



Blue Elks Training Plan

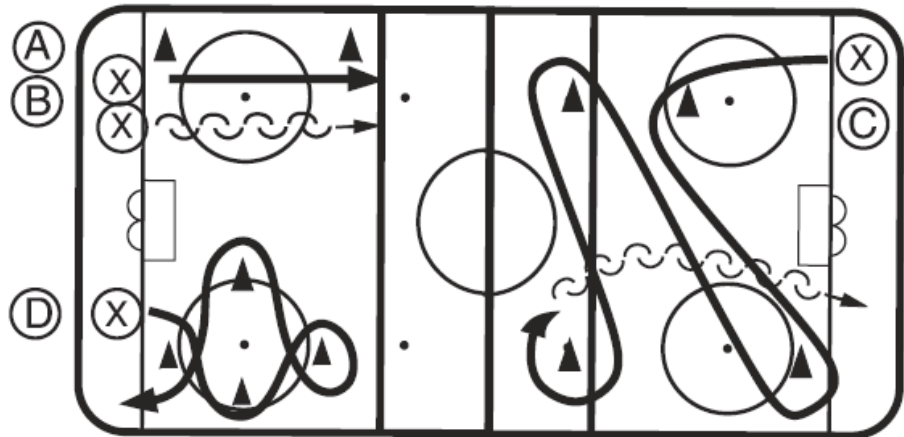
2018-10-16 – Tuesday Night Practice @ 100,5 Arena

Training Time: 22:00 – 23:15

| Drill # | Time | Description |
|---------|---------------|--|
| STR | 22:00 – 22:05 | Stretching (Every Player Is Responsible For Their Own Stretching/Warm-Up) |
| 1 | 22:05 – 22:11 | Warm-Up: 3 Groups – Acceleration / Control Turns / Tight Turns (2min Each) |
| 2 | 22:11 – 22:18 | Out & Into Zone Crossovers to Big 90 Turn – Dodge Poke Check |
| 3 | 22:18 – 22:26 | 3 Player Jam Circles (x2) – Change On Whistle – 3 rd Group 1-2-3 Shoot |
| WB | 22:26 – 22:28 | Quick (2min) Water Break |
| 4 | 22:28 – 22:36 | Carry Puck – Forward Stop – Two Control Turns – Shoot – Fast Puck Control Crossovers Back to End of Line |
| 5 | 22:36 – 22:44 | 2 on 0 Quick Passes Down Middle – Rotate Backwards Into Pass Then Stickhandling Back To End of Line |
| 6 | 22:44 – 22:52 | Three Lanes – Beat The Checker |
| PA+WB | 22:52 – 22:55 | Pucks Away & (2min) Water Break |
| SCR | 22:55 – 23:15 | Full Ice Scrimmage (Focus On Quick Shifts – Aim For ~45secs, Max = 60secs) |

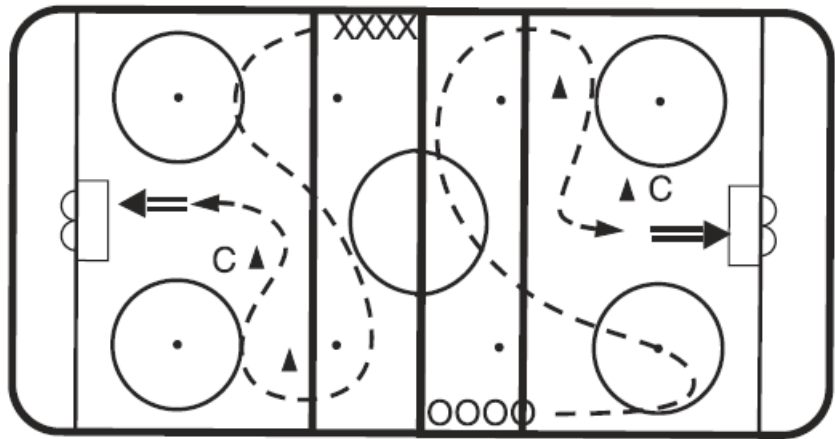
Drill #1 – Warm-Up

- (A) 60 ft. - forward acceleration.
- (B) 60 ft. - backward acceleration.
- (C) Forward crossovers - control turns - backwards.
- (D) Four cone circle puckhandling pattern.



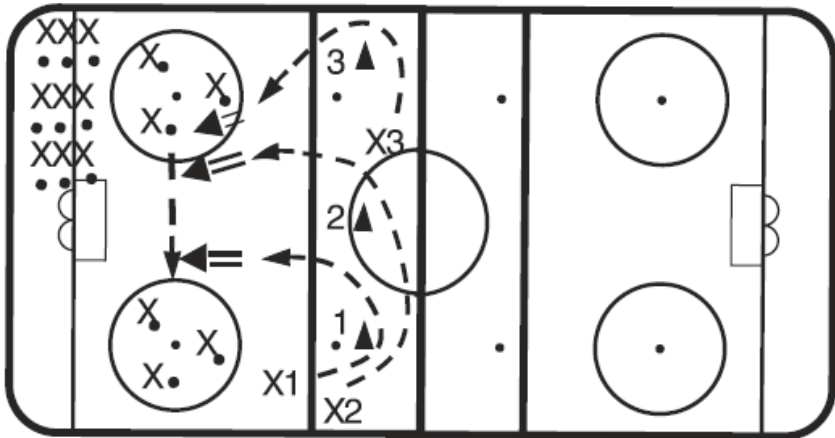
Drill #2 — Out and Into Zone X-Overs to Big 90 Turn - Coach Tries and Poke Checks and Shoot

- Puck carrier skates to top of circle, does crossovers then skates to red line and crossovers.
- Do big 90 turn on cones.
- Coach tries and poke checks on second cone.



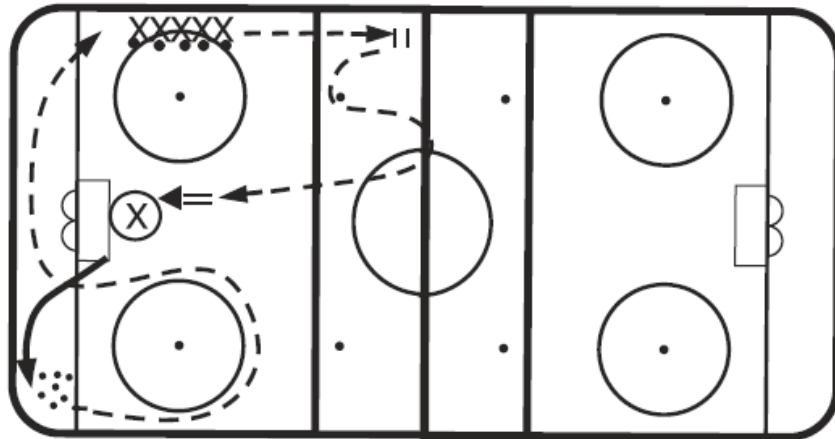
Drill #3 — Three Player Jam Circles and 1-2-3 Shoot

- Three players at a time stickhandling in circle.
- On whistle, move to next circle.
- Players are numbered #1,2,3.
- #1 turns on first cone, #2 turns on second cone, #3 turns on third cone.
- #1, 2, 3 shoot on goal in staggered fashion.



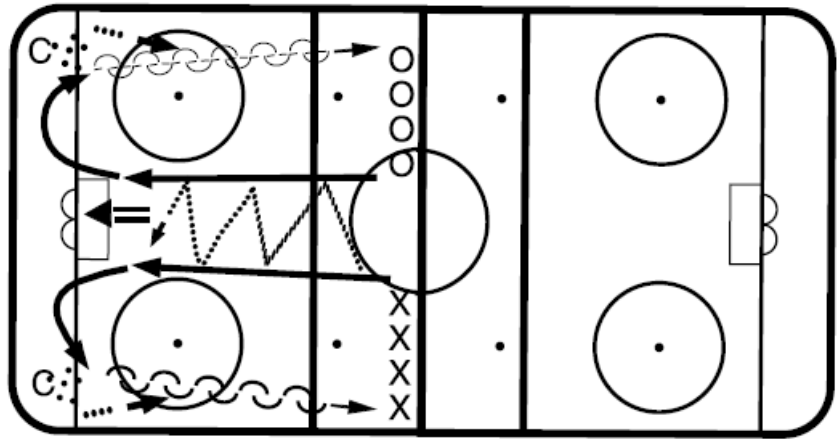
Drill #4 — Carry Puck - Forward Stop, Two Control Turns and Shoot

- After shooting - screen and deflect.
- Then pick up puck in corner and do forward crossovers around circle to end of line.



Drill #5 — 2 on 0 Quick Passes Down Middle and Backward Stickhandling Back to Red Line

- Slide and glide - cup and give when passing.
- Shoot on net.
- Players skate backward around cones, coach passes to player and stickhandles to red line.



Drill #6 — Three Lanes - Beat the Checker

- Checker has no stick or stick upside down.
- Puck carrier fake-pull quickly and accelerate on each checker.
- Shoot after beating third checker.

