

# Practice Plan



Team: \_\_\_\_\_



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

Date : Jan 19/17

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

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

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

Prepared by: Bobby Fox

## Objectives / Main tasks :

Drills: Skill - Find the Lane, Warm-up - Tiger 3 on 1, Team Play - F1 Support in 3v3, Game - Quick Break 2v2

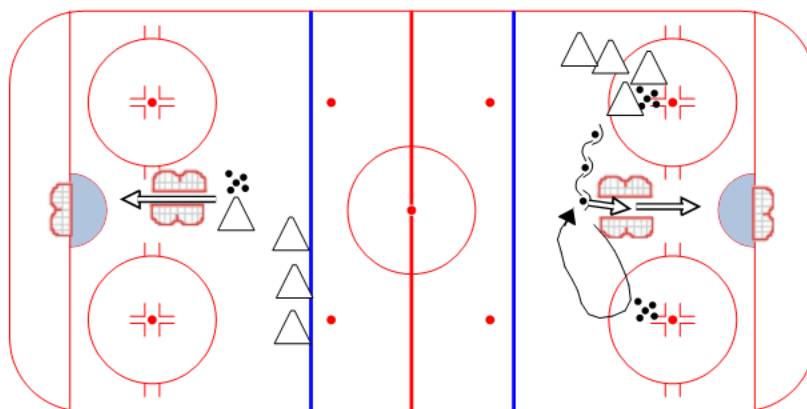
Quote: "Everything is energy and that's all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics." - Albert Einstein

Book: The Extra 2% - Jonah Keri

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_  
 Title : Find the Lane Category #1 : Defence Category #2 : Shooting Skills

### Description

- 1) Place two nets facing each other in the high slot with a small gap. Player stationary facing the net with pile of pucks. Players toe drag and shoot between the gap
- 2) 2 nets with a gap. player has to grab pucks and shoot between the nets. Head up find the lane



### Key points :

Head up

Quick release

find lane

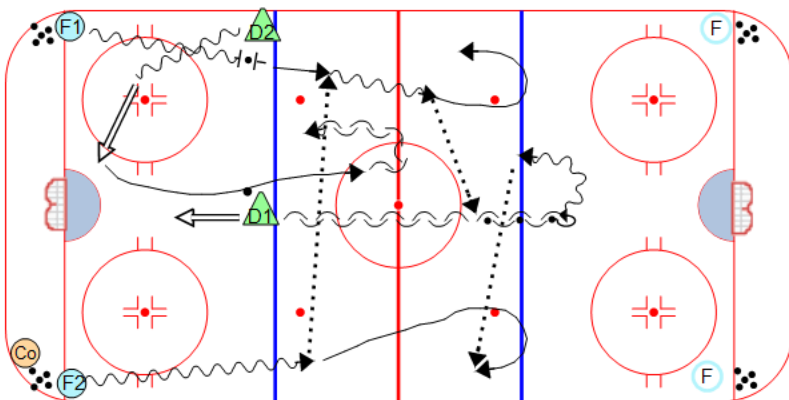
shot accuracy

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_  
 Title : Tigers 3on1 Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

### Description

One end at a time

1. shoots then retreats for regroup
2. up wall (high cycle) with ; down wall low outside shot
3. leave with puck, NZ pass to
4. + regroup with and attack 3 on 1 vs
5. On whistle, will release back to blue line; get a pass from corner; will box out + in front
6. Next whistle starts other end.



### Key Points :

support puck

quick puck movement

quick transition

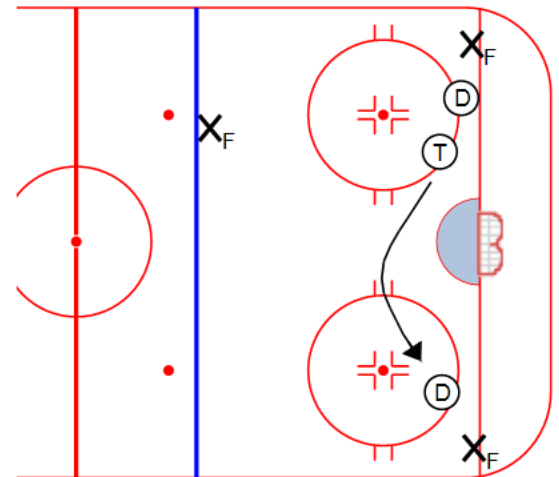
pucks/players to net

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

**Title :** F1 support into 3v3      **Category #1 :** Battle      **Category #2 :** Dzone

### Description

1v1 with tracker F1 support, whistle, 1v1 in opposite corner with tracker coming from previous battle, whistle, F3 activates to play it out 3v3



### Key points:

DZone

MMMMMMM

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

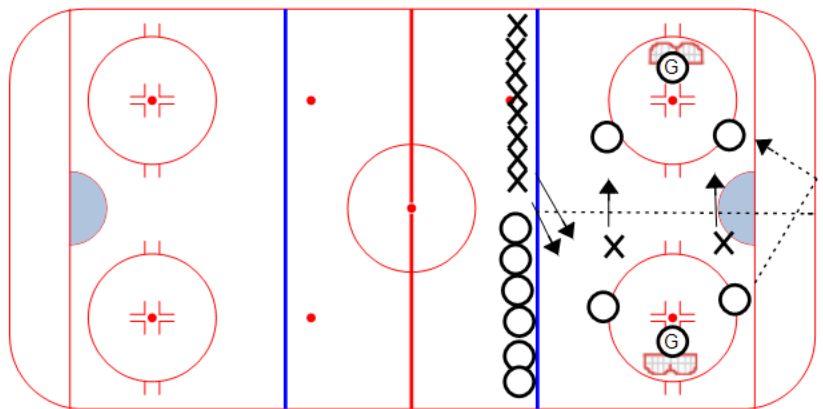
<b>Title :</b> Quick Break 2v2 Game	<b>Category #1 :</b> One Zone Game	<b>Category #2 :</b> 2v2 w/Transition
-------------------------------------	------------------------------------	---------------------------------------

### Description

Start 2v2, as soon as O's clear puck across imaginary halfway line, X's start backchecking and continue 2v2 with new O players.

Meanwhile, new X's set up on the other side and wait for transition.

Play up to 5 goals.



### Key points :

## Compete

## Quick break