



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

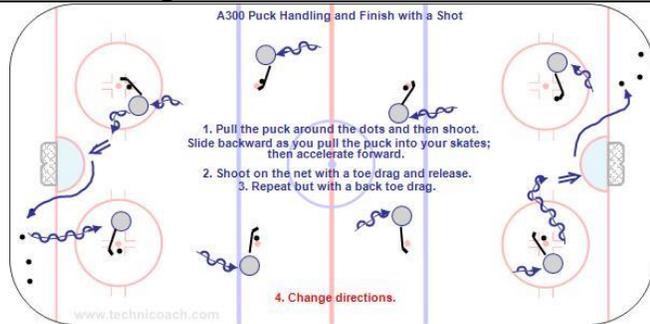
Flood- Go over 1-3-1 pp and Diamond PK ro in the dressing room

Multiple pass drill

Jim PP one end Tom PK other

PP full ice game on defender in NZ

6-5 one end – Gambling shootout



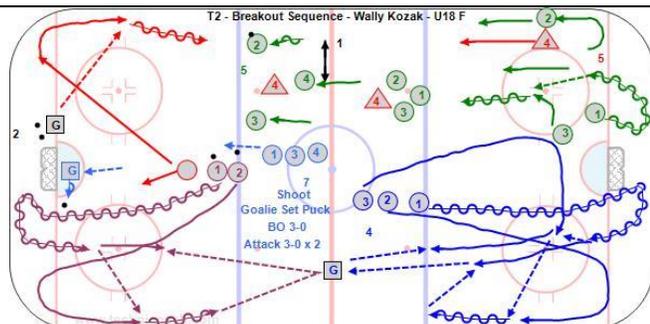
10'

Striding F and B

Cutbacks

Moves at each dot

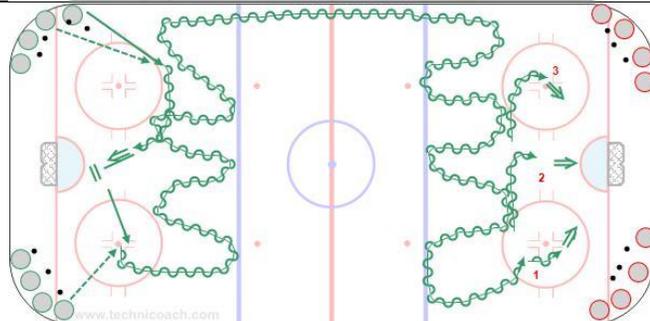
- Pull back
- Push out With fake shot
- Fake push out pull across



10'

T2 - Breakout Sequence - Wally Kozak - U18 F

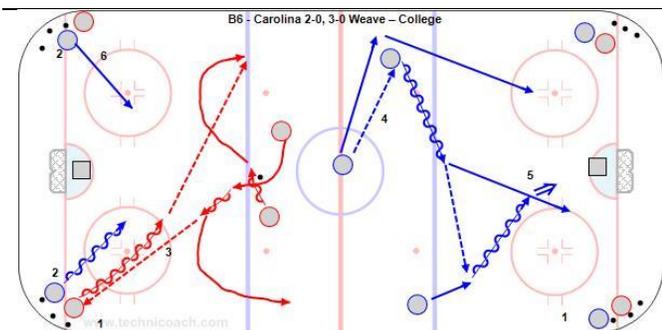
Goalies pass to F who take splashot at far end.



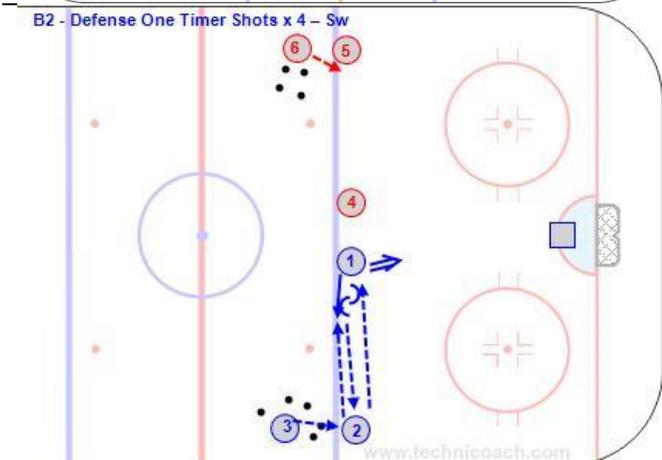
10'

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

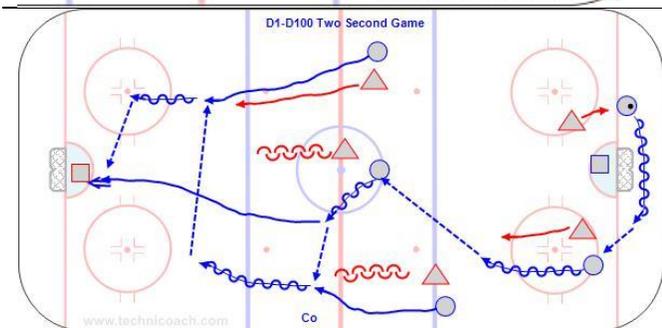
– FH only, Crosby, Backward, Transition



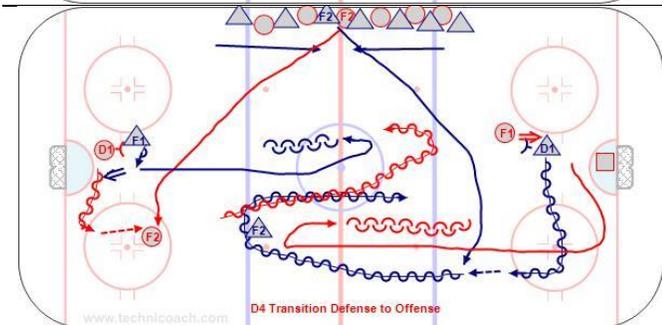
10'
B6 - Carolina 2-0, 3-0 Weave – College



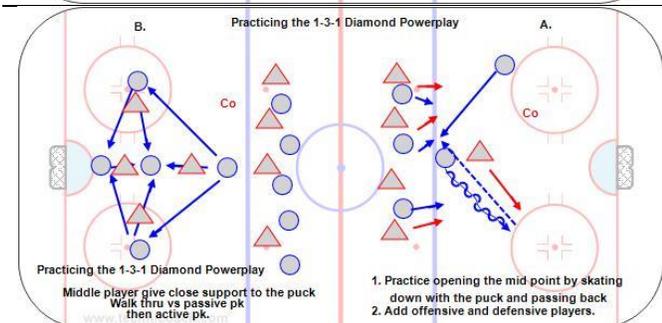
10'
B2 - Defense One Timer Shots x 4 – Sw



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

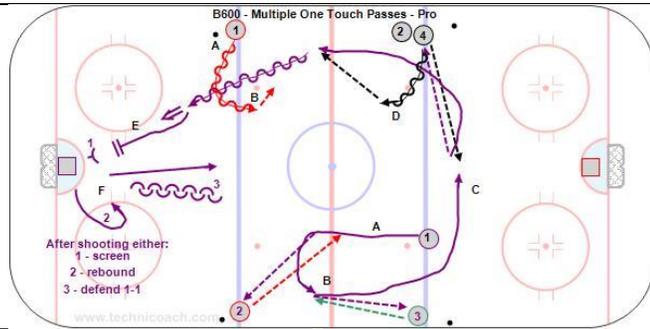


13'
D4 Transition Defense to Offense

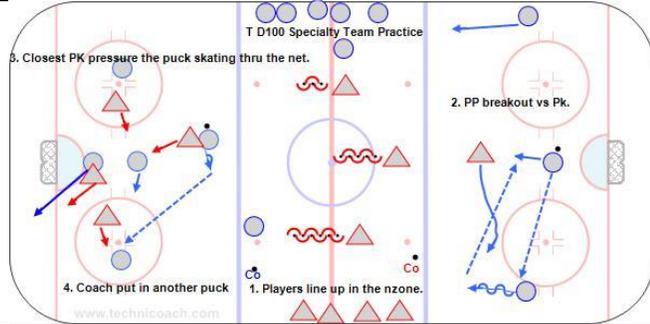


15'
Flood – meet in coaches room.
Introduce 1-3-1 PP
Diamond PK

Practicing the 1-3-1 Diamond Powerplay
 Middle player give close support to the puck
 Walk thru vs passive pk then active pk.
 1. Practice opening the mid point by skating down with the puck and passing back
 2. Add offensive and defensive players.

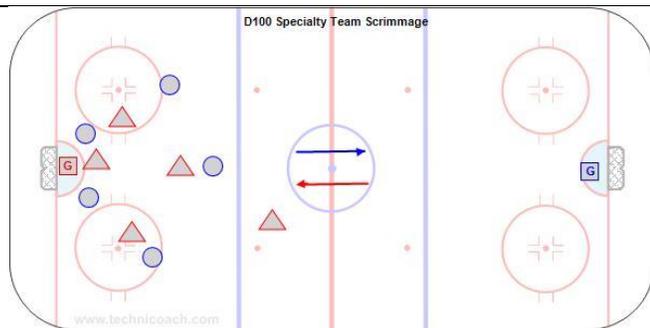


10'
 B600 - Multiple One Touch Passes - Pro

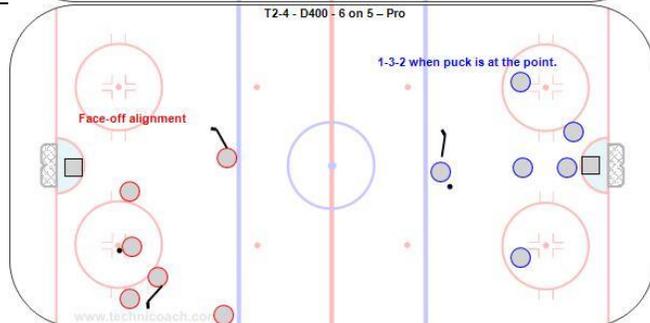


20'
 T2-4 D100 Specialty Team Practice

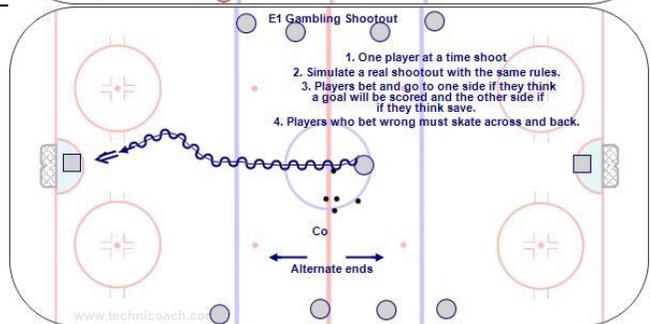
Jim PP one end – 1-3-1
 Tom PK other - Diamond



D100 PP Game - One Defender in Nzone



T2-4 - D400 - 6 on 5 – Pro 3



E1 – Gambling Shootout