



Practice Plan

Team: Checking Plan

Practice No.: _____

Date : _____

Time: _____

Duration: _____

Version No.: _____

Prepared by: Craig Sherbaty

Objectives / Main tasks :

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

Categories

practice 1

Drill Title : warm up

spring hockey 2000s

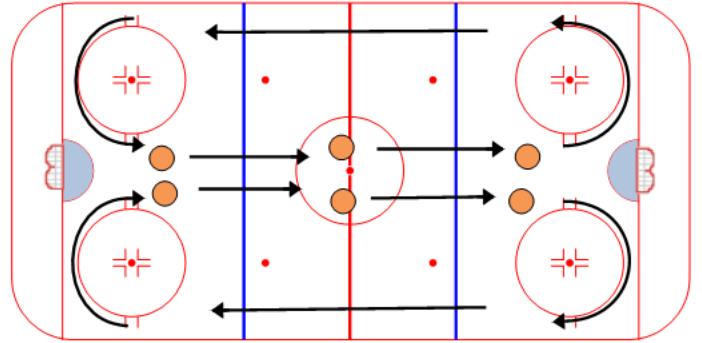
Components : _____

Content elements : _____

Description

Warm up options:
hard down the wall
backward in the middle
stops on the lines
pivots on the lines

Key Points



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

Categories

Drill Title : Checking review.

Components : _____

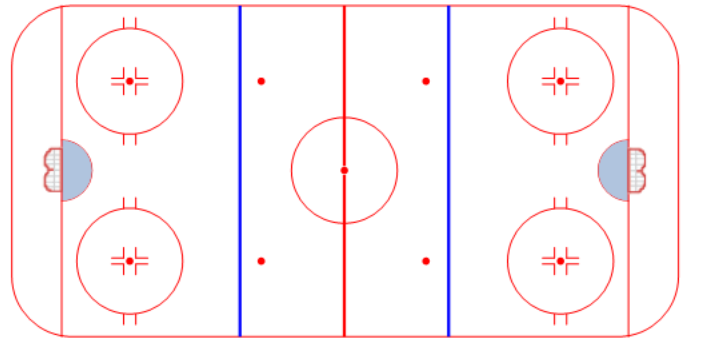
Content elements : _____

Description

Checking Review angling
stick check body positioning
contact vs body checking
stance review how to be strong on the
ice.

Then in partners first whistle have them
battle one on one for puck next whistle
passing

Key Points



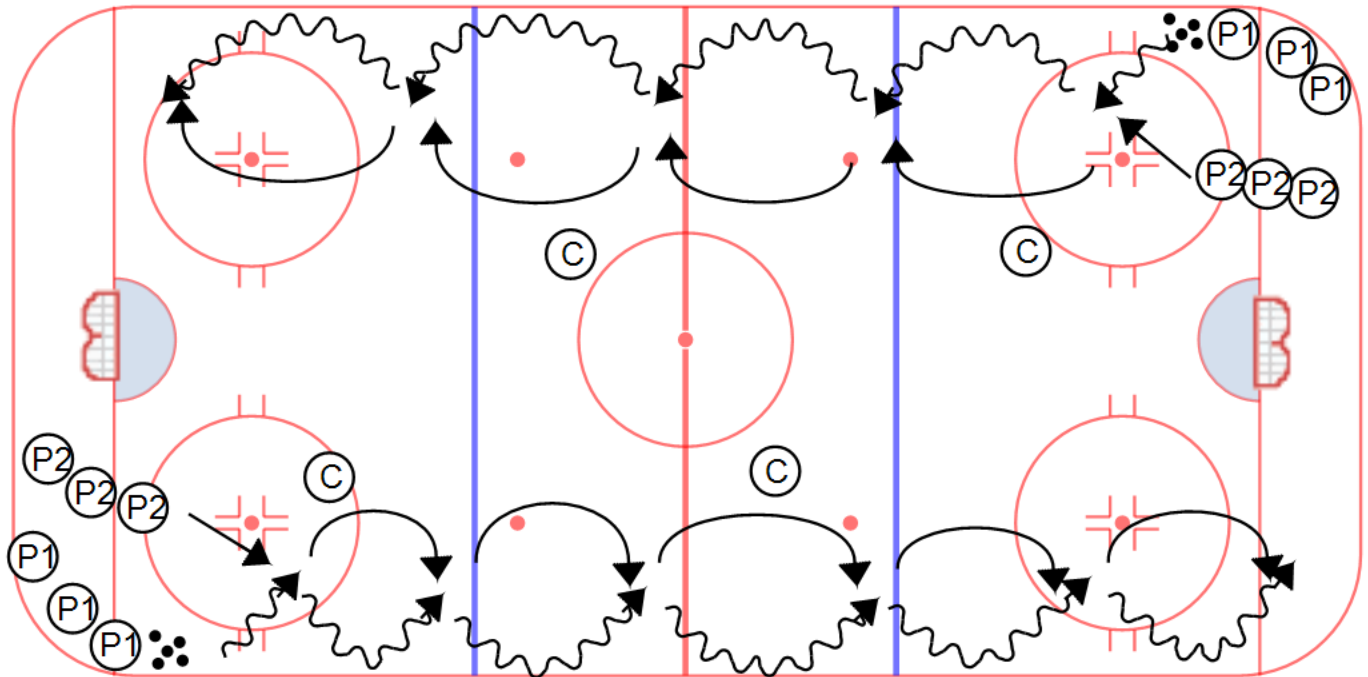
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Title : STICK CHECKING LIFT/POKE

Category #2 :

Content elements : _____ Components: _____



Key points :

DRILL IS FOR THE CHECKER

SLOW PACE WITH THE PUCK

GOOD ANGLE FOR THE CHECKER

CONTROL GAP

Description

Player 1 skates with puck on an angle while player 2 skates slightly in front and lifts the stick, takes the puck and skates slowly with the puck.

Player 1 then angles and repeats.

Continue on down the ice.

Same pattern on the other side but players execute a poke check on the puck and retrieve.

Have players execute this drill at a SLOW pace.

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

Categories

practice 1

Drill Title : angling mirror

2000s AA

Components : _____

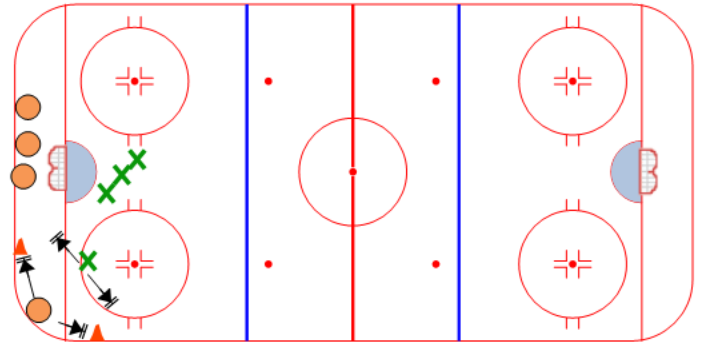
Content elements : _____

Description

[Empty box for description]

Key Points

-
-
-
-



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

Categories

1 ON 1 2 VS 2

Drill Title : Ds VS Fs

BATTLES

Components : _____

Content elements : _____

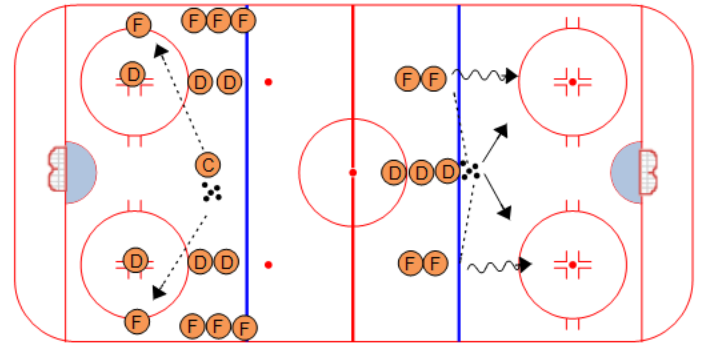
Description

COACH PASSES TO ONE FORWARD
 PLAY 1 VS 1, ON WHISTLE PASS TO
 REMAINING FORWARD WHO THEN
 JOINS WITH THE FIRST TO PLAY 2
 VS 2. COULD MAKE 3 VS 3

Other side is one on one. D man pass to
 one forward than play one on one.

Key Points

-
-
-
-



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

Categories

first practice

Drill Title : spring

2000s spring

Components : _____

Content elements : _____

Description

Coquihala modified
 players start in 2 lines
 player in corner skates to create passing
 lane
 player 2 moves to support
 pivot at cone so he always faces the
 puck D Play one on one out of corner
 with player coming down!!
 finish with a shot
 ** stress the passing lane and the
 support

Key Points

- whistle drill
- good passing lane
- communication
- heads up

