Practice Plan

driidraw.com	Practice No.: 7	
Date : 12/19/15	Time: 10:20 a.m.	Duration: 60 minutes
Version No.:	Prepared by:	
Objectives / Main tasks :		

Drill no. : 1	Duration : 10	Minutes	From :10:20	To :10:30
Category #1 :	Shooting	Title : Shoot	ing Technique	
Category #2 :	Technique	THE. 511000	ang roomique	
ontent elements:		Compor	nents :	
Coach Andrew wi with an emphasis	Il review shooting technique on shooting in motion as a v	Description e, and players way of perfection	vill work on shooting pag the quiick release	bucks into the boards,

Drill no. : 2 **Duration**: 7 Minutes From :10:30 To: 10:38 am Category #1 : Passing Title: Motion Passing w/Obstacles Awareness Category #2 : Content elements: Components: **Key Points: Description** Three lines. Sticks placed on ice as obstacles (1) starts with the puck, clears the first stick, passes to (2). (2) Received pass, skaters to clear second stick, passes to (3). Drill then runs in reverse

Drill no. :	Duration: Minutes From:_10:38 am 10:_10:45 am
Category #1 :	Cycling Title: Basic Cycle
Category #2	: Passing
Content elements:	B Components:
(1) Skates up	Description the puck in the corner he boards, then passes to (2) in the corner und the circle, while (2) skates up the boards and passes to (1) in the corner r 30 seconds

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Drill no. : 4		To :10:52 am			
Category #1 :	Cycle Title: Basic Cycle With Shot				
Category #2 :	Passing				
Content elements:	Components :				

Description

Player (1) dumps the puck into the corner, then chases the puck

Once (1) has the puck, they carries it up the boards to the hashes

Once (1) grabs the puck, (2) sprints to the corner

- (1) passes along to the boards to (2)
- (1) skates across the top of the circle looking for a pass
- (2) takes the puck to the faceoff dot and executes a pass to (1) in the high slot
- (1) takes shot

Key Points:

Drill no. : 5	Duration : 8	Minutes	From :10:52	
Category #1 :	Passing	Title: Three	-Station Give and Go	
Category #2 :	Shooting	ine. Intee	-Station Give and Go	
Content elements:		Compor	nents :	
	3			
Key Points :				
	<u></u>	<u>Description</u>		
(1), (2) and (3) are of	dedicated passers.			
First player in line ma	akes a pass to (1), goes a	around the cone	e, gets receive pass.	
Repeat with (2) and	(3) and shoot.			

Drill no . : 6	Duration :	20 Minutes	From : 11	To <u>:11:20 am</u>
Category #1 :	Scenarios	Title : Contro	lled 5-on-5 Scrimmage	ے
Category #2 :	Scrimmage		illed o on o comminage	
ontent elements:		Compone	ents :	
Key Points :				
ey Folits .				
		<u>Description</u>		
	ive inside the blue line.		score, D group tries	s to break out.