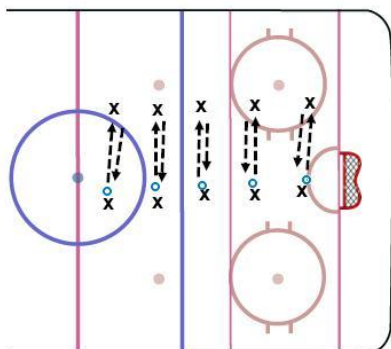


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Drill #1

Partner Passing

2 min



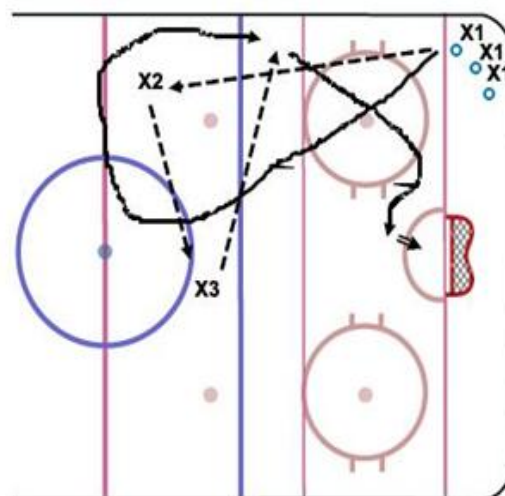
Groups of two partner passing with emphasis on maximum number of touches on the ring. Have players start close together moving farther apart as they execute passing and receiving.

Drill #2

Modified Trapezoid.

10 min

Drill Mechanics: Drill starts with X1 passing to X2 then skates the pattern skate out and around X2 who subsequently passes to X3. X2 and X3 are stationary receivers who stay in position for 10 reps and then are changed out. X1 receives the pass back from X3 and now execute a simple transition attack plan: drive to the dot in the face off circle, post the goaltender by going to the edge of the circle, then move the goaltender across the crease to create a scoring opportunity. The drill can run 2 sides at the same time if appropriate. The coach is responsible to set the tempo minimizing the time between reps.



Cue Words: Quiet ice, post the goaltender, step into the pass with speed, flat pass.

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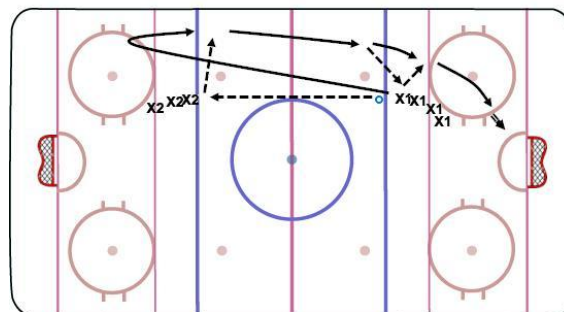
Drill # 3

Half Ice Weave

15 min

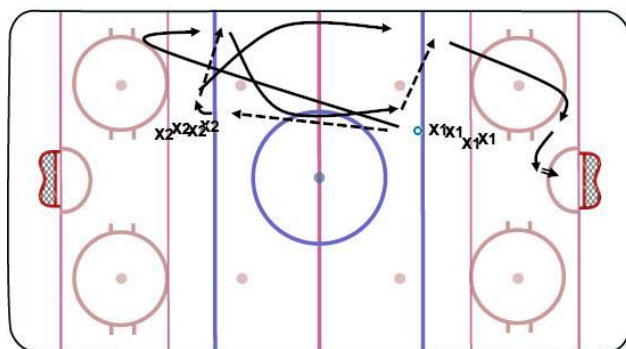
Drill Mechanics: The drill runs half ice lengthways. Passing shooting and skating are incorporated into a neutral zone transition tactic. The drill runs both ways at the same time.

To start the drill X1 passes to X2 and follows their pass. They are expected to cross the blueline and loop into the outside lane reversing directions so they can skate into the pass they receive from X2 with speed as they gain the first blueline. They now do a give and go pass with the person on the end of the X1 line as they gain the second blueline, going to the net to shoot.



The progression is that X1 will receive the pass from X2 and they deliberately skate to the

middle of the ice as X2 now joins the rush going to the boards looking to pick up a pass in the quiet ice over the second blueline. X2 now drives dot, posts the goaltender and looks to shoot. The third progression is that X1 follows X2 to the net giving them the option of a trailer pass as a second scoring option.



Concepts of Play: When the ring carrier weaves to the middle (gets between the faceoff dots) as they go through the neutral zone they open up a passing lane to the outside as the opposition defender will usually go with them opening up ice in an outside lane. When approaching the blueline the ring carrier needs to keep up their speed or “save ice” so they do not get trapped at the blueline. The half ice weave opens up the quiet ice and an offensive attack lane to the receiver.

Common corrections: At the start X1 will not go deep enough into the defensive zone to receive a lead pass from X2.

X1 will turn their back to the ring when they button hook. They should pivot so they are looking at the ring.

In the second variation X1 will not consciously move to the middle of the ice drawing a defender. Failure to do this allows the opposition defender to have a play on both X1 and X2 as they gain the 2nd blueline. X2 will get too deep over the second blueline forcing the pass from X1 into the slot that would be easily turned over.

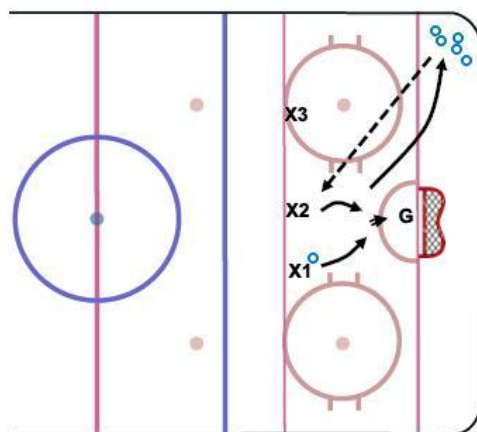
Cue Words: jump middle, open ice , quiet ice, outside lane, center lane.

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Drill #4

Goaltender Tracking and Saves

10 min.



Every practice should incorporate a drill specifically for the goaltender.

Drill Mechanics: The shooters line up in three lines with only the first person in the X 1 line having a ring. A bunch of rings are placed in the corner. The drill starts with X 1 coming in and shooting on the goaltender. If they score they now go get a ring from the corner and pass to X 2 who now attacks the

net and shoots then to X 3 then back to X 1 and so on. If the goaltender makes a save, she will distribute the ring anywhere in the zone and the shooter now has to go get that ring and pass it to the person in the next line. To give the goaltender a variation a coach can stand behind the net so the goaltender cannot see them and give hand signals to the shooters to shoot or deke.

This drill is intended for the goaltender allowing them to track and challenge each sequential shot instead of being overwhelmed by a barrage of shots and give up on making a save. In a team practice situation, you only need 5-7 shooters as it may be a little slow for a full team. Also with two goaltenders switch every 6-7 shots.

Skills being focussed: Skating, tracking and challenge, saves. The pacing of the drill allows the goaltender to reset for each shot.

Drill # 5

Break Out Support and Timing

20 min

This drill is intended to work on gaining both bluelines on transition. It consists of two parts the first part half ice, working with defense and centers. The ring carrier will “jump middle” when gaining the blueline with the other defense and center providing short and long support to the ring carrier. The second part will add the forwards in to complete the D-O transition.

Jump Middle: is the act of consciously getting to the middle of the ice before making a pass. The jump middle spot is the lane just middle to the defensive zone faceoff dot at the free play line. Jump middle also applies to the ring carrier in the neutral zone.

Short support is defined as a person that is usually 7-10 ft (2-3 stick lengths) behind the ring carrier on a 45 degree angle. They are the likely outlet for a pass if the ring carrier is under pressure. The decision as to who is short support is defined as the person closest to the ring carrier when they pick up the ring. This person is most often the defensive partner but is situational.

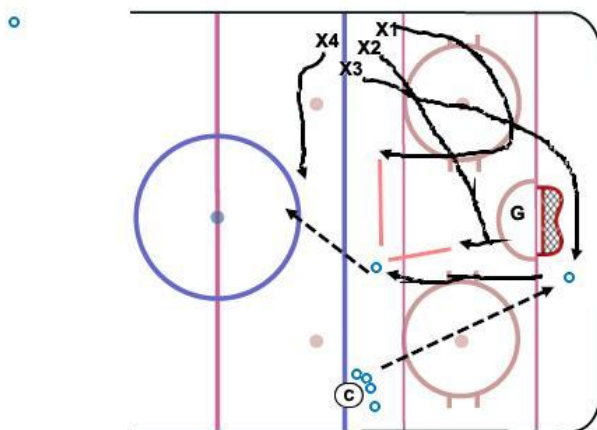
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Long support: is defined as the person across the ice staying even with or slightly behind the ring carrier as they come out of the zone. The decision as to who is long support is defined as the person farthest from the ring carrier when they pick up the ring. By staying even or behind the ring carrier as they approach the blue line they keep open ice in front of them and have the potential to gain the blue line using a pass into open ice. I often call this “breaking out from behind the ring”.

Open Ice: Simply defined as holding your position so that the ring gets to the desired spot before the player does.

Part A Mechanics: The drill will run half ice. The intent is to reinforce the concepts of jump middle and long and short support combined with two on two play to the net. The players form 4 lines positions are not important as all players need to understand the concepts. Define a simple breakout pattern for the players either power left or flare to use in the drill.



On the whistle one of the coaches will shoot a ring deep in the zone, mix up the location for each rep. The three players X 1, X 2 and X 3 now race to the ring whoever gets it is now the ring carrier and will now “jump middle” as they start to come out of the zone. The person closest to them as they pick up the ring will fall into the short support position and the person farthest from them will be the long

support. You should be able to see the L of support forming with the ring at the bend of the L as they move out of the zone. The ring carrier will pass over the blue line to X 4 and will now reverse direction and play a 2 on 2 with X 4 back towards the net. Allow the play to go on 20 seconds or so then blow the whistle and send a subsequent rep.

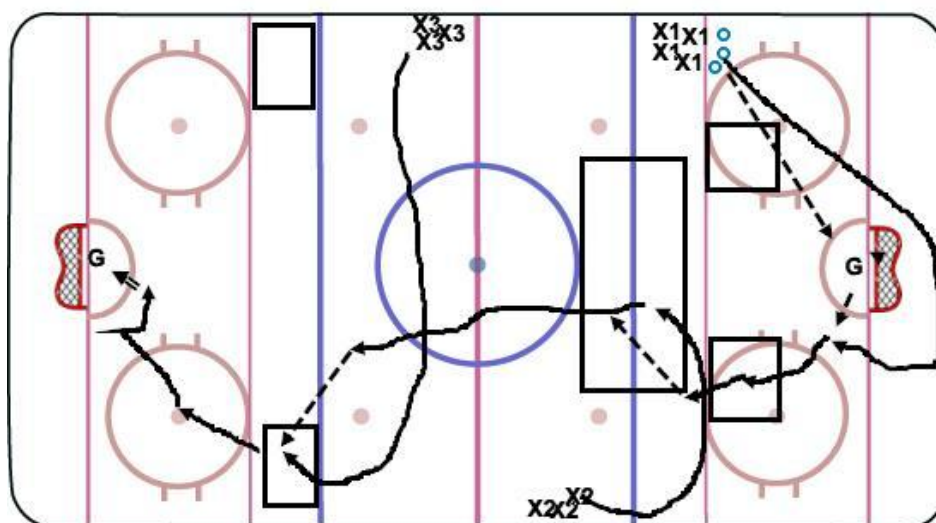
Concepts; jumping middle, short and long support, creating open ice for a D to C or D to D pass to gain the first blue line.

Common Corrections: The ring carrier does not jump middle. The short support will be lateral from the ring carrier instead of behind and on an angle. The long support gets ahead of the play and stands in the open ice they were trying to create. Remember if the ring carrier is the only one left in the defensive zone something is wrong.

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Part B Mechanics. The two teams on the ice will come together and use the full ice. The forwards are added in. Put the centers and defense in the X 1 spot and divide the forwards 6 each in the X 2 and X 3 line. Tell them to return to their same line after the rep. Pick a simple defensive breakout pattern to use either flare or power left. On the whistle one of the X 1s or a coach shoots the ring to the goaltender who distributes to one of the three X 1s that are now skating towards her. The two that do not get the ring will provide short or long support to the ring carrier depending on if they are closest or farthest from the ring carrier.



They should be forming the L -with the ring at the bend as they approach the first blueline.

The boxes in the defensive zone are the jump middle spots the boxes in the offensive zone are the Quiet ice areas.

The forwards are instructed to wait until the ring is in the front half of the circle (the jump middle box shown in the diagram) before committing to their pattern. Players that start their pattern when the ring is in the back half of the circle often end up on the boards trying to receive the ring and are easily checked. This concept applies to both the X 2 and X 3 lines. A coach should be at all three lines helping the players recognize the cues for their timing especially the two forwards. Once the forwards understand the concept have them slide to the middle of the ice as they would normally be positioned for a H-L breakout pattern. The coach on the X 1 line should remind the players to look for the easy D to C or D to D pass at the first blueline versus always forcing the ring to a forward.

Concepts: same as Part A. Plus: for the forwards committing to their pattern as the ring gets to the jump middle spot.

Common Corrections: Same as Part A. Plus: The forwards will commit to the pattern too early and end up in an outside lane standing still making them easy to check. X 3 looks for the pass in the high slot over the second blueline which usually results in a turnover.

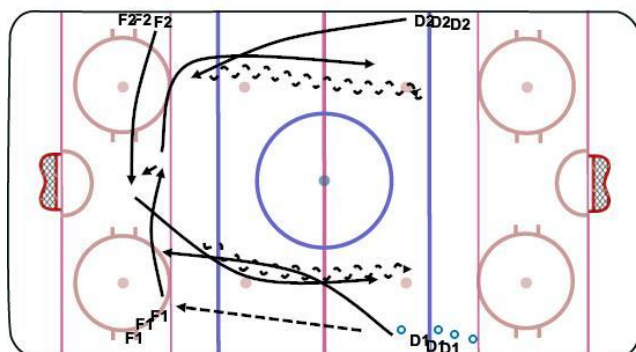
Cue words: jump middle, short support, long support, open ice,

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Drill # 6

Tsumo Box

15 min



The drill works on the team defensive concepts of “contain-channel and check”. The drill will work on basic skating skills as well as the tactics of grabbing a gap and defending on O-D transition. This drill will expose your weak backwards skaters and those that lack agility. If the defenders turnover the ring they now go on offense and the play proceeds in the same direction.

Mechanics: The drill will run both directions alternating. Positions are irrelevant the players are either on offense (have the ring) or defense (do not have the ring). One coach should monitor that the lines are remain equal.

The defenders start with the ring and on the whistle, they skate up and D 1 will pass to F 1. To create a tight gap for the defenders tell them to not pass to F 1 until they cross the red line. If they pass too soon they have too much space to make up to get a proper gap on the attacker. F 1 and F 2 now do a drop pass in the defensive zone as D 1 and D 2 pick them up man on. The play proceeds down the ice passing at the bluelines and attacking the net. As the play crosses the free play line whistle so the play will go the opposite direction. This will create alternating play up and down the ice.

Concepts: “contain- channel -check”, gap control, goal side man on(GSMO).

Contain: happens first. As a defender you always are maintaining body position between the ring carrier or your mark(the person you are covering) and your goaltender. Proper contain means your goaltender is always looking at the numbers on the back of your jersey. The concept applies in all over the ice.

Channell: happens after contain. The act of working the attacker or your mark into the outside lanes. As a defender you gain advantage if you keep the attackers in the outside lanes. Keeping goal side -inside position on the attacker you can use body position to keep them in the outside lanes.

Check: Happens after contain and channel have been established. We only check when the ring is presented to us. If the defender goes fishing for the ring by reaching over the attacker or loosing contain position, they are either out of the play or are taking a penalty.

Common Corrections: the defenders pass the ring too early and are unable to get an appropriate gap on their mark. They are not putting pressure on the ring.

The forwards allow themselves to be pushed to the boards and easily trapped.

Challenge: How do I teach forwards to break good man on coverage.