

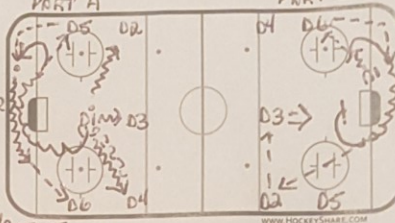
keep warm zone

BOOK! RELENTLESS! FROM GOOD TO GREAT TO UNSTOPPABLE
QUOTE: "PRACTICE LIKE YOU NEVER WON
PLAY LIKE YOU NEVER LOST!"

Practice Date: Jim CAPY
Hockey Practice Plan SOO EABLES

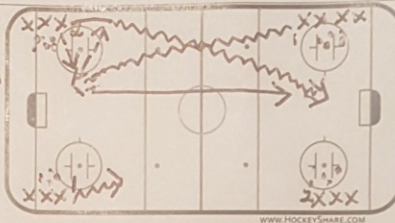
Drill: CIDADEL D-WORK Length: _____

D1 SKATE FWD PASS TO D2, D1
BACKPEDALS RELIEVES PUCK BACK.
D1 WILL DO SAME WITH D3 & D4. AFTER
GETTING PUCK BACK FROM D4, D1 WHEEL
AND MAKE B2 PASS TO D5, D5 SOFT
DUMP TO CORNER, D1 RETRIEVE WHEEL
MAKE B2 PASS TO D6, D6 SOFT DUMP TO
CORNER D1 RETRIEVE WHEEL B2 PASS
TO D2, D2 PASS TO D3 FOR SHOT D1 SCREEN/ROTATE



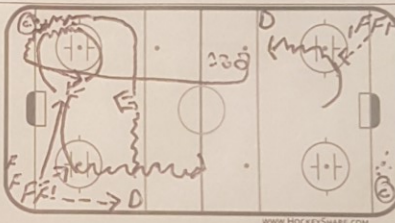
Drill: 1VS0 BACK PRESSURE Length: _____

X1 SKATES UP ICE SHOOT FROM HASH-
MARK AND STOP, PASS FROM X2, RETURN
PASS TO X2, X2 SKATE UP ICE, X1
BACK CHECK, CUT OFF ICE AND DON'T
QUIT ON PUCK! WORK FROM BOTH
SIDES, CONTINUOUS! HIGH TEMPO
WITH CONDITIONING ASPECT!



Drill: YALE 1VS1 Length: _____

F1 PASS TO D1, D1 WALK THE LINE &
SHOOT, F1 TO NET SCREEN! F1 TO
CORNER PASS FROM C SKATE UP WALL,
D1 AFTER SHOT SKATE DOWN WALL
PASS FROM F1, F1 OVER TOP OF CIRCLE
RELIEVE PASS FROM D1, 2ND SHOT.
D1 GETS UP ICE TO PLAY 1VS1
FROM OTHER END. F1 PASS FROM F2
UP ICE FOR 1VS1 ON O FROM OTHER
END.



Drill: NTDP SMALL ICE Length: _____

PLAYERS BEHIND NET AND BL CAN MOVE
ALONG LINE AND NOT PASS HALF!
1VS1 WITH 2 SUPPORT PLAYERS
MUST MAKE 1 PASS BEFORE YOU
SHOOT. ROTATION ON WHISTLE
BL - INZONE
INZONE - BEHIND NET
BEHIND NET - DONE

