



# Practice Plan

Team: TIMBITS

Practice No.: 19

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

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

Duration: 60 MINUTES

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

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

## Objectives / Main tasks :

### SESSION OBJECTIVES:

INTRODUCE: 1. TRANSITION SKATING 2. OPEN ICE CARRY 3. 1 FOOT BACKWARD GLIDE 4. V STOP & FRONT START 5. 1 FOOT BACKWARD STOP & T PUSH

REVIEW: 1. CROSSOVERS 2.

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

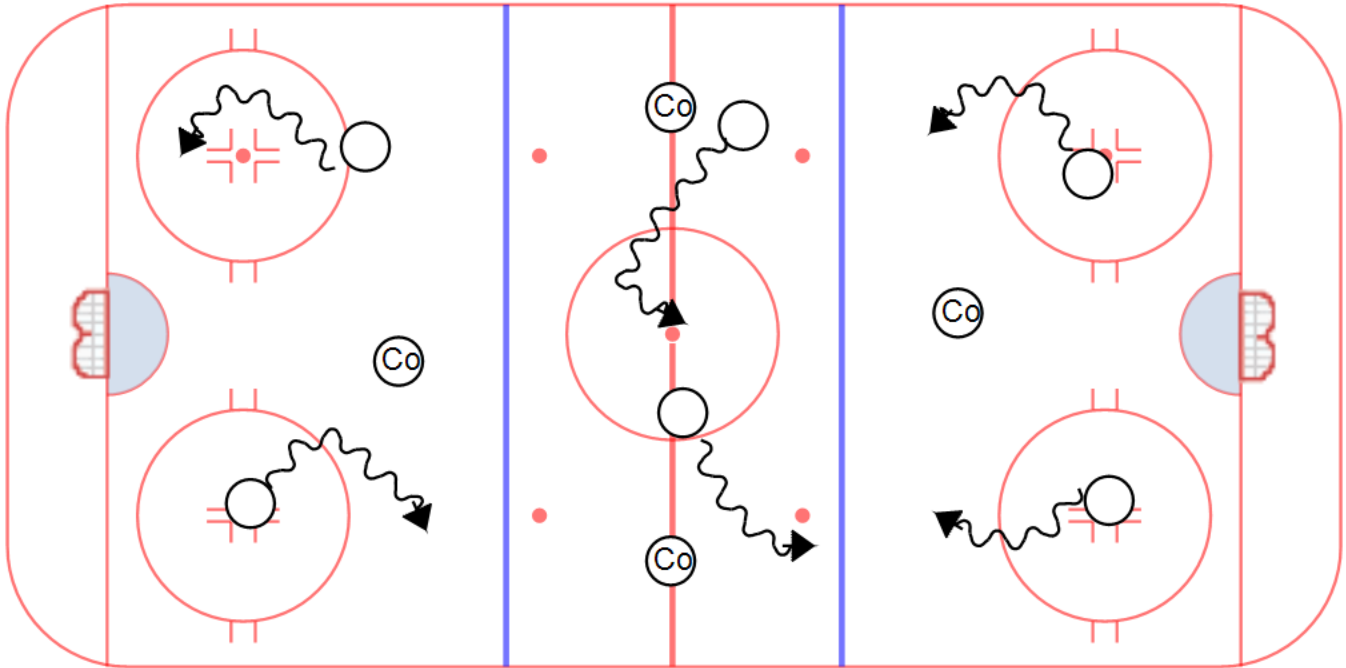
Category #1 :

Title : FULL ICE CHAOS

Category #2 :

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

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



Key points :

### Description

PLAYERS SKATE IN ANY DIRECTION HANDLING THE PUCK, PUT NETS OUT FOR SHOOTING. HAVE PLAYERS STICKHANDLE NARROW, WIDE AND COMBINATION. SIDE FRONT SIDE, WEAVE AND TOE DRAG. ENCOURAGE PLAYERS TO BANK PASS TO THEMSELVES, VARY SPEED AND CHANGE DIRECTION. SCATTER CONES TO BE AVOIDED BY PLAYERS.

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

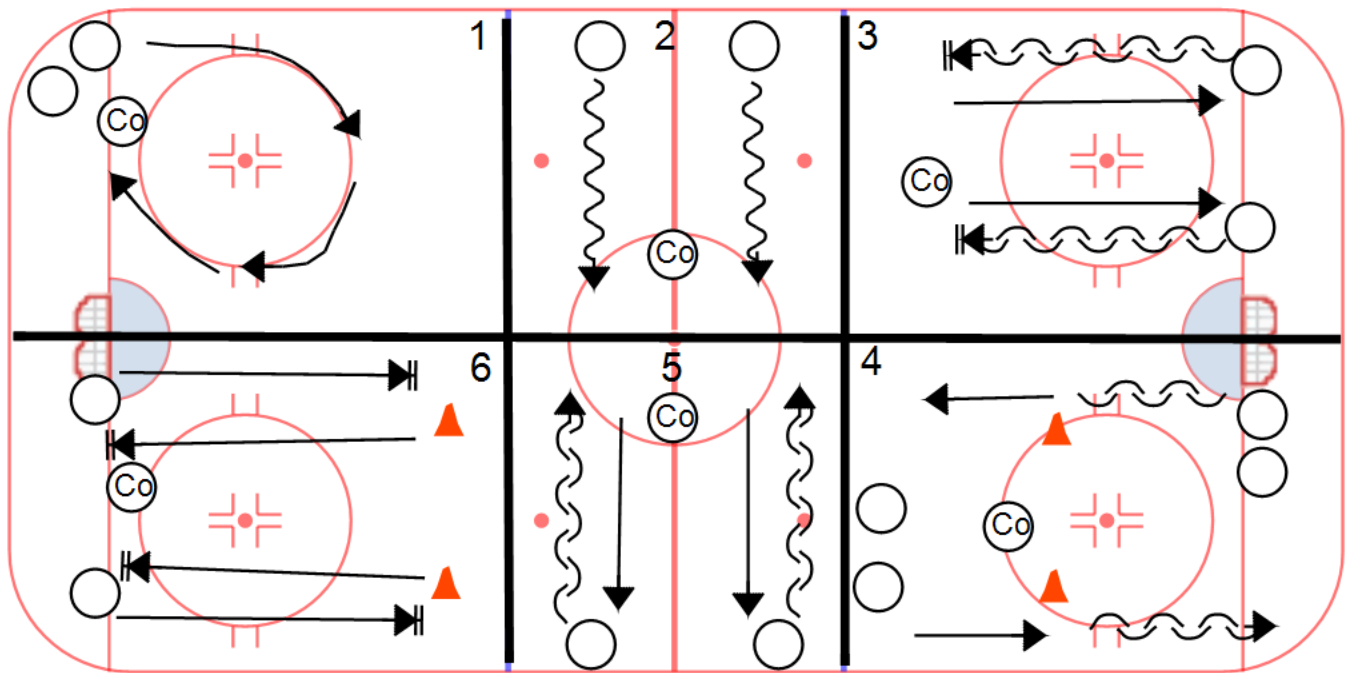
Category #1 :

Title : PRACTICE 19 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. OPEN ICE CARRY

PLAYERS CROSS THE ICE MAINTAINING CONTACT WITH THE PUCK. REVIEW AND DEMONSTRATE KEY POINTS. PLAYERS CROSS THE ICE PUSHING THE PUCK AHEAD WITH BOTTOM EDGE OF THE STICK AND CONTROL DIRECTION OF THE PUCK BY FLIPPING THE STICK OVER. REPEAT 3-4 TIMES.

KEY TEACHING / DEVELOPMENT POINTS

- BASIC STANCE
- STRIDE AND RECOVERY
- PUSH PUCK WITH BOTTOM EDGE
- CONTROL PUCK BY FLIPPING THE STICK OVER

#### 3. CHANGE DIRECTION

REVIEW KEY POINTS OF BASIC STANCE, C CUT, STRIDING AND BACKWARD V STOP. PLAYERS PARTNER UP AND ON SIGNAL FIRST PLAYER PERFORMS ALTERNATING C CUTS TO START AND THEN PUSH AND GLIDE HALF WAY THEN A BACKWARD V STOP AND IMMEDIATELY PERFORMS FORWARD RUNNING START TO RETURN TO LINE. THEN PARTNER GOES.

KEY TEACHING / DEVELOPMENT POINTS

- BACKWARD STANCE
  - FULL EXTENSION AND RECOVERY
  - PUSH FOOT EXTENDS SIDEWAYS USING FRONT PART OF THE BLADE
- \*\*\*CAN BE DONE USING TORNADOS EDGE\*\*\* BACKWARD SKATING TO STOP TO RUNNING START

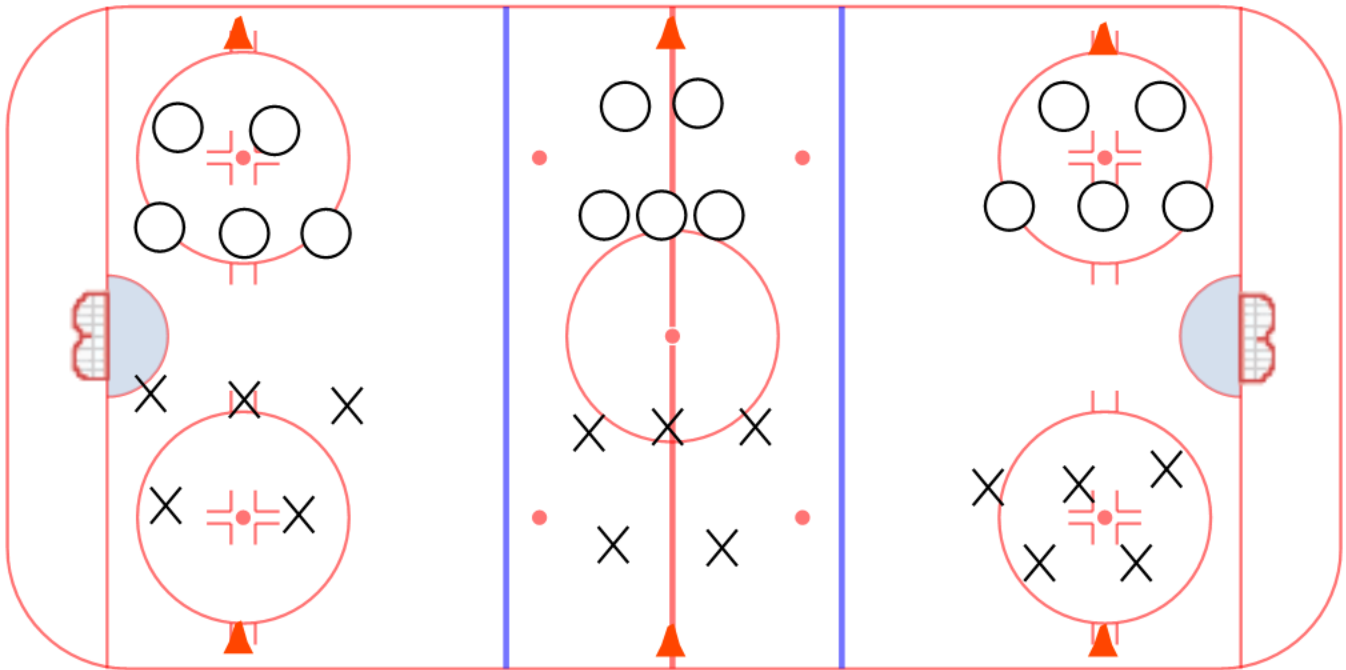
Drill no. : \_\_\_\_\_ Duration : 10 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

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.

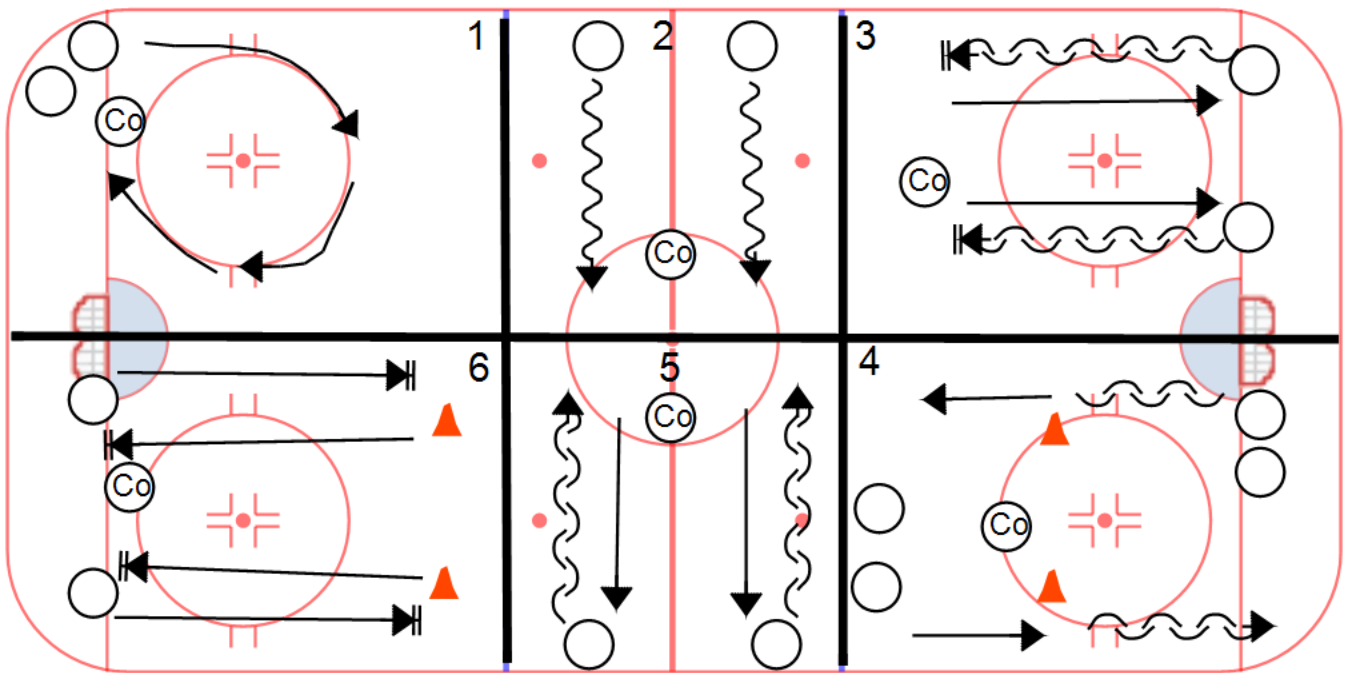
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Category #1 : 

Title : PRACTICE 19 SKILL STATIONS CONT

Category #2 : 

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

Key points :    

### Description

#### 4. PIVOTS

PLAYERS LINE UP AS DIAGRAMMED WITH 1 GROUP BEGINING SKATING BACKWARDS PIVOTING TO FORWARDS AND THE OTHER SKATING FORWARDS PIVOTING TO BACKWARDS. USE CONES FOR PLAYERS TO PIVOT AT.

KEY TEACHING / DEVELOPMENT POINTS

- HEEL TO HEEL FOR BACK TO FRONT ( LIFT FOOT, OPEN HIPS, BRING HEELS TOGETHER, PLANT FOOT, DRIVE OFF OTHER FOOT)
- TOE PIVOTS FOR FRONT TO BACK ( GET UP ON TOES, SWIVEL HIPS, DROP INTO BACKWARD STANCE)
- ACCELERATE AFTER EACH TRANSITION

#### 5. 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

#### 6. CHANGE DIRECTION

REVIEW AND DEMONSTRATE. ON SIGNAL FIRST PLAYER PERFORMS FRONT CORSSOVER START AND SKATES TO CONE, EXECUTES A 1 FOOT STOP (SPRAYING SNOW ON CONE) AND IMMEDIATELY USES T PUSH TO START AND RETURN TO LINE.

KEY TEACHING / DEVELOPMENT POINTS

- CROSSOVER START
- 1 FOOT STOP
- T PUSH

\*\*\*CAN BE DONE USING TORNADOS EDGE\*\*\* CROSSOVER START TO 1 FOOT STOP TO T PUSH