

## Practice Plan 10-25-22 Inferno Red

Inferno Practice 10-25-22 - video

<https://youtu.be/DJjVYtriaHM>

Players all wore a Smart Skate Sensor to analyze stride and effort.

10' - Partner Passing - forehand and backhand.

10' - Skate 3 circles facing the inside both forward and backward.

10' - Figure eight cross ice passing with pivots and backhand added.

10 – 3 v 2 down low

Players will line up along ringette line, black on one side and white on other to keep puck in and establish borders on play area.

5 or 6 pucks will be with coach in case of goals or lost pucks.

3 offensive players line up on left or right side.

2 defensive players line up on D side with sticks upside down.

Puck passed from coach to offensive team and they have 30 seconds to score. Puck must be played below goalline before any shots taken.

White on offense first, black second, each team gets 8 opportunities, and we keep score.

10 – In zone puck carrying

5' all players carry a puck simultaneously, accelerate on the whistle

5' blacks and whites alternate, with one group carrying pucks and skating around while other group is stationary

-slide puck behind stick

-head fakes

-toe drags

Meanwhile... Net moved to neutral zone during this part and goalie works on:

5' catching shots in her glove and pass back to coach

5' coach dumps bouncing pucks at net, goalie come out to meet on bounce, cover puck then pass to coach

10' Elimination Game One Zone

Players line up at neutral zone dots.

Start with 3v3

If Black scores they can choose to add a Black Player or Remove a White player

Players change on their own.

First team to lose all players wins.

15' Instead of the Elimination Game the other team joined us and we did some Russian Big Moves and played two games of Puck Dog.