



# PRACTICE PLAN

Day \_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_

Today's Objectives:

Skill Work	Team Play	Concepts	Specialty Work	Small Games/Fun
___ Skating	___ 1 on 1	Defensive Concepts	Goaltender Drills	
___ Puck Control	___ 2 on 0	___ Offensive Zone	___ _____	___ Full Rink Games
___ Pass/Receive	___ 2 on 1	___ Defensive Zone	___ _____	___ Zone Games
___ Shooting	___ 2 on 2	___ Neutral Zone	___ _____	___ Restricted Area Games
___ Body Contact	___ 3 on 0		___ _____	
___ Body Position	___ 3 on 1	Offensive Concepts	Other	
___ Stick Checking	___ 3 on 2	___ Offensive Zone	___ _____	
___ Agility Work	___ 3 on 3	___ Defensive Zone	___ _____	
	___ 5 on 5	___ Neutral Zone	___ _____	

Time	Activity/Drill Notes	Key Points
5 min.	1. WARM UP	
5 min.	2.	
5 min.	3.	
5 min.	4.	
5 min.	5.	
5 min.	6.	
5 min.	7.	
5 min.	8.	
5 min.	9.	
5 min.	10. COOL DOWN	

Evaluation/Comments	Equipment