



Practice Plan

Team: Enio Drill Share

Practice No.: _____



Date : Oct 3, 2018

Time: _____

Duration: _____

Version No.: _____

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Objectives / Main tasks :

Quote - Do or Do Not...There is No Try! (Yoda) Good attitude for winning games!

Team Building = split team into small groups & have competition using 'Minute-to-win-it games' (can be found online). Easy games that kids have fun with & can be done anywhere, including road trips.

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

Title : D 4-man box warm-up

Category #1 : D warm-up

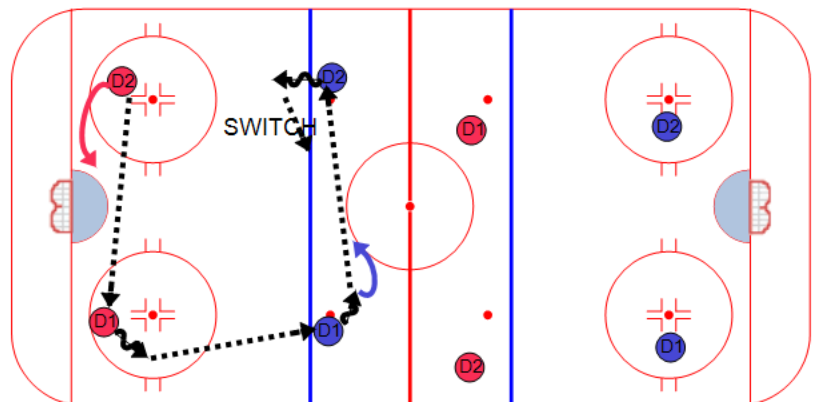
Category #2 : D puck moving skills

Description

BOX Drill - working in 4-man box
 **If 8 drill use both ends, otherwise sub players in
 **Stop drill if needing to correct (gives rest)
 Players work puck around box..Red D2 D2D to Red D1...Red D1 to Blue D1...Blue D1 to Blue D2...eventually yell switch & puck is reversed directions around the box

FOCUS

-No dusting
 -Hinge support
 -**Shoulder Check / Scan ice before getting puck (R&R skills) + Communication habits



Key points : _____

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

Title : SilverTip Zone Angling

Category #1 : F / D skills

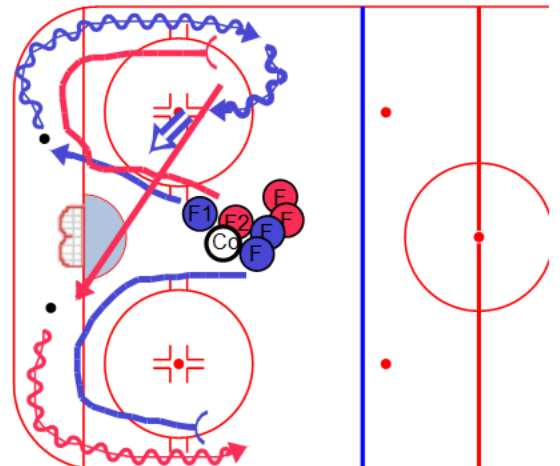
Category #2 : Zone Angling

Description

DZ / OZ angles.
 -P1 retrieves puck, while P2 closes and angles (force) up wall.
 -On coach signal (whistle / yell) P2 will leave & quickly go retrieve puck in opposite corner, while P1 rolls off wall for shot.
 - Repeat in other corner with P2 carrying up wall & P3 angling up wall.
 ***Get fundamentals down of good angles / sticks

*Progression 1 = Puck carrier can cut back @ any point to make more game like until whistle (P1 still shoots & P2 goes to other corner...)

**Progression 2 = Play out until P2 strips & shoots...P2 retrieves other corner & play until P3 strips & shoots...
 CAN be done with just Forwards or F & D



Key points:

Angles / Sticks

Stripping pucks

Cut Backs

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

Title : Tigre Push Pace Drill

Category #1 :

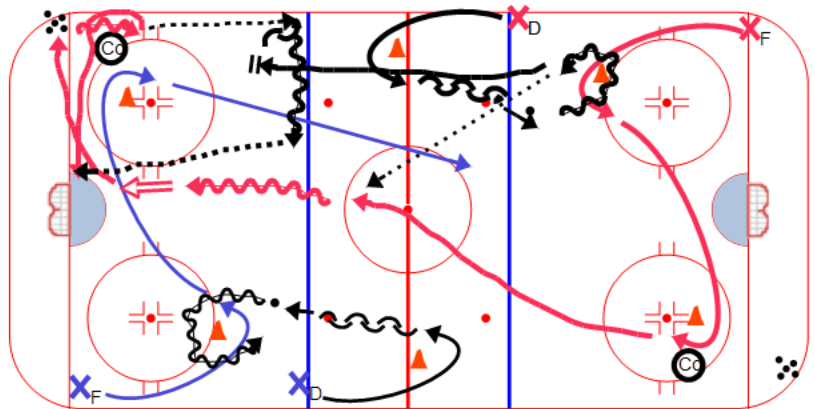
Warm-Up

Category #2 :

Flow

Description

Both Sides @ Same Time.
 -F leaves from corner around both cones & push up ice full speed. D leaves from blue up around cone (to middle), backwards below & retrieve puck (spotted by next player in line)...D around bottom cone (to outside) & looks to hit F1 in stride
 *F's keep head up thru NZ = read lanes
 -F shots w/ speed & retrieve puck from corner up wall & pass to D who follows up ice. F will receive some pressure from coach - must cut back & drive net
 D walks line & fakes shot, looks to hit forward driving HARD to side of net.
 **SPEED SPEED SPEED



Key points :

Push the Pace

Head up thru NZ

Fight thru checks to net

Purpose

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

Title : U17 Red Double Breakouts

Category #1 :

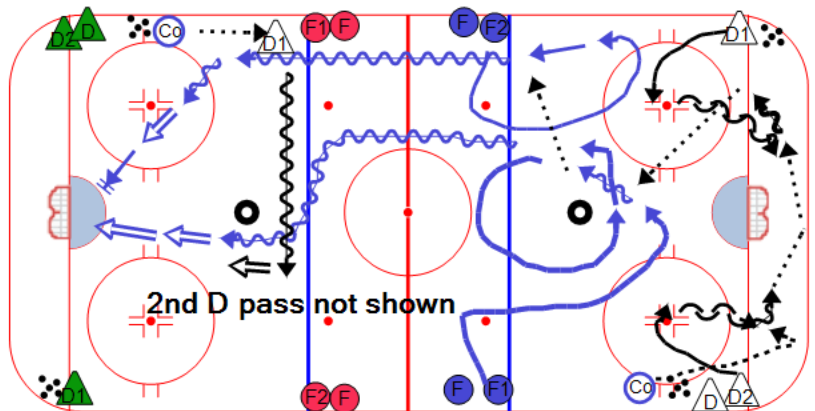
Flow

Category #2 :

Breakout skills

Description

-Whistle...F1 & F2 (both ends) inside dots breakout support, D1 & D2 up around dots to middle, pivot...D2 retrieves & over to D1. D1 looks for F1 in middle who receives & kicks wide to F2 (shot 1 at far end).
 -F1 back around cone & supports middle again...(NOT SHOWN in DIAGRAM) while D1 repeats pivot around dot to retrieve from his corner & hits F1 in middle. F1 drives middle - far side of tire for 2nd shot.
 -D1 follows up hard to ringette & pivot out to blueline / wall for pass from Coach. D walks middle for point shot with forwards layering screen & finish (3 seconds). Forwards reload out after rebound.
 -D rotation = D2 becomes D1, D3 becomes D2.



Key points :

Communication &

Shoulder Checks

Shooting habits

w/ Purpose & Speed

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

Title : Gretzky NZ 2v2

Category #1 :

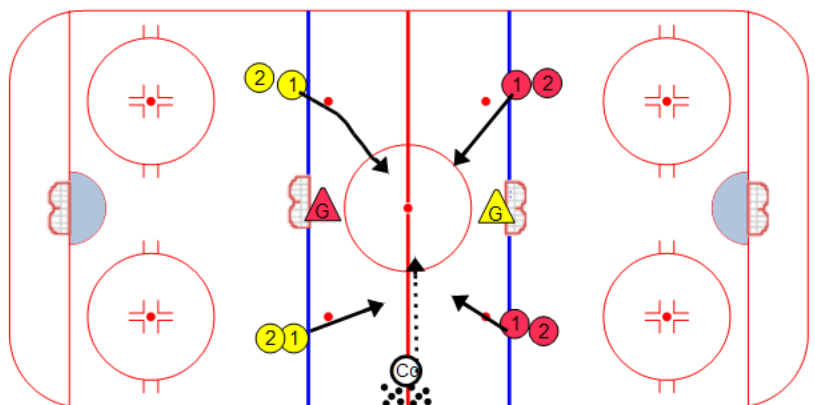
SAG

Category #2 :

Competitive Game

Description

NZ 2v2 Game
 - On Whistle coach spots puck, 1 player from each line enters into NZ.
 - Each team is shooting on net at same end as their lines
 - Each team also has option to use stationary teammates (Gretzky = behind blue-line & dots or wider) on each side of net.
 - Offensively = support in open ice or go hard to net
 - Defensively = head on swivel, keep D-side, good sticks



Key points :

H.O.S / D-side / Sticks

Support in open ice

Net front tactics

Quick attacks D2O