



Practice Plan



Team: DWC 2013-2014

Practice No.: _____

Date : _____

Time: _____

Duration: _____

Version No.: _____

Prepared by: Kai Katajalehto Asst. Coach Vaasa Sport U

Objectives / Main tasks :

"Don't count the days, make the days count." Muhammad Ali

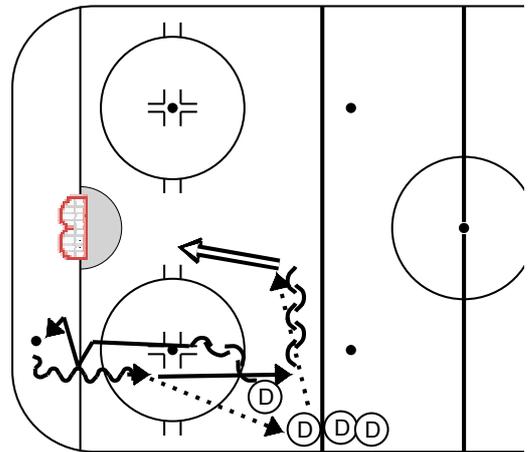
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : D Break out pass and shoot Category #1 : _____ Category #2 : _____

Description

Individual or small group skill drill

1. puck to corner
2. start backwards the turn
3. peek, deke, escape move
4. pass to blueline from skating
5. skate to blueline facing the puck - shoot from the pass



Key points:

- | | |
|----------------------|---------------|
| check your shoulders | move and pass |
| escape | onetime |

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

Categories

Drill Title : NZ team passing flow x3

Components : _____

Content elements : _____

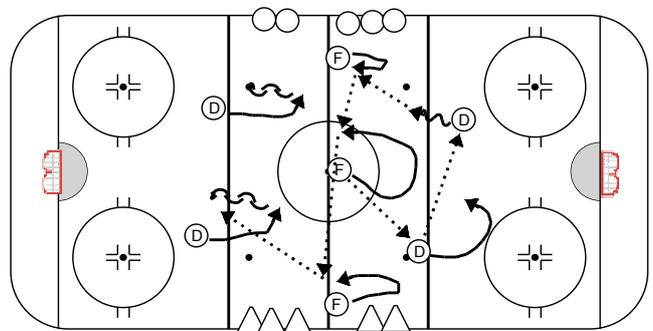
Description

TEAM SKILL warm up

3 x re-group then leave and new line in .

Key Points

- | |
|-----------------|
| passing quality |
| receive |
| timing |
| |



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

Team Play Drill

Drill Title : 2 vs 2 + jokers on "point"

Components : _____

Content elements : _____

Description

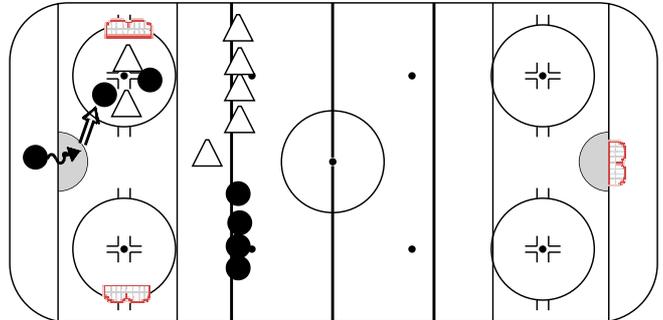
2vs2 + jokers on the "point"
 - you have to pass to point when you get the puck
 - point man can only move lateraly
 - you can't defend the point man, play your 2 on in front of the net.
 - play 20 to 30 seconds
 - rotation: point man goes to play. from the blueline come partner for him and the new point man.

Key Points

Box out

Screen the goalie

Rebounds

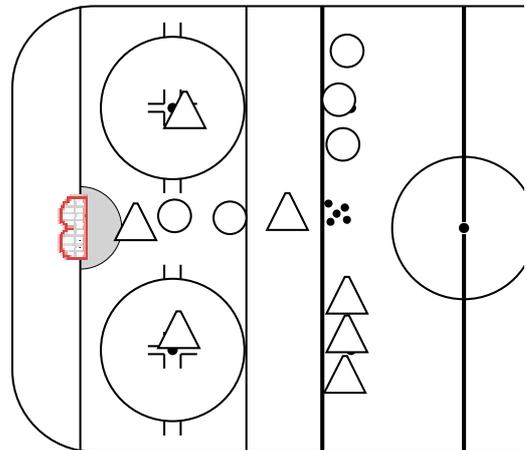


Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Special Teams Game 4vs2 Category #1 : _____ Category #2 : _____

Description

Game to develop competitiveness / and PP/PK principles
 PP unit has 60 seconds to score as many goals as they can.
 If PK pair intercept or win the loose puck they can not clear it out, but they have to hold on to it as long as they can (this forces the PP unit be first on loose pucks)
 If PP scores, goalie covers the puck or the puck is out off the area the point man takes a new puck from the blueline.
 keep score



Key points:

one timers

positioning (shooting lan

screen

sticks on ice