



TEXAS STARS PRACTICE PLAN

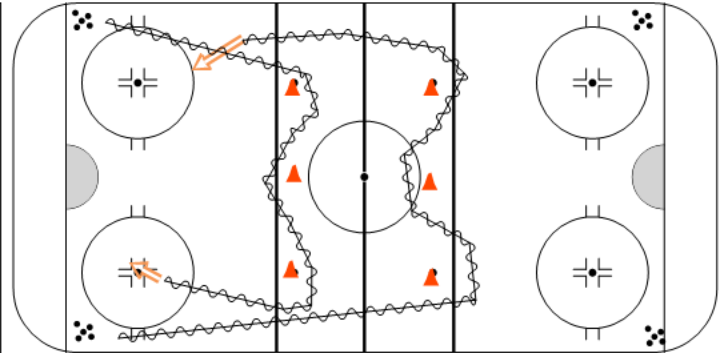
DATE: 11.4.2019

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

HI - LO

Drill Start: All four corners

FULL SPEED - SHOT IN STRIDE

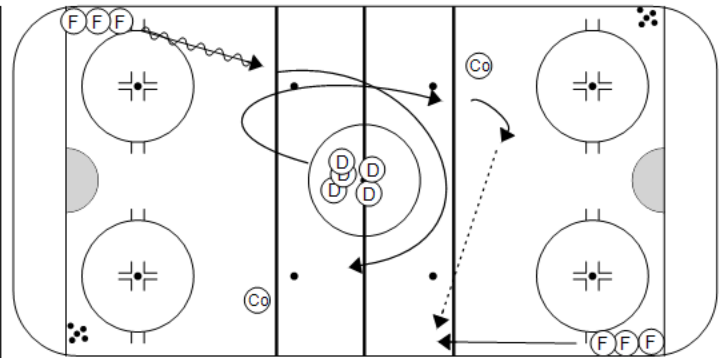


Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

DOUBLE DRIVE

Drill Starts: F- D Exchange passing up an back

2v0 Entry w/ D following up for Low to High Point shot



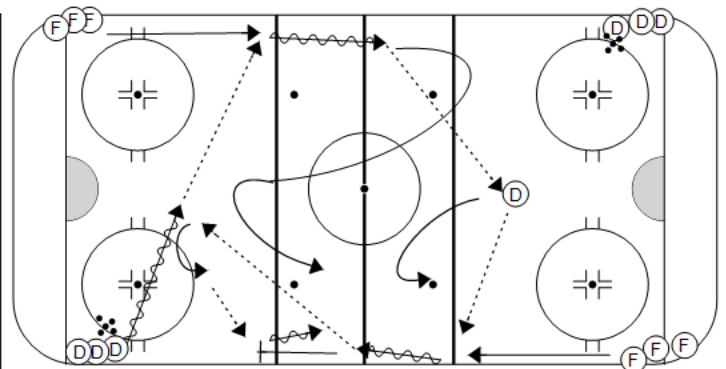
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

2v1 BU

EXECUTION W/ PACE

CRISP PASSING - CALL FOR PUCKS

2v1: ADD WIDTH ACROSS BLUE



Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

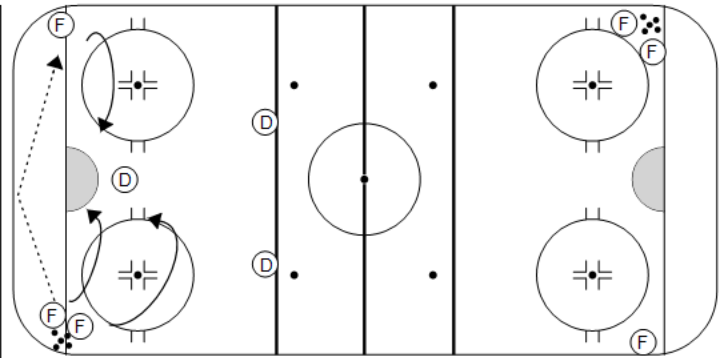
3v1 X3

Drill Starts:

3v1 Low

3v1 Recoil

3v1 Build



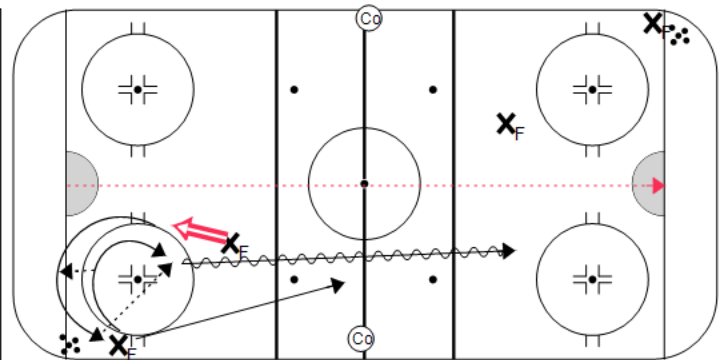
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

B-WAY CHASER

Drill Starts: Hook N Ladder

Bway w Tracker chasing

Optional bump pass to coach



Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

FC CHANGER

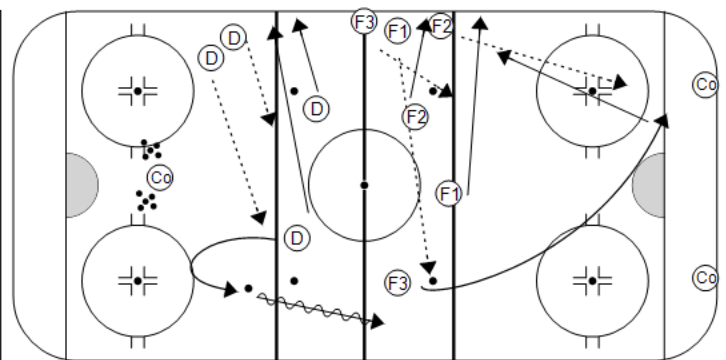
Drill Starts: Coach Dumps puck w/ 5 FC's recovering puck

1st Puck - F1 Hunts puck - Forces turnover - Quick Strike

2nd Puck - WSD gets around pucks - Skates red & dump

- F3 Stays on FC and pushes play towards bench

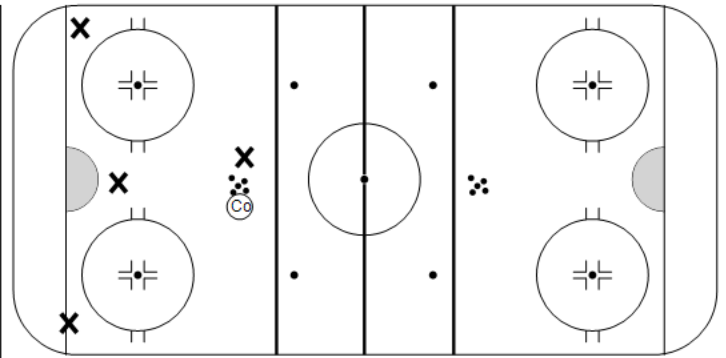
-1st F off bench races weakside, 2nd F pressures puck,



Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

1v1 X 3

Drill Starts:
Bump pass to start 1v1
THREE REPS: COMPETE
10 push up for goals against



Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

5v2 CONTINUOS

Drill Starts:
F3 gets around puck and dumps puck and FC hard
5 players BO vs 1 FC - 5v2 entry and OZP
Whistle: F3 gets around puck and starts next dump/FC

