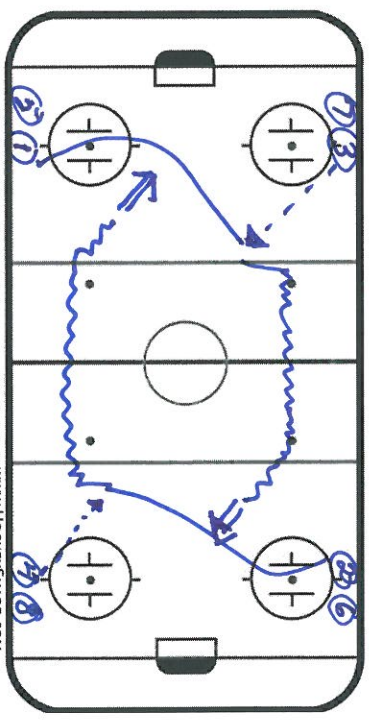


10/12/2013

Practice Date: _____
Hockey Practice Plan

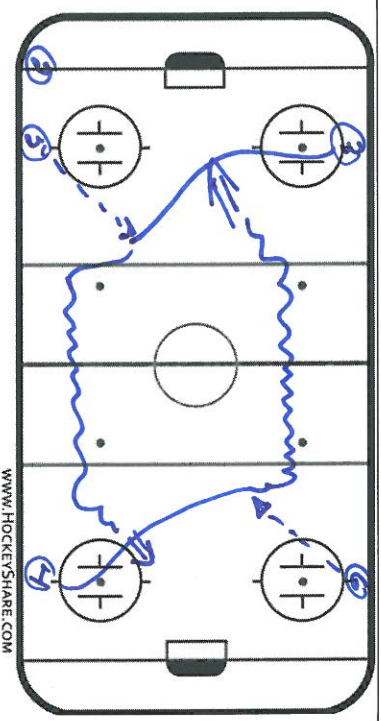
Drill: Lout - Both Ends Length: _____ (A)

- Warm-up Drill
- ① and ② come across ?
- AND REVERSE PASS FROM ③ AND ④



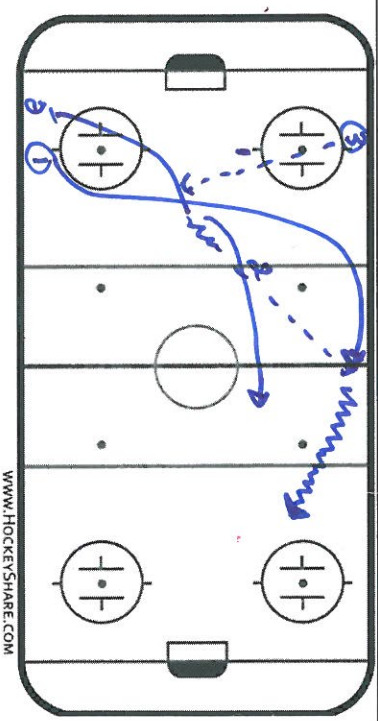
Drill: Pass 2 - Length: _____ (B)

- Opposite sides come out
- & on whistle



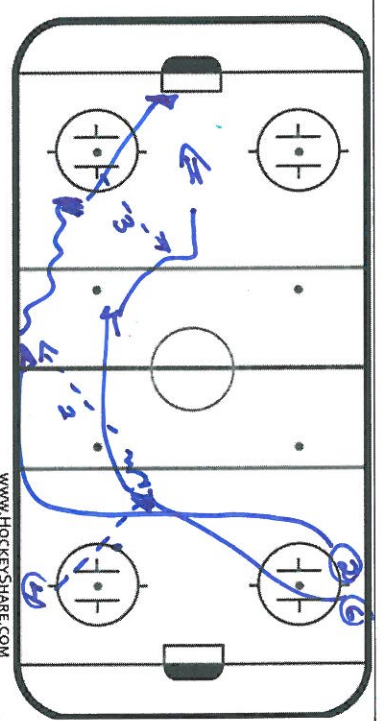
Drill: Lout Length: _____ (A)

- Same Alignment But
- Lout - Pass made to 2nd
- Player --> UP to First out
- and options



Drill: Both Ends Length: _____ (B)

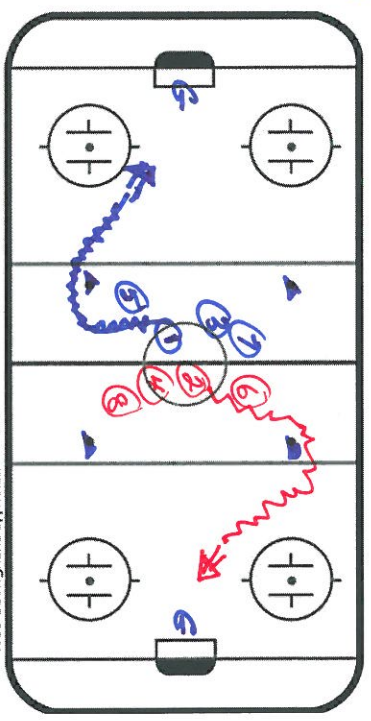
- Same Time
- 2nd Options



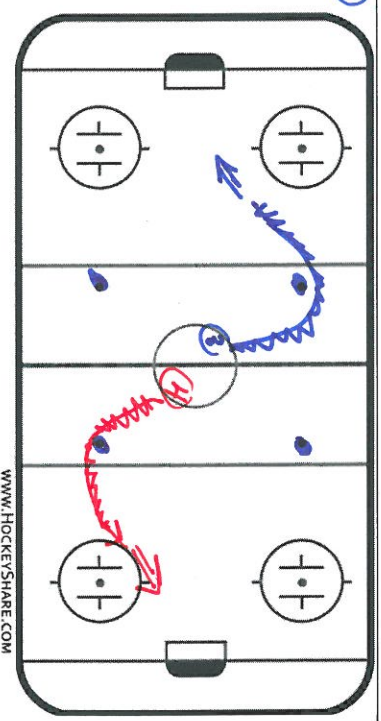
10/12/2013

Practice Date: _____
Hockey Practice Plan

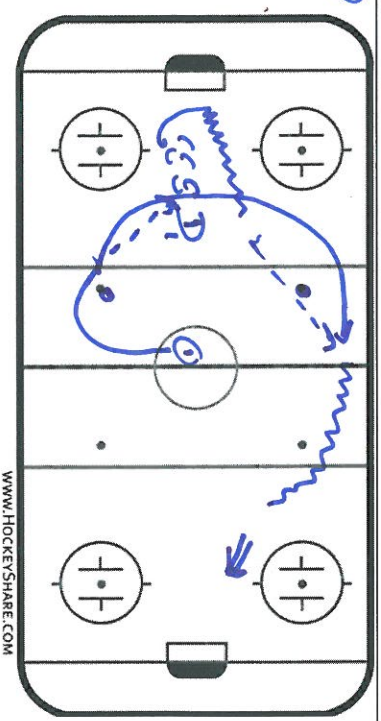
- Drill: CELEBRATE SHOOT #1 Length: _____
- ① AND ③ COME OUT ON WHISTLE (LEFT PLYN)
 - QUICKNESS, CONTROL - SHOOT
 - SHOOT



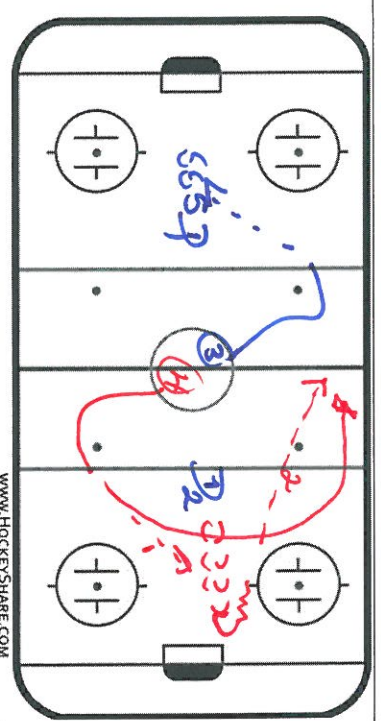
- Drill: _____ Length: _____
- NEXT WHIST OPPPOSITE SIDE
 - ANTICIPATE ON WHISTLE!



- Drill: CELEBRATE SHOOT #2 Length: _____
- ① AS ABOVE BUT ---> D, WHO IS SKATING AWAY.
 - ① SKATE WIDE.
 - D, KICKER W/TIMING, UP ICE AND PASS TO ①



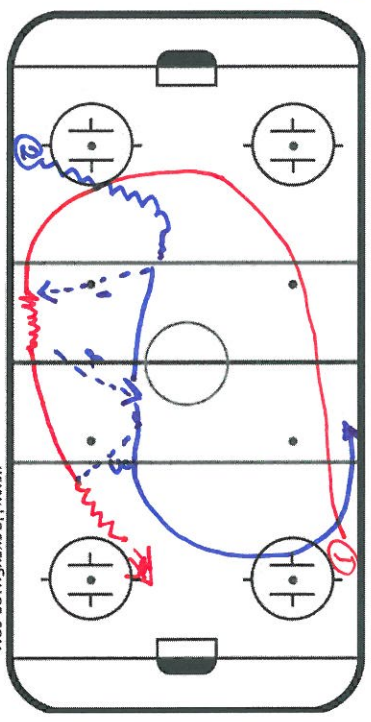
- Drill: _____ Length: _____
- D- RESOLVE AND HOLD FOR
 - ③ COMING OPPOSITE SIDE!
 - RUN BACK AND



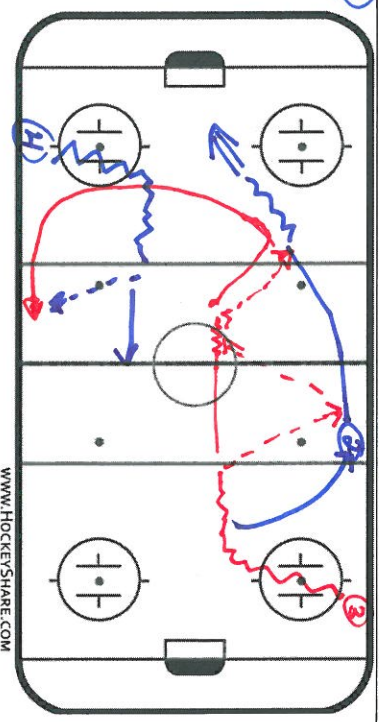
10/12/2013

Practice Date: _____
Hockey Practice Plan

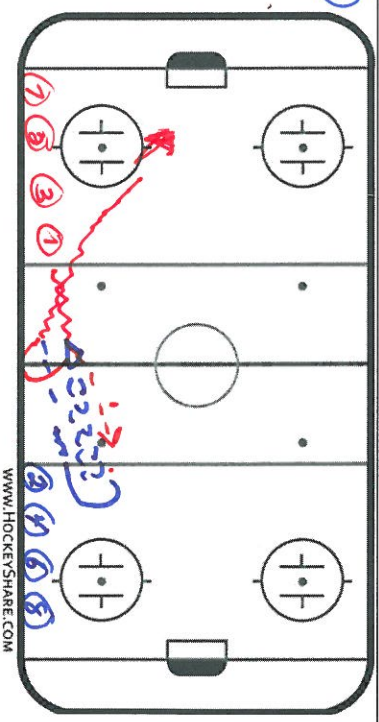
- Drill: INSIDE OUT HOCKEY Length: _____ (A)
- ① - SKATE AROUND HOCKEY STICKS!
 - ② - STEP OUT TO MAKE W/ ROLL
 - SKATE EVEN W/ ① - 3 PASSES
 - ① SHOOT
 - ② LAST PASS - GO WITH & LOCK
 - FOR ③ IN MIDDLE



- Drill: _____ Length: _____ (B)
- * BOTH ENDS @ SAME TIME
 - * SKATE EVEN - QUICK PASSES
 - SKATE DON'T MAKE " "
 - " INSIDE TO OUTSIDE "



- Drill: SKATE MATCH Length: _____ (A)
- ① DRIVE RL TO EL ---> A
 - A, CZZZ RL TO RL - RECOVER
 - AND PASSES ① WHO PASSES ON
 - RL -> GO



- Drill: _____ Length: _____ (B)
- A - SKATE IN A-RECTION AND
 - MAKE SEQUENCES W/ ②

