
- Puck is dumped into zone. 2 D retreat with all forwards. They need to break out to the 3 forwards, other two forwards forecheck.
- On break out, 3 forwards re-group to other two D in neutral zone. All 5 forwards loop and enter the zone - 2 forecheckers transition to the box for PK with zone D, other 3 are on PP with neutral zone D.

#### **3v3 Designated Shooter**