



# Practice Plan

Team: Magnitogorsk Metallurg KHL

Practice No.: DWC



Date : 2013

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

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

Version No.: 1

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## Objectives / Main tasks :

Drill of the Week Club

1. Individual - Geno Shoot. 2. Team Skill - VIP Pass and Shoot. 3. Team Play - Marlie 2 vs 2 4. Compete - 2-1 Corner

Quote:

"Skill lets you play the game - heart and character let you be a player."

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

Title : Geno Shooting Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

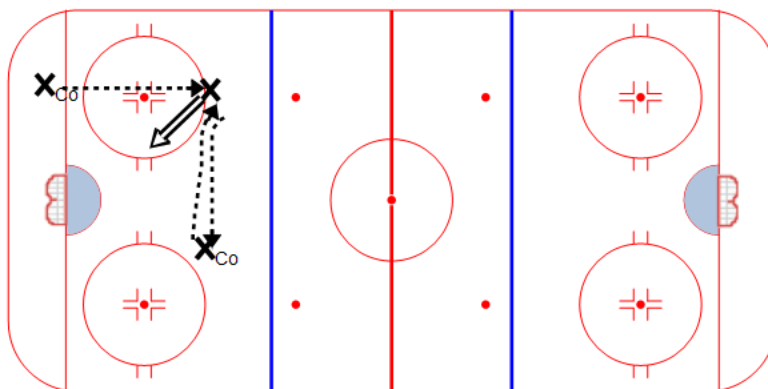
### Description

Quick Release

- skill work on handling the puck (passing) and quick release shooting (one timer or quick release).

X1 is top of circle, Coach 1 other top of circle and Coach 2 below goalline. (can use players other than coaches as well). C1 passes to X1, X1 passes back. As soon as X1 passes back, C2 passes to X1 for shot. Repeat 5 to 10 times. X1 then skates all the way around the ice and sets up on other top of circle for same process.

Options - can put X1 anywhere and C1 C2 anywhere to diversify shooting.



### Key Points :

Quick release

Hit the net

Yell for puck

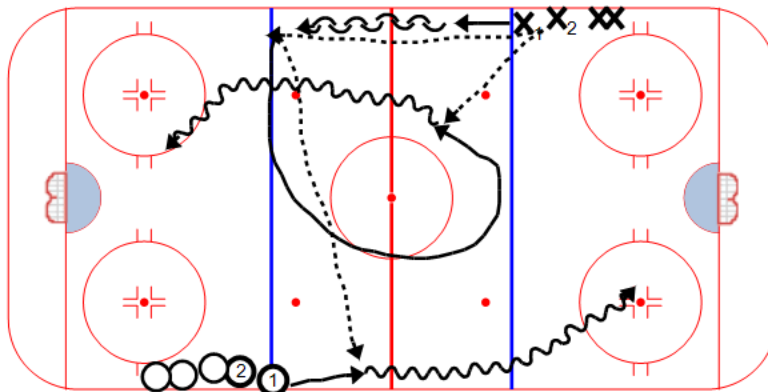
Intensity

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

Title : VIP Pass and Shoot (Mag) Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

### Description

X1 takes off and pivots to backwards, along boards. Gets pass from X2 who is in same line. X1 opens up and outlets to O2 exploding off blue line. O2 drives in for shot. Same on other side with O1 passing to X2 who goes in for shot. Now X1 and O1 continue around centre ice circle for pass from original lines and drive in for shot.



### Key Points :

Speed

Communicate

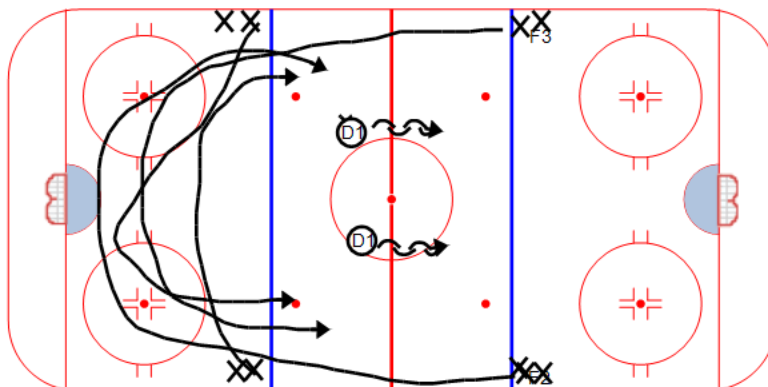
Shoot in stride

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

Title : Marlie 2 vs 2 2X Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

### Description

X's cross under blueline and go through top of circle. Can exchange puck or keep it. Attack D1, D2 2 vs 2. Attack plays out and on whistle, D1, D2 get back up ice for a good gap vs X3X4 from the other end who now cross the blueline and attack.



### Key Points :

Gap

Speed

D get back up ice

F cross deep

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

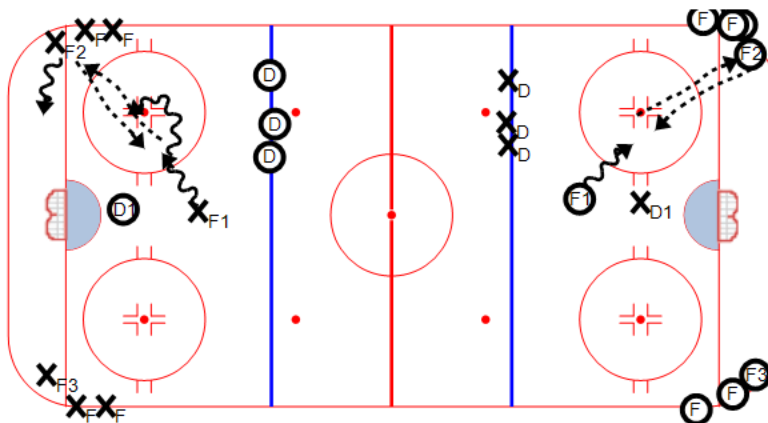
Title : 2-1 End Zone Corners (Mag Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

### Description

F's in each corner with pucks. D1 net front. Other D at blueline with pucks.

F1 starts net front and jumps to corner....gets pass from F2, gives it back and now F1, F2 attack D1...play continues until coach blows whistle (quick attack until puck is out of play) On whistle, F1, F2 get to front of net, D1 boxes out, D2 at blueline shoots. On whistle, F2 now jumps to F3 for a quick 2-1 against same D (D1 handles two 2-1's). Now after point shot, D2 jumps in to handle two 2-1's while F's continue to jump corner to corner.

Work both ends for 5 to 10 minutes (D at end A and F at end B are teammates and vice vers). Keep score.



### Key Points :

Game like intensity

Attack net

Explode

Score