



# Practice Plan

Team: Development Practice

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

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

Time: 1 hour

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

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

Prepared by: Craig Sherbaty

Objectives / Main tasks :

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

Categories

Drill Title : Drill template #1 HK

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

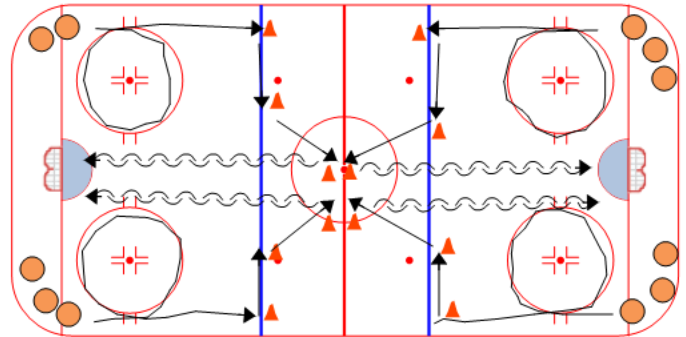
Content elements : \_\_\_\_\_

### Description

Players in 4 corners  
Start by skating x overs around circle up to cone stop skate to second cone stop skate to third cone stop transition backwards to goal and switch lines.

### Key Points

- warm up
- head on a swivel
- speed
- technique



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

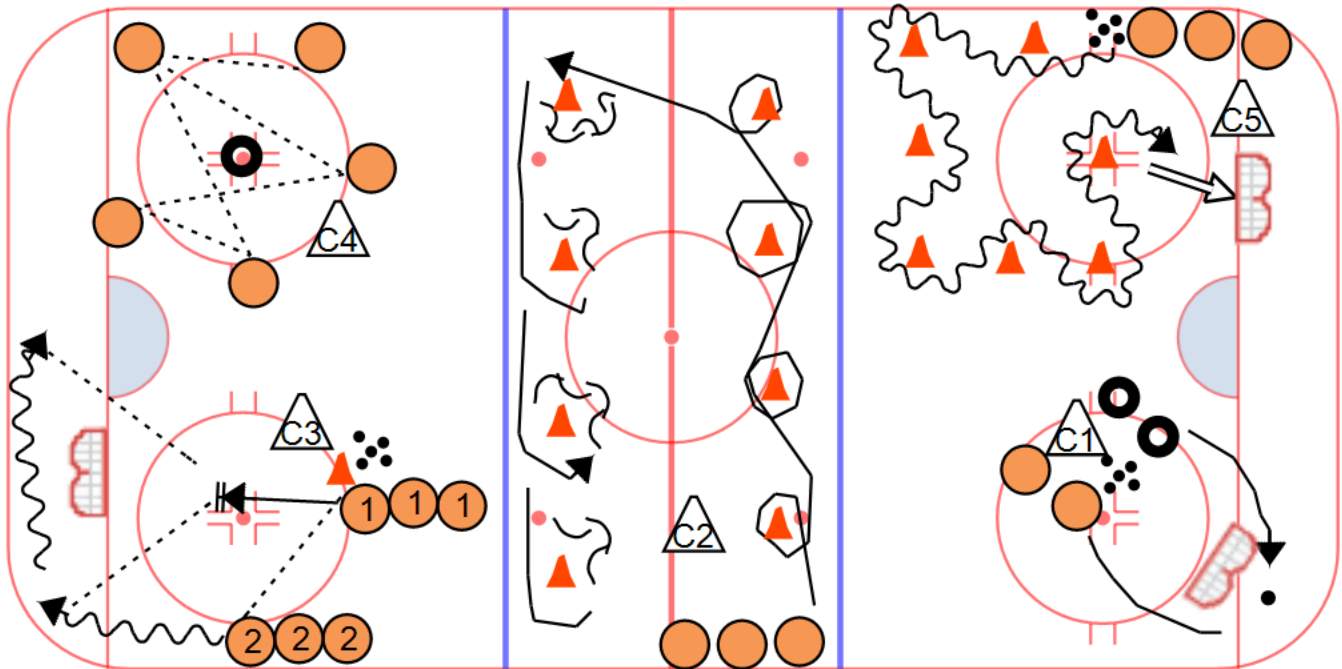
Category #1 :

Title : Drill template - Full page #1 HK

Category #2 :

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

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



Key points :

technique

speed

head up

Fun

### Description

Station 1 is a 1 vs 1 drill from behind the net, have the coach play goal after he places the puck behind the net. Can go to a 2 vs 1 to promote passing.

Station 2 is tight turns around 4 cones and pivots around the other cones. first with out pucks then add pucks.

Station 3 is a drill to promote passing from below the goal line and to promote going to the net with stick on the ice. Player 1 passes to player 2 who skates puck below goal line and passes or go around the net. Switch lines.

Station 4 is monkey in the middle if pass is intercepted in the middle if you make a bad pass you are in the middle. checker can move to add pressure.

station 5 is a puck control drill weaving around cones and finishing with a shot.

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

Categories

Drill Title : Drill template #1 HK

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

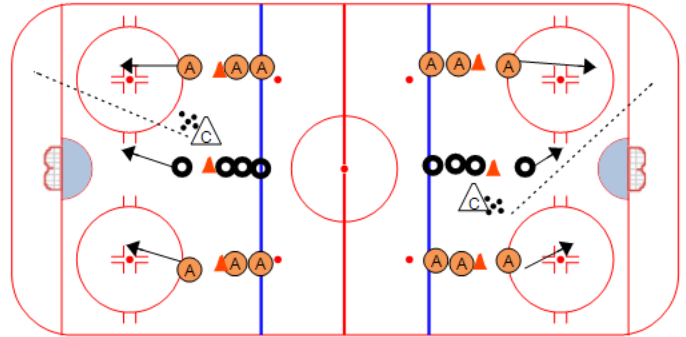
Content elements : \_\_\_\_\_

**Description**

This is a 2 vs 1 drill. Attackers should create passing opportunities. The defender should try to prevent a goal. If the defender gets the puck pass it back to Coach and drill is over. Allow to go for 20 seconds max.

**Key Points**

- communication
- passing
- checking
- read and react



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

Categories

Drill Title : Drill template #1 HK

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

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

**Description**

SCRIMMAGE GAME 4 on 4 cross ice

**Key Points**

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