



Practice Plan

Team: Jr. Flyers

Practice No.: _____

Date : 1-9-2014

Time: 8:00 pm

Duration: 75 Mins

Version No.: _____

Prepared by: _____

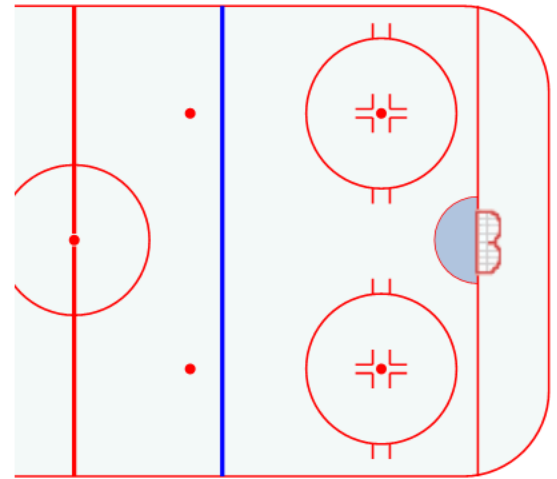
Objectives / Main tasks :

Drill no. : 1 Duration : 5 Minutes From : 8:00 To : 8:05

Title : Drill template #4 HK 1/3 Page Category #1 : Category #2 :

Description

5 minutes of skating and stickhandling free form.



Key points:

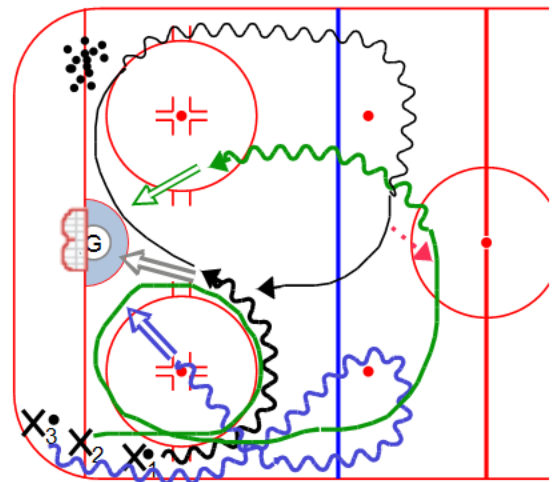
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Drill no. : 2 Duration : 5 Minutes From : 8:05 To : 8:10

Title : Jackson 5 Category #1 : Category #2 :

Description

Three skaters run this drill together. Three shots are taken.
1) X1 Skates a pattern to pressure the seam and takes a shot
2) X2 Skates the full circle without a puck
3) X3 Skates an inside/out pattern around the dot with a puck
4) X1 picks up a puck at the far circle and does a neutral zone exchange with X2
5) X3 comes down the wall and shoots
6) X2 shoots while X1 crashes the net for a rebound or X2 passes to X1 and goes to the net for a rebound
Make sure the timing is right on this drill so you don't have two shooters taking shots at the same time. You want your goalie to square up on the first shooter and then have time to come back to a ready position and defend the second shot.
Variation:
X2 starts with a puck and X3 without a puck
X2 makes a drop pass to X3 near the blue line as their patterns converge



Key points:

<input type="text" value="Timing"/>	<input type="text" value="Shooting"/>
<input type="text" value="Good Passing"/>	<input type="text"/>

Drill no. : 3 Duration : 7 Minutes From : 8:10 To : 8:17

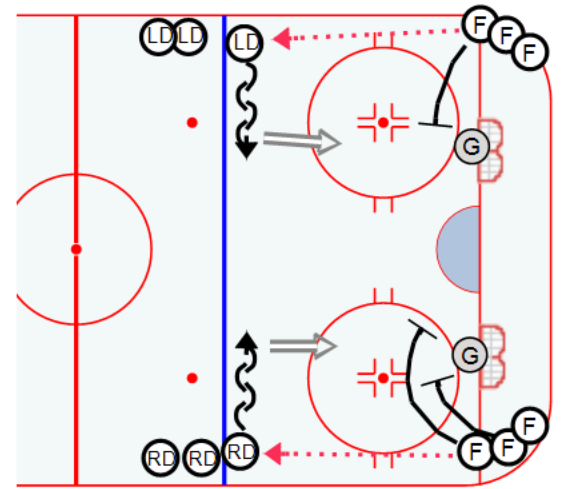
Title : Point Deflection X2 Category #1 : Half-ice Category #2 : Shooting

Description

F from each corner makes a pass to the point.
D walks the puck in between the dots and takes a shot.
F in front attempts to deflect the shot.

D must keep the shot down to allow the tip.

On one side have one F in front and on the other side use two F's



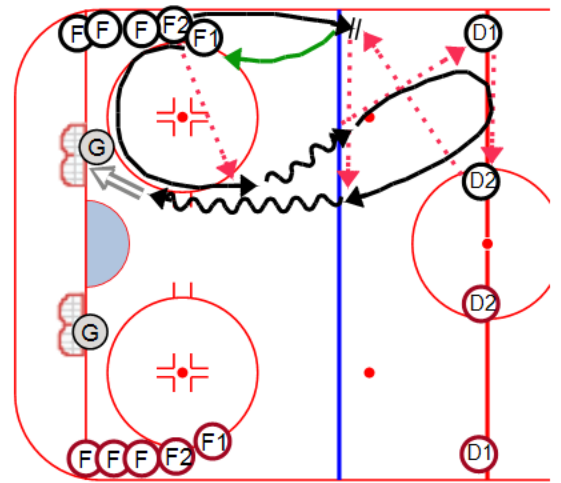
Key points:

Drill no. : 4 Duration : 5 Minutes From : 8:17 To : 8:22

Title : Dombro 5 Pass Drill Category #1 : Passing Category #2 : Direct Passing

Description

Drill starts with F1 skating around the bottom of the circle and receiving a pass from F2.
F1 carries puck to blue line and passes to D1.
F2 posts up at the blue line along the wall.
D2D Pass
F1 loops between the D and back toward the blue line.
D2 passes to F2 who chips puck to F1.
F1 goes in for a shot.
F2 skates back down and around the bottom of the circle becoming the new F1. Drill is continuous.
Can be run from both sides at the same time if you stagger the start a little.



Key points:

Drill no. : 5 Duration : 10 Minutes From : 8:22 To : 8:32

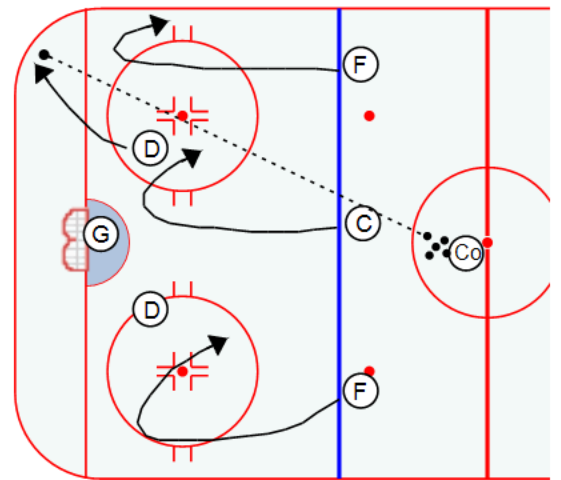
Title : Half-Ice Breakout Category #1 : Canada National Team Category #2 : Warm-Up

Description

Simple half ice breakout pattern.

Coach dumps puck in and the players breakout.
Once the puck in back in the neutral zone it is passed back to the coach who dumps it in again to a different location.
This continues for five cycles and each time the puck is dumped to a different location in the zone.

The players never stop moving when the puck goes back to the coach.
They just skate through the neutral zone and get ready for the next dump-in.



Key points:

Drill no. : 6 Duration : 13 Minutes From : 8:32 To : 8:45

Title : D Under Pressure Breakout Category #1 : Half-ice Category #2 : Breakout

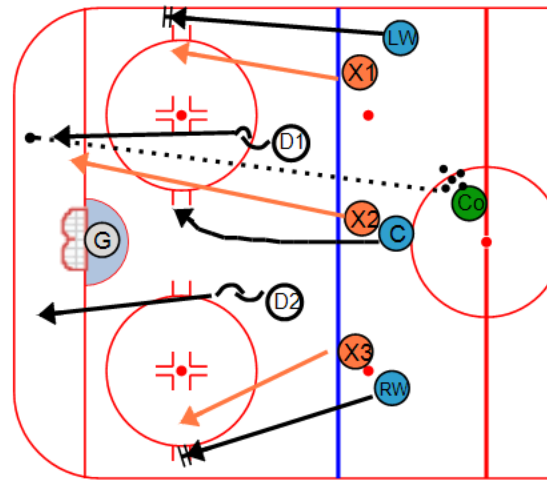
Description

The goal of this drill is to work on the D's ability to make good decisions and move the puck properly under hard pressure. This drill can also be used to work the forwards on proper forecheck technique for your system.

Players line up as shown. X are the forechecking line while the blue are the offensive players who will receive the breakout pass.

Coach dumps the puck into the zone and the D have to go back hard to retrieve it with pressure coming. Make sure the D shoulder check and communicate to execute a good breakout. The D can work D2D, Reverse, Right Up or Wheel plays to avoid the forecheck.

This is just a BO drill but you can have the Offense come back into the zone 3v2 with the forecheckers clearing the zone after the BO.



Key points:

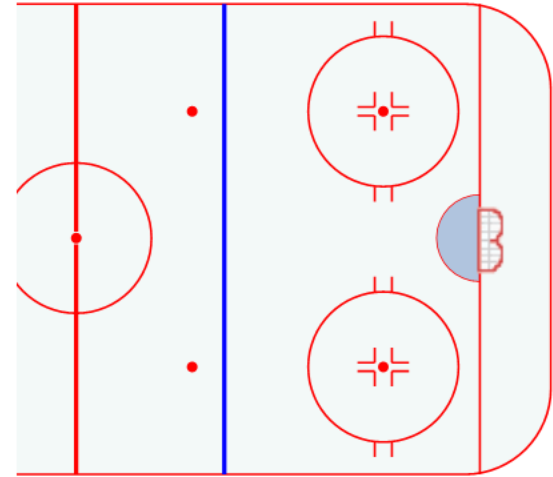
D Shoulder Check	D Communication
Goalie Communicate w/ D	Good Passes

Drill no. : 7 Duration : 15 Minutes From : 8:45 To : 9:00

Title : Drill template #4 HK 1/3 Page Category #1 : Category #2 :

Description

At this point we practiced our Power Play in the zone play while at the same time working on our PK.



Key points:

Drill no. : 8 Duration : 2 Minutes From : 9:00 To : 9:02

Title : Windsor One-Touch Category #1 : Canada National Team Category #2 : Passing

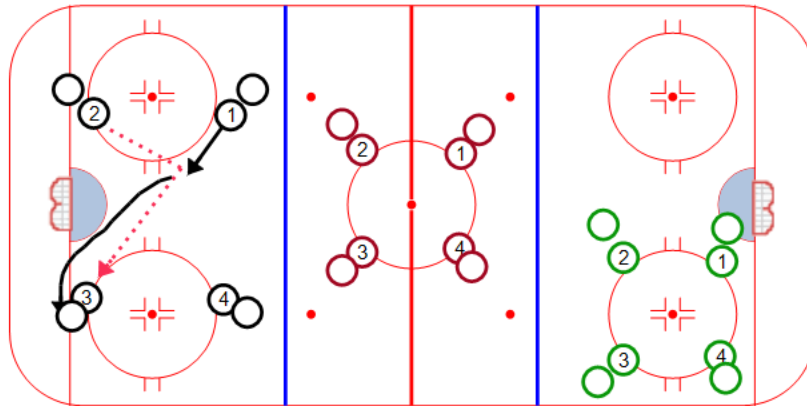
Description

Drill starts with 2 having the puck.
 1 skates and gets a pass from 2.
 1 one-touches a pass to 3.

2 skates and gets a pass from 3.
 2 one-touches a pass to 4.

3 skates and gets a pass from 4.
 3 one-touches a pass to 1.

Drill is continuous with one puck.
 You will always get a pass from player to the right
 and you will always pass to player in front of you.



Key points :

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Drill no. : 9

Duration : 13

Minutes

From : 9:02

To : 9:15

Title : 3x3

Category #1 : Small Area Games

Category #2 : 3 on 3

Description

Two types of 3x3 games

One is played cross ice with two goaltenders and next group of players along the blue line.

The other is played with one goaltender and next group of players at the top of the circles.

Key points:

