

Practice Plan



Team: Burt - Drill of the week



Practice No.: _____

Date : Nov.14, 2018

Time: _____

Duration: _____

Version No.: _____

Prepared by: Wade Burt - 200 Hockey Developmen

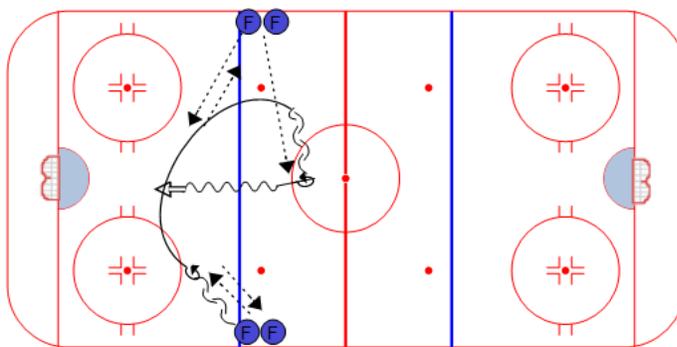
Objectives / Main tasks :

Book: The Talent Code: Greatness isn't Born
By Daniel Coyle

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

Title : Swede Agility Touch

Key Points : _____



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

Warm-up Drill

Drill Title : Detroit Drill

Passing

Components : _____

Content elements :

Description

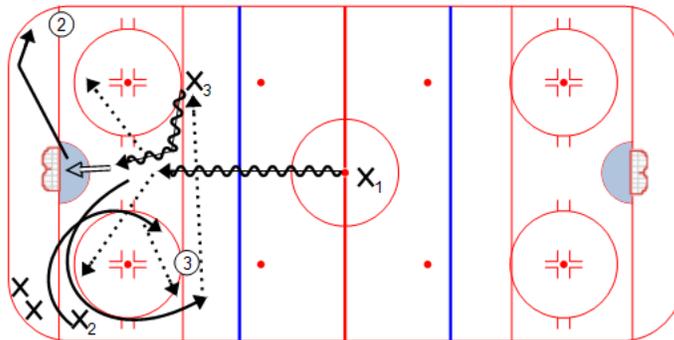
X1 skates up middle and passes to X2 in corner. X1 swings deep and up boards.
X2 jumps into middle and passes back to X1 wide. X1 then passes to X3 on ringette line.
X1 replaces X3
X3 goes in and shoot then into corner.
X2 goes to line at center.
Flow an drotation

Key Points

Timing

Passing

Head up



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

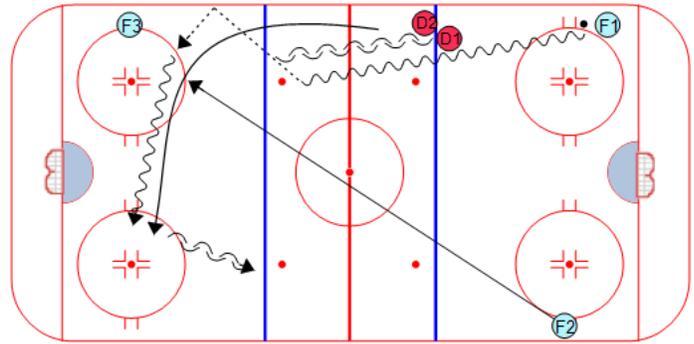
Title : Benny Tracking

Key Points : _____

* Continuous Drill

F1 goes down 1 vs.1 on D1. At the same time F2 tracks back through middle.

- F1 chips puck by D1 at blueline. F2 gets puck and goes back the other way on D2. D2 gaps up.



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

Title : Tarasov 2 v 2

Key Points : _____

2 v 2.

Can use teammates on blueline for support.

