



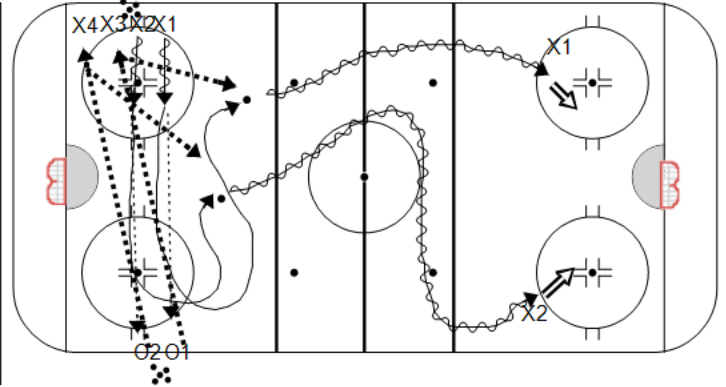
TEXAS STARS PRACTICE PLAN

DATE: 11.4.2019

Drill no. : _____ **Duration :** _____ **Minutes** **From :** _____ **To :** _____

TEXAS 2 PASS

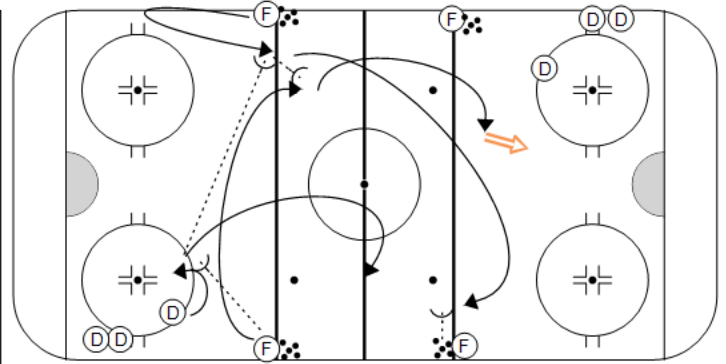
-X1 X2 Skate and pass to O1 O2 and they pass back to X3 X4 while X1 X2 skate loop back to original line and then receive pucks back from X3 X4 .
 -X1 skates down wall & shoots in stride.
 -X2 skates outside the dots and shoots off the opposite wall in stride.
 -Opposite ends at the same time.
 Whistle drill



Drill no. : _____ **Duration :** _____ **Minutes** **From :** _____ **To :** _____

TORONTO 1v0 - 1v1

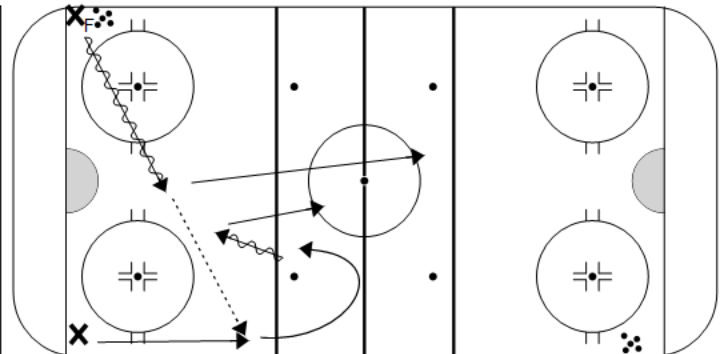
Drill Starts: F Passes to D who transitions to Wside F
 Wside F bumps back to original F for 1v0
 Wside F builds speed and accepts pass for 1v1 vs D
 gaping



Drill no. : _____ **Duration :** _____ **Minutes** **From :** _____ **To :** _____

LAKER 2v1

Drill Starts: Player X sprints half way passes to X2 for 1v1
 WHISTLE:
 X races to offense to create 2v1 at other end
 X2 stops and tracks back to make 2v1 a 2v2



Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

3v2 BENCH ATTACK

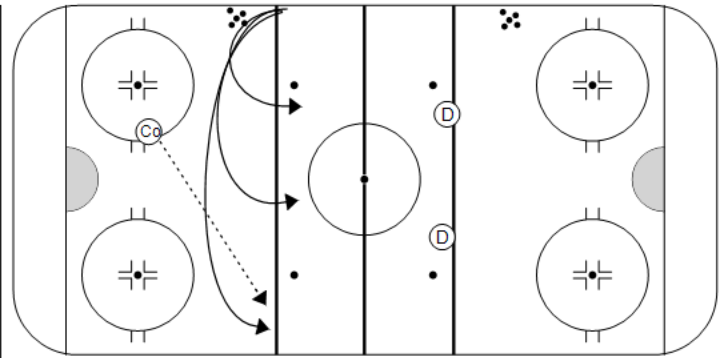
Drill Starts: 3F's Sprint off bench and receive puck from Coach

D cannot gap until last F touches ice

Whistle before far blue is Transition w Coach

Whistle in Ozone- stop on puck and sprint for change

New F's jump once change is complete



Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

1v1 NZ RACE

Drill Starts: WHISTLE FULL SPRINT!!!!

