



Practice Plan

Team: Jr. Flyers

Practice No.: _____

Date : 12/5/2013

Time: 8:00 - 9:15 pm

Duration: 75 Mins

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

Practice starts with 5 minutes of informal skating and stickhandling.

Drill no. : 1 Duration : 10 Minutes From : _____ To : _____

Title : Jackson 5 Category #1 : Robert Morris Drills Category #2 : Timing

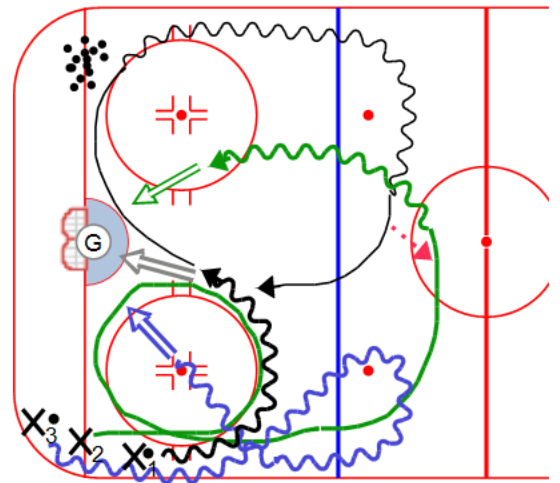
Description

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:	Timing	Shooting
	Good Passing	

Drill no. : 2 Duration : 10 Minutes From : _____ To : _____

Title : Boston College Warm-Up Category #1 : Passing Category #2 : Passing / Shooting

Description

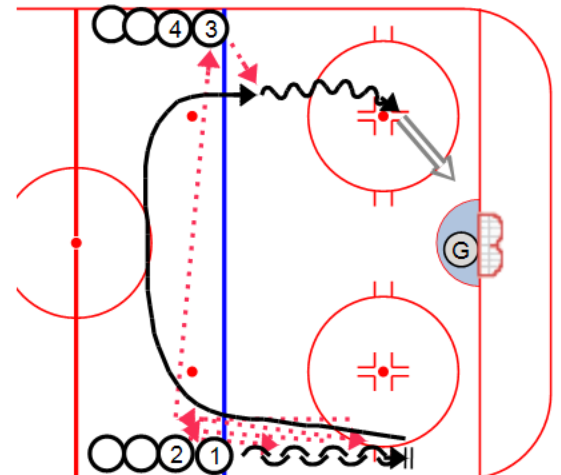
Drill starts with 1 skating backward to the hash marks while making one touch passes with 2.

Once 1 hits the hash marks he stops hard and powers up to the blue line again while making one touch passes.

When 1 reaches the blue line 2 will make a cross ice pass to 3.

3 will chip a pass out to 1 entering the zone and 1 will take a shot from the outside.

3 starts the drill with 4 in the opposite direction once the pass to 1 is made.



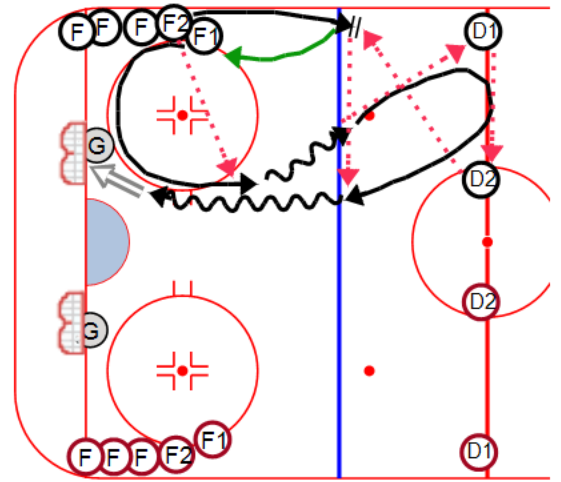
Key points:		

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

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

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:

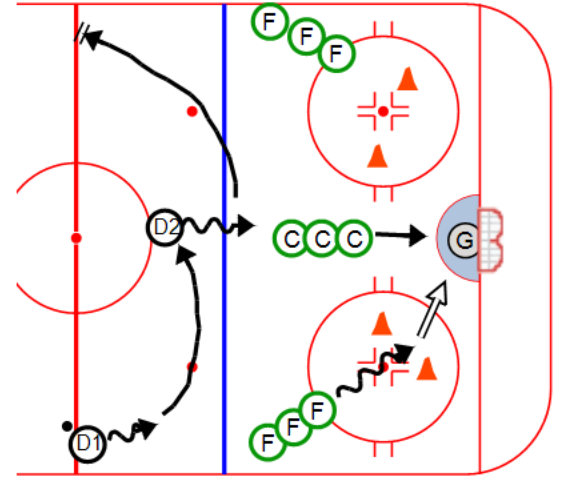
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Drill no. : 4 Duration : 10 Minutes From : To :

Title : D Hinge Plus Goalie Rebound Category #1 : Category #2 :

Description

Split work
 D practice the hinge play in the neutral zone. D1 starts with a puck, takes some ice while D2 hinges back to receive a pass. D2 skates hard to the red line while D1 skates to good support position. Drill comes back the opposite way with D2 taking ice and D1 hinging back. Go back and forth a few times with each pair of D.
 Forwards are working on helping the goaltender with rebound control. The F shoots from between the cones and the G must redirect the shot off to the corners or control the rebound. The C comes hard to the front of the net to play any rebound the G leaves there. Alternate sides with the shot.



Key points:

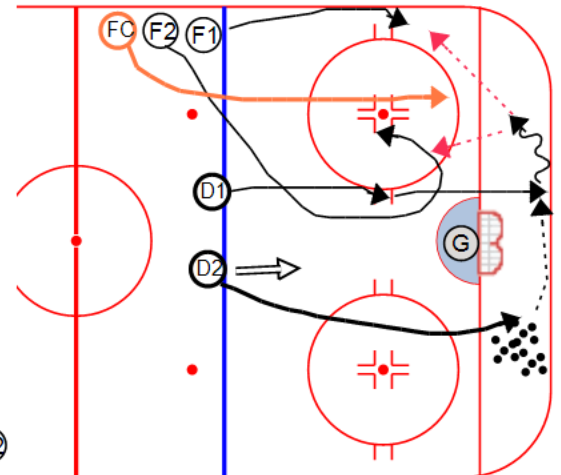
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Drill no. : 5 Duration : 12 Minutes From : To :

Title : D Read Forecheck Pressure Category #1 : Category #2 :

Description

Start the drill with players as shown.
 After the shot is taken D2 skates to corner and makes a pass to his partner behind the net and then he is done. F1 comes down the wall to BO position. F2 skates the middle lane for BO position. FC skates in and can either pressure the passer, pressure the middle to take away that pass or pressure the wall to take away that pass.
 This drill is designed to make the D1 defenseman read the forecheck and make a smart outlet pass to F1 or F2. The pass can NOT go back to D2 behind the net.



Key points:

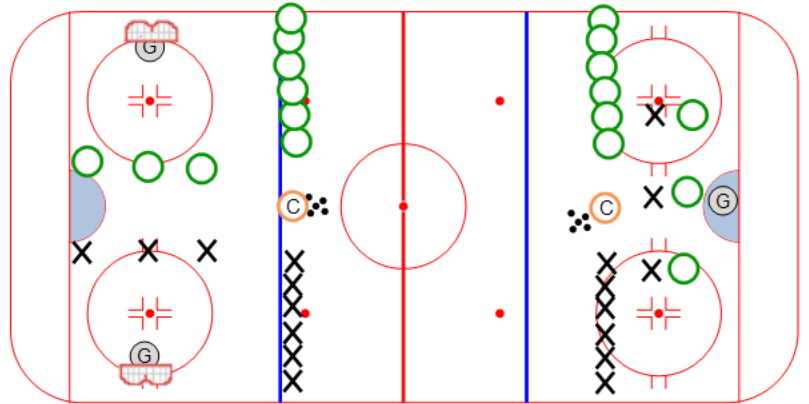
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Drill no. : 6 Duration : 12 Minutes From : To :

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.



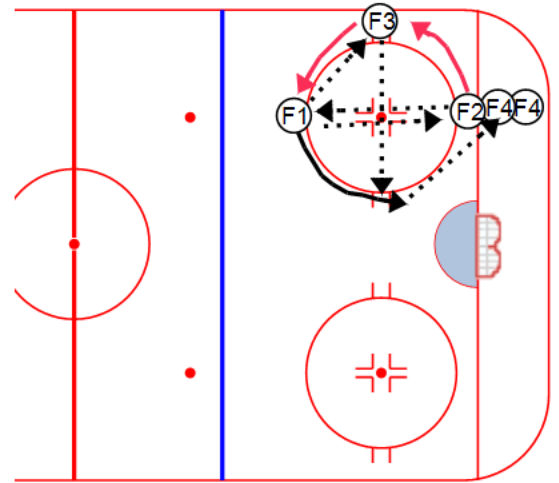
Key Points :

Drill no. : 7 Duration : 6 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: