



Practice Activity Tracker

Date: _____ Age Group: _____ Total Ice Time: _____ <i>(Length of Practice)</i> Player Name: _____	Parent Comment: <hr/> Player Comment:
Explanations: <i>(Length of time each coach spends instructing players)</i>	Total time:
Forward Skating: <i>(Time spent forward skating)</i>	Total time:
Backward Skating: <i>(Time Spent backwards skating)</i>	Total time:
Passing: <i>(Number of passes attempted)</i>	Total number:
Receiving: <i>(Number of passes received)</i>	Total number:
Shots: <i>(Number of shots taken)</i>	Total number:
Stickhandling: <i>(Time spent with puck on stick)</i>	Total time:
Feedback: <i>(Number of times coach interacts with player)</i>	Total number:
Total Activity Time: <i>(Keep your time running while player is active, stop time when player is not active)</i>	Total time:

TRACKING POINTS

Explanations: how long the coach spends speaking, instructing or explaining the upcoming drills and teaching points.

Skating: how long the player spends in motion. The total should be recorded in minutes and seconds.

Passing and Shooting: track how many passes are given and received and how many shots are taken. The total should be a number, not a time.

Stickhandling: how long a player has a puck on his/her stick. The total should be recorded in minutes and seconds.

Coaches Feedback: how many times a coach interacts with a player during practice. The total should be a number, not a time.