

Hockey Practice Plan

Objectives: 1. Skating - Inside Edges, Power Stroke
2. Puck Control - Grip, Lateral Dribbling, Eyes Up
3. Passing / Receiving - Forehand, Pass To Blade, Receiving

Date: _____

Practice: #1 _____

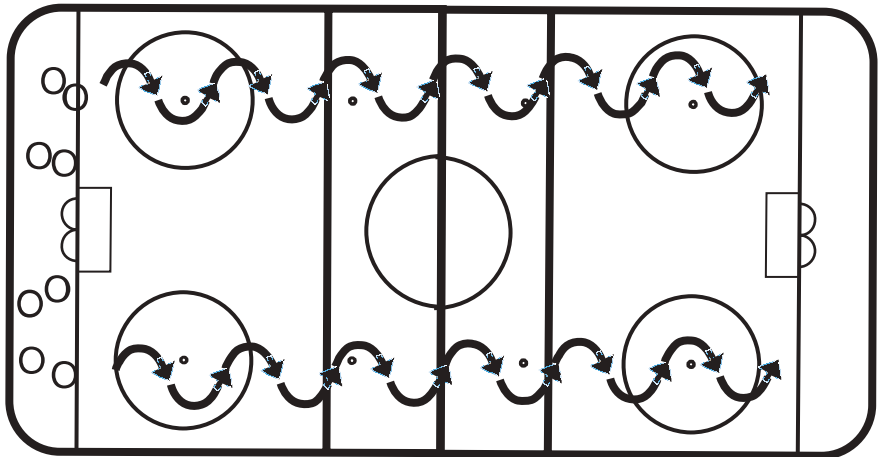
Level: 10-and-Under (Squirt) _____

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	_____ Backcheck	_____ Small Ice Modified Games
<input checked="" type="checkbox"/> Passing/Receiving	_____ 2 on 1	_____ Forecheck	_____ Full Ice Modified Games
_____ Shooting	_____ 2 on 2	_____ Breakouts	_____ FUN - Relay Contests
_____ Checking	_____ 3 on 1	_____ Entering Attack Zone	_____ Skills Testing
_____ Agility Work	_____ 3 on 2	_____ Triangulization/Cycling	<input checked="" type="checkbox"/> Misc. Competition
_____ Goaltending		_____ Faceoffs	
_____ Def./Forwards		_____ Power Play/Penalty Kill	

Time	Drill	Emphasis
5 mins.	1. Moving stretches - legs, back, shoulders, waist, wrist	Warm-up
5 mins.	2. Big C - inside edges	Inside edge, power stance
5 mins.	3. Push-Touch power strokes - full extension to complete recovery	Full extension complete recovery
5 mins.	4. 10 power strokes - length of ice	Push inside edge
5 mins.	5. Stationary stickhandling - gripping the stick, short and wide, front to back, diagonal, lateral step and pull	Grip, wrist roll, eyes up
5 mins.	6. Pull puck wide in stride - half speed - very wide pulls	Slow, exaggerated, wide pulls
5 mins.	7. Two direction puckhandling - over and back	Eyes up; avoid contact
5 mins.	8. Stationary passing - (A) buddy passing - 3 ft.-10 ft.-20 ft. apart, (B) pepper pass - five players	Sweep puck; Give receiving
5 mins.	9. Zig-Zag (3 section) pass and move	Pass to forehand side
5 mins.	10. 1 on 1 puck competition - inside edge turn on cone	Turn on one skate only

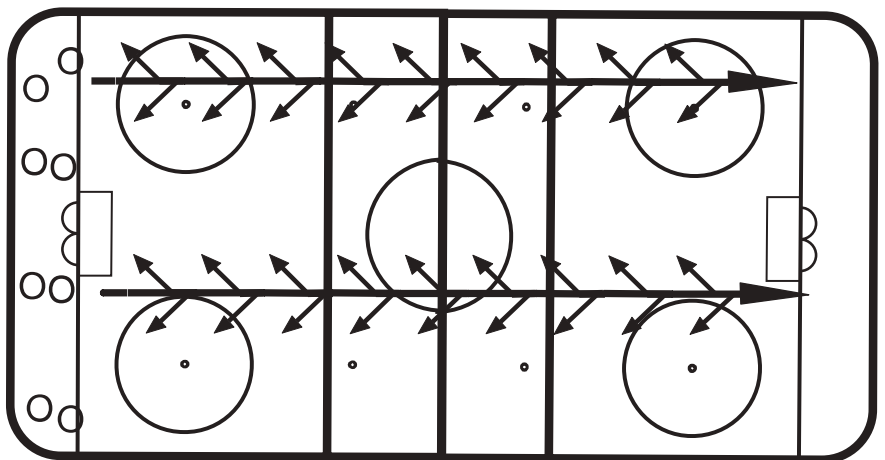
Drill #2 – Big C

- Knee bent throughout stride.
- Cut the ice with inside edge.
- Learn to balance on inside edge; the other skate is held up off the ice.
- Head and chest up.
- Two hands on stick; blade on the ice.



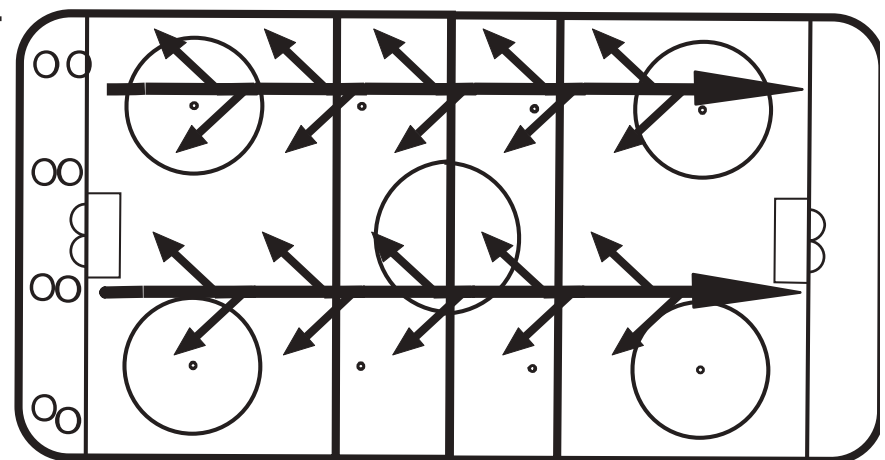
Drill #3 – Push-Touch Power Strokes

- Glide skate; knee well bent.
- Stride skate; full extension; push inside edge hard into ice.
- Recover - when recovering touch skate to glide skate.



Drill #4 – 10 Power Strokes - 10 strides or less

- Emphasis on power not speed.
- Full extension to maximum push of inside edge.
- Recovery - recover under hip next to glide foot.



Drill #5 — Stationary Stickhandling - Basic Movements

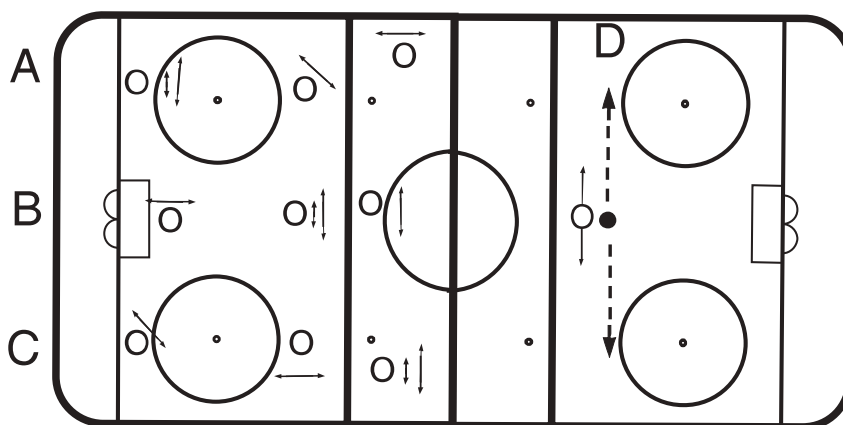
- Grip - Hands 9-12 inches apart, eyes up.

(A) Short and wide dribbles in front of body.

(B) Front to back dribbles - side of body.

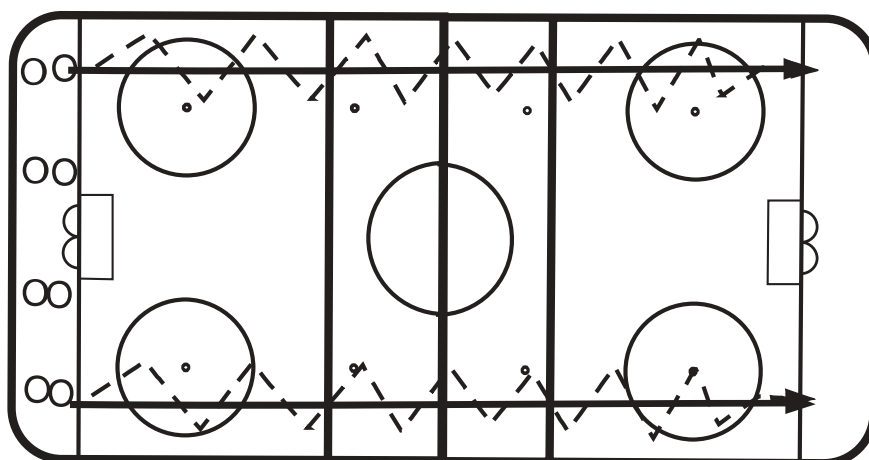
(C) Diagonal dribbles.

(D) One step to side (lateral), pull puck very wide.



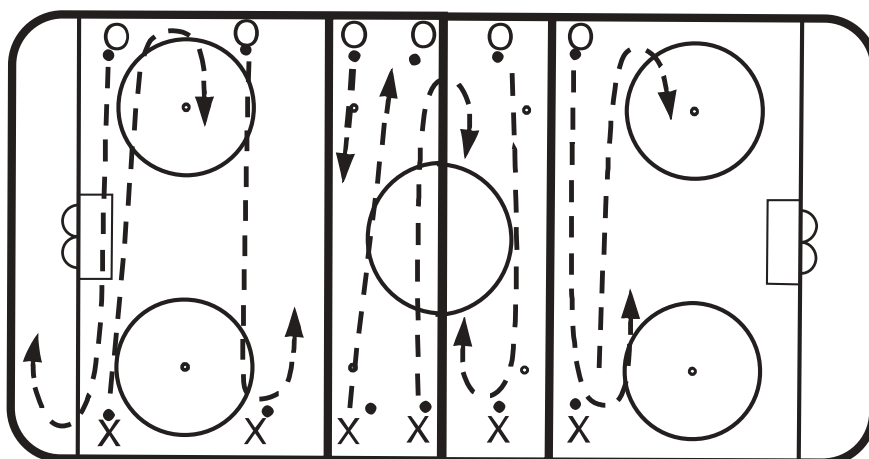
Drill #6 — Pull Puck Wide in Stride

- Go half speed.
- Pull puck wide with every stride.
- Learn to pull puck quickly across from one side to the other.



Drill #7 — Two Direction Puckhandling

- Half the players on each sideboard with puck.
- Skate with puck from one side to the other, turn around and come back.
- Eyes up - avoid running into other player.

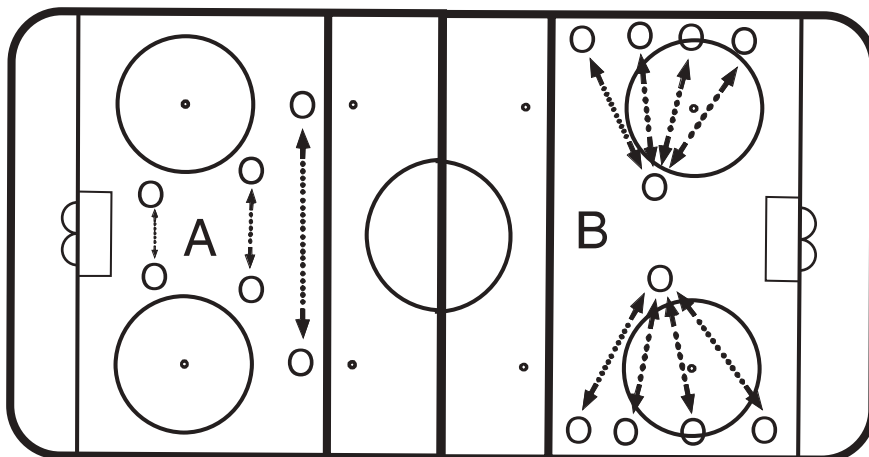


Drill #8 — Stationary Passing - Forehand

(A) Buddy Passing - Start 3 ft. apart, then 10 ft., then 20 ft.

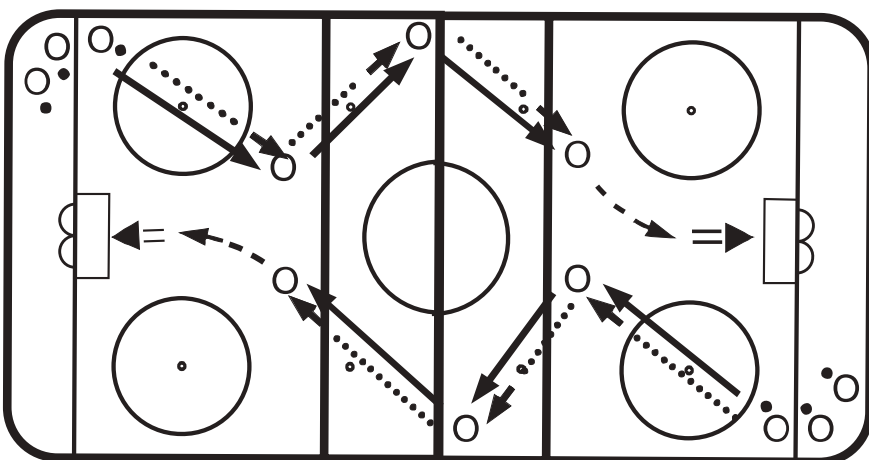
- Pass to forehand side.
- Slide and Guide and Cup and Give.

(B) Five Player Pepper Pass.



Drill #9 — Zig-Zag (3 sections) Pass and Move

- Pass accurately to forehand side.
- Pass the puck hard.
- After pass, skate quickly to that section to receive pass from next player.
- Player on far blue line skates in and shoots.



Drill #10 — 1 on 1 Up Around Cone Competition

- One line in each corner, coach has pucks.
- Player skates forward using inside edge turn on one skate around cone.
- Coach passes puck, two players race for puck and shoot.

