



Practice Plan

Team: Sport D-97

Practice No.: _____

Date : 16.12.2010

Time: 18:45-20:00

Duration: 65

Version No.: _____

Prepared by: Kai

Objectives / Main tasks :

HP/ maalinteko, syöttäminen.

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Categories

LAJITEK. OPETUS JA VIIHDE

Drill Title : Skating and Shooting

maalinteko

Components : Role 1

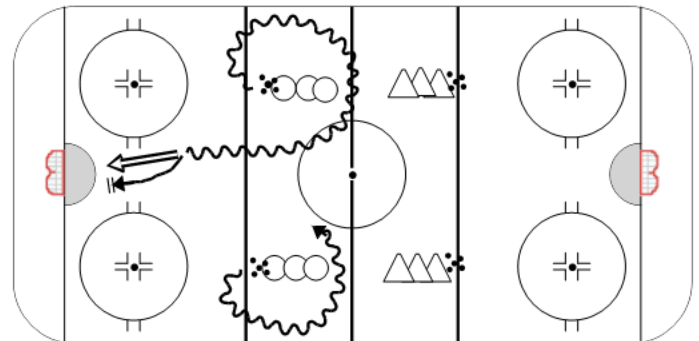
Content elements : offensive effectiveness

Description

Forward x2 both directions
face the net x2 both directions
360 x2
Backward x2

go to net and stop in front net even if you miss the net.

Key Points



Drill no. : 2 Duration : 10 Minutes From : _____ To : _____

LAJITEK. KIERTO JA YH.TOIMINTA

Drill Title : 2-0 random passing

syöttäminen/vastanotto

Components : roles 1 and 2

Content elements : offensive effectiveness

Description

- you can pass to lines or to moving players
- blade square to the passer, be ready to pass the puck quickly
- after you enter the OZ max. one pass and shoot
- first pass to the player who did not shoot.

Key Points



Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

PELITILANNE/JATKUVA

Drill Title : HP->PP/HAPP/PAHP/3v3 transition

muut

Components : roles 1, 2, 3 and 4

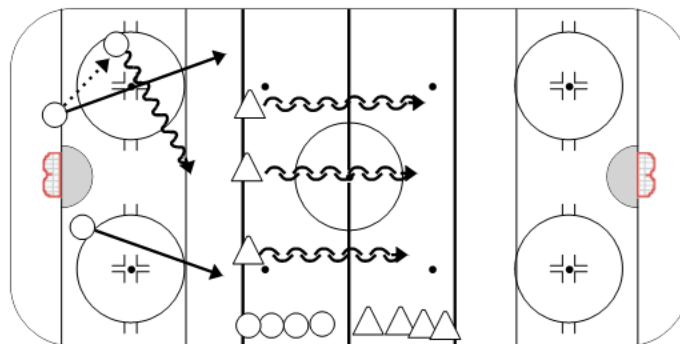
Content elements : attacking & deffensive readiness & effectiveness

Description

3 who defended attacks against new defensive trio.
Continuous

attacking trio can forecheck under offensive blueline

Key Points



Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Categories

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Drill Title : _____

Components : roles 1, 2,3 and 4

Content elements :

Description

3v3 SAG tournament

Key Points

