



# Practice Plan



Team: DCW 2015-2016

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

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

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

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

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

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## 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 your absence felt" - Unknown

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

Title : Individual/small group skill drill Category #1 : Scoring Category #2 : win 1v1

### 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

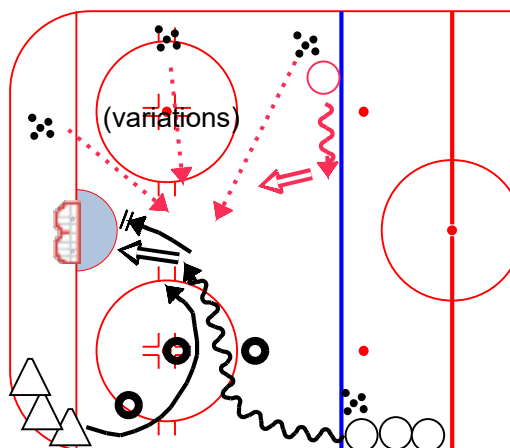
Key points:

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 : \_\_\_\_\_

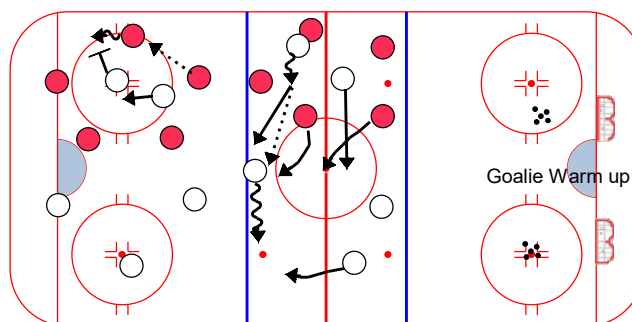
Content elements : \_\_\_\_\_

### 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 :

Drill Title : TEAM PLAY DRILL 4vs5 to 5vs5

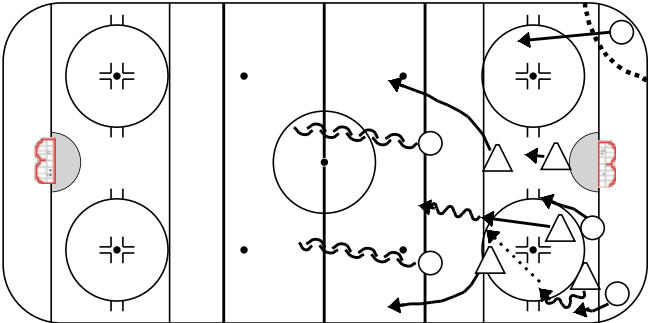
Components :

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 △ object 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



Drill no. : 4

Duration : Minutes

From : To :

Drill Title : A Game To Develop Competitiveness

Components :

Content elements : hyökkäys-/puolustusvalmius

Description

2vs2  
Teams can score to both nets  
short shifts

thight gap and marking, read and react  
your playing role

Key Points

