



Practice Plan

Team: Skills session 1 Atom

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 : _____

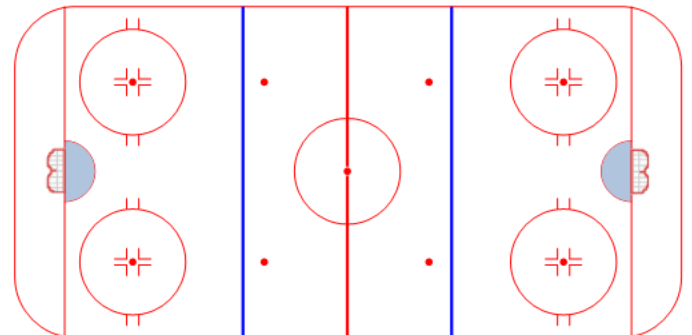
Description

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 TATORS OR TAKE SHOTS ON GOALIES

Need to be done in 8 minutes.

Key Points



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

Categories

turning

Drill Title : pylon drill

stopping

Components : _____

Content elements : _____

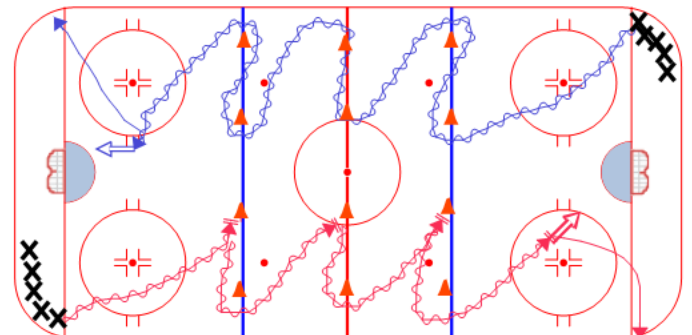
Description

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

Do FIVE minutes of Turns
then FIVE minutes of stops/starts

do this way so they stop both ways,

Key Points



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

Categories

turning

cross-overs

Drill Title : Cross-overs and tight turns

Components : _____

Content elements :

Description

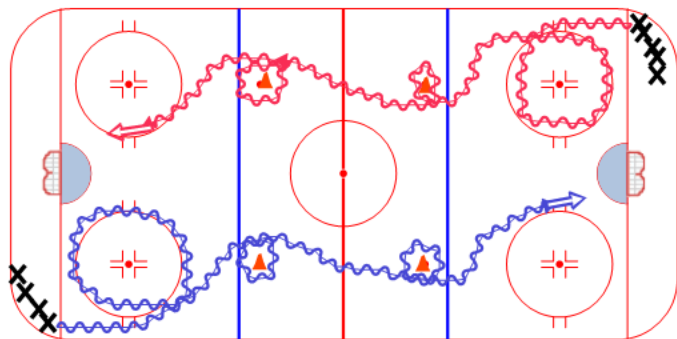
5 Minutes on each side. looking for player to tight turn both ways not just his strong way. take shot at end. leave either on whistle or when players comes around circle. Novice will be whistle.

5 MINUTES ON EACH SIDE

2 to 3 to explain and 10 minute drill

Key Points

Four empty rectangular boxes for key points.



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

Categories

Pivots

turns

Drill Title : 5 pylon challenge

Components : _____

Content elements :

Description

doen with pucks

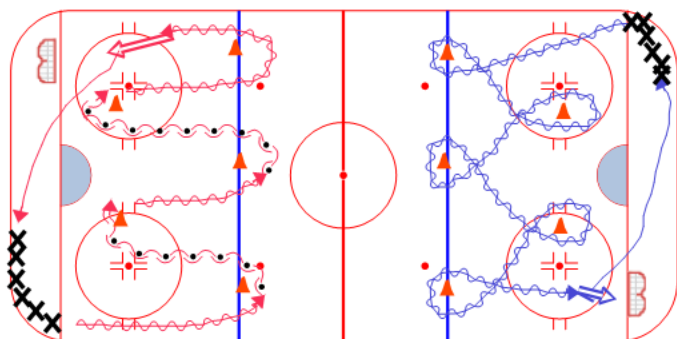
- 1. forward all the way
- 2. forward then Backwards(shown)
- 3. tight turns on each cone(shown)

shoot at end

do all 3 then swap sides and do all 3 again

Key Points

Four empty rectangular boxes for key points.



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

Categories

passing

pair passing

Drill Title : pair passing drill

Components : _____

Content elements :

Description

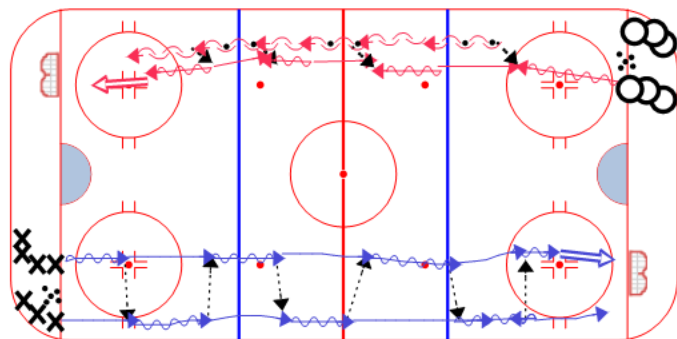
Pair passing

1st do pair passing. we are looking for players that try both forehand and backhand passes take shot at end 5 MINUTES

2nd do forward and backwards passing at end player going forward takes shot 5 MINUTES

Key Points

Four empty rectangular boxes for key points.



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

Categories

Race

Quick starts

Drill Title : 2 man quick start racing

Components : _____

Content elements : _____

Description

easy, on whistle the two players race, the winner goes and shoots. the loser swings back and gets a 2nd puck from coach.

2 and 1/2 MINUTES forwards
2 and 1/2 MINUTES backwards to red line then pivot forwards

Key Points

- _____
- _____
- _____
- _____

