



Practice Plan

Team: TIMBITS

Practice No.: 18

Date : _____

Time: _____

Duration: 60 MINUTES

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

SESSION OBJECTIVES:

INTRODUCE: 1.CROSSOVERS

REVIEW: 1. 1 FOOT STOP AND T PUSH 2.PAIR PASSING 3.STATIONARY STICKHANDLING 4.BANK PASS

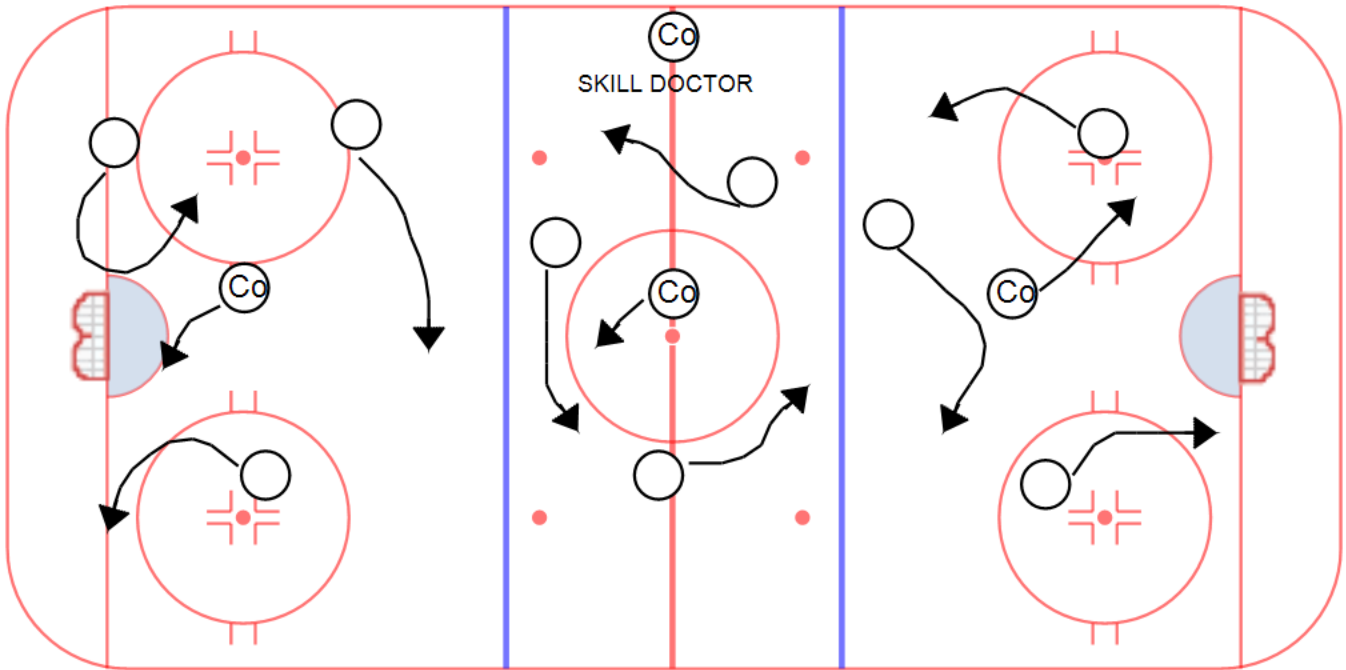
Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

Category #1 :

Title : TAG #3

Category #2 :

Content elements : _____ Components: _____



Key points :

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: JUMPING ON 1 FOOT, 360'S, CROSSOVERS, 3 QUICK LATERAL CROSSOVERS, CROSSOVER START, 1 FOOT STOP.

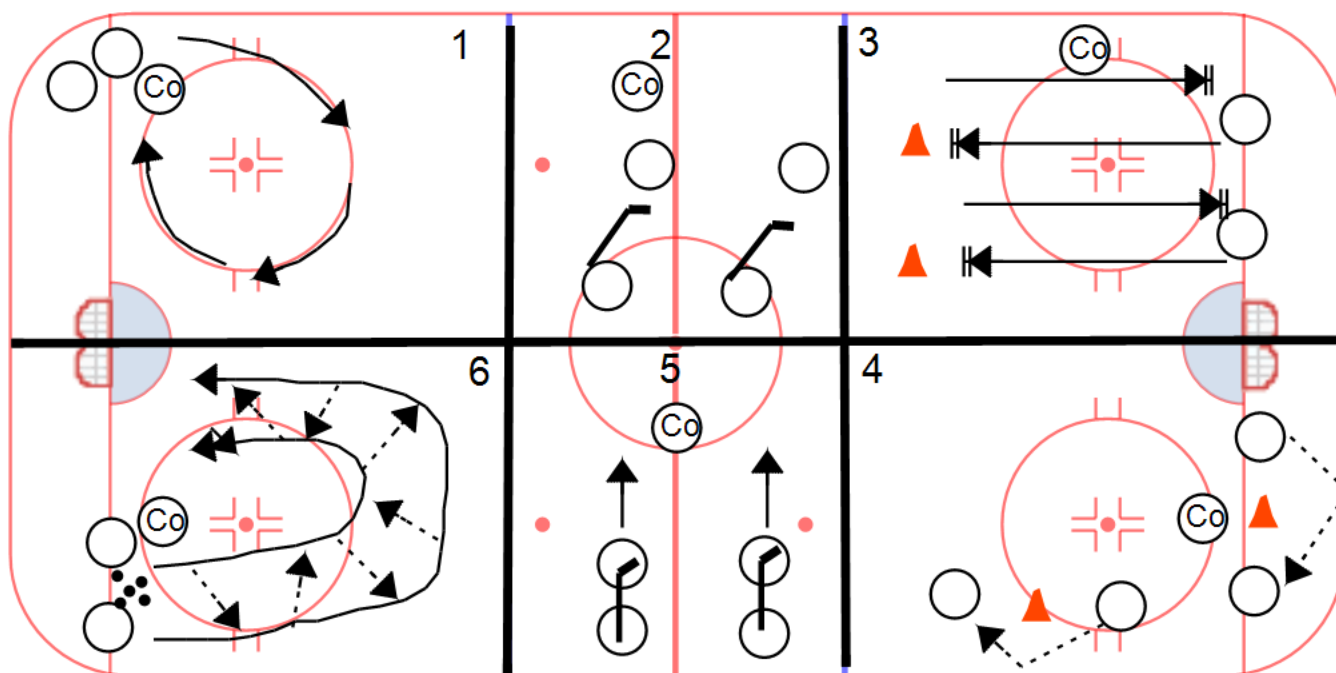
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Title : PRACTICE 18 SKILL STATIONS

Category #2 :

Content elements : _____ Components: _____

Key points :

Description

1. CROSSOVERS

REVIEW AND DEMONSTRATE. PLAYERS SKATE AROUND THE CIRCLE PERFORMING CROSSOVERS.

KEY TEACHING / DEVELOPMENT POINTS

- BASIC STANCE
- BEND KNEES AND PUSH AND LIFT OUTSIDE FOOT OVER TOP OF INSIDE FOOT
- UNDERCUT WITH INSIDE FOOT

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

2. STATIONARY STICKHANDLING

PLAYERS PARTNER UP, BOTH PLAYERS STATIONARY. ONE PLAYER STANDING WITH THEIR STICK DIRECTLY IN FRONT AND THE OTHER PLAYER WITH THE PUCK STICKHANDLING THROUGH THE STICK USING TOE DRAGS.

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. 1 FOOT STOP AND T PUSH

REVIEW AND DEMONSTRATE KEY POINTS. DIVIDE PLAYERS INTO GROUPS OF 2-3, PLACE CONES A DISTANCE FROM EACH GROUP. ON SIGNAL FIRST PLAYER SKATES TO CONE, EXECUTES 1 FOOT STOP (SPRAY THE CONE) AND IMMEDIATELY USES T PUSHES TO START AND RETURN TO THE GROUP, NEXT PLAYER THEN GOES.

KEY TEACHING / DEVELOPMENT POINTS

- GLIDE BEFORE STOP
- TOE IN HEEL OUT, PUSH DOWN AND OUT
- BEND KNEE FOR ABSORBSION
- FULL EXTENSION AND RECOVERY ON T PUSH

*** CAN USE TORNADOS EDGE*** T PUSH THEN 1 FOOT STOP, REPEAT

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

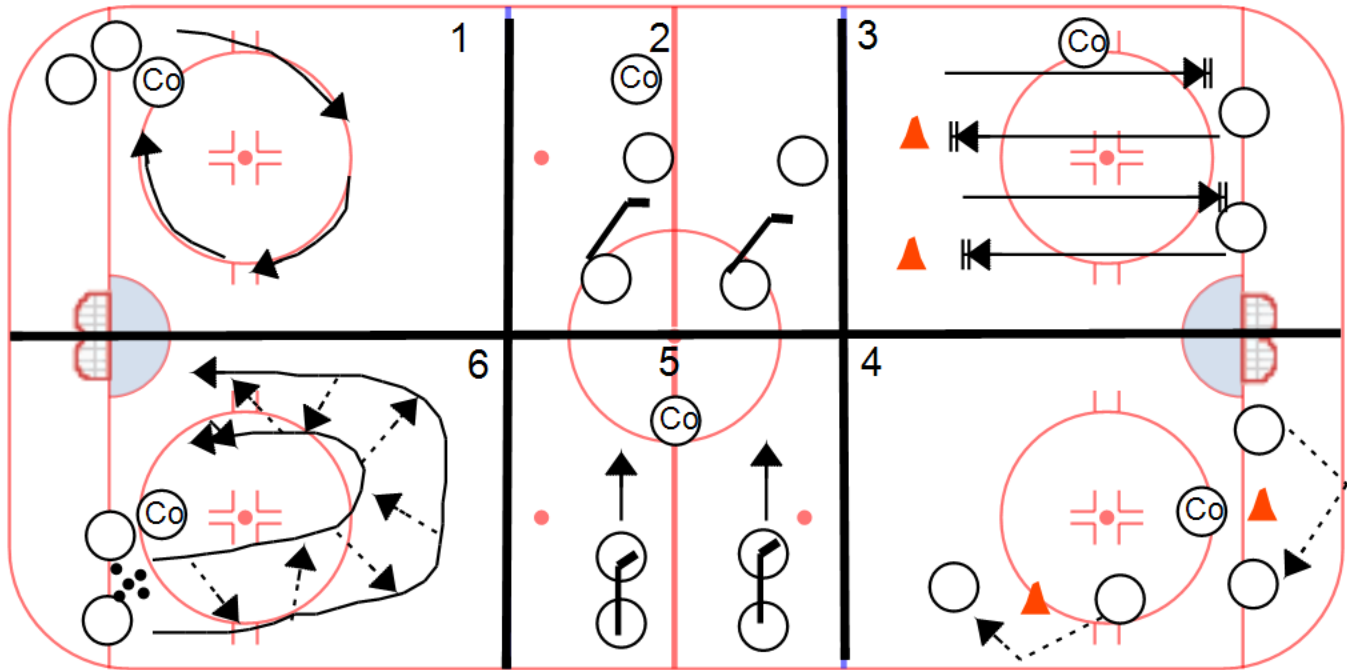
Category #1 :

Title : PRACTICE 18 SKILL STATIONS CONT

Category #2 :

Content elements : _____

Components: _____

Key points :

Description

4. BANK PASS

PLAYERS PARTNER UP AND PASS THE PUCK BACK AND FORTH USING THE BOARDS. PLACE A CONE IN BETWEEN THEM TO PROVIDE AN OBSTACLE. REPEAT USING BACKHAND.

KEY TEACHING / DEVELOPMENT POINTS

- FORHAND AND BACKHAND PASSING FUNDAMENTALS
- ANGLE IN EQUALS ANGLE OUT

5. HORSE AND BUGGY

PLAYERS PARTNER OFF AND PULL EACH OTHER USING 2 HOCKEY STICKS HOLDING BLADES DOWN. PLAYER BEING PULLED ASSUMES BASIC STANCE AND GLIDES ON 1 FOOT REPEAT GLIDING ON 1 FOOT BACKWARDS. GO SLOW AND SAFE. SWITCH ROLE AND REPEAT. GLIDER CAN PROVIDE RESISTANCE BY EXECUTING 1 FOOT STOP. PULLER MUST CREATE POWER WITH LONG LOW STRIDES. FOCUS ON PULLERS POSTURE, BODY ANGLE, STRIDE LENGTH AND RECOVERY

KEY TEACHING / DEVELOPMENT POINTS

- BASIC STANCE
- 1 FOOT GLIDES
- 1 FOOT STOPS
- POWERFULL STRIDE AND FULL RECOVERY

6. 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)

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

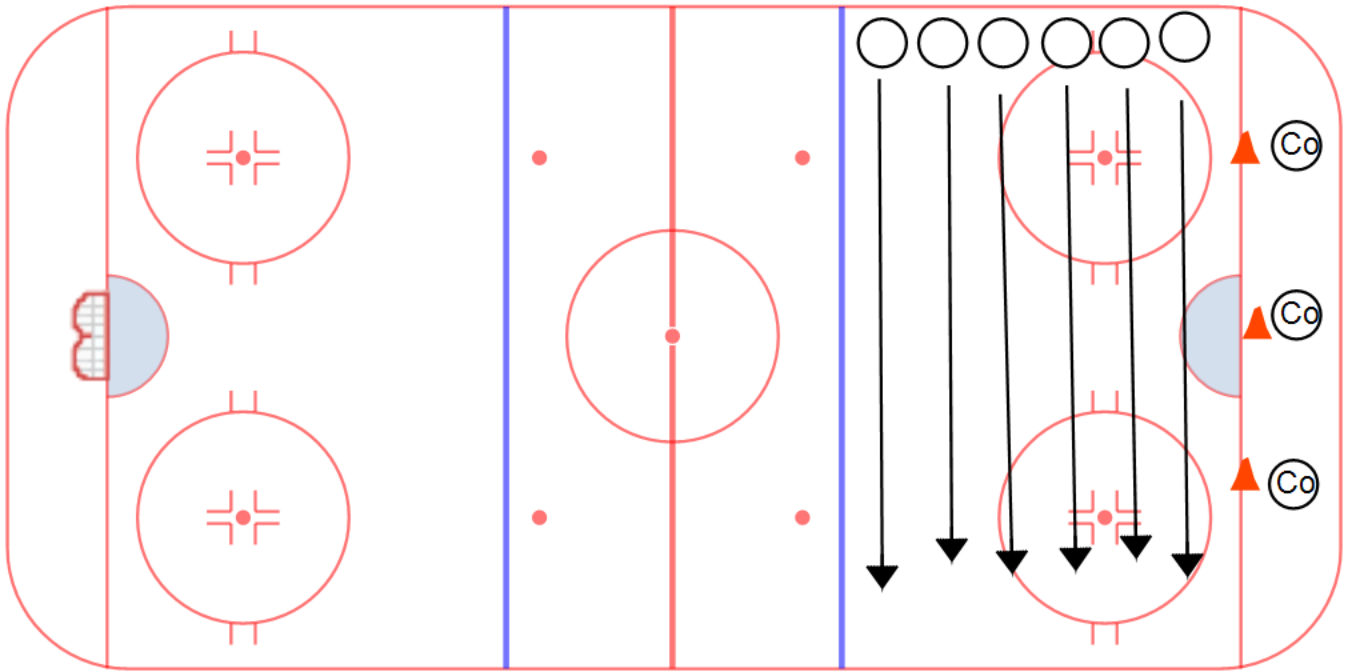
Category #1 :

Title : IMPACT CONES

Category #2 :

Content elements : _____

Components: _____



Key points :

--	--	--	--

Description

PLAYERS TRY AND SKATE ACROSS WITHOUT BEING HIT BY A CONE SHOT BY A COACH. IF HIT THEN THE PLAYER HELPS THE COACHES, CONTINUE UNTIL THERE IS ONE PLAYER LEFT.