



# Practice Plan

Team: Battle Camp

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

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

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

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

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

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

## Objectives / Main tasks :

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

### Categories

Drill Title : King of the ring!

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

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

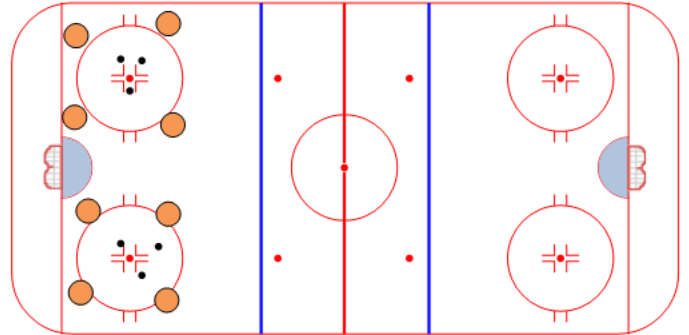
### Description

3 pucks 5 players whistle get a puck try and keep the puck next whistle if you do not have a puck out. If you do in and remove one puck.

Last man with the puck wins!

Repeat

### Key Points



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

### Categories

summer evaluation drills

Drill Title : net battles 1

battle drill

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

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

### Description

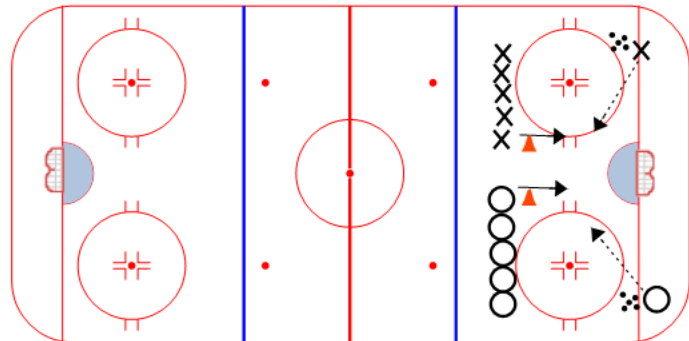
Xs pass to Xs- Os pass to Os.

X starts on offense and tries to get open for pass from the X in the corner. O defends. As soon that puck is played then the roles are reversed and O tries to get open. Repeat 3Xs each side. Rotate players to the corner.

Can add 2 players from each team.

### Key Points

gain positioning  
battle for space  
creativity  
compete



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

**Categories**

Battle drill hard

**Drill Title :** 1 vs 2 and 2 vs 1

Battle drill hard

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

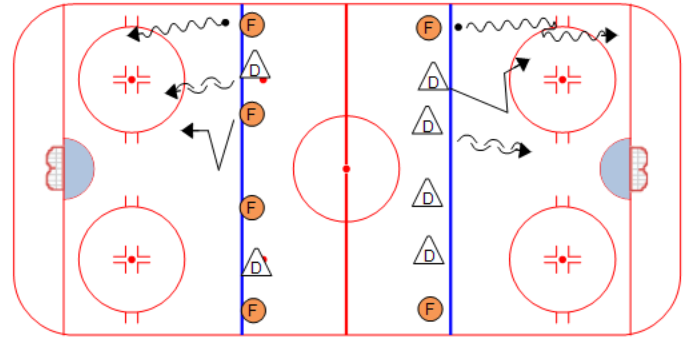
**Content elements :** \_\_\_\_\_

**Description**

A- 2 players attack 1 defender. If defender gets the puck pass to opposite side and that ends there rotation. If F score then other side starts with a puck.

B- same as above accept 1 attacker vs 2 defenders. This stresses goal scoring, creativity, and puck support D side.

**Key Points**

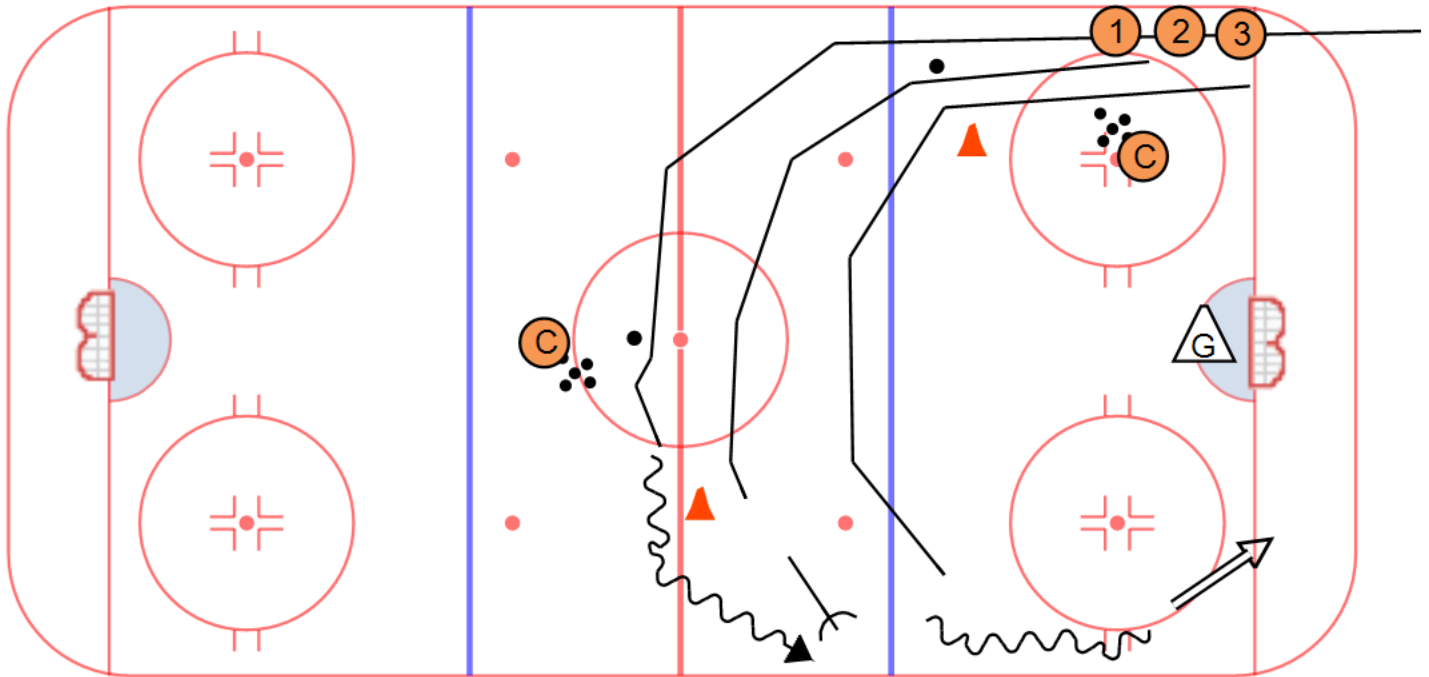
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Category #1 :

Title : Checking Drill

Category #2 :

Content elements : \_\_\_\_\_ Components: Craig Sherbaty All Rights Reserved 2012



Key points :

Awareness

Tracking

Support

Pinning and puck retrieval

### Description

This is a modified St. Louis drill that works out of both ends at the same time.

C spots a puck outside of the pylon. Player 1 skates on an arc shoulder checking retrieves puck and attempts to skate up the boards in the neutral zone.

Player 2 skates along with player 1 and is tracking, creating gap control and decision making on the check that he or she will perform.

Player 3 is supporting player 2, identifying if player 1 has accomplished his goal. Retrieve puck and continue for a shot on goal.

All three players return to the line and rotate their positions.

This drill can be modified by moving it down into the offensive zone running out of corners.

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

Categories

Drill Title : Corner Battles

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

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

**Description**

show and explain how to jar a puck loose when an apponent is trying to shield it.

And vice versa how to keep the puck away from the attacker to control puck in the corner area.

**Key Points**

