



Practice Plan

Team: Pathway skate 3

Practice No.: _____

Date : _____

Time: 1 hour

Duration: 1 hour

Version No.: _____

Prepared by: Craig Sherbaty

Objectives / Main tasks :

Drill no. : _____ Duration : _____ Minutes From : _____ To : 12

Categories

Drill Title : Warm-up 4 lanes

Components : _____

Content elements :

Description

Lane 1 Forward stride 3 right 3 left heel touch each stride LOW Hockey stance
Lane 2 backwards C cuts Right foot
Lane 3 Backwards C cuts Left foot
Lane 4 Backwards C cuts 3 left 3 right heel touch each stride

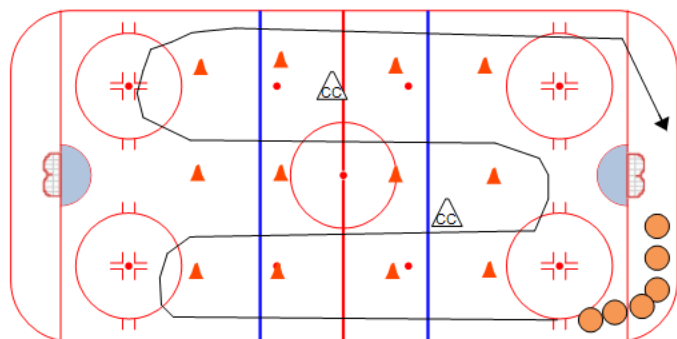
Key Points

Hockey stance

full length stride

balance

head up shoulder ~



Drill no. : _____ Duration : _____ Minutes From : _____ To : 15-20

Categories

Drill Title : backwards circuit

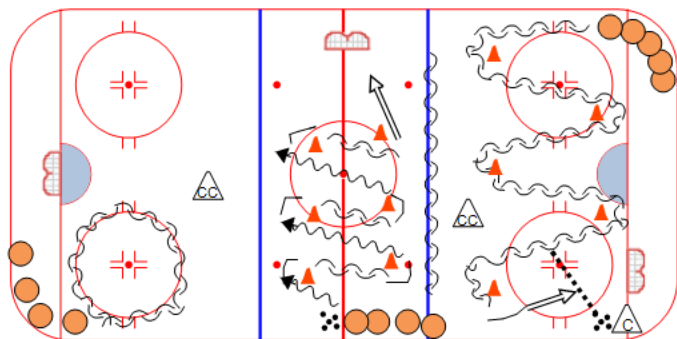
Components : _____

Content elements :

Description

Station 1 backwards around cones and coach passes player finish with shot
Station 2 forwards to backwards with a puck-shoot-backwards along blueline.
Station 3 Crossovers backwards outside foot first then full-bothways

Key Points



Drill no. : _____ Duration : _____ Minutes From : _____ To : 10

Categories

Drill Title : 1 vs 1

Components : _____

Content elements : _____

Description

Defender must skate backwards to far blue line prior to skating forward.

Attacker waits till D gets across first blue line then goes.

Rotate positions. IF REQUIRED

CHANGE SIDES AFTER 5-6 MINUTES

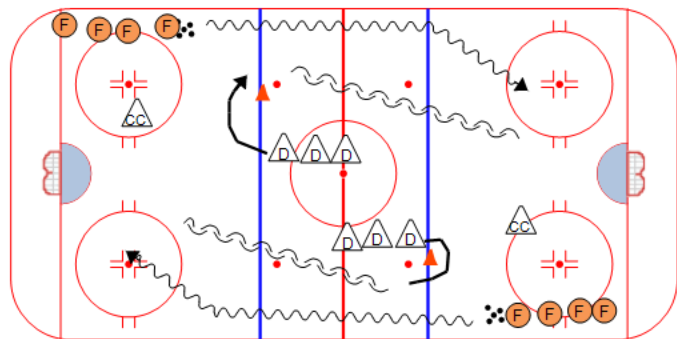
Key Points

Gap

Attack with speed

creativity

checking skills



Drill no. : _____ Duration : _____ Minutes From : _____ To : 10

Categories

Drill Title : GAME

Components : _____

Content elements : _____

Description

3 - 1 vs 1

when you score can help out a teammate until all pucks are gone.

CAN TURN THE NET BACKWARD AND HAVE PLAYERS BANK PUCK IN

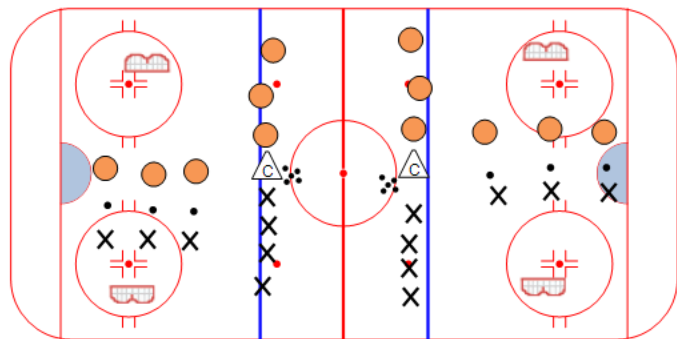
Key Points

fun

teamwork

competition

creativity

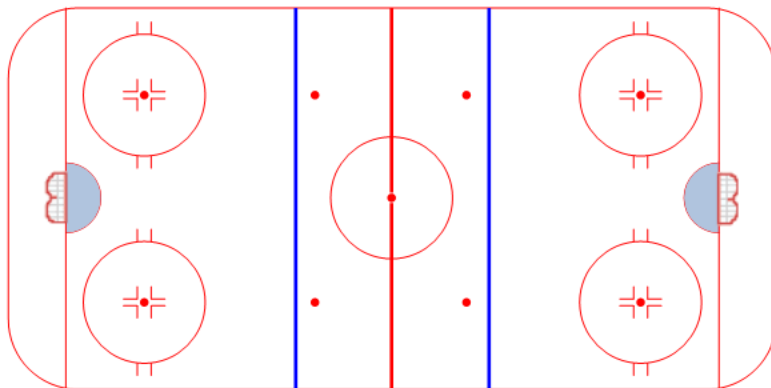


Drill no. : _____ Duration : _____ Minutes From : _____ To : rest

Title : Drill template #2 HK Content elements: _____ Components : _____

Description

FULL ICE SCRIMMAGE



Key Points :