



Practice Plan

Team: AAA Prep Camp

Practice No.: 5

Date : August 19, 2011

Time: 6:00 PM

Duration: 1.25 hr

Version No.: 1

Prepared by: Paul Pozzi

Objectives / Main tasks :

Skating, passing & shooting skills
Breakout passing and attack
Angling
Puck battles in small area
Odd man small area play

Drill no. : 1 Duration : 6 Minutes From : _____ To : _____

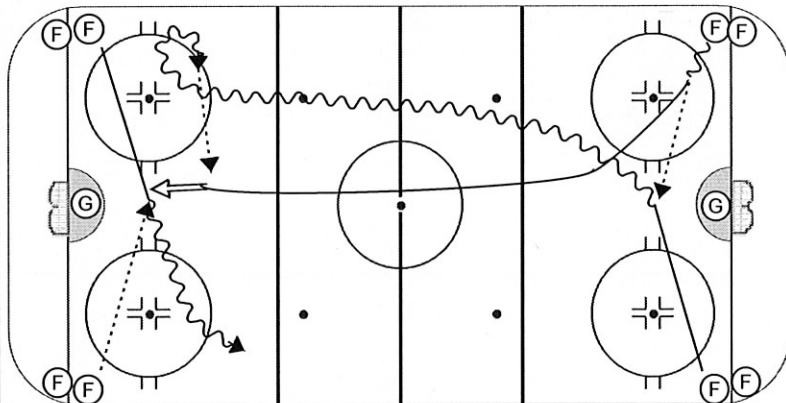
Title : 1 on 1 Delay Pass Category #1 : 1 on 1, 2 on 1, 3 on 2 Category #2 : Flow

Description

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

On the whistle, the (F) swings across the middle and receives a pass from the other corner.

- (F) skates down the ice with the passer trailing.
- (F) delays to the outside and makes a centering pass to the trailing F.



Key points : High tempo Timing _____

Drill no. : 2a Duration : 7 Minutes From : _____ To : _____

Title : 2 v 0 Traction Category #1 : 1 on 1, 2 on 1, 3 on 2 Category #2 : Flow

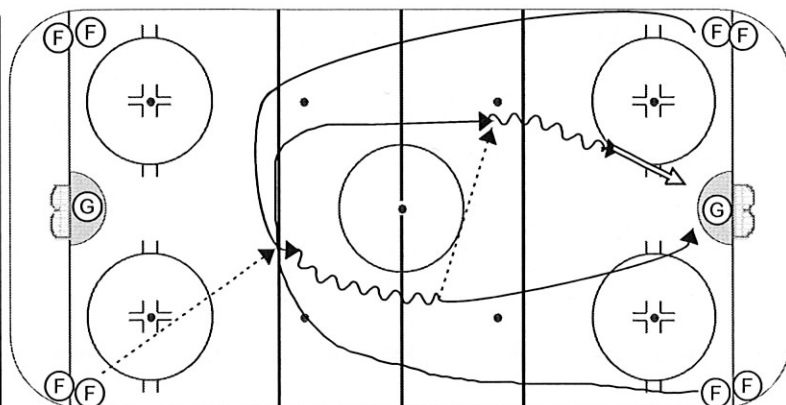
Description

**Drill starts on the whistle. One end at a time.

On the whistle, 1 (F) from each corner skate to the opposite end and swing across the middle.

A pass is made from the opposite end to one (F) and the two F's attack 2 v 0

Opposite end leaves as soon as pass is made.



Key points : High tempo Timing _____

Drill no. : 2b **Duration :** 7 **Minutes From :** **To :**

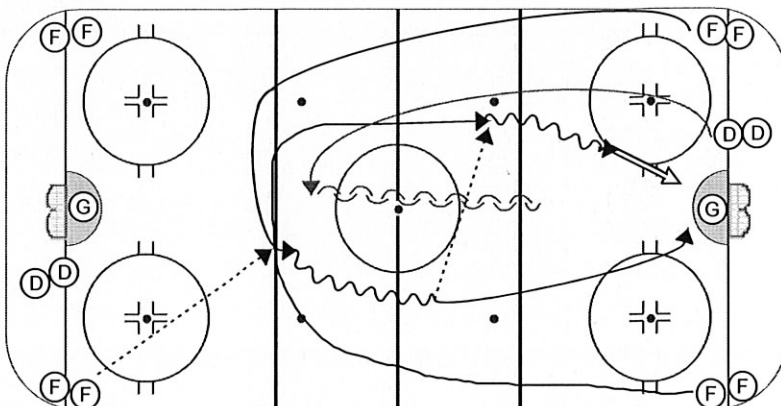
Title : 2 v 0 Traction (seq 2) **Category #1 :** 1 on 1, 2 on 1, 3 on 2 **Category #2 :** Flow

Description

**Drill starts on the whistle. One end at a time.

Same as above except D break off into separate line and track the F's up ice and defend the 2 v 1 on the way back.

Opposite end leaves as soon as pass is made.



Key points : High tempo **Timing** **Gap up**

Drill no. : 3a **Duration :** 5 **Minutes From :** 7:45 **To :** 7:50

Title : Breakout Progression **Category #1 :** Offensive Attack **Category #2 :** Breakout

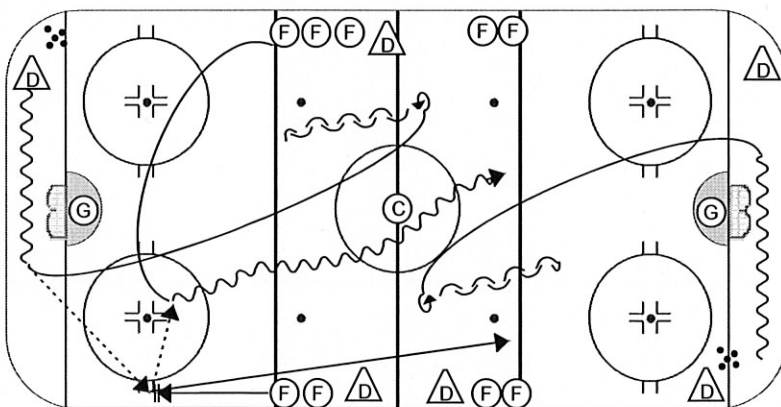
Description

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

2 v 1

Same as above. On the whistle, the Δ skates behind the net with the puck and makes a pass to the \textcircled{F} who skates in and supports on the boards. The \textcircled{F} 's breakout and go 2 on 1 against the opposite end Δ .

Players must stay on their side of the ice until crossing the centre line.



Key points :

Drill no. : 3b **Duration :** 5 **Minutes From :** 7:45 **To :** 7:50

Title : Breakout Progression (seq **Category #1 :** Offensive Attack **Category #2 :** Breakout

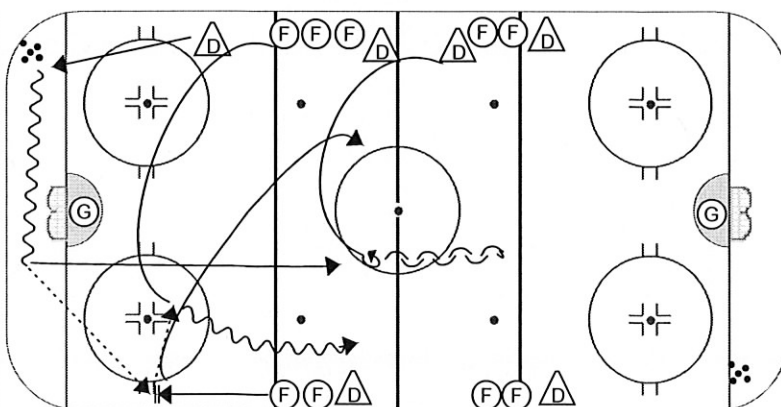
Description

**Drill starts on the whistle. One end at a time.

3 v 1

Same as above. On the whistle, the Δ skates behind the net with the puck and makes a pass to the \textcircled{F} who skates in and supports on the boards. The \textcircled{F} 's breakout and attack against the opposite end Δ . Δ making the pass joins the rush as a trailer for a 3v1.

Make sure to run drill from both sides.



Key points : Attack triangle **Drive net hard**

Drill no. : 4 **Duration :** 8 **Minutes From :** 7:52 **To :** 8:00

Title : Red on Dot

Category #1 :

Defensive Skills

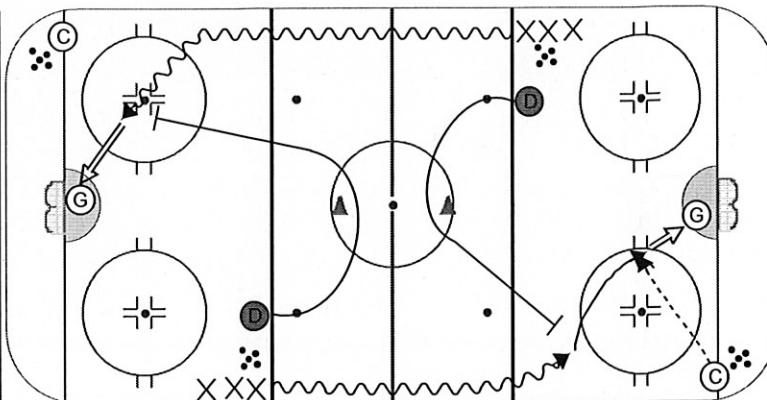
Category #2 :

Angling

Description

*** Both sides at the same time***

1. X's in each line start on the whistle with a puck
2. D are on one knee at the blue line
3. On the whistle, X's skate hard with a puck up the wall and into the zone for a shot. D's get up, skate around the pylon and angle X's to the outside to prevent the shot.
4. If D takes away shooting opportunity, X releases from the check and receives a pass from C in the corner for a shot.



Key points :

Hard skate with puck

Puck protection

Angle outside

Prevent inside cut

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

Title : 1 v 1 v 1

Category #1 :

Defensive Skills

Category #2 :

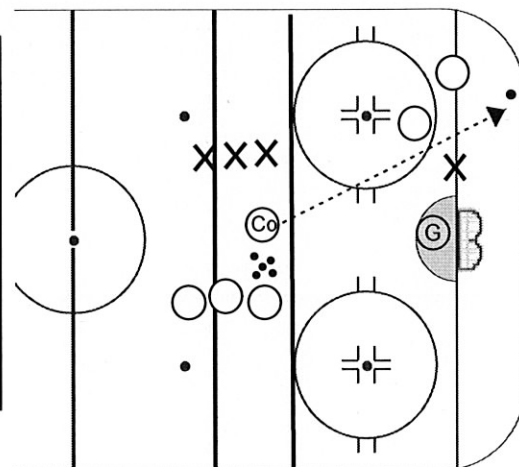
Puck Battles

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 :** 10 **Minutes From :** **To :**

Title : Even/Odd 1-2-3

Category #1 :

Small Area Games

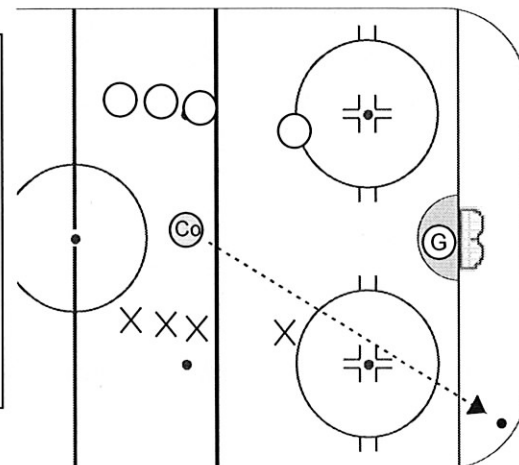
Category #2 :

Puck Battles

Description

- Divide into two teams, lined up outside BL. (Co) dumps puck into zone and teams start drill.
- Players will play 1 v 1 for the first 10 secs. After 10 sec, a player from the blue team is added to create a 2 v 1 situation. After 5 sec, a player from the red team is added to create a 2 v 2.
- All rebounds are live and can be played by either team.
- New players are added every 5 sec until the game is 3 v 3.
- Finish the drill by playing 3 v 3 for 20 seconds. Entire drill should last 50 secs.

*** 50 second shifts ****



Key points:

Odd and Even situations

Pass and move to open ice

Battle for puck

Puck Protection

Drill no. : 7 **Duration** : 10 **Minutes** **From** : 8:30 **To** : 8:40**Title** : 2 Shot Stop & Start**Category #1** :

Competitive Games

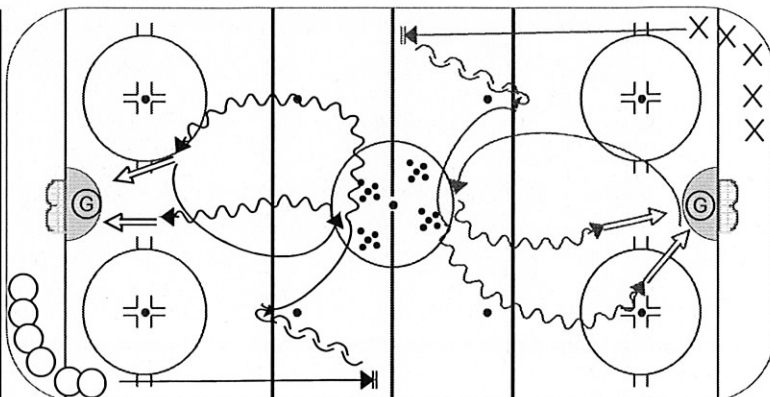
Category #2 :

Scoring

Description

Split into two teams. Once you score two goals you are finished with the drill.

1. Player will skate to the red line, stop hard and then backwards around the dot at the blue line.
2. Player circles at center and picks up a puck to go in for a shot. After the shot, return to center ice for new puck and a 2nd shot.
3. Each player takes two shots on their turn. If you score two goals, you are done and will line up in the opposite corner. If you score one goal, you have to line up again for another turn, but only need to score one goal

**Key points** :

Quick feet

Shoot to score