



Date: September – Practice 1.7

Number of Players: 30 to 50

Practice Theme / Goals: ABC's, puck control and ice awareness

Equipment Required / Set-up: Tires, dividers and ringette rings

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.2 – See page 2

Movement Drill C.2 – See page 2

Stations: 4 Stations x 8 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 with Pucks

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. Player X has puck, player O attempts to steal it.

Station 2: ABC's Obstacle Course

Set up a loose puck race that has the players turn, stop & start, and jump obstacles. Who ever gets to the puck first has a chance to score on the goalie.

Station 3: Starts

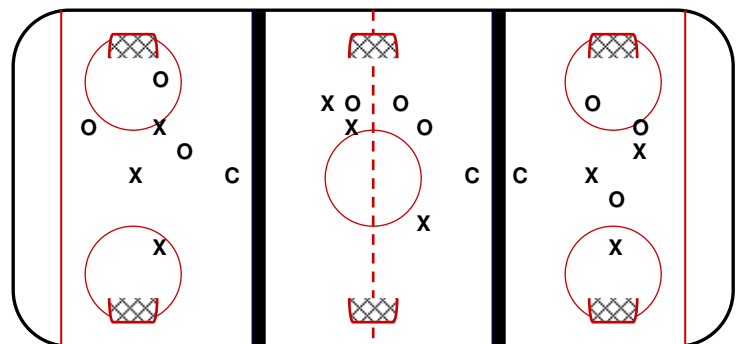
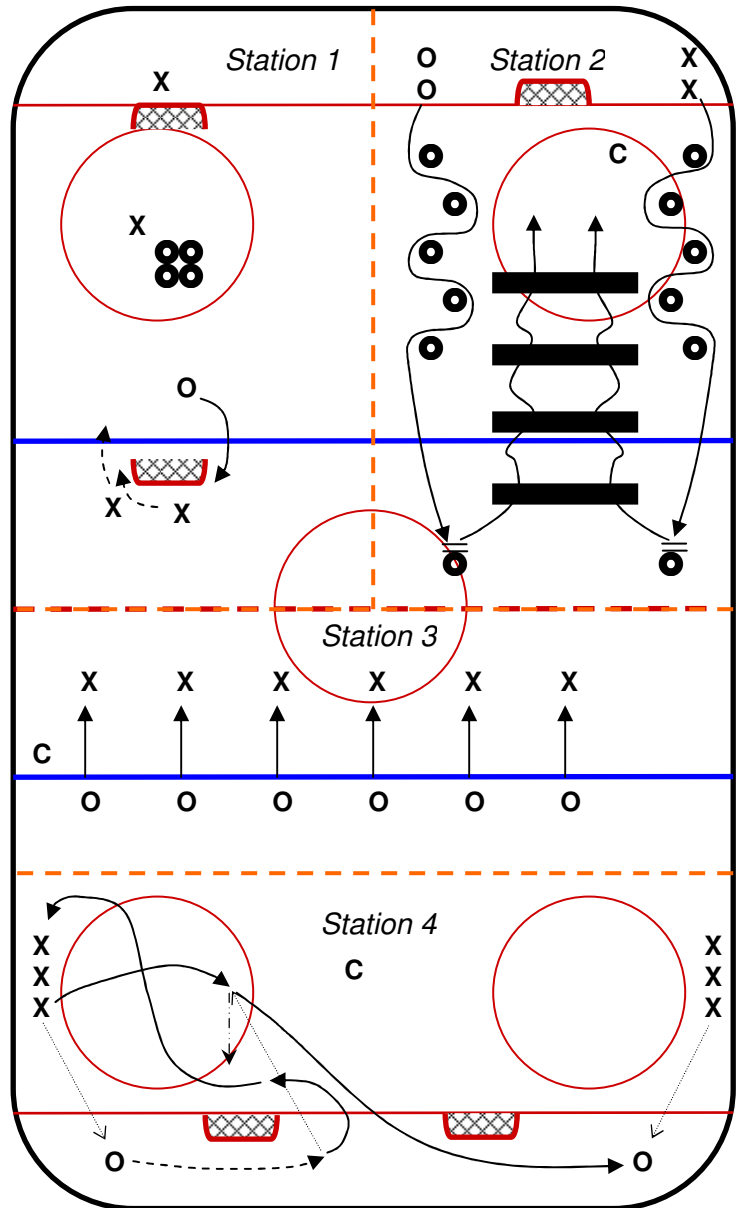
Players pair up. One partner turns his stick over and stands it vertically on the butt end. On signal from coach his partner races to grab the stick before it falls over. Vary the distance between partners to increase difficulty. Have players start from various position. Forward start, side cross over start, from knees, etc.

Station 4: Situational Passing

X passes to O and then moves to open ice for a return pass. O carries the puck behind the net and hits X for shot, and then looks for the rebound. After shot X becomes the new O on opposite side of ice.

Station: Shooting – 8 minutes

In pair players split up around the rink with one partner near the boards. The player near the boards passes to his partner who catches the pass and immediately shoots up in air back against the boards. The passer attempts to knock the puck out of the air. He then collects the puck and repeats with pass back to shooter. Switch positions half way through.



Game: Ringette – 10 minutes

Play 3v3 or 4v4 cross-ice ringette for 40 second shifts. Adjust the numbers accordingly so that players can play every other shift.