



Practice Plan

Team: Iserlohn Roosters DEL

Practice No.: 1

Date : Oct. 29, 2019

Time: _____

Duration: _____

Version No.: 1

Prepared by: Jim Midgley

Objectives / Main tasks :

1. D Drill
2. Team Skill Drill-Team Warm up
3. Team Play Drill
4. A drill or game to develop Competitiveness.

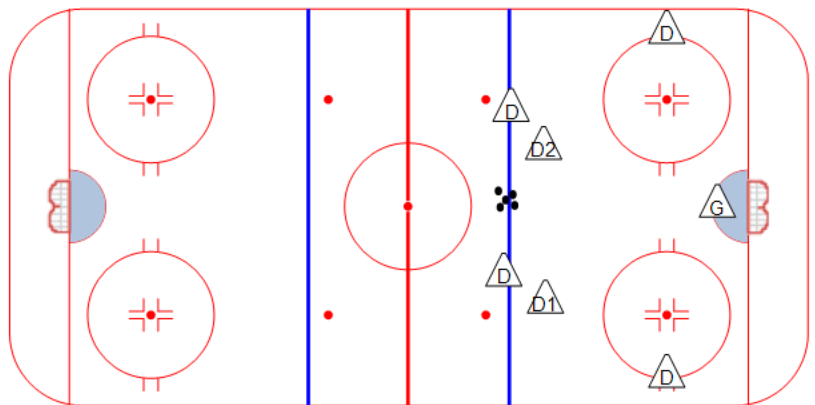
Book-Wooden on Leadership-John Wooden

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

Title : D BO-BOX OUT-SHOOTING Category #1 : D Shooting Category #2 : Breakouts

Description

Coach dumps or rims puck to goalie. D1 and D2 communicate with goalie on the breakout exchange. They pass to D on wall who are outlets. D now on the wall pass to the D on the blue line for a shot. Outlet D go to the net. D1 and D2 early box out with outlet D.



Key points : Communicate Early Box out Understicks No secondary screen

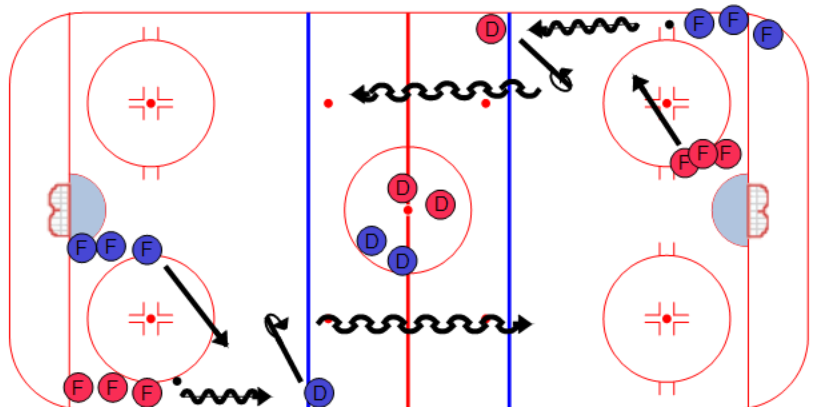
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Hartley Track Category #1 : Warmup Category #2 : Track

Description

Forwards on the boards will take off down the boards with puck. D will reload and get inside. Forward on the inside will track back hard on the puck. D and tracker must COMMUNICATE. D or Tracker retrieve puck and then pass to F on other end.

Continous Drill.



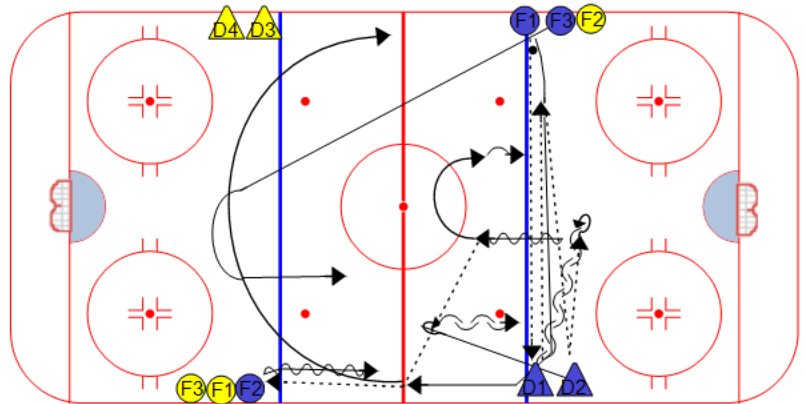
Key points : Track Communicate _____

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

Title : Tommie 3-on-2 Content elements: Speed, transition, offensive Components : Passing, Communication,

Description

F1 passes to D2 while D1 has backpedalled out into the middle of the ice. F1 then follows their pass. D2 passes to D1, who hits F1. F2, meanwhile, takes off in direction of D1 and D2, and picks up an exchange from F1. F3, meanwhile, moves as soon as F1 leaves and moves down the ice, before transitioning and supporting F2. This is a 3-on-2.



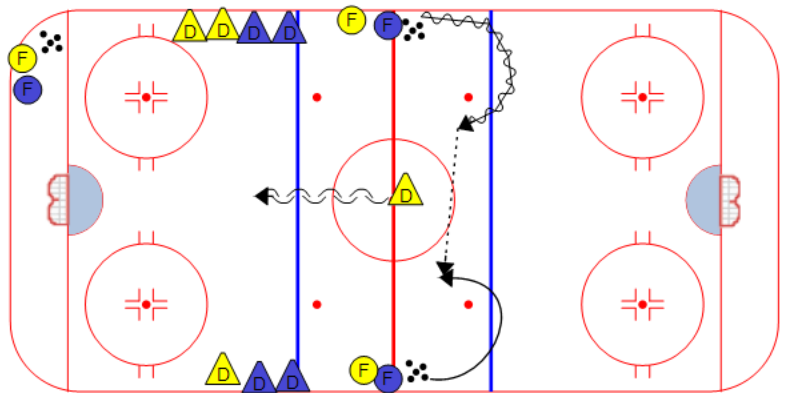
Key Points : Quick Puck Movement Vary the Attack D: Identify and Commu

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

Title : 2-vs-1, 4-vs-2 Sort Out Content elements: Components :

Description

Starts with a two-on-one out of the NZ with the forwards getting below the blue and inside the dots. After the 2-on-1 (this is a rush attack, tempo and execution are key), the F in the low-corner hits the D who receives the 2-on-1. The forwards who attacked, will then support the D (as well as the forward from the low corner). Two new D step out to receive the 4-vs-2. After this rush, the high-forward will then become a tracker, vs the new 2-on-1. *This is a whistle controlled drill.



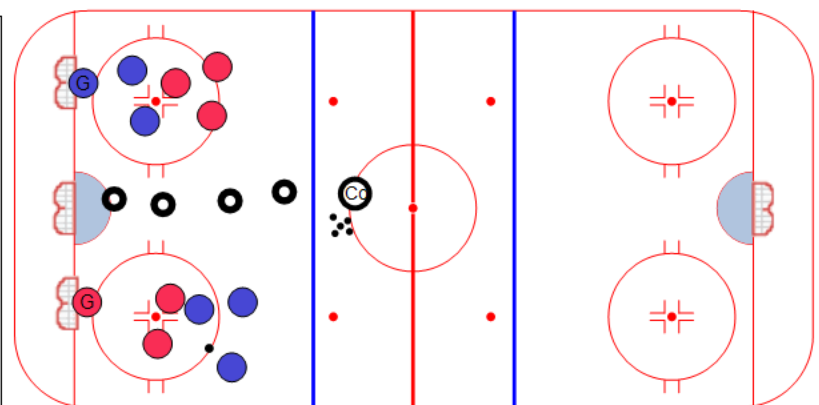
Key Points :

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

Title : Odds and Evens Category #1 : SAG Category #2 : Games

Description

3 Blue players try and score on there side. 2 Red try and get puck to there team on the other side.



Key points :