



Practice No: 4

Date : 7.12.2010

Time : 20:00-21:00

Duration : 50 min

Version no : \_\_\_\_\_

Prepared by : Kai

Objectives / Main tasks : Offensive playing, Scoring, Shooting

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

Drill no. : 1 &amp; 2

Duration : 20

Minutes

From : \_\_\_\_\_

To : \_\_\_\_\_

## Categories

LAJITEK. KIERTO JA YH.TOIMINTA

maalinteko

Drill Title : HP/HAHP/ 4 maalia A) 1-0 eri luisteluilla B) 2-0 jatkuva

Components : role 1, role 2

Content elements : offensive effectiveness, offensive readiness

## Description

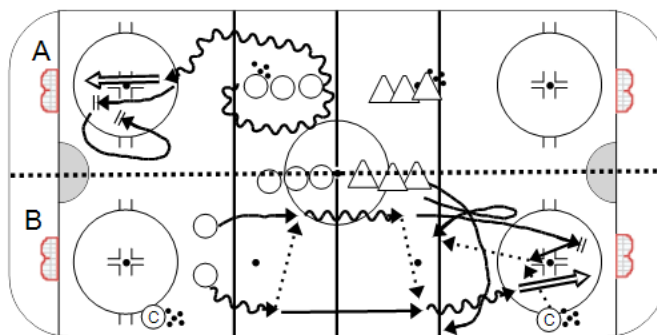
A)  
go around the line, various skill  
movements, shoot + rebound

B) is the capitals 2-0

## Key Points

laukausten laatu

rebound



Drill no. : 3

Duration : \_\_\_\_\_

Minutes

From : \_\_\_\_\_

To : \_\_\_\_\_

## Categories

PELITILANNE/JAKSOTTAINEN

ylivoimatilanne

Drill Title : HP/HAHP/ 2-1

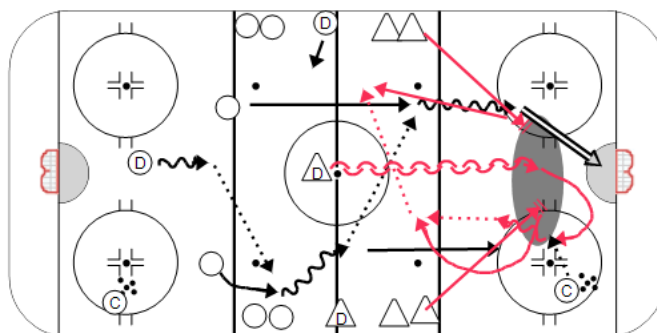
Components : role 1, role 2, role 3

Content elements : offensive effectiveness, offensive readiness

## Description

A variation of Detroit 2-1.2-2

## Key Points



**Drill no.** : 4 & 5 **Duration :** \_\_\_\_\_ **Minutes** **From :** \_\_\_\_\_ **To :** \_\_\_\_\_

**Categories**

PELIT

**Drill Title :** A) HP/ 3-3(2) B) HP/ 3-3 kentätyhjäys

pelitilanneroolipelit

**Components :** roles 1, 2, 3, 4**Content elements :** offensive effectiveness, offensive readiness**Description**

A) 3v3(D2)

one of the defenders is not allowed to enter DZ.

B) 3v3 emptying the field

when offensive team scores, one of the defensive players must leave the game play until 3v0 or/and 20-30 sec shifts

**Key Points**