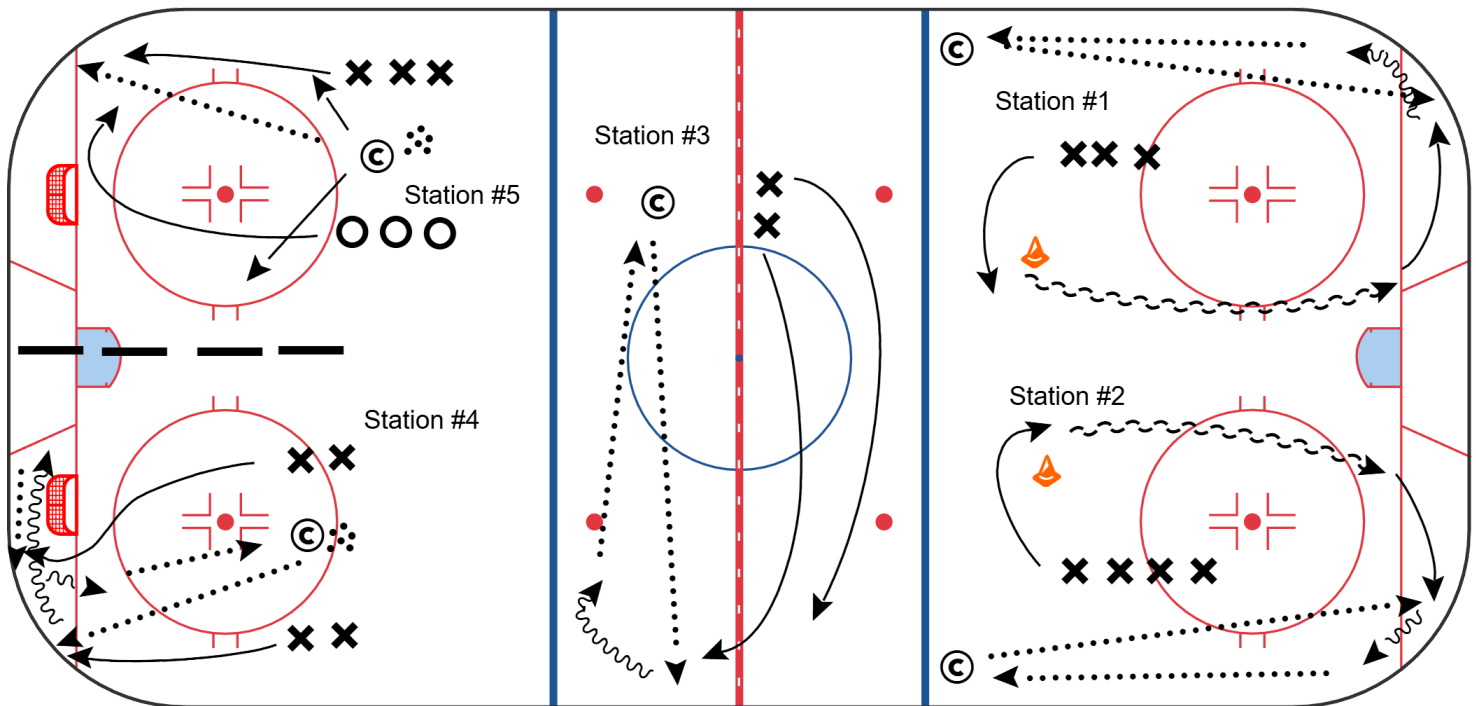


Retrievals and Breakouts Shared Practice Plan



Description

Station #1:

Working on gapping up, skating backwards, opening up and retrievals in the corner. Simple quick up to the coach once retrieved.

Station #2:

Same thing as station 1, just the other side. Key point - try to have players surround the puck to their forehand side, and take good entry angle into the puck

Station #3:

Shoulder checking drill. Coach will dump a puck against the boards, Player #1 will skate towards it, shoulder checking and scanning behind him/her. Player #2 provides LIGHT, OBVIOUS pressure on which side they're pressuring. Player #1 exits away from pressure and passes to the coach

Station #4:

Working on bump/reverse plays. Board side player will retrieve puck sent in by the coach, carry it behind the net, and bump/reverse it to the second player, who initially reported to the front of the net. Player #2 (inside line) should underhandle the puck and make a quick play to the middle to the coach. Switch sides each rep.

Station #5:

1v1 drill, reading the pressure. Coach will dump a puck into the corner. Board side line player will read the pressure, and ALSO read where the coach has moved to be an outlet pass. Goal is to get the puck to the coach and then get the puck back for a 1v1 to the net. IF the inside player creates a turnover, he/she should pass to the coach and get open for a pass back and 1v1 to the net.