



Practice Plan

Team: Squirt Select

Practice No.:

Date : Jan. 19, 2016

Time: 5 p.m.

Duration: 60 Minutes

Version No.:

Prepared by:

Objectives / Main tasks :

This is the fourth SCENARIO practice and we are continuing to break down game situations, adding in defensive pressure in some places and focusing on key areas of execution at game speed.

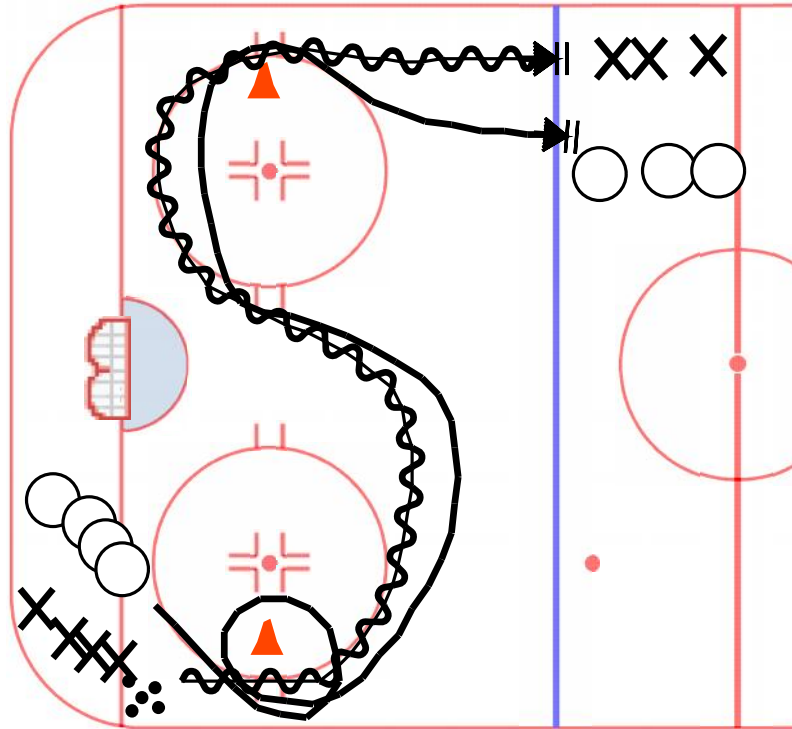
Drill no. : 1 **Duration** : 10 **Minutes** **From** : 5 **To** 5:10 p.m.

Category #1 : Warmup

Title : Circle Pursuit

Category #2 : Stickhandling

Content elements: _____ **Components :** _____



Key Points :

Description

Two lines form in the corner. On the whistle, with puck, skater X runs the top and bottom of the circles, stopping at the far blue line.

Skater O takes off at the same time, goes around the cone, and skates the circle while attempting to poke check from behind. X must either maintain speed or protect the puck.

Drill repeats from the blue line once everyone has gone.

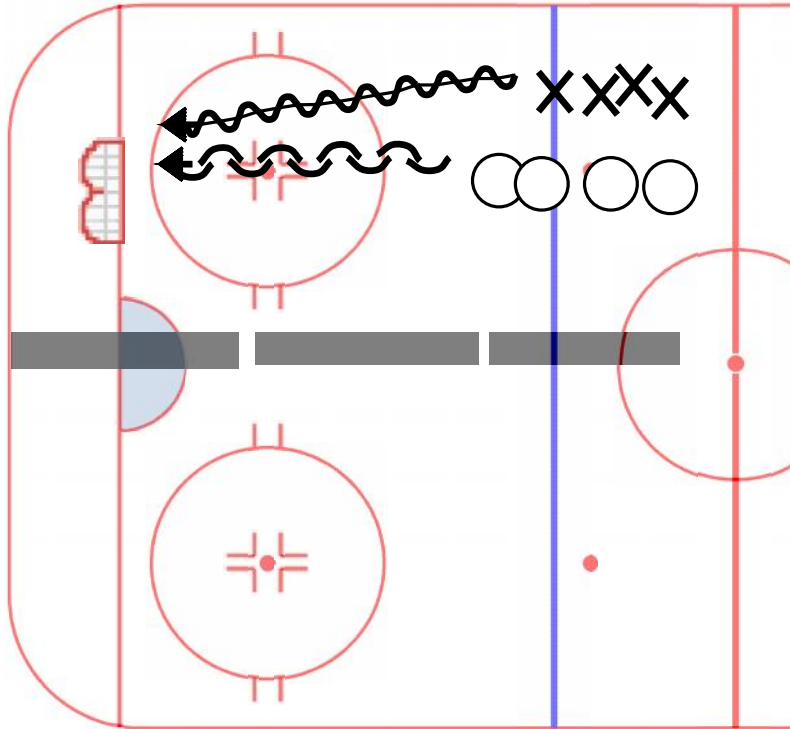
Drill no. : 2a Duration : 20 Minutes From : 5:10 To : 5:30 p.m.

Category #1 : Defensive Positioning

Title : Stickless 1-on-1

Category #2 : 1-on-1

Content elements: Components : STATION ONE OF TWO.



Key Points :

Description

Defense (O) begins on the blue line 10 feet in front of offense (X).
Playing without a stick, D tries to keep offense to the outside and ensure all shots are low-odds.

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

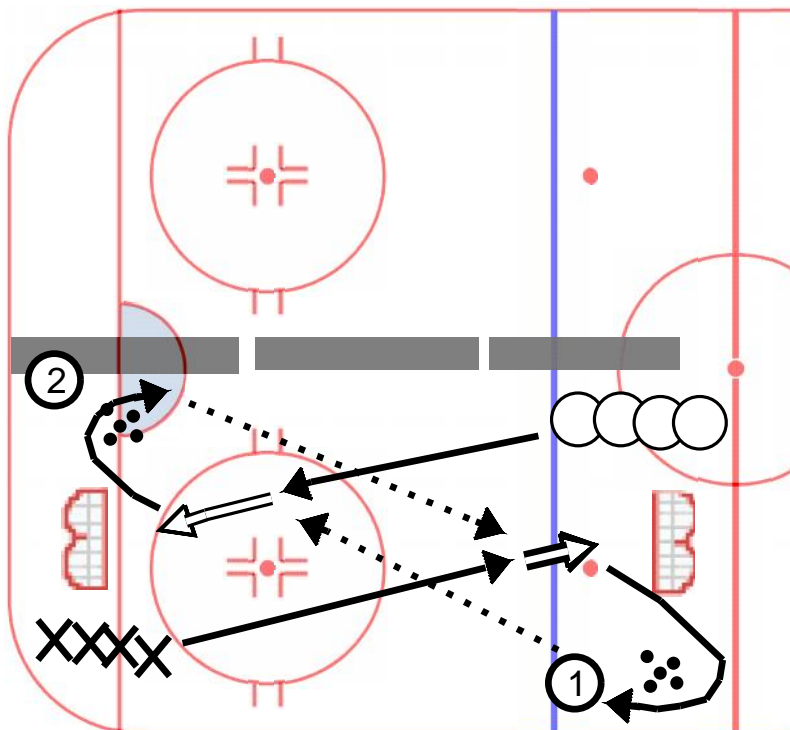
Category #1 :

Title :

Category #2 :

Content elements:

Components :



Key Points :

Description

Two lines: one in the corner (Xs), one near mid-ice (Os).

(1) To begin, O streaks to the net. X hits them with a long pass. O shoots.

(2) O then retrieves a puck, and X streaks to the opposite net. X shoots, retrieves a puck.

<drill operates continuously>

Drill no. : 3 **Duration :** 15 **Minutes** **From :** 5:30 **To :** 5:45 p.m.

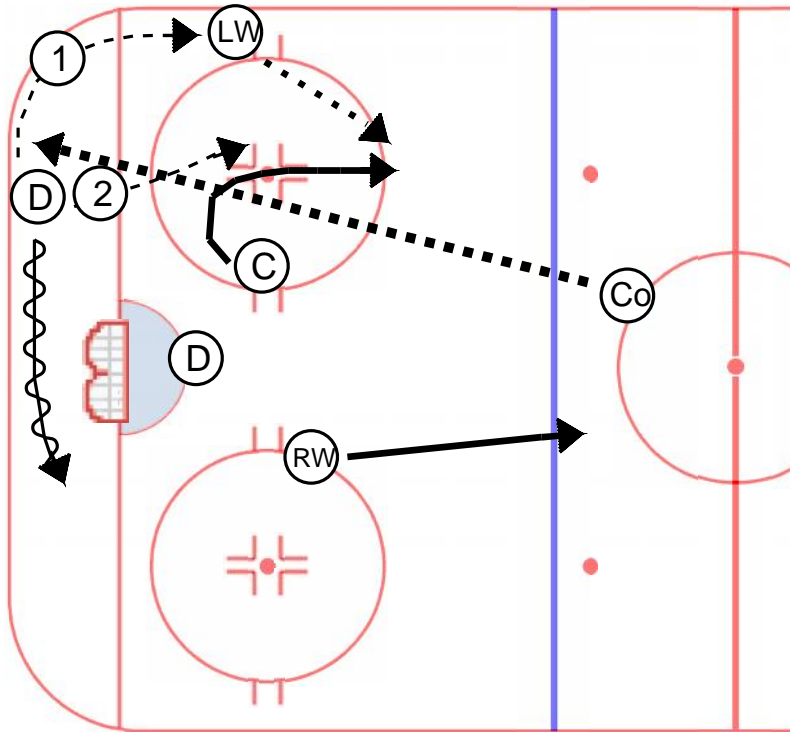
Category #1 : Breakout

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

Category #2 :

Passing

Content elements: _____ **Components :** _____



Key Points :

Description

Establish defensive set (sagging zone)
Coach dumps puck into corner
D begins breakout via one of three options (pass along boards, pass to center in motion, wheel to opposite side).
Two passes required.

Drill no. : 3 Duration : 15 Minutes From : 5:30 To : 5:45 p.m.

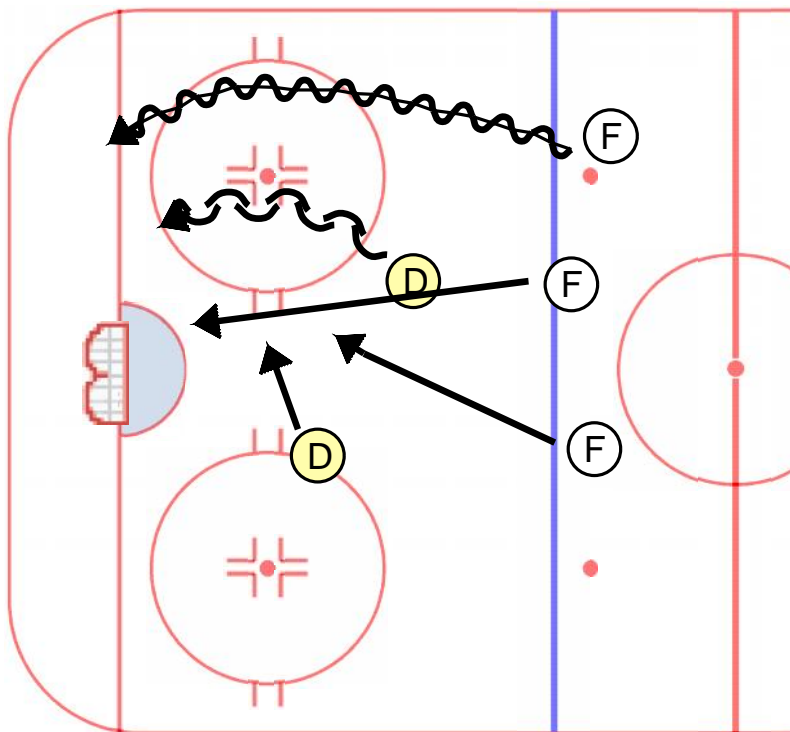
Category #1 : Zone Entry

Title : 5-on-0 to 3-on-2 (Step Two)

Category #2 : Passing

Content elements:

Components :



Key Points :

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Description

One breakout is complete, F must clear the zone and attack.

D attempts to force to the outside.

F focus on creating an attack triangle (slot, high slot, corner/boards)

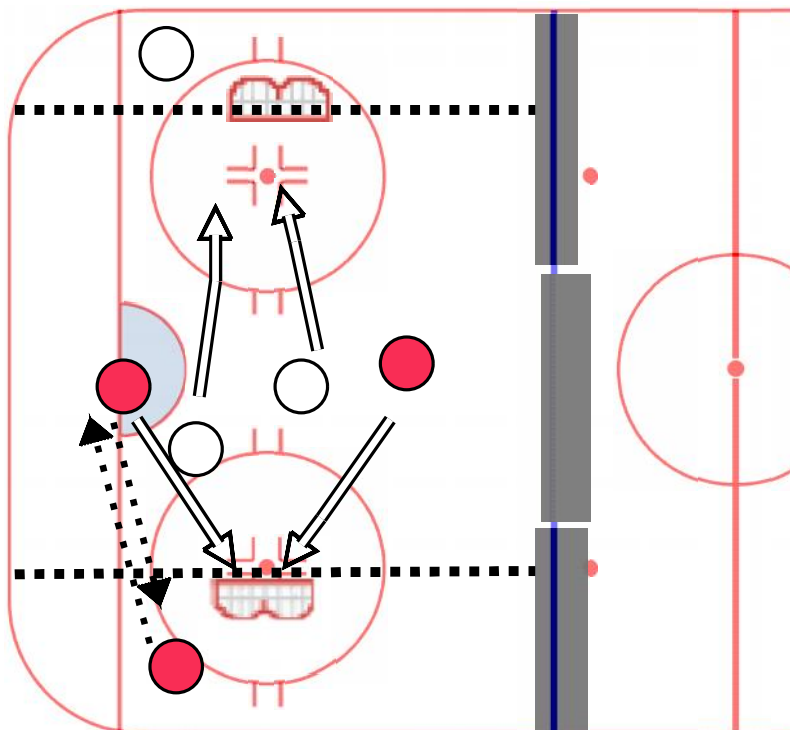
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Title : Gretzky Small Area Game

Category #2 :

Content elements: _____ Components : _____



Key Points :

Description

Similar to the behind-the-line 3-on-3, this time an *attacking* player (the "Gretzky") is behind the goal line (in behind-the-line, it's a defensive player). A pass to the Gretzky must be made before a team may shoot.