



Practice Plan

Date: June 11- 02Team

Time:

Venue: Trico

Lines: Goals

Notes:

Passing technique review

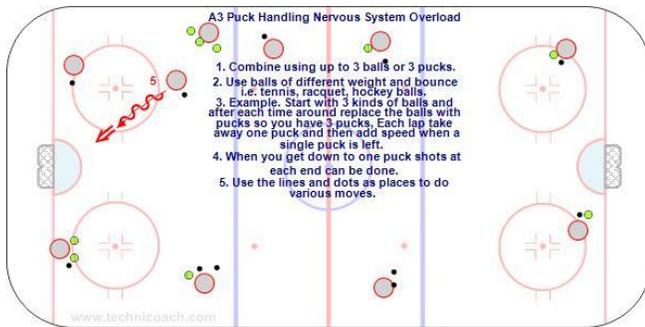
- Practice going from offense to defense

From (3) checking the puck carrier to covering away from the puck (4).

From puck carrier (1) to getting open for a pass (2).

Also review puck protection skills and checking from the D side with the stick on the puck.

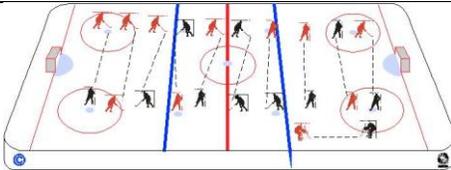
Goalie controlling rebounds.



A3 Nervous System Overload Puck Handling

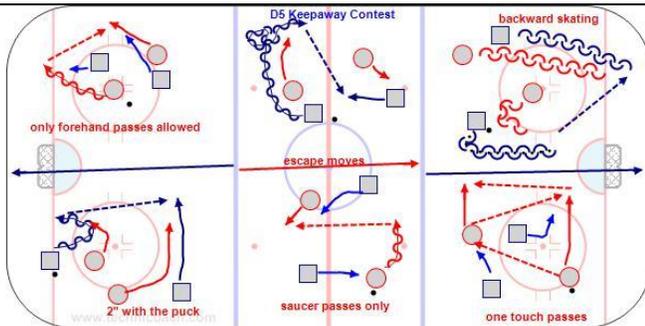
- 1 lap with 3 pucks,
- 1 lap with 2 pucks
- 1 lap with 1 puck and big moves.

Goalie at one end with the goalie coach



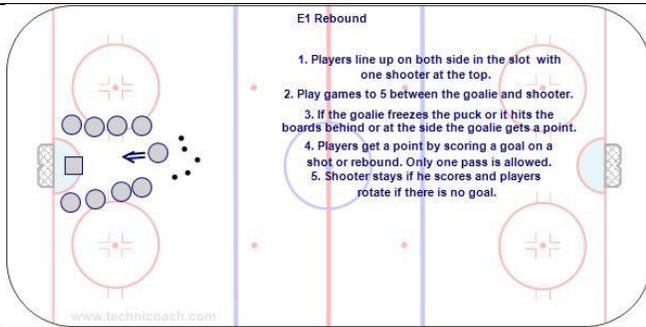
B3 Partner Passing and Instruction Wrist Pass: emphasis on making no noise either passing or receiving. Demonstrate then.

- start with sticks together moving forward and back.
- move back one sticklength and pass with good technique 10 passes.
- 10 passes 2 sticklengths apart.
- 10 passes 3 sticklengths apart.
- skate across the ice and back 2 sticklengths away making as many passes as possible.



D5 Keepaway

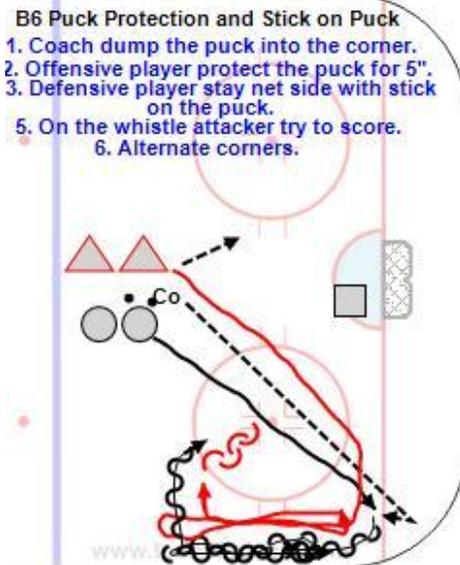
- play 2 on 2 and 3 on 3 keepaway in one zone for each game.
- first play with the rule you get one point for making 5 consecutive passes and keep score.
- same scoring in second game but they must make an escape move before passing.
- same scoring in third game but they must beat an opponent with a move before passing.



- E1 Rebound**
1. Players line up on both side in the slot with one shooter at the top.
 2. Play games to 5 between the goalie and shooter.
 3. If the goalie freezes the puck or it hits the boards behind or at the side the goalie gets a point.
 4. Players get a point by scoring a goal on a shot or rebound. Only one pass is allowed.
 5. Shooter stays if he scores and players rotate if there is no goal.

E1 Rebound

- Play two games of rebound to 10 vs the goalie.
- Losing team skate one lap.

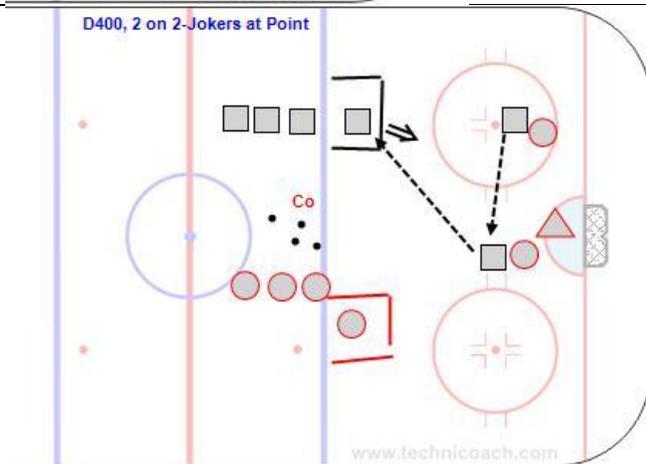


- B6 Puck Protection and Stick on Puck**
1. Coach dump the puck into the corner.
 2. Offensive player protect the puck for 5".
 3. Defensive player stay net side with stick on the puck.
 5. On the whistle attacker try to score.
 6. Alternate corners.

B6 Puck Protection and Stick on the Puck Battles

- Players fight for the puck in the corner and along the boards and the puck carrier go to the net on the whistle.

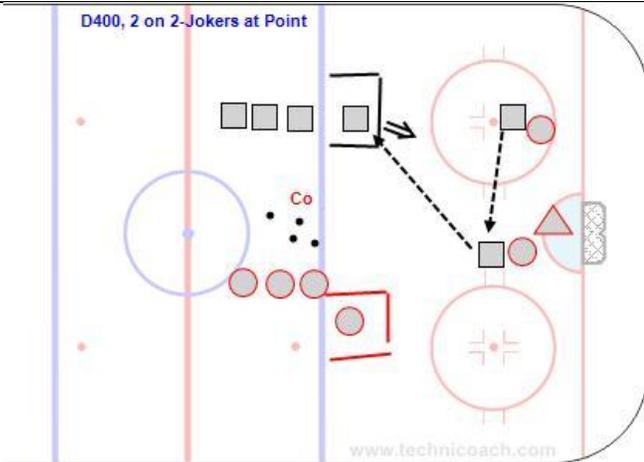
Alternate sides with a whistle every 10 seconds.



DT400 – 2 on 2 with Jokers at the Point.

- We moved the jokers up to the top of the circles to reduce the space.
- Start with a dump in and the players that get the puck try to score.
- Defenders must pass to jokers before they are on offense. Jokers cannot skate in but must pass or shoot within 2".
- Players must transition between the 4 game playing roles quickly.
- Do not check the jokers.
- Keep score.

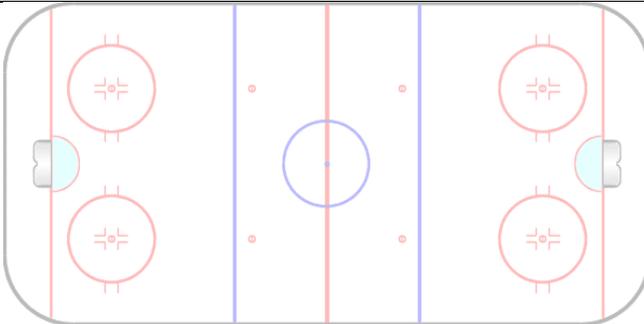
D400, 2 on 2-Jokers at Point



DT400 – 2 on 2 Coaches are Jokers at the Point

- Move back and used the whole zone.
- Coaches are the jokers in a controlled scrimmage situation.
- Everyone freeze on the whistle and coaches point out being in the proper game playing role.
- 1-player with the puck
- 2-player supporting the puck
- 3-player checking the puck carrier
- 4-player covering players away from puck
- When the puck is at the point the players are all in role 2 and role 4.
- Offensive players must get open or screen and tip.
- Defensive players must cover one player each on the defensive side, stick in the lane, box out in front.
- Keep score

Explanation/Notes:



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