



Practice Plan

Team: Jr. Flyers

Practice No.: _____

Date : 12/19/2013

Time: 8:15 pm

Duration: 75 Mins

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

5 Minutes of skating and stick handling to start the practice

Note: Some of the drills are shown as full ice but I run them on half. Also the breakout drill were run with three forwards and then back in to the zone 3 v 2.

Note: During the Plattsburgh 2v1 drill I had my centers work on faceoffs in the NZ.

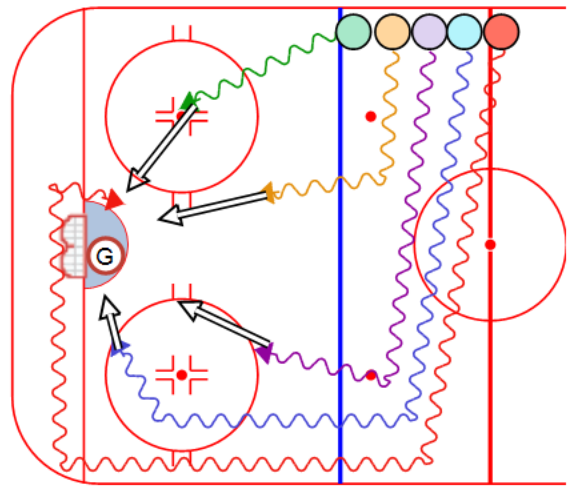
Drill no. : 1 Duration : 5 Minutes From : _____ To : _____

Title : 5 Shot Drill (pre-game warm-up) Category #1 : GOALIE Category #2 : Warm-Up

Description

This drill is designed to work on Goalie movement.
 The 5 players start at the same time with a puck.

- skates and shoots when he gets to the beginning of the circle.
- skates around the dot and shoots after he has crossed the blue line.
- skates around the far dot and shoots after he has crossed the blue line.
- skates around the two dots and shoots when he reaches the bottom of the circle.
- skates to the opposite side, follows the boards, around the net and shoots.



Key points:	Movement	Speed
	Follow the Play	

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

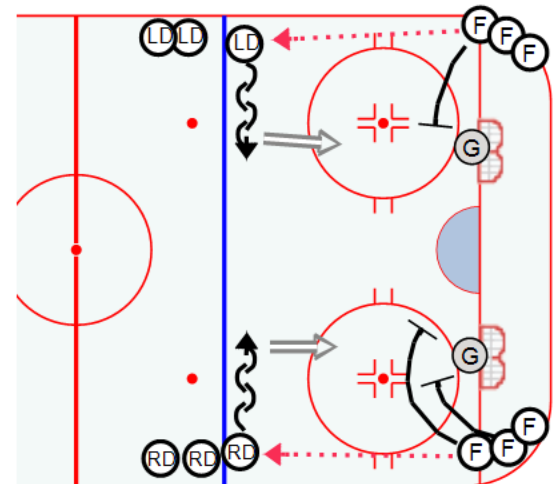
Title : Point Deflection X2 Category #1 : Half-ice Category #2 : Shooting

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



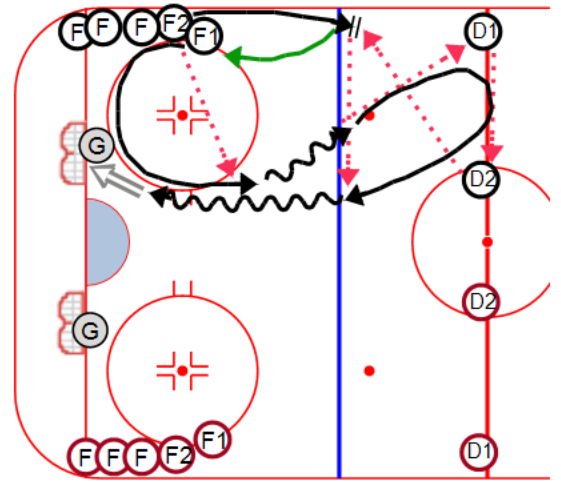
Key points:		

Drill no. : 3 Duration : 5 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:

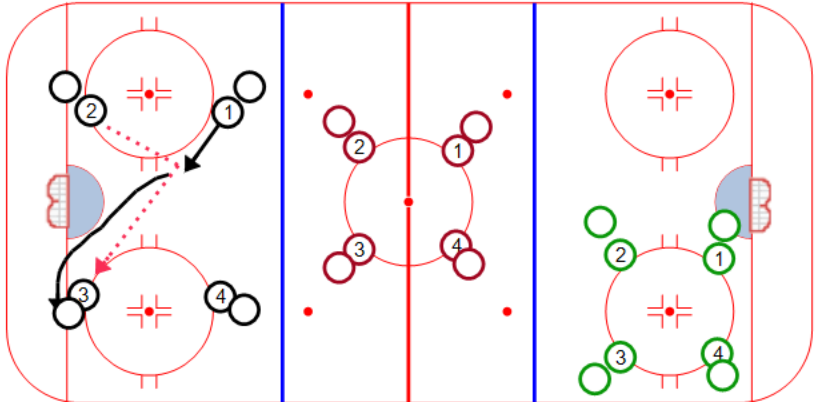
Four empty rectangular boxes for key points.

Drill no. : 4 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 :

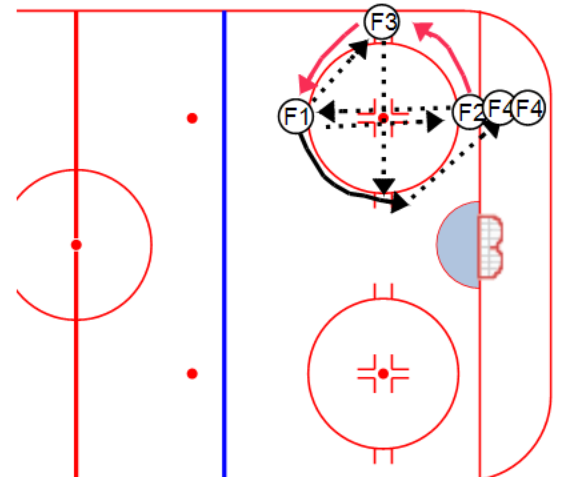
Four empty rectangular boxes for key points.

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

Title : Quad Passing Category #1 : WeissTechHockey Category #2 : Passing

Description

Players F1 and F2 execute five passes between themselves, after the fifth pass, player F1 does a give and go with player F3, combined with a one-touch pass to player F4. All players rotate as shown.



Key points:

Four empty rectangular boxes for key points.

Drill no. : 6 Duration : 15 Minutes From : To :

Title : BREAKOUT OPTIONS Category #1 : Carlson Breakout Drills Category #2 : Defense and Forward

Description

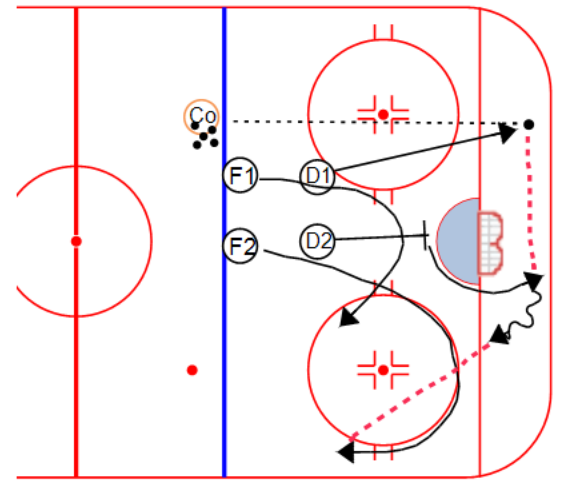
1

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:

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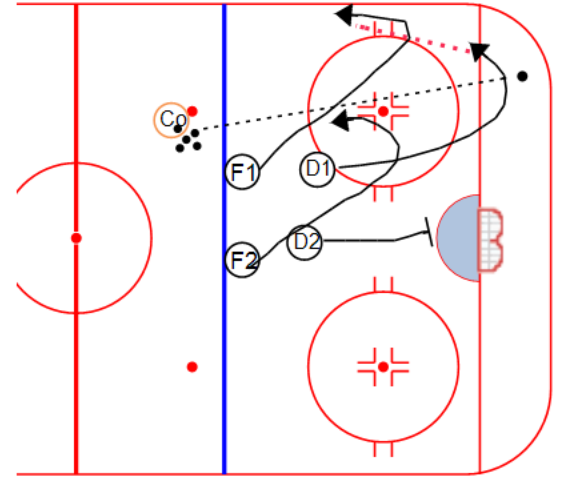
Drill no. : 6 Duration : Minutes From : To :

Title : BREAKOUT OPTIONS (seq 2) Category #1 : Carlson Breakout Drills Category #2 : Defense and Forward

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:

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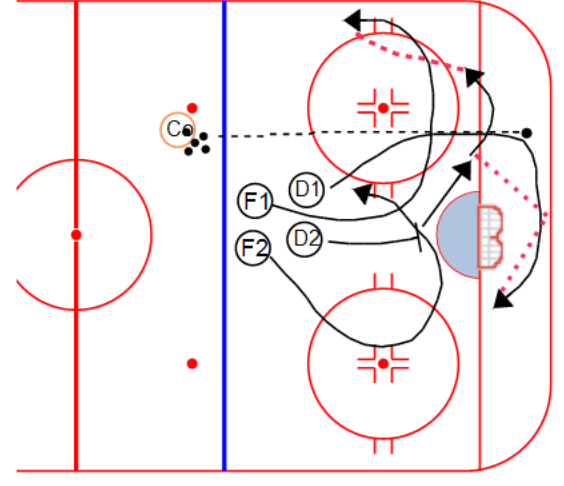
Drill no. : 6 Duration : Minutes From : To :

Title : BREAKOUT OPTIONS (seq 3) Category #1 : Carlson Breakout Drills Category #2 : Defense and Forward

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:

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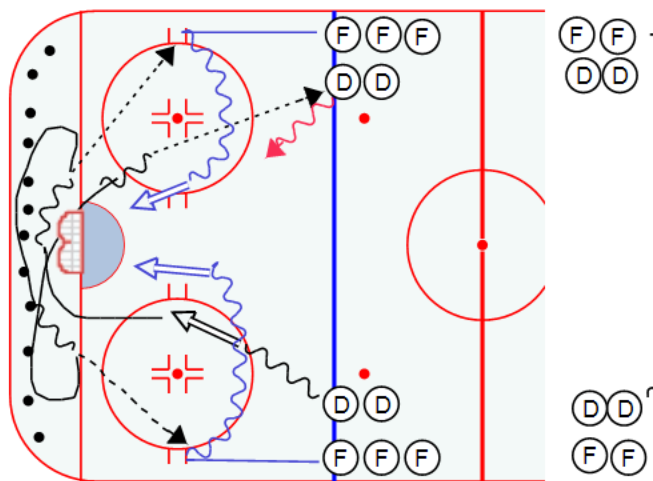
Drill no. : 7 Duration : 5 Minutes From : To :

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	

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

Title : Plattsburg 2v1 Category #1 : Jack Arena Category #2 : Half Ice

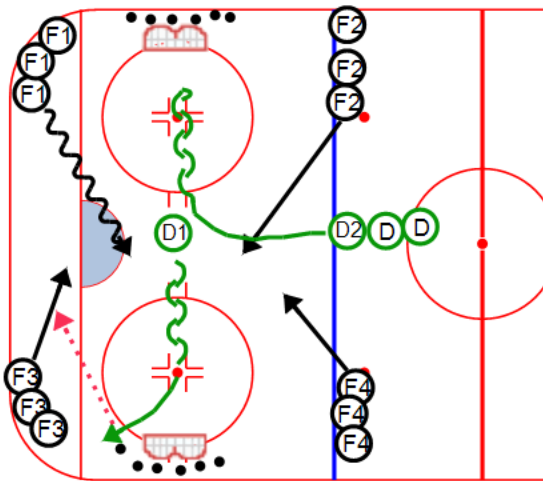
Description

The drill starts with F1 and F2 going 2v1 against D1 (F1 can start with a puck the first time).

After a chance the coach blows the whistle and D1 retrieves a puck and makes a quick outlet pass to F3 or F4 who attack a new D (D2) in the opposite direction. The drill continues back and forth with 2v1's.

Points of emphasis:

- D - 2v1 defense and quick retrieval of the puck followed by a quick accurate first pass.
- F - High tempo, quick attacking 2v1's in a tight area



Key points:

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

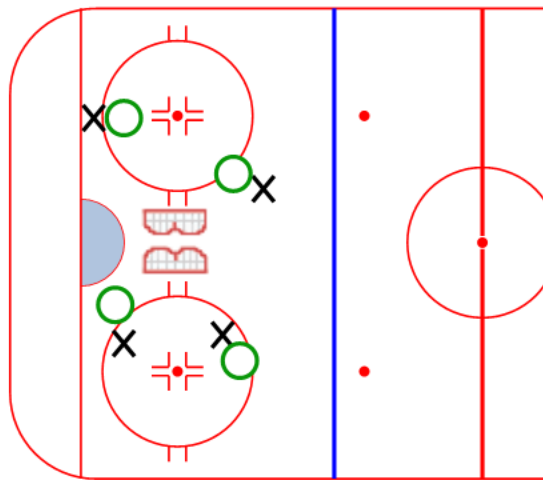
Title : 4 on 4 Back-to-Back Category #1 : Jack Arena Category #2 : Half Ice

Description

4x4 In-Zone with the nets back-to-back. Both teams can score in either net.

Points of emphasis

- Encourages creativity
- A lot of play in front of the nets
- Good for goalies tracking the puck
- Promotes hockey sense over structure. Players must figure out how to accomplish something without relying on rules or positioning.



Key points:

Drill no. : 10

Duration : _____ Minutes

From : _____

To : _____

Title : 3x3

Content elements: _____

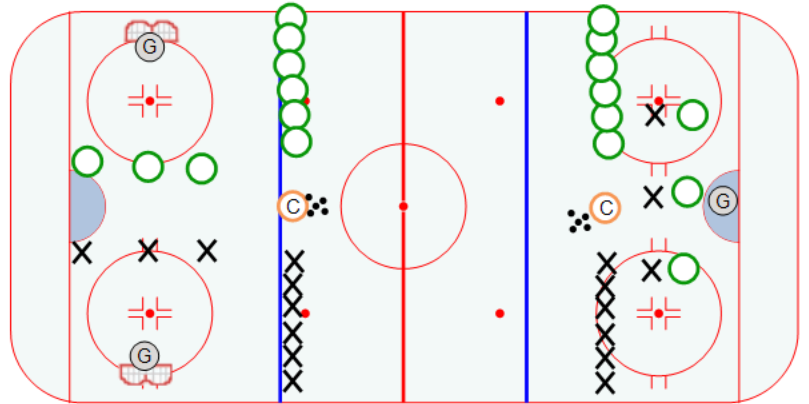
Components : _____

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 :