



Practice Plan



Team: '20-'21 Drill of the Week Club

Practice No.: DC-'2

Date : October 2020

Time:

Duration:

Version No.: DC-20-1

Prepared by: Wayne Clark

Objectives / Main tasks :

Book: The Inner Game of Tennis by Timothy Gallwey

(great psychology book for any sport and life)

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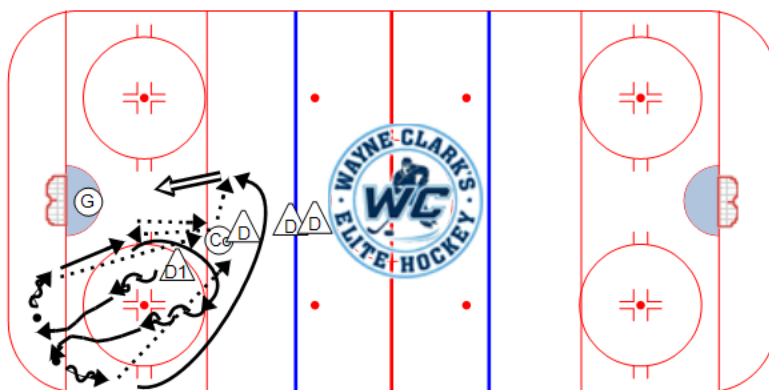
Title : Pens D Retrievals

Content elements:

Components :

Description

- 1st Puck starts in Corner against boards
- D skates bwds, pivots, shoulder checks, retrieves puck, give and go with coach to top of circle
- Coach dumps next puck in, same skills, retrieve puck other way, then open up for a shot on net
- D can add deception before picking up puck
- other D unit behind coach



Key Points :

Pivot - Shoulder Check

Angle - Retrieve

Give & Go

Add Deception

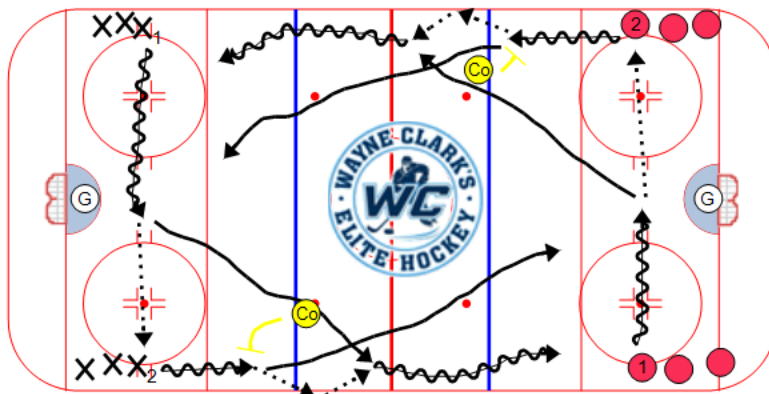
Title : Wings 2on0 Chip

Content elements: "BUY SPACE"

Components :

Description

- Diagoneal lines, X1 and O1 start at the same time
- X1 leaves with puck and passes to X2 who gets off wall and chips puck past Coach back to X1
- X1 takes a wide shot with X2 driving to the net



Key Points :

Pass

Chip

Drive

Get Up Ice

Title : Buffalo 1-2-3 Forecheck **Content elements:** **Components :**

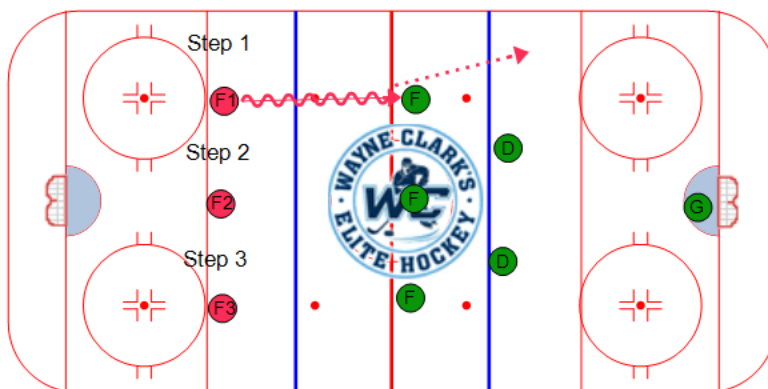
Description

-Line of Fs at the far end, one has a puck to start
 -5 person unit in NZ ready to BREAKOUT on dump in
 -F1 carries puck to redline and dumps puck in with purpose to recover... 1 Man Forecheck

-5 Man unit breaks out vs Forechecker, clears the zone, pass to F2 at the far end, who works with F1 for a 2 Man forecheck

-Finishes with adding F3 on Final Dump

-F unit that broke out becomes the new forecheckers



Key Points :

Dump...1v5

Dump ... 2v5

Dump...3v5

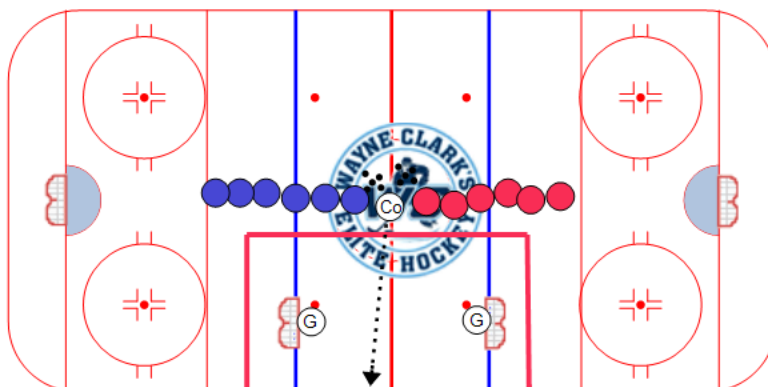
Title : Finnish 2v2 **Content elements:** **Components :**

Description

* Create out of Bounds with Bingo Dabber or Line Paint

-Play 2v2 Until Whistle and Next Group Comes in

-If puck goes out coach dumps new puck in



Key Points :

Practice evaluation:

Drills to modify:

Objectives reached :

Content of next practice :

Problems encountered :

General comments :