

Practice Plan Drill Sheet

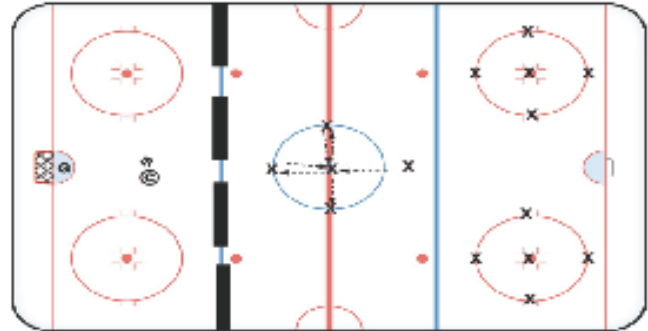
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PP Passing Drill

- 5 Players around the circle and one player inside the circles. Player inside circle is the "bumper".
- Bumber starts with puck passes to player on the outside of circle and player on the outside one touches puck back to bumper.
- 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 bumper 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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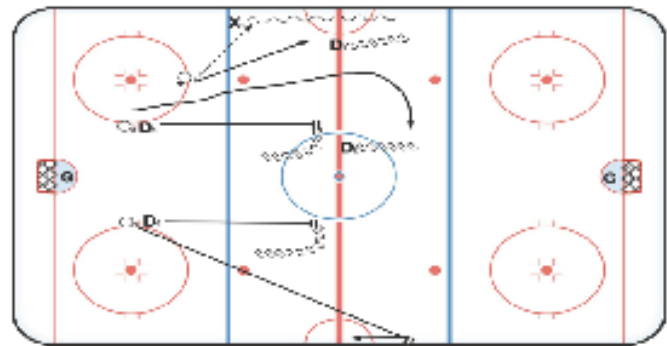
1v3 Track into NZ Offense Transition

- O1 initiates drill with pass to X1. Once O1 passes to X1, she tracks back on her, and along with D1, tries to squeeze/seal X1 off before the BL.
- D1 wants to get a stop on the puck by BL. O1 pick up the puck and pass to a hinging D2. O2 and O3 are then engaged and join the drill by filling lanes and receiving a pass from D2. D3 and D4 gap up and play the Os the 3v2.

* Tracker: Take away the middle of the ice. Do not let X1 make cross ice pass. Track through the hands. Stick on puck and squeeze X1 off before the BL. Take away time and space of X1.

**Defense: Trust tracker. Keep a tight gap with X3 and step up at the BL. Once you get stop on puck, transition quickly with O1 and D2 and score!

*** We are working on NZ Offense. We want to play quick SEE NORTH GO NORTH. Remember TRIPLE DRIVE on entry.



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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.
- Approaches net and must preform a weight shift as to go around either side of the net.
- And then head in on net for a shot.

