



Blue Elks Training Plan

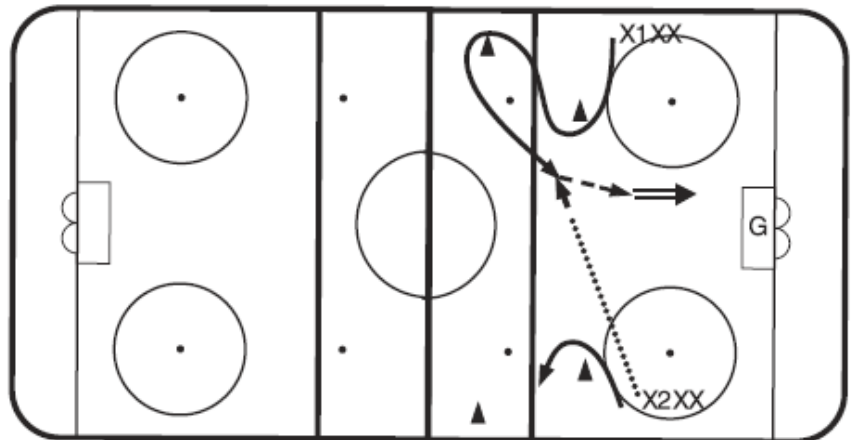
2019-01-10 – Thursday Night Practice @ 100,5 Arena

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: Skating Weave With Head Up, Receive Pass & Shoot
2	20:26 – 20:33	Break To Space
3	20:33 – 20:41	Touch Pass – Full Speed Drill
WB	20:41 – 20:43	Quick (2min) Water Break
4	20:43 – 20:51	Breakout Pass From D Up Middle Into 1 on 1
5	20:51 – 20:59	Block Shots #1 (Forwards Block Defenders Shot)
6	20:59 – 21:07	Block Shots #2 (Defenders Block Forwards Shot)
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)

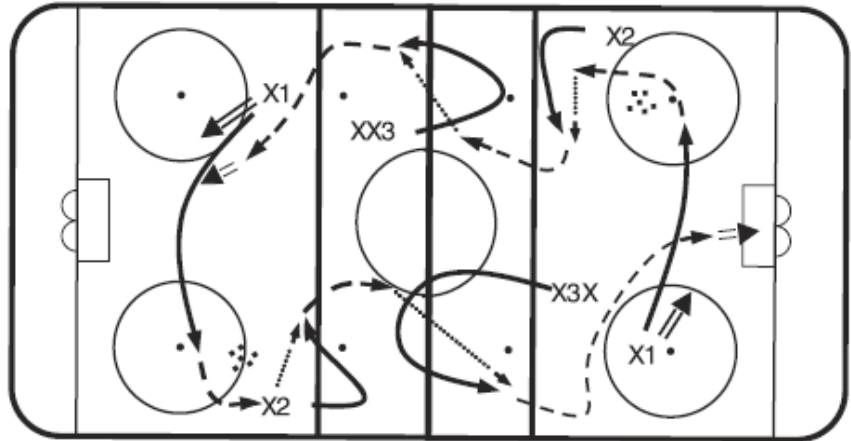
Drill #1 – Warm-Up; Stretches; Shooting Drill

- X1 starts without puck and skates through cones.
- X1 crosses blue line, gets pass from X2 and shoots.
- X2 starts after making pass.



Drill #2 — Break to Space

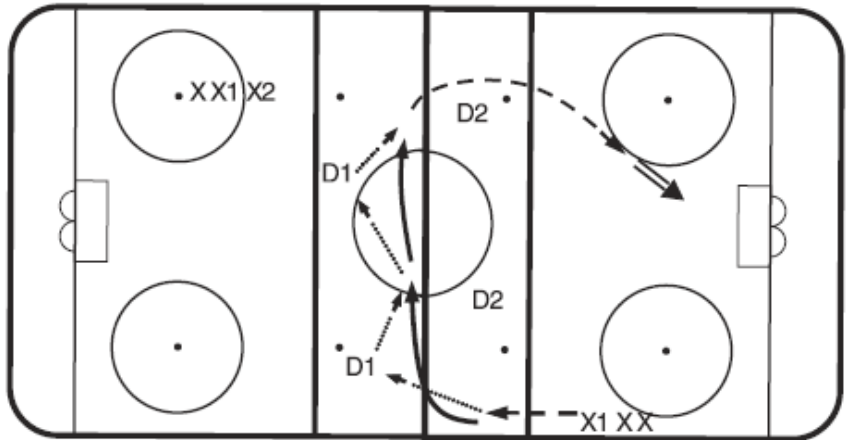
- X1s start drill by shooting puck.
- X1 then skates to pick up puck in circle and passes to X2 who is curling to space.
- X2 receives pass from X1 and skates to neutral zone and passes to X3 who is curling to space.
- X3 receives pass from X2..
- X3 shoots puck, then skates to pick up puck and start drill.



Notes/Comments: Do drill both ways.

Drill #3 — Touch Pass - Speed Drill

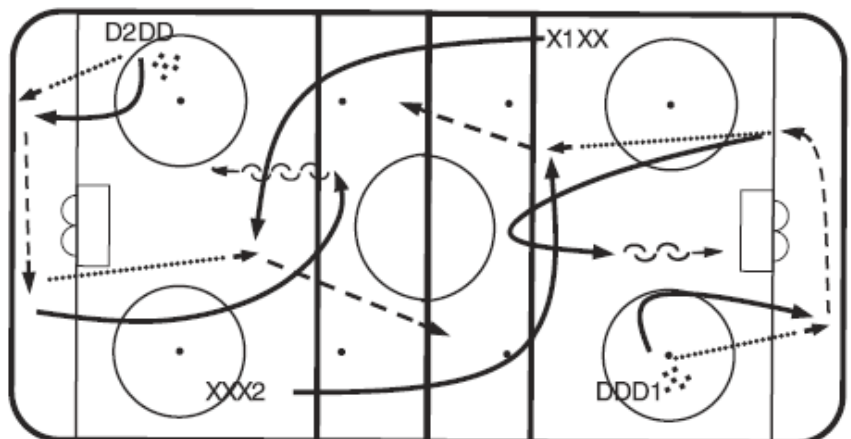
- X1 skates full speed with puck, makes one touch passes to both D1s at neutral ice, then goes to shoot.
- X2 skates same pattern with D2s at same time.
- Xs must accelerate through entire neutral zone.



Notes/Comments: Do drill both ways.

Drill #4 — Breakout Up Middle Pass 1 on 1

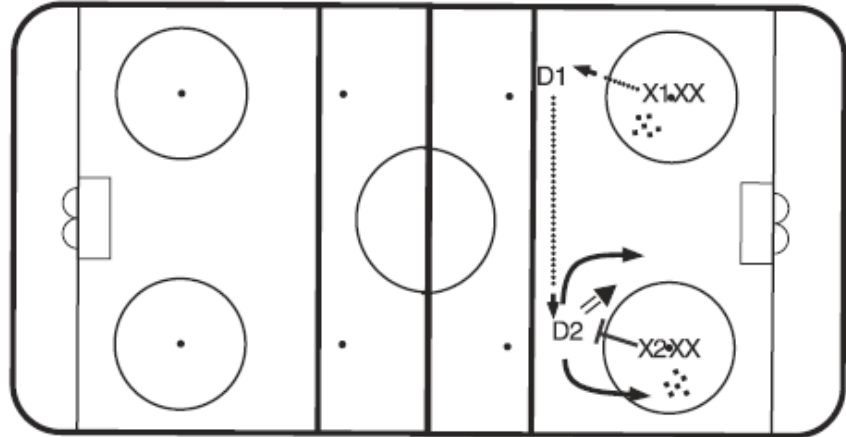
- D1 starts by dumping puck in corner.
- D1 then picks up puck, skates behind the net, then passes to X2 who is swinging in middle.
- X2 continues up ice with puck.
- D1 then hustles up to neutral ice where he meets X1 1 on 1.
- X1 has received pass from D2 at other end at same time.



Notes/Comments: D must move up with play in order to play 1 on 1 effectively.

Drill #5 — Blocks Shots #1 (Forwards)

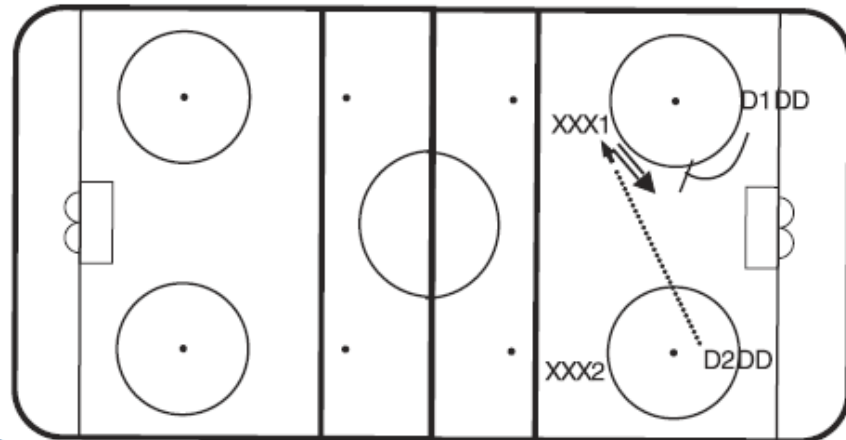
- X1 passes to D1 who passes to D2.
- At same time, X2 skates out to block D2's shot.
- D2 may shoot puck or fake shot and try to go around X2.
- X2 line then passes to D2 to D1. X1 blocks D1 shot.



Notes/Comments: Technique - forwards should do down to one knee, arms at side and stick on ice straight out to side. If D fakes shot, forward stops and plays D.

Drill #6 — Block Shots #2 (Defense)

- D2 passes to X1, who shoots puck.
- D1 starts on goal line. When pass is made, D1 may start. D1 blocks X1's shot
- D1 line then passes to X2 who shoots. D2 blocks shot.



Notes/Comments: Technique - D must sprint to shooter. To block shot, D must lay flat on side (legs stacked), keeping head up. D wants to line up shin pads on puck when making slide.