



Practice Plan



Team: '19-'20 Drill of the Week Club

Practice No.: DC-'1

Date: January 2020

Time: _____

Duration: _____

Version No.: DC-19-20

Prepared by: Wayne Clark

Objectives / Main tasks :

Book: Radical Candor: How to Get What You Want by Saying What You Mean by Kim Scott

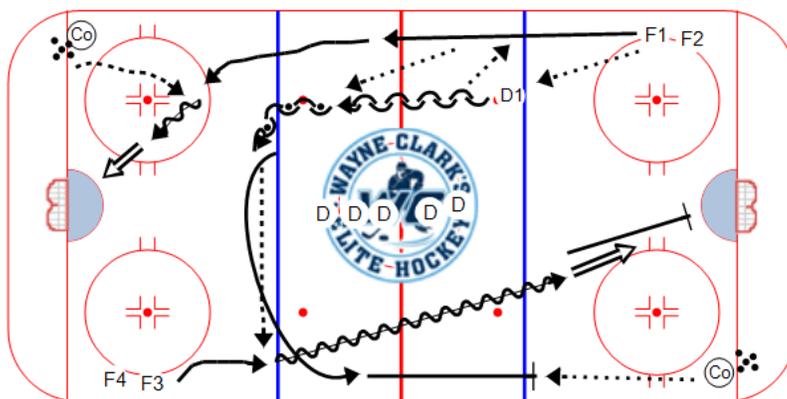
"The only pressure I'm under is the pressure I've put on myself." -Mark Messier

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Title: Assumption 6 Shooter w D Content elements: _____ Components: _____

Description

Run out of Both Ends at Same Time
Whistle
-D1 and F1 play catch passing
-at far blue line, D1 pivots and makes a flat pass to F3.
-F1 in mean time kept going and received pass from Coach for shot
-F3 goes down to far end for shot.
-D1 sprints to blue, receives pass from Coach, hard stride toward middle and snaps puck on net. Forwards stay at net for screen...



Key Points : Passing Timing Stop at Net Point Sht: Quick

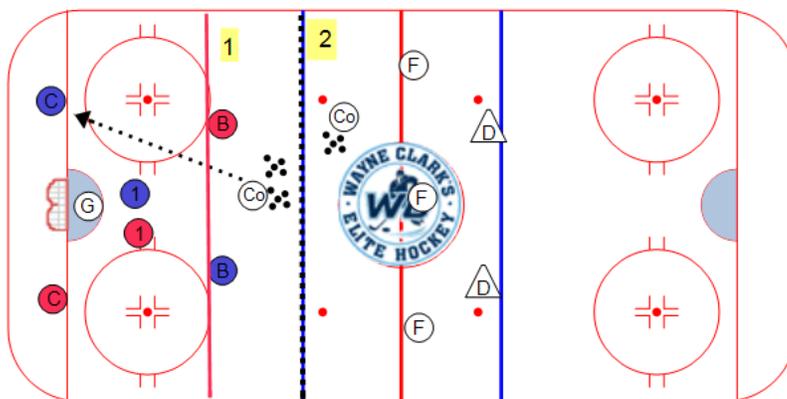
Title: Circuit 81 Content elements: _____ Components: _____

Description

1) Crosby Burns Drill
Crosby -goal line options. Can only pass and move along or below Goal Line.
Burns -Point/Ringette Line. Can pass or shoot and can only move along or above Ringett Line (Top of Circles or push to Blue Lines for Space -Challenge D)

2) TAG -BREAKOUT -TAG -ENTRY 3on2
Whistle Fwds tag up to Blue line, D Tag up to red line, Coach dumps puck for breakout, Tag up in NZ and attack 3on2.
D must skate pucks out of zone!

Move puck every Sec READ BREAKOUT SUPPORT with ENTRY



Key Points : Outlets Awareness Tag-BO-Tag-ENTRY NEVER GIVE UP

Title : Hurry Up -D Hinge

Content elements: _____

Components : _____

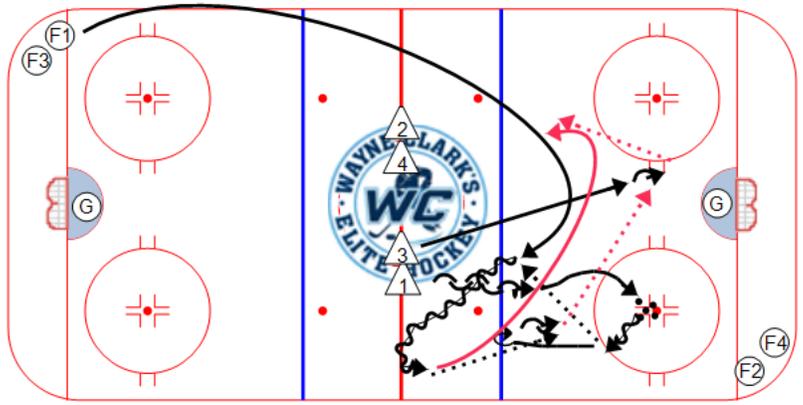
Description

Both Ends on Whistle

F1 and F2 take Horseshoe or Montreal route
D1 and D2 retrieve pucks

D1 retrieve and pass to F1, F1 cuts centre while D1 cuts blue. F1 passes to D1 who pivots and passes to D3 hinging on weakside (15-20 ft String, down underneath). F1 continues through to receive puck from D3. Same happens at far end.

D1 then jumps up and plays F2 coming down his lane



Key Points :

Retrieve - Pass

Pass Back - Hit Hinge

Open Up - Hit Cutting F

*Support on Hinge

Title : Petes Dump 1on1 2on2

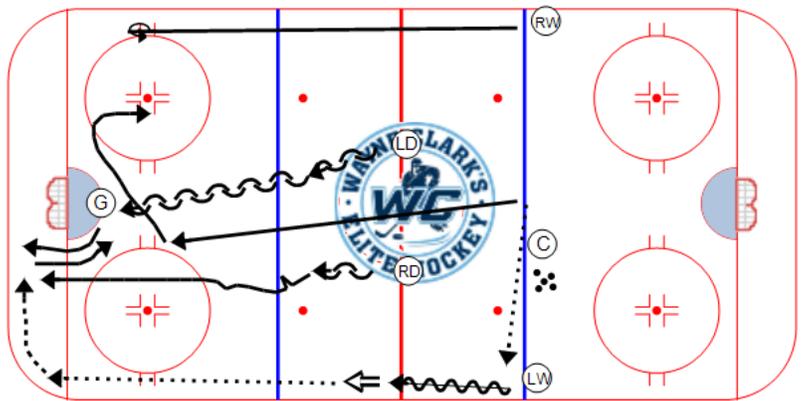
Content elements: _____

Components : GAP, PLAY RIMS, ATTACK WITH SPEED, PHYSICAL

Description

WHISTLE

- C PASSES PUCK TO LW FOR RIM DUMP THAT GOALIE STOPS AND SETS UP
- RD RETRIEVES PUCK AND MAKES GOOD 1ST PASS TO RW WITH CENTRE SUPPORTING FROM UNDERNEATH
- LD HOLDS FRONT OF NET
- LW GOES BACK TO HIS HASH.



Key Points :

RIM TO GOALIE

1ST PASS

GAP UP

ATTACK WITH SPEED

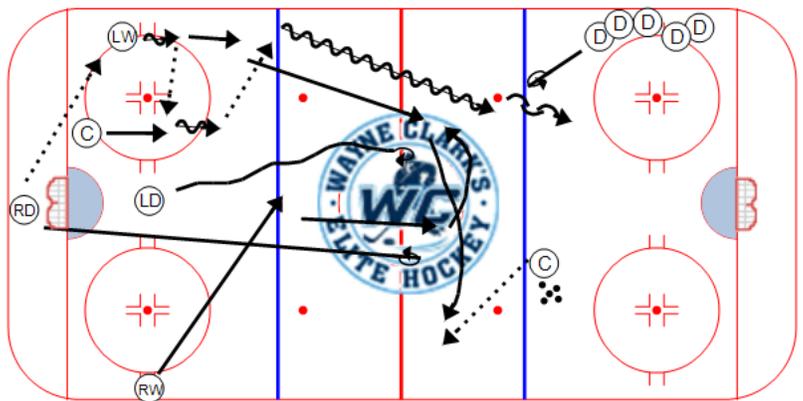
Title : Petes Dump 1on1 2on2 (se

Content elements: _____

Components : IN YOUR FACE HOCKEY - GAP UP, BEING SPEED

Description

- RD MAKES GOOD FIRST PASS
- LW EXCHANGES WITH C
- WHICHEVER HAS PUCK AT BLUE LINE GOES 1ON1 AT FAR END VS D GAPPING UP
- OTHER 2 FWDS REGROUP IN NX AND RECEIVE PASS FROM C TO GO BACK 2ON2
- LD AND RD GAP UP TIGHT AND PLAY OUT 2ON2.



Key Points :

GAP UP

D PIVOT TO MIDDLE

FWDS ATTACK W SPE

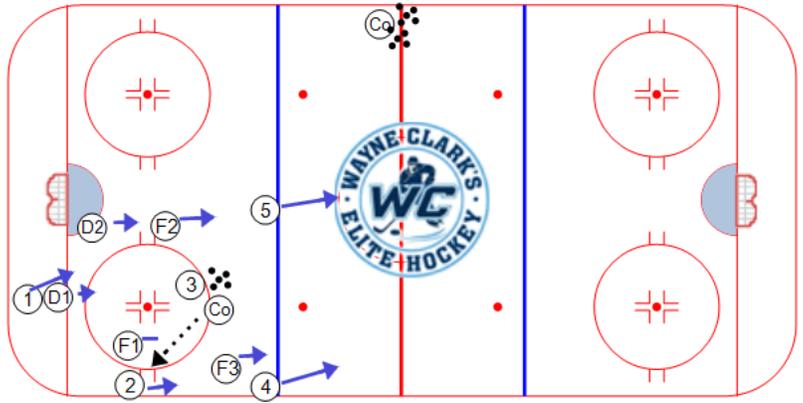
1ON1 -STICK ON PUC

Title : HI/LO DFZ FORECHECK Content elements:

Components : DFZ POSITIONING AND ROTATION FORECHECK

Description

-COACH SPOTS PUCK FOR X1, ON WHISTLE LIVE 5ON5 PLAY
 -D1 AND F1 MUST PULL BACK WHEN IN SECONDARY ROLE (SUPPORT ZONE)
 -COACH CAN SPOT 2ND ON OTHER SIDE OF RINK
 TODAY: WORK ON FUNDAMENTALS OF OUR DFZ COVERAGE (POSITION, SUPPORT ZONE -HIT ZONE)
 -INTRODUCE RESPONSIBILITIES...D2 1/2 WAY SHADE UP; F2 AND F3 RELEASE ROLLS (RELEASE, SAG...)



Key Points :

DFZ

HIT ZONE

SUPPORT ZONE

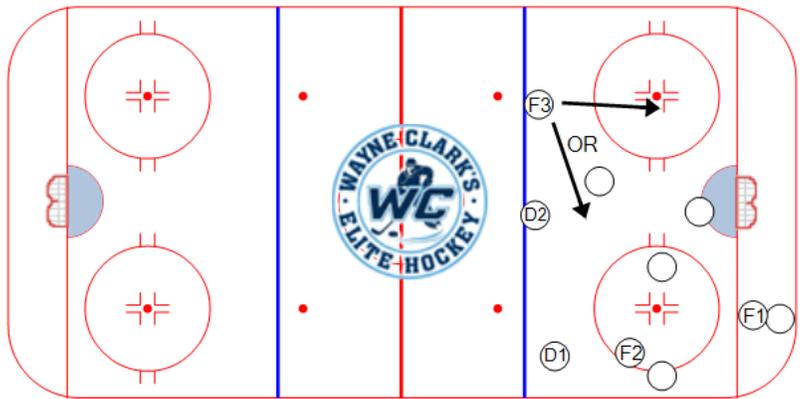
RELOAD ON FC

Title : HI/LO DFZ FORECHECK (Content elements:

Components :

Description

COACH 2: DUMP PUCK FOR FORECHECK WORK
 -GO THROUGH FUNDAMENTALS OF OUR 2-1-2 FORECHECK (F1: PRESSURE AND FINISH HIT -CREATE TURNOVER; F2; DOWN THE STRONG WALL -TAKE IT AWAY; F3: WEAKSIDE DOTS AS ROUTE -HIGH MAN
 D1 CAN PRE-PINCH
 D2 ONLY PINCH ON LONG RIM
 PROGRESS: D TO D PASS, F3 JUMP, F1 AND F2 RELOAD



Key Points :

F1 -HARD -FINISH

F2 -STRONGSIDE WALL

F3 -WEAKSIDE DOTS

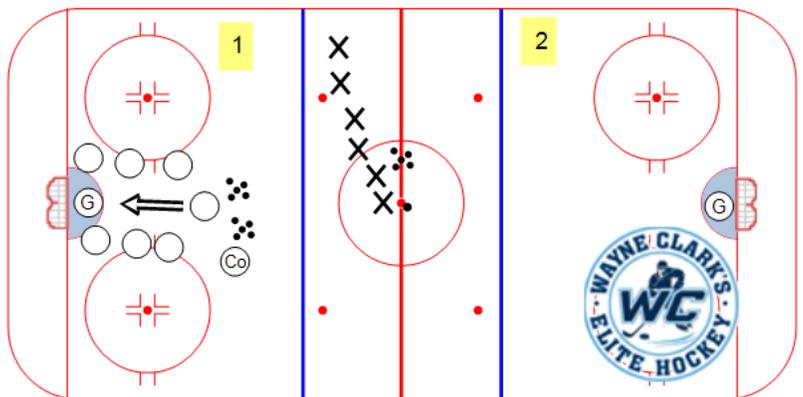
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Title : Juicer & Showdown Content elements:

Components :

Description

8-10 Mins and Flip Ends
 1) JUICER
 Os vs Goalie. Top O shoots. Os score 1 pt. If goalie makes save or deflects below goal line then 1 point for Goalie.
 If Goalie gets a point then Os rotate clockwise. If Os get a point same O shoots again.
 Play to 10.
 Lesson -promotes shooting off pads, being unselfish, using teammates.
 2) SHOWDOWN



Key Points :

Fun

Compete

Score

Save

Practice evaluation:

Drills to modify:

Objectives reached

Content of next practice :

Problems encountered

General comments :
