



# Practice Plan

Team: \_\_\_\_\_

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

Date : 8/19/11 \_\_\_\_\_

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

Duration: 50min \_\_\_\_\_

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

Prepared by: \_\_\_\_\_

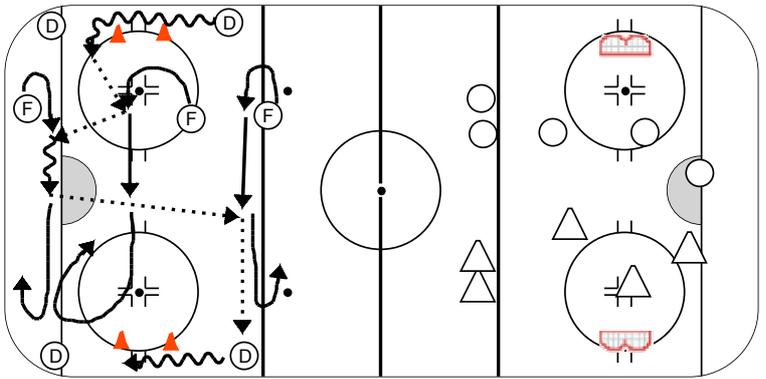
### Objectives / Main tasks :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Break out warm up + SAG Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

#### Description

break out + sag warm up rotation  
each line do 8 break outs  
Sag rule: every one must touch puck before scoring



Key Points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

#### Categories

Drill Title : Break out and regroup NZ + SAG

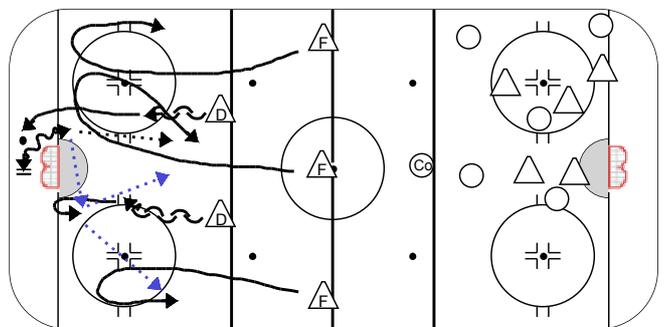
Components : \_\_\_\_\_

Content elements : \_\_\_\_\_

#### Description

SAG rule: back hand passing and scoring  
Break out coach rims the puck, goalie stops it.  
F pass to coach who starts the regroup

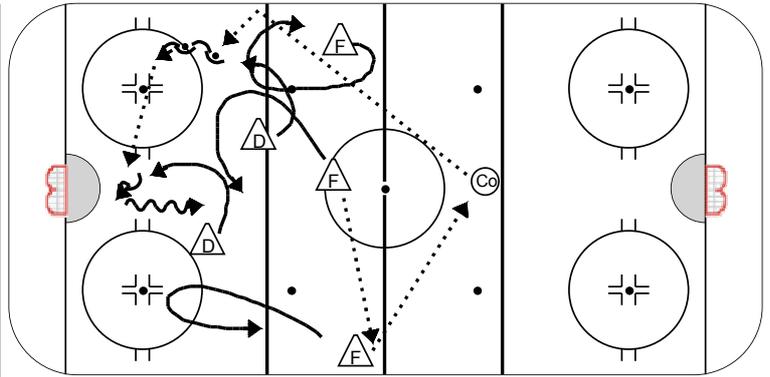
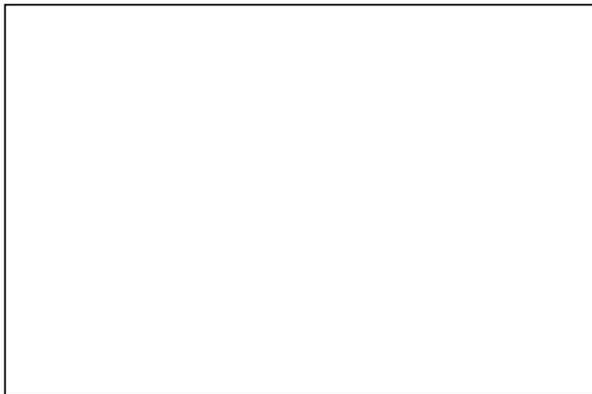
#### Key Points



Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Break out and regroup NZ Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

**Description**



Key Points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

**Categories**

Drill Title : D shooting, F triple threat / protect the puck+ drop pass

Components : \_\_\_\_\_

Content elements : \_\_\_\_\_

**Description**

D1 picks up the puck moves and shoots  
D1 picks second puck and passes it to  
D2 who shoots and then pics the puck  
and shoots and then pics the puck that  
he passes to the next D.

**Key Points**

