



Practice Plan

Team: initiation practice

Practice No.: _____

Date : _____

Time: _____

Duration: 1 hour

Version No.: _____

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Objectives / Main tasks :

Fundamentals
 Keeping players active
 quick rotations
 fun at the end

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

Categories

Drill Title : warm up

Components : _____

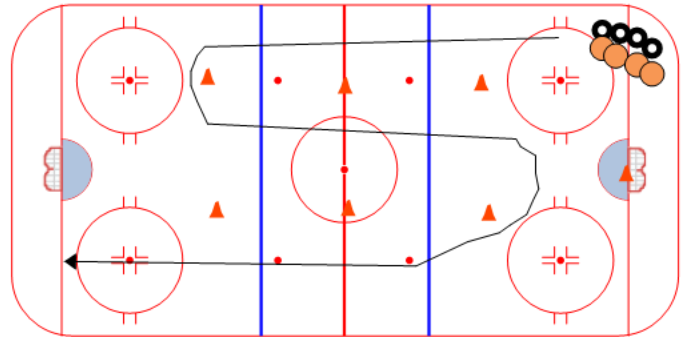
Content elements :

Description

1. players skate pattern forward down boards, but backwards in the middle.
2. left foot, then right, then left.
3. players get a tire and push with there stick!

Key Points

- warm up
- knee bend
- stick on ice
- FASTER IS BETTER



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

Categories

Drill Title : puck control and shooting

Components : _____

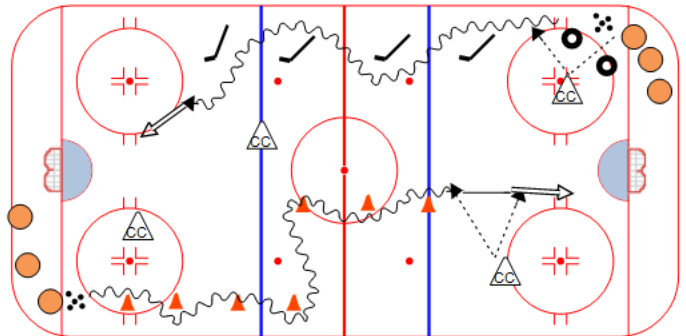
Content elements :

Description

- Player 1 weaves thru cones and executes give and go with CC and shoots return to back of line.
- Player 2 passes to coach thru tires and then dekes the attack triangles finishing with a shot.
- ** ensure good dekes and shooting

Key Points

- wrist roll
- eyes up and down
- proper techniques
- proper stance



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

Categories

Drill Title : game shooting

Components : _____

Content elements : _____

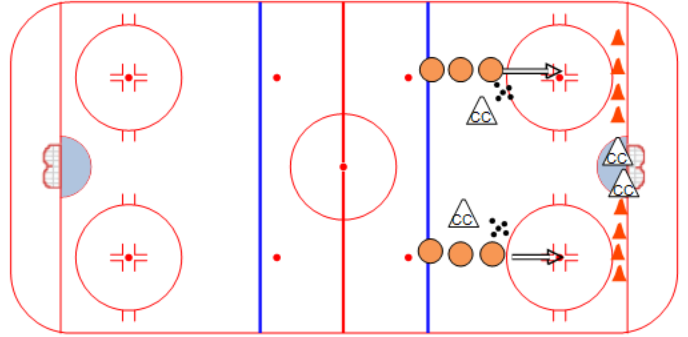
Description

players are in 2 teams. cones are lined up on goal line. Players shoot pucks one at a time at the cones. First team to hit all cones wins!

Losers skate far end and back. Winners skate sideways boards and back.

Key Points

- accuracy
- team work
- fun
- competition intro



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

Categories

Drill Title : checking drill / stop and start

Components : _____

Content elements : _____

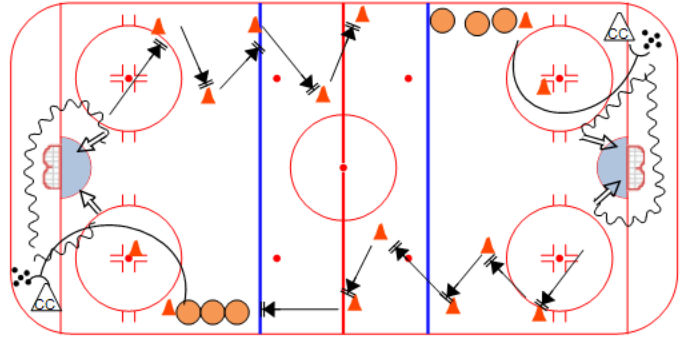
Description

Players start when coach says go. Skate around pylon angle to coach and stick check taking the puck and attacking the net. Then execute stops and starts till they get to opposite line.

** progress by having coach start to skate.

Key Points

- angle
- stick check
- determination
- shooting in tight



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

Categories

Drill Title : Relay race

Components : _____

Content elements : _____

Description

players start forwards pivot backwards at the first cone and then forward again. tight turn all the way around tire and stop at far cone race back and high five the next players.

Everyone cheers on the last players

After finish with team push!!!!

Key Points

- Competition
- team work
- fundamentals
- fun

