

# Hockey Practice Plan

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

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

**Practice #23**

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

16-and-Under (Midget)

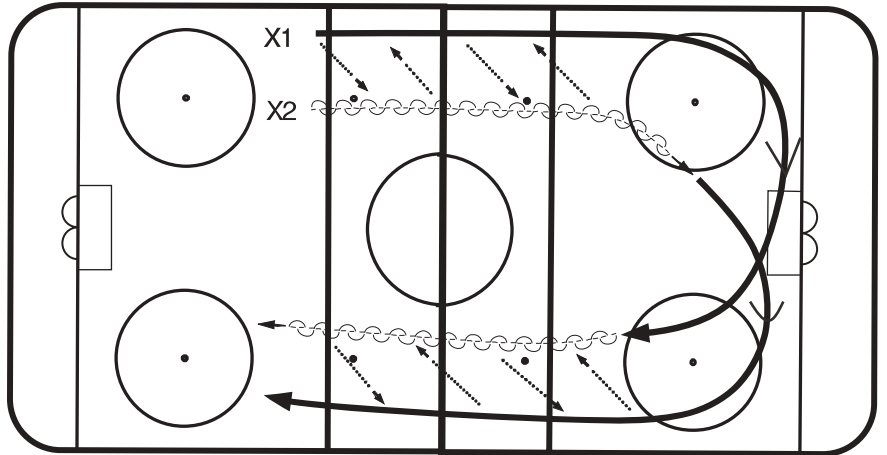
18-and-Under (Midget)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input type="checkbox"/> Skating	<input checked="" type="checkbox"/> 1 on 1	<input 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 checked="" type="checkbox"/> 2 on 1	<input type="checkbox"/> Forecheck	<input 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 checked="" type="checkbox"/> Misc. - puck wars
<input checked="" 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
6 mins.	1. Warm-Up: Stretches; one touch pass around rink	
6 mins.	2. 1 on 1; goalie work	Gap control for D
6 mins.	3. 2 on 1 - criss-cross Attack together, speed through	neutral zone
8 mins.	4. Half-ice progression; 1 on 1; 2 on 1; 2 on 2	D - move up and pressure F - attack net
8 mins.	5. 3 on 0 with backchecker	One man stays high to backcheck
8 mins.	6. Diamond cycle	Read, play and react
8 mins.	7. 2 on 2 small game	Have Fun

### Drill #1 — Warm-Up: One-Touch Pass Around Rink

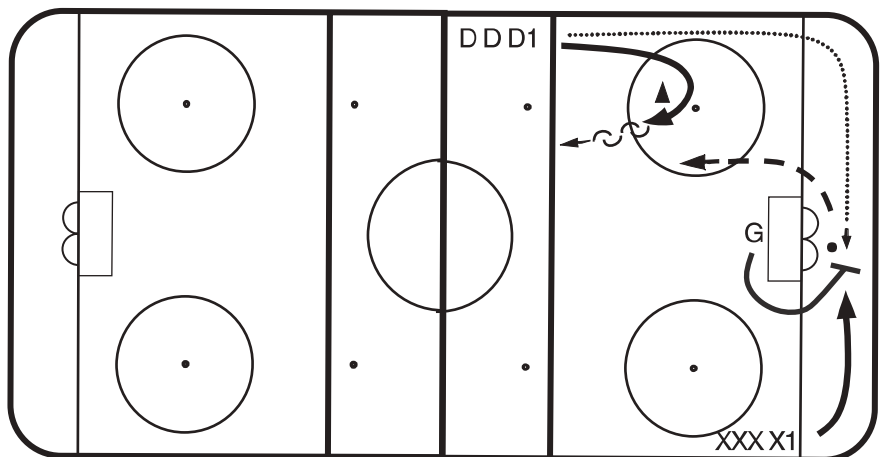
- X1 and X2 start at same time. X1 skates forward, X2 skates backwards.
- X1 and X2 one touch pass around rink.
- When players reach end of rink they reverse roles and come back up ice.



### Drill #2 — 1 on 1, Goalie Work

- D1 starts drill by shooting puck around boards. D1 then skates around cone.
- G must leave net, stop puck and set it up for X1 and returns to net.
- X1 picks up puck and heads up ice 1 on 1.

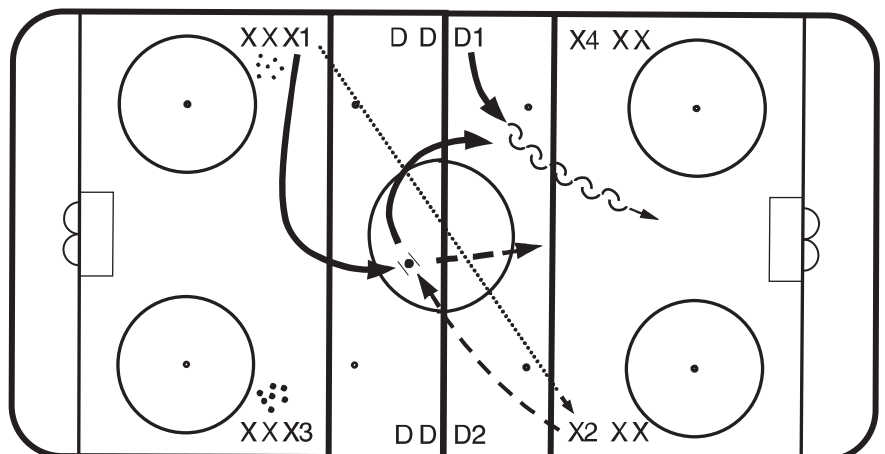
Variation - may have two forwards pick up puck and proceed 2 on 1.



**Notes/Comments:** D1 must time pivot around cone to have correct gap for 1 on 1

### Drill #3 — 2 on 1 - Criss-Cross

- Start drill on whistle. X1 passes to X2.
- X2 skates back across red line and drops or passes puck back to X1.
- X1 and X2 cross and head up ice.
- While X1 and X2 are crossing D1 steps out to play the 2 on 1.
- X3 then passes to X4. Same movement, D2 steps out.

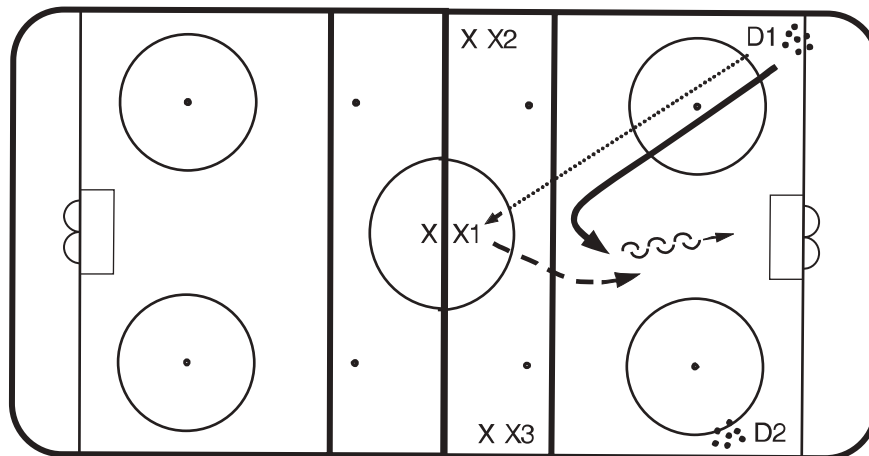


**Notes/Comments:** Forwards must time play in order to attack together with speed through neutral zone.

## Drill #4 — Half-Ice Progression, 1 on 1, 2 on 1, 2 on 2

- On whistle, D1 passes to X1, X2 or X3.
- D1 then moves up to blue line and plays 1 on 1 with the forward he passed the puck to.
- D2 then goes.

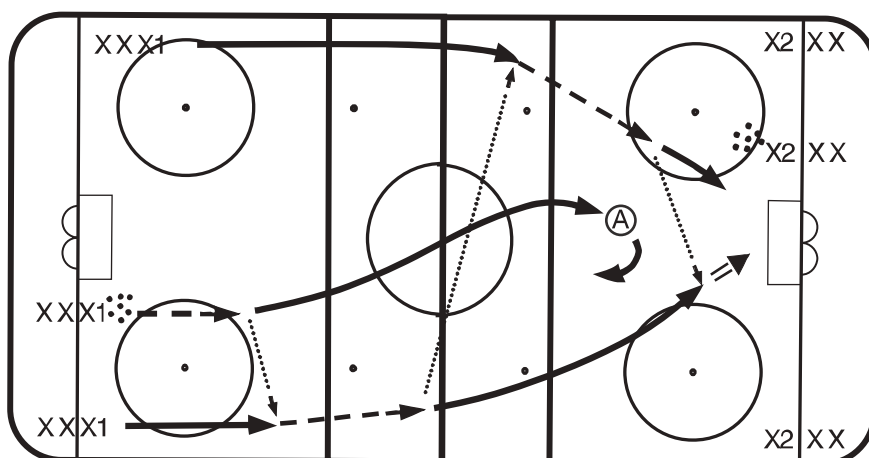
For 2 on 1, the forward who receives pass from D may pass to any other forward and continue 2 on 1. For 2 on 2, both Ds step up to blue line



**Notes/Comments:** D must move up quickly to blue line.

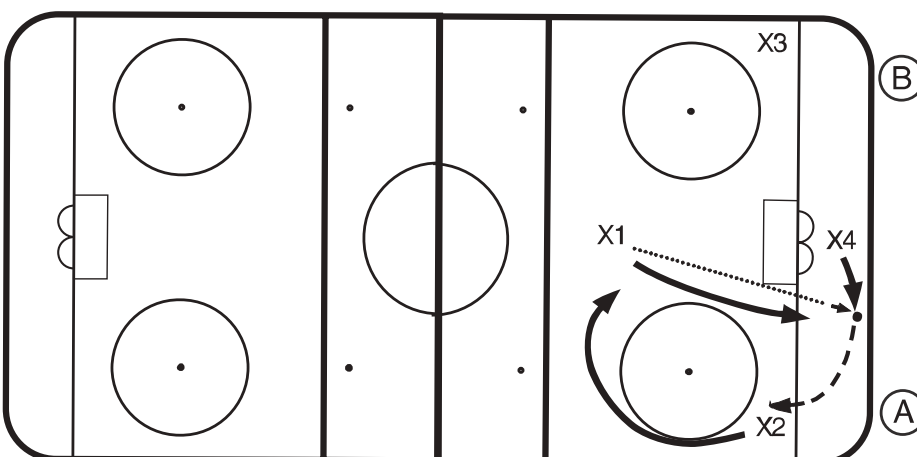
## Drill #5 — 3 on 0 With Backchecker

- X1s start drill 3 on 0 and take shot. One player stays high (A).
- X2s start when X1s cross blue line.
- The player that is high (A) picks up an X2 player and backchecks to goal line.
- The other two X1s backcheck also to goal line.
- Drill continues, one man stays high to back check.



## Drill #6 — Diamond Cycle

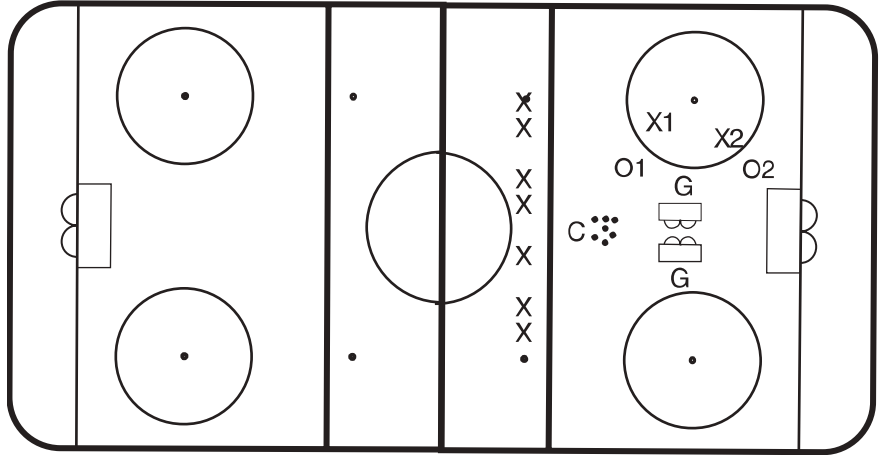
- X1 starts drill by dumping puck below goal line to X2, X3 or X4.
- If dumped to corner (A), X2 or X4 picks up puck and skates clockwise or counter clockwise.
- The three players cycle, bumping the puck low.
- When coach blows whistle, the players either walk out or pass to high slot and shoot.
- The player who is now high in slot dumps a puck to corner (B) to start.



**Notes/Comments:** Let players read and react, be creative, always keeping a triangle formation.

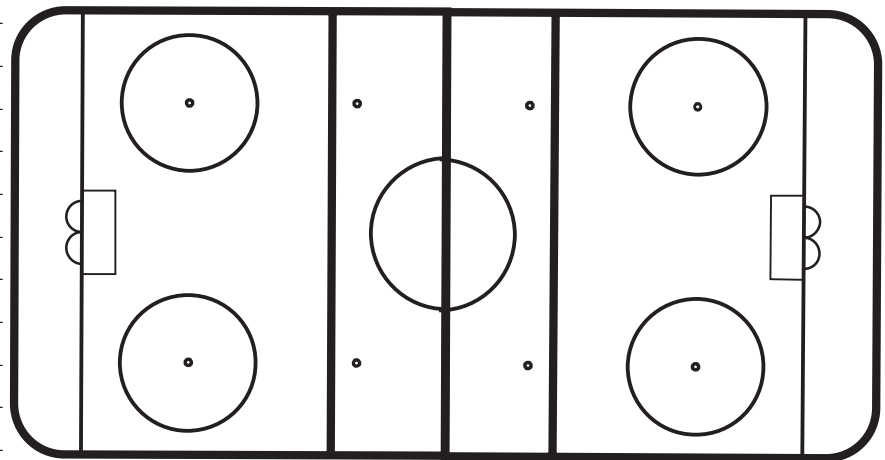
### Drill #7 — 2 on 2 Small Game

- Coach starts drill by dumping puck.
- Players play 2 on 2 and may score in either net.
- Players may also use coach as an outlet pass.



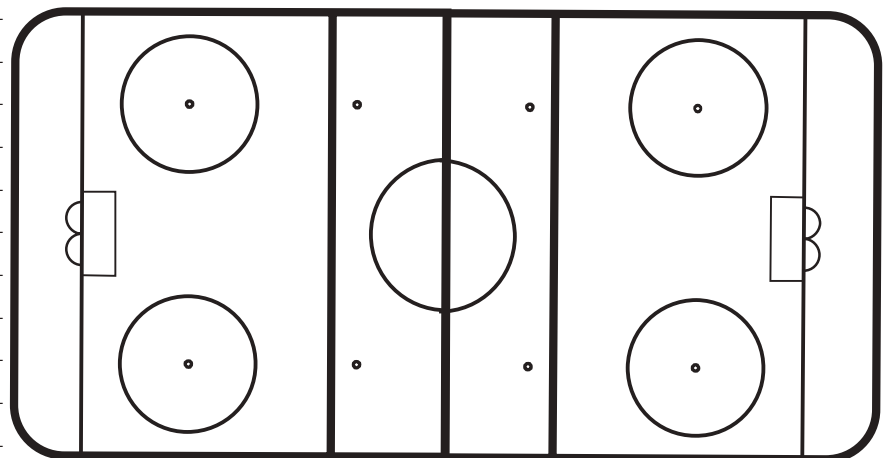
**Notes/Comments:** Transition from offense to defense happens very quickly. Go for 45 seconds then switch groups

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Notes/Comments \_\_\_\_\_  
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Notes/Comments \_\_\_\_\_  
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# Hockey Practice Plan

**Objectives:** Flow and high tempo practice

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

**Practice #24** \_\_\_\_\_

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

16-and-Under (Midget)

18-and-Under (Midget)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
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<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 checked="" type="checkbox"/> 3 on 1	<input type="checkbox"/> Entering Attack Zone	<input type="checkbox"/> Skills Testing
<input checked="" type="checkbox"/> Agility Work	<input checked="" 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 type="checkbox"/> Faceoffs	
<input type="checkbox"/> Def./Forwards	<input checked="" type="checkbox"/> 5 on 5	<input type="checkbox"/> Power Play / Penalty Kill	

Time	Drill	Emphasis
6 mins.	1. Warm-Up: stretches; follow the leader	Mirror partner
10 mins.	2. Full ice progression; 1 on 0; 1 on 1; 2 on 1; 3 on 1; 4 on 0	Combat skills - 1 on 1, 2 on 1, 3 on 1; Attack zone - 1 on 0, 2 on 1, 3 on 1, 4 on 0
8 mins.	3. 2 on 2 half-ice	D - support and communicate F - attack net
10 mins.	4. Cycling patterns	Movement, keep triangle pattern
10 mins.	5. 3 on 2 with 3 backcheckers; 5 on 5 defensive zone	pick up open players
6 mins.	6. Small game 1 on 1 progression	Competition