



## Practice Plan

**Team:**

**Practice No.: 5**

**Date : Nov. 27, 2015**

**Time: 1:30 p.m.**

**Duration: 60 minutes**

**Version No.:**

Prepared by:

### Objectives / Main tasks :

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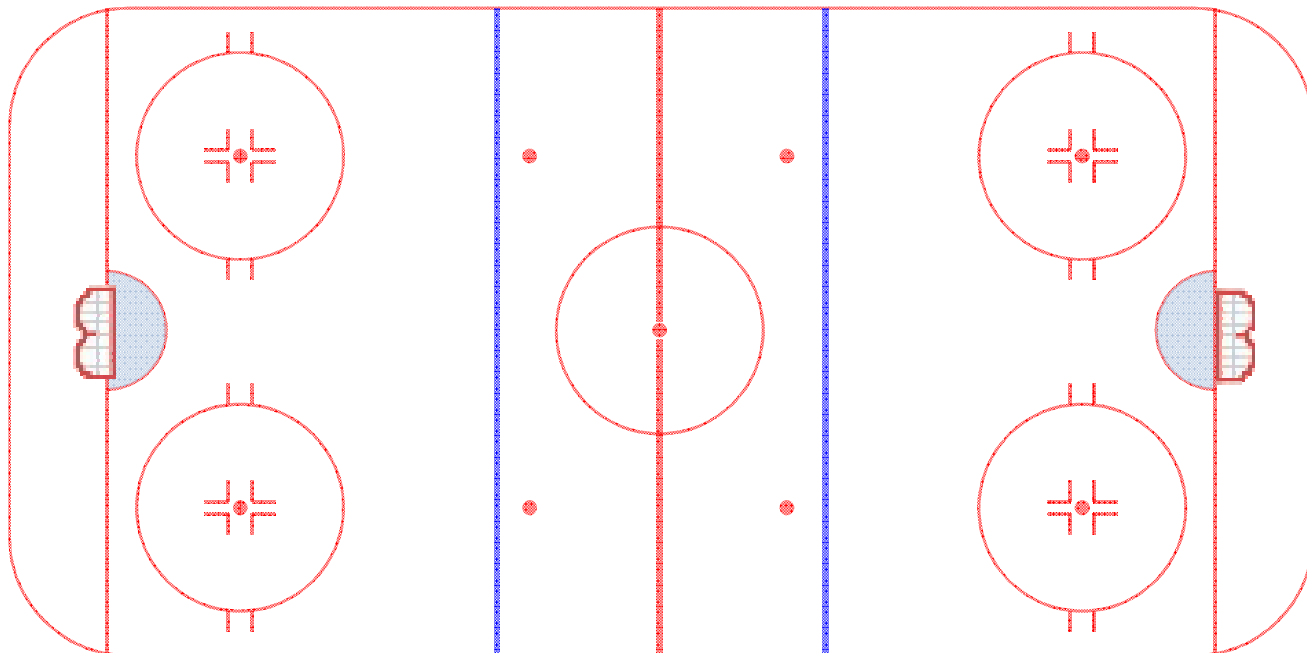
Drill no. : 1      **Duration :** 10      **Minutes**      **From :** 1:30      **To :** 1:40 p.m.

Category #1 :

Category #2 :

Title : Sprinting Lines

Content elements : \_\_\_\_\_ Components: \_\_\_\_\_



Key points :

### Description

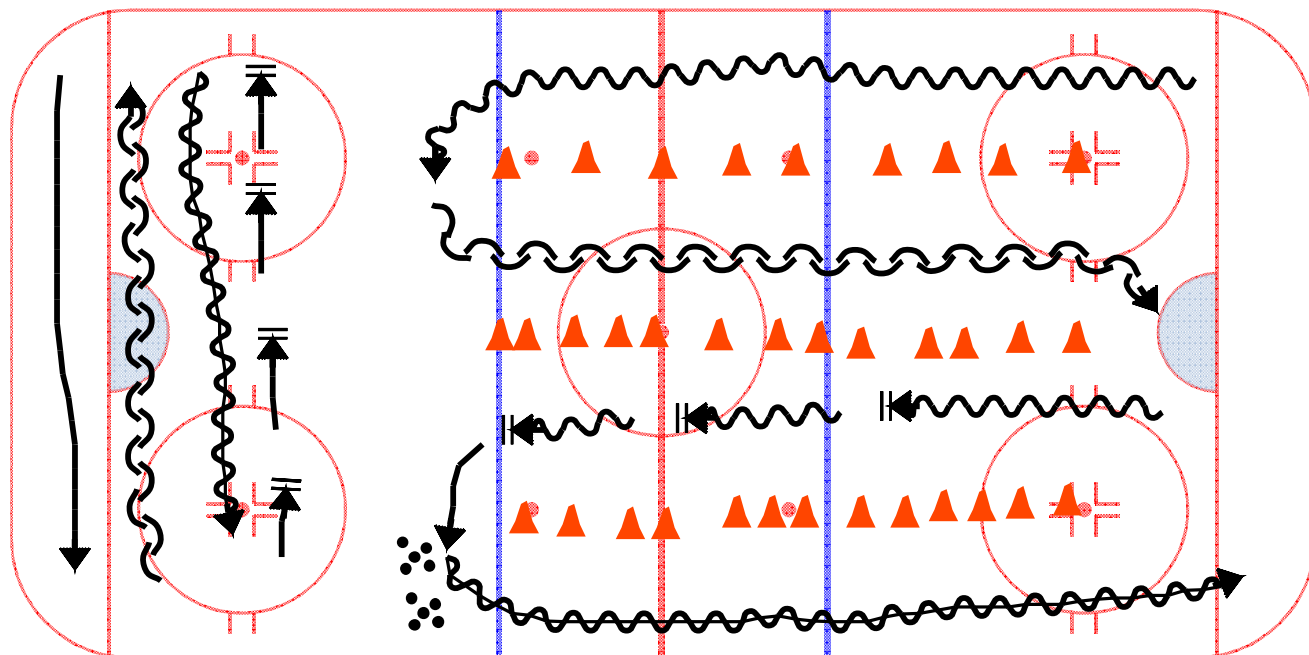
We did have hop in our last game, and we didn't have hop at our last practice. Sprints aren't a punishment, they're a way of practicing how to push even when fatigue is high or motivation is low.

Drill no. : 2 Duration : 20 Minutes From : 1:40 To : 2 p.m.

Category #1 : Category #2 : 

Title : Four-Lane Skating Review

Content elements : Components:

Key points :    Description

Intensive power-skating exercise, with the ice divided into four lanes; each lane will feature a different skill (including, but not limited to: forward power strides, backward power strides, stop-and-starts). May introduce puck or other obstacles as needed as a progression.

On far end of zone, we'll be pulling off skaters for individual instruction.

Drill no. : 3 Duration : 10 Minutes From : 2 To : 2:10 p.m.

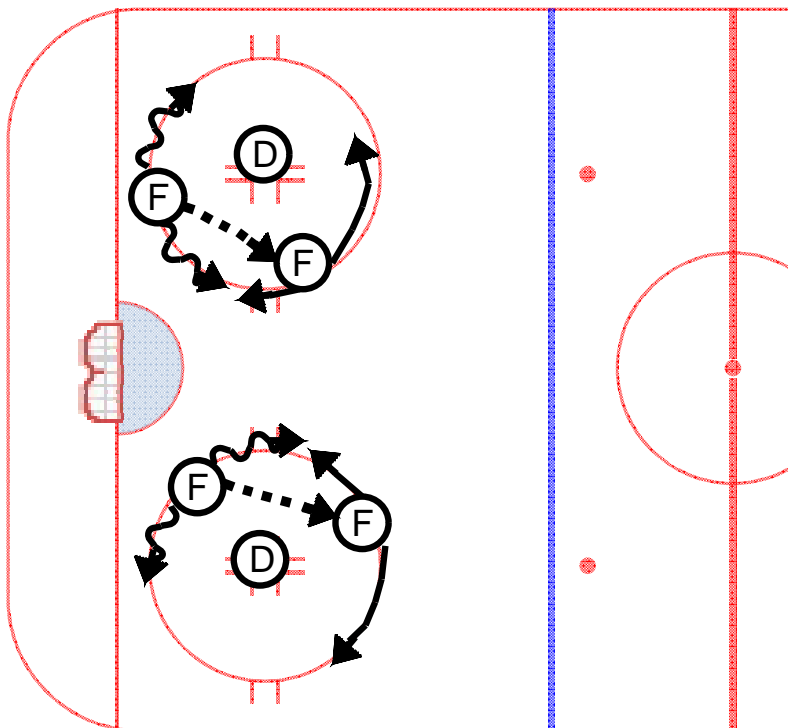
Category #1 :

Title : Circle Keep Away

Category #2 :

Content elements:

Components :



Key Points :

### Description

Two forwards, one D

Forwards must stay in the circle and play keep-away.

If the puck leaves the circle for any reason (missed pass \*or\* D play), the last F with possession becomes the new D.

FOR FORWARDS: Emphasis on head's up play, strong passes

FOR D: Emphasis on playing the passing lane, poke-checking

Drill no. : 4/5      Duration : 20      Minutes      From : 2:10      To : 2:30 p.m.

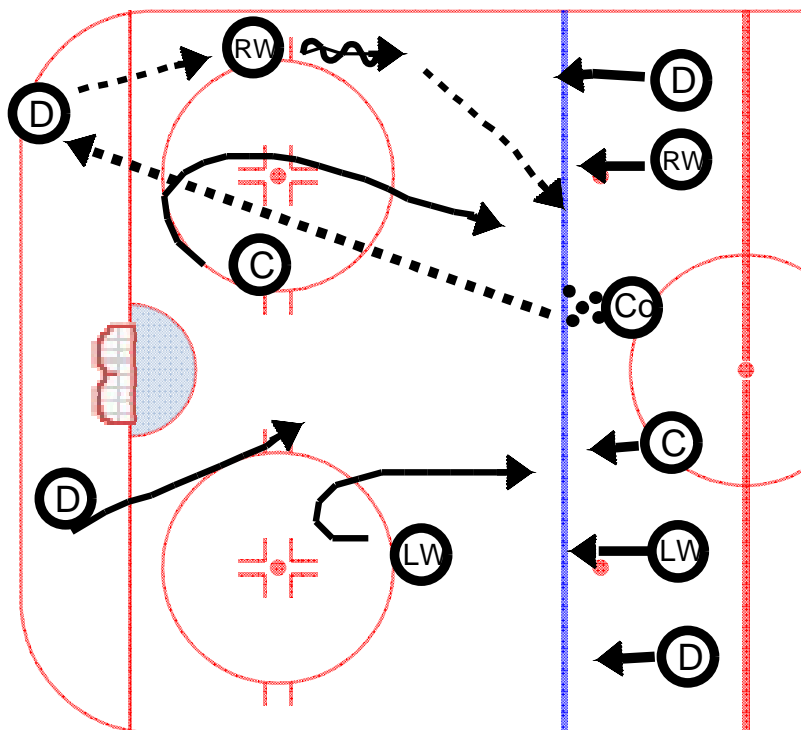
Category #1 : Breakout

Title : 5-0 to 3-2 (Step One)

Category #2 : Regroup

Content elements:

Components :



Key Points :

### Description

Basic 5-0 breakout.

5 skaters begin outside the zone.

Coach sends puck to corner. Strong side D gets the puck and executes one of three passes:

1. To strong side wing on the side boards
2. To center breaking up the lane (NOT in front of the net)
3. To D partner behind the net (shifting the outlet passes)

Recipient exits the zone or passes to C/W to exit the zone.

AT THIS POINT:

FORWARDS TURN AND REGROUP

D TOUCH THE BLUELINE, PIVOT AND SHIFT TO DEFENSE

Drill no. : 4/5      Duration : 20      Minutes      From : 2:10      To : 2:30 p.m.

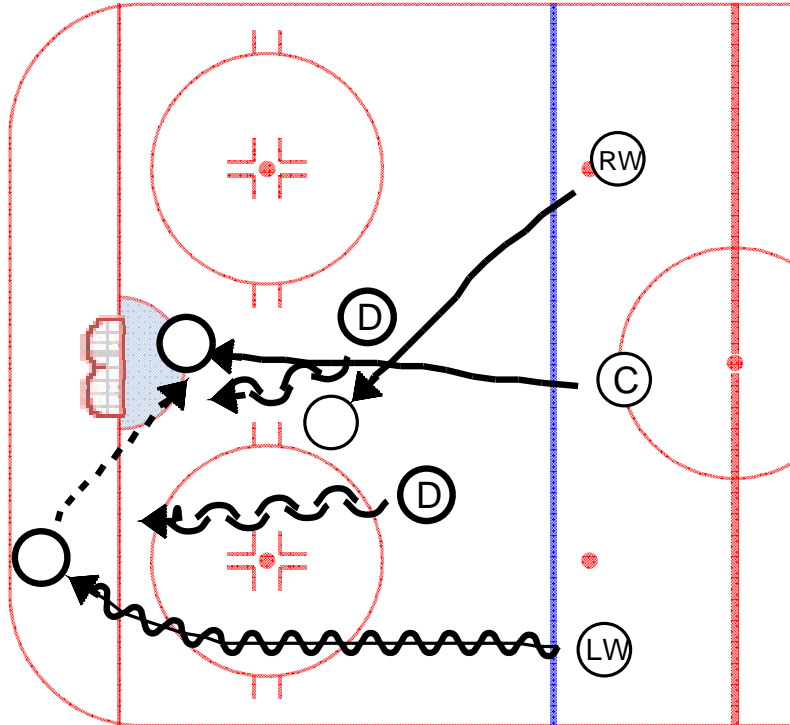
Category #1 :

Title : 5-0 to 3-2 (Part 2)

Category #2 :

Content elements:

Components :



Key Points :

### Description

D1 forces puck carrier to the corner  
D2 takes away pass

F1 goes to corner  
F2 goes to slot  
F3 goes to high slot (clear of D2)

F1 passes to the open F