



Practice Plan

Team: Skills session 3 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

Skating

Drill Title : Warm-up

Components : _____

Content elements :

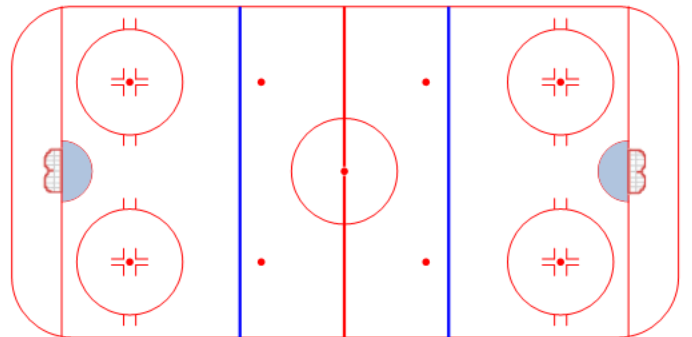
Description

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

passing

stick handling

Drill Title : Passing then cones

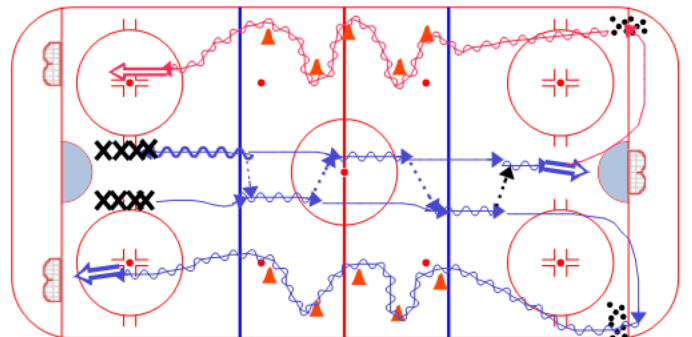
Components : _____

Content elements :

Description

pair passig for shot. pick up a puck in corner and weave down the ice for a second shot. need 3 nets.
5 MINUTES with pylons straight and pair passing
5 MINUTES with pylons staggered and forward backwards passing backwards
guy peels to one corner and forward player takes shot

Key Points



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

Categories

passing

Agility

Drill Title : skills evaluation stations

Components : _____

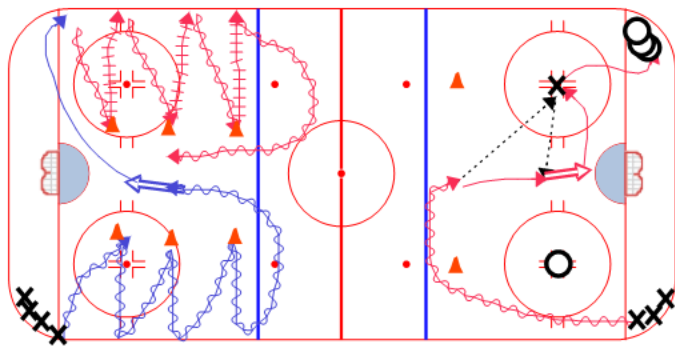
Content elements :

Description

one end 3 steps. 1st is stop at cones and boards facing up ice. 2nd is stop agility cross overs to boards. 3rd is forwards to cones, backwards to boards. do each one once is each side so 6 reps other end. goe around pylon pass to player on dot and get back. take that players spot. opposite sides then go. 7 1/2 MINUTES each end

Key Points

Four empty rectangular boxes for key points.



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

Categories

1 on 1

quick feet

Drill Title : Defense testing drill

Components : _____

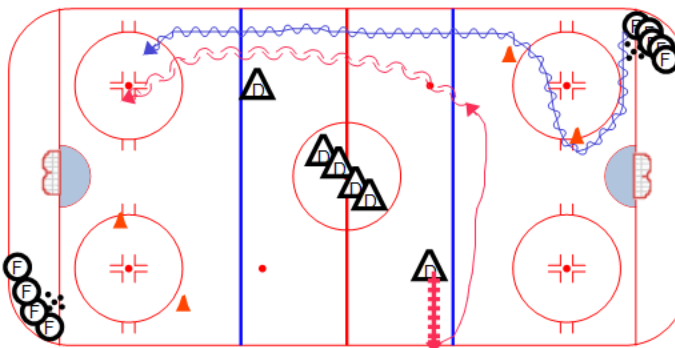
Content elements :

Description

on whistle from both corners, forwards leave with puck and go around pylons. Defense must crossover to the boards and then get across the cie for the 1 on 1. quick feet and a challenge. move pylons to make harder or easier. COVID friendly when 1 on 1 is broken up drill is done. no battle in front of net or corners.

Key Points

Four empty rectangular boxes for key points.



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

Categories

2 on 1

quick feet

Drill Title : 2 on 1 skill evaluation testing

Components : _____

Content elements :

Description

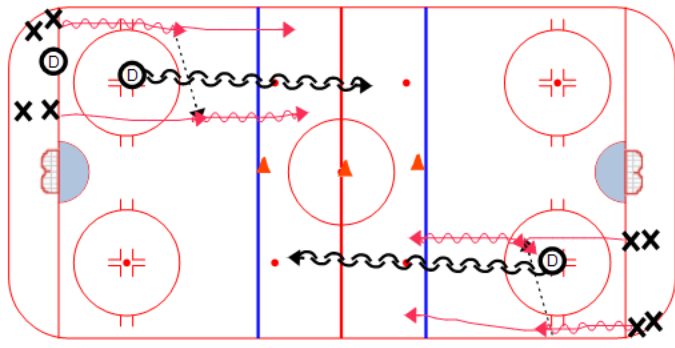
D starts on Dot, forwards on goal line. D must start backwards, 2 on 1 down the ice. Play all positions.

5 MINUTES each side for 10 TOTAL

COVID friendly when 2 on 1 is broken up drill is done. no battle in front of net or corners.

Key Points

Four empty rectangular boxes for key points.



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

Categories

2 on 0

back check

Drill Title : 2 on 0 backcheck conditioning

Components : _____

Content elements : _____

Description

Starts with one end going down on a 2 on 0. when the whistle goes the group at other end start their 2 on 0 while the previous 2 back check. both players touch the post before back checking, if a pass is blown the 2 on 0 is doen and they just go down and touch the post. forces then to make passes knowing pressure is coming.
REST OF PRACTICE

Key Points

- _____
- _____
- _____
- _____

