



Practice Plan

Team: Practice plan

Practice No.: _____

Date : _____

Time: _____

Duration: _____

Version No.: _____

Prepared by: Craig Sherbaty

Objectives / Main tasks :

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

Categories

Drill Title : Warm up

Components : _____

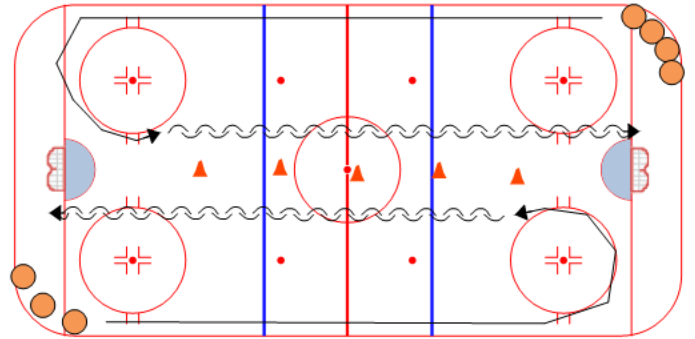
Content elements : _____

Description

Players skate down and back but at each line execute alternating knee drops both forwards and backwards.

Next player goes when player in front crosses the ringette line.

Key Points



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

Categories

Drill Title : Drill template #1 HK

Components : _____

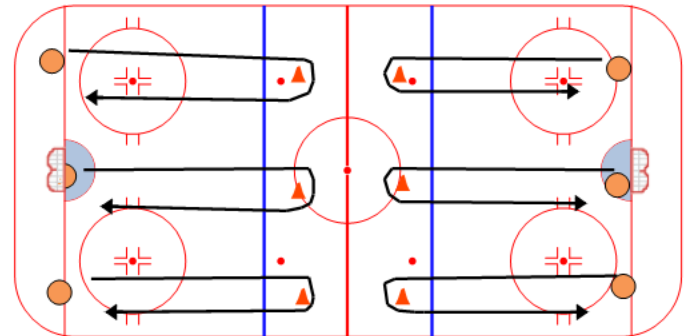
Content elements : _____

Description

- power skating
- 1, glide hcokey stance,
- 2, powe push right foot,
- 3, power push left foot
- 4, 2 rt 2 lt,
- 5, exaggerated stides,
- 6, full speed

Return to line each time.

Key Points



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

Categories

Drill Title : Drill template #1 HK

Components : _____

Content elements : _____

Description

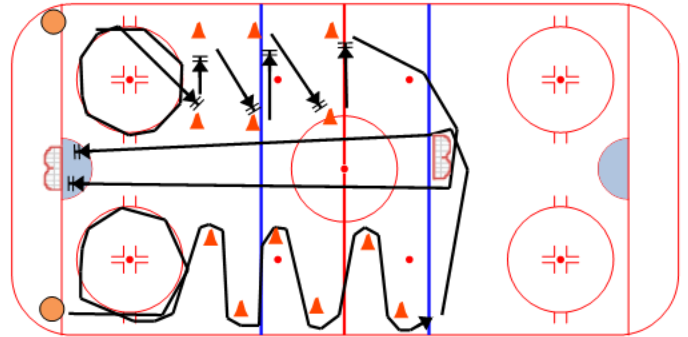
cross overs first backwards then forwards around the circle 2X then on one side stops and starts and the other tight turns return down the middle and switch lines.

If someone is struggling take him aside and work with him!

Key Points

proper techniques

edge control



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

Categories

Drill Title : Drill template #1 HK

Components : _____

Content elements : _____

Description

combination powerskate race

transition on the circles 2X then 2 stops and starts, tight turns around the net and 2 cones then another transition at the far blue line finish with a pivot at the close blue line. First one to cross wins

Key Points

explosiveness

speed

transition speed

competition

