



Practice Plan

Team: TIMBITS

Practice No.: 6

Date : _____

Time: _____

Duration: 60 MINUTES

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

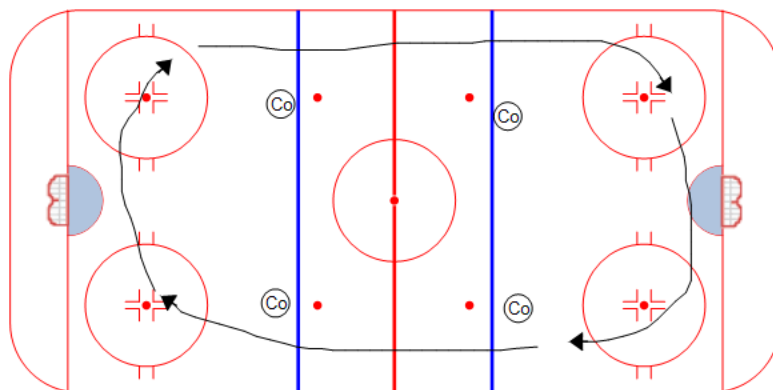
SESSION OBJECTIVES: INTRODUCE: 1.LATERAL MOVEMENT 2.FIGURE 8'S 3.EDGE CONTROL
REVIEW: 1.ABC'S 2.GLIDING 3.C CUTS 4.SNOW PLOW STOP

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

Title : FREE SKATE # 4 Content elements: _____ Components : _____

Description

SKATE CLOCKWISE, BETWEEN BLUE LINES:
1. GLIDE ON 1 FOOT
2. JUMP THE LINES
3. ALTERNATE C CUTS
4.SPEED UP
CAN BE DONE WITH OR WITHOUT PUCKS



Key Points :

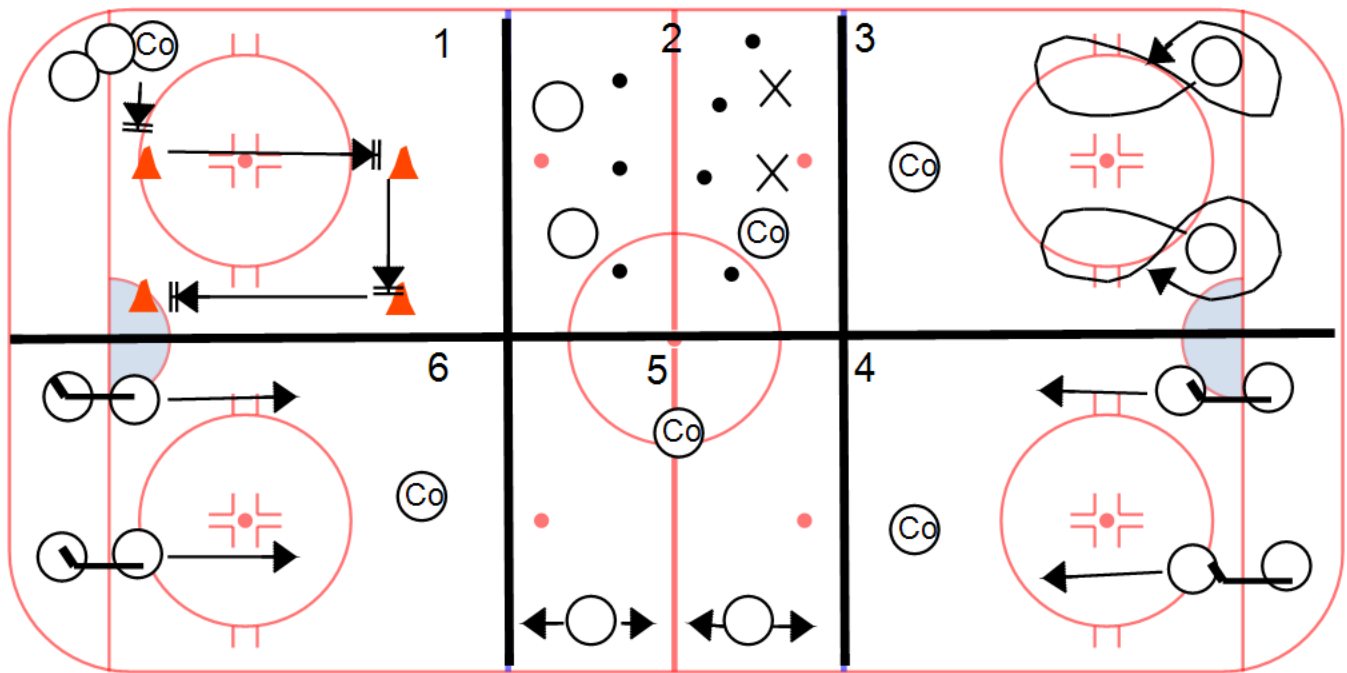
Drill no. : _____ Duration : 40 Minutes From : _____ To : _____

Category #1 :

Title : PRACTICE #6 SKILL STATIONS

Category #2 :

Content elements : _____ Components: _____

Key points :

Description

1 SNOW PLOW STOP

REVIEW AND DEMONSTRATE STOPS EMPHASIZE GLIDE BEFORE STOP. PLAYERS LINE AS DIAGRAMMED AND SKATE TO EACH PYLON AND PERFORM A 2 FOOT SNOW PLOW TO COMPLETE STOP. NEXT PLAYER GOES ONCE FIRST PLAYER REACHES FIRST PYLON. COACHES REVIEW TECHNIQUE AND CORRECT.

KEY TEACHING / DEVELOPMENT POINTS

- GLIDERS STANCE
- TOES IN, HEELS OUT, PUSH DOWN AND OUT
- ENSURE FULL STOP

2. GARBAGE MAN

DIVIDE GROUP INTO 2 TEAMS AND ASSIGN EACH TEAM TO ONE FACE OFF CIRCLE AS A HOME BASE. SCATTER PUCKS AROUND THE ZONE AND ON SIGNAL PLAYERS MUST SKATE AROUND AND STOP TO PICK UP ONE PUCK AT A TIME (PIECE OF GARBAGE) AND RETURN IT TO THEIR HOME BASE (DUMP). PLAYERS MUST LEAVE THEIR GLOVES ON. THE TEAM THAT COLLECTS THE MOST GARBAGE WINS.

KEY TEACHING / DEVELOPMENT POINTS

- BALANCE AND AGILITY
- COMPLETE SNOW PLOW STOP

3. FIGURE 8'S INSIDE EDGE

REVIEW AND DEMONSTRATE KEY POINTS. PLAYERS RIDE INSIDE EDGE IN FIGURE 8 PATTERN STARTING WITH RIGHT FOOT INSIDE EDGE UNTIL THE PLAYER HAS COMPLETED A FULL CIRCLE THEN SWITCH TO LEFT SKATE AND REPEAT. EMPHASIZE PROPER KNEE BEND AND UPPER BODY CONTROL

KEY TEACHING / DEVELOPMENT POINTS

- BASIC STANCE
- DEEP KNEE BEND FOR BALANCE AND CONTROL
- UPPER BODY CONTROL, SHOULDERS SQUARE

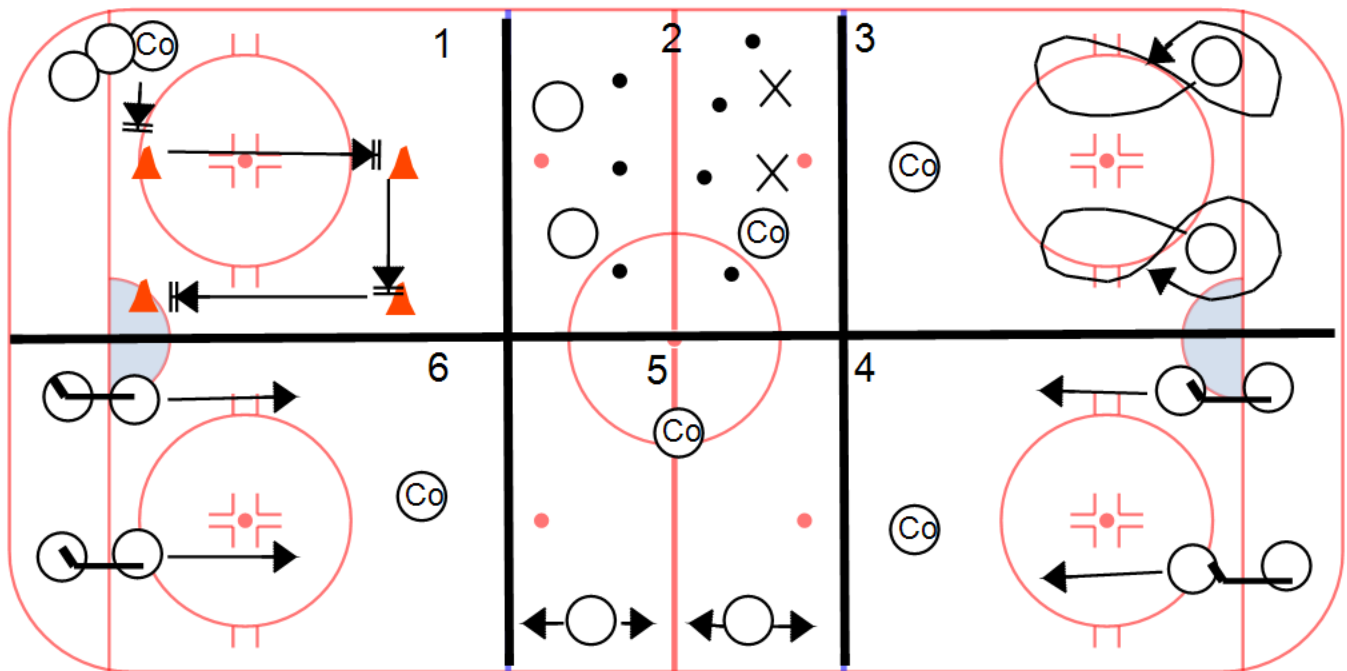
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Title : PRACTICE #6 SKILL STATIONS CONT

Category #2 :

Content elements : _____ Components: _____

Key points : Description**4. HORSE AND BUGGY**

PLAYERS PARTNER UP, ONE PLAYER PULLS THE OTHER PLAYER DOWN THE UP THE ICE USING 2 STICKS, BLADES DOWN, ALTERNATE PLAYERS ON RETURN TRIP. GLIDER PROVIDES RESISTANCE WITH 1 FOOT SNOWPLOW, PULLER MUST USE C CUTS ALTERNATING. FOCUS ON PULLER POSTURE, BODY ANGLE, STRIDE LENGTH AND RECOVERY. GLIDER CAN IMPROVE 1 FOOT STOP BY FINDING APPROPRIATE LEVEL OF RESISTANCE BY VARYING WEIGHT PLACED ON STOPPING FOOT. GLIDER CAN ALTERNATE FEET ON SUCCESSIVE TRIPS AND TO STEER.

KEY TEACHING / DEVELOPMENT POINTS

- BASIC STANCE / PULLER
- C CUT EXTENSION AND RECOVERY
- 1 FOOT SNOW PLOW

5. LATERAL MOVEMENT

REVIEW AND DEMONSTRATE KEY POINTS (BASIC STANCE, 1 FOOT IN FRONT OF THE OTHER). PLAYERS LINE UP IN BASIC STANCE AND TRY 1 SIDE STEP TO THE LEFT AND THEN 1 TO THE RIGHT, THEN 2 AND THEN 3. PLAY SIMONS SAYS AND INCLUDE LATERAL MOVEMENT WITH OTHER ABC'S (ON KNEES, GET UP, HOP, TIP TOES, HEELS, BALANCE ON 1 FOOT, ON STOMACH, ROLL OVER, ETC.

KEY TEACHING / DEVELOPMENT POINTS

- BASIC STANCE
- BALANCE AND AGILITY
- *** CAN BE DONE USING TORNADOS EDGE***

6. HORSE AND BUGGY

PLAYERS PARTNER UP, ONE PLAYER PULLS THE OTHER PLAYER DOWN THE UP THE ICE USING 2 STICKS, BLADES DOWN, ALTERNATE PLAYERS ON RETURN TRIP. FOCUS ON GLIDER'S STANCE AND FEET SHOULDER WIDTH APART WITH BLADES FLAT ON THE ICE. REPEAT GLIDING ON 1 FOOT, GO SLOW AND SAFE AS WELL AS REPEAT WITH GLIDER ZIG ZAGGIN ON 2 FEET AND THEN 1

KEY TEACHING / DEVELOPMENT POINTS

- BASIC STANCE - GLIDING
- GLIDE TURNS
- SKATES FLAT ON ICE

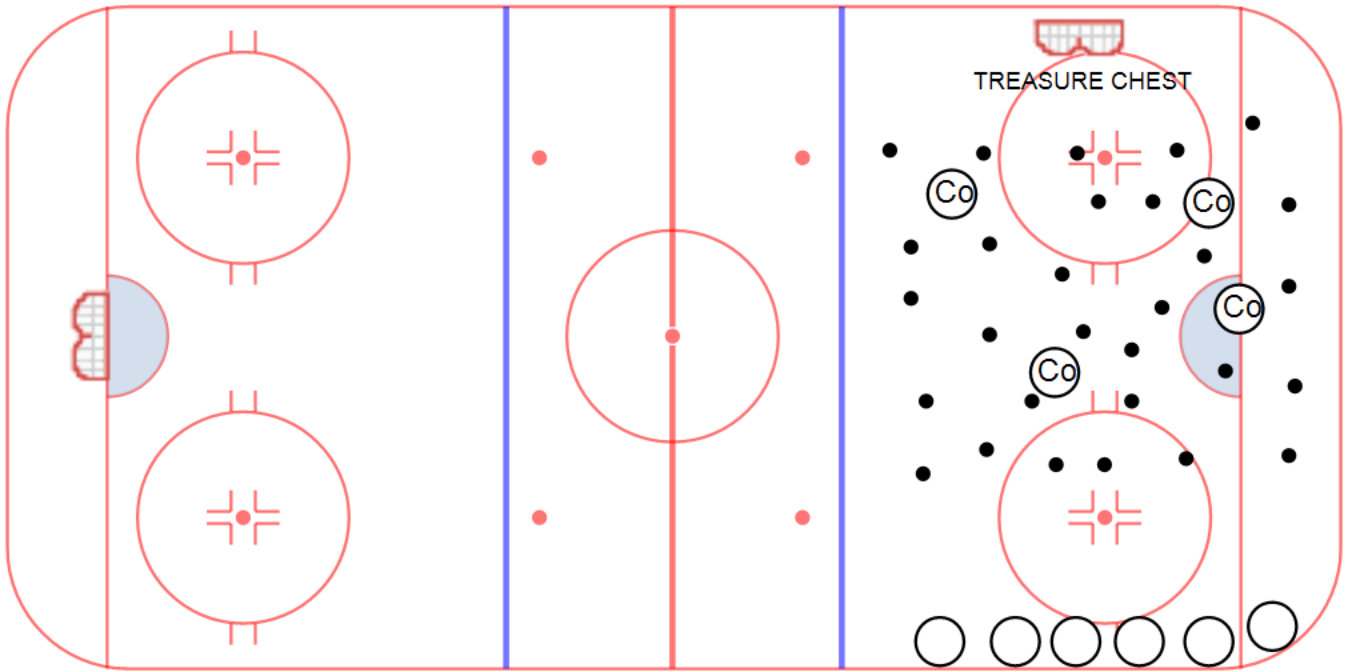
Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

Category #1 :

Title : STEAL THE TREASURE

Category #2 :

Content elements : _____ Components: _____



Key points :

Description

PLAYERS MUST PICK UP A PUCK AND PLACE IT IN THE NET (TREASURE CHEST) WITHOUT GETTING TAGGED BY A COACH. IF THEY GET TAGGED THEY MUST DROP THAT PUCK AND TRY AND GRAB ANOTHER ONE. PLAYERS LEAVE GLOVES ON FOR SAFETY.