

Hockey Practice Plan

Objectives: To learn, practice and reinforce skills while short-handed

Date: _____

Practice #18

Level: 14-and-Under (Bantam)

16-and-Under (Midget)

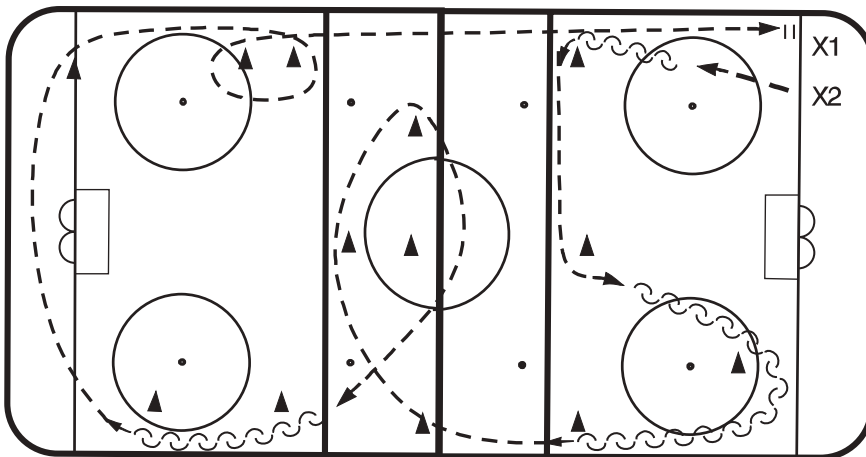
18-and-Under (Midget)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input checked="" type="checkbox"/> Skating	<input 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 type="checkbox"/> Passing/Receiving	<input checked="" type="checkbox"/> 2 on 1	<input type="checkbox"/> Forecheck	<input checked="" type="checkbox"/> Full Ice Modified Games
<input type="checkbox"/> Shooting	<input checked="" type="checkbox"/> 2 on 2	<input type="checkbox"/> Breakouts	<input type="checkbox"/> FUN - Relay Contests
<input 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 type="checkbox"/> Misc.
<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
7 mins.	1. Warm-Up - stretches; puckhandling	Full speed, good body position
7 mins.	2. 2 on 1	D hold the middle
8 mins.	3. 2 on 2 - coverage in front of net	Body position, control stick of player
10 mins.	4. Short-handed - pressure box, defensive zone	Stops and starts, stick on ice
10 mins.	5. Shorthanded - 1-3 forecheck, offensive zone	Trap in neutral ice
8 mins.	6. 1 on 1 survival	Competition

Drill #1 — Warm-Up: Stretches, Puckhandling

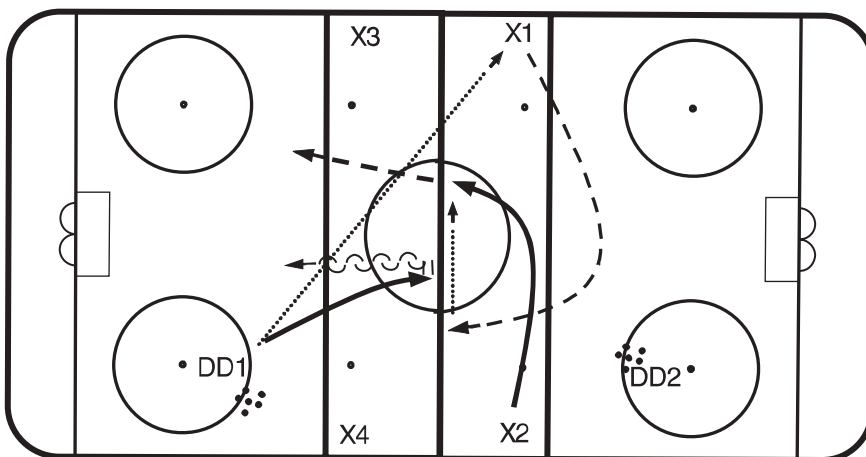
- X1 skates with puck as shown.
- X2 starts when X1 reaches blue line.



Notes/Comments: Go full speed, stress good body position

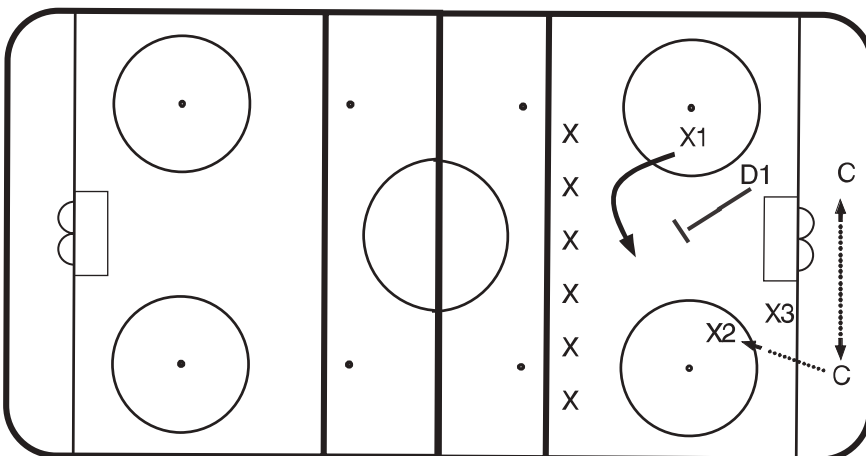
Drill #2 — 2 on 1

- D1 starts drill by passing to X1.
- D1 skates up to red line and stops, then skates back playing 2 on 1.
- X1 and X2 cross and head up ice 2 on 1 on D1.
- When X1 and X2 cross far blue line, D2 passes to X3 or X4.



Drill #3 — 2 on 2 - Coverage in Front of Net

- Coach sets up two offensive players (X1, X2) and two defensive players (D1, X3) in front of net.
- On whistle, X1 and X2 try to get open while D1 and X3 cover.
- Coaches pass puck behind net, looking for opening to pass to X1 or X2.
- Defensive players must be aware of puck while covering.



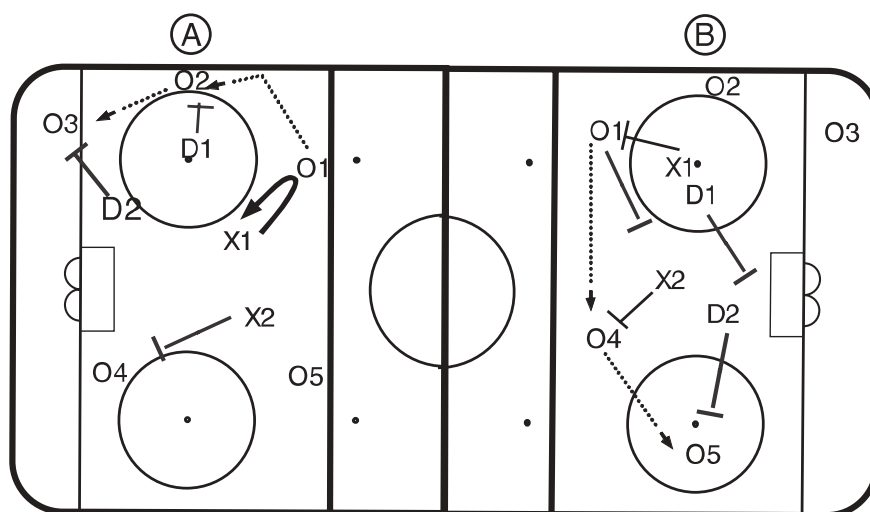
Drill #4 — Short-handed - Pressure Box, Defensive Zone

A -

- Puck starts at O1, X1 starts pressure box rotation, puck moves down boards.
- X1 skates at O1, when puck moves down boards, X1 stops and skates back to middle.
- D1 pressures O2, puck moves to D3, D2 pressures O3.
- X2 skates to low slot to cover O4.

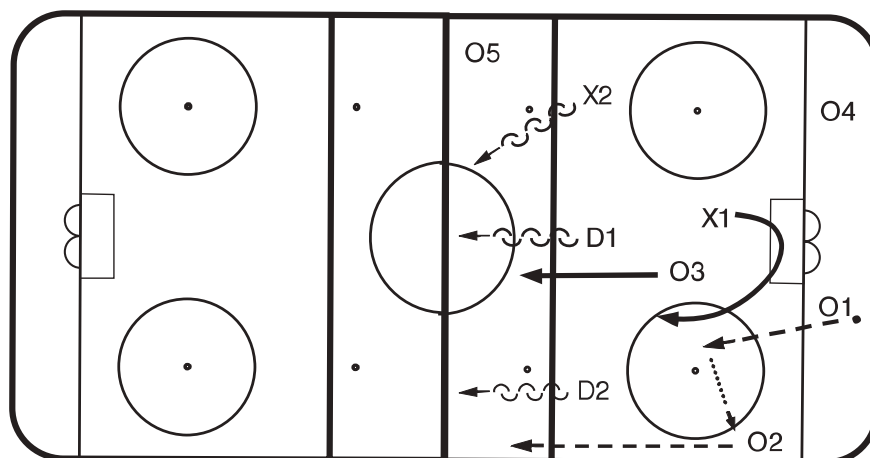
B -

- Puck moves across top; X1 starts by pressuring O1.
- Puck moves to O4; X2 pressures O4.
- Puck moves to O5; D2 pressures O5.
- D1 skates and covers in front of net.



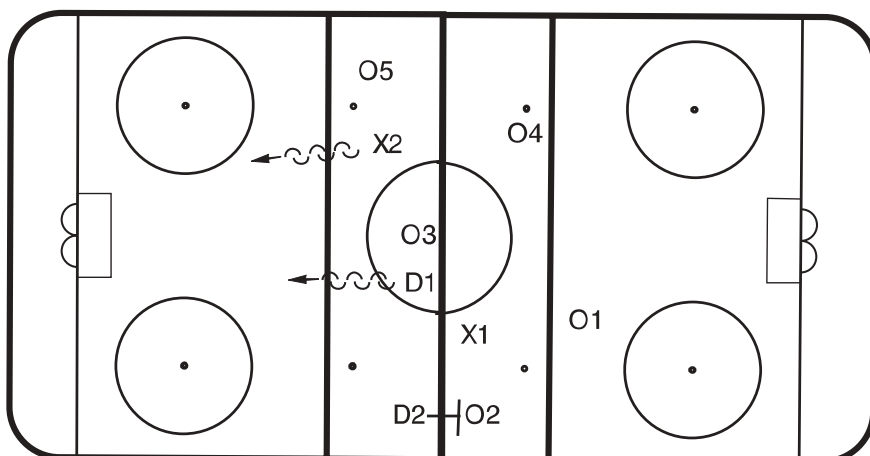
Drill #5 — Short-handed - 1-3 Forecheck, Offensive Zone

- X1 positions himself in high slot.
- X2, D1 and D2 are across blue line.
- As O1 carries puck up, X1 swings inside out, forcing puck to outside. X1 then heads up middle of ice.
- D2, D1 and X2 back up into neutral ice.



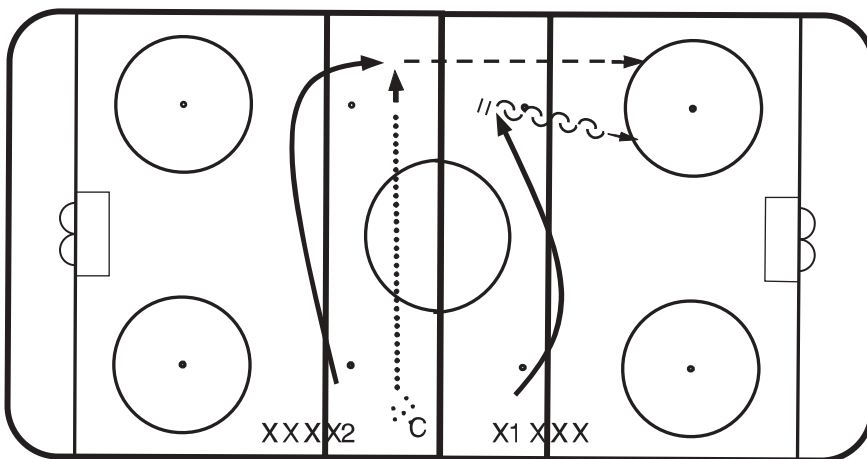
Drill #6 — Short-handed - 1-3 Forecheck, Offensive Zone Continued

- When O2 gets to center ice, D2 steps up to play O2.
- X1 and D1 support D2. Positioned as shown.
- X2 takes away cross ice pass and is safety valve.

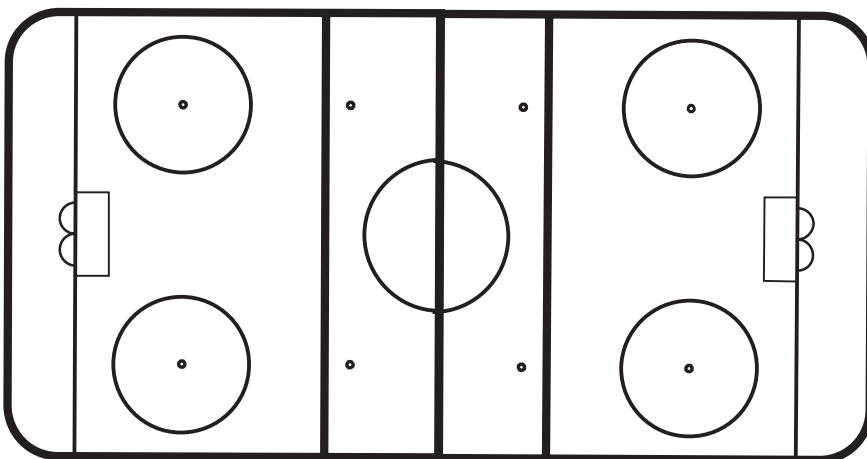


Drill #6 — 1 on 1 Survival

- Coach throws puck into neutral ice.
- X1 and X2 go after puck and play 1 on 1 until someone scores.
- Up to 3 groups go at one time.
- When goal is scored, coach throws puck out for next group.
- Goalies must be aware of all groups on ice.

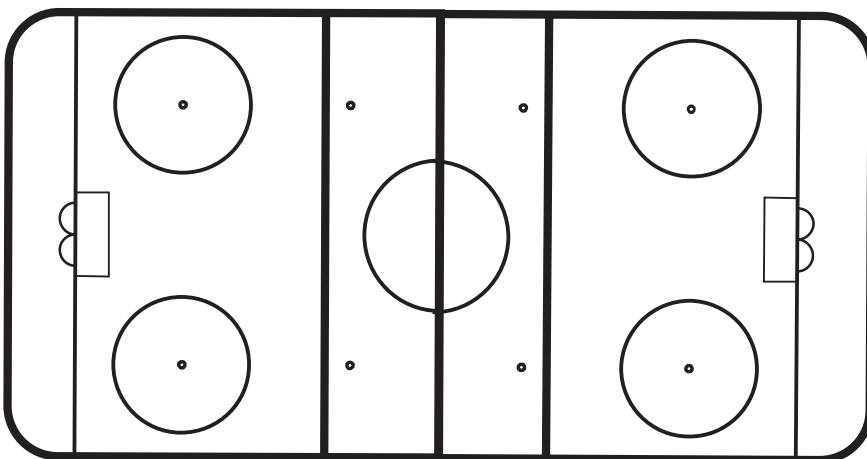


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