



# Practice Plan



Team: Drill of the Month 2014

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

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

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

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

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

Prepared by: Wade Burt

## Objectives / Main tasks :

Quote: When you have fun, it changes all the pressure into pleasure  
- Ken Griffey

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

Warm-up Drill

Drill Title : Detroit Drill

Passing

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

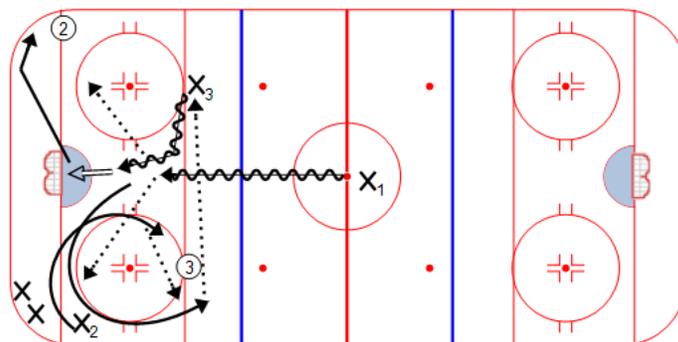
### Content elements :

#### Description

X1 skates up middle and passes to X2 in corner. X1 swings deep and up boards.  
X2 jumps into middle and passes back to X1 wide. X1 then passes to X3 on ringette line.  
X1 replaces X3  
X3 goes in and shoot then into corner.  
X2 goes to line at center.  
Flow an drotation

#### Key Points

- Timing
- Passing
- Head up



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

#### Categories

Agility

Drill Title : 3 Pylon Cross-overs

Puck Control

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

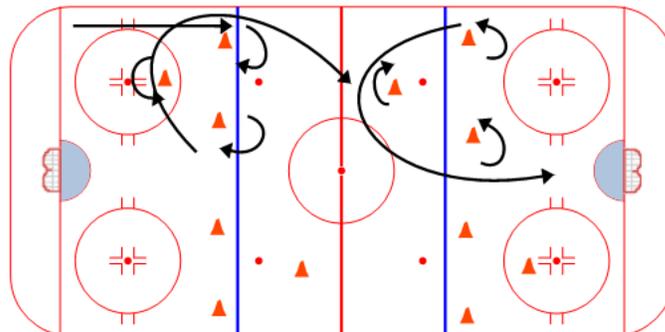
### Content elements :

#### Description

Puck Control and agility

#### Key Points

- Tight turns
- Cross overs
- Shooting in stride



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

Title : Cycle Series #1 Category #1 :  Category #2 :

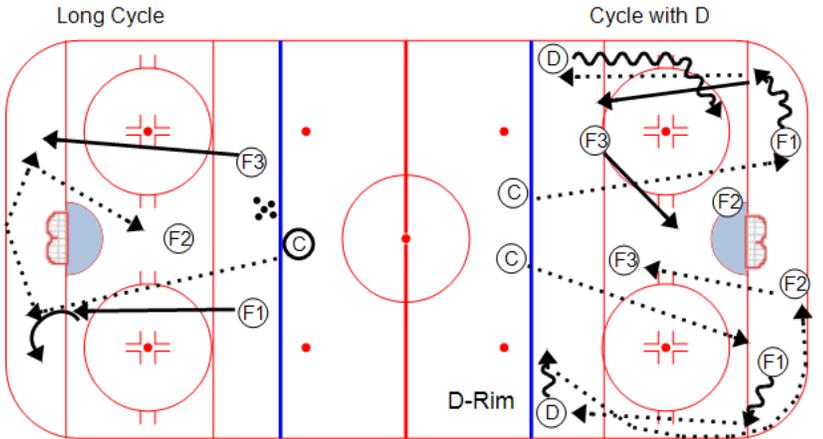
**Description**

Each line runs through each cycle 2 times.

1) Long Cycle: F1 goes and cycles puck behind net to F2 who hit F3 or F1

2) D-Rim: F1 collects puck and passes to the D. D drag to middle and rim puck behind net to F2. F2 hit F3 or F1

3) Cycle with D:  
F1 collects puck and skates up boards towards D. D comes down on the outside. Get puck and attacks net.



Key points :

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

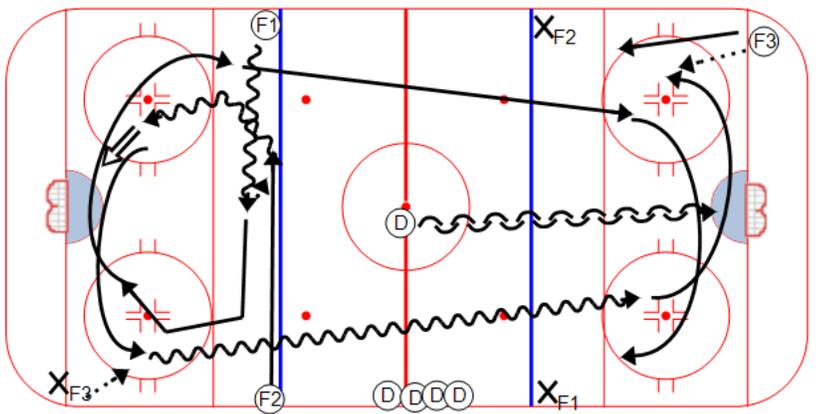
Title : California Skills Category #1 :  Category #2 :

**Description**

O1 and O2 start at Blue line and cross and drop attacking 2 vs 0. The players get 1 shot. After shot they get a pass from X3 out of corner and attack 2 vs.1.

After 1 shot They re-group and get a pass from O3 who joins rush 3 on 1. After shot they re-group with O3 again and attack 3 vs. 2. After shot F3 get a break away pass from corner.

Once O3 crosses blue X1 and X2 attack 2 on 0.



Key points :