



# Practice Plan

Team: DWC 2013-2014

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



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

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

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

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

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## Objectives / Main tasks :

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

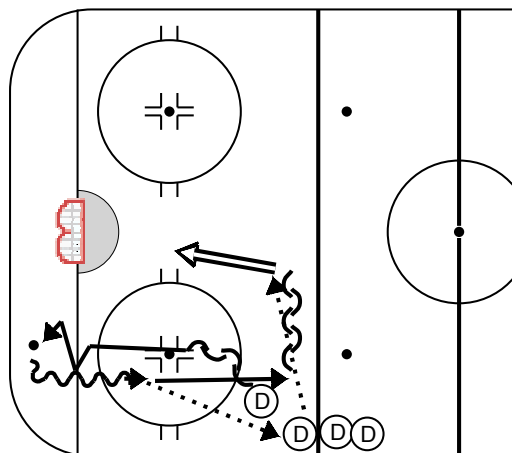
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

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

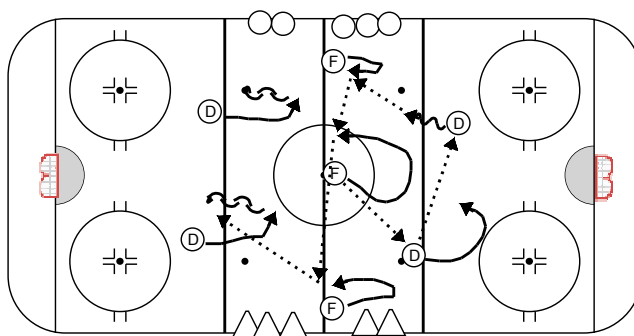
3 x re-group then leave and new line in .

### 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

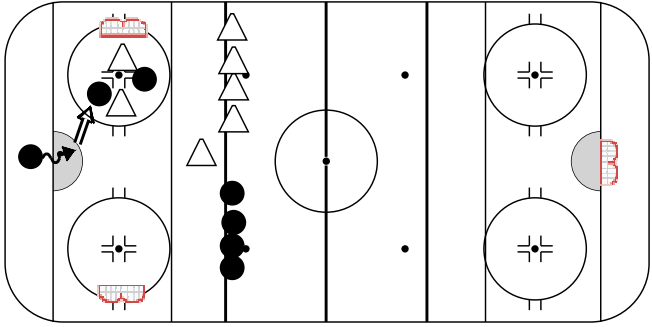
- rotation: point man goes to play. from the blueline come partner for him and the new point man.

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

screen

positioning (shooting lan

sticks on ice

