

# Hockey Practice Plan

**Objectives:** To learn, practice, and reinforce skating and puckhandling skills

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

**Practice #1** \_\_\_\_\_

**Level:** 14-and-Under (Bantam)

16-and-Under (Midget)

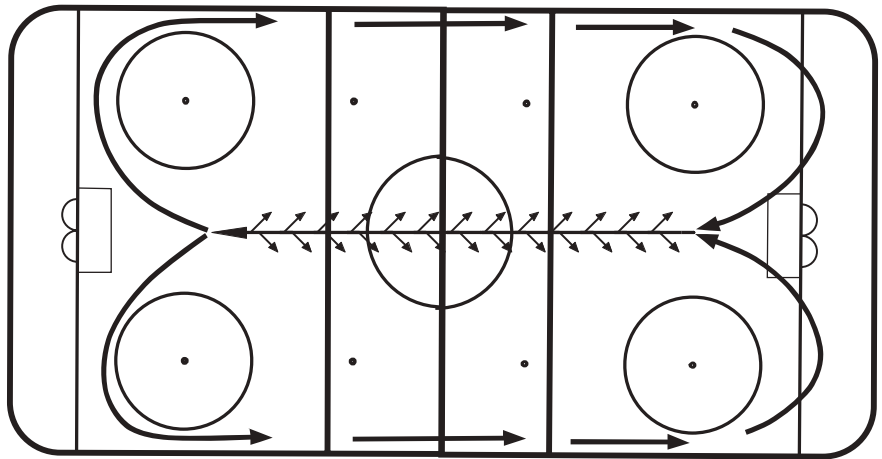
18-and-Under (Midget)

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
_____ 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
<input checked="" type="checkbox"/> Agility Work	_____ 3 on 2	_____ Triangulation/Cycling	<input checked="" type="checkbox"/> Misc. ( <i>Competition; angles</i> )
_____ Goaltending		_____ Faceoffs	
_____ Def./Forwards		_____ Power Play / Penalty Kill	

Time	Drill	Emphasis
5 mins.	1. Warm-Up - stretch various body parts	Everyone together
7 mins.	2. Skate circles without and with puck forward and backward	Head up, full crossover
5 mins.	3. Power circles around cones (3 lines) forward and backward	Bend knee, accelerate out of turn
5 mins.	4. Stationary stickhandling - goaltenders get shots	Wide, out of comfort zone, angles
5 mins.	5. Moving stickhandling (three lines) - goaltenders work on angles	Wide and accelerate
6 mins.	6. Figure 8, wide move, shoot	Head up, accelerate
6 mins.	7. Weave, backwards, shoot	Puckhandling, forward turns, backward
6 mins.	8. Defense reaction drill	Full speed skating, puck control
5 mins.	9. Fish in a pond - puck control, keep away	Competition, conditioning

## Drill #1 — Warm-Up

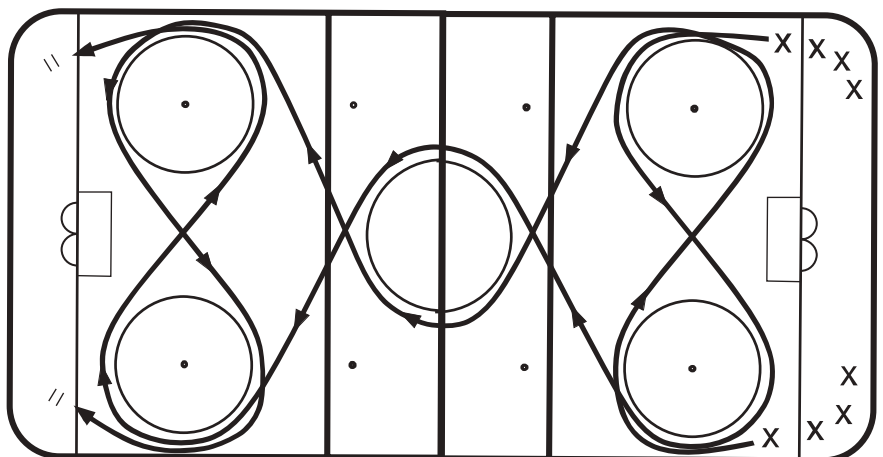
- Power strides up middle of ice.
- Peel away either side.
- Player rests down sideboards, then accelerates up middle again.



**Notes/Comments:** Warm-Up - skate hard up middle, long powerful strides.

## Drill #2 — Skate Circles

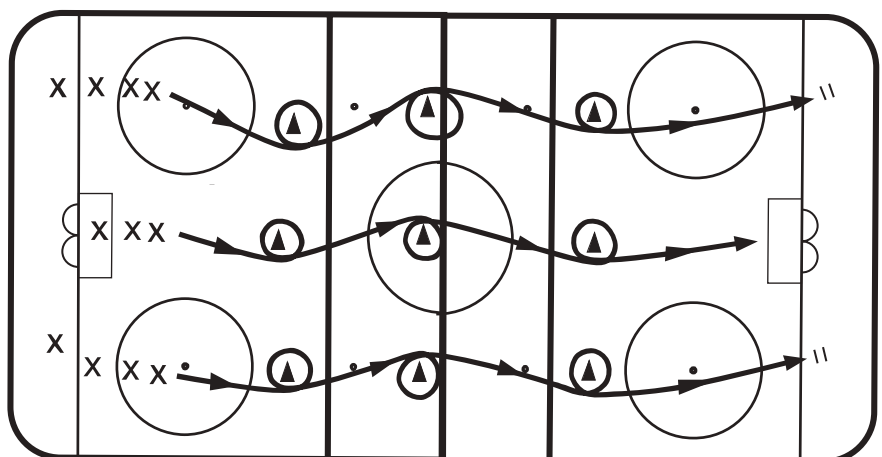
- Players start in corners at one end.
- On coach's whistle, first players in each line start and skate.
- Do drill with and without pucks, forward and backward



**Notes/Comments:** Skate circles, head up, move feet, full crossovers.

## Drill #3 — Power Circles

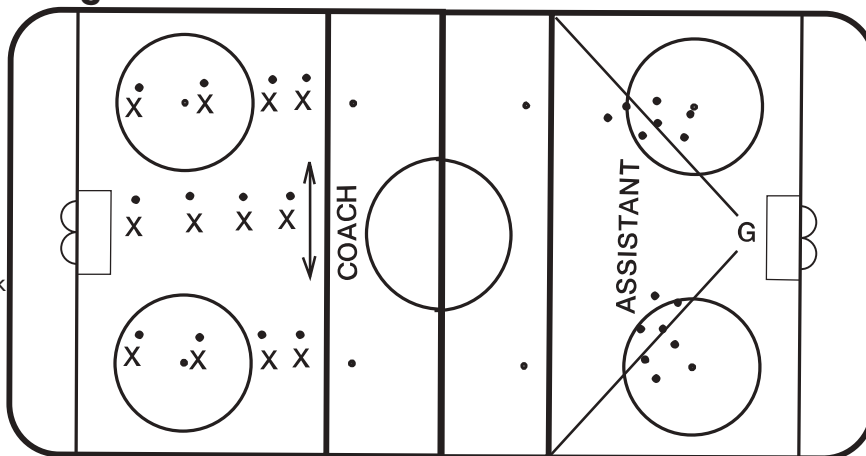
- Players start in three lines, first player in each line goes at same time.
- Next player starts when first player hits near blue line.
- Player skates forward, making a tight control turn around each cone, accelerating out of turn to next cone.
- \* Do drill with and without pucks, forward and backward.



**Notes/Comments:** Power circles around cones, keep low with knee bent and accelerate to the next cone.

## Drill #4 — Stationary Stickhandling

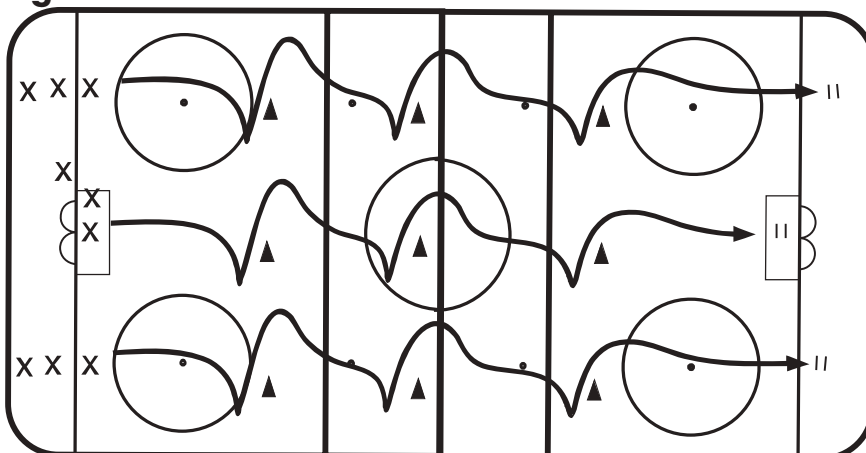
- Players stickhandle, following coach's lead.
  - wide to forehand
  - wide to backhand
  - wide on sides
  - diagonal
  - put puck in skates
  - toe puck in
- Coach holds up numbers, players shout back number.
- Goaltenders work on angles and get shots.



**Notes/Comments:** Stationary stickhandling; wide movements out of comfort zone; keep head up

## Drill #5 — Moving Stickhandling

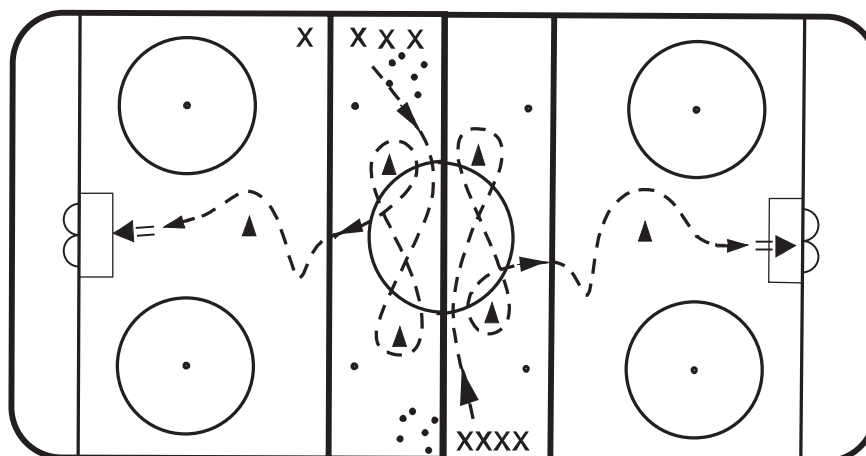
- Players start in three lines. When first players approach blue line, next players in line go.
- Player skates to cone, fake to one side, pull puck wide across and accelerate to next cone.
- Goaltenders continue to work on angles.
- Use pucks.
  - wide to backhand
  - toe in puck around cone
  - put puck in skates, kick up to stick, around cone either way



**Notes/Comments:** Moving stickhandling; head up; wide movement; accelerate between cones

## Drill #6 — Figure 8

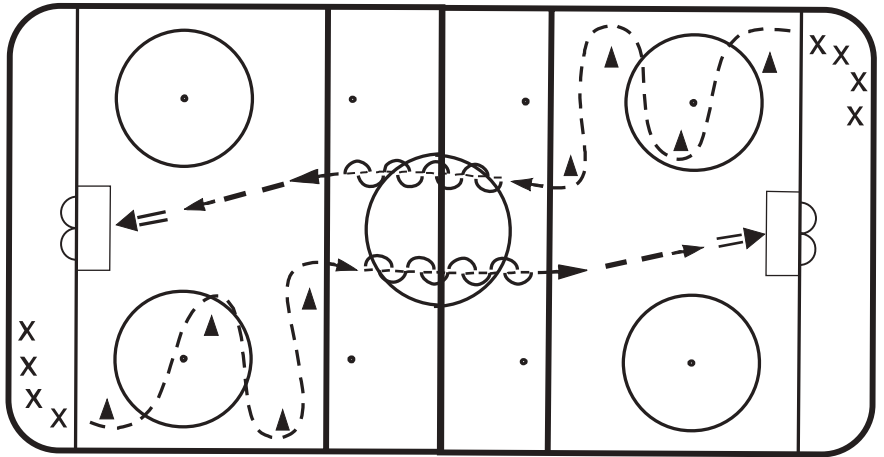
- Players start on opposite sides.
- On whistle, player skates with puck, does a figure 8 around cones, makes a wide move around cone in offensive zone and shoots on goaltender.



**Notes/Comments:** Figure 8, wide move and shoot; keep head up; accelerate around cones

## Drill #7 — Weave

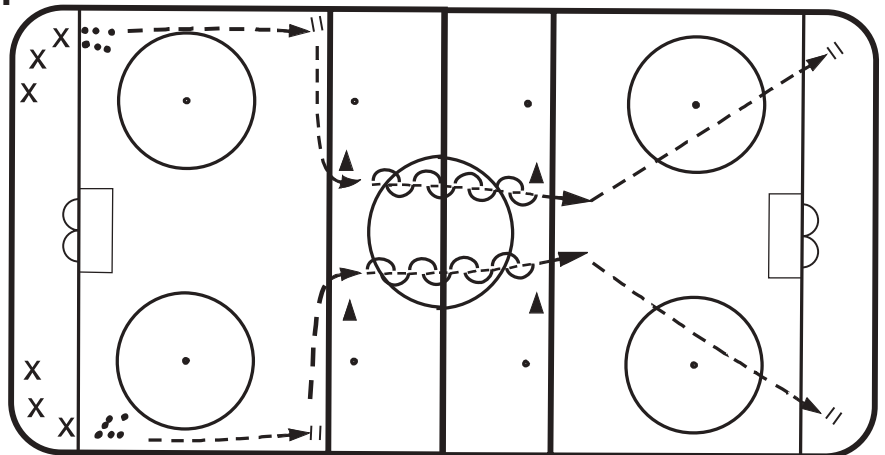
- Players start in corners with pucks.
- Players skate forward with pucks weaving around cones.
- When player approaches blue line, player turns and skates backward with puck until far blue line.
- At far blue line, player turns forward, skates in and shoots on goaltender.



**Notes/Comments:** Weave; backwards skating; shoot; accelerate around cones

## Drill #8 — Defensive Reaction

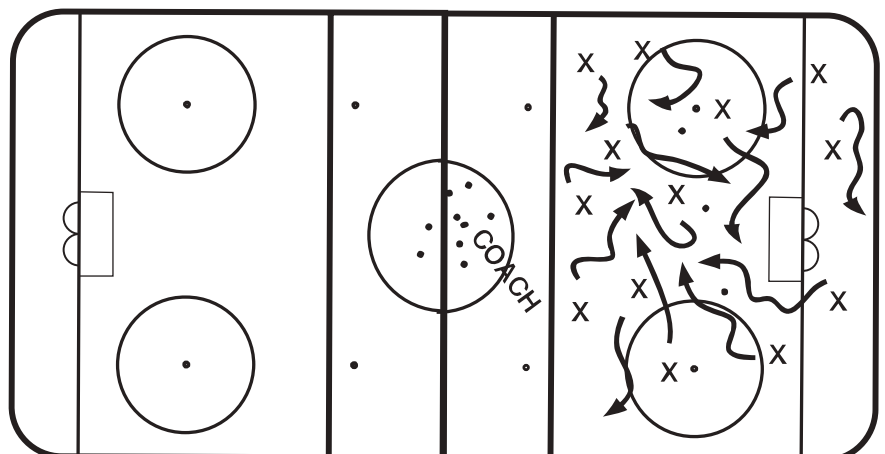
- Players start in each corner. When first player gets to near blue line, next player starts.
- Player skates forward with puck to blue line, stops and skates to middle of ice.
- When player reaches cone, player pivots and skates backward with puck to far blue line.
- At far blue line, player turns to the outside and skates forward to the corner.



**Notes/Comments:** Puck control; full speed, footwork

## Drill #9 — Fish in a Pond

- Everyone starts in one zone.
- Coach throws three pucks in zone; on whistle, players try to get a puck and keep it away from everyone else.
- Go for 30 seconds, then blow whistle. Whoever doesn't have puck does 10 push-ups.
- Rest for 45 seconds. During this time, throw in one or two more pucks.



**Notes/Comments:** Competition; conditioning