



# Practice Plan

Team: TIMBITS

Practice No.: 10

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

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

Duration: 60 MINUTES

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

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

## Objectives / Main tasks :

SESSION OBJECTIVES

REVIEW: 1.ABC'S 2. FOREHAND BACK HAND SHOT 3.STATIONARY STICKHANDLING

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

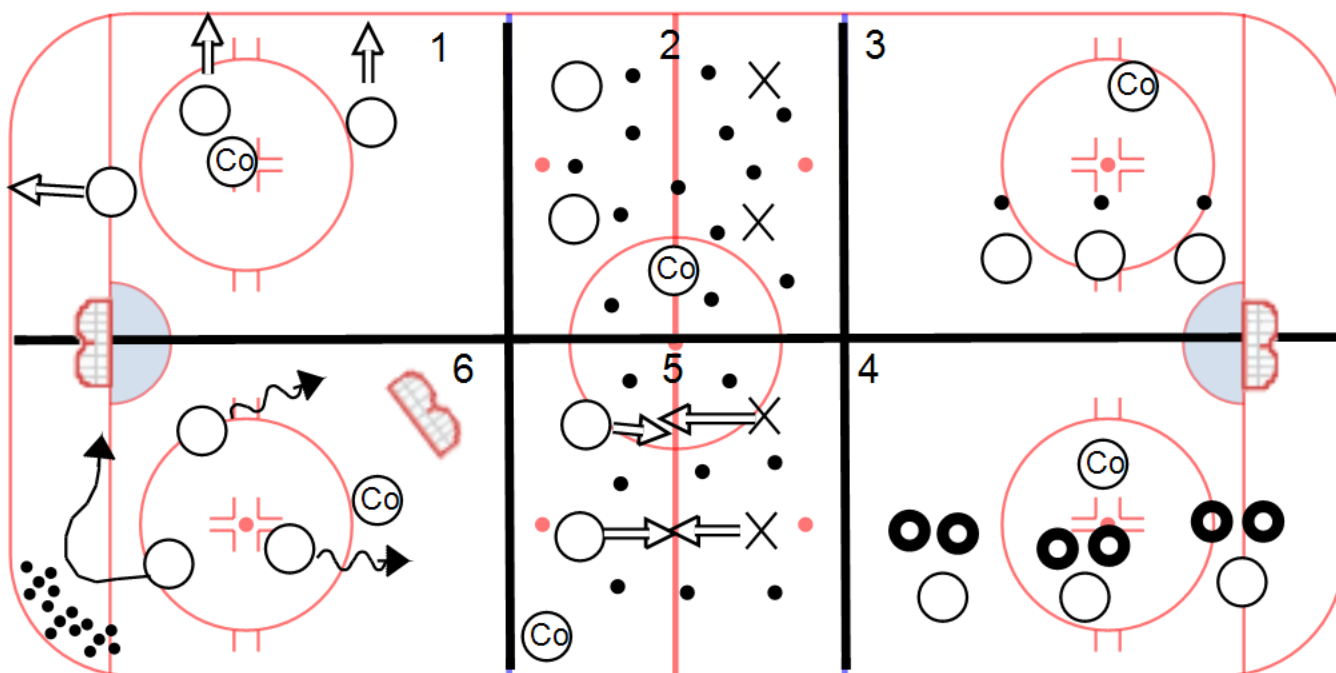
Category #1 : 

Title : PRACTICE 10 SKILL STATION

Category #2 : 

Content elements : \_\_\_\_\_

Components: \_\_\_\_\_

Key points :    

### Description

#### 1. FOREHAND AND BACK HAND SHOT

REVIEW AND DEMONSTRATE KEY POINTS. PLAYERS SPREAD OUT AND STAND STATIONARY ABOUT 3-4 METERS FROM THE BOARDS AND SHOOT FOR A SPOT ON THE BOARDS. COACHES PROVIDE FEEDBACK, REPEAT WITH BACKHAND.

#### KEY TEACHING / DEVELOPMENT POINTS

- FEET PARALLEL TO BOARDS
- DRAW BACK AND PULL THROUGH
- TRANSFER WEIGHT
- FOLLOW THROUGH PROPERLY ( FOREHAND- POINT WITH BLADE TOE, BLADE OVER, BACKHAND- POINT WITH BLADE TOE, BLADE UP)

#### 2. GARBAGE MAN

DIVIDE GROUP INTO 2 TEAMS AND ASSIGN EACH TEAM TO ONE FACE OFF CIRCLE AS A HOME BASE. SCATTER PUCKS AROUND THE ZONE AND ON SIGNAL PLAYERS MUST SKATE AROUND AND STOP TO PICK UP ONE PUCK AT A TIME ( PIECE OF GARBAGE) AND RETURN IT TO THEIR HOME BASE ( DUMP). PLAYERS MUST LEAVE THEIR GLOVES ON. THE TEAM THAT COLLECTS THE MOST GARBAGE WINS.

#### KEY TEACHING / DEVELOPMENT POINTS

- BALANCE AND AGILITY
- COMPLETE SNOW PLOW STOP

#### 3. STATIONARY PUCK CONTROL

LINE PLAYERS UP IN STICKHANDLING POSITION WITH A PUCK IN FRONT OF THEM. HAVE PLAYERS MOVE PUCK IN FRONT OF BODY NARROW, WIDE AND THEN NARROW WIDE COMBINATION, CONTINUE WHILE PLAYERS SHOUT OUT NUMBER OF FINGERS COACH IS HOLDING UP.

#### KEY TEACHING / DEVELOPMENT POINTS

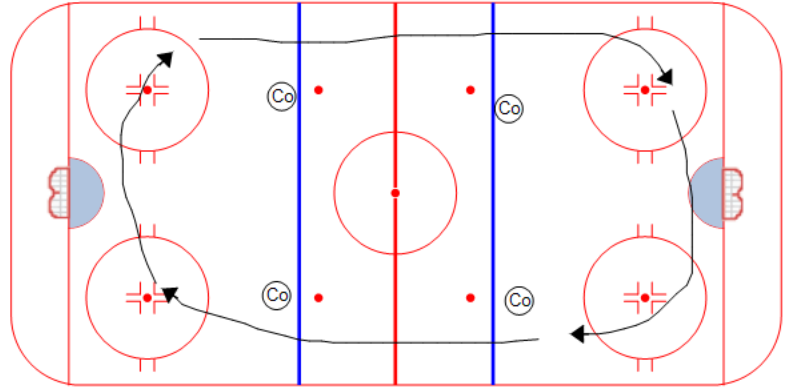
- PUCK HANDLING STANCE
- EYES UP
- SHIFT WEIGHT ON WIDE, ROLL WRISTS

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

Title : FREE SKATE # 6 Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

### Description

SKATE CLOCKWISE, BETWEEN BLUE LINES:  
1. GLIDE ON 1 FOOT  
2. JUMP THE LINES ON ONE FOOT  
3. C CUTS BOTH FEET  
4. STOP N GO ON RED LINE (FACE SAME DIRECTION)  
CAN BE DONE WITH OR WITHOUT PUCKS



Key Points :

Drill no. : \_\_\_\_\_ Duration : 40 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

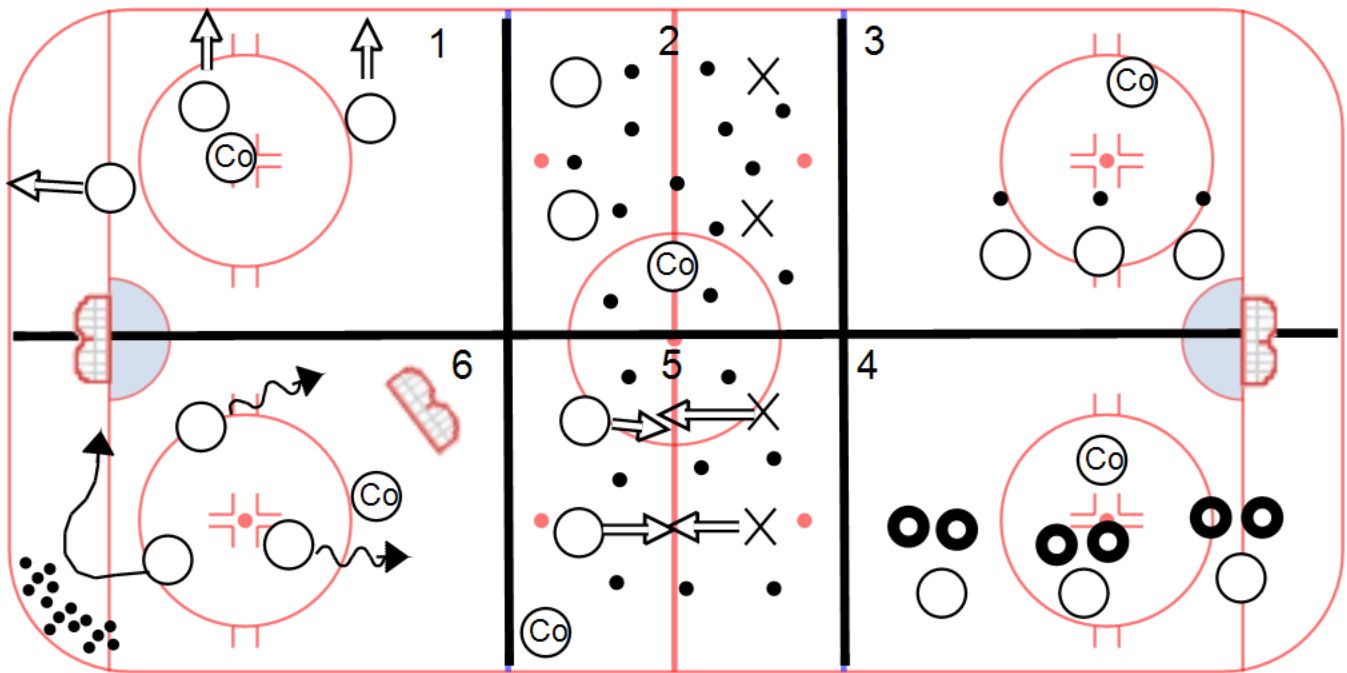
Category #1 : 

Title : PRACTICE 10 SKILL STATION CONT

Category #2 : 

Content elements : \_\_\_\_\_

Components: \_\_\_\_\_

Key points :    

### Description

4. PLAYERS FIND OPEN SPACE. PAINT TO DOTS ON ICE IN FRONT OF EACH PLAYER APPROX 1 METER APART. PLAYERS CONTROL THE PUCK IN A FIGURE 8 MOTION AROUND THE DOTS. ELBOWS AWAY FROM THE BODY, ROLL WRISTS

KEY TEACHING / DEVELOPMENT POINTS

- PUCKHANDLING STANCE
- ROLL WRISTS
- ELBOWS AND HANDS AWAY FROM THE BODY

5. SCATTER PUCK

DIVIDE INTO 2 TEAMS, PAINT DIVIDING LINE DOWN MIDDLE OF ICE AND GIVE EACH TEAM AN EQUAL NUMBER OF PUCKS. ON SIGNAL PLAYERS SHOOT THEIR PUCKS TO OTHER SIDE OF THE ICE AND CONTINUE GATHERING AND SHOOTING UNTIL THE WHISTLE. PLAYERS MAY NOT CROSS THE LINE AND THE TEAM WITH THE FEWEST PUCKS ON THEIR SIDE WINS. DISTRIBUTE PUCKS AGAIN AND CONTINUE

KEY TEACHING / DEVELOPMENT POINTS

- SWEEP SHOT FUNDAMENTALS
- RAPID RELEASE

6. A BUGS LIFE

PLACE PUCKS ( FOOD) AS DIAGRAMMED. PLAYERS ( ANTS) CONTROL PUCKS AND TRY TO PUT THEM IN THE NET ( ANT HILLS) WHILE COACHES ( GRASSHOPPERS) TRY TO TAKE PUCKS AWAY. PLAYERS CAN TRY AND TAKE THE PUCK BACK FROM COACHES OR GO GET ANOTHER PUCK. PLAYERS TRY TO GET ALL THE PUCKS IN THE NET BEFORE A SET TIME RUNS OUT.

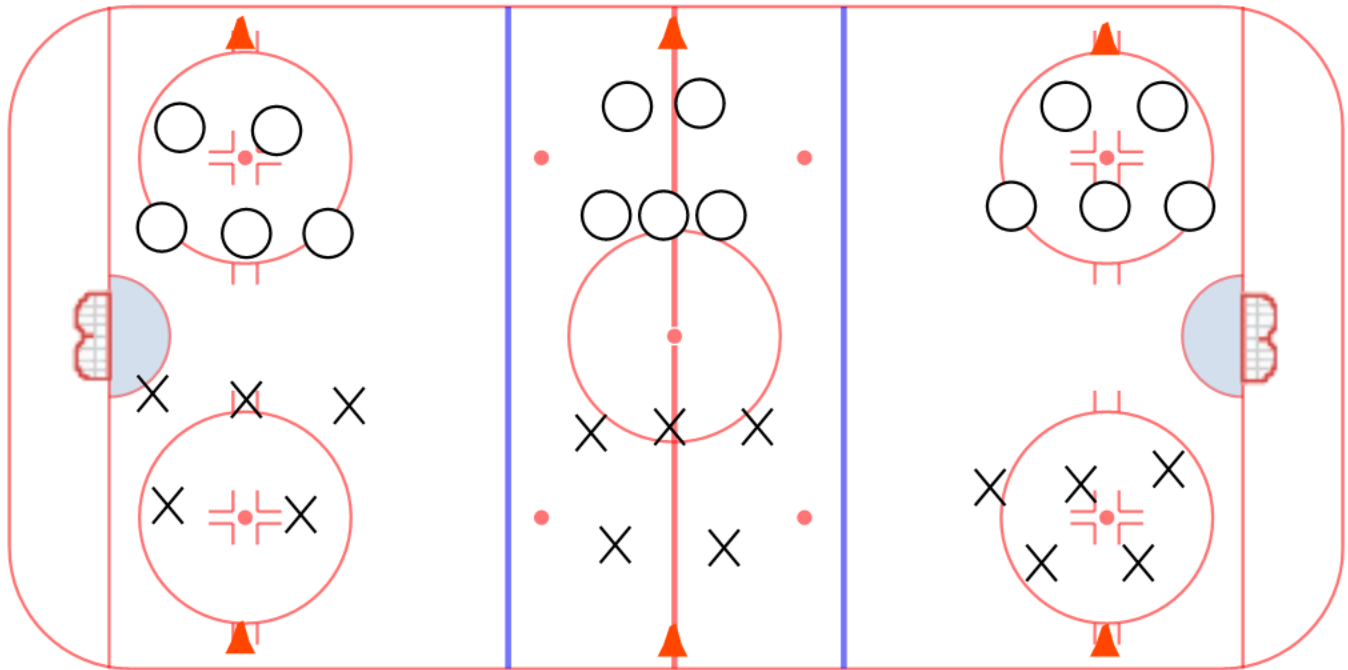
Drill no. : \_\_\_\_\_ Duration : 10 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Category #1 :

Title : FUN SCRIMMAGE

Category #2 :

Content elements : \_\_\_\_\_ Components: \_\_\_\_\_



Key points :





### Description

SCRIMMAGE CROSS ICE, NO NETS ONLY A PYLON. PLAYERS SCORE BY HITTING THE PYLON, NO GOALIES AND CONTINOUS. WHEN A GOAL IS SCORED THE PLAYERS GIVE THE PUCK WHO DUMPS IT INTO AN AREA AND PLAY CONTINUES. IF ONE PLAYER IS DOMINANT AND MONOPOLIZES THE PUCK ADD A SECOND PUCK.