

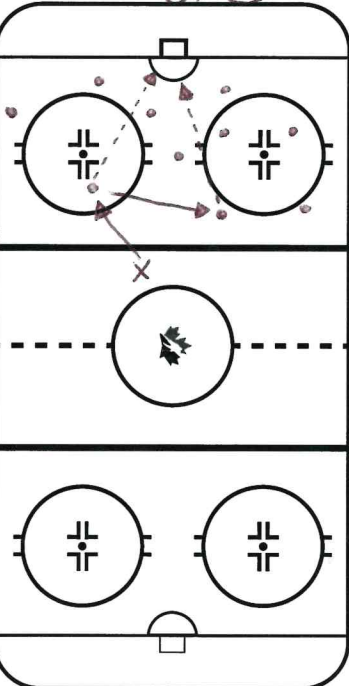


HOCKEY CANADA

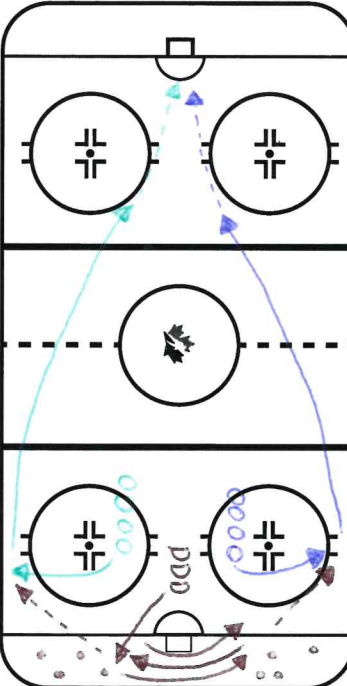
Practice Plan Template / Gabarit d'un plan d'entraînement



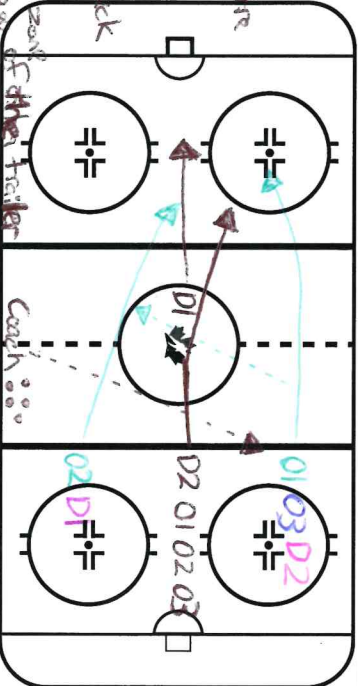
Individual Drill

Time / Temps	Drill Name & Description / Nom de l'exercice et description
	Golden Goal <ul style="list-style-type: none">- Scatter 10 pucks in O zone (not below line)- the player skates to each puck at random and shoots it where it lies (no stick handling)- focus on 1 shot at a time (wrist, slap, backhand) Key Teaching Points / Points pédagogiques clés <ul style="list-style-type: none">- the idea is to create a strong shot on goal, from any angle, under pressure
	

Team WarmUp

Time / Temps	Drill Name & Description / Nom de l'exercice et description
	Quick Out <ul style="list-style-type: none">- Scatter pucks below goal line- D line up in front of net, at one at a time the D will skate to corner, grab puck, skate around net and pass to the winger who has skated to the boards. The D will make 3 passes like this and then switch Key Teaching Points / Points pédagogiques clés <ul style="list-style-type: none">- D should use net to protect puck- Forwards should approach boards differently- even time so the D have to be aware,
	

Team Play Drill

Time / Temps	Drill Name & Description / Nom de l'exercice et description
	Build Drill (Offensive + Defensive Zone) <ul style="list-style-type: none">- Coach passes to one of two forwards to start 2 and 1 with D ready at centre- on first whistle, backcheckers from middle line chase down the 2 and- 1st play develop in zone (not goal, backhand) then blow whistle releasing 03, and then quickly whistle again releasing 01 to backcheck Key Teaching Points / Points pédagogiques clés <ul style="list-style-type: none">- continue in this pattern until it's built up to 5v5- have extra pucks to take advantage of extra traffic- encourage offensive players to take advantage of extra traffic
	

Competitive Drill

Time / Temps	Drill Name & Description / Nom de l'exercice et description
	Chase Drill - hidden cardio <ul style="list-style-type: none">- X1 and 01 skate skate down the ice and shoot- after they have shot X2 skates down ice chased by 01 and 02 is chased by X1- place a pylon that shooters have to skate around to prevent cheating, when the pylon around to prevent cheating, when the pylon Key Teaching Points / Points pédagogiques clés <ul style="list-style-type: none">- Keep score to make the players leave from may need to be adjusted
	