



Practice Plan

Team: Wayne Clark -DWC

Practice No.: _____



Date : '21-'22

Time: _____

Duration: _____

Version No.: DWC-9

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Objectives / Main tasks :

Book: "Deep Work: Rules for Focused Success in a Distracted World" Cal Newport

Quote STAND OUT. Attached as separate doc

- 1) Individual OR small group Skill Drill
- 2) Team Skill warm-up Drill.
- 3) Offensive or Defensive Team Play Drill
- 4) A drill or game to develop Competitiveness.

Drill no. : 1 Duration : 21 Minutes From : _____ To : _____

Title : Cutting Hands Off Circuit Content elements: _____ Components : _____

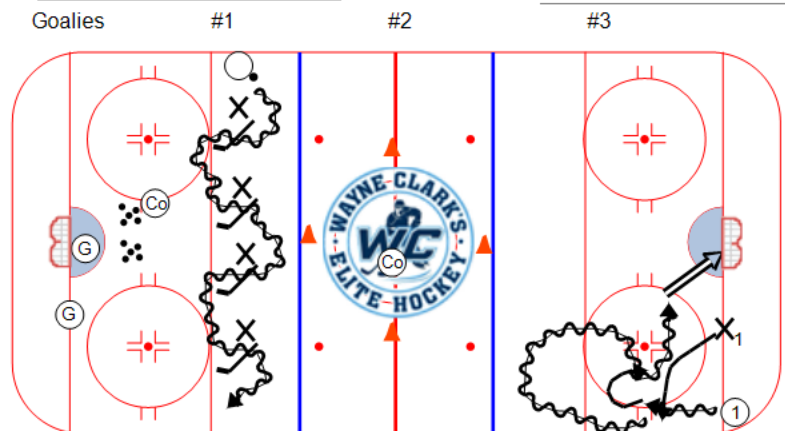
Description

Goalies with Goalie Coach

- 1) Straight Line Repeats. Carry Puck and Cut Hands Off
- 2) Cloverleaf with Coach Providing Resistance with Stick. Continuous Fig 8s. Cut Through Coaches Hands/Stick.

<https://www.icehockeysystems.com/hockey-drills/cloverleaf-cutting-hands>

- 3) 1on1 Out Of Corner. Cut hands off and take puck then re-attack with puck and cut Hands off and attack net for shot.



Key Points : Hip Through the Hand Protect Puck Shin Through Stick Drive

Drill no. : 2 Duration : _____ Minutes From : _____ To : _____

Title : Millbrook Passing Content elements: USE LAWNMOWER TIRES Components : _____

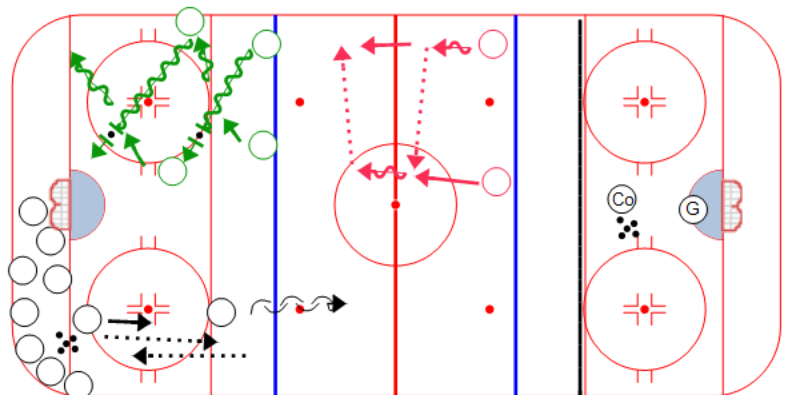
Description

Always make sure to have a 10ft Gap between Partners. Go to far blue and "U" around and back to line

* Only use 2/3 of ice.

- A) 1st Whistle Passing Front and Back (Black)
- B) Next Whistle go to: Side to Side Passing (Red)
- C) Next Whistle go to: Cross and Drop (Green)

*Goalies use far end



Key Points : Weighted Pucks Crisp Passes Be Sharp Around and Back

Drill no. : 3 Duration : 10 Minutes From : To :

Title : Deep Carolina Forecheck Content elements: Components :

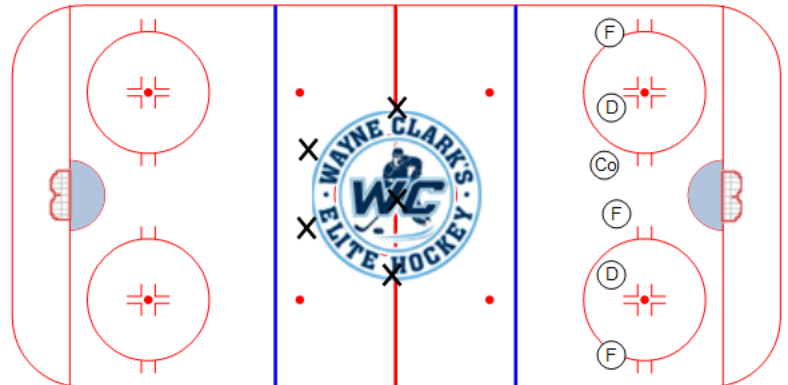
Description

Breakout Xs, pass to Coach (Co)

Coach Whistle: Activates Next Forward Line to Offense.

Forwards attack, Dump and Forecheck against Xs

Forecheck Focus: F1 -1st Touch, F2 Seal the Wall; F3 Hard down the dot lane...
D1 and D2: Up-Read-Act



Key Points :

Breakout

Touch Up

Attack - Dump

Forecheck

Drill no. : 3b Duration : Minutes From : To :

Title : Oilers NZ Forecheck Content elements: Components :

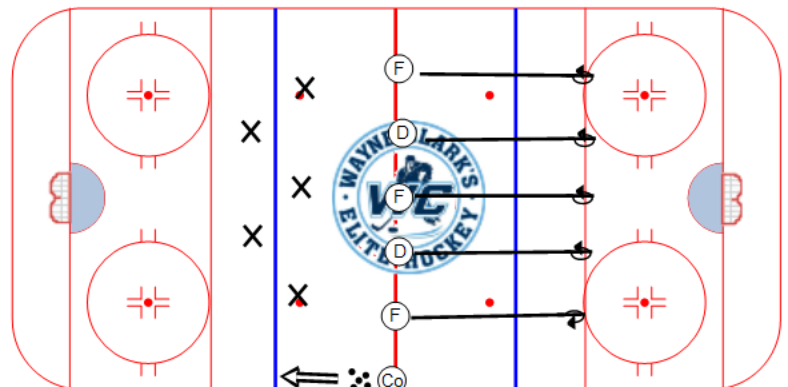
Description

-Coach dumps puck into X end for breakout/retrieval.

-Fs and D tag up with top of circles

-X then passes to D at opposite end and get into NZ Forecheck

-F and D: transition



Key Points :

NZ

Transition

Read and React

Execute

Drill no. : 4 Duration : 10 Minutes From : To :

Title : Tampa NZ Drill Content elements: TIGHT AREAS Components : Tink Pass Ahead

Description

Competition Drill. Outlets and execution in small spaces.

3on3. Anyone Can Shoot.

Flanks=skates can't cross centre and can't go in circle but sticks can

1=In circle. When opposition have it defend with ACTIVE stick -Battle. When you have puck shoot or outlet to your flanks on other side of centre

NEED TO BE QUICK

Progress to Nets getting tighter.

<https://www.youtube.com/watch?v=TTgakGghqLE>



Key Points :

BE FOCUSED

BE QUICK

OUTLET & MOVE

COMPETE

Drill no. : 4b **Duration** : 8 **Minutes** **From** : **To** :

Title : 3on3 NZ Fun - Compete **Content elements**: **Components** : Quick Decisions,

Description

-3on3 competition, if puck crosses blue line Coach spots puck for his team. (ex: Coach on Left side is with Os; if puck crosses his blue line he passes to Os; conversely if puck crosses right blue line that coach passes to Xs).

-play out for 45secs...then whistle and 3 from each team come on for change on fly. Coach alternates who he starts drill with xs or os



Key Points :

Communicate

Be quick

Score

Def :Identify & Elim