



Practice Plan

Team: DWC 2014-2015

Practice No.: _____



Date : _____

Time: _____

Duration: _____

Version No.: _____

Prepared by: KATAJALEHTO/Vaasa Sport U16

Objectives / Main tasks :

"Patience is bitter, but it's fruit is sweet." -Aristotle

"Developing Sport Expertise - researchers and coaches put theory into practice"

Edited by Damian Farrow, Joe Baker, Clare MacMahon

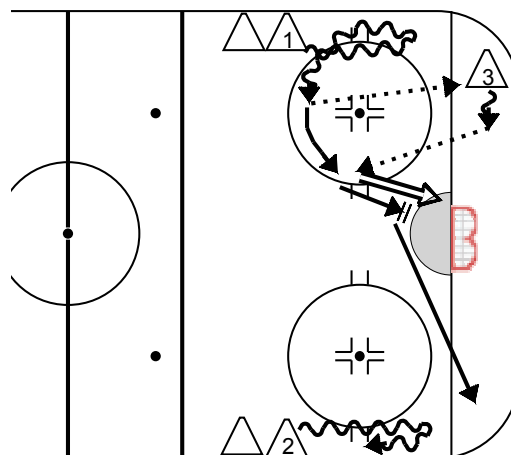
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : INDIVIDUAL/SMALL GROUP DR Category #1 : _____ Category #2 : _____

Description

1 moves and makes an escape move and then passes (direct or indirect) to 3. 1 skates to scoring area and shoots onetimer and goes for rebound.

then 1 goes to opposite corner and 2 starts the drill again.



Key points:

onetimers/recieve and sh

readiness to shoot

quality of passing

rebounds

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

Categories

Drill Title : TEAM WARM UP

Components : _____

Content elements : _____

Description

3vs3 puck possession game with different rules in neutral zone

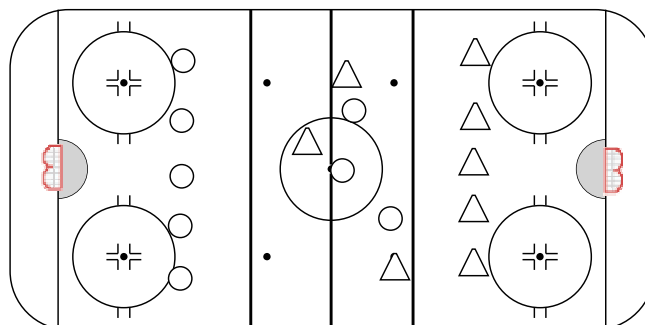
1. puck only on forehand
2. only backhand passes
3. receive and pass
4. two pucks in the game

general rule: you can pass to resting players to create space.

Key Points

pass and move

see the game



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

Categories

PELITIL. TRANSITION

Alivoimatilanne

Drill Title : OFFENSIVE OR DEFFENSIVE TEAM PLAY DRILL

Components : _____

Content elements : _____

Description

2+1 vs 3+1 continuous transition
F1/F2 attack and D1 supports to high slot and leave, F1/F2 after attacking backcheck below blueline
F1/D1/D2 start defending from the NZ, when puck goes over the redline F2 support to DZ. F1/F2 attack against new F/D/D after a turnover and D1 or D2 supports.

Key Points

defensive triangle

use the man advantage

zone entry

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

Categories

Drill Title : A drill or game to develon Competitiveness

Components : _____

Content elements : _____

Description

"Last Man Standing"
skating competition, skate end to end winner of the heat gets out others must continue for the next rounds, untill there's "Last man standing"

Key Points