

# Practice Plan



Team: SAMHA Novice & Atom



Practice No.: #1

Date : \_\_\_\_\_

Time: \_\_\_\_\_

Duration: 1 hr

Version No.: \_\_\_\_\_

Prepared by: 200 Hockey Development

## Objectives / Main tasks :

The focus of this practice will be on Forward skating and Practice Structure:

Drill no. : 1      Duration : 15 Minutes      From : \_\_\_\_\_ To : \_\_\_\_\_

Power Skating

Drill Title : Forward Skating Intro

Forward Skating

Components : Wave Skating

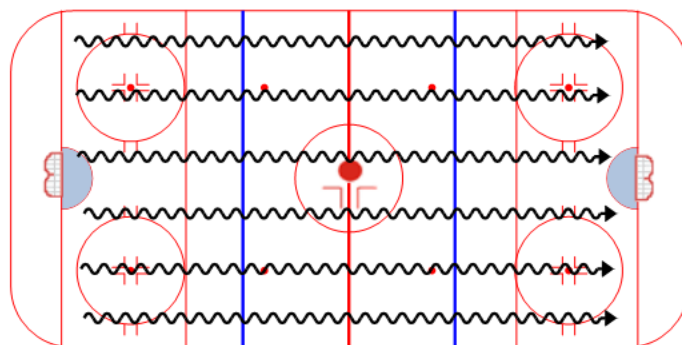
### Content elements :

#### Description

Intro:  
Stance  
Power  
Body Control

#### Key Points

- Deep Knee Bend
- Good Posture
- Tight Core
- Arm Swing



Drill no. : 2      Duration : 20 Minutes      From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Skating/Passing/Shooting      Category #1 : Novice Atom Half Ice #1      Category #2 : 3 Zones

#### Description

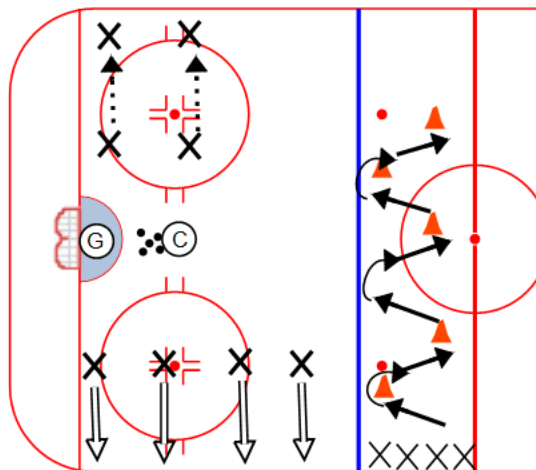
Station 1: Blue Line to Red  
Tight Turns weave and Full Turns  
Focus on: Squating at pylon, wide stance, off set toes and heel.

Station 2: Passing  
Sweep Pass  
Focus on: Hockey Position, stick handle then sweep, point at target

Station 3: Shooting  
Have students shoot against wall  
Focus on: Hockey Position, stick handle then sweep, point at target

Key points:

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|  |  |



Drill no. : \_\_\_\_\_ Duration : 20 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Skating/Passing/Shooting Category #1 :  Category #2 :

**Description**

Station 1: Cross Overs  
Have players perform cross overs around circle then up to pylon and across to other pylon  
Focus: Knee Bend, step over foot, step and glide

Station 2: Passing while moving  
Focus on: Hockey Position, stick handle then sweep, point at target

Station 3: Small Area Game  
Have palyers play 2 vs. 2 in the circle. To go on offence players need to pass to Coach then attack net.

Key points:

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