



Practice Plan

Team: _____

Practice No.: _____

Date : _____

Time: _____

Duration: _____

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

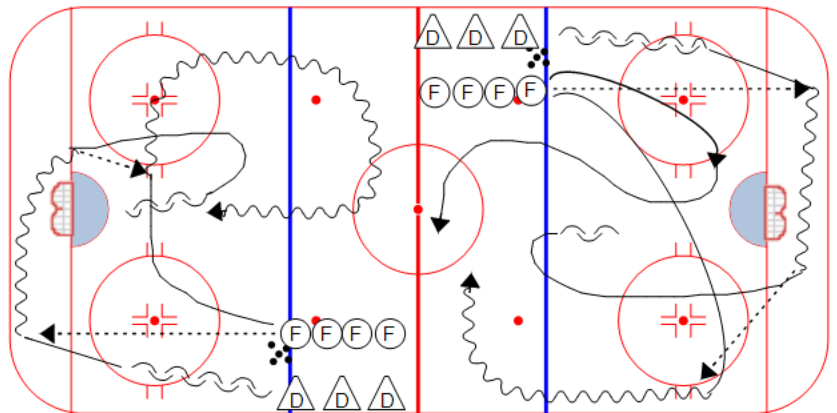
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : 1 on 1 Mirror Drill Category #1 : Category #2 :

Description

The (F) dumps a puck in the corner. The (D) retrieves the puck, skates behind the net, and makes a B/O pass to the (F) in the slot. The (F) re-groups in the neutral zone and attacks the (D), 1 on 1.

Options:
Two (F)'s go. Re-group in the neutral zone and attack the (D), 2 on 1.



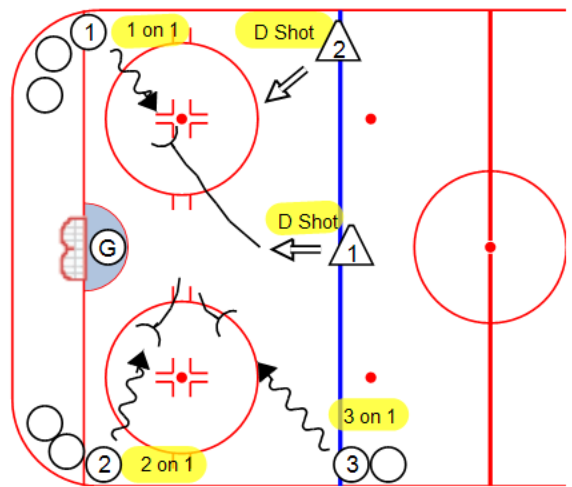
Key points:

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

Title : 1 on 1, 2 on 1, 3 on 1, D Shot Category #1 : Category #2 :

Description

Full Drill Description:
 ① starts the drill with a shot on goal. After ① takes a shot, ① meets ② in the corner for a 1 on 1. After the 1 on 1, ① meets ② in the opposite corner for a 2 on 1. ② works with ① who stays in front of the net. After the 2 on 1, ③ skates in from the blueline to start a 3 on 1. Again, ① and ② remain in front of the net for the 3 on 1. After the 3 on 1, ① takes a shot on goal with ①, ②, and ③ in front, trying to screen / deflect. ① tries to box out the forwards.
 **The following shows all the sequences.



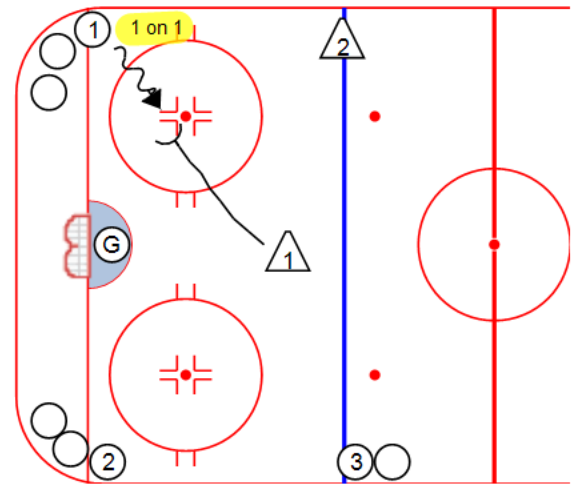
Key points:

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

Title : 1 on 1, 2 on 1, 3 on 1, D Shot (seq 2)

Description

① skates out with a puck to start a 1 on 1. ① tries to defend the 1 on 1. Play for one shot and one rebound. The 1 on 1 is finished if ① clears the puck.



Key points:

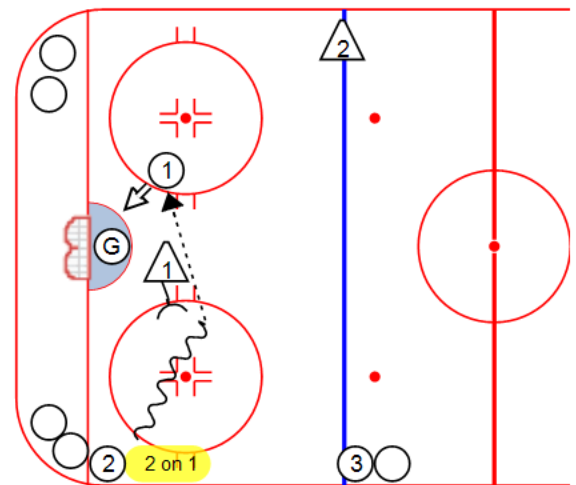
High tempo	Play the body
Solid passes	Spread out offensively

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

Title : 1 on 1, 2 on 1, 3 on 1, D Shot (seq 3)

Description

② skates out with a puck to start 2 on 1. ① remains in front of the net from the previous 1 on 1. ① tries to defend the 2 on 1. Play for one shot and one rebound. The 2 on 1 is finished if ① clears the puck.



Key points:

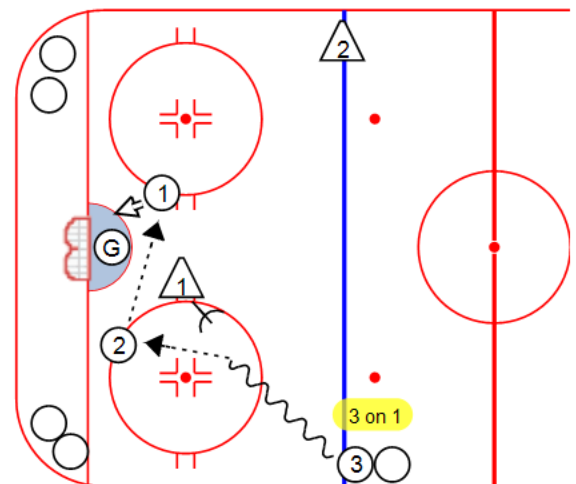
High tempo	Play the body
Solid passes	Spread out offensively

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

Title : 1 on 1, 2 on 1, 3 on 1, D Shot (seq 4)

Description

③ skates in with a puck to start 3 on 1. ① and ② remain in front of the net from the previous 2 on 1. ① tries to defend the 3 on 1. Play for one shot and one rebound. The 3 on 1 is finished if ① clears the puck.



Key points:

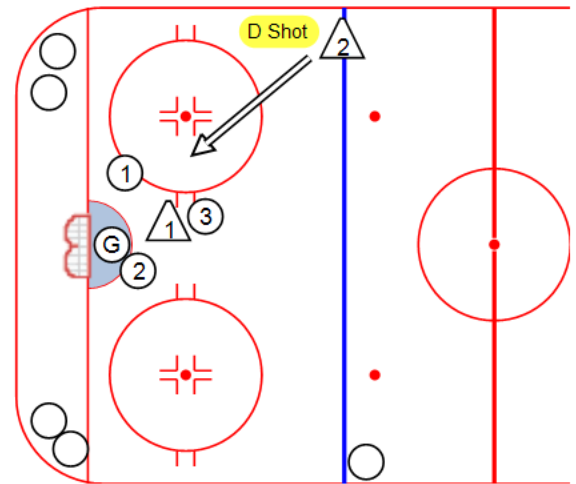
High tempo	Play the body
Solid passes	Spread out offensively

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

Title : 1 on 1, 2 on 1, 3 on 1, D Shot (seq 5)

Description

② takes a shot with ①, ②, and ③ in front of the net. The forwards try to screen or deflect the puck. ① tries to box out the forwards and clear rebounds.



Key points:	High tempo	Play the body
	Solid passes	Spread out offensively

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

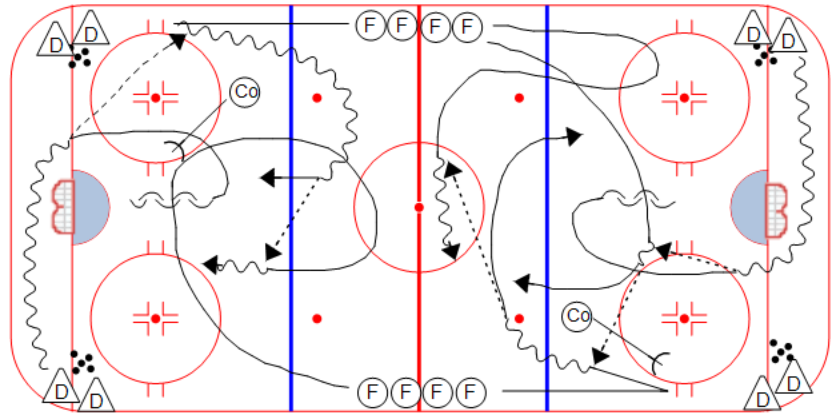
Title : D B/O - Read the FC Category #1 : Category #2 :

Description

The ① skates behind the net with a puck. The ② must read the forechecking ③ and make a pass to the open ④. The two ④'s re-group in the neutral zone and attack the ①, 2 on 1.

Options:

3 on 1 - 3 ④'s go at the same time. The ① reads the forecheck and makes a pass to the open ④. Re-group in the neutral zone and attack the ①, 3 on 1.



Key points:	Solid passes	Offensive Triangle		
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Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

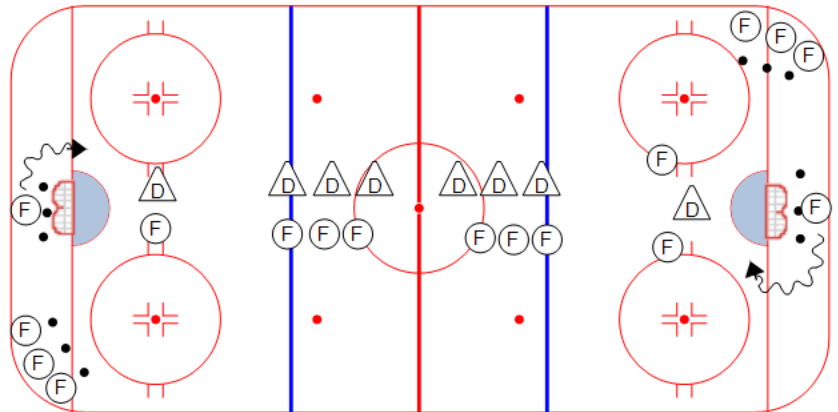
Title : 3 Pucks Low Category #1 : Category #2 :

Description

One ④ starts behind the net with 3 pucks. On the whistle, the ④ behind the net skates with the puck and tries to create scoring opportunities with the ④ in front of the net. The ① plays the 2 on 1 by defending the ④ in front or checking the ④ with the puck. After each shot, the ④ gets a new puck from behind the net. The ④ & ① get repositioned in front of net.

Options:

This drill can be done as a 2 on 1, 3 on 1, or a 3 on 2. Make the drill competitive by keeping score.



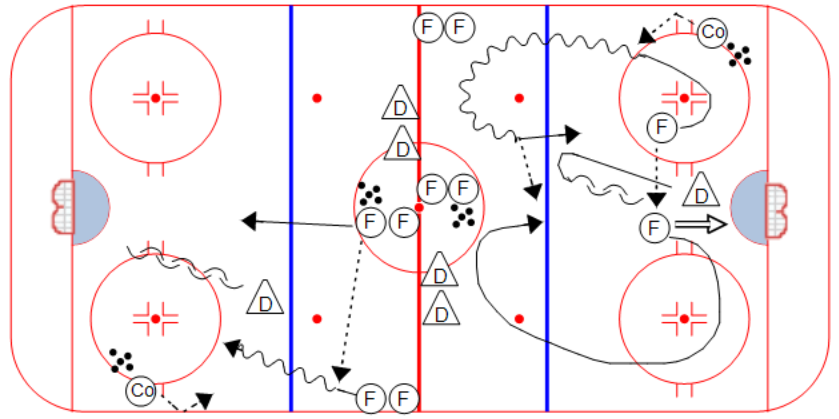
Key points:	Use screens	High Speed / Tempo	Solid passes	Play rebounds
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Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : 2 on 1 X 2, with Re-group Category #1 : Category #2 :

Description

The (F) at centre passes the puck to the (F) on the boards. Attack the (D), 2 on 1. After the shot, the (Co) places a puck, the two (F) re-group in the neutral zone and attack the (D) 2 on 1 again.



Key points: