

Practice Plan



Team: U15 & U18 Distanced Plan 2

Practice No.: _____

Date : _____

Time: _____

Duration: 60

Version No.: _____

Prepared by: Glenlake

Objectives / Main tasks :

Puck Control
 Passing
 Shooting

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

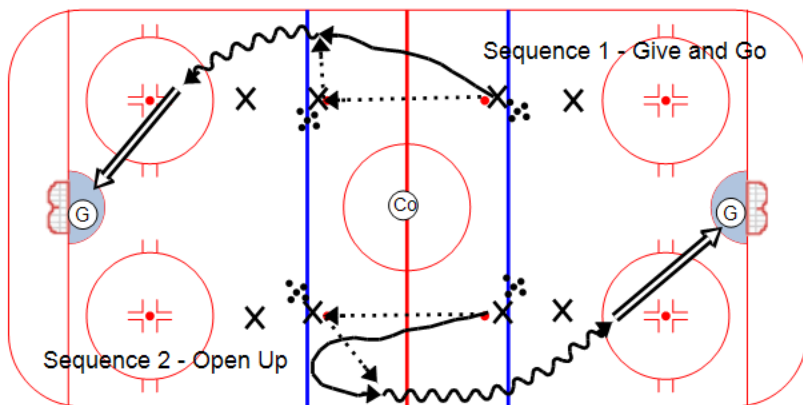
Title : 4 Dot Passing - 1 & 2 Category #1 : Full Ice - Distanced Category #2 : Puck Support

Description

Diagonally opposed players execute various passing sequences and then support the puck to receive a return pass and take a shot on net.

- 1 - Give and Go
- 2 - Open Up
- 3 - Middle Support
- 4 - Stretch

Goalies: Angles and Depth, Recovery to next shooter



Key points : Lead passes Ready to receive Good passing angles

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

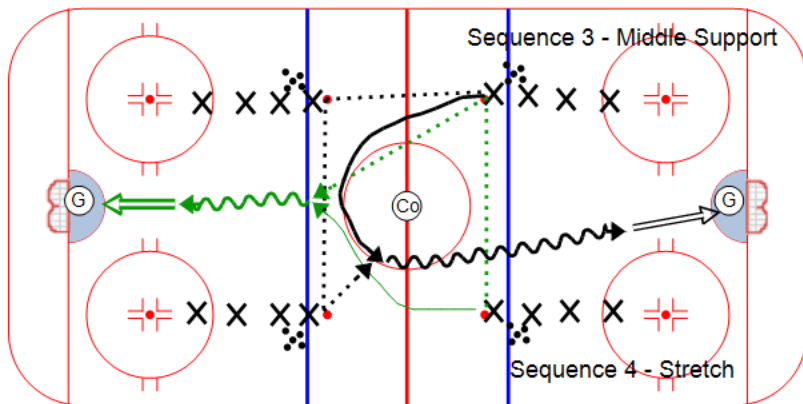
Title : 4 Dot Passing - 3 & 4 Category #1 : Full Ice - Distanced Category #2 : Puck Support

Description

Diagonally opposed players execute various passing sequences and then support the puck to receive a return pass and take a shot on net.

- 1 - Give and Go
- 2 - Open Up
- 3 - Middle Support
- 4 - Stretch

Goalies: Breakaway Depth and Gap



Key points : Lead passes Ready to receive Good pass angles

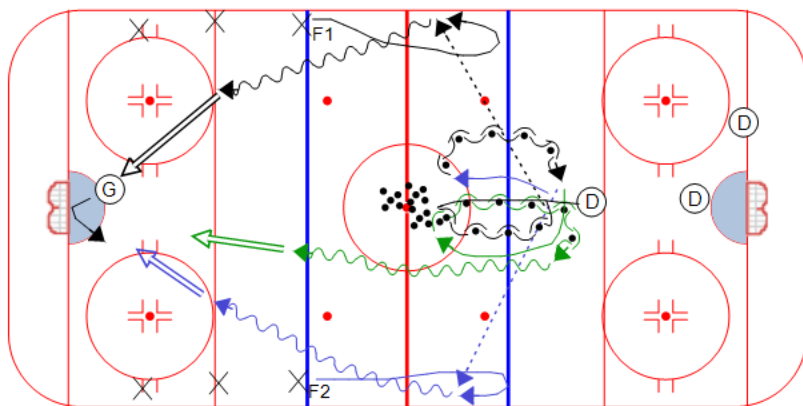
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Neutral Zone Quick Up Category #1 : Category #2 :

Description

1. Defense moves up to collect loose puck.
2. When D start forward, F1 moves to support D man for an outlet pass
3. D retreat past blue line and then move puck up to Forward on one side. Forward attacks the net.
4. Repeat and pass to other side.
5. Repeat and then D uses evasion move and then advances up the ice for a shot.

Goalies: Angles and Depth on shot. Quick recovery back into goal to reset for next shot on other side.
Quick recovery to reset for 3rd shot.



Key points :

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

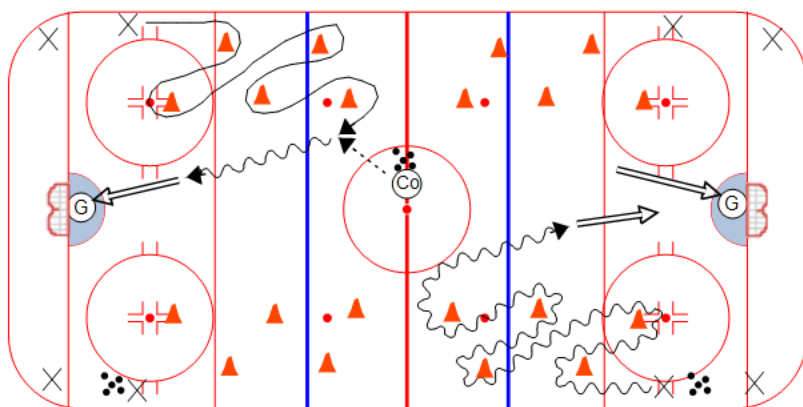
Title : 2 Lane Slalom Category #1 : Category #2 :

Description

Players start up the boards then tight turn back to the first inside pylon. From there to the second board side, and second inside pylons. Around the top pylon for a pass from the coach.

Run from diagonally opposed corners with player on one side carrying puck all the way. (shown in bottom half of drawing) Coach only passes one way each time. Players switch sides each time.

Goalies: Angle and Depth



Key points :

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

Title : Goalies Revenge Category #1 : Category #2 :

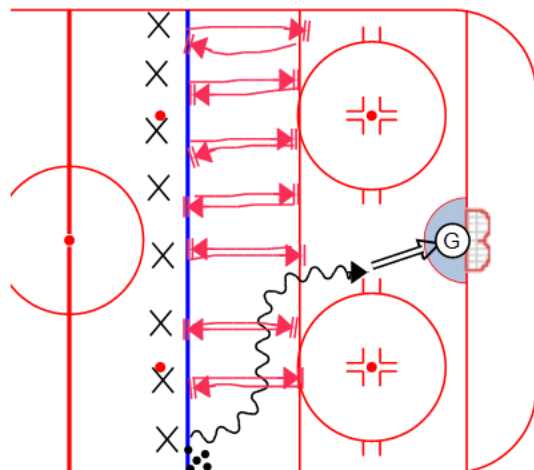
Description

Players start on Blue Line (or Red Line) and conduct a shootout style breakaway from one end of the line until everyone has gone or the group scores 5 or 10 etc.

Encourage them to shoot for distancing and practice (Shooters should always be thinking 'Shot First' anyway).

If they score, the shooter has to get back across the ringette line before next player goes.

If Goalie makes the save, the whole group must conduct a shuttle down to the Ringette Line and back.



Key points: