



Practice Plan

Team: Advanced drills

Practice No.: _____

Date : _____

Time: _____

Duration: 1 hour

Version No.: _____

Prepared by: Craig Sherbaty

Objectives / Main tasks :

Drill no. : _____ Duration : _____ Minutes From : 12 min To : _____

Categories

Drill Title : Warm Up and transition skating

Components : _____

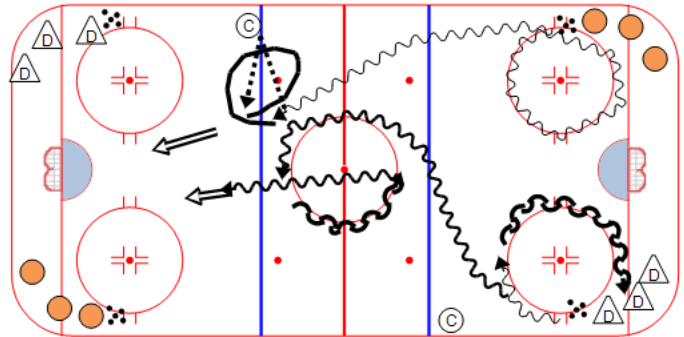
Content elements : _____

Description

Forwards tight turns and stops and starts.
D work on transition skating

2. Forwards skate with a puck around circle passing to the next F in line then skate up the ice and pass to C execute a full circle and get return pass for a shot.
D are transitioning 2X on 2 circles finish with a shot.

Key Points



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

Categories

Drill Title : B/O w regroup and line change

Components : _____

Content elements : _____

Description

Players dump in the puck, breakout under command (up, D to D or wheel) regroup with D1 regroup with D2 gain centre and dump and change- drill repeats with line 2-3 back to 1.

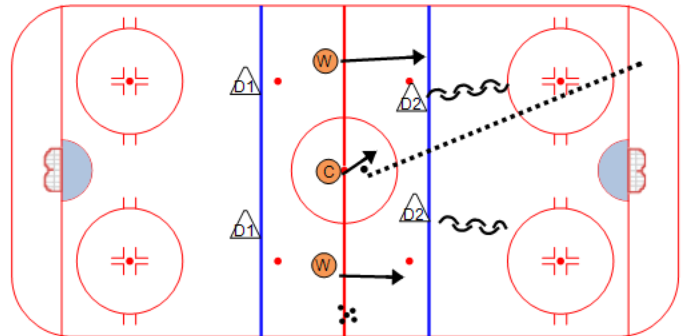
Key Points

communication

quick passes

good support position

speed



Drill no. : _____ Duration : _____ Minutes From : 12 min To : _____

Categories

Drill Title : B/O with 3 shots and 2 vs 2

Components : _____

Content elements :

Description

Line touch passes, then puck is dumped in on whistle, line breaks out can add 1-2 forecheckers. Once out who ever has the puck when they cross the far blueline shoots 3 times while the remaining 2 Fs attack the original D vs 2.

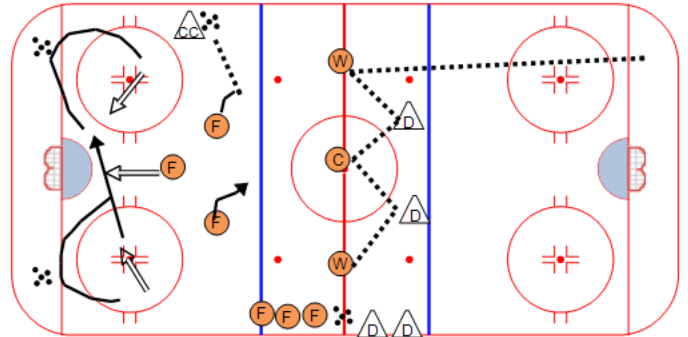
Key Points

Read pressure

communication

passing

competition



Drill no. : _____ Duration : _____ Minutes From : 12 min To : _____

Categories

Drill Title : Continuous B/O and Forecheck

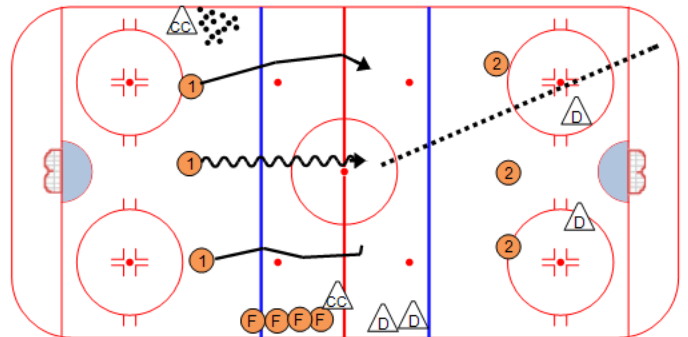
Components : _____

Content elements :

Description

Line one skates to redline and dumps puck in and forechecks line 2 who tries to break out. If the puck gets cross the blueline line 1 is out and line 2 attacks far end first guy slap shot, second player gets a pass from CC and wrist shot and 3rd player gets pass from coach and turn. Line 3 moves into zone while line 2 begins the forecheck.

Key Points



Drill no. : _____ Duration : _____ Minutes From : 12 mins To : _____

Categories

Drill Title : Power Play Challenge!!

Components : _____

Content elements :

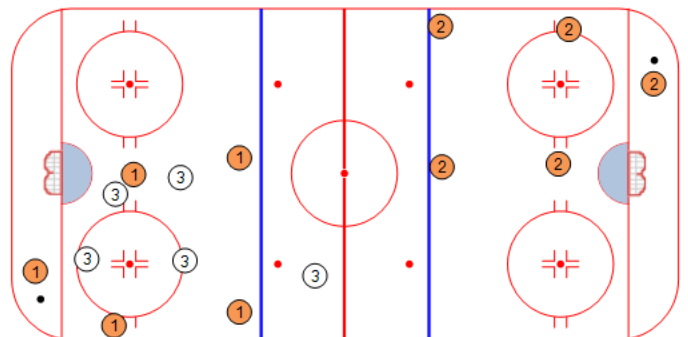
Description

Line 1 is set up with a puck line 3 is PK. Line 2 is waiting at far end moving puck around.

Line 1 tries to score. If line 3 dumps it out then line 1 skates hard to far end. Last F to the line is out and line 1 PK on line 2. Line 3 then sets up in other end passing the puck around. Drill is continuous.

Key Points

PK set up and rotation
PP set up and options
execute plays
compete



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

Categories

Drill Title : FUN

Components : _____

Content elements :

Description

2 on 2 transition losing team picks up pucks.

Players in 2 teams. Whistle players play 2 vs 2 with 3 pucks each group however everytime a puck is scored or crosses the blue lines the teams TRANSITION from offense to defense and vice versa!!

Key Points

Transition

COMPETE

FUN

TEAM WORK

