

Practice plan

Date: 2019/10/28


Drill of the Week Club

Main Focus:

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

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

Title : Serambo 21

Category #1 : Defense

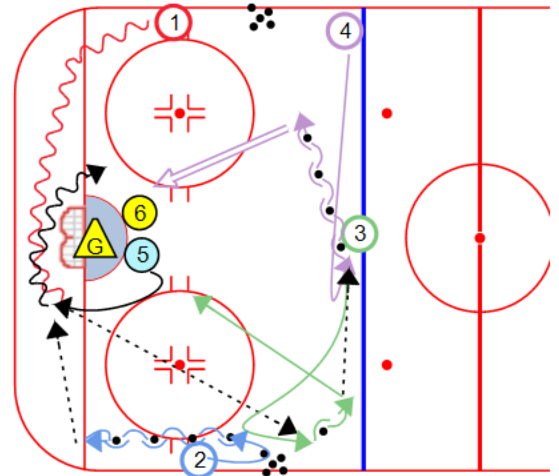
Category #2 : Skills

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:

Proper support

Toes up ice

Good Passes

Communication

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

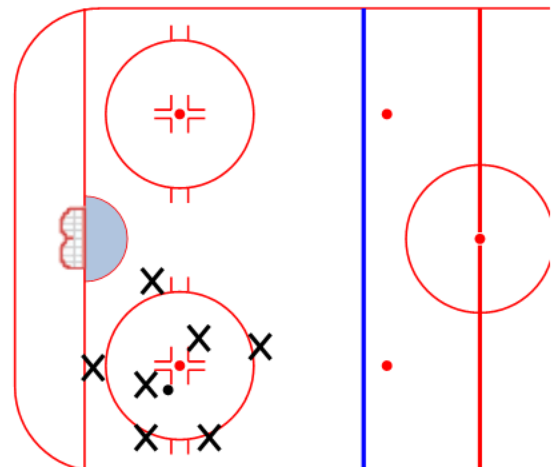
Title : Circle Puck Protection

Category #1 : Puck Protection

Category #2 : Skills

Description

2 players enter circle and battle for the puck- Players with puck 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:

Compete

Puck Protection

Stick On Puck

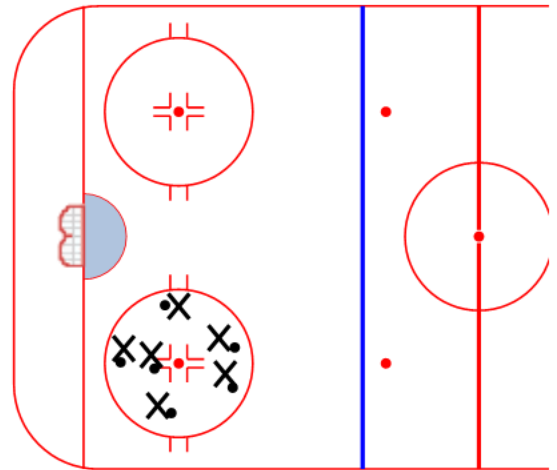
Positioning

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

Title : King Of the Hill Category #1 : Puck Protection Category #2 : Skills

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:

| | |
|--|--|
| | |
| | |

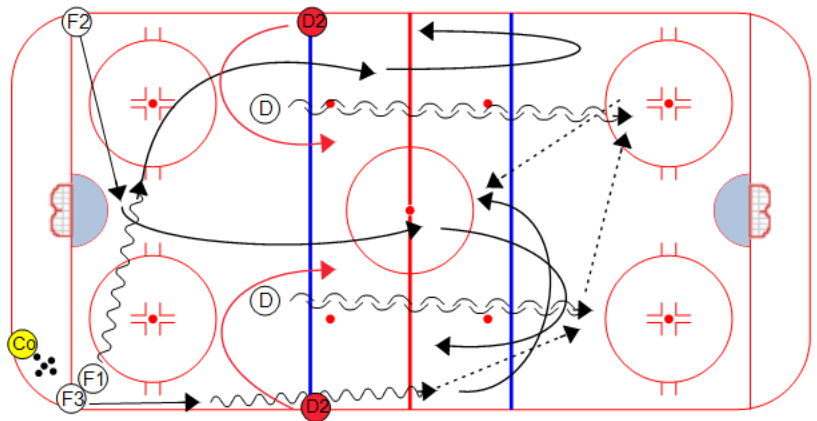
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Canucks "Tony" Category #1 : Warm Up Category #2 : Transition

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 :

| | | | |
|--|--|--|--|
| | | | |
|--|--|--|--|

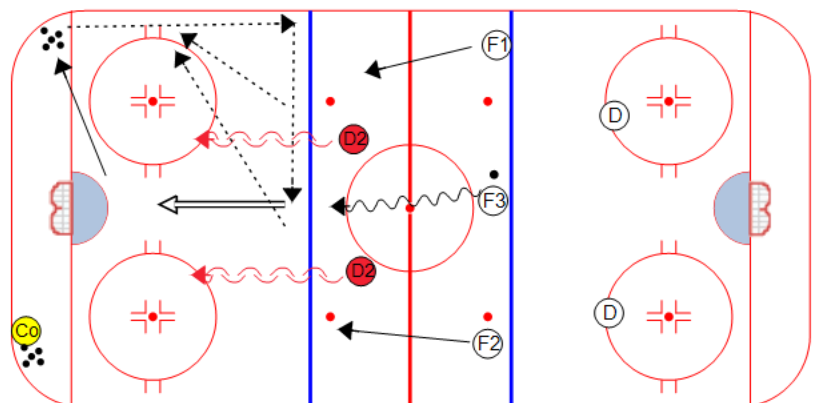
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

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

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, Compete Powerplay wall option, Complete PP D2D Back accross seem to wall option.



Key points :

| | | | |
|--|--|--|--|
| | | | |
|--|--|--|--|

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

Title : Canucks "Tony" (seq 3)

Category #1 :

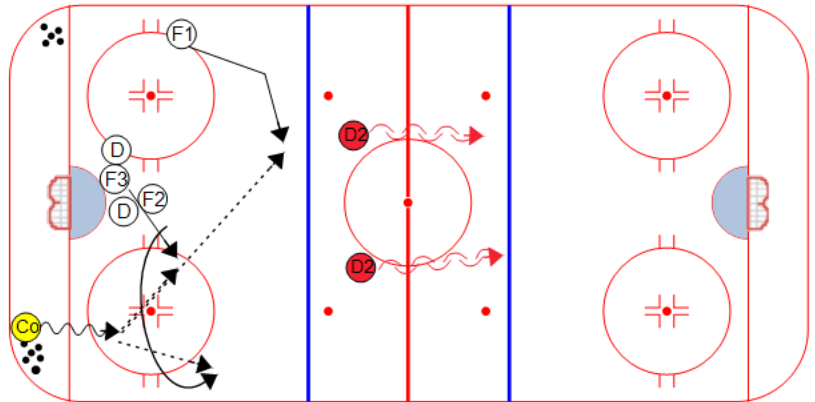
Warm Up

Category #2 :

Transition

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 :

Creating Offense

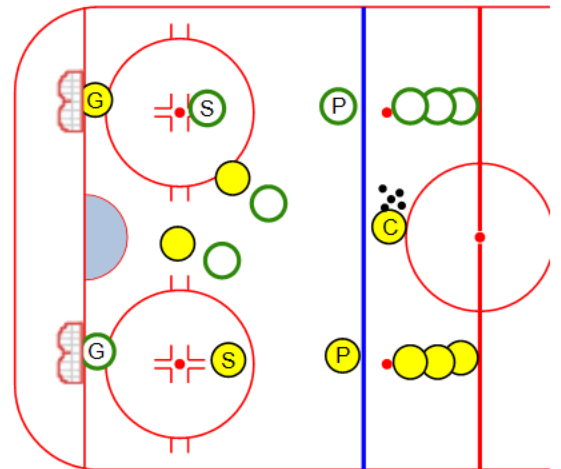
Category #2 :

Small area games

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,
Defenders get in shooting lanes active sticks box players out.



Key points:

Quick Shots

Net Traffic

Get Shots through

Battle For rebounds