

USA Practice #2 Practice Plan

Generated on Jun 26, 2019 by Hockey ClipPad.

Duration: 10 minutes

Jack In The Box

2v2 in zone. Players use their "Jack's" who are located in the box, to make passes and get rewarded for a completed pass. If Jack's make a cross ice pass they are rewarded with two points.

Progression: Jack's and in-zone players can exchange positions. One player must remain/be in their teams square.

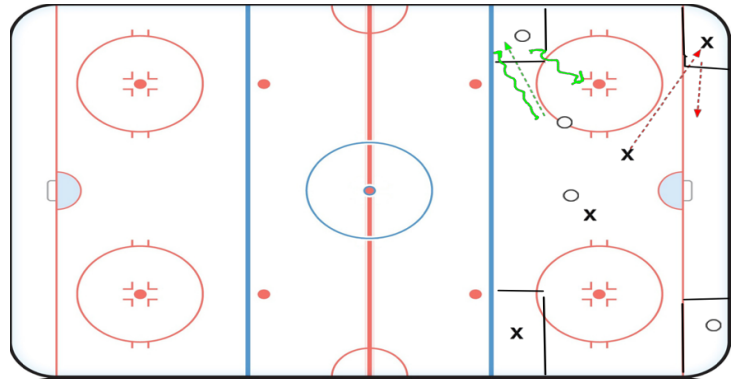
Points of emphasis: communication, move to get open, creativity, find soft spots, exchanges move before receiving the pass

Scoring:

1 point for completed pass

2 point for cross Jack on box pass

Can change all four players or if no exchange allowed the Jack's go to become the 2v2 in zone players.



Duration: 35 minutes

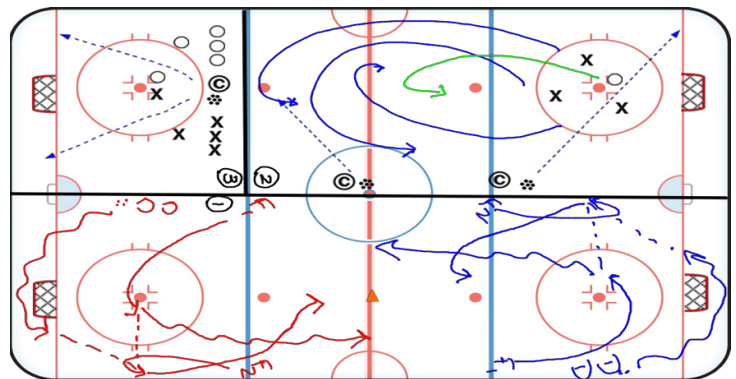
Stations

Station 1: players choice.

D will start with a puck and skate board behind the net then they will make a pass to F2 opening up on the boards. F1 will act as a centerman swinging low and slow and receive a pass from F2. F1 will start the rush down to the other end. F2 can either join F1 or join the opposing rush back at the end they broke the puck out from.

Station #2: coach will dump a puck in and they will play it out. Once the play is dead, coach will be the whistle and dump a at far blue - they will regroup and re-enter for a second 3v1.

Station 3: X and O will start at the dot. Coach will throw a puck into one corner. The X and O will battle for the puck. They have two options, is they will take the puck to the net. Or they can pass to their support player. The support player has to shoot. After they shoot they can then join the play.



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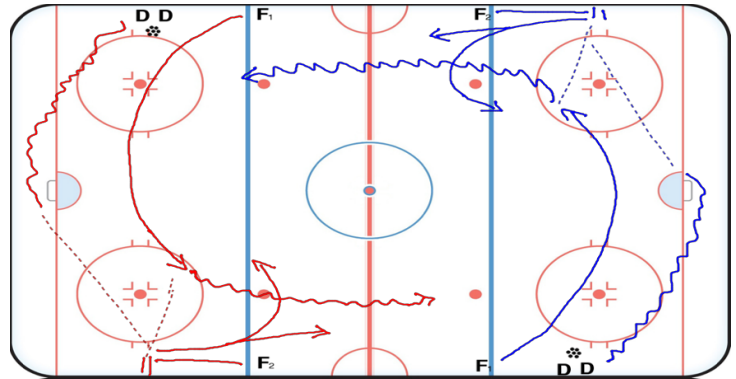
Players Choice

On whistle, D carries puck behind net and passes to F1 who opens up for breakout. F2 swings as a center to receive puck from F1.

F2 must attack far end. F1 can decide to swing back and join opposing rush or jump up with F2 from same side.

After D passes to F1, she gaps up to play rush from other end.

Options: Two 2v1's or One 3v1 and one 1v1



Duration: 12 minutes

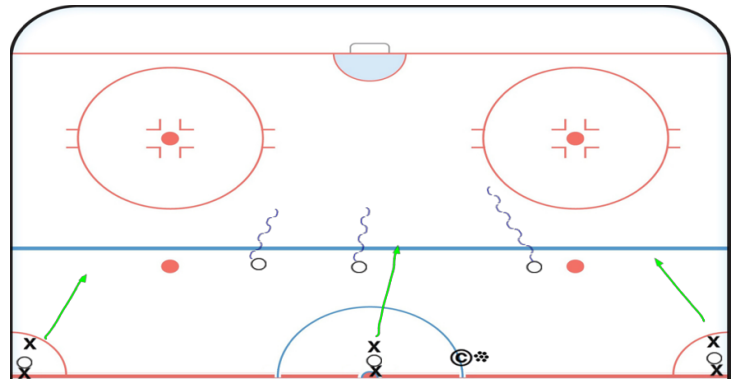
USA 3v3

- Three Xs start on offense and three Os start on defense
- Coach initiate drill with pass to Xs who attack Os 3v3.
- Once Os gain possession, they make a direct pass to the next set of Os in line.
- Os then attack Xs, who started on offense.

* New puck on Goal or Goalie Freeze or when puck comes out of the zone.

* No rims to the next set of players in line. Only direct passes.

* No dumps on entries.

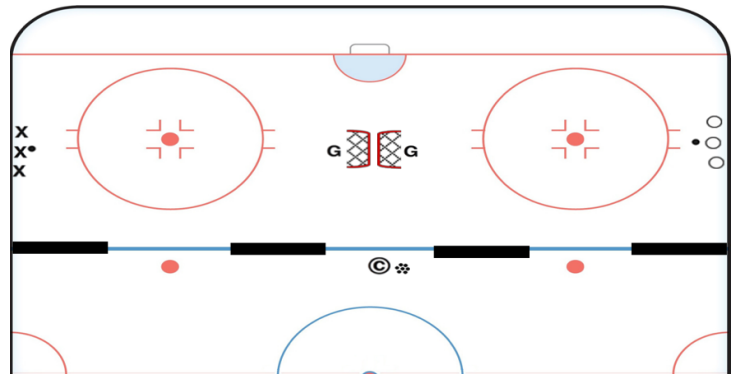


Duration: 12 minutes

Urgency

-Xs without the puck head into other zone to check O with the puck. O with the puck is attempting to protect and keep possession of the puck. But cannot not leave designated side of the ice when protecting puck from Xs. Once Xs take puck from O, they are trying to score. And O is trying to prevent them from doing so.

-The Os without the puck are doing the same thing at the other end. First team to score wins.



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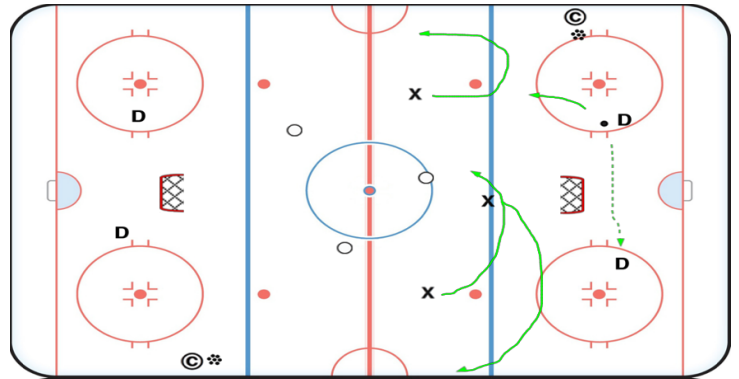
Use 'em or Lose 'em 3v3

3 v 3 in middle

Def can go north or d2d

If not used: get out

If used: short time attack then out



Notes

Play Fast!

Defense find holes to jump into

QUICK STRIKE OFFENSE and TRANSITION