



# Practice Plan



Team: Stations and half ice drills

Practice No.: \_\_\_\_\_

Date : \_\_\_\_\_

Time: \_\_\_\_\_

Duration: \_\_\_\_\_

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

Prepared by: \_\_\_\_\_

## Objectives / Main tasks :

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

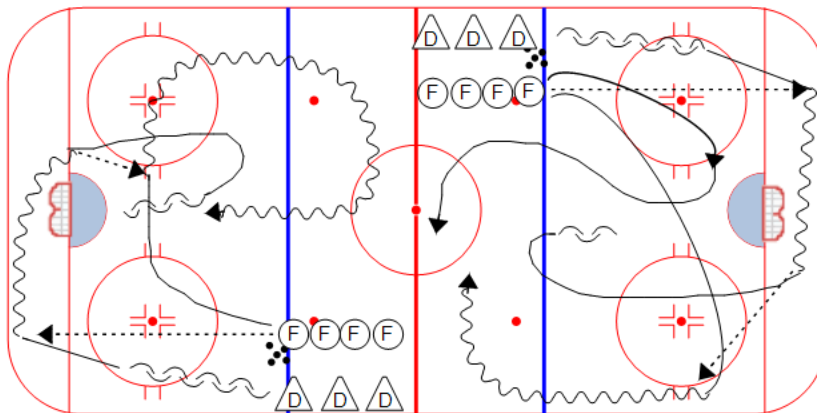
Title : 1 on 1 Mirror Drill Category #1 :  Category #2 :

### Description

The **F** dumps a puck in the corner. The **D** retrieves the puck, skates behind the net, and makes a B/O pass to the **F** in the slot. The **F** re-groups in the neutral zone and attacks the **D**, 1 on 1.

Options:

Two **F**'s go. Re-group in the neutral zone and attack the **D**, 2 on 1.



Key points:

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

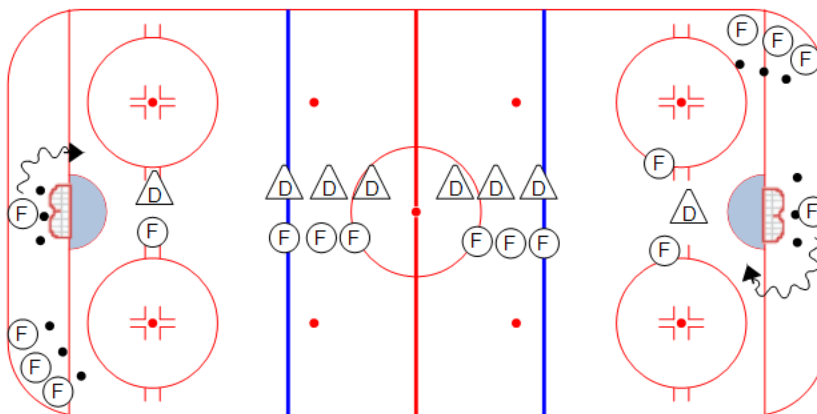
Title : 3 Pucks Low Category #1 :  Category #2 :

### Description

One **F** starts behind the net with 3 pucks. On the whistle, the **F** behind the net skates with the puck and tries to create scoring opportunities with the **F** in front of the net. The **D** plays the 2 on 1 by defending the **F** in front or checking the **F** with the puck. After each shot, the **F** gets a new puck from behind the net. The **F** & **D** get repositioned in front of net.

Options:

This drill can be done as a 2 on 1, 3 on 1, or a 3 on 2. Make the drill competitive by keeping score.



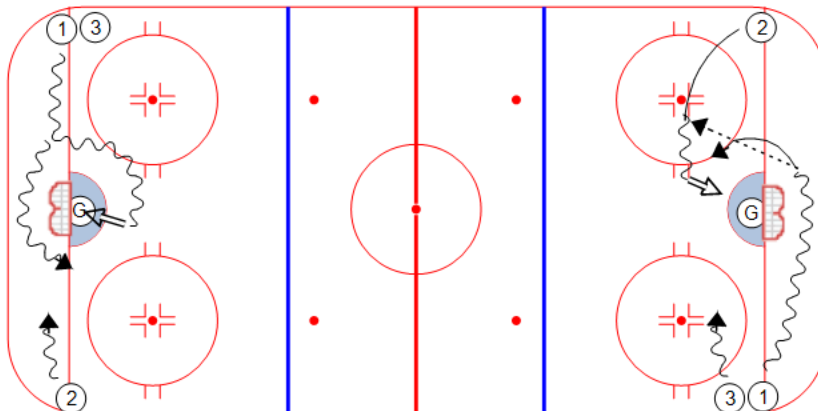
Key points:

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

Title : Corner Offence Drill Category #1 :  Category #2 :

**Description**

1. ① skates out of the corner with a puck. Go behind the net for a wrap-around or cut on the near post for a quick shot. ② skates out with a puck, same thing. ① remains in front of the net for the rebounds. Continue until you score or the (G) covers the puck.  
 2. ① skates out with a puck. ② leaves at the same time. 2 on 0, shoot until you score or the (G) covers the puck. ③ goes with a puck. 3 on 0 to the net. Shoot until you score or the (G) covers the puck.  
 Options:  
 Add a defenceman for a 1 on 1, 2 on 1, or a 3 on 1.



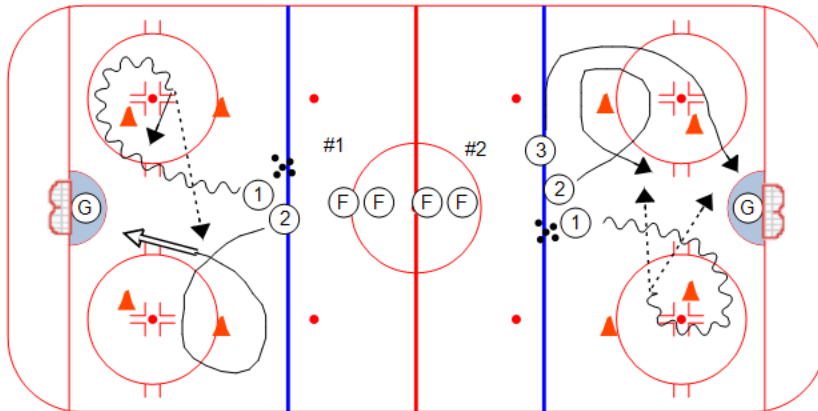
Key points:

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

Title : Delay Drill Category #1 :  Category #2 :

**Description**

1. ① skates with a puck around the low pylon. ② skates around the high pylon. ① makes a pass to ②. Shot on the (G). Play the rebounds. Switch sides.  
 2. ① skates with a puck around the low pylon. ② skates around the high pylon. ③ skates wide to the far post. ① makes a pass to ② or ③. Shot on the (G). Play the rebounds. Switch sides.



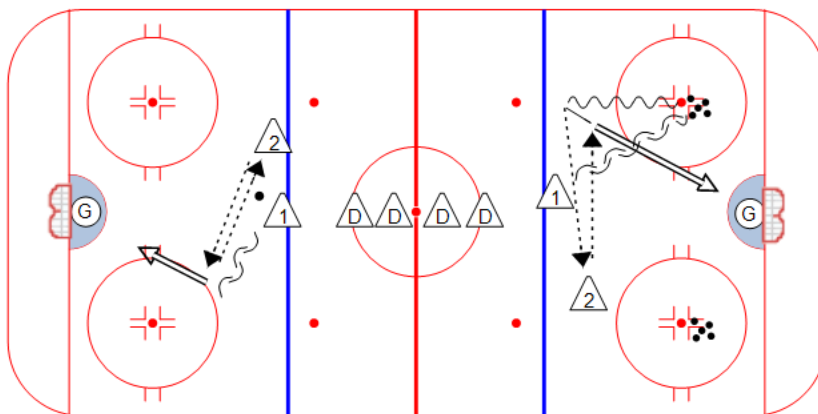
Key points:

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

Title : Defence Shooting Drill Category #1 :  Category #2 :

**Description**

1. ① backpeddles with a puck, makes a pass to ②. Return pass, one-timer on the (G).  
 2. ① skates backwards to the pucks, skates up to the blueline, and makes a pass to ②. Return pass, one-timer on the (G). Vary between skating forwards and backwards to the blueline.



Key points:


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

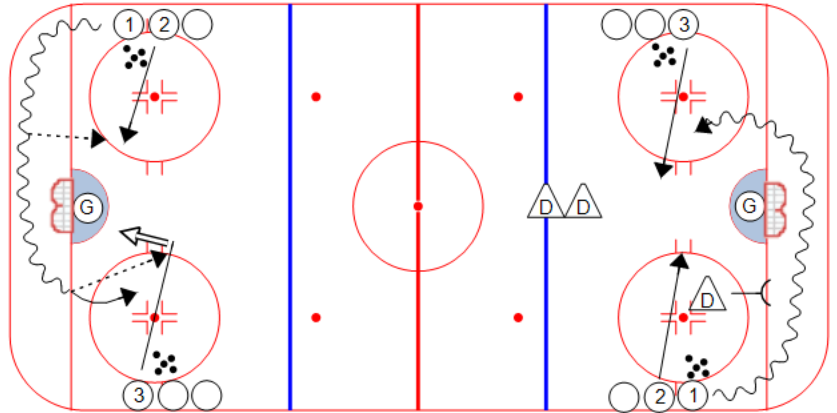
Title : Behind the Net Offensive Drill Category #1 :  Category #2 :

**Description**

① skates behind the net with a puck. ① has four options:

1. Wrap-around.
2. Pass to ② on the near side of the net.
3. Pass to ② after skating behind the net.
4. Pass to ③ on the far side of the net.

Options:  
Add 1 or 2  in front of the net to defend.



Key points:

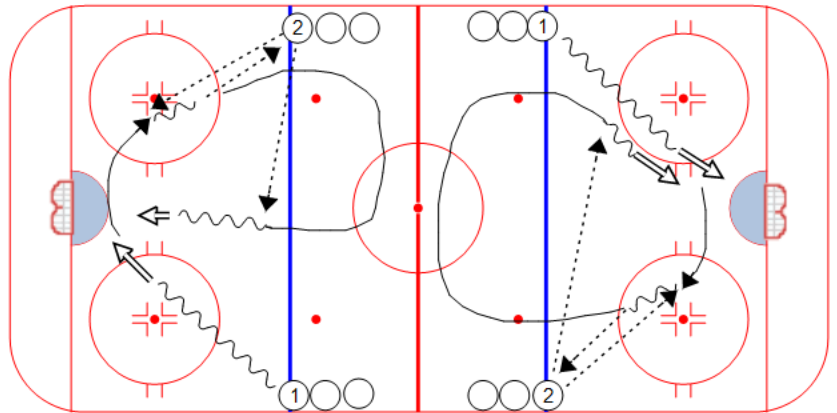
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : 2 Shot Drill Category #1 :  Category #2 :

**Description**

① skates with a puck, shoots on goal. ① receives a pass from ②, returns a pass to ②, and turns in the neutral zone. ② makes a pass to ①. ① shoots. Then ② goes from other side.

Options:  
① goes wider in the neutral zone. ② makes a long pass to ①.



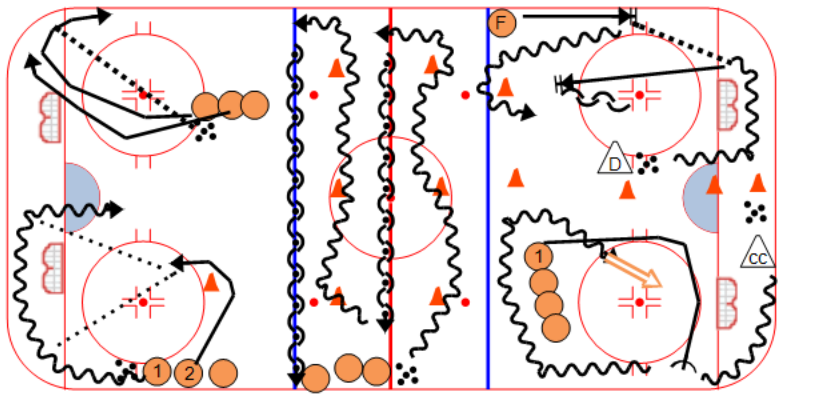
Key points:

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

Title : Drill template #2 HK Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

**Description**

- 1- coach skates with puck and player angles and checks take the puck for a shot. repeat
- 2- D skates behind net outlet pass to F who skates around cone and attack 1 vs 1
- 3- forward and backwards puck control adding dekes
- 4- P1 skates with puck while P2 goes around cone and calls for pass. either before the net or after.
- 5- 2 man cycling drill



Key Points :