



# Practice Plan

Team: Initiation development

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

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

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

Duration: 1 hr

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

Prepared by: Craig Sherbaty

## Objectives / Main tasks :

Fundamental power skating  
Fundamental puck control  
Fundamental shooting

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

Categories

Drill Title : power skating

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

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

### Description

2 lanes per side

Focus: hockey stance glide, left / right leg scoot, heel taps each side 2X, edge control 1 foot at a time, power creation stride hop, edge control 2 feet, knee drops alternating.

each player does 2 X per exercise.

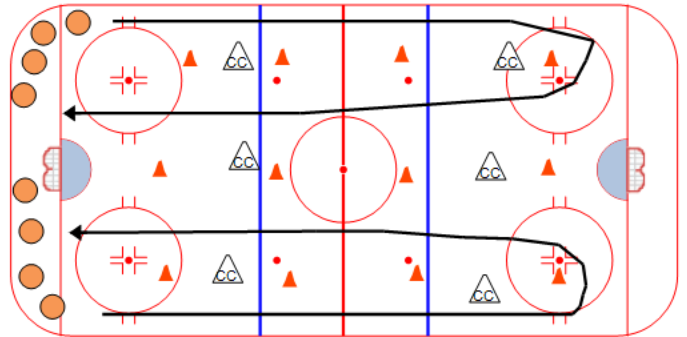
### Key Points

hockey stance

stick control

quickness

exageration



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

Categories

Drill Title : FUNDamental puck stations

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

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

### Description

- stationary shooting technique
- dot tag with a cone one player tries to place cone on dot the other defends.
- moving puck control circle cones
- stops n starts with puck finish with a race for puck n shot.
- puck control around cones, regular, puck on forehand only, deke to outside.

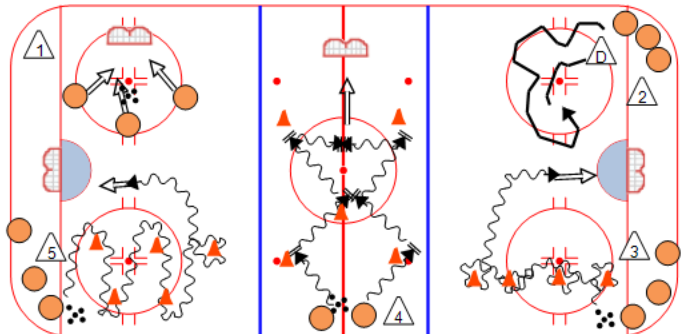
### Key Points

proper technique

start slow

immediate feedback

high repetition



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

Categories

Drill Title : competition relay race or 2 cross ice scrimmage games

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

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

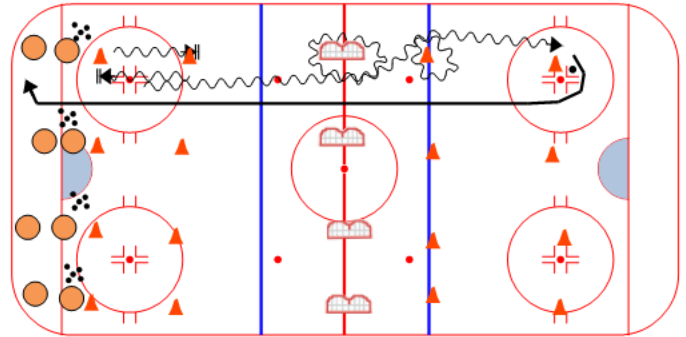
**Description**

Players skate and do start and stop. skate to center and go around net with speed. tight turn all the way around the cone at the blueline. skate to far cone drop the puck there and skate full speed back.

First team to have all the pucks at the far cone wins!. 2 puck each player!

**Key Points**

- fun and compete
- sportsmanship
- review of puck skills
- 



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

Title : Drill template #2 HK Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

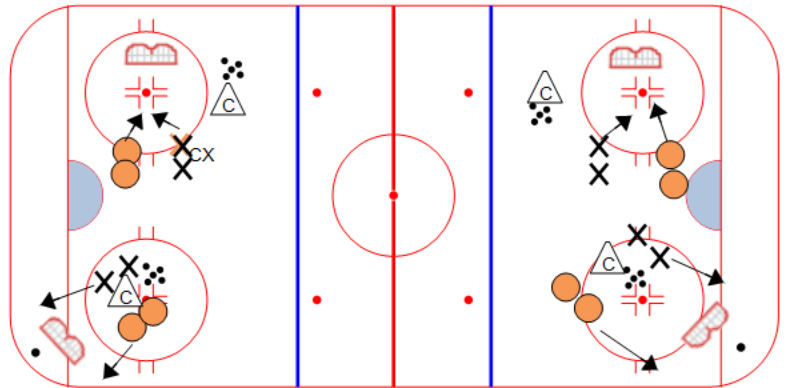
**Description**

battle game half ice or full ice scrimmage.

Battle 1 try to get puck from wall for scoring chances

Battle 2 one player is checker and other is offence. C tries to pass to offensive player 3X for goals while player 2 is checker and tries to tie up player one preventing shots.

Rotate



Key Points :