

QUALITY PRACTICES

1. Planning a Practice
 - a. Effective coaches are organized. Organization begins with a well-planned practice
 - b. Design a long term practice plan for the season in an outline form
 - c. Design a short term (Weekly) practice plan for the practices coming up
 - d. Write practice up and keep a copy of all the plans on file
 - e. The average drill should be between 5-10 minutes in length; long enough to provide sufficient repetition for skill development, but short enough to avoid boredom
 - f. Select drills of an appropriate level of difficulty so the player can experience success
 - g. Variety is critical. However, use a series of drills so players become familiar with the drill to experience success. Continually adding new drills to practices will slow down the tempo of the practice session (Use 2 or 3 different 2-1 drills over a months time)
 - h. Have drills simulate game conditions whenever possible, after basic skills have been reached
 - i. Minimize the amount of time standing and talking on the ice. Meet with the players before practice to provide an overview of the practice plan and concepts to be taught
 - j. Introduce the skill or concept as a whole, and then break it down into smaller segments to teach.
 - k. **ENCOURAGE CREATIVITY** – Let them experiment and try new things
 - l. **Multi-task** – Add fakes, additional passes, skating maneuvers, shots to drills
2. Utilizing Assistant Coaches
 - a. Develop the practice plans as a staff for the upcoming week.
 - b. Share the practice plan with the coaching staff before stepping on the ice.
 - c. An assistant has to be in sync with the head coach. If the coach is introducing the drill, the other coach should be setting up cones or moving pucks to the appropriate place.
 - d. Coaches must be assigned a responsibility for each drill. Coaches must be active, pulling players aside for individual instruction.
 - e. After practice, analyze the session with the assistant coaches.
3. Habits to Instill in Practice
 - a. Finish the drill – Use 2 whistles, first whistle starts drill, second whistle ends drill, next group starts on next whistle
 - b. Insist on punctuality
 - c. When whistle blows, players stop. No shooting pucks after whistle.
 - d. Finish each drill with a second effort – second shot, tip from point. Don't let them skate by net into corner.
 - e. Move feet when shooting and shoot to score
 - f. Face or Open up to play (Don't turn back on play)
 - g. TALK – Insist that players communicate, yell for pass
 - h. Protect Puck – Escape or turn toward wall
 - i. **COMPETE LIKE GAME SITUATION – DEVELOP PRACTICE CREATING INTENSITY OF GAME**