



COMPETITION COACH PRACTICE PLAN TEMPLATE

Team Name:

Date:

Time:

Duration:

Location:

Coach:

Team Members:

Context (circle):

Early Season

Mid-Season

Late Season

Additional material attached/provided:

- EAP
- Athletes' information – age, skill level, experience, position

****Practice activities should focus mainly on athlete skill development of delivery and brushing.****

Goals/Objectives:

Equipment/resources needed:

Potential Practice Risk Factors:

To Be Completed After Practice

Athletes' Assessment of Practice/Debrief:

Notes for Next Practice:

Time Allotted	Activities	Segments	Key Factors
Coach and athletes meet 15-minutes prior to their scheduled ice time to maximize the on-ice time. This time is allotted for introduction and off-ice warm-up.			
		Introduction to the session	
		Warm-up	
		Main	
		Cool Down	
		Debrief	