



Player Development

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Half Ice Practice Plan

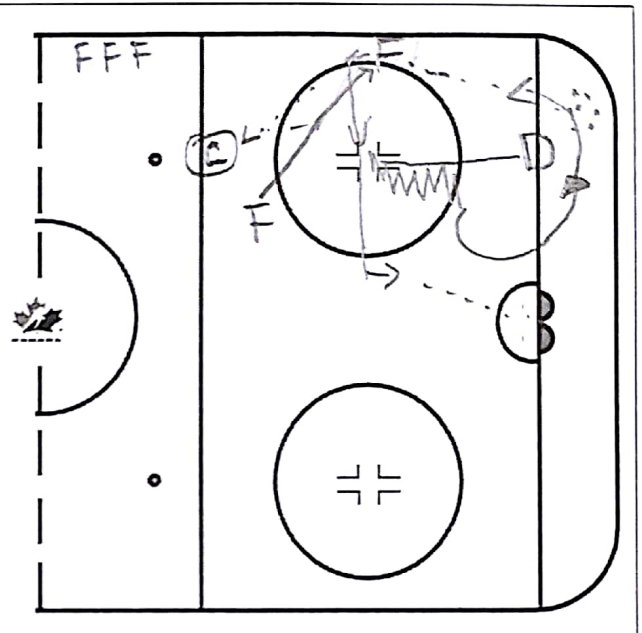
Time	Drill Name & Description
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5 MIN D AGILITY ESCAPES

- D STARTS AT GOALLINE W PUCK
- D SKATES FWD TO DOT BWD TO BOTTOM OF CIRCLE
- PIVOT FACING NET
- TOES UP ICE PASS TO FWD.

Key Teaching Points

- FWD STARTS IN SLOT
- FWD GOES TO WALL WHEN D GETS TO DOT
- FWD RECEIVES PASS THEN MOVES FEET ON WALL BEFORE PASSING TO COACH AT BLUELINE.

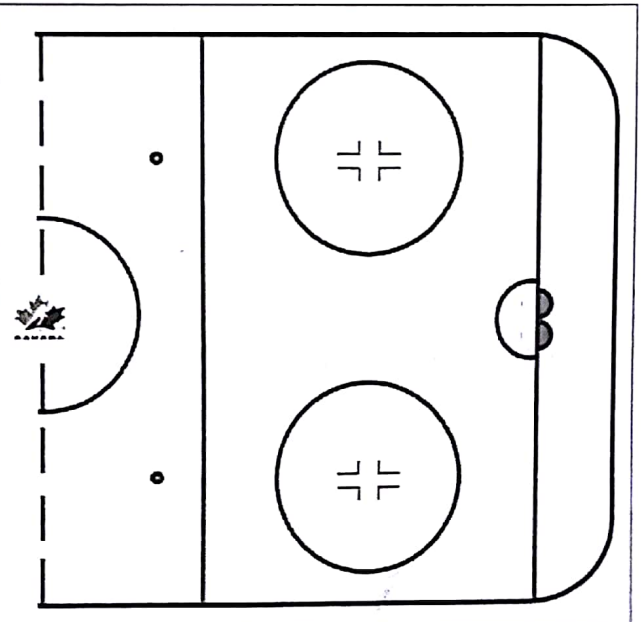


Time	Drill Name & Description
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- FWD GOES STRAIGHT TO NET RECEIVES PASS FROM COACH
- FWD SHOOTS PUCK.

Key Teaching Points

- USE YOUR EDGES
- SHOULDER CHECK
- TOES UP ICE
- FWD MOVES FEET + SHOOTS PUCK WHILE STRIDING.



* ROTATE IN A NEW D-MAN EVERY 5 REPS