



Practice Plan

Team: Jr. Flyers

Practice No.: _____

Date : 1/16/2014

Time: 8:00 to 9:15 pm

Duration: 75 mins

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

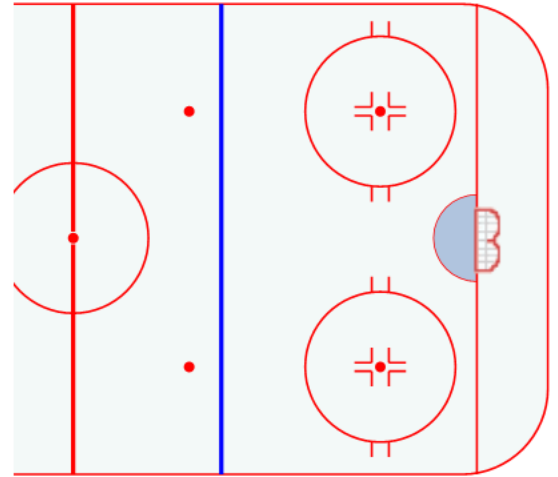
In this practice I wanted to spend a little more time on Small Area Games so the final 30 minutes are dedicated to SAG.

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

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

Description

5 minutes of free form skating and stick handling to start practice.



Key points:

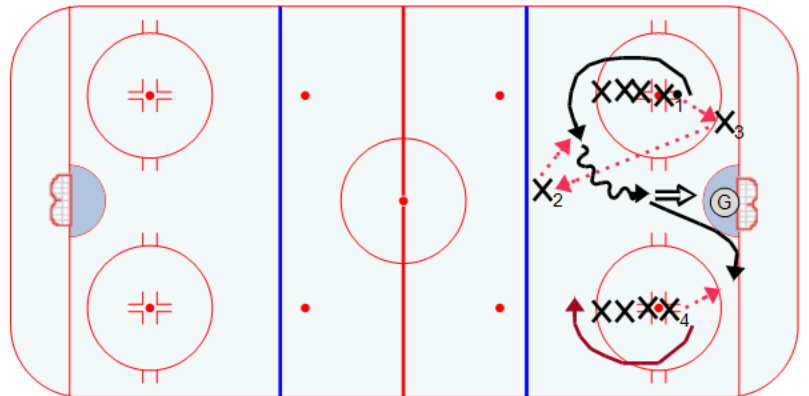
Drill no. : 2 Duration : 5 Minutes From : _____ To : _____

Title : ACHA Goaltender Warm-up Content elements: _____ Components : _____

Description

Drill starts with two lines plus a player up top(X2) and a player down low (X3).

X1 passes to X3 and skates around the group of players.
X3 passes up to X2 who one-touch passes to X1.
X1 shoots from above the hash marks.
X1 goes to the bottom of the opposite line to act as X3 on that side.
X4 starts the drill again.
X3 position goes back in line to shoot.
Change out X2 player every few passes.



Key Points :

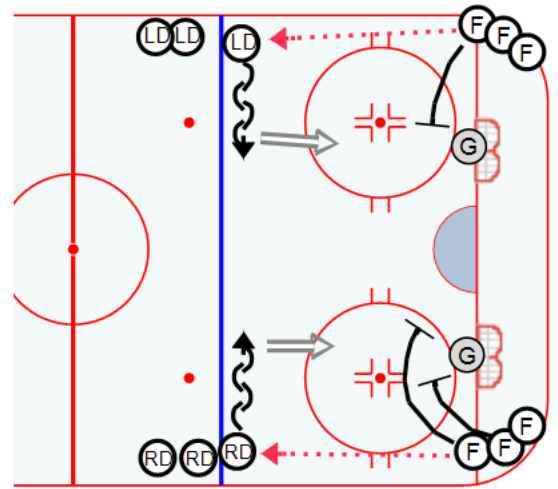
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Drill no. : 3 Duration : 5 Minutes From : To :

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



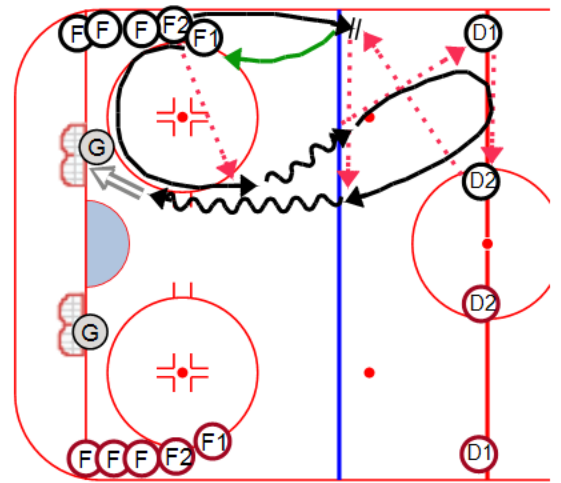
Key points:

Drill no. : 4 Duration : 7 Minutes From : To :

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 : To :

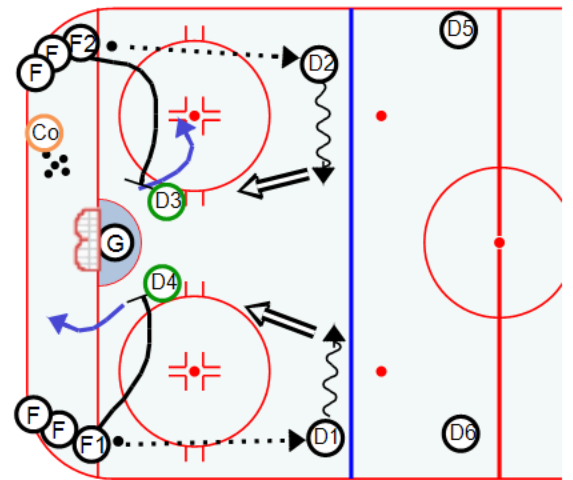
Title : 4 Whistles - Half Ice Category #1 : Canada National Team Category #2 : Battles

Description

The coach blows the whistle to begin each part of the drill.

- 1) On the first whistle F1 passes to D1. F1 goes to the net and battles with that D4 for position in front to screen or deflect the shot from D1.
- 2) On the second whistle F2 does the same with D2 and all four battle for position in front.
- 3) On the third whistle F1 & F2 try to get open for a pass from the coach and battle again 2x2 down low.
- 4) On the fourth whistle coach passes to D1 or D2 and they play 4x2 against D3 & D4.

- Next group begins drill again. D1 & D2 go low. D5 & D6 play Blue Line.



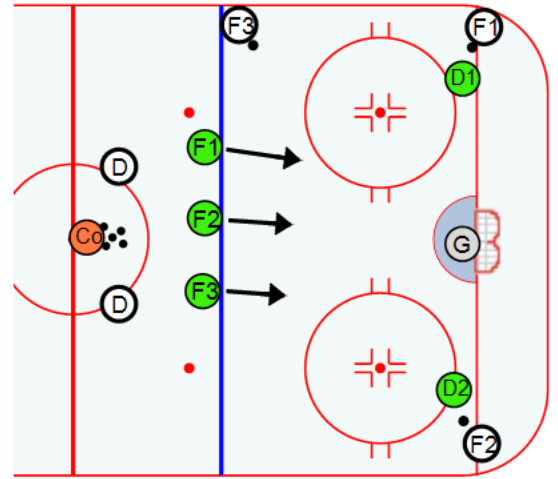
Key points:

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

Title : Defensive Zone Coverage Drill Category #1 : Robert Morris Drills Category #2 : Coverage

Description

Drill starts with F1 attacking D1 1v1 on the whistle
On the 2nd whistle F1 leaves puck and F2 attacks D2 with F1 and D1 joining to make it a 2v2
On the 3rd whistle F1/F2 leave puck. F3 takes no more than three strides and shoots.
The three green forwards backcheck in the zone and the two white D join the play and they play 5v5 in the zone.
Coach has pucks in the center circle and can dump a new puck in if the play is too quick on a clear or a goal is scored.



Key points:

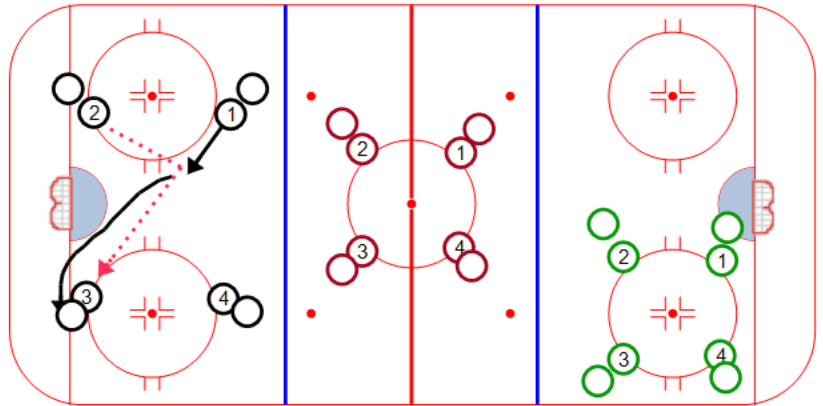
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Drill no. : 7 Duration : 3 Minutes From : To :

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 :

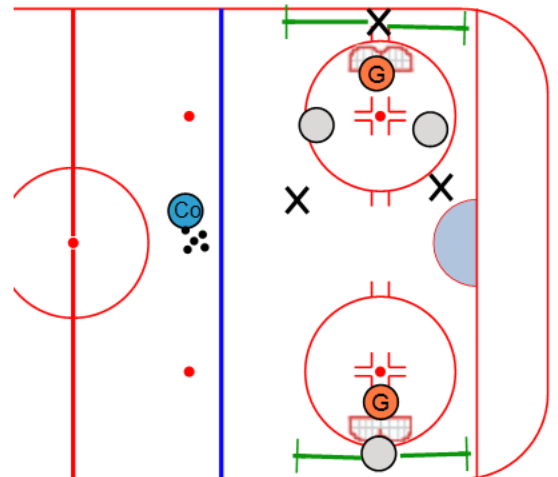
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Drill no. : 8 Duration : 10 Minutes From : To :

Title : 2x2 Offensive Category #1 : Small Area Games Category #2 : Jim Johnson

Description

Play is 2x2 plus the offensive player behind the net.
Player behind the net isn't allowed to come out from behind.
Defensive players can't attack player behind the net.
Defensive team must defend the offensive players out front.



Key points:

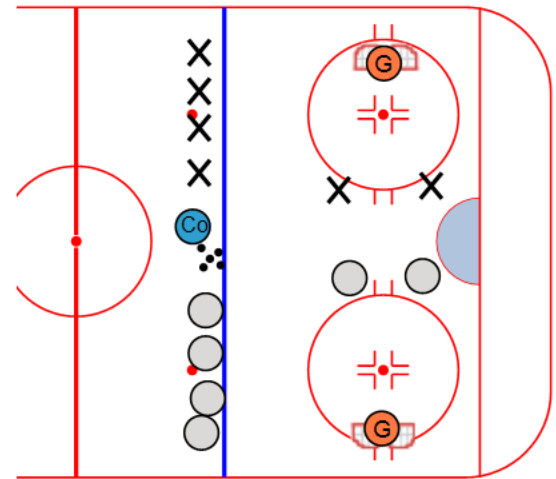
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Drill no. : 9 Duration : 10 Minutes From : To :

Title : 2x2 Activation Category #1 : Small Area Games Category #2 : Jim Johnson

Description

Coach dumps a puck in and play is 2x2.
Coach taps a player and he joins the play to make it a 3x2.
Coach taps another player and it can be 4x2 or 3x3.
Make sure players talk when they join the play (Activated).
Play for 30 or 40 seconds per shift.



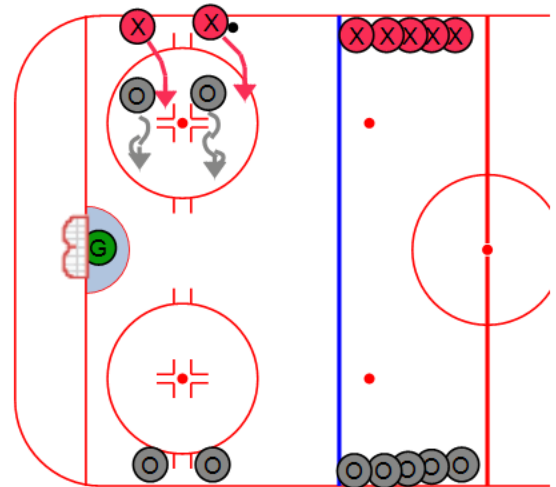
Key points:

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

Title : Pearl Small Game Category #1 : Small Area Games Category #2 : 2 on 2

Description

Small area game
X attack O and try to score.
O defend and try to get puck to O along the wall.
Once O passes to their teammates on the wall the first pair of O get out of the way and the new pair of O attack against the first pair of X.
Two new X move down the wall and wait for X to get puck to them.
If a goal is scored the pair that scored the goal get to start the next sequence.



Key points:
