



# Practice Plan

Team: Development practice 6

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 : fundamentals

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

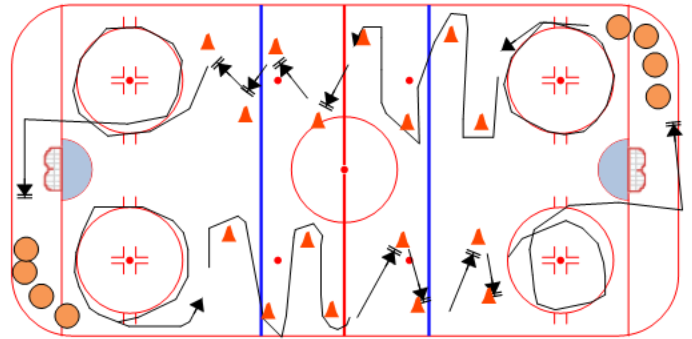
Content elements : \_\_\_\_\_

### Description

Players skate around circle x overs  
execute turns at first 4 cones  
stops at next 4 cones  
circle x overs at the last AND switch lines

### Key Points

- technique
- bend your knees
- control stick
- fast is better



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

Categories

Drill Title : Drill template #1 HK

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

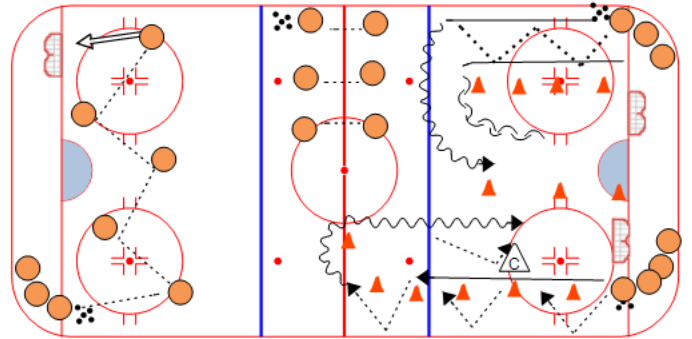
Content elements : \_\_\_\_\_

### Description

Station 1 players are staggered pass to player in front of them then skate to there spot last player shoots  
Station 2 partner stationary passing  
Station 3 partner pass moving with 1 vs 1  
Station 4 board passing around cone finish with give and go with coach.

### Key Points

- technique
- good sweep
- target
- recieve pass



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

Categories

Drill Title : Game Passing

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

Content elements :

Description

end- Pylon Shoot out once a player passes go to back of line- first team to hit all cones wins!  
end- 3 pass must be made before shot on goal  
middle ice 2 players 1 stick teams. 30  
second shift

Key Points