

Practice Plan Drill Sheet

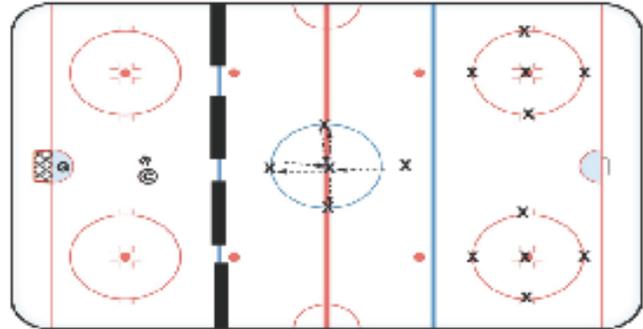
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PP Passing Drill

- 5 Players around the circle and one player inside the circles. Player inside circle is the "bumber".
- Bumber starts with puck passes to player on the outside of circle and player on the outside one touches puck back to bumber.
- Bumber catches puck on forehand - underhandles the puck (no stickhandles) and than distributes puck to another player on the outside of the circle.

* Progression*

- Drill remains the same. But on whistle the last player to receive a pass enters the circle. The bumber may now use all players on the outside of the circle but have to keep it away from player who joined the circle.



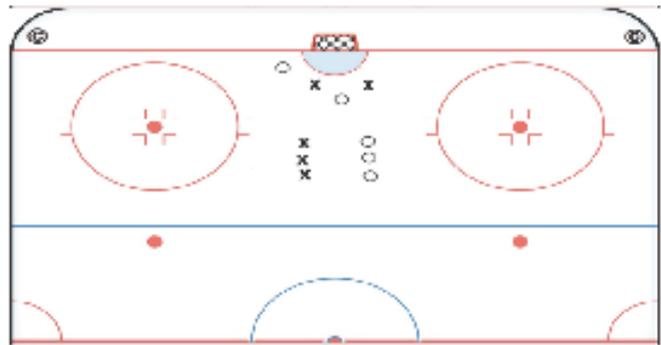
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CU 2V2

- Coach initiates drill by throwing a loose puck behind the net. The Xs and Os battle for the puck. Once either team retrieves the puck they have to make a pass to one of the coaches in the corner to establish possession. Get open for a return pass and then shoot to score. The team that has possession is permitted to pass to the first player in their line. That player is only allowed to shoot.

* Focus on puck retrievals. Battle to get to loose pucks. Move into space to receive a pass and put home any garbage around the net. Battle hard. COMMUNICATE.



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Winger - Skill Work

- X1 races to just above the circle stops, pivots, and heads up ice.
- X2 passes to X1 - X1 catches pass - but must emphasize catching pass inside of a crossover.
- X1 gets off of the wall and skates through the middle of the two cones at Centre ice so s/h is in line with the dot line.
- Approches net and must preform a weight shift as to go around either side of the net.
- And than head in on net for a shot.

