



# Practice Plan

Team: DWC 2017-2018

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



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

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

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

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

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## Objectives / Main tasks :

Book: Nonlinear Pedagogy in Skill Acquisition - Chow, Davids, Button and Renshaw  
podcasts: The Talent Equation, Perception & Action Podcast

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

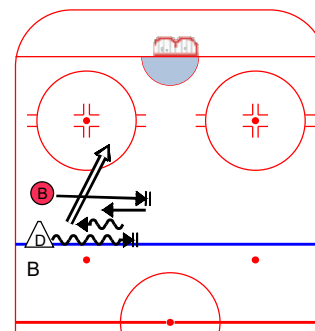
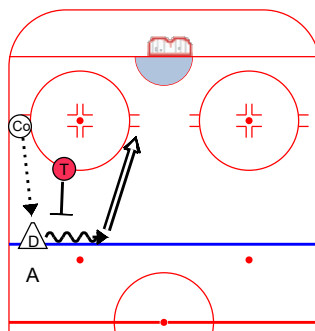
Title : INDIVIDUAL SKILL DRILL Category #1 : \_\_\_\_\_ Category #2 : \_\_\_\_\_

D Shoot under pressure

A)  
T without a stick => goal to tag the D before he/she can shoot by touching the D with a hand

T and D start from the coaches pass to D variations Change distance between T and D, "shot clock"

B)  
D starts with the puck, B tries to stay in front of the shooting line



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

Title : A game to develop Competitiveness Category #1 : \_\_\_\_\_ Category #2 : \_\_\_\_\_

Attack - Defend - Leave

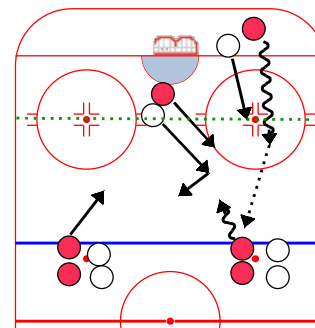
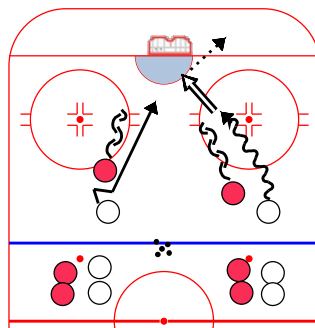
From the takeaway a defensive player must skate above the "faceoff dot line" before passing to next pair

Offense

Break in to the slot, scoring, forecheck and force the turnover before defensive pair can pass the puck to the next pair

Defense

Prevent scoring => force to outside win the battle and break out fast



Drill no. : \_\_\_\_\_

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

Minutes

From : \_\_\_\_\_

To : \_\_\_\_\_





Title : Team play drill






Category #1 : \_\_\_\_\_



Category #2 : \_\_\_\_\_








\*Forward on one side on NZ and Ds on other side

\*Taking advantage on numbers

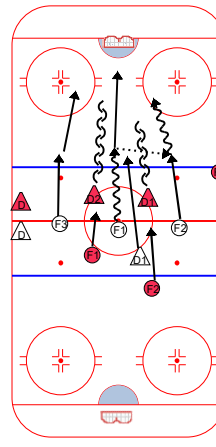
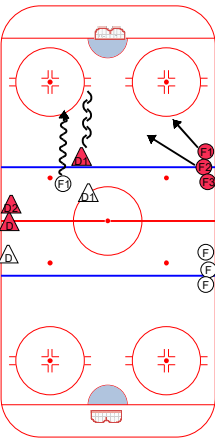
1. Start  vs  when puck crosses blueline  and  joins 

2. From turnover ,  and  attacks.  and  defends

3. Puck Crosses blueline  and  joins D

4. From turnover , ,  and  attacks. , ,  and  defends, play 4vs4 untill the whistle

5. red F starts new round



Drill no. : \_\_\_\_\_

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

Minutes

From : \_\_\_\_\_

To : \_\_\_\_\_

Title : team skill

Category #1 : \_\_\_\_\_

Category #2 : \_\_\_\_\_

1st puck DZ Break out under pressure => Fs rush 2v1 and D supports

2nd puck NZ break out => 2v1 with D support

3rd puck OZ play low or high from both sides simultaneously

