



Practice Plan



Team: Drill of Week Club 21-22

Practice No.: _____

Date : _____

Time: _____

Duration: _____

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

Recommended Book - The Energy Bus by Jon Gordon

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

Title : Tampa OZ Tactic work Category #1 : OZ skills Category #2 : Offense

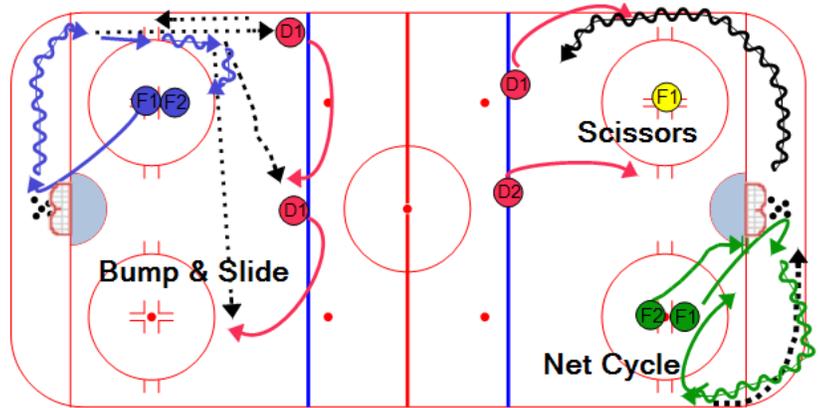
Description

Work on different OZ tactics

Scissors (Yellow F1)
- D activates once forwards climbs past hash / ringette

Net cycle (Green F1)
- F1 cycle to net for F2 holding SS post...can attack either way

Bump & Slide (Blue)
- D bump back, D1 can slide, or D1 can give & go



Key points : _____

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

Title : Choose Your Own Adventure Category #1 : Warm-Up Category #2 : Flow

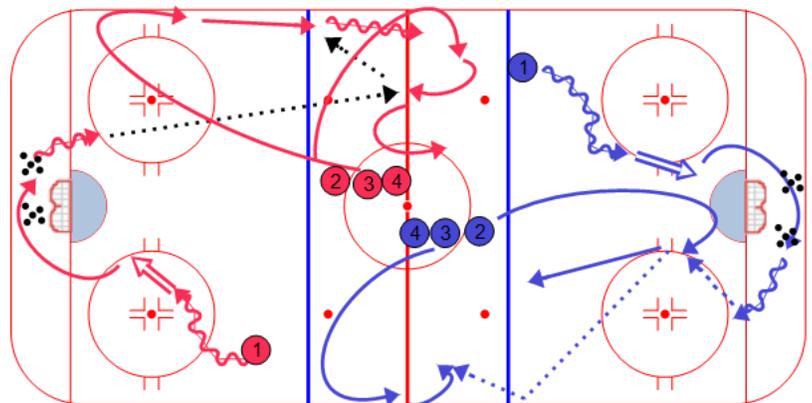
Description

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 : Bernie Lomax Category #1 : Category #2 :

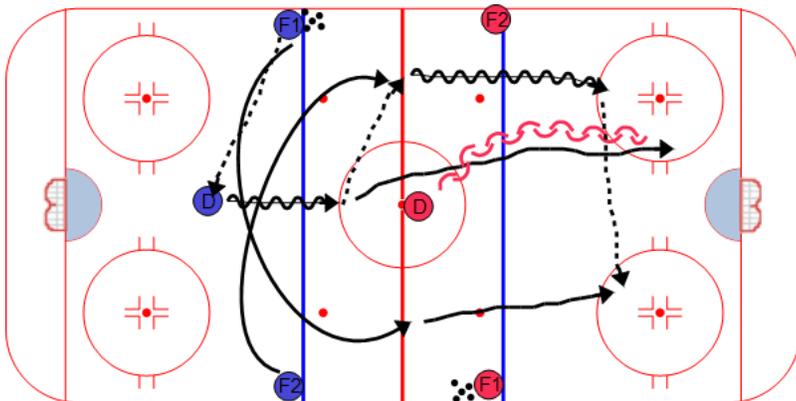
Description

TEAM PLAY = TRIPLE DRIVE ATTACKS
 F1 passes to D...F1 & F2 cross & attack wide lanes
 D drives middle & kicks it out wide to either side.

Players must read rush who is lead dog...on first one it will likely be D. Aim at D's heels to push him back or let you go

After rush & rebound done...Whistle...F1 on near blue hits D that just defended & he will be the new 3rd guy.

Need the D to play like SS-D on 3v2...
 *Ensure lead dog every rush



Key points :

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

Title : FLANK game Category #1 : Category #2 :

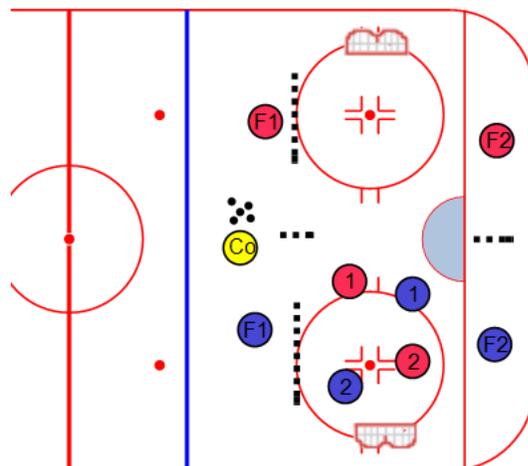
Description

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: