



# Practice Plan

Team: Pathway skate 2

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

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

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

Duration: 1 hour

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

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## Objectives / Main tasks :

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

Categories

Drill Title : fundamentals

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

### Content elements :

#### Description

Players skate around circle x overs execute turns at first 4 cones stops at next 4 cones circle x overs at the last AND switch lines

5 MIN switch sides

ADD PUCKS IF REQUIRED

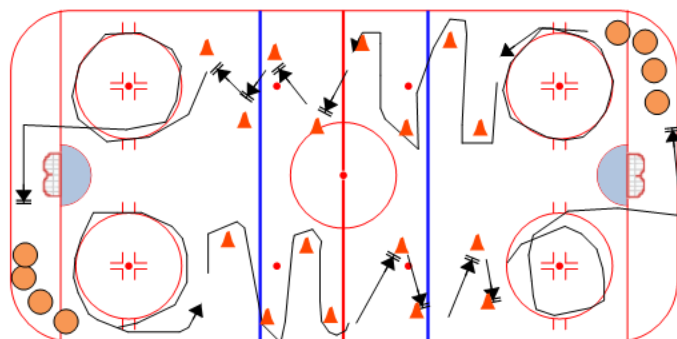
#### Key Points

technique

bend your knees

control stick

fast is better



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

Categories

Drill Title : Warm up stations

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

### Content elements :

#### Description

Station 1 players are staggered pass to player in front of them then skate to there spot last player shoots  
Station 2 partner stationary passing forehand and backhand  
Station 3 board passing around cone finish with give and go with coach.

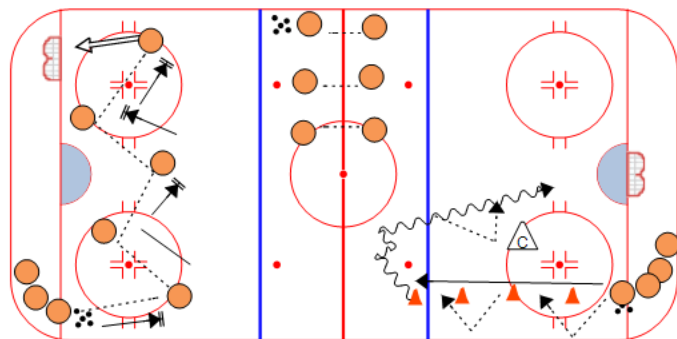
#### Key Points

technique

good sweep

target

recieve pass



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

Categories

Drill Title : 1 on 1

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

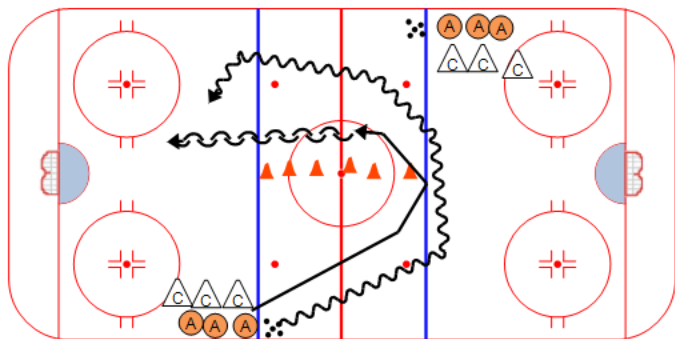
Content elements : \_\_\_\_\_

**Description**

Split players into attackers and checkers. Whistle both sides go at same time Attacker and checker skate around the cones to the other side and play 1 vs 1.

Return and switch roles when complete. Switch sides 5 minutes

**Key Points**

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

Categories

Drill Title : Chase the Rabbit Or full ice scrimmage

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

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

**Description**

One side at a time Pick a player to be the rabbit and on the whistle everyone chases around the net back to the opposite corner. Drill ends at the Blue Line!!

For the Last time, Use the COACH as the RABBIT!!

**Key Points**