



Practice Plan

Team: Skills session 2 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 : _____

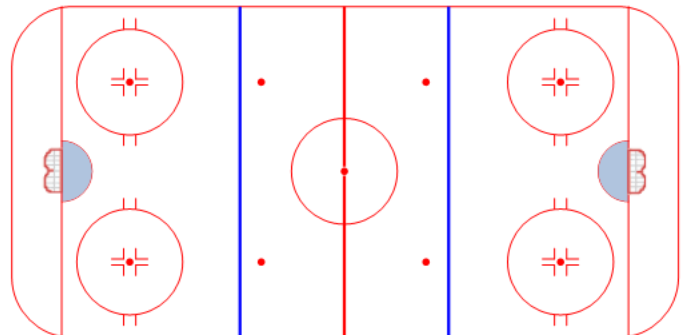
Description

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

Puck Handling

Drill Title : Nemeth puck control shooting

turning

Components : _____

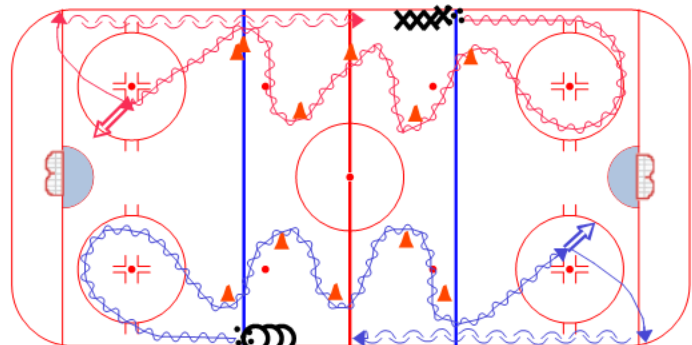
Content elements : _____

Description

Skate pattern as shown and then hurry to corner and skate backwards to center and return to line. gets lots of kids going and works on lots of skills

5 MINUTES each way for 10 Minutes

Key Points



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

Title : 2 on 0 then 3 on 0 puck movement Category #1 : Category #2 :

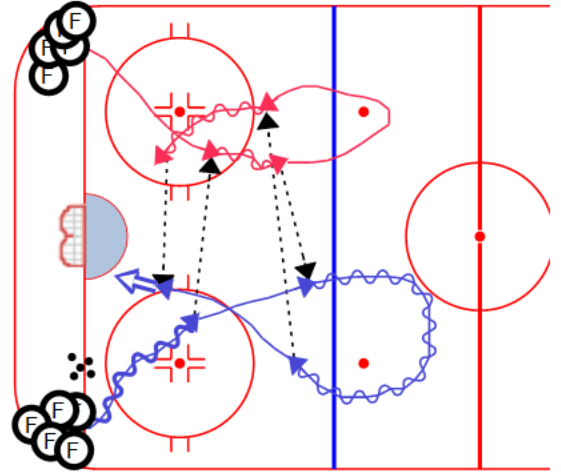
Description

FORWARDS

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

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

4 MINUTES 2-0 and 4 MINUTES 3-0



Key points:

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

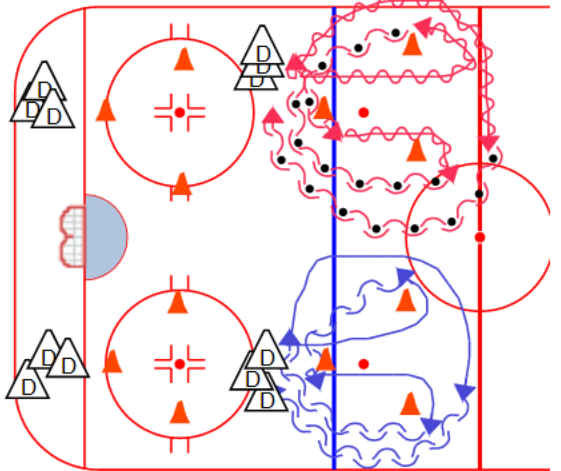
Title : D rules agility Category #1 : Category #2 :

Description

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

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

4 MINUTES without pucks and 4 MINUTES with pucks



Key points:

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

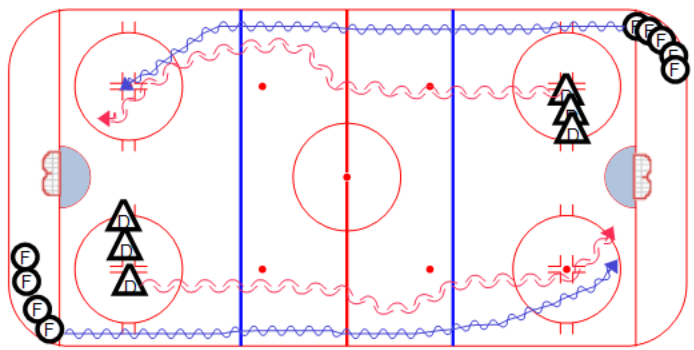
Categories **Drill Title :** Original Olympic 1 on 1
 Components : _____

Content elements : _____

Description

basic on whistle D man leaves and forwards leave. D must start and stay backwards and cant attack forward until red line. Forwards have to stay wide and on boards to the red line. move the starting points to make easier or harder. play both positions
 COVID friendly. it is more about the speed to the Red Line than the one on one. Play is dead when 1 on 1 is broken up

Key Points



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

Categories

2 on 1

passing

Drill Title : skills evaluation 2 on 1 Pee wee Bantam

Components : _____

Content elements : _____

Description

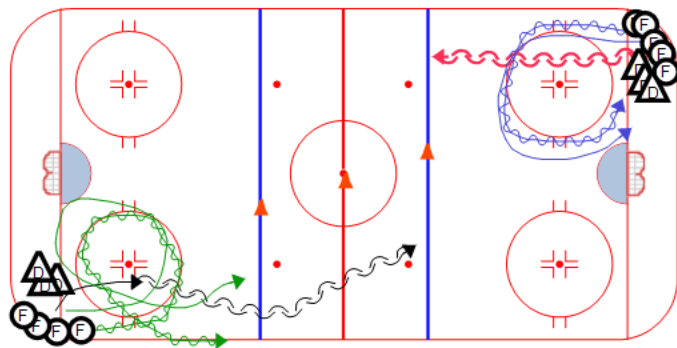
Pretty simple, 1st 2 forwards take puck and go around circle. when the players are 3/4 of the way around the D man starts and plays the 2 on 1 down the ice.

5 MINUTES each side

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

Key Points

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

Categories

Stick Handling

race

Drill Title : stick handling then race

Components : _____

Content elements : _____

Description

4 players come out and show off there skills in the circle making moves around the pylons. when whistle goes they leave puck and race for middle puck. that starts the next 4 in the circle should be able to use same puck taht was left.

COVID Friendly, let winner take shot and loser can hunt down rebound.

Key Points

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