



## Practice Plan

Team: AAA Midget Tryouts

Practice No.: 1

Date : August 21, 2011

Time: 5 - 9:15 PM

Duration: 1.25

Version No.: 1

Prepared by: P Pozzi

### Objectives / Main tasks :

Expose skating abilities (fwd, bkwd, stop/start, pivots, edge control)  
Full speed skating with puck control, shooting to score  
Show individual agility skills (quick feet, pivots, 3-step speed)  
1 v 1, 2 v 1 game skills  
Small area game play

Drill no. : 1

Duration : 8

Minutes From : \_\_\_\_\_

To : \_\_\_\_\_

Title : Warmup Skate

Category #1 : Warm-up Drills

Category #2 : Stickhandling

#### Description

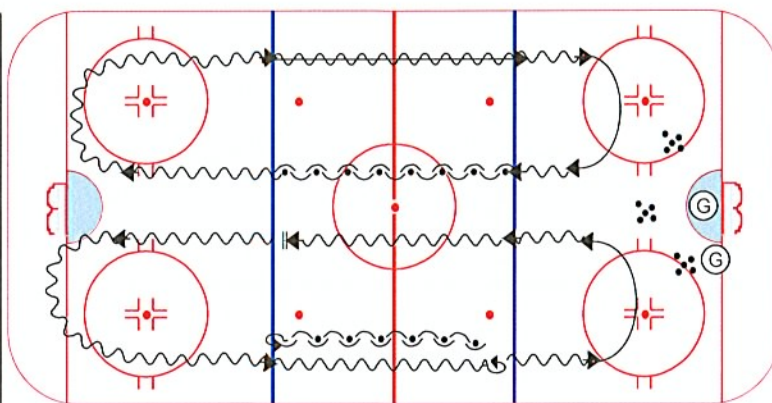
End to end warmup skate with pucks doing the following skills through the blue lines.

1. Full speed acceleration w puck
2. Backward skate with puck
3. 360 degree rotation while skating

On the whistle, perform the following maneuvers:

1. Quick stop with 3-step (face boards)
2. Tight turns with 3-step (face boards)
3. Open-ice pivot to forward skate

Goalie warmup on one end



Key points :

Skating skills

3-step acceleration

Pivots

Puck Control

Drill no. : 2

Duration : 8-1

Minutes From : \_\_\_\_\_

To : \_\_\_\_\_

Title : High-Low Shooting Drill

Content elements: Shooting

Components : Stickhandling

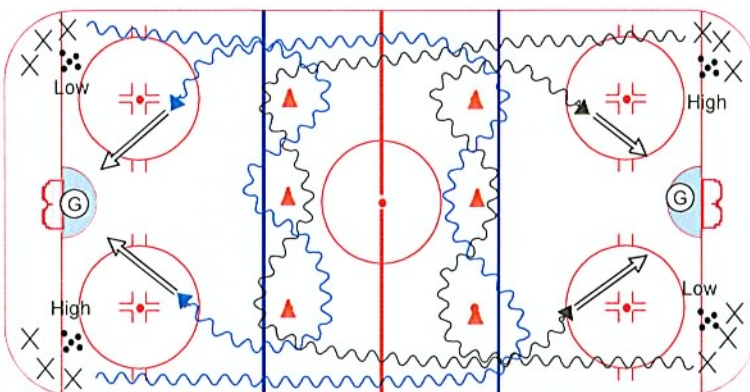
#### Description

1. Players are divided into 4 corners with pucks
2. All 4 lines leave at the same time
3. Short lines go to first set of cones
4. Long lines go to far set of cones
5. Skate full speed through cones and drive wide
6. Keep feet moving on shot

Shots from well out for goalie warmup

Players stop at net after shot

Change sides after each turn



Key Points :

Keep feet moving

Shoot in stride

Full Speed

Keep head up

Drill no. : 3 Duration : 8-1 Minutes From : To :

Title : Obstacle Course

Category #1 : Skill Drill

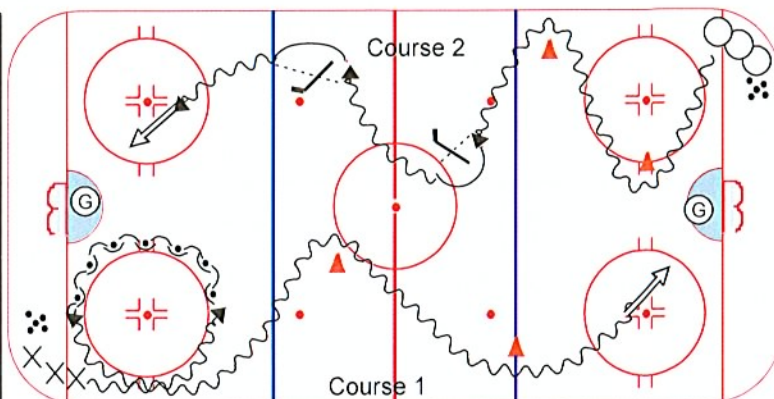
Category #2 : Various Skills

### Description

1. Player starts with a puck and skates up and around the circle, pivoting to back-skate at the top of the circle, continuing down and around the circle transition to forward skate at the bottom and the boards. Player continues with a tight turn around the two pylons as shown for a shot on net.

2. Player starts with a puck and makes two tight turns around the pylons as shown. Players then pass the puck underneath the stick obstacles, one on the forehand and one on the backhand. Player recovers the puck and goes to the net for a shot.

Both sides at the same time. 4-6 players on the



Key points :

Puck Control

Strong crossovers

Smooth pivots

Shoot to score

Drill no. : 4a Duration : 8 Minutes From : To :

Title : 1 on 1 Olympic Drill

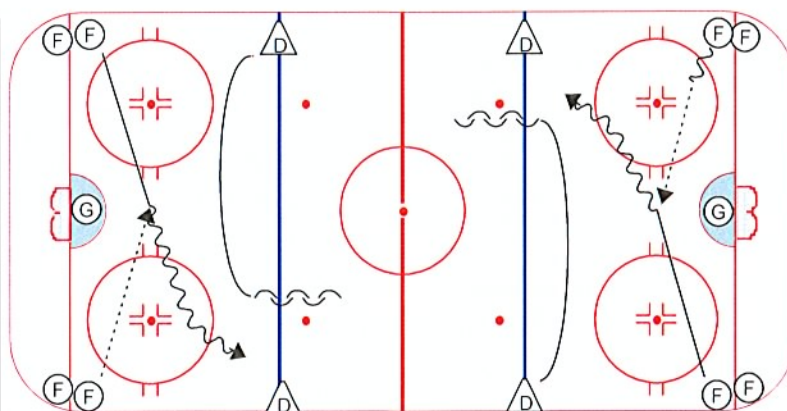
Category #1 : 1 on 1, 2 on 1, 3 on 2

Category #2 : Flow

### Description

\*\*Drill starts on the whistle. Both ends at the same time.

On the whistle, the same side (F) and (D) skate across the ice. The (F) receives a pass from the other corner. 1 on 1.



Key points :

High tempo

Drill no. : 4b Duration : 8-1 Minutes From : To :

Title : 1 on 1 Olympic Drill (seq 2)

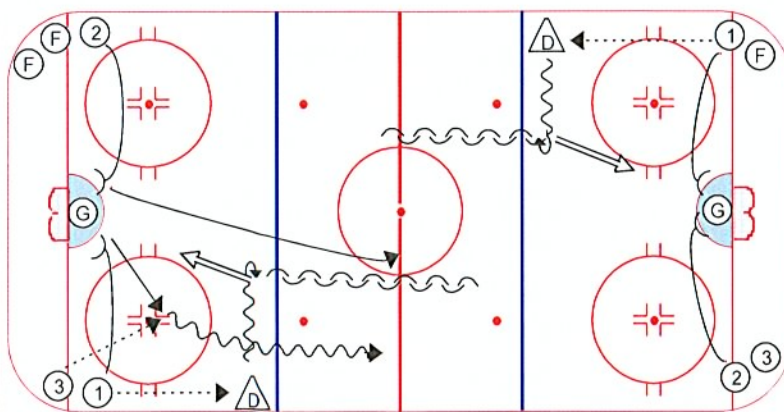
Category #1 : 1 on 1, 2 on 1, 3 on 2

Category #2 : Flow

### Description

\*\*\* Both ends at the same time\*\*\*

On the whistle, (1) makes a pass to the (D) and goes to the net to screen / deflect. The (D) walks or drags puck across the blue line and takes a shot on the net. (2) also goes to the net for the same screen / deflect. After the shot, (1) gets a B/O pass from (3). (1) and (2) skate up the ice with the puck 2 v 1 against (D).



Key points :

High tempo

Low shots

Gap control

Drive Net

Drill no. : 5 Duration : 8 Minutes From : To :

Title : 1 v 1 v 1

Category #1 : Defensive Skills

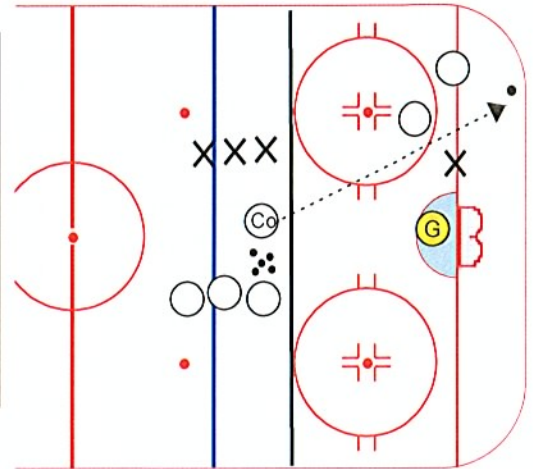
Category #2 : Puck Battles

### Description

Move line to the top of the circles. Players play 1 v 1 v 1 for 20" and pass to the coach who dumps it in for the next 3.

1. Players line up outside ringette line. Players will battle everyone vs everyone.
2. C shoots puck into corner and whoever gets puck tries to score vs the other two.
3. If another player steals the puck, she tries to score including rebounds.
4. On whistle, pass back to the coach and race out
5. 20-30" shifts

\*\*\*Both ends at same time\*\*\*



### Key points:

Battle hard for puck

Quick feet

Puck protection

Shots & fight for rebounds

Drill no. : 6 Duration : 12 Minutes From : To :

Title : Mid-Ice 3 v 3, plus 1

Category #1 : Small Area Games

Category #2 : Puck Battles

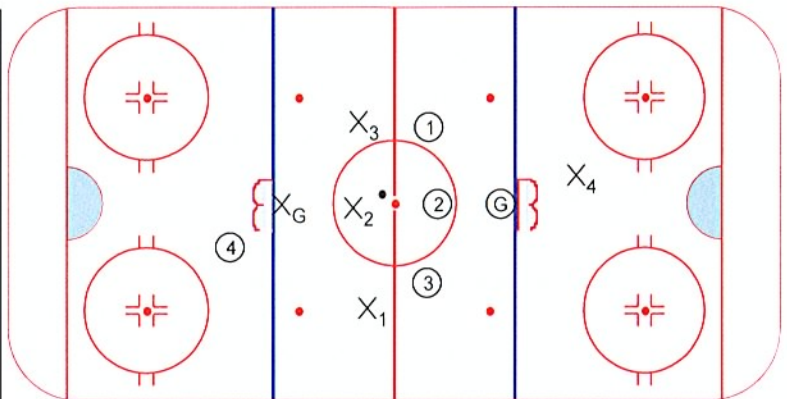
### Description

- 3 v 3 in the neutral zone. All other players on the bench

- Each team has an extra player behind the opposing teams goal line.

- ④ cannot cross the BL into the playing zone, nor can her 3 team mates cross the BL behind the net. ④ can skate anywhere along the BL to make a play.

\*\*\*45 second shifts



### Key points :

Pass & move

Find open ice

Give & Go passing