



# Practice Plan



Team: Drill Of The Week 2021/2022

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

Date : \_\_\_\_\_

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

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

Version No.: \_\_\_\_\_

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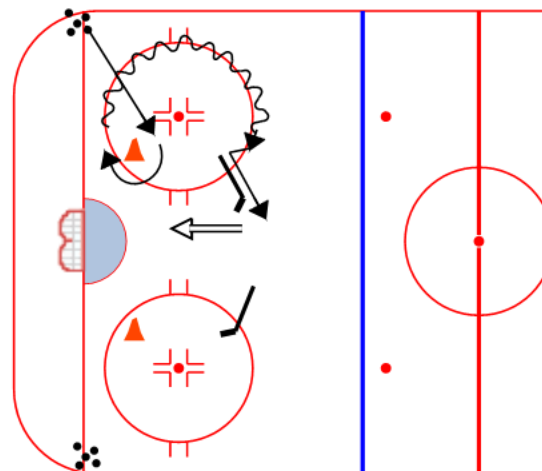
## Objectives / Main tasks :

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 : Agility Category #2 : Puck Control/Edge Control

### 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:

Agility

Shooting

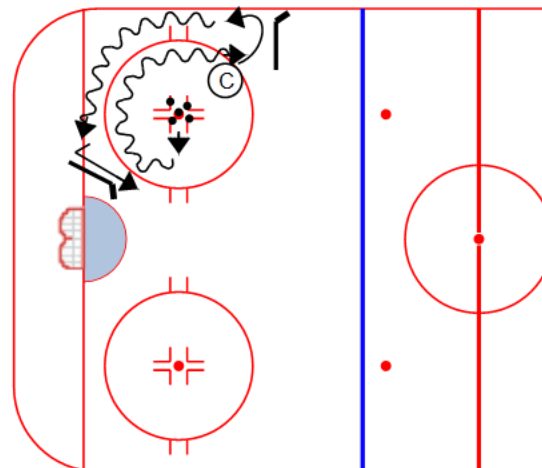
Fakes

Speed

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_  
 Title : Circle cross Over with Escape Category #1 : Agility Category #2 : Puck Control/Edge Control

### 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:

Agility

Escape

Fakes

Attack

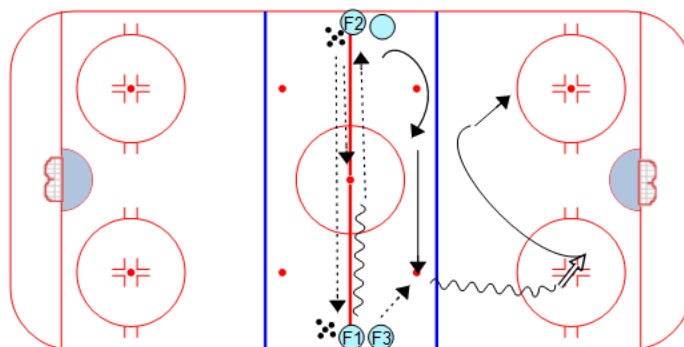
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Quick Pass Progression

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

