

Practice Plan

Team: Skills session 1 Peeewe and Ba

Practice No.: _____

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 :

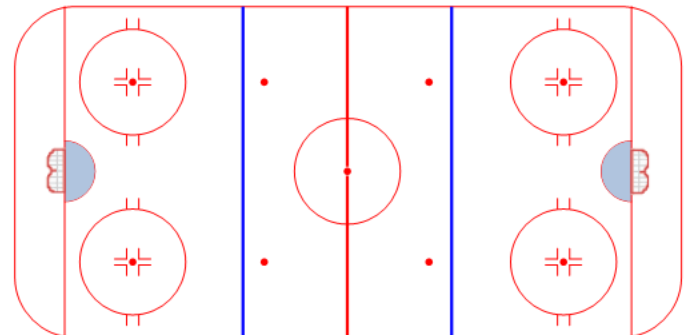
Description

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 5 to 6 minutes.

Key Points



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

Categories

mohawk pivot

Drill Title : mohawk pivot quick hands

quick hands

Components : _____

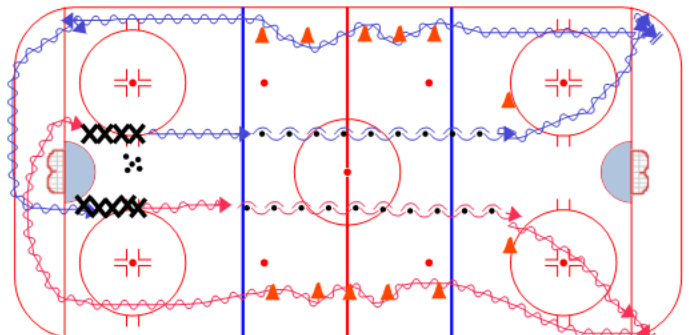
Content elements :

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 MINUTE DRILL

Key Points



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

Categories

Puck Handling

turning

Drill Title : Nemeth puck control shooting

Components : _____

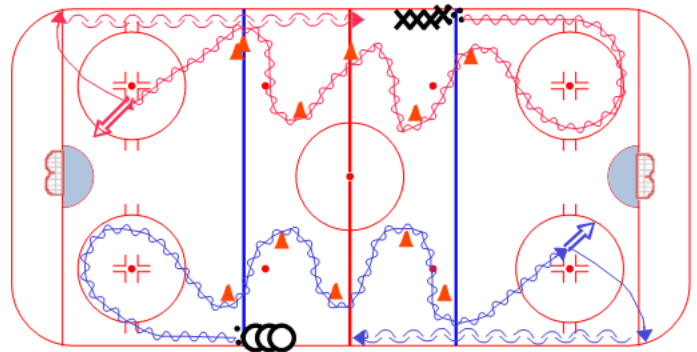
Content elements : _____

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

8 MINUTE DRILL

Key Points



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

Title : D rules agility

Category #1 : D drill

Category #2 : agility

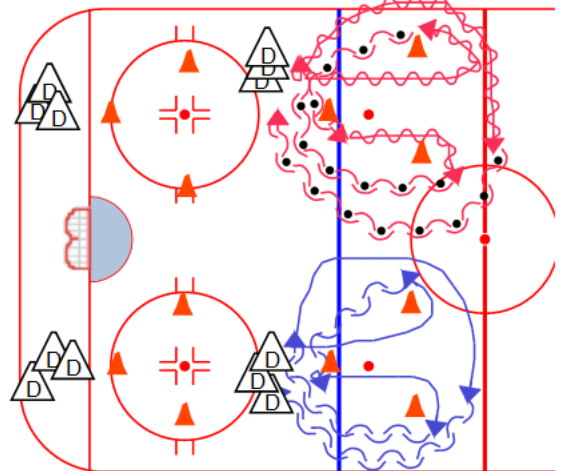
Description

Split the D man on 3 or 4 sets of cones depending on numbers. 3 minimum for proper rest. if only 2 on a cone tell them to take proper rest.

Pattern agility skate. start at bottom cone. Inside then down around bottom then inside down around bottom then all away around all 3. opposite way the next time.

4 MINUTES without pucks and 4 MINUTES with pucks

Key points:



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

Title : 2 on 0 then 3 on 0 puck movement

Category #1 : Forwards

Category #2 : passing

Description

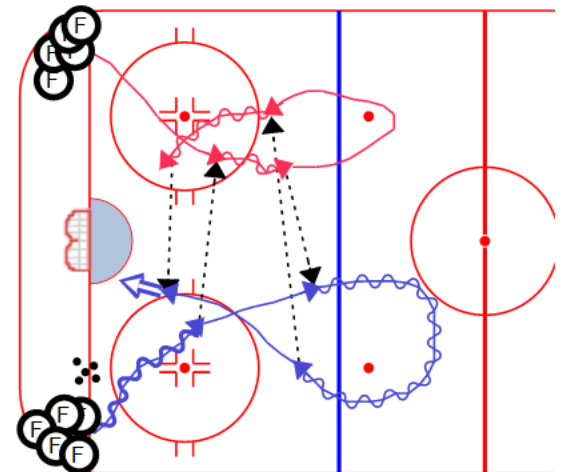
FORWARDS

forwards half in each corner, one corner has pucks. Make at least one pass heading out to Blue line. Both players must turn to boards. Make at least one pass coming back to net then shoot. half way coach will add a 3rd player from the puck side line and it will be a 3-0 coming back in

looking for good passing and receiving. looking for players who stay on side. looking for a proper 2-0 and 3-0 execution and looking for a good shot. faster and crisper the passes the better you will evaluate.

4 MINUTES 2-0 and 4 MINUTES 3-0

Key points:



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

Categories

1 on 1

quick feet

Drill Title : Circle 1 on 1

Components : _____

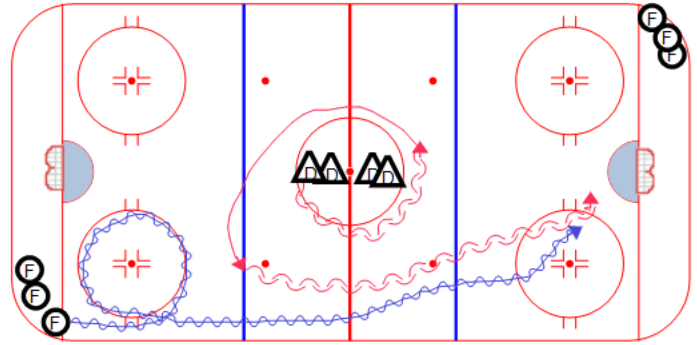
Content elements :

Description

both corners. on whistle forward goes around circle with puck and heads on a 1 on 1. at the same time the Defense goes around the circle but always facing the forward. he then takes the forward on a 1 on 1.

4 MINUTES EACH SIDE

Key Points



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

Categories

2 on 2

quick feet

Drill Title : quick 2 on 2 or 2 on 1

Components : _____

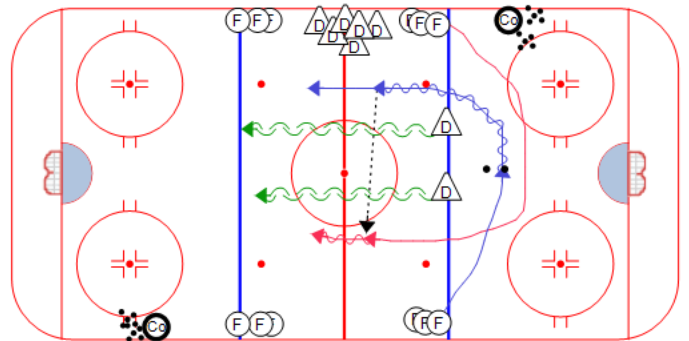
Content elements :

Description

Forwards at 4 blue line spots. Defense in middle. Coach places puck 4 to 5 feet inside the Blue line. On whistle the forwards leave. the FIRST forward picks it up and the other goes behind. it is a 2 on 2 down the ice. Then the other end goes. Defense DON'T leave until puck is touched. If not enough D man in group it will be 2 on 1.

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

