

Practice Plan



Team: U9, U11, U13 - Distanced Plan 1

Practice No.: 1

Date : _____

Time: _____

Duration: 60

Version No.: _____

Prepared by: Glenlake

Objectives / Main tasks :

Skating
Puck Control
Shooting
Fitness

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

Title : Alternate Skating Category #1 : Half Ice - Distanced Category #2 : Skating

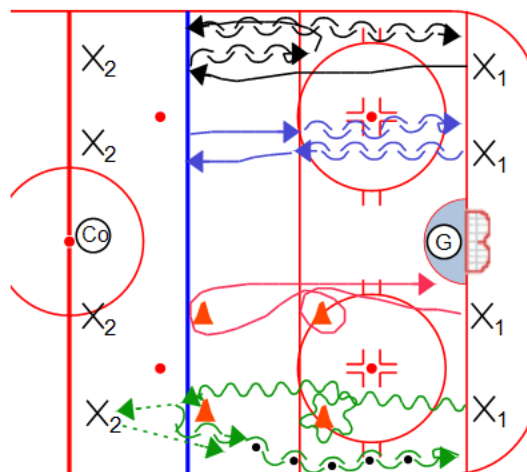
Description

Divide Players in four or five pairs facing each other. One set on the goal line, the other on the red line.

Execute skating skills with one set going and eventually returning to their starting spot, then the other set going after the first clears the area.

Progress with pucks, and passing using the opposing player. Make it into compete by calling the reps races.

Goalie: Complete Skating skills with the players, then net movement drills once pucks/passing is introduced.



Key points:

Warm-up	Edges
Puck Control	Acceleration

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

Title : Circles and Weave Category #1 : Half Ice - Distanced Category #2 : Edges

Description

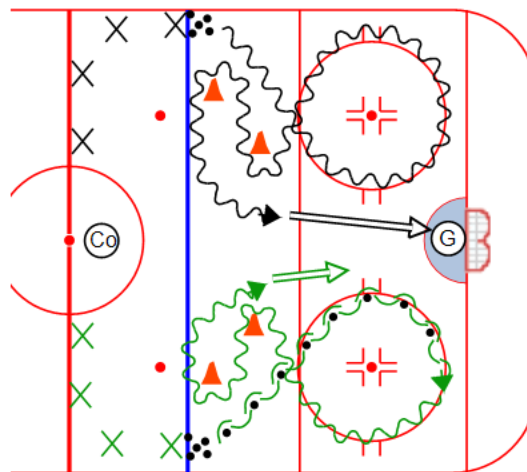
Use the neutral zone for lines and alternate for goalie recovery and distancing

Players accelerate into skating a circle then come back to weave pylons before accelerating out of tight turns and attacking the net.

Progress to backwards around circles, or start backwards and pivot to always face one direction (see bottom)

Encourage shots from high slot: No deeks or rebounds

Goalies: Rebound control, Recovery and Tracking



Key points:

Cross-Overs	Puck Control
Accelerating In and Out of tu	Shooting

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

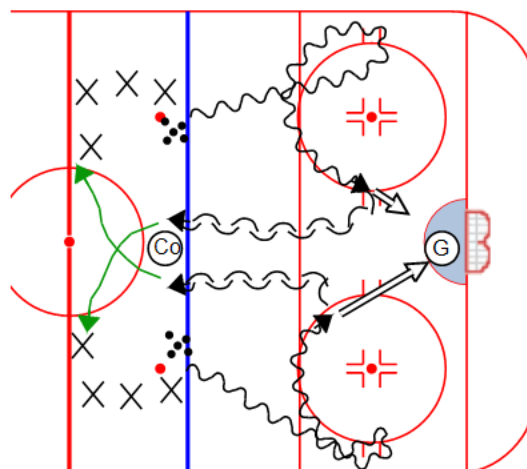
Title : Half Wall Evade - Attack Category #1 : Category #2 :

Description

Players in Two Lines - Neutral Zone

1. With the puck player moves to board side hash marks and then evades towards boards to protect the puck
2. Player accelerates around the top of the circle and releases a shot without stopping skating.
3. After shooting, the player must back out of zone and switch lines.

Goalies: Single Shot - Recovery and Tracking



Key points:

Full speed	Hit the net
Accelerate	Change angles / Quick Release

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

Title : Inside & Outside Stickhandling Category #1 : Category #2 :

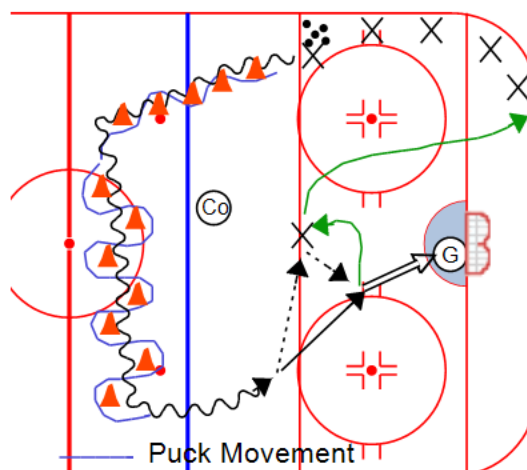
Description

Players stickhandle using inside and outside skills around pylons. End with a shot, give and go, or one-timer.

First Set of Pylons in line and players straddle them while weaving the puck between them (Inside Stickhandling). Second set are spread out and player skates down the tunnel while stickhandling the slalom (Outside Stickhandling).

Start slow then build speed as able. Challenge players to look up as they stick handle. Use waterbottles if you're short pylons.

Start with straight shots then progress to a give and go with coach or shooter becomes an outlet.



Key points:

Puck handling	Timing for Goalie
Head Up	Quick pass/shot

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

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

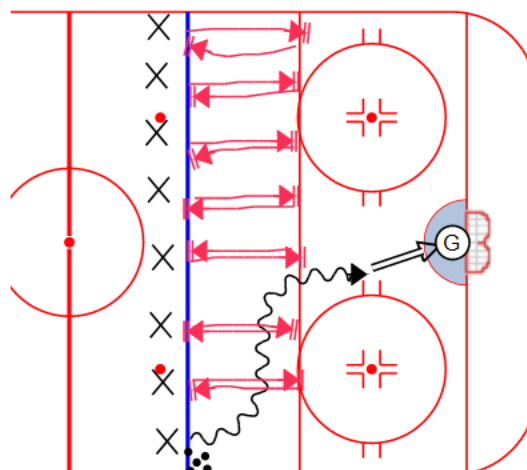
Description

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:

Shooting	Breakaway
Puck Control	Fitness