

# PLANNING CHECKLIST

---

## ELEMENTS OF A GOOD PRACTICE

### PRACTICE SHOULD INCORPORATE THE FOLLOWING PRINCIPLES:

- FUN/Engaging
  - Game-like
  - Constant decision-making
  - Lots of puck touches (Repetition without Repetitiveness)
  - Challenging
- 

## CHECK LIST

### Communication

- Player invitations
- Practice schedule/seasonal plan

### Player arrival and welcome

- Be prepared
- Early Birds
- Reception of the players/parents
- Information and rules
- Locker room

### Ice Time (with or without ice cleaning)

- Getting on the ice
- Warm-Up
- Change of stations
- Drinking breaks
- Explanation
- Work time at the station
- Flowtime vs. repetitions
- Feedback
- Ending practice and clearing the ice

### Player Group

- Number of players and goalkeepers
- Age of the players
- Developmental stage and skill level of the players
- Interest level of the players
- Size of the work groups
- Language

### Coaches

- Number of coaches
- Experience of coaches
- Task awareness and understanding
- Time keeper

### Practice Plan

- Aim of the practice
- Timing
- Creation of a player-centred environment
- Format: number of stations, drills, games
- Clear explanation and key points/quality factors
- FUN & Creativity
- Flexibility, Plan B

### Equipment and tools

- Jerseys, pinnies (vests) or helmet covers in different colours to organise the groups
- Pucks
- Nets
- Dividers
- On ice markers
- Cones/tires
- Other equipment as noted in the plan (tennis balls, balloons, soccer ball, ringette, ...)

### Player departure

- Information on what comes next
- Snack & drinks
- Daycare service