



## Long Term Athlete Development Practices

Team: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_ to \_\_\_\_\_

Arena: \_\_\_\_\_ Equipment Needed: \_\_\_\_\_

Goal(s): \_\_\_\_\_

Time	Activity	Diagrams
5min <i>Off-ice in dressing room</i>	<b>Introduction</b> Purpose is to greet athletes and let them know what will be taking place. <ul style="list-style-type: none"> <li>• Before practice begins: inspect facilities, organize equipment, greet each athlete, assess each athlete's energy level.</li> <li>• At the beginning of practice: review the goals of practice and activities planned.</li> </ul>	
10-15min	<b>Warm-Up</b> Purpose is to prepare the body for the efforts of the main practice. <p><b>General Warm-Up</b></p> <ul style="list-style-type: none"> <li>• General exercises or games to loosed muscles and raise body temperature</li> <li>• Progressive stretching that is dynamic (with movement)</li> </ul> <p><b>Specific Warm-Up</b></p> <ul style="list-style-type: none"> <li>• Brief activities that athletes already know that mimic the movements of the main part (may even be the same activity, but at lower intensity)</li> <li>• A gradual increase in intensity that will not tire the athlete</li> <li>• A quick transition between the end of the warm-up, the explanations/instructions given for the first activities of the main part, and the activities themselves</li> </ul>	
30-45min	<b>Main Part</b> Purpose is to perform activities that will help athletes improve sport-specific abilities and fitness. <p>Three or more activities linked in the proper order.</p> <ul style="list-style-type: none"> <li>• Activities that challenge athletes so they can learn and improve while enjoying themselves</li> <li>• Athletes involved in an activity most of the time (i.e. not standing around or waiting in line)</li> <li>• Athletes allowed lots of practice for each activity</li> <li>• Activities that are appropriate for the age, fitness, and ability levels of the athletes and are relevant to the sport</li> </ul>	



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	<p><b>Main Part cont'</b></p> <p>Beginning of the Main Part of Practice (athletes are not tired)</p> <ul style="list-style-type: none"> <li>• Activities to acquire new techniques, skills, or motor patterns</li> <li>• Activities that develop or require coordination or balance</li> <li>• Activities that develop or require speed</li> </ul> <p>Middle of the Main Part of Practice</p> <ul style="list-style-type: none"> <li>• Activities to develop or require speed-endurance</li> <li>• Activities that develop or require strength</li> <li>• Activities that develop or require strength-endurance</li> </ul> <p>Later in the Main Part of Practice (when athletes tired)</p> <ul style="list-style-type: none"> <li>• Activities to consolidate skills already acquired</li> <li>• Activities that develop or require aerobic endurance</li> <li>• Activities to develop flexibility</li> </ul>	
5-10min	<p><b>Cool-Down</b></p> <p>Purpose is to begin recovery.</p> <ul style="list-style-type: none"> <li>• A gradual decrease in intensity.</li> <li>• Stretching, especially of muscles most used.</li> </ul>	
5min <i>Off-ice in dressing room</i>	<p><b>Conclusion</b></p> <p>Purpose is to debrief the athletes and tell them about the next practice or competition.</p> <ul style="list-style-type: none"> <li>• Provide and ask for feedback on what went well and what can be improved.</li> <li>• Tell athletes about next practice or competition (logistics, goals, &amp; emphasis)</li> <li>• Lead team cheer &amp; speak with each athlete before he or she leaves</li> </ul>	