

# Hockey Practice Plan

**Objectives:** Passing - Swing Pass  
 Shooting - Forehand and Backhand, Under Pressure  
 Offense Concept - Triangulization of Three Forwards  
 Team Play - 1 on 1 and 2 on 2  
 Speciality - Power Play and Penalty Kill

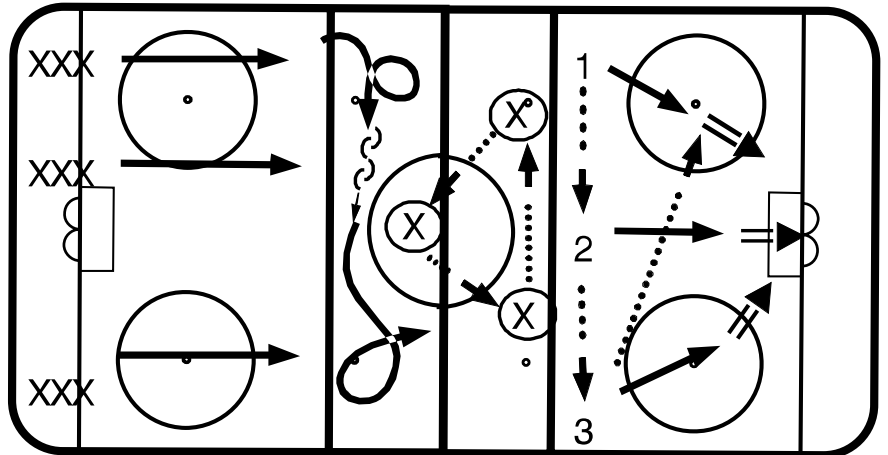
**Date:** \_\_\_\_\_  
**Practice:** #11  
**Level:** 10-and-Under (Squirt)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input checked="" type="checkbox"/> Skating	<input checked="" type="checkbox"/> 1 on 1	<input type="checkbox"/> Defensive Cov.	<input checked="" 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 type="checkbox"/> 2 on 1	<input type="checkbox"/> Forecheck	<input type="checkbox"/> Full Ice Modified Games
<input checked="" type="checkbox"/> Shooting	<input checked="" type="checkbox"/> 2 on 2	<input type="checkbox"/> Breakouts	<input type="checkbox"/> FUN - Relay Contests
<input type="checkbox"/> Checking	<input checked="" 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 checked="" type="checkbox"/> Triangulization/Cycling	<input type="checkbox"/> Misc.
<input type="checkbox"/> Goaltending	<input type="checkbox"/> 3 on 0	<input type="checkbox"/> Faceoffs	
<input type="checkbox"/> Def./Forwards		<input checked="" type="checkbox"/> Power Play/Penalty Kill	

Time	Drill	Emphasis
5 mins.	1. Warm-Up: (A) Hot dog skating in neutral; (B) show off puckhandling in neutral; (C) one puck rapid passing in neutral	
5 mins.	2. Forehand shot at top of circle; backhand shot across hash marks	Backhand shot; start puck on back foot
5 mins.	3. Swing Pass - accelerate into middle and shoot; after making pass players become checker	Stick on ice, look over inside shoulder
5 mins.	4. Stickhandle backwards to cone; pass back to next player in line; step out forward to net; receive pass and shoot	
5 mins.	5. Three line speed and agility skating; (A) forward accelerations and forward crossovers; (B) forward acceleration to backward crossovers to forward acceleration; (C) forward/backward zig-zag in neutral zone	
5 mins.	6. 1 on 1 - D makes breakout pass to wing; forward must hustle down to bottom of circle and then go to boards	
5 mins.	7. 2 on 2 - F over and under circles carry puck and pass; D backward to red, forward to blue, backward taking 2 on 2	
5 mins.	8. 3 on 1 - Below top of circle; D starts in front of net; F dumps puck into corner; set up offensive triangle; try and score on D	
5 mins.	9. Power play vs. penalty kill coverage (sticks upside down); penalty kill 2 on 2 forecheck; defensive coverage box	

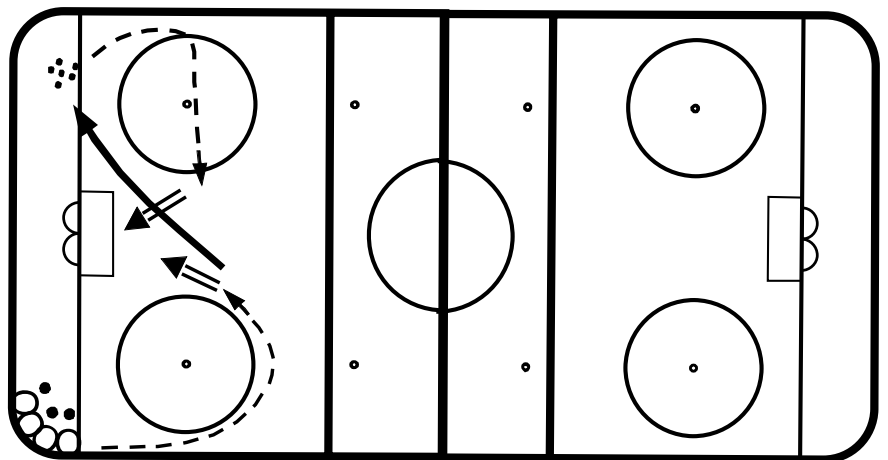
## Drill #1 — Warm-Up

- (A) Hot dog skating: do agility skating in neutral zone.
- (B) Show off - to a variety of stickhandling moves in neutral zone, then 1-2-3 shooters.
- (C) Rapid pass - one puck, three players in neutral zone; three passes in offensive zone before shooting.



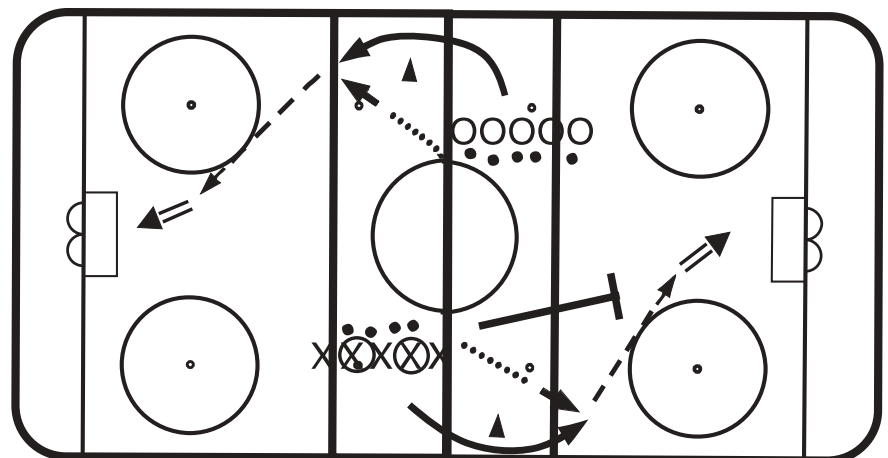
## Drill #2 — Two Shots - Forehand and Backhand

- First shot - carry puck around top of circle and shoot (forehand/backhand).
- Continue to opposite corner to get puck; skate across dots and shoot (backhand/forehand).



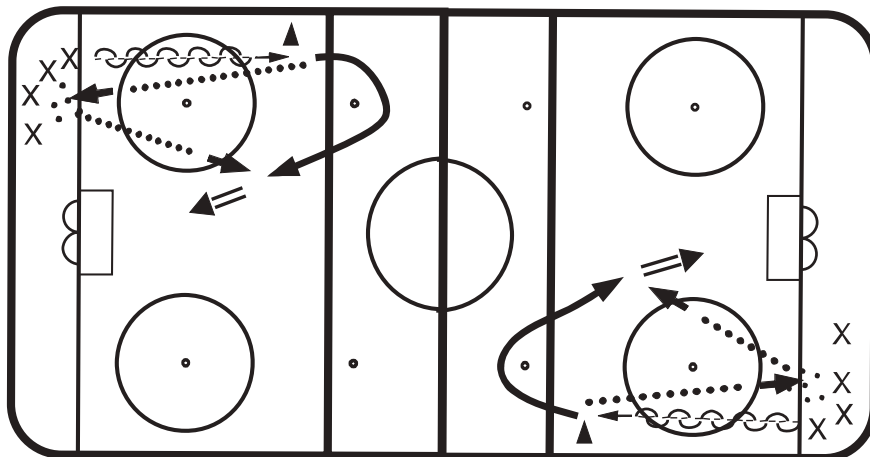
## Drill #3 — Swing Pass Around Cone - Accelerate Inside Dots Before Shooting

- Option: after second player passes to first player, go and prevent puck carrier from shooting.
- Puck carrier can only shoot inside dots.



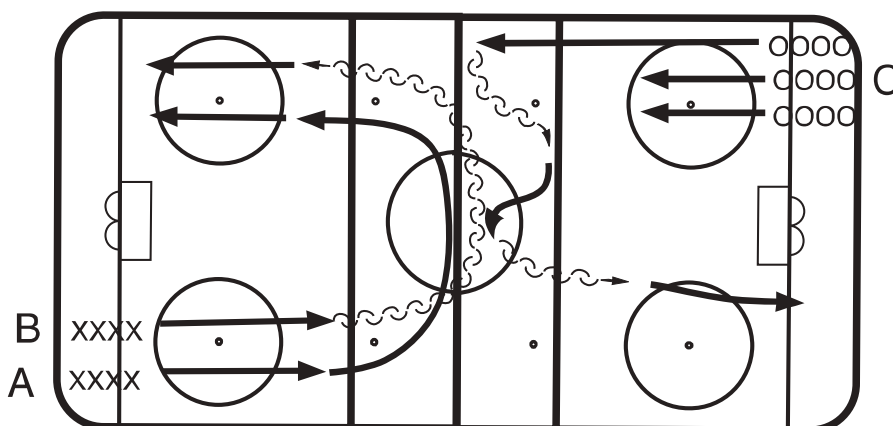
### Drill #4 — Stickhandling - Pass - Shoot

- Stickhandle Backwards to Cone.
- Pass to line.
- Step out forward.
- Get a return pass from line and shoot.



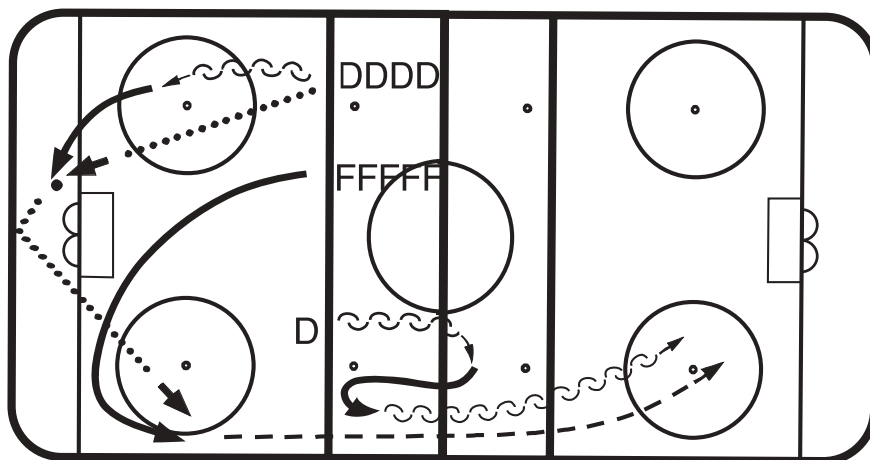
### Drill #5 — Three Line Speed and Agility Shooting

- (A) Skate forward to blue line then forward crossovers to red line, then forward to goal line.
- (B) Skate forward, then backward crossovers, then forward.
- (C) Skate forward/backward zig-zag red and blue lines.



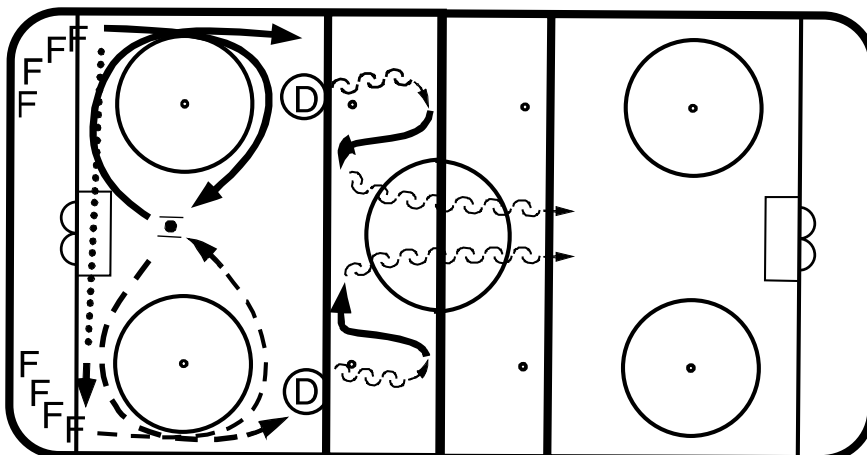
### Drill #6 — 1 on 1 - Defensive Breakout Pass to Forward

- D skates backward, pivots forward and retrieves puck on boards.
- F skates below circle to boards for pass.
- D on blue line goes backward, forward, then backward and takes 1 on 1.



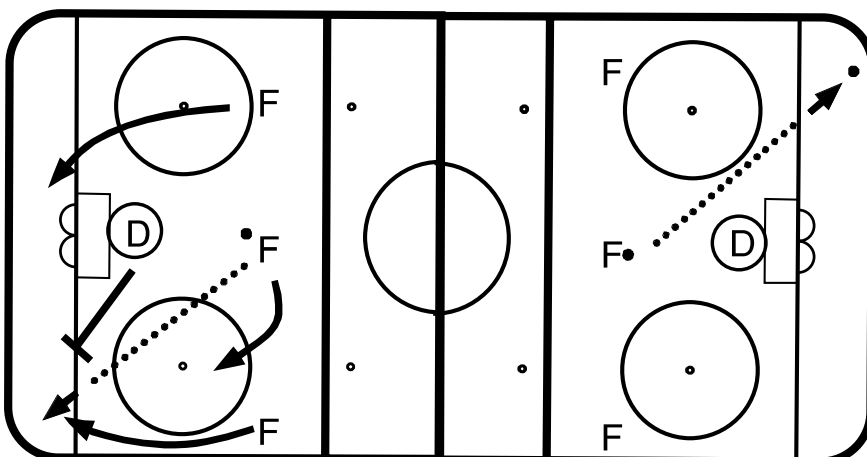
### Drill #7 — 2 on 2 Criss Cross and Drop

- Forwards pass across then carry puck around top of circle and do drop pass.
- Two D skate backward-forward-backward between blue line and red line.
- Forwards try and make it 2 on 1 on one defenseman.



### Drill #8 — 3 on 1 - Below Top of Circle

- D on knees in front of net.
- Three forwards at top of circle.
- Dump puck into corner and set up offensive triangle.
- D tries to prevent forwards from scoring.



### Drill #9 — Power Play and Penalty Kill

- Penalty kill forecheck, 2 on 2.
- Penalty Kill Coverage, box.
- Give power play 45 seconds to score. Start with breakout.

