



Practice Plan

Team: TIMBITS

Practice No.: 22

Date : _____

Time: _____

Duration: 60 MINUTES

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

SESSION OBJECTIVES:

REVIEW: 1.STARTING AND SKATING WITH PUCK 2.OPEN ICE CARRY 3.WEAVING WITH PUCK
4.PASSING/RECEIVING
5.PIVOTS

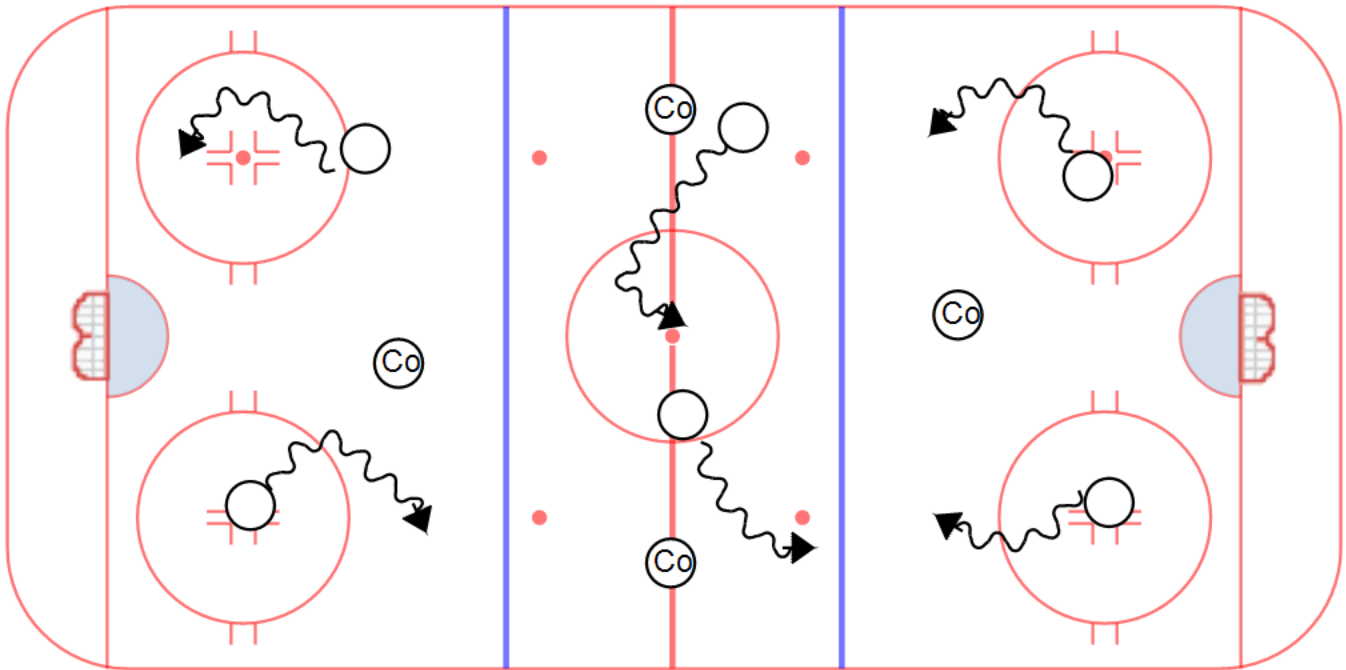
Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

Category #1 :

Title : MULTI OBJECT WARM UP

Category #2 :

Content elements : _____ Components: _____



Key points :

Description

AS EACH PLAYER STEPS ONTO THE ICE THEY ARE GIVEN EITHER A PUCK, TENNIS BALL OR STREET HOCKEY BALL. THEY THEN SKATE IN ANY DIRECTION AND ON THE WHISTLE EACH PLAYER MUST EXCHANGE THEIR OBJECT FOR A DIFFERENT OBJECT. NO SHOOTING ONLY PUCK CONTROL. HAVE PLAYERS STICKHANDLE NARROW AND WIDE COMBINATION, SIDE FRONT SIDE, STICK THROUGH LEGS, PULL PUCK THROUGH LEGS AND TOE DRAG

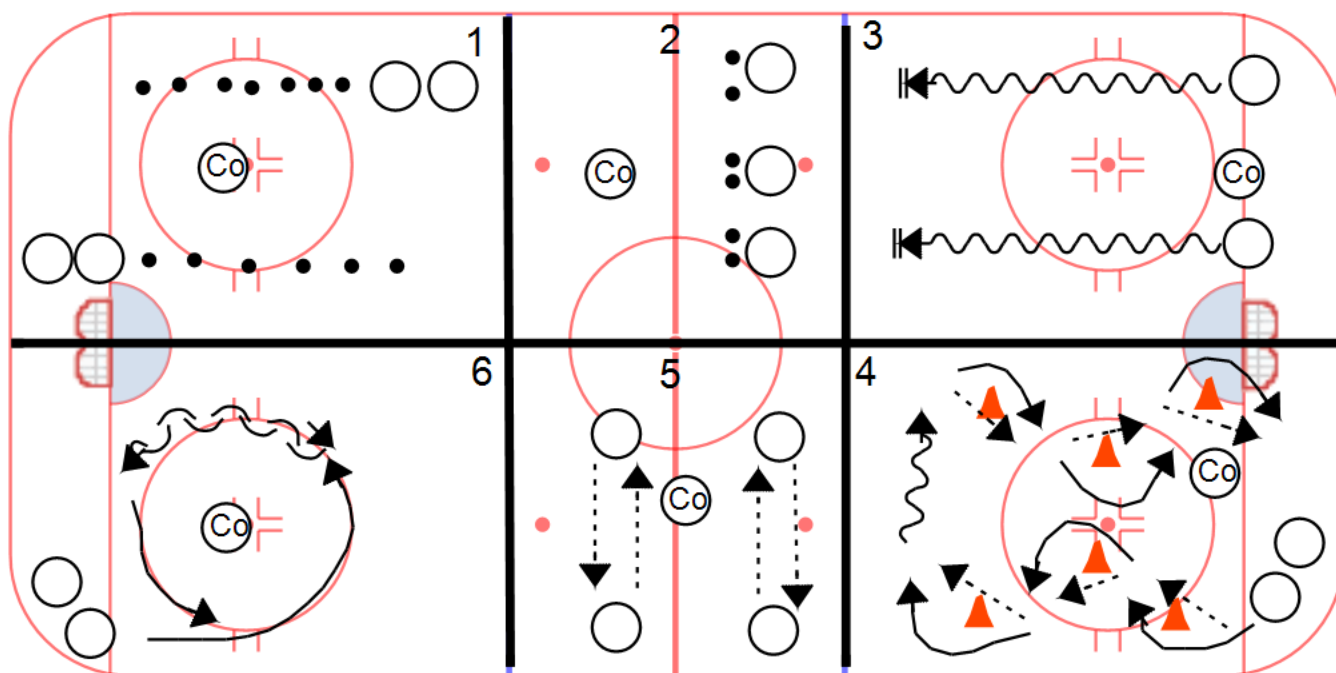
Drill no. : _____ Duration : 40 Minutes From : _____ To : _____

Category #1 :

Title : PRACTICE 22 SKILL STATIONS

Category #2 :

Content elements : _____ Components: _____



Key points :

Description

1. PUCK DOTS
LINE UP PUCKS AS DIAGRAMMED. WITH SKATES STRADDLING THE PUCKS, THE PLAYER STICKHANDLES BACK AND FORTH THROUGH THE DOTS
KEY TEACHING /DEVELOPMENT POINTS
- STICKHANDLING STANCE
- ELBOWS AND HANDS AWAY FROM THE BODY
- ROLE WRISTS
- WIDTH IN STICKHANDLING
2. STATIONARY STICKHANDLING
LINE PLAYERS UP WITH 2 PUCKS IN FRONT OF THEM AND HAVE THEM STICKHANDLE BOTH PUCKS.
KEY TEACHING /DEVELOPMENT POINTS
- STICKHANDLING STANCE
- ELBOWS AND HANDS AWAY FROM THE BODY
- ROLE WRISTS
3. STOPPING WITH THE PUCK
REVIEW AND DEMONSTRATE KEY POINTS. PLAYERS LINE UP AND SKATE THE DISTANCE OF THE ZONE STOPPING
KEY TEACHING /DEVELOPMENT POINTS
- ROLL BLADE OVER THE PUCK TO MAINTAIN CONTROL, FOREHAND AND BACKHAND

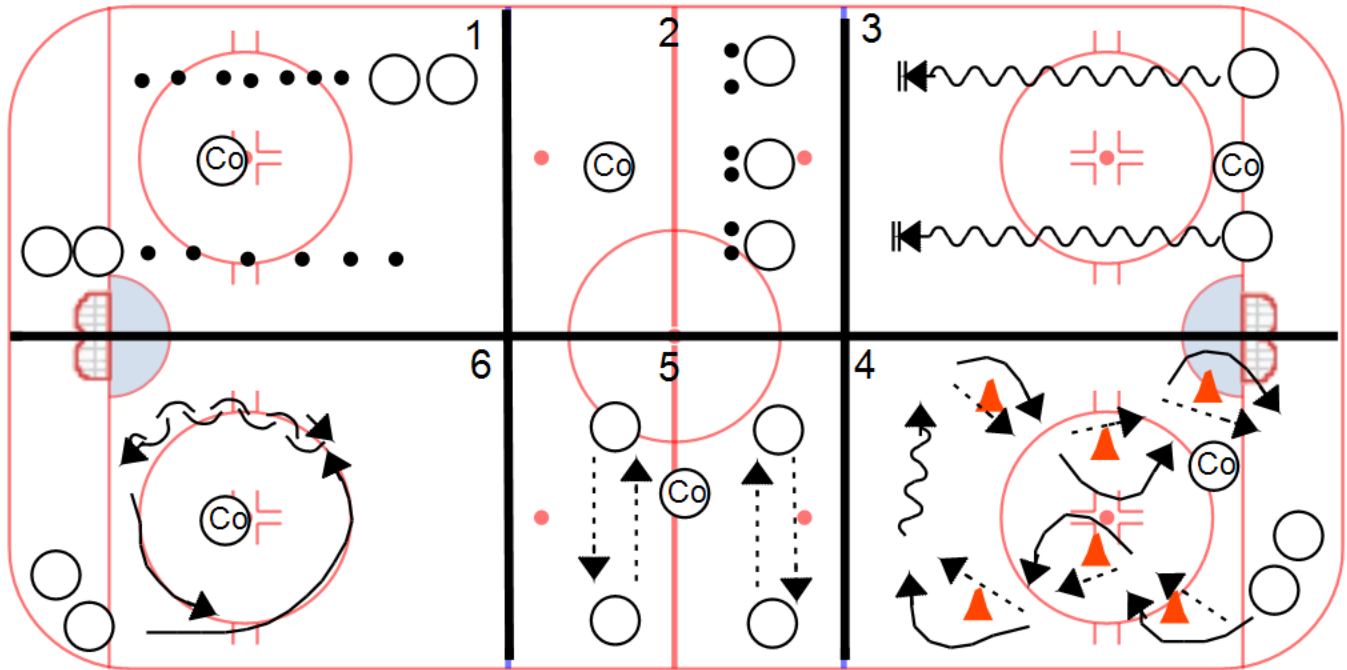
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Title : PRACTICE 22 SKILL STATIONS CONT

Category #2 :

Content elements : _____ Components: _____



Key points :

Description

4. WEAVE WITH PUCK

PLAYERS WEAVE AROUND THE CONES WITH PUCK AND INSTEAD OF CARRYING THE PUCK AROUND THE CONE THE PUCK IS SLIPPED INSIDE AND THE PLAYER PICKS IT UP AFTER THE GO AROUND THE CONE.

KEY TEACHING / DEVELOPMENT POINTS

- ELBOWS AND HANDS AWAY FROM THE BODY
- ROLL WRISTS

5. STATIONARY PASSING AND RECEIVING

REVIEW AND DEMONSTRATE KEY POINTS. PLAYERS PARTNER UP APPROXIMATELY 10-15 FEET APART AND PASS THE PUCK BACK AND FORTH. HAVE THEM PASS ON THE FOREHAND AND RECEIVE ON THE BACK HAND THEN SWITCH.

KEY TEACHING / DEVELOPMENT POINTS

- BASIC STANCE
- EYE CONTACT ,CALL FOR PUCKS
- START WITH PUCK IN THE BACK OF STANCE, TRANSFER WEIGHT AND FOLLOW THROUGH POINTING AT TARGET
- RECEIVE PUCK IN THE FRONT OF THE STANCE AND CUSHION THE PASS

6. MOHAWK ON CIRCLES

PLAYERS LINE UP IN THE CORNER AND ON COACHES SIGNAL EXECUTE FORWARD CROSSOVERS AROUND THE CIRCLE AND AT THE TOP AND BOTTOM OF EACH CIRCLE THE PLAYER PICKS UP THEIR INSIDE FOOT AND ROTATES IT 180 DEGREES THEN PLACES IT BACK ON THE ICE SO THAT THE HEELS ARE TOGETHER. NEXT THE OTHER FOOT IS THEN BROUGHT UP AND ROTATED 180 DEGREES SO THAT FEET ARE ONCE AGAIN PARALLEL.

KEY TEACHING / DEVELOPMENT POINTS

- BALANCE AND GLIDE ON 1 FOOT
- OPEN HIPS

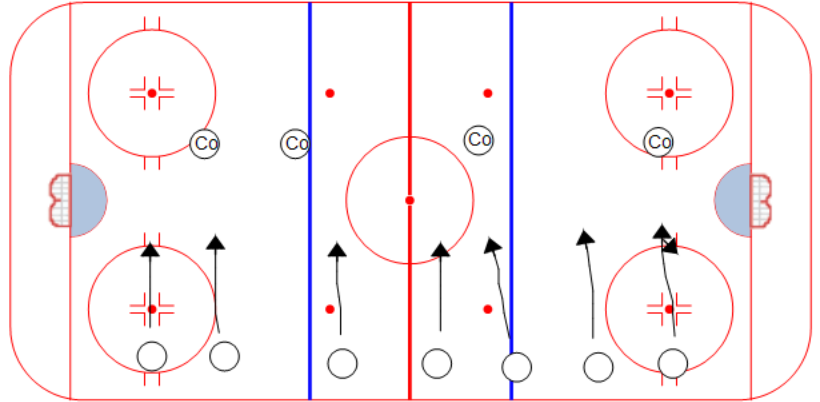
*** CAN BE DONE WITH TORNADOS EDGE*** WITH ONE HAND ON THE END OF THE BALANCE ROD COMPLETE MOHAWK TURN AND END WITH OTHER HAND ON THE BALANCE ROD

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

Title : BRITISH BULLDOG 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 :