

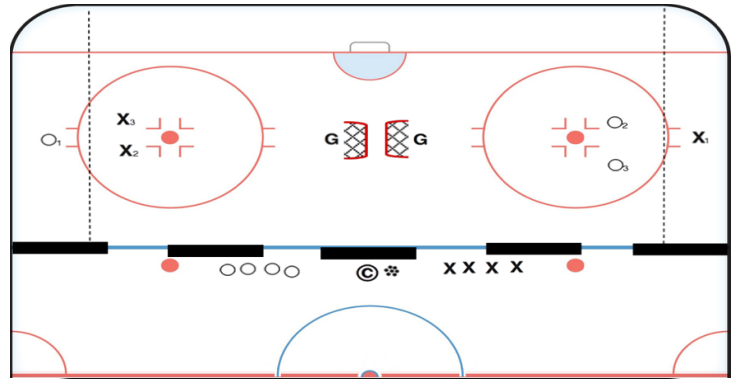
Practice Plan Drill Sheet

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Urgency

- Nets in one zone back to back
- X1 and O1 start with a puck - on the whistle, Xs and Os attack puck carriers who cannot leave small designated area. Once the forecheckers get the puck they attempt to score on net in front of them.

1. Angling
2. Physical
3. Transition
4. Puck Protection
5. Pressure



USA 2v2

Two X's start on Defense

Two O's start on Offense

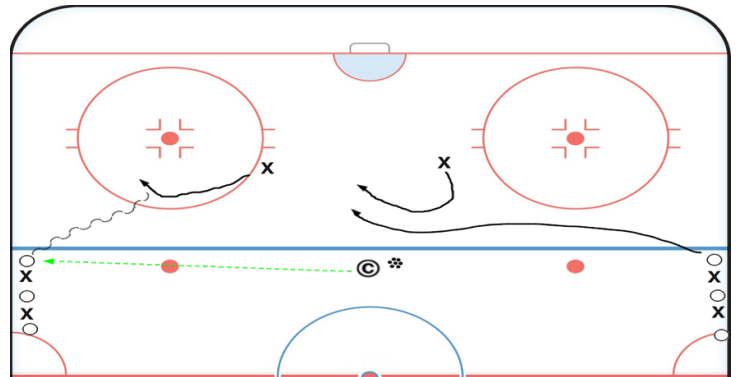
C gives puck to O's who attack X's 2v2

Once X's gain possession, they make a direct pass to the next set of X's in line.

X's then attack and O's on Offense play defense

New puck on Goal or Goalie Freeze or when puck comes out of the zone.

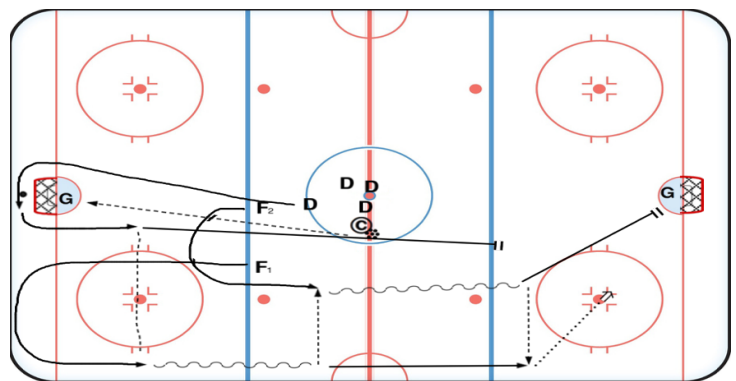
No rims to the next set of players in line. Only direct passes



PP Breakout

- Coach initiates drill by shooting the puck on the net. Goalie moves puck behind the net. D picks up the puck behind the net, cuts the net inside the dots, and makes a flat pass to F1 who has curled beneath the GL. F1 carries the puck to the BL and makes a flat pass to F2. F2 enters the OZ and makes a flat pass to F1 at the BL. F1 drives wide and takes a shot on net. F2 drives near post looking for a tip or rebound. D follows up the play and if puck leaves the scoring zone, receives a pass from a F for a shot on net.

* Flat pass to F1. F1 and F2 entering the OZ flat. Lets be intense in front of the net. Put home rebounds. D - shoot for sticks. Communicate



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Gate Game

- In NZ+DZ set up three "gates" that the puck carriers are attempting to pass through - cannot repeat the same gate twice

- 30 second shifts on whistle

**Quick puck movement. Players off the puck must be sure to work to get into a good position to receive a pass.
COMMUNICATE

