



Practice Plan

Team: initiation development

Practice No.: _____

Date : _____

Time: _____

Duration: 1hr

Version No.: _____

Prepared by: Craig Sherbaty

Objectives / Main tasks :

development of Fundamentals
incorporate fun
develop new skills and abilities

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

Categories

Drill Title : power skating

Components : _____

Content elements : _____

Description

Stride left and right foot
Balance, hockey stance
edge controls Ss
power jumps

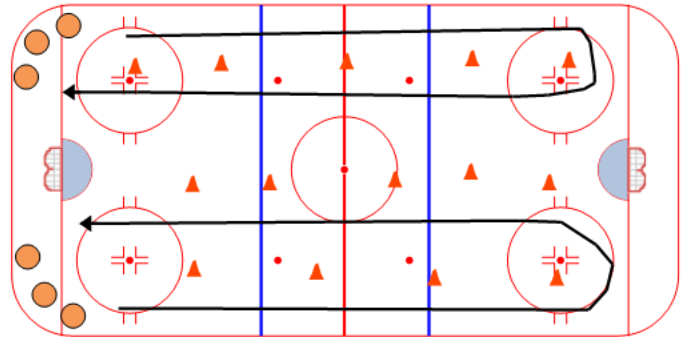
Key Points

stance

balance

agility and technique

power



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

Categories

Drill Title : circuit fundamentals

Components : _____

Content elements : _____

Description

- 1 stationary x overs both ways
- 2 stationary shooting
- 3 tight turns with shot
- 4 stop and starts left foot right foot alternate both feet
- 5 forward stride backward stride.

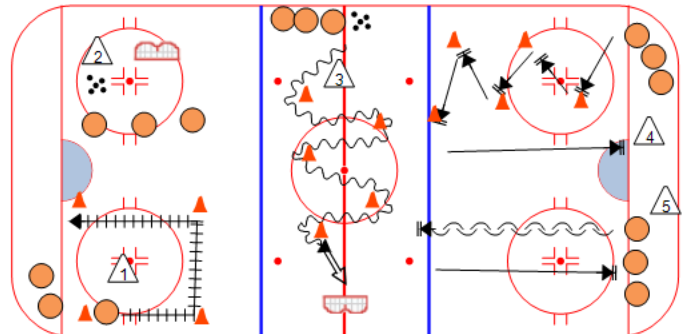
Key Points

technique

power

exaggeration

high repetition



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

Categories

Drill Title : relay race

Components : _____

Content elements : _____

Description

players skate with puck around cone,

skate through neutral zone full speed
and drop the puck at the far cone.

skate back jumping over each line or
dropping to knees at each line.

high five next guy goes.

Key Points

