



# Practice Plan

Team: Pathway Skate 1

Practice No.: \_\_\_\_\_

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

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

Duration: 1hr

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

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### Objectives / Main tasks :

development of Fundamentals  
incorporate fun  
develop new skills and abilities

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : 10-15

Categories

Drill Title : power skating

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

### Content elements :

#### Description

Stride left and right foot  
Balance, hockey stance  
edge controls Ss 2 feet / 1 foot  
power jumps

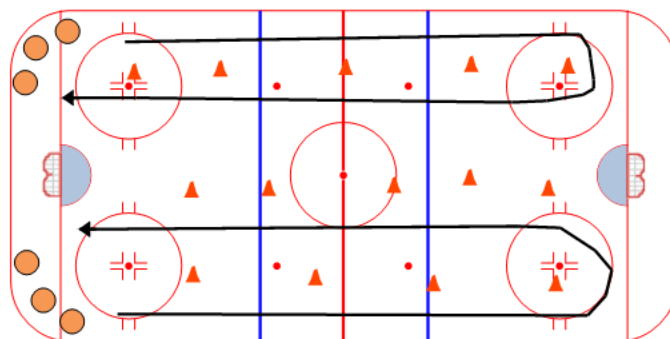
#### Key Points

stance

balance

agility and technique

power



Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : 10-12

Categories

Drill Title : Puck Control Shooting

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

### Content elements :

#### Description

Skate around circle and then weave thru cones finish with a shot and switch lines.

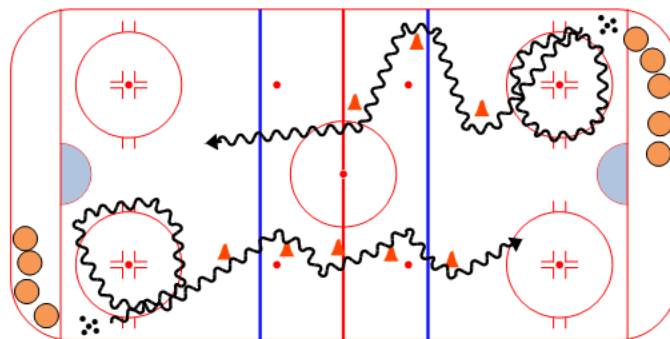
#### Key Points

technique

power

exaggeration

high repetition



Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : 10

Categories

Drill Title : Off Side Drill

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

Content elements :

Description

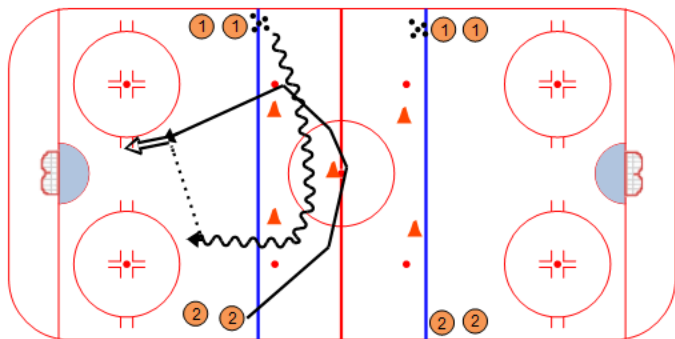
Player 1 skates with a puck around 2 cones, then far cone and passes to player 2 for shot.

Player 2 skates around the center cone then outside cone-Stay ON SIDE then gets a pass from Player 1

Switch lines when done

Both sides same time on whistle

Key Points



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

Title : Drill template #2 HK

Content elements: \_\_\_\_\_

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

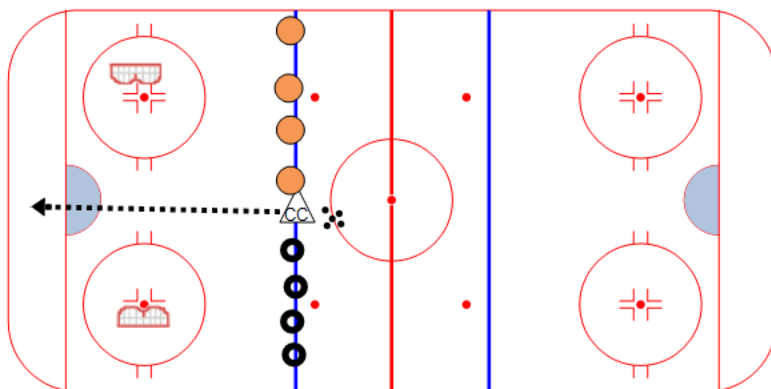
Description

Split player up, turn the nets backwards, play 2 vs 2 or 3 vs 3.

In order to score you must bank the puck off the wall into the net!!!

30 seconds max, can be done on both ends if required.

Or full ice scrimmage



Key Points :