



# Practice Plan



Team: Enio DWC

Practice No.: \_\_\_\_\_

Date : October 17, 2019

Time: \_\_\_\_\_

Duration: \_\_\_\_\_

Version No.: \_\_\_\_\_

Prepared by: Poole

### Objectives / Main tasks :

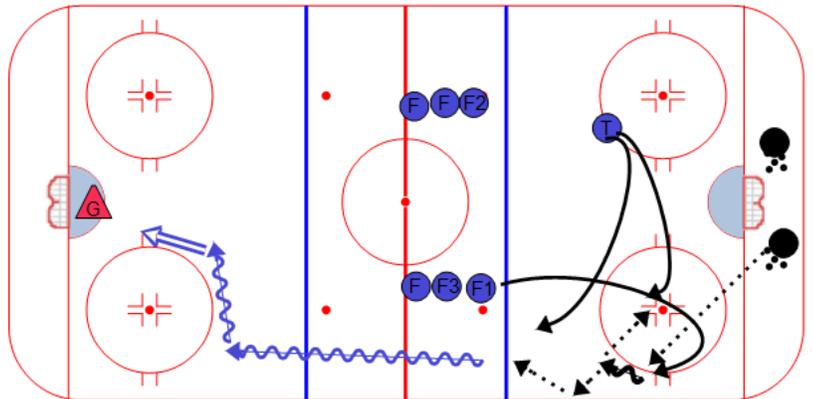
Thanks Enio!  
Recommended Book - 5 Dysfunctions of Team

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



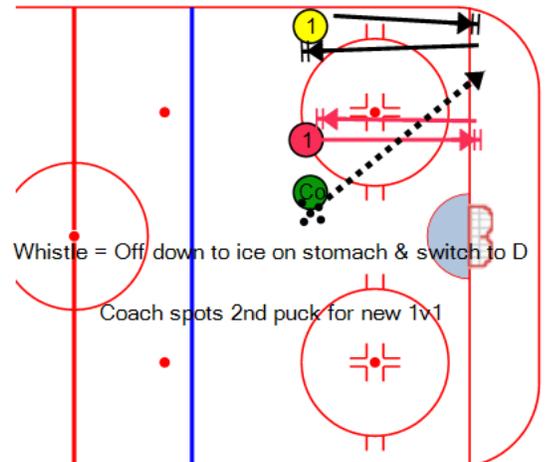
Key points : \_\_\_\_\_

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

