



Practice Plan

Team: TIMBITS

Practice No.: 15

Date : _____

Time: _____

Duration: 60 MINUTES

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

SESSION OBJECTIVES

INTRODUCE: 1.FOREHAND PASS AND RECEIVE 2.V START 3.1 FOOT STOP

REVIEW: 1. TIGHT TURNS 2.BACKWARD STRIDING 3.STATIONARY STICKHANDLING

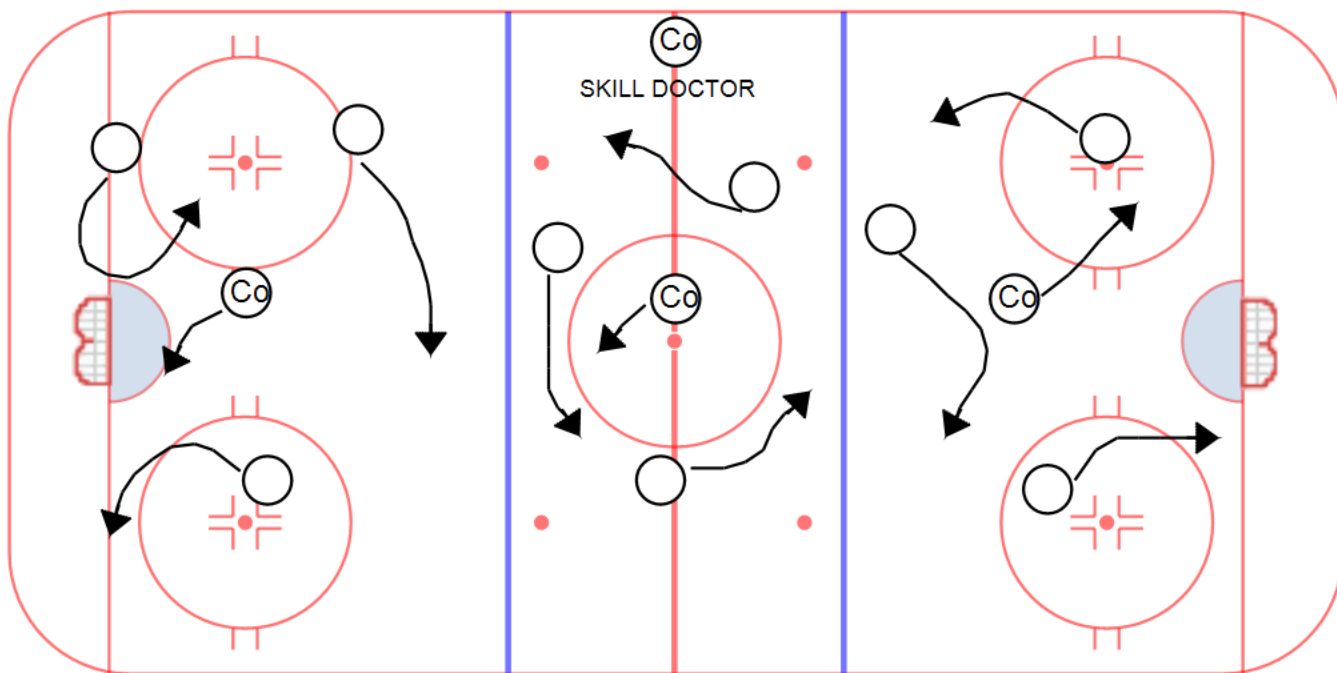
Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

Category #1 :

Title : TAG _____

Category #2 :

Content elements : _____ Components: _____



Key points :

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Description

PLAYERS SKATE AROUND TRYING NOT TO GET TAGGED BY THE COACHES. IF TAGGED THE PLAYERS MUST GO SEE THE "SKILL DOCTOR" WHO ASSIGNS A SKILL TASK TO COMPLETE BEFORE THEY CAN RETURN TO THE GAME. SUGGESTED SKILL TASK INCLUDE: FALL TO KNEES AND GET UP, BALANCE ON ONE FOOT, JUMP ON ONE FOOT, ETC. PLAY WITH OUT WITHOUT PUCKS.

Drill no. : _____ Duration : 40 Minutes From : _____ To : _____

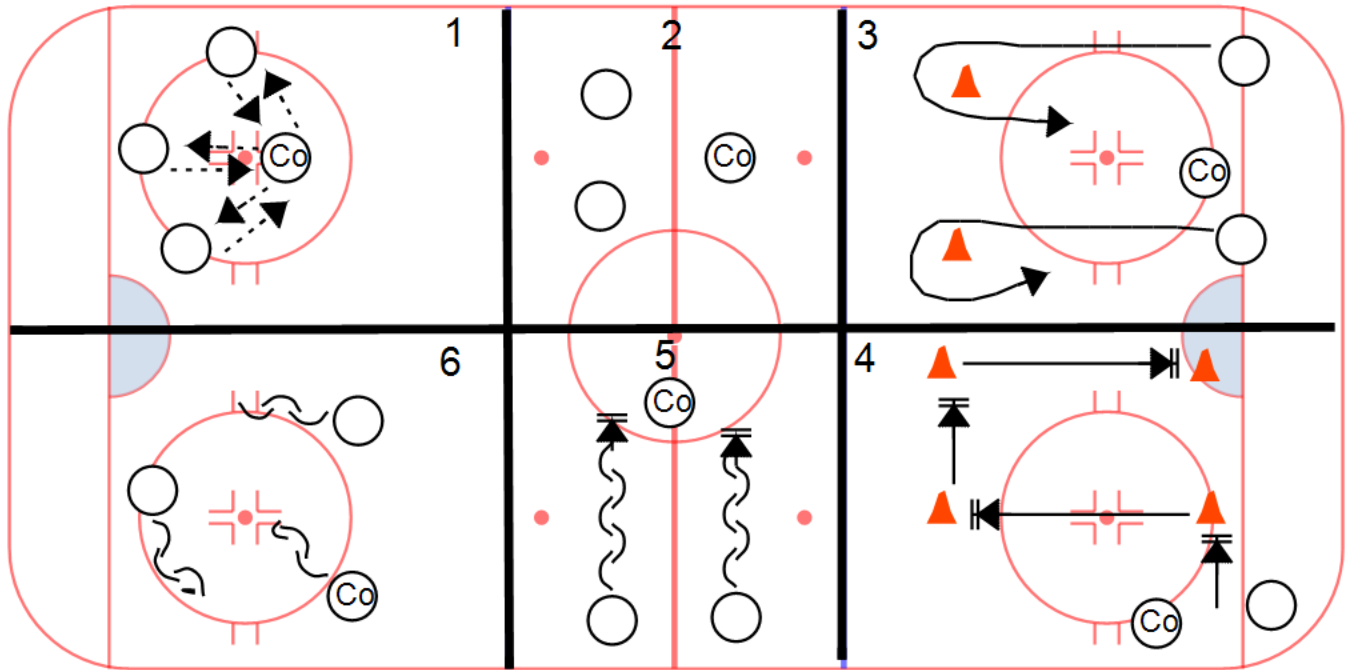
Category #1 :

Title : PRACTICE 15 SKILL STATIONS

Category #2 :

Content elements : _____

Components: _____



Key points :

Description

1. FOREHAND PASS AND RECEIVE

SET UP IN FORMATION AS DIAGRAMMED WITH COACH IN THE CENTER. COACH PASSES TO EACH PLAYER ONE AT A TIME WHO IN RETURN PASS IT BACK. PROVIDE FEEDBACK.

KEY TEACHING / DEVELOPMENT POINTS

- BASIC STANCE
- EYE CONTACT ,CALL FOR PUCKS
- START WITH PUCK IN THE BACK OF STANCE, TRANSFER WEIGHT AND FOLLOW THROUGH POINTING AT TARGET
- RECEIVE PUCK IN THE FRONT OF THE STANCE AND CUSHION THE PASS

2. STATIONARY STICKHANDLING

LINE UP PLAYERS WITH PUCK IN FRONT OF THEM. REVIEW AND DEMONSTRATE PUCK CONTROL-ROTATION. HAVE PLAYERS ROTATE IN BOTH DIRECTIONS

KEY TEACHING / DEVELOPMENT POINTS

- PUCKHANDLING STANCE
- HANDS AND ELBOWS AWAY FROM THE BODY
- LOCK WRISTS AND MAKE LIGHT TOUCHES TO "SPIN" THE PUCK

3.V START - TIGHT TURNS

PLAYERS IN BASIC STANCE ON SIGNAL THEY PRACTICE OPENING SKATES INTO V POSITION BY TOEING OUTWARDS. TRY TO OPEN AS FAR AS POSSIBLE. ON WHISTLE PLAYER OPENS INTO V POSITION AND TAKES 4-5 RUNNING STRIDES AND CONTINUES TO CONE AND EXECUTES A TIGHT TURN AROUND THE CONE AND RETURNS TO THE LINE. CHANGE DIRECTION OF TIGHT TURN HALF WAY THROUGH.

KEY TEACHING / DEVELOPMENT POINTS

- OPEN HIPS AS FAR AS POSSIBLE, BENDING KNEES INCREASES RANGE
- RUN ON SKATES, SHORT CHOPPY QUICK STRIDES
- BEND KNEES FOR BETTER BALANCE ON TIGHT TURN
- STAGGER FEET TO ALLOW FOR BOTH SKATES TO REMAIN ON ICE IN TIGHT TURN
- LEAN INTO TURN

*** CAN BE DONE ON TORNADOS EDGE, REMOVE TIGHT TURN

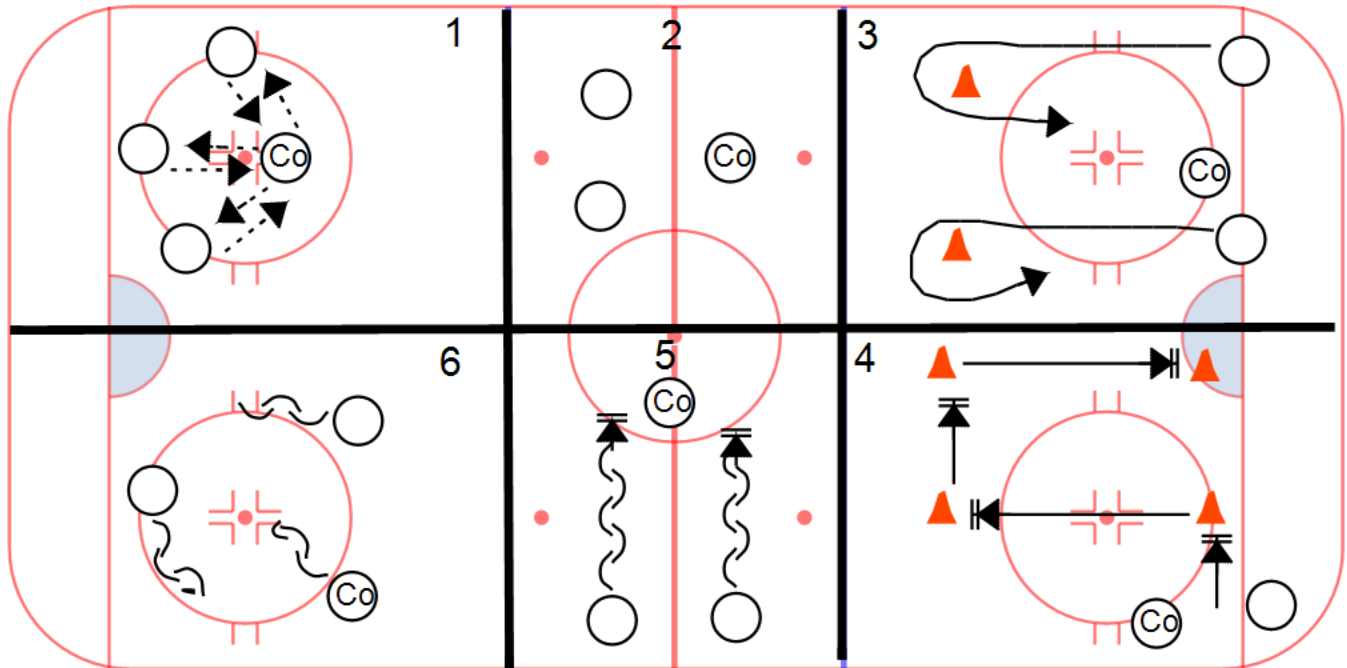
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Title : PRACTICE 15 SKILL STATIONS CONT

Category #2 :

Content elements : _____ Components: _____



Key points :

Description

4. 1 FOOT STOP

REVIEW AND DEMONSTRATE 1 FOOT STOPS, EMPHASIZING GLIDING BEFORE THE STOP. EACH PLAYER SKATES TO THE FIRST CONE AND EXECUTES STOP FACING DIRECTION OF NEXT CONE, NEXT PLAYER GOES ONCE FIRST PLAYER STOPS AT FIRST CONE.

KEY TEACHING / DEVELOPMENT POINTS

- GLIDE BEFORE STOP
- TURN TOE IN HEEL OUT
- PUSH DOWN AND OUT
- BEND KNEE FOR ABSORBSION
- *** CAN USE TORNADOS EDGE***

5. RED LIGHT GREEN LIGHT

ON GREEN LIGHT PLAYERS SKATE BACKWARDS USING C CUTS, ON YELLOW LOGHT PLAYERS GLIDE, ON RED LIGHT PLAYERS STOP USING BACKWARD V STOP

KEY TEACHING / DEVELOPMENT POINTS

- BACKWARD STANCE
- FULL EXTENSION, FULL RECOVERY
- HEELS IN AND TOGETHER ON V STOP LEANING SLIGHTLY FORWARD AND PUSHING DOWN AND BACK
- *** CAN BE DONE WITH TORNADOS EDGE***

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***

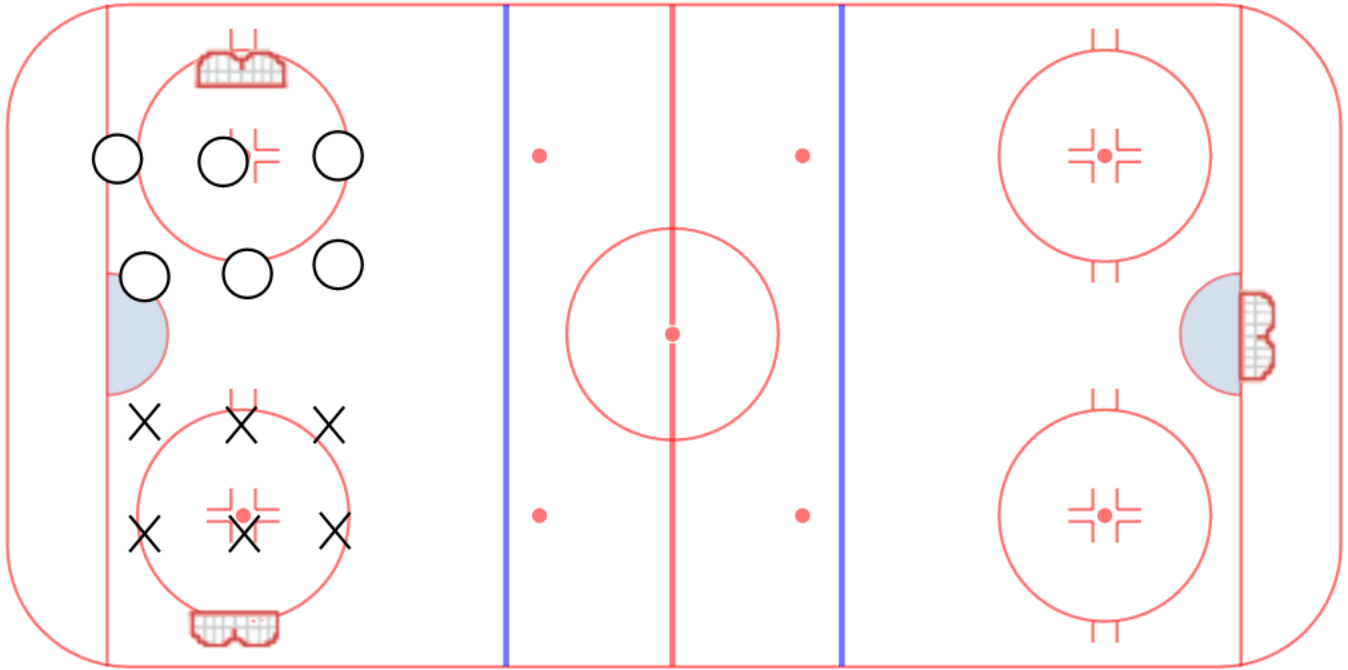
Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

Category #1 :

Title : SOCCER _____

Category #2 :

Content elements : _____ Components: _____



Key points :

Description

PLAY SOCCER IN CROSS ICE FORMAT, NO STICKS.