



Practice Plan

Team: _____

Practice No.: _____

Date : _____

Time: _____

Duration: 1 hour

Version No.: _____

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Objectives / Main tasks :

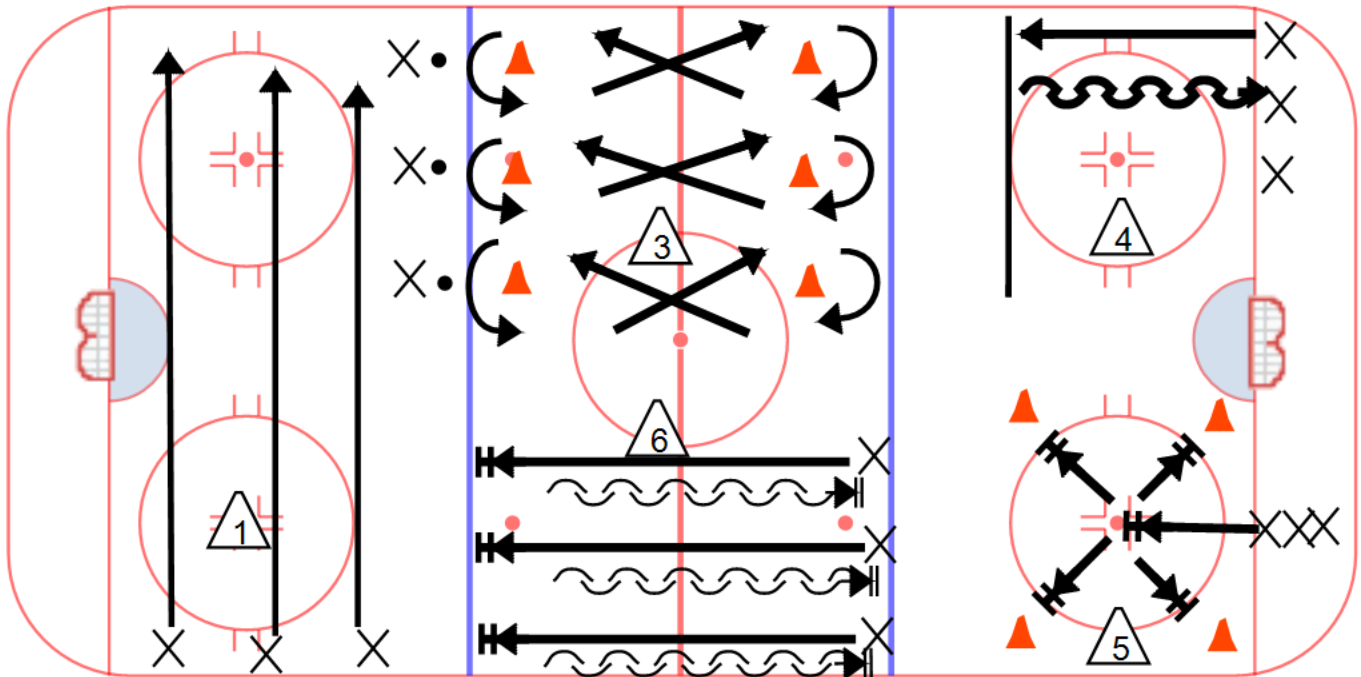
Drill no. : _____ Duration : _____ Minutes From : 20 min To : _____

Category #1 :

Title : QUICK FEET TRANSITION SKATING with PUCKS

Category #2 :

Content elements : _____ Components: _____



Key points :

QUICK ACCELERATION

WORK WHISTLE TO WHISTLE

CONCENTRATE ON TECHNIQUE

SPPED IN TRANSITION

Description

This circuit is designed to work on all players multi directional skating. This is a timed circuit with set work time and set rest time. Start at 30 seconds work, 30 second rest, increase by 10 seconds for a max of 60 seconds. You must have a stopwatch to monitor the time affectively. If you have associate coaches give them specific stations to watch and specific feedback to give.

1 and 2 are forward power skating and backwards power skating one foot at a time focus on stride length and recovery.

3. Figure 8 with regular tight turns or open hip turns.

4. forwards to backwards pivots as many times as they can from goal line to ringette line and back groups of 2.

5. stops and starts. Skate to dot, then execute one or two foot stop. Accelerate to cone, back to dot, to next cone and repeat until done. Next player goes when first player is half way complete. Reverse the circlce the second time.

6. Players accelerate forward to blue line, execute full stop to the right, accelerate backwards to opposite blue line. The next time stop facing the left. Repeat until work time is complete.

Progression: Add pucks

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

Title : F and D split Content elements: _____ Components : _____

Description

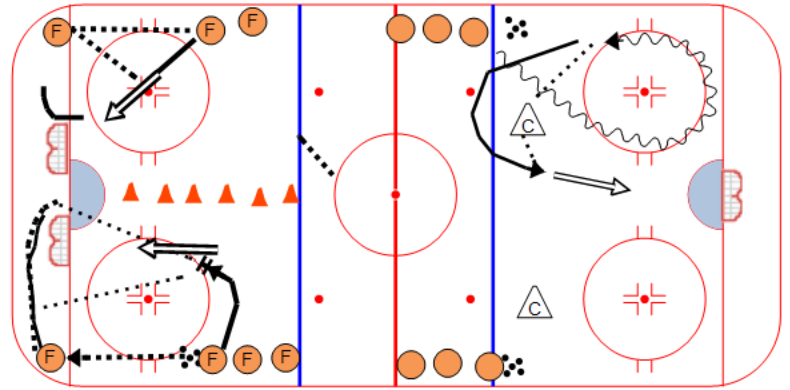
Fs work on one touch passes and replace player. Last player goes for rebound then back of line.

using behind the net or side of net for offensive chances.

D work on backwards puck control and shooting. skate backwards around circle, pivot and face the coach give and go finish with a shot on net.

Return to opposite line.

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Key Points : quickness passing quick shots head up

Drill no. : _____ Duration : _____ Minutes From : 10 min To : _____

Categories

Drill Title : 1 vs 1

Components : _____

Content elements : _____

Description

Forward and Defense go at the same time both side. Forward gets a pass from the opposite side and D man pivots around second cone and defends the one on one.

Can add in 2 forwards.

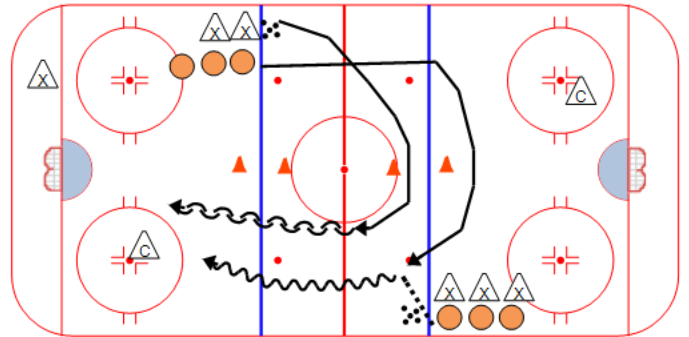
Key Points

speed passing

attack principles

communication

attack and defend



Drill no. : _____ Duration : _____ Minutes From : 10 min To : _____

Categories

Drill Title : Attack Triangle options

Components : _____

Content elements : _____

Description

Players vs D and goalie

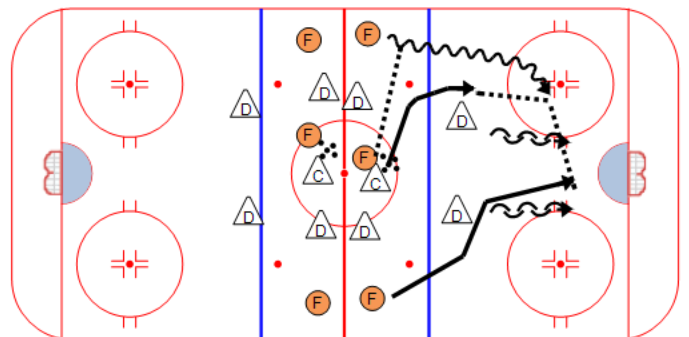
Players attack 3 vs 2 and try to score each line gets 2 pucks must attack from the neutral zone each time.

Key Points

team work

competition

fun

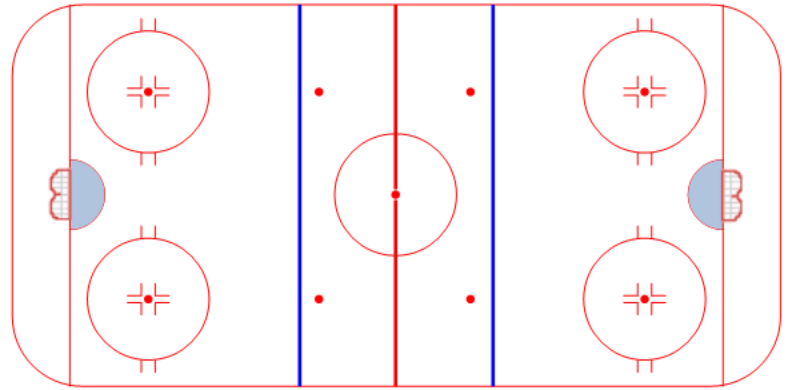


Drill no. : _____ Duration : _____ Minutes From : rest To : _____

Title : Drill template #2 HK Content elements: _____ Components : _____

Description

Coaches time for either conditioning or Game.



Key Points :