



# Practice Plan

Team: Drill Of the Week Club

Practice No.: \_\_\_\_\_



Date : Nov. 11, 2010

Time: \_\_\_\_\_

Duration: \_\_\_\_\_

Version No.: \_\_\_\_\_

Prepared by: Jim Midgley

## Objectives / Main tasks :

1. Skill Drill- Good warm-up drill that gets the F, D and G invovled
  2. Team Dril- Good for Forwards work on chips, cris crossing, cross dumps, good for D gaps and commnication
  3. Favourite Drill- Flinger Drill
  4. Fun- Kitchener 2-0 fun game
- Quote- "I know players don't like my practice, but that's OK becасue I don't like thier games" Harry Neale
- Book- The 360 Leader- John Maxwell

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Jim Rim Drill

Category #1 : Warm-up

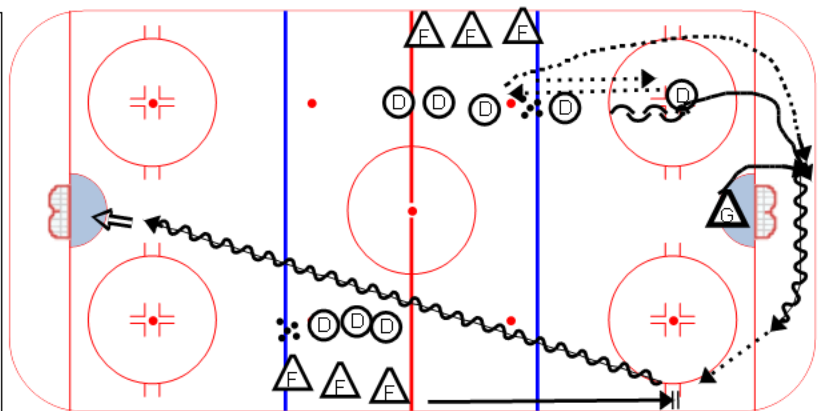
Category #2 : Shooting

### Description

① one touch pass with next ②. Rims puck ③ stops rim and sets puck up for ④ to retrieve and pass to ⑤ who sprints down the wall and becomes outlet for the ⑥. ⑦ takes a shot in the far end. ⑧ sprints hard to the other D line.

-Both ends same time.

-Must be controlled on the whistle. Don't blow whistle until forward shoots.



### Key points :

Goalie stopping rims

Passing

Communication

Shooting

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

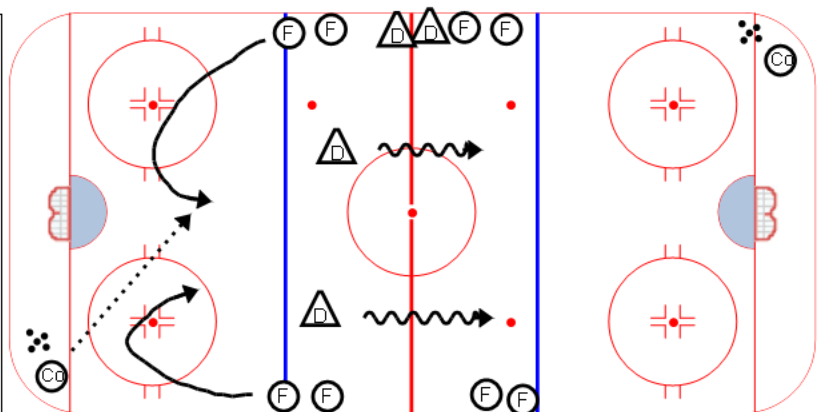
Title : 2 on 2 Regroup

Category #1 : 2 on 2

Category #2 : Transition

### Description

Whistle F's come in and get pass from coach attack 2 on 2, whistle regroup to blueline D gap up and attack 2 on 2 again. After 2 on 2 passes blueline new D come in to blueline and get 2 point shots, D seal out and get Forward sticks 3rd puck re-start drill.



### Key points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

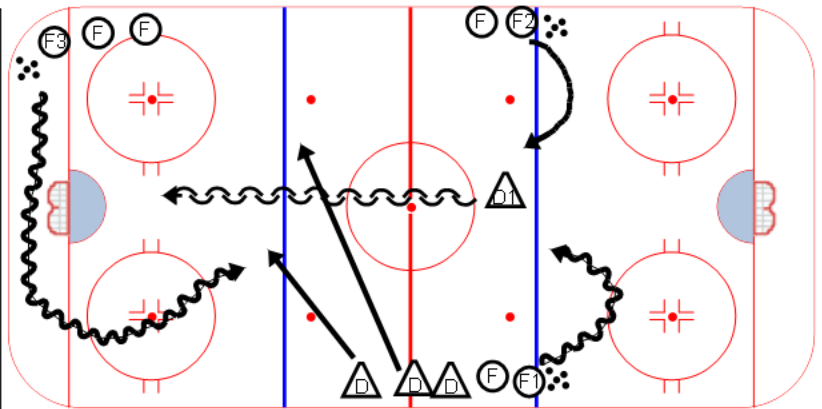
Title : Finner Drill

Category #1 : Shooting

Category #2 : Flow

### Description

-2 on 1 to start  
 -3 on 2 on the whistle/F3 carries puck behind net vs 2 new D  
 -2 on 1 with a backchecker/high guy from 3 on 2 backchecks



Key points :





Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Kitchener 2-0 Game

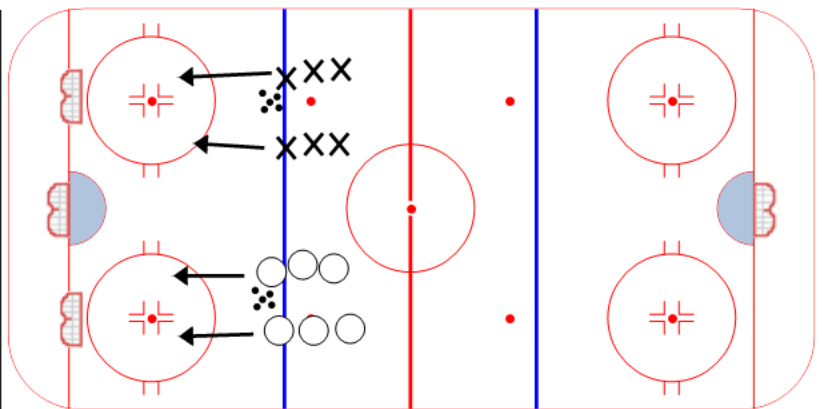
Category #1 : Fun

Category #2 : Game

### Description

On the whistle both teams take off 2-0 and try to score on the goalie. When a team has scored they can go steal the opposing teams puck and try and score. Go until the whistle.

First one to 10 wins!



Key points :

 Fun

 Battle

 Competition