



# 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.

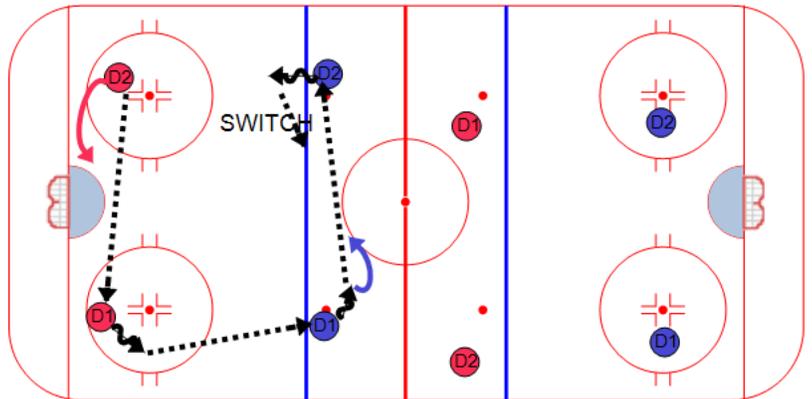
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

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 : \_\_\_\_\_

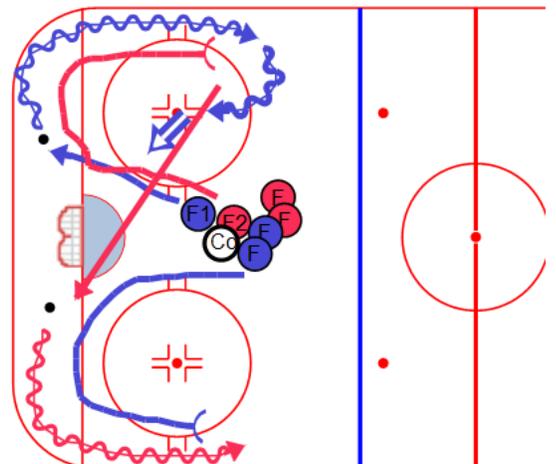
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

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
Cut Backs

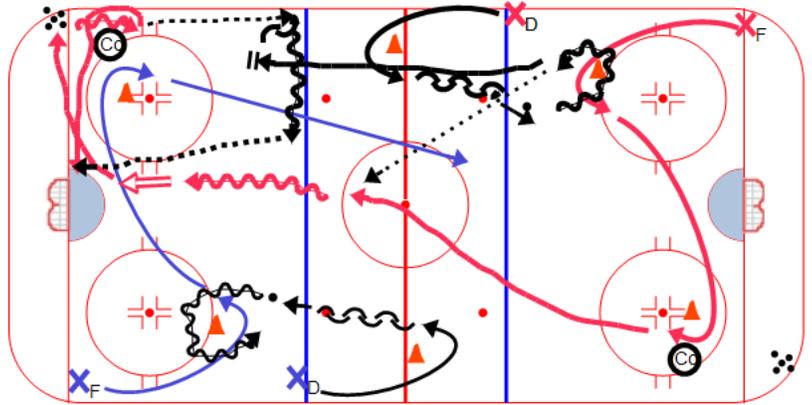
Stipping pucks

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

Title : Tigre Push Pace Drill Category #1 :  Category #2 :

**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



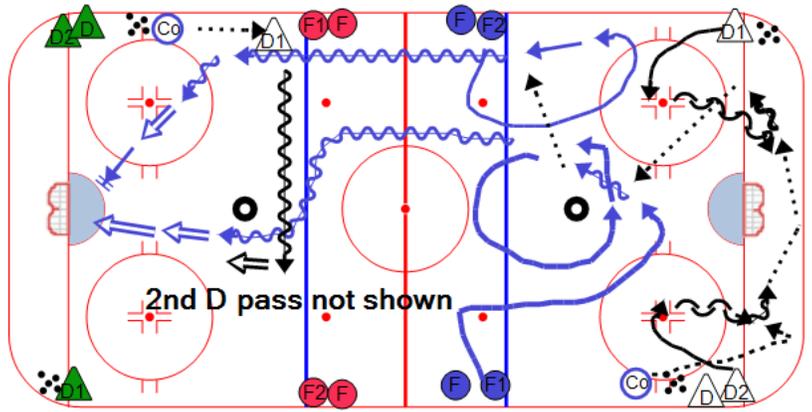
Key points :

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

Title : U17 Red Double Breakouts Category #1 :  Category #2 :

**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.



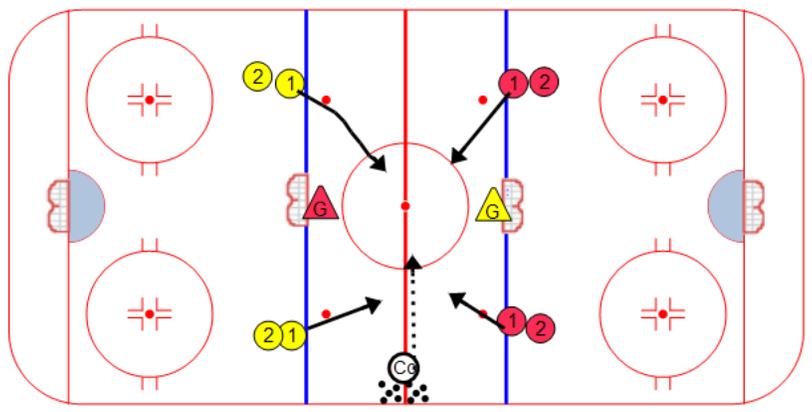
Key points :

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

Title : Gretzky NZ 2v2 Category #1 :  Category #2 :

**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 :