

# Hockey Practice Plan

**Objectives:** Passing - Short, Quick Passing, Board Pass  
 Checking - Backcheck, Close Body Play  
 Team Play - Go 1 on 1, 2 on 1 Swing Pass  
 Competition - 1 on 1 Battle Length of Ice  
 Scrimmage - 3 on 3

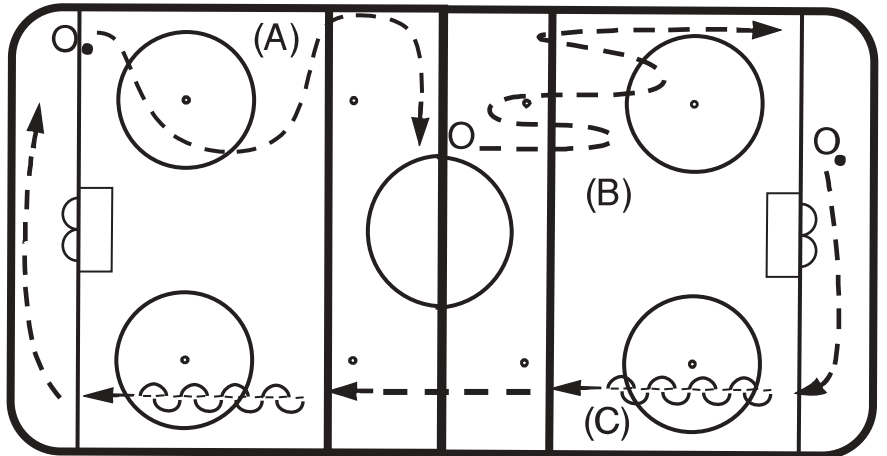
**Date:** \_\_\_\_\_  
**Practice:** #7  
**Level:** 10-and-Under (Squirt)

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 type="checkbox"/> 2 on 0	<input type="checkbox"/> Backcheck	<input type="checkbox"/> Small Ice Modified Games
<input checked="" type="checkbox"/> Passing/Receiving	<input checked="" type="checkbox"/> 2 on 1	<input type="checkbox"/> Forecheck	<input checked="" type="checkbox"/> Full Ice Modified Games
<input type="checkbox"/> Shooting	<input type="checkbox"/> 2 on 2	<input type="checkbox"/> Breakouts	<input type="checkbox"/> FUN - Relay Contests
<input checked="" type="checkbox"/> Checking	<input 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 type="checkbox"/> Triangulization/Cycling	<input checked="" type="checkbox"/> Misc. Competition
<input type="checkbox"/> Goaltending	<input 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: With pucks - Zig-Zag forward crossovers; Control turns towards side boards on whistle; forward and backward	Good form
5 mins.	2. Three player triangle passing	Give and Sweep; No slapping
5 mins.	3. 1 on 0 Board Pass to give and go with coach and shoot; alternate sides	Put puck off boards at sharp angle
7 mins.	4. 1 on 1 backcheck - lane responsibility	Backcheck inside and keep opponent outside
5 mins.	5. 1 on 1 war in the zone; dump puck into corner; two players go into corner and battle - either score or prevent partner from scoring	Learn to control opponent with tight pressure
7 mins.	6. 1 on 1 half ice - D Breakout Pass - F and D up around cones to 1 on 1	D pass accurate F Stationary receive
7 mins.	7. 2 on 1 two-thirds ice - 1st F swings to far boards; 2nd F retrieves puck; D skates forward around circle to backwards	First F don't get way ahead of play
5 mins.	8. Circle Criss-Cross to 1 on 1 competition for puck	Full speed crossovers on gliding
10 mins.	9. 3 on 3 full ice - 30 second shifts	Pass puck to open teammate quickly

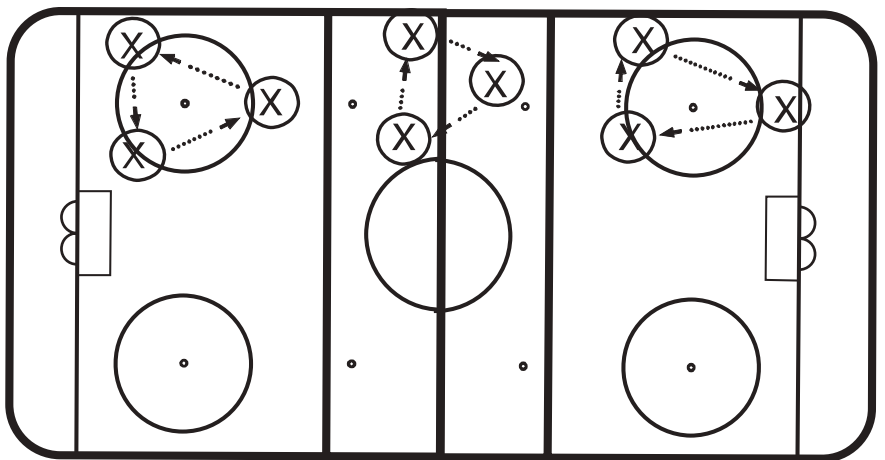
### Drill #1 — Warm-Up: With Puck

- (A) • Middle to boards forward crossovers.
- (B) • Whistle control turns to side boards.
- (C) • Backward stickhandling and forward stickhandling.



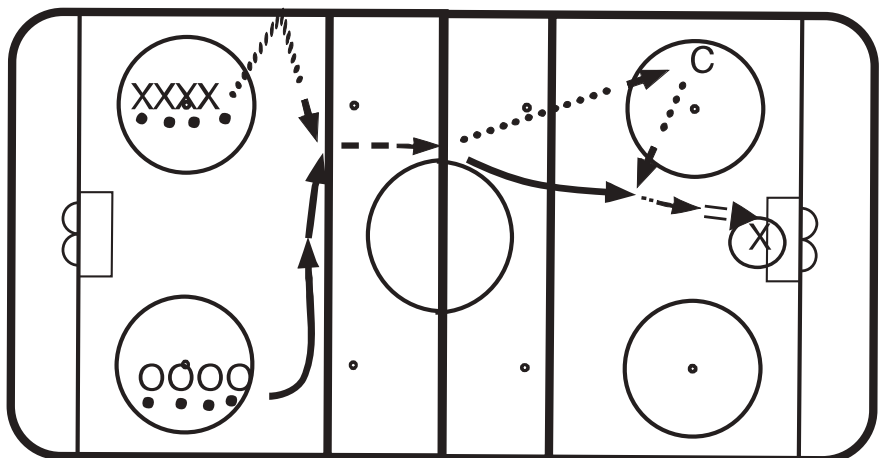
### Drill #2 — Three Player Triangle Passing

- 15 to 20 feet apart.
- Pass to blade of stick (forehand side).
- Give when receiving.
- Sweep puck to target blade.
- NO SLAPPING.



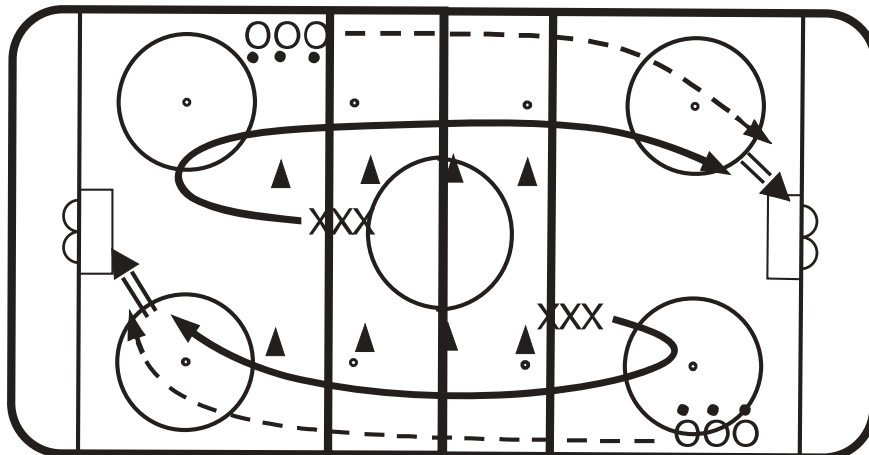
### Drill #3 — 1 on 0 Board Pass to Give and Go With Coach and Shoot - Alternate Sides

- Sharp angle board pass.
- Skate to red line; pass to coach.
- Continue forward, receive pass from coach and shoot.
- Then screen/deflect for next shooter.



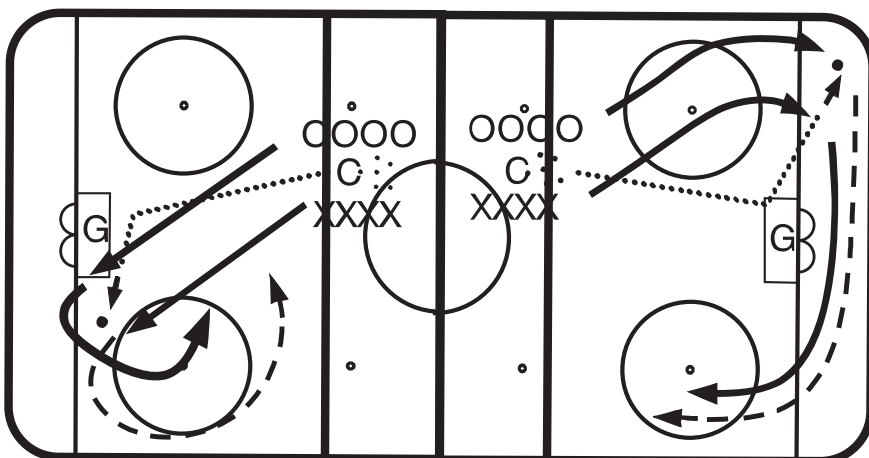
### Drill #4 — 1 on 1 Backcheck - Lone Responsibility

- Backchecker starts stick length behind cone and does a "J" start (three quick crossovers).
- Puck carrier tries to get inside of backchecker.
- Backchecker must contain puck carrier outside.



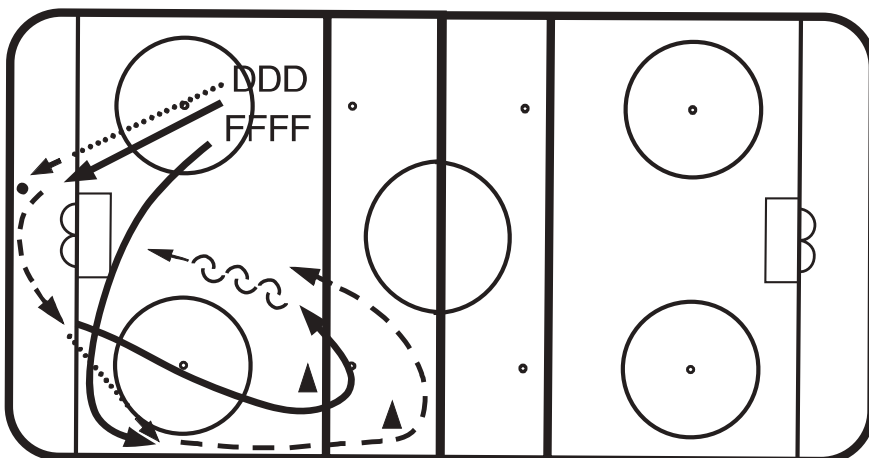
### Drill #5 — 1 on 1 War in the Zone

- Coach shoots on net or dumps into corner.
- First player in each line goes in; battles opponent.
- Either can score or prevent partner from scoring.
- Stress close body play.



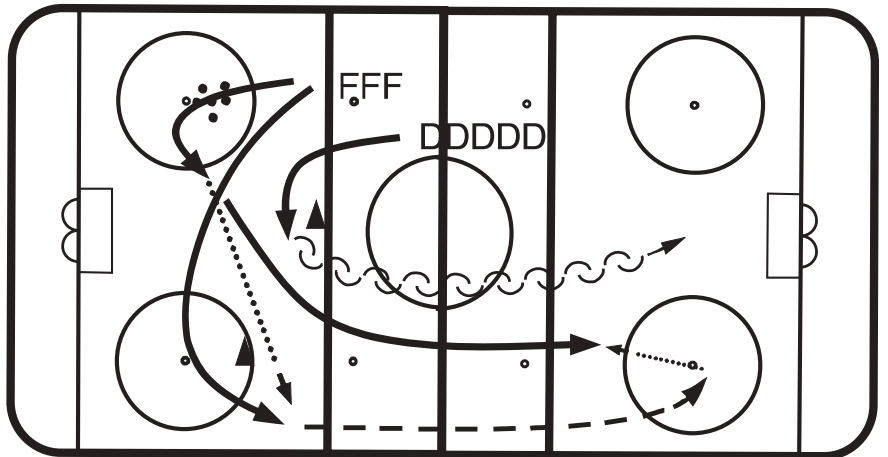
### Drill #6 — 1 on 1; Half Ice - D Breakout Pass to F

- Start D and F top of circle.
- D Retrieves Puck - skates behind net to make pass.
- F skates to bottom of circle on opposite side.
- F receives pass and skates up and around second cone.
- D skates forward to first cone then pivots backward to play 1 on 1.



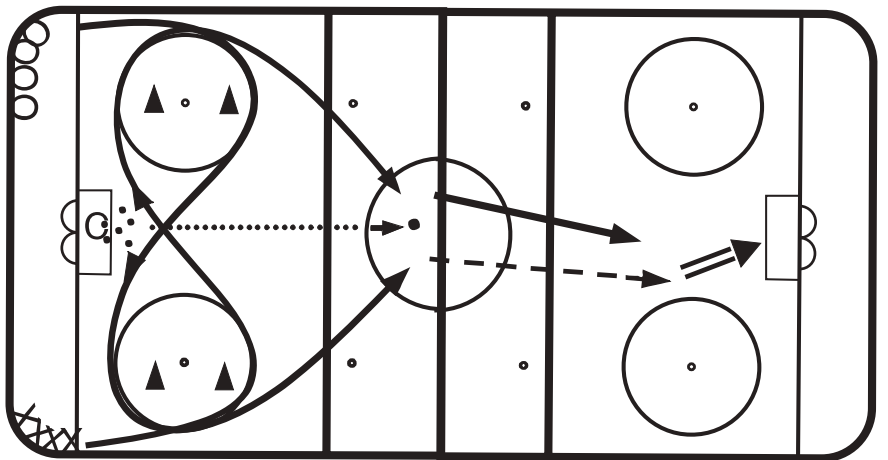
**Drill #7 — 2 on 1; Two-Thirds Ice**

- First F swings to far cone and up ice.
- Second F picks up puck and passes to first F.
- D skates forward to cone then pivots backwards.
- F's Option - cross and drop pass, or trailer pass play.



**Drill #8 — Circle Criss  
Cross 1 on 1 Competition  
for Puck**

- First player in each line goes - must do full speed crossovers - NO GLIDING.
- Coach glides puck up middle.
- 1 on 1 battle down ice.



**Drill #9 — 3 on 3 Full Ice -  
30 second shifts**

- Pass immediately to open teammate.

