



Practice Plan

Team: Development Practice

Practice No.: _____

Date : _____

Time: _____

Duration: 1 Hour

Version No.: _____

Prepared by: Craig Sherbaty

Objectives / Main tasks :

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

Categories

Drill Title : Skating Fundamentals

Components : _____

Content elements : _____

Description

Lane 1 exaggerated stides deep knee bend with arm swing.
Lane 2 stride hops
Lane 3 heel taps 2X each foot

Focus on body positioning, quick stride motion, leg extension, direction of leg and foot recovery.

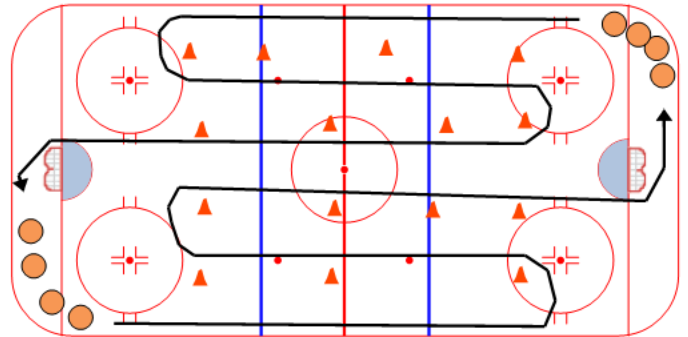
Key Points

body positioning

stick placement

fluid motion

explosive stride power



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

Categories

Drill Title : Drill template #1 HK

Components : _____

Content elements : _____

Description

Players in 2 corners. Corner 1 players skate straight up around far cone and shoot from the blue line area. NO STICKHANDLING. puck stays on forehand.

Corner 2 players weave thru cones moving puck from forehand to backhand shoot from the ringette line.give and go with coach.

change lines when complete.

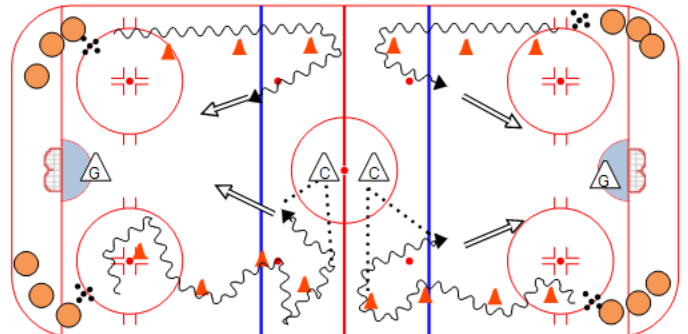
Key Points

puck control and shot

head up

speed

agility



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

Categories

Drill Title : puck circuit

Components : _____

Content elements : _____

Description

1 pass and move to next players spot
last players gets a shot and goes to line.

partner passing stationary then cross ice
both forehand and backhand.

Monkey in the middle.

Quick shot X2 player gets a pass from
both lines rotate after pass.

Key Points

technique

head up

proper body position

communication

