



Practice Plan



Team: Hockey Strategies Drills

Practice No.: _____

Date : _____

Time: _____

Duration: _____

Version No.: _____

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Objectives / Main tasks :

To enhance the players knowledge of how to play situations both offensively and defensively

Encourage players to communicate to teammates to plan out attacks or plan out defending prior to starting the drills

May switch players around from F to D to enhance learning of all situations

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

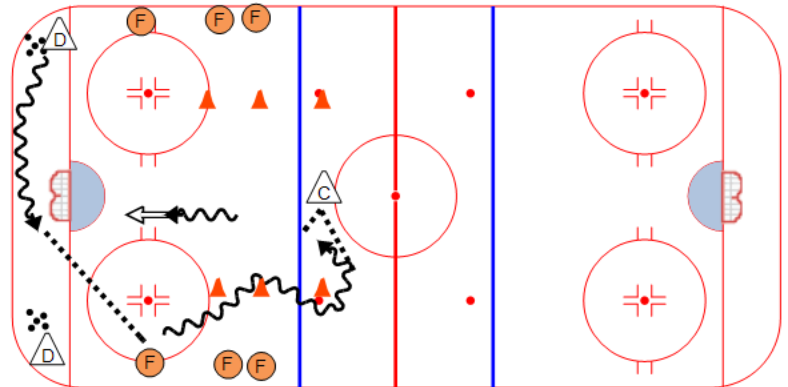
Title : Simple B/O Content elements: _____ Components : Breakout

Description

Station work

D to W breakout weave thru cones give and go with coach and shoot.

Rotate sides.



Key Points : up ice position puck control pass / recieve communication

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

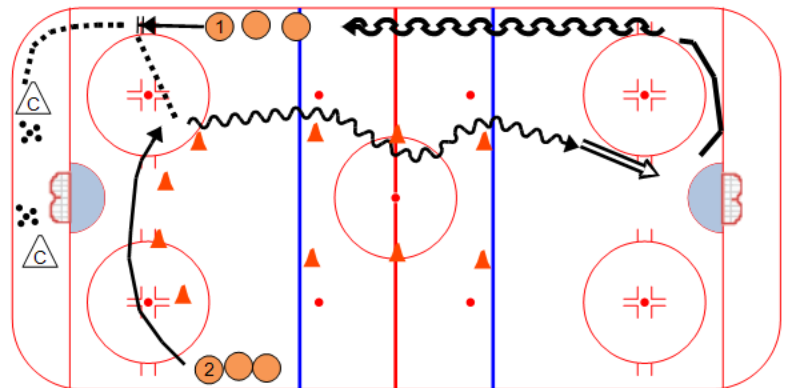
Title : Simple Breakout 2 man Content elements: _____ Components : _____

Description

Coaches have the puck behind goal. go!

Player 1 skates to hashmarks and anchors on the boards. Coach passes puck around the boards and player 1 gets puck to stick and passes to player 2 who is supporting. Player 2 continues down the ice and shoots. Skate backwards back to opposite line (optional)

Next coach repeats on other side and player 1 skates across to support.



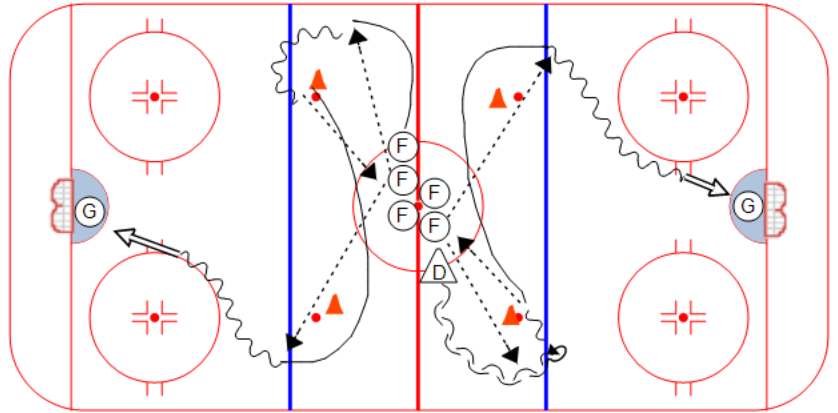
Key Points :

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

Title : 1 on 0, 3 Pass Flow Drill Category #1 : Category #2 :

Description

Neutral Zone Entry
 Forwards - The (F) skates to the boards, receives a pass from the next player in line. The (F) makes a return pass and skates across the middle to the opposite boards. The (F) receives another pass and takes a shot.
 Defence - The (D) skates backwards to the boards, receives a pass from the next player in line. The (D) makes a return pass and skates across the middle to the opposite boards. The (D) receives another pass and takes a shot.



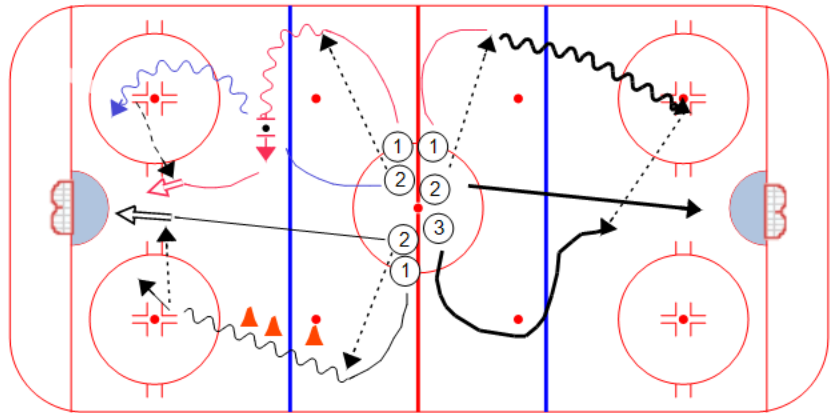
Key points:

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

Title : Zone Entry 2 on 0 Drills Category #1 : Category #2 :

Description

1. Double Drive- (1) skates to the boards, receives a pass from (2). Both players drive the net.
2. Drop pass- (1) skates to the boards, receives a pass from (2). (1) drops puck for (2).
3. 3 on 0 Triangle- 2 passes to 1 and drives the net. 1 takes puck wide and passes to 3 in the high slot.



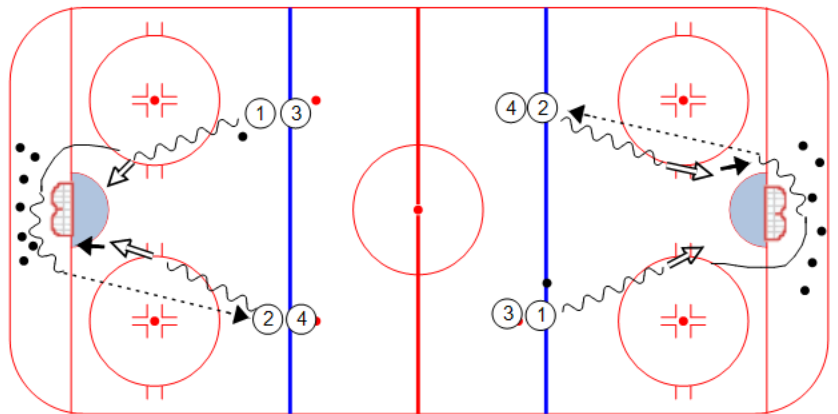
Key points:

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

Title : Give and Go Shooting Drill Category #1 : Category #2 :

Description

Creating Offense deep in zone net options
 (1) skates with a puck, takes a shot on net. (1) picks up a new puck and passes to (2). (2) takes a shot on net, picks up a new puck and passes to (3).
 **Drill is continuous.





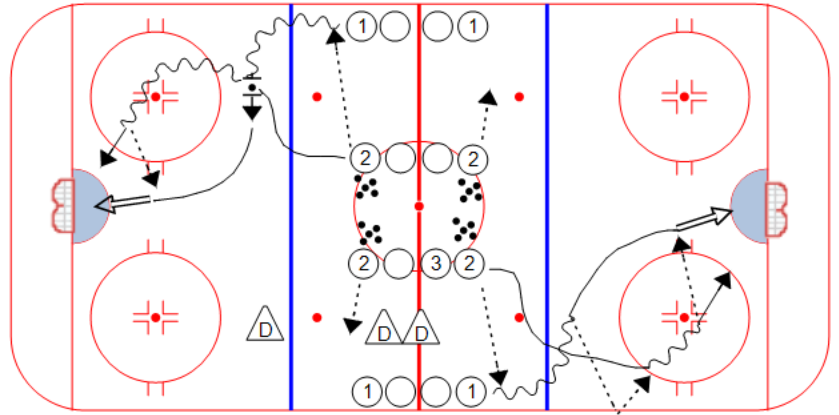
Key points:

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

Title : Flames Blueline Cross - 2 on Category #1 : Category #2 :

Description

1. ② passes a puck to ① on the boards. ① crosses the blue line and makes a drop pass to ②. Play a 2 on 0 to the net.
 2. ② passes a puck to ① on the boards. ① cuts across the blueline and banks the puck off the boards. ② picks up the puck. Play a 2 on 0 to the net.
 Options: Add a  to the play for a 2 on 1. The puck carrier must read the  and react with a drop or bank pass. Add ③ to the play as the forward in the high slot.





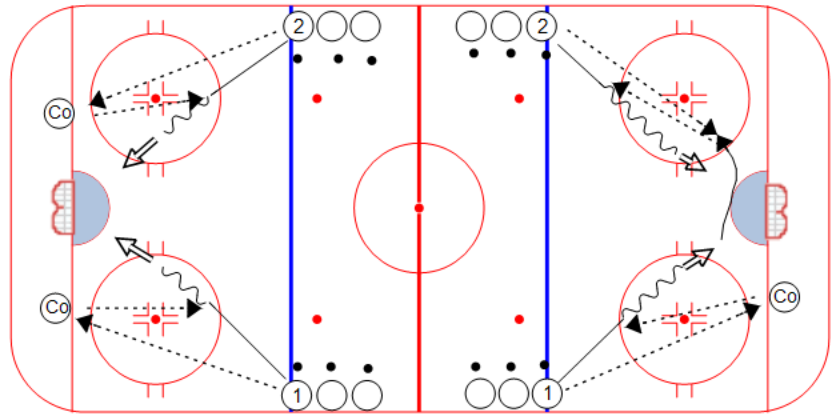
Key points:

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

Title : Ranger Give and Go Drill Category #1 : Category #2 :

Description

1X SHOOTING CAN ADD IN 2 PASS AND CHANGE OF ATTACK
 ① passes a puck to the , receives a return pass and takes a shot on goal. Then ② goes.
 Options:
 Have the shooter become the passer. ① passes a puck to the , receives a return pass and takes a shot on goal. ① continues, receives a pass from ②, makes a return pass to ②. ② takes a shot.
 ** Drill is continuous.



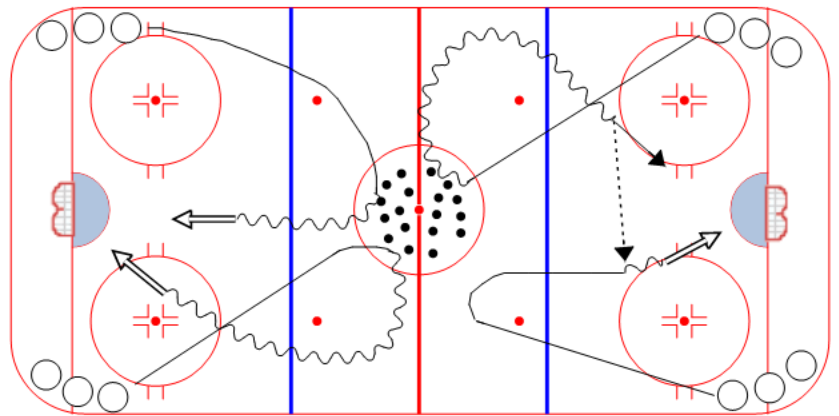
Key points:

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

Title : Vasby Progression Drill Category #1 : Category #2 :

Description

CREATING OFFENSE
 1. One player goes, inside - out pattern, picks up a puck from the middle circle and takes a shot.
 2. One player goes, outside - in pattern, picks up a puck from the middle circle and takes a shot.
 3. Two players leave at the same time. One player skates an inside- out pattern and picks up a puck. The other player provides support.



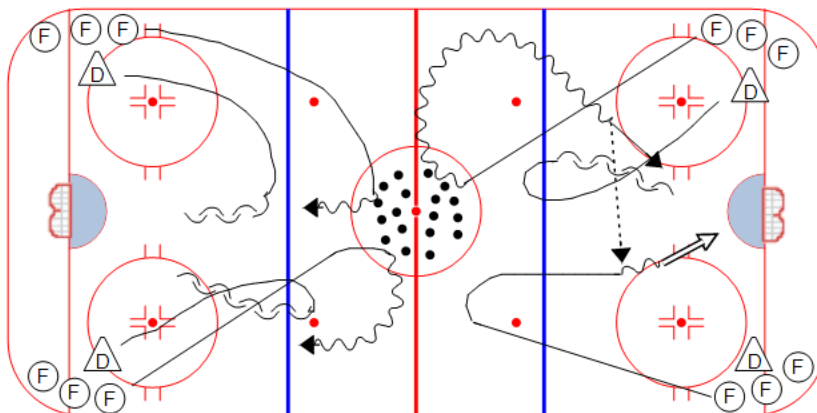
Key points:

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

Title : Vasby Progression Drill (seq 2)

Description

4. Add a defenceman for a 1 on 1 or a 2 on 1. Can use coaches to force players to make decisions for options.



Key points:

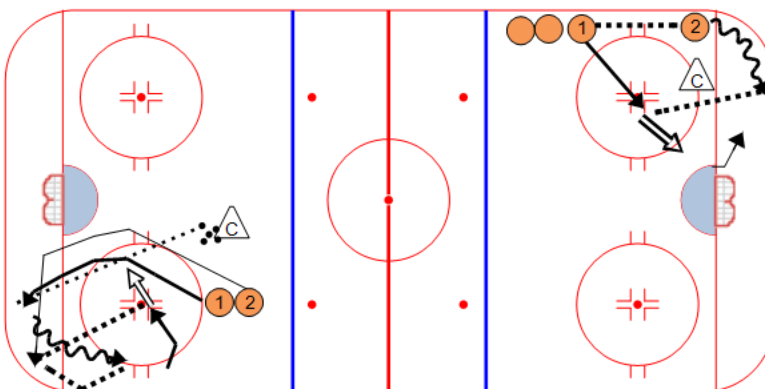
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : 2 man cycle drill Content elements: _____ Components : CREATING OFFENSE

Description

coach dumps puck to corner. Player 1 retrieves and skates puck to hash mark, drop to corner where player 2 picks it up and passes back to player 1 for a shot. Return to line and switch roles.

Player 1 passes to player 2 who skates below goal line. C puts passive pressure on 2 below the goal line and player 1 moves in for a pass. Player 2 passes under the coaches stick, between the legs, saucer pass... After player 1 shoots he becomes player 2.



Key Points : shoulder check angle to puck get open pass/receive

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

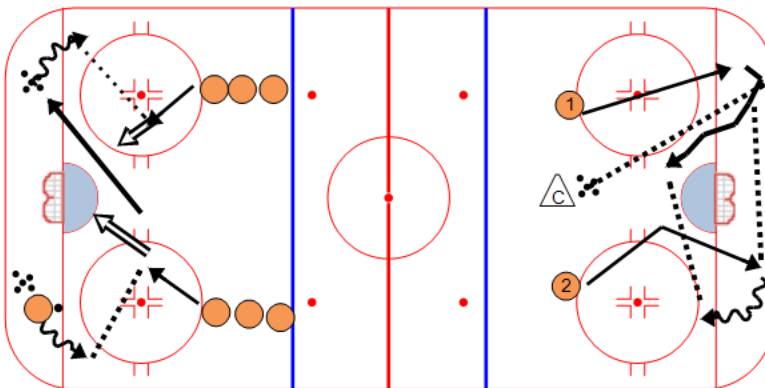
Title : offence from corners Content elements: _____ Components : CREATING OFFENSE

Description

player starts in corner with a puck and a player from the top of the circle skates to open ice and calls for pass. player from corner passes for a quick shot. The shooters skates to other corner and repeats with other side.

Players start to skate then coach dumps puck into a side. Which ever side it is in that player moves the puck behind the net to the opposite player then moves to the net. The player with the puck skates above the goal line and passes back for a quick shot.

* Rotate sides with dumps



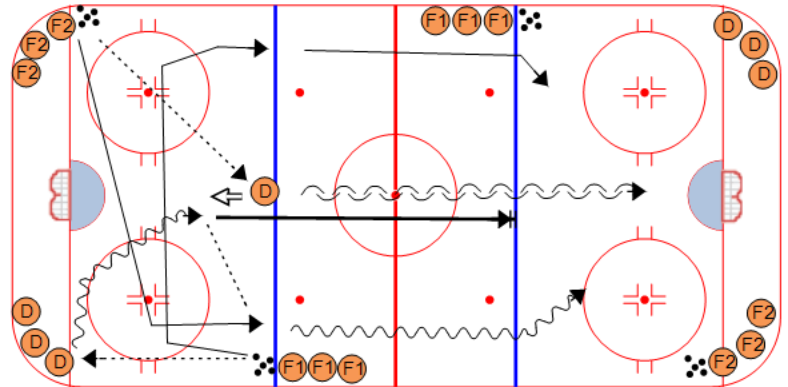
Key Points : communication pass/receive quick shooting athletic stance

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

Title : SHERBS 2 VS 1 Content elements: Principles for situation Components : Attack and defend

Description

DRILL STARTS WITH A PASS FROM THE CORNER AND POINT SHOT
 F1 PASSES TO D IN THE CORNER AND F2 AND F1 SWING WHILE POINT D BACKS OFF
 D MAKES PASS TO Fs WHO THEN ATTACK 2 VS 1
 D MAN FOLLOWS UP TO BLUELINE
 FORWARDS BATTLE IN FRONT WHILE POINT SHOT HAPPENS ON THE OTHER SIDE
 REBOUND LIVE!!
 DRILL REPEATS ON THE OTHER SIDE



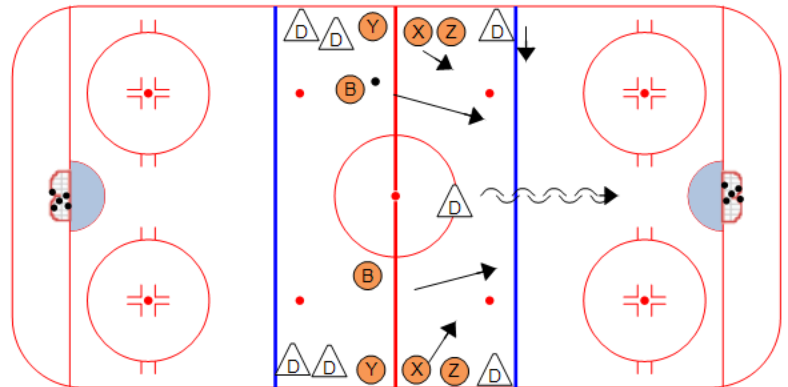
Key Points : FORWARDS STAY WID SPEED THRU THE NEU CREATIVITY AND READ COMMUNICATION

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

Title : BACK CHECK 2 VS 1 Content elements: Flow situational reads Components : Attack and defend

Description

B START 2 VS 1 ON D. WHEN THEY CROSS THE BLUELINE AN OFFENSIVE D JUMPS OUT AND Xs BACK CHECK WITH ONE PLAYING LOW AND ONE COVERING THE OFFENSIVE D.
 ON THE TURN-OVER OR GOAL, Xs GO 2 VS 1 THE OTHER WAY ON THE OFFENSIVE D THAT JUMPED OUT.
 WHEN THEY CROSS THE FAR BLUELINE THE Y PLAYERS BACKCHECK AND A NEW D MOVES AS OFFENSIVE D MAN.
 CONTINUOUS



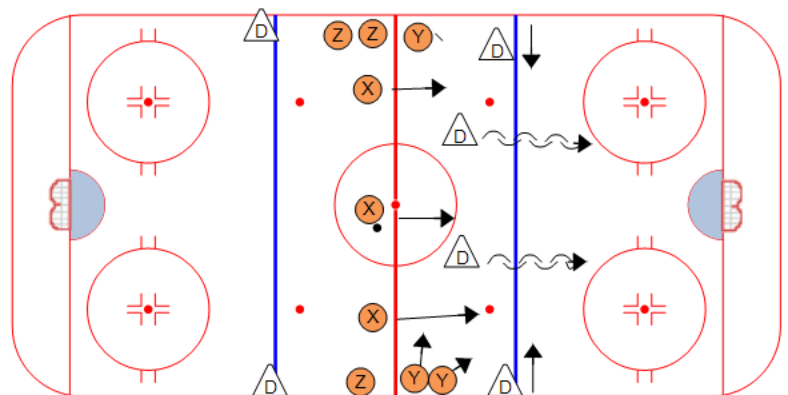
Key Points : COMMUNICATE IDENTIFY ROLE QUICK TRANSITION QUICK ATTACK

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

Title : BACK CHECK 3VS2 Content elements: BACK Components :

Description

LINE 1 ATTACKS 3 VS 2. WHEN THEY CROSS 2 D SUPPORT OFFENSIVELY, LINE 2 BACK CHECKS AND ATTEMPS TO GAIN POSSESSION AND BREAKOUT. WHEN THEY GET TO FAR BLUELINE LINE 3 DOES THE SAME.
 CONTINUOUS



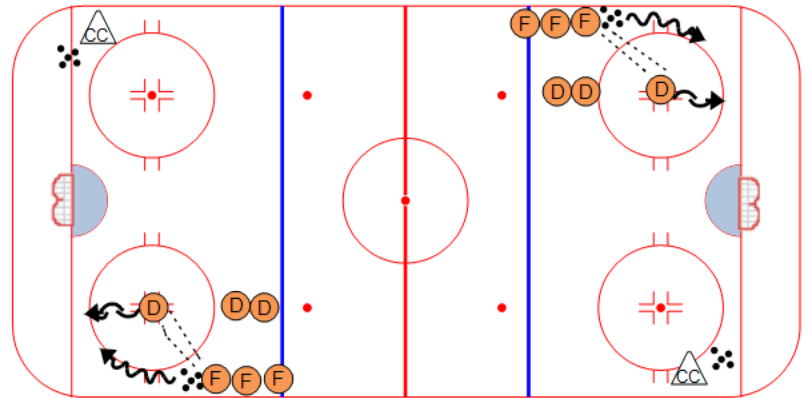
Key Points : IDENTIFY ATTACK WITH SPEED QUICK READS QUICK TRANSITION

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

Title : 1 ON 1 TIGHT Content elements: Attack and defend principles Components : _____

Description

ONE ON ONE TIGHT IN THE ZONE.
 PLAYERS DO ONE TOUCH PASS THEN F ATTACKS
 *CAN ADD A PASS FROM A COACH FOR SECOND PUCK FROM CORNER



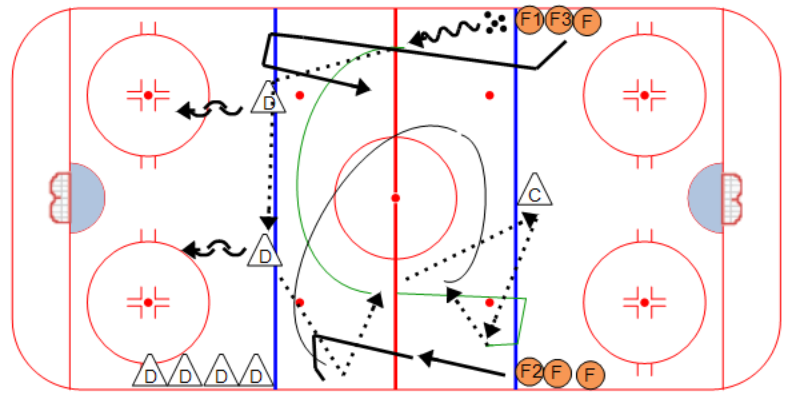
Key Points : BODY POSITIONING D GOOD STICK ANGLE F DEKES, FAKES COMPETE

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

Title : REGROUP 1 Content elements: NEUTRAL ZONE SUPPOR Components : Attack and Defend options

Description

DRILL STARTS ON THE WHISTLE.
 FORWARDS 1,2,3 MOVE INTO THE NEUTRAL ZONE PASS TO DEFENSEMAN WHO EXECUTES A D TO D PASS.
 FORWARD SUPPORTS ON THE WALL WHILE THE OTHER PLAYER SUPPORTS OR FOLLOWS THE PATH OF THE PUCK.
 RECEIVE PASS FROM D AND THEN REGROUP WITH THE COACH.
 THEN ATTACK 2 VS 2



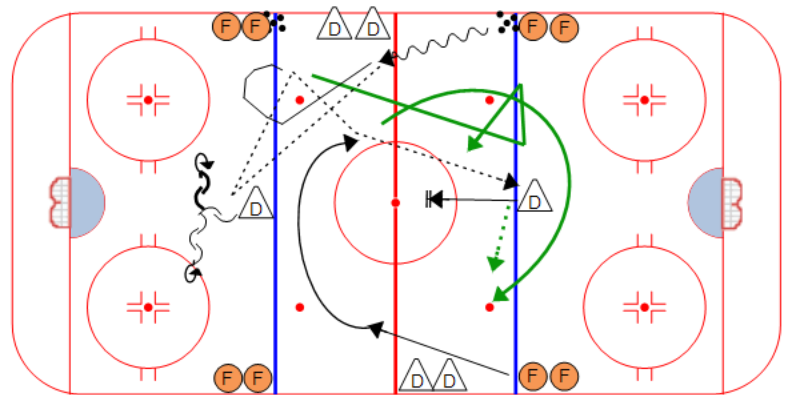
Key Points : SUPPORT PIN POINT PASSING HINGE YOUR PARTNER attack and defend

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

Title : REGROUP 2 Content elements: _____ Components : _____

Description

DRILLS STARTS ON THE WHISTLE. F PASSES TO THE DEFENSEMEN AND THEN DEPENDING ON WHICH WAY THE DEFENSEMAN GOES ONE F OPEN PIVOT, THE OTHER F MOVES TO SUPPORT. REPEAT WITH SECOND D AND THEN ATTACK 2 VS 1. DOUBLE REGROUP THEN ATTACK 2 VS 1 USING DIFFERENT ATTACK OPTIONS
 ** ADD ANOTHER FORWARD AND D AND YOU HAVE A 3 VS 2



Key Points : GOOD SUPPORTIVE P COMMUNICATIONS PASSING CAPABILITIE