



LMHA PRACTICE LOG

Date _____

Time _____

Location _____

Player attendance: _____

Absent Players: _____

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Skill Work	Competitive Drills	Team Systems	Fun/Modified Scrimmage
__ skating	__ skills races	__ positional play	__ tag games
__ puck control	__ 1 on 1	__ breakout	__ relay races
__ passing	__ 2 on 2	__ lanes	__ 3 on 3 scrimmage
__ shooting	__ timed skills	__ Off. Triangle	__ 4 on 4 scrimmage
__ checking	__ scoring comp	__ D zone play	__ 5 on 5 scrimmage
__ agility		__ neutral zone	__ small games area
__ checking comp			

Practice Plan Review (practice plan)

Review the plan that you followed and the results that you observed. Write comments:

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	• Objectiveness reached
	• Utilization of assistant coaches
	• Utilization of ice
	• Proper drill sequence
	• Competition and a fun element

Drill review

It is important to evaluate and analyse the results as you observed. The following are keys:

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	• Effectiveness
	• Proper player execution
	• Maximum result for development and growth
	• Modification needed
	• Utilize drill in the future

Overall assessment and comments:

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	• Were you satisfied with the progression of this practice
	• Were you satisfied with the feedback and utilization of your assistant coaches
	• Were any safety concerns noted
	• Which drills can you modify to utilize in other practices



LMHA PRACTICE LOG AND STRUCTURE

Objectives

- Provide a healthy atmosphere for fun and development
- Increased competition designed to expand existing skills
- Development of communication at the player's level of learning
- Stress the importance of modern Canadian hockey – fast, combined action of individuals and groups (Flow Concepts)
- Stress the importance of the educational development of the individual as a whole – socially, physically and mentally
- Enjoyable and rewarding experiences in ice hockey that will encourage continued participation

Psychological Preparation (Players Needs)

- ❖ Seeking alignment with peer groups - seek approval - team loyalty develops. These players need the coach's approval and encouragement.
- ❖ Help the players develop self-reliance and independence.
- ❖ Build confidence.
- ❖ Stress group participation and sharing but be aware of the individual needs of the player.
- ❖ Support and protect the player in situations they are not prepared to handle.
- ❖ Develop an understanding on the player's part of the role of the coach.

Technical Preparation

- ❖ Development of those skills specific to each position.
- ❖ Further development of conceptual skills necessary for the enhancement of the team system.
- ❖ Advanced development of skills necessary to perform elements of team play.

Tactical Preparation

- ❖ Psychology - development of attention, visual memory, relaxed concentration and orientation.
- ❖ Development of group interaction and team awareness in game situations.
- ❖ Development of a more complex team system including offensive and defensive tactics and special situations.



Practice Logs

Logging your practices is a great way to track progress for your team play, player's individual development and your season plan. In addition you can evaluate all your drills and the player's performances within them. This should assist you in building future practices. As a coach evaluating your team's practices is the key to success for development of players and development of your team. The above sheet is to be completed by the coach and attached to the practice plan. Keep all your practice plans together in a binder and review with your coaching staff. The above sheet is a template to be used for each practice.

Each practice should consist of the following:

- Warm-up (could be dynamic involving multiple skills)
- Fundamental skating and dynamic puck skills
- Checking
- Goalie development
- Individual tactics
- Team tactics
- Competition or fun drills
- Cool down

Players perform at their peak when they are prepared and focused. What as a coach do you do to provide this environment for your players? Below are suggestions:

- Post your practice plan in the dressing room
- Structure every minute that the player's are at the rink
- Players arrive 30 minutes prior to practice
- 15 minutes of dynamic warm-up and stretching
- Get dressed and prepare for the practice
- Pre-ice new drills and provide the overall goal for the practice

The above will increase the players focus and assist in removing coaching board time. Ensure that you utilize and direct your associate coaches as to their responsibilities for the practice. Remember to communicate to your entire team during the practice and don't forget your goalies.

To play the game is great, to win the game is greater, to LOVE the game is the greatest