



Practice Plan

Team: Drill of Week 2013-14



Practice No.: _____

Date : 22.10.13

Time: _____

Duration: _____

Version No.: _____

Prepared by: Peter Russell

Objectives / Main tasks :

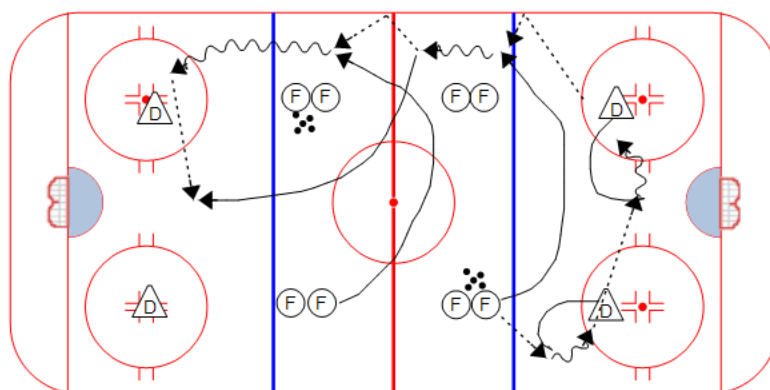
Transtion - Indirect Plays Under Pressure
Chip and Support Drills - Skills and Tactics
Breakout - Support
Active Defence in Rush
(2 v 1) Cross Ice Offence 'Scoring'

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

Title : EJ - Double Chip Content elements: _____ Components : _____

Description

F chips puck along wall, D comes down collects puck & passes to partner who is in hinge support. He skates towards wall & gives an indirect pass to 1st F who then makes another chip off the wall to the 2nd F.
The two forwards will then attack the net 2 vs. 0, both sides at the same time.



Key Points :

Communication

Controlled Skating

Head on a Swivel

Quick Board Chips

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

Title : Breakout v (1-1) Pinch Content elements: _____ Components : _____

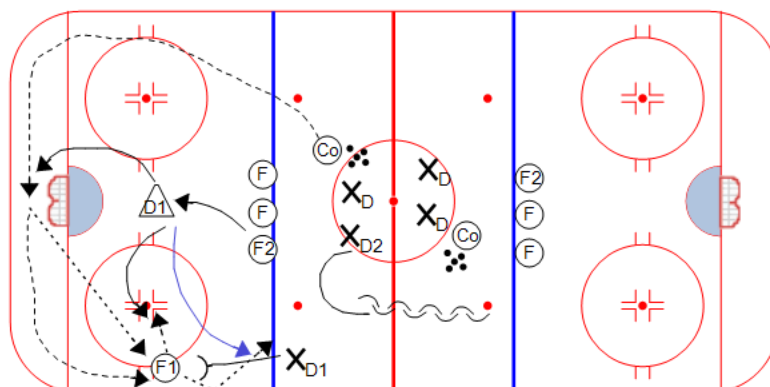
Description

D1 goes back and picks up rim behind net then D1 rims or makes quick up to F1 on the half wall.

On rim XD1 may step across blue to pinch on F1.

F1 must read the pressure and pass directly to F2 if he has time, chip out to F2 if he has less time and counter pinch on XD1 if he has no time at all. Then F2 plays 1 v 1 against XD2.

XD1 must vary his pinch pressure so forward must read the situation each time.



Key Points :

Be Ready

Decision Making

Communication

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

Title : Breakout v (3 v 2) Pinch Content elements: _____ Components : _____

Description

D1 goes back and picks up rim behind net then D1 rims or makes quick up to F1 on the half wall.

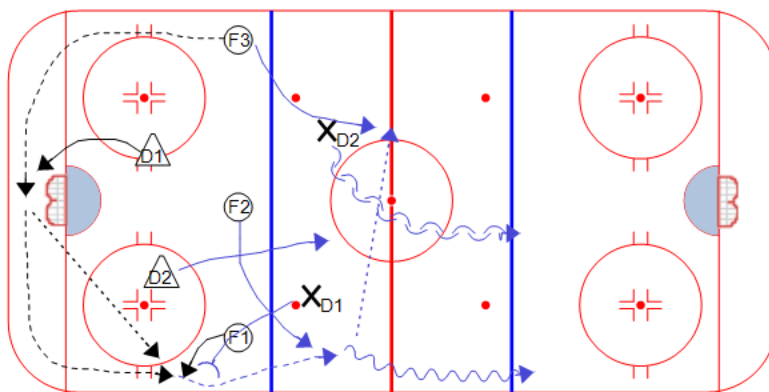
On rim XD1 may step across blue to pinch on F1 or back out

F1 must read the pressure and pass directly to F2 if he has time, chip out to F2 if he has less time and counter pinch on XD1 if he has no time at all.

F2 and F3 must read pinch pressure and adjust.

XD1 has the option to pinch or back off and play the 3-2. D2 may jump up to create a 3-1.

XD1 must vary his pinch pressure so forwards must read



Key Points :

Be Ready

Decision Making

Timing

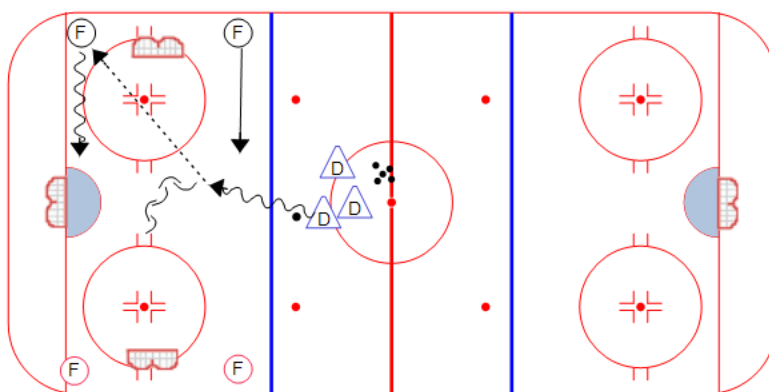
Communication

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

Title : Rockets Cross ice Content elements: _____ Components : _____

Description

Move the nets into one end set up cross ice as shown. Start with breakaway, coach on the blue line passes to player, he then goes in for quick shot on goal, alternate sides, Then bring the defenseman to the top of the blue line as shown, they then can work on 1 on 1's, 2 on 1's, and 3 on 1's, The Defenseman passes the puck to the forward with good gap control players the short rush, alternate sides.



Key Points :

Quick Decisions

Support