

Practice plan

Team: Drill of the week



Practice N°: 1

Date: 23 dec 2013

Time: _____

Duration: _____

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Objectives / main task

TOP 5 "formula to optimize the ice time. It is important that players know the key points of each exercise.
No need to waste too much time on the board and minimizes the movement of players on the ice.
Great practice momentum

Drill N°: 1

Duration: Minutes

From: To

Title: 2 on 1 Backcheck

Category #1 Attack Category #2 Defense

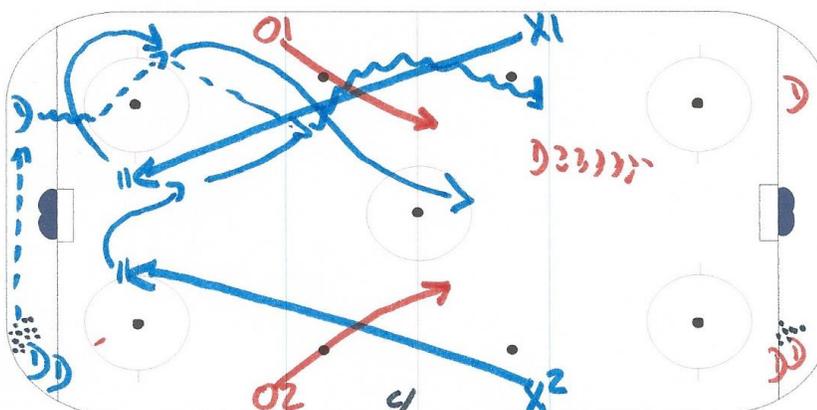
Description

- D stand in the corner.
- F on the blue line.

Start with X1,2, skate hard (BC) inside the dots, on the coach whistle D1 pass to D2 and breakout on X1,2 and rush 2 on 1.

F O1,O2 get ready and when the puck pass the blue line they backcheck hard and try to cancel the rush. Important point, all players involves has to play the rebound (2nd puck)

When the play is dead coach whistle for the next rush on the opposite side. Its a flow drill with control of the coaches.



Key points: Rush againts backcheckers Backcheck inside
Net work OFF/ DEF Conditionning

Comments on execution:

Drill N°: 2

Duration: Minutes

From: To

Title: 2 on 2 continuous

Category #1 NZ puck management Category #2 Man coverage down low

Description

- D stand at the red line
- F on the blue line by colors

GK passes to O1,O2

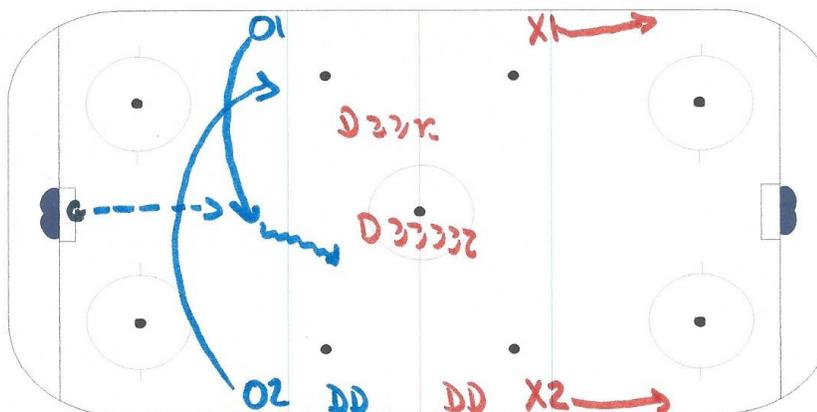
The D's join the plas at the same time

The D as to make the Forwards think and react.

That's mean play hard at the blue line. GAP CONTROL

They play until the GK stop the puck or the D can breakout on the next Forwards X1,X2 stand on the ashmarks

Important: Ask the D to make a play, don't rim the puck all the time.



Key points: Re entry DEF: Gap control
Blue line puck control Attack-Zone-Time

Comments on execution:

Drill N°: 3

Duration: Minutes

From:

To

Title: 2 on 3 Backcheck

Category #1

Category #2

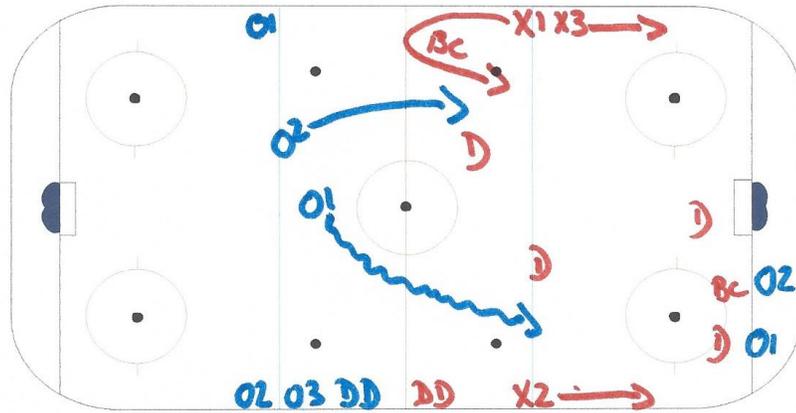
Description

Keep the same disposition then the other drills.

- Same start as the 2 on 2 the only difference is on the fact that as soon the puck carrier skate over the red line, X1 will skate to the red line and backcheck and help the DEF. Good communication is important to keep the structure 2 and 1.

2 work deep in the corner and 1 protect the front of the net.

The follow up of the drill is on the same pattern than the 2 on 2. Get some good flow, mean a great momentum.



Key points:

Comments on execution:

Drill N°: 4

Duration: Minutes

From:

To

Title: 3 on 2 continuous

Category #1

Category #2

Description

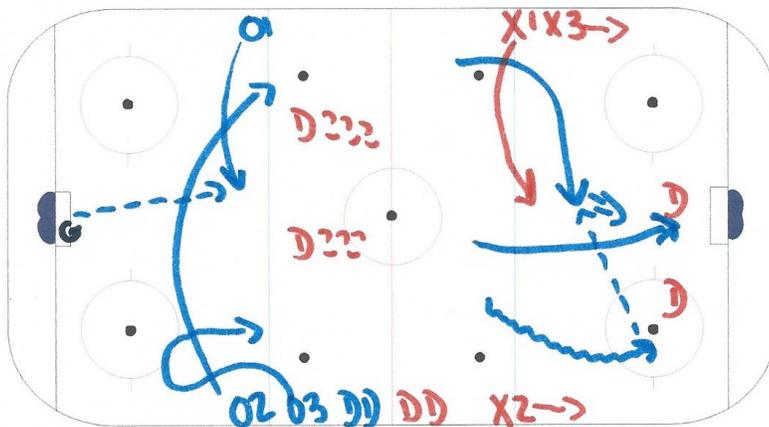
Start: Gk passes to O1, O2 and O3 for breakout

D1, D2 who start at the same time as O1, O2, O3

D1, D2 and Gk try to regain possession and B/O

new line. Below tops of circles, play 3 on 2

The new line stand over the top of circle.



Key points:

Comments on execution:

Drill N°: 5

Duration: Minutes

From:

To

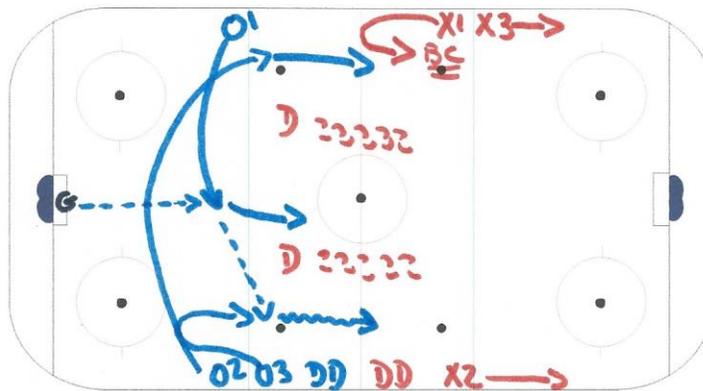
Title: 3 on 2 continuous + B/C

Category #1 Rush 3 on 2/ Cycling

Category #2 DZC down low

Description

Start: Gk passes to O1,O2 and O3 for breakout
D1, D2 who start at the same time as O1,O2,O3
D1,D2 and Gk try to regain possession and B/O
new line. Below tops of circles, play 3 on 2
As soon the puck carrier skate over the red line
X1 will touch the red line and backcheck hard
and play 3 on 3 down low.
D1,D2,Gk and X1 try to regain possession and
B/O new line. Below tops of circles, play 3 on 3
X1 will join the rush after breaking out



Key points:

Counter attack/net pressure Defensive battles/body position

Cycling down low/OZ structure DZC down low/ quick release

Comments on execution: