

# Practice Plan

Team: Skills session 4 Atom

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

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

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

Duration: 1 hour

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

Prepared by: OMHA

## Objectives / Main tasks :

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

### Categories

Drill Title : Warm-up

Components : \_\_\_\_\_

### Content elements :

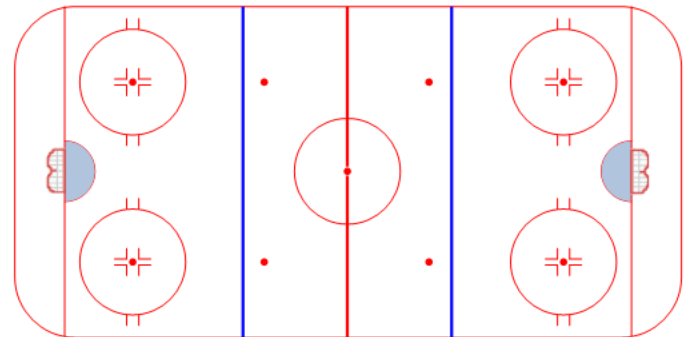
#### Description

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

Drill Title : Passing then cones

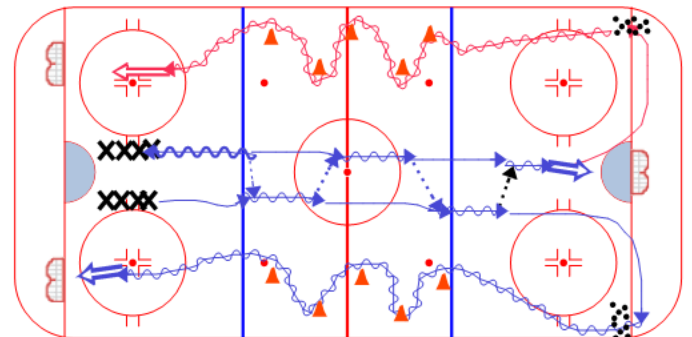
Components : \_\_\_\_\_

### Content elements :

#### Description

pair passing for shot. pick up a puck in corner and weave down the ice for a second shot. need 3 nets.  
5 MINUTES with pylons straight and pair passing  
5 MINUTES with pylons staggered and forward backwards passing backwards  
guy peels to one corner and forward player takes shot

#### Key Points



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

Categories

passing

Agility

Drill Title : skills evaluation stations

Components : \_\_\_\_\_

Content elements :

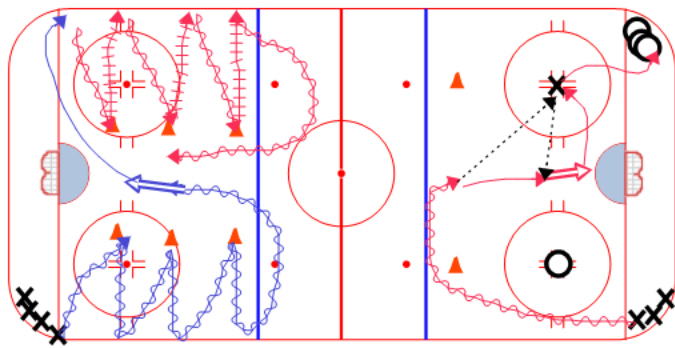
Description

one end 3 steps. 1st is stop at cones and boards facing up ice. 2nd is stop agility cross overs to boards. 3rd is forwards to cones, backwards to boards. do each one once is each side so 6 reps other end. goe around pylon pass to player on dot and get back. take that players spot. opposite sides then go.

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 : Circle 1 on 1

Components : \_\_\_\_\_

Content elements :

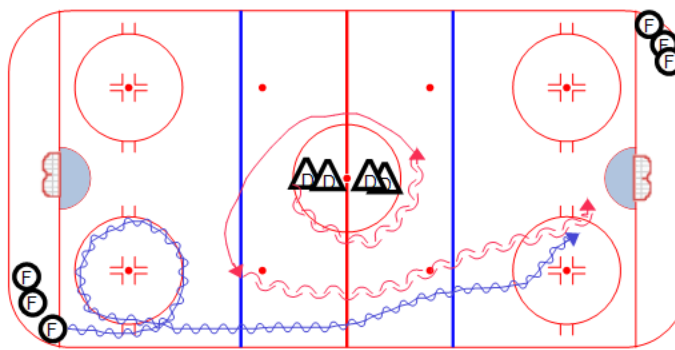
Description

both corners. on whistle forward goes around circle with puck and heads on a 1 on 1. at the same time the Defense goes around the circle but always facing the forward. he then takes the forward on a 1 on 1. play all positions 5 MINUTES each corner

COVID friendly, when 1 on 1 broken up the drill is over.

Key Points

Four empty rectangular boxes for key points.



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

Categories

2 on 1

quick feet

Drill Title : 2 on 1 skill evaluation testing

Components : \_\_\_\_\_

Content elements :

Description

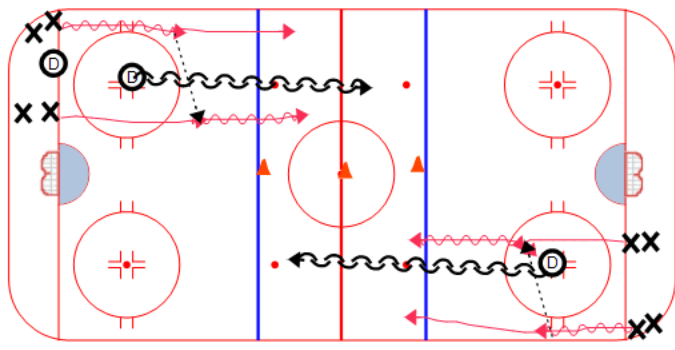
D starts on Dot, forwards on goal line. D must start backwards, 2 on 1 down the ice. Play all positions.

5 MINUTES each side for 10 TOTAL

COVID friendly when 2 on 1 is broken up drill is done. no battle in front of net or corners.

Key Points

Four empty rectangular boxes for key points.



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

**Categories**

2 on 0

back check

**Drill Title :** 2 on 0 backcheck conditioning

**Components :** \_\_\_\_\_

**Content elements :** \_\_\_\_\_

**Description**

Starts with one end going down on a 2 on 0. when the whistle goes the group at other end start their 2 on 0 while the previous 2 back check. both players touch the post before back checking, if a pass is blown the 2 on 0 is doen and they just go down and touch the post. forces then to make passes knowing pressure is coming.  
REST OF PRACTICE

**Key Points**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

