



Practice Plan

Team: Practice Plan

Practice No.: _____

Date : _____

Time: _____

Duration: 60 minutes

Version No.: _____

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Objectives / Main tasks :

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

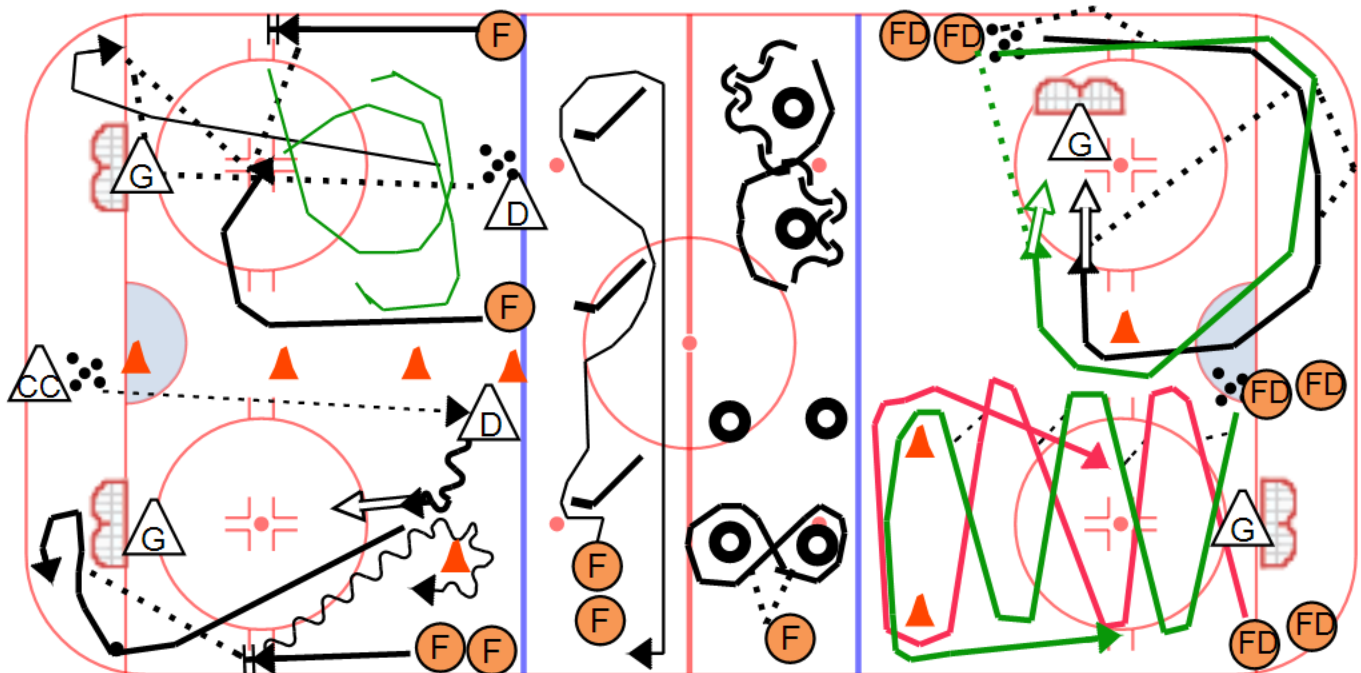
Category #1 : _____

Title : Opening Circuit

Category #2 : _____

Content elements : _____

Components: _____



Key points :

Quick movements

in tight plays

communication

multi dynamic skills

Description

1. 2 man weave up the ice from one end to blueline, curl in and attack 2 vs 0 with a shot and a rebound as objective. Switch lines
 - 2- figure 8 skating with pass to partner after turns
 - 3- puck control and dekes
 - 4- point shot with a breakout and attack 1 vs 1
 - 5- rebound control for goalie with breakout and attack 2 vs 1
 - 6- figure 8 transition forward to backwards. Can add a pass if space
 - 7- double drop pass with the first person driving for a return pass and shot, while player 2 follows up and gets a pass from next player in line.
- All drills can be modified and changed by adding different elements as you see fit.

Drill no. : _____ Duration : _____ Minutes From : _____ To : 4 mins

Categories

Drill Title : 3 player-2 shot each

Components : _____

Content elements :

Description

B-bantam P-pee wee

Opposite corners, 3 players start with puck and skate around designated cone. if you are on your backhand take that shot!

Then curl across ice and get pass from opposite lines. Player 1 slap shot from blueline, player 2 wrist shot from circle, player 3 breakaway!

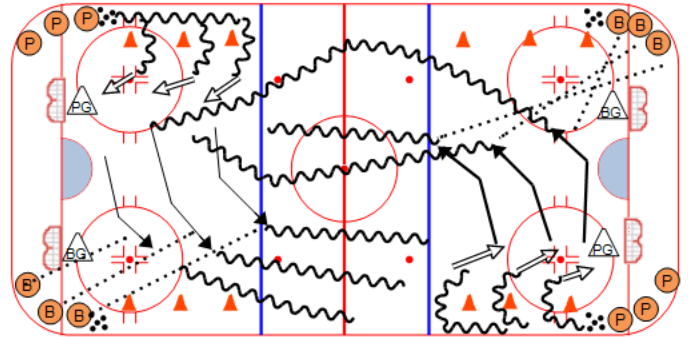
Key Points

shoot in stride

spread out

multiple shots

reaction for G



Drill no. : _____ Duration : _____ Minutes From : _____ To : 4 mins

Categories

Drill Title : 1 vs 1 wide and 1 vs 1 tight

Components : _____

Content elements :

Description

Wide- F skates to far dot and tight turn cut in and then out, then attack net. D transitions around circle and then gaps up and angles to outside to defend.

Tight- F skates to corner and D tracks play 1 vs 1 until coach says next puck where F tries to get in front and screen /tip and D boxes out and or clears rebound.

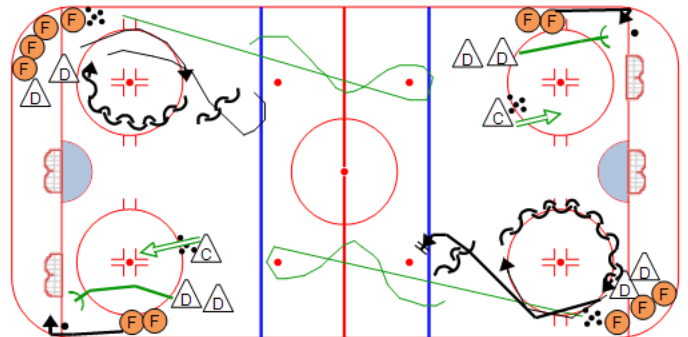
Key Points

D/F options

decision making

creativity/ puck control

complete level



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

Categories

Drill Title : 2 vs 1 and 2 vs 2 with point shot and B/O

Components : _____

Content elements :

Description

Whistle C pass to D for point shot- Fs move to support B/O while D retrieves spotted puck. Fs attack far end while D move across ice to face the attack. After the rush players stay in front and battle on the next point shot then clear.

Progressions-Add 2 D for 2 vs 2, add regroup, add 3 Fs for 3 vs 2

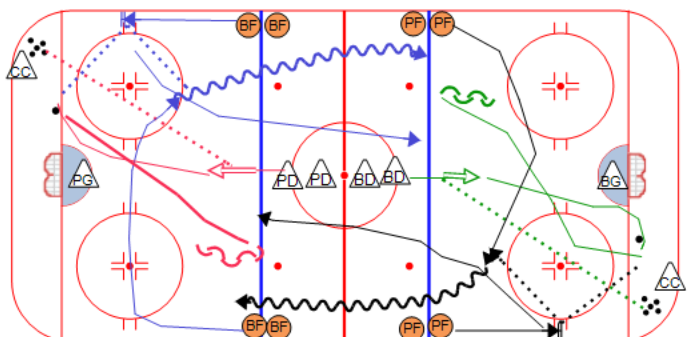
Key Points

Timing and support

attack options Fs

D 2vs1 options and G

tips and screens



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

Categories

Drill Title : 3 man weave with progressions

Components : _____

Content elements :

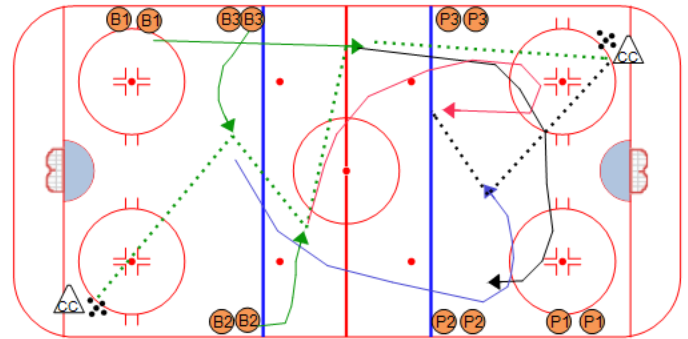
Description

Players are in 3 lines. Whistle C passes to P1 who touches to P2 who touches to P3 who passes to far C. All players fill a lane as indicated and then come back working on zone entry options (attack triangle) Next whistle other side goes.

Progression- move D to coaches spots and have 3 vs 1 or 3 vs 2.

Key Points

- Timing
- Support
- Passing and options
- Communication



Drill no. : _____ Duration : _____ Minutes From : _____ To : 4-6

Categories

Drill Title : 5 man Breakout-regroup-3 vs 2

Components : _____

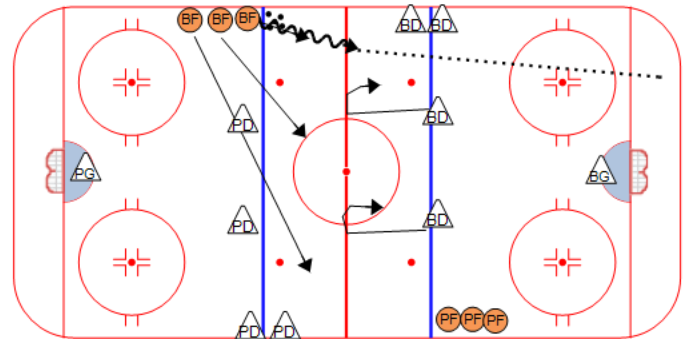
Content elements :

Description

Players line up in spots. Drill starts with the D tagging the redline. This activates the Fs who skate into support breakout positioning- get outside zone and regroup with opposite D and then set up zone entry attack options on the original side. Opposite D then tag the redline and starts the opposite side.

Key Points

- Positioning
- B/O options
- Regroup positioning
- attack and defend



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

Categories

Drill Title : Small area game tight plays

Components : _____

Content elements :

Description

These games are designed to make players make quick decisions and plays in tight areas simulate PP and PK

A- 3 vs 2 with an offensive D on the blueline, defenders are trying to get the puck over to there offensive players and vice versa

B- Nets back to back same concept accept low support player. If scored on you are out replaced by next 4.

Key Points

- Decision making
- tight Off/Def
- compete
- quick pp plays

