



**Practice 1**

5:30	Warm Up and Stretch	
5:35	Stationary Passing	Emphasis on Sound Basics of the Overhand Pass!
5:40	2 On 0's	Start off first time at 60% speed. At the end go at 100%.
5:50	Outlet to Breakout From Bench	2 Times Up and Back and Then 2 times up and Back hitting trailer.
6:00	5 On 0 Breakouts	The Beginning of Our Fast Break System. Do from Line Change Also.
6:15	1 on 1's	Use Cut Off Sticks – Contain Under Control
6:25	2 On 1's From Centre	Add A Chaser
6:35	3 On 2's, ¾ Floor	Add A Chaser
6:45	4 Corner Shooting	Around Screens from outside then underneath seal at crease.
6:55	4 on 3 Slide Shooting Drill	
7:05	Same Side Pick 2 On 2's	Emphasise V-Cutting, then driving back to Find a Back on Picks and Rolling Off on Picks. Teach the Up Seal.
7:15	Back Hand Practice	
7:20	Fitness	
7:30	End Practice	





**Practice 2**

7:30 Warm Up and Stretch	
7:35 Stationary Passing	Emphasize Good Overhand Habits
7:40 2 Man Out	Line Up Lefts in One Corner, Rights in the Other. Put one right and one left deep in the far end (near old face off circle) and one right and one left near the D side restraining line. Pass to opposite side guys and alternate sides. We've done this before.
7:45 2 On O's	
7:50 Outlet to Breakout from Bench	
7:55 1 on 1's (Cut of Sticks)	Emphasize contain and channelling.
8:10 2 On 2's	Emphasize channelling On D.
8:20 Walk Through 5 On 5 And Channelling To Help.	Talk about stepping back into the hole.
8:25 Fitness	
8:30 End Practice	





**Practice 3**

7:30 Warm Up and Stretch	
7:35 Stationary Passing	
7:40 2 On O's	2 Times through and if there are a lot of drops and bad passes put them on the line and run the little buggers!
7:45 2-Man Out	
7:55 Outlet to Breakout from Bench	One time through each way and then 1 time through each way hitting trailers.
8:00 5 On 0 Breakouts	Emphasize station to station short passes. Opposite side of outlet to cut the middle.
8:05 4 Corner Shooting	Start Ball high, hit low guy, set a seal or pick and then shot from dotted line. Then start ball low, pass to high, low guy sets underneath seal. In tight shot, emphasize stepping out.
8:15 4 On 3 Slide Shooting Drill	
8:25 Fitness	
8:30 End Practice	





**Practice 4**

6:00 Warm Up and Stretch	Warm Up
6:05 Stationary Passing	
6:10 2 On 0's	Both Guys break to outlet spots and drive back to ball, coach to outlet pass. Shot and then run back to other end as we have only 1 goalie.
6:15 5 On 0 Breakouts and Press	Start With 5 On 0, then make it 5 on 5 and work the 2-1-2 press against our breakout. Do it with line changes as well. Webie makes the outlet – game situation.
6:30 5 On 5 O and D	Work on 2 or 3 basic plays. Weak side pick and roll (go through what off ball does on this). Strong side double down screen off ball. Strong Side Double Seal On ball. Cutting offence vs. Zone
6:45 3 On 2's from ¾ floor.	Add A Chaser
6:55 Shooting, Shooting, Shooting!!	
➤ 4 Corner – Outside Shots	Shots from Outside Dotted. We are not good at this and we need work. Talk about dropping top hand further down for more leverage. Emphasize stepping out and going far side.
➤ 4 Corner – Underneath Seal	Talk about faking short side and going far side, vice-versa.
➤ 4 Corner Cut Across Shot	Talk about the natural habit of shooting across the body and how goalies cheat and lean that way. Talk about dropping shoulder and shooting to where you are running to.
7:15 4 On 3 Slide Shooting Drill	
7:25 Fitness	
7:30 End Practice	





**Practice 5**

7:20 Warm Up and Stretch	
7:30 Stationary Back Hand Passing	
7:35 2 Man Out Passing	
7:40 Outlet to Breakout From Bench	
7:50 5 On 0 Breakouts and Press	Add in line changes and press!
8:05 3 On 2's from $\frac{3}{4}$ floor	
8:15 4 On 3 Slide Shooting Drill	
8:25 Fitness	
8:30 End Practice	





**Practice 6**

7:20 Warm Up and Stretch	Before getting on the Floor
7:30 Stationary Passing	Regular
7:35 2 On 0's	Regular and then Long and Short. Outlet the ball to one side and the opposite side guy leaves a bit early and takes a long pass from the outlet. At first for a shot and then hit the trailer
7:40 Outlet To Breakout From Bench	
7:45 5 On 5	Work on Set Plays
8:00 PP and PK	Work on 2 or 3 set plays.
8:15 Triple Crown Loose Ball Drill	
8:30 End Practice	





**Practice 7**

7:30	Warm Up and Stretch	
7:35	Stationary Back Hand Passing	
7:40	2 On 0 Back Hand Passing	Go From Wrong Side
7:45	Regular 2 On 0's	
7:50	Long and Short 2 On 0's	
7:55	Outlet to Breakout from Bench	
8:00	Bad Pass/Catch Drill	
8:05	4 Corner Shooting	Long Shots – In Tight and Underneath
8:15	4 On 3 Slide Shooting Drill	No Contact
8:25	Shoot Out	
8:30	End Practice	





**Practice 8**

7:00	Warm Up and Stretch	
7:05	2 On 0's	Regular, long and short
7:10	Outlet to Breakout From Bench	
7:15	5 Man Break Outs	Regular and Vs. Press
7:25	5 On 5	Live, Work through plays.
7:40	PP and PK	Work PK Rotation
7:55	Fitness	
8:00	End Practice	







**Practice 9**

7:30	Warm Up and Stretch
7:35	Stationary Passing
7:40	2 On 0's
7:45	2-Man Out
7:50	Outlet to Breakout from Bench
7:55	5 On 0 Breakout and 5 On 4 Breakout vs. the Press
8:05	¾ Floor 3 On 2's
8:15	Loose Balls Out of Corner
8:20	4 On 3 Slide Shooting Drill
8:25	Fitness
8:30	End Practice





**Practice 10**

7:30	Warm Up and Stretch	
7:35	2 On 0's	
7:40	Outlet to Breakout From Bench	Address why we curl the corner and hit the trailer (secondary transition)
7:45	Transition Progression	Start With $\frac{3}{4}$ floor 3 on 2's. Add a Chaser. Then add a man coming from bench with a chaser coming off backdoor of bench. Then add 2 coming from the bench and 2 chasers coming from back door. Emphasize getting the ball at L or R opposite bench side and hitting trailers (secondary transition).
8:00	5 On 5 O and D	Both O and D start from Centre. Work Plays (Add Clear Play).
8:15	4 Corner Shooting	
8:25	Fitness	
8:30	End Practice	





**Practice 11**

7:25 Warm Up and Stretch	
7:30 Stationary Back Hand Passing and Overhand Stationary passing	
7:35 2 On 0's	Regular and Long and Short
7:40 Outlet to Breakout from Bench	Talk again about secondary transition
7:45 5 on 5 Breakouts vs. Press	
7:55 Same Side 2 On 2's	Pick and Roll. Talk about legal picks and legal seals
8:05 PP and PK	PK work on rotation
8:20 Fitness	
8:25 Shootout	
8:30 End Practice	





**Practice 12**

7:30	Warm Up and Stretch	
7:35	Back Hand Stationary Passing	
7:40	2 On 0's	
7:45	2-Man Out	
7:50	Outlet to Breakout from Bench	
7:55	3 on 2's	
8:05	Bad Pass Drill	
8:10	Breakaway Pass From Goalies With a Chaser	
8:15	Fitness	
8:20	Shootout – 2 Rounds	





**Practice 13**

6:00	Warm Up and Stretch	
6:05	2 On 0's	
6:10	Same Side 2 On 0's	
6:15	Outlet to Breakout From Bench	
6:20	Transition Progression	3 On 2's with chaser and add guys coming from bench to 4 on 3, 5 on 4 and 5 on 5. Secondary transition.
6:30	1 on 1's Out of Corner	Cut-Off Sticks
6:35	Same Side 2 On 2's	
6:45	5 On 5	
6:55	Fitness	
7:00	End Practice	





**Practice 14**

6:00	Warm Up and Stretch	
6:05	Stationary Passing	
6:10	2 On 2's	Outlets, Long and Short and Trailers
6:15	2-Man Out	
6:20	Outlet to Breakout from Bench	
6:25	5 On 0 Breakouts	
6:30	5 on 5 Breakouts vs. 2-1-2 Press	
6:40	Same Side 2 on 2's	
6:50	Off Ball 3 On 3's	Double Down. Off Ball Pick and Roll. Off ball Up Pick and Cut. House buster! X-Coverage.
7:00	5 on 5	
7:15	PP And PK	Run Through PP Plays (Drag, Top Pick, 1-2 Cutter, Crease Cut – shooter slide. Strong Side Rotation. PK work on rotation from crease to shooter.
7:30	Slide Shooting Drill	
7:35	Fitness	
7:40	Shoot Out	
7:45	End Practice	





**Practice 15**

9:30 Warm Up and Stretch	
9:35 Stationary Passing	
9:40 2 On 0's	
9:45 Same Side 2 On 0's	
9:50 Outlet to Breakout from Bench	
9:55 Transition Progression	3 On 2's With Chaser. Progress to adding trailers for secondary transition.
10:10 5 on 5	
10:25 6 on 5 O and D	Run through 2, 6 on 5 plays
10:35 4 Corner Shooting	
10:45 Slide Shooting Drill	
10:50 Triple Crown Loose Ball	
11:00 End Practice	





**Practice 16**

7:00 Warm Up and Stretch	
7:05 Stationary Passing – Goalie Warm Up	
7:10 2 On 0's	
7:15 2-Man Out	
7:20 Outlet to Breakout From Bench	
7:25 1 on 1's (Cut off Sticks)	Talk about containing and playing body.
7:30 1 on 1's out of Corner With and Shooter Spot with help from above and adjacent.	We need to review this as we got caught without help a lot on the weekend.
7:40 Boxing Out Drill	
7:45 Turn the Corner Drill	Out of corner, ball carrier turns corner off of pick/seal to shoot or pass to other side. Coach steps out to pressure or take away pass.
7:55 Shoot Out	
8:00 End Practice	







**Practice 17**

8:00	Warm Up and Stretch	
8:05	2 On 0's	
8:10	2 Man Out	Deep guy in the corner to simulate hitting secondary transition and cutters.
8:15	Outlet To Breakout from Bench	
8:20	Off Ball Cut-Pass-Shoot Drill	Simulate our cutter system with feed coming from corner with feet moving. Set-Up in 4-corner, pass from high to low. Time Cut!
8:30	Transition Progression	3 on 2's, add chasers and trailers to 4 on 4 and 5 on 5 for secondary transition.
8:45	5 on 5	
8:55	Fitness	
9:00	End Practice	





**Practice 18**

6:55 Warm Up and Stretch	In Hallway
7:00 Stationary Passing	
7:05 2 On 0's	
7:10 Outlet to Breakout From Bench	
7:15 5-man Breakouts	
7:20 5 On 5 Offence	<p>Extensive Work on Breaking Down a Zone (3-2 and 2-1-2).</p> <ul style="list-style-type: none"> <li>- Review House Buster</li> <li>- Work on Corner and Crease Seals On ball</li> <li>- Work On Off Ball Seals</li> <li>- Work on Crease Cuts vs. Both zones.</li> <li>- Work on PP offence vs. 2-1-1</li> </ul>
7:40 1 on 1's Out of Corner	
7:50 4-Corner Shooting	All Long Shots
7:55 Fitness	





**Practice 19**

6:55 Warm Up and Stretch	In Hallway
7:00 Stationary Passing	
7:05 2 On 0's	
7:10 2-Man Out	
7:15 Transition Progression	3 On 2's, add chasers and trailers from Bench
7:30 1 on 1's Out of Corner	
7:35 5 On 5	Continue Work on Breaking Down Zone Adding Seal against Man in Middle of 2-1-2. Work on 5 on 5 vs. Man D.
7:50 4-Corner Shooting	Long Shots
7:55 Fitness	
8:00 End Practice	





**Practice 20**

6:45	Warm Up and Stretch	
6:50	2 On 0's	
6:55	Outlet to Breakout From Bench	
7:00	Defensive 2 on 2 Drill	Channelling to Help and Closing down the Hole
7:10	3 on 3 Defensive Drill	Ball at Weak Side for 2 on 2, High Guy on Other side Closes Down the Middle
7:20	1 on 1's Out of Corner	
7:30	5 on 5 Box Out Drill	
7:35	Special Teams	PP, PK, 6 on 5 O and D
7:50	Triple Crown Loose Ball Drill	
8:00	End Practice	

