

MAY 25

May 27, 2021



Practice Notes

<https://www.icehockeysystems.com/share/practice/423461>

Drills

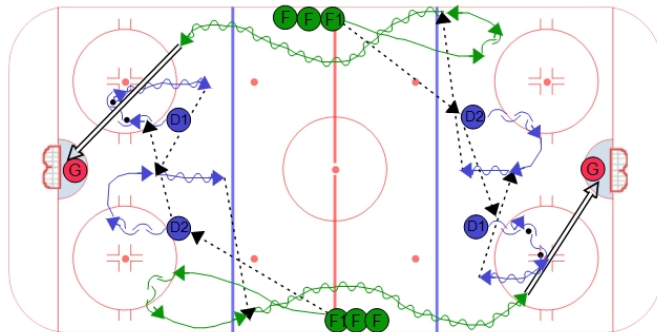
- Quick Hinge Warm Up Hockey Drill
- Avalanche Flow Drill
- Savy's Continuous Breakout Drill
- Cycle Support Drill - Option #1

QUICK HINGE WARM UP HOCKEY DRILL



Station #:

Time:



My Notes

Description

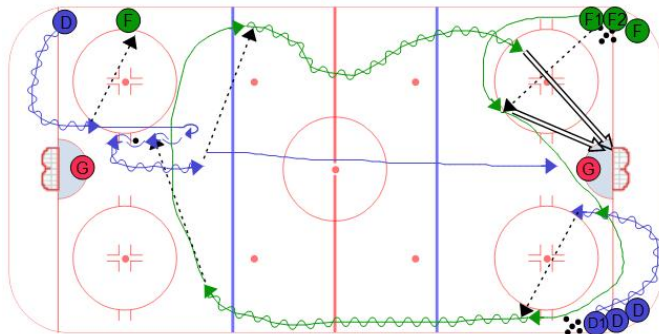
This can be a great high tempo flow drill hockey drill. A good one to add to your team practices once a week and maybe the practice before you play a game where you may be planning more flow drill. The drill depends on a quick hinge play by the defense. The forward who starts the drill has to provide support with good timing in their neutral zone transition. The key for the defense is to move the puck to the outside with the first pass and then back to the middle of the ice on the second pass. It is important the defense focus on receiving the second pass in the middle of the ice where they will pass the puck to the forward. The pass to the forward should not be a verticle pass if the forward's timing is good. After receiving the pass, the forwards attack the blue line and get a long shot on net.

AVALANCHE FLOW DRILL



Station #:

Time:



My Notes

Description

Here is a drill that incorporates lots of shots, passing, and timing. Four equal lines of players are in all four corners with pucks. The first two players from opposite corners start the drill by carrying a puck a couple of strides transitioning backwards and making a pass to the next player in line. After the pass they skate into the slot to receive a pass right back and take a shot. After the shot they continue low into the opposite corner and face up ice as quickly as possible to receive a pass from the defensive player. The defensive player has skated to the middle of the ice to create a good passing angle. After they make the pass they skate up to the blue line and transition back into their own zone to receive a pass from the forward that started on the other side. The defense transition while controlling the puck and again, create a good passing angle by gaining the middle of the ice and stepping up in the play. After they make the pass to the forward they join the rush for a 2 on 0 at the other end.

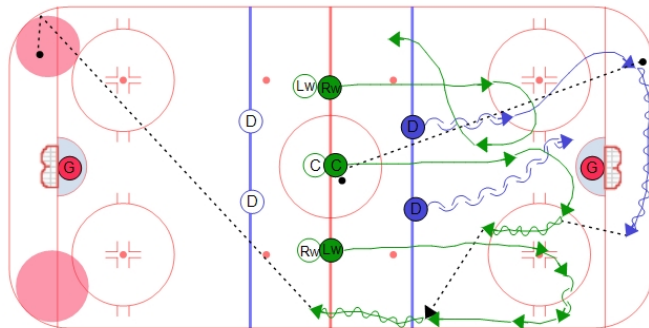
The two keys to this drill are the passing angles, encourage players to make horizontal passes instead of long vertical passes. This requires timing from both players involved. The other main point for forwards is to face up ice as quickly as possible in transition.

SAVY'S CONTINUOUS BREAKOUT DRILL



Station #:

Time:



My Notes

Description

This is one of many continuous breakout drills that is great for pre-game practices and a practice that consists of flow drills. This drill starts by dumping the puck to the corner. Three forwards and two defense start in the neutral zone and they breakout using a pre-called breakout, in this case it is "Wheel to Center". As they are breaking out the next unit comes out to the neutral zone. After this unit breakouts out they will dump the puck into one of the corners. The next unit will then breakout using the same pre-called breakout. After a few repetitions change the pre-called breakout so you can practice as many different breakouts as you can. Possibilities for the breakouts include, but not limited to, the following:

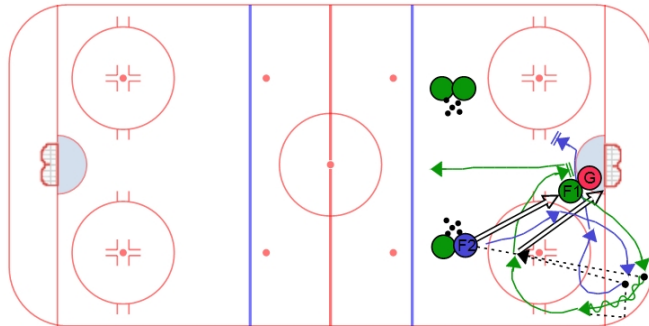
- D wheel to wing
- D up strong side to wing
- D wheel - reverse
- D wheel - counter
- D wheel to wing - back to D

CYCLE SUPPORT DRILL - OPTION #1



Station #:

Time:



My Notes

Description

This drill can be run during half ice practices or when forwards and defense are split up. It is primarily a drill for forwards that focuses on cycling. Footspeed, communication, and understanding how to cycle the puck are important areas of focus.

This drill starts with F1 in front screening the goalie. F2 takes three strides and shoots in stride through the screen provided by F1. F1 turns around and plays out the rebound. The next player in line then plays a puck into the corner for F1 to retrieve. F1 retrieves the puck and moves up the wall, F2 provides support in the corner, F1 cycles the puck down low to F2 and F2 give a pass right back to F1 for a shot. Both players should end up at the net. Then F2 becomes F1 for the next player in the other line by setting up in front of the goalie.