



Practice Plan

Team: Drill of the week Club

Practice No.: _____

Date : _____

Time: _____

Duration: _____

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

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

Title : Small group Skill Stations Category #1 : Skill Drills Category #2 : Stations

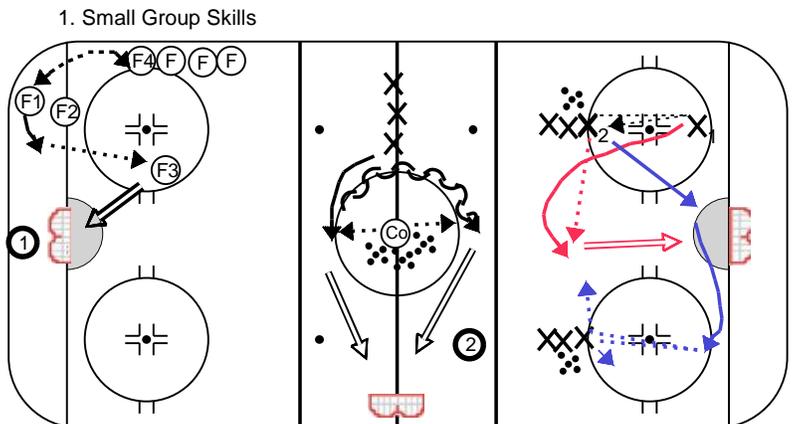
Description

1. Puck Protection - F4 throw slow cycle down wall, F1 protect puck and push off before getting puck spin move, hit F3 with pass with F2 defending. (Stick turned over) F3 quick shot.

F4 to F3, F3 to F2, F2 to F1, F1 is out.

2. Quick feet and one timers. Shooter starts fwd around circle. 1st shot cross body reception for quick catch and release. STOP. Backpeddle around circle for open up and one timer on opposite side of ice. Coach passes 2 pucks

3. Quick release one timers, crash net for rebound, continue drill on opposite side. X1 starts without puck, quick one touch with X2, open up for pass and shot (red). After pass, X2 continues drill with route in blue. Continuous drill. Shoot to create rebounds



Key points : Puck Protection Quick Release shooting One timers Crisp Passing

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

Title : Mooseheads Transition Category #1 : Warmup Category #2 : Passing

Description

Continuous, no shots

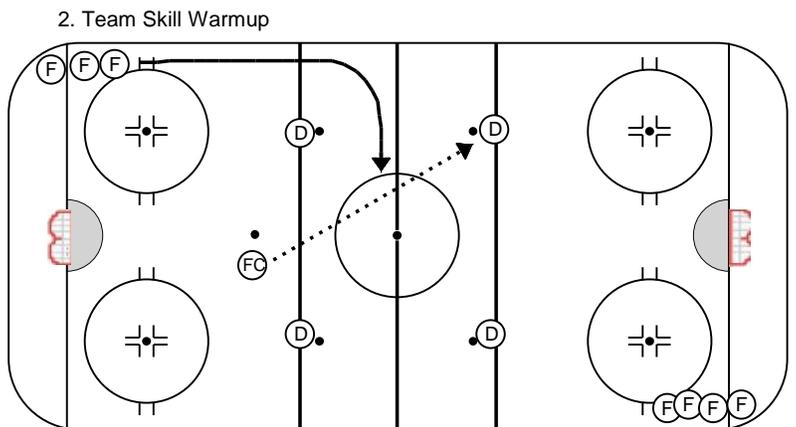
FC (Forechecker) passes puck to D and forechecks at about 70%.

Fwd releases to be regroup option in NZ. D have to find Option. Once option has puck, he passes to opposite dmen and becomes FC. New fwd releases from opposite line.

Option 1 - 2 FC and 2 Fwds

Option 2 - 3 fwds in transition with no FC

Rotate d in every 6 reps



Key points : Hinges Quick ups Quick movement Communication

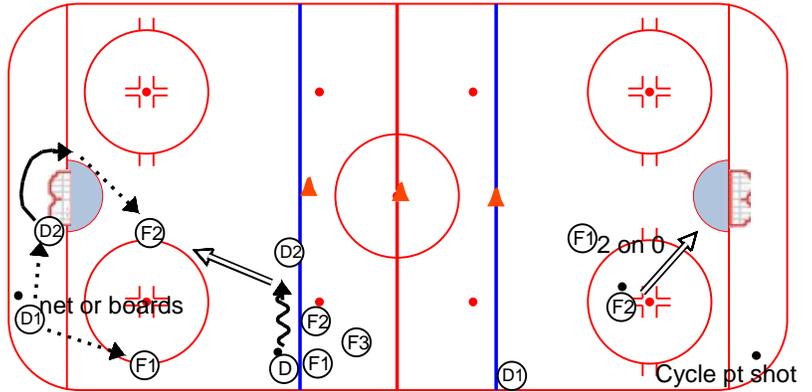
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : SMU Net or Boards Breakout Category #1 : Breakouts Category #2 : Support

Description

Both Ends on whistle
 D1 starts drill with shot on net
 F1 soft Dump 2nd puck in corner
 F3 Forecheck D1 light to force D2 to communicate to D1
 D1 retrieves with D2 to strong side post. Communicate (NET or boards) on breakout
 F1 and F2 provide boards and mid ice support.
 After breakout, 2 on 0 down ice on same side, after 2 on 0 perform puck cycle and hit D1 who joins rush to blue line for pt shot with screen
 F3 return to be Breakout fwd next whistle

3. Defensive Team PI



Key points : Wingers low Net or Boards Communicate Support puck

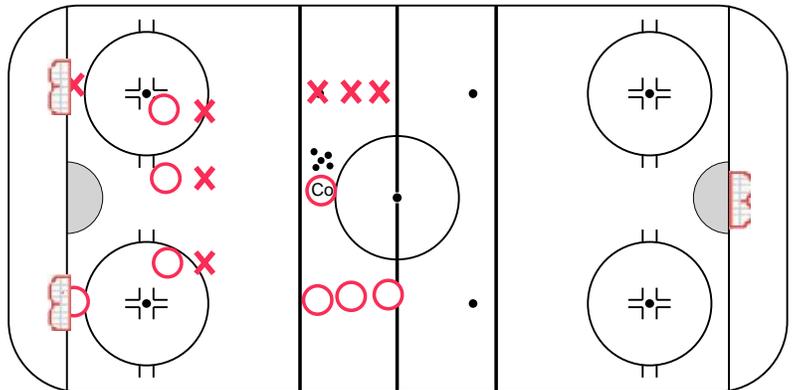
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Small Ice Pt Shot 3v3 Category #1 : Small Area Games Category #2 : Battle.

Description

Coach spots puck for Xs and Os to play 3v3
 Players in Zone cannot shoot puck. Must pass to first player in respective lines who can shoot
 Offense - Tip, redirect
 Defense - Box out, pickup sticks, block shots.
 Rebounds must be passed back to pt man for shot on goal.
 Players in zone cannot shoot.
 Option: allow one rebound shot, then send back to pt man.
 Award points for goals, for rebound shots, and blocked shots

4. Competitive Drill



Key points : Tips Screens Box Outs/Tie ups Block Shots.