

PRACTICE STATISTICS IN MINOR HOCKEY

How is your team doing?

EXCELLENT HOCKEY PRACTICE

Players will give / receive over 100 passes.

Players will have a puck on their stick for 12-20 minutes.

Players will take a minimum of 30 shots.

Players will miss the net 20% of the time.

90% of actual practice time is utilized properly. The 10% not used to full advantage is a result of players being late, disorganized, and lack of planning by coaches.

Coaches will execute 4-5 drills that meet the specific needs of the players and are challenging and rewarding.

Conditioning is performed in the drills as coaches are keeping the players active, involved and exerting maximum effort.

TYPICAL MINOR PRACTICE

Players will give / receive 10-15 passes.

Players will have a puck on their stick for 1-2 minutes.

Players will take 5-15 shots.

Players will miss the net 40% of the time.

60% of actual practice time is utilized properly. The 40% not used to full advantage is a result of players being late, disorganized, and lack of planning by coaches.

60% of coaches will execute at least 2 of the "Big 3" drills: horseshoe, skating the circles or bag skate.

In 70% of minor hockey practices, coaches will end practice with players lined up on the goal line with no pucks and have them skate wind sprints. As a result, players expect this and pace themselves for the 2-3 drills prior.

****All research has been gathered by Calgary Hockey Development. Results may vary significantly depending on practice focus and age of participants.****