



# Practice Plan

Team: \_\_\_\_\_ Development \_\_\_\_\_

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

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

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

Duration: 1 hour \_\_\_\_\_

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

Prepared by: Craig Sherbaty \_\_\_\_\_

## Objectives / Main tasks :

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

Categories

Drill Title : Skating transition

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

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

### Description

Players execute 3 stops and starts then backwards to forwards pivots as noted and return to lines.

Rotate every 3 x

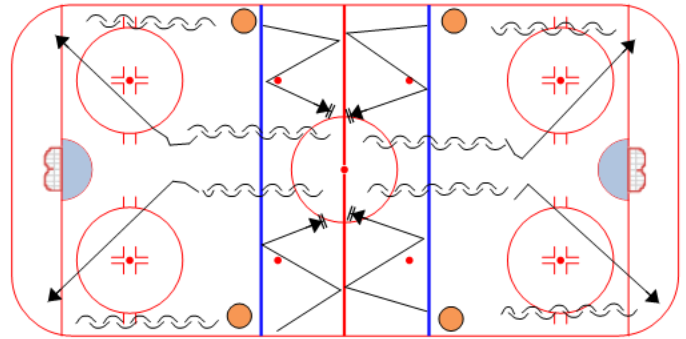
### Key Points

proper technique

head up

acceleration

agility



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

Categories

Drill Title : Checking progressions

Components : 7 minutes per station \_\_\_\_\_

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

### Description

1. D Zone rotation then coach spots a puck in the zone and the forwards attack 3 vs 2 until score or until D man passes back to coach!
2. Players play 1vs1 in front of net. player behind tries to pass to offensive player. 3 pucks!!! each group
3. 1vs1 corner then coach says point shot and shoots a puck players battle.
- 4 shooting shot selection quick

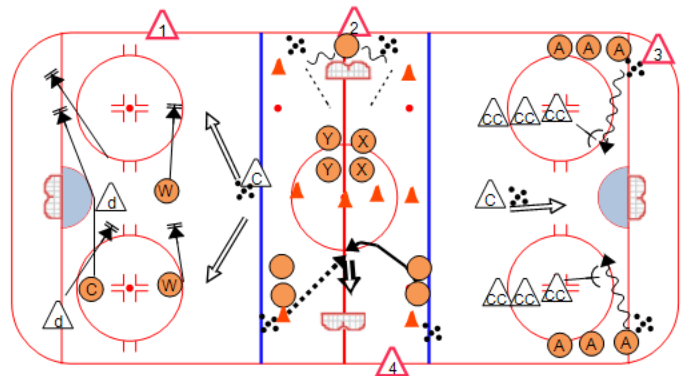
### Key Points

proper technique

head up in zones

determination

feedback



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

Categories

Drill Title : competition 3 vs 2 forwards vs D and Goalies

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

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

**Description**

Forwards get 6 chances to score 3 goals, defense and goalies must stop 3

Winners off the ice, losers pick up pucks!

**Key Points**

team work

determination

scoring

checking

