

# Practice Plan



Team: U15 & U18 Distanced Skills 1

Practice No.: \_\_\_\_\_

Date : \_\_\_\_\_

Time: \_\_\_\_\_

Duration: 60-75

Version No.: 1

Prepared by: Glenlake

## Objectives / Main tasks :

Skating Skills  
Puck Control  
Passing

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

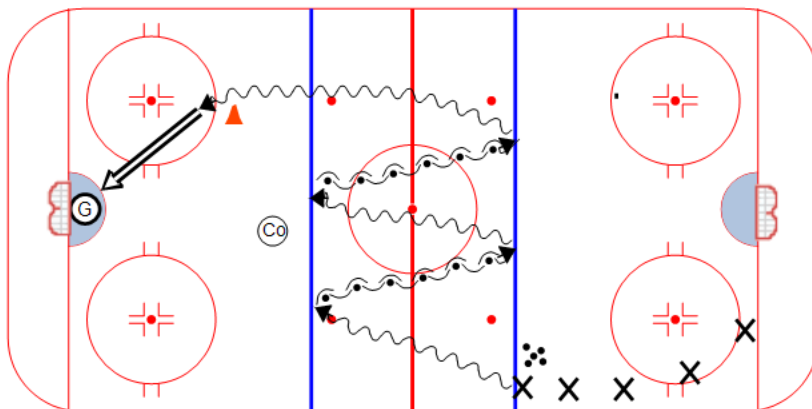
Title : Hutt Agility Category #1 : Full Ice - Distanced Category #2 : Agility

### Description

Execute various agility skating drills with pucks and finish with a shot on goal. Players leave when Player in front gets to the far Blue Line the second time. Diagram shows 2 different sequences.

1. Tight Turns - Shown on left
2. Slide Stops
3. Forward / Backward - Shown on right
4. Crosby's
5. Evasion manouvers
6. Pivots

Switch Sides so goalie gets shots from the other side.



Key points :  Head Up  Keep Skating  Low Hard Shots  Retrieve pucks

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : F - Circles and Weave Category #1 : Full Ice - Distanced Category #2 : Turns - Edge Work

### Description

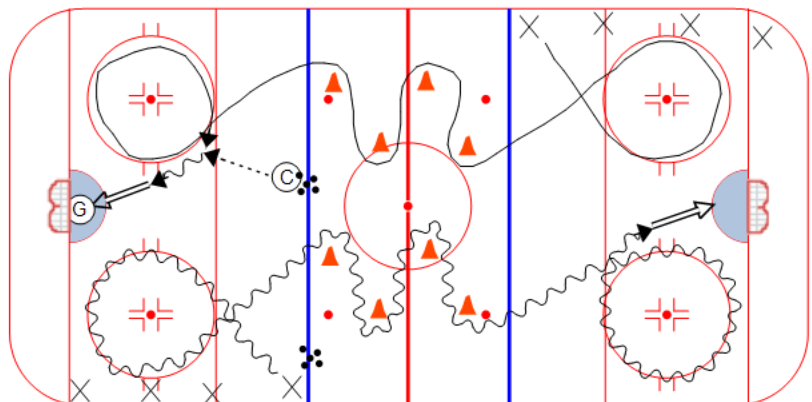
Demonstrating Crossovers and Tight Turns

Player leaves toward middle of ice for cross-overs around the circle, then up to the neutral zone for tight turns around pylons, then towards middle for cross-overs in the other direction. Finish with a shot.

Next player leaves when player in front exits the first zone.

Join opposite line, and same pattern back.

1. Without Pucks (top drawing)
2. With Pucks (bottom drawing)



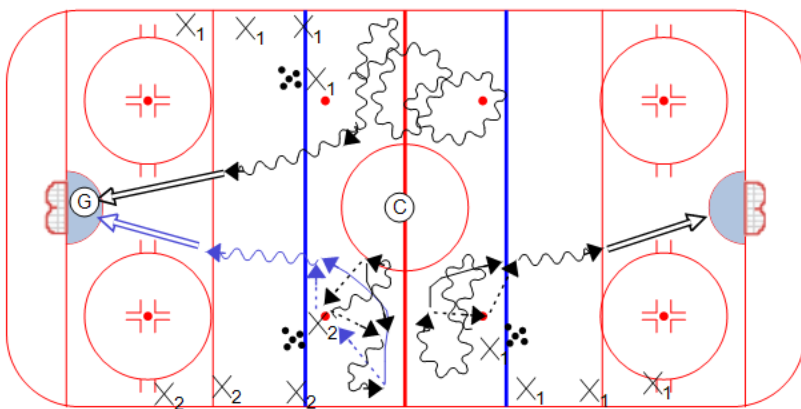
Key points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : F - 2 Dot Chaos Category #1 :  Category #2 :

**Description**

Line up on 2 dots.  
 First player in each line leaves with a puck and stickhandles in the neutral zone around in front their group. Add some obstacles to progress it.  
 On the whistle, those two players leave to take a shot on net and the next player enters the neutral zone stickhandling.  
 - Progression: passing with line and give and go on whistle (drawn in bottom half)  
 Switch Sides



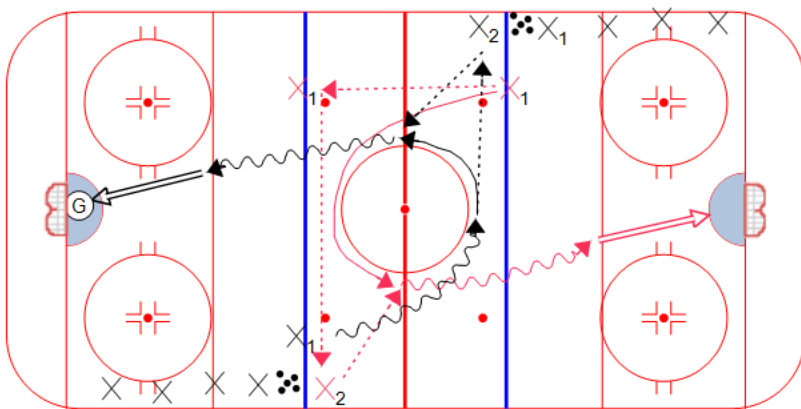
Key points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : F - Russian Wheel Category #1 :  Category #2 :

**Description**

Players at 2 lines.  
 Opposite players leave at the same time with puck and pass to opposite player 2. Player 2 passes back and Player 1 attacks net in original end.  
 Switch sides half way  
 Simple middle support to start (Black)  
 Progression to D to D pass variations (Magenta)  
 Lots of variations off this.  
 Higher levels, move pucks/lines back to shooting (ringette) line.



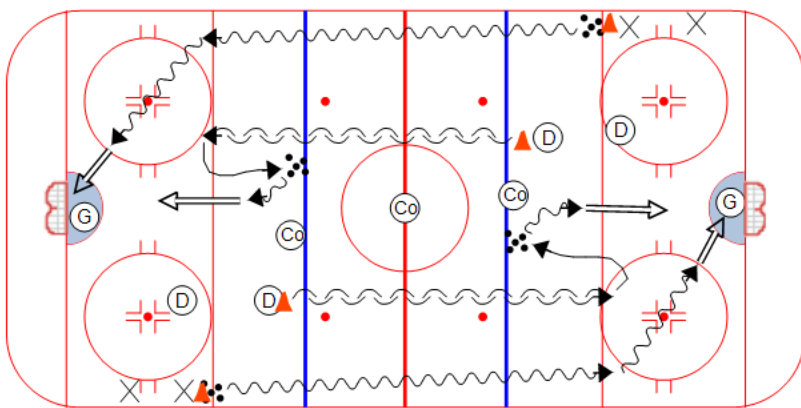
Key points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : F - 2 Lane Straight Races Category #1 :  Category #2 :

**Description**

2 Lanes - Inside lines up to blue lines.  
 Inside lanes must start facing boards and skate backwards all the way (backwards x-over start). Outside lanes start forwards.  
 On the whistle, players race to the far "shooting" line (ringette line).  
 Once player reach the line, the outside player attacks for a shot. The inside player transitions forward to retrieve a puck and then turns around to attack as well.  
 Flip the rink 1/2 way to work on other side starts.



Key points :