



Practice Plan

Team: special teams play

Practice No.: _____

Date : _____

Time: _____

Duration: _____

Version No.: _____

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Objectives / Main tasks :

Sturctured PP and PK. Allow for adaptation, provide options and enstill high work ethic.

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

Categories

COACHING MANUAL

Drill Title : LOW OPTIONS

CREATING OFFENSE

Components : _____

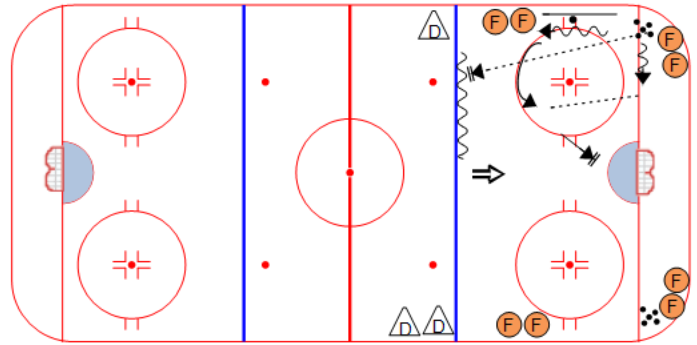
Content elements : _____

Description

F1 SKATES PUCK UP AND DROPS TO F2 COMING DOWN. F1 THEN CREATES A PASSING LANE AND F2 PASSES THROUGH THE CIRCLE TO F1 WHO SHOOTS AND STOPS AT THE NET

F2 THEN GETS A PUCK AND PASSES TO D WHO SHOOTS OR SLAP PASS TO F2

Key Points



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

Categories

Creating Offense

Drill Title : 3 vs 2 and Cycle attack from corner

Creating Offense

Components : _____

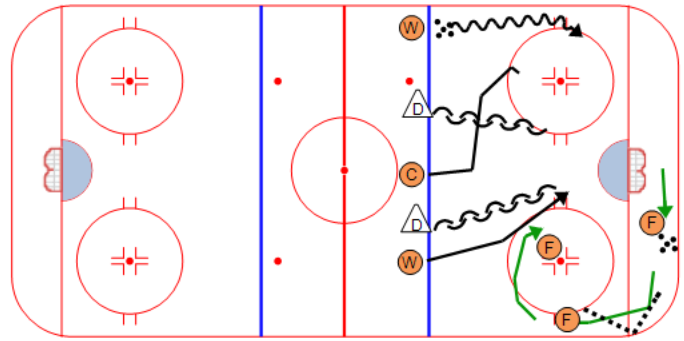
Content elements : _____

Description

Drill starts with a 3 vs 2 winger must skate below hash mark before passing to either C or W. Then all the forwards move to corner and get one puck and each player cycles the puck once. D must do 3 covers towards other corner then the forwards attack again. NO Forward should Stop moving in this drill...

Key Points

Attack options
decision making
strong will to score
quick passes

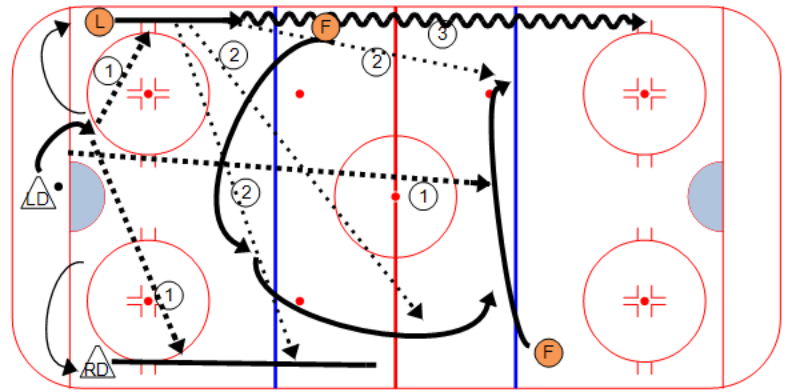


Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : POWERPLAY BREAKOUT Content elements: _____ Components : _____

Description

- Defenseman sets up behind the net.
Forward and remaining defenseman swing to opposite corners (double swing).
Remaining two forwards: one low support and one stretches from far blue line.
Defenseman with puck has numerous options.
Objective is to gain control of the offensive zone with control of puck or by controlled chip.



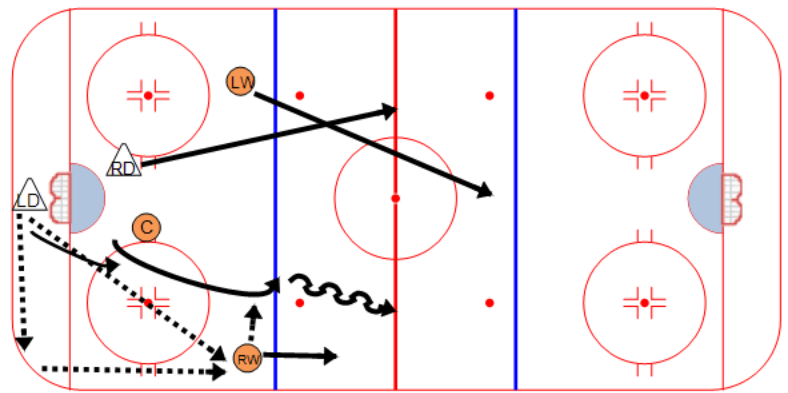
Key Points : ENTER NEUTRAL ZON ENTER OFFENSIVE ZO CONTROL PUCK ORGANIZE AND SET

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

Title : POWERPLAY BREAKOUT Content elements: _____ Components : _____

Description

aggressive penalty kill. This particular breakout scheme allows us to have defensive support in all areas of the ice while still maintaining a vast number of offensive options up the ice.
With this powerplay breakout it is crucial that everyone is aware of where they are on the ice and that the puck moves quickly from one stick to another.
The object is to gain the neutral zone with speed and advance to the offensive zone with control.



Key Points : ENTER NEUTRAL ZON ENTER OFFENSIVE ZO QUICK PUCK MOVEME ORGANIZE AND SET

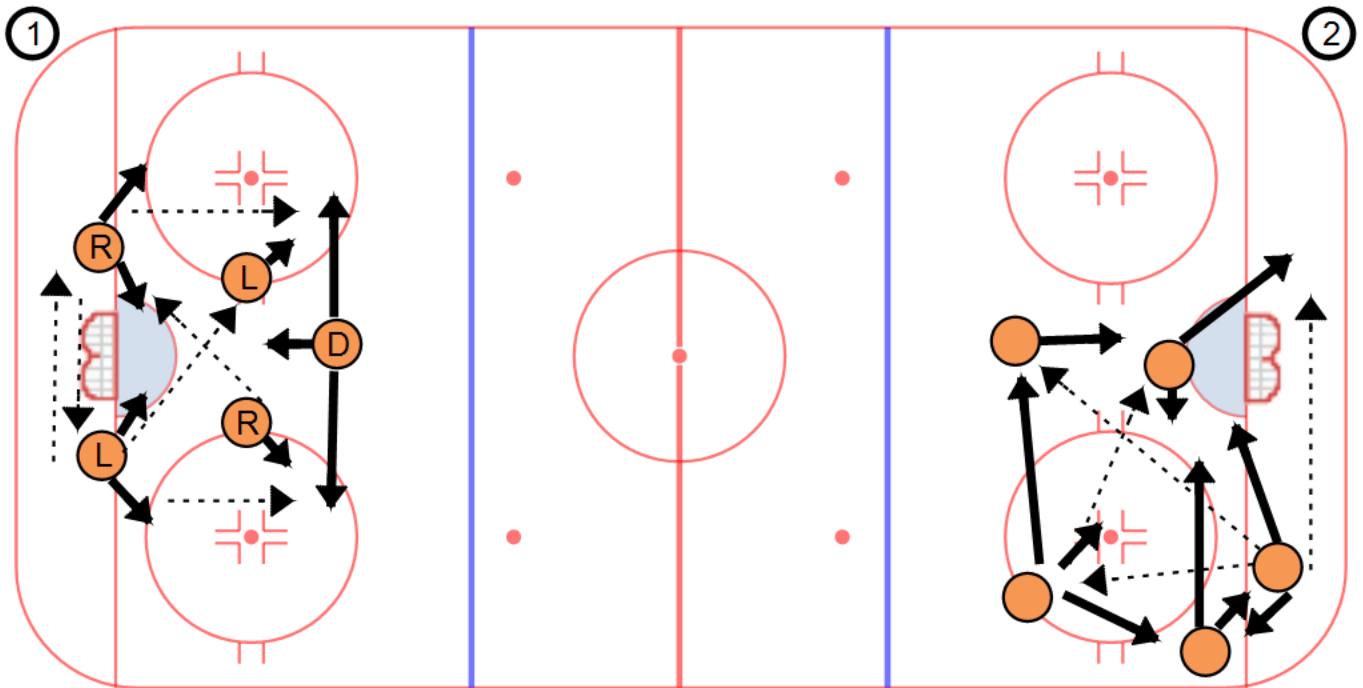
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Title : PowerplaySET UP 5 ON 3 #1 AND #2

Category #2 :

Content elements : _____ Components: _____



Key points :

Description

Umbrella: Ideally the shot is coming from the opposite handed forward on the circle, create a passing lane from a pass from the top of the ringette line. The main job is to pressure the puck as low as he can to the ringette line. 5 on 3 is slightly different from a 5 on 4 in the manner that a shot is only to be taken unless its a high end scoring chance.

Overload: On this particular powerplay, we're looking to create a backdoor or crash the net scenario through give and go's as well as shots to the net with rebounds. Basically we're looking to create a scrum in which we overpower them with the odd man situation we've created.

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

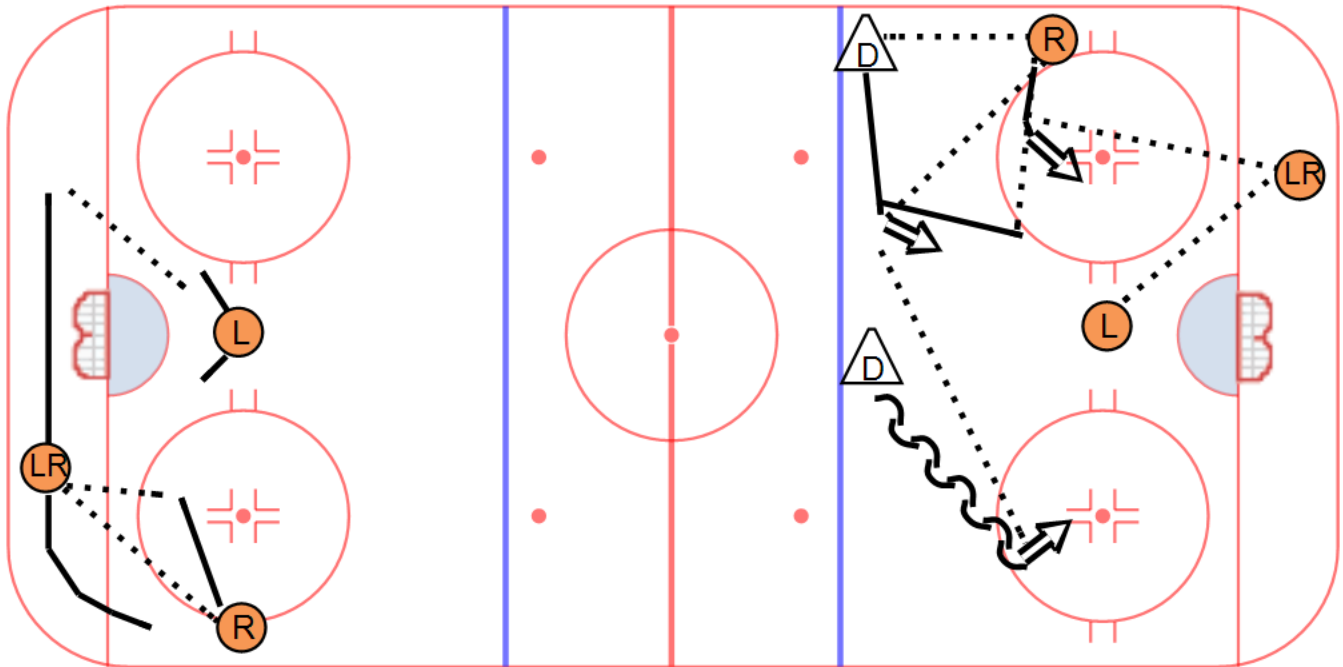
Category #1 :

Title : Overload options

Category #2 :

Content elements : _____

Components: _____



Key points :

Read options

Look for pockets

expose the weakness

use the opportunity

Description

Low:

Give and go, give and walk, give and wrap, give and block

High options:

Give, drag, shoot, give and walk, D to D, D give and go

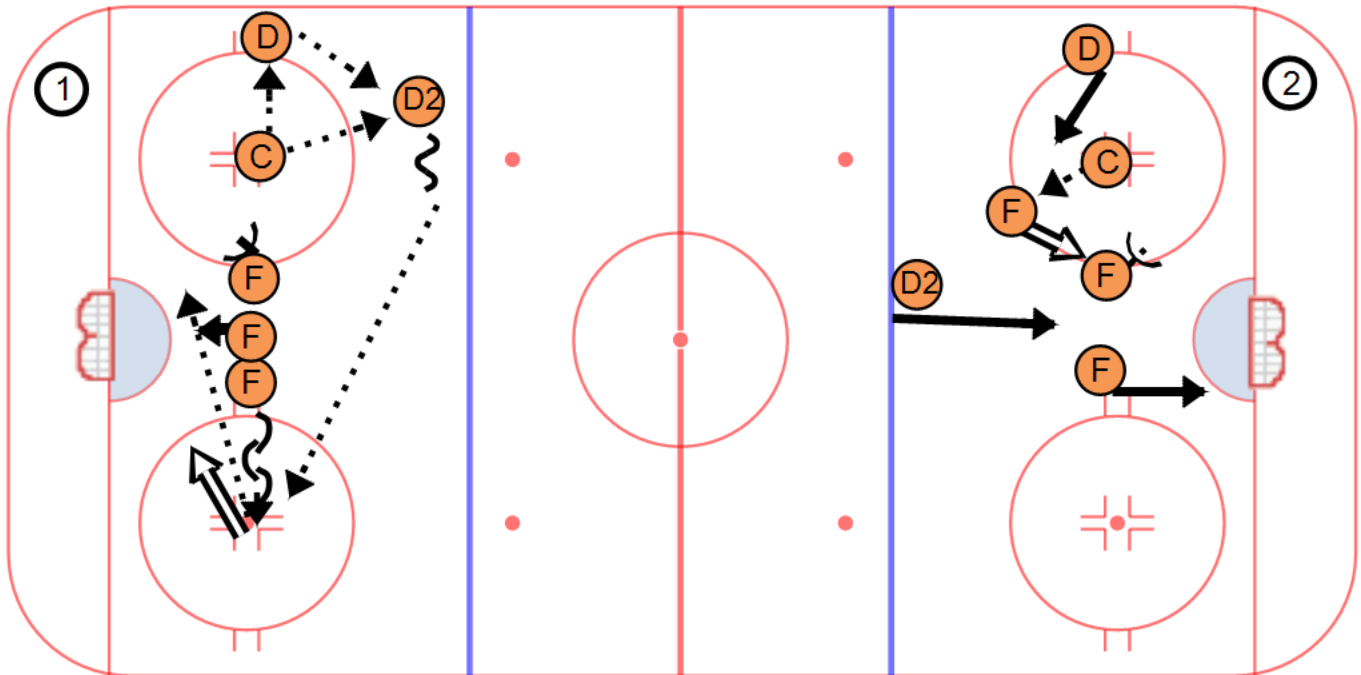
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Category #2 :

Title : OFFENSIVE 6 VS 5

Content elements : _____ Components: _____



Key points :

Description

SCENARIO #1

- Centerman wins the draw back to the defenseman.
- D1 blocks out the defender and chips puck back to the point.
- D2 drags and looks for F who is sliding out for a one timer or shot on net.
- Other forwards hold up opposition and drive to the net for rebounds or a cross crease pass.
- Idea is to create a scrum if possible, allowing multiple scoring chances.

SCENARIO #2

- Centerman wins the draw back to the forward stationed behind him to his right for a one time opportunity.
- F on hashmarks holds up inside defender.
- F on the outside drives to the far post for rebound, deflection and crease chaos.
- D on point steps out for a one time opportunity if the forward has no lane to the net for his shot.

Both scenarios have been proven effective in the past but only if every assignment is executed properly. A defending forward should never reach the puck carrier without him first receiving the puck. Battles for loose pucks must be won and all players need to be physical. If possession is lost create an odd man play on the puck, then create a triangle behind the initial battle.

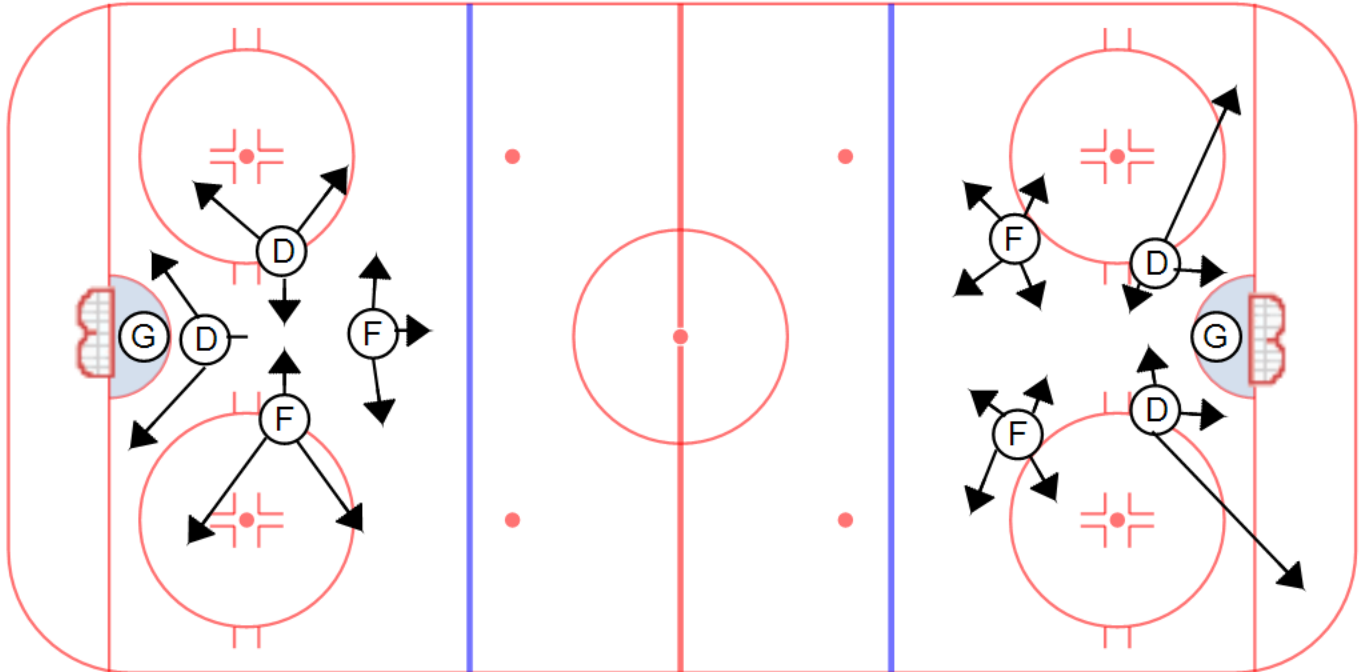
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Category #2 :

Title : BOX AND DIAMOND SET UP

Content elements : _____ Components: _____



Key points :

HEADS UP

COMMUNICATE

SWING STICKS

PRESSURE IF BACK
TURNED

Description

DIAMOND:

- Most notably used when the opposing team is using an umbrella powerplay as the two outside players on the diamond are utilized to take away the shot. Communication and taking away passing lanes with your stick is absolutely key. Pressure pressure pressure!

BOX:

- Passive box allows the opposing team to control the puck but never penetrate the middle of the ice. Swinging sticks, and communication is most important here as well as foot position as to block shooting lanes.

* If at any point a player on the powerplay bobbles the puck or turns his or her back to you, pressure right away!

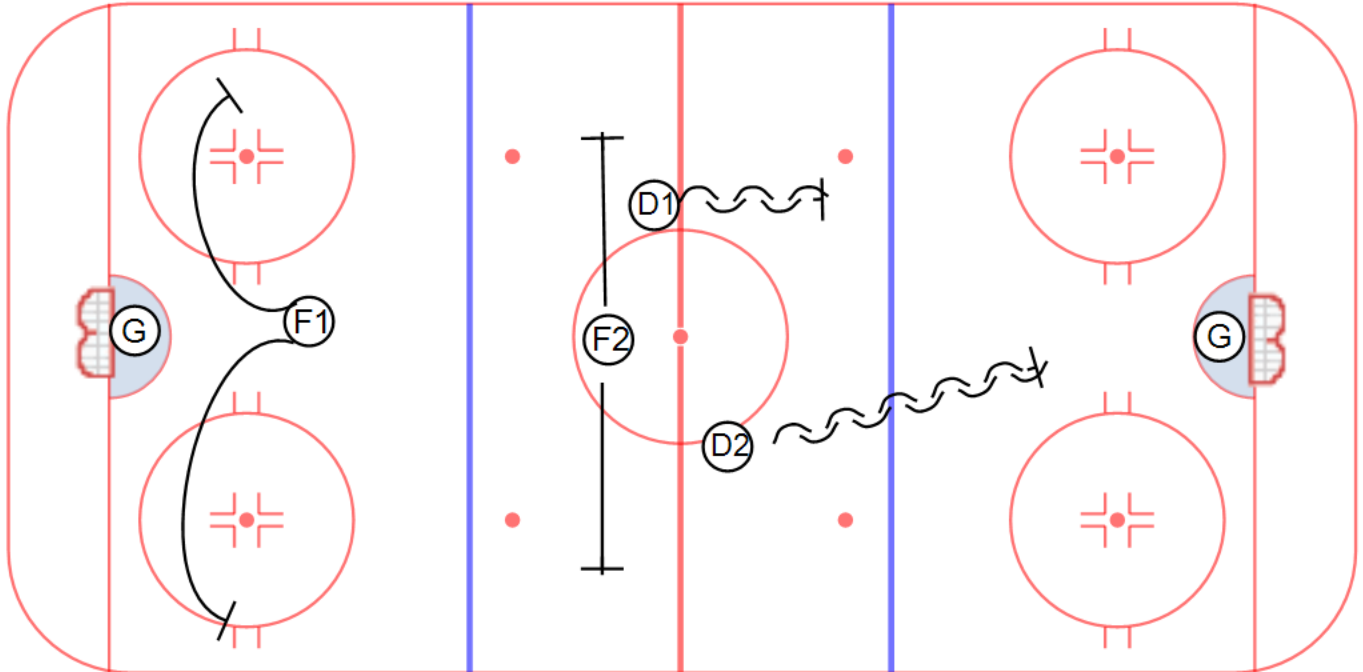
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Category #2 :

Title : T FORECHECK AND ROTATION

Content elements : _____ Components: _____



Key points :

FORCE DEFENSEMAN
UP ONE WALL

SECONDARY SUPPORT
FORCES IN BETWEEN BL

DEFENSEMAN STEPS UP

COMMUNICATION

Description

- Very important that the initial forechecker clearly pushes the defenseman up one side of the wall to make a pass so that the second forechecker can close off the lanes with his stick as the attackers get across the blue line.

- Defense man must try to hold the line while the partner hinges deep in the zone. D1 if has good support pressure the entry with F2.

- Trying to push them to dump the puck in or disrupt the player with the puck forcing to make an errant pass is the best solution.

Progression: Have a power play line attempt to gain the offensive zone with control of the puck. If they do not the penalty killers have the opportunity to score short handed.

Object is to disrupt entry and make them dump in GOALIE SET UP PUCK and Deep D dumps out.