

PRACTICE PLAN

Kris Knoblauch

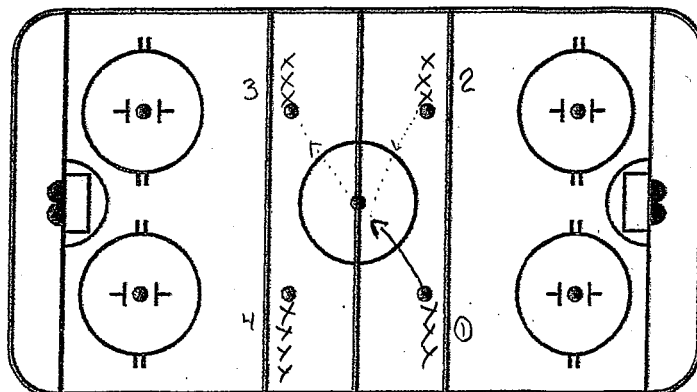
TIME

DRILL Golden Bear One Touch

1. Player 1 skates across. Receives pass from Player 2. One-Touch to player 3. Player 1 back of line 3.
2. Player 2 repeats.

Add pass to skates or spins with puck.

KEY TECHNICAL POINTS



KEY EXECUTION POINTS

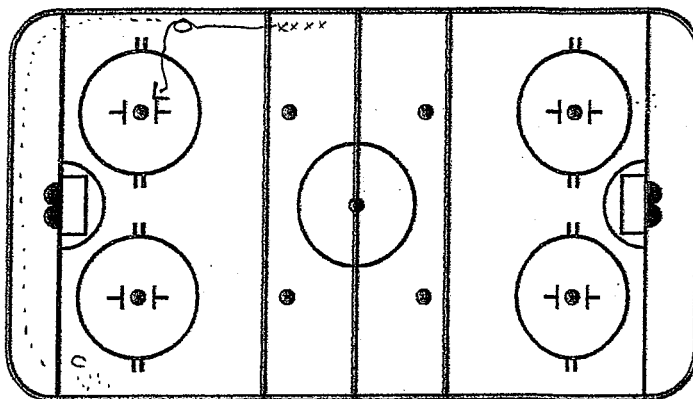
Depending on # of players, either 2 or 3 groups.

TIME

DRILL Spin and Drive

1. Coach rins puck. Player picks up off boards.
2. Player spins (protects puck) and drives to middle for shot.

KEY TECHNICAL POINTS



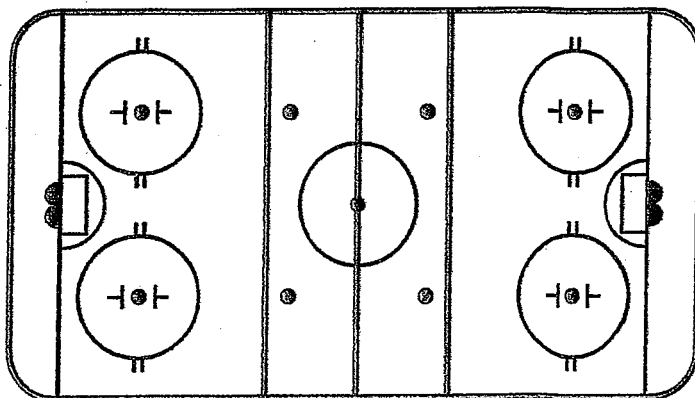
KEY EXECUTION POINTS

TIME

DRILL 5 vs 5 Touch up

1. Coach spots puck. 5 vs 5 play.
2. Coach whistle. Defensive forwards touch red line and back into zone. D touch Blue line.
3. Coach spots 2nd puck. 5 vs 5 again.

KEY TECHNICAL POINTS



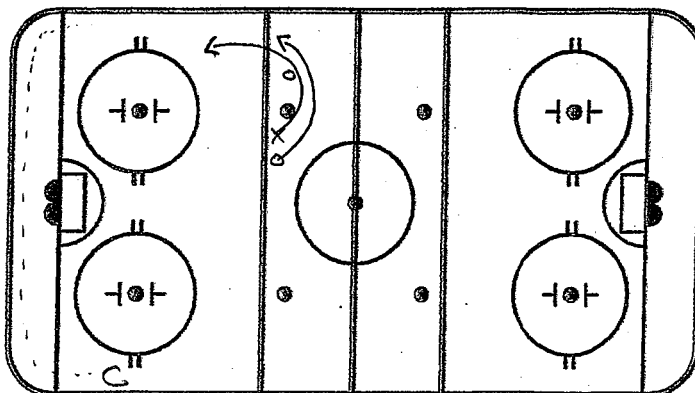
KEY EXECUTION POINTS

PRACTICE PLAN

TIME

DRILL Manson Battle

1. Coach rim puck to corner, 2 players around pylon and battle for puck.
2. 1st player to breakout with puck. 2nd player to take puck away and score.
3. Two teams play at each end.



KEY TECHNICAL POINTS

1. One point for shot on net.
2. Three points for goal.

KEY EXECUTION POINTS

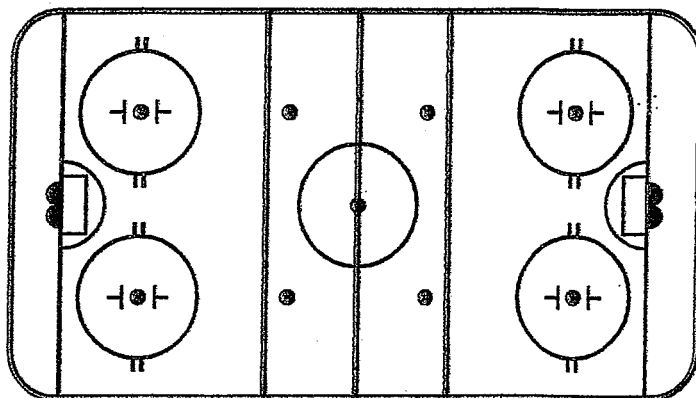
TIME

DRILL

Book:

The Boys in the Boat

by Daniel James Brown

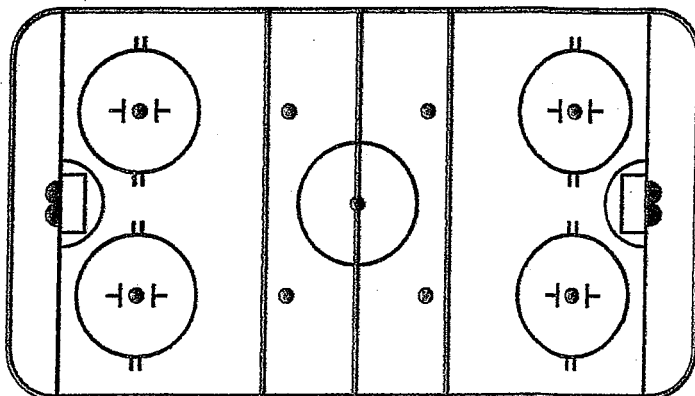


KEY TECHNICAL POINTS

KEY EXECUTION POINTS

TIME

DRILL



KEY TECHNICAL POINTS

KEY EXECUTION POINTS

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