



Blue Elks Training Plan

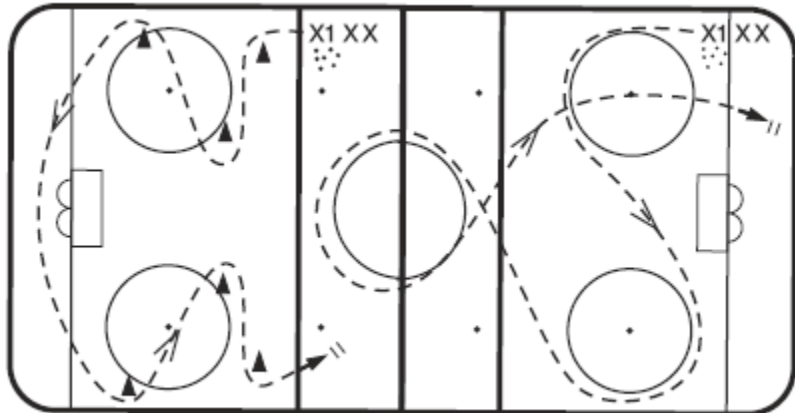
2018-10-04 – Thursday Night Practice @ 100,5 Arena

Training Time: 20:15 – 21:30

Drill #	Time	Description
STR	20:15 – 20:20	Stretching (Every Player Is Responsible For Their Own Stretching/Warm-Up)
1	20:20 – 20:25	Warm-Up: Backwards With Puck (2 Different Drills – 1+3 do B, 2+4 do A)
2	20:25 – 20:33	Give & Go Drills (2 Different Drills – Swap From A to B Drill after 4mins)
3	20:33 – 20:41	Tip-In Drill (Drill Type A Only) – No Checker
WB	20:41 – 20:43	Quick (2min) Water Break
4	20:43 – 20:51	2 on 1 With Backchecker
5	20:51 – 20:59	Forecheck Angling – Body Contact
6	20:59 – 21:07	1 on 1 Survival (3x Pairs Play At One Time)
PA+WB	21:07 – 21:10	Pucks Away & (2min) Water Break
SCR	21:10 – 21:30	Full Ice Scrimmage (Focus On Quick Shifts – Aim For ~45secs, Max = 60secs)

Drill #1 – Warm-Up: Backward With Puck

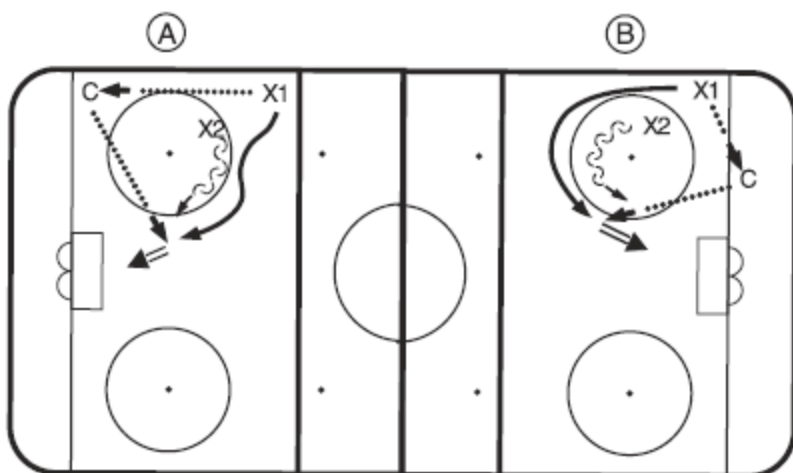
- Pick two drills. Have each player go through each drill twice, using pucks.
- A - work on quick direction changes; backwards with pucks.
- B - work on speed backward crossovers with pucks. Switch corners on this drill.



Notes/Comments: Quickness, speed

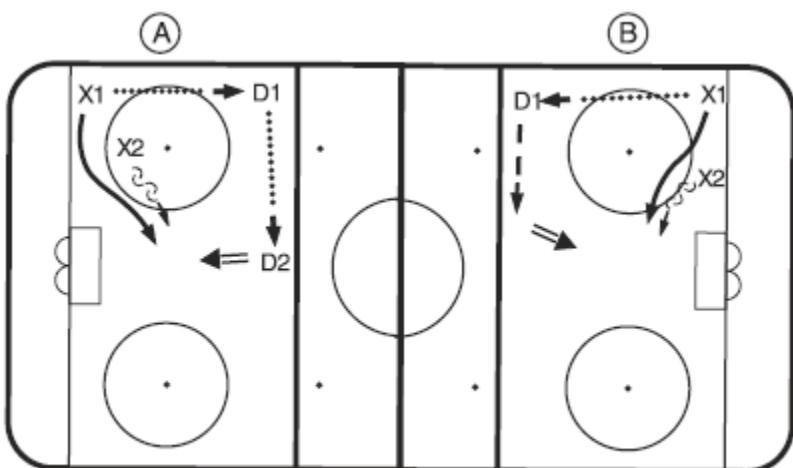
Drill #2 — Give and Go Drill

- A.
- X1 starts with puck and makes pass (forehand, backhand or flip) to coach.
 - X1 then breaks to get open, receives a return pass and shoots off pass.
 - Option - add X2 who must cover X1 after X1 makes pass to coach.
 - Do drill both sides.
- B.
- X1 makes pass to coach (forward, backward, flip) and breaks around top of circle.
 - X1 receives pass and shoots.
 - Option - add X2 to cover X1.



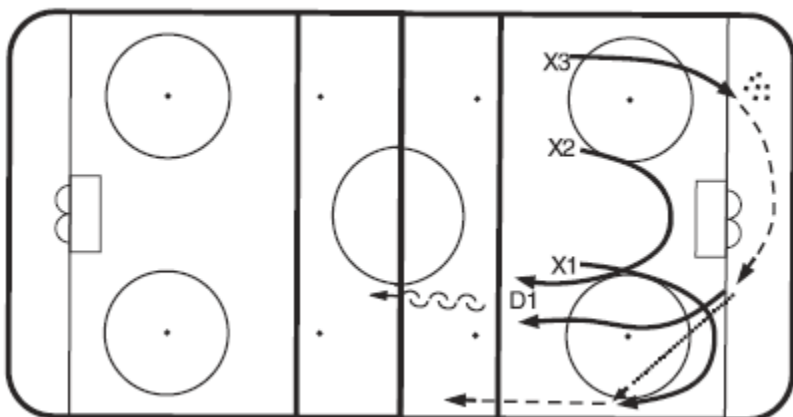
Drill #3 — Tip In Drill

- A.
- X1 makes pass to D1 and skates to slot for tip.
 - D1 passes to D2, who shoots.
 - Option - add X2 who covers X1 after pass is made.
- B.
- X1 passes to D1 and goes to slot for tip.
 - D1 skates to middle of ice and takes shot.
 - Option - add X2 to cover X1 after pass



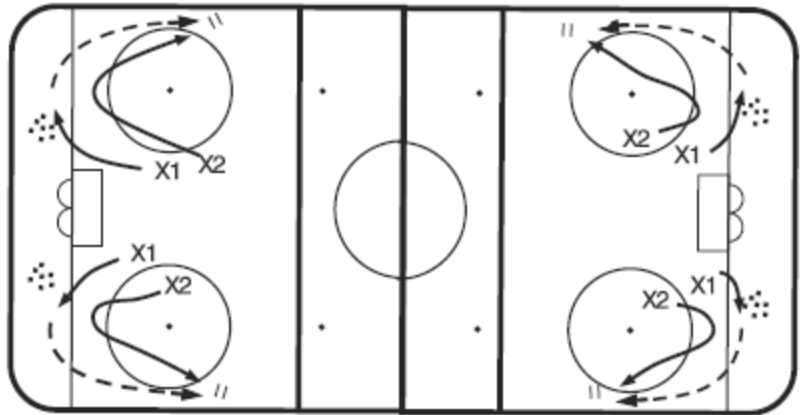
Drill #4 — 2 on 1 With Backchecker

- X1, X2 and X3 start on whistle.
- X1 and X2 swing, X3 picks up puck and skates behind net.
- X3 then passes to either X1 or X2.
- D1 steps out to play 2 on 1.
- X3 must read play and pick up open man on backcheck.
- D1 must let X3 know who to take.



Drill #5 — Forecheck Angling - Body Contact

- X1 starts, picks up a puck and heads up the ice.
- When X1 crosses goal line, X2 starts.
- X2 must angle X1 to boards and body check along boards stopping X1's momentum.
- X1 may cut back or accelerate out of zone.
- X2 must position self correctly and time acceleration.



Notes/Comments: Work on timing; review Heads Up Hockey program

Drill #6 — 1 on 1 Survival

- Coach throws puck into neutral ice.
- X1 and X2 go after puck and play 1 on 1 until someone scores.
- Up to 3 groups go at one time.
- When goal is scored, coach throws puck out for next group.
- Goalies must be aware of all groups on ice.

