Ways to practice skills...

Whole vs. Part:

Learn the entire skill, break into parts, learn each part, put it back together

Eg. 1 ft. stop: toes inward, glide, create snow etc.

Blocked vs. Random:

Blocked – Tight turn around same faceoff dot
Random – Tight turn anywhere

Massed vs. Distributed:

Massed - All passing done in one day

Distributed – Passing spread over a few sessions