

Practice Plan

Team: Skills session 3 Atom

Practice No.: _____

Date: _____

Time: _____

Duration: 1 hour

Version No.: _____

Prepared by: OMHA

Objectives / Main tasks :

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Categories

Warm up

Drill Title : Warm-up

Skating

Components : _____

Content elements :

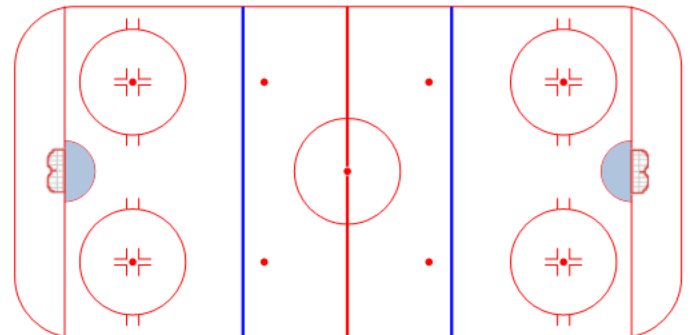
Description

hard between blue lines then backwards between blue lines. other way same thing then a 3 minute stretch at center

NO PUCKS ASSISTANT PUT ON TUTORS OR TAKE SHOTS ON GOALIES

Need to be done in 8 minutes.

Key Points



Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Categories

Puck Handling

Drill Title : Nemeth puck control shooting

turning

Components : _____

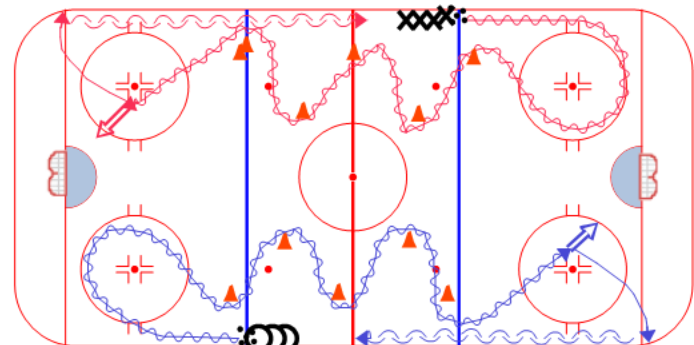
Content elements :

Description

Skate pattern as shown and then hurry to corner and skate backwards to center and return to line. gets lots of kids going and works on lots of skills

5 MINUTES each way for 10 Minutes

Key Points



Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Categories

passing

skills evals

Drill Title : passing skills

Components : _____

Content elements :

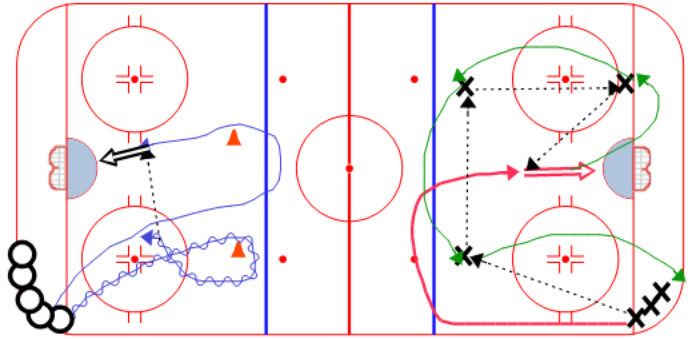
Description

one end. 1st player goes around pylon to outside with puck. 2nd player goes around pylon and drives net. one apss for sure, encourage 2 passes. swap sides other end, pass/shoot then take a spot. as shown swap sides half way

7 1/2 minutes each end

Key Points

Four empty rectangular boxes for key points.



Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Categories

1 on 1

quick feet

Drill Title : Original Olympic 1 on 1

Components : _____

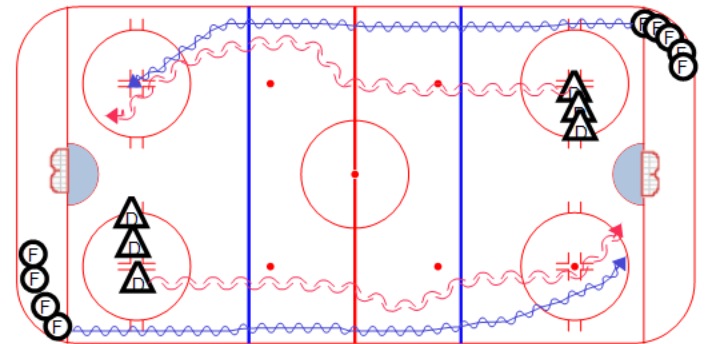
Content elements :

Description

basic on whistle D man leaves and forwards leave. D must start and stay backwards and cant attack forward until red line. Forwards have to stay wide and on boards to the red line. move the starting points to make easier or harder. play both positions COVID friendly. it is more about the speed to the Red Line than the one on one. Play is dead when 1 on 1 is broken up

Key Points

Four empty rectangular boxes for key points.



Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Categories

2 on 1

passing

Drill Title : skills evaluation 2 on 1

Components : _____

Content elements :

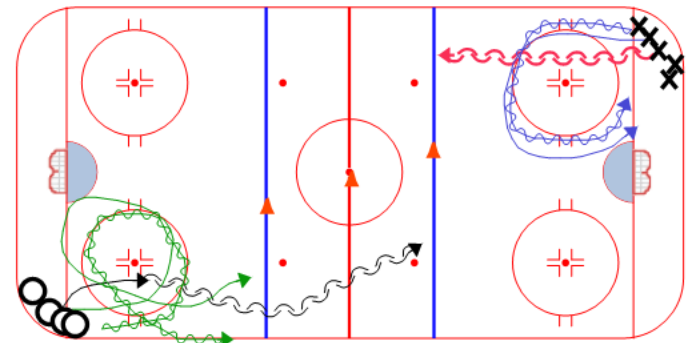
Description

Pretty simple, 1st 2 players are forwards, 1st player takes puck and goes around circle. when the players are 3/4 of the way around the 3rd player shoots out and plays Defense. Play all positions.

COVID friendly, play is over when 2 on 1 is broken up. no battles for rebounds or in corners

Key Points

Four empty rectangular boxes for key points.



Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Categories

Stick Handling

race

Drill Title : stick handling then race

Components : _____

Content elements : _____

Description

4 players come out and show off there skills in the circle making moves around the pylons. when whistle goes they leave puck and race for middle puck. that starts the next 4 in the circle should be able to use same puck taht was left.

COVID Friendly, let winner take shot and loser can hunt down rebound.

Key Points

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-
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