

Hockey Practice Plan

Objectives: To learn, practice and reinforce blocking shot drills

Date: _____

Practice # 19

Level: 14-and-Under (Bantam)

16-and-Under (Midget)

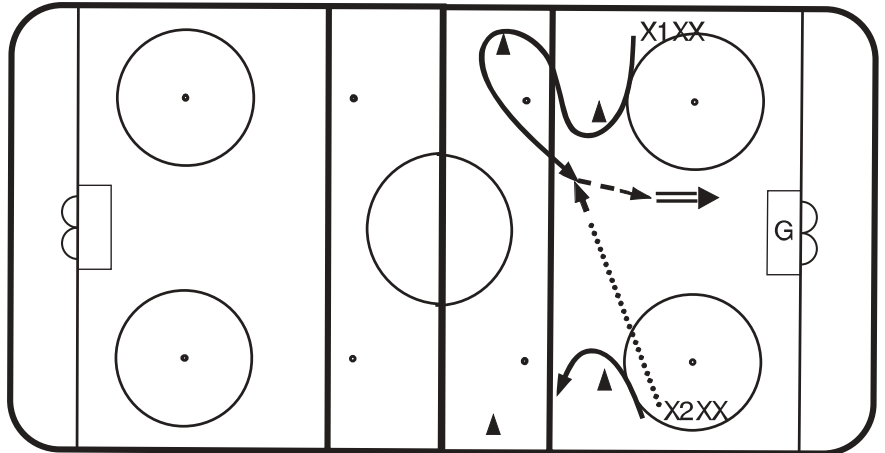
18-and-Under (Midget)

| Skill Work | Team Play | Systems/Concepts | Speed/Games Testing |
|---|--|--|---|
| <input type="checkbox"/> Skating | <input checked="" type="checkbox"/> 1 on 1 | <input type="checkbox"/> Defensive Cov. | <input type="checkbox"/> Short Work - Quickness |
| <input checked="" type="checkbox"/> Puck Control | <input type="checkbox"/> 2 on 0 | <input type="checkbox"/> Backcheck | <input type="checkbox"/> Small Ice Modified Games |
| <input checked="" type="checkbox"/> Passing/Receiving | <input checked="" type="checkbox"/> 2 on 1 | <input type="checkbox"/> Forecheck | <input type="checkbox"/> Full Ice Modified Games |
| <input checked="" type="checkbox"/> Shooting | <input type="checkbox"/> 2 on 2 | <input type="checkbox"/> Breakouts | <input type="checkbox"/> FUN - Relay Contests |
| <input type="checkbox"/> Checking | <input type="checkbox"/> 3 on 1 | <input type="checkbox"/> Entering Attack Zone | <input type="checkbox"/> Skills Testing |
| <input type="checkbox"/> Agility Work | <input type="checkbox"/> 3 on 2 | <input type="checkbox"/> Triangulation/Cycling | <input checked="" type="checkbox"/> Misc. <i>blocking shots</i> |
| <input type="checkbox"/> Goaltending | <input type="checkbox"/> 3 on 0 | <input type="checkbox"/> Faceoffs | |
| <input type="checkbox"/> Def./Forwards | | <input type="checkbox"/> Power Play / Penalty Kill | |

| Time | Drill | Emphasis |
|---------|-------------------------------------|--|
| 6 mins. | 1. Warm-Up: stretches, skate | |
| 7 mins. | 2. Break to space drill | Timing, skate to space, continued flow |
| 7 mins. | 3. Touch pass - speed drill | Keep feet moving |
| 7 mins. | 4. Breakout up middle pass - 1 on 1 | Defense move up with play |
| 8 mins. | 5. Block shots #1 (forwards) | Make self big |
| 8 mins. | 6. Block shot #2 (defense) | Shinpads at puck |
| 7 mins. | 7. Shooting accuracy fun drill | Hit posts and crossbar |

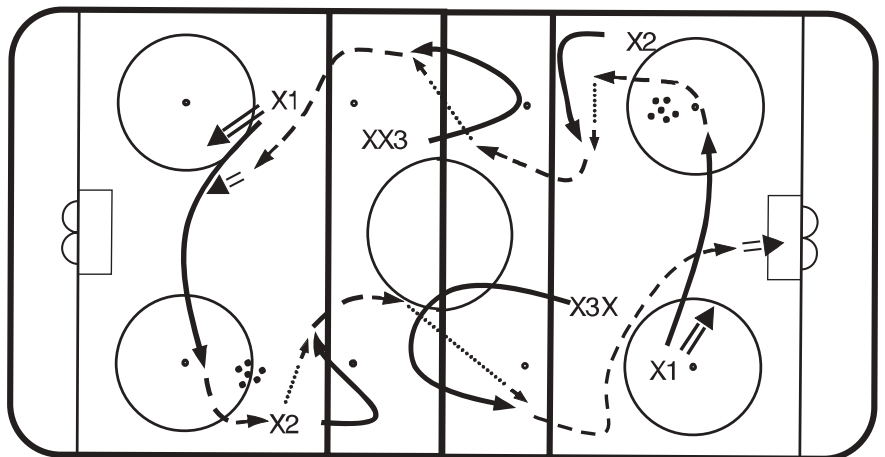
Drill #1 — Warm-Up; Stretches; Shooting Drill

- X1 starts without puck and skates through cones.
- X1 crosses blue line, gets pass from X2 and shoots.
- X2 starts after making pass.



Drill #2 — Break to Space

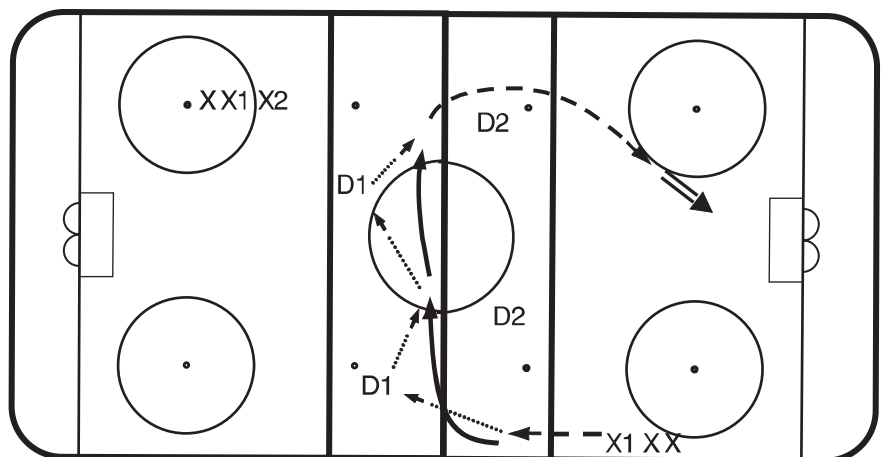
- X1s start drill by shooting puck.
- X1 then skates to pick up puck in circle and passes to X2 who is curling to space.
- X2 receives pass from X1 and skates to neutral zone and passes to X3 who is curling to space.
- X3 receives pass from X2..
- X3 shoots puck, then skates to pick up puck and start drill.



Notes/Comments: Do drill both ways.

Drill #3 — Touch Pass - Speed Drill

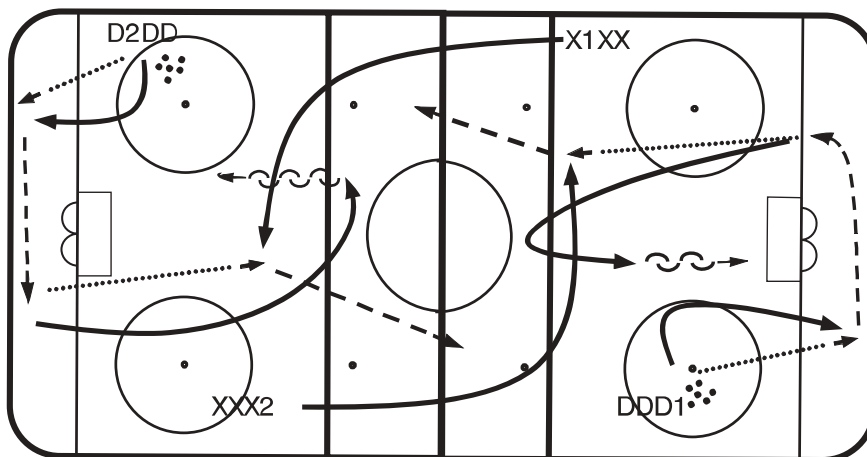
- X1 skates full speed with puck, makes one touch passes to both D1s at neutral ice, then goes to shoot.
- X2 skates same pattern with D2s at same time.
- Xs must accelerate through entire neutral zone.



Notes/Comments: Do drill both ways.

Drill #4 — Breakout Up Middle Pass 1 on 1

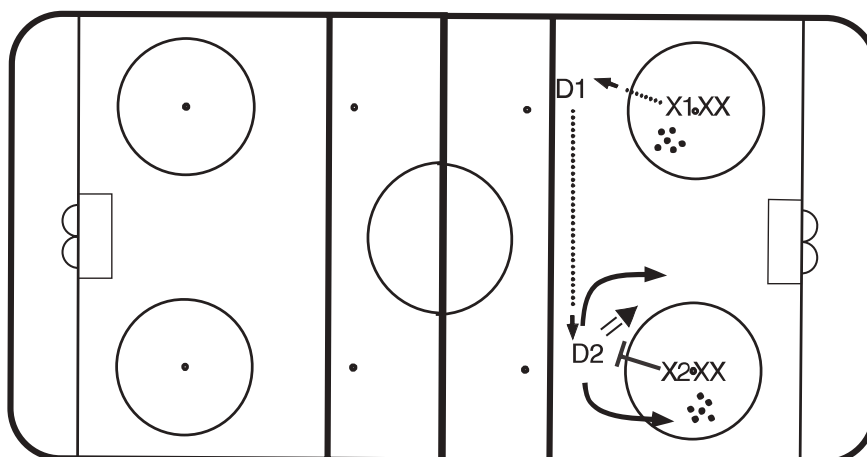
- D1 starts by dumping puck in corner.
- D1 then picks up puck, skates behind the net, then passes to X2 who is swinging in middle.
- X2 continues up ice with puck.
- D1 then hustles up to neutral ice where he meets X1 1 on 1.
- X1 has received pass from D2 at other end at same time.



Notes/Comments: D must move up with play in order to play 1 on 1 effectively.

Drill #5 — Blocks Shots #1 (Forwards)

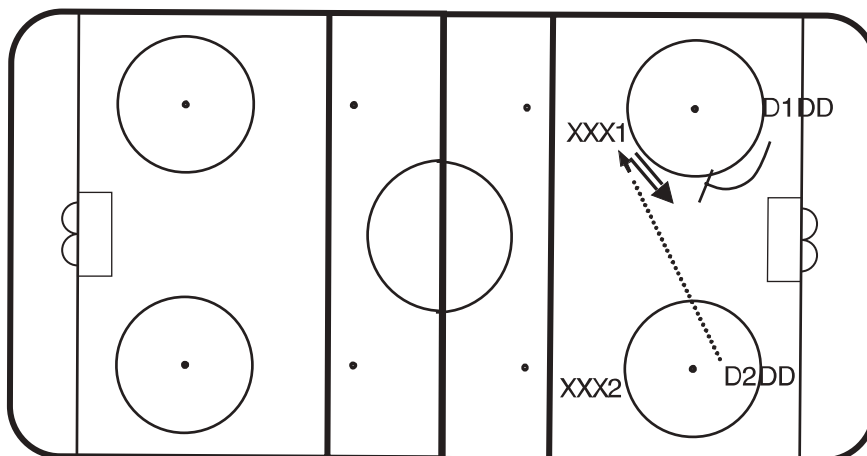
- X1 passes to D1 who passes to D2.
- At same time, X2 skates out to block D2's shot.
- D2 may shoot puck or fake shot and try to go around X2.
- X2 line then passes to D2 to D1. X1 blocks D1 shot.



Notes/Comments: Technique - forwards should do down to one knee, arms at side and stick on ice straight out to side. If D fakes shot, forward stops and plays D.

Drill #6 — Block Shots #2 (Defense)

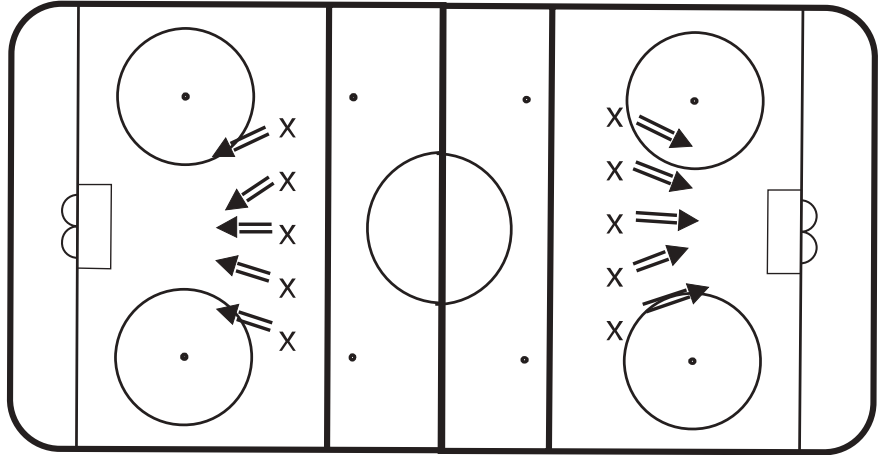
- D2 passes to X1, who shoots puck.
- D1 starts on goal line. When pass is made, D1 may start. D1 blocks X1's shot
- D1 line then passes to X2 who shoots. D2 blocks shot.



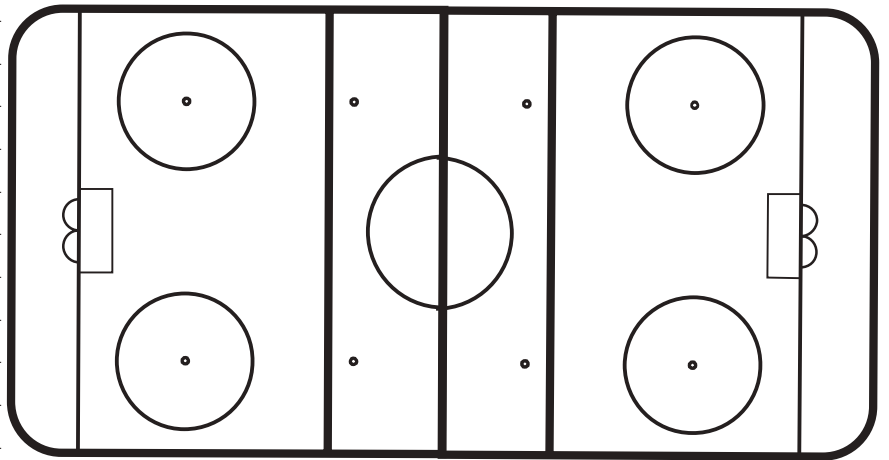
Notes/Comments: Technique - D must sprint to shooter. To block shot, D must lay flat on side (legs stacked), keeping head up. D wants to line up shin pads on puck when making slide.

Drill #7 — Shooting Accuracy Fun Drill

- Players line up, each with three pucks.
- Each player shoots one puck at a time, trying to hit a post or crossbar.
- Keep track of how many pipes hit and have elimination rounds.
- Use four nets if available.

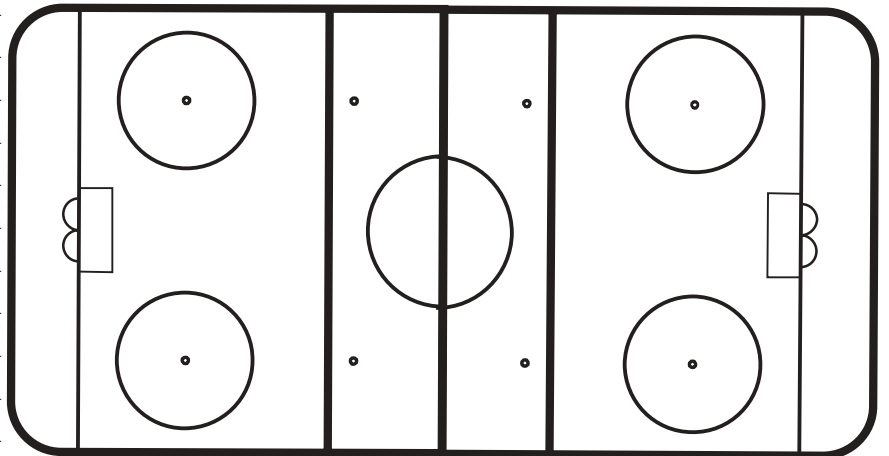


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Notes/Comments _____

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