



Practice Plan

Team: _____

Practice No.: _____

Date : Feb. 9, 2016 _____

Time: 5 p.m. _____

Duration: 60 minutes _____

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

Main today is be an introduction to angling as a concept (using body position to keep a puckhandler from moving to the middle).

Drill no. : 1 **Duration** : 10 **Minutes** **From** : 5:05 **To** 5:15 p.m.

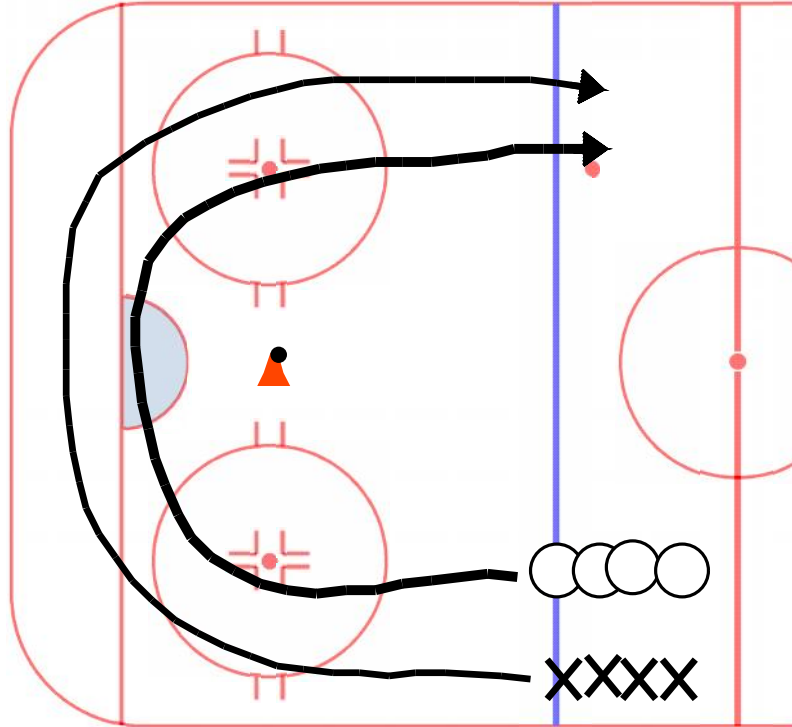
Category #1 : Angling

Title : Angling Warm-Up

Category #2 :

Skating

Content elements: _____ **Components :** _____



Key Points :

Description

Player X starts on the outside, no stick, with the goal of knocking a puck off of the cone in the middle of the ice. Player O, using only his or her body, tries to prevent that.

RULES: X may not make contact with O (and vice versa). X must remain skating in a forward direction (no stops/changes or direction), though he/she may vary speed.

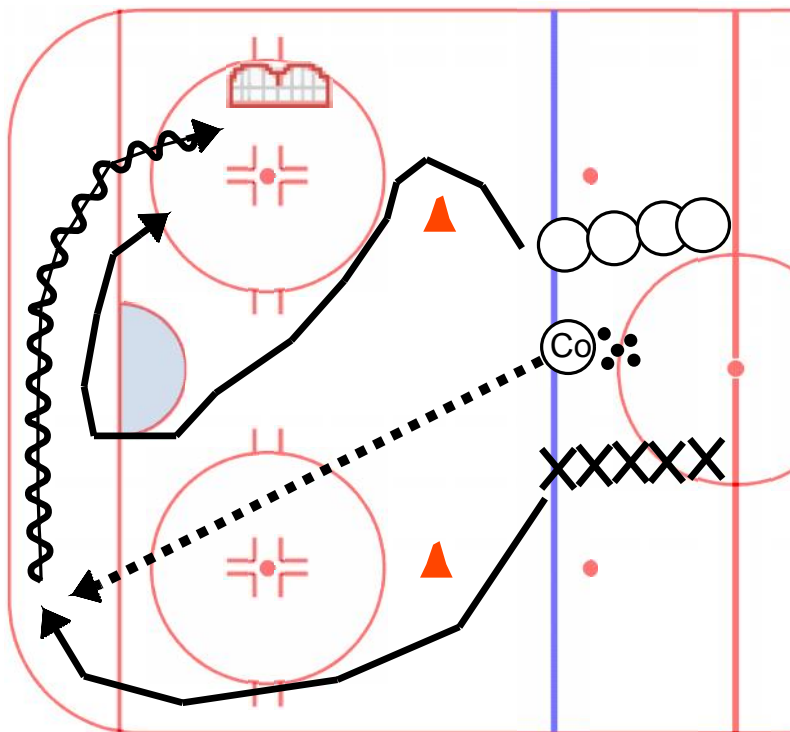
Drill no. : 2 Duration : 15 Minutes From : 5:15 To : 5:30 p.m.

Category #1 :

Title : Angling 1-on-1

Category #2 :

Content elements: _____ Components : _____



Key Points :

Description

Coach dumps the puck into the corner. Offensive player (X) retrieves the puck. Defensive player (O) goes around the cone and meets the puck carrier. O's job is to adjust speed, position, and angle to keep X from cutting directly toward the net. Play is dead after a shot or if the X is forced behind the net.

May be done without sticks (O).

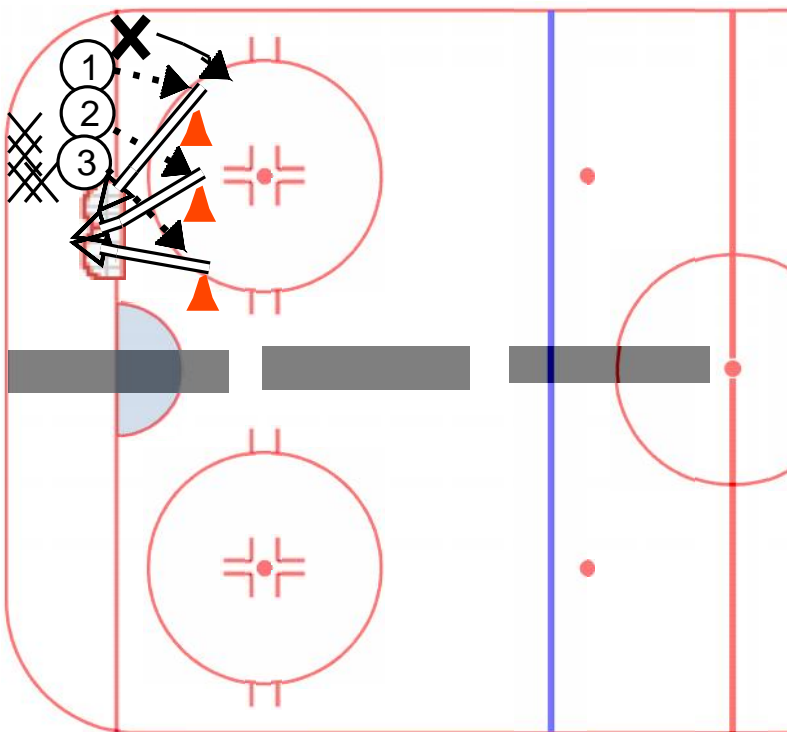
Drill no. : 3a **Duration** : 15 **Minutes From** : 5:30 **To** : 5:45 p.m.

Category #1 :

Title : Rapid Shooting Drill

Category #2 :

Content elements: **Components** :



Key Points :

Description

Skater (X) begins in corner. X received a pass from (1) before the first cone and shoot rapidly. X then receives a pass from (2) before the second cone and shoots rapidly. Repeat with (3). (1) then becomes the new (X)

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

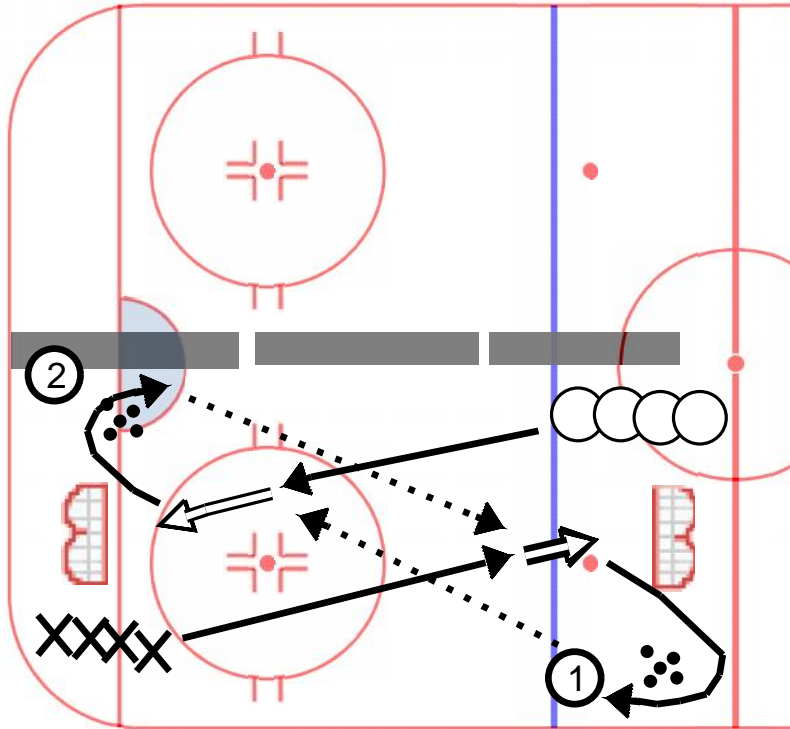
Category #1 : Passing

Title : Stretch Pass

Category #2 : Neutral Zone Play

Content elements: NOTE: MAY DO WITHOUT GOALIES

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>

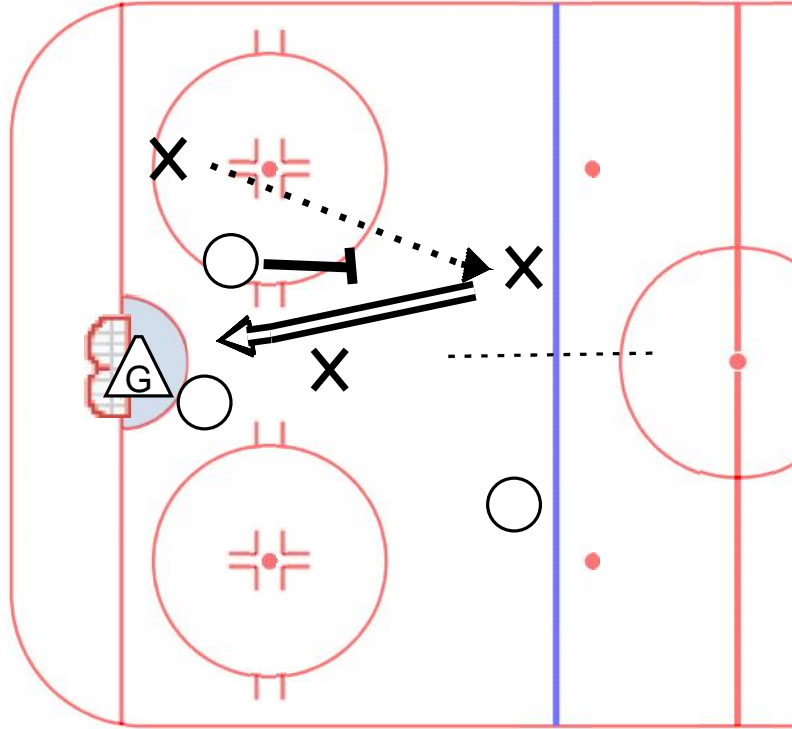
Drill no. : 4 **Duration** : 15 **Minutes** **From** : 5:45 **To** : 6 p.m.

Category #1 : Small Area Game

Title : Point Break

Category #2 : Shooting

Content elements: _____ **Components :** _____



Key Points :

Description

Two teams of three take the ice: two forwards and a D. D cannot cross the middle of the ice.

Rules:

- 1) Only D may shoot, though offense may tip the puck
- 2) Only exception: one-timers (off pass and off rebounds) are allowed
- 3) D does not have to shoot
- 4) F must choose to move to block the shoot, clear opposition forwards or play the pass.