



# Practice Plan

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

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

Date : \_\_\_\_\_

Time: \_\_\_\_\_

Duration: 60 Minutes

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

Prepared by: Craig Sherbaty

## Objectives / Main tasks :

Goalie focus with movement, angles, depth, rebound control, communication.

Player focus with aiming, scoring, shot selection, rebound scoring.

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

### Categories

Drill Title : Dynamic warm up

Components : \_\_\_\_\_

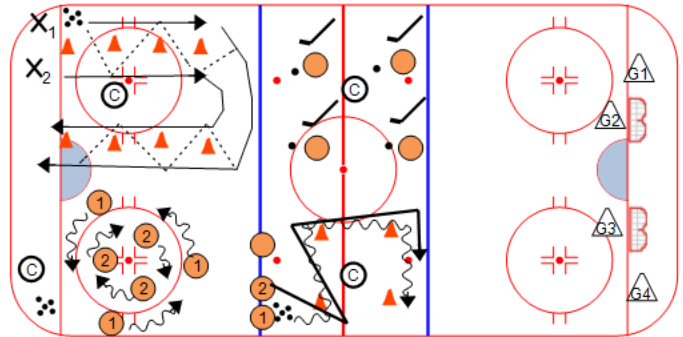
Content elements : \_\_\_\_\_

### Description

1 Players partner pass around both sets of cones  
 2. stationary stickhandling around attack triangles  
 3. follow the leader player 1 goes anywhere around cones and player 2 follows. 15 sec. per group  
 4 Players skate inside and outside circle with puck going in opposite directions head up.  
 Goalies warm up crease drills.

### Key Points

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- 
- 
- 



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

Title : Station 1

Category #1 :

Category #2 :

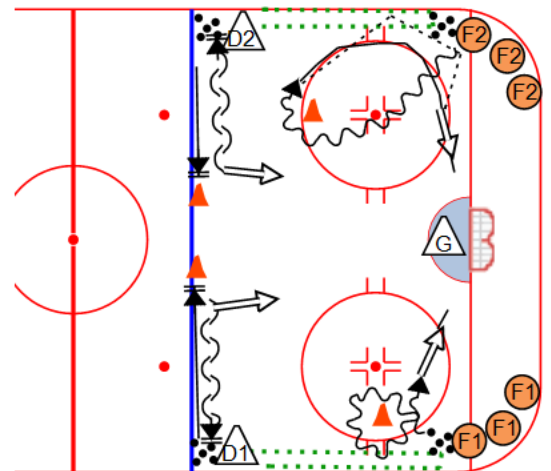
### Description

Station 1 has Fs in 2 corners and D at the points.  
 All players start at the same time with F1 doing quick tight turn with a shot from bottom of circle, F2 skates around cone and bank pass to next player in line for a shot from other side. D men are working transition skating with the puck and when forwards are complete D1 give and go with corner forwards-drag and shoot, D2 give and go with corner forwards-drag and shoot. Goalie works on rebound control.

\*\* Do not shoot if goalie is not set.

### Key points:

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- 
- 
- 



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

Categories

Drill Title : Mission Impossible

Components : \_\_\_\_\_

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

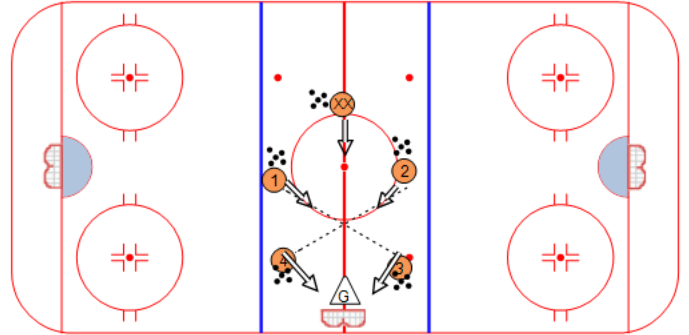
**Description**

Players are in 5 lines. Drill starts with players calling for the pass. 1 passes to 3-shoot-2 passes to 4-shoot-4 passes to 2-shoot-3 passes to 1-shoot-XX slap or wrist with goaltender rebound control. Players rotate and start again.

\*\* do not begin until goalie is set.

**Key Points**

- aiming
- scoring
- rebound control
- set position each time



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

Title : station in zone

Category #1 : \_\_\_\_\_

Category #2 : \_\_\_\_\_

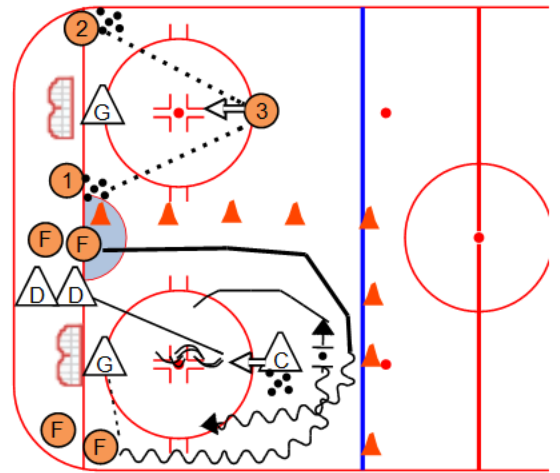
**Description**

Station 1 Coach shoots on Goalie who controls puck and passes to F who then goes with F2 around the coach drop pass and attack 2 vs 1. Rotate lines. ( can have player with puck shoot for a rebound working goalie rebound control)

Station 2 One player at top of circle receives a pass from line 1 shoots low blocker- receives pass from line 2 shoots low glove- receives a second pass from line 1 shoots high blocker- receives a second pass from line 2 shoots high glove. Players rotate. Goalie must set on post each time.

Key points:

- shot selection
- scoring
- accuracy
- passing



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

Categories

Drill Title : small game area

Components : \_\_\_\_\_

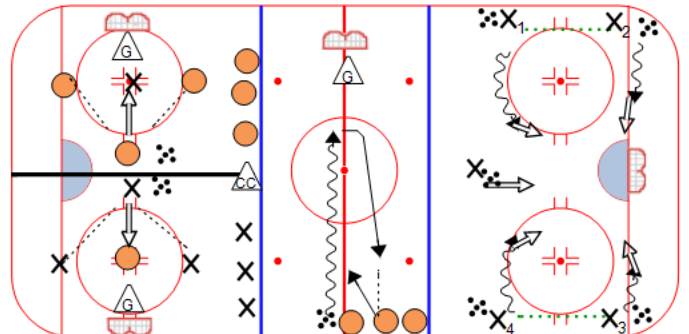
Content elements : \_\_\_\_\_

**Description**

Game1: 3 vs 1 both sides have 3 pucks. If they score, goalie freezes, or checker passes to Coach use another puck. Once all the pucks are gone who ever has scored the most wins. Only Top Player Shoots side players rebound. Game2: 1vs0,2vs0,3vs0 Game3: Saloon shootout. Players are in 4 lanes and attack the net as directed. Rotate lines. Do not start until goalie is facing player. Pass and go.

**Key Points**

- competition
- teamwork
- creativity
- fun



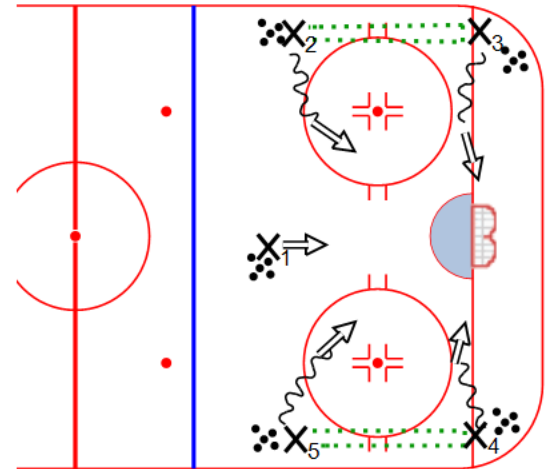
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : rodeo shootout Category #1 : \_\_\_\_\_ Category #2 : \_\_\_\_\_

**Description**

Starts with a shot from the slot X1  
 X3 then passes to X2 who skates off the half boards and shoots  
 X2 then passes to X3 who skates out of the corner and attacks  
 X4 then passes to X5 who skates off the half boards and shoots  
 X5 then passes to X4 who skates out of the corner and attacks

\* players rotate  
 \*\* can make it a competition between goalie vs player (ie. players have 2 rotations and must score X amount of goals)



**Key points:**

accuracy	scoring
shot selection	quick release shooting

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

**Categories**

Drill Title : 1vs0-2vs0-3vs0

Components : \_\_\_\_\_

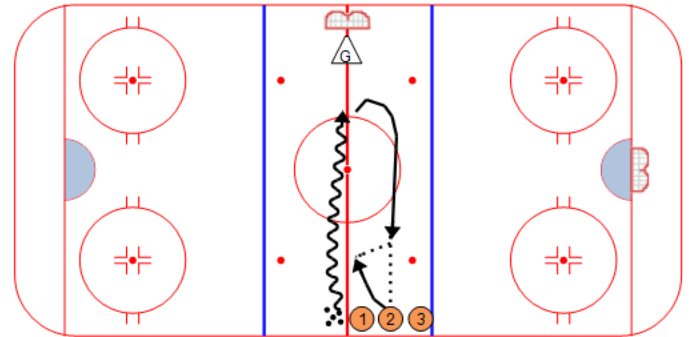
Content elements : \_\_\_\_\_

**Description**

Players in the neutral zone and 1 player attacks 1vs0- turn back and receive pass and attack with player 2 2vs0 turn back and player 3 joins for 3vs0. players are only allowed to shoot once so must pass and position themselves appropriately.

**Key Points**

competition
read and react
scoring
fun



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

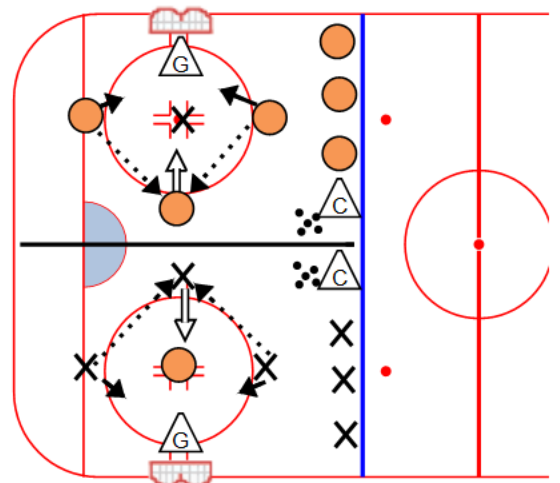
Title : 3 vs 1 small area Category #1 : \_\_\_\_\_ Category #2 : \_\_\_\_\_

**Description**

3 vs 1 both sides have 3 pucks each group. If they score, goalie freezes, or checker passes to Coach use another puck. Once all the pucks are gone who ever has scored the most wins. Only Top Player Shoots side players can pass, retrieve rebounds and score off of a rebound.

\*rotate players and positions each puck as progression  
 \*\* position nets back to back.

This can assist in developing relationships and comradery with your forwards, and defense / goalies



**Key points:**

competition / fun	shooting accuracy
teamwork and compete	read and react skills