



Practice Plan

Team: Development Practice

Practice No.: _____

Date : _____

Time: 1 hour

Duration: 1 hour

Version No.: _____

Prepared by: Craig Sherbaty

Objectives / Main tasks :

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

Categories

Drill Title : Warm-up 4 lanes

Components : _____

Content elements : _____

Description

Lane 1 Forward stride 3 right 3 left heel touch each stride LOW Hockey stance
Lane 2 backwards C cuts Right foot
Lane 3 Backwards C cuts Left foot
Lane 4 Backwards C cuts 3 left 3 right heel touch each stride

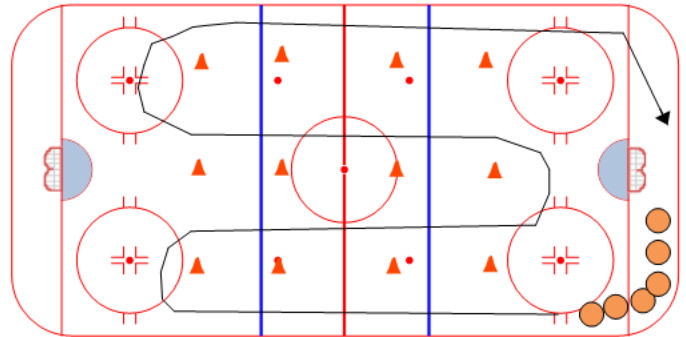
Key Points

Hockey stance

full length stride

balance

head up shoulder ~



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

Categories

Drill Title : Drill template #1 HK

Components : _____

Content elements : _____

Description

Whistle F skates across redline and passes to D. F then opens up and supports, D passes back

F goes and shoots and D skates to blueline and coach passes for a point shot.

** add a second forward for 2 vs 0.

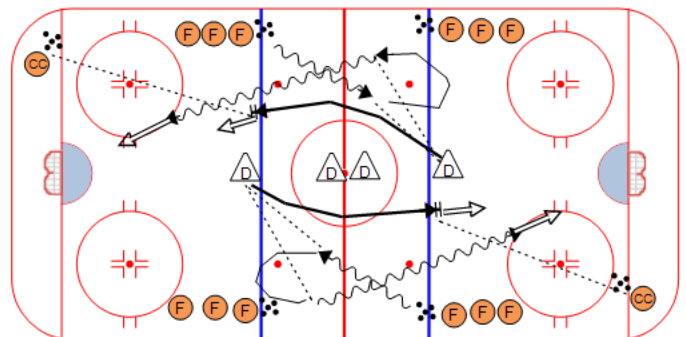
Key Points

Transition

pass/recieve

support

open up



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

Categories

Drill Title : 1 vs 1

Components : _____

Content elements : _____

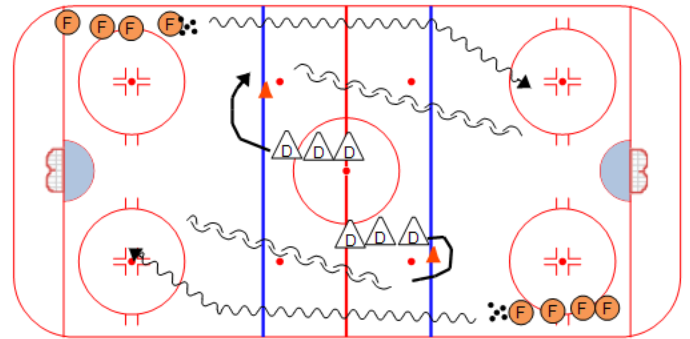
Description

Defender must skate backwards to far blue line prior to skating forward.

Attacker waits till D gets across first blue line then goes.

Rotate positions.

Key Points



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

Categories

Drill Title : Drill template #1 HK

Components : _____

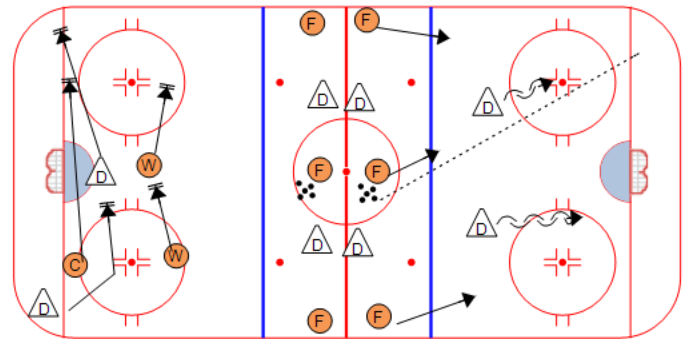
Content elements : _____

Description

One side works on double break out wheel only X2. Players break out pass to coach who dumps in a second time after the Fs break out swing back in for a 3vs2.

One side works D zone rotation back and forth 4X. Coach says go and Fs swing out into neutral zone get puck and attack 3vs2.

Key Points



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

Categories

Drill Title : GAME

Components : _____

Content elements : _____

Description

2 vs 2 or 3 vs 3 with transition skating.

Key Points

