

Hockey Practice Plan

Objectives: To learn, practice and reinforce angles and defensive coverage

Date: _____

Practice #16

Level: 14-and-Under (Bantam)

16-and-Under (Midget)

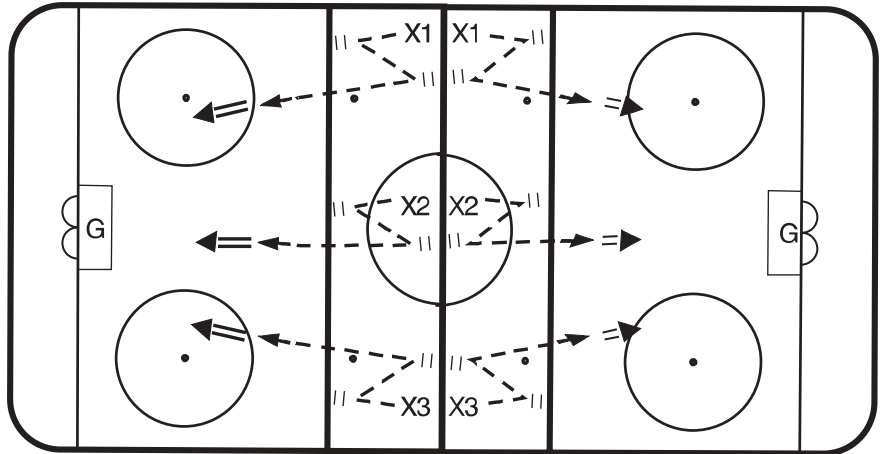
18-and-Under (Midget)

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 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"/> Stick Checking	<input type="checkbox"/> 3 on 1	<input type="checkbox"/> Entering Attack Zone	<input type="checkbox"/> Skills Testing
<input checked="" type="checkbox"/> Body Contact	<input type="checkbox"/> 3 on 2	<input type="checkbox"/> Triangulation/Cycling	<input type="checkbox"/> Misc.
<input type="checkbox"/> Goaltending		<input type="checkbox"/> Faceoffs	
<input type="checkbox"/> Def./Forwards		<input type="checkbox"/> Power Play / Penalty Kill	

Time	Drill	Emphasis
6 mins.	1. Warm-Up - various stretches; Stop and start long shots	Quick starts
6 mins.	2. Pivot slap shots	No big wind up, quick shot using legs
6 mins.	3. Create space and shoot	Cut back up ice to buy time
10 mins.	4. Defensive coverage - new situations	Puck moves up sideboards
6 mins.	5. Forecheck angles with support	Force to boards, communication
6 mins.	6. Neutral ice angles with support	Force to boards, close gap, communication
6 mins.	7. Defensive angles	Inside out
6 mins.	8. Showdown	Competition

Drill #1 — Warm-Up: Stop and Start Long Shots

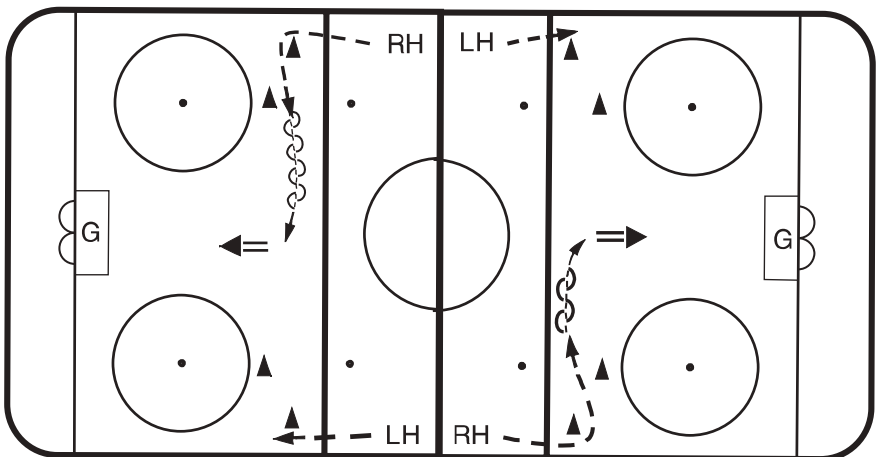
- X1 starts drill, skates to blue line and stops, goes back to red line and stops, then takes a long shot.
- X2 starts when X1 stops at red line.
- X3 does same pattern.



Notes/Comments: Quick starts and acceleration.

Drill #2 — Pivot Slap Shots

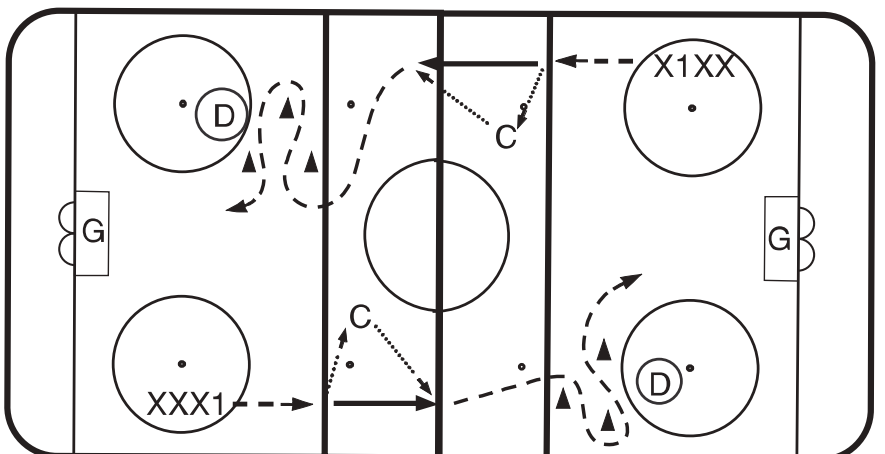
- Right-handed player skates with puck, pivot backwards and takes slap shot from middle of ice.
- Left-handed player starts after right-handed player has taken shot.



Notes/Comments: Full speed, then quick shot not a big wind up

Drill #3 — Create Space and Shoot

- X1 skates with puck, passes to coach and gets a return pass.
- X1 then approaches blue line imagining a defenseman (D).
- X1 crosses blue line, makes a move to the outside, then makes a sharp cut back up ice away from the defenseman.
- X1 then skates to middle of ice and takes shot.



Notes/Comments: The sharp cut back up ice creates space, buying time for X1

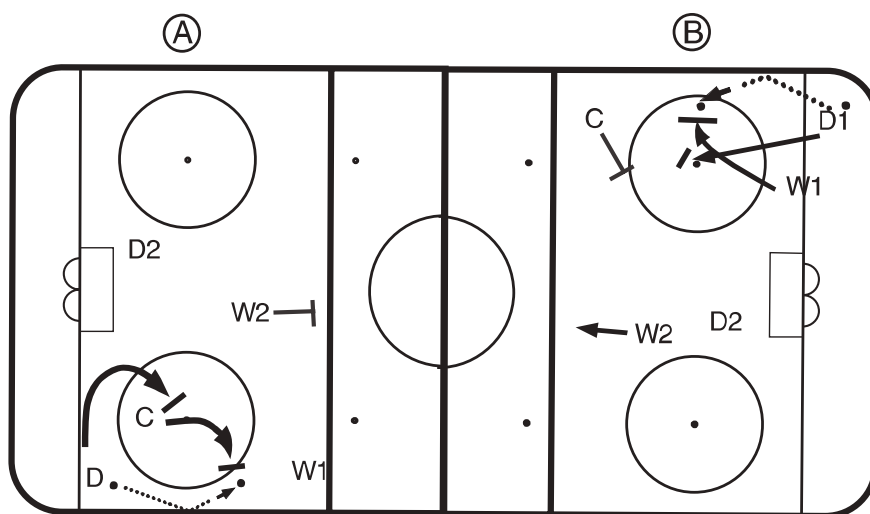
Drill #4 — Defensive Coverage - New Situations

A - Wings on defensemen.

- C goes to play puck.
- D1 now supports center on sideboards.
- W1 and D2 stay.
- W2 may move towards defensemen slightly.

B. - Center on defensemen.

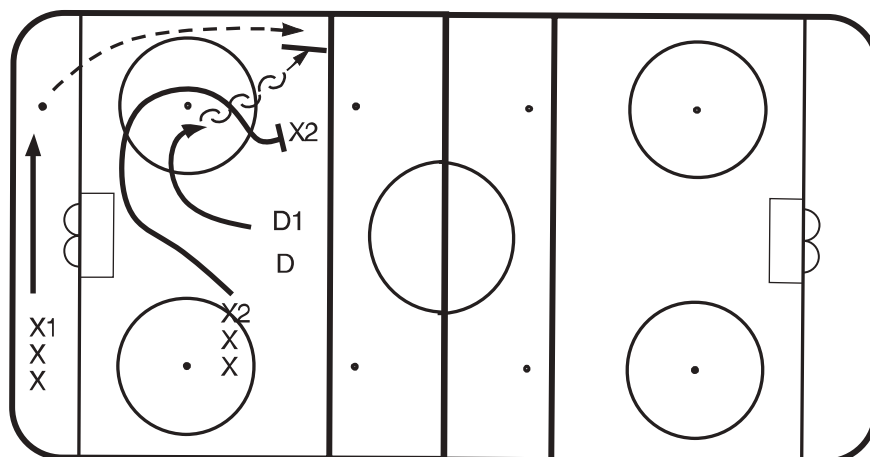
- W1 goes to play puck.
- D1 now supports W1 on sideboards.
- W2 moves to high slot.
- D2 stays and C may move back slightly.



Drill #5 — Forecheck Angles With Support

- Coach starts by dumping puck in corner.
- X1 picks up puck and heads up ice (X1 may cut back if open).
- D1 skates in, pivots backward to support X2 and angle X1 to boards.

Options - D1 continues to support or X2 passes X1 and D1, D1 checks and pins X1 to boards, X2 then supports D1.

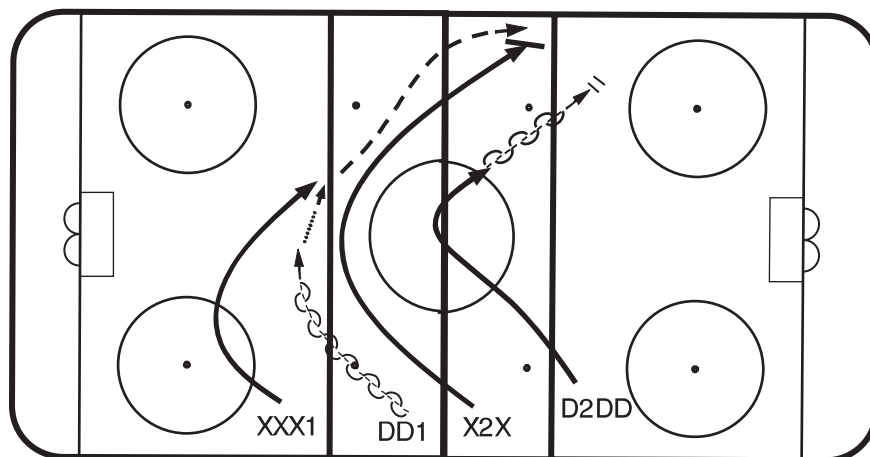


Notes/Comments: X2 and D1 must communicate. Do drill from both sides

Drill #6 — Neutral Ice Angles With Support

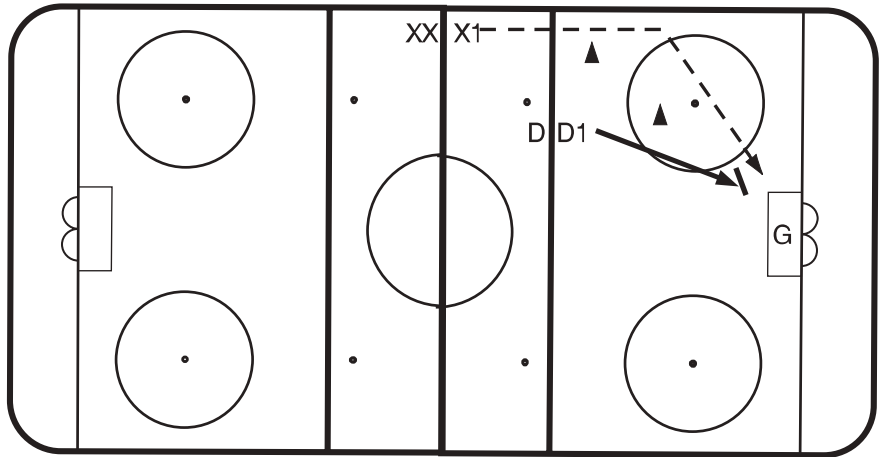
- D1 skates backwards with puck and makes pass to X1 who swings to middle of ice.
- X2 and D2 move up to close gap.
- X2 angles X1 to boards.
- D2 pivots backward and supports X2. Stress communications.

Options - X2 checks and pins X1 to boards while D2 supports. X2 passes to D2, X2 then supports D2.



Drill #7 — Defensive Angles

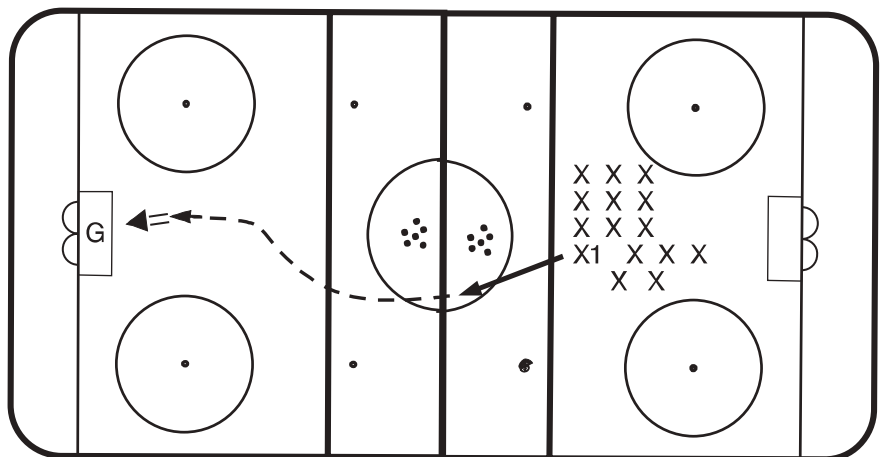
- X1 skates with puck to cone. When X1 gets to cone he/she drives to the net.
- D1 has skates facing up ice and is stationary.
- When X1 hits blue line, D1 makes a pivot turn to outside (facing X1) and skates to the net.
- X1 must deke goalie, D1 checks X1 when they meet.



Notes/Comments: D1 must pivot and skate to the net. If D1 skates towards X1, D1 will never catch X1.

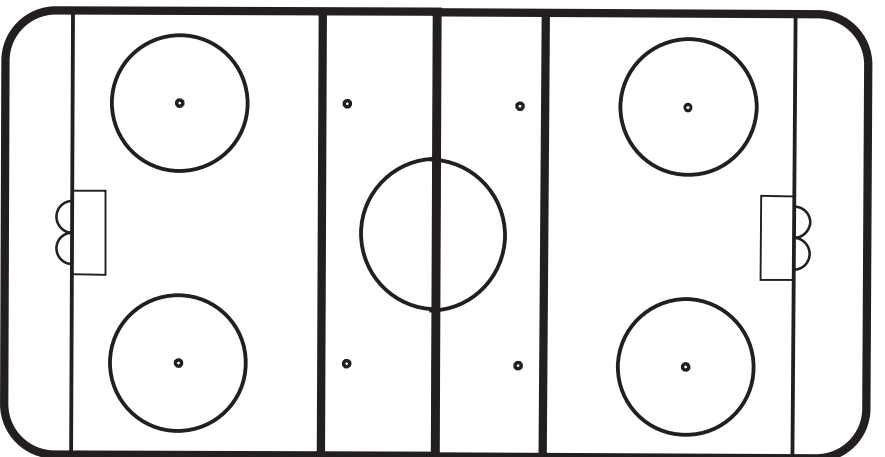
Drill #8 —Showdown

- Pucks at center ice. All players, except goalies, at one end.
- X1 picks up a puck at center ice and continues 1 on 0.
- If score, sit in referee's crease. If not, sit in players' bench.



Notes/Comments: Stress skating full speed and changing goaltenders' angles

Description _____



Notes/Comments