

PRACTICE PLAN 11/3/2021

Flow 2v1

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

PURPOSE

Skating, passing, breakouts

HOW TO

- Normal breakout flow, however the line from the corner is moved to the blue.
- Have D make the decision which way to break out to so forwards have to adjust. Have forwards focus on chipping inside or outside (post-up) for the center.

Neutral Zone Angling

<https://acimaging.net/hockey/neutral-zone-angling-2v2/>

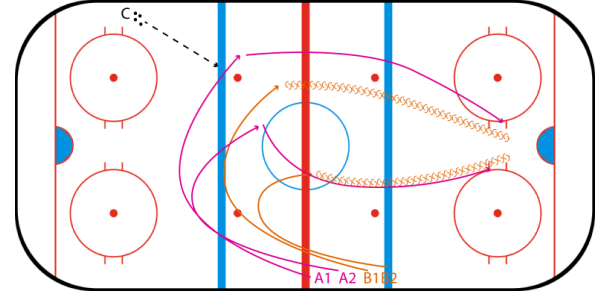
PURPOSE

Quick up to 2v2 focusing on reading play and angling players wide to prevent shot.

HOW TO

Drill will be run out of both sides, but only illustrated on one to ease diagram confusion.

1. Groups of players at boards. For this purpose, A will be on offense and B will be on defense. Have all players run both offensively and defensively with Coach in the zone on the same side near the hash marks.
2. On whistle, players drive towards the opposite zone and coach plays puck to one of the A players. They turn up ice. B players transition to defense. Play goes into zone nearest where they started.
3. On next whistle, play begins from the other side.



GROUP 1: 5 Card Skating

<https://weisstechhockey.com/hockey-drills/5-card-skating-drill/>

PURPOSE

To teach/reinforce basic D zone coverage positions in a single attack to contain system.

HOW TO

1. Set up players in normal DZC positions, write numbers on ice to help reinforce general position of cover
 - a. ROTATE IN 3 GROUPS:
 - i. Phil, RJ, Max, Josh, Colin
 - ii. Tristan, Romeo, Indigo, Andrew, Ben
 - iii. Tony, Sean, Graham, Avery, One D Stay
2. Have players skate to their cover spot when the number is called

GROUP 2: Goal Line Stand

https://www.minnesotahockey.org/news_article/show/1186962-drill-of-the-week-goal-line-stand

PURPOSE

Net front coverage, 2v2, and creating opportunities down low. Game should be fast and either get the puck out or get a shot. Not too much control, skate, and dangle.

HOW TO

1. Split players roughly in half forming a trapezoid on each side of the net. Two players from each team in the space.
2. Coach up top throws puck in deep. Players must battle low to create space and either try to score or get possession
3. If the puck changes possession, they must take the puck back below the goal line before they can attack.
4. If the puck is scored, covered, or goes out of play a new puck is put into play or a new group rotated in (coach's call). Try to rotate quickly or kids will want to wander.
5. Players not in the drill make a boundary to try to keep the puck in, but they are not necessarily "in play"

5v3/5v2 if time

HOW TO

1. Dump puck in 5v3 – 5 breaking out with 3 forecheckers
2. 5 regroup to 2 high D and go back into zone 5v2
3. Alternate sides on breakout/regroup
4. Players not in drill on bench

