

Practice Plan



Team: U15 & U18 Distanced Plan 3

Practice No.: _____

Date : _____

Time: _____

Duration: 60

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

Skating
Shooting
Passing

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

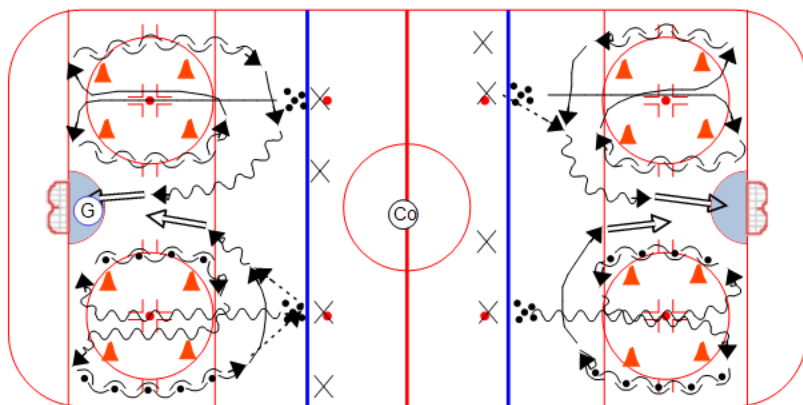
Title : Gap Transitions Category #1 : Full Ice - Distanced Category #2 : Skating

Description

Players go forwards up the middle of the pylon, then transition to backwards on the inside lane. Back up the middle to transition to backwards on the outside lane. When back to the top of the circle, player moves to collect a puck and then attack the net with a shot.

Progress to passes from team-mates or carrying the puck all the way. Variations shown

Goalies: Tracking and Rebound Control



Key points : Edges Skating Passing Shooting

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

Title : 4 Corner Yard Sale Category #1 : Full Ice - Distanced Category #2 : Stick handling

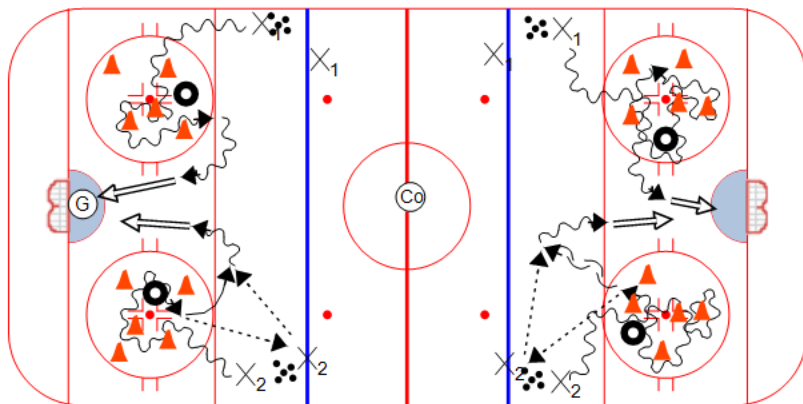
Description

First player from each line enter the circle and stick handle around obstacles.

On 1 whistle the 1 players leave the circle and attack the net and the next player from those lines enter the circle.

On 2 whistles the 2 players attack and the next players from those lines enter the circle.

Progress to a give and go with next player in line before the attack. (Shown in bottom half)



Key points : Stick Handling Head Up Quick Release Shooting

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

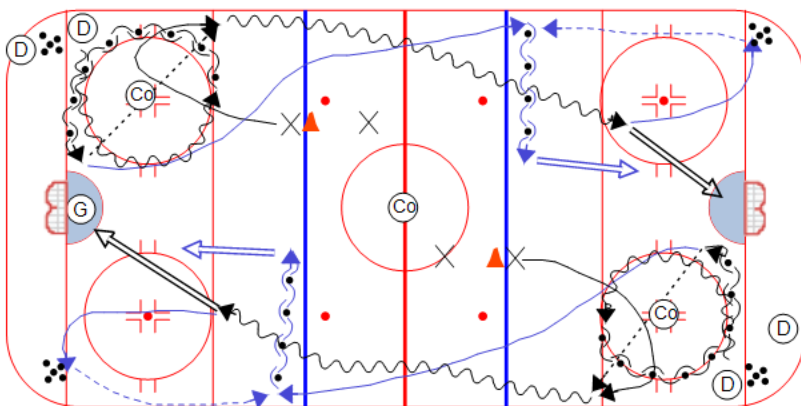
Title : Basic Plunger Category #1 : Category #2 :

Description

Defensman leaves the corner with a puck and transitions around the circle. Forward leaves and times puck support on the boards. Defensman makes an outlet pass. Forward carries puck up ice for a shot on net.

After the shot Forward retrieves a puck out of corner and feeds the Defensman at point. D walks the line and takes a shot.

After pass, forward could go to net for deflections. (not drawn)



Key points :

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

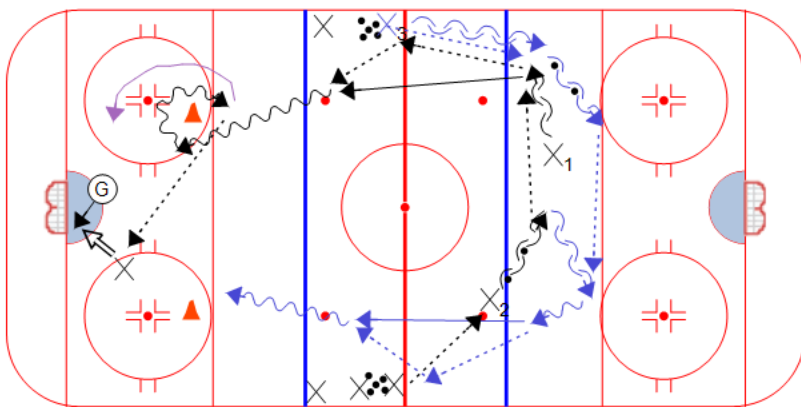
Title : Neutral Zone D to D Category #1 : Category #2 :

Description

- Start with a D in the middle of Ice P1
1. P2 leaves backwards and next player in line gives a pass.
 2. P2 Retreats with puck and then gives cross ice pass to P1.
 3. P1 moves puck up to wing and leaves for a give a go resulting in an attack on the net.

Have the players tight turn around pylons to keep distance. Can also move the pylons down low to change goalie movement.

4. After P1 leaves, P3 starts the movement over going the other way.



Key points :