WYHA Practice Plan

Day _____ ***Date*** _____

Today's Objectives: To learn, practice, and reinforce these skills:				
Skill Work	***Team Play***	***Concepts***	***Specialty Work***	***Small Games/Fun***
___ *Skating*	___ *1 on 1*	*Defensive Concepts*	*Goaltender Drills*	
___ *Puck Control*	___ *2 on 0*	___ *Offensive Zone*	_____	___ *Full Rink Games*
___ *Pass/Receive*	___ *2 on 1*	___ *Defensive Zone*	_____	
___ *Shooting*	___ *2 on 2*	___ *Neutral Zone*	_____	
___ *Body Contact*	___ *3 on 0*		_____	
___ *Body Position*	___ *3 on 1*	*Offensive Concepts*	*Other*	___ *Zone Game*
___ *Stick Checking*	___ *3 on 2*	___ *Offensive Zone*	_____	
___ *Agility Work*	___ *3 on 3*	___ *Defensive Zone*	_____	
	___ *5 on 5*	___ *Neutral Zone*	_____	___ *Restricted Area Games*

Time	**Activity Drill Notes**	**Key Points**
	1. Warm UP	

Evaluation/Comments	**Equipment**