

# Hockey Practice Plan

**Objectives:** Work on Defensive Coverage

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

**Practice #14** \_\_\_\_\_

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

16-and-Under (Midget)

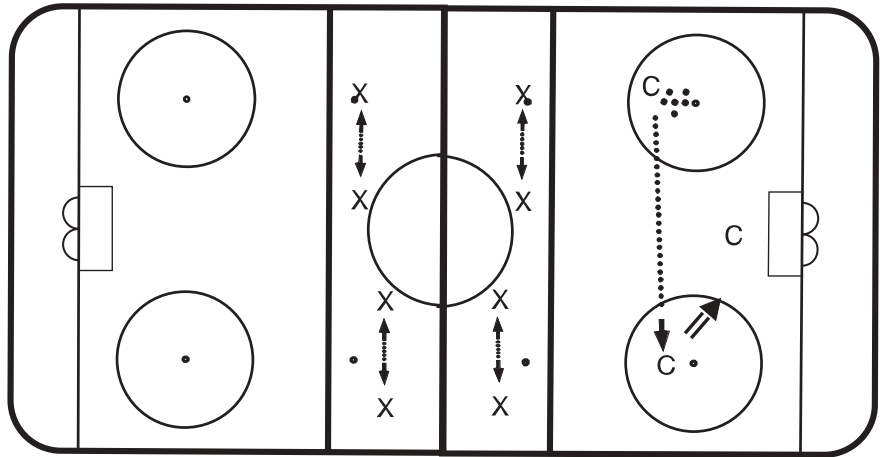
18-and-Under (Midget)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input type="checkbox"/> Skating	<input type="checkbox"/> 1 on 1	<input checked="" 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 type="checkbox"/> 2 on 1	<input type="checkbox"/> Forecheck	<input checked="" type="checkbox"/> Full Ice Modified Games
<input checked="" 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 checked="" type="checkbox"/> Agility Work	<input type="checkbox"/> 3 on 2	<input type="checkbox"/> Triangulation/Cycling	<input checked="" type="checkbox"/> Misc. <i>Read and React</i>
<input type="checkbox"/> Goaltending	<input type="checkbox"/> 3 on 0	<input type="checkbox"/> Faceoffs	
<input type="checkbox"/> Def./Forwards		<input type="checkbox"/> Power Play / Penalty Kill	

Time	Drill	Emphasis
6 mins.	1. Warm-Up: stretches, Stationary passing	Forehand, backhand, flip
6 mins.	2. Read and React Drill	Responding to situation
10 mins.	3. Split up: F - pressure shooting drill D - shooting from point	Protect puck and shoot quickly Control puck and shoot quickly
15 mins.	4. Defensive coverage - wings on defensemen; center on defensemen	Initial situations
7 mins.	5. Stamina shooting drill	Goaltender work, stop after shot, no circling
7 mins.	6. Torpedo	Have fun

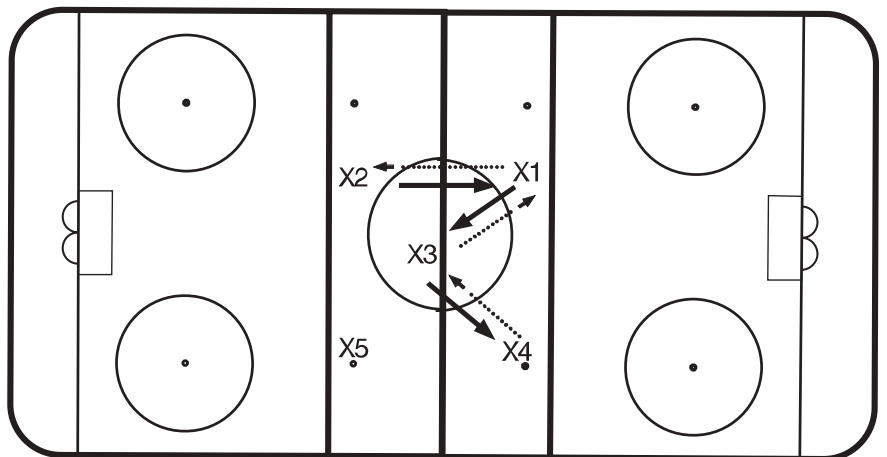
## Drill #1 — Warm-Up: Stretches, Stationary Passing

- Players pair up and enhance passing skills - forehand, backhand flip, control out of air, forward and backwards across ice.
- Coaches work on goalie's movement from post to post.



## Drill #2 — Read and React Drill

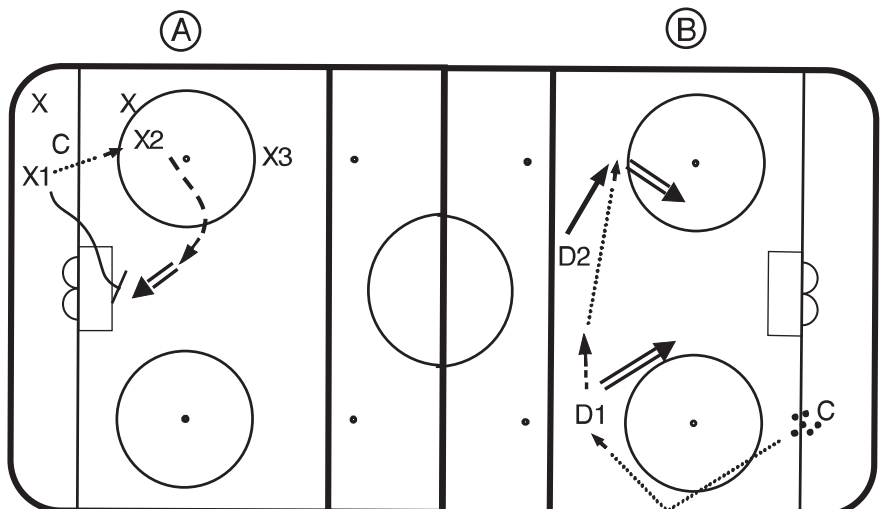
- Five players start as shown.
- X3 starts by passing to X1.
- X3 then skates towards someone (X4) other than player he/she passed to (X1).
- X4 now starts by passing to someone (now X4 in middle). X1 then skates towards someone else (X2) and X2 must take X1's position.



**Notes/Comments:** Players may pass anywhere and must fill position of a different player.

## Drill #3 — Split Up

- A. Coach gives pass to X2 or X3
- If coach gives to X2, X1 must check X2 or block his shot.
  - If gives to X3, X1 must cover X2 on tip-ins and rebounds from X3's shot.
- B. Coach flips puck in air, off glass to D1
- D1 must knock down puck and take quick shot or skate toward D2, give D2 a pass and D2 takes quick shot.



## Drill #4 — Defensive Coverage

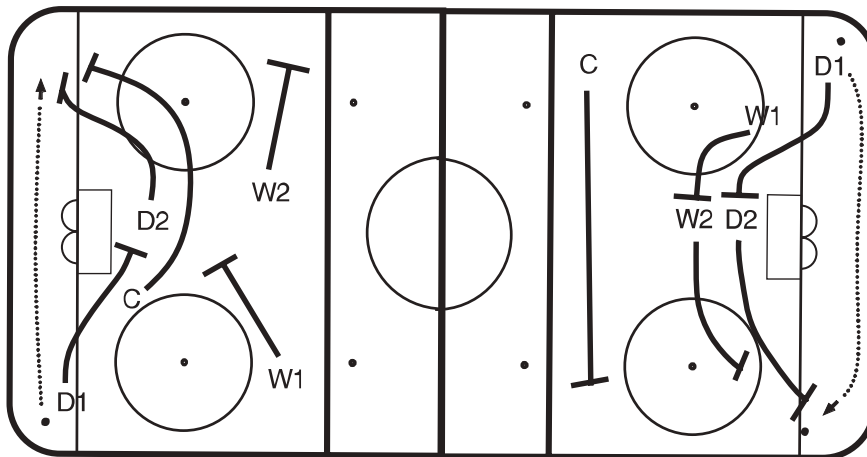
- Puck rotates to opposite corner.

### A. Wings on defensemen

- D1 on puck in corner, C backs up D1, W1 on defenseman, D2 in front of net, W2 on defenseman, puck rotates, D2 goes to puck, D1 goes to front of net, C now supports D2, wings stay on defensemen.

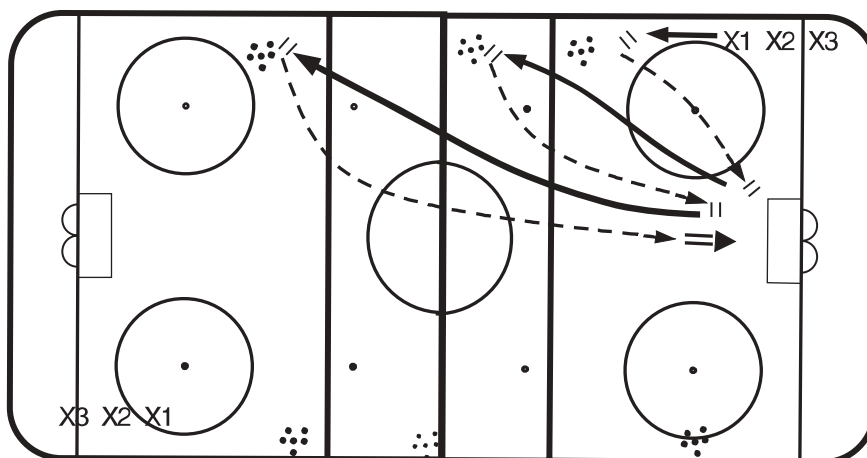
### B. Center on defensemen

- D1 on puck, W1 supports D2, W1 and D1 go to net, center comes across to strong side defenseman.



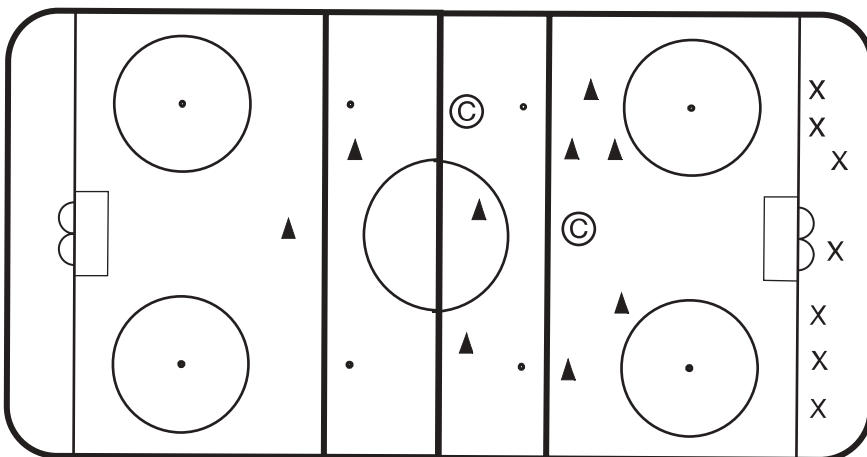
## Drill #5 — Stamina Shooting Drill

- Both corners start at same time.
- X1 picks up puck at blue line and takes shot on goal.
- X1 stops, goes to red line to get puck, takes shot on goal, stops, goes to far end to pick up puck and skates back to take a shot on goal.
- X2 starts right after X1, picks up first puck, X3 starts when X2 picks up first puck.
- Make sure goaltender is looking when shooting



## Drill #6 — Torpedo

- Coaches start in middle of ice with cones.
- When coach shouts, Torpedo, players skate to other end.
- Coaches slide cones on ice with stick and try to hit players.
- If player gets hit, he/she must stop and sit down in spot where hit.
- Last player not hit wins.

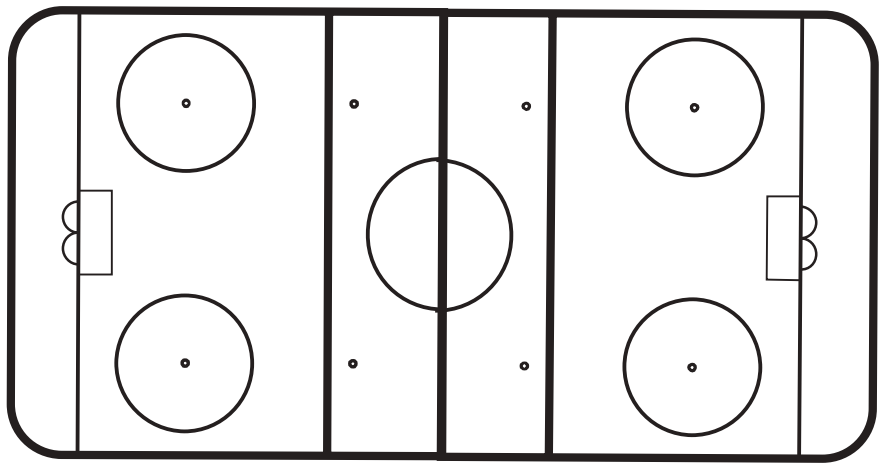


**Notes/Comments:** Coaches be careful on how hard they slide cones with stick

System/Drill \_\_\_\_\_

Description \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

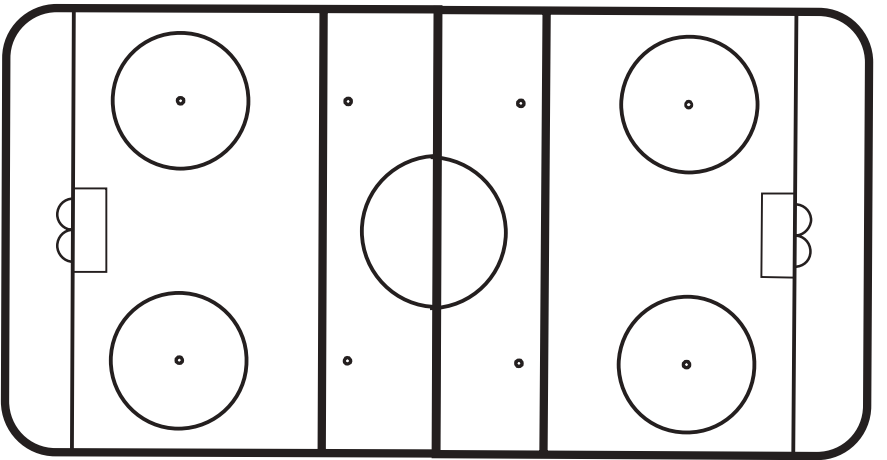


Notes/Comments \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Description \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

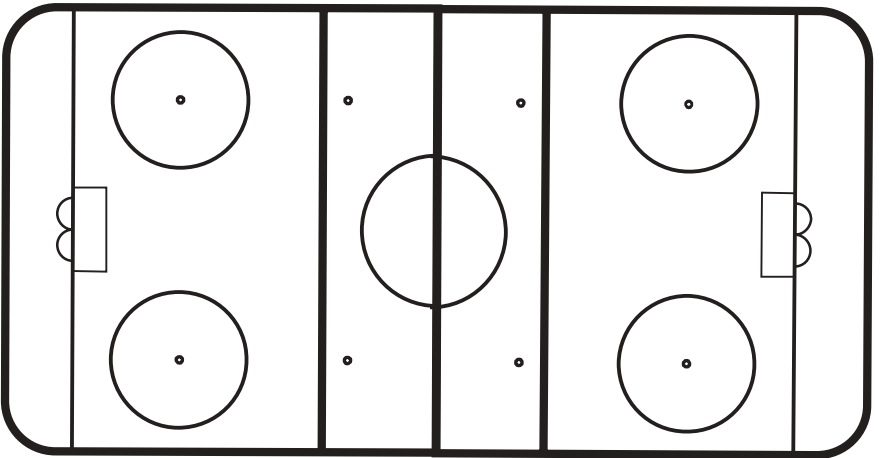


Notes/Comments \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Description \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



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

\_\_\_\_\_  
\_\_\_\_\_