

PRACTICE PLAN



HOCKEY CALGARY
6:15 - 7:45 p.m.

Thursday Sept 9/21

①

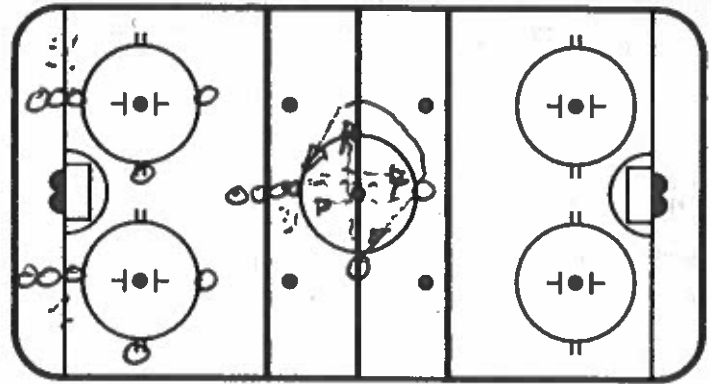
TIME 6:20 - 6:27 DRILL clockwork

- 3 pass exchange
- 1 pass to side
- roll to open side of circle
- return pass
- pass to next in line

③ circles

KEY TECHNICAL POINTS

NON-STOP
FOREHAND ONLY



KEY EXECUTION POINTS

FLAT, CRISP PASSES

TIME 6:28 - 6:38 DRILL line passing

- Cross ice passing
- 2 lines facing each other

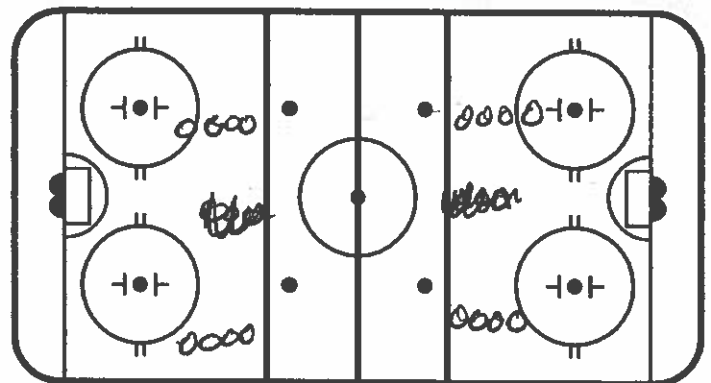
① - pass

② - pass, pass, pass,

③ Exchange ends, stop at red backward to blue, exchange picks

KEY TECHNICAL POINTS

③ skate to red, tight turn, pass back to own line, tight turn, pass to far line.



KEY EXECUTION POINTS

TIME 6:38 - 6:48 DRILL "S" warm-up

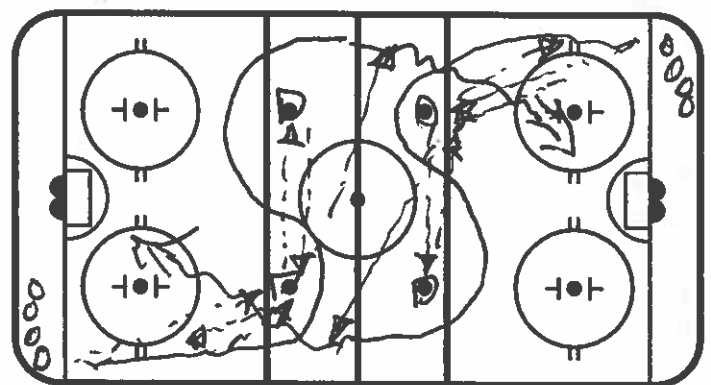
- 4 d on neutral zone dots
- pucks in diagonal corners
- players in diagonal corners
- From corner pass to D, pass, pass
- Skate "S" curve around

KEY TECHNICAL POINTS

D to wide lane,

D to D,

- wide D passes rink width to E in D



KEY EXECUTION POINTS

PRACTICE PLAN



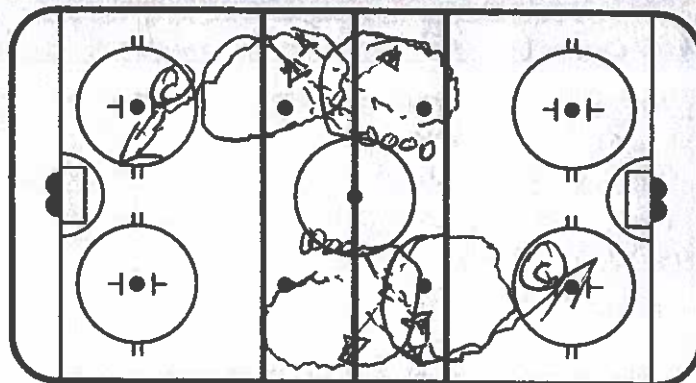
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TIME 6:48 - 7:06 DRILL Figure 8 passing

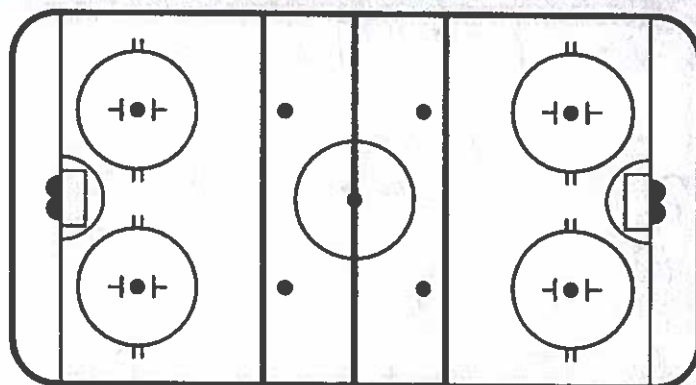
- 2 lines at center circle
- start backwards to the blue line boards
- pass from line, circle to middle as passer circles to outside boards
- pass circle to middle as passer
- KEY TECHNICAL POINTS face puck at all times
- timing & technique - don't worry about speed now



KEY EXECUTION POINTS circles to wall. pass - shot. continue NOW STOP

TIME DRILL

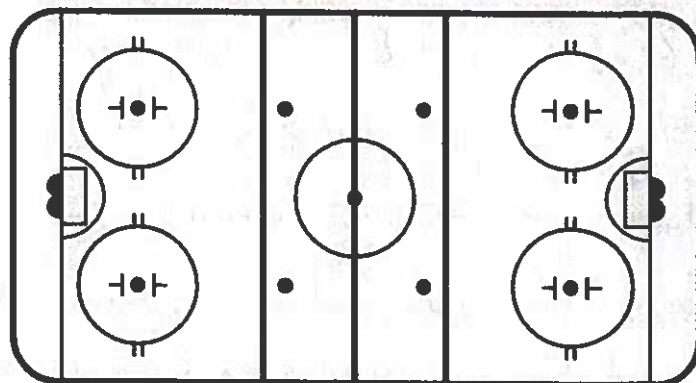
KEY TECHNICAL POINTS



KEY EXECUTION POINTS

TIME DRILL

KEY TECHNICAL POINTS



KEY EXECUTION POINTS
