



Blue Elks Training Plan

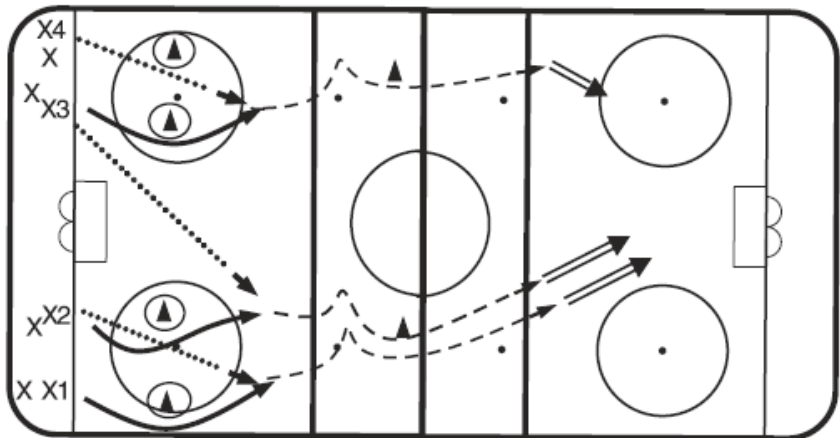
2018-10-23 – Tuesday Night Practice @ 100,5 Arena

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: Goaltenders – 4 Groups – Pass – Wide Move - Shoot
2	22:11 – 22:18	Stationary Flip Passing (Saucer Pass)
3	22:18 – 22:26	Starts – Flip (Saucer) Pass - Shoot
WB	22:26 – 22:28	Quick (2min) Water Break
4	22:28 – 22:36	2 on 1 – Split Up (F and D Different Aspects Of Same Movement)
5	22:36 – 22:44	2 on 0 into 2 on 1
6	22:44 – 22:52	Start & Stop - Shooting
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 Goaltenders

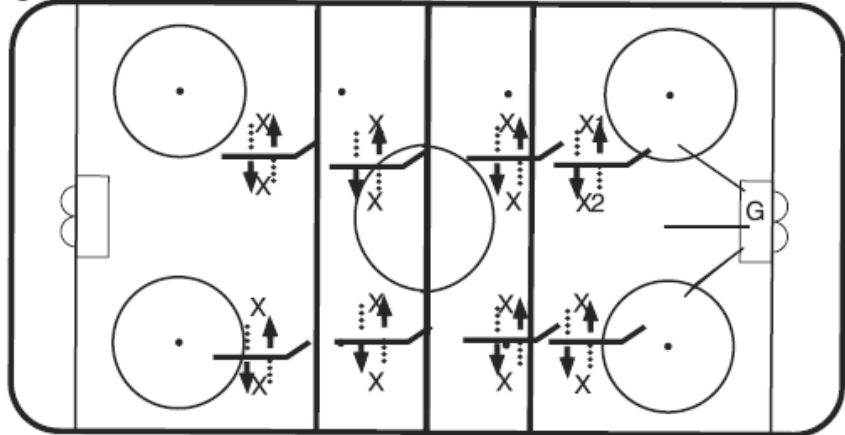
- After stretch, make four lines. All lines have pucks.
- X1 starts, makes tight turn around cone, receives a pass from X2, continues and makes a wide move on neutral ice cone and shoots around goal.
- X2 starts when X1 hits the blue line.
- X4 gets pass from X1 line.



Notes/Comments: Accelerate around cones and after wide move; full speed

Drill #2 — Stationary Flip Passing

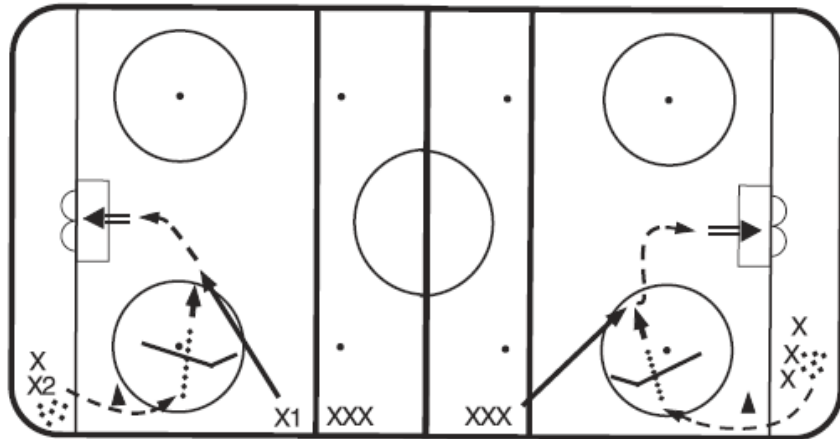
- Players get partners and lay extra stick between them.
- They are approximately three to four stick lengths apart.
- Players make heel to toe passes, lifting puck over stick so it lands flat on the other side of stick.
- Have players pass forward and backward.
- Goaltenders work on angles; movement with coach.



Notes/Comments: Work forehand and backhand passes

Drill #3 — Starts, Flip Pass, Shoot

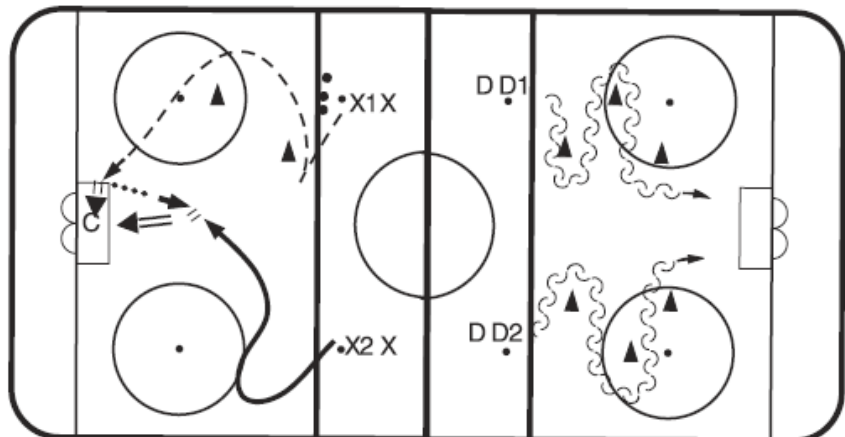
- On whistle, X1 performs a running start and skates to slot.
- At same time, X2 skates with puck to cone.
- When X2 reaches cone, X2 makes a flip pass over sticks on ice to X1.
- X1 receives pass and shoots on goal; players switch lines



Notes/Comments: Perform both sides of ice, flip passes forehand and backhand

Drill #4 — 2 on 1; Split Up

- Forwards - X1 makes wide move on cone, accelerates around and drives to net.
- At the same time, X2 skates and delays so he/she is in high slot.
- X1 may shoot puck or pass to X2 in high slot, X2 then shoots while X1 goes to net.
- Defense - D1 and D2 start backward at same time. They skate around cones as shown, working on lateral movement.
- They force forward with puck wide, then come back to middle to take away pass to high slot.

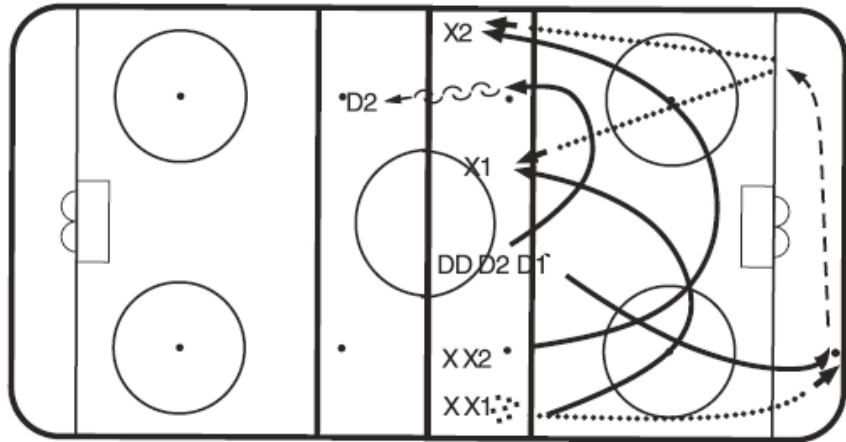


Notes/Comments: Forwards - Create good shot; Defense - eliminate good shot

Drill #5 — 2 on 0; 2 on 1

- X1 starts drill by dumping puck in corner. X1 and X2 swing as shown.
- D1 skates, picks up puck and skates behind net.
- D1 then makes a pass to X1 or X2.
- D2 steps out to play the 2 on 1.

Variation - don't have D2 step out and have X1 and X2 go 2 on 0; switch sides after several minutes.



Notes/Comments: Forwards and defense work on concepts in previous drill.

Drill #6 — Start and Stop - Shooting

- X1 does running start and skates to cone and stops facing pucks. X1 then does crossover start, skates to pucks and stops. X1 then does a crossover start the other direction and takes a shot on goal.
- X2 starts when X1 stops and picks up a puck.

