

Practice Plan

Team: Novice and Atom skills session

Practice No.: 2

Date: _____

Time: _____

Duration: 1 hour

Version No.: _____

Prepared by: OMHA

Objectives / Main tasks :

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

Categories

Warm up

Drill Title : Warm-up

Skating

Components : _____

Content elements :

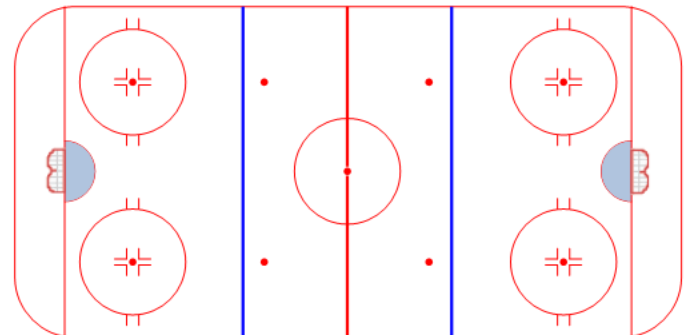
Description

hard between blue lines then backwards between blue lines. other way same thing then a 3 minute stretch at center

NO PUCKS ASSISTANT PUT ON TUTORS OR TAKE SHOTS ON GOALIES

Need to be done in 8 minutes.

Key Points



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

Categories

mohawk pivot

Drill Title : mohawk pivot quick hands

quick hands

Components : _____

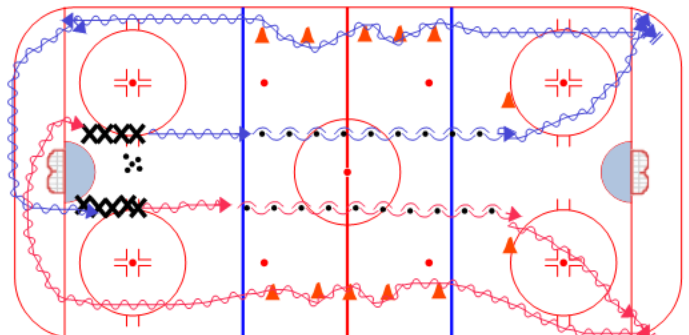
Content elements :

Description

on whistle two players leave and skate hard to blueline, pivot backwards and stay back wards to ringette line or cones then mohawk turn to corner. STOP in corner and then start and head as quick as you can through cones finish at goal line and switch lines next time.

8 MINUTES

Key Points



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

Categories

Puck Handling

turning

Drill Title : puck control shooting

Components : _____

Content elements :

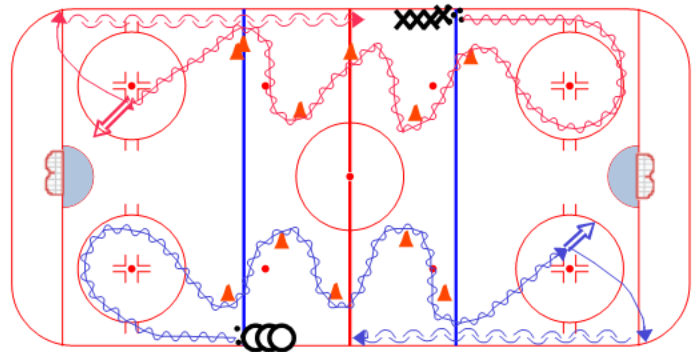
Description

Skate pattern as shown and then hurry to corner and skate backwards to center and return to line. gets lots of kids going and works on lots of skills

5 MINUTES each side

Key Points

Four empty rectangular boxes for key points.



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

Categories

passing

pair passing

Drill Title : pair passing drill

Components : _____

Content elements :

Description

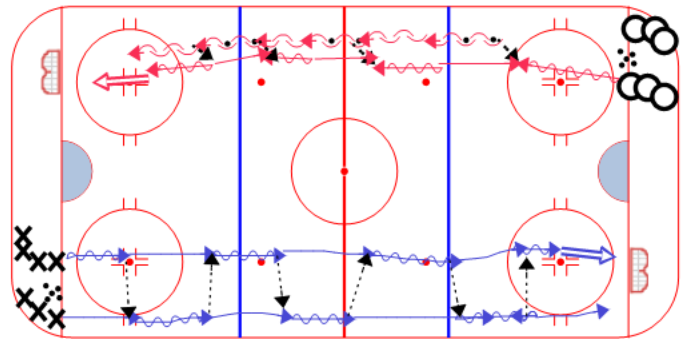
Pair passing

1st do pair passing. we are looking for players that try both forehand and backhand passes take shot at end 5 MINUTES

2nd do forward and backwards passing at end player going forward takes shot 5 MINUTES

Key Points

Four empty rectangular boxes for key points.



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

Categories

1 on 1's

1 on 1's

Drill Title : 1 on 1's

Components : _____

Content elements :

Description

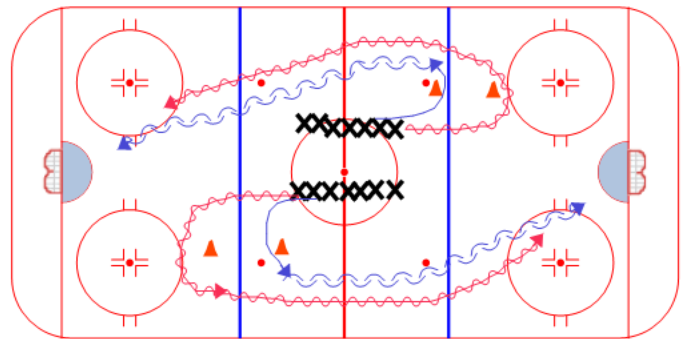
ATOM ONLY.

1st player in line is forward and 2nd player is defense. first player takes puck and goes around far pylon, second player takes near pylon and plays 1 on 1. we are looking for players to try both whether they think they are Defenseman or forward

5 MINUTES each side.

Key Points

Four empty rectangular boxes for key points.



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

Categories

Puck races

_____ racing _____

Drill Title : Puck races

Components : _____

Content elements : _____

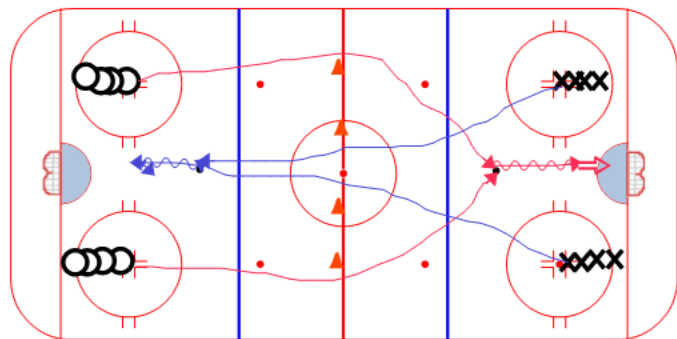
Description

NOVICE ONLY
puck races. coach spots puck 10 feet inside line at both ends. one group goes on outside of pylons and one group goes on inside of pylons. all 4 players leave on same whistle. We will be looking for speed here but we will also notice cheaters.

8 MINUTES

Key Points

- _____
- _____
- _____
- _____



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

Categories

3 on 3

_____ 2 on 2 _____

Drill Title : one end battle

Components : _____

Content elements : _____

Description

White vs Black both ends. puck is dumped in and we will play 3 on 3 or 2 on 2 depending on numbers. play until coach makes switch. on a puck turnover one pass to a teammate changes you from defense to offense. evaluatirs looking for give and go's, supporting of puck, defensive coverage and compete. ONLY IF EXTRA TIME

Key Points

- _____
- _____
- _____
- _____

