

2016 USA Hockey
Select 15 Player Development Camp
Practice Plan Topics

Note- Every practice will be a shared practice with another team. Station based drills and Small area games are encouraged to teach concepts and habits.

Practice 1 – Day 1 – Teaching Concepts Through Small Area Games

- A. Defensive/Offensive Zone Play**
- B. Forechecking/Backchecking**
- C. Line Rushes**
- D. Power Play/Penalty Kill**

Practice 2 – Day 2 – Forward and Defenseman Position specific skills

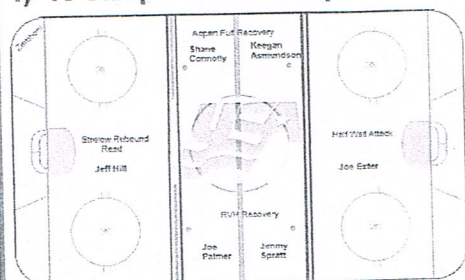
- A. Forwards – passing, receiving, shooting, goal scoring, under handling, deception, one timing, puck protection**
- B. Defensemen – retrieving pucks, under handling, passing, using your partner, shooting from the point, one timing the puck, containing your opponent**

Practice 3 – Day 4 – Team Concepts

- A. Offensive Concepts – puck support, breaking out, regrouping, zone entries, driving the net, cut backs, puck protection, using the points, getting to the scoring area, creating outnumbered situations, creating time and space, goal scoring**
- B. Defensive Concepts – angling, forechecking, body position, stick on puck, body contact and checking, playing on the defensive side of the puck, defending the net front, taking away time and space**

1) 15 Camp Station Set Up

0 min.

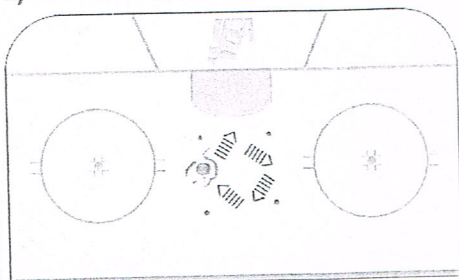


OBJECTIVE: Maximize Ice Utilization

KEYPOINTS:

2) Movement Box Drill

4 min.



OBJECTIVE: Development standing movement skills for goaltenders.

ORGANIZATION: Place 4 puck in a square anywhere on the rink. The square should be roughly the size of the goal crease.

VARIATION: T-Push- One Time around each way.

Shuffle- One Time around each way.

Butterfly- Full Recovery. One Time around each way.

Butterfly- On-Ice Recovery. One Time around each way.

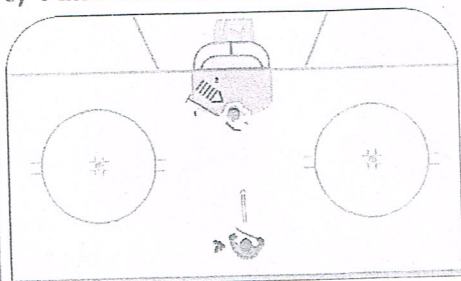
GOALIE: Maintain goalie stance posture through each movement.
Pause between each push.
Push as hard as you can.

KEYPOINTS:

Eyes, Chin and Shoulders Lead., Hold each position for a 2 count., Maintain a proper stance (no bobbing)

3) Fundamental Save with Pre-Shot

4 min.



OBJECTIVE: Develop consistent fundamental saves after preparing for the shot.

VARIATION: Glove Saves.

Blocker Saves.

Stick Saves.

Butterfly Saves.

Chest Saves.

Add a stationary screen utilizing a second goalie as the screen.

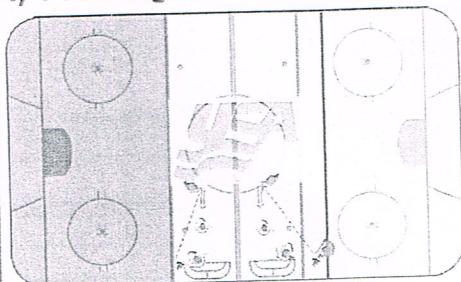
GOALIE: Complete two crease movements prior to the shot.
Completely track each puck in and out prior to beginning the next rep.

KEYPOINTS:

Fundamental Save, Tracking, Movement

4) Post Integration Recovery

8 min.



OBJECTIVE: Work on the goalies ability to recover from the RVH and find the puck through traffic.

ORGANIZATION: The coach starts with a puck near enough to the net to be an immediate threat.
The goaltender starts in an RVH.

The 2nd goaltender is providing a screen 3-4 feet above the top of the crease.

The coach passes a puck out to the shooter, glides out to avoid getting hit with the shot.

The shooter moves the puck to get shooting angle around the screen and shoots to score.

The shooter plays any reasonable rebound.

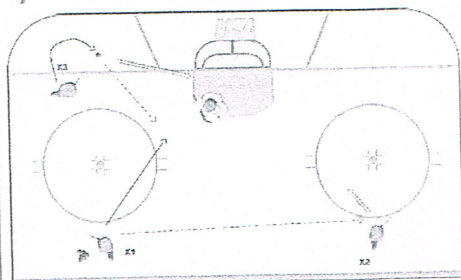
KEYPOINTS:

Transition in and out of the RVH, Know why and when to use a RVH, Gain depth and positioning on a pass out., Find the puck through a screen.

VARIATION: Start the drill with zone work prior to the the coach passing.
Start the drill with a post to post in an RVH, simulating a wrap scenario.
Have the shooter move to different locations.

5) Strelow Rebound Read

8 min.



OBJECTIVE: Work on the goaltenders ability to recovery properly and control rebounds.

ORGANIZATION: X1 starts with pucks. The goaltender is square to the puck at a good depth.

X1 passes to X2. The goaltender pushes to remain square while staying up.

X2 shoots for a play off the pad far said.

X1 drifts in for a rebound.

X3 has a puck in the corner, if the original puck doesn't come near, X3 waits a reasonable amount of time for the goalie to get set and makes a quick play on the net.

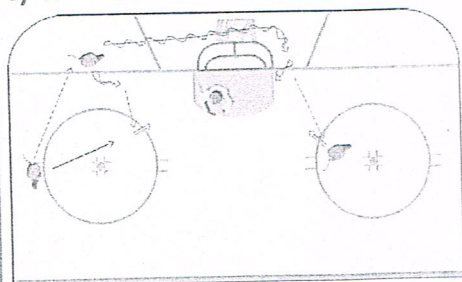
VARIATION: Place X3 in different spots.
Allow X2 to shoot to score.

KEYPOINTS:

Beat the first pass on your feet., Control the rebound on the first shot., Utilize proper recovery, Compete to make 2nd saves.

6) Half Wall Attack

8 min.



OBJECTIVE: Work on plays that originate at the wall and attack the net.

ORGANIZATION: Player starts with a puck on the wall. He makes a pass down to the player below the goal line.

The player below the goal line has 4 options.

1. Strong side jam.
 2. Pass back to the half wall guy going to the net.
 3. Carry the puck around the net and jam.
 4. Carry the puck around the net and pass to X3 for a quick shot.
- All players play a reasonable rebound.

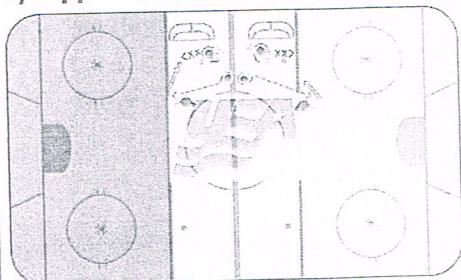
VARIATION: Have X2 start with the puck.

KEYPOINTS:

Maintain standing position for as long as possible., Read the players options., Achieve ideal depth on low to high plays. , Cover or control rebounds, Compete on 2nd chances.

7) Appert Full Recovery (Modified)

8 min.



OBJECTIVE: Work on goaltenders ability to fully recover.

ORGANIZATION: The goalie starts in a butterfly.

The 2nd goalie has a puck and is ready to pass.

On the coaches command, the 2nd goalie pass the puck to the shooter.

The shooter can vary their location.

The goalie finds the shooter and fully recovers to make the save on the shot.

Shooters play out any reasonable rebound.

VARIATION: Vary where the pass comes from.

Add traffic.

Vary where the shooter comes from.

KEYPOINTS:

Good rotation and recovery., Gain depth through the middle., Set feet before the shot., Use a shuffle full recovery. , Take the entire play in and out.

Post-Practice Comments:

Pre-Practice:

- Pucks
- 6 Nets
- 12 Borders
- Water Bottles
- Shooter Nation Coach

Objectives: passing, receiving, shooting, goal scoring, under handling, deception, one timing, puck protection, FUN
Equipment Needs: 4 nets, pucks, tires, borders, 4-8 coaches

Free Play – 4 min

4 corners passing progression – 8 min

Everyone passes

2 v2 (+4) keep away

<https://www.youtube.com/watch?v=ixWEcU1b1r0>



Backcheck Game – 12 min

Players start by attacking 2v0 with 2 opposing players backchecking them. When the backcheckers gain possession of the puck, they breakout two players on their team waiting to attack the other way. After the offensive players are stopped, they become the backcheckers. Shift goes offense, backcheck to defense, breakout your team and change.

Concepts: puck support, breakouts, line rushes, backchecking, offensive zone play, defensive zone play, transition, line changes

<https://www.youtube.com/watch?v=YqWHYJkPXzw\>

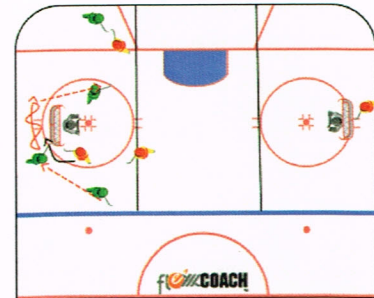


Breakout/Forecheck Modified Regroup Game - 12 min

Play 3v3 cross ice but before you can attack the opposition's net, you must regroup with a player on your team who cannot go above the goal line. In addition the regrouping players must come below the line that goes across the hash marks closest to their net to ensure good breakout habits/support. The regroup player may move anywhere below the goal line but cannot come above it. One of the attacking forwards must pressure the regroup player as if he were forechecking. Move to get open on the regroup and stay below the line.

Concepts: puck support, breakouts, regroup, line rushes, forechecking, transition

<https://www.youtube.com/watch?v=5Hp6ibuCzVA>



Buffs 3v3 – 12 min

Three green start on defense and three blue start on offense. The three blue are trying to score and if they score they get a new puck. The three green are trying to break the puck out to their teammates skating around in the close half of the neutral zone. Once the defensive team makes a pass to their teammates, they are done and leave the zone. The new green quickly attack the three blue (who've transitioned to D) and play 3v3 and the drill becomes continuous. Emphasize middle lane drive upon zone entry.

Concepts: puck support, breakouts, line rushes, forechecking, transition, zone entry, attacking the net



Levels – 12 min

Players play 3v3 with a coach for support on either wall. The coach may skate up and down the wall to get open. Players must pass to a coach before they can attempt to score and they can score on either net to foster creativity and deception.

Concepts: puck support, deception, transition, offensive zone play, defensive zone play, power play, penalty kill

<https://www.youtube.com/watch?v=3inMyD-pcYE>



Objectives: passing, receiving, shooting, goal scoring, under handling, deception, one timing, puck protection, FUN
Equipment Needs: 4 nets, pucks, tires, borders 4-8 coaches

Breakout warm up progression (8 min) – Goalie work at same time

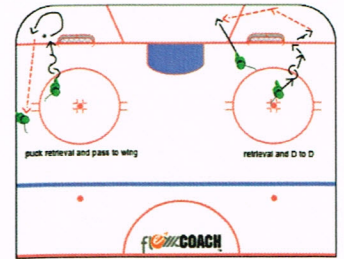
Part 1- Puck retrieval, hit wing

Part 2 – Puck retrieval, D to D

Part 3 – Puck retrieval, “x” to partner

When D go back to retrieve pucks, teach good habits. Shoulder check, hands out, etc...

<https://www.youtube.com/watch?v=LuCcZSBzyEA>



3 Stations – Two touch shooting; Y Pivot Drill, Underhanding/shooting (neutral zone) (7 minutes each, 21 minutes total)

Two touch shooting:

Player 1 underhandles the puck through the cones and makes a pass to the board side D(2) who catches the pass and makes a pass to his partner D(3). The middle point (D3) can only touch the puck twice; Once to stop it, once to shoot it. Rotation is as follows, player one becomes D2 (have an extra in line there to speed up reps), D2 becomes D3, D3 becomes player 4. Player 4 goes back to line.

Works on: Underhanding, passing, shooting, o/z play, tips, screens, scoring

<https://www.youtube.com/watch?v=84z9OfqFmcc>

Y Pivot Drill:

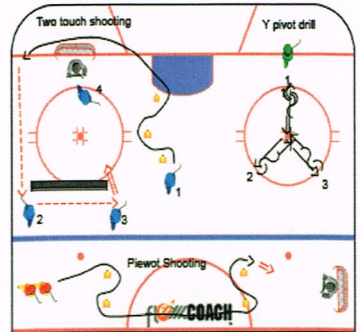
D starts on circle at point 1 and skates backward to the dot. At the dot, he pivots and skates to point 2 on the circle. D stops on the line and skates backward to dot without crossing over and back to point 1. Player stops at point 1 and skates backward to the dot, pivots and skates to point 3 on the circle. Player stops at point 3 and skates backward to the dot and pivots without crossing over and skates to point 1.

Underhandle shooting:

Piewot Shooting

Player carries the puck and pivots around first cone, opens up and goes around second cone. Player does the same at second set of cones but in opposite direction. Once around last cone, player shoots without stickhandling. Players always face the net while skating to work on pivots and edges.

Works on: Skating, puckhandling, shooting, scoring



3 Stations – Underhandle off wall shooting; puck protection/containment, protect the gate (7 minutes each, 21 minutes total)

Underhandle off wall shooting:

Board side D receives a pass from the corner and walks the line while keeping the puck on his forehand for a shot on net. Add some obstacles to make D shoot with their eyes up and get puck to the net.

Progression - after the D walks the line, add in a fake shot and move (toe drag, pull/push etc...) before shooting

Works on: Underhanding, shooting with eyes up, power play skills, passing/receiving

<https://www.youtube.com/watch?v=yTIRvhsdBIU>

<https://www.youtube.com/watch?v=qdtWlhQiySQ>

Puck Protection/containment:

ffensive player starts with puck, protecting it along wall and defensive player tries to contain him 1 v 1. Emphasize stick on puck containment and body contact.

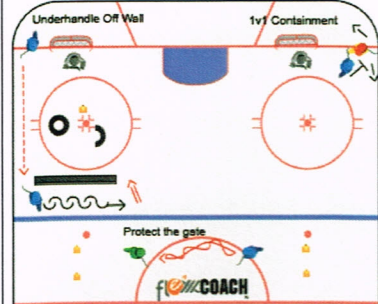
Works on: defensive zone play, containment, stick on puck play

<https://www.youtube.com/watch?v=OnvEiY3d1UM> <https://www.youtube.com/watch?v=5es5VahVqvw>

Protect the gate:

Offensive player is trying to skate the puck through the attacking players gate. Defender must use his body and stick to defend. If the puck is stolen, player takes it behind his gate and then attacks the other gate. Shifts should be 15-20 seconds in length.

Works on: skating, defending, stick on stick, body contact



Gretzky Game (10 minutes)

Players play 3v3 with a support player (Gretzky) below the goalline on their attacking net. You must pass to your Gretzky before you can attempt to score.

Defending players may not defend Gretzky, you must pick up an offensive player instead. Offensive players must move feet to get open for a scoring chance.

Gretzky may skate laterally below the goalline.

Concepts: puck support, offensive zone play, defensive zone play, power play, penalty kill, transition

<https://www.youtube.com/watch?v=ctpi6cYg9Lc>



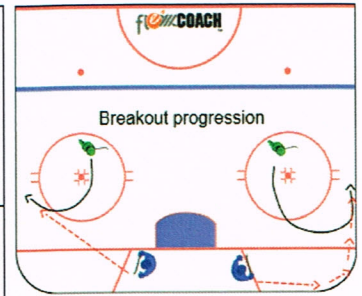
Objectives: passing, receiving, shooting, goal scoring, under handling, deception, one timing, puck protection, FUN
Equipment Needs: 6 nets, pucks, tires, boarders 4-8 coaches

Breakout warm up progression (8 min) – Goalie work at same time

Part 1- pivot open up receive breakout pass

Part 2 – pivot, receive wrap breakout pass

Wings come down from top of circle and open up and pivot to receive a breakout pass or a breakout wrap
<https://www.youtube.com/watch?v=HQADZT2ZCBs>
<https://www.youtube.com/watch?v=TaQJVFIDUVs>



3 Stations – Breakout/Regroup shooting, Wrap protection progression, Underhandle shooting (7 minutes each, 21 minutes total)

Breakout/Regroup shooting:

Player 1 in line passes to the player 2 at the goal line extended, player 1 pivots and opens up at the boards and gets a pass back. 1 then passes to 3 who was next in line and 1 again pivots to the boards and opens up for a pass from 3. When 1 receives that pass he passes to 2 for a give and go and a one timer on net. 2 can play the rebound coming out of the corner. 1 then becomes 2.

Works on: passing, receiving, breakouts, shooting, scoring

<https://www.youtube.com/watch?v=yKDw603kzEg> <https://www.youtube.com/watch?v=iTd25fDG4HY>

Wrap/Puck Protection Progression:

Part 1 -Player 1 wraps the puck to player 2 behind the net. Player 2 skates with the puck and picks it off the wall with his stick. When player 2 gains possession he cuts back to the corner facing the wall and attacks the net for a jam or reverse jam attempt.

Part 2 -Player 1 wraps the puck to player 2 behind the net, player 2 protects the puck, cuts back to the corner looks to hit player 1 for a one timer off the post or in the slot.

Works on: puck protection, breakouts, wraps, passing, shooting, scoring, team play.

<https://www.youtube.com/watch?v=ASQsW4zLD2A> <https://www.youtube.com/watch?v=V4hZ-AS9ZIU>

Underhandle Shooting:

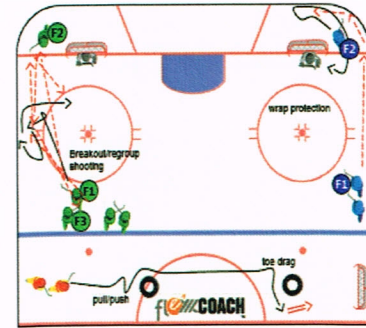
Player gets to the first tire and pushes, pulls, and pushes the puck around the tire, at second tire, they push and pull around the tire and underhandle and shoot. Puck is always on the forehand side of the blade. Switch order every time.

Works on: Skating, puckhandling, underhandling, shooting, scoring

<https://www.youtube.com/watch?v=mi4nhAt-e30> <https://www.youtube.com/watch?v=54SYAMs0Gww>

<https://www.youtube.com/watch?v=zX3nw80sLyl>

https://www.youtube.com/watch?v=0_h6POzsFHQ



3 Stations – Quad Passing w/ Shot, Johnny Phone Booth, Give and Tiki Taka Passing (7 minutes each, 21 minutes total)

Quad passing with shot:

Player 1 passes to player 2 who passes back to 1 and 1 passes back to 2. 2 then passes to 3 who passes to 2 who catches and shoots (or one times) without stickhandling.

Works on: passing, receiving, give and go's, team play, cycling, shooting, scoring

<https://www.youtube.com/watch?v=9ABHYXJTMtE>

Johnny Phone Booth:

Player flips a puck over the barrier then escapes towards the blue line then back towards the goal line turning towards boards to protect puck. After second escape, they stickhandle through obstacles, around cone then attack the net/barrier. Players feet go on one side of barrier and puck on the other for a shot on net.

Works on: puck protection, edges, puck handling, underhandling, shooting, release, scoring

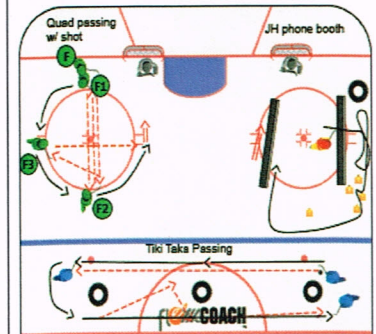
<https://www.youtube.com/watch?v=25JMt9YhkQ> <https://www.youtube.com/watch?v=gOs9upakIOE>

Tika taka passing

Player 1 passes to player 2, player two opens up around the tire and passes to player 1 who has skated to the middle tire, they perform and give and go and player 2 passes to player 3. 1 becomes 2, 3 becomes 1 and drill in continuous.

Concepts: passing, skating, puck handling, team play, break outs

<https://www.youtube.com/watch?v=e-CETEagzjw>



Gretzky Game (10 minutes)

Players play 3v3 with a support player (Gretzky) below the goalline on their attacking net. You must pass to your Gretzky before you can attempt to score. Defending players may not defend Gretzky, you must pick up an offensive player instead. Offensive players must move feet to get open for a scoring chance. Gretzky may skate laterally below the goalline.

Concepts: puck support, offensive zone play, defensive zone play, power play, penalty kill, transition

<https://www.youtube.com/watch?v=ctpi6cYg9Lc>





USA SELECT CAMP TEAM CONCEPT PRACTICE



DATE: 3-20-16 Sunday

LENGTH OF TIME: 1.0 hr

TEAM: NTDP TEAM RED/BLUE

OBJECTIVE: Accomplish skating, passing precision, LIVE ACTION competition, Goal Scoring Hockey IQ, FUN

EQUIPMENT: Puck, 2 Nets, 8 Tires,

DRILLS: 7 Min. 3 Zone Passing, 7 Min. 2 Puck Pass, 12 Min Cross Fire, 12 Min 3v1, 12 Min. BC 4v2, 7 Min Goal Scoring

WARM UP.: 3 Zones

7 min.

ZONE 1: Passing Progression

3 players create 2 lines. X1 passes to x2. X1 angles x2. x2 adjusts then passes to x3. Repeat.

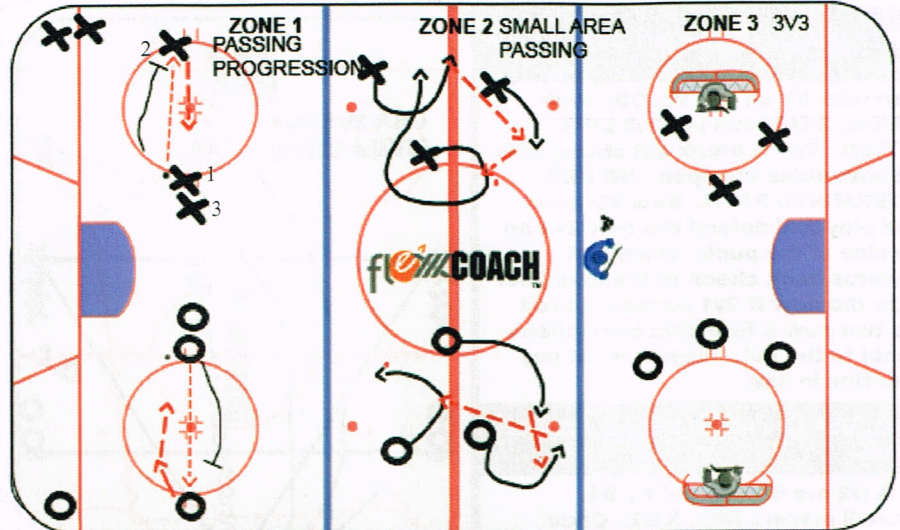
ZONE 2: Small Area Passing

3 players move in small tight random patterns moving the puck amongst themselves.

Zone 3: 3v3

Players play 3v3

Groups of three rotate through zones on whistle.

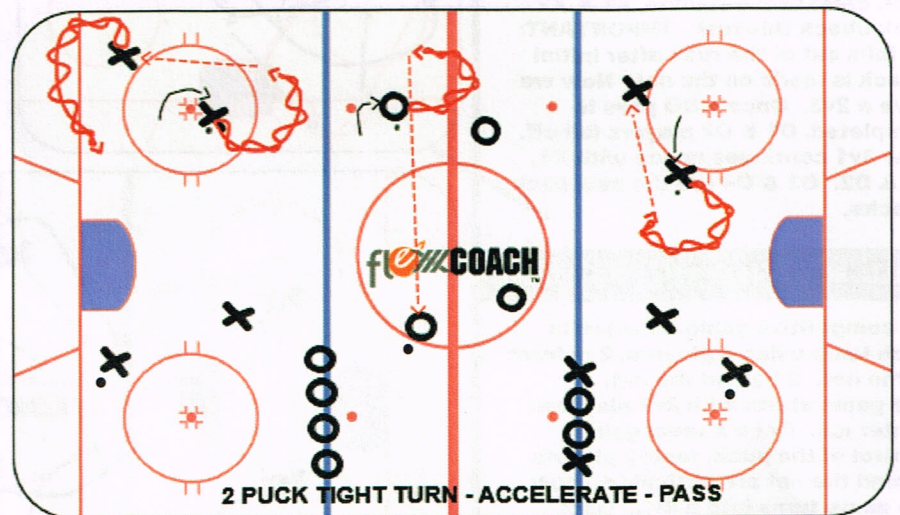


DRILL: 2 Puck Passing

7 min.

Use all three zones. Have players work in groups of four. Each group has 2 pucks. Players move in random patterns. Once a player receives a puck, that player must:

- Tight Turn
- Accelerate
- Pass to a ready team mate.

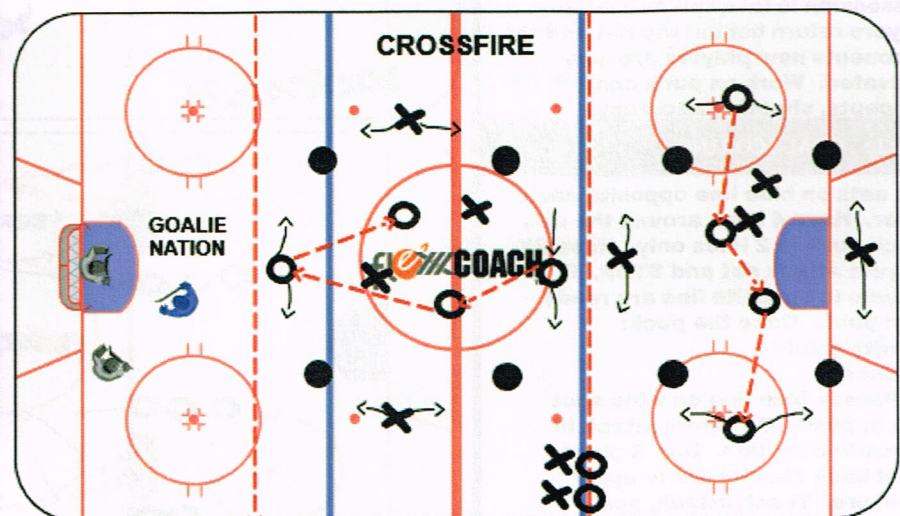


DRILL: CROSSFIRE

12 min.

CROSSFIRE: SPLIT INTO 2 TEAMS OF 4. Game starts with 2v2 in the middle of the square. Teams Score points by completing passes from one side to another. 1 point for 1 player pass. 2 points for 2 player pass. Teach players on the outside of the square to move laterally to create passing lanes.

<https://www.youtube.com/watch?v=zAYITfxUV4Y>





USA SELECT CAMP TEAM CONCEPT PRACTICE



DATE: 3-20-16 Sunday

LENGTH OF TIME: 1.0 hr

TEAM: NTDP TEAM RED/BLUE

OBJECTIVE: Accomplish skating, headman the puck, Hockey IQ, FUN

EQUIPMENT: Pucks, 2 Nets, 8 Tirees

DRILLS: 7 Min. 3 Zone Passing, 7 Min. 2 Puck Pass, 12 Min Cross Fire, 12 Min 3v1, 12 Min. BC 4v2, 7 Min Goal Scoring

DRILL: USA Live Action 2v1-3v2 12 min.

Start with 2X on 2v1 vs. OD. Pass red line, 2 O funnel in. 2v3 LIVE ACTION. Try to break out strong side but both sides are open. NO PRE DETERMINED PATH. New XD must read play and defend the new 2v1 on the side of the puck. Original X forwards back check to the blue line. Once the new O 2v1 passes the red line two new X forwards back check funnel to the net. Players must pay attention in line.

DRILL: USA Live Action 3v1 - D Activate 12 min.

O1 & O2 are broken out by D1. These 3 players attack D2. Once puck crosses the redline, X1 & X2 back check this rush. IMPORTANT: D1 falls out of the rush after initial attack is made on the net. Now we have a 2v3. Once a BO pass is completed, O1 & O2 players fall off. New 3v1 continues up ice with X1, X2 & D2. O3 & O4 are the new back checks.

DRILL: BC 2v4-4v2 12 min.

NZ competitive game. Start with each team using 4 players. 2 in front of the net. 2 behind the net. The game starts with 2v2 player at center ice. Once a team gains control of the puck, their 2 players behind the net are activated. Now the game turns into a 4v2. Once possession is lost, the activated players return behind the net and the opponents new players are now activated. Work on puck control, PP concepts, shooting accuracy.

DRILL: GOAL SCORING 7 min.

Put nets on blue line opposite each other. Have 4 lines around the net. Place puck in 2 lines only. Have 2X players attack net and STOP. O Players in opposite line are ready with puck. Once the puck:

- Hits goalie
 - Scores
 - Passes blue line on wide shot
- The opposite O players attack in opposite direction. One X player must back check hard to apply pressure. Teach attack, goal scoring, passing options. STRONG STICK

