


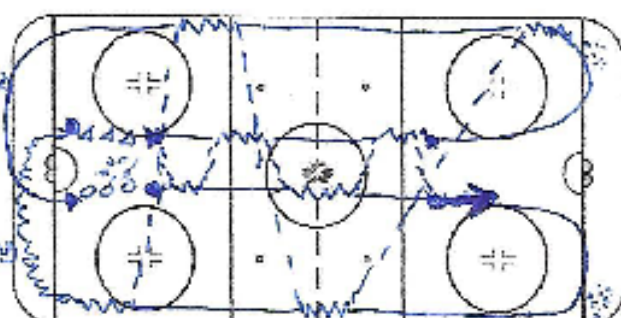


HOCKEY CANADA – PRACTICE PLAN – HIGH PERFORMANCE 1

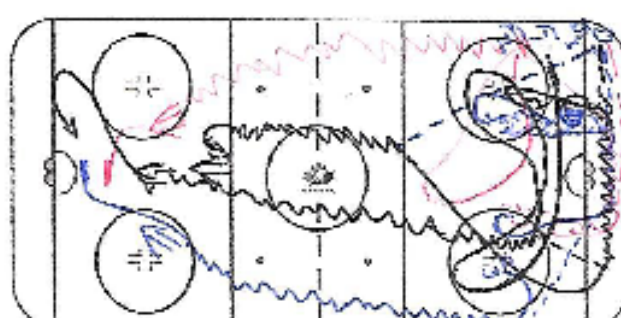


DRILL: (Coaches Choice)

DRILL: <u>CIRCLE PASS</u>	COACH: <u>MONITOR CIRCLE PASS</u>	TIME: <u>5-6 minutes</u>
GOALIE PURPOSE: <u>SEPARATE WARM UP</u>	WORK/REST RATIO: <u>1/4</u>	
<p>O skates around circle receiving and passing with A, try to make 2 or 3 exchanges around circle. When at bottom of circle change direction and repeat back around circle. Player will get both forehand + backhand pass/receive. When O is done, goes to back of line and A leads.</p> <p>KEEP FEET MOVING WITH SMOOTH PASS AND RECEIVING. GREAT FOR DEVELOPING ANGLE CHANGING AND DIRECTIONAL CONTROL OF PASSES WHILE FEET ARE IN MOTION.</p>	<p>DIVIDE TEAM ONTO 4 ZONE-DOTS</p> 	

DRILL: <u>NARROW - WIDE</u>	COACH: <u>PUCK PILE</u>	TIME: <u>5-6 min</u>
GOALIE PURPOSE: <u>TAKE WARM UP SHOTS FROM TOP OF CIRCLE - RAPID</u>	WORK/REST RATIO: <u>1/2</u>	
<p>WORK IN PAIRS, FWD SKATE NARROW PASSING WHILE FEET ARE MOVING, NO STICK HANDLES</p> <p>NEXT PAIR LEAVE WHEN FIRST CROSS CROSS BLUE LINE. (THIS WILL HAVE 3 PAIRS WORKING UP ICE AT ONCE)</p> <p>SHOOT FROM TOP OF CIRCLE, NO SHOOTER RETRIEVES PUCK FROM CORNER AND PAIR PASS WALL TO WALL THROUGH PRACTICE, CHANGING SIDES AND RETURN NARROW.</p>		
<p>CHANGING SIDES GIVES BOTH FOREHAND/BACKHAND PASS/RECEIVE (NO STICK HANDLE)</p> <p>- PASSES ON WIDE PINK WILL ALWAYS BE ON FOREHAND.</p> <p>USE FWD, BACKWD, FRONT/BACK/DRIFT/CROSS → (EACH PLAYER WILL GET 8 PASSES)</p>		

DRILL: <u>D-NOW BREAKDOWNS</u>	COACH:	TIME: <u>10 min</u>
GOALIE PURPOSE: <u>INDIVIDUAL SHOTS PLUS SCREEN/TIP</u>	WORK/REST RATIO: <u>1/6</u>	
DESCRIPTION: <u>LOOKS COMPLEX BUT NOT.</u>		
<p>Dynamo up to dot then transition back, pass from D₂ and open behind net to pass to F₁ wall lock. F₁ (centre) + F₂ winger mirror support for F₃ wall pass. D₁ skates up to dot and transition to goal line, again D₂ passes behind net to D₁ coming toward him. F₂ returns hard to wall lock while F₁ mirrors D₁ up to dot and gets puck from D₂ below goal line.</p>		
KEY TEACHING & EXECUTION POINTS:		
<p>toward him. F₂ returns hard to wall lock while F₁ mirrors D₁ up to dot and gets puck from D₂ below goal line,</p>		





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DRILL: (Coaches Choice)

DRILL: 2vs2 Wall Game	COACH: Dump Pucks in As Net	TIME: 10 min
GOALIE PURPOSE: INTENSE CLOSE RANGE SHOTS / MORE PUCKS		WORK/REST RATIO: 1/4
<p>2vs2 in small area. Nets on blue lines.</p> <ul style="list-style-type: none"> -coach adds pucks as needed. Make sure to set up on side with glass. -creates quick hands and support. -good puck protect and find small pass lanes. 		
<ul style="list-style-type: none"> -quick release shots -goalies get quick shots from anywhere and also move pucks to team mates. -30-40 sec then change all 4 players. 		

DRILL:	COACH:	TIME:
GOALIE PURPOSE:		WORK/REST RATIO:

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DESCRIPTION:		
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