



Practice Plan



Team: **DRILL OF THE WEEK CLUB**

Practice No.: _____

Date : **27/10/2015**

Time: _____

Duration: _____

Version No.: _____

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Objectives / Main tasks :

1. TRANSITION
2. EXITS/ENTRIES
3. GAP CONTROL
4. ATTACKING/TRACKING
5. SMALL AREA GAMES

Drill no. : 1 **Duration :** Minutes **From :** _____ **To :** _____

Categories

dz entries

Forecheck

Drill Title : Canucks 3 v.1 Breakouts

Components : _____

Content elements :

Description

F1 dumps puck in soft area & forechecks cutting ice in half.

3 breakout players are 1-3 quicks and exit with puck speed.

Attack NZ with speed and chip into safe zone and forecheck. Each forward from every line will forecheck and breakout. F1 hunt on forecheck-inside out.

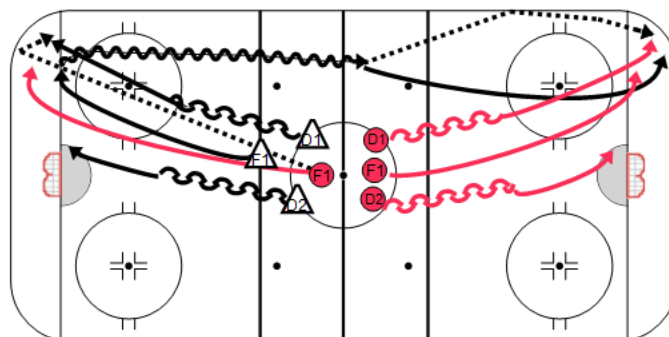
Key Points

Foot Speed

TALK

BUMP & ABSORB

1-3 Quicks



Drill no. : 2 **Duration :** Minutes **From :** _____ **To :** _____

Title : FINISH TRANSITION

Category #1 : TRANSITION

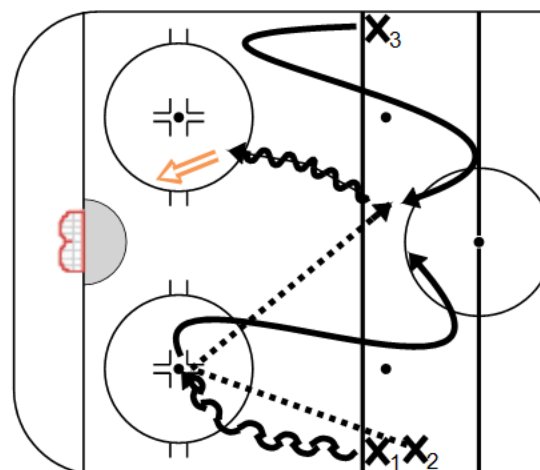
Category #2 : SHOOTING

Description

HALF-ICE TRANSITION DRILL

CALL FOR PASSES

PUCK SPEED



Key points:

TRANSITION SKATE

COMMUNICATE

PUCK SPEED

SHOOT 4 TEAMMATES

Drill no. : 3 **Duration :** Minutes **From :** To :

Title : FLAMES 2 V. 0 **Category #1 :** SHOOTING **Category #2 :** REBOUNDS

Description

CONTINUOUS NET DRIVE
SHOOT FOR TEAMMATES

One touch pass.

F1 get moving before you pass to F2 outside.

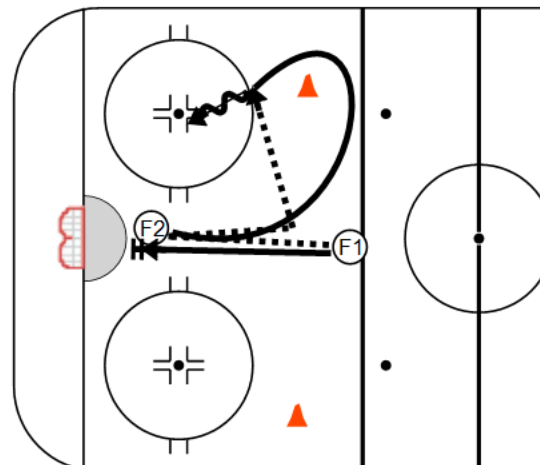
Shooter must shoot in stride.

F1 stops at net stick on the ice.

After rebound attack towards line, one touch pass and swing to other side.

Shoot and pass with a purpose.

Get inside.



Key points:

SHOOT FOR TEAMMATES

STOP IN FRONT

NET DRIVE

GET INSIDE

Drill no. : 4 **Duration :** Minutes **From :** To :

Title : WINGS 2-0 ATTACKING **Category #1 :** ATTACKING **Category #2 :** NET PRESENCE

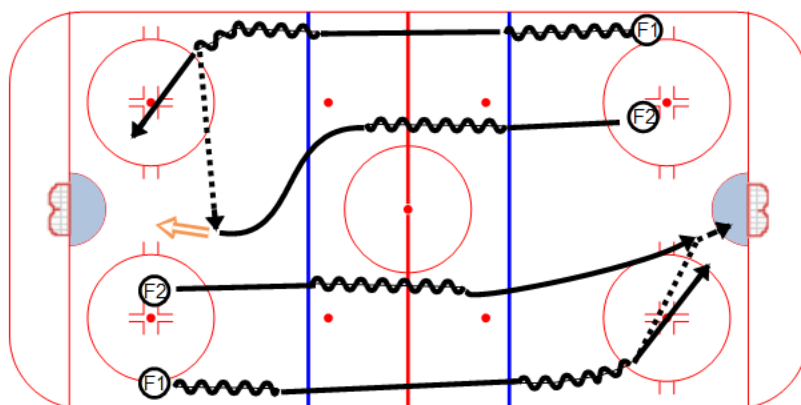
Description

1. SHOOT FOR TEAMMATES

2. MIDDLE DRIVE TIP

3. SHOOT OFF THE PASS.

UNDERPASS/OVERSHOOT



Key points :

UNDERPASS

OVERSHOOT

SPEED

MIDDLE DRIVER

Drill no. : 5 **Duration :** Minutes **From :** To :

Title : GOALIE SET 2-0 **Category #1 :** BREAKOUTS **Category #2 :** ATTACKS

Description

Coach rim pukc to goalie.

Goalie SETS puck.

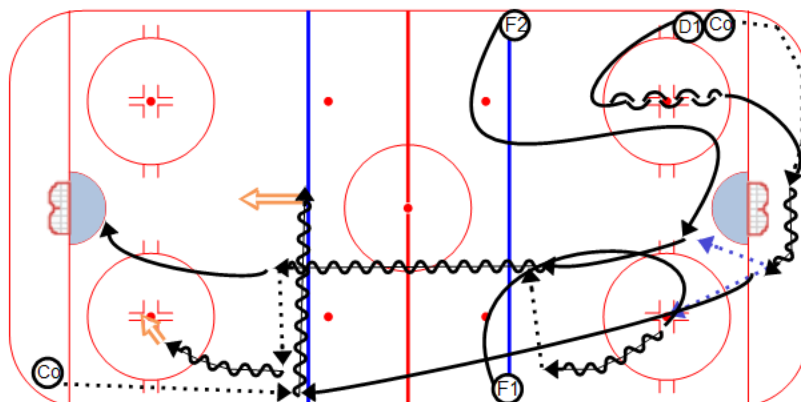
D up and back at tops; retrieve puck for breakout.

F1/F2 get inside dots before tracking to the house.

F1 get to dot/F2 slow and low.

F1/F2 attack 2-0 w/net attack progression.

D push the pace; receive pass from coach; sprint to middle and shoot.



Key points :

SET

DOT BUMP

SLOW & LOW

SPRINT TO MIDDLE

Drill no. : 6 **Duration :** Minutes **From :** To :

Title : 1-1 DOUBLE GAP **Category #1 :** Defense **Category #2 :** ATTACKING

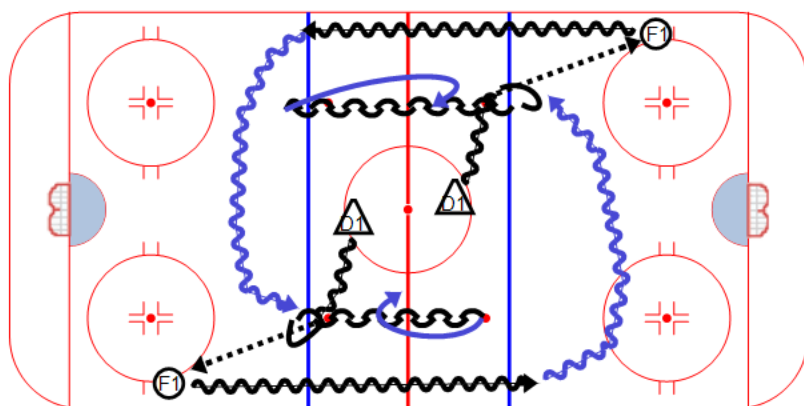
Description

D carries puck from C towards F1 and passes F1 the puck.

F1 attacks D down the ice 1-1.

On coach whistle, F1 continues route below blue line and attacks opposite D1.

D regaps with opposing F1 and plays the 1-1



Key points : GAP SPEED FOOT SPEED ATTACKING FLAT/HEAVY STICKS

Drill no. : 7 **Duration :** Minutes **From :** To :

Title : CANUCKS 2-2 BOXOUT **Category #1 :** ATTACKING **Category #2 :** BOXOUT

Description

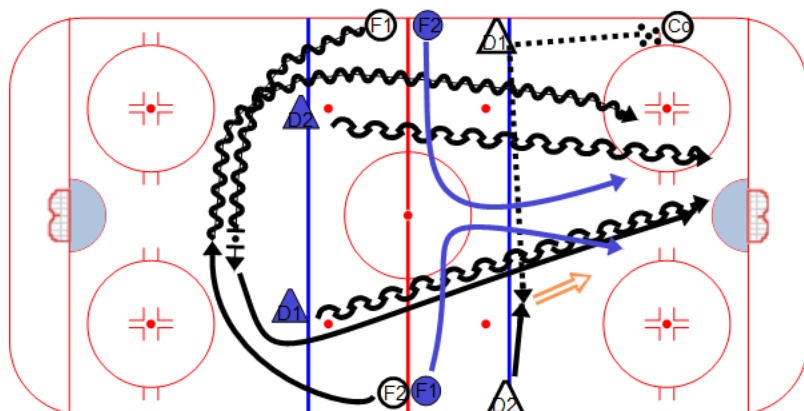
F1/F2 cross & drop below blue line and attack D1/D2. Play until coach whistle.

Coach whistle, F1/F2 attack the net; D1/D2 boxout.

Coach pass to White D1/D2 for a D-D shot.

Blue F1/F2 get inside the dots on D-D pass and collapse the house.

Create a transition with D1/D2 battling and attack the shooting defensemen 2 v. 2.



Key points : GAP SPEED BOXOUT GET INSIDE COLLAPSE

Drill no. : 8 **Duration :** Minutes **From :** To :

Title : SUTTER 3-2 TRACKING **Category #1 :** TRACKING **Category #2 :** ATTACKING

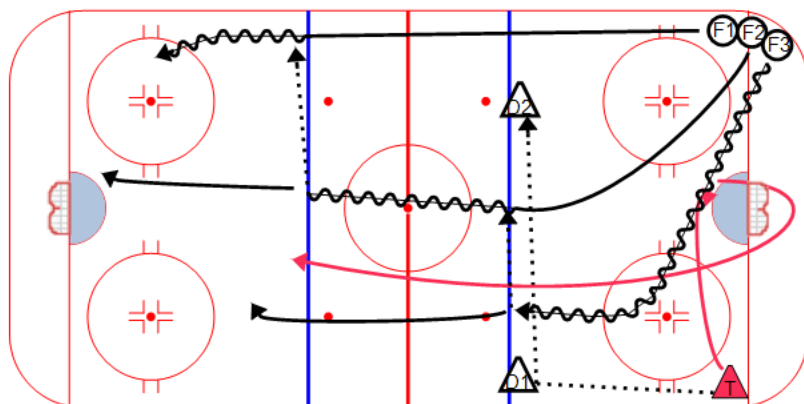
Description

T passes to D and gets to the blue paint; take goalie's eyes away; following shot, T tight turn around net and track; pick up high/wide guy. Seal the gap with hard tracking inside the dots.

D-D shot and defend with tight gaps.

F1/F2/F3 attack 3-2 from the corner filling the chambers. Attack the middle of the ice with speed.

Use attack options. Manage the puck. Overshoot/underpass.



Key points : OVERSHOOT TRACK & SORT SEAL GAP ATTACK MIDDLE

Drill no. : 9 **Duration :** Minutes **From :** To :

Categories

TRANSITION

Drill Title : 1-1/2-2/3-3 FULL ICE TRANSITION

DEFENSE TO OFFENSE

Components :**Content elements :****Description**

D gets to red (up and back) and passes to F; F attacks D (1-1)

D side (blue) collapses to help D for loose pucks; attacks Gold with gap speed. 1-1 players jump in.

Repeat until 3-3.

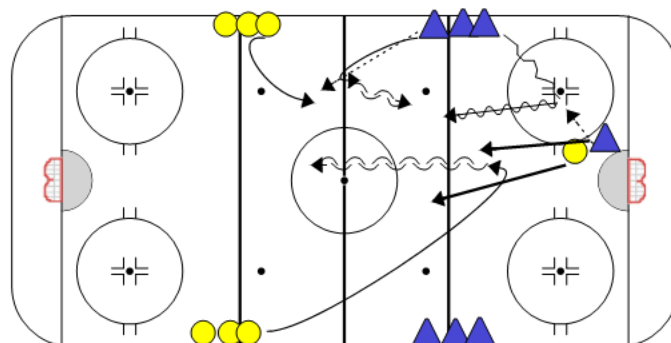
Key Points

GAP SPEED

FOOT SPEED

TRACKING

NET ATTACKS



Drill no. : 10 **Duration :** Minutes **From :** To :

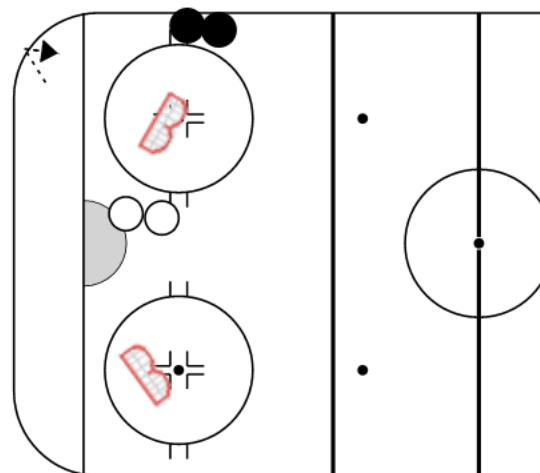
Title : 2 v. 2 WALL BUMP TRANSITION **Category #1 :** SMALL AREA GAMES **Category #2 :** TRANSITION

Description

2 v. 2 at net front/corner

On transition players from defense to offense must use the wall to bump upon transition and then attack.

On whistle hard out to blue line.

**Key points:**

WALL PLAY

OVER SHOOT

PUCK PROTECTION

BLUE PAINT HABITS