

Practice Plan

Team: Skills session 1 Novice and Ato

Practice No.: _____

Date: _____

Time: _____

Duration: 1 hour

Version No.: _____

Prepared by: OMHA

Objectives / Main tasks :

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

Categories

Warm up

Drill Title : Warm-up

Skating

Components : _____

Content elements : _____

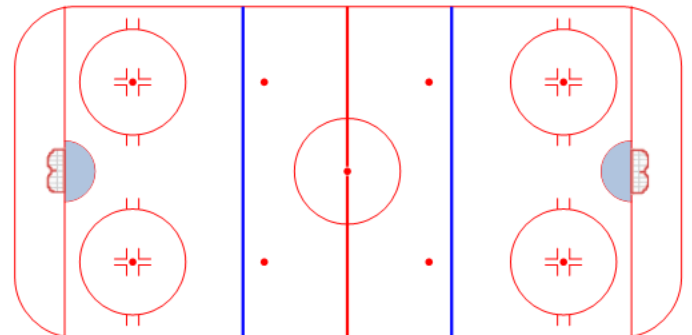
Description

hard between blue lines then backwards between blue lines. other way same thing then a 3 minute stretch at center

NO PUCKS ASSISTANT PUT ON TUTORS OR TAKE SHOTS ON GOALIES

Need to be done in 8 minutes.

Key Points



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

Categories

skating

Drill Title : skating

Puck Control

Components : _____

Content elements : _____

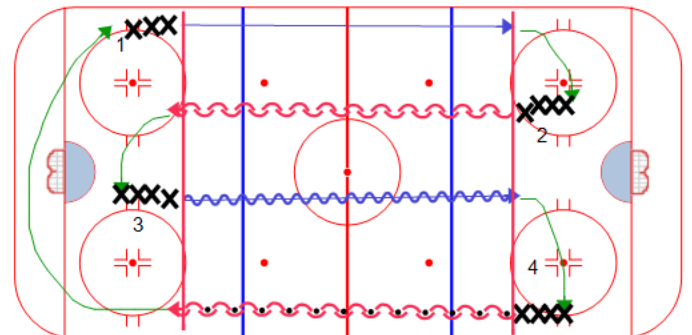
Description

- line 1 forward skate
- line 2 backwards skate
- line 3 Forward with puck
- line 4 Backwards with puck

send players when they hit Red line so 8 players are going at once.

explain for 2 and set up. RUN FOR 8 MINUTES

Key Points



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

Categories

turning

stopping

Drill Title : pylon drill

Components : _____

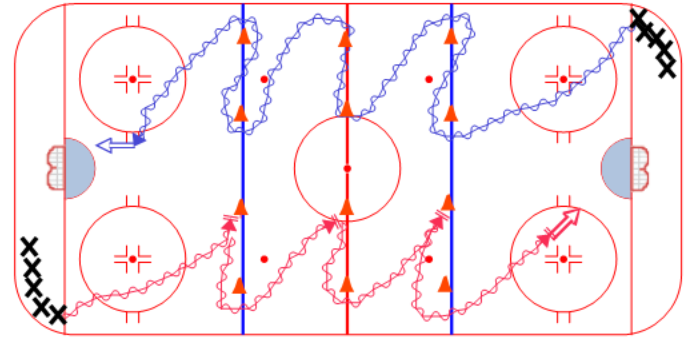
Content elements :

Description

Done with pucks
Blue side is tight turns
red side is stops and starts
finish with shots. always stop facing up the ice.

2 to 3 minutes to explain and then 5 MINUTES ON EACH SIDE.

Key Points



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

Categories

turning

cross-overs

Drill Title : Cross-overs and tight turns

Components : _____

Content elements :

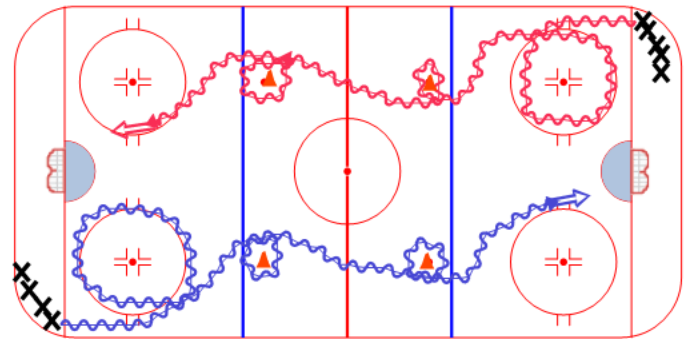
Description

5 Minutes on each side. looking for player to tight turn both ways not just his strong way. take shot at end. leave either on whistle or when players comes around circle. Novice will be whistle.

5 MINUTES ON EACH SIDE

2 to 3 to explain and 10 minute drill

Key Points



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

Categories

Pivots

backward skating

Drill Title : Pivots

Components : _____

Content elements :

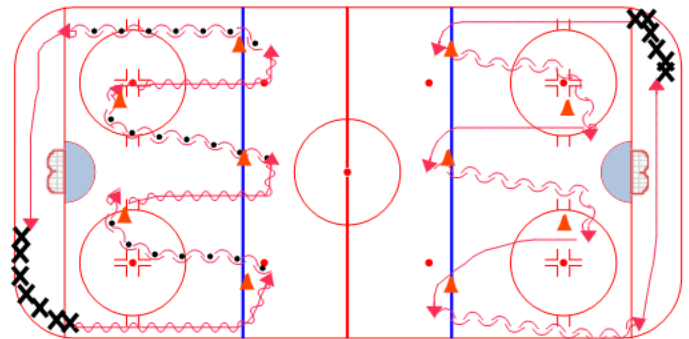
Description

Forward the backwards focusing on pivoting. with and with-out pucks. split black and white

2 and 1/2 MINUTES without pucks then 2 and 1/2 MINUTES with pucks

switch corners and repeat

Key Points



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

Categories

3 on 3

2 on 2

Drill Title : one end battle

Components : _____

Content elements : _____

Description

White vs Black both ends. puck is dumped in and we will play 3 on 3 or 2 on 2 depending on numbers. play until coach makes switch. on a puck turnover one pass to a teammate changes you from defense to offense. evaluatirs looking for give and go's, supporting of puck, defensive coverage and compete. ONLY DO if extra TIME

Key Points

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