



Practice Plan

Team: Université de Moncton

LOGO

Practice No.: _____

Date : November 25, 2010

Time: _____

Duration: _____

Version No.: _____

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Objectives / Main tasks :

Team Drill: 3 puck DZone. Practices a 1 on 1, 2 on 2 and 3 on 3 situation in the DZone.
 Favorite Drill: Ladder entry drill. Works on middle entries and has good flow. Good at the start of practice for Warm up.
 Fun Drill: 10 puck shootout. Practices shootouts and fun competition between two teams.
 Quote: The more you sweat in training, the less you bleed in war. - Navy Seals
 Book: Simply the Best - Ryan Walter & Mike Johnston

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

Title : Figure 8 wu

Category #1 : Warm up

Category #2 : power turn

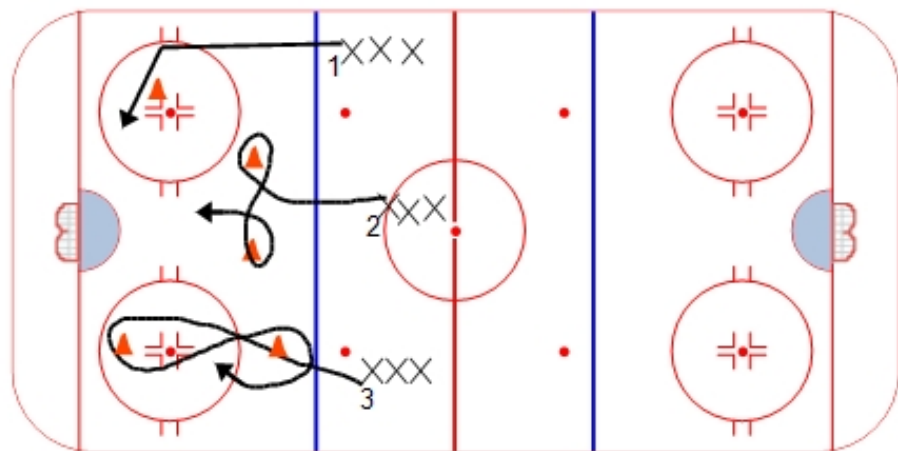
Description

First 3 players leave at the same time.

X1 goes wide around pylon for a shot

X2 figure 8 around pylons for a shot down the middle

X3 figure 8 around pylons for a wide shot



Key points :

Power out of turn

Keep feet moving

switch lines each time

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

Title : 3 puck D-Zone

Category #1 : Defensive play

Category #2 : Systems

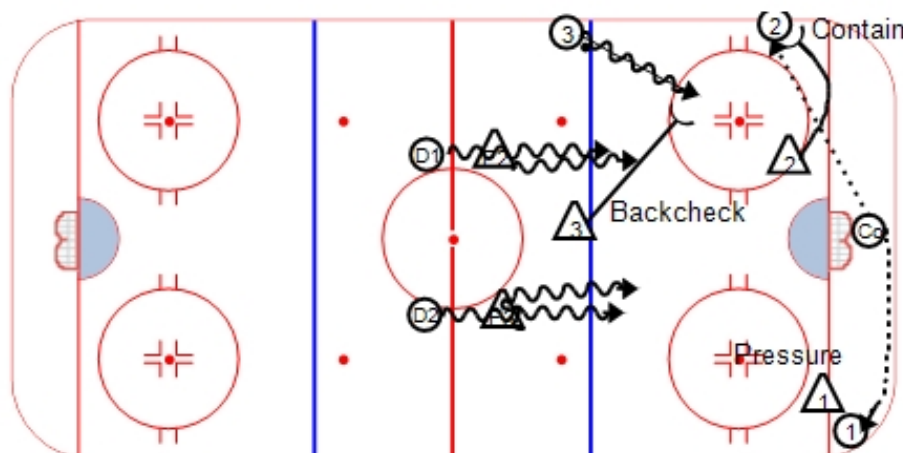
Description

A) Defensive player pressures offensive player until whistle.

B) On whistle ① & ① Join ② & ② for a 2 on 2. until whistle.

C) On whistle, ③ & ③ enter the zone to make it a 3 on 3.

D) On the next whistle, the 4 players in the neutral zone enter to make it a 5 on 5 D-Zone Coverage.



Key points :

D-Side

Stick on the puck

Body on Body

Protect home plate

Key points :

D-Side

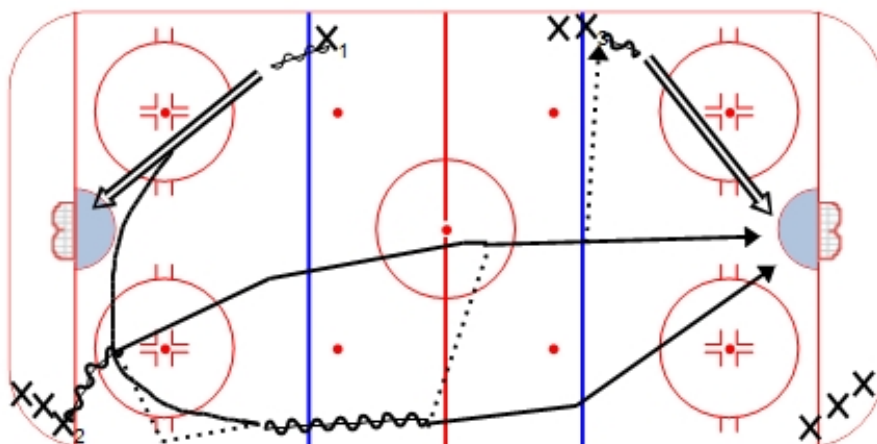
Stick on the puck

Body on Body

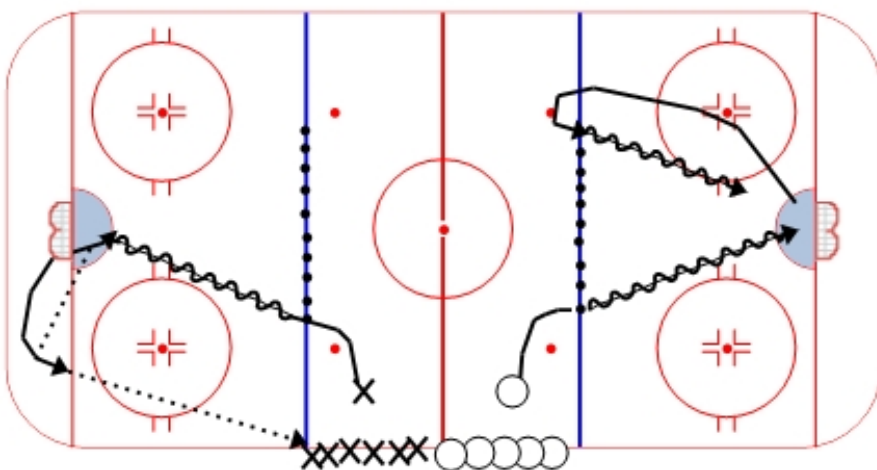
Protect home plate

Drill no. : _____ **Duration :** _____ **Minutes** **From :** _____ **To** _____**Title :** Ladder Entry Drill**Category #1 :** Line rushes**Category #2 :** Entries**Description**

Start with X1 as shooter
 -after shot, X1 curl low for a chip from X2.
 X1 in outside lane, X2 in middle lane.
 X2 pass to X1 through neutral zone.
 On entry, X1 passes to X3.
 X3 takes one step over the line, stops and shoots. If there is 4th man as the trailer, he can make that pass.
 Var: After chip by X2, next player in line can jump in to be 4th man on the rush.

**Key points :****Drill no. :** _____ **Duration :** _____ **Minutes** **From :** _____ **To** _____**Title :** 10 puck shootout**Category #1 :** Fun**Category #2 :** Shootouts**Description**

Player picks up one of the 10 pucks on the blue line.
 If he scores (O), he gets another puck and repeats this until he misses.
 If he misses (X), the player must pass the puck to the next player. Repeat until that puck is in the net.
 First team to score all 10 puck wins the game.

**Key points :**

Players are on their bench