



\_\_\_\_\_

\_\_\_\_\_

Practice No: \_\_\_\_\_

Date : \_\_\_\_\_ Time : \_\_\_\_\_ Duration : \_\_\_\_\_

Version no : \_\_\_\_\_ Prepared by : \_\_\_\_\_

Objectives / Main tasks :

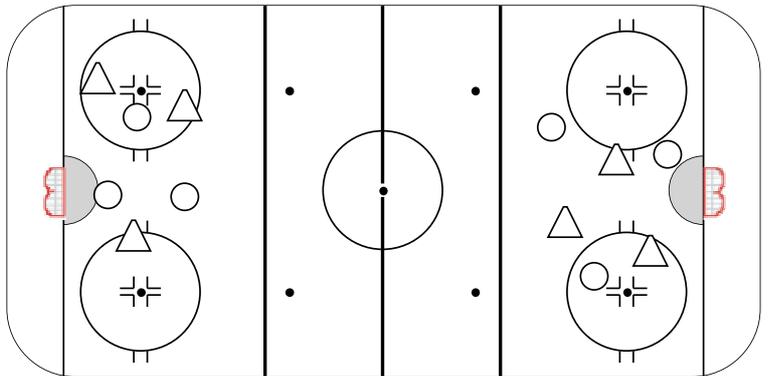
| GOALIES | Left DEFENSE | Right DEFENSE | Left WING | Centers | Right WING |
|---------|--------------|---------------|-----------|---------|------------|
|         |              |               |           |         |            |
|         |              |               |           |         |            |
|         |              |               |           |         |            |
|         |              |               |           |         |            |
|         |              |               |           |         |            |

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : 4 games Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

**Description**

1. every one must touch the puck before scoring
2. scoring and passing only from the backhand
3. scoring from the one timer
4. deke before scoring or passing



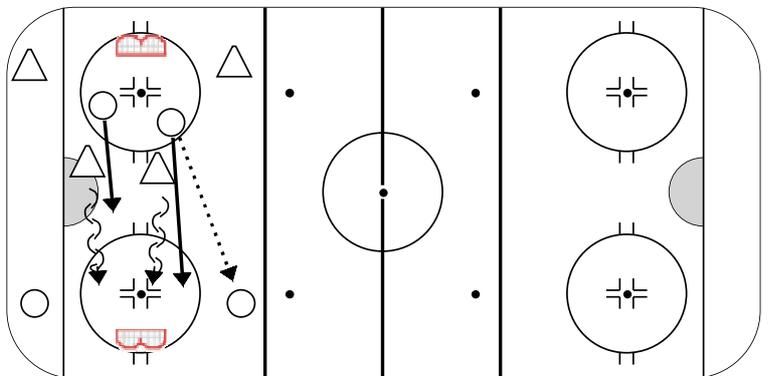
Key Points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : 2v2 with jokers who can score Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

**Description**

2v2 with jokers who can score



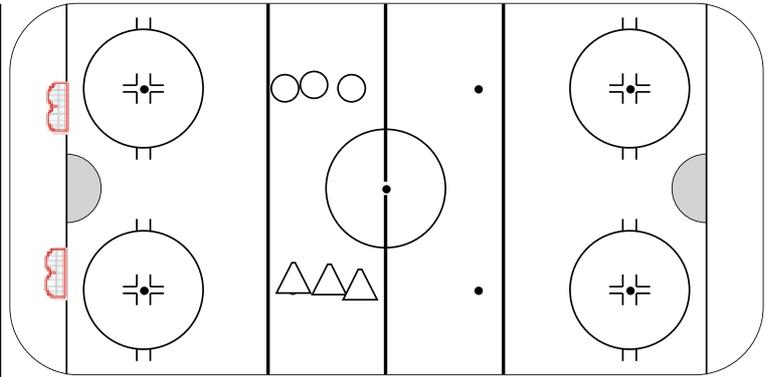
Key Points : defensive side make space

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : shhot out relay Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

**Description**

Shoot out relay



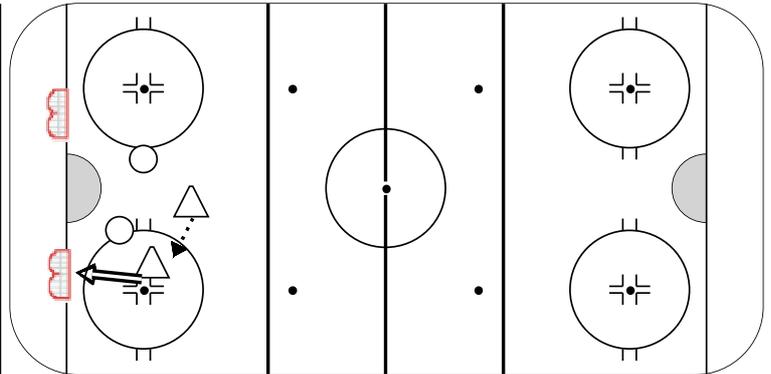
Key Points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : 2v2 can score either one g Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

**Description**

2v2  
you can score either one of the goals  
you must pass once with your team mate before scoring



Key Points :  marking  defensive side  make space