

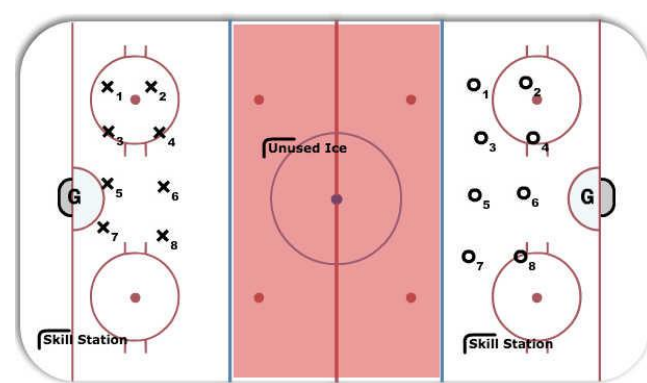
**GMHA Solo Template Tyke - Atom** (2016) - 10/15/16, 11:37am - 60 mins

Prepared by:

-- OTHER

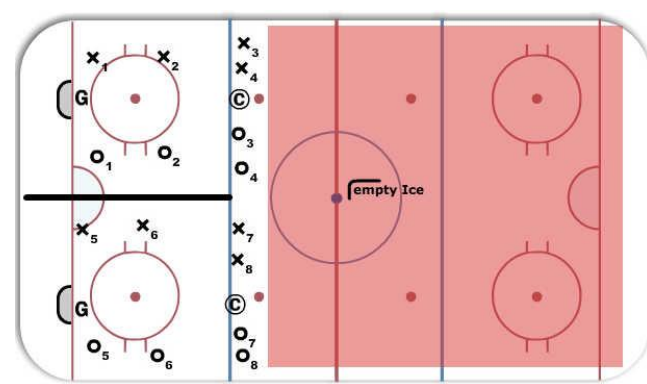
**Notes:** During a single team Practice, insert a Cross Ice Game (of your choice) for 10 minutes, a Skill Station for 10 minutes, and a Small Area Game for 10 minutes.

**Skill Station - 10 mins**



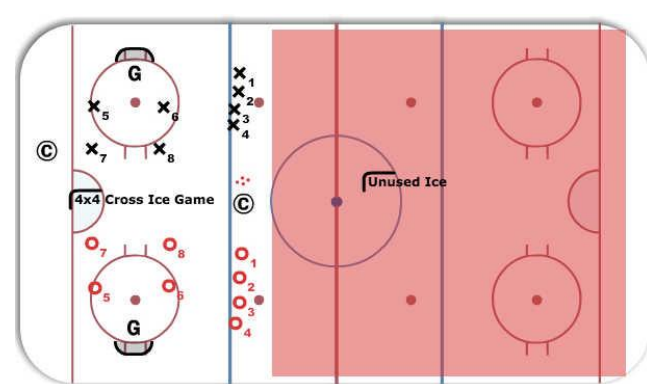
Key Points: identify Skill to be worked divide ice into two groups goalies can be integrated, or work on goalie specific skills

**Small Area Game - 10 mins**



Key Points: Key Objective 1 teaching point (O) 1 teaching point (D)

**Cross Ice Game (tyke to Atom) - 10 mins**



Key Points: 1 Clear Objective 1 Key Teaching Point (O) 1 Key Teaching Point (D)

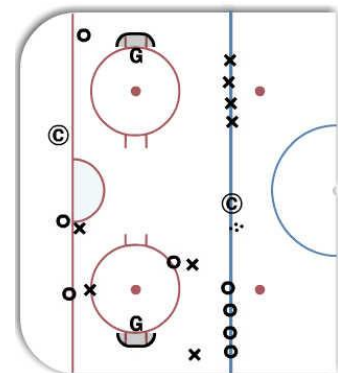
GMHA Solo Template Peewee - Midget (2016) - 09/15/16, 5:00pm - 60 mins

Prepared by:

-- OTHER

**Notes:** During a single team Practice, insert a Cross Ice Game (of your choice) for 10 minutes.

**Cross Ice Game - 10 mins**



During a solo team practice, insert a Cross Ice Game (of your choice) for 10 minutes.

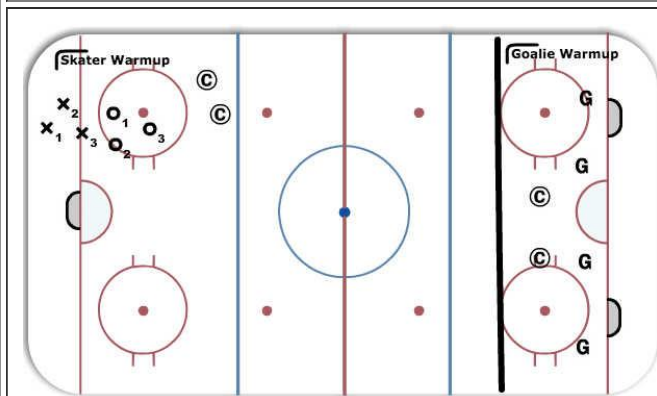
Key Points: Add Teaching Points

-- MITE

**Notes:** To be used for all GMHA PUP Scheduled Practices

**10 Minute Warmup - 10 mins**

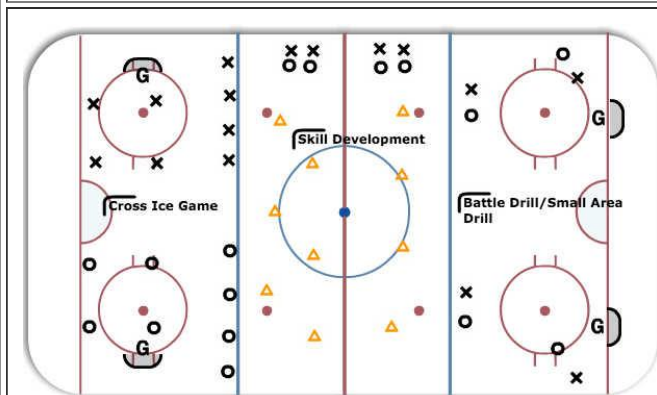
5:00pm



Two Team Warmup  
 - Goalies in one group for goalie specific warmup  
 - Skaters in second group  
 Coach can be creative on how the ice is divided

**PUP Station - 30 mins**

5:10pm

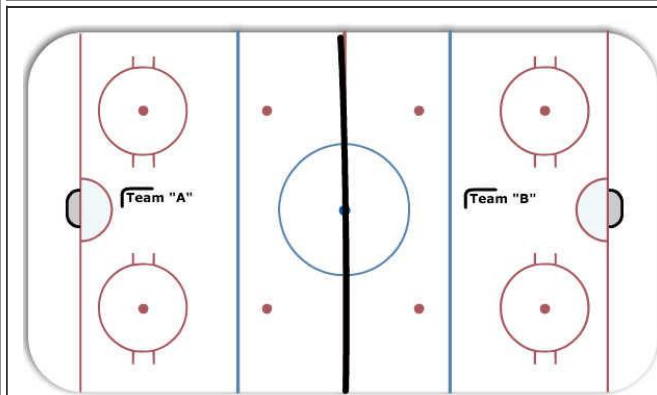


3 Area Station (28 minutes)  
 (1) Cross Ice Game  
 (2) Skill Development  
 (3) Battle/Small Area Drill  
  
 7 Minute Rotation  
 - after 7 minutes Skill Development and Battle Drill groups switch, Cross Ice Game Remains  
 - after 14 minutes Cross Ice Game splits into Skill Development and Battle. SK and Bat to CIG  
 - after 21 minutes SD and Bat switch allows for 2 minutes of rotation

Key Points: instruct at station

**Team Drill - 10 mins**

5:40pm



Split Ice  
 - Team specific drill

**GMHA B2B Template** (2016) - 08/16/16, 5:00pm - 110 mins

Prepared by:

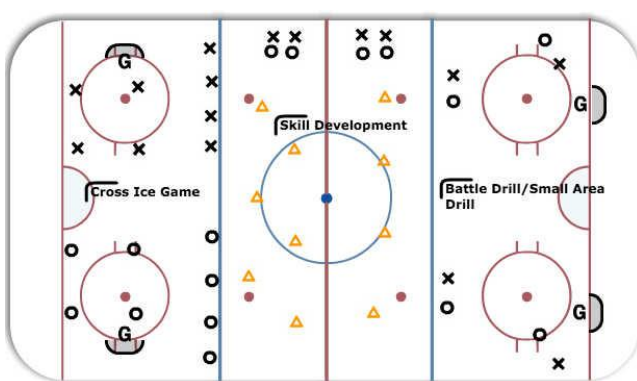
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**Notes:** To be used for all GMHA Schedule B2B Practices

<b>Team Drills (Team A Solo) - 20 mins</b>	5:00pm
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<b>Split Ice (Team B Warmup) - 10 mins</b>	5:20pm
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<b>PUP Station - 20 mins</b>	5:30pm
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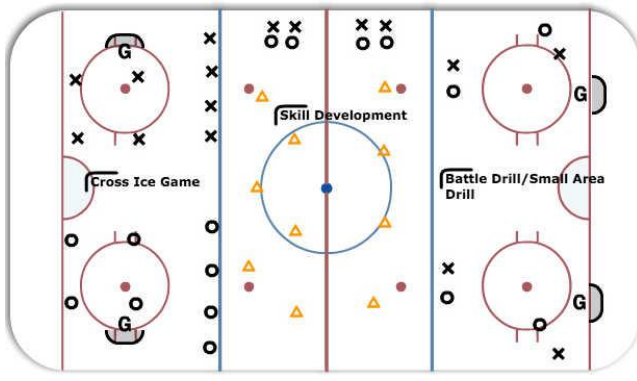
3 Area Station (28 minutes)  
 (1) Cross Ice Game  
 (2) Skill Development  
 (3) Battle/Small Area Drill

7 Minute Rotation  
 - after 7 minutes Skill Development and Battle Drill groups switch, Cross Ice Game Remains  
 - after 14 minutes Cross Ice Game splits into Skill Development and Battle. SK and Bat to CIG  
 - after 21 minutes SD and Bat switch allows for 2 minutes of rotation

Key Points: instruct at station

<b>Flood - 10 mins</b>	5:50pm
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<b>PUP Station (Finish Rotation) - 10 mins</b>	6:00pm
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3 Area Station (28 minutes)  
 (1) Cross Ice Game  
 (2) Skill Development  
 (3) Battle/Small Area Drill

7 Minute Rotation  
 - after 7 minutes Skill Development and Battle Drill groups switch, Cross Ice Game Remains  
 - after 14 minutes Cross Ice Game splits into Skill Development and Battle. SK and Bat to CIG  
 - after 21 minutes SD and Bat switch allows for 2 minutes of rotation

Key Points: instruct at station

<b>Split Ice - 20 mins</b>	6:10pm
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<b>Team Drills (Team B Solo) - 20 mins</b>	6:30pm
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