



Practice Plan



Team: Drill Of The Week 2021/2022

Practice No.: _____

Date : _____

Time: _____

Duration: _____

Version No.: _____

Prepared by: Wade Burt

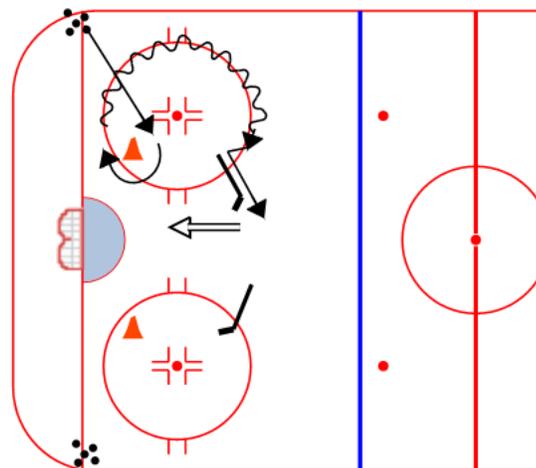
Objectives / Main tasks :

Quote: Build up your weaknesses until they become your strong points - Knute Rockne

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____
 Title : Corner Tight Turn to Cross Overs Category #1 : Category #2 :

Description

FWD to Pylon,
 Tight turn and build speed around Cross overs
 Fake at Device.
 Finish with a shot.
 Add in Pivots, Eagle turns



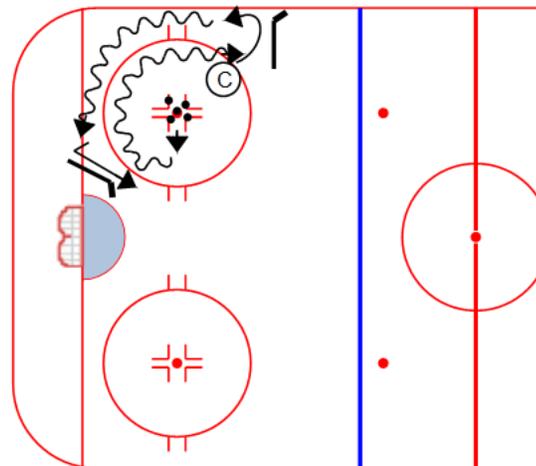
Key points:

<input type="text" value="Agility"/>	<input type="text" value="Shooting"/>
<input type="text" value="Fakes"/>	<input type="text" value="Speed"/>

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____
 Title : Circle cross Over with Escape Category #1 : Category #2 :

Description

Feet Facing Opposite Group
 Start with Cross Overs
 Coach taps hip and player turns quick
 - use mix of Jab step and tight turn
 Drive under circle attack device
 Finish with Shot



Key points:

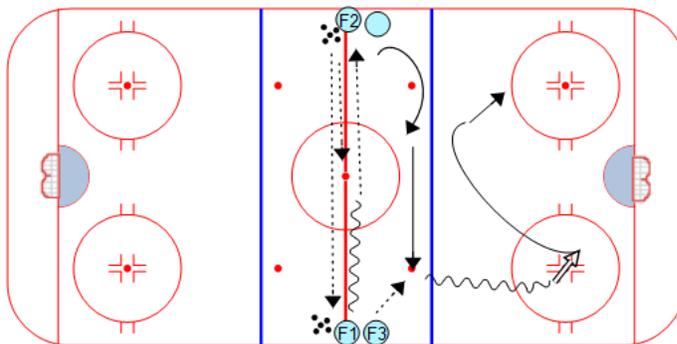
<input type="text" value="Agility"/>	<input type="text" value="Escape"/>
<input type="text" value="Fakes"/>	<input type="text" value="Attack"/>

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

Title : Quick Pass Progrssion

Key Points : _____

- 1. F1 exchanges with F2. F2 passes to F3. F3 passes back to F1 for a wide shot. F1 angles the next player.
- 2. Add a cross ice pass



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

Title : Short Bus Passing 2

Key Points : _____

- * Opposite sides at the same time.
- 1. F1 exchanges with F2. F2 passes to F3. F3 passes back to F1 for a wide shot. F1 angles the next player.
- 2. Add a cross ice pass for one-timer

