



Practice Plan

Team: TIMBITS

Practice No.: _____

Date : _____

Time: _____

Duration: 60 MINUTES

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

SESSION OBJECTIVES:

1. INTRODUCE : PUCKHANDLING STANCE, STATIONARY STICKHANDLING, FIGURE 8'S OUTSIDE EDGE
2. REVIEW: ABC'S LATERAL MOVEMENT, SNOW PLOW STOP, FIGURE 8 INSIDE EDGE

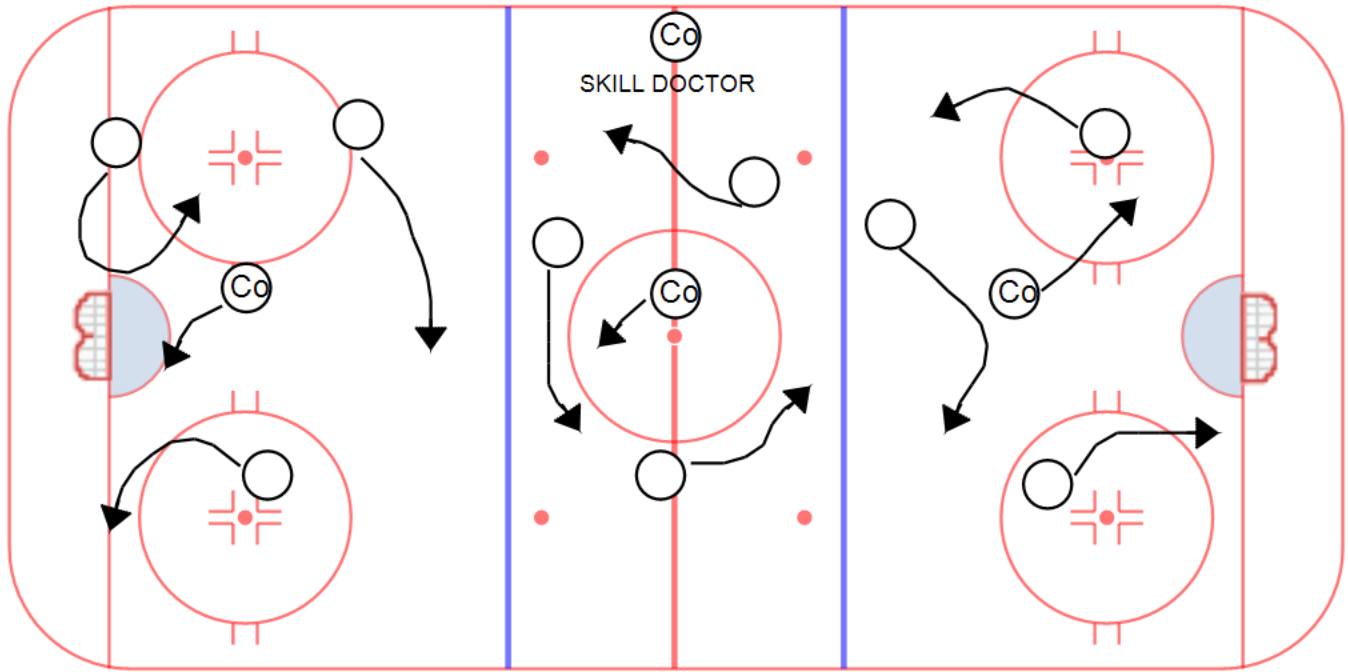
Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

Category #1 :

Title : TAG _____

Category #2 :

Content elements : _____ Components: _____



Key points :

Description

PLAYERS SKATE AROUND TRYING NOT TO GET TAGGED BY THE COACHES. IF TAGGED THE PLAYERS MUST GO SEE THE "SKILL DOCTOR" WHO ASSIGNS A SKILL TASK TO COMPLETE BEFORE THEY CAN RETURN TO THE GAME. SUGGESTED SKILL TASK INCLUDE: FALL TO KNEES AND GET UP, BALANCE ON ONE FOOT, JUMP ON ONE FOOT, ETC. PLAY WITH OUT WITHOUT PUCKS.

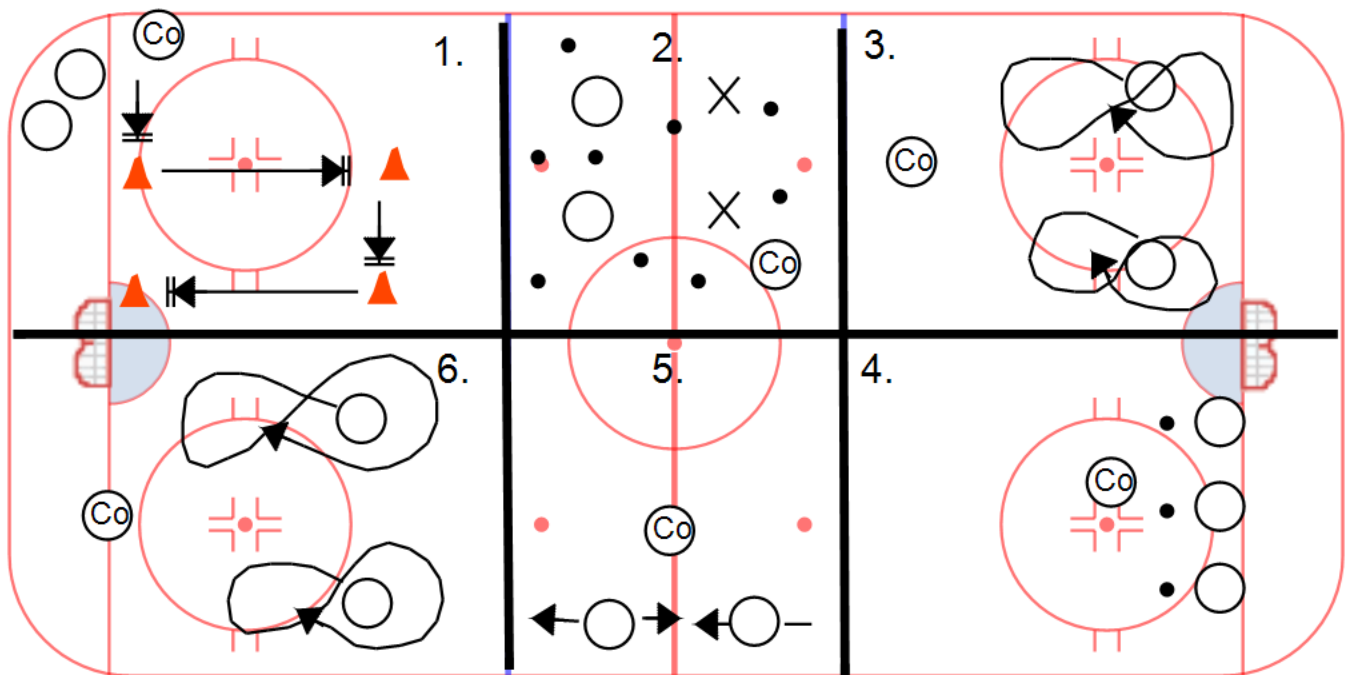
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Title : PRACTICE 7 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 : _____

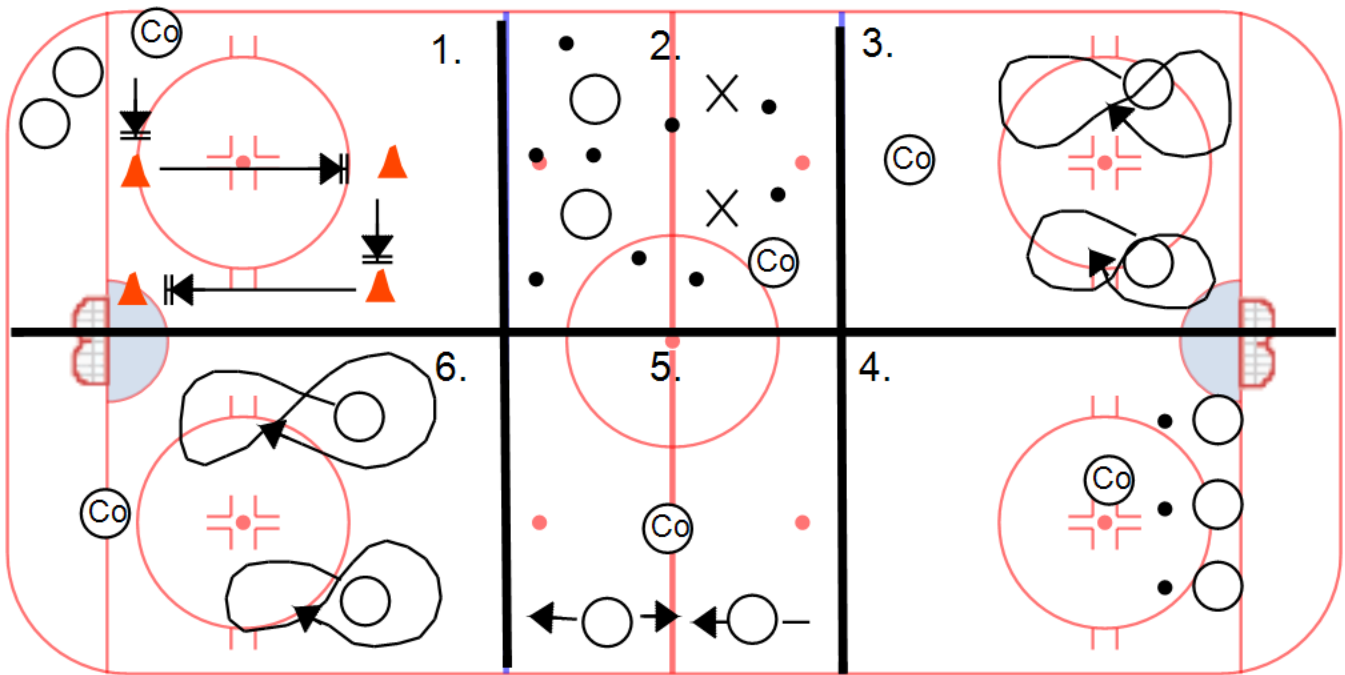
Category #1 :

Title : PRACTICE 7 SKILL STATIONS CON'T

Category #2 :

Content elements : _____

Components: _____

Key points :

Description

4. PUCKHANDLING STANCE / STATIONARY STICKHANDLING

REVIEW AND CORRECT BASIC STANCE. LINE PLAYERS UP IN STICKHANDLING POSITION WITH A PUCK IN FRONT OF THEM. PUT HEEL OF STICK 2-4 CM ABOVE PUCK AND HAVE THEM ROLL WRISTS SO THEY TOUCH THE TIP OF THEIR STICK ON ICE ON EACH SIDE OF THE PUCK. DEMONSTRATE AND STRESS KEY POINTS OF PUCKHANDLING WHILE PLAYERS MOVE PUCK FROM SIDE TO SIDE WHILE STATIONARY. HAVE COACH HOLD UP FINGERS AND HAVE PLAYERS SHOUT OUT HOW MANY FINGERS THERE ARE.

KEY TEACHING / DEVELOPMENT POINTS

- BASIC STANCE (EMPHASIZE EYES UP , CHEST UP , KNEES BENT)
- ROLE WRISTS TO CUSHION PUCK
- ELBOWS AND HANDS AWAY FROM THE BODY

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. FIGURE 8'S OUTSIDE EDGE

REVIEW AND DEMONSTRATE KEY POINTS. PLAYERS RIDE OUTSIDE 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

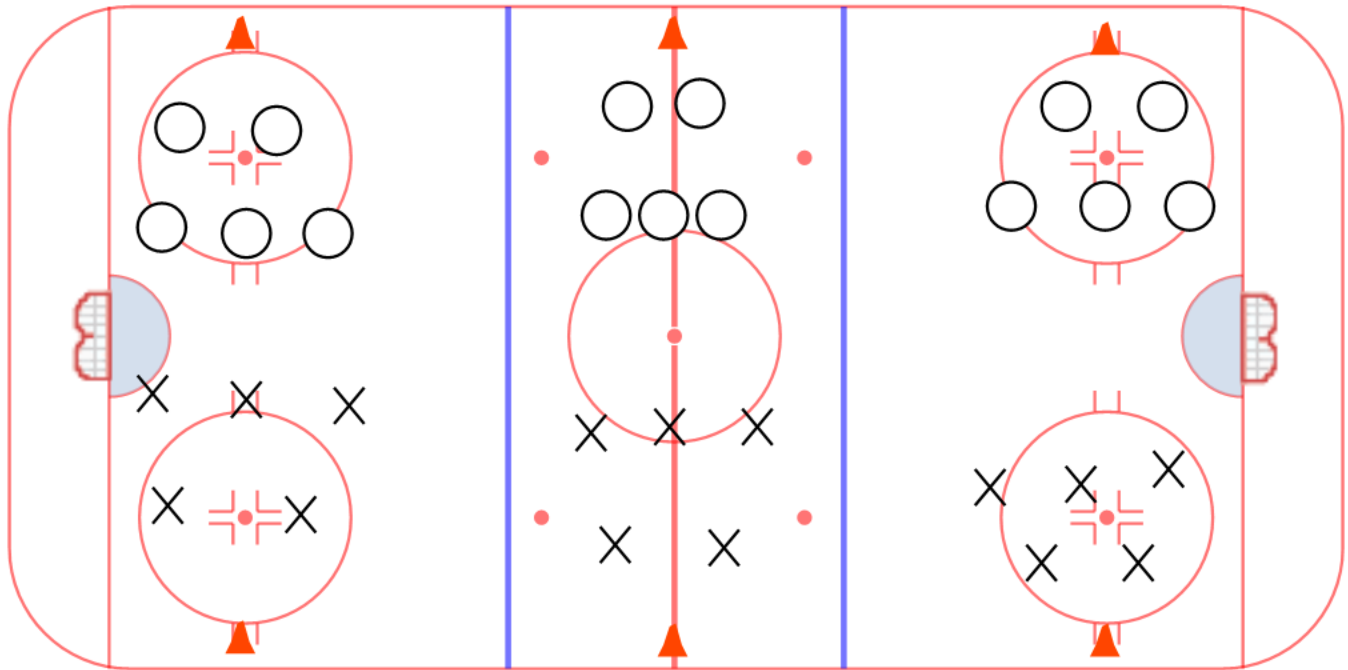
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Title : FUN SCRIMMAGE

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.