



Practice Plan



Team: Drill of the week 20/21

Practice No.: _____

Date : _____

Time: _____

Duration: _____

Version No.: _____

Prepared by: Wade Burt - 200 Hockey

Objectives / Main tasks :

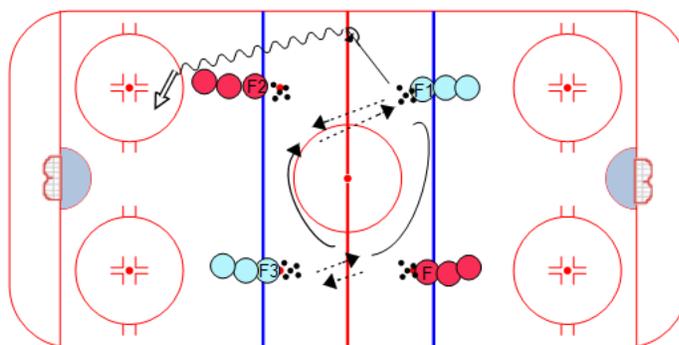
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : 5 Pass Shooting

Key Points : _____

* Both sides at the same time.

- F1 swings around bottom of the circle and one touches with F3.
- F1 continues around top off circle and touches with next player in original line.
- F1 then opens up along wall and goes down and shoots.



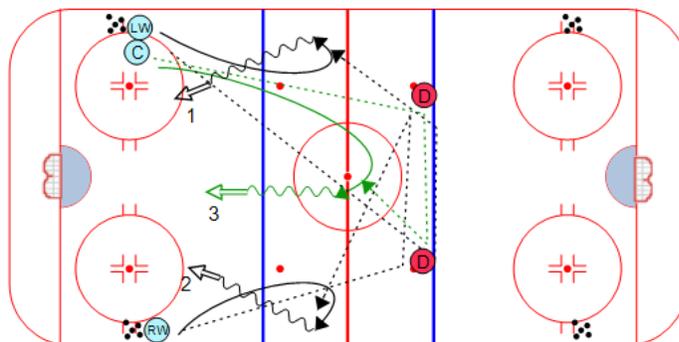
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Barzy Regroup

Key Points : _____

* One side at a time

1. LW passes to far D. D to D and back to LW. LW shoots
2. RW passes to far D. D to D and back to RW. RW shoots.
3. C passes to near D. D to D. C shoots



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

Title : Cycle Series #1 Category #1 : Category #2 :

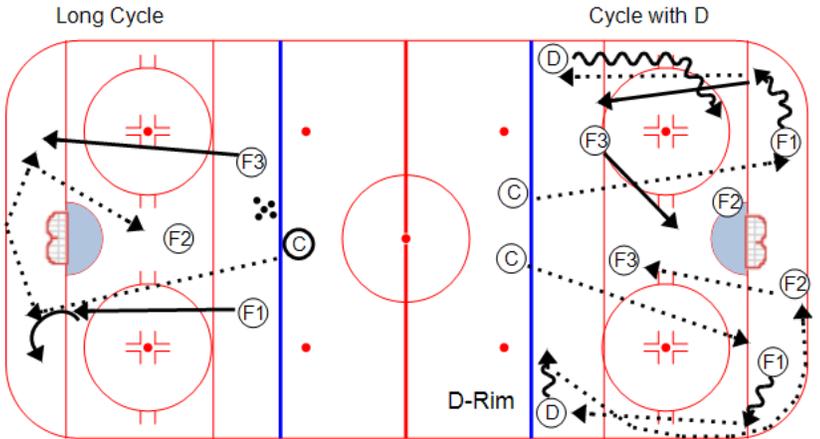
Description

Each line runs through each cycle 2 times.

1) Long Cycle: F1 goes and cycles puck behind net to F2 who hit F3 or F1

2) D-Rim: F1 collects puck and passes to the D. D drag to middle and rim puck behind net to F2. F2 hit F3 or F1

3) Cycle with D:
F1 collects puck and skates up boards towards D. D comes down on the outside. Get puck and attacks net.



Key points :

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

Title : Cycle Series #2 Category #1 : Category #2 :

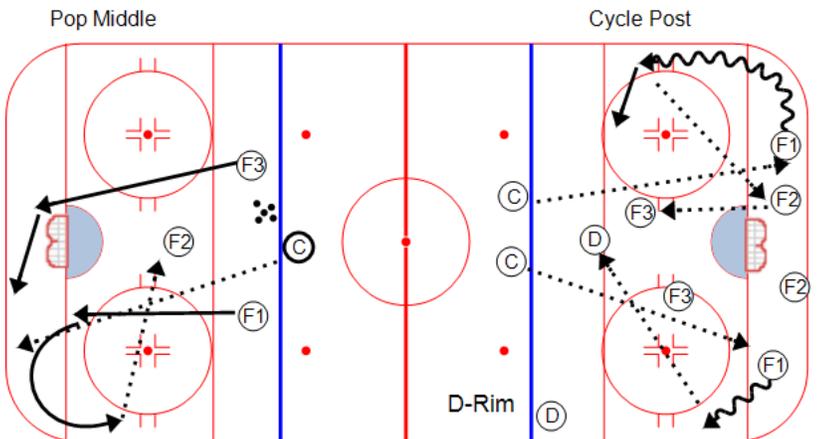
Description

Each line runs through each cycle 2 times.

1) Pop Middle: F1 goes and cycles puck up boards. He can cycle back low or hit F2 in middle for shot.

2) Cycle post: F1 collects puck cycles puck up boards. He then hits F2 off near post.

3) Cycle with back D:
F1 brings puck up boards and hit back door D for shot.



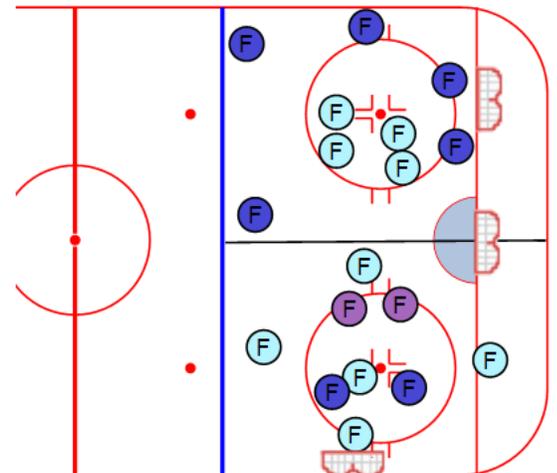
Key points :

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

Title : Power Play Game 1/4 ICE Category #1 : Category #2 :

Description

-5v4 WIDTH
-5-4 LEGTH



Key points: