



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 involved
 2. Team Drill- Good for Forwards work on chips, cris crossing, cross dumps, good for D gaps and commnication
 3. Favourite Drill- Flinner Drill
 4. Fun- Kitchener 2-0 fun game
- Quote- "I know players don't like my practice, but that's OK because I don't like thier games" Harry Neale
 Book- The 360 Leader- John Maxwell

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

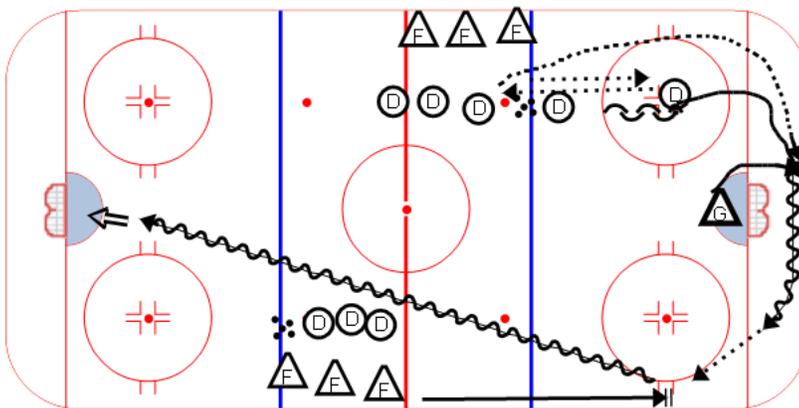
Title : Jim Rim Drill Category #1 : Warm-up Category #2 : Shooting

Description

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

-Both ends same time.

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



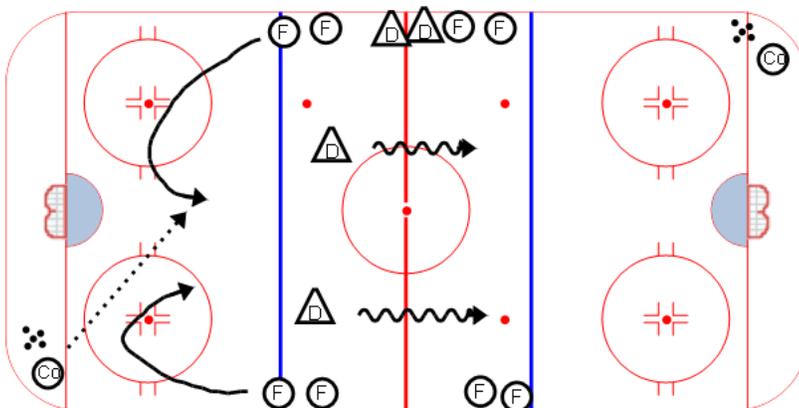
Key points : Goalie stopping rims Passing Communication Shooting

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.



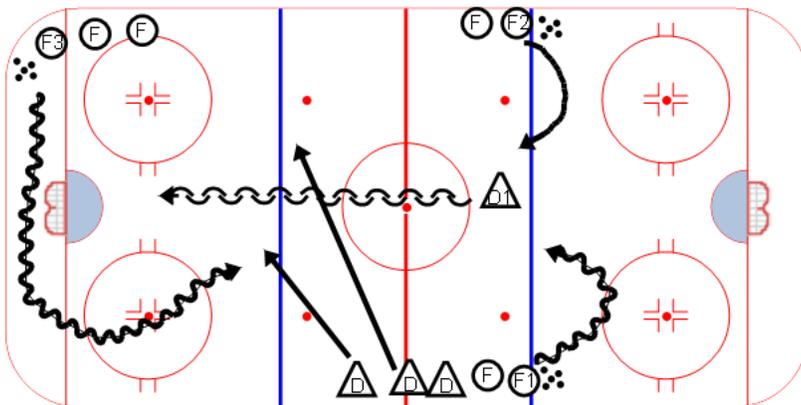
Key points : _____

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

Title : Flinner Drill Category #1 : Category #2 :

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 :

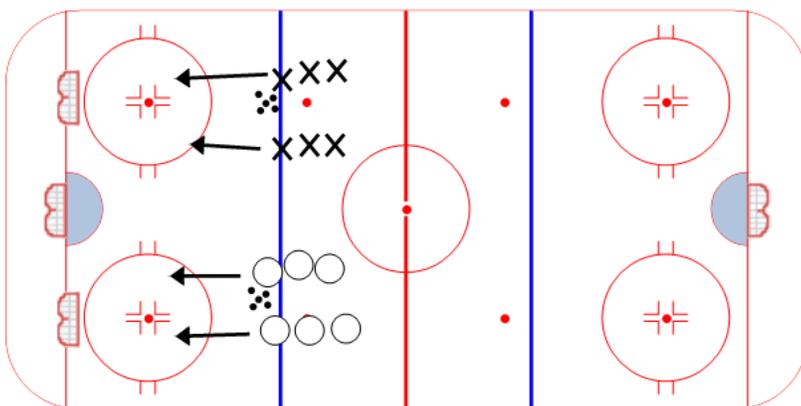
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Kitchener 2-0 Game Category #1 : Category #2 :

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 :