



Practice Plan



Team: '15-'16 Drill of the Week Club

Practice No.: _____

Date : October 2015

Time: _____

Duration: _____

Version No.: _____

Prepared by: Wayne Clark

Objectives / Main tasks :

Book: The Matheny Manifesto: A Young Manager's Old-School Views on Success in Sports and Life. by Mike Matheny

Quote: "At the heart of every Great Group is a shared dream. They're on a mission. That belief is what brings energy to their work." -Warren Bennis

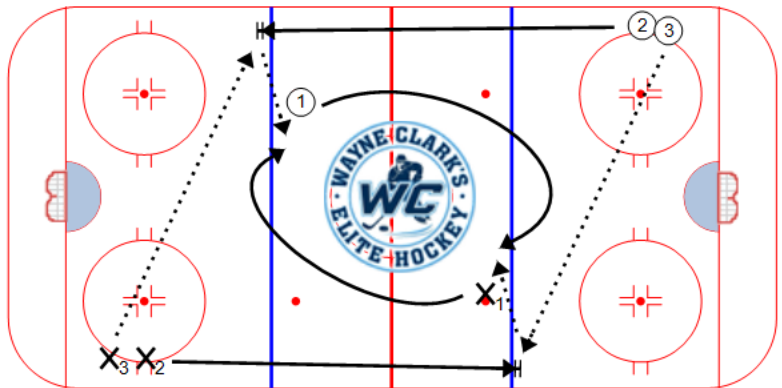
Title : Pittsburgh Post Up Content elements: Warmup Components : _____

Description

-O1 and X1 start drill, by swinging to opposite corners
-O2 and X2 sprint to far blue, pass from X3 and O3
-O2 and X2 pass to O1 and X1 -then swing (X2 will swing like X1 did)

Key: Once you pass you sprint to Far Blue, this keeps timing going

*Pucks in Opposite Corners



Key Points :

Sprint	Aware	Available	Read
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Title : 1 on 1 - D Pass Overspeed Category #1 : 1 on 1, 2 on 1, 3 on 2 Category #2 : Flow

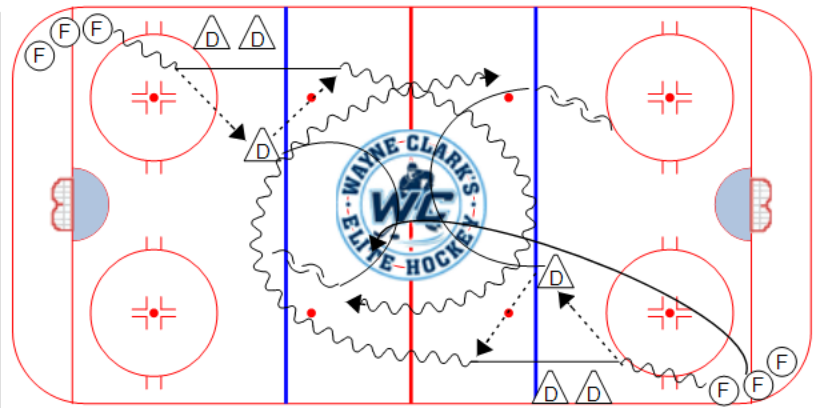
Description

**Drill starts on the whistle. Both ends at the same time.

On the whistle, the (F) makes a pass to the (D).
Return pass to the (F). The (F) carries the puck under the blue line for a 1 on 1 on the opposite side.

Progress Option:

A second (F) joins the play as the first (F) skates under the blue line.



Key points :

Crisp Passes	Jump	Tight Pivot	Compete
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Title : William Wallace

Category #1 :

Special Teams

Category #2 :

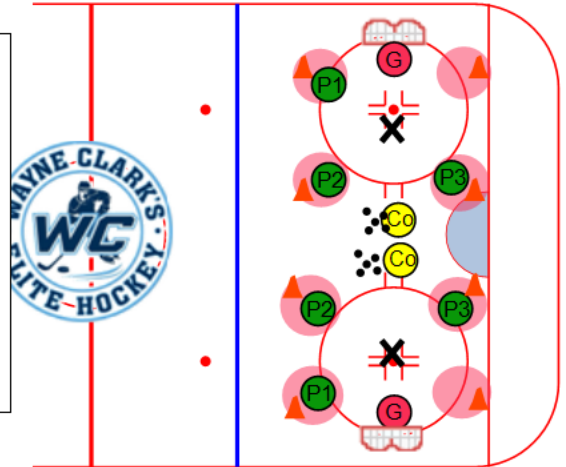
Power Play / Penalty Kill In

Description

Off (O) -puck movement -support. Start next to a cone
 Def (X) -work your edges, active stick. Start in middle
 -4 cones about 20 feet apart.

Whistle: the player with the puck has to pass to another forward and then move to the cone that is not occupied.

Off- after pass move to open cone. 5 consecutive passes = shot
 Def - intercept a pass. If the defender disrupts the play, the coach gives one of the forwards a new puck and the play continues or switch spots with def and off.

**Key points:**

Compete

Edges - Stick

Support - Move

5 consec for shot

Title : Livers' 2on2 Olympic

Content elements:

Components :

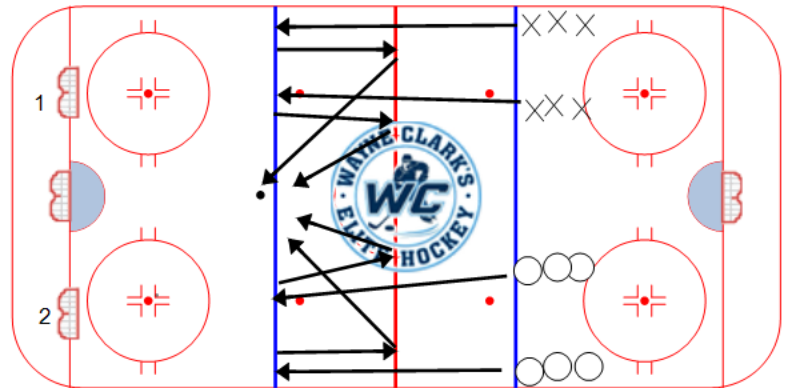
Description

Xs and Os skate to blue, back to centre then after puck. RACE.

2on2. Xs try to score on Net #2. Os try and score on Net #1.

Goalies can leave their net to create 3on2 (as a passer, shooter...)

-Whistle, next group start, original group have to sprint to goal line. Add in rewards...consequences.

**Key Points :**

Skate

Compete

Score

Gs Activate

Practice evaluation:Drills to modify:Objectives reached :Content of next practice :Problems encountered :General comments :