



PLAYER ACTIVITY TRACKING

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 attempted)

TOTAL: _____

PASSING:
(Number of passes 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.