

# Hockey Practice Plan

**Objectives:** Work on the Two-Man Forecheck

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

**Practice #13**

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

16-and-Under (Midget)

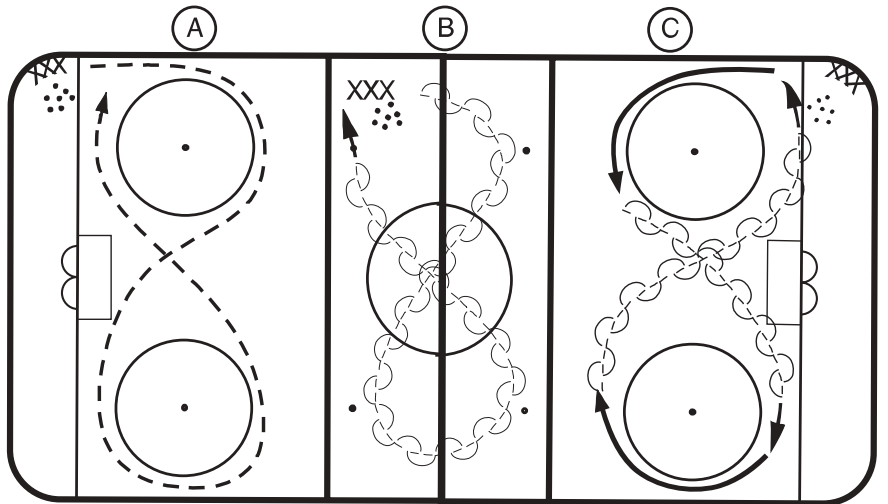
18-and-Under (Midget)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input checked="" type="checkbox"/> Skating	<input 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 type="checkbox"/> 2 on 1	<input type="checkbox"/> Forecheck	<input 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"/> Triangulation/Cycling	<input checked="" type="checkbox"/> Misc. Backcheck
<input type="checkbox"/> Goaltending	<input type="checkbox"/> 3 on 0	<input type="checkbox"/> Faceoffs	
<input type="checkbox"/> Def./Forwards	<input checked="" type="checkbox"/> 5 on 5	<input type="checkbox"/> Power Play / Penalty Kill	

Time	Drill	Emphasis
6 mins.	1. Warm-Up: stretches, Figure 8	
6 mins.	2. Stop and Go with shot	Quick starts, acceleration
6 mins.	3. One touch pass with shot	shoot off pass
6 mins.	4. 1 on 1 circle drill D - force forward wide F - attack defense triangle	
12 mins.	5. Forechecking - two man	One man high
7 mins.	6. Neutral ice backcheck	Pick up open man
7 mins.	7. 5 on 5 controlled scrimmage	

## Drill #1 — Warm-Up; Figure 8

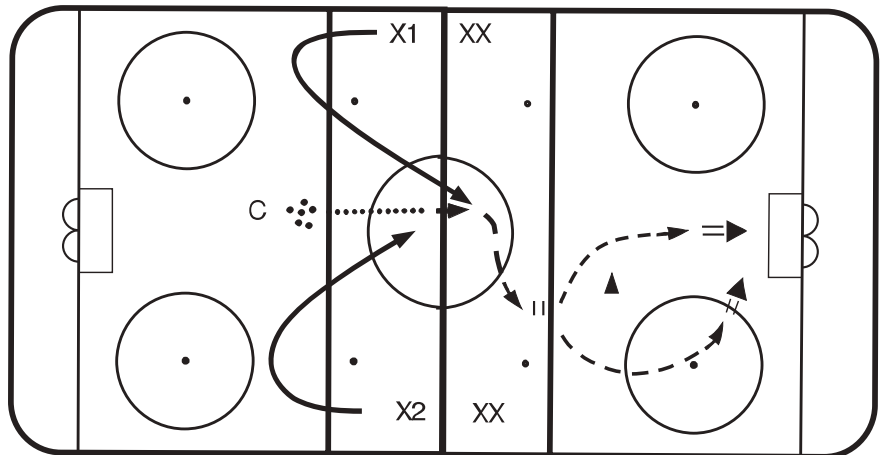
- A. Forward crossovers.
- B. Backwards crossovers.
- C. Always face the flag, making pivots forward and backwards.



**Notes/Comments:** Perform all three drills with pucks, two minutes at each station

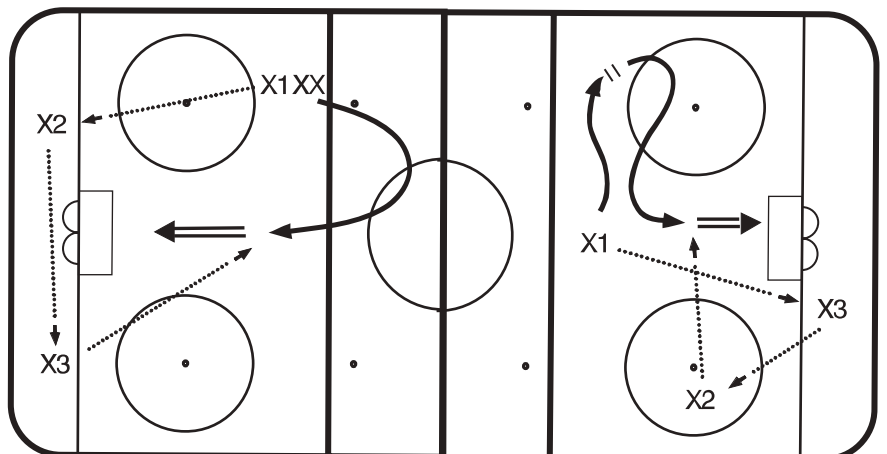
## Drill #2 — Stop and Go With Shot

- X1 skates around neutral ice dot and gets pass from coach.
- X1 continues across blue line, makes a slight move to the outside and stops.
- X1 then accelerates inside or outside (quick shot) while pulling the puck wide.
- X1 drives to net and shoots.
- X2 starts when X1 crosses red line.



## Drill #3 — One Touch Pass With Shot

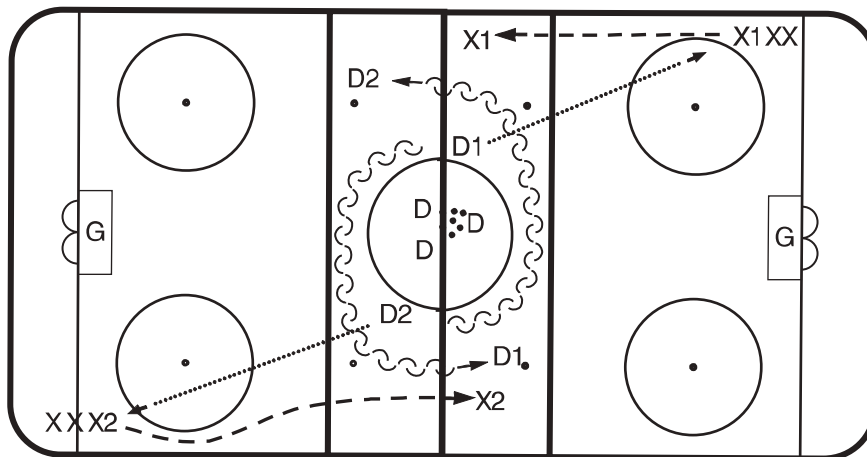
- X1 passes to X2 or X3.
- X1 then makes move to get open then accelerates to slot.
- Meanwhile, X2 and X3 one touch pass to each other, then to X1 in slot.
- X1 shoots off pass.



**Notes/Comments:** There are many configurations you could use

## Drill #4 — 1 on 1 Circle Drill

- All defense start inside center circle with pucks.
- D1 and D2 make passes to X1 and X2 as shown.
- X1 and X2 cannot leave cone until they receive the puck. X1 and X2 then skate up ice with puck.
- D2 picks up X1 one on one. D1 picks up X2 one on one.
- Switch corners half way through.



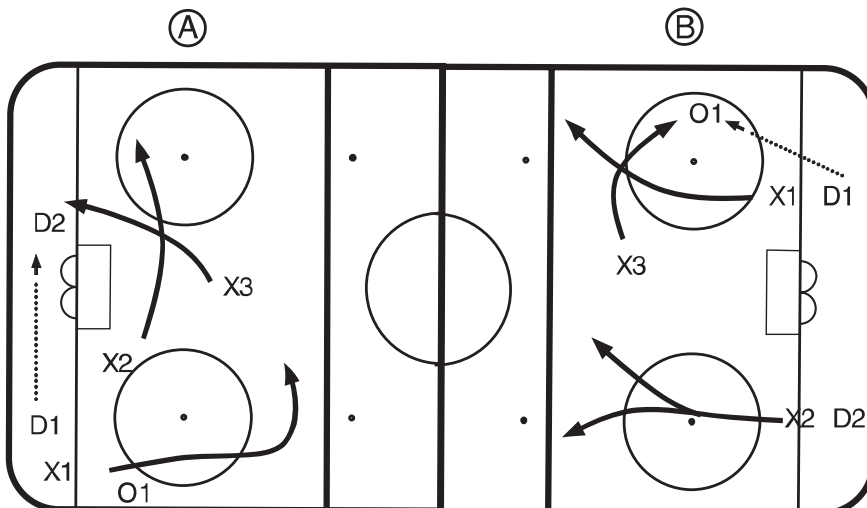
## Drill #5 — Forechecking - 2 Men

A. Two men on puck

- X1 and X2 forecheck the puck aggressively.
- X3 stays high in slot reading play.
- When puck rotates, X3 attacks X2 supports and X1 comes back high.

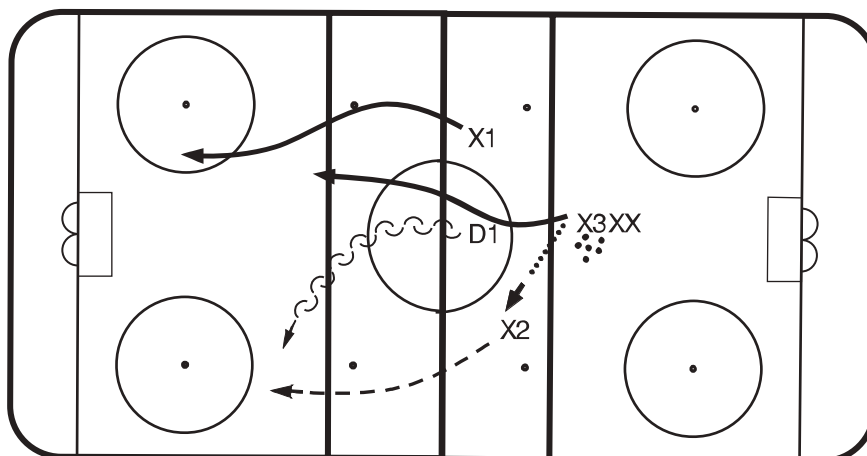
B., 2-1-2 Forecheck

- X1 and X2 each forecheck a defenseman to take away D to D pass.
- X3 high in slot reading play.
- When puck moves, X3 attacks, X1 supports X3, and X2 moves high in slot or picks up wing.



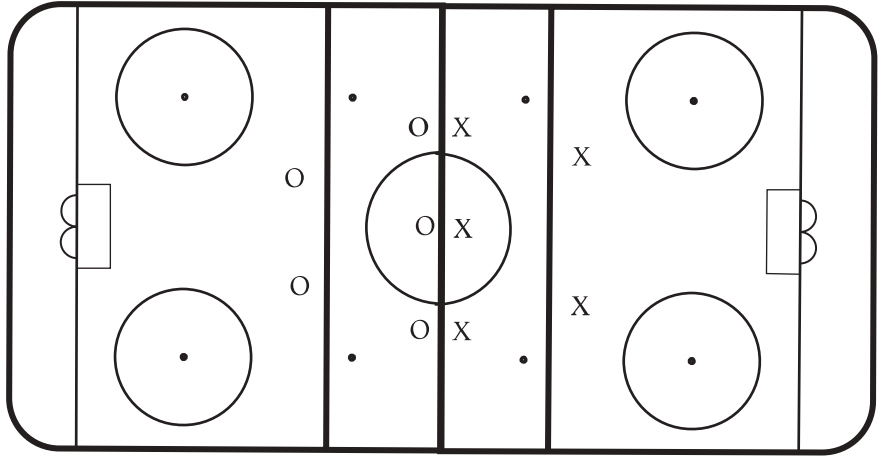
## Drill #6 — Neutral Ice Backcheck

- X3 starts with puck and passes to X1 or X2.
- X3 then becomes backchecker and works with D1.



### Drill #7 — 5 on 5 Controlled Scrimmage

Have 5 on 5 scrimmage, stopping play to teach when necessary.



Description \_\_\_\_\_

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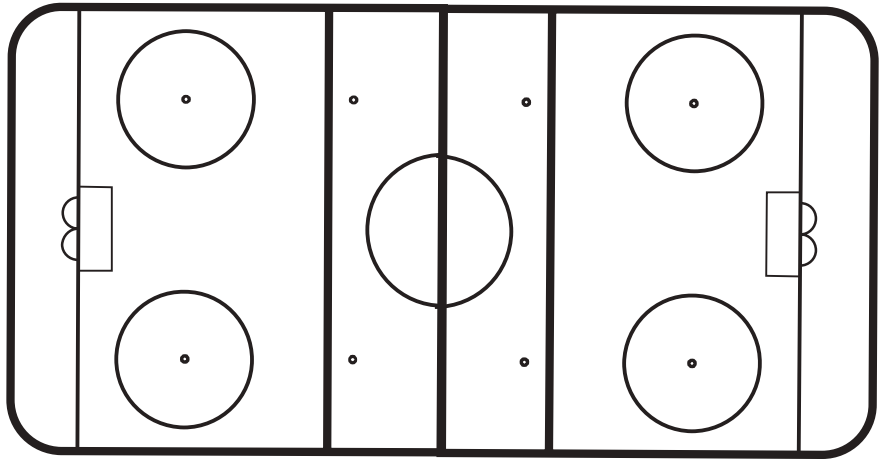
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Notes/Comments \_\_\_\_\_

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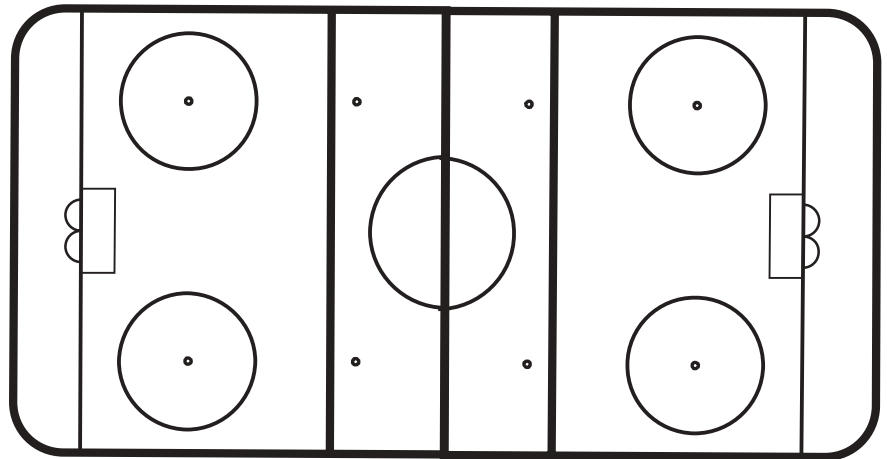
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Notes/Comments \_\_\_\_\_