



Practice Plan

Team: _____

Practice No.: _____

Date : _____

Time: _____

Duration: 1 Hour

Version No.: _____

Prepared by: Craig Sherbaty

Objectives / Main tasks :

Good flow with individual skills and tactics for fundamentals with and without pucks.

Finish with competition small game area.

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

Categories

Development Practice

Drill Title : Warm Up / Power Strides

Development Practice

Components : _____

Content elements : _____

Description

Players in teams line up in corners.
Coaches on Bluelines.

Lane 1 exaggerated strides Extreme low
Lane 2 stride hops
Lane 3 heel taps 2 X each foot.

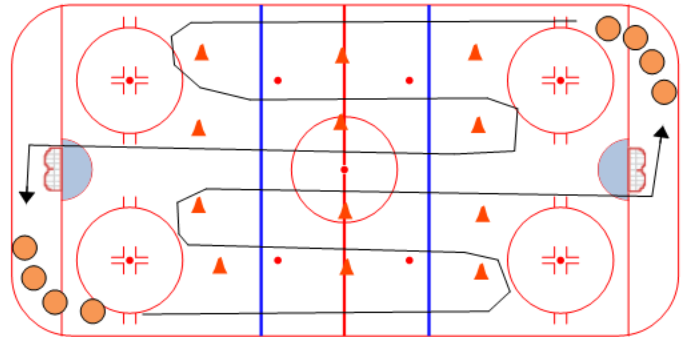
Key Points

deep knee bend

upper body movement

upper body position

explosive strides



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

Categories

Drill Title : Drill template #1 HK

Components : _____

Content elements : _____

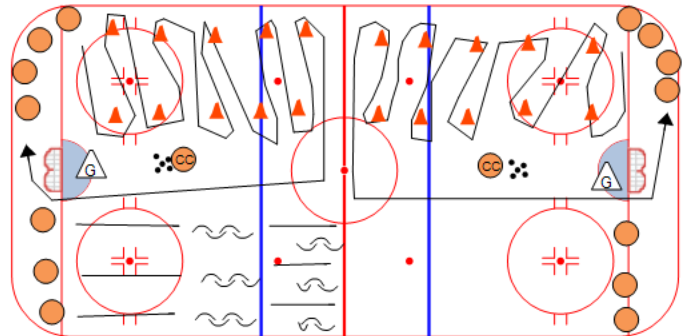
Description

tight turns first 4 inside foot, next 4
outside foot return down the middle no
sticks /add sticks, add 2 feet, x-over

Pivots backwards pivot forward skating
add in pucks for difficulty

Coach makes goalie start at post, tap
stick goalie square to CC shoot, set up
on other post and repeat. Shoot for
Glove, then body, NO REBOUNDS

Key Points



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

Categories

Drill Title : Head up Puck Control with Shot

Components : _____

Content elements :

Description

Players in 2 corners, Corner 1 skate up with puck NO STICKHANDLING, puck is on the forehand only, curl back and shoot from blueline.

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

Switch lanes.

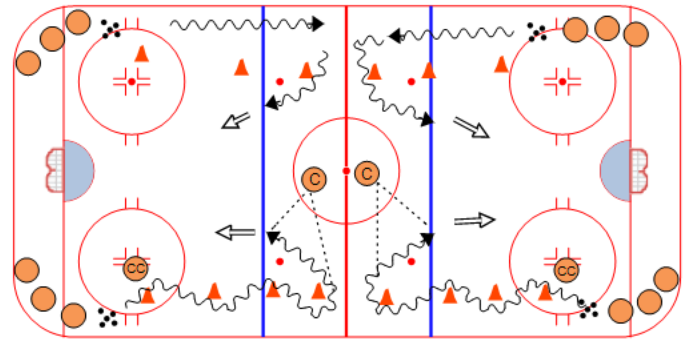
Key Points

Head up with puck

puck control tight

acceleration

shot technique



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

Categories

Drill Title : F and D skills specific

Components : _____

Content elements :

Description

F and D start on Whistle. F skate thru cones and do give and go with next player. Deke coach and shoot. Stay in front.

D start and C spots puck in corner. D angle and get puck pivot and skate to cone move to middle and shoot.

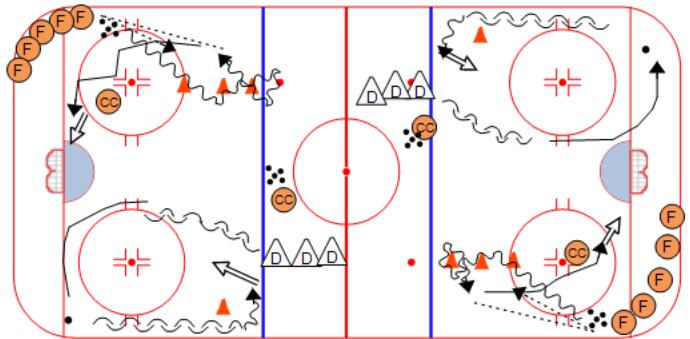
Key Points

Acceleration

attacking the net

D shoulder check

evasive maneuvers



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

Categories

Drill Title : Drill template #1 HK

Components : _____

Content elements :

Description

1s go first coach says 2 vs 2 or 3 vs 3

Allow to play in the neutral zone for 15-20 sec.

Then 2s go coach says 3vs3 or 1vs1 etc.

Repeat

May partner players up for calibur.

Key Points

