ELITE DIAMOND HOCKEY

OFF-ICE TRAINING · GARLAND ENTERPRISES

FOR COACHES AND TEAM MANAGERS · ONE TEAM, ONE SEASON

Rising Stars · Champions in the Making · Champions Academy

TEAM OFF-ICE SEASON TOOLKIT

Everything a coach or team manager needs to run off-ice training all season: warm-up, 8 station circuits for 12 to 20 players, planners and parent templates.

- 15-minute team warm-up
- Practice plan + season planner
- 3 parent email templates
- 8 station circuits, 3 age bands
- Attendance and gear size sheets
- Off-ice game bank

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Printable PDF · Letter size

TEAM OFF-ICE SEASON TOOLKIT

WHAT'S INSIDE

Read How to Use and Safety first. The circuits run on any flat space. Pages marked Printable are made to copy for your staff.

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STATION CIRCUITS

CIRCUITS 1 AND 2

4 stations each. Groups rotate clockwise. Time per station by band: 4, 5 or 6 minutes. Band notes: 1 = 8U-10U, 2 = 12U-14U, 3 = 16U+.

CIRCUIT 1: QUICK FEET

FOOT SPEED AND CHANGE OF DIRECTION.

#	STATION	BAND 1 · 2 · 3
1	**Ladder** Agility ladder or tape ladder. In-in-out-out, then lateral in-out.	1: one foot per box · 2: two patterns · 3: add a sprint out
2	**Line hops** Players on a line, two-foot hops side to side, then front-back.	1: 10s sets · 2: 20s · 3: one foot
3	**Cone weave** 5 cones zig-zag. Shuffle and cross over around each, face forward.	1: walk it · 2: shuffle · 3: with stick and ball
4	**Reaction starts** Coach points left, right or forward. Players sprint 3 steps that way.	1: as a game, last one does a fun move · 2: from kneeling · 3: from lying down

CIRCUIT 2: HANDS BASICS

CLEAN TOUCHES AND CONTROL.

#	STATION	BAND 1 · 2 · 3
1	**Dribble ladder** Each player with a ball: 30s narrow, 30s wide, 30s front-to-back.	1: big, slow touches · 2: eyes up last 10s · 3: one hand for 10s
2	**Figure 8s** Two cones, figure 8 around them.	1: 3 ft apart · 2: 2 ft · 3: reverse on whistle
3	**Toe drags** Toe drag across a cone, forehand then backhand.	1: forehand only · 2: both sides · 3: drag into a shot motion
4	**Slalom carry** Carry through 5 cones and back.	1: walking · 2: jogging · 3: backwards return

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PRINTABLE

OFF-ICE PRACTICE PLAN

Fill one in per session. Copy it for every coach so everyone knows the plan.

DATE		**LOCATION**	
AGE BAND		**PLAYERS EXPECTED**	
FOCUS THIS SESSION			

TIME	BLOCK	DRILL / STATION	COACH	NOTES
	Warm-up	15-minute team warm-up		
	Station 1			
	Station 2			
	Station 3			
	Station 4			
	Game			
	Cool-down			

SAFETY CHECK

- ☐ Space checked
- ☐ First-aid kit at HQ
- ☐ Water break times set
- ☐ Emergency contacts on hand

AFTER: WHAT WORKED / CHANGE NEXT TIME

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