

PRACTICE PLAN 12/15/2021

Andover 1v1/2v1

<https://acimaging.net/hockey/andover-1v1/>

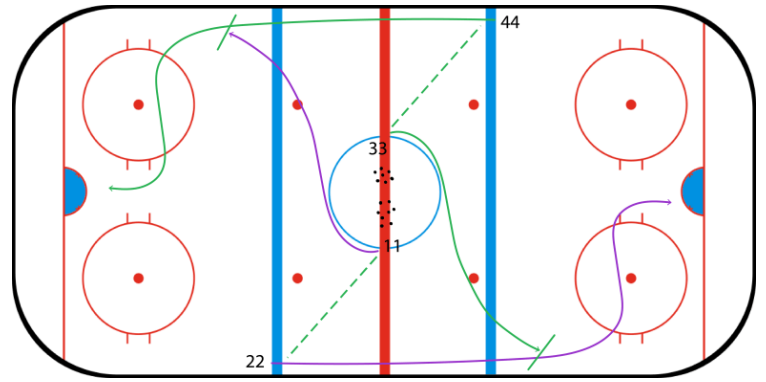
<https://acimaging.net/hockey/andover-2v1/>

PURPOSE

Angling. Angling. Angling.

HOW TO

- Pucks at center ice. Players at opposite blue lines and opposite sides of the center circle.
- Both sides go at the same time. Play starts with players 1 & 3 pass out to their respective blue line lines (2 & 4).
- Once the pass is made, 1 & 3 skate forward around the circle while 2 & 4 drive boards.
- 1 & 3 should cut off their respective player along the boards between the blue line and hash marks. 2 & 4 should drive wide and then cut in no sooner than the bottom hash marks.
- Intent is to angle the player into the boards for change of possession or to force them wide for as long as possible, reducing passing and shooting lanes.



Providence Transition Drill – Full Ice Variation if enough skaters

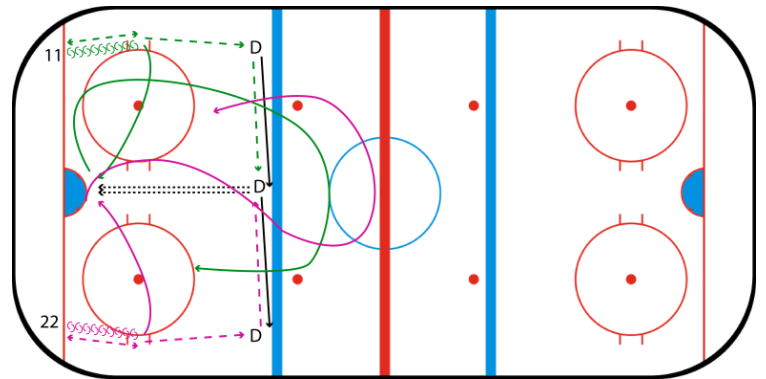
<https://acimaging.net/hockey/providence-transition-drill/>

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 the goalie, other player fills gap.
- Play continues to other end for 2v2.
- Repeat drill from other end.
- Half ice version if not enough skaters



Continuous Breakout 1v0

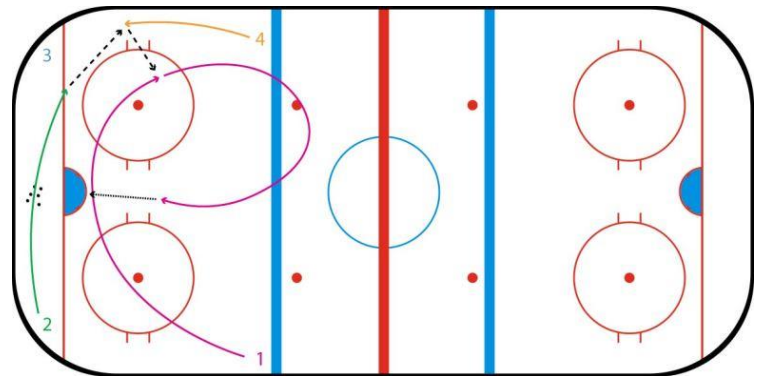
<https://acimaging.net/hockey/continuous-breakout-1v1/>

PURPOSE

Simple break out drill to emphasize getting open for the pass on the wall and low center swing. Also a great warm-up drill.

HOW TO

- Players 1, 2, and 4 start the drill. 2 picks up a puck behind net while 4 posts up on the far board for the break out pass. 1 sweeps low and swings for the inside pass.
- 1 proceeds to re-group at blue and go in 1v0. If early in practice, have players focus on mid-range shots instead of dekes.
- Once 4 makes their inside pass, they trigger the drill to go the other way. 3 picks up puck behind net, next person in line at 1 goes to half-wall, 4 (who just made pass on far side) now swings for the pass from 1 creating a continuous flow
- Players rotates 1-2-3-4

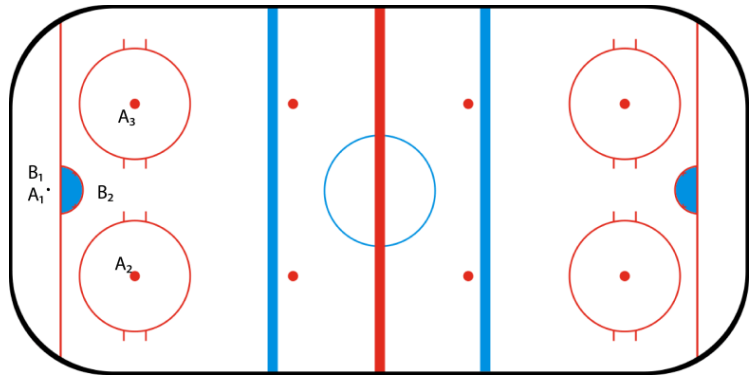


1v1 Transitional Zone

<https://acimaging.net/hockey/1v1-transitional-zone/>

PURPOSE

Working on 1v1 battles down low to work the puck back out to the front of the net while retaining the triangle. Also works on the front (home) side defense staying heels to net to monitor behind net play and cut off passing lanes to front forwards.



HOW TO

- Forward A1 and defense B1 start with puck behind the net. they must battle for the puck and remain below the goal line. A1's objective is to move the puck to either A2 or A3 in the face off circles.
- Defense B2 must play the passing angles above the goal line and outside the circles, only crossing into the circles while the puck is in the circles. This is the transitional zone as they go from playing a zone, to 1v1/2v1. They are also the outlet for B1 to clear the zone.
- A2 and A3 must move within their circles to create space, receive a pass and either take a quick shot or move the puck back to A1 or A3/A2.
- Cycle A1 to A2 spot. A3 to A1 spot. Or Line to A1, A1 to A2, A3 to line. D rotate low (behind net) to high to line.

Bull in the Ring V2

<https://acimaging.net/hockey/bull-in-the-ring/>

PURPOSE

V2 is much more about power drive and edge work.

HOW TO

V2

- Three pucks on the edge of the circle in a triangle, 3 players inside a bit rope ring.
- On go or whistle, all three players have to tug of war against the other 3 to get to their puck first