



# Practice Plan



Team: Edge School U16 Prep

Practice No.: \_\_\_\_\_

Date : January 4th

Time: \_\_\_\_\_

Duration: \_\_\_\_\_

Version No.: 1

Prepared by: Kelly Mruk

## Objectives / Main tasks :

Happy New Years everyone. I have added a couple different variations of parts to a practice for you to try.  
 2x Individual Skills Sessions + 2x Warmup Drills  
 2x D Transition w/a quick NZ quick up + 1x Flow drill  
 2x Couple games the guys like.  
 Have a great last half of the season and playoffs!!

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

### Categories

INDIVIDUAL training phase

Drill Title : EdgeU16 - Practice #1

INDIVIDUAL SKILLS

Components : \_\_\_\_\_

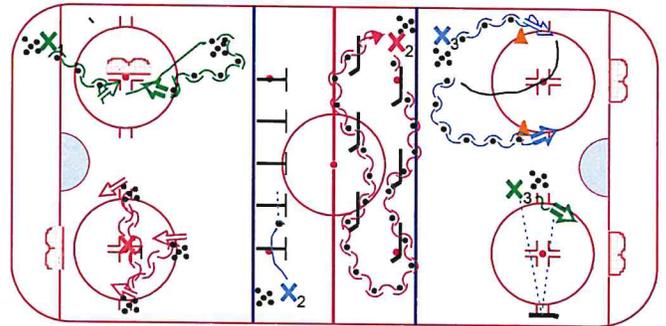
### Content elements :

#### Description

6 drill Practice  
 Green1 - Corner walks, side stepouts.  
 Red2 - (EdgeBoss) Creative pulls/turns.  
 Blue3 - Angle shots.  
 Green3 - Bumper pass, 1T/QuickRelease.  
 \*\*Blue2 - 5PuckSaucerPass,  
 (Saucer each puck over one at a time and through the next stick)  
 \*\*Red1 - 3Shot/PostGoal  
 (Players try & hit all 3 posts for goals)

#### Key Points

- Pull&Shoot
- Passing/OneT
- Saucer Pass Challenge
- Shot Challenge



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

### Categories

INDIVIDUAL training phase

Drill Title : EdgeU16 - Practice #2

INDIVIDUAL SKILLS

Components : \_\_\_\_\_

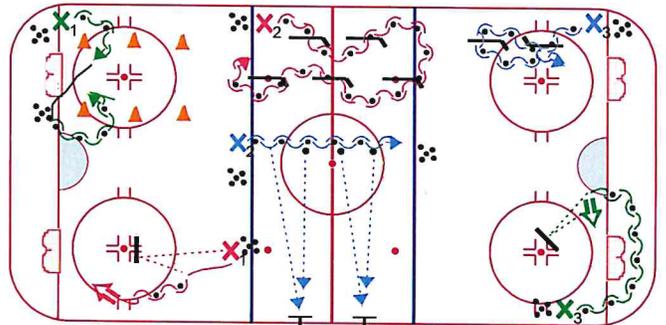
### Content elements :

#### Description

6 drill Practice  
 Green1 - 6Shooter..... CornerWalk  
 Red2 - (EdgeBoss) Creative pulls/turns.  
 Blue3 - McDavid tight turn/shot  
 Green3 - (Open-Hips skating) Bumper pass, 1T/QuickRelease.  
 \*\*Blue2 - BetweenPostPassing,  
 (Pass each puck between T-sticks)  
 Red1 - Pass/Walk/Shot  
 (Players try & hit posts for goals)  
 \*\* = Challenge

#### Key Points

- Shooting
- Passing
- Skating w/ Puck
- Tight Turn/Shot

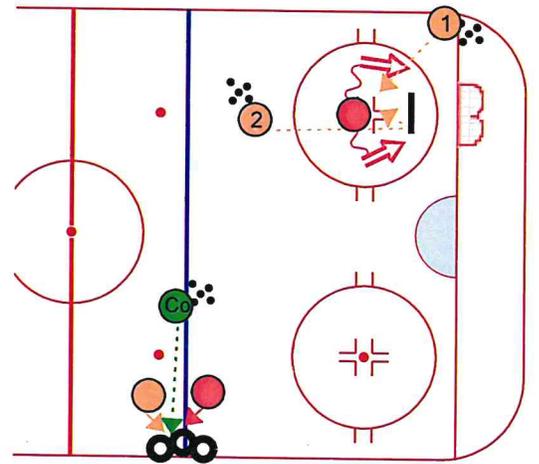


**Drill no. :** \_\_\_\_\_ **Duration :** \_\_\_\_\_ **Minutes From :** \_\_\_\_\_ **To :** \_\_\_\_\_

**Title :** EdgeU16 - Bumper **Category #1 :**  **Category #2 :**

**Description**

Part A Use a Rebounder  
 Middle Player is the shooter, Player 1/2 are passing.  
 Shooter can Quick Release or walk for shot.  
 Progress to backhand pulls, backhand shots  
 Part B has 3 tires on boards - two together on wall and 1 upright on top.  
 F1 shoots a puck at the tires and F2 and F3 have to react, compete for puck and then shoot it through the upright tire.



**Key points:**

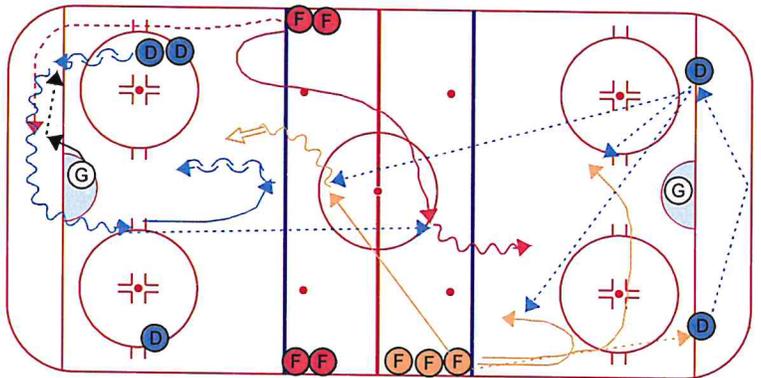
1v1 battle	Quick Release
Compete	Stop and shoot

**Drill no. :** \_\_\_\_\_ **Duration :** \_\_\_\_\_ **Minutes From :** \_\_\_\_\_ **To :** \_\_\_\_\_

**Title :** Edge U16 - D2D Stretch P **Content elements:** Warmup **Components :** StretchPass w/ Shot

**Description**

D2D Stretch Pass  
 - Forwards in four lines, two Defense in each end zone  
 - On whistle, first Forward #1 of each line passes down to the close Defense who makes a D2D pass then hits the Slashing Forward, who has become the stretch man pass. or Dump in for Goalie to handle puck to D who cuts net for stretch man pass, Forward needs to take ice.  
 - Lots of Reps, All F on one half/both sides go through quick.  
 - Start short passes, work to long.  
 - Forward shoots 1v0 or 1v1, then the opposite Forward lines go.



**Key Points :**

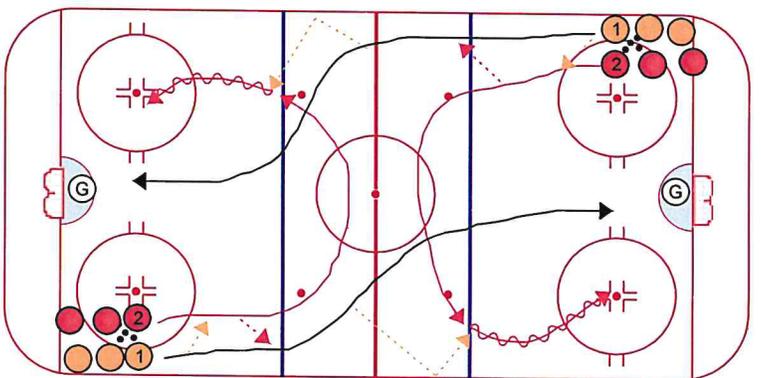
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**Drill no. :** \_\_\_\_\_ **Duration :** \_\_\_\_\_ **Minutes From :** \_\_\_\_\_ **To :** \_\_\_\_\_

**Title :** EdgeU16 - Maine Chipper **Content elements:** Warmup **Components :** 2v0 skate

**Description**

Maine Chipper. This is a great 2 vs 0 drill to kick off your practice. It works in a give-and-go up the boards and can be used as a secondary zone entry strategy against your opposition.  
 Both sides leave at same time on whistle  
 F1 and F2 leave together with a give and go  
 F1 chips puck to F2 from the opposite end line  
 F2 skates in and shoots, F1 drives the net, middle lane for a rebound



**Key Points :**

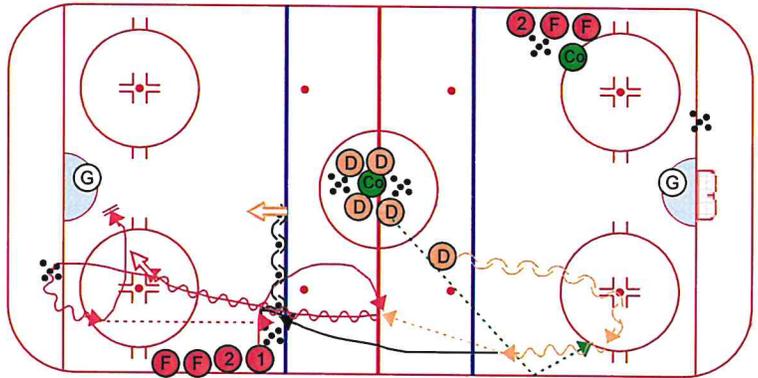
Speed, Skating	Passing	Timing	Shots on Net
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Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Edge U16 - D Up Transiti Content elements: D Up Transition Components : D/F Transition

**Description**

Both sides go at same time.  
 D backwards pivots retrieves puck, pass to F1 inside dots  
 F1 shoot in stride, hide release point, after shot indirect or direct pass low to high to D for 1T or slide blue & shoot  
 F1 head to net for screen & tip, depth is important



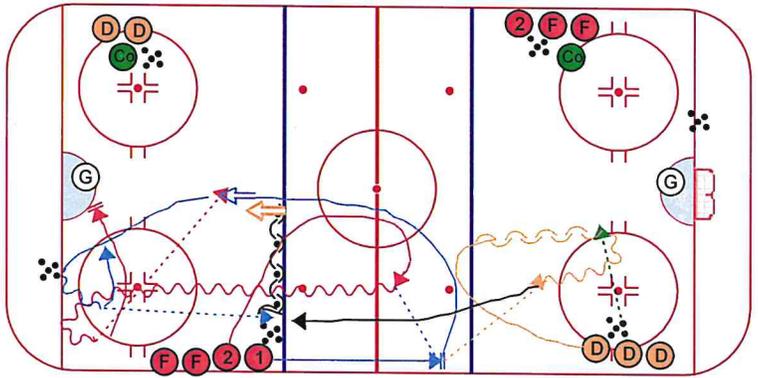
**Key Points :** Communication Passing Speed Smart Shots on net

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

Title : Edge U16 - D Up Transiti Content elements: D Up Transition Components : D/F Transition

**Description**

Both sides go at same time.  
 D tags up again, stretch pass to F2, who passes & drives net in area for F1  
 2nd puck, low to high. F's head to net and create a high screen and attempt to tip puck. Depth is important



**Key Points :** Communication Passing Speed Smart Shots on net

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

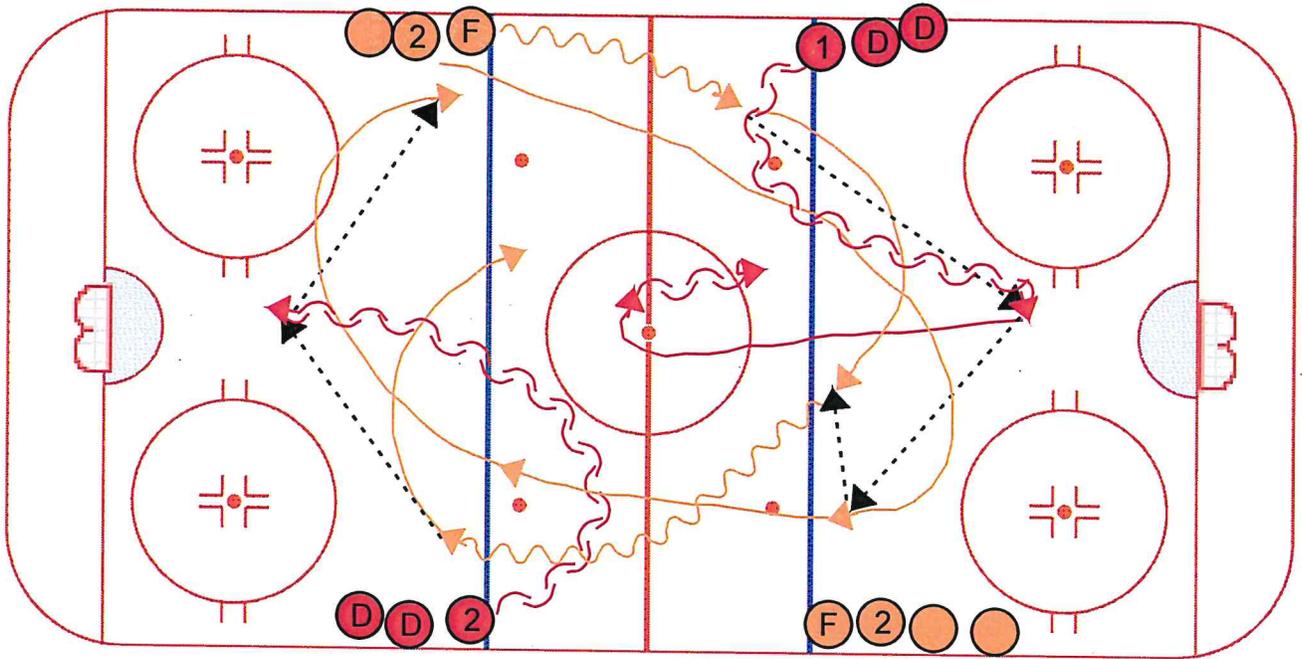
Category #1 :

Category #2 :

Title : EdgeU16Prep - 2v1 PM

Content elements : \_\_\_\_\_

Components: \_\_\_\_\_



Key points :

Description

One side go at a time.  
 F1 and F2 go at the same time and regroup puck with D1 and pass puck back up the ice.  
 Both F then transition with D2 and speed back 2v1 on D1.  
 The opposite side can start on the whistle or once players pass buy.

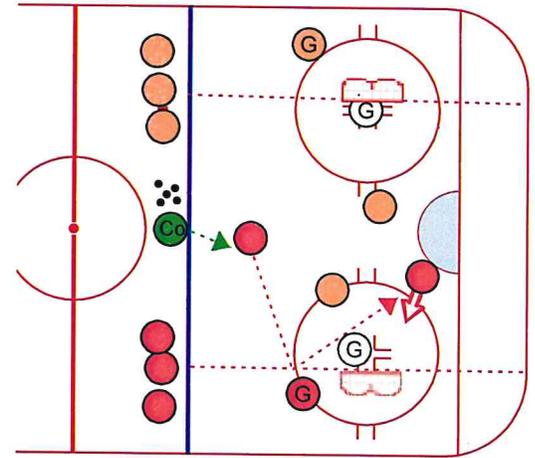
ADD  
 Have the D2 step up for a 3v1.  
 Add another F or D for more options. 4v1, 3v2, 4v2.

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

Title : EdgeU16 - Gretzky Category #1 :  Category #2 :

**Description**

Gretzky 3v3  
 3vs3 game where each team has a "Gretzky" behind the opposing net that they have to pass to before they can attack and score.  
 "Gretzky" cannot score and must stay behind the goal line at all times.  
 Coach dumps in puck to begin play.  
 Hard out on whistle.



**Key points:**

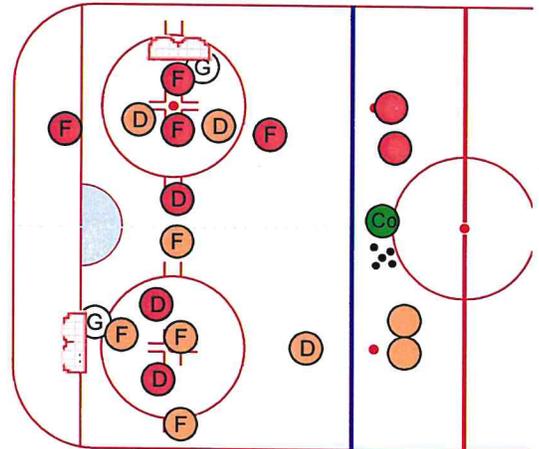
Passing	Communication
D-side	Shots

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

Title : Edge E15s - PP Game 5v2 x2 Category #1 :  Category #2 :

**Description**

PP/PK 5v2 one end  
 Coach will pass a puck to a start the game.  
 Reds will play 5v2 and try and score.  
 Set up PP like a game  
 The 2 Orange D try to get it to other 5 half ice F. Once they do or if it go's to long, C blows wistle and dumps new puck to Orange players.  
 - Make changes, F can be D player also.  
 - Creative plays  
 - D, good sticks and in lanes  
 - Middle players cant steal the puck.  
 - Keep score.



**Key points:**

Puck movement	Quick release
Communication	On Net / Funnel Net