

Practice Plan



Team: U9, U11, U13 - Distanced Plan 3

Practice No.: _____

Date : _____

Time: _____

Duration: 60

Version No.: _____

Prepared by: Glenlake

Objectives / Main tasks :

Agility
Shooting
O-Support

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

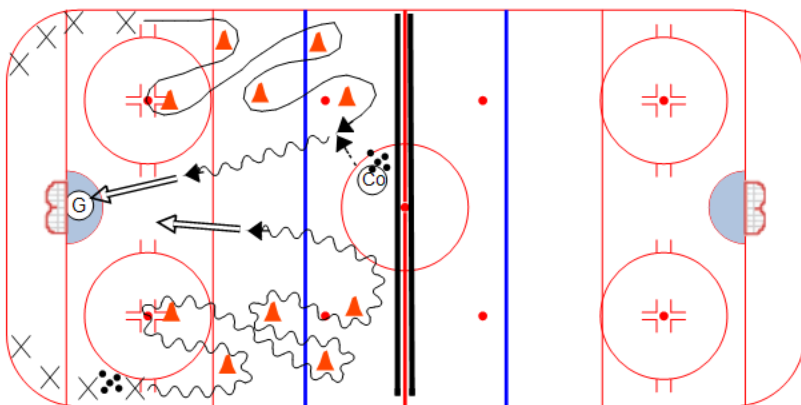
Title : 2 Lane Slalom Category #1 : Half Ice - Distanced Category #2 : Tight Turns

Description

Players start up the boards then tight turn back to the first inside pylon. From there to the second board side, and second inside pylons. Around the top pylon for a pass from the coach.

Repeat with player carrying puck all the way. (shown in bottom half of drawing)

Goalies: Angle and Depth - Warm Up.



Key points : _____

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

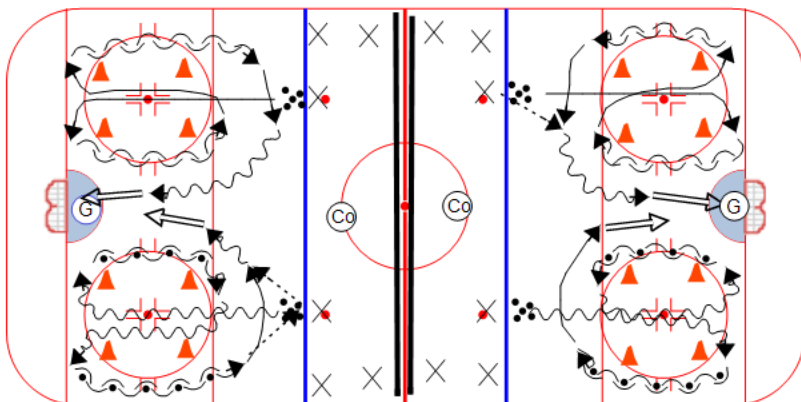
Title : Gap Transitions Category #1 : Half Ice - Distanced Category #2 : Skating

Description

Players go forwards up the middle of the pylons, 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 in each corner

Goalies: Tracking and Rebound Control



Key points : Edges Skating Passing Shooting

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

Title : 4 Corner Yard Sale Category #1 : Category #2 :

Description

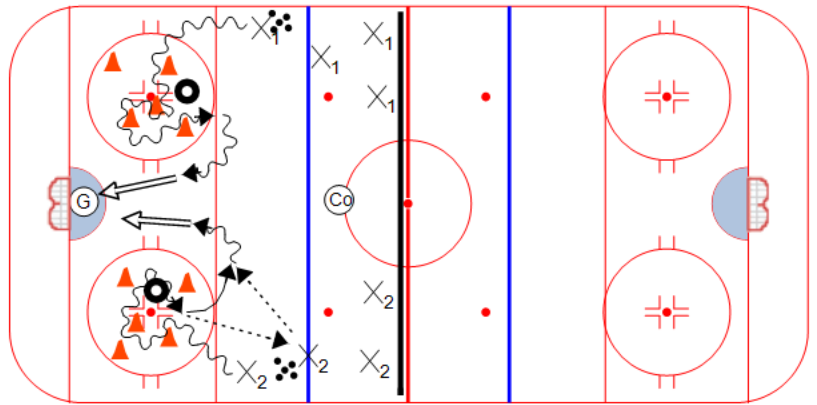
First player from each line enter the circle and stick handle around obstacles.

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.

Or, call players names to initiate the shot.

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



Key points :

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

Title : Corner Retrieve to Point Category #1 : Category #2 :

Description

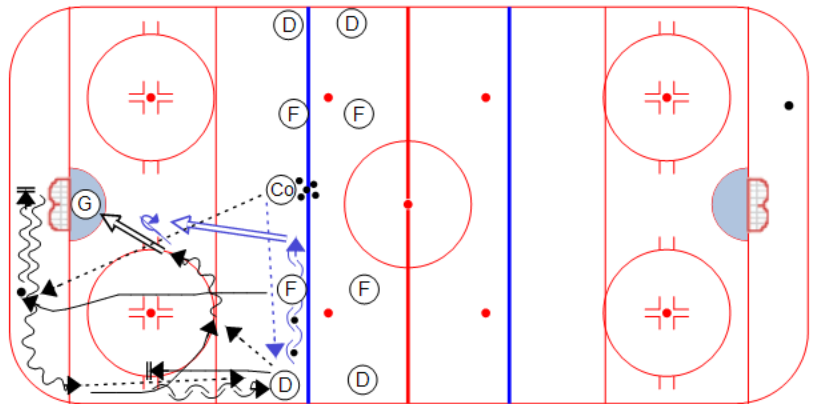
Alternating sides of the ice, Coach lays puck into a corner

F goes to retrieve and then works behind the net stops toward boards, then works along boards to corner. Pass to D.

D Races to hash with forward stopping towards boards then retreats to point.

From corner F passes to D for Give and Go and attacks the net.

Coach passes D second puck. D walks line and takes



Key points :