



# Practice Plan

Team: TIMBITS

Practice No.: 9

Date : \_\_\_\_\_

Time: \_\_\_\_\_

Duration: 60 MINUTES

Version No.: \_\_\_\_\_

Prepared by: \_\_\_\_\_

## Objectives / Main tasks :

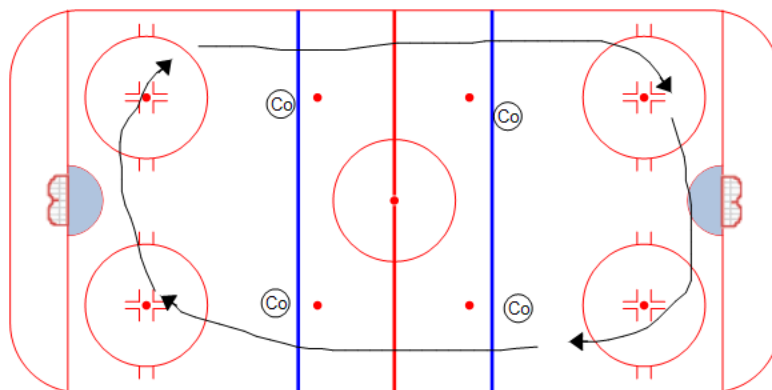
SESSION OBJECTIVES:  
INTRODUCE: 1.BACKHAND SHOT 2.STARTING WITH PUCK  
REVIEW: 1.ABC'S, 2. FOREHAND SHOT 3.SKATING WITH PUCK 4.STATIONARY STICKHANDLING

Drill no. : \_\_\_\_\_ Duration : 10 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : FREE SKATE # 6 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. STOP N GO ON RED LINE ( FACE SAME DIRECTION)  
CAN BE DONE WITH OR WITHOUT PUCKS



Key Points :

Drill no. : \_\_\_\_\_ Duration : 40 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

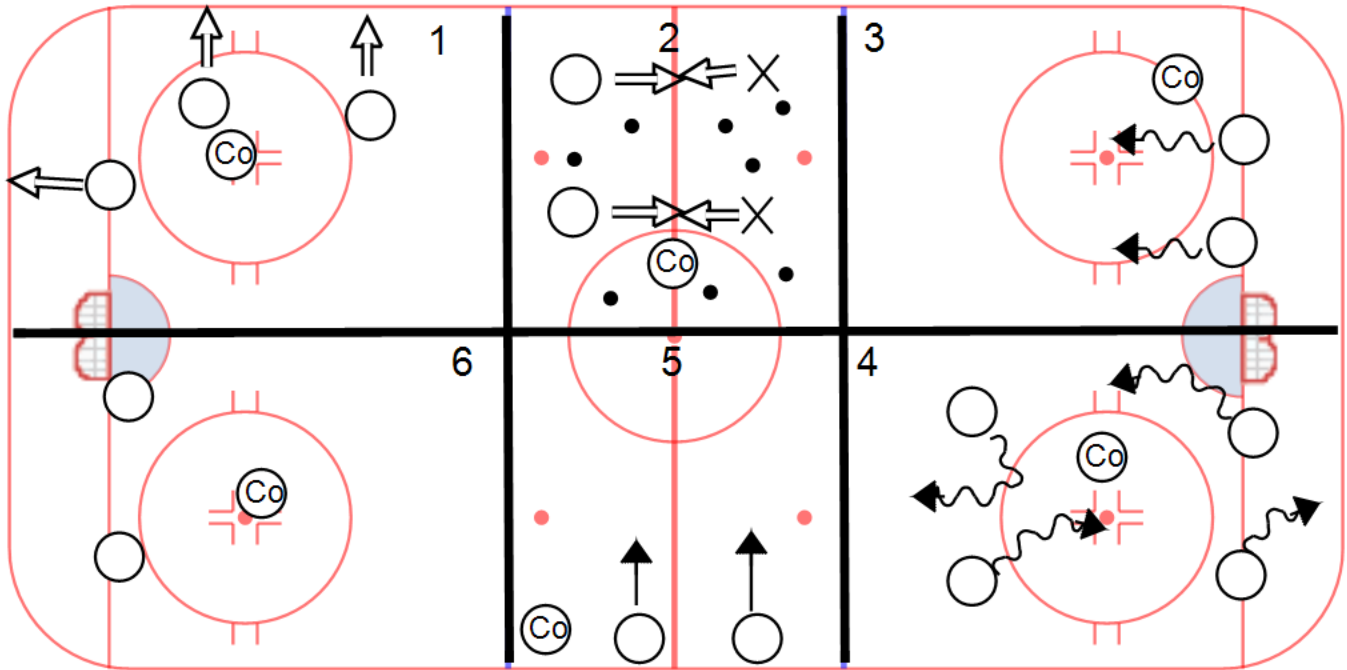
Category #1 : 

Title : PRACTICE 9 SKILL STATION

Category #2 : 

Content elements : \_\_\_\_\_

Components: \_\_\_\_\_

Key points :    

### Description

#### 1. BACKHAND SWEEP SHOT

REVIEW AND DEMONSTRATE KEY POINTS. PLAYERS IN BASIC STANCE WITHOUT PUCKS, PRACTICING TECHNIQUE ( DRAW BACK, PULL THROUGH, TRANSFER WEIGHT, FOLLOW THROUGH POINTING BLADE TOE 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 POINTING BLADE TOE AT TARGET

#### 2. SCATTER PUCK

DIVIDE INTO 2 TEAMS, PAINT DIVIDING LINE DOWN MIDDLE OF ICE AND GIVE EACH TEAM AN EQUAL NUMBER OF PUCKS. ON SIGNAL PLAYERS SHOOT THEIR PUCKS TO OTHER SIDE OF THE ICE AND CONTINUE GATHERING AND SHOOTING UNTIL THE WHISTLE. PLAYERS MAY NOT CROSS THE LINE AND THE TEAM WITH THE FEWEST PUCKS ON THEIR SIDE WINS. DISTRIBUTE PUCKS AGAIN AND CONTINUE

#### KEY TEACHING / DEVELOPMENT POINTS

- SWEEP SHOT FUNDAMENTALS
- RAPID RELEASE

#### 3. STARTING WITH PUCK

EACH PLAYER HAS A PUCK AND MOVES PUCK LEFT AND RIGHT IN FRONT OF BODY, REPEAT BUT PLAYERS CALL OUT THE NUMBER OF FINGERS THE COACH IS HOLDING UP. NEXT MOVE PUCK TO THE SIDE AND MOVE PUCK FRONT TO BACK. NEXT PLAYERS MOVE AT AN EASY PACE AND STICKHANDLE BUT LIMITING SIDE TRAVEL OF THE PUCK. REVIEW AND DEMONSTRATE STARTING WITH A PUCK BY - PUSH THE PUCK SLIGHTLY AHEAD, SKATE OUT TO IT AND STICKHANDLE WHILE MOVING. PLAY GAME OF RED LIGHT GREEN LIGHT.

#### KEY TEACHING / DEVELOPMENT POINTS

- PUCK HANDLING STANCE
- EYES UP, ELBOWS AND HANDS AWAY FROM BODY
- ROLL WRISTS

Drill no. : \_\_\_\_\_ Duration : 10 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

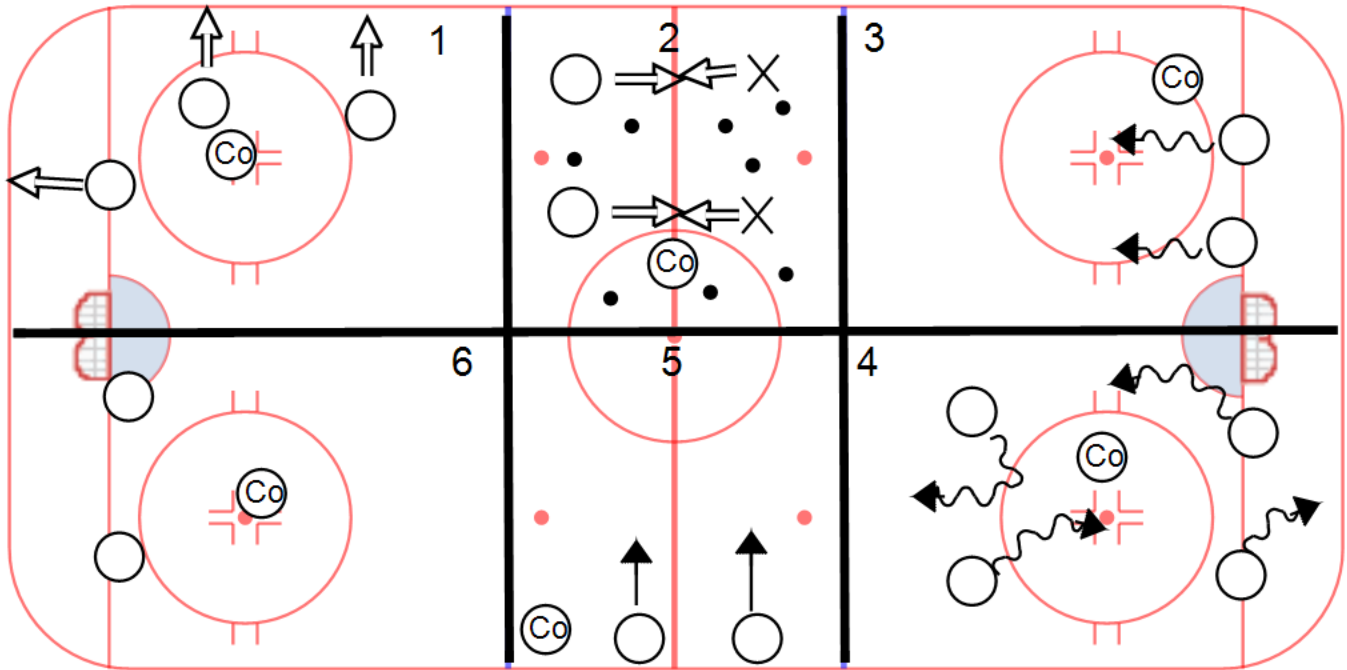
Category #1 : 

Title : PRACTICE 9 SKILL STATION CONT

Category #2 : 

Content elements : \_\_\_\_\_

Components: \_\_\_\_\_

Key points :    

### Description

#### 4. INSIDE OUT

PLAYERS BEGIN WITH A PUCK AND STICK HANDLES ANYWHERE IN THE ZONE, WHEN THE COACH SAYS " INSIDE" PLAYERS MUST STICKHANDLE INSIDE THE CIRCLE AND WHEN THE COACH SAYS OUTSIDE PLAYERS STICKHANDLE ANY WHERE OUTSIDE OF THE CIRCLE. REPEAT SEVERAL TIMES ENCOURAGING PLAYERS TO MOVE QUICKLY STICKHANDLING IN A CONFINED SPACE WITH EYES UP TO AVOID COLLISIONS.

#### KEY TEACHING / DEVELOPMENT POINTS

- STICKHANDLING FUNDAMENTALS
- EYES UP TO AVOID COLLISIONS
- GOOD WIDTH, SHIFT WEIGHT, ROLL WRISTS

#### 5. GLIDING WITH KNEE BEND

REVIEW AND DEMONSTRATE KEY POINTS. PLAYERS LINE UP AND TAKE A FEW STRIDES TO GAIN MOMENTUM THEN GLIDES ON ONE FOOT. ONCE GLIDING ADD A DEEP KNEE BEND, PLAYER HOLDS FOR 1-2 SECONDS THEN RISES AND REPEATS WITH SAME FOOT AND THEN THE OTHER FOOT.

#### KEY TEACHING / DEVELOPMENT POINTS

- BASIC STANCE
- DEEP KNEE BEND

#### 6. STATIONARY PUCK CONTROL

LINE PLAYERS UP IN STICKHANDLING POSITION WITH A PUCK IN FRONT OF THEM. HAVE PLAYERS MOVE PUCK IN FRONT OF BODY NARROW, WIDE AND THEN NARROW WIDE COMBINATION, CONTINUE WHILE PLAYERS SHOUT OUT NUMBER OF FINGERS COACH IS HOLDING UP.

#### KEY TEACHING / DEVELOPMENT POINTS

- STICKHANDLING FUNDAMENTALS
- EYES UP
- SHIFT WEIGHT ON WIDE, ROLL WRISTS

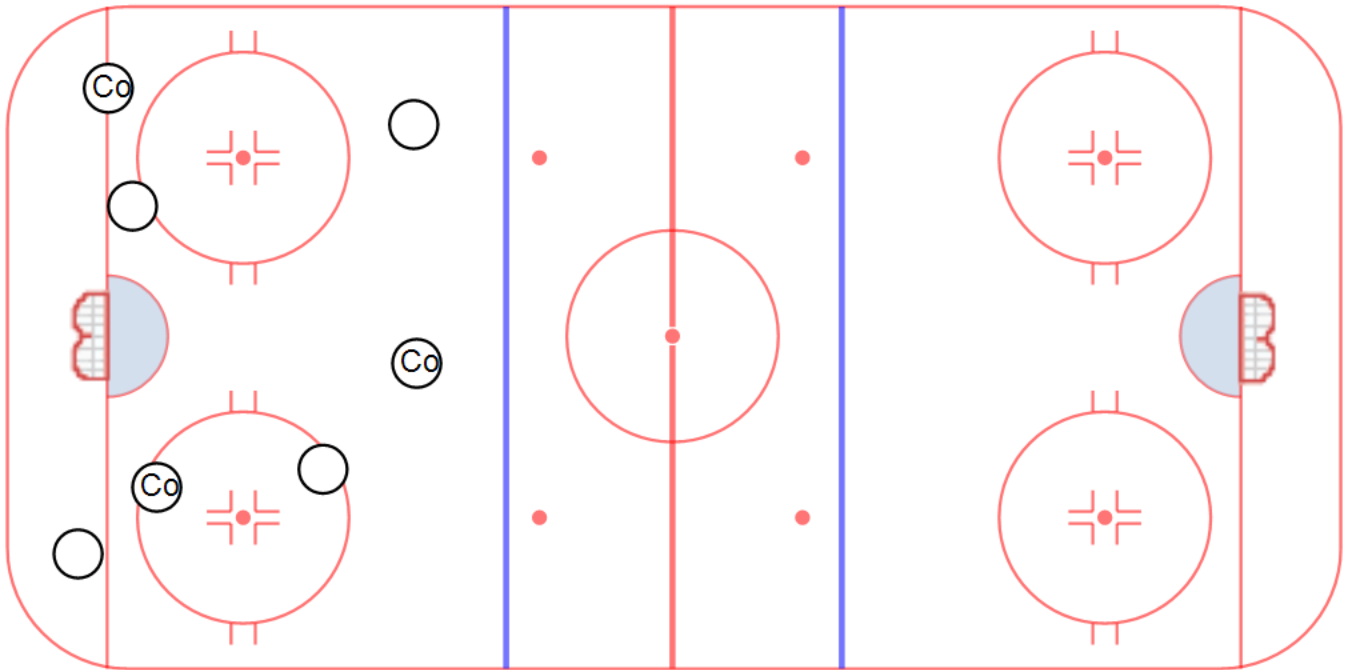
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Category #1 :

Title : TOILET BOWL TAG

Category #2 :

Content elements : \_\_\_\_\_ Components: \_\_\_\_\_



Key points :

Description

PLAYERS PLAY WITHOUT STICKS AND MUST SKATE AROUND THE ZONE WITH HANDS ON THEIR KNEES. COACHES ARE IT AND TRY AND TAG PLAYERS. TAGGED PLAYERS MUST STAND STILL WITH THEIR ARMS STRAIGHT OUT ( FLUSHER) AND LEGS APART AND IN ORDER TO BE FREED, ANOTHER PLAYER MUST SKATE UNDER THEM AND PUSH ARMS DOWN ( FLUSH THE TOILET).