



Date: September – Practice 1.5

Number of Players: 30 to 50

Practice Theme / Goals: Basic skating skills, puck control with deception

Equipment Required / Set-up: Cones, tires, dividers, ringette rings and extra sticks

Warm Up: 8 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: 3 Stations x 10 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: Puck Control – Deception

Use rings and pucks – controlled Exaggerated movements.

- A. Using rings make wide exaggerated moves to forehand and backhand. Emphasis on knee bend and loading legs.
- B. Exaggerated moves using pucks
- C. Exaggerated moves sliding under stick
- D. 1v1 shuttle, attack triangle, against passive players

Station 2: Stops, Starts, Transition Skating

Skating skills technique, stop and start at each cone (head and chest up). Progress to forward to backwards pivots. Add in agility at the red line (drop to knees and up) and then add in pucks.

Station 3: 1v1 Competitions

Players compete 1v1 for 30 second shifts. Coaches add in additional pucks if a goal is scored or goalie covers it. Rotate after each shift to next area, 1 to 2, 2 to 3, 3 to 1.

Forward & Backwards Tag – 8 minutes

Using the whole ice surface play tag with the middle zone as the forward skating zone and each end zone for skating backwards. Each time a player is tagged they join the tagging group. All players pivot at blueline.

Game: 3v3 with Outlets – 12 minutes

Play 3v3 cross-ice for 40 second shifts. Players must make a pass to one of the coaches (outlets) on transition before they can score.

