



Practice Plan

Team: Skills session 1 Midget and Fem

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 : _____

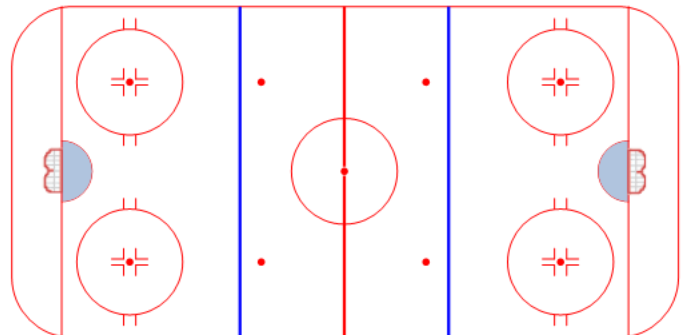
Description

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 : _____

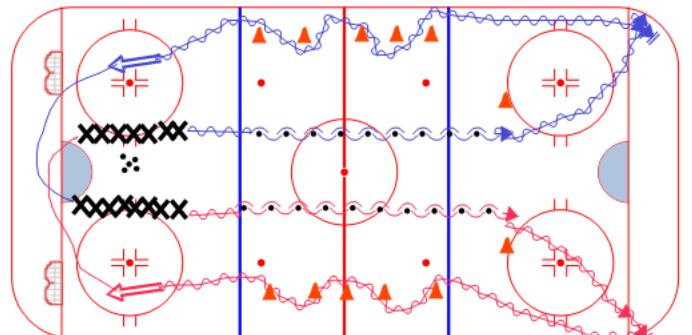
Content elements : _____

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

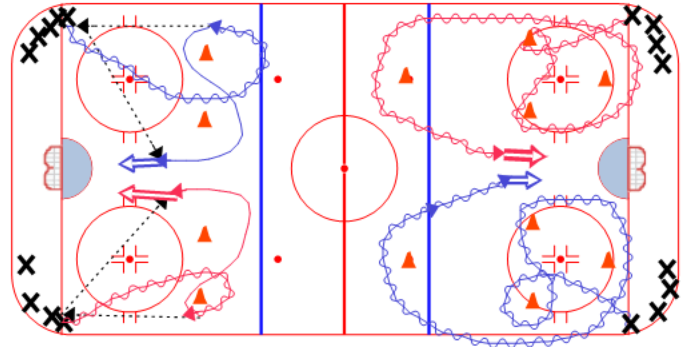
end one, simple around cone pass to corner get puck back shoot. switch lines alternate sides and switch lines

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 :

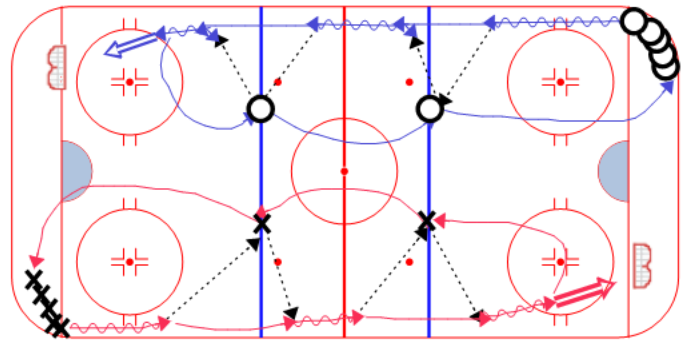
Description

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

Drill Title : Circle 1 on 1

quick feet

Components : _____

Content elements :

Description

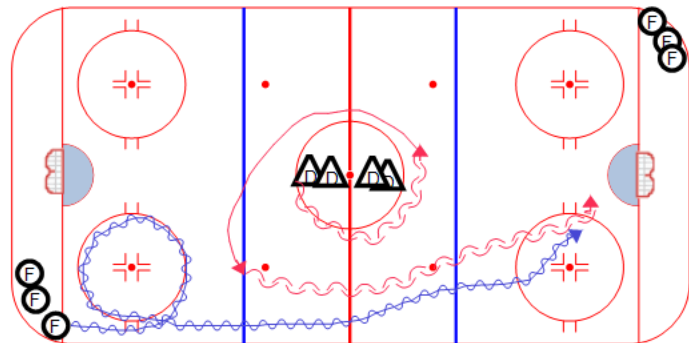
both corners. on whistle forward goes around circle with puck and heads on a 1 (2) on 1. at the same time the Defense goes around the circle but always facing the forward. he then takes the forward on a 1 on 1 or 2 on 1

5 MINUTES EACH SIDE. half 1 on 1 and half 2 on 1's

COVID friendly, play is over when 1 on 1 or 2 on 1 is broken up. no battles for rebounds or in corners

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

