Curriculum B Design a Practice Plan Worksheet

Task: Once you have designed your practice, please use this worksheet as a tool to review and improve your practice.

- 1. What is the theme of the practice?
 - a. How do each of the activities/drills support the theme?
 - b. What are the main teaching points of each activity/drill?
- 2. Using the chart below, rate each activity/drill on a scale of 1-5 (1 being the lowest & 5 being the highest) based on the following guidelines:
 - a. Rate the level in which the *overall* activity/drill meets the criteria for each of the five elements.
 - b. Rate the level in which each activity/drill meets the criteria of the five elements for the *goaltenders.*
- 3. What changes can you make to improve your ratings above?
 - a. For the overall drill/activity?
 - b. For the goaltenders?
- 4. Fill in the work to rest ratio for each drill/activity in the chart below.
 - a. Is it age appropriate?
 - b. If not, what changes can you make to deliver the proper work/rest ratio for your age group?
- 5. What are the key roles of the coaches involved in each activity/drill?

Drill Name	Work to rest ratio	Constant Decision Making	Repetition with Repetitiveness	Looks like a game	Challenging	Fun
Ex. "Drill 1"	1:3	3	3	4	3	5
"Drill 1-Goalies"	1:1	3	2	4	4	5