

# Practice Plan for SAMPLE VIDEO

**Date:** December 18<sup>th</sup>

**Time:** 5:00 p.m. to 7:00 p.m.

**Location:** Saville Centre, Edmonton

**Coach:** Garry C, Coach of the University of Alberta Pandas

**Team Members:** Jessica M, Rachel P, Dana F and Joanne T.

Context (circle):

Early Season

Mid-Season

Late Season

**Additional material attached/provided:** Completed EAP forms. Two Activity Planning Sheets for the Spot Drill and Home Base Drill.

**Goals/Objectives:** To develop a method of communication which is clear and audible. To determine who is best to speak first, what words work and to increase voice volume regardless of the type of shot being played.

**Equipment/resources needed:** Sheet of curling ice.

See Template for Practice on Next Page

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Please complete this portion after the practice:

**Potential Practice Risk Factors:**

**Athletes' Assessment of Practice/Debrief:** Enjoyed the practice.

**Notes for Next Practice:** Continue to work and monitor communication. The two brushers communicating and coach is to monitor this in the next practice. Timing the hits both hog-to-hog and split times. More draw drills/exercises and position specific shots.

Time Allotted	Activities	Segments	Key Factors
2:13 minutes	<p>Coach introduces himself and his position. Shows completion of his EAP forms: Athlete Medical Data forms, Emergency contact forms, Emergency Services information, Facility information and diagram with a map of the facility location. Shows his first-aid kit and explains the contents.</p> <p><b>NOT SHOWN IN VIDEO</b> – Coach performed an on-ice safety check of the ice surface by walking from one end of the sheet to the other ensuring that the ice has been properly prepared. Also checked walkways for obstructions and removed mats from hack and placed them out of the way off the ice surface.</p> <p>Coach meets and greets team members in the lounge.</p> <p>Coach examines the broom heads and grippers.</p>	Emergency Action Plan and Introduction	<p>Completed up-to-date EAP forms are kept accessible.</p> <p>Location of a fully stocked first-aid kit is identified.</p> <p>Ensure ice is prepared and venue is safe.</p> <p>Brush head and grippers are in good condition.</p>





Time Allotted	Activities	Segments	Key Factors
	**While the athletes continued their cool-down routines, the coach reviewed the practice objective and the activities. Coach asked the athletes for feedback.	Conclusion/Debrief	Receive feedback from each athlete about how the practice went as well as receiving feedback for future practices.

**\*NOT SHOWN ON VIDEO** – Coaches must include video of all activities in their submission. Due to time limits, some activities were not captured in the sample video. Please refer to the Practice Plan Guide.

\*\*Recommend that the Cool Down and De-Brief be completed separately so that the athletes will focus fully on each segment.

The Time Allotted is based on the sample video provided not on the actual time of the activities.

## Appendix 8 – Activity Planning Sheet

Practice session date: December 18

Athletes: Jessica, Rachel, Dana and Joanne and coach Garry.

Name of the activity: *Home Base* Warm-up( ) Main part ( ) Cool Down (  )

Description: (Athletic abilities to be trained, purpose, movements, types of effort, intensity, duration, etc):

*Two against two with each player throwing four stones each. Front end players against the backend players. No brushing. One player calls the shots and strategy in the far house while the other player delivers four consecutive shots alternating with an opposition player. The players switch positions after four rocks. The team with last rock must score 2+ to win. Can only play two hits in the entire end.*

Directions/guidelines to give athletes: *The purpose is to communicate the shot being called.*

Success criteria: *The coach records the win/loss record.*

Risk factors/safety guidelines to give athletes: Have fun and try different shots.

Notes/comments: None

## Appendix 8 – Activity Planning Sheet

Practice session date: December 18

Athletes: Jessica, Rachel, Dana and Joanne and coach Garry.

Name of the activity: *Spot Drill* Warm-up( ) Main part (✓) Cool Down ( )

Description: (Athletic abilities to be trained, purpose, movements, types of effort, intensity, duration, etc):

*This is a drawing drill where each player throws in rotation four stones back-to-back at the same spot/target at the far end with either the skip or third holding the broom with two players brushing. The spot/target will change for each player. The skip and/or coach decide the shot and turn.*

Directions/guidelines to give athletes: *The purpose is to ensure that communication is clear and audible.*

Success criteria: *The coach records how many times the athletes hits the spot out of the four rocks thrown.*

Risk factors/safety guidelines to give athletes: *Brushers will be tired and will need a water break.*

Notes/comments: *Can place a broom or gloves down of where the target is. This will also present player's tendencies (i.e. rotations, release, etc).*