



# Practice Plan

Team: TIMBITS

Practice No.: 12

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

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

Duration: 60 MINUTES

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

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

## Objectives / Main tasks :

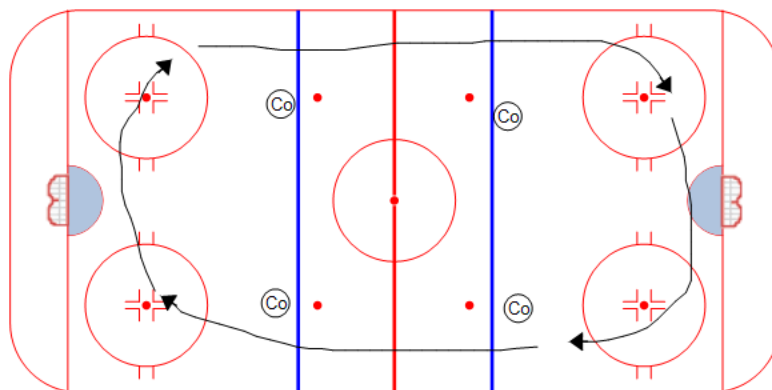
SESSION OBJECTIVES:  
 INTRODUCE: 1.BACKWARD C CUT 2. BACKWARD STRIDING 3. LIFT CHECK  
 REVIEW: 1.ABC'S 2. STARTING AND SKATING WITH THE PUCK

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 : \_\_\_\_\_

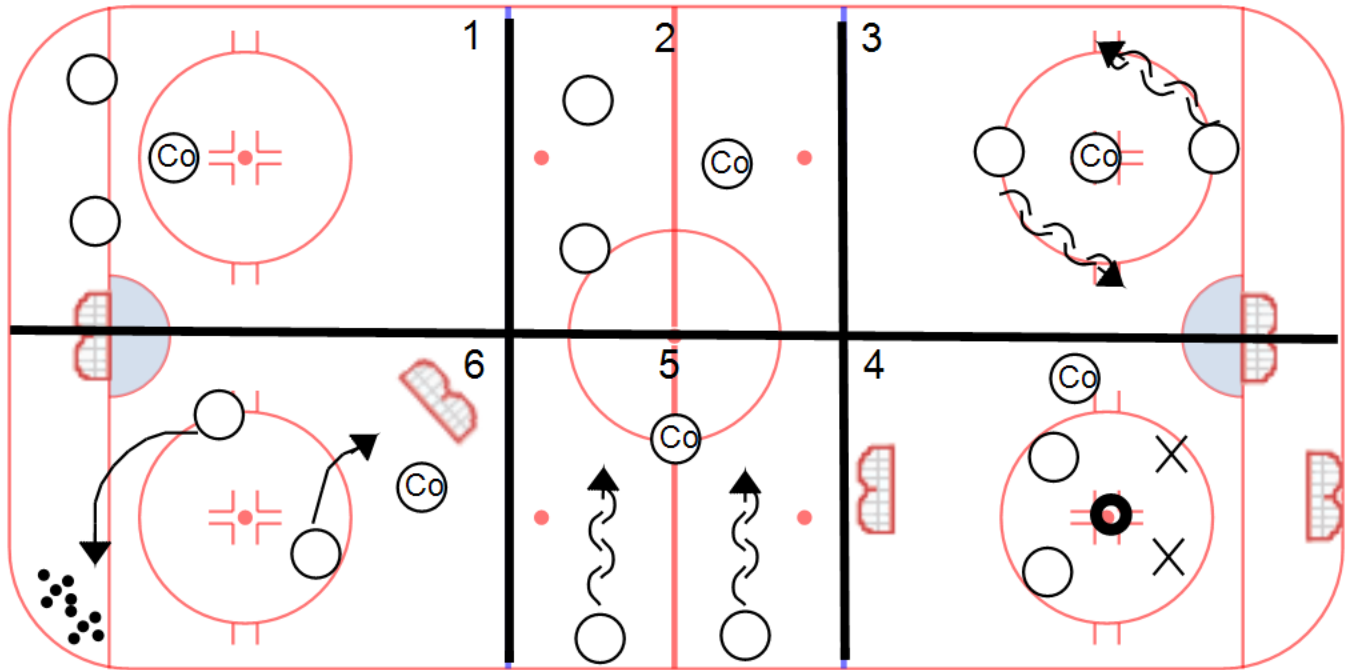
Category #1 :

Title : PRACTICE 12 SKILL STATIONS

Category #2 :

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

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



Key points :

### Description

#### 1. C CUTS BACKWARDS

REVIEW AND DEMONSTRATE KEY POINTS. HAVE PLAYERS PLACE THEIR HANDS ON THE BOARDS SHOULDER WIDTH APART FOR BALANCE AND HAVE THEM MAKE C CUTS WITH THEIR LEFT SKATE AND THEN THEIR RIGHT

KEY TEACHING / DEVELOPMENT POINTS

- BASIC STANCE
- FULL EXTENSION ( TURN TOE IN, SHIFT WEIGHT TO THAT FOOT, PUSH DOWN AND OUT)
- FULL RECOVERY ( TURN HEEL IN, TAKE WEIGHT OFF THAT FOOT AND PULL IN)
- NO BOBBING

#### 2. STATIONARY STICKHANDLING

LINE UP PLAYERS IN STICKHANDLING POSITION AND HAVE THEM STICKHANDLE ON THEIR FOREHAND SIDE THEN IN FRONT AND FINALLY ON THEIR BACKHAND SIDE

KEY TEACHING / DEVELOPMENT POINTS

- PUCKHANDLING STANCE
- ROTATE SHOULDERS FOR FOREHAND AND BACKHAND NOT THEIR ENTIRE BODY
- ROLL WRISTS

#### 3. C CUTS BACKWARDS

ASSUME BACKWARD STANCE AND PUSH AWAY USING C CUT AND RECOVER. REPEAT ON ONE LEG ONLY THEN CHANGE FEET

- BASIC STANCE
- FULL EXTENSION ( TURN TOE IN, SHIFT WEIGHT TO THAT FOOT, PUSH DOWN AND OUT)
- FULL RECOVERY ( TURN HEEL IN, TAKE WEIGHT OFF THAT FOOT AND PULL IN)
- NO BOBBING

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

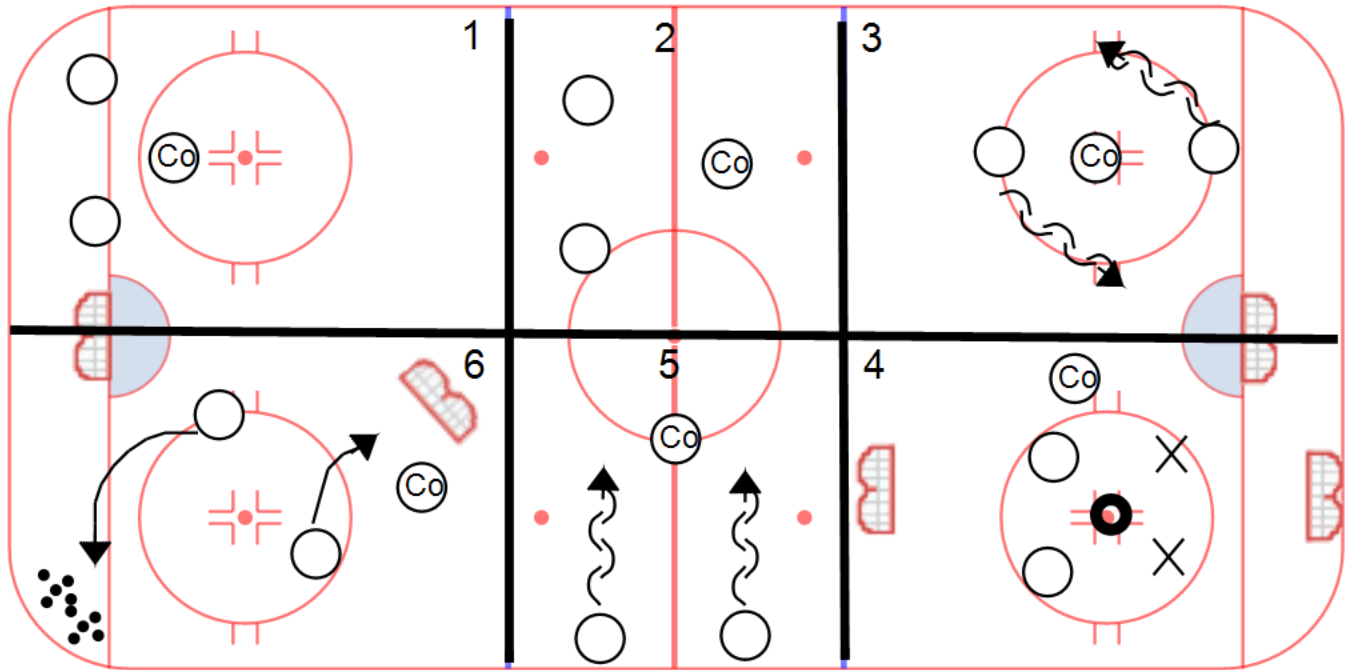
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Category #1 : 

Title : PRACTICE 12 SKILL STATIONS CONT

Category #2 : 

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



Key points :

### Description

#### 4. LIFT STICK CHECK

REVIEW AND DEMONSTRATE LIFT STICK CHECK. USING A RINGETTE RING, PLAY RINGETTE WITH PLAYERS STICKS TURNED OVER. UTILIZE LIFT CHECK TO GET THE RING BACK.

#### KEY TEACHING / DEVELOPMENT POINTS

- HANDS SHOULDER WIDTH APART
- BEND KNEES AND GET LOW
- USE ARMS AND LEGS TO LIFT
- GET LOW ON THEIR STICK AND BE IN CONTROL OF YOUR STICK

#### 5. BACKWARD STRIDING

PLAYERS START WITH C CUTS WITH ALTERNATE FEET, THEN PUSH AND GLIDE. CHECK FOR GOOD BACKWARD STANCE ( SITTING IN A CHAIR), STICK IN ONE HAND. GLIDE FOOT DIRECTLY UNDER THEIR CENTER OF GRAVITY AND PUSH FOOT EXTENDS SIDEWAYS USING FRONT PART OF BLADE.

#### KEY TEACHING / DEVELOPMENT POINTS

- BACKWARD STANCE
- FULL EXTENSION
- FULL RECOVERY
- NO BUTT WIGGLING
- \*\*\* CAN BE DONE WITH TORNADOS EDGE\*\*\*

#### 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.

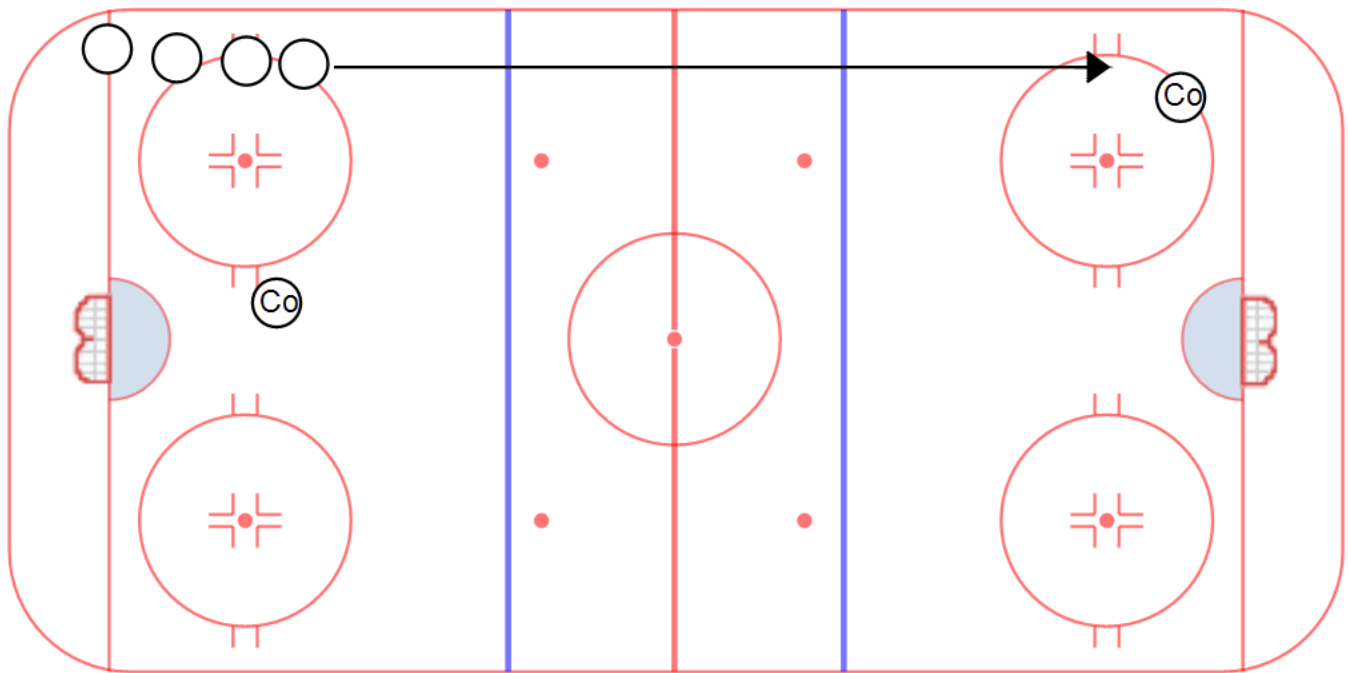
Drill no. : \_\_\_\_\_ Duration : 10 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Category #1 :

Title : TRAIN RELAY

Category #2 :

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



Key points :





### Description

EACH PLAYER IS A CAR ON THE TRAIN COUPLED TO THE NEXT CAR IN FRONT BY HOLDING THE PLAYER IN FRONT BY WAIST. ON SIGNAL THE WHOLE TEAM PUSHES TO THE FAR GOAL LINE SKATING FORWARDS. THE TEAM CANNOT LOSE HOLD OF THE PLAYER IN FRONT NOR CRASH INTO THE BOARDS. REPEAT AS TIME PERMITS CHANGING ENGINE AND CABOOSE. REQUIRES TEAMWORK AND COOPERATION.