



Practice Plan



Team: Coaching Clinic Plan

Practice No.: 2

Date: Mon Oct 20/14

Time: _____

Duration: _____

Version No.: 1

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Objectives / Main tasks :

Skill Drill
Small Area Games Examples

Drill no. : 1

Duration : _____

Minutes

From : _____

To : _____

Title : Figure 8's

Category #1 : _____

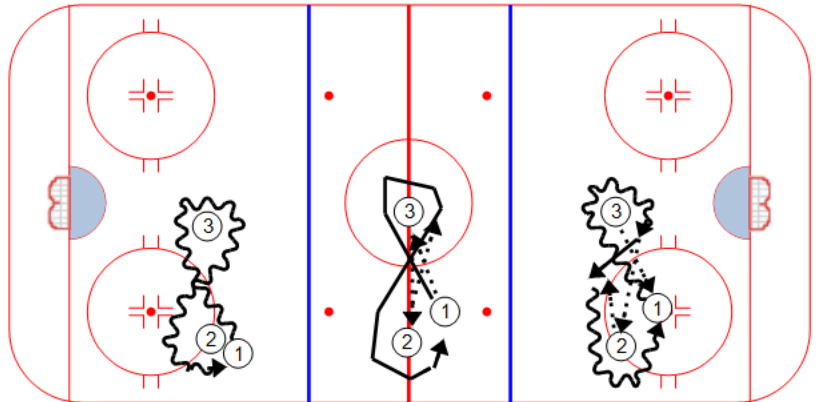
Skill Drill

Category #2 : _____

Individual Skills

Description

- players work in groups of 3
1. puck protection - player 1 skates with a puck in a figure 8 around player 2 and 3 while protecting puck - complete figure 8 twice and then 2 goes.
 2. passing figure 8 - all one touch passes - no puck carrying around the players.
 3. passing figure 8 - all one touch passes but carry puck through the turns



Key points :

Edging

Puck Protection

1 Touch Passing

Flat Passes

Drill no. : 2

Duration : _____

Minutes

From : _____

To : _____

Title : 2 on 2

Category #1 : _____

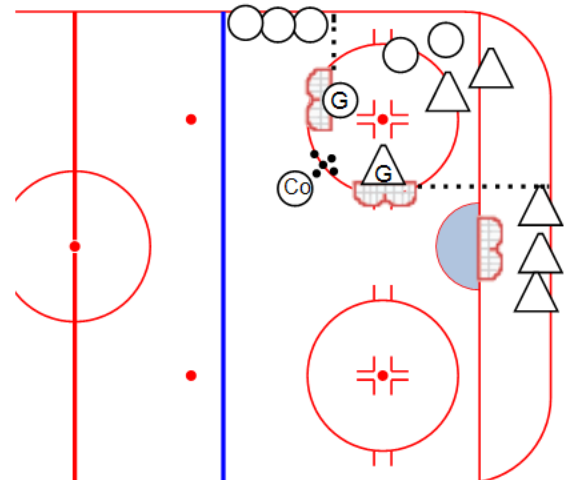
SMALL AREA GAMES

Category #2 : _____

Battles

Description

Coach starts game with puck dump.
2 players enter from each line to begin 2 on 2 battle
Area of the game is in the dotted space
When goalie covers puck, goal is scored or puck goes out of area then c
Coach yells puck and dumps a new one in.
On whistle players clear and new puck dumped for next 2 on each team
Progression is to shoot on any net



Key points:

1 on 1 play

Open space

Communication

Quick Reactions

Drill no. : 3 Duration : Minutes From : To :

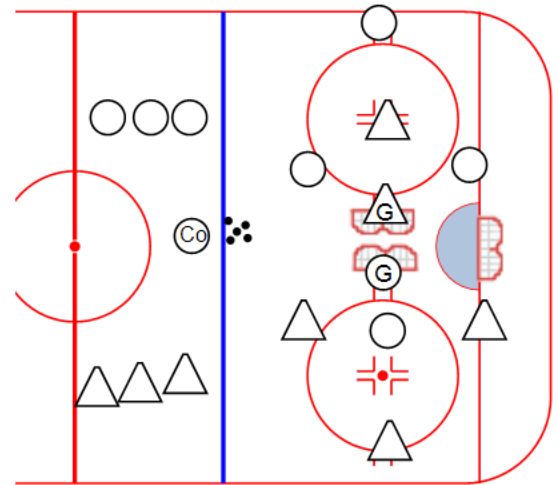
Title : 3 vs 1 PP Game

Category #1 : Small Area Game

Category #2 : PowerPlay

Description

Coach passes puck to a team to start game
3 players vs 1 - attempt to move puck with players set up in a triangle with 1 checker against them
Checker must pressure the puck
If they score a new puck is added.
The single player is trying to check the 3 and move puck to other side to her teammates waiting to start their 3 vs 1
If puck is out of play, goal is scored or goalie covers coach adds a new puck
On whistle players change



Key points:

Passing

Fakes and deceptions

Scoring

Shooting

Drill no. : 4 Duration : Minutes From : To :

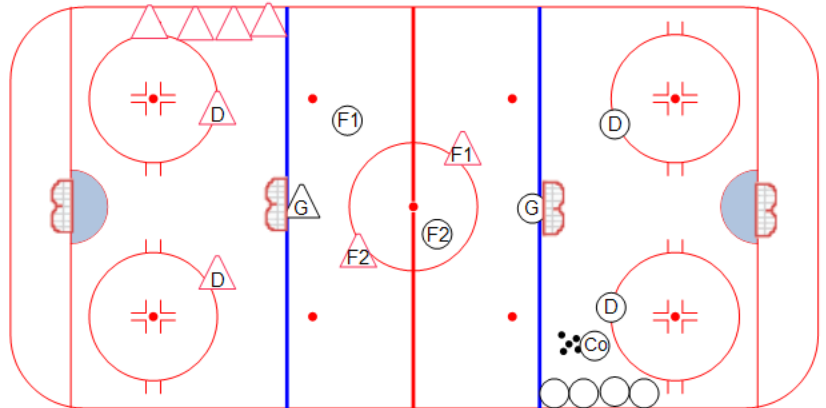
Title : Neutral Zone Regroup

Category #1 : Small Area Game

Category #2 : Transition

Description

To start game coach passes a puck into one of the teams of 4 players.
Each team has 2 D and 2 F - D can move anywhere below their blue line. Only 1 F from each team can pressure the D below the blue line.
When their D have the puck the F's try to get into a good position to receive pass and make a play on goal - One D can move to the red line for attack
Game is continuous and on a turnover F's must pass to their D before making a play on the net
If goal or goalie covers new puck is in
On next whistle players clear and new players added
When D have puck a single F from opposing team must pressure the D



Key points :

Transition

Nzone Regroups

Passing and Support

Attacks

Drill no. : 5 Duration : Minutes From : To :

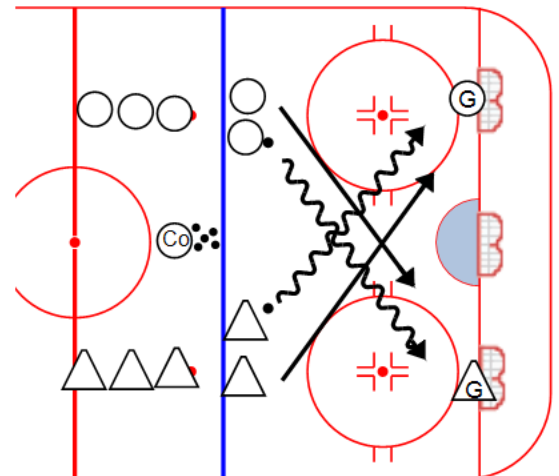
Title : 2 vs 2 Steal Puck

Category #1 : Small Area Game

Category #2 : Battles

Description

On whistle, 2 players from each team cross ice and try to score on opposite goal
Once a team scores they can try to steal puck from opposite team to score a second goal
On next whistle the next players go
Players can steal pucks at any time after first whistle



Key points:

Battles

Read and React

Communication

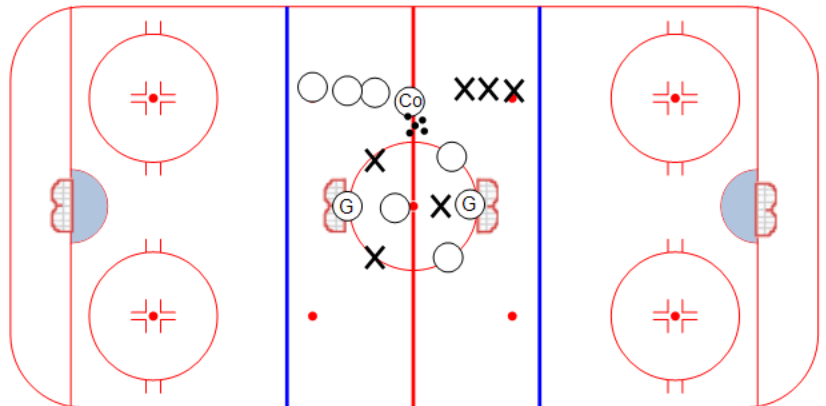
Stops and starts

Drill no. : 6 Duration : Minutes From : To :

Title : Hot Triangle Category #1 : Small Area Game Category #2 : PP Game

Description

3 vs 3 players and they must stay in their area
All passing and only person who can move on each team is the players in the middle but they cannot cross the red line
On whistle coach passes puck to a player to start drill
If a goal scored, puck is out of play, or goalie covers new puck is passed in
On next whistle players clear and new players enter



Key points :

One touch Passing

Fakes and Deceptions

Shooting

Scoring

Drill no. : 7 Duration : Minutes From : To :

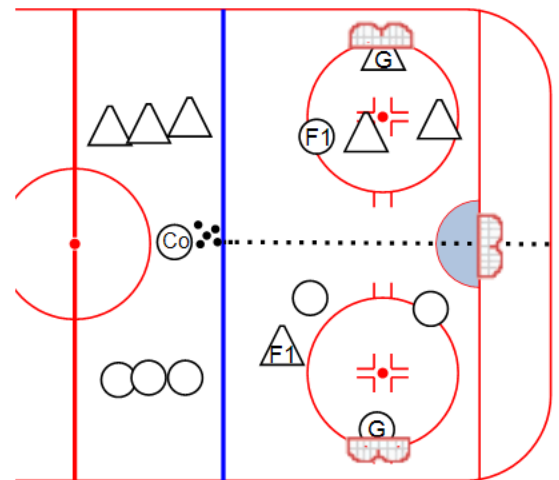
Title : Continuous 3 on 2 Category #1 : Small Area Game Category #2 : Attacks

Description

3 Players from each team enter area on whistle
F1 on both teams is only offense and cannot cross the imaginary line in middle of ice
Game will always be a 3 on 2 in offensive area with the D trying to transition to offense for a 3 on 2
If goal, puck out of play or goalie covers then new puck is passed in
On second whistle players clear and new players enter

Progression

Use of a Rover - offense all the time
1 on 1 with Rover or 2 on 2 with Rover



Key points:

Battles

Read and React

Transition to Attack

Passing and Scoring

Drill no. : 8 Duration : Minutes From : To :

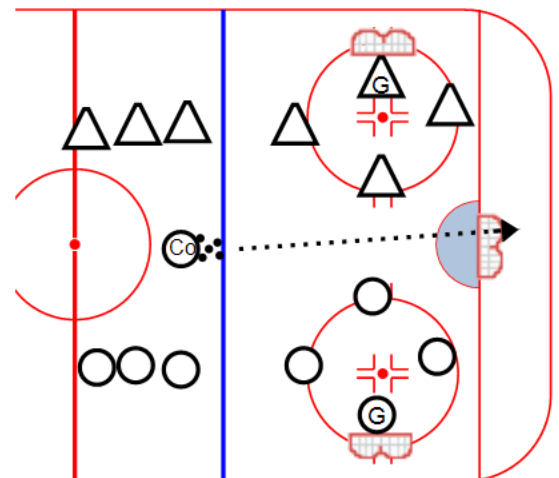
Title : 3 vs 3 Category #1 : Small Area Game Category #2 : Progressions

Description

Coach dumps puck to start 3 on 3
X's try to score on opposing goalie
On whistle players skate hard out of end and next group can go
If goal is scored, puck is put out of play, or goalie covers puck a new puck is shot in by coach.

Progressions:

teams can shoot on any net
put player from each team below the goal line and a pass must be made to your teammate before you can attack the net for shot



Key points:

Dont turn back on puck

Passing

Get open

Battles

Drill no. : 9 Duration : Minutes From : To :

Title : 1 vs 1 Add Players

Category #1 : Small Area Game

Category #2 : Battles

Description

Start game by coach dumping puck and 1 player from each team battling to shoot/score on opposing goalie

Once a player gets shot or goal on other goalie a second player can be added, you can add up to 3 players per team

On whistle players clear and 1 player enters game to start again with shot to add a player

Progression:

change to shot on goal and get rebound and pass to your next player in line and they pass back to add a player

instead of a shot to add player they must complete and pass to next player in line and receive it back

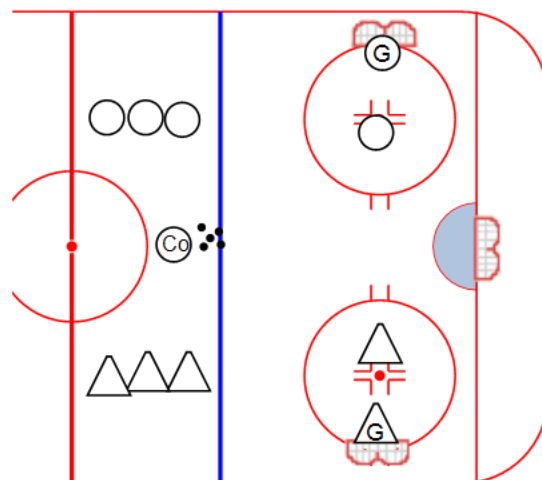
Key points:

Shooting and Scoring

Battles

Rebound play

Passing



Drill no. : 10 Duration : Minutes From : To :

Title : 3 x 1 on 1 Battles to 3 vs 3

Category #1 : SMALL AREA GAMES

Category #2 : Progression

Description

Game starts on Whistle with 3 x 1 on 1 Battles on the boards in a small area. If triangle wins puck she goes to wall to protect puck.

On the second whistle, each player with the puck tries to score on any net.

Once one of the pucks is in the net, covered by goalie, or out of play the 2 players who were using that puck go on and help with the other 2 pucks left until all pucks are gone.

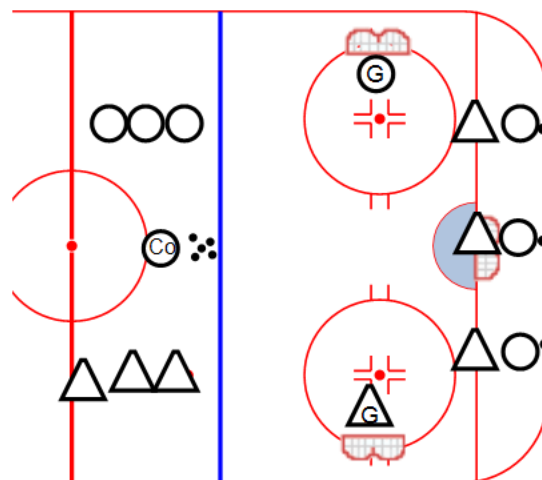
Key points:

Battles

Head up

Puck Protection

Puck Support



Drill no. : 11 Duration : Minutes From : To :

Title : Wild Card Game

Category #1 : Small Area Game

Category #2 : Battles

Description

Each coach picks a team

when puck is dumped in the coach from each team can select between 1-5 players to enter play (if team A selects 1 and team B selects 3 it is 3 vs 1 until shift is over)

On next shift coaches select the number of players to enter once again

The coach can only select each number of 1 to 5 players once and then start over 1 to 5.

Players can be added by making a pass and receiving it back from a player in line - max 5 players

Progression

Shoot on any net

Key points:

Read and React

Battles

Odd Man Situations

Passing

