



# Practice Plan

Team: TIMBITS

Practice No.: 13

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

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

Duration: 60 MINUTES

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

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

## Objectives / Main tasks :

### SESSION OBJECTIVES:

INTRODUCE: 1.2 LEG BACKWARD STOP 2.WEAVING WITH THE PUCK 3.EDGE CONTROL  
REVIEW: 1.C CUTS 2.BACKWARD STRIDING 3.LIFT CHECK 4.STATIONARY STICKHANDLING

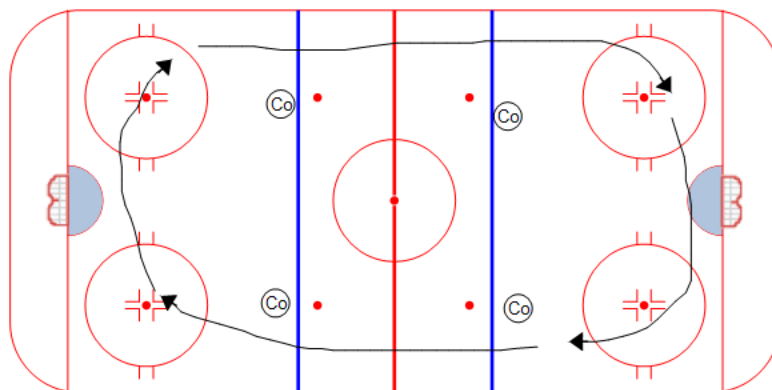
Drill no. : \_\_\_\_\_ Duration : 10 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : FREE SKATE # 7 Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

### Description

SKATE CLOCKWISE, BETWEEN BLUE LINES:

1. SKATE BACKWARDS
  2. JUMP THE LINES ON ONE FOOT
  3. EXAGGERATED STRIDE
  4. STOP N GO ON RED LINE ( FACE SAME DIRECTION)
- CAN BE DONE WITH OR WITHOUT PUCKS



Key Points : \_\_\_\_\_

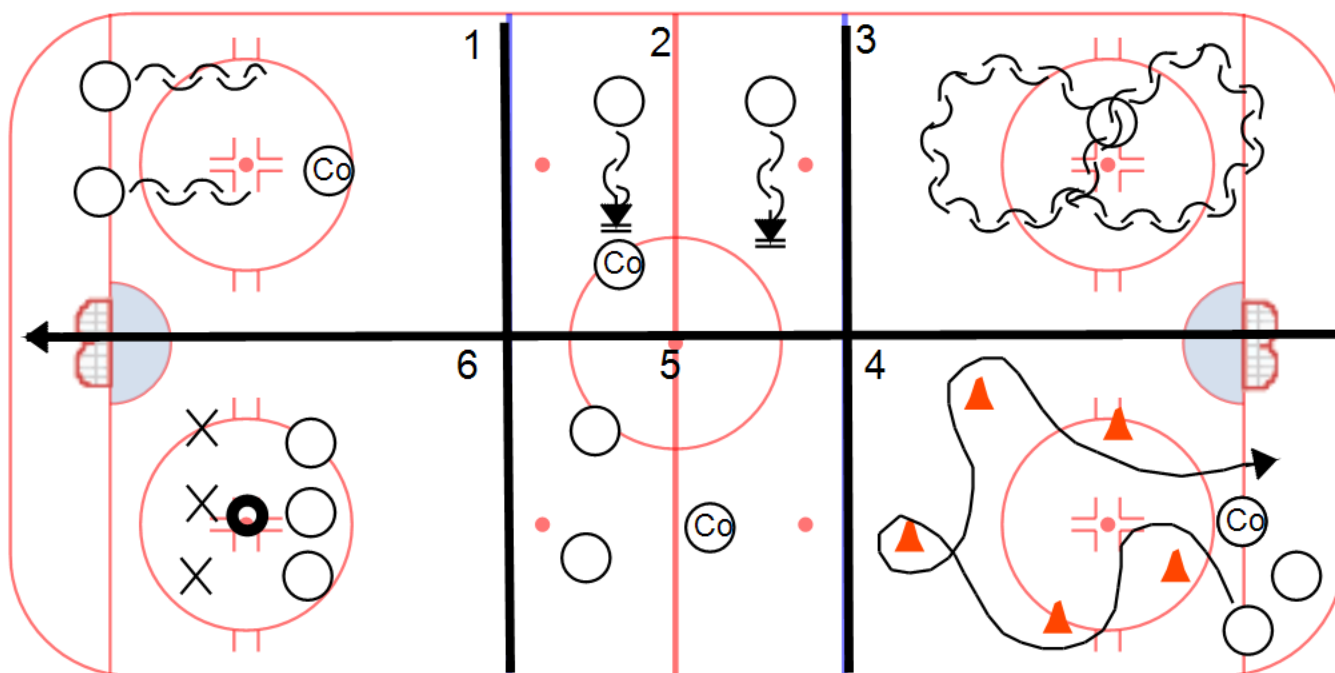
Drill no. : \_\_\_\_\_ Duration : 40 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Category #1 :

Title : PRACTICE 13 SKILL STATIONS

Category #2 :

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



Key points :

### Description

#### 1. 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 TORNADOES EDGE\*\*\*

#### 2. 2 LEG BACKWARD STOP

REVIEW AND DEMONSTRATE KEY POINTS. PLAYERS LINE UP FACING BOARDS IN BASIC STANCE AND ON THE SIGNAL THEY PUSH THEMSELVES AWAY FROM THE BOARDS AND GLIDE BACKWARDS. THEY INITIATE STOP BY TURNING TOES OUT AND LEANING SLIGHTLY FORWARD. REPEAT 4-5 TIMES AND YOU CAN PLAY RED LIGHT GREEN LIGHT AND ON YELLOW LIGHT THEY GLIDE.

#### KEY TEACHING / DEVELOPMENT POINTS

- BACKWARD STANCE
- TOES OUT, HEELS IN
- BEND KNEES SLIGHTLY AS SHOCK ABSORBERS
- \*\*\* CAN BE DONE WITH TORNADOES EDGE\*\*\*

#### 3. FIGURE 8'S BACKWARDS- INSIDE EDGE

REVIEW AND DEMONSTRATE KEY POINTS. PLAYERS RIDE INSIDE EDGE IN FIGURE 8 PATTERN, STARTING ON LEFT SKATE INSIDE EDGE UNTIL THEY COMPLETE A FULL CIRCLE THEN SWITCH TO RIGHT SKATE TO COMPLETE FIGURE 8.

#### KEY TEACHING / DEVELOPMENT POINTS

- BACKWARD STANCE ( SITTING IN CHAIR)
- PROPER KNEE BEND FOR BALANCE
- BACK STRAIGHT TO ENSURE PROPER CENTER OF GRAVITY

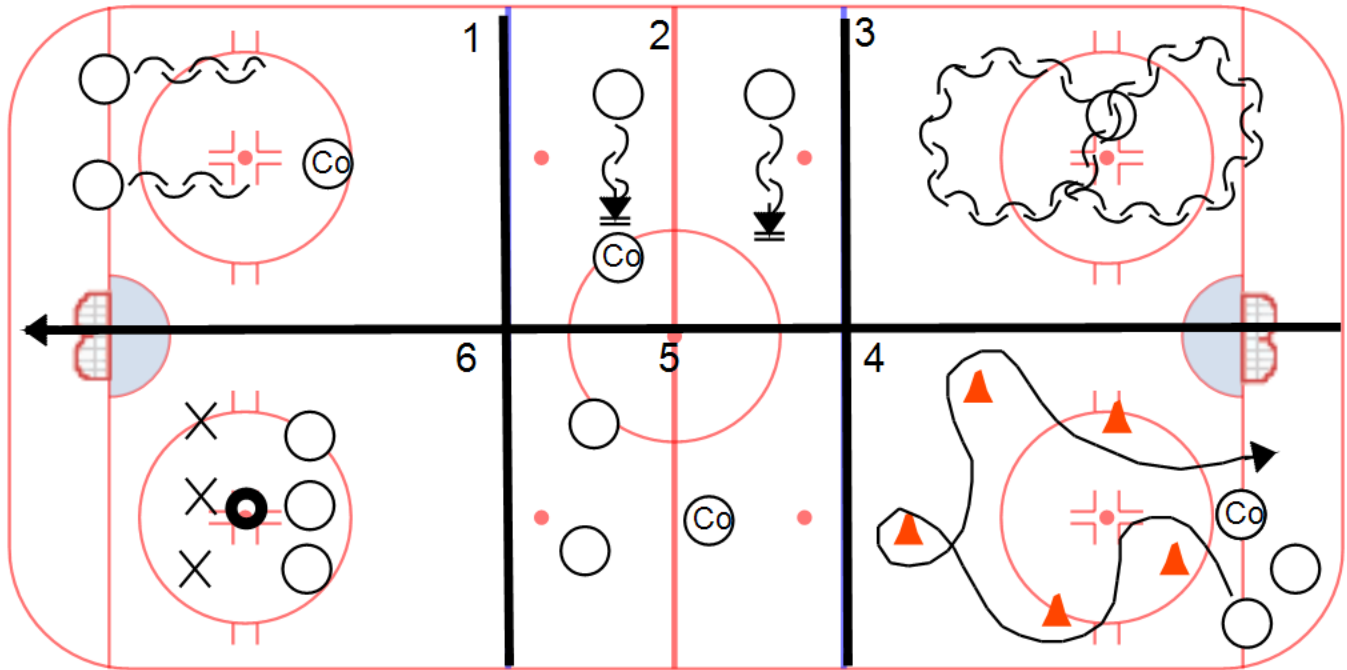
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Category #1 : 

Title : PRACTICE 13 SKILL STATIONS CONT

Category #2 : 

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

Key points :    

### Description

#### 4. WEAVING WITH THE PUCK

EACH PLAYER WITH A PUCK MOVING IT LEFT AND RIGHT IN FRONT OF THE BODY THEN FROM FRONT TO BACK. PLAYERS SKATE FORWARD AT AN EASY PACE WHILE STICKHANDLING WEAVING THROUGH THE FIRST 4 CONES WITH THE PUCK AND THEN A 360 TURN AROUND CONE 5. THEY CONTINUE TO STICKHANDLE BETWEEN CONES 5 & 6 AND PERFORM A GLIDE TURN AROUND THE FINAL CONE AND RETURN TO LINE.

#### KEY TEACHING / DEVELOPMENT POINTS

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

#### 5. STATIONARY STICKHANDLING

LINE PLAYERS UP IN STICKHANDLING POSITION WITH A PUCK IN FRONT OF THEM. HAVE PLAYERS STICKHANDLE ON THE FOREHAND SIDE, THEN IN FRONT OF THEM AND THEN ON THE BACKHAND SIDE

#### KEY TEACHING / DEVELOPMENT POINTS

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

#### 6. 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

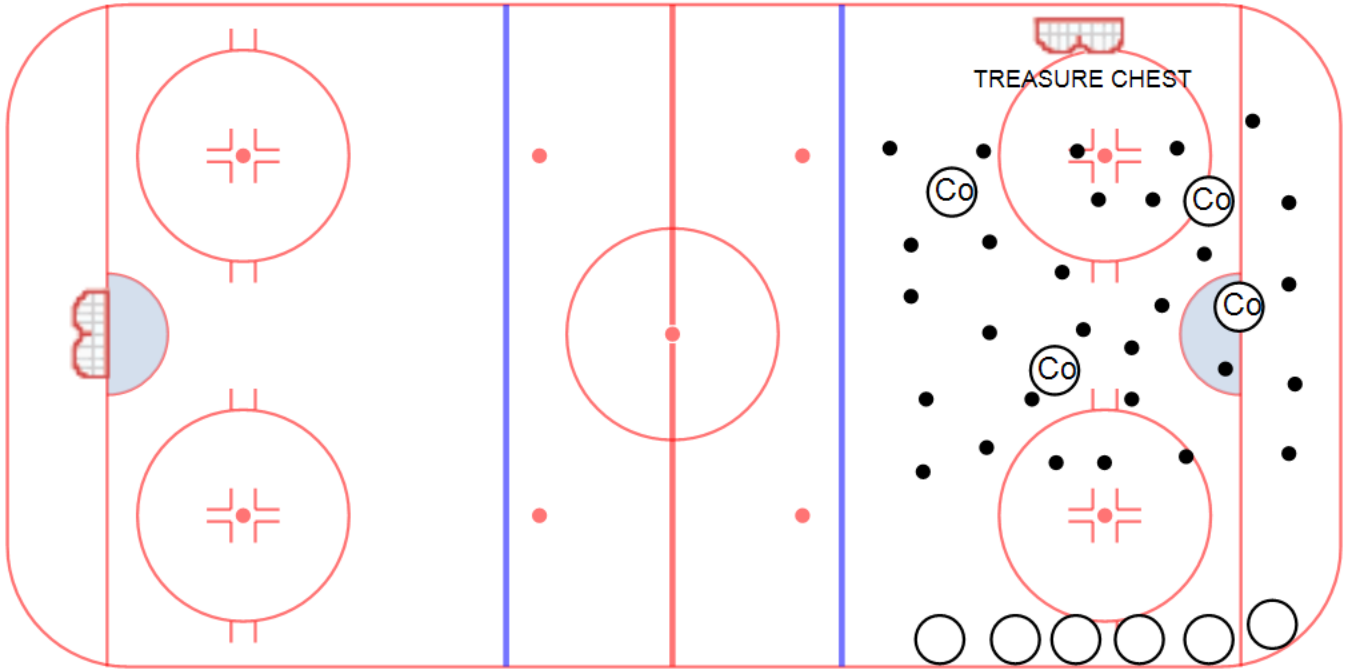
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Category #1 :

Title : STEAL THE TREASURE

Category #2 :

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



Key points :

Description

PLAYERS MUST PICK UP A PUCK AND PLACE IT IN THE NET ( TREASURE CHEST) WITHOUT GETTING TAGGED BY A COACH. IF THEY GET TAGGED THEY MUST DROP THAT PUCK AND TRY AND GRAB ANOTHER ONE. PLAYERS LEAVE GLOVES ON FOR SAFETY.