



Practice Plan

Team: NOVICE HOUSE

Practice No.: 3

Date : _____

Time: _____

Duration: 60 MINUTES

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

SESSION OBJECTIVES: STICKHANDLING, OPEN ICE CARRY, WEAVING WITH PUCK, CROSSOVERS, FRONT V START, 2 FOOT STOP

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

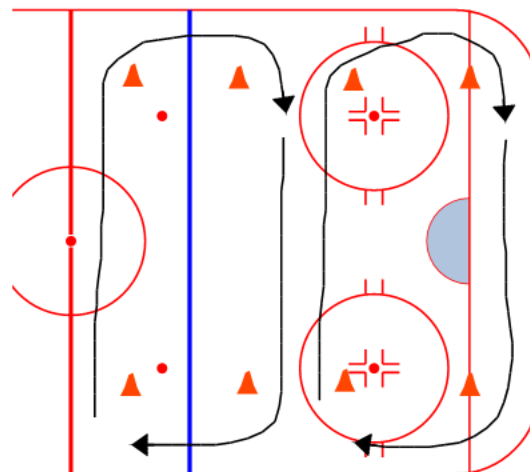
Title : WARM UP 2

Category #1 : GLENLAKE

Category #2 : NOVICE HOUSE

Description

DIVIDE PLAYERS INTO 2 GROUPS AND SET UP CONES AS SHOWN. PLAYERS SKATE IN CLOCKWISE DIRECTION PERFORMING: GLIDE WITH KNEE BEND, GLIDE ON 1 FOOT-TOE ON PUCK, SLALOM C CUTS NARROW, C CUTS. CHANGE DIRECTIONS



Key points:

_____	_____
_____	_____

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

Title : PRACTICE 3 SKILL STATION 1

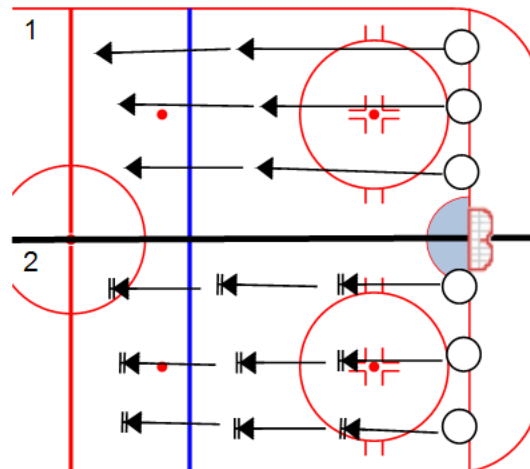
Category #1 : GLENLAKE

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. 2 FOOT STOP
LINE PLAYERS UP AS SHOWN.USING V START HAVE THEM TAKE 4-5 STRIDES AND THEN PERFORM 2 FOOT STOP. RESUME BASIC STANCE AND REPEAT STOPPING BOTH WAYS
KEY TEACHING / DEVELOPMENT POINTS
- TURN SHOULDERS FIRST
- PUSH WITH LEAD FOOT, PULL WITH THE OTHER
- BEND KNEES FOR ABSORPTION



Key points:

_____	_____
_____	_____

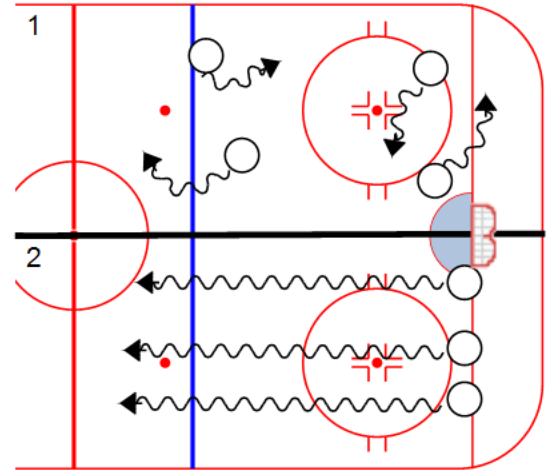
Drill no. : _____ Duration : 12 Minutes From : _____ To : _____

Title : PRACTICE 3 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. OPEN ICE CARRY
PLAYERS START ON GOAL LINE AND SKATE AND PERFORM OPEN ICE CARRY.
KEY TEACHING / DEVELOPMENT POINTS
- FULL STRIDE AND RECOVERY
- BLADE FLAT AND PUSH NOT POKE THE PUCK (DONT ALLOW THEM TO POKE THE PUCK FAR AHEAD ,HAVE THEM PUSH IT)



Key points:

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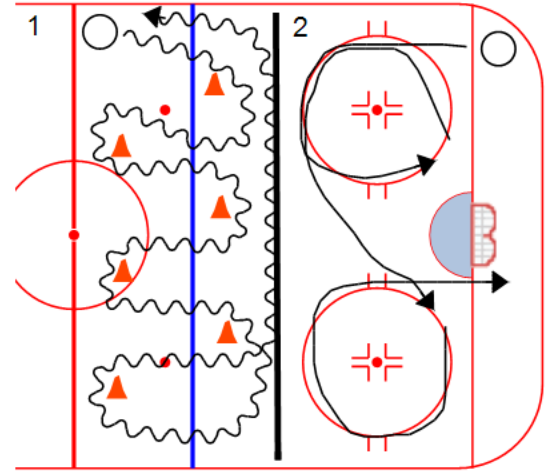
Drill no. : _____ Duration : 12 Minutes From : _____ To : _____

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

Description

1. WEAVING WITH THE PUCK
LINE UP PLAYERS AND SET UP CONES AS SHOWN. HAVE PLAYERS WEAVE THROUGH CONES WITH PUCK RETURNING TO LINE. NEXT PLAYER GOES ONCE FIRST PLAYER REACHES FIRST CONE.
KEY TEACHING / DEVELOPMENT POINTS
- PUCKHANDLING STANCE
- ELBOWS AND HANDS AWAY FROM THE BODY
- ROLL WRISTS

2. CROSS OVERS
PLAYERS LINE UP AS SHOWN AND PERFORM FORWARD CROSSOVERS AROUND THE CIRCLES THEN RETURN TO LINE. PROGRESS TO BACKWARD CROSSOVERS
KEY TEACHING / DEVELOPMENT POINTS
- BASIC STANCE
- PUSH WITH OUTSIDE FOOT, LIFT OVER CROSSING LEGS
- PUSH WITH INSIDE FOOT AND REPLACE UNCROSSING LEGS



Key points:

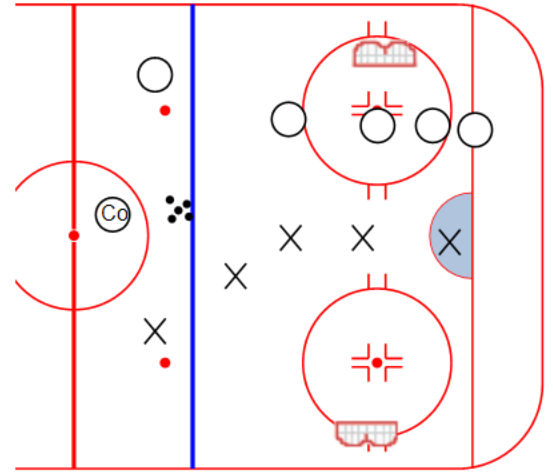
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Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

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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