



Practice Plan

Team: Squirt Select

Practice No.: _____

Date : Oct. 24, 2015

Time: 8 a.m.

Duration: 60 Minutes

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

Three goals:

1. Form work with a focus on skating backwards, including starts, C-cuts, crossovers.
2. SPEED month continues with some simple puckwork and races.
3. Game concept drills (working on zone clear, breakout basics)

Drill no. : 1 **Duration :** 10 **Minutes** **From :** 8:00 **To :** 8:10 a.m.

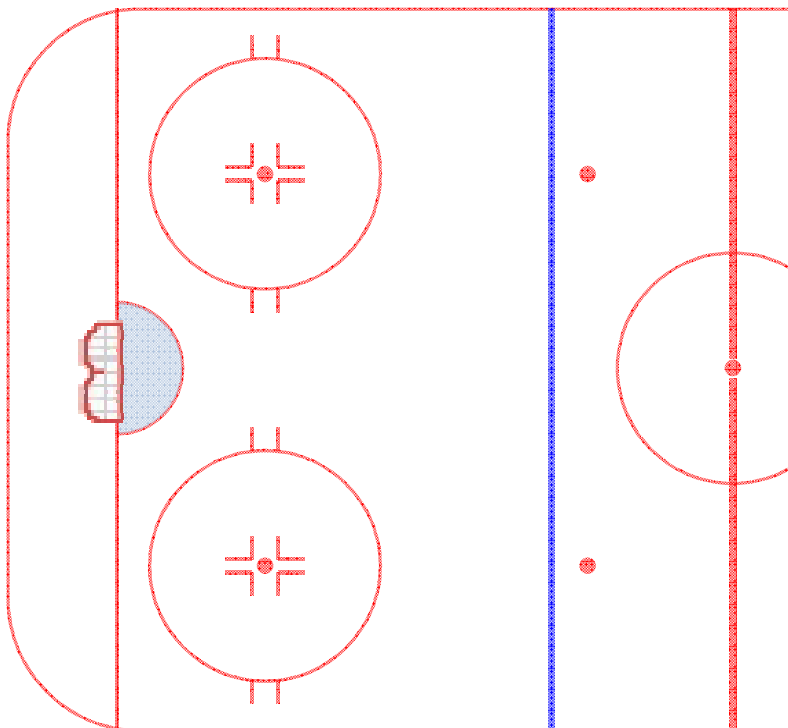
Category #1 :

Title : Power Skating/Form: Backwards

Category #2 :

Content elements:

Components :



Key Points :

Description

Backwards power-skating form drills

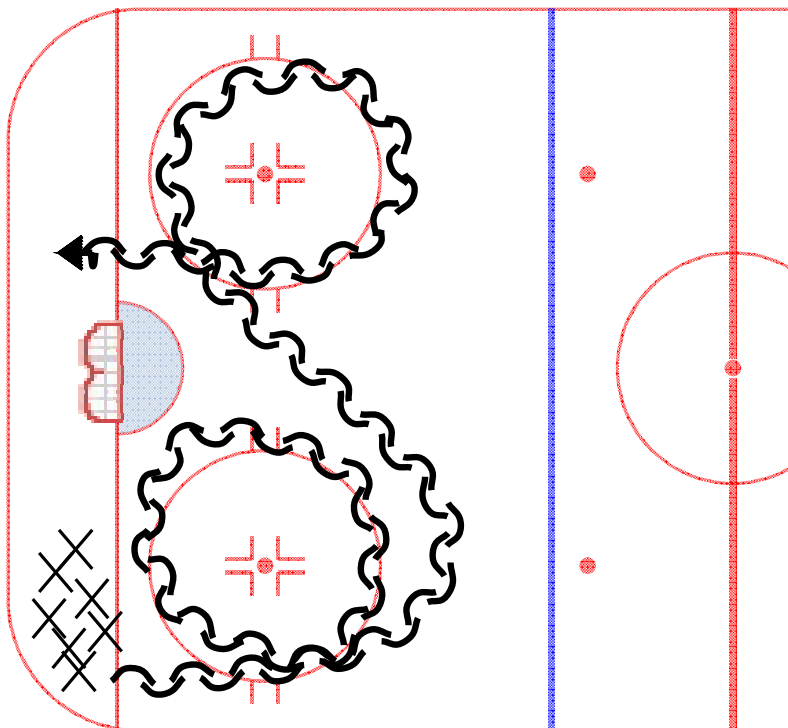
Drill no. : 2 Duration : 5 Minutes From : 8:10 To : 8:15 a.m.

Category #1 :

Title : Backwards Speed Circles

Category #2 :

Content elements: Components :



Key Points :

Description

With full ice available, we'll run this at both ends.

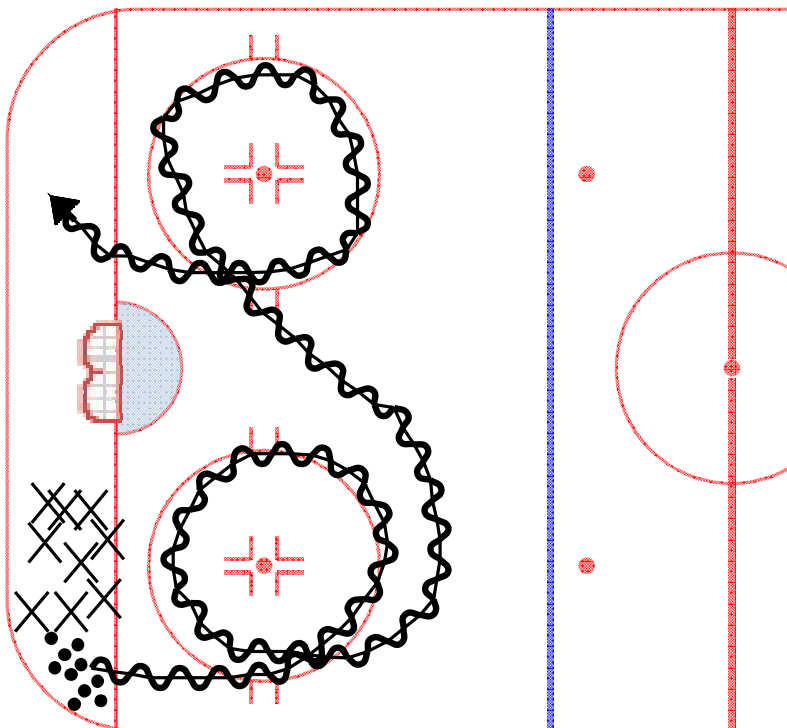
Drill no. : 3 Duration : 3 Minutes From : 8:15 To : 8:20 a.m.

Category #1 :

Title : Speed Circles with Pucks

Category #2 :

Content elements: Components :

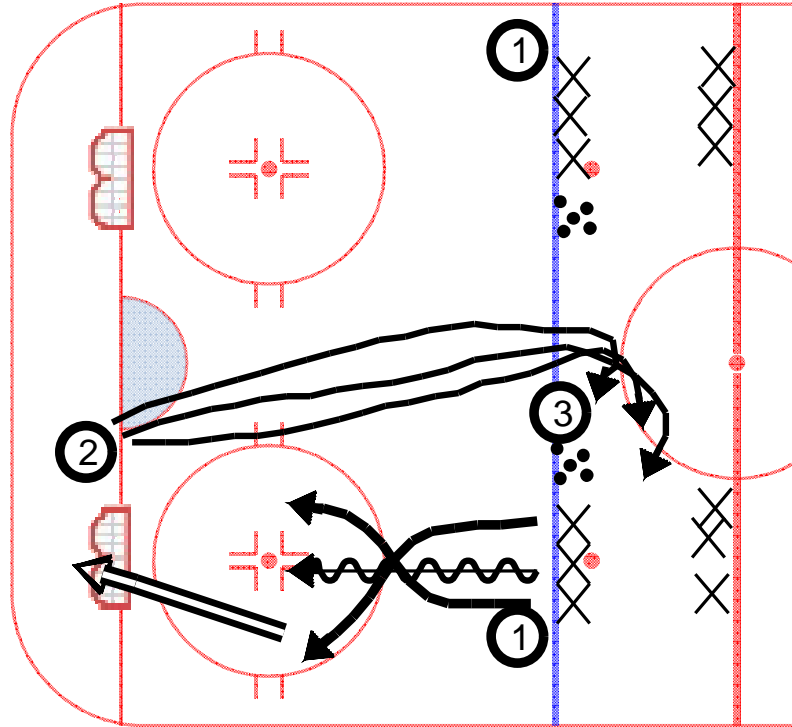


Key Points :

Description

With full ice available, we'll run this at both ends.

Content elements: _____ **Components :** _____



Key Points :

Description

First time to score 5 times wins.

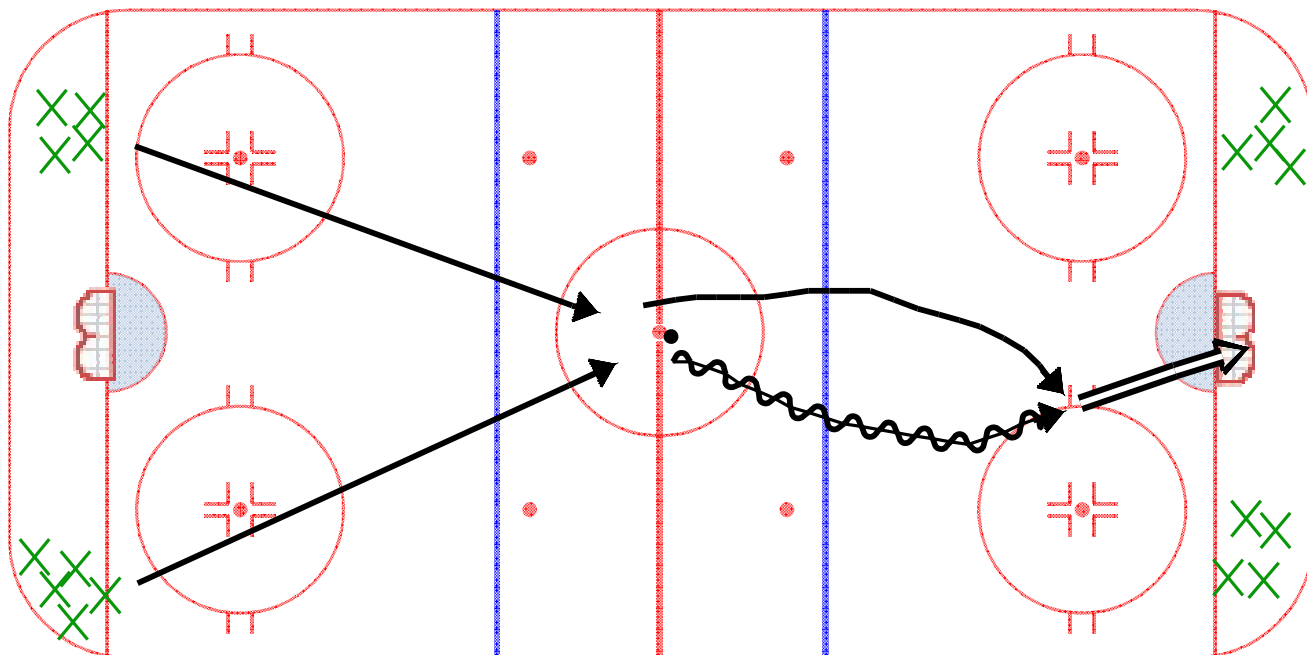
Drill no. : 5 Duration : 7 Minutes From : 8:35 To : 8:42 a.m.

Category #1 :

Category #2 :

Title : Center-Ice Puck Race

Content elements : Components:



Key points :

Description

Group divides into four equal groups, heads to corners

First two skaters at each end of the rink race for a puck at center ice. The first to the puck shoots, second is in pursuit

Drill repeats at opposite side.

