



Practice Plan

Team: Coach Ice Session

Practice No.: _____

Date : _____

Time: _____

Duration: _____

Version No.: _____

Prepared by: Craig Sherbaty

Objectives / Main tasks :

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

Categories

DEFENSIVE ZONE COVERAGE

Drill Title : DEFENSIVE ZONE COVERAGE AND ROTATION

#1

Components : _____

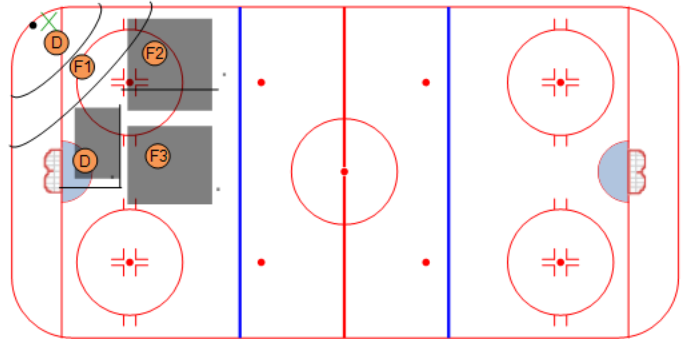
Content elements : _____

Description

DEFENSIVE ZONE POSITION
 D1 in the corner plays X physically with a body check or contains player depending on gap and support situation on the ice.
 F1 who is the first forward back into the defensive zone (normally the centerman) supports D1 in the corner in an effort to get the puck. Must read the oppositions support.

Key Points

- Communication will improve positioning
- Feet positioning
- Prepare for puck rotation
- Head on a swivel



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

Categories

DEFENSIVE ZONE ROTATION

Drill Title : DEFENSIVE ZONE COVERAGE AND ROTATION

#1

Components : _____

Content elements : _____

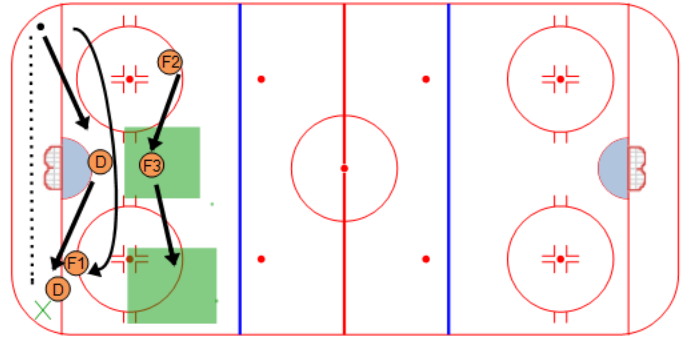
Description

DEFENSIVE ZONE ROTATION

- D1 exits his area in the corner and protects the front of the net with his head on a swivel off the back post.
- D2 makes sure D1 is on his way to the front of the net and as quickly as possible pressures X in the corner and tries to separate the player from the puck.

Key Points

- Communication will improve positioning
- Feet position
- Prepare for puck rotation
- Head on a swivel



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

Categories

REP TRYOUT 2014

Drill Title : 1 VS 1

REP TRYOUT 2014

Components : _____

Content elements : _____

Description

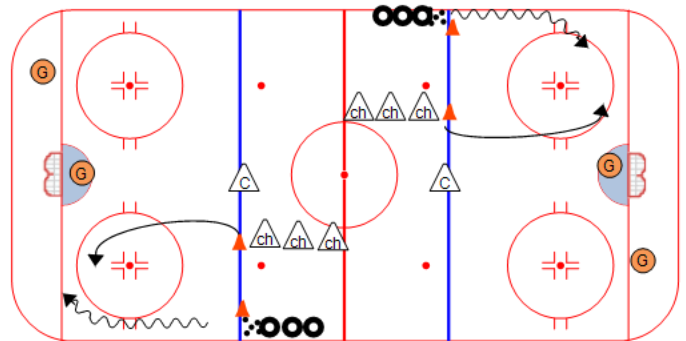
WHISTLE STARTS AND ENDS BOTH SIDES

Player on the wall starts with puck and goes around outside cone.

Player on inside goes around inside cone and trys to prevent scoring opportunity.

Return to other side and change

Key Points



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

Categories

Battle drill hard

Drill Title : 1 vs 2 and 2 vs 1 Teaching support

Battle drill hard

Components : _____

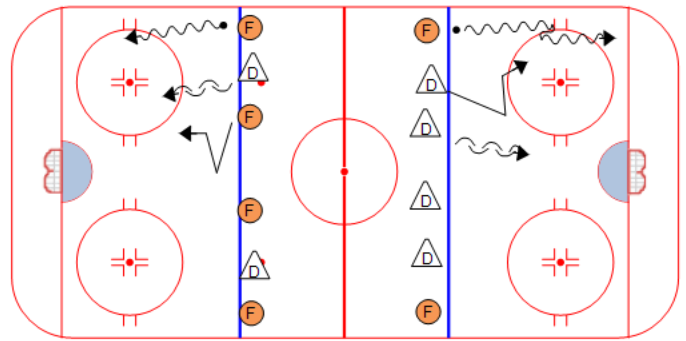
Content elements : _____

Description

A- 2 players attack 1 defender. If defender gets the puck pass to opposite side and that ends there rotation. If F score then other side starts with a puck.

B- same as above accept 1 attacker vs 2 defenders. This stresses goal scoring, creativity, and puck support D side.

Key Points



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

Categories

Drill Title : 1 man breakout with 1 vs 1 and backcheck

Components : _____

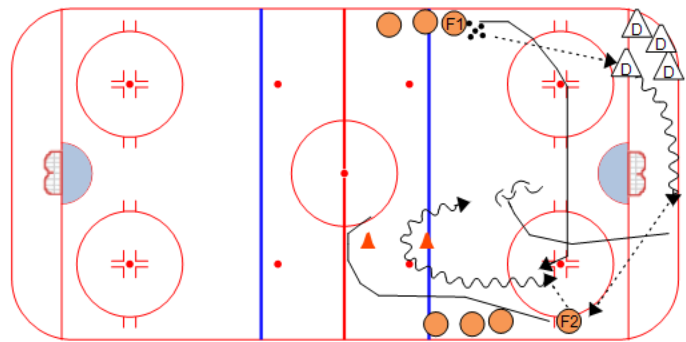
Content elements : _____

Description

F1 passes to D who skates behind the net and passes to F2- F1 skates thru the hashmarks and receives the pass back and skates around cone 1 and attacks D- F2 skates around cone 2 and backchecks. Fs switch lines.

Key Points

timing
support
proper body position
passing



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

Categories

Drill Title : Creating offence

Components : _____

Content elements :

Description

A- Player executes give and go with coach and dekes the pylons finish with a shot and return to line. Can add X-overs on goal line.

B- Player skate across ice and player 2 passes and drives mid lane. Player with puck goes around cone and C plays D forcing the player to either shoot or pass. Switch lines when complete.

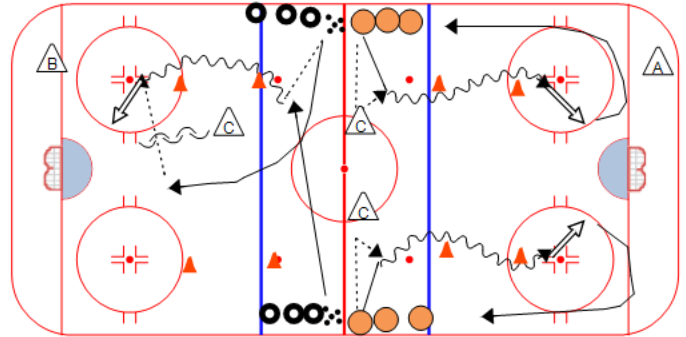
Key Points

Head Up

Speed

Communication

Decision making



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

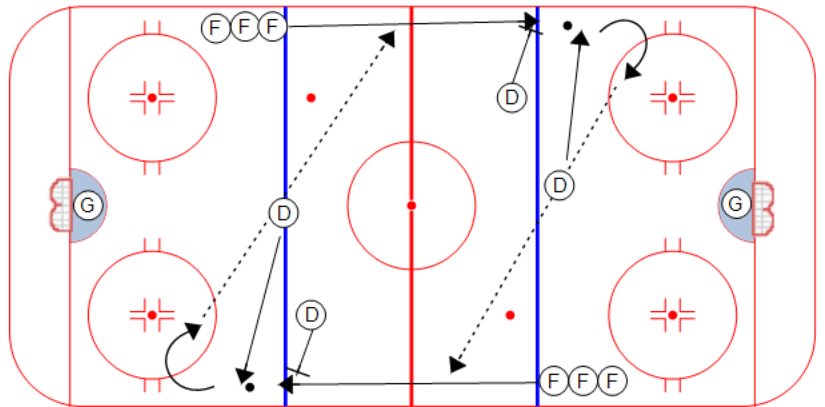
Title : 1 ON 2 SUPPORT

Category #1 : summer defense camp

Category #2 : summer defense camp

Description

The forward will start and execute a net drive against the two defenseman, where one of them will seal off and remove the forward from the puck. The other defenseman will then retrieve puck and pass cross ice to the forward wheeling down the ice, where the same play will happen.



Key points :

PROPER ANGLES

REMOVE PUCK

SUPPORT

ACCURATE PASSING

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

Categories

Drill Title : Creating Offence

Components : _____

Content elements :

Description

A- Players leave on signal. Puck carrier around 1st cone-non puck carrier around 2nd attack zone and non puck carrier drive far post! pass shot and rebound

B- Add a drop pass and a D man to defend

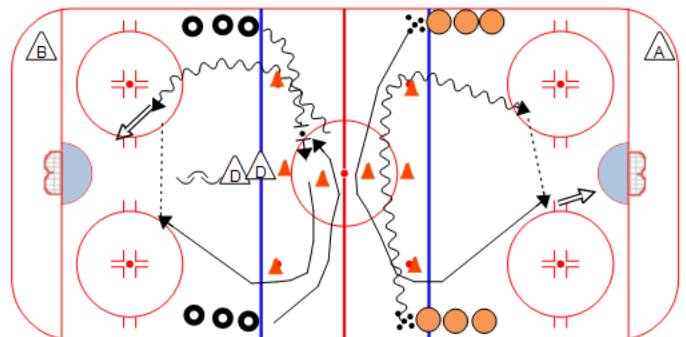
Key Points

Speed

Stay on side

decision making

proper techniques



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

Categories

Drill Title : 2 man cycle

Components : _____

Content elements : _____

Description

Player 1 gets skates to corner-when he gets to the hashmarks player 2 follows. Player 1 pick up and cycle back to corner where player 2 picks up and passes to player 1 for quick shot.

Player 2 then circles around says "good morning coach" and drill continues.

Player 1 return to line.

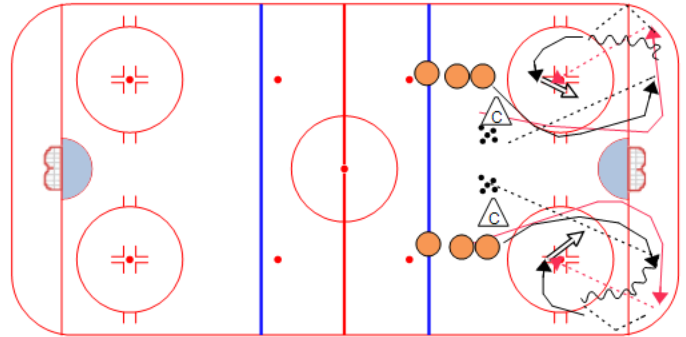
Key Points

angle to puck

use the boards

eyes always on puck

quick shot



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

Categories

Drill Title : 3 man cycle with 3 shots

Components : _____

Content elements : _____

Description

3 players move to shoot 1 at a time then go to designated spots. Player 1 begins breakout and 3 players move down the ice-pass the puck to C who puts into corner where each player cycles the puck one time finishing with an attack on the net return to line.

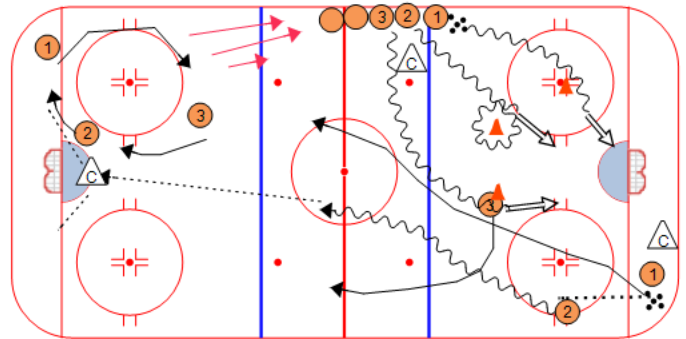
Key Points

puck control

passing

head up

shooting



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

Categories

Drill Title : 5 man Breakout

Components : _____

Content elements : _____

Description

F pass to D then dump puck in (could be a coach) start with an up breakout. D man closest to the puck turns it up and passes to closest winger on the boards. All the Fs exit the zone and attack 3 vs 2.

Progress to 2 dumps one to each corner with an up breakout.

** next is wheel, lastly D to D.

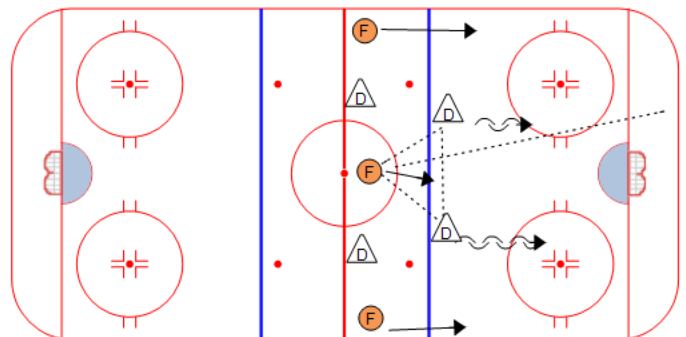
Key Points

positioning

support

passing

communication



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

Categories

Drill Title : Corner Cycle then attack 3 vs 2

Components : _____

Content elements : _____

Description

Start with D on there knees on hashmarks. Forwards dump (could be coach) into corner and cycle until they hear a whistle- D man get up and Fs attack 3 vs 2 until goal or goalie freezes or the D get control and pass it out to the Coach

Key Points

- spacing of players
- cycle puck low
- communicate
- attack options

