

# 12U Practice Plan 2

**Date:** Early Season

**Time:** 60 minutes

**Number of Players:** 30-45

**Practice Theme/Goals:** Skating, passing and receiving, puck skills, body contact, competition, fun

**Equipment Required:** Cones, tires, borders, ringette rings, nets (3)

## WARMUP

### Free Play (5 minutes)

Let the players play with a variety of objects such as black pucks, blue pucks, tennis balls, soft balls, ringette rings, etc.

## STATIONS

### Station 1: Skating Fundamentals/Sprints (9 minutes)

Power skating drills to work on stride technique and mechanics. Drills should incorporate fun into teaching. Work on the following:

- Balance and agility
- C cuts/edges
- Stride length and recovery
- Explosive starts

### Station 2: Puck Skills (9 minutes)

Coach gives the player a pass who catches it and shoots without stickhandling. Once the player catches and shoots and looks for an immediate rebound, the player picks up a puck in the corner and stickhandles through the tires with a 360 on the last one. After coming out of the 360, pass to player O. O passes to coach and goes back into line. X who made the pass to O then becomes O. Be sure to switch sides so that players catch pucks from both sides of their bodies.

### Station 3: Ringette Keep-Away (9 minutes)

Players play keep-away with rings in odd-numbered situations. You can play 1v1, 2v1, 2v2, etc. Work on stick strength and a strong bottom hand. Use deception and exaggerated movements when in possession of the ring. Encourage them to stay in a tight area so body contact occurs.

### Station 4: Small-Area Game Always 2v1 (9 minutes)

Players play a small-area game that is always a 2v2 game with the parameter that, when they are on offense, it is always a 2v1. One player from each team is designated to always stay on the offensive side of the midline. When in possession on offense, a 2v1 should always be the case. Have players work on odd-man situations. On the defensive side, have the player who is not allowed back into the defensive zone always ready to get open for a clearing pass. Body contact is allowed and encouraged in tight areas.

## GAME

### Full-Ice Scrimmage (12 minutes)

Teams are split into 3 zones by color. The black team (B) is attacking one direction while the white team (W) is attacking the other direction. The goal is for the teams to advance the puck, zone by zone, to their teammates and then for the group in the offensive zone to score. Only players in the offensive zone are allowed to score. The players in the neutral zone and defensive zone must maintain possession of the puck until they can pass to a player in the offensive zone. Encourage communicating and calling for pucks. Discourage dumping pucks out and in and just getting rid of it. Players will rotate zones every couple of minutes so they play in each zone.

