



Practice Plan

Team: Checking

Practice No.: _____

Date : _____

Time: _____

Duration: _____

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Battle drill Content elements: _____ Components : _____

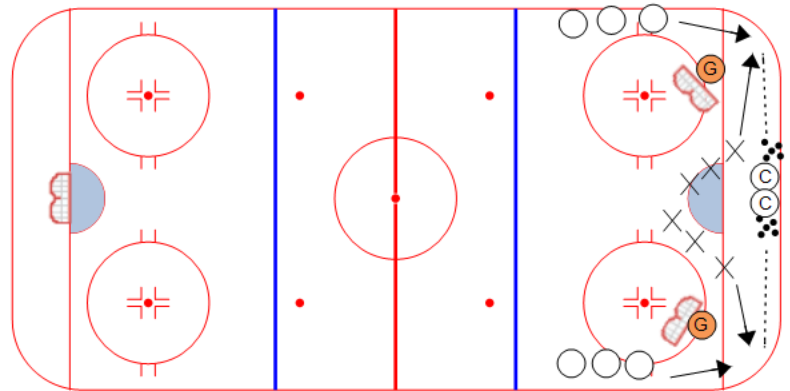
Description

Coach dumps puck into corner.

one X and one O play one vs one for puck and score.

Rotate players so they do not go against the same players.

Rotate goalies every 3.



Key Points : puck protection checking complete level goalie reaction

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Categories

BACK CHECK 2 VS 1

Drill Title : BACK CHECK 2 VS 1

BACK CHECK 2 VS 1

Components : _____

Content elements : _____

Description

B START 2 VS 1 ON D. WHEN THEY CROSS THE BLUELINE Xs BACK CHECK WITH ONE PLAYING LOW AND ONE COVERING THE OFFENSIVE D.

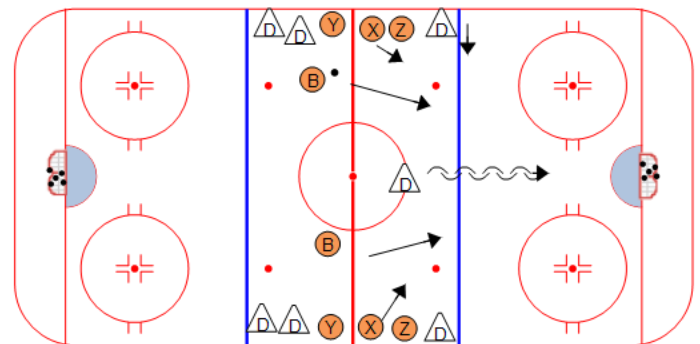
ON THE TURN-OVER GO 2 VS 1 THE OTHER WAY WHEN THEY CROSS THE FAR BLUELINE THE Y PLAYERS BACKCHECK AND A NEW D MOVES AS OFFENSIVE D MAN.

CONTINUOUS

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Key Points

- COMMUNICATE
- IDENTIFY ROLE
- QUICK TRANSITION
- QUICK ATTACK

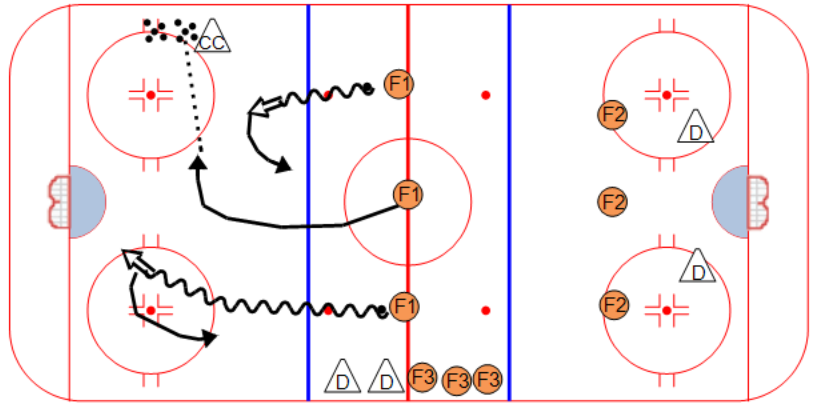


Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Drill template #3 HK Category #1 : Category #2 :

Description

Line 1 starts at center- Line 2 sets up in zone.
 Line 1 player 1 shoots, player 2 gets a pass from coach and shoots and player 3 gets a pass from coach and that line gains center and dumps puck in and 4 checks line 2 and tries to score. If line 2 gets the puck past the blue line 4 check is out and 2 repeats while line 3 sets up in D zone.



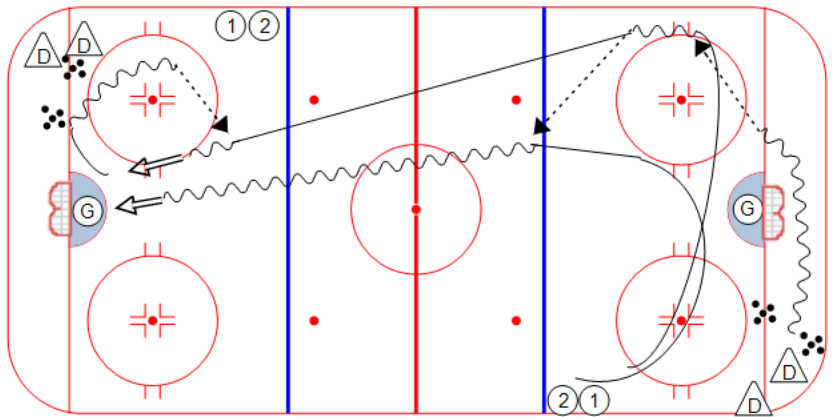
Key points :

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : 2 on 0 Breakout Drill Category #1 : Category #2 :

Description

**Drill starts on the whistle. Both ends at the same time.
 A Δ skates behind the net with a puck. Two forwards breakout. ① goes to the boards and ② supports through the middle. The Δ makes a pass to the boards. ① passes to ② in the middle. ② takes a shot on the G . After the shot, ① picks up a new puck and makes a pass to ② for a second shot.



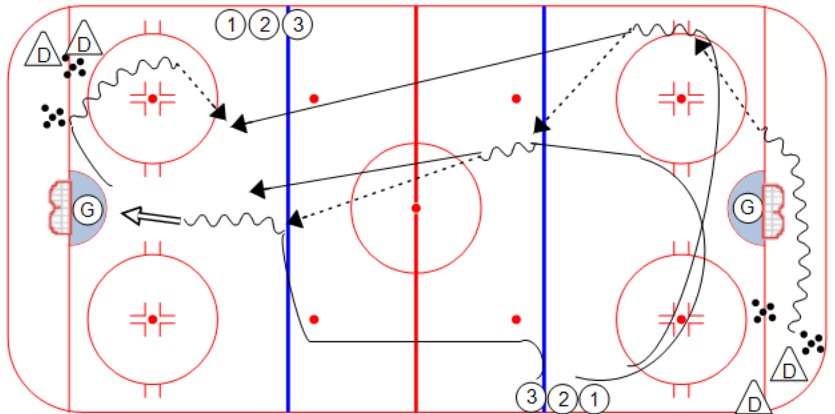
Key points :

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : 2 on 0 Breakout Drill (seq 2)

Description

** Drill starts on the whistle. One side at a time.
 3 on 0 Breakout:
 Add ③ for a stretch pass. ① and ② follow up for a pass from ③.
 Coach can forecheck the winger forcing him to chip or pass directly to player 2



Key points :

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

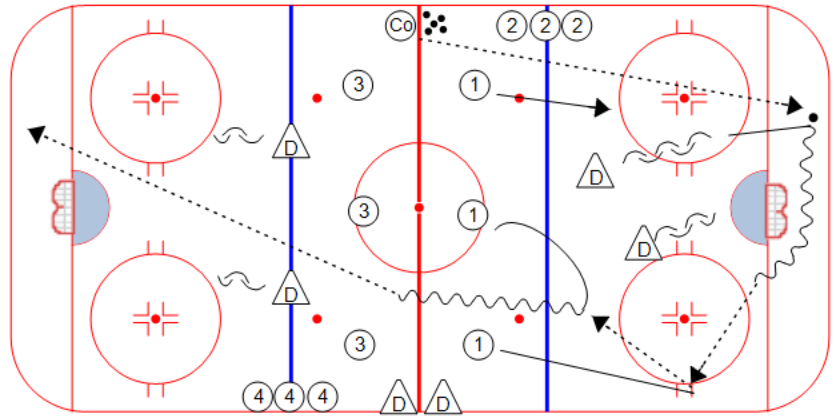
Title : Oilers Continuous B/O Drill Category #1 : Breakouts Category #2 : Breakout Drill

Description

The Co starts the drill by dumping a puck in the corner. The D retrieves the puck. The 1's breakout, 5 on 0, to the neutral zone, dump the puck in, and the 3's breakout, 5 on 0, from the other end. 2's breakout next, then the 4's

Use different breakouts each time. Quick up, D to D, D Reverse, D to C, D to W. Breakout from one end then the other. The drill only uses one puck.

Add Coaches as passive or aggressive 4 checkers forcing players to use different B/O options



Key points : communication read and react B/O options support

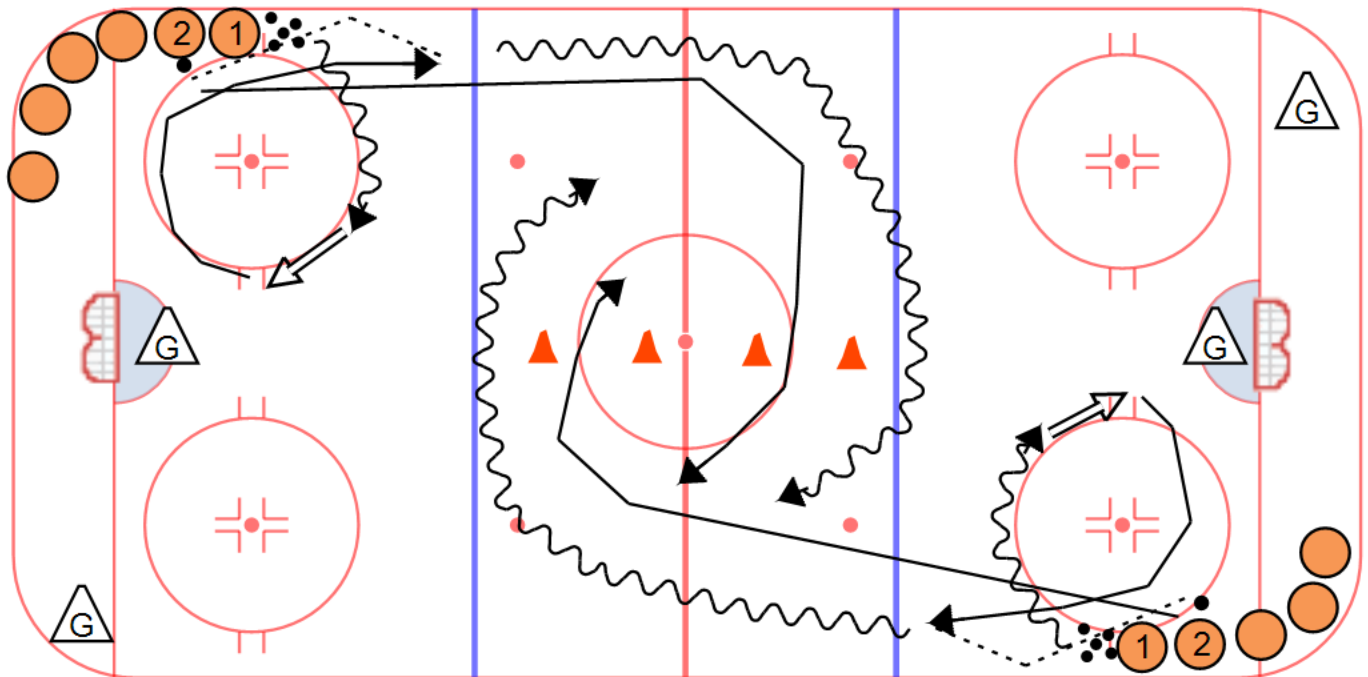
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Title : Chip and Chase

Category #2 :

Content elements : _____ Components: _____



Key points :

Description

Player 1 skates on whistle around circle and shoots.
Return towards line and player 2 chips a puck up the boards.
Player 1 retrieves the puck and skates far cone and attacks player 2 who chases.
Rotate your positions.

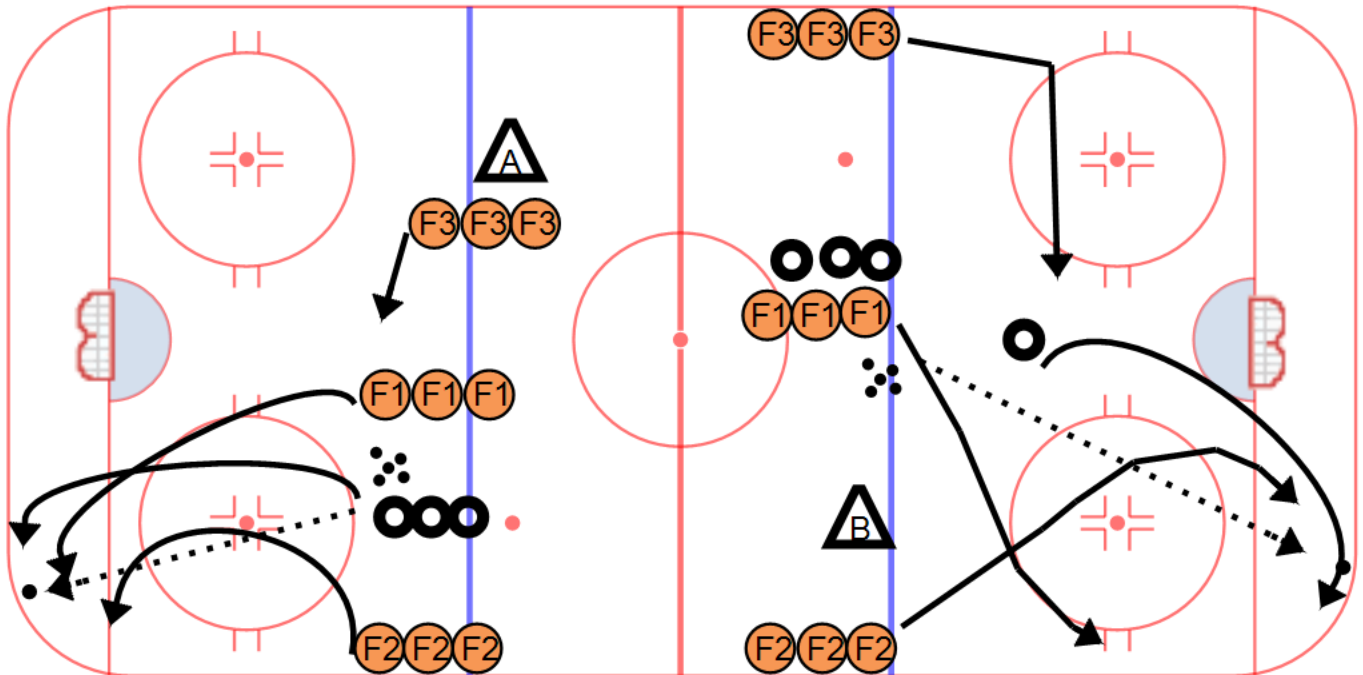
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Category #2 :

Title : 2-1-2 AND 1-2-2 BEGINNER

Content elements : _____ Components: _____



Key points :

COMMUNICATION

READ AND REACT

PROPER ANGLE AND
CREATE TURNOVER

KNOW YOUR ROLE

Description

The forecheck system that you choose should be designed with your teams abilities in mind.

A. 2-1-2

Defenseman on the wall supports and stays strong. D2 in the middle can support the slot zone. Player dumps puck into corner and tries to skate the puck outside the top of the circle (CAN NOT SHOOT IT OUT). F1 takes an aggressive angle and forces the player up the boards while trying to stall the play. F2 attacks and supports looking for loose puck staying above the puck (D side). F3 stays high looking to support defensively. On turnover F3 can attack the slot zone.

B. 1-2-2

The defenseman on the wall should be aggressive, to keep the puck in. D2 plays strong on the blueline. Player dumps puck into corner and tries to skate the puck outside the zone (CAN NOT SHOOT IT OUT). F2 takes an aggressive angle and forces the player up the boards while trying to stall the play. F1 takes a read and react approach taking away a winger pass on the half boards, looking for a turnover. F3 stays high and supports defensively on the weakside of the ice supporting the defenseman being ready to attack or defend.

