



# Practice Plan



Team: Drill of Week 2013-14

Practice No.: \_\_\_\_\_

Date : 22.10.13

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

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

Version No.: \_\_\_\_\_

Prepared by: Peter Russell

## Objectives / Main tasks :

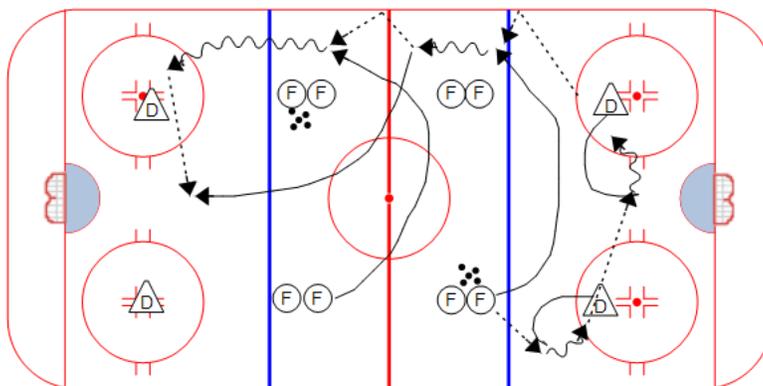
Transtion - Indirect Plays Under Pressure  
 Chip and Support Drills - Skills and Tactics  
 Breakout - Support  
 Active Defence in Rush  
 (2 v 1) Cross Ice Offence 'Scoring'

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : EJ - Double Chip Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

### Description

F chips puck along wall, D comes down collects puck & passes to partner who is in hinge support. He skates towards wall & gives an indirect pass to 1st F who then makes another chip off the wall to the 2nd F.  
 The two forwards will then attack the net 2 vs. 0, both sides at the same time.



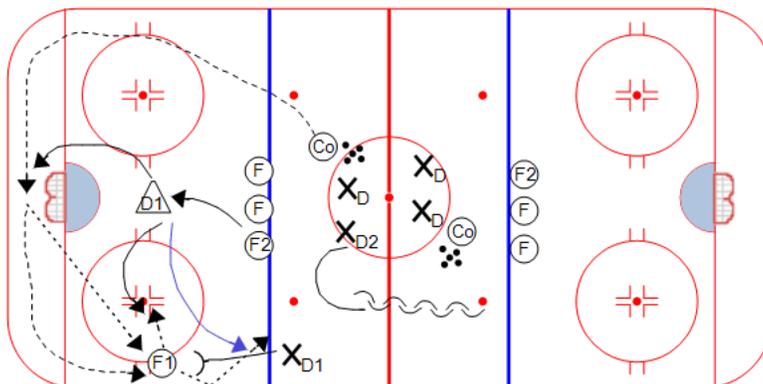
**Key Points :** Communication Controlled Skating Head on a Swivel Quick Board Chips

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Breakout v (1-1) Pinch Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

### Description

D1 goes back and picks up rim behind net then D1 rims or makes quick up to F1 on the half wall.  
 On rim XD1 may step across blue to pinch on F1.  
 F1 must read the pressure and pass directly to F2 if he has time, chip out to F2 if he has less time and counter pinch on XD1 if he has no time at all. Then F2 plays 1 v 1 against XD2.  
 XD1 must vary his pinch pressure so forward must read the situation each time.



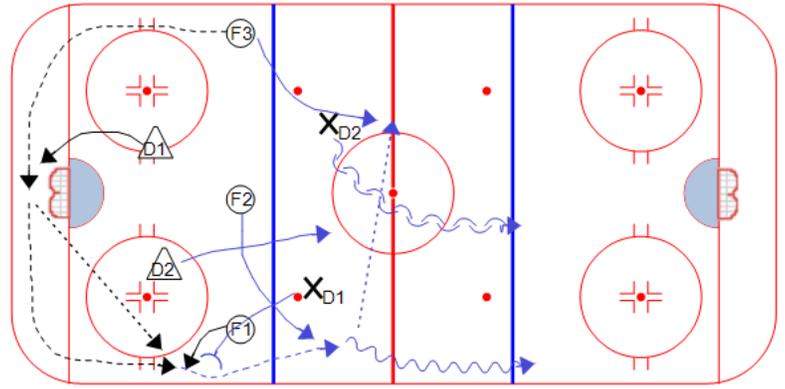
**Key Points :** Be Ready Decision Making Communication

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Breakout v (3 v 2) Pinch Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

**Description**

D1 goes back and picks up rim behind net then D1 rims or makes quick up to F1 on the half wall.  
 On rim XD1 may step across blue to pinch on F1 or back out  
 F1 must read the pressure and pass directly to F2 if he has time, chip out to F2 if he has less time and counter pinch on XD1 if he has no time at all.  
 F2 and F3 must read pinch pressure and adjust.  
 XD1 has the option to pinch or back off and play the 3-2. D2 may jump up to create a 3-1.  
 XD1 must vary his pinch pressure so forwards must read



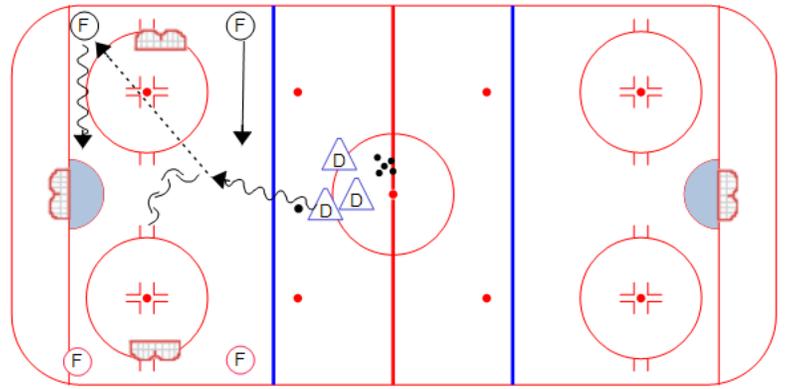
**Key Points :** Be Ready Decision Making Timing Communication

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Rockets Cross ice Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

**Description**

Move the nets into one end set up cross ice as shown. Start with breakaway, coach on the blue line passes to player, he then goes in for quick shot on goal, alternate sides, Then bring the defenseman to the top of the blue line as shown, they then can work on 1 on 1's, 2 on 1's, and 3 on 1's, The Defenseman passes the puck to the forward with good gap control players the short rush, alternate sides.



**Key Points :** Quick Decisions Support