

# Practice Plan

Team: Skills session 2 Atom

Practice No.: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Duration: 1 hour

Version No.: \_\_\_\_\_

Prepared by: OMHA

## Objectives / Main tasks :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

### Categories

Warm up

Drill Title : Warm-up

Skating

Components : \_\_\_\_\_

### Content elements :

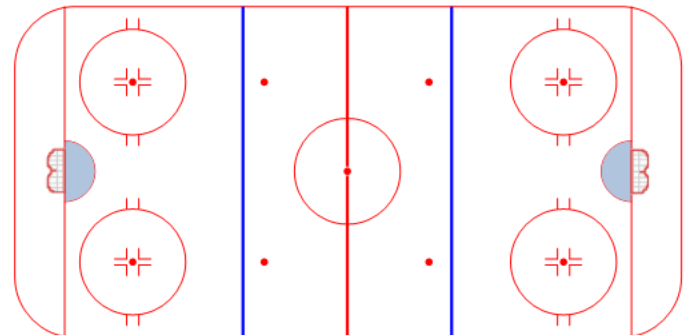
#### Description

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

NO PUCKS ASSISTANT PUT ON TUTORS OR TAKE SHOTS ON GOALIES

Need to be done in 8 minutes.

#### Key Points



Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

### Categories

mohawk pivot

Drill Title : mohawk pivot quick hands

quick hands

Components : \_\_\_\_\_

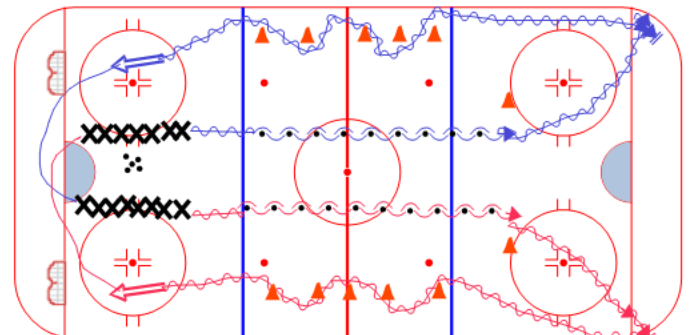
### Content elements :

#### Description

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

5 minutes with straight pylons then 5 minutes with staggered pylons

#### Key Points



Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

**Categories**

INDIVIDUAL SKILLS:PLAYERS

Drill Title : skills sessions

Edge/Puck Control

Components : \_\_\_\_\_

Content elements :

**Description**

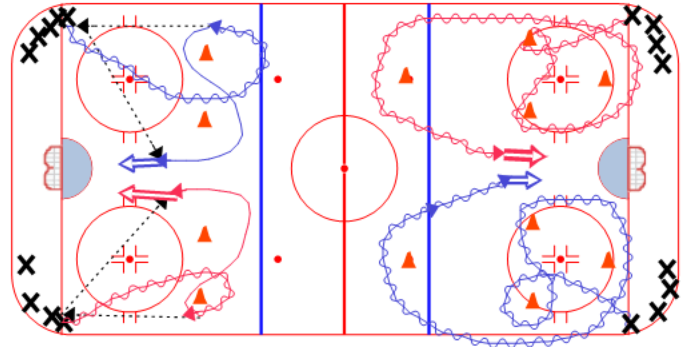
end one, simple around cone pass to corner get puck back shoot. switch lines alternate sides and switch lines

other end skate pattern and shoot. make sure they switch lines, half way have them face up the ice.

71/2 MINUTES AT EACH END

**Key Points**

Four empty rectangular boxes for key points.



Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

**Categories**

passing

Drill Title : skills evaluation passing

shooting

Components : \_\_\_\_\_

Content elements :

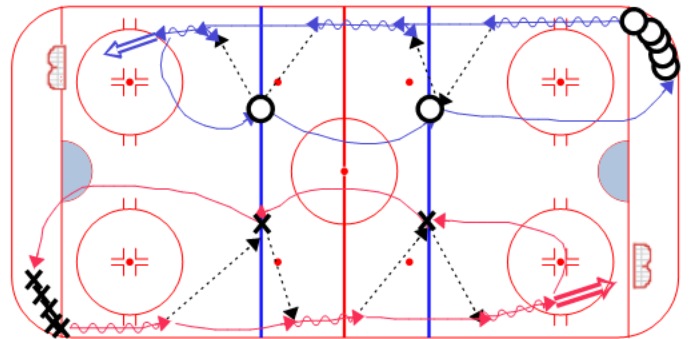
**Description**

Move nets to simplify it. players skates passes to player gets it back then passes to next player and stakes shot. players then replace player and work back to their original line.

5 minutes then swap corners and move nets so they have to receive the other way. 5 more minutes

**Key Points**

Four empty rectangular boxes for key points.



Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

**Categories**

1 on 1's

Drill Title : 1 on 1's

1 on 1's

Components : \_\_\_\_\_

Content elements :

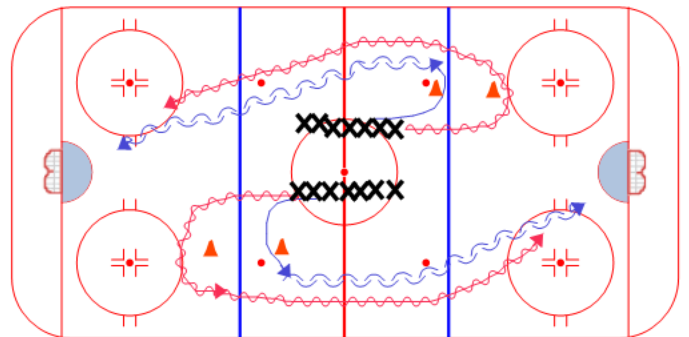
**Description**

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

5 MINUTES each side. COVID Friendly. play ends when the 1 on 1 is broken up.

**Key Points**

Four empty rectangular boxes for key points.



Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

**Categories**

skating

racing

**Drill Title :** starts and stops race

**Components :** \_\_\_\_\_

**Content elements :** \_\_\_\_\_

**Description**

hard to red line STOP back to Blue line  
STOP Race for Puck  
at half way player goes forward to red  
backwards to Blue. Race for Puck.

COVID Friendly, let winner take shot  
loser can play the rebound if any. no  
battling if close.

**Key Points**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

