

Practice plan



SKILLS & GAMES

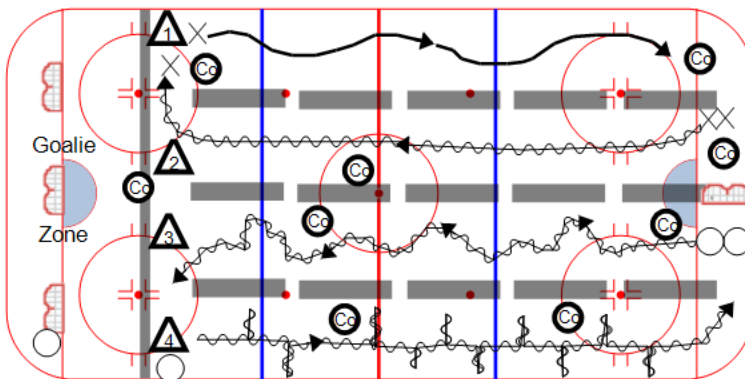
WINTERLAND
Week 11

High School and
BantamPLUS



Category #1 : Kirkwood ADM

Category #2 : 4 Lane Skills



Cones

Nets

Tires

Pucks

4 Lane-Pre-Stickhandling w/

Station 1 - Speed - McDavid with Puck

Players crossover each way driving off Outside Edges

Station 2 - Speed - Open Ice Carry

Players skate full speed with 1 hand, puck on backhand.

Station 3 - Stickhandling - Shuffle & Dribble / Kick

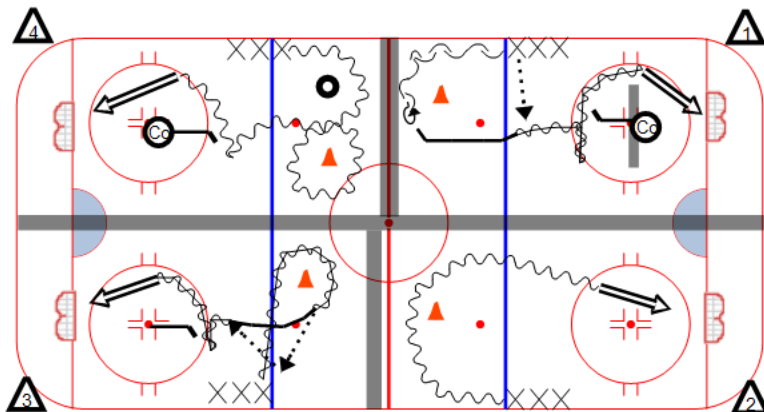
Handle Puck - Kick with both feet / Edges

Station 4 - Stickhandling - 1 Hand Expansion

Work on handling the puck away from body with 1 & 2 hands on the stick.

Category #1 : Showdown Season

Category #2 : 4 Zone



4 Corner Shooting-14U

1. Front Fake - Start without puck, skate backwards around cone, transition forward & get pass from line, front fake around coach/pad & shoot.

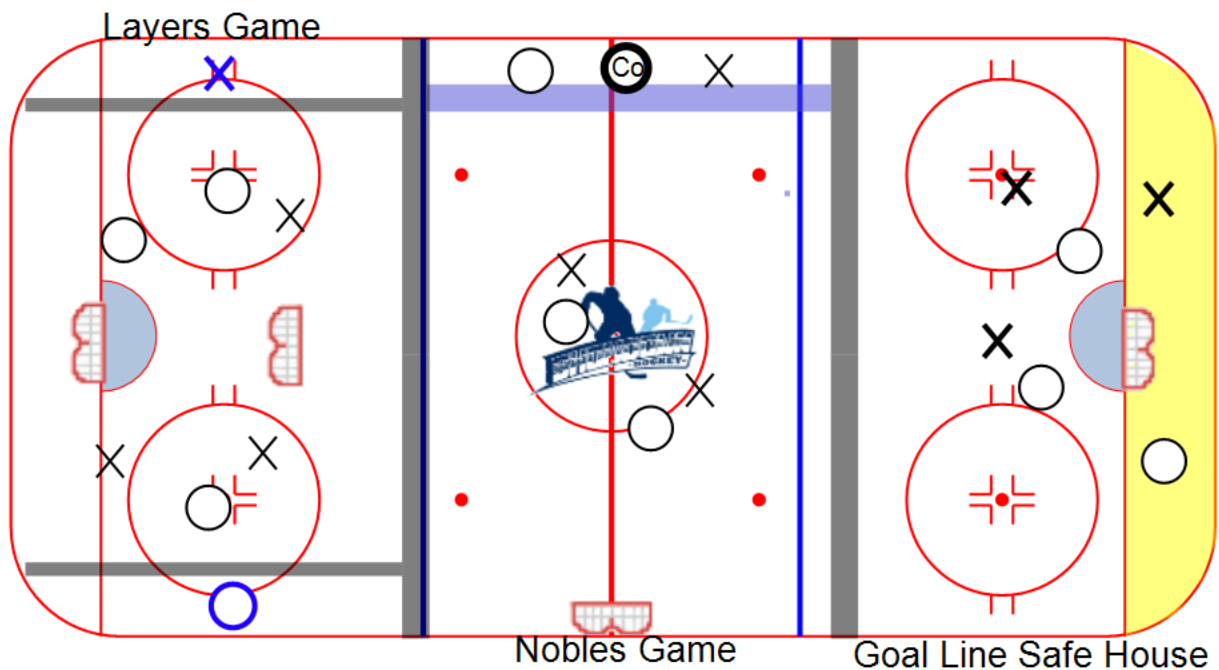
2. Slap Shots - Start with puck, skate around cone, take slap shot

3. Give & Go w/Toe Drag - Start with puck, skate around cone turning back towards line, give & go with line, pull puck towards skates & shoot.

4. Backhand - Start with puck, skate figure 8 around tire & cone. Players then make a move to their backhand & shoot.

Title : Winterland20-Adult Skills 8 Category #1 : Kirkwood ADM Category #2 : 4 Zone

Content elements: Theme - Skating - Shooting - Scoring Components : Skating - Passing - Shooting - Battling



Key Points :

Description

3 Stations - 20 min each = 60 minutes

Layers Game - Play 2v2 or 3v3. Each team has a player placed on the side boards. This player is in a safe house and cannot be attacked. Teams must tag the puck up to their board player before they can score. Players in the zone must work to create a 2v1 in front of either net. This game will help players understand how to form attacks from low or high in the zone. (Puck Support-Quick Attack-Creating 2v1) and Defensive concepts (Defensive Side Positioning - 1 on 1 Coverage - Individual Player Responsibilities)

Nobles Game - Play 2v2 or 3v3. One team is on offense, the other is on defense. When defending team steals the puck, they pass to their teammates waiting behind the line. Players who got the puck enter the game & attack the net. The players that just passed to their teammates leave the game. Players that lost the puck must close gap & defend against the new oncoming players. Game will create quick line changes & quick transition from offense to defense. It will provide plenty of opportunities to discuss Offensive concepts (Puck Support-Quick Attack-Creating 2v1) and Defensive concepts (Gap Control - Puck Pressure - Defensive Side Positioning - Individual Player Responsibilities)

Goal line Safe House - Each team has 1 player below the goal line. Team must pass puck to player below the goal line before they can attack the net. Players behind the goal line should battle for the puck and try to pass to their team for a shot. (Puck Support-Quick Attack-Creating 2v1) and Defensive concepts (Defensive Side Positioning - 1 on 1 Coverage - Individual Player Responsibilities)

The 4 lanes will focus on puck control skills to set the players up for the shooting drills.

We will leave time at the end of the sessions for SAGs or scrimmage.