



## 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 diffrent 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)

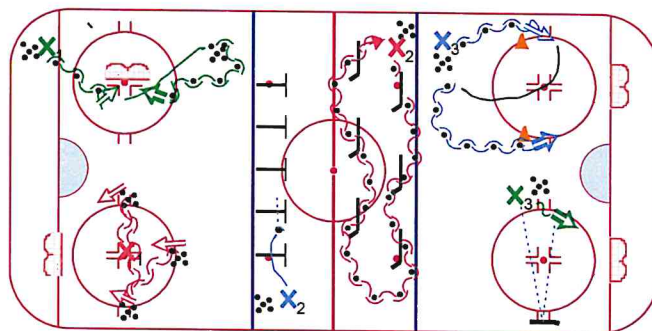
##### Key Points

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)

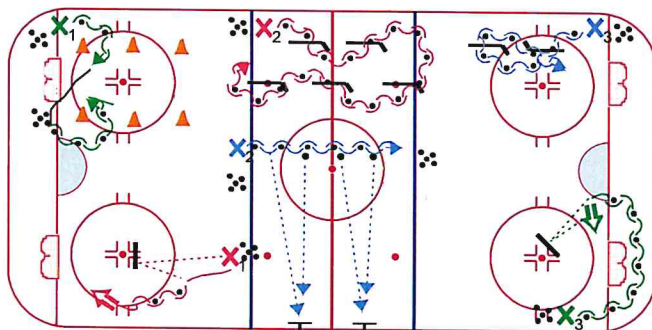
##### Key Points

Shooting

Passing

Skating w/ Puck

Tight Turn/Shot



\*\* = Challenge

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

Title : EdgeU16 - Bumper

Category #1 : Bumper battles

Category #2 : Rebound QuickShot

### Description

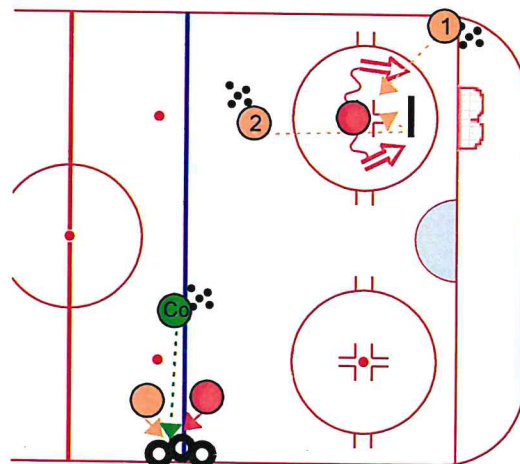
Part A Use a Rebounder

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

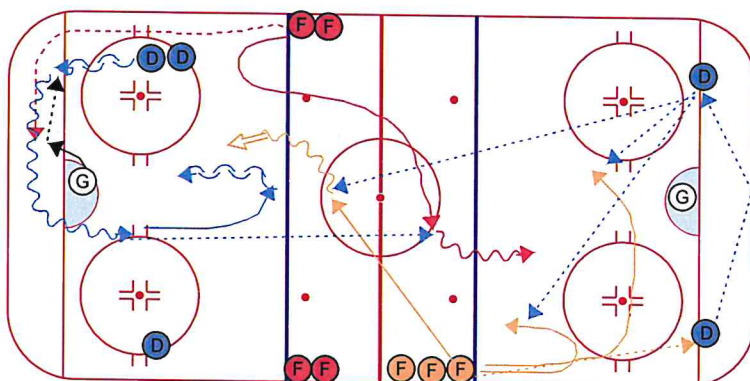
Content elements: Warmup

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 :

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

Title : EdgeU16 - Maine Chipper

Content elements: Warmup

Components : 2v0 skate

### Description

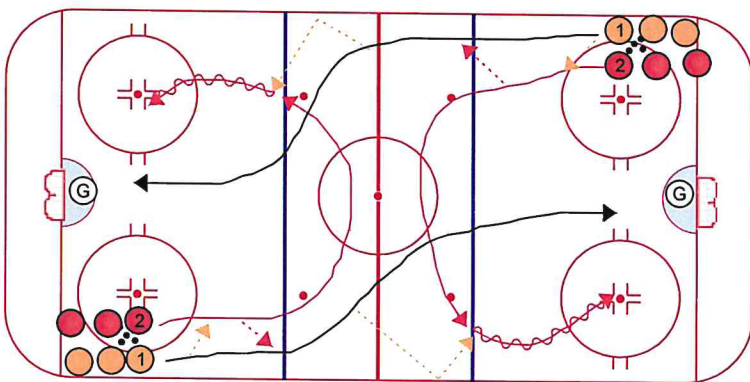
Maine Chipper. This is a great 2 vs 0 drill to kick off your practice. It works in a give-and-go up the boards and can be used as a secondary zone entry strategy against your opposition.

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



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

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

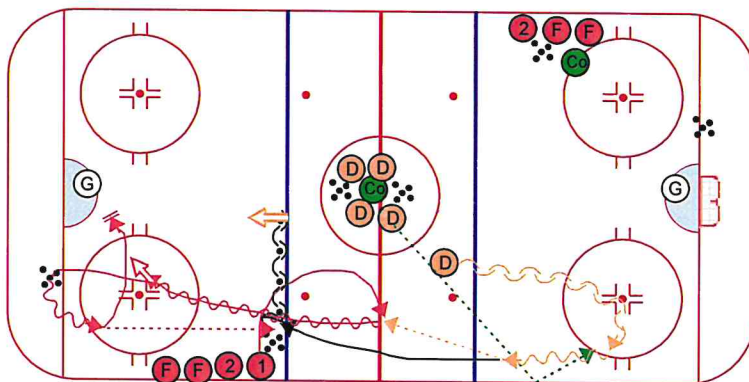
### Description

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 : \_\_\_\_\_

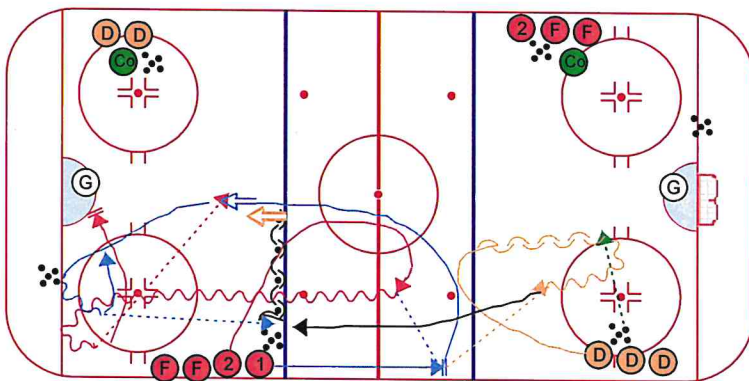
Title : Edge U16 - D Up Transiti Content elements: D Up Transition Components : D/F Transition

### 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 : 

Puck movement trans

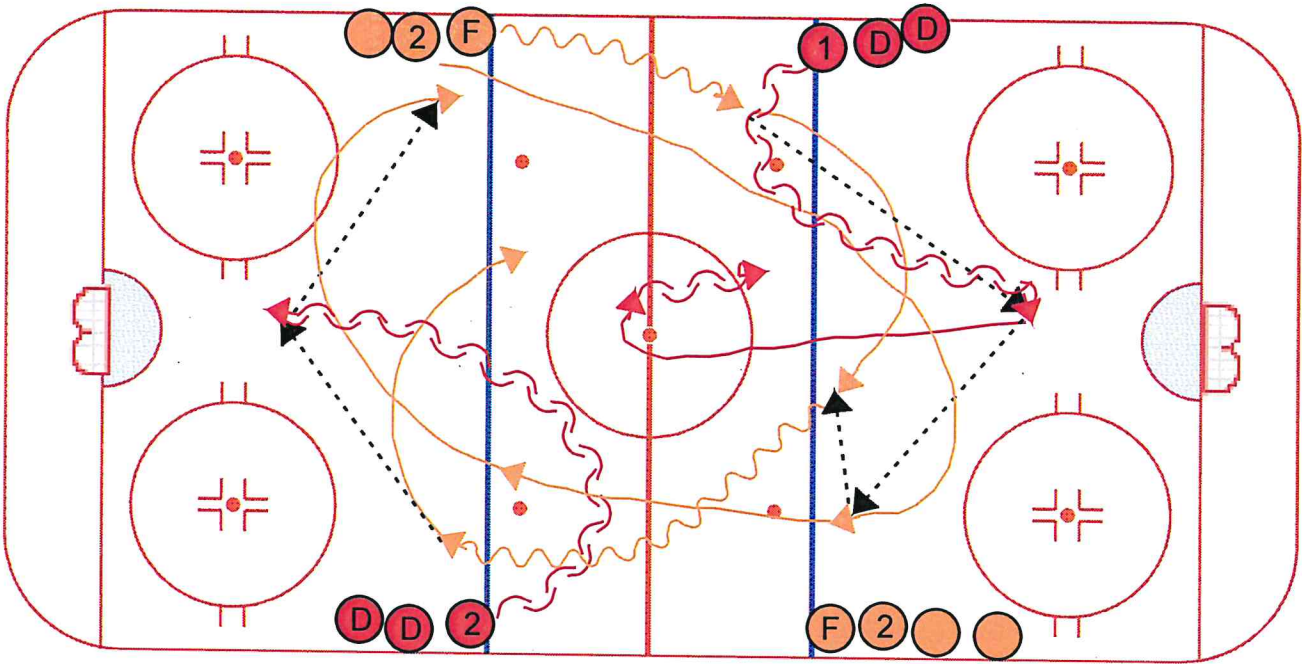
Category #2 : 

2v1- add D 3v1 passing

Title : 

EdgeU16Prep - 2v1 PM

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



Key points : 

Passing for both D/F

F - Fill lanes and attack w/ speed

D - close gap and always face up ice

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 : 3v3 Zone Game

Category #2 : Zone Game

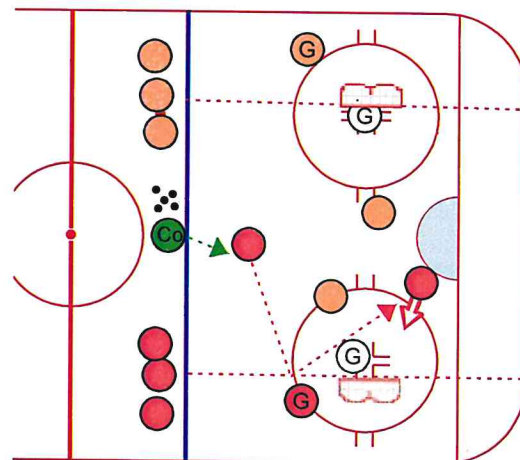
### Description

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 : PP/PK Game 5v2

Category #2 : PowerPlay/Pk

### Description

PP/PK 5v2 one end

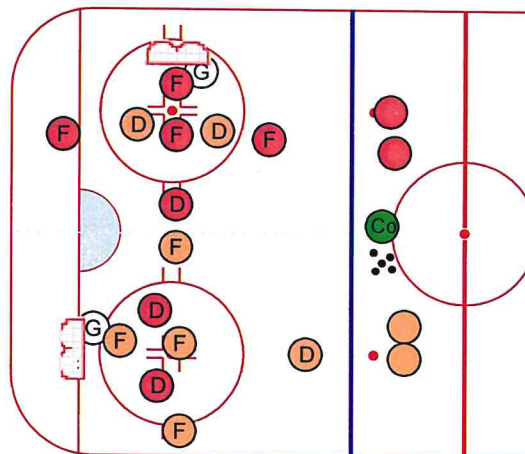
Coach will pass a puck to start the game.

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 goes too long, C blows whistle 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 can't steal the puck.
- Keep score.



Key points:

Puck movement

Quick release

Communication

On Net / Funnel Net