



# Practice Plan

Team: NOVICE HOUSE

Practice No.: 5

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

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

Duration: 60 MINUTES

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

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

## Objectives / Main tasks :

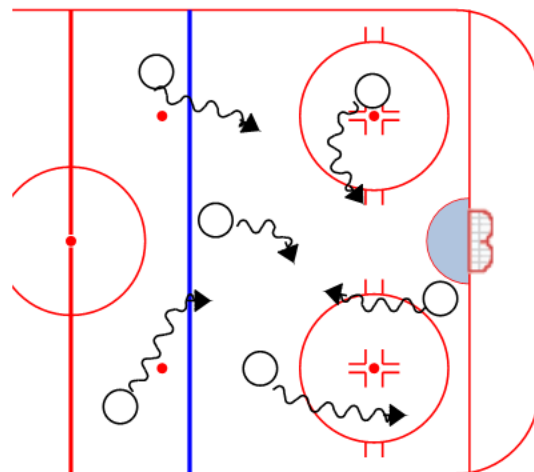
SESSION OBJECTIVES: PUCKHANDLING, C CUTS, CROSSOVERS, TIGHT TURNS, HEEL TO HEEL, PIVOTS, PASSING

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

Title : STICKHANDLING WARM UP Category #1 :  Category #2 :

### Description

PLAYERS SKATE AROUND IN ANY DIRECTION HANDLING THE PUCK. ENCOURAGE PLAYERS TO TRY DIFFERENT STICKHANDLING MOVES; NARROW WIDE COMBO, SIDE FRONT SIDE, TOE DRAG, OPEN ICE CARRY, WEAIVING WITH PUCK



Key points:

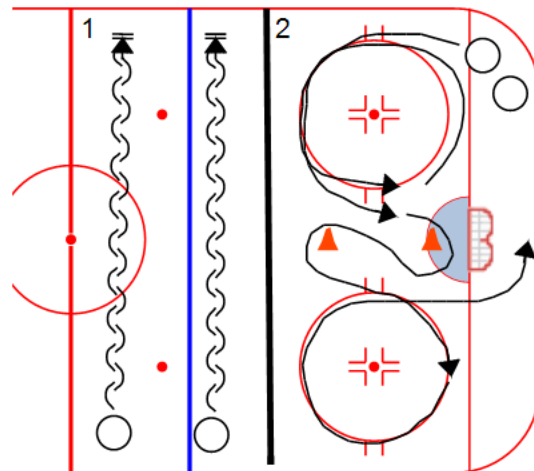

Drill no. : \_\_\_\_\_ Duration : 12 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : PRACTICE 5 SKILL STATION 1 Category #1 :  Category #2 :

### Description

1. BACKWARD C CUTS / STOPPING  
 LINE PLAYERS UP AS SHOWN AND HAVE THEM PERFORM ALTERNATING BACKWARD C CUTS, THEN EITHER A 1 OR 2 FOOT STOP  
 KEY TEACHING / DEVELOPMENT POINTS  
 - FULL EXTENSION  
 - FULL RECOVERY  
 - NO BOBBING  
 - HEELS IN TOES OUT ON STOP

2. CROSSOVERS / TIGHT TURNS / HEEL TO HEEL  
 PLAYERS LINE UP AND CONES SET UP AS SHOWN. PLAYERS PERFORM CROSS OVERS AND THEN A TIGHT TURN AROUND THE CONES THEN CONTINUE WITH CROSS OVERS ON THE OTHER CIRCLE AND THEN GET BACK IN LINE. SWITCH TO BACKWARDS AND HAVE PLAYERS PERFORM HEEL TO HEEL GLIDE AROUND CONES  
 KEY TEACHING / DEVELOPMENT POINTS  
 - PUSH AND LIFT OR REPLACE WITH FEET ON CROSSOVER  
 - STAGGER FEET AND CONTROL EDGES ON TIGHT TURN



Key points:

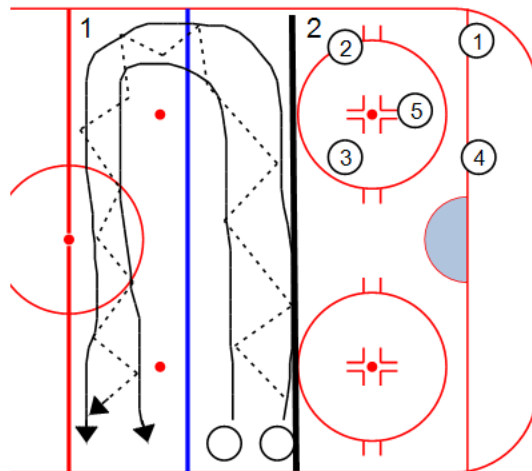

Drill no. : \_\_\_\_\_ Duration : 12 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : PRACTICE 5 SKILL STATION 2 Category #1 : GLENLAKE Category #2 : NOVICE HOUSE

**Description**

1. 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)

2. 5 PLAYER PASSING  
5 PASSES TO 2, 2 PASSES TO 3, 3 PASSES TO 1, 1 PASSES TO 4, 4 PASSES TO 5. REPEAT, PASS ON BOTH FOREHAND AND BACKHAND.  
KEY TEACHING / DEVELOPMENT POINTS  
- EYES UP ( MAKE EYE CONTACT), 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:

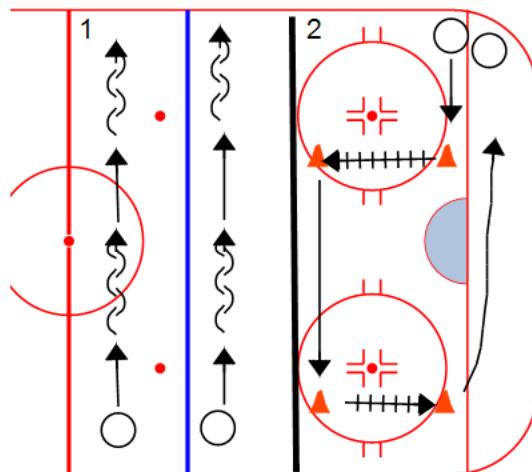

Drill no. : \_\_\_\_\_ Duration : 12 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : PRACTICE 5 SKILL STATION 3 Category #1 : GLENLAKE Category #2 : NOVICE HOUSE

**Description**

1. PIVOTS  
PLAYERS LINE UP AS SHOWN AND BEGIN SKATING FORWARDS AND THEN PIVOT BACKWARDS, PIVOT BACK TO FORWARDS, ETC.  
KEY TEACHING / DEVELOPMENT POINTS  
- FRONT TO BACK ( GLIDE, UP ON TOES, SWIVEL HIPS, LOWER INTO BACKWARD STANCE  
- BACK TO FRONT ( HEEL TO HEEL GLIDE, REPLACE FOLLOW FOOT)

2. LATERAL CROSSOVERS  
SET UP COURSE AS SHOWN. PLAYERS SKATE TO FIRST CONE AND PERFORM 2 FOOT STOP AND THEN CROSSOVER TO NEXT CONE AND REPEAT. PROGRESS TO USING PUCKS.  
KEY TEACHING / DEVELOPMENT POINTS  
- 2 FOOT STOP  
- LIFT AND CROSS FEET OVER TOP KEEPING SHOULDERS SQUARE  
- BEND KNEES FOR BALANCE



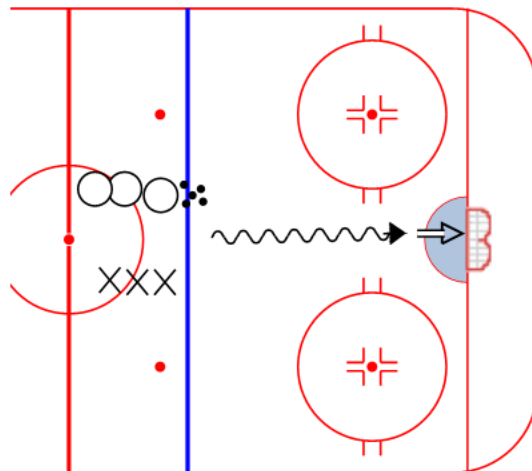
Key points:


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

Title : SHOOT OUT Category #1 : GLENLAKE Category #2 : NOVICE HOUSE

**Description**

PUT PLAYERS INTO 2 LINES. 1 LINE HAS PUCKS AND TRIES TO SCORE WHILE THE OTHER LINE BACK CHECKS AND TRIES TO GET THE PUCK, IF THEY DO THEY TAKE THE SHOT WHILE THE OTHER PLAYER BACKCHECKS. BACK CHECKING PLAYERS BEGIN ON 1 KNEE.



Key points:
