



# Practice Plan



Team: Puck Control and Passing

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

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

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

Duration: 1 hr

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

Prepared by: Craig Sherbaty

## Objectives / Main tasks :

To work on progressions for said topics

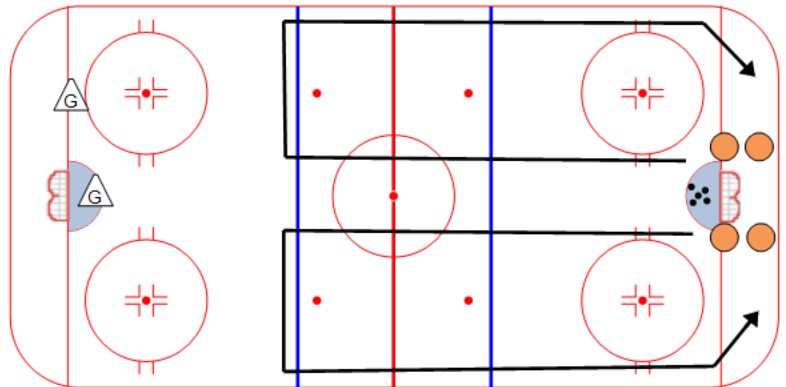
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : 12 min

Title : HC edge and stride work Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

### Description

Stride work and edge control  
stickhandling techniques  
tight and wide combo  
toe drags front and side  
fakes forehand and backhand  
transition forwards to backwards and vice versa

Goalies  
T push L&R  
Butterfly slide L&R  
Shuffle L&R  
Crease drills



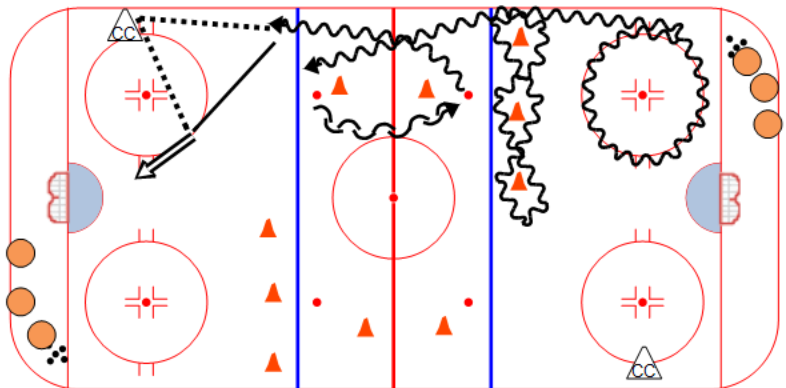
Key Points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : 8 min

Title : Puck control Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

### Description

Players skate around circle protecting the puck on the outside of the circle  
weave thru cones  
transition around 2 cones  
give and go with a coach  
finish with a quick shot



Key Points :

**Drill no. :** \_\_\_\_\_ **Duration :** \_\_\_\_\_ **Minutes** **From :** \_\_\_\_\_ **To :** 9 min

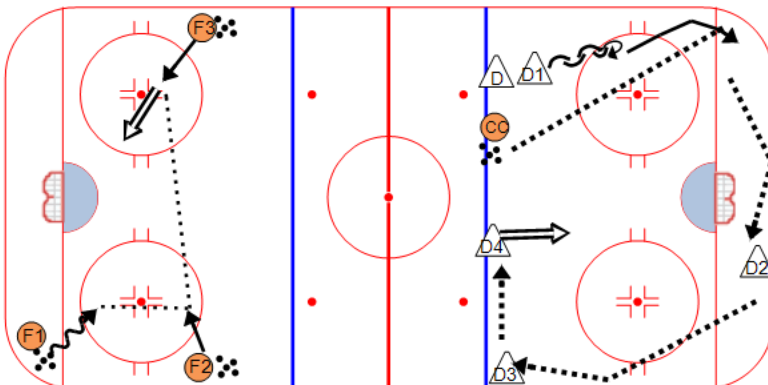
**Title :** passing and receiving **Content elements:** \_\_\_\_\_ **Components :** \_\_\_\_\_

**Description**

Fs are in 3 lines- Coach signals go and F1 must pass to F2 who passes to F3 for a shot, the 3 players return towards their lines and F2 gets a puck must pass to F3 who passes to F1 for a shot repeat again with F3 retrieving puck -rotate lines

D- coach dumps puck and D1 retrieves and does D to D pass to D2 who does bank pass to D3 who passes to D4 for shot. Rotate positions and start again.

Switch sides in 4 minutes



**Key Points :**  Fs pass and receive  Quick shots  D perfect passing  No stickhandling

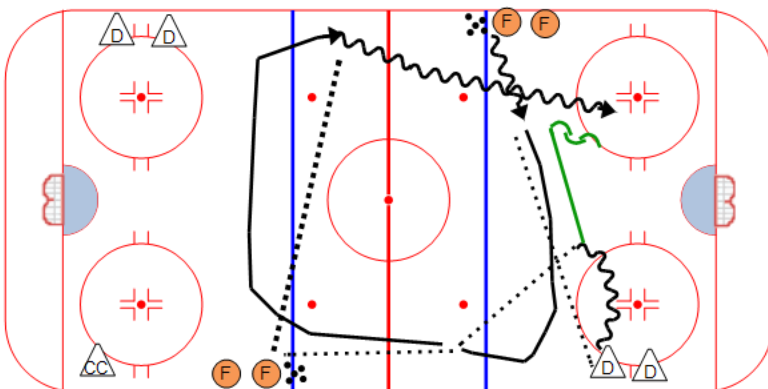
**Drill no. :** \_\_\_\_\_ **Duration :** \_\_\_\_\_ **Minutes** **From :** \_\_\_\_\_ **To :** 8 min

**Title :** Short pass long pass **Content elements:** 1 vs 1 **Components :** \_\_\_\_\_

**Description**

Both sides go. F passes to the D then moves to support receives pass back from D and passes to opposite line F skate across the ice and receive a long pass and attack the net vs the D

Switch sides 4 minutes



**Key Points :**

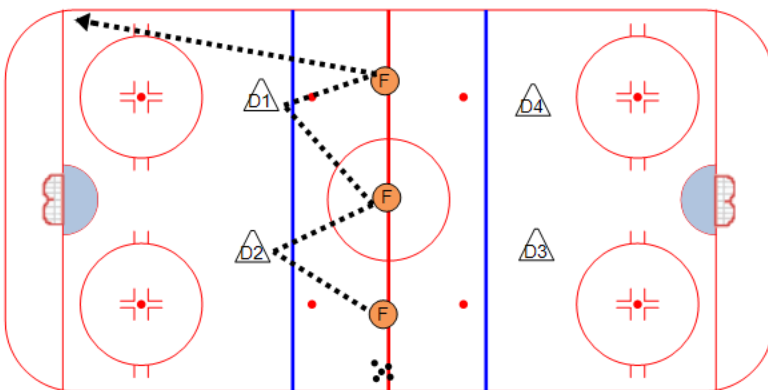
**Drill no. :** \_\_\_\_\_ **Duration :** \_\_\_\_\_ **Minutes** **From :** \_\_\_\_\_ **To :** 10 min

**Title :** Group passing **Content elements:** b/O-Regroup-Attack **Components :** \_\_\_\_\_

**Description**

1 Line touch passes the puck and last F dumps the puck in the zone to begin a breakout. Then regroup with D3 and D4 and attack 3 vs 2

Next line comes out and touch pass with D3 and D4 and drill starts the other way.

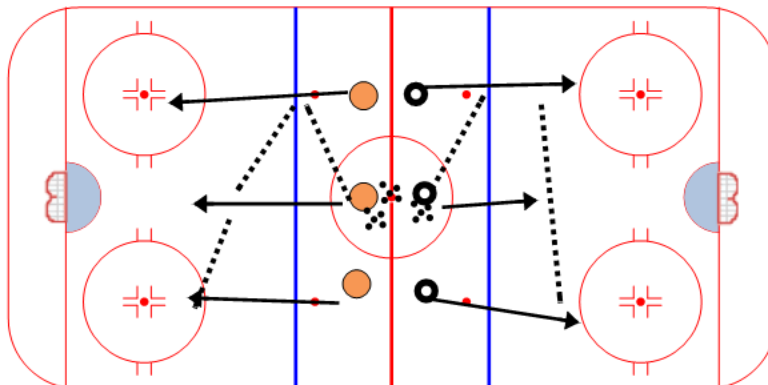


**Key Points :**

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : rest tim  
Title : FUN Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

**Description**

Team split in half  
3 vs 0 but all players must make a pass prior to shooting.  
No rebounds if they miss get the puck and pass to the next 3 players  
first team to score 7 puck wins!



Key Points :