

Hockey Practice Plan

Objectives: Work on backchecking skills

Date: _____

Practice # 10

Level: 14-and-Under (Bantam)

16-and-Under (Midget)

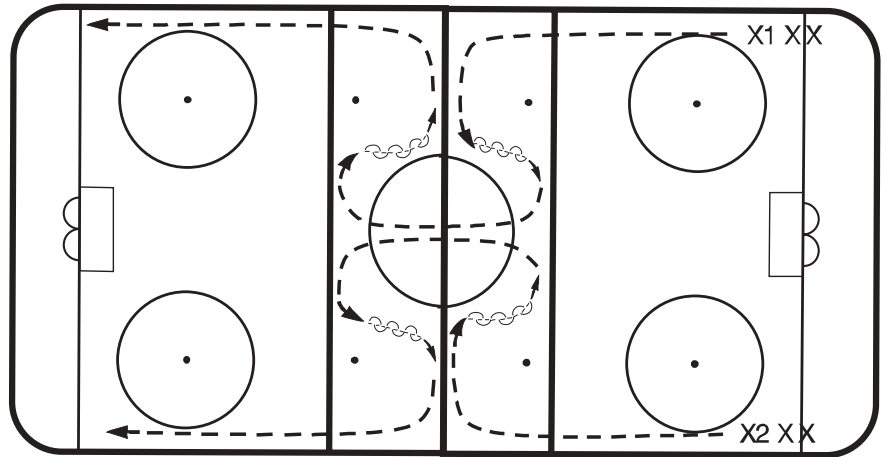
18-and-Under (Midget)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input checked="" type="checkbox"/> Skating	<input type="checkbox"/> 1 on 1	<input type="checkbox"/> Defensive Cov.	<input type="checkbox"/> Short Work - Quickness
<input 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 checked="" type="checkbox"/> 2 on 2	<input type="checkbox"/> Breakouts	<input type="checkbox"/> FUN - Relay Contests
<input type="checkbox"/> Checking	<input type="checkbox"/> 3 on 1	<input type="checkbox"/> Entering Attack Zone	<input type="checkbox"/> Skills Testing
<input checked="" type="checkbox"/> Agility Work	<input checked="" type="checkbox"/> 3 on 2	<input type="checkbox"/> Triangulation/Cycling	<input type="checkbox"/> Misc.
<input type="checkbox"/> Goaltending	<input checked="" type="checkbox"/> 3 on 3	<input type="checkbox"/> Faceoffs	
<input type="checkbox"/> Def./Forwards	<input type="checkbox"/> 3 on 0	<input type="checkbox"/> Power Play / Penalty Kill	

Time	Drill	Emphasis
7 mins.	1. Warm-Up: Stretches; Face the flag	Agility, lateral movement
7 mins.	2. Swedish Passing Drill	Keep feet moving, execute passes
7 mins.,.	3. 2 on 1	F - get quality shot D - force outside shot
7 mins.	4. 2 on 1 with backchecker	Defense and designated back-checker must communicate
7 mins.	5. 3 on 2	F - create shot in slot D - pressure at blue line
7 mins.	6. 3 on 2 with backchecker	Defense and designated back-checker must communicate
8 mins.	7. Relays with net	Have fun

Drill #1 — Warm-Up; Face the Flag

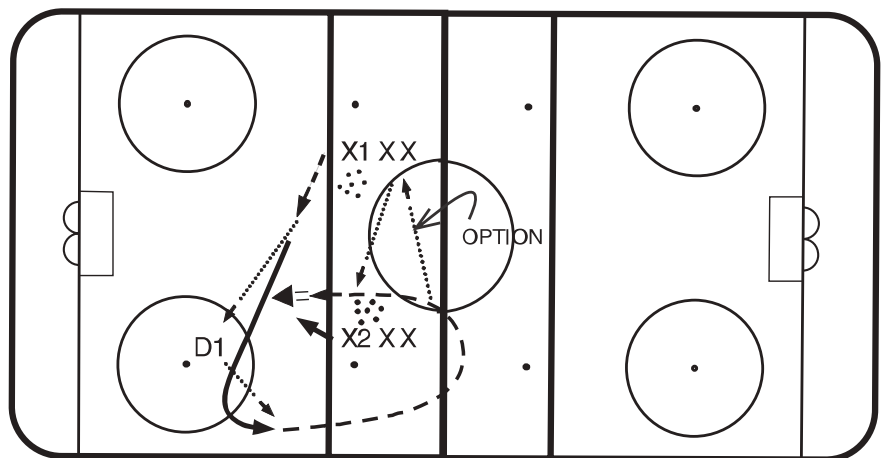
- X1 and X2 start at same time with pucks. Always face flag at far end of ice.
- X1 skates forward to red line, crossover left, backwards to blue line, crossover right, backward to red line, crossover right, forward to hash mark.
- X2 skates same on other half of ice.



Drill #2 — Swedish Passing Drill

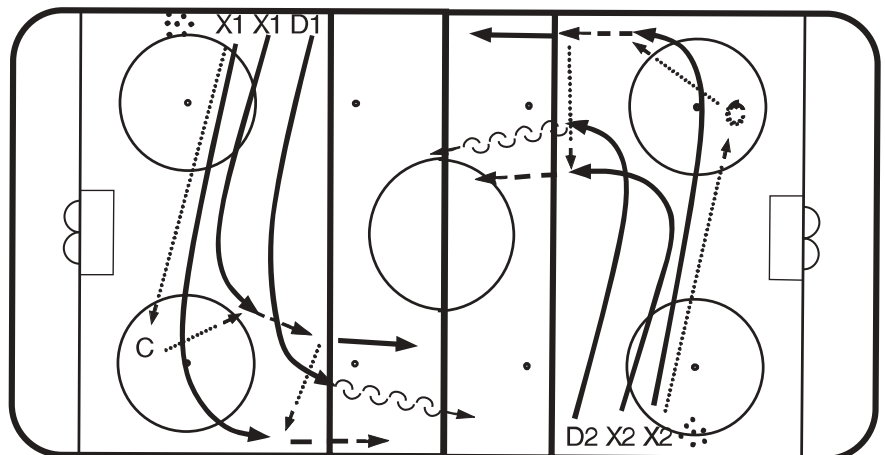
- X1 skates with puck then passes to D1, after making pass. X1 swings to boards.
- D1 passes back to X1 after X1 makes swing.
- X1 skates with puck around X2 line and takes a shot on goal.
- X2 starts after X1 gets return pass from D1.

Option - as X1 reaches X2 line, X1 passes to last player in X1 line and gets return pass.



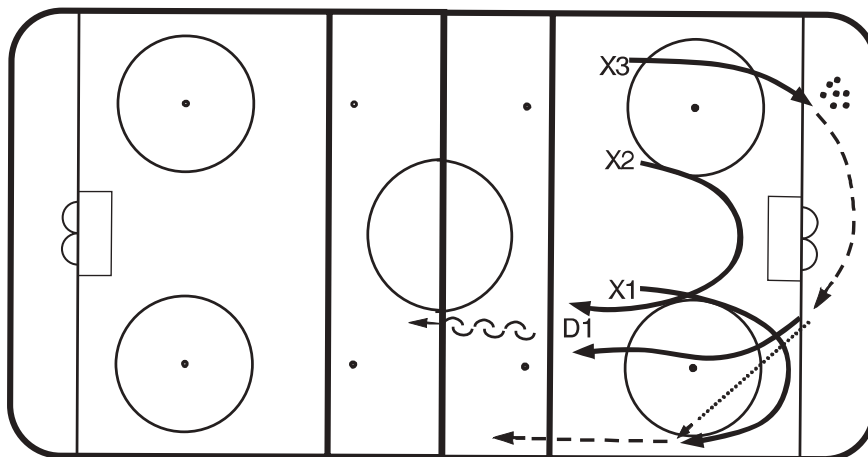
Drill #3 — 2 on 1

- X1 and X2 lines start at same time.
- X1 passes to coach and swing as shown.
- D1 follows X1s across ice, coach passes back to X1s and D1 plays the 2 on 1.
- Switch sides half way through.



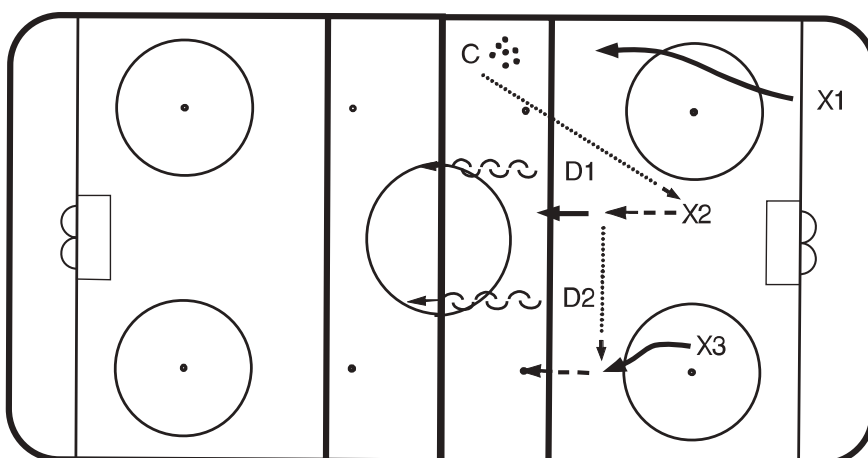
Drill #4 — 2 on 1 With Backchecker

- X1, X2 and X3 start on whistle.
- X1 and X2 swing, X3 picks up puck and skates behind net.
- X3 then passes to either X1 or X2.
- D1 steps out to play 2 on 1.
- X3 must read play and pick up open man on backcheck.
- D1 must let X3 know who to take.



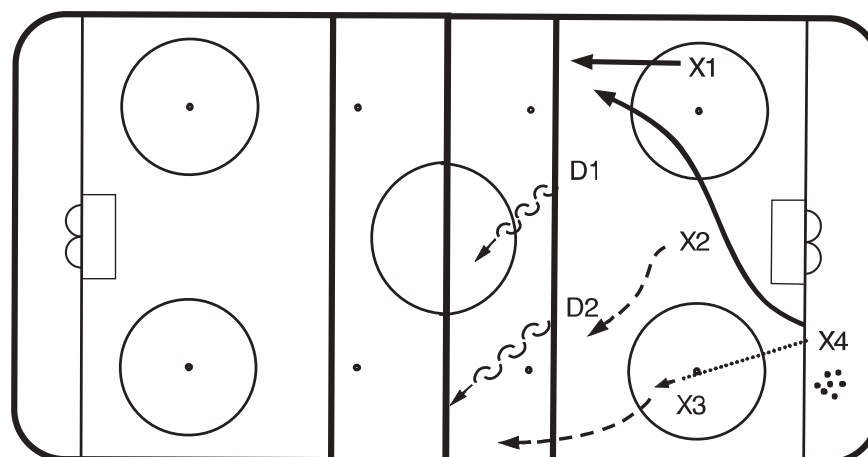
Drill #5 — 3 on 2

- Start drill by dumping puck in zone and have five players work puck 5 on 0.
- Coach blows whistle and gives a pass to one of the forwards (X2).
- Three forwards proceed 3 on 2 on the two defensemen.



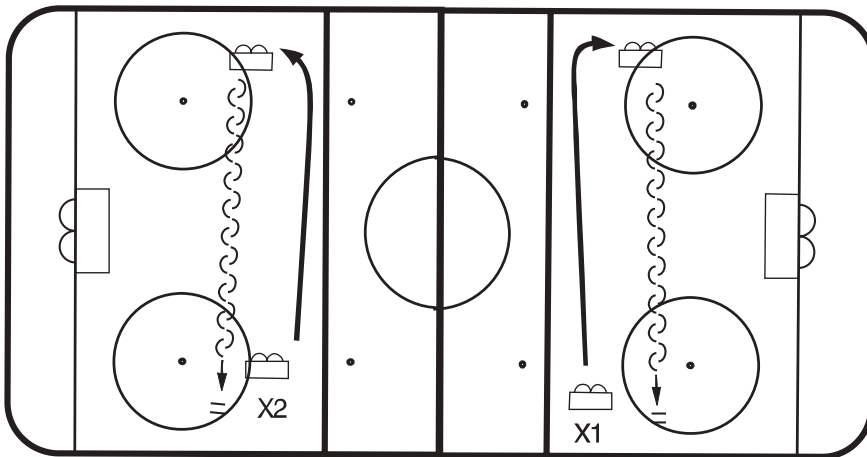
Drill #6 — 3 on 2 With Backchecker

- X4 starts drill by passing to X1, X2 or X3.
- X1, X2 and X3 proceed 3 on 2.
- X4 must pick up open man on backcheck.
- D1 and D2 must direct X4 where to skate on backcheck.

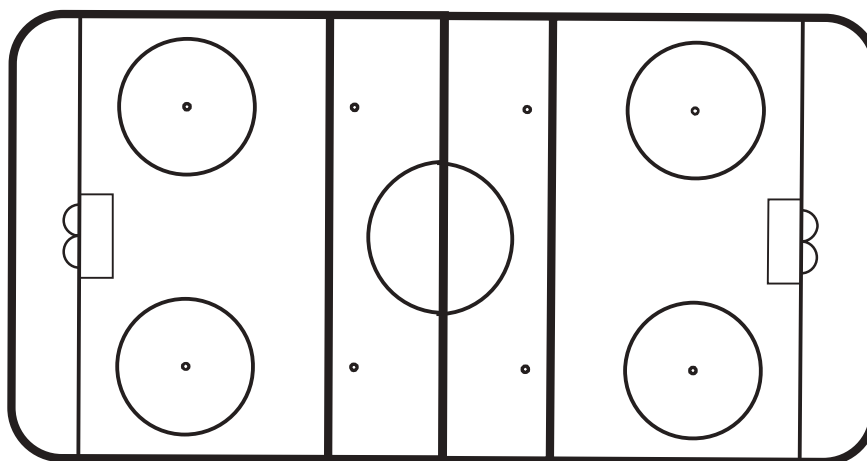


Drill #7 —Relays With Net

- Makes two teams.
- Net is pushed forward across ice and pulled back backward.

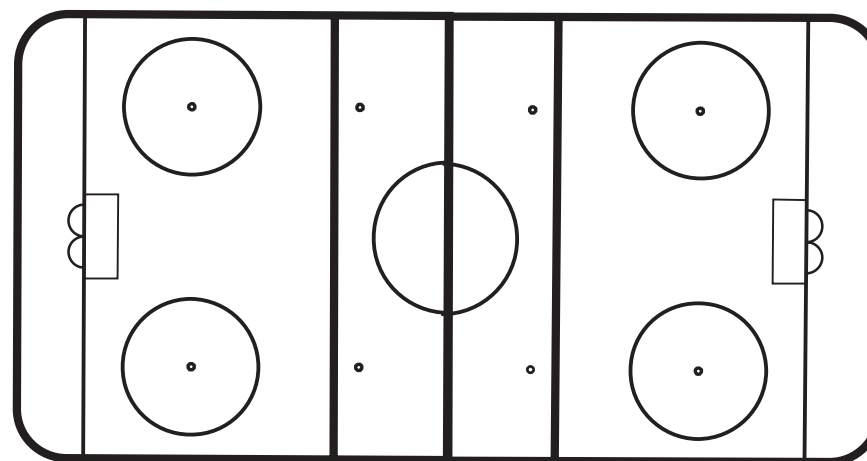


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