Practice Plan

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| Made with | 1 |
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| DRILL | UKAW iiidraw.com |

| Team: Squirt Select | |
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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)

| Category #1: Backwards Category #2: Form Content elements: Components: | Drill no. : 1 | Duration : 10 | _ Minutes | From :8:00 | To <u>:8:10 a.m.</u> |
|--|----------------------|---------------|---------------|---------------------------|----------------------|
| Content elements: Components: Components: | Category #1 : | Backwards | Title · Power | Skating/Form: Backward | de |
| | Category #2 : | Form | Tide: Tower | Okating/1 offil. Backwart | |
| | Content elements: | | Compone | ents : | |
| Description Backwards power-skating form drills | Key Points : | | | | |

| Drill no. : 2 | Duration: 5 | Minutes | From :8:10 | To :8:15 a.m. |
|-------------------------|-------------------------------|-----------------------|--------------------|---------------|
| Category #1 : | Speed | Title: Backwa | ards Speed Circles | |
| Category #2 : | Backwards Skating | | | |
| Content elements: | | Compone | ents : | |
| Key Points : | | | | |
| | De | escription escription | | |
| With full ice available | e, we'll run this at both end | | | |
| | | | | |

Drill no. : 3 **Duration**: 3 Minutes From: 8:15 To: 8:20 a.m. Category #1 : Speed Title: Speed Circles with Pucks Category #2 : Puckhandling Content elements: Components: **Key Points: Description** With full ice available, we'll run this at both ends.

| <u> </u> | |
|-------------------|----------------------------------|
| Drill no. : 4 | Duration : _ 15 |
| Category #1 : | Concepts Title: Zone-Clear Race |
| Category #2 : | Race |
| Content elements: | Components : |
| | |

Description

This is a race drill, in groups of three. Five pucks are placed just at the outside of the blue line.

- 1. Each group executes a 3-on-0. Play continues until a goal is scored.
- 2. Upon scoring, all members of the group must clear the zone.
- 3. Once all members have cleared the zone, the group picks up the next puck and executes the 3-on-0 again.

First time to score 5 times wins.

Key Points:

| Drill no. | : 5 | Duration: 7 | Mi | nutes Fro | om: 8:35 | To : 8:42 a.m |
|------------------|-----------------|--------------------|-------------|----------------|----------------------|---------------------|
| Category #1 : | Over | speed | | Contor los D | wals Daga | |
| Category | #2 : | Race | Title : | Center-Ice P | иск касе | |
| Content elements | s: | | | Components: | | |
| XX XX XX | | | | | | |
| Key points : | | | | | | |
| | | | Descrip | <u>tion</u> | | |
| Group divide | es into four eq | ual groups, head | ds to corne | 'S | | |
| First two ska | ters at each er | nd of the rink rac | e for a puc | k at center ic | ce. The first to the | puck shoots, second |
| Drill repeats | at opposite sic | le. | | | | |
| | | | | | | |

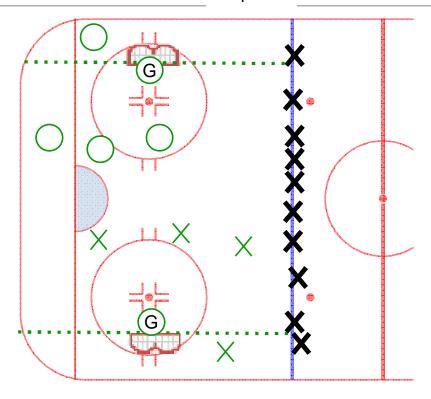
Breakout

| Drill no. | :_ | 6 Duration: | _18 | Minutes | From :8:42 | To <u>:</u> 9 a.m |
|-----------------|----|-------------|-----|-------------|-----------------------|--------------------------|
| Category #1 : [| | Small Area | т | itle: Relow | v-the-Line Small Area | |

Content elements:

Category #2 :

Components:



| Key Points : | | | | | | | |
|--------------|--|--|--|--|--|--|--|
|--------------|--|--|--|--|--|--|--|

Description

Scrimmage-style half-ice game.

Rules:

- 1. Four skaters per "team"
- 2. One player from each team remains below the goal line
- 3. Players may not cross the goal line
- 4. If a change in possession happens, teams must first pass to the player behind the goal line, then "break out"
- 5. 90- to 120-second "shifts"

Offense must look for open space/passing lanes Defense must clog passing lanes