

Hockey Practice Plan

Objectives: To review day skills

Date: _____

Practice #17 _____

Level: 14-and-Under (Bantam)

16-and-Under (Midget)

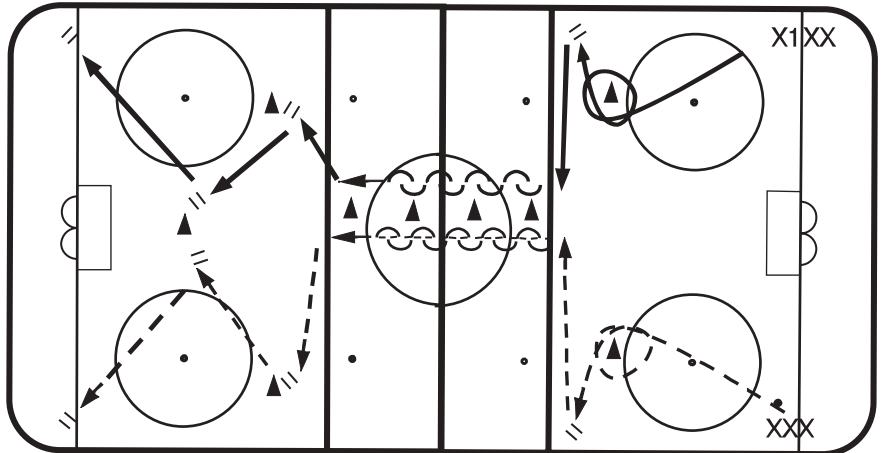
18-and-Under (Midget)

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 checked="" type="checkbox"/> Shooting	<input type="checkbox"/> 2 on 2	<input type="checkbox"/> Breakouts	<input type="checkbox"/> FUN - Relay Contests
<input checked="" type="checkbox"/> Body Contact	<input type="checkbox"/> 3 on 1	<input type="checkbox"/> Entering Attack Zone	<input type="checkbox"/> Skills Testing
<input type="checkbox"/> Agility Work	<input checked="" type="checkbox"/> 3 on 2	<input type="checkbox"/> Triangulation/Cycling	<input checked="" type="checkbox"/> Misc. Breakout
<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
6 mins.	1. Warm-Up - stretch; defense reaction drill (modified)	Skating, agility
6 mins.	2. Puckhandling	Head up, keep feet moving
6 mins.	3. Shooting	Look at target when shooting, shoot in stride
6 mins.	4. Passing	One touch passes
6 mins.	5. Checking	Work on technique, wide base and bend knees
6 mins.	6. 1 on 1; D - force wide shot; F - attack D's weaknesses	Watch gaps
7 mins.	7. 3 on 0, 3 on 2 below top of circles; D - communication, 1 man high; D - pressure puck	Good flow
7 mins.	8. Breakout, back 3 on 2 half ice	Tape to tape passes

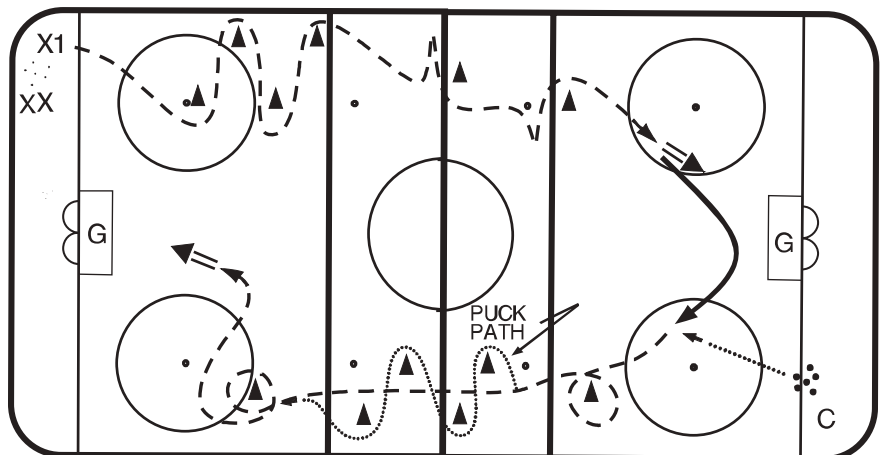
Drill #1 — Warm-Up; Defense Reaction Drill (modified)

- Do drill with and without pucks.
- X1 skates, makes a tight turn around cone and stops at blue line.
- X1 continues along blue line, pivots and skates backwards to far blue line.
- X1 turns to outside, stops at cone, skates to cone in hash marks, stops and skates to corner.



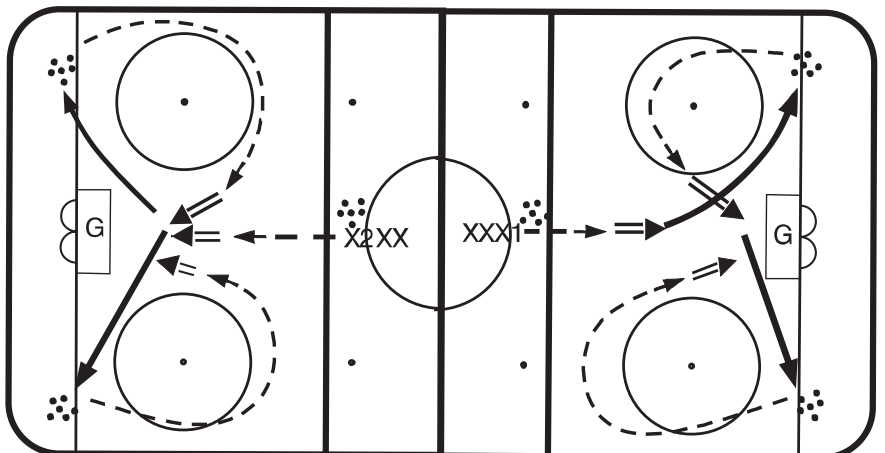
Drill #2 — Puckhandling

- X1 starts with puck and skates through first set of cones.
- On next two cones, X1 makes wide moves to forehand and backhand, then takes a shot on goal.
- After shot, X1 receives a pass from coach and makes a tight turn around cone.
- On next set of cones, X1 skates down middle while moving puck wide around cones.
- X1 then makes another tight turn and takes a shot on goal.



Drill #3 — Shooting

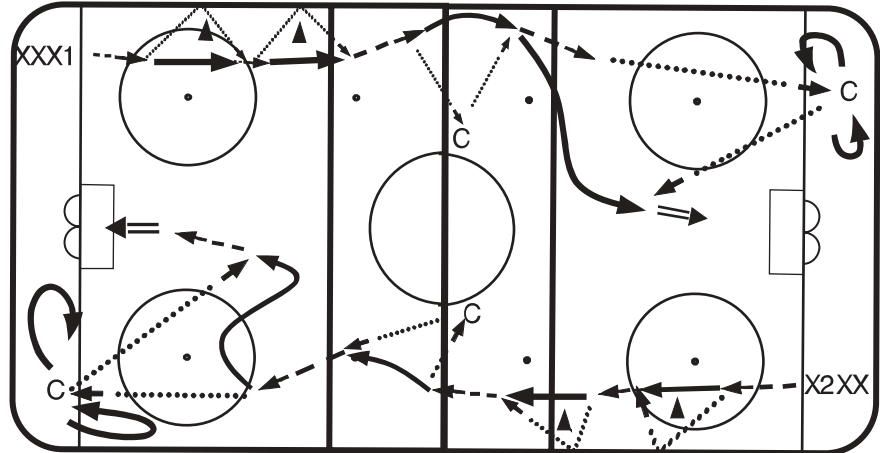
- X1 skates with puck and takes slap shot (get rebound if there is one).
- X1 continues, picks up puck in corner, skates around circle and shoots.
- X1 then picks up puck in other corner, skates around circle and shoots.
- Do drill from both ends. Have players keep track of how many goals they score.



Notes/Comments: Look at target when shooting, shoot in stride

Drill #4 — Passing

- X1 and X2 start at same time.
- X1 skates with puck, passing off boards to himself.
- X1 then passes to coach at center ice, gets a return pass and crosses blue line.
- When crossing blue line, X1 must look for coach who is moving around in zone.
- X1 passes to coach, breaks to net, gets a return pass and takes a shot on goal.



Drill #5 — Checking

A - Bull in the ring

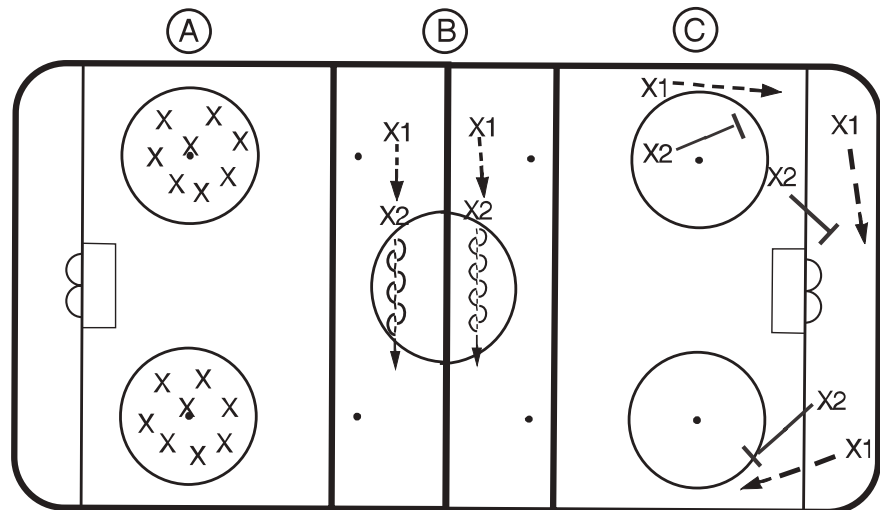
- Players without sticks try to check each other out of the circle.

B - Poke Check

- X1 skates with puck toward X2.
- X2 controls gap and poke checks when X1 gets close enough.

C.

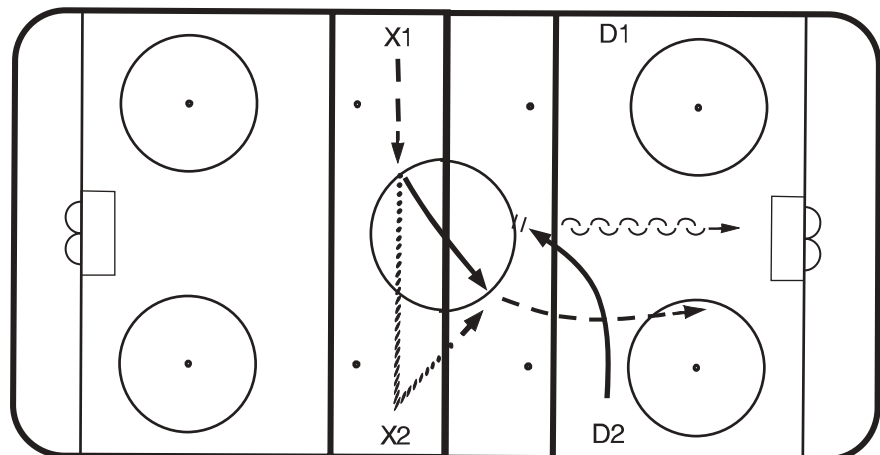
- X1 carries puck along boards.
- X2 angles X1 and either checks and pins X1 to boards or stick checks X1 and takes puck.



Notes/Comments: Bend knees, control gap, wide base

Drill #6 — 1 on 1

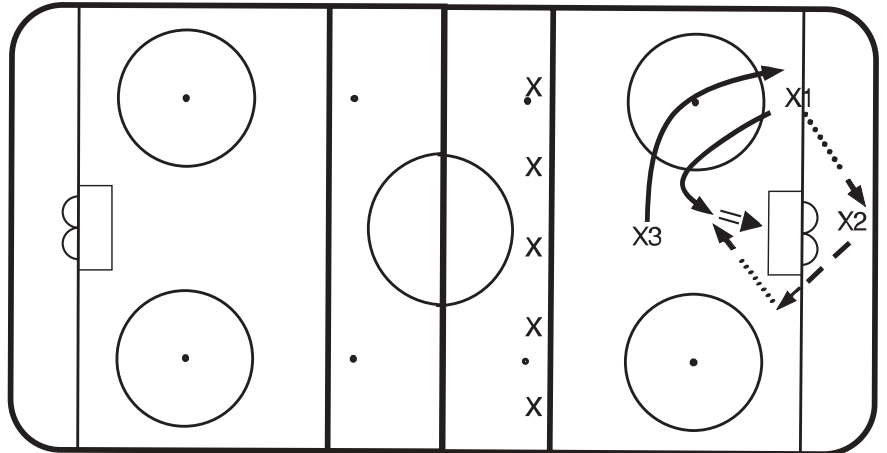
- X1 starts with puck and passes to X2 and gets a return pass.
- Meanwhile, D2 moves up to blue line and plays X1 1 on 1.
- X2 and D1 starts when X1 and D2 are just inside blue line.



Notes/Comments: D - force wide shot; F - attack D's weaknesses

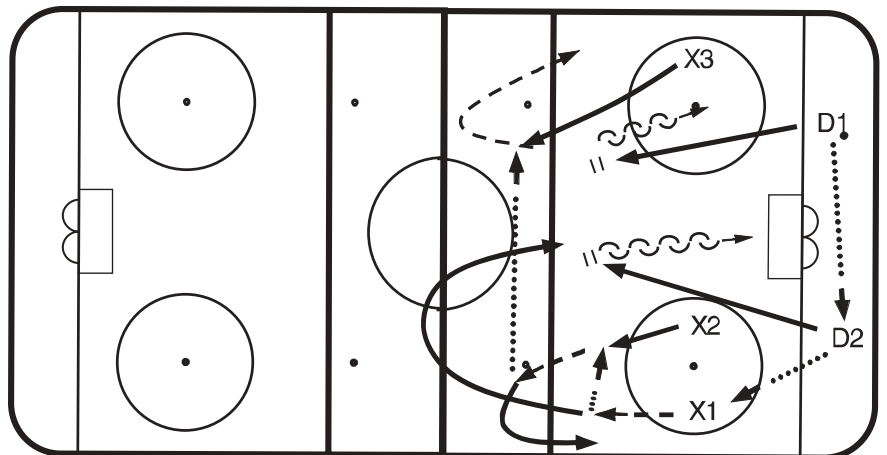
**Drill #7 — 3 on 0, 3 on 2
Below Top of Circles**

- Three players must work puck below top of circle. They may cycle or use triangle, always keeping one man high in slot.
- Add two defensemen and do drill 3 on 2. Defense should pressure puck.

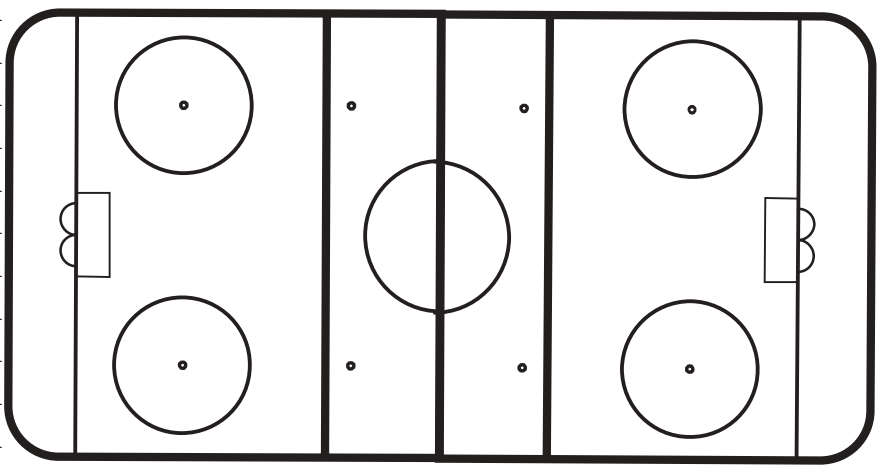


**Drill #8 — Breakout, Back 3
on 2 Half Ice**

- Coach dumps puck in corner.
- Five players breakout.
- Forwards pass puck. When they get to neutral zone, they turn and come back 3 on 2.
- After breakout pass to forwards, the defense hustle up to blue line, stop and skate backward playing the 3 on 2.



Description _____



Notes/Comments _____
