

# Pro Learning Systems Hockey Practice Agenda™

The final step in the practice planning process is to create your *Practice Agenda*. This is a very effective and necessary coaching tool. It is concise, efficient, informative, flexible, and **summarizes the plans for a given practice into a single usable instrument**. The Practice Agenda is the pinnacle of the entire practice planning process. It is your primary tool that you will use to share with your coaching staff and your team before and during each practice to enable your hockey practice to become a reality.

A sample Practice Agenda is shown on page 2 (with a blank template shown on page 3) and is divided into 5 areas; the Focus, Drills, Lead, Location, and Time.

The *Focus* column shows the stages that take place within a typical practice. These include the primary stages of individual drills, positional drills, and team drills (which typically account for 50 minutes of the 60 minute practice) as well as the secondary stages of warm-up, team discussion, water breaks, and practice wrap-up (that typically account for 10 minutes of the overall practice time). Coaches should plan to maximize time for the primary stages, while minimizing (but not eliminating) time for the secondary stages. Doing so can help enable you to recoup a couple of extra minutes of drill time during each practice. The secondary stages are valuable (and necessary) as they define logical demarcation points within your practice, provide time for communication (with players and coaches), enable rest intervals between drills, and provide time for fluid replenishment.

The *Drills* column identifies the specific drills (either by name, type, or number) or activity (such as warm-up, discussion, water break, or wrap-up) that will be utilized during each stage within the practice.

The *Lead* column identifies the person(s) that will lead the specific drill or activity within each stage of the practice. For example, in the example below, I have listed the *Head Coach* (HC), *Assistant Coach* (AC), or players as primary leads for the drills.

The *Location* column depicts the location on the rink where the drill or activity is planned to take place. *Full* means that the drill would be conducted using the full rink surface. *Center* means that the activity is planned to occur at center ice. *Half* means that the drill will occur on one half of the rink. *Bench* means that the drill will initiate on the bench or that the bench will be involved in that portion of the drill. *Station* indicates that the drill is executed in more than one location; utilizing multiple drill stations.

The final column, *Time*, is utilized to ensure that the coaches know exactly how much time is planned for each drill or activity. This column should be used as a guideline, as during your actual practice, you may choose to spend more or less time on a particular drill or activity depending on how the learning and skill demonstration is progressing (or not progressing).

Use your own coaching and hockey knowledge, the knowledge within your league or organization, your creativity and that of your coaching partners to tailor this sample practice agenda for your specific purposes.

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Focus	Drills/Activities	Lead	Location	Time
Warm-Ups	<ul style="list-style-type: none"> <li>• Warm-ups (slow skating, mild stretching, no pucks)</li> <li>• Rink inspection</li> </ul>	Asst. Coach Asst. Coach	Full	3
Team Discussion	<ul style="list-style-type: none"> <li>• Discuss overall practice goals</li> <li>• Review last practice/game</li> <li>• Discuss next opponent</li> </ul>	Head Coach Head Coach Head Coach	Center	2
Individual Drills	• Drill #1; Skating and Conditioning	Asst. Coach	Full	5
	• Drill #2; Passing and Shooting	Head Coach	Full	3
	• Drill #3; Rules discussion-tripping	Asst. Coach	Center	2
Water Break & Discussion	<ul style="list-style-type: none"> <li>• Water break – 1 minute</li> <li>• Coaches discuss and provide feedback on the individual drills</li> </ul>	All	NA	2
Positional Drills	• Drill # 4; 1-on-1 with rebounds	Both Coaches	Half	4
	• Drill # 5; 2-on-1 with rebounds	Both Coaches	Half	5
	• Drill # 6; Defending our slot	Both Coaches	Half	6
	• Drill # 7; Three player face-offs	Players	Full	3
Water Break & Discussion	<ul style="list-style-type: none"> <li>• Water break – 1 minute</li> <li>• Coaches discuss and provide feedback on the individual drills</li> </ul>	All	NA	2
Team Drills	• Drill # 8; Breakouts – strong side	Both Coaches	Half	6
	• Drill # 9; Power Play; 5-on-3	Both Coaches	Half	4
	• Drill # 10; Changing on-the-fly	Both Coaches	Bench	2
	• Drill # 11; Scrimmage	Both Coaches	Full	10
Wrap-Up	<ul style="list-style-type: none"> <li>• Cool down laps</li> <li>• Collect pucks</li> <li>• Prepare for Post-Practice Discussion</li> </ul>	Asst. Coach Players Head Coach	Full	1
<b>TOTALS</b>				<b>60 mins</b>

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<b>Focus</b>	<b>Drills/Activities</b>	<b>Lead</b>	<b>Location</b>	<b>Time</b>
<b>Warm-Ups</b>				
<b>Team Discussion</b>				
<b>Individual Drills</b>				
<b>Water Break &amp; Discussion</b>				
<b>Positional Drills</b>				
<b>Water Break &amp; Discussion</b>				
<b>Team Drills</b>				
<b>Wrap-Up</b>				
<b>TOTALS</b>				<u>    </u> mins