



# Blue Elks Training Plan

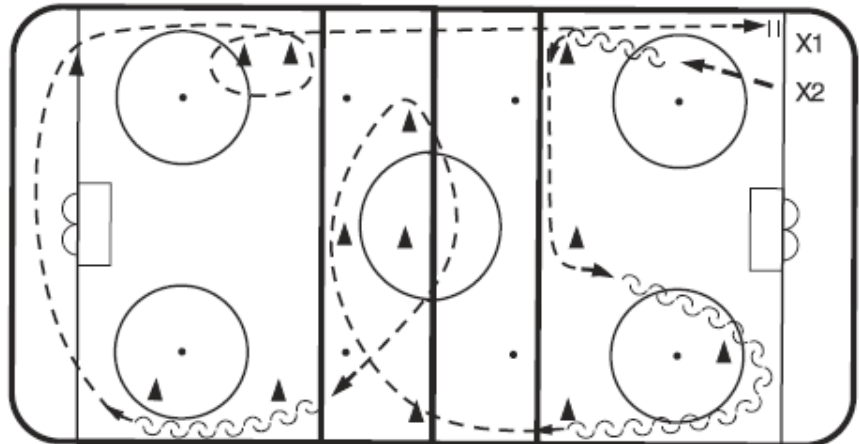
2018-12-11 – Tuesday Night Practice @ 100,5 Arena

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: Puck Handling (Different Manouevers)
2	22:11 – 22:18	2 on 1
3	22:18 – 22:26	2 on 2 – Coverage In Front Of Net
WB	22:26 – 22:28	Quick (2min) Water Break
4	22:28 – 22:36	Shorthanded (5 on 4) – Pressure Box In Defensive Zone
5	22:36 – 22:44	Shorthanded – 1-3 Forecheck Setup - Offensive Zone
6	22:44 – 22:52	Shorthanded – 1-3 Forecheck – Offensive Zone Retreat Into Neutral Zone
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: Stretches, Puckhandling

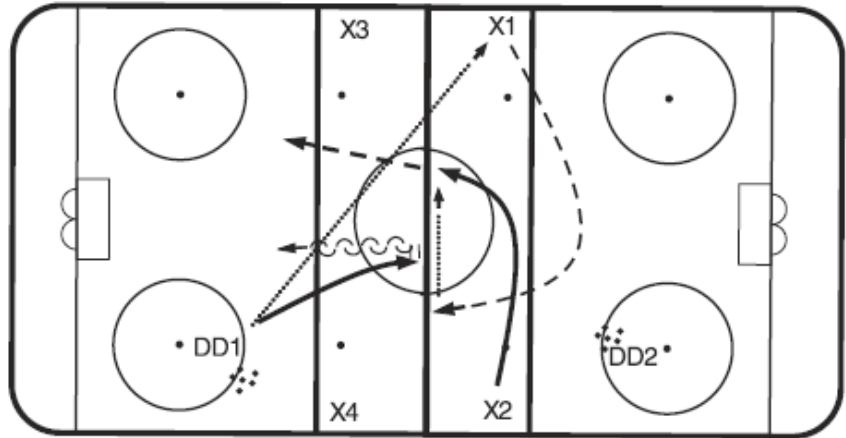
- X1 skates with puck as shown.
- X2 starts when X1 reaches blue line.



**Notes/Comments:** Go full speed, stress good body position

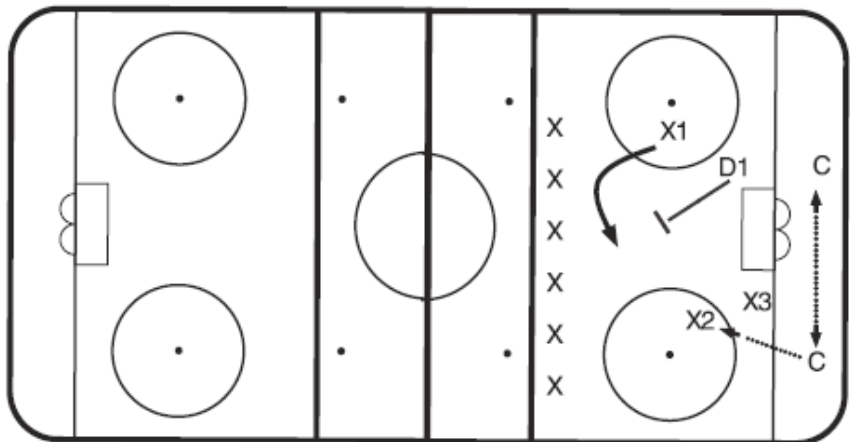
### Drill #2 — 2 on 1

- D1 starts drill by passing to X1.
- D1 skates up to red line and stops, then skates back playing 2 on 1.
- X1 and X2 cross and head up ice 2 on 1 on D1.
- When X1 and X2 cross far blue line, D2 passes to X3 or X4.



### Drill #3 — 2 on 2 - Coverage in Front of Net

- Coach sets up two offensive players (X1, X2) and two defensive players (D1, X3) in front of net.
- On whistle, X1 and X2 try to get open while D1 and X3 cover.
- Coaches pass puck behind net, looking for opening to pass to X1 or X2.
- Defensive players must be aware of puck while covering.



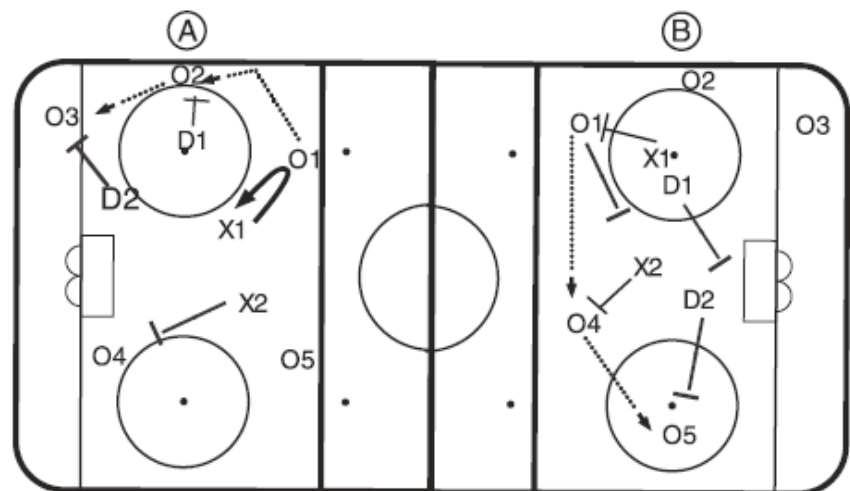
### Drill #4 — Short-handed - Pressure Box, Defensive Zone

A. -

- Puck starts at O1, X1 starts pressure box rotation, puck moves down boards.
- X1 skates at O1, when puck moves down boards, X1 stops and skates back to middle.
- D1 pressures O2, puck moves to O3, D2 pressures O3.
- X2 skates to low slot to cover O4.

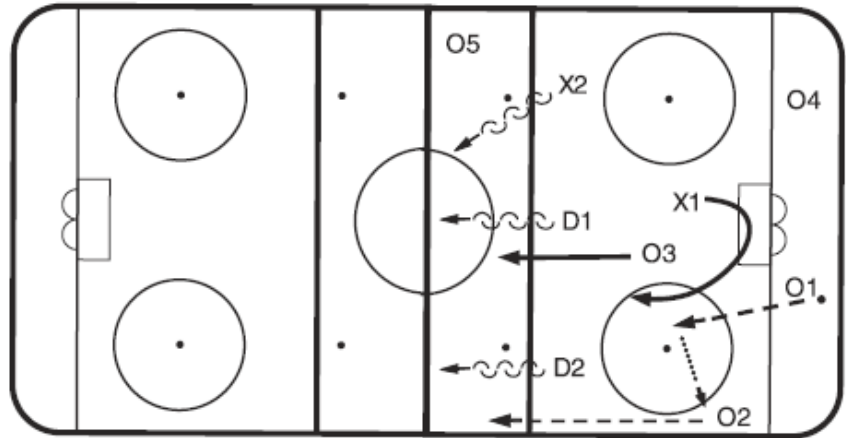
B. -

- Puck moves across top; X1 starts by pressuring O1.
- Puck moves to O4; X2 pressures O4.
- Puck moves to O5; D2 pressures O5.
- D1 skates and covers in front of net.



**Drill #5 — Short-handed - 1-3 Forecheck, Offensive Zone**

- X1 positions himself in high slot.
- X2, D1 and D2 are across blue line.
- As O1 carries puck up, X1 swings inside out, forcing puck to outside. X1 then heads up middle of ice.
- D2, D1 and X2 back up into neutral ice.



**Drill #6 — Short-handed - 1-3 Forecheck, Offensive Zone Continued**

- When O2 gets to center ice, D2 steps up to play O2.
- X1 and D1 support D2. Positioned as shown.
- X2 takes away cross ice pass and is safety valve.

