



Practice Plan



Team: _____

Practice No.: _____

Date : _____

Time: _____

Duration: _____

Version No.: _____

Prepared by: Wade Burt - 200 Hockey Development

Objectives / Main tasks :

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

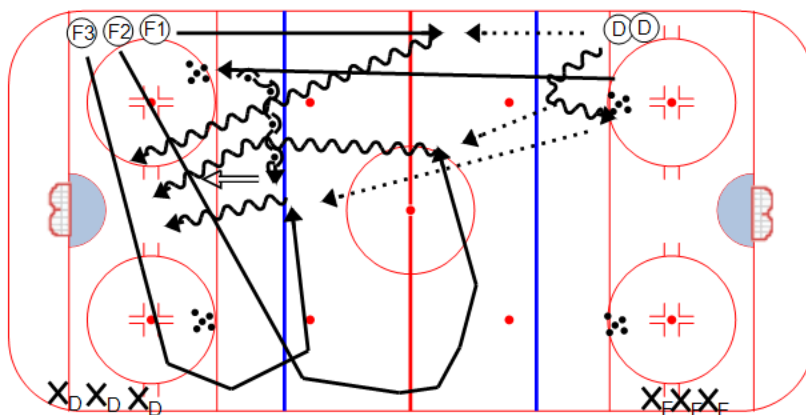
Title : Triple Over with D shot

Category #1 : Practice

Category #2 : Passing/Shooting

Description

On Whistle F1 skates up to Red and receives puck from D. D back skates and pick up a new puck and hits F2 coming across Red. D back skates again and hit F3 at far blue. D then follows play up ice and collect puck from circle. He drags back to blue for 4th shot.



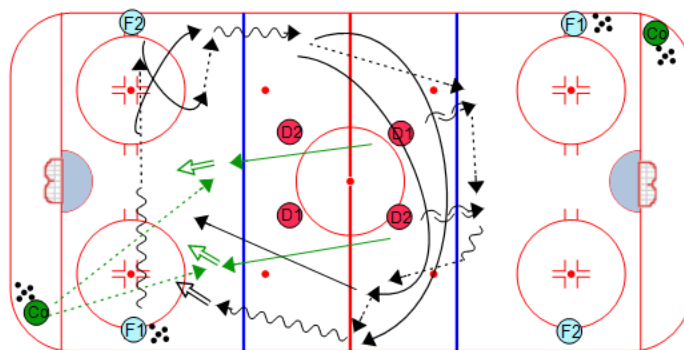
Key points : _____

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

Title :

Key Points :

- * Both sides at the same time
- F1 starts with a puck and passes to F2.
- F2 and F1 exchange the puck and pass to D1.
- D1 to D2 and rback to the underneath player on the regroup.
- Wide shot and drive for a rebound.
- D1 and D2 follow up for 2 point shots with the pass from the coach.



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

Practice

Drill Title : Richie Figure 8 Skate

Blue Line Drills

Components : _____

Content elements :

Description

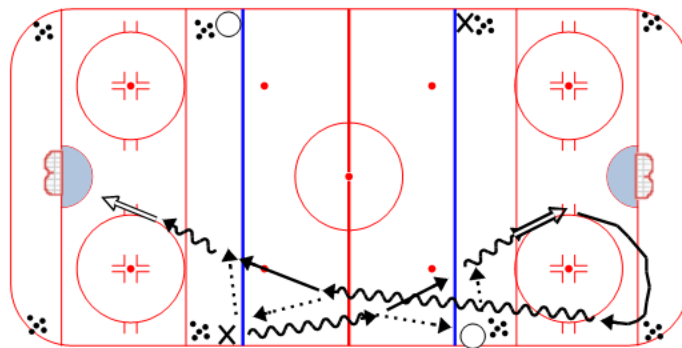
X takes a couple strides and passes to O in opposite corner. He drives wide and gets return pass and takes shot. After shot he curls into corner and gets a puck. He continues up ice and passes to his original line. He gets a return pass and shoots. Once he crosses red line O follows doing same route. After X takes 2nd shot he curls to corner and breaks out O.

Key Points

Good passing

Quick feet

Exploade out with puck



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

Title :

Key Points :

F1 passes to F2 and go in against D1. F3 tracks back.

- On the 2nd whistle Fs touch the boards they are closest to while D 1 and F3 try to box out. Coach passes to D2 for shot.

- on 3rd whistle F1, F2, F3, and D1 track back to red line. D2 tracks back to D1s original position to be part of the next sequence.

