Practice Plan

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Team: **Squirt Select**

Practice No.: 3

Duration: 60 minutes Date: 10/31/15 Time: 8 a.m.

Version No.: Prepared by:

Objectives / Main tasks:

- 1. Form: working on explosive forward starts
- SPEED month concludes with a series of races.
 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 :	Title: Power Skating: Explosive:	Starts
Category #2 :	Title: 1 Swell Skalling. Explosive	Otario
ontent elements :	Components:	
(ey points :		
	<u>Description</u>	
Penguin walk Start against boards Start over sticks		

Drill no. :	Duration :	Minutes From : To :	
Category #1 :		Title: Three-Pass Drill	
Category #2 :	Warmup		
Content elements:		Components :	
	1 2		
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 :	: N	linutes F	rom :	To <u>:</u>
Category #1 :	Overspeed]	Contor los	e Puck Race	
Category #2 :	Race	Title	: Center-ice	Puck Race	
Content elements :			Components	s:	
XX XX			*		
Key points :					
		<u>Descri</u>	<u>otion</u>		
Group divides into	four equal groups, he	ads to corne	ers		
First two skaters at is in pursuit	each end of the rink ra	ace for a pu	ck at center	r ice. The fire	st to the puck shoots, second
Drill repeats at opp	osite side.				

Drill no. :	Duration : Minutes From : To :
Category #1 :	Backward Title: Backward Pivot to Forward Race
Category #2	2: Race
Content elements :	Components:
Key points :	
	<u>Description</u>

Drill no. :	Duration :	Minutes From :	To <u>:</u>
Category #1 :	Skating	Title: Obstacle Course Race	
Category #2 :	Race	Obstacle Course Nace	
Content elements:		Components :	
Key Points :		Description	
	_		

Drill no. :	Duration : Minutes From : To :
Category #1 : Skatin	Title: Sled Race
Category #2 :	aces
Content elements :	Components:
4	
Key points :	Description
	<u>Description</u>

Drill no. :	Duration :	Minutes From : To :
Category #1 :	Small Area	Title: Below-the-Line Small Area
Category #2 :	Breakout	Nac I
Content elements:		Components :
	S C C C C C C C C C C C C C C C C C C C	
Kev 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