

# Practice Plan



Team: Drill of the Week



Practice No.: \_\_\_\_\_

Date : \_\_\_\_\_

Time: \_\_\_\_\_

Duration: \_\_\_\_\_

Version No.: \_\_\_\_\_

Prepared by: Wade Burt

## Objectives / Main tasks :

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

### Categories

Drill Title : Speed and attack

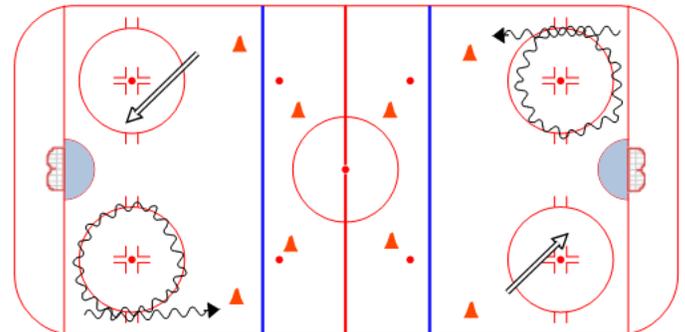
Components : \_\_\_\_\_

### Content elements :

#### Description

Full Speed around Circle  
Head fake at each pylon  
then shoot

#### Key Points



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

Drill Title : Yale Passing

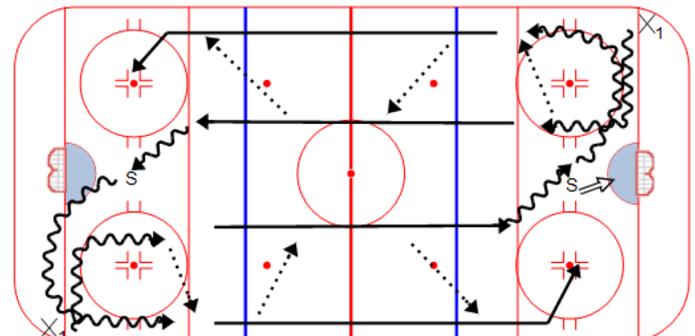
Components : \_\_\_\_\_

### Content elements :

#### Description

Shooter in slot.  
On shooter shoots he curls to corner and  
crosses and drops with X1.  
Shooter and X1 pass all of the way up  
the ice. Inside player give puck to  
shooter (outside) at red line. Outside  
player shoots inside player starts drill by  
curling low into the corner.  
Continious drill.  
Add more player depending on age.

#### Key Points

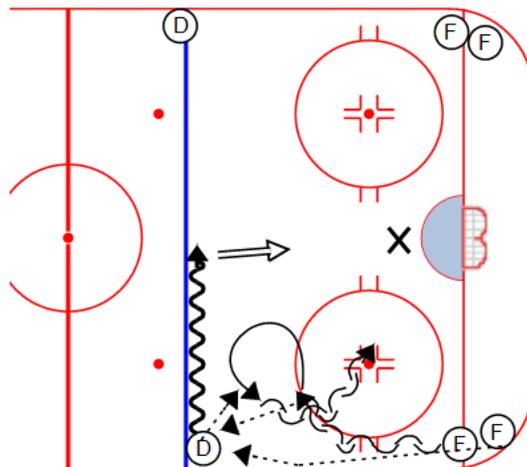


Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Wide and Point Shot Category #1 :  Category #2 :

**Description**

FWD comes out of corner, curls towards middle and passes to D  
As forward curls to boards D passes back.  
FWD drives wide and shoots  
  
Same time FWD2 passes to D who drags and shoots with FWD1 screening.



Key points:

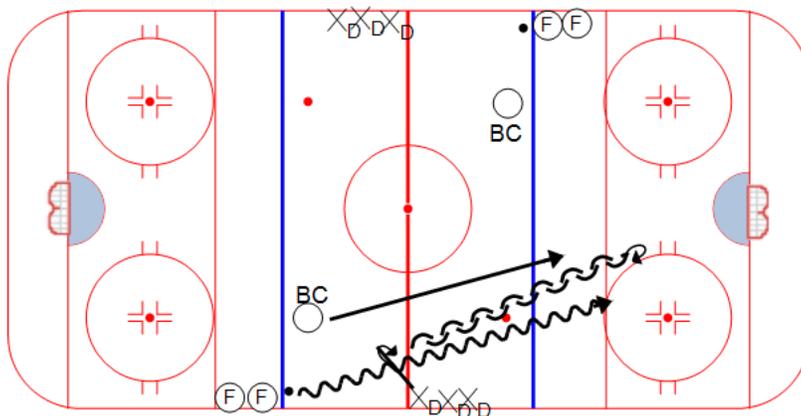
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Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Continuous 1 on 1 with BC Category #1 :  Category #2 :

**Description**

On Whistle FWD takes on D 1vs. 1. Once FWD crosses Red line. Back Checking FWD (BC) joins play. He back checks to the middle of the ice. Once play dies he collects puck and swings behind new back checker and becomes attacking FWD.



Key points :

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