



PW Cycle 1 Block 4

Variable Application, Gameplay



Practice No: _____

Date : _____ Time : _____ Duration : _____

Version no : _____ Prepared by : _____

Objectives / Main tasks :

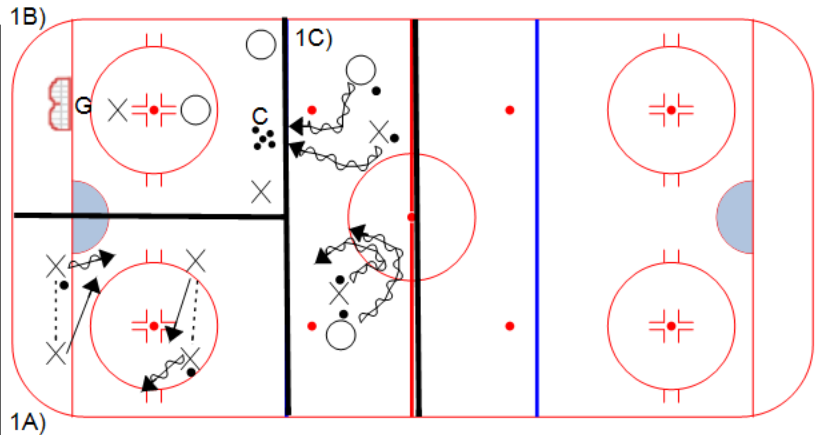
GOALIES	Left DEFENSE	Right DEFENSE	Left WING	Centers	Right WING

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

Title : Cycle 1 Block 4 (1) Category #1 : Variable Application Category #2 : Gameplay

Description

- 1A) Partner Passing into Keep Away
Players play 1v1 keep-away in zone. On whistle to rest, players stationary pass to each other. Players must perform a fake before each pass.
- 1B) Offense, Defense, Out
Play starts as a 1v1. When the defender steals the puck, they must pass to their waiting teammate who becomes the new offensive player. The original offensive player becomes the new defender and the original defender exits.
- 1C) Partner Puck Control Tag
both players must control their own puck at all times while playing tag. Taggers must use a free hand to tag while still maintaining puck control.



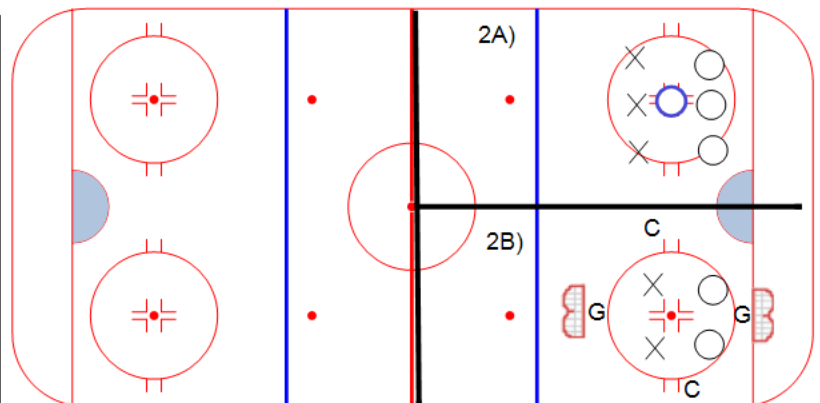
Key points :

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

Title : Cycle 1 Block 4 (2) Category #1 : Variable Application Category #2 : Gameplay

Description

- 2A) Possess & Pass to Score (Ring or Puck)
Split into two teams. Teams must make 3 consecutive passes without losing possession in order to score. Possession, Support, and Space are the priorities.
- 2B) 2v2 Coach Flank
Coaches are flankers (one on each side), players must pass to C before attacking to score. players can also use coach as an offensive outlet at any time. Can be played cross ice with a high and low C option as well.



Key points :