

Drill Club Practice Plan

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Duration:

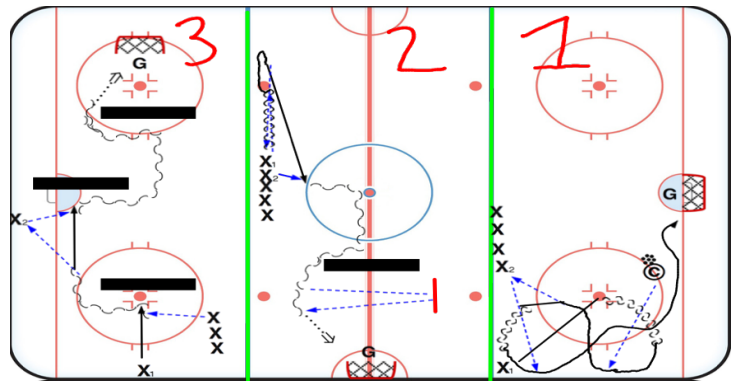
03.29.17 - Passing/Catching Stations

1. X1 Aim for dot - open up facing the puck. Catch the puck inside your pivot. Step off of wall upon catching puck. Pass puck to X2 - Open up and pivot - X2 pass puck back to X1 - Catch puck inside pivot. Coach will come at you with pad - react with jab slide and take puck to the net.

2. X1 start skating backward - catch puck inside pivot - punch turn after pivot - head back up ice and pass back to X2 in line - X2 is going to give a flat pass back to X1 - catch puck inside crossover - and attack pad - execute a weight shift to get around pad - pass puck off bumper to self and catch and release the puck or one time it.

*make sure players alternate on first pass - catch on forehand and backhand inside pivot.

3. Skate towards pad - Receive pass from X2 - Catch puck inside crossover - attack second pad - pass puck to X2 - X2 pass a flat pass back to X1 - catch puck inside crossover - jab slide around third pad and go in for shot on net.



Duration:

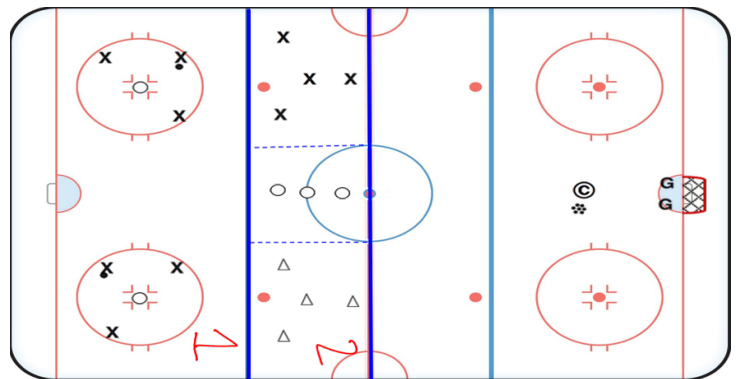
"L" Passing/Across the River

1: 3v1 "L" Passing

- Xs are on offense - O is on defense.
- Puck must stay in the middle of the "L".
- Player who turns over the puck goes in to the middle and is replaced by the previous player in the middle.

2: Over the river:

- One of the banks start out with the puck - The players in the river send over one player - The players on the bank are attempting to complete three passes before passing the puck across the river to the other side of the bank.
- If the team in the middle (O) disrupt the Xs - The Triangles grab a puck from the elbow of the BL and the Xs send a player in to try to get the puck back.



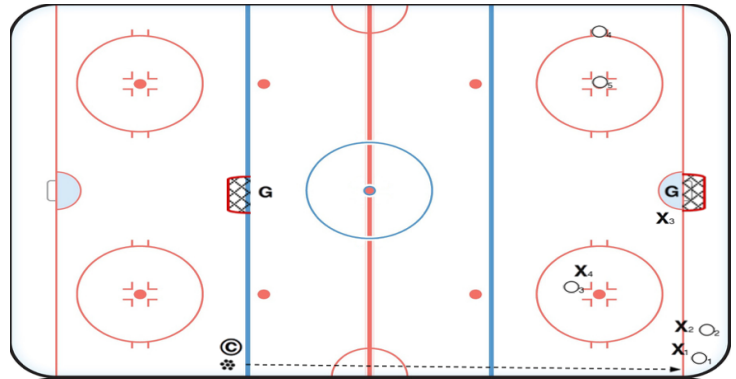
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3v4 Exits

- Xs are on defense and Os are on offense.
 - Coach starts drill with a shot on net - goalies steers the puck to the corner.
 - X1, X2, X3, O1, and O2 must tag up at the hash - O3 and X4 must tag up on the BL.
 - Os are trying to bring the puck to the net - Xs are getting a stop on the puck and exiting the zone to score on the net at the far BL.
 - Coach will blow the whistle and put a second puck in the opposite corner.
 - O1 and O2 are done - O3 joins the Os in the opposite corner - They must tag up on the BL.
 - All four Xs head back to other corner to get a stop on the puck - exit the zone and score on the net at the RL.
- *DEFENSIVE side positioning
*Protect the MIDDLE of the ice
*Get STOP on puck and GO



Duration:

2v2 Angle Game

- Coach spots a puck behind Xs net - Two Xs jump out and have to retrieve puck and skate behind the net.
 - At the same time - two Os jump out and must angle Xs towards the boards. Trying to pinch them off before the mid line.
 - Play Out 2v2 - On whistle, coach will spot another puck behind the Os net and than four new players step out.
 - Offensive team must gain the midline before chipping or shooting the puck.
- *Protect the middle of the ice
*Purposeful stick
*Through the hands when angling

