



Date: September – Practice 1.2

Number of Players: 30 to 50

Practice Theme / Goals: Basic skills, early season acclimation to ice

Equipment Required / Set-up: Ice marker, cones, tires

Warm Up: 10 minutes

Players pair up with one puck per pair. On the whistle, play 1v1 keep away with their partner. Have players stay in a confined area attempting to stickhandle around or through their partner. Play for 40 seconds, rest for 40 seconds. On the whistle to rest, players stand 15' apart and pass to one another.

Forehand passes, backhand passes, and bullet passes (pass as hard as possible). Have players pass cross body and sweep the puck. Coaches correct technique.

Goaltenders: Warm-up and Movement

Goalies pair up and play catch with a medium sized ball while doing lateral steps, during rest time, stationary passing. See page 2

Movement Drill B.1 – See page 2

Movement Drill B.2 – See page 2

Stations: 4 Stations x 9 minutes

On the whistle to change station, players do 5 jumps before moving on to the next activity. Coaches distribute water at each station as the players arrive.

Station 1: Net Tag

Player X attempts to evade player O using the nets or tires as a screen. This activity can be done with multiple players at the same time. Puck can also be given to the evading players to work on puck control while reading the opponents position.

Station 2: Stops, Starts & Turns

Have players stop and start at each cone. Have them spray the cone with snow attempting to turn it white! Work on correct technique. Half way through, have the players carry pucks. Progress to tight turns.

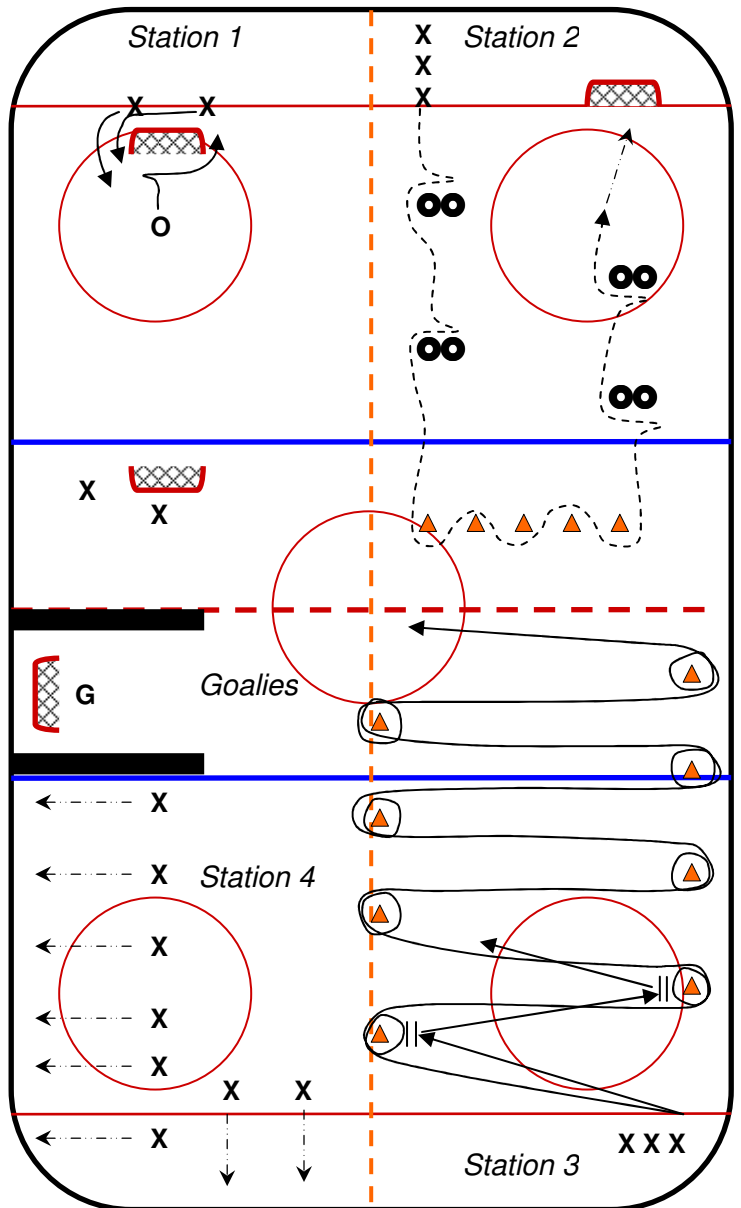
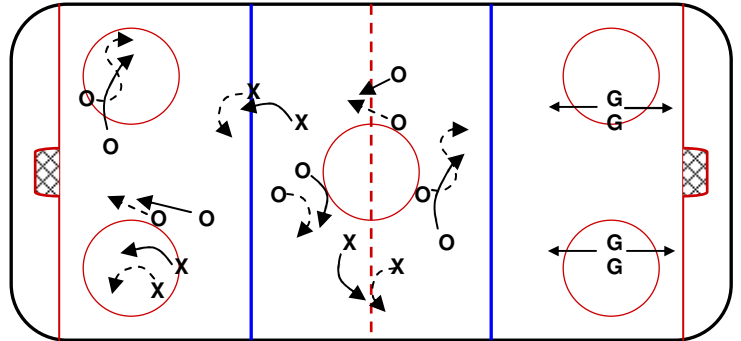
Station 3: Puck Control – Deception

Players carry a puck through the designated course. Use a very wide dribble and fake at each set of tires and finish off with a shot on net. First fake wide to forehand, then fake wide to backhand. Coaches must hold the players accountable to exaggerate the fakes.

Station 4: Player Shooting

Wrist shots – have players spread out with in the zone and shoot against the boards. To work on proper technique, have the players begin by facing away from the board and taking backward stride. If the player is a left shot, step out to forward with the right foot and follow through with a shot against the boards. This technique forces the proper weight transfer.

Two thirds of the way through, switch to having the players try a slap shot. Don't worry too much about technique, have them strike the puck as hard as possible. (upper body speed training). Goalies at Goalie Station.



Game: Ringette

Play cross-ice ringette in all three zones. Use 40 second shifts and try to utilize the player numbers 3v3, 4v4, 5v5 so that the players participate every other shift.