

Hockey Practice Plan

Objectives: To work on special teams skills

Date: _____

Practice #22 _____

Level: 14-and-Under (Bantam)

16-and-Under (Midget)

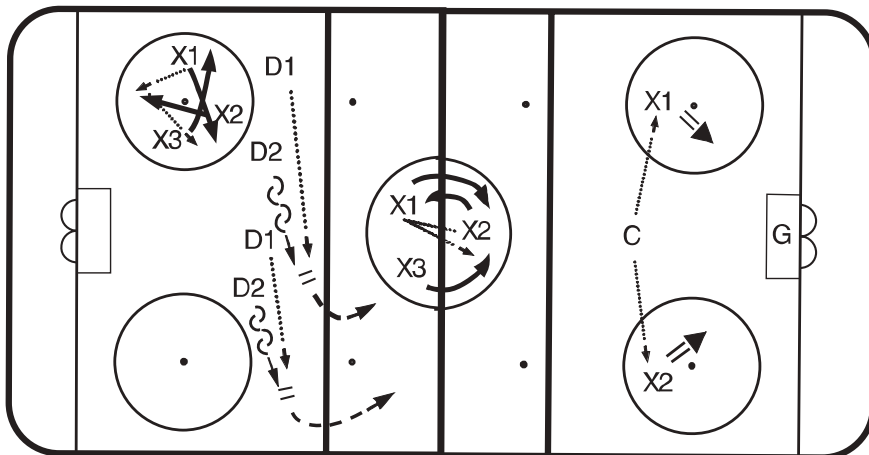
18-and-Under (Midget)

| 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 checked="" type="checkbox"/> Passing/Receiving | <input type="checkbox"/> 2 on 1 | <input type="checkbox"/> Forecheck | <input type="checkbox"/> Full Ice Modified Games |
| <input 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 checked="" type="checkbox"/> Misc. - Zone Games |
| <input type="checkbox"/> Goaltending | <input type="checkbox"/> 3 on 0 | <input type="checkbox"/> Faceoffs | |
| <input type="checkbox"/> Def./Forwards | | <input checked="" type="checkbox"/> Power Play / Penalty Kill | |

| Time | Drill | Emphasis |
|----------|---|-------------------------|
| 7 mins. | 1. Warm-Up: stretches; goalies shots, passing | One touch |
| 7 mins. | 2. Pass 1, Pass 2 | Read play and timing |
| 10 mins. | 3. Power Play breakout with forecheckers | Head up ice together |
| 10 mins. | 4. Power Play in Zone | Create 2 on 1 situation |
| 10 mins. | 5. Short handed in zone; 5 on 3 | Stop and Start |
| 6 mins. | 6. Bank puck to score; 3 on 3 | Have fun |

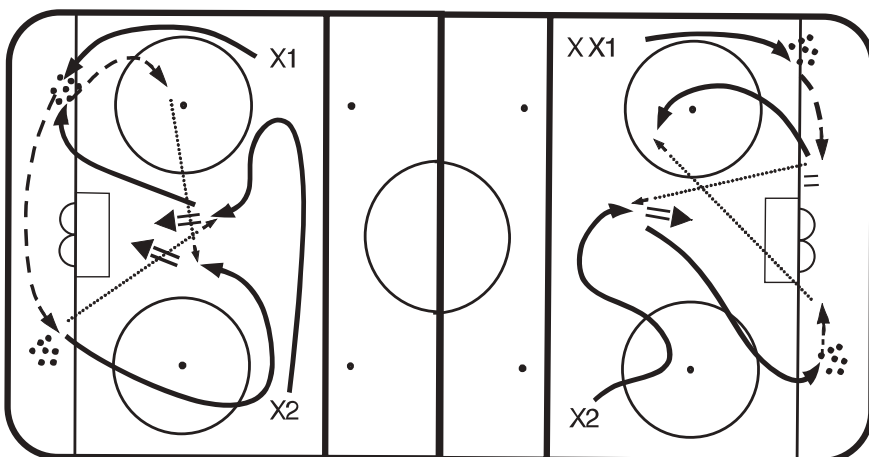
Drill #1 — Warm-Up: Stretches, Goalie Shots, Passes

- Coach and two players warm-up goalies. Pass with shot off pass.
- Forwards get in groups of three and skate inside circle passing puck.
- Defense pair up and pass while skating forward. Backward and making stops.



Drill #2 — Pass 1, Pass 2

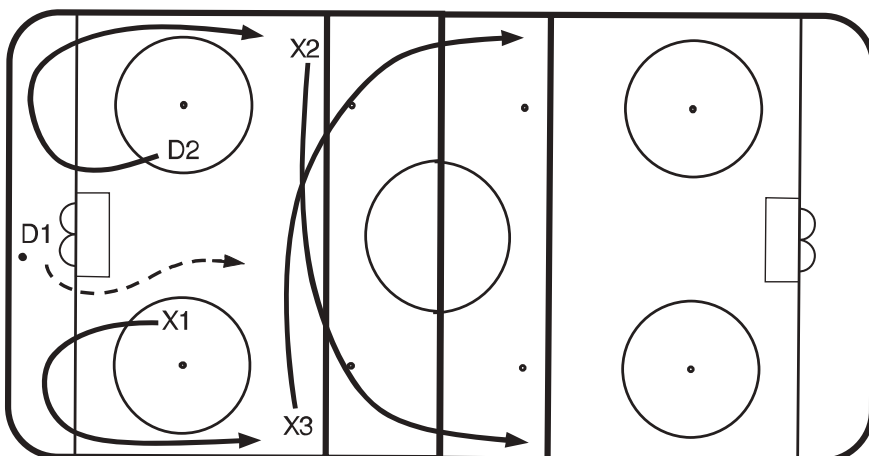
- X1 skates and picks up puck in either corner and can go anywhere.
- Meanwhile X2 is positioning himself in front.
- X1 passes to X2, who then shoots.
- X2 then picks up puck in either corner and skates anywhere.
- X1 gets open in front.
- X2 passes to X1, X1 shoots.



Notes/Comments: Reading play and timing should be stressed.

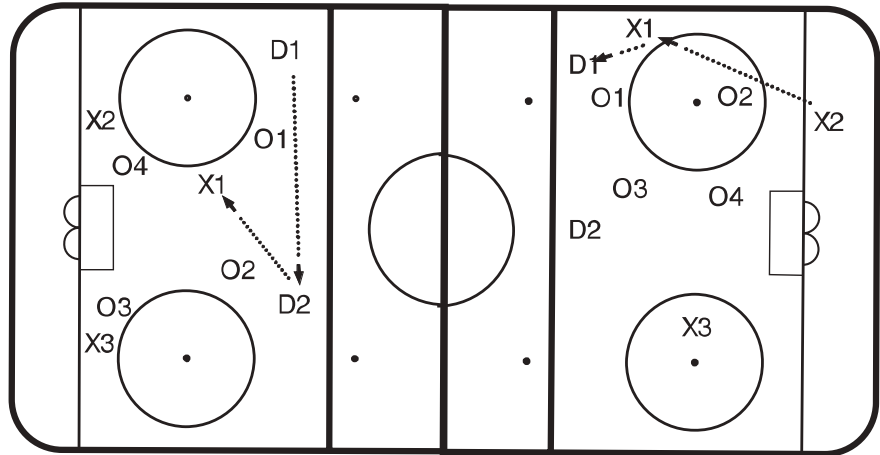
Drill #3 — Power Play Breakout With Forechecking

- D1 stops behind net with puck.
- D2 and X1 circle deep in corners.
- D1 steps out from behind net so all three players head up ice together.
- X2 and X3 cross as shown.
- Add two forecheckers who pressure powerplay all the way to far blue line.



Notes/Comments: Do drill with different lines and forecheckers

- Set up power play in zone. Also have three or four penalty killers.
- Work various power play options.
- Penalty killers can either pressure or play stationary box.

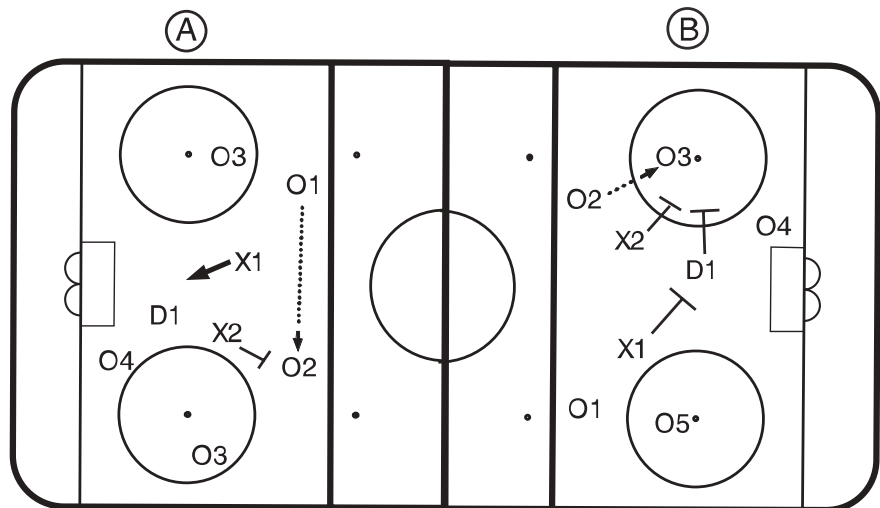


Notes/Comments: Create a 2 on 1 situation. Read play and react to penalty killers.

- Puck moves across top O1 to O2
- D1 stays in hash marks and does not get tied up.
- X1 moves back slightly (stop and start)
- X2 moves out slightly (stop and start)

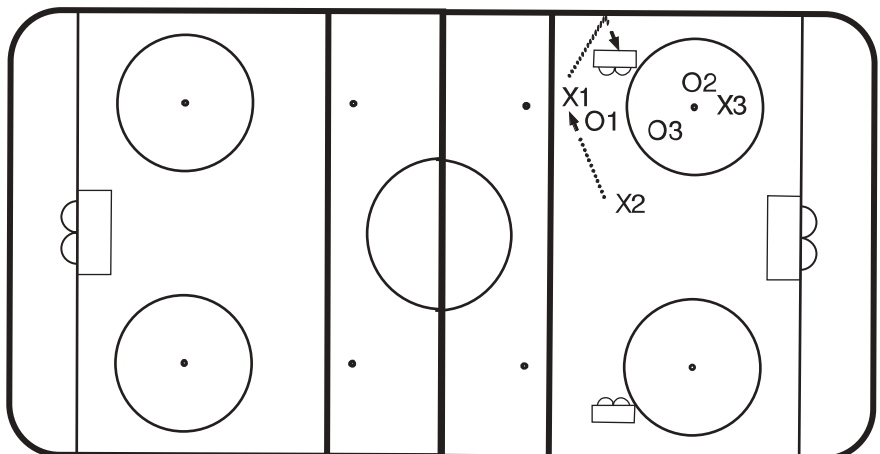
B. Puck Moves Down

- X2 moves even with O3.
- D1 moves out, X1 moves back.
- Should be L formation.



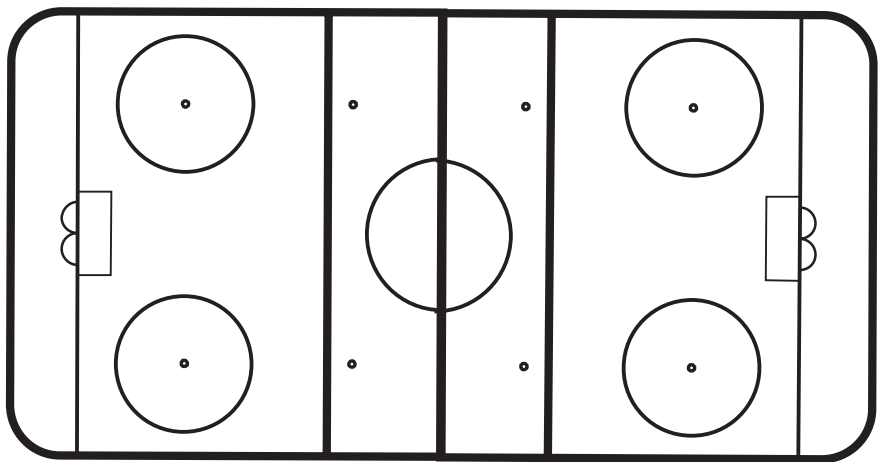
Notes/Comments: Defense - stay inside dots, look before get to puck; Forwards - use pivots, face puck.

- Face nets as shown.
- Play 3 on 3 in zone.
- Players must bank in puck off boards to score.
- Goaltenders work at other end.



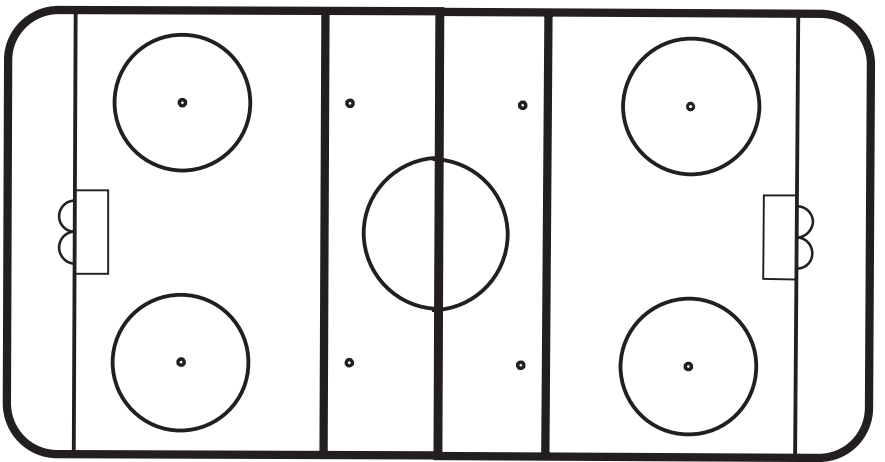
System/Drill _____

Description _____



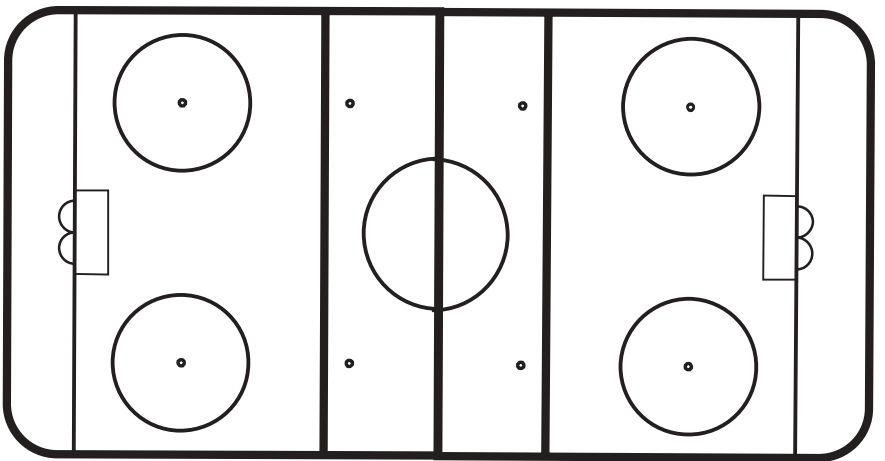
Notes/Comments _____

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