



Practice Plan

Team: TIMBITS

Practice No.: 20

Date : _____

Time: _____

Duration: 60 MINUTES

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

SESSION OBJECTIVES:

REVIEW: 1.PIVOTS 2.CROSSOVERS 3.C CUT & BACKWARD SKATING 4.CHANGING DIRECTION 5.2 FOOT STOP & T PUSH 6.1 FOOT BACKWARD STOP AND T PUSH

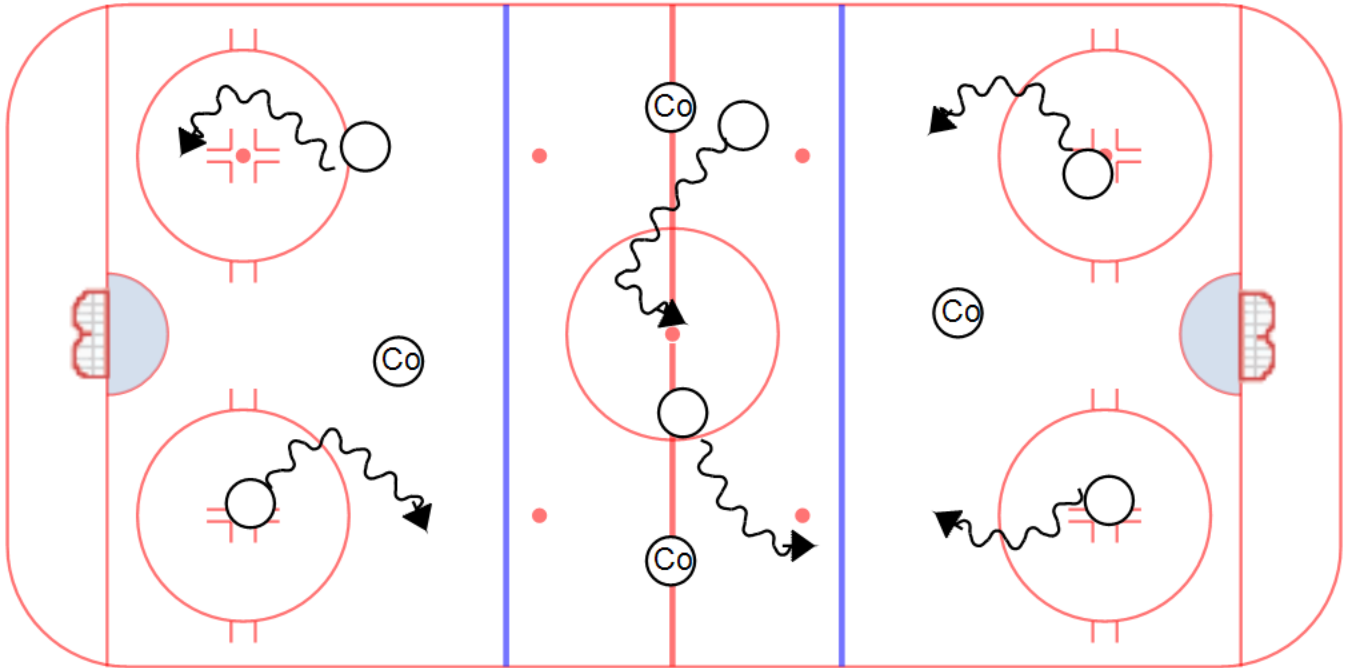
Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

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.

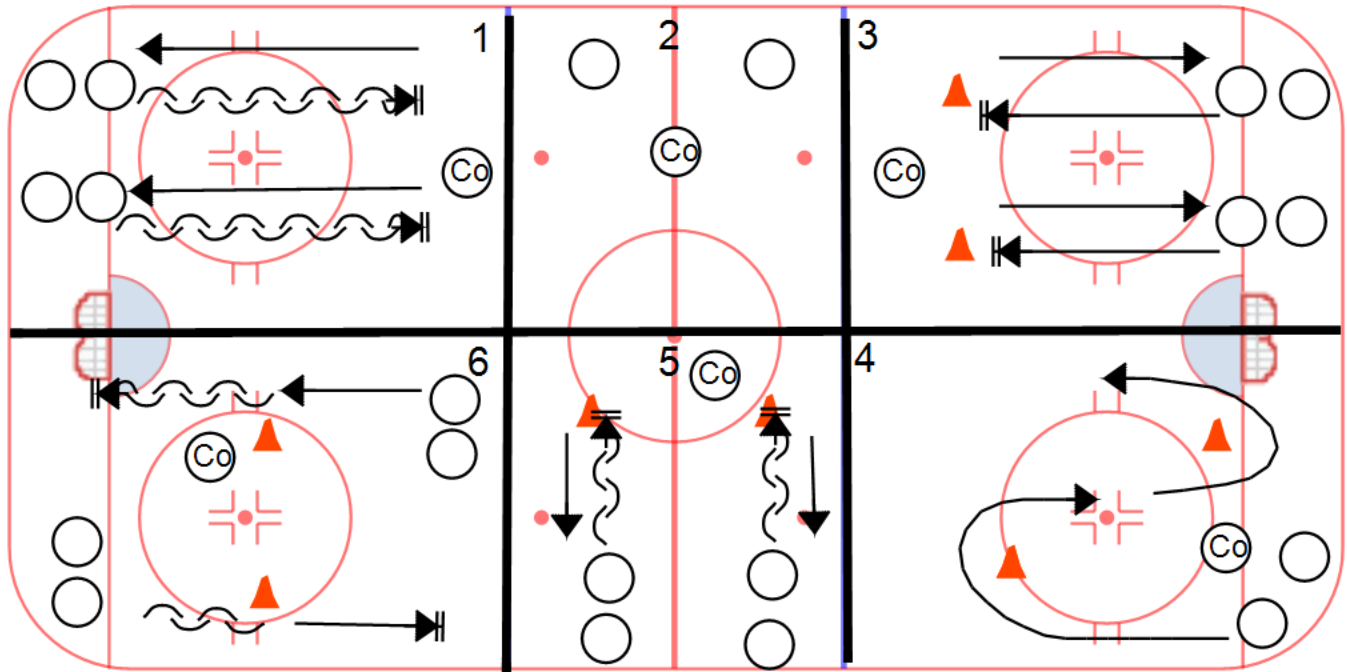
Drill no. : _____ Duration : 40 Minutes From : _____ To : _____

Category #1 :

Title : PRACTICE 20 SKILL STATIONS

Category #2 :

Content elements : _____ Components: _____



Key points :

Description

1. C CUTS AND BACKWARD STRIDING

REVIEW KEY POINTS OF BASIC STANCE, C CUTS, STRIDING AND V STOP. PLAYERS PAIR UP AND ON SIGNAL 1ST PLAYER PERFORMS C CUT TO START, ALTERNATE FEET, THEN PUSH AND GLIDE HALFWAY ACROSS THE ICE. AT THE HALF WAY POINT USE BACKWARDS V STOP AND THEN EXECUTE A V START AND RETURN TO PARTNER.

KEY TEACHING / DEVELOPMENT POINTS

- BACKWARD STANCE
- GLIDE FOOT UNDER BODY
- PUSH FOOT EXTENDS SIDEWAYS USING FRONT PART OF THE BLADE
- *** CAN USE TORNADOS EDGE***

2. STATIONARY STICKHANDLING

LINE PLAYERS UP IN STICKHANDLING POSITION WITH A PUCK IN FRONT OF THEM. HAVE PLAYERS PULL PUCK THROUGH LEGS FROM BACK IN BOTH DIRECTIONS

KEY TEACHING / DEVELOPMENT POINTS

- STICKHANDLING POSITION
- HANDS AND ELBOWS AWAY FROM THE BODY
- ROLL WRISTS EACH WAY TO KEEP BLADE ON THE PUCK

3. CHANGING DIRECTION - 2 FOOT STOP

REVIEW AND DEMONSTRATE. DIVIDE GROUP INTO GROUPS OF 2-3. PLACE CONES FOR EACH GROUP AND ON SIGNAL 1ST PLAYER EXECUTES FRONT START AND EXECUTES A 2 FOOT STOP (SPRAY SNOW ON CONE) AND IMMEDIATELY USES T PUSH TO START AND RETURN TO GROUP, THEN PARTNER GOES.

KEY TEACHING / DEVELOPMENT POINTS

- FRONT START
- 2 FOOT STOP
- *** CAN USE TORNADOS EDGE***

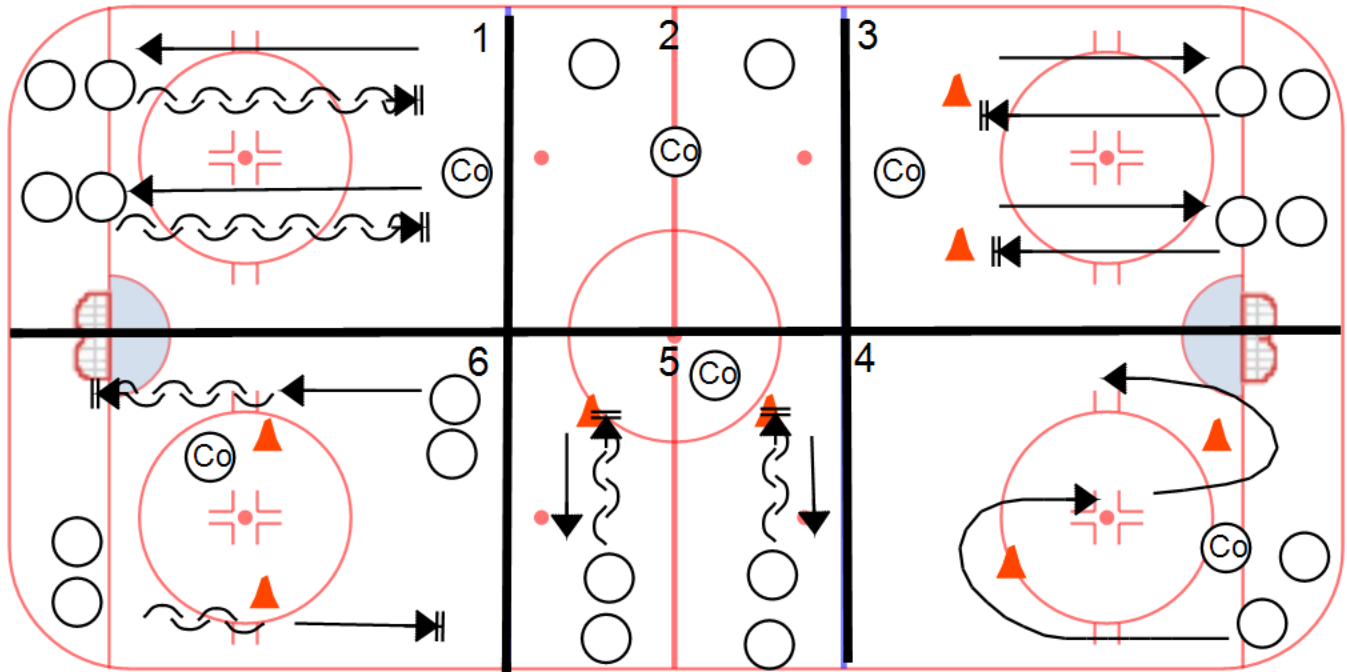
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Title : PRACTICE 20 SKILL STATIONS CONT

Category #2 :

Content elements : _____ Components: _____



Key points :

Description

4. CROSSOVERS HI-LOW

REVIEW AND DEMONSTRATE. PLAYERS SKATE AROUND THE CONES 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 TORNADO EDGE*** CROSSOVER ONE WAY AND THEN THE OTHER

5. CHANGE OF DIRECTION- 1 FOOT BACKWARD STOP

REVIEW AND DEMONSTRATE. DIVIDE GROUP INTO GROUPS OF 2-3 AND PLACE CONES AS DIAGRAMMED FOR EACH GROUP. PLAYERS EXECUTE C CUT BACKWARD START, SKATE BACKWARDS ACROSS ICE AND PERFORM 1 FOOT BACKWARD STOP AT CONE AND IMMEDIATELY PERFORM T PUSH START TO RETURN.

KEY TEACHING DEVELOPMENT POINTS

- BACKWARD STANCE
- BACKWARD STRIDE
- 1 FOOT BACKWARD STOP, BEND KNEE FOR ABSORPTION

6. PIVOTS

PLAYERS LINE UP AS DIAGRAMMED WITH 1 GROUP BEGINNING 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

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

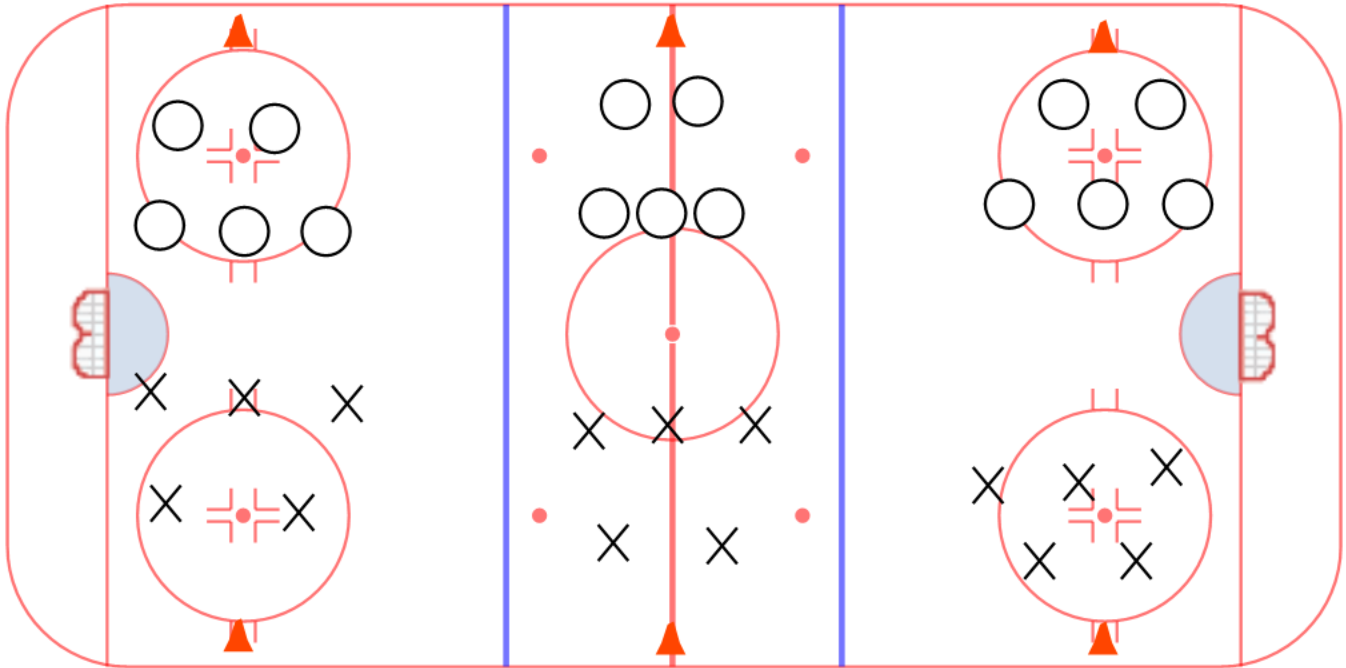
Category #1 :

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.