



Practice Plan

Team: TIMBITS

Practice No.: 24

Date : _____

Time: _____

Duration: 60 MINUTES

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

SESSION OBJECTIVES:

INTRODUCE: 1. BACKHAND SHOT 2.FLIP SHOT

REVIEW: 1.PASSING / RECEIVING 2.WRIST SHOT 3.TIGHT TURNS

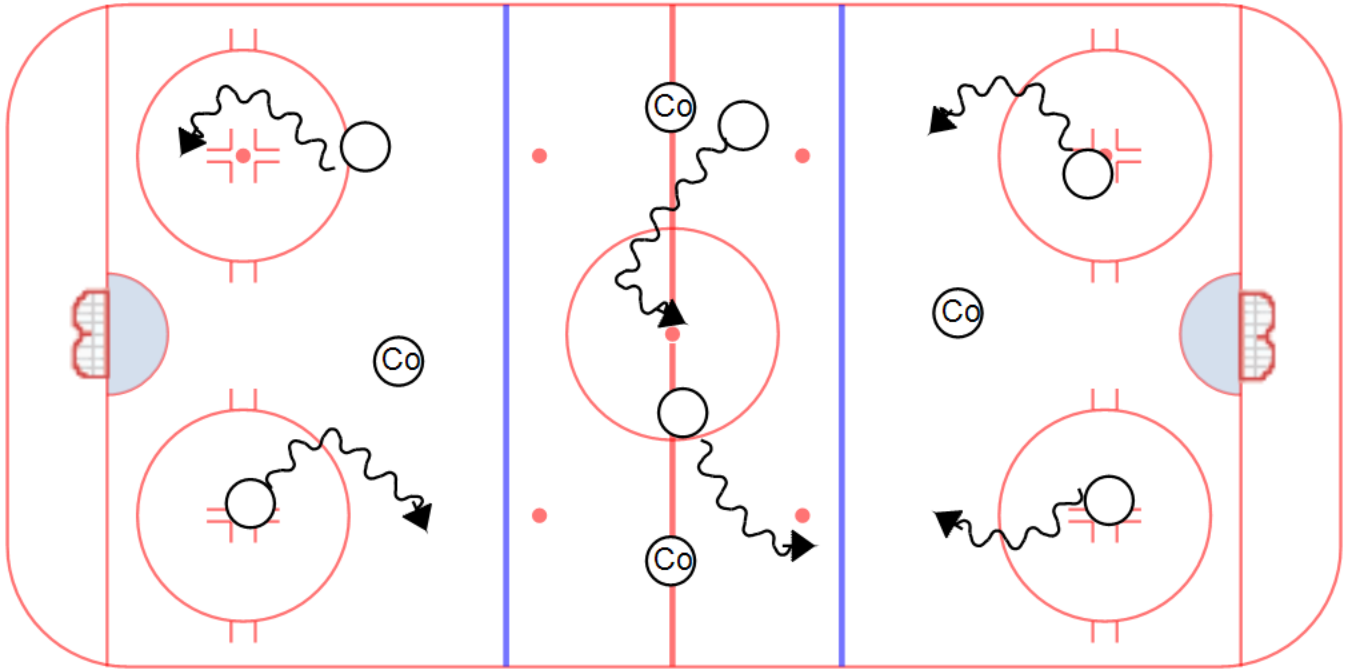
Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

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, TOE DRAG, STICK THROUGH LEGS AND PULL PUCK THROUGH LEGS.

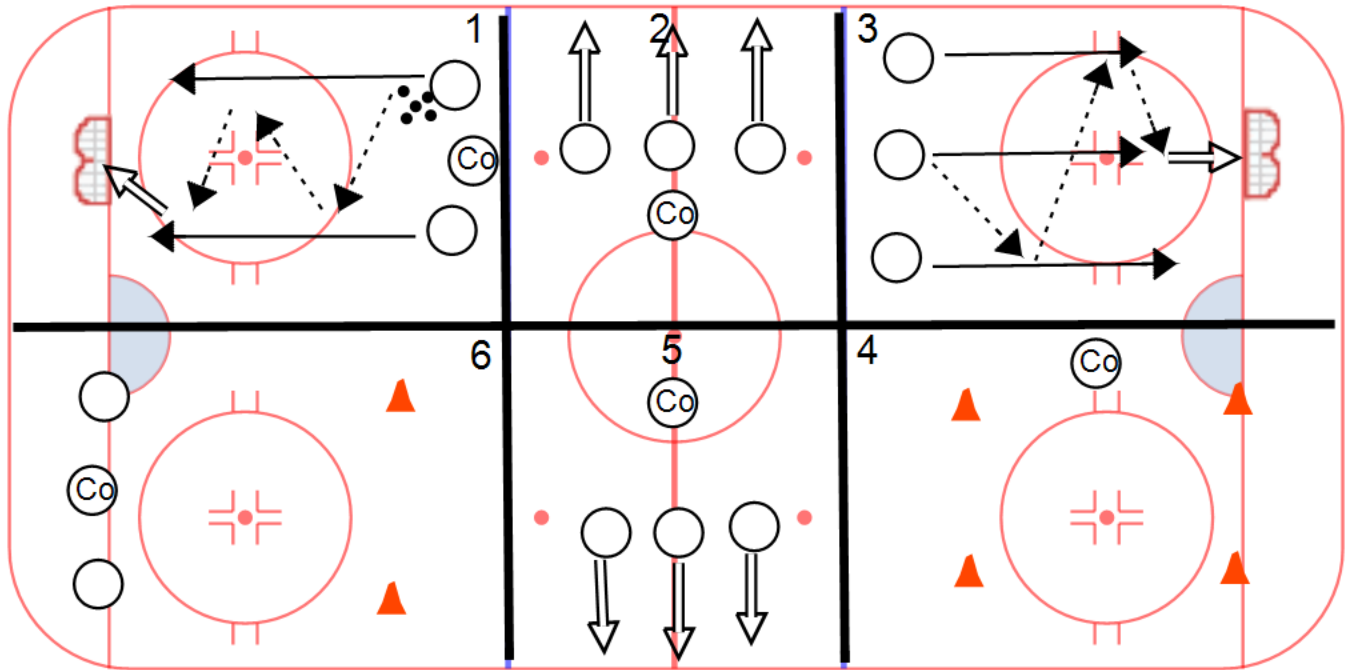
Drill no. : _____ Duration : 40 Minutes From : _____ To : _____

Category #1 :

Title : PRACTICE 24 SKILL STATIONS

Category #2 :

Content elements : _____ Components: _____



Key points :

Description

1. PAIRS PASSING

ARRANGE PLAYERS INTO 2 LINES, FIRST PLAYER IN EACH LINE SKATE AND PASS THE PUCK BACK AND FORTH, THEN TAKE A SHOT AND EACH 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

2. WRIST SHOT- FOREHAND AND BACK HAND

PLAYERS STAND ABOUT 10 FEET FROM THE BOARDS WITH A PUCK AND PRACTICES THE FOREHAND WRIST SHOT, SHOOT FOR A SPOT, HAVE THEM ALTERNATE BETWEEN FOREHAND AND BACKHAND SHOT.

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 ON FOREHAND, PALMS UP ON BACKHAND

3. SKATE, PASS, SHOOT

LINE PLAYERS UP AS DIAGRAMMED. PLAYERS PASS IN GROUPS OF THREE AND FINISH WITH A SHOT AND THEN RETURN TO LINE

KEY TEACHING / DEVELOPMENT POINTS

- EYES UP, CALL FOR PASSES
- LEAD THE PASS
- TRANSFER WEIGHT AND FOLLOW THROUGH TO TARGET

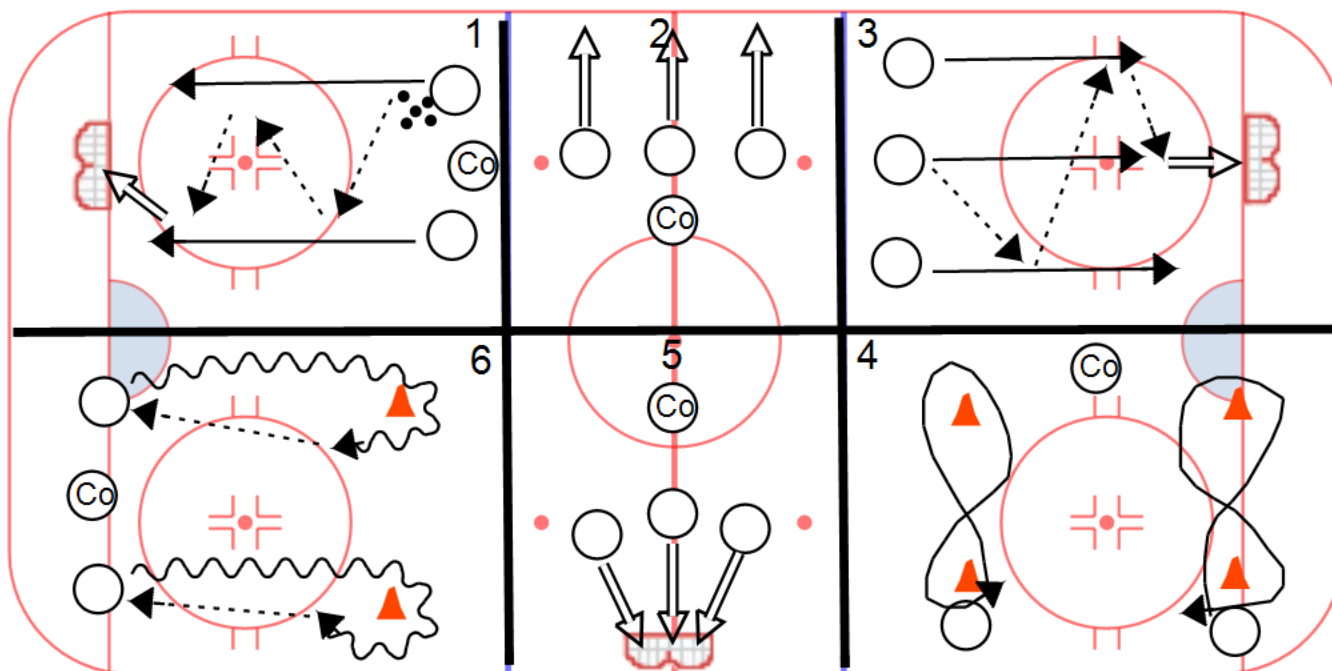
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Title : PRACTICE 24 SKILL STATIONS CONT

Category #2 :

Content elements : _____ Components: _____

Key points :

Description

4. MOVING PUCK CONTROL - FIGURE 8'S

PLAYERS SKATE IN A FIGURE 8 PATTERN CUPPING THE PUCK AROUND EACH PYLON.

KEY TEACHING / DEVELOPMENT POINTS

- ON THE FOREHAND CROSS THE ARMS OVER (TOP HAND TO ELBOW)
- ON THE BACKHAND ARM AND ELBOW HELD HIGH

5. FLIP SHOT

PLAYERS LINE UP IN A SEMI CIRCLE AROUND A NET AND PRACTICES THE FLIP SHOT, ENCOURAGE THE PLAYERS TO GET THE PUCK UP INTO THE TOP OF THE NET.

KEY TEACHING / DEVELOPMENT POINTS

- SPREAD HANDS SHOULDER WIDTH APART ON THE STICK AND OPEN THE BLADE UP
- BEND THE KNEES AND TRY AND GET UNDER THE PUCK WITH THE TOE OF THE BLADE
- FOLLOW THROUGH STRAIGHT UP

6. TIGHT TURNS

LINE UP PLAYERS AND CONES AS DIAGRAMMED. THE FIRST PLAYER SKATES WITH A PUCK PERFORMING A TIGHT TURN AROUND THE CONE AND THEN PASSES TO THE NEXT PLAYER IN LINE AND THE DRILL CONTINUES. MAKE SURE PLAYERS GO BOTH DIRECTIONS.

KEY TEACHING / DEVELOPMENT POINTS

- ON THE FOREHAND CROSS THE ARMS OVER (TOP HAND TO ELBOW)
- ON THE BACKHAND ARM AND ELBOW HELD HIGH
- TRANSFER WEIGHT ON PASS AND PASS FROM THE SIDE OF THE BODY, FOLLOW THROUGH TO TARGET

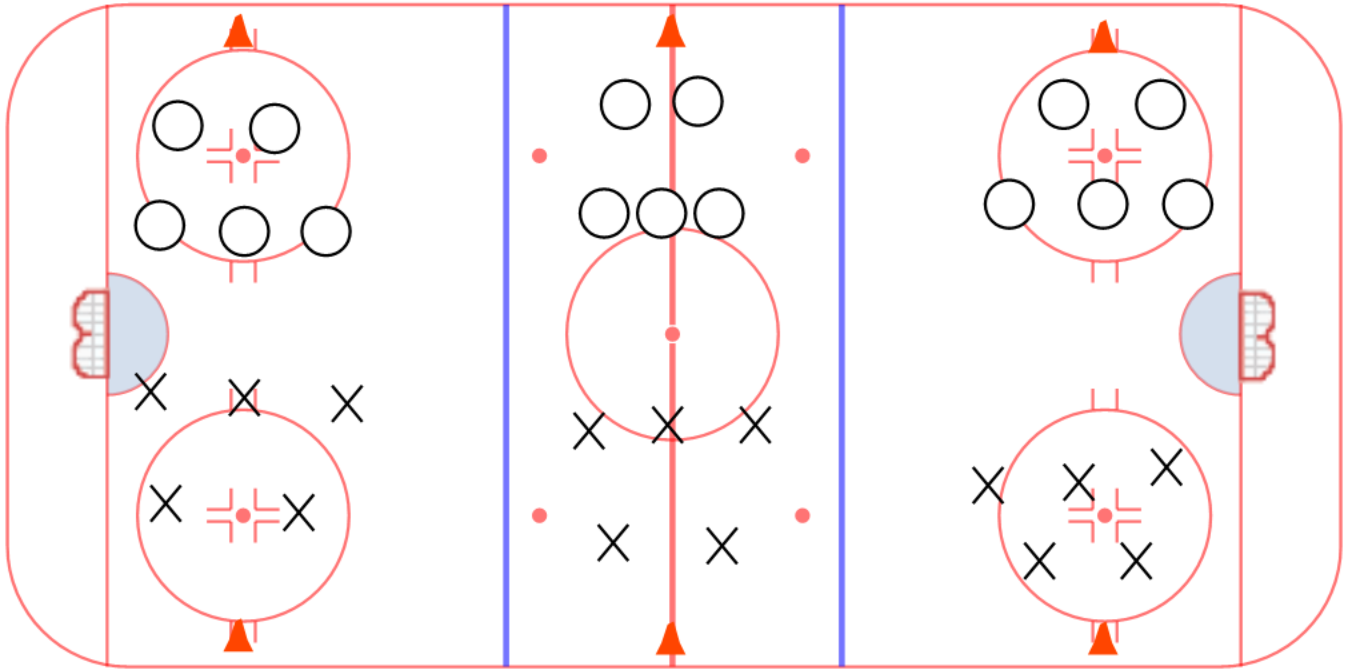
Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

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.