

PRACTICE PLAN 1/12/2022

3 Pass Drill

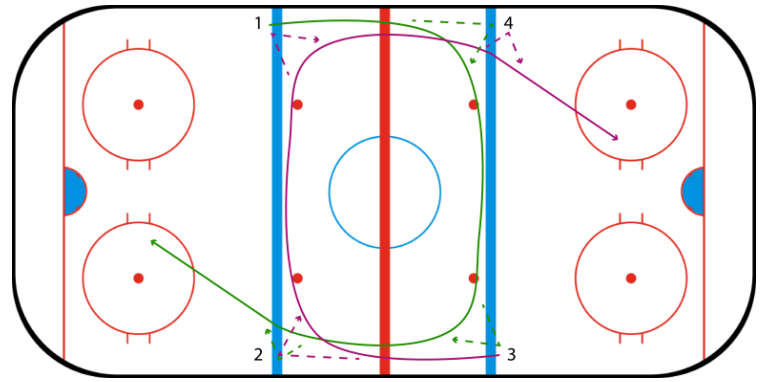
<https://acimaging.net/hockey/3-pass-drill/>

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

- Split into four lines 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.



2v1 Flow Breakout - Modified

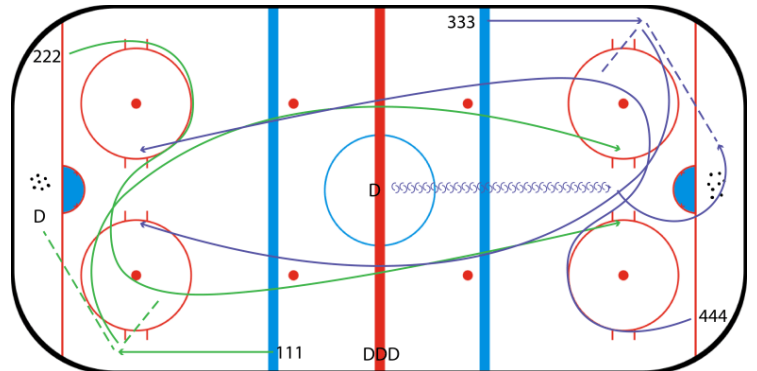
<https://acimaging.net/hockey/2v1-flow-breakout/>

PURPOSE

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

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 chooses where to pass (behind the net to weakside, to forward and receive back, directly to second player/2 curling, etc.) 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.



Providence Transition Drill – Full Ice Variation if enough skaters

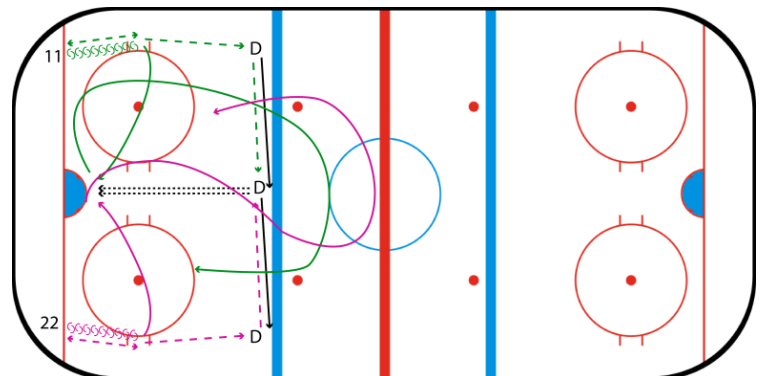
<https://acimaging.net/hockey/providence-transition-drill/>

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.
- Regroup in neutral and go in 2v2 or, if enough players, play continues to other end for 2v2.
- Repeat drill from other end.



Controlled PP/PK

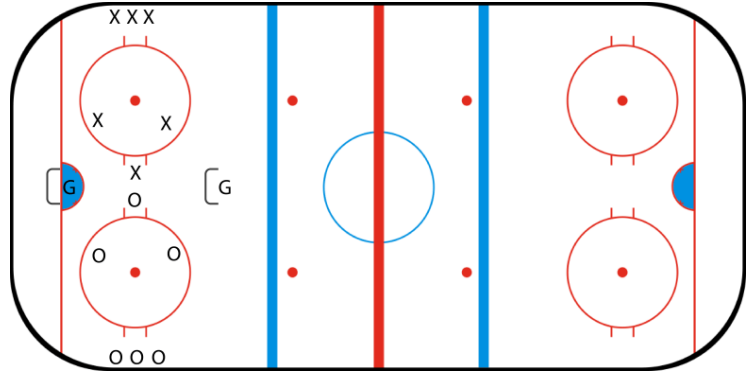
PRACTICE PAIRINGS									
1/12/2022	PP					PK			
GROUP 1	Tony	Romeo	Tristan	Josh	Sean	RJ	Indigo	Andrew	Ben
GROUP 2	Avery	Romeo	Indigo	Andrew	Ben	Tony	Tristan	Josh	Sean
GROUP 3	Tristan	RJ	Romeo	Josh	Sean	Avery	Phil	Andrew	Ben
GROUP 4	Avery	RJ	Phil	Andrew	Ben	Romeo	Tristan	Josh	Sean

Pens Levels 3v3 - Release

<https://acimaging.net/hockey/pens-levels-3v3/>

PURPOSE

- Control & create space in time, adjusting to small areas and new shooting angles
- 3v3 in the zone. Second goal just outside tops of circles facing same direction as normal goal. Extra players on side boards.



HOW TO

- Start 1v1.
- Puck is played in by coaches.
- Players must pass to their team on the side board to release a new player.
- Players can shoot on either goal.
- Board players are NOT in the play. They cannot be attacked and they cannot move from their spot (within reason) until they are passed to for release.
- Play up to 3v3 or until there's a goal.