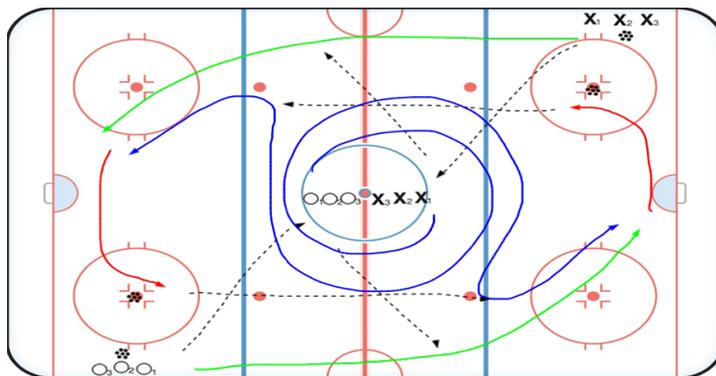


# RPI : Drill Of The Week Club 19-20 Practice Plan

Generated on Oct 22, 2019 by Hockey ClipPad.

**Duration:**

**Lssu Timing**



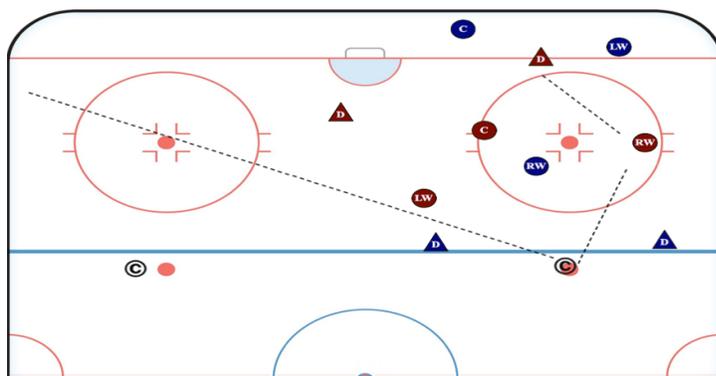
**Duration:**

## 3 Puck 5v5

5v5 in zone. Defensive team must get the puck to either coach. Once the puck is moved out of the one coach dumps back into an open space to create a forcheck board battle etc (the situation created depends on the need of the team)

Play a total of 3 pucks before new group.

Add a scoring system to increase competition.  
Example 1 point for a goal. 1/3 of a point for a successful clear



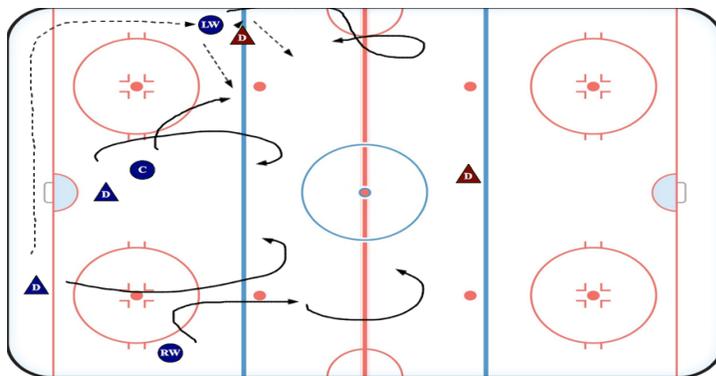
**Duration:**

## Bruins D Pinch

Pucks dumped in  
D wraps puck to the weakside wing  
-Winger has to take appropriate depth in order to receive the puck  
Weakside opposing D will crash on the dump  
Boardside wing will either pass it directly or chip to support  
Center low, slow, and below  
Weakside wing slant or wide depending on center  
Forwards regroup with second opposing D and re-attack own D  
Opposing D continue down opposite end...

### Notes

Boardside Wing must read pressure and take enough ice  
Crashing D appropriate pressure



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## Wrap To Rush (activate)

Both ends at same time

D1 takes ice, pivots, shoulder checks, retrieves puck, wraps it, then takes as much ice as he can in order to play oncoming rush

F1 sprints back, handles wrap, attacks opposite end

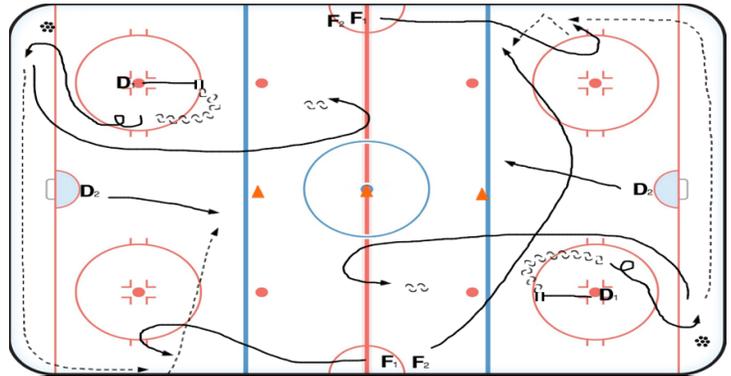
D2 joins rush front net front

\*F2 slant supports, handles chip, attack opposite end

**Notes**

Encourage puck movement through middle of rink

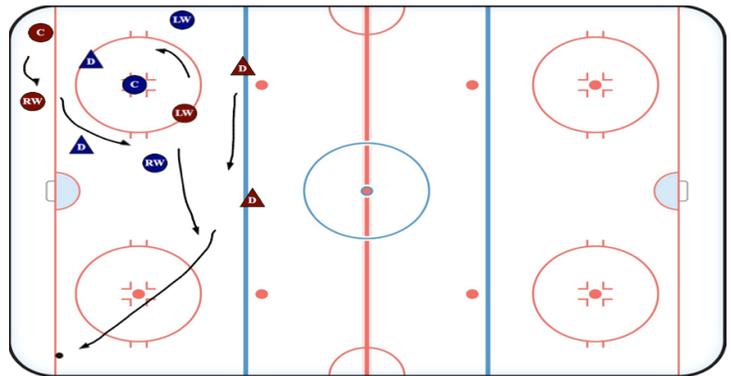
Second man drive the net



**Duration:**

## 2-3 Pinch Practice

First whistle activates a 3v3 in corner. Offense is trying to make score defense trying to pass to coach. Second whistle play puck in other corner. Turns it 5v5.



**Duration:**

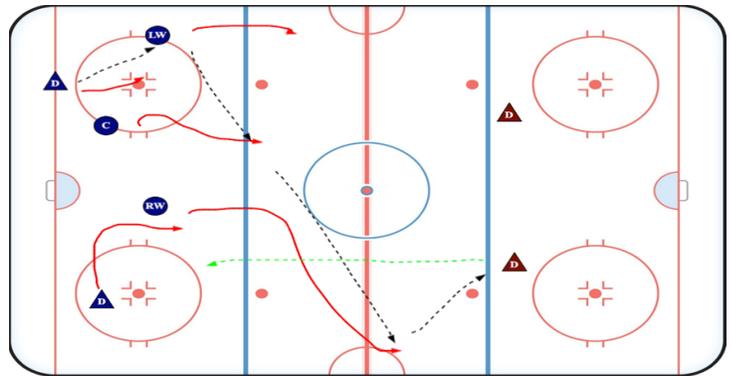
## Chicago

Bout kick to far def

Def pass to original def

Rg Rush Attack 3v2

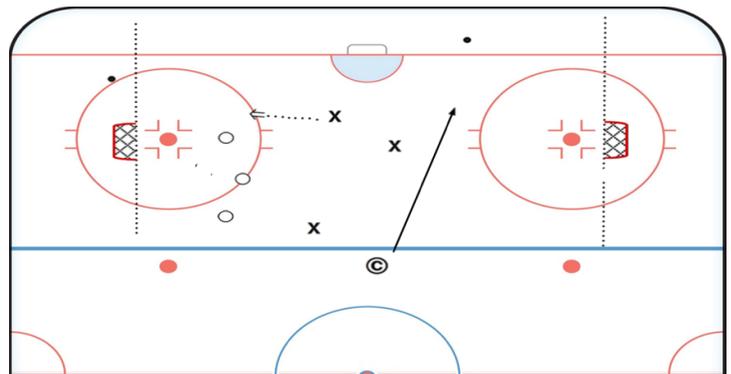
Option to kickout and wing interchange on rg rush



**Duration:**

## 3v3 In Front Of Net

3v3 if puck goes below goal line coach sends another puck into the play. Players should focus on winning puck battles and covering men when on d. Offensively put pucks to the net



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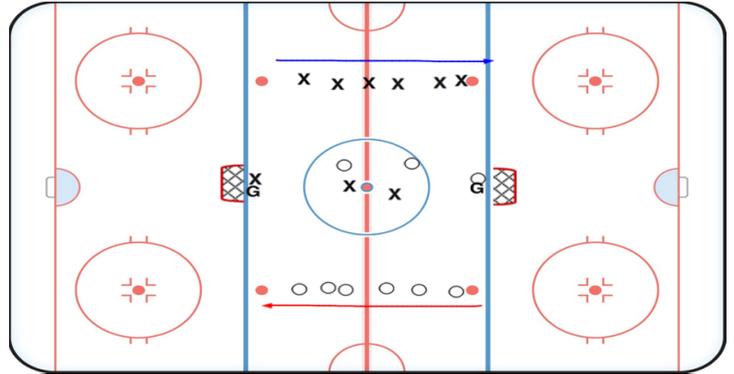
### Bloody Nose Alley

2v2 in middle. Battle.

Lines can only shoot.

Short intense shifts.

Miss net or covered > new puck.



## Duration:

### D Use Or Lose

Puck always starts from coach to d. D to d with weakside activation. If d is not used on initial rush he must go back. All pucks started from coach.

#### Variation

No coach players must gain possession and head back to their d zone for regroup.

