



## Practice Plan

**Team:** Squirt Select

Practice No.: \_\_\_\_\_

**Date : Jan. 5, 2016**

**Time: 5 p.m.**

**Duration: 60 minutes**

**Version No.:**

Prepared by:

### Objectives / Main tasks :

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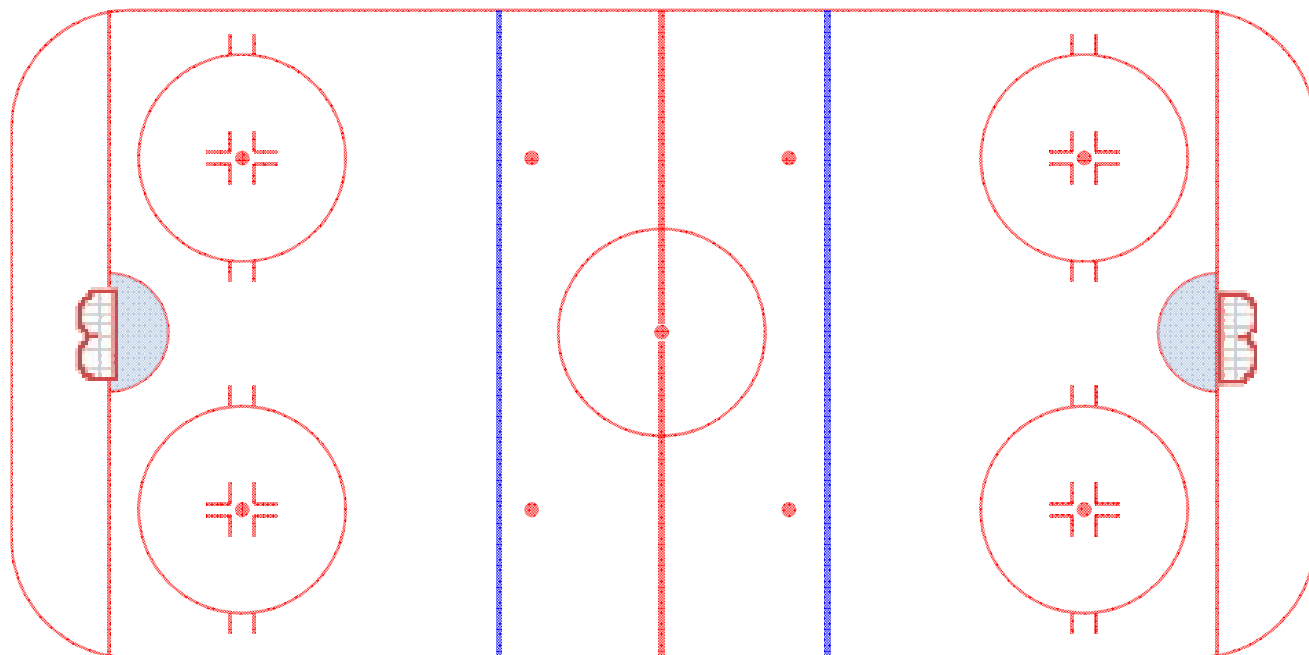
Drill no. : 1 Duration : 10 Minutes From : 5 To : 5:10 pm

Category #1 : Skills

Category #2 : Backward

Title : Skills Development: Backwards Skating

Content elements : Components:



Key points :

### Description

10 minutes of work on the basics of backwards skating.

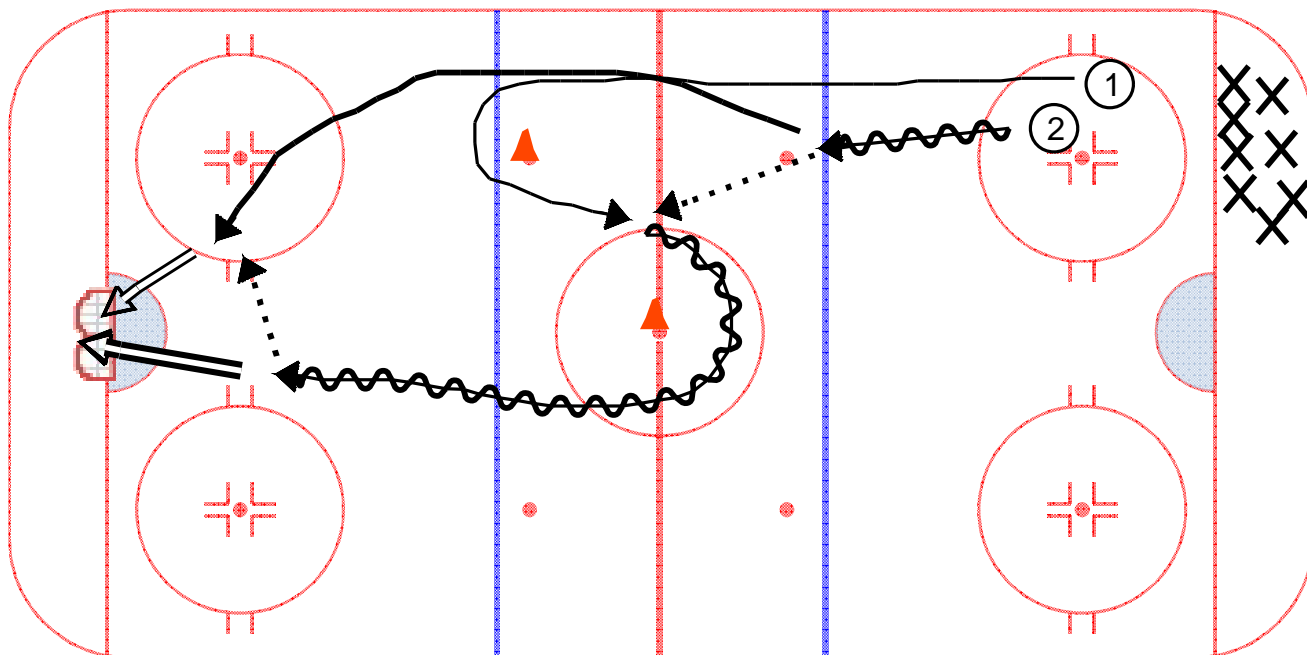
Drill no. : 2a      Duration : 10      Minutes      From : 5:10      To : 5:20 pm

Category #1 :

Category #2 :

Title : Passing in Motion

Content elements :      Components:     



Key points :

### Description

Player 1 starts without the puck, moving up the side boards and cutting around a cone at the far neutral zone dot.

When Player 1 gets to the blue line, Player 2 takes the puck, begins skating, and hits Player 1 with a pass.

Player 1 then goes around a cone at center ice and attacks the net.

Player 2 crashes the net, looking for a pass.

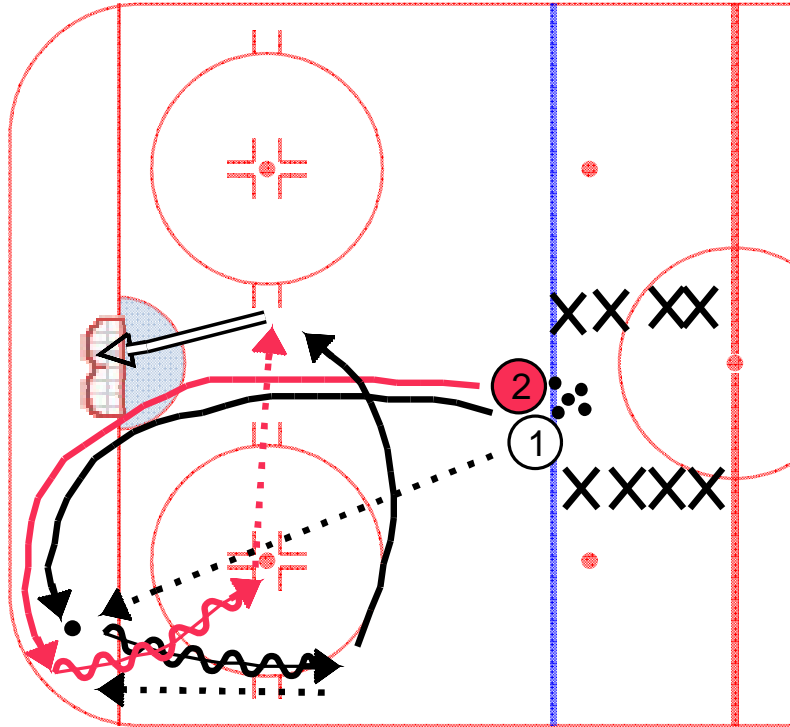
**Drill no.** : 2b      **Duration** : 10      **Minutes**      **From** : 5:10      **To** : 5:20pm

Category #1 :	Cycle
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**Title :** Basic Cycle With Shot

**Category #2 :** Passing

**Content elements:**



**Key Points :**

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## Description

Player (1) dumps the puck into the corner, then chases the puck Once (1) has the puck, they carries it up the boards to the hashes Once (1) grabs the puck, (2) sprints to the corner (1) passes along to the boards to (2) (1) skates across the top of the circle looking for a pass (2) takes the puck to the faceoff dot and executes a pass to (1) in the high slot (1) takes shot
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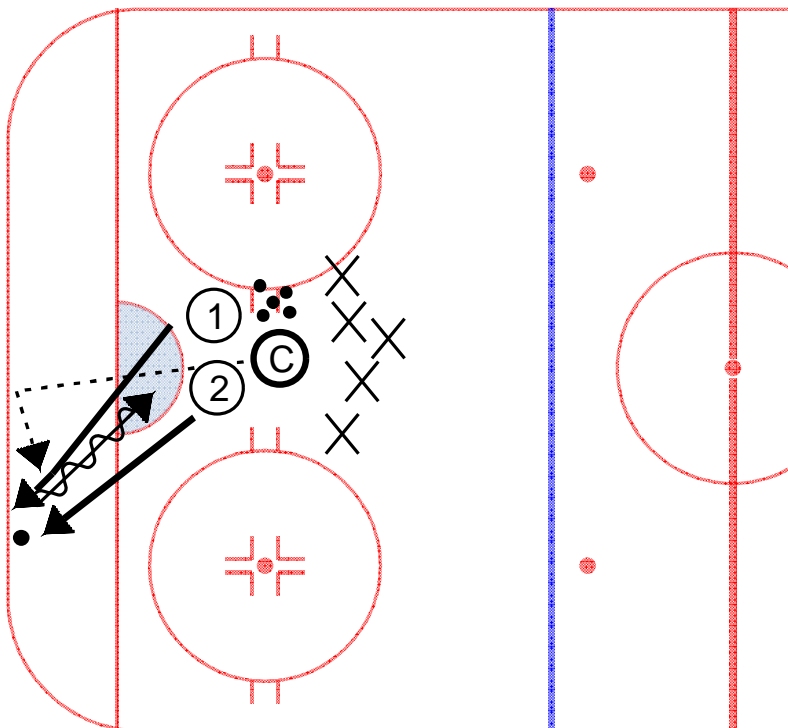
Drill no. : 3a Duration : 10 Minutes From : 5:20 To : 5:30 pm

Category #1 : Battle

Title : Crease Battle

Category #2 : Puck Protection

Content elements: Components :



Key Points :

### Description

Basic 1-on-1 battle drill: coach dumps a puck against end boards. Two players race. Game ends when one player controls the puck and gets the puck and both feet into the crease.

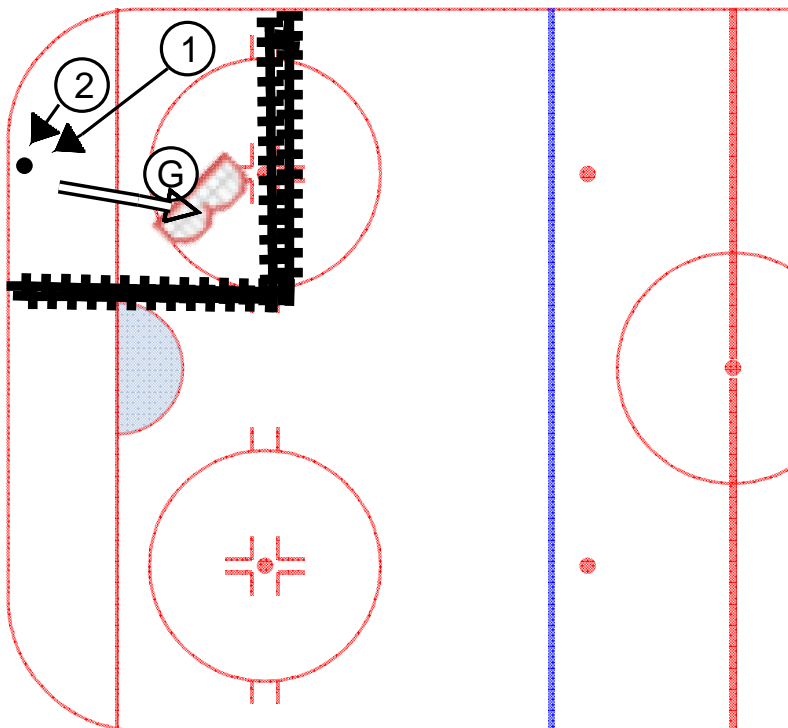
**Drill no.** : 3b      **Duration** : 10      **Minutes**      **From** : 5:20      **To** : 5:30 pm

<b>Category #1 :</b>	Battle
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**Title :** Basic Battle

**Category #2 :** Small Area

**Content elements:**



**Key Points :**

## Description

Simple battle drill: small area sealed off, two players at a time battle; first to control the puck shoots on net.

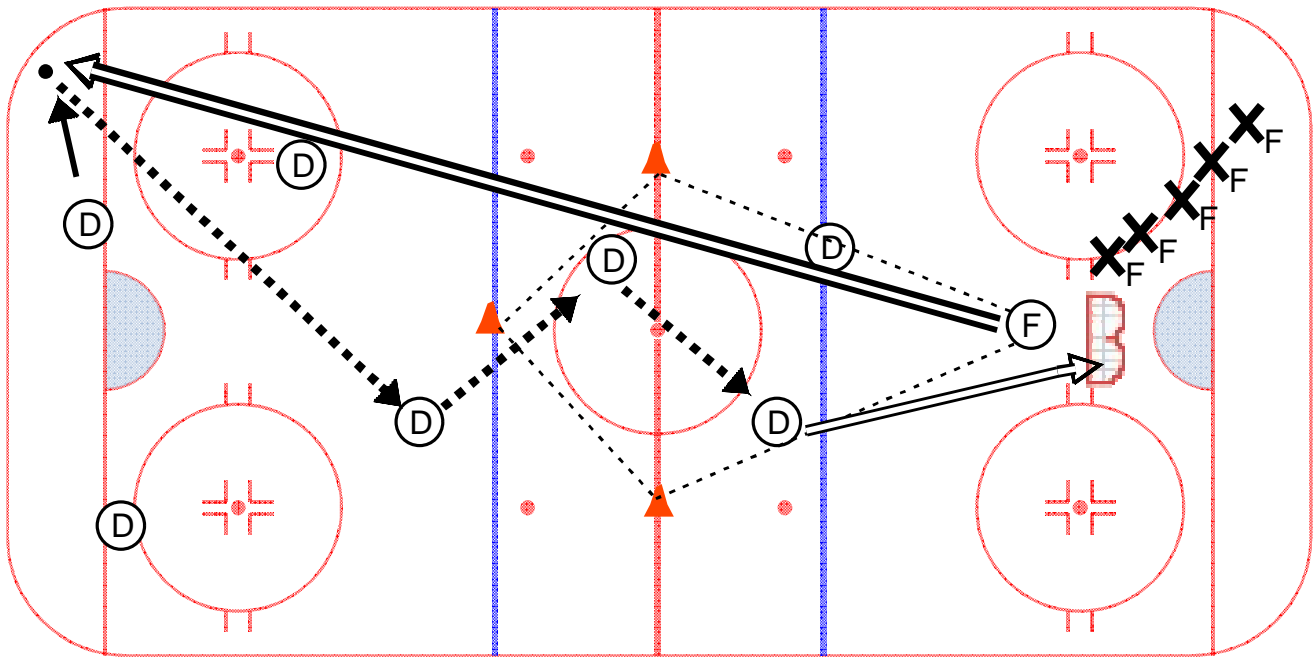
**Drill no.** : 4      **Duration** : 10 **Minutes**      **From** : 5:30      **To** : 5:40 pm

Category #1 :	Passing
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Category #2 :	Games
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**Title :** Baseball

Content elements :	Components:
<p>1. <b>Introduction</b></p> <p>2. <b>Background</b></p> <p>3. <b>Methodology</b></p> <p>4. <b>Results</b></p> <p>5. <b>Conclusion</b></p>	<p>1. <b>Introduction</b></p> <p>2. <b>Background</b></p> <p>3. <b>Methodology</b></p> <p>4. <b>Results</b></p> <p>5. <b>Conclusion</b></p>



<b>Key points :</b>				
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## Description

- (1) The "batter" lines up between the hash marks, in front of the empty net and shoots the puck as far away as possible.
- (2) The batter then goes around the bases (cones) and tries to return to the space between the hash marks.
- (3) The "fielders" must collect the puck, make three passes, and get the puck in the empty net before the batter gets back between the hashes.

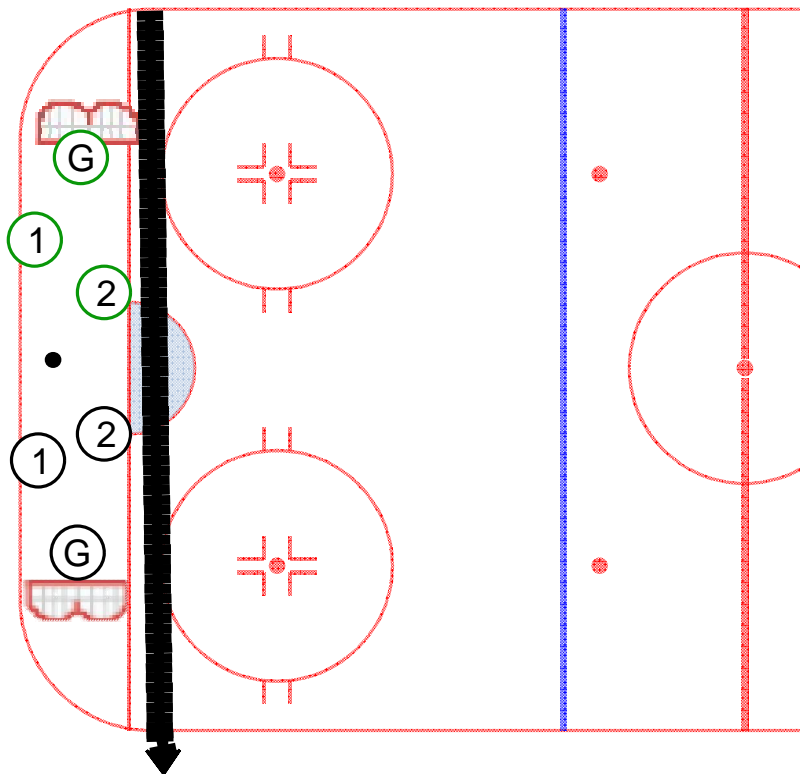
Drill no. : 5 Duration : 15 Minutes From : 5:40 To : 5:55 pm

Category #1 : Small Area Game

Title : Goalline 2-on-2

Category #2 : Battle

Content elements: Components :



Key Points :

### Description

Two-on-two game played between the goal line and the end boards.