

Hockey Practice Plan

Objectives: Skating - Backward Crossunders, Pivots
 Puck Control - Escapes and Puck Protection
 Passing - Trailer Play and Weave
 Checking - First Forechecker Angling Technique

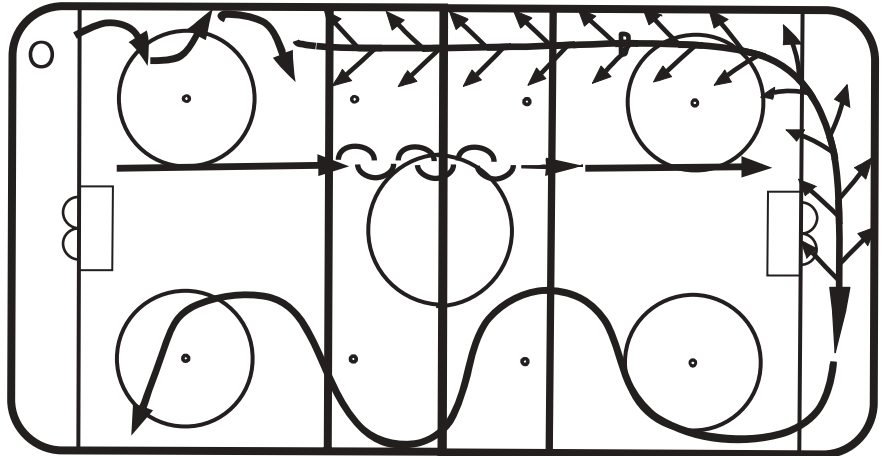
Date: _____
Practice: #5
Level: 10-and-Under (Squirt)

| 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 type="checkbox"/> Short Work - Quickness |
| <input checked="" type="checkbox"/> Puck Control | <input checked="" 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 checked="" 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 checked="" type="checkbox"/> FUN - Relay Contests |
| <input checked="" type="checkbox"/> Checking | <input type="checkbox"/> 3 on 1 | <input checked="" type="checkbox"/> Entering Attack Zone | <input type="checkbox"/> Skills Testing |
| <input type="checkbox"/> Agility Work | <input type="checkbox"/> 3 on 2 | <input type="checkbox"/> Triangulization/Cycling | <input type="checkbox"/> Misc. |
| <input type="checkbox"/> Goaltending | <input checked="" type="checkbox"/> 3 on 0 | <input type="checkbox"/> Faceoffs | |
| <input type="checkbox"/> Def./Forwards | | <input type="checkbox"/> Power Play/Penalty Kill | |

| Time | Drill | Emphasis |
|---------|--|----------|
| 5 mins. | 1. Warm-Up - Big "C" inside and outside edges - Power strokes - Zig-Zag forward crossovers, forward-backward-forward | |
| 5 mins. | 2. Backward crossunders on circle | |
| 5 mins. | 3. Backward/Forward Figure 8 on two circles | |
| 5 mins. | 4. Forward/Backward quarters on circles | |
| 5 mins. | 5. Zig-Zag lines three escapes - Shoot - Follow in for pass and second shot | |
| 5 mins. | 6. 1 on 1 puck protection - Use control turns to protect puck - Try to get into good shooting area | |
| 5 mins. | 7. 2 on 0 - trailer pay - Swing pass to start entering zone | |
| 5 mins. | 8. 3 on 0 weave - enter offensive zone with all three lanes filled | |
| 5 mins. | 9. Checking - Forechecking angling - First forechecker attack puck carrier before or after clearing net | |
| 5 mins. | 10. 3 on 0 relay race - All three players must touch puck before first shot. The group must score three times before they are finished | |

Drill #1 — Warm-Up: Big C Inside and Outside Edges

- Power Strokes, Forward crossovers, Forward/Backward



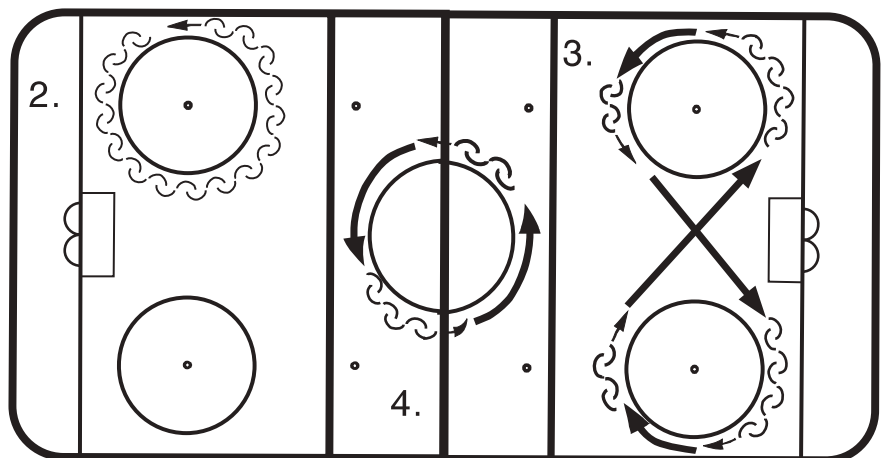
Drill #2 — Backward Crossunders on Circle

- Reach in with skate and pull behind glide skate.

Drill #3 — Backward Crossunders on Circle and Forward Between Circles

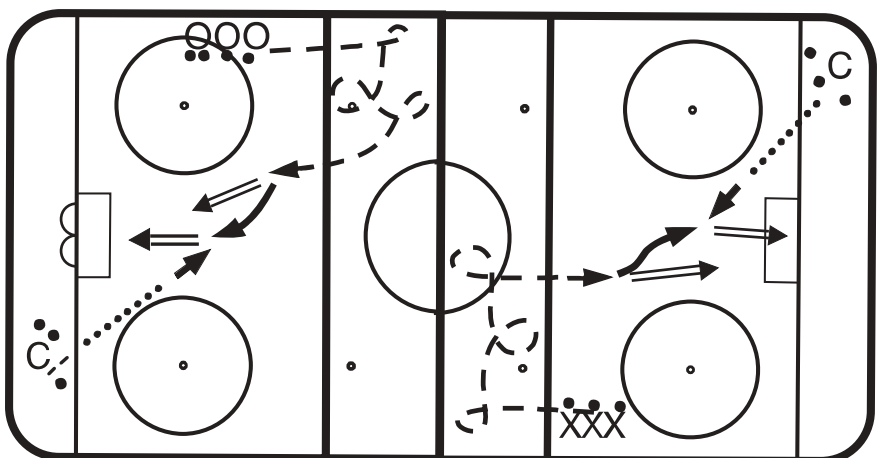
Drill #4 — Forward and Backward Every Quarter Circle

- Always turn with chest towards middle of circle.



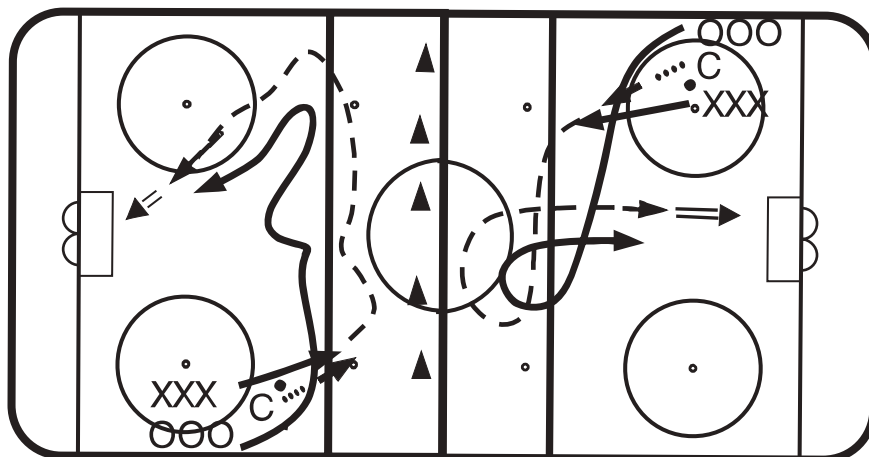
Drill #5 — Escape Zig-Zag - Shoot - Follow in for Pass and Second Shot

- Wide base when turning.
- Have puck to outside of turn and pull puck around with blade of stick.
- Receive pass from coach and shoot.



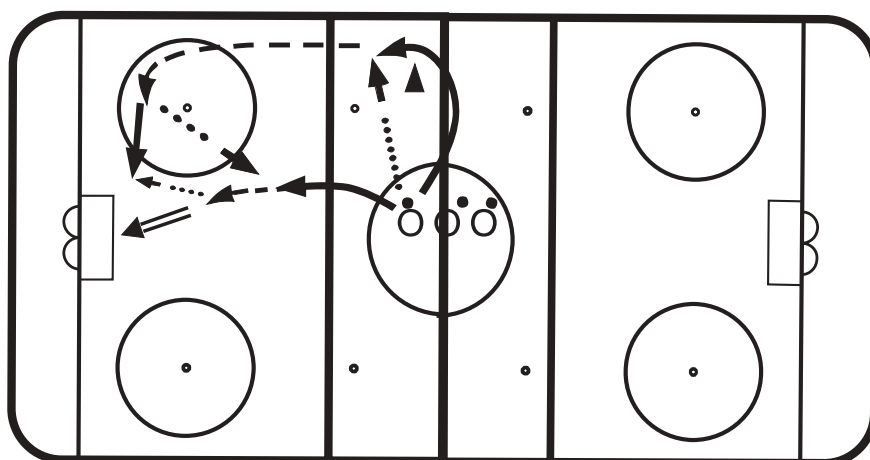
Drill #6 — 1 on 1 Puck Protection

- Keep body between checker and puck.
- Use control turns and head-shoulder fakes to get checker to commit.
- Once checker is committed, accelerate quickly to net for shot.



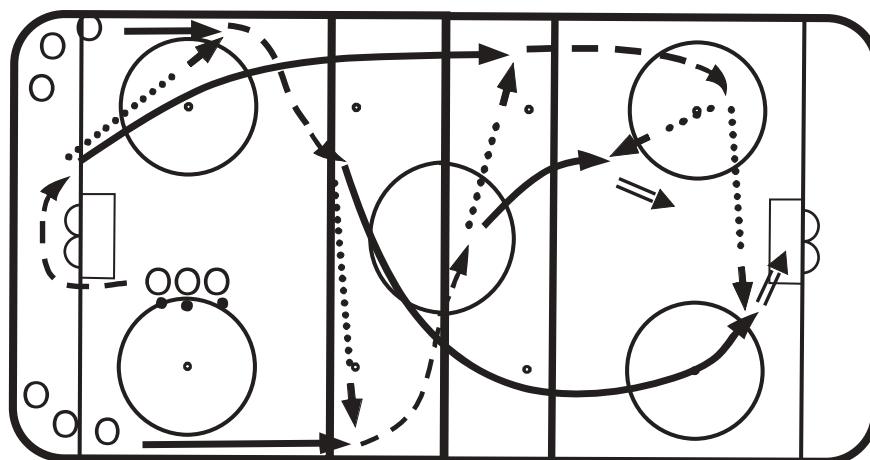
Drill #7 — Swing Pass to 2 on 0 Trailer Pass

- First player skates around cone and receives pass from second player in line.
- First player skates below top of circle.
- First player passes to second player skating toward the net.
- Second player shoots or passes back to first player for a shot on goal.



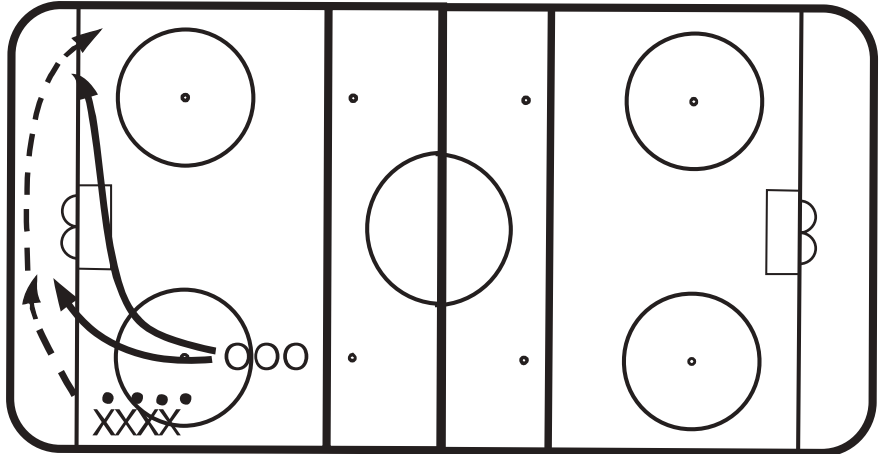
Drill #8 - 3 on 0 Weave

- Players stay in their lanes until they receive a pass.
- After receiving a pass, the player carries the puck to the middle lane before passing.
- Fill all three lanes moving down the ice.



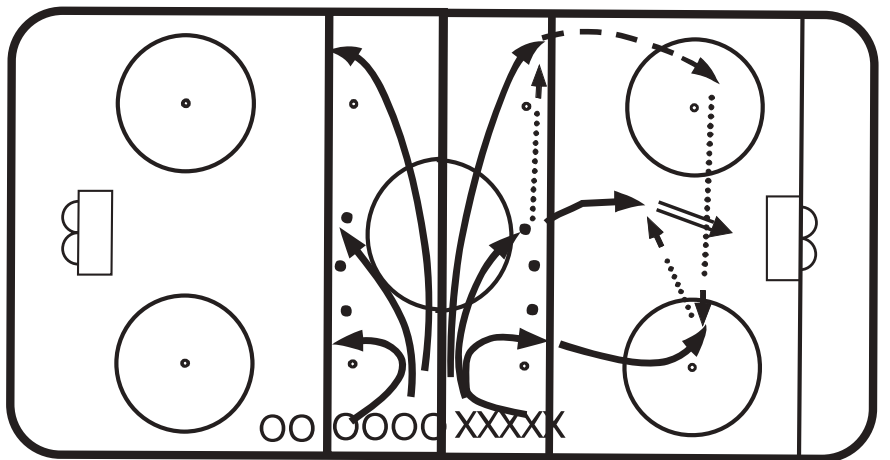
Drill #9 — Angling - Forechecker #1 - Before or After the Net

- Puck carrier must carry puck around behind the net.
- Forechecker tries to get to the puck carrier before the net or after clearing net.
- Do not chase behind the net.

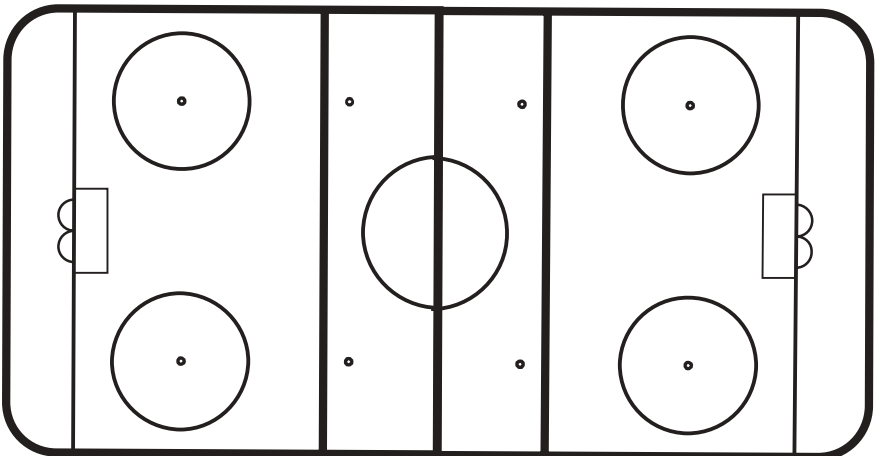


Drill #10 — 3 on 0 Relay Race - Two Groups at Once

- Three pucks on each blue line.
- Three players go from each group.
- Must make three passes (every player must touch puck) continue shooting until score.
- All three up over blue line get next puck.



Description _____



Notes/Comments _____
