

# Practice Plan



Team: U9, U11, U13 - Distanced Plan 2

Practice No.: \_\_\_\_\_

Date : \_\_\_\_\_

Time: \_\_\_\_\_

Duration: 60

Version No.: \_\_\_\_\_

Prepared by: Glenlake

## Objectives / Main tasks :

Puck Control  
 Passing  
 Shooting

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Figure 8 Agility Category #1 : Half Ice - Distanced Category #2 : Agility

### Description

Players execute a tight figure 8 pattern and then attack the net.

Can use 4 nets if able, 1 for each line, or alternate sides with 2 nets

Progress with passing events and/or transition skating. (shown on right)

Goalies: Tracking and Recovery to next Shooter



Key points : Edge Work Puck Control Acceleration Shooting

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Offensive Flow Category #1 : Half Ice - Distanced Category #2 : Passing

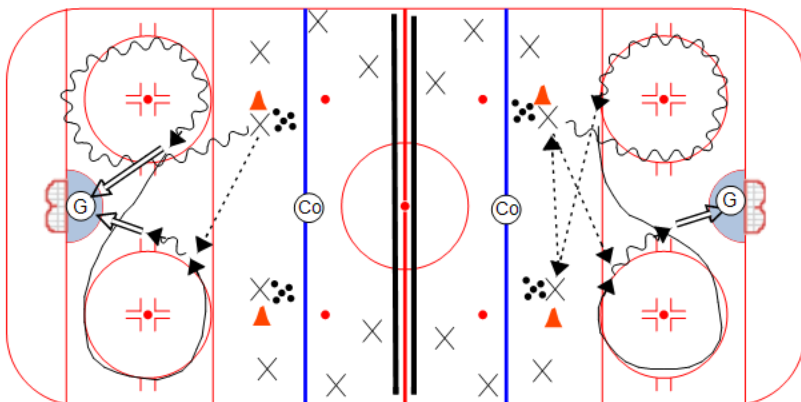
### Description

Player leaves line with a puck and skates circle to a shot on net. Then leaves to skate the other circle to receive pass and take second shot.

Regression - Can put pucks in corner for retrieval instead of pass.

Progression - Pass to point instead of first shot, then cross ice pass before passing back to skater for shot. (Shown on Right)

Goalies: Live play, Tracking, Rebound control



Key points : Cross-over speed Puck Control Passing or Retrieval Shooting

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : 2 Dot Chaos Category #1 :  Category #2 :

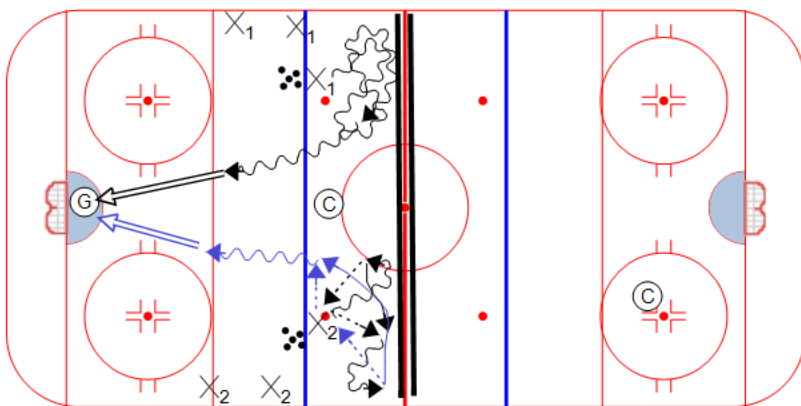
**Description**

Line up on 2 dots. One side of rink is designated "1's" and the other "2's"

First player in each line leaves with a puck and stickhandles in the neutral zone around in front their group.

On one whistle, that player leaves to take a shot on net and the next player enters the neutral zone stickhandling. On two whistles those two player leave, etc. (Coach could also call names to release player)

- Progression: passing with line and give and go on whistle (drawn for X2 in bottom half)



Key points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

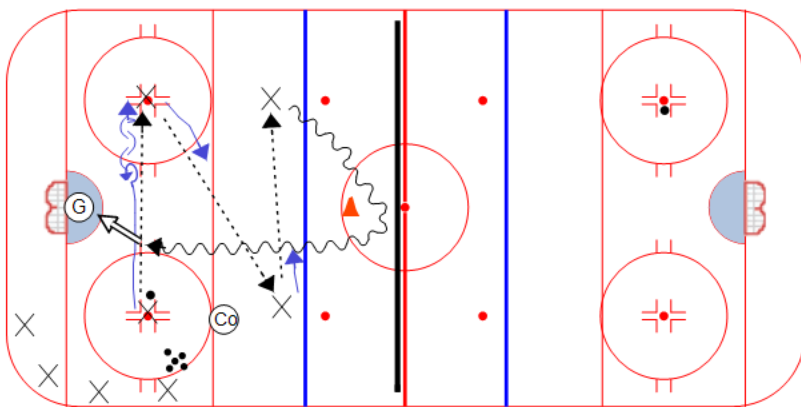
Title : Cross Town Traffic Category #1 :  Category #2 :

**Description**

Players send a pass across ice and then follow their pass. After the 3rd pass the player releases around the pylon and attacks the net for a shot.

Forehand  
Backhand  
Pivot to Pass  
Etc.

Goalie: Breakaway work, live puck.



Key points :