



# Practice Plan

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

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

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

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

Duration: \_\_\_\_\_

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

Prepared by: \_\_\_\_\_

Objectives / Main tasks :

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

Categories

Drill Title : Drill template #1 HK

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

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

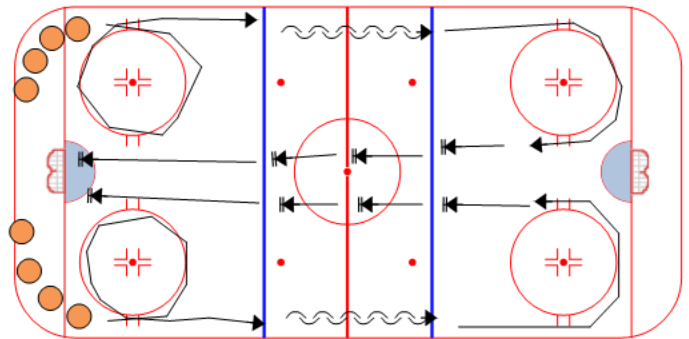
### Description

Warm up with cross overs backwards skating and stops and starts.

Can be done with or without pucks

### Key Points

- technique
- hockey stance
- speed
- control stick



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

Categories

Drill Title : Drill template #1 HK

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

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

### Description

1 monkey in the middle players try to pass around the player in the middle

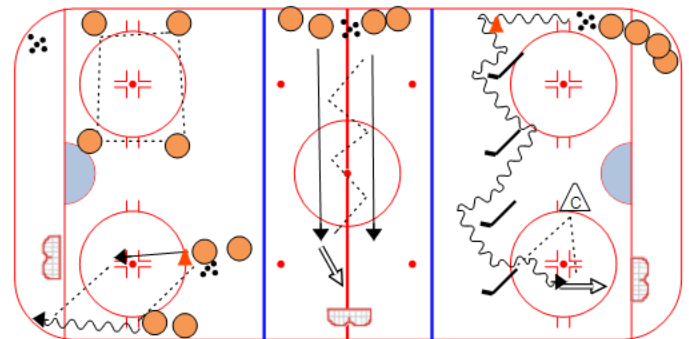
2 partner passing on either side of redline. finish with shot switch lines.

3 puck control and players deke backhand then forehand then backhand give and go with C and shot.

4 give and go concept below goalline. player passes to wall who skates below goalline and return pass for shot. switch lines.

### Key Points

- FUN
- technique
- communication
- head up



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

Categories

Drill Title : fox's vs hound

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

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

**Description**

2 players fox's try to score and 1 hound tries to check by playing D.

Starts with a hound on the dot who must skate backwards to across the ringette line prior to checking. Fox's do quick stationary give and go then skate and attack. Pass if he's open shoot if the lane is there. Switch sides and positions.

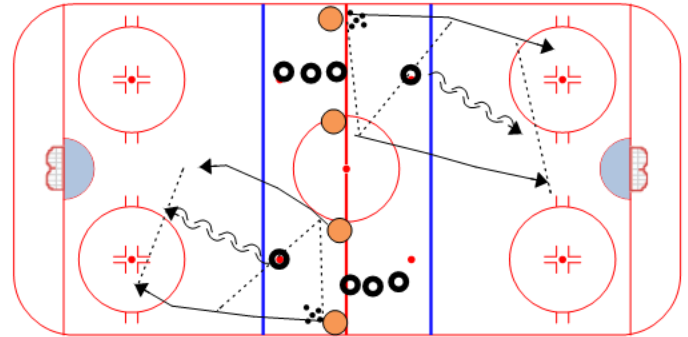
**Key Points**

Options

checking

protect the middle

decision making



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

Categories

Drill Title : PLAYERS VS COACHES

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

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

**Description**

1 coach is in net (optional)- 1 plays D players attack 3 vs 1 and try to score if they score CELEBRATE. If coaches stop them from scoring CELEBRATE switch sides.

**Key Points**

FUN

cooperation

team work

competition

