



Practice Plan



Team: Okotoks Jr. A Oilers

Practice No.: AJHL

Date : February 2, 2012

Time: _____

Duration: _____

Version No.: Enio

Prepared by: Bobby Fox - Assistant Coach

Objectives / Main tasks :

Book: Bounce: Mozart, Federer, Picasso, Beckham and the Science of Success by Matthew Syed

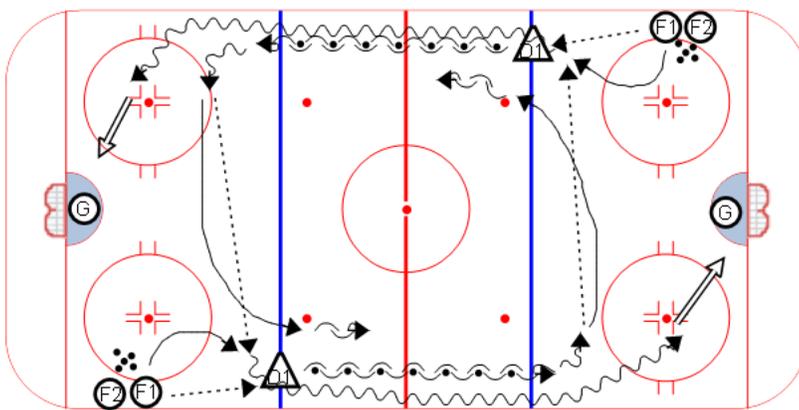
Cell Phone: 403-863-6289

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

Title : Lowry Timing Category #1 : Defencemen Category #2 : Timing

Description

Dmen start by receiving pass from F1's and skate backwards with puck, pivot and pass to opposite F1 who is putting himself in good passing position with timing up the boards. F1's drive and shoot. Meanwhile Dmen regroup and pivot backwards receiving puck from F2 to do the same thing over again with the new forwards.



Key points : _____

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

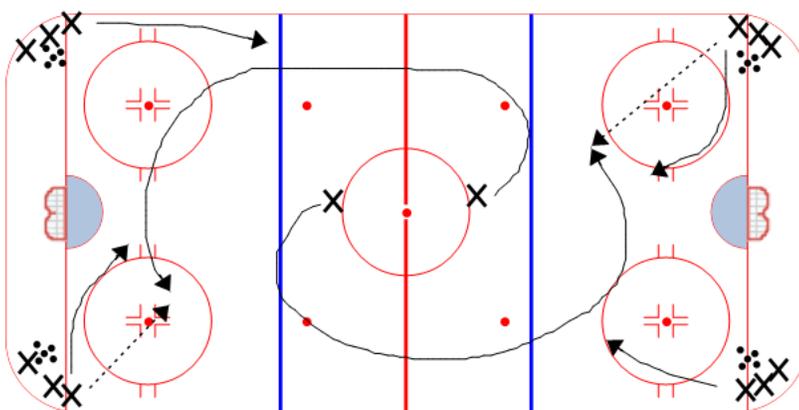
Title : F3 Pick-up Category #1 : Communication Category #2 : F1, F2, F3

Description

Basic drill but requires heads up and communication. Both ends at same time - Continuous

- 1) X comes back and regroups two forwards to break out 3v0.
- 2) F1 and F2 go hard to net
- 3) F3 curls back to pick up two more guys

Identify who is who



Key points : Communication _____

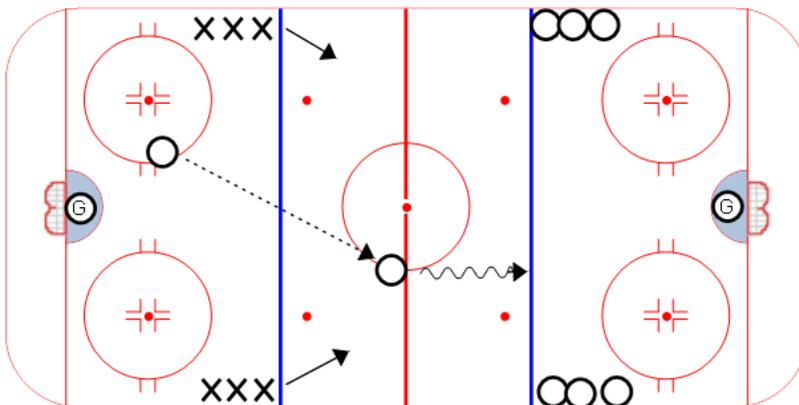
Drill no. : Fav Duration : Minutes From : To :

Title : Lowry 2v2 Category #1 : Competitive Fun Game Category #2 : 2v2

Description

Divide Players into 2 teams. The idea is once the puck crosses the blueline the X team can start backchecking the O team. The two teams play it out 2v2 until the X team successfully breaks out past the other blueline - the O team can then send two players and start backchecking.

- *Continous*
Strech Passes
Battle
Quick Attack



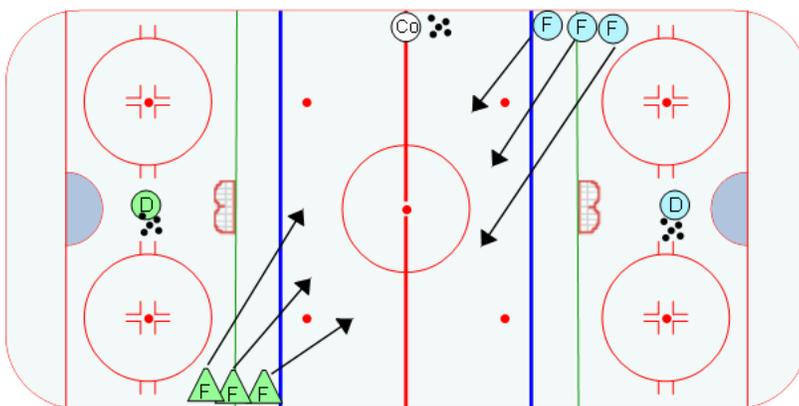
Key points : [] [] [] []

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

Title : 3 on 3 D Support Category #1 : Small Area Games Category #2 : Confined Space Game

Description

Forwards battle 3 on 3 in NZ, but can't pass imaginary goal line. If puck passes goal line, respective defenseman must break it out (he can grab a new puck to keep up the pace). Forwards must swing to get open. Opposing forwards can pressure Defenseman, but can't cross line. Defenseman can't cross line either.



Key points : [] [] [] []