

Hockey Practice Plan

Objectives: Work on Faceoffs

Date: _____

Practice #12

Level: 14-and-Under (Bantam)

16-and-Under (Midget)

18-and-Under (Midget)

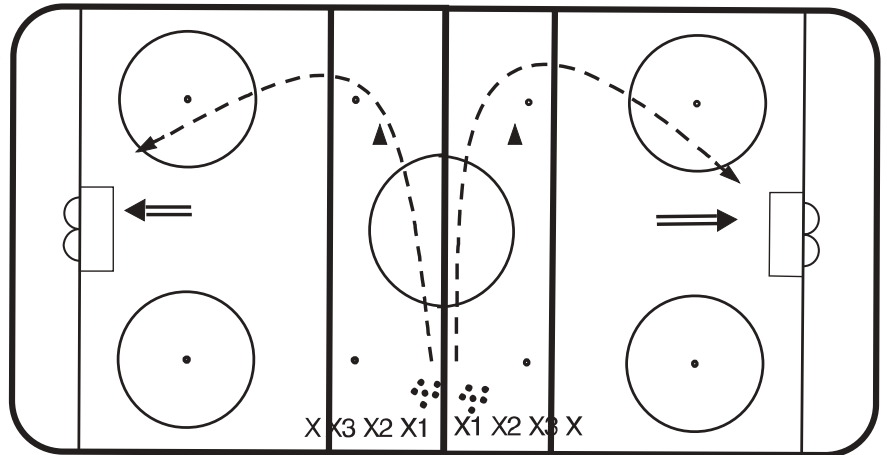
Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input checked="" type="checkbox"/> Skating	_____ 1 on 1	<input checked="" type="checkbox"/> Defensive Cov.	_____ Short Work - Quickness
_____ Puck Control	_____ 2 on 0	_____ Backcheck	_____ Small Ice Modified Games
<input checked="" type="checkbox"/>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

Time	Drill	Emphasis
7 mins.	1. Warm-Up: stretches; train shooting	Keep feet moving, look where shooting
5 mins.	2. 3 on 0 with weave One-touch passes	
8 mins.	3. Breakout, 5 on 0, 3 on 2	Keep small gap
10 mins.	4. Defensive zone faceoffs	Two situations
8 mins.	5. Offensive zone faceoffs	Give two or three options
6 mins.	6. 3 on 3 zone game Coverage away from puck, talk to teammates	
6 mins.	7. Three Stations: Defense - protect puck in corner Wings - shooting drill Centers - work on faceoffs	

Drill #1 — Train Shooting

- X1 skates with puck around cone and takes shot while in stride.
- X2 starts when X1 gets to center ice dot.
- X3 starts when X2 gets to center ice dot.
- Do drill both sides of ice.

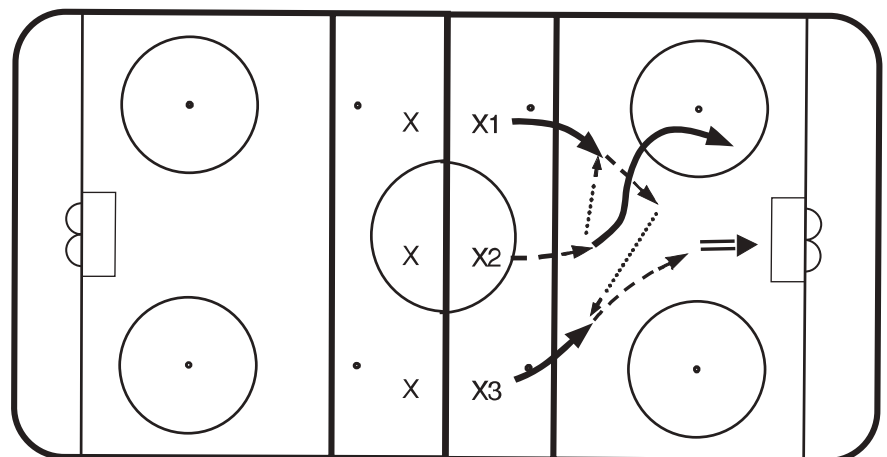
Option - move cones closer to goalie after each round.



Notes/Comments: Shoot while in stride

Drill #2 — 3 on 0 With Weave

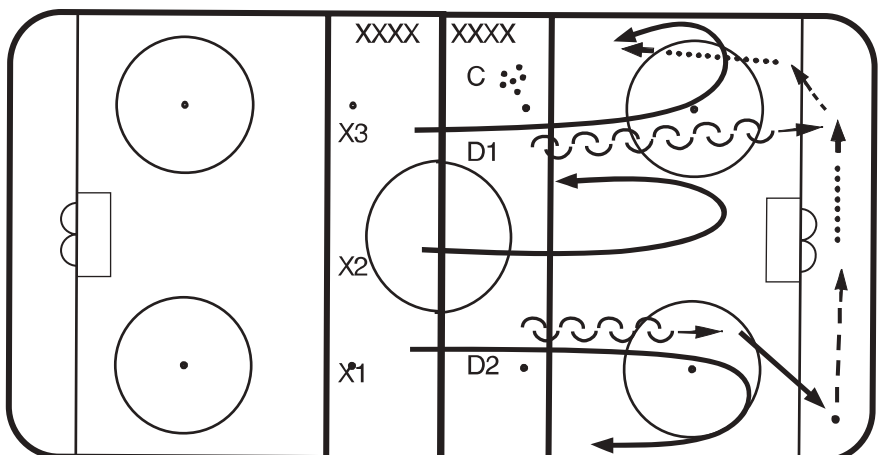
- Start drill at center ice.
- Players 3 on 0 pass - following their pass (weave).
- Have players make two passes at neutral ice and only one pass after crossing blue line, then they shoot and get rebound.



Drill #3 — Breakout, 5 on 0

- Coach dumps puck in corner.
- D1 and D2 make D to D pass or reverse pass.
- X1, X2 and X3 do simple swing.
- D pass up to forwards and all five continue up ice 5 on 0.

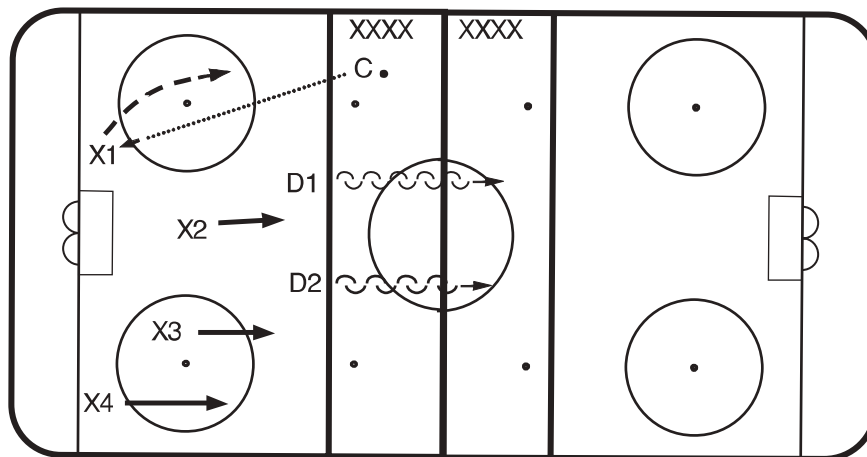
Option - include two to three forecheckers to put pressure on group breaking out.



Drill #3 — Breakout, 3 on 2

- After players score goal 5 on 0 (5 on 2, 5 on 3), coach blows whistle.
- Coach passes puck to X1, X2 or X3 and they return 3 on 2 defensemen.

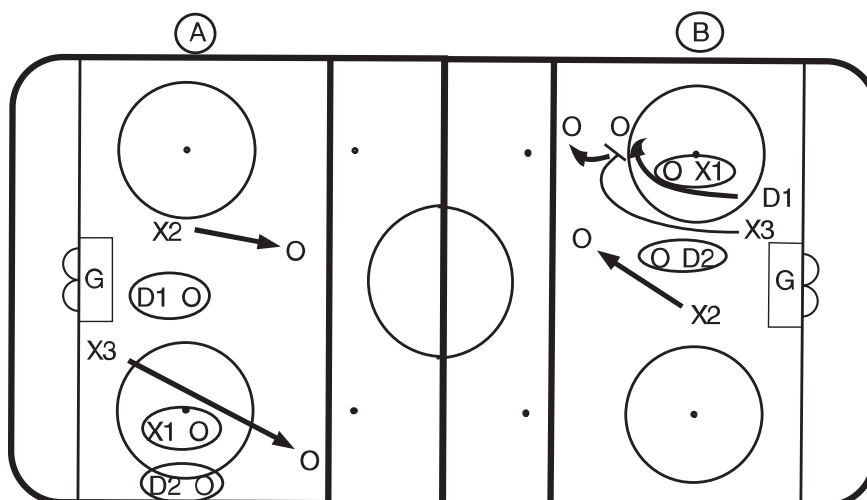
Option - Designate one of the forecheckers to backcheck during 3 on 2. Here X4 backchecks.



Drill #4 — Defensive Zone Faceoffs

A. Three Men Across - other team has three men lined up across. X1 stays with center. D1 and D2 stay with wings. X2 lines up outside D1 and goes to defenseman X3 lines up behind D1 and goes to defenseman. D1 must block out so X3 has open lane.

B. Shooter Situation - other team has shooter. X1 stays with center. D2 stays with wing. X2 lines up outside D2 and goes to defenseman. X3 lines up behind D2. First checks shooter then goes to defenseman. D1 reads play and moves up on shooter when X3 leaves shooter.

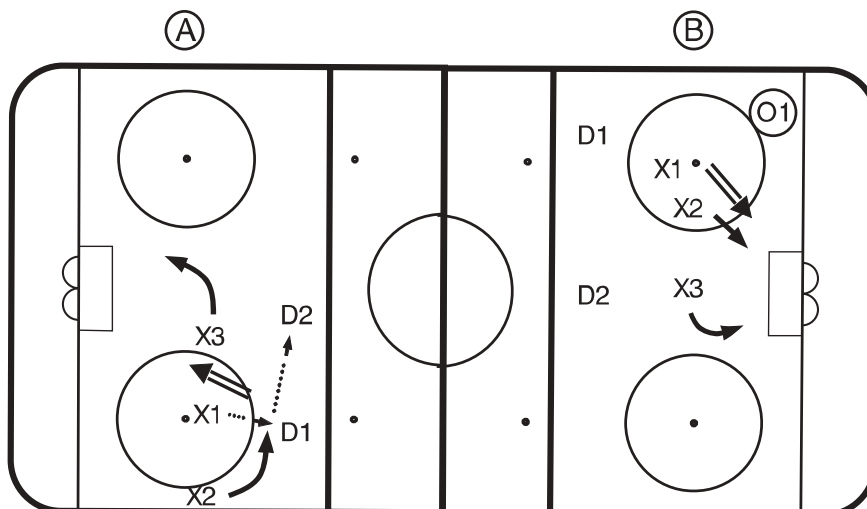


Drill #5 — Offensive Zone Faceoffs

A. X1 draws puck back to X2 who skates around top of circle. X2 either shoots or gives pass to D1 or D2. D1 or D2 shoot. X3 and X2 position in front of net.

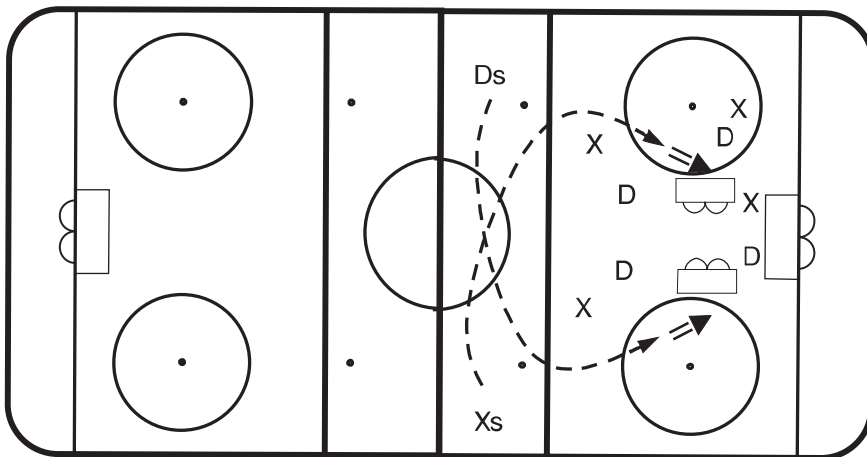
B. X2 and X3 line up inside. D1 moves to top of circle. X1 goes to net with puck while X2 and X3 break to net.

* Works well when other team D O1 stands near corner. This opens lane for X1.



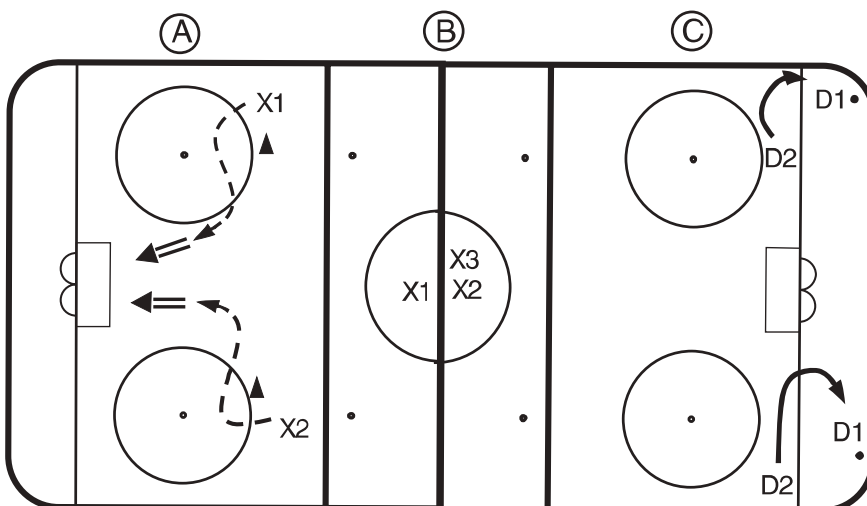
Drill #6 — 3 on 3 Zone Game

- Play 3 on 3 in zone when nets are placed back to back as shown.
- Xs must score in net labeled X.
- Ds must score in net labeled D.

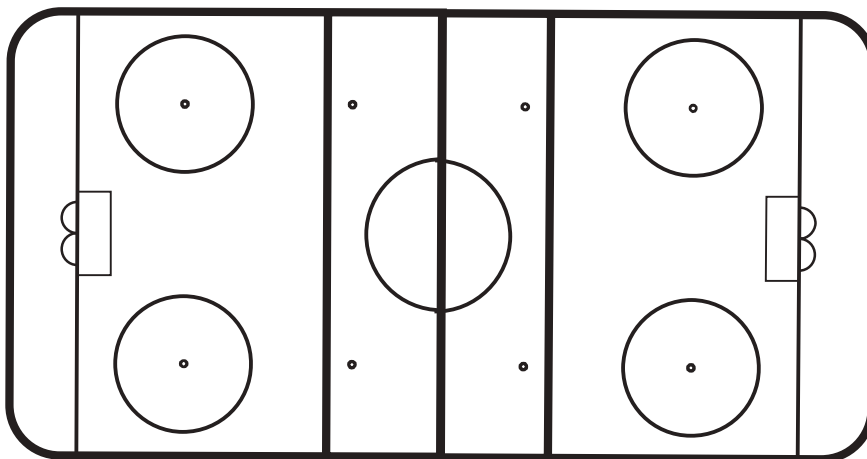


Drill #7 — Three Stations

- Wings work on driving to net with puck and shooting in stride.
- Centers work on taking faceoffs.
- D1 protects puck on boards while D2 tries to get puck.



Description _____



Notes/Comments _____
