

Practice Planning and Preparation

JANUARY 17, 2016

Practice Planning and Preparation

Where are we Going? Road Map

- Yearly Training Plan – YTP
- H/C Skills Pyramid
- Skills Inventory
- Schedule



Yearly training plan.pdf



Practice Planning and Preparation

Hockey Canada Skills Pyramid – Player Development Guidelines

- * **INITIATION** - 85% Technical skills • 15% Individual tactics
- * **NOVICE** - 75% Technical skills • 15% Individual tactics • 10% • Team tactics
- * **ATOM** - 50% Technical skills • 20% Individual tactics • 15% • Team tactics • 10 % Team play • 5% Strategy

Practice Planning and Preparation

Hockey Canada Skills Pyramid – Player Development Guidelines

* **PEEWEE** 45% Technical skills • 20% Individual tactics • 15% • Team tactics • 10 % Team play • 5% Strategy

* **BANTAM** 40% Technical skills • 15% Individual tactics • 20% • Team tactics • 15 % Team play • 10% Strategy

* **MIDGET** 35% Technical skills • 20% Individual tactics • 20% • Team tactics • 15 % Team play • 10% Strategy

Practice Planning and Preparation

Building Your Philosophy

- Association Philosophy
- Coaching Mandate
- Stress Positive Correction and Reinforcement
- Positive Attitude
- Strong Personal Commitment and Work Ethic

Practice Planning and Preparation

Building Your Philosophy... continued

- Believe in Opportunity to Improve
- Goal – Practice Effort Identical to Game Effort
- Be A Skills Teacher
- Be a Values Teacher
- “Teaching Up”

Practice Planning and Preparation

Coaching Mandate

1. MAKE OUR TEAM BETTER BY MAKING OUR PLAYERS BETTER

Role Definition, Goal Setting, Accountability

- Technical Assistance; Practice and Post Practice, Game Analysis and Review
- Conditioning, Mental and Physical, Enforced Participation
- Nutrition and Rest, Knowledge Recognition

Practice Planning and Preparation

Coaching Mandate continued ...

2. ESTABLISH BELIEF SYSTEM BY PREPARATION

- Attention to detail
- Emphasis on the Way We Play
- Eliminate the Excuses “Stay left of the But”

Practice Planning and Preparation

Coaching Mandate continued ...

3. BE DEMANDING but NOT DEMEANING

- Be Consistent but not Predictable

4. MAKE CONTACT WITH EVERY PLAYER EVERY DAY

- Before Players Care How Much You Know, They Want to Know How Much You Care

Practice Planning and Preparation

Coaching Mandate continued ...

5. BE ENERGETIC and ENTHUSIASTIC

- Privilege and Responsibility
- Keep Coaching No Matter the Circumstance

6. NEVER COMPROMISE YOUR VALUES

Practice Planning and Preparation

Effective Practices

- Be Organized – well planned
- Warm up – not stretching (dressing room)
- Have Coaches coach
- Recognize Value of Repetition; practice, practice, practice
- Time to Teach

Practice Planning and Preparation

Effective Practices continued ...

- Purpose
- Tempo, Intensity, Work Ethic
- Challenging – Mentally/Physically
- Planned Progressions
- Close with Fun/Competitive Drill

Practice Planning and Preparation

Components of a Practice

- Warm up, Skills, Tactics, Team, Comp/Game
- Theme
- Progressions
- Evaluate

Practice Planning and Preparation

Progressions

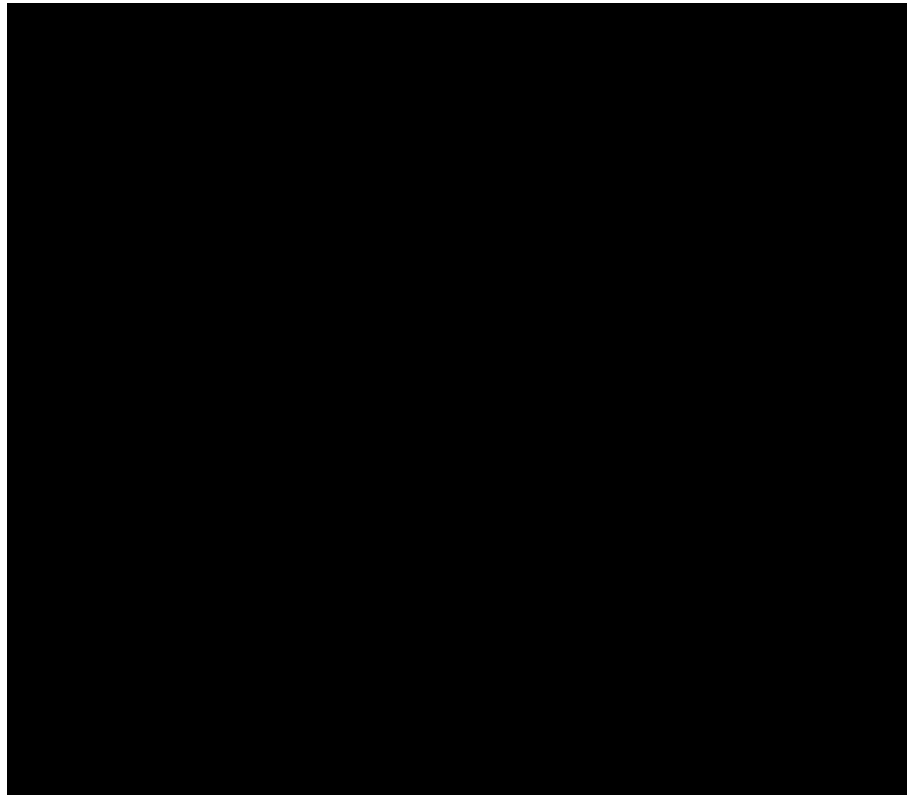
- Build One Skill Upon Another
- Simple to Complex
- Control the Environment, then ...
- Move Progressively towards Competitive
- When Ready... Game like

Practice Planning and Preparation

Progressions continued ...

- Order of Progression
 - Technical Skills – Individual, skills of the body
 - Tactical Skills – 2+ Players, skills of the mind
 - Team Skills – Game Situation, coordinated skills of the Team

Practice Planning and Preparation



Practice Planning and Preparation

Practice Tips

- Be on Time
- Catch Players doing Something Right
- Strive to Achieve Perfect Perfection
- Coach Players to Think the Game
- Bank of 20 -25 Drills to Develop Skill (80 – 20)

Practice Planning and Preparation

Practice Tips continued ...

- Be Consistent
- Keep Everyone Active
- Save Time/Ice by Stretching, Intro Drill in Dressing Room
- Have Check Marks for Learning Taking Place
- Practice Plans Need to Reflect Where You Are With Seasonal Plan Along With Needs Identified Through Games

Practice Planning and Preparation

Practice Tips continued ...

- Safety – Gates Open; Sliding; Equipment
- Conditioning – Bag Skate
- Drills Working both Sides
- Stations – Different

Practice Planning and Preparation

Practice Tips continued ...

- Sharing Goalie Coach
- Limit Time at the Board; Not all Coaches need to Talk
- Correction During the Drill, Not at the End
- Finish the Drill

Practice Planning and Preparation

Conclusion

- Give Yourself a Chance to Have Success
- Good Fortune Happens When Practice and Preparation Meets Execution
- Be Skill and Value Teacher – Talent Who Are Good People
- Stay the Course