



Practice Plan

Team: Squirt Select

Practice No.: 3

Date : 10/31/15

Time: 8 a.m.

Duration: 60 minutes

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

1. Form: working on explosive forward starts
2. SPEED month concludes with a series of races.
3. We'll run the Behind-the-Line drill to end practice

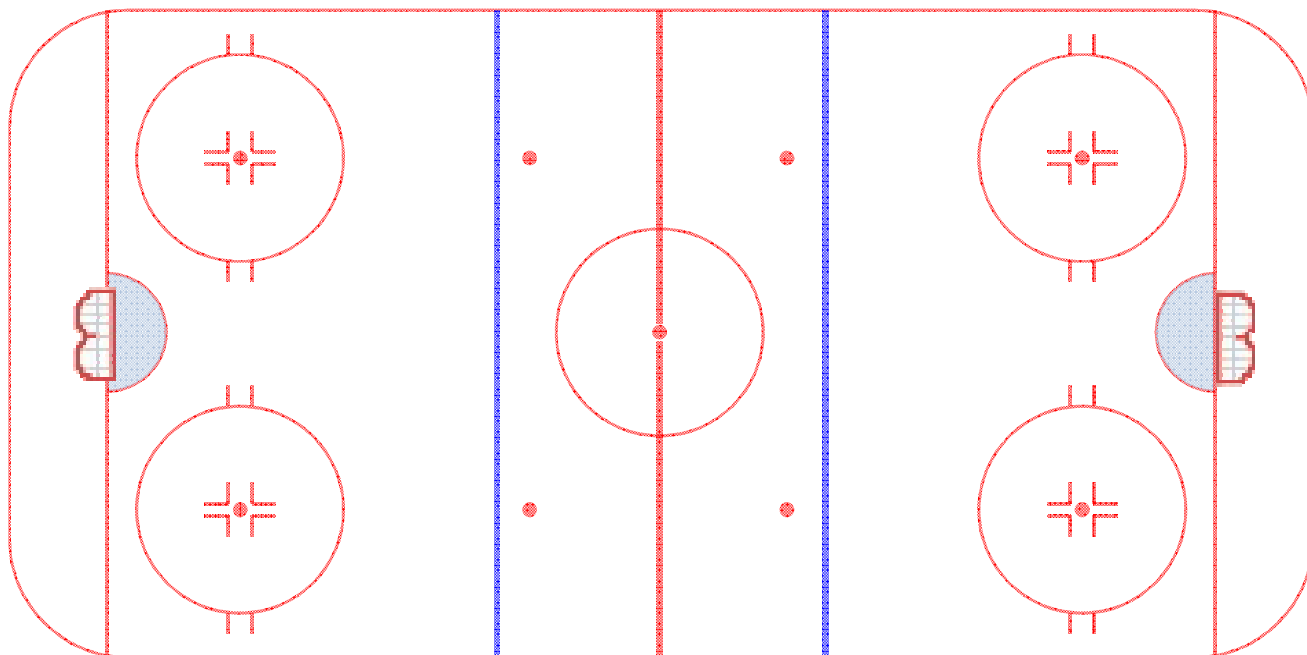
Drill no. : 1 Duration : 10 Minutes From : 8:00 To : 8:10 a.m.

Category #1 :

Category #2 :

Title : Power Skating: Explosive Starts

Content elements : Components:



Key points :

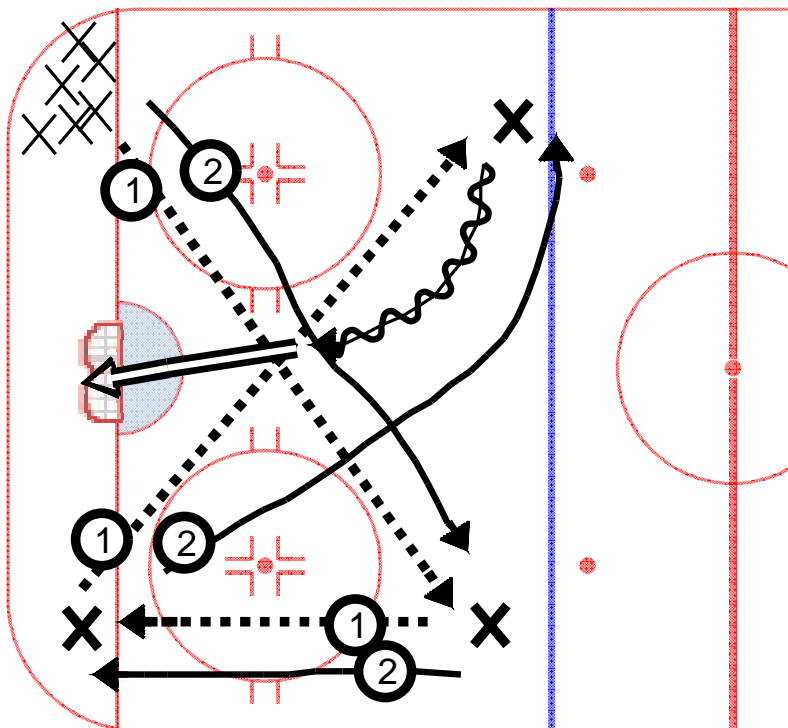
Description

1. Penguin walk
2. Start against boards
3. Start over sticks

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

Category #1 : Title : Three-Pass DrillCategory #2 :

Content elements: _____ Components : _____

Key Points :

Description

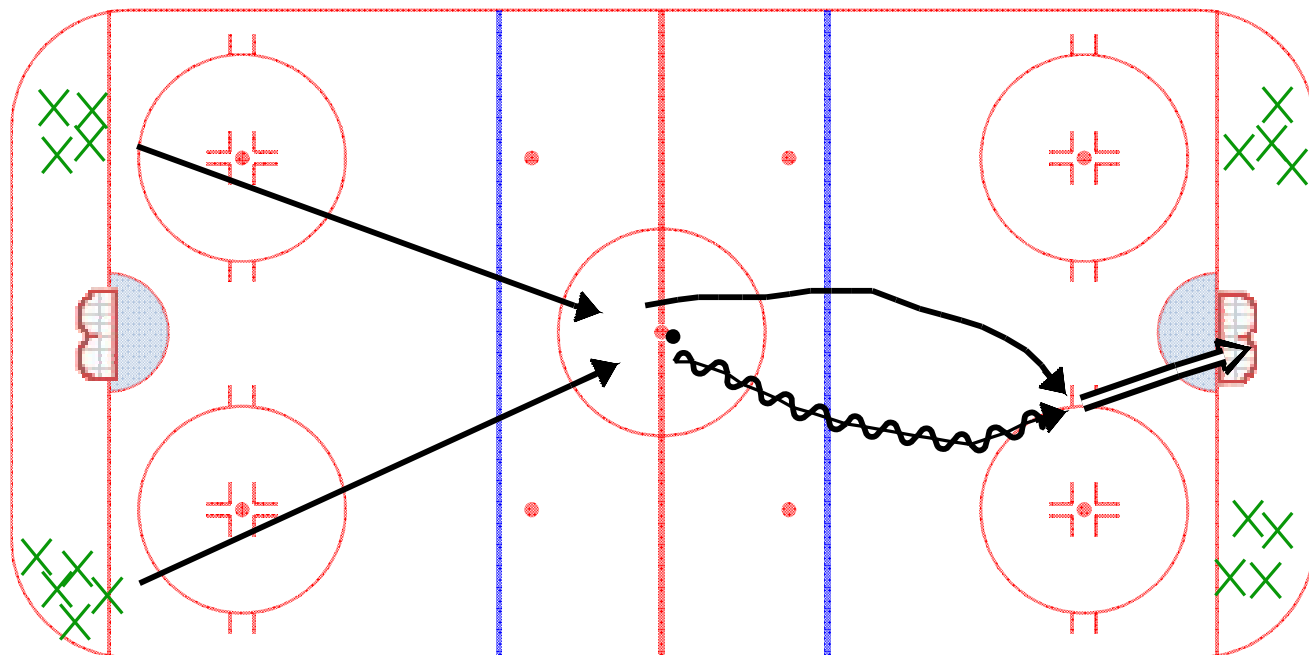
1. Players line up in the corner, with one skater at each point, and one in the opposite corner.
2. Skater one passes cross-ice to the far point, then follows the pass to take position on the point.
3. Skater two passes to the corner, then follows the pass to replace the skater in the corner
4. Skater three passes to the opposite point, then follows the pass.
5. Skater four receives the pass and shoots

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

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

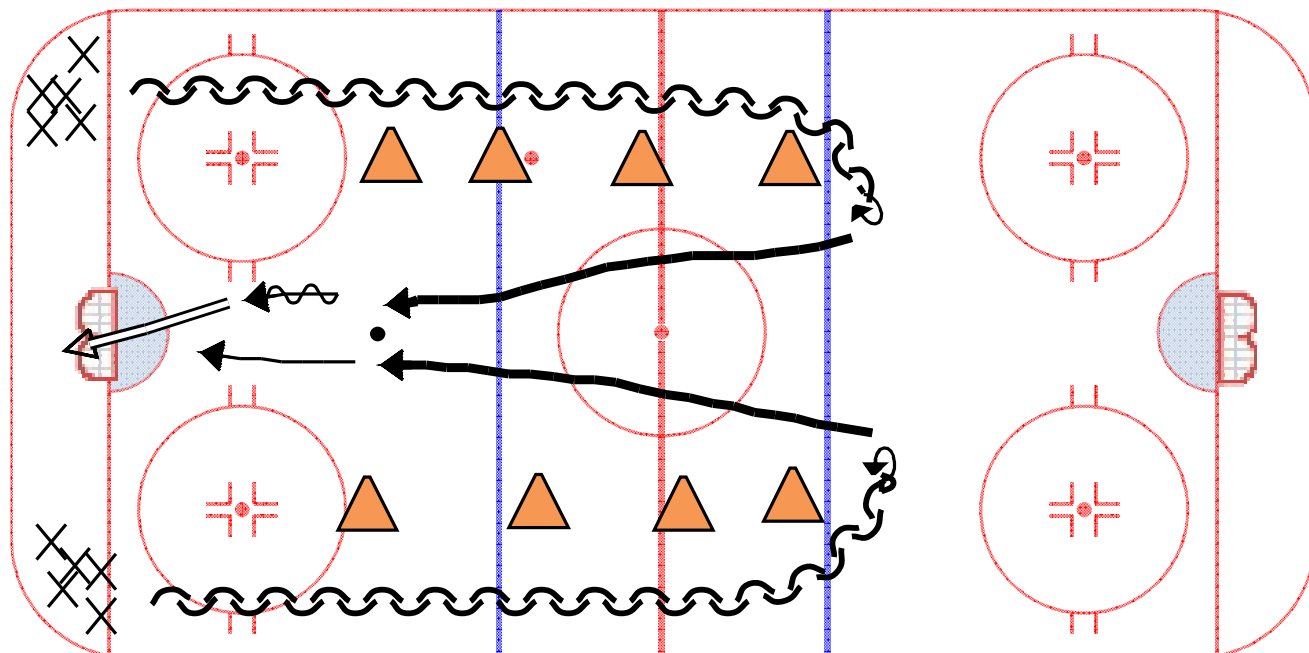
Drill repeats at opposite side.

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

Category #1 : Category #2 :

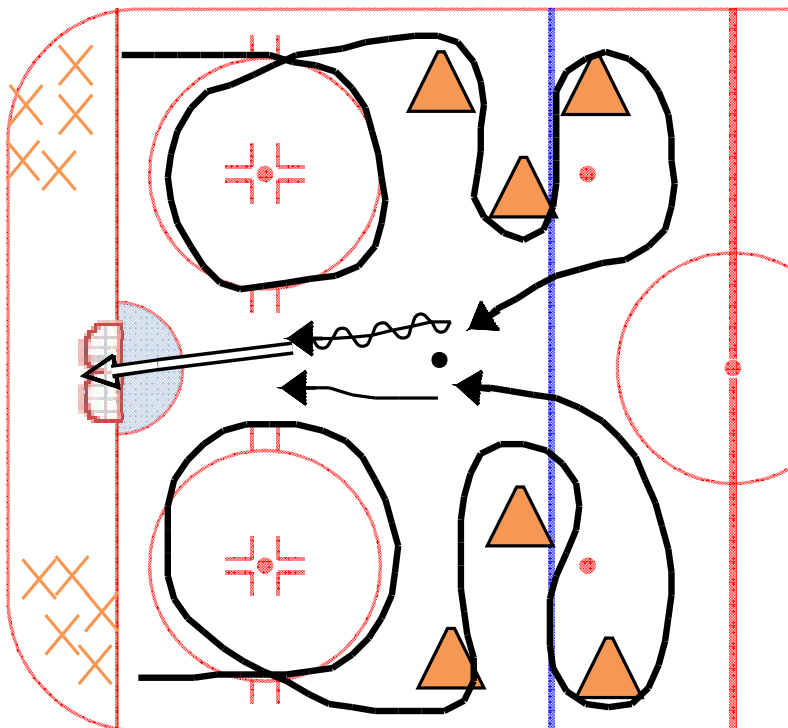
Title : Backward Pivot to Forward Race

Content elements : _____ Components: _____

Key points : Description

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Content elements:



Key Points :

Description

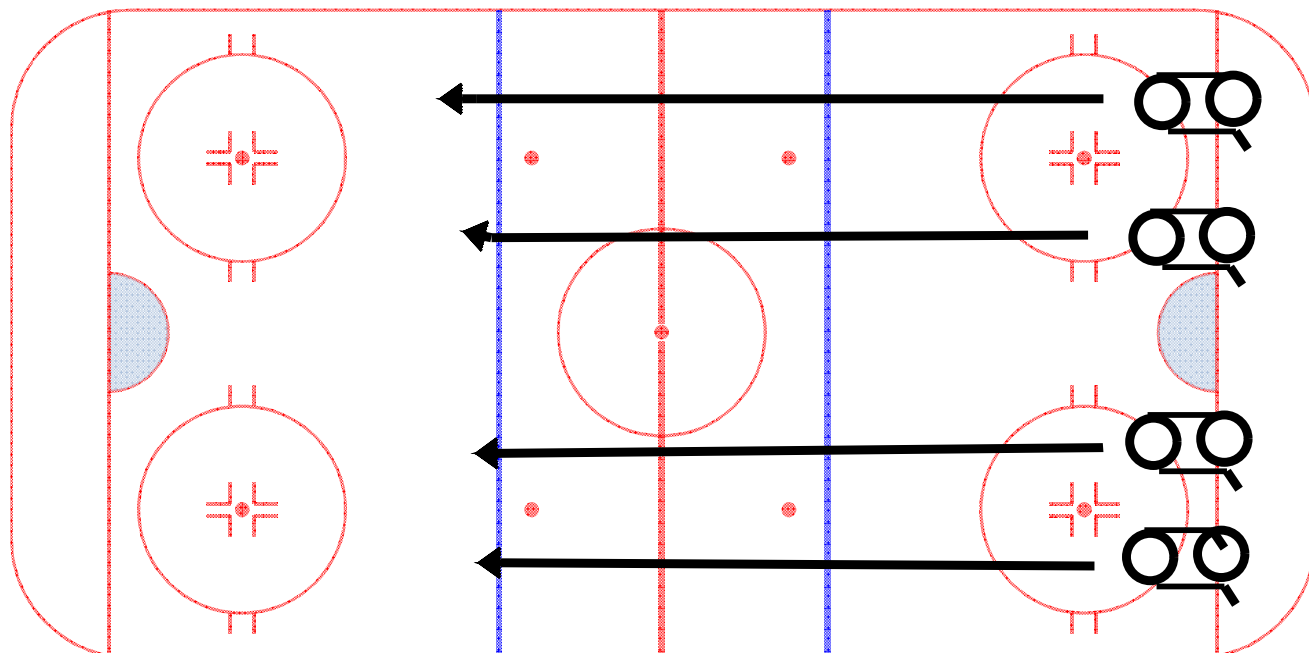
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Category #2 :

Title :

Content elements : _____ Components: _____



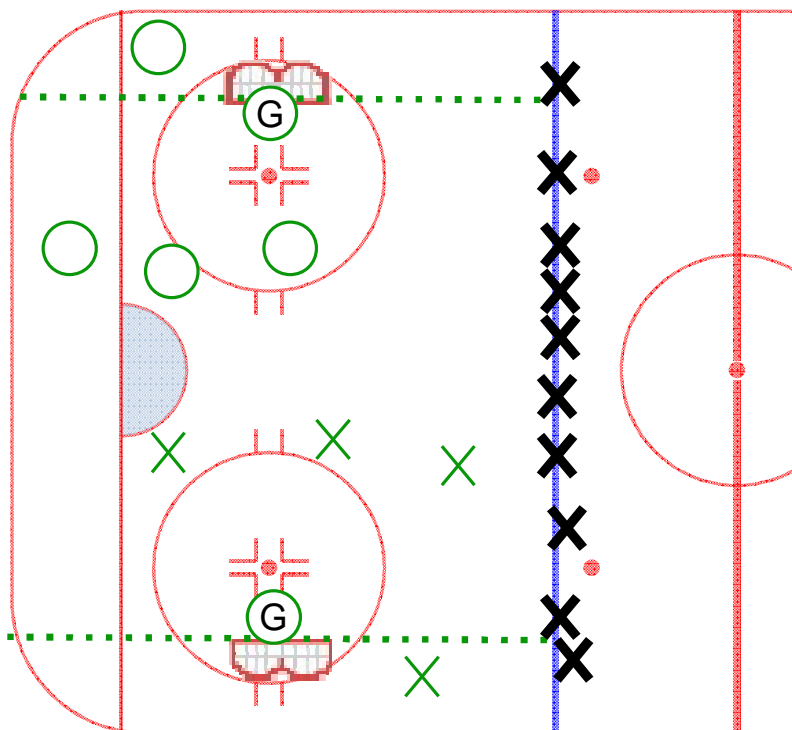
Key points :

Description

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

Category #1 : Title : Below-the-Line Small AreaCategory #2 :

Content elements: _____ 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