



Practice Plan

Team: Development Practice

Practice No.: _____

Date : _____

Time: _____

Duration: 1 hour

Version No.: _____

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Objectives / Main tasks :

Start with challenging speed to all players, work on compete drills that push them to think. Hockey tactic drill of on side and attacking the net finish with cross ice game of 3 on 3 or 4 on 4 etc.

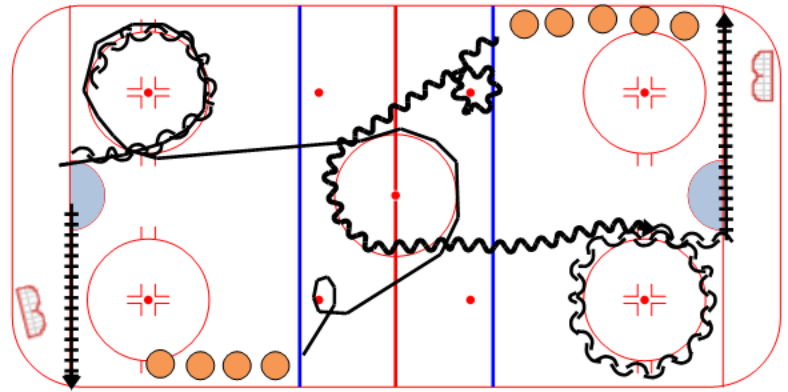
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : warm up speed Content elements: _____ Components : _____

Description

Players skate around the dot then half way around the circle accelerate into the zone and pivot backwards. Around the circle stop on the goal line and Karioke across the goal line.

Speeeeed



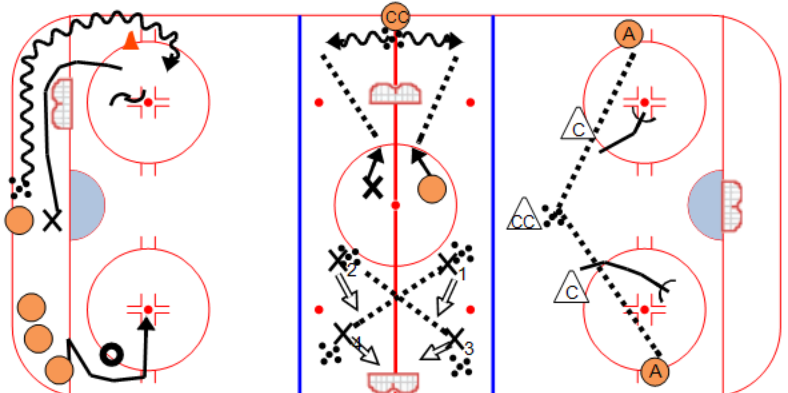
Key Points :

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

Title : Drill template #2 HK Content elements: _____ Components : _____

Description

Station 1 is dot tag/ pylon place on dot
station 2 1 vs 1
station 3 player must try to get open and the other player tries to check. C passes
Station 4 1 vs 1 then 2 vs 2 coach passes to a player who attacks 1 vs 1 then 2 offensive players work together 2 vs 2
station 5 shooting and passing



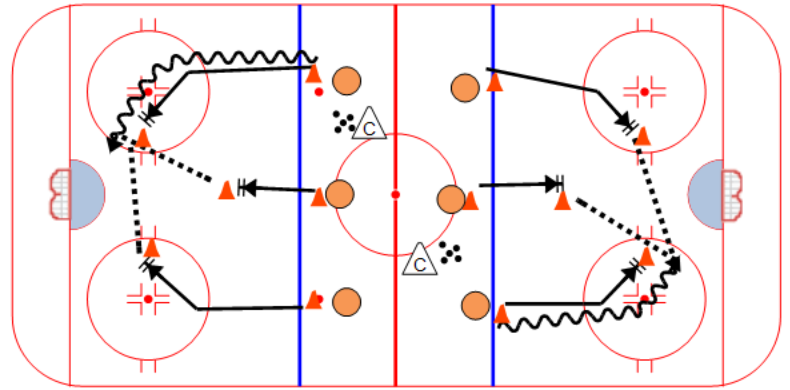
Key Points :

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

Title : Attack the zone Content elements: _____ Components : _____

Description

Players are in 3 lines.
On coach signal players skate into zone and stop. then return to front of the line. Coach then gives the outside player a puck who skates it back into the zone and must pass to either of the other 2 options for a shot on net.



Key Points :

Stay onside

communicate

ready position

spread out