

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

- 1. 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.
- 2. What changes can you make to improve your ratings above?
  - a. For the overall activity/drill?
  - b. For the goaltenders?
- 3. Fill in the work to rest ratio for each activity/drill 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?

Activity Name	Work to Rest Ratio	Constant Decision Making	Puck Touches	Looks Like the Game	Challenging	Fun
Ex. "Activity 1"	1:3	3	3	4	3	5
"Activity 1 - Goalie"	1:1	3	2	4	4	5
Average Activity Score						
Average Activity Goalie Score						

- 4. What is the theme of the practice?
  - a. How do each of the activities/drills support the theme?
  - b. What is the purpose of each activity/drill?
  - c. What are the main teaching points of each activity/drill?
- 5. What are the key roles of the coaches involved in each activity/drill?