



Practice Plan

Team: _____

Practice No.: _____

Date : Feb. 16, 2016 _____

Time: 5 p.m. _____

Duration: 60 minutes _____

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

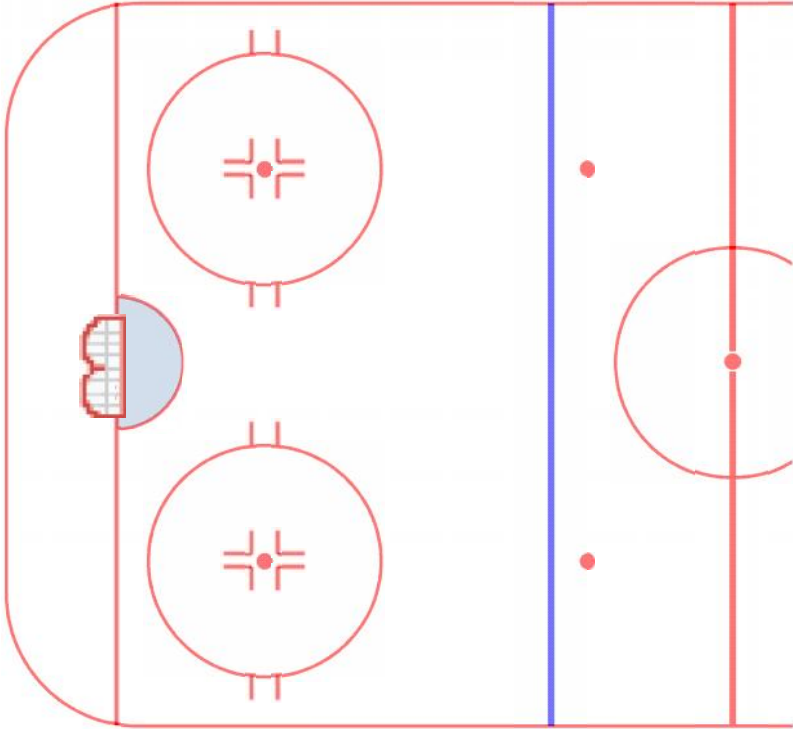
In our second STRATEGY practice, we'll run a quick clinic in faceoffs, followed by a review of angling (repeating the drill from last practice). We'll use the remainder of practice for fine-tuning areas of importance: skating speed, shot quickness, and physical play.

Drill no. : 1 **Duration :** 10 **Minutes From :** 5:05 **To :** 5:15 p.m.

Category #1 : **Title :**

Category #2 :

Content elements: **Components :**



Key Points :

Description

Drill no. : 2 **Duration** : 10 **Minutes** **From** : 5:15 **To** : 5:25 p.m.

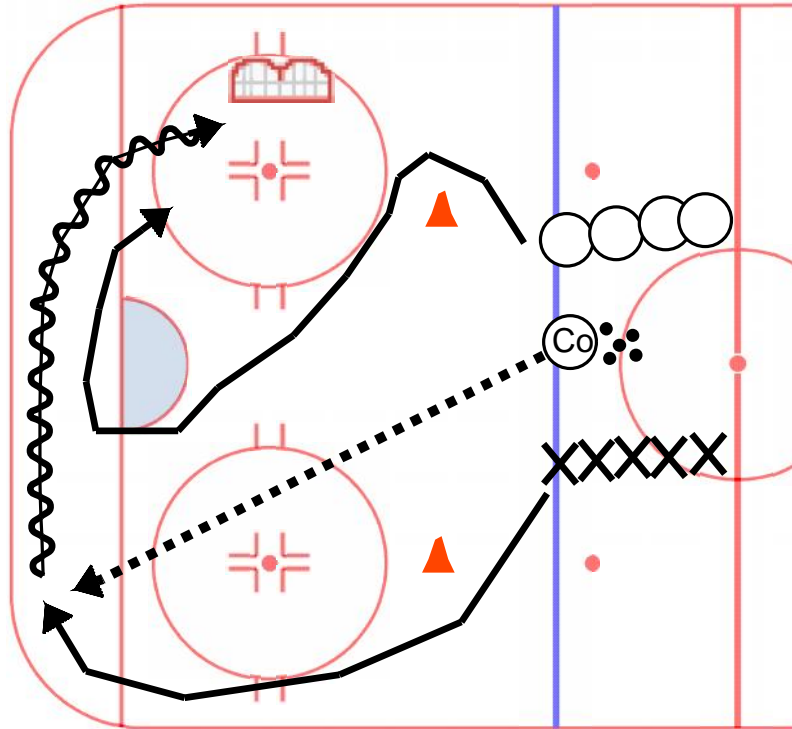
Category #1 : Angling

Title : Angling 1-on-1

Category #2 :

Attacking from Corner

Content elements: _____ **Components :** _____



Key Points :

Description

Coach dumps the puck into the corner. Offensive player (X) retrieves the puck. Defensive player (O) goes around the cone and meets the puck carrier. O's job is to adjust speed, position, and angle to keep X from cutting directly toward the net. Play is dead after a shot or if the X is forced behind the net.

May be done without sticks (O).

Drill no. : 3a **Duration** : 15 **Minutes From** : 5:35 **To** : 5:40 p.m.

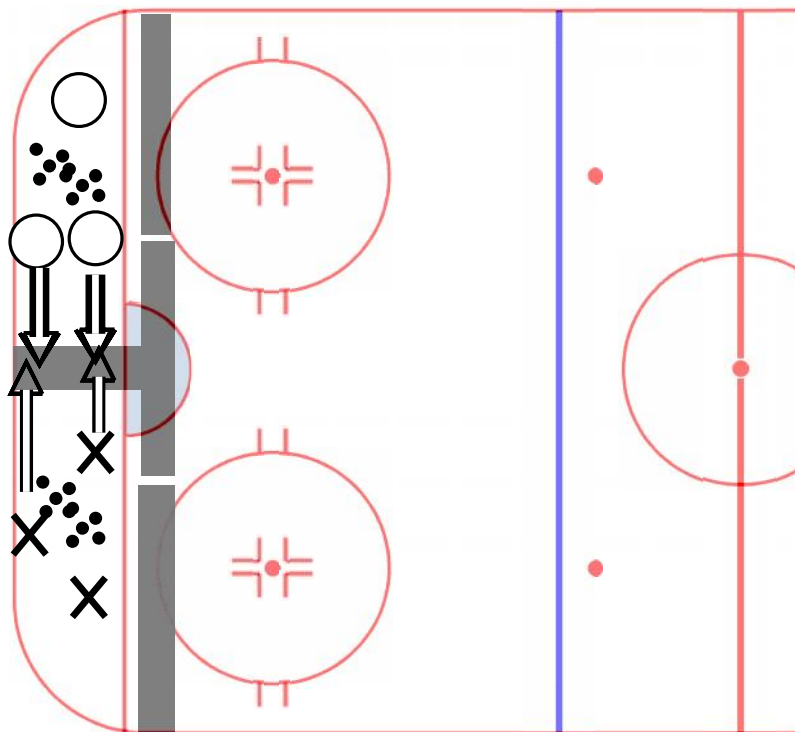
Category #1 : Shooting

Title : Puck Tennis

Category #2 : Awareness

Content elements :

Components :



Key Points :

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Description

Two teams of three face each other across a bumper, starting with 10 pucks. Game goes for a minute. Team with least pucks on their side wins. Pucks shot out won't be returned to play and will count against the shooting team.

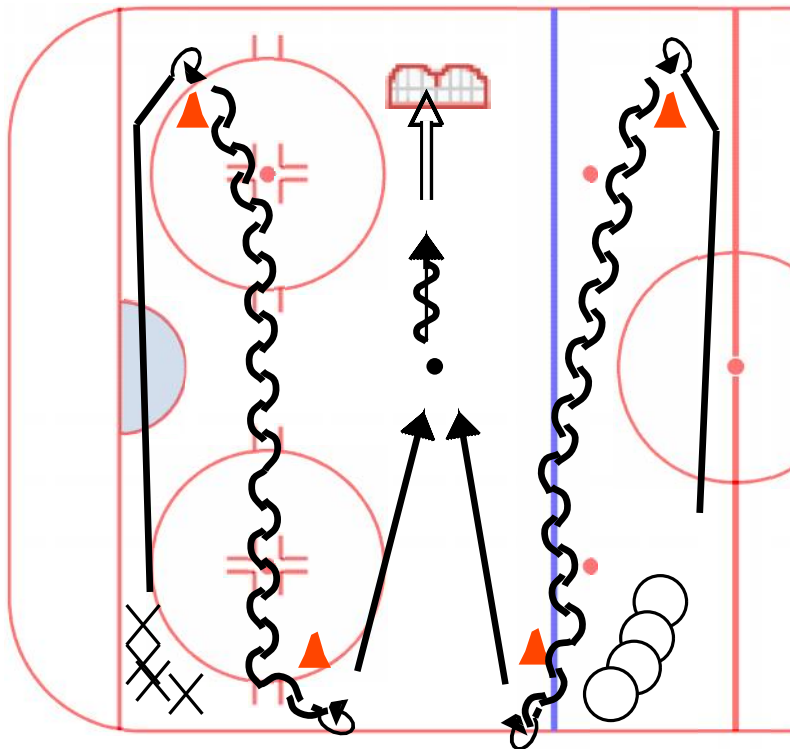
Drill no. : 3b Duration : 15 Minutes From : 5:25 To : 5:40 p.m.

Category #1 : Races

Title : Half-Ice Races

Category #2 : Pivots

Content elements: Components :



Key Points :

Description

One-on-One races with a variety of cone-based obstacles. First to the puck shoots. Second to puck backchecks.

Drill no. : 4

Duration : 20

Minutes From : 5 : 40

To : 6 p.m.

Category #1 :

Small Area Games

Category #2 :

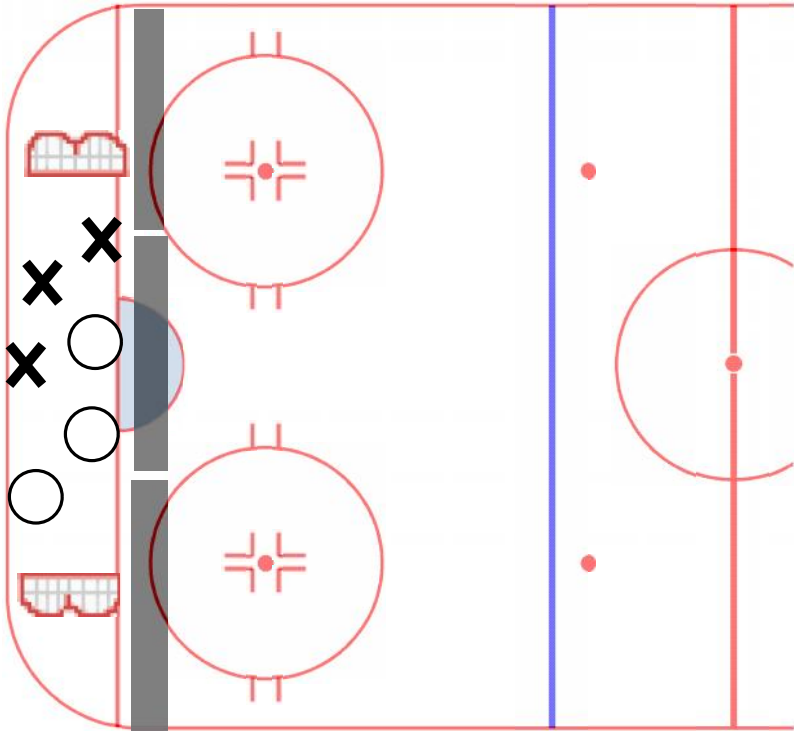
Battle

Title :

Claustrophobia 3-on-3

Content elements:

Components :



Key Points :

Description

Basic: 3-on-3 below the goal line. Emphasis on puck protection, quick shooting.