

Practice plan



Winterland

SKILL DEVELOPMENT

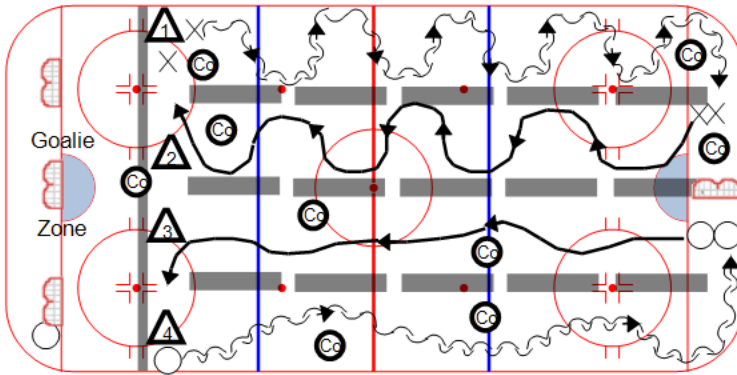
Week 5
HS Dev & BT+

Skating
Puck Control
Battling



Category #1 : Winterland

Category #2 : 4 Lane Skills



Cones

Nets

Tires

Pucks

4 Lane-F&B Skate/w goalies

Station 1 - Skating - Backward Edges

Inside & Outside Edges - Jumping from foot to foot

Station 2 - Skating - Forward Edges

Inside & Outside Edges - Jumping from foot to foot

Station 3 - Skating - Forward Strides

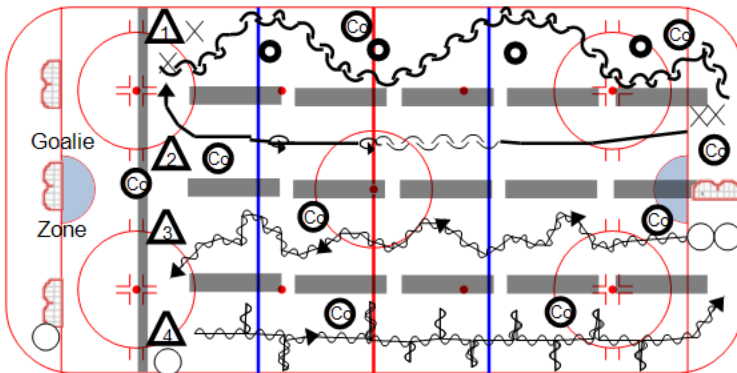
Drive off Toes - Knees Bent - Shoulders Up

Station 4 - Skating - Backward Strides

Drive off Toes - Hips Down - Back / Chest Up

Category #1 : Winterland

Category #2 : 4 Lane Skills



Cones

Nets

Tires

Pucks

4 Lane-Pivots & Stick2/w go

Station 1 - Skating - Pivots / Heal to Heal

Face tires working on heal to heal maneuvers

Station 2 - Skating - Pivots

PSkate forward to Blue, backwards to red, then 360.

Station 3 - Stickhandling - Shuffle & Dribble / Kick

Handle Puck-Kick with both feet-Use both inside & outside

Station 4 - Stickhandling - Expansion

Work on handling the puck as far away from body as possible.

Work on both 1 & 2 hands on the stick.

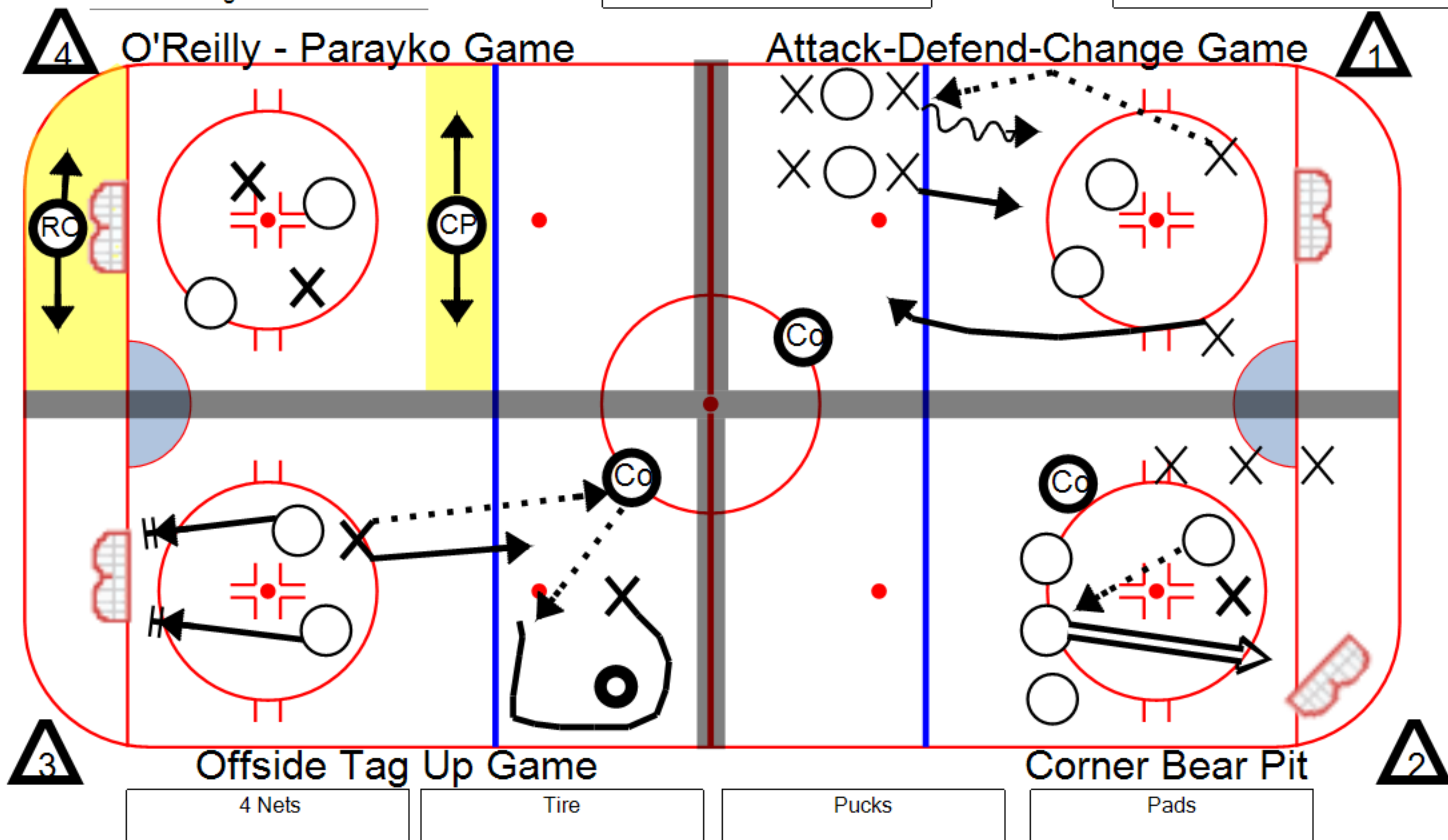
Title : 4 Corner Sags 1

Category #1 :

Showdown Season

Category #2 :

4 Zone



SKILLS TO REINFORCE

Shooting / Scoring Skills - Encourage players to work on proper shooting technique.

*Bend Knees - Head Up - Find Target - Load Stick - Shift Weight - Follow Through -
Be Ready to Shoot Before You Get the Puck!*

Passing Skills - Encourage players to work on proper passing technique.

*Head Up - Find Target - Crisp Pass - Follow Through -
Catch Pass - Call For Puck - Hands Away From Body - Take Heat Off Pass - Sticks to Your Tape - Be Ready To Shoot*

Battle Skills - Encourage players to work together & Compete!

Head Up - Communicate - Provide Support - Get Open For Teammate - Battle Hard for Puck - Work Hard For Team

1. Attack-Defend-Change Game - Play 2v2 or 3v3. Team X starts in the zone on defense. Team O starts on offense. Once team X steals the puck, they must pass to their teammates waiting at the blue line. Once they pass, they must hustle out of the zone. The players at the blue line attack the net against Team O. Repeat after every turnover.

2. Corner Bear Pit - Play 1v1 or 2v2. Coach shoots puck into the pit and players battle to score. Game Variations:
Give & Go Pit - Players must pass to their line & get the puck back before they can score. Players cannot attack the passer. They must work on covering their opponents stick.
Playmaker Pit - Players battling in the zone cannot shoot. They must pass to their line to get all shots on net. Players need to work on chasing down rebounds & creating passing lanes to the players waiting in front to shoot
Snipe & Rebound - Players must pass to line for initial shot on net. They can then score on a redirection or a rebound. Players should attack the net & get into position to score. Defense must keep Forward from getting puck

3. Offside Tag Up Game - Play 2v2 or 3v3. To go on offense, team must pass to coach & 1 player must loop around tire to get a pass back from coach. All offensive players must get to the correct side of the blue line before the puck can enter the zone. The team that lost the puck must skate back & touch the post before they can defend.

4. O'Reilly - Parayko Game - Play 2v2. Players must pass to either O'Reilly or Parayko before they can score. Coach can force each team to pass to one of the players.