



## PLAYER ACTIVITY TRACKING (P.A.T.)

DATE:

AGE GROUP:

TOTAL ICE TIME:  
(Length of practice)

EXPLANATIONS:  
(Length of time coach spends speaking)

TOTAL: \_\_\_\_\_

SKATING:  
(Time spent moving)

TOTAL: \_\_\_\_\_

PASSING:  
(Number of passes given/received)

TOTAL: \_\_\_\_\_

SHOTS:  
(Number of shots taken)

TOTAL: \_\_\_\_\_

PUCKHANDLING:  
(Time spent with puck on stick)

TOTAL: \_\_\_\_\_

COACHING FEEDBACK:  
(Number of times coach interacts with player)

TOTAL: \_\_\_\_\_

### TRACKING KEY

**Explanations:** how long the coach spends speaking, instructing or explaining the upcoming drills and teaching points.

**Skating:** how long the player spends in motion. The total should be recorded in minutes and seconds.

**Passing and Shooting:** track how many passes are given and received and how many shots are taken. The total should be a number, not a time.

**Puckhandling:** how long the player has a puck on his/her stick. The total should be

recorded in minutes and seconds.

**Coaching Feedback:** how many times a coach interacts with a player during practice. The total should be a number, not a time.