

Hockey Practice Plan

Objectives: To learn, practice and reinforce skating and puckhandling

Date: _____

Practice #2 _____

Level: 14-and-Under (Bantam)

16-and-Under (Midget)

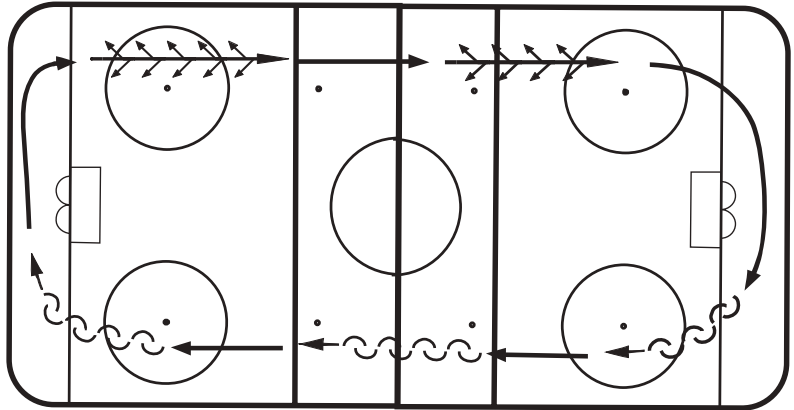
18-and-Under (Midget)

| Skill Work | Team Play | Systems/Concepts | Speed/Games Testing |
|----------------------------|-----------------|---------------------------------|--------------------------------|
| <u>X</u> Skating | <u>X</u> 1 on 1 | _____ Defensive Cov. | _____ Short Work - Quickness |
| <u>X</u> Puck Control | _____ 2 on 0 | _____ Backcheck | _____ Small Ice Modified Games |
| <u>X</u> Passing/Receiving | _____ 2 on 1 | _____ Forecheck | _____ Full Ice Modified Games |
| <u>X</u> Shooting | _____ 2 on 2 | _____ Breakouts | _____ FUN – Relay Contests |
| _____ Checking | _____ 3 on 1 | _____ Entering Attack Zone | _____ Skills Testing |
| _____ Agility Work | _____ 3 on 2 | _____ Triangulation/Cycling | <u>X</u> Misc. angles |
| _____ Goaltending | | _____ Faceoffs | |
| _____ Def./Forwards | | _____ Power Play / Penalty Kill | |

| Time | Drill | Emphasis |
|---------|---|--|
| 5 mins. | 1. Warm-Up - various stretches | All together |
| 9 mins. | 2. Puck control station drills (three stations) Goaltenders work on angles | Head up, accelerate |
| 7 mins. | 3. Weave, wide moves, shoot | Quickness, acceleration |
| 6 mins. | 4. Out of corners shooting | Keep feet moving, look at target |
| 5 mins. | 5. Circle passing | Follow through to target; head up |
| 7 mins. | 6. Double pass with shot | Full speed break to space |
| 6 mins. | 7. 1 on 1 half ice | Forwards - wide move Defense - force wide |
| 5 mins. | 8. Race for the puck competition, conditioning | |

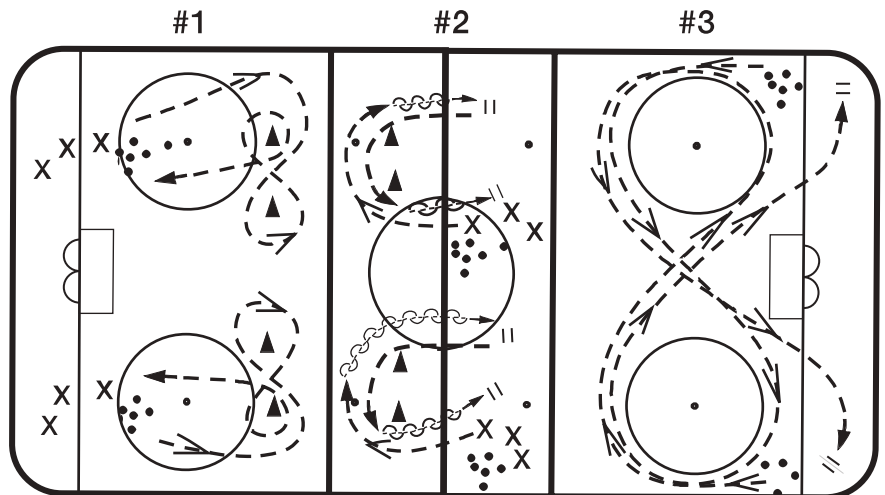
Drill #1 — Warm-Up

- After stretches, coach blows whistle.
- Between whistles the players either turn backward or power stride.



Drill #2 — Puck Control

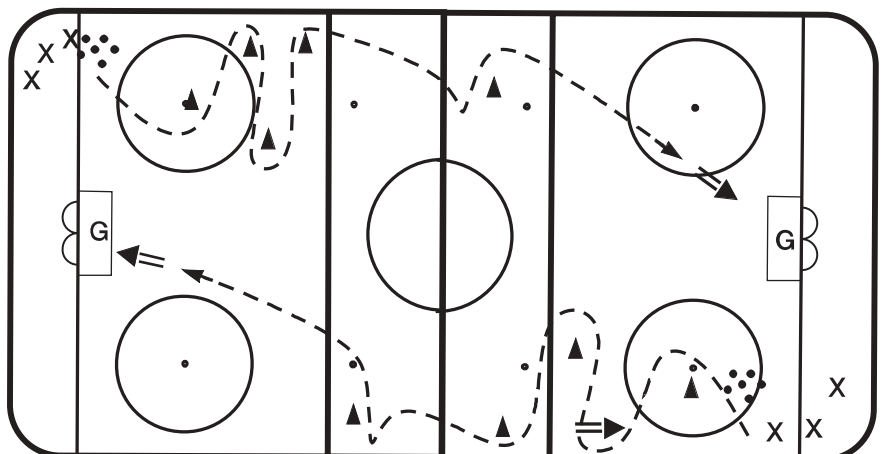
- All stations use pucks
- Station #1 - player starts outside of cones and makes a tight figure 8 around cones.
- Station #2 - player skates forward with puck. When player reaches cones, player pivots and skates backward. Player skates back to red line, stops, goes forward other direction, pivots around cones and skates backward to line.
- Station #3 - crossover figure 8 around circle; once forward, once backward.



Notes/Comments: One player from each line goes on whistle; each player goes twice at each station

Drill #3 — Weave

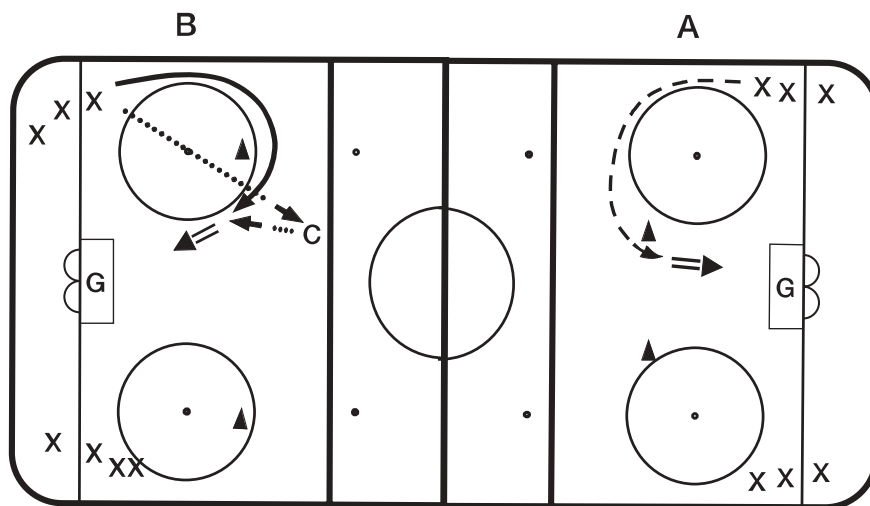
- Players skate through cones, accelerating from cone to cone.
- When player reaches final cone, player makes wide move to forehand or backhand, accelerates around and shoots on the goaltender.



Notes/Comments: Weave, wide move, shoot, acceleration, quickness

Drill #4 — Out of Corners Shooting

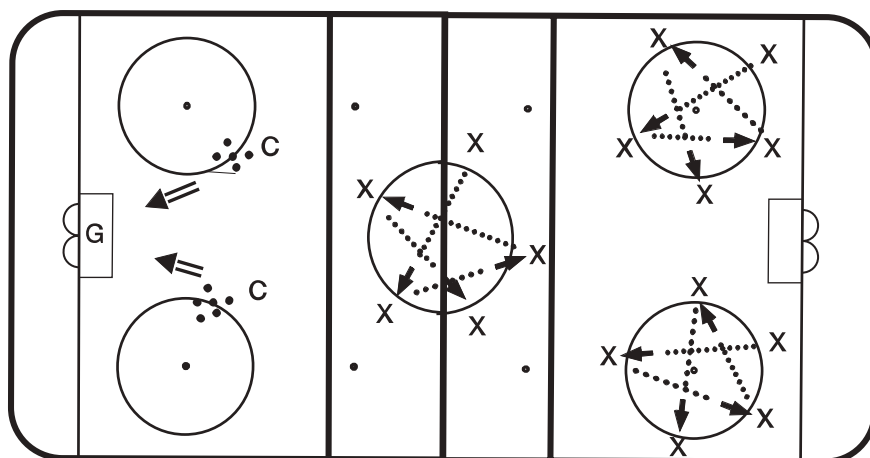
- A - players skate with pucks around circle, crossing over. When player reaches cone, he takes a shot and continues for a rebound. Player must shoot backhand if on backhand side.
- B - player passes to coach then skates around circle. Coach gives player a return pass. Player skates and shoots on goaltender.



Notes/Comments: Keep feet moving; look at target while skating around circle

Drill #5 — Circle Passing

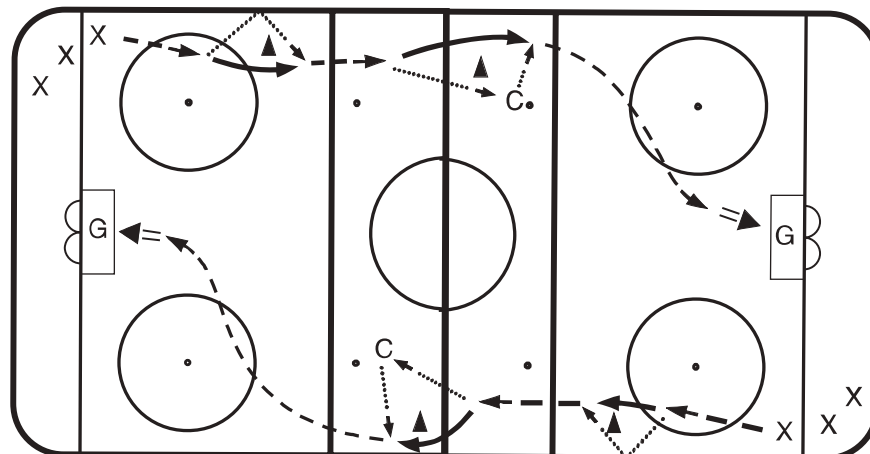
- Players pass within circles.
 - receive and pass
 - receive forehand, pass backhand
 - receive backhand, pass forehand
 - one touch passing
- Coaches work goaltenders side to side.



Notes/Comments: Stress good hockey position; don't slap the puck; concentrate on hitting the target

Drill #6 — Double Pass With Shot

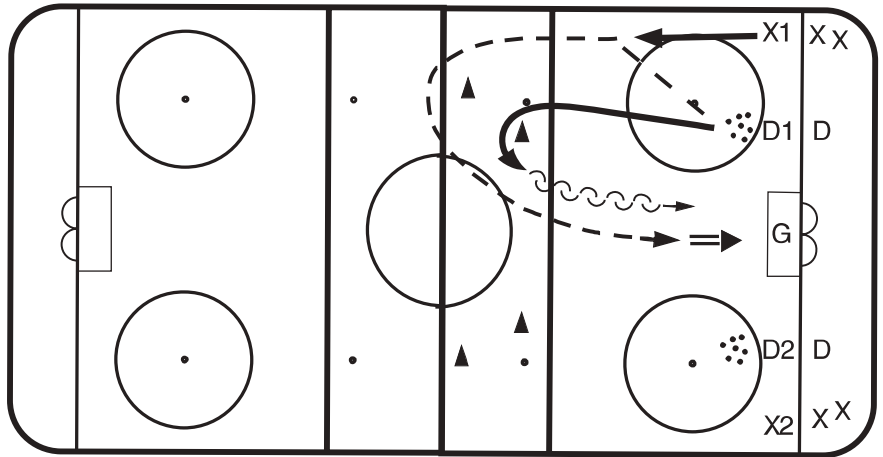
- Players skate and pass off boards (around cone) to themselves.
- After receiving puck, player continues skating, passes to coach and breaks around cone.
- Coach gives player a return pass and player shoots on goal and gets rebound.



Notes/Comments: Full speed and break to open space

Drill #7 — 1 on 1 Half-Ice

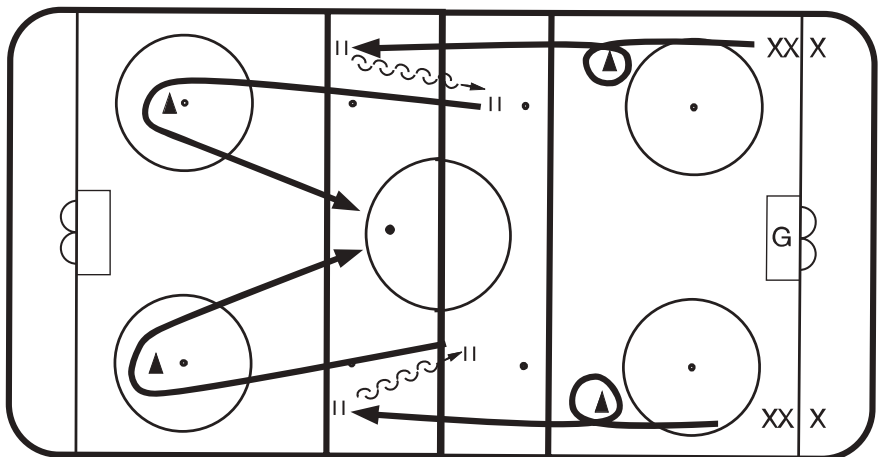
- D1 passes to X1. X1 skates with puck around far cone.
- At same time, D1 skates to near cone, pivots and skates backward.
- D1 now plays X1, 1 on 1.
- When D1 and X1 hit blue line on way back, X2 and D2 start.



Notes/Comments: Forwards - make wide move; Defense - face forwards wide

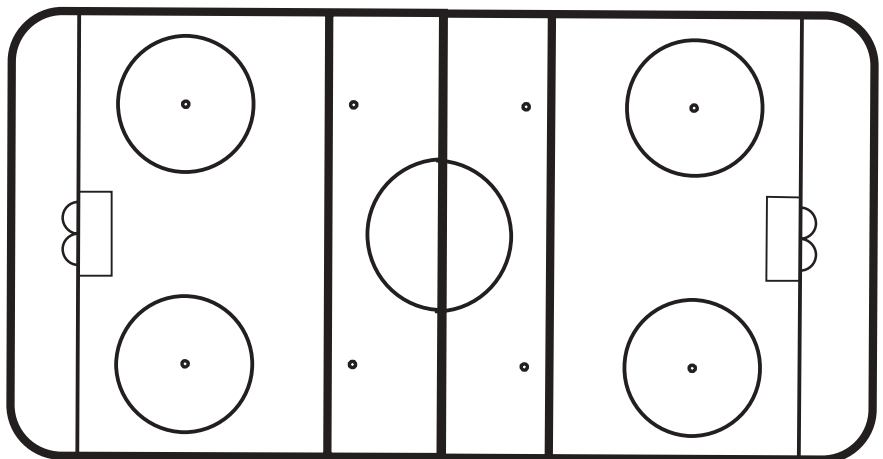
Drill #8 — Race for the Puck

- Players start in each corner, make a tight turn around the cone.
- Proceed to far blue line, stop, skate backwards to red line, stop, skate around far cone and race for the puck at center ice.
- First player to pucks tries to score. Second player becomes a backchecker.



Notes/Comments: Competition and conditioning; players start on whistle

Description _____



Notes/Comments _____

