



# Practice Plan



Team: DCW 2015-2016

Practice No.: \_\_\_\_\_

Date : \_\_\_\_\_

Time: \_\_\_\_\_

Duration: \_\_\_\_\_

Version No.: \_\_\_\_\_

Prepared by: Kai Katajalehto

## Objectives / Main tasks :

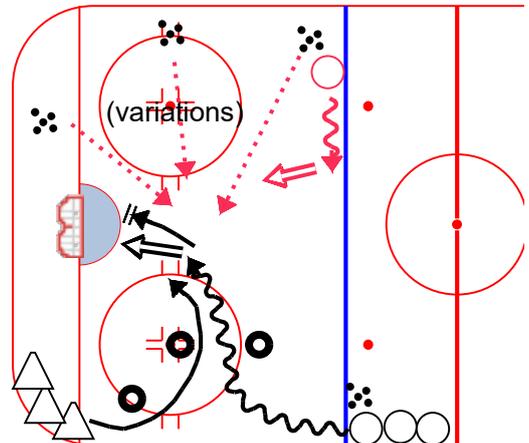
Favorite quote:  
 "Work for a cause, not for applause. Live life to express, not to impress. Don't strive to make your presence noticed, just make you absence felt" - Unknown

Drill no. : 1      Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Individual/small group skill drill      Category #1 :       Category #2 :

### Description

Scoring under pressure  
 △ Defend  
 ○ Attack  
 ○ starts the drill △ reacts to ○ movement  
 both skate through cones. 2-4 rounds then change roles  
 variation:  
 ○ starts without the puck and receives the puck under pressure and scores  
 Pass + point shot  
 △ good box out drill when you add pass and point shot



Key points:

protect the puck	stick on puck
shoot from the stride	prevent scoring

Drill no. : 2      Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

### Categories

\_\_\_\_\_

Drill Title : WARM UP

\_\_\_\_\_

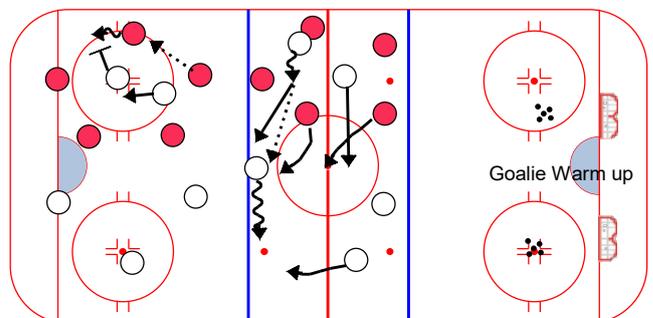
Components : \_\_\_\_\_

Content elements : \_\_\_\_\_

### Description

Warm up puck possession game  
 5vs2 -> 5vs2  
 from the turn over 2 players from the team that lost the puck go and try to win it back

### Key Points

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

[Empty box]

Drill Title : TEAM PLAY DRILL 4vs5 to 5vs5

[Empty box]

Components :

Content elements :

Description

- Attacking team ○ starts from the their OZ corner they. have one F in the weak side corner. So the starting situation is 4vs5
- The defending team's △ oboject is to create fast turnover and breakout
- the Forward in the weak side corner joins the backcheck when the ○ loses the puck
- play 20-30 second 5v5

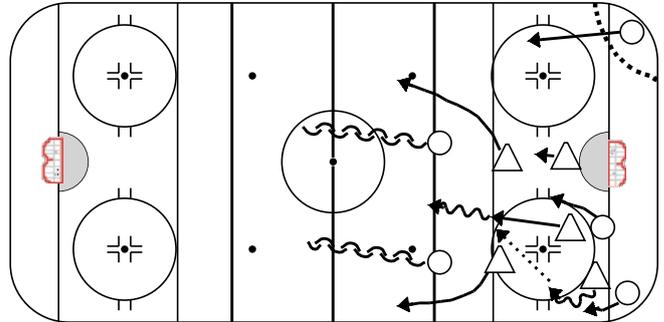
Key Points

[Empty box]

[Empty box]

[Empty box]

[Empty box]



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

[Empty box]

Drill Title : A Game To Develop Competitiveness

[Empty box]

Components :

Content elements : hyökkäys-/puolustusvalmius

Description

- 2vs2
- Teams can score to both nets
- short shifts
- tight gap and marking, read and react your playing role

Key Points

[Empty box]

[Empty box]

[Empty box]

[Empty box]

