



Practice Plan

Team: _____

Practice No.: _____

Date : 4.1.2011

Time: _____

Duration: 50

Version No.: _____

Prepared by: Kai

Objectives / Main tasks :

Offense, passing

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

Categories

PELIT

Drill Title : HP/PP 3 SAGs

sovelletut säännöt pelit

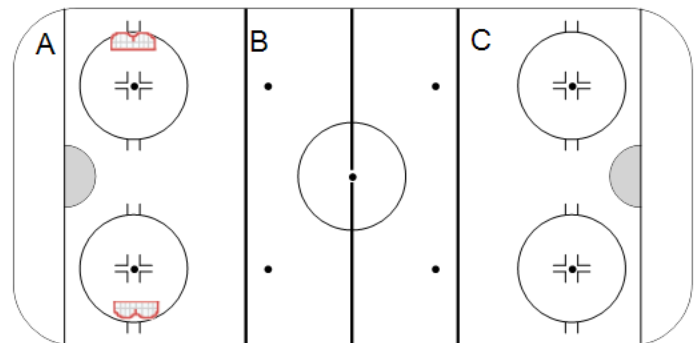
Components : role 1,2,3,4

Content elements :

Description

- A) only Backhand passing and shooting
- B) You can pass and receive only when skating backwards
- C) You score after 4 consecutive passes

Key Points



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

LAJITEK. KIERTO JA YH.TOIMINTA

Drill Title : 2-0 syöttömylly random passing

syöttäminen/vastaanotto

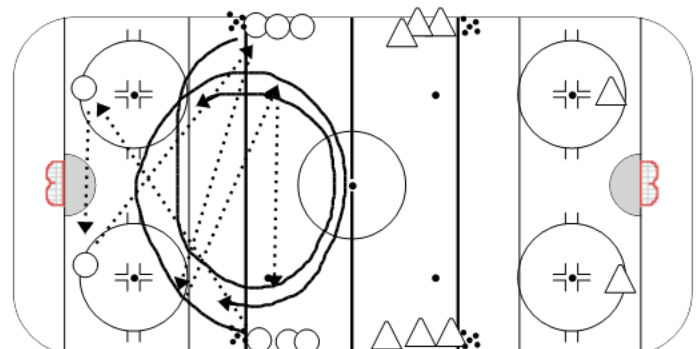
Components : kiekollinen/kiekoton

Content elements :

Description

- pass to lines or to moving players freely
 - in oz only one pass and shoot
- Be creative
- quick passing receive and pass

Key Points



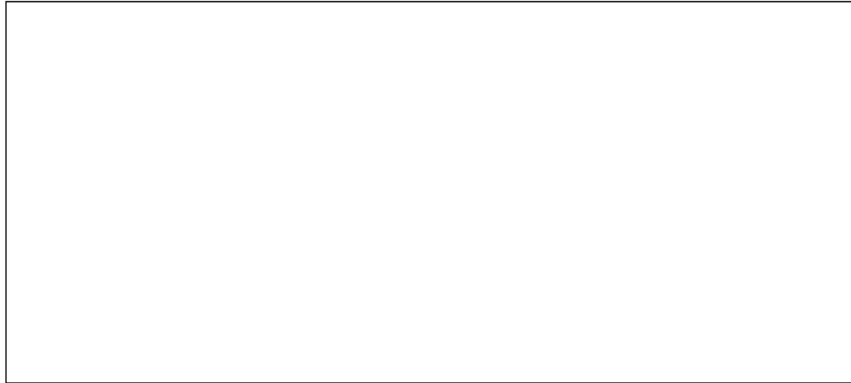
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : HP 7 passes

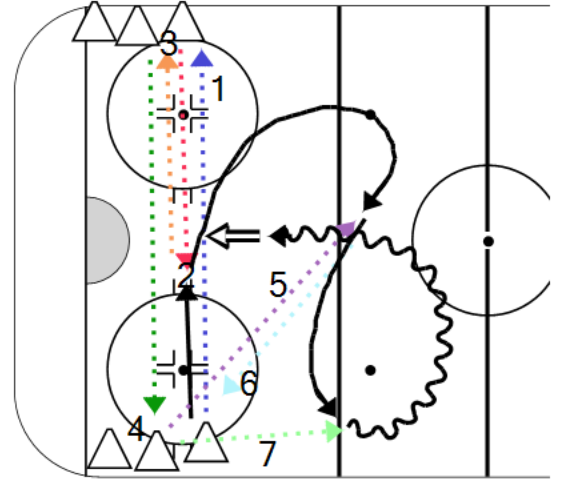
Category #1 : LAJITEK. KIERTO JA YH.TO

Category #2 : luistelu

Description



Key points:



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

PELIT

Drill Title : HP/PAHP/KAHP/2-2(4-4)3-3(5-5)

sovelletut säännöt pelit

Components : roles 1 and 2

Content elements : hyökkäysvarmuus

Description

P(=D)
training D co-op and break out

H(=F)
getting open and using all three lanes

Fs must pass back to D if you gain the
possession of the puck under the redline

Key Points

