



Practice Plan

Team: Enio's Drill Club

Practice No.: _____



Date : December 15, 2014

Time: _____

Duration: _____

Version No.: _____

Prepared by: Bobby Fox

Objectives / Main tasks :

Drills: Skill - Sandy Shooting, Warm-up - Detroit D-Series, Team Play - Shark 2v2 Hi/Io, Game - Net Circle Battle

Quote: "Everything is energy and that's all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics." - Albert Einstein

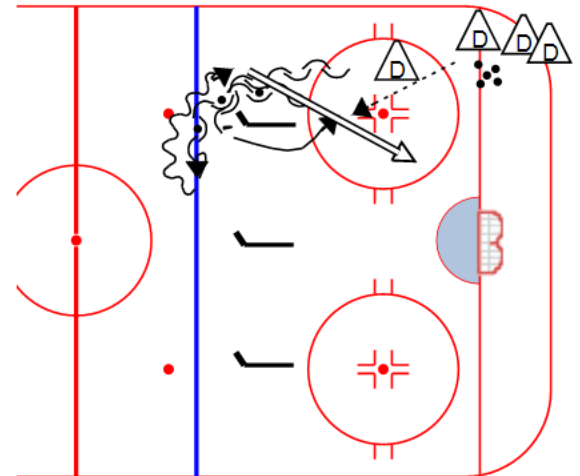
Book: The Champion's Mind - Jim Afremow

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

Title : Sandy D Shooting Skills Category #1 : Dman Shooting Category #2 : Finding Lane

Description

Dman plays catch and go and then goes around stick - recieves puck from line then takes around top of the stick - deceptive move - inside to outside to find shooting lane. Repeat around two more sticks. Dman change sides after to change direction



Key points:

footwork

deceptive moves

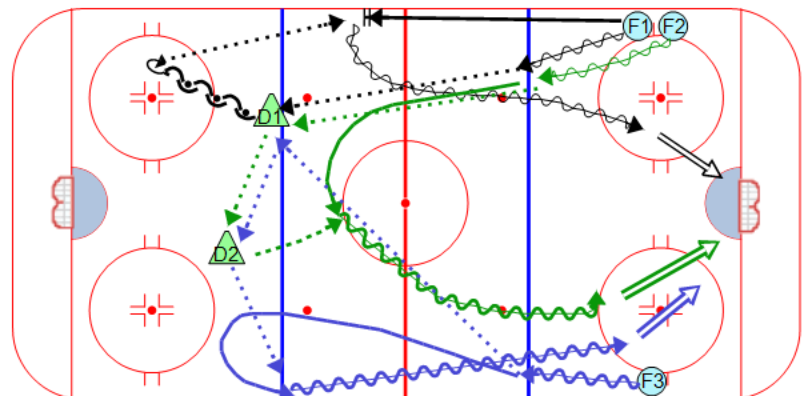
shooting lanes

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

Title : Detroit D-Series Content elements: _____ Components : _____

Description

1. F1 pass to D1, D1 drags puck back and outside
2. F1 pushes down to anchor on wall, gets return pass and rolls off wall, F1 shot on net
3. F2 pass to D1, D1 pass to D2, F2 supports pass low and slow through middle, gets pass from D2, F2 shot on net
4. F3 pass to D1, D1 gains + pass back to supporting D2 (HINGE), F3 curls low and away or rolls off wall to inside, F3 shot on net
5. D1 and D2 follow up on play



Key Points :

quickness off wall

timing

D support

communication

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

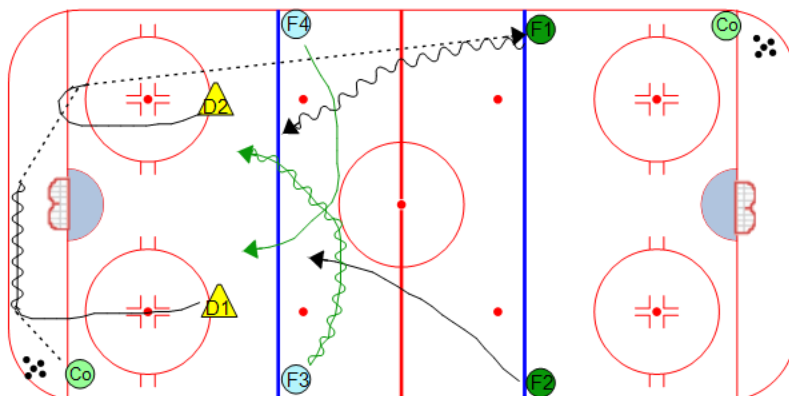
Title : Shark 2 on 2 Hi/Lo Content elements: _____ Components : _____

Description

1. Co dumps puck in, D1 to D2 pass and quick up to F1 or F2
2. F1 + F2 go 2 on 2 vs D1 + D2
3. After offensive play on net, Co dumps in puck, D1 to D2 pass, quick up to F3 or F4
4. F3 + F4 must cross before attacking D1 + D2; play 2 on 2 until whistle

FWDS - hard skate out to RL after offensive play or whistle

Both ends at once.



Key Points :

D - communication

D - Gap

Speed of Attack

Deception

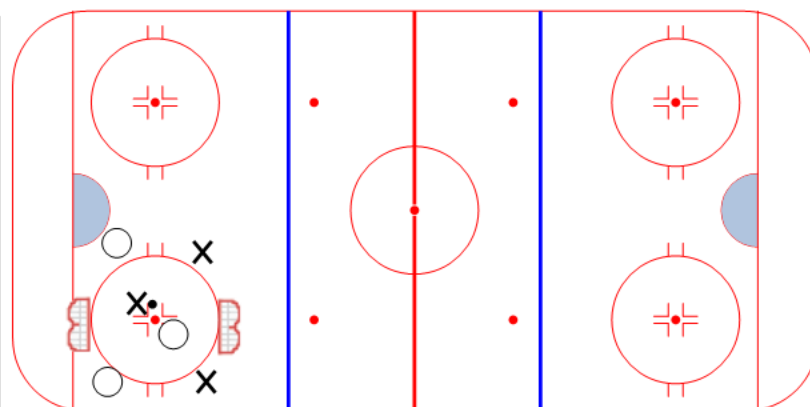
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Net Circle Battle Category #1 : 1v1 Battle Category #2 : Shooting

Description

X & O battle 1v1 in the face-off circle. They must stay within the circle and can pass to their teammates at any time.

O's teammates are on either side of the opposition net. They must stay outside the circle and can not cross the hashmarks.



Key points :