



## Practice Plan

Team: Squirt Select

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

Date : Jan. 26, 2016

Time: 5 p.m.

Duration: 60 Minutes

Version No.: \_\_\_\_\_

Prepared by: \_\_\_\_\_

### Objectives / Main tasks :

This is the fifth SCENARIO practice, and we'll be working on 1) shooting quickly, 2) passing to players in motion, and 3) breakout skills.

**Drill no.** : 1 **Duration** : 10 **Minutes From** : 5:10 **To** : 5:20 p.m.

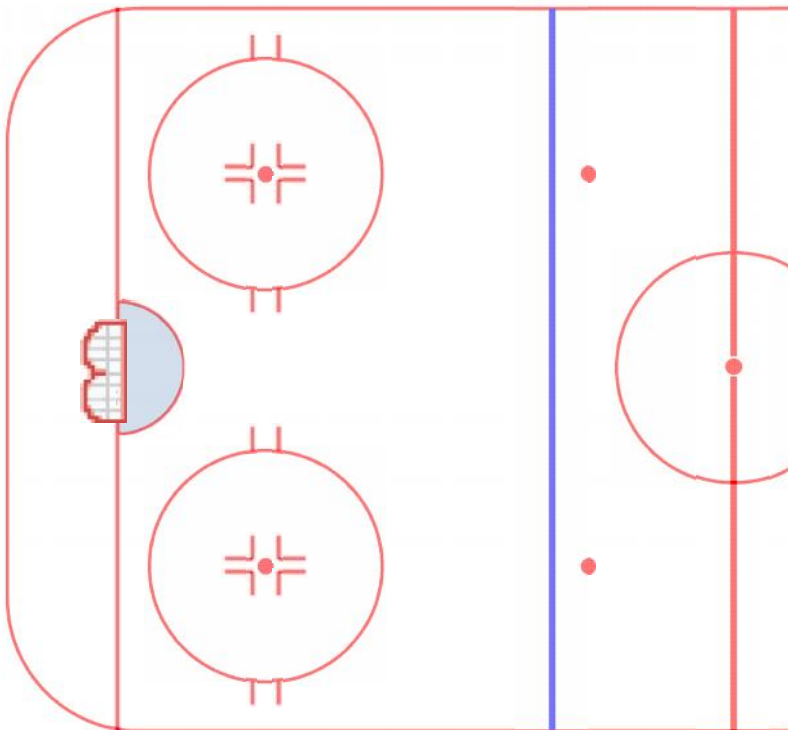
**Category #1** :

**Title** : Passing Clinic

**Category #2** :

**Content elements** :

**Components** :



**Key Points** :

### Description

Working on passing, with a focus on 1) strength, 2) accuracy, 3) technique (keeping the puck on the ice )

Drill no. : 2 Duration : 10 Minutes From : 5:10 To : 5:20 p.m.

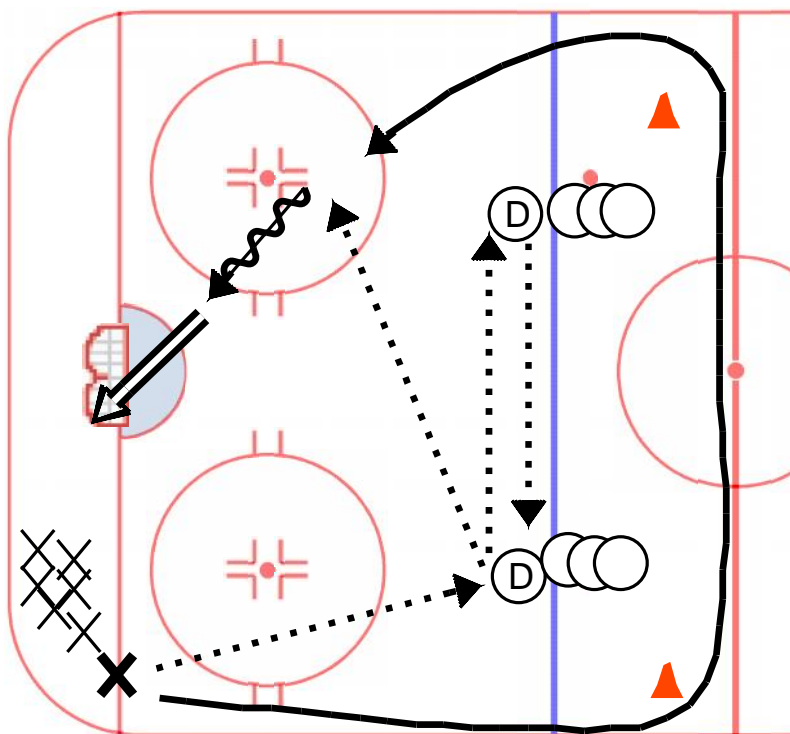
Category #1 :

Title : Round the World

Category #2 :

Content elements:

Components :



Key Points :

### Description

Skater (X) passes to the point (D), and then skates full speed around both cones. (D) executes a D-D pass, followed by a return D-D pass, followed by a pass to the skater (X). Drill finishes with a shot.

**Drill no.** : 3a **Duration** : 20 **Minutes From** : 5:20 **To** : 5:40 p.m.

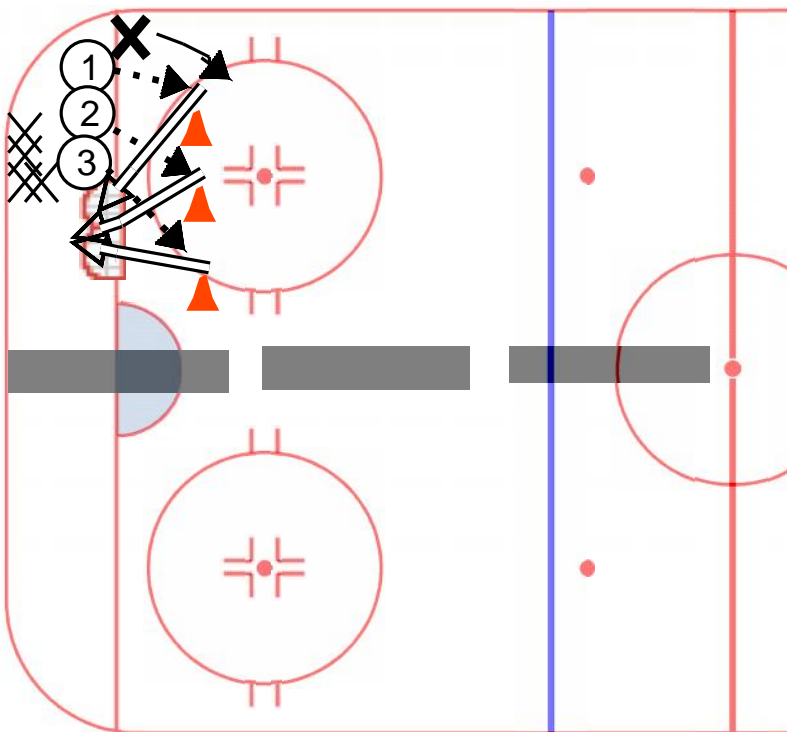
**Category #1** : Shooting

**Title** : Rapid Shooting Drill

**Category #2** : Passing

**Content elements** :

**Components** :



**Key Points** :

--	--	--	--

### Description

Skater (X) begins in corner. X received a pass from (1) before the first cone and shoot rapidly. X then receives a pass from (2) before the second cone and shoots rapidly. Repeat with (3). (1) then becomes the new (X)

**Drill no.** : 3b **Duration** : 20 **Minutes From** : 5:20 **To** : 5:40 p.m.

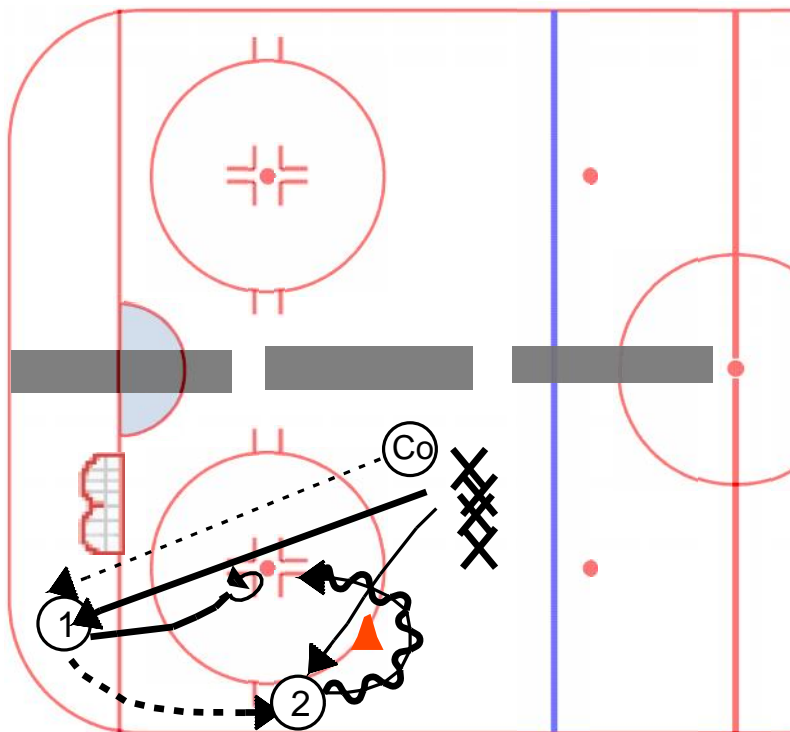
**Category #1** : Breakout

**Title** : Breakout to 1-on-1

**Category #2** : Defense

**Content elements** :

**Components** :



**Key Points** :

--	--	--	--

### Description

Coach dumps the puck in the corner. Skater (1) retrieves the puck and makes a breakout pass to (2) on the hashmarks. (2) Takes the puck around the cone and tries to score while (1) defends.

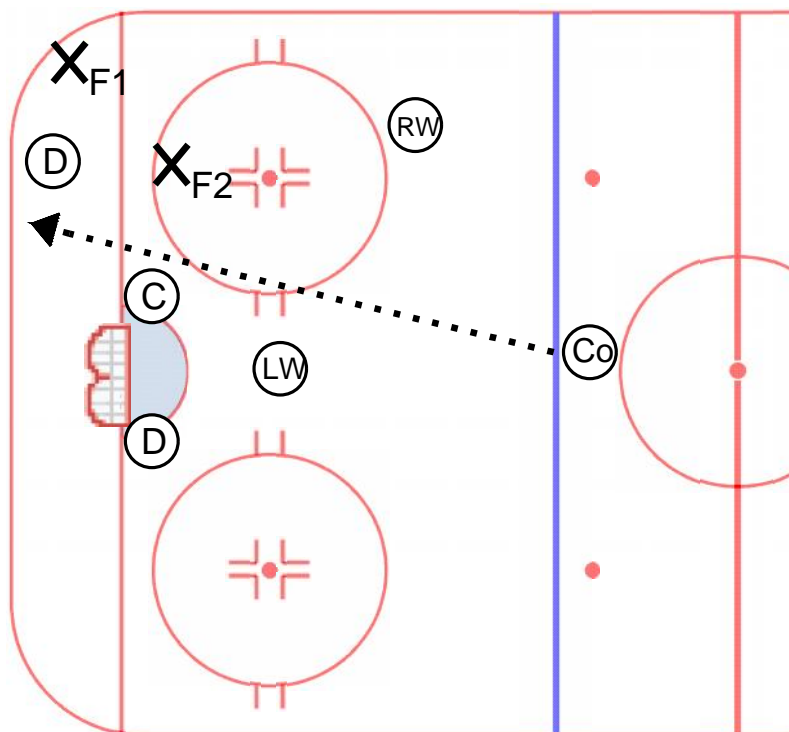
Drill no. : 4 Duration : 15 Minutes From : 5:45 To : 5:55 p.m.

Category #1 : Defensive Positioning

Title : 5-on-2 Butt-End Defense

Category #2 : Give and Go

Content elements: Components :



Key Points :

### Description

Defense plays with the butt end of the sticks on the ice (emphasis on positioning over stickwork). Two attackers work give-and-go but cannot shoot until "GO" is shouted. Defense must rotate as the puck moves. Play stops on the whistle.

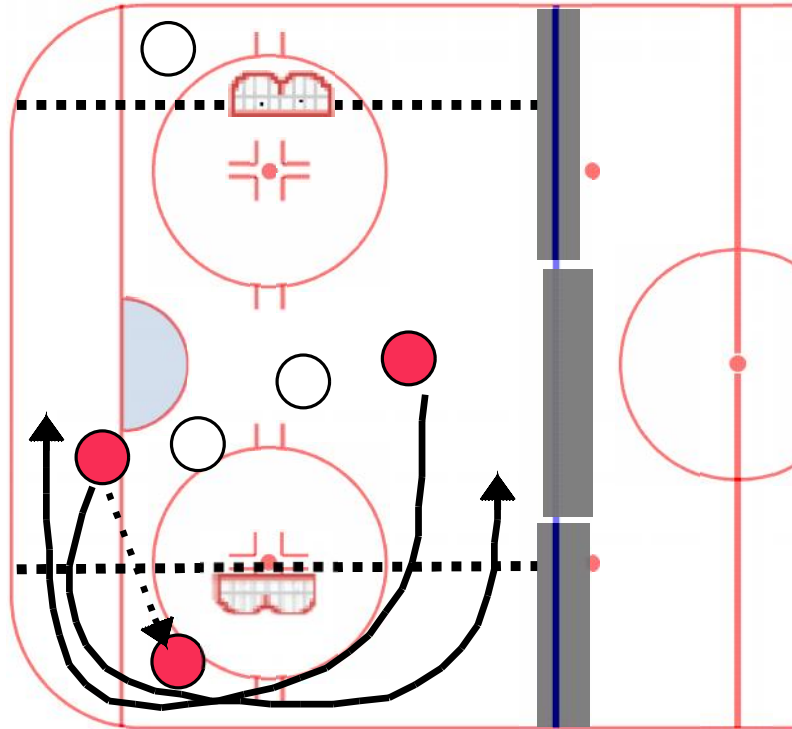
**Drill no.** : 5      **Duration** : -- **Minutes**      **From** : -- **To** : --

**Category #1 :** Small Area Game

**Title :** Regroup Small Area Game

<b>Category #2 :</b>	Breakout
----------------------	----------

**Content elements:**



**Key Points :**

## Description

Another behind-the-line 3-on-3. When a team gains possession, they must pass to their teammate below the goal line, then \*skate below the goalline themselves\* before receiving a pass and attacking. Teaches the importance of support on the breakout (rather than bursting up-ice before the D can make a play).