

# Hockey Practice Plan

**Objectives:** Regroup; cycling

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

**Practice #** 11

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

16-and-Under (Midget)

18-and-Under (Midget)

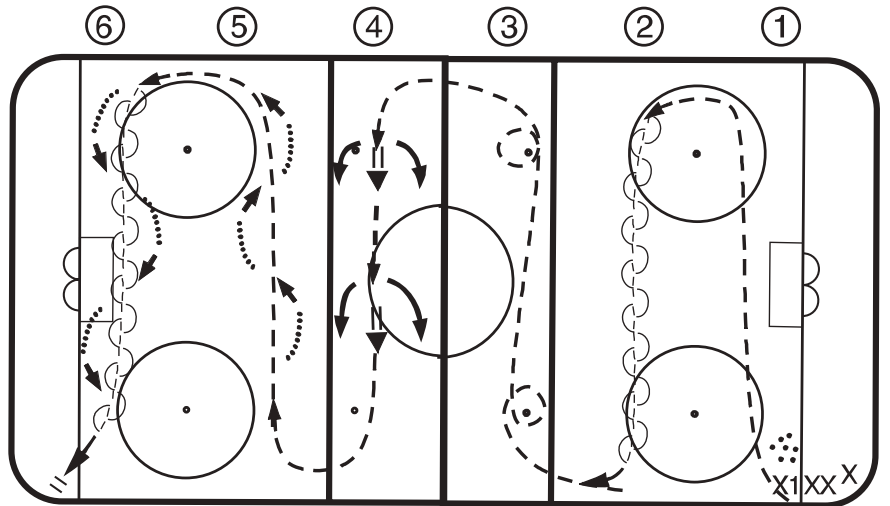
Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input checked="" type="checkbox"/> Skating	_____ 1 on 1	_____ Defensive Cov.	<input checked="" type="checkbox"/> Short Work - Quickness
_____ Puck Control	<input checked="" type="checkbox"/> 2 on 0	_____ Backcheck	_____ Small Ice Modified Games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

Time	Drill	Emphasis
6 mins.	1. Warm-Up: Stretches; Skate the lanes with pucks	
7 mins.	2. Flin-Flon - modified exchange puck	Look before pass
7 mins.	3. 2 on 0	Escape move
8 mins.	4. Split up	D - regroup passes F - cycling in zone
5 mins.	5. Regroup Drill #1	D - pass puck in spaces F - Swing low to defense
8 mins.	6. Regroup Drill #2	Same as drill #1
5 mins.	7. 3 on 2 deep; F - work on cycling D - pressure puck	Movement, on touch puck eliminate good shot
5 mins.	8. Free time - players work on skills or ask specific questions	Feedback from players

## Drill #1 — Skate The Lanes With Pucks

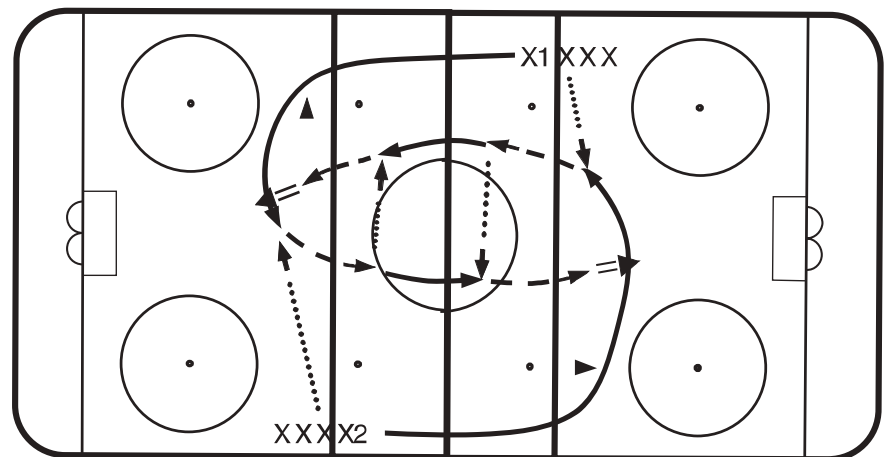
- Players start in corner. They skate down lanes performing different skill in each lane.

1. Make single fake, wide move
2. Backward
3. Tight turns
4. Fake shot pull to side
5. Put puck in skates and kick up to stick
6. Backward puck in skates, kick up to stick



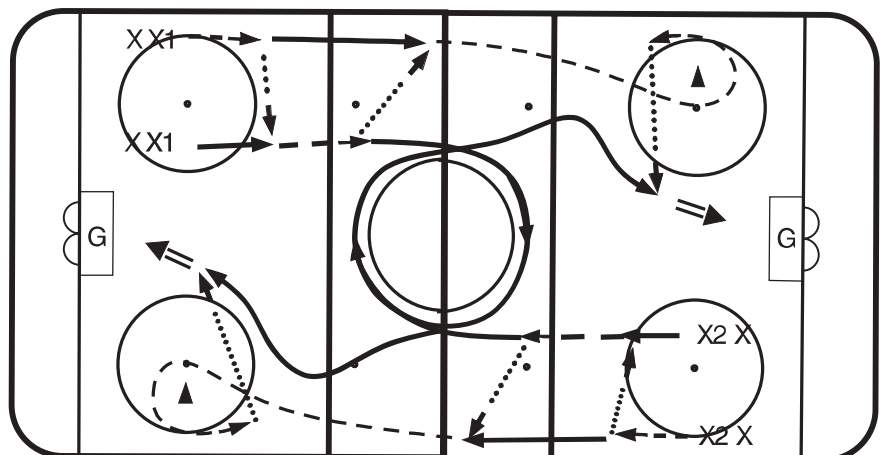
## Drill #2 — Flin-Flon

- X1 and X2 start on whistle with at pucks.
- They skate around cone and then get pass from other line.
- After receiving pass, they skate several strides looking for each other.
- In neutral ice they pass to each other, exchanging pucks.
- Players continue and take a long shot on goal.



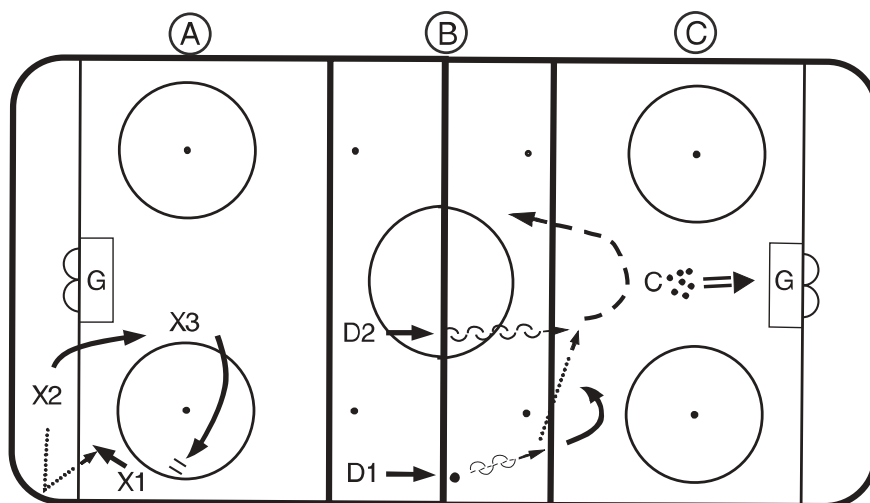
## Drill #3 — 2 on 0

- X1s start by passing puck up ice. When they enter neutral ice the puck should be with the player along the boards.
- The inside player crossovers around center circle and then enters offensive zone.
- The player along boards with puck skates into zone, makes an escape move around cone and passes to player entering zone.
- Shot on goal should be taken between top of circles and hash marks.



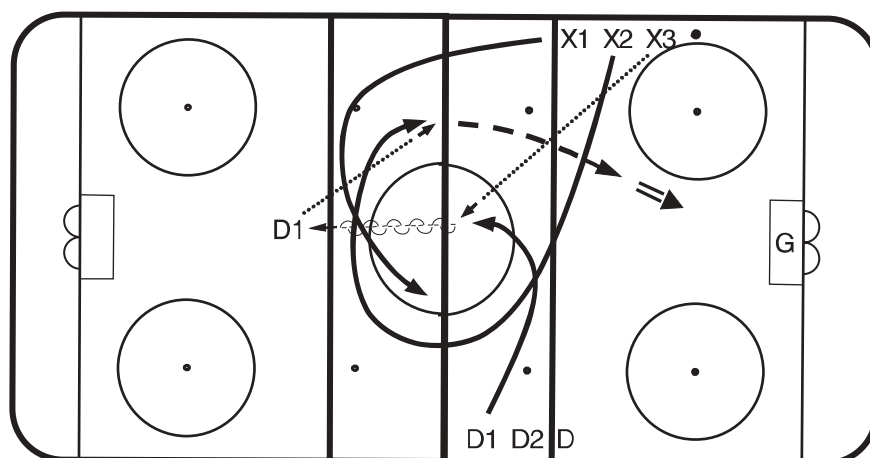
## Drill #4 — Split Up

- A. Forwards work on cycling in corner.  
Cycle both directions in each corner. On whistle they take a shot on goal.
- B. Defense works on neutral ice regroup pass.
- D1 picks up puck and turns backward.
  - D2 skates and turns backward, getting in position to receive pass (behind).
  - D1 makes a back diagonal pass to D2, D2 heads up ice with puck. D1 fills in middle
- C. Goalies work on angles and lateral movements.



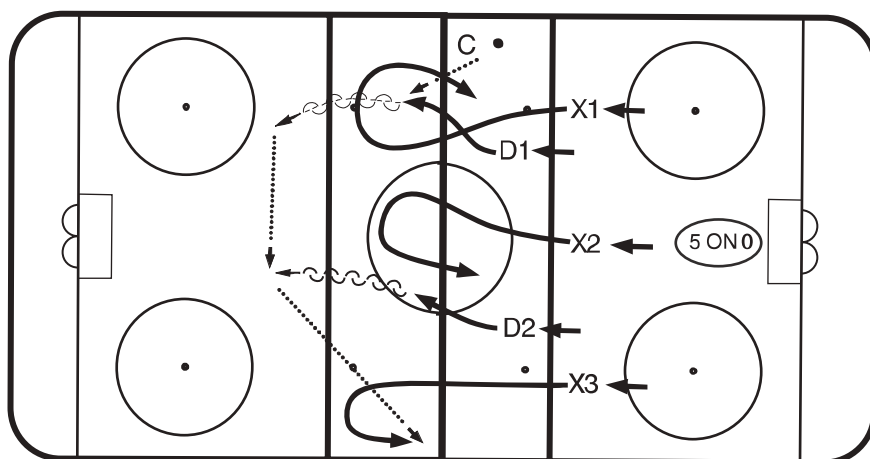
## Drill #5 — Regroup Drill #1

- D1, X1 and X2 start at same time.
- X1 and X2 skate as shown and cross close to blue line.
- D1 skates, receives a pass from X3, turns backwards to blue line.
- D1 then makes a pass to X1 or X2 who continue 2 on 0 and take shot.
- D1 follows them all the way into the offensive zone.



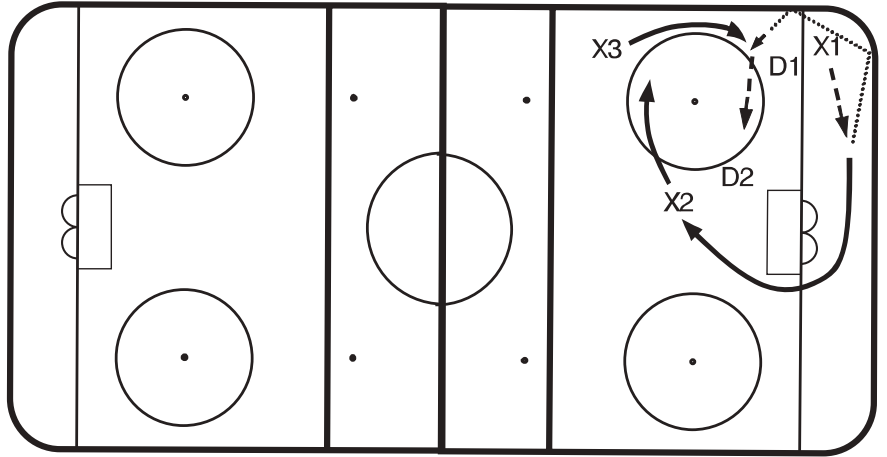
## Drill #6 — Regroup Drill #2

- Start drill by moving five players 5 on 0 in offensive zone.
- When you blow whistle, they drop their puck. Coach then throws a puck in the neutral zone.
- D1 or D2 picks up puck and take back for regroup pass.
- X1, X2 and X3 swing near blue line.
- Defense makes a D to D pass and then passes to X1, X2 or X3.
- They continue up ice 5 on 0 and take shot.



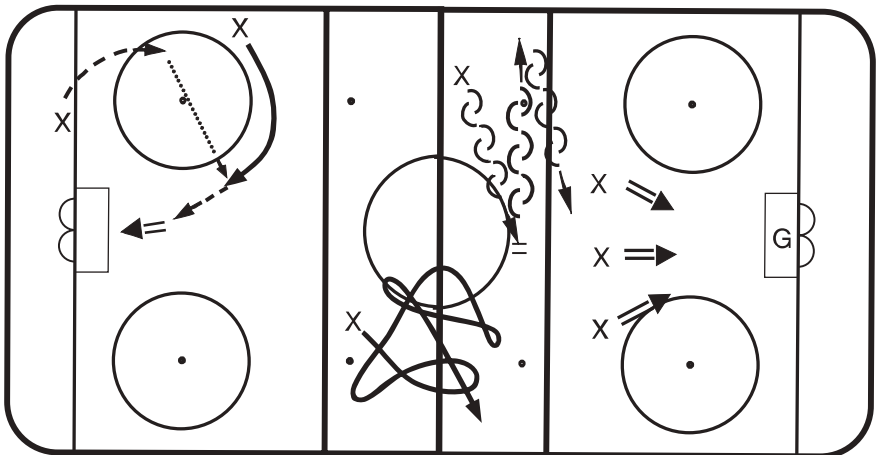
### Drill #7 — 3 on 2 Deep

- Dump puck deep in corner.
- X1, X2 and X3 must cycle puck and work for shot on goal.
- D1 and D2 must put pressure on puck and protect slot area.

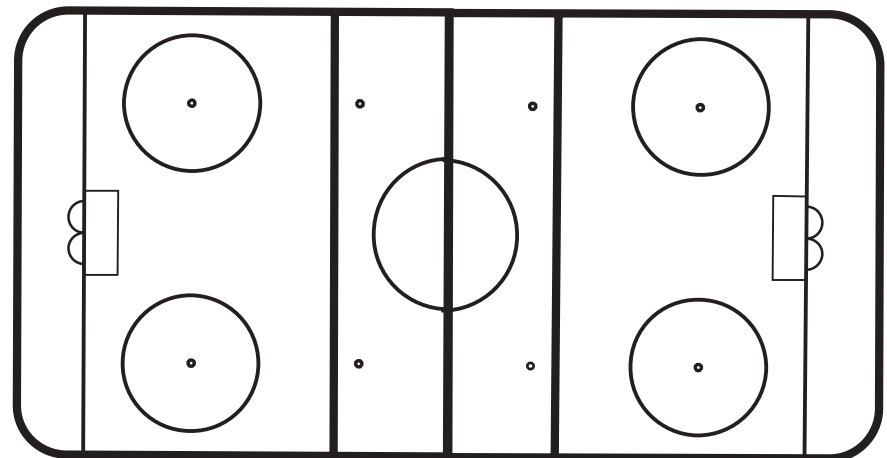


### Drill #8 — Free Time

- Players have time to work on skills or ask questions.



Description \_\_\_\_\_  
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Notes/Comments \_\_\_\_\_  
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