



Practice Plan

Team: TIMBITS

Practice No.: 1

Date : _____

Time: _____

Duration: 60 MINUTES

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

SESSION OBJECTIVES:

INTRODUCE: 1.SAFETY RULES, 2.BASIC STANCE,3.GETTING UP AND BALANCE 4. BASIC KNOWLEDGE 5. T PUSH
6.C CUTS

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

Categories

GLENLAKE

Drill Title : Basic Stance

TIMBITS

Components : _____

Content elements :

Description

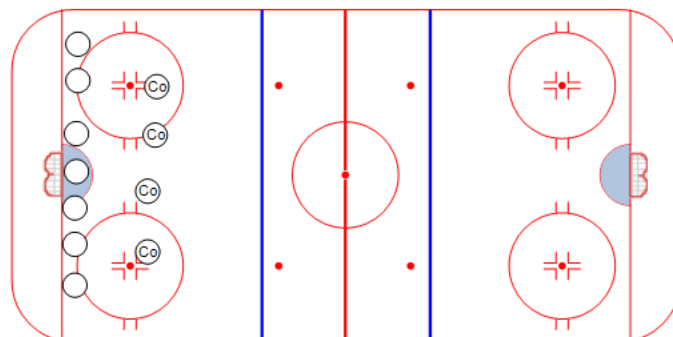
1. IN ALL 3 ZONES LINE UP PLAYERS OR PUT THEM IN A CIRCLE, WHICH EVER SPACE ALLOWS.
2. EXPLAIN AND DEMONSTRATE THE KEY POINTS TO THE BASIC STANCE OR READY POSITION.
3. COACHES CIRCULATE THROUGH THE PLAYERS TO CORRECT AND REINFORCE PROPER FORM
4. HAVE PLAYERS
 - A. HOP UP AND DOWN ON BOTH SKATES
 - B. LEAN TO THE LEFT, LEAN TO THE RIGHT
 - C. LEAN TO THE LEFT AND STAND ON ONE SKATE, THEN RIGHT
 - D. ROCK FORWARD ONTO TOES AND BACK ONTO HEELS

Key Points

Eyes Up

Knees bent (Over
Toes)

Chest up



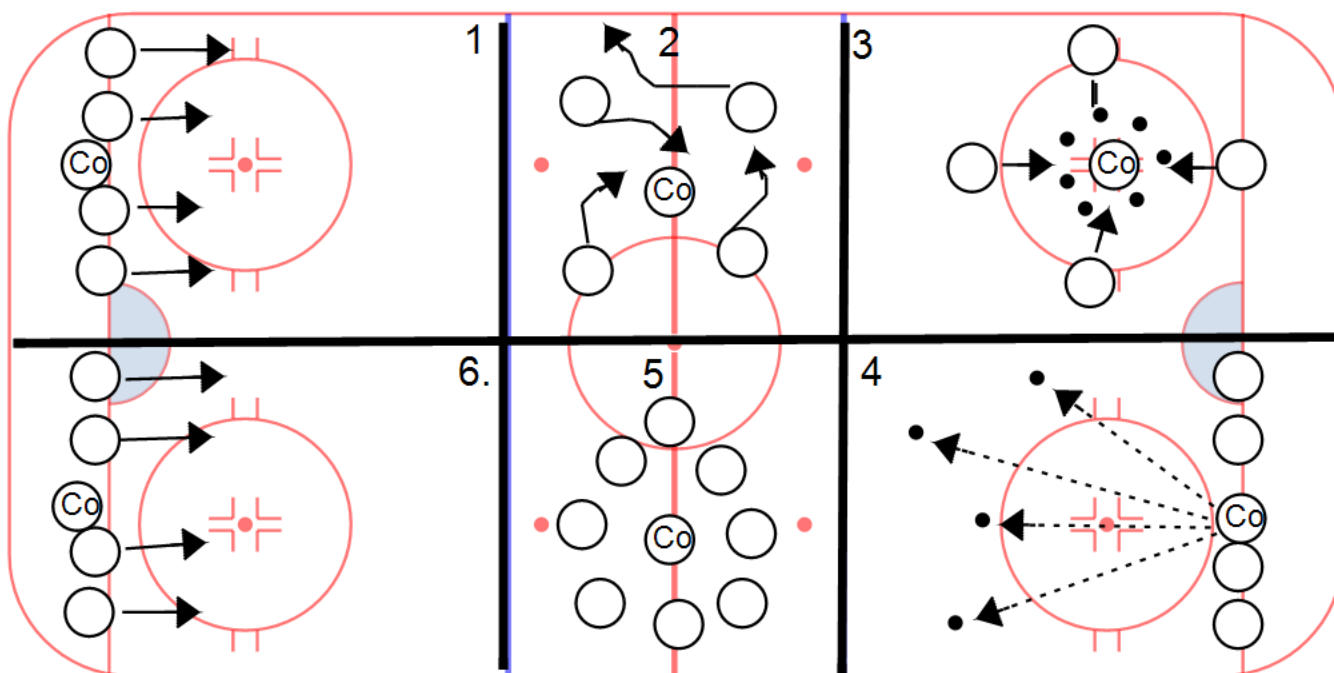
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Title : PRACTICE 1 SKILLS STATIONS

Category #2 :

Content elements : _____ Components: _____

Key points :

Description

1. Tornado's Edge T Push

- Have players place right skate behind left skate forming a "T". Push down and out with right skate gliding on the left. Skate in both directions then switch feet

Key Teaching Points

- Knee bent, over toes. Create straight glide
- Full extension, pushing last with the toe
- Full recovery

2. Free Skate

- Players skate around getting comfortable on their skates, coaches should interact with as many as possible, make them feel comfortable and offer assistance where needed

3. DON'T WAKE THE GIANT

PLACE SOME PUCKS (TREASURE) ON ICE WITH ONE COACH (GIANT) GUARDING THE TREASURE AND KEEPS FALLING ASLEEP. THE PLAYERS TIP TOE BY THE GIANT AND TRY TO STEAL HIS TREASURE WITHOUT WAKING HIM UP. THE GIANT WAKES UP OCCASIONALLY SCARING THE PLAYERS AWAY.

KEY TEACHING / DEVELOPMENT POINTS

- BALANCE WHILE TIP TOEING

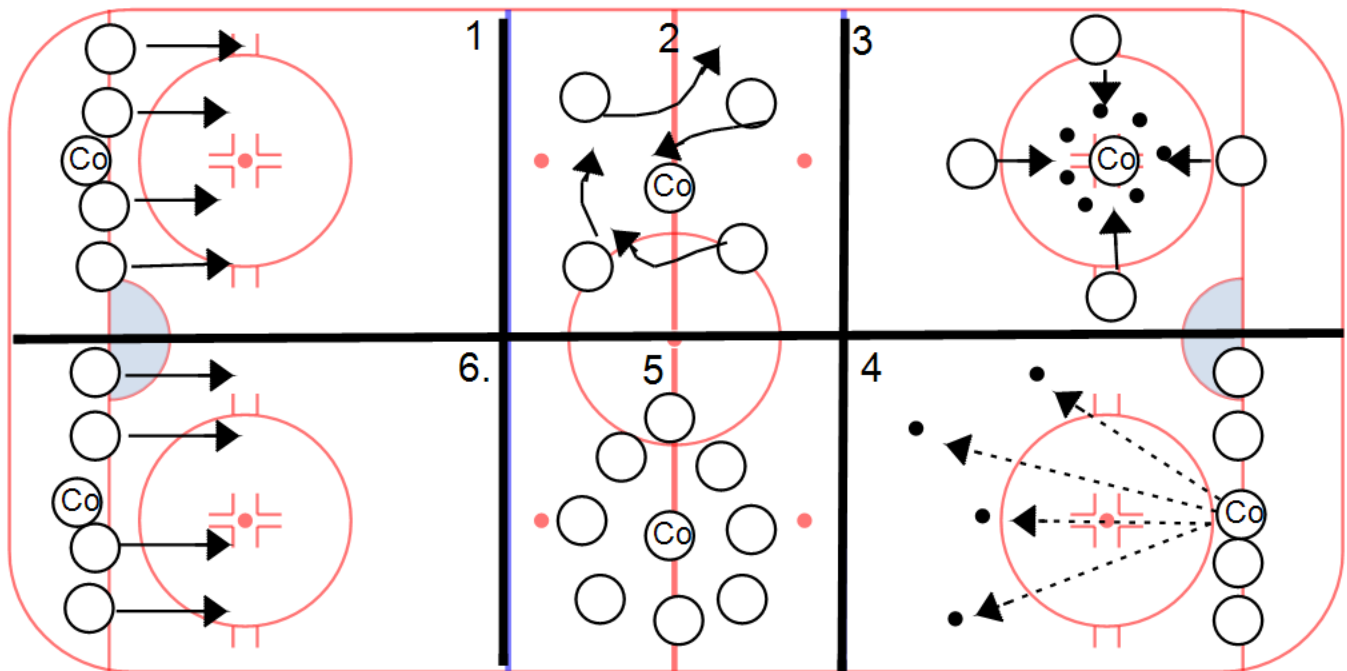
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Title : PRACTICE 1 SKILLS STATIONS CONT

Category #2 :

Content elements : _____ Components: _____

Key points : Description**4. FETCH**

PLAYERS ARE " DOGS" AND PLAY WITHOUT STICKS. COACH ROLLS OUT AS MANY TENNIS BALLS AS THERE ARE PLAYERS AND PLAYERS MUST CHASE THE BALL, PICK IT UP AND RETURN TO COACH AS MANY TIMES IN THE ALOTTED TIME. SOME PLAYERS MAY BE ABLE TO RETRIEVE 2-3 TIMES WHILE OTHERS MAY ONLY BE ABLE TO RETRIEVE 1. HAVE PLAYERS BARK WHEN THEY RETURN THE BALL.

KEY TEACHING / DEVELOPMENT POINTS

- QUICKNESS AND AGILITY
- BALANCE

5. Getting Up and Balance

- Coaches demonstrate proper technique of getting up. Play Simon says getting players to fall to their knees and get back up into " basic stance", touch kness, toes, head, shoulders, hips, etc.

- Have players lie on their stomachs, 2 hands on stick, elbows on ice, holding stick level. Pull to kneeling position by using elbows, then get up. Continue game.

6. C CUTS

REVIEW KEY POINTS AND DEMONSTRATE. LINE UP PLAYERS AND HAVE THEM PERFORM C CUTS WITH RIGHT FOOT AND GLIDING ON LEFT FOOT. PERFORM 3-4 REPS WITH RIGHT FOOT THEN REPEAT WITH LEFT FOOT, SKATE IN BOTH DIRECTIONS

KEY TEACHING / DEVELOPMENT POINTS

- BASIC STANCE (EYES UP, KNEES BENT, CHEST UP)
- FULL EXTENTION, FULL RECOVERY
- NO BOBBING

*** CAN BE DONE WITH TORNADOS EDGE

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

Categories

GLENLAKE

Drill Title : FUN GAME - TOUR BUS

TIMBITS

Components : _____

Content elements : _____

Description

- DIVIDE PLAYERS INTO GROUPS WITH COACH AS THE BUS DRIVER.
- PLAYERS FOLLOW THE COACH WHO MOVES SLOWLY AROUND THE ARENA, CHANGING DIRECTIONS OFTEN POINTING OUT FEATURES OF THE RINK AS THE TOUR (FACE OFF DOT, CIRCLE, CREASE, NET, BLUELINE, CENTER LINE, GOAL LINE, ETC). REVISIT SPOTS AND HAVE THE PLAYERS NAME THE FEATURES.

Key Points

Four empty rectangular boxes for key points.

