

GMHA PRACTICE TEMPLATES

Coaches shall use the following templates to organize your practice sessions. The templates have been developed by GMHA Coaches and outline a 50 minute single team practice + a 50 minute PUP session.

* where you see WARM UP, also include Goalie specific WARM UP

TYKE TO ATOM

50 Minute Single Team Session:

5 minutes	Warm Up
10 minutes	Pattern Flow / moving / passing drills
21 minutes	Station based / Cross Ice
10 minutes	Teaching
4 minutes	Fun

50 Minute PUP Session:

10 minutes	Warm Up
30 minutes	Station based / Cross Ice
10 minutes	Teaching / Fun

MINOR PEEWEE TO MIDGET

50 Minute Single Team Session:

10 minute	Warm UP or SAG
10 minute	Skill Development
10 minute	SAG
10 minute	SAG
10 minute	Small Area - FUN

50 Minute PUP Session:

10 minutes	Warm Up
30 minutes	Station based
10 minutes	Small Area Game