

Hockey Practice Plan

Objectives: To learn, practice and reinforce situations and concepts

Date: _____

Practice #20 _____

Level: 14-and-Under (Bantam)

16-and-Under (Midget)

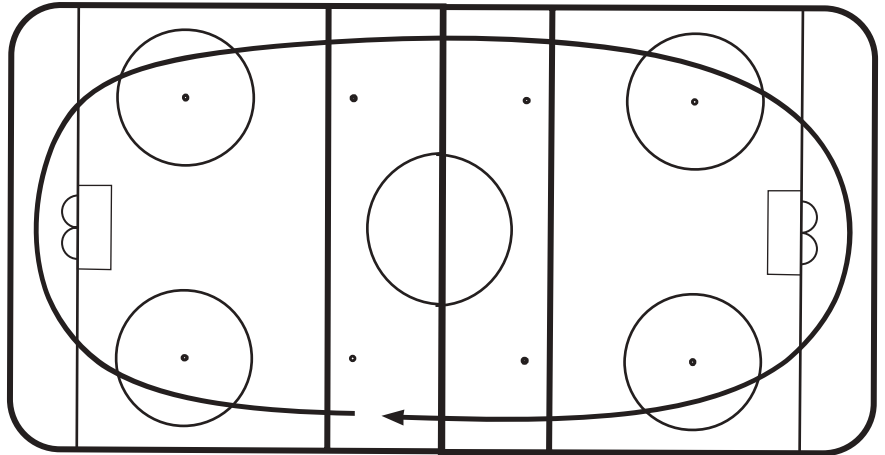
18-and-Under (Midget)

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

Time	Drill	Emphasis
5 mins.	1. Warm-Up: stretches, skate	
6 mins.	2. 1 on 1 Dump-in	Body position, checking
6 mins.	3. 2 on 0	One-touch passing
6 mins.	4. 2 on 1	F - create scoring opportunity D - Force wide shot, man on man coverage
6 mins.	5. 2 on 2	Mon-on-man coverage
6 mins.	6. 3 on 0	Be creative
6 mins.	7. 3 on 1	F - triangle options D - Take away slot
6 mins.	8. 3 on 2 Dump-in	F - forecheck and cycle D - pressure puck
6 mins.	9. 3 on 3	Transition to offense D - man-on-man communication

Drill #1 — Warm-Up: Stretches, Skate

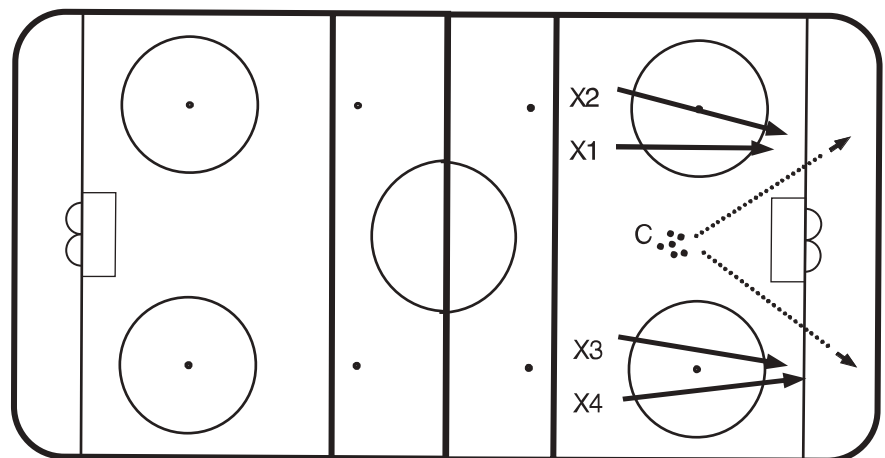
- Backward between whistle.
- Hard between whistle.
- Stop and Go other way.
- Turn to boards.
- 360 degree spin each way.
- Drop to knees and stomach, back up again.
- Dribble puck with skates.
- Pass puck off boards to self.



Notes/Comments: Use pucks and, on whistle, incorporate different drills. Go both directions

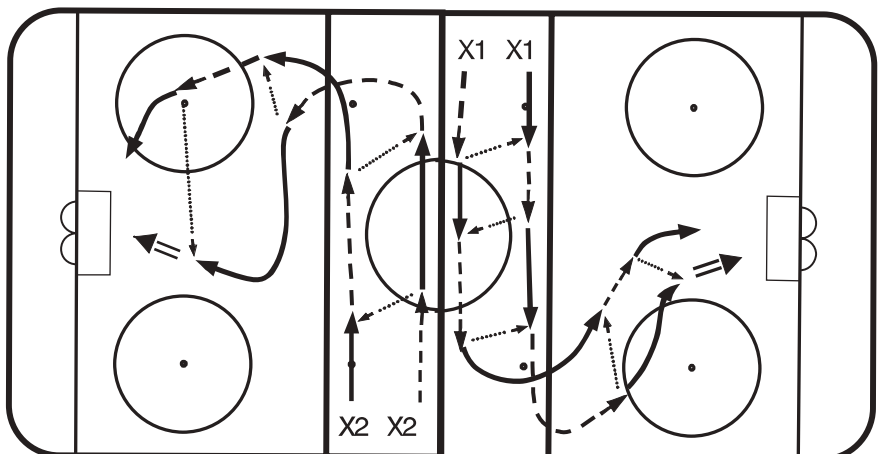
Drill #2 — 1 on 1 Dump-In

- Coach designates an offensive and defensive player.
- Coach dumps puck in both corners.
- Offensive player must keep defensive player from coming out.
- Defensive player tries to skate puck past top of circles.



Drill #3 — 2 on 0

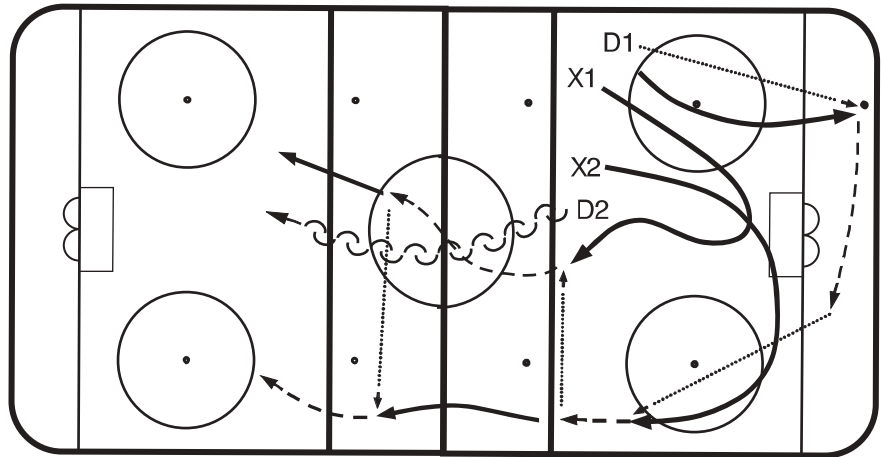
- X1s and X2s start at same time and pass through neutral zone one touching the puck.
- They then cross blue line, make one or two passes, driving to the net and shooting puck.



Notes/Comments: One-touch passing

Drill #4 — 2 on 1

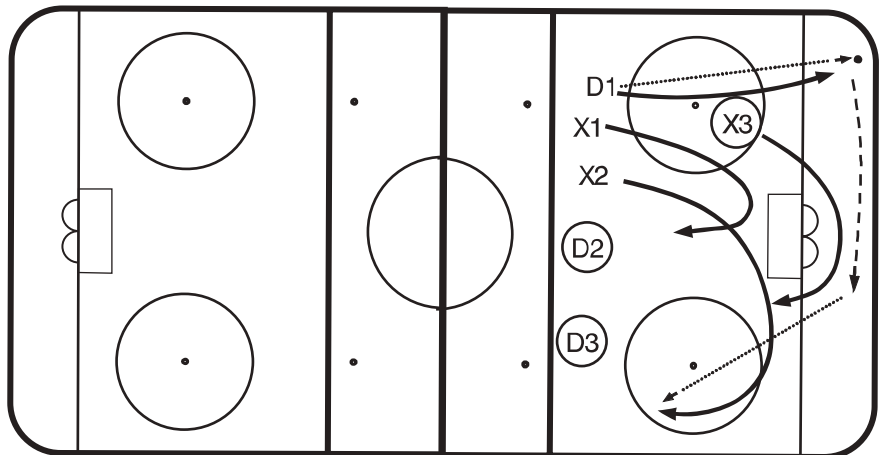
- D1 dumps puck in and skates to pick up puck and skate behind net.
- X1 and X2 swing and receive pass from D1.
- X1 and X2 skate up ice 2 on 1 on D2 who has stepped out to play 2 on 1.



Notes/Comments: F - create scoring opportunity. D - force wide shot. Do drill both directions

Drill #5 — 2 on 2

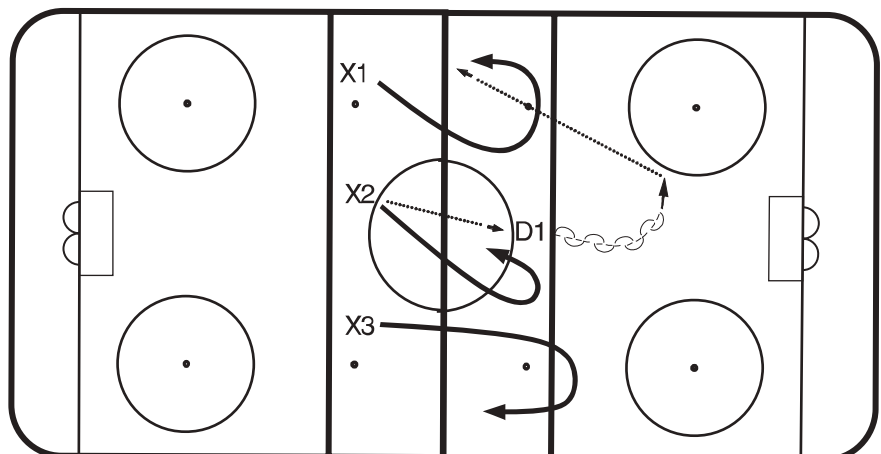
- Same drill as above but either have two defense (D2, D3) play 2 on 2 or add X3.
- X3 is backchecker and must skate around net. X3 then plays with D2 against X1 and X2.



Notes/Comments: Do drill both sides

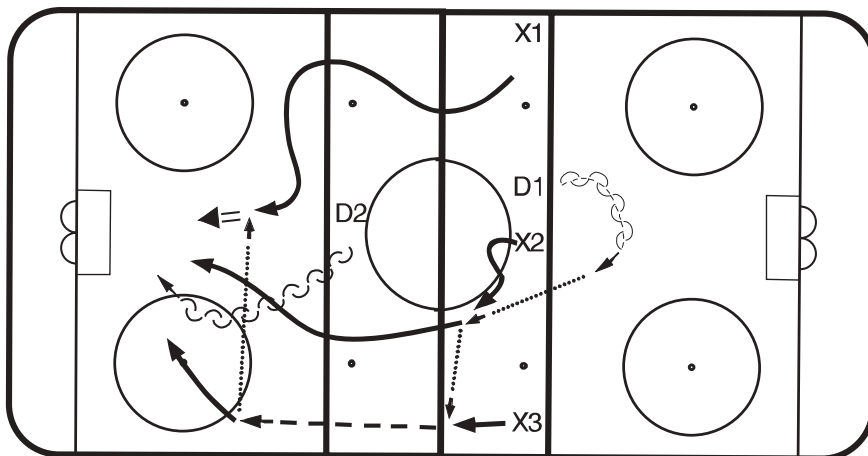
Drill #6 — 3 on 0

- Three forwards and one defenseman step out in neutral zone.
- X2 passes to D1 to start drill.
- D1 skates backward and laterally with puck.
- X1, X2 and X3 swing regroup pattern.
- D1 passes up to X1, X2 or X3.
- Forwards continue 3 on 0.
- Next group steps out when they cross blue line.



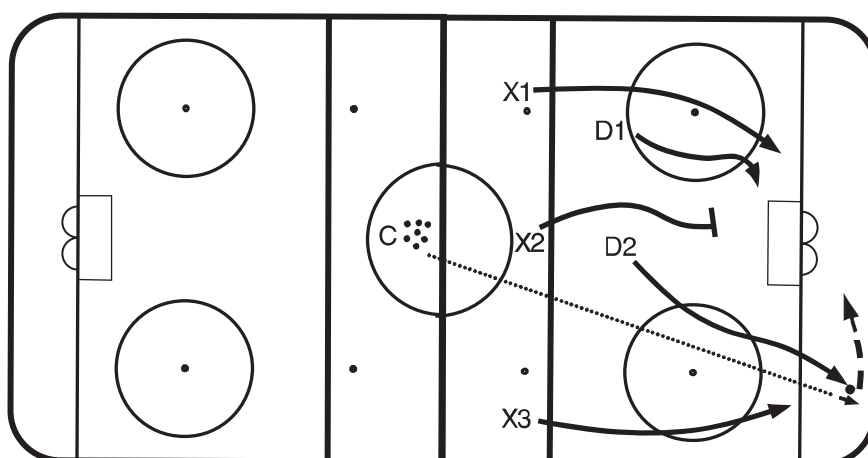
Drill #7 — 3 on 1

- Same drill as #6, but D2 steps out to play 3 on 1.



Drill #8 — 3 on 2 Dump In

- Coach dumps in puck to either corner.
- D1 and D2 must carry or pass puck across blue line.
- X1, X2 and X3 must forecheck, cycle and try to score a goal.



Drill #9 — 3 on 3

- Have teams of three play full-ice elimination tournament.
- Stress defense and transition to offense.

