

# Hockey Practice Plan

**Objectives:** To learn, practice and reinforce team play

**Date:** \_\_\_\_\_

**Practice #21**

**Level:** 14-and-Under (Bantam)

16-and-Under (Midget)

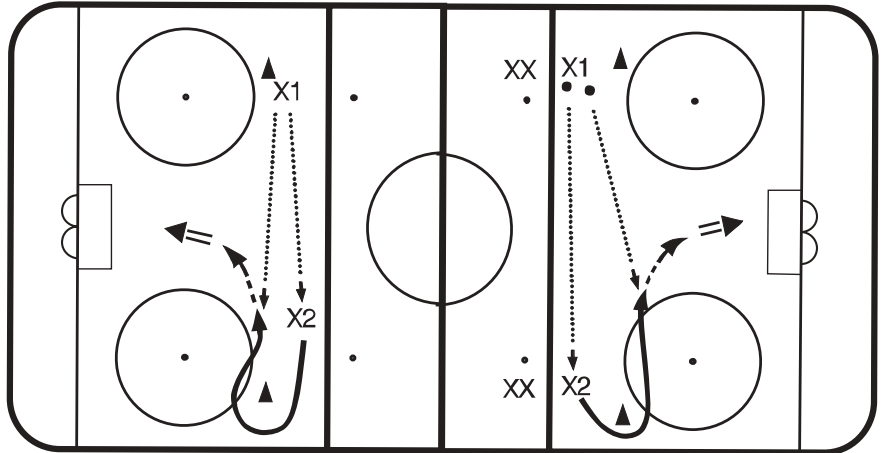
18-and-Under (Midget)

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 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 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 3	<input checked="" type="checkbox"/> Faceoffs	
<input type="checkbox"/> Def./Forwards		<input type="checkbox"/> Power Play / Penalty Kill	

Time	Drill	Emphasis
6 mins.	1. Warm-Up: stretches; double shot drill	Nice and easy
7 mins.	2. Forecheck	One man high
7 mins.	3. Breakout with regroup	Move to spaces
7 mins.	4. Backchecking drill; Read, play and communicate	
7 mins.	5. Defensive Coverage - new situation	Puck moves across ice
7 mins.	6. Faceoffs	Review situations, competition
8 mins.	7. 4 on 4, 5 on 5 controlled scrimmage	Evaluate situations

### Drill #1 — Warm-Up: Stretches, Double Shot Drill

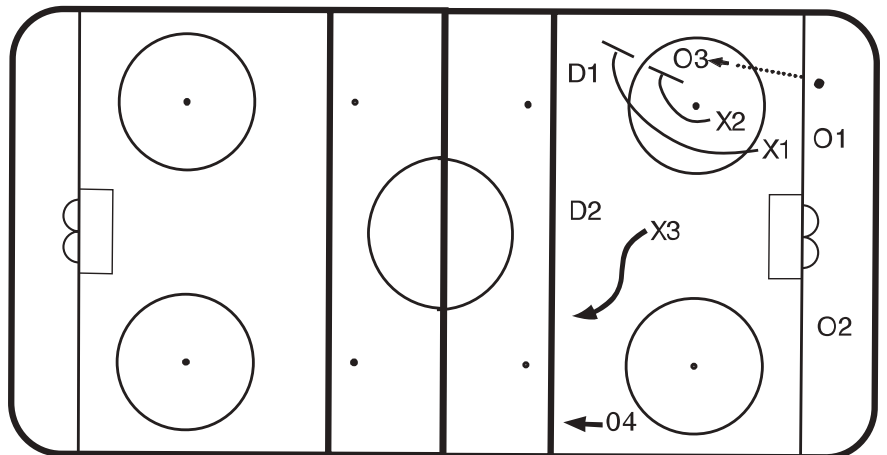
- X1 starts with 2 pucks.
- X1 passes to X2 along blue line, X2 takes long shot.
- After shot, X2 breaks around cone and receives second pass from X1.
- X2 shoots off pass.
- Next player in half line then starts by passing to X1.



**Notes/Comments:** Long shot, shoot off pass

### Drill #2 — Forecheck

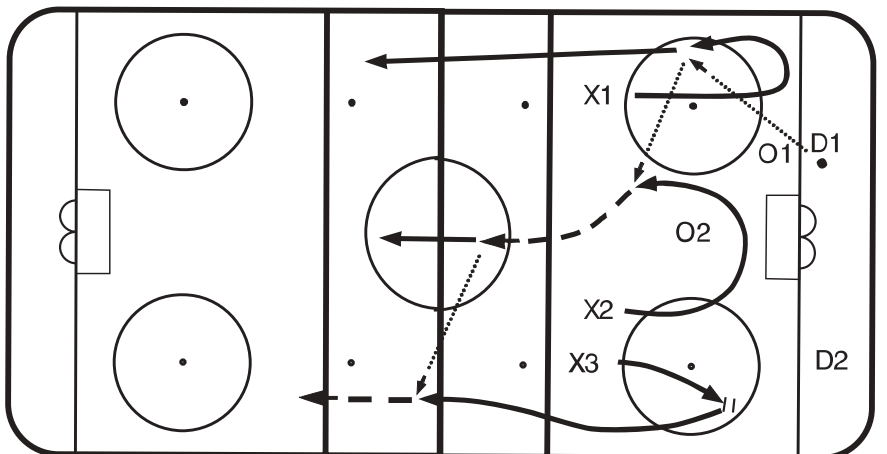
- Start with four players trying to break out and five players forechecking.
- Coach dumps puck in. Os try to break out. Forecheckers must execute 2-man forecheck and hold the puck in zone.



**Notes/Comments:** Stress putting pressure on puck and support teammate on defensive side of puck.

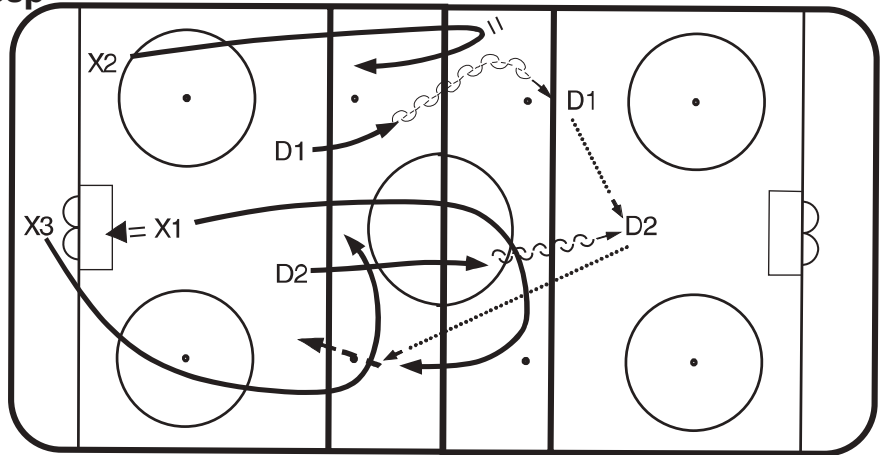
### Drill #3 — Breakout With Regroup

- Dump puck in corner for five players to breakout.
- Two forecheckers from next line (O1, O2) try to break up play and only backcheck to blue line.
- Five players continue 5 on 0 and score goal.
- Forwards must swing deep.
- Defense must look where forecheckers are before getting to puck and making pass.



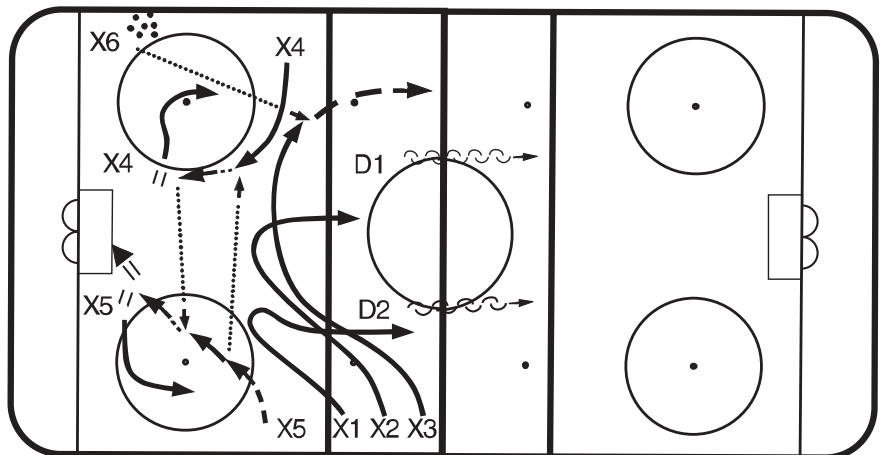
### Drill #3 — Breakout With Regroup

- After five players score goal or take several shots, coach blows whistle for regroup.
- Coach throws puck into neutral ice.
- D must skate backwards making a D to D pass while forwards come back and make swings.
- Forwards must read play and fill open lanes.
- Defense must look before getting to puck and make pass.



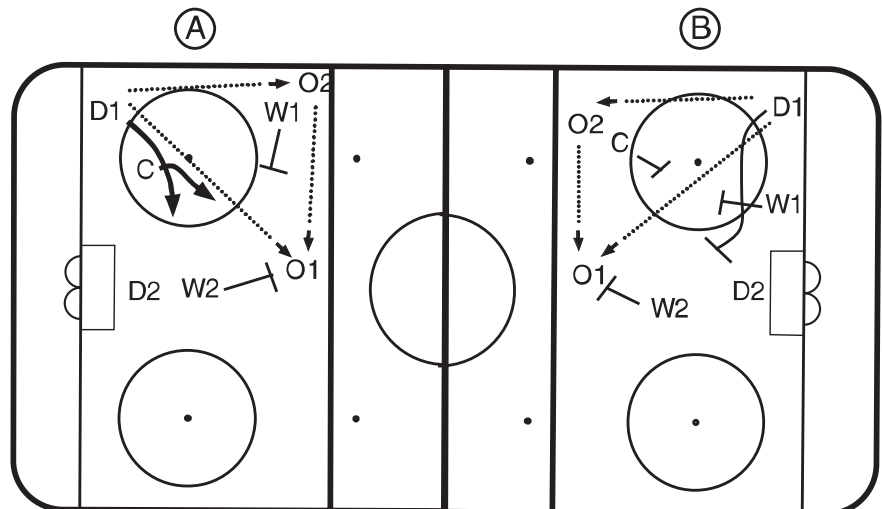
### Drill #4 — Backchecking

- Coach designates three players to start in zone (X4, X5, X6).
- X4 and X5 start by going 2 on 0 on goalie. X6 starts in corner with puck.
- While X4 and X5 are 2 on 0, X1, X2 and X3 swing into zone.
- After X4 and X5 take shot, coach blows whistle and X6 gives X1, X2, X3 a pass.
- X4 and X5 backcheck while X1, X2, X3 go down ice on D1 and D2.



### Drill #5 — Defensive Coverage

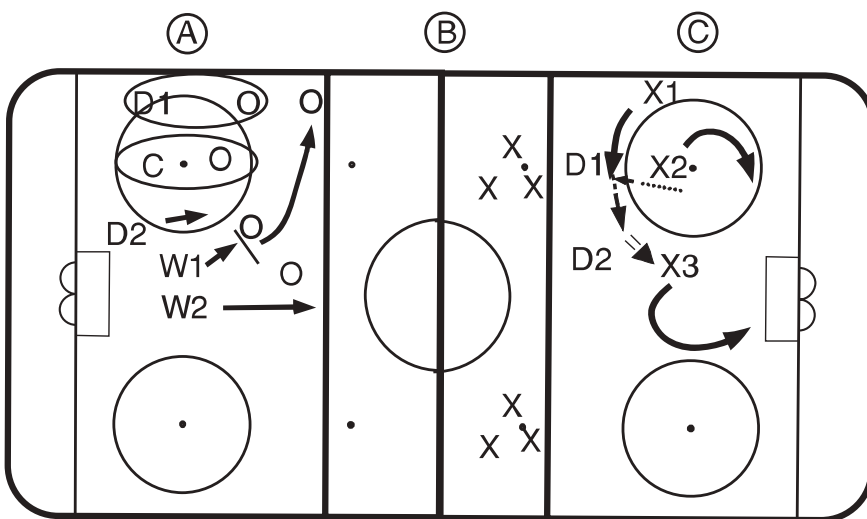
- A. Wings on Defensemen
- W2 releases and plays O1.
  - W1 comes back slightly.
  - D2 covers in front.
  - C and D1 cover players coming out of corner.
- B. Center on Defensemen
- W2 releases and plays O1.
  - C comes back slightly.
  - D2 covers in front.
  - D1 and W1 cover players coming out of corner.



**Notes/Comments:** Defensive Coverage - puck moves across ice either diagonally or up and over to O1

## Drill #6 — Faceoffs

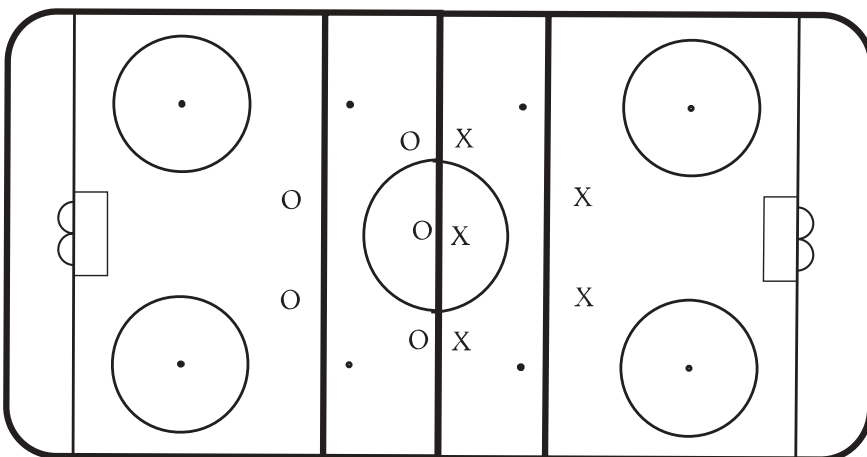
- Do drill 5 on 5 off faceoff. Let Os win faceoff. Do various situations (three across, one shooter).
- Have players work on taking faceoffs or can work on neutral ice team faceoffs.
- Work on offensive faceoffs against players with sticks turned around.



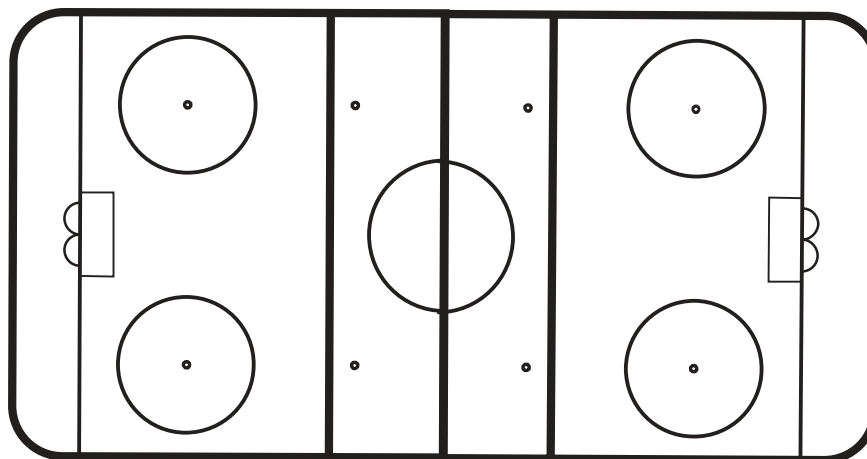
**Notes/Comments:** Review faceoffs in practice plan 12.

## Drill #7 — 4 on 4, 5 on 5 Controlled Scrimmage

- Have players work on certain plays and teach when mistake is made.



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Notes/Comments \_\_\_\_\_  
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