



Practice Plan

Team: Enio's Drill of the Week

Practice No.: _____

Date : 2010-2011

Time: _____

Duration: _____

Version No.: _____

Prepared by: Bobby Fox

Objectives / Main tasks :

Skill - Wheelhouse Sprint & Shoot

Team - USA U18 - 2v1 Cont.

Fav - Panthers Combination Drill

Fun - Transition Game

Quote - "You get the best out of others when you give the best of yourself"

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

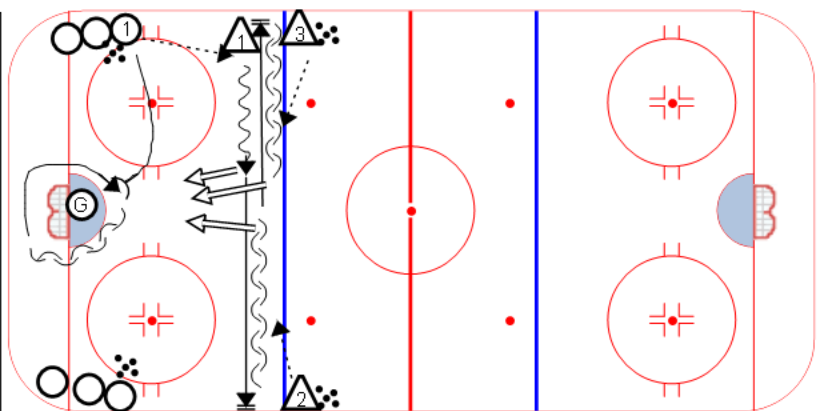
Title : Wheel House Sprint & Shoo

Category #1 : Defence

Category #2 : Shooting

Description

- 1) O1 passes to D1
- 2) D1 sprints to mid-ice and shoots with O1 screening or deflecting.
- 3) D1 touches the far boards, backwards to center, receives a pass from D2 and shoots.
- 4) D1 touches the boards again at the starting point, receives a pass from D3, moves to the middle and shoots.
- 5) Everytime D1 touches the boards, O1 goes bwd to fwd around the net and gets ready for a deflection or screen.



Key points : _____

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

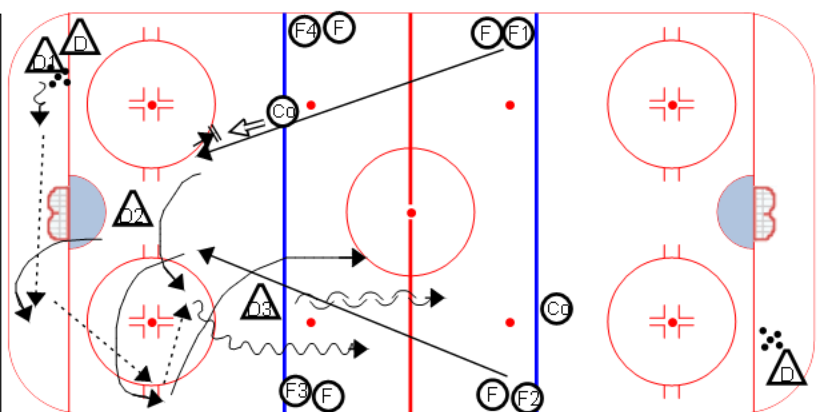
Title : USA U18 - 2v1 Cont.

Category #1 : Combination

Category #2 : Shot blocking

Description

- F1 & F2 begin by backchecking into DZ coverage
- On the 1st whistle, F1 moves out to block a point by the coach from his defensive position.
- On 2nd whistle, D2 releases from the net front position and gets a D to D pass from D1, then advances the puck to the transitioning F1 & F2.
- The two forwards then attack D3, 2 on 1 down the ice. D1 follows the play up to become the next D3
- As the 2 on 1 passes the redline, F3 & F4 backcheck into DZ coverage and await the next whistle which ends the 2 on 1 and activates the point shot by the coach.



Key points : _____

Breakout Skills

2v1 / DZ Coverage

Blocking Shots

Execution

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

Title : Panthers Combination

Category #1 : Combination Drill

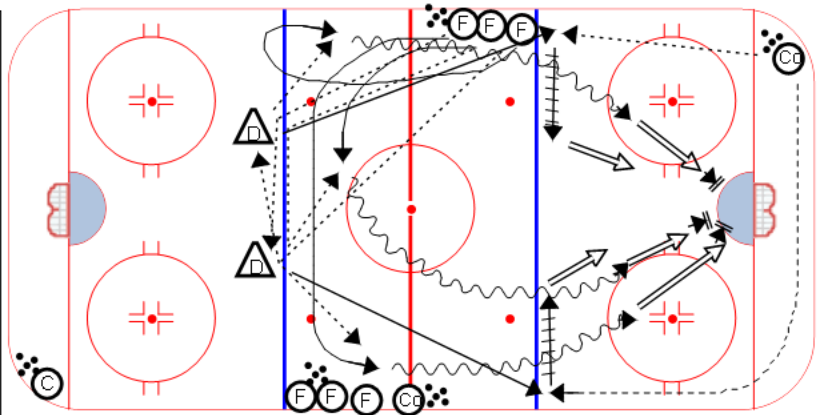
Category #2 : Execution

Description

Essentially its 3 D to D regroups at the blue line and each time they break out one forward at a time (the forwards go down and shoot and stop in front of the net).

The D follow up for shots (passes come from the coach in the corner).

Once the D receive a pass a forward takes away the shooting lane while the other forwards screen goalie.



Key points :

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

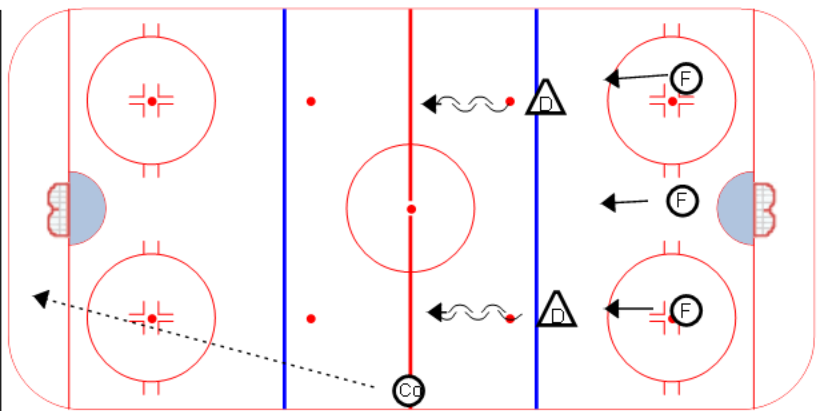
Title : Panthers Combination (seq

Category #1 : Combination Drill

Category #2 : Execution

Description

Once both D get their shots off. A puck is shot back down in the original zone and all 5 players do a breakout.



Key points :

Relentless BC

Through Middle

Quick Transition

Communication

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

Title : Panthers Combination (seq

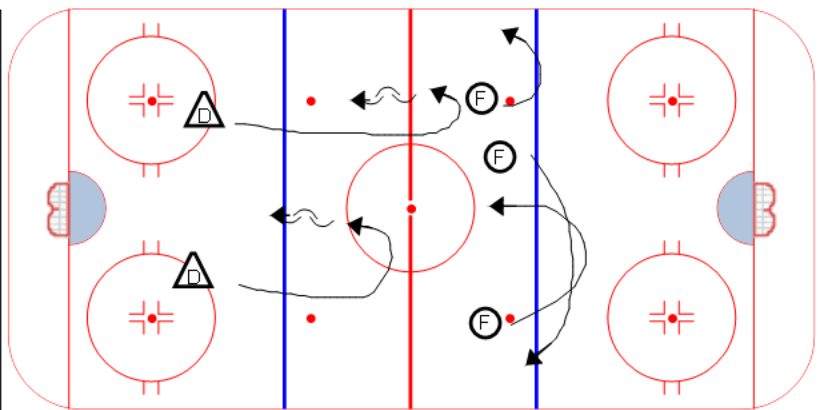
Category #1 : Combination Drill

Category #2 : Execution

Description

Once they Breakout, the forwards regroup with each other at the red line.

The D gap up and play them back 3 on 2



Key points :

Quick feet

Gap UP

3v2

Open Pivots

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

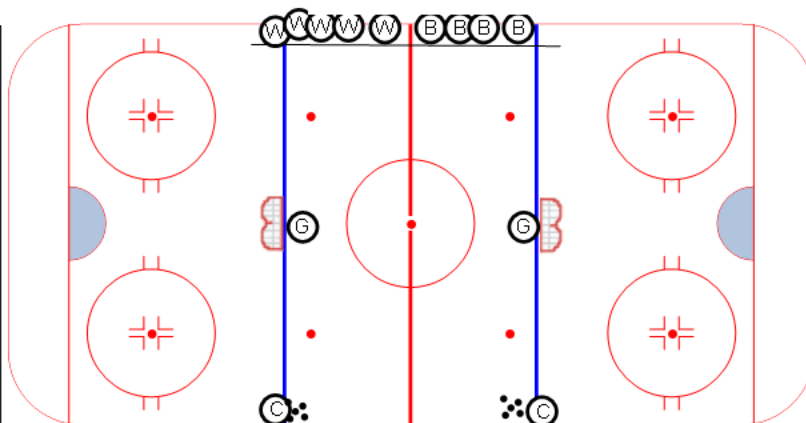
Title : Transition Game

Category #1 : Competitive Game

Category #2 : Transition

Description

3v3 game in the NZ, rest of players on bench.
-if puck leaves the NZ the Coach that blueline passes to his team (players are encouraged to use this rule to their advantage)
-on first whistle, players race to benches
- on 2nd whistle, 3 new players enter the game, 1st team with all players on the bench start with the puck
KTP - speed & transition, head on a swivel, "think" the game
KEP - 2 coaches are part of the game (be aware, model the behavior), 3rd coach be at the benches giving feedback, make sure coaches at bluelines have enough pucks, 3rd coach blows whistles



Key points :