

Smart Ice Use

Term “ice utilization” is often used but rarely practiced. Many coaches seem to be confused as to what it means. Essentially it means having as many players doing something at the same time all over the ice sheet. That something would not include standing in line.

As you look out onto the ice at a practice how many kids are actually doing something? If a drill has one player starting from each end of the rink skating towards the other for a shot the tendency is to wait until those two players finish the drill before starting two more. By starting the next two players when the first two reach the center red line you have now got 4 players involved and working on skills. But still 11 or 12 are watching and waiting.

With limited ice availability and the advent of the one-hour hockey player it becomes important for coaches to plan their practices that maximizes the repetitions for each player. This requires planning on the part of the coaching staff, multiple drills occurring on the ice at the same time. By splitting the ice into half, thirds or quarters you can assign a coach to each area and work with smaller groups of kids. When this approach is used the players get a lot of repetitions, they never get bored, and they have a lot of fun.

To find ideas about how to run practices like these you can check with the following”

Tim Olson: WYHA ACE Coordinator

www.flexxCOACH.com This is a great source for practice Planning

Hal Tarse: I can provide you with some sample plans by email.