



Practice Plan



Team: Okotoks Oilers

Practice No.: AJHL

Date : Enio's Club

Time: _____

Duration: _____

Version No.: _____

Prepared by: Bobby Fox

Objectives / Main tasks :

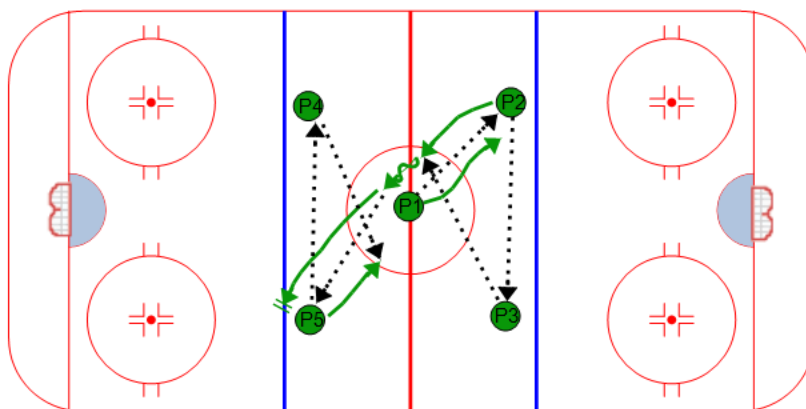
Skill: Continuous Give & Go Passing
 Team Skill Warm-up: Kootenay Give & Go
 Team Play Drill: Malkov 2 on 1 Continuous
 Game: Net Circle Battle
 Book: Goldmine Effect

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

Title : Continuous Give & Go Pass Category #1 : Warm Up Category #2 : Passing

Description

This passing drill strives to help players develop a feel for the give & go pass. Five players are needed for each group. Depending on how many players you have they can be spread around the ice to create several groups of five. Each group will only use one puck. P1 starts the drill by passing to P2 and then following their pass to apply passive pressure on P2. P2 then passes to P3, puts a move on P1 and skates around P1 to receive the pass back from P3 in the middle of the box. P2 then repeats the same action with P5. When p1 gets the puck back at center ice, then they can switch the direction by passing to P4 and performing several reps the other way. The drill should start slow and as players develop a feel for the flow they will start to speed up and get into a good rhythm.



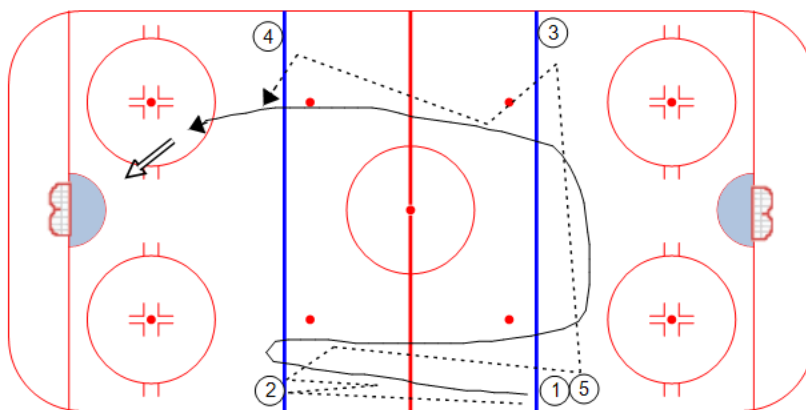
Key points : _____

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

Title : Kootenay G&G Category #1 : Warm-up Category #2 : Passing

Description

1 passes to 2, back to 1, to 2. opens up at blueline and receives another pass from 2. 1 passes to 5, 5 to 3, 3 to 1, 1 to 4 and shot.



Key points : _____

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

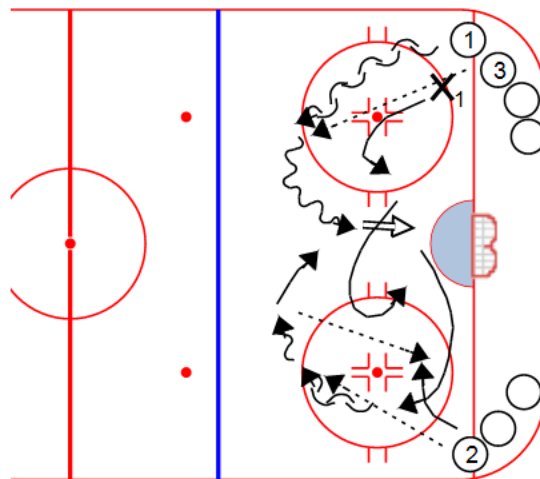
Title : Malkov 2 on 1 Continuous

Category #1 : TRANSITION

Category #2 : 2v1

Description

- O1 pivots and backs out of corner to receive pass from O3
- O1 attacks X1 defender
- X1 goes 1v1 against O1
- O1 now swings to other side....pivots in front of O2.....receives pass and now attacks X1 2v1 with O2



Key points:

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

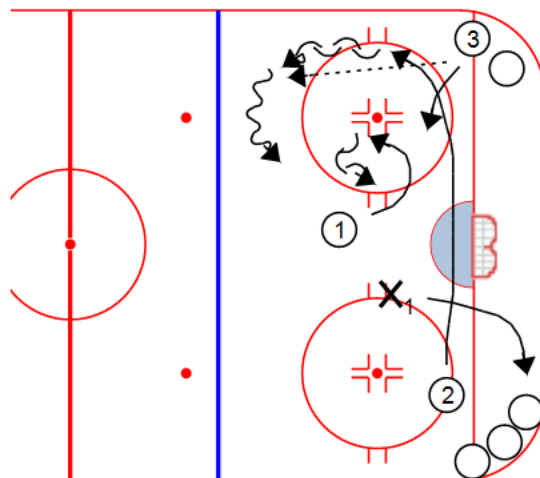
Title : Malkov 2 on 1 Continuous (se

Category #1 : TRANSITION

Category #2 : 2v1

Description

- After 2v1 attack X1 drops out....O1 now becomes the defender.
- O2 now pivots in front of O3.....receives pass and they both attack O1
- Key to Rotation.....attack twice, defend once and then change.



Key points:

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

Title : Net Circle Battle

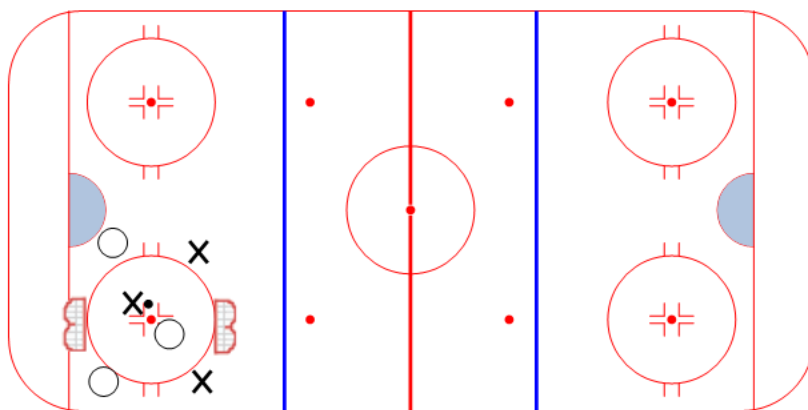
Category #1 : 1v1 Battle

Category #2 : Shooting

Description

X & O battle 1v1 in the face-off circle. They must stay within the circle and can pass to their teammates at any time.

O's teammates are on either side of the opposition net. They must stay outside the circle and can not cross the hashmarks.



Key points :

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