# PRACTIE PLAN 11/28/2021

#### **Iron Cross Relays**

## PURPOSE

Skating, puck handling, and shooting work in a competitive environment.

# HOW TO

- For this one, we will have the players skate in a forwards and backwards (always facing out of the circle) iron cross, going in a counter clockwise pattern with a puck.
- After the last arm of the cross, they will leave the puck at the face off dot, sprint up and around the offside dot and race/battle for the puck dumped in by a coach.

#### GROUP 1: QUICK PASS 1v1

## https://acimaging.net/hockey/quick-pass-1v1/

## PURPOSE

Passing with pressure and finding time & space.

## HOW TO

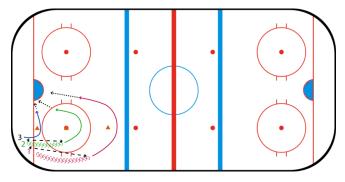
- Players around circle with 2 players inside.
- Players on the inside must battle for the puck. Once someone has possession, they must make 3 clean passes (or designated number) with players on the outside of the circle. They cannot pass to the same person twice (or twice in a row depending on numbers).
- Other player is trying to intercept and then make their passes.
- Once the 3rd pass is successfully made, the inside and receiving outside player immediately switch spots and that new player starts with possession.
- Players on the outside can move, within reason, around the perimeter, but they cannot step inside or cut through the circle unless they are part of the completion of passing requirement.
- Goalies can be included in this as they need work on their passing and stick handling, too.

## **GROUP 2: Advanced 3-Shot Mustang**

https://acimaging.net/hockey/advanced-3-shot-mustang/

#### PURPOSE

For skaters, this is a quick shooting, rebounding and skating drill with ample opportunities for variations. For goalies, this is a great drill for tracking movement coming from the corners, working on post lock-ups (and recovering to/from posts), and controlling/tracking rebounds.



## HOW TO

• Player 1 starts backwards and passes to next player in line (2) and gets puck back. They transition to forwards around cone between blue and top of circle, drives to high slot for shot.

- Then player 1 gets in position to rebound for player 2's shot.
- Immediately after player 1 shoots, player 2 starts backwards passing to next person in line (3), receives puck back, transitions to forwards around middle cone, then drives net to shoot.
- Player 2 then goes to the front to rebound for 3.
- Immediately after the shot, player 3 drives around low cone and either shoots or passes to one of the players in front.
- Goalie should focus on tracking puck through shot and quick game-like recovery back to their post to track the next shot.

#### **Royals Quick Rush Progression Game**

https://acimaging.net/hockey/royals-quick-rush-progression/

#### PURPOSE

Move puck quickly to net and capitalize on odd attack opportunities.

## HOW TO

- Split team in half. Designate one team as offense and other as defense.
- Put puck in play and attacking team gets 2-3 seconds to gather puck and get a shot.
- Then one player from defending team is released to create a 3v1. They get 5-6 seconds to play (one rebound).
- Then another defender is released for a 3v2. They get 10-15 seconds to play.
- If defending team gets possession, they can try to score.
- Flip offensive team on next puck in.

