



uWaterloo Warriors Practice Plan



Practice No: _____

Date : **Wed Oct 22/14**

Time : **5:30-7pm**

Duration : **70 Minutes**

Version no : **1**

Prepared by : **Shaun Reagan**

Objectives / Main tasks :

Skills - mirroring
Individual - 1 on 1 play
Team - NZ Attacks

GOALIES	Left DEFENSE	Right DEFENSE	Left WING	Centers	Right WING
40	16	97	26	91	66
95	4	94	2	3	8
37	22	7	96	89	10
			11		
				88- Injured	

Drill no. : **1** Duration : **12** Minutes From : _____ To : _____

Title : **Mirror Forwards and Backward**

Category #1 :

Individual Skills

Category #2 :

Gap Control

Description

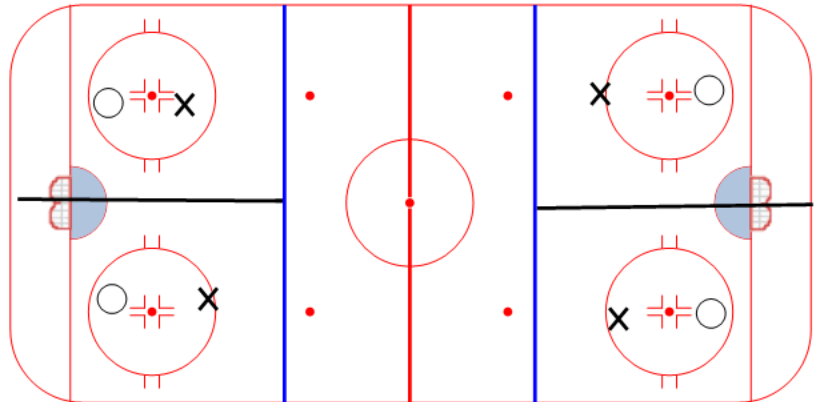
Split ice into 4 Areas
1 on 1 mirror drill
O can move anywhere in her area and X has to follow maintaining a good gap
O uses forward and backward pivots to try to lose X

Progression:

Add a puck with O

When O passes puck to X then O is defender

Add a puck with both O and X



Key points :

mirror

mobility

gap control

read and react

Drill no. : **2** Duration : **10** Minutes From : _____ To : _____

Title : **WEIDY ONE-TOUCH**

Category #1 :

Skill Drill

Category #2 :

PASSING / SHOOTING

Description

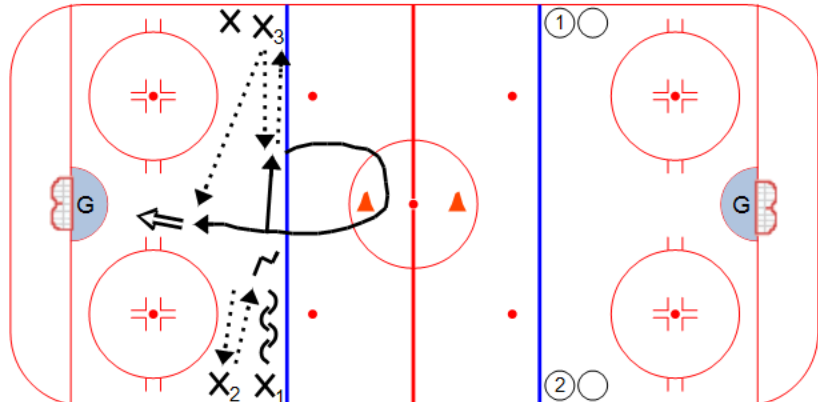
On the whistle, X1 Skate backwards One-Touch passes with next player in line X2, then pivots forward and exchanges a one-touch pass with X3.

X1 crosses over skating forwards around the cone and receives a pass from X3 and attacks the net.

Next whistle, X3 then goes with same steps from other side. Drill is both ends at same time.

Progression:

Instead of cross over skating around the cone the player open pivots around the cone facing X3 for the pass



Key points :

COMMUNICATION

QUALITY PASSES

EYES ON TARGET

FOLLOW SHOT

Drill no. : 3 Duration : 15 Minutes From : To :

Title : Brydgety 1on1 to 2on1

Category #1 :

Team Tactics

Category #2 :

Attack - Entry

Description

On Whistle

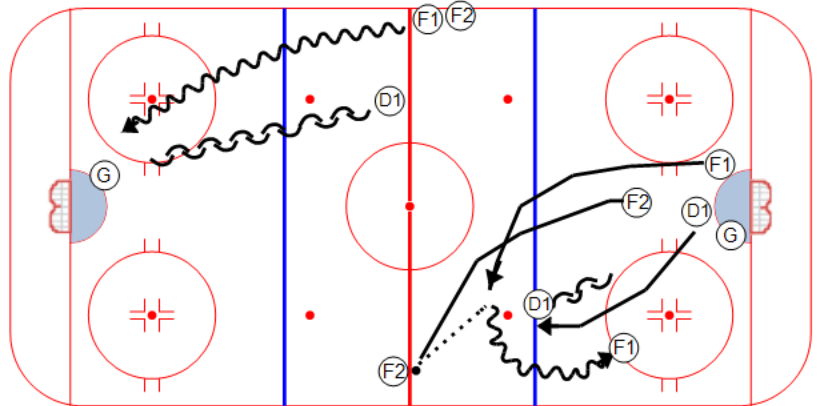
F1 attacks net with puck

D1 skates backwards and plays F1 one on one

F1 makes play at net and then regroups outside of blue line and gets a pass from F2 to attack D1 who gaps up to play F1 and F2 - 2 on 1

Same out of both ends.

Forwards switch ends to attack.



Key points :

F1 Speed to Net

D Matches F Speed

F1 and F2 Attack 2 on 1

D Gaps Up

Drill no. : 4 Duration : 20 Minutes From : To :

Title : NZ 1vs1,2vs1,2vs2,3vs2

Category #1 :

Team Tactics

Category #2 :

NZ Attacks

Description

F1 passes to D1 and F2 passes to D2

F1 skates back towards D2 and open pivots for pass

F2 skates back towards D1 and open pivots for pass

D1 Gaps up and plays 1 on 1 vs F1

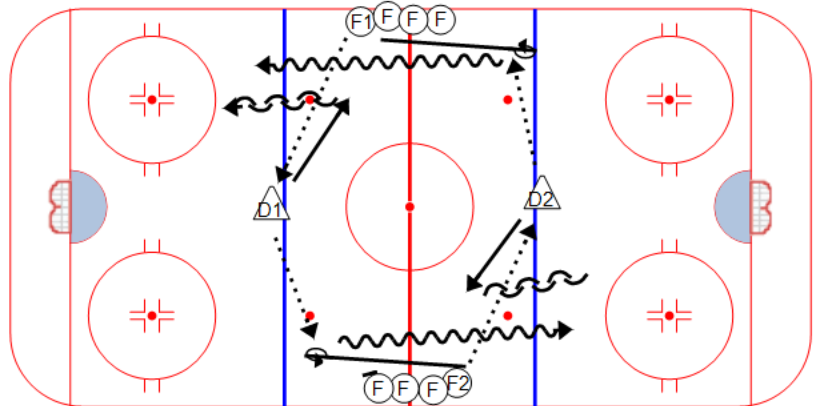
D2 Gaps up and plays 1 on 1 vs F2

Progressions

2 on 1 - F1 and F2 vs D1 (gaps up)

2 on 2 - Add another d at each end

3 on 2 - full line attack out of N zone



Key points :

Tape to Tape

Open Pivots

Gap Control

NZ Attacks

Drill no. : 5 Duration : 12 Minutes From : To :

Title : 2 on 2 Continuous

Category #1 :

Small Area Game

Category #2 :

Attacks

Description

Forwards are on all blue lines

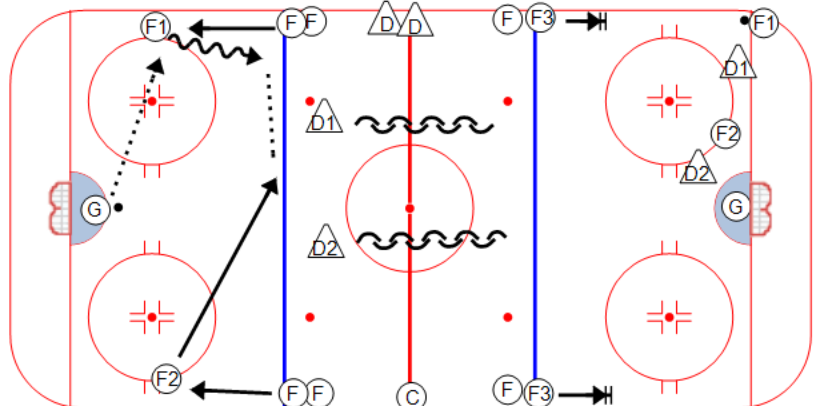
game starts coach dumps puck to goalie and goalie passes to F1 - F1 and F2 breakout and attack D1 and D2 with speed and play a 2 on 2 - they continue and try to score but play the 2 on 2 below the tops of the circles until:

1. F1 and F2 Score or

2. Goalie covers puck and D move puck to F3 and F4 (who move to top of circle) or

3. D1 and D2 pass puck to F3 and F4 who then attack D3 and D4

Game continues back and forth for 12 minutes the it is a competition between D and G vs Forwards



Key points :

Attack

Create offense

D play

Fitness