



Practice Plan

Team: _____

Practice No.: _____

Date : **March 1, 2016** _____

Time: **5 p.m.** _____

Duration: **60 Minutes** _____

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

This will be a slightly unique practice. We'll start with three non-drill activities:

- 1) A teambuilding exercise.
- 2) Coach Andrew will do a brief clinic on saucer passes
- 3) Chalk talk on forechecking approach

From there, we'll do an angling/forechecking drill and a small-area game

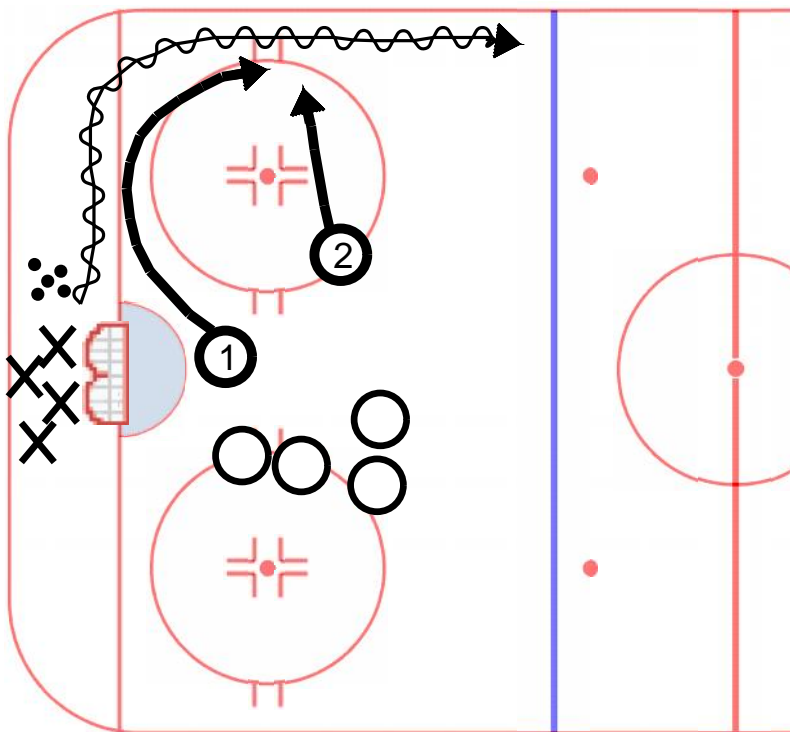
Drill no. : 1 Duration : 15 Minutes From : 5:30 To : 5:45 p.m.

Category #1 :

Title : Forecheck vs. Escape

Category #2 :

Content elements: Components :



Key Points :

Description

Two groups: one with sticks behind the net, one without sticks in the high slot.
On the whistle, the X takes the puck and tries to skate out of the zone. O1 (Forecheck 1) immediately goes to the puck carrier and angles to the outside. O2 goes to the hashmarks to play the "pass."

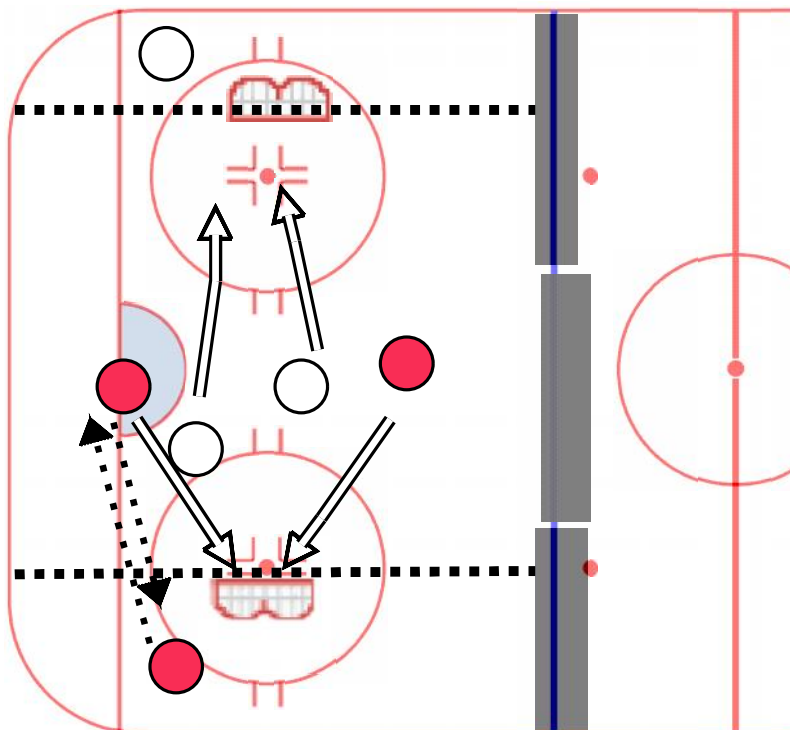
Drill no. : 2 Duration : 15 Minutes From : 5:45 To : 6 p.m.

Category #1 : Small Area Game

Title : Gretzky Small Area Game

Category #2 : Offensive Passing

Content elements: Components :



Key Points :

Description

Similar to the behind-the-line 3-on-3, this time an *attacking* player (the "Gretzky") is behind the goal line (in behind-the-line, it's a defensive player). A pass to the Gretzky must be made before a team may shoot.