



INTERNATIONAL
ICE HOCKEY
FEDERATION



PRACTICE PLANNING



PRACTICE PLANNING

LEARNING OBJECTIVES

Coaches will be able to:

- ✓ **Understand the 5 steps for planning a practice**
- ✓ **Utilise effective practice principles**
- ✓ **Understand the components of a practice**
- ✓ **Design your own practice**





PLANNING STEPS

- 1. Set overall goals.**
- 2. Set specific goals.**
- 3. Build in the Principles of Effective Practices.**
- 4. Consider the psycho-social aspects and the bio-physical aspects**
- 5. Design the practice.**





1. Set Overall Goals:

Answer these questions:

- a) What is the coaching philosophy of your organisation? (fun, skill development, fitness?)
- b) What is your coaching philosophy?





2. Set Specific Goals

Goals must be SMART – specific, measurable, achievable, realistic, time

- **State what your goals are**
- **Describe end result**
- **State Conditions of the performance (on ice)**
- **Criteria for acceptable performance**

* Page 3 in your manual gives you examples of the criteria for acceptable performance for specific goals.





3. Effective Practice Principles

- **Maximise active time**
- **Give clear, concise instructions**
- **Create Progressions (use whole-part-whole)**
- **Give positive feedback**
- **Chart progress**
- **Allow for individual differences**
- **Provide variety**





3. Effective Practice Principles

- **Stimulate Enjoyment – make it fun, interesting**
- **Plan maximum use of resources - ice utilisation**
- **Have a plan A, B,C.....**BE FLEXIBLE****

* Page 5 in your manual gives you an example of good ice utilisation – you must have the right number of coaches to do this.





4. Psycho-social aspects; Bio-physical aspects

Psycho-social aspects – the “people side” of coaching

Bio-physical aspects – the physical, physiological and technical skill aspect of hockey

What are some examples of each?





5. Design the practice

Key elements for a practice:

- **Warm Up** – dynamic warm up – not static on ice
- **Instruction** – simple skills to complex
- **Skill Practice** – build from slow to game speed
- **Fitness** – develop during drills/games
- **Fun** – Games! Games! Games!
- **Evaluation** – Feedback from players/coaches

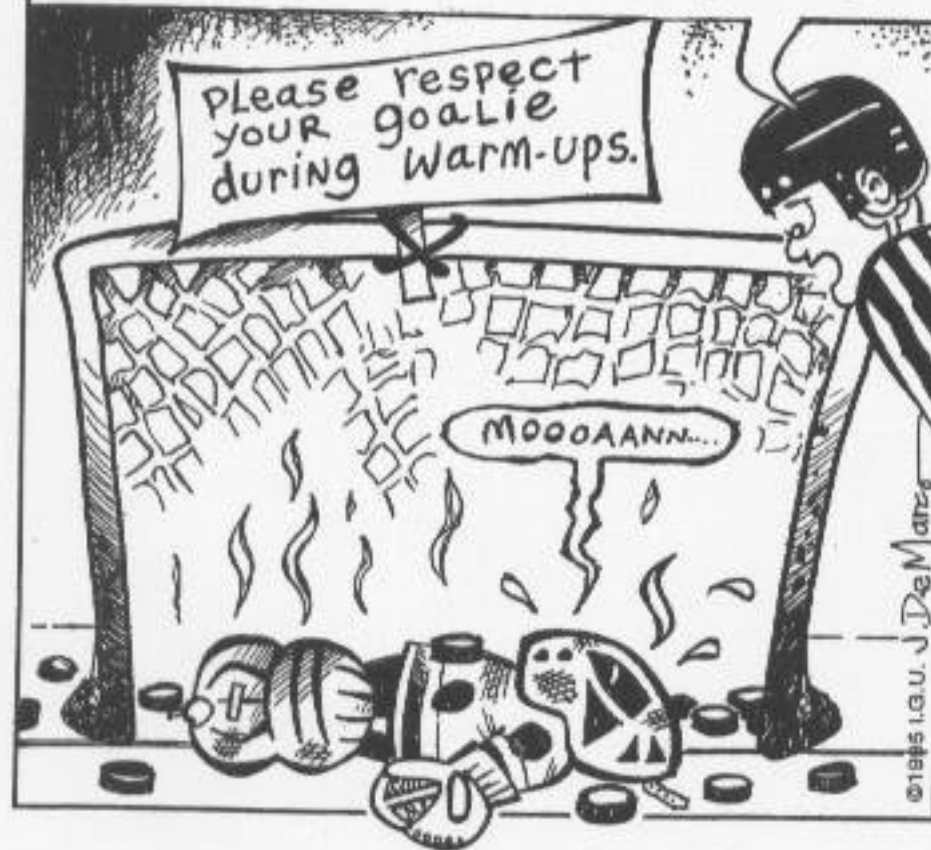




Small Saves

by J. DeMarco

NOBODY READ THE SIGN, EH?





Other considerations...

- **How many coaches will you have?**
- **What equipment will you need?**
- **How can you transition efficiently between activities?**
- **How much time will each activity need?**
- **Are stations necessary?**

If so, how should the ice be divided?





GROUP TASK:

In groups of 4, select a focus and design a 60 minute practice.

