



Practice Plan



Team: '16-'17 Drill of the Week Club

Practice No.: DC-'1

Date : October 2016

Time:

Duration:

Version No.: DC-17-7

Prepared by: Wayne Clark

Objectives / Main tasks :

Book: InSideOut Coaching: How Sports Can Transform Lives by Joe Ehrmann

"Sometimes the easiest way to solve a problem is to stop being a part of the problem." Jonathan Mead

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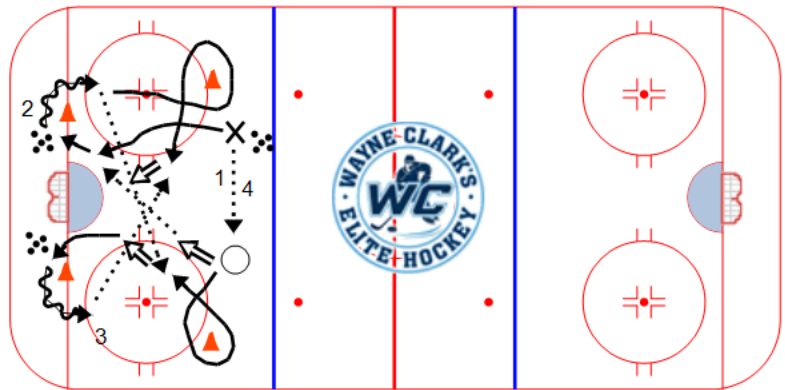
Title : THURSDAY'S RIP

Content elements: Scoring, Goalies...

Components :

Description

1. X passes to O, x Drives for tip/redirect from O who is making shot - Pass (X do not cut across crease, stay on same side).
2. X then picks up puck cuts around cone to feed O who went inside out around high cone.
3. O then cuts around cone and feeds X who went inside out around high cone.
4. X then screens, O goes backdoor, for point shot (both options).



Key Points :

Redirects

Tips

Low - High Drive

Awareness

Title : Dman NZ Reps

Content elements:

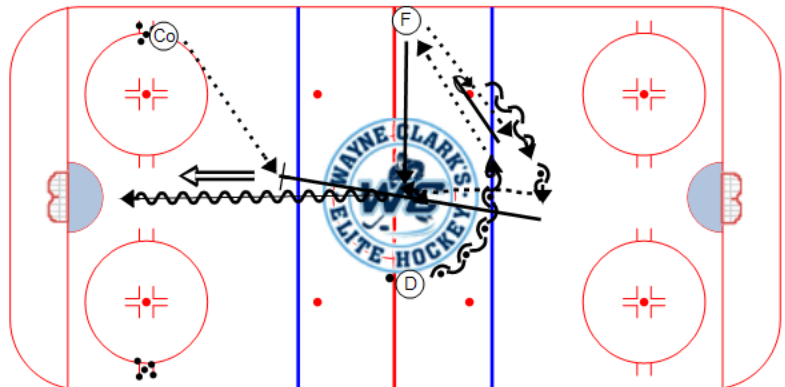
Components :

Description

D starts with puck at Centre on circle. Backpeddles with puck and hits F posted up on wall.

D then tags up around dot with a pivot and receives puck back, skates to middle and hits F with Pass cutting through mid ice.

F then drives and shoots, stays at Net front for screen and tip. D jumps to Offensive Blue Line, stops and receives puck from Coach for a shot (Progress to different options here -1 timer, feed back,



Key Points :

Drag

Outlet

Jump

Look Offs

Title : Gorsk Stretch Pass

Category #1 : Warm-up Drills

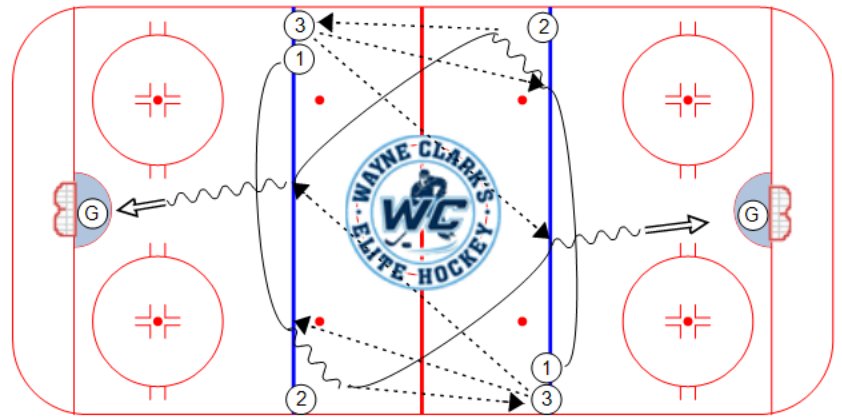
Category #2 : Passing / Shooting

Description

Whistle -both ends go at the same time.

① skates across the blue line and receives a pass from ③. ① returns the puck to ③. ① continues up the boards and across the far blue line. ① receives a long stretch pass from the opposite blue line for a shot on the ⑥. Then ② goes.

Full Circle Stretch Pass : see Seq. # 2



Key points :

Communication

Solid Passes

Focus

Execute

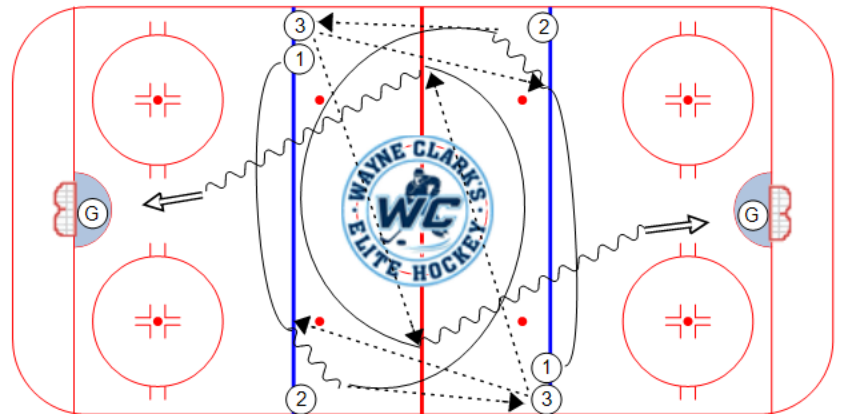
Title : Gorsk Stretch Pass (seq 2)

Description

Whistle -both ends go at the same time.

Full Circle Stretch Pass:

On the whistle, ① skates across the blue line and receives a pass from ③. ① returns the puck to ③. ① continues up the boards along the blue line and to the opposite boards. ① receives a long stretch pass from the opposite blue line for a shot on the ⑥. Then ② goes.



Key points :

Communication

Solid Passes

Focus

Execution

Title : Edder's Cycle Backcheck

Content elements:

Components :

Description

① cycle puck vs ② (can activate ② at Net Front or leave passive on weakside. Progress to Net Front). Play it like a game -aim to score.

ON WHISTLE

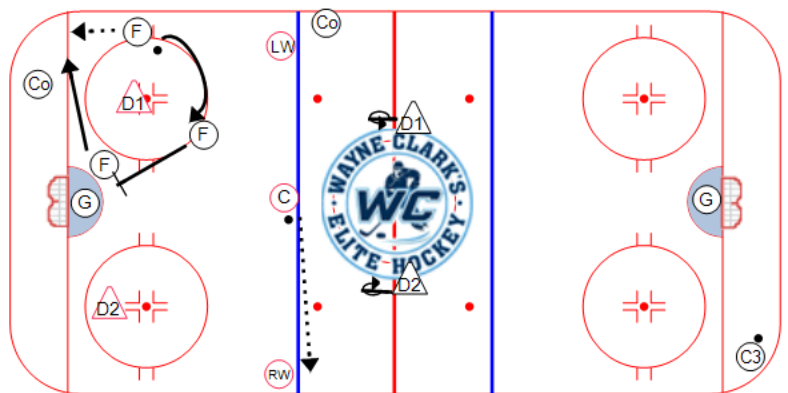
① and wingers go on rush vs ② and ③

① track back hard. Identify and Eliminate.

Rush: Principles -create 2on1, Activate D2 as 4th man in attack, entre middle and kick out wide.

STOP ON WHISTLE -DETECT & CORRECT

IN ZONE -Double Whistle -Coach 3 passes to point for shot.



Key Points :

BLACK vs RED

RUSH PRINCIPLES

TRACKING PRINCIPLE

COMMUNICATE

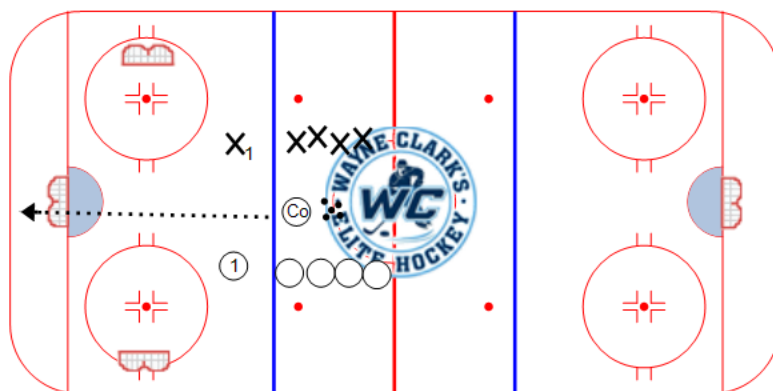
Title : Progressive 3on3 Content elements: _____ Components : _____

Description

Simulate game situation which offers players multiple even strength opportunities

1. 10 sec 1on1
2. Next 10 sec 2on2
3. Next 10 sec (2on secs into drill add 1 player from each side to make it 3on3)
4. Take away players from each side to create less.

Abstract: 1on1, 2on2, 3on3...



Key Points :

Battle - Support

Communicate

Identify

Eliminate

Title : CRIMSON SKATE Content elements: Conditioning & Culture Components : _____

Description

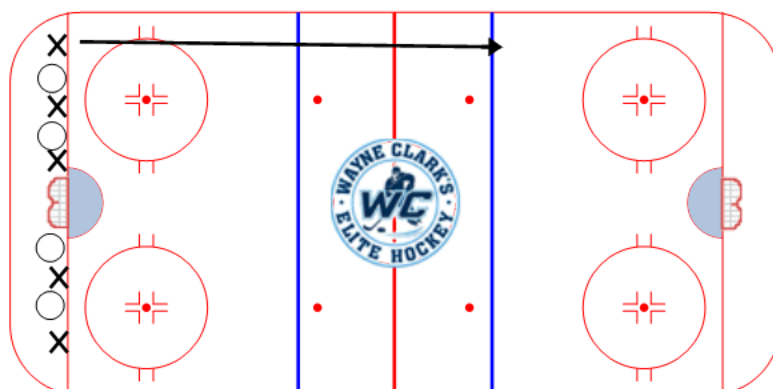
1 Rule -Losers are Out!

Winners Keep Skating

CULTURE OF CHAMPIONS
SKATING IS A PRIVILEGE

Xs go first as a group
Os go 2nd as a group

Loser goes to side wall. Winners continue



Key Points :

Create Culture

SKATING

IS A

PRIVILEGE

Practice evaluation:

Drills to modify:

Objectives reached :

Content of next practice :

Problems encountered :

General comments :