



# Practice Plan

Team: TIMBITS

Practice No.: 21

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

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

Duration: 60 MINUTES

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

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

## Objectives / Main tasks :

### SESSION OBJECTIVES:

INTRODUCE: 1.USING FEET TO CONTROL PUCK 2.PUCKHANDLING COMBINATIONS

REVIEW: 1.STARTING AND SKATING WITH THE PUCK 2.OPEN ICE CARRY 3.WEAVING WITH THE PUCK 4.TIGHT TURNS

5.PIVOTS

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

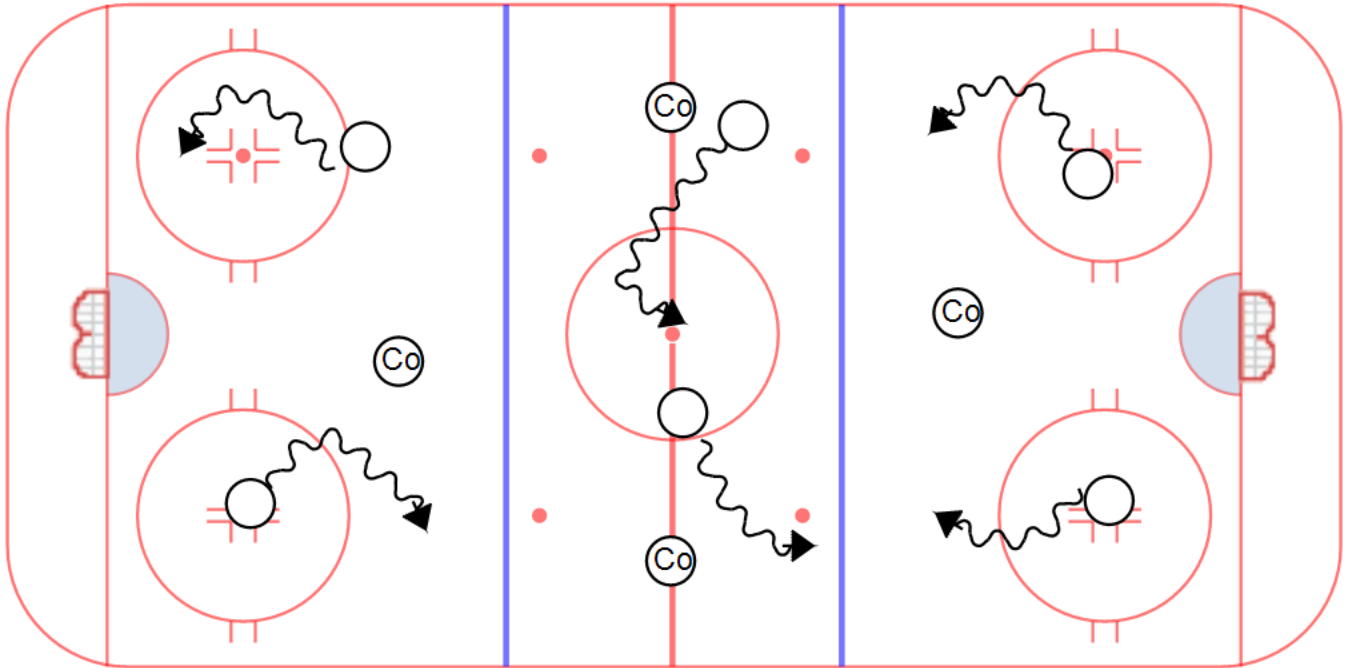
Category #1 :

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.

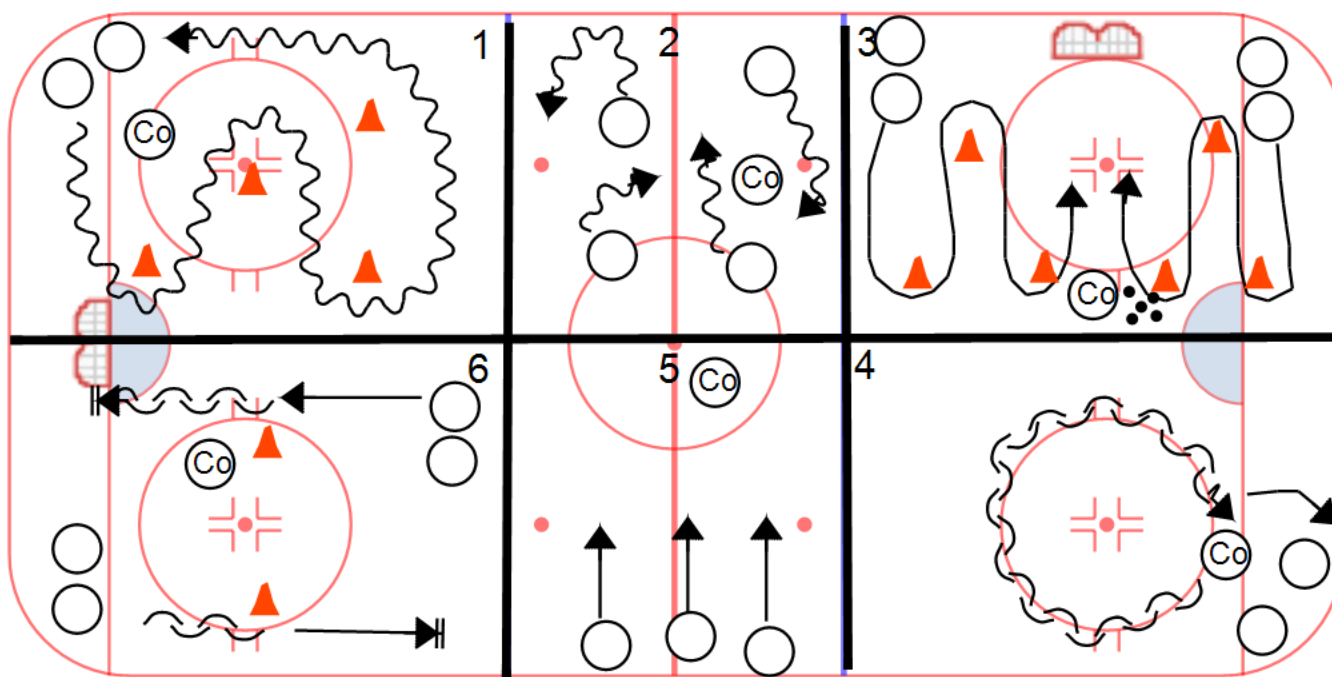
Drill no. : \_\_\_\_\_ Duration : 40 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Category #1 : 

Title : PRACTICE 21 SKILL STATIONS

Category #2 : 

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



Key points :





### Description

#### 1. WEAVING WITH THE PUCK

PLAYER CONTROLS THE PUCK WHILE WEAVING THROUGH THE CONES.

KEY TEACHING / DEVELOPMENT POINTS

- STICKHANDLING STANCE
- HANDS AND ELBOWS AWAY FROM THE BODY
- ROLL WRISTS FOR BETTER CONTROL
- WIDTH IN STICKHANDLING

#### 2. CHAOS

PLAYERS SKATE RANDOMLY WITH A PUCK IN THE ZONE, HAVE THEM STICKHANDLE ON 1 LEG, NARROW AND WIDE COMBINATION, SIDE FRONT SIDE, SWITCH HANDS, AND TOE DRAG. COACHES CAN ADD PRESSURE TO CHECK AND ENCOURAGE TO KEEP HEAD UP.

KEY TEACHING / DEVELOPMENT POINTS

- STICKHANDLING STANCE ( EYES UP CRITICAL)
- HANDS AND ELBOWS AWAY FROM THE BODY
- ROLL WRISTS FOR BETTER CONTROL

#### 3. TIGHT TURNS

ARRANGE CONES AS DIAGRAMMED AND HAVE PLAYERS RACE FOR A SPOTTED PUCK AND FINISH WITH A SHOT. ADD A SECOND PUCK FOR SECOND PLAYER IF NEEDED.

KEY TEACHING / DEVELOPMENT POINTS

- 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, LEAD WITH STICK ( STEER AROUND THE CONE)

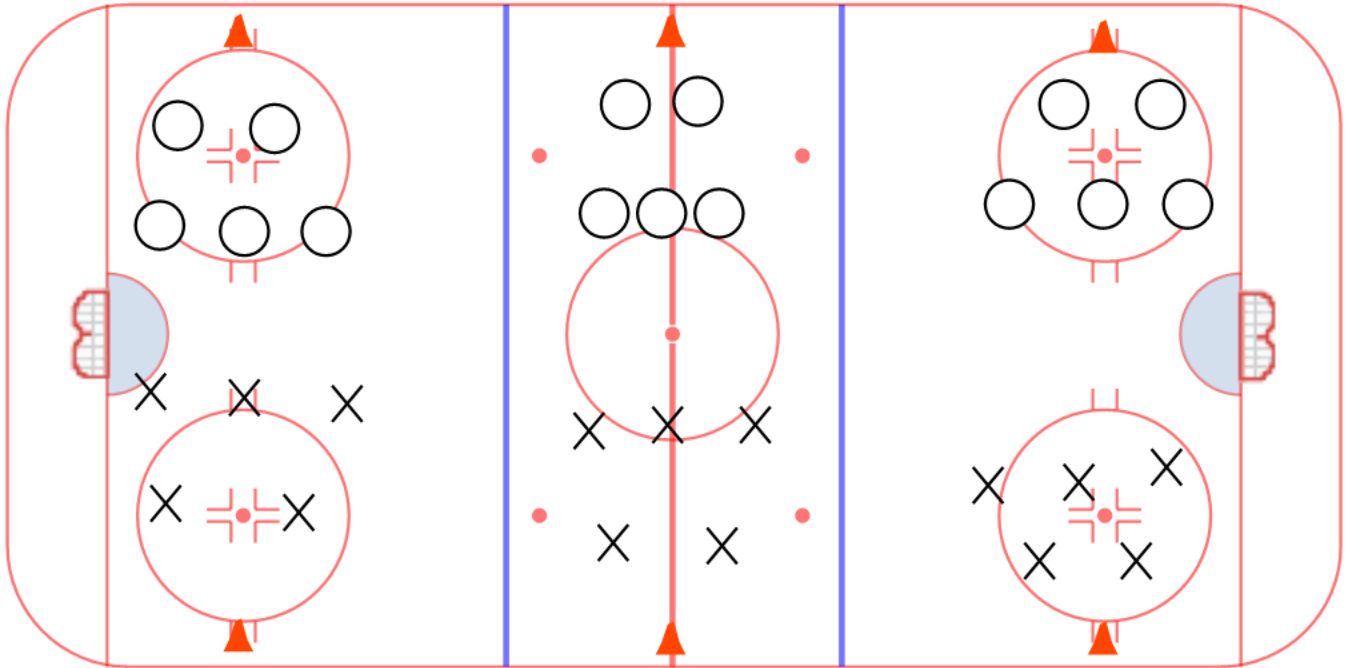
Drill no. : \_\_\_\_\_ Duration : 10 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

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.

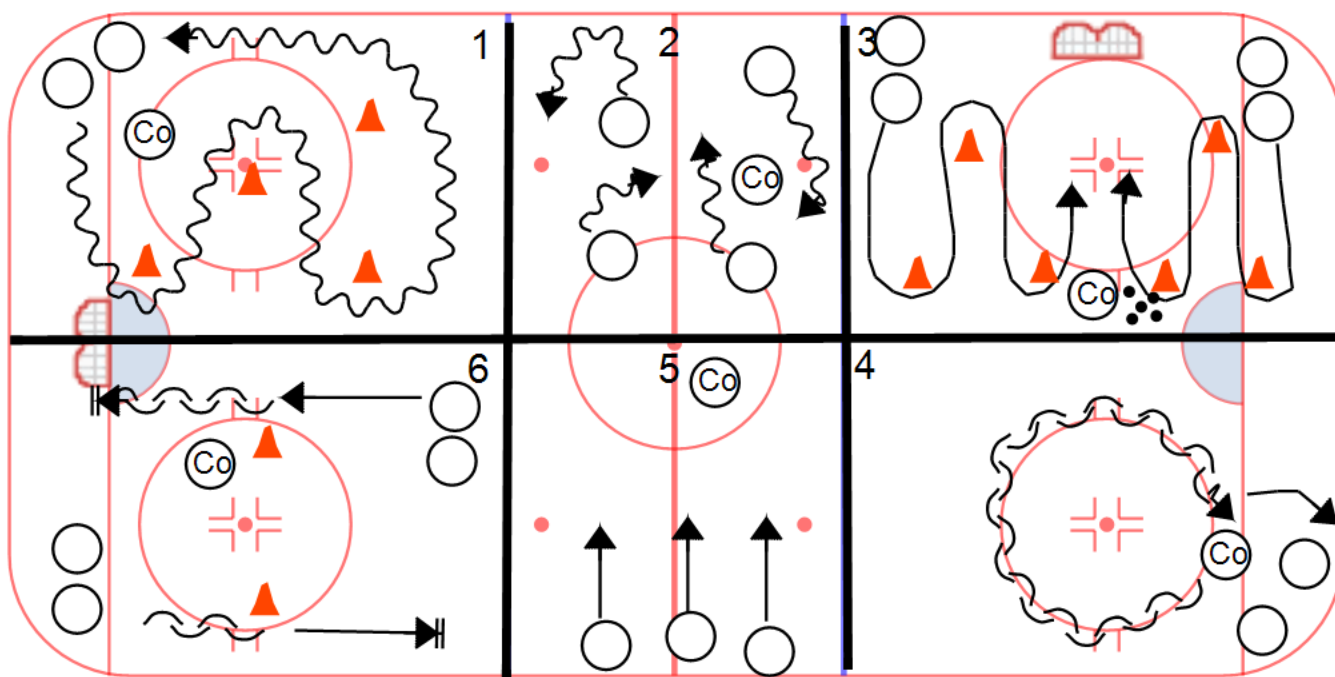
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Category #1 : 

Title : PRACTICE 21 SKILL STATIONS CONT

Category #2 : 

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

Key points :    

### Description

#### 4. BACKWARD CROSSOVERS

PLAYERS DO BACKWARD CROSSOVERS AROUND THE CIRCLE 2 COMPLETE TIMES, SEND 2-3 AT A TIME, REPEAT.

KEY TEACHING / DEVELOPMENT POINTS

- BACKWARDS STANCE
- PUSH AND CUT WITH OUTSIDE FOOT THEN CROSS
- REACH WITH INSIDE FOOT AND END WITH UNDERCUT

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

#### 5. CONTROL PUCK WITH FEET

PLAYERS CROSS THE ZONE USING FEET TO CONTROL THE PUCK, KEEP PUCK IN FEET AT ALL TIMES.

KEY TEACHING / DEVELOPMENT POINTS

- BALANCE AND AGILITY
- PLAYING PUCK WITH FEET

#### 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