



## PLAYER ACTIVITY TRACKING

<b>DATE:</b>  <b>AGE GROUP:</b>  <b>TOTAL ICE TIME:</b> <i>(Length of practice)</i>		
<b>EXPLANATIONS:</b> <i>(Length of time coach spends speaking)</i>		<b>TOTAL:</b> _____
<b>SKATING:</b> <i>(Time spent moving)</i>		<b>TOTAL:</b> _____
<b>PASSING:</b> <i>(Number of passes attempted)</i>		<b>TOTAL:</b> _____
<b>PASSING:</b> <i>(Number of passes received)</i>		<b>TOTAL:</b> _____
<b>SHOTS:</b> <i>(Number of shots taken)</i>		<b>TOTAL:</b> _____
<b>PUCKHANDLING:</b> <i>(Time spent with puck on stick)</i>		<b>TOTAL:</b> _____
<b>COACHING FEEDBACK:</b> <i>(Number of times coach interacts with player)</i>		<b>TOTAL:</b> _____

### 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.