



# Practice Plan

Team: Practice Plan

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

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

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

Duration: 1 hour

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

Prepared by: Craig Sherbaty

Objectives / Main tasks :

Drill no. : \_\_\_\_\_ Duration : 8 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : passing Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

### Description

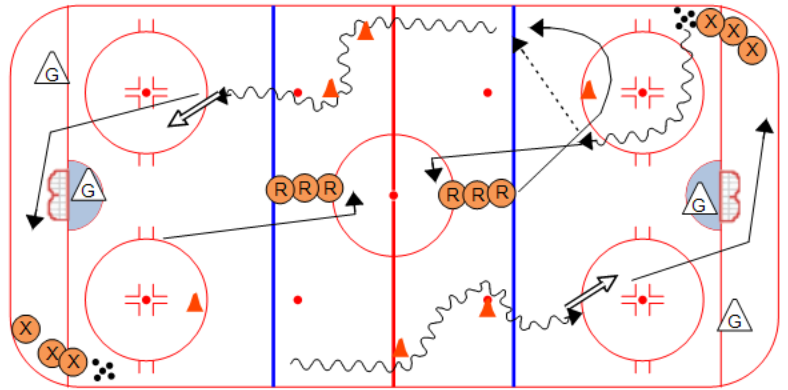
Whistle goes when X passes to R to start groups. ( keep them moving fast)

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.

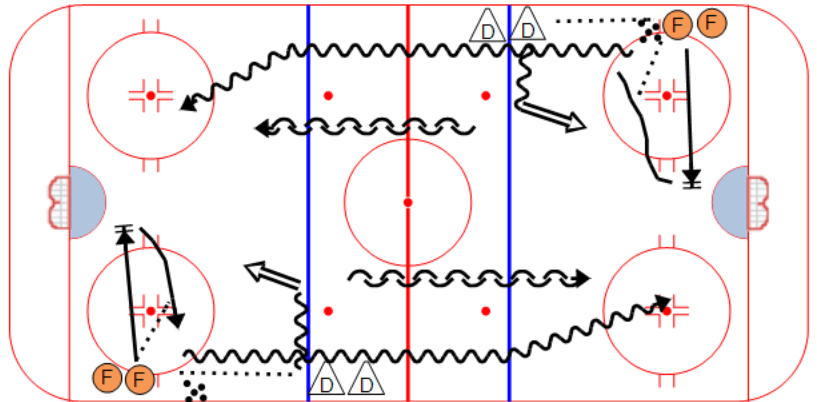


**Key Points :** open up target headman shot and score

Drill no. : \_\_\_\_\_ Duration : 8 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : 1 vs 1 Category #1 : \_\_\_\_\_ Category #2 : \_\_\_\_\_

### Description



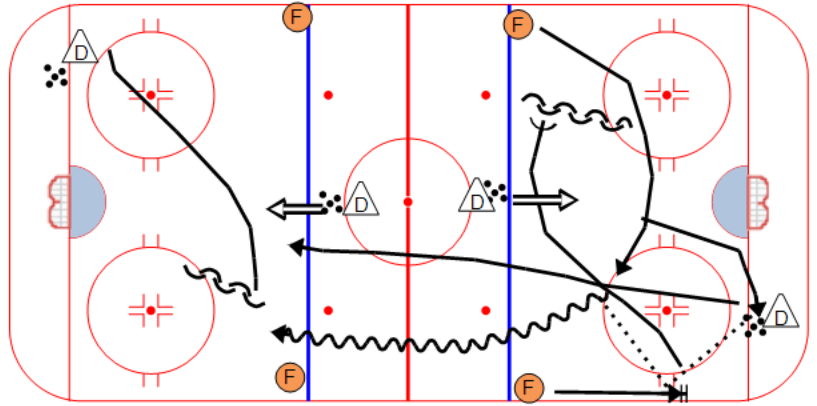
**Key points :** execute from spots F stay still till pass D make good pass competition

Drill no. : \_\_\_\_\_ Duration : 8 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : 2 vs 1 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



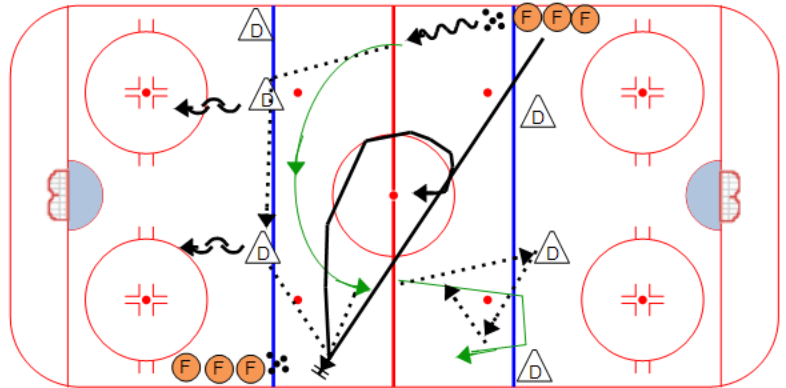
Key points : \_\_\_\_\_

Drill no. : \_\_\_\_\_ Duration : 8 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 OPPOSITE D.  
THEN ATTACK 2 VS 2



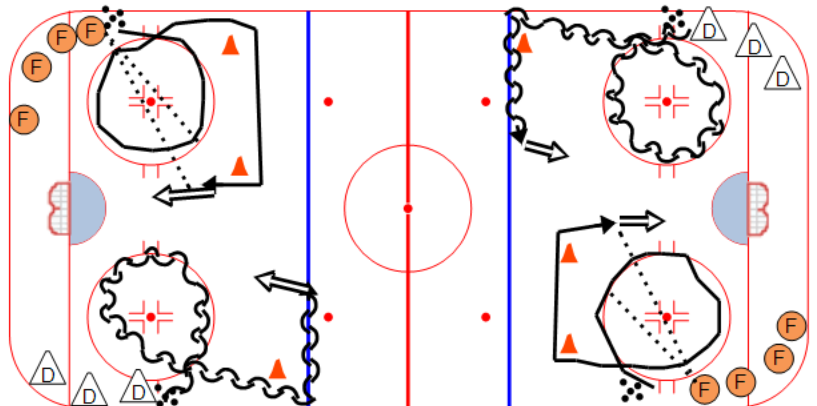
Key Points : SUPPORT PIN POINT PASSING HINGE YOUR PARTNER \_\_\_\_\_

Drill no. : \_\_\_\_\_ Duration : 8 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Goalie drill Category #1 : \_\_\_\_\_ Category #2 : \_\_\_\_\_

**Description**

Fs skate around circle pass to next F then transition to middle and receive pass for a shoot stop and work on tips.  
D skate around the blueline and skate to blue line then across and shoot.



Key points : \_\_\_\_\_

Drill no. : \_\_\_\_\_ Duration : 8 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

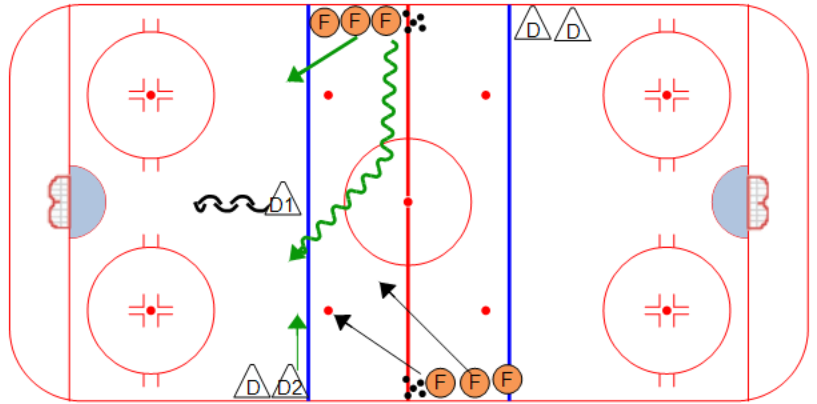
Title : 2 vs 1 with Off D and backchec Category #1 : \_\_\_\_\_ Category #2 : \_\_\_\_\_

**Description**

On whistle 2 Fs attack D1 and attempt to score. As soon as they cross the blueline D2 comes off the wall as an offensive D but can only stay on the blue line plane.

2 Fs from opposite side back check and try to steal the puck or breakout from D1. If they gain control past the ringette line then they continue to far end and attack 2 vs 1. When they cross the far blue line a new D comes off the wall as offense and 2 backcheckers attempt to steal the puck.

Drill is continuous or can be modified to whistle.



**Key points :**

Compete

Full Speed

Communication

Use hockey sense