

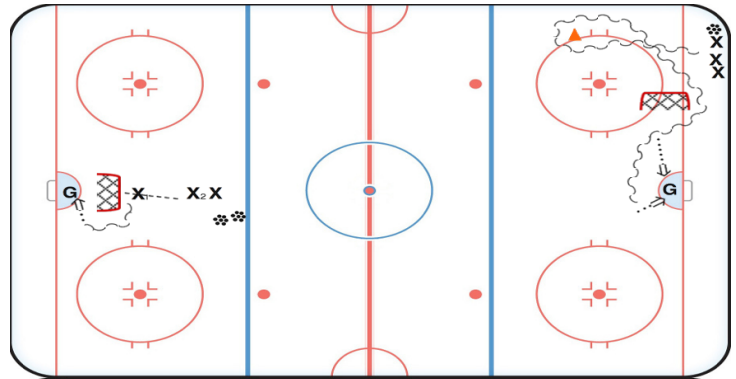
Practice Plan Drill Sheet

Generated on Oct 18, 2015 by Hockey ClipPad.

2 Puck Drive/rebound Drive

Part 1. Player leaves corner controlling 2 pucks, tight turn towards boards around cone, cut up around net and try to score with both pucks.

Part 2. X1 faces X2 in front of tipped over net. X2 passes puck off net through X1 legs, X1 picks up puck and drives net. Switch direction that you drive around net each time.

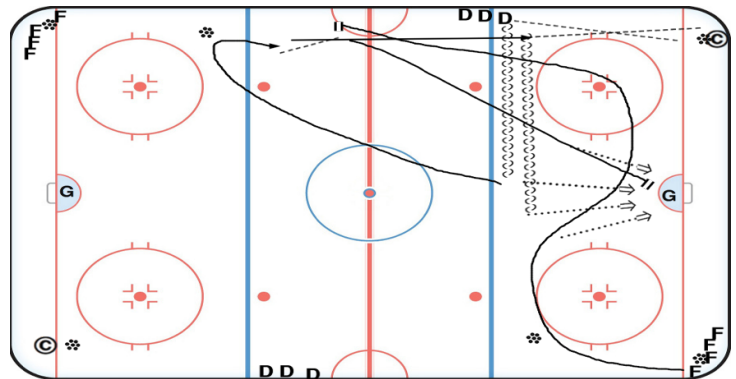


D/F Shooting

On whistle coach passes to D who gets to the middle and shoots. As D is shooting F leaves from corner skates half circle and shoots. D retreats to retrieve puck from top of circle and passes to the F who stops in neutral zone, receives pass, attacks net for a shot and stops in front for a deflection off D second shot. After making pass D gets another pass from the coach walks the line and shoots a 2nd time.

Run drill out of both ends.

Switch sides.

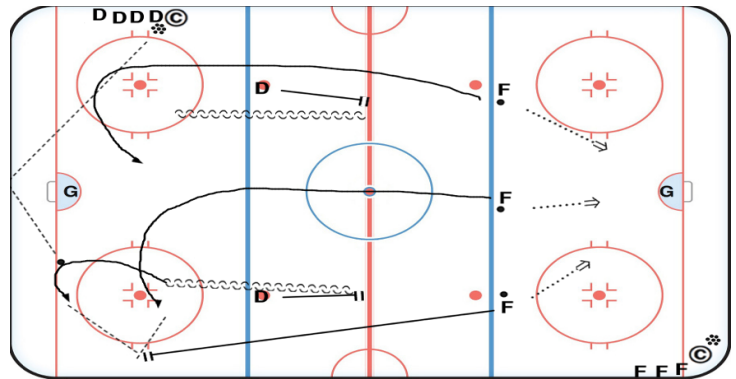


Breakout, 3vs0, 3vs2

On the whistle each forward takes 1 quick shot, rapid fire, and hustles back to D zone to help D breakout. D skate forwards to redline and back pedal into zone as coach lays a puck somewhere for them to retrieve. D breakout forwards who attack 3vs0 and then receive a pass from coach to come back 3vs2 against the D that broke them out. D must get up ice quickly.

Add forecheckers on the breakout portion.

Goalies switch ends half way.



2 Vs 2 D Agility

Forwards start behind blueline, one F has puck. D start with one foot touching the faceoff dot. Both D and Forwards leave on the whistle, the D must go inside the pylon and can only pivot forward at the far blueline. 2vs2 continues until forwards score, D skate puck out or whistle blows. Drill goes the opposite way next time.

