



[Team Name]

Practice Plan

Date: 9/11/11

Time: 13:45-15:15

Venue: Don Hartman

Lines:

30 min. skills

Teach 2-1-2 forecheck with a weak side pinch

2 short pk.

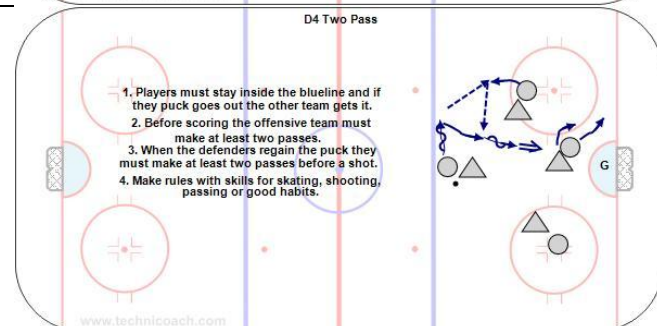
Notes:



7'

1:45

A200 – Skating edges and balance with the puck.



8'

1:52

D4

Game of 2 pass.

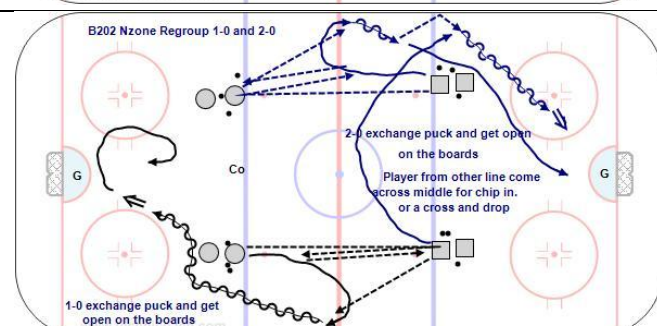


10'

2:02

D1 game of puck support and quick thinking.

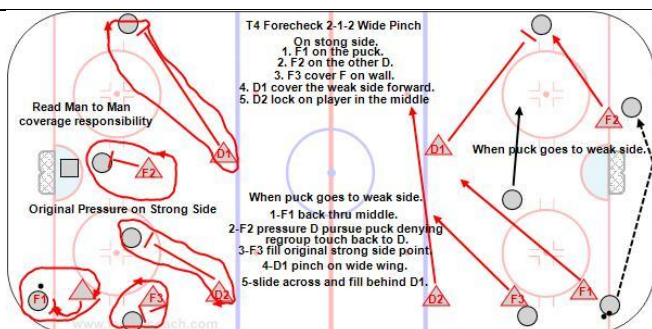
Everyone plays and only 2" with the puck. After scoring go back and touch the red line while the other team rushes right away.



8'

2:10

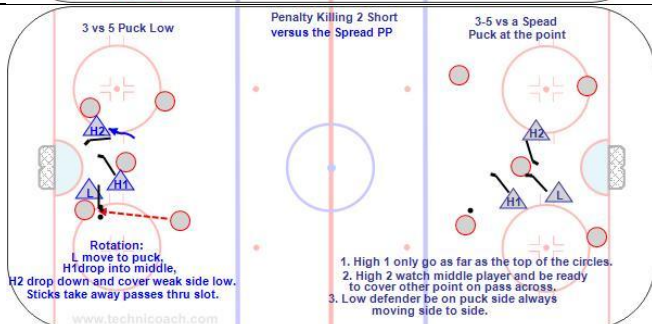
B202 1-0 and 2-0



20'

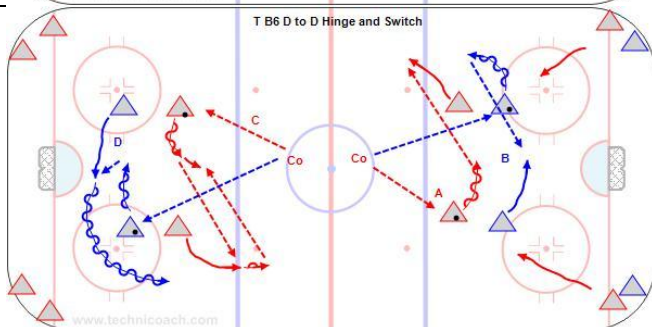
2:18
2-1-2 Forecheck with a wide pinch.

Demo and walk thru and then coach point and players rotate.



15'

2:38
2 short pk vs 2 pointmen.



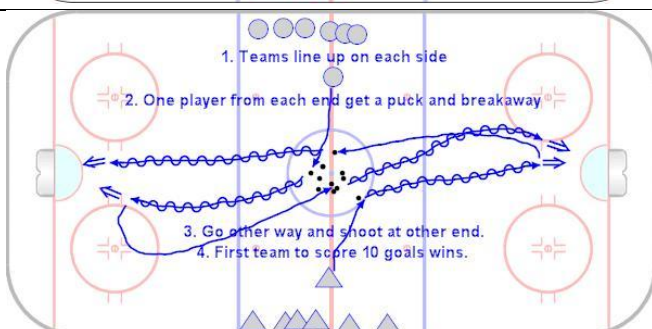
7'

2:53
Coaches hinge at each end.



10'

3:00
DT400 Game – rotation of attack-defend – breakout – rest.
-players are in 3 sets of 5 each line with a different colour. Dump the puck in and practice the forecheck.



E1

3:10
2 Shot shootout.
0 goals 2 laps
1 goal 1 lap
2 goals 0 laps