



Practice Plan

Team: Drill of the Week Club

Practice No.: _____

Date : _____

Time: _____

Duration: _____

Version No.: _____

Prepared by: Real Paiement

Objectives / Main tasks :

"Talent is Overrated" by Geoff Colvin

I don't have copyrights on any of these drills, I stole them from other coaches, I'm just glad I have not been caught... yet!

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

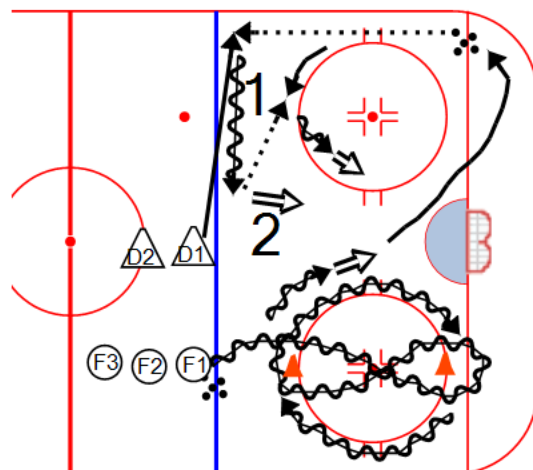
Title : Gat Shooting- Agility skate

Category #1 : Agility skate

Category #2 : Tight turns

Description

(F1) Starts at BL with a puck. he starts inside the 1st ▲ and skates fig.8 with the puck. From top circle skate around F/O circle from the inside. Shoots from top circle. Gets puck in corner and passes (no dribble) to (D1) who raced from mid of the ice. 1) (D1) races to middle and passes to (F1) top circle and shoots. (F1) gets a 2nd puck in corner and passes to (D1) who raced to point. (D1) races to middle and shoots with (F1) screening.



Key points:

Agility skate

tight turns

Passing

1 touch shot

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

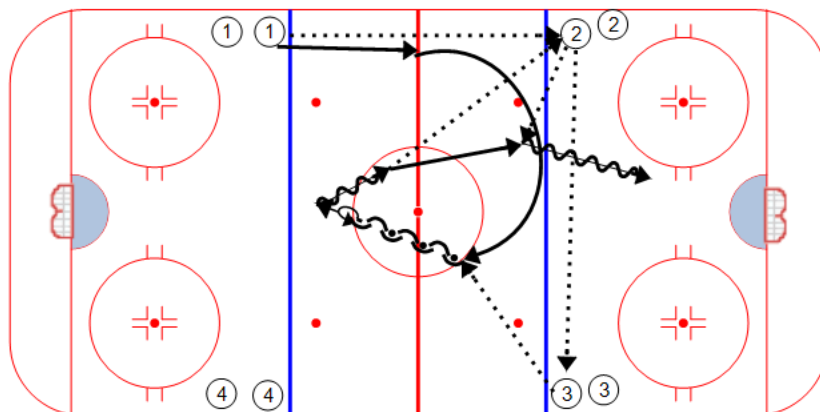
Title : Mario's Drill 2

Category #1 : Offense

Category #2 : Scoring/ Passing

Description

(1) to (2) to (3) (3) passes to (1) who is pivoting from frwd to bkwd. (1) skates bkwd, pivots forward and passes to (2) who passes back to (1) who goes and shoots.



Key points :

Passing

receiving

shooting in stride

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

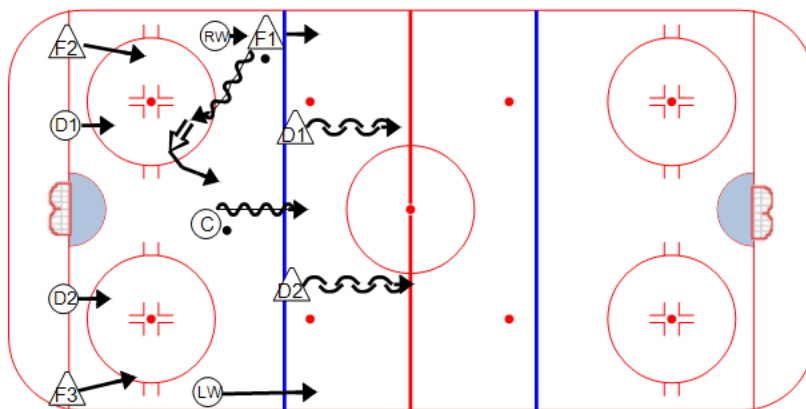
Title : ED Track-DZC

Category #1 : DEFENSE

Category #2 : Back check

Description

On 1st whistle, F1 jumps off the wall and shoots. On 2nd whistle C, LW, RW, D1, D2 jump on offense, D1, D2 take the rush and F1, F2, F3 track back. It ends up 5-5 DZC.



Key points :

NZ Coverage

Tracking

DZC

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

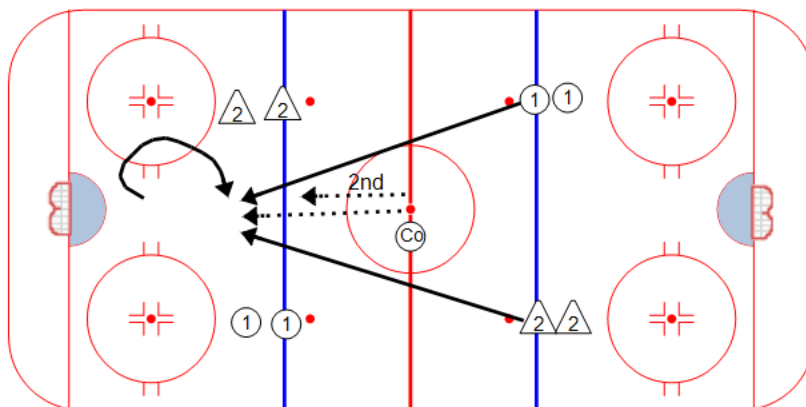
Title : Swiss battle

Category #1 : Competition

Category #2 : battle

Description

Co spots a puck for 1/2 to battle for loose puck. Who ever gets the shot off earns the right to get a 2nd shot (BA)



Key points :

quick off start

body position

battle

quick release