



# Practice Plan

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

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

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

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

Duration: 1 hour

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

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## Objectives / Main tasks :

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

### Categories

Drill Title : Skating fundamentals

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

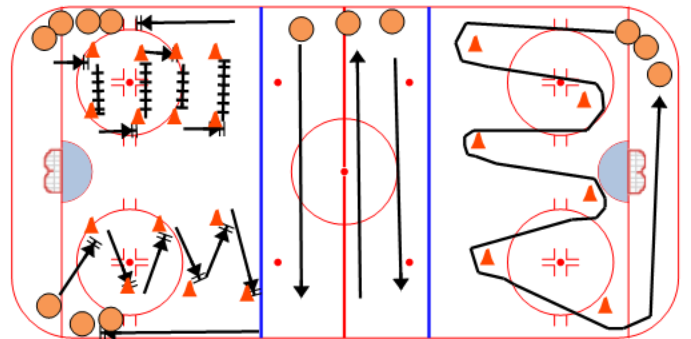
Content elements : \_\_\_\_\_

### Description

- 1 quick feet cross overs fast
- 2 balance edge control
- 3 tight turns one foot at a time
- 4 stops and starts one foot at a time.

### Key Points

- proper technique
- head up
- acceleration
- agility



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

### Categories

Drill Title : Checking progressions

Components : 7 minutes per station

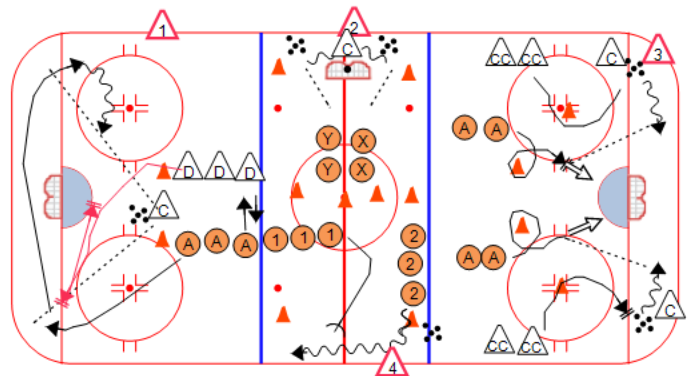
Content elements : \_\_\_\_\_

### Description

- 1. Attack and contain principles. Puck 1 defender attacks and checks. Puck 2 defender contains and patient.
- 2. Players play 1vs1 in front of net. Coach behind tries to pass to offensive player 3 pucks!!! each group
- 3. player 1 angle check coach. player 2 skates around cone go to net for shot. switch lines.
- 4 stick checking stationary then moving and angling.

### 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 Defenders and Goalies

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

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

**Description**

Players 1-3-5 are attacking trying to score.  
If the attackers score drill is over.  
Players 2-4 are defending trying to check and pass the puck to any of the coaches. If they check and pass to the coach drill is over.

Rotate player 1-2-3-4-5.

**Key Points**

team work

determination

scoring

checking

