

PRACTICE PLAN 11/13/2021

Small Area Backcheck 2v2

PURPOSE

Skating, conditioning, decision making in a small area, back checking to coverage

HOW TO

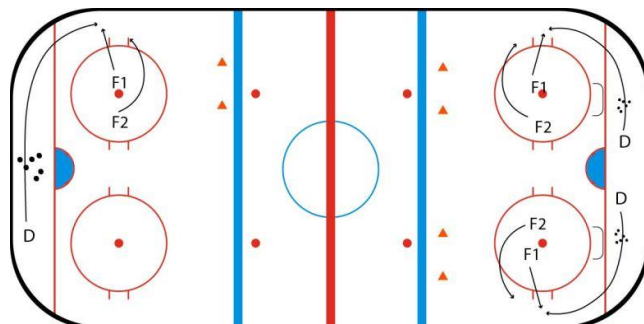
- Split group into 4 – each corner and at each end of the blue line. Nets at far has marks.
- Play starts the same as full ice, but now it's in a tiny compressed space.

ADM 2v1 Forecheck

<https://acimaging.net/hockey/adm-2-1-forecheck/>

PURPOSE

To teach both body contact angling and introduce an aggressive 2-1 low zone forecheck.



HOW TO

1. Players will be split into 2 groups to run out of each corner. Switch sides after a few reps for everyone.
2. Player starts in far corner and skates behind net to pick up a puck then proceeds to work up board side lane.
3. F1, released by coach to give a variable gap, becomes main attacker, while 2, who goes at the same time, becomes support attacker.
4. F1 & F2 try to gain possession and score, while “d” player tries to skate through cone gates. F1 goes to line, F2 becomes F1, and D becomes F2.

GROUP 1: PP/PK

	Missing Avery								
	PP				PK				
GROUP 1	Tony	Romeo	Max	Josh	Colin	Sean	Graham	Andrew	Ben
GROUP 2	Max	RJ	Phil	Andrew	Ben	Tristan	Romeo	Josh	Colin
GROUP 3	Indigo	Sean	Graham	Tony	Josh	RJ	Max	Andrew	Ben
GROUP 4	Tristan	Romeo	Indigo	Andrew	Ben	Tony	Phil	Josh	Colin
GROUP 5	Phil	RJ	Romeo	Josh	Colin	Sean	Indigo	Andrew	Ben
	Missing Avery & Phil								
	PP				PK				
GROUP 1	Tony	Romeo	Max	Josh	Colin	Sean	Graham	Andrew	Ben
GROUP 2	Max	RJ	Romeo	Andrew	Ben	Tristan	Indigo	Josh	Colin
GROUP 3	Tristan	Romeo	Indigo	Tony	Josh	RJ	Max	Andrew	Ben
GROUP 4	Indigo	Sean	Graham	Andrew	Ben	Tony	Romeo	Josh	Colin

GROUP 2: Star Drill (players not in PP/PK drill)

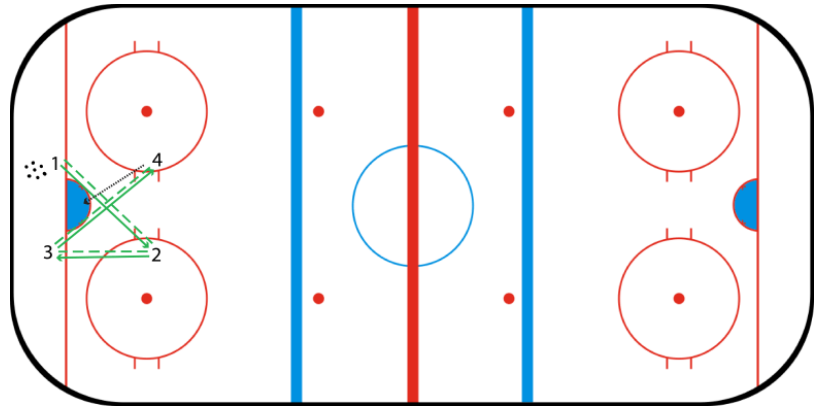
<https://acimaging.net/hockey/star-drill/>

PURPOSE

Quick passing (one touch) with screen, tip, rebound element.

HOW TO

1. Set up in 4 lines with pucks to left of goalie (1).
2. 1 passes diagonally to 2, 2 passes down to right of goalie (3), 3 passes diagonally up to 4 who takes a one timer or cradle and shoot (NO STICK HANDLING).
3. All players follow their pass.
4. After 4 shoots, they go to the front of the net for a screen, then get back in line at 1.



Red Wing Cycle (Howard's Drill)

HOW TO

<https://www.youtube.com/watch?v=SDCj7TBCRX0>

HOW TO

- Pucks near each faceoff circle.
- One player goes out to coral a puck, carries up boards and cycles to player 2.
- Player 2 carries behind the net and passes to player 1 in front for quick shot.
- Player 1 releases to other side and repeats the drill to that side.

3v3 w/ breakout if time

Normal 3v3, but must "break out" behind their net on possession change