AA Evals - Forwards Practice Plan

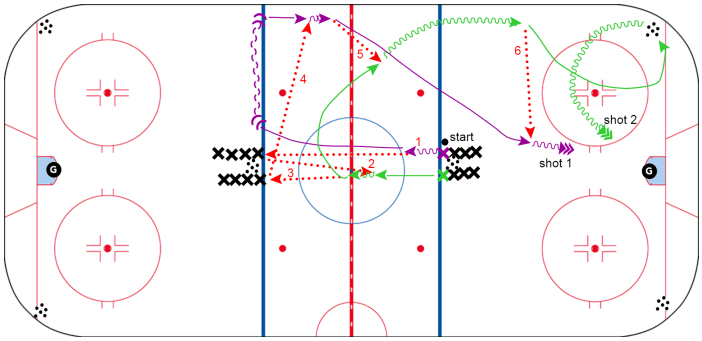
Duration: 60 min

AA Evals - Fwds 1. Six-Line Pass and shoot — 10 mins

Description:

Drill involves 6 passes while incorporating timing and hockey IQ. Both players get shots on net. Stop in front of net and race back into line after the shot.

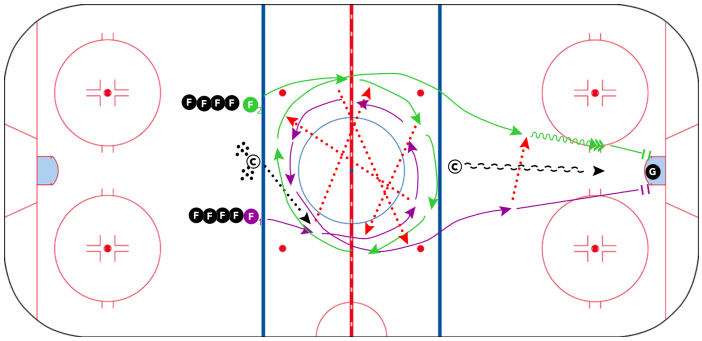
Lines rotate from one end to the other.



AA Evals - 2. Fwds Pass to open ice & 2on1 — 10 mins

Description:

Passing drill that showcases player anticipation, hockey IQ, with head up with high pace. End drill wit ha 2on1 on a coach with both players driving net and stop in front.

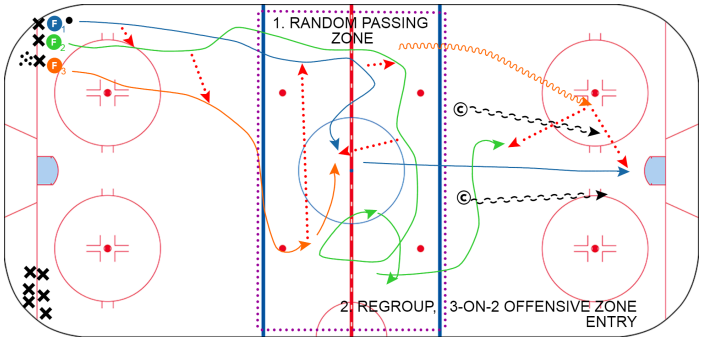


AA Evals Fwd's - 3. CHAOS! — 10 mins

Description:

Drill that highlightes passing, skating and hockey IQ.(30 second reps) - First whistle: A forward line races into NZ and randomly pass amongst themselves. Must keep feet moving and head up, communicate.

Second (double) whistle: Forward line regroups over red line then fill lanes performing a 3 on 2 with gapped up defence (coaches). Read and react, perform various smart zone entries with one fwd driving net and one fwd in a high support position.

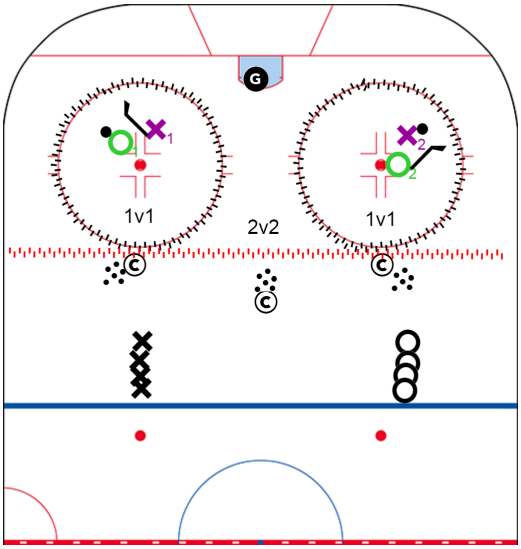


AA Evals - Fwds 1on1/2on2 Battle Drill — 10 mins

Description:

A. 1v1 inside circle. Puck protection skills and checking skills. 15 seconds

B. Second whistle: 2 X's vs 2 O's in a 2v2 game from the ringette line down. 25 seconds

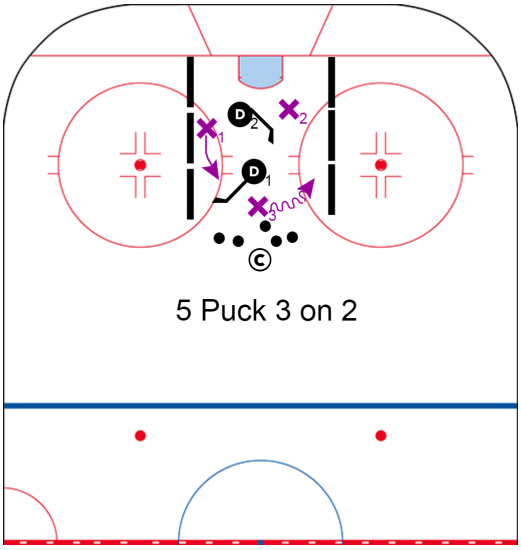


AA Eval Defence 5. 3-on-2 SAG — 10 mins

Description:

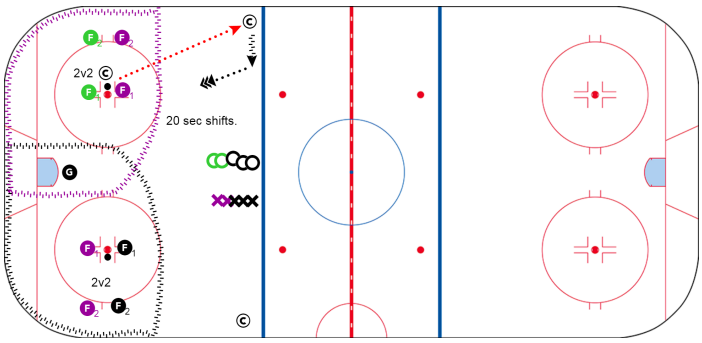
Small area game 3 on 2.

fwds get 5 pucks. Constantly move around and get open and try to score. Defenders be aggressive, if you get puck pass back to coach to get a point.



AA Evals - Fwd's 2on2 w/D shot — 10 mins

Description:

Game-like battle drill. Drill starts with a face-off /2v2 below the ringette line. The Coach on the blueline is an option. If the fwds pass back to coach, coach will shoot puck on net. Fwds must drive net while defenders must recognize man-on-man coverage.

30 sec shift, then switch sides.