



Practice Plan

Team: TIMBIT

Practice No.: 3

Date : _____

Time: _____

Duration: 60 MINUTES

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

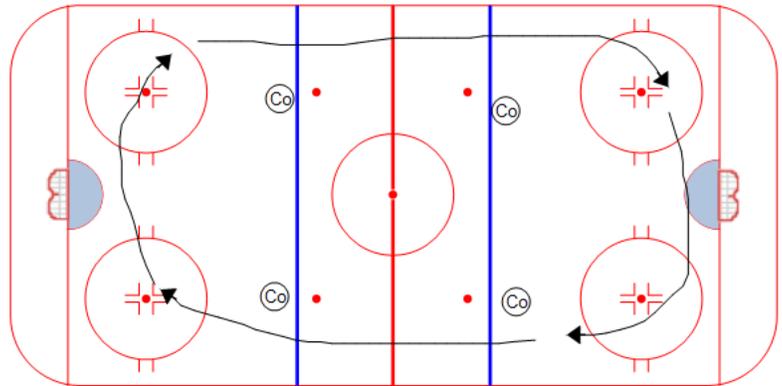
SESSION OBJECTIVES: INTRODUCE: 1.EDGE CONTROL 2.SNOW PLOW STOP 3.SCOOTING REVIEW: 1.FALLING DOWN 2.GLIDING 3.C CUTS
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Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

Title : FREE SKATE # 2 Content elements: _____ Components : _____

Description

SKATE CLOCKWISE, BETWEEN BLUE LINES: 1. FALL TO KNEES AND GET UP 2. GLIDE ON 1 FOOT 3. JUMP THE LINES 4. SPEED UP CAN BE DONE WITH OR WITHOUT PUCKS
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Key Points :

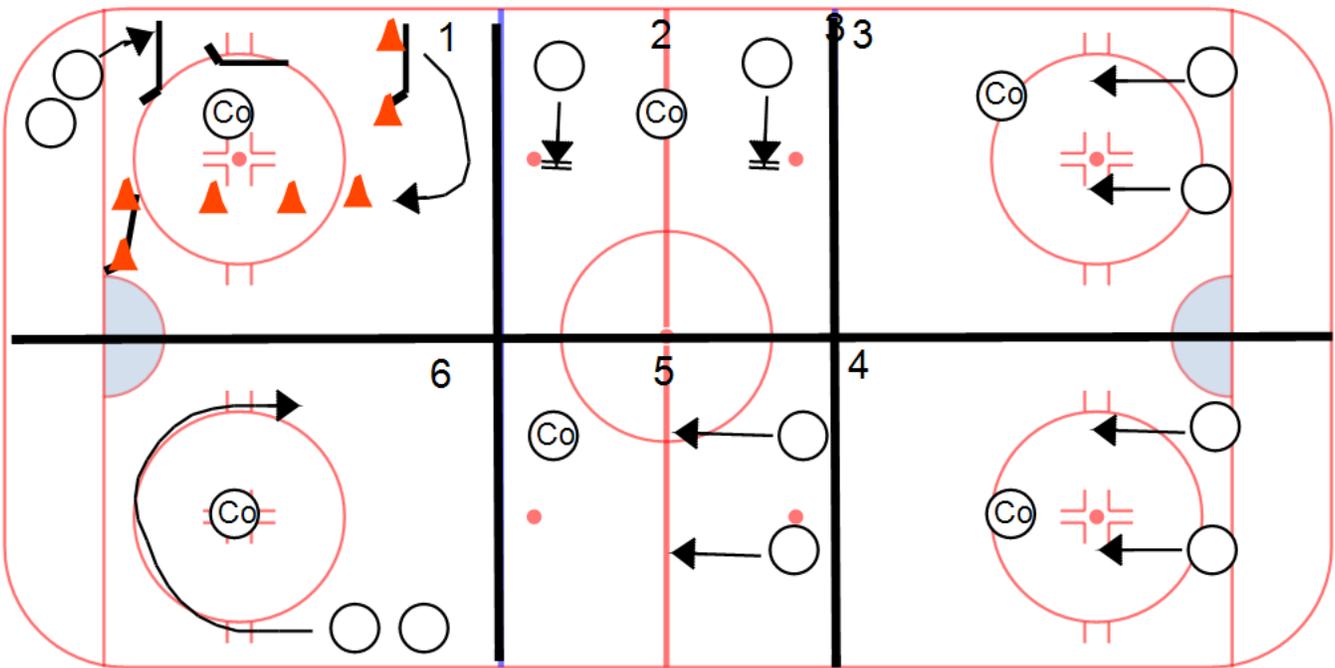
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Title : PRACTICE #3 SKILL STATIONS

Category #2 :

Content elements : _____ Components: _____



Key points :

Description

1. OBSTACLE COURSE

REVIEW AND DEMONSTRATE SAFETY PRECAUTIONS FOR FALLING FORWARD (HANDS OUT, HEADS UP) AND FOR FALLING BACKWARDS (TUCK IN CHIN). ARRANGE STICKS AND PYLONS AS DIAGRAMMED AND HAVE PLAYERS GO OVER 1ST STICK, STRADDLE 2ND, OVER 3RD, UNDER THE STICK AND PYLON WITH HANDS OUT HEAD UP. ON RETURN PLAYERS GO AROUND PYLONS, OVER STICKS AND UNDER THE STICK ON PYLON.

KEY TEACHING / DEVELOPMENT POINTS

- BALANCE AND AGILITY
- HOW TO FALL AND GET UP SAFELY

2. SNOW PLOW STOP (1 O'CLOCK- 11 O'CLOCK STOP)

PLAYERS TAKE A FEW STRIDES TO GAIN MOMENTUM, NOT TOO FAST TO START, PLAYERS THEN TURN BOTH HEELS OUT AND BOTH TOES IN PUSHING SKATES DOWN AND OUT. AS PLAYERS GET MORE COMFORTABLE THEY CAN INCREASE SPEED. COMPLETE 3-4 SNOW PLOWS BEFORE REACHING OTHER SIDE THEN REPEAT FROM THE OTHER SIDE

KEY TEACHING / DEVELOPMENT POINTS

- BASIC STANCE
- EVEN WEIGHT DISTRIBUTION
- HEELS OUT, TOES IN, KNEES BENT AND PUSH DOWN AND OUT

*** CAN BE DONE WITH TORNADOS EDGE

3. SCOOTING

REVIEW AND DEMONSTRATE KEY POINTS TO T PUSH. PLAYERS LINE UP AND WITH RIGHT FOOT BEHIND LEFT PERFORM A T PUSH, PUSHING DOWN AND OUT WITH RIGHT FOOT GLIDING ON LEFT. PLAYERS SHOULD EXTEND FULLY PUSHING LAST WITH THE TOE (TOE FLICK). MAKE SURE FOOT IS FULLY EXTENDED BEFORE RECOVERY. SKATE THE FULL DISTANCE WITH 1 FOOT AT A TIME AND THEN REPEAT USING OTHER FOOT.

KEY TEACHING / DEVELOPMENT POINTS

- BASIC STANCE
- FULL EXTENSION WITH TOE FLICK
- FULL RECOVERY

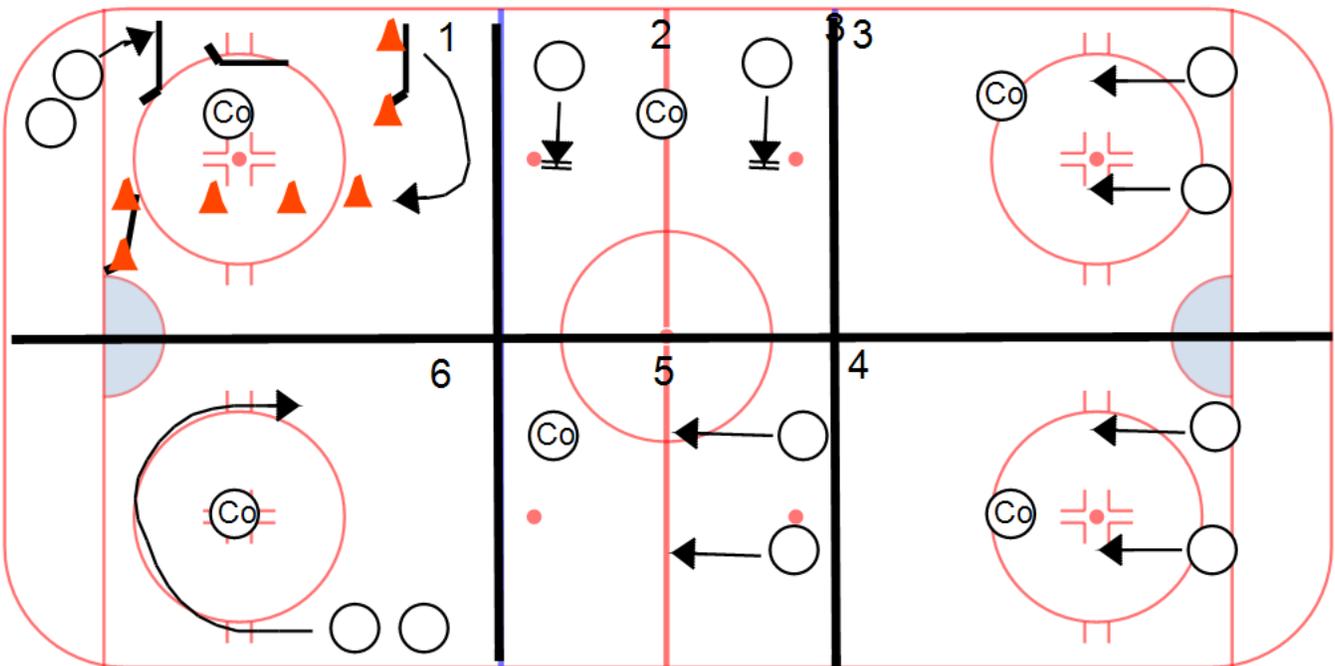
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Title : PRACTICE #3 SKILL STATIONS CONT

Category #2 :

Content elements : _____ Components: _____

Key points : Description

4. C CUTS ALTERNATING (WITH OR WITHOUT TORNADOS EDGE)
 REVIEW KEY POINTS AND DEMONSTRATE. PLAYERS LINE UP AND PERFORM C CUTS ALTERNATING FEET. MAKE SURE PLAYERS ARE RECOVERING UNDER THEIR BODY BEFORE EXECUTING THE C CUT WITH THE NEXT FOOT
 KEY TEACHING / DEVELOPMENT POINTS
 - BASIC STANCE
 - FULL EXTENSION DRIVING THROUGH THE HEEL
 - FULL RECOVERY
 - NO BOBBING
 *** CAN BE DONE WITH TORNADOS EDGE***

5. GLIDING 2 FEET, 1 FOOT
 REVIEW KEY POINTS AND DEMONSTRATE 2 FOOT GLIDE. PLAYERS LINE UP AND TAKE A FEW STRIDES THEN GLIDE ON 2 SKATES WHILE MAINTAINING BASIC STANCE, REPEAT SEVERAL TIMES.
 REVIEW KEY POINTS AND DEMONSTRATE 1 FOOT GLIDE. PLAYERS LINE UP AND TAKE A FEW STRIDES THEN GLIDE ON 1 SKATE WHILE MAINTAINING BASIC STANCE, REPEAT SEVERAL TIMES AND ALTERNATE FEET
 KEY TEACHING / DEVELOPMENT POINTS
 - BASIC STANCE (EYES UP, KNEES BENT, CHEST UP)
 - EMPHASIZE BENDING KNEES NOT BENDING AT THE WAIST FOR BETTER BALANCE
 *** CAN BE DONE WITH TORNADOS EDGE***

6. EDGE CONTROL
 PLAYERS TAKE 4-5 STRIDES TO GAIN MOMENTUM AND THEN GLIDE AROUND THE BOTTOM OF THE CIRCLE ON THEIR OUTSIDE FOOT INSIDE EDGE AND THEN LINE UP ON THE INSIDE OF THE CIRCLE. PLAYERS THEN USE THE SAME FOOT OR INSIDE FOOT AND OUTSIDE EDGE TO RETURN TO THEIR ORIGINAL POSITION. CONTINUE THIS PATTERN ALTERNATING FEET SO THAT BOTH EDGES OF BOTH FEET ARE USED.
 KEY TEACHING / DEVELOPMENT POINTS
 -BASIC STANCE FOR BALANCE
 - LOCK THE EDGE INTO THE ICE AND RIDE IT AS LONG AS POSSIBLE

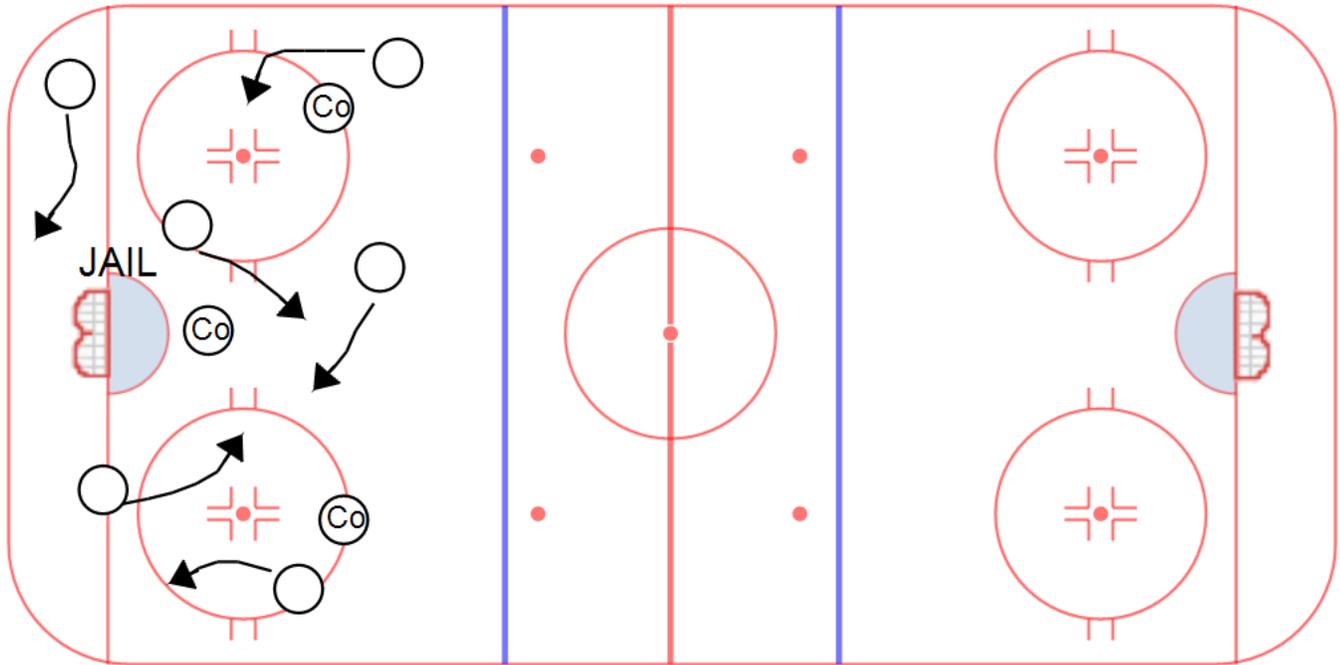
Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

Category #1 :

Title : COPS AND ROBBERS

Category #2 :

Content elements : _____ Components: _____



Key points :

Description

COACHES ACT AS COPS, PLAYERS ACT AS ROBBERS. PLAYERS SAKTE AROUND THE ZONE WITHOUT STICKS AND WHEN TAGGED THE PLAYER GOES TO JAIL AND CAN BE SET FREE IF TAGGED BY A FREE PLAYER. TRY TO GET ALL THE PLAYERS IN JAIL AT THE END OF THE DRILL.