



## 02 Team

## Practice Plan

Date: May 18, 2011

Time: 17:30

Bowness

### One Goalie Practice:

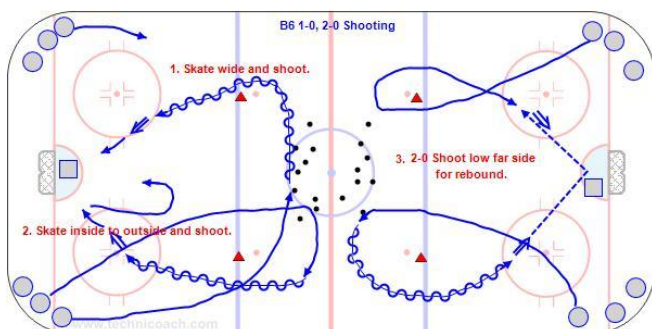
Goals: Role 3-Checking skills: defensive side

And stick on stick positioning.

Role 1: Puck protection and escape moves.

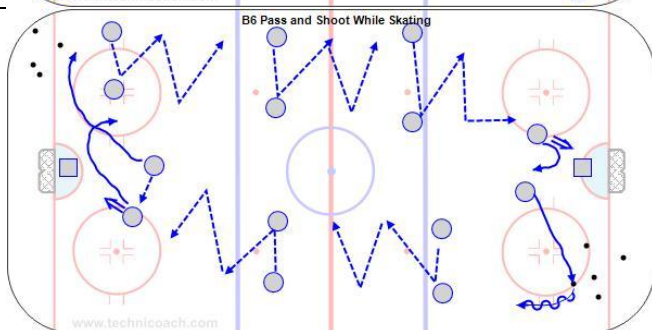
Battling along the boards skills.

### Notes:



7 min.

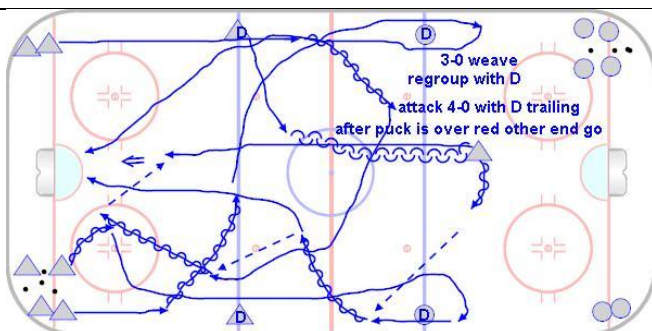
1-0, 2-0 Shooting at one end.



8 min.

### B6 Pass and Shoot While Skating

1. Leave 2-0 from each corner and allow the players in front 2 or 3 passes before starting.
2. Pass while skating they can be one touch or two touch then pass.
3. Shoot before reaching the hash marks and rebound.
4. Switch sides with the inside player going to the outside when you go the other way.
5. Switch corners after a few minutes so the goalies get shots from the other side.



10 min.

### 3-0 Weave and Regroup with Coach

- 3 players leave and pass to the outside, follow their pass. Skate to the big ice between the dots and pass and follow the pass.
- Regroup with the coach who makes sure there is a player on the strong side boards facing the puck, a player in the middle giving the skates and stick as a target and a player in the wide lane before passing.
- Attack 3-0 the other way finishing with a triangle and a shot.



10 min.

### D400 1 on 1 on 1 Battles

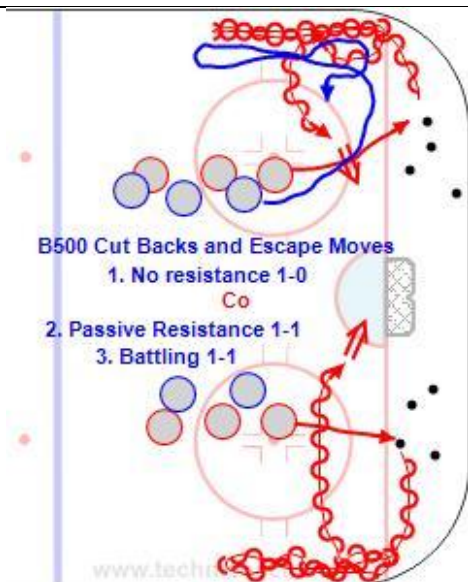
- players are in two colours.
- in this game all three players compete against each other and try to score.
- keep track of which team scores the most goals.
- move the line-up to the top of the circles to reduce the space.



5 min.

### B500 Stick on Stick and stick on the puck technique.

- Partners work in a small area.
- first without a puck and the offensive one shields his stick.
- finish with shielding the puck and the defender keeps his stick on the ice and on the puck.
- finish with keep away.

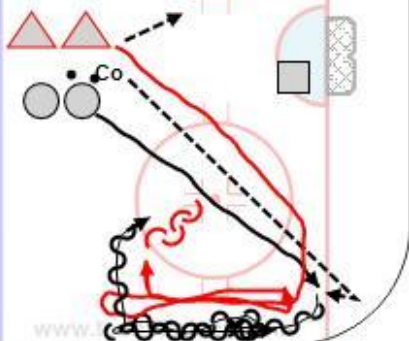


10 min.

### B500 Cut Backs and Escape Moves

1. One player goes about 7 seconds doing cut backs and escape moves and go to the net on the whistle while the coach puts a puck in the other corner.
2. Offensive player protect the puck while the defensive player keeps the stick on the ice and on the puck with passive resistance.
3. Go to the net on the whistle vs passive resistance. Repeat other corner.

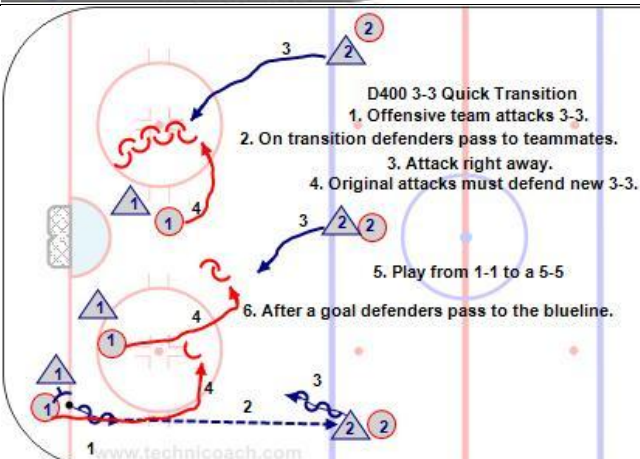
**B6 Puck Protection and Stick on Puck**  
 1. Coach dump the puck into the corner.  
 2. Offensive player protect the puck for 5".  
 3. Defensive player stay net side with stick on the puck.  
 5. On the whistle attacker try to score.  
 6. Alternate corners.



**5 min.**

### **B500 Puck Protection Stick on the Puck Battle.**

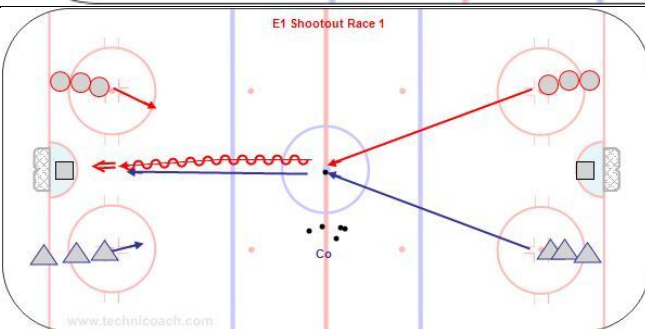
- Start with passive resistance and battle to the net on the whistle.
- Coach shoot the puck into the corner and the players battle and try to score.
- Alternate corners.



### **DT400 2 on 2 Game of Quick Transition**

- We played from the top of the circles.
- 2 on 2 and when the defense gets the puck, the goalie freezes it or on a goal they pass to the waiting team mates.
- Original attackers must now play defense.

**Rotation is: Offense-Defense-Pass-Rest  
 Keep Score**



### **E1 - 1 on 1 Race**

- Players start with one skate on the dot and race for the puck in the middle.
- Keep score.
- In this practice we only had one goalie so we went one way.