



Practice Plan



Team: Small Area Games

Practice No.: _____

Date : _____

Time: _____

Duration: _____

Version No.: _____

Prepared by: _____

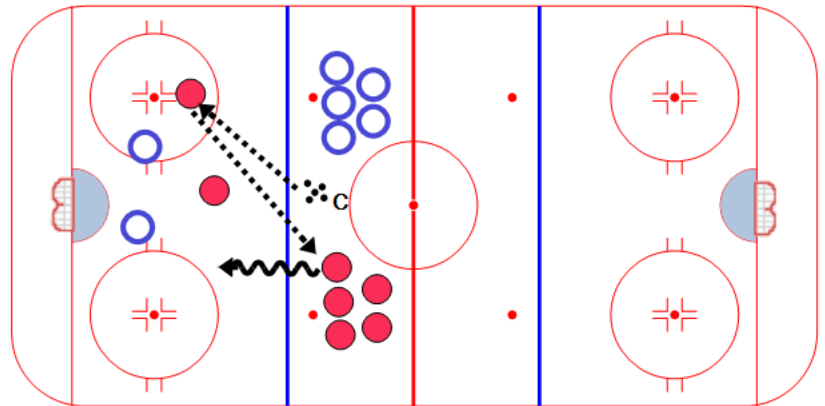
Objectives / Main tasks :

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Small Area Games - 2 vs. 2 A Category #1 : Category #2 :

Description

2 vs. 2 Activate
 1) Game begins with 2 vs. 2 in the end zone. Players can activate another player from their line by making a successful pass to their teammate - now is a 3 on 2 situation.
 2) Opponents can do the same to activate their players when they have possession.
 3) Can begin 1 vs. 1 and progress up to 4 vs.4 situation.



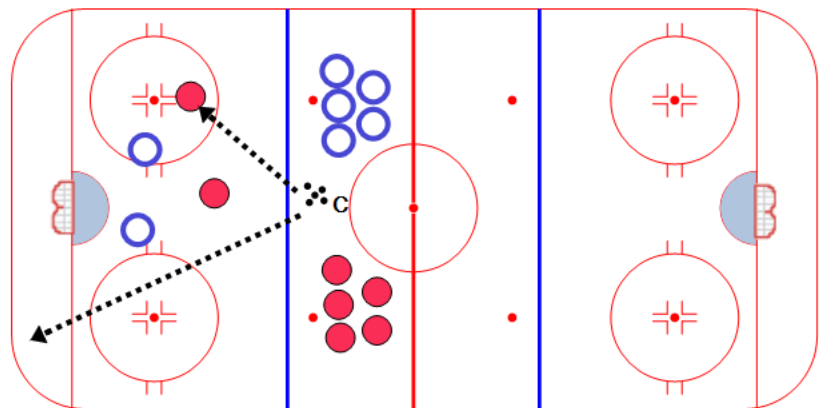
Key points :

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Small Area Games - 2 vs. 2 P Category #1 : Category #2 :

Description

2 vs. 2 Possession
 1) Game begins with 2 vs. 2 in the end zone. Coach passes to one team or dumps puck in. Team that gains first possession is on offense - other team on defense.
 2) Play 2 vs 2. If possession changes, the new team on offense must make a successful pass to the coach before they can attack the net.



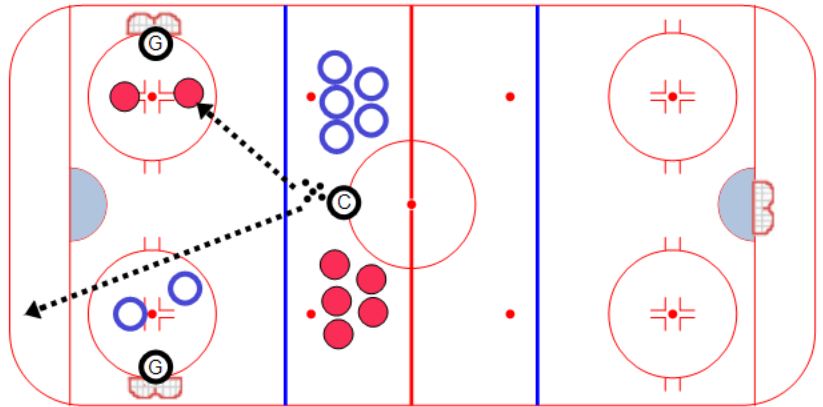
Key points :

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Small Area Games - Colored Category #1 : Category #2 :

Description

- 1) Game begins with 2 vs. 2 or 3 vs. 3 in the end zone. Coach passes to one team or dumps puck into an open area.
- 2) Coach can pass in one of the following colored pucks: black, red, blue, or yellow. **Color code** is as follows:
Black Puck = score on opposing net.
Red Puck = must pass back to your line before attacking opponent's net or can activate an additional player.
Blue Puck = player/team in possession can attack/score on any net they wish depending on available ice/options.
Yellow Puck = players must maintain possession of the puck ("keep away") - when coach blows whistle team/player in possession can score on opposing net.
- 4) If puck leaves the zone a new puck is introduced which can be any color.



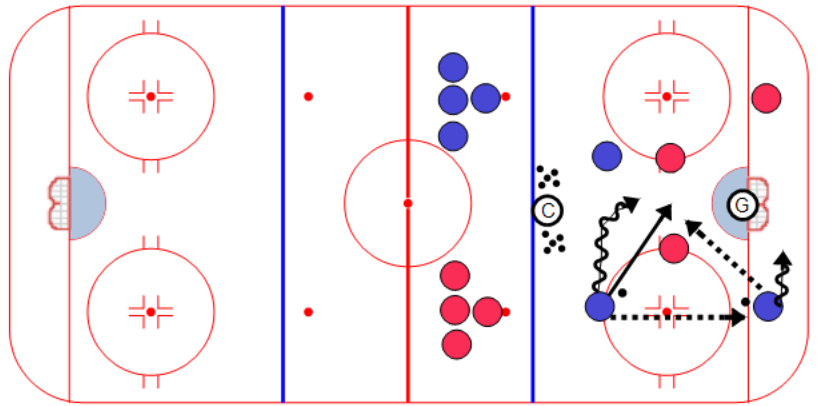
Key points :

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : 2 vs 2 with GRETZKY Category #1 : Category #2 :

Description

- 1) 2 vs 2 in end zone.
- 2) Each team has one player behind the goal line....their **GRETZKY**....opposite to their line.
- 3) The **GRETZKY** can move anywhere behind the goal line and receive passes from teammates. This player can't shoot, enter the playing area, or skate pass the middle of the net.
- 3) Play below ringette line or from blueline in. Play for 30-45 seconds.



Variations(s):

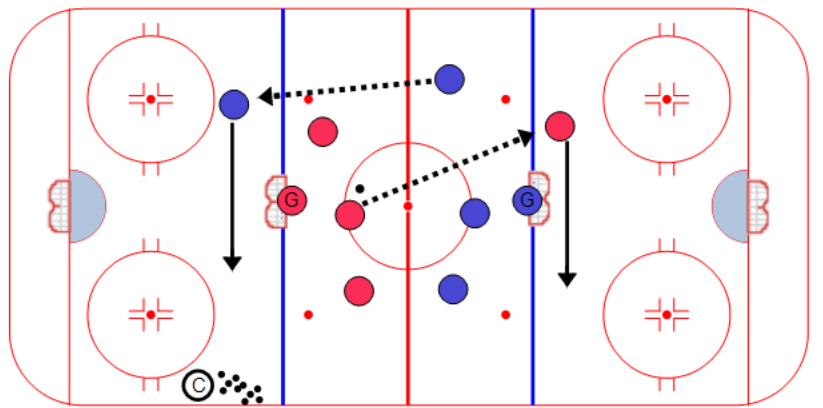
Key points :

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Russian NZone Scrimmage Category #1 : Category #2 :

Description

- 1) 3 vs 3 in NZone. Rset of players are in player's bench.
- 2) Each team has one player behind their opponents blueline. This player can move anywhere behind the blueline and receive passes from teammates. This player can not shoot or enter NZone.
- 3) If a player takes a shot and misses the net, his entire team must change while (C) spots new puck for opposing team during the change.
- 4) Play for 30-45 seconds.



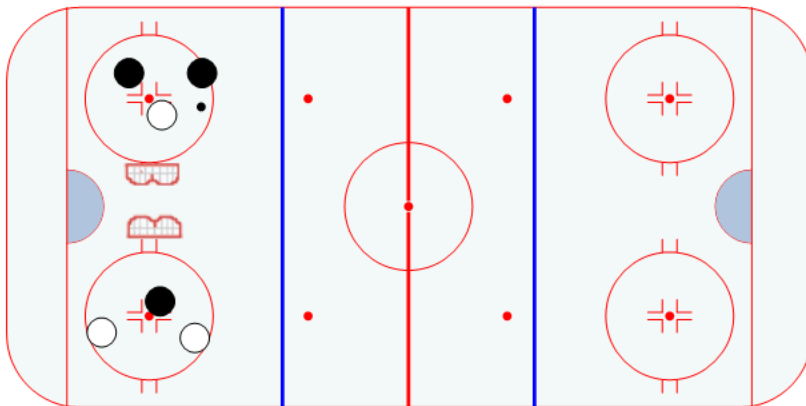
Key points :

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Back to Back Nets Category #1 : Category #2 :

Description

- 1. Two offensive players from one team vs 1 defensive player from the other team.
- 2. Defensive player must prevent offensive players from scoring and get puck to his teammates on the other side of the ice.
- 3. Players cannot cross half.



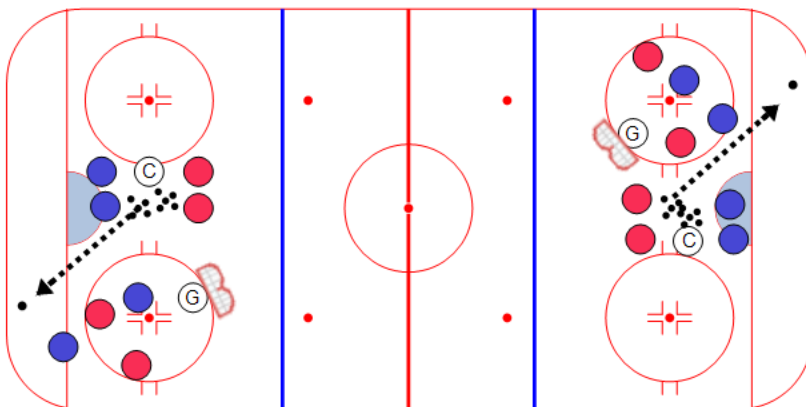
Key points :

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Tampa Bay 2 vs 2 Category #1 : Category #2 :

Description

- 1. Nets placed at top of circles facing end boards.
- 2. Players divided into 2 seperate teams.
- 3. Play 2 vs 2 in small area of ice.
- 5. 30 - 40 sec shifts.



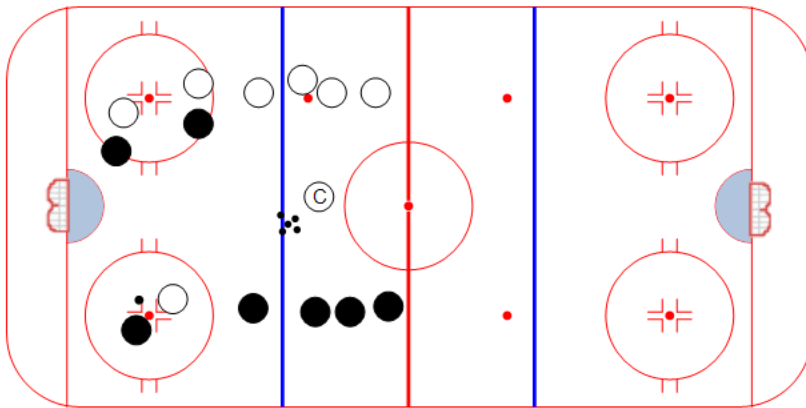
Key points :

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Quarterback 3 vs 3 Category #1 : Category #2 :

Description

- 1. Players split into 2 teams
- 2. Play 3 vs 3 below the top of the circles.
- 3. Must pass puck to designated "quarterback" at top of circles before going on offense.
- 4. 30- 40 sec shifts.



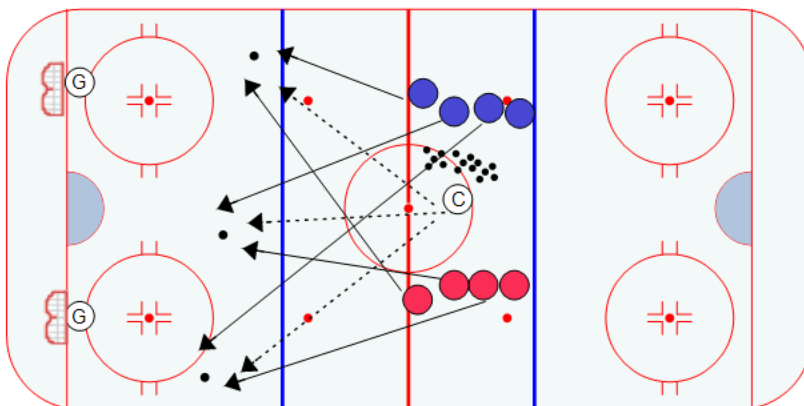
Key points :

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Multi- 1 vs 1 Game Category #1 : Category #2 :

Description

1. Players divided into two separate teams in NZ. Coach in middle with pucks. 2 nets positioned on bottom of each circle in Off. zone.
2. Players can score on either net, and if possession is lost players change roles from off/ def until a goal is scored.
3. Every 8 - 10 sec the coach spots another puck into the off zone with the next two players in line racing for the puck. Potentially can have 3 to 4 separate 1 vs 1's going on simultaneously.
4. When goal is scored or when the puck comes outside of blueline or goes below goal line, the 1 vs 1 is over and players return to the back of the line.



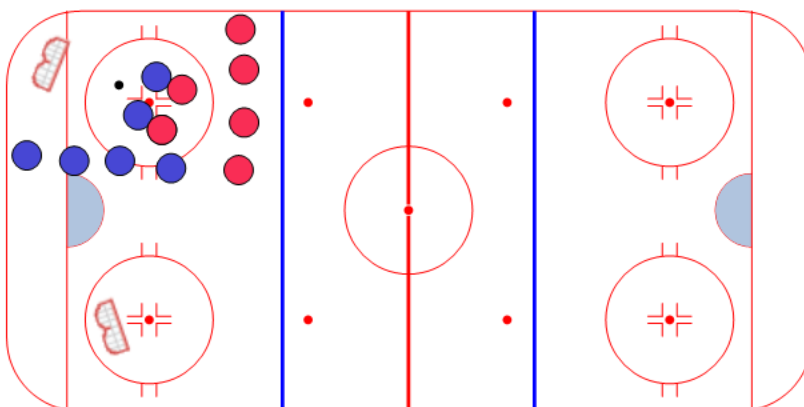
Key points :

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : 2 vs 2 French Hockey Category #1 : Category #2 :

Description

1. Nets placed in corners of rink
2. Players divided into 2 separate teams.
3. Play 2 vs 2 in small area of ice.
4. Can have 2 or 3 separate games going on at the same time.
5. 30 - 40 sec shifts.



Key points :

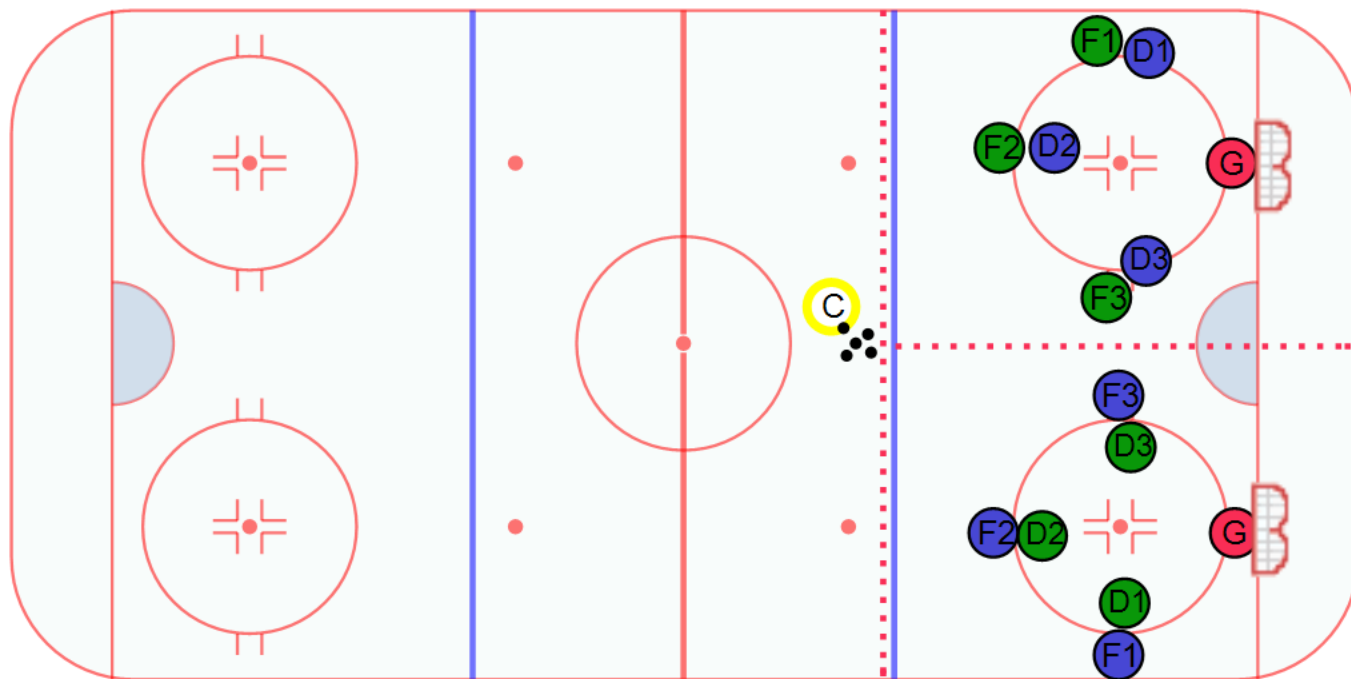
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Title : Russian 3 on 3

Category #2 :

Content elements : _____ Components: _____



Key points :

Description

This is actually a good game that promotes two things: offensive creativity and defensive zone coverage. In the diagram, the two teams are represented as Green and Blue. Players have to stay within their section of the ice defined by the dashed red line. To start the game, the coach puts a puck in play on either side. It is a 3 on 3 game where forwards can score from anywhere. The defense is trying to get the puck to their forwards in the other section. However, the defense can shoot on the opposite net if they have the chance as long as they stay within their section.

The game should be played in 30 second intervals to keep up the intensity.

A fun variation is to add a second puck. This demands greater awareness for the offense, defense, and goalies.