



Practice Plan

Team: STMHA - IP PROGRAM

Practice No.: _____

Date : 19 OCT 10

Time: 4:45,5:45,6:45

Duration: 50 MIN

Version No.: Sample Plan

Prepared by: STMHA - Director of Development

Objectives / Main tasks :

When using the three stations have players divided into Green, Yellow and Red. Try and keep each group separate but if need be Yellow and Red players can be in the same group.
 4:45pm Teams are responsible for getting the equipment from the IP Room
 Top, Bottom, Middle, Second from Top, Second from the Bottom
 6:45pm Teams should start cleaning up at 7:30pm, all equipment needs to be returned to the IP room.

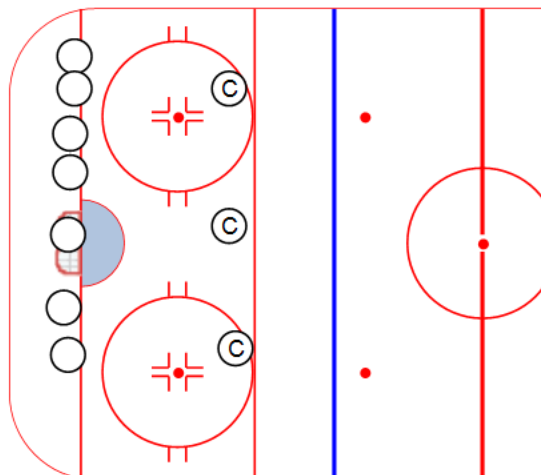
Drill no. : 1 Duration : 10/40 Minutes From : _____ To : _____

Title : British Bulldog Category #1 : Fun Game Category #2 : Games

Description

Play for about 10 minutes to allow for parents to get players on the ice.
 British Bulldog without Sticks

Players try and skate to blue line without getting tagged by the Coach. If tagged then player is on coaches team.



Key points:

Drill no. : 2 Duration : 21/29 Minutes From : _____ To : _____

Title : Agility and Balace Category #1 : Stations Category #2 : Balance/Agility

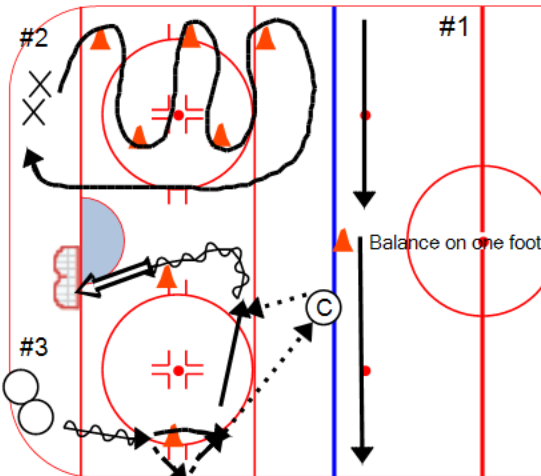
Description

3 Stations - 7 Minutes per station

#1 Balance - Have players skate across ice, drop to one knee, both knees, stomach, etc. Play a game to see who can balance on one foot the farthest.

#2 Inside Edge, Outside Edge - Players skate to cone and the turn corner on one foot using inside edge of outside skate. Player does this at each cone. Then go through course using outside edge of inside skate.

#3 Bounce Pass - Pass 2 Coach - Deke and shoot
 Player skates and bouces puch off boards then passes to coach and gets pass back, player dekes cone and then shoots.



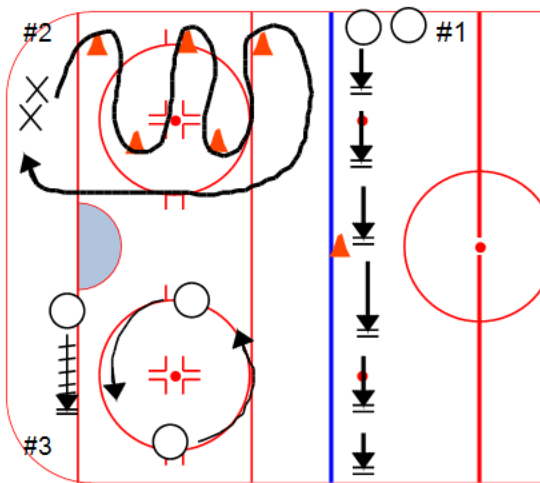
Key points:

Drill no. : 3 Duration : 21/8 Minutes From : To :

Title : Start, Stop, Turn Category #1 : Stations Category #2 : Start/Stop/Turn

Description

3 Stations - 6 Minutes per station
#1 V Start to 1 O'clock Stop - Have player make a V with their skates and then lean forward bending their knees, when they start to fall that take some strides. Have players snow plow stop or if able two foot stop.
#2 Tight Turns (two feet)- Players skate to cone and the turn corner using both feet. Inside foot should be ahead, Turn head, should then hips.
#3 Cross-overs - Have players line up on goal line. Have players side step a few steps right and then left (don't cross feet) then repeat this time having them step over their foot simulating a cross over. Then take group around circle and practice stepping over their inside foot.



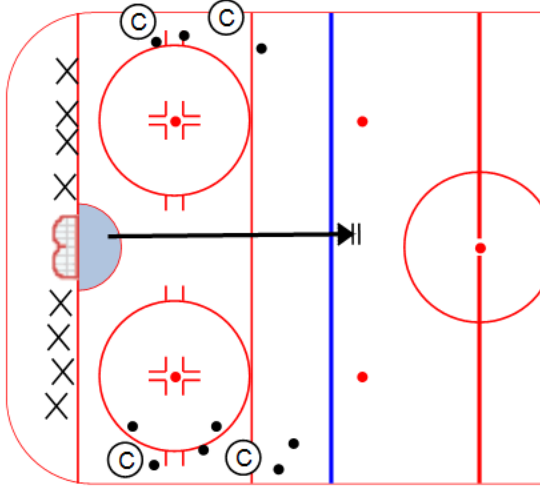
Key points:

Drill no. : 4 Duration : 8/0 Minutes From : To :

Title : Asteroid Game Category #1 : Fun Game Category #2 : Angling

Description

1/2 ICE ASTEROID GAME
Players try and skate from one goal line to the blue line while coaches gently shoot tennis balls at the players. Players can only be hit when skating between the line.
If 6:45pm session please make sure equipment is cleaned up at 7:30pm and everyone is off the ice at 7:35pm



Key points: