

## PRACTICE PLAN 1/5/2022

### 2-Man Cyclone Drill

**\*\*Not on website yet\*\***

#### PURPOSE

Simple passing, regrouping, and zone entry drill that has a side benefit of skating/conditioning.

#### HOW TO

- Split into two lines at opposite blue lines.
- Two players from each line will go at the same time. First player will carry the puck in a deep curl and pass to the opposite line.
- Player 2 will follow player 1 and receive the pass back from opposite line.
- They must then make an onside head man pass back to player 1.
- Both players enter zone and make a play at the goal 2v0

### Andover 1v1

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

#### PURPOSE

Angling. Angling. Angling.

#### HOW TO

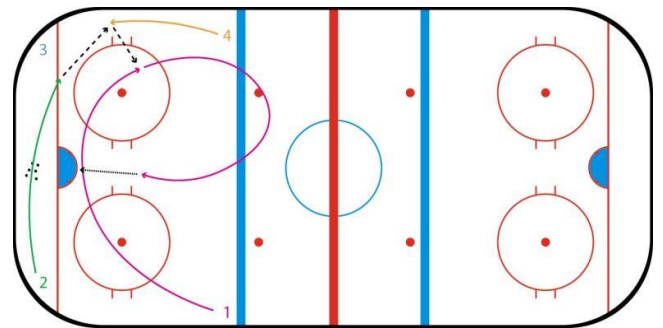
- Pucks at center ice. Players at opposite blue lines and opposite sides of the center circle.
- Both sides go at the same time. Play starts with players 1 & 3 pass out to their respective blue line lines (2 & 4).
- Once the pass is made, 1 & 3 skate forward around the circle while 2 & 4 drive boards.
- 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.

### Continuous Breakout 1v1

<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

### 2-Man S-T-R

**\*\*Not on website yet – this is a variation of Providence Transition Drill and/or Double Screen-Tip-Rebound\*\***

#### PURPOSE

Screens, tips, rebounds, point shots, and D shifts

#### HOW TO

- Two lines in the low corners with pucks, two D up top.
- Line 1 passes to D, D swings, forward goes to net for STR. F1 stays in front of the net.
- Immediately after point shot, D shifts, and forward 2 passes to the point.
- D swings for STR with two players in front for STR.
- Set shooting parameters like push-ups for missing the net or not scoring.

## Mini 2v2

**\*\*Not on website yet\*\***

### PURPOSE

- Controlling time and space, using your options/teammates, and quick scoring on transition

### HOW TO

- Split team in half on each side of a faceoff circle. Nets placed on edge of circle.
- Teams play 2v2 inside circle. They can score on either net. If puck goes out of the circle, put a new puck into play.
- Once a player scores, they get out and a new player immediately comes in. This is to encourage quick scoring, transitions, and deciding if you or your teammate is the best option. Remember, most of the top point players in the NHL have more assists than goals!
- Set passing or scoring parameters