



Practice Plan

Team: TIMBITS

Practice No.: 8

Date : _____

Time: _____

Duration: 60 MINUTES

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

SESSION OBJECTIVES:

INTRODUCE: 1.FOREHAND SWEEP SHOT 2.SKATING WITH PUCK

REVIEW: 1.ABC'S 2.SNOW PLOW STOP 3.LATERAL MOVEMENT 4.PUCKHANDLING STANCE 5.STATIONARY STICKHANDLING 6.FIGURE 8'S-OUTSIDE EDGE

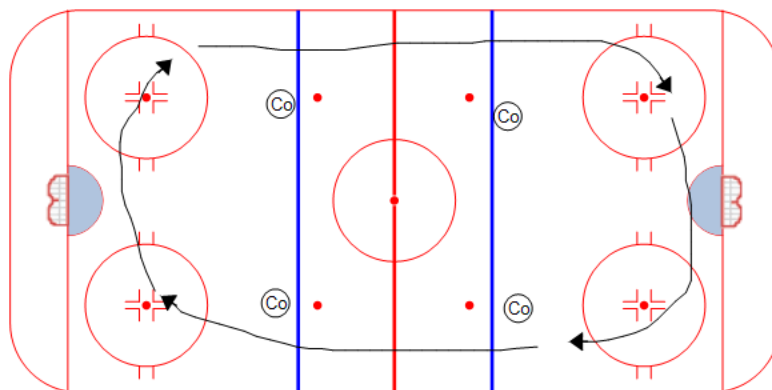
Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

Title : FREE SKATE # 5 Content elements: _____ Components : _____

Description

SKATE CLOCKWISE, BETWEEN BLUE LINES:

1. GLIDE ON 1 FOOT
 2. JUMP THE LINES ON ONE FOOT
 3. C CUTS BOTH FEET
 4. SPEED UP
- CAN BE DONE WITH OR WITHOUT PUCKS



Key Points :

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

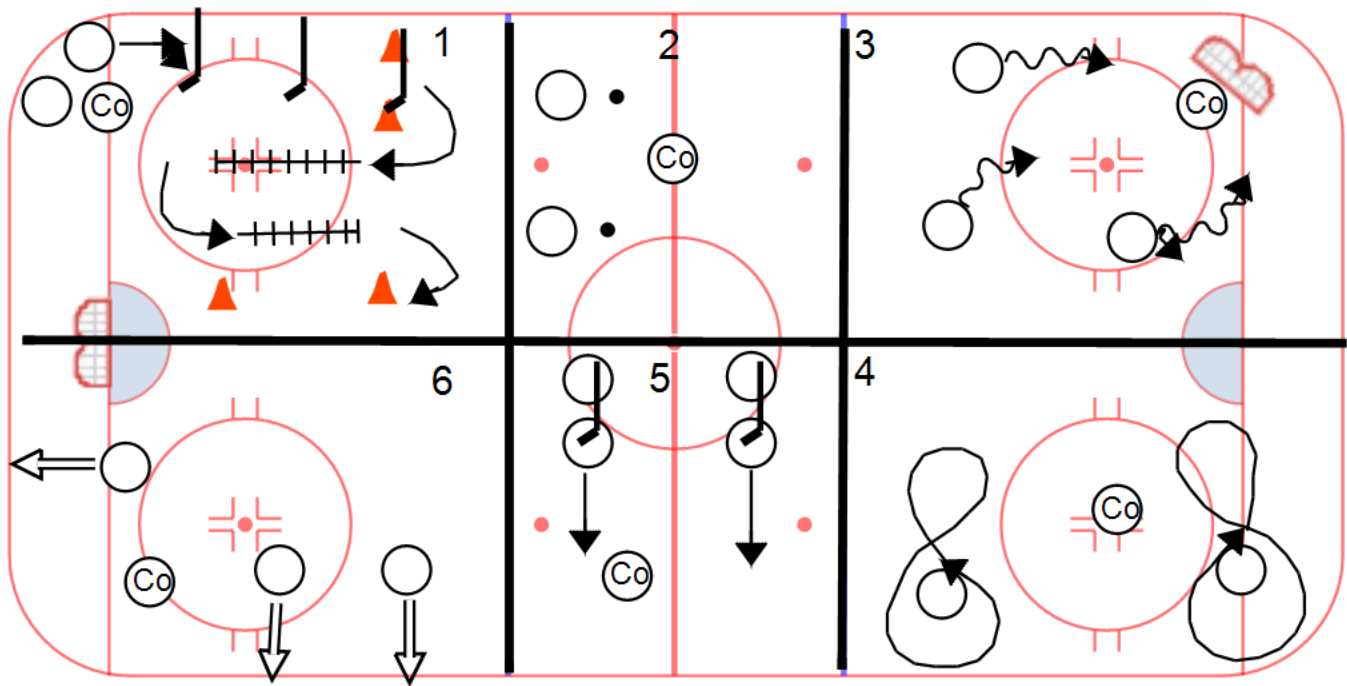
Category #1 :

Title : PRACTICE 8 SKILL STATIONS

Category #2 :

Content elements : _____

Components: _____



Key points :

Description

1. OBSTACLE COURSE

ARRANGE STICKS AND CONES AS DIAGRAMMED. PLAYERS BEGIN IN THE CORNER AND STEP OVER STICKS, THEN SLIDE UNDER THE OBSTACLE ON STOMACH WITH HANDS OUT HEADS UP. PLAYER THEN DOES LATERAL CROSSOVERS TOWARDS GOAL LINE AND THEN BACKWARDS TOWARDS THE BLUE ALWAYS FACING THE SAME DIRECTION. PLAYER THEN ZIG ZAGS AROUND CONES AND RETURNS TO LINE

KEY TEACHING / DEVELOPMENT POINTS

- FALLING AND GETTING UP SAFELY
- BALANCE AND AGILITY

2. 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

3. SKATING WITH PUCK

PLAYERS SKATE FREELY STICKHANDLING MOVING IN ALL DIRECTIONS MAINTAINING CONTROL OF THE PUCK, COACHES REVIEW AND CORRECT FORM. FUN TIME- PLACE A NET IN ONE OF THE CORNERS WITH PLAYERS SKATING FREELY STICKHANDLING AND PUCK THE PUCK IN THE NET, COACHES LIGHTLY SHOOT THE PUCK SOMEWHERE IN THE ZONE. THE CHALLENGE IS FOR THE PLAYERS TO FILL THE NET WHILE THE COACHES TRY AND EMPTY THE NET.

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

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

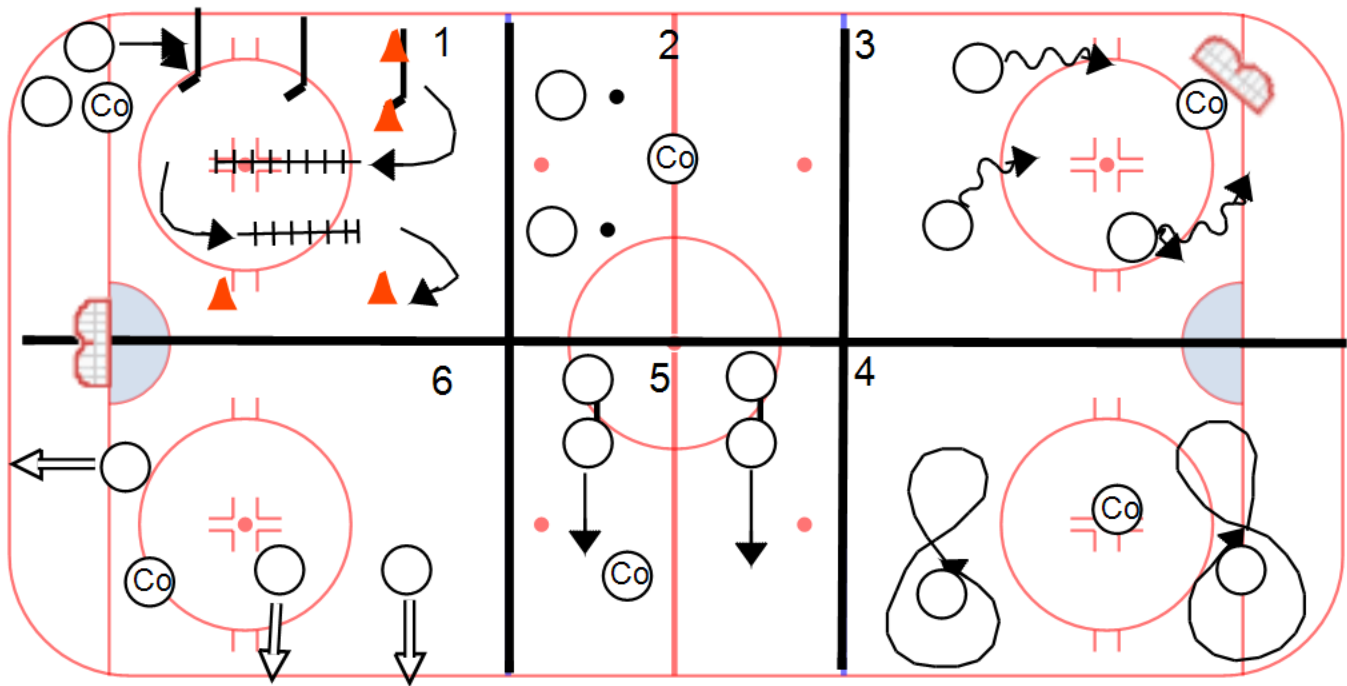
Category #1 :

Title : PRACTICE 8 SKILL STATIONS CONT

Category #2 :

Content elements : _____

Components: _____

Key points :

Description

4. 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

5. 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 CREATE POWER WITH LONG, LOW STRIDES. FOCUS ON GLIDERS 1 FOOT SNOW PLOW. 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. PULLER GETS TO IMPROVE POSTURE, BODY ANGLE, STRIDE LENGTH AND RECOVERY

KEY TEACHING / DEVELOPMENT POINTS

- BASIC STANCE / PULLER
- PULLER'S POWERFUL STRIDE, EXTENSION AND RECOVERY
- 1 FOOT SNOW PLOW

6. FOREHAND SWEEP SHOT

REVIEW AND DEMONSTRATE KEY POINTS. PLAYERS IN BASIC STANCE WITHOUT PUCKS, PRACTICING TECHNIQUE (DRAW BACK, PULL THROUGH, TRANSFER WEIGHT, FOLLOW THROUGH POINTING AT TARGET) PLAYERS SPREAD OUT AND STAND STATIONARY ABOUT 3-4 METERS FROM THE BOARDS AND SHOOT FOR A SPOT ON THE BOARDS.

KEY TEACHING / DEVELOPMENT POINTS

- FEET PARALLEL TO BOARDS
- DRAW BACK AND PULL THROUGH
- TRANSFER WEIGHT
- FOLLOW THROUGH AND POINT AT TARGET

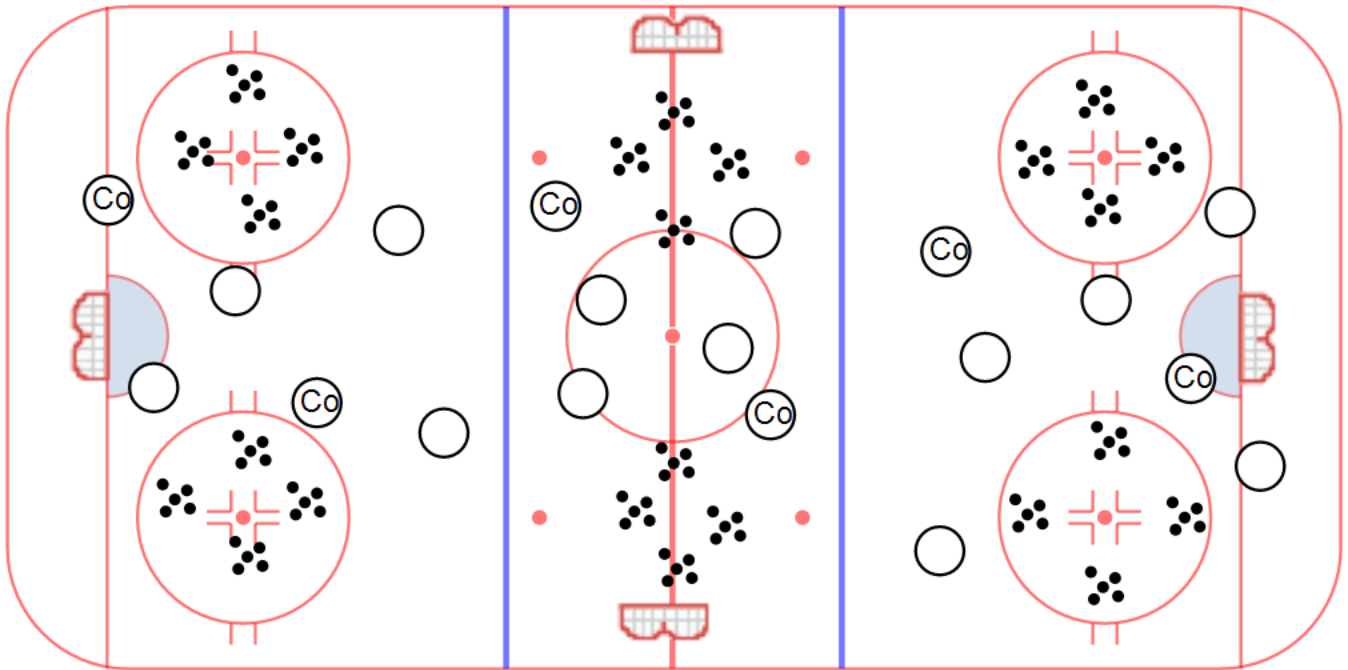
Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

Category #1 :

Title : A BUG'S LIFE _____

Category #2 :

Content elements : _____ Components: _____



Key points :

Description

PLACE PUCKS (FOOD) AS DIAGRAMMED. PLAYERS (ANTS) CONTROL PUCKS AND TRY TO PUT THEM IN THE NET (ANT HILLS) WHILE COACHES (GRASSHOPPERS) TRY TO TAKE PUCKS AWAY. PLAYERS CAN TRY AND TAKE THE PUCK BACK FORM COACHES OR GO GET ANOTHER PUCK. PLAYERS TRY TO GET ALL THE PUCKS IN THE NET BEFORE A SET TIME RUNS OUT.