

Stage: U14

Practice: # 14 ($\frac{1}{2}$ Ice Practice)

Introduction (pre-practice) (3-5min in the dressing room)

- Conditioning focus
- Review drills (practice plan)

Warm up (10-12 minutes)

- Drill #1, followed by stretching – pick variation

Post-practice wrap up) (3-5min in the dressing room)

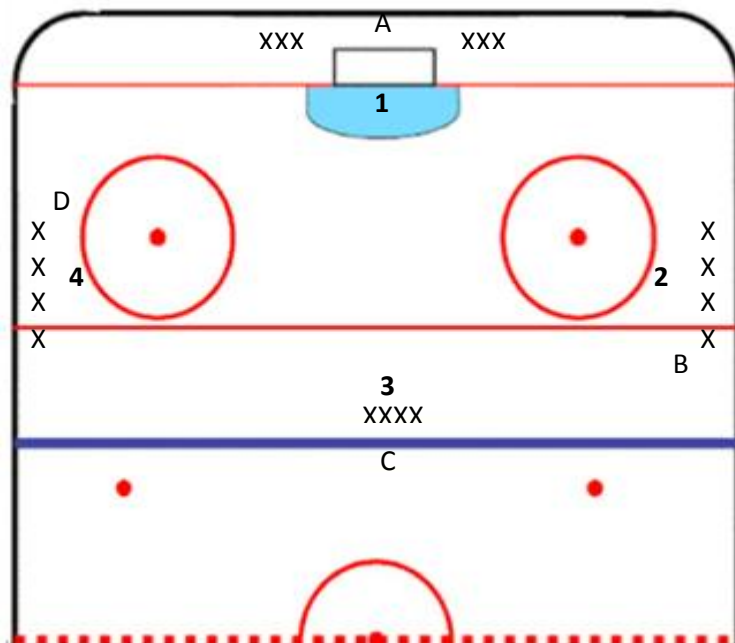
- Feedback on practice (w/o isolating individuals)
- Look-ahead (games, practices)
- Discuss importance of nutrition / excercie/ hydration over Christmas break

| TIME (minutes) | ACTIVITY |
|----------------|------------------------------------|
| 00 – 05 | Drill#1: warm-up |
| 05 – 07 | Hard lap/water |
| 07 – 15 | Drill#2: Lengths + Widths |
| 15 – 23 | Drill#3: Sharp turns |
| 23 – 25 | Water |
| 25 – 35 | Drill#4: 1on 1race (pylons) |
| 35 – 37 | Water/lap |
| 37 – 45 | Drill#5: Pepper pass |
| 45 – 55 | Drill#6: v. 1 (add D) |
| 55 – 60 | Cool down |

Drill #1

| | | | |
|---|------------------------|---|-----------|
| Drill Name: | Warm-up Skating | Duration: | 5 minutes |
| What Skills are we developing? Players: | What do I need? | | |
| Goalkeepers: | | | |
| Drill Details: <ul style="list-style-type: none"> Have players skate around entire surface of the ice in same direction <ul style="list-style-type: none"> V.1 Coach blows whistle: <ul style="list-style-type: none"> ➤ 1 = speed ➤ 2 = stop + change direction V. 2 Players skate between blue lines, then backwards between blue lines V. 3 Players stretch legs between blue lines V. 4 Players stretch arms over head V. 5 Gliding backwards (1 leg, 2 leg, touch 1 knee, etc.) | | TIPS <ul style="list-style-type: none"> Push nets to Ringette line for safety | |

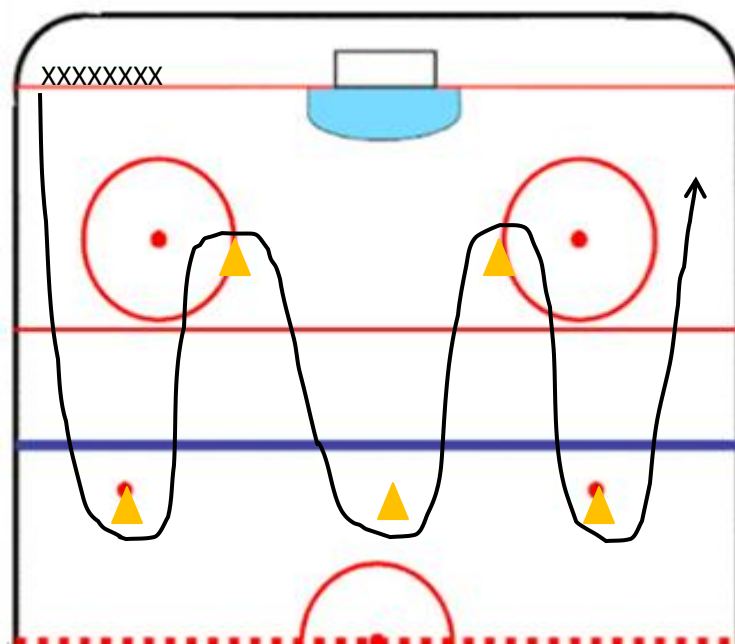
Drill #2



| | | | |
|--|---|------------------|--|
| Drill Name: | Lengths + Widths | Duration: | |
| What Skills are we developing? Players: | What do I need? <ul style="list-style-type: none"> Rings are optional | | |

| | | |
|--|--|--|
| Goalkeepers: | | |
| Drill Details: <ul style="list-style-type: none"> • Group 1 skates to C and back, then move to B • Group 2 skates to D and back, then move to C • Group 2 skates to A and back, then move to D • Group 2 skates to B and back, then move to A <ul style="list-style-type: none"> ○ v. 1 Skate forward ○ v. 2 Skate backward ○ v. 3 Sculling ○ v. 4 One-leg slalom + two-leg slalom | | TIPS <ul style="list-style-type: none"> • Best on full ice |

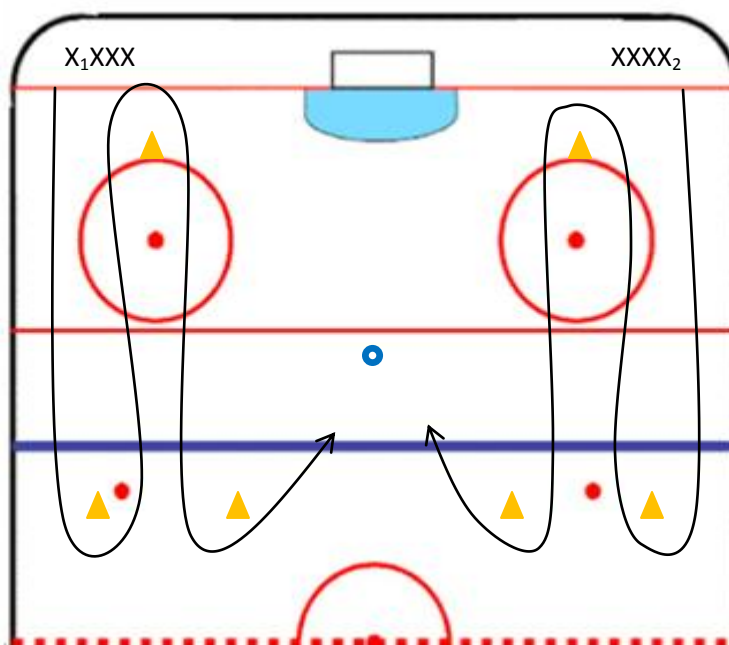
Drill #3



| | | | |
|---|-------------|---|-----------|
| Drill Name: | Sharp turns | Duration: | 5 minutes |
| What Skills are we developing? Players: <ul style="list-style-type: none"> • Acceleration • Sharp turns • 360 turns • Backwards • Protecting the ring | | What do I need? <ul style="list-style-type: none"> • 5 pylons • 15 rings | |
| Goalkeepers: With players | | | |

| | |
|---|---|
| Drill Details: <ul style="list-style-type: none"> • Players line up in corner • Skate forward with ring to first pylon • Turn as tight as possible around cone, continue to next pylon <ul style="list-style-type: none"> ○ v. 1 360 turns around pylons ○ v. 2 front to back, back to front transitions ○ v. 3 fully backwards | TIPS <ul style="list-style-type: none"> • Players to treat pylons as 'opposing players' and protect ring • Drill manual ref: <ul style="list-style-type: none"> ○ 3.13 |
|---|---|

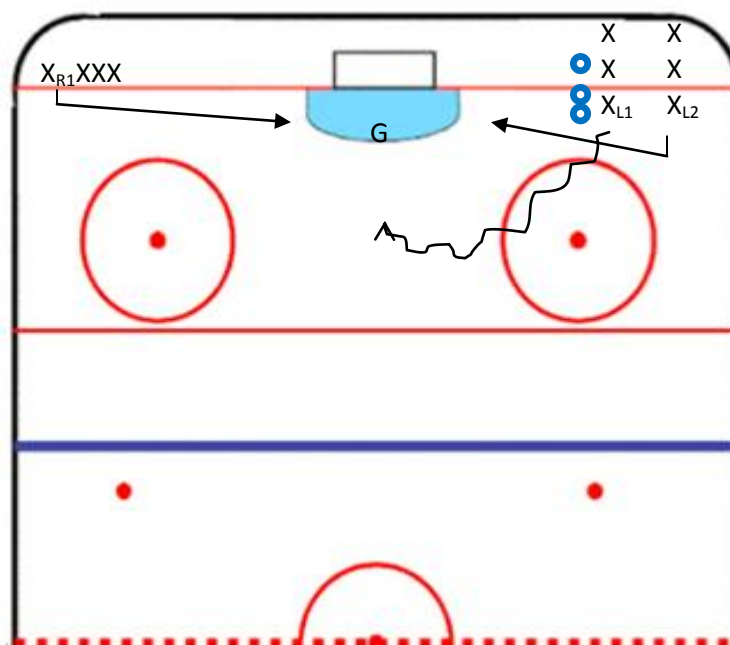
Drill #4



| | | | |
|---|--|---|-----------|
| Drill Name: | I versus I race with skating variation | Duration: | 5 minutes |
| What Skills are we developing? Players: <ul style="list-style-type: none">• Tight turns• Pivots• Retrieving open rings | | What do I need? <ul style="list-style-type: none">• Rings• 6 pylons | |
| Goalkeepers: Rebounds | | | |

| | |
|---|---|
| Drill Details: <ul style="list-style-type: none"> • Players line up in each corner • X1 and X2 start on whistle, race through 3-pylon course and retrieve ring • Player who does not get ring back checks and/or goes for rebound • V. 1 forwards to first pylon, backwards to second • V. 2 all backwards until last pylon | TIPS <ul style="list-style-type: none"> • Players must turn tight to pylons |
|---|---|

Drill #5

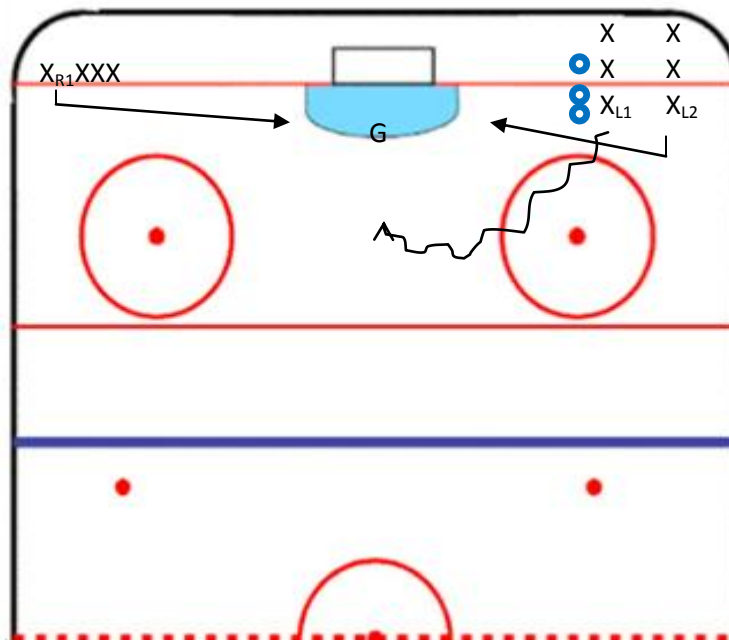


| | | | |
|---|----------------|---|-----------|
| Drill Name: | Pepper passing | Duration: | 5 minutes |
| What Skills are we developing? Players: <ul style="list-style-type: none">• Pass placement• Ring reception• Shooting• Body + head dekes | | What do I need? <ul style="list-style-type: none">• Ring | |
| Goalkeepers: <ul style="list-style-type: none">• Lateral and depth movement | | | |

| | |
|---|--|
| Drill Details: <ul style="list-style-type: none"> • Right handed shots line up in one line, left handed in 2 • R1 skates to low post, L1 skates to top of slot, L2 to low post • L1 passes alternately to R1 and L2 who also makes cross-crease passes • Goalie must shift with ring • Any player may shoot at any time • Passes should be crisp and accurate <ul style="list-style-type: none"> ○ Variation: add one or two defenders once passes are very accurate ○ Modification: second line should be on L or R-whichever you have most of | TIPS <ul style="list-style-type: none"> • Use skate to stop ring if player misses it with stick • Body and head dekes |
|---|--|

Drill #6

****Add defenders**



| | | | |
|--|----------------|---|-----------|
| Drill Name: | Pepper passing | Duration: | 5 minutes |
| What Skills are we developing? Players: <ul style="list-style-type: none"> • Pass placement • Ring reception • Shooting • Body + head dekes | | What do I need? <ul style="list-style-type: none"> • Ring | |
| Goalkeepers: <ul style="list-style-type: none"> • Lateral and depth movement | | | |

| | |
|--|---|
| <p>Drill Details:</p> <ul style="list-style-type: none"> • Right handed shots line up in one line, left handed in 2 • R1 skates to low post, L1 skates to top of slot, L2 to low post • L1 passes alternately to R1 and L2 who also makes cross-crease passes • Goalie must shift with ring • Any player may shoot at any time • Passes should be crisp and accurate <ul style="list-style-type: none"> ○ Variation: add one or two defenders once passes are very accurate ○ Modification: second line should be on L or R-whichever you have most of | <p>TIPS</p> <ul style="list-style-type: none"> • Use skate to stop ring if player misses it with stick • Body and head dekes |
|--|---|