



# 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.

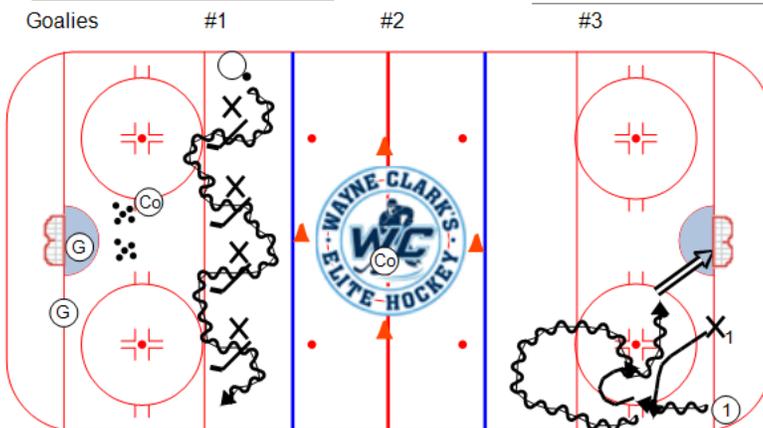
Drill no. : 1      Duration : 21 Minutes      From : \_\_\_\_\_ To : \_\_\_\_\_

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 : \_\_\_\_\_

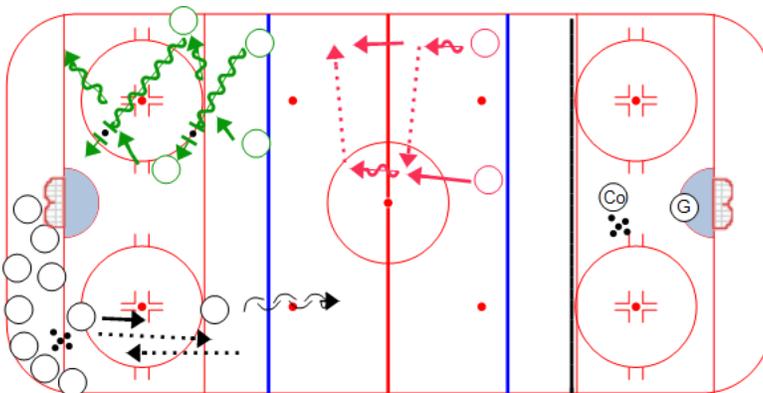
### Description

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



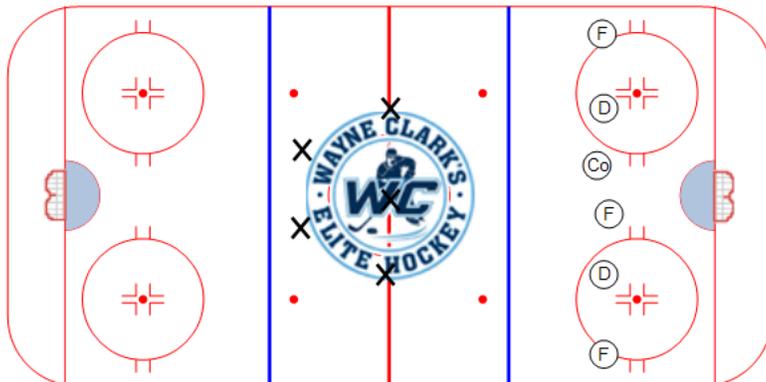
**Key Points :**       Weighted Pucks       Crisp Passes       Be Sharp       Around and Back

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



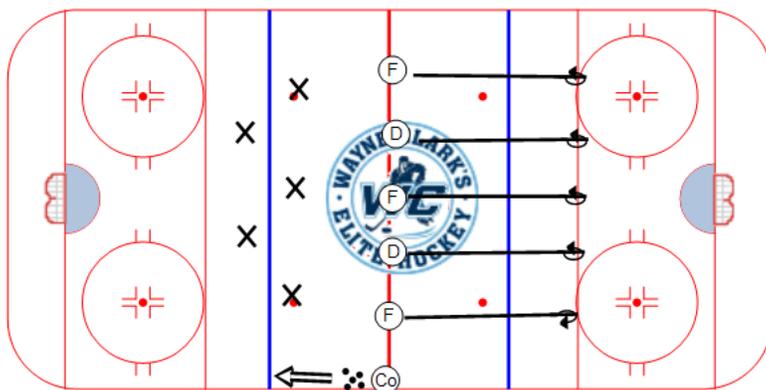
Key Points : Breakout Touch Up Attack - Dump Forecheck

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



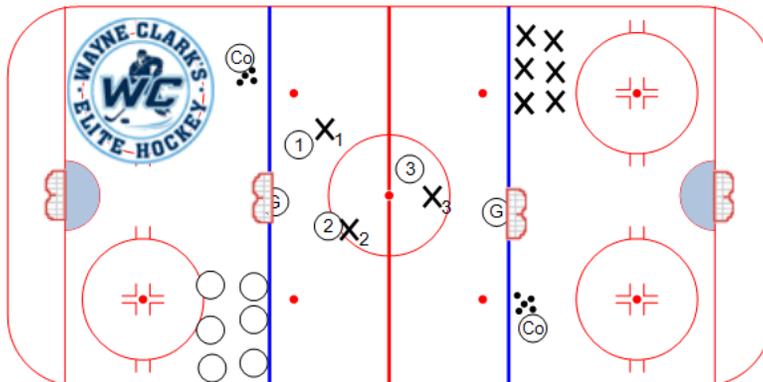
Key Points : BE FOCUSED BE QUICK OUTLET & MOVE COMPETE

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