

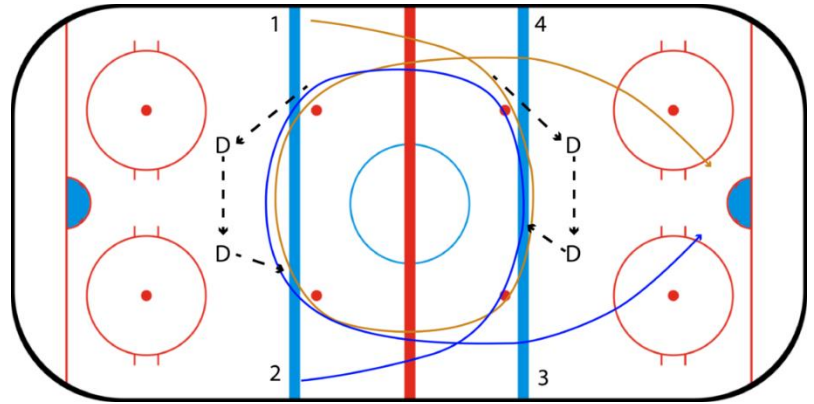
PRACTICE PLAN 11/17/2021

Double Regroup

<https://acimaging.net/hockey/double-regroup/>

PURPOSE

Work on regrouping patterns with D, creating and managing space through movement, and entering the zone with speed.



HOW TO

- Players split into 4 groups - one at each blue line. Two D set up just inside each zone. Pucks at 1 & 3 (or where coaches designate).
- On whistle 1 & 2 skate towards opposite D, 1 makes the pass to the near D who swings to the other D. 1 & 2 "loop" to re-group and head to the other end.
- Second D makes a decision on who is best option to receive puck on the re-group. Once forward (1 or 2) receives puck they head toward the other set of D and repeat.
- After the second re-group, they go in 2v2 to the other end.

GROUP 1: PP/PK with break out & regroup

Dump puck in 5v4. Break out to high D, regroup, go in and set up 5v4.

11/17/2021	PP					PK				
GROUP 1	Max	RJ	Romeo	Josh	Colin	Sean	Graham	Andrew	Ben	
GROUP 2	Avery	RJ	Phil	Josh	Colin	Tristan	Indigo	Andrew	Ben	
GROUP 3	Tony	Phil	Indigo	Josh	Colin	Max	Romeo	Andrew	Ben	
GROUP 4	Tristan	Sean	Graham	Andrew	Ben	Tony	RJ	Josh	Colin	
GROUP 5	Tony	Romeo	Max	Andrew	Ben	Phil	Avery	Josh	Colin	
GROUP 6	Tristan	Avery	Indigo	Andrew	Ben	Tristan	Graham	Josh	Colin	

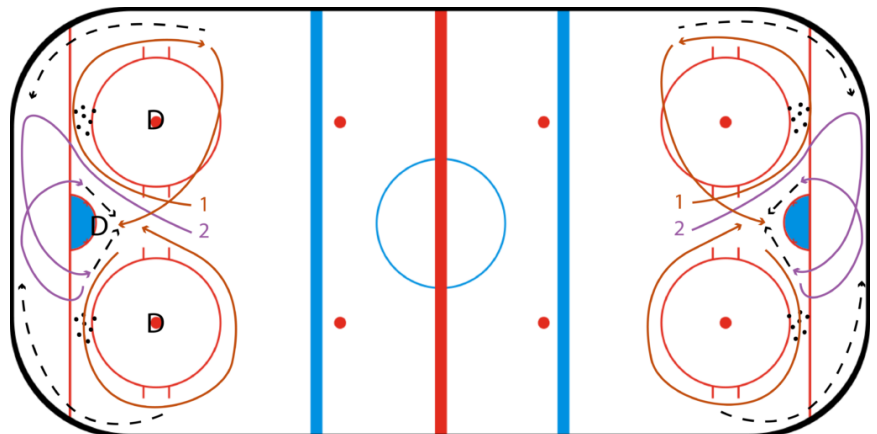
GROUP 2: Red Wing Cycle Drill

<https://acimaging.net/hockey/red-wing-cycle/>

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

PURPOSE

Work on moving the puck down low, finding a shooting gap and getting quick shots from a net-front presence.



HOW TO

- Two players set up in the high slot area. Player one drives into corner area, pick up puck.
- As player 1 turns up ice, they play the puck back off the boards and into the corner.

- Player 2 needs to read the play - delay if necessary - to pick up the cycled puck and go behind the net.
- At the same time, player 1 drives to the front. Player 2 breaks goal line and hits 1 for the quick shot.
- Then, players immediately release, with player 1 picking up a puck and starting the cycle from the other side.

3v3 Designated Shooter