



Practice Plan

Team: development practice

Practice No.: _____

Date : _____

Time: 1 hour

Duration: 1 hour

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

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

Categories

Drill Title : Drill template #1 HK

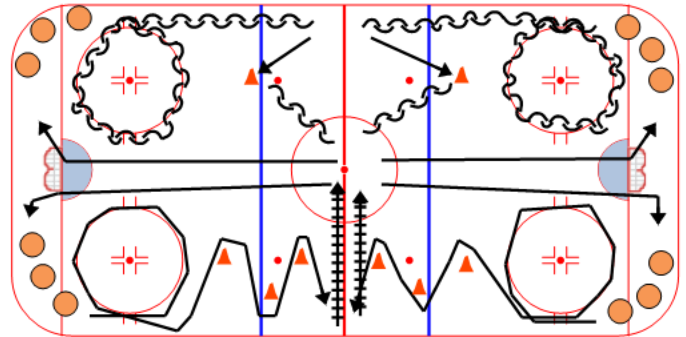
Components : _____

Content elements : _____

Description

players are split in half.
One side forward x overs and tight turns to center-xovers to dot and hard back
other side backwards xovers and pivots to center dot and hard back
switch lines and sides in 3 minutes.

Key Points



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

Categories

Drill Title : Drill template #1 HK

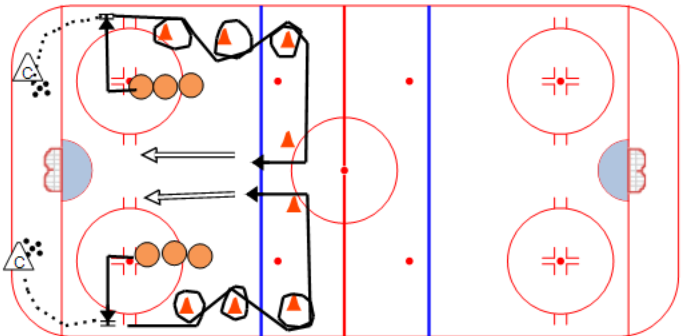
Components : _____

Content elements : _____

Description

Forwards work on breakout positioning on the boards Then puck control around 3 pylons and enter the blueline from the middle finish with a high slot shot.
Switch lines.

Key Points



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Categories

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Components : _____

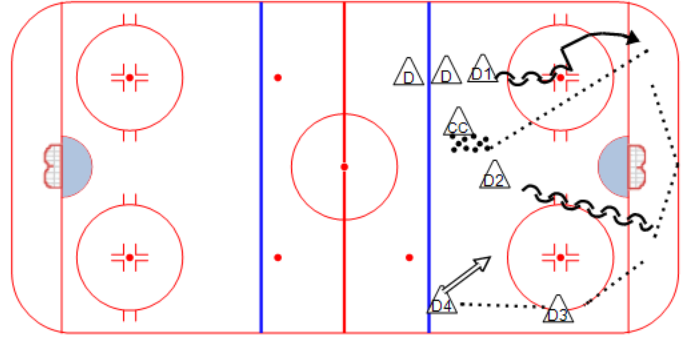
Content elements : _____

Description

D man work on breakout manouvers.
D1 backpeddle and retrieves puck from coach. then makes a D to D pass to D2 who makes a breakout pass to D3 who passes to D4 who shoots the puck.
All rotate one position over D1-D2-D2-D3 etc,

Key Points

- D to D clean pass
- communication
- pass and recieve
- shooting from point



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Categories

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Components : _____

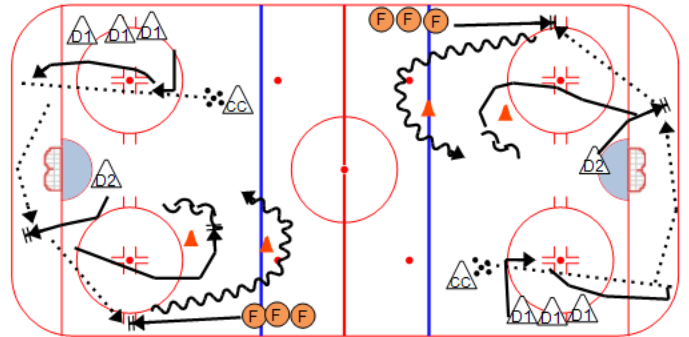
Content elements : _____

Description

C says go and dumps puck to corner, D1 retireves on an angle and D2 moves to support calling "D to D" - D1 passes to D2 who passes to supporting F who then skates around far cone and D2 around close cone for a 1 vs 1 attack. D1 moves to D2 position for next whistle.

Key Points

- Breakout
- Passing /reivuing
- communication
- positioning



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Categories

Drill Title : Drill template #1 HK

Components : _____

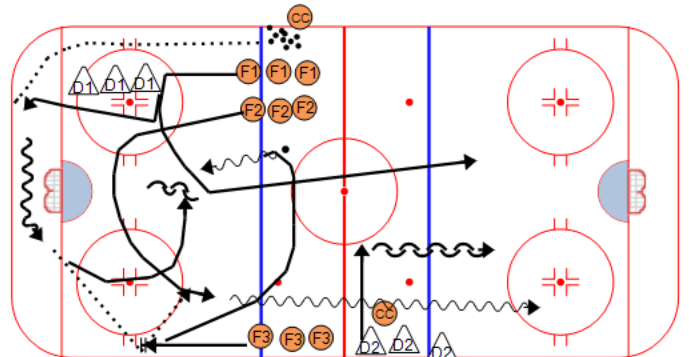
Content elements : _____

Description

Break out with a 2 vs 1 and a 1 vs 1 Forwards in 3 lines- D in 2 lines. C dumps puck in and D1 retrieves and skates behind net and passes to F3 who is supporting. F1 and F2 move to low support and mid support on the breakout and attack far end 2 vs 1 on D2. F3 swings in neutral zone gets pass from C and attacks D1 on a 1 vs 1. Forwards rotate line D go back to same line.

Key Points

- Positioning /Speed
- passing reivuing
- attack principles
- defending principles



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Categories

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Components : _____

Content elements : _____

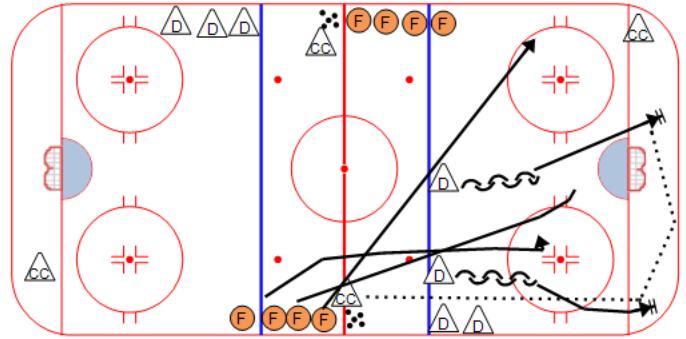
Description

5 Man Breakout with a 3 vs 2.
C has a soft dump and defense do D to D breakout! Forwards move to support and attack far end 5 vs 0 get a pass from coach in the corner and go back 3 vs 2. While they are attacking 3 vs 2 the other side is breaking out.

Rotate players as needed.

Key Points

- position for B/O and attack
- passing and receive
- communication
- speed with the puck



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

Categories

Drill Title : Drill template #1 HK

Components : _____

Content elements : _____

Description

Cool down have players work on shooting F and D specific

Key Points

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