

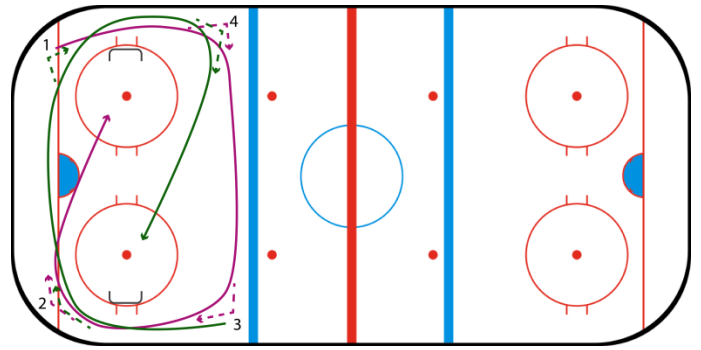
PRACTICE PLAN 12/11/2021

3 Pass Drill – Full ice if the other team wants, or half ice (shown)

<https://acimaging.net/hockey/3-pass-drill/>

PURPOSE

This simple drill, often used for warm-ups, is great for working on simple one-touch passing in motion, and sets up concepts of regrouping.



HOW TO

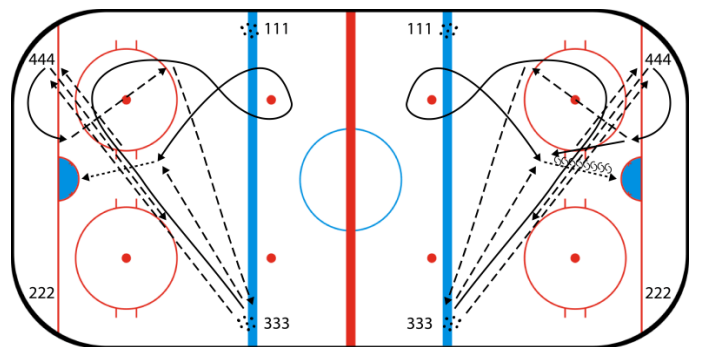
- NOTE: Description is for full ice. Half ice is similar, just smaller area.
- Split into four lanes at each blue.
- 1 & 3 go at the same time (2 & 4 together as well). For explanation purposes, I'll only explain the route of #1 as it is mirrored in the other groups.
- 1 skates forward with the puck and passes to line 4 and gets the puck back.
- 1 continues in a wide arch and passes to 3 on the swing and gets the puck back.
- 1 then passes to 2 for an on-side give & go, then drives to the net.
- If this is a warm-up or early drill, have them shoot from farther out.

6 Pass Drill – With and Without Defender

<https://acimaging.net/hockey/6-pass-drill/>

PURPOSE

Long and short passes on the move, hipping out to open up for passes, as well as catching and receiving passes on-side.



HOW TO

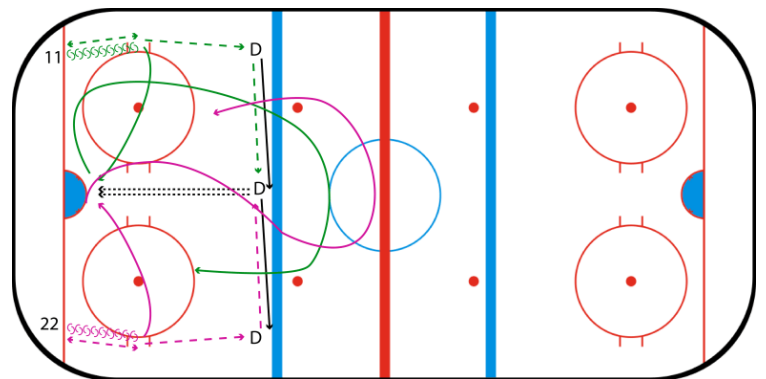
- Please note, drill is shown on one side (3 & 4). Can be run alternating sides 1 & 2 then 3 & 4).
- 3 starts by making the long pass to 4 in the corner.
- 3 receive puck back and returns for passes 2 & 3.
- 4 curls inside while 3 curls up boards and opens up to receive inside out breakout pass from 4 (pass 4).
- 3 turns up ice and makes long pass back to line 3 (pass 5).
- 3 curls around face off dot (or cone set up inside blue if working on off-side control) and receives pass back (pass 6) for shot on net.

Providence Transition Drill

<https://acimaging.net/hockey/providence-transition-drill/>

PURPOSE

Screen tip rebounds transitioning to a break out and then back into a zone attack. The low zone part is a common play not only in standard OZC but also on an overload power play.



HOW TO

- Two lines in the low corners with pucks, two D up top.
- Line 1 starts backwards quick passes and receives puck back, transitions to forwards, then passes to point
- 1 goes to net while D1 swings to D2 who shoots for a screen-tip-rebound (STR).
- 1 stays in front of the net while D shifts and line 2 starts from the other side with the same pattern.
- After the STR shot from 2, one of the players (coach can decide or players choice to encourage creativity) goes low and gets a breakout pass from one of the lines, other player fills gap.
- Forwards go out of the zone and re-group while D takes a few backwards strides, transitions 180, and takes 2v2 rush into the zone.

5v3/3v2 – From Face Off

Royals Rush 3v2

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