

HOW TO RUN AN EFFECTIVE PRACTICE

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DEFINITION OF EFFECTIVE

“Producing a decided, decisive, or desired effect...impressive, striking...ready for service or action.” Webster’s Dictionary

DEFINITION OF TEACHING

Definition of TEACH from the Webster’s

Dictionary:

1. “to assist in learning how to do something”
2. “something taught”

This is a very demanding decade for minor hockey coaches. As times get tough and money gets tighter, parents will have to make sacrifices to allow their children to play hockey. Therefore, the demands on coaches will be greater and expectations will increase. Only opening the gate and having fun will not be enough. The key’s to this decade will be the ability to teach.

S. Butler

FACTORS THAT YOU MUST CONSIDER WHEN SETTING UP A PRACTICE.

- 1. The age of your players.**
- 2. Their level of ability.**
- 3. The number of players on your team.**
- 4. The amount of time allotted for your practice.**
- 5. How many practices per week, per month, per year.**
- 6. The number of coaching staff you have available.**
- 7. The coaching staff's level of expertise.**
- 8. The arena you are using for your practice.**

RULES YOU MUST INCORPORATE TO ENSURE SUCCESS OF AN EFFECTIVE PRACTICE

- 1. Coach is in control on ice.**
- 2. Total discipline.**
- 3. Whistle is “GOD”; when it blows they stop and listen.**
- 4. When talking to team as a whole they are in a teaching circle.**
- 5. No touching pucks or equipment unless you are told to.**

DEVELOPING AN EFFECTIVE PRACTICE

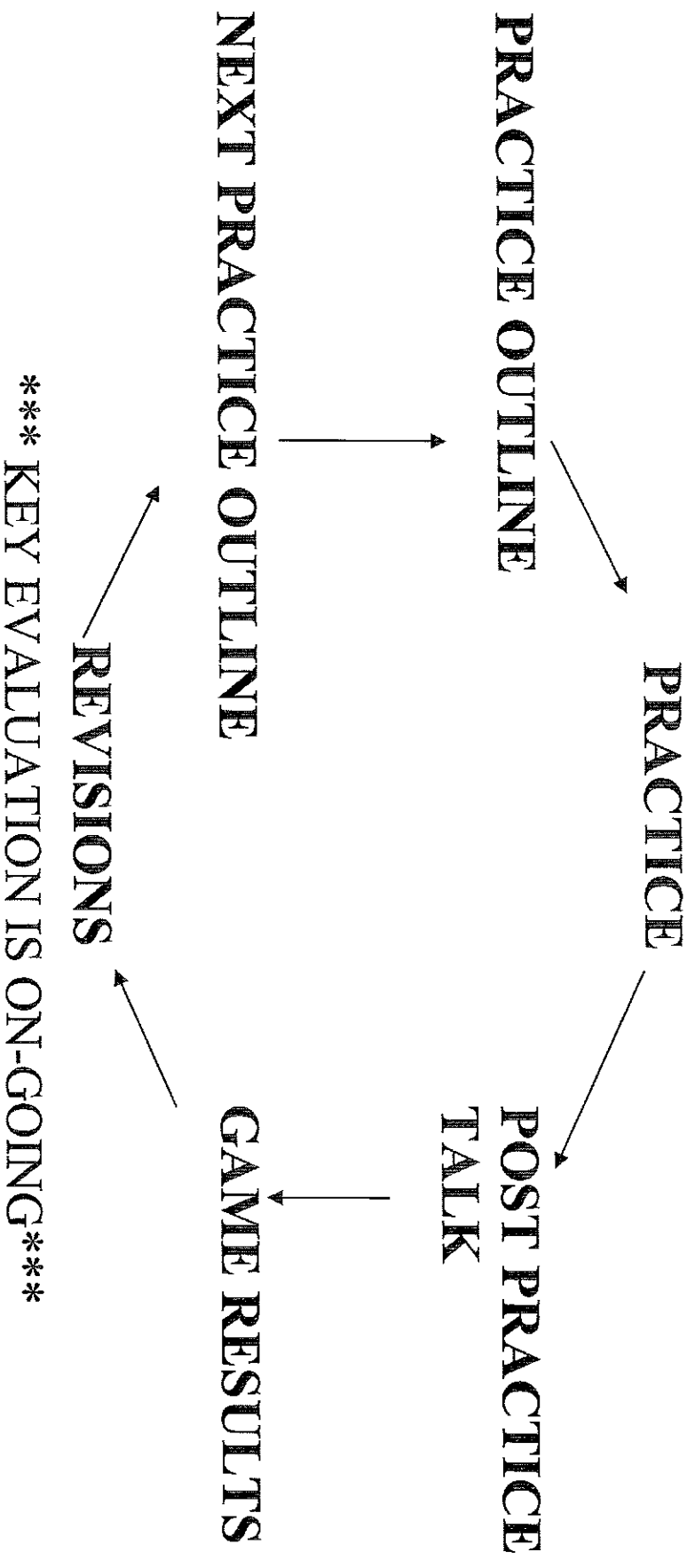
1. Practice should be written down and discussed with the coaching staff first and players second, before going on the ice.
2. Organization on the ice must flow. In other words, players must sense the coaching staff knows what they are doing. Players are quick to sense disorganization.
3. Coaching staff must make sure that there are sufficient pucks and pylons or whatever equipment is needed (ie. Whistles, proper color practice sweaters, ect.)
4. Explain each drill clearly. Give each drill a name for identification purposes.
5. Explain what the drill is trying to accomplish.
6. Set time lines for drills.
7. Set-Up times for water breaks.
8. If you do not like the way a drill is going, stop it.
9. Remember certain drills need good ice, ie. Power play, consider this when setting up your practice.
10. Make sure you practice at a good intensity (game like conditions)
11. Evaluate everything- effective teaching cannot take place without some form of evaluation.

EVALUATING A PRACTICE

1. Post practice feedback with coaching staff
2. How well things in practice developed in the next game
3. Intensity in Practice
4. Were the objectives covered for the practice
5. Feedback from team if possible
6. Your intuitive sense

EVALUATION LOOP

(For revising practices)



PERSONAL PERSPECTIVE ON AN EFFECTIVE PRACTICE

- 1. The practice is well organized and run.**
- 2. The practice shows a sense of progression.**
- 3. All players are doing something on the ice (ie. Flow to practice)**
- 4. Drills relate to game situations-are meaningful.**
- 5. Practice is interesting for the players;variety is important.**
- 6. Good intensity.**
- 7. Good discipline.**
- 8. FUN;the players have to enjoy coming to practice.**

ELEMENTS OF A PRACTICE

When setting up an effective practice, I feel comfortable by breaking it down into sections.

The following are the sections I use:

1. Stretching.
2. Skating.
3. Passing and shooting (warm-up).
4. Situational drills.
5. Positional skills.
6. Team play.
7. Combination drills.

Each practice I run is broken down into these sections. The drills are changed to create variety.

SETTING-UP A YEARLY OUTLINE FOR PRACTICE

FIRST SECTION:

Sept. 1	Oct. 1	Nov. 1	Dec 1.
2	2	2	2
3	3	3	3
4	4	4	4

SECOND SECTION:

Jan. 1	Feb. 1	Mar. 1	Apr 1.
2	2	2	2
3	3	3	3
4	4	4	4

Breakdown yearly plan by months, each month has four sections.

* After it is broken up monthly, then you break it down into weekly sections.

SETTING UP A WEEKLY OUTLINE

PRACTICE #1

Total practices = 2
Things to review/comments:

PRACTICE #2

From a weekly practice outline to a single practice outline:

PRACTICE #: _____ DATE: _____ TIMELINE: 75 MINS

1. **Stretching**
A) _____
B) _____
2. **Skating**
A) _____
B) _____
3. **Warm-Up (Passing & Shooting)**
A) _____
B) _____
4. **Situational Drills**
A) _____
B) _____
5. **Positional Drills**
A) _____
B) _____
C) _____
6. **Team Play**
A) _____
B) _____
7. **Combination Drills**
A) _____
B) _____

GENERAL COMMENTS ON
PRACTICE: _____

PRACTICE DRILL SHEET

TIME	ACTIVITY	TOTAL TIME
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1. WARM UP

2.

3.

4.

5.

6.

7.

8.

9.

10. COOL DOWN