



# Practice Plan

Team: TIMBITS

Practice No.: 14

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

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

Duration: 60 MINUTES

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

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

## Objectives / Main tasks :

### SESSION OBJECTIVES:

INTRODUCE: 1.SKATING AND SHOOTING 2. TIGHT TURNS

REVIEW: 1.C CUT 2.BACKWARD STRIDING 3.2 LEG BACKWARD STOP 4.WEAVING WITH PUCK 5.STATIONARY STICKHANDLING

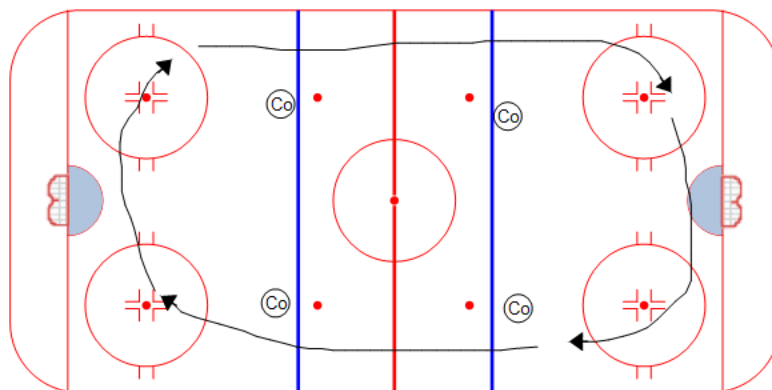
Drill no. : \_\_\_\_\_ Duration : 10 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : FREE SKATE # 8 Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

### Description

SKATE CLOCKWISE, BETWEEN BLUE LINES:

1. BACKWARD C CUTS- ALTERNATING
  2. GLIDING WITH KNEE BEND
  3. EXAGGERATED STRIDE
  4. GLIDING ON 1 SKATE BACKWARDS
  5. SPEED UP
- CAN BE DONE WITH OR WITHOUT PUCKS



Key Points :

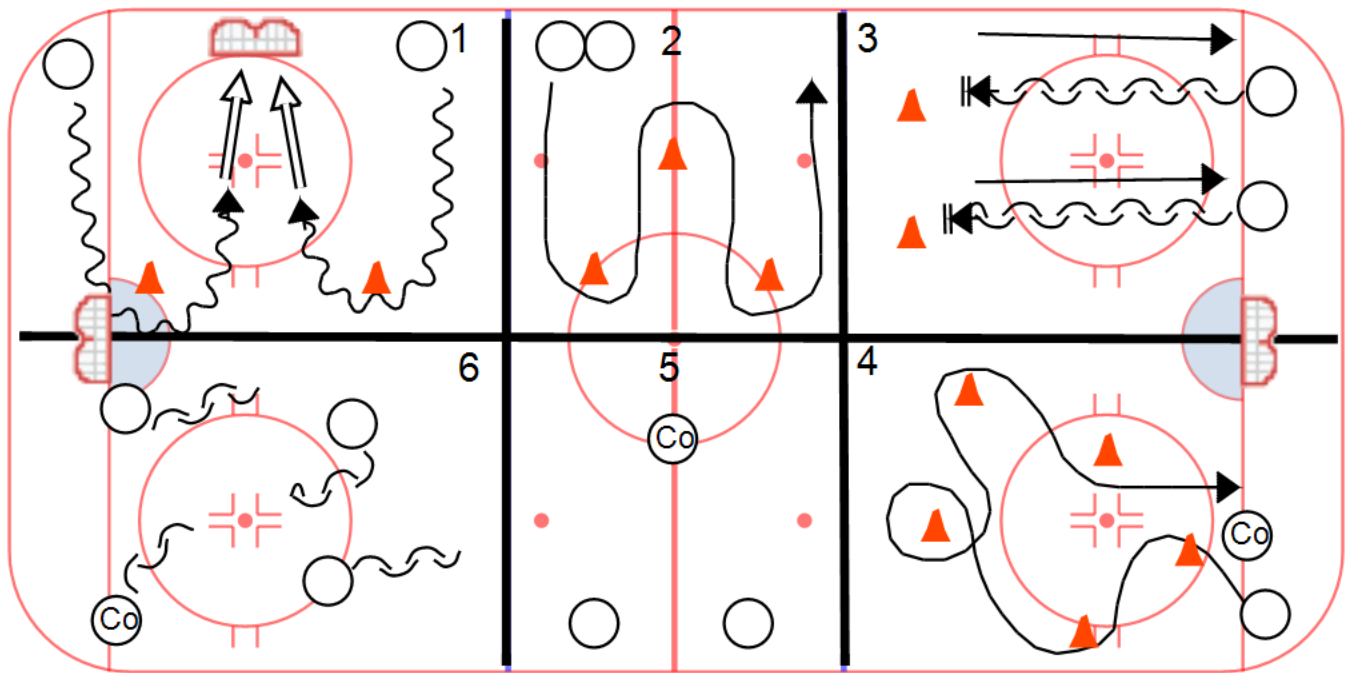
Drill no. : \_\_\_\_\_ Duration : 40 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Category #1 :

Title : PRACTICE 14 SKILL STATIONS

Category #2 :

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



Key points :

### Description

#### 1. SKATING AND SHOOTING

DIVIDE PLAYERS INTO 2 GROUPS AND SET CONES. PLAYERS STICKHANDLE PUCK AROUND CONES AND SHOOT. SEND PLAYERS IN A RELATIVE QUICK SUCCESSION.

KEY TEACHING / DEVELOPMENT POINTS

- STICKHANDLING FUNDAMENTALS
- ROLL WRISTS
- ROTATE BODY TO CREATE WEIGHT TRANSFER

#### 2. TIGHT TURNS

REVIEW AND DEMONSTRATE KEY POINTS. SET UP ZIG ZAG COURSE OF CONES AND HAVE PLAYERS EXECUTE A TIGHT TURN AROUND EACH CONE. SEND THE NEXT PLAYER ONCE THE FIRST PLAYER REACHES THE SECOND CONE. COACHES PROVIDE FEEDBACK.

KEY TEACHING / DEVELOPMENT POINTS

- BEND KNEES FOR BETTER BALANCE
- STAGGER FEET TO ALLOW FOR BOTH SKATES TO REMAIN ON ICE
- LEAN INTO TURN

#### 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 TO THE CONE WHERE THEY INITIATE STOP BY TURNING TOES OUT AND LEANING SLIGHTLY FORWARD. ONCE THEY STOP THEY ACCELERATE BACK INTO LINE AND THEN THE NEXT PLAYER GOES.

KEY TEACHING / DEVELOPMENT POINTS

- BACKWARD STANCE
- TOES OUT, HEELS IN
- BEND KNEES SLIGHTLY AS SHOCK ABSORBERS

\*\*\* CAN BE DONE WITH TORNADOES EDGE\*\*\*

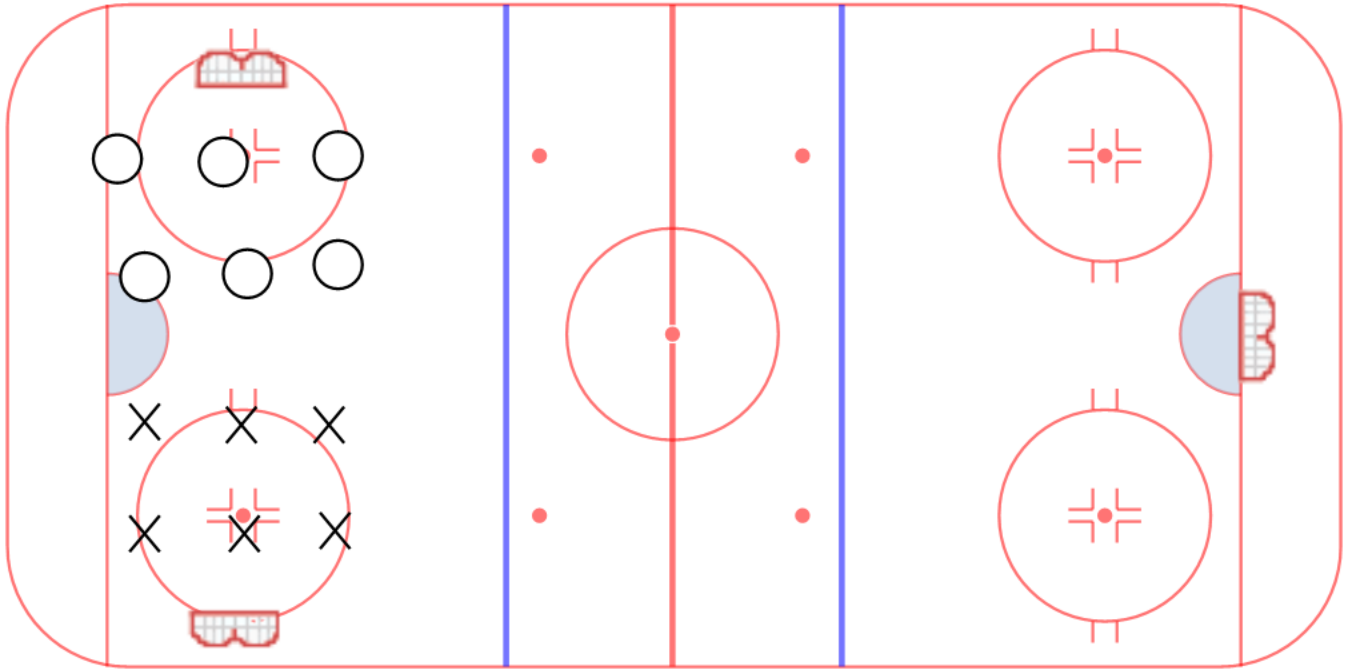
Drill no. : \_\_\_\_\_ Duration : 10 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Category #1 :

Title : SOCCER \_\_\_\_\_

Category #2 :

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



Key points :

Description

PLAY SOCCER IN CROSS ICE FORMAT, NO STICKS.

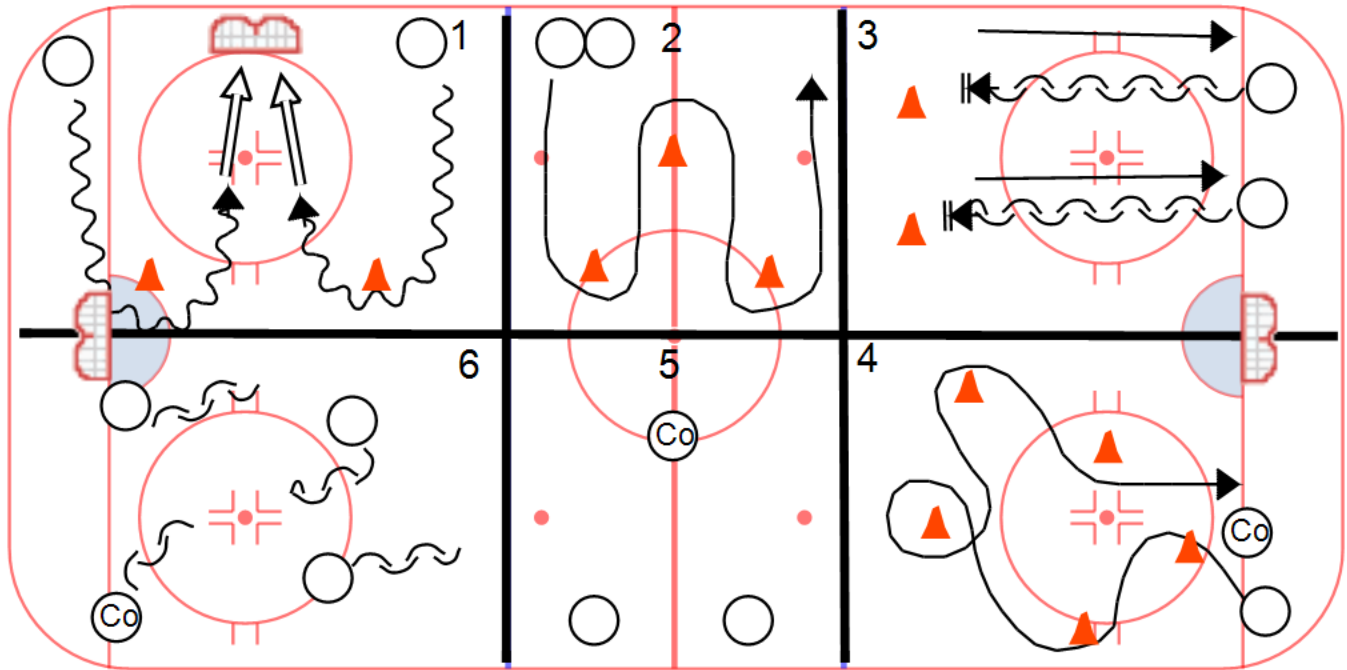
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Category #1 : 

Title : PRACTICE 14 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 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, AND SIDE FRONT SIDE WHILE STANDING ON RIGHT FOOT ONLY. REPEAT WITH LEFT FOOT.

#### KEY TEACHING / DEVELOPMENT POINTS

- PUCK HANDLING STANCE
- EYES UP
- HANDS AND ELBOWS AWAY FROM BODY, ROLL WRISTS
- BEND KNEE FOR BALANCE

#### 6. BACKWARDS TAG

COACH IS IT. EVERYBODY SKATES BACKWARDS AT ALL TIMES, ONCE TAGGED THE PLAYER HELPS THE COACH. PLAYERS CARRY STICK WHEN THEY ARE FREE, AND DISCARD WHEN THEY ARE IT OS OTHER KNOW THEY ARE IT.

#### KEY TEACHING / DEVELOPMENT POINTS

- BACKWARD STANCE
- FULL EXTENSION, FULL RECOVERY
- HEAD ON A SWIVEL TO AVOID COLLISION

\*\*\* CAN REPLACE BACKWARDS TAG WITH BACKWARDS SKATING ON TORNADOS EDGE\*\*\*