

## PRACTICE PLAN 12/8/2021

### 2v1 Flow

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

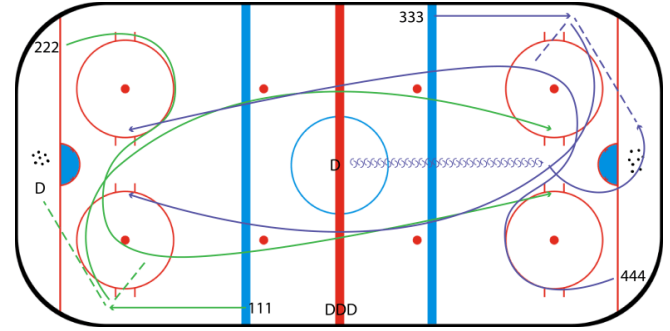
#### PURPOSE

Works on simple 1-2 breakout with wing drive zone entry. Emphasize passing, timing, and gap control.

**\*\* FOCUS ON D > W > D > REVERSE BREAKOUT\*\***

#### HOW TO

- Players line up on opposite blue lines and corners. All pucks behind the nets. Start with one D behind a net and one at center ice. All other D get out of the way along the boards.
- Play starts with one forward (1) going down the board and the player from the corner (2) going around the top of their near circle then hooking up ice inside the second circle.
- The D behind the net passes to 1. 1 passes to 2. 2 fills the far lane and 1 fills the near lane. 1 and 2 go in on a 2v1. This D will go off ice and a new D will fill into the center to take the 2v1 the other direction (3-4 side)
- Once a shot is taken, the D releases and picks up a puck behind the net. This triggers 3 to go down the boards and 4 to hook up ice like 2 for the drill to head the other way. After the D passes, they leave the ice and a new D steps in to take the 2v1 from the 1-2 side.



### Double Regroup

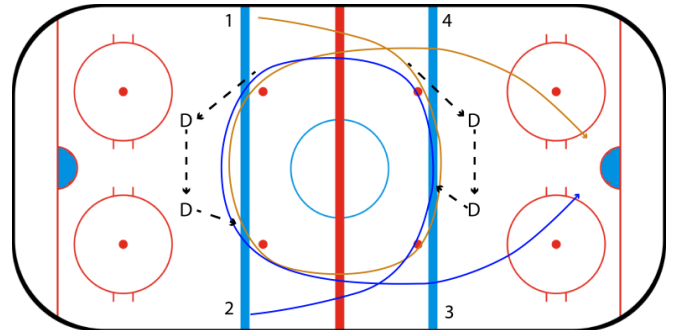
<https://acimaging.net/hockey/double-regroup/>

#### 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.



### Predators Post Up

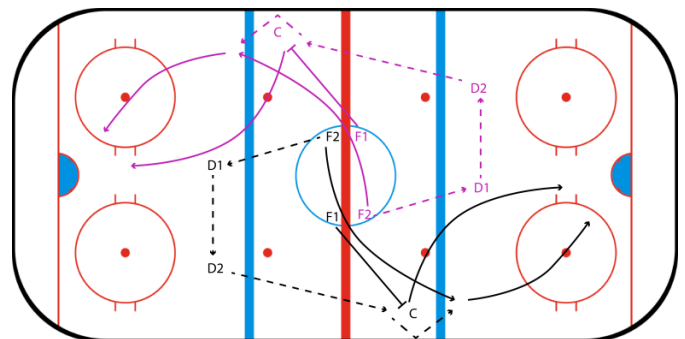
<https://acimaging.net/hockey/predators-nz-post-up-easy/>

#### PURPOSE

Quick post up to zone entry or breakout.

#### HOW TO

- 4 lines of forwards at neutral zone, 4 D – 2 in each zone, coach at opposite blue lines. Pucks in the middle.



- F2 passes out to D1. At the time of the pass, F2 wide curls while F1 drives hard toward the coach and posts up.
- D1 passes to D2 who passes to F1 posted up.
- F1 chips around the coach to F2.
- F2 drives to net while F1 releases and also goes to net for 2v0

### **5v0/3v2 to 5v3/5v3**

- Breakout, regroup
- Start from in-zone face off instead of dump in – this is not face off practice, but work on moving into position.
- Move to same drill but with forecheckers

### **Royals Rush**

<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.