



# 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

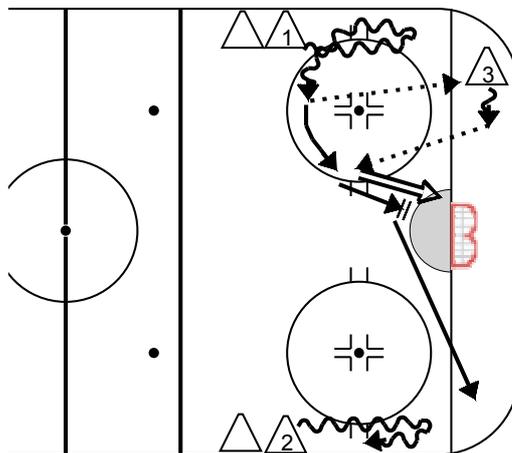
"Developing Sport Expertise - researchers and coaches put theory into practice"  
 Edited by Damian Farrow, Joe Baker, Clare MacMahon

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

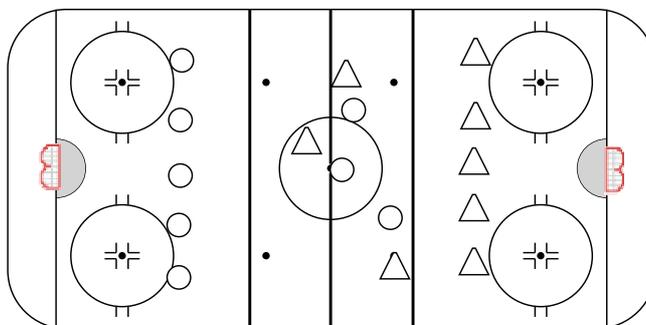
3vs3 puck possession game with different rules in neutral zone

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

**Drill Title :** OFFENSIVE OR DEFENSIVE TEAM PLAY DRILL

Alivoimatilanne

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

**Content elements :** \_\_\_\_\_

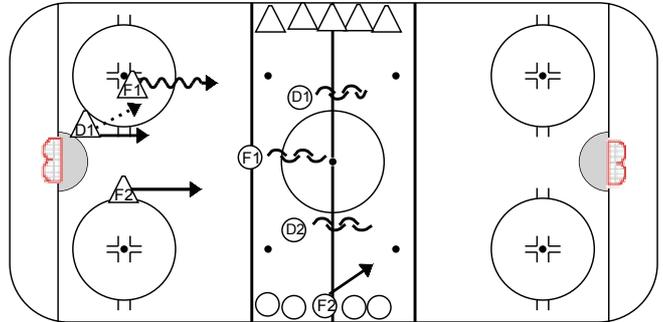
**Description**

**2+1 vs 3+1 continuous transition**

F1, F2 attack and D1 supports to high slot and leave, F1, F2 after attacking backcheck below blue line  
 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 develop 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, until there's "Last man standing"

**Key Points**

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- 
- 
- 

