



# Practice Plan

Group: Tune-Ups 2009

Session Length: 90 mins

Focus: First Day Back / Conditioning

Start Time: 7:45pm

Level: Midge Date: 09/08/09

End Time: 9:15pm

Prepared by: KM

**Equipment:**

- 2 Border Guards
- 10 Cones
- Water Bottles

**Notes:**

First day back on ice for man - work in an adequate amount of stretching before and after the session.

#	Duration (min)	Drill name - Activity	Categories	Key points - Instructions
1	5	General Warmup / Moving Stretches	Warmup	Up the Middle, Down the Sides
2	10	3-Lines - Edge Drills	Skating/Edges	Inside/Outside w/ Puck, Jumping Inside, Cross-unders, Cross-Overs
3	10	4 Man 4 Corner Passing	Passing	Shots from above tops of Circles
4	30	Station Set #1 -Station 1: Predators Agility Drill -Station 2: Transition Agility -Station 3: Advanced Pepper Drive		
5	10	Continuous 3 on 2	Transition Hockey	20 second limit in zone, hustle on, hustle off
6	10	3 on 3 w/ QB	Small Area Game	Both Ends
7	10	Modified Admirals Drill	Backchecking/Conditioning	
8	5	Minnesota Mile	Conditioning	2 Groups
9				
10				
11				
12				
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17				

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

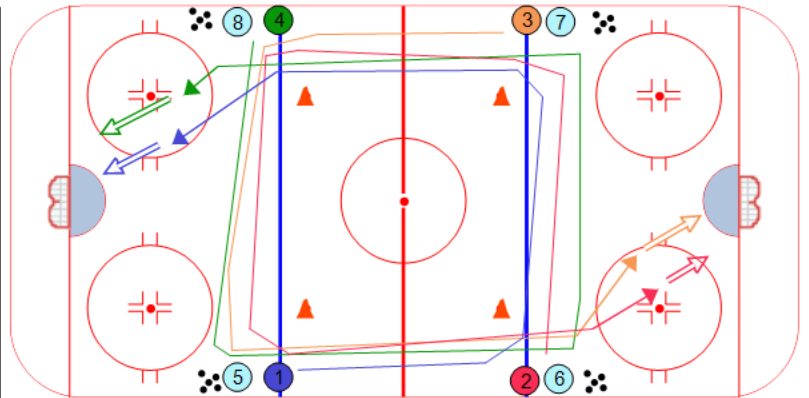
**Title :** 4 Man 4 Corner Passing **Content elements:** \_\_\_\_\_ **Components :** \_\_\_\_\_

**Description**

On the whistle, players 1-4 leave moving in a counter-clockwise direction. Players complete one touch passes with each station they pass, and finish by shooting on the net at the end of the rink they started on.

- Player 1 will make passes with: 6, 7, 8
- Player 2 will make passes with: 7, 8, 5, 6
- Player 3 will make passes with: 8, 5, 6
- Player 4 will make passes with: 5, 6, 7, 8

After players 1 and 3 shoot, they should proceed to the front of the net to tip shots from 2 and 4.



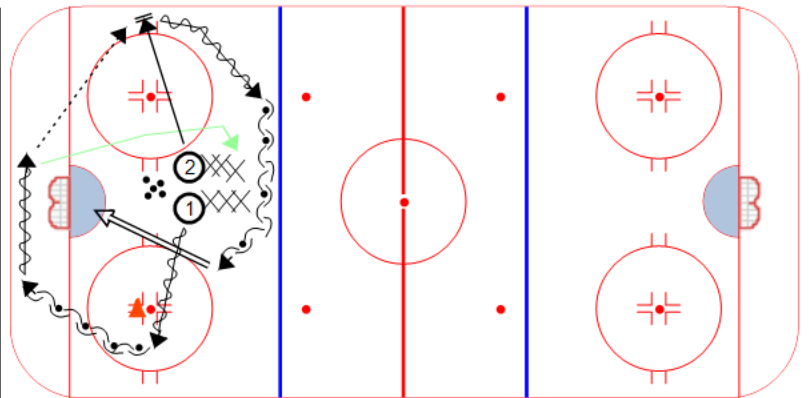
**Key Points :**  One Touch Passes  Feet Moving  Heads Up  Timing

**Drill no. :** 4-1 **Duration :** 10 **Minutes** **From :** \_\_\_\_\_ **To :** \_\_\_\_\_

**Title :** Predators Agility Drill **Content elements:** \_\_\_\_\_ **Components :** \_\_\_\_\_

**Description**

1 starts with puck and skates toward the cone. 1 pivots backwards around the cone continuing to carry the puck. 2 skates hard to the hash marks and presents a CLEAR TARGET! 1 pivots forward behind the net and makes a breakout pass (then returns to the end of line 2). 2 executes a quick start from the hash marks heading up ice, then pivots backwards around the line and takes a shot. 2 should drive the net after the shot looking for a rebound.



**Key Points :**  Puck Handling  Agility Skating  Breakout Passing  Lateral Movement

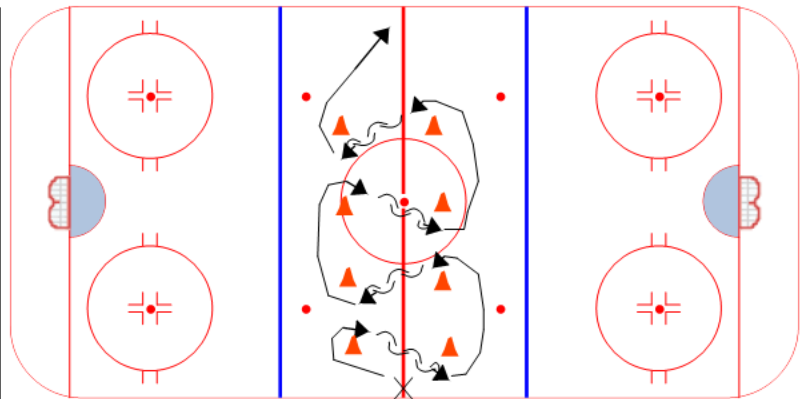
**Drill no. :** 4-2 **Duration :** 10 **Minutes** **From :** \_\_\_\_\_ **To :** \_\_\_\_\_

**Title :** Transition Agility **Content elements:** \_\_\_\_\_ **Components :** \_\_\_\_\_

**Description**

Player skates to left cone, pivots backwards and proceeds (backwards) to the right cone. Player steps forward at the right cone and proceeds to the next cone. Drill repeats until pattern is complete.

- Variation: Have player carry the puck
- Variation 2: 360's around each cone (forward around the first, backwards around the second)
- Variation 3: Have players go in pairs and pass the puck as they complete the course



**Key Points :**  Pivots  Lateral Movement  \_\_\_\_\_  \_\_\_\_\_

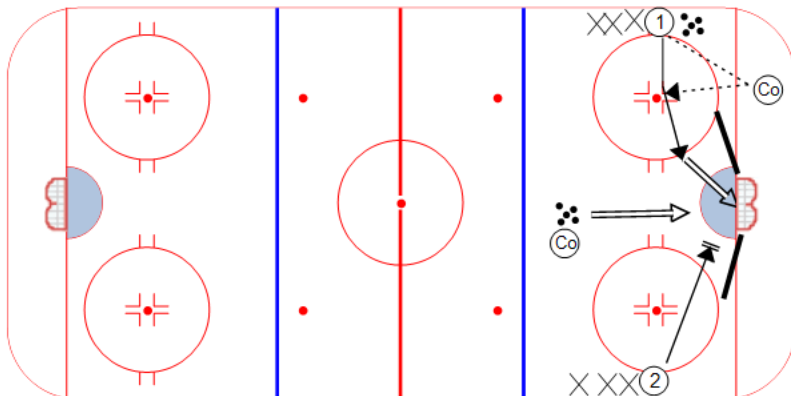
Drill no. : 4-3      Duration : 10      Minutes      From :      To :

Title : Advanced Pepper Drive      Content elements:      Components :

**Description**

Player 1 begins with the puck by passing to Co and driving to the net. Co returns the puck, 1 shoots on net. 2 leaves as soon as Co gives the puck back to 1 and drives the net for a rebound (stopping in front). 1 & 2 play the puck until the goalie freezes it, they score, or the puck leaves the front of the net.

Co 2 then takes a shot on goal for 1 & 2 to tip and play the rebound.



**Key Points :**

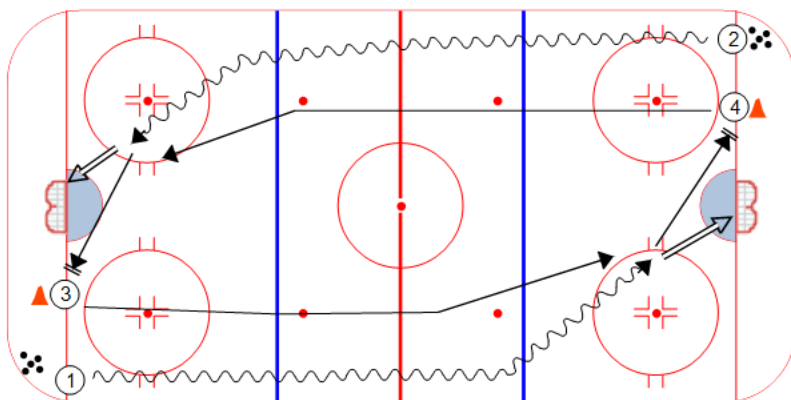
- Give & Go
- Attacking the Net
- Rebounds
- Tipping

Drill no. :      Duration :      Minutes      From :      To :

Title : Modified Admirals Drill      Content elements:      Components :

**Description**

On the whistle, 1 and 2 skate down ice, drive the net and take a shot. Players 3 and 4 backcheck 1 and 2 (respectively) all the way down the ice. 1 & 2 play their immediate rebound, then skate to the cone and STOP. As soon as both 1 and 2 have reached their respective cones, the whistle signals the next group to go.



**Key Points :**

- Backchecking
- Outskating Players
- Driving the Net
- Player Character