

Practice Plan



Team: Drill of the Week Club

Practice No.: _____

Date : January 16th 2018

Time: _____

Duration: _____

Version No.: _____

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Objectives / Main tasks :

Book: GRIT - Angela Duckworth.

Quote: Quiet people have the loudest minds - Stephen King.

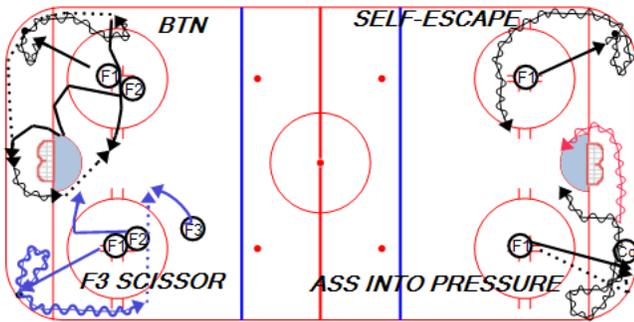
Team Building - Have each player make presentation about their family in front of thier teammates - 5 minutes.

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

Title : F OZP SERIES

Category #1 : OZP

Category #2 : CYCLE



PUCK PROTECTION

SELF ESCAPES

Half-ice drill with F's.
 Split forwards in half on each face-off dot.

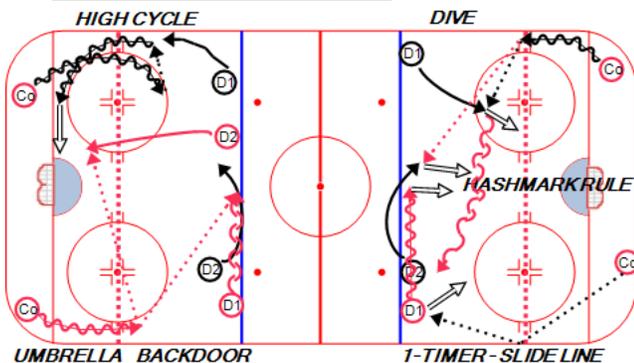
1. Ass into Pressure - situations where F1 arrives 2nd to puck; get ass into pressure - seperate coach from puck - eliminate his hands - self escape - low net drive or BTN.
2. Self Escape - situations where F1 arrives 1st to puck - provide coach with false information and escape high up wall and cut to net for shot.
3. BTN - add F2; F2 reads F1 possession - if you add coach - make it hard on F1 to get puck back - creating a situaiton where F2 arrives 2nd to help; once possession is established - F2 get to net; F1 attack up wall and put the buck BTN; F2 keep D or Co off your ass for puck protection and take it to net; F1 after BTN play - attack slot area.
4. F3 Scissor - F1 and F2 same as above; once possession is established - F1 escape up wall - F3 create movement inside dots and either recieve pass for shot or look for rebounds from net funnel by F1.

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

Title : DEFENSE OZP

Category #1 : OZP

Category #2 : DEFENSE



HASHMARK RULE

D STAY CONNECTED

HASHMARK RULE: D doesn't leave until Co gets near hashmark.

1-Timer - Slide Line: Co indirect pass off wall; D1 slide line to middle - add fakes (false information); key is to get off the wall; 1-timer - Co indirect pass to D1 - D1 takes a 1-timer.

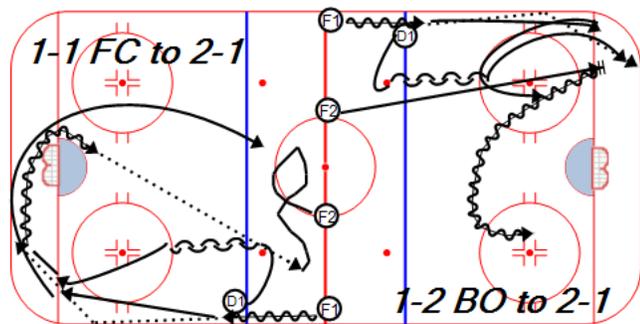
Dive: D1 dives into high slot - at or just inside dot width. D2 covers high middle; D2 can also recieve pass by passing D1; D1 can reload to WS of the ice.

High Cycle - D1 activates once coach gets near hashmark - high cycle down wall - D1 can shoot at G feet creating rebound or BTN. D2 covers high middle.

Umbrella - Backdoor - D1 slides to middle with D2 headed for backdoor.

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

Title : 1-1 FC & 1-2 BO - 2-1 LRF **Category #1 :** BREAKOUTS **Category #2 :** Forecheck



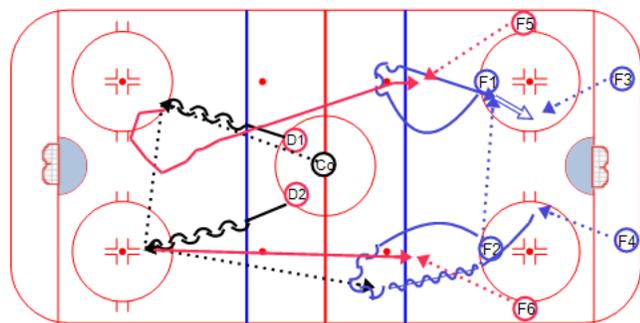
LANE FIGHT

SPRINT TO PUCKS - TALK

1-1 FC to 2-1 LRF
 a. D sprints to dot and skates backwards for puck retrieval.
 b. F1 activates once D gets to dot; chips puck into corner and forechecks.
 c. D win the lane and get body position; F tries to do the same.
 d. D is self escaping from F1 and attempting to pass to F2 in NZ.
 e. If D passes to F2 in NZ, F1 must get onside and attack D1 2-1 w F2.
 f. If F1 gains possession, F2 joins him in OZ as late man and attack 2-1.
 1-2 BO to 2-1 LRF
 - Drill begins same as above.
 * F2 is now acting as a 2nd quick support on BO for D1; must sprint back to support D and communicate.
 * D puck protection; absorb contact; bump puck to support.
 * F1 is trying to score against D1 and F2.
 * Once F2 gets the puck; must clear top of circles with F1 - attack D1 2-1.

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

Title : BONZ 1-TIMER **Category #1 :** BONZ **Category #2 :** 1-TIMERS



1-TIMERS

PUCK SPEED

D1 D2 toes pointed towards coach inside centre ice circle.
 F1 F2 toes down the ice on top of circles.
 F3 F4 below goal line dot width.
 F5 F6 hash marks.
 Co whistle - D sprint to blue line and turn and skate backwards - call for puck - BONZ progression and entries can vary to your preference.
 F sprint dot width and face puck (always face puck - show tape - shoulder check).
 F attack passing only once 2-0 and staying dot width.
 F2 must ONE-TIME the puck to net.
 REBOUNDS to F3 F4 must pass to F1 or F2 in slot (must 1-time shot).
 REBOUNDS to F5 F6 must pass to D1 D2 at blue line (1-timers).
 F1 F2 hi-lo screen on D shots.
 REBOUNDS to F1 or F2 must be 1-timers to net.

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

Title : Rangers 4 on 2 **Category #1 :** SMALL AREA GAMES **Category #2 :** Power Play

Description

3 groups of two.
 2 dot players are always on offense.
 Dot players must stay within a stick length of the dot.
 Great for 1-timers.
 Defending team is trying to transition the puck to the dot players before attacking.
 Can modify rules:
 Must use on transition.
 Dot players must shoot.
 Dot players must pass.

Key points:

- Transition
- Eyes up
- Puck Speed
- Shoot 1st Mentality

