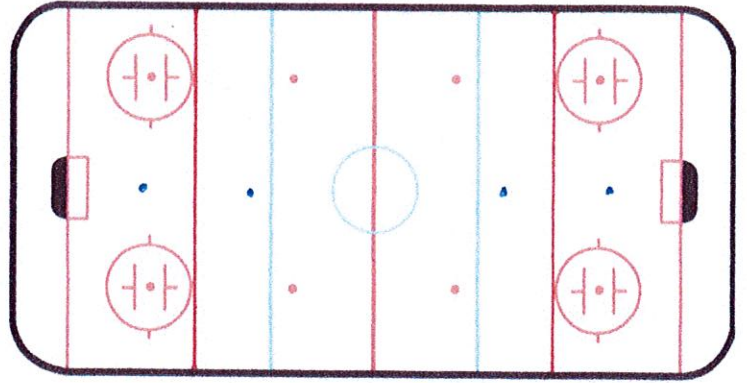


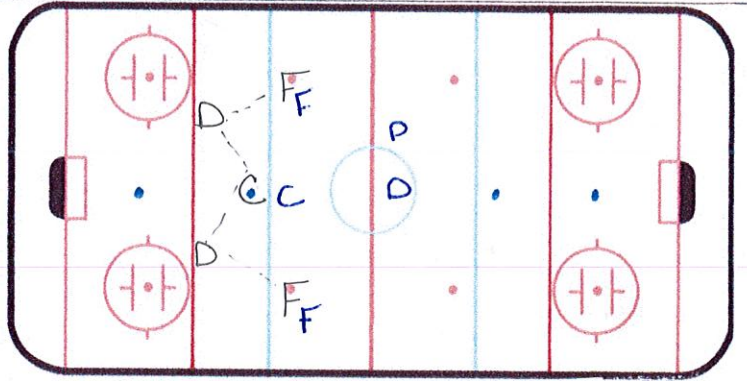
Drill: Warm Up Length: 10min

- crossovers
- pivots
- tight turns
- stops



Drill: Centre Ice Free Ring / Def Line up "W" Length: 10min
- Practice lining up

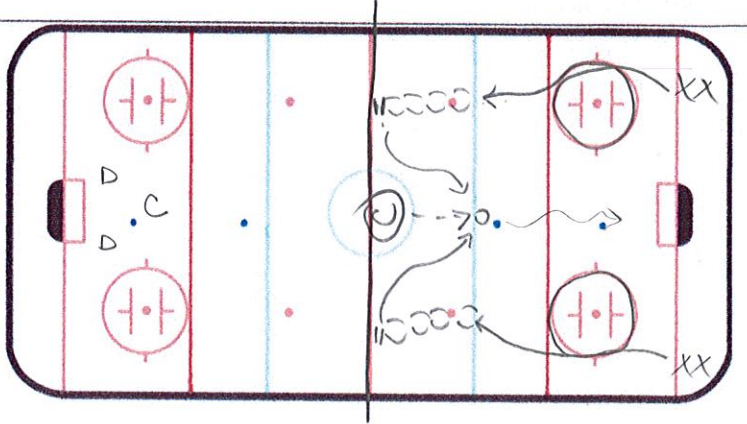
- Visitors get ring 1st.
- Offense has 5s to pass ring out of their half of the circle



30 second drill

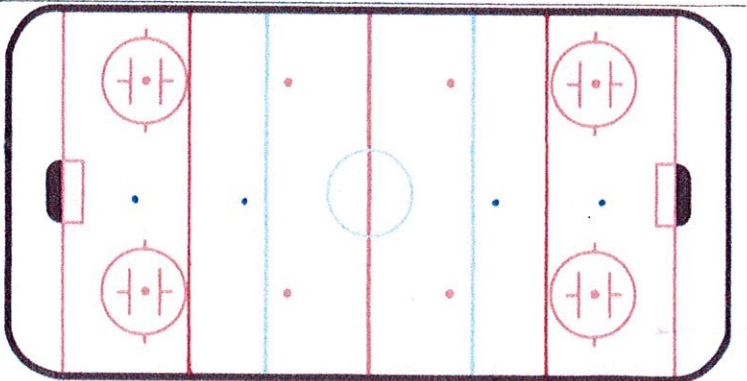
Drill: Defensive Triangle / ring race Length: 10min
Switch.

- 3 in either zone.
- ↳ no one in 'danger zone'
- ↳ keep defensive side
- ↳ not too far away.

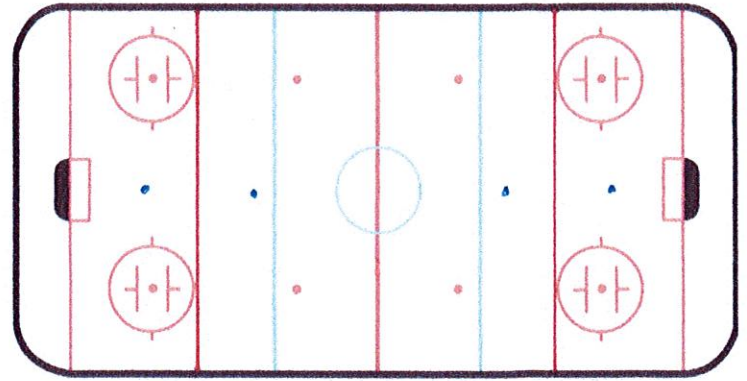


Drill: Scrimmage Length: 20min

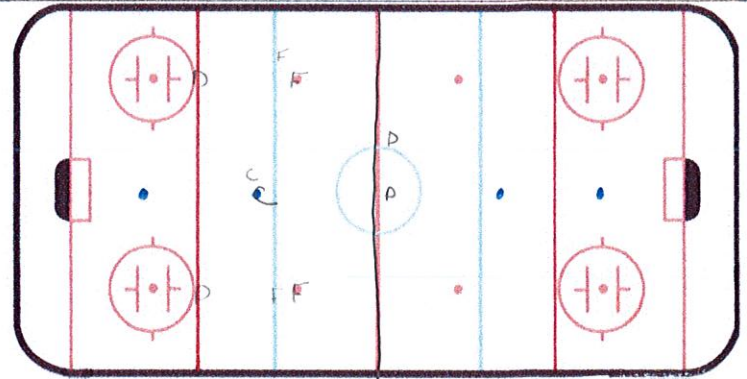
- Offensive Free ring pass.
- Def Δ.
- 1x Def Fwd on ringette line
- 1x Def Fwd on blue line



Drill: Warmup w/ 12B Length: 15min



Drill: Centre Ice Free Ring Length: 5min
line up & w Review.
(on 1/2 ice).



* Coach work w/ goalie on side & behind net ring tosses

30 second drill 5min

Drill: Defensive Triangle Length: 10min

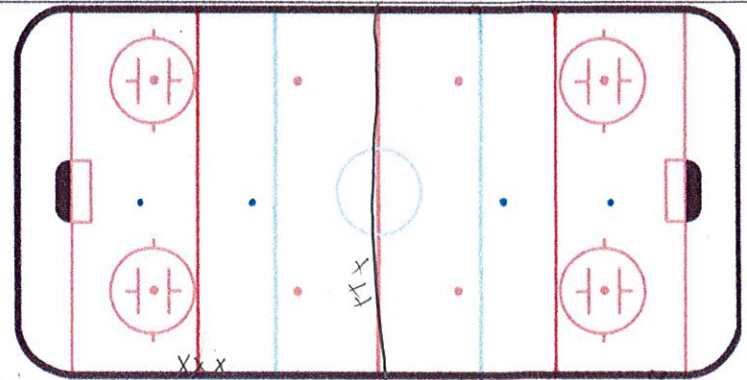
2 teams.

D team lines up along boards
O team along red line

- Ring carrier passes ring to teammate over blue line

- D team skates w/ O team, getting into triangle

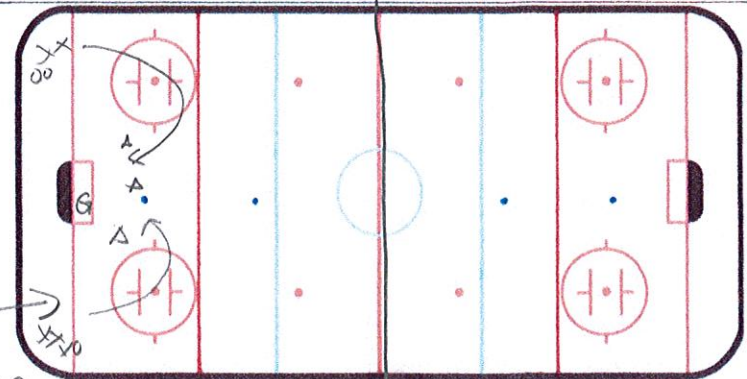
* If goalie gets ring, practice tosses



Drill: Friends & Enemies Length: 10min

- Groups of 3 skates are 'friends' & pass ring to each other.

- On whistle, group becomes 'enemies' & battle



Shooting in lane 5min

- Review offensive free ring pass, 4 in

Turkey Mountain 5min

*Dinnies

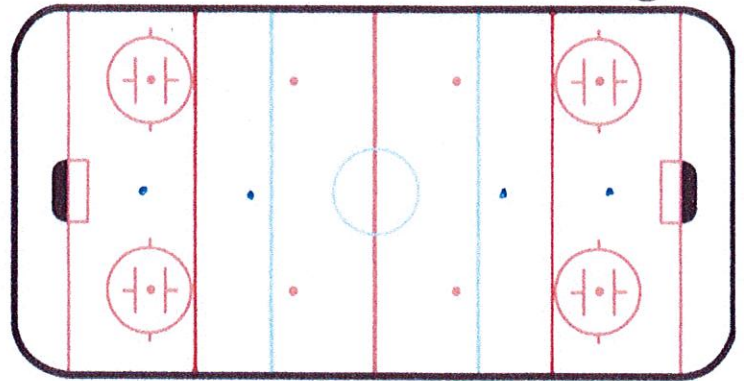
Practice Date: | Oct 11/22
Practice Plan

1/2 ice w/ 12C

Warm Up _____ Length: 10min

J drill

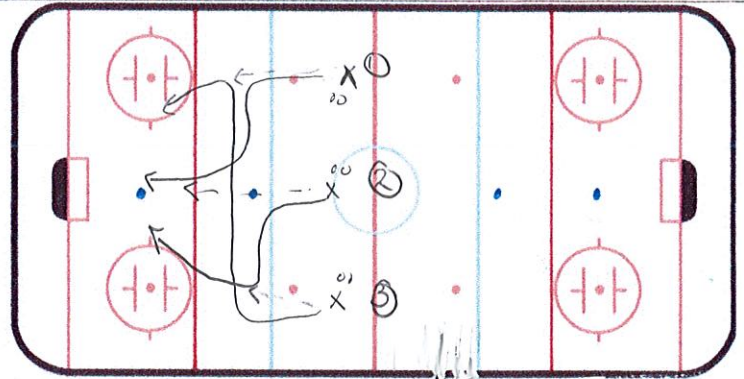
- Transitions
- Turkey mountain (w/ bkwd skating)



Drill: Game Warm Up _____ Length: 10min



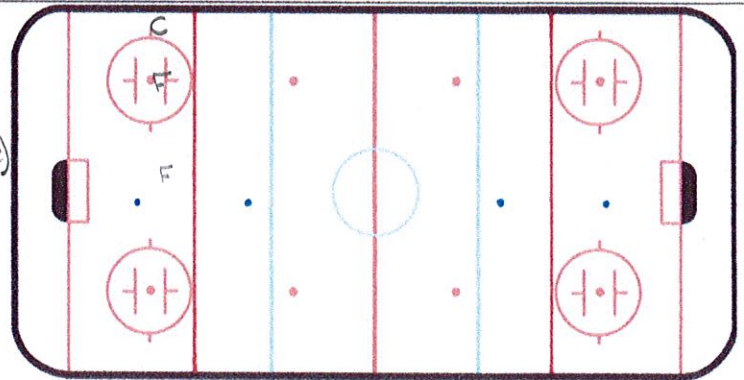
1. Board rushes (Fwd/bkwd x2)
2. L passing →
3. Quick shot from corners. (all players have ring & skate in w/ quick shot on net)



2nd drill

Drill: Free Ring Pass Scenario _____ Length: 10min

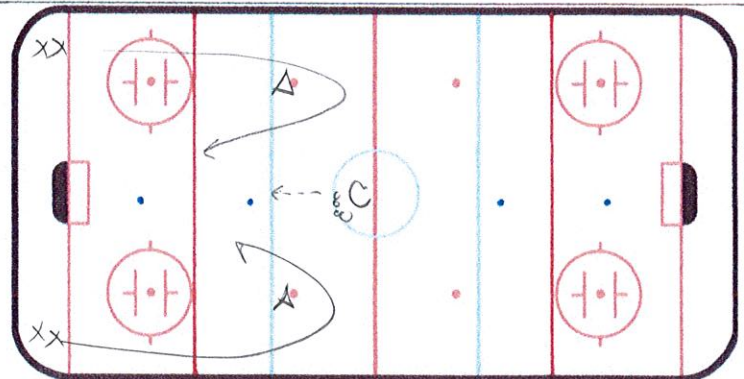
- where to pass ring (always to centre for now)
- moving to get open
- Centre ice
- Defensive free ring (if other team draws penalty but we skate in our crease)



Drill: Passing/Battle drill _____ Length: 10min

- In circle, pass b/w partner
- on whistle, battle in circle

* Coach work with goalie.



WWW.HOCKEYSHARE.COM

_____ 10min

- Ring race

G: Kate F: D C

Gretta Quinn

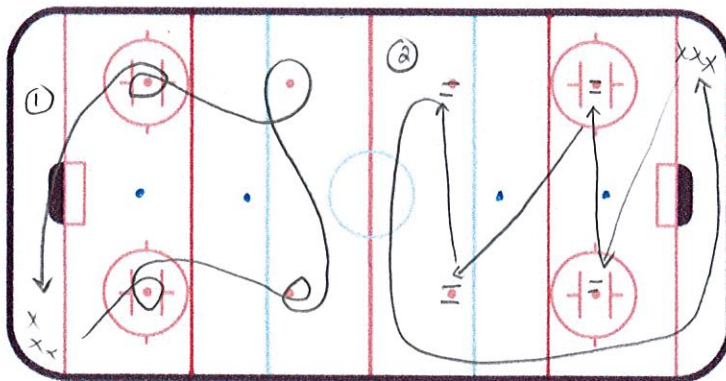
Practice Date: |
Practice Plan

Oct. 15/22

1/2 Ice

Drill: Warm up Length: 15min

- ① Tight turns
- ② Stops
* 3 quick steps after stop
- 3 Clover - at center dot, always turn right

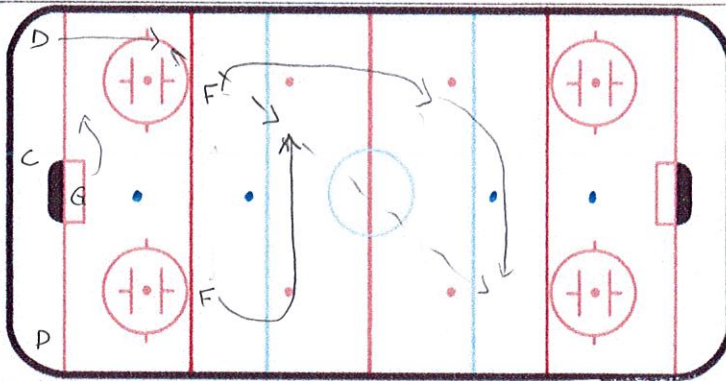


Drill: Game Warm up Length: 5min
- Let girls run it themselves

Breakout (cycle)

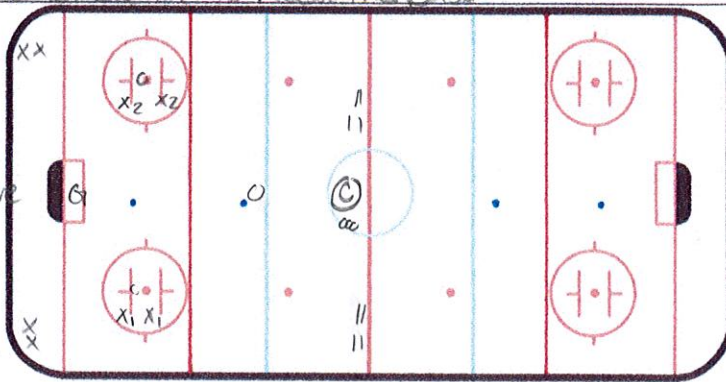
10min

- Both F tracking play on ringette line
- the side the ring goes (strong side)
 - the F on that side heads up the ice & cuts along the 2nd blue line
 - the weak side F cuts along the 1st blue line to receive the pass



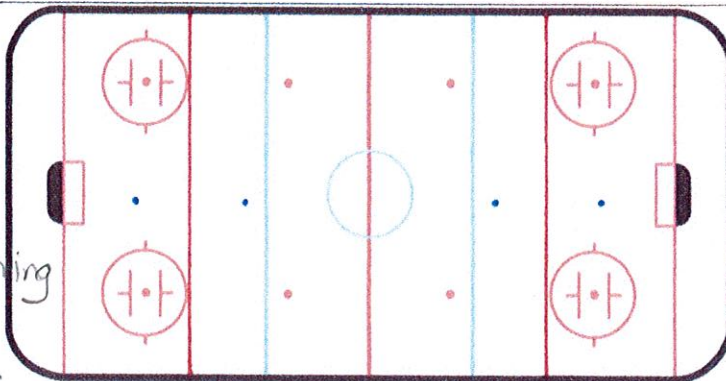
Drill: Circle 1v1 to 2v2 Length: 10min

- Both circles at same time
- 1 v 1 in circle until whistle blows; players leave
 - ↳ leave ring in circle
 - ↳ new 1v1 group comes into circles to battle
- 1st 1v1 group skates hard to centre line, 2 foot stop & then battle 2v2 against other 2 players



Drill: Defensive A Length: 10+ min

- Take turns playing 3v3.
- * Start opposition moving outside to allow triangle to practice transitioning into defensive zone



- Play until whistle blows, then new players come in.

(Could add F on defense to practice tracking play)
↳ once we get going w/ drill

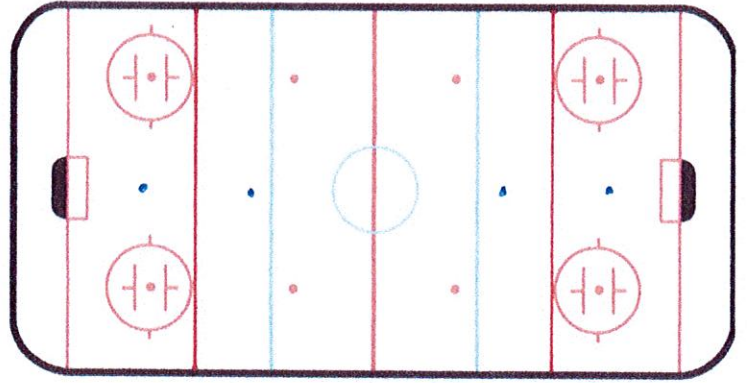
G. F D C
 A. ...
 E. ...
 B. ...
 H. ...
 I. ...

Practice Date: Oct 19/22
 Practice Plan: 1/2 Ice w/ U18C

Drill: Warm Up Length: 15min

Crossovers
 Tight turns } w/ rings
 Steps → 3 quick steps after stop.
 Transitions

Turkey Mountain

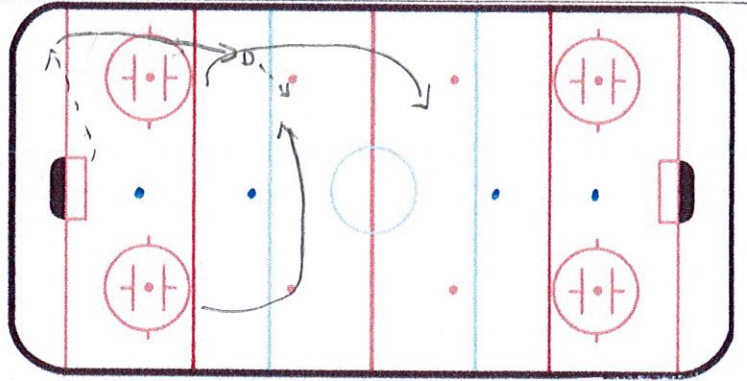


Drill: Game Warm Up Length: 5min

* Lead by girls

30sec. drill x 2. 2 min

Breakout 10min

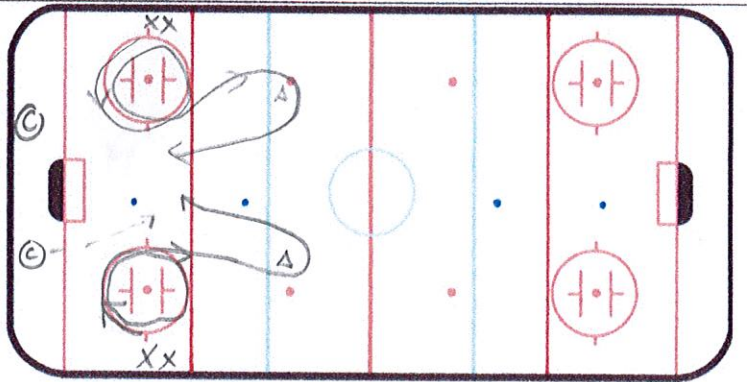


Drill: Crossover w/ Coach Pass Length: 10min

- Alternate lines

- Coach pass.

↳ Move players into coach pass position

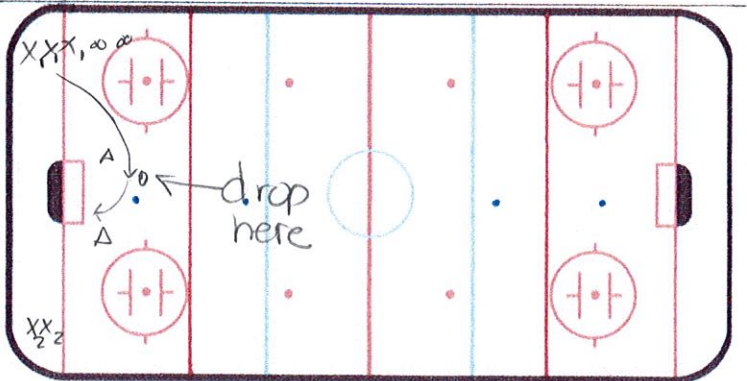


Drill: Defensive A Length: 15min

3v3 in positions

Drop Pass 10min

- X1 has ring. Skates around pylon & drops ring at top of slot
 - X2 leaves right after X1
 - X1 always closer to net
- * Ring is dropped, not passed.



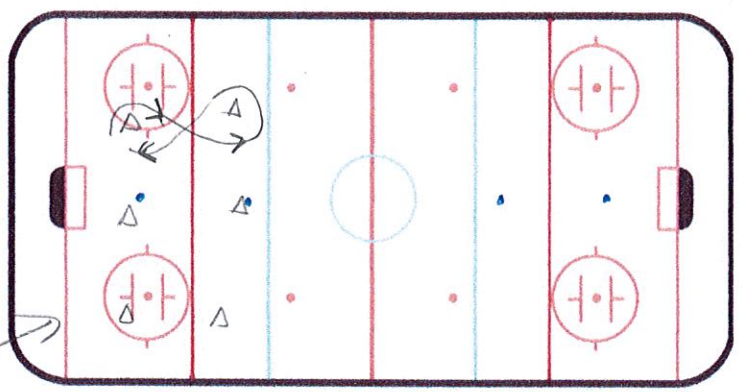
If needed: Queen's Court

- Shoot Out.

Drill: Game Warm Up Length: 5min

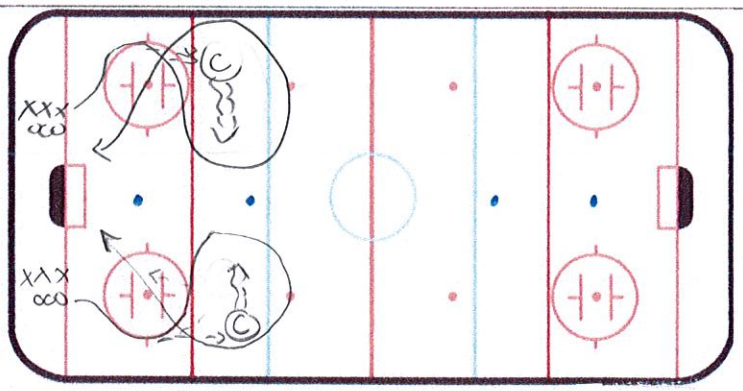
Turkey Mtn 5min

- Tight turns. - Groups of 2 10min
- 2 times around loop, Switch
- Pivots (switch directions)



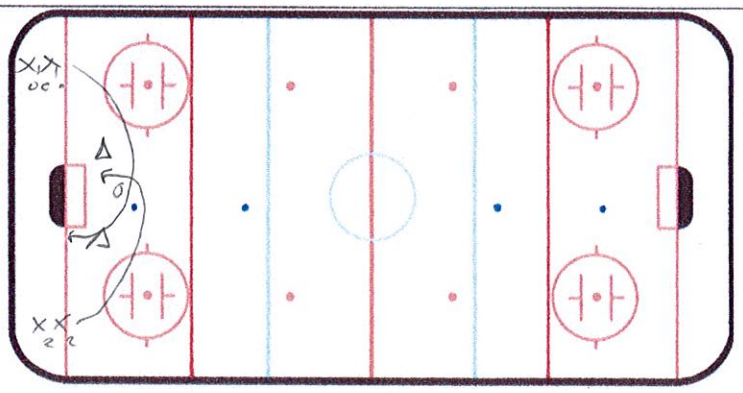
Drill: Give & Go Length: 10min

- Player & ring skate outside of circle
- Pass to coach
- Coach will move toward centre of ice w/ ring, while player skates around coach
- Coach passes ring back
- Shot on net



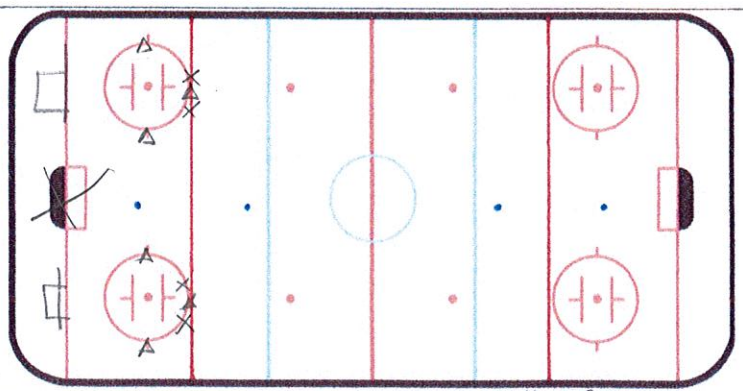
Drill: Drop Pass Length: 10min

- X1 (ring carrier skates closest to net, always)
- ring is dropped, not passed.



Drill: Battle Drill Length: _____

- * 2 nets
- 2 players start at top of circle
- on "go" players skate into circle
- coach passes ring into circle
- player tries to get ring, skates around one of side pylons, L-turn around middle dot, tight turn around top pylon, shot on net.
- other skates plays D.

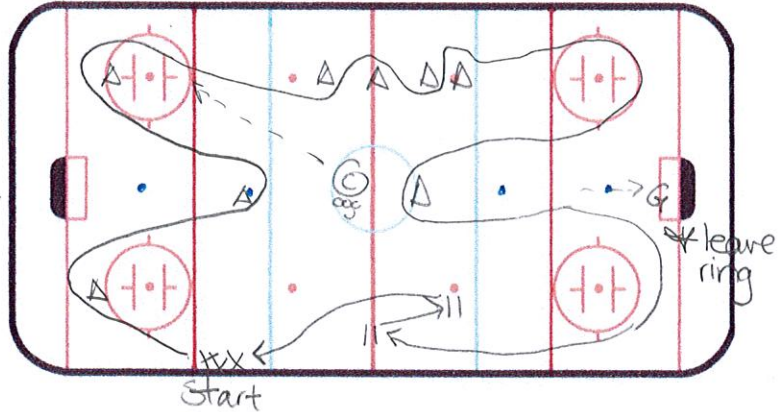


Shoot Out - if needed.

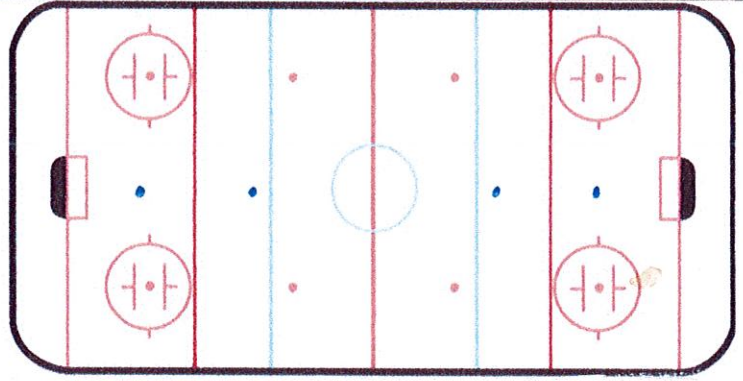


Practice Date: Oct. 24
Practice Plan Full Ice

Drill: Flow Drill _____ Length: _____



Drill: Breakout _____ Length: _____



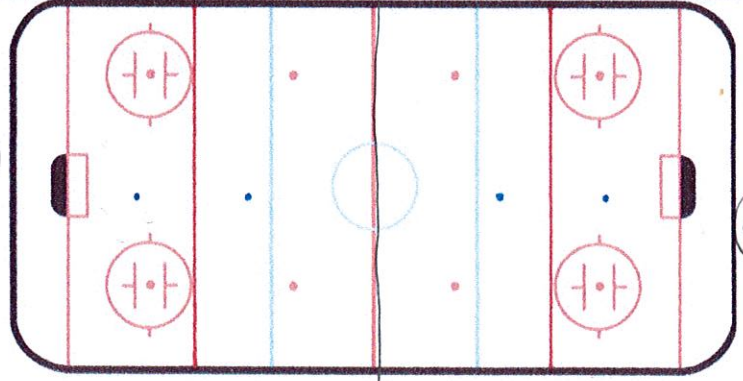
Drill: _____ Length: _____

- ① Triangle / active sticks.
Quick shots / shooting lanes.

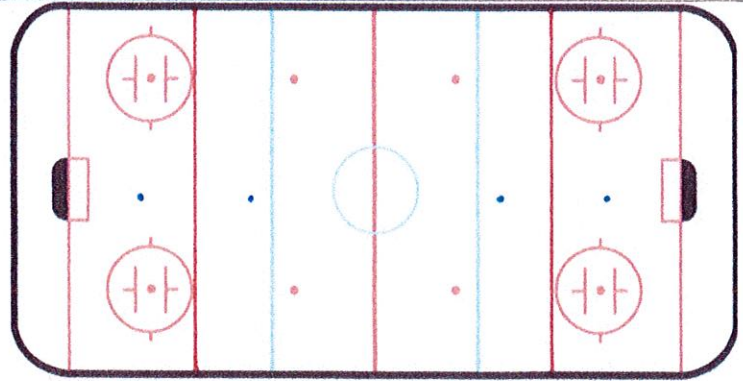
①

- ② Drop pass - ring carrier always closest to net.

②



Drill: Scimmage _____ Length: _____

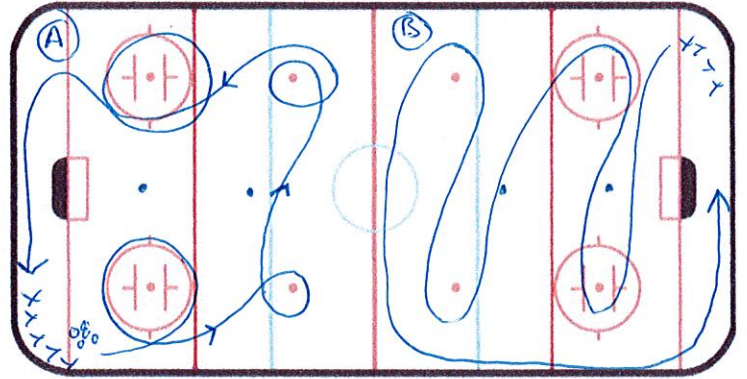


HALF ICE

Practice Date: _____
Practice Plan

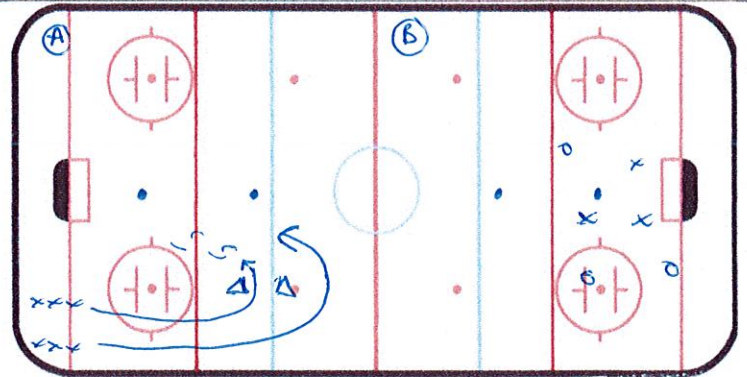
Drill: WARM-UP Length: _____

- (A)
- (B)



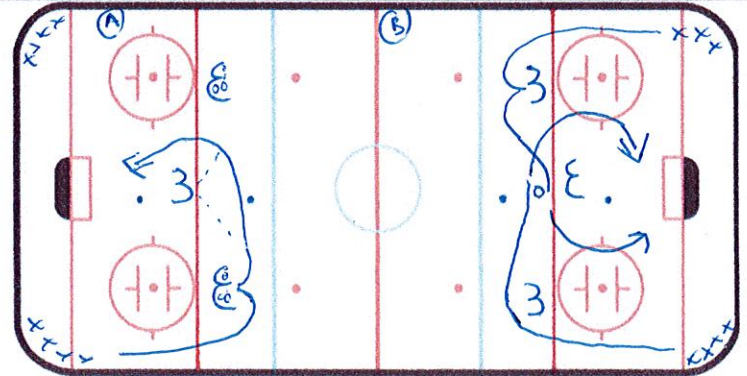
Drill: (A) 1 v. 1 Length: _____

- (B) 3 v. 3 (DEFENSIVE ZONE WORK)
OFFENSIVE PLAYS



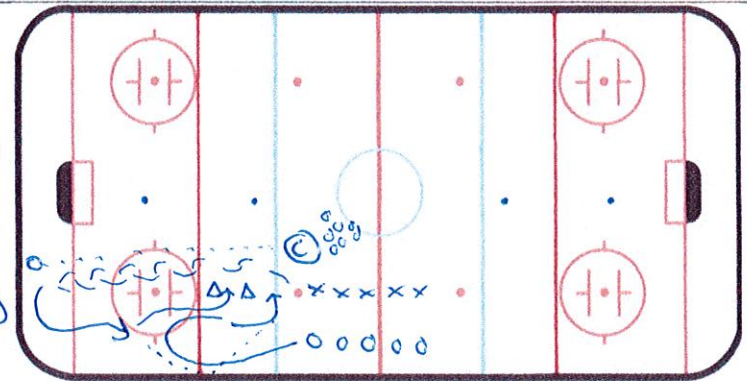
Drill: (A) DUM/BANK/SHOOT Length: _____

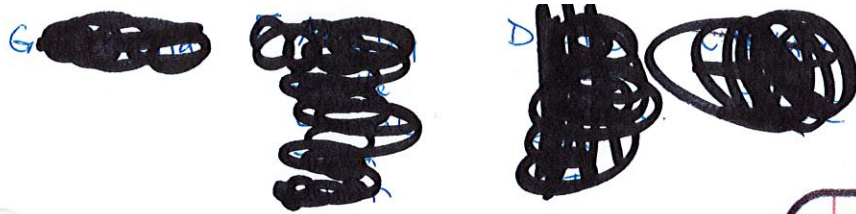
- (B) 2 v. 0 WITH DROP PASS
- ONE PLAYER DUMPS RING OUT OF NET AND DROPS TO PLAYER IN OTHER LINE
* CAN ADD DEFENDER



Drill: 1 v. 1 Length: _____

- COACH DUMPS RING IN AT LOCATION IN DRAWING
- X SKATES BACKWARDS TO PICK UP RING
- O SKATES INSIDE OUT (AS SHOWN)
- X BANK PASSES TO O
- BOTH SKATE AROUND PILENS AND GO 1 v. 1

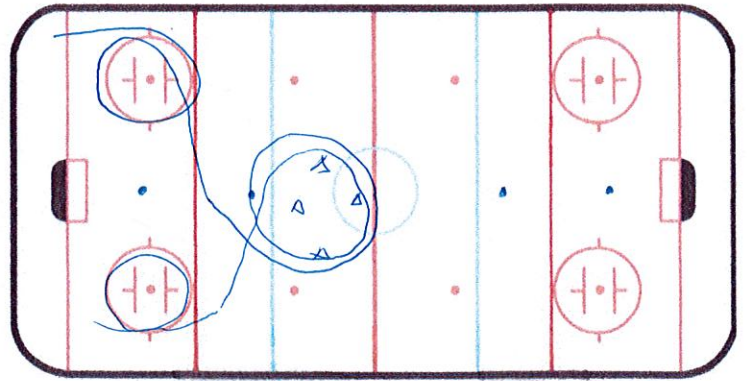




Practice Date: Oct 30/22
Practice Plan 1/2 Ice.

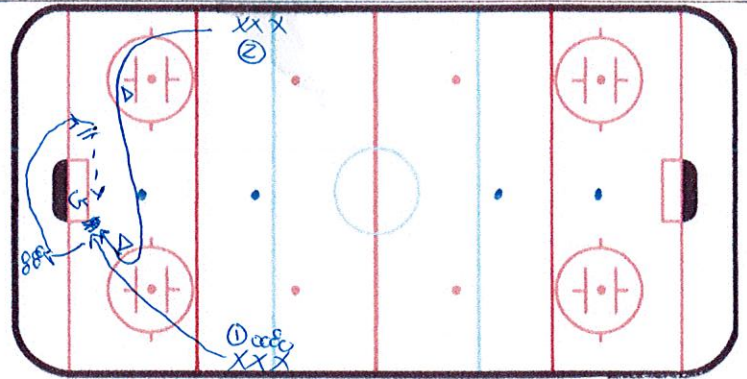
Drill: Warm Up Length: 10min

- Crossovers
- Tight turns } on dots } w/ rings.
- Stops
- Turkey Mtn there & back.



Drill: Cross Crease Pass Length: 10min

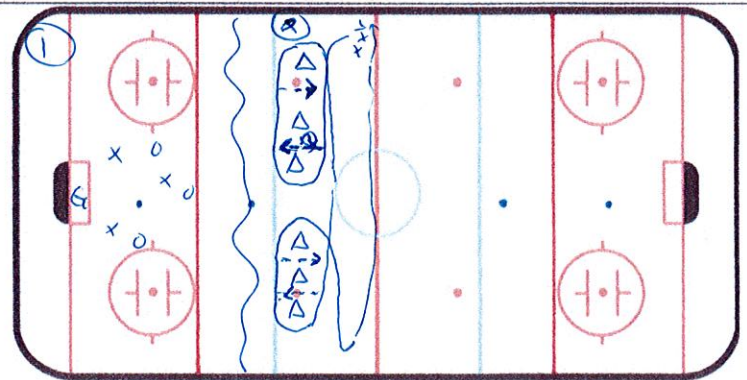
- Line 1 skates w/ ring, shot on net
- Peels off & picks up ring on boards
- Skates behind net to give cross crease pass to Line 2 skater
- Line 1 skater waits outside of crease for rebounds.



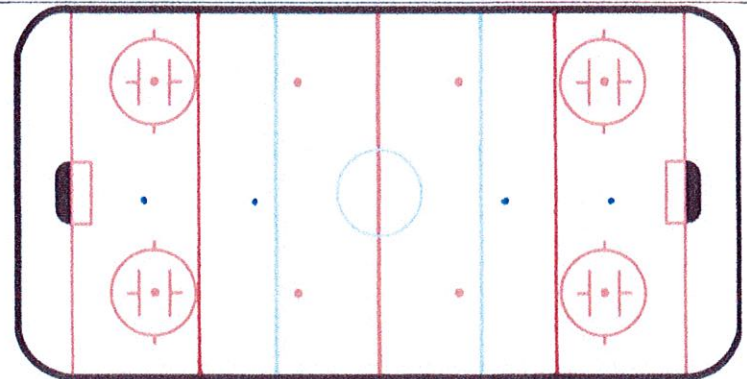
Drill: Triangle -> Active Sticks Length: 10min
② Pass to self -> Hand/Eye
S- then switch

- ① - checking on D
- passing & driving net on F.

② Pass to self



Drill: Halloween dressup relay Length: _____

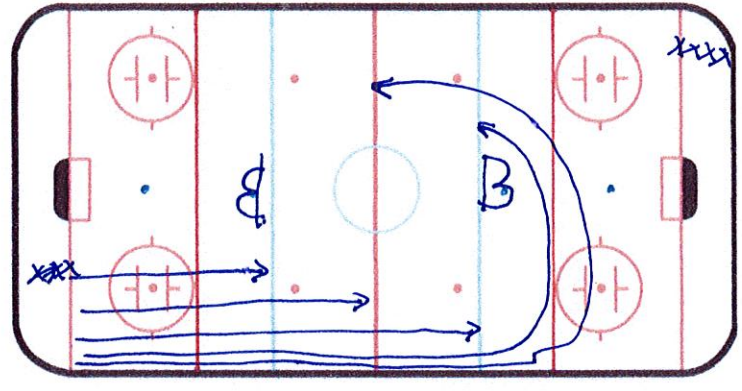


Drill: Warmup Length: 15 min

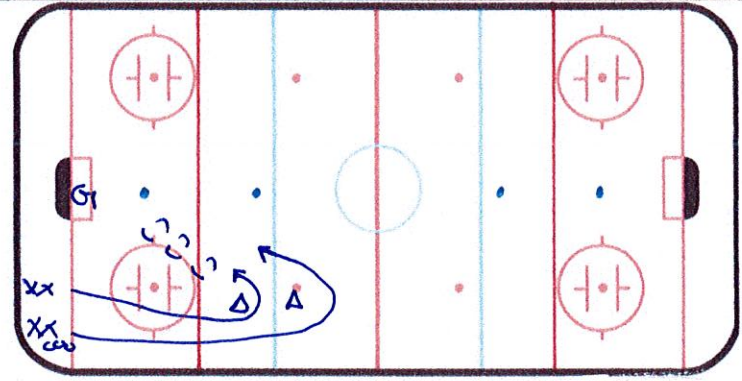
- w/ ring
- crossovers
- tight turns
- stops.

- Rainbow Sparkle
 - 1 end skates while other end rests.

- 1 blue line
- 2 center
- 3 blue
- 4 far blue
- 5 far red.

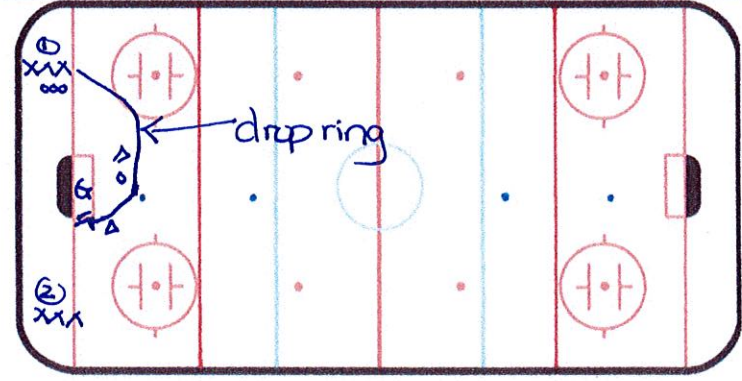


Drill: O/D 1v1 Length: _____

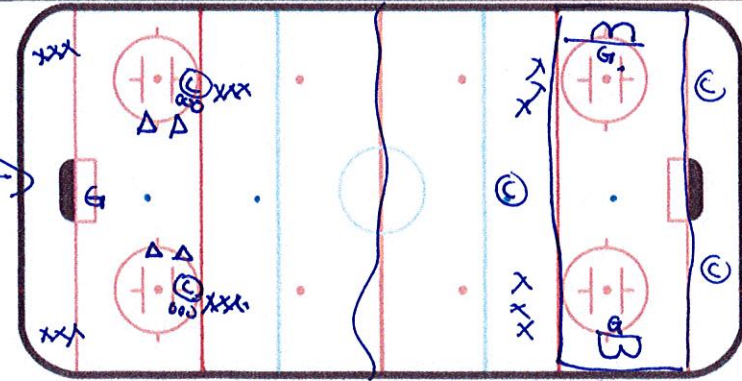


Drill: Drop Pass Length: _____

- line 1 skates to front crease & drops ring (closest to net).
 ↳ waits for rebound.
- line 2 stabs ring, finds shooting lane



Drill: Queen's Court Length: _____



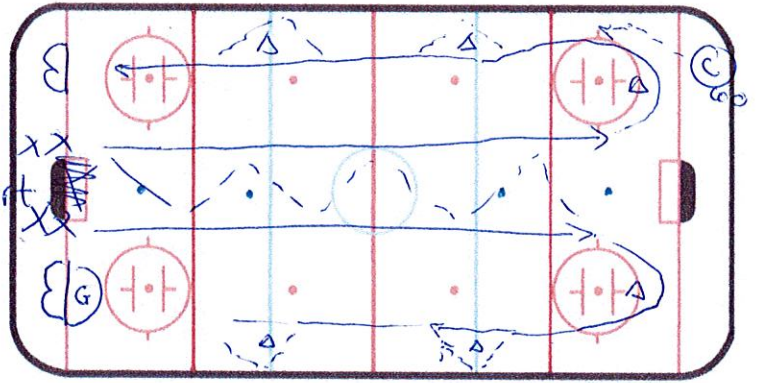
Small area scrimmage

- 3v3
- if ring leaves space, coach passes new ring in
- player can also use coach on goal line as passer.
- whistle blows & new group heads in to play.

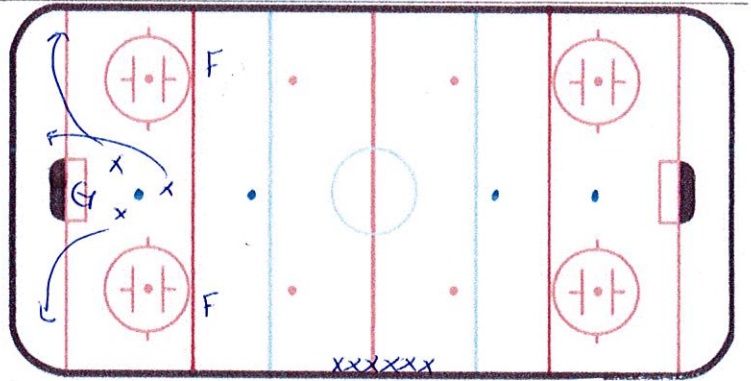


Drill: Warm Up Length: 10min

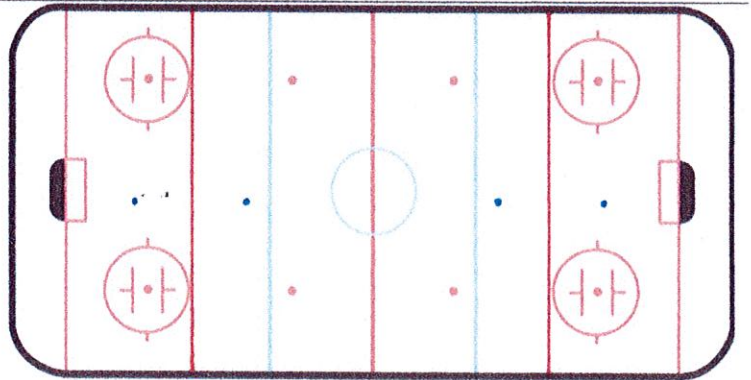
- pass back & forth, making sure to pass over blue lines
- right side takes ring & passes to self at blue lines, take shot on net.
- left side receives pass from coach & then passes to self over blue line, shoots on net.



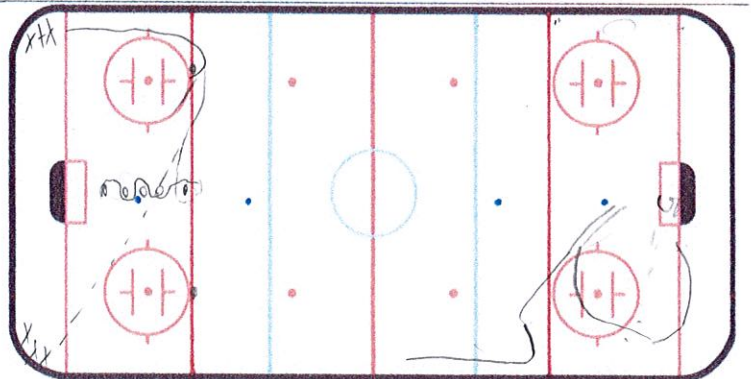
Drill: Breakout Length: 15min



Drill: Scrimmage Length: 15min

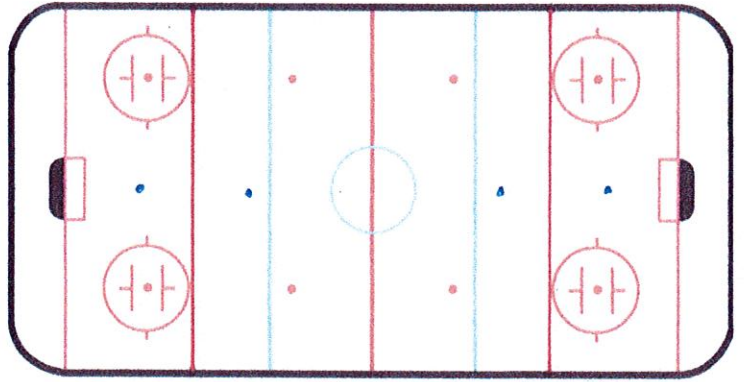


Drill: _____ Length: _____



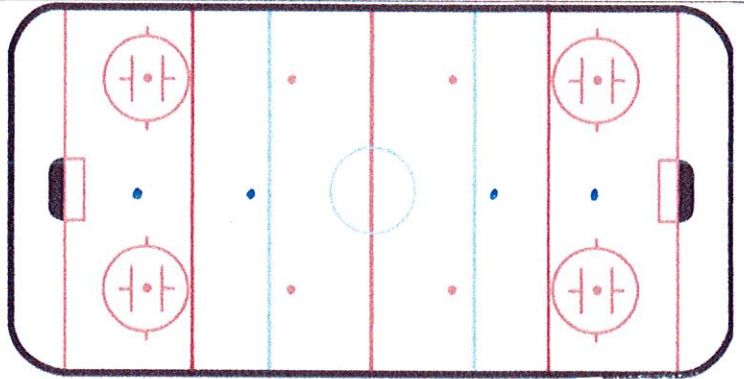
Drill: Warm Up Length: 30min

- crossovers; turn shoulders
- tight turns
- stops
- Chase the rabbit



Drill: 3 person weave Length: 10m

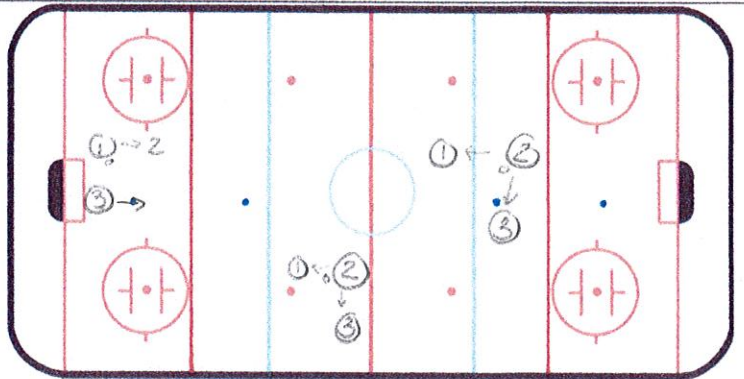
- Follow your pass.



Drill: L Passing Length: 15min

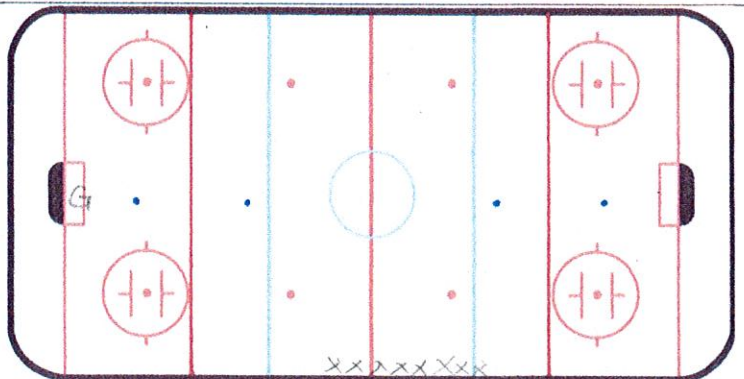
- Passer always has 2 options.
↳ shift up & down

- 1- Passing to 2 other teammates
- 2) Set up at crease & practice moving side to side
a) cattle drill from blue line



Drill: Breakout Length: 10m

- 1 coach to forecheck
- bank pass

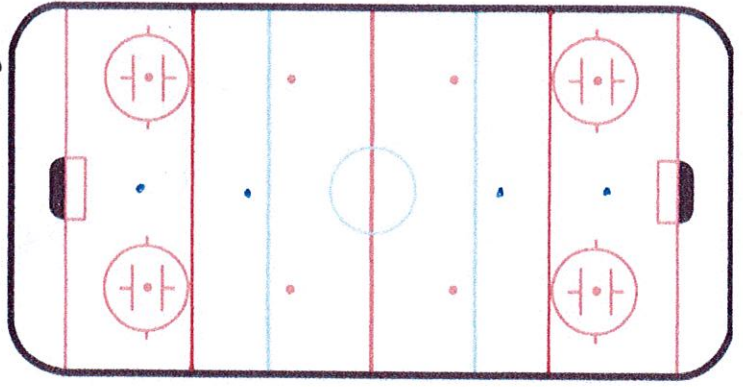


World Cup (if needed). 5min

- ↳ partners
- ↳ 1 pass before shooting
- ↳ line up around circle set 1 lessing than teams.
- ↳ play area is btw blue lines

Drill: Warm Up Length: 20min

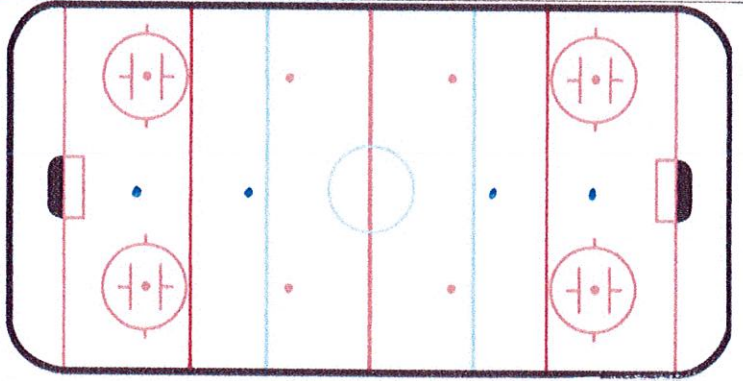
- W/ rings
- circles
- tight turns
- stops
- on knees.



- Rainbow Sprinkles

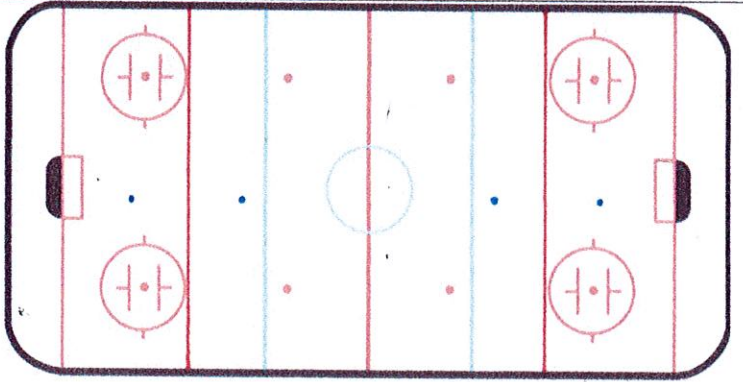
Drill: 3 person weave Length: 10min

- Follow your pass



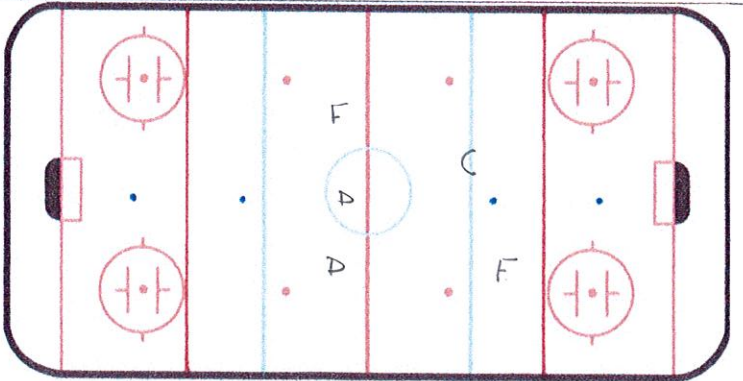
Drill: Breakout to 3on2 Length: 10min

- 5 players breakout from goalie
- shot on net
- Coach makes pass to F/C to come back in a 3on2, shot on goalie



Drill: Centre Ice Free Ring Length: 5min

- Review
- offensive options
 - def. markup



Drill: 3 on 3 - A & L Length: 10min

- both ends of ice

Goalie

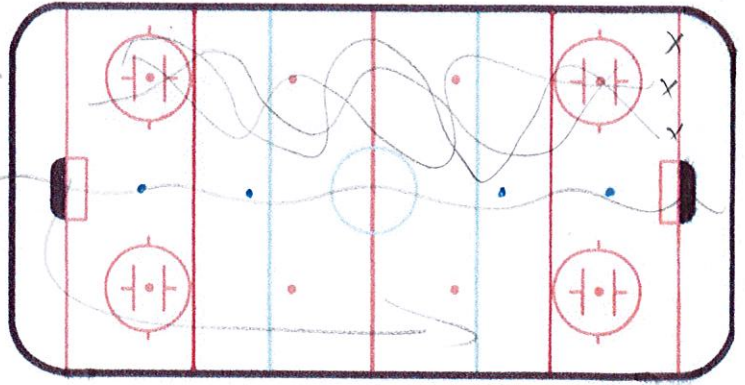
- drop passes - top & behind net
- in & outs
- lanes
- centre ice off & def

Practice Date: Nov 17/22
Practice Plan: Full 30min / 1/2 30min

Drill: 3 person weave Length: 10min
w/ 2 coach pressure

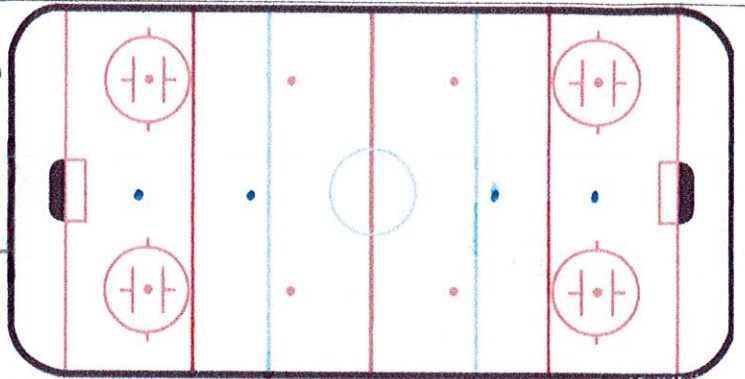
On Way Back
- Skate fast.

- C cuts
- bkwd skate.



Drill: Breakout w/ Length: 15 min

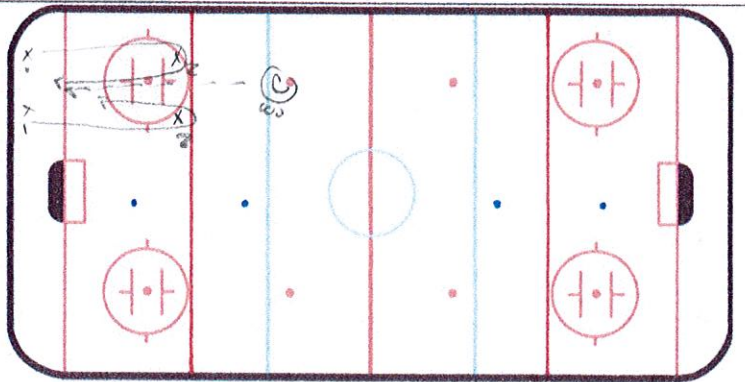
2 coach pressure
w/ pylon to mark lead
pass



Centre Ice Free Ring w/
crossing team coverage).

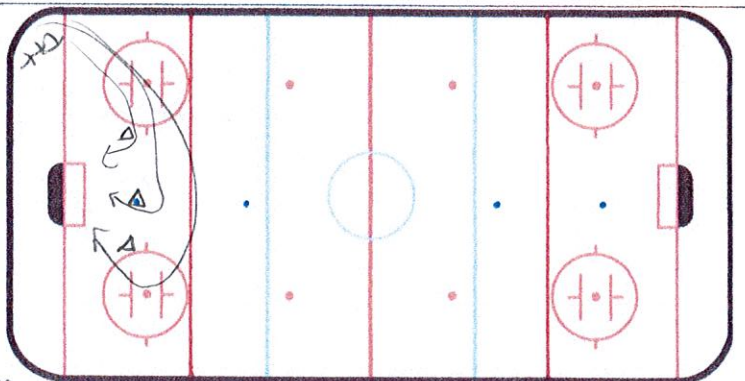
Drill: Battle drill Length: 10min

- X₁ (both) skate up & make tight turn around their partner
- Coach puts ring to boards
- X₁ races to ring
- Once X₁ touches ring, X₂ players join to play out a 2 v 2



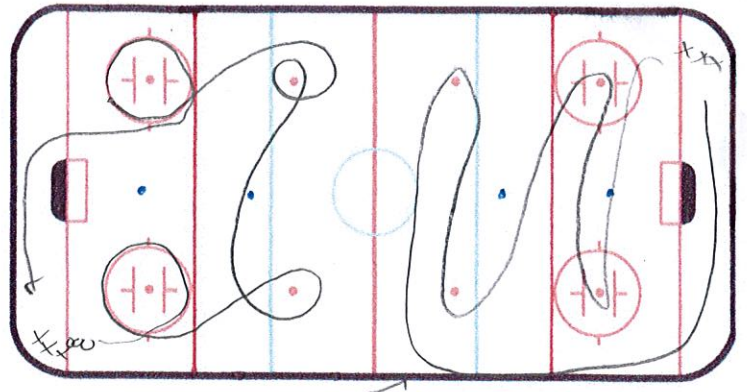
Drill: Shooting lanes Length: 10min

- 3 shooters in succession
- switch sides.



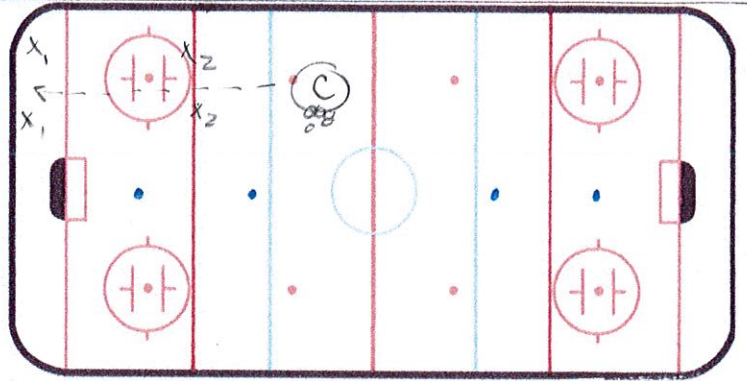
L & triangle (w/ active sticks) 10min

Drill: WarmUp _____ Length: _____



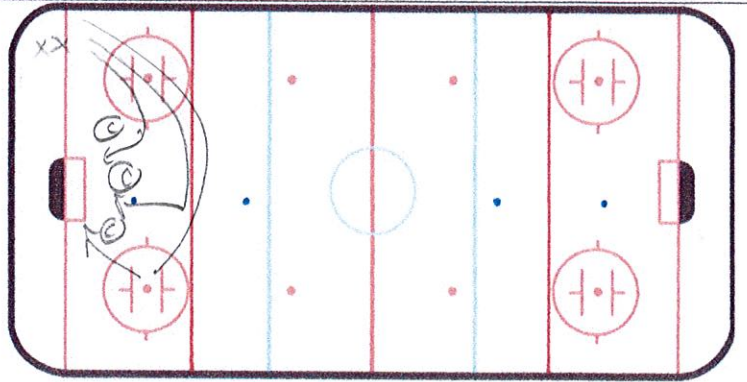
Drill: Battle Drill _____ Length: _____

- on whistle, X₁ leaves, tight turn around X₂
- Coach sends ring to boards
- X₁ races to gain control & start 1v1
- X₂ players join in for 2v2



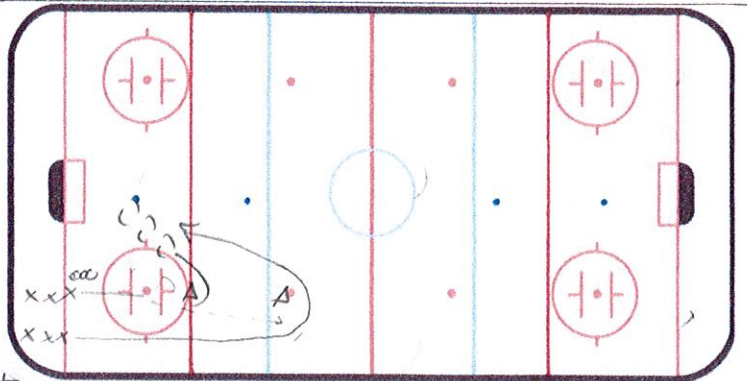
Drill: Shooting Lanes _____ Length: _____

- Drop Passes
- Player w/ ring stays closest to net



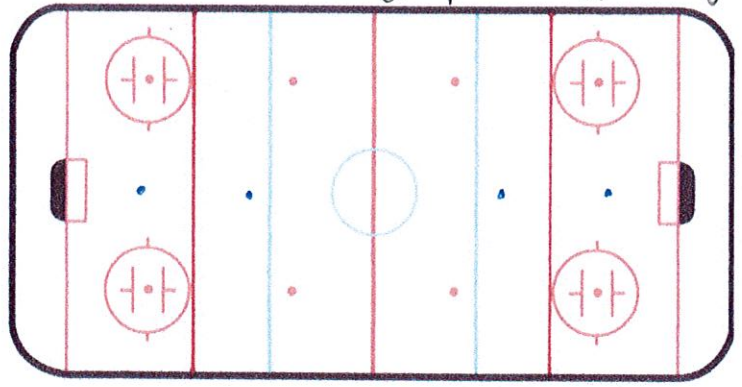
Drill: O/D _____ Length: _____

Small area scrimmage (b/w goal & ringate line).



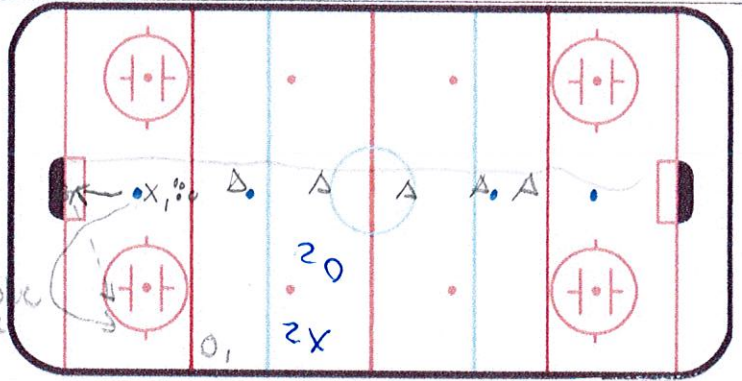
Drill: Warm Up Length: _____

- Blw blue lines
- ford
- squat
- jump
- crowd
- fast.



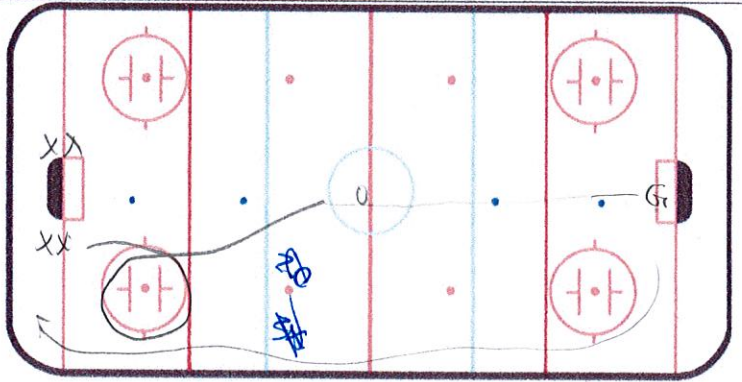
Drill: 1v1 → 2v2 Length: 15 min

- X₁ takes shot on goalie.
- goalie tosses to X₁
- O₁ puts pressure / checks X₁ + tries to turn ring over.
- X₂ skates back + becomes outlet for X₁ over blue line
- O₂ is checking X₂ to try & get turnover.
- X₁/X₂ try to gain offensive zone + get shot on net



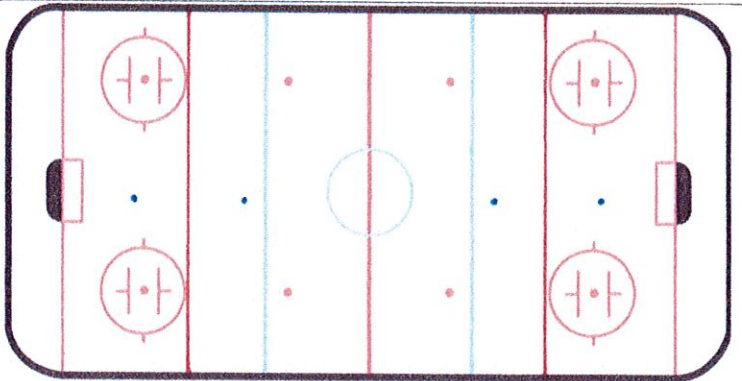
Drill: Full Ice Ring Race Length: 10

→ If O₁/O₂ get ring, they become offensive team + take shot on net



Drill: Butter drill Length: _____

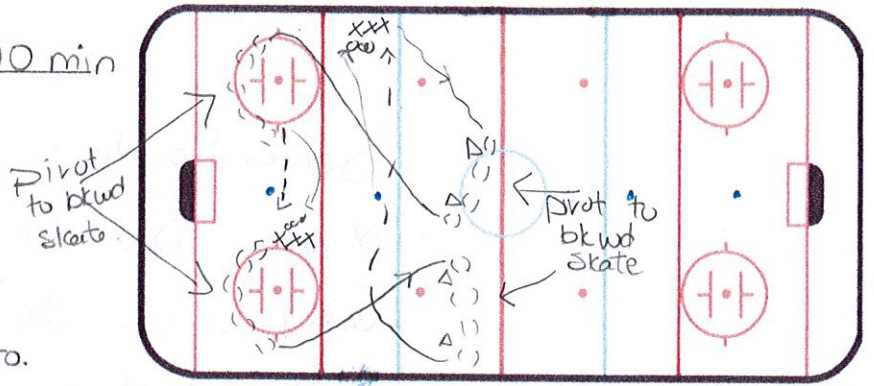
333
 1/4
 1/4



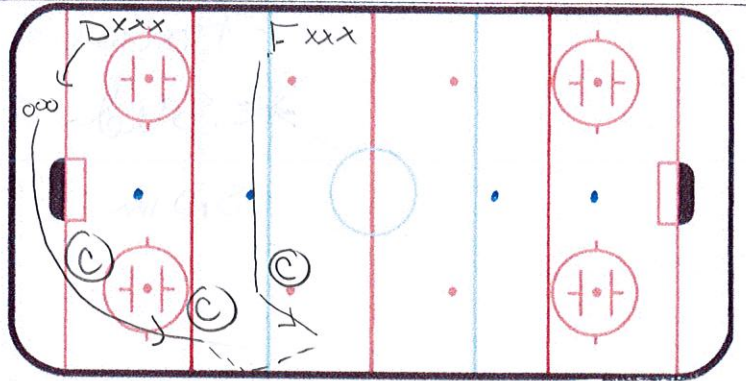
Small Ice Game B/w goal line + ringette line

Drill: Warm Up Length: 10 min

- Both lines leave at same time w/ ring
- fwd, pivot to bkwd, pivot back to fwd, pivot to bkwd, then pass ring to other line
- join line player just passed to.

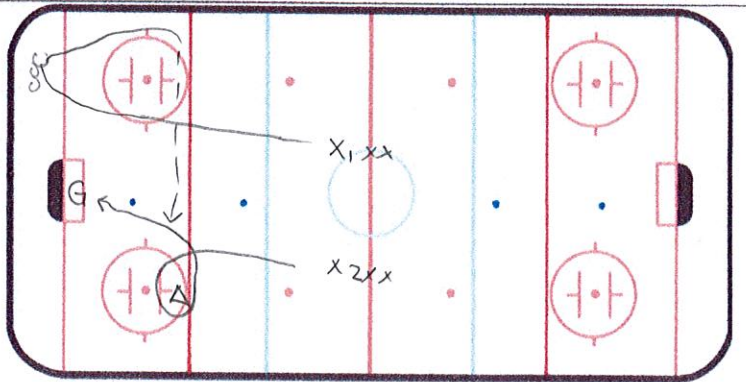


Drill: Outlet pass Length: 10 min

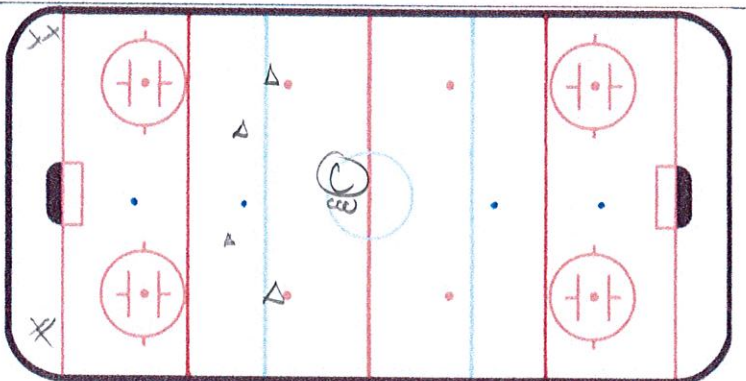


Drill: Double Flare Shooting Length: 10 min

- X₁ & X₂ leave at same time
- X₁ picks up ring & makes pass along ringette line for X₂ to stab & shoot.



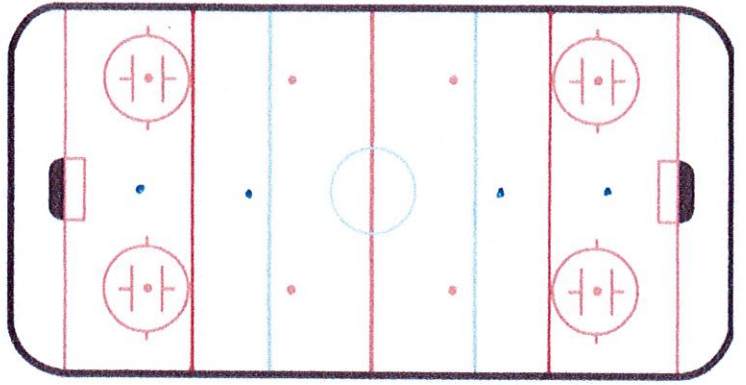
Drill: Bing Race Length: _____



△ v L w/ drop pass

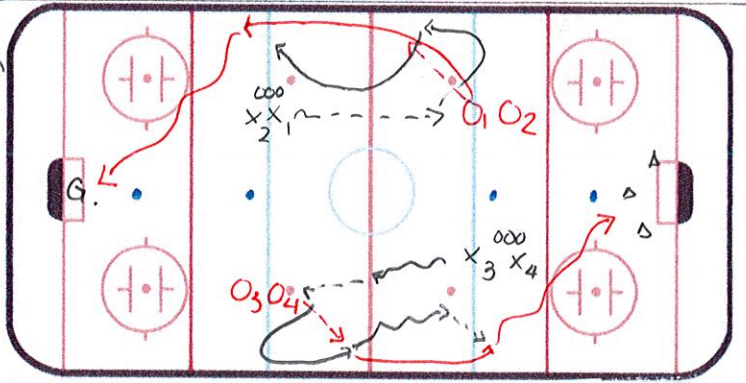
Drill: Warm Up _____ Length: 15min

- Chase the Rabbit 5
- 3 person weave 10



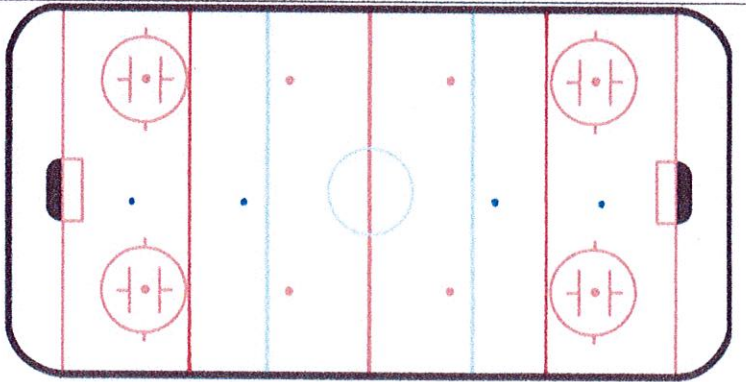
Drill: Passing Box _____ Length: 10-15min

- X₁ skates w/ ring & then passes to O₁
- X₁ skates past blue line, swings back, pass from O₁
- X₁ cuts inside
- O₁ skates along boards & over blue line
- X₁ passes to O₁ (once O₁ over blue line)
- O₁ skates in w/ ring & takes shot on net

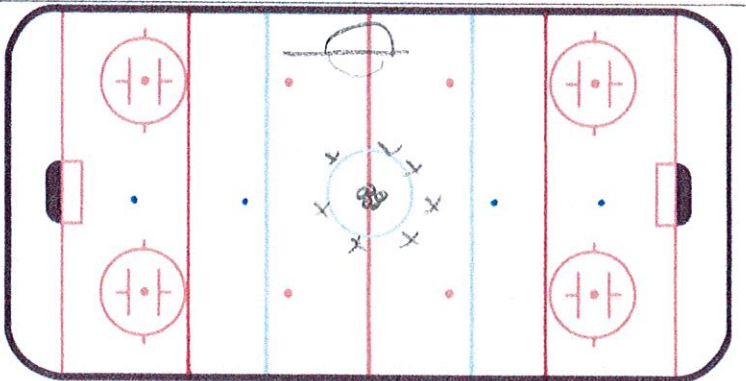


Drill: Breakout _____ Length: 15min

- bounce pass off boards
- coach pressure

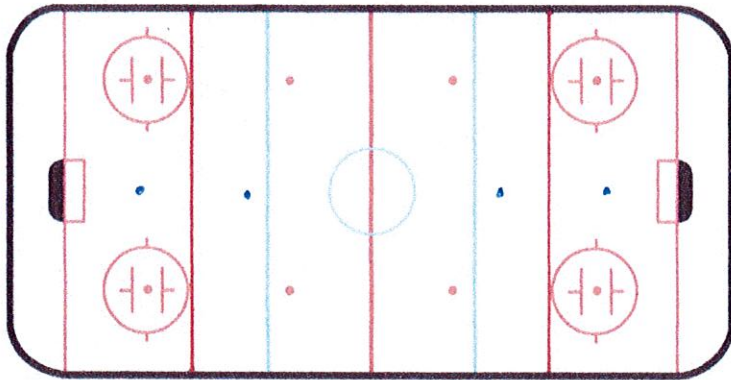


Drill: World Cup _____ Length: _____



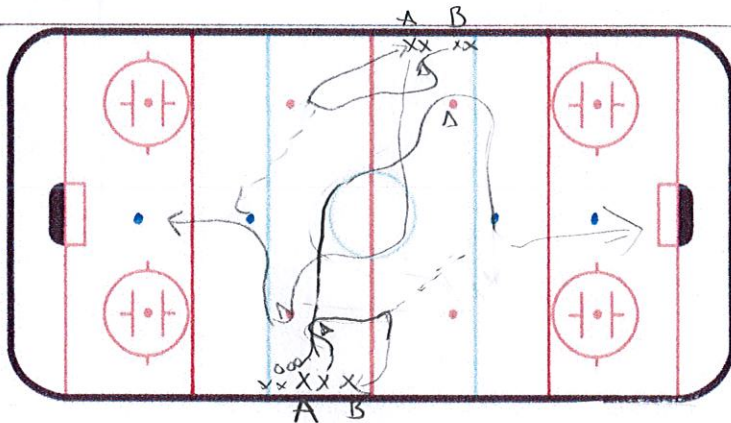
Drill: Warm Up Length: 15min

- crossovers
- tight turns etc



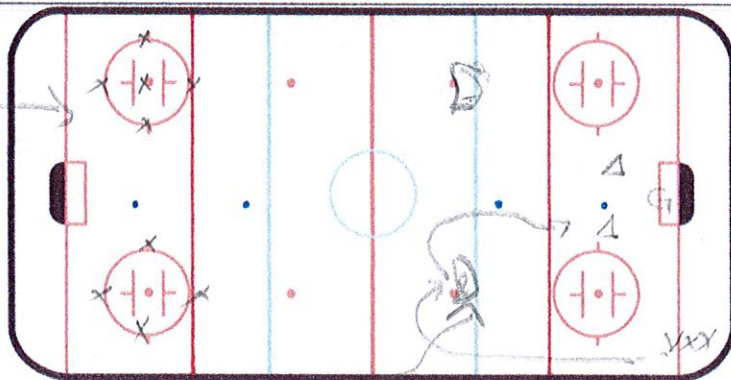
Drill: Fast feet neutral zone Length: 10min

- A fast feet around circle
- cut in & receive pass in open ice
- B cuts up & towards blue line to give line A lead pass



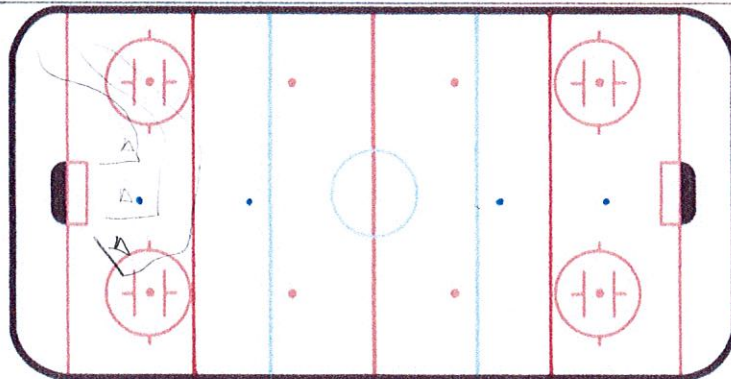
Drill: Circle Pass Length: 20min

Dig out about

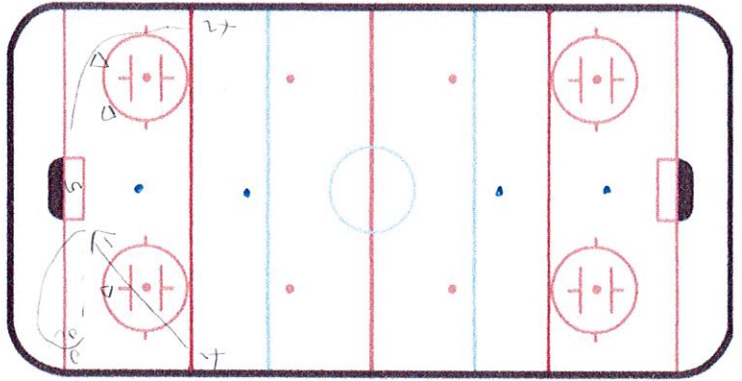


Drill: Shooting lanes Length: _____

World Cup 15min



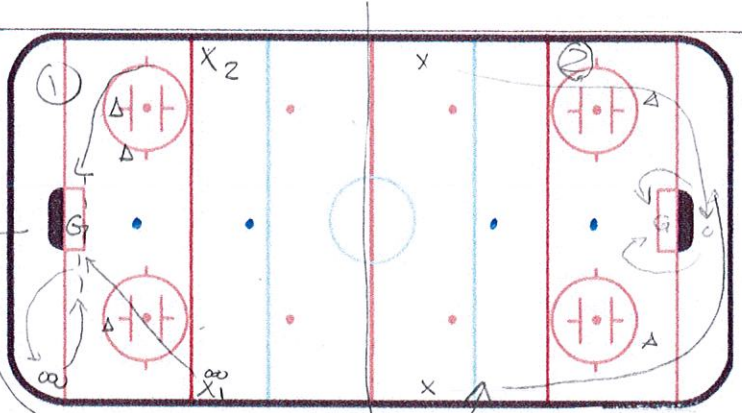
Drill: 3 person weave _____ Length: _____



Clover
Knuckle Skate

① Drill: Cross Crease _____ Length: 10min

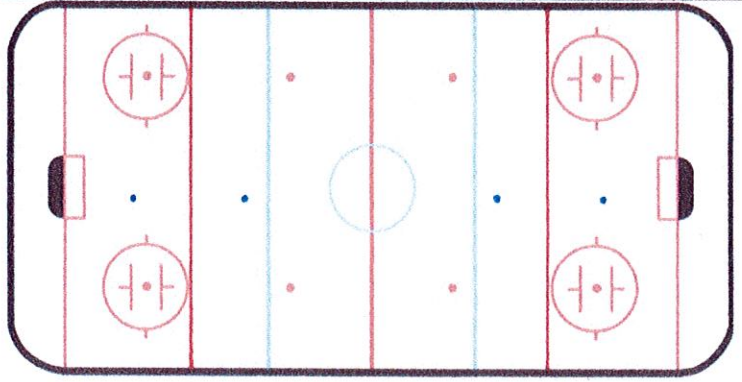
- X, skates in w/ ring & take shot
- peel off & pick up ring in corner
- skate toward net & pass to X2, X2 shoots
- wait for rebound



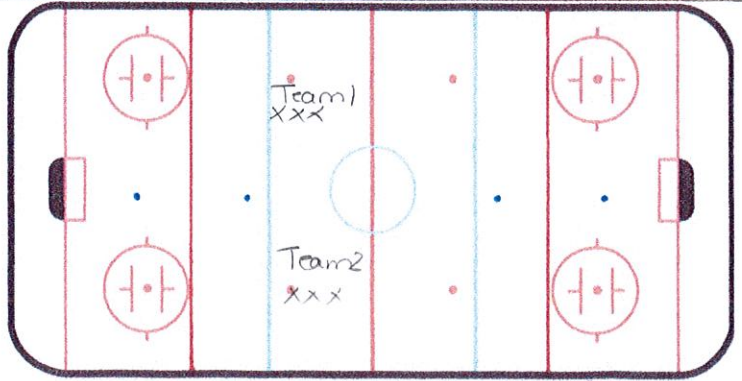
② Drop Pass behind net _____ 10min

- shooting lanes
- rebounds

Drill: Breakout w/ 3 on 2 _____ Length: 15min



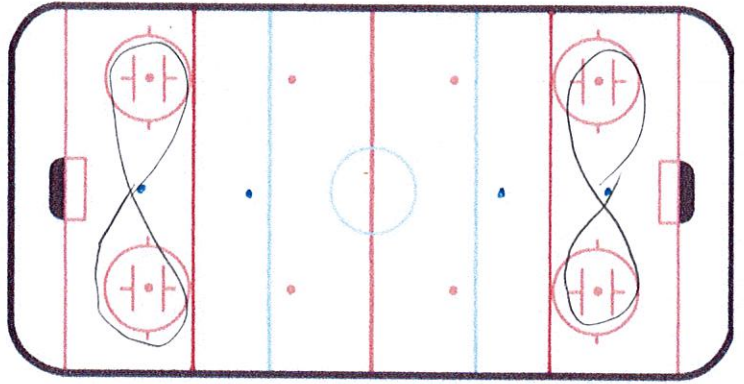
Drill: Battle Drill _____ Length: 10min



World Cup

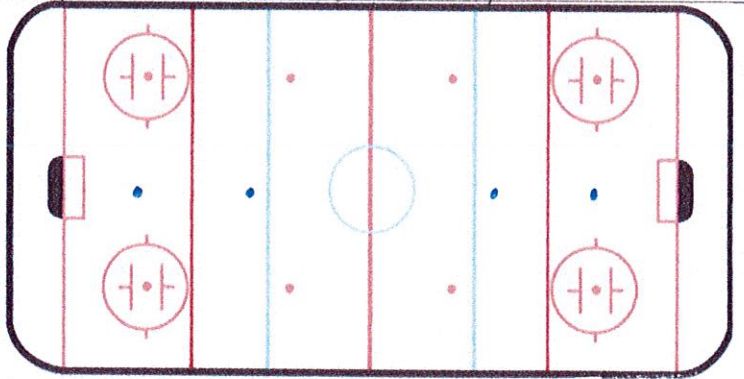
Drill: Warm Up Length: _____

- Leader circles - slow, purposeful movements
 - ↳ crossovers
 - ↳ transitions

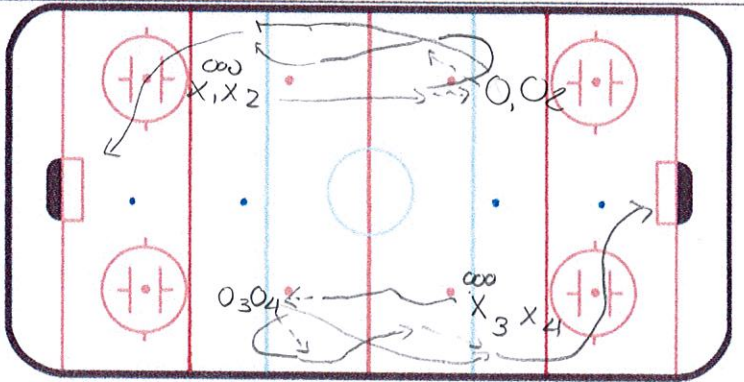


- Tight turn tag (stick on ice, chase partner around stick)

Drill: Breakout → 3v2 Length: _____

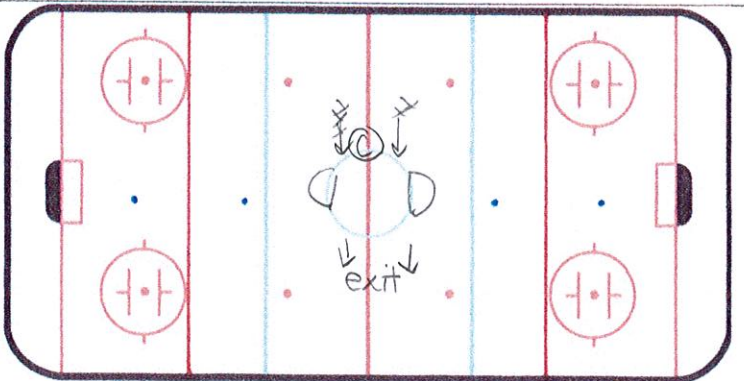


Drill: Passing Box Length: _____



Drill: Small area game Length: _____

- Ⓢ call out 1v1, 2v2 etc
- Players must stay in circle, if ring exits it is out of play/ goal scored, no ring enters.
- Ⓢ blows whistle when battle is over.
- ↳ pass before shot

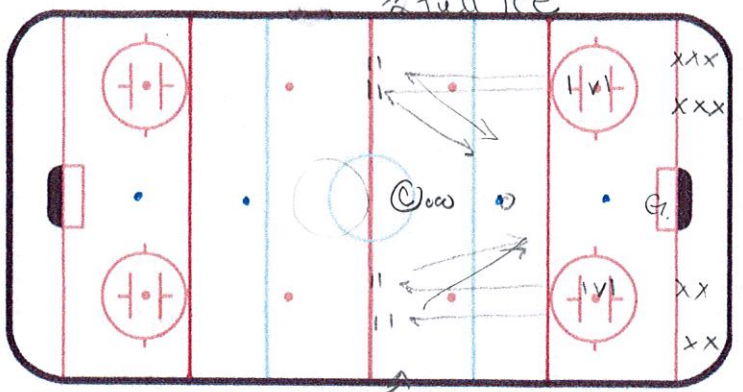


Practice Date: Jan 3/22

Practice Plan 1/2 Shand w/ U14A / 1/2 full ice

Drill: Warm Up 1/2 ice Length: 10 min

- 3 circles cross overs; fwd & bkwd
- tight turns, stops, knees
- turkey mtn (work to center line & rock)

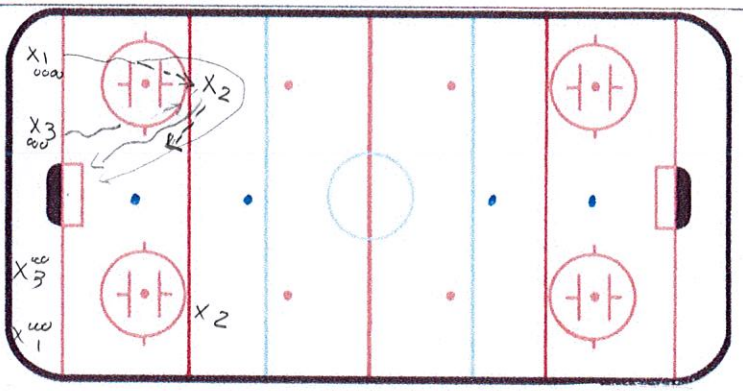


Drill: Battle drill

(engage D)

Drill: Passing & Shoot Length: 10 min

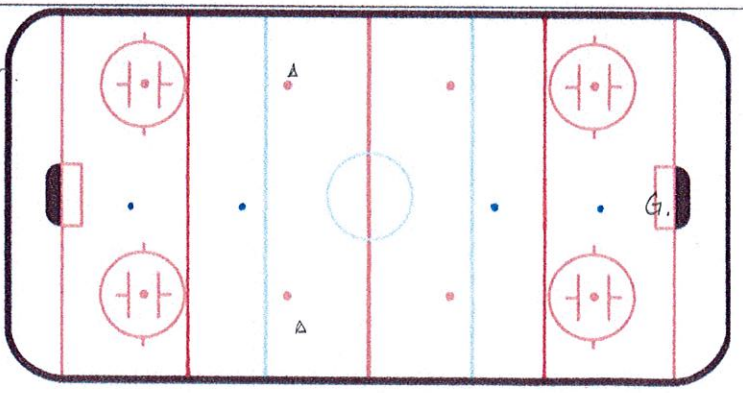
- X1 skates w/ ring & passes to X2, continues to skate around X2, receives pass back & goes in to shoot
- X3 then passes to X2, X2 goes in to shoot
- X3 replaces X2
- X1 goes to X3, X3 to X2, X2 goes to X1



alternate corners

Drill: Breakout -> 3v2 Length: 10-15 min

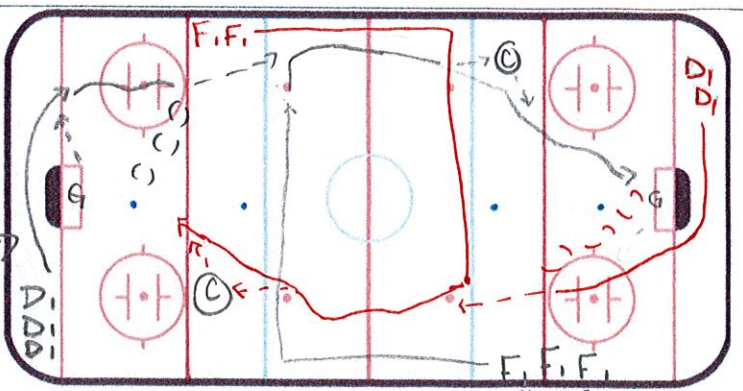
- pylon to remind of where to bounce pass over blue line



Drill: 3 person weave Length: 10 min

1v1 Break

- start w/ goalie ring, pass to D1
- F1 from opposite side breaks up & across blue line. Receives pass from D1
- F1 takes ring back, give & go w/ C over blue line
- D1 plays defense against the other fwd who received ring from other D1



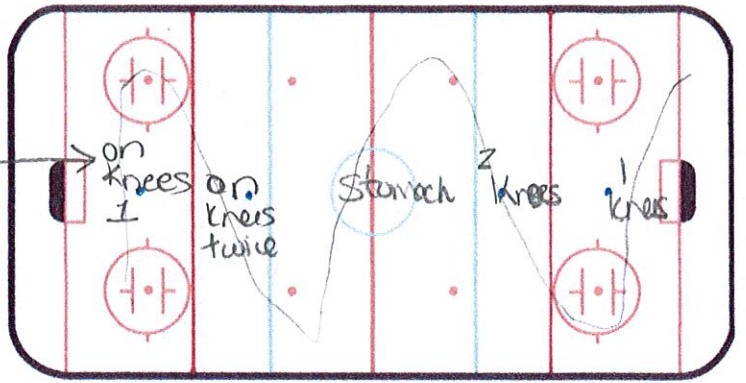
Practice Date: Jan 7/22
 Practice Plan: Full Ice

Drill: Warm Up Length: 10

- Transitions.

- Tight turns at ring

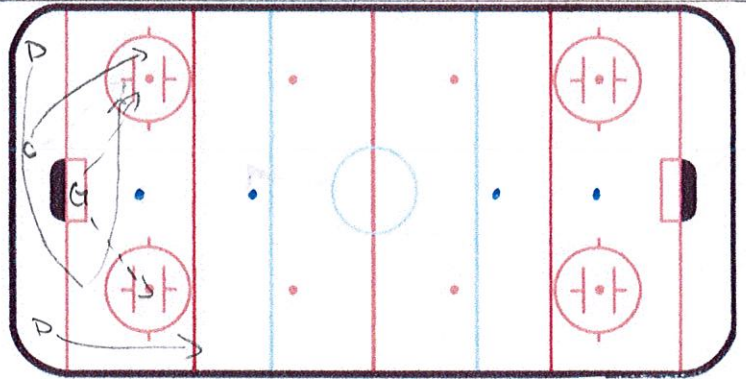
- Turkey Mtn; Fwd then Bkd back.



Drill: Breakout w/ centre move Length: 10 min



3 v 2 back.



Drill: Shooting/ On Fly Length: 15 min

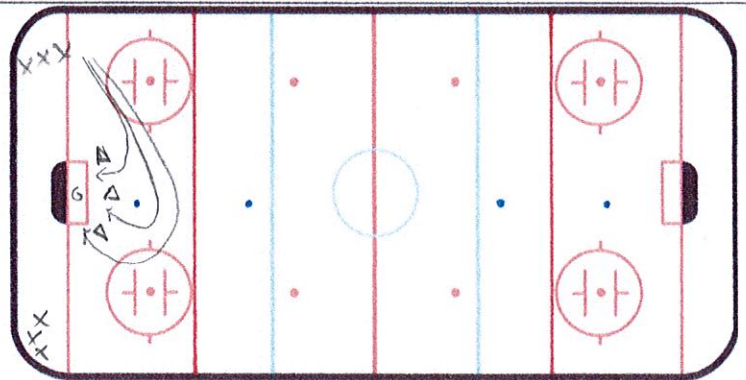
- 5 min wrist shots on boards.

- Shooting lanes

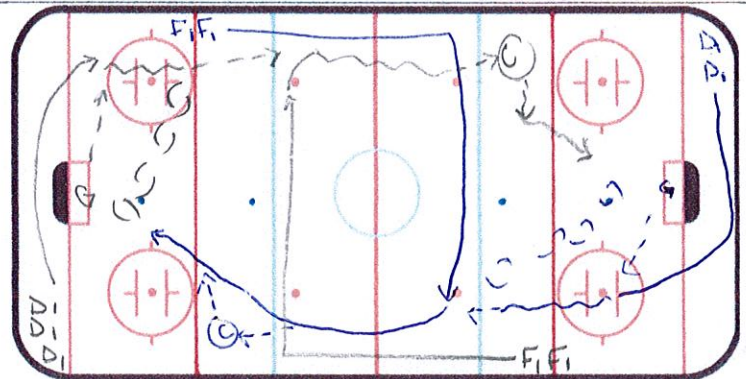
- leave at same time

- take shot, stop in front of net for rebound

- alternate sides



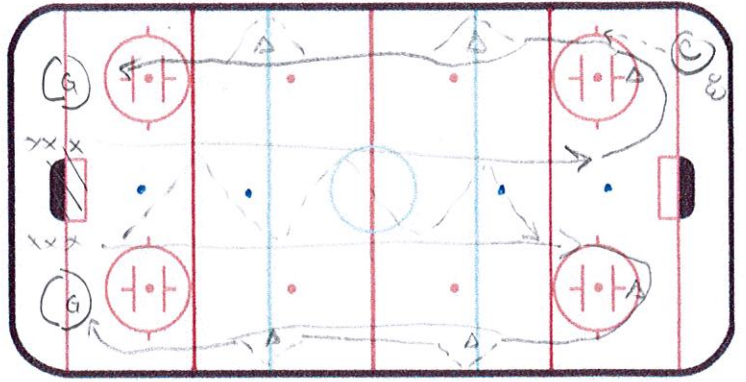
Drill: 1v1 Break Length: 15 min



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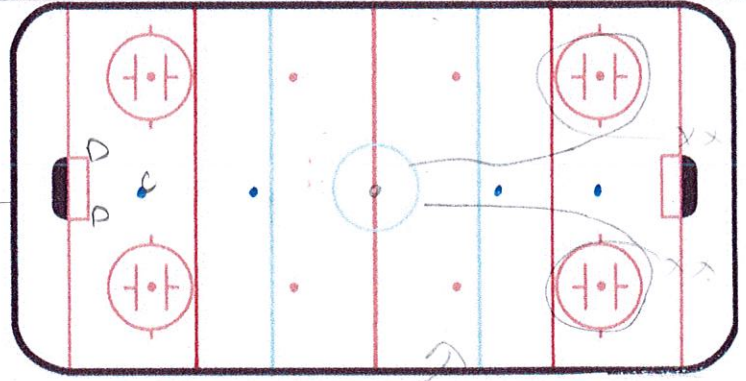
- World Cup.

Drill: Continuous Passing Length: 5min
Warmup

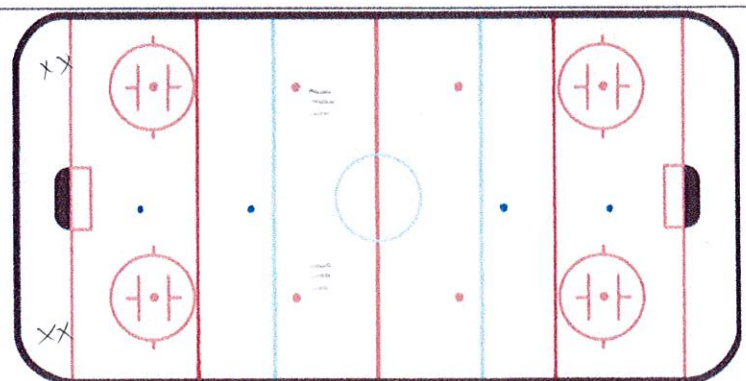


Drill: Breakout (w/ pressure) Length: 10min

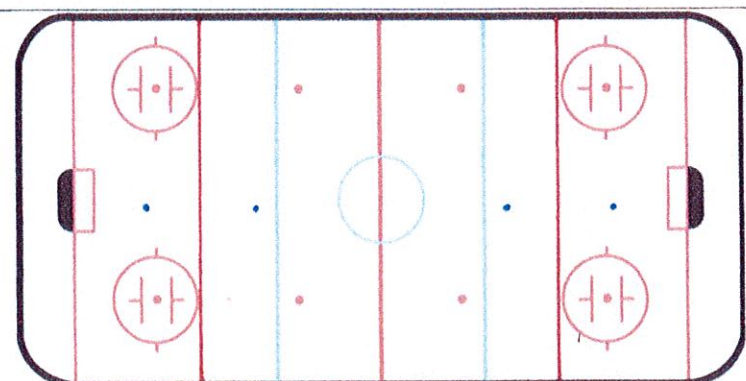
Full Ice Ring Race



Drill: Quick Starts/ Length: 10min
Queen's corner



Drill: L & A Length: _____

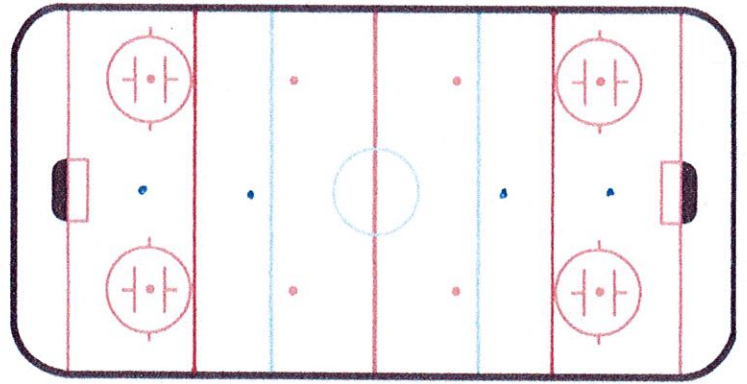


Goalie

Practice Date: Jan 19.
Practice Plan Full Ice

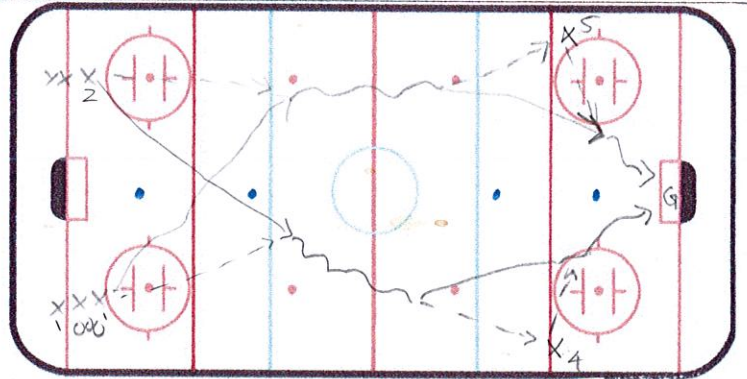
Drill: Warm up Length: 10

- circles
- tight turns
- knees
- TM



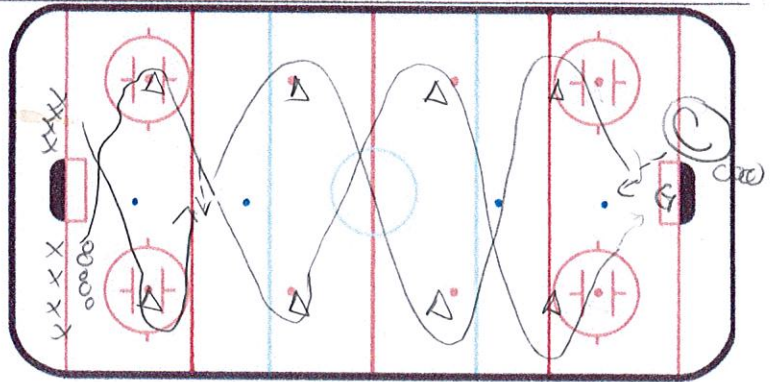
Drill: Passing & Receiving Length: 10min

- X₁ has ring
- X₂ skates across blue line & receives pass from X₁
- X₂ skates w/ ring & passes to X₄
- Receives pass back from X₄ & shoots on net.



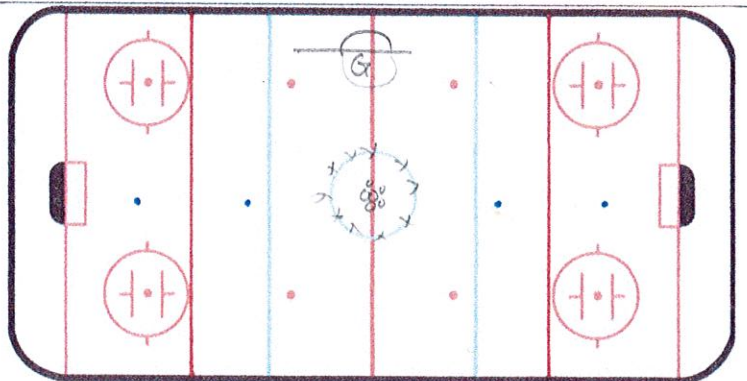
Drill: 8 Pylon Pass Length: 10min

- At end, coach passes to player w/ ring
- Both players shoot on net.



Drill: World Cup Length: 10min

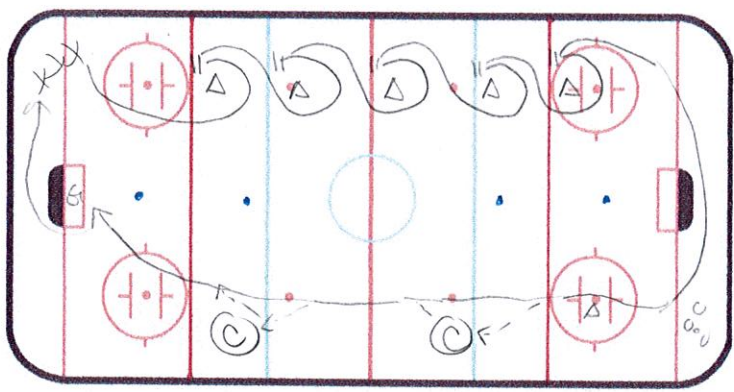
- Partners
- 1 ring less than # of pairs
- on whistle, players battle for rings
- team w/ ring has to try to steal from another team
- 1 pass before shooting



Shootout Poker.

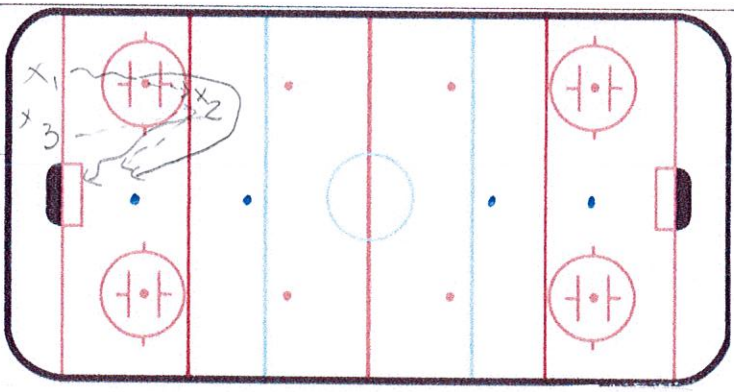
Drill: Warmup Length: 10min

30 sec. drill



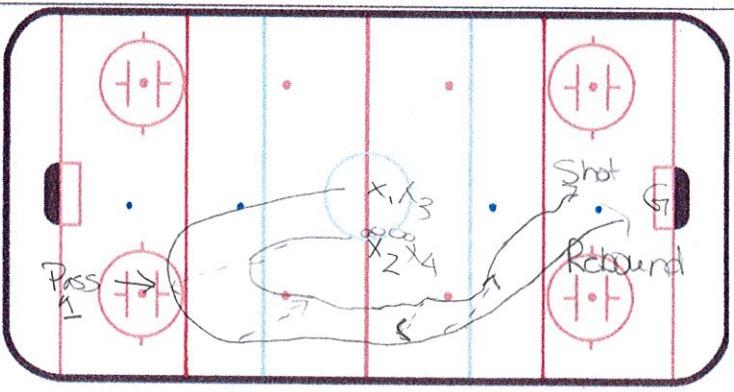
Drill: Breakout Length: 10min

- Drill: Passing & Shoot (engage D) 10min
- X₁ - X₂ exit & re-entry gate & go
 - X₃ - X₂ drop pass



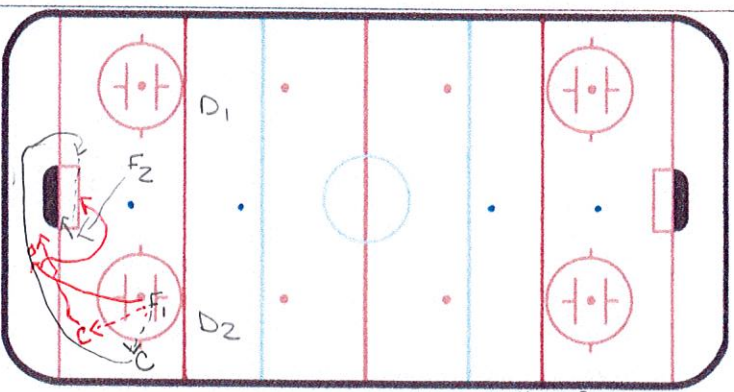
Drill: Finland Length: 10min

- X₂ passes to X₁
- X₁ passes back to X₂
- X₂ back passes to X₁
- X₁ passes to X₂ after X₂ crosses blue line
- X₂ shoots
- X₁ rebound.



Drill: Offensive Zone Length: _____

- ① - C ^{Free Ring} skates behind net to make cross crease pass
- ② - E starts lower on circle, skates towards back of net, F₂ follows C & receives drop pass, cuts to net & shoots

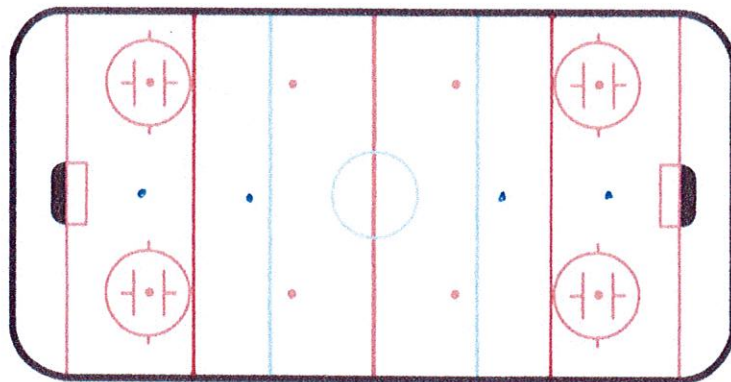


- Drill: Scrimmage
- Centre ice pass & "W"
 - A

Shootout Poker. Last 10min

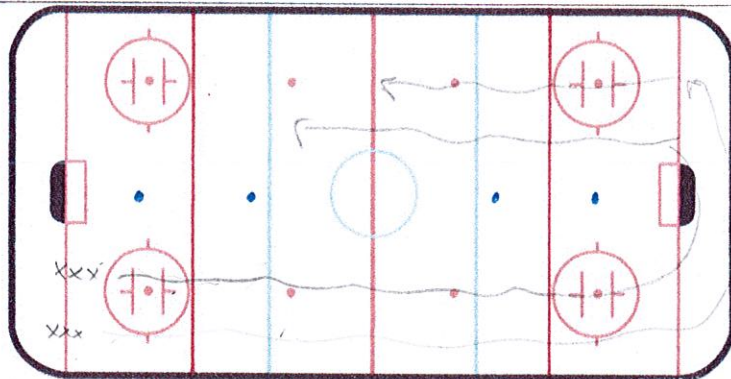
Drill: Warmup _____ Length: 10

- crossovers
- tight turns
- stops w/ 3 quick
- 3 player weave



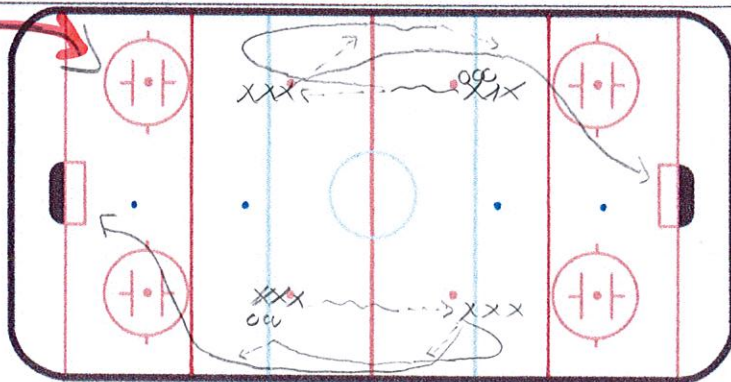
Drill: Stick side, hip side checking. _____ Length: _____

- Skate alongside opponent, checking.
- if you gain control of the ring, you become the ring carrier, & the other person skates & checks.



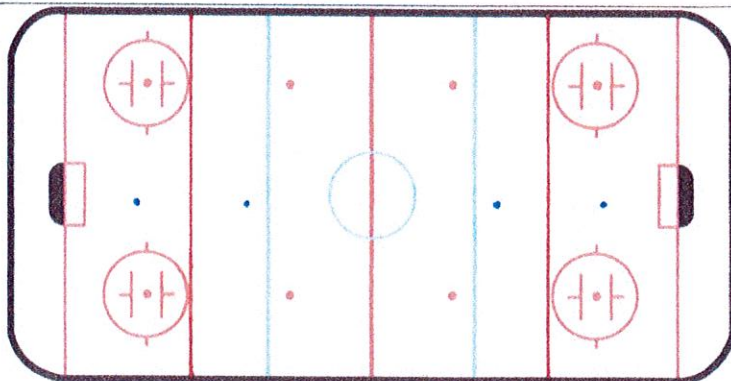
Drill: ~~Passing Box~~ Breakout _____ Length: _____

- D/C can make an extra loop if no fwd is open
- * 2nd D must be last person back.
- Quinn review C ring toss.



Drill: Play review _____ Length: _____

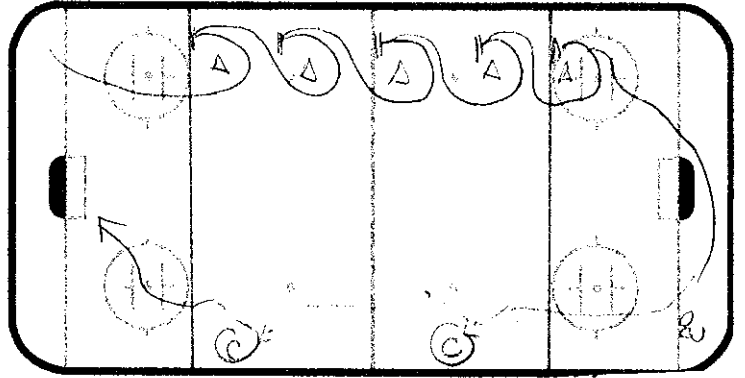
- ↳ Ring & Stick.
- 2 groups at opposite end of ice.



Shootout Poker

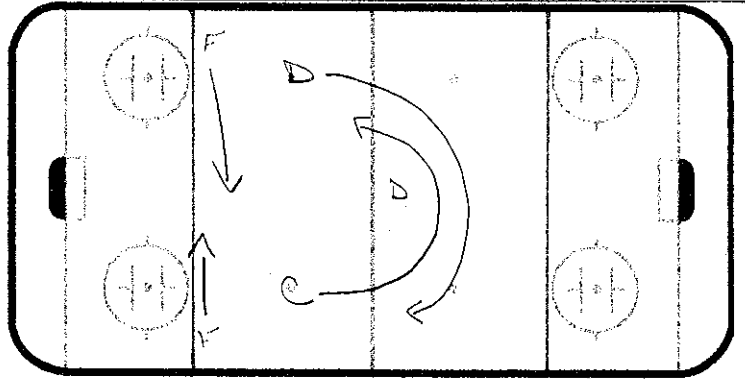
Drill: Warmup Length: _____

TM F & B kwd.

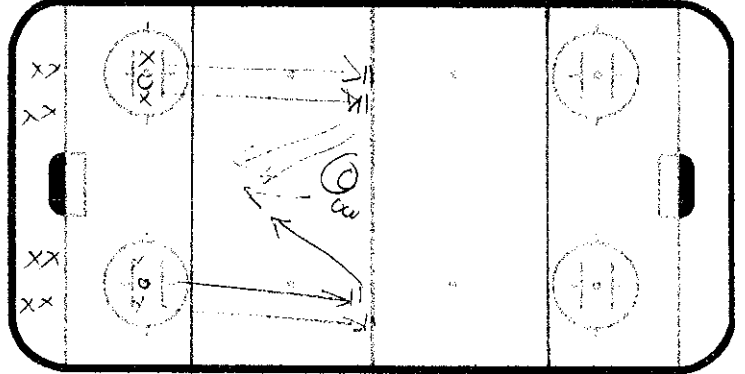


Drill: Centre Ice Play Length: _____

Breakout

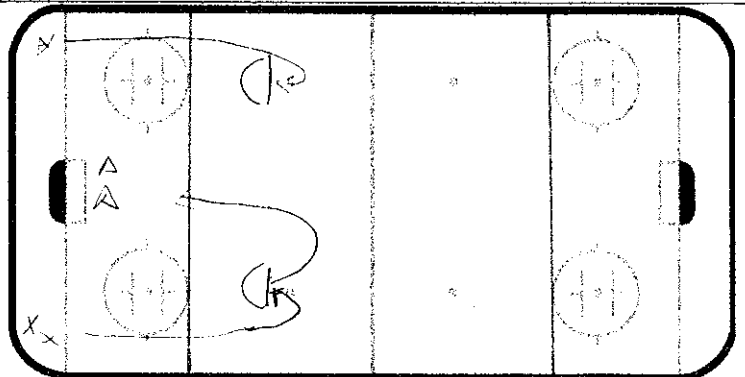


Drill: Battle Drill Length: _____



Drill: Dig out of Net Length: _____

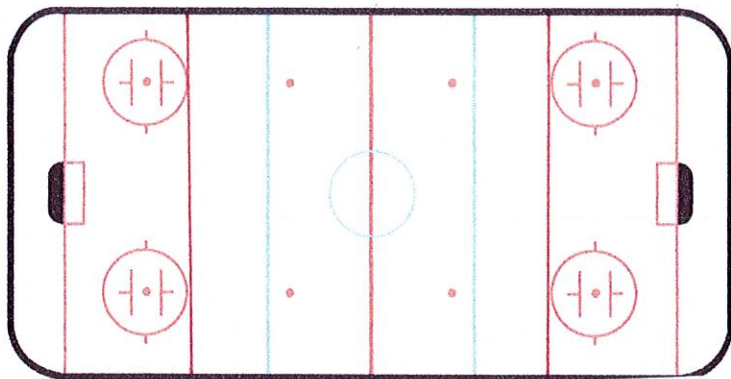
Scout out shot



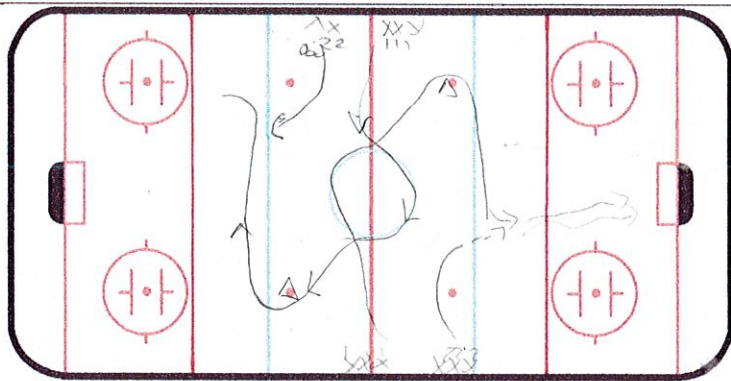
Drill: Warmup Length: 15min

- all rings.
- crossovers.
- pivots.
- tight turns
- stops w/ 3 quick stops.

Shockey mtn

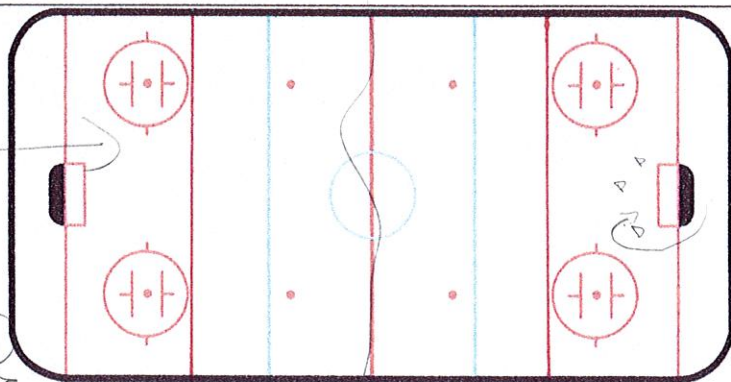


Drill: Fast Feet Neutral Zone Length: 10min



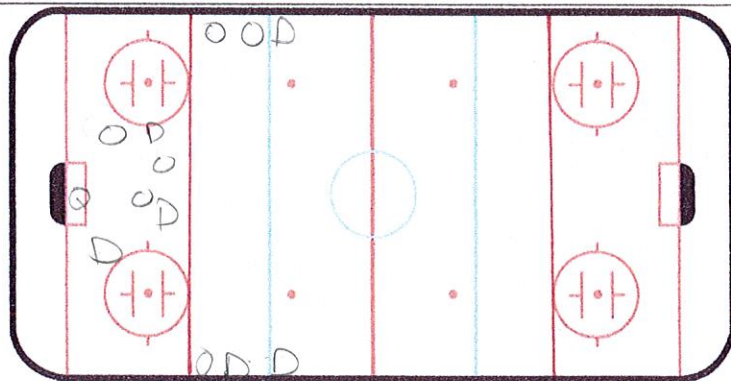
Drill: Skating & checking (leaning in) Length: 10min

- Cutting behind net
- ↳ quick release (from either side)
- ↳ if time, add in other teammates to make cross-check pass or shoot.



5 min Breakout to 3 on 2 5 min:
 Drill: 3 on 3 Length: 10min

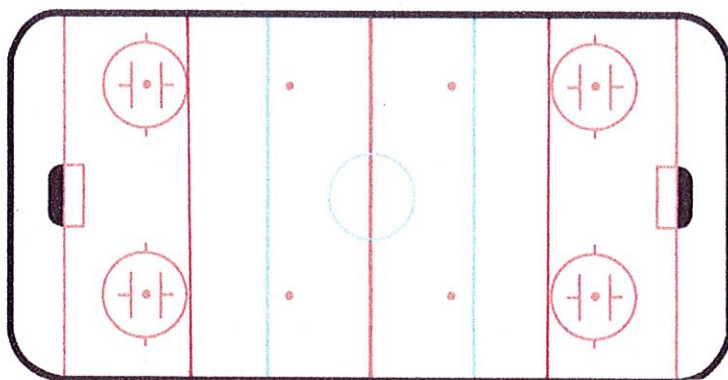
- Defending team is trying to get the ring to their 3 teammates on the boards to activate their chance for offense
- Offensive team's object is to score



Rainbow Sparkle 5min

Drill: Warmup _____ Length: _____

- crossover ^{→ fwd & bkd} powerskating (straight down ice)
- skate circles
- lung core.

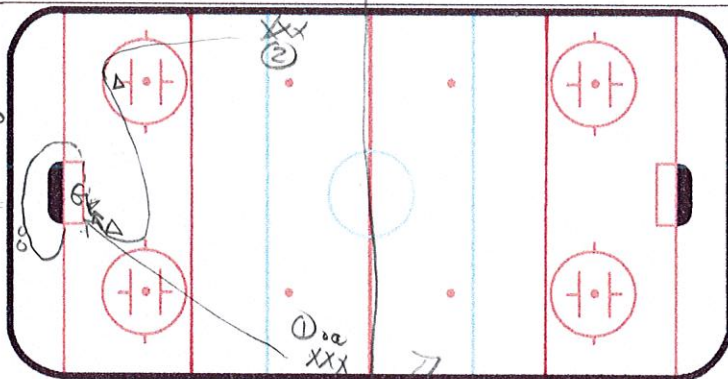


Rainbow Sparkle

Drill: Cross crease pass. _____ Length: 10min

- X₁ skates w/ ring, shot on net
- peels off & picks up ring on boards
- skates behind net & sends cross crease pass to X₂
- X₁ wait for rebounds

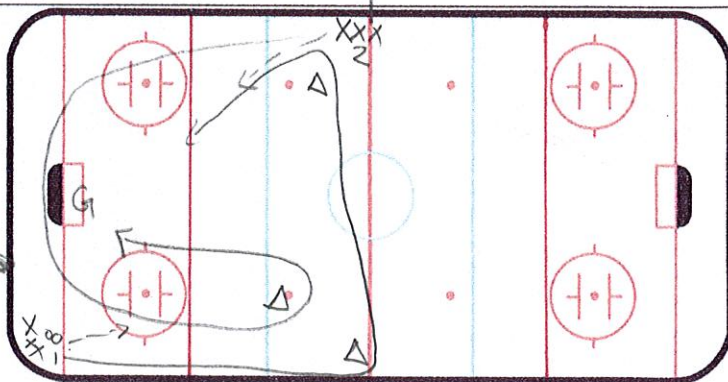
2 v 1 small area battles



Drill: Breakout → 3 on 2 _____ Length: 5

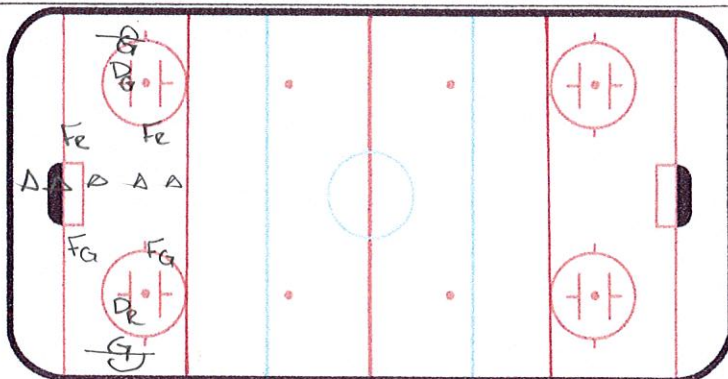
- D as safety if no fwd to pass to

Stick to Stick Passing



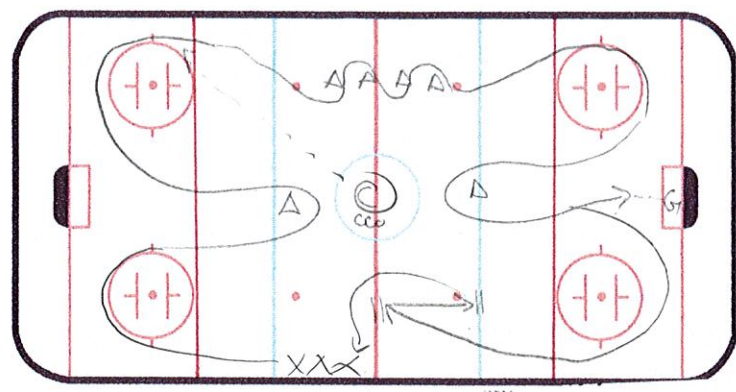
Drill: 2 v 1 Mini-Game _____ Length: 10min

- objective score on opponent's net.
- When D (Red D) gets ring, she must pass it to teammate F (Red F) on opposite half of ice.
- Players stay on their side of ice.
- Only ring crosses dotted line



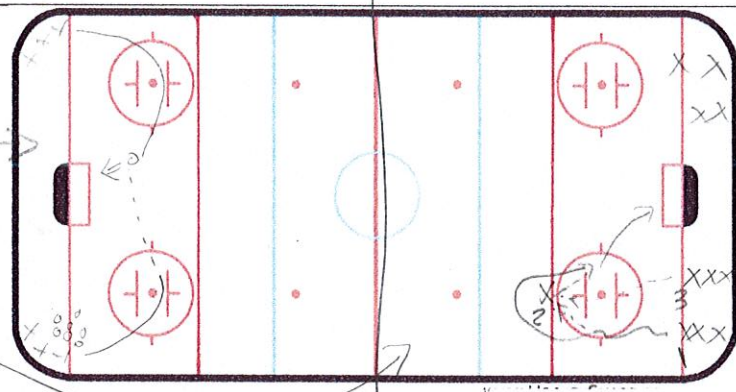
- ↳ find open teammate (D)
- ↳ get open (F)
- ↳ move ring quickly
- ↳ forechecking to take away space
- ↳ make contact

Drill: Warm Up Length: 5min



Army crawl / core balance

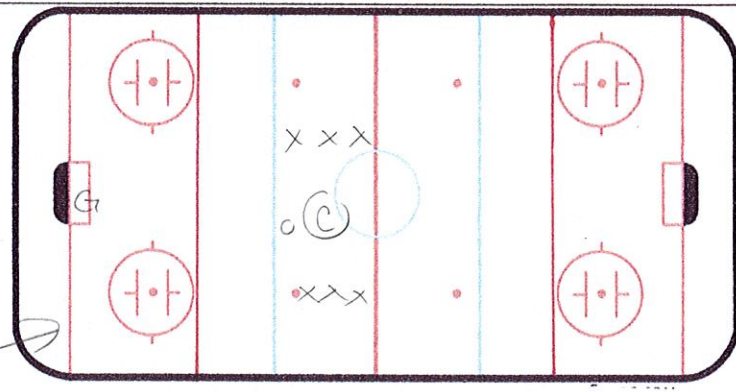
Drill: Quick shot in slot Length: 20min



Passing & shoot.

- X1 - X2 - exit & re-entry give & go
- X3 - X2 drop pass.

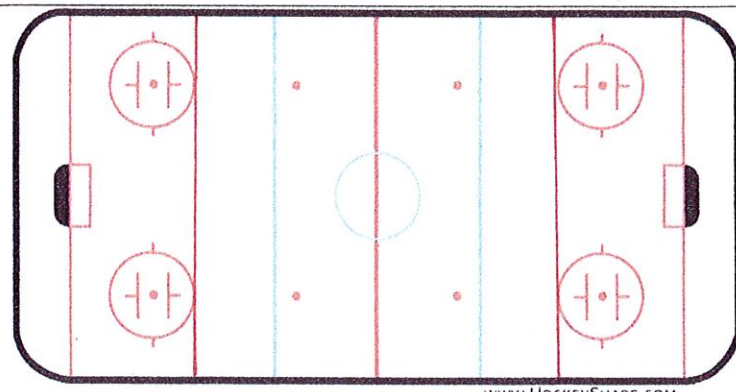
Drill: 3 person weave Length: 5min



Battle Drill

10min

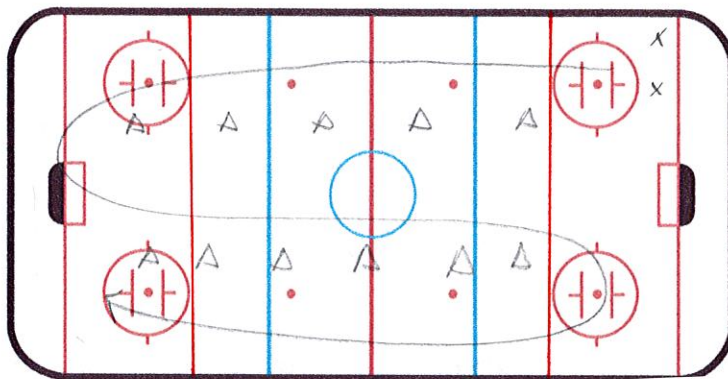
Drill: World Cup Length: 5min



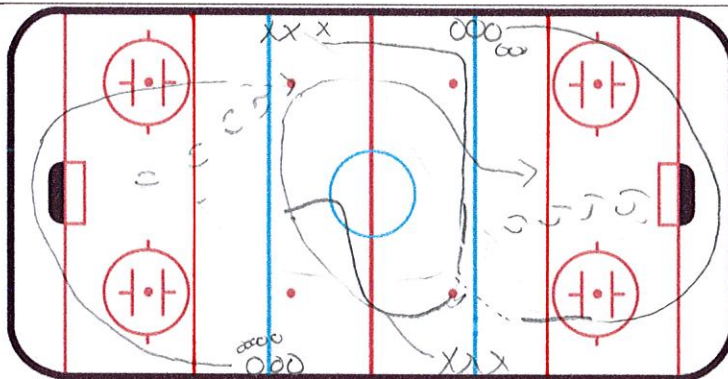
Drill: Warm Up Length: 10min

Pairs passing

Warm up Rapid Shot



Drill: 1v1 Length: 10min



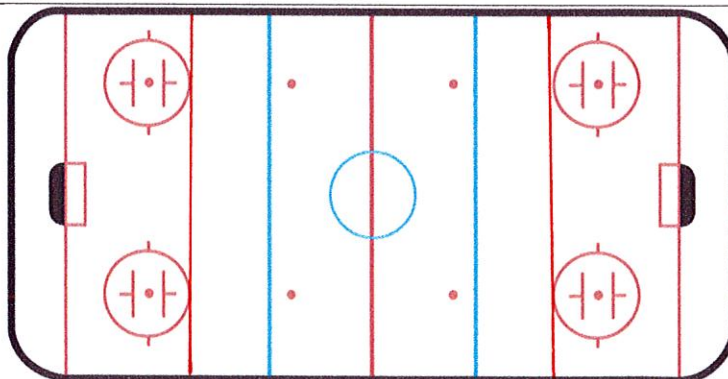
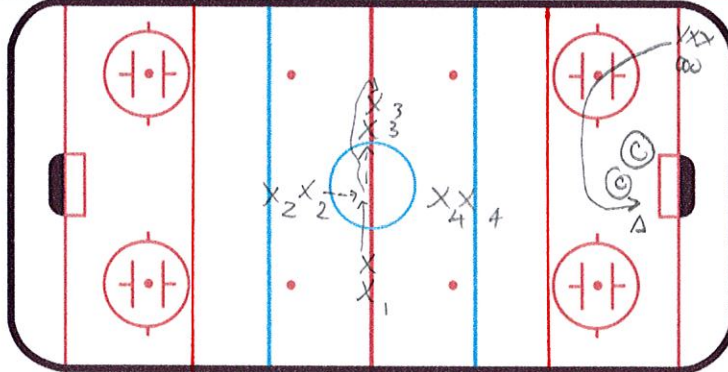
Drill: Shot into Δ Length: 10min

Circle Pass.

- X₁ skates to middle of circle, pass from X₂,
- X₁ then passes to X₃ + goes into X₃ line,
- X₃ does same thing w/ pass from X₄

- Then X₂ + X₄ go
[- Switch to receive pass from right side)

Drill: Player Game Length: _____

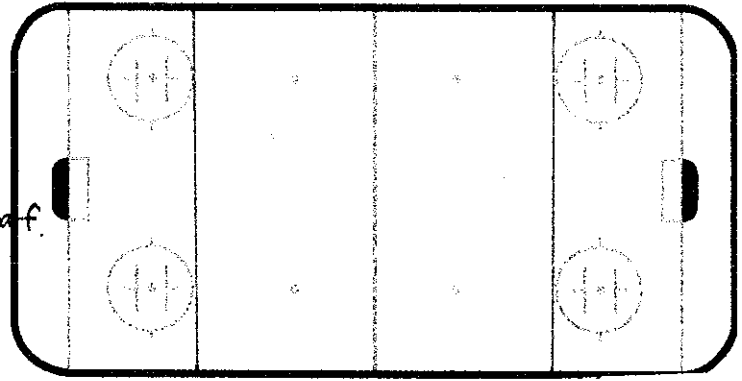


- Line up.

Drill: Warm Up Length: 5min

- 1st 2 circles crossovers.
- Middle - end pivot on circles
- Tight turns 1st half of ice, stops 2nd half.

Breakout → 3 on 2 (in lineups) 10min

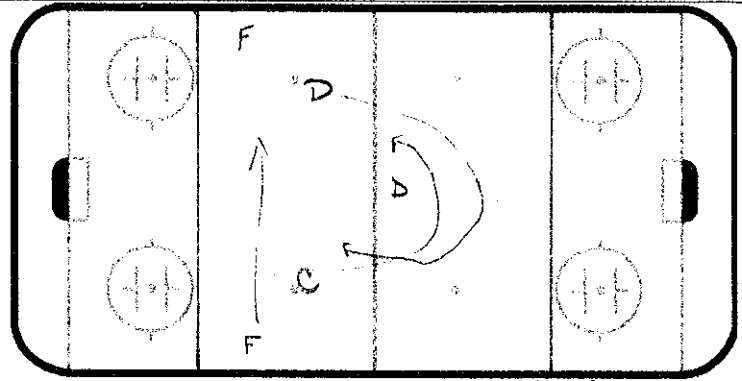


Drill: Review Centre Ice Length: 5min

Free Pass.

* Send ring fwd

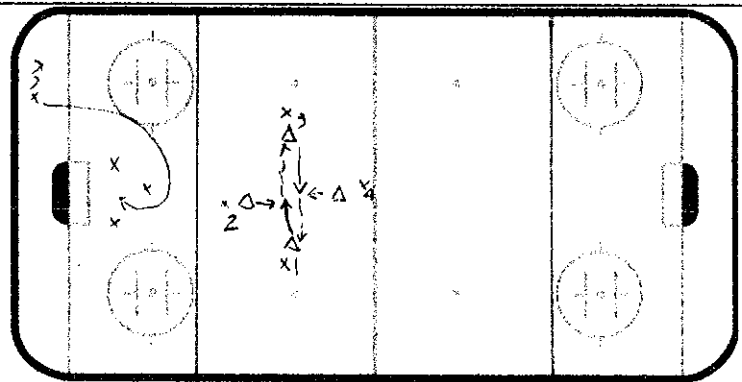
- Full Ice Ring race
- Crossovers turn outwards to ring at centre ice



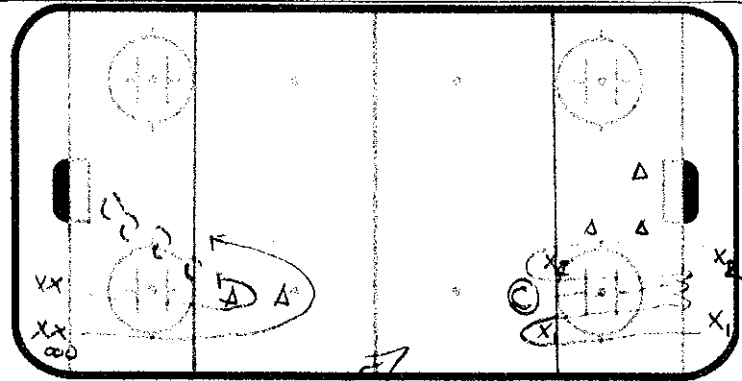
Drill: A & shot into A Length: 10min

(Same drill as Sunday out w/ 3 players in A)

Circle Pass. Switch 10min



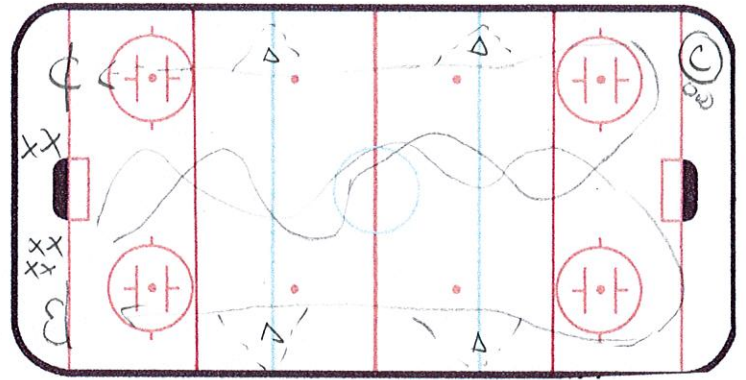
Drill: Gap control Length: _____



Turkey Trot

- Battle Drill
- Players on boards skate up into tight turn around partner
- Coach passes ring into boards
- Once hit players touch ring, top players join to skycut 2v2.

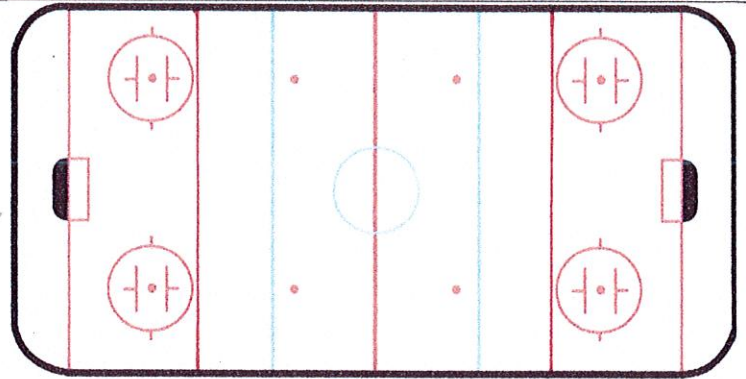
Drill: Warm Up Length: 5min



Drill: Centre Ice Free Pass Length: 10min

D - tight to circle
C - outside.

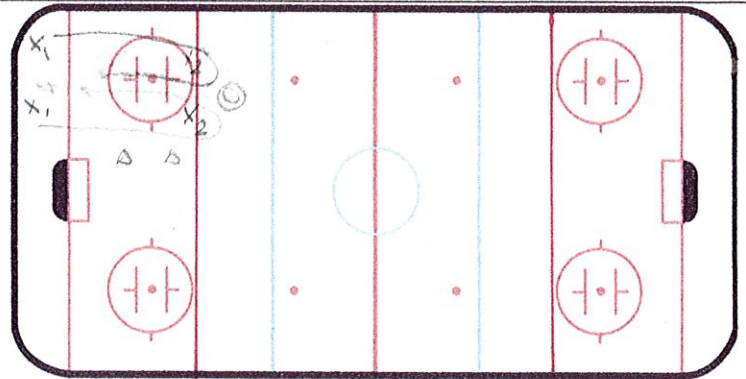
Defensive centre ice ring 5m



Drill: Turkey Mtn.

Drill: Battle Drill Choth Length: 10m

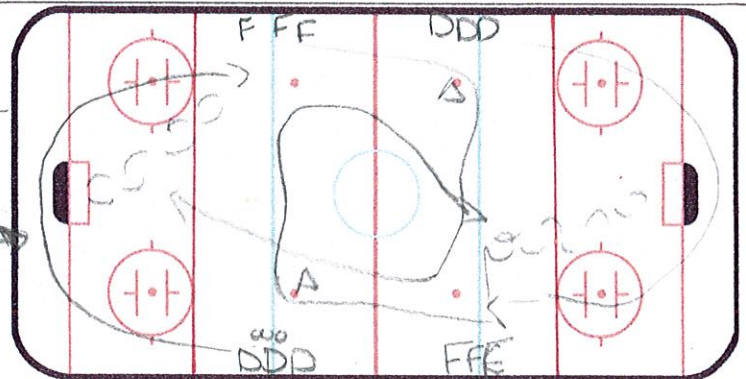
- X1 skates up, tight turn around Partner (X2)
- Coach passing ring into boards.
- Once 1st player touches ring, X2 joins the play to 2v2.



Drill: Breakout to 3on2 Length: 10m

Offensive Free Ring Plays. 5m

1 v 1



Shootout Poker

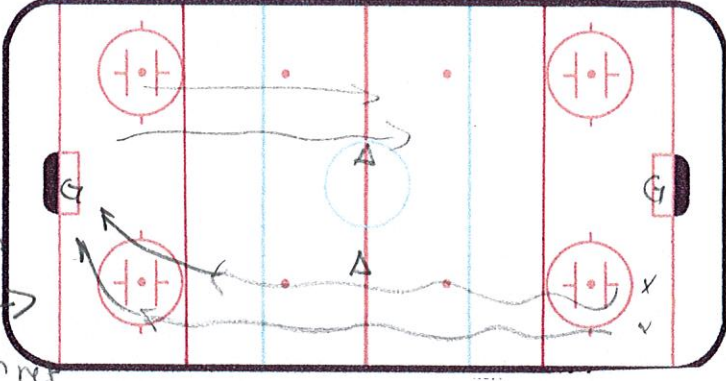
- Powerplay / pull goalie
 - 5 on ring
 - 1 D back
 - 2 getting open

Practice Date: Feb 27/23
 Practice Plan

~~Powerplay / pull goalie~~

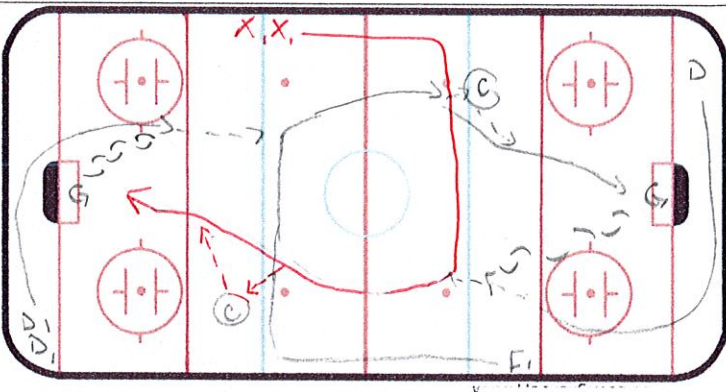
Drill: Warm Up Length: 5min

W/ ring; crossovers x2 circles, pivots, back along boards, coach pass at blue lines, tight turns (protect ring).

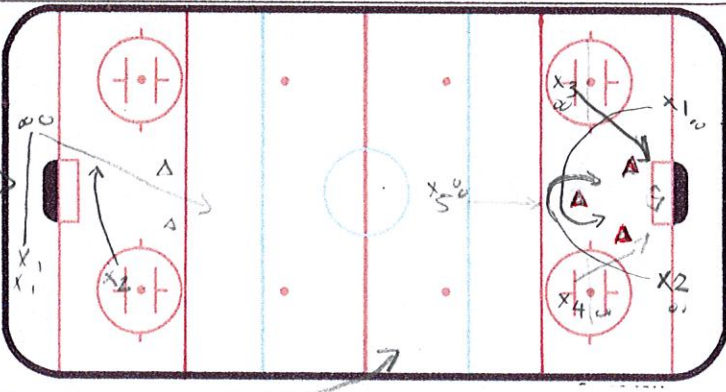


Drill: Open Ice checking & pressure on stick 10min

↳ no keep away by ring carrier, shot on net.
 - If successful, switch checker/ring carrier



Drill: Cutting Length: 10min

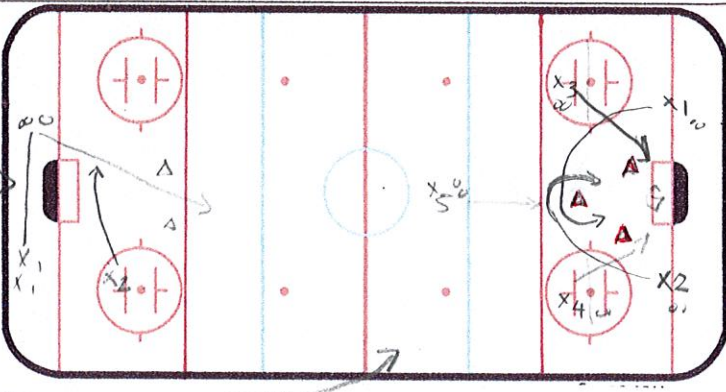


Drill: Ring protection Length: 5-8min

- X1 & X2 leave at same time
 - X1 skates out to pylons, protecting the ring
 - X2 is trying to check.

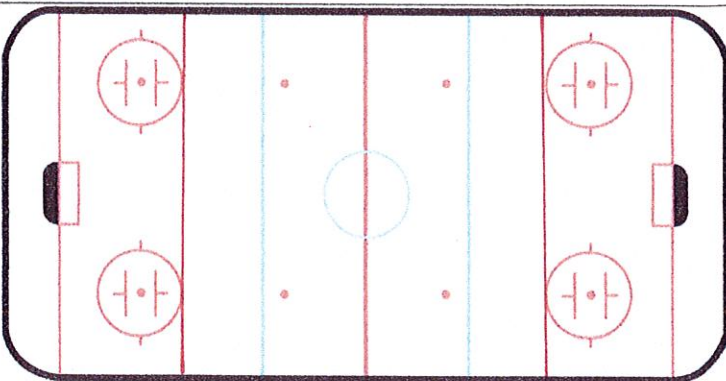
Shooting Star.

- Delay for Goretta to reset blw shots



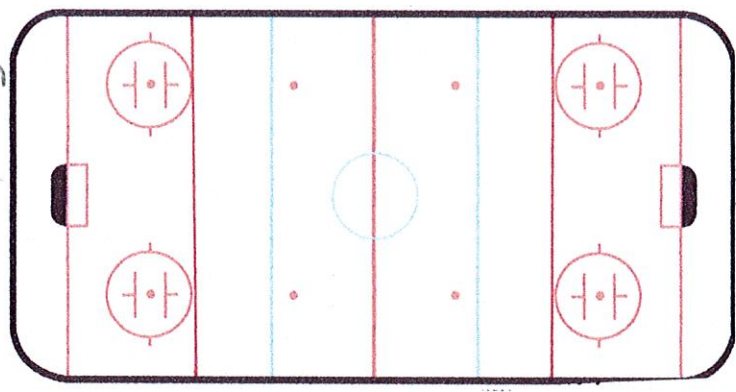
Drill: Scrimmage Length: 15min

- Pull goalie



Drill: Warm up Length: 15min

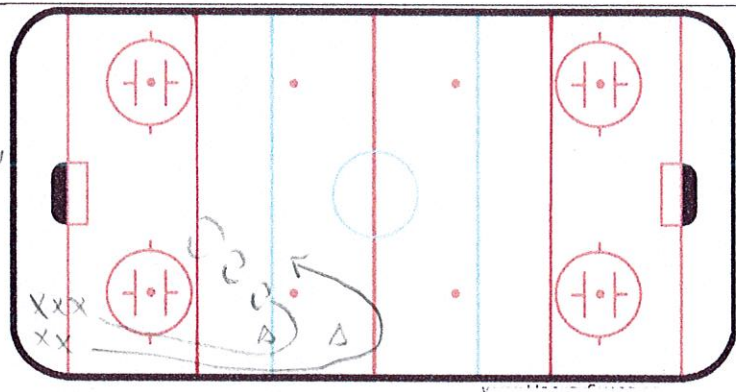
Open Ice checking



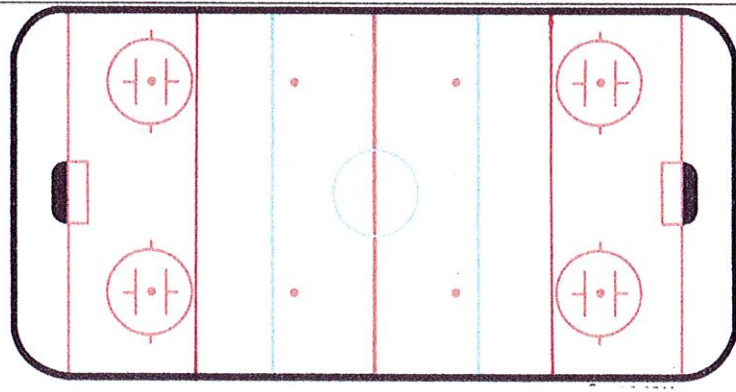
Drill: Breakout -> 3 on 2 Length: 5min

Drill: 1 v 1

10min

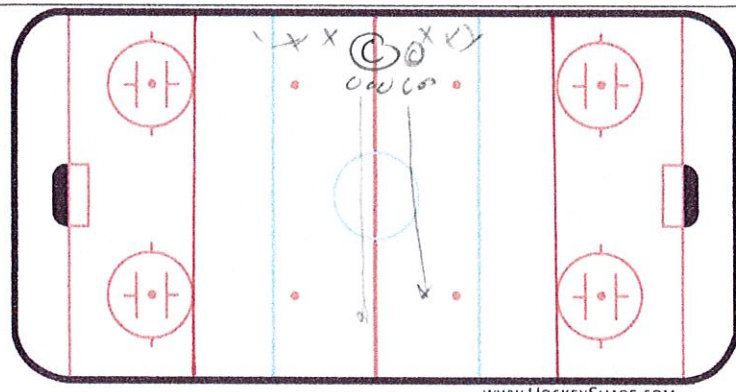


Drill: Battle drill Length: 10



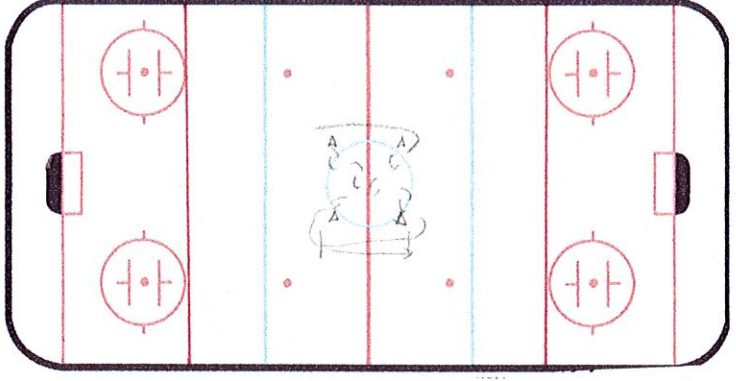
Drill: Kentucky Derby Length: 10

- 3 players/side
- 3 touches/team
- 2 teams racing against each other.
- 1st team to score a goal & race back over center line wins



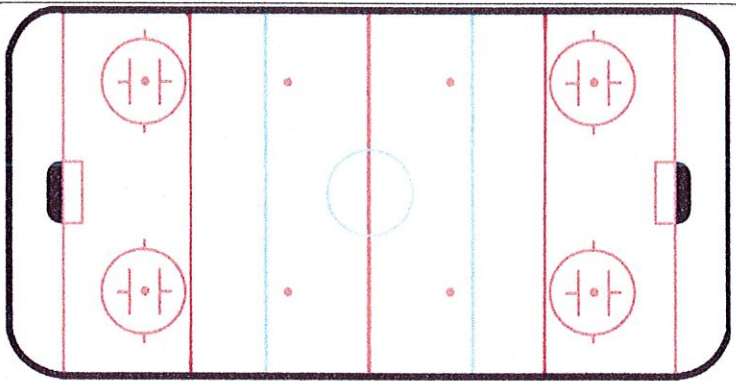
Shoetout.

Drill: Warm Up. Length: 5min



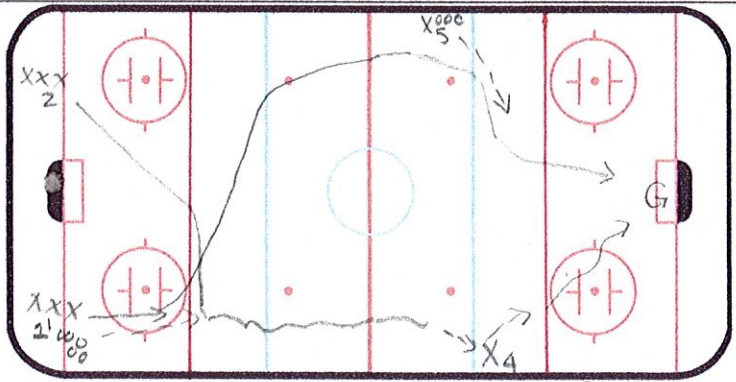
Butterfly (U A drill)
↳ 3 groups

Drill: Breakout. → 3 on 2. Length: 10min



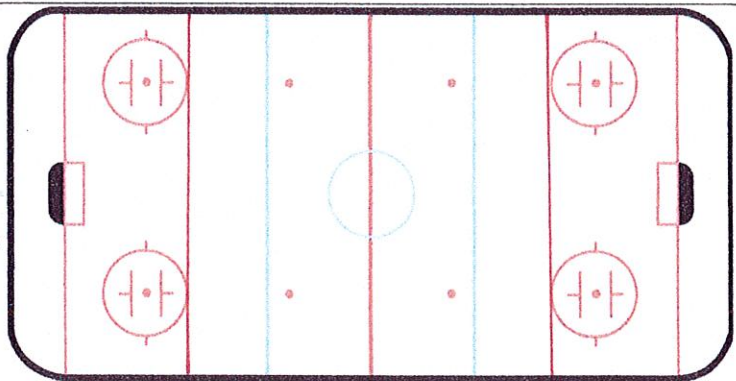
Shooting in Δ 10min

Drill: Passing & Receiving Length: 10min



8 Pylon Pass x1
x1

Drill: Open Ice Checking Length: 5min



World Cup. 10min