

## Practice plan

Team: Drill of the week



Practice N°: 1

Date: 23 dec 2013

Time: \_\_\_\_\_

Duration: \_\_\_\_\_

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### Objectives / main task

TOP 5 "formula to optimize the ice time. It is important that players know the key points of each exercise.

No need to waste too much time on the board and minimizes the movement of players on the ice.

Great practice momentum

### Drill N°: 1

Duration: Minutes

From:

To

Title: 2 on 1 Backcheck

Category #1 Attack

Category #2 Defense

#### Description

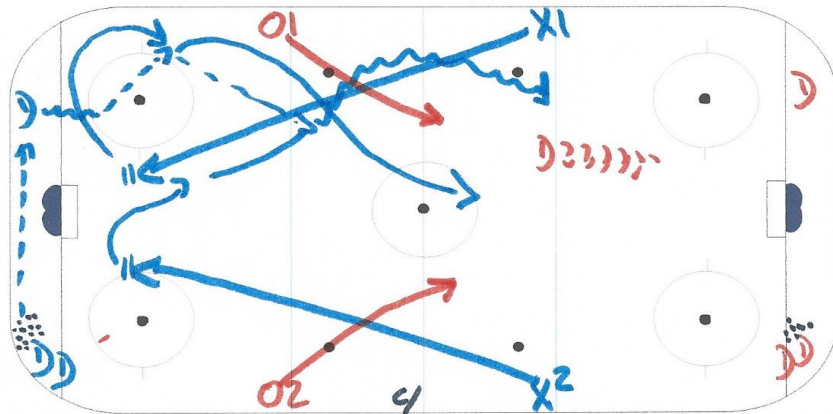
- D stand in the corner.

- F on the blue line.

Start with X1,2, skate hard (BC) inside the dots, on the coach whistle D1 pass to D2 and breakout on X1,2 and rush 2 on 1.

F O1,O2 get ready and when the puck pass the blue line they backcheck hard and try to cancel the rush. Important point, all players involves has to play the rebound (2nd puck)

When the play is dead coach whistle for the next rush on the opposite side. Its a flow drill with control of the coaches.



Key points: Rush againts backcheckers

Backcheck inside

Comments on execution:

Net work OFF/ DEF

Conditionning

### Drill N°: 2

Duration: Minutes

From:

To

Title: 2 on 2 continuous

Category #1 NZ puck management

Category #2 Man coverage down low

#### Description

- D stand at the red line

- F on the blue line by colors

GK passes to O1,O2

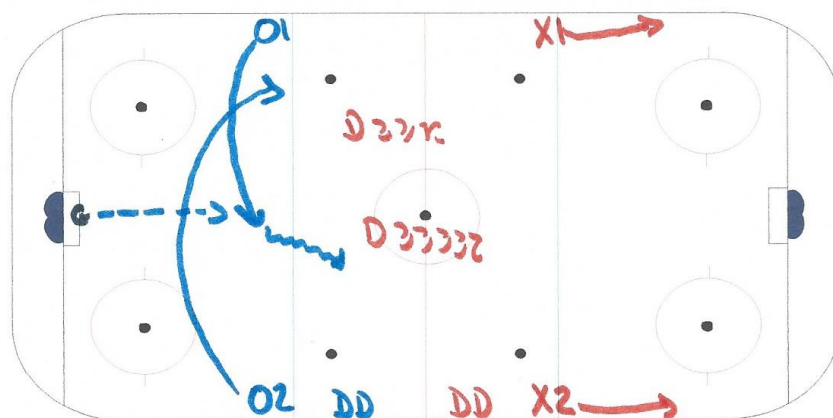
The D's join the play at the same time

The D as to make the Forwards think and react.

That's mean play hard at the blue line. GAP CONTROL

They play until the GK stop the puck or the D can breakout on the next Forwards X1,X2 stand on the ashmarks

Important: Ask the D to make a play, don't rim the puck all the time.



Key points: Re entry

DEF: Gap control

Comments on execution:

Blue line puck control

Attack-Zone-Time

**Drill N°: 3**

Duration: Minutes

From:

To

Title: 2 on 3 Backcheck

Category #1 Re entry

Category #2 DZC down low

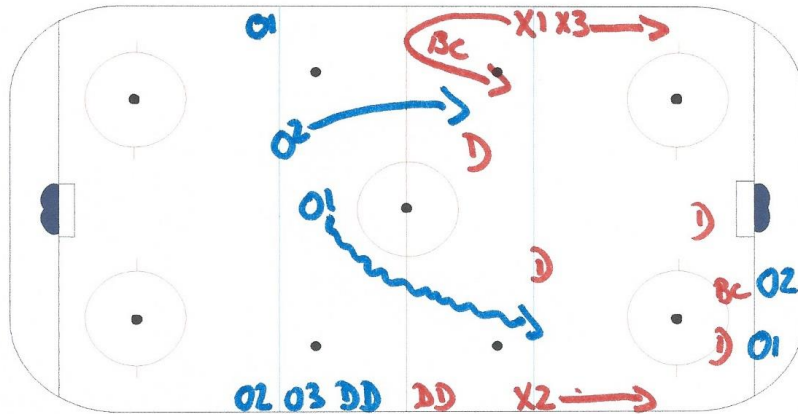
**Description**

Keep the same disposition then the other drills.

- Same start as the 2 on 2 the only difference is on the fact that as soon the puck carrier skate over the red line, X1 will skate to the red line and backcheck and help the DEF. Good communication is important to keep the structure 2 and 1.

2 work deep in the corner and 1 protect the front of the net.

The follow up of the drill is on the same pattern than the 2 on 2. Get some good flow, mean a great momentum.



Key points:

Re entry

DZC down low

OZ puck management

Communication

Comments on execution:

**Drill N°: 4**

Duration: Minutes

From:

To

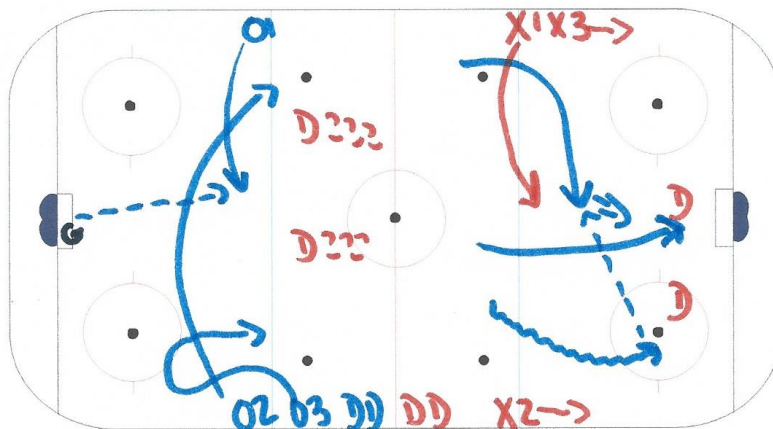
Title: 3 on 2 continuous

Category #1 Rush 3 on 2/ Cycling

Category #2 Def play

**Description**

Start: Gk passes to O1, O2 and O3 for breakout  
D1, D2 who start at the same time as O1, O2, O3  
D1, D2 and Gk try to regain possession and B/O new line. Below tops of circles, play 3 on 2  
The new line stand over the top of circle.



Key points:

Counter attack

Defensive battles

Cycling down low

Net pressure

Comments on execution:

Drill N°: 5

Duration: Minutes

From:

To

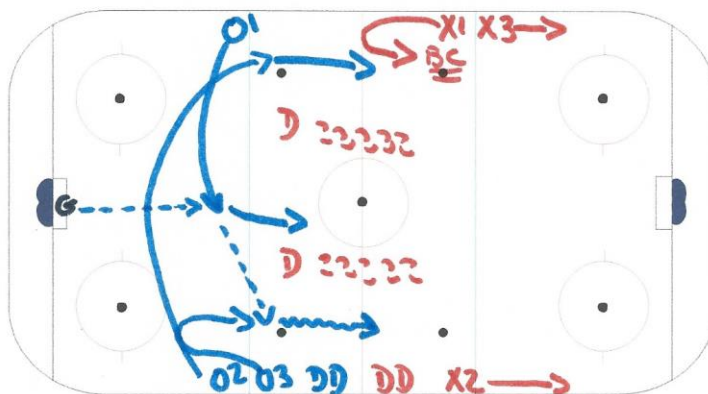
Title: 3 on 2 continuous + B/C

Category #1 Rush 3 on 2/ Cycling

Category #2 DZC down low

#### Description

Start: Gk passes to O1,O2 and O3 for breakout  
D1, D2 who start at the same time as O1,O2,O3  
D1,D2 and Gk try to regain possession and B/O  
new line. Below tops of circles, play 3 on 2  
As soon the puck carrier skate over the red line  
X1 will touch the red line and backcheck hard  
and play 3 on 3 down low.  
D1,D2,Gk and X1 try to regain possession and  
B/O new line. Below tops of circles, play 3 on 3  
X1 will join the rush after breaking out



Key points:

Counter attack/net pressure

Defensive battles/body position

Cycling down low/OZ structure

DZC down low/ quick release

Comments on execution: