



## Practice Plan

Team: \_\_\_\_\_

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

Date : Feb. 23, 2016 \_\_\_\_\_

Time: 5 p.m. \_\_\_\_\_

Duration: 60 minutes \_\_\_\_\_

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

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

### Objectives / Main tasks :

Start with a clinic on shooting  
Move to the angling drill (for the last time; critical concept)  
We'll go back to the future with the three-pass drill, only with consequences (lines) for poor attention  
Finish with the Point Break small area game

Drill no. : 1

Duration : 20

Minutes

From : 5

To : 5:20 p.m.

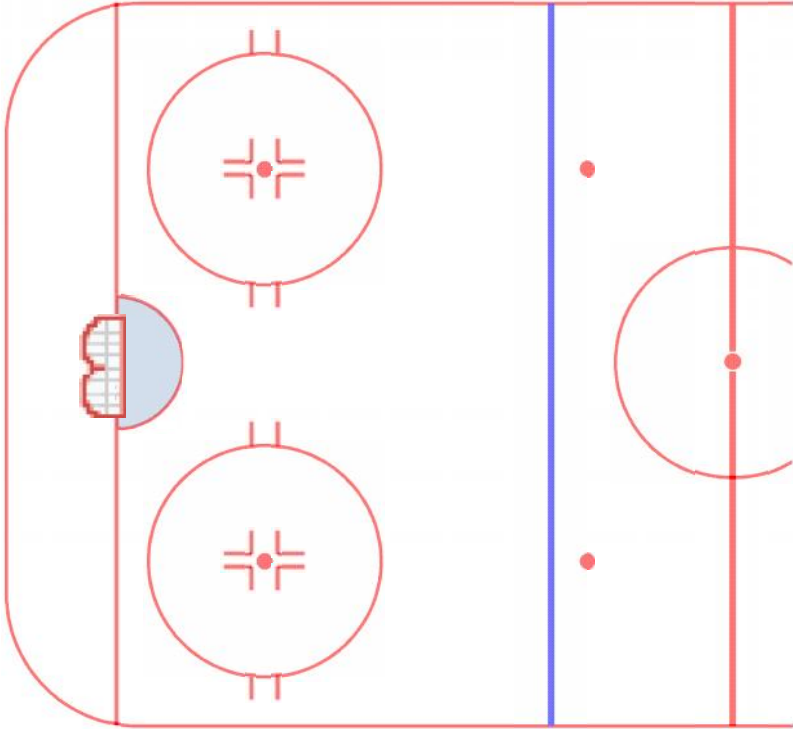
Category #1 : Shooting

Category #2 : Clinic

Title : Clinic: Focus on Shooting

Content elements:

Components :



Key Points :

Description

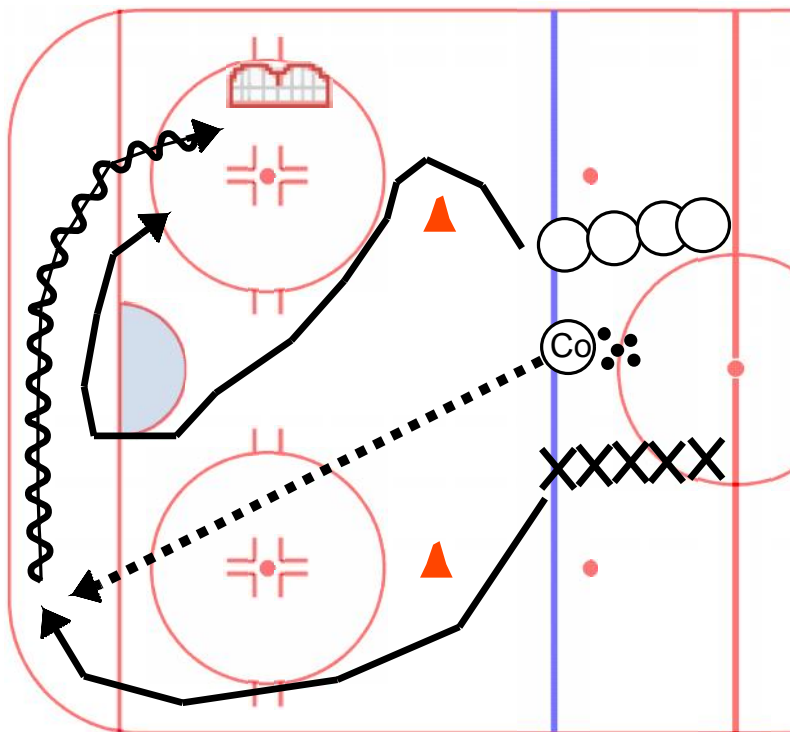
Drill no. : 2 Duration : 10 Minutes From : 5:20 To : 5:30 p.m.

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).

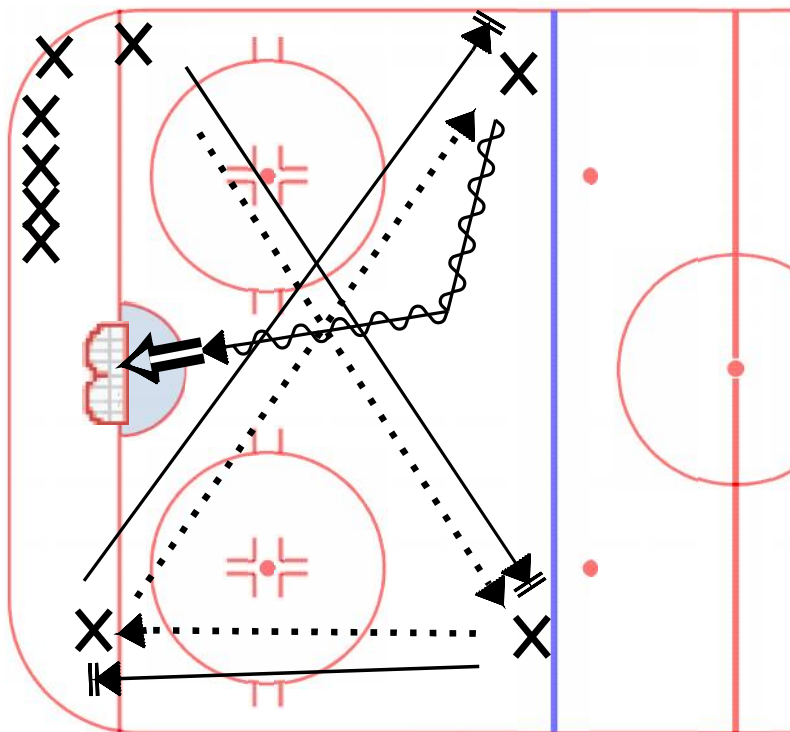
Drill no. : 3 Duration : 10 Minutes From : 5:30 To : 5:40 p.m.

Category #1 :

Title : Three-Pass Drill

Category #2 :

Content elements: Components :



Key Points :

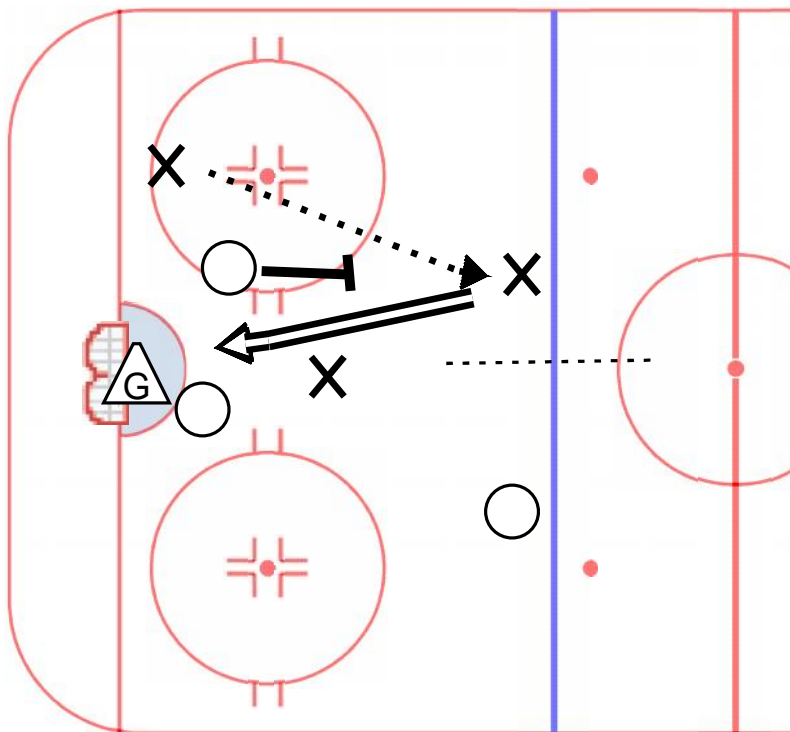
### Description

Pucks start in corner, with two skaters situated at the point and one in the far corner. Skaters pass and then follow their shots. Pass (1) is cross-ice, Pass (2) goes to the far corner, Pass (3) goes cross ice. Drill ends with a shot.

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Category #1 : Title : Category #2 : 

Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

Key Points :    

### Description

Two teams of three take the ice: two forwards and a D. D cannot cross the middle of the ice.

Rules:

- 1) Only D may shoot, though offense may tip the puck
- 2) Only exception: one-timers (off pass and off rebounds) are allowed
- 3) D does not have to shoot
- 4) F must choose to move to block the shoot, clear opposition forwards or play the pass.