



# 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 :

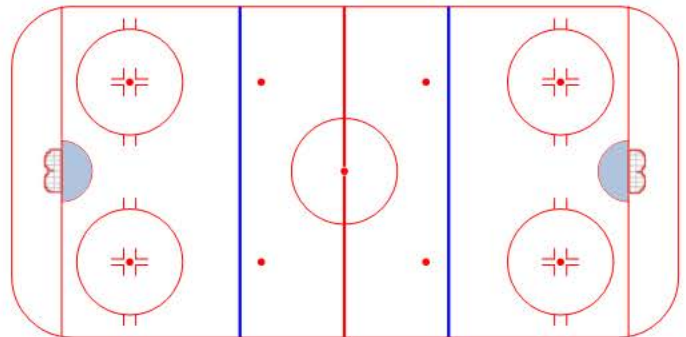
#### Description

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 :

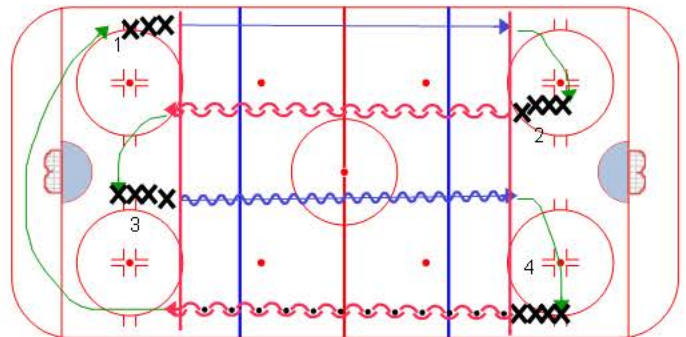
#### Description

- 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

Drill Title : pylon drill

stopping

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

Content elements :

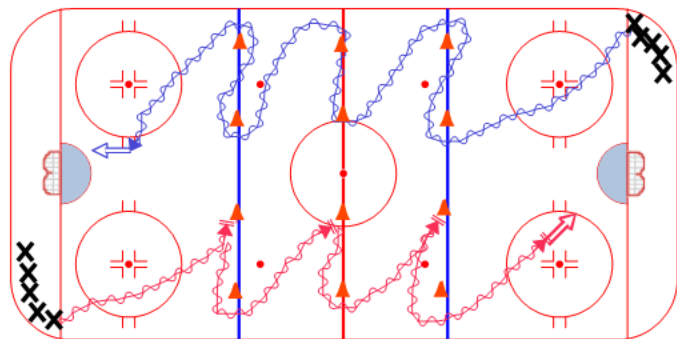
Description

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

Four empty rectangular boxes for key points.



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

**Categories**

turning

Drill Title : Cross-overs and tight turns

cross-overs

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

Content elements :

Description

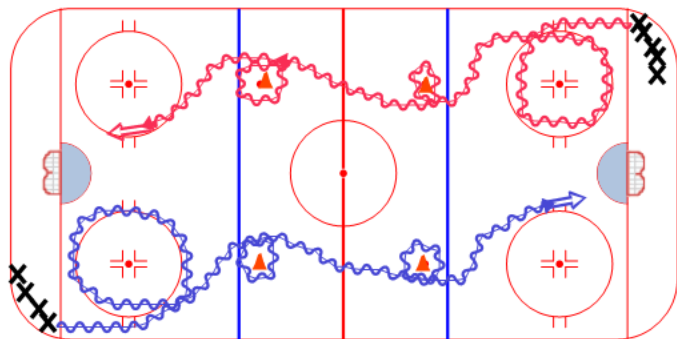
5 Minutes on each side. looking for player to tight turn both ways not just his strong way. take shot at end. leave either on whistle or when players comes around circle. Novice will be whistle.

5 MINUTES ON EACH SIDE

2 to 3 to explain and 10 minute drill

Key Points

Four empty rectangular boxes for key points.



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

**Categories**

Pivots

Drill Title : Pivots

backward skating

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

Content elements :

Description

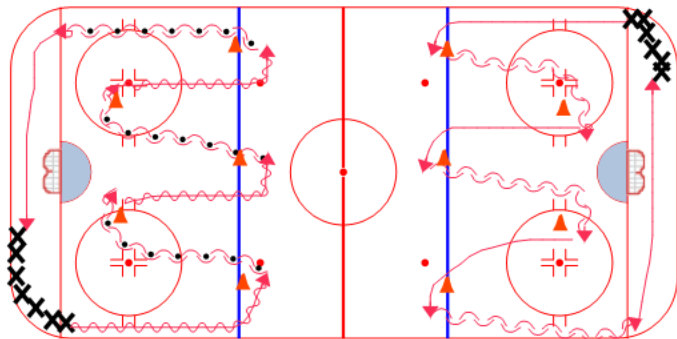
Forward the backwards focusing on pivoting. with and with-out pucks. split black and white

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

switch corners and repeat

Key Points

Four empty rectangular boxes for 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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