

Warm Up 5min

Half ice from goal line

↳ skate forward & backward

↳ 2 foot jump overlines

↳ Superwoman

↳ horse & buggy

Practice Date:

Sept 28/19

Practice Plan

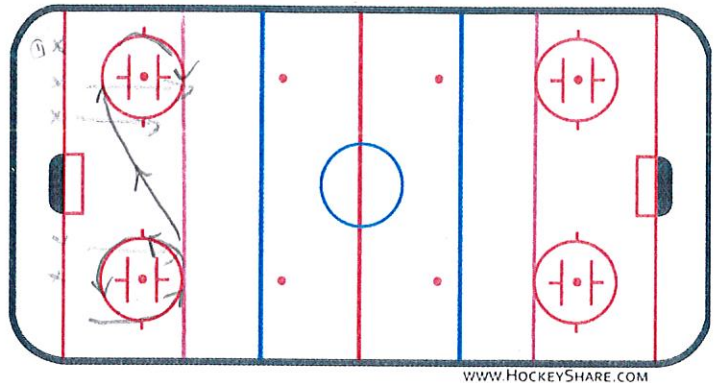
Drill: Power skating Length: 10min

① = C cut (each leg) goal line to center

② - Bubbles (both legs)

↳ Forward & Backwards

③ - Cross overs (if can't do crossovers, keep skate on circle & bubbles w/ outside foot)



Water

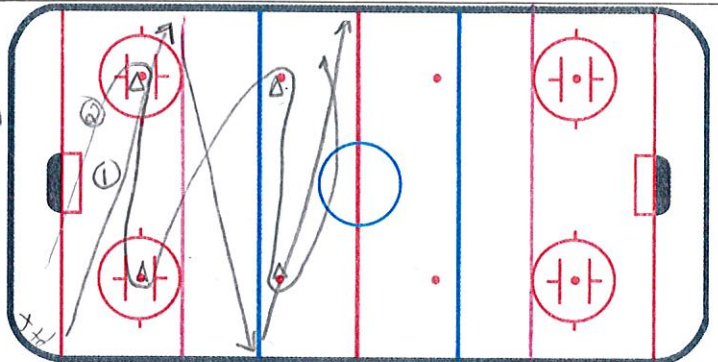
Drill: Stopping & change direction Length: 10min

① \*review stopping (snow plow or single foot)

then

② Ring handling w/ tight turn

\*-2 hands on stick



Water

Drill: Coach pass & shot on net Length: 10min

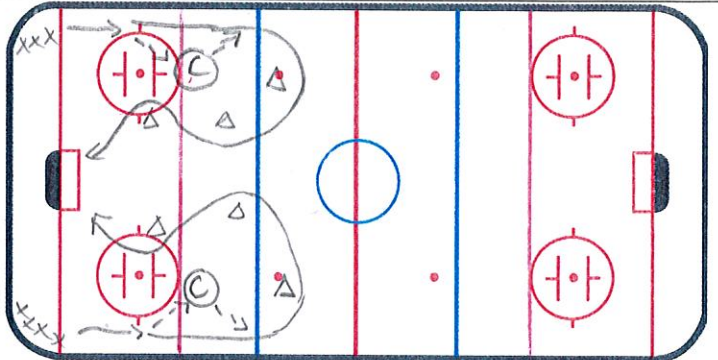
- player skates out of corner w/ ring

- passes to coach over ringette line

- weaves through pylons

- shot on net

\* do not go in crease



Water

Drill: Follow Your Pass Length: 10min

- Player in line passes to ①

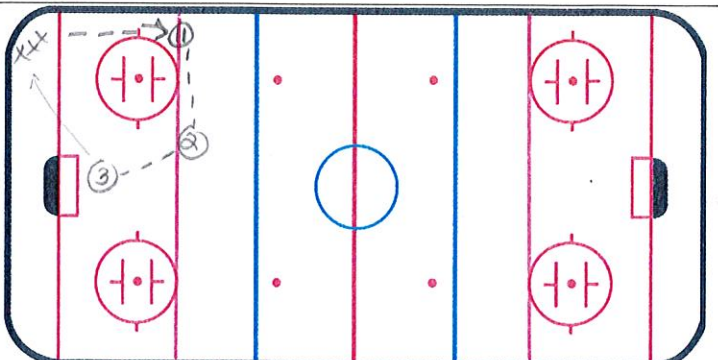
- ① passes to ②

- ② passes to ③

- ③ shoots on net

- player in line moves to position ①

① passes to ②, ② moves to ③, ..



Water

Drill: Half-ice game

\* encourage passing over ringette line

& not going in the crease

Warm up: (From goal line to center) (5min)

↳ at Ringette line & blue line

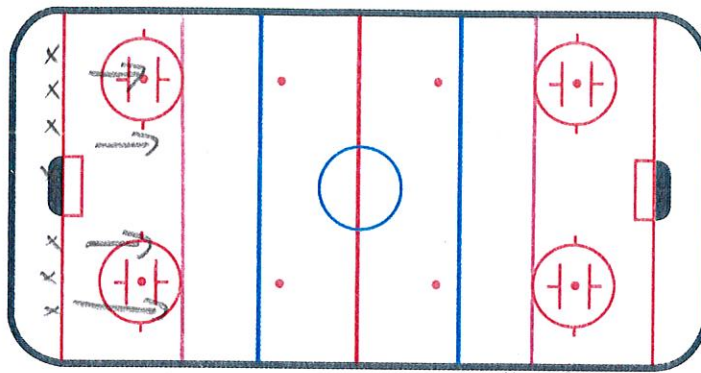
- onto knees & get up
- glide on 1 foot (right there, left <sup>back</sup>)
- jump over line
- glide w/ knee bend.

Practice Date: Sept 30/19

**Hockey Practice Plan**

Drill: Powerskating Length: 15min

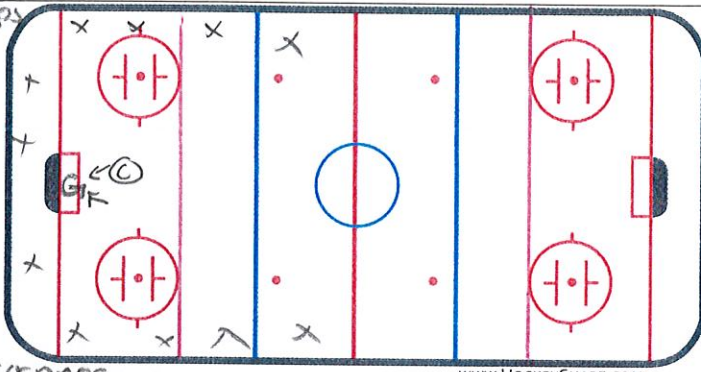
- ① C-cut (each leg)
- ② Bubbles (both legs)
  - ↳ fwd & bkwd.
- ③ Cross overs / keep skate on circles bubbles w/ outside foot.
- ④ Stopping & scrape ice w/ toe



Water ② Make snow trail (face parents push out w/ foot, shuffle down ice)  
③ Glide, Turn head, turn shoulders, hips

Drill: Shooting on boards Length: 10min

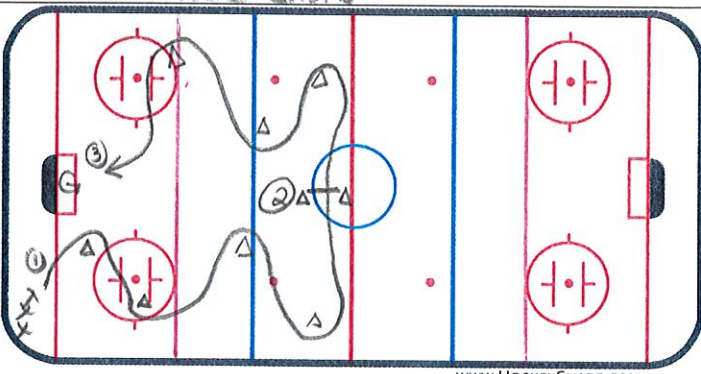
- ① - Review shooting stance,
  - shifting weight.
  - follow through, pointing stick
- Forehand & back hand
- \* Coach will shoot on goalie, practice
- ② Players will form semi-circle around net & take shots



Water Drill: Obstacle Course w/ Ring Handling Length: 10min

- Ring protection: keep ring close to body (behind back foot, close to heel)
  - ↳ Body b/w ring & pylon.

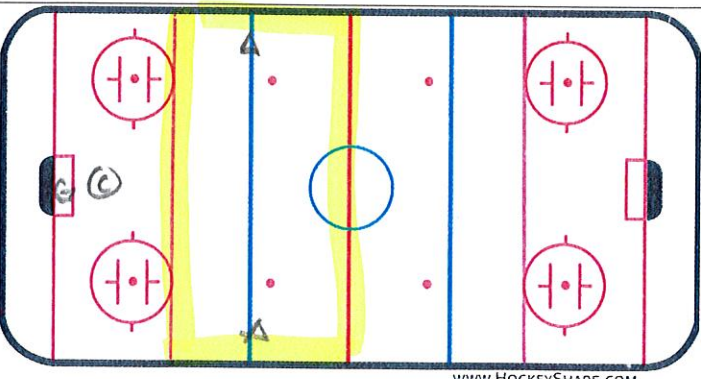
- ① Weave around pylons w/ ring
- ② Down on knees & up w/ ring
- ③ Shot on net.



Water Drill: Soccer Length: 10min

- NO sticks
- Play b/w ringette line & center line.
- Hit pylon w/ ball

- Coach work w/ goalie on saving, pick up ring, tossing to corners.

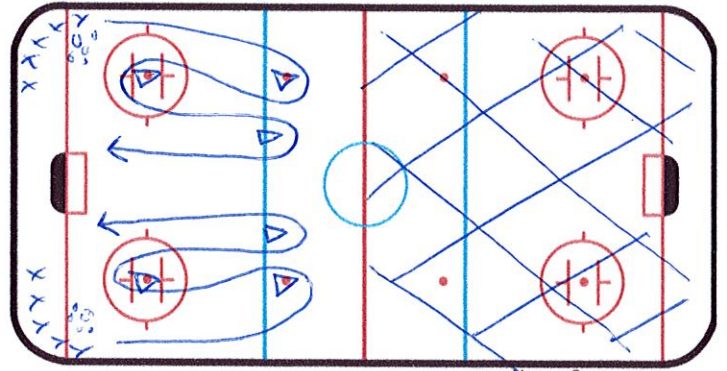


Water - Penalty Shot

- Blob Tag - 1 person "It", tags another person, & now 2 people are together. Group of 4 breaks to 2 & 2.

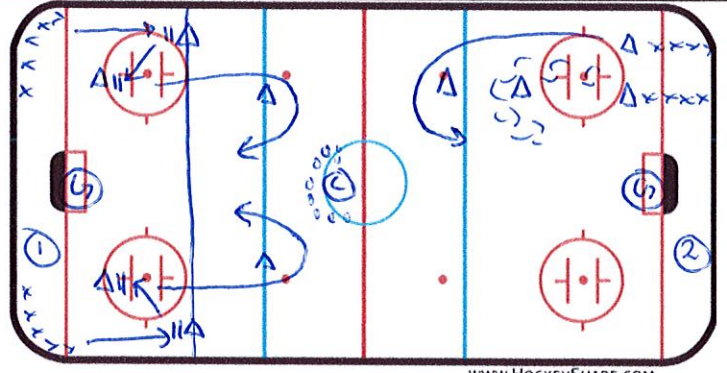
Drill: WARM-UP Length: 10min

- PILONS
- HALF ICE TURKEY
- HARD ON WHISTLE (START)



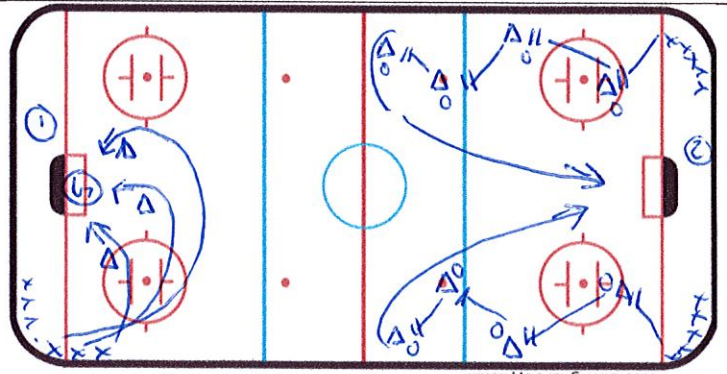
Drill: STOP-STOP-TURN-UP Length: 10 each

- ① DIAGRAMM
  - \* FULL STOPS
  - \* ACCELERATION
- ② DIAGRAMM
  - \* TIMING
  - \* GAP CONTROL

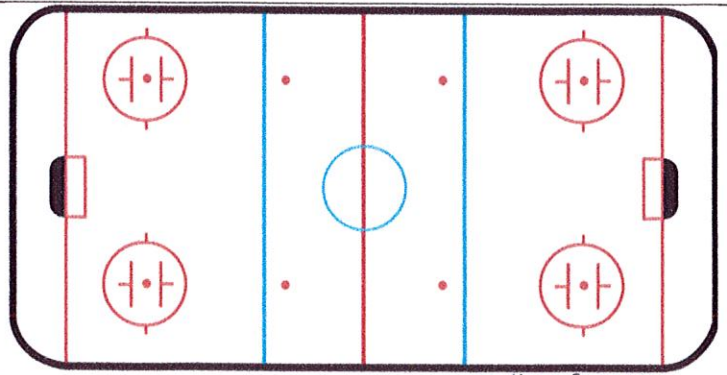


Drill: CORNER FLOW (SHOTS) Length: 10 each

- ① DIAGRAMM
  - \* SHOOT ON HAND
  - \* QUICK FEET
  - \* DRIVE LANE
- ② STOP/DROP/PICK UP.

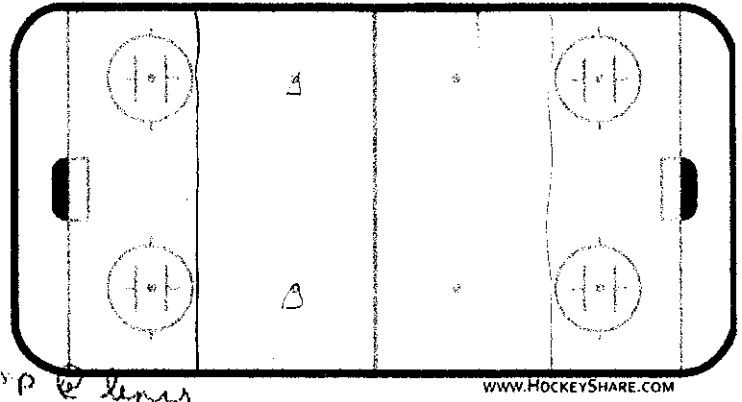


Drill: \_\_\_\_\_ Length: \_\_\_\_\_



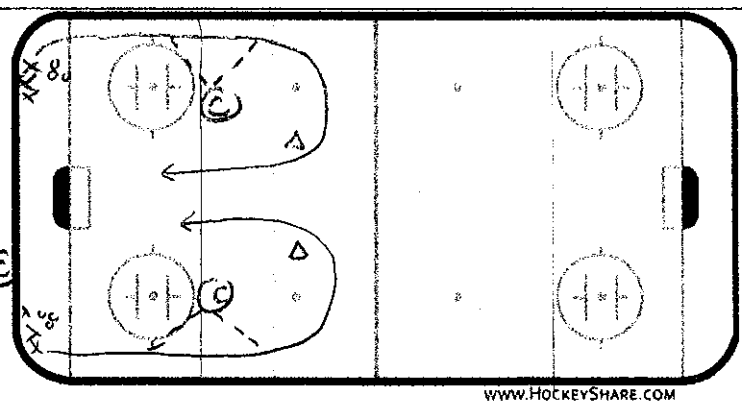
Drill: Ready position Length: 5 min  
Coach says (Simon says)

- how to hold stick
- feet shoulder width apart
- eyes up
- Simon says - skate forward, blw, jump & lands, stopping, lay down, etc



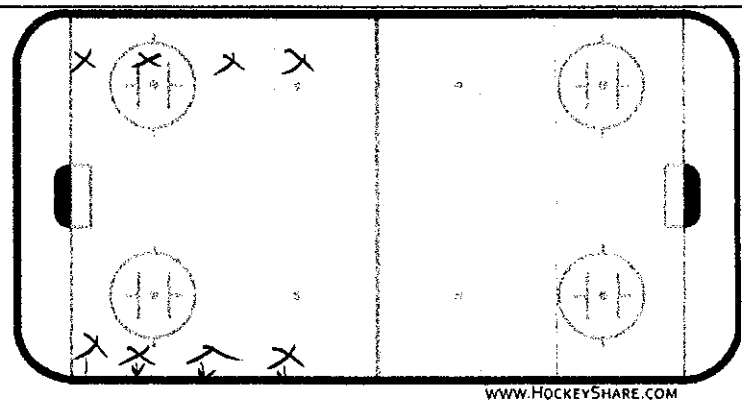
Drill: Coach pass over ringette line Length: 10 min

- \*Si 1/2 ice games, must pass over ringette line to another player
- player skates w/ ring & passes to coach over ringette line.
- coach passes back to player
- player skates around pylon
- shot on net
- \*not allowed going in the crease.



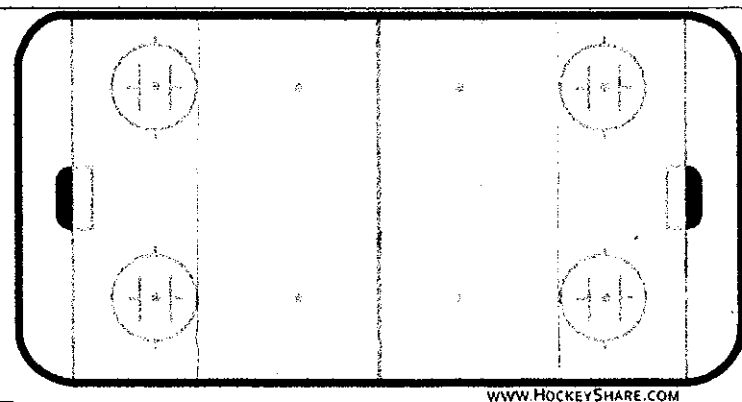
Drill: Shooting Length: 10 min

- Forehand; --transfer weight from back foot to front foot --follow through
- Backhand; like shoveling snow --bend down, scoop & release.



Drill: Checking Length: 10 min

- Review rainbow checking
- Sharks & fishies



Shawton +

Warm up: 5min

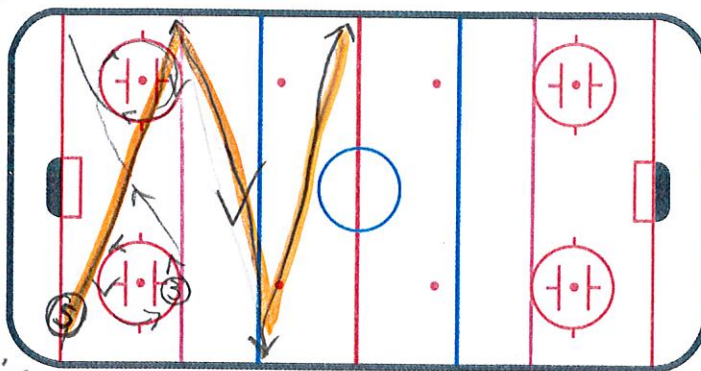
- Circle around half ice
- o Blue line o ringette line
- skate fast, bkwd, jump over line, glide w/ knee bend

Goalie

Practice Date: Sunday, Oct 6/19  
Practice Plan

Drill: Power skating (Goal line - Centerline) Length: 20 min

- 1 C-cuts
- 2 Bubbles - front & back
- 3 Crossovers / keep skate on line, bubbles w/ outside foot
- 4 Stopping o scrap toe stationary  
(right foot) o make snow trail  
o Glid, turn head, shoulders, hips
- 5 Stopping & Direction change

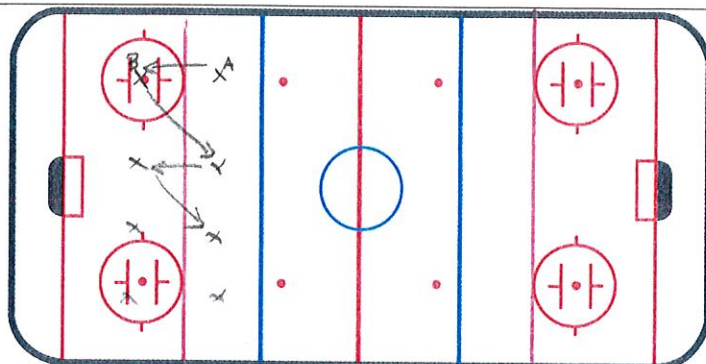


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Water

Drill: Stationary Passing Length: 10min  
Follow your Pass

- 1 - Pairs on either side of ringette line  
- Focus on shifting weight, call name of target & follow through
- 2 - Transition to following your pass  
- Player at end skates to beginning



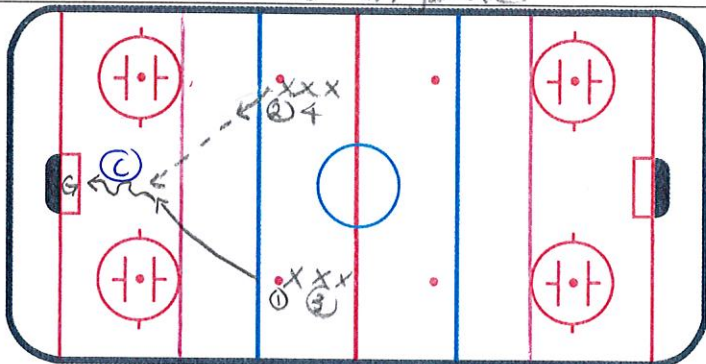
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\* Coach will shoot on goalie

Water

Drill: Lead Pass w/ Shot Length: 10min

- Player 1 skates over ringette line + receives pass from player 2
- Player 1 takes shot on net
- Player 2 then skates over ringette line to receive pass from player 3
- Player 3 receives pass from player 4,...



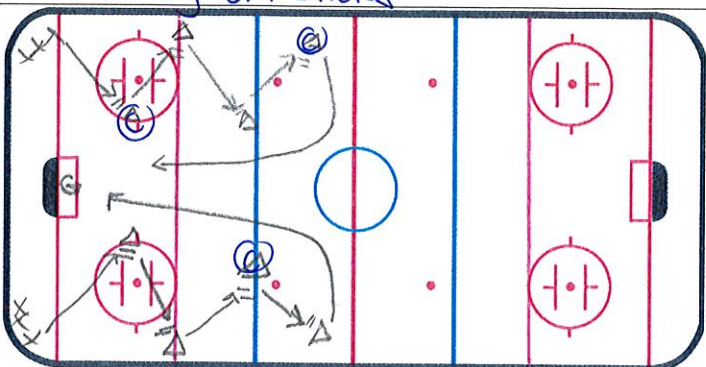
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- Heavy on sticks

Water

Drill: Ring handling w/ stop Length: 10min  
& shot on net

- Full stop at pylons w/ ring
- Shot on net
- Heavy on sticks



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Blob Tag

TV Tag

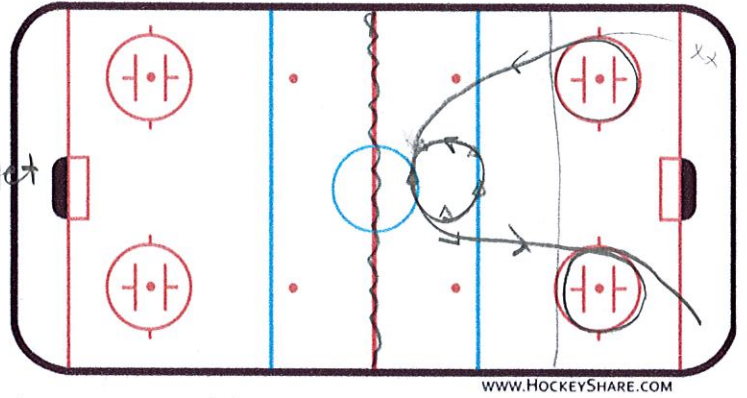
Penalty Shot

Warm up - Skate  $\frac{1}{2}$  ice  
 - stretch, dead, fast bw lines

Practice Date: Oct 7/20  
 Hockey Practice Plan

Drill: Skating Length: 10min

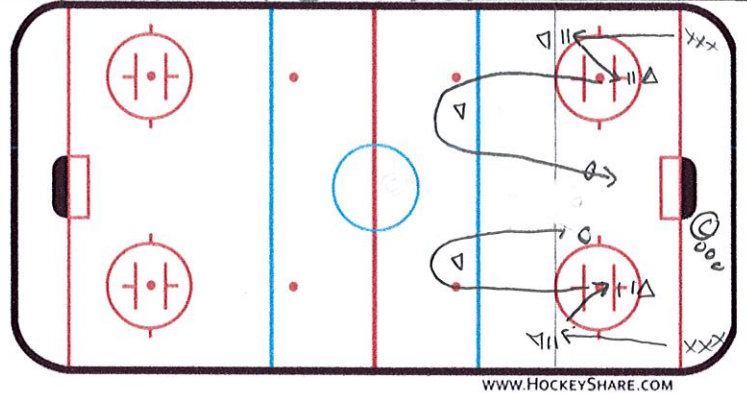
- Crossovers - step over or bubble cut if can't crossover yet
- x 3 groups
- transition w/ pivot @ top & bottom of circle
- \* keep facing front



- Stopping zigzag from corners to ringette line to blue line to centre

Drill: Stop-Start Turn & Go Length: 10min

- Stop at each pylon,
- then accelerate up, around pylon, stabbing after crossing ringette line (coach will place ring on net side of ringette line)
- Shot on net



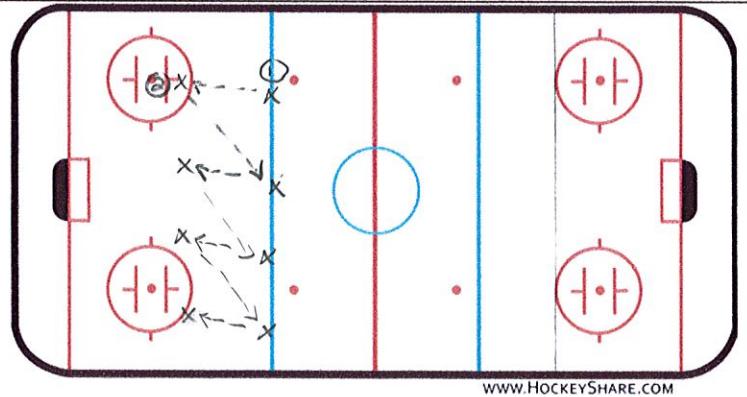
Drill: Passing Length: 10min

Key points:  
 aiming where we pass

- Pass < - follow through
- Stab - don't look at ring, look for centre white

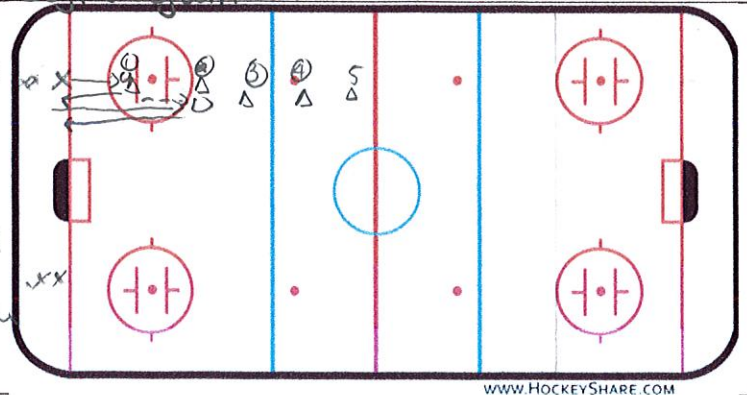
Drill - start @ position ①

- pass to position 2, then player ① skates to player 2 position (follow your pass)
- last player skates ring back to position 1 & begins again



Drill: Ladder Skate Race Length: 10min

- Player 1 skates ring to pylon 1, leaves it then, & skates back
- Once player 1 crosses goal line, player 2 skates to pylon 1, picks up ring, brings it to pylon 2 & leaves it there & skates back past goal line
- Continue until all players go.



- Skating relays
- Horse & buggy
  - Fwd
  - Bkw
  - Transition

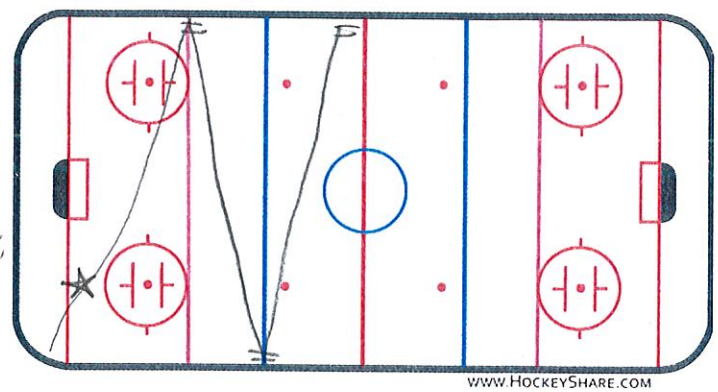
Warm Up - Goal line → Centre (5min)

- Front, bkwd w/ transition
- Jump over lines
- glide w/ knee bend
- 1 foot glide

Practice Date: Oct 9/19  
Practice Plan: Shared w/ As.

Drill: Power skating Length: 10min

- C cuts
- Bubbles front & back
- Crossovers
- Review stopping (head, shoulders, hips)
- \* - Stopping w/ direction change @ ringette, & blue line



Drill: Passing w/ partner Length: 10min

- Goal line → Centre & back
- ↳ while skating, lead pass

- Coach points
- ↳ call name of who you're passing to
  - ↳ Review lead pass

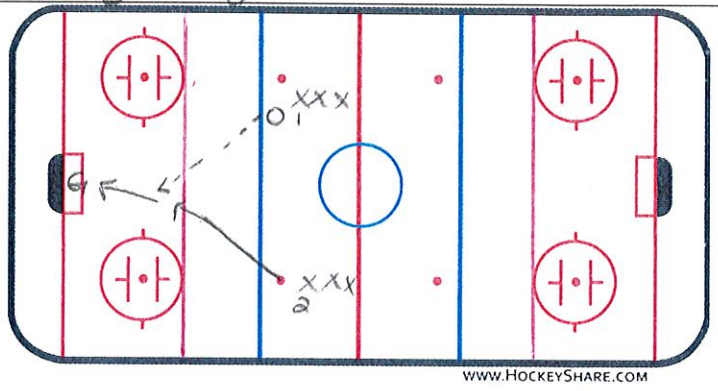
\*Coach shooting on goalie



Drill: Lead Pass w/ shot Length: 10min

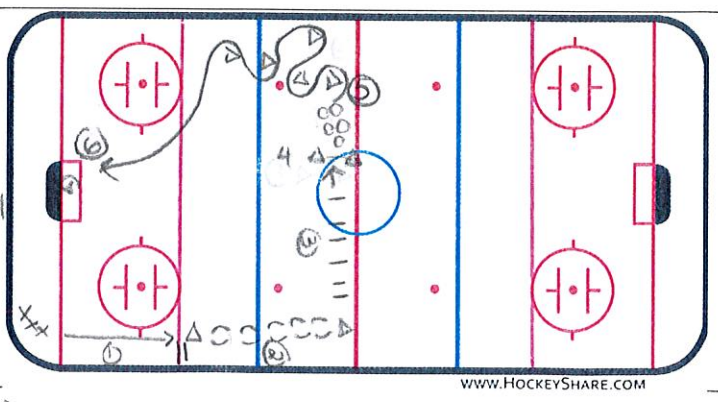
- X<sub>1</sub> skates & makes lead pass over ringette line to X<sub>2</sub>
- X<sub>2</sub> makes shot on net.

\*Switch side of lead pass @ 5min



Drill: Obstacle Course Length: 10min

- Skate forward to pylon, full stop
- Backwards skating/bubbles
- Crossover step-overs, hold stick parallel to ice at chest level, knees bent
- skate forward, slide under horizontal stick
- Pick up ring, tight turns, protect ring
- Shot on net



Scrimmage 10min  
- pylons in net, goal in other

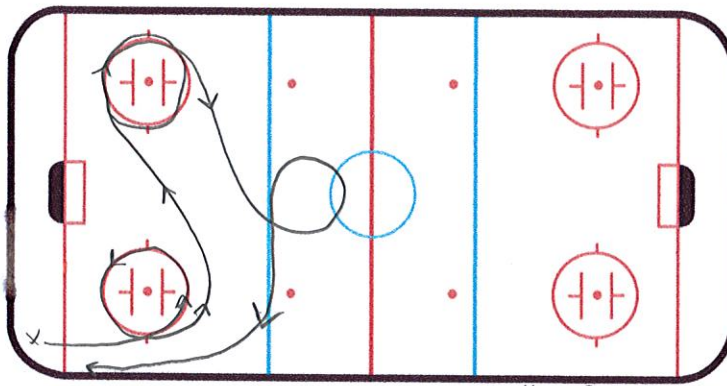
Warm up - laps 1/2 ice.

Drill: Power skating Length: 15min

- Stopping → how to...
- bkwd.
- cross overs.

Relays 3 teams of 3.

- fwd
- transition
- hold lungs
- Supergirl
- Horse & Buggy



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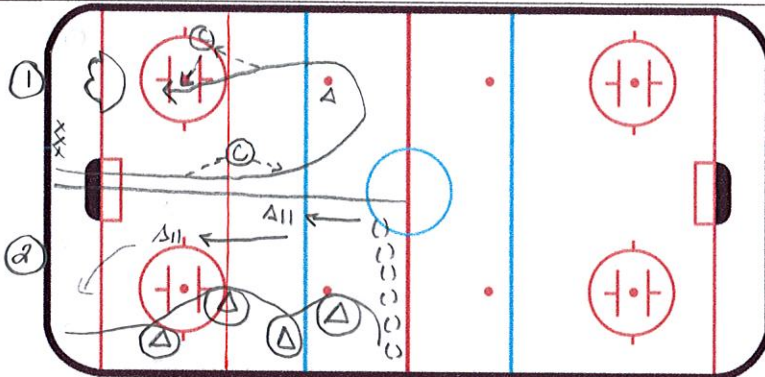
Drill: Give & Go Length: 10min

over ringette line  
- with ring

Drill: Tight turns Length: 10min

- bkwd skate, accel. w/ stop
- w/o ring
- tight turn around each pylon
- bkwd skate to centre ice
- fwd skate w/ full stop at each pylon

\* Coach stands on opposite side of ringette line, making sure player passes before.



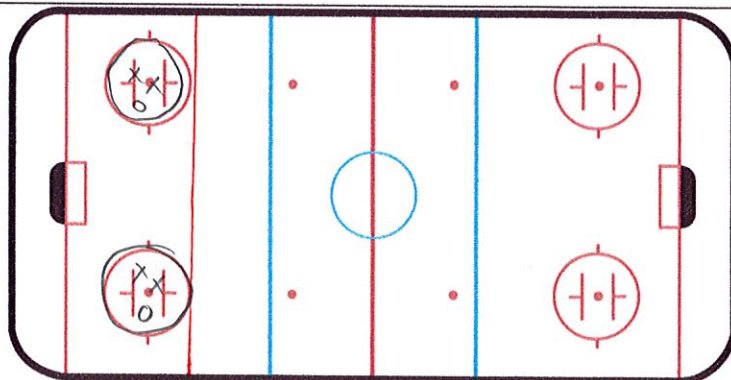
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Drill: Partner Keep Away Length: 10min

\* Coach tip - Rainbow check

- Give partners/small group area to stay within
- One player loses ring, player 2 now tries to keep away from player 1.

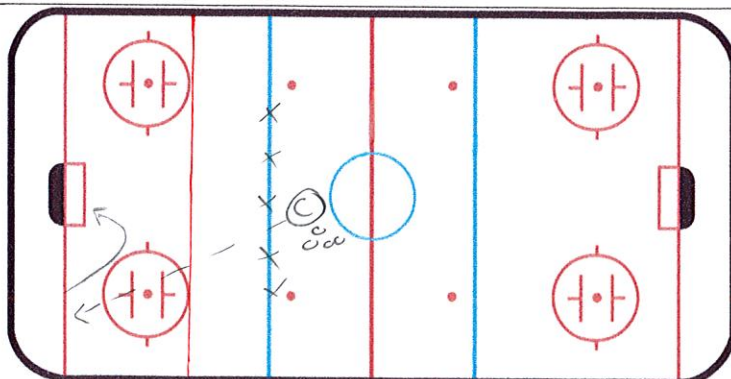
5min



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Drill: Battle Drill Length: 10min

- Partner based on skill
- Players start on blue line
- Toss ring into corner
- Called out names of active players.
- Player who gets ring tries to score. Other player(s) become defence.



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British Bulldog.



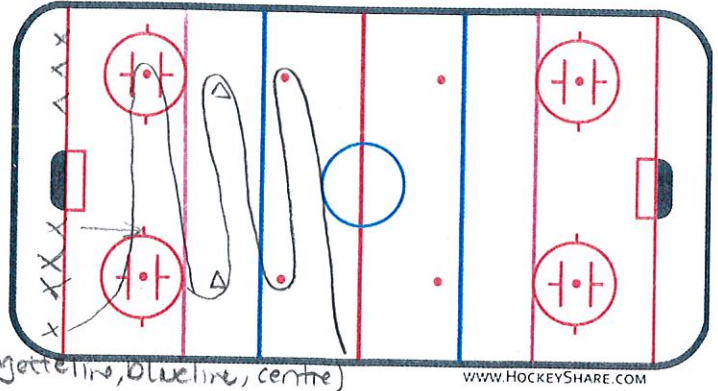
↳ skate & stop on whistle  
 ↳ hard on whistle (10 sec),  
 the coast.

~~in net~~  
~~in net~~

Practice Date: Oct 12/19  
 Practice Plan: Shand w/ 51-293.

Drill: Powerskating Length: 10 min

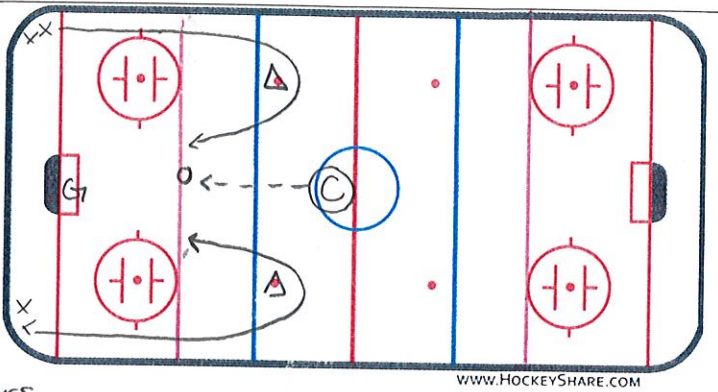
- Cuts.
- Bubbles
- Step crossovers to right, then left (holding arms out at chest height)
- Crossovers around circles.
- Review stopping (both feet)
- Stopping w/ direction change (corner, ringette line, blue line, centre)
- Tight turns w/ protecting the ring



Water

Drill: Ring Races Length: 10 min

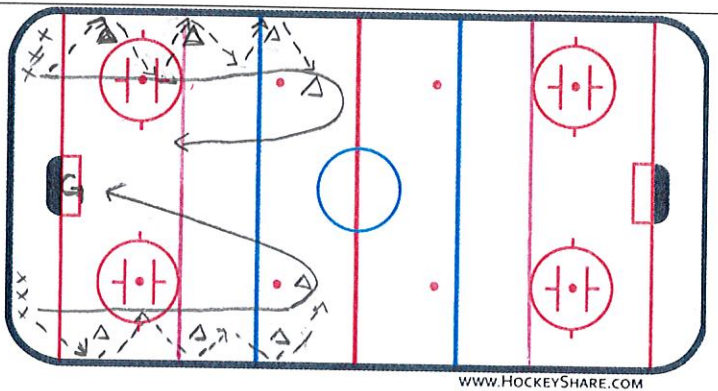
- Players skate to pylon & take tight turn
- Coach passes ring into offensive zone
- Shot on net
- \* Goalie practice tossing ring to corners



Water

Drill: Bounce Pass Length: 10 min

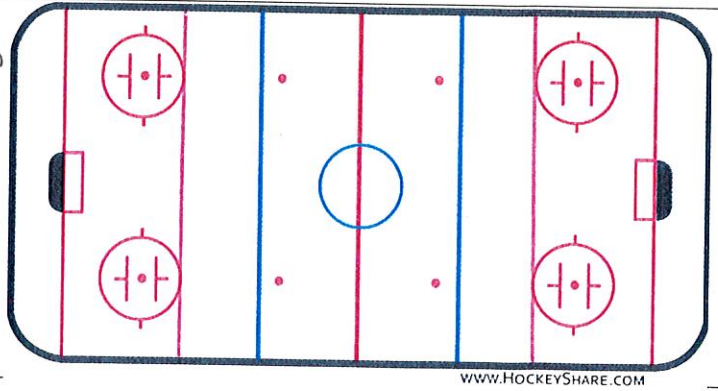
- Player bounce pass ring to herself
- Tight turn around top pylon
- Shoots on net



Water

Drill: Scrimmage Length: 20 min

- \* Goalie ring → head to corners
  - Pass over ringette line
- |             |          |
|-------------|----------|
| Net-Karigan | Pylon    |
| Mia         | Abby     |
| Bailey      | Maddie   |
| McKenna     | Blake    |
| Elynn       | Brooklyn |



If time: British Bulldog.

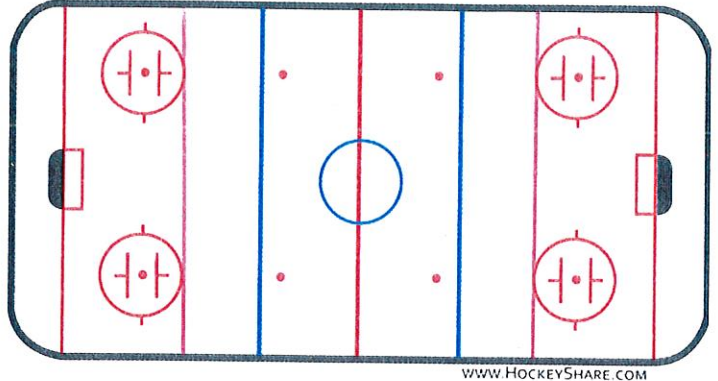
# Warm Up: Blw blue lines 5min



Practice Date: Oct. 14/19  
Practice Plan: Shared w/ S2.

Drill: Powerskating Length: 10min

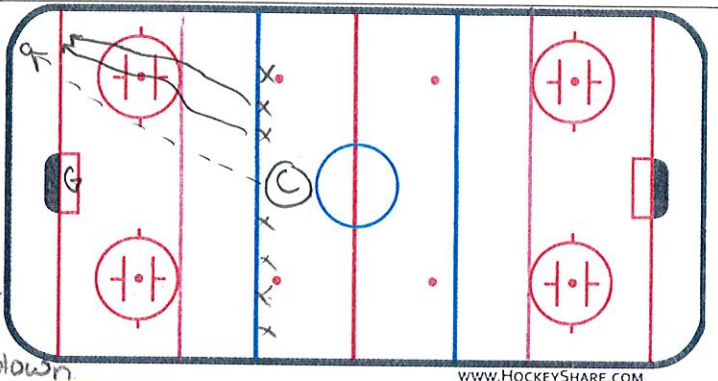
- Cuts
- Bubbles
- Step crossovers
- Crossovers around circles.
- Stopping (ice pile, at lines, on whistle)
- Tight turns \*protecting the ring\*



Water

Drill: Battle Drill Length: 10min

- Players lay on stomach @ BL
- Names called to battle 1 vs 1, 2 vs 2
- Coach throws ring into corner
- 1st player(s) to gain possession of ring becomes offence and other player(s) become defence
- Play until shot on net is made or whistle blown

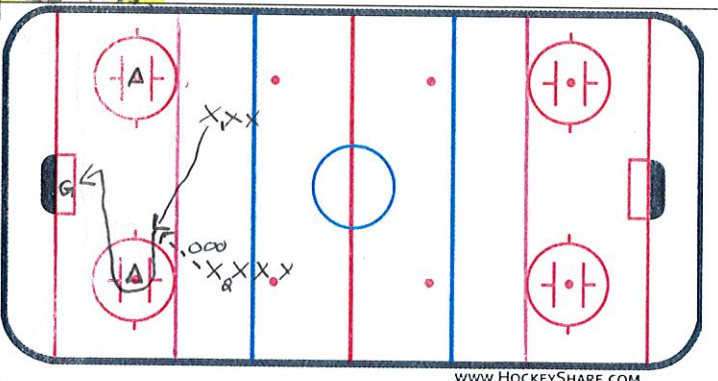


\*Review ring stabbing safety along boards

Water

Drill: Lead pass w/ shot Length: 10min

- X<sub>1</sub> skates across ringette line
- Recieves lead pass from X<sub>2</sub>
- X<sub>1</sub> drives around pylon & across crease, at any time taking a shot
- Switch sides.

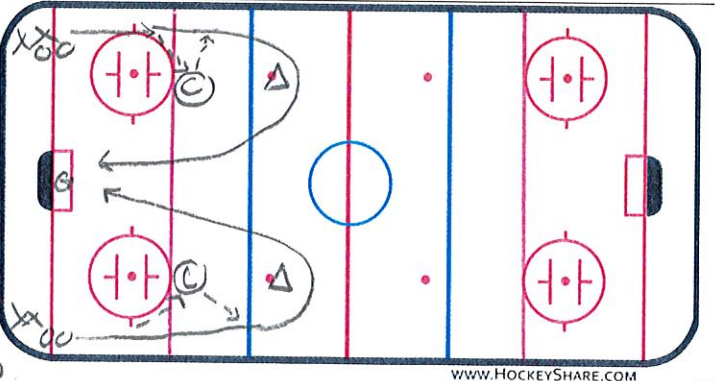


- Goalie pick up ring and practice tossing to corner.

Water

Drill: Horseshoe w/ coach pass Length: 10min

- Pass to coach over ringette line
- Protect ring around top pylon.



Scrimmage. 4 on 4 + goalie 15min

\* Goalie ring, spread out to corners.

- |        |          |
|--------|----------|
| Ewynn  | Karigan  |
| BT     | Mia      |
| Abby   | Brooklyn |
| Bailey | Maddie   |
| Aubree | Mckenna  |

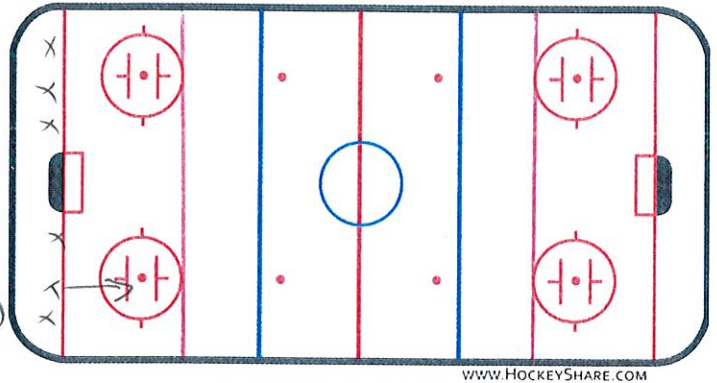
# Dressing Room Game this weekend

- \* Warm up (review go over)
- \* Get self ready (on ice)

Practice Date: \_\_\_\_\_  
Practice Plan

Warm up - skate b/w blue lines, stretch  
Drill: Powerskating Length: 10min

- C cuts
- Bubbles
- Squat glide → load legs
- Motorcycle (lunge)
- Stopping (ice pile, at lines, on whistle)
- Crossovers.



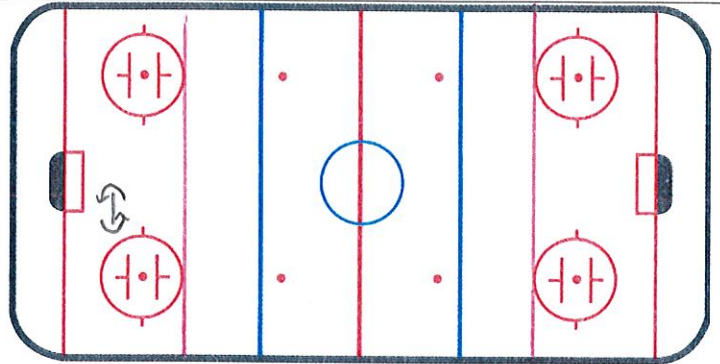
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Drill: Tight turns Length: 10min

- Bend @ hips, knees, ankles
- Flop ankles (onto edges of skates)
- Turn head & shoulders into turn.

- Lay stick on ice, practice tight turns  
↳ switch directions

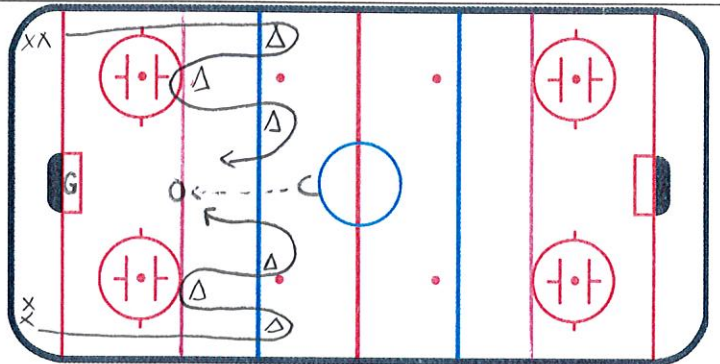
- Cat & Mouse (tag game w/ 2 players)  
↳ lay stick on ice & chase each other around stick  
↳ cat tags mouse, mouse becomes it.



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Drill: Ring Race Length: 10min

- Tight turns around pylons
- \* Review ready position & protect ring  
↳ on forehand  
↳ on backhand.

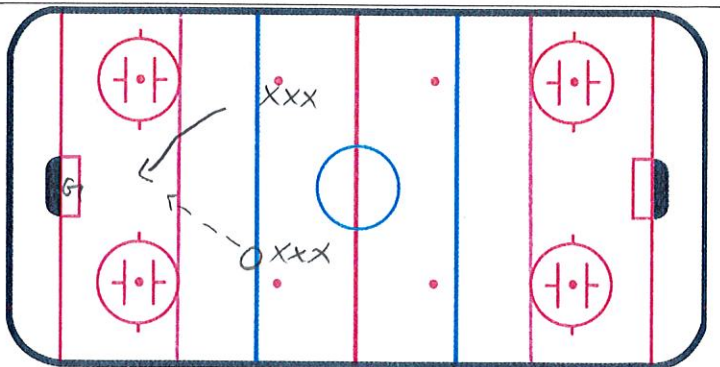


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## \* Game Warm up.

Drill: Lead Pass Length: 10min

- Switch sides of lead pass @ 5min.



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Drill: Turtle Tag 5min

- B/w Ringette line & centre
- Coaches are it.
- Players crawl from one line to the other
- If coach is close, player "turtles" & flips onto back

Shoot Out. 10min

Warm up - 1/2 ice laps.

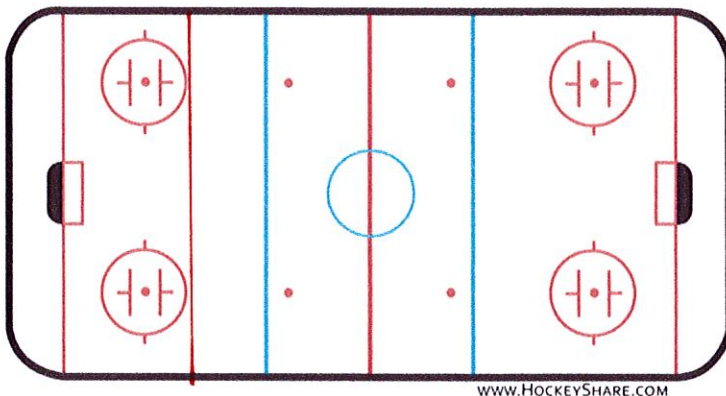
Goalie: ~~2019~~

Practice Date: Oct 18/20  
Hockey Practice Plan

- Need 2 nets.

Drill: Power skating Length: 15 min

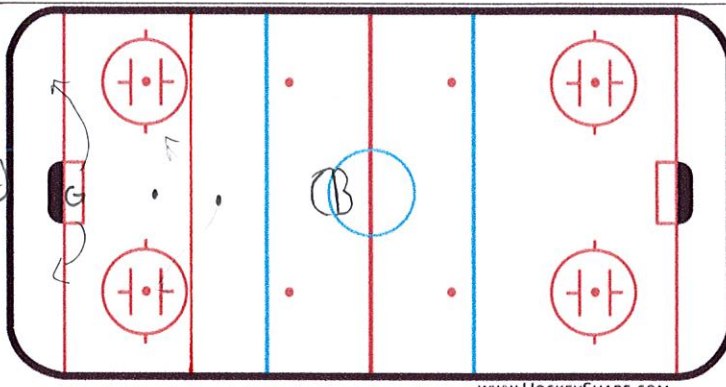
- Buddes/C-cuts; fwd, bk wd
- stopping
- crossovers



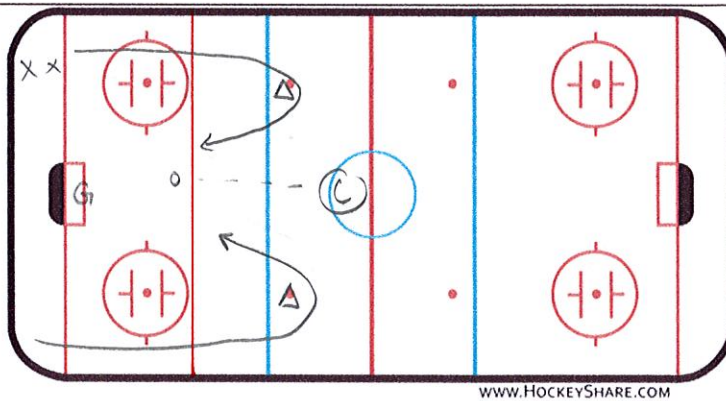
Drill: Free pass & goalie ring Length: 15 min

- where to pass for free pass. (look for open teammates, over ring getting line)
- Goalie ring (go to corners).

- Start ring from free pass
- spread out
- pass & wait for whistle

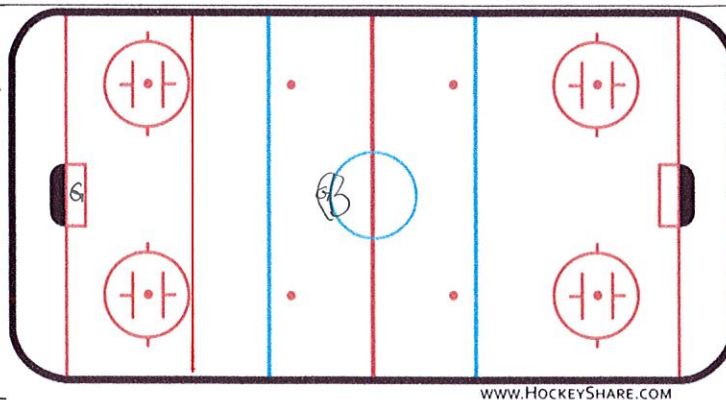


Drill: Ring Race w/ tight turn Length: 10 min



Drill: Scrimmage Length: Remaining

w/ both nets.



- Relay races, horse & buggy.

Warm up 2 ice laps.

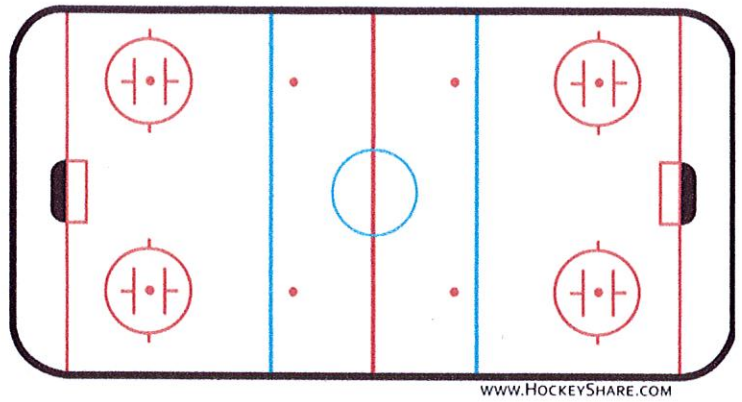
Shooter tutor

Practice Date: Oct 21/20.  
Hockey Practice Plan

- Need 2 nets.

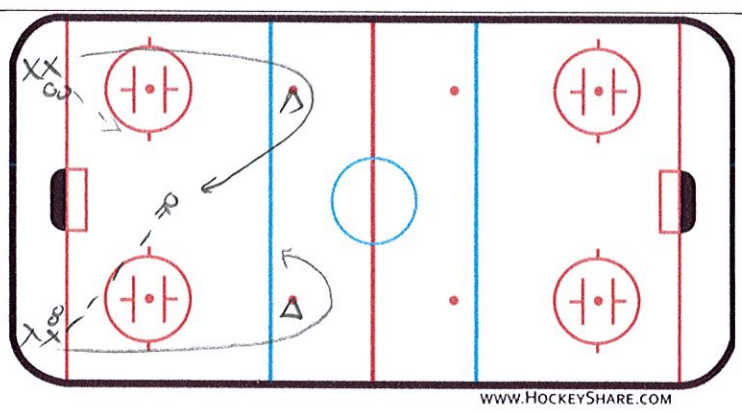
Drill: Power skating Length: 15min

- Bubbles, fwd, bkwd
- Stopping
- Crossovers.



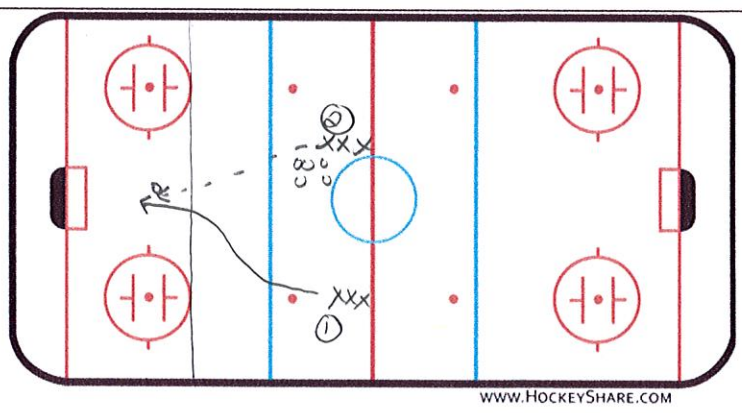
Drill: Horseshoe Length: 10min

- Follow through pass



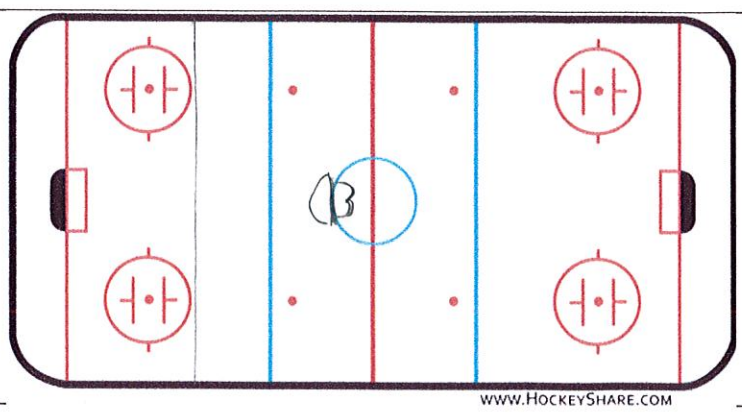
Drill: Lead Pass Length: 10min

- Line 1 skates 1st & calls for pass.
- Line 2 sends the ring, leading the skater, skater picks up ring on offensive side of ringette line
- Shot on net
- Switch sides @ 5min



Drill: Scrimmage Length: 15min

- Get open
- Cover player
- Pass over ringette line



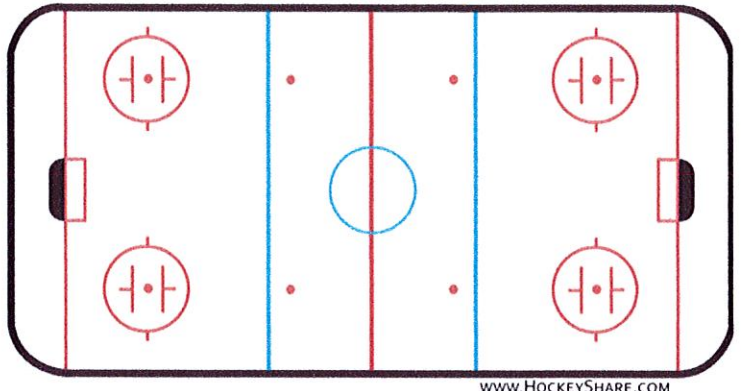
# Warm up 1/2 ice skate

on net.

Practice Date: Oct 25/20  
Hockey Practice Plan

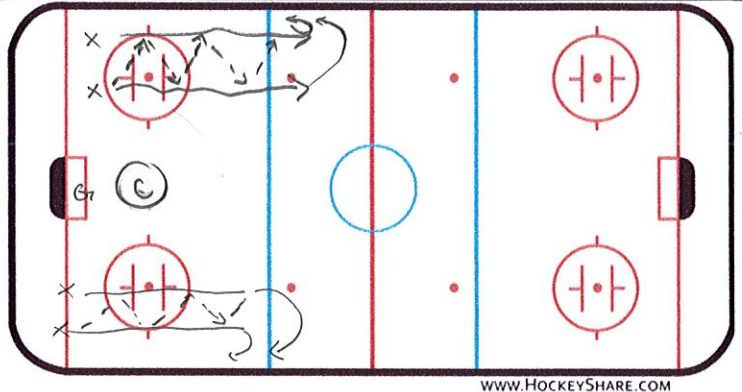
Drill: Power skating Length: 10min

- c cuts fwd & bwd
- Squat glide
- lunge
- stopping
- crossovers



Drill: Partner passing Length: 10min

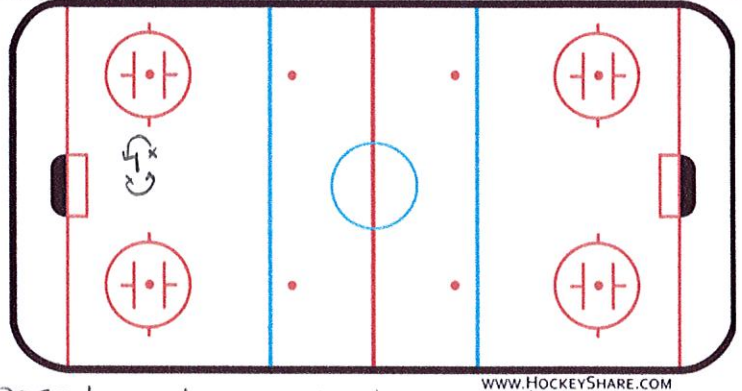
- lead pass
- call name



6- Coach shots on net.

Drill: Tight turns Length: 10min

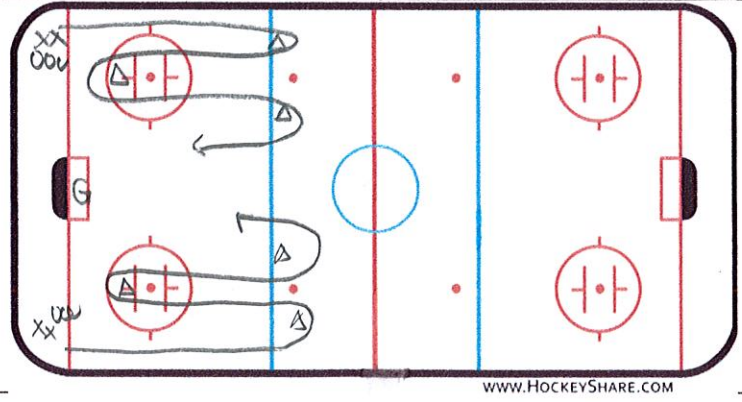
- Bend hips, knees, ankles.
- Flex ankles
- Turn head



- Cat & mouse tag  
↳ cat chases mouse, & then once tagged, mouse chases cat

Drill: Tight turns w/ ring handling Length: 10min

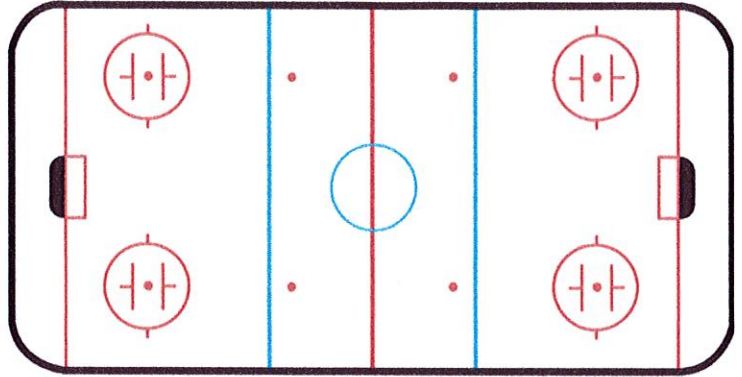
- \*Protect ring @ heel opposite to pylon
- Shot on net



- Toilet tag

Drill: Power skating Length: 10min

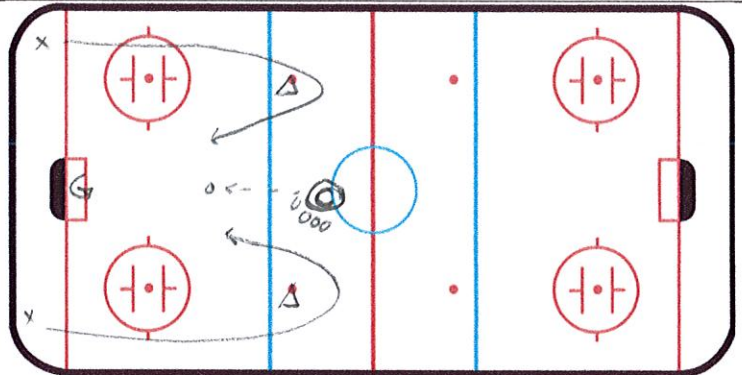
- Stopping
- crossovers
- Squat glide
- lunge
- superwoman.



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Drill: Ring Race Length: 10min

- Tight turn around pylon
- 2 rings if players aren't able to be competitive
- checking for ring if player doesn't get the ring



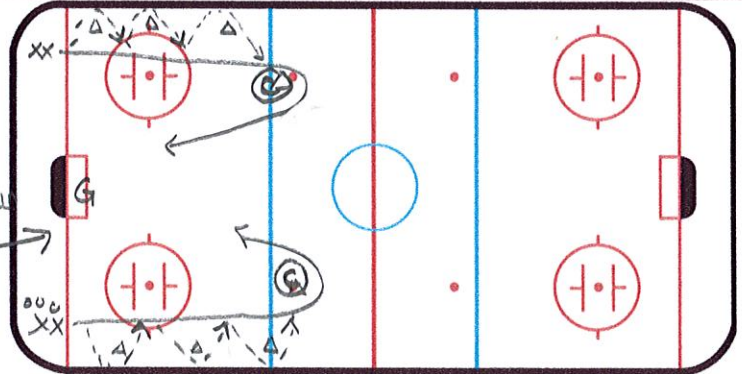
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Drill: Protecting ring Length: 5min

- all players take a ring & protect ring

Bounce pass on boards & ring protect.  
 10min  
 + bounce ring off boards to get around other team  
 Coach try to check player when going around pylon

- shot on net.
- switch sides @ 5 min

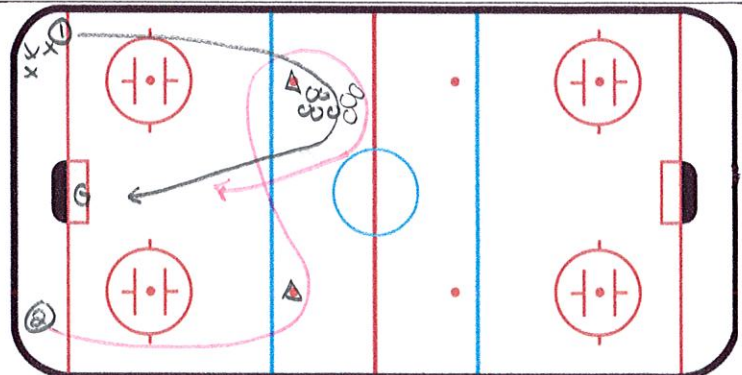


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Drill: Scoop Length: 10min

- line ① skate up, pick up ring & shot on net
- line ② skate up & around pylon, scoop around 2nd pylon, pick up ring & take shot on net.

- switch sides @ 5 min



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Tog.

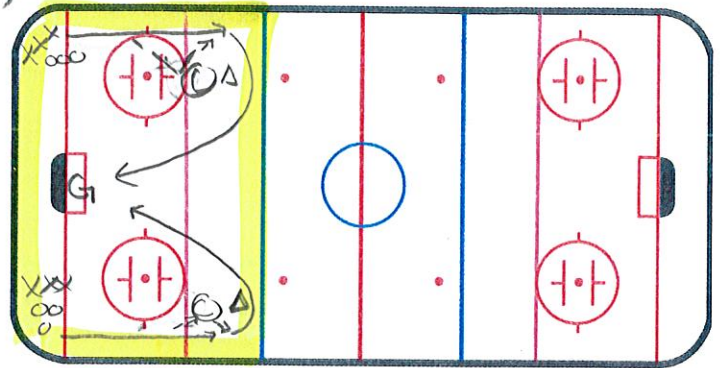
- Warm up: Skate - Blw the Blue Lines (15 min)  
 (toes, reach up high, skate fast, etc)

- Line up @ end, into lines of 4 players  
 ↳ jump over lines, transition, squat glide, motorcycle lunge, stopping.

Practice Date: Oct. 28/19  
 Practice Plan: Shand w/ all U10-S1.

Water  
 Drill: Horseshoe w/ Coach pass Length: 10 min

- Player skates w/ ring, passes ring to coach over ringette line
- Skates around high pylon (protect ring)
- Shot on goalie in net.

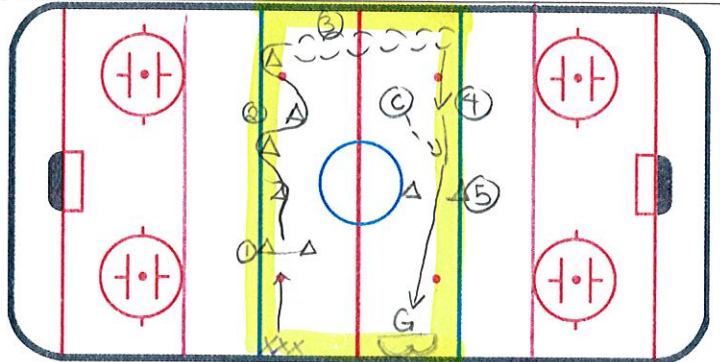


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Water

Drill: Obstacle Course Length: 10 min

- 1) Slide on tummy
- 2) Tight turns around pylons
- 3) Skate backwards
- 4) skate & receive pass from coach
- 5) Down/up on knees
- 6) Shot on net.

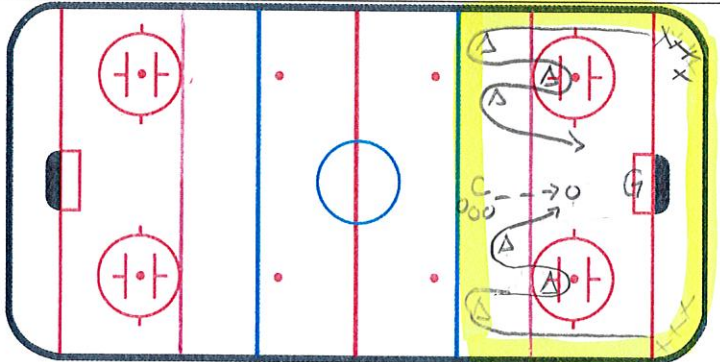


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Water

Drill: Ring Race Length: 10 min

- Tight turns around pylons.
- Skill match players
- If players are far apart, coach give 2nd player ring too

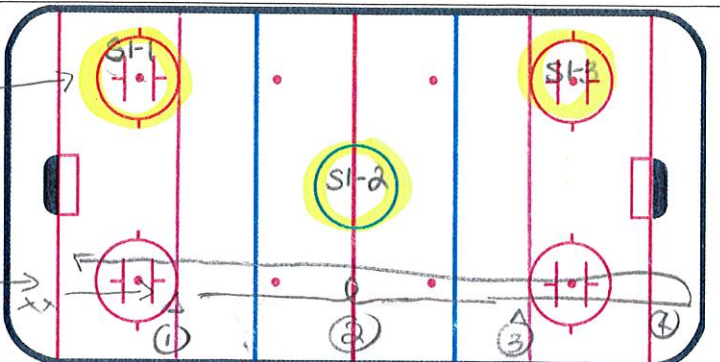


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Water

Drill: Sharks & Fishies Length: 5-7 min

- play in one of the free pass circles



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Drill: Relay Race

Length: 10 min / remaining time

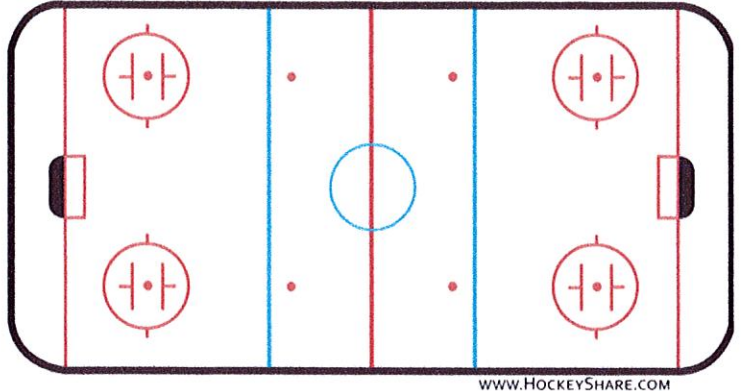
- Groups of 4
- 1) Slide on tummy @ pylon
- 2) Spin around once
- 3) Jump over line
- 4) Skate back & high-five teammate

Water



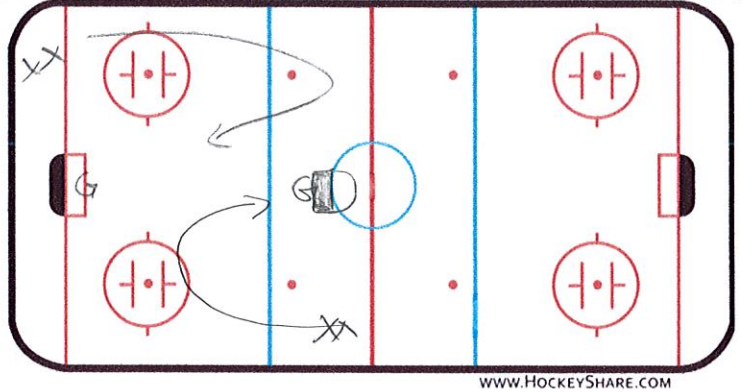
Drill: Power skating Length: 10 min

- Bubbles forwards bld.
- Squat glides
- Stops & Starts on whistle
- Crossovers.



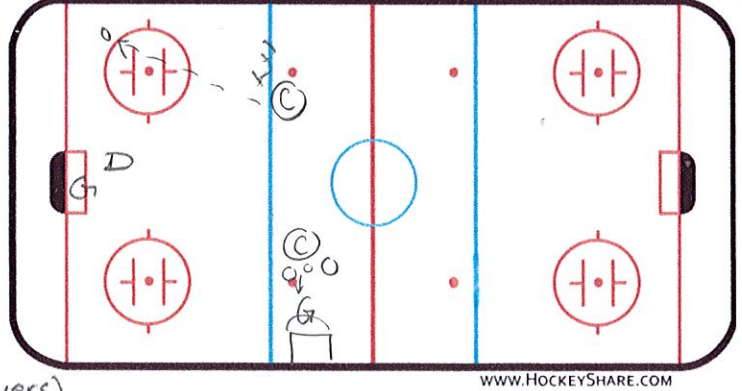
Drill: Horseshoe Length: 10 min

- Run 2 goalies



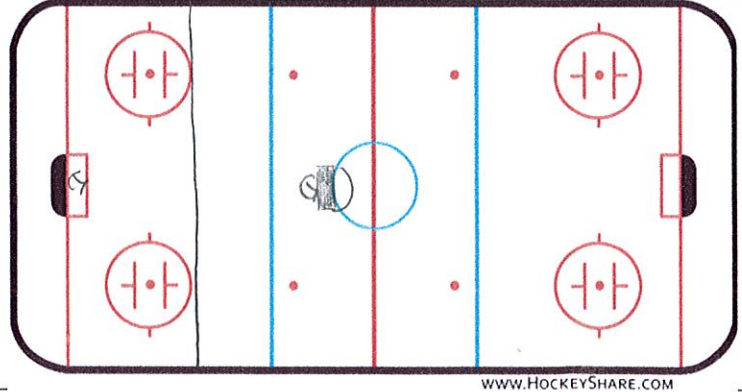
Drill: Defence/Battle Drill Length: 10 min

- 1 coach work on goalie on side (with)
- Other 2 run battle drill
  - ↳ make 2 on 1
  - ↳ D status to stay between their goalie & opposing team (2 players)



Drill: Scrimmage Length: \_\_\_\_\_

- Defence - don't go past ringette line (strong skaters can)



# Warm Up - Relays b/w blue lines

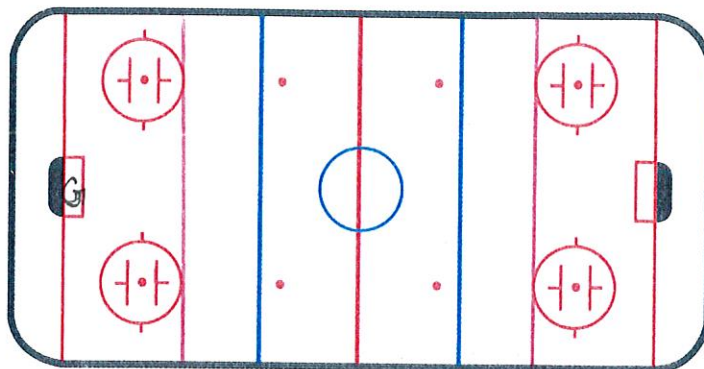
## British Bulldog

(10min)

Practice Date: Nov 5  
Practice Plan w/ SIs

Drill: Powerskating Length: 10min

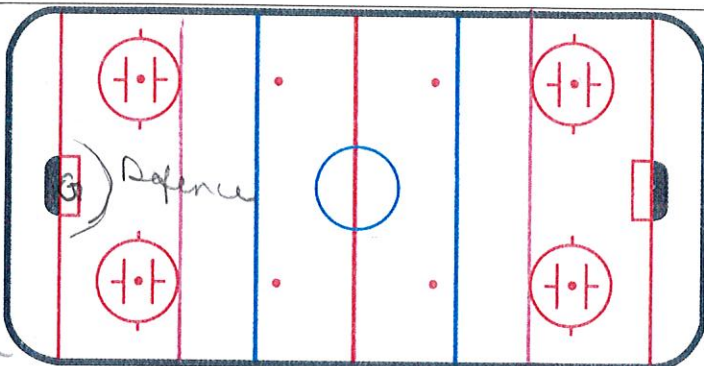
- Bkwd skating
- Crossovers
- Tight turns + protecting
- Stopping
- Jump stops



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Drill: Battle drills Length: 10min

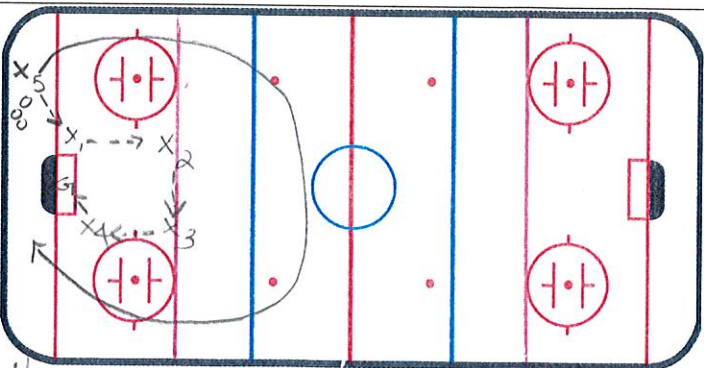
- Lay on stomach,
- Names called 1vs1, 2vs2, etc.
- If don't get ring...  
\* Defence  
↳ come back, not all of the way tocrease... Push Out.



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Drill: Baseball Drill Length: 10min

- X5 starts in corner & passes to X1
- X5 skates around outside
- X1 passes to X2 & follows pass
- 4 passes & then shot on net before skater makes it around outside path

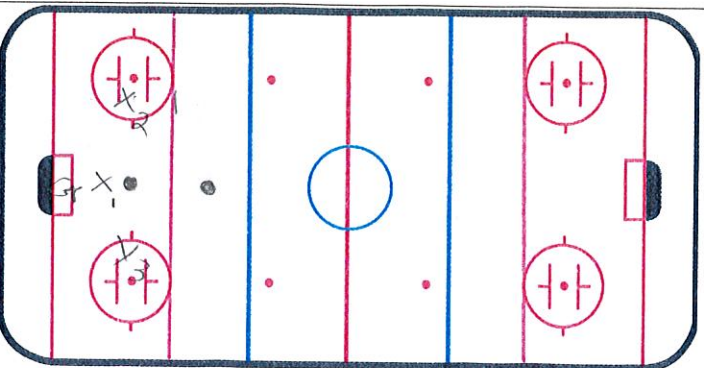


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## PINNIES

Drill: Free Pass review Length: 5min

- when to pass on free pass
- Spreading out on free pass & goalieing
- \* Free pass into play, then try to score, D push out, spread out for goalieing

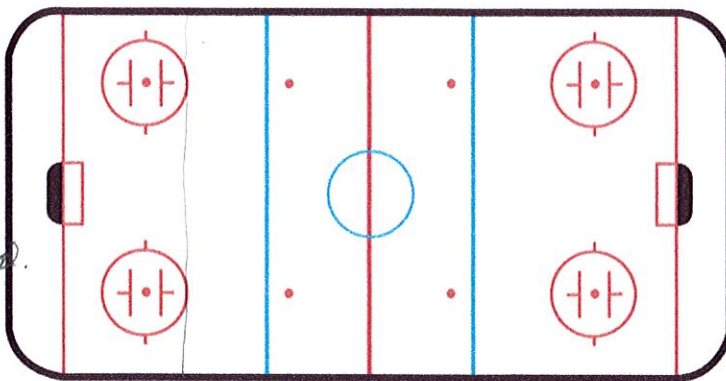


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- Sharks & fishies → rainbow checking
- Shootout

Drill: Power skating Length: 10min

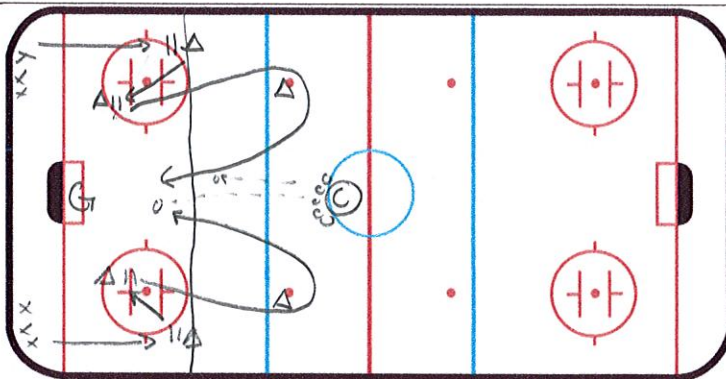
- C cuts, single leg, both legs
- stops & starts
- transition fwd to bkw & bkw to fwd. (at ringette & blue lines).
- crossovers.



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Drill: Stop-Stop-Turn & Go Length: 10min

- Full stops at each pylon
- Accelerate around top pylon
- lead pass from coach



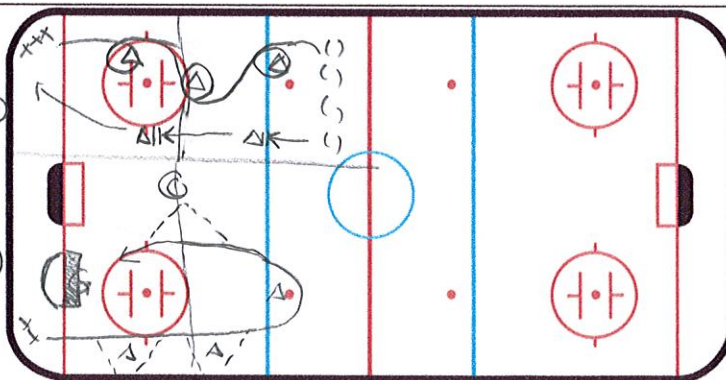
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Drill: Bounce Pass off Boards & Give & Go / Tight Turns Length: 10min

① w/ ring

② w/o ring.

- tight turns around pylons
- bkw skate
- accelerate to pylon, stop & d

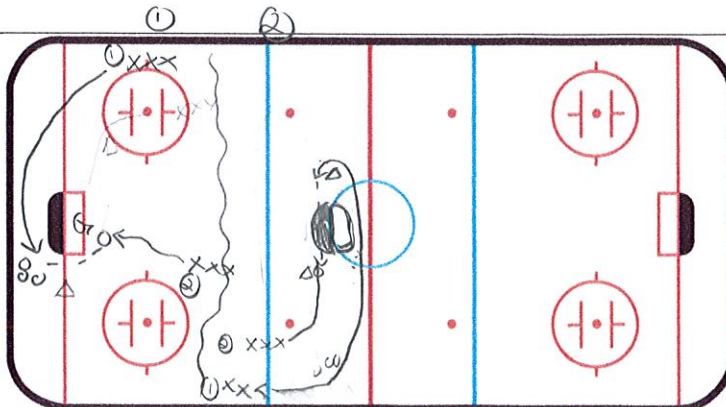


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Drill: Behind net / cross-crease pass Length: 10min

- ① - line 1 skates behind net, stabs ring
- passes in front of net to player 2
- skating in from ringette line
- stabs ring, quick shot on net.

- ② - line 1 skates behind net, around pylon
- line 2 skates around pylon & receives
- pass cross crease, quick shot.



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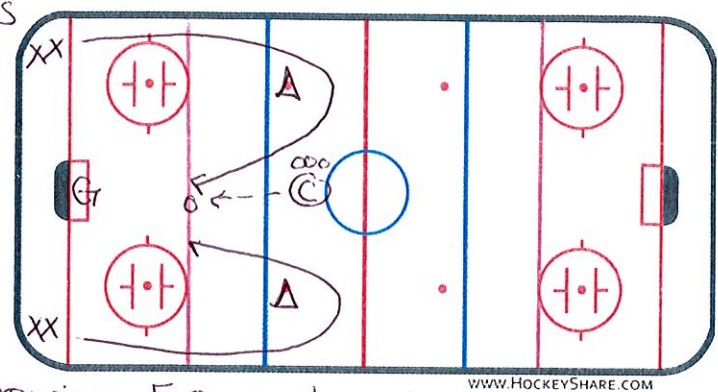
Warm Up: Calkine - Centre, 10min

In net ~~XXXXXX~~

- jump
- Squat glide
- glide on left foot / right foot
- motorcycle lunge
- Review Stopping + jump steps

Practice Date: Nov 10/19.  
Hockey Practice Plan

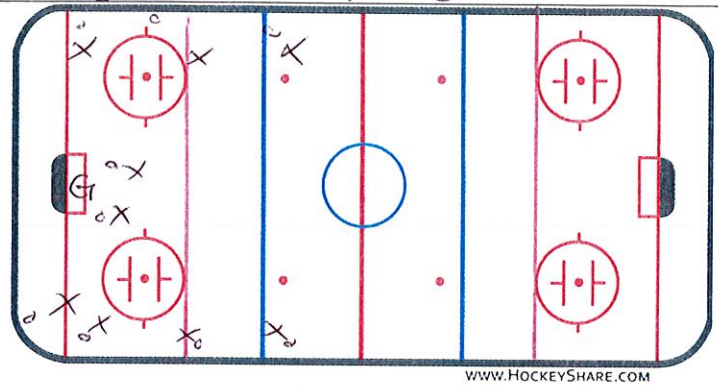
Drill: Ring Race Length: 10min



\* Remind/show about stance, throwing, 5 second rule

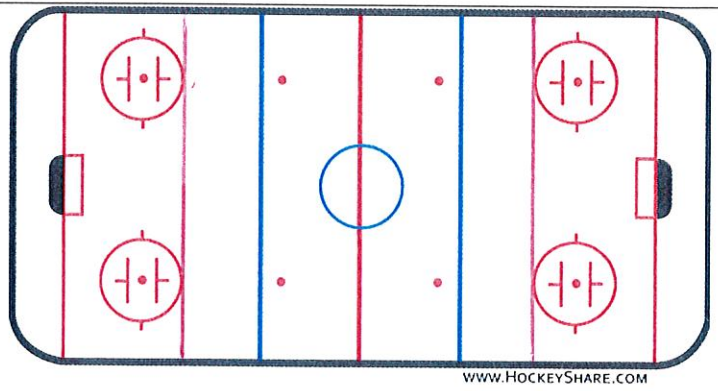
Drill: Shoot on boards Length: 10min

- Players can take turns shooting on goalie
- Remind to shift weight + follow through
- Forehand + backhand shot



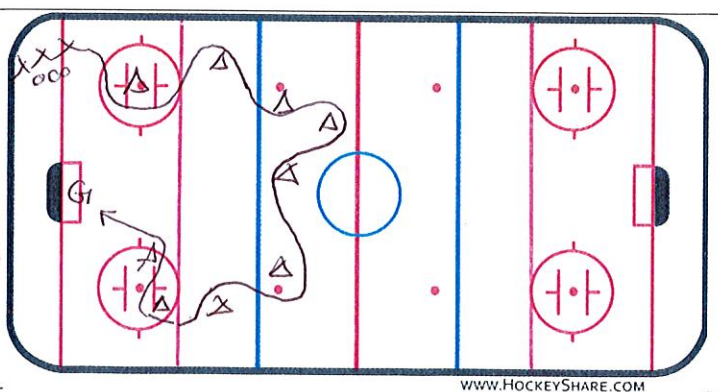
Drill: Freeze Tag Length: 5min

- May need to decrease space to create more action



Drill: Agility Drill Length: 10min

- Carry ring, protecting around pylons
- Coaches can try checking players
- Shoot on net.



- Shootout - line up at blue line
- Sharks + Fishes - encourage rainbow checking

Warm Up: Goal line → centre

- Simon Says

- forward & backward skating

- horse & buggy

- superwoman

- etc

~~Net~~ Net.

Practice Date: November 13.

Practice Plan

②

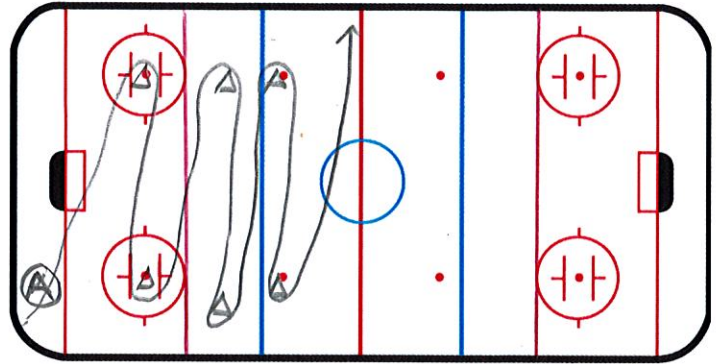
Drill: Power skating Length: 10min

- C-cuts / buddies

- Stepping

- Tight turns (A)

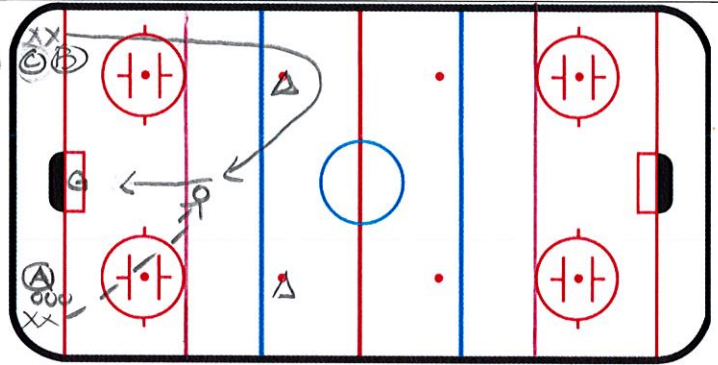
- Cross overs



Drill: Passing Horseshoe Length: 10min

- Player A passes to player B

- once player A passes, player starts skating around top pylon and stabs pass from player C



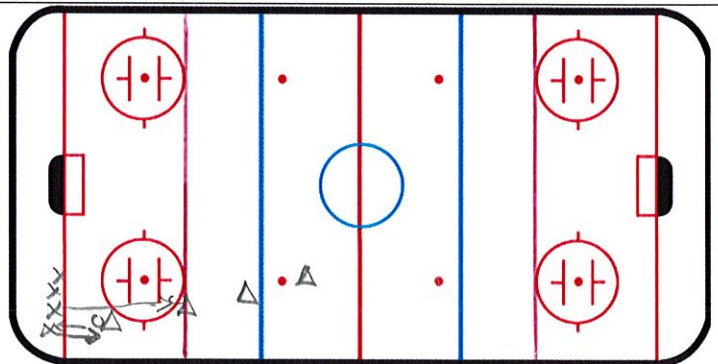
Drill: Climb the ladder Length: 10min

- Player 1 skates to 1st pylon w/ ring, leaves ring at pylon

- when player 1 returns, player 2 skates to pylon, stabs ring, & carries it to 2nd pylon.

- continue...

\* 1 coach practice w/ goalie

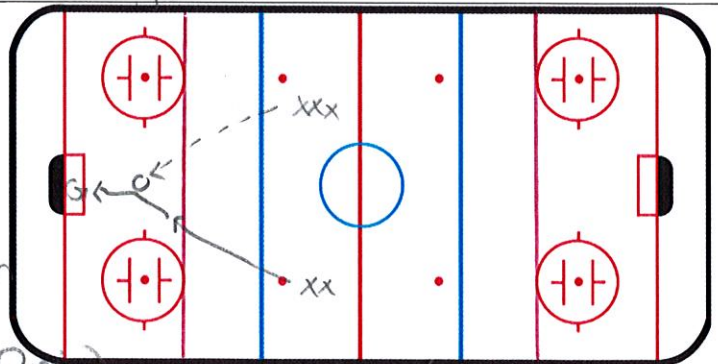


Drill: Lead Pass w/ shot Length: 10min

- Pass over ruffette line

- Call name of who passing to

- Switch side of lead pass @ 5m



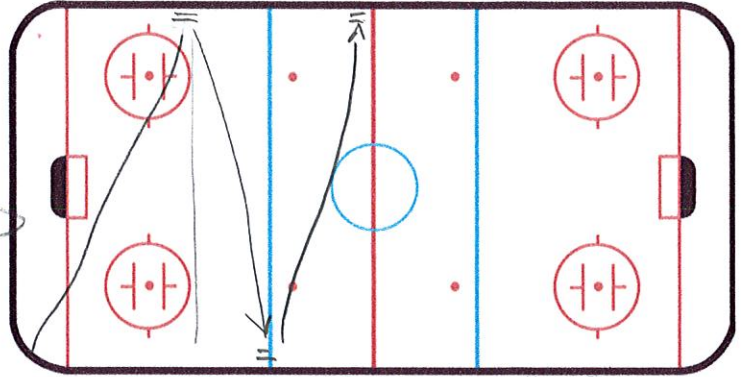
Scrimmage: 4 on 4 + goalie (10min)

- divide how jersey colours work

Tag or shoot out if time

Drill: Power skating Length: 10 min

- C cuts
- Transitions \*turn facing parents
- Stops & starts
- Horse & buggy.
- Superwoman.

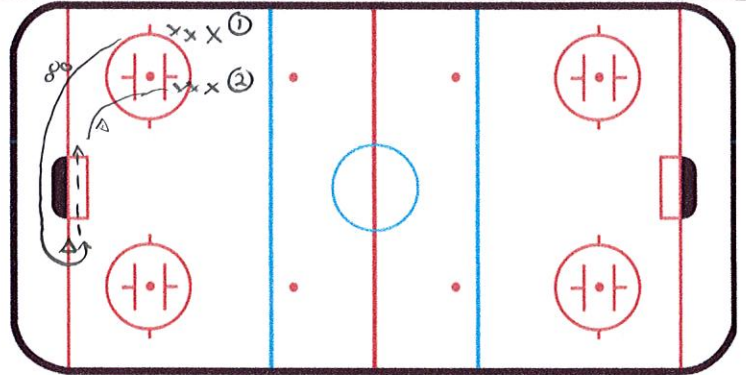


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Drill: Cross-crease pass Length: 10 min

line 1 skates behind net, stabs ring & around pylon

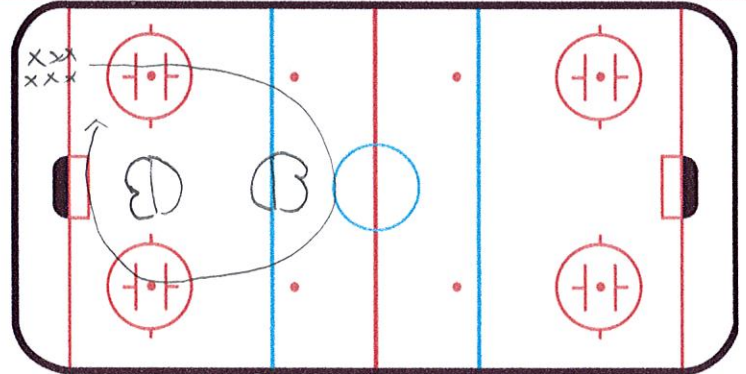
line 2 skates around pylon & receives cross-crease pass  
- takes quick shot



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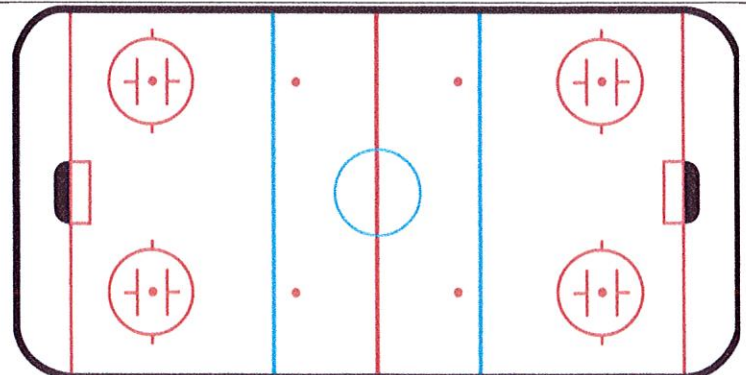
Drill: Chase the rabbit Length: 10 min

- 2 players race around the 2 nets,
- the (rabbit) continues to skate another lap while the next 2 racers try to catch the rabbit
- this continues w/o stopping



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Drill: Battle Drill w/ D Length: 10 min



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Warm up - b/w blue lines



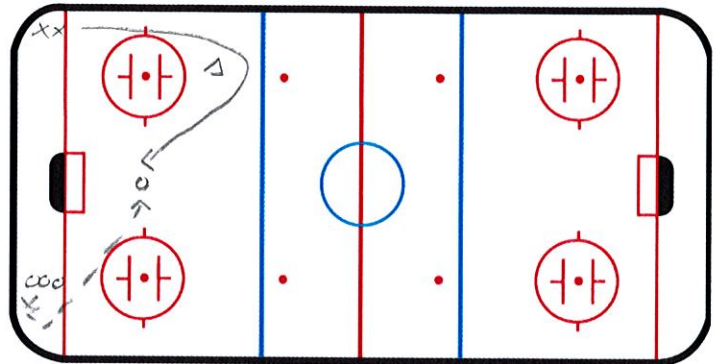
Practice Date: Nov. 18  
Hockey Practice Plan w/ S1-2 & S1-3

Power skating - stopping, crossovers.

Drill: Passing Horseshoe Length: 10 min

\* Remind to call players name when passing

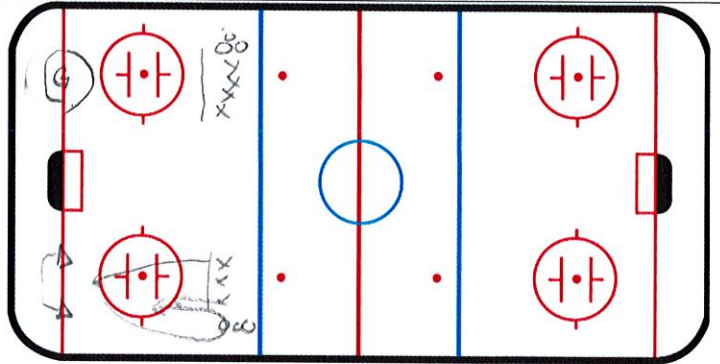
\* Goalie - ring toss, pushing out, etc.



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Drill: Passing & Scoring Relay Length: 10 min

- 2 groups
- 1 net has goalie
- 1 net has pylon
- 1st player shoots on net until scores
- After goal, player skates past line, picks up ring & 2nd player, shoot 2 on 0
- continue until all players have gone
- Each player must touch ring before shot on net.

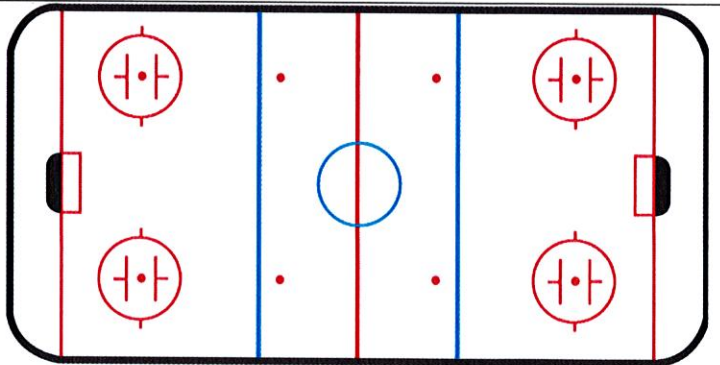


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Drill: Shoulder to shoulder Length: 5 min  
Checking

- when @ opponent's shoulder then check. → rainbow check.
- Keep feet moving
- Protect the ring
- Switch

Then play Sharks & Fishies

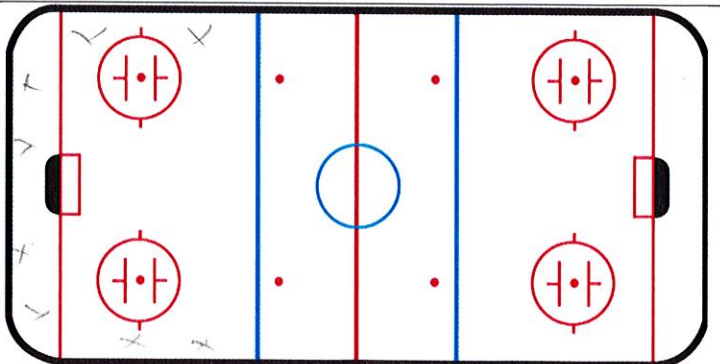


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Drill: Shoot on boards Length: 5 min

Forehand & backhand.

↳ aim for a spot



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Shootout.

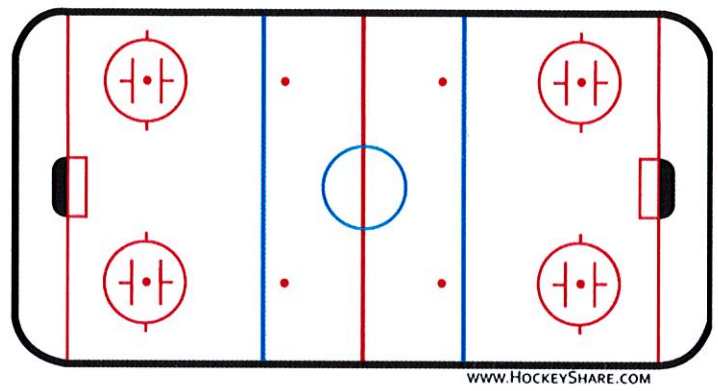
Scrimmage - if time

- Warm up - D/w blue lines
- P/Slot:
  - Transitions
  - Jump
  - Glide on 1 foot
  - Squat glide
  - Motorcycle
  - Helicopter

Practice Date: Nov. 24/18  
 Hockey Practice Plan w/ S1-2

Drill: \_\_\_\_\_ Length: \_\_\_\_\_

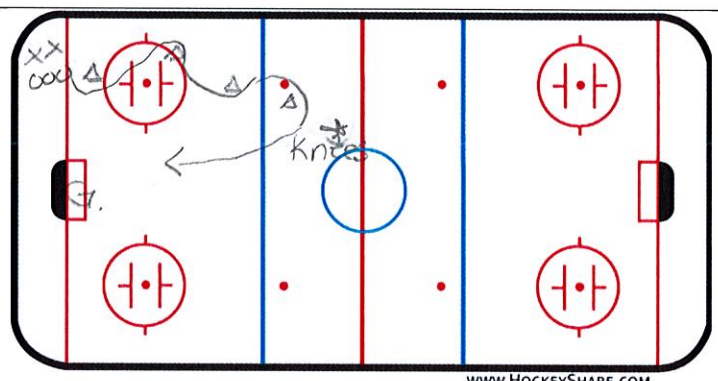
- ↳ Simon Says. 5min
- On Tummy
  - Spin
  - Balance
  - Inside, Outside edge
  - Roll over



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Drill: Agility Length: 10min

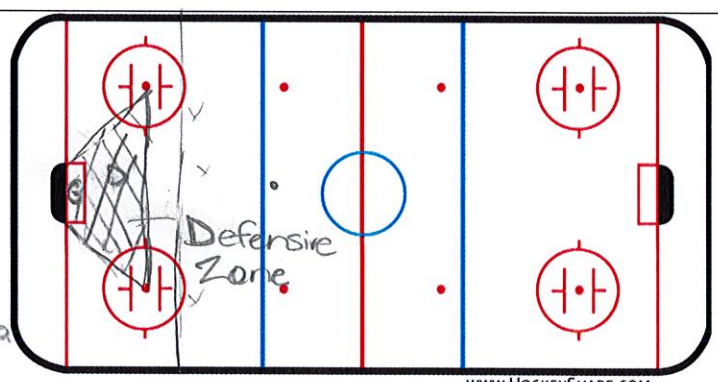
- Review ring protection
  - ↳ by heel
- ✖️ ✖️ ↳ don't change hand position
- Onto knees & up again while still controlling ring



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Drill: Defence / Battle Drill Length: 10min

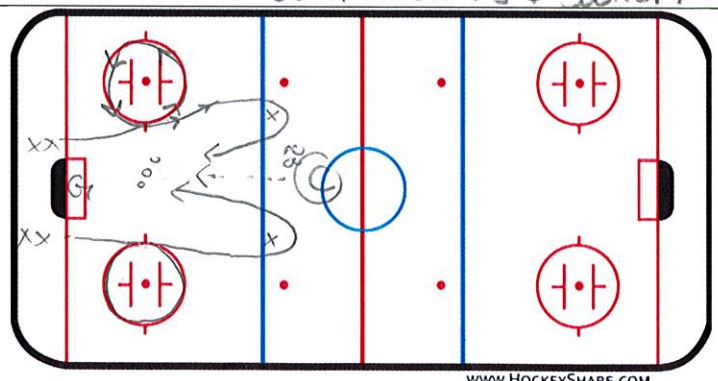
- Defence can't cross ringette line
- Job to protect goalie & defensive zone
- 2 Fwd & 1 D, Fwd can come back to help
- D stays b/w goalie & opposing team
- Offense try to score, D stays b/w goalie & opp
- Start from free pass



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\* Rest of team shoot on boards & switch

Drill: Ring race w/ crossovers Length: 10min



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Follow Your Pass 10min



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British Bulldog  
Shootout

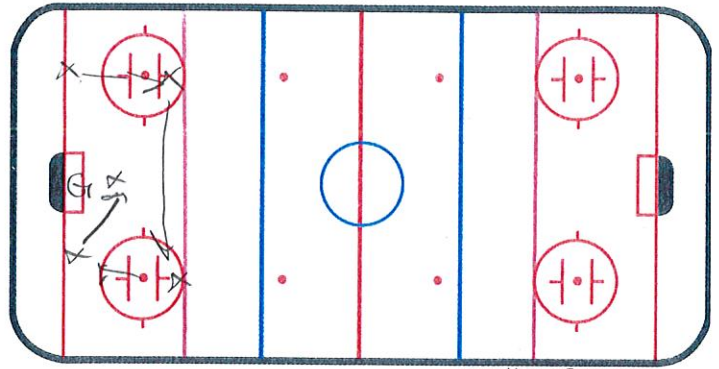
5min  
5min



- Warm-up - Blw blue lines
- Power skating

Practice Date: Nov 27/19  
Practice Plan Shared w/ SI-2

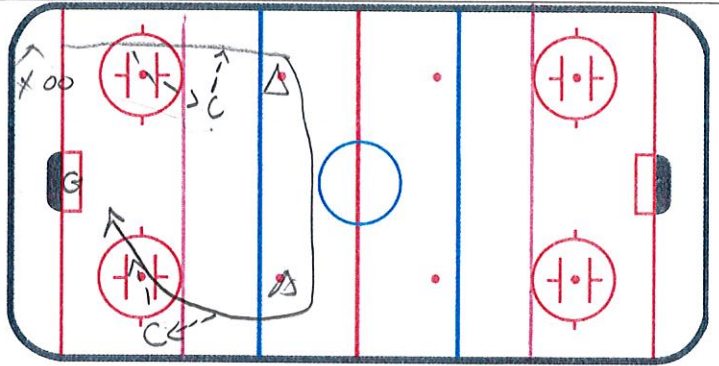
Drill: Baseball Drill Length: 10min



\* Remind Abby  
↳ throw ring  
↳ 5 seconds

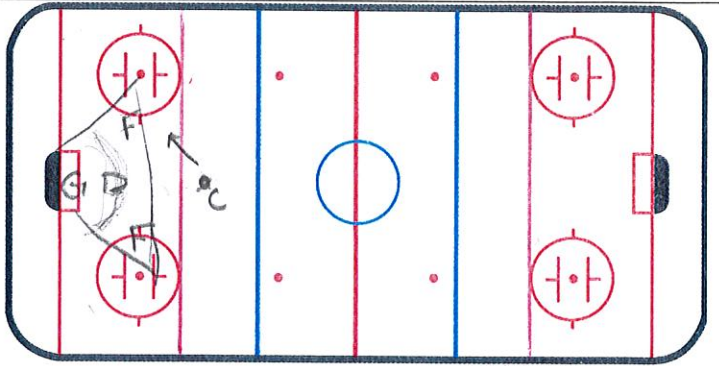
Drill: Coach Pass over red line Length: 10min

- shot on net.

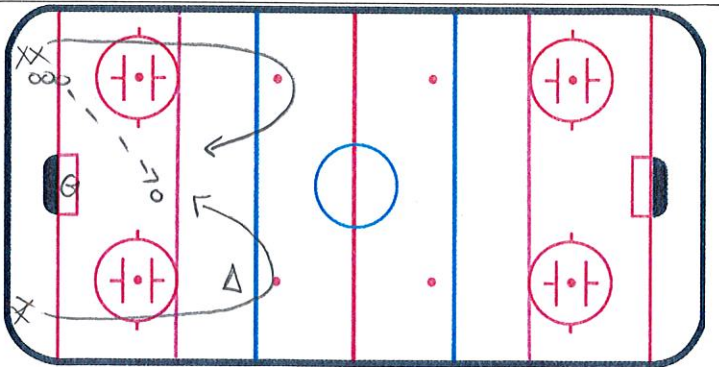


Drill: Defensive Drill Length: 10min

- D doesn't pass red line



Drill: House shoe w/ player pass Length: 10min



Shoot Out  
Sharks + Fishies

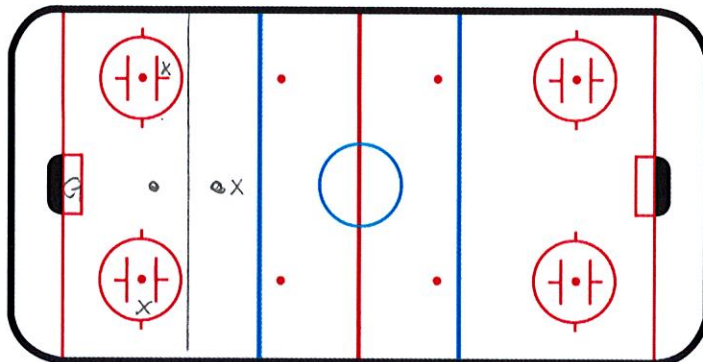
Warm up - together

- Power skating
- fwd
  - plw
  - transitions
  - crossovers
  - stops
  - tight turns.

Practice Date: Dec 3/19  
 Hockey Practice Plan Lamont 1/2 w/ SI-2

Drill: Free Pass Length: 10 min

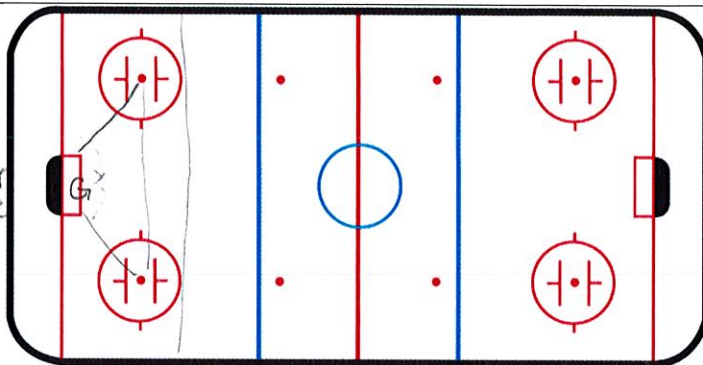
- Player position → open
- ↳ if can't see clear pass, move
- Defence (try to cover player)



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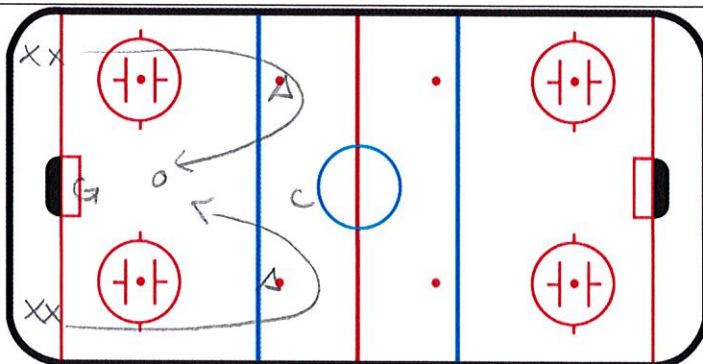
Drill: Defence Length: 10-15

- defence area to move w/in
  - push out (body position/shoulder)
  - not behind goal line
- Stick check



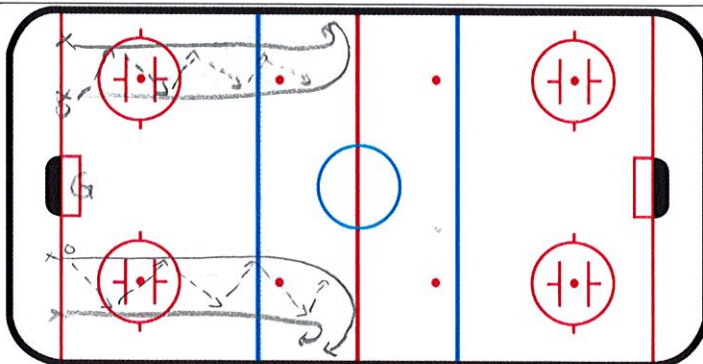
WWW.HOCKEYSHARE.COM

Drill: Bing race Length: 10 min



WWW.HOCKEYSHARE.COM

Drill: Lead pass-partners Length: 10 min



WWW.HOCKEYSHARE.COM

- Coach work w/ goalie

- Horse & buggy

- Relay race

- Shootout

www.HockeyShare.com

# Warm Up Blw Blue lines full ice

www.hockeyshare.com

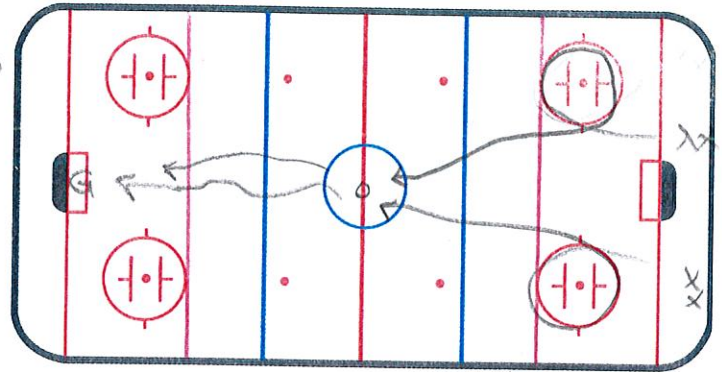
- transitions
- jumps
- squat glides
- crossovers

10-15

Practice Date: Sunday Dec 8  
Practice Plan Full Ice

Drill: Full ice <sup>stops</sup> battle drill Length: 10min

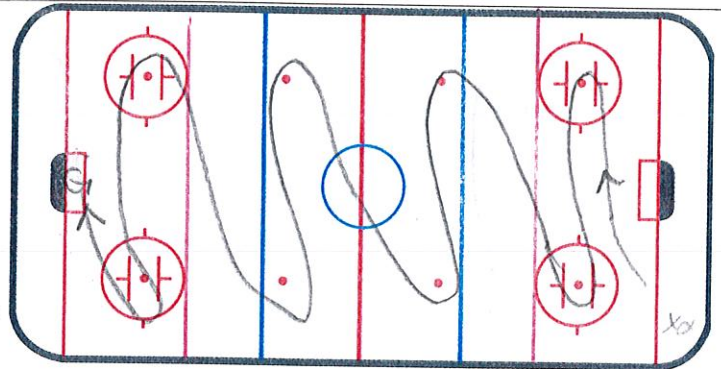
- Check if dont get ring
- Try to work on crossovers



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Drill: Tight turns/ agility Length: 10min

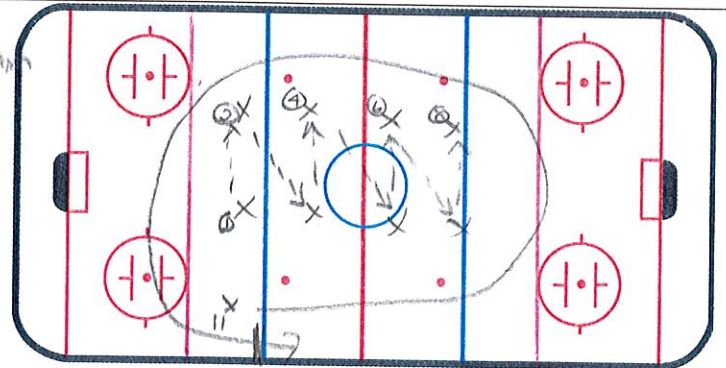
- protect ring
- bend knees, flop ankles, turn head & shoulders when going around pylons
- shot on net.



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Drill: Passing Race Length: 10-15min

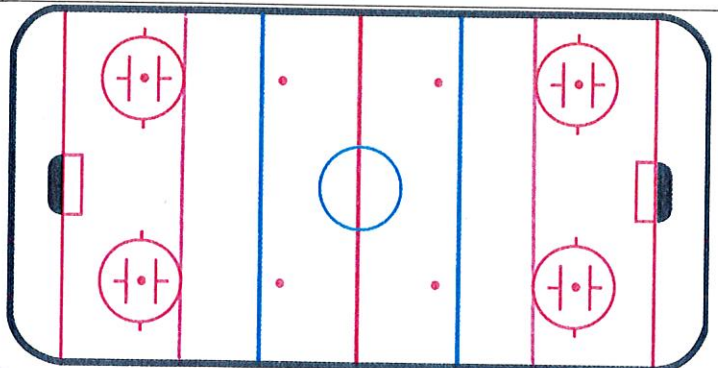
- Players in middle have to pass ring from player 1 back & forth to player 10
- Player 11 has to skate all around the outside of the passers before the passers pass back & forth from start to finish.
- 1st passer & skater start on whistle



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Drill: Relays Length: 10

- horse & buggy
- belly slides - 3 @ blue lines
- barrel roll



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- British bulldog 5min

- Shootout 5min

- Blw Bwe series

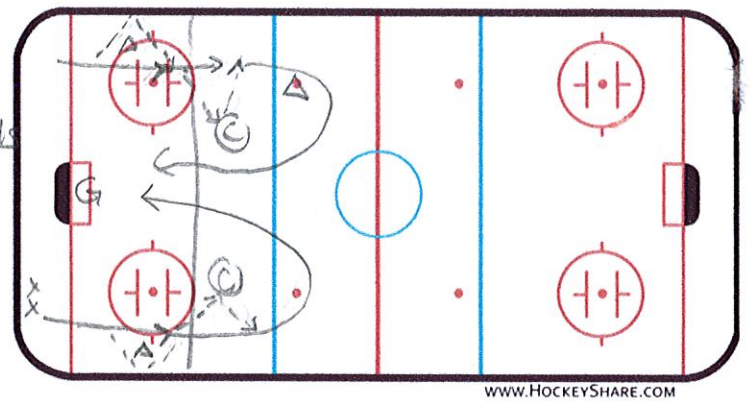
- Cross overs
- Stopping
- Transitions
- Tight turns.

Skate around

Practice Date: Dec 14  
Practice Plan Shared w/ S2

Drill: Passing - bounce & catch Length: 10min

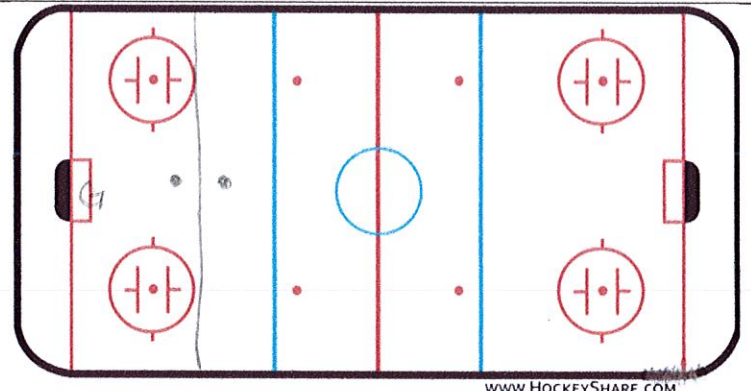
- Bounce pass to self off boards
- Pass over ringette line to coach
- Tight turn around pylons
- Shot on net.



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Drill: Free Pass w/ defence Length: 10min

- Offence → get open
- Defence → pick up a player
  - ↳ D's goal to clear over ringette line
  - ↳ D position can move.

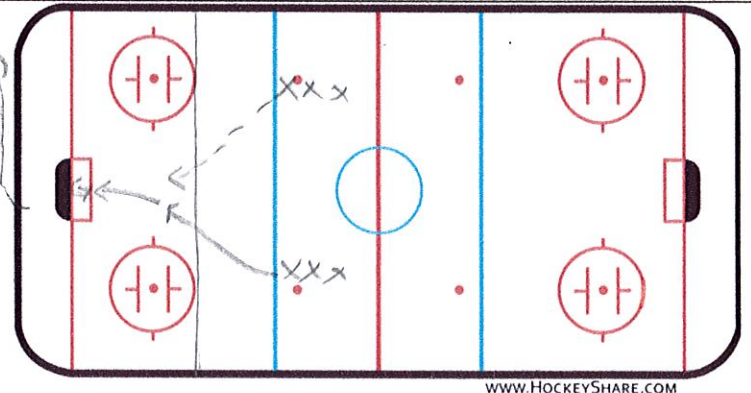


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Standard breakout

Drill: Lead Pass w/ shot Length: 10min

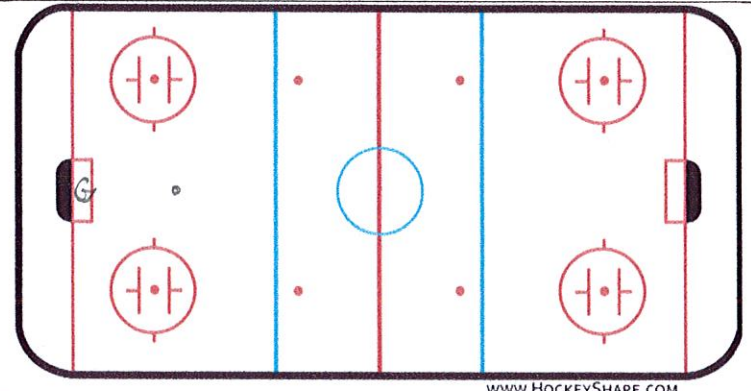
- Call for ring & to passer
- switch sides @ 5min



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Drill: World Cup Length: \_\_\_\_\_

- Partners
- 1 less ring than # of teams
- rings in centre circle
- on whistle, teams go for ring
- must pass, then score to be safe
- last team left w/o scoring is out.



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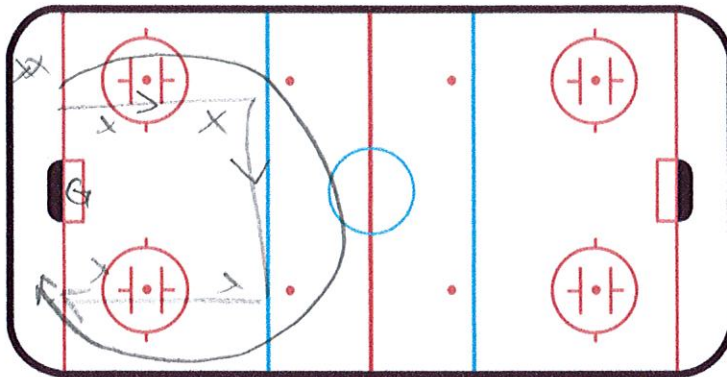
- Sharks & fishies
- Freeze tag

- Blw blue lines
- crossovers
- transitions - around circle
- fwd 1bwd

Practice Date: Dec 16/19  
**Hockey Practice Plan**

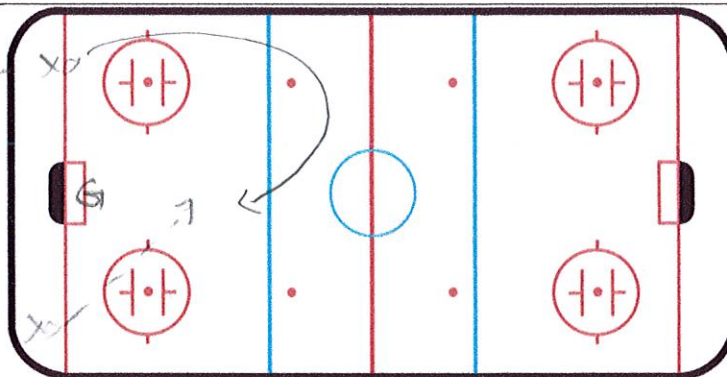
S1-2

Drill: Baseball drill Length: 10min



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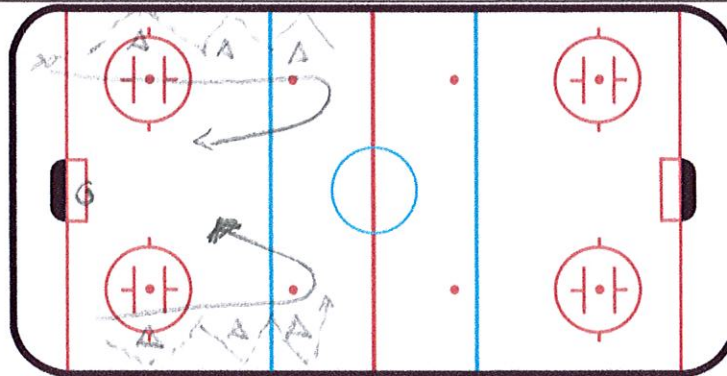
Drill: Horse shoe drill Length: 10min  
 Switch sides halfway



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Drill: Bounce Pass Length: 10min

- lead pass to keep skating
- protect with around pylon

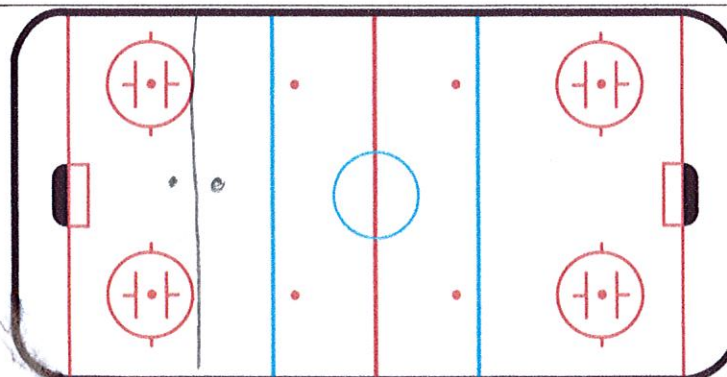


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Drill: Breakout Length: 10min

- From goalie wing/ defence

↓  
 goalie toss to → pass up  
 open player to fwd  
 over pylon  
 line



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- Sharks & fishies



Blw blue lines 15min

\*Shooter tutor? on pylon in net

Practice Date: Dec 29

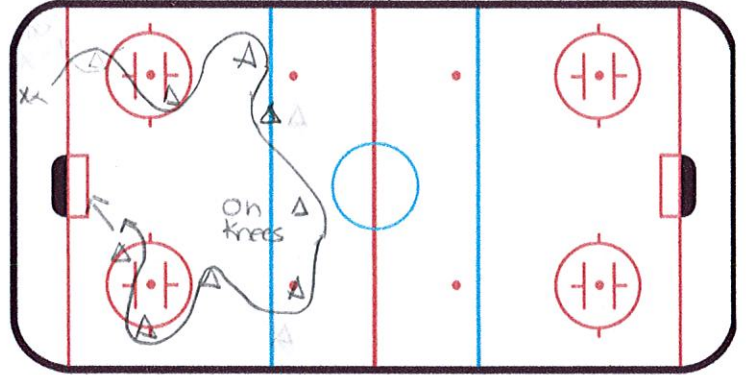
Hockey Practice Plan

Shand w/ st2.

- Crossovers
- Stopping
- Tight turns
- Transition circles

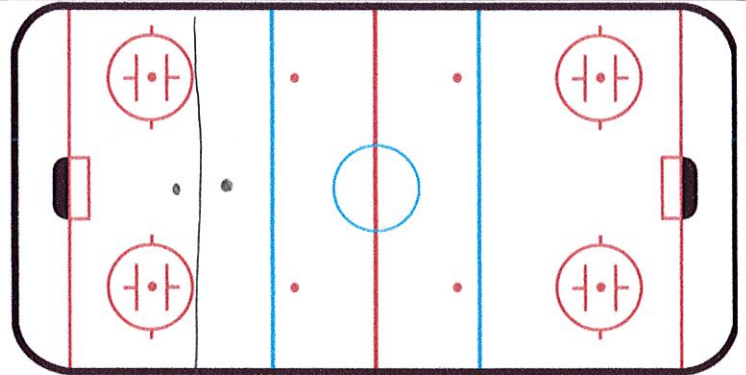
Drill: Agility ring handling Length: 10min

- ring at heel away from pylon
- shoot at open space on net

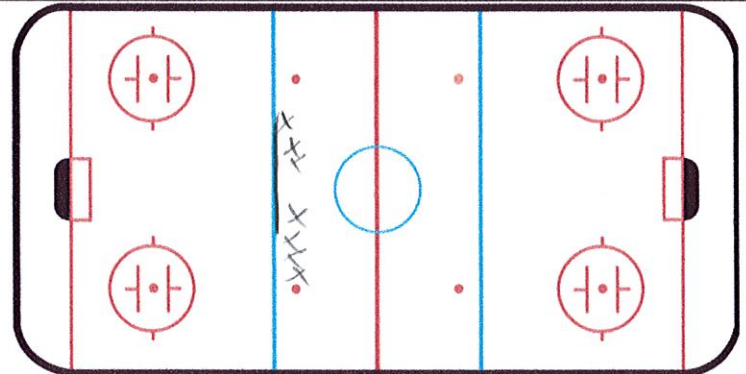


Drill: Free Pass / Breakout Length: 15min

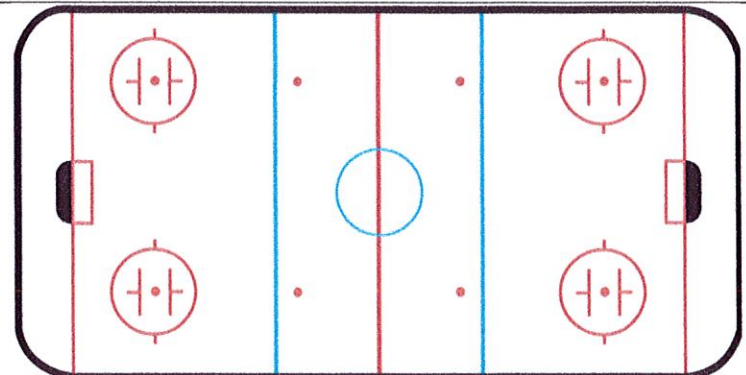
- pick up a player



Drill: Battle Drill Length: 10min



Drill: Sharks & Fishies Length: 5min



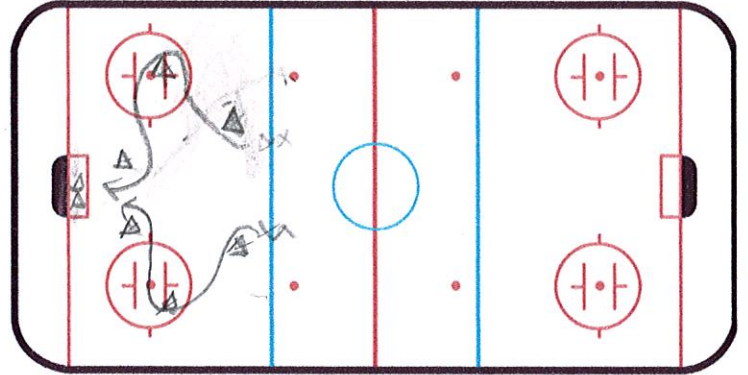
Tag / Shootout.

- BW blue lines
- Crossovers
- Stopping

Practice Date: Jan 7/20  
 Hockey Practice Plan Stand w/ 51-24-3

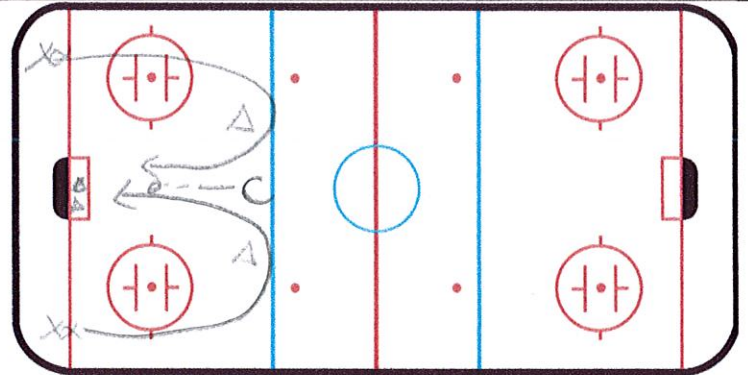
Drill: Shooting Accuracy Length: 10 min

- Pylons in middle
- Aim for corners
- Protect ring around pylons



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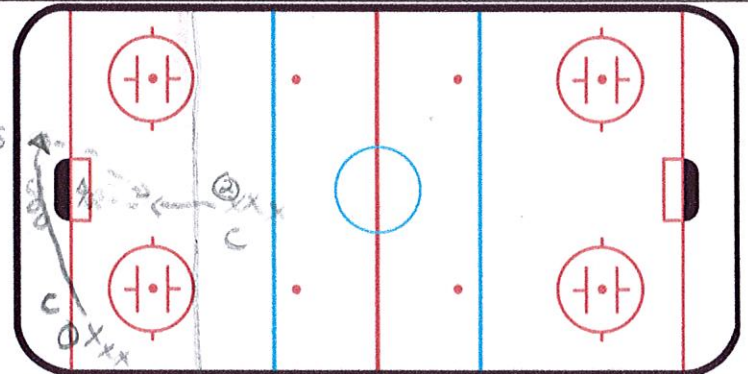
Drill: Ring Race Length: 10 min



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Drill: Danger Zone Pass Length: 0 min

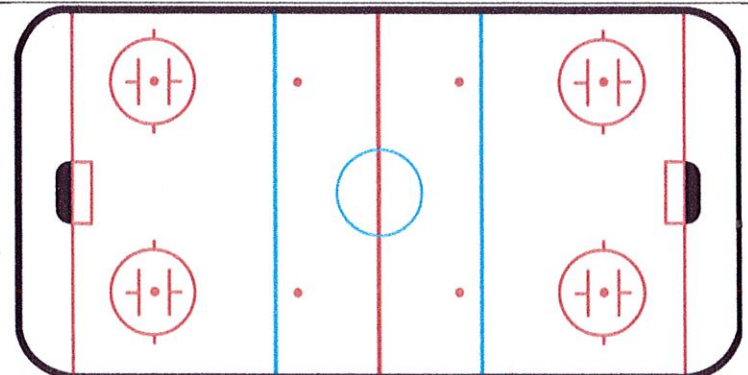
- Player 1 starts above goal line at boards
- Skates behind net, stab ring
- Passes in front of net to player 2 skating in from angle line
- Stabs ring, quick shot on net.



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Drill: 1 on 1 keep away Length: 10 min

- draw small circle on ice for pairs to stay inside
- review shoulder to shoulder checking to keep skating



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- sharks & fishies
- British bull dog.

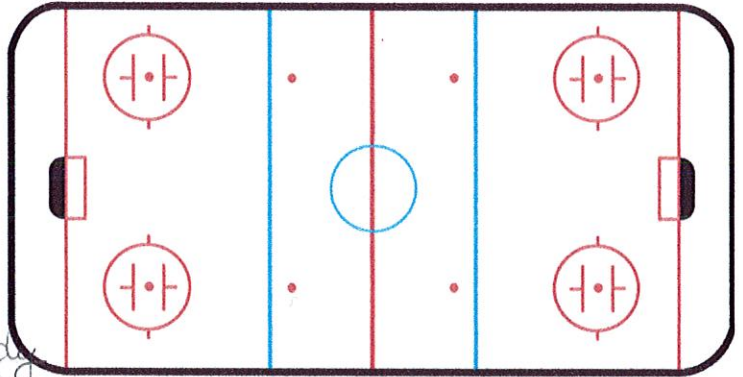
Warm up. 5min

Power skating 10min

- crossovers
- backward skating
- horse & buggy

Drill: Shooting Length: 10min

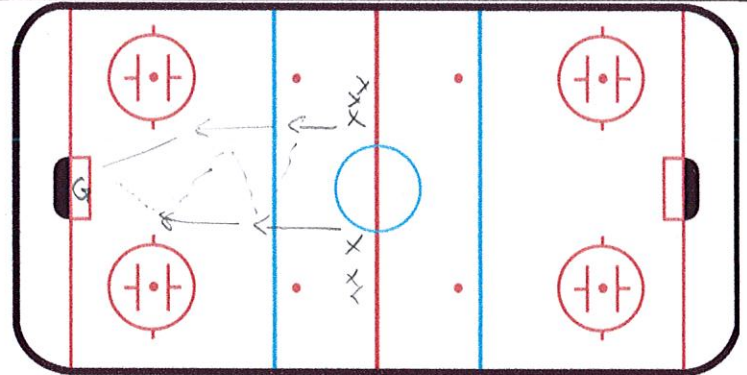
- Forward & backward.
- Bleyla & Bailey → wristshot.
  - ↳ Start on knees.
  - ↳ arms out, don't bring to body
  - ↳ straight line to
  - ↳ front high edge



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Drill: Pairs Passing Length: 10min

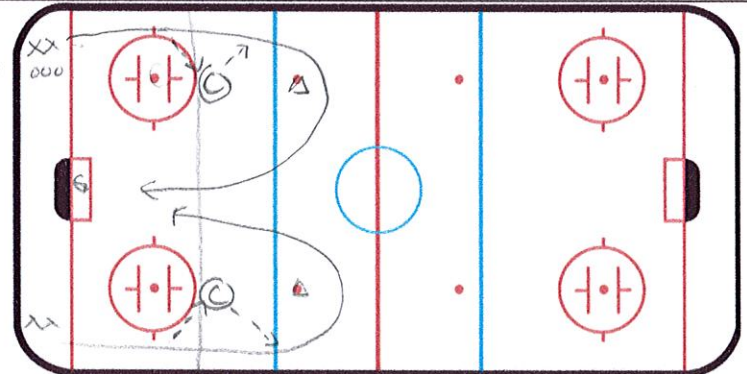
- lead pass. w/ shot on net.



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Drill: Coach pass horseshoe Length: 10min

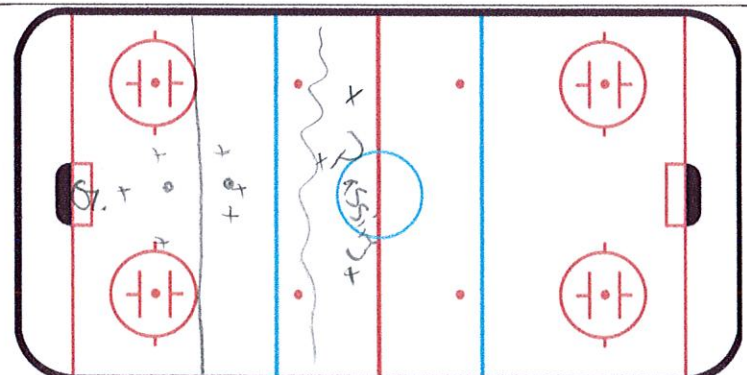
- Pass over ridgette line



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Drill: Free Pass & D/Breakout Length: \_\_\_\_\_

- F help in defensive zone
  - ↳ Breakout & over ridgette line
- \* Shoulder to shoulder checking
- Remaining players @ center ice & switch it.
- Sharks & fishies
- British bulldog



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Practice Date: Jan 15/20  
Hockey Practice Plan | Shaud w/ S1-2

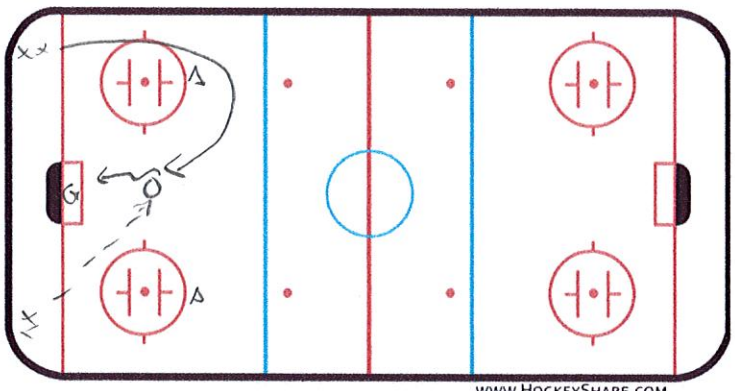


Warm up: Blw Dwe lines 10min } Pinnies

- Crossovers
- Feet & Buid skating
- C-cuts, one leg at a time, together
- House & Buggy

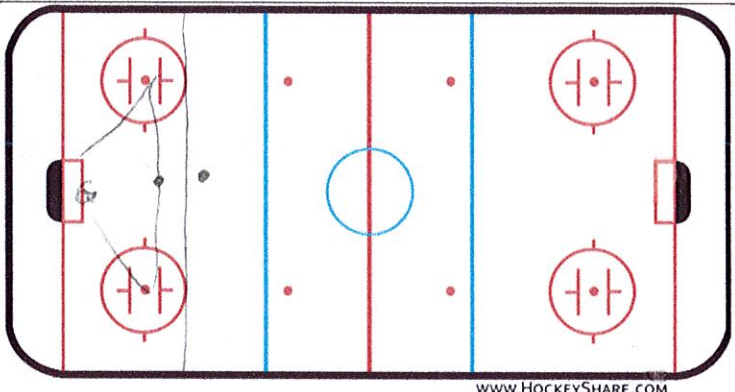
Practice Date: January 22/20  
Hockey Practice Plan | Shand w/ S1-2 & S1-3

Drill: Houseshoe Length: 10min



Drill: Free Pass, Breakout Length: 15min

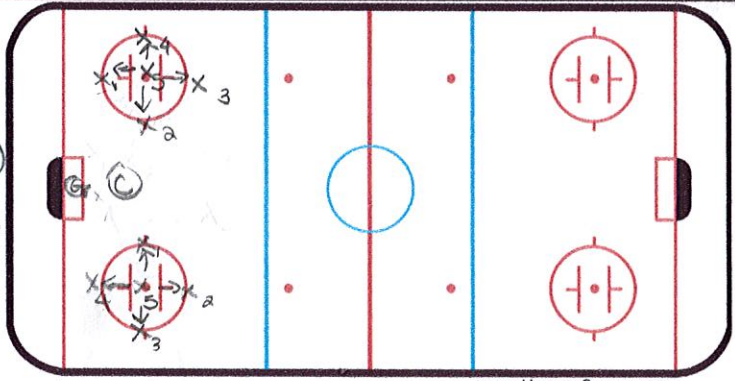
- 3 teams
- 3rd team work on shooting against boards while waiting for turn
- 2 on the ring to help
- D move in danger zone, take part in play, keep defensive side



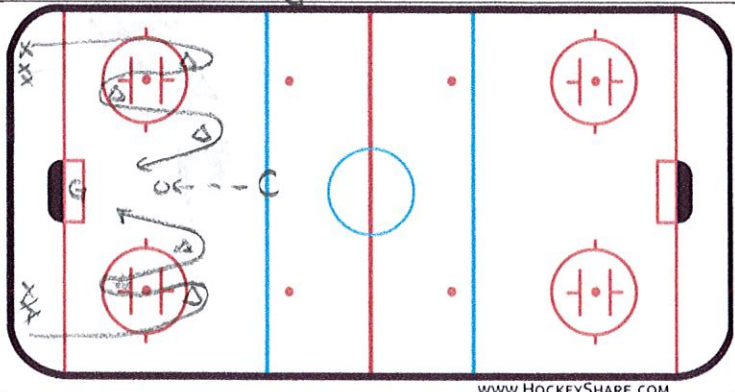
Drill: Team Pass Race Length: 10min

- Player in <sup>(X5)</sup> middle of circle passes to a player on outside <sup>(X1-4)</sup>
- Ring must be stubbed & passed back, so player on outside can sit down
- Middle player must pass to all outside players, 1
- 1st team to pass to everyone wins

Goalie angles, throwing ring



Drill: Ring Race Length: 5min



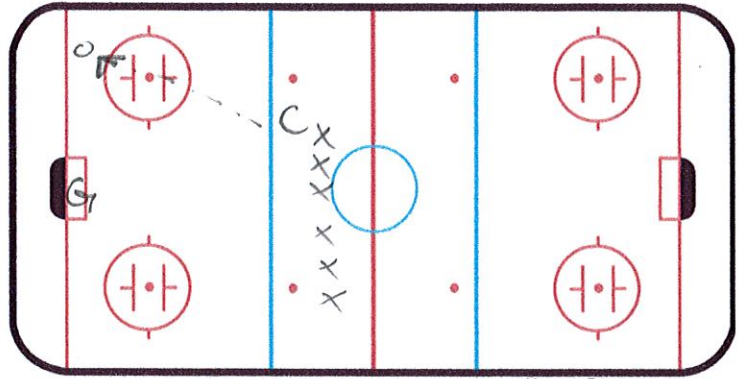
C-cut Butst Bulldog  
Sharks & Fishies

# Warm up ~~public~~ skating

Practice Date: Jan 29/20  
Hockey Practice Plan Shand ul SI-2

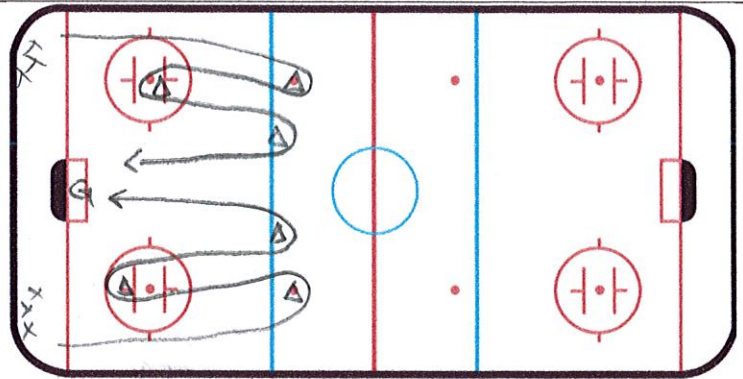
Drill: Battle drill Length: 10min

- 1 vs 1
- 2 vs 2
- 3 vs 3



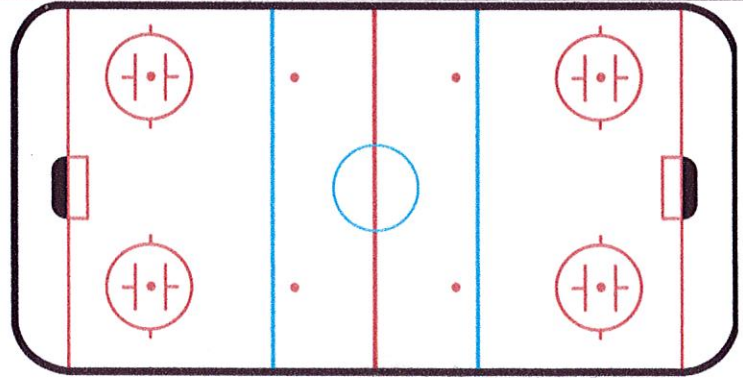
Drill: Agility Length: 10min

- Review tight turns



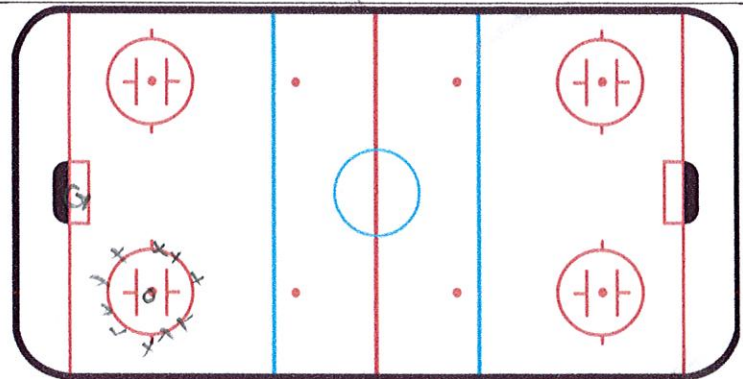
Drill: Skating Length: 10min

- Backwards
- Horse & Buggy
- Transitions
- C-cuts - one leg at a time  
- then together
- Superwoman
- British Bulldog w/ C cuts



Drill: Scumage? / World Cup Length: 10min

- Players out will pass w/ Partner b/w blue line & red line



Sharks & Fishies  
www.HockeyShare.com

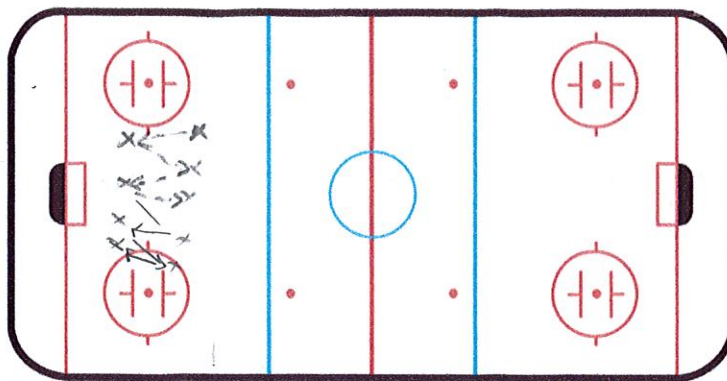
Shoot out

Warm Up.

Practice Date: Feb 4/20  
Hockey Practice Plan Stand w/ 51-243

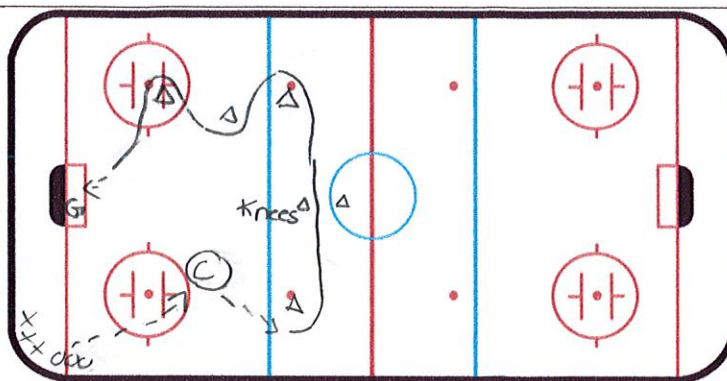
Drill: Passing → Horseshoe Length: 10min

- Follow your pass
  - Run a couple of times
  - Then horseshoe
- \* Follow through on pass



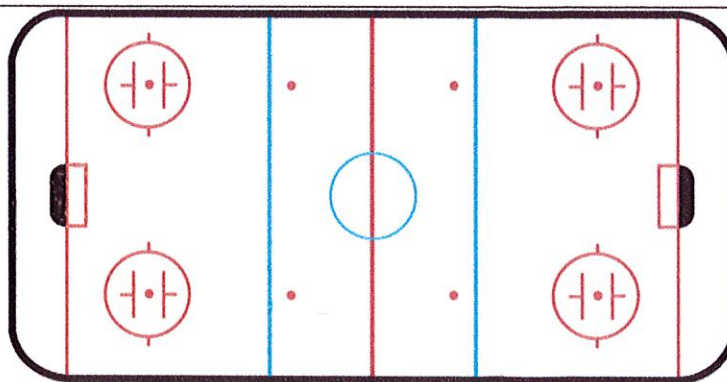
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Drill: Agility w/ coach pass + shot Length: \_\_\_\_\_



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Drill: Shoulder to shoulder checking Length: \_\_\_\_\_

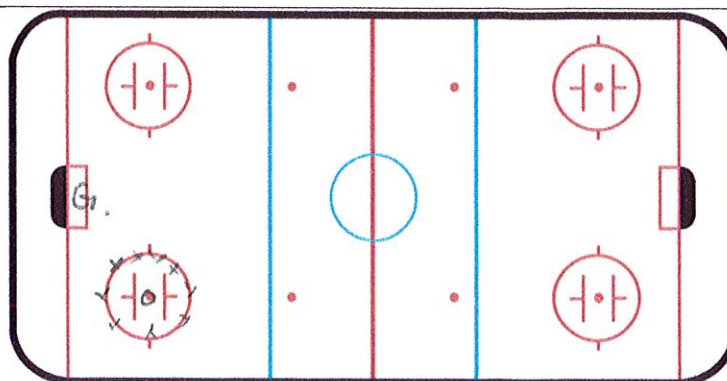


WWW.HOCKEYSHARE.COM

- Keep feet moving
- protect ring

- Shards & Fishies

Drill: World Cup Length: 10min



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Shootout.

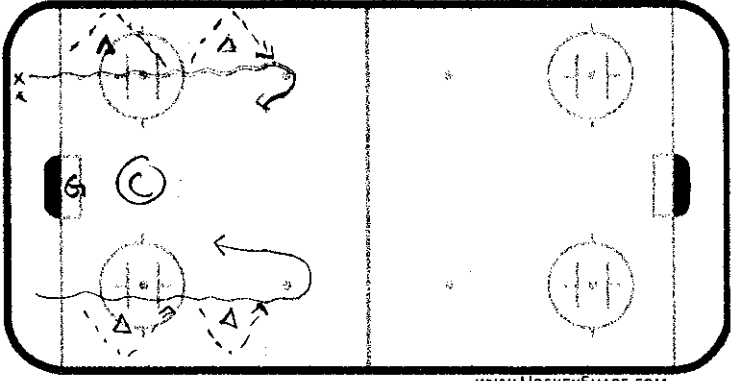
- Warm up Blue lines
- Crossovers
- Transitions
- Stopping
- Back, Fwd.

15 min

Practice Date: \_\_\_\_\_  
Hockey Practice Plan

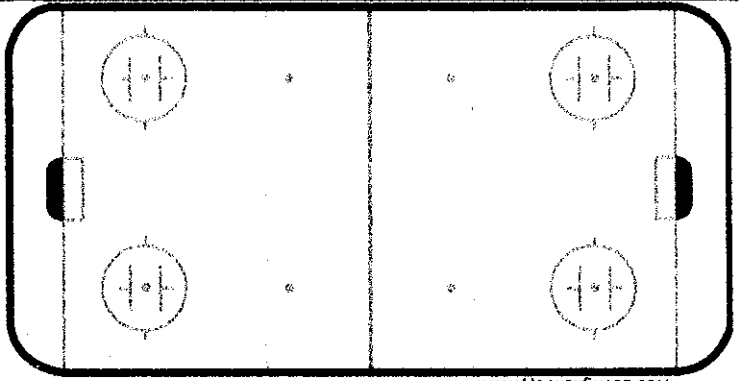
Stand w/ 2-3

Drill: Bounce Pass off boards Length: 10 min



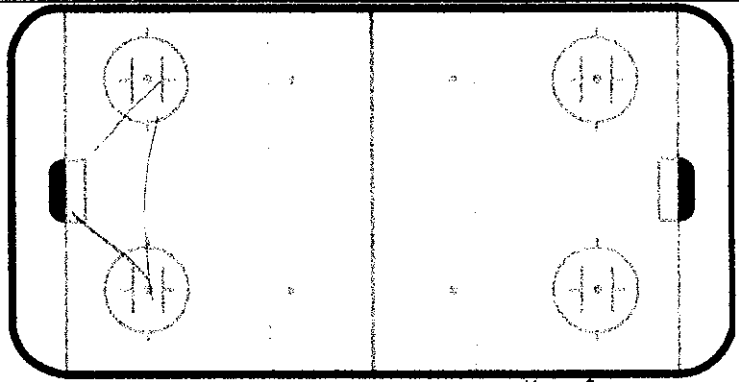
- Coach check at netting line

Drill: Battle Drill Length: 10 min



- Shoulder to shoulder checking

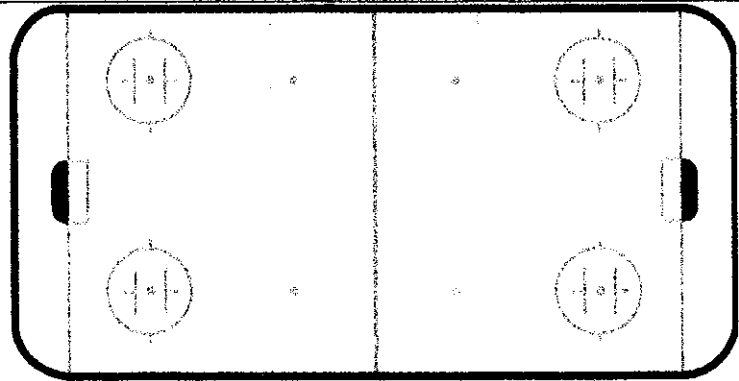
Drill: Free Pass, Breakout Length: 15



- Look for open pass, moving.

D → move around in defensive zone no one behind.

Drill: Cut British Bulldog Length: 5 min



Shootout.

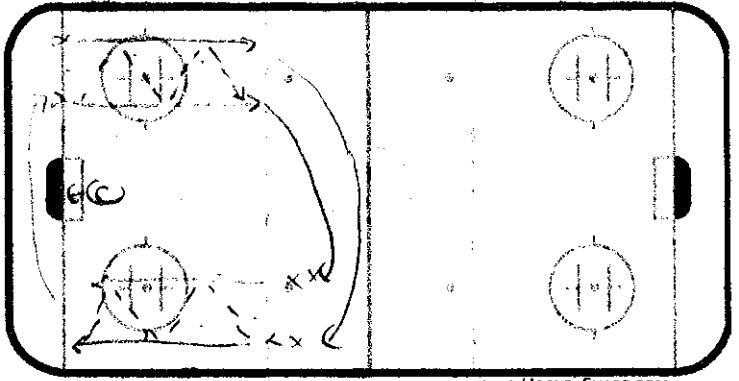
5 min

Warm up  
Build skating

Practice Date:  
Hockey Practice Plan

Shared w/ S1-3.

Drill: Lead Pass Length: 10min



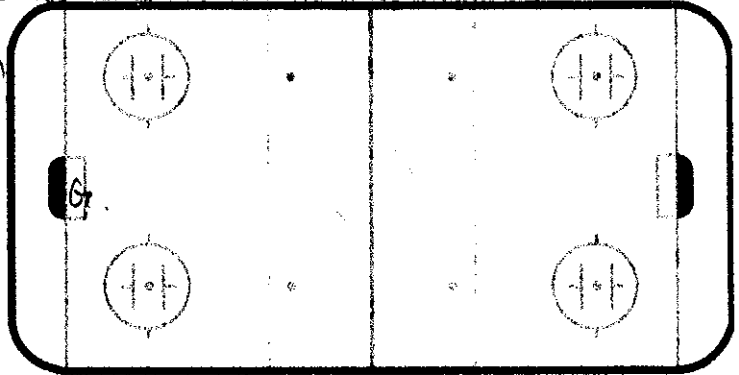
Women shoot on goal.

Drill: Shooting / wrist shot Length: 10min

- Review of Blake & Bailey wrist shot

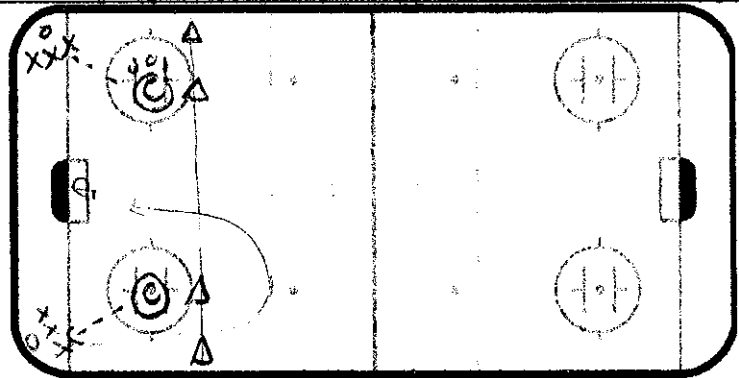
Everyone else:

- Flip shot, weight transfer, hands in straight line



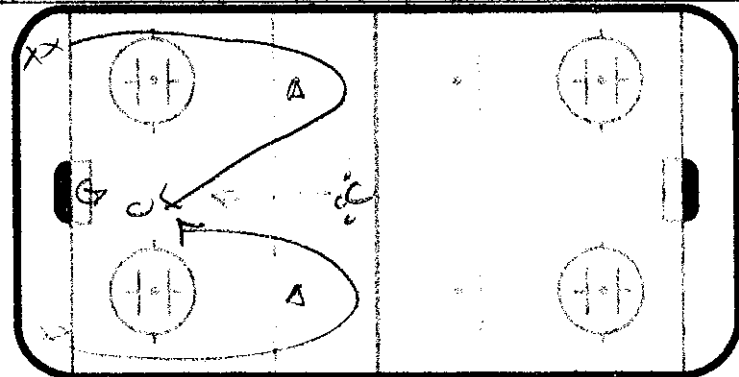
Drill: Queens Corner Length: 10min

- 2-5 players face corner  
- ring tossed in over players' heads  
- fight for ring & player that gets ring skates through pylons + goes for shot



\* skate away from boards to open ice

Drill: Ring Race Length: 10min



- British bulldog w/ C cuts

- Shootout.

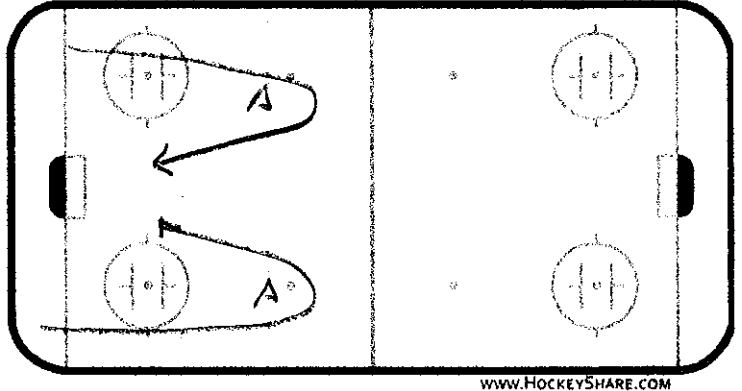
Bkwd Skati  
helicopters, etc.

15 min

Practice Date:  
Hockey Practice Plan

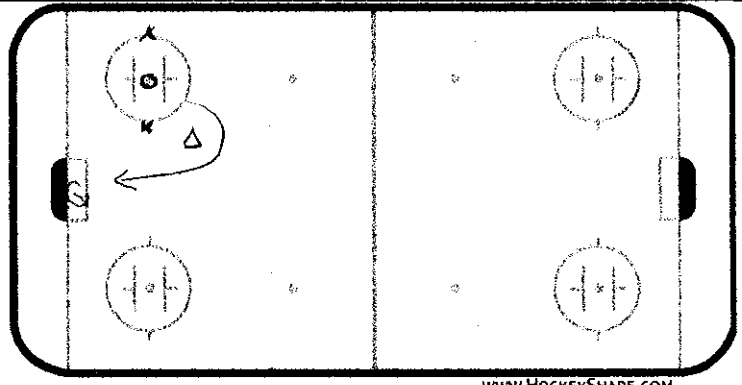
Stand at 81-3

Drill: Ring Race Length: 10

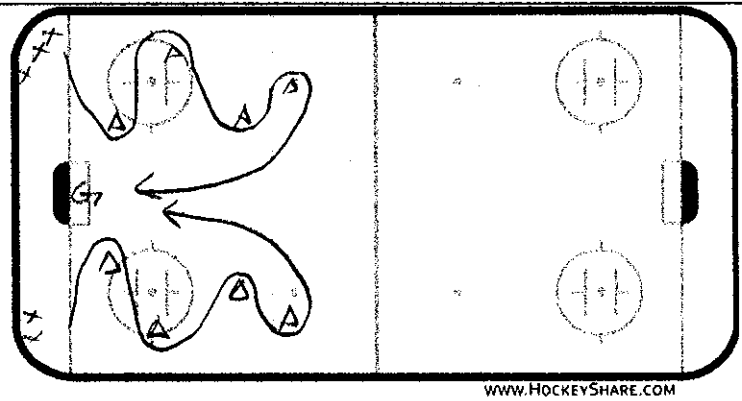


Drill: Battle & Shot Length: 10 min

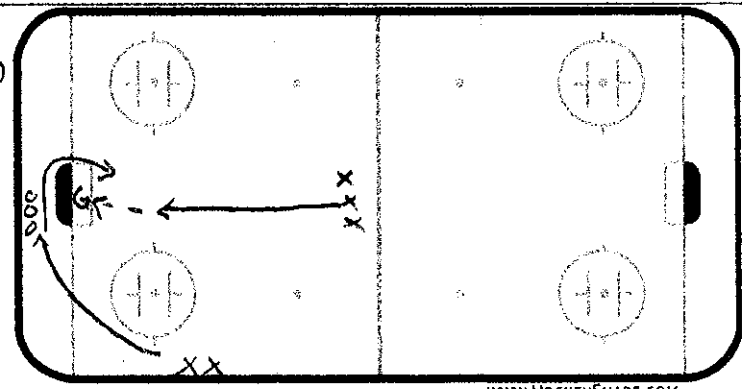
- 2 players line up on hash marks
- whistle blows & players skate to ring in centre
- play keep away for 15 seconds
- whistle blows & players w/ ring goes around rinks & shoot in net
- player w/ no ring plays D.



Drill: Agility Length: 10 min



Drill: Def Zone Pass Length: 10 min



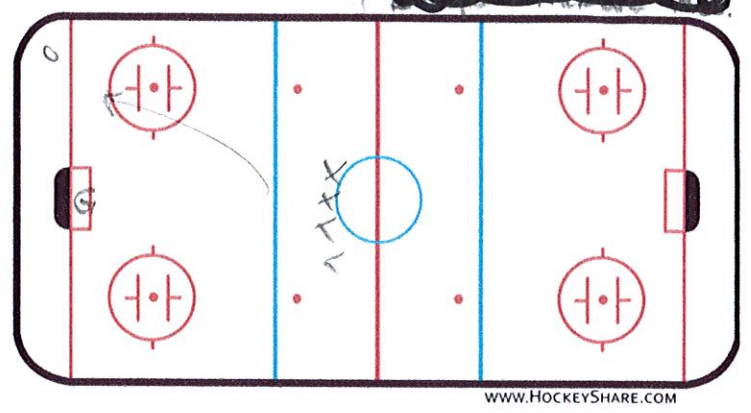
- British Bulldog
- Shootout

Warm Up.

Practice Date: Feb. 24/20  
Hockey Practice Plan

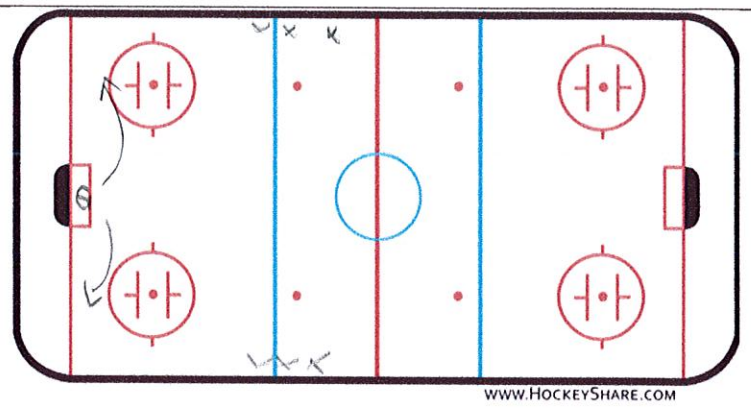
~~Feb. 24/20~~

Drill: Battle drill Length: 10min

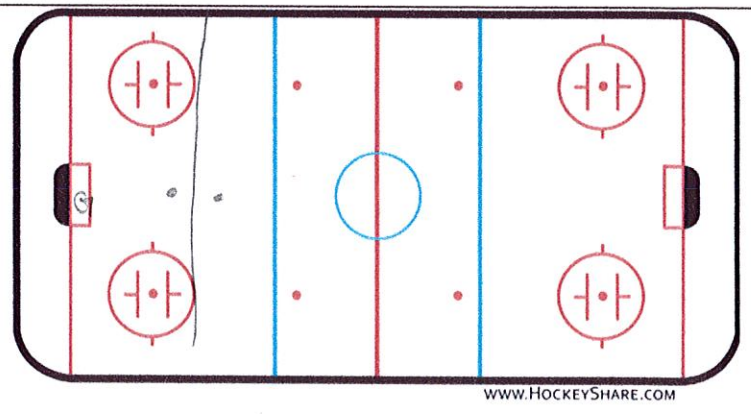


Drill: Goalie ring/Shots Length: 10min

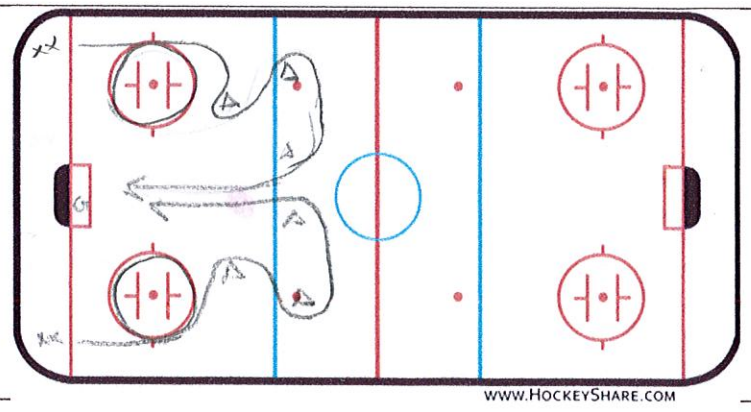
- Spread out when goalie ring (into corners).



Drill: Free ring/dif zone breakout Length: 10min



Drill: Agility race w/ ring Length: \_\_\_\_\_



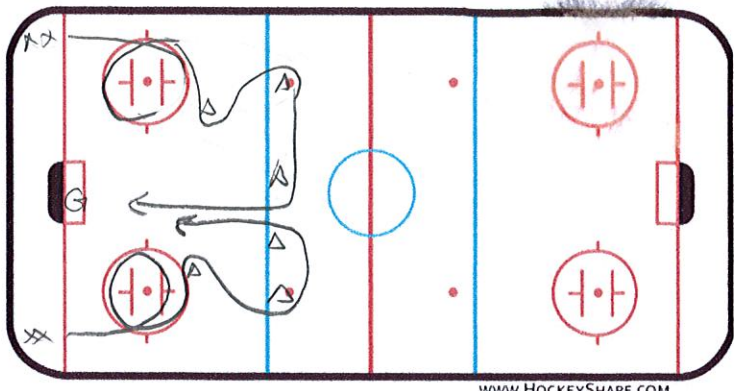
- British bulldog w/ cuts  
- Shootout  
www.HockeyShare.com

Warmup/ 15min  
British Bulldog C-cuts

Practice Date: Mar 1/20  
Hockey Practice Plan

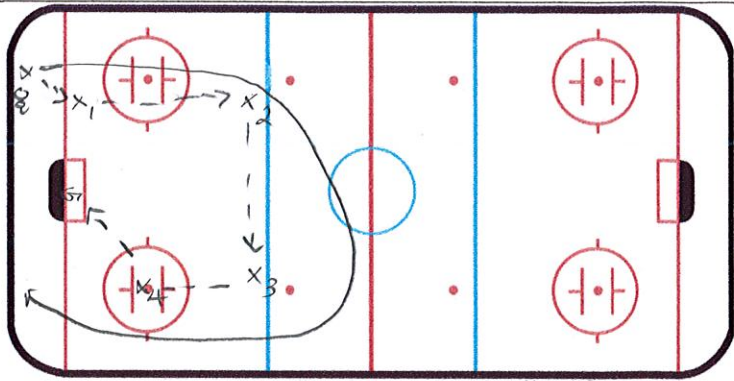
Standard 51-2

Drill: Agility ring race Length: 10min



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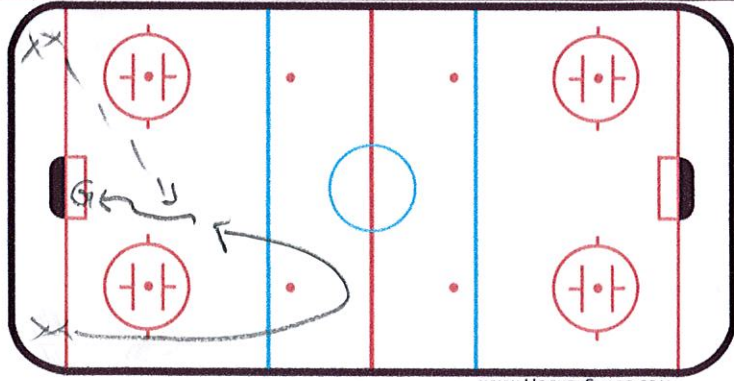
Drill: Baseball Drill Length: 10min



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Drill: Horseshoe Length: 10min

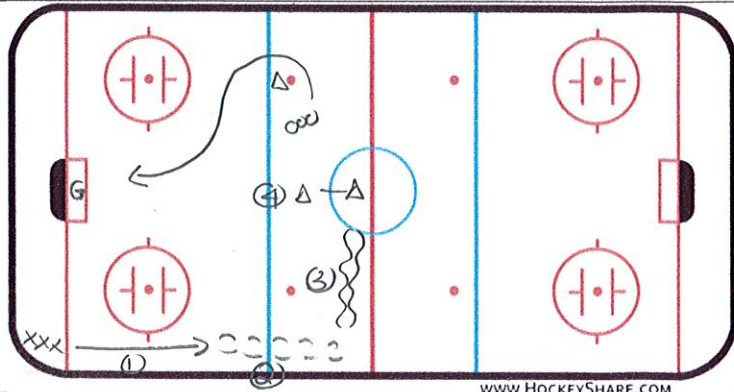
- \* Lead pass
- Follow through w/ pass



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Drill: Obstacle Course Length: 10min

- 1 Forward skate
- 2 Bkwd skate
- 3 C cuts
- 4 slide on tummy under stick
- 5 pick up ring, shot on net.



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Shootout.



Warm up

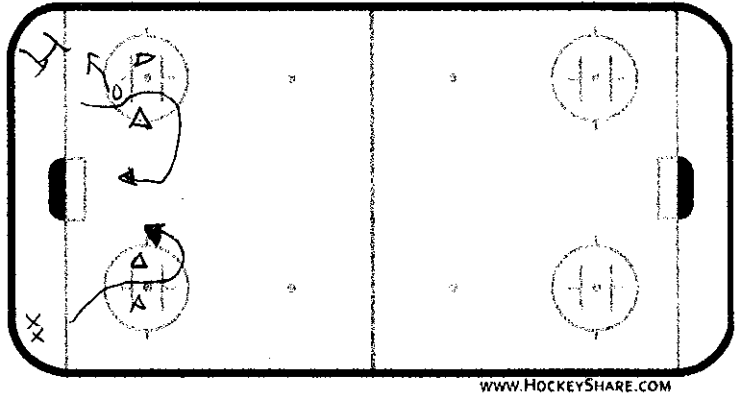
Toilet tag

Shooter tutor

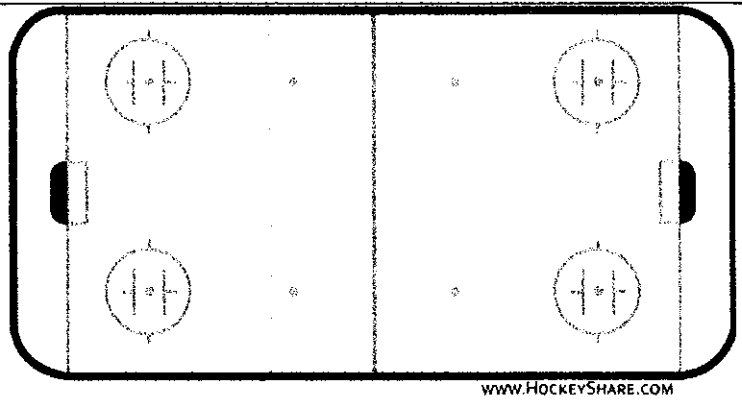
Practice Date: March 2/20  
Hockey Practice Plan

Shand w/ SI-2

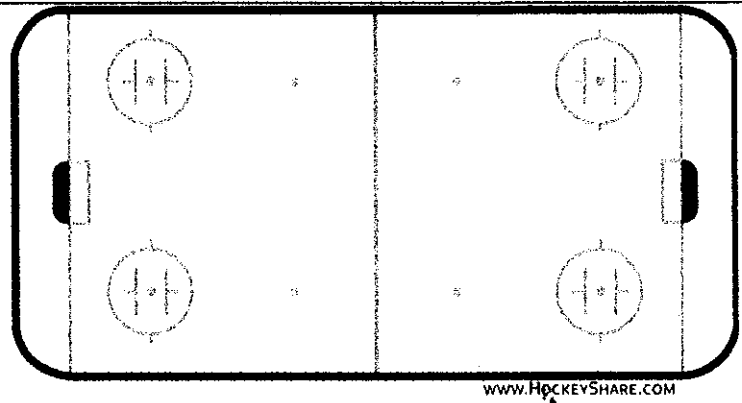
Drill: Queen's Corner Length: \_\_\_\_\_



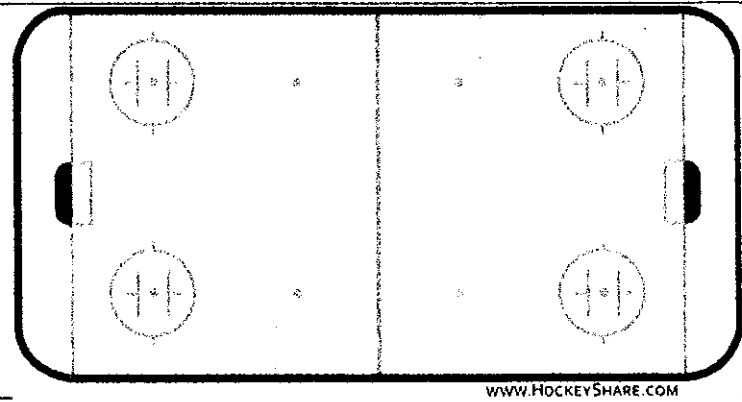
Drill: Sharks & Fishies Length: \_\_\_\_\_



Drill: Baseball Drill Length: \_\_\_\_\_



Drill: Shootout Length: \_\_\_\_\_



British Bulldog