



Practice Plan

Team: 2013-2014 Drill Club

Practice No.: 1



Date : November 2013

Time: _____

Duration: _____

Version No.: _____

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Objectives / Main tasks :

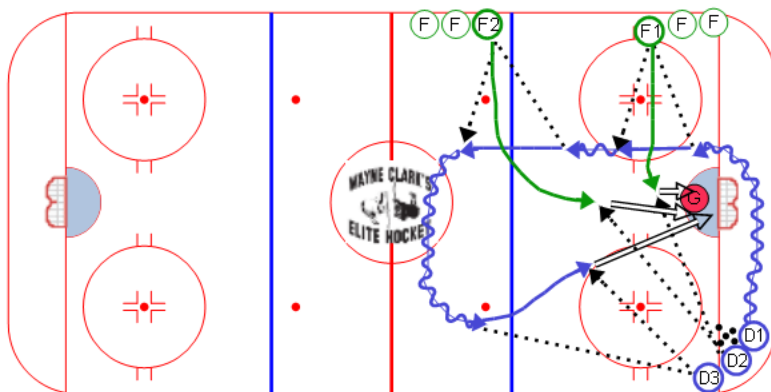
"What lies behind us and what lies ahead of us are tiny matters compared to what lies within us." Emerson
Book: Tell To Win

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

Title : Holdy's Triple Give & Go Content elements: Warmup Components : _____

Description

-D1 starts the drill by carrying the puck around the net and making a pass to F1. F1 gives the puck right back to D1 and D2 performs another give & go with F2.
-After passing to D1, F1 and F2 go to the net and receive a pass from D2. D2 needs to pay attention as they will be making two passes. As D1 circles through center ice and comes back into the zone, they make a pass to the last player in line, in this case it is D3. D1 receives the puck back from D3 and takes a shot from the high slot.



Key Points :

Passing

Shooting

Awareness

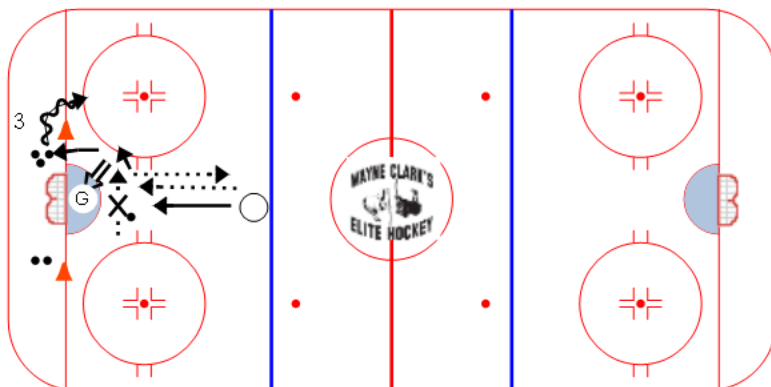
Half Ice

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

Title : Vern's Middle Option Drill Content elements: Goalie Components : G: tracking, low to high, separation from net

Description

1. X passes/exchanges with O. Then O busts straight at X hard. At the last second X bumps the puck to one side or the other.
2. O receives puck and takes quick shot.
3. After shot O picks up loose puck behind goal line near post and finds X in high slot for feed. X takes quick release shot.
4. O can circle in for rebound.



Key Points :

Quick Release

Adjust

Recovery

Separation from D

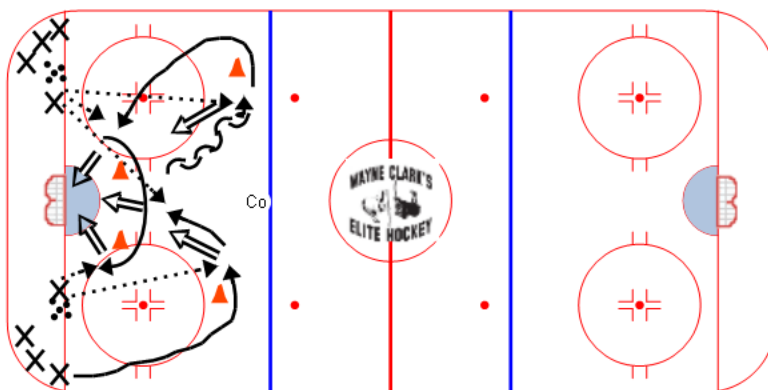
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : SKILL DRILLS -3 pack Content elements: WC Elite Hockey Components : 1-Timers

Description

Assassin Shooting Drill

Players in equal groups in two corners.
 -2 passers are positioned anywhere along goal line.
 -player from one corner begins the sequence by skating to any of the 4 cones, one of the passers gives him a pass for a 1-timer.
 -player must move to each of the five pylons and position for a 1-timer, never knowing until the last second which side the pass will come from. Once 5 shots are done other line starts
 Progress: Follow shots for rebounds



Key Points :

Quick feet

Quick hands

1-time shot

5 pylons

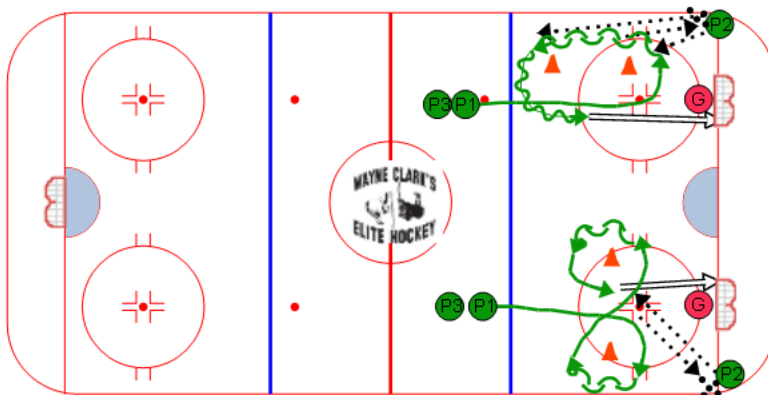
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : SKILL DRILLS -3 pack (seq Content elements: WC Elite Hockey Components : Footwork & Execute

Description

Snepts' Footwork Drill

In one drill the cones are set up parallel to the goal line and in the other one they are set up perpendicular. In both drills the players start outside the zone and inline with the face off dots.
 There is one player that starts in the corner with the pucks. On one side the players do a figure eight while receiving passes from the corner and shooting. On the other side they are going around the cones while transitioning forwards and backwards and making passes to the player in the corner. After two shots the player goes to the corner and becomes the passer for the next player.



Key Points :

Footwork

Execute

Score

Quick Release

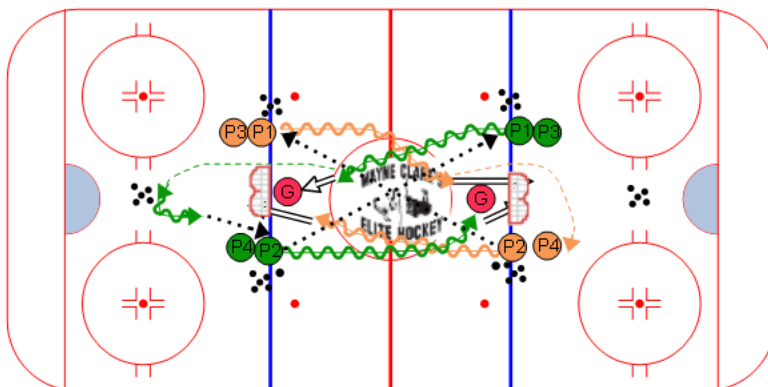
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : SKILL DRILLS -3 pack (seq Content elements: WC Elite Hockey Components :

Description

Pork's Amazing Race

Pucks should be given to each line and then a group of pucks should also be placed in between the hash marks in each zone.
 Whistle, P1 on each team receives a pass from P2 (diagonal pass). When P1 receives it they go in for a breakaway on the opposite goalie. If the player scores, their teammate (P2) picks up a puck right away and goes in for their breakaway shot. If the player misses, they must retrieve a puck from between the hash marks in the zone and deliver it to P2, P2 can then go. Play can go until a team scores 10.



Key Points :

Jump

Execute

Aware

Compete=FUN

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

Title : Anaheim 2 on 1 Content elements: On whistle Components : Pucks at opposite bluelines

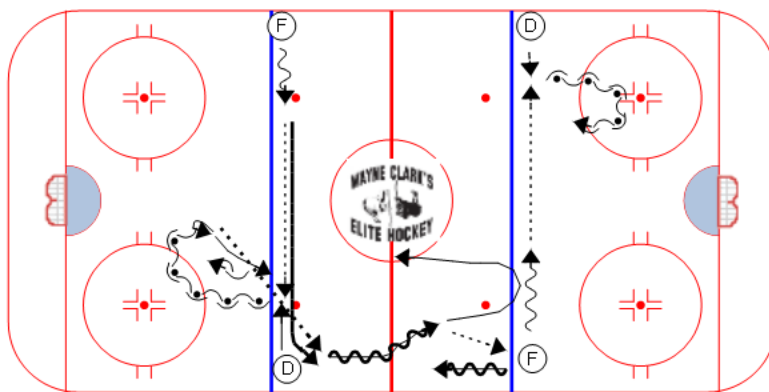
Description

Both F's skate out and pass to the D on the other side who has skated out to the face-off dot.

The D takes the pass and retreats into the DZ and does an escape move. F skates across the NZ and gets a pass from the D.

F passes to the first F in the other line. After the pass she turns up the ice and attacks 2 on 1 with the F who received the pass.

The D has "Gapped" up the ice to play the 2 on 1. Both sides at same time



Key Points : Timing is key D work on spin move Fwd Low Gap vs Attack

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

Title : DETROIT DZONE Content elements: _____ Components : _____

Description

System:

W collapse -Net Fwd HASH Line

Board W -Top of Circle

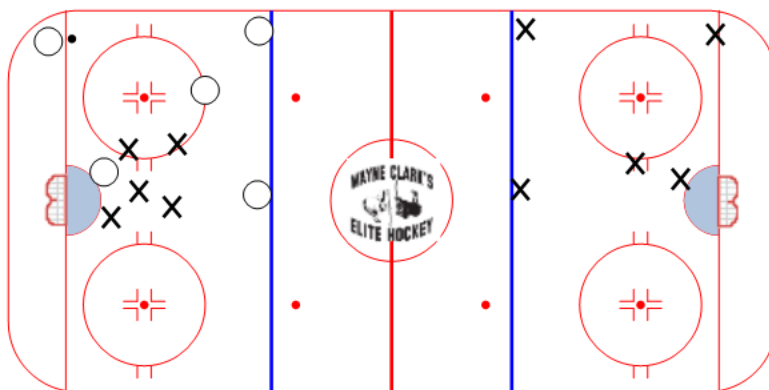
Low 3: Identify - Close - Eliminate

Drill:

5 DEF players in House, Whistle -play it out 5on5 in zone.

Whistle: Offensive Players to Far End, Stop in House, Whistle Activates 5on5.

Note: Offense goes to Defense



Key Points : 5on5 Compact "House" Offense 1st Sequence Defense 2nd sequence

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

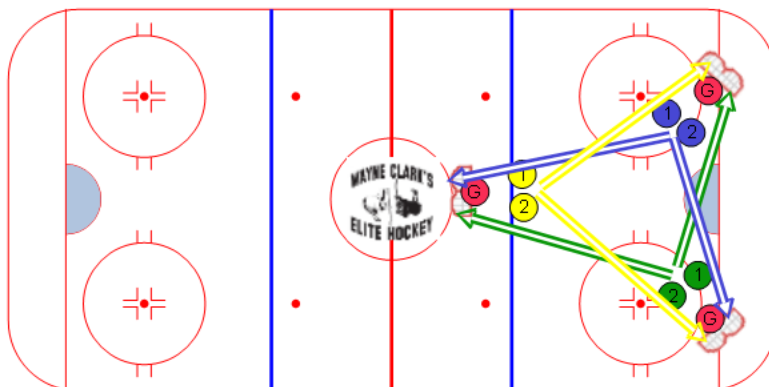
Title : 2 on 2 on 2 Content elements: _____ Components : _____

Description

-Three teams of two play each other with one puck. Each team has a net that they are defending, which means they can score on either of the other two nets.

-If you have more than six players, then you can make it so that the team that gets scored on has to sit out until it is their turn again.

The goals of this drill are primarily creativity and awareness.



Key Points : Competition 3 Nets Creativity Awareness