



**Practice session sheet**

Team : \_\_\_\_\_

Date : April 2007 Practice no: 1 Duration : 1hr 20min

Version no. : \_\_\_\_\_ Prepared by : Coaching Staff

Objectives -- Main tasks :

Individual skill development, conditioning, team tactics

GOALIES	Left DEFENSE	Right DEFENSE	Left WING	CENTRES	Right WING

Drill no. : 1 Duration : 5 Minutes From : 5:00 To : 5:05

Title : Quick Feet

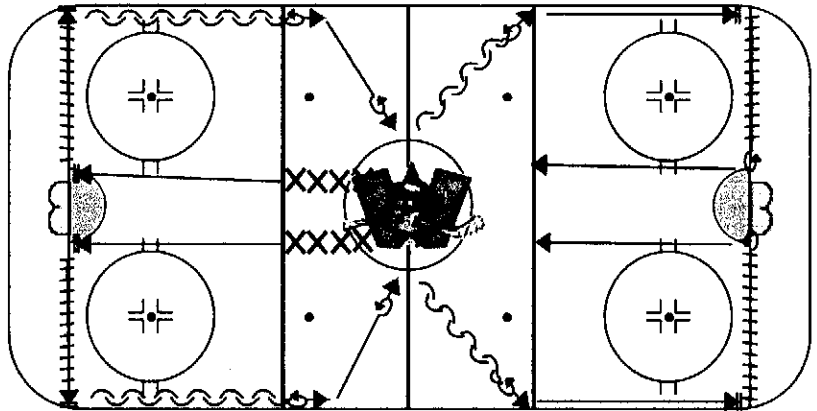
Category #1 : Warm-up

Category #2 : Skating

**Description**

- 1) Fwd to the post, stop
- 2) Crossover to the corner, stop
- 3) Bkwd to the blueline, pivot
- 4) Fwd to the edge of the centre circle, pivot
- 5) Bkwd to the blueline, pivot
- 6) Fwd to the corner, stop
- 7) Crossover to the post, pivot
- 8) Fwd to the near blueline

3-5 reps per player



Key points : Quick Feet

Skating

Pivoting

Acceleration

Drill no. : 2 Duration : 6 Minutes From : 5:05 To : 5:11

Title : High/Low

Category #1 : Warm-up

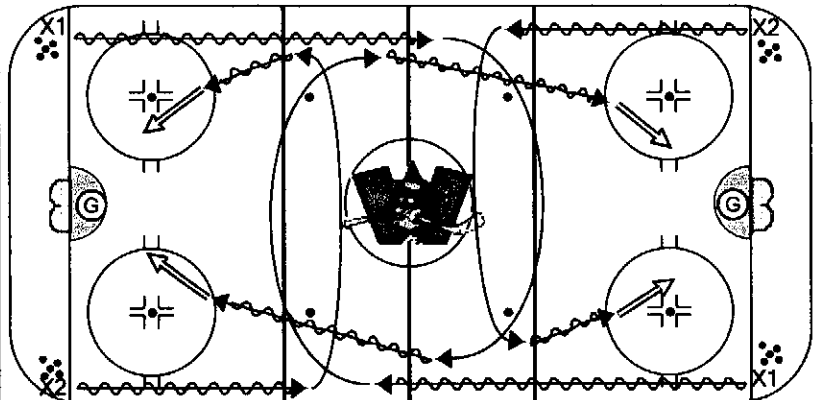
Category #2 : Shooting

**Description**

All players leave at the same time skating fwd with a puck

X1's are high, skate around the far set of dots then come in for a shot

X2's are low, skate around near set of dots then come in for a shot



Key points : Hit the net

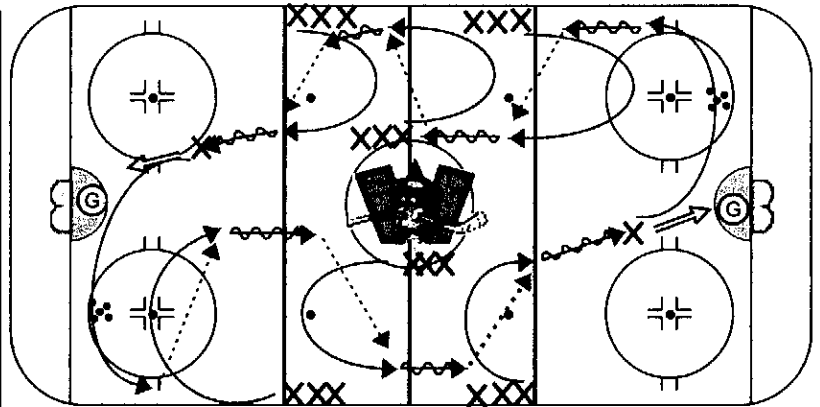
Warm up goalies

**Drill no.** : 3      **Duration** : 6      **Minutes From** : 5:11      **To** : 5:17

**Title** : Quick Ups      **Category #1** :       **Category #2** :

**Description**

- 1) Drill begins with a shot at each end
- 2) Shooter picks up a puck and makes a pass to the player who has curled from the blueline
- 3) The next player curls from the redline and receives a pass the headman's the puck to the player who has curled from the blueline
- 4) The player who curls from the blueline receives the pass and moves in to take the shot
- 5) Shooter then picks up a puck to begin the drill again



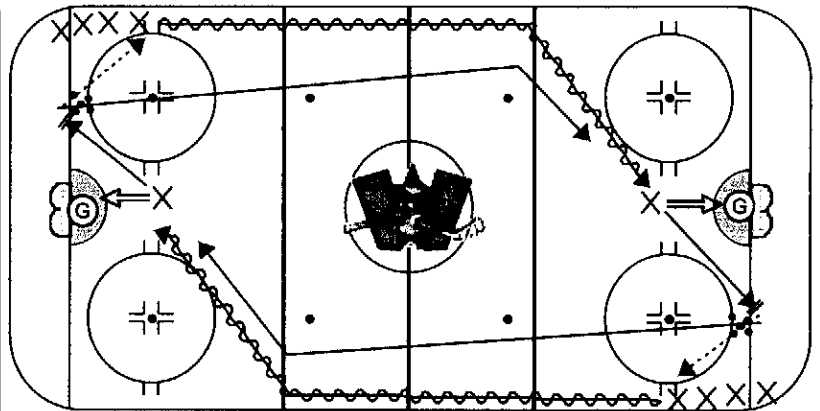
**Key points** :                  

**Drill no.** : 4      **Duration** : 6      **Minutes From** : 5:17      **To** : 5:23

**Title** : Chase Drill      **Category #1** :       **Category #2** :

**Description**

- Drill begins with 2 shooters, 1 in each end
- After the shot, shooter picks up a puck and stops
- Shooter makes a pass to the player at the hash marks
- As soon as the pass is made the passer chases the pass receiver down the ice
- The pass receiver takes a shot then begins the drill again
- Note: Passer must stop before passing and the pass



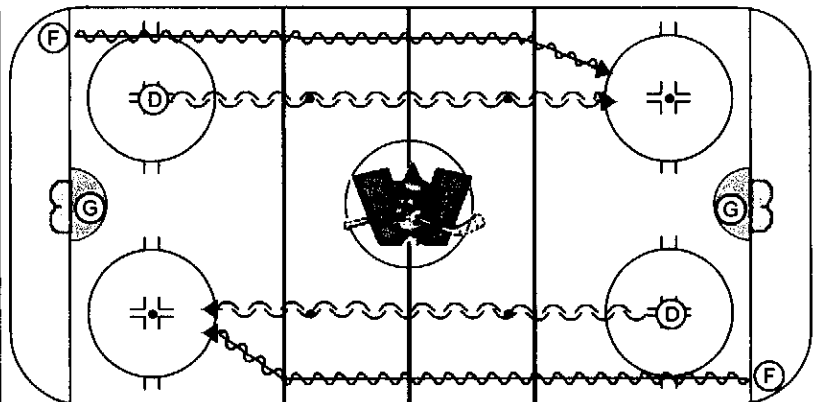
**Key points** :                  

**Drill no.** : 5      **Duration** : 7      **Minutes From** : 5:23      **To** : 5:30

**Title** : Wolves 1-on-1      **Category #1** :       **Category #2** :

**Description**

- On the whistle:
- F accelerates with the puck down the wall
- F can't cut in until the far blueline
- D begins on knees
- D accelerates backwards from the dot
- D can't turn forward until the near blueline if he gets beat early



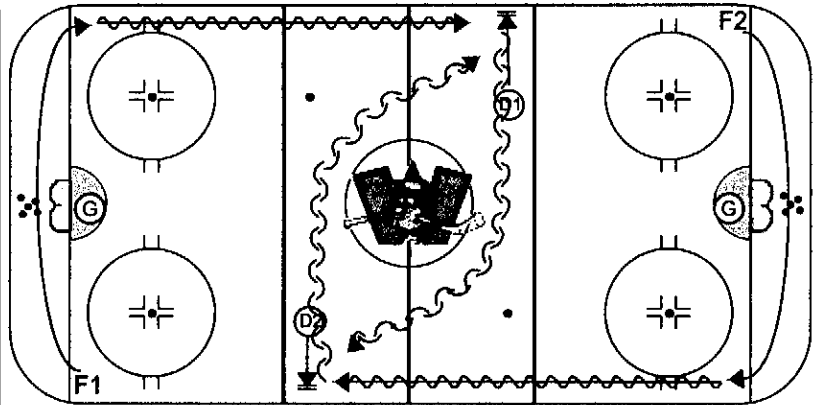
**Key points** :

**Drill no. :** 6 **Duration :** 6 **Minutes From :** 5:30 **To :** 5:36

**Title :** Siskins 1-on-1 **Category #1 :** 1-on-1 **Category #2 :** Acceleration

**Description**

On the whistle:  
 D1 & D2 Skate forwards and touch the boards, stop, then backwards around the circle for the 1-on-1  
 F1 & F2 skate hard around the net, pick up the puck and skate hard down the wall for the 1-on-1  
 Notes:  
 D can't turn forwards again until they reach the redline  
 F can't cut in until the far blue line



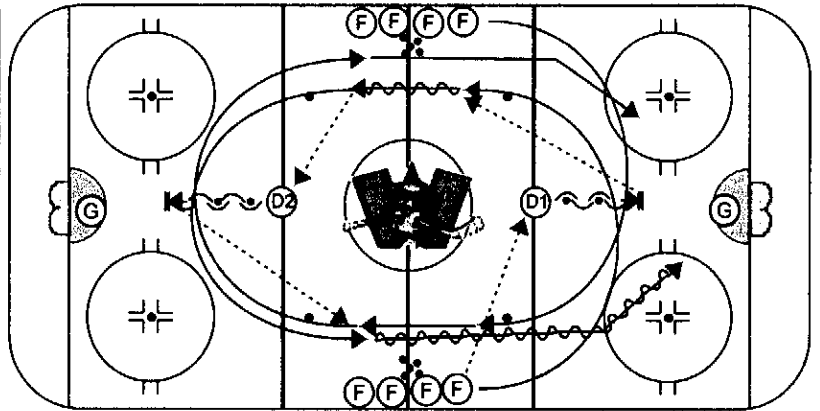
**Key points :** Quick feet Acceleration Speed Drive the net

**Drill no. :** 7 **Duration :** 6 **Minutes From :** 5:36 **To :** 5:42

**Title :** Continuous 2-on-1 **Category #1 :** 2-on-1 **Category #2 :** Flow

**Description**

F makes a pass to D1, Fwds curl in front of D1  
 D1 backpedals and makes a pass to curling Fwds  
 F receives the pass from D1 and then passes to D2  
 Fwds curl in front of D2  
 D2 backpedals and makes a pass to curling Fwds  
 F receives the pass from D2  
 Fwds attack D1 2-on-1  
 New D steps in for D1, drill then starts in opposite direction with a pass to D2



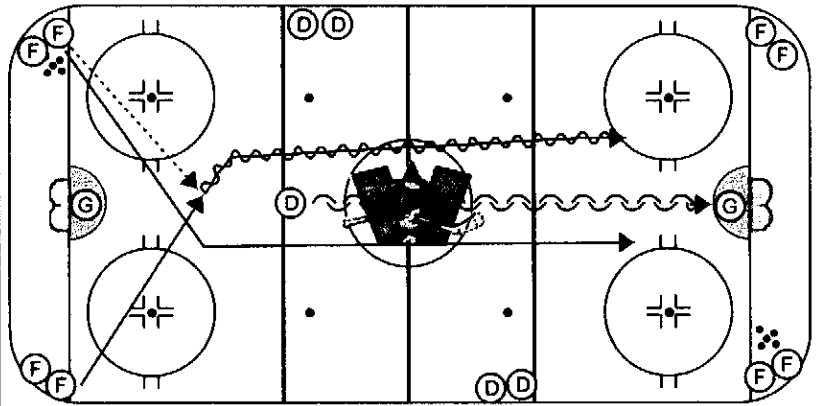
**Key points :** Passing Communication Drive the net D positioning

**Drill no. :** 8 **Duration :** 8 **Minutes From :** 5:42 **To :** 5:50

**Title :** Full Ice 2-on-1 **Category #1 :** 2-on-1 **Category #2 :** Flow

**Description**

Part 1  
 On the whistle:  
 D begins skating bkwds to play the 2-on-1  
 Fwds leave both corners, make a pass, cross and skate down the ice for the 2-on-1



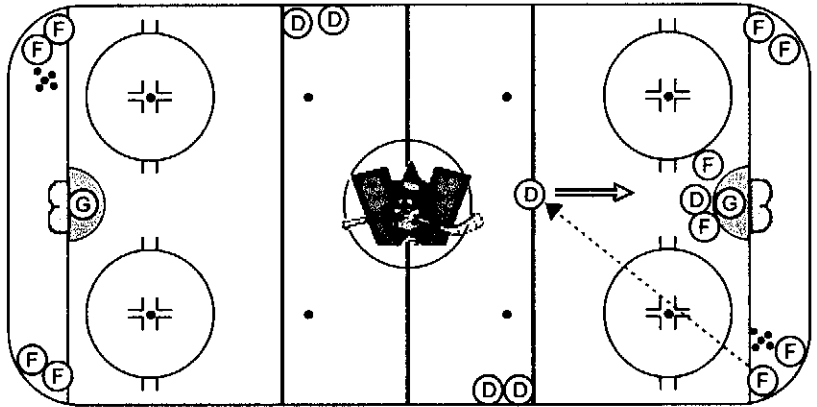
**Key points :** Acceleration Passing D Positioning Fwd drive the net

**Drill no.** : 8      **Duration** : 8      **Minutes From** : 5:42      **To** : 5:50

**Title** : Full Ice 2-on-1 (seq 2)      **Category #1** : 2-on-1      **Category #2** : Flow

**Description**

**Part 2**  
 After the Fwds play the 2-on-1 they battle for net front with the original D from the 2-on-1  
 A new D steps out the the middle of the blueline and receives a pass from the next Fwd in line  
 The D shoots for a tip from the forwards battling at net front



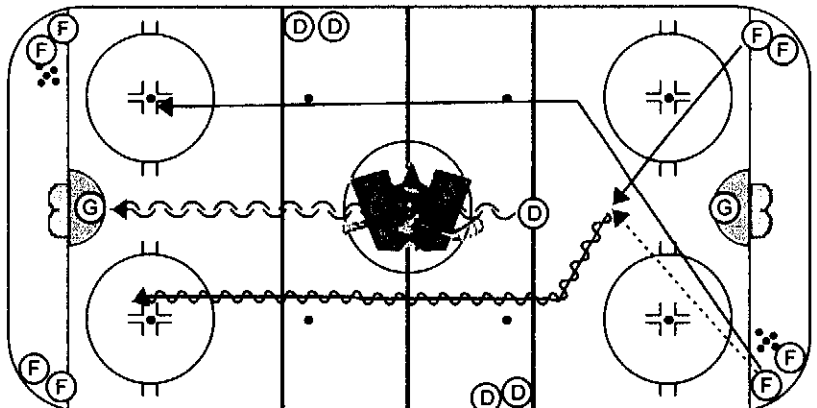
**Key points** :

**Drill no.** : 8      **Duration** : 8      **Minutes From** : 5:42      **To** : 5:50

**Title** : Full Ice 2-on-1 (seq 3)      **Category #1** : 2-on-1      **Category #2** : Flow

**Description**

**Part 3**  
 After the D shoots  
 New Fwds attack in opposite direction  
 Drill continues from each end



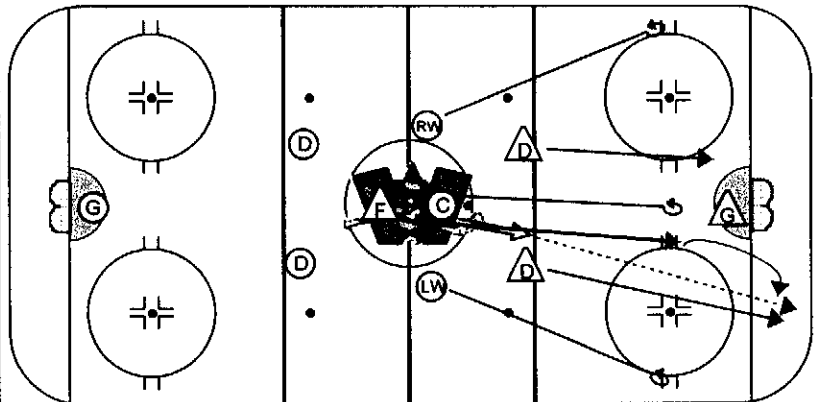
**Key points** :

**Drill no.** : 9      **Duration** : 15      **Minutes From** : 5:50      **To** : 6:05

**Title** : Breakout/Re-group with forechec      **Category #1** : Team Tactics      **Category #2** : Breakout/Forecheck

**Description**

Centre dumps the puck in  
 D go back to retrieve the puck  
 Forwards go back and set up for the breakout  
 Forechecker forces the D  
 D selects the best passing option based on the forechecking pressure and makes the pass  
 Variation: Add forecheckers until it is 5-on-5



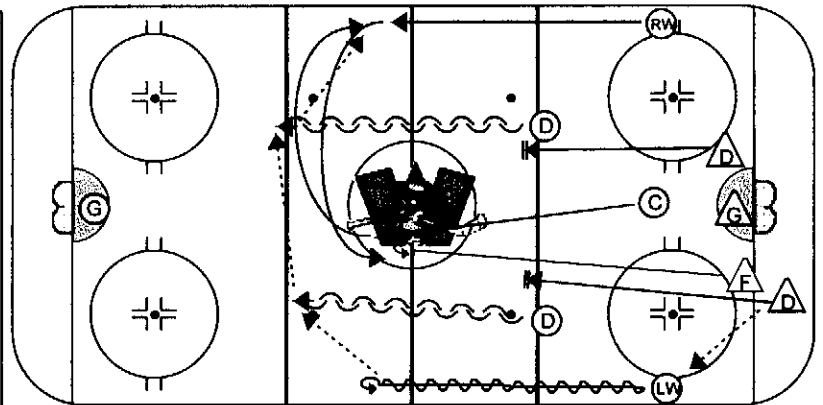
**Key points** : **Forwards support D**      **Communication**      **Reading the pressur**      **Passing**

**Drill no.** : 9      **Duration** : 15 **Minutes** **From** : 5:50      **To** : 6:05

**Title** : Breakout/Re-group with for **Category #1** : Team Tactics      **Category #2** : Breakout/Forecheck

**Description**

After the breakout, forwards re-group with the D  
 Stronside winger post, weakside winger & centre curl  
 Forechecker picks up a forward and taks away a passing option from the D  
 D reads the checking pressure and selects the best passing option, then makes the pass  
 After the pass is made the forecheckers release  
 Forwards attack 3-on-2



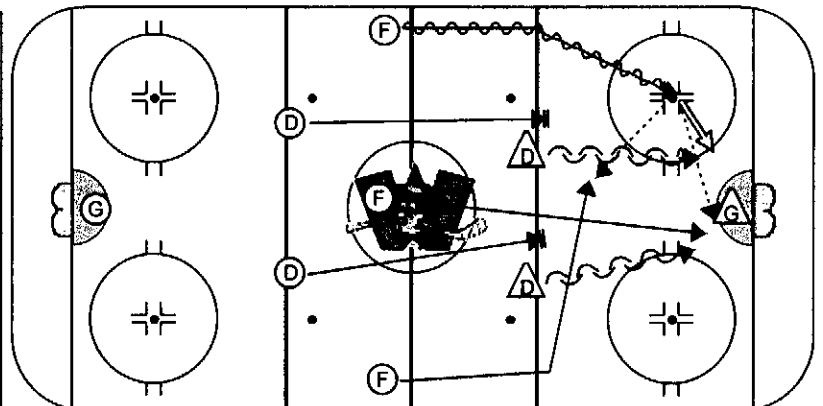
**Key points** : Strongside Post      Communication      Reading the Pressur      Passing

**Drill no.** : 9      **Duration** : 15 **Minutes** **From** : 5:50      **To** : 6:05

**Title** : Breakout/Re-group with for **Category #1** : Team Tactics      **Category #2** : Breakout/Forecheck

**Description**

Puck carrier takes the puck wide and drives the net  
 The second attacker drives the far post  
 Third attacker moves in the highslot  
 Offensive D support attacking forwards by hustling the gain the blueline



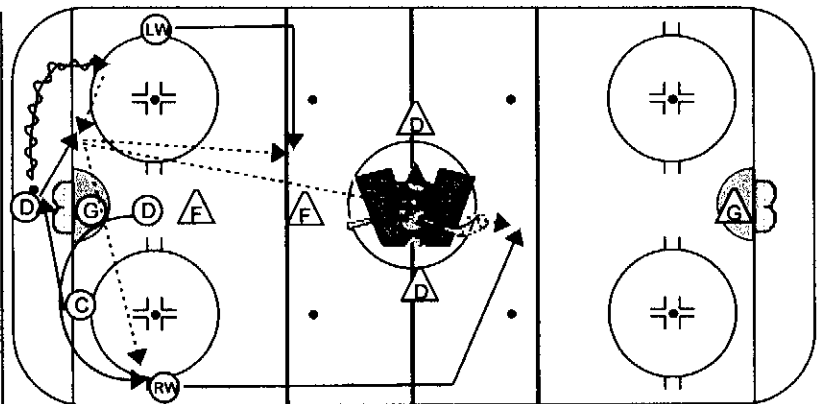
**Key points** : Attack Triangle      Passing      Communication      Puck Support

**Drill no.** : 10      **Duration** : 15 **Minutes** **From** : 6:05      **To** : 6:20

**Title** : Power play 5 vs. 4      **Category #1** : Power Play      **Category #2** : Penalty Kill

**Description**

Coach dumps a puck in  
 Power play sets up PP breakout  
 Penalty kill sets up PK forecheck  
 PP atempts to breakout vs. PK



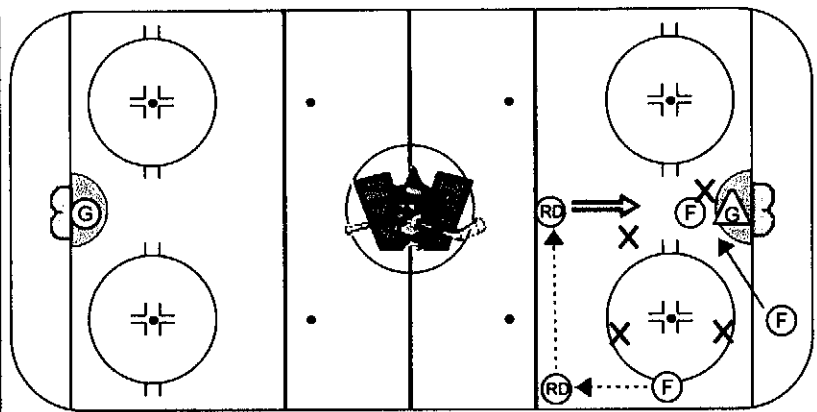
**Key points** : Timing      Communication      Passing      Puck Support

Drill no. : 10      Duration : 15      Minutes From : 6:05      To : 6:20

Title : Power play 5 vs. 4 (seq 2)      Category #1 : Power Play      Category #2 : Penalty Kill

**Description**

PP gains the zone either by carrying the puck in or with a hard wrap  
PP sets up and works the puck high for a point shot



Key points :      Puck Support      Quality Passes      Attack Seams