



Blue Elks Training Plan

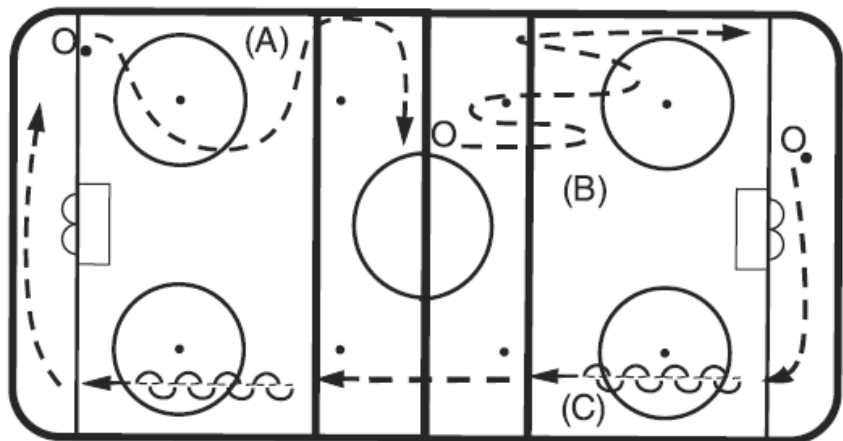
2018-10-11 – Thursday Night Practice @ 100,5 Arena

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 – 20:26	Warm-Up: 3x Puck Control Skating Drills – Change Drill on Whistle (2mins x A, 2mins x B, 2mins x C)
2	20:26 – 20:33	3 Player Triangle Passing (Receive and Pass All In One Single Motion)
3	20:33 – 20:41	1 on 0 Board Pass to Give & Go With Coach & Shoot - Alternate Sides Each Time
WB	20:41 – 20:43	Quick (2min) Water Break
4	20:43 – 20:51	2 on 0 Funnel Pass With Shot & Single Rebound Attempt
5	20:51 – 20:59	1 on 1 Give & Go With Pressure Shot
6	20:59 – 21:07	2 Vs 1 (D Blue Line Shot With Backwards Retreat, 2xF Breakout Crossover With Outlet Pass)
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)

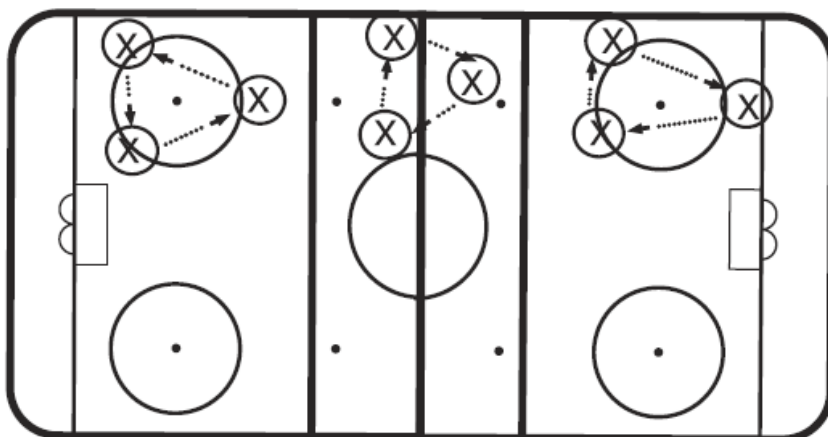
Drill #1 – Warm-Up: With Puck

- (A) • Middle to boards forward crossovers.
- (B) • Whistle control turns to side boards.
- (C) • Backward stickhandling and forward stickhandling.



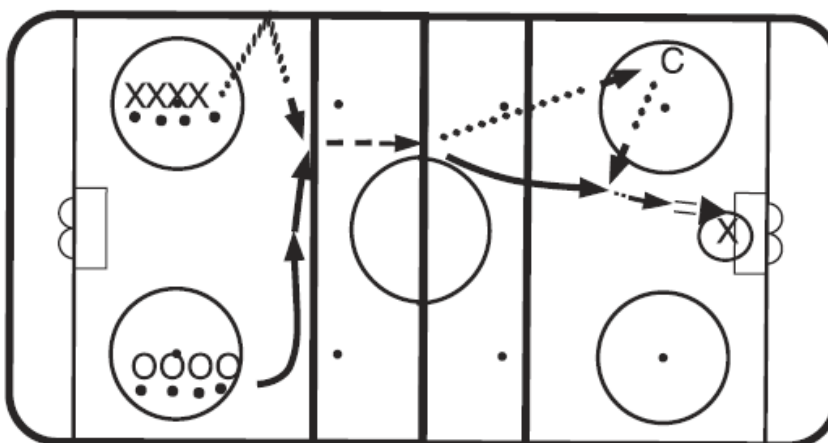
Drill #2 — Three Player Triangle Passing

- 15 to 20 feet apart.
- Pass to blade of stick (forehand side).
- Give when receiving.
- Sweep puck to target blade.
- NO SLAPPING.



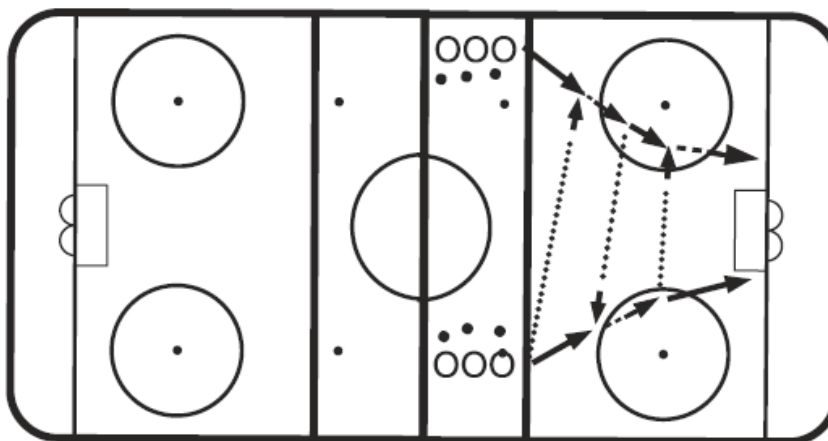
Drill #3 — 1 on 0 Board Pass to Give and Go With Coach and Shoot - Alternate Sides

- Sharp angle board pass.
- Skate to red line; pass to coach.
- Continue forward, receive pass from coach and shoot.
- Then screen/deflect for next shooter.



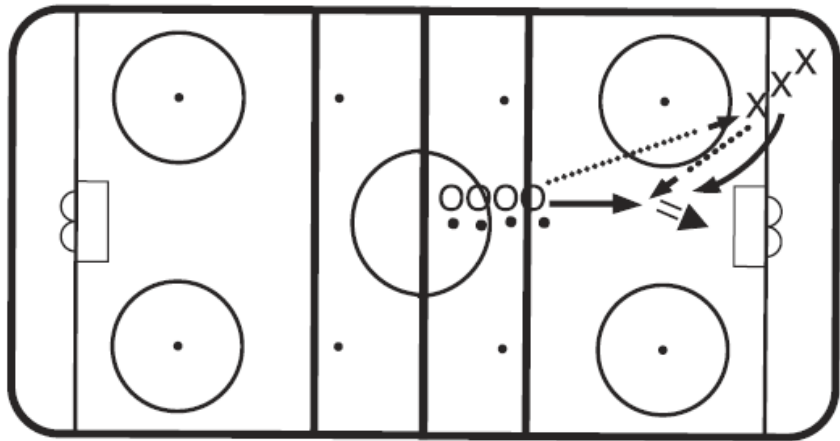
Drill #4 — 2 on 0 Funnel Pass

- Make HARD Passes.
- Try and make three passes before shooting.



Drill #5 — 1 on 1 Give and Go Pressure Shot

- Shooter starts at blue line and passes to the line below goal line.
- Shooter skates in, gets return pass and shoots before defender gets to him to block shot.



Drill #6 — 2 vs. 1

- Coach behind net with pucks.
- Forwards do crossovers over top of circle and under circle and receive breakout pass from coach.
- Defenseman starts at center ice and skates over blue line and shoots, then backward playing 2 on 1.

