

Hockey Practice Plan

Objectives: Offensive concepts with quality execution.

Date: _____

Practice: #10

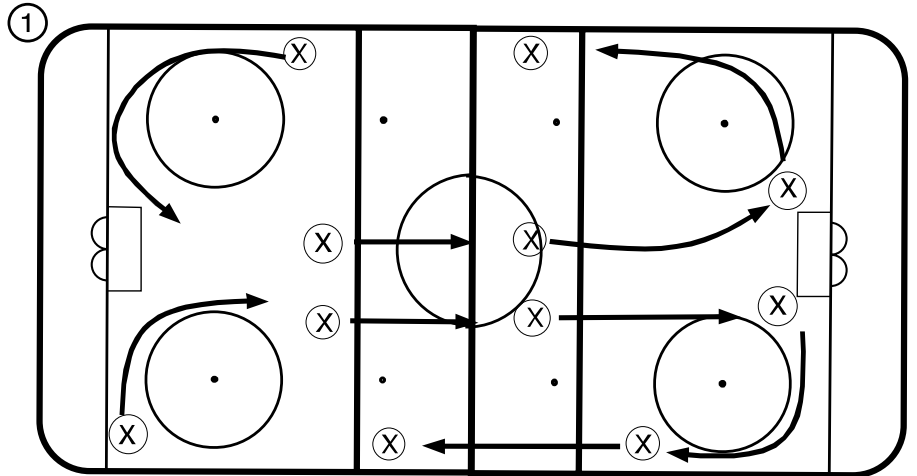
Level: 12-and-Under (Pee Wee)

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

Time	Drill	Emphasis
10 mins.	Off-ice stretch - neck exercises	On your own
5 mins.	1. Butterfly stretch - hurdler, ostrich, overhead - touch ice, kick stick, in and out forward and backward, sprints	
10 mins.	2. Skating: width wide, over-back forward, over-back backward, over backward, back forward, on gloves crossovers, forward-backward, control turns, Figure 8, flip hip point backside, pointer, around circle push-unders, forward, backward turn to middle fast 360 degrees forward, backward	Quick feet
10 mins.	3. Puckhandling: stationary circles, Figure 8, long and short, lefts and rights, forward, backward diagonal, L pull, T pull, yo-yo, partner up moves on partner, protect puck from partner, zig-zag puckhandle, out of corner - go to forehand on coach	Quick feet Quick hands
10 mins.	4. Passing/Shooting: Olympic pass two players, three players, four players, four pass around the horn, reverse the drill, four passes around horn with walk-out, come around with pass out, pass out to D, D to D passing, then passing to forwards, 3 on 0 weave, 3 on 0 around net	Stay focused
10 mins.	5. Breakouts: attacks, set-up, backcheck	Good passes
10 mins.	6. 5 on 5 scrimmage - 3 on 3 scrimmage	Be competitive

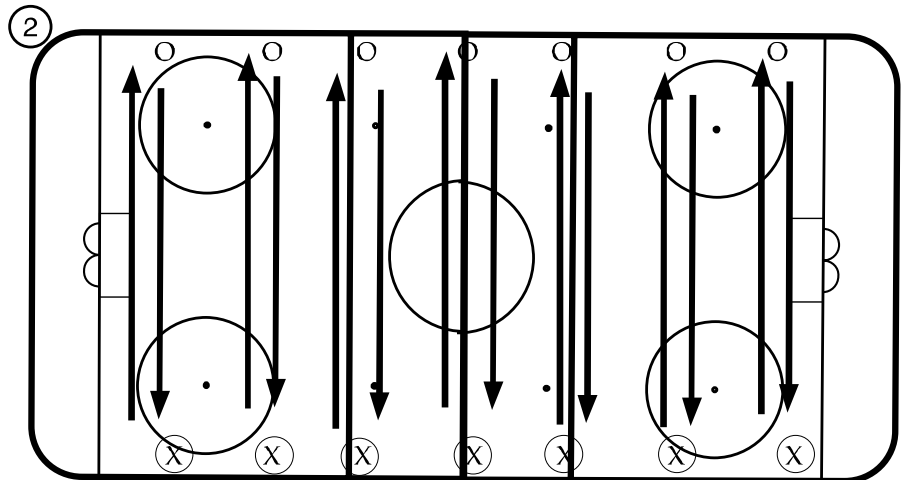
Drill — Skating

- Butterfly stretch
- Be creative
- Two groups on each side of the rink
- Sprint between the blue lines



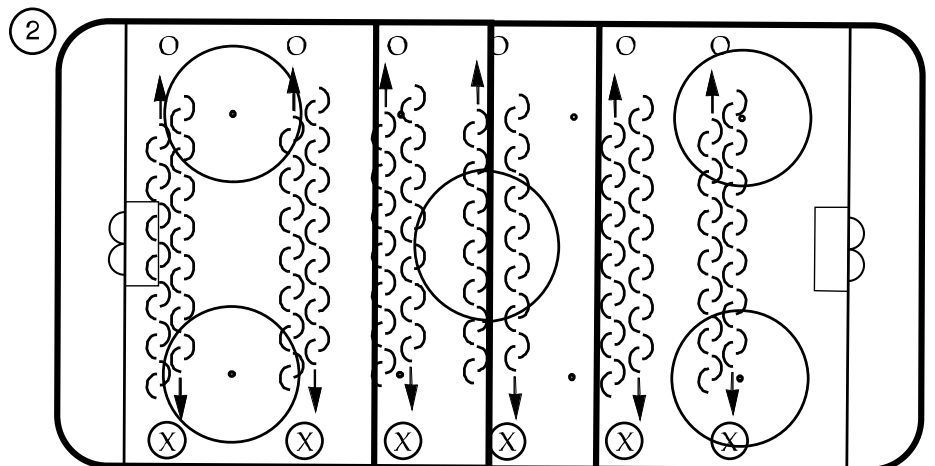
Drill — Skating

- Over and back
- Players alternate



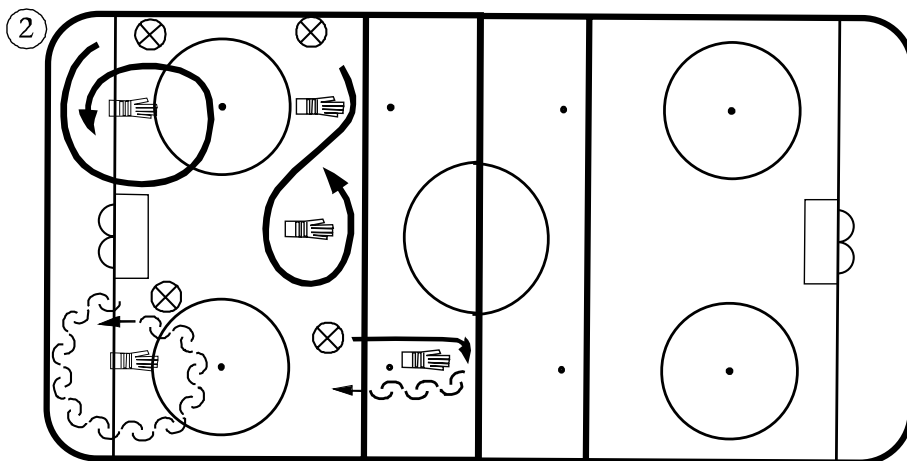
Drill — Skating

- Over and back backward



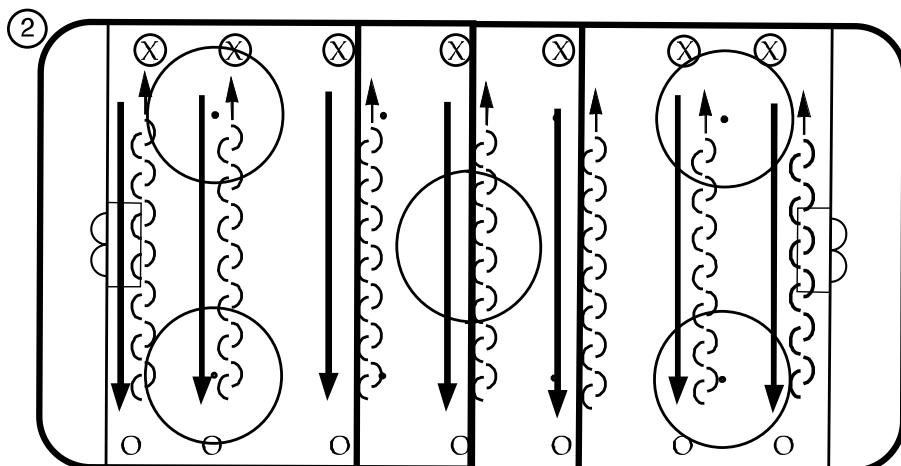
Drill — Skating

- Around gloves: players drop one or two gloves depending on drill



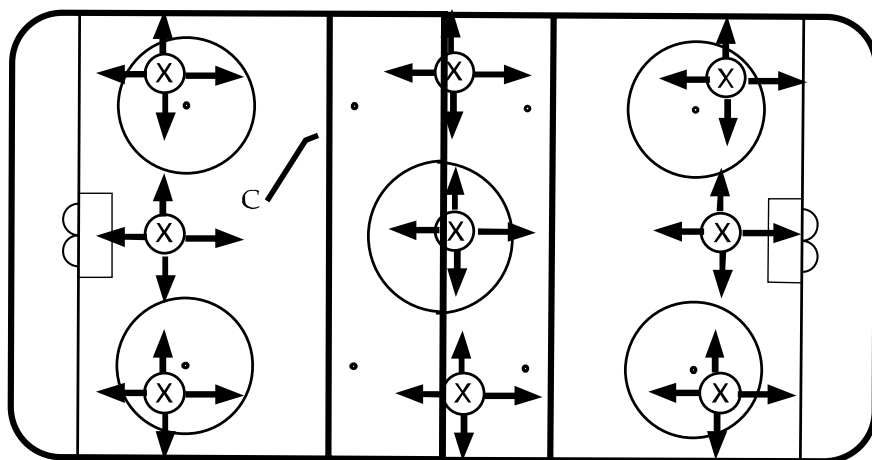
Drill — Skating

- Over forward
- Back, backwards
- Alternate players



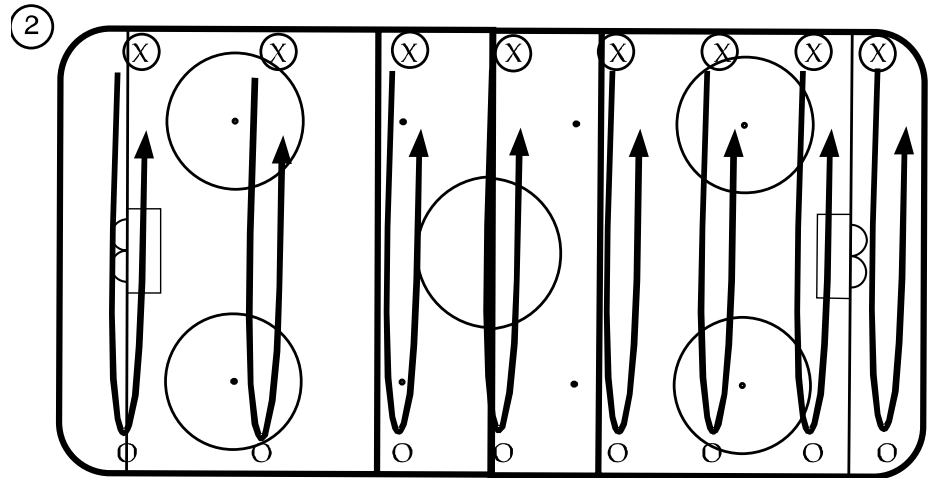
Drill — Skating

- Compass
- React to coach's signal
- Up – back – side – back



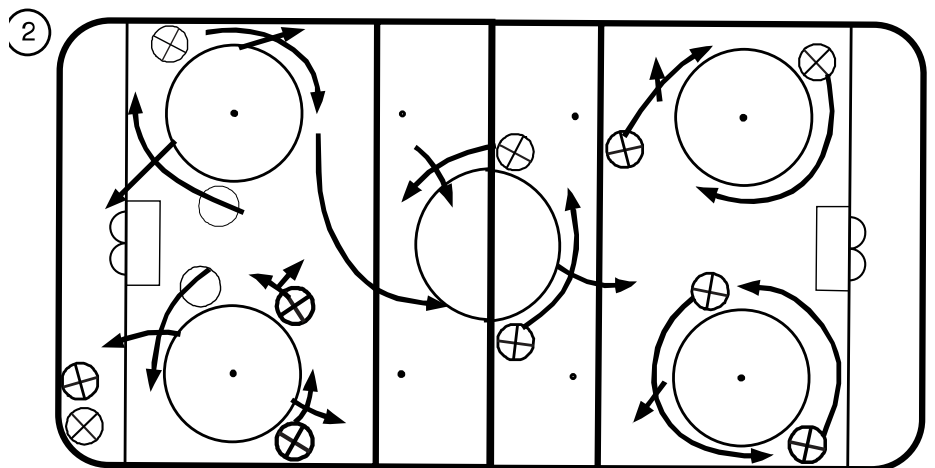
Drill — Skating

- X goes over and back
- O chases X and goes over and back



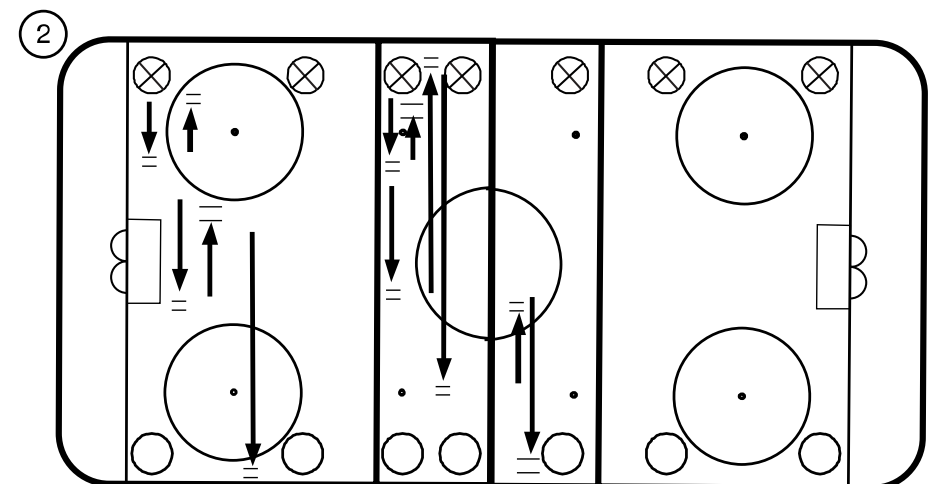
Drill — Skating

- 360 degree push under around circle



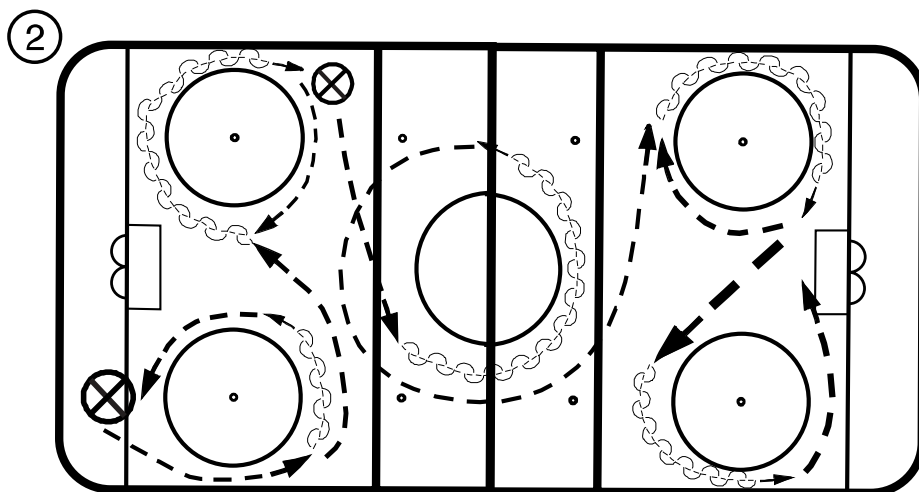
Drill — Stopping

- Over and back
- Stop on whistle and change directions



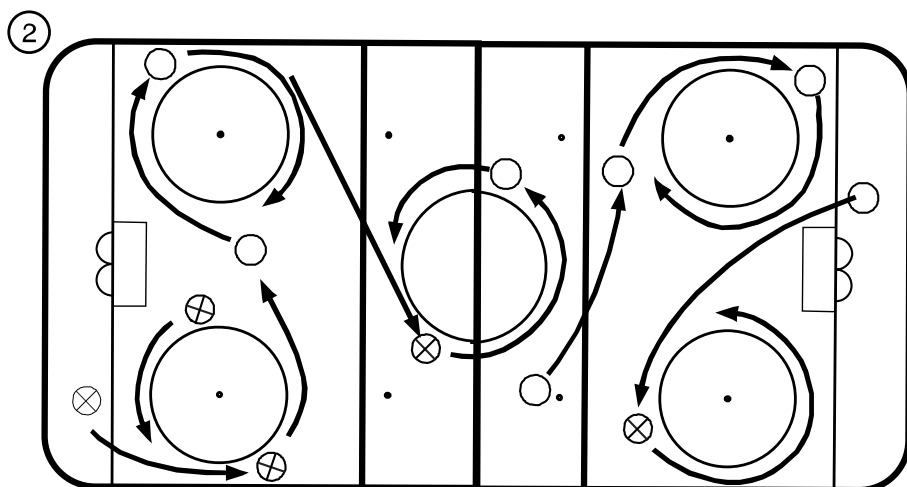
Drill — Skating

- 360 degree forward, turn skate backward, always turn with chest on puck, turn toward the dot



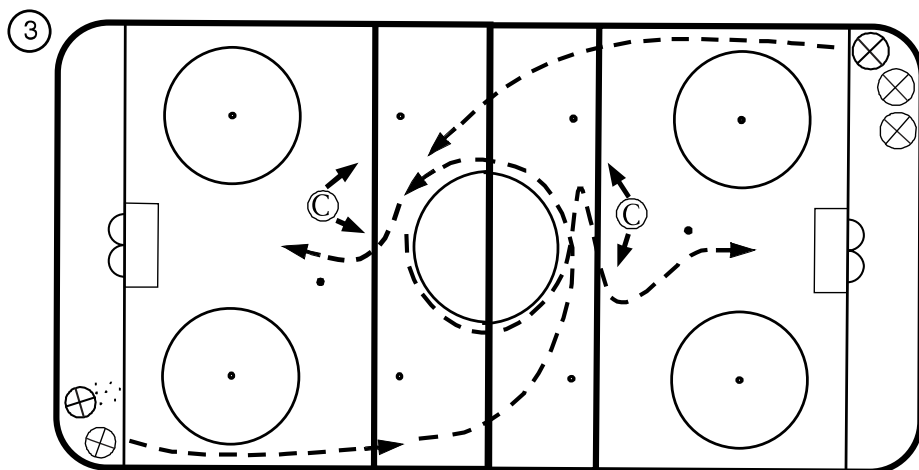
Drill — Skating

- 360 degree fast forward with good quality execution
- 360 degree fast backward with good quality execution



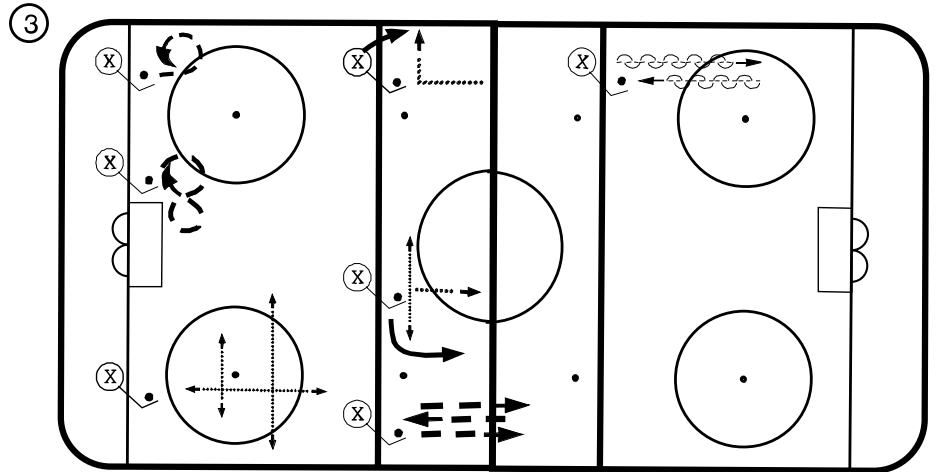
Drill — Skating

- Players line up with pucks in diagonal corners, skate out with puck around middle circle, when player is two stick lengths away from the coach, coach points in the direction the player should skate, the player then drives toward the net for a shot on goal



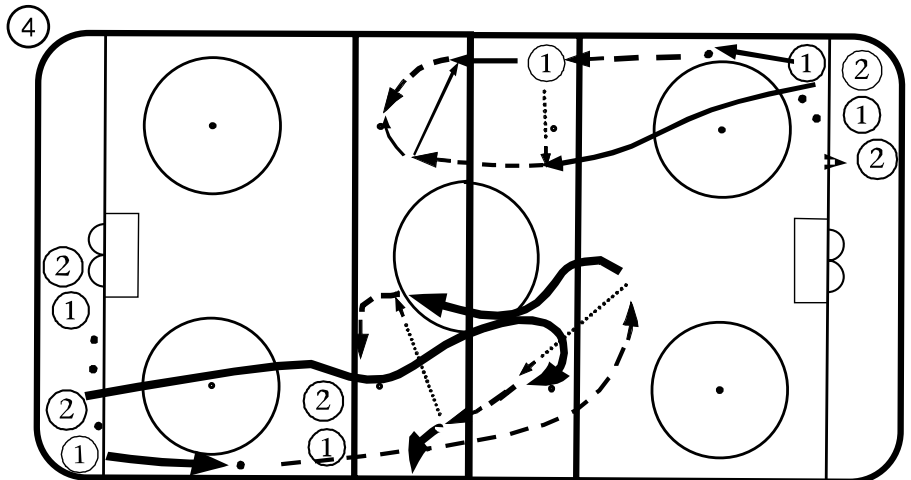
Drill — Puckhandling

- Set up stations
- Players active on whistle, stop on second whistle



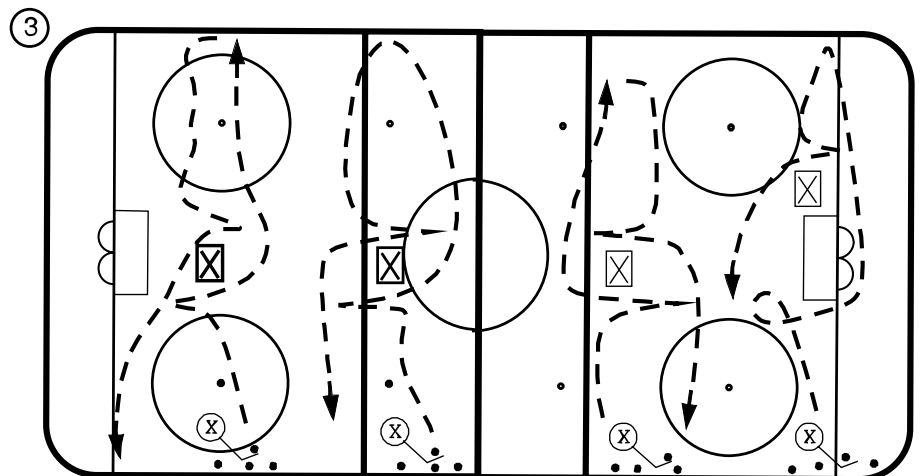
Drill — Passing

- Olympic pass - one puck, two players, three players, four players, four players pass to each other in middle and always have chest to player with puck, alternate sides or both sides at once



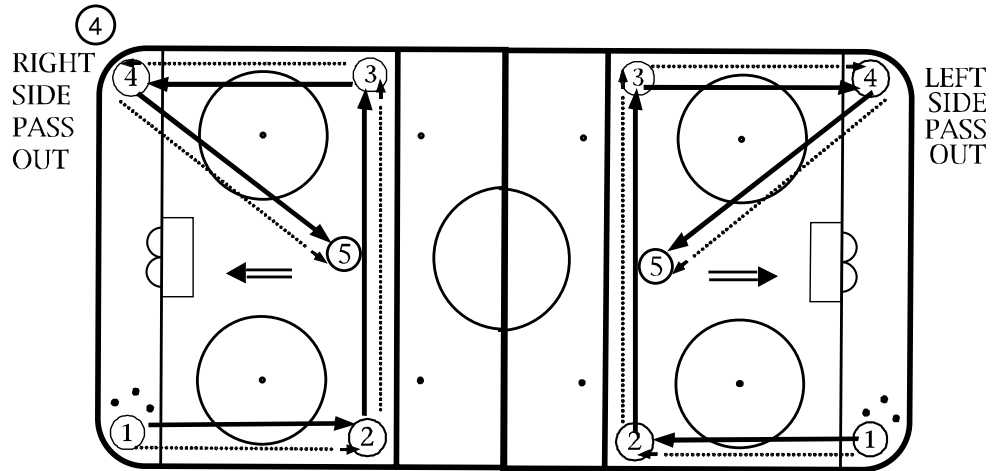
Drill — Puckhandling

- Partner up
- Protect the puck
- Keep away



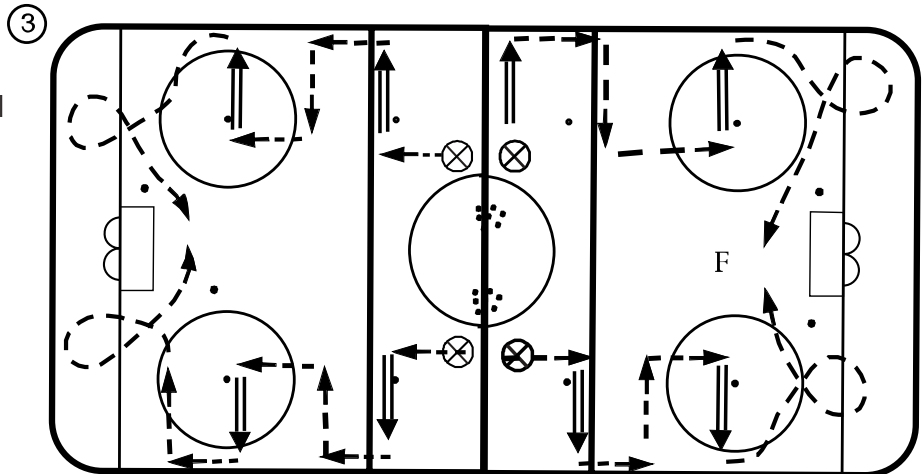
Drill — Passing

- Follow your pass - right side start - left side start
- Player #5 shoots on goal



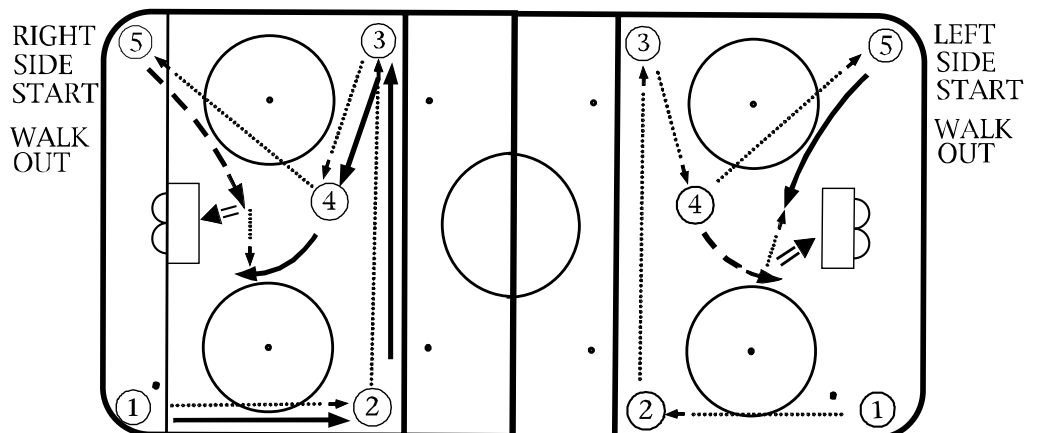
Drill — Puckhandling

- Zig-zag puckhandle - shoot on goal and look for rebound



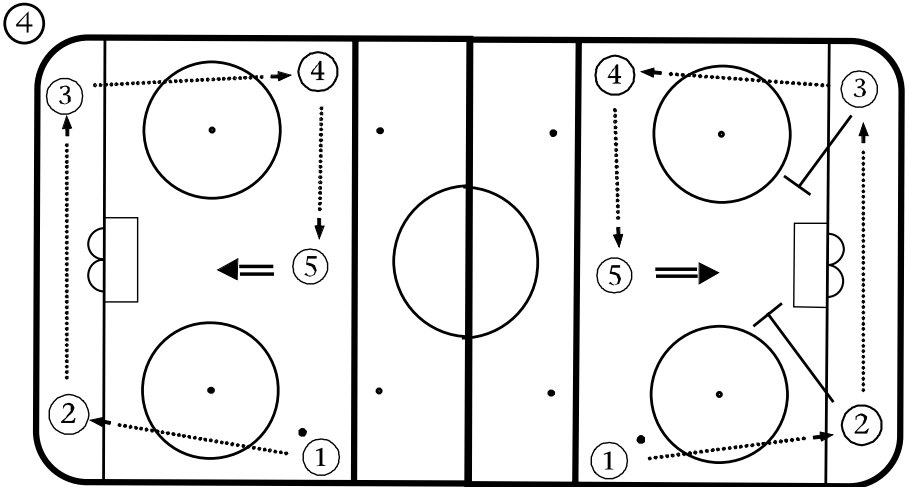
Drill — Walk-Out

- Follow your pass
- Player #5 skates out of the corner and shoots on goal
- Look for rebound



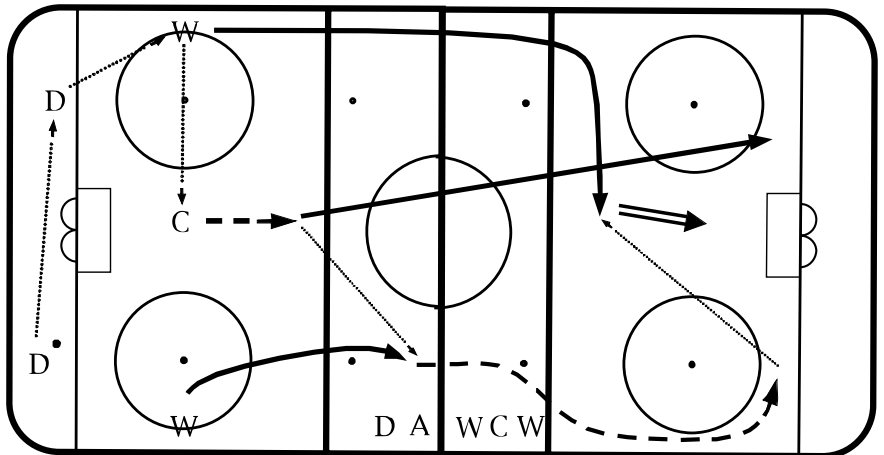
Drill — Passing Down

- Pass puck around with shot
- Follow your pass
- Player #5 drives towards the net and shoots on goal
- Players #2 and #3 look for rebound



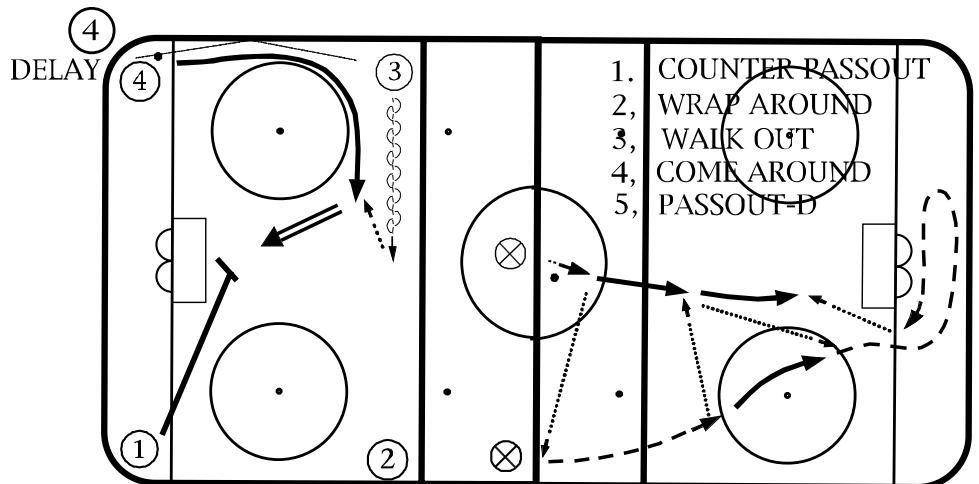
Drill — Breakouts

- Breakout with control learned options
- Attack zone with play options, diagonal back pass, diagonal back pass with return pass, trailer, drop pass, set-up offensive triangle - backcheck



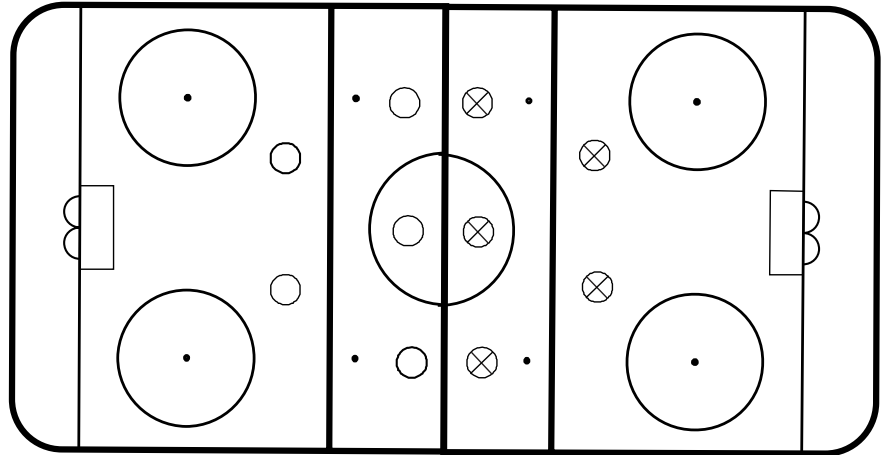
Drill — Passing

- 2 zone drills
- Passing and shooting



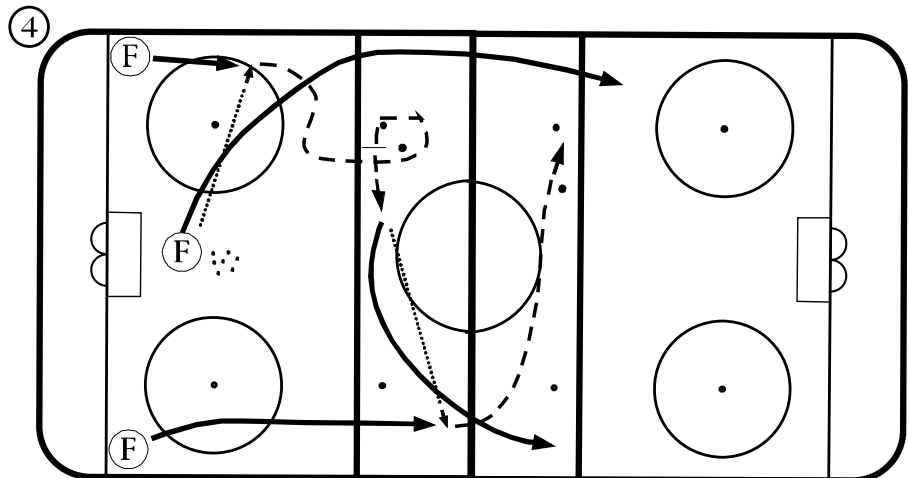
Drill — Scrimmage

- 5 on 5 scrimmage
- 3 on 3 scrimmage
- Individual or team showdown



Drill — Passing/Shooting

- 3 on 0 weave, go to the net
- Use different support play options



Drill — Skating

- 3 on 0
- Center skates around net and picks up puck

