

Event

James Joe Dang
DOW Club.

Book:

The 21 Irrefutable
Laws OF LEADERSHIP

"John Maxwell"

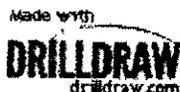
Quote:

THE HARDER THE BATTLE
THE SWEETER THE VICTORY.

Les Brown

James Joe Dang

Practice Plan



Team: Drill of Week Club

Practice No.: _____

Date : _____

Time: _____

Duration: _____

Version No.: _____

Prepared by: Terry Rhindress Moncton Vitos Ho

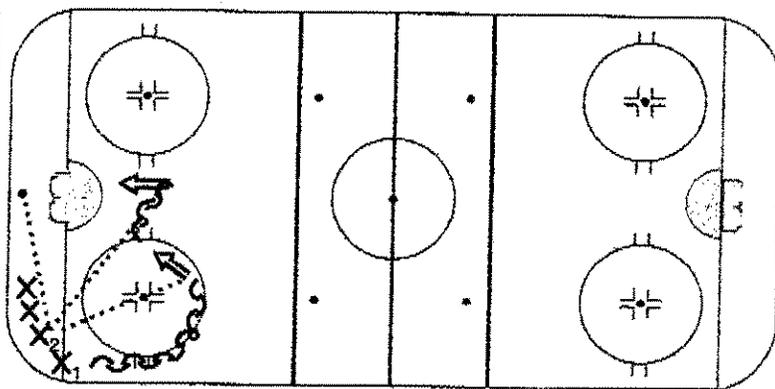
Objectives / Main tasks :

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

Title : 3 Shot Drill/ Individual Skill Category #1 : Find Open Ice Category #2 : Quick Feet

Description

X1 will skate backwards around top of circle, get a timer pass from X2, shoots and goes to net for rebound.
 X1 will then pop to high slot for another pass from X2 for a quick shot.
 X1 will then go retrieve a puck behind net and try to jam one in by a wrap around coming to the net.



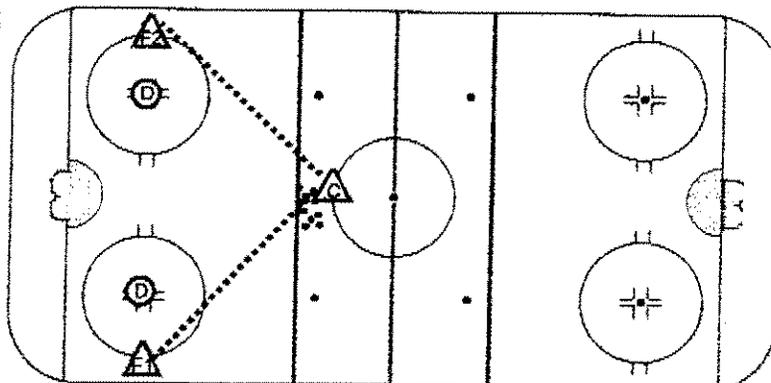
Key points : First Pass Quick Feet Stick on ice Open Ice(game

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

Title : Battles 1vs1 & 2vs2 Category #1 : Competing Category #2 : Defensive Side Pressure

Description

Drill start set up like F1 on wall facing the boards a stick length a way, with a defender D on the dot. Both sides are setup this way. Once the coach passes the puck to the Forward the defender is released to battle the 1vs1, the forward tries to score and the defender tries to get puck out of zone. Once either puck out or chance for scoring opportunity(coach can fire second puck to the F1 and D), or a whistle with a pass to the F2 and D and then it becomes a 2vs2. Encourage defensive side of puck with pressure at the appropriate times to keep puck on the outside. The D doesn't always have to be a defenseman I start with Def, then move to a forward make sure everyone switches positions to play off wall or defending



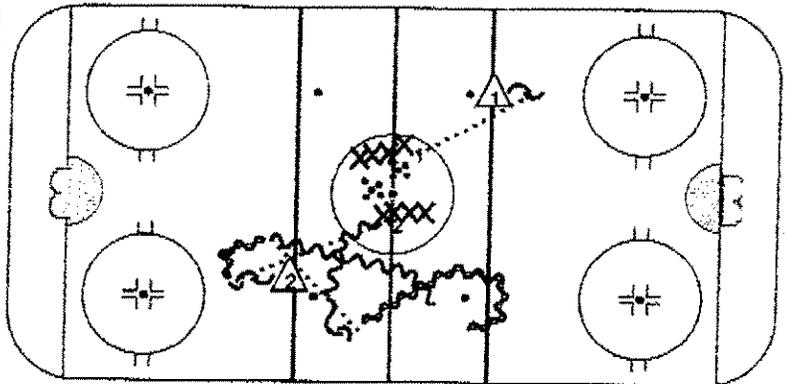
Key points : good sticks communication puck support competing

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

Title : One Side Gap Control 1vs1 Category #1 : Category #2 :

Description

Controlled Drill
 On C whistle X1 and X2 will pass to a def who will be skating backwards and forwards move toward them, D1 and D2 will get toes up ice and make good outlet pass.
 X1 & X2 will curl inside outside around faceoff dots and attack D1 & D2. Want the D to gain confidence by closing the gap and making a play outside the blueline if possible.
 Confidence with gap control, forwards if top speed can place pucks or try beat with speed



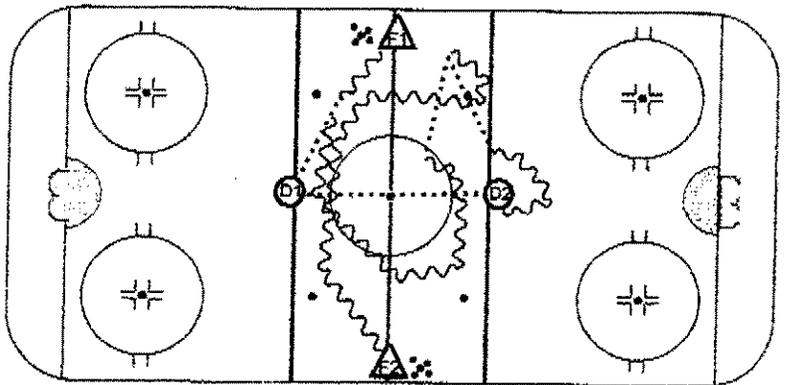
Key points :

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

Title : 2 Vs 1 Transition Category #1 : Category #2 :

Description

F1 and F2 start on coaches whistle, F1 passes to D1 who passes right to D2 direct, while F1 & F2 will swing and regroup with D2 who will protect puck and get feet up ice looking for best option with F1/F2. F1/F2 will attack D1 2vs1. This is game like turning puck over at your blueline and go in transition to offense quickly.
 Options:
 F1/F2 net drive
 F1/F2 overload one side



Key points :