

Here are my drills of the week

Team Bonding: We do a shot challenge. Over the last 2 years, girls have logged in over 300,000 shots.

We get together in the summer 2/month for shooting parties. We go to High School tennis courts and bring 2 nets, some shooting pads and lots of pucks. Girls each shoot 200 pucks and then we go back to our home for snacks and pool party. Its not mandatory but usually we have about 10 girls attend.

It helps girls bond, teaches time management, to celebrate little successes along the way, enjoy the journey, break a big goal into small pieces, accountability, develops the shots, teaches them #HardWorkPaysOff, etc... It also allows me to get to know them away from the rink.

Team mantra: This year we want to continue to teach girls the importance of practicing hard to achieve their goal and so every year we have a quote put on their team tshirts. See attached art work

Also as we have graduated from tier 4 (2 years ago) to tier 1 this year, as a coaching staff we want to start to emphasis the little details in the game (to not cheat the game) so on their practice jerseys we have (see attached)

Lastly on our dressing room door for practice we always have (see attached) to remind girls... practice is where trophies are won.

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HC Lakeshore Lightning U13AA

Practice Plan

Team: **U13 AA**

Practice Date: _____

Prepared by: _____

Theme or Skill emphasis: _____

Objectives / Main tasks :

Drill of the week club

#	Duration (min)	Drill name - Activity	Categories	Key points - Instructions
1	8	The Twist v2.0	Edge Work	
2	10	2v1 with dump		
3	5	Queen of the rink		
4	12	Burnin' Benders v2.0		
5				
6				
7				
8				

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

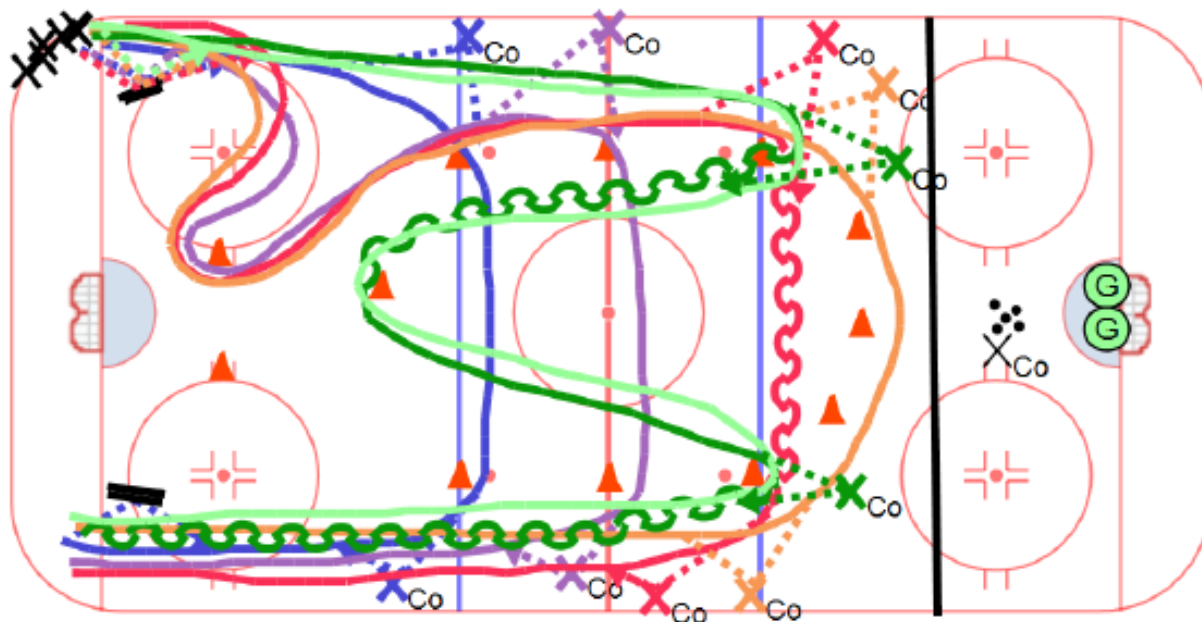
Category #1 :

Title : Burnin' Benders V2.0

Category #2 :

Content elements : _____

Components: _____

Key points :

Description

Always start with a pass off passer (or coach) and then girls go around cones making 2 passes to coaches. Start with Blue line, then purple, then red (backwards across the blue), then peaches (cross over around cones as you gain speed, then green and last light greenish (you can add attack triangles or debris in the middle so girls have to keep head up. Diagram shows running out of 1 end, but run same progression out of other corner.

****All these drill can be done with or without pucks as skill improves ****

Progression: Add pucks

Add passing

Girls now pass (replace coaches)

Finish with a shot

Lots of tempo, lots of puck carries, lots of passing, lots of shots.

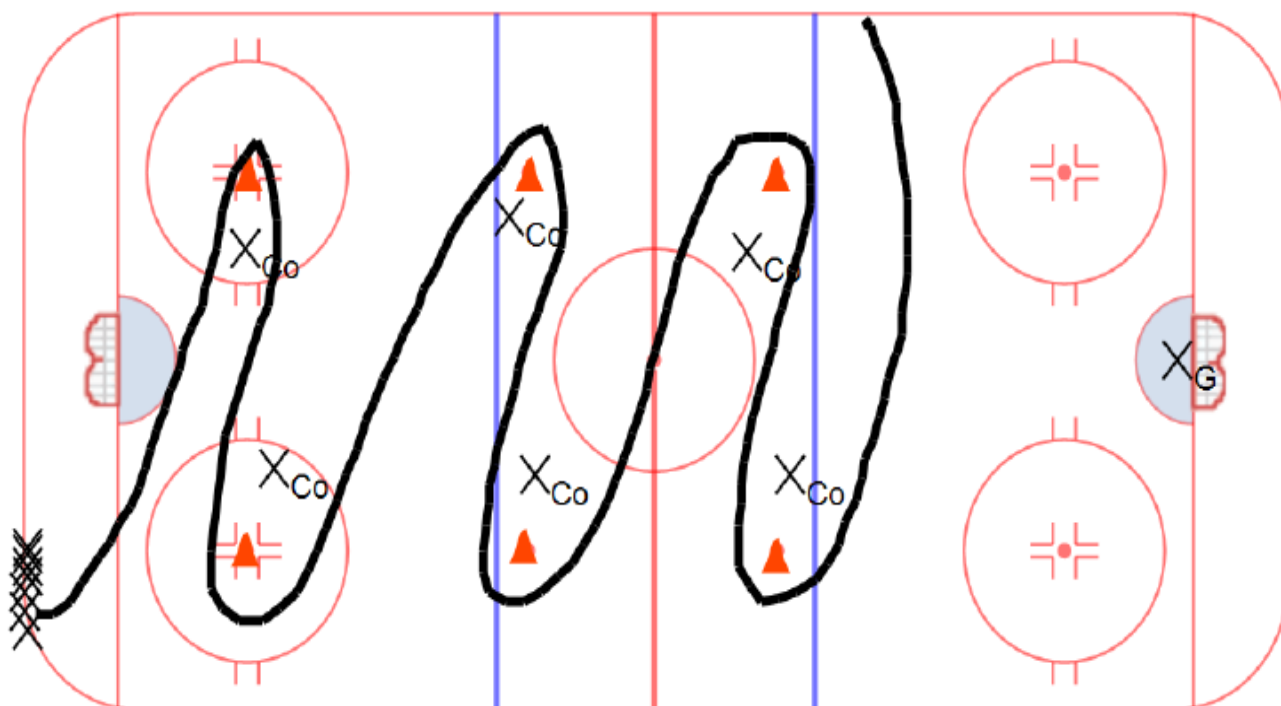
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 : Category #2 :

Title : The Twist v2.0

Content elements : Inside Edges

Components: Outside Edges



Key points :

Description

Coaches encourage the girls to hold their edges as long as possible!!

Girls try to make 4-5 cross overs right into another edge work. They can stride when going N/S but as soon as they go E/W work on not striding at all. **NO STRIDING BETWEEN** cones going E/W. Quick cross-overs and right into another edge.

2 Inside Edge
 2 Outside Edge
 2 Backwards Inside Edge
 2 tight turns

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

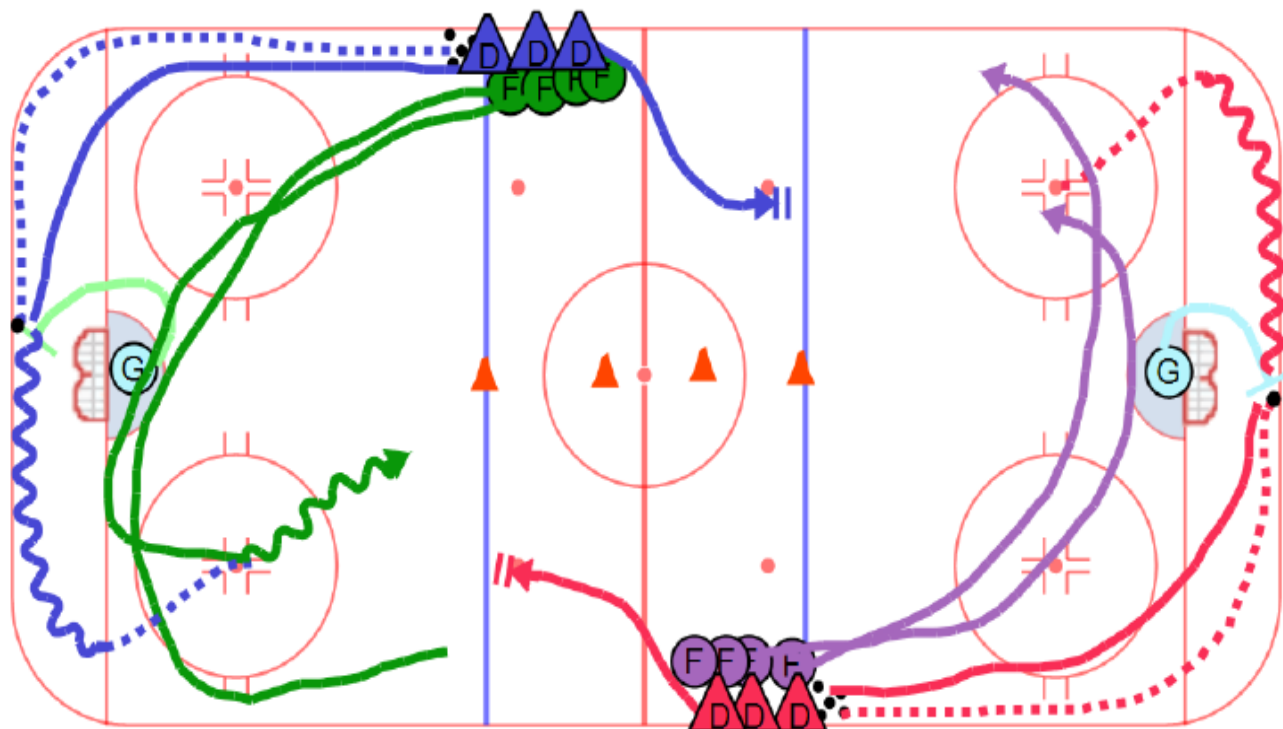
Category #1 :

Title : 2v1 with wrap

Category #2 :

Content elements : _____

Components: _____



Key points :

Get goalies involved

D shoulder check

passing lane

get out to dots

Description

D dumps puck behind net, goalie stops it (to set up the break out)

D skates in and gets puck to initiate the breakout (up the middle)

2 Fs from same line swing low to receive breakout pass from D

D from back of the opposite line steps out and plays 2v1.

Once D makes that break out pass, she goes to the back of the line of Ds on other side she started from

Fs get off the wall on 2v1.

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

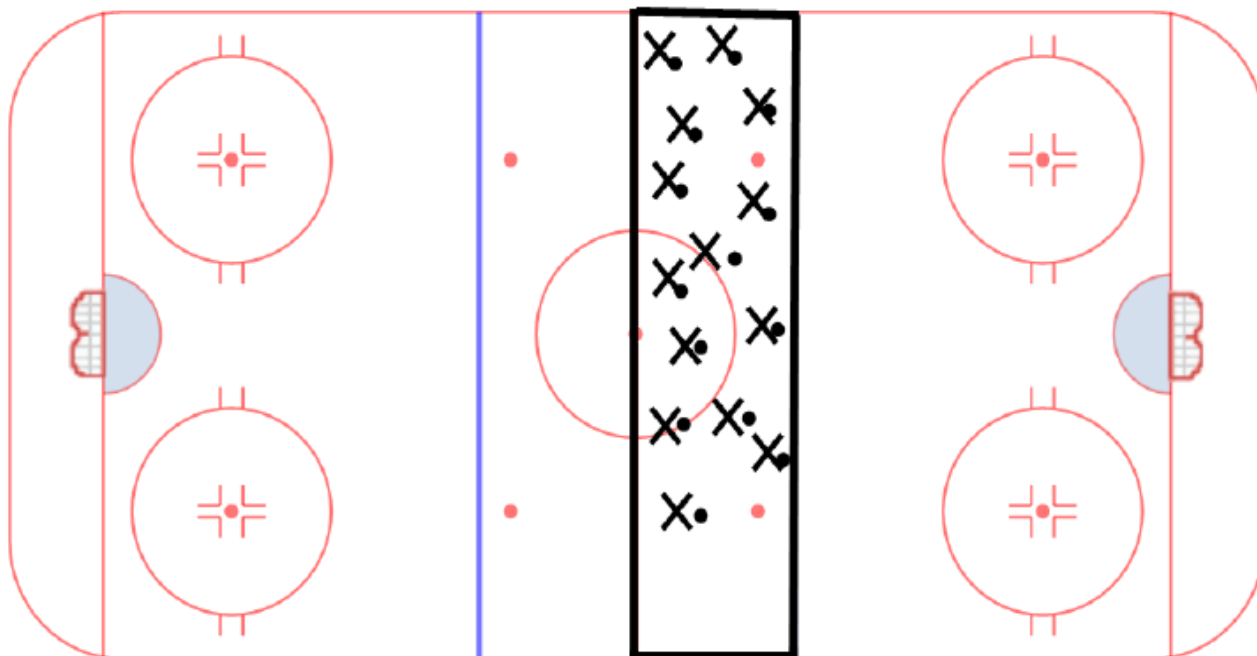
Category #1 :

Category #2 :

Title : Queen of the Rink

Content elements : _____

Components: _____



Key points :

Head up

tight turns

Description

Girls skate with the puck in half the neutral zone and the other girls try to knock the puck away without losing control of their own puck. Once you lose your puck, you are out. Once you are down to 5 move them to the centre ice circle. Game continues until 1 left. At 2 players, move them to half the centre ice circle.

Shot Challenge

Goal:

To improve shots

- Show girls hard work pays off
- Helps build TEAM camaraderie
- TEAM Building
- HAVE FUN

Overview

- From June 1st, 2019 – March 15th, 2020
- We will have mini targets throughout the year to keep girls interested and celebrate successes

Target: 6,000 shots (each girl)

- Goalie to save 3,000 shots or play catch with trapper + practice 3,000 shot with blocker and trapper on
 - If each girl shoots 750 shots/month (that's only 25 shots/day), they will hit 7,500 shots by March 15th 2020

1. June 1st - July 30th target:

- a. 1,500 shots
 - i. All girls that achieve that goal will be invited to play a round of mini golf at On the Water Miniature Golf <http://onthewaterminiaturegolf.com/>

2. August 1st – September 30th

- a. 3,000 shots
 - i. Team Party with games and other fun stuff

3. October 1st - December 15th

- a. 4,500 shots
 - i. Team Party at ATC with Gym rental

4. December 15th – March 15th

- a. 6,000 shots
 - i. Pizza & Hot Tub Party (all 17 players must hit 6,000 shots for this event to take place)
- b. 8,000 shots
 - i. Party at Silver Tee for Virtual Games
- c. 10,000 shots
 - i. 2 games of Laser Tag + 48 tokens at Zap Fun Centre
 - a. (at 12,000 shots, 120 tokens)

Happy Shooting!!!

**YOU EARN YOUR TROPHIES AT
PRACTICE.**



**YOU JUST PICK THEM UP AT
TOURNAMENTS.**

**EXCELLENCE
IS IN THE DETAILS**

GIVE ATTENTION TO DETAILS

**EXCELLENCE
WILL FOLLOW**



What do I do?

WHATEVER IT TAKES!!

Success =

Preparation + Hard Work

BACK