

RCFHA Example Practice Plan 2020

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Example Practice Plan for Mites/Jr Squirt Teams

- Practices will run for 60 minutes

Activity	Minimum Duration
1. Talk with the team, explain the stations, COVID safety, etc. <ul style="list-style-type: none">○ Other Coach sets up stations during this time	10 mins
2. Station Drills	30 mins
3. Team Cardio	5 mins
4. Team Drills	15 mins

Example Practice Plan for Sr Squirt/PeeWee/Bantam Teams

- Practices will run for 75 minutes

Activity	Minimum Duration
1. Talk with the team, explain the stations, COVID safety, etc. <ul style="list-style-type: none">○ Other Coach sets up stations during this time	10 mins
2. Station Drills	30 mins
3. Team Cardio	10-15 mins
4. Team Drills	20 mins

Key Notes

This is just a basic guide. You can change/edit the duration, drills, or even the formatting of the practice. The key point is to make sure whatever drill you plan on running, that it is able to be run by physical distancing. If you plan on doing your own plans, make sure to plan ahead of time, so the kids aren't standing around during the practice time.

Each coach will have to make variations on their drills to cater to their players and the skills they want to develop. They must also be aware of the layout of their practice gym and effectively utilize their space as each gym is different. Coaches must keep in mind there may be specific entry and exit protocols to avoid cluttering of players. Players must enter and exit the gym one at a time and a quick verbal questionnaire with each player may be necessary before they enter the gym. Coaches must also make sure parents are aware of this and will not be able to watch practices unless they are a safety manager.

During the first 10 minutes of practice, take the time to talk with the team. Make sure the team is physically distanced during this time. You can include things like COVID safety, explanation of the practice drills, and anything else that the team would like to discuss.

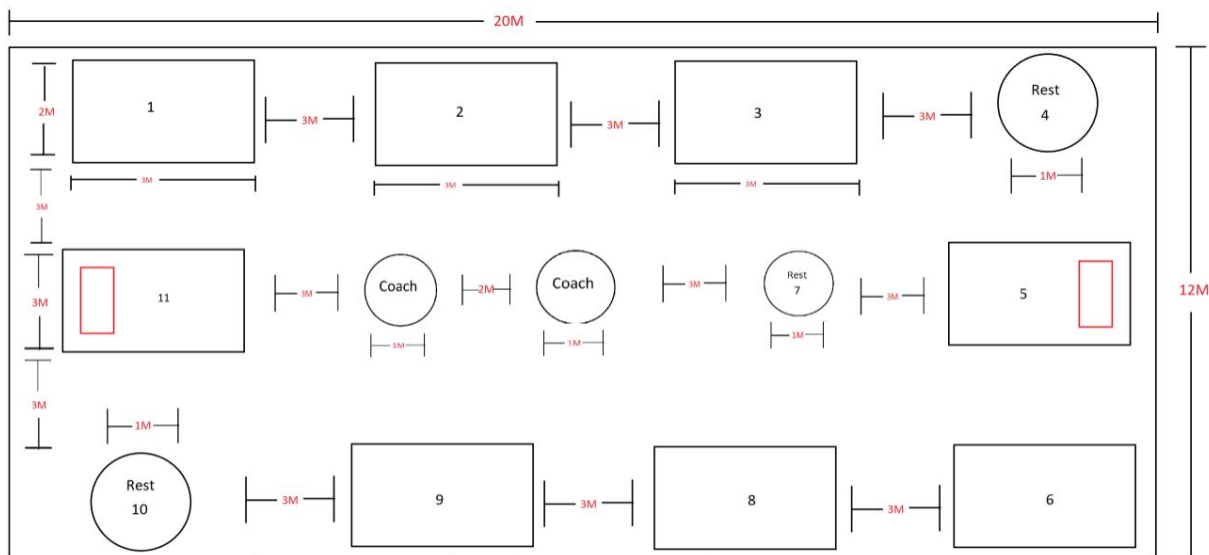
Make sure players bring their water bottles with them to every station.

If a puck goes out of bounds, the player must check with the coach to see if it is okay to safely retrieve it or the coach will get it themselves or provide them with another puck. If you have an abundance of pucks this may not be an issue.

Station Drills

The basic concept of drills can be run in stations/circuits and there will be variations for team drills. For individual drills you will need to create about 8 stations but will need to adjust with more or less depending on the size of your team. You will mark the sizes of the zones by using cones. All stations will be spread out across the gym and must be at least 3m apart to ensure players will not make accidental contact. Each player will have their own space to practice a certain skill with their station. It is up to the coach on how long players are at each station until it is time to rotate over to the next. Some drills may be done quickly and it is up to the coach to add different variations or challenges to engage the players. Drills will last about 3-5 minutes but will vary. The coach will be in the middle and take charge of making sure all players are working on their skills and letting everyone know when and how to rotate to the next station.

This diagram shows a typical setup of the station drills in a practice gym. Please see the next page for detailed instructions for each drill.



These are just some examples of drills you can do. You can alter the drills or format anyway you want as long as there is enough distance between players.

Take the first 10 minutes of the practice to set up all the stations with the relevant equipment necessary. This can easily be done while the other coach is talking with the team.

These drills can be altered in any way to help develop the skills that benefit your players the most. You can duplicate skills meaning you can have 2 of the same drills in the same circuit. You don't need to follow this exact layout or format as gyms and the number of players will be different for everyone. If you don't know where to start, make it simple, and focus on basics first. You don't even have to incorporate

the stick yet and focus on fundamental movements to improve their strength and balance. Once they are confident in basic motor skills you can add drills with sticks.

When the coach is ready they can call for everyone to rotate. Everyone will rotate to the next station in ascending order from the diagram. Eg. 1-2, 2-3, 3-4, etc. All rest zones and coach zones will all be 1 meter wide. Every stations/zones need to be 3M apart except for the coaches that are beside each other. They can be 2M apart since they are not participating in physical activities.

Each player station will be a 3x2 meter box.

List of Stations

Typically 3-5 mins for each rotation (includes time to teach the drill for more complicated ones). **Note:** Do not progress through the variation until the player has adequately shown that they can do the basic variation.

1. Stick Handling Drill

- Variations
 - Stick handle the puck without cones
 - Stick handle weaving through the cones
 - Stick handle through different cone formations
 - Repeat by stick handling backwards, ensuring that they protect the puck

2. Agility/Footwork Oriented Drill

- Cones spread out in a straight line
- Focus
 - Quick footwork going through the cones
 - Try and not hit any of the cones and do it at a quick sprint pace
- Variations
 - Have both feet in, then out or side shuffling through, hopping on both or one foot
 - Use different formations
 - For movements that are lateral, you can make them work going in the opposite direction
- **Note:** Reference this to doing ladder drills

3. Turning the Corner Drill

- Go around the cone with possession of the puck and continue to do so around all cones
- Go around cones in one direction then do it in the other direction
- See diagram for basic setup (sequence and formation can be altered)
- Focus: Control the puck while curving around a corner

4. Rest Station

5. Stationary Shooting Drill

- Pick spots to shoot from and work on shooting with accuracy (no movement)
- Variations
 - Vary the distance
 - Method of shooting: wrist shot or snapshot
 - Forehand, backhand, mix of both
 - Try to hit a specific spot in the net 10 times in a row for example
 - Extra challenge: Hit a post or crossbar
- Focus: Spot shooting and accuracy

6. T-Drill (Agility Drill)

- Start on the side where there's only one cone (the dot in the diagram). Sprint to the cone in front and then back. Then back to the middle cone and run around the outside of the cone, running towards the 3rd cone and going around that cone (a figure 8 shape from cone 2-3) then as they make it around the 3rd cone they will run towards the 2nd cone on the outside and sprint through to the first cone
- There are many videos on how this drill works
- Vary or change the drill as you like
- Focus: Initial burst and acceleration and running around corners with a low center of gravity

7. Rest Station

8. Rebound/Handling Drill

- Lay a bench on its side with cones spaced out in front of it (see diagram for setup)
- Bank the puck off the bench through the cones making it across to the other side
- Variations
 - Work on either forehand or backhand
 - Move the cones further back if it is too easy
 - Set up a bench on the other side and repeat the setup so once they get through one side they must go on the other and repeat
- Focus: be able to control the puck off a bounce or a simulated rebound

9. Cardio Drills

- Examples
 - Run on the spot
 - Run from line to line in a certain order
 - Jumping jacks
 - Burpees
 - Pushups
 - Squats
 - etc. Anything that gets them moving (up to you to vary)
- You can provide a list that they must achieve within the timeframe
- Focus: Keep the players active and breaking a sweat

10. Rest Station

- **Important!!!! Main purpose is to be empty**
- This station is how everyone will rotate to the next station
- Coach calls to rotate clockwise, person in station 8 will move first, and then the person from station 7 will move to 8 and so on
- Ensures physical distancing when players rotate zones
- Coach can engage the player and show them examples of what to do from viewing other players participating in their drill

11. Wrap-Around Shooting Drill

- Player starts behind the net and practices wrapping around the net
 - Continue the motion and practice sharp angle shooting
 - Set up a cone so the player knows where the crease would be (i.e. location their wrap around should apex)
 - Variations
 - After the wrap around proceed to the middle and shoot all in one motion
 - After the wrap around remain along the goal line and practice sharp angle shooting
 - Practice doing wrap arounds on both sides of the net.
 - Place a cone further out, allow them to turn the corner and shoot
 - Practice wrap arounds on both the forehand and backhand
 - Focus: Be able to quickly get from behind the net into a scoring position
 - **Note: Ensure you reiterate the crease area (goals will not count if the player makes contact with the puck in the crease, even for a second!)**
- **Other Drills you can substitute to change up your practice plans**
 - **Passing Drill**
 - Combine two stations across the gym (i.e. in the figure, Station 3 and 8)
 - Variations
 - Basic passing the puck from one side to the other (no movement)
 - Passer makes a movement or a cut before the basic pass
 - Passer passes to a moving player
 - Both players are moving and passing
 - Saucer passing (bench in between and the pass has to go over the bench)
 - Focus: Improve passing skills and accuracy from one player to the other
 - **Stick Handling Drill #2**
 - Variations
 - Stationary
 - Stationary with head and eyes up at all times
 - Straight Line
 - Straight Line with head and eyes up at all times
 - Any other type of motion
 - Any other type of motion with head and eyes up at all times
 - Focus: Keep possession of the puck and eventually keep head and eyes up at all times

Team Cardio

In terms of team cardio, you can have everyone in their own station and follow your prompts. Whether that's running on the spot or jumping, lateral movements, pushups, squats, burpees or anything else you would like to incorporate. This may be easier to do after the individual skills as you have the stations set up before you move on to team oriented drills.

Make sure to include this as a separate drill than the individual station drill. This is to be done as a team, but still physically distanced.

The purpose of this is to push the kids to break a sweat, build up their endurance, and get them active after the long period off.

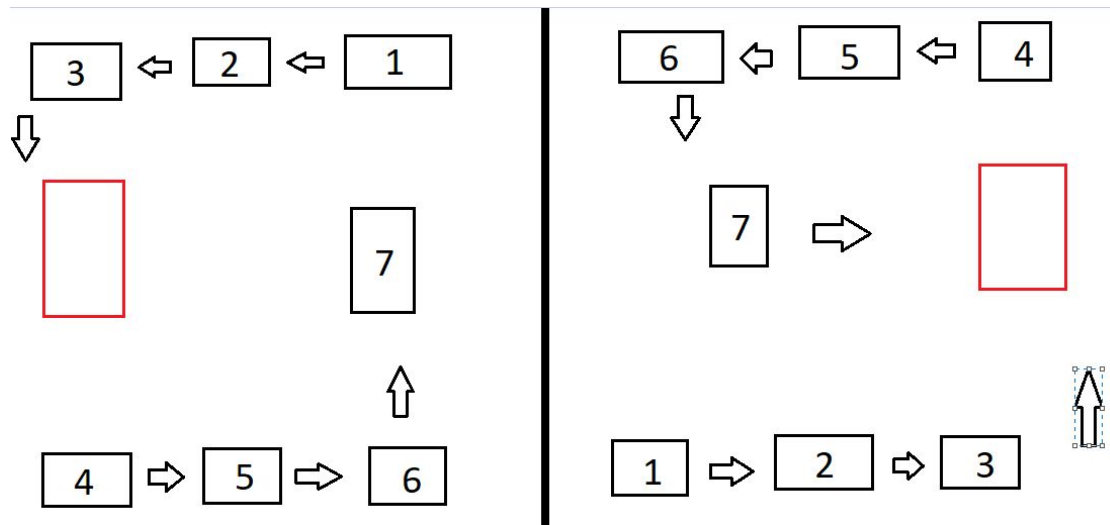
This is a very important component! Don't skip out on it.

Team Drills

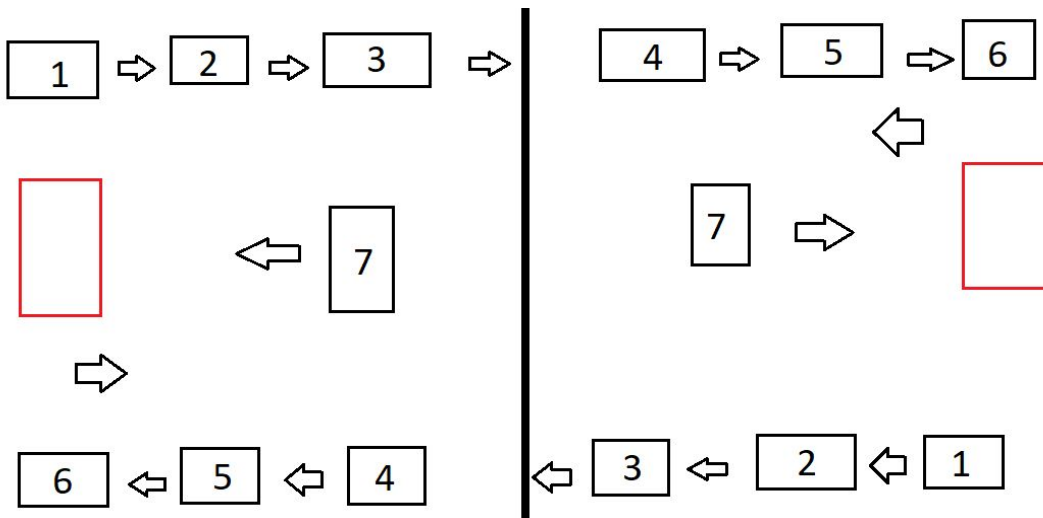
1. Team Drill #1

In these drills, it will be a team relay where both teams have to pass the puck to each player and the last player will take a shot. You can add variations to this to increase the difficulty depending on the skill level of your players. You can make it so that players have to pass a certain way to each other. Whether that's forehand, backhand, saucer, bank pass. For the shooter, you can make it so that they have to shoot forehand, backhand, wrist shot, slap shot, and that they have to make it in the net. You can lay a bench on the ground making it more difficult for the shooter. If there are goalies then they just have to shoot or you can make it so that they have to get X number of pucks past the goalie. You can alter the formation of the drills, you just have to ensure that everyone is socially distancing. Changing where the shooter is shooting from is also another option you can do.

Example 1 Formation:

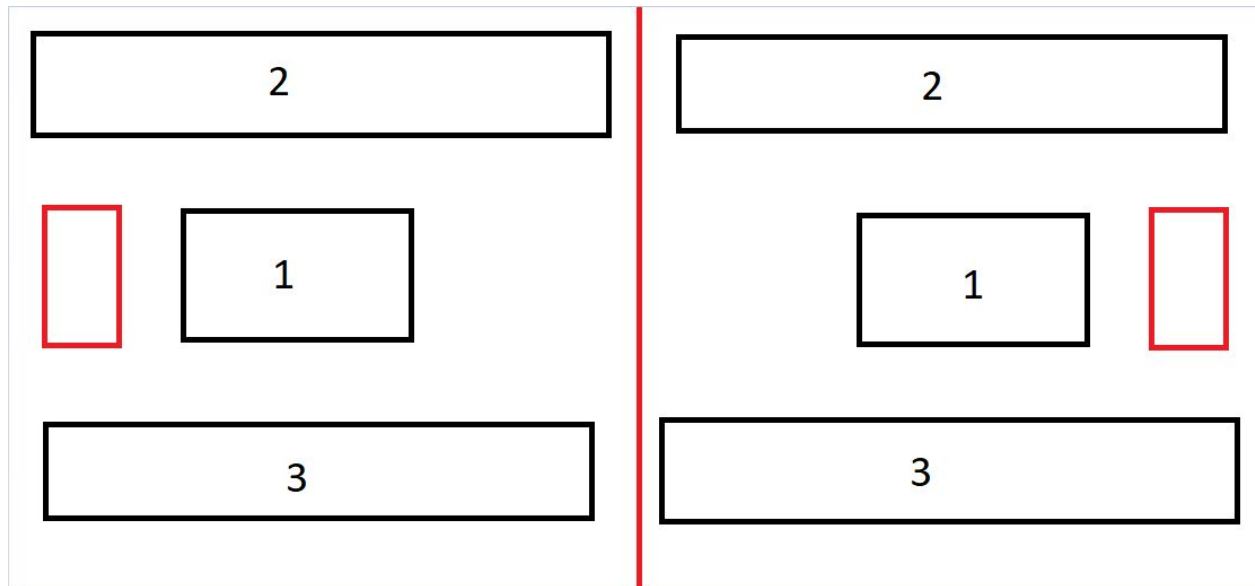


Example 2 Formation:



2. Team Drill #2

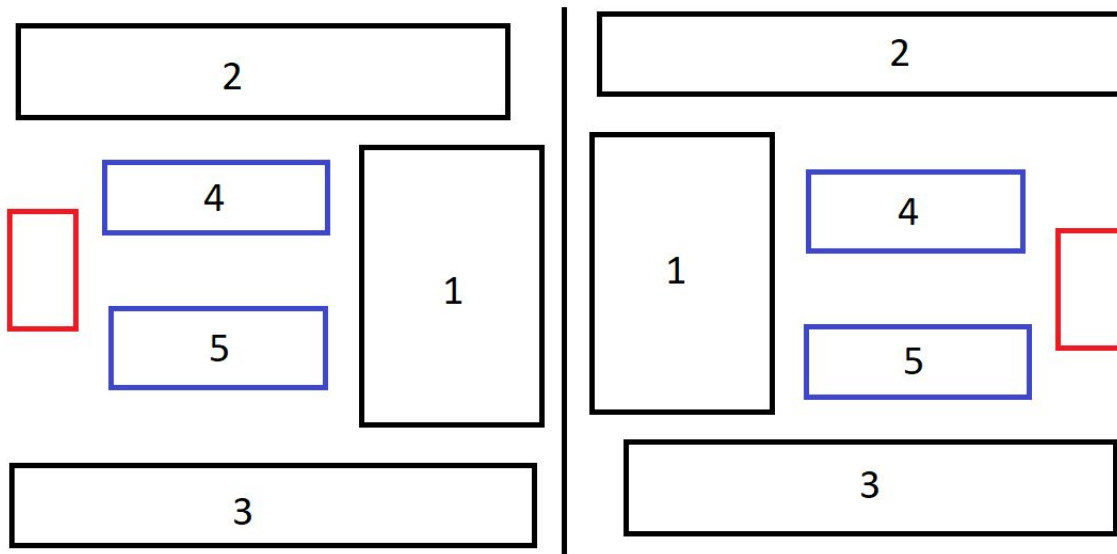
This next drill is a variation of 2 on 1s. Where the defender is in the middle with the 2 forwards on the sides. The goal is to simulate a rush and allow the defender to adjust on the fly to try to block the pass or the shot. You can run this multiple times and mirror it on the other side to run 2 groups at a time. The remaining players will be spread out along the walls and will wait to be rotated when the coach says it is time. There should be sufficient space for players to enter and exit the spaces without passing each other.



3. Team Drill #3

- **This drill may not be used until Provincial Health Orders change. We will make it clear when we will allow this**
- **Keep in mind you must follow RCFHA COVID-19 Guidelines as well as Provincial Health Orders**

If the space permits then you can do a half court scrimmage to help simulate and familiarize players with the format of how games will be like this year. Each player will have their own zone and are not allowed to leave their box but their stick may extend outside their zone. This can be run on both sides of the gym but if the gym is particularly small then you may only be able to run this on one side of the gym but extend the zones making them bigger. Any remaining players will be on the side and await for rotation your call.



You can make any variation or team drills you want as long as everyone is spaced a minimum 3M apart.