



Practice Plan

Team: Practice Plan

Practice No.: _____

Date : _____

Time: _____

Duration: 1 hour

Version No.: _____

Prepared by: Craig Sherbaty

Objectives / Main tasks :

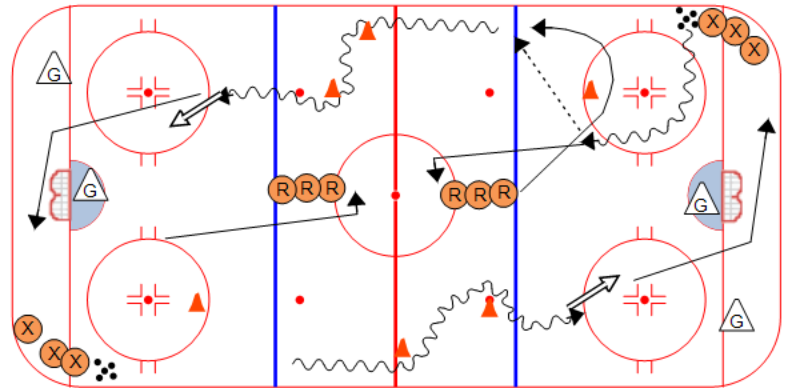
Communication
Passing receive shoot
checking and creative offense
Tactic development

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

Title : passing Content elements: _____ Components : _____

Description

Whistle goes when X passes to R to start groups. (keep them moving fast)
Split players into lines by colours
Xs pass to R and R skates pattern and shoots and returns to the passing line. Xs move to the shooting line.
Rotate goalies every 5 shots.
Switch sides in 5 minutes.



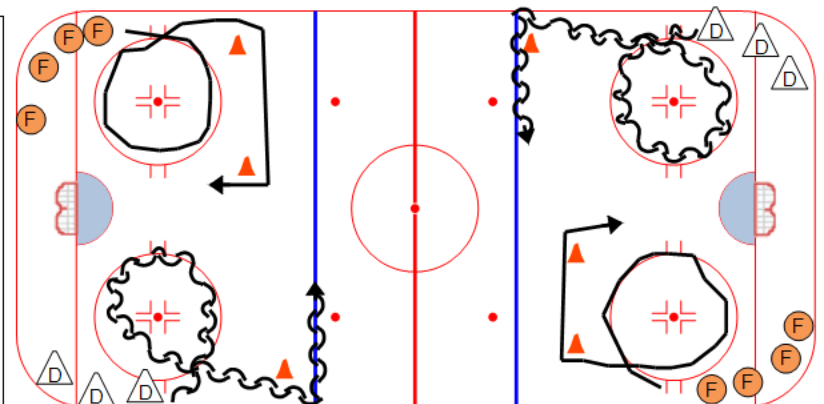
Key Points :

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

Title : Drill template #3 HK Category #1 : Category #2 :

Description

Fs skate around circle then transition to middle and shoot
D skate around the blueline and skate to blue line then across and shoot.



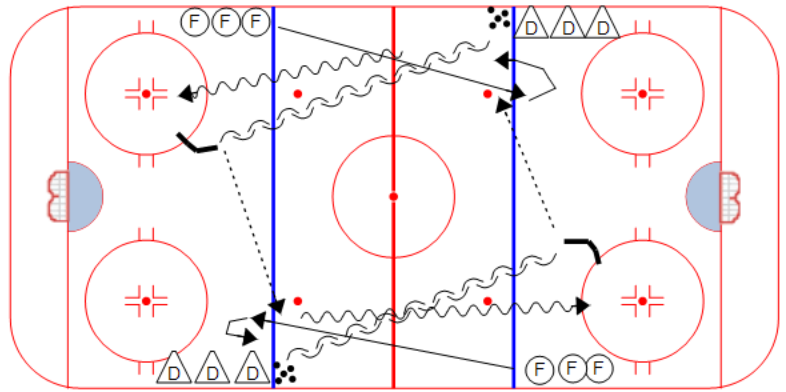
Key points :

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

Title : neutral zone 1 vs 1 Content elements: _____ Components : _____

Description

D skate backwards with the puck cross far bline. F move to support D passes to the F then moves to defend 1 vs 1 on the opposite F coming for the attack.



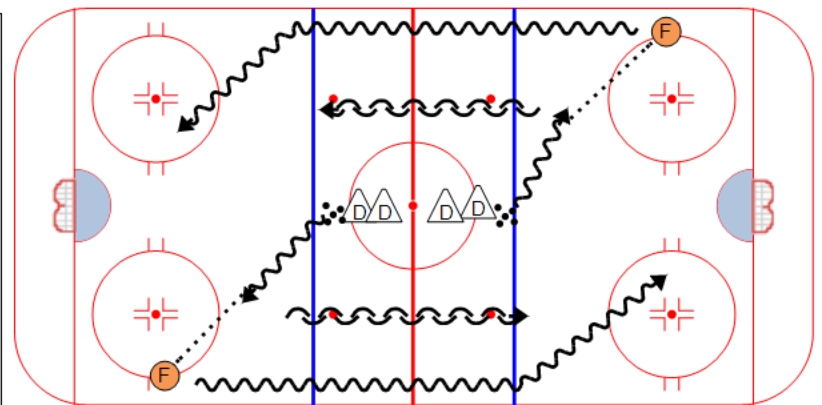
Key Points : timing and support agility w puck attack and defend 1 vs 1 details

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

Title : Drill template #3 HK Category #1 : _____ Category #2 : _____

Description

Forwards on the hash marks Defense at center with pucks.
Whistle D skates with a puck over the blueline and passes to the F who then attacks far end 1 vs 1 while the D transition backwards to far blue line.



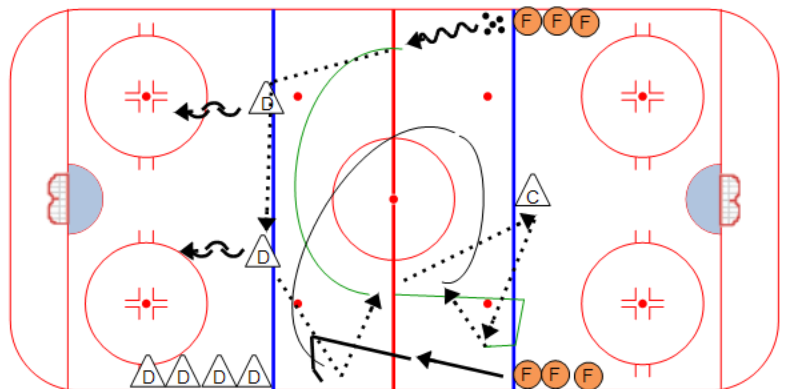
Key points : execute from spots F stay still till pass D make good pass competition

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

Title : REGROUP 1 Content elements: _____ Components : _____

Description

DRILL STARTS ON THE WHISTLE. FORWARDS MOVE INTO THE NEUTRAL ZONE PASS TO DEFENSEMAN WHO EXECUTES A D TO D PASS. FORWARD SUPPORTS ON THE WALL WHILE THE OTHER PLAYER SUPPORTS OR FOLLOWS THE PATH OF THE PUCK. RECEIVE PASS FROM D AND THEN REGROUP WITH THE COACH. THEN ATTACK 2 VS 2



Key Points : SUPPORT PIN POINT PASSING HINGE YOUR PARTNER

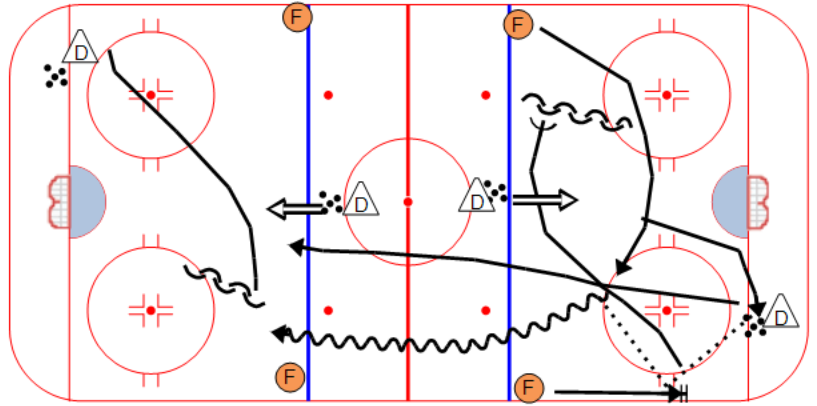
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Drill template #3 HK Category #1 : _____ Category #2 : _____

Description

2 vs 1'

D shoots from blue line then retrieves puck from corner while Fs move to support break out Fs then attack far end and far D man on a 2 vs 1



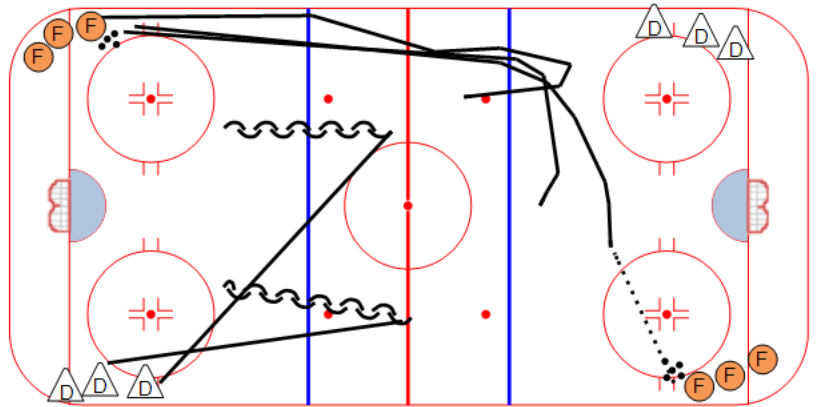
Key points : _____

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

Title : Drill template #3 HK Category #1 : _____ Category #2 : _____

Description

3 vs 2



Key points : _____