



# Practice Plan

Team: TIMBITS

Practice No.: 17

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

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

Duration: 60 MINUTES

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

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

## Objectives / Main tasks :

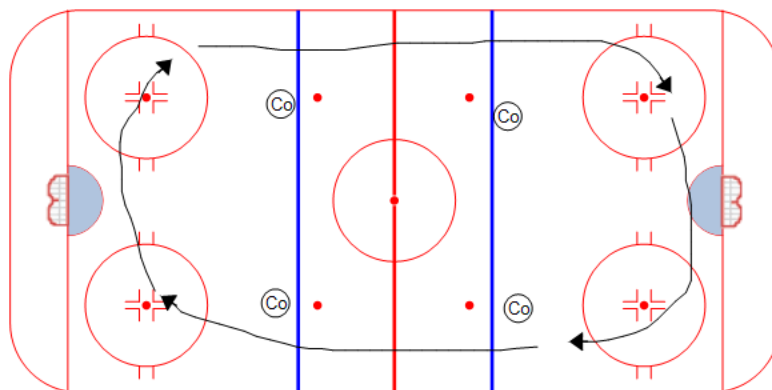
SESSION OBJECTIVES:  
 REVIEW: 1.SKATING AND PASSING 2.FOREHAND AND BACKHAND PASS AND RECEIVE 3.V START AND TIGHT TURNS 4.1 FOOT STOP

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

Title : FREE SKATE # 10 Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

### Description

SKATE CLOCKWISE, BETWEEN BLUE LINES:  
 1. BACKWARD C CUTS- ALTERNATING  
 2. LATERAL CROSSOVERS  
 3. 360'S  
 4. CROSSOVERS, 3 QUICK EACH WAY  
 5. 1 FOOT STOP  
 ADD PUCKS IF DESIRED



Key Points :

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

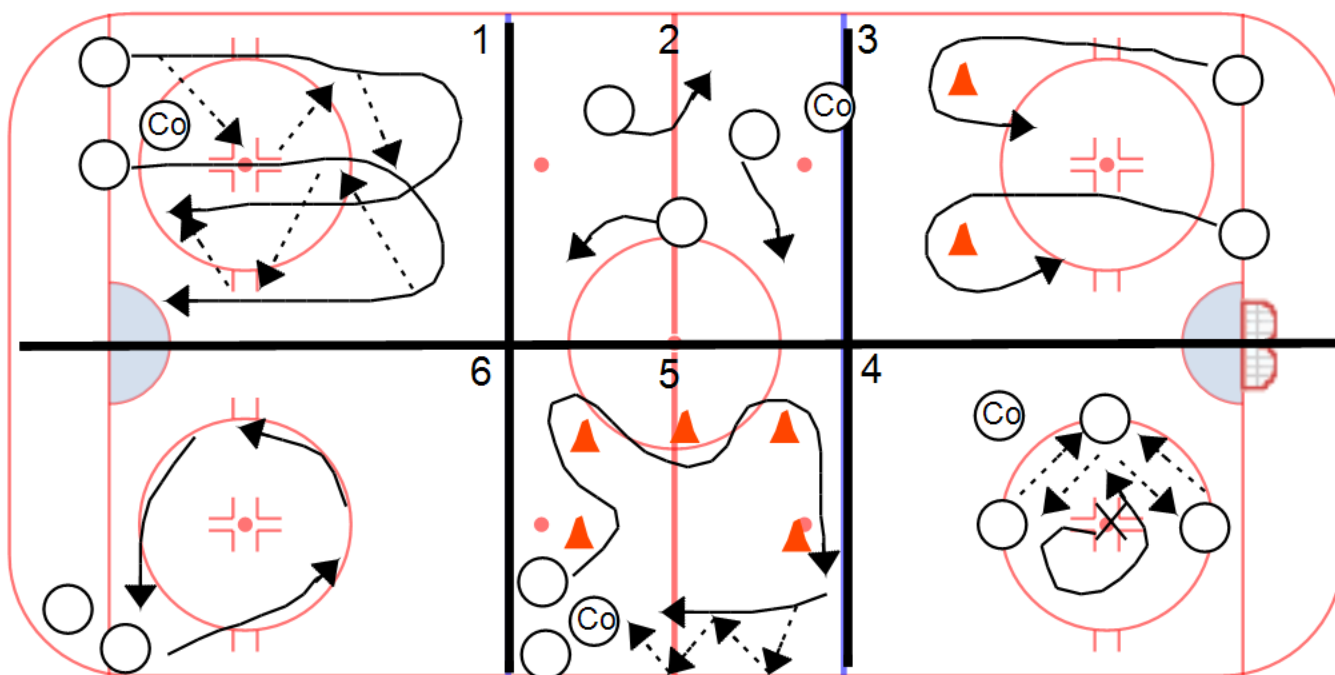
Category #1 :

Title : PRACTICE 17 SKILL STATIONS

Category #2 :

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

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



Key points :

### Description

#### 1. PAIR PASSING

PLAYERS SKATE IN PAIRS AROUND THE ZONE AND PASS THE PUCK TO EACH OTHER, MAKE SURE PASSES ARE TAKEN ON THE FOREHAND AND BACKHAND AS APPROPRIATE.

KEY TEACHING / DEVELOPMENT POINTS

- PASSING FUNDAMENTALS
- SLIDE PUCKS
- LEAD THE PASS ( PASS TO WHERE THEY ARE GOING)

#### 2. TOILET BOWL TAG

PLAYERS PLAY WITHOUT STICKS AND MUST SKATE AROUND THE ZONE WITH HANDS ON THEIR KNEES. COACHES ARE IT AND TRY AND TAG PLAYERS. TAGGED PLAYERS MUST STAND STILL WITH THEIR ARMS STRAIGHT OUT ( FLUSHER) AND LEGS APART AND IN ORDER TO BE FREED, ANOTHER PLAYER MUST SKATE UNDER THEM AND PUSH ARMS DOWN ( FLUSH THE TOILET).

#### 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

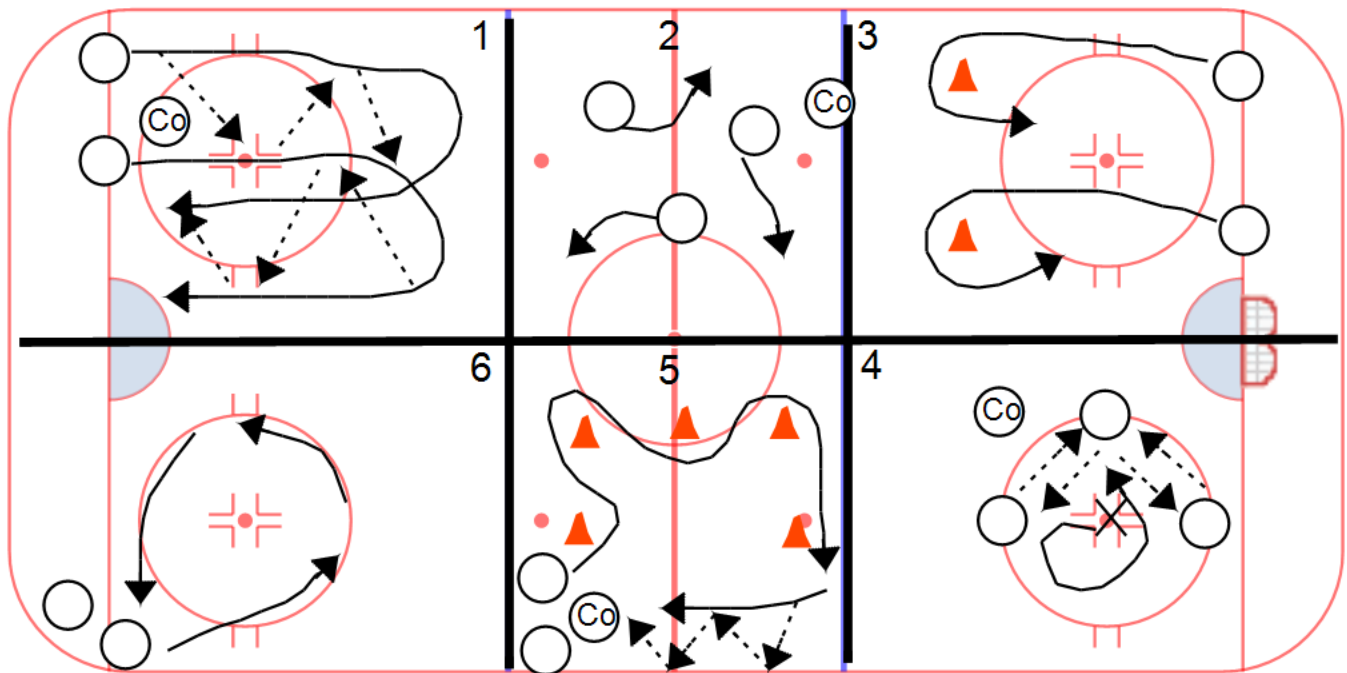
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Category #1 : 

Title : PRACTICE 17 SKILL STATIONS CONT

Category #2 : 

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

Key points :    

### Description

#### 4. CIRCLE KEEP AWAY

PLAYERS AROUND THE OUTSIDE OF THE CIRCLE PASS THE PUCK TO KEEP IT AWAY FROM THE PLAYER IN THE MIDDLE. IF THE PASS IS PICKED OFF THEN THAT PLAYER TRADES PLACES WITH THE PLAYER IN THE MIDDLE AND DRILL CONTINUES. REPEAT BUT ALL PASSES MUST BE MADE ON THE BACKHAND.

KEY TEACHING / DEVELOPMENT POINTS

- PASSING FUNDAMENTALS
- EYS UP, FIND OPEN OPTION
- QUICK PUCK MOVEMENT

#### 5. BANK PASS

PLAYERS LINE UP AS DIAGRAMMED AND LEAVE WITH A PUCK AND WEAVE THROUGH THE CONES. CONTINUE ALONG THE BOARDS ABOUT 1-2 METERS FROM THE BOARDS AND PASS THE PUCK OFF THE BOARDS TO THEMSELVES AND CONTUNE.

KEY TEACHING / DEVELOPMENT POINTS

- SKATING WITH THE PUCK
- ANGLE IN EQUALS ANGLE OUT

#### 6. TORNADOS EDGE

PLAYERS PRACTICE USING TORNADOS EDGE: ALTERNATING FORWARD C CUTS > ALTERNATING T PUSH > ALTERNATING FULL STRIDE. THEN BACKWARDS, 1 FOOT C CUTS > ALTERNATING C CUTS. REPEAT IN OTHER DIRECTION.

KEY TEACHING / DEVELOPMENT POINTS

- BASIC STANCE, BACKWARD STANCE
- FULL EXTENSION, FULL RECOVERY
- POWERFUL PUSH/ STRIDE , STRAIGHT GLIDE AND RECOVER

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

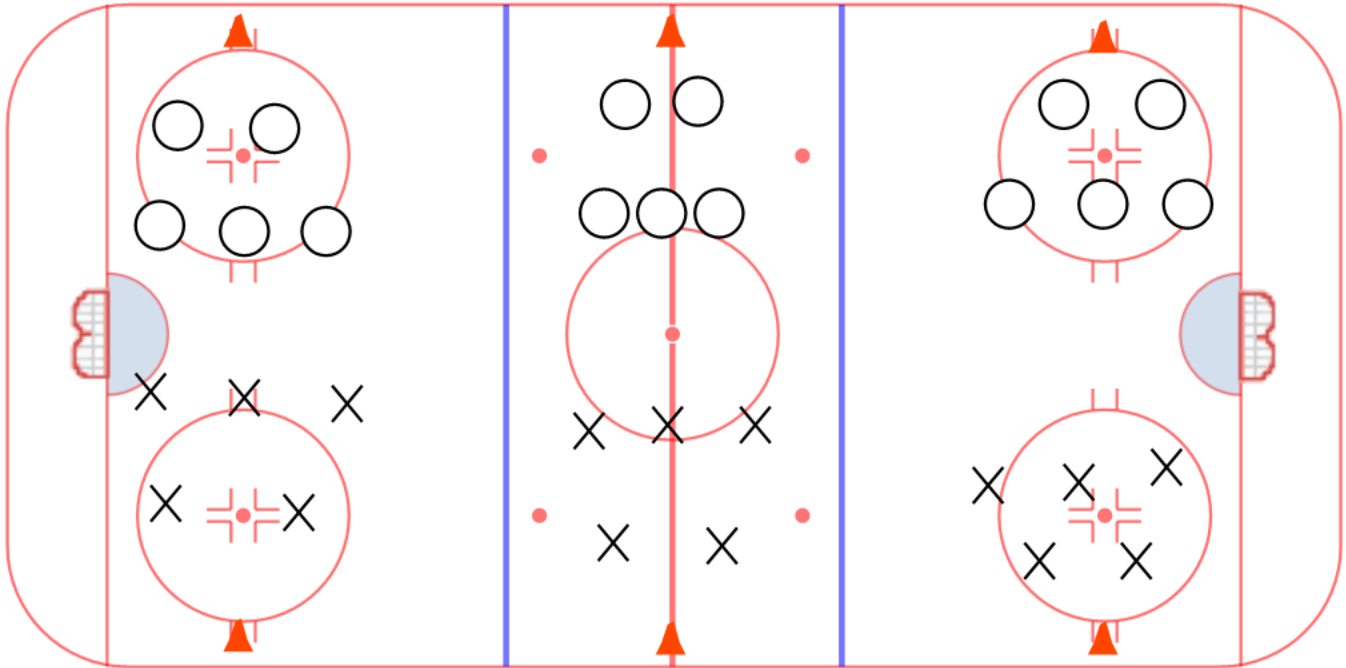
Category #1 : 

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.