



Practice Plan

Team: Squirt Select

Practice No.: 7

Date : 12/19/15

Time: 10:20 a.m.

Duration: 60 minutes

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

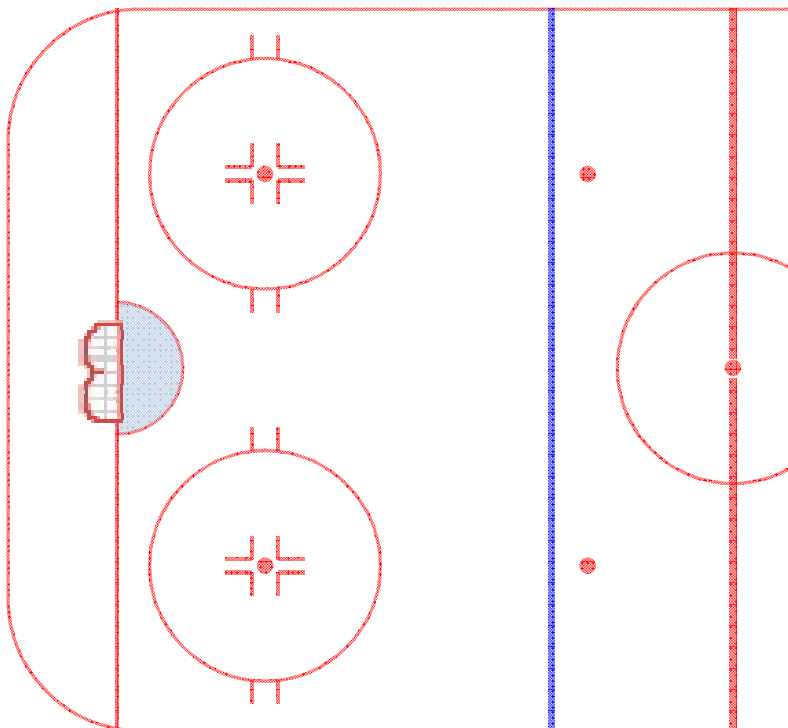
Drill no. : 1 Duration : 10 Minutes From : 10:20 To : 10:30

Category #1 : Shooting

Title : Shooting Technique

Category #2 : Technique

Content elements: Components :



Key Points :

Description

Coach Andrew will review shooting technique, and players will work on shooting pucks into the boards, with an emphasis on shooting in motion as a way of perfecting the quick release

Drill no. : 2 Duration : 7 Minutes From : 10:30 To : 10:38 am

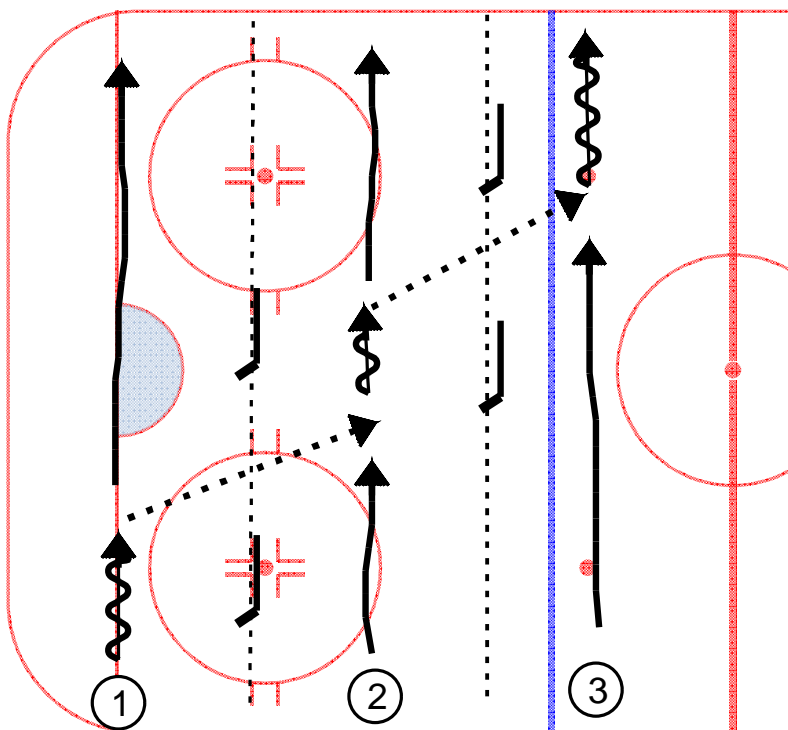
Category #1 : Passing

Title : Motion Passing w/Obstacles

Category #2 : Awareness

Content elements:

Components :



Key Points :

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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. : 3 Duration : 7 Minutes From : 10:38 am To : 10:45 am

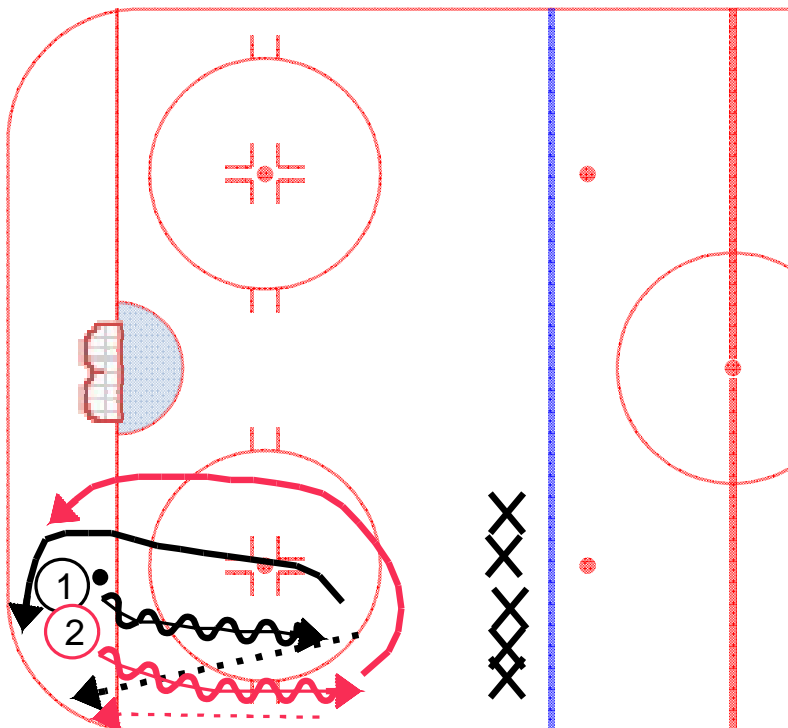
Category #1 :

Title : Basic Cycle

Category #2 :

Content elements: B

Components :



Key Points :

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Description

- (1) Starts with the puck in the corner
- (1) Skates up the boards, then passes to (2) in the corner
- (1) Skates around the circle, while (2) skates up the boards and passes to (1) in the corner

Drill repeats for 30 seconds

Drill no. : 6

Duration : 20

Minutes

From : 11

To : 11:20 am

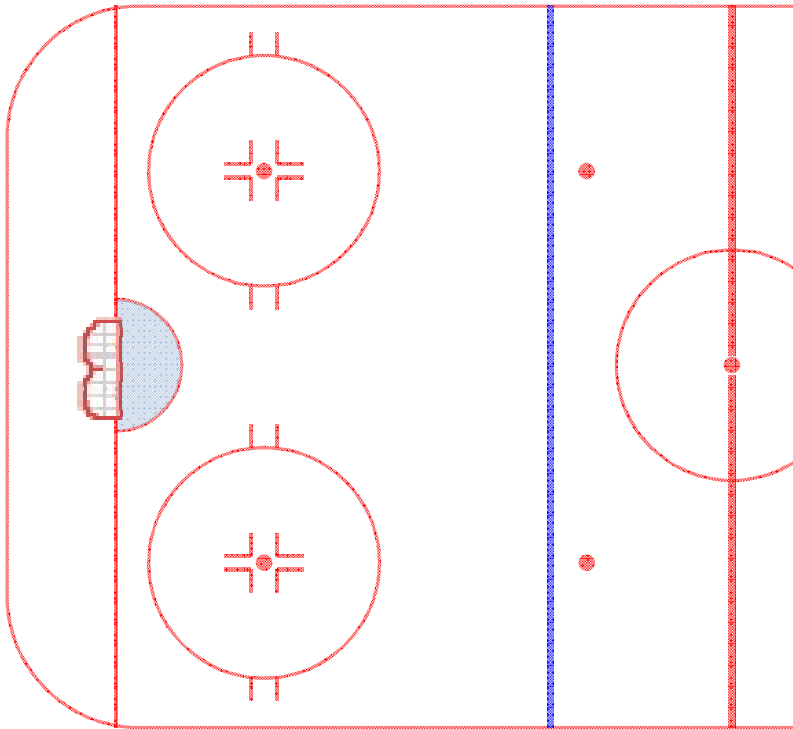
Category #1 : Scenarios

Category #2 : Scrimmage

Title : Controlled 5-on-5 Scrimmage

Content elements:

Components :



Key Points :

Description

We'll play a five-on-five inside the blue line. O group tries to score, D group tries to break out.
Play stops on the whistle to check positioning.