

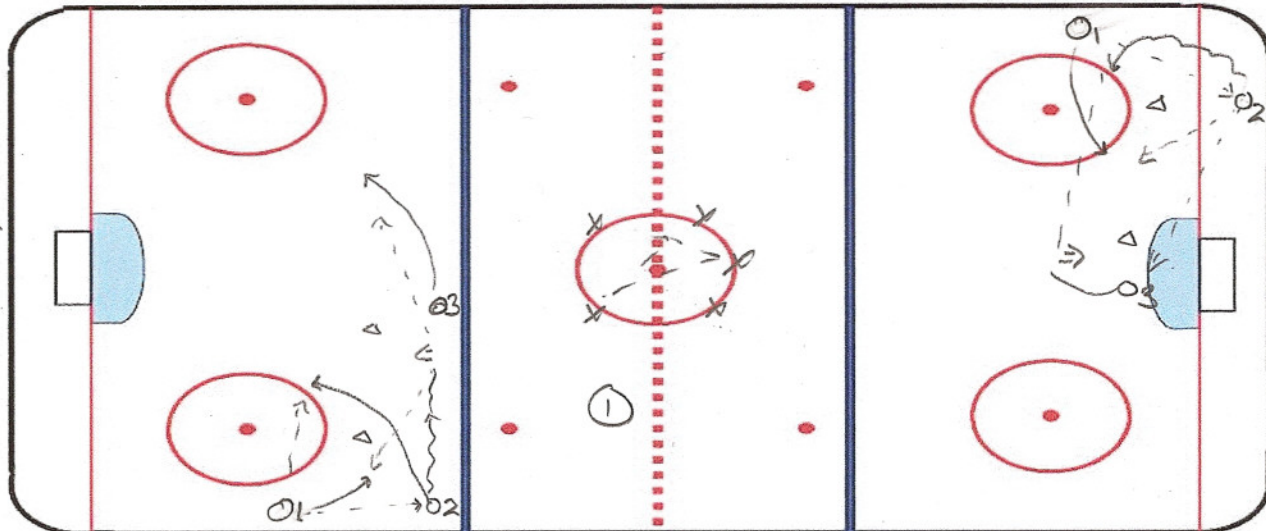


UBC WHKY - PRACTICE PLANNERS



Drill Name: P.P. SKILLS WORK (3 STATIONS) (SKILL DRILL)

FINISH ALL W/ SHOTS & REBOUND

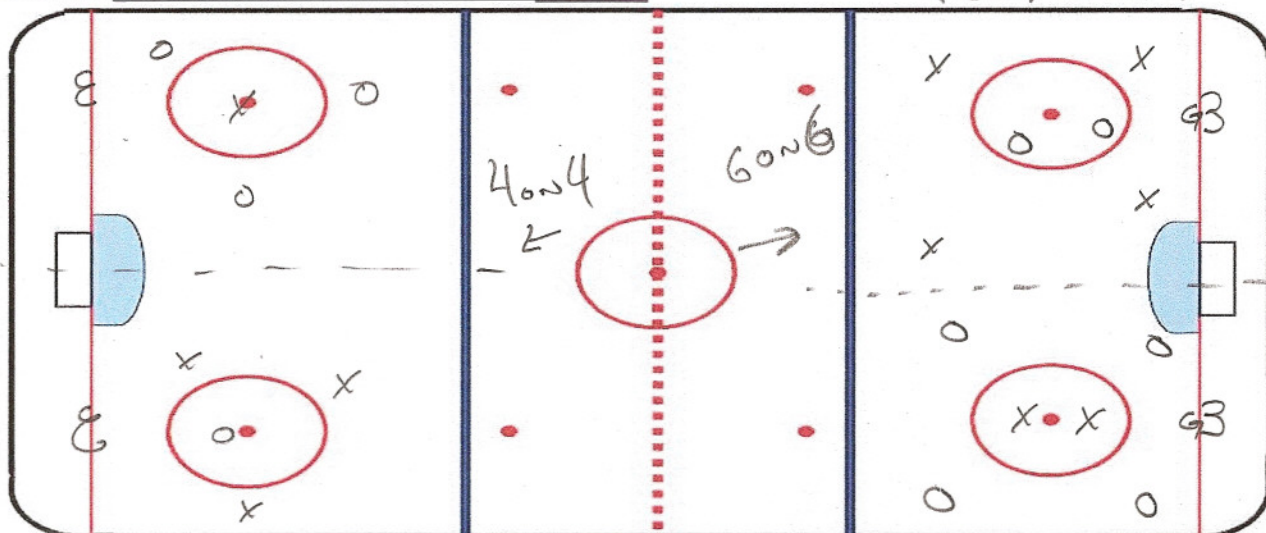


- ① STAR PASSING, ONE TOUCH, ADD 2ND PUCK - ADD "Pig in middle"
- ② LOW 3 vs 2 - CREATING ZONE'S - SKATING SEAMS - OPTIONS LOW.
O1 → O2 GIVE & GO / O1 → O2 → O3 / O1 → O2 WALK UP WALL → O3 IN SLOT

Key Teaching Points: ③ HIGH CYCLE/UMBRELLA SET UP. O2 → O1 HIGH CYCLE O2 DUMPS
O1 → O2 DUMPS O3 SIDE O1 FILL UMBRELLA.

Drill Name: NATIONAL TEAM 6 ON 6

(FUN/COMP.)



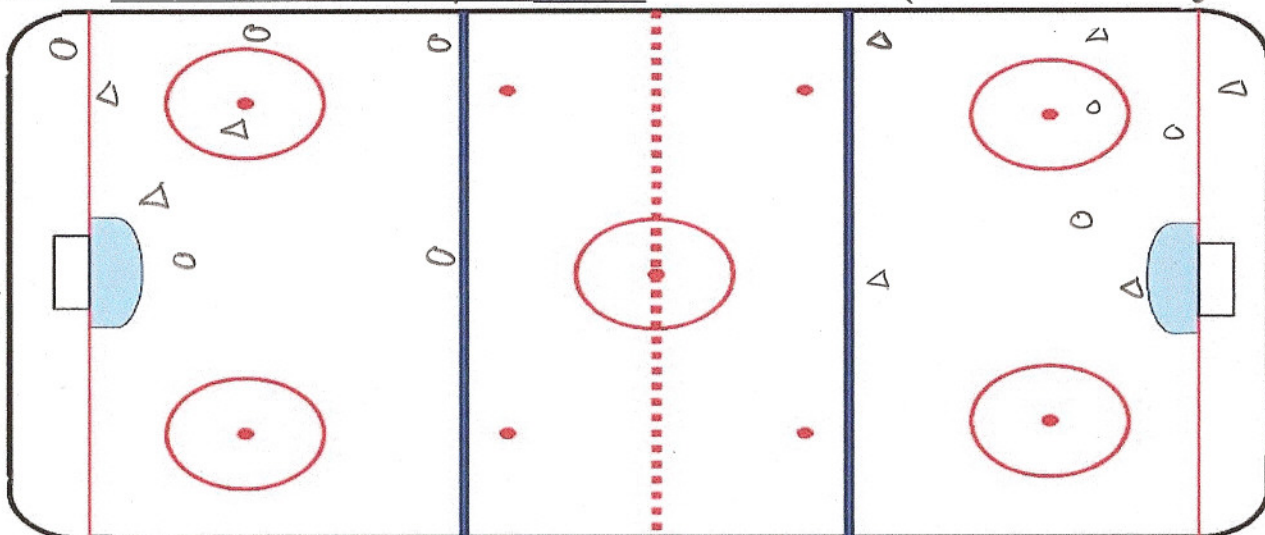
IMAGINARY LINE CUTTING ICE IN HALF NEITHER GROUPING MAY CROSS THIS. X'S & O'S ARE TRYING TO SCORE ON OTHER 4 ON 2 HALF. OTHER 2 ARE KILLING THEIR HALF.
- CAN DO 4 ON 4 AS WELL. OR 5 ON 5 BY ADDING ONE MORE
Key Teaching Points: KILLER TO 4 ON 4.



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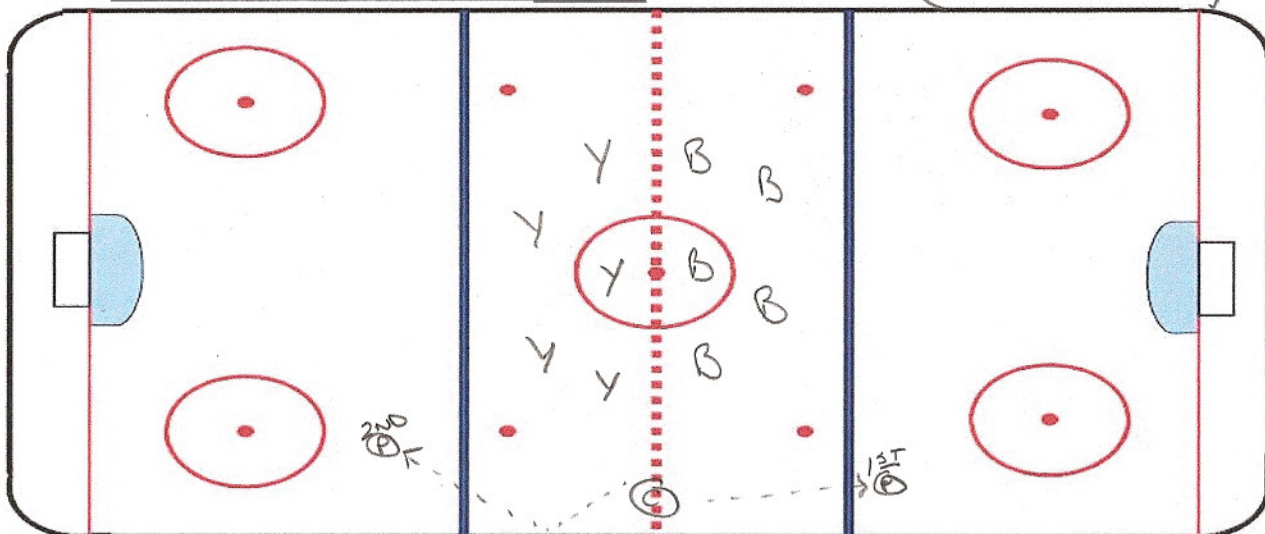
Drill Name: 5 on 3 OZ. CYCLE. (OFF TEAM)



5 O's ON OFF PLAY LOW CYCLES. VS 3 A's. O's MAY USE POINTS BUT MUST REMAIN BELOW CIRCLE TOPS FOR RETURN PASS OR SPOTS ETC. 3A's TAKE CARE OF HOUSE - OPPOSITE SET UP AT OTHER END. ONE END

Key Teaching Points: FOR 20 SECONDS REST WHILE NEXT END GOES. KEEP SCORE O'S VS A'S EXTRA PLAYERS SUB IN

Drill Name: CANUCK N.Z. F/C. (CONT 30 SEC) (DEF TEAM)



© SPOTS (P) RANDOMLY IN N.Z. B TEAM R/G'S THIS (P) WHILE Y TEAM RUN N.Z. FORECHUCK. EITHER B OR Y SUCCEED, QUICK WHISTLE © SPOTS 2ND (P) Y TEAM TRANSITIONS ON THIS (P) B N.Z. F/C.

© KOPS PLAY TO N.Z. ONLY NOT ALLOWING R/G TEAM TO Key Teaching Points: GAIN ANY ICE. (P) PUSHED TO WALL WHEN NEW ONE SPOTTED. OTHER PLAYERS ON BENCH.