



# Practice Plan

Team: Sport C-97

Practice No.: 07101

Date : 07.10.2011

Time: 19:00-20:00

Duration: 50 min

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

Prepared by: Kaitsu/Sport C-97

## Objectives / Main tasks :

Passing and receiving, 4 playing roles, give and go.

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

### Categories

PELIT

Drill Title : 4-4 no return pass

sovelletut säännöt pelit

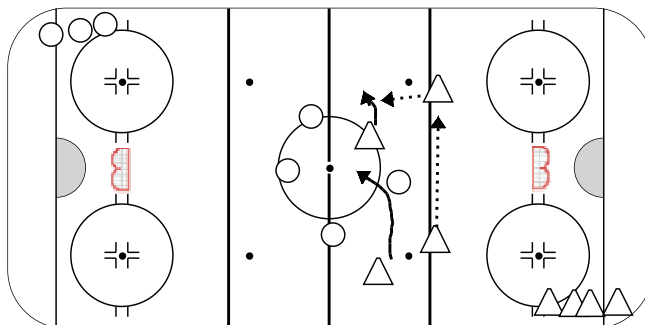
Components : \_\_\_\_\_

Content elements : roles 1,2,3,4

### Description

4vs4 no return pass  
\*move, create space

### Key Points

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

Title : 3v3 tight marking

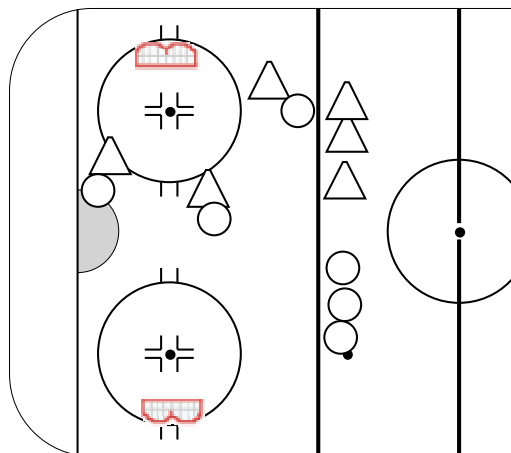
Category #1 : PELIT

Category #2 : pelitilanneroolipelit

### Description

\*give and go

### Key points:

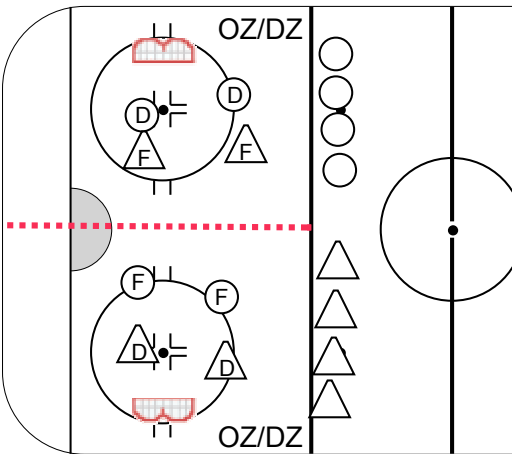
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : 4-4 (2-2 in the zone) Category #1 : PELIT Category #2 : pelitilanneroolipelit

Description

\* create space, get open  
\* stay in the defensive side

Key points:

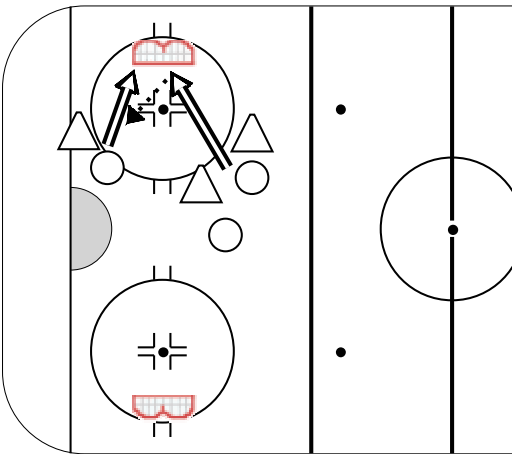


Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : 3v3 score from rebound=3pts. Category #1 : PELIT Category #2 : pelitilanneroolipelit

Description

Key points:



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

Categories

PELITILANNE/JAKSOTTAINEN

viisikkopeli

Drill Title : break out 5-3 to 5-5

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

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

Description

when the puck crosses the offensive blueline, the 2 defensive F's joins the game

Key Points

