



## Practice Plan

Team: \_\_\_\_\_

Practice No.: \_\_\_\_\_

Date : Nov. 28 \_\_\_\_\_

Time: 12:40 p.m. \_\_\_\_\_

Duration: 60 minutes \_\_\_\_\_

Version No.: \_\_\_\_\_

Prepared by: \_\_\_\_\_

### Objectives / Main tasks :

This is SPACE practice three. Two areas of focus:

- 1) Making smart passes while in motion. Space only works if we can take advantage of it by passing the puck.
- 2) Defensive approach (the sagging zone)

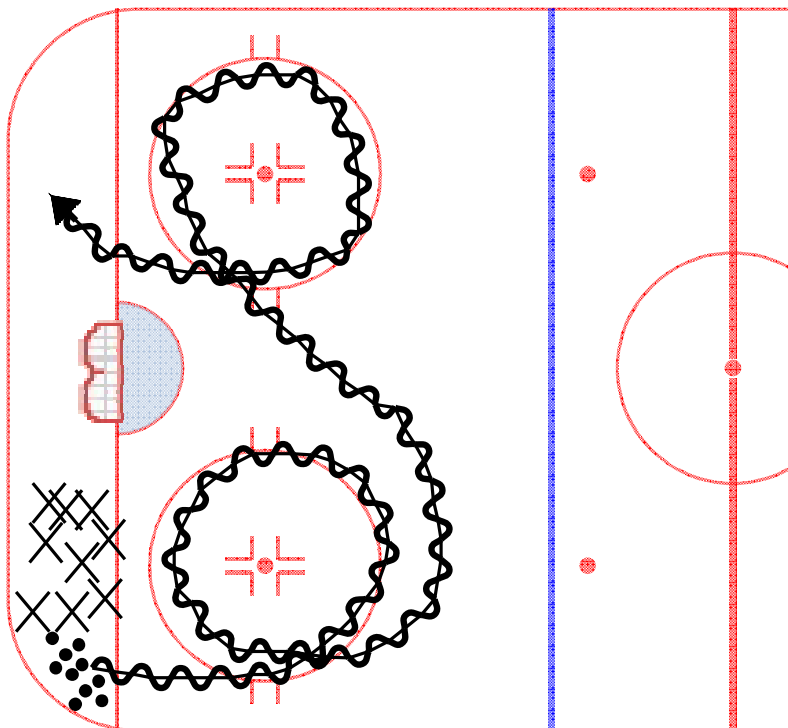
**Drill no. :** 1      **Duration :** 10 **Minutes**      **From :** 12:40      **To :** 12:50 **p.m**

Category #1 :	Speed
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**Title :** Speed Circles with Pucks

<b>Category #2 :</b>	Puckhandling
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**Content elements:**



**Key Points :**

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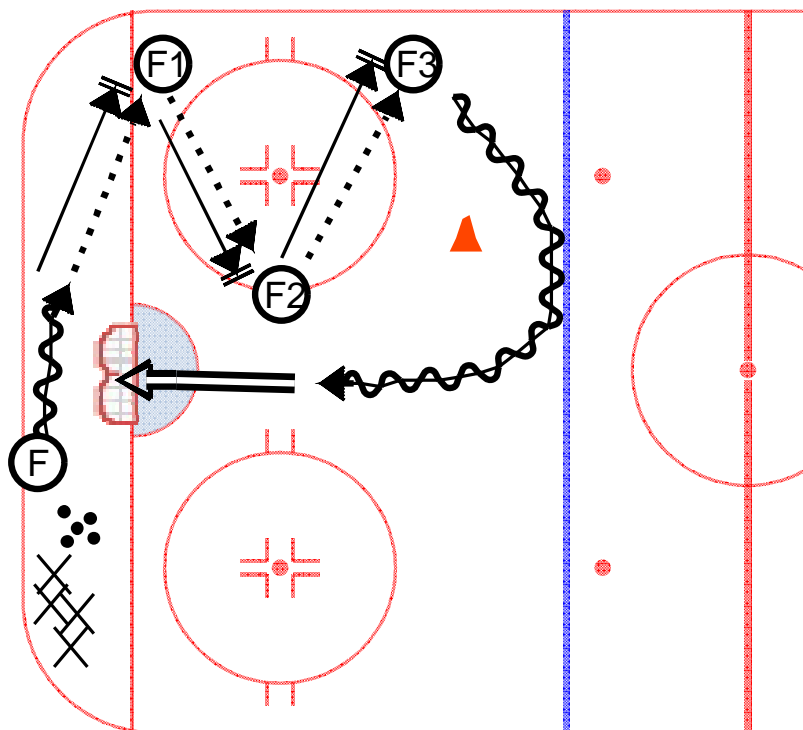
## Description

We'll work on some basic cross-over review, then get some reps with pucks

Drill no. : 2 Duration : 10 Minutes From : 12:50 To : 1 p.m.

Category #1 : Title : Pass, Follow and ShootCategory #2 : 

Content elements: Components :

Key Points :    

### Description

First player (F) begins with the puck in the corner and heads behind the net  
After clearing the, (F) passes to (F1), then follows the pass to take (F1)'s spot.  
(F1) passes to (F2), following their pass.  
(F2) passes to (F3), following their pass.  
(F3) rounds the cone and shoots at the hashmarks (no deking).

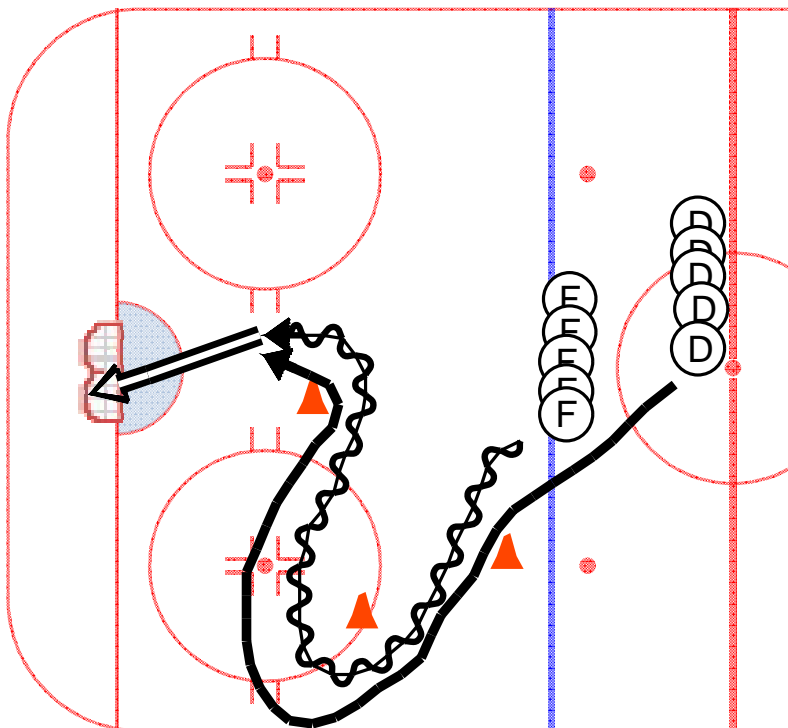
Drill no. : 3 Duration : 10 Minutes From : 1:10 To : 1:20 p.m.

Category #1 :

Title : Attack Under Pressure

Category #2 :

Content elements: Components :



Key Points :

### Description

(F) must navigate the cones, with puck, and score  
(D) starts on a delay, must also navigate the cones and break up the play.

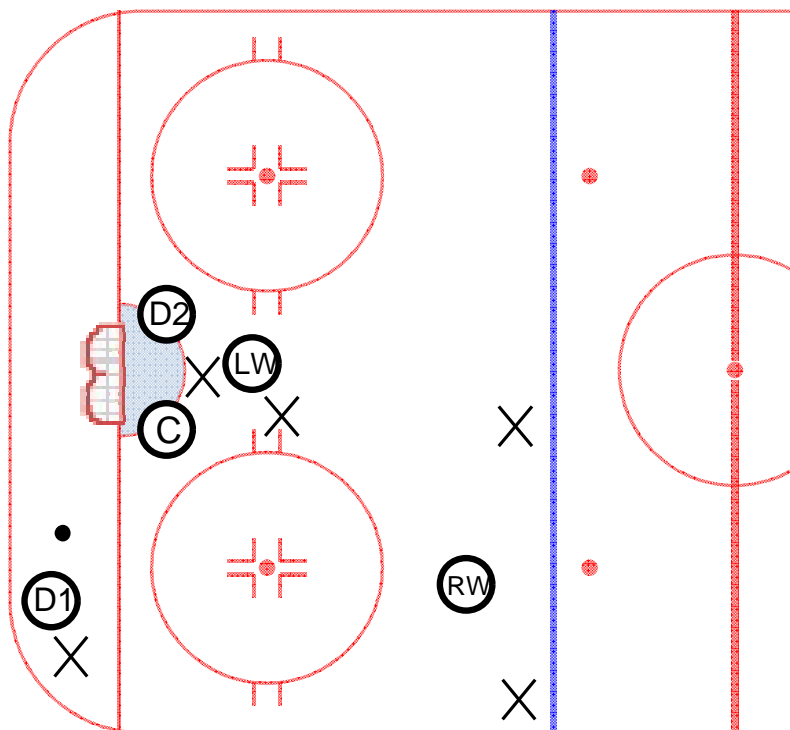
**Drill no. : 4/5**      **Duration : 20**      **Minutes**      **From : 1:20**      **To : 1:40 p.m.**

<b>Category #1 :</b>	Defensive Strategy
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**Title :** Basic Sagging Zone Defense

<b>Category #2 :</b>	Pre-Breakout
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**Content elements:**



**Key Points :**

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## Description

This will be the basic defensive setup: D in the corner, D and center on each post, weak-side W in the slot, strong-side W preventing pass to the opponents D.

Drill no. : 4 / 5

Duration : 20

Minutes

From : 1 : 20

To : 1 : 40 p.m.

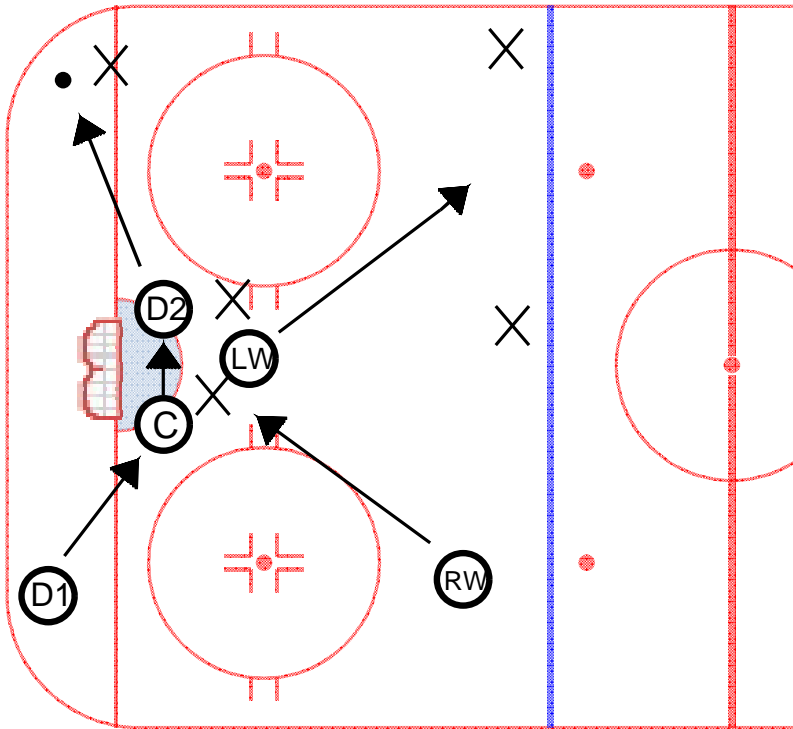
Category #1 : Defensive Strategy

Category #2 : Pre-Breakout

Title : Basic Sagging Zone Defense (Shift)

Content elements:

Components :



Key Points :

Description

As the puck shifts sides, there is a simple rotation: corner D to the net, net D to the opposite corner, one W releases to guard strong-side D, other W moves to the slot.