

Running an Efficient Practice

The coach's goals for every practice:

- Well organized time efficient environment where players can improve their fundamental skills
- Be challenged with game situations
(Replicate the Game)
- Provide read and react moments
- Try and create high tempo drills for short duration and high number of repetitions
- Ice utilization in conjunction with number of players and coaches
- Drill progressions for practice
- Skill progression from practice to practice
- Have FUN – create team unity through practice

