



# Practice Plan

Team: NOVICE HOUSE

Practice No.: 2

Date : \_\_\_\_\_

Time: \_\_\_\_\_

Duration: 60 MINUTES

Version No.: \_\_\_\_\_

Prepared by: \_\_\_\_\_

## Objectives / Main tasks :

SESSION OBJECTIVES: STICKHANDLING, PASSING, CROSSOVERS, C CUTS

Drill no. : \_\_\_\_\_ Duration : 10 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

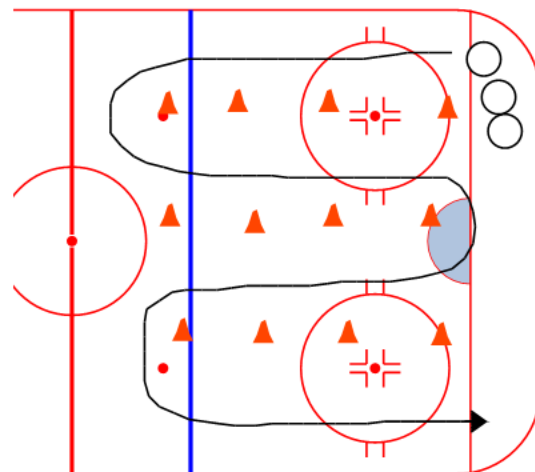
Title : WARM UP 1

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 : \_\_\_\_\_

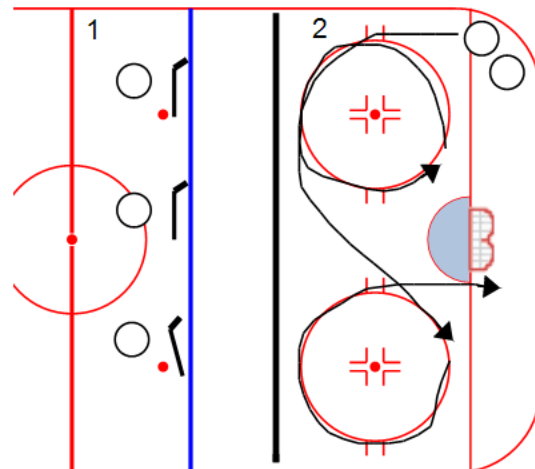
Title : PRACTICE 2 SKILL STATION 1

Category #1 : GLENLAKE

Category #2 : NOVICE HOUSE

### Description

- LATERAL CROSSOVERS OVER STICK  
PLACE STICK ON THE ICE AND HAVE PLAYERS PERFORM CONTINUOUS STEPS OVER STICK  
KEY TEACHING / DEVELOPMENT POINTS  
- BASIC STANCE  
- LIFT FEET AND GO OVER TOP OF THE OTHER FOOT
- C CUTS AROUND CIRCLE INSIDE FOOT  
PLAYERS START IN THE CORNER AND PERFORM C CUTS WITH INSIDE FOOT AROUND BOTH CIRCLES  
KEY TEACHING / DEVELOPMENT POINTS  
- BASIC STANCE  
- FULL EXTENSION AND RECOVERY, NO BOBBING



Key points:

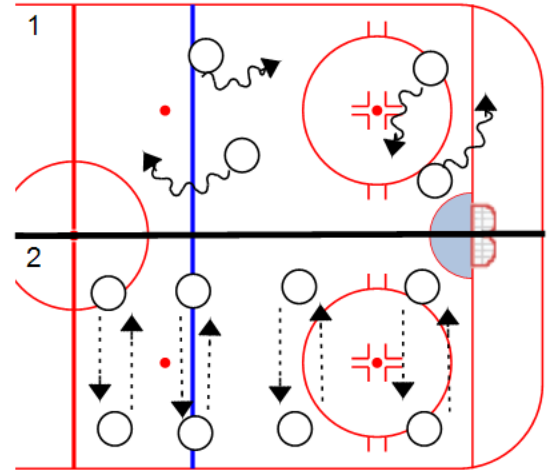

Drill no. : \_\_\_\_\_ Duration : 12 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

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

**Description**

1. CHAOS  
PLAYERS SKATE AROUND ZONE VARYING SPEEDS ON WHISTLE. ENCOURAGE PLAYERS TO TRY DIFFERENT MOVES (NARROW WIDE COMBO, TOE DRAG, SIDE FRONT SIDE, ON 1 LEG, ETC)  
KEY TEACHING / DEVELOPMENT POINTS  
- BASIC STANCE ( HEAD UP, KNEES BENT, CHEST UP)  
- STICKHANDLING FUNDAMENTALS ( ROLL WRISTS, ELBOWS AND HANDS AWAY FROM BODY)

2. STATIONARY PASSING  
LINE PLAYERS UP AS SHOWN AND HAVE THEM PASS TO EACH OTHER FOREHAND AND THEN SWITCH TO BACKHAND  
KEY TEACHING / DEVELOPMENT POINTS  
- EYES UP, CALL FOR PUCKS  
- TRANSFER WEIGHT AND SLIDE FLAT PUCK  
- FOLLOW THROUGH AND POINT AT TARGET ( BLADE DOWN ON FOREHAND, BLADE UP BACKHAND)



Key points:

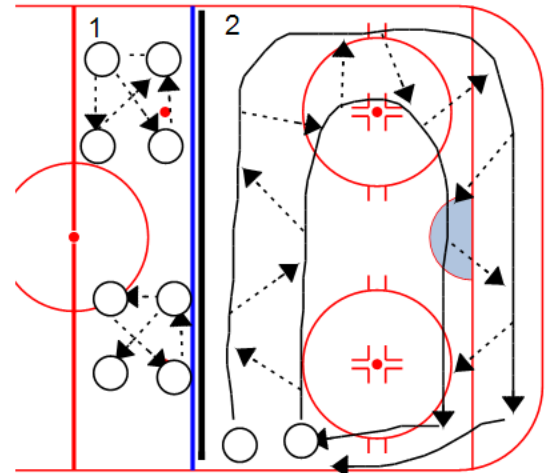

Drill no. : \_\_\_\_\_ Duration : 12 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

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

**Description**

1. STATIONARY PASSING  
LINE PLAYERS UP AS SHOWN AND HAVE THEM PASS TO EACH OTHER FOREHAND AND THEN SWITCH TO BACKHAND  
KEY TEACHING / DEVELOPMENT POINTS  
- EYES UP, CALL FOR PUCKS  
- TRANSFER WEIGHT AND SLIDE FLAT PUCK  
- FOLLOW THROUGH AND POINT AT TARGET ( BLADE DOWN ON FOREHAND, BLADE UP BACKHAND)

2. PAIRS PASSING  
GET PLAYERS TO PARTNER UP AND PERFORM PAIRS PASSING AROUND THE ZONE AND THEN GET BACK INTO LINE. HAVE PLAYERS SWITCH TO WORK ON FOREHAND AND BACKHAND PASSES.  
KEY TEACHING / DEVELOPMENT POINTS  
- EYES UP, CALL FOR PUCKS  
- TRANSFER WEIGHT AND SLIDE FLAT PUCK  
- FOLLOW THROUGH AND POINT AT TARGET ( BLADE DOWN ON FOREHAND, BLADE UP BACKHAND)  
- LEAD THE RECEIVER ( PASS TO WHERE THEY ARE GOING)



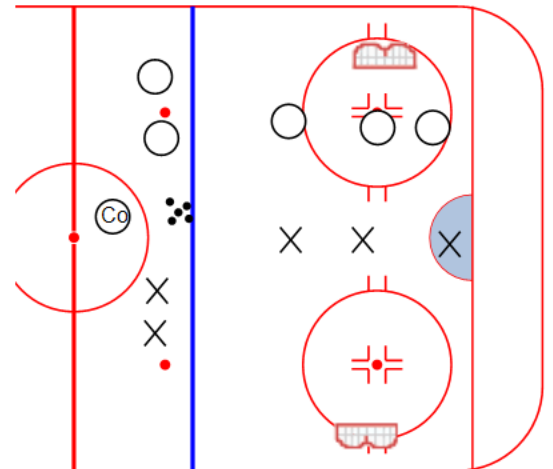
Key points:


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:
