



Practice Plan

Team: TIMBITS

Practice No.: 16

Date : _____

Time: _____

Duration: 60 MINUTES

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

SESSION OBJECTIVES:

INTRODUCE: 1.BACKHAND PASS AND RECEIVE 2.PICK UP PUCK ON BOARDS

REVIEW: 1.FOREHAND PASS AND RECEIVE 2. 2 FOOT STOP 3.SKATING AND SHOOTING

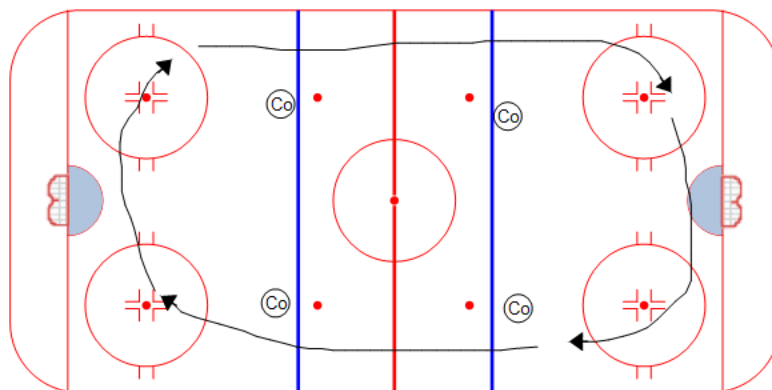
Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

Title : FREE SKATE # 9 Content elements: _____ Components : _____

Description

SKATE CLOCKWISE, BETWEEN BLUE LINES:

1. BACKWARD C CUTS- ALTERNATING
 2. BACKWARD GLIDE ON 1 FOOT
 3. LATERAL CROSSOVERS
 4. GLIDING WITH KNEE BEND
 5. SPEED UP
- CAN BE DONE WITH OR WITHOUT PUCKS



Key Points :

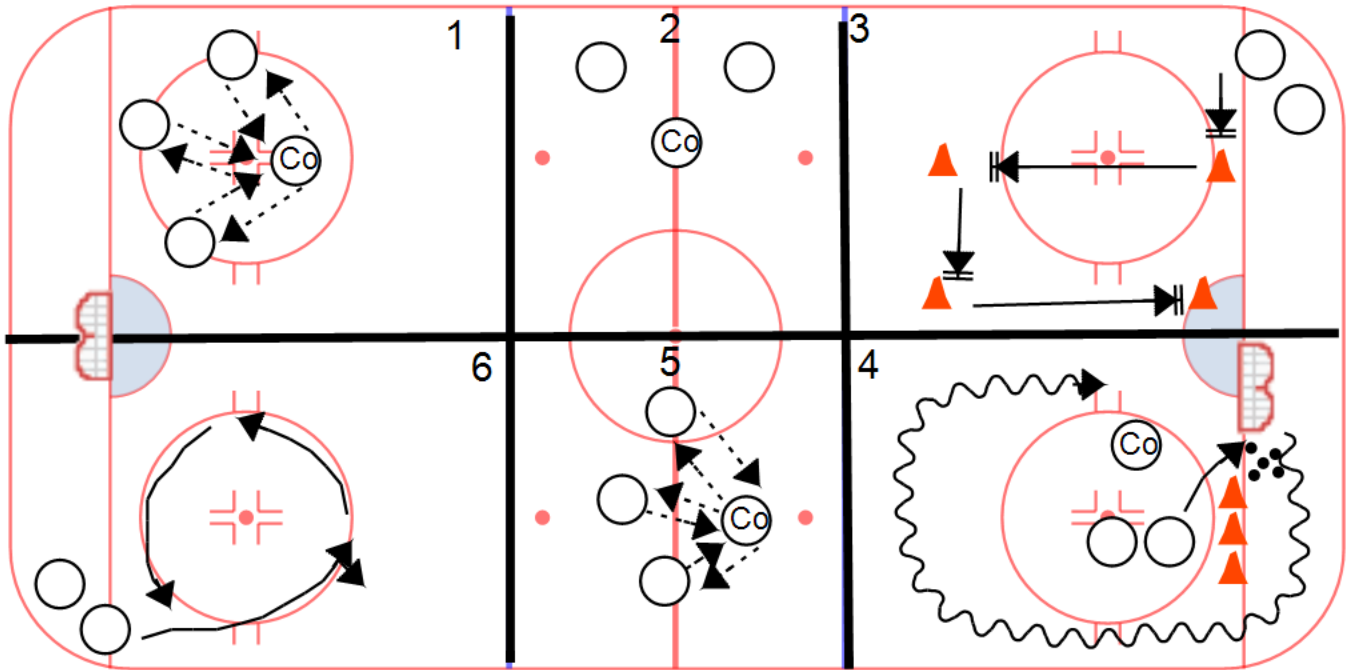
Drill no. : _____ Duration : 40 Minutes From : _____ To : _____

Category #1 :

Title : PRACTICE 16 SKILL STATIONS

Category #2 :

Content elements : _____ Components: _____



Key points :

Description

1. BACKHAND 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 PLAYERS UP IN STICKHANDLING POSITION WITH A PUCK, HAVE PLAYERS EXECUTE THE TOE DRAG TO THE SIDE AND IN FRONT OF THE BODY

KEY TEACHING / DEVELOPMENT POINTS

- STICKHANDLING STANCE (EYES UP, KNEES BENT, CHEST UP
- EXTEND PUCK STRIGHT OUT AS FAR AS CAN REACH
- ROLL BLADE TOE OVER AND DRAG PUCK BACK

3. 2 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 BODY, PUSH WITH LEAD FOOT, PULL WITH SECOND FOOT
- BEND KNEE FOR ABSORBSION
- *** CAN USE TORNADOS EDGE***

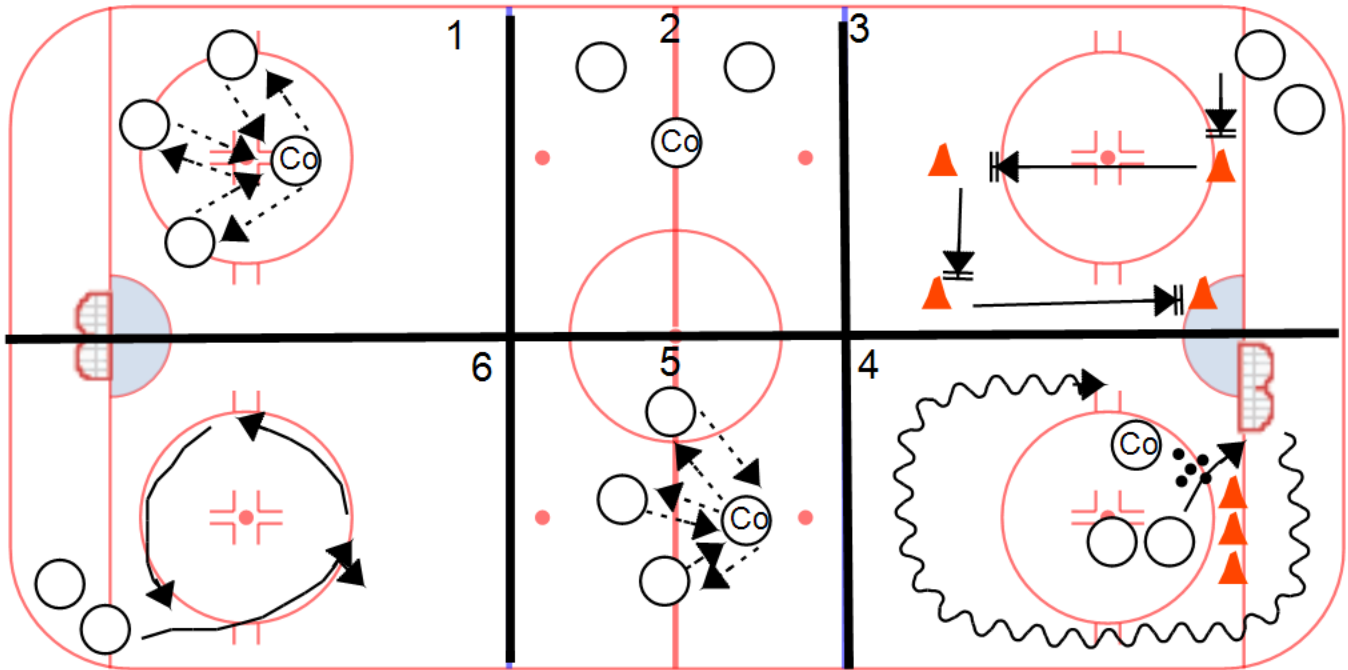
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Title : PRACTICE 16 SKILL STATIONS CONT

Category #2 :

Content elements : _____ Components: _____

Key points :

Description

4. PICK UP PUCK ON BOARDS

REVIEW AND DEMONSTRATE NEW SAFETY RULE: NEVER SKATE STRAIGHT AT THE BOARDS TO PICK UP A PUCK, ALWAYS SKATE ALONG THE BOARDS. PLAYERS LINE UP IN THE FACE OFF CIRCLE WITH CONES ALONG THE GOAL LINE TO CREATE A BARRIER PLAYERS MUST GO AROUND. COACH SPOTS A PUCK ON THE OTHER SIDE OF THE BARRIER AND THE PLAYER MUST SKATE AROUND THE BARRIER AND CREATE A SAFE RETRIEVAL ANGLE ON THE PUCK, PICK UP PUCK AND CARRY PUCK AROUND THE TOP OF THE CIRCLE AND TAKE A SHOT. YOU CAN REMOVE THE BARRIER BUT MAKE SURE PLAYERS STILL CREATE A SAFE ANGLE ON THE PUCK.

KEY TEACHING / DEVELOPMENT POINTS
- FEET PARRALEL TO THE BOARDS

5. 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

6. C CUTS AROUND CIRCLE

REVIEW AND DEMONSTRATE KEY POINTS. PLAYERS LINE UP AND ON COACHES SIGNAL EXECUTE C CUTS AROUND THE CIRCLE WITH OUT SIDE FOOT, REPEAT WITH OTHER FOOT.

KEY TEACHING / DEVELOPMENT POINTS

- BASIC STANCE
- FULL EXTENSION (PUCH DOWN AND OUT THROUGH THE HEEL)
- FULL RECOVERY (TOES IN HEELS OUT)

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

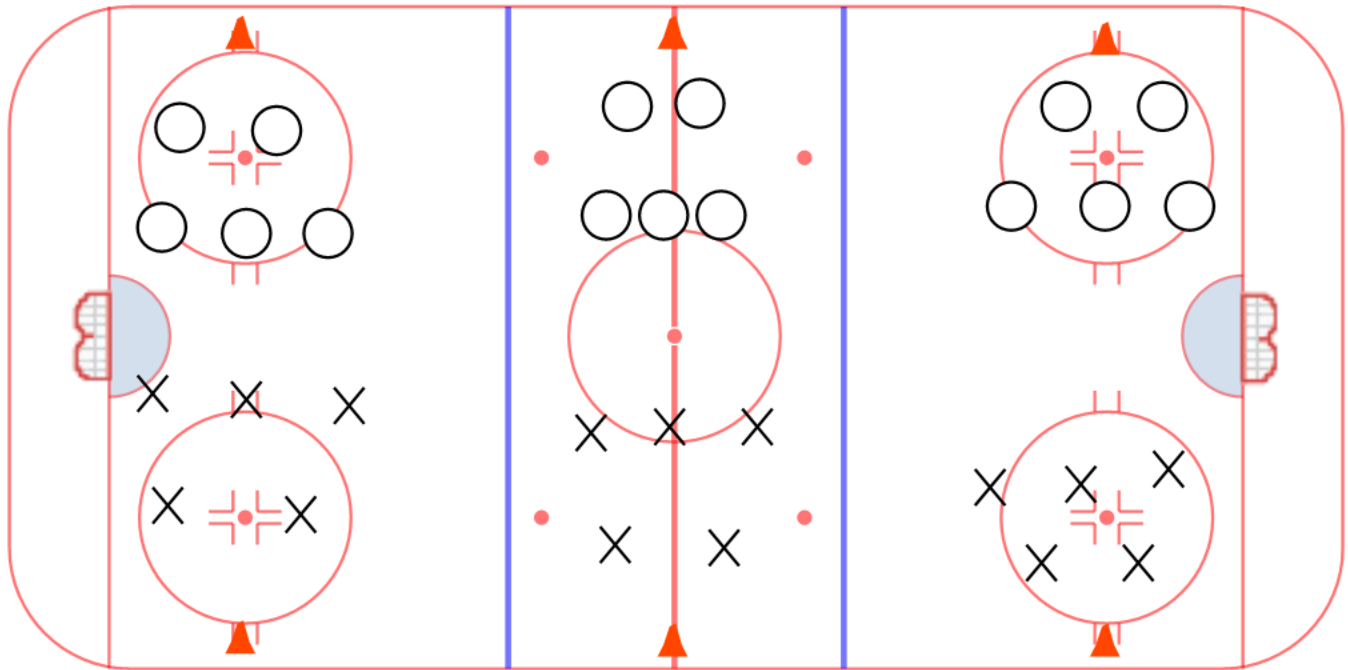
Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

Category #1 :

Title : FUN SCRIMMAGE

Category #2 :

Content elements : _____ Components: _____



Key points :

Description

SCRIMMAGE CROSS ICE, NO NETS ONLY A PYLON. PLAYERS SCORE BY HITTING THE PYLON, NO GOALIES AND CONTINOUS. WHEN A GOAL IS SCORED THE PLAYERS GIVE THE PUCK WHO DUMPS IT INTO AN AREA AND PLAY CONTINUES. IF ONE PLAYER IS DOMINANT AND MONOPOLIZES THE PUCK ADD A SECOND PUCK.