



# Practice Format

**Notes by Mark Hogan**



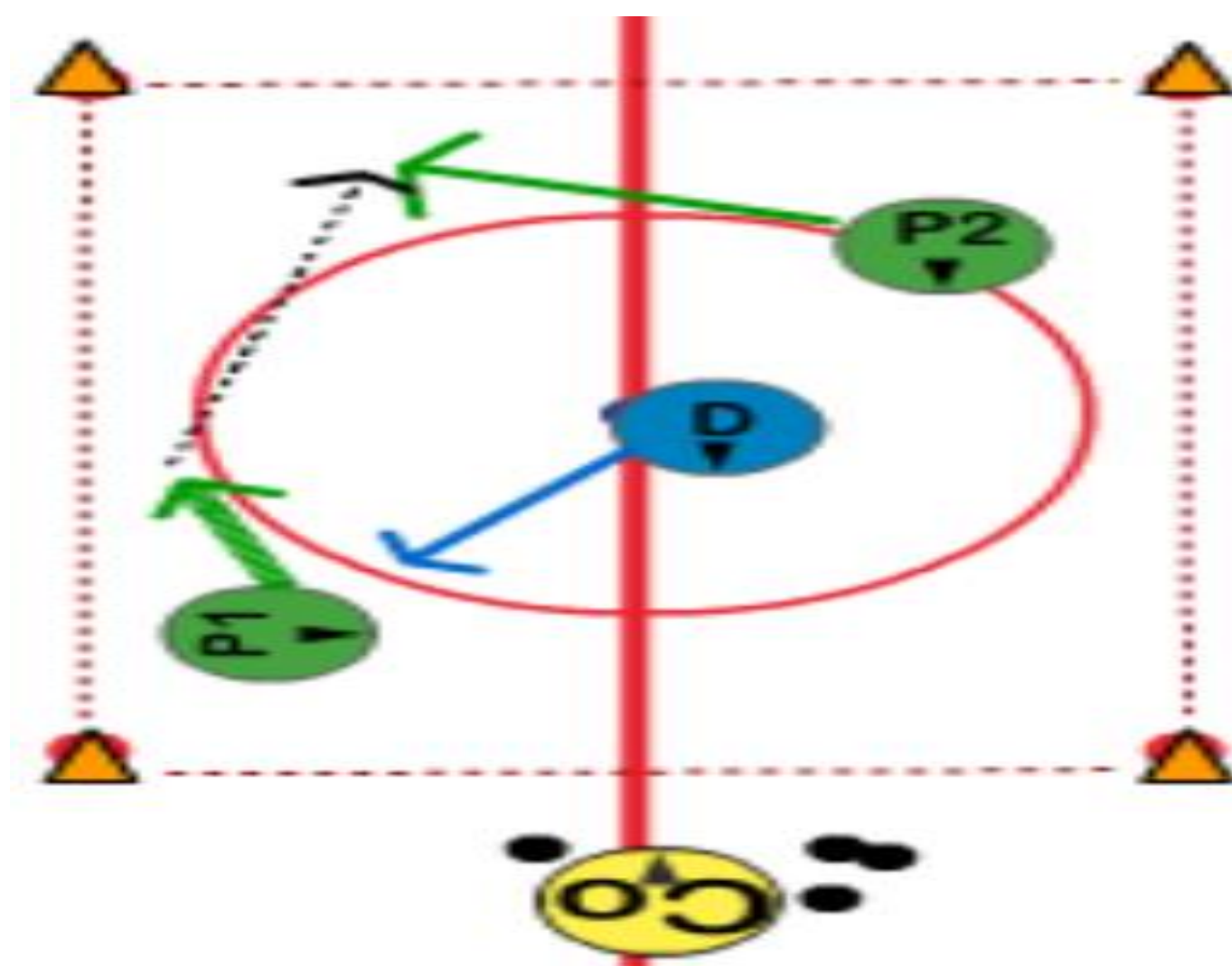
**Curriculum B**  
**Coaching Education Program**

# Practice Format – Teaching Breakout (mjh added)

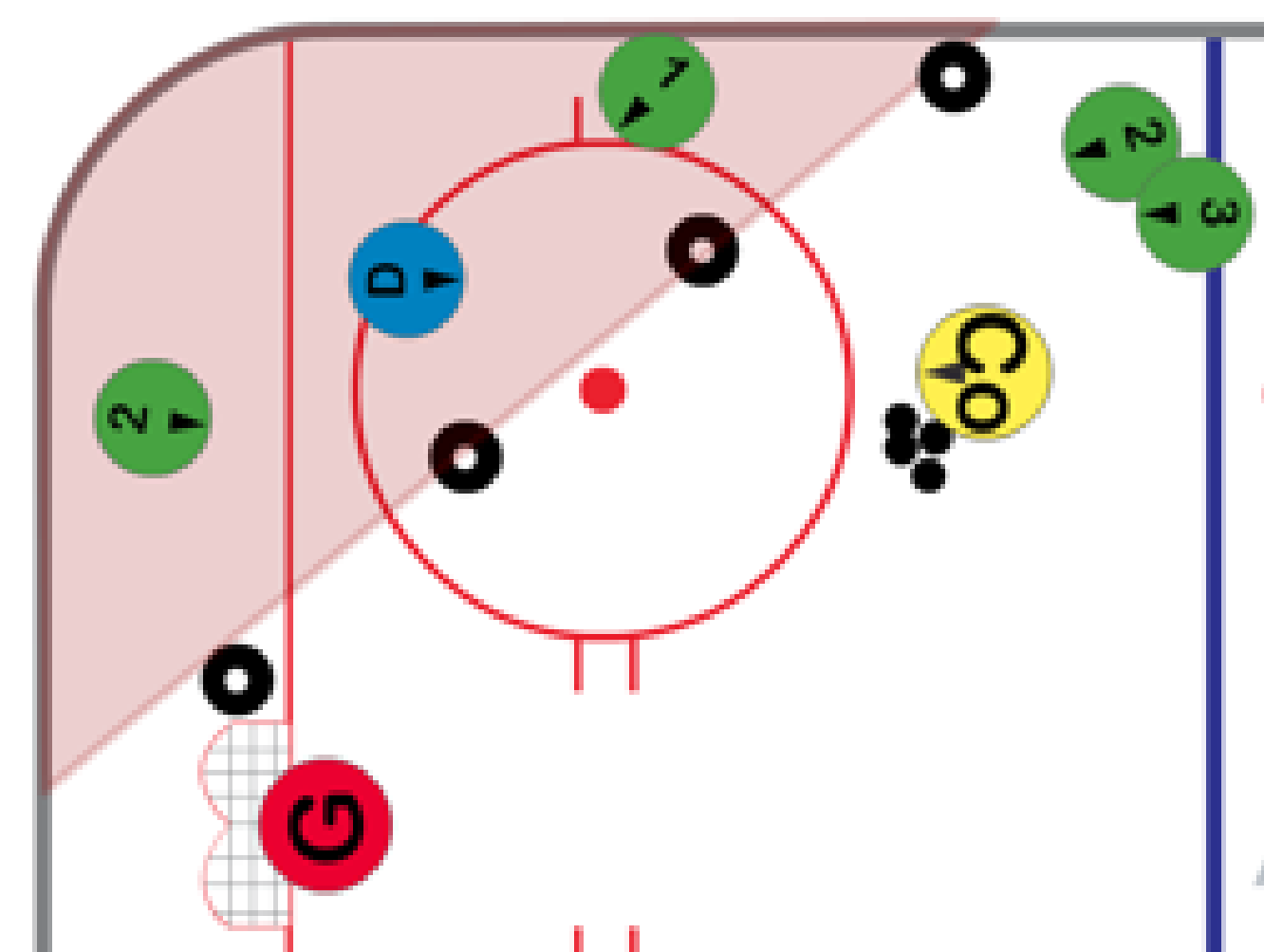


## Passing, Receiving, Puck Protection

### 7 Pass 2v1



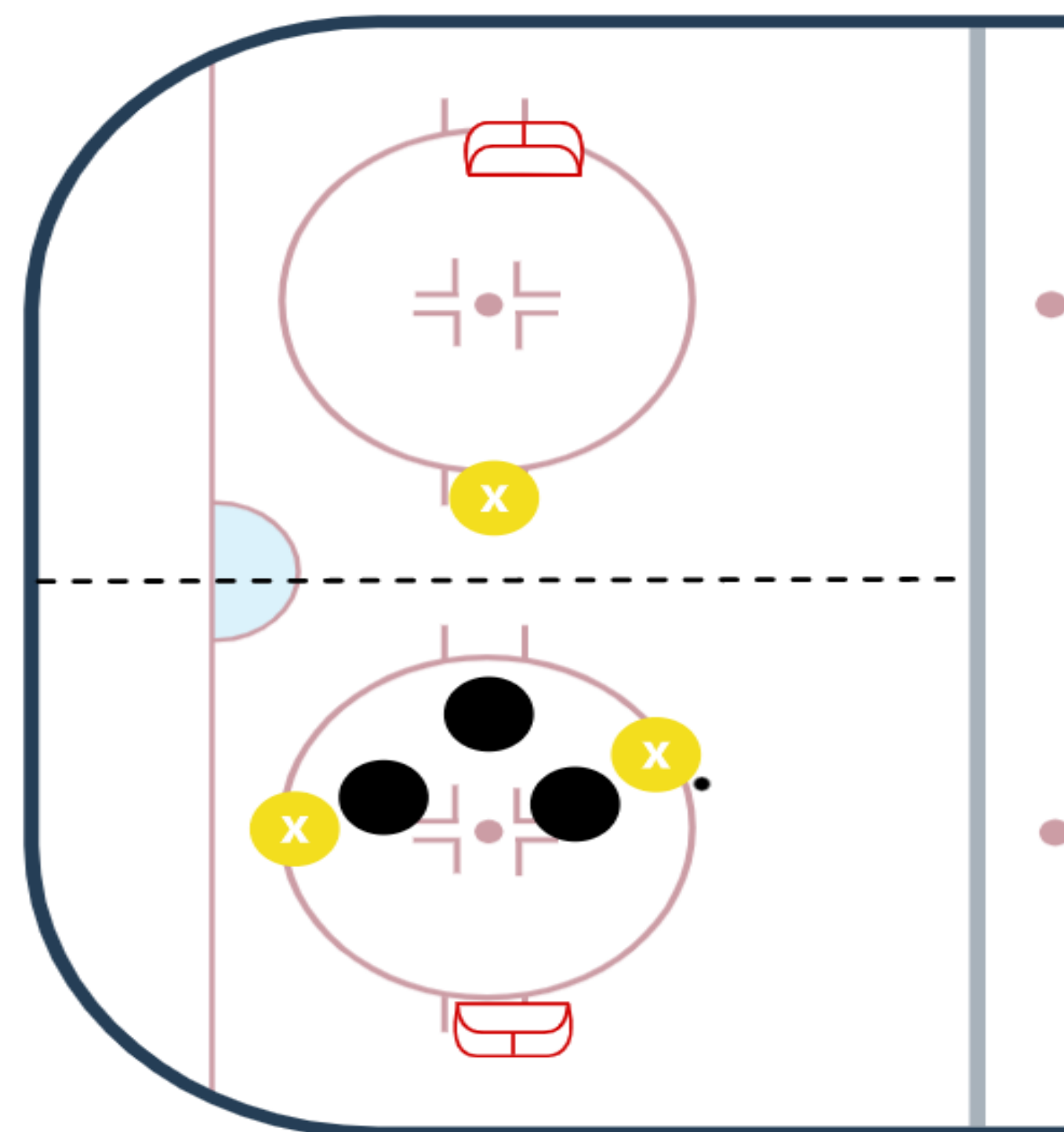
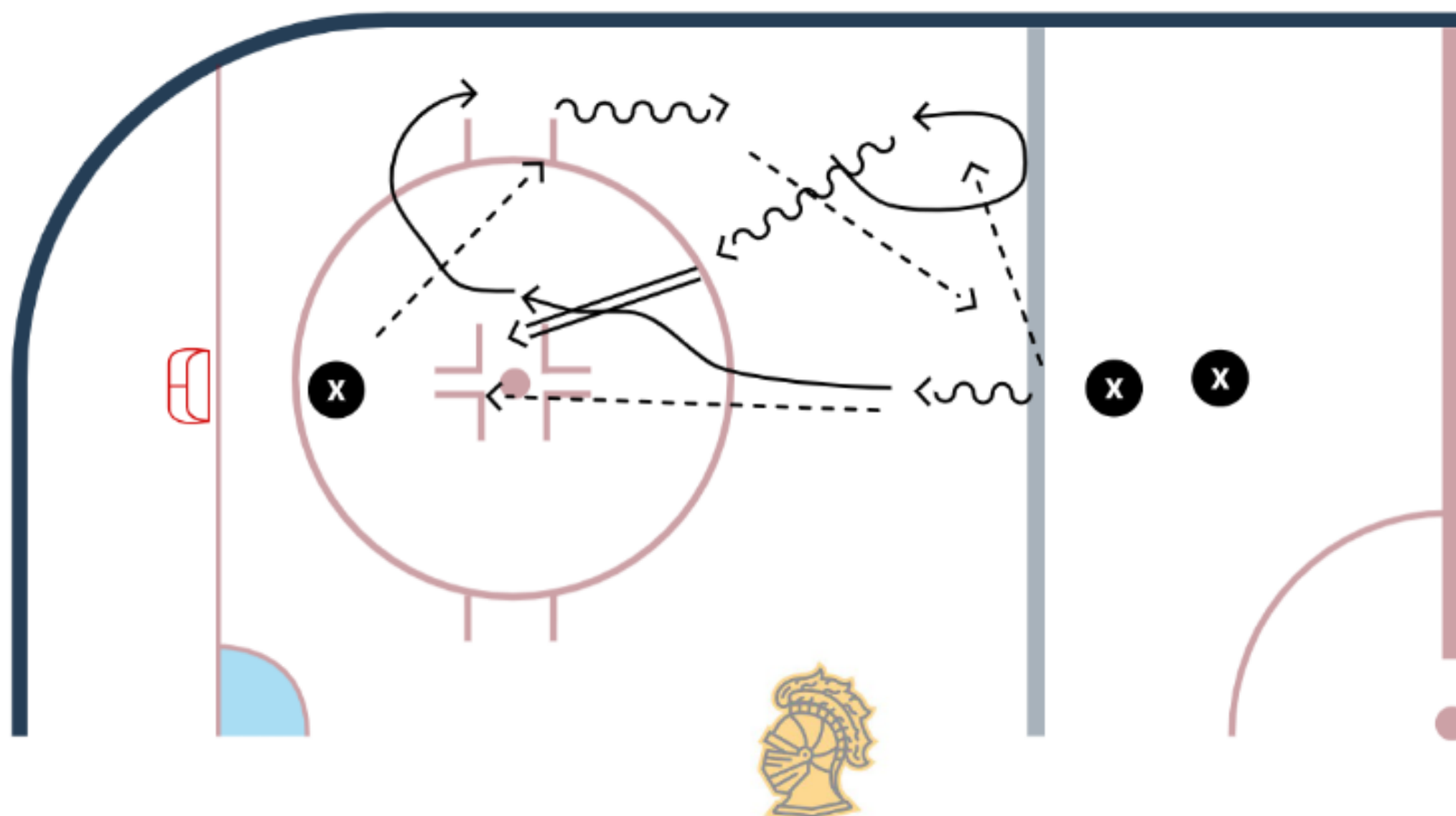
### Corner to half wall 2v1



# Practice Format (mjh added)



## Double Mohawk Drill (block) & Third Person High Drill (Random)



X1 passes to X2 in front of net and skates below hash mark and does a mohawk turn coming up wall.

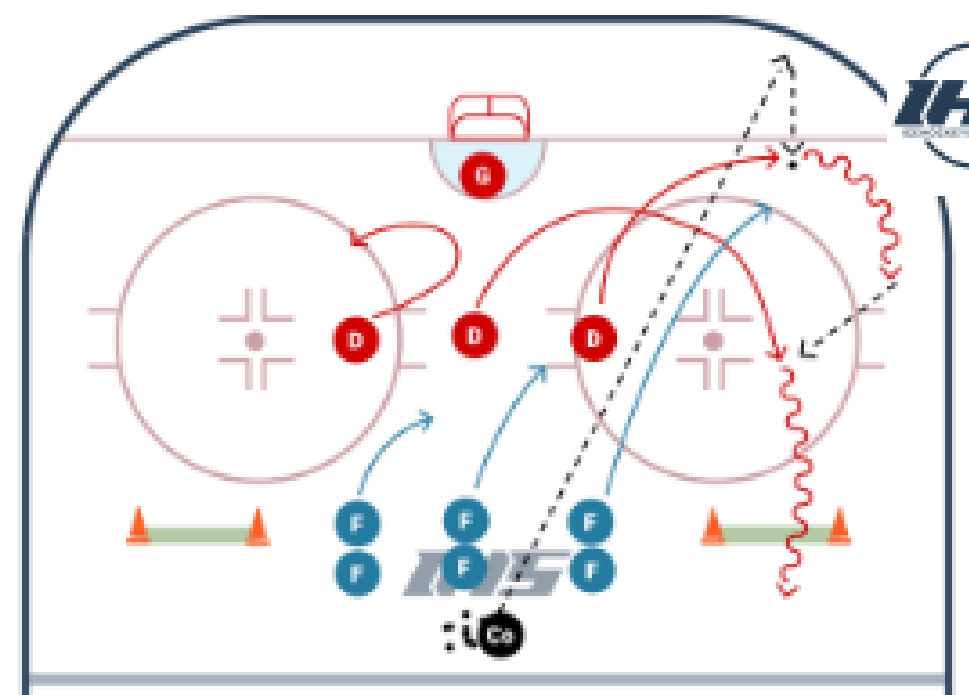
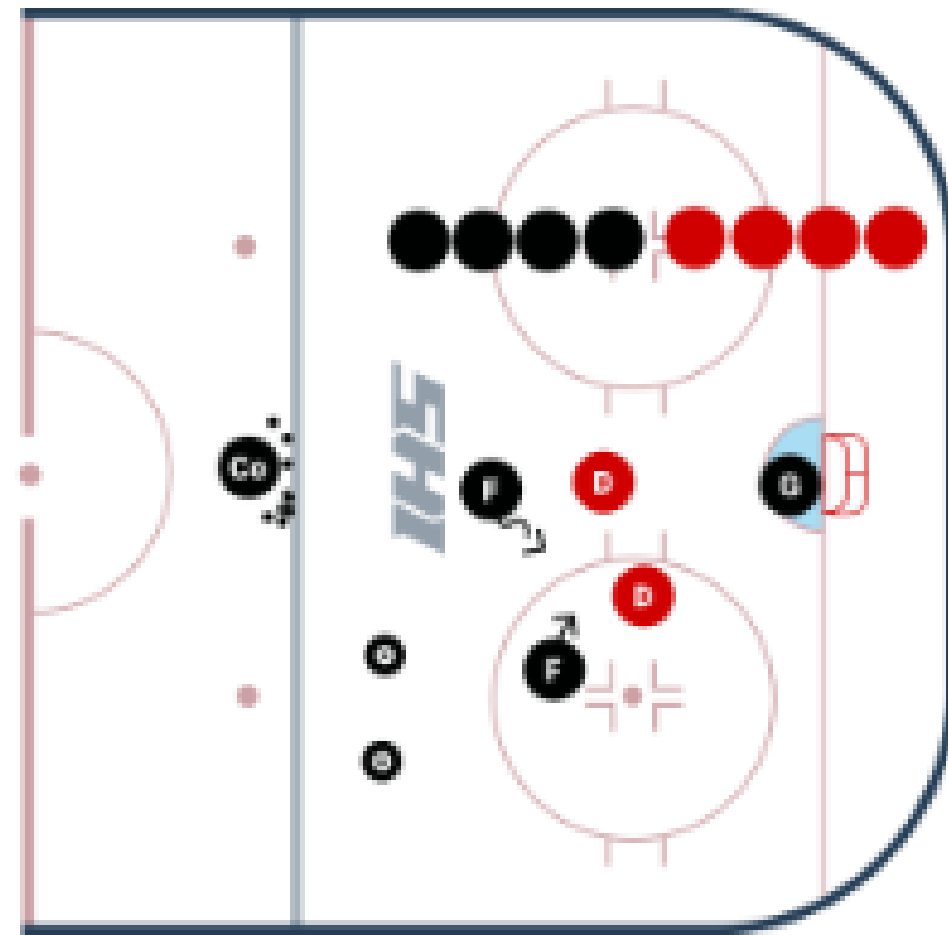
X2 passes back to X1 who skates with puck and passes to X3 and does a mohawk turn goes back down wall.

X3 passes back to X1 who goes in and shoots.

Originally X2 leaves after passing but next progression can have X2 angle X1 after receiving pass from X3 to make it a 1v1

**Third person must stay on their side of the imaginary line**

## Picket Fence



- Rules
  - Play out until goal, freeze or puck is brought out of zone by defending team with possession
  - 1 point for possession off draw
  - 1 point for shot on net
  - 2 points for a goal
  - 1 point for blocked shot
  - 1 point for breaking the puck out of zone with possession