

CANSIUS COLLEGE HOCKEY : DAVE SMITH Practice Plan

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Brubacher 3v2 - 2x

Coaches start with a puck while all 5 players on one side move around.

Coach passes puck to offensive player who attacks with line mates 3v2.

After one attempt they all return for a randomly placed 2nd puck and another 3v2

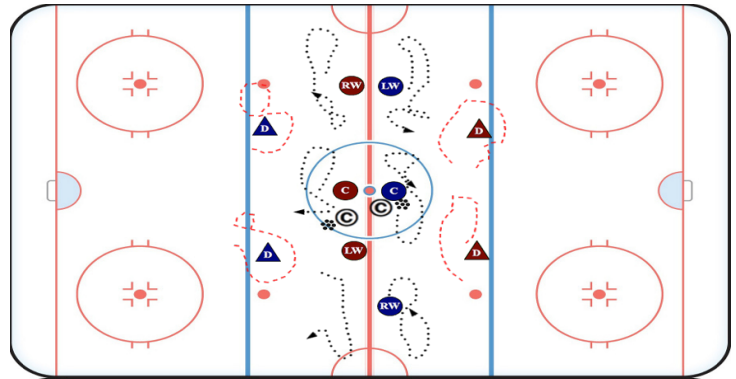
Notes

Def gap and defend.

Fwds fill three lanes.

Net drive and dot wide.

Poise with puck



Breakout Regroup

Breakout vs one fc

Whistle and regroup vs 1 fc

Notes

Run patterns...

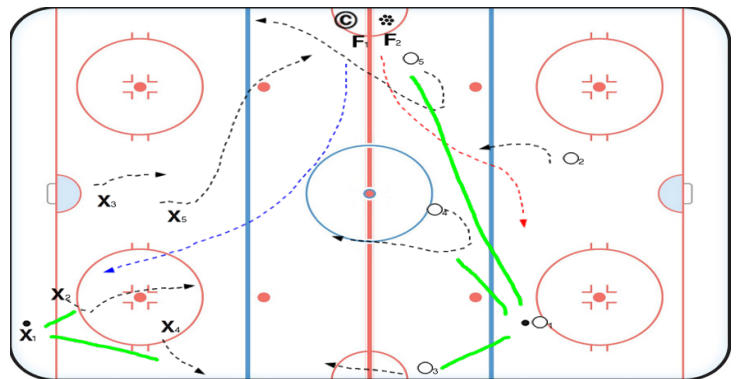
SSW IMPORTANT

CENTRE NORTH/SOUTH BETWEEN DOTS

WSW SPEED

ACTIVE DEF

ATTACK ON TRANSITION.



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Oz Rotation

Start with 2 on top of puck and third man high.

Pass to point

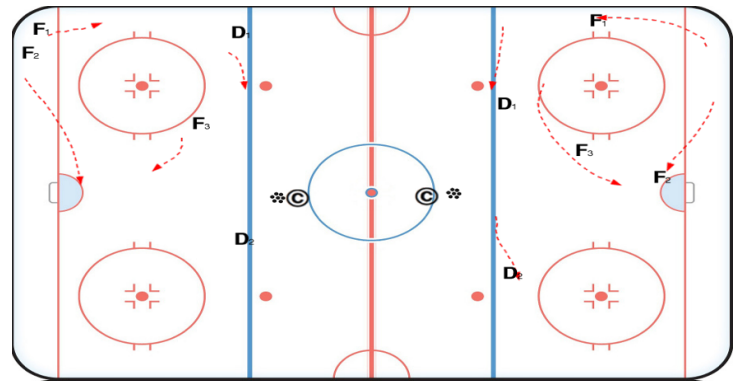
Learn traffic patterns with puck.

Layers and support. Can use high tip.

1. D shot
2. D2D shot
3. D WALK AND 1/2 wall attack
4. D2D TO HIGH 1/2 wall across
5. D2D long cycle and auto attack

Long cycle to back of net.

Auto attack either side with options..



Notes

1. D shot
2. D2D shot
3. D WALK AND 1/2 wall attack
4. D2D TO HIGH 1/2 wall across
5. D2D long cycle and auto attack

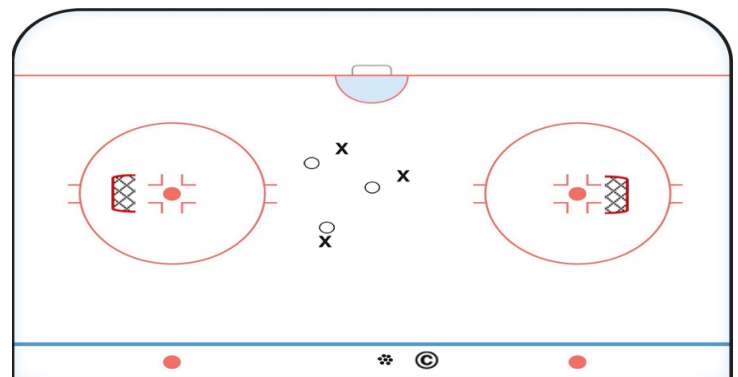
3v3 Cross Ice

Simple play 3v3

Short shifts

Notes

Move puck. Net presence.



Auto Low Attack Game

3 v 3 low attack

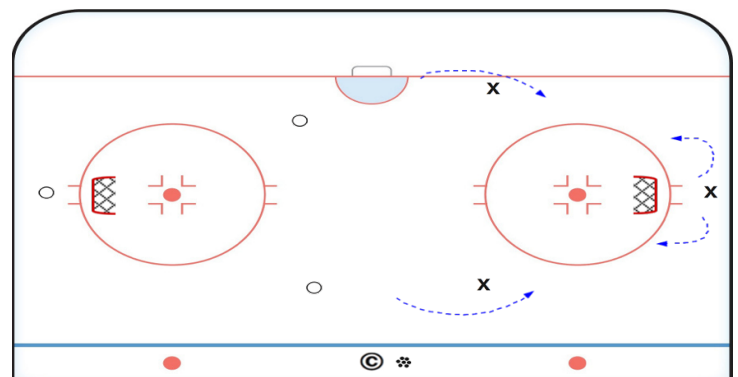
One guy all the time offense starts behind net in oz

He can join when puck gets to him. One guy back behind net when team loses puck

Notes

Attack both sides of net. Lanes.

Hard jams and rebounds..

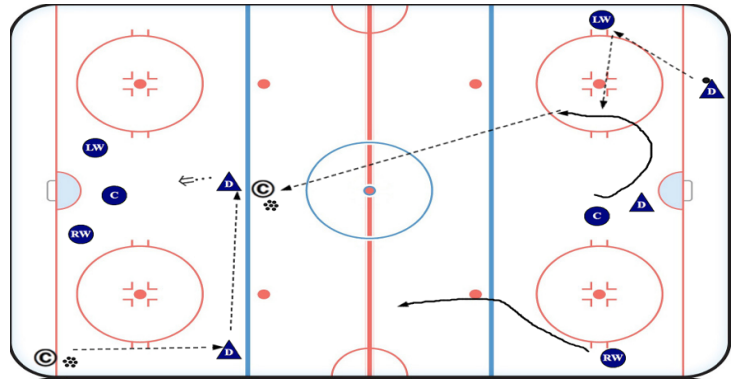


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Detroit Double Breakout

- Full line breaks out puck vs. no pressure on C dump in.
- Once the line "captures" the blueline, they pass it back to C
- C dumps puck in a second time
- All players stop on the dump in and track back to DZ "through the dots towards the house first"
- Line breaks out a second time.
- Players attack the OZ 5v0 trying to score off the rush
- C2 then gives pass to D1, D1 takes a quick shot towards the net.
- C2 gives a second pass to D1, D to D pass and shot from D2 from the middle of the ice.



Notes

- Run breakout routes Quick 1, 2, 3 Semi 1, 2, 3, 4
- Add forecheck pressure if desired
- Ensure proper OZ entry
- Be sure players stop and backcheck through middle to the "house" first

3 V 3 OFF/DEF AND OUT

3 X'S TRY AND DEFEND THEN BREAK PUCK OUT TO NEW X'S WHO ATTACK

O'S GO FROM OFFENSE TO DEFENSE

AFTER X'S PASS TO NEW X'S THEY ARE DONE.

OFFENSE THEN DEFENSE THEN OUT

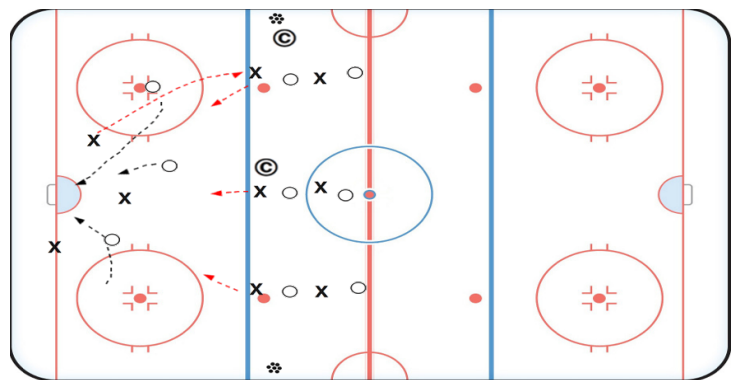
Notes

GAP AND DEFEND

WALL OFF

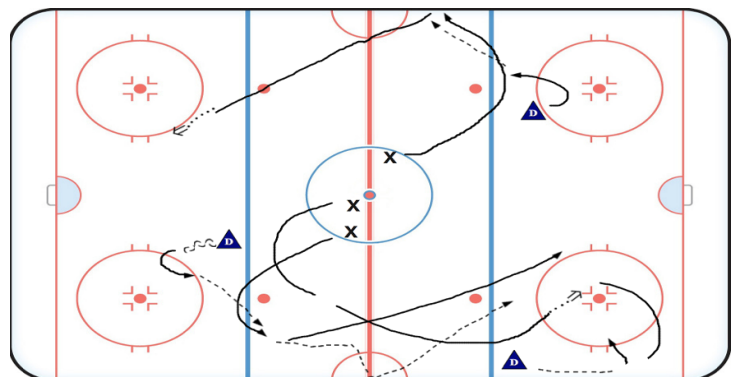
BATTLE

PASS ON TAPE OR NEW PUCK TO OLD OFFENSE



Sweethands

- 1-0- long shot/point shot
- 2-0- chip long shot
- layers



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IFK 3v1 + 1

