



# Practice Planner

ASPIRE TO SUCCESS ON & OFF THE ICE.

Deliberate practice leads to ongoing success. Before you step on the ice to practice, take a moment to come up with a game plan. This will keep you on track for the duration of the session and ensure that no skills are left behind!

In order to become a well-rounded skater, you need to devote time to practicing spins, jumps and skating skills without ignoring the need to warm up, cool down and practice your programs and skating tricks such as spirals and split jumps. Use the methodology below to develop your daily practice plans.

|  |   |   |
|--|---|---|
| <p><b>ALLOCATE 3-5 MINUTES FOR EACH OF THE FOLLOWING:</b></p> <p><b>Warm-up • Programs • Cool-down</b></p> |  | <p><b>DIVIDE THE REMAINING TIME BETWEEN THE FOLLOWING:</b></p> <p><b>Skating skills • Spins • Jumps</b></p> |
|--|---|---|

## TIME-BLOCK YOUR PRACTICE

1. Determine how much time you are going to practice, and divide your time using the methodology provided above.
2. Build your practice list! Write down the skills/exercises you plan to practice and take the ice.
3. Don't stress out if you are over or under in certain areas. Make up the deficit next time you practice.

| PRACTICE SECTION                                    | PRACTICE TIME | PRACTICE LIST |
|---|---------------|---------------|
| <b>WARM-UP</b>                                      |               |               |
| <b>SKATING SKILLS</b><br>(EDGES/MOVES IN THE FIELD) |               |               |
| <b>SPINS</b>  |               |               |
| <b>JUMPS</b>  |               |               |
| <b>PROGRAMS</b>                                     |               |               |
| <b>COOL DOWN</b>                                    |               |               |

# PRACTICE TRACKER

Regularly tracking your practice sessions allows you to recognize improvements over time and remember the little changes that led to big improvements.

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Goal: \_\_\_\_\_

| SKILL                            | QUANTITY PRACTICED | RATING                        | NOTES |
|----------------------------------|--------------------|-------------------------------|-------|
| <b>SKATING SKILLS</b>            |                    |                               |       |
|                                  |                    | ☆☆☆☆☆                         |       |
|                                  |                    | ☆☆☆☆☆                         |       |
|                                  |                    | ☆☆☆☆☆                         |       |
|                                  |                    | ☆☆☆☆☆                         |       |
|                                  |                    | ☆☆☆☆☆                         |       |
|                                  |                    | ☆☆☆☆☆                         |       |
| <b>SPINS</b>                     |                    |                               |       |
|                                  |                    | ☆☆☆☆☆                         |       |
|                                  |                    | ☆☆☆☆☆                         |       |
|                                  |                    | ☆☆☆☆☆                         |       |
|                                  |                    | ☆☆☆☆☆                         |       |
|                                  |                    | ☆☆☆☆☆                         |       |
|                                  |                    | ☆☆☆☆☆                         |       |
| <b>JUMPS</b>                     |                    |                               |       |
|                                  |                    | ☆☆☆☆☆                         |       |
|                                  |                    | ☆☆☆☆☆                         |       |
|                                  |                    | ☆☆☆☆☆                         |       |
|                                  |                    | ☆☆☆☆☆                         |       |
|                                  |                    | ☆☆☆☆☆                         |       |
|                                  |                    | ☆☆☆☆☆                         |       |
| <b>OTHER</b>                     |                    |                               |       |
|                                  |                    | ☆☆☆☆☆                         |       |
|                                  |                    | ☆☆☆☆☆                         |       |
|                                  |                    | ☆☆☆☆☆                         |       |
|                                  |                    | ☆☆☆☆☆                         |       |
|                                  |                    | ☆☆☆☆☆                         |       |
|                                  |                    | ☆☆☆☆☆                         |       |
| <b>PROGRAM RUN-THROUGH NOTES</b> |                    | <b>OVERALL PRACTICE NOTES</b> |       |
|                                  |                    |                               |       |

## SUCCESS OF THE DAY:

\_\_\_\_\_

