



PRACTICE #1: Body Contact+ Battle (1 hr)

Goal- To teach the players to engage, proper positioning when giving and receiving a hit, and how to maintain good body positioning.

(8 min) Warm-up SAG- 3v3 Gate Game

- Both ends, Goalies warm-up at center ice
- Coaches set up 3 sets of cones "gates". Players are trying to work together to pass TAPE to TAPE in order to gain a point.

(40 Min) Stations: (4 x 8min) *8 players per station

#1: "Queen of the Hill" (Defend the Puck)

- Players will be paired with no sticks
- Each pair will have one puck, and alternate who defends.
- Start with players facing each other as a warm-up in engaging, then switch to the defending player facing the puck...forcing her to be aware.

#2: Mirror Drill w/shot finish

- Defensive player will mirror the player with the puck...Maintaining good defensive positioning (BETWEEN THE PUCK AND THE NET...STICK ON THE ICE)
- Defensive player can engage, Offensive player can shoot once the coach has blown the whistle

#3: Prison Break

- Start with players in pairs briefly working on shoulder to shoulder contact.
- Once you move them to the circle, one player will start in "prison", the other players will create a circle around the player.
- Coach will say go, and the middle player must STAY ON HER FEET, and try to escape. Outside players can move in their relative space to prevent the prisoner from leaving.
- ***Start with a small circle and slowly make it bigger as players rotate in.

#4: Alternating 1v1 behind the net

- one player will start with a puck behind the net, and one will start by defending her. On the first whistle, the offensive player will protect the puck behind the net, while the defensive player pressures her. On the SECOND WHISTLE, the offensive player tries to attack the net to score, while the defensive player tries to prevent any opportunities.
- PREACH: good body positioning, one hand on the stick, and taking away space.

(10 Min) SAG: 1v1 Corner Battle

- Set up all 4 nets in each corner
- Split teams so there will be 4 small 1v1's at the same time
- Short shifts, and encourage players on the sides of the nets to keep the puck in

