



Practice Plan

Team: Rep Practice

Practice No.: _____

Date : _____

Time: _____

Duration: 1 hour

Version No.: _____

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Objectives / Main tasks :

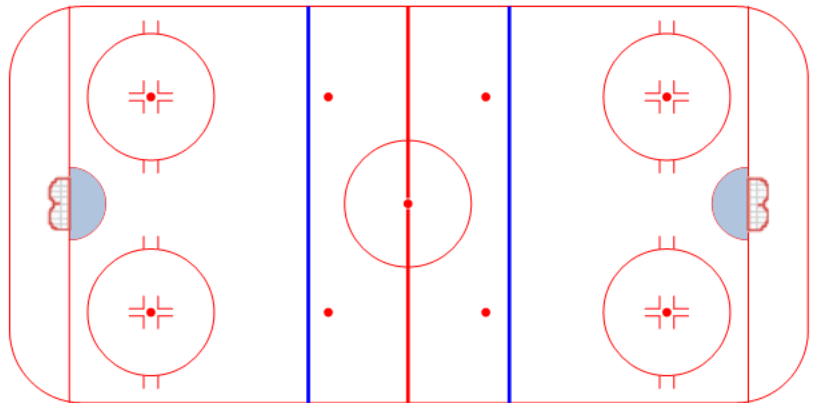
Break outs, offensive pressure, D zone positioning

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

Title : Warm up Category #1 : _____ Category #2 : _____

Description

Puck control
Agility
Goalie warm up



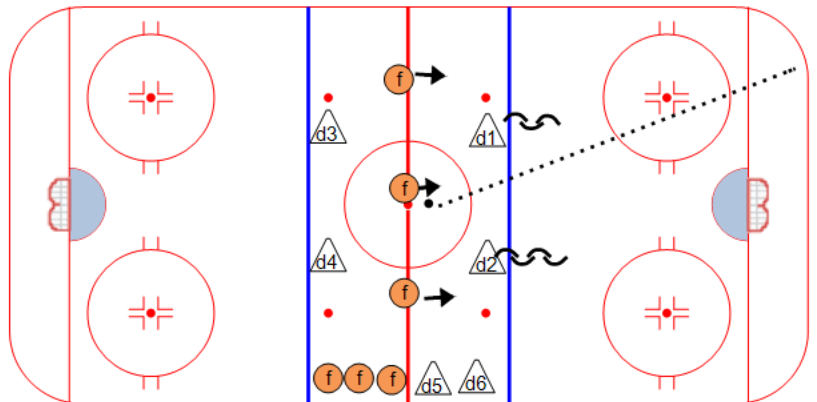
Key points :

Drill no. : _____ Duration : _____ Minutes From : _____ To : 8 min

Title : B/O Regroup No Pressure Category #1 : _____ Category #2 : B/O Regroup no pressure

Description

One line dumps the puck into zone and D1 and D2 go back to start breakout. Line one then regroups with D3 and D4, dump in and B/O again with D1 and D2. After the second B/O they dump puck in on D3 and D4 and line change. Next line continues the drill the other way and D5 and D6 step out for regroup.



Key points :

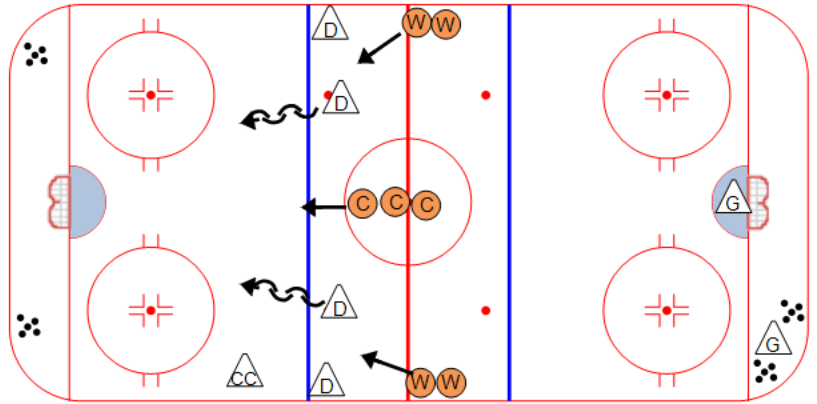
Drill no. : _____ Duration : _____ Minutes From : _____ To : 10 min

Title : D Zone with Zone entry Category #1 : _____ Category #2 : _____

Description

One line comes back into D zone coverage on designated puck. On whistle rotate to other side. On coaches signal they breakout and attack far end of the ice with attack triangle options. D follow up and each will receive a pass from the second goalie for a point shot.

Return to lines.



Key points : Positioning communication support understanding

Drill no. : _____ Duration : _____ Minutes From : _____ To : 8 min

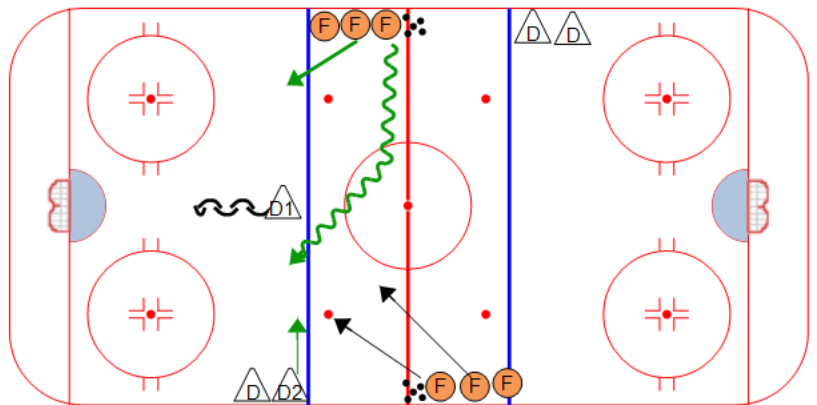
Title : 2 vs 1 with Off D and backcheck Category #1 : Category #2 :

Description

On whistle 2 Fs attack D1 and attempt to score. As soon as they cross the blue line D2 comes off the wall as an offensive D but can only stay on the blue line plane.

2 Fs from opposite side back check and try to steal the puck or breakout from D1. If they gain control past the ringette line then they continue to far end and attack 2 vs 1. When they cross the far blue line a new D comes off the wall as offense and 2 backcheckers attempt to steal the puck.

Drill is continuous or can be modified to whistle.



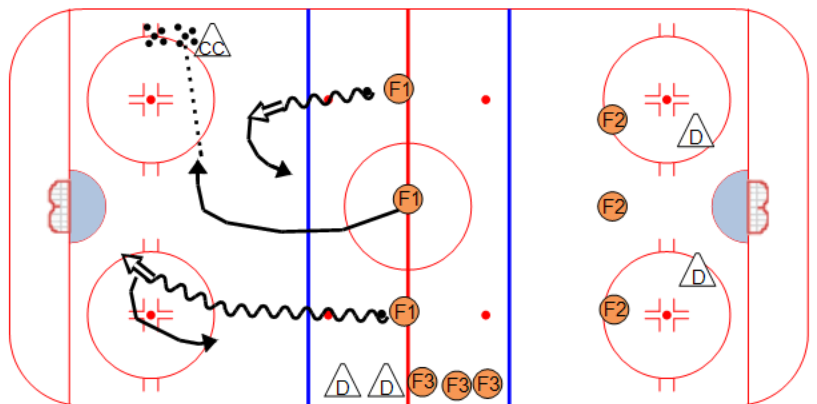
Key points : Compete Full Speed Communication Use hockey sense

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

Title : Drill template #3 HK Category #1 : Category #2 :

Description

Line 1 starts by 1st player shoots from blue line 2nd player gets a pass from Coach and 3rd player curls getting a pass from Coach. Line 2 is in the D zone waiting and Line 1 dumps puck into zone and forechecks trying to steal the puck and score. If line 2 gets puck outside blue line forecheck is out and line 2 continues down the ice, 1st player shoots from blue line 2nd player gets pass from caoch and shoots, 3rd player gets pass from Coach and carries to redline and dumps in while line 3 goes and sets up in the zone.



Key points : communication execute as instructed F1 F2 F3 principles breakout options

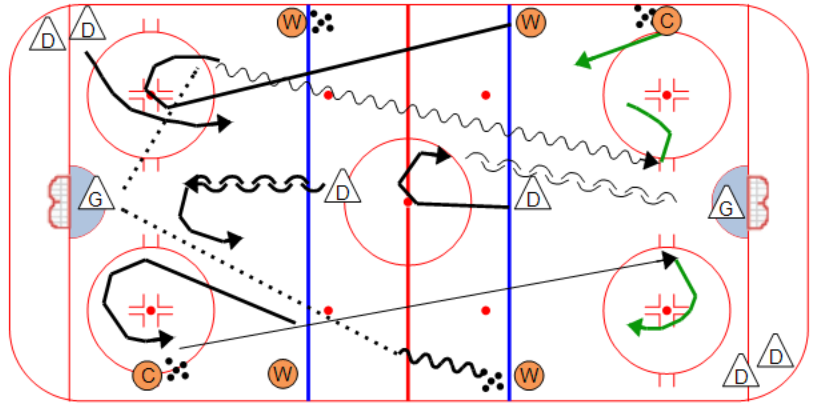
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : B/O-2vs1-3vs2 Category #1 : _____ Category #2 : _____

Description

Drill starts with a dump on goalie who sets up for D or plays to F for B/O. Fs attack far end 2 vs 1 while 2 D follow the rush. Fs curl after 2 vs 1 and C joins for a 3 vs 2 the opposite way. D that defended can join the rush.

Continuous



Key points :

Passing angles

attack options

defending principles

D mobility