

# *The Siller Practice Planning Pyramid*

## **A Hockey Coaching Tool from Greg Siller of Pro Learning Systems**

I believe one of the biggest reasons why coaches aren't *consistently* running great hockey practices is because of the lack of effective practice planning. Coaches *may* have an idea of what they want to do during their practices. However, I don't believe that they take the appropriate amount of time needed to develop a true practice plan. Additionally, with newer coaches, many may not be sure of how to plan or what to plan for.

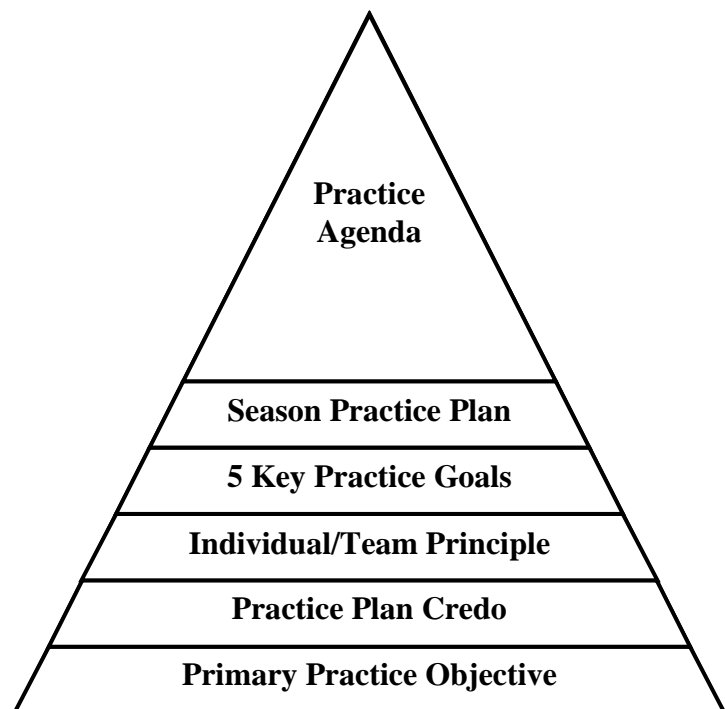
A **Practice Plan** is a blueprint that defines *what* you want to accomplish with your team during your practice, *who* is involved in running and participating in your practice, *at what point* during the practice you will perform specific drills, and *how* you want to accomplish your practice objectives. The plan is essential because it helps ensure that you consider specific goals as part of your overall practice planning process and why these goals are important to achieve. It becomes a roadmap for implementing your overall teams' goals. It also helps guarantee that you are planning to teach the right skills, tactics, and strategies at the right times during the season. The practice plan forms the basis for your teaching and learning during the entire season.

*What happens if you don't have a plan?* You will not be able to maximize the opportunities to teach your players the fundamental and advanced skills, tactics, and strategies of the game. In addition, you *will* waste precious practice time, both on and off the rink. If you don't have a plan, you may get lucky and some of your practices may turn out well, however, over the course of an entire season, this will not consistently occur.

Your **Practice Plan** should be designed around four foundational elements. These are the:

- (1) Primary Practice Objective,
- (2) Practice Plan Credo,
- (3) Individual/Team Principle,
- (4) Five Key Practice Goals.

Employing these four foundational elements will enable you to create the two top-level tangible elements of your practice planning; your [Season Practice Plan](#) and [Practice Agenda](#). The figure to the right, *the Siller Practice Planning Pyramid™*, shows the relationship between these six essential hockey planning elements.



*Siller Practice Planning Pyramid™*

**Greg Siller**, founder of Pro Learning Systems ([www.prolearning.com](http://www.prolearning.com)), has put his 25 years of ice and roller hockey experience into authoring several hockey articles as well as two highly acclaimed hockey books; [The Hockey Practice Playbook](#) and [Roller Hockey: Skills and Strategies for Winning On Wheels](#).