

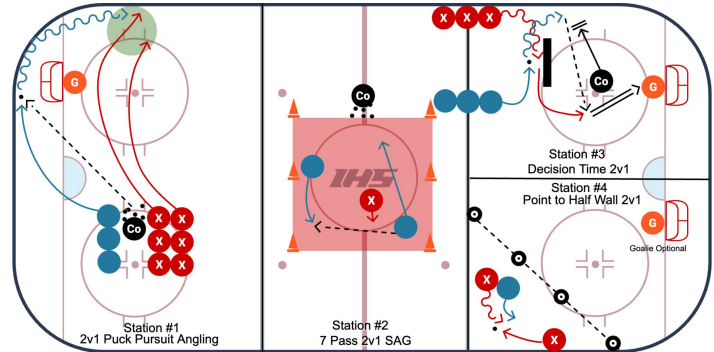


Puck Support in 2 v 1 Situations

Tuesday, October 17th, 2023

Please Note: The Practice of the Week is designed to bring value across multiple age levels. You can use this to build ideas to develop your own practice. With that being said, we highly encourage you to adjust the drills based on your team's age and skill levels. IHS should always be used as a starting point and you can add/remove constraints to fit your team.

Practice Theme: 2v1 situations happen all over the ice. This practice plan is focused on puck support & capitalizing in different 2v1 situations

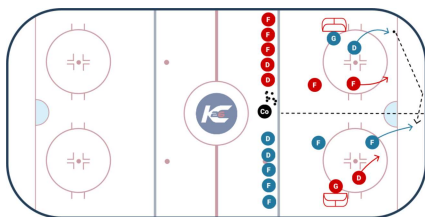


The 3 Key Focus Points

1. **Finding Open Ice** - encourage players to find open ice and create passing lanes for their teammates. **Pass & Move** - don't stare at your passes
2. **Communication** - encourage your players to use verbal and non-verbal communication to let their teammates know they are open
3. **Exchanges/Switches** - try to get your players to work on some basic exchanges/switches and show them how it creates time and space

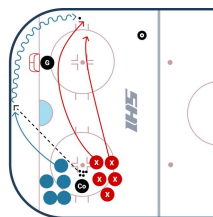
A lot of players stare at their passes, encouraging your players to **Pass and Move** is a great start to developing more space and opportunities in these situations. Try to instill this mindset to get moving as soon as you pass to find open ice and become an option.

2 V 1 Quick Strike Game



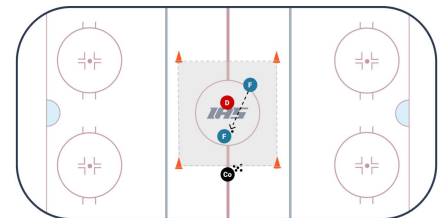
Everyone

2 V 1 Puck Pursuit Angling



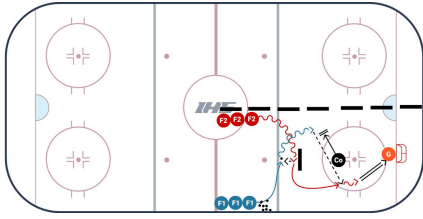
Station #1

7 Pass 2 vs. 1 Small Area Game



Station #2

Decision Time 2 on 1

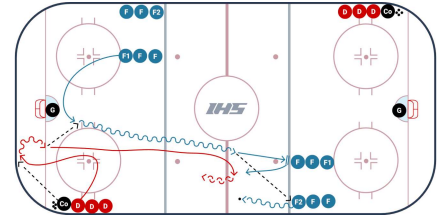


Station #3

Point to Half Wall 2 vs 1

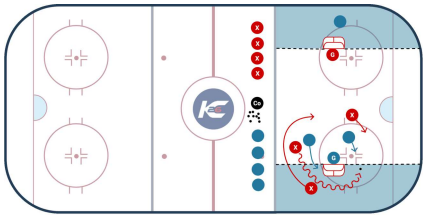
Station #4

Outside 2 on 1's



Everyone

Gretzky 2 V 2 Switch Game



Everyone