



Practice Plan

Team: Drill of the Week Club

Practice No.: _____

Date : 04. 02. 2021

Time: _____

Duration: _____

Version No.: _____

Prepared by: Tyler Kuntz

Objectives / Main tasks :

warming up drill
 escaping to late man
 attacking from and using the high slot (we call NIPPLE)
 1-time shooting skills

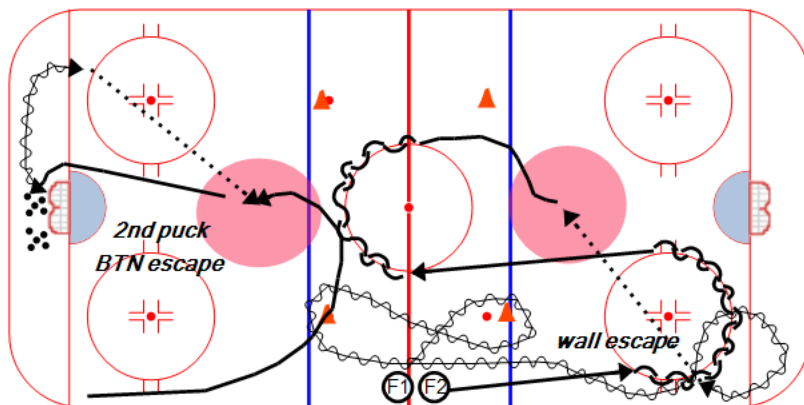
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : 2-0 skating skills escape x2 Category #1 : LRF Category #2 : Skating

Description

Both sides at same time; whistle controlled.
 F2 attacks top of circles and turns and faces middle;
 skating skill options: (1) x-overs (2) 10 & 2's (3)
 backwards face middle. Skates around circle and
 skates to FOC using same skating skill progression
 and faces net; must land in the nipple. Read play, use
 timing; accelerate into the pass.

F1 skating skill options (1) punch turns (2) jab steps
 (3) 10 & 2's (4) pivots; attack both cones and attack
 blue line; must shoulder check to scan where F2 is
 located; can escape back up wall or to BTN and pass
 to nipple for F2 shot.



Key points : Speed shoulder checking No dust Escapes

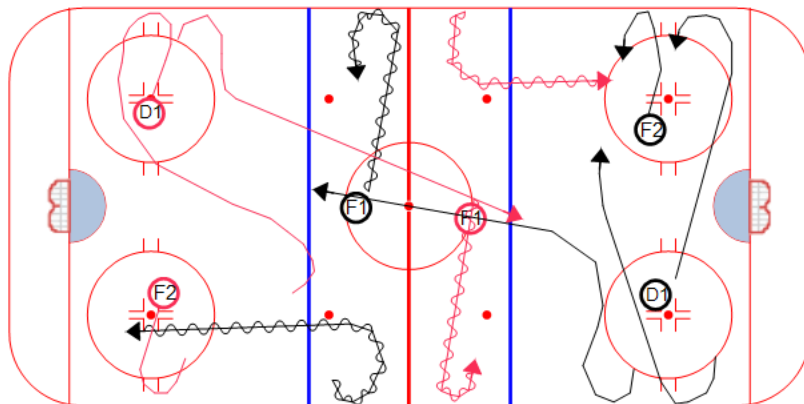
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : 1-1 to 2-1 Late Man Escape Category #1 : LRF Category #2 : LRA

Description

F1's have puck in NZ and must stay on their offensive
 half of red line.

F2's and D must stay below top of circles in their zone.
 Players begin to skate board to board once they get on
 the ice; players inside O/D zone must face the
 puck/shoulder check where puck carrier is. On whistle
 F1 attacks D1; F2's join from far end creating a late
 man situation; F1 must protect puck and has options to
 keep and attack or make a play to F2. Play until whistle;
 all other players on their assigned benches.



Key points : Puck protection Talk Shoulder Check Space

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

Title : 1-1 / 2-1 x2 /3-1

Category #1 :

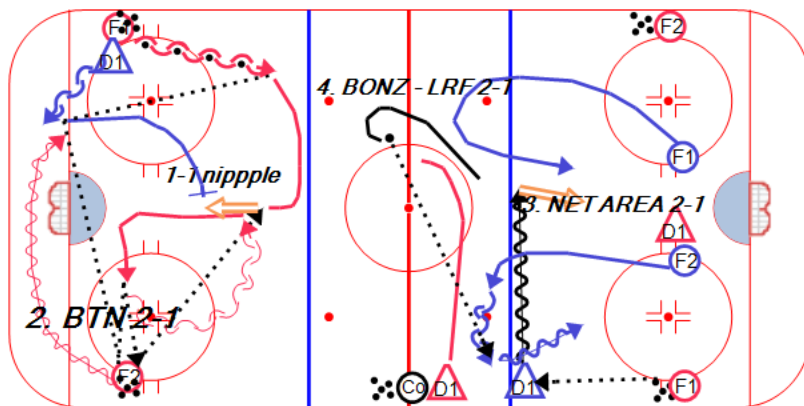
LRF

Category #2 :

BONZ

Description

1. F1 pinned by D1; GOW pass to D1 - D1 - F2 x-ice and F2 to F1 in nipple.
2. F1 skate towards F2 for pass exchange and then climb to nipple; F2 attack low BTN.
3. Low to High middle for D shot with a 2-1 at net. D box out one guy and the shooting D shoot for stick.
4. After shot and rebound D1 retrieve spotted puck in NZ and start a BONZ with F1/F2 working to get onside quickly; once the BONZ has started the other end can begin their attacks. next D pressure BONZ from coach



Key points :

100% energy

First step to net

Eyes up

No dust

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

Title : 1-timers 3 ways

Category #1 :

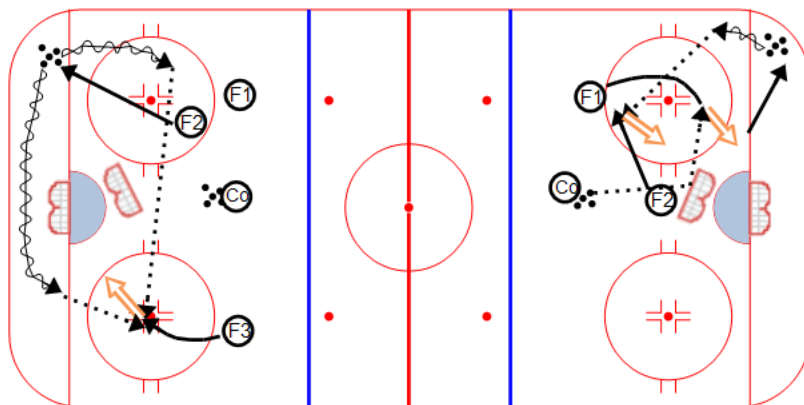
SHOOTING

Category #2 :

OZP

Description

- Net laid flat on ice - use cross bar as rebounder.
- F1 top of circles dot width.
- F2 near net that is laid down.
- F3 weak side top of circles dot width.
- Coach pass puck off cross bar - F1 stay wide and 1-time puck.
- F1 retrieve in corner, shoulder check and escape. F2 pop off slot positioning once F1 retrieves puck; F1 pass to F2 for 1-timer, or a sling shot.
- F2 after shot, retrieve puck, shoulder check and explode out of corner and pass to FO dot for WS Flank 1-timer; F2 can also travel BTN and release to FO dot for F3.



Key points :

Active feet

eyes/toes at net

stay loose

explode into space

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

Title : Strong side D 1-Timer Sequence

Category #1 :

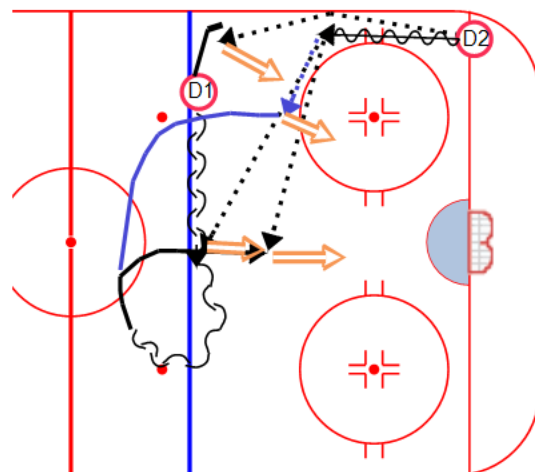
SHOOTING

Category #2 :

OZP

Description

- 1) D punch 1-timer
- 2) after shot - skate backwards to middle and 1-timer.
- 3) after shot grab ice skating backwards, transition to forwards and get downhill in either the middle of the rink for a 1-timer; or down dot width for a 1-timer from the top of circles on a D dive.



Key points:

Feet underneath you

controlled backswing

eyes up

shoot with core