

Activity in 30 Minutes of a Drills Practice

This is from a random practice that I watched after running my skills practice with a school group. It is a U18 group practicing skills. In studies done in Canada and Finland the average practice that uses drills has each player active for between 7 and 11 minutes per hour.

This was a well organized drill practice where the coach had a plan with stations and active assistant coaches helping. It is at the high end of the 7-11 minutes of activity each 60 minutes of a drill based practice.

I took a video of one player for 30 minutes and she was active for 5' 26" (five minutes and twenty-six seconds) and waited in line, got drinks, watched drill demonstrations or watched drill explanations on the white board for 24 minutes and 34 seconds. So at this pace the players would have been active 10' 52' in one hour and been inactive 49' 8".

So the question is 'Is a drill based practice the ideal way to develop players.' I put the 30 minute video on YouTube.

https://youtu.be/6_N97Qalma4

Stats that give the players active and inactive segments are below.

Active from 28-44 seconds, puck handle and shoot.- 16".

Stand in line and watch demo 44" to 2'03" – 1' 19"

Starts passing and skating 2' 3" to 2' 20" = 17"

Back to the lineup 2' 20" to 3' 9" = 49"

Starts Passing 3:01 to 3' 23" = 22"

In line 3' 23" to 4' 4" = 41"

Active 4' 4" to 4' 14" = 7" and coach ends the drill.

Demo of new drill 4' 14" to 4' 51" = 37"

Active 4' 51" to 5' 3" = 12"

Inactive 4' 51" to 5' 42" = 51"

Active 5' 42" to 5' 50" = 8"

Inactive 5' 50" to 6' 22" = 32"

Active 6' 22" to 6' 32" = 10"

Inactive 6' 32" to 7' 28" = 56"

Active 7' 28" to 7' 48" = 20"

Inactive 7' 48" to 8' 26" = 38"

Active 8' 26" to 8' 34" = 8" then drink and new drill.

Inactive 8' 34" to 11' 18" = 2' 44" at the board and waiting for next rep.

Active 11' 18" to 11' 29" = 11"

Inactive 11' 29" to 11' 49" = 20"

Active 11' 49" to 12' = 11"

Inactive 12' to 12' 20" = 20"

Active 12' 20" to 12' 31" = 11"

Inactive 12' 31" to 16' 52" = 4' 21" coach teaching and demo of new drill then wait for turn.

Active 16' 52" to 17' 25" = 33"

Inactive 17' 25" to 19' 18" = 1' 53" waiting then watching coach demo.

Active 19' 18" to 19' 55" = 37"

Inactive 19' 55" to 21' 34" = 39" waiting and watch demo of variation.

Active 21' 34" to 21' 59" = 25"

Inactive 21' 59" to 23' 1" = 1' 2"

Active 23' 1" to 23' 28" = 27"

Inactive 23' 28" to 27' 28" = 4' Drink, new drill demo, wait for turn.

Active 27' 28" to 27' 54" = 26"

Inactive 27' 54" to 29' 26" = 1' 32" Watch demo and wait for turn.

Active 29: 25" to 29' 50" = 25"

Inactive 29' 50" to 30" Time period is finished.

In 30' there are 1800"

The player was active for 326" = 5' 26" of Activity

The player was inactive either waiting, getting a drink, listening to instruction for 24' 34".