

Practice Plan

 Team: **BAAA Spring Combine**

 Practice Date: **26/05/2018**

 Prepared by: **Tyler Wagner**

Theme or Skill emphasis: _____

Objectives / Main tasks :

 1st Ice Time- 9:00-10:00 am
 2nd Ice Time 10:15-11:15 am

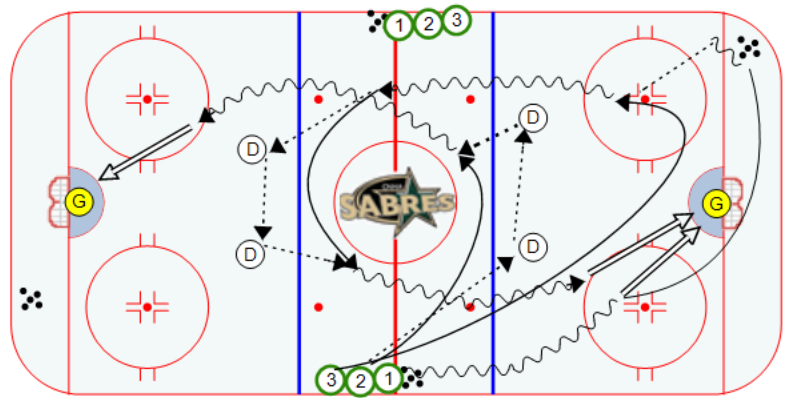
#	Duration (min)	Drill name - Activity	Categories	Key points - Instructions
1	10 min 10:05 am	3 Shoot, Sabres 3 pass Warm up	BAAA, Warm Up	
2	15 min 10:15 am	Figure 8 2v0 2v1 Regroup	BAAA, Odd Man Rushes	
3	15 min 10:30 am	4 square 2v2 3v3 in zone battle	BAAA, Battles, In zone, D Zone	
4	15 min 10:45 am	Off the Wall 1v1, 2v2	BAAA, Battles, Net Drive, Creating	
5	15 min 10:45 am	In the circle Battles	BAAA, Battles, Close Proximity	
6				
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Drill no. : 1 Duration : 10 Minutes From : 10:05 To : 10:15

Title : Sabres 3 Pass Warm Up Content elements: BAAA Components : Warm Up

Description

Both ends at the same time
 - On the whistle X1 skates in and shoots and continues to corner and picks up a puck to make a pass to X3.
 On the same whistle X2 starts a regroup with the D then goes in and shoots.
 Once X1 shoots X3 leaves in support for a pass, after receiving the pass he regroups with the defense and shoots on net.
 -After all shots, whistle starts drill again.



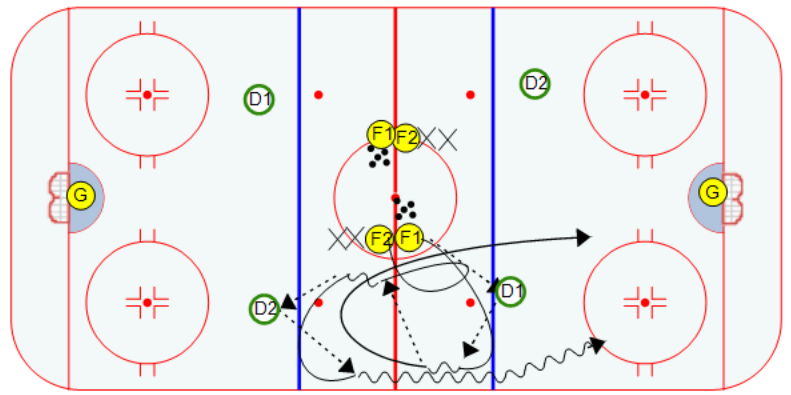
Key Points :

Drill no. : 2 (A) Duration : 15 Minutes From : 10:15 To : 10:30

Title : Figure 8 2v0 Content elements: BAAA Components : Odd Man Rushes

Description

-Both Sides, Same Time Continuess
 -F1/F2 start by passing to D1 for regroup.
 -D1 receives the pass and finds F1 or F2 for regroup Pass
 -F1/F2 then regroup with D2 and attack the end they started 2v0



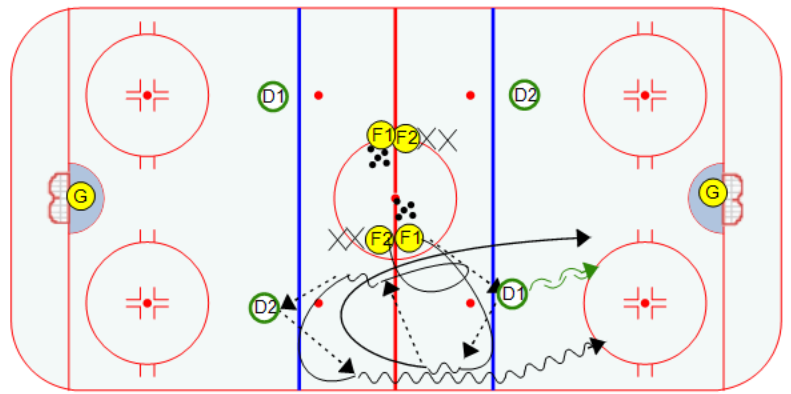
Key Points :

Drill no. : 2 (B) Duration : 15 Minutes From : 10:15 To : 10:30

Title : Figure 8 2v1 Content elements: BAAA Components : Odd Man Rushes

Description

-Both Sides, Same Time Continuess
 -F1/F2 start by passing to D1 for regroup.
 -D1 receives the pass and finds F1 or F2 for regroup Pass
 -F1/F2 then regroup with D2 and attack the D1 2v1.
 - Defense fill in for the rotation of 2v1



Key Points :

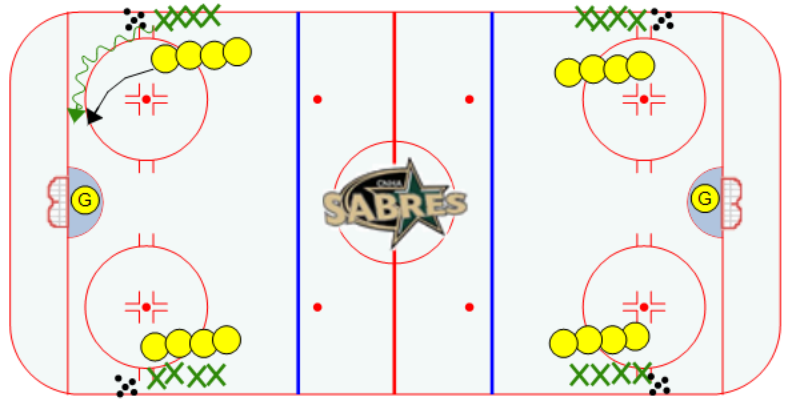
Drill no. : 3 Duration : 15 Minutes From : 10:30 To : 10:45

Title : Off the Wall Battle Content elements: Battles Components : D Zone

Description

Just a simple X vs O, Alternate sides

- First Drill is 1v1 attack net
- Second Drill is 2v2 attack net
- X always starts with the puck
- Coach controls intervals
- 1v1 quick intervals, 2v2 longer



Key Points :

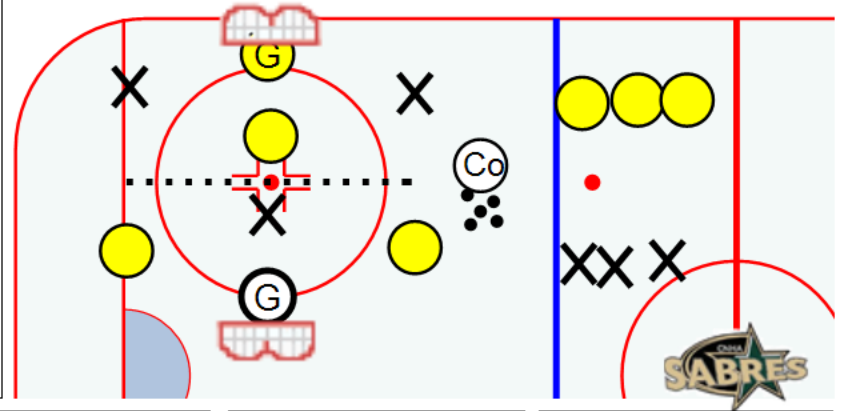
Drill no. : 4 (A) Duration : 15 Minutes From : 10:45 To : 11:00

Title : Circle Battles Category #1 : Battles Category #2 : Creating Offense

Description

***Note someone to grab 2 more nets ***

- Drill is 3v3, XvsO
- X/O inside circle cannot cross half, X/O outside circle can not move much.
- Coach will spot pucks inside circle everytime needed.
- When you get the puck you can pass or shoot.
- Goal is for **Quick Puck Movement**



Key points :

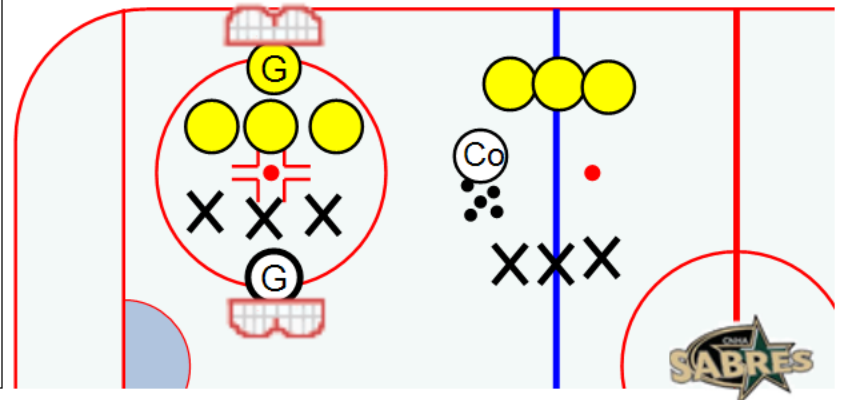
Drill no. : 4 (B) Duration : 15 Minutes From : 10:45 To : 11:00

Title : Circle Battles #2 Category #1 : Battles Category #2 : Creating Offense

Description

***Note someone to grab 2 more nets ***

- Just a basic 2v2/3v3 inside circle
- Coach will yell out how many players each time are going to play.



Key points :