



Practice Plan

Team: _____

Practice No.: _____

Date : 8/19/11 _____

Time: _____

Duration: 50min _____

Version No.: _____

Prepared by: _____

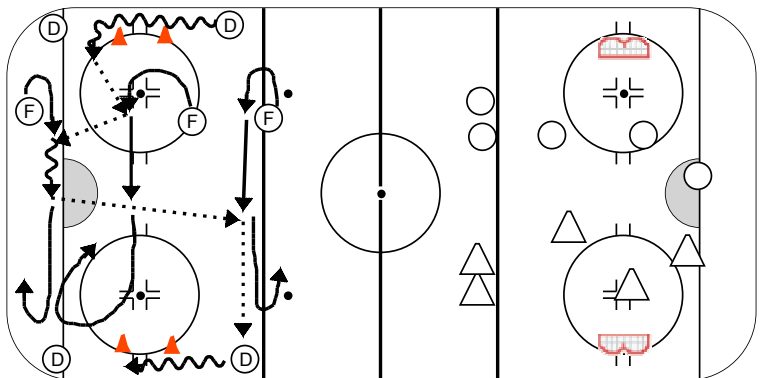
Objectives / Main tasks :

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

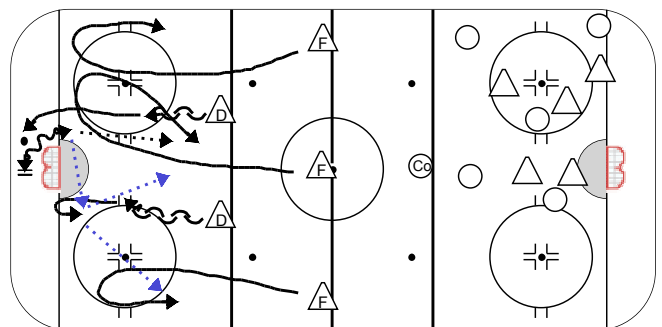
Components : _____

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

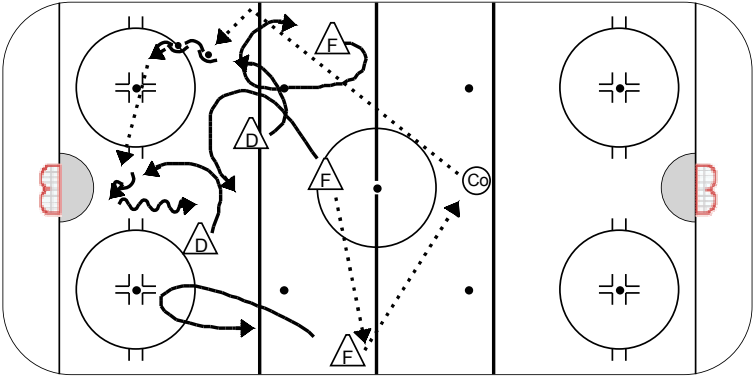
Key Points



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

