



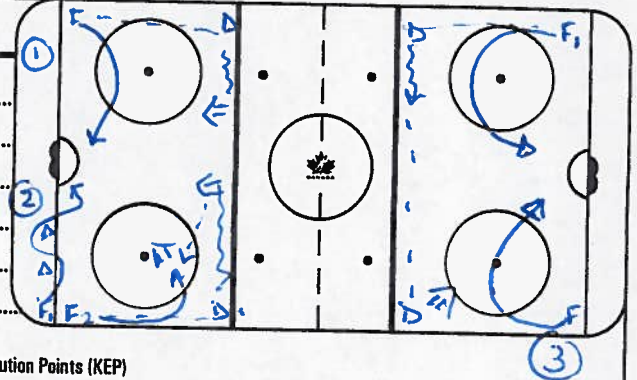
# HIGH PERFORMANCE PRACTICE PLANNING

ENJO

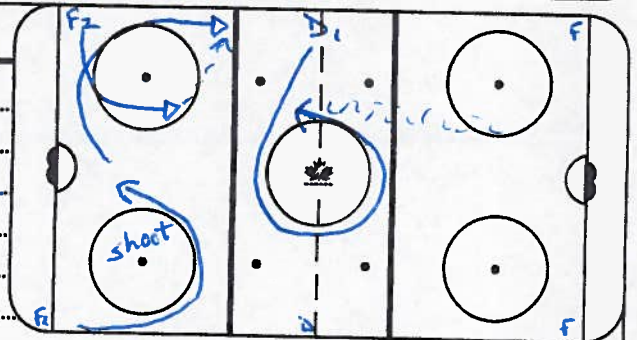
LEGEND	©	Coach	→	Puck Carrying
	○ ●	Forwards	→	Shooting
	△ ▲	Defenders	→	Pass
	G	Goalie	→	Drop Pass
	—	Stop	→	Backward Skate
	X	Pylon	→	Lateral Movement
	✱	Pucks	→	Defensive Pressure

Date: \_\_\_\_\_ Duration: \_\_\_\_\_ (mins)

Time:	Drill Name:
	3 SKILL DRILLS PP DRILLS 1/2 ice
<p>① F to D for point shot + tip-screen ② F1 Low play around pylons for Jam F2 pass to D1 back to F2 for shot ③ F pass to D - D to D Long Pass / Shot option - F1 can come to high slot for D pass then shot</p>	
Key Teaching Points (KTP) D-SKATE HARD TO MIDDLE ICE D-FAKE SHOTS-FAKE PASS F proper screen net front	
Key Execution Points (KEP)	



Time:	Drill Name:
	2on1 CLOSE GAP
<p>F1 shoot puck around circle and swings to F2 corner, F2 swing to middle and attack 2on1, D1 swing around circle and play 2on1. Both Ends at same time.</p>	
Key Teaching Points (KTP) D-Close Gap F-Attack With SPEED / Support	
Key Execution Points (KEP) Whistle Control Lots of Flow	



Time:	Drill Name:
	3on2 to 5on5 Rush to DZONE
<p>White Attack 3on2 down ice on whistle Blue Backcheck to DZONE Play the Rush-Whistle Blows Place Puck for DZONE Coverage OPTIONAL: Add 3rd puck for MZONE Coverage After DZONE</p>	
Key Teaching Points (KTP) Start Backcheckers in different spots to keep offense guessing * Whistle control	
Key Execution Points (KEP)	

