# PRACTICE PLAN 1/14/2023 | HALF ICE | 70 MINUTES

#### **DRILL: IRON CROSS AGILITY RELAY**

LINK: No link at this time

## **PURPOSE**

Skating, agility, compete, conditioning

#### **HOW TO**

- Players at bottom of each circle players will race.
- Player skates to top of circle, back to middle, out to board side edge of circle, to middle, to the inside edge of circle, to middle, to bottom, then sprint up around face off dot for puck dumped in by the coach to create a 1v1 battle.
- Players switch sides

#### **DRILL: STAR DRILL**

LINK: https://acimaging.net/hockey/star-drill/

#### **PURPOSE**

Quick passing and shooting.

#### HOW TO

- Players are set up in a square around the net with pucks at one post.
- 1 passes diagonally to 2 and follows pass. 2 passes down to 3 and follows pass. 3 passes diagonally to 4 and follows pass. 4 takes a one-time shot or catch and release if the pass is not on target. 4 goes to the front of the net to S-T-R, then goes to line 1.
- This should be fast. Do not wait and watch your pass or for the drill to complete before moving. Make sure you're setting up for the second pass before you receive the first good targets provided and acknowledged.

#### **DRILL: ADM 2V1 FORECHECK**

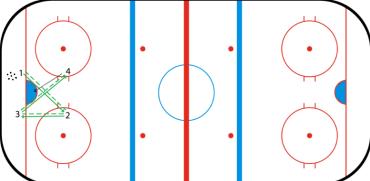
LINK: <a href="https://acimaging.net/hockey/adm-2-1-forecheck/">https://acimaging.net/hockey/adm-2-1-forecheck/</a>

#### **PURPOSE**

To teach both body contact angling and introduce an aggressive 2-1 low zone forecheck.

### **HOW TO**

- Player starts in far corner and skates behind net to pick up a puck then proceeds to work up board side lane.
- F1, released by coach to give a variable gap, becomes main attacker, while 2, who goes at the same time, becomes support attacker.
- F1 & F2 try to gain possession and score, while "d" player tries to skate out of the zone, around the face off dot and back into the zone for 1v2.





LINK: https://acimaging.net/hockey/quick-regroup/

## **PURPOSE**

Working from a possession transition concept, this regrouping drill focuses on quickly moving the puck low in the neutral zone and back into an OZ attack with speed.

## **HOW TO**

- Forwards in the slot (F1 and F2), two D in the neutral zone (D1 and D2), and one D in front of the net (D3). Pucks behind the net.
- D3 will go behind the net and pick up a puck and start the breakout. For example purposes, they will breakout to F1.
- At the same time, they begin to go behind the net, F1 and F2 curl out to break out positions head up ice preparing for the breakout. D1 and D2 attack the zone, transition, and retreat to the neutral zone.
- F1 will receive the breakout pass, take a few strides then pass to D1. F2 will just continue up ice and out of the zone.
- F1 and F2 will re-group low in the neutral zone. D1 will swing to D2 who will hit F1 or F2 in stride heading into the OZ ON SIDE!
- F1 and F2 will then play 2v1 against D3.
- Players not in the drill, get out of the way, watch & pay attention to learn from teammates and better understand drill/concepts.

