



Practice Plan

Team: TIMBITS

Practice No.: 4

Date : _____

Time: _____

Duration: 60 MINUTES

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

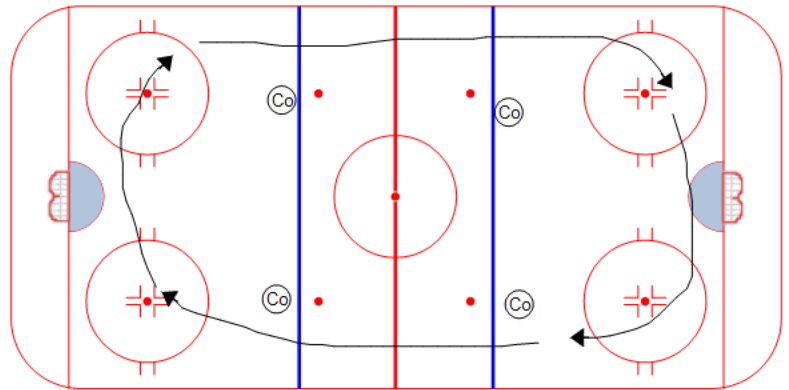
SESSION OBJECTIVES: INTRODUCE : 1.STRIDING 2.GLIDE TURN 3.GLIDE-ARM PUMP
REVIEW: 1. EDGE CONTROL 2.C CUTS 3.1 FOOT SNOW PLOW STOP

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

Title : FREE SKATE # 3 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



Key Points :

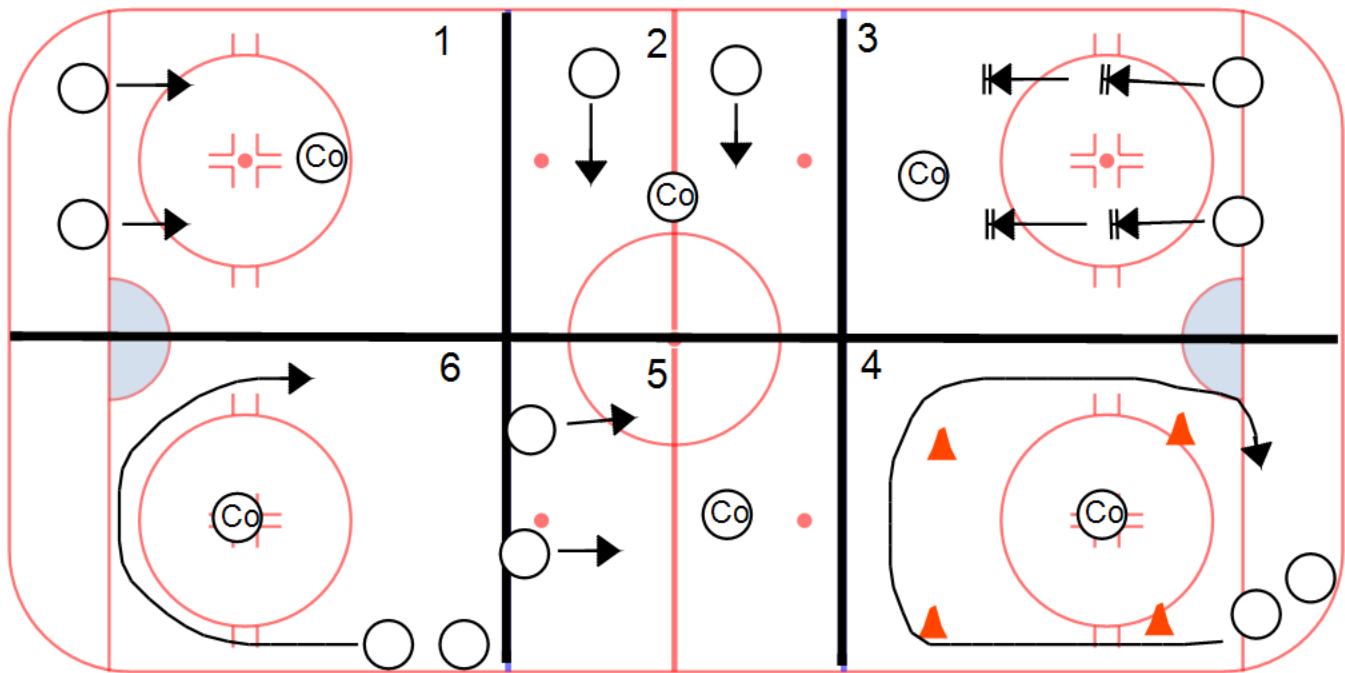
Drill no. : _____ Duration : 40 Minutes From : _____ To : _____

Category #1 :

Title : PRACTICE #4 SKILL STATIONS

Category #2 :

Content elements : _____ Components: _____



Key points :

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Description

1. STRIDING

STEP 1 - 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.

STEP 2 -ALTERNATE FEET

HAVE PLAYERS LINE UP IN BASIC STANCE, START IN SIGNAL, PUSH AND RECOVER WITH ONE SKATE FOLLOWED BY THE OTHER.

KEY TEACHING / DEVELOPMENT POINTS

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

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

2. GLIDING - ARM PUMP

REVIEW KEY POINTS AND DEMONSTRATE. PLAYERS LINE UP, STARTING ON THE SIGNAL THE PLAYERS PUMP THEIR ARMS TO PROPEL THEMSELVES FORWARD.

KEY TEACHING / DEVELOPMENT POINTS

- BASIC STANCE
- SHOULDERS SQUARE, NO "WIGGLING"
- REACH WITH ARMS AND PULL BACK

3. 1 FOOT SNOW PLOW STOP

REVIEW AND DEMONSTRATE KEY POINTS. LINE PLAYERS UP AND HAVE THEM TAKE A FEW STRIDES TO GAIN MOMENTUM AND THEN STARTING WITH THEIR RIGHT FOOT HAVE THEM TURN TOES IN AND HEELS OUT AND PUSH DOWN WHILE GLIDING ON THE LEFT FOOT. HAVE THE PLAYER REPEAT SEVERAL TIMES BEFORE SWITCHING FEET.

KEY TEACHING / DEVELOPMENT POINTS

- BASIC STANCE
- TOE IN, HEEL OUT, PUSH DOWN
- TRY AND AVOID LEANING ON STICK, IF NEEDED DO WITHOUT STICKS

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

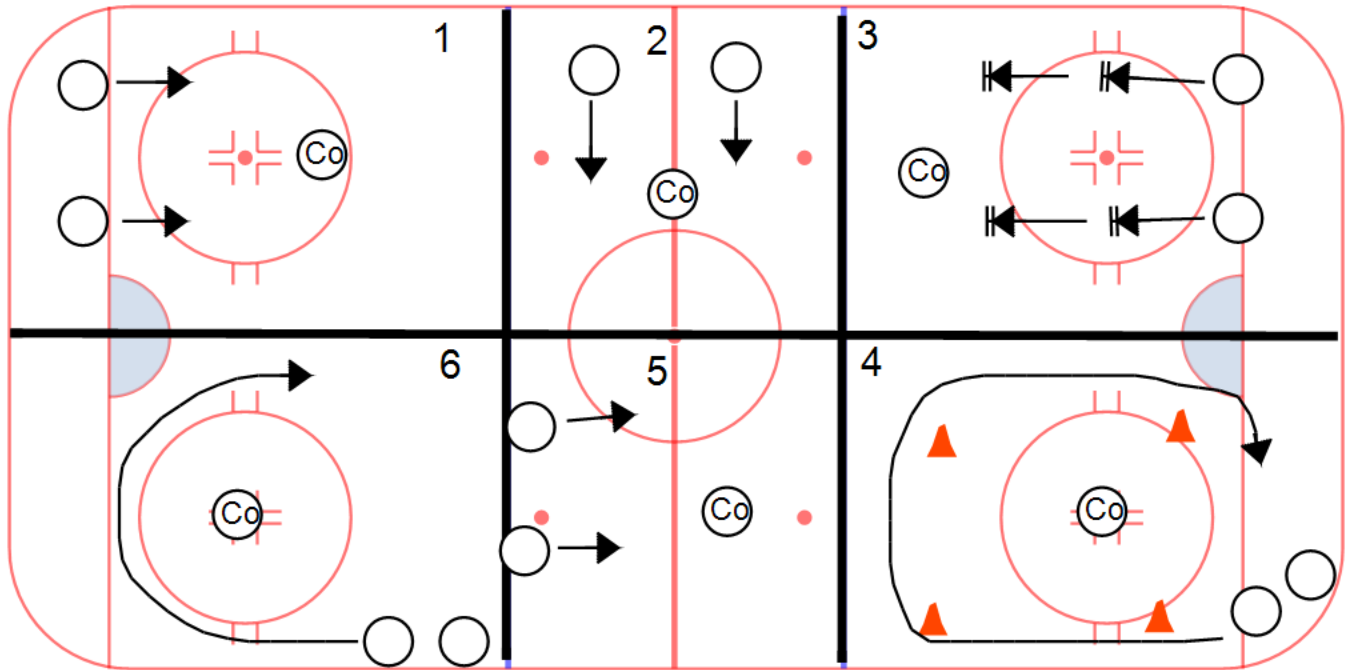
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Title : PRACTICE #4 SKILL STATIONS CONT

Category #2 :

Content elements : _____ Components: _____

Key points :

Description

4. GLIDE TURNS

REVIEW KEY POINTS AND DEMONSTRATE. PLACE 4 PYLONS AS DIAGRAMMED. EXPLAIN TO PLAYERS THAT THEY MUST GO AROUND THE CONES AND KEEP BOTH SKATES ON THE ICE. ALLOW THEM TO TAKE A FEW STRIDES TO GET SOME MOMENTUM BEFORE THEY GLIDE AROUND THE CONE, THEN REPEAT IN THE OPPOSITE DIRECTION. COACHES PROVIDE FEEDBACK ON FORM.

KEY TEACHING / DEVELOPMENT POINTS

- BASIC STANCE
- BEND KNEES TO STAY LOW IN ORDER TO MAINTAIN BALANCE
- LEAN INTO TURN

5. C CUTS ALTERNATING

REVIEW KEY POINTS AND DEMONSTRATE. PLAYERS LINE UP AND PERFORM C CUTS ALTERNATING FEET. MAKE SURE PLAYERS FULLY RECOVER UNDER THEIR BODY BEFORE THE NEXT C CUT WITH THE OTHER FOOT.

KEY TEACHING / DEVELOPMENT POINTS

- BASIC STANCE
- FULL EXTENSION, FOOT REMAINS FLAT
- FULL RECOVERY UNDER THE BODY
- NO BOBBING

*** CAN BE DONE WITH TORNADO'S 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

*** CAN ALSO BE DONE WITH TORNADO'S EDGE***

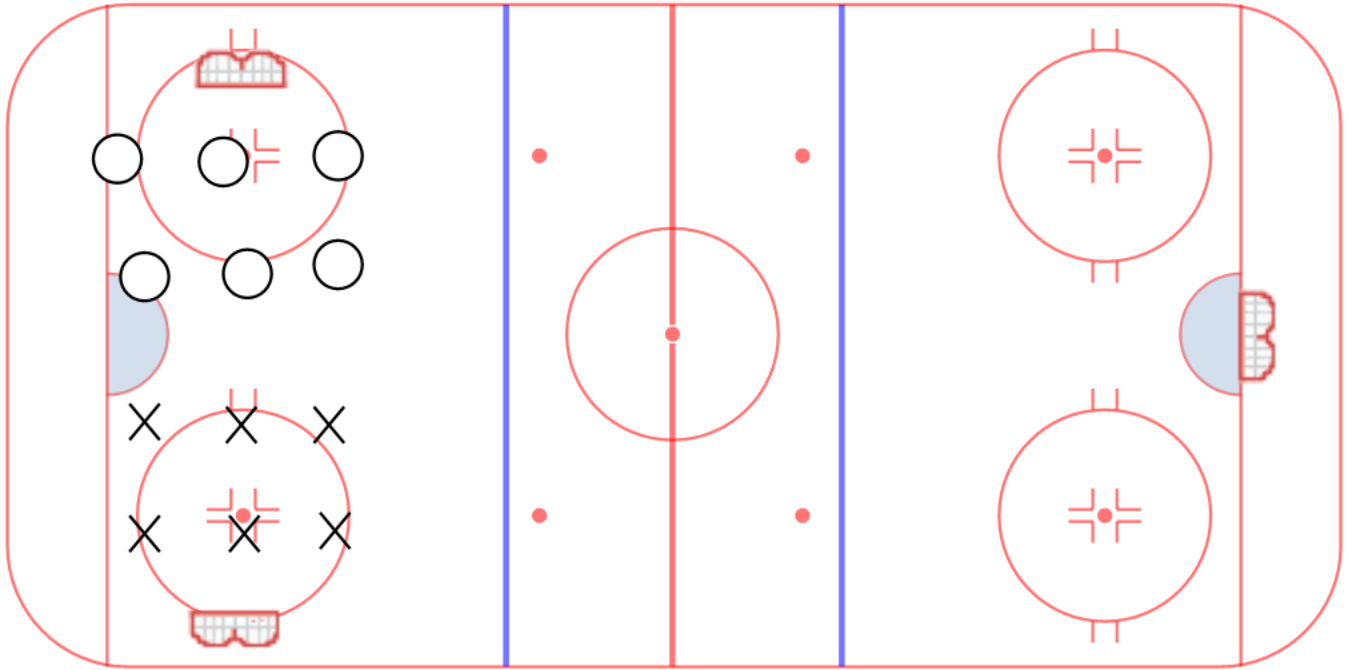
Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

Category #1 :

Title : SOCCER _____

Category #2 :

Content elements : _____ Components: _____



Key points :

Description

PLAY SOCCER IN CROSS ICE FORMAT, NO STICKS.