



Practice Plan

Team: NOVICE HOUSE

Practice No.: 1

Date : _____

Time: _____

Duration: 60 MINUTES

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

SESSION OBJECTIVES:

AGILITY, GLIDING, FRONT V START, EDGE CONTROL, STATIONARY STICKHANDLING

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

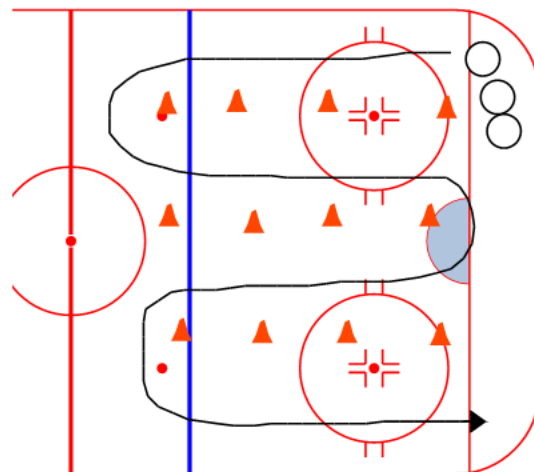
Title : WARM UP 1

Category #1 : GLENLAKE

Category #2 : NOVICE HOUSE

Description

DIVIDE ZONE INTO 4 LANES AS SHOWN, HAVE PLAYERS PERFORM A VARIETY OF SKILLS IN EACH LANE: FALL DOWN AND GET UP, JUMP UP AND DOWN ON ONE FOOT AND TWO, GLIDE WITH KNEE BEND, GLIDING ARM PUMP, C CUTS



Key points:

Drill no. : _____ Duration : 12 Minutes From : _____ To : _____

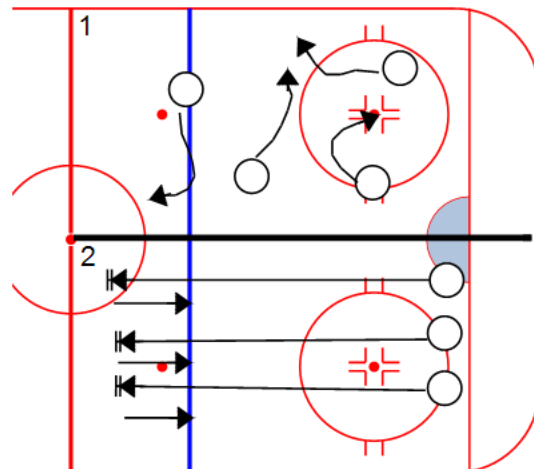
Title : PRACTICE 1 SKILL STATION 1

Category #1 : GLENLAKE

Category #2 : NOVICE HOUSE

Description

1. CHAOS
PLAYERS SKATE AROUND ZONE VARYING SPEEDS ON WHISTLE
KEY TEACHING / DEVELOPMENT POINTS
- BASIC STANCE (HEAD UP, KNEES BENT, CHEST UP)
- STICKHANDLING FUNDAMENTALS (ROLL WRISTS, ELBOWS AND HANDS AWAY FROM BODY)
2. BALANCE AND SKATING
PLAYERS SKATE TO RED LINE PERFORMING THE FOLLOWING: FALL DOWN AND GET UP, GLIDE ON 1 SKATE, GLIDE WITH KNEE BEND AND GLIDING ARM PUMP. STOP AND REPEAT THE OTHER WAY
KEY TEACHING / DEVELOPMENT POINTS
- BASIC STANCE (HEAD UP, KNEES BENT, CHEST UP)
- ARM PUMP (ARMS EXTEND IN FRONT OF BODY)



Key points:

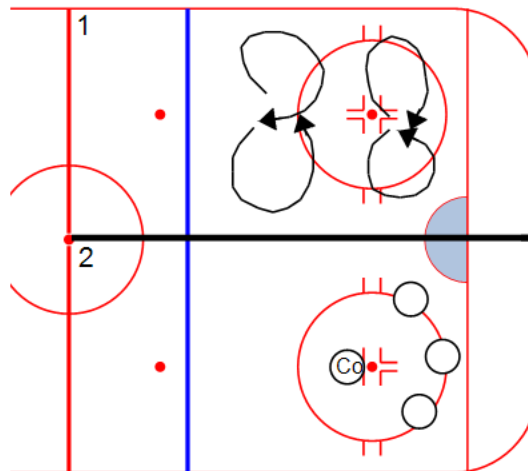
Drill no. : _____ Duration : 12 Minutes From : _____ To : _____

Title : PRACTICE 1 SKILL STATION 2 Category #1 : GLENLAKE Category #2 : NOVICE HOUSE

Description

1. FIGURE 8'S INSIDE EDGE
 REVIEW AND DEMONSTRATE KEY POINTS. PLAYERS RIDE INSIDE EDGE IN FIGURE 8 PATTERN STARTING WITH RIGHT FOOT INSIDE EDGE UNTIL THE PLAYER HAS COMPLETED A FULL CIRCLE THEN SWITCH TO LEFT SKATE AND REPEAT.
 KEY TEACHING / DEVELOPMENT POINTS
 - BASIC STANCE
 - DEEP KNEE BEND FOR BALANCE AND CONTROL
 - UPPER BODY CONTROL, SHOULDERS SQUARE

2. STATIONARY STICKHANDLING
 REVIEW AND CORRECT BASIC STANCE. LINE PLAYERS UP IN STICKHANDLING STANCE AND HAVE PLAYERS STICKHANDLE NARROW, AND NARROW WIDE COMBINATION
 KEY TEACHING / DEVELOPMENT POINTS
 - BASIC STANCE (EMPHASIZE EYES UP , CHEST UP , KNEES BENT)
 - ROLE WRISTS TO CUSHION PUCK
 - ELBOWS AND HANDS AWAY FROM THE BODY



Key points:

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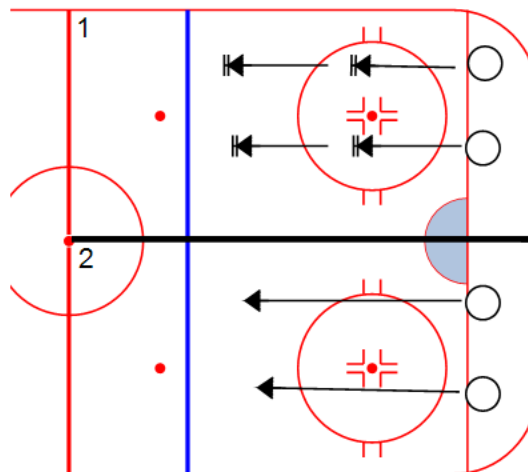
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : PRACTICE 1 SKILL STATION 3 Category #1 : GLENLAKE Category #2 : NOVICE HOUSE

Description

1. FRONT V START
 ON SIGNAL FIRST PLAYER IN EACH GROUP OPEN SKATE IN V POSITION BY TOEING OUTWARDS AND TAKES 4-5 RUNNING STRIDES, SKATES TO RED LINE STOPS AND RETURNS. 2 FOOT STOP AT RED LINE AND GOAL LINE.
 KEY TEACHING / DEVELOPMENT POINTS
 - OPEN HIPS AS FAR AS POSSIBLE, BENDING KNEES INCREASES RANGE
 - RUN ON SKATES, SHORT CHOPPY QUICK STRIDES

2. GLIDE ON 1 SKATE
 EXECUTE V START AND GLIDE ON 1 SKATE TO TOP OF CIRCLE AND THEN TAKES 3-4 QUICK STRIDES AND GLIDES THE REST OF THE WAY. REPEAT ON THE OTHER SKATE COMING BACK. PLAYERS MUST GO IN STRAIGHT LINE
 KEY TEACHING / DEVELOPMENT POINTS
 - BASIC STANCE
 - DEEP KNEE BEND



Key points:

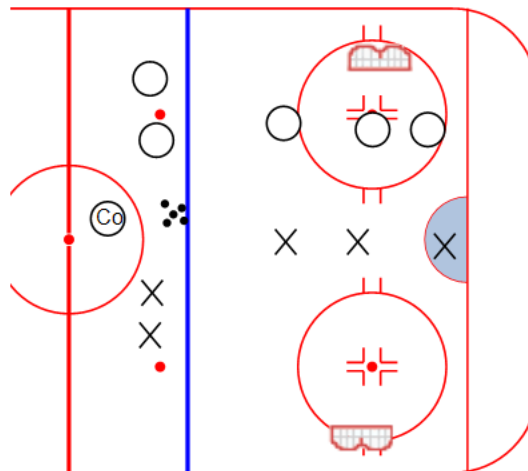
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Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

Title : 3 ON 3 Category #1 : GLENLAKE Category #2 : NOVICE HOUSE

Description

DIVIDE IN TO 2 GROUPS AND PLAY 3 ON 3 WITH EXTRA PLAYERS WAITING IN NEUTRAL ZONE. PLAYERS CHANGE ON WHISTLE



Key points:

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