



Practice Plan

Team: ATOM HOUSE

Practice No.: 4

Date : _____

Time: _____

Duration: 60 MINUTES

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

SESSION OBJECTIVES:

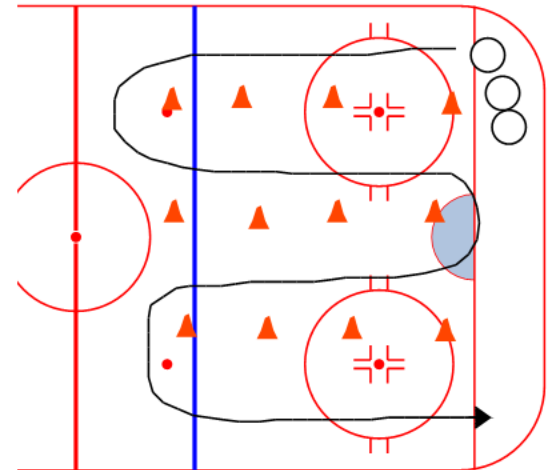
Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

Title : PUCK CONTROL WARM UP Category #1 : GLENLAKE Category #2 : ATOM HOUSE

Description

DIVIDE ZONE INTO 4 LANES AS SHOWN, HAVE PLAYERS PERFORM A VARIETY OF SKILLS IN EACH LANE:

1. QUICK HANDS
2. FOREHAND BACKHAND ONLY
3. TOE DRAGS
4. PUCK / STICK THROUGH LEGS



Key points:

_____	_____
_____	_____

Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

Title : PRACTICE 4 SKILL STATION 1 Category #1 : GLENLAKE Category #2 : ATOM HOUSE

Description

1. AGILITY SKATE

LINE PLAYERS AND SET UP CONES AS SHOWN AND HAVE PLAYERS SKATE THROUGH THE CONES. START WITH TIGHT TURNS, THEN PROGRESS TO FORWARDS AND THEN PIVOTING BACKWARDS AT EACH CONE AND FINALLY DOING A HEEL TO HEEL GLIDE AROUND THE CONES. COMPLETE WITH PUCKS IF YOU WANT. REPEAT FROM THE OTHER SIDE.

KEY TEACHING / DEVELOPMENT POINTS

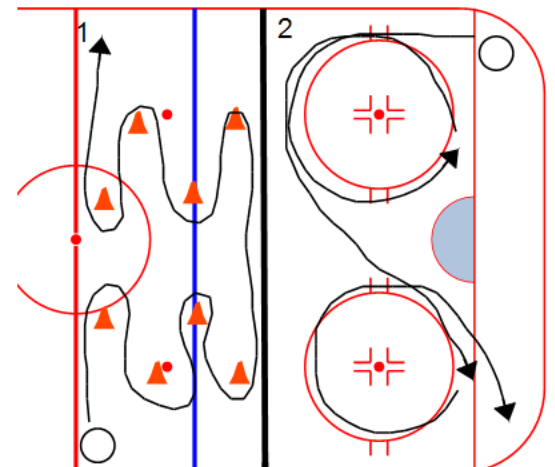
- TIGHT TURNS
- PIVOTS
- HEEL TO HEEL GLIDE

2. ACCELERATING CROSSOVERS AND PIVOTS

LINE PLAYERS UP IN THE CORNER AND HAVE THEM PERFORM FORWARD CROSSOVERS ACCELERATING AROUND THE CIRCLE AND THEN REPEAT FROM THE OTHER SIDE. COMPLETE GOING BACKWARDS AND THEN PIVOTS SO THEY ALWAYS FACE THE SAME DIRECTION.

KEY TEACHING / DEVELOPMENT POINTS

- CROSSOVER AND UNDERCUT FOR ACCELERATION
- PIVOT AND HEEL TO HEEL TURN



Key points:

_____	_____
_____	_____

Drill no. : _____ Duration : 20 Minutes From : _____ To : _____

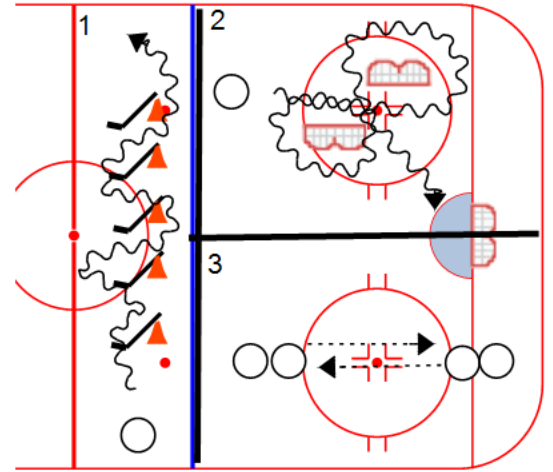
Title : PRACTICE 4 SKILL STATION 2 Category #1 : GLENLAKE Category #2 : ATOM HOUSE

Description

1. AGILITY STICKS
 PLACE STICKS ON TOP OF CONES AND HAVE PLAYERS PERFORM DIFFERENT MOVES WITH THE PUCK WORKING ON QUICKNESS, LATERAL PUCK MOVEMENT AND CREATIVITY.
 KEY TEACHING / DEVELOPMENT POINTS
 - EYES UP
 - WIDTH AND DEPTH IN STICKHANDLING
 - CREATIVITY

2. AGILITY NETS
 PLACE 2 NETS RANDOMLY IN THE CIRCLE AND HAVE PLAYERS HANDLE THE PUCK AROUND THE NETS IN RANDOM FASHION BEFORE TAKING A SHOT ON NET.
 KEY TEACHING / DEVELOPMENT POINTS
 - EYES UP
 - QUICK HANDS AND FEET

3. 1 TOUCH PASSING
 FACE ALINE AT THE TOP AND BOTTOM OF THE CIRCLE, START WITH 1 PUCK AND HAVE THAT PLAYER PERFORM AS MANY 1 TOUCH PASSES WHILE SKATING TO THE OPPOSITE LINE AND THEN THAT PLAYER GOES PERFORMING 1 TOUCH PASSES WITH THE PLAYER OPPOSITE.
 KEY TEACHING / DEVELOPMENT POINTS
 - EYE CONTACT
 - COMMUNICATION



Key points:

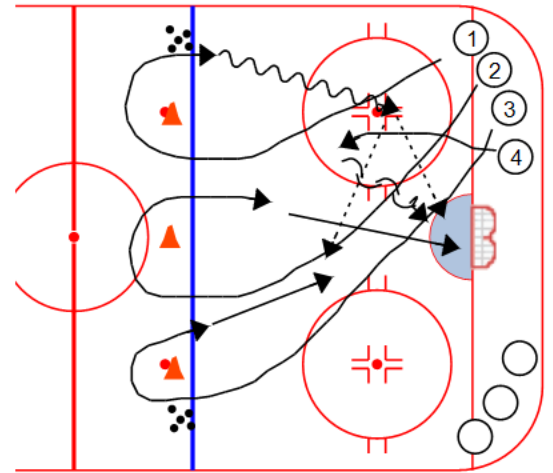
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Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

Title : CLOVERLEAF 3-1 Category #1 : GLENLAKE Category #2 : ATOM HOUSE

Description

LINE UP PLAYERS AND SET UP CONES AS SHOWN. ON WHISTLE 3 PLAYERS GO, PLAYER 1 GOES AROUND THE FIRST CONE AND GRABS A PUCK, PLAYER 2 GOES AROUND THE SECOND CONE, PLAYER 3 THE THIRD CONE. ADD 4TH PLAYER OR A DEFENCEMAN TO PLAY MAKE IT A 3-1. PLAYER 1 DRIVES WIDE, PLAYER 2 DIRVES THE MID LANE, PLAYER 3 STAYS HIGH. PLAYERS ATTACK 3-0 AND GO UNTIL THE WHISTLE, THEN THE OTHER SIDE GOES. *** YOU CAN REGRESS AND START WITH 1 PLAYER THEN ADD A SECOND AND THIRD***
 KEY TEACHING / DEVELOPMENT POINTS
 - EYS UP
 - FEET MOVING
 - WIDTH AND DEPTH IN ATTACK



Key points:

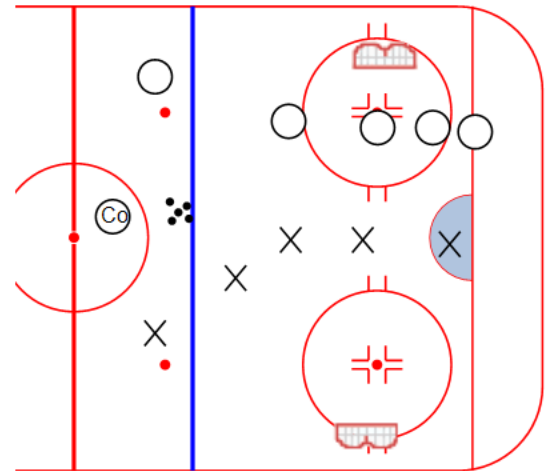
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Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

Title : 4 ON 4 Category #1 : GLENLAKE Category #2 : NOVICE HOUSE

Description

DIVIDE IN TO 2 GROUPS AND PLAY 4 ON 4 WITH EXTRA PLAYERS WAITING IN NEUTRAL ZONE. PLAYERS MUST COMPLETE 3 PASSES BEFORE THEY CAN SHOOT. PLAYERS CHANGE ON WHISTLE



Key points:

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