

# Hockey Practice Plan

- Objectives:**
1. Puck Control - Aggressive Movement, 1 on 1
  2. Shooting - Receive and Shoot
  3. Team Play - Breakout Pass to 1 on 1
  4. Checking - Blocking Out
  5. Offensive Concepts - Breakout to Attack Entry to Screen and Deflect

**Date:** \_\_\_\_\_

**Practice:** #6 \_\_\_\_\_

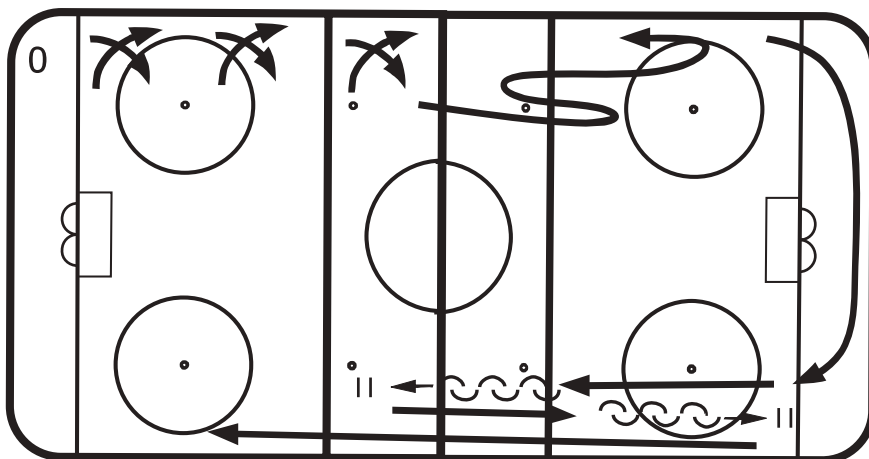
**Level:** 10-and-Under (Squirt) \_\_\_\_\_

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

Time	Drill	Emphasis
5 mins.	1. Warm-Up: Exaggerated crossovers, Control turn towards boards on whistle, Forward to backward to back stop to forward on whistle	Nice and easy
5 mins.	2. Circle and dots aggressive skating with puck; Forward crossovers on circles and control turn first dot and escape second dot	Must go fast
5 mins.	3. Beat the checker (no stick or stick upside down) and shoot	Must go fast
5 mins.	4. Over - Pass - Backward Going back - Receive	Pass to forehand side
5 mins.	5. Three player stationary; shoot off pass at boards	Alternate Passing side to side
5 mins.	6. Flyer-pass - Receive - Shoot - Screen/Deflect	Receive puck without bouncing off
5 mins.	7. 1 on 1 black out - Don't allow opponent to get to puck in slot - Skate backwards weaving back and forth	D Player use pumps and back
5 mins.	8. 5 on 0 breakout to offensive entry to defenseman shot with screen/deflection	Good puck movement
5 mins.	9. 1 on 1 full ice war - two or three groups out at a time - no goalies - 1 on 1 against each other	Keep head up; stay out until one scores

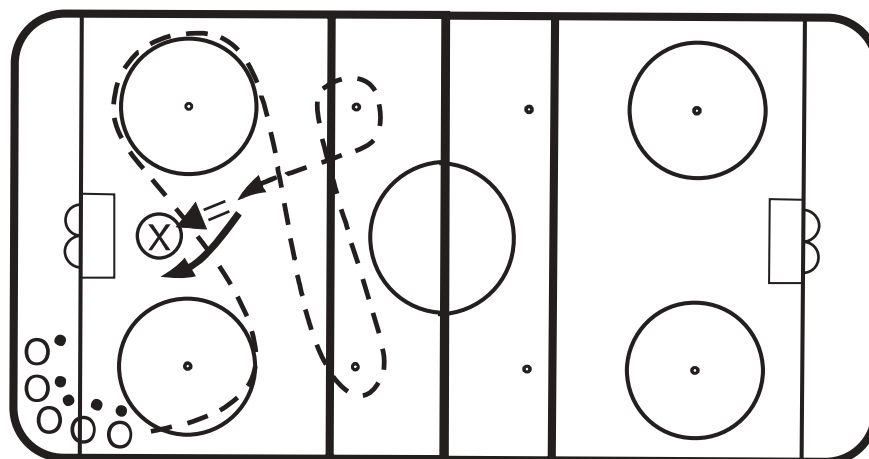
## Drill #1 — Warm-Up: Exaggerated Forward Crossovers

- Balance long time on outside edge; control turns towards boards on whistle.
- On whistle, turn towards boards and do six hard strides Forward - Backward - Stop - Forward.
- When skating backwards, do one skate power stop, then go forward the other direction.



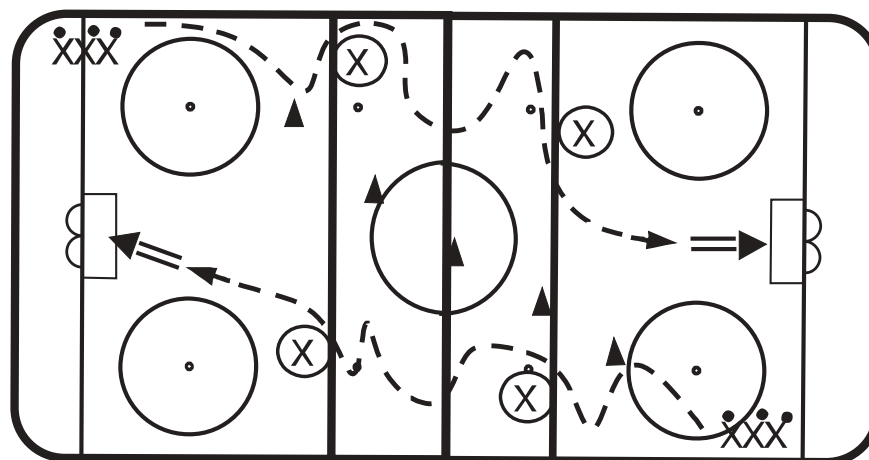
## Drill #2 — Circle and Dots Aggressive Skating With Puck

- Forward crossovers on circle.
- Control turn first dot.
- Escape second dot.
- Shoot and continue into screen and deflect.



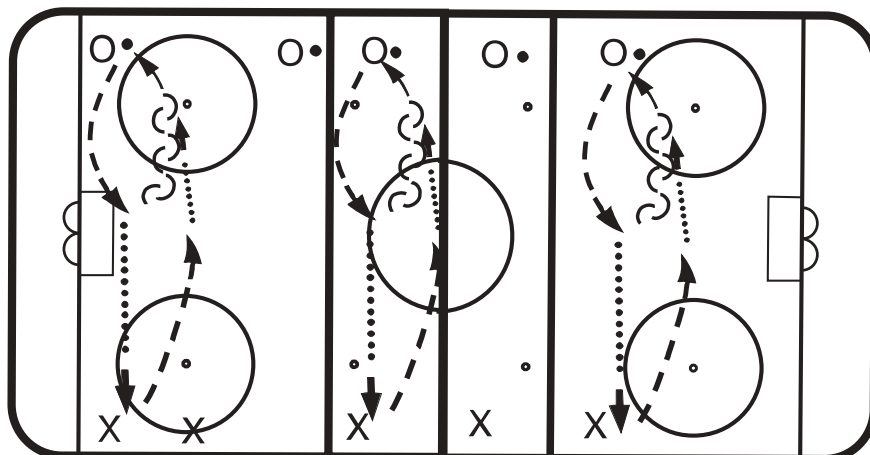
## Drill #3 — Beat the Checker - (no stick or upside down)

- Have checkers stay in a confined area.
- Puck carrier must use head, shoulder, stick fakes.
- Fake - Pull - Accelerate



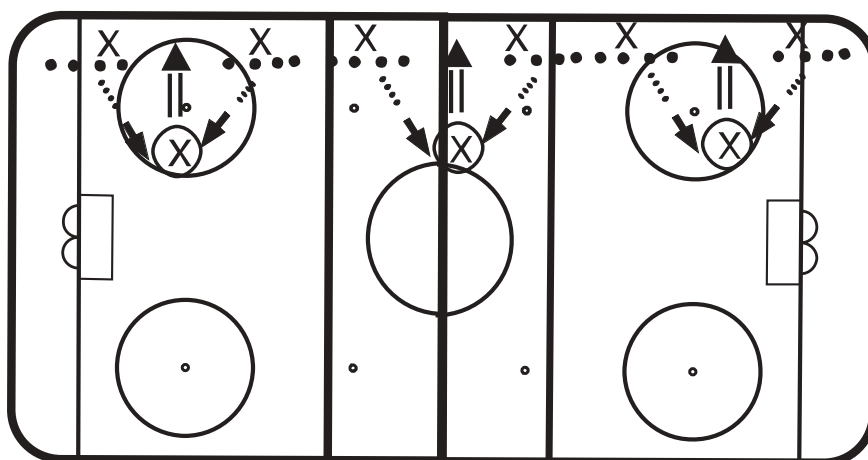
### Drill #4 — Over - Pass - Backward Going Back - Receive

- Puck carrier carries puck to middle and passes then skates backward.
- Partner receives pass, skates to middle and passes to player skating backwards.
- Pass puck to forehand side.



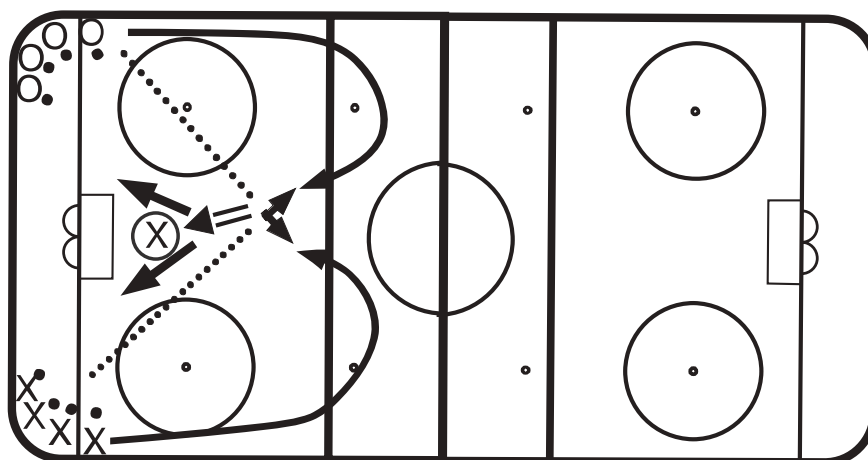
### Drill #5 — 3 Player Stationary Shoot Off Pass at Boards

- Two players on boards with pucks.
- Shooter 20 feet away from boards.
- Alternate passing to shooter.
- Receive on backhand side - give and shoot.
- Receive on forehand side - shoot off pass.



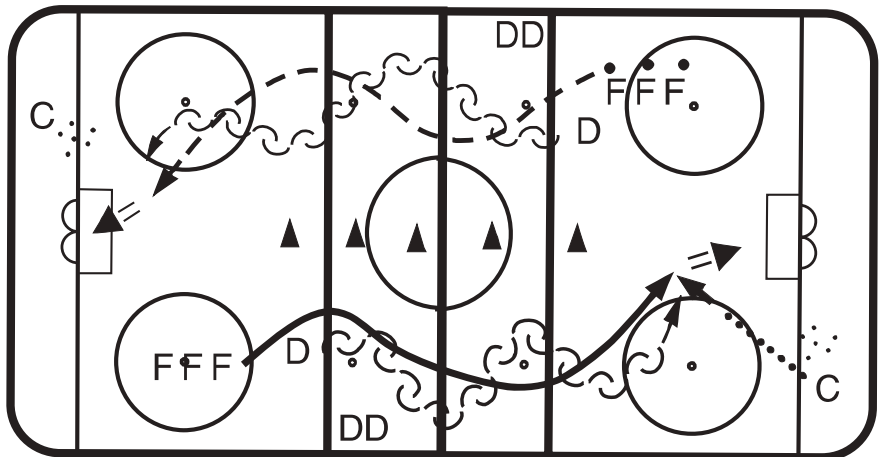
### Drill #6 — Flyer - Pass - Receive - Shoot - Screen/Deflect

- Player skates up around dot and receives pass from opposite line and shoots.
- When receiving give so puck doesn't bounce off blade of stick.
- After shooting continue to net and screen/deflect.



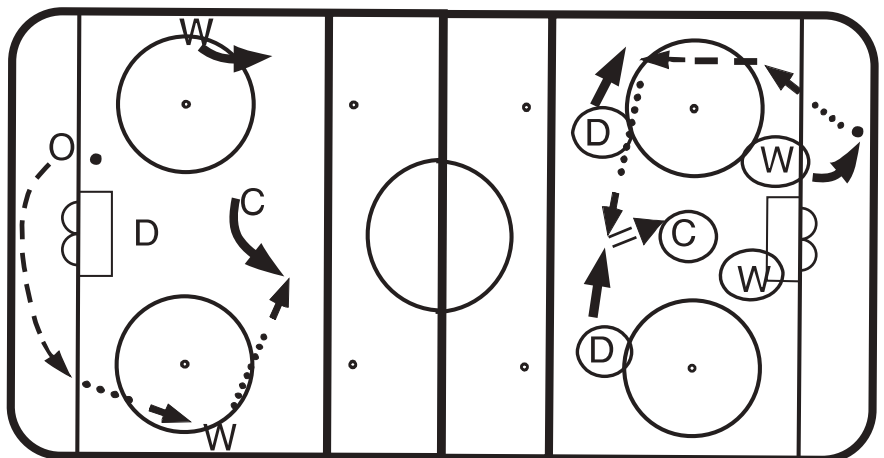
## Drill #7 — 1 on 1 Block Out - D (no sticks)

- Player on D skates backward entire time.
- Option: Have F carry puck or don't carry puck and get open for pass from coach.
- D uses back pumps and back crossovers to stay in front of F.



## Drill #8 — 5 on 0 Breakout to Offensive Entry - Shoot - Retrieve Puck - Pass to Defenseman - Go O to D and Shoot With Screen and Deflection

- Move up the ice as a unit.
- Do trailer entry for first shot.



## Drill #9 — 1 on 1 Full Ice War - No Goalies

- Have two or three groups out at a time - no goalies in nets.
- Goalies 1 on 1 against each other.
- Stress SAFETY - heads up.
- Keep drill under control.

