

Week #1 and #2

Week #3 and #4 double everything from week #1 and #2

Week #5 and #6 double everything from week #3 and #4

Only do what you can please do not over do it, if you have any problems please contact you physician before continuing

Day	Running	Stick drills and end practice stretch
Monday	2 kilometer Run 2 - 5 minute stretch	20 Minute sticks drills
		5 min Bounce ball against wall
		5 min Foot work (fakes, cross over)
		5 min Passing with a friend
		5 min Loose ball p/u
		2 min cool down 5 min stretch
Tuesday	10 minutes short sprints 2 - 5 minute stretch	10 Minute sticks drills
		3 min Bounce ball against wall
		3 min Loose ball p/u
		4 min Practice Pick #1
		2 min cool down 5 min stretch
Wednesday	2 kilometer Run 2 - 5 minute stretch	20 Minute sticks drills
		5 min Bounce ball against wall
		5 min Foot work (fakes, cross over)
		5 min Passing with a friend
		5 min Loose ball p/u
		2 min cool down 5 min stretch
Thursday	Day of rest	
Friday	10 minutes short sprints 2 - 5 minute stretch	10 Minute sticks drills
		3 min Bounce ball against wall
		3 min Loose ball p/u
		4 min Practice Pick #1
		2 min cool down 5 min stretch
Saturday If we have a team practice this is not necessary	2 kilometer Run 2 - 5 minute stretch	20 Minute sticks drills
		5 min Bounce ball against wall
		5 min Foot work (fakes, cross over)
		5 min Passing with a friend
		5 min Loose ball p/u
		2 min cool down 5 min stretch
Sunday	Day of rest	

Drill Planner things to think about in the off season.

Offence

Lanes up and down
Don't close center of the floor
Control ball
Attack loose balls
Run through look for openings
Cover quick break
Engage defensive player draw him from the center
Engage defensive player move away and receive pass
Shooting
Carry stick up and down in shooting position
Visualize plays
When you have the ball and the defense is checking you it is too late to move the ball
Recognize slow defense or weak player

Defense

Position stick in the face of the offence player so he can't catch the ball or see the play
Stance; keep yourself between the net and the ball
When not on the ball try to position yourself so you can see the ball and the player that you are defending.
Break out after gaining position
Protect the ball and move it up the floor quickly and away from the bench
Recognize player that won't pass or work with his team mates

Goaltenders

Call out where the ball is
Angles
Quick feet move the ball
Pick up the loose ball and move it up the floor