

PRACTICE PLAN



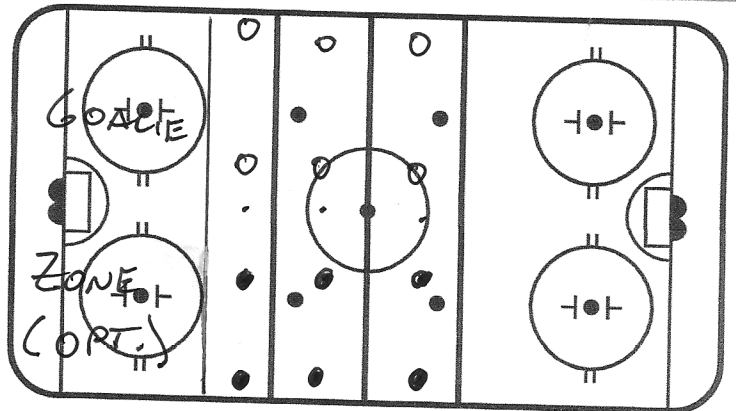
HOCKEY CALGARY Full - ICE

1 MAR: PW6
7:00 pm: BSP

1/2

TIME 10 min DRILL HANNAH 2 v. 2

- CROSS-ICE GAME 2 v. 2
- ONE PLAYER STANDS ON BOARDS AS "NET" WITH FEET WIDER THAN SHOULDER WIDTH
- 1 v. 1 BATTLE TO SCORE IN "NET"
- NO RAISIES !!!



KEY TECHNICAL POINTS

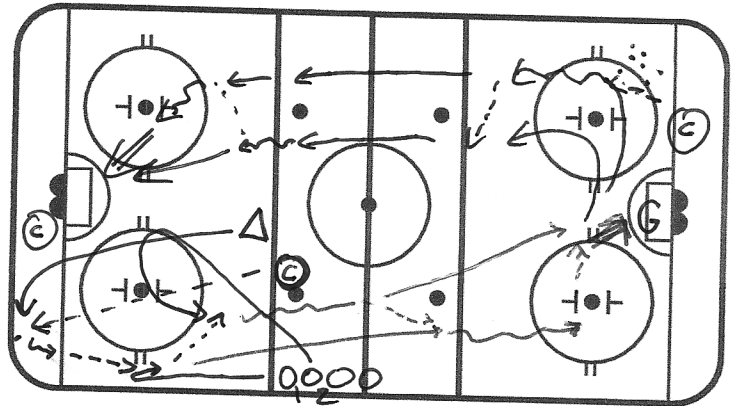
- PUCK PROTECTION, STICK ON PUCK

KEY EXECUTION POINTS

- 30-45 SEC SHIFTS.
- CAN "SLIDE" FOR NEW OPPONENTS

TIME 10 min DRILL BREAK - OUT TO 2 v. 0

- (C) DUMPS PUCK IN CORNER
- Δ (DEF.) RETRIEVES
- O₁ GOES "B.O.B."; O₂ SUPPORTS CENTRE
- Δ PASSES TO O₁; O₁ PASSES TO O₂
- O₁ TO O₂ GO 2 v. 0 TO FAR END
- AFTER SHOT, ONE PLAYER RECEIVES PASS FROM COACH TO GO 2 v. 0 TO OTHER END



KEY TECHNICAL POINTS

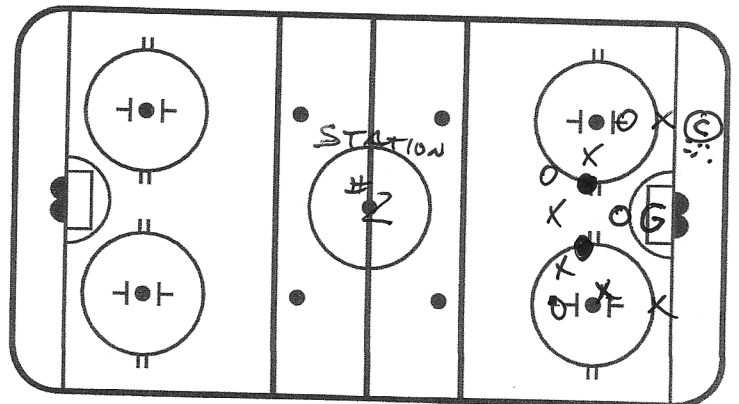
- "LOOK-MOVE-LOOK-PASS"
- GOOD PASSES → DRIVE NET

KEY EXECUTION POINTS

- CONTINUOUS 2 v. 0 TO BOTH ENDS
- BE WARE OF CROSS-TRAFFIC

TIME 5 min DRILL 1 v. 1 or 2 v. 1 AT NET

- PLAY AREA DEFINED BY PYLONS (X)
- 1 v. 1 (FORWARD + DEFENCE + GOALIE)
- IF FORWARD SCORES = 1 POINT
- IF GOALIE OR DEFENCE CLEARS PUCK, = 1 POINT
- PROGRESSION TO 2 v. 1 = FORWARDS MUST PASS BEFORE SHOT ATTEMPT



KEY TECHNICAL POINTS

- STICK ON PUCK
- PUCK PROTECTION

KEY EXECUTION POINTS

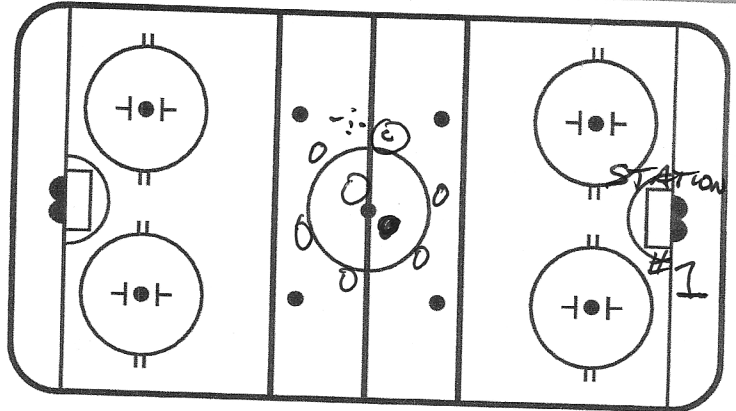
- 30-45 SEC SHIFTS
- IF PUCK CLEARED OR SCORED, (C) PASSES PASSES NEW ONE TO FORWARD

STATION # 1

TIME 5 min DRILL BULL IN THE RING

STATION #2

- 1 v. 1 IN THE "RING" (FACE-OFF CIRCLES)
- USE RINGETTE RING - STICKS TURNED OVER - PLAY KEEP AWAY
- ONCE PLAYERS MASTER W/RING, SWITCH FOR PUCK.
- PLAYERS ON CIRCLE KEEP PUCK/RING IN



KEY TECHNICAL POINTS

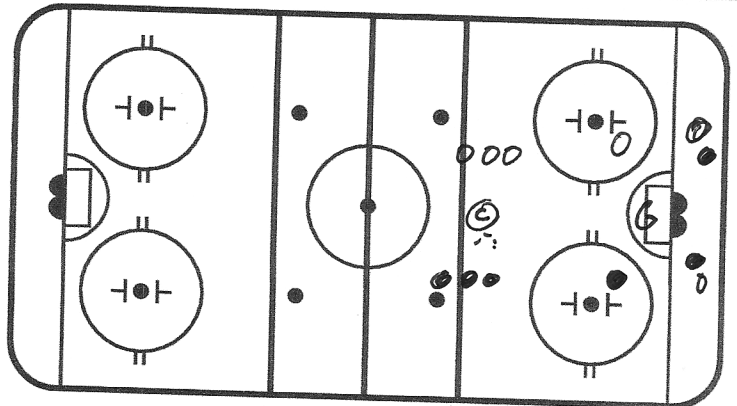
- PUCK PROTECTION - BODY POSITION
- STICK LIFTS

KEY EXECUTION POINTS

- 30-45 SEC SHIFTS

TIME 10 min DRILL 3 v. 3 CIRCLE SHOOTER

- 3 v. 3 IN END-ZONE
- MUST LEAVE ONE PLAYER (SHOOTER) IN CIRCLE
- CAN ONLY SHOOT FROM DESIGNATED CIRCLE



KEY TECHNICAL POINTS

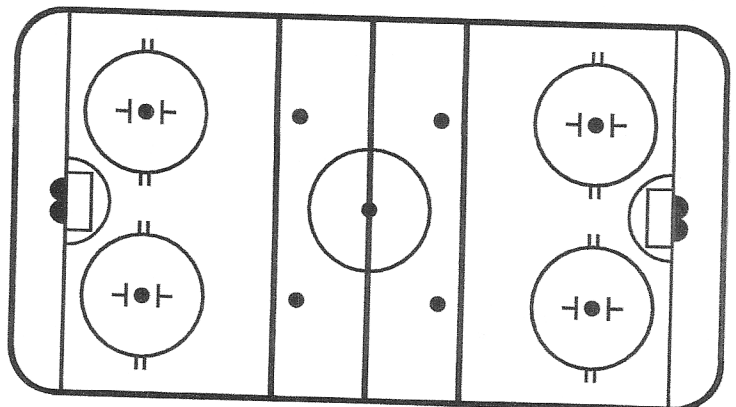
- PASSING + PUCK SUPPORT

KEY EXECUTION POINTS

- 30-45 sec SHIFTS
- GOAL = NEW PUCK

TIME 10 min DRILL SAG

T B D.



KEY TECHNICAL POINTS

KEY EXECUTION POINTS

IN BETWEEN = STAR WARS