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Hockey practice plan template

Give & Go's (Pass & Move to Space) Decision Making Games (Full Ice) Puck Support in 2 v 1 Situations Brock University Transition Practice Net Front & Down Low Play U12 to U14 Breakout Practice - Half Ice Wall Play with 2 v 2 Situations Want These Great Member Only Features? Sign Up Now Draw ice hockey drills online with our new drill drawing tool that is 100% free and easy to use. Draw your own drills and download the image or pdf of your diagram. Basic Helpful Hints When Using The Free Drill Drawing Tool Choose a rink/station layout from the icons at the top. Place your objects and players onto the ice surface. Use the line tools to represent players skating, passing, and handling pucks. Before you start over or navigate away from the page be sure to DOWNLOAD YOUR DIAGRAM. If you need to start over click the refresh button on your browser. Change Colors of Objects and Lines It is easy to change the color of any object or line using our free drill drawing tool. Click the painbrush tool so the color options appear. Select the desired color. Click the object or line to update the color to the selected color. Adjust the Size of Nets and other Objects Sometimes you will want to adjust the size of the objects such as nets, cones, etc... To do this: Place the objects onto the rink. Select the "+" or "-" button from the toolbar. Click the object you want to re-size. The object will increase or decrease in size depending on the tool you selected. Rotating Objects To rotate an object you can select the rotate tool and then click the object. Every time you click the object it will rotate 30 degrees clockwise. Adding an Overlay / Highlight to an area The overlay tool allows you to highlight a specific area on the ice rink. To use the overlay tool: Select the oval or rectangle overlay tool from the toolbar (see image below). Draw the shape in the area of the rink you want to highlight. Change the color of the highlighted color using the paintbrush tool. Undo / Redo Your Steps Use the undo and redo buttons to undo previous actions without deleting or starting over. Progressions and Sequences Creating series of diagrams to show a progression or sequence can help keep the drawing cleaner and easier to read. To do this use the "download as png" and "download as pdf" buttons for each progression or sequence of a drill you want to save. If you wish to provide a description for each sequence then make sure you update the description field and use the "download pdf" button. Do not refresh the browser as this will remove the current drawing and you will need to start over. keyboard Shortcuts Keyboard shortcuts can help you create drills and diagrams even faster. Here are a list of keyboard shortcuts available for the free drill drawing tool: m move r rotate + increase size of object - decrease size of object d delete object or line t place text l draw a straight line p change color of object (press p to scroll through colors) o draw overlay (press o to toggle between oval and rectangle overlays) z undo y redo Coaches Tools & Resources As a hockey coach, one of the best things you can do to improve your practices is to have a proper game plan in place before you set foot on the ice. This also includes bringing your assistant coaches up to speed on the drills and techniques you will be focusing on during the session. By properly planning, you greatly increase the chances of running a "successful" practice. Having everyone (entire coaching staff) on the ice working toward a common vision and knowing exactly what emphasis points there are for drills helps eliminate mixed messages to the players and makes your coaching staff look much more professional. Hockey Practice / Drill Planning Templates Hockey Practice Plan Template (This is the one I use daily for practice) Hockey Practice Plan Template (3 Drills) Single Hockey Drill Diagram Template Hockey Rink Diagrams: Full Hockey Rink Diagram (Horizontal) Full Hockey Rink Diagram (Vertical) Half-Rink Diagram (Left) Half-Rink Diagram (Right) Half-Rink Diagram (Top) Half-Rink Diagram (Bottom) What are the different types of Hockey Practice Plan Template ? Introduction to Hockey Practice Plan Templates Hockey practice plan templates are essential tools for coaches to organize and structure their practice sessions effectively. They provide a comprehensive framework to cover different aspects of the game, from warm-up exercises and drills to team strategies and game simulations. Here are some common types of hockey practice plan templates that coaches can consider using: 2. Beginner's Hockey Practice Plan Template Designed for novice players and young kids just starting out in the sport, this template focuses on fundamental skills development. It includes basic skating drills, stickhandling exercises, and shooting techniques tailored for beginners. The emphasis is on building confidence, coordination, and a solid foundation in the game. 3. Goalie-Specific Practice Plan Template Goalies require specialized training to excel in their position. This template provides drills and exercises specifically designed to hone their reflexes, lateral movement, positioning, and rebound control. Coaches can also incorporate game situations that simulate real-game scenarios to further enhance a goalie's decision-making skills. 4. Power Skating Practice Plan Template Power skating is a critical component for any hockey player's success. This template focuses on enhancing skating speed, agility, balance, and overall power on the ice. It includes various skating techniques, edge work drills, quick starts and stops, and transitional movements to maximize players' skating abilities. 5. Offensive Tactics Practice Plan Template This template is centered around developing offensive strategies and skills such as passing, cycling, shooting, and scoring techniques. It incorporates drills that emphasize teamwork, puck possession, creating scoring opportunities, and off-the-puck movement. It is suitable for both forwards and defensemen looking to enhance their offensive contributions to the team. 6. Defensive Tactics Practice Plan Template Defensive play is crucial for a team's success in hockey. This template focuses on improving defensive skills such as body positioning, stick checking, shot blocking, and defensive zone coverage. It includes drills that improve players' decision-making abilities, gap control, and the ability to read and react to offensive plays. 7. Specialty Teams Practice Plan Template Specialty teams, such as power plays and penalty kills, play a significant role in hockey games. This template offers drills and strategies specifically designed for these game situations. It helps players understand their roles and responsibilities on special teams, practice set plays, improve puck movement, and build chemistry among teammates. 8. Pre-Game Practice Plan Template This template is designed to help players warm up and prepare both physically and mentally before a game. It includes light skating drills, shooting exercises, team-building activities, and a focus on mental preparation techniques. Coaches may use this template to instill confidence, review game strategies, and ensure players are physically ready for the upcoming match. By utilizing these different types of hockey practice plan templates, coaches can tailor their training sessions based on the specific needs and skill levels of their players. These templates provide coaches with a structured approach to maximize player development and team performance on the ice.