

STEVE MACLEOD
EDMONTON

DOTW



HOCKEY CANADA

Practice Plan Template / Gabarit d'un plan d'entraînement



" CHAMPIONSHIPS ARE
WON IN PRACTICE "

Time / Temps	Drill Name & Description / Nom de l'exercice et description	
7	<p>WARM UP 3 SHOT DRILL " PASS OUT "</p> <p>1 STEPS OUT RECEIVES PASS FROM 2 2 SKATES TO MID ICE PASS FROM 3 3 SKATES WIDE LANE PASS FROM 4 <u>BOTH SIDES SAME TIME</u></p> <p>Key Teaching Points / Points pédagogiques clés MID LANE SKATERS KEEP YOUR HEAD UP! REPEAT ON WHISTLE</p>	
	<p>BLO - D PUCKS, WHEELS F1 TO WALL F2 LOW SLOW TAKES AWAY OPTION D - RADS PASSES TO OPEN F. F1 F2 DOWN ICE WIDE ENTRY F "DELAIS" AND HITS D (FOLLOWING UP ICE) D SHOTS. MID LANE F GOES TO NET, BOTH F HUNT REBOUND. F1 F2 PICK UP PUCK FROM CORNER GO 2ND " BOTH SIDES "</p> <p>Key Teaching Points / Points pédagogiques clés</p>	
	<p>ION1 - D FIND LANE F STARTS ON WHISTLE STOPS AT TOP OF CIRCLE SKATES TO DOT STOPS - ATTACKS D (C) PASSES TO D - D MUST GET SHOT ON NET OR BACK TO (C) IF HE/she CAN'T GET SHOT BECAUSE F IS IN LANE F CUTS BACK GETS PUCK - DOWN ICE ION1</p> <p>Key Teaching Points / Points pédagogiques clés</p>	
	<p>SAG DOUBLE GRETZKY X AND O HAVE 2 "GRETZKY'S" BEHIND THE NET. 2 ACTIVE PLAYERS CAN USE THEM AS GIVE AND GO OPTIONS BELOW CIRCLES</p> <p>Key Teaching Points / Points pédagogiques clés</p>	