



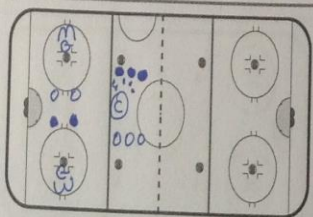
CANADIAN NATIONAL SLEDGE HOCKEY TEAM PRACTICE PLAN

SMALL AREA GAMES / TRANSITION FOCUS

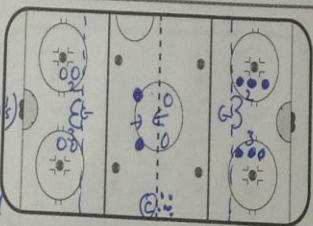
BARRY MEDORI

Date: _____ Duration: _____ (min)

Time:	Drill Name:
	GREENLIGHT 2vs2
<ul style="list-style-type: none">• 2vs2 BLUELINE DOWN (CROSS ICE)• TEAMS CAN SCORE ON EITHER NET• SHORT SHIFTS / CHANGE ON THE FLY (OUTSIDE BL)• PLAYERS MUST WAIT UNTIL ZONE IS CLEAR OF THEIR TEAMMATES BEFORE ENTERING	
Key Teaching Points (KTP):	
<ul style="list-style-type: none">• NEW PUCK ON GOALS	
Key Execution Points (KEP):	
<ul style="list-style-type: none">• QUICK TRANSITION & SUPPORT• COMMUNICATION• GAME SENSE	



Time:	Drill Name:
	FINNISH 2vs2
<ul style="list-style-type: none">• 2vs2 INSIDE RINGETTE LINES• ATTACK END THEIR TEAMMATES ARE AT (1800)• TO SCORE, MUST PASS UP ICE TO EITHER 02/02 OR 03/03 LINE FIRST. BECOMES A GIVE & GO PLAY	
Key Teaching Points (KTP):	
<ul style="list-style-type: none">• 02/03 & 02/03 LINE CAN'T SCORE (CAN CHANGE RULES TO ALLOW THEM TO)• 20-30 SECOND SHIFT & CHANGE• NEW PUCKS FROM 0 ON GOALS / MISSED PASSES	
Key Execution Points (KEP):	
<ul style="list-style-type: none">• TRANSITION & SUPPORT• DEFENDING A 3vs2• GIVE & GO OPTIONS• 1 TIME SHOOTING	



Time:	Drill Name:
<ul style="list-style-type: none">• 3vs3 IN NEUTRAL ZONE• GOAL IS SCORED OR PUCK CROSSES BL, 0 FROM THAT SIDE PASSES PUCK TO HIS TEAM IN NZ & PLAY CONTINUES	
Key Teaching Points (KTP):	
<ul style="list-style-type: none">• 20-30 SECOND SHIFTS• ON LINE CHANGES, WAIT FOR NZ TO CLEAR• & ALTERNATE WHICH TEAM STARTS WITH THE PUCK	
Key Execution Points (KEP):	
<ul style="list-style-type: none">• FILL LANES ON SUPPORT• DET DRIVES & DEFENDING• GOALIE AWARENESS ON SHOTS (GET PUCK BEHIND HIS BLUELINE)	

