



Blue Elks Training Plan

2018-12-04 – Tuesday Night Practice @ 100,5 Arena

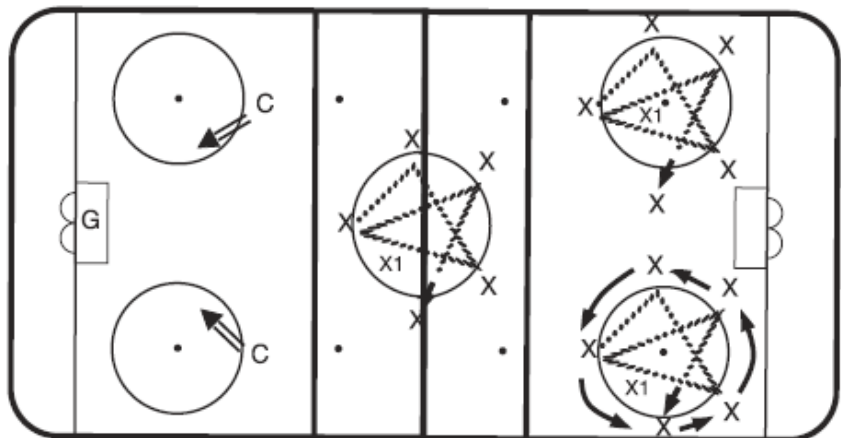
Training Time: 22:00 – 23:15

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: Four Player Circle Keep Away (Piggy In The Middle)
2	22:11 – 22:18	Stickcheck / Backcheck
3	22:18 – 22:26	Defender Pass into 1 on 1
WB	22:26 – 22:28	Quick (2min) Water Break
4	22:28 – 22:36	3 on 0 – Plays Entering Zone
5	22:36 – 22:44	Power Play 5 on 3, 2-1-2 Offensive Zone Positioning
6	22:44 – 22:52	Neutral Ice Angles With Support
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: Four Circle Keep Away

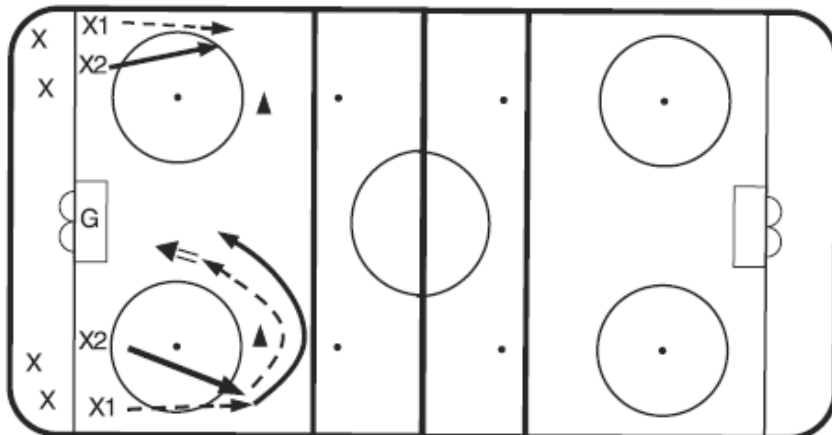
- Put five or six players around circle, one player in middle
- Players pass puck while X1 tries to intercept passes.
- If X1 intercepts pass, the player who passed puck is now in middle.

Option - have players move around circle.



Drill #2 —Stickcheck Backcheck

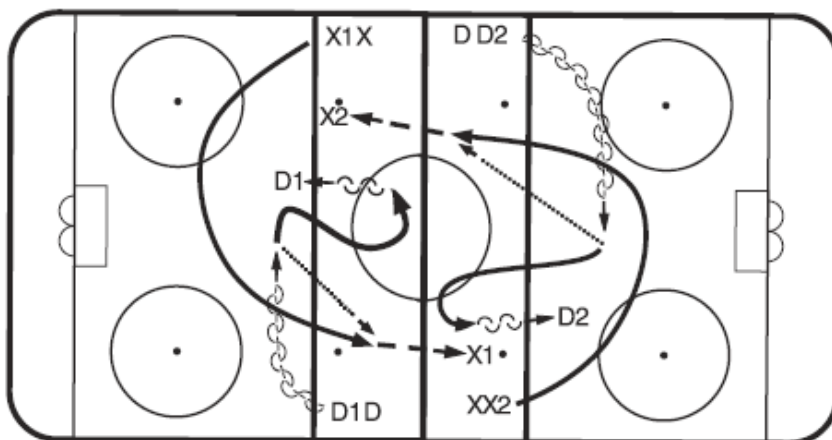
- X1 starts skating along boards with puck at 3/4 speed.
- X2 skates up from behind and stick checks X1, taking puck.
- X2 and X1 then accelerate, X2 makes tight turn around cone and tries to shoot puck while X1 backchecks and tries to stop X2.



Notes/Comments: Can lift stick or hit stick away to gain control of puck

Drill #3 — D Pass, 1 on 1

- All four players start at same time.
- D1 skates backwards laterally with puck to middle of ice.
- X1 swings behind D1 then receives a pass from D1.
- After making pass, D1 moves up to close gap and play X2 1 on 1.
- Switch sides half-way through.



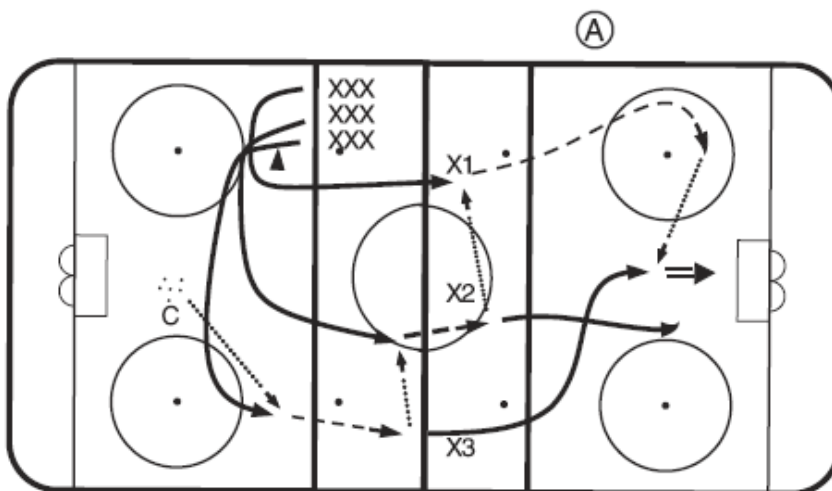
Notes/Comments: D must move up to control gap of 1 on 1

Drill #4 — 3 on 0 - Plays Entering Zone

- Coach blows whistle and three players skate around cone.
- Coach passes puck and three players continue 3 on 0.

Plays Entering Zone

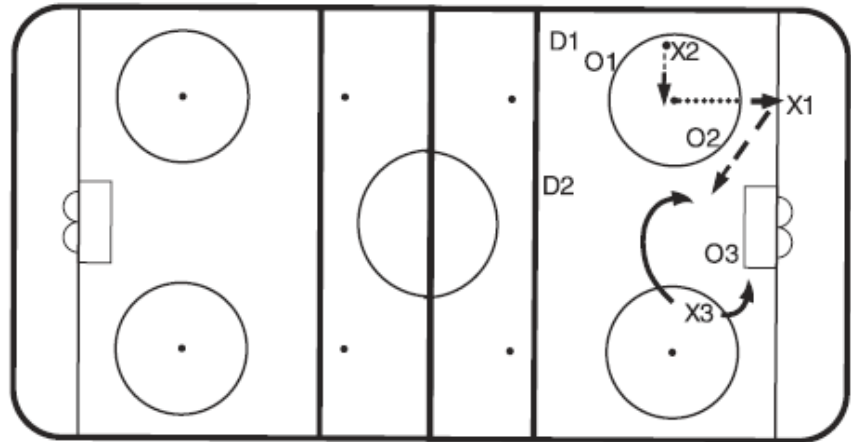
- A.
- X1 takes puck wide.
 - X2 drives to net.
 - X3 delays and breaks for high slot.
 - X1 passes to X3, X2 shoots.



Notes/Comments: Stress communication and creativity.

Drill #5 — Power Play, 2-1-2

- D1 and X2 play catch to pull O1 high in order to work puck low.
- X2 starts skating to middle, he/she can shoot or pass to X1 (depending on what O2 does).
- X1 can skate to front of net and shoot or pass to X3 (depending on what O3 does).
- X3 goes high or low to receive pass or get rebound (depending on what O3 does).



Notes/Comments: Create 2 on 1 situation down low. Run through without opposition, then add penalty killers

Drill #6 — Neutral Ice Angles With Support

- D1 skates backwards with puck and makes pass to X1 who swings to middle of ice.
- X2 and D2 move up to close gap.
- X2 angles X1 to boards.
- D2 pivots backward and supports X2. Stress communications.

Options - X2 checks and pins X1 to boards while D2 supports. X2 passes to D2, X2 then supports D2.

