



# Practice Plan

Team: TIMBITS

Practice No.: 11

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

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

Duration: 60 MINUTES

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

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

## Objectives / Main tasks :

SESSION OBJECTIVES:

INTRODUCE: 1.BACKWARD STANCE 2.WALKING BACKWARDS 3.GLIDING BACKWARDS

REVIEW:1. ABC'S 2. FOREHAND SHOT 3.BACKHAND SHOT 4.SNOW PLOW STOP

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

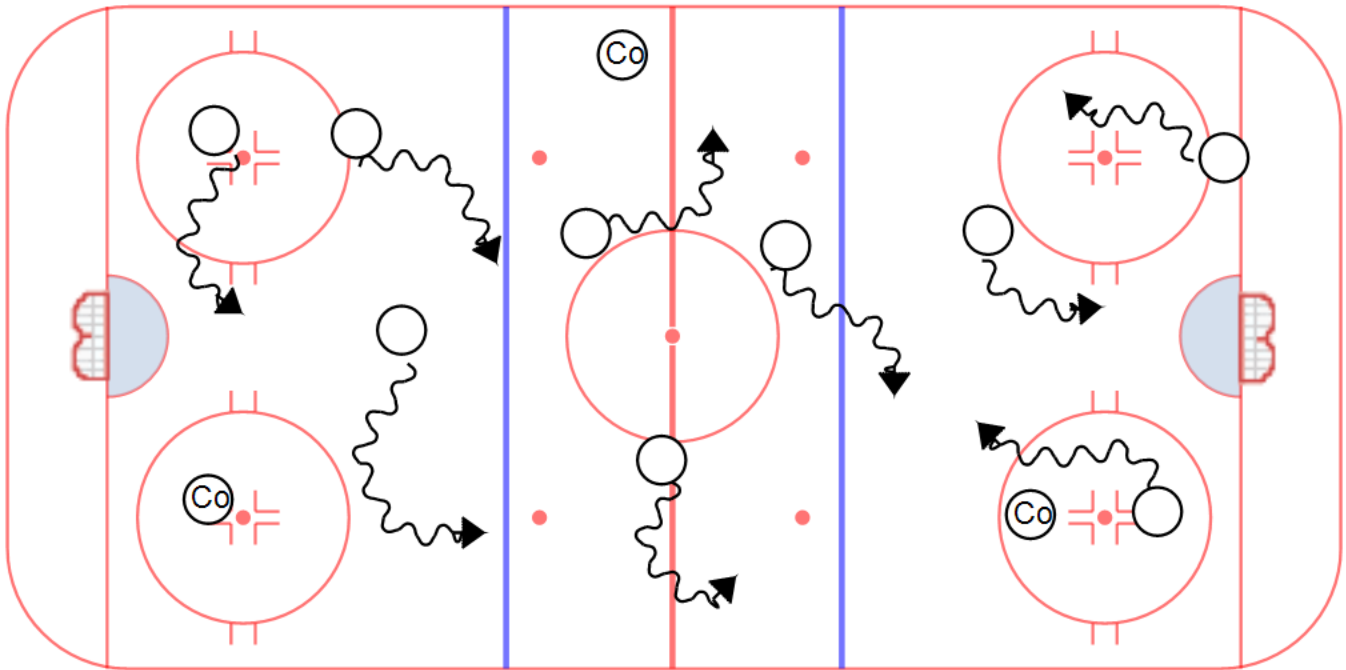
Category #1 : 

Title : CHAOS

Category #2 : 

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

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

Key points :    

### Description

PLAYERS SKATE AROUND IN ANY DIRECTION HANDLING PUCK, PUT OUT NETS FOR SHOOTING. ENCOURAGE PLAYERS TO BOUNCE IT OFF THE BORARDS, VARY SPEED, CHANGE DIRECTION, STICKHANDLE NARROW, WIDE AND NARROW WIDE COMBINATION.

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

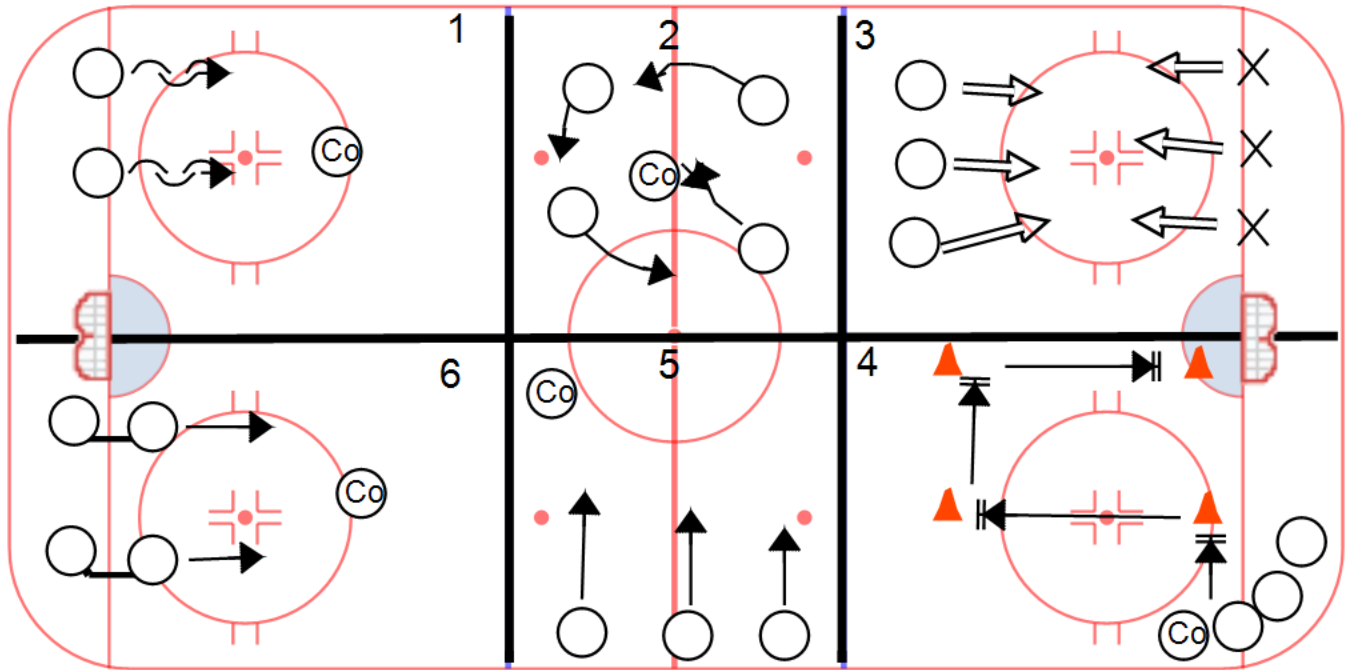
Category #1 : 

Title : PRACTICE 11 SKILL STATIONS

Category #2 : 

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

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

Key points :    

### Description

#### 1. WALKING BACKWARDS

REVIEW AND DEMONSTRATE KEY POINTS OF STANCE. PLAYERS GO INTO STANCE AND STRAIGHTEN UP 3-4 TIMES. PLAYERS DROP TO KNEES AND BACK INTO STANCE. PLAYERS LINE UP ON GOAL LINE FACING END BOARDS. ASSUME BASIC STANCE, SKATES IN AN INVERTED V THEN WALK BACKWARDS TOWARD BLUE LINE. PLAYERS MUST LIFT SKATES AND SHIFT WEIGHT FROM SIDE TO SIDE REPLACING FOOT WITH TOE TURNED IN. REPEAT 4-5 TIMES

KEY TEACHING / DEVELOPMENT POINTS

- BASIC STANCE
- BALANCE AND AGILITY

#### 2. TOILET BOWL TAG

PLAYERS PLAY WITHOUT STICKS AND MUST SKATE AROUND THE ZONE WITH HANDS ON THEIR KNEES. COACHES ARE IT AND TRY AND TAG PLAYERS. TAGGED PLAYERS MUST STAND STILL WITH THEIR ARMS STRAIGHT OUT ( FLUSHER) AND LEGS APART AND IN ORDER TO BE FREED, ANOTHER PLAYER MUST SKATE UNDER THEM AND PUSH ARMS DOWN ( FLUSH THE TOILET).

#### 3. 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)

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

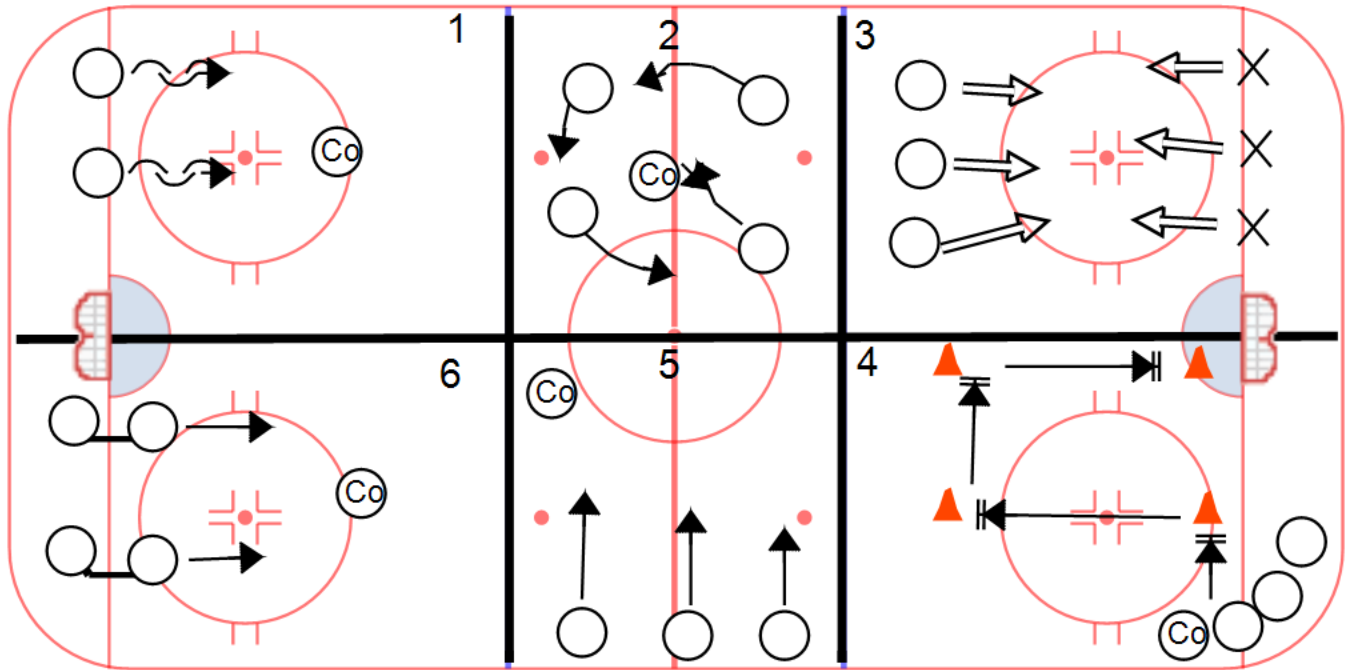
Category #1 : 

Title : PRACTICE 11 SKILL STATIONS CONT

Category #2 : 

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

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

Key points :    

### Description

#### 4. SNOW PLOW STOP

REVIEW AND DEMONSTRATE STOPS, EMPHASIZE GLIDE BEFORE STOP. PLAYERS LINE AS DIAGRAMMED AND SKATE TO EACH PYLON AND PERFORM A 2 FOOT SNOW PLOW TO COMPLETE STOP. NEXT PLAYER GOES ONCE FIRST PLAYER REACHES FIRST PYLON. COACHES REVIEW TECHNIQUE AND CORRECT.

KEY TEACHING / DEVELOPMENT POINTS

- GLIDERS STANCE
- TOES IN, HEELS OUT, PUSH DOWN AND OUT
- ENSURE FULL STOP

#### 5. GLIDING BACKWARDS

PLAYERS PUSH THEMSELVES AWAY FROM BOARDS AND SEE HOW FAR THEY CAN GLIDE BACKWARDS. REPEAT SEVERAL TIMES (PLAYERS CAN GO AT THEIR OWN PACE AND ENCOURAGE THEM TO GO FARTHER EACH TIME). REVIEW FORM, PROPER BALANCE IN THE BASIC STANCE IS THE KEY, WATCH FOR PLAYERS LEANING FORWARD AND CORRECT.

KEY TEACHING / DEVELOPMENT POINTS

- BASIC STANCE
- SIT TALL VS LEAN FORWARD ( LIKE SITTING ON THE TOILET)
- BALANCE

\*\*\* CAN BE DONE WITH TORNADOS EDGE\*\*\*

#### 6. HORSE AND BUGGY

PLAYERS PARTNER OFF AND FACE EACH OTHER USING 2 HOCKEY STICKS HOLDING BLADES DOWN. PUSH PARTNER BACKWARDS, PLAYER BEING PUSHED ASSUMES BASIC STANCE AND GLIDES ON 2 FEET BACKWARDS. GO SLOW AND SAFE, SWITCH ROLE AND REPEAT.

KEY TEACHING / DEVELOPMENT POINTS

- BASIC STANCE
- 2 FOOT BACKWARDS GLIDE

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

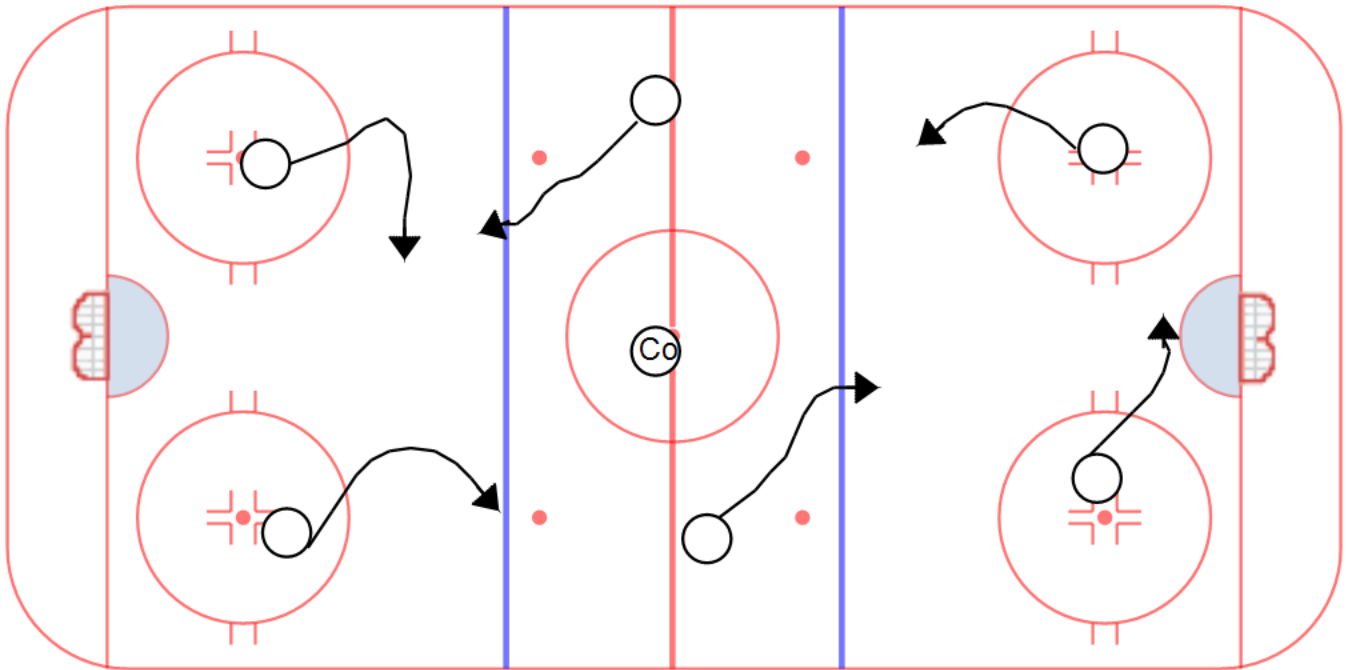
Category #1 :

Title : BATTLESHIP

Category #2 :

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

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



Key points :

### Description

THE RINK IS THE BATTLESHIP AND THE COACH IS THE CAPTAIN AND PLAYERS ARE THE CREW. THE CREW SPREADS OUT SKATING AROUND AND RESPONDS TO THE CAPTAINS COMMANDS:

1. TORPEDOS- PLAYERS SLIDE ON STOMACH, HANDS OUT HEADS UP
  2. SUBMARINE- PLAYERS SLIDE ON BACK WITH LEGS IN THE AIR ( PERISCOPE)
  3. ENEMY AIRCRAFT- PLAYERS SLIDE ON KNEES SHOOTING DOWN AIRCRAFT WITH STICKS
  4. STORM- PLAYERS SKATE AND TOUCH ONE KNEE ON EACH STRIDE
- PLAY FOR ABOUT 5 MINUTES AND THEN INTRODUCE 5 MORE COMMANDS

1. STERN- SKATE BACKWARDS TO ONE END OR ANOTHER
2. BOW- SKATE FORWARDS TO 1 END OR ANOTHER
3. PORT AND STARBOARD- LATERAL CROSSOVERS TO SIDE
4. SWAB THE DECK- SWEEP SNOW WITH STICKS
5. MAN OVERBOARD- PLAYERS DIVE ONTO ICE AND SWIM ON STOMACH