

# BVL Summer Select Practice Plan 1

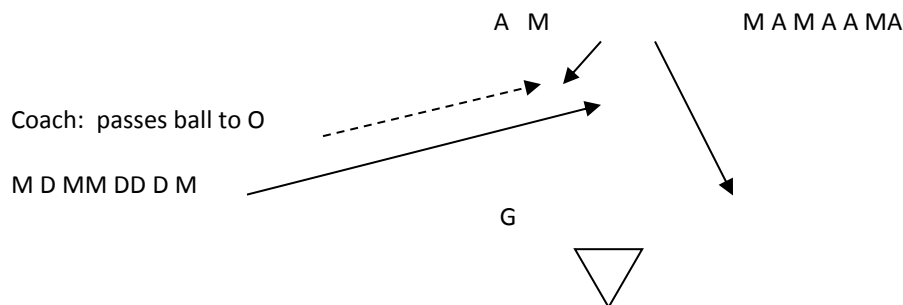
0:00—0:15 GOALIE WARMUP Warm up goalies during this period—emphasis on goalie seeing the ball. COACHES always warm up goalies with the intent of building confidence—players should NEVER warm up a goalie. Work on “LATERAL STEPPING”— we do not tell our goalies to “step to the ball”.

0:00-0:15 STAR DRILL PASSING: 2 sets. Set up in 5 points of a “Star.” First line is left of the cage, with pile of balls. Line throws “2 to the left” and follows pass. Beginning teams can go strong-hand only. Advanced teams can go off-hand, catch L throw R, catch R throw L, etc. “Top” of star either throws back to initial line and returns there, or shoots on cage and returns to initial line.

0:15-0:30 7 LINE GBs. REVIEW 4v3 ATTACK POSITIONING for “L” BREAKS  
Organize according to practice numbers (4v3 preferred). 4 lines of White, 3 lines of Green. Coach rolls out GB. If white possesses, play to a shot. If green possesses, pass to goalie and clear ball to midfield. Switch offense & defense after 8 mins. Coaches focussing on "SHAPES" Offensively & Defensively.  
For 7 line GBs: 4 O always spread out into BOX, 3 D forming Triangle. O stays spread out, D rotates opposite to ball movement. DISCUSS 4 v3 Fast Break setup for attackmen

0:30-0:45 WEST GENNY DRILL Continual 3v2 with cages set about 40 yards apart.

0:45-1:00 ENGLAND DRILL: Transition/progression drill building from 2v1 to 6v5. Add in 1 O and 1 D player simultaneously to progress through odd man situations which teach offense how to find the open man and defense how to slide. Line up Attack and Mids at midfield line. Line up Defense and Mids along sideline. Two offensive players start on field against one defensive player. After shot or turnover, one player from O line and one player from D line sprints into drill, building from 2v1 to 3v2 to 4v3 to 5v4 to 6v5.



100-115 INSTALL “L” CLEAR: PRACTICE WITH “CAROUSEL” DRILL AROUND THE CREASE

- Goalie makes save, yells “CLEAR” at the top of his lungs
- 2 defensemen run “banana” routes at high speed to the sidelines
- One defensemen settles down on restraining line in the middle of field
- Long stick middie (if you use one) breaks to substitution box, short stick middies break out of box toward middle of field
- All players need to be looking over their shoulder at goalie for a quick outlet, especially the LSM
- Two middies stack in middle of field, one at faceoff X, the other at midfield “cone” opposite box
- Two defensemen must always stay in straight line with goalie
- Emphasize staying spread out in order to make riding difficult

CAROUSEL DRILL: Alternate O players in white and D players in green walking in a circle around the crease. On the whistle, players break out to clearing /riding positions

115-130 6v6 SCRIMMAGE: Install “13” Offense with Attack & Middie Triangles, 1 Middie on crease. Triangles should rotate when ball is passed out of their triangle. Install Crease Slide Defense. Evaluate personnel for EMO offense installation at next practice (select best 6 players for EMO & MDD).