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KOOTENAY ICE HOCKEY CLUB
Western Hockey League

FACSIMILE

Transmittal Sheet



Date:

Number of Pages:

(Including this one)

To:

Eric

Company:

Fax Number:

From:

MESSAGE:

Book - Winning Every Day
by Lou Holtz

Kris Koblench



PRACTICE PLAN

ICE

Book - "Winning Every Day" by Lou Holtz

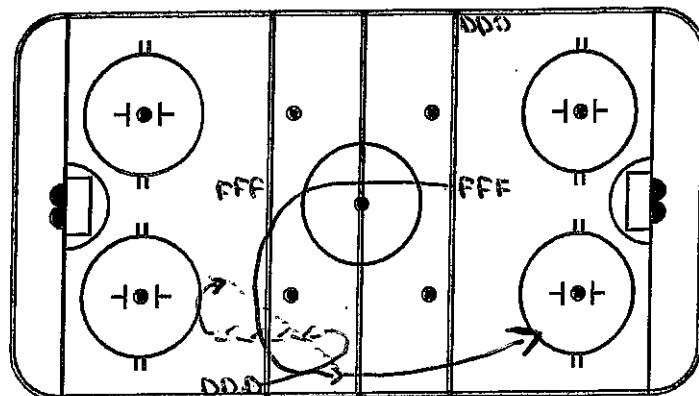
TIME

DRILL NZ Quick Hit Transition

1. Forward and Defenseman from opposite blueslines start at same time.
2. F one touch passes with other line.
3. D up and back then step out to make pass to F.
4. Forward takes shot. D done.
5. Other side starts.

KEY TECHNICAL POINTS

D moving feet.



KEY EXECUTION POINTS

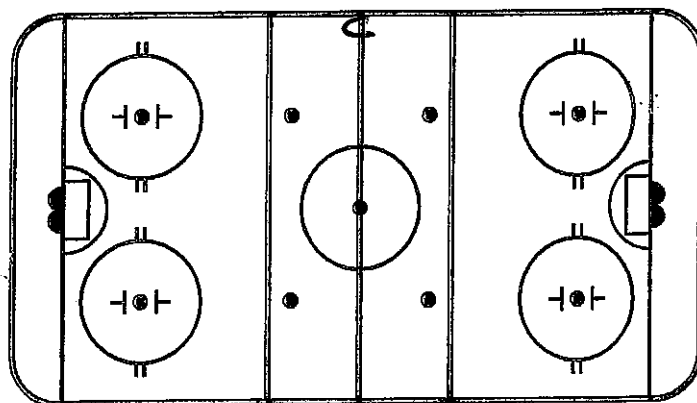
F and D timing

TIME

DRILL Power Play 80 Warm up

1. Coach dumps puck in and calls breakout
2. Group 80 and enter zone.
3. Set up in OZ. After shot coach spots 2nd puck or play original
4. Right away coach dumps puck into zone for 2nd unit.

KEY TECHNICAL POINTS



KEY EXECUTION POINTS

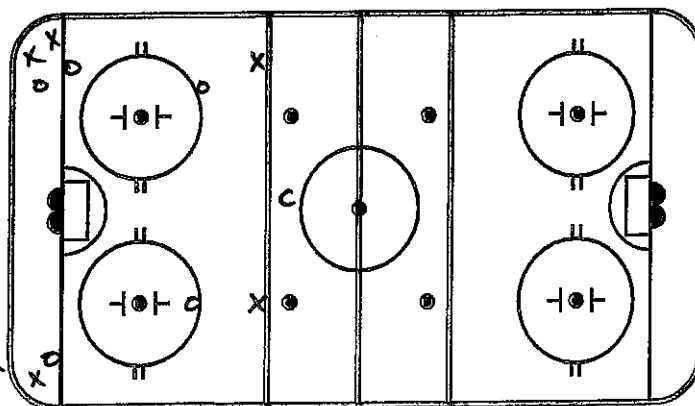
TIME

DRILL 4 Puck DZ

Coach blows whistle to start/stop each battle.

1. 1x1 in corners
2. 2x2 in corners
3. Coach pass to D. D to get shot F to block
4. Same as #3. Now everyone involved to play 5x5.

KEY TECHNICAL POINTS



KEY EXECUTION POINTS

PRACTICE PLAN



TIME

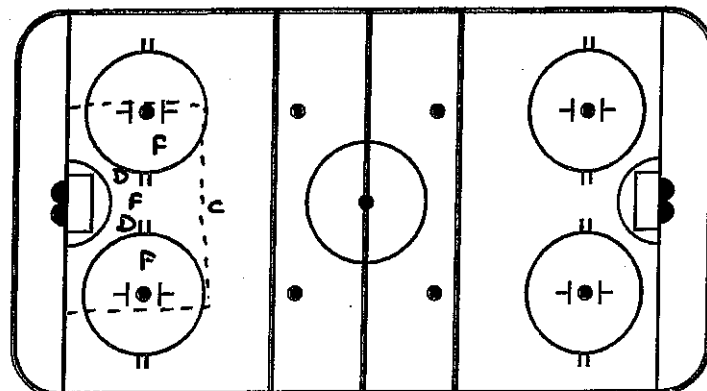
DRILL 5 puck Net Game

2 D vs 3 F

1. Coach pass pucks to forwards.
 2. Coach blows whistle when puck leaves zone, goal, or goalie covers.
- New puck given to forwards.

KEY TECHNICAL POINTS

0 goals - D win
1 goal - Tie



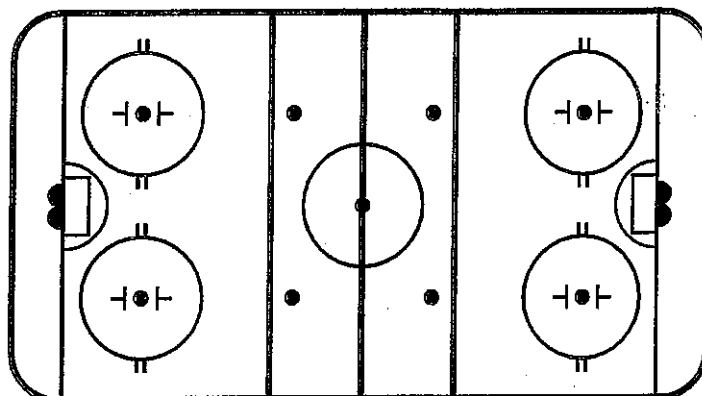
KEY EXECUTION POINTS

2 goals - Forwards win

TIME

DRILL

KEY TECHNICAL POINTS

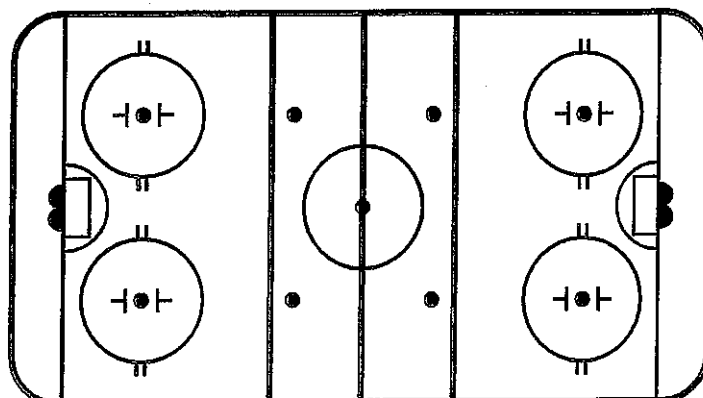


KEY EXECUTION POINTS

TIME

DRILL

KEY TECHNICAL POINTS



KEY EXECUTION POINTS
