



Practice Plan



Team: 2021 Drill of Week Club

Practice No.: _____

Date : _____

Time: _____

Duration: _____

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

Quote - Average Players want to be left alone. Good Players want to be coached. Great Players want to be told the truth."
- Nick Saban

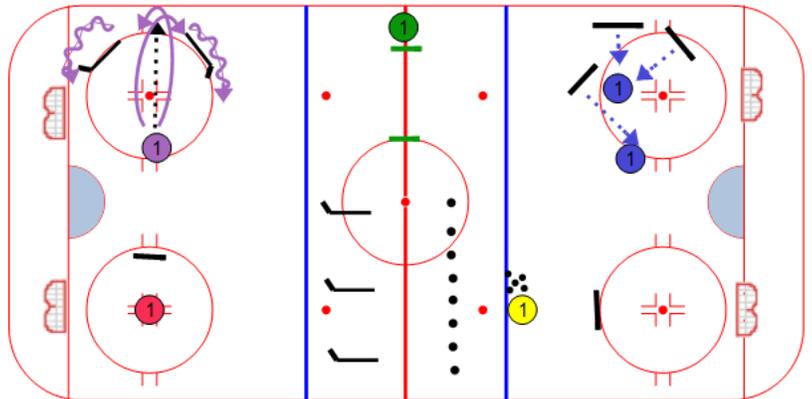
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Covid FWD solo skill stations Category #1 : Category #2 :

Description

Purple = Retrieve (shoulder check) attack high or low for shot...separate pase EB gate
-Green = Iron Cross footwork
-Blue = One Timer (3 different angles) from rebounder
-Yellow = loaded shooting (thru screen, fake & pull, fake & push)
-Stickhandling (hands, reach w/ slide stop & flip over)
-Red = no handle shooting off rebounder

5 EB gates
10 pucks
2 rebounders
Shoot blocker



Key points :

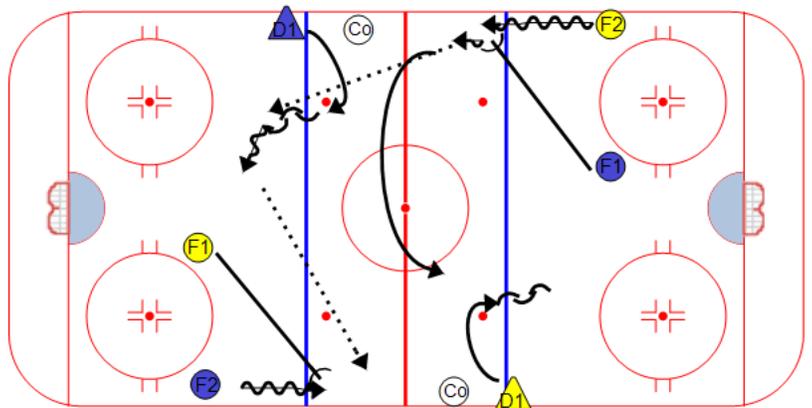
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : YJ Track Category #1 : Category #2 :

Description

F1 tracks on F2 who carries puck up the wall. F1 strips & steals. D work around dot & pivot backwards to middle ice. F1 quickly passes to D. D looks to hit F2 on weak-side who supports on wall (read coach pressure), or F1 in middle...attack 2v0. D follows up for point shot.

Progression = D jumps into rush as late wave attack



Key points :

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

Title : Choose Your Own Adventure Category #1 : Category #2 :

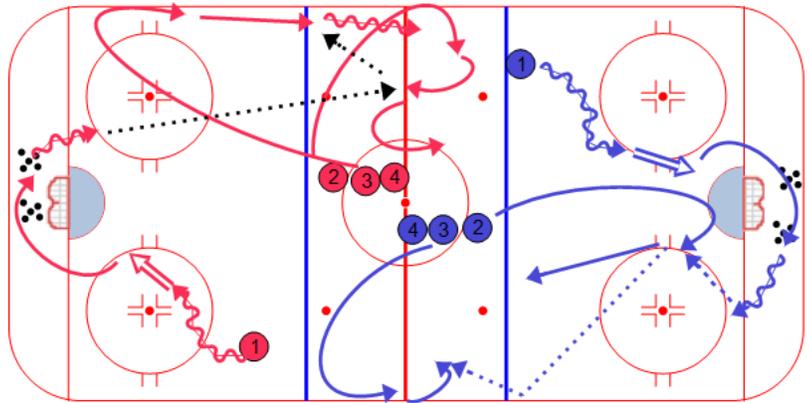
Description

Canada Cup / Team Canada drill but eliminating the set pattern

P1 shoots at both ends to start drill. P2 can support however he wants (low middle, low wall, post up at far blue, etc.) P3 will read of P2 & support accordingly.

Should result in 2v0's attacking each end. At ringette, whoever has possession shoots & other player crashes for rebound. Shooter will retrieve next puck & make 1st pass going the other way (then both return to middle circle).

*Avoid players planning reps to encourage R&R skills



Key points :

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

Title : Faceoff, Track & Transition Category #1 : Category #2 :

Description

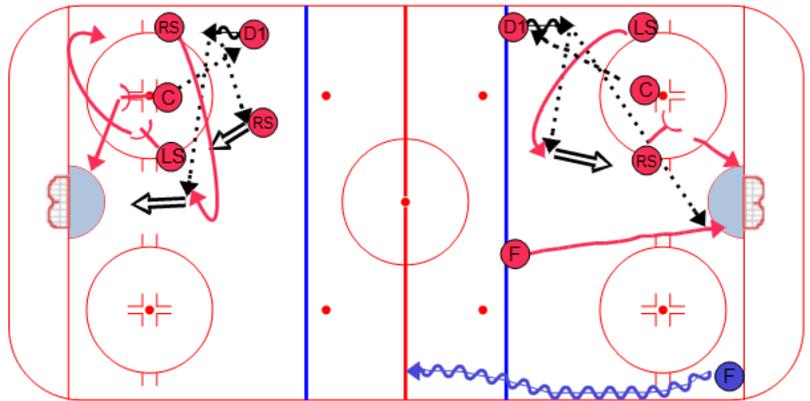
Work on OZ set Faceoff plays

Whistle & Unit of 5 will track on puck carrier

Create turnover & transition AFAP. Can add as many defenders as you want (sticks turned over, sticks normal, no defenders, etc.)

Fill lanes on attack (communicate)

Understand whether the counter attack opportunities will be (weak side, non bench side, etc.) & have players read & react on the Track



Key points :

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

Title : SAG = 4v2 FLANK game Category #1 : Category #2 :

Description

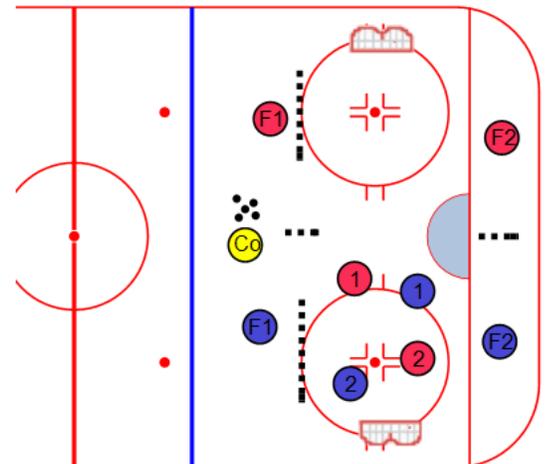
2v2 between ringette & goal line. Coach marks line at half way point of ringette & goal line to divide offensive zone flanks. Flanks must stay inside their assigned box. 2v2 Players can't challenge flanks.

Flanks must pass or shoot. 2v2 players don't have to use flanks.

Whistle. Flanks go into game, 2v2 rest, new flanks

Can add rules into game (Flanks have 2-3 second time clock to make play)

*Encourage one-time quick release after royal road pass



Key points: