



Practice Plan

Team: Development Practice

Practice No.: _____

Date : _____

Time: _____

Duration: 1 Hour

Version No.: _____

Prepared by: Craig Sherbaty

Objectives / Main tasks :

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

Categories

Drill Title : Skating Fundamentals

Components : _____

Content elements :

Description

Lane 1 exaggerated Fwd stides deep knee bend Right Foot only.
 Lane 2 Left Foot Only
 Lane 3 edge control S's zig zag pattern
 Lane 4 Exaggerated Bkwr C cuts Right Foot only
 Lane 5 Left Foot Only
 Lane 6 pivots on the lines
 Focus on body positioning, quick stride motion, leg extension, direction of leg and foot recovery.

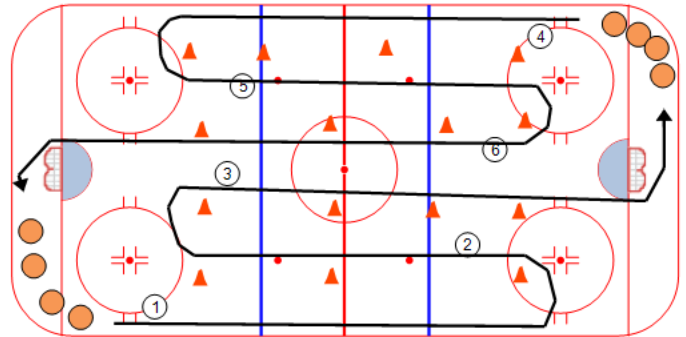
Key Points

body positioning

stick placement

fluid motion

explosive stride power



Drill no. : _____ Duration : 12 Minutes From : _____ To : _____

Categories

Drill Title : Puck Control and Shooting

Components : _____

Content elements :

Description

Players in 2 corners. Corner 1 players skate straight up around far cone and shoot from the face off dot area. NO STICKHANDLING. puck stays on forehand.
 Corner 2 players weave thru cones moving puck from forehand to backhand shoot from the ringette line.
 change lines when complete.

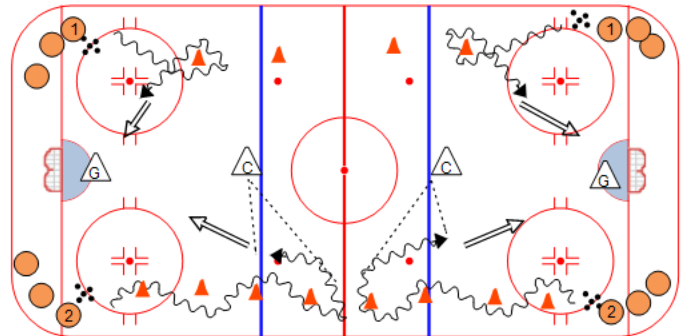
Key Points

puck control and shot

HEADS UP

SPEED

agility



Drill no. : _____ Duration : 12 Minutes From : _____ To : _____

Categories

Drill Title : Passing Stationary then moving

Components : _____

Content elements : _____

Description

Players are in two corners with side A working stationary passing forehand and backhand, then moving then 2 pucks then monkey in middle.

Side B works touch passing /head man passing and receiving then 1st player shoots and 2nd player shoots after getting puck from center ice.

Switch corners after 5 minutes of continuous motion.

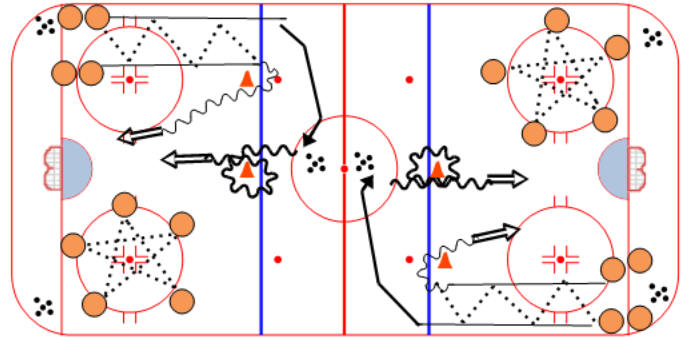
Key Points

Communication

look at target

proper technique

both pass/receive



Drill no. : _____ Duration : 12 Minutes From : _____ To : _____

Categories

Drill Title : Bear pit drill

Components : _____

Content elements : _____

Description

Checking and puck support drill.

D must try and skate puck out above the ringette line.
F must try to check and create turnover for chance to score.

Max 20 seconds per group.

Key Points

angling

checking

puck support

transition

