



Tips for Planning & Executing an Effective Practice



Opening Comments:

- Create an environment where players are not afraid to make mistakes – Creativity.
- Players do not know what they don't know.
- You cannot teach a player that is unwilling to learn. Players have responsibility for their own development.
- Look professional – be prepared.

“Too often the habits players develop in order to be good are the habits that keep them from being great”Tiger Woods

An Effective Practice:

- Is Age Appropriate
- Engages the players – fun, positive, competitive
- Uses proper skill progressions...players cannot learn tactical concepts until they master the technical skills to execute. Some Technical Skills to consider:
 - Skating – skating should become second nature / automatic
 - Puck handling /Puck Protection
 - Passing / Receiving
 - Shooting
 - Body Contact / Angling / Checking
 - Goaltending – do not neglect; include in all skating and puck handling drills. Fundamentals.
- Maximize participation – embrace the chaos - high level of activity. **Keep players Moving**
 - Learn **SLOW** – Do not be in a hurry to execute skill(s) improperly. Once skill is learned at slow speed “ramp it up”. Be ready to slow it back down for corrections/adjustments.
- Minimize the “coach speak” – reduce time at white boards. Players learn by doing.
- Deliver a clear message – KISS
- Give positive feedback to your players - success is often in the details; reward good effort.

Characteristics of a Good Drill/Exercise:

- Often has a name
- Requires a very short explanation
- Age appropriate -
- Maximizes player participation / activity – Use station(s) - Keep Players Moving
- Allow encourage players to make decisions – not too structured.
- Modify as needed – do not practice failure
- Incorporate Small Area Games as a teaching tool
- Short Duration / traffic / outcomes & consequences / competitive

● **FUN!!!!!!**

The best part of Disney World is the rides! What is the worst part???

Play is the key to unlocking extended effort