



Practice Plan

Team: Jr. Flyers

Practice No.: _____

Date : 9/18/2014

Time: _____

Duration: 75 Minutes

Version No.: _____

Prepared by: Bob Nielsen

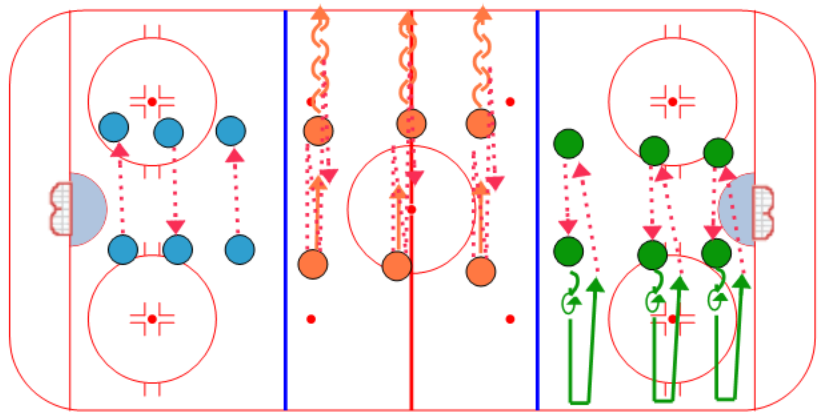
Objectives / Main tasks :

Practice begins with five minutes of individual skating and stickhandling.
The first drill is done in half ice space, while the goalies work with a coach on shots and positioning to warm-up.

Title : Three SHort Ice Passing/Sk Category #1 : Tony Horacek Category #2 : Passing

Description

- 1) Just pass back and forth using both forehand and backhand
- 2) One player skates forward while the other skates backward exchanging passes. When they hit the wall it goes back the opposite way.
- 3) Player receiving pass drags backward pivots to forward skates hard to the wall turns up and comes back and passes to partner who then does the same thing. First turn to the forehand side and next to the backhand side and keep alternating until the drill is over.

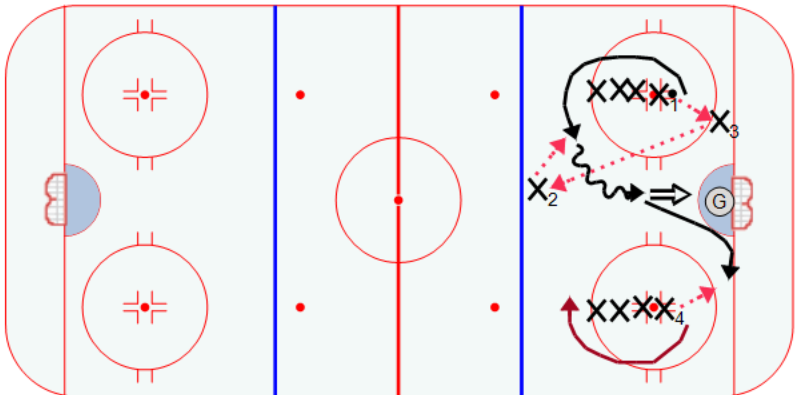


Key points :

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.



Run at both ends.

Key Points :

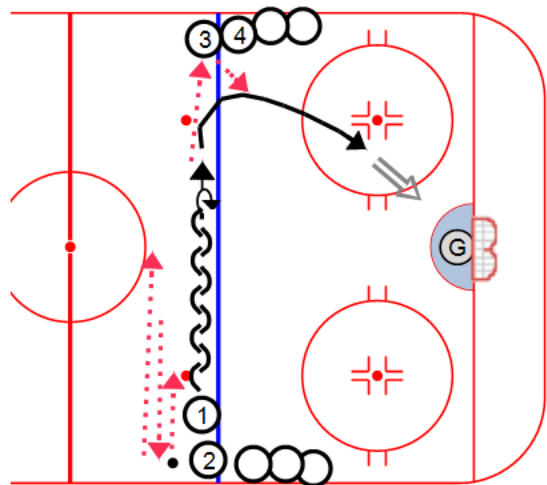
Title : Miami Passing

Category #1 : Rico Blasi

Category #2 : Warm-Up

Description

Drill starts with 1 skating backward away from 2.
Do a get/give/get pass with 2.
1 transitions to forward and passes to 3.
3 chip passes back to 1 who goes in for a shot.
Drill starts again with 3 and 4.
Drill is continuous alternating sides.



Key points:

Title : Team Canada Breakout Drill

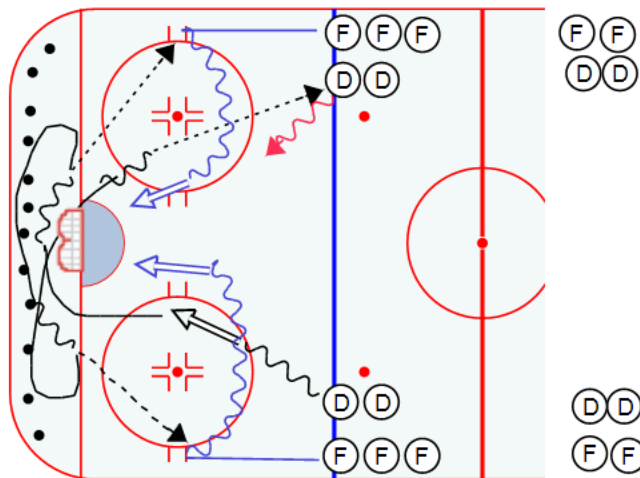
Category #1 : Half-ice

Category #2 : Passing / Shooting

Description

On the whistle, a (D) walks in with a puck and shoots. The (D) picks up a puck from behind the net and makes a pass to a (F) on the boards. The (F) shoots on goal. The (D) continues, picks up a new puck and makes a pass to a (F) on the other side. The (F) takes a shot on goal. The (D) continues, picks up a new puck from behind the net, makes a pass to a (D) on the blueline. That (D) continues the pattern.

** Drill is continuous.



Key points:

Communication	Solid passes
High tempo	

Title : BREAKOUT OPTIONS

Category #1 : Carlson Breakout Drills

Category #2 : Defense and Forward

Description

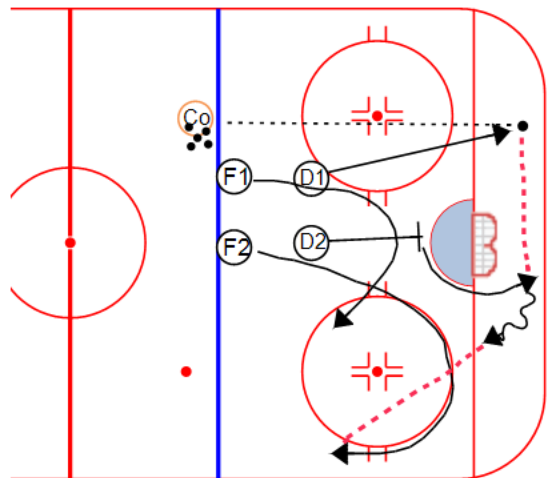
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Three drills to practice the three breakout options

- 1 D2D
- 2 Right-Up
- 3 Reverse

Drill 1: D2D

- 1. Coach dumps puck low
- 2. D1 retrieves puck and performs a D2D pass
- 3. F2 goes to breakout position - F1 supports middle of the ice
- 4. D2 make breakout pass up the wall

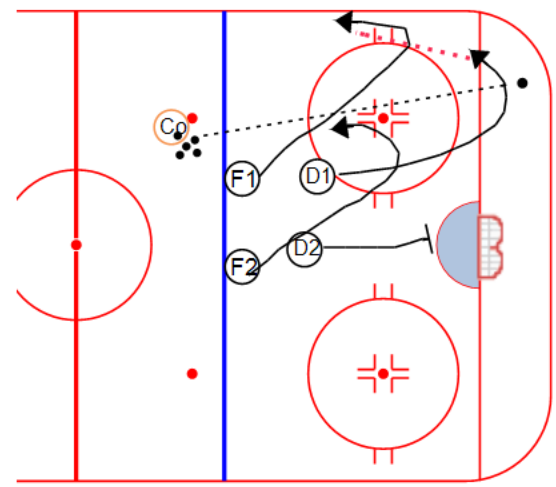


Key points:

Description

Drill 2: Right-Up

1. Coach dumps puck into corner
2. D1 retrieves puck
3. D2 goes to front of net
4. F1 goes to breakout position - F2 supports middle of the ice
5. D1 performs a "Right-Up"

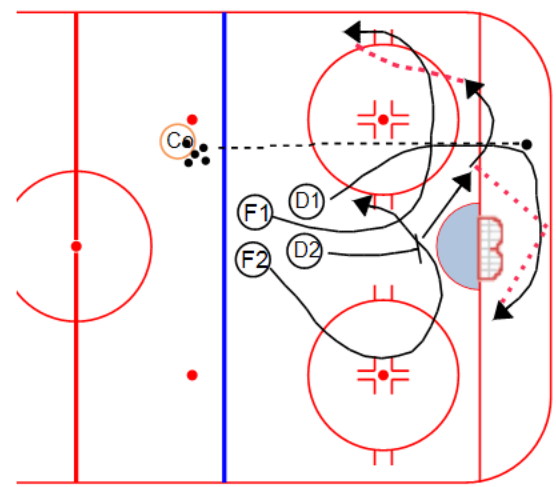


Key points:

Description

Drill 3: Reverse

1. COach dumps puck low
2. D1 retrieves puck and performs a reverse pass to D2
3. F1 and F2 support the original breakout and then reposition off the reverse D2D pass
4. D2 receives pass and moves puck up the wall to F1



Key points:

Description

X1 passes to ① to start the drill. ① passes back to X1 and receives a final pass back from X1.

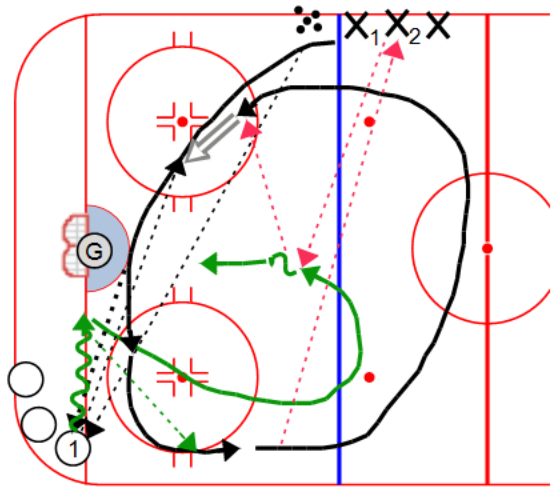
X1 then pivots (opens up) for a breakout pass as ① steps to mid-ice

X1 after receiving breakout pass fires a hard forehand cross ice pass to X2

X1 loops through the center circle

① skates up over blue line and receives a pass from X2

① bumps pass to X1 entering the zone for a shot



Key points:

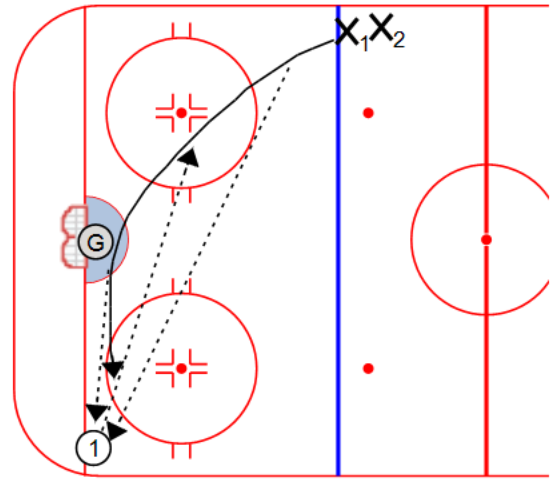
Title : AROSA (seq 2)

Category #1 : Wisconsin Badgers

Category #2 : Passing/Transition

Description

X1 passes to ① - 3 passes
X1 then pivots (open up) for a breakout pass as ① steps to mid-ice



Key points:

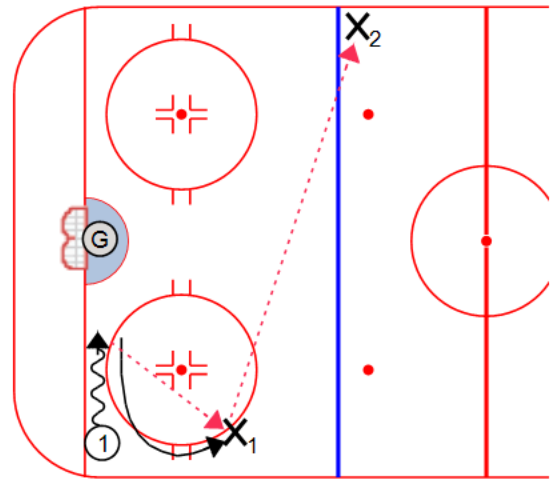
Title : AROSA (seq 3)

Category #1 : Wisconsin Badgers

Category #2 : Passing/Transition

Description

X1 after receiving breakout pass fires a hard forehand cross ice pass to X2



Key points:

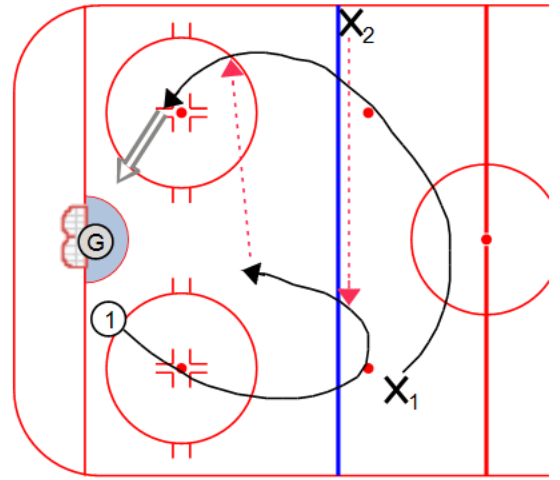
Title : AROSA (seq 4)

Category #1 : Wisconsin Badgers

Category #2 : Passing/Transition

Description

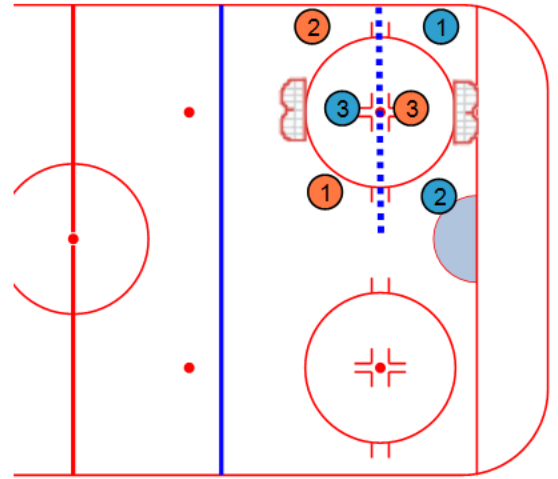
X1 loops through the center circle
① skates up over blue line and receives a pass from X2
① bumps pass to X1 entering the zone for a shot
① then mid-drives for rebound



Key points:

Description

Players play 3v3, but only players 3 are allowed inside the circle.
Player 3 can't cross the middle line.
Typically this will be a 3v1 drill
Quick passing and one touch movement is critical.



Key points:
