



Practice Plan

Team: Enio DWC

Practice No.: _____



Date : October 17, 2019

Time: _____

Duration: _____

Version No.: _____

Prepared by: Poole

Objectives / Main tasks :

Thanks Enio!
Recommended Book - 5 Dysfunctions of Team

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

Title : F wall skills

Category #1 : F skills

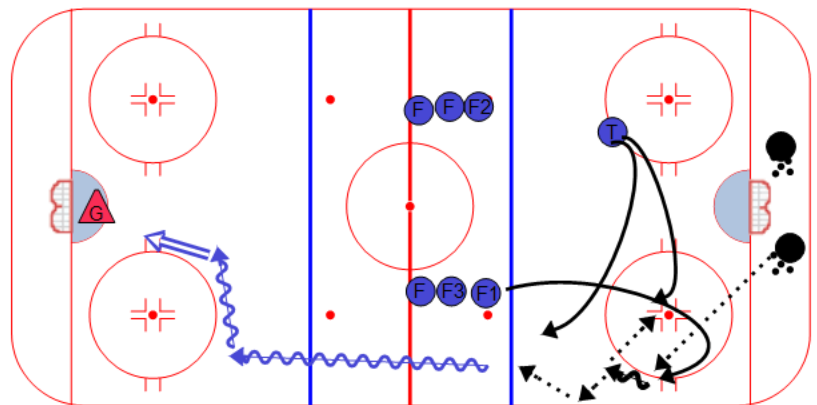
Category #2 : Breakout skills

Description

-F1 supports low on wall - shoulder check up ice & receive pass from coach below goalline
-T slashes to support wall...call for bump underneath, or chip past pressure. T goes down for shot.
-Repeat on opposite wall...with F2 supporting on wall & F1 slashing to support
-Add coach pressure down walls if enough staff

FOCUS:

Shoulder checks
Support communication (loud)
Shooting habits
FIF & reload hard out of zone



Key points : _____

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

Title : Newfy 1v1

Category #1 : Compete / Battle

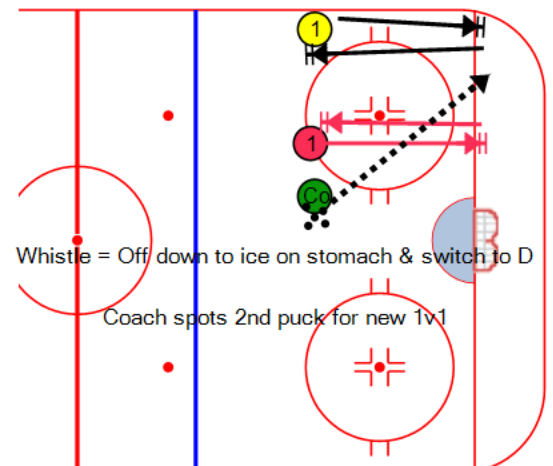
Category #2 : Low 1v1

Description

On Coach 'go', players race to goal line, stop & return to ringette, stop & race for puck in corner. Coach spots on players way back to ringette. Outside player on offense, inside player on defense.

After 1v1 played out, coach whistle & offensive player down to stomach & back up. Same time the coach will spot puck for defensive player to retrieve. Play 1v1 out again until double whistle.

Crosby / McKinnon did this drill over summer (Youtube - John Moore)



Key points:

Compete

Puck protection

Good sticks

Battle

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

Title : Penguins Transition

Category #1 :

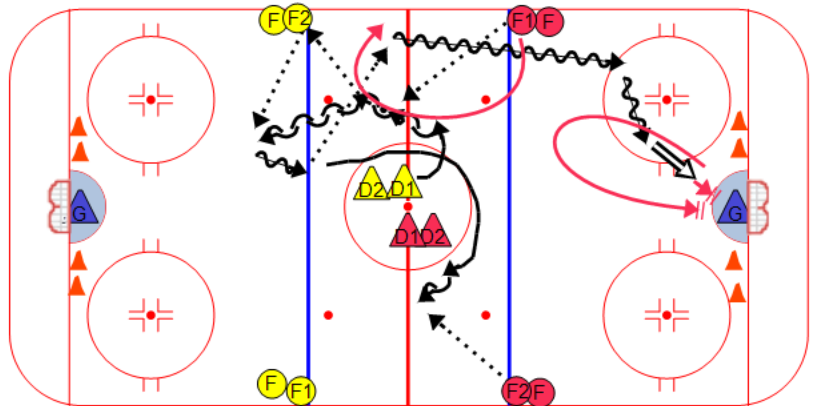
Warm-Up

Category #2 :

Transition skills / habits

Description

Both sides @ same time
 - D1 pops out & pivots backwards...receive pass from F1...D1 quickly hits F2 on other Blue...quickly hinge supports (underneath in middle ice) for pass back...F1 after passing gets inside dots & then supports low on wall for outlet pass back from D1
 ...After transition = D1 comes up hard & around circle to repeat with F2 on other side.
 D follows up after 2nd transition for pass to point (3 seconds on point shot rebound...FINISH)
 PROG... D1 join rush for delay pass from F2
 After F1 shot...comes up out of zone & times net drive for F2 shot



Key points :

D quick feet in transition

Shoulder Checks / Scans

Communication / Shot

FIF-Finish in Front

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

Title : Lemaire Exits

Category #1 :

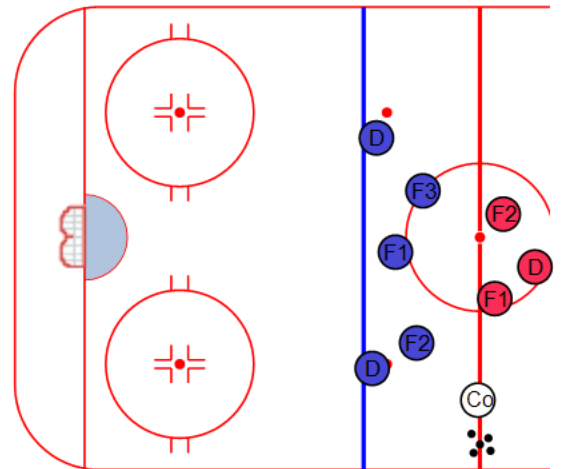
DZ Exits

Category #2 :

Breakouts

Description

-Drill starts with Coach dumping a puck (option if wanting to touch up)
 -5man unit will get back ASAP to support vs 3 fore-checkers (2F & 1 D).
 -Breakout unit will work for quick / short support options to maintain possession vs pressure for as long as possible
 -Once unit has done good job...coach blows whistle & unit tries to exit cleanly
 *Progress to 2F&2D once units excuting well
 **If still having success, proceed to 5v5



Key points:

Track back quick to support

Short support / Bum option

Loud communication

5-man support

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

Title : 33 2-net game

Category #1 :

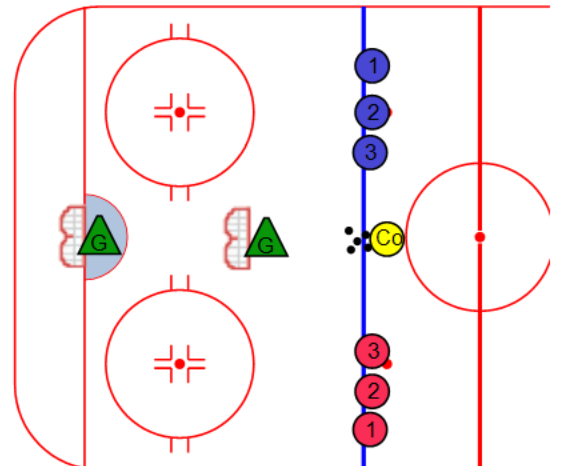
SAG

Category #2 :

COmpetitive

Description

Competitive SAG playing against 3 vs 3 in zone.
 Players can score on either net...first team to retrieve dump is offense...to go from defense to offense players must regroup with next player in line or coach. Next player in line has 3 seconds to pass or shoot (far net only)
 Good game to encourage offense skills / habits:
 -Communicating & getting head up to see plays available, puck support habits
 Good game to encourage defense skills / habits:
 -Communicating, ID'ing Man & keeping D-side gap (either net), Good sticks to take away lanes / close gaps



Key points:

Communication

Puck Support habits

D & O Awareness

Keeping D-side gaps