



Practice Plan



Team: Drill of the Week

Practice No.: Burt

Date : Oct. 27, 2015

Time: _____

Duration: _____

Version No.: _____

Prepared by: Wade Burt

Objectives / Main tasks :

Recommended Book: Outliers
by: Malcom Gladwell

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

Categories

Warm-up Drill

Drill Title : 3 Zone Dangler

Stickhandling

Components : _____

Content elements :

Description

Each zone has a different station, as player move up the ice they perform different skills in each area against obstacle:

---I (represents obstacle)

Have the players be creative, quick hands, eagle turns, flick puck, etc...

Have players finish with a shot.

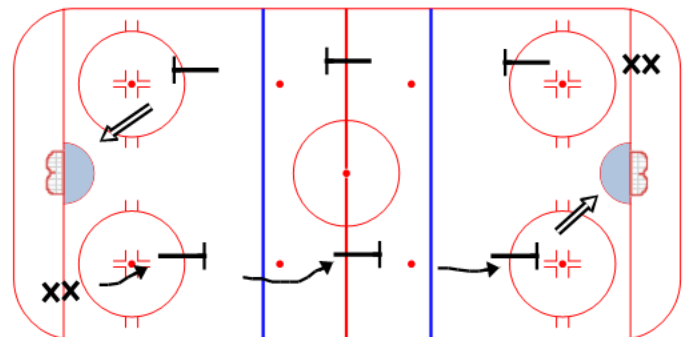
Key Points

Be Creative

Head up

Use Edges

Quick hands



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

Practice

Drill Title : Serge Re-group

Shooting/Skating

Components : _____

Content elements :

Description

Both players skate forward to blue turn toward middle always looking at coach. pivot and open up towards boards always facing coach.

Coach passes to 1 side. he drives and shoot. opposite player drives net for rebound.

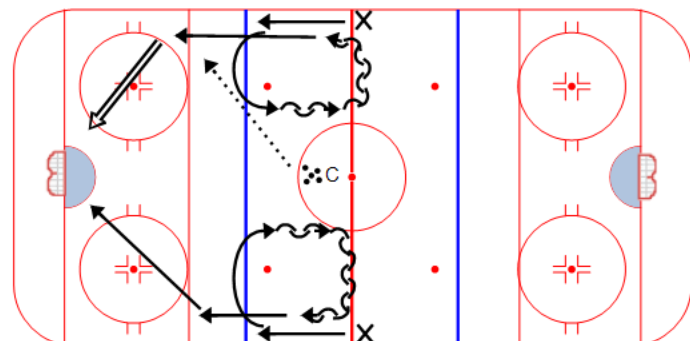
Key Points

Foot Control

Pivot

Shooting

Drive Net



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

Title : Continuous 1 on 1 with BC

Category #1 :

1 on 1, 2 on 1, 3 on 2

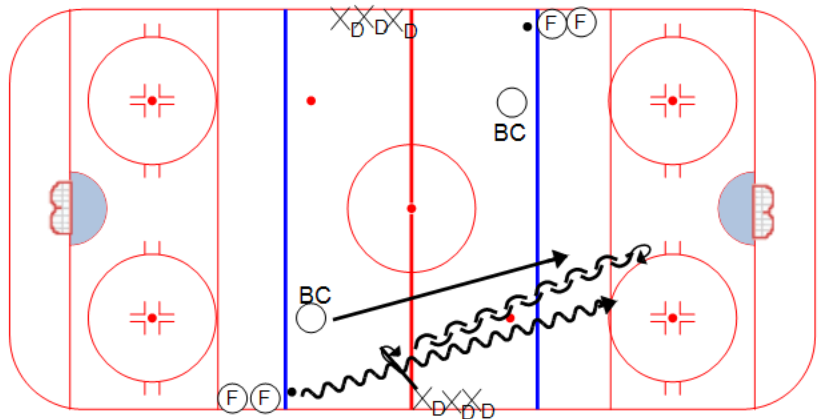
Category #2 :

Gap Control

Description

On Whistle FWD takes on D 1vs. 1. Once FWD crosses Red line. Back Checking FWD (BC) joins play. He back checks to the middle of the ice.

Once play dies he collects puck and swings behind new back checker and becomes attacking FWD.



Key points :

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

Categories

1 vs 1, 1 vs 2, 2 vs 3

Drill Title : 3 zone 1 vs 1

Game

Components :

Content elements :

Description

Players start out in 3 different zones. Each zone. players can use the full ice the O's are trying to score on the X's X's are trying to score on the O's Once a puck has gone in the net, each 1 vs 1 becomes a 2 vs 2 or 1 vs 2.

Play for 30/45 sec. then have new 6 player come out.

Key Points

