

RCHFA Development Practice Plan

Objective

- Players develop an appreciation for the sport of Cosom floor hockey
- Players learn and improve their floor hockey skills while enjoying themselves

Before practice begins: inspect facilities, setup corner benches, & organize equipment.

Time	Activity
5min <i>Centre Floor</i>	Team Talk <ul style="list-style-type: none"> • Debrief on the last game, what went well and what can be improved • Review the goals of the practice and planned drills • Discuss rules and upcoming game time and important dates as they may occur
10min <i>Full Gym</i>	Warmup <ul style="list-style-type: none"> • Exercises to loosed muscles and raise body temperature • Warmup should gradually increase in intensity but not overly tire out the players <p><i>5-10 minute free time at the start of the practice but with benches in front of nets to get players to practice raising their shots.</i></p> <p><i>Jogging around the gym spread out in a circle with stick in hand, change direction or running speed on each whistle.</i></p>
30min <i>Full Gym</i>	Drills <ul style="list-style-type: none"> • Three or more drills that can be linked together and focus on specific skills and techniques • Drills should keep as many of the players involved in an activity as much as possible (no standing in line) <p><i>Stick handling – Setup cones in a path around the gym and have players take turns stick handling the puck through the obstacle course. End by shooting the puck on net.</i></p> <p><i>Using half a gym, 1 on 1 drill where two players race for a puck which is dumped into a corner. Winner goes for shot on net, loser defends and stays between goalie and puck carrier trying to prevent a shot or steal the puck away.</i></p> <p><i>Give & Go – Partners line up across from each other and pass the puck back and forth moving down the gym. The shooter will control the puck and either performs a snap shot or wrist shot on net.</i></p> <p><i>Half gym 2 on 1 with bench as the goalie to get players to raise their shots.</i></p> <p><i>Full gym 3 on 2 – Power play scenario with two forwards and center on two defence. Place the net on the side of the gym at center and use full gym to better simulate the space in a game situation. Three lines of forwards against the far wall. Focus on positional play and passing. Occasionally blow the whistle and stop play when players are out of position.</i></p>

<p>15min Full Gym</p>	<p>Scrimmage</p> <ul style="list-style-type: none"> • Split the team into two balanced groups and end with some fun • Game to consolidate and reinforce learned skills <p><i>Scrimmages using next games line-up as closely as possible so players can practice for their jobs in the next game. This is good especially for kids who may be playing out of position or away from their strong suits.</i></p> <p><i>During scrimmages play 'Freeze!' for when somebody is out of position or a play that was made needs correcting. But especially in regards to league rules this practice habit really helps correct things before they happen in a game.</i></p>
	<p>Conclusion</p> <ul style="list-style-type: none"> • Tell the players about the next game, confirm who is playing in net, and remind players to be there 15 minutes early for warmup

At the end of the practice: if you are the last team return corner benches against the walls and lock up.