



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 :

Skills

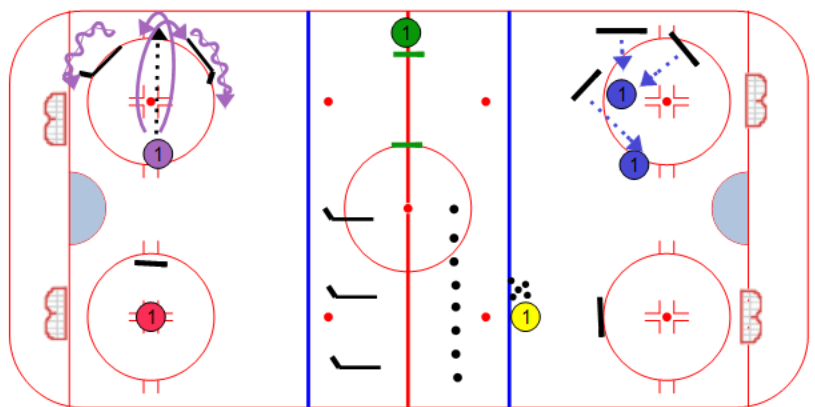
Category #2 :

Individual

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 :

USED WHEN WE

WERE ONLY ALLOWED

6 SKATERS ON ICE

SEPARATED IN ZONES

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

Title : YJ Track

Category #1 :

Tracking

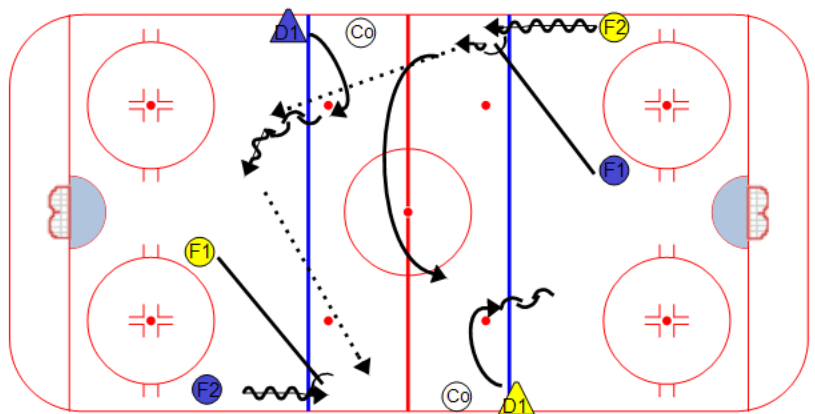
Category #2 :

Transition

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 :

Heavy stick

Quick Counter

Mid Drive

Shoulder Checks

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

Title : Choose Your Own Adventure

Category #1 :

Warm-Up

Category #2 :

Flow

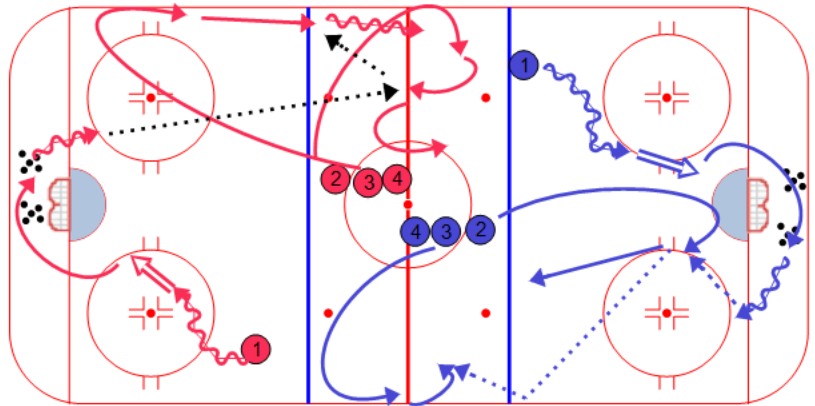
Description

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 :

Read & React

Avoid robotic pattern

Makes players think

Offensive entries

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

Title : Faceoff, Track & Transition

Category #1 :

OZ Faceoffs

Category #2 :

Tracking

Description

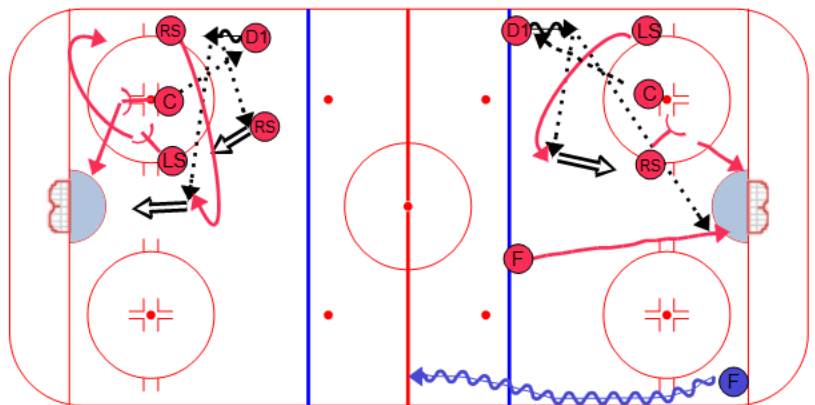
Work on OZ set Faceoff plays

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 :

Fast Reloads

Team Tracking philosophy

Fast / Smart Counters

Faceoff Assignments

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

Title : SAG = 4v2 FLANK game

Category #1 :

SAG

Category #2 :

ST skills

Description

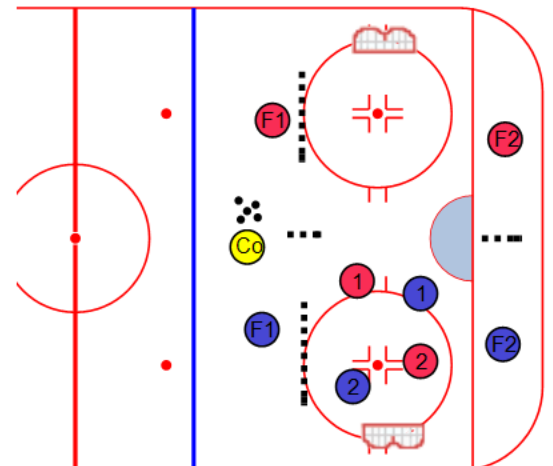
2v2 between ringette & goal line. Coach marks line at half way point of ringette & goal line to divide offensive zone flanks. Flanks must stay inside their assigned box. 2v2 Players can't challenge flanks.

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:

Create Odd-man

Puck movement

Support away from the puck

PK sticks / contain