



Practice Plan

Team: _____

Practice No.: _____

Date : _____

Time: _____

Duration: 1 hour

Version No.: _____

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Objectives / Main tasks :

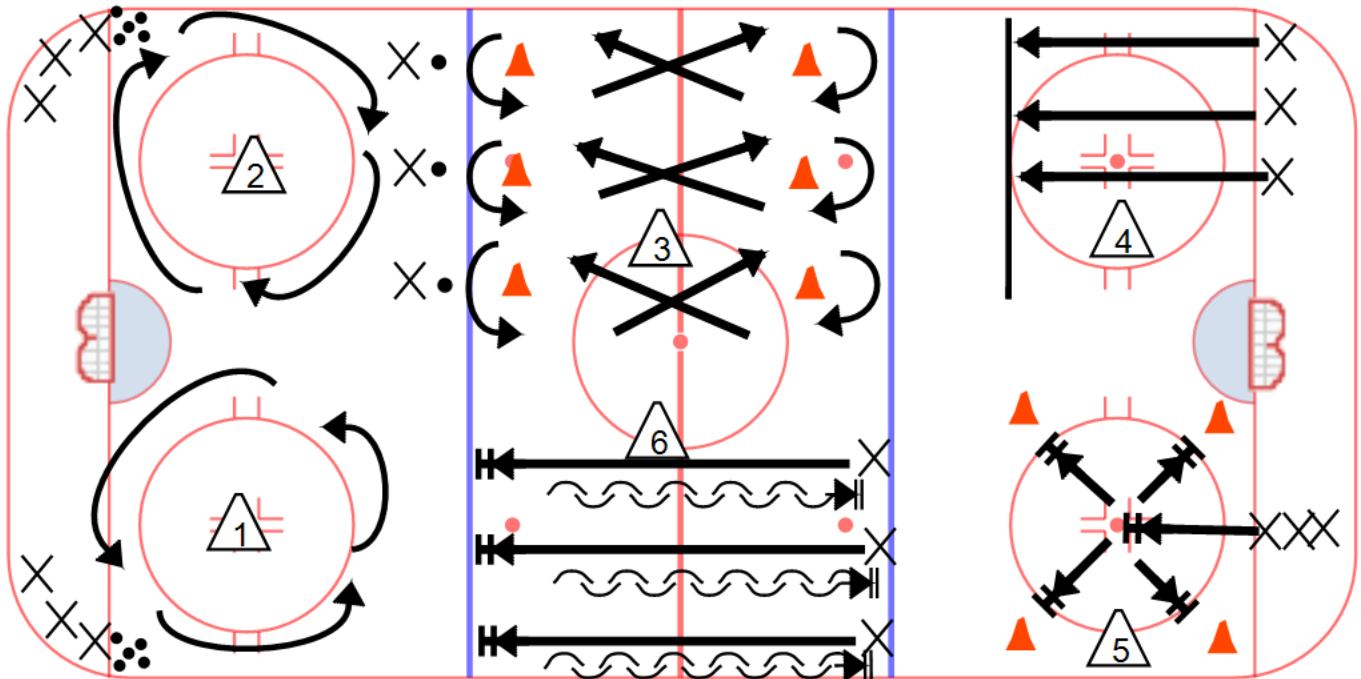
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Title : QUICK FEET TRANSITION SKATING

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. Cross overs to the left top of circle is forward the bottom is backwards.
2. Cross overs to the right with top of circle forward then bottom is backwards.
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 : _____

Categories

Drill Title : F and D split

Components : _____

Content elements :

Description

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

D work on quick feet agility and creating offense. C passes puck up boards and either passes back in the slot or passes back up the boards and D must back peddle and retrieve. Repeat until coach decides to pass for shot.

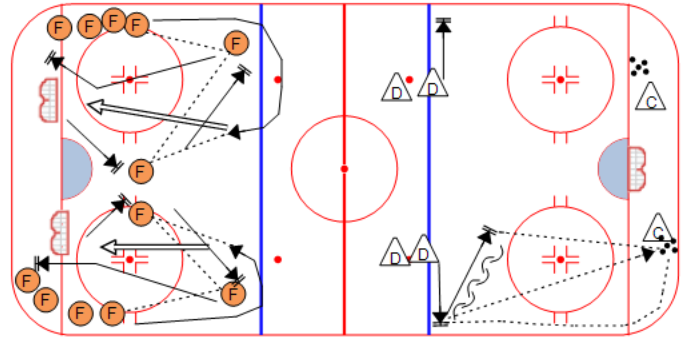
Key Points

quickness

passing

quick shots

head up



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

Categories

Drill Title : 1 vs 1 and 2 vs 1

Components : _____

Content elements :

Description

C starts by passing to D who shoots. F moves to support C and gets pass attack far end 1 vs 1 then curl to other coach get pass and joined by the 2nd F who then go 2 vs 1 on the far side D who must move up the ice and face the attack. F switch lines D return to neutral zone.

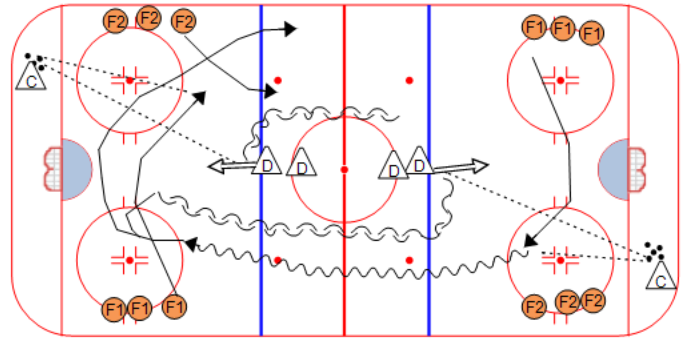
Key Points

speed

attack principles

communication

attack and defend



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

Categories

Drill Title : game

Components : _____

Content elements :

Description

players are split into 2 teams. C dumps puck in and the first player to get it passes to a teammate on the blueline who will join to make a 2 vs 1 can repeat one more time for max 3 players. Allow to go for 30 seconds max.

Key Points

team work

competition

fun

