



Practice Plan

Team: Skills session 1 PW Bantam

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 :

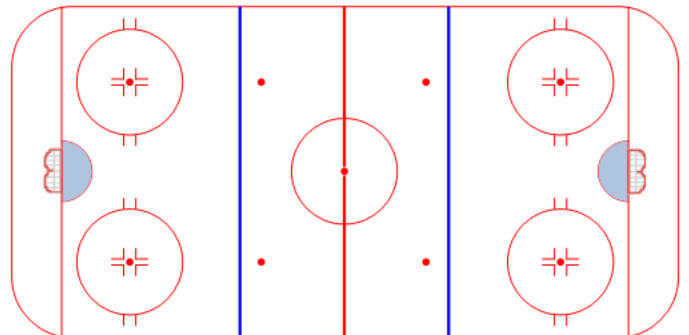
Description

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 TATORS OR TAKE SHOTS ON GOALIES

Need to be done in 8 minutes.

Key Points



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

Categories

turning

Drill Title : pylon drill

stopping

Components : _____

Content elements :

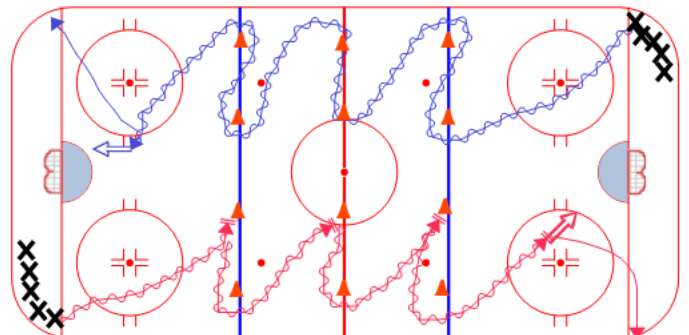
Description

Done with pucks
Blue side is tight turns
red side is stops and starts. stop facing up the ice
finish with shots.

Do FIVE minutes of Turns
then FIVE minutes of stops/starts

do this way so they stop both ways,

Key Points



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

Categories

Pivots

turns

Drill Title : 5 pylon challenge

Components : _____

Content elements : _____

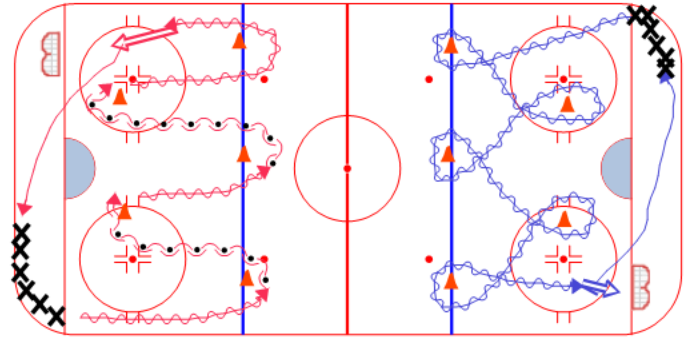
Description

doen with pucks
 1. forward all the way
 2. forward then Backwards(shown)
 3. tight turns on each cone(shown)

shoot at end

do all 3 then swap sides and do all 3 again

Key Points



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

Title : D rules agility Category #1 : D drill Category #2 : agility

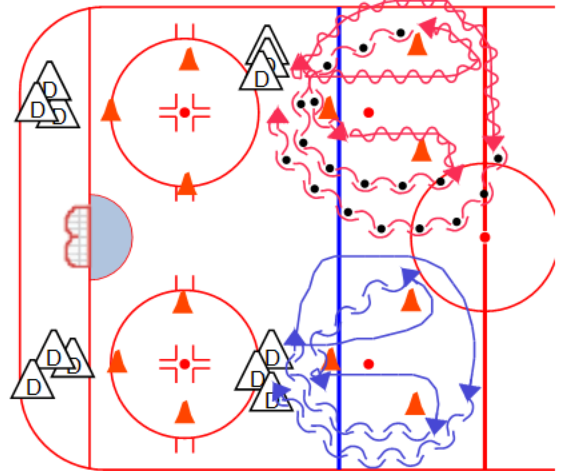
Description

Split the D man on 3 or 4 sets of cones depending on numbers. 3 minimum for proper rest. if only 2 on a cone tell them to take proper rest.

Pattern agility skate. start at bottom cone. Inside then down around bottom then inside down around bottom then all away around all 3. opposite way the next time.

4 MINUTES without pucks and 4 MINUTES with pucks

Key points:



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

Title : 2 on 0 then 3 on 0 puck movement Category #1 : Forwards Category #2 : passing

Description

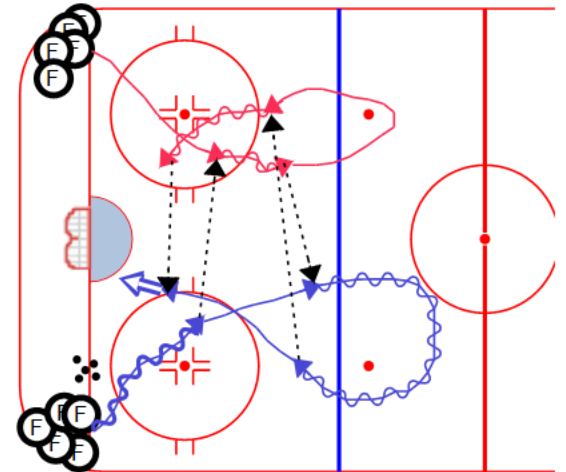
FORWARDS

forwards half in each corner, one corner has pucks. Make at least one pass heading out to Blue line. Both players must turn to boards. Make at least one pass coming back to net then shoot. half way coach will add a 3rd player from the puck side line and it will be a 3-0 coming back in

looking for good passing and receiving. looking for players who stay on side. looking for a proper 2-0 and 3-0 execution and looking for a good shot. faster and crisper the passes the better you will evaluate.

4 MINUTES 2-0 and 4 MINUTES 3-0

Key points:



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

Categories

1 on 1

Gap Control

Drill Title : Elynuik 1 and 2 on 1 simple

Components : _____

Content elements : _____

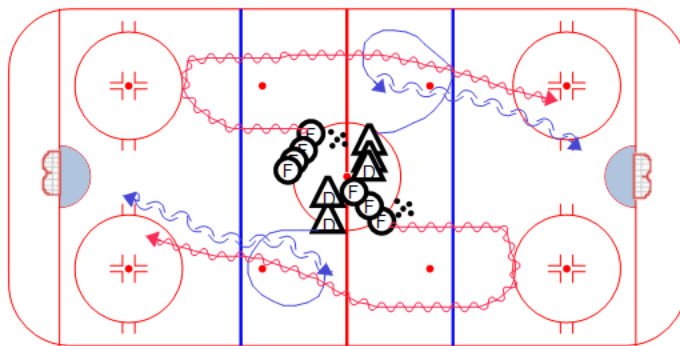
Description

simple. the d man must go to blue line and then close gap on forward. forward must go to top of circle and try and beat the d man 1 on 1. then 2 on 1.
2 1/2 MINS 1 on 1 then 2 1/2 MINS 2 on 1. switch sides then same 10 MINS

COVID friendly, When play is broken up it is done. no net or corner battles

Key Points

- _____
- _____
- _____
- _____



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

Categories

Race

Quick starts

Drill Title : 2 man quick start racing

Components : _____

Content elements : _____

Description

easy, on whistle the two players race, the winner goes and shoots. the loser swings back and gets a 2nd puck from coach.

2 and 1/2 MINUTES forwards
2 and 1/2 MINUTES backwards to red line then pivot forwards

Key Points

- _____
- _____
- _____
- _____

