



Practice Plan

Team: TIMBIT

Practice No.: 2

Date : _____

Time: _____

Duration: 60 MINUTES

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

SESSION OBJECTIVES: INTRODUCE: 1.FALLING DOWN 2.GLIDING ON 1 AND 2 FEET REVIEW: 1.BASIC STANCE 2.GETTING UP 3.T PUSH 4.C CUTS
--

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

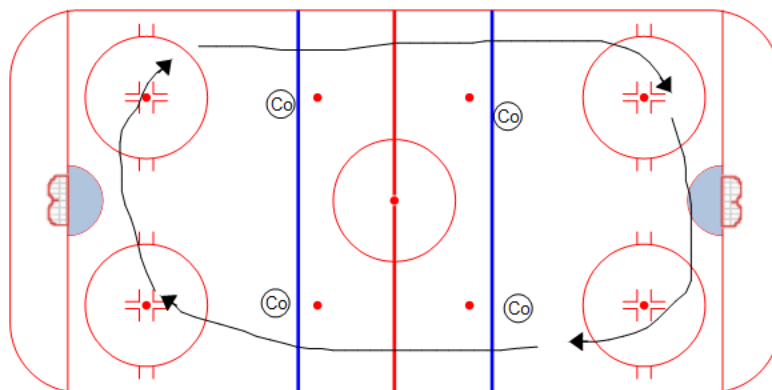
Title : FREE SKATE Content elements: _____ Components : _____

Description

SKATE CLOCKWISE, BETWEEN BLUE LINES:

1. TOUCH KNEES
2. SITTING POSITION
3. TOUCH TOES
4. SPEED UP
5. ETC

CAN BE DONE WITH OR WITHOUT PUCKS



Key Points :

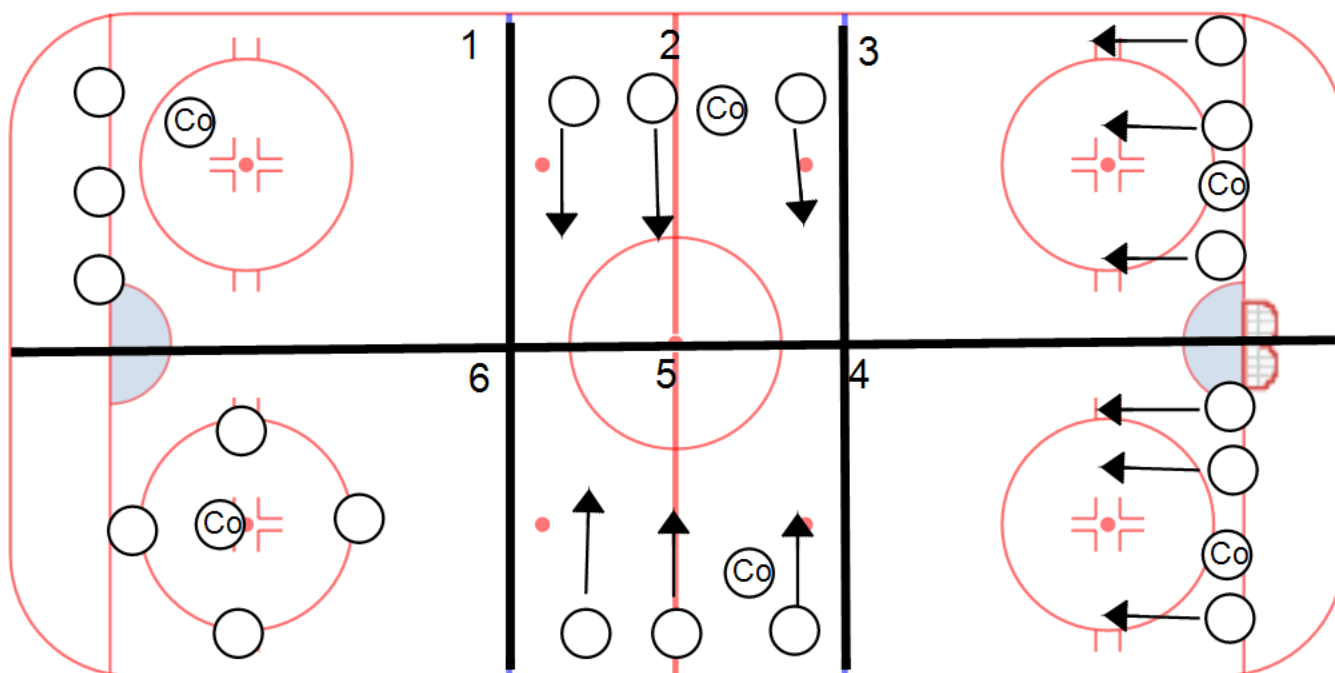
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Title : PRACTICE 2 SKILL STATIONS

Category #2 :

Content elements : _____ Components: _____

Key points :

Description

1. GETTING UP / BASIC STANCE

REVIEW KEY POINTS TO STANCE AND GETTING UP OFF THE ICE. PLAYERS LIE ON THEIR BACKS, ON SIGNAL THEY ROLL ONTO STOMACHS, GET UP ONTO THEIR KNEES AND THEN STAND UP INTO THE BASIC SKATING POSITION. REPEAT 4-5 TIMES THEN HAVE PLAYERS LINE UP ON THE GOAL LINE AND TAKE A FEW STRIDES THEN FALL TO THEIR KNEES AND GET UP, REPEAT.

KEY TEACHING / DEVELOPMENT POINTS

- BASIC STANCE (EYES UP, KNEES BENT, CHEST UP)
- GETTING UP

2. C CUTS

REVIEW KEY POINTS AND DEMONSTRATE. PLAYERS LINE UP ALONG BOARDS OR LINE AND PERFORM C CUTS ONE FOOT AT A TIME WHILE GLIDING ON THE OTHER. PERFORM 3-4 REPS THEN CHANGE FEET, SKATE IN BOTH DIRECTIONS

KEY TEACHING / DEVELOPMENT POINTS

- BASIS STANCE
- FULL EXTENSION
- FULL RECOVERY
- NO BOBBING UP AND DOWN

*** MAY BE DONE WITH TORNADOS EDGE

3. FALL DOWN

REVIEW AND DEMONSTRATE 2 SAFETY PRECAUTIONS FOR FALLING: FALL FORWARD- HANDS OUT, HEAD UP AND FALLING BACKWARD- TUCK IN CHIN. HAVE PLAYERS PRACTICE FALLING BACKWARDS, BE SURE THEY TUCK THEIR CHIN TO KEEP THEIR HEAD FROM HITTING THE ICE. SKATE ACROSS THE ICE, SLIDE ON STOMACH (HANDS OUT, HEADS UP) GET UP AND CONTINUE ACROSS. REPEAT WITH SLIDE ON STOMACH, ROLL OVER, GET UP, CONTINUE

KEY TEACHING / DEVELOPMENT POINTS

- FALL FORWARD WITH HANDS OUT AND HEAD UP
- FALL BACK WITH CHIN TUCKED IN

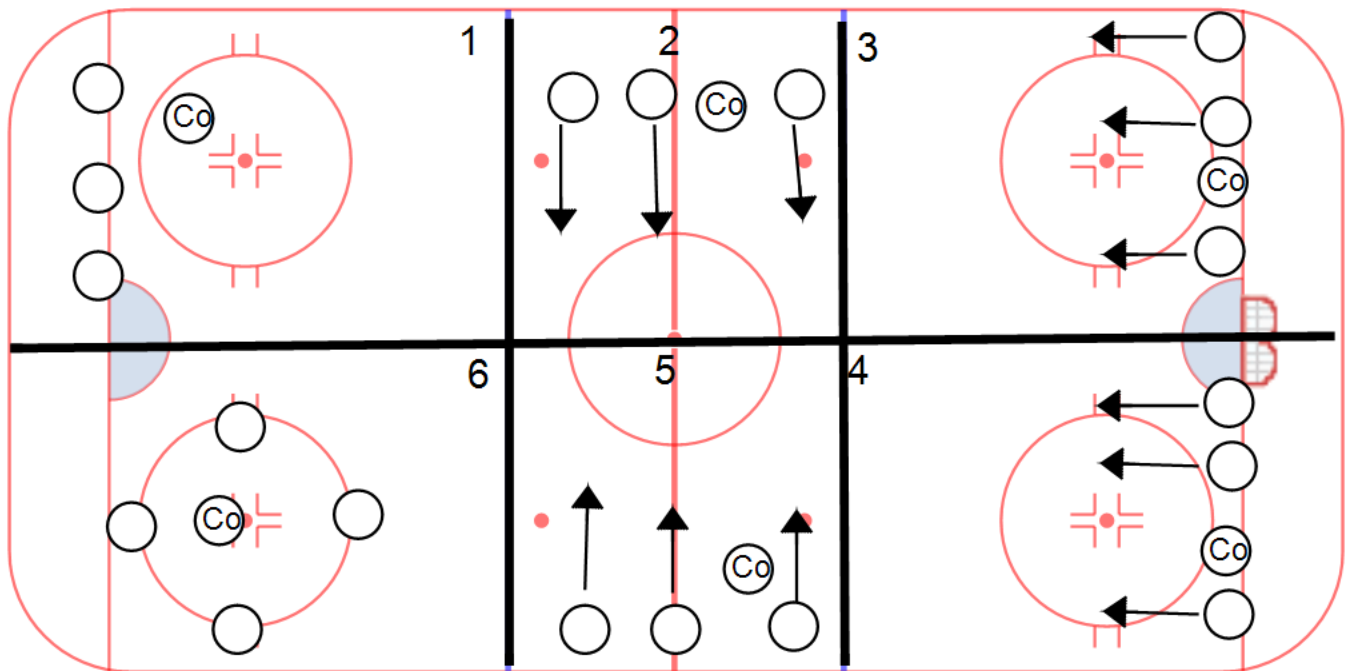
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Title : PRACTICE 2 SKILL STATIONS CONT

Category #2 :

Content elements : _____ Components: _____

Key points : Description**4. GLIDING 2 FEET, 1 FOOT**

REVIEW KEY POINTS AND DEMONSTRATE 2 FOOT GLIDE. PLAYERS LINE UP AND TAKE A FEW STRIDES THEN GLIDE ON 2 SKATES WHILE MAINTAINING BASIC STANCE, REPEAT SEVERAL TIMES, SKATE IN BOTH DIRECTIONS

REVIEW KEY POINTS AND DEMONSTRATE 1 FOOT GLIDE. PLAYERS LINE UP AND TAKE A FEW STRIDES THEN GLIDE ON 1 SKATE WHILE MAINTAINING BASIC STANCE, REPEAT SEVERAL TIMES AND ALTERNATE FEET

KEY TEACHING / DEVELOPMENT POINTS

- BASIC STANCE (EYES UP, KNEES BENT, CHEST UP)

- EMPHASIZE BENDING KNEES NOT BENDING AT THE WAIST FOR BETTER BALANCE

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

5. T PUSH

REVIEW KEY POINTS AND DEMONSTRATE. HAVE PLAYERS LINE UP ON GOAL LINE IN T PUSH POSITION, ON SIGNAL SEE HOW FAR EACH PLAYER CAN GO ON ONE PUSH. REPEAT 3 TIMES THEN SWITCH FEET, SKATE IN BOTH DIRECTIONS

KEY TEACHING / DEVELOPMENT POINTS

- BASIC HOCKEY STANCE

- EMPHASIZE BENDING KNEES NOT BENDING AT THE WAIST FOR BETTER BALANCE

- FULL EXTENSION / PUSH ENDING WITH TOE FLICK

*** CAN BE DONE WITH TORNADOS EDGE

6. BALANCE AND AGILITY

PLAY GAME OF SIMON SAYS GETTING PLAYERS TO BALANCE ON ONE FOOT, JUMP ON ONE FOOT, JUMP ON TWO FEET, FALL TO KNEES AND GET BACK INTO BASIC STANCE

KEY TEACHING / DEVELOPMENT POINTS

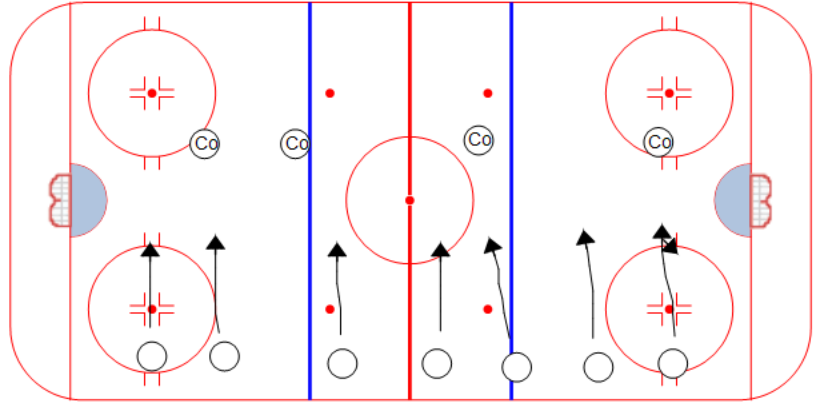
- BALANCE (KNEES BENT / SHOCK ABSORBERS)

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

Title : GLENLAKE Category #1 : Category #2 :

Description

PLAYERS START ON SIDE BOARDS AND TRY TO SKATE TO THE OTHER SIDE WITHOUT GETTING TAGGED. ONCE TAGGED THEY BECOME BULLDOGS FOR THE NEXT CROSS, LAST PLAYER TAGGED WINS.



Key points :