



Practice Plan

Team: Practice plan

Practice No.: _____

Date : _____

Time: _____

Duration: 1.5 hours

Version No.: _____

Prepared by: Craig Sherbaty

Objectives / Main tasks :

Drill no. : _____ Duration : _____ Minutes From : 0 min To : 10 min

Categories

Drill Title : warm up and fundamental skills

Components : _____

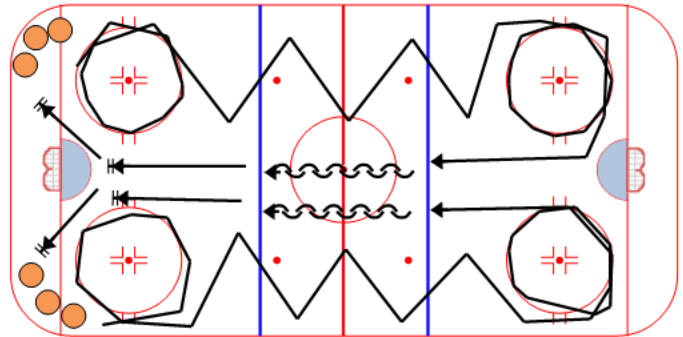
Content elements : _____

Description

X overs
tight turns
stops and starts
pivots
Goalie X crease drill

Key Points

- warm up
- fundamentals
- f and d specific
-



Drill no. : _____ Duration : _____ Minutes From : 11 min To : 21 min

Categories

Drill Title : 2 stations

Components : _____

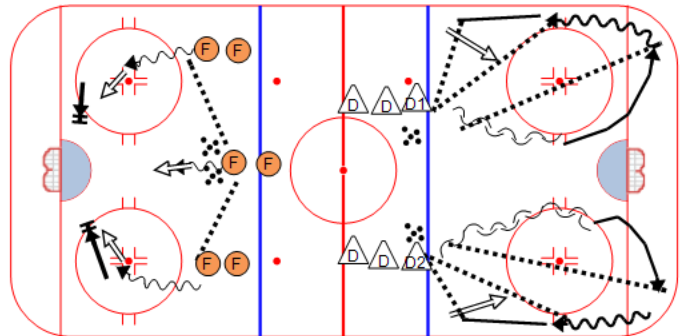
Content elements : _____

Description

Forwards work on shooting from different angles, and from high slot.
D work on puck retrieval and shooting
D1 starts and skates backwards pivot to dump, and make B/O pass then get puck back and shoot.
D2 starts when D1 passes so as to have quick rotation

Key Points

- speed
- shooting
- technique
- communication



Drill no. : _____ Duration : _____ Minutes From : 25 min To : 35 min

Categories

Drill Title : double regroup with point shot

Components : _____

Content elements :

Description

Fs pass to D then move to support regroup. Repeat with second D and then move for a shot. Retrieve a puck and pass to the D who followed up to blue line for a shot.

New D move into position and drill starts again

Goalie work on Rebound control

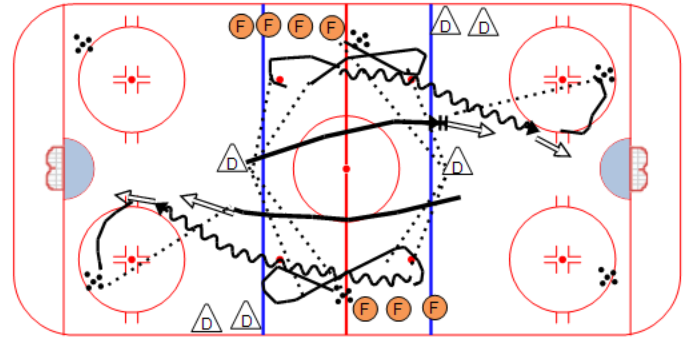
Key Points

pass and receive

quick transition

communication

shooting



Drill no. : _____ Duration : _____ Minutes From : 40 min To : 55 min

Categories

Drill Title : 5 minute stations

Components : _____

Content elements :

Description

Station 1 players work on 3 on 3 down low with the net players staying in that area and the D and C defending the attackers out of the corner 3 PUCKS!
 Station 2 center work on faceoffs
 Station 3 C passes to a F who attacks 1vs1-then pass to other F who attacks 1vs1-then another puck for 2vs2 finish with a slot shot and net battle-rotate players.

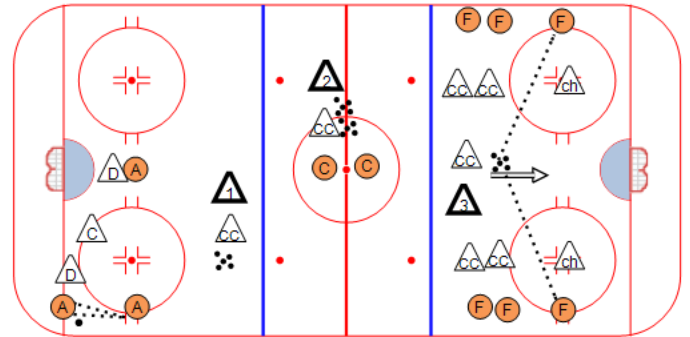
Key Points

Fundamental

checking criteria

d side of puck

faceoffs



Drill no. : _____ Duration : _____ Minutes From : 60 min To : 65 min

Categories

Drill Title : BACK CHECK 2 VS 1 or 2 VS 2

Components : _____

Content elements :

Description

B START 2 VS 1 ON D. WHEN THEY CROSS THE BLUELINE Xs BACK CHECK WITH ONE PLAYING LOW AND ONE COVERING THE OFFENSIVE D.
 ON THE TURN-OVER GO 2 VS 1 THE OTHER WAY WHEN THEY CROSS THE FAR BLUELINE THE Y PLAYERS BACKCHECK AND A NEW D MOVES AS OFFENSIVE D MAN.
 CONTINUOUS
 Craig Sherbaty All Rights Reserved 2012

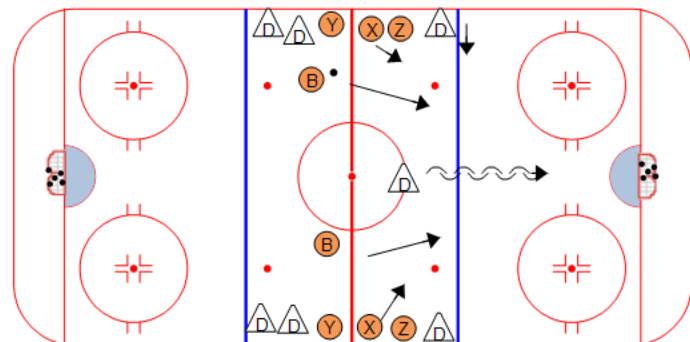
Key Points

COMMUNICATE

IDENTIFY ROLE

QUICK TRANSITION

QUICK ATTACK



Drill no. : _____ Duration : _____ Minutes From : 65 min To : 75 min

Categories

BACK CHECK 3VS2

Drill Title : BACK CHECK 3VS2

BACK CHECK 3VS2

Components : _____

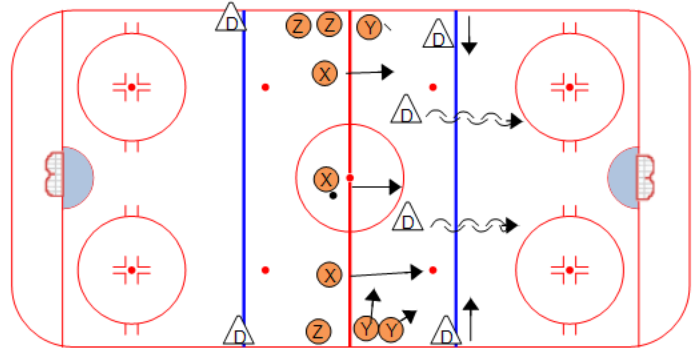
Content elements : BACK

Description

LINE 1 ATTACKS 3 VS 2. WHEN THEY CROSS 2 D SUPPORT OFFENSIVELY, LINE 2 BACK CHECKS AND ATTEMPTS TO GAIN POSSESSION (line 1 is done) AND BREAKOUT. WHEN THEY GET TO FAR BLUELINE LINE 3 DOES THE SAME. CONTINUOUS D always are offence first then defend.

Key Points

- IDENTIFY
- ATTACK WITH SPEED
- QUICK READS
- QUICK TRANSITION



Drill no. : _____ Duration : _____ Minutes From : 75 min To : 85 min

Categories

Drill Title : half ice

Components : _____

Content elements : _____

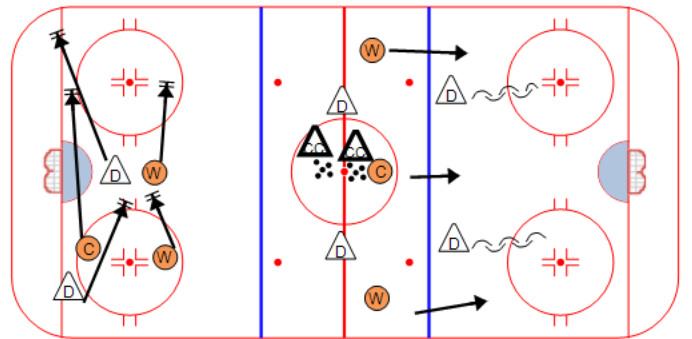
Description

side 1 works D zone rotation 2 X each side then Fs move to neutral zone and attack 3vs2 2X!

Side B works on B/O! First one B/O D to D once out of blue line pass back to CC who dumps again and the D wheels behind and passes to the centerman who is curling (coach takes away the wall). Then attack 3vs2.

Key Points

- positioning
- understanding
- quickness
- execution



Drill no. : _____ Duration : _____ Minutes From : 85 min To : 90 min

Categories

Drill Title : Drill template #1 HK

Components : _____

Content elements : _____

Description

Small area game players are divided into 2 teams. each team has 2 players on each side one side they are defending the other they are attacking- They play 2 vs 2 with the defenders trying to shoot or pass the puck to the other side to there offensive players and vice versa. allow to go for 30 seconds max.

Key Points

- _____
- _____
- _____
- _____

