



Practice Plan

Team: TIMBITS

Practice No.: 23

Date : _____

Time: _____

Duration: 60 MINUTES

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

SESSION OBJECTIVES:

INTRODUCE: 1.FOREHAND WRIST SHOT 2.LEAD PASS

REVIEW: 1.MOHAWK TURNS 2.OPEN ICE CARRY 3.WEAVING WITH PUCK 4.PASSING RECEIVING

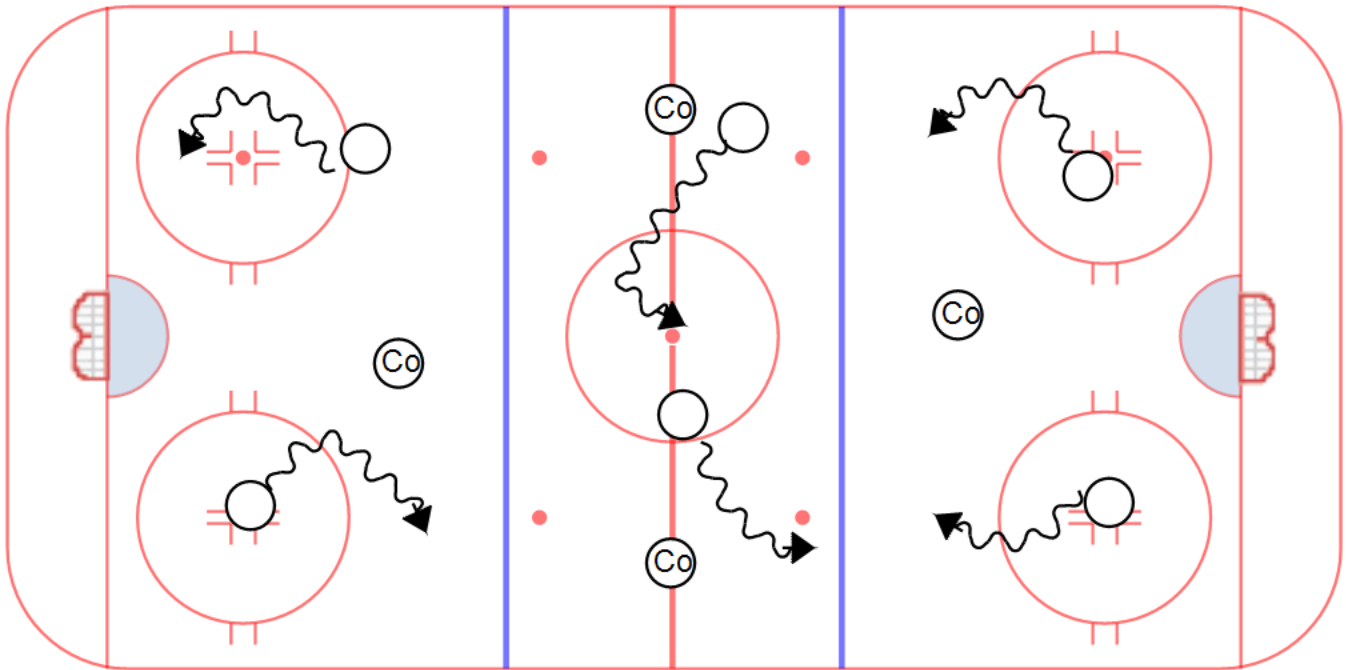
Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

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.

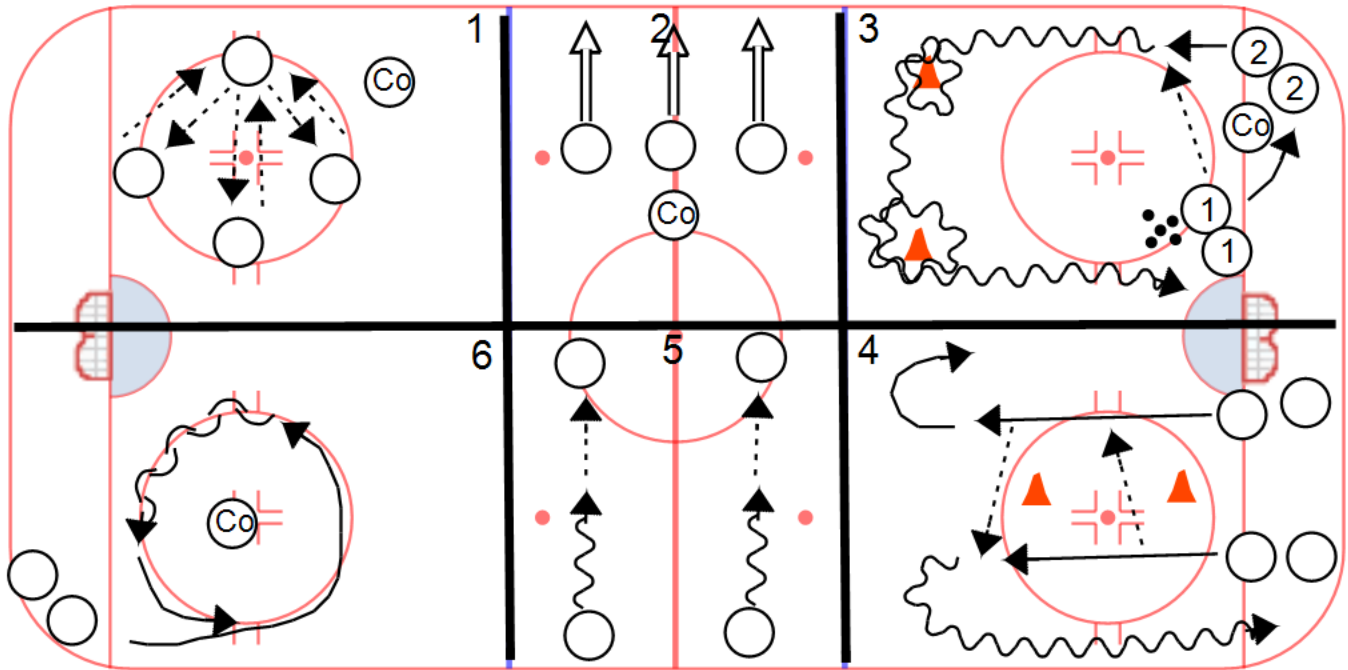
Drill no. : _____ Duration : 40 Minutes From : _____ To : _____

Category #1 :

Title : PRACTICE 23 SKILL STATIONS

Category #2 :

Content elements : _____ Components: _____

Key points :

Description

1. PASSING AND RECEIVING

SPREAD PLAYERS AROUND THE CIRCLE WITH ONE PLAYER BEING THE LEADER. THE LEADER PASSES TO EACH PLAYER WHO IN RETURNS THE PUCK TO THE LEADER. CHANGE LEADER REGULARLY. HAVE PLAYERS RECEIVE ON FOREHAND AND PASS ON BACKHAND 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

2. WRIST SHOT- FOREHAND

PLAYERS STAND ABOUT 10 FEET FROM THE BOARDS WITH A PUCK AND PRACTICES THE WRIST SHOT, SHOOT FOR A SPOT.

KEY TEACHING /DEVELOPMENT POINTS

- FEET PARALLEL TO THE BOARDS
- START WITH PUCK IN THE BACK OF THE STANCE
- TRANSFER WEIGHT AND PUSH DOWN WITH BOTTOM HAND, PULL WITH TOP HAND
- FOLLOW THROUGH AND POINT AT THE TARGET, PALMS DOWN

3. LEAD PASS

SET UP COURSE AS DIAGRAMMED. ON SIGNAL PLAYER O2 STARTS SKATING AND O1 PASSES THEM A PUCK. O2 CONTINUES AND DOES A 360 AROUND EACH CONE AND RETURNS TO THE OTHER LINE. O1 MOVES TO THE OTHER LINE AS WELL.

KEY TEACHING / DEVELOPMENT POINTS

- LEAD THE PASS (PASS WHERE THEY ARE GOING)
- PASSER TRANSFER WEIGHT AND FOLLOW THROUGH TO TARGET (PALMS DOWN)

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

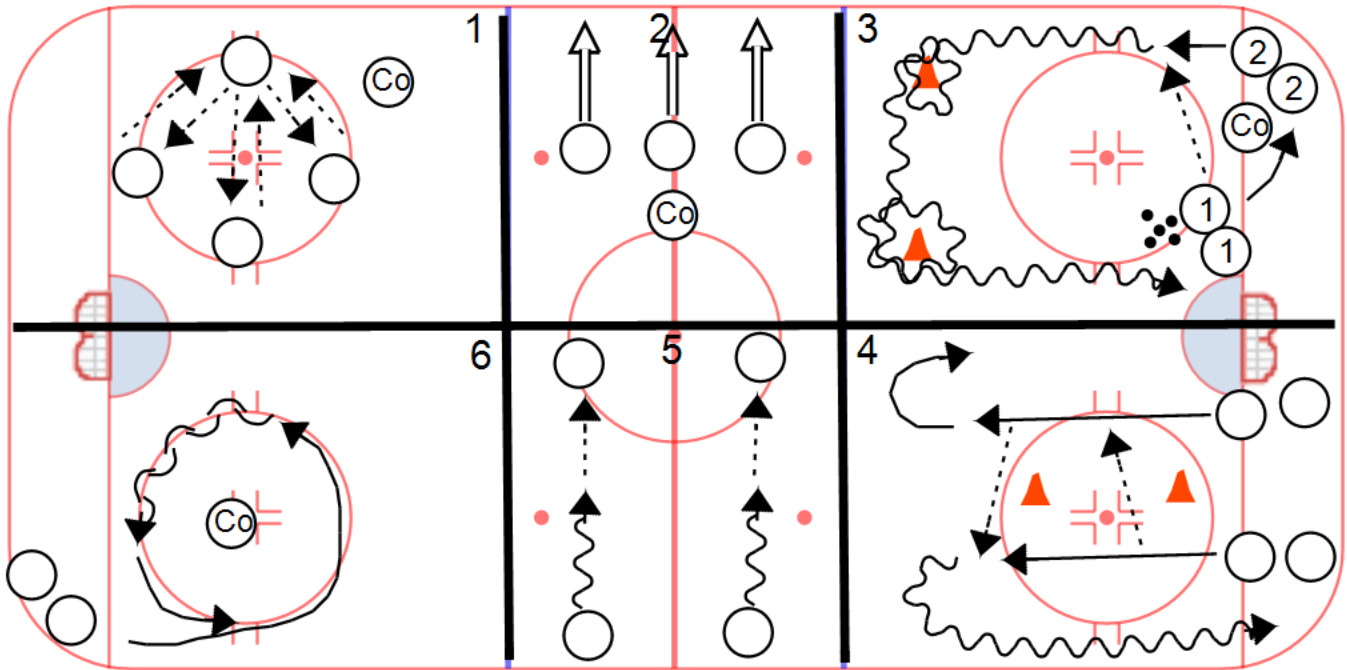
Category #1 :

Title : PRACTICE 23 SKILL STATIONS CONT

Category #2 :

Content elements : _____

Components: _____

Key points :

Description

4. PAIRS PASSING

SET UP CONES AS DIAGRAMMED ABOUT 10 FEET APART AND ARRANGE PLAYERS INTO 2 LINES, ONE ON EACH SIDE OF CONES. FIRST PLAYER IN EACH LINE SKATE AND PASS THE PUCK AFTER EACH CONE, THEN RETURN TO THE OTHER LINE.

KEY TEACHING / DEVELOPMENT POINTS

- EYES UP, CALL FOR PUCKS
- LEAD THE PASS
- TRANSFER WEIGHT AND FOLLOW THROUGH TO TARGET
- ON THE BACK HAND GET HANDS AWAY FROM THE BODY

5. SKATE AND PASS

LINE PLAYERS UP AS DIAGRAMMED. THE LEAD PLAYER SKATES ABOUT HALFWAY AND THEN PASSES TO THE FIRST PLAYER IN THE LINE DIRECTLY ACROSS FROM HIM THEY THEN SKATE TO THE BACK OF THE LINE AND THE PLAYER WHO RECEIVES THE PASS CONTINUES THE SAME THING WITH THE LEAD PLAYER ACROSS FROM THEM.

KEY TEACHING / DEVELOPMENT POINTS

- EYES UP, CALL FOR PASSES
- HANDS AWAY FROM THE BODY, STICK AT THE SIDE
- TRANSFER WEIGHT AND FOLLOW THROUGH TO TARGET

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

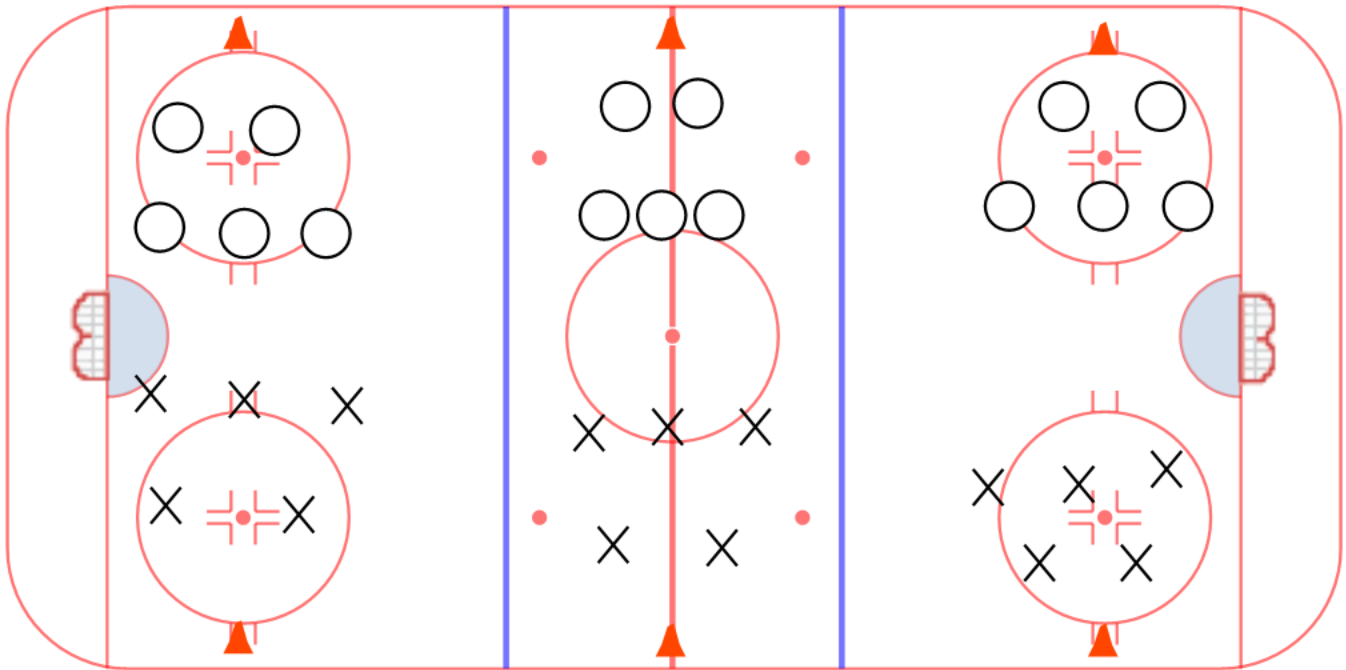
Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

Category #1 :

Title : POND HOCKEY

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. CHANGE ON WHISTLES AFTER A PREDETERMINED AMOUNT OF TIME.