

Hockey Practice Plan

Objectives: To learn, practice, and reinforce the power play

Date: _____

Practice #15 _____

Level: 14-and-Under (Bantam)

16-and-Under (Midget)

18-and-Under (Midget)

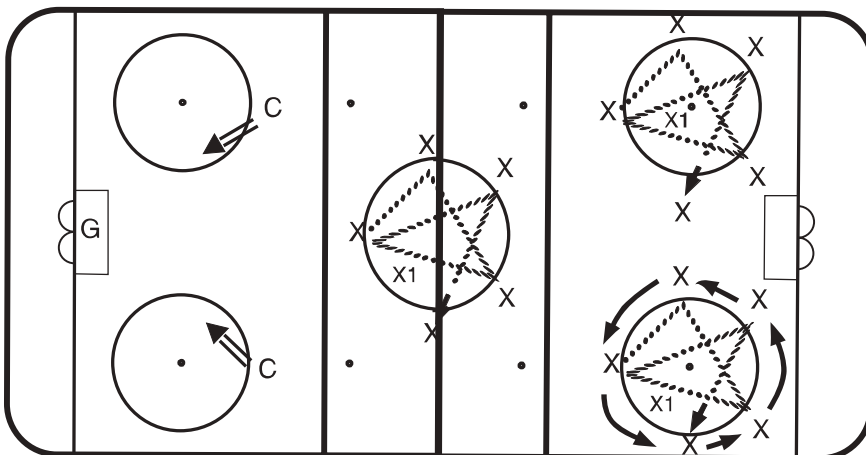
Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input type="checkbox"/> Skating	<input checked="" type="checkbox"/> 1 on 1	<input type="checkbox"/> Defensive Cov.	<input type="checkbox"/> Short Work - Quickness
<input type="checkbox"/> Puck Control	<input type="checkbox"/> 2 on 0	<input type="checkbox"/> Backcheck	<input type="checkbox"/> Small Ice Modified Games
<input checked="" type="checkbox"/> Passing/Receiving	<input 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"/> Stick 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 type="checkbox"/> Misc. Power Play
<input type="checkbox"/> Goaltending	<input checked="" type="checkbox"/> 3 on 0	<input type="checkbox"/> Faceoffs	
<input type="checkbox"/> Def./Forwards		<input type="checkbox"/> Power Play / Penalty Kill	

Time	Drill	Emphasis
7 mins.	1. Warm-Up - stretch; circle keep away	One touch passes
7 mins.	2. Stickcheck backcheck drill	Show technique
7 mins.	3. D Pass, 1 on 1	D - move up to control gap
10 mins.	4. 3 on 0, plays entering zone	Be creative, talk it up
15 mins.	5. Power Play, 2-1-2 Create 2 on 1 situation	
5 mins.	6. Chase the rabbit	Keep feet moving

Drill #1 — Warm-Up: Four Circle Keep Away

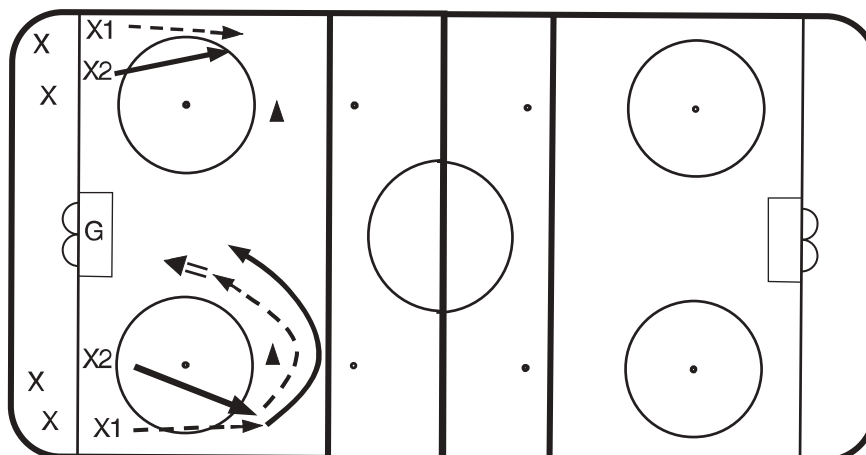
- Put five or six players around circle, one player in middle
- Players pass puck while X1 tries to intercept passes.
- If X1 intercepts pass, the player who passed puck is now in middle.

Option - have players move around circle.



Drill #2 — Stickcheck Backcheck

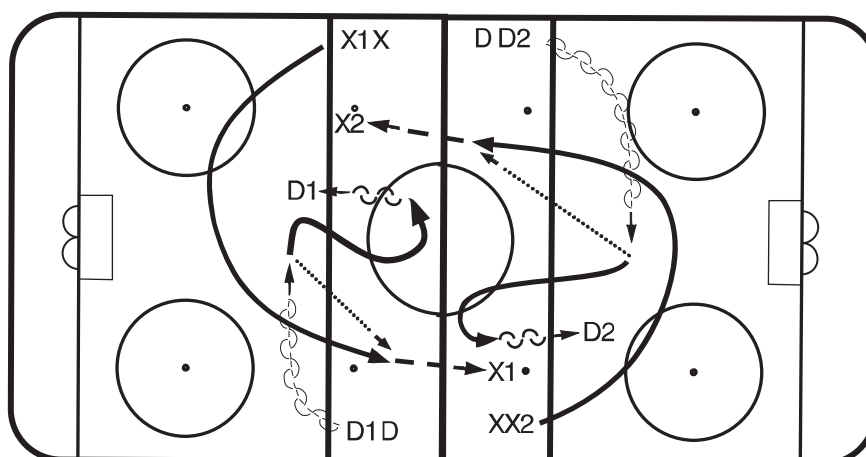
- X1 starts skating along boards with puck at 3/4 speed.
- X2 skates up from behind and stick checks X1, taking puck.
- X2 and X1 then accelerate, X2 makes tight turn around cone and tries to shoot puck while X2 backchecks and tries to stop X2.



Notes/Comments: Can lift stick or hit stick away to gain control of puck

Drill #3 — D Pass, 1 on 1

- All four players start at same time.
- D1 skates backwards laterally with puck to middle of ice.
- X1 swings behind D1 then receives a pass from D1.
- After making pass, D1 moves up to close gap and play X2 1 on 1.
- Switch sides half-way through.



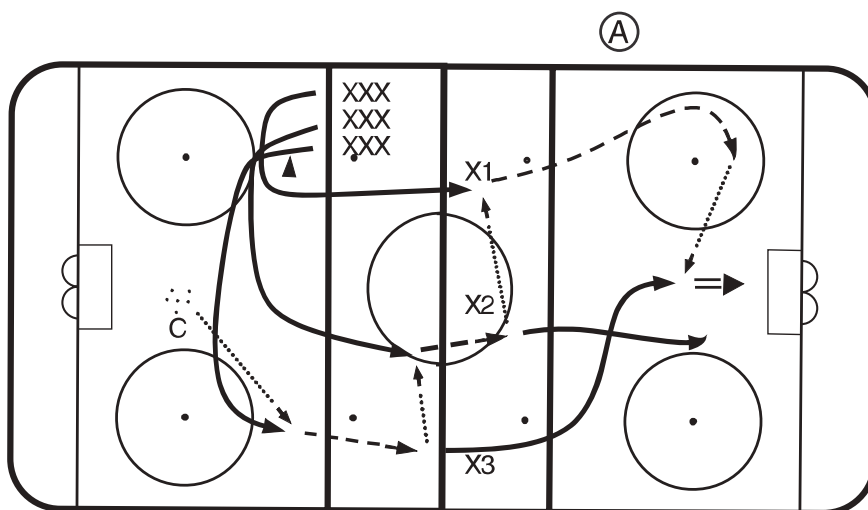
Notes/Comments: D must move up to control gap of 1 on 1

Drill #3 — 3 on 0 - Plays Entering Zone

- Coach blows whistle and three players skate around cone.
- Coach passes puck and three players continue 3 on 0.

Plays Entering Zone

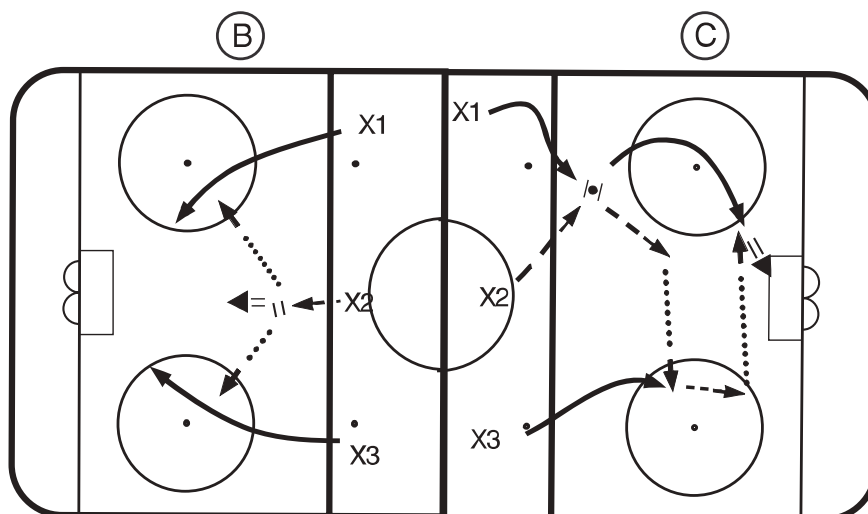
- A.
- X1 takes puck wide.
 - X2 drives to net.
 - X3 delays and breaks for high slot.
 - X1 passes to X3, X2 shoots.



Notes/Comments: Stress communication and creativity.

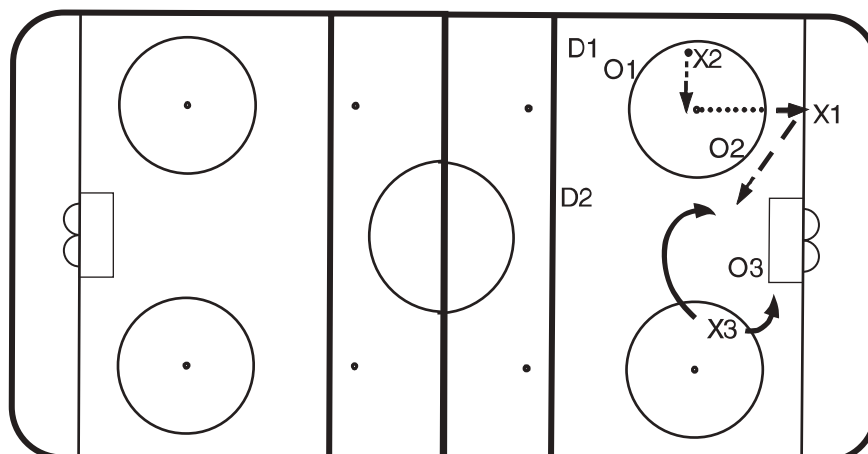
Drill #4 — 3 on 0 - Plays Entering Zone Continued

- B.
- X2 carries puck over blue line and stops.
 - X1 and X3 break to net.
 - X2 shoots or passes to X1 or X3.
- C.
- X2 carries puck over blue line and makes a drop pass.
 - X1 cuts behind X2 and picks up puck, X1 can shoot or pass to X3.
 - X3 can shoot or pass to X2 breaking in.



Drill #5 — Power Play, 2-1-2

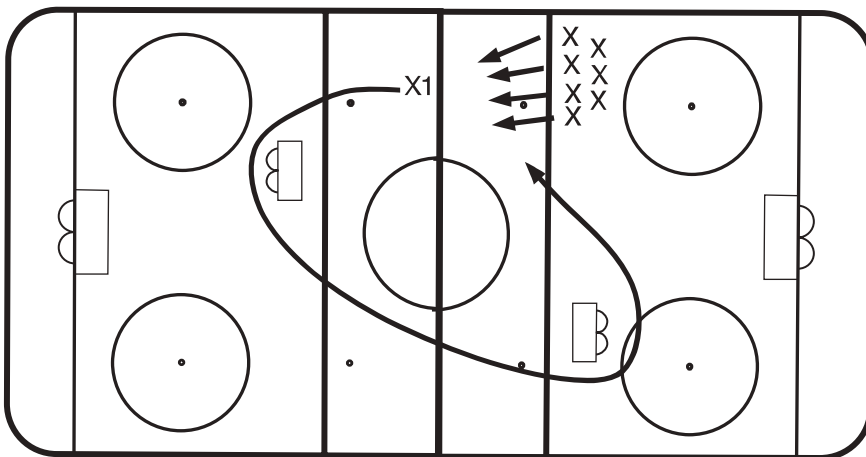
- D1 and X2 play catch to pull O1 high in order to work puck low.
- X2 starts skating to middle, he/she can shoot or pass to X1 (depending on what O2 does).
- X1 can skate to front of net and shoot or pass to X3 (depending on what O3 does).
- X3 goes high or low to receive pass or get rebound (depending on what O3 does).



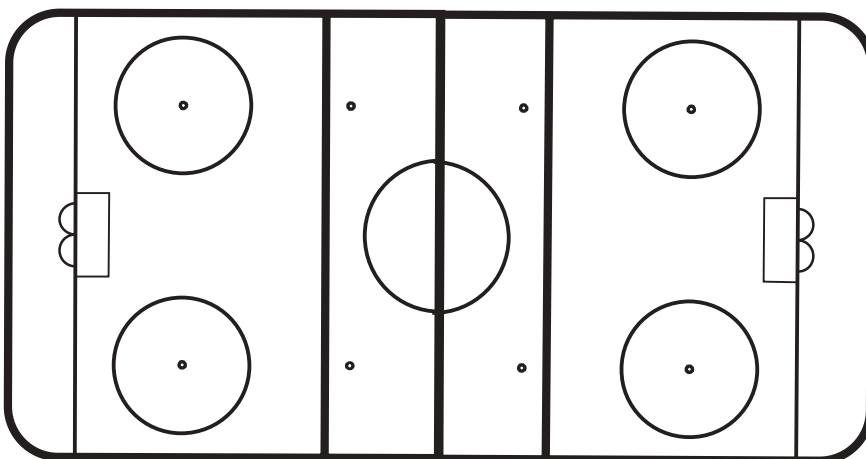
Notes/Comments: Create 2 on 1 situation down low. Run through without opposition, then add penalty killers

Drill #6 — Chase the Rabbit

- All players except X1 start on blue line.
- X1 starts on far side of red line.
- On whistle players try to catch X1. Go two laps.
- Do drill both directions and give X1 an option.

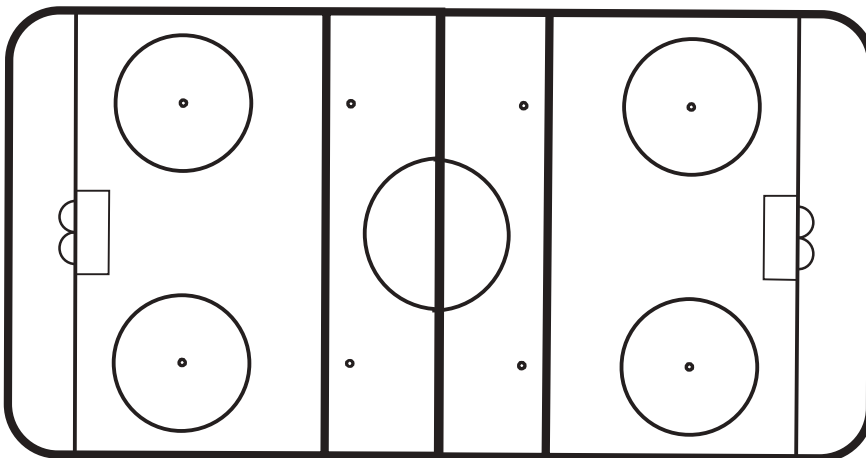


Description _____



Notes/Comments _____

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