

# Practice plan

Date:



Drill of the Week Club

Main Focus:

Time	Drill	Time	Drill	Time	Drill
	Small Group		O or D Team Play Drill		
	<b>Serambo 21</b>		<b>Canucks "Tony"</b>		
	Team Skill Warm Up		Competitive Game-		
	<b>Circle Puck- Or King Of Hill</b>		<b>Slot/ Point Shot</b>		

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

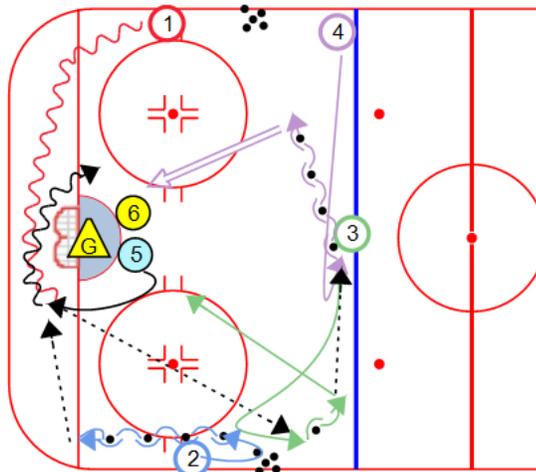
Title : Serambo 21 Category #1 :  Category #2 :

**Description**

1 Starts by carrying a puck around the net and makes breakout pass to 3.  
 3 Walks and passes D2D to 4. (Make sure D move with the puck). 4 takes a shot on net with player 6 tipping in front and 5 Boxing out in front. After making Pass to 4 Player 3 drives the net.

2 then starts by carrying a puck and passing to player 6 who release to support the pass from 2. 6 Passes to 4 who walks and passes to new # 3.

Rotation is as follows 1 become 3, 3 becomes 5, 5 becomes 1 On opposite side 2 becomes 4, 4 becomes 6 and 6 becomes 2



Key points:

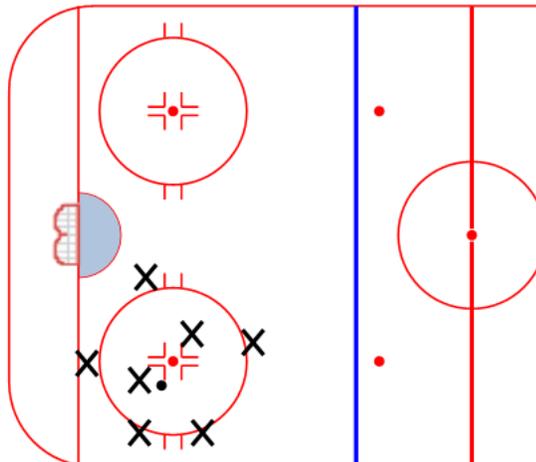
<input type="text" value="Proper support"/>	<input type="text" value="Toes up ice"/>
<input type="text" value="Good Passes"/>	<input type="text" value="Communication"/>

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Circle Puck Protection Category #1 :  Category #2 :

**Description**

2 players enter circle and battle for the puck-  
 Players with pck should use bodyposition hands and stick to protect it, Other player should be stick on puck and working to get the puck back.



Key points:

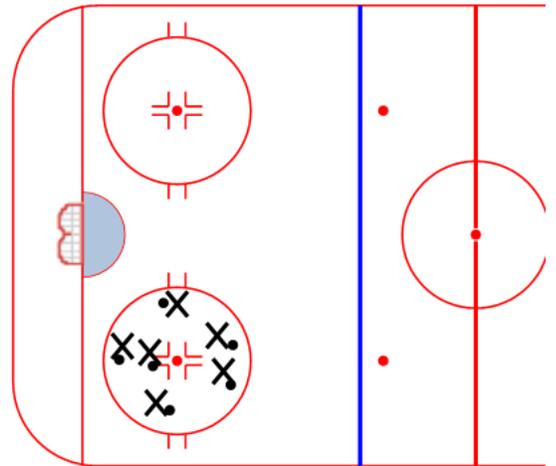
<input type="text" value="Compete"/>	<input type="text" value="Puck Protection"/>
<input type="text" value="Stick On Puck"/>	<input type="text" value="Positioning"/>

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : King Of the Hill Category #1 :  Category #2 :

**Description**

This is a fun drill to start or end practice with that is great for the U6 age levels all the way to the NHL. Players love this drill! It is also known as "King of the Ring" if you only use circles, or it is also known as "Knockout." If you have more than 6 players you can start by increasing the boundaries to include the entire neutral zone. Once there are 6 players remaining then you can narrow the boundaries down to the circle.



Key points:

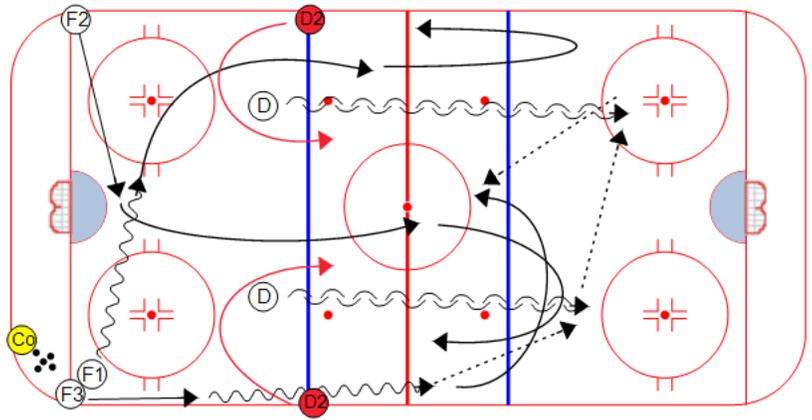
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Canucks "Tony" Category #1 :  Category #2 :

**Description**

F1 F2 F3 breakout together as shown, They regroup at the far end with Defense.

As the regroup is preformed, D2s step out from wall and play the 5 on 2 rush back.



Key points :

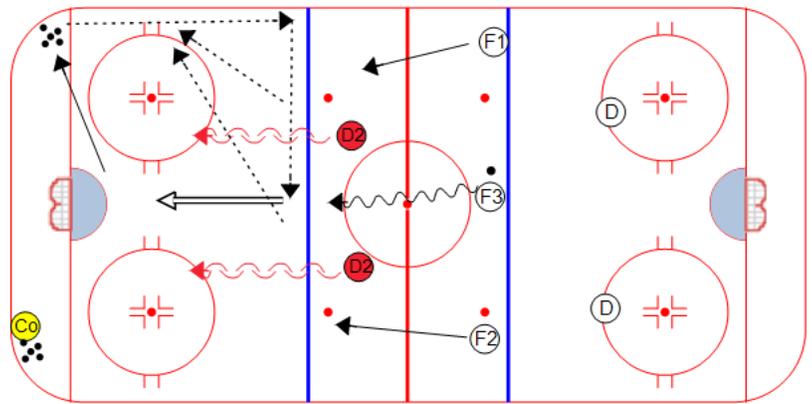
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Canucks "Tony" (seq 2) Category #1 :  Category #2 :

**Description**

After teh 5 on 2 rush The forward closest to corner picks up a puck and passes to defense for D2D pass and shot. Repeat out of other side.

Variation, - Complete cycle, Complete Powerplay wall option, Complete PP D2D Back across seem to wall option.



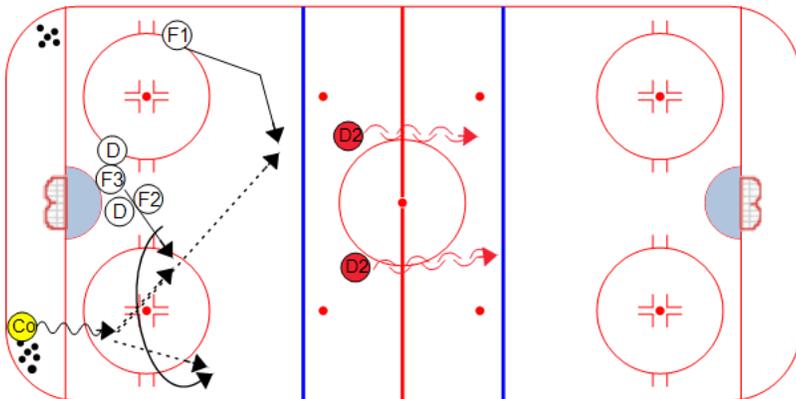
Key points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Canucks "Tony" (seq 3) Category #1 :  Category #2 :

**Description**

After the Shots the coach steps out off the wall and initiates the breakout again with F1,F2, F3 The attack the D2's 3v2 down the ice and play it out low below the ringette line.



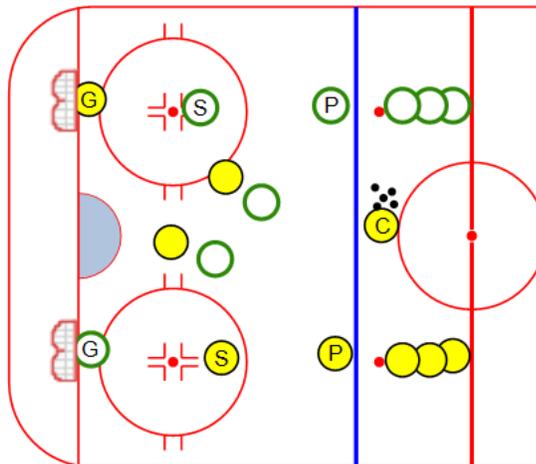
Key points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Slot/ Point Shot Category #1 :  Category #2 :

**Description**

20-30 Secs Shifts  
New Puck On goals to open guys  
Slot man and D man Have to shoot  
Shot guy must stay in circle  
Teams Play 4v4 or 5v5  
  
Forward create Net traffic and battle for rebounds, Gettign shots through,  
Defensers get in shooting lanes active sticks box players out.



Key points: 

Quick Shots	Net Traffic
Get Shots through	Battle For rebounds