



Practice Plan

Team: Drill of Week Club

Practice No.: _____

Date : _____ Time: _____ Duration: _____

Version No.: _____ Prepared by: Terry Rhindress

Objectives / Main tasks :

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

Title : German One Touch

Category #1 :

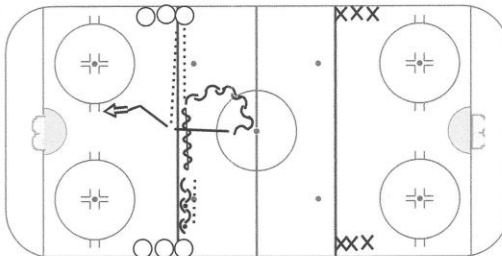
Passing

Category #2 :

Facing Puck

Description

Players leave from opposite sides with a puck, one touch back to their line, then pivot forwards pass to other line, pivot backwards facing the puck at all times coming through the middle circle, drive wide get a pass from opposite line. attack shoot in motion



Key points :

Passing

puck control

attack zone

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

Title : Avalanche Flow Drill

Category #1 :

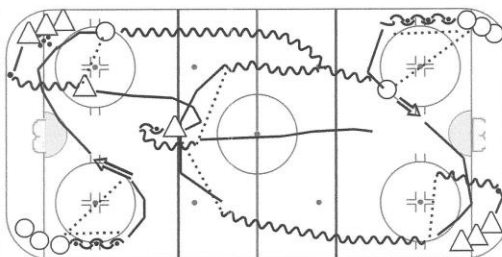
Passing

Category #2 :

Timing

Description

Drill starts with forward out of corner dragging puck, then passes back to the original line, gets a pass back and shoots. D slides a puck down below goal line and retrieves, fwd will curl and support, D will pass back to him. Fwd goes wide and passes to the other Dman who is in slot. Dman that passes out of corner gets a pass from the forward coming down the wall. d will skate backwards, the forward swings in front of the dman. D passes back to the forward who drives wide, the D will jump up to the net for the rebound.



Key points :

Good Passes

Timing

D up ice

D jump in play

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

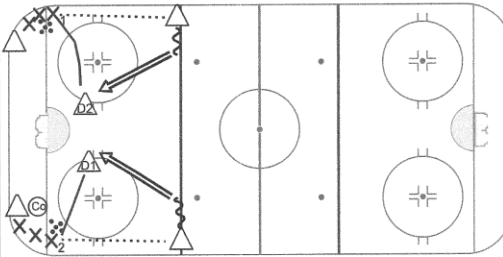
Title : Box Out/ 2 vs 2

Category #1 : Net front

Category #2 : Attacking

Description

On first whistle x1 passes to D, d drags to net while forward tries to get to net, D1 will box him out trying to maintain body position. Second whistle x2 passes to D who drags to middle and shoots while x2 tries to get net front, both d and x will compete for loose puck on next whistle coach will pass puck to X who will attack the D that were shooters, they have to gain zone and attack net play until next whistle. Net front D will become shooters, two new d will go to net.



Key points :

Body Position

Box out

Take Stick Away

Quick D Shot

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

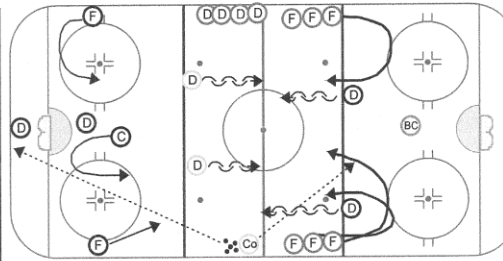
Title : 5x2 To 3x3

Category #1 : Canada National Team

Category #2 : Battles

Description

The drill begins with the coach dumping a puck deep for a 5x2 breakout.
 - The 5 offensive players bring the puck into the offensive zone and try to score.
 - On the whistle 3 forwards come off the boards and touch the top of the circles. The coach passes a puck to one of them and they attack the opposite end 3x2 against the two offensive defensemen from the original breakout who will be on the blue line.
 - The high forward on the whistle becomes the back checker to make the drill a 3x3. Let the players play out the 3x3 for some time.



Key points :

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

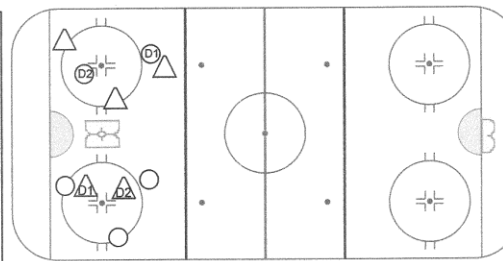
Title : 3vs2 below blue line

Category #1 : Offense

Category #2 : Support

Description

Playing 3vs2 below blue line, three are three O/s on one side and two D that work with them, then there are two triangle defense and three triangles on offense. The two defense on each side work with the other forwards on the side. This can work on defense, and offense along with supporting puck and communicating.



Key points :

Support Puck

Communicating

Offense