

# PRACTICE PLAN



TEAM: TIMBITS RED

DATE: NOV 20-2008

COACH: CHRIS / MARK / DARREN

TIME: 5:00-6:00 PM

BOWNESS SPORTSPLEX

6 STATION PRACTICE

5:00 FREE SKATE WITH PUCKS FOR 3 MINUTES

## WARMUP 5:03 SKATING

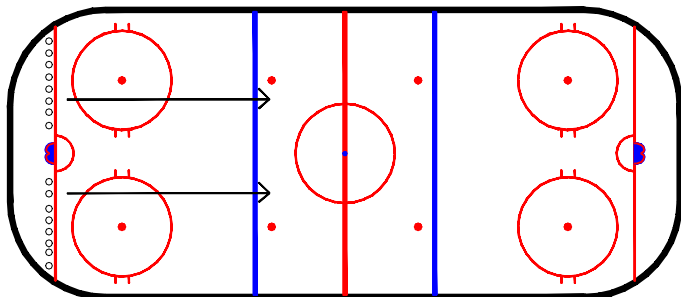
ALL PLAYERS START ON THE GOAL LINE

AT THE WHISTLE KIDS WILL SKATE TO THE OTHER END OF THE ICE

PERFORMING A SKILL AT CENTER ICE. (DOWN ON ONE KNEE, DOWN

ON BOTH KNEES, SUPERMAN SLIDE) KIDS WILL GO IN THREE GROUPS

BASED ON JERSEY COLOUR.



## 5:09-5:16 GRIZZLIES COACHES

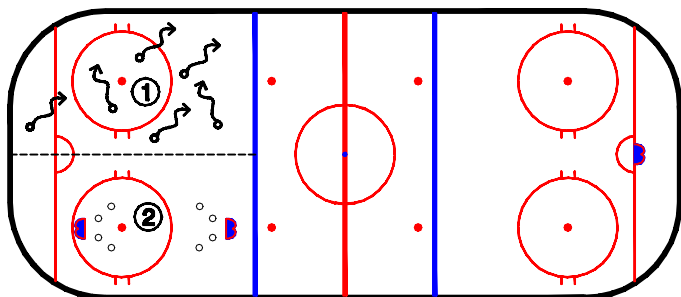
1. START WITH STATIONARY STICKHANDLING. WHEN COACH SAYS GO

PLAYERS NEED TO SKATE AND STICKHANDLE THE PUCKS. COACHES

CAN APPLY PRESSURE AND TRY TO TAKE PUCKS AWAY. WHEN COACH

SAYS STOP, PLAYERS GO BACK TO STATIONARY STICKHANDLING.

2. 4 ON 4 SCRIMMAGE WITH A PUCK



## 5:23-5:30 RED ROCKETS COACHES

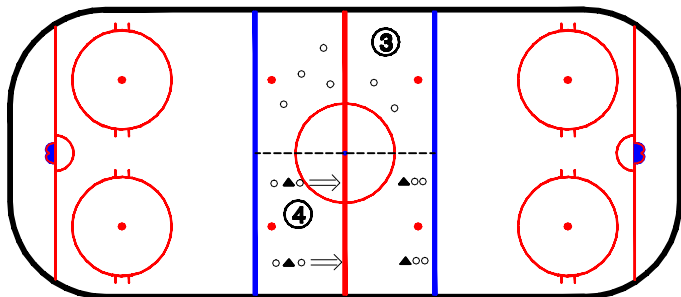
3. BALANCE AND AGILITY DRILLS. PLAYERS PUT STICKS ON ICE AND

SKATE AROUND AND JUMP OVER ON THE COACHES CALL.

4. PLAYERS LINE UP BEHIND FOUR PYLONS. SKATE TOWARDS

OPPOSITE PYLON AND PASS TO NEXT PERSON IN LINE AND THEN

GO TO THE END OF THE OPPOSITE LINE.

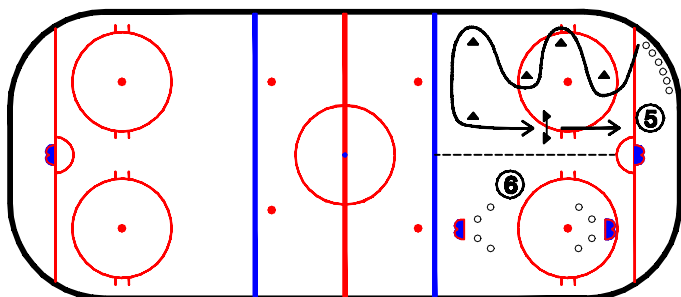


## 5:37-5:44 BANSHEES COACHES

5. OBSTACLE COURSE. SKATE AROUND CONES AND THEN DIVE UNDER

STICK AND THEN BACK IN LINE. FEEL FREE TO CHANGE UP COURSE.

6. 4 ON 4 GAME WITH A TENNIS BALL



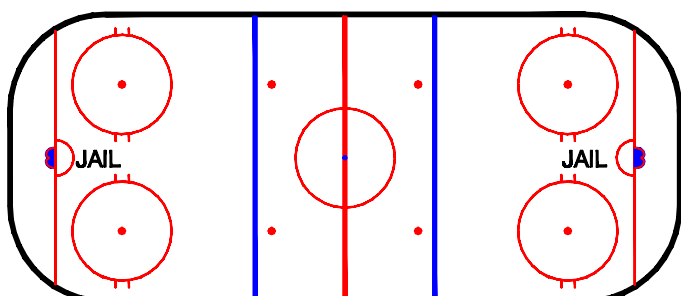
## GAME 5:51 GAMES

ASTEROIDS FOR 5 MINUTES

COPS AND ROBERS. COACHES ARE IT. IF A PLAYER IS TAGGED THEY

MUST GO TO JAIL (NET) THE ONLY WAY TO GET OUT OF JAIL IS TO BE

TAGGED BY ANOTHER PLAYER.



## GAME 5:59 HI FIVES AND OFF THE ICE