

PRACTICE CONTENTS

recommendations

A. Main focus

On-ice

ESHA-I - basic skills

- powerskating, stickhandling, passing, shooting, checking
- 1-1 offensive skills
- small area games
- introducing Energie superstructure skills

Older groups the same like ESHA I

- +Energie superstructure skills
- +indiv.offens. tactics in Sit. 1-1
- +group offens. tact.in Sit. 2-0,2-1
- +full ice scrimmage
- +indiv. def. tactics in Sit. 1-1
- +group of./def. tact.in Sit. 2-2,3-2

Off-ice

- a) Compensatory exercise, coordination, conditioning, games, teambuilding
- b) Swimm session - relaxation
- c) Discussion with star guests - motivation
- d) Video - hockey theorie, motivation

B. Principles on the ice

- keep moving as many players as possible at the same time
- the goal in the training is valid only when positive emotions are shown
- each drill should have a „second action“ after the shot (rebound, pass, new puck...)
- always finish the drill with the same puck, you have started with
- watch for precise execution of the drills (start on the line,...)
- watch for details and praise them or correct them individually

C. Organisation on the ice

1.Practice - Sunday afternoon - 60' - keep moving and recognize the group

a) In the morning:

Time-60'

5' W.-up-Music.

15'skills / 4x6' Stations (+Goalie-spec.)

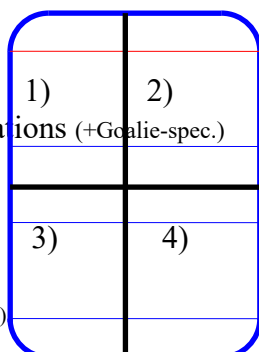
Cross-ice-scr.

MO,TUE,

THU: 15'

WE: Fun-games

SA: PHA-Cup(Tur.)



b) Afternoon:

Time – 60'

5' Warm-up - Music

20'-30' skills / drills (+Goalie-spec.)

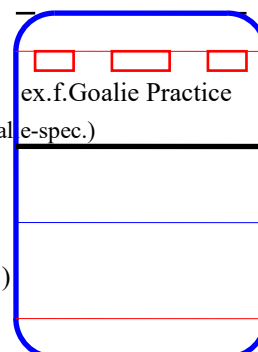
Scrimmage at the end

MO,TUE,

THU: 25'-35'

WE: PHA-Challenge(Tur.)

FR: Skill-Competition




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