

RAB Challenge 2025 - practice plan #2

Date: Saturday, April 12, 2025

Time: 60 minutes

Location: Tri-Leisure Centre North & South, Spruce Grove

Coaches: Keely Brown/Bronwen Harvey

Athletes: 30 skaters, 4 goalies per ice time

Level: L2T, T2T

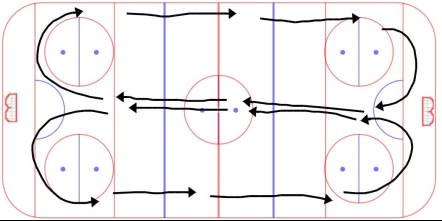
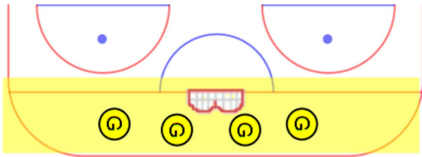
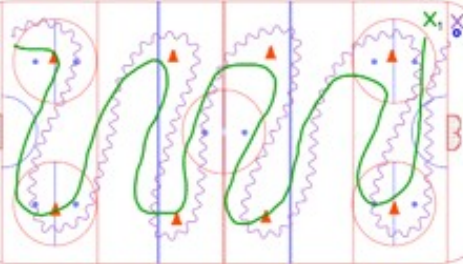
Equipment: rings, pylons, 4 nets, bingo dabbers

Practice goals:

Offense: keep your feet moving, take an extra stride, skate through the ring, make fakes/dekes, change speed and direction

Defense: using legal and useful body positioning, channeling, keeping feet moving

Goaltending: communicating with the defense, staying with the fakes, anticipating the play

Time	Activity/Description	Diagram
-45 to -30 minutes	Off-ice warmup	Find space to do this! Dynamic warmup is best
-10 minutes	Introduction of instructors, review practice plan and goals	in the dressing room
0-10 minutes	On-ice warmup: long butterfly. Stretches including lunch w/ twist, knees to chest, side to side, stick behind back, hips open and shut. Agility includes 2 foot and 1 foot hops over blue lines, knee touches, 360 spin at blue lines etc.	
0-15 minutes	Goalies warmup: 5m shuttles including t-push, shuffle, c cuts, slide with butterfly both directions, crease movement, etc. Full range of motion	
10-15 minutes	Skating warmup: 8 dots shadow. Talk about goalside/inside (GSIS). This doesn't need to be done at high speed. A ring-carrier will go around all 8 dots. Their partner will shadow by always staying GSIS. There is no checking. The ring-carrier will skate forwards, but the defender will need to pivot. The defender should always be facing the ring-carrier and be open to the middle of the ice as much as possible. When they get to the other end they'll line up again and trade roles. 2 x each (4 total)	

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15-22 minutes	<p>Shooting/Goalie warmup - trapezoid.</p> <p>A line on each side lined up with the free pass dots (NOT in the corner). A player will be on the faceoff dot outside the blue line, and another on the edge of the centre ice circle. Alternate sides, trying to avoid having two shots coming at the same time.</p> <p>X1 takes 2 hard strides and passes to the coach straight ahead. They then cut the pie (going inside-outside) and come along the boards in the quiet zone (yellow). The coach passes to the other coach across the ice who takes a couple of strides towards them and passes just over the blue line. It's important to get the pass right along the boards so the sight lines are better. You don't want to lead the pass receiver into the middle of the ice.</p> <p>When X1 receives the pass back, they will drive through the faceoff dot and make a hard shot on net.</p> <p>No dekes/fakes. Use athletes or coaches as passers, and rotate them out as needed.</p>	

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22-52 minutes (3 x 10 minute stations)	<p>Station 1: Drive skating + fake and quick shot. Players will line up outside the ringette line with rings. A coach will stand about a stick length in front of the crease (maybe a bit more). When the goalie is ready, the first player will drive skate towards the coach and make a head fake then go to one side and take a quick release shot. No big windup shots. Athletes should all go to one side first then all go to the other side.</p> <p>To add difficulty for some athletes, the coach could signal which direction as the athlete approaches so they have to read the situation and react.</p> <p>Progression: make 2 lines and have a pass over the blue line (in the quiet zone) and athletes can pick up the ring then drive towards the coach.</p>	
Goalies may want to do 2 stations: 15 minutes in the end with drive skating, and 15 minutes with the forecheck at the other end.	<p>Station 2a: 1v1 get the pylon. In pairs taking turns, the ring-carrier is trying to get to the pylon and the defender is trying to prevent that. The ring-carrier should use quick turns, stops and starts, and fakes. The defender needs to use body position and avoid stick-checking. Talk about proper body position, where to put hands to control the ring-carrier and avoid penalties.</p> <p>Station 2b: quick feet acceleration through the ring. Partners will alternate at first. Starting on a line on the ice with the ring about a stick length away, skaters will have their feet in a V shape and lean forward, taking 3 running strides towards the ring and keeping feet moving as they pick up the ring. They'll replace the ring and their partner will do the same. If there's time, and/or if the partners are relatively evenly matched, it can be a race. It's important to practice taking the extra stride and not just reaching or trying to check the opponent before they get the ring. Win the race!!</p>	

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22-52 minutes (3 x 10 minute stations) Goalies may want to do 2 stations: 15 minutes in the end with drive skating, and 15 minutes with the forecheck at the other end.	Station 3: Forecheck channeling. Simulating the first defender's responsibility on the forecheck, looking at channeling from the other end of the ice. The goalie will have the ring, or the ring is passed to them. The D will do a curl into the corner and get the ring either beside the net or further up the boards. The F (defender) will take a route to force the D to go to the boards and will continue to skate to keep them to the outside. The F should NOT be stick checking, only shadowing. The D (ring-carrier) must stay on their half of the ice but try to jump middle to get to the purple zone. The F is trying to force the D to go to the green zone OR to have to turn back.	
52-60 minutes	2 v 2 down low. At both ends. Try to put 6 D in the middle/near the centre ice circle. Pair off the rest in the 4 corners of the offensive zone. A coach will fire a ring towards a group of F and they will then attack the net. They must make 1 pass before they can shoot. As the coach fires the ring in, 2 D will go towards the F group to defend. It might be a 2v2 or a 3v2, and if 2v2 defense should mark 1v1.	
60 minutes	Cool-down laps. Recommend doing some light stretching/cooling down off-ice after practice	
60+ minutes	Conclusion - done in the dressing room with Team Coaches and Junior Coaches. Reiterate the key points of the practice - winning 1 v 1 battles!	
Coach reflections:	Did the practice meet your objective? Why/why not?	
	List 2 things that went well	
	List 2 things that need improvement	