Practice Plan

Made with **DrillDraw** v6

Team: Minor Atom B Team White

Practice No.: _____

Date : _____ **Time:** 6:30- 7:50pm **Duration:** 80 Minutes

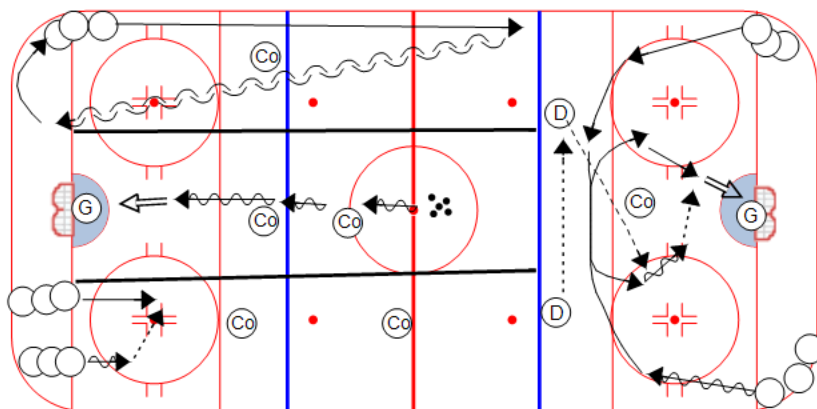**Version No.:** _____ **Prepared by:** _____

Objectives / Main tasks :

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

Title : Shared Ice 4 Zones **Category #1 :** Middle Zone P-Carrier Dekes Wide... **Category #2 :** Skating and Passing

Coach Forces Decision

Description

Zone from B-Line in, centre zone and bottom zone have coaches forcing dekes and decision making.

Key points : [_____] [_____] [_____] [_____]

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

Title : 2-on 0 Passing Half Ice **Category #1 :** Attack Net With Wide Pass. **Category #2 :** Attack Net With Wide Pass

Description

Attack with width and depth. Ensure both players deliver accurate passes and drive to the net to score.

Approximately 10 minutes.
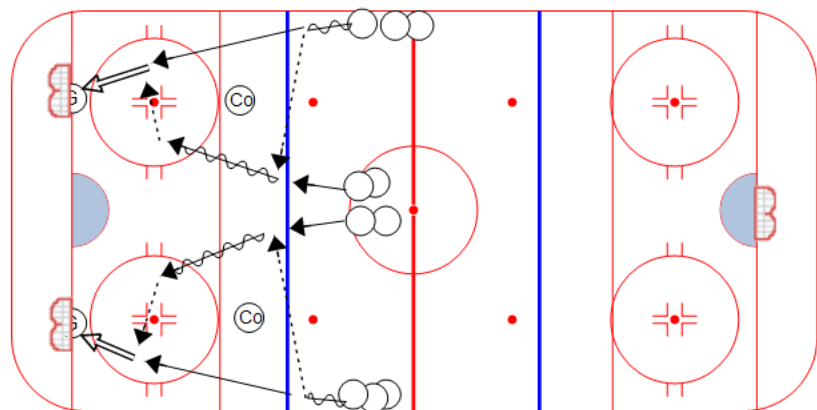
Key points : [_____] [_____] [_____] [_____]

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

Title : 4 Station Half Ice   **Category #1** : D Tight Turns and Puck   **Category #2** : Deking, Checking, Passing and
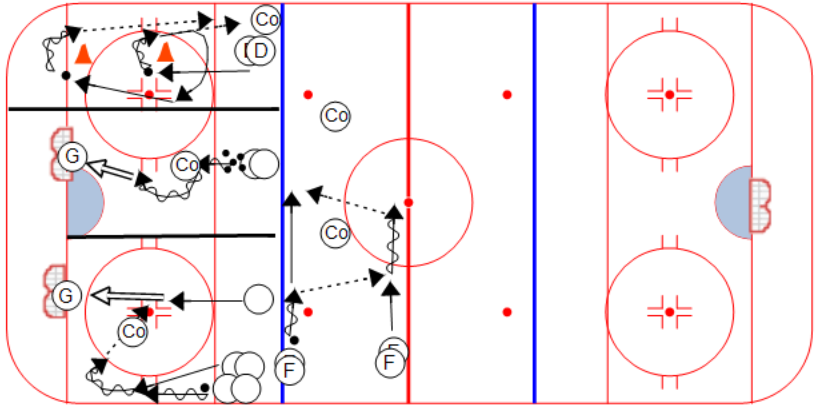
Description

Z-1 D retrieve puck, tight turn pilon, pass, skate to goal line pylon, tight turn, pass.

Z-2 Puck carry, deke coach, shoot to score, follow rebound.

Z-3 Angle, body check, win puck, tight turn, break to net, shoot or pass, rebound.

Z-4 2 man passing tape to tape. Coaches fill passing lanes once non impede passing is good enough.

4-5 mins per station.

Key points :   _____   _____   _____   _____

Practice Plan

Team: Minor Atom Competitive B Team

Practice No.: _____

Date : _____

Time: 5:00pm

Duration: 50 miniutes

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

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

Title : Graham Full Ice Warm-Up **Category #1 :** Forward Skate **Category #2 :** Forward Skate

Description

Straight ice length skate, Next person goes when player before crosses ringette line. Various agility movements will be introduced. With pucks.
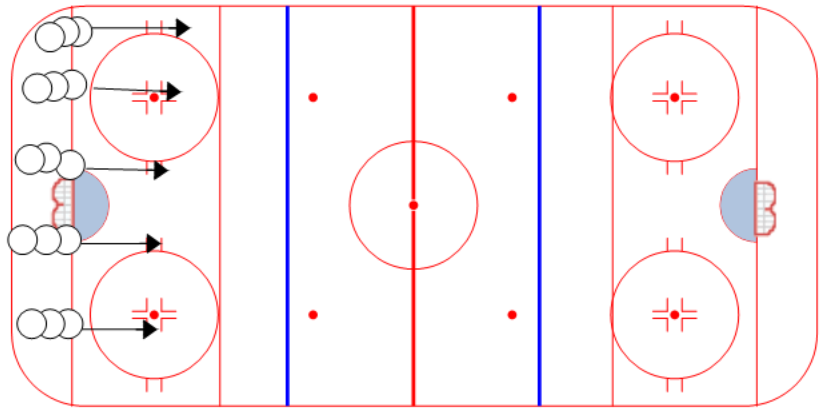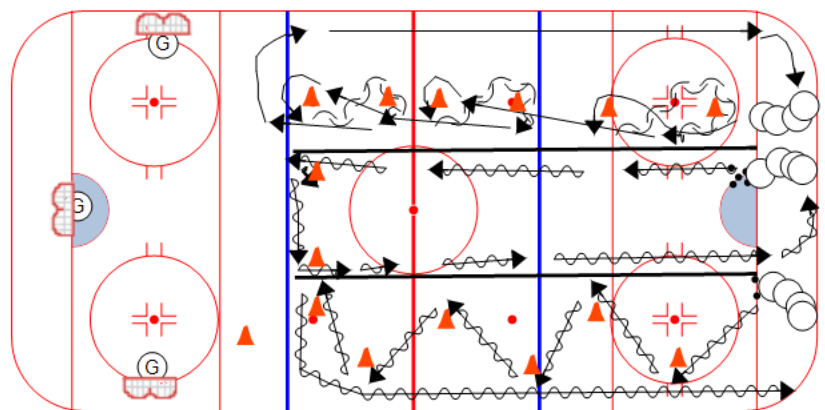

Key points : _____ _____ _____ _____

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

Title : Graham 4 Zone 3 of Which **Category #1 :** Goaltender Zone **Category #2 :** 3 Vertical Zones

Description

Z-1 Goaltender Zone

Z-2 Vertical Zone Drills

Top: Forward - backward figure 8's
Middle: Drop to one knee at each line - ringette, blue and red while handling puck. On return, drop to 2 knees at each line while handling puck.
Bottom: Tight Turns

Z-1   Z-2 Vertical Drills

Key points : _____ _____ _____ _____

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

Title : Graham Half Ice Shared   **Category #1 :** Puck Retreival & Distribution   **Category #2 :** Attacking the Net

Description

Z-1 Puck retrieval and distribution. Second puck should be moved around. Second coach, RG in this case, will force decision making.

Z-1A Individual skate with puck, tight turn around pylon, drive to net, shoot to score. Alternate sides.

Z-2 2 on 0 with coach forcing decison making. Drive to the net, shoot to score.

Z-1 & Z-1A   Z-2
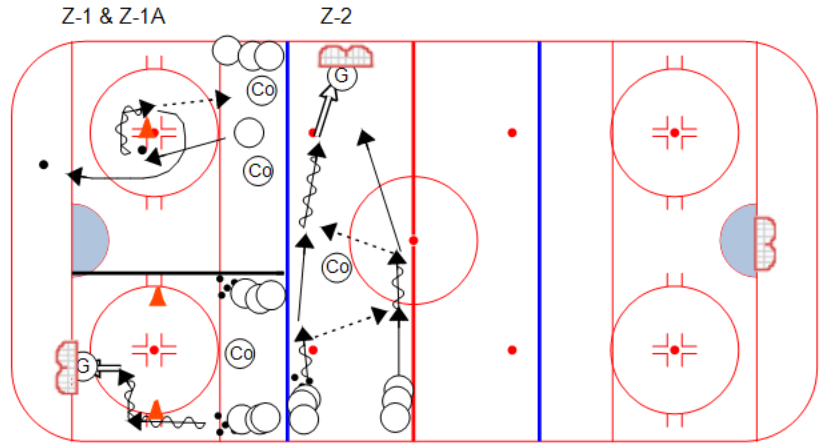
Key points : _____ _____ _____ _____

Practice Plan

Team: **Minor Atom B Team White**

Practice No.:

Date :

Time: 5:00pm   **Duration:** 50 mins.

Version No.:   **Prepared by:**

Objectives / Main tasks :

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

Title : Vertical Zones Shared Ice S   **Category #1 :** | Fig 8 Fwd-Bckwd Pivots | **Category #2 :** | Fig 8 Fwd Tight Turns |
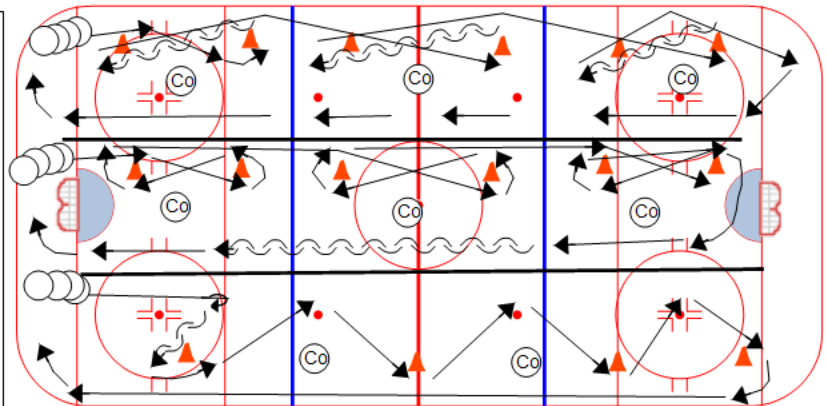
Description

Vert. Z 1

We will rotate each group through each of the 3 zones twice. Second time add pucks.

Z-1 On return skate, drop to 1 knee at each blueline, 360 degree turn at redline.

Z-2 Mid Ice tight turn Figure 8. Cross over acceleration

Z-3 Fwds - Backwds
    Tight turns, cross over accleration

Key points :
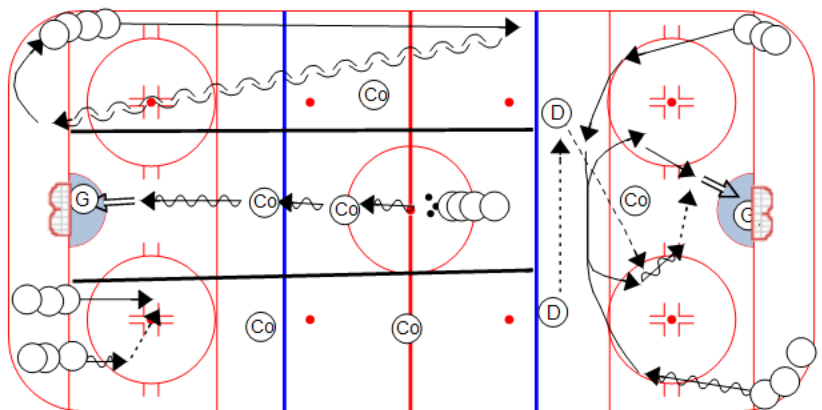

Drill no. :   **Duration :** _____ **Minutes**   **From :**   **To :**

Title : Shared Ice 4 Zones   **Category #1 :** | Middle Zone P-Carrier Dekes | **Category #2 :** | Skating and Passing |

Description

Coach Forces Decision

Zone from B-Line in, centre zone and bottom zone have coaches forcing dekes and decision making.

Key points :

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

Title : F-Check Pinch   **Category #1 :** Pinch and F-Check   **Category #2 :** Deeking & Shot - Angle Board Check

Description

Off Zone - Pinch and F-Check

Neutral Zone - Angle and board press
Neutral Zone - Wide Stickhandle Deke, Attack Net & Shoot

Key points : [ ] [ ] [ ] [ ]