

SUBMITTED BY: ENIO SACILOTTO AND DAVE LOWRY

VICTORIA ROYALS

RECOMMENDED BOOK: THE MARSHMELLOW TEST, Why self-control is the engine of success. By
Walter Mischel

QUOTE: "WHETHER YOU THINK YOU CAN OR WHETHER YOU THINK YOU CAN'T YOU ARE RIGHT"
Henry Ford



Practice Plan

Team: **15-16 DRILL O THE WEEK CLUB**

Practice No.: _____

Date : **October 27, 2015**

Time: _____

Duration: _____

Version No.: _____

Prepared by: **Enio Sacilotto / Dave Lowry**

Objectives / Main tasks :

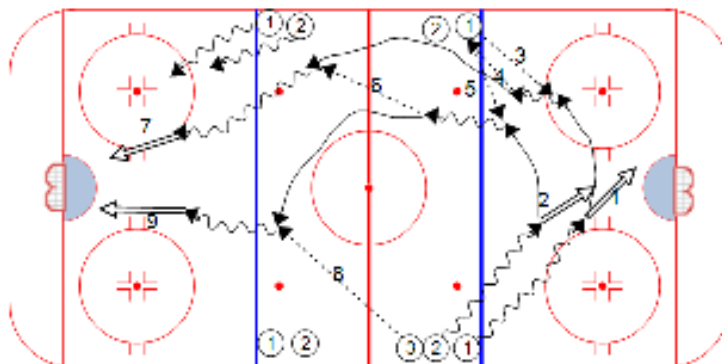
1. WARM UP SHOOTING DRILL: Mags Double Shot
2. DEFENSIVE TEAM PLAY DRILL - Breakout / Forecheck Drill
3. BATTLE & COMPETE DRILL: Jursinov 1/1, 2/2 LOW drill
4. INDIVIDUAL SKILL DRILLS: Scoring & Skill Drill (4 of them).

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

Title : **MAGS DOUBLE SHOT** Category #1 : **SKILLS** Category #2 : **WARM UP**

Description

On whistle, Drill starts with player 1 going in for a shot, player 2 delays a bit and follows in and shoots. Player 1 then exchanges passes (#3 & #4) with player 1 on the other side, then skates hard up the wall and if he has to, to the middle. Player 2 then gets a pass from player 1 (pass #5), then player 2 passes to player 1. Player 2 then cuts to the middle in the NZ for a stretch pass from player 3 who is in the original line (pass #8). Both sides at the same time. Drill is whistle controlled to make sure goalies are ready on both sides.



Key points : _____

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

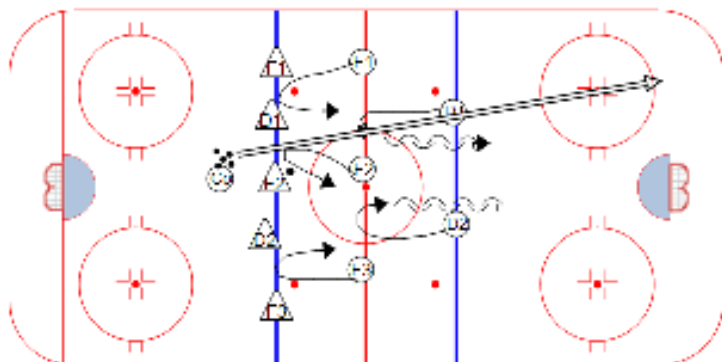
Title : **B.O. / F CH DRILL** Category #1 : **Team Systems** Category #2 : **Forechecking drills**

Description

Phase 1 - Coach dumps puck into the zone, (1)(2)(3), touch up at the red line turning inside the dots, then go to breakout position. (1)(2), touch up at centre then breakout their line.

F's go into breakout position from the dots out.

Drill starts all over again.



Key points : _____

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

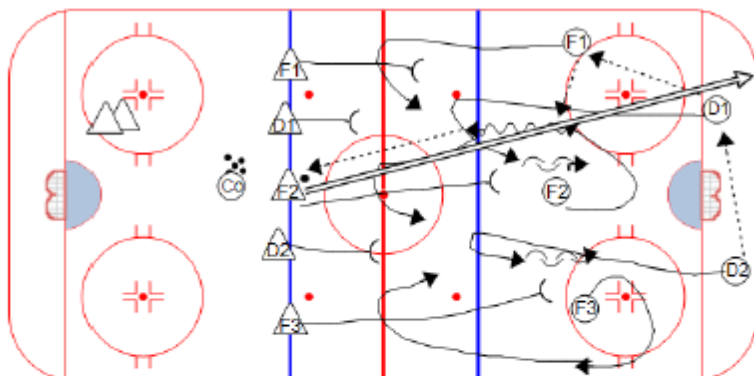
Title : B.O. / F CH DRILL (seq 2)

Category #1 : Team Systems

Category #2 : Forechecking drills

Description

Once the ○'s break out, they pass to one of the △ forwards. ○'s touch up at centre (turning inside), & go back for their 2nd break out. △'s dump puck into zone and get into their forechecking system. 5 on 5 is played out until the puck exits the zone.



Key points :

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

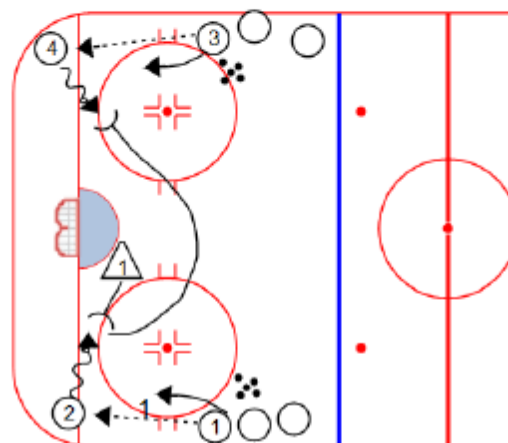
Title : Jursinov 1 on 1 / 2on2 LOW

Category #1 : DEFENSE DRILLS

Category #2 : battles / compete

Description

Drill starts with 1 in front of the net, whistle, starts with ① passing to ②, ② attacks (attempting to bring puck to net) ①, ① defends, on next whistle, the current puck is done, ③ passes to ④, now ④ attacks net while ②, now becomes the defender, he moves his feet and defends vs. ④. On the next whistle, ④ becomes the defender vs. ① (who has taken ②'s spot). Drill is continous. For the 2 on 2 portion, 2 △ defenders start in front of the net, with 2 ○'s coming out of the corner. KEY POINTS: angle/stick on puck / body on body / MAN/ME/NET OR NET/ME/MAN. Great drill for competition and defending down low 1 on 1 and 2 on 2. very high energy.



Key points:

SMALL GROUP DRILLS FOR SKILLS AND SCORING

By Enio Sacilotto, Assistant Coach, Victoria Royals, President, International Hockey Camps

Coaches are often looking for small group drills to work on skills, conditioning and goal scoring. Here are 4 drills that are designed for small area scoring. Defensemen are welcome to join in as well! Stress quickness, but proper skating, shooting and tracking rebound techniques!

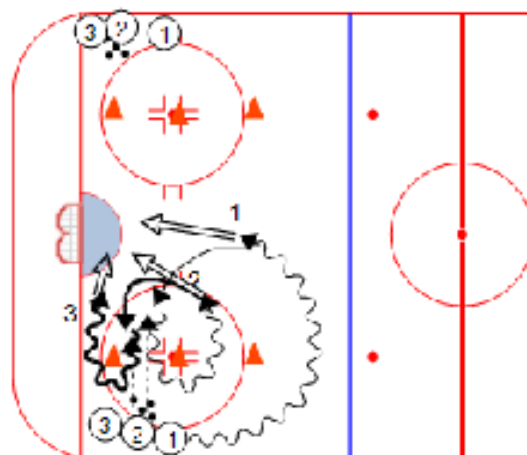


TIGHT TURN GIVE & GO DRILL

Player 1 skates to the right, does a sharp tight turn towards the boards, passes to player 2, does another quick tight turn towards the boards, goes around the net and player 2 finds player 1 in the slot for a quick shot. Other side goes.

Key points:

BE QUICK / FIND A SPOT IN THE SLOT WITH STICK ON ICE / QUICK SHOT / TRACK REBOUNDS.

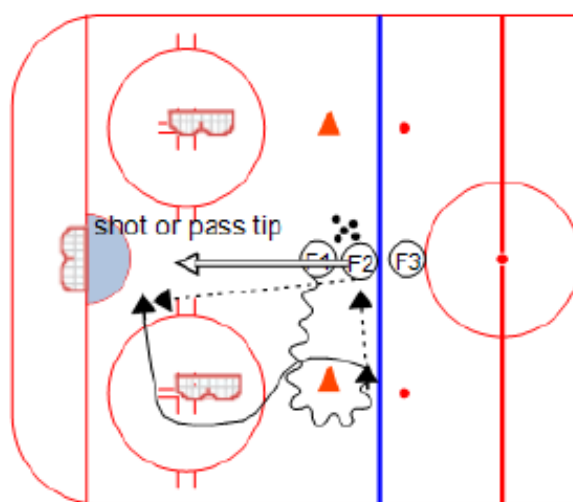


THREE QUICK SHOTS DRILL

Player 1 goes around 1st pylon for a quick shot in the slot, comes back between the 2 lower pylons, gets a pass from player 2, goes around the 2nd pylon and takes a quick shot, player 1 comes back, gets a 2nd pass from player 2 then goes around the 3rd pylon and attacks the net low for the 3rd shots. Alternate sides.

Key points:

QUICK RELEASE ON SHOTS / TRACK REBOUNDS / QUICK FEET

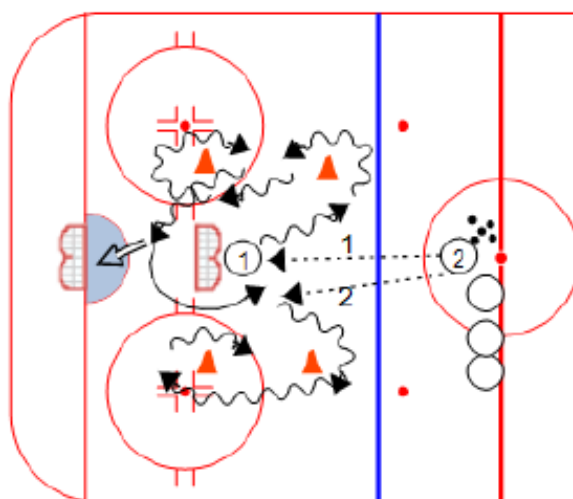


GO TO THE NET DRILL

F1 does a tight turn around the pylon, as he comes through his turn he passes to F2, then goes around the net looking for a return pass or a shot/tip. Alternate sides.

Key points:

EYES UP / STICKS ON THE ICE / GO TO THE NET HARD



TURN & SHOOT QUICK DRILL

Nets and pylons are set up as diagramed. Player 1 starts in front of the net, player 2 passes a puck to player 1, player 1 does a tight turn on the first pylon (from the inside out), goes around the 2nd pylon by the net (does a 360 from the inside out), then attacks the net, after tracking the puck, player 1 comes back receives a second puck and repeats on the other side.

Key Points:

QUICK FEET ON TURNS / QUICK RELEASE ON SHOTS / TRACK REBOUNDS.