



PITTSBURGH PENGUINS PRACTICE PLAN

"DRILL OF THE WEEK CLUB"

DATE: _____

PLAN NUMBER: _____

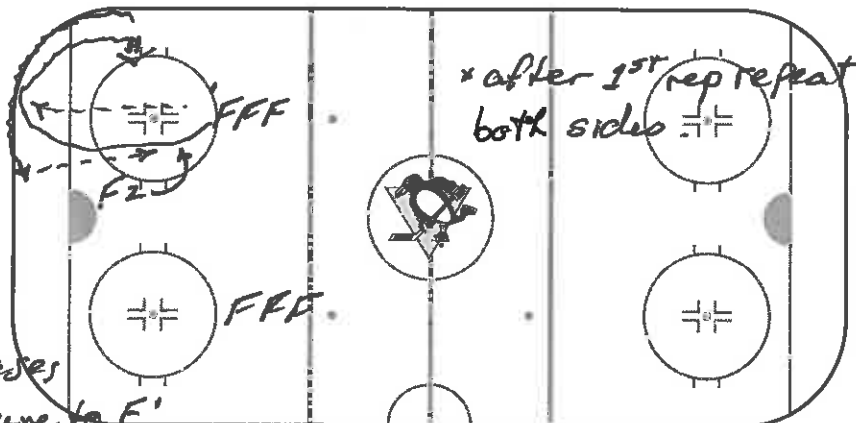


SKILL DRILLS

TIME: _____

FORWARDS: F² start @ net

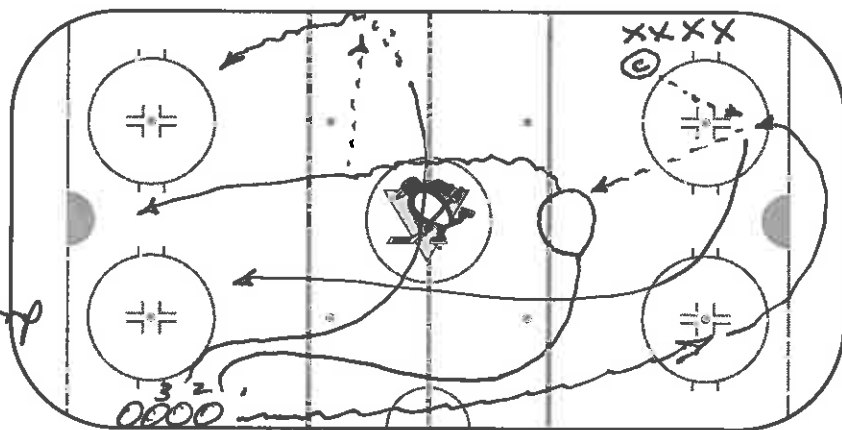
- F¹ spots puck and cycles
- F¹ can cycle up and quick spin shot with F² screening
- OR F¹ can cycle (cut back) and move below the goal line + F² releases to the slot => may add @ pressure to F¹



TIMING STRETCH

TIME: _____

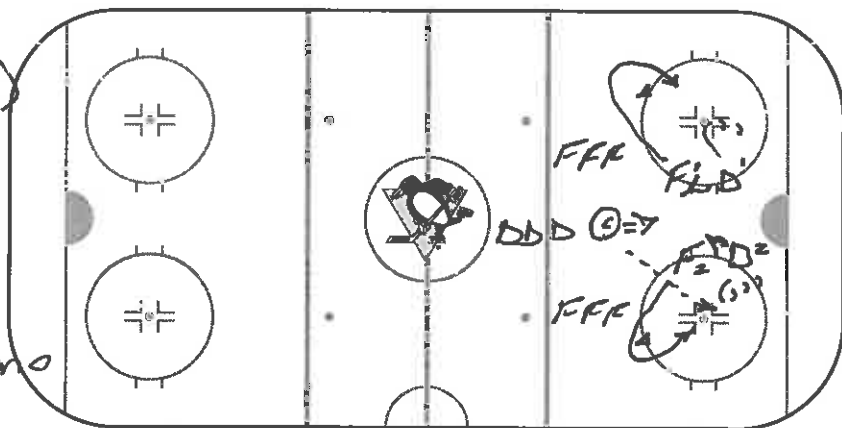
- all three players same time
- both sides
- O¹ shoot then around the net
- O¹ pass to O² in mid ice
- O² carry the puck and then bump it wide to O³ with speed
- O³ shoots or passes to O¹/O²



BOX OUT 2vs2 TAG UP

TIME: _____

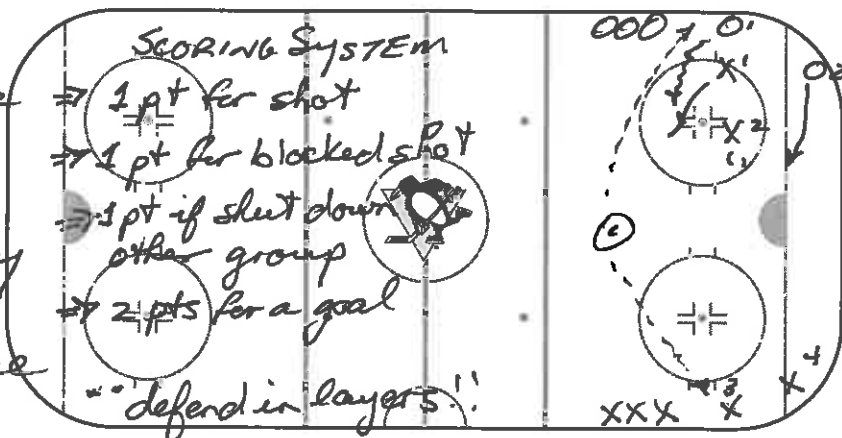
- F¹ F² face D¹ D² (close together)
- @ shoots to create a rebound
- F¹ F² pounce on loose puck
- D¹ D² don't look for the puck
- D¹ D² tie up then look.
- on whistle F¹ F² around pylons for 2nd puck on shot or pass



2vs2 CORNER TO CORNER

TIME: _____

- @ pass to O¹ O² who move / make plays and try to score on X¹ X²
- 20 sec.
- X's clear pucks to @ when they get it - @ spots new puck.
- on whistle now O¹ O² play defense against X³ X⁴



SCORING SYSTEM

- => 1 pt for shot
- => 1 pt for blocked shot
- => 1 pt if shut down other group
- => 2 pts for a goal

"defend in layers!!"