



Practice Plan



Team: DWC 18-19

Practice No.: _____

Date : _____

Time: _____

Duration: _____

Version No.: _____

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Objectives / Main tasks :

Book: Game Changer -the art of sports science

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

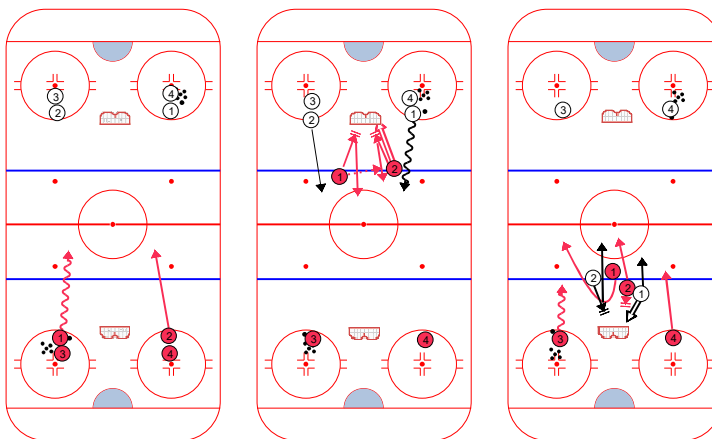
Title : team play drill

Category #1 : _____

Category #2 : _____

Quick Transition 2-0 to 4-4

- starts 2vs0 and try to score from the rush
- Stop in front of the net and cues ○ start the rush
- backchecks
- play up to 4vs4 and let play continue until the whistle
- and ○ starts 2vs0



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

Title : 1v1 Deke break away

Category #1 : _____

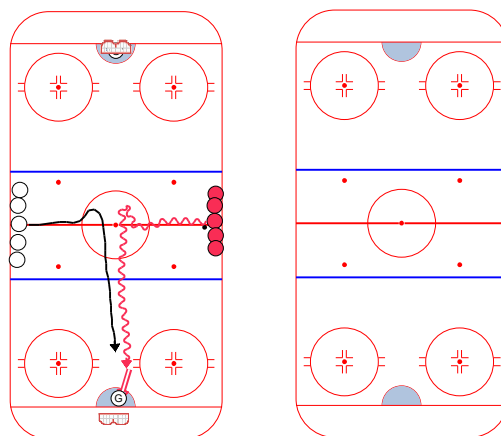
Category #2 : _____

Kuvaus/Constraints

Red Starts with puck and skates into Face off circle, he deke the white defender inside it, but when he leaves the circle he can't change the end that he's trying to score

White reacts to red's start and tries to prevent him from scoring

Tavoitteet



Drill no. : _____

Duration : _____

Minutes _____

From : _____

To : _____

Title : Forwards Scoring under pre

Category #1 :

Category #2 :

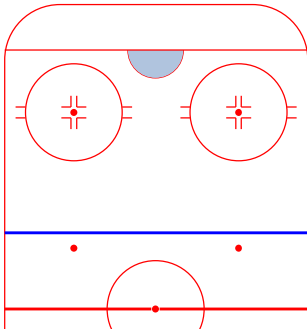
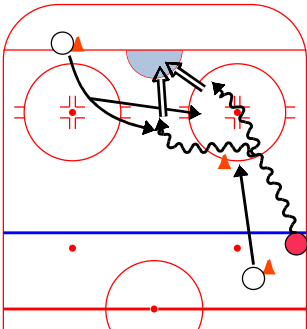
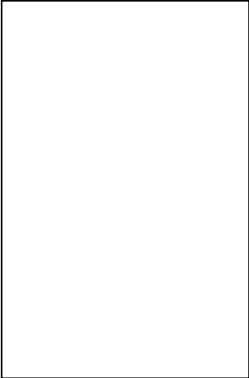
Kuvas/Constraints

Red F starts and can cut to middle or drive to net depending on how he reads the D. And scores

whites react to red's start and tries to prevent him from scoring

quick release, protect the puck, shoot from the stride

Tavoitteet



Drill no. : _____

Duration : _____

Minutes _____

From : _____

To : _____

Title : Warm up "rondo"

Category #1 :

Category #2 :

Kuvas/Constraints

3v2(+1) or 2v1(+1)

keep away game

from the take away pass to your side of the redline(white)

two closest player move to pressure (red)

Tavoitteet

Small area puck control and protection

