

Practice Plan



Team: SAMHA PeeWee & Bantam



Practice No.: 1

Date : _____

Time: _____

Duration: 1hr

Version No.: _____

Prepared by: 200 Hockey Development

Objectives / Main tasks :

Drill no. : _____ Duration : 20 Minutes From : _____ To : _____

Power Skating

Drill Title : Forward Skating Intro

Forward Skating

Components : Wave Skating

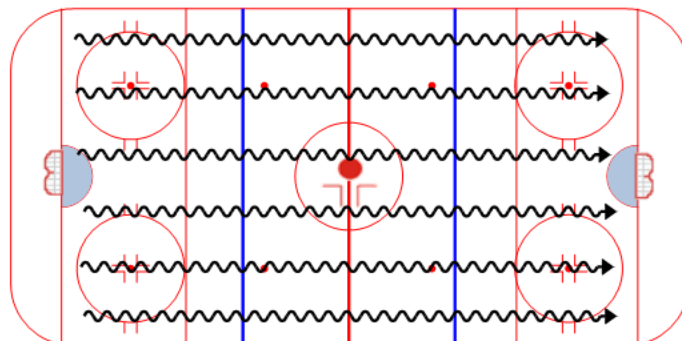
Content elements :

Description

Intro:
Stance
Power
Body Control

Key Points

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



Drill no. : _____ Duration : 15 Minutes From : _____ To : _____

Categories

Agility

Drill Title : 5 Pylon Power and Cross Over

Tight Turn and Cross Power

Components : _____

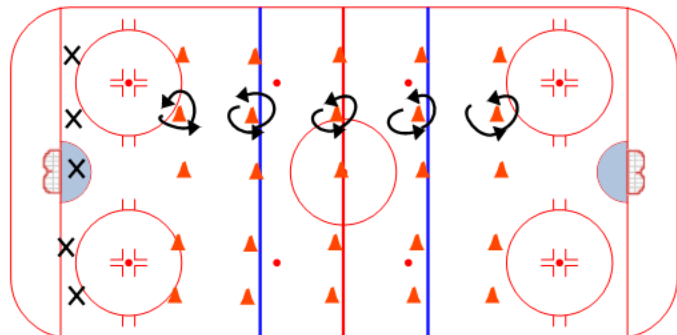
Content elements :

Description

This Drill will focus on Creating Power and Speed through Cross Overs. We will start on the basics and build.

Key Points

- Body Position
- Stride
- Power
- Edge Control



Drill no. : _____ Duration : 15 Minutes From : _____ To : _____

Categories

Agility

Drill Title : Agility and Body Position

Tight Turn and Cross Power

Components : _____

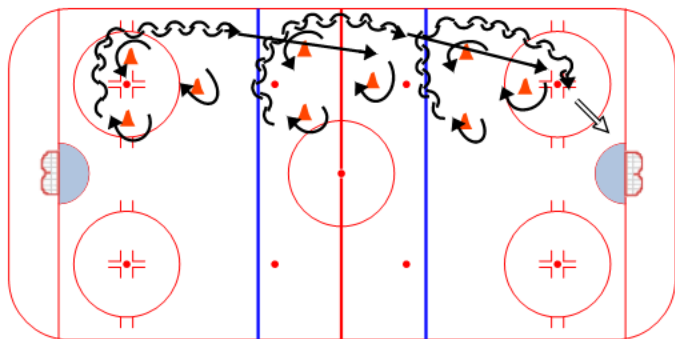
Content elements : _____

Description

Have players keep thier body position while building strength and power. Player will also progress to puck control.

Key Points

- Body Control
- Edge Control
- Speed
- Puck Control



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

Categories

Agility

Drill Title : Inside/Outside with Cross Overs

Agilty Race

Components : _____

Content elements : _____

Description

On Whistle all 4 corners leave and race for opposite end. One side players will to a full circle of cross overs then sprint to far blue and race for puck.

Opposite end will do 2 tight turns then attack far end.

Key Points

- Cross Overs
- Tight Turns
- Speed
- Battle

