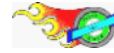




Practice Plan



Team: _____

Date: _____

Practice No.: Week

Duration: 54 Minutes

Version No.: _____

Prepared by: Headcoach

Objectives -- Main tasks :

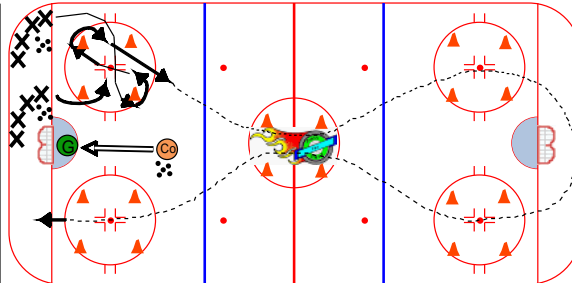
First 8 minutes of the practice should be performed full ice. After every drill, have the team skate two laps in your designated end of the ice, while you set up the next drill. After the completion of three drills, please have a 2 minute water break. This will help keep your team hydrated.

Drill no. : 1 Duration : 5 Minutes From : _____ To : _____

Title: Skating Drill # 1 Content elements: _____ Components : _____

Description

Crazy Eight Drill: Place players and cones as shown. On the coach's whistle, the first player in the far line goes first through the cones in a figure eight. once that player is done he or she exits the circle on moves to the next circle indicated in the dash marks. Once that player leaves the first circle the next player in the other line goes, starting with the next cones that were not used. The following players must keep track of the player ahead of them to see which cone they need to enter. **This will force them to keep there head up and see what is going on around them.**
Total Drill Time: 5 Min.



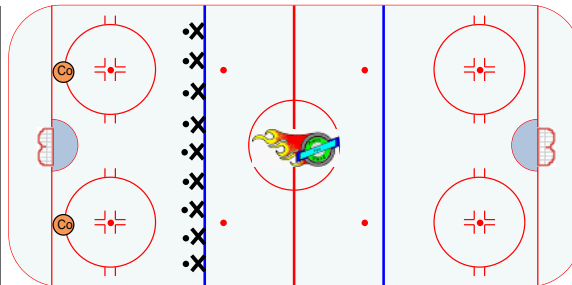
Key Points :

Drill no. : 2 Duration : 5 Minutes From : _____ To : _____

Title: Passing Drill # 3 Content elements: _____ Components : _____

Description

Lob Drill: Place players on blue line with pucks. Have players lob pucks into the zone behind the coach's. Don't shoot puck over the boards.
Total Drill Time: 5 Min.



Key Points :

Drill no. : 3 Duration : 10 Minutes From : To :

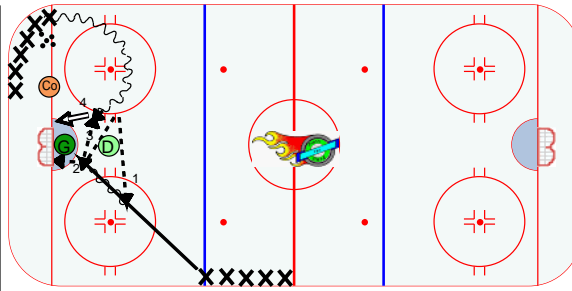
Title: Shooting Drill # 22 Content elements: Components :

Description

Double Hot Seat Drill: Place players as shown. On the coach's whistle, have the player in the corner start with the puck up and around the circle. At the same time, have the first player in line at the blue line break into the zone at full speed. The player with the puck has four options with the puck.

1. A pass for a one timer shot.
2. A back door shot, or
3. Receive the puck back for a shot.
4. Take a shot. The puck carrier must read the defenseman in the "Hot Seat"

Total Drill Time: 5 min. on each side.



Key Points :

Drill no. : 4 Duration : 8 Minutes From : To :

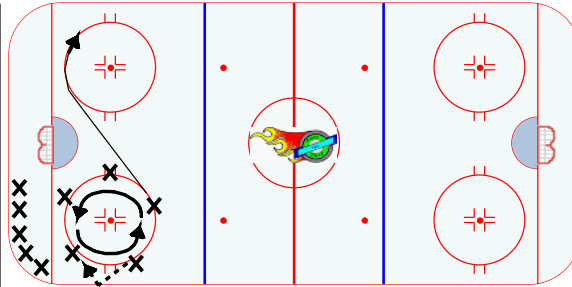
Title: Passing Drill # 5 Content elements: Components :

Description

Basic Cycle Drill: Have five players start out of the corner counter-clockwise. Have players pass the puck off the board to the player behind. Players move to the next circle on coach's whistle, skating in a clockwise direction. When the first group moves to the next circle the next five players start.

If you miss the puck, Keep moving!

Total Drill Time: 8 Min.



Key Points :

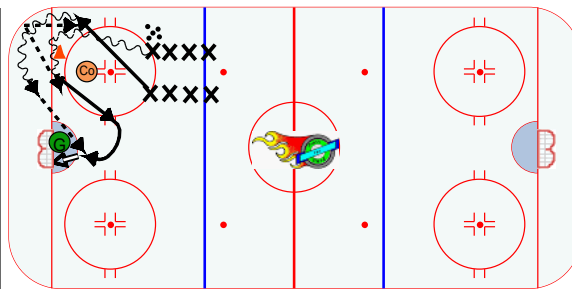
Drill no. : 5 Duration : 8 Minutes From : To :

Title: Passing Drill # 12 Content elements: Components :

Description

Cycle Drop Pass Drill: Place players in two lines as shown. On the coach's whistle, the first player in line with the puck, skates into the corner and leaves the puck for the first player in the second line. Have that player go after the first player takes three strides from the start. Have the first player get in front for a pass from the second player. Have the first player position him or herself to receive the pass and shoot with a "One Timer" shot on goal. After the shot is taken, have player change lines.

Total Drill Time: 8 Min.



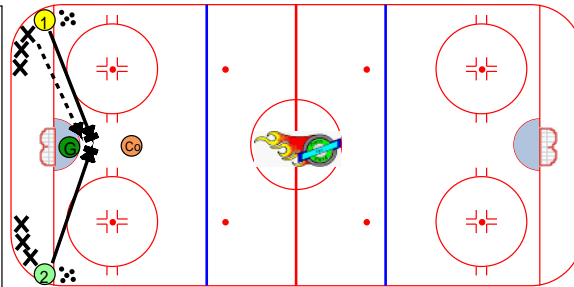
Key Points :

Drill no. : 6 Duration : 10 Minutes From : To :

Title: Checking Drill # 6 Content elements: Components :

Description

Cleaning Out the Slot Drill: Place players as shown. Line ① will be the attacking line. Line ② will be the defending line. On the coach's whistle, the first player in each line will skate into the center slot area. The purpose of this drill is to receive a pass from the second player in line on the right side first. The passer must time the pass, so that the receiving player can make the move around the defending player to make a one time shot on goal. Then turn or pivot around defending player to receive a pass from the other line. All the time the defending player will keep the receiver from getting the pass.
Total Drill Time: 10 Min.



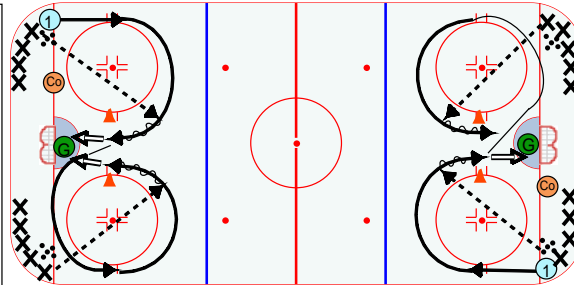
Key Points : Timing is important! Stick on the ice! Balance and Control

Drill no. : 7 Duration : 8 Minutes From : To :

Title: Passing Drill # 10 Content elements: Components :

Description

Two Shot Pass Drill: Place players and pucks as shown. On coaches whistle, the first player ① in line, skates up and around the circle and receives a pass from the corner that he or her just left. Player takes a shot in the slot area and skate around the far circle and receives a pass from the other line. Once he or she receives the pass, that player takes another shot in the slot area on goal. When the second shot is made, the next player in the other line goes.
Total Drill Time: 8 Min.



Key Points : Crisp Pass to Stick! Snap Shot in Slot!