

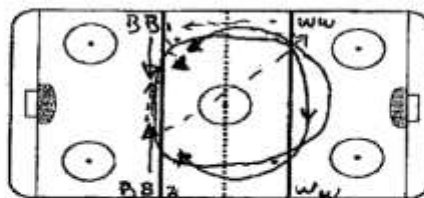


UBC HKY - PRACTICE PLANNERS



DATE: _____ Duration: _____ OBJECTIVES: _____

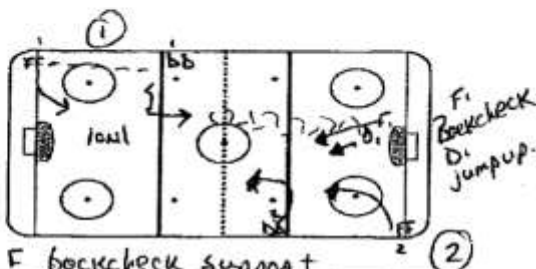
Drill: ZONO PASSING Drill Time: _____
 B12 cross-drop puck to each other, pass to anyone in line, puck moves around players as B12 skate around dots - Get pass back and attack ZONO - whistle then white goes



KTP: PASSING - BE READY TO LIVE FOR PASS

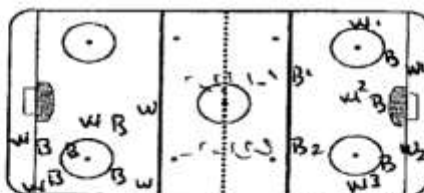
Drill: 1on1 with backchecker Time: _____

- ① F1 play D1 1on1 - whistle
 - ② F2 play D2 F1 backcheck to jump up
- play on whistle - LOTS OF FLOW



KTP: DEFENSE DRILL - D inside dots - F backcheck support

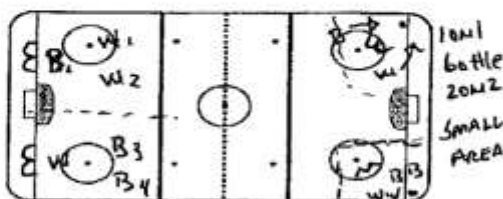
Drill: 5on5 RUSH-DZONE Time: _____
 - whistle W123 attack B12 3on2
 B123 backcheck D12 jump up
 - play RUSH OUT - whistle
 - play DZONE 5on5 AFTER RUSH
 * AND PUCK IN ZONE IF WANT - REGROUP AFTER DZONE



KTP: BACKCHECK - PICKUP THROUGH MID ICE - SHORT PUCK - MID LANE DRIVE ON RUSH

Drill: SKILL - GAME 1on1 Time: _____

W12 - PLAY 2on1 vs B1. B1 gets puck he must pass to B34
 Another team can cross mid lane



KTP: Active Sticks - Passing Lanes - Scoring - Battle Small Area

" If You LOVE What You do, You'll NEVER WORK A DAY
 IN YOUR LIFE "