



Practice Plan

Team: TIMBITS

Practice No.: 25

Date : _____

Time: _____

Duration: 60 MINUTES

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

SESSION OBJECTIVES:

INTRODUCE: 1.BODY FAKES 2.STICK FAKES

REVIEW: 1 SHOOTING 2.EDGE CONTROL 3. PASSING / RECEIVING 4. 2 FOOT STOP 5. STICKHANDLING

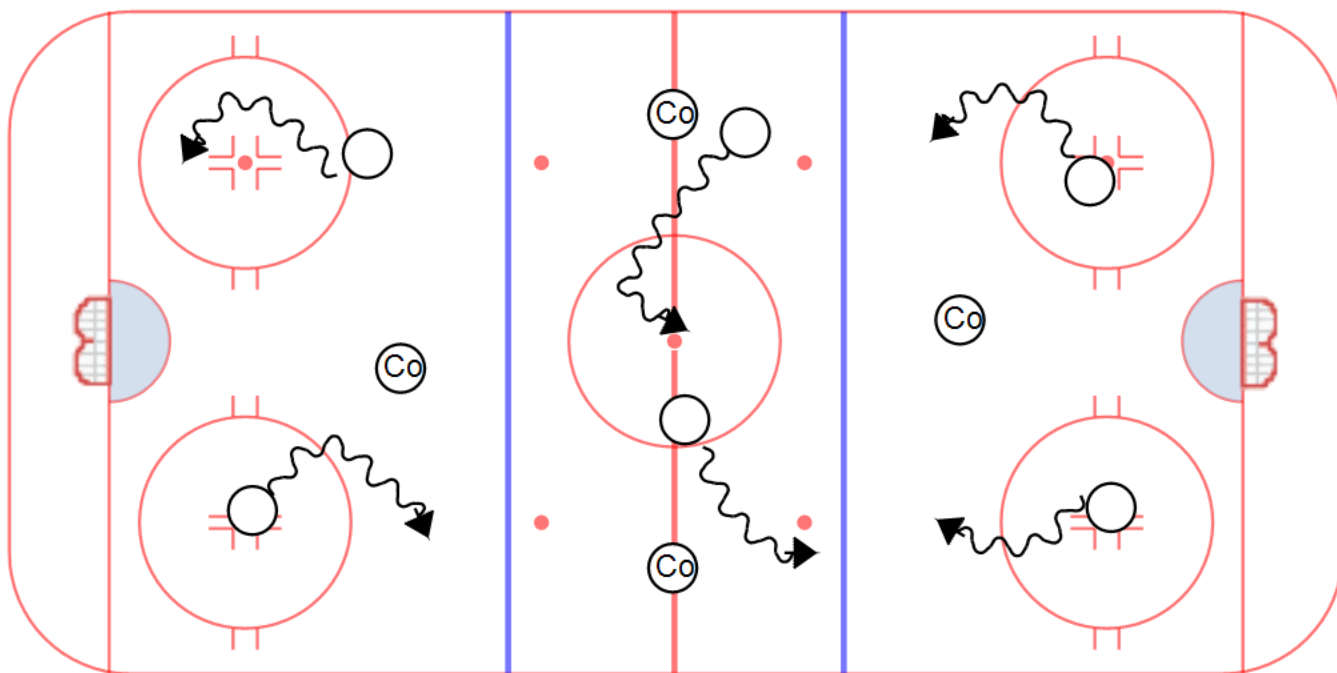
Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

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 : _____

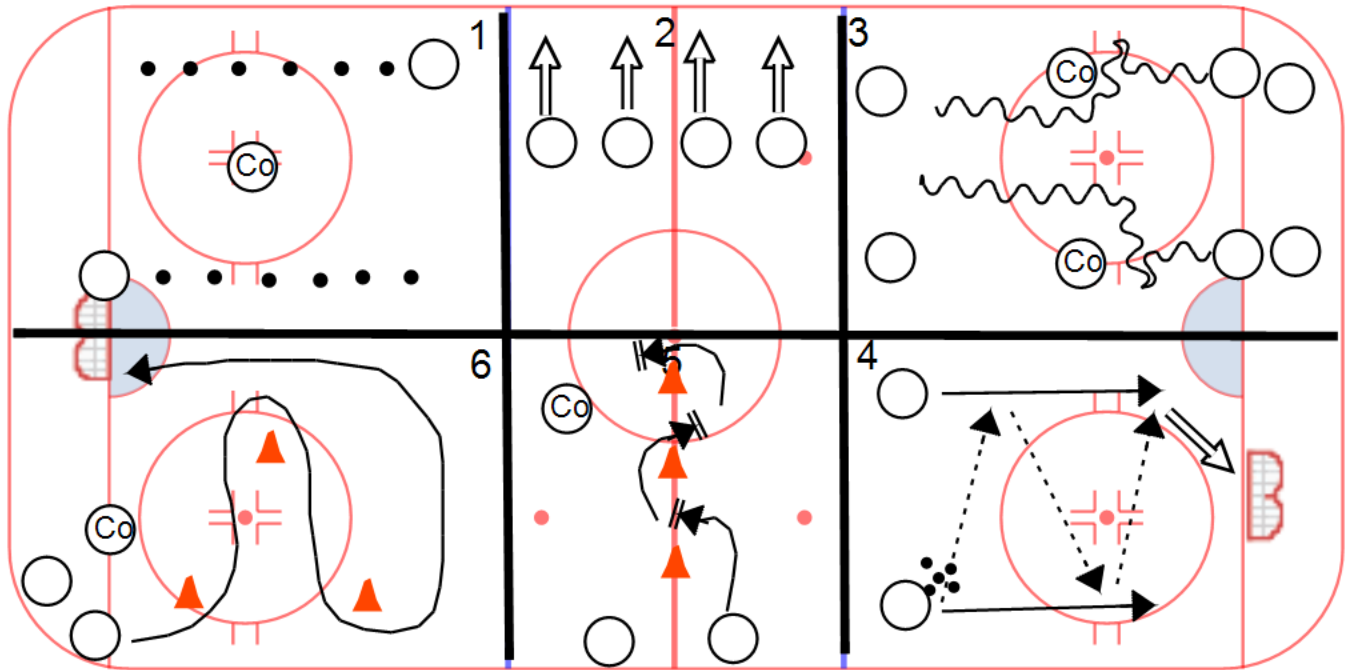
Category #1 :

Title : PRACTICE 25 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. SHOOTING STATION

PLAYERS STAND ABOUT 10 FEET FROM THE BOARDS WITH A PUCK AND PRACTICE THE FOREHAND AND BACKHAND AND FLIP SHOT, SHOOT FOR A SPOT, HAVE THEM ALTERNATE BETWEEN FOREHAND AND BACKHAND SHOT AND FLIP 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
- SPREAD HANDS SHOULDER WIDTH APART ON THE STICK AND OPEN THE BLADE UP ON FLIP SHOT
- BEND THE KNEES AND TRY AND GET UNDER THE PUCK WITH THE TOE OF THE BLADE ON THE FLIP SHOT
- FOLLOW THROUGH STRAIGHT UP ON THE FLIP SHOT

3. BODY AND STICK FAKES

PLAYERS LINE UP AS DIAGRAMMED AND SKATE WITH A PUCK DIRECTLY AT COACHES AND FIRST PERFORM A BODY FAKE AND THEN LINE UP AT THE OTHER END. ON THE WAY BACK THEY PERFORM A STICK FAKE ON THE COACH.

KEY TEACHING / DEVELOPMENT POINTS

- QUICK AND EXAGGERATED LATERAL MOVEMENT WITH HEAD AND OR UPPER BODY ON THE BODY FAKE, SHIFT WEIGHT
- QUICK AND EXAGGERATED LATERAL MOVEMENT ,CREATE WIDTH,WITH STICK AND PUCK ON THE STICK FAKE, SHIFT WEIGHT

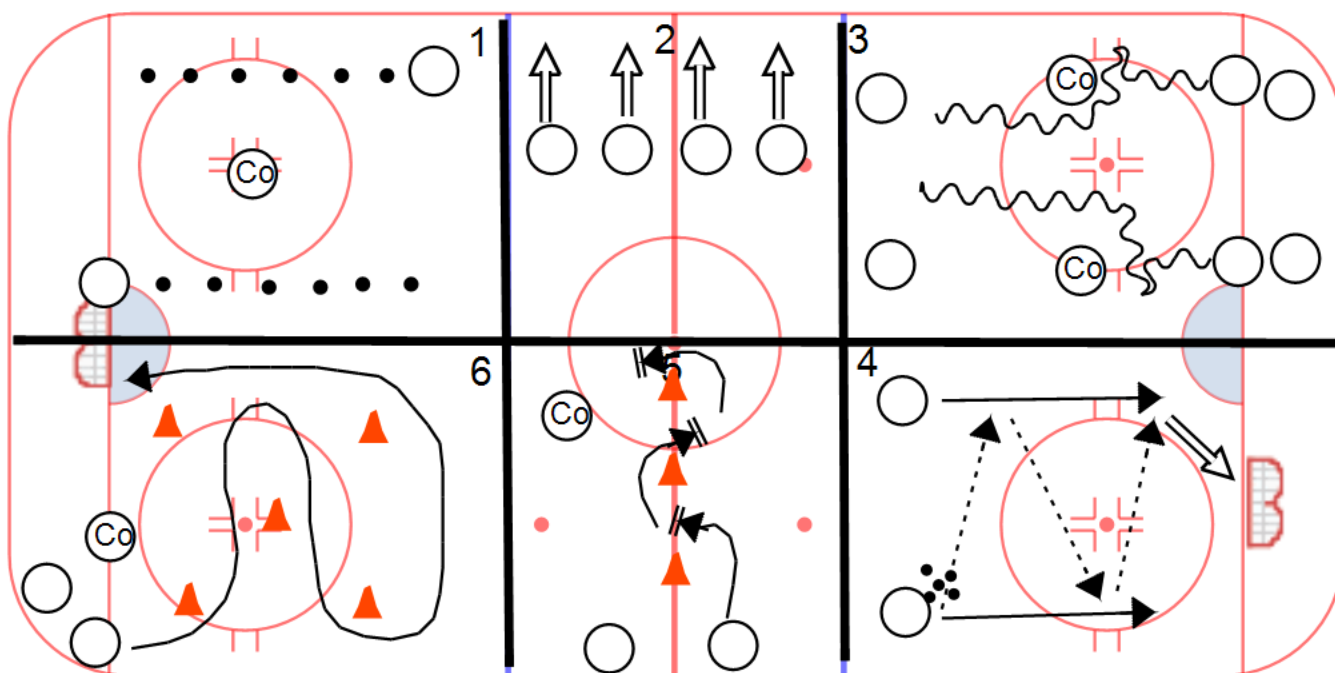
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Title : PRACTICE 25 SKILL STATIONS CONT

Category #2 :

Content elements : _____ Components: _____



Key points :

Description

4. 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

5. 2 FOOT STOP

ARRANGE CONES AS SHOWN. PLAYERS START USING CROSSOVER START AND SKATE TOWARDS CONE AND START GLIDING ON 2 FEET, EXECUTE A GLIDE TURN AROUND CONE AND AS SPEED DEMINISHES PERFORM A 2 FOOT STOP. COMPLETE IN BOTH DIRECTIONS.

KEY TEACHING / DEVELOPMENT POINTS

- TURN SHOULDERS FIRST
- PUSH WITH LEAD FOOT, PULL WITH THE OTHER
- BEND KNEES FOR ABSORPTION

*** CAN BE DONE WITH TORNADOS EDGE*** SKATE, GLIDE, TURN AND STOP

6. EDGE CONTROL

ARRANGE CONES AS SHOWN. HAVE PLAYERS PERFORM DIFFERENT EXERCISES WHILE SKATING THROUGH CONES SUCH AS : INSIDE EDGE, OUTSIDE EDGE ON TURNS. REPEAT IN OTHER DIRECTION.

KEY TEACHING / DEVELOPMENT POINTS

- SKATING STANCE
- BEND KNEES

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

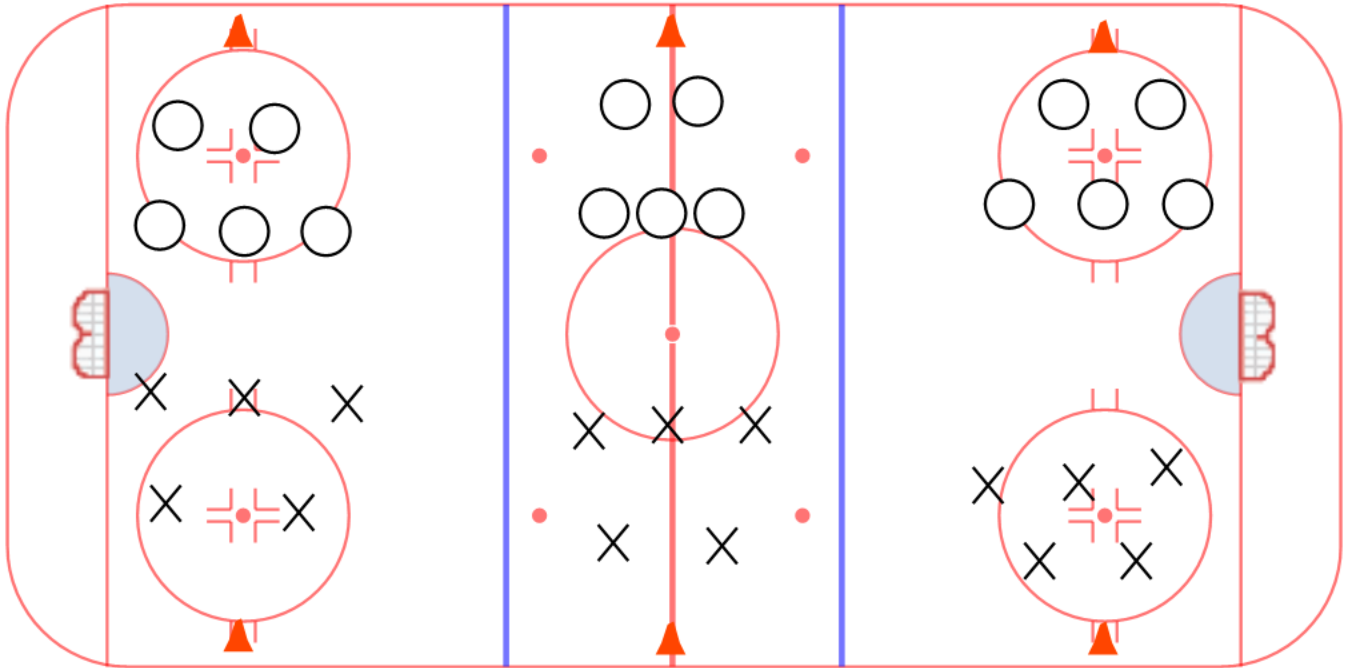
Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

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.