



Team

Practice Plan

Date: 10-22-23

Time: 16:15-18:45

Arena: ECTAS

Lines: 11 F, 6 D, 2 G

Notes: 2.5 hr. practice – introduce 1-3-1 PP and Diamond PK

F and B stride – pull back-push out- push-pull

Wally breakout sequence – goalies pass

B6 3 zigs – F-B-Crosby-Puck on FH only

B6 – Carolina 2-0 – 3-0

Swedish one timer sequence x 4 – pairs

Full ice 4-4 – 2" game – goals on one timers

D400 x 2 – 1-1 – D Sticks upside down S-A-D

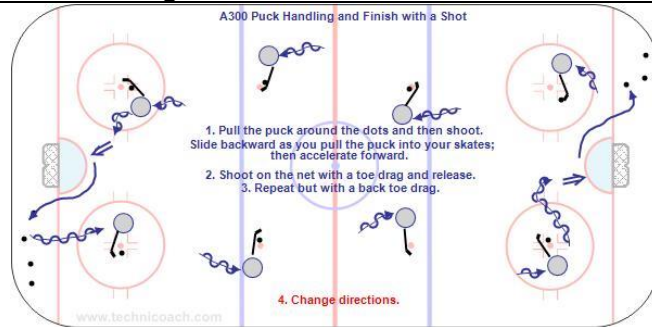
Flood- Go over 1-3-1 pp and Diamond PK ro in the dressing room

Multiple pass drill

Jim PP one end Tom PK other

PP full ice game on defender in NZ

6-5 one end – Gambling shootout



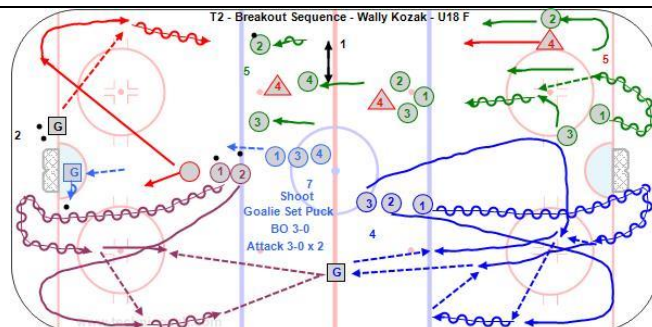
10'

Striding F and B

Cutbacks

Moves at each dot

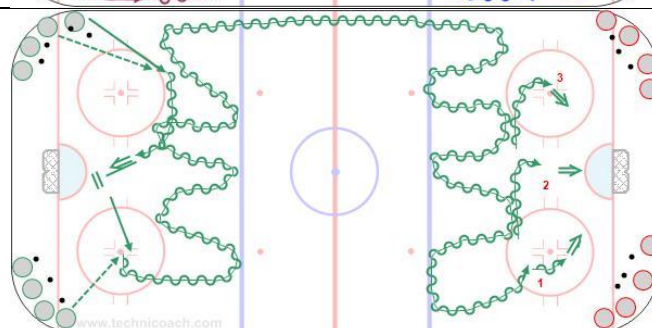
- Pull back
- Push out With fake shot
- Fake push out pull across



10'

T2 - Breakout Sequence - Wally Kozak - U18 F

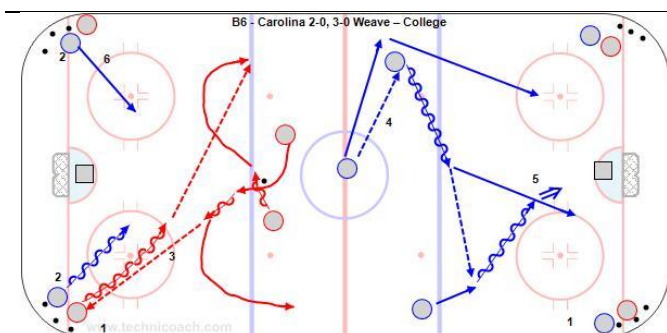
Goalies pass to F who take slapshot at far end.



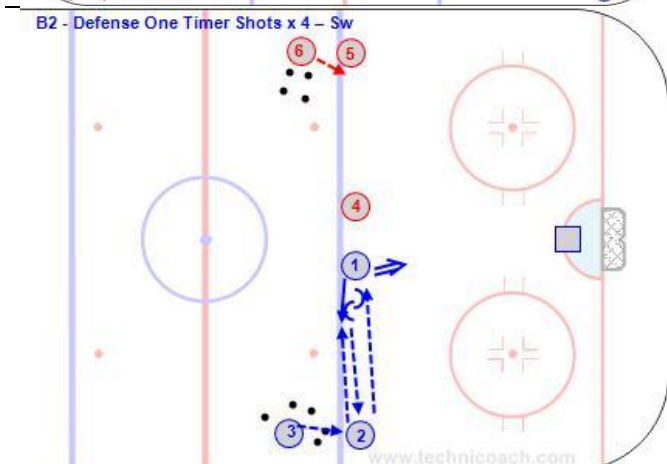
10'

B6 - 3 Pass-3-Shots-Agility Skate-3 Shots - U18 F

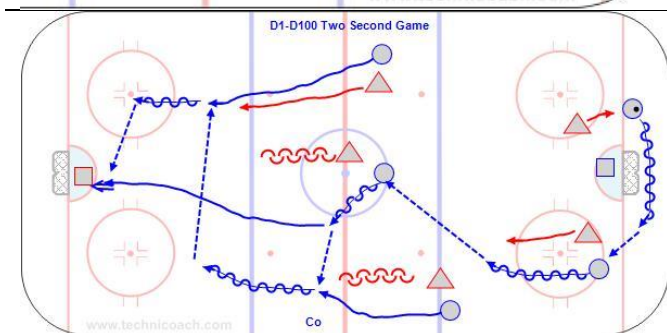
– FH only, Crosby, Backward, Transition



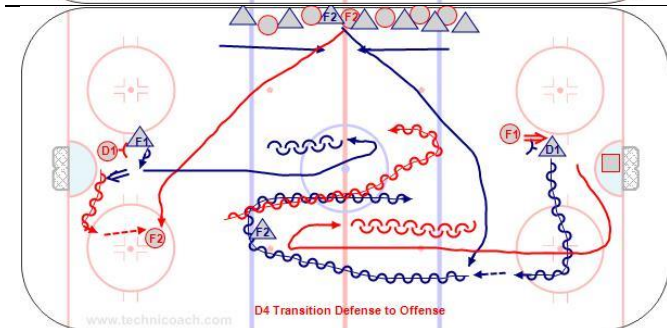
10'
B6 - Carolina 2-0, 3-0 Weave – College



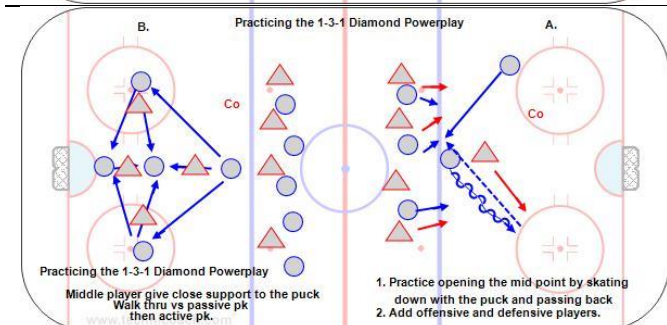
10'
B2 - Defense One Timer Shots x 4 – Sw



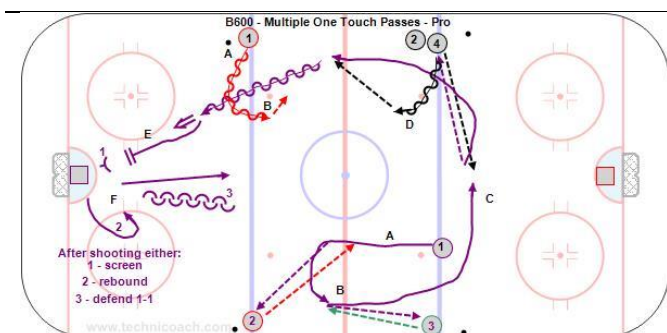
12'
D1-D100 Two Second Game
- Goals must be on one timer shots.



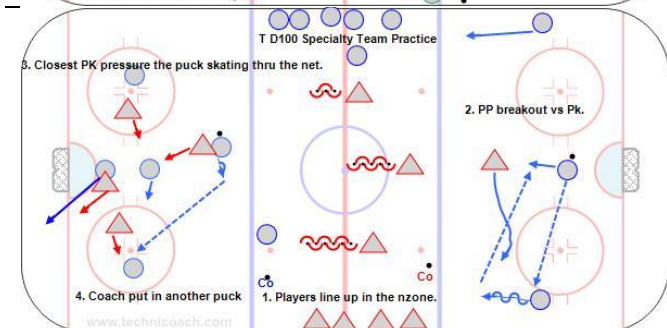
13'
D4 Transition Defense to Offense



15'
Flood – meet in coaches room.
Introduce 1-3-1 PP
Diamond PK

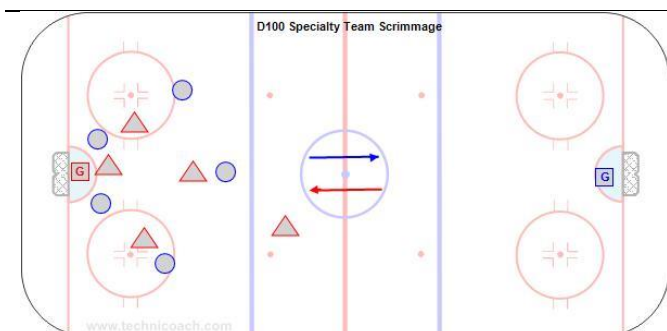


10' B600 - Multiple One Touch Passes - Pro

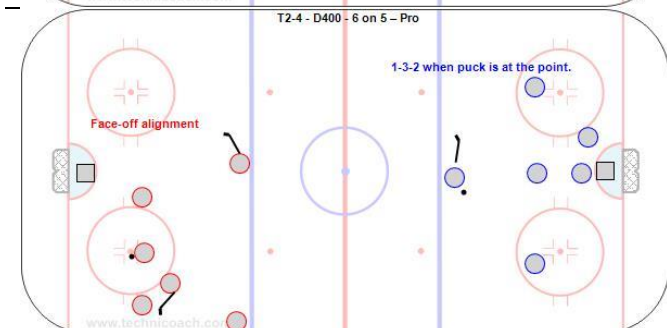


20' T2-4 D100 Specialty Team Practice

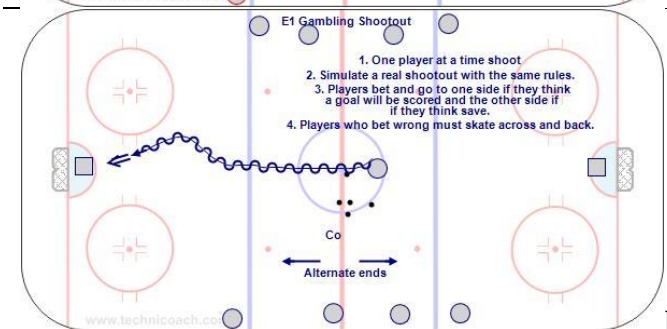
Jim PP one end – 1-3-1
Tom PK other - Diamond



D100 PP Game - One Defender in Nzone



T2-4 - D400 - 6 on 5 – Pro 3



E1 – Gambling Shootout